SZTUM - PUCHAR POMORZA NORDIC WALKING - 10KM

Organizator: PFNW
Data: 2015-09-05
Miejsce: Sztum
Dystans: 10 km

B4SPORT
HERKULES
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**DEPKA PRADZYŃSKI Olgierd**	**209**	BIEGAMYRAZEM.PL	M 50-59	1			00:02:30	00:28:30	**00:56:50**	**00:59:20**		5:41	10.6 (100%)
2	**ANACZKOWSKI Mirosław**	**201**	LKS ZANTYR SZTUM	M 50-59	2			00:02:29	00:28:32	**00:57:18**	**00:59:47**	+00:00:28 (0.8%)	5:43	10.5 (99.1%)
3	**ROGALSKI Piotr**	**238**	GDYNIA MOJE MIASTO	M 40-49	1			00:02:31	00:28:31	**00:57:35**	**01:00:06**	+00:00:45 (1.3%)	5:45	10.4 (98.1%)
4	**PIOTROWSKI Michał**	**231**	FACE NW TEAM	M 30-39	1			00:02:28	00:29:18	**00:58:56**	**01:01:24**	+00:02:06 (3.6%)	5:53	10.2 (96.2%)
5	**BOGACKI Sławek**	**203**	ENERGA NW TEAM	M 40-49	2			00:02:29	00:30:21	**01:01:03**	**01:03:32**	+00:04:13 (6.9%)	6:06	9.8 (92.5%)
6	**WITCZUK Łukasz**	**250**	LUKI TEAM SIEDLCE	M 30-39	2			00:02:28	00:31:27	**01:02:19**	**01:04:47**	+00:05:29 (8.8%)	6:13	9.6 (90.6%)
7	**ĆWIKLIŃSKI Dawid**	**207**	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1			00:02:28	00:31:27	**01:03:24**	**01:05:52**	+00:06:34 (10.4%)	6:20	9.5 (89.6%)
8	**LIPKO Adrianna**	**223**	PENDOLINO	K 18-29	1			00:03:34	00:31:47	**01:03:39**	**01:07:13**	+00:06:49 (10.7%)	6:21	9.4 (88.7%)
9	**PARAFINIUK Krzysztofa**	**234**	LKS ZANTYR	K 30-39	1			00:03:34	00:31:46	**01:03:43**	**01:07:17**	+00:06:53 (10.8%)	6:22	9.4 (88.7%)
10	**RACZYŃSKI Kazimierz**	**235**	PTTK KOSZALIN	M 30-39	3			00:02:29	00:32:00	**01:03:56**	**01:06:25**	+00:07:06 (11.1%)	6:23	9.4 (88.7%)
11	**KRZYŻANOWSKI Robert**	**218**	GOSIR OSIELSKO	M 40-49	3			00:02:30	00:32:07	**01:04:25**	**01:06:55**	+00:07:35 (11.8%)	6:26	9.3 (87.7%)
12	**KOLENKIEWICZ Dariusz**	**215**	KS ELBLĄSKIE WŁÓCZY-KIJE	M 50-59	3			00:02:32	00:31:59	**01:04:44**	**01:07:16**	+00:07:54 (12.2%)	6:28	9.3 (87.7%)
13	**KULIG Henryk**	**219**	KS ELBLĄSKIE WŁÓCZY-KIJE	M 60-69	1			00:02:28	00:32:12	**01:04:48**	**01:07:16**	+00:07:58 (12.3%)	6:28	9.3 (87.7%)
14	**REJ Anna**	**237**		K 30-39	2			00:03:37	00:32:29	**01:05:13**	**01:08:50**	+00:08:23 (12.9%)	6:31	9.2 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	**CZEKAJŁO Franciszek**	**206**	TEAM MEPROZET	M 60-69	2			00:02:31	00:32:18	**01:06:09**	**01:08:40**	+00:09:19 (14.1%)	6:36	9.1 (85.8%)
16	**BOJAN Miro**	**204**		M 60-69	3			00:02:31	00:32:59	**01:06:42**	**01:09:13**	+00:09:52 (14.8%)	6:40	9 (84.9%)
17	**SOBOLEWSKI Marek**	**242**		M 40-49	4			00:02:30	00:33:16	**01:07:00**	**01:09:30**	+00:10:10 (15.2%)	6:42	9 (84.9%)
18	**SORN Łukasz**	**243**	CHODZEZKIJAMI	M 18-29	2			00:02:27	00:34:18	**01:07:02**	**01:09:29**	+00:10:12 (15.2%)	6:42	9 (84.9%)
19	**STEPCZYŃSKA Angelika**	**244**	THE BEST-MY IDZIEMY I CZEŚĆ	K 30-39	3			00:03:35	00:33:13	**01:07:18**	**01:10:53**	+00:10:28 (15.6%)	6:43	8.9 (84.0%)
20	**JANKOWSKI Marcin**	**210**	KS ELBLĄSKIE WŁÓCZY-KIJE	M 30-39	4			00:02:27	00:33:26	**01:07:42**	**01:10:09**	+00:10:52 (16.1%)	6:46	8.9 (84.0%)
21	**PIOTROWSKI Krzysztof**	**232**		M 50-59	4			00:02:33	00:34:06	**01:08:53**	**01:11:26**	+00:12:03 (17.5%)	6:53	8.7 (82.1%)
22	**JÓŹWIAK Łukasz**	**213**	WTW WŁOCŁAWEK	M 40-49	5			00:02:30	00:34:35	**01:09:43**	**01:12:13**	+00:12:53 (18.5%)	6:58	8.6 (81.1%)
23	**BIAŁK Roman**	**202**		M 60-69	4			00:02:30	00:34:40	**01:09:53**	**01:12:23**	+00:13:03 (18.7%)	6:59	8.6 (81.1%)
24	**KURZYŃSKA Natalia**	**220**		K 30-39	4			00:03:37	00:33:25	**01:10:10**	**01:13:47**	+00:13:20 (19.0%)	7:01	8.6 (81.1%)
25	**PIERNICKA Krystyna**	**230**		K 50-59	1			00:03:38	00:34:43	**01:10:27**	**01:14:05**	+00:13:37 (19.3%)	7:02	8.5 (80.2%)
26	**JASIŃSKI Marian**	**211**	KS ELBLĄSKIE WŁÓCZY-KIJE	M 60-69	5			00:02:29	00:34:27	**01:10:36**	**01:13:05**	+00:13:46 (19.5%)	7:03	8.5 (80.2%)
27	**KACHEL Anna**	**214**		K 50-59	2			00:03:39	00:35:16	**01:10:40**	**01:14:19**	+00:13:50 (19.6%)	7:04	8.5 (80.2%)
28	**RUSZKOWSKA Bożena**	**241**	KS ELBLĄSKIE WŁÓCZY-KIJE	K 60-69	1			00:03:39	00:34:41	**01:10:53**	**01:14:32**	+00:14:03 (19.8%)	7:05	8.5 (80.2%)
29	**CHOLEWIŃSKA Longina**	**205**	KB KATORŻNIK MUROWANA GOŚLINA	K 40-49	1			00:03:35	00:34:59	**01:10:56**	**01:14:31**	+00:14:06 (19.9%)	7:05	8.5 (80.2%)
30	**WIŚNIEWSKA Iwona**	**249**	SANTORINI TAWERNA GRECKA	K 50-59	3			00:03:39	00:34:37	**01:10:59**	**01:14:38**	+00:14:09 (19.9%)	7:05	8.5 (80.2%)
31	**NAMSOŁEK Feliks**	**253**		M 70+	1			00:02:29	00:35:15	**01:11:10**	**01:13:39**	+00:14:20 (20.1%)	7:07	8.4 (79.2%)
32	**KOPCZYK Bożena**	**216**	POCHODZEZMALBORKA.PL	K 50-59	4			00:03:37	00:35:13	**01:11:26**	**01:15:03**	+00:14:36 (20.4%)	7:08	8.4 (79.2%)
33	**KOSIANOWSKA Monika**	**217**	POCHODZĘ Z MALBORKAACTIVE	K 40-49	2			00:03:36	00:35:41	**01:12:17**	**01:15:53**	+00:15:27 (21.4%)	7:13	8.3 (78.3%)
34	**LANGMESSER Regina**	**300**	LKS ZANTYR	K 40-49	3			00:03:36	00:36:05	**01:12:46**	**01:16:22**	+00:15:56 (21.9%)	7:16	8.2 (77.4%)
35	**PODSIADŁY Marlena**	**233**	ZAKĄTEK DANKOWO	K 50-59	5			00:03:38	00:37:18	**01:14:50**	**01:18:28**	+00:18:00 (24.1%)	7:29	8 (75.5%)
36	**LABUDDA Katarzyna**	**100**	WEJHEROWO CITY	K 30-39	5			00:03:35	00:37:19	**01:15:48**	**01:19:23**	+00:18:58 (25.0%)	7:34	7.9 (74.5%)
37	**REJS Jolanta**	**236**	MOSIR RYPIN	K 40-49	4			00:03:37	00:38:18	**01:16:11**	**01:19:48**	+00:19:21 (25.4%)	7:37	7.9 (74.5%)

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38	**LEWANDOWSKA Anna**	**222**	ZAKĄTEK DANKOWO	K 30-39	6			00:03:34	00:38:06	**01:16:20**	**01:19:54**	+00:19:30 (25.5%)	7:38	7.9 (74.5%)
39	**NERC Dorota**	**227**		K 50-59	6			00:03:38	00:37:40	**01:17:25**	**01:21:03**	+00:20:35 (26.6%)	7:44	7.8 (73.6%)
40	**SZPALERSKA Mirosława**	**246**	LKS ZANTYR	K 60-69	2			00:03:40	00:38:12	**01:17:40**	**01:21:20**	+00:20:50 (26.8%)	7:46	7.7 (72.6%)
41	**CYBULSKI Ryszard**	**262**		M 60-69	6			00:02:32	00:38:41	**01:18:31**	**01:21:03**	+00:21:41 (27.6%)	7:51	7.6 (71.7%)
42	**SZCZYPEK Ela**	**245**	DWA KIJE	K 60-69	3			00:03:40	00:38:51	**01:19:14**	**01:22:54**	+00:22:24 (28.3%)	7:55	7.6 (71.7%)
43	**LANGMESSER Daniel**	**150**		M 18-29	3			00:02:30	00:38:49	**01:19:15**	**01:21:45**	+00:22:25 (28.3%)	7:55	7.6 (71.7%)
44	**KACZMARCZYK Barbara**	**175**	LKS ZANTYR SZTUM	K 18-29	2			00:03:36	00:40:50	**01:23:46**	**01:27:22**	+00:26:56 (32.2%)	8:22	7.2 (67.9%)
45	**JÓŹWIAK Dominik**	**212**	WTW WŁOCŁAWEK	M 18-29	4			00:02:27	00:40:58	**01:24:21**	**01:26:48**	+00:27:31 (32.6%)	8:26	7.1 (67.0%)
46	**ROT-RZĘDZICKA Grażyna**	**240**	NIEZRZESZONA	K 60-69	4			00:03:40	00:41:33	**01:25:47**	**01:29:27**	+00:28:57 (33.7%)	8:34	7 (66.0%)
	LISEWSKA Jana	**224**	MUMIN TEAM	K 30-39				DNF	00:35:47 DNF	**DNF**	**DNF**		-	- (0.0%)
	KILISZEWSKA Aleksandra	**255**		K 30-39				DNF	00:39:40 DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 48 wynik(ów)