



V BIEG PRZEŁAJOWY MARYNARSKA DYCHA - NORDIC WALKING - 5 KM

B4SPORT

Event: V BIEG PRZEŁAJOWY MARYNARSKA DYCHA im. admirała floty Andrzeja KARWETY
Organiser: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Date: 2020-09-26
Place: Ustka
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	BRZozowski Piotr	232	AKTYWNI PISTOMINO	M-OPEN	1	00:22:49.65		4:33	13.1 (100%)
2	FRĄCKOWIAK Roman	227		M-OPEN	2	00:23:12.40	+00:00:22 (1.6%)	4:38	12.9 (98.5%)
3	FLOREK Michał	235	35 WOG	M-OPEN	3	00:24:37.20	+00:01:47 (7.3%)	4:55	12.2 (93.1%)
4	SANIUK Edward	262	FACE NORDIC WALKING TEAM	M-OPEN	4	00:25:10.50	+00:02:20 (9.3%)	5:02	11.9 (90.8%)
5	OKRZESIK-FRĄCKOWIAK Izabela	289	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-OPEN	1	00:26:33.45	+00:03:43 (14.0%)	5:18	11.3 (86.3%)
6	RUDNIK Janina	260	SP8 SŁUPSK	K-OPEN	2	00:26:50.00	+00:04:00 (14.9%)	5:22	11.2 (85.5%)
7	MACIEJEWSKI Tomasz	249	NIGHT WOLVES SŁUPSK	M-OPEN	5	00:27:19.00	+00:04:29 (16.4%)	5:27	11 (84.0%)
8	GÓRSKA Iwona	237		K-OPEN	3	00:27:46.45	+00:04:56 (17.8%)	5:33	10.8 (82.4%)
9	ŁĘCKI Jan	247	ELITE TEAM	M-OPEN	6	00:28:19.25	+00:05:29 (19.4%)	5:39	10.6 (80.9%)
10	CIESIELSKI Krzysztof	234	FAST WALKER	M-OPEN	7	00:28:22.15	+00:05:32 (19.5%)	5:40	10.6 (80.9%)
11	HANUSZKIEWICZ Jacek	238		M-OPEN	8	00:28:34.35	+00:05:44 (20.1%)	5:42	10.5 (80.2%)
12	LEDZION Robert	245		M-OPEN	9	00:29:18.55	+00:06:28 (22.1%)	5:51	10.2 (77.9%)
13	RODZIEWICZ Wioletta	257	NZ	K-OPEN	4	00:29:26.45	+00:06:36 (22.5%)	5:53	10.2 (77.9%)
14	JARCZEWSKA Renata	239	-	K-OPEN	5	00:29:32.45	+00:06:42 (22.7%)	5:54	10.2 (77.9%)
15	MACIĄG Zbigniew	248		M-OPEN	10	00:29:51.15	+00:07:01 (23.5%)	5:58	10.1 (77.1%)
16	WOŹNIEWSKA Grażyna	266	NORDICOWELOVE POLICE	K-OPEN	6	00:30:33.00	+00:07:43 (25.3%)	6:06	9.8 (74.8%)
17	PRZYBYŁSKA Aleksandra	256	ELITE TEAM	K-OPEN	7	00:30:33.70	+00:07:44 (25.3%)	6:06	9.8 (74.8%)
18	STEFAŃSKI Andrzej	263	FACE NORDIC WALKING TEAM	M-OPEN	11	00:31:34.70	+00:08:45 (27.7%)	6:18	9.5 (72.5%)
19	GÓRSKA Agnieszka	236		K-OPEN	8	00:31:40.60	+00:08:50 (27.9%)	6:20	9.5 (72.5%)
20	OSTROWSKA Katarzyna	250		K-OPEN	9	00:32:29.70	+00:09:40 (29.8%)	6:29	9.2 (70.2%)
21	OSTROWSKI Krzysztof	251		M-OPEN	12	00:32:29.75	+00:09:40 (29.8%)	6:29	9.2 (70.2%)
22	RUDEK Małgorzata	259		K-OPEN	10	00:35:10.65	+00:12:21 (35.1%)	7:02	8.5 (64.9%)
23	KULCZYCKI Jan	243		M-OPEN	13	00:35:32.85	+00:12:43 (35.8%)	7:06	8.4 (64.1%)
24	RUBAJ Anna	258		K-OPEN	11	00:37:47.10	+00:14:57 (39.6%)	7:33	7.9 (60.3%)
25	LEDZION Dagmara	244		K-OPEN	12	00:37:47.45	+00:14:57 (39.6%)	7:33	7.9 (60.3%)
26	PIĄTEK Władysława	253		K-OPEN	13	00:37:47.90	+00:14:58 (39.6%)	7:33	7.9 (60.3%)

Total 26 results.