



VII CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: VII CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2021-08-29
Miejsce: Okonek
Dystans: 5 km



Klasyfikacja: M45+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	FRAĆKOWIAK Roman	218	EKSPEDYCJA NORDIC TEAMSZCZECIN	M45+	1	00:35:03.90		7:00	8.6 (100%)
2	MĄDRY Grzegorz	261	KIJKOWE TRZEMESZNO	M45+	2	00:35:09.75	+00:00:05 (0.3%)	7:01	8.5 (98.8%)
3	KOPCZEWSKI Dariusz	242	WYCHODZĘ Z KIJAMI 1	M45+	3	00:35:14.50	+00:00:10 (0.5%)	7:02	8.5 (98.8%)
4	WIŚNIEWSKI Sławomir	321	FLUGGER	M45+	4	00:35:29.25	+00:00:25 (1.2%)	7:05	8.5 (98.8%)
5	WIECZOREK Krzysztof	317	NORDIC WALKING LUBASZ	M45+	5	00:36:52.75	+00:01:48 (4.9%)	7:22	8.1 (94.2%)
6	SZYMAŃSKI Jacek	306	POZYTYWNI BIEGACZE	M45+	6	00:38:05.30	+00:03:01 (7.9%)	7:37	7.9 (91.9%)
7	LENARTOWICZ Stanisław	253		M45+	7	00:38:24.00	+00:03:20 (8.7%)	7:40	7.8 (90.7%)
8	WALESZKO Andrzej	312	PASJA NORDIC WALKING	M45+	8	00:38:47.05	+00:03:43 (9.6%)	7:45	7.7 (89.5%)
9	KĘPA Andrzej	239	WYCHODZĘ Z KIJAMI 1	M45+	9	00:39:18.20	+00:04:14 (10.8%)	7:51	7.6 (88.4%)
10	WALA Jan	311	NORDIC WALKING LUBASZ	M45+	10	00:41:49.30	+00:06:45 (16.2%)	8:21	7.2 (83.7%)
11	BERCZYŃSKI Henryk	210	NADLEŚNICTWO OKONEK	M45+	11	00:42:09.80	+00:07:05 (16.8%)	8:25	7.1 (82.6%)
12	BANACZYK Piotr	340	LILL SPORT	M45+	12	00:42:10.60	+00:07:06 (16.9%)	8:26	7.1 (82.6%)
13	JÓŹWIAK Łukasz	232	SERCE NORDICA WŁOCLAWEK	M45+	13	00:42:38.65	+00:07:34 (17.8%)	8:31	7 (81.4%)
14	WIECZOREK Aneta	318	NORDIC WALKING LUBASZ	M45+	14	00:45:36.35	+00:10:32 (23.1%)	9:07	6.6 (76.7%)
15	LUBAŃSKI Tomasz	256	SERCE NORDICA WŁOCLAWEK	M45+	15	00:45:59.70	+00:10:55 (23.8%)	9:11	6.5 (75.6%)
16	WRONA Ryszard	325	LILLSPORT	M45+	16	00:47:27.30	+00:12:23 (26.1%)	9:29	6.3 (73.3%)
17	KUCZYŃSKI Włodzimierz	249	NORDIC WALKING KIEKRZ POLAND	M45+	17	00:47:34.90	+00:12:31 (26.3%)	9:30	6.3 (73.3%)
18	STRZELEC Jan	293		M45+	18	00:48:33.65	+00:13:29 (27.8%)	9:42	6.2 (72.1%)
19	GRANDA Mieczysław	221	BOSKI CIACHOROWSKI	M45+	19	00:50:52.40	+00:15:48 (31.1%)	10:10	5.9 (68.6%)
20	SMOLARSKI Andrzej	288	KIJOMANIACY CHODZIEŻ	M45+	20	00:50:55.65	+00:15:51 (31.1%)	10:11	5.9 (68.6%)
21	CIEKAŁA Jan	334		M45+	21	00:55:37.70	+00:20:33 (37.0%)	11:07	5.4 (62.8%)
22	SZCZYTKOWSKI Marek	301		M45+	22	00:59:16.40	+00:24:12 (40.8%)	11:51	5.1 (59.3%)
23	KULCZYCKI Jan	251		M45+	23	01:00:30.75	+00:25:26 (42.1%)	12:06	5 (58.1%)
24	PERLIK Wiesław	270		M45+	24	01:00:31.75	+00:25:27 (42.1%)	12:06	5 (58.1%)
	JAKIMIEC Tadeusz	228	K.S. HUSARIA SZCZECINEK	M45+		DNF		-	- (0.0%)

Znaleziono 25 wynik(ów)