

VIII CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: VIII CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2022-08-27
Miejsce: Okonek
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JAKIMIEC Tadeusz	199	KLUB SPORTOWY HUSARIA SZCZECINEK	M45+	1	00:32:56.10		6:35	9.1 (100%)
2	PYREK Krzysztof	138	1 RBLOG	M18-44	1	00:34:16.65	+00:01:20 (3.9%)	6:51	8.8 (96.7%)
3	LAJTER Jerzy	90	4 RUN TEAM PIŁA	M45+	2	00:36:12.20	+00:03:16 (9.0%)	7:14	8.3 (91.2%)
4	MAŁYSZEWICZ Andrzej	100		M45+	3	00:40:07.00	+00:07:10 (17.9%)	8:01	7.5 (82.4%)
5	KOCOŃ Sławomir	70		M45+	4	00:40:26.70	+00:07:30 (18.6%)	8:05	7.4 (81.3%)
6	WIECZOREK Karina	179	CHODZĘBOLUBIĘ SZAMOCIN	K45+	1	00:41:24.45	+00:08:28 (20.5%)	8:16	7.2 (79.1%)
7	KOCOŃ Sylwia	69		K18-44	1	00:41:33.85	+00:08:37 (20.8%)	8:18	7.2 (79.1%)
8	URBANIAK Anna	174	FABRYKA NORDICA TRZCIANKA	K18-44	2	00:41:56.55	+00:09:00 (21.5%)	8:23	7.2 (79.1%)
9	BANACZYK Piotr	3	LILLSPORT	M45+	5	00:42:33.10	+00:09:37 (22.6%)	8:30	7.1 (78.0%)
10	PAŁUBICKA Małgorzata	123	NORDIC WALKING LUBASZ	K45+	2	00:43:22.40	+00:10:26 (24.1%)	8:40	6.9 (75.8%)
11	MAŁYSZEWICZ Teresa	101		K45+	3	00:43:43.90	+00:10:47 (24.7%)	8:44	6.9 (75.8%)
12	JUREK Kamila	57	CHODZĘBOLUBIĘ SZAMOCIN	K18-44	3	00:44:20.90	+00:11:24 (25.7%)	8:52	6.8 (74.7%)
13	KACZMAREK Jolanta	58	OSP ŁUGI	K45+	4	00:46:00.75	+00:13:04 (28.4%)	9:12	6.5 (71.4%)
14	PRZEDNÓWEK Mariola	136		K18-44	4	00:46:17.75	+00:13:21 (28.9%)	9:15	6.5 (71.4%)
15	KOZIOŁ Magdalena	81		K18-44	5	00:46:27.15	+00:13:31 (29.1%)	9:17	6.5 (71.4%)
16	PLUTA Barbara	131	CBL SZAMOCIN	K45+	5	00:46:36.95	+00:13:40 (29.3%)	9:19	6.4 (70.3%)
17	KĄTOWSKA Ewa	64	CBL SZAMOCIN	K45+	6	00:46:37.45	+00:13:41 (29.4%)	9:19	6.4 (70.3%)
18	CHRÓŚCIŃSKI Tomasz	22	CHODZEBOLUBIĘ SZAMOCIN	M18-44	2	00:47:24.15	+00:14:28 (30.5%)	9:28	6.3 (69.2%)
19	HAWETO Janina	46	KIJOWE SIOSTRY I BRAT	K45+	7	00:47:24.75	+00:14:28 (30.5%)	9:28	6.3 (69.2%)
20	ABRAMOWICZ Ewa	1	KIJOWE SIOSTRY I BRAT	K45+	8	00:47:25.05	+00:14:28 (30.5%)	9:29	6.3 (69.2%)
21	PANCEK Hanna	124	TADMAX	K45+	9	00:47:31.85	+00:14:35 (30.7%)	9:30	6.3 (69.2%)
22	OLSZEWSKA-ADAMCZYK Monika	43	CHODZĘBOLUBIĘ SZAMOCIN	K18-44	6	00:47:51.25	+00:14:55 (31.2%)	9:34	6.3 (69.2%)
23	PACHOWICZ Monika	122	CBL SZAMOCIN	K18-44	7	00:47:52.60	+00:14:56 (31.2%)	9:34	6.3 (69.2%)
24	ZACHARSKA Barbara	188	FABRYKA NORDICA TRZCIANKA	K45+	10	00:48:01.85	+00:15:05 (31.4%)	9:36	6.2 (68.1%)
25	GLANC Krzysztof	39	CBL SZAMOCIN	M45+	6	00:48:04.25	+00:15:08 (31.5%)	9:36	6.2 (68.1%)
26	GLANC Katarzyna	40	CBL SZAMOCIN	K45+	11	00:48:04.35	+00:15:08 (31.5%)	9:36	6.2 (68.1%)

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27	PIETRZYK Danuta	130	LILLSPORT	K45+	12	00:48:22.55	+00:15:26 (31.9%)	9:40	6.2 (68.1%)
28	BIADON Agnieszka	11	LILLSPORT	K18-44	8	00:48:25.05	+00:15:28 (32.0%)	9:41	6.2 (68.1%)
29	WRONA Ryszard	185	LILLSPORT	M45+	7	00:48:27.40	+00:15:31 (32.0%)	9:41	6.2 (68.1%)
30	DUBISZ Joanna	28	LILLSPORT	K45+	13	00:48:29.10	+00:15:33 (32.1%)	9:41	6.2 (68.1%)
31	ZIÓŁKOWSKA Marlena	193	OSP ŁUGI	K18-44	9	00:48:40.75	+00:15:44 (32.3%)	9:44	6.2 (68.1%)
32	SARNOWSKA Krystyna	152	LILLSPORT	K45+	14	00:48:51.80	+00:15:55 (32.6%)	9:46	6.1 (67.0%)
33	RAPTA Mieczysław	142		M45+	8	00:49:14.10	+00:16:18 (33.1%)	9:50	6.1 (67.0%)
34	FUDAŁA Iwona	34	CHODZĘBOLUBIĘ SZAMOCIN	K45+	15	00:51:00.00	+00:18:03 (35.4%)	10:12	5.9 (64.8%)
35	STEMPNIAK-LECHOWICZ Lidia	163	CBL SZAMOCIN	K18-44	10	00:51:01.30	+00:18:05 (35.4%)	10:12	5.9 (64.8%)
36	PRZYBYŁ Marianna	137		K45+	16	00:51:03.50	+00:18:07 (35.5%)	10:12	5.9 (64.8%)
37	JANIK Maciej	51	ZASAPANI HYDRO	M18-44	3	00:51:03.90	+00:18:07 (35.5%)	10:12	5.9 (64.8%)
38	WIELGUS Anna	182		K18-44	11	00:52:09.50	+00:19:13 (36.9%)	10:25	5.8 (63.7%)
39	BAZYLIŃSKA-NOSEK Sylwia	8		K45+	17	00:52:15.45	+00:19:19 (37.0%)	10:27	5.7 (62.6%)
40	RZYMINIAK Lidia	149		K45+	18	00:52:39.95	+00:19:43 (37.5%)	10:31	5.7 (62.6%)
41	GRANDA Mieczysław	42	BOSKI CIACHOROWSKI	M45+	9	00:52:40.10	+00:19:44 (37.5%)	10:32	5.7 (62.6%)
42	PERLIK Wiesław	126		M45+	10	00:56:39.65	+00:23:43 (41.9%)	11:19	5.3 (58.2%)
43	SMARUJ - SADOWSKA Janina	158	BYDGOSKIE ŻÓŁWIE	K45+	19	00:56:39.75	+00:23:43 (41.9%)	11:19	5.3 (58.2%)
44	PERLIK Ewa	127	TADMAX	K45+	20	00:56:42.35	+00:23:46 (41.9%)	11:20	5.3 (58.2%)
45	GÓRSKA Magdalena	41		K45+	21	00:58:26.20	+00:25:30 (43.6%)	11:41	5.1 (56.0%)
46	MIECHKOWSKA Wiesława	103		K45+	22	00:58:27.45	+00:25:31 (43.7%)	11:41	5.1 (56.0%)
DQ	LENARTOWICZ Stanisław	92		M45+		00:34:36.55 DQ		0:00	8.7 (95.6%)

Znaleziono 47 wynik(ów)