



# VIII MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY)

B4SPORT

**Organizator:** Regionalne Centrum Sportowe Sp. z o.o.  
**Data:** 2016-10-09  
**Miejsce:** Lubin  
**Dystans:** 4 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czas startu	Start_All 2km	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
1	<b>CHAMIELEC Bogusław</b>	<b>704</b>	A EMERYT BIEGA/LUBIN	M46+	1		00:01:25	00:15:57	<b>00:31:51.95</b>	<b>00:33:17.60</b>		7:58	7.5 (100%)
2	<b>WIERCHANOWSKI Bogdan</b>	<b>723</b>	KS METRACO POLKOWICE	M46+	2		00:01:26	00:16:07	<b>00:32:24.75</b>	<b>00:33:51.70</b>	+00:00:32 (1.7%)	8:06	7.4 (98.7%)
3	<b>DUSZEŃKO Zygmunt</b>	<b>725</b>		M46+	3	1	00:01:26	00:16:14	<b>00:33:06.75</b>	<b>00:34:33.00</b>	+00:01:14 (3.8%)	8:16	7.2 (96.0%)
4	<b>CHUDZIŃSKI Andrzej</b>	<b>701</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M46+	4		00:01:25	00:16:33	<b>00:33:15.05</b>	<b>00:34:40.80</b>	+00:01:23 (4.2%)	8:18	7.2 (96.0%)
5	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>714</b>	PRUSZYŃSKI NORDIC WALKING	K19-45	1		00:02:22	00:16:55	<b>00:34:12.00</b>	<b>00:36:34.10</b>	+00:02:20 (6.8%)	8:33	7 (93.3%)
6	<b>MIKOŁAJCZAK Jan</b>	<b>728</b>	KS METRACO POLKOWICE	M46+	5		00:01:25	00:16:43	<b>00:34:28.50</b>	<b>00:35:53.95</b>	+00:02:36 (7.6%)	8:37	7 (93.3%)
7	<b>KRZYŻANOWSKI Wojciech</b>	<b>709</b>		M46+	6		00:01:26	00:17:35	<b>00:35:49.35</b>	<b>00:37:15.70</b>	+00:03:57 (11.0%)	8:57	6.7 (89.3%)
8	<b>BAJ Stanisław</b>	<b>702</b>	ŚCINAWSKA GRUPA NORDIC WALKING	M46+	7		00:01:25	00:17:50	<b>00:36:27.85</b>	<b>00:37:53.15</b>	+00:04:35 (12.6%)	9:07	6.6 (88.0%)
9	<b>KONASZCZUK Agnieszka</b>	<b>696</b>	KB LEW LEGNICA	K19-45	2	1	00:02:23	00:17:46	<b>00:36:31.70</b>	<b>00:38:55.00</b>	+00:04:39 (12.8%)	9:08	6.6 (88.0%)
10	<b>BAJ Danuta</b>	<b>703</b>	ŚCINAWSKA GRUPA NORDIC WALKING	K46+	1	1	00:02:22	00:18:01	<b>00:36:32.10</b>	<b>00:38:55.00</b>	+00:04:40 (12.8%)	9:08	6.6 (88.0%)
11	<b>PYKA Tomasz</b>	<b>726</b>		M19-45	1		00:01:25	00:18:36	<b>00:37:37.60</b>	<b>00:39:03.20</b>	+00:05:45 (15.3%)	9:24	6.4 (85.3%)
12	<b>STRZELECKA Małgorzata</b>	<b>740</b>	SAILING TEAM FERAJNA	K19-45	3		00:02:23	00:19:19	<b>00:38:27.50</b>	<b>00:40:51.45</b>	+00:06:35 (17.1%)	9:37	6.2 (82.7%)
13	<b>KOZŁOWSKA Agnieszka</b>	<b>729</b>	DYNAMIC	K19-45	4		00:02:23	00:19:17	<b>00:38:27.70</b>	<b>00:40:50.80</b>	+00:06:35 (17.1%)	9:36	6.2 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czas startu	Start All 2km	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
14	<b>URBAN Jacek</b>	<b>721</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	M46+	8		00:01:25	00:19:02	<b>00:38:34.05</b>	<b>00:39:59.50</b>	+00:06:42 (17.4%)	9:38	6.2 (82.7%)
15	<b>STRZELECKI Sebastian</b>	<b>730</b>	SAILING TEAM FERAJNA	M19-45	2		00:01:28	00:20:13	<b>00:39:22.65</b>	<b>00:40:51.45</b>	+00:07:30 (19.1%)	9:50	6.1 (81.3%)
16	<b>SZAŁAJ Anna</b>	<b>699</b>	METRACO POLKOWICE	K46+	2		00:02:21	00:19:33	<b>00:39:33.10</b>	<b>00:41:54.85</b>	+00:07:41 (19.4%)	9:53	6.1 (81.3%)
17	<b>GROBELNA Jadwiga</b>	<b>705</b>	KS METRACO POLKOWICE	K46+	3		00:02:22	00:19:48	<b>00:39:45.90</b>	<b>00:42:08.10</b>	+00:07:53 (19.9%)	9:56	6 (80.0%)
18	<b>JARYSZ Agnieszka</b>	<b>700</b>	DYNAMIC	K19-45	5		00:02:22	00:19:36	<b>00:39:48.30</b>	<b>00:42:10.70</b>	+00:07:56 (19.9%)	9:57	6 (80.0%)
19	<b>JAŚ Jolanta</b>	<b>707</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	K46+	4		00:02:24	00:19:40	<b>00:39:58.60</b>	<b>00:42:22.75</b>	+00:08:06 (20.3%)	9:59	6 (80.0%)
20	<b>PACYNA Helena</b>	<b>713</b>	KS METRACO POLKOWICE	K46+	5		00:02:24	00:20:21	<b>00:40:48.80</b>	<b>00:43:13.40</b>	+00:08:56 (21.9%)	10:12	5.9 (78.7%)
21	<b>PRAŁAT Grażyna</b>	<b>716</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	K46+	6		00:02:24	00:20:55	<b>00:42:12.20</b>	<b>00:44:37.15</b>	+00:10:20 (24.5%)	10:33	5.7 (76.0%)
22	<b>SZUMIŁO Klara</b>	<b>718</b>		K19-45	6		00:02:22	00:21:03	<b>00:42:27.40</b>	<b>00:44:50.15</b>	+00:10:35 (24.9%)	10:37	5.7 (76.0%)
23	<b>PACHUCKA Katarzyna</b>	<b>712</b>		K19-45	7		00:02:23	00:21:21	<b>00:42:33.90</b>	<b>00:44:57.75</b>	+00:10:41 (25.1%)	10:38	5.6 (74.7%)
24	<b>WIŚNIEWSKA Mariola</b>	<b>724</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	K46+	7		00:02:24	00:22:05	<b>00:44:58.80</b>	<b>00:47:23.70</b>	+00:13:06 (29.2%)	11:14	5.3 (70.7%)
25	<b>SZUMIŁO Piotr</b>	<b>719</b>		M46+	9		00:01:26	00:22:09	<b>00:44:59.25</b>	<b>00:46:25.50</b>	+00:13:07 (29.2%)	11:14	5.3 (70.7%)
26	<b>IGLIŃSKA Maria</b>	<b>706</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	K46+	8		00:02:23	00:22:01	<b>00:45:18.95</b>	<b>00:47:42.55</b>	+00:13:27 (29.7%)	11:19	5.3 (70.7%)
27	<b>GRYGOROWICZ Teresa</b>	<b>695</b>	KS METRACO POLKOWICE	K46+	9		00:02:24	00:22:21	<b>00:46:51.35</b>	<b>00:49:15.80</b>	+00:14:59 (32.0%)	11:42	5.1 (68.0%)
28	<b>TYLUTKI Andrzej</b>	<b>720</b>	HELLBOY TEAM	M46+	10		00:01:27	00:24:21	<b>00:49:36.45</b>	<b>00:51:03.70</b>	+00:17:44 (35.8%)	12:24	4.8 (64.0%)
28	<b>MACHAJEK Krzysztof</b>	<b>710</b>	KS METRACO POLKOWICE	M46+	11		00:01:26	00:24:22	<b>00:49:36.45</b>	<b>00:51:03.20</b>	+00:17:44 (35.8%)	12:24	4.8 (64.0%)
30	<b>WIDAWSKI Andrzej</b>	<b>722</b>		M46+	12		00:01:27	00:25:58	<b>00:52:42.45</b>	<b>00:54:10.00</b>	+00:20:50 (39.5%)	13:10	4.6 (61.3%)
31	<b>BIŁYK Barbara</b>	<b>727</b>	SANTANDER CONSUMER BANK	K19-45	8		00:02:25	00:26:10	<b>00:52:44.10</b>	<b>00:55:09.50</b>	+00:20:52 (39.6%)	13:11	4.6 (61.3%)
32	<b>TEODOROWSKA Joanna</b>	<b>698</b>		K46+	10		00:02:23	00:26:00	<b>00:52:44.50</b>	<b>00:55:08.20</b>	+00:20:52 (39.6%)	13:11	4.5 (60.0%)
33	<b>MICIUŁA Zbigniew</b>	<b>711</b>		M46+	13		00:01:26	00:24:46	<b>00:54:01.30</b>	<b>00:55:28.15</b>	+00:22:09 (41.0%)	13:30	4.4 (58.7%)

Znaleziono 33 wynik(ów)