

WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: PUCHAR WIELKOPOLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-07-08
Miejsce: Wągrowiec
Dystans: 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|-------------------------|-----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|-------------------|--------------|-------------|
| 1 | REMBARZ Łukasz | 213 | KS IDMAR | M40-49 | 1 | | | 00:16:27 | 00:33:14 | 00:50:10 | 01:06:48.75 | | 6:40 | 9 (100%) |
| 2 | HAŁAS Marcin | 385 | | M30-39 | 1 | | | 00:16:46 | 00:33:36 | 00:50:22 | 01:07:14.95 | +00:00:26 (0.6%) | 6:43 | 8.9 (98.9%) |
| 3 | BIK Stanisław | 220 | KS METRACO POLKOWICE | M50-59 | 1 | | | 00:17:01 | 00:34:19 | 00:52:01 | 01:09:10.30 | +00:02:21 (3.4%) | 6:55 | 8.7 (96.7%) |
| 4 | PRZYBYSZ Grzegorz | 175 | | M30-39 | 2 | | | 00:16:56 | 00:34:27 | 00:52:06 | 01:09:26.35 | +00:02:37 (3.8%) | 6:56 | 8.6 (95.6%) |
| 5 | ROSADZIŃSKI Sławomir | 177 | LESZNO :) | M40-49 | 2 | | | 00:17:05 | 00:35:00 | 00:53:09 | 01:11:56.80 | +00:05:08 (7.1%) | 7:11 | 8.3 (92.2%) |
| 6 | ILOWSKA-REMBARZ Karolina | 210 | LOFT TEAM EXTREME | K30-39 | 1 | | | 00:17:45 | 00:36:02 | 00:54:23 | 01:12:24.25 | +00:05:35 (7.7%) | 7:14 | 8.3 (92.2%) |
| 7 | ORTYL Tomasz | 387 | | M18-29 | 1 | | | 00:17:36 | 00:35:54 | 00:54:36 | 01:13:17.65 | +00:06:28 (8.8%) | 7:19 | 8.2 (91.1%) |
| 8 | MĄDRY Grzegorz | 168 | KIJKOWE TRZEMESZNO | M50-59 | 2 | | | 00:18:21 | 00:36:42 | 00:55:10 | 01:13:25.85 | +00:06:37 (9.0%) | 7:20 | 8.2 (91.1%) |
| 9 | CZEKAJŁO Franciszek | 194 | REMI | M60-69 | 1 | | | 00:17:53 | 00:36:16 | 00:55:02 | 01:13:42.05 | +00:06:53 (9.3%) | 7:22 | 8.1 (90.0%) |
| 10 | PŁACHCIŃSKA Angelika | 218 | KIJE TRZEMESZNO | K30-39 | 2 | | | 00:17:43 | 00:36:17 | 00:55:25 | 01:13:42.65 | +00:06:53 (9.4%) | 7:22 | 8.1 (90.0%) |
| 11 | HARENDA Andrzej | 219 | | M50-59 | 3 | | | 00:18:21 | 00:36:44 | 00:55:12 | 01:13:42.80 | +00:06:54 (9.4%) | 7:22 | 8.1 (90.0%) |
| 12 | PRZYBYŁEK Marysia | 174 | MARSZ PO ZDROWIE POZNAŃ | K40-49 | 1 | | | 00:18:14 | 00:37:03 | 00:55:31 | 01:13:51.00 | +00:07:02 (9.5%) | 7:23 | 8.1 (90.0%) |
| 13 | WOLNIEWICZ Katarzyna | 386 | UNIA MIAST | K40-49 | 2 | | | 00:18:00 | 00:36:37 | 00:55:30 | 01:14:45.70 | +00:07:56 (10.6%) | 7:28 | 8 (88.9%) |
| 14 | BANASZKIEWICZ Katarzyna | 195 | | K50-59 | 1 | | | 00:17:53 | 00:36:33 | 00:55:50 | 01:15:00.85 | +00:08:12 (10.9%) | 7:30 | 8 (88.9%) |

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|-----|----------------------------------|------------|-------------------------|-----------|------|----------------|-----------------|--------------------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | | netto 10km | Różn | | |
| 15 | KOZAKOWSKA Małgorzata | 191 | KS SOKÓŁ GAŚAWA | K40-49 | 3 | | | 00:18:23 | 00:37:20 | 00:56:38 | 01:15:10.65 | +00:08:21 (11.1%) | 7:31 | 8 (88.9%) |
| 16 | ZWOLENKIEWICZ Joanna | 187 | KS SOKÓŁ GAŚAWA | K40-49 | 4 | | | 00:18:37 | 00:37:40 | 00:56:40 | 01:15:16.80 | +00:08:28 (11.2%) | 7:31 | 8 (88.9%) |
| 17 | MARCHWICKI Przemysław | 167 | NORDIC WALKING KIEKRZ | M60-69 | 2 | | | 00:18:31 | 00:37:36 | 00:56:50 | 01:15:50.50 | +00:09:01 (11.9%) | 7:35 | 7.9 (87.8%) |
| 18 | LENARTOWICZ Stanisław | 215 | | M50-59 | 4 | 1 | | 00:18:41 | 00:37:26 | 00:56:45 | 01:15:50.75 | +00:09:02 (11.9%) | 7:35 | 7.9 (87.8%) |
| 19 | ŻAMOJCIN Marek | 186 | NORDICLUB SZCZECIN | M50-59 | 5 | | | 00:18:31 | 00:37:47 | 00:57:11 | 01:15:51.95 | +00:09:03 (11.9%) | 7:35 | 7.9 (87.8%) |
| 20 | BRACISZEWSKI Krzysztof | 189 | KS SOKÓŁ GAŚAWA | M30-39 | 3 | | | 00:18:30 | 00:37:35 | 00:56:49 | 01:15:52.55 | +00:09:03 (11.9%) | 7:35 | 7.9 (87.8%) |
| 21 | FRYDRYCH Marcin | 156 | NORDIC WALKING KIEKRZ | M40-49 | 3 | | | 00:18:56 | 00:38:16 | 00:57:52 | 01:17:31.90 | +00:10:43 (13.8%) | 7:45 | 7.7 (85.6%) |
| 22 | ŚWIĄTKOWSKI Sławomir | 181 | | M40-49 | 4 | | | 00:19:13 | 00:38:51 | 00:58:39 | 01:18:58.10 | +00:12:09 (15.4%) | 7:53 | 7.6 (84.4%) |
| 23 | ROSADZIŃSKA Natalia | 176 | LESZNO :) | K18-29 | 1 | | | 00:19:21 | 00:39:31 | 00:59:38 | 01:19:16.75 | +00:12:28 (15.7%) | 7:55 | 7.6 (84.4%) |
| 24 | WACKOWIAK Michał | 216 | | M30-39 | 4 | | | 00:19:04 | 00:38:46 | 00:58:54 | 01:19:17.30 | +00:12:28 (15.7%) | 7:55 | 7.6 (84.4%) |
| 25 | GWAREK Anita | 162 | PASJA NORDIC WALKING | K40-49 | 5 | | | 00:19:35 | 00:39:31 | 01:00:16 | 01:20:18.40 | +00:13:29 (16.8%) | 8:01 | 7.5 (83.3%) |
| 26 | KRUSZKA Arleta | 166 | MARSZ PO ZDROWIE POZNAŃ | K50-59 | 2 | | | 00:19:45 | 00:39:50 | 01:00:17 | 01:20:19.60 | +00:13:30 (16.8%) | 8:01 | 7.5 (83.3%) |
| 27 | STANKOWSKA Marzena | 178 | KIJKOWE TRZEMESZNO | K40-49 | 6 | | | 00:19:48 | 00:40:09 | 01:00:24 | 01:20:23.10 | +00:13:34 (16.9%) | 8:02 | 7.5 (83.3%) |
| 28 | CHŁODNICKI Marek | 154 | MARSZ PO ZDROWIE POZNAŃ | M60-69 | 3 | | | 00:19:34 | 00:39:40 | 01:00:09 | 01:20:52.60 | +00:14:03 (17.4%) | 8:05 | 7.4 (82.2%) |
| 29 | SADŁO Mariusz | 179 | | M40-49 | 5 | | | 00:19:37 | 00:39:55 | 01:00:57 | 01:21:19.25 | +00:14:30 (17.8%) | 8:07 | 7.4 (82.2%) |
| 30 | WEGIERA Grzegorz | 184 | ROXKIJE ROKIETNICA | M40-49 | 6 | | | 00:20:25 | 00:40:48 | 01:01:08 | 01:21:27.45 | +00:14:38 (18.0%) | 8:08 | 7.4 (82.2%) |
| 31 | KONIECZNA Zuzanna | 380 | | K40-49 | 7 | | | 00:20:26 | 00:40:58 | 01:01:43 | 01:21:38.55 | +00:14:49 (18.2%) | 8:09 | 7.3 (81.1%) |
| 32 | ADAMSKA-WOLNA Karolina | 152 | | K30-39 | 3 | | | 00:19:44 | 00:40:38 | 01:01:35 | 01:22:11.60 | +00:15:22 (18.7%) | 8:13 | 7.3 (81.1%) |
| 33 | SZYBCZYŃSKA Katarzyna | 190 | KS SOKÓŁ GAŚAWA | K40-49 | 8 | | | 00:19:48 | 00:40:20 | 01:01:36 | 01:22:24.10 | +00:15:35 (18.9%) | 8:14 | 7.3 (81.1%) |
| 34 | MICHAŁOWSKA Monika | 169 | | K30-39 | 4 | | | 00:19:23 | 00:39:56 | 01:01:11 | 01:22:27.70 | +00:15:38 (19.0%) | 8:14 | 7.3 (81.1%) |
| 35 | KORONA-BRACISZEWSKA Beata | 188 | KS SOKÓŁ GAŚAWA | K18-29 | 2 | | | 00:20:27 | 00:41:07 | 01:01:42 | 01:22:48.60 | +00:15:59 (19.3%) | 8:16 | 7.2 (80.0%) |
| 36 | TOBYS Ryszard | 182 | | M60-69 | 4 | | | 00:20:40 | 00:41:22 | 01:02:13 | 01:23:02.60 | +00:16:13 (19.5%) | 8:18 | 7.2 (80.0%) |
| 37 | MOSTOWSKA Elżbieta | 170 | LESZNO :) | K50-59 | 3 | | | 00:21:00 | 00:42:14 | 01:03:26 | 01:23:45.50 | +00:16:56 (20.2%) | 8:22 | 7.2 (80.0%) |

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|-----|---------------------------------------|------------|-------------------------|-----------|------|----------------|-----------------|--------------------|------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 38 | POSTEK Danuta | 173 | MARSZ PO ZDROWIE POZNAŃ | K50-59 | 4 | | | 00:20:58 | 00:42:12 | 01:03:22 | 01:23:54.45 | +00:17:05 (20.4%) | 8:23 | 7.1 (78.9%) |
| 39 | CHOLEWKA Jolanta | 155 | MARSZ PO ZDROWIE POZNAŃ | K60-69 | 1 | | | 00:20:17 | 00:41:14 | 01:02:45 | 01:23:58.15 | +00:17:09 (20.4%) | 8:23 | 7.1 (78.9%) |
| 40 | OMARSKA Grażyna | 171 | PASJA NORDIC WALKING | K60-69 | 2 | | | 00:21:13 | 00:42:28 | 01:03:56 | 01:25:23.80 | +00:18:35 (21.8%) | 8:32 | 7 (77.8%) |
| 41 | URBAN Jacek | 382 | LESZNO :) | M60-69 | 5 | 1 | | 00:21:01 | 00:42:19 | 01:03:35 | 01:25:30.95 | +00:18:42 (21.9%) | 8:33 | 7 (77.8%) |
| 42 | ADAMEK-BOBER Anna | 151 | MARSZ PO ZDROWIE POZNAŃ | K60-69 | 3 | | | 00:20:37 | 00:42:15 | 01:04:20 | 01:26:24.95 | +00:19:36 (22.7%) | 8:38 | 6.9 (76.7%) |
| 43 | PIWAŃSKA Michalina | 172 | | K30-39 | 5 | | | 00:22:47 | 00:44:50 | 01:06:48 | 01:28:58.50 | +00:22:09 (24.9%) | 8:53 | 6.7 (74.4%) |
| 44 | GOLAK-WEGIERA Katarzyna | 157 | ROXKIJE ROKIETNICA | K40-49 | 9 | | | 00:22:35 | 00:44:57 | 01:07:03 | 01:29:16.55 | +00:22:27 (25.2%) | 8:55 | 6.7 (74.4%) |
| 45 | URANTÓWKA Henryk | 372 | | M70+ | 1 | | | 00:21:27 | 00:43:51 | 01:06:30 | 01:29:20.45 | +00:22:31 (25.2%) | 8:56 | 6.7 (74.4%) |
| 46 | RUSINOWICZ Andrzej | 217 | | M70+ | 2 | | | 00:21:58 | 00:44:06 | 01:06:56 | 01:29:34.20 | +00:22:45 (25.4%) | 8:57 | 6.7 (74.4%) |
| 47 | GRZENKOWICZ Dominika | 161 | | | | | | 00:20:34 | 00:43:21 | 01:06:19 | 01:30:19.10 | +00:23:30 (26.0%) | 9:01 | 6.6 (73.3%) |
| 48 | KARASIEWICZ Iwona | 164 | NORDICLUB SZCZECIN | K30-39 | 6 | | | 00:22:55 | 00:46:10 | 01:09:24 | 01:32:29.80 | +00:25:41 (27.8%) | 9:15 | 6.5 (72.2%) |
| 49 | GRZENKOWICZ Bartosz | 160 | | M30-39 | 5 | | | 00:22:45 | 00:45:56 | 01:09:52 | 01:34:27.20 | +00:27:38 (29.3%) | 9:26 | 6.4 (71.1%) |
| 50 | HORIACZEK Ryszard | 200 | UKS GIMNAZJUM | M60-69 | 6 | | | 00:23:13 | 00:47:33 | 01:11:57 | 01:36:34.85 | +00:29:46 (30.8%) | 9:39 | 6.2 (68.9%) |
| 51 | GRZENKOWICZ Dorota | 158 | | K50-59 | 5 | | | 00:26:04 | 00:51:39 | 01:17:12 | 01:43:30.20 | +00:36:41 (35.4%) | 10:21 | 5.8 (64.4%) |
| 52 | GRZENKOWICZ Agnieszka | 159 | | K30-39 | 7 | | | 00:26:29 | 00:53:51 | 01:21:41 | 01:50:38.95 | +00:43:50 (39.6%) | 11:03 | 5.4 (60.0%) |
| 53 | CHRAPEK Urszula Bronisława | 384 | | K30-39 | 8 | | | 00:23:35 | 00:46:44 | | | +00:13:29 | 9:20 | 6.4 (71.1%) |
| DQ | JOŚ Jolanta | 381 | | K50-59 | | 1 | 1 | 00:21:14 DQ | 00:42:14 DQ | 01:03:26 DQ | DQ | | - | - (0.0%) |

Znaleziono 54 wynik(ów)