

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)