

WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

Event: WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING
Organiser: PFNW
Date: 2017-07-09
Place: Wągrowiec
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Start All 5km	Start All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	MIELECKA Agnieszka	751	KS SOKÓŁ GAŚAWA	K40-49	1			00:16:54	00:34:23	00:52:05	01:09:43.20		6:58	8.6 (100%)
2	ROSADZIŃSKI Sławomir	736	LESZNO :)	M40-49	1			00:17:39	00:35:43	00:53:36	01:12:01.20	+00:02:18 (3.2%)	7:12	8.3 (96.5%)
3	NOWAK Rajmund	728	NORDIC WALKING KIEKRZ	M40-49	2			00:17:53	00:36:08	00:54:28	01:12:21.10	+00:02:37 (3.6%)	7:14	8.3 (96.5%)
4	ANTOSZEWSKI Piotr	702	NORDIC TEAM GNIEZNO	M40-49	3			00:18:05	00:36:24	00:54:40	01:12:52.35	+00:03:09 (4.3%)	7:17	8.2 (95.3%)
5	SMUL Andrzej	738	MARSZ PO ZDROWIE	M60-69	1			00:17:50	00:36:00	00:54:23	01:12:58.20	+00:03:15 (4.5%)	7:17	8.2 (95.3%)
6	GIERSZEWSKI Arkadiusz	712		M30-39	1			00:17:43	00:36:02	00:54:54	01:13:27.30	+00:03:44 (5.1%)	7:20	8.2 (95.3%)
7	CZEKAJŁO Franciszek	709	REMI	M60-69	2			00:18:08	00:36:28	00:55:05	01:13:32.80	+00:03:49 (5.2%)	7:21	8.2 (95.3%)
8	BUŁAKOWSKI Bohdan	705	PASJA NORDIC WALKING	M60-69	3			00:18:12	00:36:30	00:55:06	01:13:35.70	+00:03:52 (5.3%)	7:21	8.2 (95.3%)
9	STAWNIAK Karol	752	KS SOKÓŁ GAŚAWA	M60-69	4			00:18:09	00:36:29	00:55:04	01:14:00.60	+00:04:17 (5.8%)	7:24	8.1 (94.2%)
10	NETKOWSKI Wojciech	725	PASJA NORDIC WALKING	M50-59	1			00:18:38	00:37:30	00:56:19	01:14:52.30	+00:05:09 (6.9%)	7:29	8 (93.0%)
11	WESOŁOWSKI Wojciech	742	NORDIC TEAM GNIEZNO	M60-69	5			00:18:31	00:36:53	00:55:37	01:15:04.30	+00:05:21 (7.1%)	7:30	8 (93.0%)
12	MIERNICKI Mariusz	714	PASJA NORDIC WALKING	M50-59	2			00:18:15	00:37:00	00:56:13	01:15:23.65	+00:05:40 (7.5%)	7:32	8 (93.0%)
13	MARCHWICKI Przemysław	723	NORDIC WALKING KIEKRZ	M60-69	6			00:18:45	00:37:48	00:57:11	01:16:00.60	+00:06:17 (8.3%)	7:36	7.9 (91.9%)
14	PRZYBYSZ Grzegorz	734		M30-39	2			00:18:39	00:37:41	00:56:46	01:16:04.40	+00:06:21 (8.4%)	7:36	7.9 (91.9%)

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											10km			
15	ROZYNEK Mariusz	737	NORDIC WALKING KIEKRZ	M40-49	4			00:18:47	00:37:56	00:57:02	01:16:19.15	+00:06:35 (8.6%)	7:38	7.9 (91.9%)
16	PASIŃSKA-SKOWRON Sylwia	729	PRUSZYŃSKI NORDIC WALKING	K40-49	2			00:18:43	00:38:06	00:57:38	01:16:54.75	+00:07:11 (9.4%)	7:41	7.8 (90.7%)
17	LENARTOWICZ Stanisław	750	DERBY ŁUBIANKA	M50-59	3	1		00:18:25	00:37:06	00:56:51	01:16:56.75	+00:07:13 (9.4%)	7:41	7.8 (90.7%)
18	KACZMARCZYK PIASECKA Renata	717	CZARNE PANTERY	K40-49	3			00:19:05	00:38:30	00:57:56	01:17:12.60	+00:07:29 (9.7%)	7:43	7.8 (90.7%)
19	CIESELSKI Krzysztof	707	FAST WALKER	M60-69	7			00:19:17	00:38:41	00:58:17	01:17:53.80	+00:08:10 (10.5%)	7:47	7.7 (89.5%)
20	PYTEL Anna	755	KB KATORŻNIK	K30-39	1	2		00:19:02	00:38:30	00:58:13	01:17:57.75	+00:08:14 (10.6%)	7:47	7.7 (89.5%)
21	PRZYBYŁEK Marysia	733	LESZNO :)	K40-49	4	1		00:19:32	00:39:14	00:59:11	01:18:47.05	+00:09:03 (11.5%)	7:52	7.6 (88.4%)
22	ROSADZIŃSKA Natalia	735	LESZNO :)	K18-29	1			00:19:33	00:39:15	00:59:11	01:18:47.40	+00:09:04 (11.5%)	7:52	7.6 (88.4%)
23	NOWAK Bartłomiej	727	SAILING TEAM FERAJNA	M40-49	5			00:20:04	00:40:14	00:59:55	01:19:35.10	+00:09:51 (12.4%)	7:57	7.5 (87.2%)
24	BOGUSZ Marek	703		M50-59	4			00:19:48	00:39:53	01:00:20	01:20:04.05	+00:10:20 (12.9%)	8:00	7.5 (87.2%)
25	KANIEWSKI Łukasz	718	SUMMER ISLAND	M30-39	3			00:18:47	00:39:01	00:59:39	01:20:05.35	+00:10:22 (12.9%)	8:00	7.5 (87.2%)
26	WACHOWIAK Sylwia	740	DYNAMIC	K40-49	5			00:19:54	00:39:55	00:59:58	01:20:07.80	+00:10:24 (13.0%)	8:00	7.5 (87.2%)
27	RASZEWSKA Justyna	746		K30-39	2			00:19:35	00:39:31	00:59:57	01:20:16.90	+00:10:33 (13.2%)	8:01	7.5 (87.2%)
28	KRUSZKA Arleta	720	MARSZ PO ZDROWIE	K50-59	1			00:19:52	00:39:57	01:00:18	01:20:32.65	+00:10:49 (13.4%)	8:03	7.4 (86.0%)
29	JASOŃ Grażyna	715	DYNAMIC	K50-59	2			00:20:12	00:40:20	01:00:35	01:20:58.30	+00:11:15 (13.9%)	8:05	7.4 (86.0%)
30	ADAMSKA-WOLNA Karolina	722		K30-39	3			00:19:38	00:39:57	01:00:43	01:21:21.50	+00:11:38 (14.3%)	8:08	7.4 (86.0%)
31	NOWAK Beata	726	SAILING TEAM FERAJNA	K40-49	6			00:19:59	00:40:26	01:01:19	01:21:44.30	+00:12:01 (14.7%)	8:10	7.3 (84.9%)
32	PIĄTKOWSKI Józef	731	KS METRACO POLKOWICE	M70+	1			00:20:12	00:41:23	01:02:34	01:22:59.90	+00:13:16 (16.0%)	8:18	7.2 (83.7%)
33	CZARNECKA Katarzyna	708	NORDIC WALKING KIEKRZ	K30-39	4			00:20:07	00:41:01	01:02:28	01:23:30.90	+00:13:47 (16.5%)	8:21	7.2 (83.7%)
34	CHŁODNICKI Marek	706	MARSZ PO ZDROWIE	M60-69	8			00:19:57	00:40:48	01:02:11	01:23:44.35	+00:14:01 (16.7%)	8:22	7.2 (83.7%)
35	WORONKO-ZACZYŃSKA Janina	743	KS METRACO POLKOWICE	K70+	1			00:20:12	00:40:50	01:02:22	01:23:45.10	+00:14:01 (16.8%)	8:22	7.2 (83.7%)
36	KOZAKOWSKA Małgorzata	754	KS SOKÓŁ GAŚAWA	K40-49	7			00:20:49	00:41:36	01:02:53	01:23:48.80	+00:14:05 (16.8%)	8:22	7.2 (83.7%)
37	BORUCKI Krystian	704	BORKO.PL.	M30-39	4			00:20:21	00:41:43	01:03:09	01:23:50.60	+00:14:07 (16.8%)	8:23	7.2 (83.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
38	STRZELECKI Sebastian	739	SAILING TEAM FERAJNA	M40-49	6			00:20:20	00:41:40	01:03:06	01:23:56.25	+00:14:13 (16.9%)	8:23	7.1 (82.6%)
39	SZYBCZYŃSKA Katarzyna	753	KS SOKÓŁ GAŚAWA	K40-49	8			00:20:52	00:41:41	01:02:54	01:24:10.10	+00:14:26 (17.2%)	8:25	7.1 (82.6%)
40	MOSTOWSKA-NOWAK Elżbieta	745	LESZNO :)	K50-59	3			00:21:11	00:42:29	01:03:25	01:24:19.85	+00:14:36 (17.3%)	8:26	7.1 (82.6%)
41	POSTEK Danuta	732	MARSZ PO ZDROWIE	K50-59	4			00:20:46	00:41:47	01:03:18	01:24:41.80	+00:14:58 (17.7%)	8:28	7.1 (82.6%)
42	GRZESZCZAK Andrzej	713	KS METRACO POLKOWICE	M50-59	5			00:19:45	00:40:35	01:01:48	01:24:52.70	+00:15:09 (17.9%)	8:29	7.1 (82.6%)
43	WANDEL Agnieszka	741	FACE NORDIC WALKING TEAM	K40-49	9			00:20:33	00:41:40	01:03:35	01:25:05.70	+00:15:22 (18.1%)	8:30	7.1 (82.6%)
44	ADAMEK-BOBER Anna	701	MARSZ PO ZDROWIE	K60-69	1			00:20:34	00:41:46	01:03:36	01:25:09.25	+00:15:26 (18.1%)	8:30	7 (81.4%)
45	ZAKRZEWSKA Henryka	744	NORDIC TEAM GNIEZNO	K70+	2			00:20:42	00:42:09	01:03:47	01:25:56.35	+00:16:13 (18.9%)	8:35	7 (81.4%)
46	URBAN Jacek	747	LESZNO :)	M60-69	9			00:21:35	00:43:43	01:05:52	01:27:18.30	+00:17:35 (20.1%)	8:43	6.9 (80.2%)
47	KAMIŃSKI Tomasz	748	HART SKOKI	M50-59	6	1		00:21:23	00:43:18	01:05:18	01:27:57.70	+00:18:14 (20.7%)	8:47	6.8 (79.1%)
48	MARCINIAK Lucyna	724	NORDIC WALKING KIEKRZ	K60-69	2			00:20:45	00:42:24	01:05:00	01:28:46.40	+00:19:03 (21.5%)	8:52	6.8 (79.1%)
49	KAMIŃSKA Wioleta	749		K50-59	5	1		00:22:44	00:45:39	01:08:24	01:31:18.55	+00:21:35 (23.6%)	9:07	6.6 (76.7%)

Total 49 results.