

WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10KM

B4SPORT

Organiser: PFNW
Date: 2015-07-11
Place: Wągrowiec
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	LUBIATOWSKI Ireneusz	203	KGHM METRACO POLKOWICE	M 40-49	1			00:00:06	00:15:54	00:31:19	00:46:44	01:02:12	01:02:18		6:13	9.6 (100%)
2	SIWAK Piotr	182	KGHM METRACO POLKOWICE	M 50-59	1			00:00:55	00:15:16	00:31:05	00:47:09	01:03:07	01:04:02	+00:00:55 (1.5%)	6:18	9.5 (99.0%)
3	PUSZKIEL Leszek	200	GREEN TEAM	M 50-59	2			00:00:56	00:15:16	00:31:18	00:47:37	01:03:48	01:04:44	+00:01:36 (2.5%)	6:22	9.4 (97.9%)
4	WOROCH Roman	172		M 50-59	3			00:00:56	00:15:29	00:31:43	00:47:57	01:03:50	01:04:46	+00:01:38 (2.6%)	6:23	9.4 (97.9%)
5	ADAMSKI Robert	217	DRUŻYNA SZPIKU	M 40-49	2			00:00:07	00:15:57	00:32:08	00:48:26	01:04:38	01:04:45	+00:02:26 (3.8%)	6:27	9.3 (96.9%)
6	BOGACKI Sławek	204	ENERGA NW TEAM	M 40-49	3			00:00:08	00:15:58	00:32:50	00:49:31	01:05:52	01:06:00	+00:03:40 (5.6%)	6:35	9.1 (94.8%)
7	LENZ Andrzej	178	ALTOM	M 50-59	4			00:00:56	00:16:14	00:32:43	00:49:18	01:05:54	01:06:50	+00:03:42 (5.6%)	6:35	9.1 (94.8%)
8	ĆWIKLIŃSKI Dawid	183	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1	1		00:00:04	00:16:27	00:33:28	00:51:01	01:07:40	01:07:44	+00:05:28 (8.1%)	6:46	8.9 (92.7%)
9	PUSZKIEL Adrian	199	GREEN TEAM	M 18-29	2			00:00:06	00:16:26	00:33:27	00:51:00	01:07:44	01:07:50	+00:05:32 (8.2%)	6:46	8.9 (92.7%)
10	ANTOSZEWSKI Piotr	181	DĄBROWA NORDIC TEAM	M 40-49	4			00:00:07	00:17:12	00:34:41	00:51:48	01:08:51	01:08:58	+00:06:39 (9.7%)	6:53	8.7 (90.6%)
11	LIPKO Adrianna	215	PENDOLINO	K 18-29	1			00:02:13	00:17:13	00:34:38	00:51:47	01:08:58	01:11:11	+00:06:46 (9.8%)	6:53	8.7 (90.6%)
12	JĘDRASIAK Renata	213	KGHM METRACO POLKOWICE	K 50-59	1			00:02:54	00:16:51	00:34:03	00:51:30	01:09:12	01:12:06	+00:07:00 (10.1%)	6:55	8.7 (90.6%)
13	STAWNIAK Karol	174	UTW ŻNIN	M 60-69	1			00:00:56	00:16:37	00:33:58	00:51:39	01:09:25	01:10:21	+00:07:13 (10.4%)	6:56	8.6 (89.6%)
14	KOWALCZYK Mariusz	187	GREEN TEAM	M 40-49	5			00:00:07	00:17:04	00:34:35	00:51:52	01:09:27	01:09:34	+00:07:15 (10.4%)	6:56	8.6 (89.6%)

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												time 10km	brutto 10km			
15	FELIS Paweł	188		M 40-49	6			00:00:08	00:17:10	00:34:44	00:52:20	01:09:38	01:09:46	+00:07:26 (10.7%)	6:57	8.6 (89.6%)
16	CZEKAJŁO Franciszek	184	TEAM MEPROZET	M 60-69	2			00:00:58	00:16:42	00:34:20	00:51:57	01:09:54	01:10:52	+00:07:42 (11.0%)	6:59	8.6 (89.6%)
17	KASPRZYK Lilianna	219	UKS GIMNAZJON SUCHY LAS	K 50-59	2			00:02:54	00:16:55	00:34:26	00:52:20	01:10:06	01:13:00	+00:07:54 (11.3%)	7:00	8.6 (89.6%)
17	STEMPNIAK Bogdan	173		M 50-59	5			00:00:56	00:17:02	00:34:39	00:52:33	01:10:06	01:11:02	+00:07:54 (11.3%)	7:00	8.6 (89.6%)
19	KALISZ Krzysztof	176	KGHM METRACO POLKOWICE	M 60-69	3			00:00:57	00:16:37	00:34:21	00:52:14	01:10:17	01:11:14	+00:08:05 (11.5%)	7:01	8.5 (88.5%)
20	FALKOWSKA Beata	226	UKS GIMNAZJON SUCHY LAS	K 50-59	3			00:02:54	00:16:57	00:34:34	00:52:26	01:10:33	01:13:27	+00:08:21 (11.8%)	7:03	8.5 (88.5%)
21	SZCZEBAK Jacek	170	TARNÓW	M 40-49	7			00:00:06	00:17:23	00:35:11	00:52:55	01:10:34	01:10:40	+00:08:22 (11.9%)	7:03	8.5 (88.5%)
22	SMUS Damiann	179	UCZELNIA WARSZAWSKA	M 18-29	3			00:00:04	00:17:50	00:35:54	00:53:39	01:10:43	01:10:47	+00:08:31 (12.0%)	7:04	8.5 (88.5%)
23	KRZYŻANOWSKI Robert	225	GOSIR OSIELSKO	M 40-49	8			00:00:06	00:17:19	00:34:49	00:52:43	01:11:44	01:11:50	+00:09:32 (13.3%)	7:10	8.4 (87.5%)
24	WAŁOWSKI Tomasz	205		M 40-49	9			00:00:08	00:18:15	00:36:40	00:54:15	01:12:05	01:12:13	+00:09:53 (13.7%)	7:12	8.3 (86.5%)
25	LEWANDOWSKI Robert	191	GOSIR OSIELSKO	M 30-39	1			00:00:05	00:17:48	00:35:54	00:53:59	01:12:08	01:12:13	+00:09:56 (13.8%)	7:12	8.3 (86.5%)
26	REJ Anna	207		K 30-39	1			00:02:15	00:17:25	00:35:40	00:54:07	01:12:30	01:14:45	+00:10:18 (14.2%)	7:15	8.3 (86.5%)
27	KOSICKI Dariusz	212	1RWT	M 40-49	10			00:00:07	00:18:02	00:36:09	00:54:21	01:12:51	01:12:58	+00:10:39 (14.6%)	7:17	8.2 (85.4%)
28	KURZAWSKA Jolanta	214	KGHM METRACO POLKOWICE	K 60-69	1			00:02:56	00:17:50	00:36:01	00:54:26	01:13:17	01:16:13	+00:11:05 (15.1%)	7:19	8.2 (85.4%)
29	TOMCZAK Joanna	193		K 30-39	2			00:02:15	00:18:14	00:36:19	00:54:54	01:13:30	01:15:45	+00:11:18 (15.4%)	7:21	8.2 (85.4%)
30	BANACH Joanna	220	BOHATERZY ZIEMII	K 40-49	1			00:02:15	00:17:55	00:36:25	00:55:03	01:13:31	01:15:46	+00:11:19 (15.4%)	7:21	8.2 (85.4%)
31	CZYCZ Kazimierz	186	GREEN TEAM	M 60-69	4			00:00:58	00:18:19	00:36:29	00:55:23	01:14:32	01:15:30	+00:12:20 (16.5%)	7:27	8.1 (84.4%)
32	PIERNICKA Krystyna	216		K 50-59	4			00:02:54	00:18:05	00:36:51	00:55:55	01:15:07	01:18:01	+00:12:55 (17.2%)	7:30	8 (83.3%)
33	KĘDZIERSKA Edyta	171	PFNW	K 40-49	2			00:02:16	00:19:04	00:37:50	00:56:49	01:15:15	01:17:31	+00:13:03 (17.3%)	7:31	8 (83.3%)
34	CZYCZ Emilia	185	GREEN TEAM	K 60-69	2			00:02:56	00:18:31	00:37:26	00:56:30	01:15:42	01:18:38	+00:13:30 (17.8%)	7:34	7.9 (82.3%)
35	MUSZYŃSKA Lidia	228		K 50-59	5			00:02:55	00:18:48	00:37:57	00:57:10	01:16:31	01:19:26	+00:14:19 (18.7%)	7:39	7.8 (81.3%)
36	NOWAKOWSKA Angelika	189	JEZIORKI - AKTYWNA WIEŚ	K 30-39	3			00:02:14	00:19:17	00:38:33	00:58:07	01:17:44	01:19:58	+00:15:32 (20.0%)	7:46	7.7 (80.2%)
37	KUŁAKOWSKA Anna	224	GOSIR OSIELSKO	K 30-39	4			00:02:14	00:19:18	00:39:02	00:59:04	01:17:48	01:20:02	+00:15:36 (20.1%)	7:46	7.7 (80.2%)

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38	KARCZEWSKA Violetta	192	GOSIR OSIELSKO	K 40-49	3			00:02:17	00:19:43	00:39:35	00:59:07	01:18:11	01:20:28	+00:15:59 (20.4%)	7:49	7.7 (80.2%)
39	LALIK-WAŁOWSKA Agnieszka	206		K 40-49	4			00:02:14	00:19:40	00:39:14	00:59:07	01:18:17	01:20:31	+00:16:05 (20.5%)	7:49	7.7 (80.2%)
40	RASZEWSKA Justyna	198		K 30-39	5			00:02:14	00:19:18	00:38:52	00:59:00	01:18:49	01:21:03	+00:16:37 (21.1%)	7:52	7.6 (79.2%)
41	NOWAK Bartek	194	SAILING TEAM FERAJNA	M 40-49	11			00:00:07	00:20:32	00:40:09	00:59:36	01:19:13	01:19:20	+00:17:01 (21.5%)	7:55	7.6 (79.2%)
42	APPEL Jerzy	202	GOSIR OSIELSKO	M 60-69	5			00:00:58	00:19:25	00:39:11	00:59:14	01:19:22	01:20:20	+00:17:10 (21.6%)	7:56	7.6 (79.2%)
43	KULKA Maciej	201	FACE NORDIC WALKING TEAM	M 50-59	6			00:00:58	00:19:40	00:39:38	00:59:50	01:19:27	01:20:25	+00:17:15 (21.7%)	7:56	7.6 (79.2%)
44	NOWAKOWSKI Rafał	190	JEZIORKI - AKTYWNA WIEŚ	M 30-39	2			00:00:05	00:20:01	00:40:07	01:00:08	01:19:52	01:19:57	+00:17:40 (22.1%)	7:59	7.5 (78.1%)
45	CHOLEWIŃSKA Longina	221	KB KATORŻNIK MUROWANA GOŚLINA	K 40-49	5			00:02:15	00:19:34	00:39:36	00:59:46	01:20:38	01:22:53	+00:18:26 (22.9%)	8:03	7.4 (77.1%)
46	TRAMBACZ Robert	223	BEZ KLUBU	M 50-59	7			00:00:56	00:20:32	00:40:50	01:01:37	01:22:24	01:23:20	+00:20:12 (24.5%)	8:14	7.3 (76.0%)
47	ZAWADZKA Maria	177	KGHM METRACO POLKOWICE	K 60-69	3			00:02:57	00:20:47	00:41:44	01:02:21	01:23:03	01:26:00	+00:20:51 (25.1%)	8:18	7.2 (75.0%)
48	WALASEK Julitta	227		K 40-49	6			00:02:17	00:20:48	00:41:26	01:02:35	01:23:38	01:25:55	+00:21:26 (25.6%)	8:21	7.2 (75.0%)
49	NOWAK Maciej	195	SAILING TEAM FERAJNA	M 30-39	3			00:00:05	00:21:26	00:42:32	01:03:22	01:23:49	01:23:54	+00:21:37 (25.8%)	8:22	7.2 (75.0%)
50	KANIA Ewa	211		K 50-59	6			00:02:55	00:20:55	00:41:48	01:02:57	01:24:12	01:27:07	+00:22:00 (26.1%)	8:25	7.1 (74.0%)
51	KOZŁOWSKA Agnieszka	222	FACE NORDIC WALKING TEAM	K 40-49	7			00:02:16	00:21:03	00:42:28	01:03:37	01:24:28	01:26:44	+00:22:16 (26.4%)	8:26	7.1 (74.0%)
52	TOMCZAK Teresa	242		K 50-59	7			00:02:55	00:20:27	00:41:32	01:03:07	01:24:44	01:27:39	+00:22:32 (26.6%)	8:28	7.1 (74.0%)
53	SIKORSKI Karol	208		M 30-39	4			00:00:05	00:20:10	00:42:16	01:05:03	01:26:27	01:26:32	+00:24:15 (28.1%)	8:38	6.9 (71.9%)
54	ŚCIESIŃSKI Henryk	196	GOSIR OSIELSKO	M 70+	1			00:00:59	00:20:48	00:42:43	01:04:53	01:26:38	01:27:37	+00:24:26 (28.2%)	8:39	6.9 (71.9%)
55	BAKOWSKA Maria	180	OŚLA ŁAWKA GNIEZNO	K 60-69	4			00:02:56	00:21:53	00:43:55	01:06:03	01:27:16	01:30:12	+00:25:04 (28.7%)	8:43	6.9 (71.9%)
56	SEGIET Małgorzata	218	DIETAMORE	K 40-49	8			00:02:16	00:21:19	00:43:02	01:04:52	01:27:25	01:29:41	+00:25:13 (28.8%)	8:44	6.9 (71.9%)
57	KASZYŃSKA Lidia	210		K 30-39	6			00:02:14	00:21:31	00:44:07	01:06:10	01:27:59	01:30:13	+00:25:47 (29.3%)	8:47	6.8 (70.8%)
58	JÓŹWIAK Dominik	175	WTW WŁOCŁAWEK	M 18-29	4			00:00:04	00:21:06	00:43:53	01:07:01	01:28:24	01:28:28	+00:26:12 (29.6%)	8:50	6.8 (70.8%)
59	STRZELECKI Sebastian	197	SAILING TEAM FERAJNA	M 40-49	12			00:00:08	00:21:59	00:44:25	01:07:24	01:30:01	01:30:09	+00:27:49 (30.9%)	9:00	6.7 (69.8%)
60	EWA JOANNA Matczyńska	243		K 18-29	2			00:02:13	00:22:37	00:45:35	01:08:53	01:32:49	01:35:02	+00:30:37 (33.0%)	9:16	6.5 (67.7%)

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61	CHIKHAOUI Agnes	241		K 40-49	9			00:02:17	00:23:27	00:47:35	01:11:05	01:34:27	01:36:44	+00:32:15 (34.1%)	9:26	6.4 (66.7%)
62	GIERSZENDORF Monika	209	KB KATORŻNIK MUROWANA GOŚLINA	K 40-49	10			00:02:16	00:23:28	00:47:37	01:11:06	01:34:28	01:36:44	+00:32:16 (34.2%)	9:26	6.4 (66.7%)

Total 62 results.