



WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2015-07-11
Miejsce: Wągrowiec
Dystans: 10 km



Klasyfikacja: M 30-39

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | 5km | 7.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|-------------------------|-----------|------|----------------|-----------------|----------------|----------|----------|----------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1 | 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 | | 7:12 | 8.3 (100%) |
| 2 | 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 | +00:07:44 (9.7%) | 7:59 | 7.5 (90.4%) |
| 3 | 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 | +00:11:41 (13.9%) | 8:22 | 7.2 (86.7%) |
| 4 | 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 | +00:14:19 (16.6%) | 8:38 | 6.9 (83.1%) |

Znaleziono 4 wynik(ów)