

WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING 2020 - 5 KM - MĘŻCZYŹNI

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Puchar Wielkopolski Nordic Walking
Organizator: Wągrowiec
Data: 2020-07-19
Miejsce: Wągrowiec
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	191		M45-49	1			00:14:43	00:29:49.10		5:57	10.1 (100%)
2	FRAĆKOWIAK Roman	40	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	1			00:15:19	00:30:55.30	+00:01:06 (3.6%)	6:11	9.7 (96.0%)
3	ROŻYNEK Miron	207	KS METRACO POLKOWICE	M55-59	1			00:15:25	00:31:26.50	+00:01:37 (5.2%)	6:17	9.5 (94.1%)
4	WOROCH Roman	193	KS METRACO POLKOWICE	M60-64	1			00:15:27	00:31:29.95	+00:01:40 (5.3%)	6:18	9.5 (94.1%)
5	BRZozowski Piotr	13	AKTYWNI POSTOMINO	M30-39	1			00:15:21	00:31:38.50	+00:01:49 (5.8%)	6:19	9.5 (94.1%)
6	RAJEWSKI Sebastian	151	KS IDMAR RACING TEAM	M45-49	2			00:15:36	00:31:49.00	+00:01:59 (6.3%)	6:21	9.4 (93.1%)
7	POLKOWSKI Piotr	140	NW CZŁAPSKI TEAM	M30-39	2			00:15:43	00:31:53.85	+00:02:04 (6.5%)	6:22	9.4 (93.1%)
8	CZŁAPSKI Krzysztof	20	NW CZŁAPSKI TEAM	M55-59	2			00:15:50	00:32:27.90	+00:02:38 (8.2%)	6:29	9.2 (91.1%)
9	SPYCHAŁA Lesław	161	CKZIU MECHANIK NYSA	M50-54	2			00:16:16	00:32:48.90	+00:02:59 (9.1%)	6:33	9.1 (90.1%)
10	KNITTER Tomasz	291	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:16:09	00:33:07.45	+00:03:18 (10.0%)	6:37	9.1 (90.1%)
11	FRAĆKOWIAK Mateusz	39	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	2			00:16:09	00:33:09.70	+00:03:20 (10.1%)	6:38	9 (89.1%)
12	GUZIO Maciej	59	NORDIC WALKING KIEKRZ POLAND	M50-54	3			00:16:28	00:33:38.60	+00:03:49 (11.4%)	6:43	8.9 (88.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas			Tempo min/km	Tempo km/h
								2.5km	netto 5km	Różn		
13	KLIMCZAK Adam	79	GOSADI NORDIC TEAM	M55-59	3			00:16:36	00:33:42.70	+00:03:53 (11.5%)	6:44	8.9 (88.1%)
14	MARCZAK Tomasz	108		M18-29	3			00:16:23	00:33:47.20	+00:03:58 (11.7%)	6:45	8.9 (88.1%)
15	GRABOWSKI Jacek	54	LKS ZANTYR SZTUM	M45-49	3			00:16:38	00:33:51.95	+00:04:02 (12.0%)	6:46	8.9 (88.1%)
16	KUŚMIEREK Mateusz	99	BŁĘKITNI NW DZIEMIANY	M-Jun.	1			00:16:31	00:34:04.45	+00:04:15 (12.5%)	6:48	8.8 (87.1%)
17	KUBICKI Paweł	95	NORDIC WALKING KIEKRZ POLAND	M50-54	4			00:16:50	00:34:21.00	+00:04:31 (13.2%)	6:52	8.7 (86.1%)
18	DUSZEŃKO Zygmunt	29	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:17:02	00:34:30.25	+00:04:41 (13.6%)	6:54	8.7 (86.1%)
19	KRUGIOŁKA Grzegorz	92	AKTYWNIE W PNIEWACH	M30-39	3			00:16:56	00:34:34.05	+00:04:44 (13.7%)	6:54	8.7 (86.1%)
20	ZMYŚŁOWSKI Zygmunt	204	NORDIC WALKING LUBASZ	M60-64	2			00:17:02	00:34:45.55	+00:04:56 (14.2%)	6:57	8.6 (85.1%)
21	TRZCIŃSKI Eugeniusz	180		M60-64	3			00:17:08	00:35:12.70	+00:05:23 (15.3%)	7:02	8.5 (84.2%)
22	CHMIELEWSKI Marcin	16	BIEGACZE JUNIORA - RUNNERS TEAM	M40-44	1			00:17:22	00:35:37.45	+00:05:48 (16.3%)	7:07	8.4 (83.2%)
23	MROZIŃSKI Tadeusz	117	NORDICUS STRZYBNICA	M50-54	5			00:17:33	00:35:47.10	+00:05:58 (16.7%)	7:09	8.4 (83.2%)
24	KOŁPAK Jan	81	LKS ZANTYR SZTUM	M70-74	1			00:17:55	00:35:52.75	+00:06:03 (16.9%)	7:10	8.4 (83.2%)
25	CZEKAJŁO Franciszek	18	REMI	M65-69	1			00:17:28	00:35:56.85	+00:06:07 (17.1%)	7:11	8.3 (82.2%)
26	WAJCHERT Łukasz	182	TURBOGROSZKI.RUN	M30-39	4			00:18:04	00:36:00.45	+00:06:11 (17.2%)	7:12	8.3 (82.2%)
27	SZYMAŃSKI Michał	174	TORUŃ - IDZIEMY BEZ RYZYKA	M55-59	4			00:17:31	00:36:03.50	+00:06:14 (17.3%)	7:12	8.3 (82.2%)
28	BOJANOWSKI Marcin	8	NORDIC WALKING KIEKRZ POLAND	M40-44	2			00:17:34	00:36:34.40	+00:06:45 (18.5%)	7:18	8.2 (81.2%)
29	GRYGOROWICZ Bogdan	57	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:18:09	00:36:49.05	+00:06:59 (19.0%)	7:21	8.1 (80.2%)
30	STACHOWICZ Marcin	163	BŁĘKITNI NW DZIEMIANY	M30-39	5			00:18:07	00:37:18.40	+00:07:29 (20.1%)	7:27	8 (79.2%)
31	GOŁĘBIEWSKI Andrzej	48	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	4			00:18:18	00:37:20.90	+00:07:31 (20.2%)	7:28	8 (79.2%)
32	DUDEK Leszek	27	KS METRACO POLKOWICE	M70-74	2			00:18:11	00:37:22.70	+00:07:33 (20.2%)	7:28	8 (79.2%)
33	PRZYMUSIŃSKI Piotr	147	WOLNY	M65-69	2			00:18:31	00:37:25.00	+00:07:35 (20.3%)	7:29	8 (79.2%)
34	NOWACZYK Tomasz	124		M40-44	3			00:18:23	00:37:30.00	+00:07:40 (20.5%)	7:30	8 (79.2%)
35	OLSZAŃSKI Karol	258	FEAR THE RETURN	M45-49	4			00:17:53	00:37:31.75	+00:07:42 (20.5%)	7:30	8 (79.2%)

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36	OLSZEWSKI Ryszard	129	LKS ZANTYR SZTUM	M65-69	3			00:18:28	00:37:32.50	+00:07:43 (20.6%)	7:30	8 (79.2%)
37	BROTKIEWICZ Mariusz	12		M45-49	5			00:18:08	00:37:35.55	+00:07:46 (20.7%)	7:31	8 (79.2%)
38	TOMCZYK Edward	179	MARSZ PO ZDROWIE	M70-74	3			00:18:23	00:37:41.25	+00:07:52 (20.9%)	7:32	8 (79.2%)
39	DROP Tomasz	24		M55-59	5	1		00:18:25	00:37:49.10	+00:08:00 (21.2%)	7:33	7.9 (78.2%)
40	FRANCZAK Dariusz	37	NW CZŁAPSKI TEAM	M55-59	6			00:19:05	00:38:18.10	+00:08:29 (22.1%)	7:39	7.8 (77.2%)
41	ZAWISŁA Stanisław	200	MARSZ PO ZDROWIE	M65-69	4			00:18:55	00:38:21.70	+00:08:32 (22.3%)	7:40	7.8 (77.2%)
42	BERCZYŃSKI Henryk	4	NADLEŚNICTWO OKONEK	M60-64	5			00:18:54	00:38:26.40	+00:08:37 (22.4%)	7:41	7.8 (77.2%)
43	RYBAŁTOWSKI Paweł	158	OBORYGENI	M75+	1			00:19:03	00:38:35.00	+00:08:45 (22.7%)	7:43	7.8 (77.2%)
44	RUSINOWICZ Andrzej	157	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75+	2			00:19:04	00:38:38.55	+00:08:49 (22.8%)	7:43	7.8 (77.2%)
45	TYLKOWSKI Łukasz Piotr	181	TURBOGROSZKI.RUN	M18-29	4			00:19:13	00:38:49.75	+00:09:00 (23.2%)	7:46	7.7 (76.2%)
46	WIECZOREK Krzysztof	188	NORDIC WALKING LUBASZ	M45-49	6			00:18:55	00:38:59.90	+00:09:10 (23.5%)	7:48	7.7 (76.2%)
47	DUDEK Kazimierz	28	DOMY Z KERAMZYTU D.S.DARIUSZ SYWAK	M70-74	4			00:19:01	00:39:07.20	+00:09:18 (23.8%)	7:49	7.7 (76.2%)
48	BOGAJSKI Krzysztof	7		M55-59	7			00:18:38	00:39:14.55	+00:09:25 (24.0%)	7:50	7.6 (75.2%)
49	WALESZKO Adam	185	PASJA NORDIC WALKING	M-Jun.	2			00:19:22	00:39:23.45	+00:09:34 (24.3%)	7:52	7.6 (75.2%)
50	WALESZKO Andrzej	186	PASJA NORDIC WALKING	M45-49	7			00:19:32	00:39:28.65	+00:09:39 (24.5%)	7:53	7.6 (75.2%)
51	ŚWIĘTEK Antoni	177	NORDIC WALKING LUBASZ	M70-74	5			00:19:24	00:39:33.45	+00:09:44 (24.6%)	7:54	7.6 (75.2%)
52	WALA Jan	183	NORDIC WALKING LUBASZ	M60-64	6	1		00:19:11	00:39:46.30	+00:09:57 (25.0%)	7:57	7.5 (74.3%)
53	PRACKI Zbigniew	143	SERCE NORDICA WŁOCŁAWEK	M50-54	6			00:19:41	00:40:01.75	+00:10:12 (25.5%)	8:00	7.5 (74.3%)
54	ADAMOWICZ Andrzej	2		M70-74	6			00:19:42	00:40:07.55	+00:10:18 (25.7%)	8:01	7.5 (74.3%)
55	SKRZYPCZAK Maciej	160	BIEGAJĄCY WĄGROWIEC	M40-44	4			00:19:50	00:40:08.75	+00:10:19 (25.7%)	8:01	7.5 (74.3%)
56	JÓŹWIAK Łukasz	71	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)	2			00:19:41	00:40:11.55	+00:10:22 (25.8%)	8:02	7.5 (74.3%)
57	PUSZKARSKI Adam	149	GOSADI NORDIC TEAM	M-Dzieci	1			00:19:49	00:40:15.55	+00:10:26 (25.9%)	8:03	7.5 (74.3%)
58	PAWLICZ Jan	134	NORDIC WALKING KIEKRZ POLAND	M70-74	7			00:19:48	00:40:32.20	+00:10:43 (26.4%)	8:06	7.4 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
59	JACH Konrad	65		M-Jun.	3			00:19:30	00:40:45.05	+00:10:55 (26.8%)	8:09	7.4 (73.3%)
60	REMISZEWSKI Adam	154	UTW OLEŚNICA	M70-74	8			00:20:12	00:41:09.10	+00:11:20 (27.5%)	8:13	7.3 (72.3%)
61	THOMALLA Bogdan	208	STADION ŚLĄSKI	M75+	3			00:19:58	00:41:20.70	+00:11:31 (27.9%)	8:16	7.3 (72.3%)
62	PIĄTKOWSKI Józef	135	KS METRACO POLKOWICE	M75+	4			00:20:35	00:41:38.05	+00:11:48 (28.4%)	8:19	7.2 (71.3%)
63	WOLFF Michał	205	AKTYWNA KCYNIA	M30-39	6			00:20:58	00:41:58.30	+00:12:09 (29.0%)	8:23	7.1 (70.3%)
64	POLOWIEC Krzysztof	141	AKTYWNA KCYNIA	M-Dzieci	2			00:20:36	00:42:25.00	+00:12:35 (29.7%)	8:29	7.1 (70.3%)
65	ŻBIKOWSKI Ryszard	203	TORUŃ - IDZIEMY BEZ RYZYKA	M60-64	7			00:20:28	00:42:29.45	+00:12:40 (29.8%)	8:30	7.1 (70.3%)
66	HERNET Zdzisław	61	AKTYWNA KCYNIA	M55-59	8			00:21:25	00:42:29.60	+00:12:40 (29.8%)	8:29	7.1 (70.3%)
67	GÓRSKI Henryk	52	UTW OLEŚNICA	M70-74	9			00:21:12	00:42:42.40	+00:12:53 (30.2%)	8:32	7 (69.3%)
68	WIERZCHOSŁAWSKI Marcel	189	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Jun.	4			00:21:38	00:42:55.45	+00:13:06 (30.5%)	8:35	7 (69.3%)
69	BLASZKA Michał	5	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	3			00:21:15	00:43:54.15	+00:14:05 (32.1%)	8:46	6.8 (67.3%)
70	BLASZKA Ryszard	6	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	4			00:22:01	00:44:45.75	+00:14:56 (33.4%)	8:57	6.7 (66.3%)
71	RATAJCZAK Jerzy	152		M75+	5			00:22:25	00:45:36.45	+00:15:47 (34.6%)	9:07	6.6 (65.3%)
72	STRĄCZEK Wiktor	169	FEAR THE RETURN	M18-29	5			00:22:19	00:46:16.30	+00:16:27 (35.6%)	9:15	6.5 (64.4%)
73	KOMOROWSKI Filip	83	AKTYWNA KCYNIA	M-Dzieci	3			00:22:30	00:46:17.60	+00:16:28 (35.6%)	9:15	6.5 (64.4%)
74	WÓJCIK Henryk	197	UTW OLEŚNICA	M75+	6			00:22:50	00:46:32.90	+00:16:43 (35.9%)	9:18	6.4 (63.4%)
75	PAJĘCKI Adam	130	PARAKULOS KOWAL	M- Niepełnosprawni(B)	2			00:22:58	00:46:39.30	+00:16:50 (36.1%)	9:19	6.4 (63.4%)
76	WALCZAK Henryk	184	UKS GIMNAZJON SUCHY LAS	M75+	7			00:23:44	00:47:58.20	+00:18:09 (37.8%)	9:35	6.3 (62.4%)
77	KULCZYCKI Jan	97		M70-74	10	1		00:24:21	00:49:50.85	+00:20:01 (40.2%)	9:58	6 (59.4%)
78	JÓŹWIAK Dominik	72	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:25:33	00:50:45.10	+00:20:56 (41.2%)	10:09	5.9 (58.4%)
79	DROP Mieczysław	25	KS SOKÓŁ GAŚAWA	M75+	8			00:27:44	00:54:43.70	+00:24:54 (45.5%)	10:56	5.5 (54.5%)

Znaleziono 79 wynik(ów)