



WIOSENNY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM

B4SPORT

Wydarzenie: Puchar Biegowy "Cztery pory roku"
Organizator: Białoruska Federacja Nordic Walking; Ministerstwo sportu i turystyki
Data: 2019-05-12
Miejsce: Grodno
Dystans: 10 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	МИХНЮК Николай	418	RUN4FUN.BY	M-20	1	00:15:23	00:31:10.40		3:07	19.3 (100%)
2	КОШУР Александр	415	ЛОКОМОТИВ	M-30	1	00:15:51	00:31:56.88	+00:00:46 (2.4%)	3:11	18.8 (97.4%)
3	YARAVY Baryslau	409	RUN4FUN.BY	M-30	2	00:16:08	00:32:45.82	+00:01:35 (4.9%)	3:16	18.3 (94.8%)
4	СHEMODANOV Alexey	402	RUN4FUN.BY	M-30	3	00:18:01	00:37:01.95	+00:05:51 (15.8%)	3:42	16.2 (83.9%)
5	ОЛЕХНИК Андрей	421	КОТИКИ	M-20	2	00:19:13	00:38:57.05	+00:07:46 (20.0%)	3:53	15.4 (79.8%)
6	VOROVYOV Dima	408	RUN4FUN.BY	M-30	4	00:19:37	00:39:22.98	+00:08:12 (20.8%)	3:56	15.2 (78.8%)
7	КИШКЕЛЬ Иван	414	RUN4FUN	M-40	1	00:20:05	00:40:45.42	+00:09:35 (23.5%)	4:04	14.7 (76.2%)
8	ДУБОВСКИЙ Дмитрий	413	RUN4FUN	M-40	2	00:20:34	00:41:31.81	+00:10:21 (24.9%)	4:09	14.4 (74.6%)
9	KONDAKOV Evgeniu	404	ULTRARUN VERAS	M-40	3	00:21:06	00:42:33.66	+00:11:23 (26.8%)	4:15	14.1 (73.1%)
10	ШМАРЛОВСКИЙ Сергей	427	ЛИДЕР	M-60	1	00:22:30	00:45:22.93	+00:14:12 (31.3%)	4:32	13.2 (68.4%)
11	ТОКАРЕВ Константин	425	КРОКИ	M-40	4	00:22:53	00:46:01.35	+00:14:50 (32.3%)	4:36	13 (67.4%)
12	ТРОФИМОВ Кирилл	426		M-30	5	00:22:50	00:47:24.45	+00:16:14 (34.2%)	4:44	12.7 (65.8%)
13	РЯБУШЕВ Виктор	423	КАБАНЧИК	M-60	2	00:23:40	00:47:31.93	+00:16:21 (34.4%)	4:45	12.6 (65.3%)
14	КУЛИК Ольга	416	НЕМИГА-НОРД	K-40	1	00:23:37	00:47:52.69	+00:16:42 (34.9%)	4:47	12.5 (64.8%)
15	СИДЕЛЬНИКОВ Константин	424	СИДЕЛЬНИКОВЫХ	M-30	6	00:24:02	00:49:41.66	+00:18:31 (37.3%)	4:58	12.1 (62.7%)
16	KUCHYNSKAYA Katsiaryna	405		K-20	1	00:24:29	00:49:53.23	+00:18:42 (37.5%)	4:59	12 (62.2%)
17	СНЕКЕЛ Yuliya	401	LONELY RUNNER CREW	K-30	1	00:24:46	00:50:06.16	+00:18:55 (37.8%)	5:00	12 (62.2%)
18	HATSUK Nataliya	403	RUN4FUN	K-30	2	00:25:13	00:52:08.09	+00:20:57 (40.2%)	5:12	11.5 (59.6%)
19	БАРАНОВА Яна	411	RUN4FUN	K-17	1	00:24:40	00:52:11.58	+00:21:01 (40.3%)	5:13	11.5 (59.6%)
20	KULIK Tatsiana	406	NEMIGA-NORD	K-20	2	00:26:10	00:54:16.54	+00:23:06 (42.6%)	5:25	11.1 (57.5%)
21	БЕЛЕВКО Александр	429		M-60	3	00:27:32	00:57:30.81	+00:26:20 (45.8%)	5:45	10.4 (53.9%)
22	БЕЛКО Марина	412	RUN4FUN.BY	K-30	3	00:27:23	00:58:39.85	+00:27:29 (46.9%)	5:52	10.2 (52.8%)
23	РОГАЧЕВ Никита	422		M-20	3	00:21:29		+00:06:05	4:17	14 (72.5%)

Znaleziono 23 wynik(ów)