



WIOSENNY PUCHAR BIEGOWY - GRODNO 2019 - 5 KM

B4SPORT

Wydarzenie: Puchar Biegowy "Cztery pory roku"
Organizator: Białoruska Federacja Nordic Walking; Ministerstwo sportu i turystyki
Data: 2019-05-12
Miejsce: Grodno
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ДЮФУР Роман	369	БАНДА ИВАНЫЧА	M-20	1	00:15:41.78		3:08	19.1 (100%)
2	BORYCHOWSKI Mariusz	400		M-40	1	00:15:44.72	+00:00:02 (0.3%)	3:09	19 (99.5%)
3	МАКСИМОВИЧ Павел	376	ГРОДНОПРОМСТРОЙ	M-30	1	00:16:21.36	+00:00:39 (4.0%)	3:16	18.3 (95.8%)
4	VOROBJOV Alexej	366	RUN4FUN	M-30	2	00:17:44.04	+00:02:02 (11.5%)	3:32	16.9 (88.5%)
5	KRASKO Pavel	363	RUN4FUN	M-30	3	00:17:46.86	+00:02:05 (11.7%)	3:33	16.9 (88.5%)
6	КОЗЛОВ Олег	389		M-20	2	00:19:54.04	+00:04:12 (21.1%)	3:58	15.1 (79.1%)
7	ПОДАШЕВКА Виталий	377	ЗАДОР	M-40	2	00:20:46.18	+00:05:04 (24.4%)	4:09	14.4 (75.4%)
8	ЩЕРБО Виктор	384	TENZOR	M-50	1	00:21:03.81	+00:05:22 (25.5%)	4:12	14.2 (74.3%)
9	ПОЛОВЧЕНЯ Олег	378	ЗАДОР	M-40	3	00:21:49.52	+00:06:07 (28.1%)	4:22	13.7 (71.7%)
10	БЕЛАЕВ Aliaksandr	387		M-17	1	00:22:22.88	+00:06:41 (29.9%)	4:28	13.4 (70.2%)
11	SIABA Aliaksandr	365		M-30	4	00:22:36.59	+00:06:54 (30.6%)	4:31	13.3 (69.6%)
12	BONDAR Vitalij	390		M-40	4	00:22:48.84	+00:07:07 (31.2%)	4:33	13.2 (69.1%)
13	РУДЕНОК Ира	380	RUN4FUN.BY	K-20	1	00:23:52.16	+00:08:10 (34.2%)	4:46	12.6 (66.0%)
14	ХОТЯНОВИЧ Инна	383		K-40	1	00:24:09.10	+00:08:27 (35.0%)	4:49	12.4 (64.9%)
15	ЭЛЪЯШЕВИЧ Марина	385	RUN4FUN	K-20	2	00:25:40.35	+00:09:58 (38.9%)	5:08	11.7 (61.3%)
16	ЛЕВКОВСКИЙ Василий	375	RUN4FUN.BY	M-30	5	00:25:47.00	+00:10:05 (39.1%)	5:09	11.6 (60.7%)
17	ЯСКЕВИЧ Виктория	388		K-17	1	00:27:04.65	+00:11:22 (42.0%)	5:25	11.1 (58.1%)
18	KSENZOVA Alex	364	RUN4FUN	K-20	3	00:30:06.46	+00:14:24 (47.9%)	6:01	10 (52.4%)
19	САЛЬНИКОВ Вячеслав	381	ВИКТОРИЯ	M-70+	1	00:30:13.75	+00:14:31 (48.1%)	6:02	9.9 (51.8%)
20	HATSUK Katia	362	RUN4FUN	K-30	1	00:31:08.61	+00:15:26 (49.6%)	6:13	9.6 (50.3%)
21	СТАХЕЙКО Павел	382	RUN4FUN.BY	M-20	3	00:36:18.50	+00:20:36 (56.8%)	7:15	8.3 (43.5%)
22	ПОЧЕПКО Валентина	379	TENZOR	K-50	1	00:38:35.87	+00:22:54 (59.3%)	7:43	7.8 (40.8%)

Znaleziono 22 wynik(ów)