



WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-09
Miejsce: Włocławek
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KŁOS Maciej	184	NW WYSPA SOBIESZEWSKA	M30-39	1			00:16:43	00:33:57	00:51:36	01:08:53.75		6:53	8.7 (100%)
2	KLIMCZAK Adam	183	GOSADI NORDIC TEAM	M50-59	1			00:16:50	00:34:37	00:52:11	01:09:30.05	+00:00:36 (0.9%)	6:57	8.6 (98.9%)
3	SANIUK Edward	196	FACE NORDIC WALKING TEAM	M70+	1			00:17:03	00:35:12	00:52:58	01:10:24.35	+00:01:30 (2.1%)	7:02	8.5 (97.7%)
4	ŚWISŁOCKI Bogdan	200	FACE NORDIC WALKING TEAM	M50-59	2			00:17:24	00:35:16	00:53:24	01:11:19.90	+00:02:26 (3.4%)	7:08	8.4 (96.6%)
5	KOZAKOWSKA Małgorzata	186	KS SOKÓŁ GAŚAWA	K40-49	1			00:17:30	00:35:36	00:54:10	01:12:33.70	+00:03:39 (5.1%)	7:15	8.3 (95.4%)
6	GRABOWSKI Krzysztof	179	4 WOG GLIWICE	M40-49	1			00:17:49	00:36:07	00:54:30	01:12:47.40	+00:03:53 (5.3%)	7:16	8.2 (94.3%)
7	ADAMCZYK Adam	171	PASJA NORDIC WALKING	M70+	2			00:17:57	00:36:08	00:54:49	01:13:03.25	+00:04:09 (5.7%)	7:18	8.2 (94.3%)
8	MĄDRY Grzegorz	192	KIJKOWE TRZEMESZNO	M60-69	1			00:17:57	00:36:10	00:54:50	01:13:09.55	+00:04:15 (5.8%)	7:18	8.2 (94.3%)
9	SZULC Alicja	199	NW WERWA MŁAWA	K40-49	2			00:17:39	00:36:09	00:55:17	01:13:57.65	+00:05:03 (6.8%)	7:23	8.1 (93.1%)
10	MARZEC Beata	191	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	3			00:17:42	00:36:24	00:55:35	01:14:32.85	+00:05:39 (7.6%)	7:27	8 (92.0%)
11	NETKOWSKI Wojciech	194	PASJA NORDIC WALKING	M60-69	2			00:18:07	00:36:57	00:55:59	01:15:16.25	+00:06:22 (8.5%)	7:31	8 (92.0%)
12	MUSIATOWICZ Aleksandra	193	PASJA NORDIC WALKING	K40-49	4			00:18:33	00:37:26	00:56:22	01:15:56.60	+00:07:02 (9.3%)	7:35	7.9 (90.8%)
13	PRZYBYŁEK Marysia	195	MARSZ PO ZDROWIE/NWPL	K40-49	5			00:18:04	00:38:14	00:57:30	01:16:26.25	+00:07:32 (9.9%)	7:38	7.8 (89.7%)
14	CZAJKA Urszula	173	FACE NORDIC WALKING TEAM	K60-69	1			00:18:04	00:37:00	00:56:32	01:16:26.65	+00:07:32 (9.9%)	7:38	7.8 (89.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	ZIELIŃSKA Iwona	203	SERCE NORDICA WŁOCŁAWEK	K50-59	1			00:19:20	00:38:41	00:58:24	01:18:02.90	+00:09:09 (11.7%)	7:48	7.7 (88.5%)
16	STANOWSKI Stanisław	197	WŁOCŁAWEK	M40-49	2			00:20:22	00:39:47	00:59:27	01:18:52.45	+00:09:58 (12.7%)	7:53	7.6 (87.4%)
17	ŁOPIŃSKI Aleksy	189	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	3			00:19:38	00:39:21	00:59:30	01:19:24.90	+00:10:31 (13.2%)	7:56	7.6 (87.4%)
18	GWAREK Anita	181	PASJA NORDIC WALKING	K40-49	6			00:19:07	00:39:00	00:59:28	01:19:37.35	+00:10:43 (13.5%)	7:57	7.5 (86.2%)
19	JAŚKIEWICZ Rafał	182	WKB MARATOŃCZYK WŁOCŁAWEK	M40-49	3			00:19:08	00:39:14	00:59:21	01:19:53.55	+00:10:59 (13.8%)	7:59	7.5 (86.2%)
20	GROMADZKA Edyta	180	SERCE NORDICA WŁOCŁAWEK	K40-49	7			00:19:09	00:39:24	00:59:36	01:20:25.05	+00:11:31 (14.3%)	8:02	7.5 (86.2%)
21	ŻBIKOWSKI Ryszard	205	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	3			00:19:13	00:39:37	01:00:35	01:21:41.65	+00:12:47 (15.7%)	8:10	7.3 (83.9%)
22	KRIGER Roman	187	ROMKI	M50-59	3			00:19:51	00:40:23	01:01:26	01:23:08.60	+00:14:14 (17.1%)	8:18	7.2 (82.8%)
23	GAŁEK Iwona	178	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	8			00:20:42	00:41:39	01:02:46	01:24:19.25	+00:15:25 (18.3%)	8:25	7.1 (81.6%)
24	HANIACZYK Franciszek	207	SERCE NORDICA WŁOCŁAWEK	M70+	4			00:19:02	00:39:49	01:03:24	01:26:47.90	+00:17:54 (20.6%)	8:40	6.9 (79.3%)
25	HAZIAB Joanna	210	WKB MARATOŃCZYK	K30-39	1			00:23:13	00:45:55	01:07:02	01:27:15.00	+00:18:21 (21.0%)	8:43	6.9 (79.3%)
26	BACHANEK Katarzyna	172	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	2			00:20:58	00:42:36	01:05:01	01:27:39.20	+00:18:45 (21.4%)	8:46	6.8 (78.2%)
27	DĘBICKI Dariusz	175	SERCE NORDICA WŁOCŁAWEK	M30-39	2			00:22:14	00:45:03	01:07:32	01:29:57.80	+00:21:04 (23.4%)	8:59	6.7 (77.0%)
28	TARCZYŃSKA Natalia	209	ZS NR4	K18-29	1			00:23:24	00:45:51	01:09:11	01:32:08.40	+00:23:14 (25.2%)	9:12	6.5 (74.7%)
29	JĘDRZEJEWSKA Justyna	208	ZS NR4	K18-29	2			00:23:24	00:45:51	01:06:14	01:32:09.80	+00:23:16 (25.2%)	9:13	6.5 (74.7%)
30	PRACKA Katarzyna	87	SERCE NORDICA WŁOCŁAWEK	K50-59	3			00:18:43	00:47:02	01:11:14	01:35:17.20	+00:26:23 (27.7%)	9:31	6.3 (72.4%)
31	TKACZUK Ewa	202		K18-29	3			00:25:22	00:49:39	01:13:49	01:38:27.00	+00:29:33 (30.0%)	9:50	6.1 (70.1%)
32	JÓŹWIAK Dominik	41	SERCE NORDICA WŁOCŁAWEK	M18-29	1			00:26:06	00:51:54	01:17:42	01:43:34.75	+00:34:41 (33.5%)	10:21	5.8 (66.7%)
33	KRYGIEL Irena	188	GOSIR OSIELSKO	K50-59	4			00:24:38	00:50:30	01:16:57	01:44:24.20	+00:35:30 (34.0%)	10:26	5.7 (65.5%)
34	KUKUCKA Marzena	206		K30-39	2			00:29:56	01:00:09	01:29:51	01:55:58.85	+00:47:05 (40.6%)	11:35	5.2 (59.8%)

Znaleziono 34 wynik(ów)