

**Wydarzenie:** III Finał Akademii Zdrowia Santandera  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-09-15  
**Miejsce:** Wrocław  
**Dystans:** 10 km



Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PRUCIAK Krzysztof</b>	<b>553</b>	LECYMY DURŚ	M30-39	1	00:00:02	00:09:05	00:18:25	00:27:59	<b>00:37:29.60</b>	<b>00:37:32.45</b>		3:45	16
2	<b>KURIATA Robert</b>	<b>587</b>	ZLB ZŁOTORYJA	M50-59	1	00:00:02	00:09:09	00:18:35	00:28:11	<b>00:37:42.95</b>	<b>00:37:45.75</b>	+00:00:13	3:46	15.9
3	<b>NOWAKOWSKI Marcin</b>	<b>546</b>		M30-39	2	00:00:02	00:09:16	00:19:06	00:29:29	<b>00:39:30.20</b>	<b>00:39:33.00</b>	+00:02:00	3:57	15.2
4	<b>OLKIS Rafał</b>	<b>581</b>	PRZEBIEGA.PL	M30-39	3	00:00:04	00:09:13	00:19:11	00:29:33	<b>00:39:33.95</b>	<b>00:39:38.30</b>	+00:02:04	3:57	15.2
5	<b>PODWÓRNY Jan</b>	<b>552</b>	TRENUJZ.NAMI.PL	M40-49	1	00:00:04	00:09:50	00:19:43	00:29:42	<b>00:39:53.40</b>	<b>00:39:57.45</b>	+00:02:23	3:59	15
6	<b>GÓRA Sylwster</b>	<b>576</b>	#ZABIEGANINOCA	M40-49	2	00:00:03	00:09:56	00:20:02	00:30:12	<b>00:40:14.05</b>	<b>00:40:18.00</b>	+00:02:44	4:01	14.9
7	<b>ŻUREK Tomasz</b>	<b>582</b>		M30-39	4	00:00:04	00:09:24	00:19:43	00:30:14	<b>00:40:55.10</b>	<b>00:40:59.20</b>	+00:03:25	4:05	14.7
8	<b>JANKOWSKI Jerzy</b>	<b>531</b>	ŚREDZCY BIEGACZE	M40-49	3	00:00:04	00:09:50	00:20:13	00:31:15	<b>00:42:01.50</b>	<b>00:42:06.20</b>	+00:04:31	4:12	14.3
9	<b>CZECHOWSKI Paweł</b>	<b>519</b>		M30-39	5	00:00:04	00:09:54	00:20:29	00:31:31	<b>00:42:26.70</b>	<b>00:42:31.10</b>	+00:04:57	4:14	14.1
10	<b>PŁATEK Tomasz</b>	<b>551</b>	WIELUŃ BIEGA	M18-29	1	00:00:04	00:09:53	00:20:35	00:31:51	<b>00:43:03.90</b>	<b>00:43:08.15</b>	+00:05:34	4:18	13.9
11	<b>NARÓG Paweł</b>	<b>545</b>		M30-39	6	00:00:06	00:10:20	00:21:07	00:32:18	<b>00:43:10.15</b>	<b>00:43:16.15</b>	+00:05:40	4:19	13.9
12	<b>BRODA Dominik</b>	<b>513</b>	POSITIVE VIBRATION	M30-39	7	00:00:04	00:10:38	00:21:44	00:32:43	<b>00:43:28.10</b>	<b>00:43:32.30</b>	+00:05:58	4:20	13.8
13	<b>MORAŃSKI Wojciech</b>	<b>543</b>	SANTANDER CONSUMER BANK	M30-39	8	00:00:04	00:10:30	00:21:28	00:32:44	<b>00:43:51.35</b>	<b>00:43:55.40</b>	+00:06:21	4:23	13.7
14	<b>CIESIELSKI Maciej</b>	<b>515</b>	CIESIU TEAM	M30-39	9	00:00:06	00:10:32	00:21:39	00:32:55	<b>00:43:54.65</b>	<b>00:44:00.80</b>	+00:06:25	4:23	13.7
15	<b>SOBORAK Mariusz</b>	<b>559</b>	AKTYWNA EKIPA CALYPSO	M30-39	10	00:00:04	00:09:55	00:20:55	00:32:34	<b>00:44:07.15</b>	<b>00:44:11.80</b>	+00:06:37	4:24	13.6
16	<b>BASAŁYGO Maciek</b>	<b>510</b>	B FAMILY	M40-49	4	00:00:08	00:10:52	00:22:05	00:33:42	<b>00:44:49.55</b>	<b>00:44:57.70</b>	+00:07:19	4:28	13.4
17	<b>BYŚ Mateusz</b>	<b>514</b>		M30-39	11	00:00:05	00:10:56	00:22:16	00:33:53	<b>00:45:09.90</b>	<b>00:45:15.55</b>	+00:07:40	4:31	13.3
18	<b>CZAJA Maciej</b>	<b>516</b>	MINICLASSIC.PL	M40-49	5	00:00:05	00:10:43	00:22:00	00:33:38	<b>00:45:20.20</b>	<b>00:45:26.15</b>	+00:07:50	4:32	13.2
19	<b>MALUGA Bartosz</b>	<b>541</b>	MALUGA.PL	M40-49	6	00:00:07	00:11:31	00:22:52	00:34:19	<b>00:45:21.30</b>	<b>00:45:29.00</b>	+00:07:51	4:32	13.2
20	<b>CZAJA Małgorzata</b>	<b>517</b>	MINICLASSIC.PL	K40-49	1	00:00:05	00:10:53	00:22:09	00:33:51	<b>00:45:31.90</b>	<b>00:45:37.30</b>	+00:08:02	4:33	13.2
21	<b>HORAŁA Piotr</b>	<b>527</b>	POWERS TEAM - KAWAII NEKO	M30-39	12	00:00:05	00:11:00	00:22:43	00:34:22	<b>00:45:54.25</b>	<b>00:45:59.70</b>	+00:08:24	4:35	13.1
22	<b>LECHOWSKI Jan</b>	<b>538</b>	KB HARCOWNIK JELCZ-LASKOWICE	M60-69	1	00:00:11	00:11:09	00:22:39	00:34:31	<b>00:46:24.50</b>	<b>00:46:36.15</b>	+00:08:54	4:38	12.9
23	<b>BIAZIK Aneta</b>	<b>511</b>		K30-39	1	00:00:06	00:11:22	00:22:59	00:34:56	<b>00:46:52.55</b>	<b>00:46:58.65</b>	+00:09:22	4:41	12.8
24	<b>MINKOWSKI Kamil</b>	<b>542</b>		M18-29	2	00:00:06	00:11:11	00:22:57	00:35:34	<b>00:47:19.35</b>	<b>00:47:25.50</b>	+00:09:49	4:43	12.7
25	<b>SZYMAŃSKI Paweł</b>	<b>563</b>		M18-29	3	00:00:04	00:11:59	00:23:57	00:35:59	<b>00:47:23.90</b>	<b>00:47:28.60</b>	+00:09:54	4:44	12.7
26	<b>ŚWIĄTEK Ewelina</b>	<b>565</b>	SPARTANIE DZIECIOM	K30-39	2	00:00:04	00:11:29	00:23:31	00:35:38	<b>00:47:43.55</b>	<b>00:47:47.80</b>	+00:10:13	4:46	12.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
27	FABJAŃSKI Augustyn	524	AKTYWNI KLECINA	M60-69	2	00:00:07	00:11:21	00:23:16	00:35:26	<b>00:47:47.50</b>	<b>00:47:54.60</b>	+00:10:17	4:46	12.6
28	CZYŻYKOWSKI Patryk	520		M18-29	4	00:00:03	00:10:31	00:22:39	00:35:57	<b>00:48:06.65</b>	<b>00:48:10.50</b>	+00:10:37	4:48	12.5
29	ŻUREK Magdalena	583		K30-39	3	00:00:03	00:11:44	00:24:03	00:36:15	<b>00:48:07.60</b>	<b>00:48:11.30</b>	+00:10:38	4:48	12.5
30	JEDNACHOWSKI Artur	532		M18-29	5	00:00:04	00:11:32	00:23:43	00:36:07	<b>00:48:13.50</b>	<b>00:48:18.20</b>	+00:10:43	4:49	12.4
31	BASAŁYGO Zuzanna	509		K18-29	1	00:00:03	00:11:44	00:24:02	00:36:24	<b>00:48:17.10</b>	<b>00:48:20.80</b>	+00:10:47	4:49	12.4
32	BARCZYK Bogdan	588	VIKING CZĘSTOCHOWA	M50-59	2	00:00:07	00:11:31	00:23:42	00:36:28	<b>00:49:03.10</b>	<b>00:49:10.70</b>	+00:11:33	4:54	12.2
33	DOBOSZ Łukasz	522		M30-39	13	00:00:06	00:11:32	00:23:53	00:36:37	<b>00:49:15.20</b>	<b>00:49:21.45</b>	+00:11:45	4:55	12.2
34	BIK Stanisław	512	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M50-59	3	00:00:07	00:11:40	00:24:03	00:36:45	<b>00:49:20.45</b>	<b>00:49:27.45</b>	+00:11:50	4:56	12.2
35	KYJAK Błażej	584		M30-39	14	00:00:10	00:11:34	00:23:42	00:37:28	<b>00:50:06.90</b>	<b>00:50:16.90</b>	+00:12:37	5:00	12
36	URBAŃSKI Maciej	566	BIEGAM BO LUBIĘ	M18-29	6	00:00:04	00:11:41	00:24:10	00:37:17	<b>00:50:08.60</b>	<b>00:50:12.80</b>	+00:12:39	5:00	12
37	ANTOSZ Kasia	507		K30-39	4	00:00:05	00:11:38	00:23:45	00:37:32	<b>00:50:10.85</b>	<b>00:50:16.00</b>	+00:12:41	5:01	12
38	ADAMSKA Joanna	501	PREDATORS WAŁBRZYCH	K40-49	2	00:00:06	00:11:57	00:24:50	00:38:03	<b>00:51:02.95</b>	<b>00:51:09.20</b>	+00:13:33	5:06	11.8
39	ADAMSKI Robert	502	PREDATORS WAŁBRZYCH	M40-49	7	00:00:06	00:11:57	00:24:50	00:38:03	<b>00:51:03.15</b>	<b>00:51:09.40</b>	+00:13:33	5:06	11.8
40	JÓZEFIAK Dariusz	533	SCB	M40-49	8	00:00:09	00:12:22	00:25:06	00:38:15	<b>00:51:09.95</b>	<b>00:51:19.65</b>	+00:13:40	5:07	11.7
41	KONASZCZUK Agnieszka	586		K40-49	3	00:00:07	00:12:50	00:26:24	00:39:53	<b>00:52:43.85</b>	<b>00:52:51.65</b>	+00:15:14	5:16	11.4
42	PIETRASZEK Piotr	549	RADIO WROCŁAW	M40-49	9	00:00:09	00:12:53	00:26:25	00:39:50	<b>00:52:52.70</b>	<b>00:53:02.50</b>	+00:15:23	5:17	11.3
43	HUMENIUK Wojciech	528	AMATOR	M30-39	15	00:00:05	00:12:50	00:26:24	00:40:07	<b>00:53:46.35</b>	<b>00:53:52.10</b>	+00:16:16	5:22	11.2
44	DIUG-HUMENIUK Iwona	521	AMATOR	K30-39	5	00:00:05	00:12:51	00:26:25	00:40:08	<b>00:53:48.05</b>	<b>00:53:53.65</b>	+00:16:18	5:22	11.2
45	CZAJKOWSKI Stanisław	518	KB HARCOWNIK JELCZ-LASKOWICE	M60-69	3	00:00:09	00:12:54	00:26:24	00:40:11	<b>00:53:53.20</b>	<b>00:54:03.00</b>	+00:16:23	5:23	11.1
46	ANTCZAK Jacek	506	PRO-RUN WROCŁAW	M40-49	10	00:00:09	00:14:04	00:27:51	00:41:35	<b>00:54:24.75</b>	<b>00:54:34.65</b>	+00:16:55	5:26	11
47	SZAŁAJKO Jerzy	562	DUCH GÓR	M50-59	4	00:00:07	00:13:05	00:26:51	00:40:52	<b>00:54:30.60</b>	<b>00:54:38.30</b>	+00:17:01	5:27	11
48	ŁUKASIEWICZ Grzegorz	539		M50-59	5	00:00:09	00:13:41	00:27:18	00:41:06	<b>00:54:49.55</b>	<b>00:54:58.65</b>	+00:17:19	5:28	10.9
49	RÓŻAŃSKA Małgorzata	554		K40-49	4	00:00:07	00:13:00	00:26:27	00:40:34	<b>00:54:51.20</b>	<b>00:54:58.80</b>	+00:17:21	5:29	10.9
50	MALESZKA-BAGIŃSKA Kinga	540	GRUPA BIEGOWA ANZELM	K30-39	6	00:00:07	00:13:42	00:27:50	00:41:59	<b>00:55:59.35</b>	<b>00:56:06.70</b>	+00:18:29	5:35	10.7
51	CZAKIERT Marek	571	VIKING NTCZ	M50-59	6	00:00:07	00:13:24	00:27:54	00:43:16	<b>00:58:21.00</b>	<b>00:58:28.70</b>	+00:20:51	5:50	10.3
52	WANAT Wacław	567	PRO-RUN WROCŁAW	M70+	1	00:00:09	00:14:51	00:30:02	00:45:09	<b>01:00:09.20</b>	<b>01:00:18.50</b>	+00:22:39	6:00	10
53	DWORZYŃSKA Karolina	523		K18-29	2	00:00:04	00:14:01	00:29:28	00:45:21	<b>01:01:02.50</b>	<b>01:01:07.05</b>	+00:23:32	6:06	9.8
54	PAWLAK Katarzyna	547	RADIO WROCŁAW	K40-49	5	00:00:08	00:14:59	00:30:34	00:46:06	<b>01:01:24.55</b>	<b>01:01:33.10</b>	+00:23:54	6:08	9.8
55	SIATKOWSKI Sebastian	556	SANDAŁY JUDASZA	M30-39	16	00:00:05	00:13:16	00:28:49	00:45:48	<b>01:01:43.10</b>	<b>01:01:48.70</b>	+00:24:13	6:10	9.7
56	WILCZYŃSKA Anna	569		K30-39	7	00:00:06	00:14:42	00:29:54	00:45:53	<b>01:02:15.90</b>	<b>01:02:22.15</b>	+00:24:46	6:13	9.6
57	LESZKIEWICZ Iwona	575	WROCŁAW MARATHON TEAM	K40-49	6	00:00:07	00:14:22	00:30:00	00:46:28	<b>01:03:00.20</b>	<b>01:03:08.05</b>	+00:25:30	6:18	9.5
58	WOJCIECHOWSKA Beata	574	WROCŁAW MARATHON TEAM	K30-39	8	00:00:06	00:14:24	00:30:02	00:46:29	<b>01:03:01.50</b>	<b>01:03:07.95</b>	+00:25:31	6:18	9.5
59	SKUPIEŃ Anna	558	RADIO WROCŁAW	K40-49	7	00:00:09	00:15:15	00:31:21	00:47:41	<b>01:03:55.90</b>	<b>01:04:05.10</b>	+00:26:26	6:23	9.4
60	MIODYŃSKA Katarzyna	573				00:00:03	00:14:40	00:31:28	00:49:08	<b>01:06:22.50</b>	<b>01:06:25.50</b>	+00:28:52	6:38	9
61	JANIAK Artur	530		M30-39	17	00:00:07	00:15:56	00:32:52	00:50:30	<b>01:06:44.95</b>	<b>01:06:52.50</b>	+00:29:15	6:40	9

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62	<b>SZABAT Adrianna</b>	<b>561</b>		K18-29	3	00:00:04	00:14:57	00:32:37	00:50:38	<b>01:06:48.15</b>	<b>01:06:52.70</b>	+00:29:18	6:40	9
63	<b>MIODYŃSKI Karol</b>	<b>572</b>		M50-59	7	00:00:08	00:15:45	00:33:48	00:52:45	<b>01:12:34.75</b>	<b>01:12:43.10</b>	+00:35:05	7:15	8.3
64	<b>MOŹDŹEŃ Barbara</b>	<b>544</b>	NIERZESZONA	K50-59	1	00:00:07	00:15:46	00:33:21	00:52:39	<b>01:12:36.60</b>	<b>01:12:43.95</b>	+00:35:07	7:15	8.3
65	<b>FILIPEK Agnieszka</b>	<b>525</b>	KLUB BOBIKA	K30-39	9	00:00:07	00:16:45	00:35:22	00:54:56	<b>01:13:45.25</b>	<b>01:13:52.25</b>	+00:36:15	7:22	8.1
	<b>HYLLER Paulina</b>	<b>529</b>		K18-29		DNF	00:16:25 DNF	00:39:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>KRUPSKI Maksymilian</b>	<b>585</b>		M40-49		DNF	00:14:35 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 67 wynik(ów)