

WROCŁAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM

B4SPORT

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	PRUCIAK Krzysztof	553	LECYMY DURŚ	M30-39	1	00:00:02	00:09:05	00:18:25	00:27:59	00:37:29.60	00:37:32.45		3:45	16 (100%)
2	KURIATA Robert	587	ZLB ZŁOTORYJA	M50-59	1	00:00:02	00:09:09	00:18:35	00:28:11	00:37:42.95	00:37:45.75	+00:00:13 (0.6%)	3:46	15.9 (99.4%)
3	NOWAKOWSKI Marcin	546		M30-39	2	00:00:02	00:09:16	00:19:06	00:29:29	00:39:30.20	00:39:33.00	+00:02:00 (5.1%)	3:57	15.2 (95.0%)
4	OLKIS Rafał	581	PRZEBIEGA.PL	M30-39	3	00:00:04	00:09:13	00:19:11	00:29:33	00:39:33.95	00:39:38.30	+00:02:04 (5.2%)	3:57	15.2 (95.0%)
5	PODWÓRNY Jan	552	TRENUJZNAMI.PL	M40-49	1	00:00:04	00:09:50	00:19:43	00:29:42	00:39:53.40	00:39:57.45	+00:02:23 (6.0%)	3:59	15 (93.8%)
6	GÓRA Sylwster	576	#ZABIEGANINOCA	M40-49	2	00:00:03	00:09:56	00:20:02	00:30:12	00:40:14.05	00:40:18.00	+00:02:44 (6.8%)	4:01	14.9 (93.1%)
7	ŻUREK Tomasz	582		M30-39	4	00:00:04	00:09:24	00:19:43	00:30:14	00:40:55.10	00:40:59.20	+00:03:25 (8.4%)	4:05	14.7 (91.9%)
8	JANKOWSKI Jerzy	531	ŚREDZCY BIEGACZE	M40-49	3	00:00:04	00:09:50	00:20:13	00:31:15	00:42:01.50	00:42:06.20	+00:04:31 (10.8%)	4:12	14.3 (89.4%)
9	CZECHOWSKI Paweł	519		M30-39	5	00:00:04	00:09:54	00:20:29	00:31:31	00:42:26.70	00:42:31.10	+00:04:57 (11.7%)	4:14	14.1 (88.1%)
10	PŁATEK Tomasz	551	WIELUŃ BIEGA	M18-29	1	00:00:04	00:09:53	00:20:35	00:31:51	00:43:03.90	00:43:08.15	+00:05:34 (12.9%)	4:18	13.9 (86.9%)
11	NARÓG Paweł	545		M30-39	6	00:00:06	00:10:20	00:21:07	00:32:18	00:43:10.15	00:43:16.15	+00:05:40 (13.1%)	4:19	13.9 (86.9%)
12	BRODA Dominik	513	POSITIVE VIBRATION	M30-39	7	00:00:04	00:10:38	00:21:44	00:32:43	00:43:28.10	00:43:32.30	+00:05:58 (13.7%)	4:20	13.8 (86.3%)
13	MORAŃSKI Wojciech	543	SANTANDER CONSUMER BANK	M30-39	8	00:00:04	00:10:30	00:21:28	00:32:44	00:43:51.35	00:43:55.40	+00:06:21 (14.5%)	4:23	13.7 (85.6%)

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
14	CIESIELSKI Maciej	515	CIESIU TEAM	M30-39	9	00:00:06	00:10:32	00:21:39	00:32:55	00:43:54.65	00:44:00.80	+00:06:25 (14.6%)	4:23	13.7 (85.6%)
15	SOBORAK Mariusz	559	AKTYWNA EKIPA CALYPSO	M30-39	10	00:00:04	00:09:55	00:20:55	00:32:34	00:44:07.15	00:44:11.80	+00:06:37 (15.0%)	4:24	13.6 (85.0%)
16	BASAŁYGO Maciek	510	B FAMILY	M40-49	4	00:00:08	00:10:52	00:22:05	00:33:42	00:44:49.55	00:44:57.70	+00:07:19 (16.4%)	4:28	13.4 (83.8%)
17	BYŚ Mateusz	514		M30-39	11	00:00:05	00:10:56	00:22:16	00:33:53	00:45:09.90	00:45:15.55	+00:07:40 (17.0%)	4:31	13.3 (83.1%)
18	CZAJA Maciej	516	MINICLASSIC.PL	M40-49	5	00:00:05	00:10:43	00:22:00	00:33:38	00:45:20.20	00:45:26.15	+00:07:50 (17.3%)	4:32	13.2 (82.5%)
19	MALUGA Bartosz	541	MALUGA.PL	M40-49	6	00:00:07	00:11:31	00:22:52	00:34:19	00:45:21.30	00:45:29.00	+00:07:51 (17.3%)	4:32	13.2 (82.5%)
20	CZAJA Małgorzata	517	MINICLASSIC.PL	K40-49	1	00:00:05	00:10:53	00:22:09	00:33:51	00:45:31.90	00:45:37.30	+00:08:02 (17.7%)	4:33	13.2 (82.5%)
21	HORAŁA Piotr	527	POWERS TEAM - KAWAII NEKO	M30-39	12	00:00:05	00:11:00	00:22:43	00:34:22	00:45:54.25	00:45:59.70	+00:08:24 (18.3%)	4:35	13.1 (81.9%)
22	LECHOWSKI Jan	538	KB HARCOWNIK JELCZ-LASKOWICE	M60-69	1	00:00:11	00:11:09	00:22:39	00:34:31	00:46:24.50	00:46:36.15	+00:08:54 (19.2%)	4:38	12.9 (80.6%)
23	BIAZIK Aneta	511		K30-39	1	00:00:06	00:11:22	00:22:59	00:34:56	00:46:52.55	00:46:58.65	+00:09:22 (20.0%)	4:41	12.8 (80.0%)
24	MINKOWSKI Kamil	542		M18-29	2	00:00:06	00:11:11	00:22:57	00:35:34	00:47:19.35	00:47:25.50	+00:09:49 (20.8%)	4:43	12.7 (79.4%)
25	SZYMAŃSKI Paweł	563		M18-29	3	00:00:04	00:11:59	00:23:57	00:35:59	00:47:23.90	00:47:28.60	+00:09:54 (20.9%)	4:44	12.7 (79.4%)
26	ŚWIĄTEK Ewelina	565	SPARTANIE DZIECIOM	K30-39	2	00:00:04	00:11:29	00:23:31	00:35:38	00:47:43.55	00:47:47.80	+00:10:13 (21.4%)	4:46	12.6 (78.8%)
27	FABJAŃSKI Augustyn	524	AKTYWNI KLECINA	M60-69	2	00:00:07	00:11:21	00:23:16	00:35:26	00:47:47.50	00:47:54.60	+00:10:17 (21.5%)	4:46	12.6 (78.8%)
28	CZYŻYKOWSKI Patryk	520		M18-29	4	00:00:03	00:10:31	00:22:39	00:35:57	00:48:06.65	00:48:10.50	+00:10:37 (22.1%)	4:48	12.5 (78.1%)
29	ŻUREK Magdalena	583		K30-39	3	00:00:03	00:11:44	00:24:03	00:36:15	00:48:07.60	00:48:11.30	+00:10:38 (22.1%)	4:48	12.5 (78.1%)
30	JEDNACHOWSKI Artur	532		M18-29	5	00:00:04	00:11:32	00:23:43	00:36:07	00:48:13.50	00:48:18.20	+00:10:43 (22.3%)	4:49	12.4 (77.5%)
31	BASAŁYGO Zuzanna	509		K18-29	1	00:00:03	00:11:44	00:24:02	00:36:24	00:48:17.10	00:48:20.80	+00:10:47 (22.3%)	4:49	12.4 (77.5%)
32	BARCZYK Bogdan	588	VIKING CZĘSTOCHOWA	M50-59	2	00:00:07	00:11:31	00:23:42	00:36:28	00:49:03.10	00:49:10.70	+00:11:33 (23.6%)	4:54	12.2 (76.3%)
33	DOBOSZ Łukasz	522		M30-39	13	00:00:06	00:11:32	00:23:53	00:36:37	00:49:15.20	00:49:21.45	+00:11:45 (23.9%)	4:55	12.2 (76.3%)
34	BIK Stanisław	512	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M50-59	3	00:00:07	00:11:40	00:24:03	00:36:45	00:49:20.45	00:49:27.45	+00:11:50 (24.0%)	4:56	12.2 (76.3%)
35	KYJAK Błażej	584		M30-39	14	00:00:10	00:11:34	00:23:42	00:37:28	00:50:06.90	00:50:16.90	+00:12:37 (25.2%)	5:00	12 (75.0%)
36	URBAŃSKI Maciej	566	BIEGAM BO LUBIĘ	M18-29	6	00:00:04	00:11:41	00:24:10	00:37:17	00:50:08.60	00:50:12.80	+00:12:39 (25.2%)	5:00	12 (75.0%)

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37	ANTOSZ Kasia	507		K30-39	4	00:00:05	00:11:38	00:23:45	00:37:32	00:50:10.85	00:50:16.00	+00:12:41 (25.3%)	5:01	12 (75.0%)
38	ADAMSKA Joanna	501	PREDATORS WAŁBRZYCH	K40-49	2	00:00:06	00:11:57	00:24:50	00:38:03	00:51:02.95	00:51:09.20	+00:13:33 (26.6%)	5:06	11.8 (73.8%)
39	ADAMSKI Robert	502	PREDATORS WAŁBRZYCH	M40-49	7	00:00:06	00:11:57	00:24:50	00:38:03	00:51:03.15	00:51:09.40	+00:13:33 (26.6%)	5:06	11.8 (73.8%)
40	JÓZEFIAK Dariusz	533	SCB	M40-49	8	00:00:09	00:12:22	00:25:06	00:38:15	00:51:09.95	00:51:19.65	+00:13:40 (26.7%)	5:07	11.7 (73.1%)
41	KONASZCZUK Agnieszka	586		K40-49	3	00:00:07	00:12:50	00:26:24	00:39:53	00:52:43.85	00:52:51.65	+00:15:14 (28.9%)	5:16	11.4 (71.3%)
42	PIETRASZEK Piotr	549	RADIO WROCŁAW	M40-49	9	00:00:09	00:12:53	00:26:25	00:39:50	00:52:52.70	00:53:02.50	+00:15:23 (29.1%)	5:17	11.3 (70.6%)
43	HUMENIUK Wojciech	528	AMATOR	M30-39	15	00:00:05	00:12:50	00:26:24	00:40:07	00:53:46.35	00:53:52.10	+00:16:16 (30.3%)	5:22	11.2 (70.0%)
44	DIUG-HUMENIUK Iwona	521	AMATOR	K30-39	5	00:00:05	00:12:51	00:26:25	00:40:08	00:53:48.05	00:53:53.65	+00:16:18 (30.3%)	5:22	11.2 (70.0%)
45	CZAJKOWSKI Stanisław	518	KB HARCOWNIK JELCZ-LASKOWICE	M60-69	3	00:00:09	00:12:54	00:26:24	00:40:11	00:53:53.20	00:54:03.00	+00:16:23 (30.4%)	5:23	11.1 (69.4%)
46	ANTCZAK Jacek	506	PRO-RUN WROCŁAW	M40-49	10	00:00:09	00:14:04	00:27:51	00:41:35	00:54:24.75	00:54:34.65	+00:16:55 (31.1%)	5:26	11 (68.8%)
47	SZAŁAJKO Jerzy	562	DUCH GÓR	M50-59	4	00:00:07	00:13:05	00:26:51	00:40:52	00:54:30.60	00:54:38.30	+00:17:01 (31.2%)	5:27	11 (68.8%)
48	ŁUKASIEWICZ Grzegorz	539		M50-59	5	00:00:09	00:13:41	00:27:18	00:41:06	00:54:49.55	00:54:58.65	+00:17:19 (31.6%)	5:28	10.9 (68.1%)
49	RÓŻAŃSKA Małgorzata	554		K40-49	4	00:00:07	00:13:00	00:26:27	00:40:34	00:54:51.20	00:54:58.80	+00:17:21 (31.6%)	5:29	10.9 (68.1%)
50	MALESZKA-BAGIŃSKA Kinga	540	GRUPA BIEGOWA ANZELM	K30-39	6	00:00:07	00:13:42	00:27:50	00:41:59	00:55:59.35	00:56:06.70	+00:18:29 (33.0%)	5:35	10.7 (66.9%)
51	CZAKIERT Marek	571	VIKING NTCZ	M50-59	6	00:00:07	00:13:24	00:27:54	00:43:16	00:58:21.00	00:58:28.70	+00:20:51 (35.7%)	5:50	10.3 (64.4%)
52	WANAT Wacław	567	PRO-RUN WROCŁAW	M70+	1	00:00:09	00:14:51	00:30:02	00:45:09	01:00:09.20	01:00:18.50	+00:22:39 (37.7%)	6:00	10 (62.5%)
53	DWORZYŃSKA Karolina	523		K18-29	2	00:00:04	00:14:01	00:29:28	00:45:21	01:01:02.50	01:01:07.05	+00:23:32 (38.6%)	6:06	9.8 (61.3%)
54	PAWLAK Katarzyna	547	RADIO WROCŁAW	K40-49	5	00:00:08	00:14:59	00:30:34	00:46:06	01:01:24.55	01:01:33.10	+00:23:54 (38.9%)	6:08	9.8 (61.3%)
55	SIATKOWSKI Sebastian	556	SANDAŁY JUDASZA	M30-39	16	00:00:05	00:13:16	00:28:49	00:45:48	01:01:43.10	01:01:48.70	+00:24:13 (39.3%)	6:10	9.7 (60.6%)
56	WILCZYŃSKA Anna	569		K30-39	7	00:00:06	00:14:42	00:29:54	00:45:53	01:02:15.90	01:02:22.15	+00:24:46 (39.8%)	6:13	9.6 (60.0%)
57	LESZKIEWICZ Iwona	575	WROCŁAW MARATHON TEAM	K40-49	6	00:00:07	00:14:22	00:30:00	00:46:28	01:03:00.20	01:03:08.05	+00:25:30 (40.5%)	6:18	9.5 (59.4%)
58	WOJCIECHOWSKA Beata	574	WROCŁAW MARATHON TEAM	K30-39	8	00:00:06	00:14:24	00:30:02	00:46:29	01:03:01.50	01:03:07.95	+00:25:31 (40.5%)	6:18	9.5 (59.4%)
59	SKUPIEŃ Anna	558	RADIO WROCŁAW	K40-49	7	00:00:09	00:15:15	00:31:21	00:47:41	01:03:55.90	01:04:05.10	+00:26:26 (41.4%)	6:23	9.4 (58.8%)

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60	MIODYŃSKA Katarzyna	573				00:00:03	00:14:40	00:31:28	00:49:08	01:06:22.50	01:06:25.50	+00:28:52 (43.5%)	6:38	9 (56.3%)
61	JANIAK Artur	530		M30-39	17	00:00:07	00:15:56	00:32:52	00:50:30	01:06:44.95	01:06:52.50	+00:29:15 (43.8%)	6:40	9 (56.3%)
62	SZABAT Adrianna	561		K18-29	3	00:00:04	00:14:57	00:32:37	00:50:38	01:06:48.15	01:06:52.70	+00:29:18 (43.9%)	6:40	9 (56.3%)
63	MIODYŃSKI Karol	572		M50-59	7	00:00:08	00:15:45	00:33:48	00:52:45	01:12:34.75	01:12:43.10	+00:35:05 (48.3%)	7:15	8.3 (51.9%)
64	MOŹDŹEŃ Barbara	544	NIERZESZONA	K50-59	1	00:00:07	00:15:46	00:33:21	00:52:39	01:12:36.60	01:12:43.95	+00:35:07 (48.4%)	7:15	8.3 (51.9%)
65	FILIPEK Agnieszka	525	KLUB BOBIKA	K30-39	9	00:00:07	00:16:45	00:35:22	00:54:56	01:13:45.25	01:13:52.25	+00:36:15 (49.2%)	7:22	8.1 (50.6%)
	HYLLER Paulina	529		K18-29		DNF	00:16:25 DNF	00:39:46 DNF	DNF	DNF	DNF		-	- (0.0%)
	KRUPSKI Maksymilian	585		M40-49		DNF	00:14:35 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 67 wynik(ów)