

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 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	PIETRZYK Jarosław	58	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1	00:00:04	00:15:57	00:32:16	00:48:19	01:04:16.50	01:04:20.55		6:25	9.3 (100%)
2	HOŁUBKA Mariusz	27	SALLER NORDIC WALKING TEAM	M40-49	1	00:00:04	00:15:59	00:32:19	00:48:34	01:05:03.25	01:05:07.75	+00:00:46 (1.2%)	6:30	9.2 (98.9%)
3	BARCZYK Bogdan	5	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1	00:00:34	00:15:45	00:32:21	00:49:20	01:05:56.40	01:06:30.40	+00:01:39 (2.5%)	6:35	9.1 (97.8%)
4	SPYCHAŁA Lesław	73	CKZIU NYSA MECHANIK	M50-59	2	00:00:34	00:15:46	00:32:20	00:49:21	01:06:07.40	01:06:41.55	+00:01:50 (2.8%)	6:36	9.1 (97.8%)
5	WOJTASIŃSKI Daniel	86	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	2	00:00:06	00:15:56	00:32:17	00:49:05	01:06:18.15	01:06:24.20	+00:02:01 (3.1%)	6:37	9 (96.8%)
6	BOGACKI Sławek	9	ULTRAVEGEWALKER	M40-49	3	00:00:03	00:16:00	00:32:27	00:49:19	01:06:26.80	01:06:30.70	+00:02:10 (3.3%)	6:38	9 (96.8%)
7	BIK Stanisław	7	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M50-59	3	00:00:35	00:16:05	00:33:01	00:49:53	01:06:31.95	01:07:07.65	+00:02:15 (3.4%)	6:39	9 (96.8%)
8	SŁOMIAN Leszek	70	STADION ŚLĄSKI	M50-59	4	00:00:34	00:16:22	00:33:20	00:50:08	01:06:39.15	01:07:13.70	+00:02:22 (3.6%)	6:39	9 (96.8%)
9	HAJDUK Franciszek	26	SIECHODZI	M50-59	5	00:00:34	00:16:31	00:33:21	00:50:07	01:06:39.75	01:07:14.30	+00:02:23 (3.6%)	6:40	9 (96.8%)
10	GRUDZIŃSKI Robert	23	ACTEAM	M50-59	6	00:00:38	00:16:35	00:33:25	00:50:24	01:07:37.85	01:08:15.95	+00:03:21 (5.0%)	6:45	8.9 (95.7%)
11	MUSIAŁ Marcin	93		M40-49	4	00:00:05	00:16:15	00:33:16	00:50:29	01:07:44.55	01:07:50.05	+00:03:28 (5.1%)	6:46	8.9 (95.7%)
12	ŻYDACZEWSKI Ryszard	92	KS METRACO POLKOWICE	M50-59	7	00:00:36	00:17:01	00:34:11	00:51:18	01:08:08.80	01:08:44.95	+00:03:52 (5.7%)	6:48	8.8 (94.6%)
13	MIKOŁAJCZAK Jan	46	SALLER NORDIC WALKING TEAM LEGNICA	M60-69	1	00:00:39	00:16:33	00:33:47	00:51:21	01:08:48.50	01:09:27.65	+00:04:32 (6.6%)	6:52	8.7 (93.5%)

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14	CUDAK Zbigniew	12	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	8	00:00:36	00:17:07	00:34:28	00:51:57	01:09:36.65	01:10:13.05	+00:05:20 (7.7%)	6:57	8.6 (92.5%)
15	WOLNIEWICZ Katarzyna	87	AZS SILESIA	K40-49	1	00:01:44	00:17:07	00:34:28	00:51:59	01:09:39.60	01:11:24.45	+00:05:23 (7.7%)	6:58	8.6 (92.5%)
16	GODZIŃSKI Paweł	21	BAŻANT NWTEAM	M30-39	2	00:00:06	00:16:53	00:34:24	00:52:06	01:09:55.85	01:10:02.30	+00:05:39 (8.1%)	6:59	8.6 (92.5%)
17	DUSIEL Ewa	17	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	1	00:02:14	00:17:07	00:34:38	00:52:25	01:10:04.10	01:12:18.20	+00:05:47 (8.3%)	7:00	8.6 (92.5%)
18	KRÓL Janusz	38		M50-59	9	00:00:33	00:16:40	00:34:19	00:52:28	01:10:29.00	01:11:02.85	+00:06:12 (8.8%)	7:02	8.5 (91.4%)
19	KASPRZYK Liliana	32	UKS DAB SUCHY LAS	K50-59	2	00:02:15	00:17:13	00:34:50	00:52:48	01:10:35.35	01:12:50.55	+00:06:18 (8.9%)	7:03	8.5 (91.4%)
20	BADECKI Ryszard	2	KS METRACO POLKOWICE	M50-59	10	00:00:36	00:16:47	00:34:32	00:52:38	01:10:42.15	01:11:19.05	+00:06:25 (9.1%)	7:04	8.5 (91.4%)
21	KOBIELA Krzysztof	34		M30-39	3	00:00:04	00:17:47	00:35:52	00:53:40	01:11:06.15	01:11:10.35	+00:06:49 (9.6%)	7:06	8.4 (90.3%)
22	ROGOS Henryk	66	ŚCINAWSKA GRUPA NORDIC WALKING	M70+	1	00:00:40	00:17:37	00:35:34	00:53:23	01:11:25.40	01:12:06.20	+00:07:08 (10.0%)	7:08	8.4 (90.3%)
23	WOJDYLA Mieczysław	85		M50-59	11	00:00:35	00:16:50	00:34:34	00:52:50	01:11:31.90	01:12:07.25	+00:07:15 (10.1%)	7:09	8.4 (90.3%)
24	KURZAWSKA Jolanta	43	KS METRACO POLKOWICE	K60-69	1	00:02:20	00:18:00	00:36:17	00:54:17	01:12:26.40	01:14:46.60	+00:08:09 (11.3%)	7:14	8.3 (89.2%)
25	WITUSIK Mariusz	83	NW-TEAM JASŁO	M40-49	5	00:00:05	00:17:03	00:35:39	00:53:55	01:12:29.45	01:12:35.25	+00:08:12 (11.3%)	7:15	8.3 (89.2%)
26	BAJ Stanisław	4	ŚCINAWSKA GRUPA NORDIC WALKING	M60-69	2	00:00:40	00:17:57	00:36:20	00:54:26	01:12:43.60	01:13:23.80	+00:08:27 (11.6%)	7:16	8.3 (89.2%)
27	NIEWODNICZAŃSKI Tomasz	51		M70+	2	00:00:42	00:17:36	00:36:05	00:54:33	01:12:49.10	01:13:31.30	+00:08:32 (11.7%)	7:16	8.2 (88.2%)
28	SKAWIŃSKA Ewa	68	RIGHTWAY	K40-49	2	00:01:48	00:17:47	00:36:19	00:54:52	01:13:03.50	01:14:51.70	+00:08:47 (12.0%)	7:18	8.2 (88.2%)
29	PŁOCIENIAK Katarzyna	62	ACTEAM	K40-49	3	00:01:51	00:17:51	00:36:10	00:54:41	01:13:05.80	01:14:57.15	+00:08:49 (12.1%)	7:18	8.2 (88.2%)
30	STANIEC Stanisław	74		M60-69	3	00:00:39	00:17:50	00:35:56	00:54:23	01:13:10.55	01:13:49.55	+00:08:54 (12.2%)	7:19	8.2 (88.2%)
31	GARBACZEWSKA Iwona	18	SANTANDER CONSUMER BANK	K30-39	1	00:01:44	00:18:01	00:36:21	00:54:50	01:13:11.30	01:14:56.00	+00:08:54 (12.2%)	7:19	8.2 (88.2%)
32	WITUSIK Dorota	84	NW-TEAM JASŁO	K40-49	4	00:01:45	00:17:57	00:36:12	00:54:44	01:13:13.00	01:14:58.35	+00:08:56 (12.2%)	7:19	8.2 (88.2%)
33	DĄBROWA Wojciech	15	CHODZ Z NAMI	M50-59	12	00:00:37	00:17:46	00:36:18	00:54:47	01:13:19.25	01:13:56.50	+00:09:02 (12.3%)	7:19	8.2 (88.2%)
34	PARTYKA Tomasz	54	SANTANER CONSUMER BANK	M40-49	6	00:00:07	00:17:28	00:36:11	00:55:02	01:14:00.25	01:14:07.70	+00:09:43 (13.1%)	7:24	8.1 (87.1%)
35	SKRYCKA Katarzyna	69	SALLER NORDIC WALKING TEAM LEGNICA	K30-39	2	00:01:44	00:17:45	00:36:23	00:55:36	01:14:59.95	01:16:44.65	+00:10:43 (14.3%)	7:30	8 (86.0%)
36	GWAREK Anita	25	PASJA NORDIC WALKING	K40-49	5	00:01:46	00:18:26	00:37:06	00:56:05	01:15:01.60	01:16:48.00	+00:10:45 (14.3%)	7:30	8 (86.0%)

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37	CONTUCCI Ewa	11	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	6	00:01:45	00:18:53	00:38:02	00:56:52	01:15:34.75	01:17:20.20	+00:11:18 (15.0%)	7:33	7.9 (84.9%)
38	GRUDZIŃSKI Andrzej	22	ACTEAM	M60-69	4	00:00:39	00:18:08	00:36:53	00:56:00	01:15:41.05	01:16:20.90	+00:11:24 (15.1%)	7:34	7.9 (84.9%)
39	WEGIERA Grzegorz	80	ROXKIJE ROKIETNICA	M40-49	7	00:00:05	00:18:25	00:37:10	00:56:19	01:15:42.80	01:15:48.50	+00:11:26 (15.1%)	7:34	7.9 (84.9%)
40	BAJ Danuta	3	ŚCINAWSKA GRUPA NORDIC WALKING	K50-59	3	00:02:15	00:18:25	00:37:21	00:56:36	01:15:49.65	01:18:05.00	+00:11:33 (15.2%)	7:35	7.9 (84.9%)
41	KACZMAREK Zofia	30	ACTEAM WROCŁAW	K50-59	4	00:02:16	00:18:20	00:37:16	00:56:31	01:16:10.65	01:18:26.80	+00:11:54 (15.6%)	7:37	7.9 (84.9%)
42	TERESIŃSKA Jolanta	77	NORDIC WALKING TEAM CZĘSTOCHOWA	K40-49	7	00:01:45	00:18:36	00:37:31	00:56:53	01:16:13.70	01:17:59.15	+00:11:57 (15.7%)	7:37	7.9 (84.9%)
43	JUSZCZAK Romuald	29		M60-69	5	00:00:42	00:19:18	00:38:56	00:57:55	01:16:37.00	01:17:19.40	+00:12:20 (16.1%)	7:39	7.8 (83.9%)
44	THOMALLA Bogdan	78	TOMCHEM	M70+	3	00:00:43	00:18:50	00:38:02	00:57:29	01:16:42.55	01:17:26.40	+00:12:26 (16.2%)	7:40	7.8 (83.9%)
45	KACZMAREK Mariusz	31	ACTEAM WROCŁAW	M50-59	13	00:00:38	00:18:35	00:37:50	00:57:32	01:16:47.55	01:17:25.90	+00:12:31 (16.3%)	7:40	7.8 (83.9%)
46	SURIAK Michał	75	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4	00:00:03	00:19:08	00:38:33	00:57:55	01:17:24.25	01:17:27.60	+00:13:07 (17.0%)	7:44	7.8 (83.9%)
47	BŁACHOWSKA-ŻUREK Patrycja	8		K40-49	8	00:01:46	00:18:26	00:37:54	00:57:41	01:18:05.35	01:19:51.55	+00:13:48 (17.7%)	7:48	7.7 (82.8%)
48	BARCZYK Jolanta	6	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	5	00:02:15	00:19:20	00:39:00	00:58:37	01:18:05.80	01:20:21.70	+00:13:49 (17.7%)	7:48	7.7 (82.8%)
49	KIEŁBIK Marek	33	M&M SKRZYDLATA	M60-69	6	00:00:41	00:20:01	00:40:03	00:59:06	01:18:07.00	01:18:48.80	+00:13:50 (17.7%)	7:48	7.7 (82.8%)
50	OMARSKA Grażyna	52	PASJA NORDIC WALKING	K60-69	2	00:02:19	00:19:21	00:38:58	00:58:35	01:18:08.30	01:20:28.00	+00:13:51 (17.7%)	7:48	7.7 (82.8%)
51	RADZIEJOWSKI Bogusław	64	BBL CZĘSTOCHOWA	M50-59	14	00:00:36	00:19:11	00:38:42	00:58:33	01:18:17.10	01:18:53.10	+00:14:00 (17.9%)	7:49	7.7 (82.8%)
52	ADAMOWICZ Andrzej	1		M70+	4	00:00:41	00:19:02	00:38:45	00:58:39	01:18:28.95	01:19:09.95	+00:14:12 (18.1%)	7:50	7.6 (81.7%)
53	MACIĄG Andrzej	44	ACTEAM	M50-59	15	00:00:38	00:19:11	00:39:14	00:59:14	01:18:54.95	01:19:33.30	+00:14:38 (18.6%)	7:53	7.6 (81.7%)
54	SOBORAK Beata	71	AKTYWNA EKIPA CALYPSO	K30-39	3	00:01:43	00:19:14	00:39:04	00:59:18	01:19:18.30	01:21:02.20	+00:15:01 (19.0%)	7:55	7.6 (81.7%)
55	PINIS Michał	61	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	5	00:00:03	00:19:23	00:39:27	00:59:35	01:19:23.80	01:19:27.40	+00:15:07 (19.0%)	7:56	7.6 (81.7%)
56	MOSOŃ Marek	50	M&M SKRZYDLATA	M60-69	7	00:00:40	00:20:02	00:40:24	01:00:06	01:19:32.75	01:20:13.10	+00:15:16 (19.2%)	7:57	7.5 (80.6%)
57	ZAWADZKA Maria	91	KS METRACO POLKOWICE	K60-69	3	00:02:19	00:19:30	00:39:38	00:59:54	01:20:02.25	01:22:21.45	+00:15:45 (19.7%)	8:00	7.5 (80.6%)
58	TOBYS Ryszard	79		M60-69	8	00:00:40	00:19:57	00:40:26	01:00:34	01:20:40.15	01:21:20.95	+00:16:23 (20.3%)	8:04	7.4 (79.6%)
59	PARTYKA Jakub	55	SANTANDER CONSUMER BANK	M18-29	1	00:00:02	00:19:42	00:40:20	01:01:46	01:21:06.85	01:21:09.65	+00:16:50 (20.8%)	8:06	7.4 (79.6%)

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60	WOZIŃSKA Jolanta	88	SIECHODZI	K50-59	6	00:02:14	00:19:39	00:40:08	01:00:44	01:21:17.00	01:23:31.70	+00:17:00 (20.9%)	8:07	7.4 (79.6%)
61	KRZYŚCIN Rafał	39	SANTANDER CONSUMER BANK	M40-49	8	00:00:05	00:19:48	00:40:09	01:00:56	01:21:59.15	01:22:04.55	+00:17:42 (21.6%)	8:11	7.3 (78.5%)
62	SOŚNIAK Ilona	72	BRAK	K40-49	9	00:01:46	00:19:50	00:41:18	01:02:35	01:22:18.70	01:24:05.25	+00:18:02 (21.9%)	8:13	7.3 (78.5%)
63	NIEDŹWIECKA Małgorzata	95		K60-69	4	00:02:19	00:20:29	00:41:22	01:02:11	01:23:11.35	01:25:30.75	+00:18:54 (22.7%)	8:19	7.2 (77.4%)
64	WOŹNY Aleksandra	89		K40-49	10	00:01:49	00:19:40	00:40:23	01:01:30	01:23:13.10	01:25:02.45	+00:18:56 (22.8%)	8:19	7.2 (77.4%)
65	GĄTEK Gerard	19		M70+	5	00:00:42	00:20:02	00:40:51	01:01:57	01:23:16.75	01:23:58.80	+00:19:00 (22.8%)	8:19	7.2 (77.4%)
66	MALCEWICZ Marcin	45	RIGHWAY	M50-59	16	00:00:35	00:20:19	00:41:16	01:02:21	01:23:25.90	01:24:01.25	+00:19:09 (23.0%)	8:20	7.2 (77.4%)
67	PAWLIK Agnieszka	56		K40-49	11	00:01:47	00:21:17	00:42:46	01:03:17	01:23:28.40	01:25:16.30	+00:19:11 (23.0%)	8:20	7.2 (77.4%)
68	ZAWADA Małgorzata	90	JEST LEPIEJ	K40-49	12	00:01:49	00:20:05	00:41:14	01:02:38	01:24:01.90	01:25:51.60	+00:19:45 (23.5%)	8:24	7.1 (76.3%)
69	GRZEBIELUCH Elżbieta	24	RECEPTURKI	K60-69	5	00:02:18	00:21:03	00:42:17	01:03:14	01:24:02.65	01:26:21.20	+00:19:46 (23.5%)	8:24	7.1 (76.3%)
70	RAGANOWICZ Krzesimir	65		M70+	6	00:00:41	00:20:34	00:41:38	01:03:00	01:24:20.10	01:25:02.05	+00:20:03 (23.8%)	8:26	7.1 (76.3%)
71	HRABIA Józef	28	VIKING NORDIC TEAM CZĘSTOCHOWA	M60-69	9	00:00:37	00:20:57	00:42:32	01:03:46	01:24:47.10	01:25:24.60	+00:20:30 (24.2%)	8:28	7.1 (76.3%)
72	CZERWONAJCIO Agata	14		K50-59	7	00:02:17	00:21:01	00:42:27	01:03:35	01:24:53.65	01:27:11.25	+00:20:37 (24.3%)	8:29	7.1 (76.3%)
73	SALAMAÐRA Jolanta	94		K40-49	13	00:02:16	00:21:01	00:42:27	01:03:36	01:24:54.65	01:27:11.45	+00:20:38 (24.3%)	8:29	7.1 (76.3%)
74	SIEROTNIIK Maria	67		K60-69	6	00:02:16	00:20:58	00:42:26	01:03:35	01:24:58.75	01:27:15.70	+00:20:42 (24.4%)	8:29	7.1 (76.3%)
75	KSOK Krystyna	41		K60-69	7	00:02:18	00:21:21	00:42:50	01:04:10	01:25:19.55	01:27:38.20	+00:21:03 (24.7%)	8:32	7 (75.3%)
76	MILCZAREK Joanna	47	RIGHTWAY	K50-59	8	00:02:14	00:21:19	00:42:47	01:04:16	01:25:57.15	01:28:11.60	+00:21:40 (25.2%)	8:35	7 (75.3%)
77	KRZYŚCIN Mirosława	40	SANTANDER CONSUMER BANK	K40-49	14	00:01:47	00:20:47	00:41:53	01:03:40	01:26:13.55	01:28:00.85	+00:21:57 (25.5%)	8:37	7 (75.3%)
78	DĄBROWSKA-CZEKAJ Magdalena	16		K30-39	4	00:01:44	00:21:06	00:42:45	01:04:23	01:26:14.90	01:27:59.15	+00:21:58 (25.5%)	8:37	7 (75.3%)
79	CZARNECKA Wiesława	13	TRENUJZNAMI.PL	K50-59	9	00:02:15	00:20:53	00:42:26	01:04:31	01:26:29.90	01:28:45.20	+00:22:13 (25.7%)	8:39	6.9 (74.2%)
80	PERDEK Anna	57		K40-49	15	00:01:47	00:21:18	00:42:59	01:04:49	01:27:02.25	01:28:49.85	+00:22:45 (26.2%)	8:42	6.9 (74.2%)
81	GĘBSKA Elżbieta	20	KIJE W DOBRYCH RĘKACH	K50-59	10	00:02:16	00:21:07	00:42:58	01:05:05	01:27:21.50	01:29:38.40	+00:23:05 (26.4%)	8:44	6.9 (74.2%)
82	MILCZAREK Witold	48	RIGHTWAY	M50-59	17	00:00:39	00:22:53	00:44:22	01:05:52	01:27:32.05	01:28:11.30	+00:23:15 (26.6%)	8:45	6.9 (74.2%)

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
83	OSUMEK Anna	53	RIGHTWAY	K30-39	5	00:01:44	00:21:14	00:43:01	01:05:17	01:27:48.05	01:29:32.75	+00:23:31 (26.8%)	8:46	6.8 (73.1%)
84	MORAWSKA Aleksandra	49		K30-39	6	00:01:43	00:21:43	00:43:51	01:06:29	01:29:18.80	01:31:02.30	+00:25:02 (28.0%)	8:55	6.7 (72.0%)
85	WINIARSKI Robert	82		M40-49	9	00:00:06	00:21:13	00:43:45	01:06:54	01:30:35.25	01:30:41.50	+00:26:18 (29.0%)	9:03	6.6 (71.0%)
86	KULBAKA Grażyna	42		K60-69	8	00:02:19	00:22:29	00:45:31	01:08:12	01:31:40.20	01:33:59.60	+00:27:23 (29.9%)	9:10	6.5 (69.9%)
	SZARPAK Michalina	76		K60-69		DNF	00:22:55 DNF	00:46:38 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 87 wynik(ów)