



# X OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY)

B4SPORT

**Wydarzenie:** X Otwarte Mistrzostwa Lubina w Nordic Walking  
**Organizator:** Regionalne Centrum Sportowe Sp. z o.o.  
**Data:** 2018-10-28  
**Miejsce:** Lubin  
**Dystans:** 4 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czas startu	Start_All 2km	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
1	<b>LUBIATOWSKI Ireneusz</b>	<b>64</b>		M50-69	1		00:00:04	00:15:07	<b>00:30:22.88</b>	<b>00:30:27.88</b>		7:35	7.9 (100%)
2	<b>JUREK Adam</b>	<b>34</b>	KS METRACO POLKOWICE	M50-69	2		00:00:03	00:15:06	<b>00:30:33.16</b>	<b>00:30:36.63</b>	+00:00:10 (0.6%)	7:38	7.9 (100%)
3	<b>WOROCH Roman</b>	<b>40</b>	KSMETRACO POLKOWICE	M50-69	3		00:00:04	00:15:42	<b>00:31:59.04</b>	<b>00:32:03.29</b>	+00:01:36 (5.0%)	7:59	7.5 (94.9%)
4	<b>MIKOŁAJCZAK Jan</b>	<b>65</b>		M50-69	4		00:00:03	00:16:38	<b>00:33:42.87</b>	<b>00:33:46.05</b>	+00:03:19 (9.9%)	8:25	7.1 (89.9%)
5	<b>KULCZYCKI Rafał</b>	<b>68</b>		M19-49	1		00:00:04	00:17:16	<b>00:34:05.98</b>	<b>00:34:10.73</b>	+00:03:43 (10.9%)	8:31	7 (88.6%)
6	<b>WOJDYŁA Mieczysław</b>	<b>44</b>	4WSZP	M50-69	5		00:00:04	00:17:17	<b>00:34:33.36</b>	<b>00:34:38.07</b>	+00:04:10 (12.1%)	8:38	6.9 (87.3%)
7	<b>KWAŚNICKI Tomasz</b>	<b>67</b>	DALEKO JESZCZE TEAM	M19-49	2		00:00:03	00:17:15	<b>00:34:40.53</b>	<b>00:34:44.43</b>	+00:04:17 (12.4%)	8:40	6.9 (87.3%)
8	<b>PRZYBYŁEK Marysia</b>	<b>45</b>	MARSZ PO ZDROWIE	K19-49	1		00:00:25	00:17:21	<b>00:35:01.35</b>	<b>00:35:27.04</b>	+00:04:38 (13.3%)	8:45	6.9 (87.3%)
9	<b>SOWA Andrzej</b>	<b>66</b>		M50-69	6		00:00:04	00:17:31	<b>00:36:17.58</b>	<b>00:36:21.67</b>	+00:05:54 (16.3%)	9:04	6.6 (83.5%)
10	<b>KONASZCZUK Agnieszka</b>	<b>70</b>	KBL	K19-49	2		00:00:26	00:18:10	<b>00:37:15.00</b>	<b>00:37:41.99</b>	+00:06:52 (18.4%)	9:18	6.4 (81.0%)
11	<b>GRYGOROWICZ Teresa</b>	<b>6</b>	KS METRACO POLKOWICE	K50-69	1		00:00:26	00:18:50	<b>00:38:51.40</b>	<b>00:39:17.42</b>	+00:08:28 (21.8%)	9:42	6.2 (78.5%)
12	<b>KUCAB Andrzej</b>	<b>71</b>		M50-69	7		00:03:44	00:19:58	<b>00:39:57.64</b>	<b>00:43:41.83</b>	+00:09:34 (24.0%)	9:59	6 (75.9%)
13	<b>KOZŁOWSKI Paweł</b>	<b>63</b>		M19-49	3		00:00:04	00:19:47	<b>00:40:30.09</b>	<b>00:40:34.97</b>	+00:10:07 (25.0%)	10:07	5.9 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czas startu	Start All 2km	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
14	<b>KUBERKO Honorata</b>	<b>62</b>		K19-49	3		00:00:26	00:21:44	<b>00:43:12.33</b>	<b>00:43:39.24</b>	+00:12:49 (29.7%)	10:48	5.6 (70.9%)
15	<b>GANCZAR Elżbieta</b>	<b>61</b>		K50-69	2		00:00:26	00:21:45	<b>00:43:38.29</b>	<b>00:44:04.97</b>	+00:13:15 (30.4%)	10:54	5.5 (69.6%)
16	<b>KOLBUSZ Janina</b>	<b>36</b>	KS METRACOPOLKOWICE	K50-69	3		00:00:26	00:21:44	<b>00:44:27.15</b>	<b>00:44:53.66</b>	+00:14:04 (31.7%)	11:06	5.4 (68.4%)
17	<b>KRAMER Leszek</b>	<b>37</b>	OLEŚNICKI UNIWERSYTET TRZECIEGO WIEKU	M70+	1		00:00:05	00:21:52	<b>00:45:02.78</b>	<b>00:45:08.12</b>	+00:14:39 (32.6%)	11:15	5.3 (67.1%)
18	<b>HYŻY Katarzyna</b>	<b>69</b>		K19-49	4		00:00:26	00:23:08	<b>00:47:10.68</b>	<b>00:47:37.64</b>	+00:16:47 (35.6%)	11:47	5.1 (64.6%)
19	<b>GROBELNA Jadwiga</b>	<b>32</b>	KS METRACO POLKOWICE	K50-69	4		00:00:26	00:23:09	<b>00:47:31.04</b>	<b>00:47:57.42</b>	+00:17:08 (36.1%)	11:52	5.1 (64.6%)
20	<b>WIERZEJSKI Henryk</b>	<b>39</b>	AMATOR	M50-69	8		00:00:06	00:23:21	<b>00:47:38.11</b>	<b>00:47:44.60</b>	+00:17:15 (36.2%)	11:54	5 (63.3%)
21	<b>KITA Grażyna</b>	<b>35</b>		K50-69	5		00:00:27	00:24:58	<b>00:50:00.03</b>	<b>00:50:27.19</b>	+00:19:37 (39.2%)	12:30	4.8 (60.8%)
22	<b>ZALEWSKI Władysław</b>	<b>41</b>	OLEŚNICKA STREFA NORDIC WALING	M70+	2		00:00:04	00:24:51	<b>00:50:02.22</b>	<b>00:50:06.43</b>	+00:19:39 (39.3%)	12:30	4.8 (60.8%)
23	<b>TRZENIEC Krzysztof</b>	<b>38</b>		M50-69	9		00:00:03						(0.0%)

Znaleziono 23 wynik(ów)