



XI BIEG TRZEŹWOŚCI - NORDIC WALKING - 7 KM

B4SPORT

Wydarzenie: XI BIEG TRZEŹWOŚCI
Organizator: Brzoza Biega, Rowerowa Brzoza
Data: 2022-09-18
Miejsce: Brzoza
Dystans: 7 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	GWIZDAŁA Zbigniew	129	GWIZDAŁA TEAM	M 46-55	1	00:42:20.55	00:42:20.55		6:02	9.9 (100%)
2	PRZYBORKIEWICZ Kriss	142	PIERNIKI TORUŃ	M 46-55	2	00:44:05.55	00:44:05.55	+00:01:45 (4.0%)	6:17	9.5 (96.0%)
3	GWIZDAŁA Mikołaj	130	GWIZDAŁA TEAM	M 1-35	1	00:45:38.00	00:45:38.00	+00:03:17 (7.2%)	6:31	9.2 (92.9%)
4	NOWAKOWSKI Dominik	143	ZRYW PARLINEK	M 1-35	2	00:45:46.50	00:45:46.50	+00:03:25 (7.5%)	6:32	9.2 (92.9%)
5	WAJCHERT Łukasz	137	SOLANKOWI BIEGACZE	M 36-45	1	00:47:08.70	00:47:08.70	+00:04:48 (10.2%)	6:44	8.9 (89.9%)
6	WYSOCKI Piotr	139		M 1-35	3	00:47:53.90	00:47:53.90	+00:05:33 (11.6%)	6:50	8.8 (88.9%)
7	KRAJNIK Jacek	110	LIFE BALANCE PLACE	M 46-55	3	00:49:21.40	00:49:21.40	+00:07:00 (14.2%)	7:03	8.5 (85.9%)
8	KUSA Piotr	132	LIFE BALANCE PLACE	M 36-45	2	00:50:44.50	00:50:44.50	+00:08:23 (16.6%)	7:14	8.3 (83.8%)
9	GWIZDAŁA Bartosz	128	GWIZDAŁA TEAM	M 1-35	4	00:50:46.40	00:50:46.40	+00:08:25 (16.6%)	7:15	8.3 (83.8%)
10	GRZESZAK Weronika	150	NW CZŁAPSKI TEAM	K 1-35	1	00:51:03.65	00:51:03.65	+00:08:43 (17.1%)	7:17	8.2 (82.8%)
11	STEMPOROWSKA Katarzyna	122	SOLANKOWI BIEGACZE	K 36-45	1	00:51:45.00	00:51:45.00	+00:09:24 (18.2%)	7:23	8.1 (81.8%)
12	ŁUKAWSKI Damian	138	SOLANKOWI BIEGACZE	M 1-35	5	00:51:46.80	00:51:46.80	+00:09:26 (18.2%)	7:23	8.1 (81.8%)
13	KACZMAREK Jarek	134	ZOSIOA	M 56+	1	00:52:12.65	00:52:12.65	+00:09:52 (18.9%)	7:27	8 (80.8%)
14	CIESIELSKI Krzysztof	107	FAST WALKER	M 56+	2	00:52:54.45	00:52:54.45	+00:10:33 (20.0%)	7:33	7.9 (79.8%)
15	MAŁKIEWICZ Jacek	103	ZOSIA	M 56+	3	00:53:24.80	00:53:24.80	+00:11:04 (20.7%)	7:37	7.9 (79.8%)
16	POLAK Paweł	106	SOLANKOWI BIEGACZE	M 1-35	6	00:53:35.15	00:53:35.15	+00:11:14 (21.0%)	7:39	7.8 (78.8%)
17	ZUZA-WITKOWSKA Anna	117	BŁĘKITNY POKÓJ	K 46-55	1	00:54:07.50	00:54:07.50	+00:11:46 (21.8%)	7:43	7.8 (78.8%)
18	POPIELARZ Karolina	116	ŁABISZYN RUNNERS	K 36-45	2	00:54:34.45	00:54:34.45	+00:12:13 (22.4%)	7:47	7.7 (77.8%)
19	SIÓDMIAK Sławomir	131		M 36-45	3	00:55:05.00	00:55:05.00	+00:12:44 (23.1%)	7:52	7.6 (76.8%)
20	KUPER Mariusz	120		M 36-45	4	00:55:18.45	00:55:18.45	+00:12:57 (23.4%)	7:54	7.6 (76.8%)
21	KACZMAREK Zofia	135	ZOSIA	K 56+	1	00:55:41.30	00:55:41.30	+00:13:20 (24.0%)	7:57	7.5 (75.8%)
22	NOWIŃSKI Jarosław	114		M 36-45	5	00:55:57.55	00:55:57.55	+00:13:37 (24.3%)	7:59	7.5 (75.8%)
23	GRZESZAK Danuta	151	NW CZŁAPSKI TEAM	K 56+	2	00:55:58.45	00:55:58.45	+00:13:37 (24.4%)	7:59	7.5 (75.8%)
24	MARTYNOWICZ Maria	152	TRISPACE/TREK	K 46-55	2	00:56:01.25	00:56:01.25	+00:13:40 (24.4%)	8:00	7.5 (75.8%)
25	KUSA Karolina	133	LIFE BALANCE PLACE	K 36-45	3	00:58:00.35	00:58:00.35	+00:15:39 (27.0%)	8:17	7.2 (72.7%)
26	JUCHACZ Tomasz	121	SOLANKOWI BIEGACZE	M 46-55	4	00:58:00.55	00:58:00.55	+00:15:40 (27.0%)	8:17	7.2 (72.7%)
27	KWIATKOWSKA Elżbieta	109		K 46-55	3	00:58:58.25	00:58:58.25	+00:16:37 (28.2%)	8:25	7.1 (71.7%)
28	BOŹEK Mariusz	148		M 56+	4	01:00:57.00	01:00:57.00	+00:18:36 (30.5%)	8:42	6.9 (69.7%)
29	WIŚNIEWSKA Elżbieta	100	BRZOZA BIEGA	K 56+	3	01:00:57.40	01:00:57.40	+00:18:36 (30.5%)	8:42	6.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
30	RUJNER Klara	113	BŁĘKITNY POKÓJ	K 46-55	4	01:00:58.75	01:00:58.75	+00:18:38 (30.6%)	8:42	6.9 (69.7%)
31	RYDELSKA Kinga	140		K 46-55	5	01:01:31.40	01:01:31.40	+00:19:10 (31.2%)	8:47	6.8 (68.7%)
32	BULIK-FRONTCZAK Katarzyna	108	KS FIT NOWA	K 36-45	4	01:01:40.95	01:01:40.95	+00:19:20 (31.4%)	8:48	6.8 (68.7%)
33	SZOTA Anna	127	KTR MASA TURYSTYCZNA	K 36-45	5	01:03:25.95	01:03:25.95	+00:21:05 (33.2%)	9:03	6.6 (66.7%)
34	POMORSKA Anna	154		K 46-55	6	01:06:22.15	01:06:22.15	+00:24:01 (36.2%)	9:28	6.3 (63.6%)
35	ADAMSKA-MARCINIAK Monika	136		K 1-35	2	01:06:24.05	01:06:24.05	+00:24:03 (36.2%)	9:29	6.3 (63.6%)
36	GILL Magdalena	153		K 46-55	7	01:08:27.90	01:08:27.90	+00:26:07 (38.2%)	9:46	6.1 (61.6%)
37	HOFMAN Sylwia	156		K 46-55	8	01:08:29.05	01:08:29.05	+00:26:08 (38.2%)	9:47	6.1 (61.6%)
38	MAZUREK Ewa	155		K 46-55	9	01:09:06.35	01:09:06.35	+00:26:45 (38.7%)	9:52	6.1 (61.6%)
39	GRABOWSKA Lucyna	145		K 46-55	10	01:09:07.25	01:09:07.25	+00:26:46 (38.7%)	9:52	6.1 (61.6%)
40	GRABOWSKI Piotr	144		M 46-55	5	01:09:09.40	01:09:09.40	+00:26:48 (38.8%)	9:52	6.1 (61.6%)
41	GLUBA Anna	112		K 1-35	3	01:09:58.70	01:09:58.70	+00:27:38 (39.5%)	9:59	6 (60.6%)
42	PIROWICZ Iwona	111		K 36-45	6	01:09:58.75	01:09:58.75	+00:27:38 (39.5%)	9:59	6 (60.6%)
43	ZALEWSKA Żaneta	158		K 46-55	11	01:09:59.75	01:09:59.75	+00:27:39 (39.5%)	9:59	6 (60.6%)
44	PIASECKI Robert	119	KTR MASA TURYSTYCZNA	M 46-55	6	01:19:02.45	01:19:02.45	+00:36:41 (46.4%)	11:17	5.3 (53.5%)
45	KOCIK Dariusz	125	KTR MASA TURYSTYCZNA	M 56+	5	01:19:03.00	01:19:03.00	+00:36:42 (46.4%)	11:17	5.3 (53.5%)
46	WITKOWSKI Dariusz	118		M 56+	6	01:19:03.10	01:19:03.10	+00:36:42 (46.4%)	11:17	5.3 (53.5%)
47	WOŁOSZYN Kazimierz	101	ROWEROWA BRZOZA	M 56+	7	01:19:03.35	01:19:03.35	+00:36:42 (46.4%)	11:17	5.3 (53.5%)
48	HINDERKS Lidia	147		K 56+	4	01:21:37.00	01:21:37.00	+00:39:16 (48.1%)	11:39	5.1 (51.5%)
49	KAZIMIERSKI Dariusz	146		M 56+	8	01:21:42.00	01:21:42.00	+00:39:21 (48.2%)	11:40	5.1 (51.5%)

Znaleziono 49 wynik(ów)