

XI SYLWESTROWY NORDIC WALKING - 3 KM

B4SPORT

Wydarzenie: XI Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-12-28
Miejsce: Koszalin
Dystans: 3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	ROMANOWICZ Piotr	341		M-OPEN	1	00:10:23	00:20:04.48		6:41	9 (100%)
2	FRĄCKOWIAK Roman	74		M-OPEN	2	00:09:58	00:20:21.74	+00:01:05 (5.1%)	6:47	8.8 (97.8%)
3	KOPCZEWSKI Dariusz	558		M-OPEN	3	00:11:40	00:22:47.19	+00:02:42 (11.8%)	7:35	7.9 (87.8%)
4	POTRZEBOWSKI Marek	324		M-OPEN	4	00:11:05	00:22:13.87	+00:02:56 (12.6%)	7:24	8.1 (90.0%)
5	OKRZESIK-FRĄCKOWIAK Izabela	286		K-OPEN	1	00:11:04	00:22:18.14	+00:03:01 (13.0%)	7:26	8.1 (90.0%)
6	SZUDARSKI Edward	383		M-OPEN	5	00:11:28	00:22:37.85	+00:03:21 (14.2%)	7:32	8 (88.9%)
7	WICHER Krzysztof	412		M-OPEN	6	00:11:23	00:22:38.78	+00:03:22 (14.2%)	7:33	7.9 (87.8%)
8	POTRZEBOWSKA Agata	323		K-OPEN	2	00:11:25	00:22:48.78	+00:03:32 (14.8%)	7:36	7.9 (87.8%)
9	WILKOŁEK-SZUDARSKA Saturnina	417		K-OPEN	3	00:12:28	00:23:57.95	+00:03:53 (16.1%)	7:59	7.5 (83.3%)
10	SZUDARSKI Marek	384		M-OPEN	7	00:11:50	00:23:35.78	+00:04:23 (17.8%)	7:52	7.6 (84.4%)
11	KUBIK Krystian	207		M-OPEN	8	00:12:40	00:24:24.70	+00:04:23 (17.8%)	8:08	7.4 (82.2%)
12	KORYBSKA Aleksandra	185		K-OPEN	4	00:12:48	00:24:42.33	+00:04:35 (18.4%)	8:14	7.3 (81.1%)
13	WIECZORKOWSKA Dagmara	413		K-OPEN	5	00:12:05	00:24:01.08	+00:04:46 (19.0%)	8:00	7.5 (83.3%)
14	MACIEJEWSKI Tomasz	234		M-OPEN	9	00:12:57	00:24:44.00	+00:05:30 (21.4%)	8:14	7.3 (81.1%)
15	KNITTER Monika	164		K-OPEN	6	00:12:22	00:25:00.63	+00:05:43 (22.0%)	8:20	7.2 (80.0%)
16	LEDZION Robert	218		M-OPEN	10	00:13:06	00:25:37.64	+00:06:21 (23.9%)	8:32	7 (77.8%)
17	TURSKI Bogdan	398		M-OPEN	11	00:13:24	00:25:39.56	+00:06:24 (24.0%)	8:33	7 (77.8%)
18	TOCZYŁOWSKA Wiesława	395		K-OPEN	7	00:12:59	00:25:56.18	+00:06:39 (24.7%)	8:38	6.9 (76.7%)
19	RODZIEWICZ Wioletta	337		K-OPEN	8	00:13:15	00:26:00.00	+00:06:45 (25.0%)	8:40	6.9 (76.7%)
20	MARIAŃSKA Anna	246		K-OPEN	9	00:13:41	00:26:46.76	+00:07:31 (27.0%)	8:55	6.7 (74.4%)
21	JANEK Agnieszka	125		K-OPEN	10	00:13:43	00:26:52.42	+00:07:38 (27.4%)	8:57	6.7 (74.4%)
22	KURCZ Barbara	211		K-OPEN	11	00:13:51	00:27:19.26	+00:08:06 (28.5%)	9:06	6.6 (73.3%)
23	KORBAN- WICHER Katarzyna	179		K-OPEN	12	00:13:06	00:27:39.05	+00:08:22 (29.2%)	9:13	6.5 (72.2%)
24	PIECYCHNA Michalina	309		K-OPEN	13	00:15:05	00:28:49.06	+00:08:43 (30.1%)	9:36	6.2 (68.9%)
25	PIECYCHNA Agata	310		K-OPEN	14	00:14:22	00:28:00.00	+00:08:44 (30.1%)	9:20	6.4 (71.1%)
26	DYWELSKI Marek	67		M-OPEN	12	00:13:55	00:28:19.72	+00:09:05 (30.9%)	9:26	6.4 (71.1%)
27	JANEK Justyna	127		K-OPEN	15	00:14:14	00:28:20.62	+00:09:07 (31.0%)	9:27	6.3 (70.0%)

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28	KASZUBA Adriana	152		K-OPEN	16	00:15:13	00:29:39.10	+00:09:37 (32.2%)	9:53	6.1 (67.8%)
29	GRZESIK Maria	99		K-OPEN	17	00:14:35	00:29:04.29	+00:09:48 (32.6%)	9:41	6.2 (68.9%)
30	JANEK Arkadiusz	126		M-OPEN	13	00:14:39	00:29:29.69	+00:10:16 (33.6%)	9:50	6.1 (67.8%)
31	LEDZION Dagmara	217		K-OPEN	18	00:15:16	00:30:19.41	+00:11:03 (35.3%)	10:06	5.9 (65.6%)
32	POŁOCZAŃSKA Marta	206		K-OPEN	19	00:15:37	00:30:21.57	+00:11:06 (35.4%)	6:04	9.9 (110.0%)
33	BARTNIK Marian	13		M-OPEN	14	00:16:23	00:31:59.89	+00:11:47 (36.7%)	10:40	5.6 (62.2%)
34	CAŁA Dawid	35		M-OPEN	15	00:16:27	00:31:04.97	+00:11:53 (36.9%)	10:21	5.8 (64.4%)
35	KOMAR Marlena	173		K-OPEN	20	00:15:50	00:31:20.55	+00:12:06 (37.4%)	10:26	5.7 (63.3%)
36	CAŁA Lena	34		K-OPEN	21	00:16:30	00:31:31.39	+00:12:20 (37.8%)	10:30	5.7 (63.3%)
37	CAŁA Małgorzata	36		K-OPEN	22	00:16:30	00:31:33.36	+00:12:21 (37.8%)	10:31	5.7 (63.3%)
38	KOŁODZIEJ Felicja	170		K-OPEN	23	00:16:24	00:31:38.16	+00:12:24 (37.9%)	10:32	5.7 (63.3%)
39	KALOCIŃSKA Sylwia	145		K-OPEN	24	00:21:20	00:34:56.01	+00:15:47 (43.8%)	11:38	5.2 (57.8%)
40	KRAWCZUK-KIEŁB Anna	198		K-OPEN	25	00:18:03	00:35:08.71	+00:15:54 (43.9%)	11:43	5.1 (56.7%)
41	CHOJNACKA Justyna	39		K-OPEN	26	00:18:04	00:35:09.00	+00:15:54 (43.9%)	11:43	5.1 (56.7%)

Znaleziono 41 wynik(ów)