



# ZAWODY NORDIC WALKING „PO PIERWSZE ZDROWIE” 5KM

B4SPORT

**Organizator:** Fundacja „Po Pierwsze”  
**Data:** 2017-03-25  
**Miejsce:** Wasilków  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>POZNAŃSKI Wiesław</b>	<b>162</b>		M60+	1	00:00:38	<b>00:31:10.15</b>	<b>00:31:48.80</b>		6:14	9.6 (100%)
2	<b>MIKITIUK Tomasz</b>	<b>157</b>	KIJOWA PARA	M46-59	1	00:00:36	<b>00:31:19.65</b>	<b>00:31:56.40</b>	+00:00:09 (0.5%)	6:16	9.6 (100%)
3	<b>PYKA Adam</b>	<b>163</b>	TD KLEKOTKI	M30-45	1	00:00:40	<b>00:31:55.60</b>	<b>00:32:36.30</b>	+00:00:45 (2.4%)	6:23	9.4 (97.9%)
4	<b>MURMYŁO Adam</b>	<b>160</b>	TD KLEKOTKI	M30-45	2	00:00:40	<b>00:32:03.55</b>	<b>00:32:44.25</b>	+00:00:53 (2.8%)	6:24	9.4 (97.9%)
5	<b>SKOWROŃSKI Marcin</b>	<b>176</b>		M30-45	3	00:00:40	<b>00:32:16.45</b>	<b>00:32:56.85</b>	+00:01:06 (3.4%)	6:27	9.3 (96.9%)
6	<b>SZESZKO Jolanta</b>	<b>165</b>		K30-45	1	00:00:35	<b>00:32:56.80</b>	<b>00:33:32.75</b>	+00:01:46 (5.4%)	6:35	9.1 (94.8%)
7	<b>RODMAŃSKA Iwona</b>	<b>175</b>		K30-45	2	00:00:36	<b>00:35:39.15</b>	<b>00:36:15.55</b>	+00:04:29 (12.6%)	7:07	8.4 (87.5%)
8	<b>DĄBROWSKA Małgorzata</b>	<b>151</b>		K30-45	3	00:00:36	<b>00:35:40.00</b>	<b>00:36:16.40</b>	+00:04:29 (12.6%)	7:08	8.4 (87.5%)
9	<b>WIADERSKI Wojciech</b>	<b>167</b>		M60+	2	00:00:39	<b>00:35:55.25</b>	<b>00:36:34.25</b>	+00:04:45 (13.2%)	7:11	8.4 (87.5%)
10	<b>ZYSKOWSKA-MICUN Klaudia</b>	<b>170</b>	GRUPA BIEGOWA CZARNA BIAŁOSTOCKA	K30-45	4	00:00:38	<b>00:36:14.45</b>	<b>00:36:53.20</b>	+00:05:04 (14.0%)	7:15	8.3 (86.5%)
11	<b>KUREL Edyta</b>	<b>155</b>	GRUPA BIEGOWA CZARNA BIAŁOSTOCKA	K30-45	5	00:00:39	<b>00:36:26.25</b>	<b>00:37:05.80</b>	+00:05:16 (14.5%)	7:17	8.2 (85.4%)
12	<b>MIKITIUK Beata</b>	<b>158</b>	KIJOWA PARA	K30-45	6	00:00:37	<b>00:37:44.10</b>	<b>00:38:22.05</b>	+00:06:33 (17.4%)	7:33	7.9 (82.3%)
13	<b>MATYS Edyta</b>	<b>156</b>		K30-45	7	00:00:39	<b>00:37:45.65</b>	<b>00:38:24.85</b>	+00:06:35 (17.5%)	7:33	7.9 (82.3%)
14	<b>HANCZARUK Anna</b>	<b>153</b>		K30-45	8	00:00:38	<b>00:37:46.85</b>	<b>00:38:25.50</b>	+00:06:36 (17.5%)	7:33	7.9 (82.3%)
15	<b>WRZESIŃSKA Monika</b>	<b>168</b>		K46-59	1	00:00:38	<b>00:38:30.15</b>	<b>00:39:08.55</b>	+00:07:20 (19.0%)	7:42	7.8 (81.3%)
16	<b>GĘSIEWSKA Celina</b>	<b>152</b>		K60+	1	00:00:37	<b>00:39:05.05</b>	<b>00:39:42.90</b>	+00:07:54 (20.3%)	7:49	7.7 (80.2%)
17	<b>SZYDLIK Marta</b>	<b>173</b>		K-OPEN	1	00:00:37	<b>00:40:11.10</b>	<b>00:40:48.25</b>	+00:09:00 (22.4%)	8:02	7.5 (78.1%)
18	<b>WAŚKIEWICZ Ewa</b>	<b>166</b>		K30-45	9	00:00:37	<b>00:40:12.25</b>	<b>00:40:50.05</b>	+00:09:02 (22.5%)	8:02	7.5 (78.1%)
19	<b>SZYDLIK Barbara</b>	<b>174</b>		K30-45	10	00:00:37	<b>00:40:19.45</b>	<b>00:40:56.50</b>	+00:09:09 (22.7%)	8:03	7.4 (77.1%)
20	<b>SZEWLUK Elżbieta</b>	<b>177</b>		K46-59	2	00:00:40	<b>00:42:56.40</b>	<b>00:43:36.55</b>	+00:11:46 (27.4%)	8:35	7 (72.9%)
21	<b>HOMAN Maria</b>	<b>154</b>	DRUŻYNA SZPIKU	K60+	2	00:00:37	<b>00:43:41.50</b>	<b>00:44:19.35</b>	+00:12:31 (28.7%)	8:44	6.9 (71.9%)
22	<b>SZYDLIK Daria</b>	<b>172</b>		K10-29	1	00:26:21					(0.0%)

Znaleziono 22 wynik(ów)