

NorDan 100 km — DĄBKOWSKI Kamil — Numer 113

Miejsce OPEN: 5. · Dystans: 100,0 km · Czas: 11:01:23 · Śr. prędkość: 9,07 km/h (6:37 /km) · Pętla = 0.41493776 km

Najszybsza pętla
2:13 → 5:21 /km

Najwolniejsza (aktywna) pętla
3:59 → 9:36 /km

Liczba postojów (>4:00/pętlę)
5

Łączna liczba pętli
241

Legenda tempa (min/km) — skala względem najszybszej (5:21 /km) i najwolniejszej aktywnej (9:36 /km) pętli



#	ToD	Time	Lap	Distance	Tempo (min/km)
1	12:02:43	02:39	02:39	0.462 km	6:23 /km
2	12:05:01	04:57	0:02:17	0.876 km	5:30 /km
3	12:07:19	07:15	0:02:18	1.291 km	5:33 /km
4	12:09:40	09:36	0:02:20	1.705 km	5:37 /km
5	12:12:02	11:58	0:02:21	2.119 km	5:40 /km
6	12:14:15	14:11	0:02:13	2.534 km	5:21 /km
7	12:16:33	16:29	0:02:18	2.948 km	5:33 /km
8	12:18:53	18:50	0:02:20	3.362 km	5:37 /km
9	12:21:13	21:09	0:02:19	3.777 km	5:35 /km
10	12:23:38	23:34	0:02:24	4.191 km	5:47 /km
11	12:26:01	25:57	0:02:22	4.606 km	5:42 /km
12	12:28:22	28:18	0:02:21	5.020 km	5:40 /km
13	12:30:46	30:42	0:02:23	5.434 km	5:45 /km
14	12:33:07	33:03	0:02:21	5.849 km	5:40 /km
15	12:35:28	35:24	0:02:20	6.263 km	5:37 /km
16	12:37:50	37:46	0:02:21	6.677 km	5:40 /km
17	12:40:16	40:12	0:02:26	7.092 km	5:52 /km
18	12:42:40	42:36	0:02:23	7.506 km	5:45 /km
19	12:45:03	44:59	0:02:23	7.921 km	5:45 /km
20	12:47:27	47:23	0:02:24	8.335 km	5:47 /km
21	12:49:53	49:49	0:02:26	8.749 km	5:52 /km
22	12:52:17	52:13	0:02:24	9.164 km	5:47 /km
23	12:54:42	54:38	0:02:24	9.578 km	5:47 /km
24	12:57:08	57:04	0:02:26	9.992 km	5:52 /km
25	12:59:34	59:30	0:02:25	10.40 km	5:49 /km
26	13:01:57	1:01:53	0:02:23	10.82 km	5:45 /km
27	13:04:23	1:04:19	0:02:25	11.23 km	5:49 /km
28	13:06:47	1:06:43	0:02:24	11.65 km	5:47 /km
29	13:09:14	1:09:10	0:02:26	12.06 km	5:52 /km
30	13:11:39	1:11:35	0:02:24	12.47 km	5:47 /km
31	13:14:03	1:13:59	0:02:24	12.89 km	5:47 /km
32	13:16:26	1:16:22	0:02:23	13.30 km	5:45 /km
33	13:18:50	1:18:46	0:02:23	13.72 km	5:45 /km
34	13:21:13	1:21:09	0:02:23	14.13 km	5:45 /km
35	13:23:39	1:23:35	0:02:25	14.55 km	5:49 /km
36	13:26:03	1:25:59	0:02:23	14.96 km	5:45 /km
37	13:28:27	1:28:23	0:02:23	15.37 km	5:45 /km
38	13:30:53	1:30:49	0:02:26	15.79 km	5:52 /km
39	13:33:18	1:33:14	0:02:24	16.20 km	5:47 /km
40	13:35:41	1:35:37	0:02:23	16.62 km	5:45 /km
41	13:38:04	1:38:00	0:02:22	17.03 km	5:42 /km
42	13:40:24	1:40:20	0:02:19	17.45 km	5:35 /km
43	13:42:46	1:42:42	0:02:22	17.86 km	5:42 /km
44	13:45:11	1:45:08	0:02:25	18.28 km	5:49 /km
45	13:47:37	1:47:33	0:02:25	18.69 km	5:49 /km
46	13:50:01	1:49:57	0:02:24	19.10 km	5:47 /km
47	13:52:23	1:52:19	0:02:21	19.52 km	5:40 /km
48	13:54:44	1:54:40	0:02:21	19.93 km	5:40 /km
49	13:57:05	1:57:01	0:02:21	20.35 km	5:40 /km
50	13:59:24	1:59:20	0:02:18	20.76 km	5:33 /km
51	14:01:46	2:01:42	0:02:22	21.18 km	5:42 /km
52	14:04:09	2:04:05	0:02:22	21.59 km	5:42 /km
53	14:06:32	2:06:28	0:02:23	22.00 km	5:45 /km
54	14:08:53	2:08:46	0:02:22	22.42 km	5:42 /km

54	14:08:55	2:08:49	0:02:20	22.42 km	5:37 /km
55	14:11:16	2:11:12	0:02:22	22.83 km	5:42 /km
56	14:14:20	2:14:16	0:03:03	23.25 km	7:21 /km
57	14:16:46	2:16:42	0:02:26	23.66 km	5:52 /km
58	14:19:08	2:19:04	0:02:21	24.08 km	5:40 /km
59	14:21:28	2:21:24	0:02:20	24.49 km	5:37 /km
60	14:23:48	2:23:44	0:02:20	24.91 km	5:37 /km
61	14:26:07	2:26:03	0:02:18	25.32 km	5:33 /km
62	14:28:28	2:28:24	0:02:20	25.73 km	5:37 /km
63	14:30:51	2:30:47	0:02:23	26.15 km	5:45 /km
64	14:33:11	2:33:07	0:02:19	26.56 km	5:35 /km
65	14:35:30	2:35:26	0:02:19	26.98 km	5:35 /km
66	14:37:52	2:37:48	0:02:22	27.39 km	5:42 /km
67	14:40:17	2:40:13	0:02:24	27.81 km	5:47 /km
68	14:42:45	2:42:41	0:02:28	28.22 km	5:57 /km
69	14:45:08	2:45:04	0:02:22	28.63 km	5:42 /km
70	14:47:32	2:47:28	0:02:24	29.05 km	5:47 /km
71	14:49:59	2:49:55	0:02:26	29.46 km	5:52 /km
72	14:52:20	2:52:16	0:02:20	29.88 km	5:37 /km
73	14:54:39	2:54:35	0:02:19	30.29 km	5:35 /km
74	14:57:00	2:56:56	0:02:20	30.71 km	5:37 /km
75	14:59:18	2:59:14	0:02:18	31.12 km	5:33 /km
76	15:01:34	3:01:30	0:02:16	31.54 km	5:28 /km
77	15:03:52	3:03:48	0:02:17	31.95 km	5:30 /km
78	15:06:11	3:06:07	0:02:19	32.36 km	5:35 /km
79	15:08:33	3:08:29	0:02:21	32.78 km	5:40 /km
80	15:10:56	3:10:52	0:02:23	33.19 km	5:45 /km
81	15:13:21	3:13:17	0:02:24	33.61 km	5:47 /km
82	15:15:44	3:15:40	0:02:22	34.02 km	5:42 /km
83	15:18:05	3:18:01	0:02:21	34.44 km	5:40 /km
84	15:20:31	3:20:27	0:02:25	34.85 km	5:49 /km
85	15:22:54	3:22:50	0:02:23	35.26 km	5:45 /km
86	15:25:23	3:25:19	0:02:29	35.68 km	5:59 /km
87	15:27:55	3:27:51	0:02:31	36.09 km	6:04 /km
88	15:30:26	3:30:22	0:02:30	36.51 km	6:01 /km
89	15:32:55	3:32:51	0:02:28	36.92 km	5:57 /km
90	15:35:25	3:35:21	0:02:30	37.34 km	6:01 /km
91	15:38:01	3:37:57	0:02:35	37.75 km	6:14 /km
92	15:40:34	3:40:30	0:02:33	38.17 km	6:09 /km
93	15:43:09	3:43:05	0:02:34	38.58 km	6:11 /km
94	15:45:45	3:45:41	0:02:36	38.99 km	6:16 /km
95	15:48:24	3:48:21	0:02:39	39.41 km	6:23 /km
96	15:50:59	3:50:55	0:02:34	39.82 km	6:11 /km
97	15:53:36	3:53:32	0:02:37	40.24 km	6:18 /km
98	15:56:14	3:56:10	0:02:37	40.65 km	6:18 /km
99	15:58:50	3:58:46	0:02:36	41.07 km	6:16 /km
100	16:01:33	4:01:29	0:02:42	41.48 km	6:30 /km
101	16:04:19	4:04:15	0:02:45	41.89 km	6:38 /km
102	16:07:07	4:07:03	0:02:48	42.31 km	6:45 /km
103	16:10:01	4:09:57	0:02:53	42.72 km	6:57 /km
104	16:12:48	4:12:44	0:02:46	43.14 km	6:40 /km
105	16:15:38	4:15:34	0:02:50	43.55 km	6:50 /km
106	16:18:24	4:18:20	0:02:46	43.97 km	6:40 /km
107	16:21:12	4:21:08	0:02:47	44.38 km	6:42 /km
108	16:23:59	4:23:55	0:02:46	44.80 km	6:40 /km
109	16:26:40	4:26:36	0:02:41	45.21 km	6:28 /km
110	16:29:26	4:29:22	0:02:45	45.62 km	6:38 /km
111	16:32:07	4:32:03	0:02:41	46.04 km	6:28 /km
112	16:34:47	4:34:43	0:02:40	46.45 km	6:26 /km
113	16:37:40	4:37:36	0:02:52	46.87 km	6:55 /km
114	16:40:28	4:40:24	0:02:48	47.28 km	6:45 /km
115	16:43:18	4:43:14	0:02:49	47.70 km	6:47 /km
116	16:46:19	4:46:15	0:03:01	48.11 km	7:16 /km
117	16:49:28	4:49:24	0:03:08	48.52 km	7:33 /km
118	16:52:40	4:52:36	0:03:12	48.94 km	7:43 /km
119	16:55:52	4:55:48	0:03:11	49.35 km	7:40 /km
120	16:59:08	4:59:04	0:03:16	49.77 km	7:52 /km
121	17:02:22	5:02:18	0:03:13	50.18 km	7:45 /km
122	17:08:42	5:08:39	0:06:20	50.60 km	15:16 /km POSTÓJ
123	17:11:21	5:11:17	0:02:28	51.01 km	6:21 /km

123	17:11:21	5:11:17	0:02:58	51.01 km	6:21 /km
124	17:13:41	5:13:37	0:02:19	51.43 km	5:35 /km
125	17:16:28	5:16:24	0:02:47	51.84 km	6:42 /km
126	17:19:20	5:19:16	0:02:51	52.25 km	6:52 /km
127	17:22:18	5:22:14	0:02:58	52.67 km	7:09 /km
128	17:25:08	5:25:04	0:02:50	53.08 km	6:50 /km
129	17:28:20	5:28:16	0:03:11	53.50 km	7:40 /km
130	17:31:26	5:31:22	0:03:06	53.91 km	7:28 /km
131	17:34:31	5:34:27	0:03:04	54.33 km	7:23 /km
132	17:37:48	5:37:44	0:03:17	54.74 km	7:55 /km
133	17:41:08	5:41:04	0:03:19	55.15 km	8:00 /km
134	17:44:43	5:44:39	0:03:34	55.57 km	8:36 /km
135	17:48:04	5:48:00	0:03:21	55.98 km	8:04 /km
136	17:51:00	5:50:56	0:02:56	56.40 km	7:04 /km
137	17:53:53	5:53:49	0:02:52	56.81 km	6:55 /km
138	17:56:58	5:56:54	0:03:05	57.23 km	7:26 /km
139	17:59:47	5:59:43	0:02:48	57.64 km	6:45 /km
140	18:02:46	6:02:42	0:02:58	58.06 km	7:09 /km
141	18:07:44	6:07:40	0:04:58	58.47 km	11:58 /km POSTÓJ
142	18:10:31	6:10:27	0:02:46	58.88 km	6:40 /km
143	18:13:22	6:13:18	0:02:51	59.30 km	6:52 /km
144	18:16:07	6:16:03	0:02:44	59.71 km	6:35 /km
145	18:18:59	6:18:55	0:02:52	60.13 km	6:55 /km
146	18:21:50	6:21:46	0:02:51	60.54 km	6:52 /km
147	18:25:17	6:25:13	0:03:26	60.96 km	8:16 /km
148	18:28:11	6:28:07	0:02:53	61.37 km	6:57 /km
149	18:31:02	6:30:58	0:02:50	61.78 km	6:50 /km
150	18:33:58	6:33:54	0:02:56	62.20 km	7:04 /km
151	18:36:56	6:36:52	0:02:57	62.61 km	7:07 /km
152	18:40:12	6:40:08	0:03:16	63.03 km	7:52 /km
153	18:43:17	6:43:13	0:03:05	63.44 km	7:26 /km
154	18:46:09	6:46:06	0:02:52	63.86 km	6:55 /km
155	18:49:26	6:49:22	0:03:16	64.27 km	7:52 /km
156	18:52:47	6:52:43	0:03:20	64.69 km	8:02 /km
157	18:55:41	6:55:37	0:02:53	65.10 km	6:57 /km
158	18:58:36	6:58:32	0:02:55	65.51 km	7:02 /km
159	19:01:32	7:01:28	0:02:56	65.93 km	7:04 /km
160	19:04:25	7:04:21	0:02:53	66.34 km	6:57 /km
161	19:12:23	7:12:20	0:07:58	66.76 km	19:12 /km POSTÓJ
162	19:15:11	7:15:07	0:02:47	67.17 km	6:42 /km
163	19:17:54	7:17:50	0:02:43	67.59 km	6:33 /km
164	19:20:28	7:20:24	0:02:34	68.00 km	6:11 /km
165	19:23:00	7:22:57	0:02:32	68.41 km	6:06 /km
166	19:25:30	7:25:26	0:02:29	68.83 km	5:59 /km
167	19:28:03	7:27:59	0:02:32	69.24 km	6:06 /km
168	19:30:25	7:30:21	0:02:21	69.66 km	5:40 /km
169	19:32:48	7:32:44	0:02:23	70.07 km	5:45 /km
170	19:35:13	7:35:09	0:02:24	70.49 km	5:47 /km
171	19:37:39	7:37:35	0:02:26	70.90 km	5:52 /km
172	19:40:07	7:40:03	0:02:27	71.32 km	5:54 /km
173	19:42:57	7:42:53	0:02:49	71.73 km	6:47 /km
174	19:45:36	7:45:32	0:02:39	72.14 km	6:23 /km
175	19:48:09	7:48:05	0:02:32	72.56 km	6:06 /km
176	19:50:40	7:50:36	0:02:31	72.97 km	6:04 /km
177	19:56:24	7:56:20	0:05:44	73.39 km	13:49 /km POSTÓJ
178	19:59:13	7:59:09	0:02:48	73.80 km	6:45 /km
179	20:02:03	8:01:59	0:02:50	74.22 km	6:50 /km
180	20:04:53	8:04:49	0:02:50	74.63 km	6:50 /km
181	20:07:38	8:07:34	0:02:44	75.04 km	6:35 /km
182	20:10:42	8:10:38	0:03:04	75.46 km	7:23 /km
183	20:13:32	8:13:28	0:02:49	75.87 km	6:47 /km
184	20:16:20	8:16:16	0:02:48	76.29 km	6:45 /km
185	20:20:20	8:20:16	0:03:59	76.70 km	9:36 /km
186	20:23:03	8:22:59	0:02:42	77.12 km	6:30 /km
187	20:25:50	8:25:46	0:02:46	77.53 km	6:40 /km
188	20:28:39	8:28:35	0:02:48	77.95 km	6:45 /km
189	20:31:39	8:31:35	0:03:00	78.36 km	7:14 /km
190	20:34:27	8:34:23	0:02:47	78.77 km	6:42 /km
191	20:37:19	8:37:15	0:02:52	79.19 km	6:55 /km
192	20:40:10	8:40:06	0:02:51	79.60 km	6:52 /km

192	20:40:10	8:40:06	0:02:51	79.60 km	6:52 /km
193	20:43:07	8:43:03	0:02:56	80.02 km	7:04 /km
194	20:46:06	8:46:02	0:02:59	80.43 km	7:11 /km
195	20:49:03	8:48:59	0:02:56	80.85 km	7:04 /km
196	20:52:12	8:52:08	0:03:09	81.26 km	7:35 /km
197	20:55:09	8:55:06	0:02:57	81.67 km	7:07 /km
198	20:58:06	8:58:02	0:02:56	82.09 km	7:04 /km
199	21:01:25	9:01:21	0:03:19	82.50 km	8:00 /km
200	21:04:00	9:03:56	0:02:34	82.92 km	6:11 /km
201	21:06:49	9:06:45	0:02:49	83.33 km	6:47 /km
202	21:09:48	9:09:44	0:02:58	83.75 km	7:09 /km
203	21:17:20	9:17:16	0:07:32	84.16 km	18:09 /km POSTÓJ
204	21:20:29	9:20:25	0:03:08	84.58 km	7:33 /km
205	21:23:36	9:23:32	0:03:07	84.99 km	7:31 /km
206	21:26:39	9:26:35	0:03:02	85.40 km	7:19 /km
207	21:29:34	9:29:30	0:02:54	85.82 km	6:59 /km
208	21:32:19	9:32:15	0:02:45	86.23 km	6:38 /km
209	21:35:01	9:34:57	0:02:41	86.65 km	6:28 /km
210	21:37:40	9:37:36	0:02:38	87.06 km	6:21 /km
211	21:40:23	9:40:19	0:02:43	87.48 km	6:33 /km
212	21:43:03	9:42:59	0:02:39	87.89 km	6:23 /km
213	21:45:43	9:45:39	0:02:40	88.30 km	6:26 /km
214	21:48:38	9:48:34	0:02:54	88.72 km	6:59 /km
215	21:51:19	9:51:15	0:02:41	89.13 km	6:28 /km
216	21:53:59	9:53:55	0:02:39	89.55 km	6:23 /km
217	21:56:42	9:56:38	0:02:42	89.96 km	6:30 /km
218	21:59:22	9:59:18	0:02:40	90.38 km	6:26 /km
219	22:01:56	10:01:52	0:02:33	90.79 km	6:09 /km
220	22:04:26	10:04:22	0:02:30	91.21 km	6:01 /km
221	22:07:20	10:07:16	0:02:53	91.62 km	6:57 /km
222	22:09:57	10:09:53	0:02:37	92.03 km	6:18 /km
223	22:12:40	10:12:37	0:02:43	92.45 km	6:33 /km
224	22:15:18	10:15:14	0:02:37	92.86 km	6:18 /km
225	22:17:57	10:17:53	0:02:38	93.28 km	6:21 /km
226	22:20:32	10:20:28	0:02:35	93.69 km	6:14 /km
227	22:22:59	10:22:55	0:02:27	94.11 km	5:54 /km
228	22:25:24	10:25:20	0:02:24	94.52 km	5:47 /km
229	22:28:02	10:27:58	0:02:38	94.93 km	6:21 /km
230	22:30:41	10:30:37	0:02:38	95.35 km	6:21 /km
231	22:33:31	10:33:27	0:02:49	95.76 km	6:47 /km
232	22:36:08	10:36:04	0:02:36	96.18 km	6:16 /km
233	22:38:51	10:38:47	0:02:43	96.59 km	6:33 /km
234	22:41:33	10:41:29	0:02:42	97.01 km	6:30 /km
235	22:44:19	10:44:15	0:02:45	97.42 km	6:38 /km
236	22:47:07	10:47:03	0:02:48	97.84 km	6:45 /km
237	22:50:01	10:49:57	0:02:53	98.25 km	6:57 /km
238	22:53:06	10:53:02	0:03:04	98.66 km	7:23 /km
239	22:56:01	10:55:57	0:02:55	99.08 km	7:02 /km
240	22:58:53	10:58:49	0:02:51	99.49 km	6:52 /km
241	23:01:27	11:01:23	0:02:34	99.91 km	6:11 /km