

BIEG WIKINGA - NORDIC WALKING - 5 KM

BIEG WIKINGA - WOLIN 2019

Uczniowski Klub Sportowy „WYSPA”, Gmina Wolin.
 2019-09-29
 Wolin
 5 km



Klasyfikacja: K-Gmina

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KAZIMIERSKA Żaneta	447		K40-49	4	Tak	00:38:24.75		7:41	7.8 (100%)
2	GRZYBOWSKA Ewa	430		K50-59	5	Tak	00:38:26.95	+00:00:00 (0.0%)	7:41	7.8 (100%)
3	JASIŃSKA Renata	442		K50-59	9	Tak	00:42:50.45	+00:04:26 (10.4%)	8:34	7 (89.7%)
4	BORZĘCKA Jolanta	409		K50-59	11	Tak	00:43:15.60	+00:04:50 (11.2%)	8:39	6.9 (88.5%)
5	MACIEJEWSKA Alicja	460		K40-49	13	Tak	00:43:17.15	+00:04:51 (11.2%)	8:39	6.9 (88.5%)
6	KASPRZAK Monika	446		K30-39	7	Tak	00:43:24.70	+00:05:04 (11.7%)	8:41	6.9 (88.5%)
7	BARYŁA Dorota	402		K50-59	13	Tak	00:43:36.60	+00:05:19 (12.1%)	8:43	6.9 (88.5%)
8	MASŁOWSKA Alina	465		K60+	7	Tak	00:44:18.80	+00:05:54 (13.3%)	8:51	6.8 (87.2%)
9	ZELEK Grażyna	511		K60+	9	Tak	00:45:04.90	+00:06:38 (14.7%)	9:00	6.7 (85.9%)
10	PAŚ Monika	477		K30-39	11	Tak	00:45:34.05	+00:07:10 (15.7%)	9:06	6.6 (84.6%)
11	MACIEJEWSKA Lusja	517		K30-39	12	Tak	00:45:34.75	+00:07:10 (15.7%)	9:07	6.6 (84.6%)
12	GŁOGOWSKA Renata	426		K40-49	17	Tak	00:45:53.55	+00:07:30 (16.3%)	9:10	6.5 (83.3%)
13	STANIK Agnieszka	494		K40-49	18	Tak	00:45:53.15	+00:07:30 (16.3%)	9:10	6.5 (83.3%)
14	WOJTOWICZ Sylwia	506		K40-49	19	Tak	00:46:10.80	+00:07:50 (16.9%)	9:14	6.5 (83.3%)
15	TARNOWSKA Maria	500		K60+	11	Tak	00:46:10.75	+00:07:51 (16.9%)	9:14	6.5 (83.3%)
16	WOŹNIAK Agnieszka	508		K40-49	20	Tak	00:46:20.25	+00:07:57 (17.1%)	9:16	6.5 (83.3%)
17	SZAMBELAN Elzbieta	499		K60+	12	Tak	00:46:30.80	+00:08:06 (17.4%)	9:18	6.4 (82.1%)
18	NOWICKA Krystyna	473		K60+	13	Tak	00:46:33.75	+00:08:11 (17.5%)	9:18	6.4 (82.1%)
19	ZIEMGOWSKA Kariokka	513		K40-49	22	Tak	00:46:42.55	+00:08:23 (17.9%)	9:20	6.4 (82.1%)
20	KUBISIAK Marta	454		K30-39	13	Tak	00:46:55.15	+00:08:35 (18.3%)	9:23	6.4 (82.1%)
21	GROCHOLSKA Agnieszka	428		K40-49	25	Tak	00:47:04.40	+00:08:40 (18.4%)	9:25	6.4 (82.1%)
22	GROCHOLSKA Urszula	429		K60+	14	Tak	00:47:04.65	+00:08:40 (18.4%)	9:25	6.4 (82.1%)
23	TOMCZAK Teresa	501		K50-59	16	Tak	00:49:11.75	+00:10:55 (22.1%)	9:50	6.1 (78.2%)
24	KLIMKOWSKA Małgorzata	449		K40-49	27	Tak	00:50:14.40	+00:11:54 (23.6%)	10:02	6 (76.9%)
25	ŁUŻNA Danuta	459		K50-59	17	Tak	00:50:20.85	+00:11:56 (23.7%)	10:04	6 (76.9%)
26	ŁUKASZEWICZ Maria	458		K50-59	18	Tak	00:50:18.25	+00:11:56 (23.7%)	10:03	6 (76.9%)
27	JANECKA Renata	436		K50-59	19	Tak	00:50:24.90	+00:12:10 (24.0%)	10:05	6 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	PLATO Anna	479		K60+	16	Tak	00:50:24.75	+00:12:10 (24.0%)	10:05	6 (76.9%)
29	CHARÓW Katarzyna	413		K30-39	16	Tak	00:54:46.60	+00:16:32 (30.0%)	10:57	5.5 (70.5%)

Znaleziono 29 wynik(ów)