



CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CROSS NA WRZOSACH
Nadleśnictwo Okonek
2017-08-27
Okonek
5.3 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	LESZCZYSZYN Krystyna	98		K45+	1	00:37:48.25		7:33	7.9 (100%)
2	STRZELECKA Małgorzata	172		K45+	2	00:38:09.85	+00:00:21 (0.9%)	7:38	7.9 (100%)
3	MATYJA Anna	107		K45+	3	00:40:06.10	+00:02:17 (5.7%)	8:01	7.5 (94.9%)
4	DĘBKOWSKA Izabela	214		K18-44	1	00:41:09.35	+00:03:21 (8.1%)	8:13	7.3 (92.4%)
5	GRZESIK Sandra	40		K18-44	2	00:41:28.85	+00:03:40 (8.9%)	8:17	7.2 (91.1%)
6	DUKIEWICZ Aneta	28		K45+	4	00:41:37.65	+00:03:49 (9.2%)	8:19	7.2 (91.1%)
7	OLSZEWSKA Bożena	126		K18-44	3	00:41:40.45	+00:03:52 (9.3%)	8:20	7.2 (91.1%)
8	RAJEWSKA Beata	150		K18-44	4	00:41:43.20	+00:03:54 (9.4%)	8:20	7.2 (91.1%)
9	NOWAK Beata	123		K45+	5	00:41:48.80	+00:04:00 (9.6%)	8:21	7.2 (91.1%)
10	KAMIŃSKA-SOKÓŁ Marzena	67		K45+	6	00:42:11.85	+00:04:23 (10.4%)	8:26	7.1 (89.9%)
11	JASIŁEK Kama	60		K18-44	5	00:42:21.75	+00:04:33 (10.8%)	8:28	7.1 (89.9%)
12	BYSTRZYŃSKA Emilia	14		K18-44	6	00:42:58.00	+00:05:09 (12.0%)	8:35	7 (88.6%)
13	PROZOROWICZ-ZABROCKA Katarzyna	145		K18-44	7	00:43:03.60	+00:05:15 (12.2%)	8:36	7 (88.6%)
14	FELKOWSKA Karolina	30		K18-44	8	00:43:10.45	+00:05:22 (12.4%)	8:38	6.9 (87.3%)
15	SZOT Krystyna	180		K45+	7	00:43:15.80	+00:05:27 (12.6%)	8:39	6.9 (87.3%)
16	PRZYPOLSKA Anna	147		K18-44	9	00:43:43.45	+00:05:55 (13.5%)	8:44	6.9 (87.3%)
17	ABRAMOWICZ Ewa	1		K45+	8	00:44:39.95	+00:06:51 (15.4%)	8:56	6.7 (84.8%)
18	MAŁYSZEWICZ Teresa	104		K45+	9	00:45:15.55	+00:07:27 (16.5%)	9:03	6.6 (83.5%)
19	KOWALCZUK Maria	83		K18-44	10	00:47:22.00	+00:09:33 (20.2%)	9:28	6.3 (79.7%)
20	WYCISŁO Agata	204		K18-44	11	00:47:25.10	+00:09:36 (20.3%)	9:29	6.3 (79.7%)
21	KUŚ Renata	94		K45+	10	00:47:25.85	+00:09:37 (20.3%)	9:29	6.3 (79.7%)
22	KUSIAK Maria	93		K45+	11	00:49:24.75	+00:11:36 (23.5%)	9:53	6.1 (77.2%)
23	STRZELECKA Antonina	173		K-jun	1	00:56:35.05	+00:18:46 (33.2%)	11:19	5.3 (67.1%)
24	DROZDOWICZ Dorota	24		K45+	12	00:56:41.20	+00:18:52 (33.3%)	11:20	5.3 (67.1%)
25	JAKIEL-MAINIERI Sabina	53		K45+	13	00:56:42.20	+00:18:53 (33.3%)	11:20	5.3 (67.1%)
26	KAMIŃSKA Ewa	65		K18-44	12	00:57:17.90	+00:19:29 (34.0%)	11:27	5.2 (65.8%)

