



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-09-09
Miejsce: Hajnówka
Dystans: 5 km



Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JENDRUCHNIEWICZ Katarzyna	188	FUNDACJA 'W TE PĘDY'	K30-39	1		00:34:14.35		6:51	8.8 (100%)
2	BRANCZEWSKA Ewa	54	NW WERWA MŁAWA	K30-39	2		00:35:27.40	+00:01:13 (3.4%)	7:05	8.5 (96.6%)
3	KRECZMER Marzena	269	CLLEO ZAWIERCIE	K30-39	3		00:35:55.60	+00:01:41 (4.7%)	7:11	8.4 (95.5%)
4	REJMAN Dorota	560	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K30-39	4		00:35:56.35	+00:01:42 (4.7%)	7:11	8.3 (94.3%)
5	DOLNA Ewelina	360	KSK ŻYJ AKTYWNIE	K30-39	5		00:36:25.85	+00:02:11 (6.0%)	7:17	8.2 (93.2%)
6	DĘBSKA Małgorzata	631	SANTANDER CONSUMER BANK	K30-39	6		00:37:58.45	+00:03:44 (9.8%)	7:35	7.9 (89.8%)
7	DAWIDZIUK Ewa	92		K30-39	7		00:38:17.80	+00:04:03 (10.6%)	7:39	7.8 (88.6%)
8	GŁOMBICA Ewa	135	WESOŁY BORSUK TEAM	K30-39	8		00:38:20.35	+00:04:06 (10.7%)	7:40	7.8 (88.6%)
9	SZYMCZYK Magdalena	534	DYNAMIC	K30-39	9		00:38:25.50	+00:04:11 (10.9%)	7:41	7.8 (88.6%)
10	TUZIMEK Agata	557		K30-39	10		00:39:35.05	+00:05:20 (13.5%)	7:55	7.6 (86.4%)
11	LENCZEWSKA Anna	296		K30-39	11		00:40:43.50	+00:06:29 (15.9%)	8:08	7.4 (84.1%)
12	WIESZOŁEK Ewelina	586		K30-39	12		00:40:45.50	+00:06:31 (16.0%)	8:09	7.4 (84.1%)
13	DZIEDIEWICZ Natalia	108		K30-39	13		00:40:46.00	+00:06:31 (16.0%)	8:09	7.4 (84.1%)
14	WARPAS Barbara	628	SANTANDER CONSUMER BANK	K30-39	14		00:41:28.15	+00:07:13 (17.4%)	8:17	7.2 (81.8%)

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15	KORCZ Marzena	250		K30-39	15		00:41:56.95	+00:07:42 (18.4%)	8:23	7.2 (81.8%)
16	JAKONIUK Emily	179	POWIAT HAJNOWSKI	K30-39	16		00:42:01.35	+00:07:47 (18.5%)	8:24	7.1 (80.7%)
17	ADAMSKA Marzena	7	SANTANDER CONSUMER BANK	K30-39	17		00:42:01.50	+00:07:47 (18.5%)	8:24	7.1 (80.7%)
18	UKLEJEWSKA Agnieszka	562	GOSIR OSIELSKO	K30-39	18		00:42:12.05	+00:07:57 (18.9%)	8:26	7.1 (80.7%)
19	SZOSTEK Anna	522	FACE NORDIC WALKING TEAM	K30-39	19		00:42:13.45	+00:07:59 (18.9%)	8:26	7.1 (80.7%)
20	NOSALIK Katarzyna	383	UNIA MIAST	K30-39	20		00:42:17.65	+00:08:03 (19.0%)	8:27	7.1 (80.7%)
21	PANASIUK Grażyna	406		K30-39	21		00:42:19.45	+00:08:05 (19.1%)	8:27	7.1 (80.7%)
22	WILCZEK Anna	587	SANTANDER CONSUMER BANK	K30-39	22		00:42:32.00	+00:08:17 (19.5%)	8:30	7.1 (80.7%)
23	KONDRACIUK Magdalena	244		K30-39	23		00:42:49.15	+00:08:34 (20.0%)	8:33	7 (79.5%)
24	TROCHIMCZUK Anna	680	SANTANDER CONSUMER BANK	K30-39	24		00:43:19.55	+00:09:05 (21.0%)	8:40	6.9 (78.4%)
25	GRZEGORZEWSKA Aneta	153	CHODZĘ Z SERCEM	K30-39	25		00:43:22.95	+00:09:08 (21.1%)	8:40	6.9 (78.4%)
26	ADAMCZYK-ŚMIERTKA Małgorzata	636	SANTANDER CONSUMER BANK	K30-39	26		00:43:36.75	+00:09:22 (21.5%)	8:43	6.9 (78.4%)
27	KONARSKA Agata	622	SANTANDER CONSUMER BANK	K30-39	27		00:43:52.75	+00:09:38 (22.0%)	8:46	6.8 (77.3%)
28	ACKIEWICZ Marta	4		K30-39	28		00:44:07.65	+00:09:53 (22.4%)	8:49	6.8 (77.3%)
29	KIERDELEWICZ Irena	231		K30-39	29		00:44:08.20	+00:09:53 (22.4%)	8:49	6.8 (77.3%)
30	ZIN-PARFIENIUK Ewa	605	POWIAT HAJNOWSKI	K30-39	30		00:44:15.25	+00:10:00 (22.6%)	8:51	6.8 (77.3%)
31	RYCHLIK Magdalena	455	FUNDACJA 'W TE PĘDY'	K30-39	31		00:44:22.10	+00:10:07 (22.8%)	8:52	6.8 (77.3%)
32	HAJDUK Katarzyna	158	POWIAT HAJNOWSKI	K30-39	32		00:44:36.20	+00:10:21 (23.2%)	8:55	6.7 (76.1%)
33	PASZKOWSKA Agnieszka	411	LUBLIN CHODZI Z KIJKAMI	K30-39	33		00:44:43.15	+00:10:28 (23.4%)	8:56	6.7 (76.1%)
34	JAKUBOWSKA Edyta	180		K30-39	34		00:44:56.85	+00:10:42 (23.8%)	8:59	6.7 (76.1%)
35	PISZCZATOWSKA Elżbieta	427		K30-39	35		00:44:58.70	+00:10:44 (23.9%)	8:59	6.7 (76.1%)
36	ORZECH Agnieszka	621	SANTANDER CONSUMER BANK	K30-39	36		00:45:26.50	+00:11:12 (24.7%)	9:05	6.6 (75.0%)
37	SZYBUT Roma	527		K30-39	37		00:45:44.00	+00:11:29 (25.1%)	9:08	6.6 (75.0%)

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38	SHESHKA Alena	471		K30-39	38		00:45:57.90	+00:11:43 (25.5%)	9:11	6.5 (73.9%)
39	SAMOJLIK Justyna	468		K30-39	39		00:46:10.85	+00:11:56 (25.9%)	9:14	6.5 (73.9%)
40	WĘCKO Dorota	583		K30-39	40		00:46:22.30	+00:12:07 (26.2%)	9:16	6.5 (73.9%)
41	STASZCZAK Agnieszka	499	LUBLIN CHODZI Z KIJKAMI	K30-39	41		00:46:53.25	+00:12:38 (27.0%)	9:22	6.4 (72.7%)
42	SKIEPKO Paulina	477	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K30-39	42		00:47:22.20	+00:13:07 (27.7%)	9:28	6.3 (71.6%)
43	ŁĘCZYCKA Agnieszka	314	POWIAT HAJNOWSKI	K30-39	43		00:47:43.10	+00:13:28 (28.2%)	9:32	6.3 (71.6%)
44	IWANIUK Justyna	177	POWIAT HAJNOWSKI	K30-39	44		00:48:33.00	+00:14:18 (29.5%)	9:42	6.2 (70.5%)
45	KOT Adriana	257		K30-39	45		00:48:38.35	+00:14:24 (29.6%)	9:43	6.2 (70.5%)
46	TUPIEKA Urszula	635	SANTANDER CONSUMER BANK	K30-39	46		00:48:58.90	+00:14:44 (30.1%)	9:47	6.1 (69.3%)
47	GLENCNER Mariola	134		K30-39	47		00:48:59.10	+00:14:44 (30.1%)	9:47	6.1 (69.3%)
48	MAZGAJ Małgorzata	344	SANTANDER CONSUMER BANK	K30-39	48		00:49:01.90	+00:14:47 (30.2%)	9:48	6.1 (69.3%)
49	ZIELINKIEWICZ Aleksandra	601	KLUB NW PATYCZAKI GRUDZIĄDZ	K30-39	49		00:49:03.25	+00:14:48 (30.2%)	9:48	6.1 (69.3%)
50	TERECHOWICZ Maria	637	SANTANDER CONSUMER BANK	K30-39	50		00:49:06.90	+00:14:52 (30.3%)	9:49	6.1 (69.3%)
51	TICHONIUK Marzena	549		K30-39	51		00:49:31.20	+00:15:16 (30.9%)	9:54	6.1 (69.3%)
52	ALEKSIEJUK Aneta	1216		K30-39	52		00:50:39.50	+00:16:25 (32.4%)	10:08	5.9 (67.0%)
53	TOKAJCZUK Julita	1140		K30-39	53		00:51:23.30	+00:17:08 (33.4%)	10:16	5.8 (65.9%)
54	MAŁYS Ilona	657	SANTANDER CONSUMER BANK	K30-39	54		00:51:24.40	+00:17:10 (33.4%)	10:16	5.8 (65.9%)
55	LESIAK Ewa	299	SANTANDER CONSUMER BANK	K30-39	55		00:51:56.45	+00:17:42 (34.1%)	10:23	5.8 (65.9%)
56	GRYKA Ula	152		K30-39	56		00:53:32.30	+00:19:17 (36.0%)	10:42	5.6 (63.6%)
57	ZAŃ Jolanta	598	SANTANDER CONSUMER BANK	K30-39	57		00:53:51.55	+00:19:37 (36.4%)	10:46	5.6 (63.6%)
58	ŁYSAKOWSKA Katarzyna	317	POWIAT HAJNOWSKI	K30-39	58		00:56:18.55	+00:22:04 (39.2%)	11:15	5.3 (60.2%)
59	GARUSTOWICZ Emilia	126		K30-39	59		00:56:20.45	+00:22:06 (39.2%)	11:16	5.3 (60.2%)
60	BUJEK Barbara	60		K30-39	60		00:57:20.30	+00:23:05 (40.3%)	11:28	5.2 (59.1%)

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61	BOROWIK Anna	49		K30-39	61		00:57:33.70	+00:23:19 (40.5%)	11:30	5.2 (59.1%)
62	NOWAK Urszula	1138		K30-39	62		00:58:50.35	+00:24:36 (41.8%)	11:46	5.1 (58.0%)
63	LEONIUK Ewa	297	POWIAT HAJNOWSKI	K30-39	63		01:02:51.85	+00:28:37 (45.5%)	12:34	4.8 (54.5%)
64	SADOWSKA Barbara	460	POWIAT HAJNOWSKI	K30-39	64		01:04:54.15	+00:30:39 (47.2%)	12:58	4.6 (52.3%)
65	SZERENOS Joanna	518		K30-39	65		01:21:04.90	+00:46:50 (57.8%)	16:13	3.7 (42.0%)
66	MIRONCZUK-CHODAKOWSKA Iwona	361		K30-39	66		02:00:24.00	+01:26:09 (71.6%)	24:04	2.5 (28.4%)
DQ	PANASIUK Joanna	407	POWIAT HAJNOWSKI	K30-39		1	00:48:03.10 DQ		-	- (0.0%)

Znaleziono 67 wynik(ów)