



# HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW  
Data: 2015-09-12  
Miejsce: Hajnówka  
Dystans: 10 km



Klasyfikacja: K 40-49

| Msc | Zawodnik                   | Numer | Klub                     | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 5km      | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|--------------------------|-----------|------|----------------|-----------------|----------------|----------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | SPYCHAŁA Marzena           | 701   | WESOŁY BORSUK TEAM       | K 40-49   | 1    |                |                 | 01:34:38       | 00:33:53 | 01:08:05              | 02:42:43               |                      | 6:48            | 8.8<br>(100%)  |
| 2   | ROŻYK Magdalena            | 691   | PENDOLINO/OKNOBUR        | K 40-49   | 2    |                |                 | 01:34:41       | 00:33:54 | 01:09:29              | 02:44:10               | +00:01:24<br>(2.0%)  | 6:56            | 8.6<br>(97.7%) |
| 3   | BALCERAK-KOLASA<br>Joanna  | 603   |                          | K 40-49   | 3    |                |                 | 01:34:38       | 00:36:17 | 01:13:32              | 02:48:10               | +00:05:27<br>(7.4%)  | 7:21            | 8.2<br>(93.2%) |
| 4   | ŁUKASZEWICZ<br>Joanna      | 659   | GREEN TEAM ZIELONA GORA  | K 40-49   | 4    |                |                 | 01:34:38       | 00:36:39 | 01:14:36              | 02:49:14               | +00:06:31<br>(8.7%)  | 7:27            | 8<br>(90.9%)   |
| 5   | ŁABISZ Beata               | 658   | NORDIC ACTIVE TARNOBRZEG | K 40-49   | 5    |                |                 | 01:34:41       | 00:37:09 | 01:16:04              | 02:50:45               | +00:07:59<br>(10.5%) | 7:36            | 7.9<br>(89.8%) |
| 6   | LISIKIEWICZ<br>Agnieszka   | 657   | GREEN TEAM               | K 40-49   | 6    |                |                 | 01:34:39       | 00:36:32 | 01:18:49              | 02:53:28               | +00:10:44<br>(13.6%) | 7:52            | 7.6<br>(86.4%) |
| 7   | GRYC Halina                | 628   |                          | K 40-49   | 7    |                |                 | 01:34:44       | 00:39:55 | 01:20:43              | 02:55:27               | +00:12:38<br>(15.7%) | 8:04            | 7.4<br>(84.1%) |
| 8   | SZYMAŃSKA Anna             | 713   | CHOSZCZÓWKA              | K 40-49   | 8    |                |                 | 01:34:39       | 00:40:35 | 01:20:50              | 02:55:29               | +00:12:45<br>(15.8%) | 8:05            | 7.4<br>(84.1%) |
| 9   | SZYMANOWSKA-<br>PAWLAK Ewa | 712   | GOSIR OSIELSKO           | K 40-49   | 9    |                |                 | 01:34:44       | 00:40:16 | 01:20:54              | 02:55:38               | +00:12:49<br>(15.8%) | 8:05            | 7.4<br>(84.1%) |
| 10  | KORCZAK Katarzyna          | 206   | NORDIC ACTIV             | K 40-49   | 10   |                |                 | 01:34:42       | 00:40:26 | 01:21:04              | 02:55:46               | +00:12:59<br>(16.0%) | 8:06            | 7.4<br>(84.1%) |
| 11  | ŻUCHNIEWSKA<br>Barbara     | 739   |                          | K 40-49   | 11   |                |                 | 01:34:43       | 00:43:47 | 01:27:14              | 03:01:57               | +00:19:09<br>(22.0%) | 8:43            | 6.9<br>(78.4%) |
| 12  | SZCZEŚNIAK Ewa             | 709   | CHOSZCZÓWKA              | K 40-49   | 12   |                |                 | 01:34:40       | 00:44:13 | 01:28:33              | 03:03:13               | +00:20:28<br>(23.1%) | 8:51            | 6.8<br>(77.3%) |
| 13  | WAWER Elżbieta             | 730   | SO-WA TEAM               | K 40-49   | 13   |                |                 | 01:34:42       | 00:44:26 | 01:29:00              | 03:03:42               | +00:20:55<br>(23.5%) | 8:54            | 6.7<br>(76.1%) |
| 14  | BORYSIAK Barbara           | 746   |                          | K 40-49   | 14   |                |                 | 01:34:41       | 00:45:08 | 01:30:21              | 03:05:02               | +00:22:16<br>(24.6%) | 9:02            | 6.6<br>(75.0%) |

| Msc | Zawodnik                | Numer      | Klub                                              | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 5km             | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|------------|---------------------------------------------------|-----------|------|----------------|-----------------|----------------|-----------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 15  | <b>SOKÓŁ Małgorzata</b> | <b>700</b> | SO-WA TEAM                                        | K 40-49   | 15   |                |                 | 01:34:43       | 00:48:21        | <b>01:38:44</b>       | <b>03:13:27</b>        | +00:30:39<br>(31.0%) | 9:52            | 6.1<br>(69.3%) |
| 16  | <b>JANOWICZ Anna</b>    | <b>629</b> | STOWARZYSZENIE AIL OMEGA W CZEREMSZE - KIJ- FANKI | K 40-49   | 16   |                |                 | 01:34:40       | 00:49:06        | <b>01:40:09</b>       | <b>03:14:49</b>        | +00:32:04<br>(32.0%) | 10:00           | 6<br>(68.2%)   |
|     | <b>WASILEWSKA Iwona</b> | <b>728</b> | TURBIKE TEAM                                      | K 40-49   |      |                |                 | DNF            | 00:53:07<br>DNF | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |

Znaleziono 17 wynik(ów)