KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

Organizator: PFNW
Data: 2016-05-15
Miejsce: Konstancin-Jeziorna
Dystans: 10 km

Klasyfikacja: K18-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**LIPKO Adrianna**	**511**	PENDOLINO	K18-29	1			00:04:19	00:16:41	00:33:37	00:50:39	**01:07:35.70**	**01:11:54.90**		6:45	8.9 (100%)
2	**CHOCHLA Monika**	**418**	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	2			00:04:20	00:17:49	00:36:01	00:54:12	**01:12:26.35**	**01:16:46.90**	+00:04:50 (6.7%)	7:14	8.3 (93.3%)
3	**ŁABUS Izabela**	**513**	FABRIKANORDIKA	K18-29	3			00:04:20	00:18:17	00:36:51	00:55:34	**01:14:48.00**	**01:19:08.85**	+00:07:12 (9.6%)	7:28	8 (89.9%)
4	**RAPAŁŁO Roma**	**552**	AWF WARSZAWA	K18-29	4			00:04:22	00:18:35	00:37:23	00:56:20	**01:15:18.35**	**01:19:40.35**	+00:07:42 (10.2%)	7:31	8 (89.9%)
5	**KOPEĆ Dorota**	**481**	BŁĘKITNI DZIEMIANY	K18-29	5			00:04:20	00:18:27	00:37:43	00:57:12	**01:16:22.65**	**01:20:42.80**	+00:08:46 (11.5%)	7:38	7.9 (88.8%)
6	**GIERWIATOWSKA Natalia**	**444**	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K18-29	6			00:04:21	00:19:32	00:38:53	00:58:11	**01:17:10.55**	**01:21:32.20**	+00:09:34 (12.4%)	7:43	7.8 (87.6%)
7	**KOZICKA Ewa**	**492**	UNIA MIAST	K18-29	7			00:04:19	00:19:53	00:40:04	01:00:42	**01:21:05.05**	**01:25:24.95**	+00:13:29 (16.6%)	8:06	7.4 (83.1%)
8	**PIEKARSKA Magdalena**	**710**	GOSIR OSIELSKO	K18-29	8			00:04:19	00:19:55	00:39:53	01:00:40	**01:21:23.15**	**01:25:42.50**	+00:13:47 (16.9%)	8:08	7.4 (83.1%)
9	**CZYŻEWSKA Magdalena**	**424**	KONSTANCIN AMATOR	K18-29	9			00:04:22	00:21:44	00:42:46	01:03:40	**01:25:01.05**	**01:29:23.05**	+00:17:25 (20.5%)	8:30	7.1 (79.8%)
10	**WŁASZCZUK Anita**	**610**	RYSIE RAZEM	K18-29	10			00:04:20	00:20:50	00:42:34	01:04:27	**01:26:13.05**	**01:30:33.20**	+00:18:37 (21.6%)	8:37	7 (78.7%)
11	**CHRAPEK Urszula**	**419**	KS RUDZICA	K18-29	11			00:04:19	00:21:39	00:44:01	01:05:53	**01:28:18.50**	**01:32:37.80**	+00:20:42 (23.5%)	8:49	6.8 (76.4%)

Znaleziono 11 wynik(ów)