



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

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

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: K30-39

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	SKRYCKA Katarzyna	562	KS METRACO POLKOWICE	K30-39	1			00:05:07	00:18:10	00:36:05	00:53:43	01:11:35.35	01:16:42.70		7:09	8.4 (100%)
2	KRZESAK-JUREK Ewa	500	KIJEM W LENISTWO	K30-39	2			00:05:09	00:18:10	00:36:04	00:53:57	01:11:46.05	01:16:55.10	+00:00:10 (0.2%)	7:10	8.4 (100%)
3	PASIŃSKA - SKOWRON Sylwia	538	SILESIA NORDIC TEAM	K30-39	3			00:05:07	00:17:42	00:35:51	00:53:57	01:12:13.05	01:17:20.55	+00:00:37 (0.9%)	7:13	8.3 (98.8%)
4	KOZŁOWSKA Sabina	706	DĄBROWA NORDIC TEAM	K30-39	4			00:05:06	00:17:56	00:36:16	00:54:49	01:13:32.10	01:18:39.00	+00:01:56 (2.6%)	7:21	8.2 (97.6%)
5	SZCZEPAŃSKA Anna	579	FABRIKANORDIKA	K30-39	5			00:05:05	00:17:50	00:36:07	00:54:52	01:13:42.15	01:18:47.95	+00:02:06 (2.9%)	7:22	8.1 (96.4%)
6	KOLARSKA Agnieszka	478	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	6			00:05:10	00:18:07	00:36:47	00:55:28	01:14:14.25	01:19:25.15	+00:02:38 (3.6%)	7:25	8.1 (96.4%)
7	MALCZYK Anna	517	DĄBROWA NORDIC TEAM	K30-39	7			00:05:06	00:17:50	00:36:21	00:55:28	01:14:33.50	01:19:39.60	+00:02:58 (4.0%)	7:27	8 (95.2%)
8	KOSTERA Katarzyna	486		K30-39	8			00:05:09	00:19:04	00:37:58	00:56:53	01:15:35.10	01:20:44.50	+00:03:59 (5.3%)	7:33	7.9 (94.0%)
9	DALECKA Justyna	426	FABRIKANORDIKA	K30-39	9			00:05:08	00:19:16	00:38:28	00:58:15	01:17:53.50	01:23:02.35	+00:06:18 (8.1%)	7:47	7.7 (91.7%)
10	ZIELIŃSKA Kamila	616	FACE NORDIC WALKING TEAM	K30-39	10			00:05:06	00:19:24	00:38:58	00:59:04	01:19:22.35	01:24:29.00	+00:07:47 (9.8%)	7:56	7.6 (90.5%)
11	BUBAŁA Grażyna	699	UNIA MIAST	K30-39	11			00:05:08	00:20:00	00:40:00	00:59:57	01:19:31.30	01:24:40.20	+00:07:55 (10.0%)	7:57	7.5 (89.3%)
12	BOROWSKA-STĄNCZUK Karolina	707	FACE NORDIC WALKING TEAM	K30-39	12			00:05:07	00:18:54	00:38:09	01:00:05	01:19:39.00	01:24:46.50	+00:08:03 (10.1%)	7:57	7.5 (89.3%)

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
13	WITKOWSKA Agata	608	AVOCADO WELLNESS CLUB	K30-39	13			00:05:11	00:20:01	00:40:12	01:00:17	01:20:11.85	01:25:23.00	+00:08:36 (10.7%)	8:01	7.5 (89.3%)
14	LISTWOŃ Justyna	512		K30-39	14			00:05:54	00:21:06	00:41:41	01:01:34	01:20:37.85	01:26:32.50	+00:09:02 (11.2%)	8:03	7.4 (88.1%)
15	STANICKA Agnieszka	571	RYSIE RAZEM	K30-39	15			00:05:06	00:19:38	00:39:47	01:00:34	01:21:14.30	01:26:20.30	+00:09:38 (11.9%)	8:07	7.4 (88.1%)
16	CIERKOŃSKA Agata	421	RYSIE RAZEM	K30-39	16			00:05:07	00:19:47	00:40:29	01:01:16	01:21:50.25	01:26:58.20	+00:10:14 (12.5%)	8:11	7.3 (86.9%)
17	MIESZCZANIN Joanna	523	FABRIKANORDIKA	K30-39	17			00:05:10	00:20:23	00:41:00	01:01:54	01:23:05.55	01:28:15.85	+00:11:30 (13.8%)	8:18	7.2 (85.7%)
18	GERLE-KOTULA Anna	443		K30-39	18			00:05:08	00:21:03	00:42:28	01:04:05	01:24:31.00	01:29:39.00	+00:12:55 (15.3%)	8:27	7.1 (84.5%)
19	KĘPKA Renata	697		K30-39	19			00:05:09	00:20:19	00:41:39	01:03:01	01:24:39.90	01:29:49.55	+00:13:04 (15.4%)	8:28	7.1 (84.5%)
20	ĆWIKŁA Joanna	425	BETTER FIT	K30-39	20			00:05:11	00:21:22	00:43:27	01:05:52	01:27:46.45	01:32:58.25	+00:16:11 (18.4%)	8:46	6.8 (81.0%)
21	JARYSZ Agnieszka	455	FACE NORDIC WALKING TEAM	K30-39	21			00:05:08	00:22:04	00:45:26	01:07:02	01:28:01.70	01:33:09.90	+00:16:26 (18.7%)	8:48	6.8 (81.0%)
22	ŚWIĄTEK Joanna	587	MARSZPOZDROWIE	K30-39	22			287:12:47	00:04:14	00:08:29	00:48:41	01:29:08.75	288:41:56.1	+00:17:33 (19.7%)	8:54	6.7 (79.8%)
23	MACHNIAK Kamila	515	RYSIE RAZEM	K30-39	23			00:05:06	00:23:55	00:48:48	01:12:44	01:36:26.90	01:41:33.70	+00:24:51 (25.8%)	9:38	6.2 (73.8%)
24	GRYGIEL Monika	447	FACE NORDIC WALKING TEAM	K30-39	24			288:36:04	00:32:19	01:05:26				+00:29:21	13:05	4.6 (54.8%)
25	KWAŚNA Anka	505	AVOCADO WELLNESS CLUB	K30-39	25			288:35:40	00:34:16	01:10:33				+00:34:29	14:06	4.3 (51.2%)
26	KONOPKA-JÓŹWIAK Ewelina	480		K30-39	26			288:39:15	00:36:29	01:13:47				+00:37:42	14:45	4.1 (48.8%)
27	KASAK Dorota	472	AVOCADO WELLNESS CLUB	K30-39	27			288:39:16	00:44:11					+00:26:01	17:40	3.4 (40.5%)

Znaleziono 27 wynik(ów)