

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

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

HERKULES
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Klasyfikacja: K50-59

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	**JĘDRASIAK Renata**	**460**	KS METRACO POLKOWICE	K50-59	1			00:06:27	00:16:50	00:33:58	00:51:20	**01:08:46.80**	**01:15:14.40**		6:52	8.7 (100%)
2	**BOCZAR Beata**	**414**	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:06:27	00:17:48	00:35:55	00:53:49	**01:11:17.70**	**01:17:45.30**	+00:02:30 (3.5%)	7:07	8.4 (96.6%)
3	**KRUSZKA Arleta**	**497**	MARSZ PO ZDROWIE	K50-59	3			00:06:29	00:17:40	00:35:51	00:53:47	**01:12:04.75**	**01:18:33.90**	+00:03:17 (4.6%)	7:12	8.3 (95.4%)
4	**ŻUCHOWICZ Elżbieta**	**379**	DĄBROWA NORDIC TEAM	K50-59	4			00:06:27	00:18:04	00:36:43	00:55:30	**01:14:16.05**	**01:20:43.45**	+00:05:29 (7.4%)	7:25	8.1 (93.1%)
5	**ZIELIŃSKA Jolanta**	**617**	GOSIR OSIELSKO	K50-59	5			00:06:29	00:18:18	00:37:15	00:56:42	**01:16:38.45**	**01:23:08.20**	+00:07:51 (10.3%)	7:39	7.8 (89.7%)
6	**JARZYŃSKA Małgorzata**	**456**	HIFI ARTE BERLIN	K50-59	6			00:06:28	00:18:46	00:38:06	00:57:28	**01:16:46.05**	**01:23:14.15**	+00:07:59 (10.4%)	7:40	7.8 (89.7%)
7	**DOBROWOLSKA-ŚWIĄTEK Elżbieta**	**430**		K50-59	7			00:06:28	00:19:02	00:38:26	00:57:46	**01:16:49.00**	**01:23:17.80**	+00:08:02 (10.5%)	7:40	7.8 (89.7%)
8	**DOBROWOLSKA Anna**	**429**		K50-59	8			00:06:29	00:19:01	00:38:26	00:57:46	**01:16:50.20**	**01:23:19.80**	+00:08:03 (10.5%)	7:41	7.8 (89.7%)
9	**POSTEK Danuta**	**546**	MARSZ PO ZDROWIE	K50-59	9			00:06:28	00:19:25	00:38:56	00:58:29	**01:17:49.80**	**01:24:18.75**	+00:09:03 (11.6%)	7:47	7.7 (88.5%)
10	**JURCZYŃSKA Bożena**	**466**	VIKING NORDOC TEAM CZĘSTOCHOWA	K50-59	10			00:06:31	00:19:29	00:39:05	00:58:38	**01:18:05.55**	**01:24:37.45**	+00:09:18 (11.9%)	7:48	7.7 (88.5%)
11	**SNIHURENKO Nataliia**	**567**		K50-59	11			00:06:31	00:19:59	00:39:46	00:59:30	**01:19:07.35**	**01:25:38.45**	+00:10:20 (13.1%)	7:54	7.6 (87.4%)
12	**SZYMANOWSKA-PAWLAK Ewa**	**1009**	GOSIR OSIELSKO	K50-59	12			00:06:30	00:19:50	00:39:48	00:59:59	**01:20:34.10**	**01:27:05.05**	+00:11:47 (14.6%)	8:03	7.4 (85.1%)
13	**WIŚNIEWSKA Tamara**	**606**	UKS SIEDLESZCZANY NORDIC WALKING	K50-59	13			00:06:34	00:20:49	00:41:24	01:01:56	**01:22:40.75**	**01:29:15.45**	+00:13:53 (16.8%)	8:16	7.3 (83.9%)
14	**LEHMANN Teresa**	**508**	BŁĘKITNI DZIEMIANY	K50-59	14			00:06:28	00:20:27	00:41:06	01:02:01	**01:22:43.60**	**01:29:11.60**	+00:13:56 (16.9%)	8:16	7.3 (83.9%)
15	**WIERESZKO-CZYŻ Regina**	**603**	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K50-59	15			00:06:31	00:20:00	00:40:57	01:02:15	**01:23:17.80**	**01:29:49.35**	+00:14:31 (17.4%)	8:19	7.2 (82.8%)
16	**JEZIERSKA Danuta**	**459**		K50-59	16			00:06:30	00:20:38	00:41:55	01:03:18	**01:24:52.95**	**01:31:23.20**	+00:16:06 (19.0%)	8:29	7.1 (81.6%)

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17	**OMARSKA Grazyna**	**535**	PASJA NORDIC WALKING	K50-59	17			00:06:32	00:21:00	00:42:35	01:04:25	**01:26:28.20**	**01:33:01.00**	+00:17:41 (20.5%)	8:38	6.9 (79.3%)
18	**JÓŹWIAK Teresa**	**462**		K50-59	18			00:06:31	00:21:14	00:42:57	01:04:33	**01:27:00.55**	**01:33:32.50**	+00:18:13 (21.0%)	8:42	6.9 (79.3%)
19	**STEFANIAK Bożena**	**573**		K50-59	19			00:06:36	00:21:13	00:43:11	01:05:10	**01:27:08.95**	**01:33:45.15**	+00:18:22 (21.1%)	8:42	6.9 (79.3%)
20	**KOSSOWSKA Anna**	**484**	MARYSIN	K50-59	20			00:06:33	00:21:18	00:43:16	01:06:16	**01:27:24.80**	**01:33:58.50**	+00:18:38 (21.3%)	8:44	6.9 (79.3%)
21	**IRZYCKA Anna**	**451**	MARYSIN	K50-59	21			00:06:33	00:21:17	00:43:17	01:06:41	**01:30:45.60**	**01:37:18.60**	+00:21:58 (24.2%)	9:04	6.6 (75.9%)
22	**WASILEWSKA Katarzyna**	**598**	AVOCADO WELLNESS CLUB	K50-59	22			00:06:35	00:22:38	00:45:44	01:08:44	**01:31:50.75**	**01:38:26.30**	+00:23:03 (25.1%)	9:11	6.5 (74.7%)
23	**NIEDŹWIEDZKA Joanna**	**529**		K50-59	23	1		00:06:35	00:24:41	00:49:51	01:15:34	**01:41:06.20**	**01:47:41.25**	+00:32:19 (32.0%)	10:06	5.9 (67.8%)
24	**KŁOPOCIŃSKA Małgorzata**	**475**	MARYSIN	K50-59	24			288:38:13	00:39:40	01:20:07				+00:46:09	16:01	3.7 (42.5%)
25	**POPEK Małgorzata**	**545**	CHODZĘ Z SERCEM	K50-59	25			288:39:43	00:41:18					+00:24:28	16:31	3.6 (41.4%)
DQ	**DYPA Barbara**	**435**	NW KOLBUSZOWA	K50-59			Tak	DQ	00:20:57 DQ	288:32:47 DQ	289:13:23 DQ	**DQ**	**DQ**		-	- (0.0%)

Znaleziono 26 wynik(ów)