



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT
INTELEKTUALNE USŁUGI SPORTOWE

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



Klasyfikacja: K60-69

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	SOBAŃSKA Grażyna	568		K60-69	1			00:07:02	00:18:27	00:36:51	00:55:29	01:14:15.25	01:21:18.05		7:25	8.1 (100%)
2	WAŁECKA Krystyna	596	FACE NORDIC WALKING TEAM	K60-69	2	1		00:07:02	00:18:59	00:38:22	00:57:55	01:17:13.50	01:24:15.95	+00:02:58 (3.8%)	7:43	7.8 (96.3%)
3	KOSIŃSKA Maria	483	MOSIR RYPIN	K60-69	3			00:07:01	00:18:47	00:38:18	00:58:02	01:17:58.30	01:25:00.20	+00:03:43 (4.8%)	7:47	7.7 (95.1%)
4	ANGIELCZYK Małgorzata	402	MARSZ PO ZDROWIE	K60-69	4			00:07:02	00:19:33	00:39:28	00:59:46	01:20:15.50	01:27:17.75	+00:06:00 (7.5%)	8:01	7.5 (92.6%)
5	WACH Elżbieta	595	DĄBROWA NORDIC TEAM	K60-69	5			00:07:03	00:20:26	00:41:07	01:01:58	01:22:47.75	01:29:51.30	+00:08:32 (10.3%)	8:16	7.2 (88.9%)
6	RUDNIK Anna	556		K60-69	6			00:07:06	00:20:49	00:41:54	01:02:52	01:23:42.45	01:30:48.65	+00:09:27 (11.3%)	8:22	7.2 (88.9%)
7	KLICKA Łucja	473	RYSIE RAZEM	K60-69	7			00:07:04	00:20:50	00:42:10	01:03:36	01:24:41.95	01:31:46.90	+00:10:26 (12.3%)	8:28	7.1 (87.7%)
8	KRZYNOWEK Krystyna	501	POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO	K60-69	8			00:07:02	00:20:22	00:41:26	01:02:51	01:24:42.15	01:31:45.05	+00:10:26 (12.3%)	8:28	7.1 (87.7%)
9	MARCINKOWSKA Renata	518	FACE NORDIC WALKING TEAM	K60-69	9			00:07:03	00:20:36	00:41:56	01:03:52	01:26:17.55	01:33:21.30	+00:12:02 (14.0%)	8:37	7 (86.4%)
10	SMARUJ - SADOWSKA Janina	564		K60-69	10			00:07:03	00:20:55	00:42:30	01:04:39	01:26:41.00	01:33:44.20	+00:12:25 (14.3%)	8:40	6.9 (85.2%)
11	DYLEWSKA Barbara	434	DABROWANORDIC TEAM	K60-69	11			00:07:03	00:21:20	00:43:25	01:05:09	01:26:56.80	01:34:00.75	+00:12:41 (14.6%)	8:41	6.9 (85.2%)
12	DZIERŻANOWSKA Krystyna	437	MARYSIN	K60-69	12			00:06:33	00:21:19	00:43:11	01:06:21	01:27:44.10	01:34:17.80	+00:13:28 (15.4%)	8:46	6.8 (84.0%)
13	PERCZYŃSKA Elżbieta	541		K60-69	13			00:07:05	00:22:20	00:46:16	01:10:24	01:33:03.40	01:40:08.65	+00:18:48 (20.2%)	9:18	6.4 (79.0%)
14	MARTYNIUK Renata	521		K60-69	14			00:07:05	00:24:13	00:48:19	01:12:33	01:36:50.50	01:43:55.50	+00:22:35 (23.3%)	9:41	6.2 (76.5%)
15	JANKOWSKA Elżbieta	454		K60-69	15			00:07:06	00:25:45	00:56:15	288:32:07	289:09:23.7	289:16:29.9	+287:54:4 (99.6%)	1734:56	0 (0.0%)

Znaleziono 15 wynik(ów)