



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

INWA NORDIC WALKING WORLD CUP - 10KM

INWA NORDIC WALKING WORLD CUP 2022
Polskie Zrzeszenie Nordic Walking, Urząd Gminy
Kolbuszowa
2022-05-14
Koszalin
10 km

B4SPORT



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	5 km 5km	7.5 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUBISZYN Małgorzata	48		K30-39	1			00:15:37	00:31:50	00:48:09	01:04:32.36		6:27	9.3 (100%)
2	BIELECKA Zuzanna	33	NW CZŁAPSKI TEAM	K40-49	1	1		00:16:00	00:32:28	00:48:52	01:04:45.00	+00:00:12 (0.3%)	6:28	9.3 (100%)
3	KRAJEWSKA Hanna	29	NORDIC WALKING NEW FOR YOU PIŁA/ LUKI TEAM POLAND	K18-29	1			00:15:36	00:32:07	00:49:05	01:05:13.97	+00:00:41 (1.1%)	6:31	9.2 (98.9%)
4	KRAWCZYK Małgorzata	146	JEST LEPIEJ CZĘSTOCHOWA	K30-39	2	1		00:16:21	00:33:17	00:50:13	01:06:53.97	+00:02:21 (3.5%)	6:41	9 (96.8%)
5	JĘDRASIAK Renata	45	KGHM METRACO RUDNA	K50-59	1			00:16:53	00:34:03	00:51:31	01:08:49.45	+00:04:17 (6.2%)	6:52	8.7 (93.5%)
6	SITTEK Agnieszka	66		K40-49	2			00:17:11	00:34:41	00:52:20	01:09:43.43	+00:05:11 (7.4%)	6:58	8.6 (92.5%)
7	RAJEK Magdalena	63	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:17:10	00:34:42	00:52:22	01:10:02.19	+00:05:29 (7.8%)	7:00	8.6 (92.5%)
8	KOŃCZEWSKA Bożena	46	NIESZCZADZKI KLUB NW	K60-69	1	1		00:17:13	00:35:05	00:53:05	01:10:59.30	+00:06:26 (9.1%)	7:05	8.5 (91.4%)
9	POSIKATA Joanna	61		K40-49	4			00:17:45	00:35:49	00:54:22	01:13:08.79	+00:08:36 (11.8%)	7:18	8.2 (88.2%)
10	KUKHAR Ganna	49		K30-39	3	1		00:18:01	00:36:38	00:55:08	01:13:25.23	+00:08:52 (12.1%)	7:20	8.2 (88.2%)
11	CZAJKA Urszula	37		K60-69	2			00:17:40	00:36:14	00:55:10	01:14:05.49	+00:09:33 (12.9%)	7:24	8.1 (87.1%)
12	SHVED Olena	65		K50-59	2			00:17:57	00:36:39	00:55:22	01:14:28.51	+00:09:56 (13.3%)	7:26	8.1 (87.1%)
13	PONAHAJBA Dominika	60		K40-49	5			00:17:51	00:36:48	00:55:44	01:14:38.10	+00:10:05 (13.5%)	7:27	8 (86.0%)
14	WITALEC Anna	75		K30-39	4	1		00:18:09	00:37:06	00:56:12	01:14:38.86	+00:10:06 (13.5%)	7:27	8 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	5 km 5km	7.5 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	MUSIAŁ Ola	80	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:18:24	00:37:43	00:57:17	01:17:20.41	+00:12:48 (16.6%)	7:44	7.8 (83.9%)
16	KORPOK Aleksandra	47	NORDICUS STRZYBNICA	K40-49	7			00:19:06	00:39:06	00:58:38	01:17:56.39	+00:13:24 (17.2%)	7:47	7.7 (82.8%)
17	MULARSKA Maria	56	-	K50-59	3			00:19:43	00:39:37	00:59:27	01:19:03.34	+00:14:30 (18.4%)	7:54	7.6 (81.7%)
18	TOPÓR Małgorzata	293	ZDROWY ODLOT NW TEAM	K60-69	3			00:20:09	00:41:10	01:02:33	01:24:11.07	+00:19:38 (23.3%)	8:25	7.1 (76.3%)
19	PREDKO Grażyna	62		K40-49	8			00:20:32	00:41:50	01:02:45	01:24:36.43	+00:20:04 (23.7%)	8:27	7.1 (76.3%)
20	MICEK Magdalena	54	BEZ KLUBU	K40-49	9			00:20:40	00:42:06	01:03:35	01:25:20.91	+00:20:48 (24.4%)	8:32	7 (75.3%)
21	PAWIŁOWSKA Bożena	57	SST LUBCZA	K60-69	4			00:21:06	00:43:00	01:04:53	01:27:36.47	+00:23:04 (26.3%)	8:45	6.8 (73.1%)
22	JAŻWA Magdalena	44		K50-59	4			00:22:00	00:44:55	01:07:41	01:29:35.85	+00:25:03 (28.0%)	8:57	6.7 (72.0%)
23	GAWROŃSKA Agnieszka	42		K40-49	10			00:22:21	00:45:19	01:08:04	01:30:03.43	+00:25:31 (28.3%)	9:00	6.7 (72.0%)
24	CECERSKA Julia	34		K18-29	2			00:22:08	00:45:56	01:08:17	01:31:50.77	+00:27:18 (29.7%)	9:11	6.5 (69.9%)
25	ŚLĘZAK Marta	70		K18-29	3			00:22:10	00:45:58	01:08:19	01:31:51.24	+00:27:18 (29.7%)	9:11	6.5 (69.9%)
26	MAŁKOWSKA Zofia	52		K70+	1			00:21:45	00:44:50	01:08:13	01:31:54.95	+00:27:22 (29.8%)	9:11	6.5 (69.9%)
27	OWCZAREK Henryka	186	MARSZ PO ZDROWIE	K70+	2			00:24:19	00:49:02	01:14:10	01:38:56.43	+00:34:24 (34.8%)	9:53	6.1 (65.6%)

Znaleziono 27 wynik(ów)