



JASTROWIE - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10.72KM

B4SPORT

Organizator: PFNW
Data: 2016-04-16
Miejsce: Jastrowie
Dystans: 10.72 km

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

Klasyfikacja: K50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
1	JĘDRASIAK Renata	176.	KS METRACO POLKOWICE	K50-59	1			00:02:39	00:34:57	00:37:41	01:13:46	01:16:32.40	01:19:11.70		7:08	8.4 (100%)
2	KASPRZYK Lilianna	180.	KS METRACO POLKOWICE	K50-59	2			00:02:41	00:35:20	00:38:12	01:14:19	01:17:11.40	01:19:53.15	+00:00:39 (0.8%)	7:12	8.3 (98.8%)
3	FALKOWSKA Beata	164.	UKS GIMNAZJON SUCHY LAS	K50-59	3			00:02:40	00:35:25	00:38:15	01:14:52	01:17:45.80	01:20:26.45	+00:01:13 (1.6%)	7:15	8.3 (98.8%)
4	KRUSZKA Arleta	283.	MARSZ PO ZDROWIE	K50-59	4			00:02:40	00:36:39	00:39:35	01:17:17	01:20:06.65	01:22:46.65	+00:03:34 (4.5%)	7:28	8 (95.2%)
5	CHOLEWIŃSKA Longina	158.	KB KATORŻNIK MUROWANA GOSLINA	K50-59	5			00:02:41	00:38:28	00:41:36	01:21:14	01:24:32.00	01:27:13.45	+00:07:59 (9.5%)	7:53	7.6 (90.5%)
6	ZIELIŃSKA Jolanta	226.	GOSIR OSIELSKO	K50-59	6			00:02:47	00:38:37	00:41:46	01:21:39	01:24:52.25	01:27:40.20	+00:08:19 (9.8%)	7:55	7.6 (90.5%)
7	POSTEK Danuta	203.	MARSZ PO ZDROWIE	K50-59	7			00:02:43	00:40:44	00:44:02	01:24:34	01:27:47.40	01:30:30.45	+00:11:15 (12.8%)	8:11	7.3 (86.9%)
8	ROSA Mariola	205.	KSIR SPORTICO BIAŁOSLIWIE	K50-59	8			00:02:42	00:42:26	00:45:49	01:27:47	01:31:02.35	01:33:44.50	+00:14:29 (15.9%)	8:29	7.1 (84.5%)
9	BIAŁAS Ewa	228.		K50-59	9			00:02:45	00:45:36	00:49:07	01:33:44	01:37:18.20	01:40:03.35	+00:20:45 (21.3%)	9:04	6.6 (78.6%)
10	ADAMIEC Ewa	153.		K50-59	10			00:02:46	00:45:12	00:48:42	01:35:12	01:38:52.10	01:41:38.15	+00:22:19 (22.6%)	9:13	6.5 (77.4%)

Znaleziono 10 wynik(ów)