KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

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

Klasyfikacja: K40-49

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	**SPYCHAŁA Marzena**	**570**	WESOŁY BORSUK TEAM	K40-49	1			00:05:51	00:16:53	00:34:00	00:51:17	**01:08:37.85**	**01:14:29.40**		6:51	8.7 (100%)
2	**BALCERAK-KOLASA Joanna**	**405**	EPOKA NORDICA ŁÓDŹ	K40-49	2			00:05:52	00:17:13	00:34:38	00:52:21	**01:10:01.90**	**01:15:54.35**	+00:01:24 (2.0%)	7:00	8.6 (98.9%)
3	**ŁUKASZEWICZ Joanna**	**514**	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:05:51	00:17:12	00:35:02	00:53:09	**01:11:06.50**	**01:16:58.35**	+00:02:28 (3.5%)	7:06	8.4 (96.6%)
4	**DUSIEL Ewa**	**433**	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:05:56	00:18:11	00:36:30	00:54:36	**01:12:46.15**	**01:18:42.70**	+00:04:08 (5.7%)	7:16	8.2 (94.3%)
5	**BIELIŃSKA-RUS Jagoda**	**408**		K40-49	5			00:05:53	00:18:15	00:37:10	00:55:57	**01:14:39.05**	**01:20:32.10**	+00:06:01 (8.1%)	7:27	8 (92.0%)
6	**SITKO Małgorzata**	**560**	FACE NORDIC WALKING TEAM	K40-49	6			00:05:57	00:18:34	00:37:11	00:56:01	**01:15:02.10**	**01:21:00.05**	+00:06:24 (8.5%)	7:30	8 (92.0%)
7	**KOZŁOWSKA Agnieszka**	**493**	FACE NORDIC WALKING TEAM	K40-49	7			00:05:53	00:18:50	00:37:50	00:56:36	**01:15:28.70**	**01:21:22.45**	+00:06:50 (9.1%)	7:32	7.9 (90.8%)
8	**KOWALCZYK Edyta**	**490**	KS METRACO POLKOWICE	K40-49	8			00:05:52	00:18:02	00:36:53	00:55:08	**01:15:34.35**	**01:21:26.35**	+00:06:56 (9.2%)	7:33	7.9 (90.8%)
9	**WASZCZUK Zofia**	**599**	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K40-49	9			287:00:45	00:03:47	00:07:24	00:41:32	**01:15:36.00**	**288:16:21.5**	+00:06:58 (9.2%)	7:33	7.9 (90.8%)
10	**BOROWIK Bożena**	**416**	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K40-49	10			00:06:28	00:18:53	00:37:59	00:57:14	**01:16:35.25**	**01:23:03.55**	+00:07:57 (10.4%)	7:39	7.8 (89.7%)
11	**LANGMESSER Regina**	**507**	LKS ZANTYR	K40-49	11			00:05:57	00:18:54	00:38:14	00:57:55	**01:18:02.05**	**01:23:59.25**	+00:09:24 (12.1%)	7:48	7.7 (88.5%)
12	**UHRYN Ewa**	**592**	POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO	K40-49	12			00:06:29	00:19:52	00:39:33	00:58:59	**01:18:23.10**	**01:24:52.55**	+00:09:45 (12.4%)	7:50	7.7 (88.5%)
13	**HINC Iwona**	**450**	FACE NORDIC WALKING TEAM	K40-49	13			00:05:55	00:19:05	00:38:52	00:58:41	**01:18:35.40**	**01:24:30.40**	+00:09:57 (12.7%)	7:51	7.6 (87.4%)
14	**TĘPIŃSKA Iwona**	**588**		K40-49	14			00:05:59	00:19:21	00:39:17	00:59:08	**01:18:50.40**	**01:24:50.25**	+00:10:12 (12.9%)	7:53	7.6 (87.4%)
15	**WROŃSKA Wiesława**	**613**	BŁĘKITNI DZIEMIANY	K40-49	15			00:05:54	00:19:31	00:39:13	00:59:13	**01:19:05.60**	**01:25:00.50**	+00:10:27 (13.2%)	7:54	7.6 (87.4%)
16	**MARCZEWSKA Anna**	**520**		K40-49	16			00:05:58	00:19:36	00:39:33	00:59:36	**01:19:30.65**	**01:25:29.60**	+00:10:52 (13.7%)	7:57	7.5 (86.2%)

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
17	**WOŹNIAK Agnieszka**	**612**	AVOCADO WELLNESS CLUB	K40-49	17			00:06:01	00:19:58	00:39:57	01:00:01	**01:20:17.20**	**01:26:18.20**	+00:11:39 (14.5%)	8:01	7.5 (86.2%)
18	**JUCHNIEWICZ Sylwia**	**465**	RYSIE RAZEM	K40-49	18			00:05:55	00:19:33	00:39:46	01:00:19	**01:20:28.00**	**01:26:23.95**	+00:11:50 (14.7%)	8:02	7.5 (86.2%)
19	**BOBOWICZ Katarzyna**	**412**		K40-49	19			00:05:55	00:20:57	00:41:39	01:01:35	**01:20:50.80**	**01:26:46.60**	+00:12:12 (15.1%)	8:05	7.4 (85.1%)
20	**SZEWCZYK Agnieszka**	**582**	FACE NORDIC WALKING TEAM	K40-49	20			00:05:54	00:20:34	00:40:32	01:00:36	**01:21:16.05**	**01:27:10.10**	+00:12:38 (15.5%)	8:07	7.4 (85.1%)
21	**WASIELA Beata**	**597**	FACE NORDIC WALKING TEAM	K40-49	21			00:05:54	00:19:58	00:40:22	01:01:06	**01:21:41.65**	**01:27:35.65**	+00:13:03 (16.0%)	8:10	7.3 (83.9%)
22	**LEPECKA-CZAJKOWSKA Katarzyna**	**509**		K40-49	22			00:05:59	00:20:29	00:40:54	01:01:28	**01:22:00.90**	**01:28:00.25**	+00:13:23 (16.3%)	8:12	7.3 (83.9%)
23	**PYRKA Iwona**	**550**		K40-49	23			00:05:55	00:21:04	00:41:43	01:02:03	**01:22:37.35**	**01:28:33.25**	+00:13:59 (16.9%)	8:15	7.3 (83.9%)
24	**SZAŁACKA Olga**	**698**		K40-49	24			00:05:09	00:20:08	00:40:48	01:01:37	**01:22:50.70**	**01:28:00.35**	+00:14:12 (17.2%)	8:17	7.2 (82.8%)
25	**STĘŻYCKA Monika**	**575**		K40-49	25			00:06:00	00:20:51	00:42:02	01:03:27	**01:24:48.80**	**01:30:48.95**	+00:16:10 (19.1%)	8:28	7.1 (81.6%)
26	**KOMAŃSKA Marta**	**701**		K40-49	26			00:06:01	00:20:40	00:41:37	01:03:12	**01:25:19.75**	**01:31:21.20**	+00:16:41 (19.6%)	8:32	7 (80.5%)
27	**GRALIŃSKA Agnieszka**	**705**	FABRIKANORDIKA	K40-49	27			00:05:53	00:20:48	00:42:21	01:03:57	**01:26:27.10**	**01:32:20.35**	+00:17:49 (20.6%)	8:38	6.9 (79.3%)
28	**JÓŹWIK Katarzyna**	**464**		K40-49	28			00:05:58	00:21:46	00:43:51	01:05:42	**01:26:58.20**	**01:32:56.75**	+00:18:20 (21.1%)	8:41	6.9 (79.3%)
29	**STRACZUK Monika**	**576**	RYSIE RAZEM	K40-49	29			00:05:56	00:21:21	00:43:01	01:05:05	**01:27:01.55**	**01:32:57.65**	+00:18:23 (21.1%)	8:42	6.9 (79.3%)
30	**SWOJAK Jolanta**	**578**		K40-49	30			00:05:52	00:21:37	00:43:34	01:05:32	**01:27:41.25**	**01:33:33.70**	+00:19:03 (21.7%)	8:46	6.8 (78.2%)
31	**LINKA Renata**	**703**		K40-49	31			00:05:52	00:21:50	00:44:06	01:06:22	**01:28:49.10**	**01:34:41.40**	+00:20:11 (22.7%)	8:52	6.8 (78.2%)
32	**KRAWCZYK Monika**	**494**		K40-49	32			00:06:00	00:21:57	00:45:06	01:08:37	**01:32:18.05**	**01:38:18.75**	+00:23:40 (25.6%)	9:13	6.5 (74.7%)
33	**JAKUSIK Anna**	**453**	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-49	33			00:05:57	00:23:47	00:47:01	01:09:45	**01:32:23.45**	**01:38:20.95**	+00:23:45 (25.7%)	9:14	6.5 (74.7%)
34	**BEŁCZYŃSKA Edyta**	**406**	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-49	34			00:05:56	00:23:50	00:47:03	01:09:47	**01:32:24.20**	**01:38:21.10**	+00:23:46 (25.7%)	9:14	6.5 (74.7%)
35	**LIPIŃSKA Urszula**	**620**	FACE NORDIC WALKING TEAM	K40-49	35			00:05:58	00:22:53	00:45:56	01:09:11	**01:32:40.90**	**01:38:39.15**	+00:24:03 (25.9%)	9:16	6.5 (74.7%)
36	**KROGULSKA Miłosława**	**496**		K40-49	36			00:05:59	00:23:13	00:47:02	01:10:08	**01:33:34.75**	**01:39:33.80**	+00:24:56 (26.7%)	9:21	6.4 (73.6%)
37	**LIPIŃSKA Urszula**	**510**	FACE NORDIC WALKING TEAM	K40-49	37			288:37:08	00:36:21	01:13:26				+00:39:26	14:41	4.1 (47.1%)
38	**BOGUSZ Lucyna**	**415**		K40-49	38			288:37:20	00:41:45					+00:24:53	16:42	3.6 (41.4%)

Znaleziono 38 wynik(ów)