



Organizator:
Data:
Miejsce:
Dystans:

PFNW
2016-04-23
Osielsko
42.195 km

OSIELSKO - III MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	SPYCHAŁA Marzena	66	WESOŁY BORSUK TEAM	K40-49	1			00:02:37	00:30:25	01:01:37	01:32:29	02:03:44	02:35:15	03:07:17	03:39:04	04:11:41	04:45:15	05:19:02.05	05:21:39.95		7:33	7.9 (100%)
2	NOWROTEK Monika	52	WESOŁY BORSUK TEAM	K18-29	1			00:02:36	00:29:26	01:00:14	01:30:54	02:01:31	02:33:35	03:06:40	03:39:05	04:12:10	04:47:38	05:19:23.95	05:22:00.30	+00:00:21 (0.1%)	7:34	7.9 (100%)
3	STOPA Joanna	70	BLĘKITNI DZIEMIANY	K18-29	2			00:02:36	00:30:26	01:01:38	01:32:56	02:04:35	02:36:49	03:09:06	03:41:25	04:14:21	04:48:24	05:22:50.00	05:25:26.10	+00:03:47 (1.2%)	7:39	7.8 (98.7%)
4	OLSCHIMKE-MARMUROWICZ Barbara	53	SILESIA NORDIC TEAM	K40-49	2			00:02:39	00:30:59	01:01:46	01:32:54	02:04:32	02:36:47	03:09:10	03:42:01	04:15:34	04:49:43	05:24:23.00	05:27:02.40	+00:05:20 (1.6%)	7:41	7.8 (98.7%)
5	STĘPIŃ Lucyna	96	KS METRACO POLKOWICE	K50-59	1			00:02:42	00:30:57	01:01:42	01:32:44	02:04:23	02:36:22	03:09:05	03:42:45	04:17:47	04:53:06	05:27:58.65	05:30:40.65	+00:08:56 (2.7%)	7:46	7.7 (97.5%)
6	ŁOPATKIEWICZ Beata	42		K50-59	2			00:02:40	00:30:57	01:01:43	01:32:45	02:04:40	02:37:51	03:11:15	03:45:57	04:20:50	04:56:28	05:31:55.35	05:34:35.45	+00:12:53 (3.9%)	7:51	7.6 (96.2%)
7	JANCZYK Małgorzata	21	EPOKA NORDICA ŁÓDŹ	K30-39	1			00:02:37	00:31:17	01:02:58	01:35:00	02:06:23	02:38:14	03:10:53	03:46:01	04:23:44	05:00:37	05:34:35.55	05:37:13.45	+00:15:33 (4.6%)	7:55	7.6 (96.2%)
8	JANKOWSKA Katarzyna	22	MOSIR/GIMNAZJUM	K50-59	3			00:02:39	00:32:53	01:05:07	01:37:56	02:10:41	02:43:51	03:17:21	03:51:25	04:26:11	05:01:29	05:36:14.10	05:38:53.85	+00:17:12 (5.1%)	7:58	7.5 (94.9%)
9	STĘPCZYŃSKA Angelika	68	GOSIR OSIELSKO	K30-39	2			00:02:36	00:31:43	01:03:38	01:35:42	02:08:09	02:41:30	03:16:32	03:51:53	04:26:33	05:00:56	05:36:59.10	05:39:36.05	+00:17:57 (5.3%)	7:59	7.5 (94.9%)
10	KARASIEWICZ Irena	28	FACE NW TEAM	K50-59	4			00:02:39	00:33:03	01:06:19	01:39:40	02:13:15	02:46:58	03:20:30	03:55:00	04:29:21	05:03:53	05:38:29.95	05:41:08.95	+00:19:27 (5.8%)	8:01	7.5 (94.9%)
11	ŁUKASZEWICZ Joanna	43	GREEN TEAM	K40-49	3			00:02:39	00:32:19	01:04:36	01:37:05	02:10:05	02:43:51	03:18:14	03:53:41	04:29:25	05:04:38	05:39:27.45	05:42:07.25	+00:20:25 (6.0%)	8:02	7.5 (94.9%)
12	REJMAN Dorota	61	UKS SIEDLESZCZANY/FACE NORDIC WALKING TEAM	K30-39	3			00:02:36	00:31:45	01:03:27	01:35:22	02:08:00	02:41:31	03:16:32	03:51:10	04:26:33	05:01:18	05:41:17.85	05:43:54.20	+00:22:15 (6.5%)	8:05	7.4 (93.7%)
13	JÓZWIAK Marianna	24	WTWWŁOCLĄWEK	K40-49	4			00:02:37	00:32:20	01:04:30	01:37:05	02:10:30	02:45:00	03:20:09	03:55:34	04:32:21	05:08:07	05:44:45.10	05:47:22.85	+00:25:43 (7.5%)	8:10	7.3 (92.4%)
14	ŚLIWKA Wanda	76	FACE NORDIC WALKING TEAM	K50-59	5			00:02:42	00:32:41	01:04:34	01:36:53	02:10:14	02:44:37	03:20:09	03:54:36	04:29:48	05:07:54	05:46:17.85	05:49:00.60	+00:27:15 (7.9%)	8:12	7.3 (92.4%)
15	WITKOWSKA Maria	87	STADION ŚLĄSKI	K60-64	1			00:02:44	00:33:38	01:07:42	01:41:25	02:15:38	02:50:40	03:25:26	03:59:47	04:36:11	05:11:51	05:46:54.75	05:49:39.35	+00:27:52 (8.0%)	8:13	7.3 (92.4%)
16	KUPIBIDA Bogusława	38	SILESIA NORDIC TEAM	K50-59	6			00:02:40	00:34:09	01:07:51	01:41:27	02:15:02	02:49:34	03:24:15	03:59:28	04:36:25	05:12:12	05:47:28.55	05:50:09.30	+00:28:26 (8.2%)	8:14	7.3 (92.4%)
17	WOLNIEWICZ Katarzyna	88	FABRIKANORDIKA	K40-49	5			00:02:39	00:33:28	01:06:25	01:39:36	02:13:19	02:47:35	03:22:29	03:58:14	04:34:37	05:11:42	05:48:50.75	05:51:30.60	+00:29:48 (8.5%)	8:15	7.3 (92.4%)
18	GRYGIEL Monika	20	FACE NORDIC WALKING TEAM	K30-39	4			00:02:37	00:32:30	01:05:39	01:39:24	02:13:36	02:48:17	03:23:46	03:59:50	04:36:55	05:13:05	05:48:54.05	05:51:31.20	+00:29:52 (8.6%)	8:16	7.3 (92.4%)
19	MANDZIUK Marta	44	PSW / KBBB	K40-49	6			00:02:40	00:32:55	01:06:15	01:40:01	02:14:24	02:48:58	03:23:56	03:59:55	04:37:06	05:14:03	05:50:05.05	05:52:45.50	+00:31:03 (8.9%)	8:17	7.2 (91.1%)
20	PIERNICKA Krystyna	56		K50-59	7			00:02:42	00:32:42	01:04:36	01:37:04	02:10:32	02:45:57	03:23:05	04:00:28	04:38:01	05:16:04	05:53:32.00	05:56:14.60	+00:34:29 (9.8%)	8:22	7.2 (91.1%)
21	ROZENBERG Marina	63		K60-64	2			00:02:43	00:34:48	01:09:27	01:44:04	02:19:12	02:54:51	03:30:02	04:06:12	04:42:31	05:18:38	05:54:59.90	05:57:43.45	+00:35:57 (10.1%)	8:24	7.1 (89.9%)
22	BUCZKOWSKA Wiesława	7	CHODZEKJAMI.PL	K60-64	3			00:02:44	00:33:28	01:06:49	01:40:38	02:15:08	02:50:19	03:26:54	04:04:17	04:42:51	05:20:30	05:57:20.20	06:00:04.85	+00:38:18 (10.7%)	8:28	7.1 (89.9%)
23	KARCZEWSKA Violetta	29	GOSIR OSIELSKO	K40-49	7			00:02:38	00:34:56	01:09:37	01:44:21	02:19:19	02:55:18	03:31:14	04:08:01	04:45:28	05:23:32	05:59:29.10	06:02:07.15	+00:40:27 (11.3%)	8:31	7 (88.6%)
24	CZYCZ Emilia	12	GREEN TEAM ZIELONA GORA	K65+	1			00:02:45	00:33:21	01:06:39	01:40:38	02:15:35	02:50:35	03:26:11	04:04:01	04:42:49	05:21:59	05:59:52.00	06:02:37.20	+00:40:49 (11.3%)	8:31	7 (88.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto	Czas brutto	Różn	Tempo	Tempo
						kartki	kartki	startu										42.195km	42.195km		min/km	km/h
25	WALECKA Krystyna	82	FACE NORDIC WALKING TEAM	K60-64	4			00:02:40	00:34:53	01:09:36	01:44:19	02:19:18	02:55:17	03:31:14	04:08:01	04:45:28	05:23:21	05:59:56.80	06:02:37.45	+00:40:54 (11.4%)	8:31	7 (88.6%)
26	ŁABUS Izabela	41	FABRIKANORDIKA	K18-29	3			00:02:36	00:32:20	01:05:19	01:39:00	02:13:14	02:48:24	03:24:21	04:03:21	04:44:29	05:23:19	05:59:57.90	06:02:33.95	+00:40:55 (11.4%)	8:31	7 (88.6%)
27	RACZYŃSKA Aleksandra	59	STADION ŚLĄSKI	K65+	2			00:02:43	00:33:31	01:07:36	01:42:12	02:17:13	02:52:50	03:29:17	04:06:46	04:44:40	05:23:36	06:01:34.85	06:04:17.95	+00:42:32 (11.8%)	8:34	7 (88.6%)
28	PASZKIEWICZ-KĘSIĄK Anita	55	FOREVER YOUNG ŁÓDŹ	K60-64	5			00:02:43	00:35:01	01:10:00	01:44:52	02:20:12	02:56:11	03:32:49	04:09:36	04:47:07	05:24:49	06:02:24.95	06:05:08.70	+00:43:22 (12.0%)	8:35	7 (88.6%)
29	DANA Kazimiera	94	PATYCZAKI	K60-64	6			00:02:42	00:33:21	01:07:22	01:42:00	02:17:14	02:53:00	03:30:32	04:09:10	04:47:35	05:25:45	06:03:20.15	06:06:02.50	+00:44:18 (12.2%)	8:36	7 (88.6%)
30	WACHOWIAK Sylwia	81	SAILING TEAM FERAJNA	K40-49	8			00:02:39	00:35:25	01:11:25	01:48:09	02:26:34	03:03:43	03:40:48	04:18:36	04:56:00	05:34:01	06:11:09.65	06:13:48.65	+00:52:07 (14.0%)	8:47	6.8 (86.1%)
31	PACZUSKA Małgorzata	54	FOREVER YOUNG ŁÓDŹ	K50-59	8			00:02:43	00:34:54	01:09:30	01:44:35	02:20:01	02:56:11	03:32:49	04:10:13	04:50:09	05:30:01	06:11:20.55	06:14:04.25	+00:52:18 (14.1%)	8:47	6.8 (86.1%)
32	CICHOŃ Aneta	9	FABRIKA NORDIKA	K30-39	5			00:02:36	00:31:18	01:03:48	01:37:37	02:12:54	02:48:22	03:25:23	04:04:55	04:48:06	05:30:19	06:11:25.75	06:14:02.70	+00:52:23 (14.1%)	8:48	6.8 (86.1%)
33	TYLUTKI Agnieszka	80	UKS SIEDLESZCZANY	K40-49	9			00:02:38	00:32:55	01:07:22	01:42:47	02:19:13	02:57:20	03:35:52	04:18:03	04:59:15	05:40:01	06:18:21.65	06:21:00.20	+00:59:19 (15.7%)	8:57	6.7 (84.8%)
34	ADAMIEC Bożena	1	SKW	K30-39	6			00:02:38	00:40:10	01:19:13	01:57:53	02:36:00	03:14:36	03:53:13	04:31:36	05:11:05	05:51:02	06:30:46.20	06:33:25.15	+01:11:44 (18.4%)	9:15	6.5 (82.3%)
35	ROSIŃSKA Dorota	62		K50-59	9			00:02:41	00:36:55	01:14:21	01:52:24	02:30:37	03:09:50	03:50:18	04:31:51	05:13:47	05:54:56	06:35:07.45	06:37:49.00	+01:16:05 (19.3%)	9:21	6.4 (81.0%)
36	STUPNOWICZ Joanna	72	FOREVER YOUNG ŁÓDŹ	K40-49	10			00:02:40	00:35:43	01:12:28	01:53:19	02:32:21	03:21:11	04:15:39	05:07:03	06:00:30	06:45:22			+02:00:08	10:40	5.6 (70.9%)
	SZULC Alicja	98		K30-39				DNF	00:32:22 DNF	01:05:30 DNF	01:38:06 DNF	02:11:35 DNF	02:46:04 DNF	03:23:19 DNF	04:02:40 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BOCZAR Beata	5	GREEN TEAM ZIELONA GÓRA	K50-59				DNF	00:31:40 DNF	01:03:44 DNF	01:36:21 DNF	02:09:24 DNF	02:43:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GLINIECKA Katarzyna	19		K40-49				DNF	00:33:25 DNF	01:08:11 DNF	01:45:07 DNF	02:24:57 DNF	03:12:11 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 39 wynik(ów)