



OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-08-08
Miejsce: Osielsko
Dystans: 5 km

 **HERKULES**
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Klasyfikacja: K 50-54

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	LESIŃSKA Marzenna	315	KGHM METRACO POLKOWICE	K 50-54	1			00:22:08	00:35:35	00:57:43		7:07	8.4 (100%)
2	SZCZYPKOWSKA Mirosława	378	DĄBROWA NORDIC TEAM	K 50-54	2			00:22:09	00:36:16	00:58:25	+00:00:41 (1.9%)	7:15	8.3 (98.8%)
3	GŁADKOWSKA Małgorzata	316	KGHM METRACO POLKOWICE	K 50-54	3			00:22:12	00:37:28	00:59:40	+00:01:53 (5.0%)	7:29	8 (95.2%)
4	MOŹDŻEŃ Barbara	183		K 50-54	4			00:22:09	00:37:57	01:00:06	+00:02:22 (6.2%)	7:35	7.9 (94.0%)
5	ZIELIŃSKA Jolanta	302	GOSIR OSIELSKO	K 50-54	5			00:22:13	00:39:05	01:01:18	+00:03:30 (9.0%)	7:49	7.7 (91.7%)
6	RYMER Marlena	242	NIEZRZESZONA	K 50-54	6			00:22:09	00:39:42	01:01:51	+00:04:07 (10.4%)	7:56	7.6 (90.5%)
7	OLESIEJUK Anna	198	SPOMLEK	K 50-54	7			00:22:10	00:40:01	01:02:11	+00:04:26 (11.1%)	8:00	7.5 (89.3%)
8	PIATCZYK Barbara	210	NIEZRZESZONA	K 50-54	8			00:22:09	00:40:27	01:02:36	+00:04:52 (12.0%)	8:05	7.4 (88.1%)
9	ROSOLEK Elżbieta	238	GREEN TEAM	K 50-54	9			00:22:11	00:40:35	01:02:46	+00:05:00 (12.3%)	8:07	7.4 (88.1%)
10	KIETRYS Grażyna	113	MARSZ PO ZDROWIE	K 50-54	10			00:22:12	00:41:31	01:03:43	+00:05:56 (14.3%)	8:18	7.2 (85.7%)
11	MARCINIAK Hanna	342	WTW WŁOCŁAWEK	K 50-54	11			00:22:47	00:42:22	01:05:09	+00:06:47 (16.0%)	8:28	7.1 (84.5%)
12	HARTMANN Jolanta	86	PATYCZAKI	K 50-54	12			00:22:11	00:42:24	01:04:35	+00:06:49 (16.1%)	8:28	7.1 (84.5%)
13	KULESZA-BRUNKA Dorota	134	KS ELBLĄSKIE WŁÓCZY-KIJE	K 50-54	13			00:22:10	00:43:12	01:05:22	+00:07:37 (17.6%)	8:38	6.9 (82.1%)
14	ZIELIŃSKA Elżbieta	301	SPOMLEK	K 50-54	14			00:20:55	00:44:53	01:05:48	+00:09:18 (20.7%)	8:58	6.7 (79.8%)
15	OGONOWSKA Edyta	195	KLUB NW PATYCZAKI	K 50-54	15			00:22:13	00:45:50	01:08:03	+00:10:15 (22.4%)	9:10	6.5 (77.4%)
16	JERECZEK Grażyna	92	BŁĘKITNI NW DZIEMIANY	K 50-54	16			00:22:10	00:47:07	01:09:17	+00:11:32 (24.5%)	9:25	6.4 (76.2%)
17	SZULC Mariola	265	MARSZ PO ZDROWIE	K 50-54	17			00:22:13	00:48:56	01:11:09	+00:13:21 (27.3%)	9:47	6.1 (72.6%)
18	RUDZIŃSKA Violetta	322		K 50-54	18			00:22:11	00:52:09	01:14:20	+00:16:34 (31.8%)	10:25	5.8 (69.0%)
19	KRUGIEL Irena	313	GOSIR OSIELSKO	K 50-54	19			00:22:14	00:54:19	01:16:33	+00:18:44 (34.5%)	10:51	5.5 (65.5%)
20	BORZESZKOWSKA Małgorzata	23	PFNW	K 50-54	20			00:26:23	01:14:50	01:41:13	+00:39:15 (52.4%)	14:58	4 (47.6%)
21	LITEWKA Krystyna	162	DZIECIĘCE GRAFFITI	K 50-54	21			00:16:59	01:29:46	01:46:45	+00:54:11 (60.4%)	17:57	3.3 (39.3%)

Znaleziono 21 wynik(ów)