

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Polanica Zdrój
Data: 2019-07-06
Miejsce: Polanica Zdrój
Dystans: 10 km



Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WĘŻOWICZ Ewa	292	STADION ŚLĄSKI	K40-49	1			00:17:22	00:35:04	00:53:00	01:11:10.10		7:07	8.4 (100%)
2	RAJEK Magdalena	272	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:18:19	00:36:39	00:55:04	01:13:44.65	+00:02:34 (3.5%)	7:22	8.1 (96.4%)
3	RASZEWSKA Izabela	273	FORMA NA PIĄTKĘNW	K40-49	3			00:18:10	00:36:55	00:55:43	01:14:22.90	+00:03:12 (4.3%)	7:26	8.1 (96.4%)
4	KRÓLIKOWSKA Krystyna	246	POLIPACK TEAM GWE	K40-49	4			00:17:57	00:36:42	00:55:26	01:14:23.30	+00:03:13 (4.3%)	7:26	8.1 (96.4%)
5	OSTROCHALSKA Aleksandra	262	POLIPACK TEAM GWE	K40-49	5	1		00:18:01	00:37:28	00:57:23	01:16:52.45	+00:05:42 (7.4%)	7:41	7.8 (92.9%)
6	CONTUCCI Ewa	220	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:19:45	00:40:26	01:00:32	01:20:22.60	+00:09:12 (11.5%)	8:02	7.5 (89.3%)
7	SKAWIŃSKA Ewa	280	NAKIJEZAPRASZAMY	K40-49	7			00:17:42	00:39:23	01:00:33	01:21:40.15	+00:10:30 (12.9%)	8:10	7.3 (86.9%)
8	SĘDZIK Katarzyna	276	LECYMY DURŚ	K40-49	8			00:19:52	00:40:50	01:02:17	01:24:17.10	+00:13:07 (15.6%)	8:25	7.1 (84.5%)
9	STANKOWSKA Marzena	282	KIJKOWE TRZEMESZNO	K40-49	9			00:20:11	00:41:14	01:03:10	01:25:25.60	+00:14:15 (16.7%)	8:32	7 (83.3%)
10	SKOLIMOWSKA-KULIG Magda	154	SANTANDER CONSUMER BANK	K40-49	10			00:21:24	00:43:29	01:05:33	01:27:37.55	+00:16:27 (18.8%)	8:45	6.8 (81.0%)
11	WYSOCKA Bernadeta	299	BŁĘKITNI NW DZIEMIANY	K40-49	11			00:20:52	00:42:53	01:05:45	01:28:19.00	+00:17:08 (19.4%)	8:49	6.8 (81.0%)
12	BZDYRA Małgorzata	378	DZIKI OSIOŁ	K40-49	12			00:22:05	00:44:31	01:07:23	01:29:41.85	+00:18:31 (20.7%)	8:58	6.7 (79.8%)
13	KORNECKA Anna	243		K40-49	13			00:21:24	00:44:03	01:07:12	01:30:17.95	+00:19:07 (21.2%)	9:01	6.6 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
14	MEGGER Agata	323	AKTYWNI POSTOMINO	K40-49	14	1		00:21:47	00:45:02	01:08:05	01:30:31.95	+00:19:21 (21.4%)	9:03	6.6 (78.6%)
15	SZELIGA Justyna	285	LIDER GRODZISK MAZOWIECKI	K40-49	15			00:22:44	00:45:33	01:08:08	01:31:02.10	+00:19:52 (21.8%)	9:06	6.6 (78.6%)
16	ORZEPOWSKA Renata	311	CHODŹ Z NAMI	K40-49	16			00:22:56	00:46:03	01:08:48	01:31:52.20	+00:20:42 (22.5%)	9:11	6.5 (77.4%)
17	BEDNARCZYK Agnieszka	215		K40-49	17			00:22:43	00:46:16	01:10:06	01:34:09.45	+00:22:59 (24.4%)	9:25	6.4 (76.2%)
18	WOŹNY Aleksandra	297		K40-49	18			00:22:18	00:46:50	01:11:42	01:37:03.85	+00:25:53 (26.7%)	9:42	6.2 (73.8%)
19	BARTNIK Anna	214	SANTANDER CONSUMER BANK	K40-49	19			00:24:24	00:49:23	01:14:33	01:39:38.35	+00:28:28 (28.6%)	9:57	6 (71.4%)

Znaleziono 19 wynik(ów)