



Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

MISTRZOSTWA POLSKI NORDIC WALKING W
MARATONIE

Polska Federacja Nordic Walking; Urząd Miasta i
Gminy Jastrowie

2019-04-06

Jastrowie

5.3 km

RAJD JASTROWSKI

B4SPORT



HERKULES
www.herkules.org.pl

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	SZOT Magdalena	55	LUX TORPEDA	K-Open	1			00:39:39.54		7:29	8 (100%)
2	ŽERO Beata	50		K-Open	2			00:41:25.39	+00:01:45 (4.3%)	7:48	7.7 (96.3%)
3	JASIŁEK Kama	17		K-Open	3			00:41:30.04	+00:01:50 (4.4%)	7:49	7.7 (96.3%)
4	YANKOVSKAYA Aleksandra	49	KLUB SPORTOWY DED	K-Open	4			00:41:30.60	+00:01:51 (4.5%)	7:49	7.7 (96.3%)
5	WEISTOCK Dagmara	43		K-Open	5			00:41:46.25	+00:02:06 (5.1%)	7:52	7.6 (95.0%)
6	MRUGAŁA Agnieszka	32	SPORT I REKREACJA START CHEŁMNO	K-Open	6			00:42:55.06	+00:03:15 (7.6%)	8:05	7.4 (92.5%)
7	WOROCH Jolanta	48		K-Open	7			00:43:14.43	+00:03:34 (8.3%)	8:09	7.4 (92.5%)
8	ŚWIERCZYŃSKA Joanna	42	ELBLĄSKIE WŁÓCZYKIJE	K-Open	8			00:44:47.96	+00:05:08 (11.5%)	8:27	7.1 (88.8%)
9	BARTCZAK Mirosława	2		K-Open	9			00:45:00.80	+00:05:21 (11.9%)	8:29	7.1 (88.8%)
10	SKOWROŃSKA Dominika	65		K-Open	10			00:46:36.45	+00:06:56 (14.9%)	8:47	6.8 (85.0%)
11	CZAJKOWSKA Grażyna	6		K-Open	11			00:47:40.49	+00:08:00 (16.8%)	8:59	6.7 (83.8%)
12	DZIEMIAŃCZYK Alina	66		K-Open	12			00:47:41.88	+00:08:02 (16.9%)	9:00	6.7 (83.8%)
13	MIARA Izabela	30	OKONEK	K-Open	13			00:48:39.83	+00:09:00 (18.5%)	9:10	6.5 (81.3%)
14	OWCZAREK Henryka	34	MARSZ PO ZDROWIE	K-Open	14			00:49:09.66	+00:09:30 (19.3%)	9:16	6.5 (81.3%)
15	DZIUBA Wioleta	9	OKONEK	K-Open	15			00:49:38.37	+00:09:58 (20.1%)	9:22	6.4 (80.0%)
16	RYCERSKA Magdalena	37		K-Open	16			00:49:50.62	+00:10:11 (20.4%)	9:24	6.4 (80.0%)
17	RYCERSKA Lena	38		K-Open	17			00:49:53.41	+00:10:13 (20.5%)	9:24	6.4 (80.0%)
18	SUSIAK Ewelina	40		K-Open	18			00:50:05.42	+00:10:25 (20.8%)	9:27	6.3 (78.8%)
19	KOWALCZUK Maria	18	KIJOWE SIOSTRY	K-Open	19			00:50:12.48	+00:10:32 (21.0%)	9:28	6.3 (78.8%)
20	HAWETO Janina	14	KIJOWE SIOSTRY	K-Open	20			00:50:14.28	+00:10:34 (21.1%)	9:28	6.3 (78.8%)
21	KUSIAK Maria	23		K-Open	21			00:50:25.88	+00:10:46 (21.4%)	9:30	6.3 (78.8%)
22	SZOT Krystyna	41		K-Open	22			00:50:48.28	+00:11:08 (21.9%)	9:35	6.3 (78.8%)
23	ASSAIDI Zakaria	54	LUX TORPEDA	K-Open	23			00:58:51.68	+00:19:12 (32.6%)	11:06	5.4 (67.5%)
24	GÓRSKA Maja	52		K-Open	24			01:02:38.62	+00:22:59 (36.7%)	11:49	5.1 (63.8%)
25	KANIA Agnieszka	51		K-Open	25			01:02:50.27	+00:23:10 (36.9%)	11:51	5.1 (63.8%)
26	LESISZ Natasza	53		K-Open	26			01:02:55.04	+00:23:15 (37.0%)	11:52	5.1 (63.8%)

