



# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW  
Data: 2016-07-09  
Miejsce: Wągrowiec  
Dystans: 5 km

 **HERKULES**  
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Klasyfikacja: K50-54

| Msc | Zawodnik                 | Numer | Klub                          | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------------|-------|-------------------------------|-----------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 1   | KRAKOWIAK Małgorzata     | 80    | UKS GIMNAZJON SUCHY LAS       | K50-54    | 1    |             |              | 00:11:20    | 00:19:14 | 00:38:49.25    | 00:50:09.85     |                   | 7:45         | 7.7 (100%)  |
| 2   | KUSZA Jolanta            | 89    | UKS GIMNAZJON SUCHY LAS       | K50-54    | 2    |             |              | 00:11:21    | 00:19:27 | 00:39:17.00    | 00:50:38.90     | +00:00:27 (1.2%)  | 7:51         | 7.6 (98.7%) |
| 3   | ŻOŁNO Magdalena          | 187   |                               | K50-54    | 3    |             |              | 00:11:21    | 00:19:24 | 00:39:22.10    | 00:50:43.20     | +00:00:32 (1.4%)  | 7:52         | 7.6 (98.7%) |
| 4   | KRYGIER Mirosława        | 85    | KS SOKÓŁ GAŚAWA               | K50-54    | 4    |             |              | 00:11:22    | 00:19:38 | 00:39:27.40    | 00:50:49.45     | +00:00:38 (1.6%)  | 7:53         | 7.6 (98.7%) |
| 5   | SIERACKA Katarzyna       | 136   | STOWARZYSZENIE AZYMUT MÓRKOWO | K50-54    | 5    |             |              | 00:11:21    | 00:19:57 | 00:40:23.75    | 00:51:44.75     | +00:01:34 (3.9%)  | 8:04         | 7.4 (96.1%) |
| 6   | PAKMUR Anna              | 110   |                               | K50-54    | 6    |             |              | 00:11:22    | 00:20:43 | 00:41:36.90    | 00:52:59.25     | +00:02:47 (6.7%)  | 8:19         | 7.2 (93.5%) |
| 7   | JASOŃ Grażyna            | 51    | CZARNE PANTERY PIŁA           | K50-54    | 7    |             |              | 00:11:21    | 00:20:43 | 00:41:38.45    | 00:52:59.90     | +00:02:49 (6.8%)  | 8:19         | 7.2 (93.5%) |
| 8   | WOROCH Jolanta           | 180   |                               | K50-54    | 8    |             |              | 00:11:22    | 00:20:57 | 00:42:09.15    | 00:53:31.75     | +00:03:19 (7.9%)  | 8:25         | 7.1 (92.2%) |
| 9   | WINCZEWSKA Anna          | 172   | RUCH PO ZDROWIE WŁOCŁAWEK     | K50-54    | 9    |             |              | 00:11:22    | 00:21:34 | 00:43:26.35    | 00:54:48.40     | +00:04:37 (10.6%) | 8:41         | 6.9 (89.6%) |
| 10  | SZYMYŚLIK-KONEWKA Renata | 157   | MARSZ PO ZDROWIE              | K50-54    | 10   |             |              | 00:11:22    | 00:22:15 | 00:44:39.25    | 00:56:01.40     | +00:05:50 (13.1%) | 8:55         | 6.7 (87.0%) |
| 11  | KALUŻNA Magdalena        | 56    | UKS GIMNAZJON SUCHY LAS       | K50-54    | 11   | 1           |              | 00:11:23    | 00:22:20 | 00:45:04.20    | 00:56:27.25     | +00:06:14 (13.9%) | 9:00         | 6.7 (87.0%) |
| 12  | OGONOWSKA Edyta          | 109   | KLUN NW 'PATYCZAKI'           | K50-54    | 12   |             |              | 00:11:21    | 00:23:30 | 00:46:55.55    | 00:58:16.80     | +00:08:06 (17.3%) | 9:23         | 6.4 (83.1%) |
| 13  | KOZŁOWSKA Beata          | 78    | NORDIC WALKING KIEKRZ         | K50-54    | 13   |             |              | 00:11:22    | 00:23:55 | 00:47:31.35    | 00:58:53.80     | +00:08:42 (18.3%) | 9:30         | 6.3 (81.8%) |

Znaleziono 13 wynik(ów)