



CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: CROSS NA WRZOSACH 2018
Organizator: Nadleśnictwo Okonek
Data: 2018-08-25
Miejsce: Okonek
Dystans: 5.3 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SKIBIŃSKA-SOBCZUK Marzena	180	LUBELSKIE ZNORDIC	K45+	1	00:36:48.02		7:21	8.2 (100%)
2	SPYCHAŁA Marzena	183	CKZIU NYSA MECHANIK	K45+	2	00:36:48.41	+00:00:00 (0.0%)	7:21	8.2 (100%)
3	TURKOWSKA Iwona	188	RUNCOHOLICS SZALONE ONE	K45+	3	00:39:45.22	+00:02:57 (7.4%)	7:57	7.5 (91.5%)
4	KOZŁOWSKA Jagoda	165	DYNANIC	K-jun	1	00:40:05.96	+00:03:17 (8.2%)	8:01	7.5 (91.5%)
5	KOCHANOWSKA Anna	158		K18-44	1	00:40:18.12	+00:03:30 (8.7%)	8:03	7.4 (90.2%)
6	DREWNOWSKA Barbara	141	ZASAPANI	K45+	4	00:41:09.41	+00:04:21 (10.6%)	8:14	7.3 (89.0%)
7	CYGANIK Wioletta	139	ZASAPANI	K45+	5	00:41:12.53	+00:04:24 (10.7%)	8:14	7.3 (89.0%)
8	BORATYŃSKA Iwona	135		K18-44	2	00:41:15.85	+00:04:27 (10.8%)	8:15	7.3 (89.0%)
9	NOWACKA Aleksandra	172		K18-44	3	00:41:16.57	+00:04:28 (10.8%)	8:15	7.3 (89.0%)
10	KAMIŃSKA-SOKÓŁ Marzena	157	NORDIC WALKING LUBASZ	K45+	6	00:41:56.37	+00:05:08 (12.3%)	8:23	7.2 (87.8%)
11	SZKARŁAT Magdalena	186		K18-44	4	00:42:53.52	+00:06:05 (14.2%)	8:34	7 (85.4%)
12	TEOFILAK Joanna	187	CZARNE PANTERY	K18-44	5	00:42:55.50	+00:06:07 (14.3%)	8:35	7 (85.4%)
13	DUKIEWICZ Aneta	142	CZARNE PANTERY	K45+	7	00:42:59.36	+00:06:11 (14.4%)	8:36	7 (85.4%)
14	BYSTRZYŃSKA Emilia	137		K18-44	6	00:43:09.39	+00:06:21 (14.7%)	8:38	6.9 (84.1%)
15	JAWOESKA Joanna	155	CZARNE PANTERY	K18-44	7	00:43:38.01	+00:06:49 (15.7%)	8:43	6.9 (84.1%)
16	BERCZYŃSKA Zofia	133		K45+	8	00:43:53.34	+00:07:05 (16.2%)	8:46	6.8 (82.9%)
17	OLSZYŃSKA Marzena	173	WILKI KOSZALIN	K45+	9	00:43:58.08	+00:07:10 (16.3%)	8:47	6.8 (82.9%)
18	DELIKAT Violetta	140		K45+	10	00:44:03.15	+00:07:15 (16.5%)	8:48	6.8 (82.9%)
19	KOZŁOWSKA Agnieszka	164	DYNANIC	K45+	11	00:44:36.34	+00:07:48 (17.5%)	8:55	6.7 (81.7%)
20	KOWALCZUK Aleksandra	163	KIJOWE SIOSTRY	K-jun	2	00:45:22.56	+00:08:34 (18.9%)	9:04	6.6 (80.5%)
21	ZIĘBA - BŁASZKIEWICZ Agnieszka	191	PSEUDOBIEGACZKI	K18-44	8	00:45:34.17	+00:08:46 (19.2%)	9:06	6.6 (80.5%)
22	ŁAZANOWSKA Wiesława	168	ZASAPANI	K45+	12	00:45:39.47	+00:08:51 (19.4%)	9:08	6.6 (80.5%)
23	ARCIUSZKIEWICZ Urszula	197		K18-44	9	00:46:19.84	+00:09:31 (20.6%)	9:15	6.5 (79.3%)
24	PRZYPOLSKA Anna	177	KIJOWE SIOSTRY	K18-44	10	00:46:33.19	+00:09:45 (20.9%)	9:18	6.4 (78.0%)
25	KOWALCZUK Maria	162	KIJOWE SIOSTRY	K18-44	11	00:46:51.94	+00:10:03 (21.5%)	9:22	6.4 (78.0%)
26	SOKOŁOWSKA Ewa	181	CZARNE PANTERY	K18-44	12	00:46:52.70	+00:10:04 (21.5%)	9:22	6.4 (78.0%)
27	GAŚIOREK Karolina	195		K-OPEN	1	00:47:54.83	+00:11:06 (23.2%)	9:35	6.3 (76.8%)

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28	ZIĘBA Halina	190	PSEUDOBIEGACZKI	K45+	13	00:48:25.07	+00:11:37 (24.0%)	9:41	6.2 (75.6%)
29	WRONA Jolanta	189		K45+	14	00:49:00.16	+00:12:12 (24.9%)	9:48	6.1 (74.4%)
30	SUSIAK Ewelina	185	SAPIK	K18-44	13	00:50:02.82	+00:13:14 (26.5%)	10:00	6 (73.2%)
31	GIERSZENDORF Monika	147	KB KATORZNIK MUROWNA GOŚLINA	K45+	15	00:50:07.23	+00:13:19 (26.6%)	10:01	6 (73.2%)
32	SOLAK Ewa	182	CZARNE PANTERY	K45+	16	00:50:59.71	+00:14:11 (27.8%)	10:11	5.9 (72.0%)
33	MIARA Izabela	169		K18-44	14	00:51:03.39	+00:14:15 (27.9%)	10:12	5.9 (72.0%)
34	GÓRECKA Martyna	150		K-jun	3	00:51:04.40	+00:14:16 (27.9%)	10:12	5.9 (72.0%)
35	JAKIEL-MAINIERI Sabina	152	CZARNE PANTERY	K45+	17	00:51:58.93	+00:15:10 (29.2%)	10:23	5.8 (70.7%)
36	MRÓZ Małgorzata	171	CZARNE PANTERY	K45+	18	00:52:06.03	+00:15:18 (29.4%)	10:25	5.8 (70.7%)
37	KOT Katarzyna	161		K18-44	15	00:52:23.08	+00:15:35 (29.7%)	10:28	5.7 (69.5%)
38	CIEPŁUCH Magdalena	138		K18-44	16	00:53:19.62	+00:16:31 (31.0%)	10:40	5.6 (68.3%)
39	FISZER Marzena	144		K45+	19	00:53:20.07	+00:16:32 (31.0%)	10:40	5.6 (68.3%)
40	KAMIŃSKA Ewa	156	BARTNICZKA CITY	K18-44	17	01:00:29.45	+00:23:41 (39.2%)	12:05	5 (61.0%)
41	FIURST-STECENKO Irena	146	TUPTAJĄCE HIPCIE	K18-44	18	01:00:34.89	+00:23:46 (39.3%)	12:07	5 (61.0%)

Znaleziono 41 wynik(ów)