



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: K18-44

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------|------------------|-----------|------|----------------|-------------------|--------------|-------------|
| 1 | KOCHANOWSKA Anna | 158 | | K18-44 | 1 | 00:40:18.12 | | 8:03 | 7.4 (100%) |
| 2 | BORATYŃSKA Iwona | 135 | | K18-44 | 2 | 00:41:15.85 | +00:00:57 (2.3%) | 8:15 | 7.3 (98.6%) |
| 3 | NOWACKA Aleksandra | 172 | | K18-44 | 3 | 00:41:16.57 | +00:00:58 (2.4%) | 8:15 | 7.3 (98.6%) |
| 4 | SZKARŁAT Magdalena | 186 | | K18-44 | 4 | 00:42:53.52 | +00:02:35 (6.0%) | 8:34 | 7 (94.6%) |
| 5 | TEOFILAK Joanna | 187 | CZARNE PANTERY | K18-44 | 5 | 00:42:55.50 | +00:02:37 (6.1%) | 8:35 | 7 (94.6%) |
| 6 | BYSTRZYŃSKA Emilia | 137 | | K18-44 | 6 | 00:43:09.39 | +00:02:51 (6.6%) | 8:38 | 6.9 (93.2%) |
| 7 | JAWOESKA Joanna | 155 | CZARNE PANTERY | K18-44 | 7 | 00:43:38.01 | +00:03:19 (7.6%) | 8:43 | 6.9 (93.2%) |
| 8 | ZIĘBA - BŁASZKIEWICZ Agnieszka | 191 | PSEUDOBIEGACZKI | K18-44 | 8 | 00:45:34.17 | +00:05:16 (11.6%) | 9:06 | 6.6 (89.2%) |
| 9 | ARCIUSZKIEWICZ Urszula | 197 | | K18-44 | 9 | 00:46:19.84 | +00:06:01 (13.0%) | 9:15 | 6.5 (87.8%) |
| 10 | PRZYPOLSKA Anna | 177 | KIJOWE SIOSTRY | K18-44 | 10 | 00:46:33.19 | +00:06:15 (13.4%) | 9:18 | 6.4 (86.5%) |
| 11 | KOWALCZUK Maria | 162 | KIJOWE SIOSTRY | K18-44 | 11 | 00:46:51.94 | +00:06:33 (14.0%) | 9:22 | 6.4 (86.5%) |
| 12 | SOKOŁOWSKA Ewa | 181 | CZARNE PANTERY | K18-44 | 12 | 00:46:52.70 | +00:06:34 (14.0%) | 9:22 | 6.4 (86.5%) |
| 13 | SUSIAK Ewelina | 185 | SAPIK | K18-44 | 13 | 00:50:02.82 | +00:09:44 (19.5%) | 10:00 | 6 (81.1%) |
| 14 | MIARA Izabela | 169 | | K18-44 | 14 | 00:51:03.39 | +00:10:45 (21.1%) | 10:12 | 5.9 (79.7%) |
| 15 | KOT Katarzyna | 161 | | K18-44 | 15 | 00:52:23.08 | +00:12:04 (23.1%) | 10:28 | 5.7 (77.0%) |
| 16 | CIEPŁUCH Magdalena | 138 | | K18-44 | 16 | 00:53:19.62 | +00:13:01 (24.4%) | 10:40 | 5.6 (75.7%) |
| 17 | KAMIŃSKA Ewa | 156 | BARTNICZKA CITY | K18-44 | 17 | 01:00:29.45 | +00:20:11 (33.4%) | 12:05 | 5 (67.6%) |
| 18 | FIURST-STECCENKO Irena | 146 | TUPTAJĄCE HIPCIE | K18-44 | 18 | 01:00:34.89 | +00:20:16 (33.5%) | 12:07 | 5 (67.6%) |

Znaleziono 18 wynik(ów)