



ELBLĄG - FINAŁ PUCHARU EUROPY / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-09-19
Miejsce: Elbląg
Dystans: 5 km

 **HERKULES**
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Klasyfikacja: K 60-64

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KANIECKA Zofia	133	NW CIECHANÓW	K 60-64	1			01:58:19	00:37:37.15	02:35:56.85		7:31	8 (100%)
2	DANA Kazimiera	57	KLUB NW PATYCZAKI	K 60-64	2			01:58:20	00:38:31.70	02:36:52.15	+00:00:54 (2.4%)	7:42	7.8 (97.5%)
3	KOŁPAK Irena	154	LKS ZANTYR SZTUM	K 60-64	3			01:58:20	00:39:56.65	02:38:17.10	+00:02:19 (5.8%)	7:59	7.5 (93.8%)
4	KULIG Bożena	174	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	4			01:58:19	00:40:05.95	02:38:25.40	+00:02:28 (6.2%)	8:01	7.5 (93.8%)
5	KUBICKA Danuta	171	KGHM METRACO POLKOWICE	K 60-64	5			01:58:20	00:40:18.45	02:38:38.80	+00:02:41 (6.7%)	8:03	7.4 (92.5%)
6	BOGDAN Grażyna	27	NW CIECHANÓW	K 60-64	6			01:58:21	00:40:30.65	02:38:52.35	+00:02:53 (7.1%)	8:06	7.4 (92.5%)
7	SZNAJDER Teresa	318	ZSE-U W RYBNIKU	K 60-64	7			01:58:21	00:43:20.55	02:41:41.75	+00:05:43 (13.2%)	8:40	6.9 (86.3%)
8	LEWANDOWSKA Krystyna	188	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	8			01:58:26	00:44:01.30	02:42:27.85	+00:06:24 (14.5%)	8:48	6.8 (85.0%)
9	LADA Krystyna	179		K 60-64	9			01:58:22	00:44:32.60	02:42:55.00	+00:06:55 (15.5%)	8:54	6.7 (83.8%)
10	NOWICKA Hanna	226	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	10			01:58:25	00:45:18.10	02:43:43.60	+00:07:40 (17.0%)	9:03	6.6 (82.5%)
11	KOZAKIEWICZ Wiesława	165	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	11			01:58:23	00:45:54.95	02:44:18.05	+00:08:17 (18.1%)	9:11	6.5 (81.3%)
12	JASIŃSKA Bogumila	124	KLUB SPORTOWY ELBLASKIE WLOCZY-KIJE	K 60-64	12			01:58:24	00:45:58.50	02:44:23.05	+00:08:21 (18.2%)	9:11	6.5 (81.3%)
13	JADANOWSKA Halina	122	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	13			01:58:24	00:46:08.45	02:44:32.50	+00:08:31 (18.5%)	9:13	6.5 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
14	KASZUBSKA Ewa	244		K 60-64	14			01:58:22	00:46:44.35	02:45:06.95	+00:09:07 (19.5%)	9:20	6.4 (80.0%)
15	WIADERSKA Grażyna	358		K 60-64	15			01:58:19	00:46:44.55	02:45:04.30	+00:09:07 (19.5%)	9:21	6.4 (80.0%)
16	MUZIŃSKA Maria	221		K 60-64	16			01:58:24	00:48:10.85	02:46:35.80	+00:10:33 (21.9%)	9:38	6.2 (77.5%)
17	WIECZOREK Danuta	360	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	17			01:58:29	00:48:25.80	02:46:55.25	+00:10:48 (22.3%)	9:41	6.2 (77.5%)
18	KRALSKA Anna	166	WTW WŁOCŁAWEK	K 60-64	18			01:58:27	00:48:55.05	02:47:22.55	+00:11:17 (23.1%)	9:47	6.1 (76.3%)
19	WOLNA Urszula	373	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	19			01:58:26	00:49:08.55	02:47:35.10	+00:11:31 (23.4%)	9:49	6.1 (76.3%)
20	ULATOWSKA Danuta	339	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	20			01:58:21	00:50:40.55	02:49:02.10	+00:13:03 (25.8%)	10:08	5.9 (73.8%)
21	MICHAJŁOWA Irina	214	VESTA-NW	K 60-64	21			01:58:27	00:51:16.65	02:49:44.60	+00:13:39 (26.6%)	10:15	5.8 (72.5%)
22	BIERNACKA Danuta	19	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	22			01:57:36	00:51:35.50	02:49:11.60	+00:13:58 (27.1%)	10:19	5.8 (72.5%)
23	BEŁCZYŃSKA Bożena	16	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	23			01:58:30	00:53:27.65	02:51:57.70	+00:15:50 (29.6%)	10:41	5.6 (70.0%)
24	LEWCZUK Mirosława	193	PUKS SALWATOR	K 60-64	24			01:58:23	00:53:32.05	02:51:55.40	+00:15:54 (29.7%)	10:42	5.6 (70.0%)
25	KALIŃSKA Barbara	130		K 60-64	25			01:58:23	00:53:43.20	02:52:07.05	+00:16:06 (30.0%)	10:44	5.6 (70.0%)
26	WOJTASIK Aldona	370	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	26			01:58:25	00:53:45.90	02:52:10.90	+00:16:08 (30.0%)	10:45	5.6 (70.0%)
27	BAO Lizhen	10	CHINA NORDIC WALKING ASSOCIATION	K 60-64	27			01:58:20	00:54:02.55	02:52:23.15	+00:16:25 (30.4%)	10:48	5.6 (70.0%)
28	CHUDZIŃSKA Grażyna	48	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	28			01:58:25	00:54:07.80	02:52:33.40	+00:16:30 (30.5%)	10:49	5.5 (68.8%)
29	GRIGORENKO Ludmiła	106	VESTA-NW	K 60-64	29			01:58:28	00:56:28.65	02:54:57.10	+00:18:51 (33.4%)	11:17	5.3 (66.3%)
30	WĄSICKA Czesława	356	WŁÓCZYBUTY	K 60-64	30			01:58:24	01:04:01.75	03:02:26.00	+00:26:24 (41.2%)	12:48	4.7 (58.8%)
31	MORAWSKA Teresa	219	WTW WŁOCŁAWEK	K 60-64	31			01:58:28	01:07:18.25	03:05:46.70	+00:29:41 (44.1%)	13:27	4.5 (56.3%)

Znaleziono 31 wynik(ów)