



ENEA POLISH NORDIC WALKING CUP - WASILKÓW - 10KM - 10/3

B4SPORT

Wydarzenie: Polish Nordic Walking Cup 10/3
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-06-04
Miejsce: Wasilków
Dystans: 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap 2.5km 2.5km	Laps_5km 5km	Lap 7.5km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ZACZYŃSKA-SKIBA Anna	53	KGHM METRACO	K40-49	1			00:15:38	00:31:58	00:48:12	01:04:18.05		6:25	9.3 (100%)
2	KRAJEWSKA Hanna	26	NORDIC WALKING NEW FOR YOU PIŁA/ LUKI TEAM POLAND	K18-29	1			00:15:24	00:31:42	00:48:01	01:04:47.35	+00:00:29 (0.8%)	6:28	9.3 (100%)
3	BIELECKA Zuzanna	3	NW CZĘŁAPSKI TEAM	K40-49	2			00:15:47	00:32:21	00:49:16	01:06:17.90	+00:01:59 (3.0%)	6:37	9.1 (97.8%)
4	RACIBORSKA Ewa	40	ESJA TEAM	K40-49	3			00:16:15	00:33:07	00:49:55	01:06:21.30	+00:02:03 (3.1%)	6:38	9 (96.8%)
5	LABUS Marzena	30	NORDIC SPORT 2021	K30-39	1			00:16:10	00:33:23	00:50:35	01:07:48.00	+00:03:29 (5.2%)	6:46	8.8 (94.6%)
6	JĘDRASIAK Renata	19	KGHM METRACO	K50-59	1			00:16:21	00:33:31	00:50:59	01:08:50.50	+00:04:32 (6.6%)	6:53	8.7 (93.5%)
7	ABRAMOWICZ Małgorzata	1	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:16:59	00:34:47	00:52:54	01:10:48.05	+00:06:30 (9.2%)	7:04	8.5 (91.4%)
8	SZCZUDLIK Małgorzata	45	KIJKOWE TRZEMESZNO	K40-49	4			00:17:13	00:35:23	00:53:57	01:12:43.30	+00:08:25 (11.6%)	7:16	8.3 (89.2%)
9	PINIS Agnieszka	37	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:23	00:35:41	00:54:34	01:13:37.55	+00:09:19 (12.7%)	7:21	8.2 (88.2%)
10	KOWACZ Agata	25	SPEEDBAR	K40-49	6			00:17:54	00:36:52	00:56:13	01:15:24.25	+00:11:06 (14.7%)	7:32	8 (86.0%)
11	KUŁAKOWSKA Halina	29	KATOWICKI NORDIC WALKING	K40-49	7			00:18:11	00:37:05	00:56:36	01:16:03.10	+00:11:45 (15.5%)	7:36	7.9 (84.9%)
12	CZAJKA Urszula	9		K60-69	1			00:18:21	00:37:15	00:56:30	01:16:17.10	+00:11:59 (15.7%)	7:37	7.9 (84.9%)
13	FRANCZAK Małgorzata	14	NW CZĘŁAPSKI TEAM	K18-29	2			00:18:22	00:37:22	00:56:48	01:16:25.30	+00:12:07 (15.9%)	7:38	7.9 (84.9%)
14	KUBIAK Maria	27		K70+	1			00:19:33	00:39:39	00:59:46	01:20:26.85	+00:16:08 (20.1%)	8:02	7.5 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap		Lap 7.5km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
								2.5km 2.5km	Laps_5km 5km					
15	PIEŃKOWSKA Urszula	36	SERCE NORDICA WŁOCŁAWEK	K40-49	8			00:19:00	00:39:07	01:00:52	01:21:48.90	+00:17:30 (21.4%)	8:10	7.3 (78.5%)
16	ŁAPIŃSKA Iwona	31	CHODŹ Z NAMI	K40-49	9			00:20:10	00:41:11	01:02:53	01:24:21.85	+00:20:03 (23.8%)	8:26	7.1 (76.3%)
17	SAPUŁA Wiktoria	42	NORDIC TEAM CZĘSTOCHOWA	K18-29	3			00:21:04	00:42:27	01:03:57	01:25:30.50	+00:21:12 (24.8%)	8:33	7 (75.3%)
18	WOJTYCZKA Alicja	52	NORDIC SPORT 2021	K60-69	2	1		00:20:10	00:41:50	01:03:52	01:25:37.65	+00:21:19 (24.9%)	8:33	7 (75.3%)
19	KLIMASZEWSKA Ewa	56		K40-49	10	2		00:20:44	00:41:46	01:04:01	01:25:43.95	+00:21:25 (25.0%)	8:34	7 (75.3%)
20	FRANCZAK Anna	15	NW CZŁAPSKI TEAM	K50-59	2			00:20:54	00:42:40	01:04:30	01:26:34.85	+00:22:16 (25.7%)	8:39	6.9 (74.2%)
21	BONKOWSKA Barbara	20	SERCE NORDICA WŁOCŁAWEK	K50-59	3	1		00:21:16	00:43:44	01:06:22	01:29:08.30	+00:24:50 (27.9%)	8:54	6.7 (72.0%)
22	ŚWIRYDOWICZ Ewa	48	CHODŹ Z NAMI	K40-49	11	1		00:21:20	00:43:38	01:06:47	01:29:12.95	+00:24:54 (27.9%)	8:55	6.7 (72.0%)
23	NIELIPIŃSKA Mariola	34	CBL BIAŁYSTOK	K50-59	4			00:22:36	00:45:45	01:09:09	01:31:28.95	+00:27:10 (29.7%)	9:08	6.6 (71.0%)
24	DOŻYNKA Grażyna	12	CHODZĘ BO LUBIĘ BIAŁYSTOK	K40-49	12			00:22:36	00:45:46	01:09:10	01:32:55.70	+00:28:37 (30.8%)	9:17	6.5 (69.9%)
25	PLEWA Halina	38		K60-69	3			00:22:09	00:45:44	01:09:29	01:33:49.70	+00:29:31 (31.5%)	9:22	6.4 (68.8%)
26	BURA Renata	6		K40-49	13			00:22:43	00:46:19	01:09:33	01:34:24.55	+00:30:06 (31.9%)	9:26	6.4 (68.8%)

Znaleziono 26 wynik(ów)