



GDAŃSK - PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-10-03
Miejsce: Gdańsk
Dystans: 5 km



Klasyfikacja: K 30-39

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	KOŁOSZ-PERZ Monika	123		K 30-39	1			01:46:22	00:34:49.85	02:21:12.60		6:58	8.6 (100%)
2	BŁASZCZYK Karolina	12		K 30-39	2			01:46:24	00:35:39.65	02:22:03.90	+00:00:49 (2.3%)	7:07	8.4 (97.7%)
3	JENDRUCHNIEWICZ Katarzyna	90		K 30-39	3			01:46:22	00:35:39.70	02:22:01.70	+00:00:49 (2.3%)	7:07	8.4 (97.7%)
4	WIECH Monika	353	PFNW	K 30-39	4			01:46:22	00:35:48.65	02:22:10.65	+00:00:58 (2.7%)	7:09	8.4 (97.7%)
5	GRZYB Izabela	83	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 30-39	5			01:46:22	00:37:03.80	02:23:25.80	+00:02:13 (6.0%)	7:24	8.1 (94.2%)
6	PAWŁOWSKA-WOŹNIAK Małgorzata	194	PODWÓJNY UŚMIECH	K 30-39	6			01:46:22	00:37:13.40	02:23:36.10	+00:02:23 (6.4%)	7:26	8.1 (94.2%)
7	BRANCZEWSKA Ewa	24	MOSIR MŁAWA	K 30-39	7			01:46:25	00:38:14.05	02:24:39.45	+00:03:24 (8.9%)	7:38	7.8 (90.7%)
8	MECH Katarzyna	168		K 30-39	8			01:46:25	00:39:08.10	02:25:33.15	+00:04:18 (11.0%)	7:49	7.7 (89.5%)
9	WANDYCZ Sylwia	284	KS METRACO POLKOWICE	K 30-39	9			01:46:26	00:39:30.80	02:25:56.90	+00:04:40 (11.9%)	7:54	7.6 (88.4%)
10	KISIEL Justyna	112	PASJA NORDIC WALKING	K 30-39	10			01:46:23	00:40:33.35	02:26:56.35	+00:05:43 (14.1%)	8:06	7.4 (86.0%)
11	WIESZOŁEK Ewelina	290		K 30-39	11			01:46:28	00:40:36.65	02:27:05.50	+00:05:46 (14.2%)	8:07	7.4 (86.0%)
12	SZAMBELAN Karolina	255		K 30-39	12			01:46:24	00:41:31.85	02:27:56.45	+00:06:42 (16.1%)	8:18	7.2 (83.7%)
13	RATOWSKA Beata	221	NW CIECHANÓW	K 30-39	13			01:46:27	00:42:32.20	02:28:59.25	+00:07:42 (18.1%)	8:30	7.1 (82.6%)
14	ANTOSZEWSKA Katarzyna	4		K 30-39	14			01:46:27	00:42:50.10	02:29:17.25	+00:08:00 (18.7%)	8:34	7 (81.4%)

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15	WIŚNIEWSKA Iwona	296	WTW WŁOCŁAWEK	K 30-39	15			01:46:28	00:43:16.05	02:29:44.75	+00:08:26 (19.5%)	8:39	6.9 (80.2%)
16	ANTKOWIAK Anna	2		K 30-39	16			01:46:27	00:43:51.45	02:30:19.35	+00:09:01 (20.6%)	8:46	6.8 (79.1%)
17	KACZYŃSKA Joanna	94		K 30-39	17			01:46:27	00:44:08.70	02:30:36.45	+00:09:18 (21.1%)	8:49	6.8 (79.1%)
18	STAWICKA Iwona	249	AWFIS	K 30-39	18			01:46:26	00:44:26.20	02:30:52.45	+00:09:36 (21.6%)	8:53	6.8 (79.1%)
19	BLACHOWSKA Monika	10		K 30-39	19			01:46:23	00:44:27.10	02:30:50.95	+00:09:37 (21.6%)	8:53	6.7 (77.9%)
20	WRÓBLEWSKA Jowita	304	GOSIR OSIELSKO	K 30-39	20			01:47:07	00:45:09.60	02:32:17.15	+00:10:19 (22.9%)	9:02	6.6 (76.7%)
21	KAŻMIERCZAK Żanetta	108	GOSIR OSIELSKO	K 30-39	21			01:46:23	00:45:20.85	02:31:44.50	+00:10:31 (23.2%)	9:04	6.6 (76.7%)
22	KWIATKOWSKA Izabela	143	RUCH PO ZDROWIE WŁOCŁAWEK	K 30-39	22			01:46:26	00:46:03.95	02:32:30.00	+00:11:14 (24.4%)	9:12	6.5 (75.6%)
23	KOSIK Magdalena	125		K 30-39	23			01:46:28	00:47:56.00	02:34:24.20	+00:13:06 (27.3%)	9:35	6.3 (73.3%)
24	BLUM Dorota	11	FACE NORDIC WALKING TEAM	K 30-39	24			01:46:23	00:49:13.85	02:35:37.45	+00:14:24 (29.2%)	9:50	6.1 (70.9%)
25	LITWIN Alicja	153		K 30-39	25			01:46:25	00:49:15.55	02:35:40.60	+00:14:25 (29.3%)	9:51	6.1 (70.9%)
26	LITWIN Karolina	154		K 30-39	26			01:46:24	00:49:16.55	02:35:40.95	+00:14:26 (29.3%)	9:51	6.1 (70.9%)
27	KĘDRA Barbara	110		K 30-39	27			01:46:30	01:04:52.30	02:51:22.65	+00:30:02 (46.3%)	12:58	4.6 (53.5%)

Znaleziono 27 wynik(ów)