



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Wydarzenie: FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: Polska Federacja Nordic Walking
Data: 2018-09-08
Miejsce: Hajnówka
Dystans: 21.1 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_Hall 1.1km	Start_Hall 6.1km	Start_Hall 11.1km	Start_Hall 16.1km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	KOŁODZIEJ Joanna	647	CIDRY LOTAJOM	K50-59	1			00:07:30	00:44:04	01:20:35	01:56:25	02:31:41.67		7:11	8.3 (100%)
2	SPYCHAŁA Marzena	674	CKZIU NYSA MECHANIK	K40-49	1			00:07:35	00:44:13	01:20:46	01:56:46	02:33:02.32	+00:01:20 (0.9%)	7:15	8.3 (100%)
3	NIEDŹWIECKA Katarzyna	662	FACE NORDIC WALKING TEAM	K40-49	2			00:07:43	00:45:00	01:21:07	01:57:47	02:34:25.56	+00:02:43 (1.8%)	7:19	8.2 (98.8%)
4	STĘPIEŃ Lucyna	676	KS METRACO POLKOWICE	K60+	1			00:07:46	00:44:23	01:21:42	01:58:55	02:35:40.37	+00:03:58 (2.6%)	7:22	8.1 (97.6%)
5	BOCZAR Beata	634	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:07:40	00:44:43	01:21:57	01:59:02	02:36:39.82	+00:04:58 (3.2%)	7:25	8.1 (97.6%)
6	JANOSZKA Irena	643	CIDRY LOTAJOM	K50-59	3			00:07:42	00:44:37	01:21:56	02:01:06	02:41:13.34	+00:09:31 (5.9%)	7:38	7.9 (95.2%)
7	PASIŃSKA-SKOWRON Sylwia	663	PRUSZYŃSKI SPORT TEAM	K40-49	3			00:07:54	00:46:10	01:24:47	02:03:42	02:42:34.83	+00:10:53 (6.7%)	7:42	7.8 (94.0%)
8	ROSOŁEK Elżbieta	669	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:08:23	00:47:26	01:26:02	02:05:21	02:44:51.99	+00:13:10 (8.0%)	7:48	7.7 (92.8%)
9	WITKOWSKA Maria	687	UNIA MIAST	K60+	2			00:07:59	00:46:30	01:25:40	02:05:10	02:44:54.53	+00:13:12 (8.0%)	7:48	7.7 (92.8%)
10	MANDZIUK Marta	658	NOWI SIEDLCE/NW WSCHÓD	K40-49	4			00:07:58	00:46:33	01:25:07	02:04:28	02:45:19.76	+00:13:38 (8.2%)	7:50	7.7 (92.8%)
11	KARASIEWICZ Irena	646	FACE NORDIC WALKING TEAM	K50-59	5			00:07:53	00:45:57	01:25:45	02:06:32	02:47:39.63	+00:15:57 (9.5%)	7:56	7.6 (91.6%)
12	KANIOWSKA Beata	644	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:07:47	00:46:40	01:26:33	02:07:15	02:49:17.45	+00:17:35 (10.4%)	8:01	7.5 (90.4%)
13	SZYMCZYK Magdalena	682	NOWI SIEDLCE/NW WSCHÓD	K30-39	1			00:08:18	00:48:03	01:28:06	02:08:58	02:50:54.80	+00:19:13 (11.2%)	8:06	7.4 (89.2%)
14	BARCZYK Jolanta	632	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:08:20	00:48:26	01:29:10	02:10:16	02:52:23.13	+00:20:41 (12.0%)	8:10	7.3 (88.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_Hall 1.1km	Start_Hall 6.1km	Start_Hall 11.1km	Start_Hall 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
15	KABAŁA Marzena	695	BIEGAMYRAZEM.PL	K40-49	6	2		00:08:12	00:47:51	01:28:05	02:09:55	02:52:24.67	+00:20:42 (12.0%)	8:10	7.3 (88.0%)
16	POSTEK Danuta	665	MARSZ PO ZDROWIE	K50-59	7			00:08:11	00:48:29	01:29:10	02:10:19	02:53:37.39	+00:21:55 (12.6%)	8:13	7.3 (88.0%)
17	ZAWADZKA Maria	690	KS METRACO POLKOWICE	K60+	3			00:08:37	00:50:47	01:32:13	02:13:18	02:56:09.05	+00:24:27 (13.9%)	8:20	7.2 (86.7%)
18	ROZMUS Jolanta	670	FACE NORDIC WALKING TEAM	K60+	4			00:08:52	00:50:31	01:32:10	02:14:34	02:57:30.62	+00:25:48 (14.5%)	8:24	7.1 (85.5%)
19	BERSZTOLC Agnieszka	633	NOWI SIEDLCE/NW WSCHÓD	K50-59	8			00:08:14	00:47:17	01:27:56	02:11:38	02:57:42.97	+00:26:01 (14.6%)	8:25	7.1 (85.5%)
20	GERLE-KOTULA Anna	641	UNIA MIAST	K30-39	2			00:08:26	00:50:05	01:32:39	02:15:27	02:58:22.89	+00:26:41 (15.0%)	8:27	7.1 (85.5%)
21	ZALEWSKA Agnieszka	688		K30-39	3	1		00:08:14	00:48:33	01:30:25	02:13:45	03:00:06.26	+00:28:24 (15.8%)	8:32	7 (84.3%)
22	SURIAK Ewelina	677	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:08:58	00:49:04	01:31:01	02:14:11	03:00:09.75	+00:28:28 (15.8%)	8:32	7 (84.3%)
23	WIŚNIEWSKA Sylwia	696		K30-39	4			00:08:46	00:50:55	01:34:14	02:20:05	03:09:36.71	+00:37:55 (20.0%)	8:59	6.7 (80.7%)
24	KARASIEWICZ Iwona	645	NORDICLUB SZCZECIN	K30-39	5			00:09:02	00:53:47	01:38:40	02:24:43	03:14:36.20	+00:42:54 (22.0%)	9:13	6.5 (78.3%)
25	SADOWSKA-CZMAK Ewa	671	POWIAT HAJNOWSKI	K40-49	7			00:09:08	00:53:47	01:39:35	02:27:59	03:21:34.12	+00:49:52 (24.7%)	9:33	6.3 (75.9%)
26	SZEWCZYK Agnieszka	681	FACE NORDIC WALKING TEAM	K40-49	8			00:09:18	00:55:41	01:43:39	02:33:27	03:24:24.98	+00:52:43 (25.8%)	9:41	6.2 (74.7%)
27	CHRAPEK Urszula	636	KS RUDZICA	K30-39	6			00:10:01	00:56:20	01:44:18	02:34:10	03:25:07.08	+00:53:25 (26.0%)	9:43	6.2 (74.7%)

Znaleziono 27 wynik(ów)