



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-09-10
Miejsce: Hajnówka
Dystans: 5 km



Klasyfikacja: K18-29

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	SZPILMAN Marta	546	FACE NORDIC WALKING TEAM	K18-29	1			00:07:51	00:36:11.90	00:44:03.55		7:14	8.3 (100%)
2	RAKUĆ Angelika	457	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:07:51	00:36:28.10	00:44:20.05	+00:00:16 (0.7%)	7:17	8.2 (98.8%)
3	GAŁAŚ Joanna	142	PASJA NW	K18-29	3			00:07:52	00:37:23.10	00:45:15.35	+00:01:11 (3.2%)	7:28	8 (96.4%)
4	BANASZAK Agata	36	GREEN TEAM ZIELONA GÓRA	K18-29	4			00:07:52	00:40:32.35	00:48:24.75	+00:04:20 (10.7%)	8:06	7.4 (89.2%)
5	ROMANIUK Regina	462	POWIAT HAJNOWSKI	K18-29	5			00:07:51	00:41:55.55	00:49:47.10	+00:05:43 (13.7%)	8:23	7.2 (86.7%)
6	CHARKIEWICZ Urszula Ewa	74	POWIAT HAJNOWSKI	K18-29	6			00:07:52	00:42:13.45	00:50:06.35	+00:06:01 (14.3%)	8:26	7.1 (85.5%)
7	ZAKRZEWSKA Martyna Marta	641	POWIAT HAJNOWSKI	K18-29	7			00:07:51	00:42:16.30	00:50:07.40	+00:06:04 (14.4%)	8:27	7.1 (85.5%)
8	PROKOPIUK Diana	443		K18-29	8			00:07:57	00:42:17.05	00:50:14.10	+00:06:05 (14.4%)	8:27	7.1 (85.5%)
9	SZWARC Barbara	552		K18-29	9			00:08:00	00:42:19.10	00:50:19.10	+00:06:07 (14.5%)	8:27	7.1 (85.5%)
10	ŻUKOWSKA Kinga	876		K18-29	10			00:07:53	00:42:28.45	00:50:21.95	+00:06:16 (14.8%)	8:29	7.1 (85.5%)
11	ANDROSIUK Małgorzata	19		K18-29	11			00:07:52	00:43:09.70	00:51:02.30	+00:06:57 (16.1%)	8:38	6.9 (83.1%)
12	BARAN Karolina	37		K18-29	12			00:07:55	00:43:10.50	00:51:05.55	+00:06:58 (16.2%)	8:38	6.9 (83.1%)
13	KINDZIUK Ewelina	250	POWIAT HAJNOWSKI	K18-29	13			00:23:21	00:43:40.10	01:07:01.65	+00:07:28 (17.1%)	8:44	6.9 (83.1%)
14	LESZCZYŃSKA Martyna	314	SANTANDER CONSUMER BANK	K18-29	14			00:08:00	00:44:13.30	00:52:14.15	+00:08:01 (18.1%)	8:50	6.8 (81.9%)

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
15	PIETRUCZUK Beata	433		K18-29	15			00:24:06	00:45:04.70	01:09:11.50	+00:08:52 (19.7%)	9:01	6.7 (80.7%)
16	IWANIUK Marta	889		K18-29	16			00:07:57	00:45:10.70	00:53:08.55	+00:08:58 (19.9%)	9:02	6.6 (79.5%)
17	NOWICKA Karolina	390		K18-29	17			00:08:51	00:45:21.55	00:54:12.55	+00:09:09 (20.2%)	9:04	6.6 (79.5%)
18	SZTYLER Ewa	547		K18-29	18			00:07:57	00:46:44.35	00:54:41.60	+00:10:32 (22.6%)	9:20	6.4 (77.1%)
19	SZUMOWSKA Anna	550		K18-29	19			00:07:56	00:47:54.00	00:55:50.25	+00:11:42 (24.4%)	9:34	6.3 (75.9%)
20	KASJANIUK Luiza	243	POWIAT HAJNOWSKI	K18-29	20			00:07:52	00:48:17.35	00:56:09.50	+00:12:05 (25.0%)	9:39	6.2 (74.7%)
21	ONISZCZUK Katarzyna	403	POWIAT HAJNOWSKI	K18-29	21			00:07:54	00:49:17.90	00:57:12.00	+00:13:06 (26.6%)	9:51	6.1 (73.5%)
22	ORZECZOWSKA Marta	410	POWIAT HAJNOWSKI	K18-29	22			00:07:53	00:49:25.10	00:57:18.60	+00:13:13 (26.8%)	9:53	6.1 (73.5%)
23	KOZIEŁ Anna	283	POWIAT HAJNOWSKI	K18-29	23			00:07:54	00:50:29.00	00:58:23.30	+00:14:17 (28.3%)	10:05	5.9 (71.1%)
24	MOSIEJ Sonia	364		K18-29	24			00:07:58	00:51:04.20	00:59:02.40	+00:14:52 (29.1%)	10:12	5.9 (71.1%)
25	CZYKWIN Edyta	96		K18-29	25			00:07:59	00:51:04.40	00:59:03.50	+00:14:52 (29.1%)	10:12	5.9 (71.1%)
26	KONDRATIUK Dominika	265		K18-29	26			00:07:54	00:51:55.80	00:59:50.10	+00:15:43 (30.3%)	10:23	5.8 (69.9%)
27	KOT Adrianna	277		K18-29	27			00:08:00	00:52:24.25	01:00:24.30	+00:16:12 (30.9%)	10:28	5.7 (68.7%)
28	GRZEŚKIEWICZ Beata	184		K18-29	28			00:23:31	00:54:19.85	01:17:51.15	+00:18:07 (33.4%)	10:52	5.5 (66.3%)
29	STEPANIUK Andżelina	520	POWIAT HAJNOWSKI	K18-29	29			00:07:54	00:57:16.25	01:05:10.85	+00:21:04 (36.8%)	11:27	5.2 (62.7%)
30	WIERZBA Angelika	605	POWIAT HAJNOWSKI	K18-29	30			00:07:55	00:57:17.50	01:05:13.15	+00:21:05 (36.8%)	11:27	5.2 (62.7%)
31	PYŻANOWSKA Wioleta	455	POWIAT HAJNOWSKI	K18-29	31			00:07:55	00:57:18.30	01:05:14.25	+00:21:06 (36.8%)	11:27	5.2 (62.7%)
32	ORZECZOWSKA Joanna	409	POWIAT HAJNOWSKI	K18-29	32			00:07:53	00:57:19.20	01:05:12.40	+00:21:07 (36.8%)	11:27	5.2 (62.7%)
33	SIEMIENIUK Elżbieta	493	POWIAT HAJNOWSKI	K18-29	33			00:07:57	00:57:58.75	01:05:55.95	+00:21:46 (37.6%)	11:35	5.2 (62.7%)

Znaleziono 33 wynik(ów)