



# HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5 KM

B4SPORT

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



Klasyfikacja: K30-39

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	JENDRUCHNIEWICZ Katarzyna	879	FUNDACJA „W TE PĘDY”	K30-39	1			00:08:48	00:35:00.05	00:43:48.60		7:00	8.6 (100%)
2	MALCZYK Anna	339	DĄBROWA NORDIC TEAM	K30-39	2			00:08:48	00:36:07.75	00:44:56.60	+00:01:07 (3.1%)	7:13	8.3 (96.5%)
3	PAWŁOWSKA-WOŹNIAK Małgorzata	113	UNIA MIAST	K30-39	3			00:08:48	00:36:51.35	00:45:39.35	+00:01:51 (5.0%)	7:22	8.1 (94.2%)
4	BOROWSKA-STĄNCZUK Karolina	61	FACE NORDIC WALKING TEAM	K30-39	4			00:08:49	00:38:00.65	00:46:50.10	+00:03:00 (7.9%)	7:36	7.9 (91.9%)
5	SZYMCZYK Magdalena	903	FACE NORDIC WALKING TEAM	K30-39	5			00:08:49	00:38:30.10	00:47:19.75	+00:03:30 (9.1%)	7:42	7.8 (90.7%)
6	GRZYB Izabela	185	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	6			00:08:49	00:39:05.55	00:47:54.70	+00:04:05 (10.5%)	7:49	7.7 (89.5%)
7	KUCHARSKA Barbara	294	SANTANDER CONSUMER BANK	K30-39	7			00:08:50	00:40:55.05	00:49:45.45	+00:05:55 (14.5%)	8:11	7.3 (84.9%)
8	SOŁTYSIAK Sylwia	510	KBBB / TKKF	K30-39	8			00:08:49	00:41:38.05	00:50:27.85	+00:06:38 (15.9%)	8:19	7.2 (83.7%)
9	SZAL Marzena	589	BIAŁOŁĘKA NW TEAM	K30-39	9			00:08:56	00:42:24.60	00:51:21.25	+00:07:24 (17.5%)	8:29	7.1 (82.6%)
10	DOMAGAŁA Justyna	108		K30-39	10			00:08:53	00:42:35.40	00:51:29.20	+00:07:35 (17.8%)	8:31	7 (81.4%)
11	TOMCZAK Klaudia	577	MONTEBIANCO	K30-39	11			00:08:50	00:42:43.45	00:51:33.70	+00:07:43 (18.1%)	8:32	7 (81.4%)
12	ROSZMAN Agata	468	PENDOLINO	K30-39	12			00:08:52	00:43:54.40	00:52:47.20	+00:08:54 (20.3%)	8:47	6.8 (79.1%)
13	WIŚNIEWSKA Iwona	618	WTW.WŁOCŁAWEK	K30-39	13			00:08:56	00:44:12.75	00:53:09.65	+00:09:12 (20.8%)	8:50	6.8 (79.1%)
14	WARPAS Barbara	785	SANTANDER CONSUMER BANK	K30-39	14			00:10:29	00:44:18.15	00:54:47.60	+00:09:18 (21.0%)	8:51	6.8 (79.1%)

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15	<b>BOŻKO Urszula</b>	<b>65</b>	POWIAT HAJNOWSKI	K30-39	15			00:23:23	<b>00:44:21.85</b>	<b>01:07:45.25</b>	+00:09:21 (21.1%)	8:52	6.8 (79.1%)
16	<b>SZATKOWSKA Katarzyna</b>	<b>537</b>		K30-39	16			00:08:53	<b>00:44:35.30</b>	<b>00:53:28.40</b>	+00:09:35 (21.5%)	8:55	6.7 (77.9%)
17	<b>NIKONOWICZ Anna</b>	<b>380</b>	POWIAT HAJNOWSKI	K30-39	17			00:23:22	<b>00:44:38.15</b>	<b>01:08:00.90</b>	+00:09:38 (21.6%)	8:55	6.7 (77.9%)
18	<b>FIEDOROWICZ Beata</b>	<b>371</b>	BIAŁOŁĘKA NW TEAM	K30-39	18			00:08:58	<b>00:45:07.40</b>	<b>00:54:05.60</b>	+00:10:07 (22.4%)	9:01	6.6 (76.7%)
19	<b>SADOWSKA Barbara</b>	<b>477</b>		K30-39	19			00:21:13	<b>00:45:28.70</b>	<b>01:06:41.85</b>	+00:10:28 (23.0%)	9:05	6.6 (76.7%)
20	<b>GRABOWSKA Jolanta</b>	<b>170</b>	SANTANDER CONSUMER BANK	K30-39	20			00:08:55	<b>00:45:36.60</b>	<b>00:54:31.70</b>	+00:10:36 (23.3%)	9:07	6.6 (76.7%)
21	<b>PRZYBYŁOWSKA Małgorzata</b>	<b>450</b>	POWIAT HAJNOWSKI	K30-39	21			00:08:54	<b>00:46:08.40</b>	<b>00:55:02.45</b>	+00:11:08 (24.1%)	9:13	6.5 (75.6%)
22	<b>SOBCZYK Irena</b>	<b>508</b>	SANTANDER CONSUMER BANK	K30-39	22			00:08:51	<b>00:46:24.65</b>	<b>00:55:16.00</b>	+00:11:24 (24.6%)	9:17	6.5 (75.6%)
23	<b>RADZIKOWSKA Agnieszka</b>	<b>907</b>		K30-39	23			00:08:59	<b>00:47:11.40</b>	<b>00:56:10.75</b>	+00:12:11 (25.8%)	9:26	6.4 (74.4%)
24	<b>GAWRYLUK Barbara</b>	<b>149</b>		K30-39	24			00:08:53	<b>00:47:37.85</b>	<b>00:56:31.70</b>	+00:12:37 (26.5%)	9:31	6.3 (73.3%)
25	<b>ORZECH Agnieszka</b>	<b>408</b>	SANTANDER CONSUMER BANK	K30-39	25			00:08:56	<b>00:48:32.00</b>	<b>00:57:28.05</b>	+00:13:31 (27.9%)	9:42	6.2 (72.1%)
26	<b>MROCZKOWSKA Emilia</b>	<b>367</b>	KIJ-FANI POWIAT HAJNOWSKI	K30-39	26			00:08:56	<b>00:48:59.35</b>	<b>00:57:55.35</b>	+00:13:59 (28.6%)	9:47	6.1 (70.9%)
27	<b>HAPONIUK Elżbieta</b>	<b>191</b>	POWIAT HAJNOWSKI	K30-39	27			00:08:54	<b>00:49:22.80</b>	<b>00:58:17.60</b>	+00:14:22 (29.1%)	9:52	6.1 (70.9%)
28	<b>GRABOWSKA Joanna</b>	<b>905</b>	PASJA NORDIC WALKING	K30-39	28			00:21:20	<b>00:54:18.75</b>	<b>01:15:39.20</b>	+00:19:18 (35.6%)	10:51	5.5 (64.0%)
29	<b>RUSZCZUK Agnieszka</b>	<b>472</b>	POWIAT HAJNOWSKI	K30-39	29			00:21:21	<b>00:55:53.15</b>	<b>01:17:15.00</b>	+00:20:53 (37.4%)	11:10	5.4 (62.8%)
30	<b>NOWAK Urszula</b>	<b>384</b>	POWIAT HAJNOWSKI	K30-39	30			00:21:19	<b>00:55:54.35</b>	<b>01:17:13.35</b>	+00:20:54 (37.4%)	11:10	5.4 (62.8%)
31	<b>BURSY-SŁABUSZEWSKA Krystyna</b>	<b>72</b>	SANTANDER CONSUMER BANK	K30-39	31			00:22:09	<b>00:56:14.90</b>	<b>01:18:24.05</b>	+00:21:14 (37.8%)	11:15	5.3 (61.6%)
32	<b>ANDRZEJUK Katarzyna</b>	<b>24</b>	POWIAT HAJNOWSKI	K30-39	32			00:08:51	<b>00:57:09.60</b>	<b>01:06:01.50</b>	+00:22:09 (38.8%)	11:26	5.2 (60.5%)
33	<b>BOGDANOWICZ Iwona</b>	<b>54</b>	POWIAT HAJNOWSKI	K30-39	33			00:08:53	<b>00:57:35.00</b>	<b>01:06:28.20</b>	+00:22:34 (39.2%)	11:31	5.2 (60.5%)
34	<b>IWANIUK Justyna</b>	<b>195</b>	POWIAT HAJNOWSKI	K30-39	34			00:08:51	<b>00:59:54.40</b>	<b>01:08:46.05</b>	+00:24:54 (41.6%)	11:59	5 (58.1%)
35	<b>ŁYSAKOWSKA Katarzyna</b>	<b>334</b>	POWIAT HAJNOWSKI	K30-39	35			00:08:51	<b>00:59:54.55</b>	<b>01:08:46.50</b>	+00:24:54 (41.6%)	11:59	5 (58.1%)
36	<b>NOWAK Małgorzata</b>	<b>386</b>	SANTANDER CONSUMER BANK	K30-39	36			00:22:10	<b>01:00:13.30</b>	<b>01:22:23.70</b>	+00:25:13 (41.9%)	12:02	5 (58.1%)
37	<b>BERNATEK Katarzyna</b>	<b>44</b>	SANTANDER CONSUMER BANK	K30-39	37			00:22:11	<b>01:03:03.55</b>	<b>01:25:15.25</b>	+00:28:03 (44.5%)	12:36	4.8 (55.8%)

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38	<b>LEONIUK Ewa</b>	<b>309</b>		K30-39	38			00:23:30	<b>01:04:26.35</b>	<b>01:27:57.05</b>	+00:29:26 (45.7%)	12:53	4.7 (54.7%)
39	<b>ŁĘCZYCKA Agnieszka</b>	<b>328</b>		K30-39	39			00:23:28	<b>01:05:21.05</b>	<b>01:28:49.20</b>	+00:30:21 (46.4%)	13:04	4.6 (53.5%)
40	<b>HAJDUK Katarzyna</b>	<b>190</b>	POWIAT HAJNOWSKI	K30-39	40			00:08:58	<b>01:14:32.70</b>	<b>01:23:31.00</b>	+00:39:32 (53.0%)	14:54	4 (46.5%)
41	<b>BOROWIK Anna</b>	<b>58</b>		K30-39	41			00:08:57	<b>01:14:34.80</b>	<b>01:23:32.20</b>	+00:39:34 (53.1%)	14:55	4 (46.5%)
42	<b>BEDNARZ Ania</b>	<b>41</b>	SANTANDER CONSUMER BANK	K30-39	42			00:10:32	<b>01:24:46.00</b>	<b>01:35:18.60</b>	+00:49:45 (58.7%)	16:57	3.5 (40.7%)

Znaleziono 42 wynik(ów)