



# HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5 KM

B4SPORT

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



Klasyfikacja: K40-44

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	<b>ZAŃKO Katarzyna</b>	<b>644</b>	KS METRACO POLKOWICE	K40-44	1			00:10:21	<b>00:35:14.45</b>	<b>00:45:35.90</b>		7:02	8.5 (100%)
2	<b>JÓŹWIAK Marianna</b>	<b>217</b>	WTW.WŁOCŁAWEK	K40-44	2			00:10:21	<b>00:36:26.90</b>	<b>00:46:48.80</b>	+00:01:12 (3.3%)	7:17	8.2 (96.5%)
3	<b>WAWRZY尼亚K Anna</b>	<b>601</b>	FACE NORDIC WALKING TEAM	K40-44	3			00:10:21	<b>00:36:55.50</b>	<b>00:47:16.70</b>	+00:01:41 (4.6%)	7:23	8.1 (95.3%)
4	<b>KORDOWSKA Bogusława</b>	<b>269</b>	UPOJENI WIATREM	K40-44	4			00:10:22	<b>00:37:54.65</b>	<b>00:48:16.70</b>	+00:02:40 (7.0%)	7:34	7.9 (92.9%)
5	<b>JONDERKO Julia</b>	<b>214</b>	WŁÓCZYKIJE SKOCZÓW	K40-44	5			00:10:24	<b>00:38:18.10</b>	<b>00:48:42.70</b>	+00:03:03 (8.0%)	7:39	7.8 (91.8%)
6	<b>STRZELECKA Małgorzata</b>	<b>529</b>	SAILING TEAM FERAJNA	K40-44	6			00:10:26	<b>00:39:21.60</b>	<b>00:49:47.70</b>	+00:04:07 (10.5%)	7:52	7.6 (89.4%)
7	<b>MAŁODOBRY Wioletta</b>	<b>341</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	7			00:10:23	<b>00:40:43.60</b>	<b>00:51:07.55</b>	+00:05:29 (13.5%)	8:08	7.4 (87.1%)
8	<b>MAKAREWICZ Agnieszka</b>	<b>338</b>	SANTANDER CONSUMER BANK	K40-44	8			00:10:25	<b>00:40:53.90</b>	<b>00:51:19.40</b>	+00:05:39 (13.8%)	8:10	7.3 (85.9%)
9	<b>GINSZT Alina</b>	<b>158</b>	POWIAT HAJNOWSKI	K40-44	9			00:10:23	<b>00:41:23.20</b>	<b>00:51:46.30</b>	+00:06:08 (14.8%)	8:16	7.2 (84.7%)
10	<b>MARCZUK Monika</b>	<b>536</b>	BIAŁOŁĘKA NW TEAM	K40-44	10			00:10:27	<b>00:41:34.95</b>	<b>00:52:02.20</b>	+00:06:20 (15.3%)	8:19	7.2 (84.7%)
11	<b>KUŚMIEREC Beata</b>	<b>297</b>	BŁĘKITNI NW DZIEMIANY	K40-44	11			00:10:21	<b>00:41:36.90</b>	<b>00:51:58.35</b>	+00:06:22 (15.3%)	8:19	7.2 (84.7%)
12	<b>SAKOWSKA Krystyna</b>	<b>502</b>	BIAŁOŁĘKA NW TEAM	K40-44	12			00:10:26	<b>00:41:37.40</b>	<b>00:52:04.05</b>	+00:06:22 (15.3%)	8:19	7.2 (84.7%)
13	<b>KRUŻYCKA Aleksandra</b>	<b>80</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	13			00:10:31	<b>00:41:58.00</b>	<b>00:52:29.85</b>	+00:06:43 (16.0%)	8:23	7.1 (83.5%)
14	<b>WIERZCHOLSKA Sylwia</b>	<b>606</b>	FACE NORDIC WALKING TEAM	K40-44	14			00:10:22	<b>00:42:19.45</b>	<b>00:52:42.30</b>	+00:07:05 (16.7%)	8:28	7.1 (83.5%)

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15	<b>PIÓREK Joanna</b>	<b>936</b>		K40-44	15			00:10:27	<b>00:42:42.15</b>	<b>00:53:09.15</b>	+00:07:27 (17.5%)	8:32	7 (82.4%)
16	<b>ŚLESICKA-GESCIAK Maria</b>	<b>917</b>		K40-44	16			00:10:30	<b>00:42:51.05</b>	<b>00:53:21.45</b>	+00:07:36 (17.8%)	8:34	7 (82.4%)
17	<b>SAWICKA Urszula</b>	<b>487</b>	KIJ-FANI POWIAT HAJNOWSKI	K40-44	17			00:10:27	<b>00:43:16.75</b>	<b>00:53:44.30</b>	+00:08:02 (18.6%)	8:39	6.9 (81.2%)
18	<b>KRZYŻEWSKA Aneta</b>	<b>293</b>	SANTANDER CONSUMER BANK	K40-44	18			00:10:25	<b>00:44:09.20</b>	<b>00:54:34.45</b>	+00:08:54 (20.2%)	8:49	6.8 (80.0%)
19	<b>BARTUSIK-URBAN Jagoda</b>	<b>38</b>	SANTANDER CONSUMER BANK	K40-44	19			00:10:23	<b>00:44:09.80</b>	<b>00:54:32.90</b>	+00:08:55 (20.2%)	8:49	6.8 (80.0%)
20	<b>TRĘTOWICZ Beata</b>	<b>120</b>	FACE NORDIC WALKING TEAM	K40-44	20			00:10:31	<b>00:44:59.50</b>	<b>00:55:31.35</b>	+00:09:45 (21.7%)	9:00	6.7 (78.8%)
21	<b>GĄSOWSKA Walentyna</b>	<b>151</b>	POWIAT HAJNOWSKI	K40-44	21			00:10:23	<b>00:45:03.00</b>	<b>00:55:26.60</b>	+00:09:48 (21.8%)	9:00	6.7 (78.8%)
22	<b>ZAJĄCZKOWSKA Jadwiga</b>	<b>640</b>	KS METRACO POLKOWICE	K40-44	22			00:10:26	<b>00:45:50.20</b>	<b>00:56:16.60</b>	+00:10:35 (23.1%)	9:10	6.5 (76.5%)
23	<b>JANUSZKIEWICZ Wioletta</b>	<b>880</b>		K40-44	23			00:10:28	<b>00:47:03.20</b>	<b>00:57:31.20</b>	+00:11:48 (25.1%)	9:24	6.4 (75.3%)
24	<b>CIUPAK Anastazja</b>	<b>88</b>	SANTANDER CONSUMER BANK	K40-44	24			00:10:24	<b>00:47:49.25</b>	<b>00:58:13.75</b>	+00:12:34 (26.3%)	9:33	6.3 (74.1%)
25	<b>CIUPAK Kamila</b>	<b>89</b>	SANTANDER CONSUMER BANK	K40-44	25			00:10:24	<b>00:47:49.85</b>	<b>00:58:14.35</b>	+00:12:35 (26.3%)	9:34	6.3 (74.1%)
26	<b>ANDREJUK Agnieszka</b>	<b>15</b>	POWIAT HAJNOWSKI	K40-44	26			00:23:24	<b>00:49:23.75</b>	<b>01:12:48.15</b>	+00:14:09 (28.7%)	9:52	6.1 (71.8%)
27	<b>TROJSZCZAK-ZWOLAN Ewa</b>	<b>581</b>		K40-44	27			00:08:58	<b>00:50:03.40</b>	<b>00:59:02.35</b>	+00:14:48 (29.6%)	10:00	6 (70.6%)
28	<b>KUREK Monika</b>	<b>932</b>	SANTANDER CONSUMER BANK	K40-44	28			00:13:15	<b>00:50:26.15</b>	<b>01:03:41.75</b>	+00:15:11 (30.1%)	10:05	5.9 (69.4%)
29	<b>SKOWROŃSKA-GIZIEWICZ Edyta</b>	<b>500</b>		K40-44	29			00:10:25	<b>00:50:57.85</b>	<b>01:01:23.30</b>	+00:15:43 (30.9%)	10:11	5.9 (69.4%)
30	<b>ZIELIŃSKA Edyta</b>	<b>648</b>	SANTANDER CONSUMER BANK	K40-44	30			00:12:05	<b>00:51:39.10</b>	<b>01:03:44.35</b>	+00:16:24 (31.8%)	10:19	5.8 (68.2%)
31	<b>PASTWA Iwona</b>	<b>422</b>	BŁĘKITNI NW DZIEMIANY	K40-44	31			00:10:22	<b>00:53:21.30</b>	<b>01:03:43.65</b>	+00:18:06 (34.0%)	10:40	5.6 (65.9%)
32	<b>FISZEROWICZ Monika</b>	<b>133</b>	SANTANDER CONSUMER BANK	K40-44	32			00:12:02	<b>00:55:30.50</b>	<b>01:07:33.30</b>	+00:20:16 (36.5%)	11:06	5.4 (63.5%)
33	<b>CELIŃSKA Sylwia</b>	<b>45</b>	SANTANDER CONSUMER BANK	K40-44	33			00:12:05	<b>00:55:36.85</b>	<b>01:07:42.60</b>	+00:20:22 (36.6%)	11:07	5.4 (63.5%)
34	<b>SADOWSKA-KOT Monika</b>	<b>479</b>		K40-44	34			00:21:20	<b>00:55:53.55</b>	<b>01:17:13.85</b>	+00:20:39 (36.9%)	11:10	5.4 (63.5%)
35	<b>CHOMCZUK Anna</b>	<b>82</b>	POWIAT HAJNOWSKI	K40-44	35			00:10:33	<b>00:56:17.65</b>	<b>01:06:51.20</b>	+00:21:03 (37.4%)	11:15	5.3 (62.4%)
36	<b>MUDA Magdalena</b>	<b>370</b>		K40-44	36			00:10:30	<b>00:56:31.80</b>	<b>01:07:02.30</b>	+00:21:17 (37.7%)	11:18	5.3 (62.4%)
37	<b>PIETROCZUK Anna</b>	<b>431</b>		K40-44	37			00:23:26	<b>01:00:13.25</b>	<b>01:23:39.35</b>	+00:24:58 (41.5%)	12:02	5 (58.8%)

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38	<b>KARDASZ Monika</b>	<b>238</b>		K40-44	38			00:23:29	<b>01:00:18.80</b>	<b>01:23:48.70</b>	+00:25:04 (41.6%)	12:03	5 (58.8%)
39	<b>JAŁOZA Grażyna</b>	<b>207</b>		K40-44	39			00:23:32	<b>01:05:20.80</b>	<b>01:28:53.65</b>	+00:30:06 (46.1%)	13:04	4.6 (54.1%)
40	<b>WOŁEJKO Anna</b>	<b>627</b>	SANTANDER CONSUMER BANK	K40-44	40			00:22:13	<b>01:05:23.05</b>	<b>01:27:36.80</b>	+00:30:08 (46.1%)	13:04	4.6 (54.1%)
41	<b>ZIÓLKOWSKA Monika</b>	<b>873</b>	SANTANDER CONSUMER BANK	K40-44	41			00:22:11	<b>01:20:49.10</b>	<b>01:43:00.20</b>	+00:45:34 (56.4%)	16:09	3.7 (43.5%)

Znaleziono 41 wynik(ów)