



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5 KM

B4SPORT

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



Klasyfikacja: K45-49

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	BORKOWSKA Lidia	895	FACE NORDIC WALKING TEAM	K45-49	1			00:11:18	00:34:53.85	00:46:12.35		6:58	8.6 (100%)
2	SZPILMAN Katarzyna	545	FACE NORDIC WALKING TEAM	K45-49	2			00:11:19	00:35:04.05	00:46:23.05	+00:00:10 (0.5%)	7:00	8.6 (100%)
3	RECZULSKA Katarzyna	459	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	3			00:12:03	00:36:17.50	00:48:21.10	+00:01:23 (3.8%)	7:15	8.3 (96.5%)
4	DZIUBA Alina	123	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	4			00:11:18	00:37:08.50	00:48:27.20	+00:02:14 (6.0%)	7:25	8.1 (94.2%)
5	FELIS Beata	128		K45-49	5			00:11:22	00:37:24.80	00:48:46.90	+00:02:30 (6.7%)	7:28	8 (93.0%)
6	KARASIŃSKA Alicja	918		K45-49	6			00:11:20	00:38:39.30	00:49:59.35	+00:03:45 (9.7%)	7:43	7.8 (90.7%)
7	GWAREK Anita	187	PASJA NORDIC WALKING	K45-49	7			00:11:19	00:38:57.80	00:50:17.40	+00:04:03 (10.4%)	7:47	7.7 (89.5%)
8	KWAŚNA Małgorzata	300	CHODZĘ Z SERCEM	K45-49	8			00:11:21	00:39:25.90	00:50:47.65	+00:04:32 (11.5%)	7:53	7.6 (88.4%)
9	MILEWSKA Wiesława	359	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	9			00:11:20	00:41:52.05	00:53:12.20	+00:06:58 (16.6%)	8:22	7.2 (83.7%)
10	WALESZKO Anna	587		K45-49	10			00:11:22	00:42:02.85	00:53:25.35	+00:07:09 (17.0%)	8:24	7.1 (82.6%)
11	NOWACZYK Izabela	381	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K45-49	11			00:11:21	00:42:46.20	00:54:08.00	+00:07:52 (18.4%)	8:33	7 (81.4%)
12	KOSICKA Beata	272	NORDIC WALKING KIEKRZ	K45-49	12			00:11:23	00:42:57.10	00:54:21.00	+00:08:03 (18.8%)	8:35	7 (81.4%)
13	WRÓBLEWSKA-MARCINKOWSKA Katarzyna	636	UNIA MIAST	K45-49	13			00:11:19	00:43:30.05	00:54:49.30	+00:08:36 (19.8%)	8:42	6.9 (80.2%)
14	MOROZ-KĘCZYŃSKA Ewa	888		K45-49	14			00:11:23	00:43:36.20	00:55:00.10	+00:08:42 (20.0%)	8:43	6.9 (80.2%)

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15	NOWAK Danuta	385	SANTANDER CONSUMER BANK	K45-49	15			00:11:22	00:45:00.15	00:56:23.10	+00:10:06 (22.5%)	9:00	6.7 (77.9%)
16	NOWAK Beata	383	SAILING TEAM FERAJNA	K45-49	16			00:11:20	00:46:00.20	00:57:21.15	+00:11:06 (24.1%)	9:12	6.5 (75.6%)
17	ZINIEWICZ Małgorzata	872	POWIAT HAJNOWSKI	K45-49	17			00:16:45	00:48:49.10	01:05:34.90	+00:13:55 (28.5%)	9:45	6.1 (70.9%)
18	STAWARZ Jolanta	518	POWIAT HAJNOWSKI	K45-49	18			00:12:07	00:48:53.10	01:01:00.95	+00:13:59 (28.6%)	9:46	6.1 (70.9%)
19	MAJEWSKA-IWANIUK Mirosława	890		K45-49	19			00:11:23	00:49:50.15	01:01:13.85	+00:14:56 (30.0%)	9:58	6 (69.8%)
20	JAKONIUK Joanna	202	KIJ-FANI POWIAT HAJNOWSKI	K45-49	20			00:11:23	00:49:56.05	01:01:19.05	+00:15:02 (30.1%)	9:59	6 (69.8%)
21	MARKIEWICZ Bożena	351	POWIAT HAJNOWSKI	K45-49	21			00:11:21	00:51:20.45	01:02:41.70	+00:16:26 (32.0%)	10:16	5.8 (67.4%)
22	PĘDZICH Małgorzata	429	SANTANDER CONSUMER BANK	K45-49	22			00:11:19	00:51:45.60	01:03:04.95	+00:16:51 (32.6%)	10:21	5.8 (67.4%)
23	KABACIŃSKA Anna	356	FACE NORDIC WALKING TEAM	K45-49	23			00:11:21	00:53:15.40	01:04:36.50	+00:18:21 (34.5%)	10:39	5.6 (65.1%)
24	GRYGORUK Irena	182		K45-49	24			00:19:04	00:53:30.45	01:12:34.90	+00:18:36 (34.8%)	10:42	5.6 (65.1%)
25	BOROWSKA Marta	60	SANTANDER CONSUMER BANK	K45-49	25			00:08:57	00:54:09.35	01:03:06.45	+00:19:15 (35.6%)	10:49	5.5 (64.0%)
26	KIŚLAK Krystyna	252		K45-49	26			00:23:27	01:05:16.25	01:28:43.90	+00:30:22 (46.5%)	13:03	4.6 (53.5%)

Znaleziono 26 wynik(ów)