



HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-09-12
Miejsce: Hajnówka
Dystans: 5 km



Klasyfikacja: K 55-59

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	ZALISKO Oksana	516	DABROWA NT	K 55-59	1			01:59:21	00:32:47	02:32:08		6:33	9.2 (100%)
2	GAPIŃSKA Janina	101	WESOŁY BORSUK TEAM	K 55-59	2			01:59:21	00:34:41	02:34:02	+00:01:54 (5.5%)	6:56	8.6 (93.5%)
3	MARKOWSKA Halina	277	K.S.ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	3			01:59:21	00:35:06	02:34:27	+00:02:19 (6.6%)	7:01	8.5 (92.4%)
4	KUPIBIDA Bogusława	234	SILESIA NORDIC TEAM	K 55-59	4			01:59:24	00:37:06	02:36:30	+00:04:19 (11.6%)	7:25	8.1 (88.0%)
5	ŻUCHOWICZ Elżbieta	531	DĄBROWA NORDIC TEAM	K 55-59	5			01:59:21	00:37:22	02:36:43	+00:04:35 (12.3%)	7:28	8 (87.0%)
6	PACZUSKA Małgorzata	332	FOREVER YOUNG ŁÓDŹ	K 55-59	6			01:59:24	00:38:25	02:37:49	+00:05:38 (14.7%)	7:41	7.8 (84.8%)
7	KOSIŃSKA Maria	209	MOSIR	K 55-59	7			01:59:23	00:38:56	02:38:19	+00:06:09 (15.8%)	7:47	7.7 (83.7%)
8	CYBUL Ewa	69	CHODZĘ Z SERCEM	K 55-59	8			01:59:22	00:39:29	02:38:51	+00:06:42 (17.0%)	7:53	7.6 (82.6%)
9	ZIELIŃSKA Barbara	524		K 55-59	9			01:59:23	00:40:13	02:39:36	+00:07:26 (18.5%)	8:02	7.5 (81.5%)
10	KRAWCZYKOWSKA Barbara	221	LKS ZANTYR SZTUM	K 55-59	10			01:59:22	00:40:15	02:39:37	+00:07:28 (18.6%)	8:03	7.5 (81.5%)
11	KSIĄŻEK Danuta	228	CHODZĘ Z SERCEM	K 55-59	11			01:59:22	00:41:23	02:40:45	+00:08:36 (20.8%)	8:16	7.2 (78.3%)
12	SZREJDER Zofia	447		K 55-59	12			01:59:25	00:41:28	02:40:53	+00:08:41 (20.9%)	8:17	7.2 (78.3%)
13	OMARSKA Grażyna	317	PASJA NORDIC WALKING	K 55-59	13			01:59:29	00:41:53	02:41:22	+00:09:06 (21.7%)	8:22	7.2 (78.3%)
14	ANDRZEJEWSKA Bogusława	14		K 55-59	14			01:59:26	00:43:11	02:42:37	+00:10:24 (24.1%)	8:38	6.9 (75.0%)

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15	SUJKOWSKA Elżbieta	433		K 55-59	15			01:59:23	00:43:15	02:42:38	+00:10:28 (24.2%)	8:39	6.9 (75.0%)
16	SOŁKIEWICZ Olga	418		K 55-59	16			01:58:27	00:43:44	02:42:11	+00:10:57 (25.0%)	8:44	6.9 (75.0%)
17	SIDORUK Irena	402	UTW	K 55-59	17			01:59:22	00:43:53	02:43:15	+00:11:06 (25.3%)	8:46	6.8 (73.9%)
18	RYGOROWICZ Wiera	389		K 55-59	18			01:59:28	00:44:43	02:44:11	+00:11:56 (26.7%)	8:56	6.7 (72.8%)
19	PRÓCHNICKA Marianna	359	CHODZĘ Z SERCEM	K 55-59	19			01:59:25	00:45:41	02:45:06	+00:12:54 (28.2%)	9:08	6.6 (71.7%)
20	DĄBROWSKA Jadwiga	76		K 55-59	20			01:59:26	00:45:57	02:45:23	+00:13:10 (28.7%)	9:11	6.5 (70.7%)
21	JERZYK Irena	170		K 55-59	21			01:59:29	00:46:47	02:46:16	+00:14:00 (29.9%)	9:21	6.4 (69.6%)
22	DUBKOWICZ Anna	86		K 55-59	22			01:59:29	00:46:59	02:46:28	+00:14:12 (30.2%)	9:23	6.4 (69.6%)
23	HORNOSTAJ Irena	149		K 55-59	23			01:59:29	00:47:01	02:46:30	+00:14:14 (30.3%)	9:24	6.4 (69.6%)
24	LITWINIUK Ilia	251		K 55-59	24			01:59:27	00:47:17	02:46:44	+00:14:30 (30.7%)	9:27	6.3 (68.5%)
25	ANDRZEJUK Irena	19		K 55-59	25			01:59:24	00:47:31	02:46:55	+00:14:44 (31.0%)	9:30	6.3 (68.5%)
26	GARBARCZYK Elżbieta	106	AKTYWNI Z PASJĄ ŁUKÓW	K 55-59	26			01:59:27	00:48:20	02:47:47	+00:15:33 (32.2%)	9:40	6.2 (67.4%)
27	ZABROCKA Nina	513		K 55-59	27			01:59:25	00:54:00	02:53:25	+00:21:13 (39.3%)	10:48	5.6 (60.9%)
28	KOWALSKA Krystyna	216	UNIWERSYTET II WIEKU W MIEJSKIEJ GÓRCIE	K 55-59	28			01:59:29	00:55:04	02:54:33	+00:22:17 (40.5%)	11:00	5.4 (58.7%)

Znaleziono 28 wynik(ów)