



IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

PNW
2017-04-08
Jastrowie
42.195 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Start_All 42.195km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	PASIKOWSKA Mariola	50	POSITIVE ENERGY	K30-39	1			00:01:32	00:33:59	01:13:08	01:53:03	02:33:41	03:14:44	03:56:40	04:39:33	05:22:22.60	05:23:54.95		7:38	7.9 (100%)	
2	SPYCHAŁA Marzena	68	WESOŁY BORSUK TEAM	K40-49	1			00:01:32	00:35:18	01:15:26	01:56:02	02:36:54	03:18:15	04:00:53	04:43:59	05:27:15.50	05:28:47.90	+00:04:52 (1.5%)	7:45	7.7 (97.5%)	
3	ŁUKASZEWICZ Joanna	37	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:01:33	00:35:21	01:15:54	01:56:27	02:38:09	03:20:54	04:03:40	04:46:59	05:29:47.25	05:31:20.30	+00:07:24 (2.2%)	7:48	7.7 (97.5%)	
4	STOPA Joanna	73	BŁĘKITNI DZIEMIANY	K18-29	1			00:01:32	00:37:03	01:18:34	01:59:55	02:41:49	03:23:59	04:05:52	04:47:53	05:30:43.80	05:32:16.15	+00:08:21 (2.5%)	7:50	7.7 (97.5%)	
5	KACZMARCZYK-PIASECKA Renata	27	CZARNE PANTERY	K40-49	3			00:01:34	00:38:02	01:20:01	02:00:58	02:42:06	03:23:28	04:05:17	04:48:09	05:31:29.90	05:33:04.40	+00:09:07 (2.8%)	7:51	7.6 (96.2%)	
6	STĘPIEŃ Lucyna	71	KS METRACO POLKOWICE	K60-64	1			00:01:39	00:36:20	01:17:07	01:58:23	02:40:13	03:22:52	04:05:46	04:49:22	05:32:44.95	05:34:24.35	+00:10:22 (3.1%)	7:53	7.6 (96.2%)	
7	KOŁODZIEJ Joanna	30	FABRIKANORDIKA	K40-49	4			00:01:33	00:36:33	01:17:30	01:58:17	02:40:02	03:22:10	04:05:48	04:50:04	05:33:50.85	05:35:24.60	+00:11:28 (3.4%)	7:54	7.6 (96.2%)	
8	BOCZAR Beata	3	GREEN TEAM ZIELONA GÓRA	K50-54	1			00:01:33	00:36:53	01:17:52	01:59:46	02:41:53	03:24:26	04:07:33	04:51:46	05:35:36.50	05:37:09.75	+00:13:13 (3.9%)	7:57	7.5 (94.9%)	
9	SKRYCKA Katarzyna	66	KS METRACO POLKOWICE	K30-39	2			00:01:33	00:35:48	01:15:47	01:56:09	02:37:27	03:20:41	04:03:39	04:49:23	05:36:14.50	05:37:47.65	+00:13:51 (4.1%)	7:58	7.5 (94.9%)	
10	REJMAN Dorota	61	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K30-39	3			00:01:35	00:36:27	01:17:16	01:58:49	02:41:24	03:24:55	04:09:31	04:54:55	05:38:55.25	05:40:30.50	+00:16:32 (4.9%)	8:01	7.5 (94.9%)	
11	WITKOWSKA Maria	88	UNIA MIAST	K60-64	2			00:01:40	00:37:24	01:19:57	02:01:46	02:44:17	03:27:19	04:11:05	04:55:48	05:41:20.90	05:43:01.70	+00:18:58 (5.6%)	8:05	7.4 (93.7%)	
12	WOLNIEWICZ Katarzyna	89	FABRIKANORDIKA	K40-49	5	1		00:01:34	00:37:34	01:19:26	02:01:02	02:43:20	03:27:09	04:11:47	04:57:02	05:43:00.35	05:44:34.55	+00:20:37 (6.0%)	8:07	7.4 (93.7%)	
13	ŁOPATKIEWICZ Beata	97		K50-54	2			00:01:33	00:36:54	01:18:41	02:01:33	02:45:00	03:30:30	04:15:47	05:01:27	05:47:56.60	05:49:30.30	+00:25:34 (7.3%)	8:14	7.3 (92.4%)	
14	BUCZKOWSKA Wiesława	7	FOREST POLE WALKERS	K60-64	3			00:01:37	00:38:02	01:20:13	02:03:15	02:47:10	03:31:26	04:16:35	05:02:31	05:48:50.35	05:50:28.30	+00:26:27 (7.6%)	8:15	7.3 (92.4%)	
15	RESEMAN Sylwia	62	FACE NORDIC WALKING TEAM	K40-49	6			00:01:38	00:38:54	01:22:27	02:05:43	02:49:19	03:34:12	04:19:06	05:05:34	05:51:38.75	05:53:17.40	+00:29:16 (8.3%)	8:19	7.2 (91.1%)	
16	SZCZEPAŃSKA Anna	77	SUCHA GÓRA	K40-49	7			00:01:38	00:38:56	01:22:48	02:06:49	02:50:50	03:35:35	04:21:02	05:06:52	05:51:59.40	05:53:37.55	+00:29:36 (8.4%)	8:20	7.2 (91.1%)	
17	PIERNICKA Krystyna	54		K55-59	1	1		00:01:35	00:37:36	01:19:49	02:02:36	02:47:13	03:31:49	04:18:37	05:05:51	05:53:55.35	05:55:31.25	+00:31:32 (8.9%)	8:23	7.2 (91.1%)	
18	ANTCZAK-KRETKOWSKA Maria	94		K55-59	2			00:01:37	00:38:50	01:22:45	02:06:39	02:51:46	03:38:22	04:24:47	05:10:58	05:56:06.70	05:57:44.35	+00:33:44 (9.5%)	8:26	7.1 (89.9%)	
19	HINC Iwona	23	FACE NORDIC WALKING TEAM	K40-49	8	1		00:01:37	00:37:35	01:20:33	02:04:16	02:49:16	03:34:31	04:20:52	05:08:28	05:56:42.35	05:58:19.50	+00:34:19 (9.6%)	8:27	7.1 (89.9%)	
20	KARASIEWICZ Irena	91	FACE NORDIC WALKING TEAM	K50-54	3			00:01:36	00:38:27	01:21:48	02:06:18	02:51:52	03:37:53	04:24:44	05:11:57	05:58:42.90	06:00:19.85	+00:36:20 (10.1%)	8:30	7.1 (89.9%)	
21	KOBIELA Daria	28	'BŁĘKITNI' NW DZIEMIANY	K18-29	2			00:01:32	00:38:59	01:22:35	02:06:06	02:50:26	03:35:37	04:23:49	05:14:06	06:01:30.35	06:03:03.30	+00:39:07 (10.8%)	8:34	7 (88.6%)	
22	REJ Anna	60		K30-39	4			00:01:38	00:40:06	01:27:01	02:13:08	02:58:16	03:43:53	04:29:00	05:15:33	06:02:53.60	06:04:32.25	+00:40:31 (11.2%)	8:35	7 (88.6%)	
23	WACHOWIAK Sylwia	83	DYNAMIC	K40-49	9			00:01:36	00:38:36	01:22:46	02:07:41	02:53:42	03:40:49	04:30:04	05:18:27	06:04:03.70	06:05:40.35	+00:41:41 (11.4%)	8:37	7 (88.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
24	ROSOŁEK Elżbieta	63	GREEN TEAM ZIELONA GÓRA	K50-54	4			00:01:35	00:39:24	01:23:12	02:05:55	02:50:15	03:39:27	04:27:18	05:16:52	06:06:06.85	06:07:42.10	+00:43:44 (11.9%)	8:40	6.9 (87.3%)
25	CZYCZ Emilia	14	GREEN TEAM ZIELONA GÓRA	K65+	1			00:01:40	00:38:08	01:21:39	02:06:41	02:54:43	03:42:11	04:31:21	05:19:41	06:08:19.50	06:09:59.70	+00:45:56 (12.5%)	8:43	6.9 (87.3%)
26	SULEJA Joanna	75	SZWLA STARGARD	K55-59	3			00:01:37	00:38:14	01:21:44	02:06:46	02:54:47	03:42:15	04:31:25	05:19:45	06:08:21.55	06:09:59.40	+00:45:58 (12.5%)	8:43	6.9 (87.3%)
27	WAŁECKA Krystyna	92	FACE NORDIC WALKING TEAM	K60-64	4	1		00:01:37	00:38:58	01:22:51	02:07:50	02:54:50	03:42:53	04:31:31	05:21:06	06:13:23.20	06:15:00.45	+00:51:00 (13.7%)	8:50	6.8 (86.1%)
28	GRYGIEL Monika	21	FACE NORDIC WALKING TEAM	K30-39	5			00:01:34	00:37:32	01:21:37	02:06:19	02:53:00	03:41:51	04:30:48	05:21:08	06:13:25.80	06:15:00.60	+00:51:03 (13.7%)	8:50	6.8 (86.1%)
29	RACZYŃSKA Aleksandra	59	STADION ŚLĄSKI	K65+	2			00:01:39	00:38:08	01:22:25	02:08:38	02:56:30	03:44:50	04:35:21	05:24:30	06:13:52.85	06:15:32.40	+00:51:30 (13.8%)	8:51	6.8 (86.1%)
30	JASOŃ Grażyna	99		K55-59	4			00:01:39	00:40:03	01:27:14	02:14:32	03:02:44	03:50:38	04:38:39	05:27:17	06:14:36.65	06:16:15.85	+00:52:14 (13.9%)	8:52	6.8 (86.1%)
31	GERLE-KOTULA Anna	19	UNIA MIAST	K30-39	6			00:01:33	00:40:55	01:27:37	02:15:08	03:03:19	03:52:31	04:42:56	05:33:59	06:24:01.40	06:25:35.30	+01:01:38 (16.1%)	9:06	6.6 (83.5%)
32	POSTEK Danuta	98	MARSZ PO ZDROWIE	K50-54	5			00:01:35	00:39:48	01:25:08	02:11:09	02:59:01	03:47:56	04:41:02	05:34:24	06:27:59.25	06:29:34.70	+01:05:36 (16.9%)	9:11	6.5 (82.3%)
33	CHOLEWKA Jolanta	10	MARSZ PO ZDROWIE POZNAŃ	K60-64	5			00:01:35	00:40:08	01:26:47	02:14:04	03:03:11	03:53:18	04:45:04	05:37:26	06:31:04.10	06:32:39.35	+01:08:41 (17.6%)	9:16	6.5 (82.3%)
34	KOZŁOWSKA Agnieszka	35	DYNAMIC	K40-49	10			00:01:36	00:42:39	01:28:34	02:15:53	03:05:01	03:56:30	04:48:46	05:41:43	06:34:07.35	06:35:43.40	+01:11:44 (18.2%)	9:20	6.4 (81.0%)
35	SERAFIN Anna	65	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY NORDIC WALKING	K30-39	7			00:01:34	00:43:15	01:29:48	02:17:40	03:05:57	03:57:20	04:50:06	05:46:07	06:44:24.10	06:45:58.80	+01:22:01 (20.3%)	9:34	6.3 (79.7%)
36	JASIŃSKA Małgorzata	25	FAMILY PARK	K50-54	6			00:01:36	00:40:06	01:27:03	02:13:12	03:01:24	03:53:29	04:48:28	05:50:15	06:49:47.70	06:51:24.15	+01:27:25 (21.3%)	9:42	6.2 (78.5%)
37	BONZEL Dorota	5	KLUB SZALONEJ DOROTKI	K30-39	8			00:01:33	00:44:10	01:32:48	02:22:08	03:13:12	04:06:13	05:01:47	05:58:36	06:56:31.50	06:58:05.05	+01:34:08 (22.6%)	9:52	6.1 (77.2%)
38	CERANOWSKA Aga	9	PSEUDOBIEGACZKI	K40-49	11	1		00:01:38	00:44:22	01:34:24	02:26:02	03:18:56	04:14:15	05:11:36	06:07:02	07:01:43.30	07:03:22.20	+01:39:20 (23.6%)	9:59	6 (75.9%)
39	BŁASZCZYK Katarzyna	96	KIJANKI POZNAŃ	K40-49	12			00:01:40	00:44:13	01:33:27	02:25:31	03:18:56	04:14:16	05:11:36	06:07:09	07:02:39.75	07:04:19.75	+01:40:17 (23.7%)	10:00	6 (75.9%)
40	MAĆKOWIAK Aleksandra	39	FACE NORDIC WALKING TEAM	K30-39	9			00:01:34	00:42:09	01:29:52	02:24:59	03:17:50	04:09:24	05:04:33	06:05:53	07:03:03.95	07:04:38.75	+01:40:41 (23.8%)	10:01	6 (75.9%)
41	MAĆKOWIAK Krystyna	38	FACE NORDIC WALKING TEAM	K60-64	6			00:01:36	00:42:06	01:30:41	02:21:13	03:14:10	04:10:24	05:07:59	06:08:09	07:07:46.70	07:09:23.00	+01:45:24 (24.6%)	10:08	5.9 (74.7%)
	BANASZKIEWICZ Katarzyna	2	PILSCY MIŁOŚNICY NW	K40-49				DNF	00:35:47 DNF	01:17:24 DNF	01:59:31 DNF	02:43:07 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 42 wynik(ów)