



# JASTROWIE - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10.72KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-04-16  
**Miejsce:** Jastrowie  
**Dystans:** 10.72 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
1	LUBIATOWSKI Ireneusz	193.	KS METRACO POLKOWICE	M50-59	1			00:00:14	00:31:21	00:33:51	01:06:00	01:08:33.80	01:08:47.90		6:23	9.4 (100%)
2	KLICZKA Kamil	182.	PUSZCZYK BUKOWY	M40-49	1			00:00:12	00:32:02	00:34:33	01:06:57	01:09:34.45	01:09:46.45	+00:01:00 (1.5%)	6:29	9.2 (97.9%)
3	SIWAK Piotr	230.	KS METRACO POLKOWICE	M50-59	2	1		00:00:10	00:32:18	00:34:54	01:08:15	01:11:00.90	01:11:11.65	+00:02:27 (3.5%)	6:37	9.1 (96.8%)
4	HELWICH Stefan	170.	KS METRACO POLKOWICE	M60-69	1	1		00:00:15	00:33:09	00:35:46	01:09:52	01:12:46.45	01:13:02.30	+00:04:12 (5.8%)	6:47	8.8 (93.6%)
5	ADAMSKI Robert	239.	DRUŻYNA SZPIKU	M40-49	2	1		00:00:11	00:33:46	00:36:27	01:11:02	01:13:49.95	01:14:01.50	+00:05:16 (7.1%)	6:53	8.7 (92.6%)
6	KULIG Henryk	189.	K S ELBLASKIE WŁÓCZY-KIJE	M60-69	2	1		00:00:15	00:34:08	00:36:53	01:12:23	01:15:16.75	01:15:31.90	+00:06:42 (8.9%)	7:01	8.5 (90.4%)
7	KOLENKIEWICZ Dariusz	183.	K S ELBLASKIE WŁÓCZY-KIJE	M50-59	3			00:00:11	00:34:10	00:36:58	01:12:28	01:15:21.70	01:15:32.90	+00:06:47 (9.0%)	7:01	8.5 (90.4%)
8	STANISŁAWSKI Jan	240.	AKTYWNI 50+	M50-59	4			00:00:13	00:34:11	00:36:59	01:12:41	01:15:35.25	01:15:48.50	+00:07:01 (9.3%)	7:03	8.5 (90.4%)
9	KALISZ Krzysztof	179.	KS METRACO POLKOWICE	M60-69	3			00:00:14	00:34:38	00:37:26	01:13:12	01:16:03.15	01:16:17.30	+00:07:29 (9.8%)	7:05	8.5 (90.4%)
10	SPYCHAŁA Marzena	211.	WESOŁY BORSUK TEAM	K40-49	1			00:02:39	00:34:44	00:37:30	01:13:21	01:16:10.80	01:18:50.15	+00:07:37 (10.0%)	7:06	8.4 (89.4%)
11	WIERCHANOWSKI Bogdan	219.	KS METRACO POLKOWICE	M50-59	5	1		00:00:11	00:34:20	00:37:08	01:13:14	01:16:12.50	01:16:24.05	+00:07:38 (10.0%)	7:06	8.4 (89.4%)
12	KRZYŻANOWSKI Robert	188.	GOSIR OSIELSKO	M40-49	3			00:00:12	00:34:09	00:36:56	01:13:24	01:16:17.95	01:16:30.25	+00:07:44 (10.1%)	7:07	8.4 (89.4%)
13	LUBAWIŃSKI Jerzy-Bernard	192.	FACE NORDIC WALKING TEAM	M60-69	4	1		00:00:13	00:34:11	00:37:02	01:13:31	01:16:20.55	01:16:34.45	+00:07:46 (10.2%)	7:07	8.4 (89.4%)
14	KĘPA Andrzej	181.	SKI FAMILY TEAM	M60-69	5			00:00:14	00:35:18	00:38:07	01:13:49	01:16:30.90	01:16:45.65	+00:07:57 (10.4%)	7:08	8.4 (89.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	5.36km	10.36km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10.72km	brutto 10.72km			
15	<b>JĘDRASIAK Renata</b>	<b>176.</b>	KS METRACO POLKOWICE	K50-59	1			00:02:39	00:34:57	00:37:41	01:13:46	<b>01:16:32.40</b>	<b>01:19:11.70</b>	+00:07:58 (10.4%)	7:08	8.4 (89.4%)
16	<b>KASPRZYK Lilianna</b>	<b>180.</b>	KS METRACO POLKOWICE	K50-59	2			00:02:41	00:35:20	00:38:12	01:14:19	<b>01:17:11.40</b>	<b>01:19:53.15</b>	+00:08:37 (11.2%)	7:12	8.3 (88.3%)
17	<b>CZEKAJŁO Franciszek</b>	<b>160.</b>	TEAM Meprozet	M60-69	6			00:00:15	00:35:18	00:38:08	01:14:30	<b>01:17:22.35</b>	<b>01:17:37.90</b>	+00:08:48 (11.4%)	7:13	8.3 (88.3%)
18	<b>STAWNIAK Karol</b>	<b>212.</b>	KS METRACO POLKOWICE	M60-69	7			00:00:13	00:34:40	00:37:28	01:14:31	<b>01:17:24.00</b>	<b>01:17:37.40</b>	+00:08:50 (11.4%)	7:13	8.3 (88.3%)
19	<b>SMUL Andrzej</b>	<b>209.</b>	GREEN TEAM	M60-69	8			00:00:15	00:34:39	00:37:27	01:14:39	<b>01:17:37.60</b>	<b>01:17:52.70</b>	+00:09:03 (11.7%)	7:14	8.3 (88.3%)
20	<b>FALKOWSKA Beata</b>	<b>164.</b>	UKS GIMNAZJON SUCHY LAS	K50-59	3			00:02:40	00:35:25	00:38:15	01:14:52	<b>01:17:45.80</b>	<b>01:20:26.45</b>	+00:09:12 (11.8%)	7:15	8.3 (88.3%)
21	<b>ZAMRZYCKI Leszek</b>	<b>222.</b>		M50-59	6			00:00:16	00:35:28	00:38:21	01:15:32	<b>01:18:21.40</b>	<b>01:18:37.95</b>	+00:09:47 (12.5%)	7:18	8.2 (87.2%)
22	<b>CHOLEWIŃSKI Wojciech</b>	<b>159.</b>	KB KATORŻNIK MUROWANA GOSLINA	M50-59	7			00:00:12	00:35:32	00:38:22	01:15:32	<b>01:18:22.40</b>	<b>01:18:35.35</b>	+00:09:48 (12.5%)	7:18	8.2 (87.2%)
23	<b>PRAWUCKI Krzysztof</b>	<b>204.</b>	JEZIORKI AKTYWNA WIES	M30-39	1			00:00:09	00:36:54	00:39:48	01:16:39	<b>01:19:32.95</b>	<b>01:19:42.55</b>	+00:10:59 (13.8%)	7:25	8.1 (86.2%)
24	<b>ZIĘBA Krzysztof</b>	<b>227.</b>		M50-59	8			00:00:15	00:35:43	00:38:37	01:16:44	<b>01:19:35.10</b>	<b>01:19:50.75</b>	+00:11:01 (13.8%)	7:25	8.1 (86.2%)
25	<b>SKRYCKA Katarzyna</b>	<b>208.</b>	KS METRACO POLKOWICE	K30-39	1			00:02:36	00:36:56	00:39:50	01:17:03	<b>01:20:01.50</b>	<b>01:22:38.35</b>	+00:11:27 (14.3%)	7:27	8 (85.1%)
26	<b>KRUSZKA Arleta</b>	<b>283.</b>	MARSZ PO ZDROWIE	K50-59	4			00:02:40	00:36:39	00:39:35	01:17:17	<b>01:20:06.65</b>	<b>01:22:46.65</b>	+00:11:32 (14.4%)	7:28	8 (85.1%)
27	<b>MOTYLSKA Aleksa</b>	<b>241.</b>	NORDIC TEAM GNIEZNO	K18-29	1	1		00:02:35	00:36:33	00:39:32	01:17:14	<b>01:20:09.00</b>	<b>01:22:44.35</b>	+00:11:35 (14.5%)	7:28	8 (85.1%)
28	<b>KACZMARCZYK-PIASECKA Renata</b>	<b>178.</b>	CZARNE PANTERY	K40-49	2			00:02:36	00:37:10	00:40:08	01:17:40	<b>01:20:33.40</b>	<b>01:23:10.35</b>	+00:11:59 (14.9%)	7:30	8 (85.1%)
29	<b>WOLNIEWICZ Katarzyna</b>	<b>220.</b>	FABRIKANORDIKA	K40-49	3			00:02:38	00:36:55	00:39:50	01:18:30	<b>01:21:35.75</b>	<b>01:24:14.00</b>	+00:13:01 (16.0%)	7:36	7.9 (84.0%)
30	<b>JANECKI Dariusz</b>	<b>174.</b>	JEZIORKI AKTYWNA WIES	M50-59	9	1		00:00:12	00:36:55	00:39:49	01:18:42	<b>01:21:46.55</b>	<b>01:21:59.35</b>	+00:13:12 (16.2%)	7:37	7.9 (84.0%)
31	<b>BANACH Joanna</b>	<b>155.</b>	UKS GIMNAZJON SUCHY LAS	K40-49	4			00:02:43	00:37:39	00:40:46	01:19:51	<b>01:22:53.60</b>	<b>01:25:37.50</b>	+00:14:19 (17.3%)	7:43	7.8 (83.0%)
32	<b>GIBAS Sławomir</b>	<b>165.</b>		M30-39	2			00:00:09	00:36:58	00:39:55	01:20:07	<b>01:23:17.95</b>	<b>01:23:27.40</b>	+00:14:44 (17.7%)	7:46	7.7 (81.9%)
33	<b>ŁABUS Izabela</b>	<b>194.</b>	FABRIKANORDIKA	K18-29	2			00:02:35	00:37:37	00:40:42	01:20:56	<b>01:24:03.90</b>	<b>01:26:39.45</b>	+00:15:30 (18.4%)	7:50	7.7 (81.9%)
34	<b>GRZESZCZAK Andrzej</b>	<b>232.</b>	KS METRACO POLKOWICE	M50-59	10			00:00:12	00:38:47	00:41:54	01:21:20	<b>01:24:28.45</b>	<b>01:24:41.05</b>	+00:15:54 (18.8%)	7:52	7.6 (80.9%)
35	<b>CHOLEWIŃSKA Longina</b>	<b>158.</b>	KB KATORŻNIK MUROWANA GOSLINA	K50-59	5			00:02:41	00:38:28	00:41:36	01:21:14	<b>01:24:32.00</b>	<b>01:27:13.45</b>	+00:15:58 (18.9%)	7:53	7.6 (80.9%)
36	<b>ŁOPIŃSKI Aleksy</b>	<b>196.</b>	CZARNE PANTERY	M60-69	9			00:00:17	00:39:09	00:42:20	01:21:22	<b>01:24:32.05</b>	<b>01:24:49.30</b>	+00:15:58 (18.9%)	7:53	7.6 (80.9%)
37	<b>BANASZKIEWICZ Katarzyna</b>	<b>156.</b>	SAMA CHODZĘ :)	K40-49	5			00:02:43	00:38:55	00:42:02	01:21:45	<b>01:24:45.65</b>	<b>01:27:29.55</b>	+00:16:11 (19.1%)	7:54	7.6 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	5.36km	10.36km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10.72km	brutto 10.72km			
38	<b>ZIELIŃSKA Jolanta</b>	<b>226.</b>	GOSIR OSIELSKO	K50-59	6			00:02:47	00:38:37	00:41:46	01:21:39	<b>01:24:52.25</b>	<b>01:27:40.20</b>	+00:16:18 (19.2%)	7:55	7.6 (80.9%)
39	<b>WALKOWIAK Michał</b>	<b>215.</b>		M30-39	3			00:00:08	00:40:06	00:43:16	01:21:49	<b>01:24:57.20</b>	<b>01:25:05.90</b>	+00:16:23 (19.3%)	7:55	7.6 (80.9%)
40	<b>KOZŁOWSKA Agnieszka</b>	<b>235.</b>	FACE NORDIC WALKING TEAM	K40-49	6			00:02:43	00:40:27	00:43:38	01:23:12	<b>01:26:16.10</b>	<b>01:28:59.70</b>	+00:17:42 (20.5%)	8:02	7.5 (79.8%)
41	<b>JANECKA Agnieszka</b>	<b>173.</b>	JEZIORKI AKTYWNA WIES	K40-49	7	1		00:02:42	00:39:44	00:42:55	01:23:29	<b>01:26:46.00</b>	<b>01:29:28.20</b>	+00:18:12 (21.0%)	8:05	7.4 (78.7%)
41	<b>ROSADZIŃSKA Natalia</b>	<b>206.</b>		K18-29	3			00:02:35	00:40:02	00:43:16	01:23:34	<b>01:26:46.00</b>	<b>01:29:21.95</b>	+00:18:12 (21.0%)	8:05	7.4 (78.7%)
43	<b>WACHOWIAK Sylwia</b>	<b>214.</b>	SAILING TEAM FERAJNA	K40-49	8			00:02:39	00:39:57	00:43:10	01:23:50	<b>01:27:04.10</b>	<b>01:29:43.80</b>	+00:18:30 (21.3%)	8:07	7.4 (78.7%)
44	<b>NOWAKOWSKI Rafał</b>	<b>233.</b>	JEZIORKI AKTYWNA WIES	M30-39	4			00:00:09	00:40:49	00:43:56	01:24:12	<b>01:27:13.50</b>	<b>01:27:23.35</b>	+00:18:39 (21.4%)	8:08	7.4 (78.7%)
45	<b>KULKA Maciej</b>	<b>190.</b>	FACE NORDIC WALKING TEAM	M50-59	11			00:00:15	00:41:20	00:44:31	01:24:36	<b>01:27:35.20</b>	<b>01:27:50.75</b>	+00:19:01 (21.7%)	8:10	7.3 (77.7%)
46	<b>POSTEK Danuta</b>	<b>203.</b>	MARSZ PO ZDROWIE	K50-59	7			00:02:43	00:40:44	00:44:02	01:24:34	<b>01:27:47.40</b>	<b>01:30:30.45</b>	+00:19:13 (21.9%)	8:11	7.3 (77.7%)
47	<b>ZAWISŁA Stanisław</b>	<b>224.</b>	MARSZ PO ZDROWIE	M60-69	10			00:00:14	00:39:06	00:42:23	01:24:23	<b>01:27:53.80</b>	<b>01:28:08.20</b>	+00:19:20 (22.0%)	8:11	7.3 (77.7%)
48	<b>PISZCZ Wiesław</b>	<b>202.</b>		M40-49	4			00:00:12	00:41:30	00:44:46	01:24:59	<b>01:28:06.75</b>	<b>01:28:19.35</b>	+00:19:32 (22.2%)	8:13	7.3 (77.7%)
49	<b>SOBECKA Marzena</b>	<b>210.</b>		K40-49	9			00:02:40	00:40:30	00:43:44	01:24:51	<b>01:28:12.75</b>	<b>01:30:52.95</b>	+00:19:38 (22.3%)	8:13	7.3 (77.7%)
50	<b>APPEL Jerzy</b>	<b>154.</b>	GOSIR OSIELSKO	M70+	1			00:00:16	00:39:48	00:43:06	01:25:14	<b>01:28:24.35</b>	<b>01:28:40.90</b>	+00:19:50 (22.4%)	8:14	7.3 (77.7%)
51	<b>WORONKO- ZACZYŃSKA Janina</b>	<b>221.</b>	KS METRACO POLKOWICE	K70+	1			00:02:46	00:40:20	00:43:37	01:25:02	<b>01:28:25.05</b>	<b>01:31:11.50</b>	+00:19:51 (22.5%)	8:14	7.3 (77.7%)
52	<b>KOSIŃSKA Maria</b>	<b>184.</b>	MOSIR	K60-69	1			00:02:44	00:40:03	00:43:17	01:25:04	<b>01:28:27.55</b>	<b>01:31:11.80</b>	+00:19:53 (22.5%)	8:15	7.3 (77.7%)
53	<b>STRZELECKI Sebastian</b>	<b>213.</b>	SAILING TEAM FERAJNA	M40-49	5			00:00:10	00:40:50	00:44:08	01:25:21	<b>01:28:33.50</b>	<b>01:28:43.95</b>	+00:19:59 (22.6%)	8:15	7.3 (77.7%)
54	<b>ZIAJKO Szymon</b>	<b>238.</b>		M30-39	5			00:00:10	00:41:35	00:44:51	01:25:22	<b>01:28:34.75</b>	<b>01:28:45.10</b>	+00:20:00 (22.6%)	8:15	7.3 (77.7%)
55	<b>NOWAK Maciej</b>	<b>198.</b>	SAILING TEAM FERAJNA	M40-49	6	1		00:00:11	00:41:55	00:45:11	01:25:30	<b>01:28:45.50</b>	<b>01:28:56.90</b>	+00:20:11 (22.8%)	8:16	7.2 (76.6%)
56	<b>BOROWSKI Marcin</b>	<b>236.</b>	FACE NORDIC WALKING TEAM	M30-39	6			00:00:10	00:41:01	00:44:11	01:25:45	<b>01:28:50.65</b>	<b>01:29:01.60</b>	+00:20:16 (22.8%)	8:17	7.2 (76.6%)
57	<b>KOWNACKA Jolanta</b>	<b>186.</b>	KSIR SPORTICO BIAŁOSLIWIE	K40-49	10			00:02:37	00:40:59	00:44:20	01:25:41	<b>01:28:56.95</b>	<b>01:31:34.60</b>	+00:20:23 (22.9%)	8:17	7.2 (76.6%)
58	<b>BIAŁAS Grzegorz</b>	<b>229.</b>		M50-59	12			00:00:17	00:41:25	00:44:41	01:25:43	<b>01:29:07.10</b>	<b>01:29:24.15</b>	+00:20:33 (23.1%)	8:18	7.2 (76.6%)
59	<b>WASEKA Julitta</b>	<b>218.</b>		K40-49	11			00:02:43	00:40:44	00:44:00	01:25:50	<b>01:29:11.55</b>	<b>01:31:54.55</b>	+00:20:37 (23.1%)	8:19	7.2 (76.6%)
60	<b>CHĘCIŃSKA Krystyna</b>	<b>216.</b>	UKS GIMNAZJON SUCHY LAS	K60-69	2			00:02:46	00:42:11	00:45:30	01:27:15	<b>01:30:33.85</b>	<b>01:33:20.25</b>	+00:22:00 (24.3%)	8:26	7.1 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	5.36km	10.36km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10.72km	brutto 10.72km			
61	<b>ŁASECKA Katarzyna</b>	<b>195.</b>	CZARNE PANTERY	K40-49	12			00:02:40	00:42:55	00:46:06	01:27:31	<b>01:30:40.00</b>	<b>01:33:20.55</b>	+00:22:06 (24.4%)	8:27	7.1 (75.5%)
62	<b>PILECKI Gustaw</b>	<b>201.</b>	GOSIR OSIELSKO	M70+	2	1		00:00:17	00:41:17	00:44:40	01:27:23	<b>01:30:44.55</b>	<b>01:31:02.20</b>	+00:22:10 (24.4%)	8:27	7.1 (75.5%)
63	<b>MAĆKOWIAK Krystyna</b>	<b>237.</b>	FACE NORDIC WALKING TEAM	K60-69	3	1		00:02:47	00:40:54	00:44:17	01:27:29	<b>01:30:52.95</b>	<b>01:33:40.05</b>	+00:22:19 (24.6%)	8:28	7.1 (75.5%)
64	<b>MURZYN Monika</b>	<b>197.</b>	KSIR SPORTICO BIAŁOSLIWIE	K30-39	2			00:02:38	00:41:51	00:45:21	01:27:47	<b>01:31:02.35</b>	<b>01:33:40.60</b>	+00:22:28 (24.7%)	8:29	7.1 (75.5%)
64	<b>ROSA Mariola</b>	<b>205.</b>	KSIR SPORTICO BIAŁOSLIWIE	K50-59	8			00:02:42	00:42:26	00:45:49	01:27:47	<b>01:31:02.35</b>	<b>01:33:44.50</b>	+00:22:28 (24.7%)	8:29	7.1 (75.5%)
66	<b>ZBIELSKA Agnieszka</b>	<b>225.</b>	SAILING TEAM FERAJNA	K30-39	3			00:02:36	00:42:31	00:45:51	01:27:55	<b>01:31:11.90</b>	<b>01:33:48.25</b>	+00:22:38 (24.8%)	8:30	7.1 (75.5%)
67	<b>DYMKOWSKI Krzysztof</b>	<b>163.</b>	CZARNE PANTERY	M40-49	7			00:00:10	00:43:10	00:46:31	01:28:07	<b>01:31:22.45</b>	<b>01:31:32.60</b>	+00:22:48 (25.0%)	8:31	7 (74.5%)
68	<b>ZAWADZKA Maria</b>	<b>223.</b>	KS METRACO POLKOWICE	K60-69	4			00:02:43	00:42:13	00:45:31	01:28:07	<b>01:31:43.45</b>	<b>01:34:27.40</b>	+00:23:09 (25.3%)	8:33	7 (74.5%)
69	<b>HACZYK Anna</b>	<b>169.</b>	UKS GIMNAZJON SUCHY LAS	K30-39	4			00:02:38	00:42:51	00:46:07	01:29:37	<b>01:32:55.05</b>	<b>01:35:33.45</b>	+00:24:21 (26.2%)	8:40	6.9 (73.4%)
70	<b>DROZDOWICZ Dorota</b>	<b>161.</b>	CZARNE PANTERY	K40-49	13			00:02:41	00:43:46	00:47:10	01:30:03	<b>01:33:15.20</b>	<b>01:35:56.35</b>	+00:24:41 (26.5%)	8:41	6.9 (73.4%)
71	<b>OGRODNICZAK Anna</b>	<b>199.</b>		K30-39	5			00:02:37	00:42:50	00:46:13	01:30:08	<b>01:33:33.95</b>	<b>01:36:11.45</b>	+00:25:00 (26.7%)	8:43	6.9 (73.4%)
72	<b>DRABCZYK Franciszek</b>	<b>231.</b>	KS METRACO POLKOWICE	M60-69	11			00:00:16	00:42:01	00:45:31	01:30:19	<b>01:33:55.85</b>	<b>01:34:12.40</b>	+00:25:22 (27.0%)	8:45	6.8 (72.3%)
73	<b>ADAMIEC Bożena</b>	<b>152.</b>		K30-39	6			00:02:36	00:44:38	00:48:07	01:31:13	<b>01:34:32.75</b>	<b>01:37:09.30</b>	+00:25:58 (27.5%)	8:49	6.8 (72.3%)
74	<b>BAKOWSKA Maria</b>	<b>157.</b>	NORDIC TEAM GNIEZNO	K60-69	5			00:02:46	00:44:26	00:47:57	01:31:11	<b>01:34:39.10</b>	<b>01:37:25.95</b>	+00:26:05 (27.6%)	8:49	6.8 (72.3%)
75	<b>JÓŹWIAK Dominik</b>	<b>177.</b>	WTW.WŁOCŁAWEK	M18-29	1			00:00:09	00:42:45	00:46:08	01:31:29	<b>01:34:57.55</b>	<b>01:35:06.80</b>	+00:26:23 (27.8%)	8:51	6.8 (72.3%)
76	<b>JARYSZ Agnieszka</b>	<b>175.</b>	FACE NORDIC WALKING TEAM	K30-39	7			00:02:42	00:46:01	00:49:35	01:32:27	<b>01:35:41.05</b>	<b>01:38:23.60</b>	+00:27:07 (28.3%)	8:55	6.7 (71.3%)
77	<b>GIERSZENDORF Monika</b>	<b>166.</b>	FACE NORDIC WALKING TEAM	K40-49	14			00:02:39	00:44:10	00:47:42	01:32:28	<b>01:35:45.80</b>	<b>01:38:25.25</b>	+00:27:12 (28.4%)	8:56	6.7 (71.3%)
78	<b>HORACZEK Małgorzata</b>	<b>171.</b>	UKS GIMNAZJON SUCHY LAS	K60-69	6	1		00:02:45	00:42:48	00:46:22	01:32:07	<b>01:35:46.20</b>	<b>01:38:31.65</b>	+00:27:12 (28.4%)	8:56	6.7 (71.3%)
79	<b>JAGŁA Monika</b>	<b>172.</b>	KSIR SPORTICO BIAŁOSLIWIE	K40-49	15			00:02:40	00:44:51	00:48:23	01:32:54	<b>01:36:26.60</b>	<b>01:39:06.70</b>	+00:27:52 (28.9%)	8:59	6.7 (71.3%)
80	<b>KRYZA Małgorzata</b>	<b>187.</b>	KSIR SPORTICO BIAŁOSLIWIE	K30-39	8			00:02:37	00:44:54	00:48:27	01:32:58	<b>01:36:29.55</b>	<b>01:39:06.70</b>	+00:27:55 (28.9%)	9:00	6.7 (71.3%)
81	<b>ABRAMOWICZ Ewa</b>	<b>151.</b>		K40-49	16			00:02:45	00:45:25	00:48:53	01:33:37	<b>01:37:01.70</b>	<b>01:39:47.45</b>	+00:28:27 (29.3%)	9:03	6.6 (70.2%)
82	<b>KOWALCZUK Maria</b>	<b>185.</b>		K40-49	17			00:02:42	00:45:28	00:48:57	01:33:40	<b>01:37:09.90</b>	<b>01:39:52.55</b>	+00:28:36 (29.4%)	9:03	6.6 (70.2%)
83	<b>BIAŁAS Ewa</b>	<b>228.</b>		K50-59	9			00:02:45	00:45:36	00:49:07	01:33:44	<b>01:37:18.20</b>	<b>01:40:03.35</b>	+00:28:44 (29.5%)	9:04	6.6 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
84	<b>LIKOWSKA Lidia</b>	<b>191.</b>		K40-49	18			00:02:38	00:45:44	00:49:19	01:33:51	<b>01:37:21.50</b>	<b>01:39:59.95</b>	+00:28:47 (29.6%)	9:04	6.6 (70.2%)
85	<b>GREFKIEWICZ Justyna</b>	<b>168.</b>	KB KATORŻNIK MUROWANA GOSŁINA	K40-49	19			00:02:44	00:45:33	00:49:10	01:34:06	<b>01:37:36.15</b>	<b>01:40:21.10</b>	+00:29:02 (29.8%)	9:06	6.6 (70.2%)
86	<b>OLSZEWSKA Elżbieta</b>	<b>200.</b>	KLUB SPORTOWY 'SPORTICO'	K40-49	20			00:02:40	00:46:47	00:50:24	01:34:13	<b>01:37:42.25</b>	<b>01:40:23.15</b>	+00:29:08 (29.8%)	9:06	6.6 (70.2%)
87	<b>OLSZEWSKA Martyna</b>	<b>234.</b>	KLUB SPORTOWY 'SPORTICO'	K18-29	4			00:02:36	00:46:51	00:50:27	01:34:16	<b>01:37:45.25</b>	<b>01:40:21.40</b>	+00:29:11 (29.9%)	9:07	6.6 (70.2%)
88	<b>ADAMIEC Ewa</b>	<b>153.</b>		K50-59	10			00:02:46	00:45:12	00:48:42	01:35:12	<b>01:38:52.10</b>	<b>01:41:38.15</b>	+00:30:18 (30.7%)	9:13	6.5 (69.1%)
89	<b>SIECZKA Bożena</b>	<b>207.</b>	KSIR SPORTICO BIAŁOSLIWIE	K30-39	9			00:02:37	00:45:12	00:48:41				+00:14:49	9:04	6.6 (70.2%)
90	<b>DUKIEWICZ Aneta</b>	<b>162.</b>	CZARNE PANTERY	K40-49	21			00:02:41	00:53:28	00:58:23				+00:24:32	10:53	5.5 (58.5%)
DQ	<b>GODZIŃSKI Paweł</b>	<b>167.</b>	PIELGRZYMI SANTIAGO	M30-39		1		DQ	00:38:48 DQ	00:41:52 DQ	01:22:26 DQ	<b>2016-04-16 DQ</b>	<b>DQ</b>	-	-	- (0.0%)
DQ	<b>WANDEL Agnieszka</b>	<b>217.</b>	FACE NORDIC WALKING TEAM	K40-49		1		DQ	00:40:18 DQ	00:43:29 DQ	01:25:00 DQ	<b>2016-04-16 DQ</b>	<b>DQ</b>	-	-	- (0.0%)

Znaleziono 92 wynik(ów)