



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFNW
Data: 2016-06-11
Miejsce: Kolbuszowa
Dystans: 10 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SPYCHAŁA Marzena	237	WESOŁY BORSUK TEAM	K40-49	1			00:06:52	00:17:29	00:35:15	00:52:49	01:10:26.85	01:17:19.80		7:02	8.5 (100%)
2	BALCERAK-KOLASA Joanna	102	EPOKA NORDICA ŁÓDŹ	K40-49	2			00:06:52	00:17:30	00:35:17	00:52:59	01:10:27.90	01:17:20.10	+00:00:01 (0.0%)	7:02	8.5 (100%)
3	ŁUKASZEWICZ Joanna	160	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:06:53	00:17:36	00:35:45	00:53:57	01:11:52.45	01:18:45.45	+00:01:25 (2.0%)	7:11	8.3 (97.6%)
4	STYŚ Elżbieta	250		K40-49	4			00:06:52	00:17:38	00:35:47	00:53:59	01:11:58.70	01:18:51.45	+00:01:31 (2.1%)	7:11	8.3 (97.6%)
5	KUBISZYN Wiesława	148		K40-49	5			00:06:53	00:17:35	00:35:57	00:54:13	01:12:13.85	01:19:07.50	+00:01:47 (2.5%)	7:13	8.3 (97.6%)
6	DUSIEL Ewa	121	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:06:54	00:18:11	00:36:56	00:55:33	01:14:06.25	01:21:00.60	+00:03:39 (4.9%)	7:24	8.1 (95.3%)
7	SITKO Małgorzata	195	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	7			00:06:54	00:18:12	00:36:44	00:55:54	01:15:11.00	01:22:05.15	+00:04:44 (6.3%)	7:31	8 (94.1%)
8	SZALWA-NIEZGODA Agnieszka	245	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	8			00:06:52	00:18:12	00:36:47	00:55:55	01:15:12.55	01:22:04.85	+00:04:45 (6.3%)	7:31	8 (94.1%)
9	ĆWIAKAŁA Halina	118	SAMOTNI WĘDROWCY	K40-49	9			00:06:55	00:18:31	00:37:34	00:56:50	01:15:52.15	01:22:47.85	+00:05:25 (7.1%)	7:35	7.9 (92.9%)
10	KRZANOWSKA Małgorzata	145	SAMOTNI WĘDROWCY	K40-49	10			00:06:55	00:18:31	00:37:35	00:56:51	01:16:03.25	01:22:59.10	+00:05:36 (7.4%)	7:36	7.9 (92.9%)
11	POKRYWKA Bożena	485	KLUB NW 'WŁÓCZYKIJE'	K40-49	11			00:06:54	00:18:39	00:37:51	00:57:03	01:16:16.40	01:23:11.30	+00:05:49 (7.6%)	7:37	7.9 (92.9%)
12	KOWALCZYK Edyta	141	KS METRACO POLKOWICE	K40-49	12			00:06:52	00:18:51	00:38:27	00:57:37	01:16:19.75	01:23:12.05	+00:05:52 (7.7%)	7:38	7.9 (92.9%)
13	KOZŁOWSKA Agnieszka	243	FACE NORDIC WALKING TEAM	K40-49	13			00:06:53	00:19:02	00:38:27	00:58:20	01:18:18.30	01:25:12.05	+00:07:51 (10.0%)	7:49	7.7 (90.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
14	WROŃSKA Wiesława	229	BŁĘKITNI NW DZIEMIANY	K40-49	14			00:06:55	00:20:05	00:40:06	01:00:28	01:20:33.20	01:27:28.70	+00:10:06 (12.5%)	8:03	7.4 (87.1%)
15	JANKOWSKA Wioletta	129	MK TEAM SPORT W WIELKIM MIESCIE	K40-49	15			00:06:53	00:19:59	00:40:31	01:01:07	01:21:53.50	01:28:47.15	+00:11:26 (14.0%)	8:11	7.3 (85.9%)
16	SZEWCZYK Agnieszka	212	FACE NORDIC WALKING TEAM	K40-49	16			00:06:54	00:20:29	00:41:04	01:02:12	01:23:37.60	01:30:32.05	+00:13:10 (15.8%)	8:21	7.2 (84.7%)
17	TRĘTOWICZ Beata	217	KKNW/FACE NORDIC WALKING TEAM	K40-49	17			00:06:55	00:20:57	00:42:28	01:04:00	01:25:26.85	01:32:21.90	+00:15:00 (17.6%)	8:32	7 (82.4%)
18	LINKA Renata	154		K40-49	18			00:06:56	00:21:54	00:44:02	01:06:35	01:29:15.25	01:36:11.60	+00:18:48 (21.1%)	8:55	6.7 (78.8%)
19	LIPIŃSKA Urszula	155	FACE NORDIC WALKING TEAM	K40-49	19			00:06:54	00:23:04	00:46:21	01:09:24	01:32:27.95	01:39:22.70	+00:22:01 (23.8%)	9:14	6.5 (76.5%)
20	BARŁOWSKA Małgorzata	103	SANTANDER CONSUMER BANK	K40-49	20			00:06:27	00:30:02	01:00:32	01:30:52	01:59:51.55	02:06:19.10	+00:49:24 (41.2%)	11:59	5 (58.8%)

Znaleziono 20 wynik(ów)