



# KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-06-03  
**Miejsce:** Kolbuszowa  
**Dystans:** 10 km



Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SPYCHAŁA Marzena</b>	<b>356</b>	WESOŁY BORSUK TEAM	K40-49	1			00:03:16	00:17:08	00:34:35	00:52:11	<b>01:09:50.25</b>	<b>01:13:07.05</b>		6:59	8.6 (100%)
2	<b>SZPILMAN Katarzyna</b>	<b>365</b>	FACE NORDIC WALKING TEAM	K40-49	2			00:03:17	00:17:08	00:34:41	00:52:50	<b>01:11:07.95</b>	<b>01:14:24.95</b>	+00:01:17 (1.8%)	7:06	8.4 (97.7%)
3	<b>ŁUKASZEWICZ Joanna</b>	<b>332</b>	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:03:17	00:17:43	00:35:58	00:54:26	<b>01:12:31.90</b>	<b>01:15:48.95</b>	+00:02:41 (3.7%)	7:15	8.3 (96.5%)
4	<b>KUBISZYN Wiesława</b>	<b>329</b>	GRUPA KRESY NORDIC WALKING	K40-49	4			00:03:18	00:17:33	00:35:53	00:54:29	<b>01:12:57.40</b>	<b>01:16:15.45</b>	+00:03:07 (4.3%)	7:17	8.2 (95.3%)
5	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>340</b>	PRUSZYŃSKI NORDIC WALKING	K40-49	5			00:03:17	00:17:39	00:36:25	00:55:46	<b>01:14:38.40</b>	<b>01:17:56.25</b>	+00:04:48 (6.4%)	7:27	8 (93.0%)
6	<b>POKRYWKA Bożena</b>	<b>343</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K40-49	6			00:03:18	00:18:05	00:36:48	00:55:49	<b>01:15:13.30</b>	<b>01:18:31.30</b>	+00:05:23 (7.2%)	7:31	8 (93.0%)
7	<b>SITKO Małgorzata</b>	<b>350</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	7			00:03:18	00:18:13	00:37:32	00:57:56	<b>01:18:16.20</b>	<b>01:21:34.95</b>	+00:08:25 (10.8%)	7:49	7.7 (89.5%)
8	<b>STYRC Lidia</b>	<b>358</b>	RYBNICKI KLUB NORDIC WALKING	K40-49	8			00:03:18	00:19:17	00:39:01	00:59:01	<b>01:18:57.90</b>	<b>01:22:16.50</b>	+00:09:07 (11.6%)	7:53	7.6 (88.4%)
9	<b>WĘGRZYN Mirosława</b>	<b>395</b>	FABRIKANORDIKA	K40-49	9			00:03:20	00:19:44	00:39:45	00:59:46	<b>01:19:35.70</b>	<b>01:22:56.55</b>	+00:09:45 (12.3%)	7:57	7.5 (87.2%)
10	<b>SZALWA-NIEZGODA Agnieszka</b>	<b>382</b>	KKNW	K40-49	10			00:03:19	00:19:35	00:39:42	00:59:56	<b>01:19:47.30</b>	<b>01:23:06.70</b>	+00:09:57 (12.5%)	7:58	7.5 (87.2%)
11	<b>MICHOŃ Anna</b>	<b>333</b>	ŻUBRY NIEPOŁOMICE NW TEAM	K40-49	11			00:03:19	00:20:18	00:41:15	01:02:28	<b>01:23:43.45</b>	<b>01:27:03.25</b>	+00:13:53 (16.6%)	8:22	7.2 (83.7%)
12	<b>SZEWczyk Agnieszka</b>	<b>363</b>	FACE NORDIC WALKING TEAM	K40-49	12			00:03:19	00:21:34	00:43:23	01:05:23	<b>01:27:12.15</b>	<b>01:30:31.85</b>	+00:17:21 (19.9%)	8:43	6.9 (80.2%)
13	<b>KRZYŚCIN Mirosława</b>	<b>374</b>	SANTANDER CONSUMER BANK S.A.	K40-49	13			00:03:20	00:22:34	00:45:39	01:10:11	<b>01:33:50.75</b>	<b>01:37:10.80</b>	+00:24:00 (25.6%)	9:23	6.4 (74.4%)
14	<b>BAŁOWSKA Małgorzata</b>	<b>301</b>	SANTANDER CONSUMER BANK S.A.	K40-49	14			00:03:00	00:30:18	00:59:53	01:29:18	<b>01:58:47.65</b>	<b>02:01:48.00</b>	+00:48:57 (41.2%)	11:52	5.1 (59.3%)

Znaleziono 14 wynik(ów)