



Organizator:
Data:
Miejsce:
Dystans:

PFNW
2016-06-11
Kolbuszowa
10 km

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT
WYKONANIE TESTU PRĘDKOŚCI



Klasyfikacja: K50-59

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	JĘDRASIAK Renata	132	KS METRACO POLKOWICE	K50-59	1			00:07:43	00:17:14	00:34:58	00:52:38	01:10:23.20	01:18:06.95		7:02	8.5 (100%)
2	BOCZAR Beata	107	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:07:43	00:17:33	00:35:26	00:53:24	01:11:08.40	01:18:52.20	+00:00:45 (1.1%)	7:06	8.4 (98.8%)
3	ŻUCHOWICZ Elżbieta	232	DĄBROWA NORDIC TEAM	K50-59	3			00:07:43	00:18:40	00:38:07	00:57:14	01:16:42.20	01:24:26.05	+00:06:19 (8.2%)	7:40	7.8 (91.8%)
4	JARZYŃSKA Małgorzata	131	HIFI ARTE	K50-59	4			00:07:44	00:19:03	00:38:26	00:57:46	01:17:07.35	01:24:52.00	+00:06:44 (8.7%)	7:42	7.8 (91.8%)
5	ZACHARCZUK Zofia	230	FACE NORDIC WALKING TEAM	K50-59	5			00:07:44	00:19:12	00:38:41	00:58:15	01:17:55.30	01:25:39.90	+00:07:32 (9.7%)	7:47	7.7 (90.6%)
6	JURCZYŃSKA Bożena	135	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:07:45	00:19:14	00:39:04	00:58:54	01:18:31.70	01:26:16.90	+00:08:08 (10.4%)	7:51	7.6 (89.4%)
7	POSTEK Danuta	181	MARSZ PO ZDROWIE	K50-59	7			00:07:45	00:19:30	00:39:29	00:59:21	01:19:23.40	01:27:08.75	+00:09:00 (11.3%)	7:56	7.6 (89.4%)
8	PACZUSKA Małgorzata	246	FOREVER YOUNG ŁÓDŹ	K50-59	8			00:07:45	00:19:26	00:39:11	00:59:26	01:19:40.20	01:27:26.05	+00:09:17 (11.7%)	7:58	7.5 (88.2%)
9	BRYL Janina	110		K50-59	9	1		00:07:47	00:19:58	00:40:11	01:00:42	01:21:03.35	01:28:50.75	+00:10:40 (13.2%)	8:06	7.4 (87.1%)
10	KUŹMA Elżbieta	153	KLUB NW 'WŁÓCZYKIJE'	K50-59	10			00:07:45	00:20:05	00:40:20	01:00:37	01:21:27.15	01:29:12.35	+00:11:03 (13.6%)	8:08	7.4 (87.1%)
11	MACH Alicja	254		K50-59	11			00:07:44	00:20:00	00:41:02	01:02:40	01:23:50.00	01:31:34.65	+00:13:26 (16.0%)	8:23	7.2 (84.7%)
12	WIŚNIEWSKA Tamara	225	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K50-59	12			00:07:46	00:21:19	00:42:13	01:03:10	01:24:06.00	01:31:52.20	+00:13:42 (16.3%)	8:24	7.1 (83.5%)
13	OMARSKA Grażyna	176	PASJA NORDIC WALKING	K50-59	13			00:07:47	00:20:45	00:41:46	01:03:04	01:24:33.45	01:32:20.80	+00:14:10 (16.8%)	8:27	7.1 (83.5%)
14	KOSSOWSKA Anna	138	MARYSIN	K50-59	14			00:07:46	00:21:42	00:43:00	01:04:34	01:26:22.25	01:34:08.65	+00:15:59 (18.5%)	8:38	6.9 (81.2%)
15	STEFANIAK Bożena	205		K50-59	15			00:07:47	00:21:20	00:43:22	01:05:54	01:28:27.50	01:36:14.55	+00:18:04 (20.4%)	8:50	6.8 (80.0%)
16	RYSZKOWSKA Małgorzata	503	WŁÓCZYKIJE SKOCZÓW	K50-59	16			00:07:46	00:21:16	00:43:18	01:05:44	01:28:27.70	01:36:14.25	+00:18:04 (20.4%)	8:50	6.8 (80.0%)

Znaleziono 16 wynik(ów)