



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-06-11
Miejsce: Kolbuszowa
Dystans: 5 km



Klasyfikacja: K60-64

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZALISKA Oksana	598	DĄBROWA NORDIC TEAM	K60-64	1			00:09:46	00:16:26	00:32:56.85	00:42:43.55		6:35	9.1 (100%)
2	KANIECKA Zofia	385	NW CIECHANÓW	K60-64	2			00:09:47	00:17:46	00:35:54.55	00:45:41.55	+00:02:57 (8.2%)	7:10	8.4 (92.3%)
3	TRONIARZ Grażyna	271		K60-64	3			00:09:46	00:17:55	00:36:20.45	00:46:07.30	+00:03:23 (9.3%)	7:16	8.3 (91.2%)
4	DANA Kazimiera	329	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	4			00:09:47	00:18:47	00:37:23.30	00:47:10.95	+00:04:26 (11.9%)	7:28	8 (87.9%)
5	STARZYŃSKA Ewa	521	KS METRACO POLKOWICE	K60-64	5			00:09:48	00:19:55	00:39:43.55	00:49:32.20	+00:06:46 (17.1%)	7:56	7.6 (83.5%)
6	WĘGLARZ Elżbieta	565	KLUB NW 'WŁÓCZYKIJE'	K60-64	6			00:09:49	00:20:05	00:40:19.85	00:50:09.70	+00:07:23 (18.3%)	8:04	7.4 (81.3%)
7	ZIOŁO-KSIAZKIEWICZ Maryla	585		K60-64	7			00:09:48	00:20:22	00:40:25.15	00:50:14.10	+00:07:28 (18.5%)	8:05	7.4 (81.3%)
8	SAŁAK Maria	504	FACE NORDIC WALKING TEAM / NW RELAKS ZAGÓRZ	K60-64	8			00:09:47	00:20:12	00:40:34.30	00:50:21.45	+00:07:37 (18.8%)	8:06	7.4 (81.3%)
9	KRUDYSZ-STARZEC Jadwiga	409	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	9			00:09:49	00:20:05	00:40:36.80	00:50:26.55	+00:07:39 (18.9%)	8:07	7.4 (81.3%)
10	SZEWCZYK Genowefa	538	NW RELAKS ZAGÓRZ	K60-64	10			00:09:47	00:20:24	00:41:14.20	00:51:02.00	+00:08:17 (20.1%)	8:15	7.3 (80.2%)
11	SZNAJDER Teresa	539	UNIA MIAST	K60-64	11			00:09:47	00:20:58	00:43:19.50	00:53:07.45	+00:10:22 (24.0%)	8:40	6.9 (75.8%)
12	PODUBNY Krystyna	484	KLUB NW 'WŁÓCZYKIJE'	K60-64	12			00:09:50	00:21:53	00:43:30.10	00:53:20.15	+00:10:33 (24.3%)	8:42	6.9 (75.8%)
13	WALORYSZAK Barbara	560		K60-64	13			00:09:50	00:22:11	00:43:36.15	00:53:26.95	+00:10:39 (24.4%)	8:43	6.9 (75.8%)
14	KOŁODZIEJ Zofia	394	KLUB NW 'WŁÓCZYKIJE'	K60-64	14			00:09:18	00:22:24	00:44:08.10	00:53:26.55	+00:11:11 (25.3%)	8:49	6.8 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	KOCZUR Dorota	390	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	15			00:09:48	00:22:03	00:44:18.90	00:54:07.85	+00:11:22 (25.7%)	8:51	6.8 (74.7%)
16	SIMKO Ludmiła	509	KLUB NW 'WŁÓCZYKIJE'	K60-64	16			00:09:49	00:22:23	00:44:36.00	00:54:25.85	+00:11:39 (26.1%)	8:55	6.7 (73.6%)
17	URBAN Irena	552	KLUB NW 'WŁÓCZYKIJE'	K60-64	17	1		00:09:50	00:22:27	00:44:57.30	00:54:47.85	+00:12:00 (26.7%)	8:59	6.7 (73.6%)
18	LECYK Jadwiga	426	CHODZĘ Z SERCEM	K60-64	18			00:09:50	00:23:38	00:47:30.35	00:57:20.70	+00:14:33 (30.6%)	9:30	6.3 (69.2%)
19	SOBKOWSKA Teresa	517	SILESIA NORDIC TEAM	K60-64	19	1		00:09:48	00:24:10	00:47:31.50	00:57:19.85	+00:14:34 (30.7%)	9:30	6.3 (69.2%)
20	REMBISZ Grażyna	498	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	20			00:09:48	00:24:03	00:48:12.75	00:58:01.65	+00:15:15 (31.7%)	9:38	6.2 (68.1%)
21	ŻUJEWSKA Barbara	253		K60-64	21			00:09:47	00:26:38	00:54:44.80	01:04:32.60	+00:21:47 (39.8%)	10:57	5.5 (60.4%)
22	NOWOTARSKA- DÓL Maria	678	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	22			00:10:26	00:32:01			+00:15:36	12:48	4.7 (51.6%)

Znaleziono 22 wynik(ów)