



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT
inteligentne spacerowanie

Organizator:

Data:

Miejsce:

Dystans:

PFNW

2016-05-15

Konstancin-Jeziorna

10 km



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	460	KS METRACO POLKOWICE	K50-59	1			00:06:27	00:16:50	00:33:58	00:51:20	01:08:46.80	01:15:14.40		6:52	8.7 (100%)
2	BOCZAR Beata	414	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:06:27	00:17:48	00:35:55	00:53:49	01:11:17.70	01:17:45.30	+00:02:30 (3.5%)	7:07	8.4 (96.6%)
3	KRUSZKA Arleta	497	MARSZ PO ZDROWIE	K50-59	3			00:06:29	00:17:40	00:35:51	00:53:47	01:12:04.75	01:18:33.90	+00:03:17 (4.6%)	7:12	8.3 (95.4%)
4	ŻUCHOWICZ Elżbieta	379	DĄBROWA NORDIC TEAM	K50-59	4			00:06:27	00:18:04	00:36:43	00:55:30	01:14:16.05	01:20:43.45	+00:05:29 (7.4%)	7:25	8.1 (93.1%)
5	ZIELIŃSKA Jolanta	617	GOSIR OSIELSKO	K50-59	5			00:06:29	00:18:18	00:37:15	00:56:42	01:16:38.45	01:23:08.20	+00:07:51 (10.3%)	7:39	7.8 (89.7%)
6	JARZYŃSKA Małgorzata	456	HIFI ARTE BERLIN	K50-59	6			00:06:28	00:18:46	00:38:06	00:57:28	01:16:46.05	01:23:14.15	+00:07:59 (10.4%)	7:40	7.8 (89.7%)
7	DOBROWOLSKA- ŚWIĄTEK Elżbieta	430		K50-59	7			00:06:28	00:19:02	00:38:26	00:57:46	01:16:49.00	01:23:17.80	+00:08:02 (10.5%)	7:40	7.8 (89.7%)
8	DOBROWOLSKA Anna	429		K50-59	8			00:06:29	00:19:01	00:38:26	00:57:46	01:16:50.20	01:23:19.80	+00:08:03 (10.5%)	7:41	7.8 (89.7%)
9	POSTEK Danuta	546	MARSZ PO ZDROWIE	K50-59	9			00:06:28	00:19:25	00:38:56	00:58:29	01:17:49.80	01:24:18.75	+00:09:03 (11.6%)	7:47	7.7 (88.5%)
10	JURCZYŃSKA Bożena	466	VIKING NORDOC TEAM CZĘSTOCHOWA	K50-59	10			00:06:31	00:19:29	00:39:05	00:58:38	01:18:05.55	01:24:37.45	+00:09:18 (11.9%)	7:48	7.7 (88.5%)
11	SNIHURENKO Nataliia	567		K50-59	11			00:06:31	00:19:59	00:39:46	00:59:30	01:19:07.35	01:25:38.45	+00:10:20 (13.1%)	7:54	7.6 (87.4%)
12	SZYMANOWSKA- PAWŁAK Ewa	1009	GOSIR OSIELSKO	K50-59	12			00:06:30	00:19:50	00:39:48	00:59:59	01:20:34.10	01:27:05.05	+00:11:47 (14.6%)	8:03	7.4 (85.1%)
13	WIŚNIEWSKA Tamara	606	UKS SIEDLESZCZANY NORDIC WALKING	K50-59	13			00:06:34	00:20:49	00:41:24	01:01:56	01:22:40.75	01:29:15.45	+00:13:53 (16.8%)	8:16	7.3 (83.9%)
14	LEHMANN Teresa	508	BŁĘKITNI DZIEMIANY	K50-59	14			00:06:28	00:20:27	00:41:06	01:02:01	01:22:43.60	01:29:11.60	+00:13:56 (16.9%)	8:16	7.3 (83.9%)
15	WIERESZKO- CZYŻ Regina	603	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K50-59	15			00:06:31	00:20:00	00:40:57	01:02:15	01:23:17.80	01:29:49.35	+00:14:31 (17.4%)	8:19	7.2 (82.8%)
16	JEZIERSKA Danuta	459		K50-59	16			00:06:30	00:20:38	00:41:55	01:03:18	01:24:52.95	01:31:23.20	+00:16:06 (19.0%)	8:29	7.1 (81.6%)

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
17	OMARSKA Grazyna	535	PASJA NORDIC WALKING	K50-59	17			00:06:32	00:21:00	00:42:35	01:04:25	01:26:28.20	01:33:01.00	+00:17:41 (20.5%)	8:38	6.9 (79.3%)
18	JÓŹWIAK Teresa	462		K50-59	18			00:06:31	00:21:14	00:42:57	01:04:33	01:27:00.55	01:33:32.50	+00:18:13 (21.0%)	8:42	6.9 (79.3%)
19	STEFANIAK Bożena	573		K50-59	19			00:06:36	00:21:13	00:43:11	01:05:10	01:27:08.95	01:33:45.15	+00:18:22 (21.1%)	8:42	6.9 (79.3%)
20	KOSSOWSKA Anna	484	MARYSIN	K50-59	20			00:06:33	00:21:18	00:43:16	01:06:16	01:27:24.80	01:33:58.50	+00:18:38 (21.3%)	8:44	6.9 (79.3%)
21	IRZYCKA Anna	451	MARYSIN	K50-59	21			00:06:33	00:21:17	00:43:17	01:06:41	01:30:45.60	01:37:18.60	+00:21:58 (24.2%)	9:04	6.6 (75.9%)
22	WASILEWSKA Katarzyna	598	AVOCADO WELLNESS CLUB	K50-59	22			00:06:35	00:22:38	00:45:44	01:08:44	01:31:50.75	01:38:26.30	+00:23:03 (25.1%)	9:11	6.5 (74.7%)
23	NIEDŹWIEDZKA Joanna	529		K50-59	23	1		00:06:35	00:24:41	00:49:51	01:15:34	01:41:06.20	01:47:41.25	+00:32:19 (32.0%)	10:06	5.9 (67.8%)
24	KŁOPOCIŃSKA Małgorzata	475	MARYSIN	K50-59	24			288:38:13	00:39:40	01:20:07				+00:46:09	16:01	3.7 (42.5%)
25	POPEK Małgorzata	545	CHODZĘ Z SERCEM	K50-59	25			288:39:43	00:41:18					+00:24:28	16:31	3.6 (41.4%)
DQ	DYPA Barbara	435	NW KOLBUSZOWA	K50-59			Tak	DQ	00:20:57 DQ	288:32:47 DQ	289:13:23 DQ	DQ	DQ		-	- (0.0%)

Znaleziono 26 wynik(ów)