



Organizator:

Data:

Miejsce:

Dystans:

PFNW

2016-05-15

Konstancin-Jeziorna

21.1 km

## KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT



Klasyfikacja: K 30-39

| Msc | Zawodnik            | Numer | Klub                                       | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 1.1km    | 3.6km    | 6.1km    | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   | Czas netto 21.1km | Czas brutto 21.1km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|--------------------------------------------|-----------|------|-------------|--------------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|-------------------|--------------------|-------------------|--------------|-------------|
| 1   | ZACZYŃSKA Anna      | 683   | KS METRACO POLKOWICE                       | K 30-39   | 1    | 1           |              | 00:04:07    | 00:07:12 | 00:23:50 | 00:40:39 | 00:57:23 | 01:14:12 | 01:30:53 | 01:48:04 | 02:05:21 | 02:22:34.00       | 02:26:41.75        |                   | 6:45         | 8.9 (100%)  |
| 2   | JANCZYK Małgorzata  | 695   | EPOKA NORDICA ŁÓDŹ                         | K 30-39   | 2    |             |              | 00:04:07    | 00:07:23 | 00:24:22 | 00:41:41 | 00:58:59 | 01:16:16 | 01:33:43 | 01:51:23 | 02:09:17 | 02:27:12.75       | 02:31:20.10        | +00:04:38 (3.2%)  | 6:58         | 8.6 (96.6%) |
| 3   | ZIĘTEK Sylwia       | 687   | SILESIA NORDIC TEAM                        | K 30-39   | 3    |             |              | 00:04:08    | 00:07:50 | 00:25:51 | 00:44:10 | 01:02:29 | 01:20:39 | 01:38:51 | 01:57:01 | 02:15:10 | 02:33:10.20       | 02:37:18.50        | +00:10:36 (6.9%)  | 7:15         | 8.3 (93.3%) |
| 4   | RADOMSKA Marta      | 656   | AVOCADO WELLNESS CLUB                      | K 30-39   | 4    |             |              | 00:04:09    | 00:08:15 | 00:26:20 | 00:44:22 | 01:02:29 | 01:20:44 | 01:39:17 | 01:57:42 | 02:16:44 | 02:35:21.20       | 02:39:31.10        | +00:12:47 (8.2%)  | 7:21         | 8.1 (91.0%) |
| 5   | REJMAN Dorota       | 659   | FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY | K 30-39   | 5    |             |              | 00:04:09    | 00:08:22 | 00:27:06 | 00:45:40 | 01:04:09 | 01:22:42 | 01:41:34 | 02:00:35 | 02:19:20 | 02:38:13.05       | 02:42:22.20        | +00:15:39 (9.9%)  | 7:29         | 8 (89.9%)   |
| 6   | CHEĆKO Ewa          | 625   | KLUB BIEGAJĄCYCH LEŚNIKÓW                  | K 30-39   | 6    |             |              | 00:04:07    | 00:08:35 | 00:27:52 | 00:47:16 | 01:06:15 | 01:24:54 | 01:43:48 | 02:02:48 | 02:21:41 | 02:40:44.80       | 02:44:52.60        | +00:18:10 (11.3%) | 7:37         | 7.9 (88.8%) |
| 7   | CICHOŃ Aneta        | 626   | FABRIKA NORDIKA                            | K 30-39   | 7    |             |              | 00:04:09    | 00:08:21 | 00:27:13 | 00:45:59 | 01:05:03 | 01:23:48 | 01:43:12 | 02:03:02 | 02:23:29 | 02:44:33.25       | 02:48:42.45        | +00:21:59 (13.4%) | 7:47         | 7.7 (86.5%) |
| 8   | IDKOWIAK Magdalena  | 635   | FACE NORDIC WALKING TEAM                   | K 30-39   | 8    |             |              | 00:04:08    | 00:08:33 | 00:28:30 | 00:48:18 | 01:07:51 | 01:27:08 | 01:46:31 | 02:06:07 | 02:25:56 | 02:45:53.90       | 02:50:02.25        | +00:23:19 (14.1%) | 7:51         | 7.6 (85.4%) |
| 9   | BEJTKA Agnieszka    | 694   |                                            | K 30-39   | 9    |             |              | 00:04:11    | 00:08:53 | 00:28:48 | 00:48:30 | 01:07:48 | 01:27:07 | 01:46:32 | 02:06:16 | 02:26:09 | 02:46:27.85       | 02:50:39.50        | +00:23:53 (14.4%) | 7:53         | 7.6 (85.4%) |
| 10  | MOLENDĄ Magdalena   | 650   | FACE NORDIC WALKING TEAM                   | K 30-39   | 10   |             |              | 00:04:09    | 00:08:42 | 00:28:44 | 00:49:05 | 01:09:16 | 01:29:28 | 01:50:01 | 02:10:51 | 02:31:55 | 02:52:49.60       | 02:56:58.75        | +00:30:15 (17.5%) | 8:11         | 7.3 (82.0%) |
| 11  | SŁABOŃ-SIKORA Aneta | 666   | DĄBROWA NORDIC TEAM                        | K 30-39   | 11   |             |              | 00:04:08    | 00:08:54 | 00:29:13 | 00:49:28 | 01:09:27 | 01:29:49 | 01:50:12 | 02:10:49 | 02:31:54 | 02:53:05.15       | 02:57:13.35        | +00:30:31 (17.6%) | 8:12         | 7.3 (82.0%) |
| 12  | KRAWCZYK Justyna    | 642   |                                            | K 30-39   | 12   |             |              | 00:04:11    | 00:08:59 | 00:29:49 | 00:51:27 | 01:12:42 | 01:33:38 | 01:55:48 | 02:17:31 | 02:39:06 | 03:00:42.95       | 03:04:54.20        | +00:38:08 (21.1%) | 8:33         | 7 (78.7%)   |

Znaleziono 12 wynik(ów)