



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

PFNW

2016-05-15

Konstancin-Jeziorna

21.1 km



Klasyfikacja: K 40-49

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	OLSCHIMKE-MARMUROWICZ Barbara	653	SILESIA NORDIC TEAM	K 40-49	1			00:04:10	00:08:15	00:26:08	00:44:13	01:02:26	01:20:40	01:38:51	01:57:00	02:15:09	02:33:09.40	02:37:20.20		7:15	8.3 (100%)
2	WOLNIEWICZ Katarzyna	680	FABRIKANORDIKA	K 40-49	2			00:04:12	00:08:29	00:27:01	00:45:36	01:04:16	01:23:01	01:42:07	02:01:16	02:20:44	02:40:41.40	02:44:53.60	+00:07:32 (4.7%)	7:36	7.9 (95.2%)
3	KANIOWSKA Beata	692	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49	3			00:04:13	00:08:20	00:26:51	00:45:30	01:04:17	01:23:12	01:42:27	02:02:11	02:22:00	02:42:22.90	02:46:36.30	+00:09:13 (5.7%)	7:41	7.8 (94.0%)
4	LASOTA Dorota	645	LZS JUSTYNÓW	K 40-49	4			00:04:12	00:08:23	00:27:13	00:46:13	01:05:07	01:24:08	01:43:54	02:04:04	02:24:40	02:45:42.00	02:49:54.60	+00:12:32 (7.6%)	7:51	7.6 (91.6%)
5	CIENNIK Kalina	690		K 40-49	5	1		00:04:14	00:08:31	00:27:40	00:47:15	01:07:14	01:27:08	01:47:01	02:07:17	02:27:48	02:48:13.85	02:52:28.05	+00:15:04 (9.0%)	7:58	7.5 (90.4%)
6	TYLUTKI Agnieszka	673	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K 40-49	6			00:04:11	00:08:41	00:28:28	00:48:22	01:08:11	01:28:24	01:48:38	02:09:22	02:30:45	02:51:47.35	02:55:58.95	+00:18:37 (10.8%)	8:08	7.4 (89.2%)
7	REGULSKA Krystyna	657		K 40-49	7			00:04:12	00:08:51	00:28:45	00:49:16	01:09:57	01:31:11	01:52:28	02:14:07	02:35:33	02:57:01.45	03:01:14.00	+00:23:52 (13.5%)	8:23	7.2 (86.7%)
8	KUCYPERA Dagmara	644	DĄBROWA NORDIC TEAM	K 40-49	8			00:04:09	00:08:54	00:29:00	00:49:21	01:09:25	01:30:33	01:51:54	02:13:49	02:36:25	02:59:11.45	03:03:21.40	+00:26:02 (14.5%)	8:29	7.1 (85.5%)
9	STUPNOWICZ Joanna	670		K 40-49	9			00:04:12	00:09:29	00:30:53	00:52:35	01:13:53	01:35:34	01:57:46	02:22:55	02:45:55	03:09:47.00	03:13:59.80	+00:36:37 (19.3%)	8:59	6.7 (80.7%)

Znaleziono 9 wynik(ów)