



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-05-15
Miejsce: Konstancin-Jeziorna
Dystans: 5 km

 **HERKULES**
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Klasyfikacja: K30-39

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	JENDRUCHNIEWICZ Katarzyna	97	FUNDACJA „W TE PĘDY” FACE NORDIC WALKING TEAM	K30-39	1			00:06:56	00:16:42	00:34:02.85	00:40:59.05		6:48	8.8 (100%)
2	PAWŁOWSKA-WOŹNIAK Małgorzata	231	UNIA MIAST	K30-39	2			00:06:55	00:17:48	00:35:52.85	00:42:48.65	+00:01:50 (5.1%)	7:10	8.4 (95.5%)
3	GRZYB Izabela	82	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	3			00:06:55	00:17:51	00:35:59.65	00:42:55.20	+00:01:56 (5.4%)	7:12	8.3 (94.3%)
4	BRANCZEWSKA Ewa	18	NW WERWA MŁAWA	K30-39	4			00:06:58	00:18:05	00:36:32.95	00:43:31.50	+00:02:30 (6.8%)	7:18	8.2 (93.2%)
5	WYBORSKA Maja	363	AVOKADO WELLNES CLUB	K30-39	5			00:07:02	00:18:14	00:36:45.65	00:43:47.65	+00:02:42 (7.4%)	7:21	8.2 (93.2%)
6	STANISZEWSKA Agnieszka	287	AKTYWNI Z PASJĄ ŁUKÓW	K30-39	6			00:06:58	00:18:17	00:37:02.75	00:44:00.85	+00:02:59 (8.1%)	7:24	8.1 (92.0%)
7	MARONDEL Katarzyna	193	SILESIA NORDIC TEAM	K30-39	7			00:06:58	00:18:30	00:37:22.40	00:44:20.40	+00:03:19 (8.9%)	7:28	8 (90.9%)
8	GWIAZDOWSKA Magdalena	87		K30-39	8	1		00:07:01	00:18:55	00:37:29.30	00:44:30.80	+00:03:26 (9.2%)	7:29	8 (90.9%)
9	WYSOCKA Beata	364		K30-39	9			00:06:56	00:18:47	00:37:48.75	00:44:45.30	+00:03:45 (10.0%)	7:33	7.9 (89.8%)
10	SOŁTYSIAK Sylwia	282	KBBB/TKKF	K30-39	10			00:06:57	00:19:09	00:38:32.55	00:45:29.90	+00:04:29 (11.7%)	7:42	7.8 (88.6%)
11	STARUCHOWICZ Kasia	288		K30-39	11			00:06:57	00:18:56	00:38:32.70	00:45:29.75	+00:04:29 (11.7%)	7:42	7.8 (88.6%)
12	SZYMCZYK Magdalena	398	FACE NORDIC WALKING TEAM	K30-39	12			00:06:57	00:19:12	00:38:43.90	00:45:41.85	+00:04:41 (12.1%)	7:44	7.7 (87.5%)
13	MUCHA Dorota	207	KONSTANCIN JEZIORNA	K30-39	13			00:07:01	00:19:23	00:38:58.90	00:46:00.80	+00:04:56 (12.7%)	7:47	7.7 (87.5%)

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14	SZMAJDOWICZ Anita	304	GOSIR	K30-39	14			00:07:01	00:19:26	00:39:19.70	00:46:21.10	+00:05:16 (13.4%)	7:52	7.6 (86.4%)
15	LEŚ Anna	174	AWF WARSZAWA	K30-39	15			00:06:59	00:19:58	00:40:15.25	00:47:14.50	+00:06:12 (15.4%)	8:03	7.5 (85.2%)
16	WIESZOŁEK Ewelina	338		K30-39	16			00:06:56	00:20:33	00:40:39.95	00:47:36.65	+00:06:37 (16.3%)	8:08	7.4 (84.1%)
17	DULIŃSKA Urszula	388	FACE NORDIC WALKING TEAM	K30-39	17			00:06:57	00:20:27	00:41:09.80	00:48:06.90	+00:07:06 (17.3%)	8:13	7.3 (83.0%)
18	ZARACH Aleksandra	371	DZIARSKIE TEAM	K30-39	18			00:07:02	00:20:28	00:41:11.25	00:48:14.10	+00:07:08 (17.3%)	8:14	7.3 (83.0%)
19	WIŚNIEWSKA Iwona	344	WTW.WŁOCŁAWEK	K30-39	19			00:06:59	00:20:49	00:42:15.45	00:49:14.60	+00:08:12 (19.4%)	8:27	7.1 (80.7%)
20	JAKUBIK Marta	91	SANTANDER CONSUMER BANK	K30-39	20	1		00:07:03	00:22:37	00:43:45.65	00:50:49.30	+00:09:42 (22.2%)	8:45	6.9 (78.4%)
21	BERGIEL Agnieszka	14	CHODZĘ Z SERCEM	K30-39	21			00:07:00	00:22:14	00:44:56.35	00:51:56.75	+00:10:53 (24.2%)	8:59	6.7 (76.1%)
22	KWIATKOWSKA Izabela	168	RUCH PO ZDROWIE WŁOCŁAWEK	K30-39	22			00:06:58	00:22:36	00:45:42.35	00:52:40.75	+00:11:39 (25.5%)	9:08	6.6 (75.0%)
23	GRZEGORZEWSKA Aneta	81	CHODZĘ Z SERCEM	K30-39	23			00:07:00	00:22:49	00:45:53.70	00:52:54.00	+00:11:50 (25.8%)	9:10	6.5 (73.9%)
24	ZARACH Karolina	372	DZIARSKIE TEAM	K30-39	24			00:07:00	00:22:39	00:46:01.90	00:53:02.35	+00:11:59 (26.0%)	9:12	6.5 (73.9%)
25	ZALESKA-ROLEWICZ Iwona	367		K30-39	25			00:07:02	00:22:43	00:46:08.45	00:53:11.15	+00:12:05 (26.2%)	9:13	6.5 (73.9%)
26	KOPEĆ Katarzyna	134	SANTANDER CONSUMER BANK	K30-39	26			00:09:33	00:24:58	00:47:39.60	00:57:12.80	+00:13:36 (28.6%)	9:31	6.3 (71.6%)
27	KALIŃSKA Agnieszka	107		K30-39	27			00:07:04	00:23:46	00:48:08.35	00:55:12.55	+00:14:05 (29.3%)	9:37	6.2 (70.5%)
28	TAŃSKA Ewa	313	SANTANDER CONSUMER BANK	K30-39	28			00:08:17	00:24:59	00:49:24.70	00:57:42.00	+00:15:21 (31.1%)	9:53	6.1 (69.3%)
29	KARWACKA Edyta	112	SANTANDER CONSUMER BANK	K30-39	29			00:09:32	00:25:25	00:50:54.75	01:00:27.65	+00:16:51 (33.1%)	10:11	5.9 (67.0%)
30	GILEWICZ Małgorzata	64	SANTANDER CONSUMER BANK	K30-39	30			00:09:34	00:27:05	00:53:51.25	01:03:25.45	+00:19:48 (36.8%)	10:46	5.6 (63.6%)
31	WRÓBLEWSKA Joanna	360		K30-39	31			286:41:18	00:30:34			+00:13:52	12:13	4.9 (55.7%)
32	KULAGOWSKA Anna	154	AVOCADO WELLNESS CLUB	K30-39	32			286:45:40	00:36:36			+00:19:53	14:38	4.1 (46.6%)
33	KLIMEK Karolina	121		K30-39	33			286:47:54	00:38:06			+00:21:23	15:14	3.9 (44.3%)
34	SPYRA Katarzyna	285		K30-39	34			286:46:11	00:38:50			+00:22:08	15:32	3.9 (44.3%)
35	KUKAWSKA-DZIERBA Lucyna	151	AVOCADO	K30-39	35			286:51:30	00:48:36			+00:31:54	19:26	3.1 (35.2%)