



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

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



Klasyfikacja: K40-44

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	KOŁODZIEJCZAK Beata	1005	SOCHO TEAM	K40-44	1			00:08:14	00:16:17	00:32:45.35	00:40:59.55		6:33	9.2 (100%)
2	KOŁOSZ-PERZ Monika	131	FACE NORDIC WALKING TEAM	K40-44	2			00:08:13	00:16:18	00:32:49.35	00:41:02.65	+00:00:04 (0.2%)	6:33	9.1 (98.9%)
3	ZĄNKO Katarzyna	370		K40-44	3			00:08:15	00:17:05	00:34:46.00	00:43:01.60	+00:02:00 (5.8%)	6:57	8.6 (93.5%)
4	JÓŹWIAK Marianna	387	WTW.WŁOCŁAWEK	K40-44	4			00:08:14	00:17:27	00:35:34.95	00:43:49.50	+00:02:49 (7.9%)	7:07	8.4 (91.3%)
5	WAWRZY尼亚 Anna	332	FACE NORDIC WALKING TEAM	K40-44	5			00:08:14	00:17:53	00:35:59.60	00:44:13.65	+00:03:14 (9.0%)	7:11	8.3 (90.2%)
6	JONDERKO Julia	99	WŁÓCZYKIJE SKOCZÓW	K40-44	6			00:08:15	00:17:49	00:36:07.45	00:44:23.40	+00:03:22 (9.3%)	7:13	8.3 (90.2%)
7	NIEBRZEGOWSKA Anna	210	CHODZĘ Z SERCEM	K40-44	7			00:08:15	00:18:07	00:36:46.40	00:45:01.75	+00:04:01 (10.9%)	7:21	8.2 (89.1%)
8	MANDZIUK Marta	1024	KBBB / TKKF	K40-44	8			00:08:18	00:18:30	00:37:06.85	00:45:25.00	+00:04:21 (11.7%)	7:25	8.1 (88.0%)
9	SIEJAK Mariola	271		K40-44	9			00:08:14	00:18:49	00:37:56.05	00:46:10.90	+00:05:10 (13.7%)	7:35	7.9 (85.9%)
10	OSAK Beata	1026	KLUB CHIDZĘ Z SERCEM	K40-44	10			00:08:14	00:19:00	00:38:06.05	00:46:20.70	+00:05:20 (14.0%)	7:37	7.9 (85.9%)
11	MAŁODOBRY Wioletta	185	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	11			00:08:22	00:19:20	00:38:34.55	00:46:56.85	+00:05:49 (15.1%)	7:42	7.8 (84.8%)
12	KUŁAKOWSKA Magdalena	1027	SANTANDER CONSUMER BANK	K40-44	12			00:08:22	00:19:26	00:38:38.75	00:47:00.85	+00:05:53 (15.2%)	7:43	7.8 (84.8%)
13	SZNITER Renata	1012	NW CIECHANÓW	K40-44	13			00:08:13	00:19:41	00:38:54.00	00:47:07.45	+00:06:08 (15.8%)	7:46	7.7 (83.7%)

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14	SPYCHAŁA -KARAPULKA Arleta	1006	MARSZ PO ZDROWIE	K40-44	14			00:08:16	00:19:30	00:38:56.75	00:47:13.05	+00:06:11 (15.9%)	7:47	7.7 (83.7%)
15	KUMPIŃ Izabela	162		K40-44	15			00:08:16	00:19:11	00:39:01.65	00:47:17.95	+00:06:16 (16.1%)	7:48	7.7 (83.7%)
16	OBREŃBSKA Wioletta	216	CHODZĘ Z SERCEM	K40-44	16			00:08:17	00:19:35	00:40:09.95	00:48:27.65	+00:07:24 (18.4%)	8:02	7.5 (81.5%)
17	ŚWIĆ Joanna	312	CHODZĘ Z SERCEM	K40-44	17			00:08:15	00:20:26	00:40:47.65	00:49:03.10	+00:08:02 (19.7%)	8:09	7.4 (80.4%)
18	KOSMALA Katarzyna	137		K40-44	18			00:08:13	00:20:10	00:40:52.00	00:49:05.55	+00:08:06 (19.8%)	8:10	7.3 (79.3%)
19	ŻENDARSKA Iwona	381	GMINA SKRWILNO	K40-44	19			00:08:17	00:21:11	00:41:48.20	00:50:05.60	+00:09:02 (21.6%)	8:21	7.2 (78.3%)
20	ANDRYSZCZYK Renata	2	CHODZĘ Z SERCEM	K40-44	20			00:08:17	00:20:49	00:42:07.05	00:50:24.85	+00:09:21 (22.2%)	8:25	7.1 (77.2%)
21	PŁAWIŃSKA Ania	229	AVOCADO WELLNESS CLUB	K40-44	21			00:08:17	00:21:07	00:42:15.60	00:50:32.70	+00:09:30 (22.5%)	8:27	7.1 (77.2%)
22	MARCINIUK Katarzyna	188	CHODZĘ Z SERCEM	K40-44	22			00:08:21	00:21:05	00:42:19.10	00:50:40.30	+00:09:33 (22.6%)	8:27	7.1 (77.2%)
23	TRĘTOWICZ Beata	320	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	23			00:08:18	00:20:57	00:42:29.45	00:50:47.95	+00:09:44 (22.9%)	8:29	7.1 (77.2%)
24	RACHWAŁ-PRZYBYSZ Dorota	251	AVOCADO WELLNESS CLUB	K40-44	24			00:08:19	00:21:33	00:43:25.45	00:51:44.55	+00:10:40 (24.6%)	8:41	6.9 (75.0%)
25	KULA Monika	153	CHODZĘ Z SERCEM	K40-44	25			00:08:19	00:22:04	00:43:32.95	00:51:52.80	+00:10:47 (24.8%)	8:42	6.9 (75.0%)
26	GRUNT-MIKSTACKA Agnieszka	389		K40-44	26			00:06:59	00:21:38	00:43:34.15	00:50:33.90	+00:10:48 (24.8%)	8:42	6.9 (75.0%)
27	WRZESIŃSKA Elżbieta	361		K40-44	27			00:08:17	00:21:43	00:44:19.45	00:52:37.35	+00:11:34 (26.1%)	8:52	6.8 (73.9%)
28	ZAJĄCZKOWSKA Jadwiga	391	KS POLKOWICE	K40-44	28			00:08:18	00:22:39	00:45:12.45	00:53:31.20	+00:12:27 (27.5%)	9:02	6.6 (71.7%)
29	PYRKA Agata	249	AVOCADO WELLNESS CLUB	K40-44	29			00:08:20	00:23:46	00:47:18.40	00:55:39.30	+00:14:33 (30.8%)	9:27	6.3 (68.5%)
30	KOMISARCZYK Dorota	133	AVOCADO WELLNESS CLUB	K40-44	30			00:08:20	00:23:45	00:47:19.60	00:55:40.25	+00:14:34 (30.8%)	9:28	6.3 (68.5%)
31	KĘDZIERSKA Edyta	116		K40-44	31			00:08:23	00:24:37	00:47:24.20	00:55:47.40	+00:14:38 (30.9%)	9:28	6.3 (68.5%)
32	KRZYŚCIN Mirosława	146	SANTANDER CONSUMER BANK	K40-44	32			00:08:23	00:24:47	00:48:49.60	00:57:12.60	+00:16:04 (32.9%)	9:45	6.1 (66.3%)
33	ŁACH Agnieszka	178		K40-44	33			00:08:20	00:25:11	00:49:23.10	00:57:43.35	+00:16:37 (33.7%)	9:52	6.1 (66.3%)
34	WOJSŁAWOWICZ Mirosława	1025	SANTANDER CONSUMER BANK	K40-44	34			00:08:23	00:26:34	00:52:04.40	01:00:27.40	+00:19:19 (37.1%)	10:24	5.8 (63.0%)
35	URBAŃCZYK Ewa	327	AVOCADO WELLNESS CLUB	K40-44	35			286:45:41	00:36:35			+00:20:17	14:38	4.1 (44.6%)
36	SIUDZIŃSKA Anna	275		K40-44	36			286:46:47	00:41:55			+00:25:38	16:46	3.6 (39.1%)

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37	CZERWIŃSKA Marlena	31	AVOCADO WELLNESS CLUB	K40-44	37			286:46:48	00:42:52			+00:26:34	17:08	3.5 (38.0%)
38	WIŚNIEWSKA Anna	343		K40-44	38			286:50:43	00:43:45			+00:27:28	17:30	3.4 (37.0%)
39	SIUDZIŃSKA Anna	274		K40-44	39			286:46:47	00:47:54			+00:31:37	19:09	3.1 (33.7%)
40	JANICKA Elżbieta	93	AVOCADO WELLNESS CLUB	K40-44	40			286:47:58	00:50:38			+00:34:21	20:15	3 (32.6%)

Znaleziono 40 wynik(ów)