



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

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

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: K45-49

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	SZPILMAN Katarzyna	307	FACE NORDIC WALKING TEAM	K45-49	1			00:09:30	00:16:47	00:33:52.75	00:43:23.50		6:46	8.9 (100%)
2	RECZULSKA Katarzyna	259	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:09:32	00:17:04	00:34:34.65	00:44:07.10	+00:00:41 (2.0%)	6:55	8.7 (97.8%)
3	FELIS Beata	394		K45-49	3			00:09:33	00:18:13	00:36:50.65	00:46:24.20	+00:02:57 (8.0%)	7:22	8.1 (91.0%)
4	NADOLSKA Halina	209	MOSIR RYPIN	K45-49	4			00:09:31	00:18:32	00:37:53.95	00:47:25.65	+00:04:01 (10.6%)	7:34	7.9 (88.8%)
5	DZIUBA Alina	50	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	5			00:09:34	00:19:07	00:38:10.25	00:47:44.85	+00:04:17 (11.2%)	7:38	7.9 (88.8%)
6	MATYJA Anna	194		K45-49	6			00:09:34	00:18:57	00:38:21.40	00:47:56.15	+00:04:28 (11.7%)	7:40	7.8 (87.6%)
7	KORZENIOWSKA Aldona	135	CHODZĘ Z SERCEM	K45-49	7			00:09:39	00:19:17	00:38:41.15	00:48:20.50	+00:04:48 (12.4%)	7:44	7.8 (87.6%)
8	KOZŁOWSKA Alicja	141		K45-49	8			00:09:31	00:19:44	00:39:34.50	00:49:05.70	+00:05:41 (14.4%)	7:54	7.6 (85.4%)
9	ANCZARSKA Beata	1	AVOCADO WELLNESS CLUB	K45-49	9			00:09:30	00:19:45	00:39:50.40	00:49:21.30	+00:05:57 (15.0%)	7:58	7.5 (84.3%)
10	KWAŚNA Małgorzata	166	CHODZĘ Z SERCEM	K45-49	10			00:09:38	00:19:58	00:40:23.70	00:50:02.10	+00:06:30 (16.1%)	8:04	7.4 (83.1%)
11	ŻEBROWSKA Katarzyna	380	AVOCADO WELLNESS CLUB	K45-49	11			00:09:32	00:20:19	00:40:25.85	00:49:58.45	+00:06:33 (16.2%)	8:05	7.4 (83.1%)
12	KOLIS Beata	130	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	12			00:09:31	00:20:36	00:40:29.25	00:50:00.85	+00:06:36 (16.3%)	8:05	7.4 (83.1%)
13	WIĘCKOWSKA Dorota	339	CHODZĘ Z SERCEM	K45-49	13			00:09:39	00:20:43	00:41:13.20	00:50:52.85	+00:07:20 (17.8%)	8:14	7.3 (82.0%)

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
14	WAROWNA Dorota	329		K45-49	14			00:09:39	00:20:45	00:41:22.15	00:51:02.10	+00:07:29 (18.1%)	8:16	7.2 (80.9%)
15	MILEWSKA Wiesława	202	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	15			00:09:33	00:21:06	00:41:48.35	00:51:22.30	+00:07:55 (19.0%)	8:21	7.2 (80.9%)
16	RÓŻYCKA Beata	265	CHODZĘ Z SERCEM	K45-49	16			00:09:37	00:20:46	00:41:50.40	00:51:28.35	+00:07:57 (19.0%)	8:22	7.2 (80.9%)
17	WORACH Izabela	351	AVOCADO WELLNESS CLUB	K45-49	17			00:09:35	00:20:53	00:42:00.80	00:51:36.55	+00:08:08 (19.4%)	8:24	7.1 (79.8%)
18	POSADAS Monika	244	AVOCADO WELLNESS CLUB	K45-49	18			00:08:19	00:21:29	00:42:52.00	00:51:11.55	+00:08:59 (21.0%)	8:34	7 (78.7%)
19	SZCZEPANIAK Joanna	299		K45-49	19			00:09:40	00:21:41	00:43:09.00	00:52:49.30	+00:09:16 (21.5%)	8:37	7 (78.7%)
20	OLĘDZKA Beata	221	GOSIR KONSTANCIN	K45-49	20			00:09:38	00:21:40	00:43:19.05	00:52:57.25	+00:09:26 (21.8%)	8:39	6.9 (77.5%)
21	TUSIŃSKA Katarzyna	325	PODKOWIAŃSKIE TOWARZYSTWO BIEGOWE	K45-49	21			00:09:36	00:21:48	00:43:39.10	00:53:15.90	+00:09:46 (22.4%)	8:43	6.9 (77.5%)
22	KLUCZEK Bożena	124		K45-49	22			00:09:36	00:22:05	00:43:45.55	00:53:22.10	+00:09:52 (22.6%)	8:45	6.9 (77.5%)
23	BARTOSIAK Elżbieta	8		K45-49	23			00:09:39	00:21:53	00:44:07.55	00:53:46.65	+00:10:14 (23.2%)	8:49	6.8 (76.4%)
24	MICHAŁOWSKA-RYBAK Marzena	198		K45-49	24			00:09:37	00:22:35	00:45:25.15	00:55:02.70	+00:11:32 (25.4%)	9:05	6.6 (74.2%)
25	OZIĘBŁOWSKA Ewa	224		K45-49	25			00:09:36	00:22:28	00:45:25.85	00:55:02.55	+00:11:33 (25.4%)	9:05	6.6 (74.2%)
26	PERCZYŃSKA Iwona	232		K45-49	26			00:09:35	00:23:39	00:48:04.30	00:57:39.80	+00:14:11 (29.5%)	9:36	6.2 (69.7%)
27	OSTROWSKA Małgorzata	223	GMINA SKRWILNO	K45-49	27			00:09:38	00:26:52	00:53:51.15	01:03:29.70	+00:19:58 (37.1%)	10:46	5.6 (62.9%)
28	SANKOWSKA Beata	269	AVOCADO WELLNESS CLUB	K45-49	28			00:09:38	00:21:47	286:38:14.3	286:47:53.0	+286:04:0 (99.8%)	3439:39	0 (0.0%)
29	ROCHATKA Joanna	263	MARSZ PO ZDROWIE	K45-49	29			286:50:45	00:45:17			+00:28:29	18:06	3.3 (37.1%)
30	JANICKA Katarzyna	94		K45-49	30			286:50:45	00:53:40			+00:36:52	21:28	2.8 (31.5%)

Znalezione 30 wynik(ów)