



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

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



Klasyfikacja: K50-54

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	LESIŃSKA Marzenna	172	KS METRACO POLKOWICE	K50-54	1			00:10:22	00:17:10	00:34:17.05	00:44:39.30		6:51	8.8 (100%)
2	NIEWIŃSKA Beata	211	FACE NORDIC WALKING TEAM	K50-54	2			00:10:21	00:17:56	00:36:05.30	00:46:27.00	+00:01:48 (5.0%)	7:13	8.3 (94.3%)
3	STYGA Krystyna	294	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	3			00:09:34	00:17:59	00:36:13.05	00:45:47.50	+00:01:56 (5.3%)	7:14	8.3 (94.3%)
4	KLIMKIEWICZ Katarzyna	123		K50-54	4			00:10:23	00:17:56	00:36:16.90	00:46:39.95	+00:01:59 (5.5%)	7:15	8.3 (94.3%)
5	SUGALSKA Małgorzata	296	MOSIR	K50-54	5			00:10:21	00:18:13	00:37:07.70	00:47:29.25	+00:02:50 (7.7%)	7:25	8.1 (92.0%)
6	PIATCZYK Barbara	235		K50-54	6			00:10:25	00:19:03	00:38:37.30	00:49:02.50	+00:04:20 (11.2%)	7:43	7.8 (88.6%)
7	MICHALAK Elżbieta	196	CHODZĘ Z SERCEM	K50-54	7			00:10:27	00:19:18	00:38:47.10	00:49:14.20	+00:04:30 (11.6%)	7:45	7.7 (87.5%)
8	OLESIEJUK Anna	218	CHODZĘ Z SERCEM	K50-54	8			00:10:24	00:19:29	00:38:48.30	00:49:13.20	+00:04:31 (11.7%)	7:45	7.7 (87.5%)
9	SUDOŁ Irena	295	WŁÓCZYKIJE SKOCZÓW	K50-54	9			00:10:23	00:19:27	00:39:12.65	00:49:36.50	+00:04:55 (12.6%)	7:50	7.6 (86.4%)
10	PAKMUR Anna	227		K50-54	10			00:10:22	00:19:40	00:39:18.30	00:49:40.60	+00:05:01 (12.8%)	7:51	7.6 (86.4%)
11	PYTLAK Urszula	250	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	11			00:09:35	00:19:39	00:39:35.30	00:49:10.80	+00:05:18 (13.4%)	7:55	7.6 (86.4%)
12	KULESZA - BRUNKA Dorota	155	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K50-54	12			00:10:23	00:19:55	00:39:48.60	00:50:11.70	+00:05:31 (13.9%)	7:57	7.5 (85.2%)
13	WINCZEWSKA Anna	341	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	13			00:10:22	00:20:19	00:40:53.00	00:51:15.80	+00:06:35 (16.1%)	8:10	7.3 (83.0%)

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	PROKOP Beata	1018		K50-54	14			00:10:23	00:20:49	00:41:15.15	00:51:38.90	+00:06:58 (16.9%)	8:15	7.3 (83.0%)
15	ZIELIŃSKA Elżbieta	376	CHODZĘ Z SERCEM	K50-54	15			00:10:27	00:21:03	00:42:02.35	00:52:29.45	+00:07:45 (18.4%)	8:24	7.1 (80.7%)
16	NOWROTEK Urszula	531	WESOŁY BORSUK TEAM	K50-54	16			00:10:21	00:20:59	00:42:27.05	00:52:48.40	+00:08:10 (19.2%)	8:29	7.1 (80.7%)
17	OGONOWSKA Edyta	217	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	17			00:10:22	00:21:07	00:42:36.45	00:52:58.90	+00:08:19 (19.5%)	8:31	7 (79.5%)
18	KRYZEL Dorota	145	BŁĘKITNI DZIEMIANY	K50-54	18			00:10:23	00:21:26	00:42:53.15	00:53:16.90	+00:08:36 (20.1%)	8:34	7 (79.5%)
19	WRZOSIŃSKA Marzanna	362	GMINA SKRWILNO	K50-54	19			00:10:25	00:22:11	00:44:50.00	00:55:15.60	+00:10:32 (23.5%)	8:58	6.7 (76.1%)
20	GUSZKOWSKA Maria	86		K50-54	20			00:10:26	00:22:39	00:45:17.05	00:55:43.30	+00:11:00 (24.3%)	9:03	6.6 (75.0%)
21	WÓJCIK Magdalena	356	AVOCADO WELLNESS CLUB	K50-54	21			00:10:26	00:22:51	00:45:50.00	00:56:16.10	+00:11:32 (25.2%)	9:10	6.5 (73.9%)
22	ŁUNIEWSKA Anna	180		K50-54	22			00:10:24	00:24:04	00:48:48.55	00:59:13.25	+00:14:31 (29.8%)	9:45	6.1 (69.3%)

Znaleziono 22 wynik(ów)