



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: K55-59

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	PARTYKA Teresa	537	WESOŁY BORSUK TEAM	K55-59	1			00:11:17	00:16:36	00:33:28.90	00:44:46.05		6:41	9 (100%)
2	KASPRZYK Lilianna	113	KS METRACO POLKOWICE	K55-59	2			00:11:18	00:16:41	00:33:46.70	00:45:05.40	+00:00:17 (0.9%)	6:45	8.9 (98.9%)
3	GAPIŃSKA Janina	60	WESOŁY BORSUK TEAM	K55-59	3			00:11:17	00:17:01	00:34:24.15	00:45:41.50	+00:00:55 (2.7%)	6:52	8.7 (96.7%)
4	STOLTMANN Helena	292	BŁĘKITNI DZIEMIANY	K55-59	4			00:11:18	00:17:33	00:35:17.00	00:46:35.20	+00:01:48 (5.1%)	7:03	8.5 (94.4%)
5	GŁADKOWSKA Małgorzata	65	SILESIA TEAM	K55-59	5			00:11:18	00:17:31	00:35:31.40	00:46:50.30	+00:02:02 (5.7%)	7:06	8.4 (93.3%)
6	KULESZYŃSKA Małgorzata	156		K55-59	6			00:11:17	00:17:48	00:36:00.35	00:47:18.10	+00:02:31 (7.0%)	7:12	8.3 (92.2%)
7	KUPIBIDA Bogusława	163	SILESIA NORDIC TEAM	K55-59	7			00:11:17	00:17:51	00:36:05.10	00:47:22.85	+00:02:36 (7.2%)	7:13	8.3 (92.2%)
8	KIETRYS Grażyna	119	MARSZPOZDROWIE	K55-59	8			00:11:19	00:19:02	00:38:06.45	00:49:25.80	+00:04:37 (12.1%)	7:37	7.9 (87.8%)
9	CYBUL Ewa	26	CHODZĘ Z SERCEM	K55-59	9			00:11:19	00:19:10	00:38:42.00	00:50:01.50	+00:05:13 (13.5%)	7:44	7.8 (86.7%)
10	FOLWARSKA Małgorzata	55	FACE NORDIC WALKING TEAM	K55-59	10			00:11:20	00:20:07	00:40:03.95	00:51:24.65	+00:06:35 (16.4%)	8:00	7.5 (83.3%)
11	PAWŁOWICZ Alina Ewa	230		K55-59	11			00:11:21	00:19:56	00:40:08.90	00:51:30.45	+00:06:40 (16.6%)	8:01	7.5 (83.3%)
12	GULBICKA Teresa	85	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K55-59	12			00:11:22	00:20:02	00:40:16.00	00:51:38.20	+00:06:47 (16.9%)	8:03	7.5 (83.3%)
13	TROJAK Krystyna	323	MOSIR	K55-59	13			00:11:21	00:20:31	00:41:07.40	00:52:28.90	+00:07:38 (18.6%)	8:13	7.3 (81.1%)

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	ŻYWICKA Irena	383	BŁĘKITNI DZIEMIANY	K55-59	14			00:11:24	00:20:38	00:41:11.25	00:52:35.45	+00:07:42 (18.7%)	8:14	7.3 (81.1%)
15	KSIĄŻEK Danuta	148	CHODZĘ Z SERCEM	K55-59	15			00:11:20	00:20:34	00:42:08.70	00:53:29.05	+00:08:39 (20.6%)	8:25	7.1 (78.9%)
16	SZYMAŃSKA Elżbieta	1013	NW CIECHANÓW	K55-59	16			00:11:20	00:21:25	00:42:46.25	00:54:06.45	+00:09:17 (21.7%)	8:33	7 (77.8%)
17	ANDRZEJEWSKA Bogusława	3		K55-59	17			00:11:21	00:21:25	00:42:48.20	00:54:09.40	+00:09:19 (21.8%)	8:33	7 (77.8%)
18	DYBOWSKA Henryka	47	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	18			00:11:22	00:21:41	00:42:48.35	00:54:10.70	+00:09:19 (21.8%)	8:33	7 (77.8%)
19	POPEK Małgorzata	242	CHODZĘ Z SERCEM	K55-59	19			00:11:19	00:21:04	00:43:01.90	00:54:21.60	+00:09:33 (22.2%)	8:36	7 (77.8%)
20	GAJEWSKA Anna	57		K55-59	20			00:11:25	00:21:37	00:43:39.75	00:55:05.05	+00:10:10 (23.3%)	8:44	6.9 (76.7%)
21	BARTOSIK Krystyna	12		K55-59	21			00:11:23	00:21:48	00:43:48.95	00:55:12.80	+00:10:20 (23.6%)	8:45	6.8 (75.6%)
22	MIELEWCZYK Ola	201		K55-59	22			00:11:18	00:21:23	00:43:53.05	00:55:11.80	+00:10:24 (23.7%)	8:46	6.8 (75.6%)
23	JUSZKIEWICZ Elżbieta	1014	NW CIECHANÓW	K55-59	23			00:11:21	00:21:43	00:43:59.75	00:55:21.00	+00:10:30 (23.9%)	8:48	6.8 (75.6%)
24	LESZCZYŃSKA Kazimiera	390	GOSIR OSIELSKO	K55-59	24			00:11:25	00:21:28	00:44:22.80	00:55:47.80	+00:10:53 (24.6%)	8:52	6.8 (75.6%)
25	SKALSKA Beata	277		K55-59	25			00:10:25	00:22:36	00:45:51.80	00:56:17.20	+00:12:22 (27.0%)	9:10	6.5 (72.2%)
26	SIWKA Jolanta	276		K55-59	26			00:10:26	00:23:19	00:46:08.85	00:56:34.95	+00:12:39 (27.4%)	9:13	6.5 (72.2%)
27	DEMBIŃSKA Mirka	1019		K55-59	27			00:11:22	00:23:25	00:46:47.60	00:58:09.65	+00:13:18 (28.4%)	9:21	6.4 (71.1%)
28	WIŚNIEWSKA Grażyna	342	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	28			00:11:22	00:26:22	00:52:02.20	01:03:25.00	+00:18:33 (35.7%)	10:24	5.8 (64.4%)
29	GARBARCZYK Elżbieta	62	AKTYWNI Z PASJĄ ŁUKÓW	K55-59	29			00:11:23	00:24:59	00:52:12.25	01:03:35.50	+00:18:43 (35.9%)	10:26	5.7 (63.3%)
30	WIERESZKO-CZYŻ Regina	337	POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO	K55-59	30			286:42:26	00:35:20			+00:18:44	14:08	4.2 (46.7%)
31	PIETRYKOWSKA Małgorzata	238	AVOCADO WELLNESS CLUB	K55-59	31			286:50:45	00:44:20			+00:27:44	17:44	3.4 (37.8%)

Znalezione 31 wynik(ów)