



KOSZALIN - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-08-13
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Kobiety

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	KŁACZYŃSKA Danuta	49		K40-44	1			00:10:30	00:17:19	00:35:09.45	00:45:40.00		7:02	8.5 (100%)
2	KOMAR Beata	54	FACE NORDIC WALKING TEAM	K45-49	1			00:10:44	00:18:22	00:36:17.65	00:47:02.05	+00:01:08 (3.1%)	7:15	8.3 (97.6%)
3	SZPILMAN Katarzyna	107	FACE NORDIC WALKING TEAM	K45-49	2			00:10:45	00:18:20	00:36:17.85	00:47:02.85	+00:01:08 (3.1%)	7:15	8.3 (97.6%)
4	DOLNA Ewelina	143	AKTYWNE KOLCZYGŁOWY	K30-39	1			00:10:06	00:18:36	00:37:02.25	00:47:08.55	+00:01:52 (5.1%)	7:24	8.1 (95.3%)
5	LESIŃSKA Marzenna	65	KS METRACO POLKOWICE	K50-54	1			00:11:03	00:18:24	00:37:04.00	00:48:07.80	+00:01:54 (5.2%)	7:24	8.1 (95.3%)
6	SULIKOWSKA Agnieszka	104	PASJA NORDIC WALKING	K30-39	2			00:10:05	00:19:01	00:37:26.00	00:47:31.00	+00:02:16 (6.1%)	7:29	8 (94.1%)
7	RUDNIK Janina Ewa	98	DWA KIJE SŁUPSK	K30-39	3			00:10:05	00:18:24	00:37:34.55	00:47:39.55	+00:02:25 (6.4%)	7:30	8 (94.1%)
8	JÓŻWIAK Marianna	38	WTW.WŁOCŁAWEK	K40-44	2			00:10:30	00:18:25	00:37:43.15	00:48:14.05	+00:02:33 (6.8%)	7:32	8 (94.1%)
9	RAKUĆ Angelika	91	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:10:03	00:18:34	00:37:44.45	00:47:48.10	+00:02:35 (6.8%)	7:33	7.9 (92.9%)
10	NACZK Wiktoria	74		K-Junior	1			00:09:27	00:18:36	00:37:52.10	00:47:19.10	+00:02:42 (7.2%)	7:34	7.9 (92.9%)
11	ŚLEWIŃSKA Edyta	111	BŁĘKITNI NW DZIEMIANY	K-Junior	2			00:09:26	00:18:51	00:37:53.80	00:47:19.80	+00:02:44 (7.2%)	7:34	7.9 (92.9%)
12	WOJTACHNIO Edyta	124	FACE NORDIC WALKING TEAM	K45-49	3			00:10:45	00:18:53	00:38:08.30	00:48:54.20	+00:02:58 (7.8%)	7:37	7.9 (92.9%)

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13	WILKOŁEK-SZUDARSKA Saturnina	122	DWA KIJE SŁUPSK	K55-59	1			00:11:21	00:18:54	00:38:08.55	00:49:29.55	+00:02:59 (7.8%)	7:37	7.9 (92.9%)
14	PILECKA-PRĄDZYŃSKA Anna	84	PENDOLINO	K60-64	1			00:11:35	00:18:58	00:38:23.85	00:49:59.25	+00:03:14 (8.4%)	7:40	7.8 (91.8%)
15	BŁASZCZYK Karolina	141	ELITE TEAM	K30-39	4			00:10:05	00:18:43	00:38:24.55	00:48:30.05	+00:03:15 (8.5%)	7:41	7.8 (91.8%)
16	WAWRZYNIAK Anna	118	FACE NORDIC WALKING TEAM	K40-44	3			00:10:29	00:18:50	00:38:33.20	00:49:02.75	+00:03:23 (8.8%)	7:42	7.8 (91.8%)
17	SŁOMIŃSKA Marta	246	BŁĘKITNI NW DZIEMIANY	K-Junior	3			00:09:26	00:19:01	00:38:41.35	00:48:08.30	+00:03:31 (9.1%)	7:44	7.8 (91.8%)
18	JANECKA Agnieszka	34	JEZIORKI - AKTYWNA WIEŚ	K40-44	4			00:10:30	00:19:09	00:38:53.00	00:49:23.45	+00:03:43 (9.6%)	7:46	7.7 (90.6%)
19	SULECKA Gabriela	103		K-Niepełnosprawni	1			00:11:21	00:19:25	00:39:02.40	00:50:23.40	+00:03:52 (9.9%)	7:48	7.7 (90.6%)
20	LANGMESSER Kinga	63	LKS ZANTYR SZTUM	K18-29	2			00:10:04	00:19:22	00:39:05.75	00:49:10.30	+00:03:56 (10.1%)	7:49	7.7 (90.6%)
21	LESZCZYSZYN Krystyna	64		K60-64	2			00:11:35	00:19:12	00:39:09.60	00:50:45.15	+00:04:00 (10.2%)	7:50	7.7 (90.6%)
22	GIERSZEWSKA Magdalena	145	AKTYWNE KOLCZYGŁOWY	K40-44	5			00:10:31	00:19:36	00:39:16.65	00:49:48.00	+00:04:07 (10.5%)	7:51	7.6 (89.4%)
23	WOJEWSKA Natalia	123	ELITE TEAM	K18-29	3			00:10:03	00:19:22	00:39:26.55	00:49:30.20	+00:04:17 (10.9%)	7:53	7.6 (89.4%)
24	KOZŁOWSKA Julia	57	FACE NORDIC WALKING TEAM	K-Dzieci	1			00:27:36	00:18:47	00:39:32.25	01:07:08.25	+00:04:22 (11.1%)	7:54	7.6 (89.4%)
25	DANA Kazimiera	13	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:11:37	00:19:42	00:39:53.00	00:51:30.00	+00:04:43 (11.8%)	7:58	7.5 (88.2%)
26	GUL Karina	144	AKTYWNE KOLCZYGŁOWY	K-Niepełnosprawni	2			00:10:07	00:20:00	00:40:53.00	00:51:00.10	+00:05:43 (14.0%)	8:10	7.3 (85.9%)
27	LABUDDA Katarzyna	241		K30-39	5			00:10:04	00:20:06	00:40:53.25	00:50:57.70	+00:05:43 (14.0%)	8:10	7.3 (85.9%)
28	BANASZAK Agata	131	GREEN TEAM ZIELONA GÓRA	K18-29	4			00:10:03	00:20:25	00:40:59.40	00:51:02.40	+00:05:49 (14.2%)	8:11	7.3 (85.9%)
29	ŻAMOJCIN Małgorzata	133		K55-59	2			00:11:21	00:20:21	00:41:02.60	00:52:23.60	+00:05:53 (14.3%)	8:12	7.3 (85.9%)
30	SPYCHAŁA Arleta	139	MARSZ PO ZDROWIE	K40-44	6			00:10:30	00:20:31	00:41:13.30	00:51:43.30	+00:06:03 (14.7%)	8:14	7.3 (85.9%)
31	MALKIEWICZ Małgorzata	146	AKTYWNE KOLCZYGŁOWY	K50-54	2			00:11:03	00:20:29	00:41:30.50	00:52:33.50	+00:06:21 (15.3%)	8:18	7.2 (84.7%)
32	PAKMUR Anna	80		K50-54	3			00:11:03	00:20:40	00:41:33.35	00:52:36.35	+00:06:23 (15.4%)	8:18	7.2 (84.7%)
33	KULIG Bożena	58	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	4			00:11:37	00:20:40	00:41:35.75	00:53:12.75	+00:06:26 (15.5%)	8:19	7.2 (84.7%)
34	BARTON Krystyna	3		K55-59	3			00:11:21	00:20:38	00:41:43.30	00:53:05.10	+00:06:33 (15.7%)	8:20	7.2 (84.7%)
35	BANACH-MAZUR Paulina	2		K30-39	6			00:10:06	00:20:42	00:41:44.40	00:51:51.10	+00:06:34 (15.8%)	8:21	7.2 (84.7%)

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36	JASOŃ Grażyna	142	CZARNE PANTERY	K50-54	4			00:11:04	00:21:06	00:42:01.15	00:53:05.75	+00:06:51 (16.3%)	8:24	7.1 (83.5%)
37	GRUDNOWSKA Dominika	30	BŁĘKITNI NW DZIEMIANY	K-Dzieci	2			00:09:07	00:19:49	00:42:03.50	00:51:10.95	+00:06:54 (16.4%)	8:24	7.1 (83.5%)
38	MACZKOWSKA Zofia	67	LKS ZANTYR SZTUM	K-Dzieci	3			00:09:08	00:19:48	00:42:04.90	00:51:12.95	+00:06:55 (16.5%)	8:24	7.1 (83.5%)
39	KRAWCZYKOWSKA Barbara	242	LKS ZANTYR SZTUM	K60-64	5			00:11:36	00:20:43	00:42:09.35	00:53:45.90	+00:06:59 (16.6%)	8:25	7.1 (83.5%)
40	ŁOZIŃSKA Wioletta	134		K45-49	4			00:10:45	00:21:00	00:42:17.20	00:53:02.20	+00:07:07 (16.9%)	8:27	7.1 (83.5%)
41	PODLEWSKA Alicja	85	LKS ZANTYR SZTUM	K50-54	5			00:11:03	00:20:57	00:42:19.95	00:53:23.25	+00:07:10 (16.9%)	8:28	7.1 (83.5%)
42	KOZŁOWSKA Jagoda	56	FACE NORDIC WALKING TEAM	K-Dzieci	4			00:27:36	00:19:42	00:42:20.40	01:09:56.40	+00:07:10 (17.0%)	8:28	7.1 (83.5%)
43	BONZEL Dorota	7	JEZIORKI - AKTYWNA WIEŚ	K30-39	7			00:10:05	00:21:07	00:42:22.90	00:52:28.00	+00:07:13 (17.0%)	8:28	7.1 (83.5%)
44	KUŚMIEREK Beata	61	BŁĘKITNI NW DZIEMIANY	K40-44	7			00:10:30	00:21:01	00:42:24.40	00:52:54.45	+00:07:14 (17.1%)	8:28	7.1 (83.5%)
45	DARGAS Małgorzata	15	BŁĘKITNI NW DZIEMIANY	K40-44	8			00:10:30	00:21:00	00:42:41.65	00:53:11.65	+00:07:32 (17.7%)	8:32	7 (82.4%)
46	KUMPIŃ Izabela	248		K40-44	9			00:10:32	00:20:52	00:42:58.95	00:53:31.55	+00:07:49 (18.2%)	8:35	7 (82.4%)
47	RAJEWSKA Beata	88	JEZIORKI - AKTYWNA WIEŚ	K40-44	10			00:10:32	00:21:30	00:43:00.40	00:53:33.20	+00:07:50 (18.3%)	8:36	7 (82.4%)
48	ROMANOWSKA Agata	93		K-Dzieci	5			00:09:07	00:20:36	00:43:12.30	00:52:19.90	+00:08:02 (18.6%)	8:38	6.9 (81.2%)
49	DARGAS Sandra	17	BŁĘKITNI NW DZIEMIANY	K-Dzieci	6			00:09:08	00:21:44	00:43:24.00	00:52:32.55	+00:08:14 (19.0%)	8:40	6.9 (81.2%)
50	SZCZEPANIAK Lucyna	105	JEZIORKI - AKTYWNA WIEŚ	K45-49	5			00:10:45	00:21:47	00:43:40.65	00:54:26.40	+00:08:31 (19.5%)	8:44	6.9 (81.2%)
51	CHOLEWSKA Joanna	136	MARSZ PO ZDROWIE	K60-64	6			00:11:37	00:21:54	00:43:58.85	00:55:35.85	+00:08:49 (20.1%)	8:47	6.8 (80.0%)
52	DEC Alicja	18		K60-64	7			00:11:37	00:21:52	00:44:07.45	00:55:44.45	+00:08:58 (20.3%)	8:49	6.8 (80.0%)
53	SZPALERSKA Mirosława	106		K65-69	1			00:11:48	00:22:10	00:44:42.80	00:56:31.00	+00:09:33 (21.4%)	8:56	6.7 (78.8%)
54	ZIELIŃSKA Elżbieta	127		K60-64	8			00:11:36	00:22:21	00:44:47.95	00:56:24.80	+00:09:38 (21.5%)	8:57	6.7 (78.8%)
55	PIETRASIK Dominika	83		K30-39	8			00:10:08	00:22:11	00:44:49.05	00:54:57.65	+00:09:39 (21.6%)	8:57	6.7 (78.8%)
56	KAZIÓW Krystyna	43	DWA KIJE SŁUPSK	K60-64	9			00:11:36	00:22:15	00:44:56.85	00:56:32.85	+00:09:47 (21.8%)	8:59	6.7 (78.8%)
57	GRUDNOWSKA Wiktoria	29	BŁĘKITNI NW DZIEMIANY	K-Dzieci	7			00:09:08	00:22:08	00:45:23.70	00:54:31.70	+00:10:14 (22.6%)	9:04	6.6 (77.6%)
58	ROSZMAN Adrianna	95	PENDOLINO	K-Dzieci	8			00:09:08	00:22:58	00:45:25.00	00:54:33.00	+00:10:15 (22.6%)	9:05	6.6 (77.6%)

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59	SZPAK Monika	245		K30-39	9			00:10:07	00:21:49	00:45:31.95	00:55:39.50	+00:10:22 (22.8%)	9:06	6.6 (77.6%)
60	ROSZMAN Agata	96	PENDOLINO	K30-39	10			00:10:05	00:22:20	00:46:18.85	00:56:23.85	+00:11:09 (24.1%)	9:15	6.5 (76.5%)
61	JERECZEK Grażyna	37	BŁĘKITNI NW DZIEMIANY	K55-59	4			00:11:21	00:23:08	00:46:25.70	00:57:46.70	+00:11:16 (24.3%)	9:17	6.5 (76.5%)
62	MIKITIUK Beata	70	KIJOWA PARA	K40-44	11			00:10:45	00:23:46	00:46:30.15	00:57:15.15	+00:11:20 (24.4%)	9:18	6.5 (76.5%)
63	KĄCKOWSKA Beata	44	JEZIORKI - AKTYWNA WIEŚ	K40-44	12			00:10:30	00:23:17	00:46:39.70	00:57:09.70	+00:11:30 (24.7%)	9:19	6.4 (75.3%)
64	GRUCA Wiktoria	28		K-Junior	4			00:09:27	00:22:39	00:47:01.55	00:56:29.35	+00:11:52 (25.2%)	9:24	6.4 (75.3%)
65	GRUCA Małgorzata	27		K40-44	13			00:10:20	00:24:11	00:47:46.15	00:58:06.15	+00:12:36 (26.4%)	9:33	6.3 (74.1%)
66	WIADERSKA Grażyna	121		K65-69	2			00:11:48	00:23:53	00:47:50.30	00:59:39.00	+00:12:40 (26.5%)	9:34	6.3 (74.1%)
67	PANKIEWICZ- DMOWSKA Cecylia	81		K65-69	3			00:11:49	00:24:03	00:48:04.05	00:59:53.05	+00:12:54 (26.9%)	9:36	6.2 (72.9%)
68	BŁASZCZYK Katarzyna	5	KIJANKI POZNAŃ	K45-49	6			00:10:45	00:23:47	00:48:06.60	00:58:52.35	+00:12:57 (26.9%)	9:37	6.2 (72.9%)
69	OGONOWSKA Edyta	79	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	6			00:11:03	00:24:08	00:48:19.40	00:59:23.20	+00:13:09 (27.2%)	9:40	6.2 (72.9%)
70	DZIADEK Agnieszka	20	PENDOLINO	K-Junior	5			00:09:26	00:23:29	00:48:24.20	00:57:50.80	+00:13:14 (27.4%)	9:40	6.2 (72.9%)
71	TOKARSKA Joanna	112	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K30-39	11			00:10:05	00:24:09	00:48:39.20	00:58:44.20	+00:13:29 (27.7%)	9:43	6.2 (72.9%)
72	MALINOWSKA Grażyna	68	LKS ZANTYR SZTUM	K65-69	4			00:11:49	00:24:01	00:48:52.85	01:00:41.90	+00:13:43 (28.1%)	9:46	6.1 (71.8%)
73	KISIOŁEK Wiktoria	148	AKTYWNI POSTOMINO	K-Dzieci	9			00:09:08	00:23:11	00:49:03.30	00:58:11.55	+00:13:53 (28.3%)	9:48	6.1 (71.8%)
74	KULESZA Justyna	244		K30-39	12			00:10:05	00:24:05	00:49:07.25	00:59:12.25	+00:13:57 (28.4%)	9:49	6.1 (71.8%)
75	BUDASZ Grażyna	8	JEZIORKI - AKTYWNA WIEŚ	K60-64	10			00:11:37	00:25:29	00:51:26.05	01:03:03.90	+00:16:16 (31.6%)	10:17	5.8 (68.2%)
76	ROMANOWSKA Wiktoria	92		K-Junior	6			00:09:26	00:19:14	00:51:27.40	01:00:53.40	+00:16:17 (31.7%)	10:17	5.8 (68.2%)
77	DARGAS Marta	16	BŁĘKITNI NW DZIEMIANY	K-Dzieci	10			00:09:08	00:24:36	00:52:49.00	01:01:57.00	+00:17:39 (33.4%)	10:33	5.7 (67.1%)
78	NOWAK Maja	77	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	11			00:09:08	00:28:17	00:59:50.40	01:08:59.30	+00:24:40 (41.2%)	11:58	5 (58.8%)
79	KUMPIŃ Zuzanna	59		K-Dzieci	12			00:09:08	00:28:41	01:00:24.75	01:09:32.75	+00:25:15 (41.8%)	12:04	5 (58.8%)
80	KĘDZIERSKA Edyta	46	PFNW	K40-44	14			02:25:20						(0.0%)

Znaleziono 80 wynik(ów)