



# KOSZALIN - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW  
Data: 2017-05-03  
Miejsce: Koszalin  
Dystans: 5 km



Klasyfikacja: K30-39

| Msc | Zawodnik                     | Numer      | Klub                                | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | Start_All<br>2.5km | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|------------|-------------------------------------|-----------|------|----------------|-----------------|----------------|--------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | <b>SZYMSKA Małgorzata</b>    | <b>99</b>  | EKSPEDYCJA NORDIC TEAM SZCZECIN     | K30-39    | 1    | 1              |                 | 00:06:44       | 00:17:53           | <b>00:36:02.15</b>   | <b>00:42:46.55</b>    |                      | 7:12            | 8.3<br>(100%)  |
| 2   | <b>DOLNA Ewelina</b>         | <b>121</b> | KSK ŻYJ AKTYWNIE KOLCZYGŁOWY        | K30-39    | 2    |                |                 | 00:06:45       | 00:18:39           | <b>00:36:49.60</b>   | <b>00:43:35.10</b>    | +00:00:47<br>(2.1%)  | 7:22            | 8.1<br>(97.6%) |
| 3   | <b>SULIKOWSKA Agnieszka</b>  | <b>92</b>  | PASJA NORDIC WALKING                | K30-39    | 3    |                |                 | 00:06:46       | 00:18:39           | <b>00:36:57.90</b>   | <b>00:43:44.00</b>    | +00:00:55<br>(2.5%)  | 7:23            | 8.1<br>(97.6%) |
| 4   | <b>MORYS Agnieszka</b>       | <b>61</b>  | FABRIKANORDIKA                      | K30-39    | 4    |                |                 | 00:06:45       | 00:18:50           | <b>00:38:08.65</b>   | <b>00:44:53.90</b>    | +00:02:06<br>(5.5%)  | 7:37            | 7.9<br>(95.2%) |
| 5   | <b>KRECZMER Marzena</b>      | <b>49</b>  | CLLEO ZAWIERCIE                     | K30-39    | 5    |                |                 | 00:06:44       | 00:19:20           | <b>00:39:07.50</b>   | <b>00:45:52.05</b>    | +00:03:05<br>(7.9%)  | 7:49            | 7.7<br>(92.8%) |
| 6   | <b>KNITTER Monika</b>        | <b>42</b>  |                                     | K30-39    | 6    |                |                 | 00:06:44       | 00:19:22           | <b>00:39:27.40</b>   | <b>00:46:12.05</b>    | +00:03:25<br>(8.7%)  | 7:53            | 7.6<br>(91.6%) |
| 7   | <b>WĄSOWSKA Monika</b>       | <b>102</b> | KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE | K30-39    | 7    |                |                 | 00:06:45       | 00:21:39           | <b>00:44:03.00</b>   | <b>00:50:48.20</b>    | +00:08:00<br>(18.2%) | 8:48            | 6.8<br>(81.9%) |
| 8   | <b>STĘPNIEWSKA Agnieszka</b> | <b>87</b>  |                                     | K30-39    | 8    |                |                 | 00:06:46       | 00:23:29           | <b>00:46:26.35</b>   | <b>00:53:12.35</b>    | +00:10:24<br>(22.4%) | 9:17            | 6.5<br>(78.3%) |

Znaleziono 8 wynik(ów)