



LEGNICA - WYŚCIG PRZYJAŹNI NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: PUCHAR EUROPY NORDIC WALKING 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-23
Miejsce: Legnica
Dystans: 5 km



Klasyfikacja: OPEN-K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KUBISZYN Małgorzata	42	KS METRACO POLKOWICE	K18-44	1			00:17:43	00:35:23.05		7:04	8.5 (100%)
2	SPYCHAŁA Marzena	77	CKZIU MECHANIK NYSA	K45-59	1			00:17:43	00:35:47.30	+00:00:24 (1.1%)	7:09	8.4 (98.8%)
3	PUSZKARSKA Małgorzata	69	GOSADI NORDIC TEAM	K18-44	2			00:18:17	00:36:41.50	+00:01:18 (3.6%)	7:20	8.2 (96.5%)
4	WOLNIEWICZ Katarzyna	105	1970	K45-59	2			00:17:58	00:37:02.35	+00:01:39 (4.5%)	7:24	8.1 (95.3%)
5	MARCINKOWSKA Agnieszka	49	UNIA MIAST	K-Jun.	1			00:18:28	00:37:20.60	+00:01:57 (5.2%)	7:28	8 (94.1%)
6	JÓŹWIAK Marianna	228	SERCE NORDICA WŁOCŁAWEK	K45-59	3			00:18:34	00:37:59.20	+00:02:36 (6.9%)	7:35	7.9 (92.9%)
7	PASIŃSKA - SKOWRON Sylwia	64	PRUSZYŃSKI SPORT TEAM	K18-44	3			00:18:41	00:38:02.65	+00:02:39 (7.0%)	7:36	7.9 (92.9%)
8	STAŃCZAK Grażyna	79		K60+	1			00:18:40	00:38:05.65	+00:02:42 (7.1%)	7:37	7.9 (92.9%)
9	KAMIŃSKA Beata	34	NORDIC TEAM CZĘSTOCHOWA	K45-59	4			00:19:38	00:38:37.85	+00:03:14 (8.4%)	7:43	7.8 (91.8%)
10	SULECKA Gabriela	83		K60+	2			00:19:14	00:38:46.50	+00:03:23 (8.7%)	7:45	7.7 (90.6%)
11	GOGÓŁ Jolanta	22		K45-59	5			00:19:27	00:38:57.20	+00:03:34 (9.2%)	7:47	7.7 (90.6%)
12	KOWALCZYK Edyta	122	KS METRACO POLKOWICE	K45-59	6			00:19:09	00:39:05.45	+00:03:42 (9.5%)	7:49	7.7 (90.6%)
13	KONASZCZUK Agnieszka	125		K18-44	4			00:19:26	00:39:10.55	+00:03:47 (9.7%)	7:50	7.7 (90.6%)
14	LADEMANN Anita	44	POLIPACK TEAM GWE	K18-44	5	2		00:19:35	00:39:14.45	+00:03:51 (9.8%)	7:51	7.6 (89.4%)
15	KOSECKA Katarzyna	41	FORMA NA PIĄTKĘ NW	K45-59	7			00:19:25	00:39:24.25	+00:04:01 (10.2%)	7:52	7.6 (89.4%)

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16	TUZIMEK Agata	93		K18-44	6			00:19:43	00:39:25.65	+00:04:02 (10.3%)	7:53	7.6 (89.4%)
17	DAROSZEWSKA Krystyna	12	SERCE NORDICA WŁOCŁAWEK	K60+	3			00:19:33	00:39:38.60	+00:04:15 (10.7%)	7:55	7.6 (89.4%)
18	SZYJKA Izabela	87	NORDIKI	K18-44	7			00:19:34	00:39:48.85	+00:04:25 (11.1%)	7:57	7.5 (88.2%)
19	WOJCIECHOWSKA Katarzyna	102	PLESZEWSKIE WŁÓCZYKIJE	K18-44	8			00:19:40	00:39:51.25	+00:04:28 (11.2%)	7:58	7.5 (88.2%)
20	GAŁKOWSKA Elżbieta	19	PUSZCZA ZIELONKA	K60+	4			00:19:43	00:40:01.10	+00:04:38 (11.6%)	8:00	7.5 (88.2%)
21	ŚLUSARCZYK Karolina	88	WESOŁY BORSUK TEAM	K-Jun.	2			00:19:32	00:40:23.70	+00:05:00 (12.4%)	8:04	7.4 (87.1%)
21	MARONDEL Katarzyna	50	SILESIA NORDIC TEAM	K18-44	9			00:19:53	00:40:23.70	+00:05:00 (12.4%)	8:04	7.4 (87.1%)
23	URBANIAK Krystyna	95		K45-59	8			00:20:51	00:40:31.15	+00:05:08 (12.7%)	8:06	7.4 (87.1%)
24	PONKA Barbara	67	POLIPACK TEAM GWE	K45-59	9			00:20:07	00:40:46.45	+00:05:23 (13.2%)	8:09	7.4 (87.1%)
25	WALESZKO Anna	98		K45-59	10			00:20:29	00:40:57.90	+00:05:34 (13.6%)	8:11	7.3 (85.9%)
26	WOROCH Jolanta	107	KS METRACO POLKOWICE	K45-59	11			00:20:49	00:41:21.40	+00:05:58 (14.4%)	8:16	7.3 (85.9%)
27	NIECHWIEJCZYK Kinga	57	UNIA MIAST	K-Jun.	3			00:20:34	00:41:36.35	+00:06:13 (15.0%)	8:19	7.2 (84.7%)
28	POSTEK Danuta	68	MARSZ PO ZDROWIE	K45-59	12			00:20:29	00:41:42.85	+00:06:19 (15.2%)	8:20	7.2 (84.7%)
29	BABUŚKA Mariola	53		K45-59	13	1		00:20:42	00:41:51.40	+00:06:28 (15.5%)	8:22	7.2 (84.7%)
30	DYBEŁ Agnieszka	17	NORDIC TEAM CZĘSTOCHOWA	K18-44	10			00:20:59	00:42:20.70	+00:06:57 (16.4%)	8:28	7.1 (83.5%)
31	ANGIELCZYK Małgorzata	1	MARSZ PO ZDROWIE	K60+	5			00:20:51	00:42:35.20	+00:07:12 (16.9%)	8:31	7 (82.4%)
32	ZGRZEBNICKA Agnieszka	113		K45-59	14			00:21:18	00:43:04.10	+00:07:41 (17.8%)	8:36	7 (82.4%)
33	WRONECKA Julia	110	SISU WROCŁAW	K18-44	11			00:21:00	00:43:06.00	+00:07:42 (17.9%)	8:37	7 (82.4%)
34	MACIEJEWSKA Beata	47		K45-59	15			00:21:14	00:43:36.25	+00:08:13 (18.9%)	8:43	6.9 (81.2%)
35	POLITOVA Tatiana	96	SISU LIFESTYLE & SPORTS	K18-44	12			00:21:32	00:43:51.20	+00:08:28 (19.3%)	8:46	6.8 (80.0%)
36	NOWAK Ewa	59	STADION ŚLĄSKI	K45-59	16			00:22:13	00:44:44.50	+00:09:21 (20.9%)	8:56	6.7 (78.8%)
37	DRAPIKOWSKA Beata	14	DRAPIKI I PASJONACI NORDIC WALKING	K45-59	17			00:23:04	00:46:09.00	+00:10:45 (23.3%)	9:13	6.5 (76.5%)
38	MALINOWSKA Grażyna	48	LKS ZANTYR SZTUM	K60+	6			00:22:58	00:46:33.30	+00:11:10 (24.0%)	9:18	6.4 (75.3%)

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39	MAZUR Marlena	51	LEGNICKA GRUPA GŁUCHYCH	K18-44	13			00:23:21	00:46:40.95	+00:11:17 (24.2%)	9:20	6.4 (75.3%)
40	OWCZAREK Henryka	62	MARSZ PO ZDROWIE	K60+	7			00:23:14	00:46:44.50	+00:11:21 (24.3%)	9:21	6.4 (75.3%)
41	KUCHAR Magdalena	43	DRAPIKI I PASJONACI NORDIC WALKING	K18-44	14			00:23:09	00:46:49.25	+00:11:26 (24.4%)	9:22	6.4 (75.3%)
42	HABOWSKA Aneta	24	DRAPIKI I PASJONACI NORDIC WALKING	K18-44	15			00:22:27	00:46:51.95	+00:11:28 (24.5%)	9:22	6.4 (75.3%)
43	SPYT Teresa	78	DRAPIKI I PASJONACI NORDIC WALKING	K60+	8			00:23:26	00:46:55.75	+00:11:32 (24.6%)	9:23	6.4 (75.3%)
44	WÓJCIK Irena	108	OUTW OLEŚNICA	K60+	9			00:23:30	00:46:59.00	+00:11:35 (24.7%)	9:23	6.4 (75.3%)
45	ONDYCZ Sylwia	60	NORDIKI	K45-59	18			00:23:26	00:47:13.20	+00:11:50 (25.1%)	9:26	6.4 (75.3%)
46	KALINOWSKA Małgorzata	31	LEGNICKA GRUPA GŁUCHYCH	K45-59	19	1		00:23:10	00:48:03.20	+00:12:40 (26.4%)	9:36	6.2 (72.9%)
47	BACDORF Alicja	3	LIDER GRODZISK MAZOWIECKI	K60+	10			00:23:47	00:48:04.60	+00:12:41 (26.4%)	9:37	6.2 (72.9%)
48	HARASIMOWICZ Maria	28	DRAPIKI I PASJONACI NORDIC WALKING	K60+	11			00:23:54	00:48:56.20	+00:13:33 (27.7%)	9:47	6.1 (71.8%)
49	GŁODO Genowefa	21	DRAPIKI I PASJONACI NORDIC WALKING	K60+	12			00:23:58	00:48:59.05	+00:13:36 (27.8%)	9:47	6.1 (71.8%)
50	SULIKOWSKA Stanisława	84	DRAPIKI I PASJONACI NORDIC WALKING	K60+	13			00:23:59	00:48:59.40	+00:13:36 (27.8%)	9:47	6.1 (71.8%)
51	RAKOWSKA Agnieszka	71	LEGNICKA GRUPA GŁUCHYCH	K18-44	16			00:25:20	00:50:01.75	+00:14:38 (29.3%)	10:00	6 (70.6%)
52	MOROZ Czesława	55		K60+	14			00:24:54	00:50:50.05	+00:15:27 (30.4%)	10:10	5.9 (69.4%)
53	OSMAN Justyna	61	LEGNICKA GRUPA GŁUCHYCH	K18-44	17			00:26:17	00:53:10.70	+00:17:47 (33.5%)	10:38	5.6 (65.9%)
54	DMOCHOWSKA Halinka	13	DRAPIKI I PASJONACI NORDIC WALKING	K60+	15			00:25:23	00:53:35.20	+00:18:12 (34.0%)	10:43	5.6 (65.9%)
55	HANUSZEWICZ-DROZD Zofia	27	DRAPIKI I PASJONACI NORDIC WALKING	K60+	16			00:26:52	00:55:22.85	+00:19:59 (36.1%)	11:04	5.4 (63.5%)
56	BIERNACKA Jadwiga	9	DRAPKI I PASJONACI NORDIC WALKING	K60+	17			00:26:53	00:55:23.00	+00:19:59 (36.1%)	11:04	5.4 (63.5%)
	KAŁAMAJSKA Barbara	32	KLUB NW PATYCZAKI-GRUDZIĄDZ	K60+				00:28:05 DNF	DNF		-	- (0.0%)

Znaleziono 57 wynik(ów)