



MIELNO - PUCHAR POLSKI NORDIC WALKING - BAŁTYCKI TOUR

NORDIC WALKING - 5 KM

B4SPORT
MULTISPORT & FITNESS SERVICES

Organizator: PFNW
Data: 2017-04-29
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: K45-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KOMAR Beata	471	FACE NORDIC WALKING TEAM	K45-49	1			00:08:29	00:20:24	00:41:01.65	00:49:31.10		8:12	7.3 (100%)
2	RECZULSKA Katarzyna	522	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	K45-49	2			00:08:31	00:20:17	00:41:10.45	00:49:42.20	+00:00:08 (0.4%)	8:14	7.3 (100%)
3	OKRZESIK-FRĄCKOWIAK Izabela	509	ZS ROSKO	K45-49	3			00:08:30	00:20:21	00:41:30.00	00:50:00.55	+00:00:28 (1.1%)	8:18	7.2 (98.6%)
4	BON-PANTKOWSKA Aldona	416		K45-49	4			00:08:30	00:20:28	00:41:50.60	00:50:21.10	+00:00:48 (1.9%)	8:22	7.2 (98.6%)
5	POLEWCZAK Aneta	517	CLLEO ZAWIERCIE	K45-49	5			00:08:29	00:20:53	00:42:39.10	00:51:09.05	+00:01:37 (3.8%)	8:32	7 (95.9%)
6	KOWALCZYK Edyta	475	KS METRACO POLKOWICE	K45-49	6			00:08:28	00:21:32	00:43:30.45	00:51:59.40	+00:02:28 (5.7%)	8:42	6.9 (94.5%)
7	EWERTOWSKA Ewa	439	NORDIC WALKING KIEKRZ	K45-49	7			00:08:32	00:22:11	00:44:39.55	00:53:12.05	+00:03:37 (8.1%)	8:56	6.7 (91.8%)
8	GWAREK Anita	457	PASJA NORDIC WALKING	K45-49	8			00:08:29	00:22:13	00:45:14.85	00:53:44.45	+00:04:13 (9.3%)	9:03	6.6 (90.4%)
9	KOSICKA Beata	473	NORDIC WALKING KIEKRZ	K45-49	9			00:08:35	00:22:22	00:45:22.30	00:53:58.10	+00:04:20 (9.6%)	9:04	6.6 (90.4%)
10	KUMPIN Izabela	624	POTĘGOWO	K45-49	10	1		00:06:13	00:22:15	00:46:08.15	00:52:21.45	+00:05:06 (11.1%)	9:13	6.5 (89.0%)
11	STRASZAK Jolanta	622	POTĘGOWO	K45-49	11			00:08:30	00:22:53	00:46:13.90	00:54:44.10	+00:05:12 (11.3%)	9:14	6.5 (89.0%)
12	KALINOWSKA Jolanta	464	CHEMACK	K45-49	12			00:08:33	00:23:21	00:46:49.60	00:55:22.60	+00:05:47 (12.4%)	9:21	6.4 (87.7%)

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13	SPYCHAŁA-KARAPULKA Arleta	603		K45-49	13			00:08:31	00:23:30	00:47:10.15	00:55:41.60	+00:06:08 (13.0%)	9:26	6.4 (87.7%)
14	WRÓBLEWSKA Agnieszka	768	BRAK	K45-49	14			00:08:34	00:24:11	00:49:11.60	00:57:46.15	+00:08:09 (16.6%)	9:50	6.1 (83.6%)
15	STOLARSKA Magdalena	538	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	15			00:08:32	00:24:56	00:50:59.70	00:59:31.85	+00:09:58 (19.5%)	10:11	5.9 (80.8%)
16	BŁASZCZYK Katarzyna	413	KIJANKI POZNAŃ	K45-49	16			00:08:33	00:25:56	00:52:01.50	01:00:35.00	+00:10:59 (21.1%)	10:24	5.8 (79.5%)
17	STUDZIŃSKA Tatiana	541		K45-49	17			00:08:30	00:25:58	00:52:01.75	01:00:32.70	+00:11:00 (21.1%)	10:24	5.8 (79.5%)
18	MRÓZ Katarzyna	596		K45-49	18	1		00:08:35	00:30:05	01:01:30.40	01:10:06.05	+00:20:28 (33.3%)	12:18	4.9 (67.1%)
19	KOLANEK Anetta	595		K45-49	19			00:08:33	00:34:18	01:09:28.60	01:18:02.15	+00:28:26 (40.9%)	13:53	4.3 (58.9%)

Znaleziono 19 wynik(ów)