



OGÓLNOPOLSKI PUCHAR NORDIC WALKING WĄGROWIEC - 10 KM

B4SPORT

Wydarzenie: Ogólnopolski Puchar Nordic Walking - 2021
Organizator: Urząd Miasta Wągrowiec, Fundacja Herkules All Sports
Data: 2021-07-18
Miejsce: Wągrowiec
Dystans: 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Laps_5km 5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KOLBERG Kamila	36	KIJKOWE TRZEMESZNO	K40-49	1				00:17:24	00:35:07	00:52:36	01:09:51.50		6:59	8.6 (100%)
2	JĘDRASIAK Renata	26	KGHM METRACO RUDNA	K50-59	1	1			00:17:04	00:34:44	00:52:45	01:10:35.00	+00:00:43 (1.0%)	7:03	8.5 (98.8%)
3	SZCZUDLIK Małgorzata	72	KIJKOWE TRZEMESZNO	K40-49	2				00:17:00	00:34:44	00:52:46	01:11:02.00	+00:01:10 (1.7%)	7:06	8.4 (97.7%)
4	LUDWICZAK Andżelika	47	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3				00:17:09	00:34:54	00:53:05	01:11:09.85	+00:01:18 (1.8%)	7:06	8.4 (97.7%)
5	STACHOWICZ Joanna	69	BŁĘKITNI DZIEMIANY	K30-39	1				00:17:44	00:35:32	00:53:35	01:12:05.70	+00:02:14 (3.1%)	7:12	8.3 (96.5%)
6	FRANCZAK Małgorzata	14	NW CZĘLAPSKI TEAM	K18-29	1				00:17:43	00:35:51	00:54:16	01:12:39.90	+00:02:48 (3.9%)	7:15	8.3 (96.5%)
7	KUŁAKOWSKA Halina	43	KATOWICKI NORDIC WALKING	K40-49	4				00:17:47	00:36:11	00:54:29	01:13:07.00	+00:03:15 (4.5%)	7:18	8.2 (95.3%)
8	CZAJKA Urszula	87		K60-69	1				00:18:08	00:36:46	00:55:42	01:15:18.60	+00:05:27 (7.2%)	7:31	8 (93.0%)
9	TURBAK Ewa	78	EKM LUBUSKIE MORSY	K40-49	5				00:18:39	00:37:35	00:56:34	01:15:28.35	+00:05:36 (7.4%)	7:32	8 (93.0%)
10	KOWACZ Agata	88		K30-39	2				00:18:26	00:37:38	00:56:58	01:16:30.45	+00:06:38 (8.7%)	7:39	7.8 (90.7%)
11	MIŚKOWICZ Anna	54	NESSI TIME BIAŁA	K60-69	2				00:18:30	00:37:30	00:56:55	01:16:43.85	+00:06:52 (9.0%)	7:40	7.8 (90.7%)
12	DYLEWICZ Weronika	13	EKSTREMUM	K18-29	2				00:18:52	00:38:30	00:58:27	01:17:42.45	+00:07:50 (10.1%)	7:46	7.7 (89.5%)
13	JANUR Wiesława	25		K40-49	6				00:18:53	00:38:21	00:58:04	01:17:43.55	+00:07:52 (10.1%)	7:46	7.7 (89.5%)
14	SKOWROŃSKA Dominika	68	MARSZ PO ZDROWIE	K18-29	3				00:18:52	00:38:30	00:58:27	01:18:06.75	+00:08:15 (10.6%)	7:48	7.7 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	Laps			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
									2.5km	5km	7.5km				
15	KURZAWSKA Jolanta	44	KGHM METRACO RUDNA	K70+	1				00:19:26	00:38:58	00:58:41	01:18:47.30	+00:08:55 (11.3%)	7:52	7.6 (88.4%)
16	SERÓWKA Lidia	65	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-49	7				00:19:27	00:39:16	00:59:04	01:18:51.90	+00:09:00 (11.4%)	7:53	7.6 (88.4%)
17	POSTEK Danuta	63	MARSZ PO ZDROWIE	K50-59	2				00:19:23	00:39:08	00:58:55	01:19:00.45	+00:09:08 (11.6%)	7:54	7.6 (88.4%)
18	NOWAK Agata	57	NORDIC WALKING KIEKRZ POLAND	K30-39	3				00:18:48	00:38:35	00:58:41	01:19:04.35	+00:09:12 (11.7%)	7:54	7.6 (88.4%)
19	ZAKRZEWSKA Iwona Katarzyna	83	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	3				00:19:39	00:39:53	01:00:15	01:20:22.05	+00:10:30 (13.1%)	8:02	7.5 (87.2%)
20	ŁABENDA Lonia	48	NORDIC WALKING KIEKRZ POLAND	K50-59	4				00:19:36	00:39:34	01:00:03	01:20:47.30	+00:10:55 (13.5%)	8:04	7.4 (86.0%)
21	STOLTMANN Helena	71	BŁĘKITNI DZIEMIANY	K60-69	3	1			00:19:01	00:39:00	00:59:50	01:21:02.00	+00:11:10 (13.8%)	8:06	7.4 (86.0%)
22	WNEK Ewa	82		K60-69	4				00:19:33	00:39:55	01:00:39	01:21:26.00	+00:11:34 (14.2%)	8:08	7.4 (86.0%)
23	FRANCZAK Anna	15	NW CZŁAPSKI TEAM	K50-59	5				00:20:19	00:40:44	01:01:18	01:21:34.70	+00:11:43 (14.4%)	8:09	7.4 (86.0%)
24	CYRAN Katarzyna	8	EKM LUBUSKIE MORSY	K40-49	8				00:20:46	00:41:12	01:01:44	01:21:58.90	+00:12:07 (14.8%)	8:11	7.3 (84.9%)
25	SZEWCZYK Hanna	73	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	6				00:19:51	00:40:18	01:01:14	01:22:19.25	+00:12:27 (15.1%)	8:13	7.3 (84.9%)
26	DUDEK Agnieszka	12	MARSZ PO ZDROWIE	K40-49	9	1			00:20:26	00:41:13	01:01:58	01:22:52.20	+00:13:00 (15.7%)	8:17	7.2 (83.7%)
27	KACZMAREK Zofia	30	SERCE NORDICA WŁOCLĄWEK	K50-59	7				00:20:13	00:40:54	01:01:43	01:23:05.85	+00:13:14 (15.9%)	8:18	7.2 (83.7%)
28	IGNASIAK Anna	24	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	4	1			00:20:41	00:42:00	01:03:01	01:23:59.75	+00:14:08 (16.8%)	8:23	7.1 (82.6%)
29	JUREK Kamila	28		K30-39	5				00:20:17	00:41:20	01:02:15	01:24:25.65	+00:14:34 (17.3%)	8:26	7.1 (82.6%)
30	STANKOWSKA Marzena	85	KIJKOWE TRZEMESZNO	K40-49	10				00:20:25	00:41:08	01:02:22	01:24:34.40	+00:14:42 (17.4%)	8:27	7.1 (82.6%)
31	MATULEWICZ Dorota	51	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	8				00:21:07	00:42:33	01:04:03	01:25:26.50	+00:15:35 (18.2%)	8:32	7 (81.4%)
32	MRULA Ewa	55	EKM LUBUSKIE MORSY	K40-49	11				00:21:19	00:42:46	01:04:18	01:25:58.00	+00:16:06 (18.7%)	8:35	7 (81.4%)
33	SZYMAŃSKA KOZIOŁ Monika	74	EKM LUBUSKIE MORSY	K40-49	12				00:21:19	00:42:46	01:04:19	01:25:58.45	+00:16:06 (18.7%)	8:35	7 (81.4%)
34	CHOLEWKA Jolanta	6	MARSZ PO ZDROWIE	K60-69	5			Tak	00:20:52	00:42:13	01:03:58	01:26:03.40	+00:16:11 (18.8%)	8:36	7 (81.4%)
35	MĘŻEŃSKA Małgorzata	53	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	9				00:21:51	00:44:30	01:07:09	01:29:18.75	+00:19:27 (21.8%)	8:55	6.7 (77.9%)
36	GREGORCZYK Małgorzata	20	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	13				00:22:38	00:45:25	01:07:55	01:29:51.50	+00:20:00 (22.3%)	8:59	6.7 (77.9%)
37	DANOWSKA Alicja	11	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	14				00:21:51	00:44:26	01:07:21	01:29:51.85	+00:20:00 (22.3%)	8:59	6.7 (77.9%)

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38	NIEWIADOMSKA Zofia	58	SERCE NORDICA WŁOCŁAWEK	K60-69	6				00:23:19	00:46:56	01:11:08	01:36:21.45	+00:26:29 (27.5%)	9:38	6.2 (72.1%)
39	BIAŁKOWSKA- GAŚSIOREK Maja	3		K40-49	15				00:29:36	00:59:36	01:16:36	01:41:12.50	+00:31:21 (31.0%)	10:07	5.9 (68.6%)
40	BARTEK Sonia	2		K30-39	6				00:25:43	00:51:37	01:17:20	01:43:22.05	+00:33:30 (32.4%)	10:20	5.8 (67.4%)

Znaleziono 40 wynik(ów)