



# OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-07-16  
**Miejsce:** Okonek  
**Dystans:** 10 km



Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SPYCHAŁA Marzena</b>	<b>37</b>	WESOŁY BORSUK TEAM	K40-49	1			00:03:39	00:18:04	00:36:31	00:55:01	<b>01:12:58.35</b>	<b>01:16:37.40</b>		7:17	8.2 (100%)
2	<b>ŁUKASZEWICZ Joanna</b>	<b>73</b>	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:05:11	00:17:51	00:36:34	00:55:11	<b>01:13:37.45</b>	<b>01:18:48.65</b>	+00:00:39 (0.9%)	7:21	8.2 (100%)
3	<b>BANASZKIEWICZ Katarzyna</b>	<b>4</b>	JEZIORKI - AKTYWNA WIEŚ	K40-49	3			00:03:39	00:18:22	00:37:38	00:56:45	<b>01:15:40.90</b>	<b>01:19:20.85</b>	+00:02:42 (3.6%)	7:34	7.9 (96.3%)
4	<b>KACZMARCZYK-PIASECKA Renata</b>	<b>19</b>	CZARNE PANTERY	K40-49	4			00:03:40	00:18:54	00:37:59	00:56:49	<b>01:15:54.60</b>	<b>01:19:35.35</b>	+00:02:56 (3.9%)	7:35	7.9 (96.3%)
5	<b>BANACH Joanna</b>	<b>3</b>	UKS GIMNAZJON SUCHY LAS	K40-49	5			00:03:39	00:19:18	00:39:06	00:59:19	<b>01:19:18.05</b>	<b>01:22:57.55</b>	+00:06:19 (8.0%)	7:55	7.6 (92.7%)
6	<b>SOBECKA Marzena</b>	<b>36</b>		K40-49	6			00:03:40	00:20:32	00:40:57	01:01:07	<b>01:21:12.35</b>	<b>01:24:52.80</b>	+00:08:14 (10.1%)	8:07	7.4 (90.2%)
7	<b>KOZŁOWSKA Agnieszka</b>	<b>48</b>	FACE NORDIC WALKING TEAM	K40-49	7			00:03:39	00:20:01	00:40:40	01:00:57	<b>01:21:43.40</b>	<b>01:25:22.75</b>	+00:08:45 (10.7%)	8:10	7.3 (89.0%)
8	<b>WACHOWIAK Sylwia</b>	<b>40</b>		K40-49	8			00:03:39	00:20:30	00:40:57	01:01:29	<b>01:22:01.60</b>	<b>01:25:41.15</b>	+00:09:03 (11.0%)	8:12	7.3 (89.0%)
9	<b>ZWOLENKIEWICZ Joanna</b>	<b>46</b>	KS SOKÓŁ GAŚAWA	K40-49	9			00:03:40	00:20:35	00:40:55	01:01:27	<b>01:22:38.90</b>	<b>01:26:19.00</b>	+00:09:40 (11.7%)	8:15	7.3 (89.0%)
10	<b>DROZDOWICZ Dorota</b>	<b>9</b>	CZARNE PANTERY	K40-49	10			00:03:41	00:22:27	00:45:33	01:08:40	<b>01:32:35.40</b>	<b>01:36:16.55</b>	+00:19:37 (21.2%)	9:15	6.5 (79.3%)
11	<b>GIERSZENDORF Monika</b>	<b>12</b>	FACE NORDIC WALKING TEAM	K40-49	11			00:03:40	00:22:46	00:45:33	01:08:43	<b>01:32:36.80</b>	<b>01:36:16.90</b>	+00:19:38 (21.2%)	9:15	6.5 (79.3%)

Znaleziono 11 wynik(ów)