



OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: PUCHAR WIELKOPOLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-07-14
Miejsce: Okonek
Dystans: 5 km



Klasyfikacja: K50-54

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start All 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|-----------------------------|-----------|------|-------------|--------------|--------------------|----------------------|-------------------|-----------------|---------------|
| 1 | OKRZESIK-FRĄCKOWIAK Izabela | 280 | KS METRACO POLKOWICE | K50-54 | 1 | | | 00:17:24 | 00:35:07.70 | | 7:01 | 8.5 (100%) |
| 2 | KOWNACKA Jolanta | 349 | KSIR SPORTICO | K50-54 | 2 | | | 00:19:08 | 00:38:35.90 | +00:03:28 (9.0%) | 7:43 | 7.8 (91.8%) |
| 3 | STRÓŻYNA Wiesława | 302 | NORDIC WALKING LUBASZ | K50-54 | 3 | | | 00:19:38 | 00:39:58.70 | +00:04:51 (12.1%) | 7:59 | 7.5 (88.2%) |
| 4 | BOJKO Iwona | 207 | KS SOKÓŁ GAŚAWA | K50-54 | 4 | | | 00:20:14 | 00:40:40.90 | +00:05:33 (13.7%) | 8:08 | 7.4 (87.1%) |
| 5 | SZOT Krystyna | 311 | | K50-54 | 5 | | | 00:20:19 | 00:41:43.15 | +00:06:35 (15.8%) | 8:20 | 7.2 (84.7%) |
| 6 | KAŁUŻNA Magdalena | 242 | UKS GIMNAZJON SUCHY LAS | K50-54 | 6 | | | 00:20:53 | 00:41:51.00 | +00:06:43 (16.1%) | 8:22 | 7.2 (84.7%) |
| 7 | DELIKAT Violetta | 215 | | K50-54 | 7 | | | 00:21:05 | 00:42:46.35 | +00:07:38 (17.9%) | 8:33 | 7 (82.4%) |
| 8 | ABRAMOWICZ Ewa | 201 | KIJOWE SIOSTRY | K50-54 | 8 | | | 00:21:45 | 00:43:52.25 | +00:08:44 (19.9%) | 8:46 | 6.8 (80.0%) |
| 9 | HINEBORG Bogumiła | 235 | KLUB NW PATYCZAKI GRUDZIĄDZ | K50-54 | 9 | | | 00:22:15 | 00:44:13.00 | +00:09:05 (20.6%) | 8:50 | 6.8 (80.0%) |
| 10 | DZIUBA Małgorzata | 220 | | K50-54 | 10 | | | 00:21:58 | 00:44:22.45 | +00:09:14 (20.8%) | 8:52 | 6.8 (80.0%) |
| 11 | PRACKA Katarzyna | 291 | SERCE NORDICA WŁOCŁAWEK | K50-54 | 11 | | | 00:23:03 | 00:45:31.75 | +00:10:24 (22.8%) | 9:06 | 6.6 (77.6%) |
| 12 | JESIONOWSKA Stanisława | 414 | | K50-54 | 12 | | | 00:22:50 | 00:46:33.95 | +00:11:26 (24.6%) | 9:18 | 6.4 (75.3%) |

Znaleziono 12 wynik(ów)