



OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2015-08-08
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: K 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SPYCHAŁA Marzena	590	WESOŁY BORSUK TEAM	K 40-49	1			00:05:08	00:35:17	01:11:21	01:16:29		7:08	8.4 (100%)
2	BUDZYŃ Anna	624	SPEED TEAM	K 40-49	2			00:05:09	00:37:21	01:16:22	01:21:31	+00:05:01 (6.6%)	7:38	7.9 (94.0%)
3	BALCERAK-KOLASA Joanna	504	FIZJO-PLUS TEAM	K 40-49	3			00:05:10	00:37:29	01:17:20	01:22:30	+00:05:59 (7.7%)	7:44	7.8 (92.9%)
4	ŁUKASZEWICZ Joanna	556	GREEN TEAM ZIELONA GÓRA	K 40-49	4			00:05:08	00:39:10	01:20:18	01:25:26	+00:08:57 (11.1%)	8:01	7.5 (89.3%)
5	ZAJĄC Elżbieta	614	SPOMLEK	K 40-49	5			00:05:08	00:39:47	01:21:55	01:27:03	+00:10:34 (12.9%)	8:11	7.3 (86.9%)
6	LISIKIEWICZ Agnieszka	553	GREEN TEAM ZIELONA GÓRA	K 40-49	6			00:05:08	00:39:52	01:25:16	01:30:24	+00:13:55 (16.3%)	8:31	7 (83.3%)
7	CHOLEWIŃSKA Longina	512		K 40-49	7			00:05:08	00:41:55	01:25:44	01:30:52	+00:14:23 (16.8%)	8:34	7 (83.3%)
8	WALASEK Julitta	606		K 40-49	8			00:05:11	00:42:45	01:26:51	01:32:02	+00:15:30 (17.8%)	8:41	6.9 (82.1%)
9	WASIELA Beata	609	FACE NORDIC WALKING TEAM	K 40-49	9			00:05:10	00:42:35	01:28:36	01:33:46	+00:17:15 (19.5%)	8:51	6.8 (81.0%)
10	SZYMANOWSKA-PAWLAK Ewa	597	GOSIR OSIELSKO	K 40-49	10			00:05:11	00:42:16	01:28:55	01:34:06	+00:17:34 (19.8%)	8:53	6.7 (79.8%)
11	BIERNAT Lucyna	506	FACE NORDIC WALKING TEAM	K 40-49	11			00:05:11	00:46:07	01:33:15	01:38:26	+00:21:54 (23.5%)	9:19	6.4 (76.2%)
12	GIERSZENDORF Monika	527	KB KATORŻNIK MUROWANA GOŚLINA	K 40-49	12			00:05:09	00:47:45	01:34:09	01:39:18	+00:22:48 (24.2%)	9:24	6.4 (76.2%)
13	KRYGIEL Maria	543	GOSIR OSIELSKO	K 40-49	13			00:05:11	00:46:29	01:35:43	01:40:54	+00:24:22 (25.5%)	9:34	6.3 (75.0%)
	SAŁAGA Joanna	363		K 40-49				DNF	00:44:55 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 14 wynik(ów)