



OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 10KM

B4SPORT

Wydarzenie: MISTRZOSTWA POLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-08-04
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MIELECKA Agnieszka	485	KS IDMAR RACING TEAM	K40-49	1			00:32:52	01:06:30.60		6:39	9 (100%)
2	KUBISZYN Małgorzata	574		K30-39	1			00:33:52	01:08:41.35	+00:02:10 (3.2%)	6:52	8.7 (96.7%)
3	DMOWSKA Aneta	52	UNIA MIAST	K40-49	2			00:33:50	01:08:49.85	+00:02:19 (3.4%)	6:53	8.7 (96.7%)
4	JĘDRASIAK Renata	446	KS METRACO POLKOWICE	K50-59	1			00:34:13	01:08:55.65	+00:02:25 (3.5%)	6:53	8.7 (96.7%)
5	BASSO Daniela	405	NORDIC WALKING COMO	K50-59	2			00:33:58	01:08:59.80	+00:02:29 (3.6%)	6:54	8.7 (96.7%)
6	PASIKOWSKA Mariola	499	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:34:23	01:10:02.05	+00:03:31 (5.0%)	7:00	8.6 (95.6%)
7	SZARSZUNOWICZ Anna	534	KS METRACO POLKOWICE	K30-39	3			00:34:53	01:10:52.75	+00:04:22 (6.2%)	7:05	8.5 (94.4%)
8	SKOWROŃSKA Dominika	517	NWPL/MARSZ PO ZDROWIE	K18-29	1			00:35:20	01:11:03.85	+00:04:33 (6.4%)	7:06	8.4 (93.3%)
9	WOLNIEWICZ Katarzyna	558	UNIA MIAST	K40-49	3			00:35:00	01:11:10.50	+00:04:39 (6.6%)	7:07	8.4 (93.3%)
10	FELDMEIER Christiane	426	NW TEAM CITY FIT & SPORT FERSTL	K50-59	3			00:35:16	01:11:18.80	+00:04:48 (6.7%)	7:07	8.4 (93.3%)
11	OPEL Stefanie	496	NW TEAM CITY FIT & SPORT FERSTL	K30-39	4			00:35:34	01:11:31.65	+00:05:01 (7.0%)	7:09	8.4 (93.3%)
12	STYŚ Elżbieta	531		K50-59	4			00:35:23	01:11:55.55	+00:05:24 (7.5%)	7:11	8.3 (92.2%)
13	LIPKO Adrianna	477	BIEGAMYRAZEM.PL	K30-39	5			00:35:45	01:12:14.75	+00:05:44 (7.9%)	7:13	8.3 (92.2%)
14	NIEDL Margot	490	NW TEAM BAYERN	K40-49	4			00:35:56	01:12:17.90	+00:05:47 (8.0%)	7:13	8.3 (92.2%)

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15	PRZYBYŁEK Marysia	508	MARSZ PO ZDROWIE POZNAŃ	K40-49	5			00:36:01	01:12:18.15	+00:05:47 (8.0%)	7:13	8.3 (92.2%)
16	KOŃCZEWSKKA Bożena	458	MKS HALICZ KB, BK NORDIC WALKING	K50-59	5			00:35:29	01:12:27.50	+00:05:56 (8.2%)	7:14	8.3 (92.2%)
17	PALIWODA Kasia	581	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	6			00:35:37	01:12:47.50	+00:06:16 (8.6%)	7:16	8.2 (91.1%)
18	JERNEJ Anna Maria	445	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K50-59	6			00:35:57	01:13:14.40	+00:06:43 (9.2%)	7:19	8.2 (91.1%)
19	SUNTINGER Karin	532	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K60-69	1			00:36:18	01:13:24.60	+00:06:54 (9.4%)	7:20	8.2 (91.1%)
20	CZAJKA Urszula	419	FACE NORDIC WALKING TEAM	K60-69	2			00:36:17	01:13:32.60	+00:07:02 (9.6%)	7:21	8.2 (91.1%)
21	TRATTNIG Claudia	546	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K40-49	7			00:36:20	01:13:41.90	+00:07:11 (9.8%)	7:22	8.1 (90.0%)
22	DOBROWOLSKA Anna	424		K50-59	7			00:36:48	01:13:47.20	+00:07:16 (9.9%)	7:22	8.1 (90.0%)
23	ZIELIŃSKA Jolanta	564	GOSIR OSIELSKO	K50-59	8			00:36:12	01:13:59.60	+00:07:29 (10.1%)	7:23	8.1 (90.0%)
24	MALINOWSKA Katarzyna	480	LECYMY DURŚ	K30-39	6			00:37:15	01:14:14.15	+00:07:43 (10.4%)	7:25	8.1 (90.0%)
25	KURZAWSKA Jolanta	471	KS METRACO POLKOWICE	K60-69	3			00:36:15	01:14:26.35	+00:07:55 (10.7%)	7:26	8.1 (90.0%)
26	SŁOWIŃSKA Alicja	520	NOWI SIEDLCE/NW WSCHÓD	K50-59	9			00:36:07	01:14:27.45	+00:07:56 (10.7%)	7:26	8.1 (90.0%)
27	STARZYŃSKA Anna	586	NWPL	K30-39	7			00:36:32	01:14:37.35	+00:08:06 (10.9%)	7:27	8 (88.9%)
28	RASZEWSKA Izabela	510	FORMA NA PIĄTKĘ NW	K40-49	8			00:36:55	01:15:04.20	+00:08:33 (11.4%)	7:30	8 (88.9%)
29	ZACHARCZUK Zofia	561	NOWI SIEDLCE/NW WSCHÓD	K60-69	4			00:36:46	01:15:09.65	+00:08:39 (11.5%)	7:31	8 (88.9%)
30	PASIŃSKA-SKOWRON Sylwia	501	PRUSZYŃSKI SPORT TEAM	K40-49	9			00:36:53	01:15:22.70	+00:08:52 (11.8%)	7:32	8 (88.9%)
31	WIERZBA Lilla	552	PASJA NORDIC WALKING	K50-59	10			00:37:20	01:15:46.35	+00:09:15 (12.2%)	7:34	7.9 (87.8%)
32	SÓJKA Agnieszka	523		K30-39	8			00:38:07	01:15:54.45	+00:09:23 (12.4%)	7:35	7.9 (87.8%)
33	MARONDEL Katarzyna	484	SILESIA NORDIC TEAM	K30-39	9			00:37:00	01:16:19.80	+00:09:49 (12.9%)	7:38	7.9 (87.8%)
34	GABERT Beata	429	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	10			00:37:45	01:16:19.90	+00:09:49 (12.9%)	7:38	7.9 (87.8%)
35	KORDOWSKA Bogusława	459	NOWA HUTA TEAM	K40-49	11			00:37:57	01:16:28.55	+00:09:57 (13.0%)	7:38	7.8 (86.7%)
36	KOSECKA Katarzyna	460	FORMA NA PIĄTKĘ NW	K50-59	11			00:37:26	01:16:30.15	+00:09:59 (13.1%)	7:39	7.8 (86.7%)
37	SCHULZ Sigrid	514	NW TEAM CITY FIT & SPORT FERSTL	K50-59	12			00:37:25	01:16:33.60	+00:10:03 (13.1%)	7:39	7.8 (86.7%)

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38	ŻOŁNO Magda	565	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	13			00:38:48	01:16:44.85	+00:10:14 (13.3%)	7:40	7.8 (86.7%)
39	DOBROWOLSKA-ŚWIĄTEK Elżbieta	425		K50-59	14			00:38:34	01:16:58.95	+00:10:28 (13.6%)	7:41	7.8 (86.7%)
40	GOLUS Urszula	434	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	5			00:38:38	01:17:35.75	+00:11:05 (14.3%)	7:45	7.7 (85.6%)
41	NIETRZEBKA Aleksandra	491	MIĘDZYBORÓW	K18-29	2			00:37:35	01:17:43.60	+00:11:13 (14.4%)	7:46	7.7 (85.6%)
42	SURIAK Ewelina	662	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	3			00:38:08	01:17:44.15	+00:11:13 (14.4%)	7:46	7.7 (85.6%)
43	MALICKA Monika	479	NW CZŁAPSKI TEAM	K40-49	12			00:38:49	01:18:35.90	+00:12:05 (15.4%)	7:51	7.6 (84.4%)
44	SKWIERAWSKA - BRUSKA Karolina	518	BŁĘKITNI NW DZIEMIANY	K30-39	10			00:38:43	01:18:50.75	+00:12:20 (15.6%)	7:53	7.6 (84.4%)
45	GAWOR Renata	430	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	15			00:39:38	01:19:11.20	+00:12:40 (16.0%)	7:55	7.6 (84.4%)
46	SOBAŃSKA Grażyna	522		K60-69	6			00:39:41	01:19:39.40	+00:13:08 (16.5%)	7:57	7.5 (83.3%)
47	ŻUCHOWICZ Elżbieta	709	KS METRACO POLKOWICE	K50-59	16			00:39:26	01:19:43.95	+00:13:13 (16.6%)	7:58	7.5 (83.3%)
48	PINIS Agnieszka	504	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	13	1		00:39:00	01:19:59.20	+00:13:28 (16.8%)	7:59	7.5 (83.3%)
49	SKAWIŃSKA Ewa	516	RIGHTWAY	K40-49	14			00:38:42	01:20:07.10	+00:13:36 (17.0%)	8:00	7.5 (83.3%)
50	KASPRZYK Elżbieta	450	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	17			00:39:45	01:20:19.95	+00:13:49 (17.2%)	8:02	7.5 (83.3%)
51	PRZYBYLSKA Maria	507		K60-69	7			00:38:59	01:20:20.05	+00:13:49 (17.2%)	8:02	7.5 (83.3%)
52	KRUSZKA Arleta	463	MARSZ PO ZDROWIE POZNAŃ	K50-59	18			00:39:52	01:20:26.00	+00:13:55 (17.3%)	8:02	7.5 (83.3%)
53	CHOLEWKA Jolanta	416	MARSZ PO ZDROWIE POZNAŃ	K60-69	8			00:39:50	01:20:26.75	+00:13:56 (17.3%)	8:02	7.5 (83.3%)
54	OMARSKA Grażyna	495	PASJA NORDIC WALKING	K60-69	9			00:39:57	01:20:28.55	+00:13:57 (17.4%)	8:02	7.5 (83.3%)
55	TOMASZEWSKA Mariola	545	FACE NORDIC WALKING TEAM	K50-59	19			00:40:09	01:20:42.30	+00:14:11 (17.6%)	8:04	7.4 (82.2%)
55	AGARWAL Ritu	401		K40-49	15			00:40:47	01:20:42.30	+00:14:11 (17.6%)	8:04	7.4 (82.2%)
57	GRZELCZAK Ewa	576	FORMA NA PIĄTKĘ NW	K40-49	16			00:40:06	01:21:23.00	+00:14:52 (18.3%)	8:08	7.4 (82.2%)
58	RAUCH Sonja	511	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K50-59	20			00:40:08	01:21:33.25	+00:15:02 (18.4%)	8:09	7.4 (82.2%)
59	KORYCKA Mariola	579	FORMA NA PIĄTKĘ NW	K30-39	11			00:40:39	01:21:45.35	+00:15:14 (18.6%)	8:10	7.3 (81.1%)
60	SZOT Magdalena	535		K18-29	4			00:39:50	01:22:14.00	+00:15:43 (19.1%)	8:13	7.3 (81.1%)

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61	POPIELARZ Karolina	505		K30-39	12			00:40:09	01:22:43.70	+00:16:13 (19.6%)	8:16	7.3 (81.1%)
62	KIDAWA Danuta	452	SANTANDER CONSUMER BANK	K40-49	17			00:40:46	01:22:47.20	+00:16:16 (19.7%)	8:16	7.2 (80.0%)
63	FOLWARSKA Małgorzata	427	FACE NORDIC WALKING TEAM	K60-69	10			00:40:22	01:22:52.00	+00:16:21 (19.7%)	8:17	7.2 (80.0%)
64	WORONKO-ZACZYŃSKA Janina	560	KS METRACO POLKOWICE	K70+	1			00:40:52	01:23:20.75	+00:16:50 (20.2%)	8:20	7.2 (80.0%)
65	SZYDŁOWSKA Beata	538	STOWARZYSZENIE RÓŻOWA WSTAŻECZKA OSIELSKO	K50-59	21			00:40:47	01:23:21.70	+00:16:51 (20.2%)	8:20	7.2 (80.0%)
66	AŁADOWICZ Anna	402	GOSIR OSIELSKO	K30-39	13			00:41:32	01:23:44.70	+00:17:14 (20.6%)	8:22	7.2 (80.0%)
67	GÓRSKA Weronika	436	GOSIR OSIELSKO	K18-29	5			00:41:36	01:23:46.90	+00:17:16 (20.6%)	8:22	7.2 (80.0%)
68	WAŁECKA Krystyna	547	FACE NORDIC WALKING TEAM	K60-69	11			00:41:00	01:24:32.15	+00:18:01 (21.3%)	8:27	7.1 (78.9%)
69	KIDAWA Bożena	451	SANTANDER CONSUMER BANK	K60-69	12			00:41:50	01:24:37.20	+00:18:06 (21.4%)	8:27	7.1 (78.9%)
70	BIERYT Magdalena	408		K18-29	6			00:42:01	01:25:36.75	+00:19:06 (22.3%)	8:33	7 (77.8%)
71	OWCZAREK Magdalena	498	MIĘDZYBORÓW	K50-59	22			00:41:43	01:25:56.45	+00:19:25 (22.6%)	8:35	7 (77.8%)
72	BUSZTA Anna	413	KLUB ODŻYWIANIA EFEKT	K40-49	18			00:42:39	01:27:17.85	+00:20:47 (23.8%)	8:43	6.9 (76.7%)
73	OESTERREICHER Christine	493	ASKÖ VILLACH	K50-59	23			00:41:57	01:27:45.00	+00:21:14 (24.2%)	8:46	6.8 (75.6%)
74	BALCERZAK Marlena	403	EFEKT	K30-39	14			00:43:09	01:27:56.80	+00:21:26 (24.4%)	8:47	6.8 (75.6%)
75	KRYGIEL Maria	464	GOSIR OSIELSKO	K50-59	24			00:43:35	01:28:08.60	+00:21:38 (24.5%)	8:48	6.8 (75.6%)
76	RACŁAWSKA Joanna	509	AMATORKA	K50-59	25			00:42:44	01:28:31.95	+00:22:01 (24.9%)	8:51	6.8 (75.6%)
77	RYBKA Magdalena	512		K30-39	15			00:46:07	01:30:02.90	+00:23:32 (26.1%)	9:00	6.7 (74.4%)
78	LIGĘZA Elżbieta	476		K50-59	26			00:44:47	01:30:34.25	+00:24:03 (26.6%)	9:03	6.6 (73.3%)
79	DELIG Danuta	423	KLUB ZDROWEGO STYLU ŻYCIA KRAJANKA	K50-59	27			00:43:48	01:30:45.65	+00:24:15 (26.7%)	9:04	6.6 (73.3%)
80	KRZYŚCIN Mirosława	467	SANTANDER CONSUMER BANK	K40-49	19			00:45:22	01:32:05.10	+00:25:34 (27.8%)	9:12	6.5 (72.2%)
81	WIECZOREK Marta	551		K30-39	16			00:45:19	01:33:09.90	+00:26:39 (28.6%)	9:19	6.4 (71.1%)
82	BARANOWSKA Ewelina	404	KLUB ODŻYWIANIA EFEKT	K30-39	17			00:46:38	01:35:13.10	+00:28:42 (30.2%)	9:31	6.3 (70.0%)
83	JEZIORSKA Katarzyna	572		K30-39	18			00:46:41	01:35:14.60	+00:28:44 (30.2%)	9:31	6.3 (70.0%)

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84	BIERYT Joanna	409	STOWARZYSZENIE RÓŻOWA WSTĄŻECZKA OSIELSKO	K50-59	28			00:47:23	01:39:40.30	+00:33:09 (33.3%)	9:58	6 (66.7%)

Znaleziono 84 wynik(ów)