



OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Event: MISTRZOSTWA POLSKI NORDIC WALKING 2018
Organiser: Polska Federacja Nordic Walking
Date: 2018-08-04
Place: Osielsko
Distance: 21.1 km



Classification: Kobiety

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	WOJCIECHOWSKA Elżbieta	677	KS IDMAR RACING TEAM	K30-39	1			00:07:01	00:40:51	01:15:53	01:51:05	02:28:01.35		7:00	8.6 (100%)
2	KOŁODZIEJ Joanna	630	CIDRY LOTAJOM	K50-59	1	1		00:07:39	00:43:13	01:18:58	01:55:30	02:32:39.70	+00:04:38 (3.0%)	7:14	8.3 (96.5%)
3	SPYCHAŁA Marzena	658	CKZIU NYSA MECHANIK	K40-49	1			00:07:48	00:43:38	01:19:23	01:56:24	02:33:41.70	+00:05:40 (3.7%)	7:17	8.2 (95.3%)
4	BEM Małgorzata	603	POZYTYWNI DOBRE MIASTO	K40-49	2			00:07:48	00:43:15	01:19:37	01:56:48	02:34:25.90	+00:06:24 (4.2%)	7:19	8.2 (95.3%)
5	NIEDŹWIECKA Katarzyna	641	FACE NORDIC WALKING TEAM	K40-49	3			00:07:52	00:44:39	01:21:38	01:58:52	02:36:17.05	+00:08:15 (5.3%)	7:24	8.1 (94.2%)
6	STĘPIEŃ Lucyna	660	KS METRACO POLKOWICE	K60+	1			00:08:01	00:45:32	01:23:27	02:01:21	02:39:03.00	+00:11:01 (6.9%)	7:32	8 (93.0%)
7	GRABOWSKA Manuela	616	KS METRACO POLKOWICE	K18-29	1			00:07:44	00:44:34	01:22:38	02:01:06	02:39:30.00	+00:11:28 (7.2%)	7:33	7.9 (91.9%)
8	JANOSZKA Irena	617	CIDRY LOTAJOM	K50-59	2			00:07:57	00:45:18	01:23:22	02:01:23	02:39:41.20	+00:11:39 (7.3%)	7:34	7.9 (91.9%)
9	BOCZAR Beata	604	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:07:59	00:45:35	01:23:35	02:01:38	02:40:12.85	+00:12:11 (7.6%)	7:35	7.9 (91.9%)
10	STOPA Joanna	661	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:07:48	00:45:19	01:23:32	02:01:41	02:40:14.80	+00:12:13 (7.6%)	7:35	7.9 (91.9%)
11	BUCZKOWSKA Wiesława	606	FACE NORDIC WALKING TEAM	K60+	2			00:08:10	00:46:12	01:25:37	02:05:50	02:46:37.95	+00:18:36 (11.2%)	7:53	7.6 (88.4%)
12	KARASIEWICZ Irena	625	FACE NORDIC WALKING TEAM	K50-59	4			00:08:27	00:47:15	01:27:11	02:07:50	02:48:12.50	+00:20:11 (12.0%)	7:58	7.5 (87.2%)
13	JUREWICZ Aleksandra	621	KS METRACO POLKOWICE	K18-29	3	1		00:08:00	00:46:35	01:25:51	02:07:04	02:48:16.45	+00:20:15 (12.0%)	7:58	7.5 (87.2%)
14	WITKOWSKA Maria	671	UNIA MIAST	K60+	3			00:08:28	00:47:41	01:27:50	02:08:08	02:48:37.50	+00:20:36 (12.2%)	7:59	7.5 (87.2%)

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												time 21.1km	Gap		
15	ROSOŁEK Elżbieta	652	GREEN TEAM ZIELONA GÓRA	K50-59	5			00:08:16	00:48:09	01:27:00	02:07:20	02:49:53.05	+00:21:51 (12.9%)	8:03	7.5 (87.2%)
16	SZYMCZYK Magdalena	667	NOWI SIEDLCE/NW WSCHÓD	K30-39	2			00:08:38	00:48:32	01:29:45	02:10:47	02:51:40.35	+00:23:39 (13.8%)	8:08	7.4 (86.0%)
17	BARCZYK Jolanta	601	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:08:36	00:48:28	01:29:22	02:10:45	02:52:31.05	+00:24:29 (14.2%)	8:10	7.3 (84.9%)
18	OLSZAŃSKA Krystyna	642	NOWI SIEDLCE/NW WSCHÓD	K60+	4			00:08:51	00:50:33	01:31:18	02:11:39	02:53:18.90	+00:25:17 (14.6%)	8:12	7.3 (84.9%)
19	KABAŁA Marzena	622	BIEGAMYRAZEM	K40-49	4	2		00:08:21	00:47:38	01:28:31	02:10:26	02:54:16.40	+00:26:15 (15.1%)	8:15	7.3 (84.9%)
20	KOBIELA Daria	628	KABEX PODKOWA JANÓW	K18-29	4			00:08:07	00:46:40	01:25:53	02:06:15	02:54:21.80	+00:26:20 (15.1%)	8:15	7.3 (84.9%)
21	FOJCIK Gabriela	70	RYBNICKI KLUB NORDIC WALKING	K50-59	7			00:08:48	00:49:29	01:30:32	02:13:01	02:56:44.40	+00:28:43 (16.2%)	8:22	7.2 (83.7%)
22	GERLE-KOTULA Anna	615	UNIA MIAST	K30-39	3			00:08:46	00:50:58	01:33:16	02:14:45	02:57:00.05	+00:28:58 (16.4%)	8:23	7.2 (83.7%)
23	POSTEK Danuta	646	MARSZ PO ZDROWIE	K50-59	8			00:08:39	00:49:21	01:30:22	02:12:57	02:57:11.25	+00:29:09 (16.5%)	8:23	7.1 (82.6%)
24	DORSZEWSKA Bożena	612	GOSIR OSIELSKO	K50-59	9			00:08:47	00:51:24	01:33:39	02:16:10	02:59:20.15	+00:31:18 (17.5%)	8:29	7.1 (82.6%)
25	ZAWADZKA Maria	673	KS METRACO POLKOWICE	K60+	5			00:09:10	00:52:32	01:35:48	02:19:07	03:03:25.10	+00:35:23 (19.3%)	8:41	6.9 (80.2%)
26	ROZMUS Jolanta	653	FACE NORDIC WALKING TEAM	K60+	6			00:09:16	00:53:48	01:39:50	02:25:32	03:10:22.50	+00:42:21 (22.2%)	9:01	6.7 (77.9%)
27	KARASIEWICZ Iwona	624	NORDICLUB SZCZECIN	K30-39	4			00:09:27	00:54:24	01:40:26	02:27:41	03:17:42.75	+00:49:41 (25.1%)	9:22	6.4 (74.4%)
28	CHRAPEK Urszula	417	KS RUDZICA	K30-39	5			00:09:27	00:54:26	01:41:37	02:31:55	03:24:26.40	+00:56:25 (27.6%)	9:41	6.2 (72.1%)

Total 28 results.