



# OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW  
Data: 2016-08-06  
Miejsce: Osielsko  
Dystans: 10 km



Klasyfikacja: K40-49

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	<b>KŁACZYŃSKA Danuta</b>	<b>614</b>		K40-49	1			00:05:22	00:32:54	<b>01:06:17.50</b>	<b>01:11:40.45</b>		6:37	9 (100%)
2	<b>DMOWSKA Aneta</b>	<b>547</b>	UNIA MIAST	K40-49	2			00:05:27	00:32:59	<b>01:06:42.10</b>	<b>01:12:09.55</b>	+00:00:24 (0.6%)	6:40	9 (100%)
3	<b>SPYCHAŁA Marzena</b>	<b>490</b>	WESOŁY BORSUK TEAM	K40-49	3	1		00:05:23	00:33:59	<b>01:08:19.95</b>	<b>01:13:43.35</b>	+00:02:02 (3.0%)	6:50	8.8 (97.8%)
4	<b>ŁUKASZEWICZ Joanna</b>	<b>463</b>	GREEN TEAM ZIELONA GÓRA	K40-49	4			00:05:23	00:34:13	<b>01:09:31.20</b>	<b>01:14:55.15</b>	+00:03:13 (4.6%)	6:57	8.6 (95.6%)
5	<b>BALCERAK-KOLASA Joanna</b>	<b>404</b>	EPOKA NORDICA ŁÓDŹ	K40-49	5			00:05:22	00:35:00	<b>01:11:49.95</b>	<b>01:17:12.90</b>	+00:05:32 (7.7%)	7:11	8.4 (93.3%)
6	<b>PALIWODA Kasia</b>	<b>388</b>		K40-49	6			00:05:23	00:35:54	<b>01:13:10.95</b>	<b>01:18:34.00</b>	+00:06:53 (9.4%)	7:19	8.2 (91.1%)
7	<b>DUSIEL Ewa</b>	<b>416</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	7			00:05:25	00:36:24	<b>01:13:28.50</b>	<b>01:18:53.85</b>	+00:07:11 (9.8%)	7:20	8.2 (91.1%)
8	<b>KOWALCZYK Edyta</b>	<b>447</b>	KS METRACO POLKOWICE	K40-49	8			00:05:23	00:36:51	<b>01:13:58.75</b>	<b>01:19:22.55</b>	+00:07:41 (10.4%)	7:23	8.1 (90.0%)
9	<b>WOJNAROWSKA Beata</b>	<b>509</b>		K40-49	9			00:05:25	00:37:01	<b>01:14:27.85</b>	<b>01:19:53.25</b>	+00:08:10 (11.0%)	7:26	8.1 (90.0%)
10	<b>SITKO Małgorzata</b>	<b>548</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	10			00:05:24	00:37:09	<b>01:15:36.60</b>	<b>01:21:01.35</b>	+00:09:19 (12.3%)	7:33	7.9 (87.8%)
11	<b>KOZŁOWSKA Agnieszka</b>	<b>537</b>	FACE NORDIC WALKING TEAM	K40-49	11			00:05:24	00:37:15	<b>01:15:55.80</b>	<b>01:21:20.45</b>	+00:09:38 (12.7%)	7:35	7.9 (87.8%)
12	<b>GLINIECKA Katarzyna</b>	<b>521</b>		K40-49	12			00:05:27	00:38:09	<b>01:16:52.85</b>	<b>01:22:20.60</b>	+00:10:35 (13.8%)	7:41	7.8 (86.7%)
13	<b>LENARTOWICZ Barbara</b>	<b>459</b>		K40-49	13			00:05:26	00:38:44	<b>01:17:15.10</b>	<b>01:22:42.05</b>	+00:10:57 (14.2%)	7:43	7.8 (86.7%)

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14	<b>DUSZA Anna</b>	<b>417</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	14			00:05:23	00:38:46	<b>01:17:55.50</b>	<b>01:23:19.20</b>	+00:11:38 (14.9%)	7:47	7.7 (85.6%)
15	<b>WROŃSKA Wiesława</b>	<b>513</b>	BŁĘKITNI NW DZIEMIANY	K40-49	15			00:05:23	00:39:04	<b>01:19:15.00</b>	<b>01:24:38.80</b>	+00:12:57 (16.4%)	7:55	7.6 (84.4%)
16	<b>HINC Iwona</b>	<b>432</b>	FACE NORDIC WALKING TEAM	K40-49	16			00:05:26	00:39:48	<b>01:19:46.50</b>	<b>01:25:13.45</b>	+00:13:29 (16.9%)	7:58	7.5 (83.3%)
17	<b>WYSOCKA Bernadeta</b>	<b>514</b>	BŁĘKITNI NW DZIEMIANY	K40-49	17			00:05:26	00:40:52	<b>01:24:15.85</b>	<b>01:29:42.10</b>	+00:17:58 (21.3%)	8:25	7.1 (78.9%)
18	<b>SZEWCZYK Agnieszka</b>	<b>495</b>	FACE NORDIC WALKING TEAM	K40-49	18			00:05:25	00:41:58	<b>01:24:19.70</b>	<b>01:29:45.65</b>	+00:18:02 (21.4%)	8:26	7.1 (78.9%)
19	<b>WASIELA Beata</b>	<b>690</b>		K40-49	19			00:05:25	00:41:43	<b>01:24:20.80</b>	<b>01:29:45.95</b>	+00:18:03 (21.4%)	8:26	7.1 (78.9%)
20	<b>FILIPOWSKA Bogusia</b>	<b>422</b>	FORMA NA PIĄTKĘ NW	K40-49	20			00:05:29	00:42:11	<b>01:24:51.60</b>	<b>01:30:20.75</b>	+00:18:34 (21.9%)	8:29	7.1 (78.9%)
21	<b>LINKA Renata</b>	<b>413</b>		K40-49	21			00:05:26	00:42:12	<b>01:25:33.50</b>	<b>01:31:00.00</b>	+00:19:16 (22.5%)	8:33	7 (77.8%)
22	<b>BIERNAT Lucyna</b>	<b>405</b>	FACE NORDIC WALKING TEAM	K40-49	22			00:05:26	00:42:36	<b>01:26:26.50</b>	<b>01:31:53.25</b>	+00:20:09 (23.3%)	8:38	6.9 (76.7%)
23	<b>KŁOSOWSKA Ewa</b>	<b>467</b>		K40-49	23			00:05:24	00:44:14	<b>01:27:07.15</b>	<b>01:32:31.55</b>	+00:20:49 (23.9%)	8:42	6.9 (76.7%)
24	<b>KRZYŚCIN Mirosława</b>	<b>452</b>	SANTANDER CONSUMER BANK	K40-49	24			00:05:25	00:42:47	<b>01:29:11.15</b>	<b>01:34:36.75</b>	+00:22:53 (25.7%)	8:55	6.7 (74.4%)
25	<b>WYSOCKA Monika</b>	<b>689</b>		K40-49	25			00:05:27	00:43:44	<b>01:29:25.85</b>	<b>01:34:53.50</b>	+00:23:08 (25.9%)	8:56	6.7 (74.4%)
26	<b>LIPIŃSKA Urszula</b>	<b>460</b>	FACE NORDIC WALKING TEAM	K40-49	26			00:05:26	00:44:54	<b>01:30:20.80</b>	<b>01:35:47.05</b>	+00:24:03 (26.6%)	9:02	6.6 (73.3%)
27	<b>BIERYT Joanna</b>	<b>21</b>	KLUB WELLNESS	K40-49	27			00:05:25	00:44:45	<b>01:36:20.45</b>	<b>01:41:45.45</b>	+00:30:02 (31.2%)	9:38	6.2 (68.9%)

Znaleziono 27 wynik(ów)