



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

B4SPORT

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



Klasyfikacja: K50-59

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	JĘDRASIAK Renata	435	KS METRACO POLKOWICE	K50-59	1			00:05:42	00:33:56	01:08:07.45	01:13:50.30		6:48	8.8 (100%)
2	BOCZAR Beata	541	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:05:42	00:35:22	01:12:21.75	01:18:04.30	+00:04:14 (5.9%)	7:14	8.3 (94.3%)
3	KRUSZKA Arleta	658	MARSZ PO ZDROWIE	K50-59	3			00:05:44	00:36:11	01:13:26.10	01:19:10.50	+00:05:18 (7.2%)	7:20	8.2 (93.2%)
4	WOJNAROWSKA Halina	508		K50-59	4			00:05:43	00:36:47	01:14:11.60	01:19:55.15	+00:06:04 (8.2%)	7:25	8.1 (92.0%)
5	ROSZMAN Joanna	484	PENDOLINO	K50-59	5			00:05:42	00:36:34	01:15:06.15	01:20:48.80	+00:06:58 (9.3%)	7:30	8 (90.9%)
6	KUPIBIDA Bogusława	622	SILESIA NORDIC TEAM	K50-59	6			00:05:43	00:37:17	01:15:09.65	01:20:53.35	+00:07:02 (9.4%)	7:31	8 (90.9%)
7	JARZYŃSKA Małgorzata	434	HIFI ARTE	K50-59	7			00:05:44	00:37:28	01:16:15.25	01:21:59.40	+00:08:07 (10.7%)	7:37	7.9 (89.8%)
8	ZACHARCZUK Zofia	515	FACE NORDIC WALKING TEAM	K50-59	8			00:05:43	00:37:39	01:16:19.35	01:22:02.75	+00:08:11 (10.7%)	7:37	7.9 (89.8%)
9	JURCZYŃSKA Bożena	519	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	9			00:05:44	00:38:04	01:16:57.65	01:22:42.50	+00:08:50 (11.5%)	7:41	7.8 (88.6%)
10	ŻUCHOWICZ Elżbieta	517	DĄBROWA NORDIC TEAM	K50-59	10			00:05:43	00:38:59	01:17:27.70	01:23:11.25	+00:09:20 (12.1%)	7:44	7.7 (87.5%)
11	POSTEK Danuta	477	MARSZ PO ZDROWIE	K50-59	11			00:05:44	00:38:53	01:17:45.45	01:23:30.25	+00:09:38 (12.4%)	7:46	7.7 (87.5%)
12	DOBROWOLSKA-ŚWIĄTEK Elżbieta	414		K50-59	12			00:05:44	00:39:18	01:18:10.30	01:23:54.70	+00:10:02 (12.9%)	7:49	7.7 (87.5%)
13	PACZUSKA Małgorzata	473	FOREVER YOUNG	K50-59	13			00:05:47	00:38:57	01:18:30.25	01:24:18.20	+00:10:22 (13.2%)	7:51	7.6 (86.4%)

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14	OMARSKA Grażyna	472	PASJA NORDIC WALKING	K50-59	14			00:05:46	00:40:23	01:21:31.95	01:27:18.35	+00:13:24 (16.4%)	8:09	7.4 (84.1%)
15	SZYMANOWSKA-PAWLAK Ewa	498	GOSIR OSIELSKO	K50-59	15			00:05:44	00:41:12	01:23:48.55	01:29:33.00	+00:15:41 (18.7%)	8:22	7.2 (81.8%)
16	MARCINIAK Lucyna	465	NORDIC WALKING KIEKRZ	K50-59	16			00:05:47	00:40:41	01:23:51.25	01:29:38.30	+00:15:43 (18.8%)	8:23	7.2 (81.8%)
17	LEHMANN Teresa	458	BŁĘKITNI NW DZIEMIANY	K50-59	17			00:05:45	00:41:31	01:24:28.05	01:30:13.65	+00:16:20 (19.3%)	8:26	7.1 (80.7%)
18	KRYGIEL Maria	450	GOSIR OSIELSKO	K50-59	18			00:05:45	00:42:18	01:25:04.50	01:30:49.85	+00:16:57 (19.9%)	8:30	7.1 (80.7%)
19	HENRY Ewa	431	FACE NORDIC WALKING TEAM	K50-59	19			00:05:45	00:42:07	01:26:30.05	01:32:15.70	+00:18:22 (21.2%)	8:39	6.9 (78.4%)
20	KŁOPOCIŃSKA Małgorzata	440	MARYSIN	K50-59	20			00:05:47	00:42:44	01:26:35.00	01:32:22.15	+00:18:27 (21.3%)	8:39	6.9 (78.4%)
21	KOSSOWSKA Anna	444	MARYSIN	K50-59	21			00:05:47	00:43:14	01:27:15.45	01:33:02.55	+00:19:08 (21.9%)	8:43	6.9 (78.4%)
22	GWIZDAŁA Ewa	428	GOSIR OSIELSKO	K50-59	22			00:05:45	00:43:37	01:29:54.60	01:35:40.55	+00:21:47 (24.2%)	8:59	6.7 (76.1%)

Znaleziono 22 wynik(ów)