



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2016-08-06
Miejsce: Osielsko
Dystans: 5 km



Klasyfikacja: K40-44

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|------------------------------|-----------|------|-------------|--------------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 1 | KOŁODZIEJCZAK Beata | 330 | SOCHO TEAM | K40-44 | 1 | | | 00:10:46 | 00:33:23.10 | 00:44:09.90 | | 6:40 | 9 (100%) |
| 2 | ZAŃKO Katarzyna | 298 | | K40-44 | 2 | | | 00:10:46 | 00:34:29.70 | 00:45:16.45 | +00:01:06 (3.2%) | 6:54 | 8.7 (96.7%) |
| 3 | GALIŃSKA Tatiana | 151 | JURAJSKI KLUB NORDIC WALKING | K40-44 | 3 | | | 00:10:49 | 00:35:12.65 | 00:46:01.90 | +00:01:49 (5.2%) | 7:02 | 8.5 (94.4%) |
| 4 | JÓŹWIAK Marianna | 98 | WTW.WŁOCLAWEK | K40-44 | 4 | | | 00:10:47 | 00:35:20.05 | 00:46:07.30 | +00:01:56 (5.5%) | 7:04 | 8.5 (94.4%) |
| 5 | WAWRZY尼亚K Anna | 279 | FACE NORDIC WALKING TEAM | K40-44 | 5 | | | 00:10:47 | 00:35:39.30 | 00:46:26.30 | +00:02:16 (6.4%) | 7:07 | 8.4 (93.3%) |
| 6 | KORDOWSKA Bogusława | 121 | NOWA HUTA TEAM | K40-44 | 6 | | | 00:10:47 | 00:37:11.65 | 00:47:58.75 | +00:03:48 (10.2%) | 7:26 | 8.1 (90.0%) |
| 7 | JONDERKO Julia | 96 | WŁÓCZYKIJE SKOCZÓW | K40-44 | 7 | | | 00:10:47 | 00:37:12.85 | 00:48:00.30 | +00:03:49 (10.3%) | 7:26 | 8.1 (90.0%) |
| 8 | KĘDZIERSKA Edyta | 105 | | K40-44 | 8 | | | 00:10:50 | 00:38:09.50 | 00:48:59.65 | +00:04:46 (12.5%) | 7:37 | 7.9 (87.8%) |
| 9 | SPYCHAŁA-KARAPULKA Arleta | 379 | MARSZ PO ZDROWIE | K40-44 | 9 | | | 00:10:47 | 00:38:32.80 | 00:49:20.20 | +00:05:09 (13.4%) | 7:42 | 7.8 (86.7%) |
| 10 | KUMPIŃ Izabela | 385 | PFNW | K40-44 | 10 | | | 00:10:49 | 00:39:43.20 | 00:50:32.95 | +00:06:20 (15.9%) | 7:56 | 7.6 (84.4%) |
| 11 | BIELASZEWSKA Agnieszka | 18 | | K40-44 | 11 | | | 00:10:48 | 00:39:53.45 | 00:50:41.75 | +00:06:30 (16.3%) | 7:58 | 7.5 (83.3%) |
| 12 | KUŚMIEREK Beata | 142 | BŁĘKITNI NW DZIEMIANY | K40-44 | 12 | | | 00:10:47 | 00:40:33.50 | 00:51:21.35 | +00:07:10 (17.7%) | 8:06 | 7.4 (82.2%) |
| 13 | RACHWAŁ-PRZYBYSZ Dorota | 337 | AVOCADO WELLNES CLUB | K40-44 | 13 | | | 00:10:48 | 00:41:30.60 | 00:52:18.75 | +00:08:07 (19.6%) | 8:18 | 7.2 (80.0%) |

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|-----|----------------------------|------------|---------------------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 14 | ZATORSKA Agnieszka | 300 | NORDIC WALKING KIEKRZ | K40-44 | 14 | | | 00:10:48 | 00:41:32.35 | 00:52:21.10 | +00:08:09 (19.6%) | 8:18 | 7.2 (80.0%) |
| 15 | KRUK Hanna | 350 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K40-44 | 15 | | | 00:10:49 | 00:41:36.20 | 00:52:25.35 | +00:08:13 (19.8%) | 8:19 | 7.2 (80.0%) |
| 16 | KIDAWA Danuta | 106 | SANTANDER CONSUMER BANK | K40-44 | 16 | | | 00:10:48 | 00:41:56.00 | 00:52:44.70 | +00:08:32 (20.4%) | 8:23 | 7.2 (80.0%) |
| 17 | STELMACH Anita | 233 | ST TEAM | K40-44 | 17 | | | 00:10:48 | 00:42:31.55 | 00:53:19.85 | +00:09:08 (21.5%) | 8:30 | 7.1 (78.9%) |
| 18 | KOZŁOWSKA Agnieszka | 127 | GOSIR OSIELSKO | K40-44 | 18 | | | 00:10:50 | 00:47:25.20 | 00:58:15.30 | +00:14:02 (29.6%) | 9:29 | 6.3 (70.0%) |
| 19 | GUNTHER Justyna | 308 | GUNTHER TEAM | K40-44 | 19 | | | 00:10:50 | 00:55:59.45 | 01:06:50.40 | +00:22:36 (40.4%) | 11:12 | 5.4 (60.0%) |

Znaleziono 19 wynik(ów)