



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

B4SPORT

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



Klasyfikacja: K45-49

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	MIELECKA Agnieszka	174	KS SOKÓŁ GAŚAWA	K45-49	1			00:11:21	00:32:25.05	00:43:46.05		6:29	9.3 (100%)
2	KOMAR Beata	118	FACE NORDIC WALKING TEAM	K45-49	2			00:11:23	00:33:17.40	00:44:40.90	+00:00:52 (2.6%)	6:39	9 (96.8%)
3	SZPILMAN Katarzyna	256	FACE NORDIC WALKING TEAM	K45-49	3			00:11:21	00:33:45.15	00:45:06.75	+00:01:20 (4.0%)	6:45	8.9 (95.7%)
4	BORKOWSKA Lidia	26	FACE NORDIC WALKING TEAM	K45-49	4			00:11:21	00:34:06.95	00:45:28.90	+00:01:41 (5.0%)	6:49	8.8 (94.6%)
5	RE CZULSKA Katarzyna	216	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	5			00:11:23	00:34:50.10	00:46:13.55	+00:02:25 (6.9%)	6:58	8.6 (92.5%)
6	OKRZESIK-FRĄCKOWIAK Izabela	198		K45-49	6			00:11:21	00:34:52.50	00:46:14.35	+00:02:27 (7.0%)	6:58	8.6 (92.5%)
7	DZIUBA Alina	362	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	7			00:11:21	00:36:47.60	00:48:09.25	+00:04:22 (11.9%)	7:21	8.2 (88.2%)
8	WOJTACHNIO Edyta	289	FACE NORDIC WALKING TEAM	K45-49	8			00:11:23	00:36:55.30	00:48:18.60	+00:04:30 (12.2%)	7:23	8.1 (87.1%)
9	FELIS Beata	53		K45-49	9			00:11:25	00:37:15.05	00:48:40.75	+00:04:50 (13.0%)	7:27	8.1 (87.1%)
10	GWAREK Anita	87	PASJA NORDIC WALKING	K45-49	10			00:11:22	00:37:57.65	00:49:20.40	+00:05:32 (14.6%)	7:35	7.9 (84.9%)
11	OSIEJA Elżbieta	200	FORMA NA PIĄTKĘ NW	K45-49	11			00:11:24	00:38:01.55	00:49:26.00	+00:05:36 (14.7%)	7:36	7.9 (84.9%)
12	LANGMESSER Regina	149	LKS ZANTYR SZTUM	K45-49	12			00:11:21	00:38:02.45	00:49:23.45	+00:05:37 (14.8%)	7:36	7.9 (84.9%)
13	GABERT Beata	386	EKSPEDYCJA NORDIC WALKING TEAM SZCZECIN	K45-49	13			00:11:20	00:38:22.60	00:49:43.40	+00:05:57 (15.5%)	7:40	7.8 (83.9%)

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14	EWERTOWSKA Ewa	51	NORDIC WALKING KIEKRZ	K45-49	14			00:11:22	00:38:31.00	00:49:53.65	+00:06:05 (15.8%)	7:42	7.8 (83.9%)
15	KWAŚNA Małgorzata	146	CHODZĘ Z SERCEM	K45-49	15			00:11:22	00:39:01.10	00:50:23.75	+00:06:36 (16.9%)	7:48	7.7 (82.8%)
16	KOSICKA Beata	122		K45-49	16			00:11:25	00:39:58.10	00:51:23.50	+00:07:33 (18.9%)	7:59	7.5 (80.6%)
17	ŚCIESIŃSKA Justyna	319	GOSIR OSIELSKO	K45-49	17			00:11:22	00:40:12.85	00:51:35.30	+00:07:47 (19.4%)	8:02	7.5 (80.6%)
18	NOWAKOWSKA Ewa	188	SZKOŁY FAMA	K45-49	18			00:11:20	00:40:45.75	00:52:06.25	+00:08:20 (20.5%)	8:09	7.4 (79.6%)
19	MILEWSKA Wiesława	342	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	19			00:11:24	00:41:57.20	00:53:21.25	+00:09:32 (22.7%)	8:23	7.2 (77.4%)
20	BRUSKA Mariola	31	BŁĘKITNI NW DZIEMIANY	K45-49	20			00:11:24	00:43:12.90	00:54:37.00	+00:10:47 (25.0%)	8:38	6.9 (74.2%)
21	JAKIEL-MAINIERI Sabina	90	CZARNE PANTERY	K45-49	21			00:11:27	00:44:32.70	00:55:59.70	+00:12:07 (27.2%)	8:54	6.7 (72.0%)
22	NOWAK Beata	186	SAILING TEAM FERAJNA	K45-49	22			00:11:25	00:45:42.85	00:57:08.55	+00:13:17 (29.1%)	9:08	6.6 (71.0%)

Znaleziono 22 wynik(ów)