

OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Osielsko
Data: 2019-08-10
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WĘŻOWICZ Ewa	510	STADION ŚLĄSKI	K40-49	1			00:33:15	01:07:32.80		6:45	8.9 (100%)
2	KOZAKOWSKA Małgorzata	448	KS SOKÓŁ GAŚAWA	K40-49	2			00:33:42	01:08:29.90	+00:00:57 (1.4%)	6:51	8.8 (98.9%)
3	KRÓLIKOWSKA Krystyna	449	POLIPACK TEAM GWE	K40-49	3			00:34:32	01:09:47.20	+00:02:14 (3.2%)	6:58	8.6 (96.6%)
4	OSTROCHALSKA Aleksandra	470	POLIPACK TEAM GWE	K40-49	4			00:35:22	01:10:51.50	+00:03:18 (4.7%)	7:05	8.5 (95.5%)
5	PRZYBYŁEK Marysia	480		K40-49	5			00:36:02	01:11:40.90	+00:04:08 (5.8%)	7:10	8.4 (94.4%)
6	RAJEK Magdalena	482	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:35:30	01:12:17.20	+00:04:44 (6.6%)	7:13	8.3 (93.3%)
7	MUSIATOWICZ Aleksandra	465	PASJA NORDIC WALKING	K40-49	7			00:35:42	01:12:25.55	+00:04:52 (6.7%)	7:14	8.3 (93.3%)
8	RASZEWSKA Izabela	483	FORMA NA PIĄTKĘ NW	K40-49	8			00:36:20	01:13:02.00	+00:05:29 (7.5%)	7:18	8.2 (92.1%)
9	PYTEC Anna	374		K40-49	9			00:36:14	01:13:24.65	+00:05:51 (8.0%)	7:20	8.2 (92.1%)
10	PALIWODA Kasia	383	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	10			00:36:36	01:14:55.15	+00:07:22 (9.8%)	7:29	8 (89.9%)
11	KOBIELA Magdalena	444	NORDIC TEAM CZĘSTOCHOWA	K40-49	11			00:37:37	01:15:24.55	+00:07:51 (10.4%)	7:32	8 (89.9%)
12	GOLUS Agnieszka	423	FORMA NA PIĄTKĘ NW	K40-49	12			00:38:39	01:16:15.65	+00:08:42 (11.4%)	7:37	7.9 (88.8%)
13	GAŁOWSKA Agnieszka	421	INPOWER	K40-49	13			00:38:13	01:16:35.40	+00:09:02 (11.8%)	7:39	7.8 (87.6%)
14	GWAREK Anita	424	PASJA NORDIC WALKING	K40-49	14			00:37:02	01:17:00.05	+00:09:27 (12.3%)	7:42	7.8 (87.6%)
15	CONTUCCI Ewa	410	NORDIC TEAM CZĘSTOCHOWA	K40-49	15			00:38:14	01:17:19.95	+00:09:47 (12.7%)	7:44	7.8 (87.6%)
16	MROZIK Aleksandra	464		K40-49	16			00:38:20	01:17:32.00	+00:09:59 (12.9%)	7:45	7.7 (86.5%)
17	SĘDZIK Katarzyna	489	LECYMY DURŚ	K40-49	17			00:38:20	01:18:39.55	+00:11:06 (14.1%)	7:51	7.6 (85.4%)
18	CIESIELSKA Renata	409	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	18			00:39:04	01:18:49.50	+00:11:16 (14.3%)	7:52	7.6 (85.4%)
19	GABERT Beata	381	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	19			00:39:02	01:19:16.15	+00:11:43 (14.8%)	7:55	7.6 (85.4%)
20	SMEJA Justyna	454		K40-49	20			00:40:28	01:20:57.60	+00:13:24 (16.6%)	8:05	7.4 (83.1%)
21	STANKOWSKA Marzena	493	KIJKOWE TRZEMESZNO	K40-49	21			00:40:06	01:21:31.45	+00:13:58 (17.1%)	8:09	7.4 (83.1%)
22	PILARSKA Beata	431		K40-49	22			00:40:01	01:22:22.80	+00:14:50 (18.0%)	8:14	7.3 (82.0%)
23	JANCY Anita	226	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	23			00:41:31	01:22:57.35	+00:15:24 (18.6%)	8:17	7.2 (80.9%)
24	MARSZAŁEK Anna	461		K40-49	24			00:41:25	01:23:08.55	+00:15:35 (18.8%)	8:18	7.2 (80.9%)
25	WYSOCKA Bernadeta	337	KLUB BŁĘKITNI NW DZIEMIANY	K40-49	25			00:40:47	01:23:09.45	+00:15:36 (18.8%)	8:18	7.2 (80.9%)
26	SZELIGA Justyna	500	LIDER GRODZISK MAZOWIECKI	K40-49	26			00:42:46	01:24:32.95	+00:17:00 (20.1%)	8:27	7.1 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All	Czas	Różn	Tempo min/km	Tempo km/h
								5km	10km			
27	SZCZUKOWSKA Agnieszka	247	GMINA PRUSZCZ	K40-49	27			00:45:10	01:26:07.10	+00:18:34 (21.6%)	8:36	7 (78.7%)
28	WANDEL Agnieszka	506	FACE NORDIC WALKING TEAM	K40-49	28			00:43:05	01:26:45.25	+00:19:12 (22.1%)	8:40	6.9 (77.5%)
29	FLISAK Joanna	45	GMINA PRUSZCZ	K40-49	29			00:45:11	01:31:18.10	+00:23:45 (26.0%)	9:07	6.6 (74.2%)
30	KIEŁPIŃSKA Gabriela	437	KIEŁPINTEAM	K40-49	30			00:45:04	01:34:35.70	+00:27:02 (28.6%)	9:27	6.3 (70.8%)

Znaleziono 30 wynik(ów)