



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-07-02  
**Miejsce:** Polanica Zdrój  
**Dystans:** 10 km



Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SPYCHAŁA Marzena</b>	<b>351</b>	WESOŁY BORSUK TEAM	K40-49	1			00:34:47	00:17:24	00:35:26	00:53:25	<b>01:11:35.45</b>	<b>01:46:23.40</b>		7:09	8.4 (100%)
2	<b>DMOWSKA Aneta</b>	<b>398</b>	UNIA MIAST	K40-49	2			00:34:48	00:17:13	00:35:16	00:53:36	<b>01:11:55.25</b>	<b>01:46:44.10</b>	+00:00:19 (0.5%)	7:11	8.3 (98.8%)
3	<b>ŁUKASZEWICZ Joanna</b>	<b>311</b>	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:34:48	00:17:48	00:36:43	00:55:55	<b>01:14:36.20</b>	<b>01:49:24.45</b>	+00:03:00 (4.0%)	7:27	8 (95.2%)
4	<b>DUSIEL Ewa</b>	<b>269</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:34:48	00:18:30	00:37:36	00:57:15	<b>01:17:05.00</b>	<b>01:51:53.55</b>	+00:05:29 (7.1%)	7:42	7.8 (92.9%)
5	<b>KOWALCZYK Edyta</b>	<b>292</b>	KS METRACO POLKOWICE	K40-49	5			00:34:51	00:19:08	00:39:03	00:59:49	<b>01:19:52.70</b>	<b>01:54:43.85</b>	+00:08:17 (10.4%)	7:59	7.5 (89.3%)
6	<b>KALINOWSKA Jolanta</b>	<b>285</b>	WESOŁY BORSUK TEAM	K40-49	6			00:35:43	00:20:30	00:40:47	01:01:15	<b>01:21:25.40</b>	<b>01:57:09.35</b>	+00:09:49 (12.1%)	8:08	7.4 (88.1%)
7	<b>LENARTOWICZ Barbara</b>	<b>305</b>	FOREVER YOUNG ŁÓDŹ	K40-49	7			00:35:41	00:20:57	00:42:21	01:02:33	<b>01:22:23.20</b>	<b>01:58:04.95</b>	+00:10:47 (13.1%)	8:14	7.3 (86.9%)
8	<b>SUCHOWIECKA Marta</b>	<b>356</b>	GREEN TEAM ZIELONA GÓRA	K40-49	8			00:35:42	00:20:03	00:41:11	01:02:46	<b>01:23:46.15</b>	<b>01:59:28.65</b>	+00:12:10 (14.5%)	8:22	7.2 (85.7%)
9	<b>SITKO Małgorzata</b>	<b>393</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	9			00:34:49	00:19:19	00:40:06	01:02:28	<b>01:24:24.25</b>	<b>01:59:14.05</b>	+00:12:48 (15.2%)	8:26	7.1 (84.5%)
10	<b>WRÓŃSKA Wiesława</b>	<b>382</b>	BŁĘKITNI NW DZIEMIANY	K40-49	10			00:35:41	00:20:19	00:41:19	01:03:43	<b>01:26:31.55</b>	<b>02:02:12.75</b>	+00:14:56 (17.3%)	8:39	6.9 (82.1%)
11	<b>WYSOCKA Bernadeta</b>	<b>383</b>	BŁĘKITNI NW DZIEMIANY	K40-49	11			00:34:48	00:20:31	00:42:14	01:04:29	<b>01:26:58.55</b>	<b>02:01:47.40</b>	+00:15:23 (17.7%)	8:41	6.9 (82.1%)
12	<b>KOZŁOWSKA Agnieszka</b>	<b>389</b>	FACE NORDIC WALKING TEAM	K40-49	12			00:35:40	00:20:24	00:42:06	01:05:05	<b>01:27:54.10</b>	<b>02:03:35.00</b>	+00:16:18 (18.6%)	8:47	6.8 (81.0%)
13	<b>WASIELA Beata</b>	<b>375</b>	FACE NORDIC WALKING TEAM	K40-49	13			00:35:41	00:20:43	00:42:47	01:05:42	<b>01:29:23.30</b>	<b>02:05:04.85</b>	+00:17:47 (19.9%)	8:56	6.7 (79.8%)
14	<b>SZEWCZYK Agnieszka</b>	<b>359</b>	FACE NORDIC WALKING TEAM	K40-49	14			00:35:41	00:21:04	00:43:52	01:07:27	<b>01:30:59.10</b>	<b>02:06:40.25</b>	+00:19:23 (21.3%)	9:05	6.6 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>TOMERA Dorota</b>	<b>386</b>		K40-49	15			00:35:42	00:21:46	00:44:23	01:08:20	<b>01:31:03.05</b>	<b>02:06:45.85</b>	+00:19:27 (21.4%)	9:06	6.6 (78.6%)
16	<b>MŁYŃSKA Elżbieta</b>	<b>287</b>		K40-49	16			00:35:43	00:22:42	00:45:59	01:09:28	<b>01:32:56.75</b>	<b>02:08:40.35</b>	+00:21:21 (23.0%)	9:17	6.5 (77.4%)
17	<b>LINKA Renata</b>	<b>306</b>		K40-49	17			00:35:43	00:21:23	00:44:10	01:08:07	<b>01:33:00.40</b>	<b>02:08:43.50</b>	+00:21:24 (23.0%)	9:18	6.5 (77.4%)
18	<b>BARTNIK Anna</b>	<b>254</b>	SANTANDER CONSUMER BANK	K40-49	18			00:35:44	00:22:34	00:46:17	01:10:20	<b>01:33:42.45</b>	<b>02:09:26.65</b>	+00:22:07 (23.6%)	9:22	6.4 (76.2%)
19	<b>UZORKO Anna</b>	<b>372</b>		K40-49	19			00:35:43	00:21:54	00:45:20	01:09:37	<b>01:34:40.10</b>	<b>02:10:23.40</b>	+00:23:04 (24.4%)	9:28	6.3 (75.0%)
20	<b>KRYSIAK Małgorzata</b>	<b>394</b>	SANTANDER CONSUMER BANK	K40-49	20			00:34:51	00:22:48	00:46:33	01:10:52	<b>01:35:20.35</b>	<b>02:10:12.05</b>	+00:23:44 (24.9%)	9:32	6.3 (75.0%)
21	<b>BUSZYDŁO Ewa</b>	<b>260</b>	SANTANDER CONSUMER BANK	K40-49	21			00:34:51	00:23:06	00:46:58	01:10:54	<b>01:35:34.90</b>	<b>02:10:26.20</b>	+00:23:59 (25.1%)	9:33	6.3 (75.0%)
22	<b>LIPIŃSKA Urszula</b>	<b>307</b>	FACE NORDIC WALKING TEAM	K40-49	22			00:35:41	00:23:10	00:47:31	01:12:33	<b>01:37:11.20</b>	<b>02:12:52.85</b>	+00:25:35 (26.3%)	9:43	6.2 (73.8%)
23	<b>PÓŁTORZYCKA Aneta</b>	<b>332</b>	SANTANDER CONSUMER BANK	K40-49	23			00:34:49	00:23:55	00:49:49	01:15:27	<b>01:40:56.40</b>	<b>02:15:46.30</b>	+00:29:20 (29.1%)	10:05	5.9 (70.2%)
24	<b>KRZYŚCIN Mirosława</b>	<b>297</b>	SANTANDER CONSUMER BANK	K40-49	24			00:35:42	00:23:25	00:47:21	01:13:15	<b>01:42:42.95</b>	<b>02:18:25.30</b>	+00:31:07 (30.3%)	10:16	5.8 (69.0%)
DQ	<b>BALCERAK-KOLASA Joanna</b>	<b>253</b>	EPOKA NORDICA ŁÓDŹ	K40-49			1	DQ	DQ	DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 25 wynik(ów)