



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

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



Klasyfikacja: K50-59

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>JĘDRASIAK Renata</b>	<b>281</b>	KS METRACO POLKOWICE	K50-59	1			00:36:17	00:17:27	00:35:29	00:53:46	<b>01:12:24.70</b>	<b>01:48:42.55</b>		7:14	8.3 (100%)
2	<b>BOCZAR Beata</b>	<b>256</b>	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:36:17	00:17:41	00:36:36	00:56:04	<b>01:15:47.50</b>	<b>01:52:05.15</b>	+00:03:22 (4.5%)	7:34	7.9 (95.2%)
3	<b>ROSZMAN Joanna</b>	<b>400</b>	PENDOLINO	K50-59	3			00:36:18	00:18:26	00:38:22	00:58:57	<b>01:20:07.05</b>	<b>01:56:25.05</b>	+00:07:42 (9.6%)	8:00	7.5 (90.4%)
4	<b>JARZYŃSKA Małgorzata</b>	<b>280</b>	HIFI ARTE	K50-59	4			00:36:18	00:19:23	00:39:21	00:59:48	<b>01:20:31.00</b>	<b>01:56:49.55</b>	+00:08:06 (10.1%)	8:03	7.5 (90.4%)
5	<b>ROSOŁEK Elżbieta</b>	<b>340</b>	GREEN TEAM ZIELONA GÓRA	K50-59	5			00:36:20	00:20:28	00:40:56	01:01:10	<b>01:21:03.00</b>	<b>01:57:23.65</b>	+00:08:38 (10.7%)	8:06	7.4 (89.2%)
6	<b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b>	<b>265</b>		K50-59	6			00:36:19	00:19:34	00:39:45	01:00:36	<b>01:21:53.75</b>	<b>01:58:13.30</b>	+00:09:29 (11.6%)	8:11	7.3 (88.0%)
7	<b>DOBROWOLSKA Anna</b>	<b>264</b>		K50-59	7			00:36:19	00:19:20	00:39:52	01:00:45	<b>01:21:55.25</b>	<b>01:58:14.95</b>	+00:09:30 (11.6%)	8:11	7.3 (88.0%)
8	<b>JURCZYŃSKA Bożena</b>	<b>284</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	8			00:36:21	00:19:25	00:39:50	01:01:27	<b>01:22:47.70</b>	<b>01:59:08.75</b>	+00:10:23 (12.5%)	8:16	7.2 (86.7%)
9	<b>PUZICHOWSKA Małgorzata</b>	<b>463</b>		K50-59	9			00:36:20	00:19:59	00:40:56	01:02:45	<b>01:25:01.55</b>	<b>02:01:21.70</b>	+00:12:36 (14.8%)	8:30	7.1 (85.5%)
10	<b>TRUCHAN-BAJER Bożena</b>	<b>370</b>	FACE NORDIC WALKING TEAM	K50-59	10			00:36:21	00:19:57	00:41:42	01:04:11	<b>01:25:01.65</b>	<b>02:01:22.95</b>	+00:12:36 (14.8%)	8:30	7.1 (85.5%)
11	<b>POSTEK Danuta</b>	<b>330</b>	MARSZ PO ZDROWIE	K50-59	11			00:36:18	00:20:02	00:41:10	01:03:07	<b>01:25:04.05</b>	<b>02:01:22.65</b>	+00:12:39 (14.9%)	8:30	7.1 (85.5%)
12	<b>MAŃKOWSKA Dorota</b>	<b>316</b>	GREEN TEAM ZIELONA GÓRA	K50-59	12			00:36:22	00:21:14	00:42:39	01:04:20	<b>01:25:44.40</b>	<b>02:02:06.65</b>	+00:13:19 (15.5%)	8:34	7 (84.3%)
13	<b>PRZYBYLSKA Maria</b>	<b>387</b>		K50-59	13			00:36:18	00:19:56	00:41:45	01:04:15	<b>01:26:57.80</b>	<b>02:03:16.40</b>	+00:14:33 (16.7%)	8:41	6.9 (83.1%)
14	<b>OMARSKA Grażyna</b>	<b>324</b>	PASJA NORDIC WALKING	K50-59	14			00:36:20	00:20:43	00:42:16	01:04:44	<b>01:27:29.25</b>	<b>02:03:49.65</b>	+00:15:04 (17.2%)	8:44	6.9 (83.1%)

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15	<b>RYSZKOWSKA Małgorzata</b>	<b>342</b>	WŁÓCZYKIJE SKOCZÓW	K50-59	15			00:36:18	00:22:21	00:44:43	01:07:34	<b>01:30:44.85</b>	<b>02:07:03.80</b>	+00:18:20 (20.2%)	9:04	6.6 (79.5%)
16	<b>GRUDZIEN Małgorzata</b>	<b>275</b>		K50-59	16			00:36:22	00:21:06	00:44:17	01:08:21	<b>01:31:36.45</b>	<b>02:07:58.85</b>	+00:19:11 (21.0%)	9:09	6.6 (79.5%)
17	<b>JASTRZĘBSKA Violetta</b>	<b>414</b>	3+1	K50-59	17			00:36:21	00:22:06	00:44:59	01:09:00	<b>01:34:02.20</b>	<b>02:10:23.55</b>	+00:21:37 (23.0%)	9:24	6.4 (77.1%)
18	<b>LEHMANN Teresa</b>	<b>304</b>	BŁĘKITNI NW DZIEMIANY	K50-59	18			00:36:18	00:21:49	00:45:41	01:10:37	<b>01:34:22.25</b>	<b>02:10:40.35</b>	+00:21:57 (23.3%)	9:26	6.4 (77.1%)
19	<b>TKOCZ Alicja</b>	<b>368</b>	FABRIKANORDIKA	K50-59	19			00:36:21	00:22:43	00:46:27	01:10:50	<b>01:34:38.40</b>	<b>02:11:00.35</b>	+00:22:13 (23.5%)	9:27	6.3 (75.9%)
20	<b>GABIS Ela</b>	<b>272</b>		K50-59	20			00:36:19	00:22:09	00:46:56	01:13:32	<b>01:39:51.75</b>	<b>02:16:11.30</b>	+00:27:27 (27.5%)	9:59	6 (72.3%)
DQ	<b>ŻUCHOWICZ Elzbieta</b>	<b>385</b>	DĄBROWA NORDIC TEAM	K50-59		1		DQ	01:03:35 DQ	01:35:43 DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 21 wynik(ów)