



POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Organizator: PFNW
Data: 2016-07-02
Miejsce: Polanica Zdrój
Dystans: 21.1 km



Klasyfikacja: K 60+

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 1.1km | 3.6km | 6.1km | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|------------|--------------------------|-----------|------|-------------|--------------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 1 | CZYCZ Emilia | 409 | GREEN TEAM ZIELONA GÓRA | K 60+ | 1 | | | 00:11:52 | 00:08:04 | 00:27:17 | 00:47:07 | 01:07:23 | 01:28:29 | 01:50:11 | 02:12:32 | 02:34:56 | 02:56:12.10 | 03:08:04.75 | | 8:21 | 7.2 (100%) |
| 2 | WITKOWSKA Maria | 450 | UNIA MIAST | K 60+ | 2 | | | 00:11:53 | 00:08:13 | 00:28:37 | 00:48:58 | 01:09:49 | 01:30:58 | 01:52:09 | 02:13:42 | 02:35:23 | 02:56:49.50 | 03:08:43.30 | +00:00:37 (0.4%) | 8:22 | 7.2 (100%) |
| 3 | ZAWADZKA Maria | 457 | KS METRACO POLKOWICE | K 60+ | 3 | | | 00:11:52 | 00:08:50 | 00:30:34 | 00:52:32 | 01:15:03 | 01:38:19 | 02:01:48 | 02:26:08 | 02:50:47 | 03:15:48.50 | 03:27:40.50 | +00:19:36 (10.0%) | 9:16 | 6.5 (90.3%) |
| 4 | ROZMUS Jolanta | 437 | FACE NORDIC WALKING TEAM | K 60+ | 4 | | | 00:11:52 | 00:08:52 | 00:30:39 | 00:52:55 | 01:16:22 | 01:41:15 | 02:06:42 | 02:32:14 | 02:55:54 | 03:19:47.75 | 03:31:39.75 | +00:23:35 (11.8%) | 9:28 | 6.3 (87.5%) |

Znaleziono 4 wynik(ów)