



POLKOWICE - PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFW
Data: 2017-03-11
Miejsce: Polkowice
Dystans: 10 km



Klasyfikacja: K50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Start_All 5km	Start_All 6.25km	Start_All 7.5km	Start_All 8.75km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JĘDRASIAK Renata	151	KS METRACO POLKOWICE	K50-59	1			00:00:26	00:08:22	00:17:07	00:25:57	00:34:51	00:43:48	00:52:46	01:01:47	01:10:46.40	01:11:12.85		7:04	8.5 (100%)
2	DOBROWOLSKA-ŚWIĄTEK Elżbieta	145	KB HARCOWNIK JELCZ-LASKOWICE	K50-59	2			00:00:26	00:09:36	00:19:32	00:29:31	00:39:31	00:49:34	00:59:30	01:09:38	01:19:47.05	01:20:13.65	+00:09:00 (11.3%)	7:58	7.5 (88.2%)
3	BAJ Danuta	141	ŚCINAWSKA GRUPA NORDIC WALKING	K50-59	3			00:00:26	00:09:53	00:20:06	00:30:17	00:40:21	00:50:30	01:00:49	01:11:12	01:21:51.20	01:22:18.00	+00:11:04 (13.5%)	8:11	7.3 (85.9%)
4	PUZICHOWSKA Małgorzata	159	NORDIKI	K50-59	4			00:00:27	00:09:46	00:19:59	00:30:17	00:40:32	00:50:48	01:01:10	01:11:38	01:22:14.50	01:22:42.15	+00:11:28 (13.9%)	8:13	7.3 (85.9%)
5	JANKOWSKA Wioletta	150	FABRIKANORDIKA	K50-59	5			00:00:26	00:10:11	00:20:40	00:31:14	00:41:51	00:52:36	01:03:33	01:14:32	01:27:47.00	01:28:13.95	+00:17:00 (19.4%)	8:46	6.8 (80.0%)
6	MOSTOWSKA-NOWAK Elżbieta	157	STOWARZYSZENIE 'AZYMUT'	K50-59	6			00:00:27	00:10:47	00:22:02	00:33:24	00:44:30	00:55:27	01:06:41	01:17:47	01:28:43.55	01:29:11.15	+00:17:57 (20.2%)	8:52	6.8 (80.0%)
7	MAJEWICZ Beata	181		K50-59	7			00:00:27	00:10:47	00:22:09	00:33:30	00:44:47	00:56:11	01:07:28	01:18:42	01:30:23.65	01:30:50.90	+00:19:37 (21.7%)	9:02	6.6 (77.6%)

Znaleziono 7 wynik(ów)