



# POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW  
 Data: 2017-03-11  
 Miejsce: Polkowice  
 Dystans: 5 km



Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>RUDOLF Natalia</b>	<b>64</b>	NORDIKI	K30-39	1			00:03:00	00:09:06	00:18:37	00:28:12	<b>00:37:37.70</b>	<b>00:40:38.00</b>		7:31	8 (100%)
2	<b>PAWŁOWSKA-WOŹNIAK Małgorzata</b>	<b>54</b>	TOSZANKA NORDIC TEAM	K30-39	2			00:02:59	00:09:07	00:18:45	00:28:32	<b>00:38:30.65</b>	<b>00:41:30.40</b>	+00:00:52 (2.3%)	7:42	7.8 (97.5%)
3	<b>SZYJKA Izabela</b>	<b>75</b>	NORDIKI	K30-39	3			00:03:00	00:09:25	00:19:14	00:29:17	<b>00:39:17.50</b>	<b>00:42:17.95</b>	+00:01:39 (4.2%)	7:51	7.6 (95.0%)
4	<b>GRIGORIEWA Irena</b>	<b>94</b>		K30-39	4			00:03:01	00:10:07	00:20:12	00:30:25	<b>00:40:26.50</b>	<b>00:43:27.65</b>	+00:02:48 (7.0%)	8:05	7.4 (92.5%)
5	<b>MATKOWSKA Marta</b>	<b>48</b>	JAWOR CITY	K30-39	5			00:03:00	00:10:09	00:20:20	00:30:36	<b>00:40:42.80</b>	<b>00:43:43.25</b>	+00:03:05 (7.6%)	8:08	7.4 (92.5%)
6	<b>KOZŁOWSKA Dagmara</b>	<b>108</b>		K30-39	6			00:03:03	00:10:11	00:20:37	00:31:11	<b>00:42:41.90</b>	<b>00:45:45.45</b>	+00:05:04 (11.9%)	8:32	7 (87.5%)
7	<b>DZIEDZIEWICZ Natalia</b>	<b>96</b>		K30-39	7			00:03:01	00:10:17	00:21:18	00:32:11	<b>00:43:29.10</b>	<b>00:46:30.45</b>	+00:05:51 (13.5%)	8:41	6.9 (86.3%)
8	<b>WOJNAROWSKA Małgorzata</b>	<b>86</b>	NORDIKI	K30-39	8			00:03:01	00:11:00	00:22:26	00:33:45	<b>00:44:48.20</b>	<b>00:47:49.75</b>	+00:07:10 (16.0%)	8:57	6.7 (83.8%)
9	<b>SKIBA Anna</b>	<b>69</b>	JAWOR CITY	K30-39	9			00:03:00	00:10:57	00:22:21	00:33:45	<b>00:44:50.10</b>	<b>00:47:50.40</b>	+00:07:12 (16.1%)	8:58	6.7 (83.8%)
10	<b>KONOPIŃSKA Daria</b>	<b>35</b>		K30-39	10			00:03:02	00:11:31	00:23:16	00:34:51	<b>00:46:19.10</b>	<b>00:49:21.40</b>	+00:08:41 (18.8%)	9:15	6.5 (81.3%)
11	<b>PIERZCHAŁA Izabela</b>	<b>55</b>		K30-39	11			00:03:02	00:11:31	00:23:16	00:34:52	<b>00:46:19.20</b>	<b>00:49:21.40</b>	+00:08:41 (18.8%)	9:15	6.5 (81.3%)
12	<b>KRZYŻANIAK Agata</b>	<b>110</b>		K30-39	12			00:03:02	00:11:32	00:22:59	00:35:01	<b>00:46:47.85</b>	<b>00:49:50.35</b>	+00:09:10 (19.6%)	9:21	6.4 (80.0%)
13	<b>ZIOMEK Izabela</b>	<b>109</b>		K30-39	13			00:03:01	00:11:34	00:23:02	00:35:06	<b>00:46:48.45</b>	<b>00:49:50.10</b>	+00:09:10 (19.6%)	9:21	6.4 (80.0%)

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14	<b>SMĘDA Małgorzata</b>	<b>100</b>	KS METRACO POLKOWICE	K30-39	14			00:03:00	00:11:44	00:24:08	00:36:41	<b>00:49:18.55</b>	<b>00:52:19.45</b>	+00:11:40 (23.7%)	9:51	6.1 (76.3%)

Znaleziono 14 wynik(ów)