



POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PUCHAR POLSKI NORDIC WALKING 2018
PFNW
2018-08-19
Potęgowo
21.1 km



Klasyfikacja: K50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1km	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	KOŁODZIEJ Joanna	438	CIDRY LOTAJOM	K50-59	1			00:08:28	00:26:55	00:45:28	01:03:51	01:22:09	01:40:40	01:58:55	02:17:18	02:36:14.25		7:24	8.1 (100%)
2	JANOSZKA Irena	431	CIDRY LOTAJOM	K50-59	2			00:08:40	00:27:34	00:46:41	01:06:04	01:25:24	01:44:55	02:04:43	02:24:39	02:44:53.35	+00:08:39 (5.2%)	7:48	7.7 (95.1%)
3	BOCZAR Beata	424	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:08:46	00:27:44	00:46:56	01:06:13	01:25:50	01:45:38	02:05:41	02:25:59	02:46:17.80	+00:10:03 (6.0%)	7:52	7.6 (93.8%)
4	KARASIEWICZ Irena	436	FACE NORDIC WALKING TEAM	K50-59	4			00:09:02	00:28:38	00:48:24	01:08:24	01:28:40	01:48:51	02:09:11	02:29:21	02:49:39.60	+00:13:25 (7.9%)	8:02	7.5 (92.6%)
5	BARCZYK Jolanta	423	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	5			00:09:23	00:29:33	00:49:46	01:10:16	01:31:04	01:51:58	02:12:50	02:34:01	02:55:37.50	+00:19:23 (11.0%)	8:19	7.2 (88.9%)
6	PANEK Elwira	446		K50-59	6			00:09:11	00:29:11	00:49:48	01:10:53	01:32:03	01:53:28	02:15:09	02:37:19	03:00:20.05	+00:24:05 (13.4%)	8:32	7 (86.4%)
7	POSTEK Danuta	449	MARSZ PO ZDROWIE	K50-59	7			00:09:12	00:29:30	00:49:55	01:11:05	01:32:21	01:53:57	02:16:36	02:39:47	03:03:49.95	+00:27:35 (15.0%)	8:42	6.9 (85.2%)
8	CZECZOTT-SZYMAŃSKA Aleksandra	427	ORŁY WICKO	K50-59	8			00:10:07	00:31:52	00:53:49	01:15:56	01:38:32	02:01:17	02:24:22	02:47:41	03:11:30.80	+00:35:16 (18.4%)	9:04	6.6 (81.5%)

Znaleziono 8 wynik(ów)