

PUCHAR REGIONALNY NORDIC WALKING - BIAŁY BÓR 2020 - 10 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Puchar Regionalny Nordic Walking - Biały Bór 2020
Organizator: Biały Bór
Data: 2020-09-20
Miejsce: Biały Bór
Dystans: 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps 5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KOŁODZIEJ Joanna	229	MALINOWE GWIAZDY	K50-59	1			00:33:22	01:07:17.45		6:43	8.9 (100%)
2	OSTROCHALSKA Aleksandra	259	POLIPACK TEAM GWE	K40-49	1			00:34:03	01:08:34.25	+00:01:16 (1.9%)	6:51	8.7 (97.8%)
3	KRÓLIKOWSKA Krystyna	295	POLIPACK TEAM GWE	K40-49	2			00:35:06	01:09:25.20	+00:02:07 (3.1%)	6:56	8.6 (96.6%)
4	MUSIATOWICZ Aleksandra	251	PASJA NORDIC WALKING	K50-59	2			00:35:34	01:12:05.95	+00:04:48 (6.7%)	7:12	8.3 (93.3%)
5	NACZK Wiktoria	252	POLIPACK TEAM GWE	K18-29	1			00:34:42	01:12:33.10	+00:05:15 (7.3%)	7:15	8.3 (93.3%)
6	FRANCZAK Małgorzata	216	NW CZŁAPSKI TEAM	K18-29	2			00:36:02	01:12:46.65	+00:05:29 (7.5%)	7:16	8.2 (92.1%)
7	JÓZWIAK Marianna	221	SERCE NORDICA WŁOCLAWEK	K40-49	3			00:36:09	01:13:36.85	+00:06:19 (8.6%)	7:21	8.2 (92.1%)
8	WIECZORKOWSKA Dagmara	287	WYCHODZĘ Z KIJAMI	K40-49	4			00:36:43	01:14:27.25	+00:07:09 (9.6%)	7:26	8.1 (91.0%)
9	LEJKOWSKA Mirela	239	POLIPACK GWETEAM	K30-39	1			00:37:18	01:14:31.85	+00:07:14 (9.7%)	7:27	8.1 (91.0%)
10	SZYDEŁKO Mariola	277	AKTYWNA KCYNIA	K40-49	5			00:38:06	01:15:39.05	+00:08:21 (11.1%)	7:33	7.9 (88.8%)
11	KANIEWSKA Alicja	293	AKTYWNA KCYNIA	K30-39	2			00:37:44	01:15:48.70	+00:08:31 (11.2%)	7:34	7.9 (88.8%)
12	BOŃCZYSZYN Bożena	205	POLIPACK TEAM GWE	K50-59	3			00:38:08	01:16:11.95	+00:08:54 (11.7%)	7:37	7.9 (88.8%)
13	KACZMAREK Maja	224	POLIPACK TEAM GWE	K40-49	6			00:37:49	01:16:44.10	+00:09:26 (12.3%)	7:40	7.8 (87.6%)
14	POKŁADOWSKA Joanna	263	WYCHODZĘ Z KIJAMI	K40-49	7			00:38:39	01:17:26.30	+00:10:08 (13.1%)	7:44	7.7 (86.5%)
15	FRANCZAK Anna	215	NW CZŁAPSKI TEAM	K50-59	4			00:38:48	01:17:59.40	+00:10:41 (13.7%)	7:47	7.7 (86.5%)
16	WALESZKO Anna	284	PASJA NORDIC WALKING	K40-49	8			00:39:20	01:18:11.40	+00:10:53 (13.9%)	7:49	7.7 (86.5%)
17	PRYBIŃSKA-MARCINIAK Anna	267	AKTYWNA KCYNIA	K40-49	9			00:38:53	01:18:13.70	+00:10:56 (14.0%)	7:49	7.7 (86.5%)
18	KASZUBA Adriana	225		K40-49	10			00:39:32	01:18:41.20	+00:11:23 (14.5%)	7:52	7.6 (85.4%)
19	STOLARSKA Danuta	273	SERCE NORDICA WŁOCLAWEK	K60-69	1			00:39:11	01:18:54.55	+00:11:37 (14.7%)	7:53	7.6 (85.4%)
20	CIESIELSKA Renata	209	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	11			00:39:40	01:19:57.35	+00:12:39 (15.8%)	7:59	7.5 (84.3%)
21	SUPROŃ Izabela	274	KS METRACO POLKOWICE	K30-39	3	1		00:39:33	01:20:27.05	+00:13:09 (16.4%)	8:02	7.5 (84.3%)
22	MORACZEWSKA Angelika	248	AKTYWNA KCYNIA	K30-39	4			00:40:13	01:20:55.55	+00:13:38 (16.8%)	8:05	7.4 (83.1%)
23	CZEMPIK Aniela	254		K60-69	2			00:39:54	01:21:01.25	+00:13:43 (16.9%)	8:06	7.4 (83.1%)
24	ADAMOWICZ Renata	201	WYCHODZĘ Z KIJAMI	K40-49	12			00:40:40	01:21:18.90	+00:14:01 (17.2%)	8:07	7.4 (83.1%)
25	KACZMAREK Zofia	223		K50-59	5			00:40:39	01:21:23.85	+00:14:06 (17.3%)	8:08	7.4 (83.1%)
26	CZEMPIK Kornelia	211	MALINOWE GWIAZDY	K50-59	6			00:39:47	01:21:43.10	+00:14:25 (17.7%)	8:10	7.3 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	WNEK Ewa	289		K60-69	3			00:40:09	01:21:57.40	+00:14:39 (17.9%)	8:11	7.3 (82.0%)
28	BACHANEK Katarzyna	203	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	7			00:40:31	01:22:17.90	+00:15:00 (18.2%)	8:13	7.3 (82.0%)
29	MACUŁO Ola	243		K30-39	5			00:40:54	01:22:41.45	+00:15:24 (18.6%)	8:16	7.3 (82.0%)
30	OMARSKA Grażyna	258	PASJA NORDIC WALKING	K60-69	4			00:41:19	01:22:55.65	+00:15:38 (18.9%)	8:17	7.2 (80.9%)
31	CHABROS Agnieszka	206	SERCE NORDICA WŁOCŁAWEK	K40-49	13			00:42:13	01:23:43.90	+00:16:26 (19.6%)	8:22	7.2 (80.9%)
32	EWERTOWSKA Ewa	213	NORDIC WALKING KIEKRZ POLAND	K50-59	8			00:41:01	01:24:07.00	+00:16:49 (20.0%)	8:24	7.1 (79.8%)
33	SZCZYPIOR Kinga	275	POLIPACK TEAM GWE	K30-39	6			00:41:38	01:24:19.35	+00:17:01 (20.2%)	8:25	7.1 (79.8%)
34	ŻBIKOWSKA Małgorzata	291	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	9			00:41:39	01:24:29.50	+00:17:12 (20.4%)	8:26	7.1 (79.8%)
35	TURZYŃSKA-STOPA Maria	280	BŁĘKITNI NW DZIEMIANY	K60-69	5			00:42:51	01:26:49.40	+00:19:31 (22.5%)	8:41	6.9 (77.5%)
36	WAJDA Izabela	281		K40-49	14			00:43:39	01:29:29.35	+00:22:11 (24.8%)	8:56	6.7 (75.3%)
37	OLSZYŃSKA Marzena	257	WYCHODZĘ Z KIJAMI	K50-59	10			00:46:25	01:32:35.20	+00:25:17 (27.3%)	9:15	6.5 (73.0%)
38	KOWALSKA Katarzyna	296		K30-39	7			00:46:42	01:33:45.75	+00:26:28 (28.2%)	9:22	6.4 (71.9%)
39	OWCZAREK Henryka	260	MARSZ PO ZDROWIE	K70+	1			00:47:35	01:36:11.10	+00:28:53 (30.0%)	9:37	6.2 (69.7%)
40	MIKUSZEWSKA Barbara	246	KS METRACO POLKOWICE	K60-69	6	1		00:50:05	01:39:53.80	+00:32:36 (32.6%)	9:59	6 (67.4%)
41	KRUKOWSKA Magdalena	234	KS METRACO POLKOWICE	K30-39	8			00:50:52	01:45:12.40	+00:37:54 (36.0%)	10:31	5.7 (64.0%)
42	KRUKOWSKA Anna	233		K60-69	7			00:50:56	01:45:16.70	+00:37:59 (36.1%)	10:31	5.7 (64.0%)

Znaleziono 42 wynik(ów)