

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

V Międzynarodowe Mistrzostwa Polski Nordic Walking

Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking,

2023-03-25

Prudnik

7 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Różn	Tempo min/km	Tempo km/h
1	KLECZ Magda	35	URSUS TEAM NW	OPEN -K	1	00:36:36.50		5:13	11.5 (100%)
2	KOZŁOWSKA Ewa	43	ESJA TEAM	OPEN -K	2	00:37:47.50	+00:01:11 (3.1%)	5:23	11.1 (96.5%)
3	KORDOWSKA Bogusława	40	LUX TORPEDAMAŁOPOLSKA	OPEN -K	3	00:38:23.60	+00:01:47 (4.6%)	5:29	10.9 (94.8%)
4	MALINOWSKA Magdalena	50	KS NW BEŁCHATÓW	OPEN -K	4	00:38:37.90	+00:02:01 (5.2%)	5:31	10.9 (94.8%)
5	ZAJĄCZKOWSKA Bożena	83	MASZERUJEMY Z NOGAMI W CHMURACH	OPEN -K	5	00:39:07.50	+00:02:31 (6.4%)	5:35	10.7 (93.0%)
6	KORPOK Aleksandra	42	NORDICUS STRZYBNICA	OPEN -K	6	00:39:40.90	+00:03:04 (7.7%)	5:40	10.6 (92.2%)
7	MARCZYŃSKA Marta	54	POLIPACK TEAM GWE	OPEN -K	7	00:39:45.95	+00:03:09 (7.9%)	5:40	10.6 (92.2%)
8	MANDRYSZ Aleksandra	53	NORDIC WALKING LYSKI	OPEN -K	8	00:40:19.70	+00:03:43 (9.2%)	5:45	10.4 (90.4%)
9	HILGNER Katarzyna	21	NORDICUS STRZYBNICA	OPEN -K	9	00:41:13.05	+00:04:36 (11.2%)	5:53	10.2 (88.7%)
10	NIESTRÓJ Sylwia	62	DYSTANS LUBOMIA	OPEN -K	10	00:41:46.50	+00:05:10 (12.4%)	5:58	10.1 (87.8%)
11	MALINIAK Aleksandra	49	OBORYGENI	OPEN -K	11	00:42:35.10	+00:05:58 (14.0%)	6:05	9.9 (86.1%)
12	MORAWIEC Marzena	59	NORDICUS STRZYBNICA	OPEN -K	12	00:42:48.50	+00:06:12 (14.5%)	6:06	9.8 (85.2%)
13	GIZA Elżbieta	16	NORDICUS STRZYBNICA	OPEN -K	13	00:43:10.85	+00:06:34 (15.2%)	6:10	9.7 (84.3%)
14	SZCZĘSNY Danuta	76	NORDICUS STRZYBNICA	OPEN -K	14	00:43:20.35	+00:06:43 (15.5%)	6:11	9.7 (84.3%)
15	SEGA Dominika	73	NORDICUS	OPEN -K	15	00:43:25.30	+00:06:48 (15.7%)	6:12	9.7 (84.3%)
16	KOMOCKA Julia	39		OPEN -K	16	00:43:26.05	+00:06:49 (15.7%)	6:12	9.7 (84.3%)
17	LACHNIK Grazyna	47		OPEN -K	17	00:43:34.75	+00:06:58 (16.0%)	6:13	9.6 (83.5%)
18	EWA Breguła	13	NORDICUS STRZYBNICA	OPEN -K	18	00:44:03.60	+00:07:27 (16.9%)	6:17	9.5 (82.6%)
19	TROCHIMCZUK Katarzyna	80	OBORYGENI	OPEN -K	19	00:45:06.85	+00:08:30 (18.9%)	6:26	9.3 (80.9%)
20	MAŁKA Irena	52		OPEN -K	20	00:45:10.80	+00:08:34 (19.0%)	6:27	9.3 (80.9%)
21	FIEDLER-MALINIAK Urszula	14	OBORYGENI	OPEN -K	21	00:45:46.95	+00:09:10 (20.0%)	6:32	9.2 (80.0%)
22	ARTYMICZ Maria	2		OPEN -K	22	00:46:04.30	+00:09:27 (20.5%)	6:34	9.1 (79.1%)
23	MICHALAK Janina	57	TEMPIO PIĄTKOWSKI KLUB BIEGACZY	OPEN -K	23	00:47:15.55	+00:10:39 (22.5%)	6:45	8.9 (77.4%)
24	MAZUR Kazimiera	85		OPEN -K	24	00:47:25.40	+00:10:48 (22.8%)	6:46	8.9 (77.4%)
25	DEREŃ Jolanta	8		OPEN -K	25	00:47:26.10	+00:10:49 (22.8%)	6:46	8.9 (77.4%)
26	JASIK Beata	27		OPEN -K	26	00:47:27.55	+00:10:51 (22.9%)	6:46	8.9 (77.4%)

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27	ŚLUSARZ Beata	78		OPEN -K	27	00:47:48.05	+00:11:11 (23.4%)	6:49	8.8 (76.5%)
28	ORLIŃSKA Gabriela	65	DZIEWCZYNY Z DZIELNI	OPEN -K	28	00:47:52.30	+00:11:15 (23.5%)	6:50	8.8 (76.5%)
29	OLSZANECKA Beata	64	NORDICUS STRZYBNICA	OPEN -K	29	00:49:31.10	+00:12:54 (26.1%)	7:04	8.5 (73.9%)
30	GOLAŚ Maria	17	NORDICUS STRZYBNICA	OPEN -K	30	00:49:53.25	+00:13:16 (26.6%)	7:07	8.4 (73.0%)
31	JAWORSKA Mia	28		OPEN -K	31	00:50:00.90	+00:13:24 (26.8%)	7:08	8.4 (73.0%)
32	KACZKOWSKA Katarzyna	30		OPEN -K	32	00:50:45.00	+00:14:08 (27.9%)	7:15	8.3 (72.2%)
33	MĘDRAK Alicja	56		OPEN -K	33	00:50:53.95	+00:14:17 (28.1%)	7:16	8.3 (72.2%)
34	KASIŃSKA-MACHAJEK Krystyna	33	STOWARZYSZENIE TRANSPLANTACJI SERCA	OPEN -K	34	00:51:00.80	+00:14:24 (28.2%)	7:17	8.2 (71.3%)
35	KAJMOWICZ Anna	32	NORDICUS STRZYBNICA	OPEN -K	35	00:51:01.20	+00:14:24 (28.2%)	7:17	8.2 (71.3%)
36	JAGIEŁŁA Danuta	25	NORDICUS STRZYBNICA	OPEN -K	36	00:52:20.60	+00:15:44 (30.1%)	7:28	8 (69.6%)
37	SAWICKA Marta	207	NORDIC WALKING DWA KIJE W DĘBINIE	OPEN -K	37	00:52:27.95	+00:15:51 (30.2%)	7:29	8 (69.6%)
38	NOWICKA Aleksandra	63	NORDICUS STRZYBNICA	OPEN -K	38	00:52:47.20	+00:16:10 (30.6%)	7:32	8 (69.6%)
39	BOBIŃSKA Monika	3	MASZERUJEMY Z NOGAMI W CHMURACH	OPEN -K	39	00:53:50.80	+00:17:14 (32.0%)	7:41	7.8 (67.8%)
40	STRZELCZYK Joanna	75		OPEN -K	40	00:53:57.90	+00:17:21 (32.2%)	7:42	7.8 (67.8%)
41	HORODYSKA Katarzyna	22	DZIEWCZYNY Z DZIELNI	OPEN -K	41	00:53:58.65	+00:17:22 (32.2%)	7:42	7.8 (67.8%)
42	KUNIKOWSKA Ewa	45		OPEN -K	42	00:54:04.40	+00:17:27 (32.3%)	7:43	7.8 (67.8%)
43	WÓJCIK Irena	81	UTW OLEŚNICA	OPEN -K	43	00:54:15.45	+00:17:38 (32.5%)	7:45	7.7 (67.0%)
44	OWCZAREK Henryka	66	ZIELONE GROSZKI	OPEN -K	44	00:54:20.45	+00:17:43 (32.6%)	7:45	7.7 (67.0%)
45	BREGUŁA Janina	5	NORDICUS STRZYBNICA	OPEN -K	45	00:57:12.60	+00:20:36 (36.0%)	8:10	7.3 (63.5%)
46	CZARNOPOLSKA Bogna	7	DZIEWCZYNY Z DZIELNI	OPEN -K	46	00:57:14.85	+00:20:38 (36.1%)	8:10	7.3 (63.5%)
47	GRUNER Maria	20	NORDICUS STRZYBNICA	OPEN -K	47	01:10:04.15	+00:33:27 (47.8%)	10:00	6 (52.2%)
48	DUDKIEWICZ Anna	10	NORDICUS STRZYBNICA	OPEN -K	48	01:10:09.00	+00:33:32 (47.8%)	10:01	6 (52.2%)

Znalezione 48 wynik(ów)