



# ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT  
INTELEKTUALNE DZIAŁANIE SPORTOWE

Organizator: PFNW  
Data: 2016-08-21  
Miejsce: Śrem  
Dystans: 10 km



Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SPYCHAŁA Marzena</b>	<b>548</b>	WESOŁY BORSUK TEAM	K40-49	1			00:03:59	00:17:58	00:36:27	00:55:07	<b>01:14:11.05</b>	<b>01:18:10.40</b>		7:25	8.1 (100%)
2	<b>ŁUKASZEWICZ Joanna</b>	<b>533</b>	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:03:58	00:18:04	00:36:47	00:55:53	<b>01:14:45.10</b>	<b>01:18:44.05</b>	+00:00:34 (0.8%)	7:28	8 (98.8%)
3	<b>BANASZKIEWICZ Katarzyna</b>	<b>503</b>	JEZIORKI - AKTYWNA WIEŚ	K40-49	3			00:04:00	00:18:27	00:37:51	00:57:29	<b>01:17:00.85</b>	<b>01:21:00.85</b>	+00:02:49 (3.7%)	7:42	7.8 (96.3%)
4	<b>KACZMARCZYK-PIASECKA Renata</b>	<b>519</b>	CZARNE PANTERY	K40-49	4			00:03:59	00:19:15	00:38:38	00:58:03	<b>01:17:18.60</b>	<b>01:21:18.45</b>	+00:03:07 (4.0%)	7:43	7.8 (96.3%)
5	<b>BANACH Joanna</b>	<b>502</b>	UKS GIMNAZJON SUCHY LAS	K40-49	5			00:04:03	00:19:27	00:39:16	00:59:13	<b>01:19:18.95</b>	<b>01:23:22.20</b>	+00:05:07 (6.5%)	7:55	7.6 (93.8%)
6	<b>STASZEWSKA Katarzyna</b>	<b>549</b>	SUPER GRUPA NORDIC WALKING ŚRODA WLKP	K40-49	6			00:04:02	00:20:05	00:39:45	00:59:43	<b>01:19:59.75</b>	<b>01:24:01.80</b>	+00:05:48 (7.3%)	7:59	7.5 (92.6%)
7	<b>KOZŁOWSKA Agnieszka</b>	<b>526</b>	FACE NORDIC WALKING TEAM	K40-49	7			00:04:00	00:20:29	00:41:17	01:01:32	<b>01:21:58.50</b>	<b>01:25:59.05</b>	+00:07:47 (9.5%)	8:11	7.3 (90.1%)
8	<b>ZWOLENKIEWICZ Joanna</b>	<b>560</b>	KS SOKÓŁ GAŚAWA	K40-49	8			00:04:00	00:20:26	00:41:01	01:01:45	<b>01:22:39.65</b>	<b>01:26:39.95</b>	+00:08:28 (10.3%)	8:15	7.3 (90.1%)
9	<b>SOBECKA Marzena</b>	<b>547</b>		K40-49	9			00:04:01	00:20:39	00:41:21	01:02:21	<b>01:23:33.00</b>	<b>01:27:34.45</b>	+00:09:21 (11.2%)	8:21	7.2 (88.9%)
10	<b>WACHOWIAK Sylwia</b>	<b>553</b>		K40-49	10			00:04:01	00:21:08	00:41:55	01:02:55	<b>01:23:51.90</b>	<b>01:27:53.35</b>	+00:09:40 (11.5%)	8:23	7.2 (88.9%)
11	<b>KARDASZ Małgorzata</b>	<b>521</b>		K40-49	11			00:04:05	00:21:48	00:44:03	01:06:37	<b>01:29:11.55</b>	<b>01:33:17.30</b>	+00:15:00 (16.8%)	8:55	6.7 (82.7%)
12	<b>GIERSZENDORF Monika</b>	<b>513</b>	FACE NORDIC WALKING TEAM	K40-49	12			00:04:02	00:22:18	00:44:56	01:08:27	<b>01:31:38.95</b>	<b>01:35:41.40</b>	+00:17:27 (19.1%)	9:09	6.5 (80.2%)

Znaleziono 12 wynik(ów)