



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Mistrzostwa Polski Nordic Walking w Maratonie
PFNW; Urząd Miasta i Gminy Jastrowie
2018-04-07
Jastrowie
42.195 km

V MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	PASIKOWSKA Mariola	65	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:33:29	01:12:04	01:51:49	02:32:39	03:15:08	03:59:31	04:42:36	05:23:42.80		7:40	7.8 (100%)
2	PUCHTIJ Eugenia	299	SCANDINITA	K40-49	1			00:35:05	01:15:02	01:55:10	02:36:05	03:18:09	03:59:50	04:41:13	05:23:43.70	+00:00:00 (0.0%)	7:40	7.8 (100%)
3	SPYCHAŁA Marzena	78	WESOŁY BORSUK TEAM	K40-49	2			00:35:12	01:15:08	01:55:46	02:37:30	03:19:11	04:00:10	04:43:23	05:26:21.30	+00:02:38 (0.8%)	7:44	7.8 (100%)
4	NIEDŹWIECKA Katarzyna	61	FACE NORDIC WALKING TEAM	K40-49	3			00:36:35	01:17:59	01:59:55	02:40:52	03:22:48	04:05:22	04:49:21	05:32:31.60	+00:08:48 (2.7%)	7:52	7.6 (97.4%)
5	REJMAN Dorota	297	FACE NORDIC WALKING TEAM UKS SIEDLESZCZANY	K30-39	2			00:35:16	01:15:51	01:57:08	02:39:08	03:22:41	04:05:47	04:50:25	05:34:11.90	+00:10:29 (3.1%)	7:55	7.6 (97.4%)
6	SKRYCKA Katarzyna	77		K30-39	3			00:36:05	01:17:20	01:58:49	02:40:29	03:22:38	04:05:45	04:50:23	05:35:12.70	+00:11:29 (3.4%)	7:56	7.6 (97.4%)
7	WOLNIEWICZ Katarzyna	93	UNIA MIAST	K40-49	4			00:36:26	01:17:37	01:59:29	02:40:51	03:22:57	04:06:27	04:50:58	05:35:52.25	+00:12:09 (3.6%)	7:57	7.5 (96.2%)
8	STĘPIEŃ Lucyna	81	KS METRACO POLKOWICE	K60-64	1			00:35:27	01:16:26	01:58:33	02:41:00	03:24:01	04:07:40	04:51:54	05:35:55.50	+00:12:12 (3.6%)	7:57	7.5 (96.2%)
9	MARKOWSKA Halina	53	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	2			00:36:55	01:19:32	02:02:34	02:45:42	03:28:44	04:12:10	04:56:46	05:43:02.45	+00:19:19 (5.6%)	8:07	7.4 (94.9%)
10	BOCZAR Beata	5	GREEN TEAM ZIELONA GÓRA	K50-54	1			00:36:06	01:17:29	01:59:23	02:42:18	03:26:35	04:12:28	04:58:07	05:43:56.70	+00:20:13 (5.9%)	8:09	7.4 (94.9%)
11	MARONDEL Katarzyna	54	SILESIA NORDIC TEAM	K30-39	4			00:36:28	01:17:42	01:59:30	02:42:29	03:27:04	04:13:03	05:00:18	05:47:56.55	+00:24:13 (7.0%)	8:14	7.3 (93.6%)
12	STOPA Joanna	82	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:36:35	01:18:00	01:59:55	02:42:44	03:27:27	04:12:57	04:59:55	05:47:57.15	+00:24:14 (7.0%)	8:14	7.3 (93.6%)
13	BEM Małgorzata	2	POZYTYWNI DOBRE MIASTO	K40-49	5			00:37:50	01:20:36	02:03:09	02:47:19	03:31:42	04:17:48	05:05:32	05:52:42.55	+00:28:59 (8.2%)	8:21	7.2 (92.3%)
14	HINC Iwona	24	FACE NORDIC WALKING TEAM	K40-49	6			00:37:10	01:20:10	02:03:47	02:48:14	03:32:50	04:19:10	05:06:02	05:53:59.35	+00:30:16 (8.6%)	8:23	7.2 (92.3%)
15	RESEMAN Sylwia	71	FACE NORDIC WALKING TEAM	K40-49	7			00:39:31	01:22:25	02:06:10	02:50:32	03:35:55	04:22:11	05:09:30	05:56:55.80	+00:33:13 (9.3%)	8:27	7.1 (91.0%)
16	STRZELECKA Małgorzata	83	SAILING TEAM FERAJNA	K40-49	8			00:38:43	01:23:26	02:08:08	02:54:19	03:40:05	04:26:27	05:12:51	05:58:15.95	+00:34:33 (9.6%)	8:29	7.1 (91.0%)
17	GRĄDZKA-MOŻYSZEK Aleksandra	22	FORMA NA PIĄTKĘ NW	K50-54	2			00:39:25	01:23:30	02:08:02	02:53:42	03:39:56	04:26:32	05:12:52	05:58:19.65	+00:34:36 (9.7%)	8:29	7.1 (91.0%)
18	MICHAŁOWSKA Sylwia	56	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K40-49	9			00:36:55	01:19:32	02:02:34	02:45:56	03:32:39	04:21:45	05:10:10	05:59:36.85	+00:35:54 (10.0%)	8:31	7 (89.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
19	KARASIEWICZ Irena	31	FACE NORDIC WALKING TEAM	K55-59	1			00:38:27	01:22:47	02:07:17	02:52:51	03:39:09	04:25:51	05:12:22	06:00:40.75	+00:36:57 (10.2%)	8:32	7 (89.7%)
20	JÓŹWIAK Marianna	28	SERCE NORDICA WŁOCŁAWEK	K40-49	10			00:36:35	01:18:20	02:01:13	02:46:53	03:35:02	04:24:16	05:13:53	06:02:43.25	+00:39:00 (10.8%)	8:35	7 (89.7%)
21	KUTNIEWSKA Maria	49	FACE NORDIC WALKING TEAM	K60-64	3			00:42:43	01:29:37	02:16:01	03:02:50	03:49:47	04:35:12	05:22:25	06:08:08.50	+00:44:25 (12.1%)	8:43	6.9 (88.5%)
22	JAJTNER Ilona	25		K30-39	5			00:39:05	01:23:50	02:09:18	02:55:27	03:42:37	04:30:27	05:19:39	06:08:32.45	+00:44:49 (12.2%)	8:43	6.9 (88.5%)
23	PIERNICKA Krystyna	67		K60-64	4			00:37:33	01:20:52	02:05:36	02:52:04	03:40:58	04:32:06	05:22:13	06:10:23.05	+00:46:40 (12.6%)	8:46	6.8 (87.2%)
24	PYTEC Anna	100		K30-39	6			00:37:27	01:20:54	02:05:31	02:51:37	03:40:30	04:31:21	05:22:06	06:10:54.75	+00:47:11 (12.7%)	8:47	6.8 (87.2%)
25	GERLE-KOTULA Anna	20	UNIA MIAST	K30-39	7			00:39:47	01:25:38	02:12:53	03:00:47	03:49:26	04:38:35	05:27:38	06:16:32.05	+00:52:49 (14.0%)	8:55	6.7 (85.9%)
26	CZYCZ Emilia	14	GREEN TEAM ZIELONA GÓRA	K65+	1			00:39:10	01:25:21	02:12:55	03:01:03	03:49:21	04:38:37	05:27:39	06:16:33.95	+00:52:51 (14.0%)	8:55	6.7 (85.9%)
27	KIEDRZYN Beata	33		K55-59	2			00:38:51	01:22:48	02:10:09	02:58:45	03:48:33	04:37:58	05:28:12	06:16:53.00	+00:53:10 (14.1%)	8:55	6.7 (85.9%)
28	ZAWADZKA Maria	95	KS METRACO POLKOWICE	K65+	2			00:42:20	01:29:37	02:16:10	03:03:27	03:51:46	04:40:57	05:31:53	06:24:06.10	+01:00:23 (15.7%)	9:06	6.6 (84.6%)
29	ROSOŁEK Elżbieta	74	GREEN TEAM ZIELONA GÓRA	K50-54	3			00:39:25	01:23:29	02:08:00	02:55:09	03:44:57	04:40:07	05:40:14	06:31:47.90	+01:08:05 (17.4%)	9:17	6.5 (83.3%)
30	TOMASZEWSKA Mariola	89	FACE NORDIC WALKING TEAM	K50-54	4			00:42:40	01:29:35	02:16:02	03:02:51	03:52:45	04:45:39	05:40:36	06:33:38.10	+01:09:55 (17.8%)	9:19	6.4 (82.1%)
31	POSTEK Danuta	68	MARSZ PO ZDROWIE	K55-59	3			00:39:39	01:25:32	02:12:52	03:00:57	03:49:18	04:39:35	05:37:09	06:34:20.20	+01:10:37 (17.9%)	9:20	6.4 (82.1%)
32	CHOLEWKA Jolanta	11	MARSZ PO ZDROWIE POZNAŃ	K60-64	5			00:39:50	01:26:05	02:14:14	03:03:16	03:55:01	04:46:52	05:40:36	06:35:25.65	+01:11:42 (18.1%)	9:22	6.4 (82.1%)
33	NIETRZEBKA Aleksandra	62		K18-29	2			00:38:35	01:24:46	02:12:32	03:02:47	03:55:36	04:51:26	05:48:41	06:48:37.65	+01:24:54 (20.8%)	9:40	6.2 (79.5%)
34	ROZMUS Jolanta	75	FACE NORDIC WALKING TEAM	K65+	3			00:42:46	01:31:56	02:22:50	03:13:37	04:05:18	05:00:18	05:55:24	06:51:55.20	+01:28:12 (21.4%)	9:45	6.1 (78.2%)
35	KLAK Joanna	34		K30-39	8			00:42:37	01:30:56	02:19:11	03:09:04	04:02:19	04:59:58	05:59:00	06:53:49.10	+01:30:06 (21.8%)	9:48	6.1 (78.2%)
36	PIECZEK Aleksandra	66	WIECZORNE BIEGANIE W SZCZECINIE	K30-39	9			00:42:58	01:34:03	02:25:07	03:19:43	04:16:03	05:16:10	06:13:47	07:06:49.55	+01:43:06 (24.2%)	10:06	5.9 (75.6%)
37	SZEWCZYK Agnieszka	86	FACE NORDIC WALKING TEAM	K40-49	11			00:42:56	01:32:31	02:25:13	03:19:42	04:16:06	05:16:09	06:13:59	07:12:56.35	+01:49:13 (25.2%)	10:15	5.8 (74.4%)
	BIAŁKOWSKA Ewa	3	SUPER GRUPA NORDIC WALKING ŚRODA WLKP	K40-49				04:02:05 DNF	05:12:27 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 38 wynik(ów)