



VI MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT
INTELEKTUALNE SERWISY SPORTOWE

Wydarzenie: MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE
Organizator: Polska Federacja Nordic Walking; Urząd Miasta i Gminy Jastrowie
Data: 2019-04-06
Miejsce: Jastrowie
Dystans: 42.195 km



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	KOŁODZIEJ Joanna	37	STADION ŚLĄSKI	K50-54	1			00:34:31	01:12:45	01:51:48	02:32:01	03:11:17	03:52:04	04:33:47	05:14:29.07		7:27	8.1 (100%)
2	BEM Małgorzata	24	POZYTYWNI DOBRE MIASTO	K40-49	1			00:34:39	01:29:40	01:52:51	02:32:02	03:12:16	03:52:59	04:34:05	05:15:23.48	+00:00:54 (0.3%)	7:28	8 (98.8%)
3	KUBISZYN Małgorzata	48	KS METRACO POLKOWICE	K30-39	1			00:35:10	01:15:43	01:56:12	02:36:35	03:17:24	03:57:17	04:37:45	05:17:39.60	+00:03:10 (1.0%)	7:31	8 (98.8%)
4	SPYCHAŁA Marzena	77	CKZIU NYSA MECHANIK	K40-49	2			00:35:59	01:15:32	01:56:09	02:36:49	03:18:40	04:02:34	04:45:59	05:27:45.03	+00:13:15 (4.0%)	7:45	7.7 (95.1%)
5	OLESZCZUK Teresa	100	BARLINEK TO MNIE RUSZA	K50-54	2			00:34:42	01:13:31	01:52:50	02:33:11	03:14:52	03:58:29	04:44:09	05:28:09.13	+00:13:40 (4.2%)	7:46	7.7 (95.1%)
6	WOLNIEWICZ Katarzyna	93	POLSKIE PÓŁNOCNE PIERZE I PUCH	K40-49	3			00:36:00	01:15:35	01:56:12	02:37:06	03:19:21	04:03:00	04:47:55	05:33:44.04	+00:19:14 (5.8%)	7:54	7.6 (93.8%)
7	KOŃCZEWSKA Bożena	38	BIESZCZADZI KLUB NORDIC WALKING	K55-59	1			00:35:59	01:15:45	01:56:24	02:37:59	03:20:52	04:05:47	04:50:47	05:34:17.02	+00:19:47 (5.9%)	7:55	7.6 (93.8%)
8	EFEEMBERG Joanna	20	TORUŃ- IDZIEMY BEZ RYZYKA	K40-49	4			00:36:56	01:18:21	01:59:51	02:42:17	03:25:50	04:09:31	04:52:23	05:35:16.94	+00:20:47 (6.2%)	7:56	7.6 (93.8%)
9	SZCZUDLIK Małgorzata	82	KIJKOWE TRZEMESZNO	K30-39	2			00:36:00	01:16:01	01:56:37	02:38:14	03:21:34	04:07:17	04:53:55	05:40:01.78	+00:25:32 (7.5%)	8:03	7.4 (91.4%)
10	MICHAŁOWSKA Sylwia	57	ELBLĄDZKIE WŁÓCZYKIJE	K40-49	5			00:37:24	01:18:31	02:00:14	02:42:27	03:25:35	04:09:43	04:55:38	05:41:24.99	+00:26:55 (7.9%)	8:05	7.4 (91.4%)
11	USS Jola	88	LUXTORPEDA MAŁOPOLSKA	K55-59	2			00:35:54	01:15:41	01:57:15	02:40:47	03:25:54	04:13:31	05:01:05	05:45:40.98	+00:31:11 (9.0%)	8:11	7.3 (90.1%)
12	GROS Agnieszka	26	PARKRUN KATOWICE	K40-49	6			00:38:30	01:21:35	02:05:20	02:50:15	03:36:45	04:22:45	05:09:22	05:55:10.98	+00:40:41 (11.5%)	8:24	7.1 (87.7%)
13	ŚCIBUT Ania	84	FORMA NA PIĄTKĘ NW	K40-49	7			00:36:51	01:18:29	02:01:29	02:46:44	03:33:27	04:21:53	05:10:18	05:57:25.66	+00:42:56 (12.0%)	8:28	7.1 (87.7%)
14	ANTCZAK-KRETKOWSKA Maria	2		K60-64	1			00:37:45	01:20:34	02:04:56	02:50:15	03:36:33	04:23:44	05:10:43	05:57:47.66	+00:43:18 (12.1%)	8:28	7.1 (87.7%)
15	BIAŁKOWSKA Ewa	5	ŚRODA WLKP	K40-49	8			00:37:54	01:21:51	02:06:31	02:52:05	03:38:06	04:24:38	05:12:05	05:59:03.27	+00:44:34 (12.4%)	8:30	7.1 (87.7%)
16	MARONDEL Katarzyna	55	SILESIA NORDIC TEAM	K30-39	3			00:36:56	01:19:12	02:02:39	02:47:44	03:34:59	04:23:28	05:12:25	06:01:21.49	+00:46:52 (13.0%)	8:33	7 (86.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						kartki	kartki	4.68km	10.04km	15.4km	20.76km	26.12km	31.48km	36.84km	netto 42.195km			
17	ŚPIONEK Emilia	85	FORMA NA PIĄTKĘ NW	K30-39	4			00:39:22	01:24:03	02:08:42	02:54:02	03:41:41	04:29:48	05:16:39	06:03:01.50	+00:48:32 (13.4%)	8:36	7 (86.4%)
18	REJ Anka	71	TORUŃ - IDZIEMY BEZ RYZYKA	K30-39	5			00:38:14	01:22:33	02:07:04	02:53:17	03:40:43	04:29:00	05:16:48	06:03:15.50	+00:48:46 (13.4%)	8:36	7 (86.4%)
19	WALECKA Romualda	90	SPORT I REKREACJA START CHEŁMNO	K60-64	2			00:37:19	01:19:58	02:03:55	02:48:43	03:34:58	04:25:57	05:15:09	06:04:20.61	+00:49:51 (13.7%)	8:38	6.9 (85.2%)
20	BUCZKOWSKA Wiesława	9	FACE NORDIC WALKING TEAM	K60-64	3			00:37:51	01:21:00	02:05:20	02:51:10	03:39:00	04:28:10	05:17:18	06:06:04.82	+00:51:35 (14.1%)	8:40	6.9 (85.2%)
21	BUĆKO Magdalena	10		K40-49	9			00:39:02	01:23:58	02:10:15	02:56:41	03:45:10	04:33:17	05:21:18	06:07:44.35	+00:53:15 (14.5%)	8:42	6.9 (85.2%)
22	STOPA Joanna	79	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:39:03	01:23:59	02:10:15	02:56:41	03:45:09	04:33:17	05:21:15	06:07:47.60	+00:53:18 (14.5%)	8:42	6.9 (85.2%)
23	HNATYSZYN Sylvia	28	GREEN TEAM ZIELONA GÓRA	K50-54	3			00:38:59	01:23:14	02:08:05	02:55:03	03:43:09	04:31:06	05:22:16	06:12:39.95	+00:58:10 (15.6%)	8:49	6.8 (84.0%)
24	MALKIEWICZ Małgorzata	53	ŻYJ AKTYWNIE	K55-59	3			00:39:05	01:23:18	02:08:09	02:53:52	03:41:59	04:31:39	05:22:17	06:13:02.89	+00:58:33 (15.7%)	8:50	6.8 (84.0%)
25	JUREK Kamila	32		K30-39	6			00:37:02	01:19:14	02:04:05	02:49:55	03:41:10	04:32:35	05:26:57	06:18:02.02	+01:03:32 (16.8%)	8:57	6.7 (82.7%)
26	DOMARADZKA Agnieszka	17	GREEN TEAM ZIELONA GÓRA	K40-49	10			00:39:00	01:23:32	02:08:42	02:55:24	03:43:49	04:34:59	05:27:07	06:18:50.66	+01:04:21 (17.0%)	8:58	6.7 (82.7%)
27	STANKOWSKA Marzena	78	KIJKOWE TRZEMESZNO	K40-49	11			00:39:29	01:23:36	02:08:20	02:54:13	03:43:53	04:34:46	05:27:10	06:19:34.74	+01:05:05 (17.1%)	8:59	6.7 (82.7%)
28	BERSZTOLC Agnieszka	4	NOWI SIEDLCE	K55-59	4			00:39:24	01:24:36	02:11:10	03:00:00	03:51:19	04:48:51	05:46:13	06:38:03.02	+01:23:33 (21.0%)	9:25	6.4 (79.0%)
29	POHL Anna	66		K50-54	4			00:40:22	01:27:26	02:15:34	03:05:53	03:58:46	04:51:20	05:44:35	06:38:54.83	+01:24:25 (21.2%)	9:27	6.3 (77.8%)
30	ZIÓŁEK Monika	94		K40-49	12			00:42:33	01:30:43	02:19:42	03:10:26	04:04:14	04:57:58	05:52:18	06:46:05.94	+01:31:36 (22.6%)	9:37	6.2 (76.5%)
31	CIAŁKOWSKA- PŁUCIENNIK Joanna	14	NW CZŁAPSKI TEAM	K30-39	7			00:43:19	01:31:20	02:20:42	03:11:42	04:07:37	05:02:18	05:56:29	06:51:40.68	+01:37:11 (23.6%)	9:45	6.2 (76.5%)
32	POSTEK Danuta	67	MARSZ PO ZDROWIE	K55-59	5			00:38:07	01:22:30	02:08:38	02:57:43	03:50:23	04:51:25	05:53:17	06:56:48.13	+01:42:19 (24.5%)	9:52	6.1 (75.3%)
33	CHOLEWKA Jolanta	12	MARSZ PO ZDROWIE POZNAŃ	K60-64	4			00:40:35	01:28:11	02:18:37	03:13:45	04:10:44	05:08:34	06:07:02	07:06:35.34	+01:52:06 (26.3%)	10:06	5.9 (72.8%)
	ROSOŁEK Elżbieta	73	GREEN TEAM ZIELONA GÓRA	K50-54				00:39:01 DNF	01:23:05 DNF	02:07:27 DNF	02:54:56 DNF	08:32:33 DNF	08:36:34 DNF	DNF	DNF		-	- (0.0%)
	DUSZA Anna	18	NORDICLUB SZCZECIN	K50-54				00:37:25 DNF	01:20:33 DNF	02:05:13 DNF	02:52:30 DNF	03:45:27 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 35 wynik(ów)