



VII CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: VII CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2021-08-29
Miejsce: Okonek
Dystans: 5 km



Klasyfikacja: K45+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	OKRZESIK-FRĄCKOWIAK Izabela	268	EKSPEDYCJA NORDIC TEAMSZCZECIN	K45+	1	00:36:32.40		7:18	8.2 (100%)
2	POKŁADOWSKA Joanna	274	WYCHODZĘ Z KIJAMI 1	K45+	2	00:37:11.25	+00:00:38 (1.7%)	7:26	8.1 (98.8%)
3	JÓZWIAK Marianna	231	SERCE NORDICA WŁOCŁAWEK	K45+	3	00:37:58.95	+00:01:26 (3.8%)	7:35	7.9 (96.3%)
4	WIECZORKOWSKA Dagmara	319	WYCHODZĘ Z KIJAMI 1	K45+	4	00:38:02.95	+00:01:30 (4.0%)	7:36	7.9 (96.3%)
5	GRUPIŃSKA Katarzyna	223	NORDIC WALKING LUBASZ	K45+	5	00:38:49.05	+00:02:16 (5.9%)	7:45	7.7 (93.9%)
6	SAWICKA-MENKINA Monika	284		K45+	6	00:40:19.70	+00:03:47 (9.4%)	8:03	7.4 (90.2%)
7	PRUSKA Agnieszka	275	DWA KIJE SŁUPSK	K45+	7	00:40:57.75	+00:04:25 (10.8%)	8:11	7.3 (89.0%)
8	WALESZKO Anna	313	PASJA NORDIC WALKING	K45+	8	00:41:31.85	+00:04:59 (12.0%)	8:18	7.2 (87.8%)
9	RODZIEWICZ Wioletta	278	BRAK	K45+	9	00:41:41.45	+00:05:09 (12.4%)	8:20	7.2 (87.8%)
10	ŚWIĘTANOWSKA Joanna	307	WYCHODZĘ Z KIJAMI 3	K45+	10	00:41:53.00	+00:05:20 (12.8%)	8:22	7.2 (87.8%)
11	KUCZYŃSKA Anna	248	NORDIC WALKING KIEKRZ POLAND	K45+	11	00:42:06.95	+00:05:34 (13.2%)	8:25	7.1 (86.6%)
11	ROGOWSKA Marta	279	NORDIC WALKING KIEKRZ POLAND	K45+	11	00:42:06.95	+00:05:34 (13.2%)	8:25	7.1 (86.6%)
13	PAŁUBICKA Małgorzata	269	NORDIC WALKING LUBASZ	K45+	13	00:43:11.50	+00:06:39 (15.4%)	8:38	6.9 (84.1%)
14	PIETRZYK Anna	271		K45+	14	00:43:24.00	+00:06:51 (15.8%)	8:40	6.9 (84.1%)
15	ADAMOWICZ Renata	208	WYCHODZĘ Z KIJAMI 3	K45+	15	00:43:31.05	+00:06:58 (16.0%)	8:42	6.9 (84.1%)
16	LUBAŃSKA Leokadia	255	SERCE NORDICA WŁOCŁAWEK	K45+	16	00:44:12.65	+00:07:40 (17.4%)	8:50	6.8 (82.9%)
17	WIŚNIK Asia	322	KIJOWE SIOSTRY 1	K45+	17	00:44:25.80	+00:07:53 (17.8%)	8:53	6.8 (82.9%)
18	SZUDOBAJ Hanna	304	DWA KIJE SŁUPSK	K45+	18	00:44:53.05	+00:08:20 (18.6%)	8:58	6.7 (81.7%)
19	ABRAMOWICZ Ewa	207	KIJOWE SIOSTRY 1	K45+	19	00:45:27.90	+00:08:55 (19.6%)	9:05	6.6 (80.5%)
20	UŁASEWICZ Maria	310		K45+	20	00:45:39.80	+00:09:07 (20.0%)	9:07	6.6 (80.5%)
21	HAWETO Janina	224	KIJOWE SIOSTRY 1	K45+	21	00:45:49.80	+00:09:17 (20.3%)	9:09	6.5 (79.3%)
22	KUC - BREJNA Anna	250		K45+	22	00:45:51.55	+00:09:19 (20.3%)	9:10	6.5 (79.3%)
23	KURCZ Barbara	252	WYCHODZĘ Z KIJAMI 3	K45+	23	00:45:57.00	+00:09:24 (20.5%)	9:11	6.5 (79.3%)
24	OWCZAREK Magdalena	265		K45+	24	00:46:01.10	+00:09:28 (20.6%)	9:12	6.5 (79.3%)
25	SERÓWKA Lidia	286		K45+	25	00:46:21.95	+00:09:49 (21.2%)	9:16	6.5 (79.3%)
26	TKACZYK Marzena	237	WYCHODZĘ Z KIJAMI 3	K45+	26	00:46:33.90	+00:10:01 (21.5%)	9:18	6.4 (78.0%)
27	WIŚNIEWSKA Iwona	320	FLUGGER	K45+	27	00:46:40.85	+00:10:08 (21.7%)	9:20	6.4 (78.0%)

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28	MAŁYSZEWICZ Teresa	259		K45+	28	00:46:41.65	+00:10:09 (21.7%)	9:20	6.4 (78.0%)
29	DUBISZ Joanna	216	LILLSPORT	K45+	29	00:47:25.80	+00:10:53 (23.0%)	9:29	6.3 (76.8%)
30	ŁABĘDŹ Katarzyna	257	LILLSPORT	K45+	30	00:47:28.50	+00:10:56 (23.0%)	9:29	6.3 (76.8%)
31	FORMALEWICZ Katarzyna	69	WYCHODZĘ Z KIJAMI 2	K45+	31	00:48:51.00	+00:12:18 (25.2%)	9:46	6.1 (74.4%)
32	KLUSAK Halina	240		K45+	32	00:50:03.00	+00:13:30 (27.0%)	10:00	6 (73.2%)
33	KOWALCZUK Maria	243	KIJOWE SIOSTRY 1	K45+	33	00:50:46.55	+00:14:14 (28.0%)	10:09	5.9 (72.0%)
34	SZOT Krystyna	302		K45+	34	00:50:50.25	+00:14:17 (28.1%)	10:10	5.9 (72.0%)
35	CHODOR Maria	213		K45+	35	00:50:54.55	+00:14:22 (28.2%)	10:10	5.9 (72.0%)
36	PLUTA Barbara	273	KIJOMANIACY CHODZIEŻ	K45+	36	00:51:16.75	+00:14:44 (28.7%)	10:15	5.9 (72.0%)
37	SZYMAŃSKA Aneta	305		K45+	37	00:51:17.20	+00:14:44 (28.8%)	10:15	5.8 (70.7%)
38	SMARUJ - SADOWSKA Janina	287		K45+	38	00:51:17.90	+00:14:45 (28.8%)	10:15	5.8 (70.7%)
39	SZAMOTUŁA-STRZELEC Maryla	296		K45+	39	00:52:12.40	+00:15:40 (30.0%)	10:26	5.7 (69.5%)
40	SZAMOTUŁA Ewa	295		K45+	40	00:52:13.40	+00:15:41 (30.0%)	10:26	5.7 (69.5%)
41	KRYŚKIEWICZ Janina	245		K45+	41	00:55:37.90	+00:19:05 (34.3%)	11:07	5.4 (65.9%)
42	LISOWSKA Urszula	254		K45+	42	01:00:38.80	+00:24:06 (39.7%)	12:07	4.9 (59.8%)
43	GÓRSKA Magdalena	220		K45+	43	01:06:50.20	+00:30:17 (45.3%)	13:22	4.5 (54.9%)
44	MIECZKOWSKA Wiesława	328		K45+	44	01:06:50.60	+00:30:18 (45.3%)	13:22	4.5 (54.9%)

Znaleziono 44 wynik(ów)