



WIOSENNY NORDIC WALKING LEŚNĄ ŚCIEŻKĄ

B4SPORT

Wydarzenie: Wiosenny Bieg Leśną Ścieżką
Organizator: LKS Tarnowia Tarnówka
Data: 2021-06-19
Miejsce: Tarnówka
Dystans: 5 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PAŃCZYNIAK Sylwia	59		OPEN -K	1	00:00:07	00:42:03.60	00:42:11.00		8:24	7.1 (100%)
2	DRĄG Maria	17		OPEN -K	2	00:00:05	00:43:04.90	00:43:10.85	+00:01:01 (2.4%)	8:36	7 (98.6%)
3	NAJBERG Kamila	53		OPEN -K	3	00:00:07	00:44:23.95	00:44:31.60	+00:02:20 (5.3%)	8:52	6.8 (95.8%)
4	WIŚNIK Asia	91	POZYTYWNI Z PASJĄ	OPEN -K	4	00:00:09	00:46:21.45	00:46:30.95	+00:04:17 (9.3%)	9:16	6.5 (91.5%)
5	KACZMAREK Jolanta	29	OSP ŁUGI	OPEN -K	5	00:00:08	00:46:31.65	00:46:40.10	+00:04:28 (9.6%)	9:18	6.4 (90.1%)
6	ŁUGOWSKA Anna	46	KIJOWE SIOSTRY I BRAT	OPEN -K	6	00:00:11	00:47:10.90	00:47:22.40	+00:05:07 (10.9%)	9:26	6.4 (90.1%)
7	ABRAMOWICZ Ewa	1	KIJOWE SIOSTRY I BRAT	OPEN -K	7	00:00:12	00:47:17.10	00:47:29.60	+00:05:13 (11.1%)	9:27	6.3 (88.7%)
8	HAWETO Janina	26	KIJOWE SIOSTRY I BRAT	OPEN -K	8	00:00:13	00:47:38.55	00:47:51.60	+00:05:34 (11.7%)	9:31	6.3 (88.7%)
9	ŁABĘDŹ Katarzyna	44	LILL-SPORT	OPEN -K	9	00:00:10	00:47:57.50	00:48:07.95	+00:05:53 (12.3%)	9:35	6.3 (88.7%)
10	BRODECKA Alina	8		OPEN -K	10	00:00:07	00:48:04.25	00:48:11.60	+00:06:00 (12.5%)	9:36	6.2 (87.3%)
11	ŁÓJ Aleksandra	45		OPEN -K	11	00:00:07	00:48:04.60	00:48:12.05	+00:06:01 (12.5%)	9:36	6.2 (87.3%)
12	RAJEWSKA Beata	67	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	OPEN -K	12	00:00:09	00:48:29.95	00:48:39.75	+00:06:26 (13.3%)	9:41	6.2 (87.3%)
13	WOJCIECHOWSKA Julia	92	TARNÓWKA	OPEN -K	13	00:00:05	00:48:32.00	00:48:37.10	+00:06:28 (13.3%)	9:42	6.2 (87.3%)
14	DUBISZ Joanna	18	LILLSPORT	OPEN -K	14	00:00:09	00:49:00.50	00:49:09.85	+00:06:56 (14.2%)	9:48	6.1 (85.9%)
15	KUICH Anna	40	LILL-SPORT	OPEN -K	15	00:00:12	00:49:08.70	00:49:20.75	+00:07:05 (14.4%)	9:49	6.1 (85.9%)
16	KUICH Piotr	76		OPEN -K	16	00:00:11	00:49:09.55	00:49:21.05	+00:07:05 (14.4%)	9:49	6.1 (85.9%)
17	KOWALCZUK Maria	37	KIJOWE SIOSTRY I BRAT	OPEN -K	17	00:00:13	00:50:23.00	00:50:36.05	+00:08:19 (16.5%)	10:04	6 (84.5%)
18	AUGUSTYNIAK Renata	2		OPEN -K	18	00:00:05	00:50:49.80	00:50:55.75	+00:08:46 (17.3%)	10:09	5.9 (83.1%)
19	SZKODA Agnieszka	82		OPEN -K	19	00:00:07	00:51:52.05	00:51:59.50	+00:09:48 (18.9%)	10:22	5.8 (81.7%)
20	BEDNAREK Marta	5		OPEN -K	20	00:00:08	00:53:09.45	00:53:18.15	+00:11:05 (20.9%)	10:37	5.6 (78.9%)
21	ZIÓŁKOWSKA Marlena	99	OSP ŁUGI	OPEN -K	21	00:00:11	00:54:22.85	00:54:34.05	+00:12:19 (22.7%)	10:52	5.5 (77.5%)
22	KASZUBA Danuta	30	OSP ŁUGI	OPEN -K	22	00:00:11	00:54:23.65	00:54:34.65	+00:12:20 (22.7%)	10:52	5.5 (77.5%)
23	SPYCHAŁA Anna	78	OSP ŁUGI	OPEN -K	23	00:00:10	00:54:24.25	00:54:34.45	+00:12:20 (22.7%)	10:52	5.5 (77.5%)
24	RYBARCZYK Halina	71		OPEN -K	24	00:00:06	00:58:10.55	00:58:17.10	+00:16:06 (27.7%)	11:38	5.2 (73.2%)
25	GREENDA Janina	23		OPEN -K	25	00:00:05	01:01:28.65	01:01:34.35	+00:19:25 (31.6%)	12:17	4.9 (69.0%)

Znaleziono 25 wynik(ów)