

X OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT
INTELEKTUALNE ZAKŁADY SPORTOWE

Wydarzenie: Mistrzostwa Polski Nordic Walking w Maratonie
Organizator: Polskie Zrzeszenie Nordic Walking, Urząd Miasta i Gminy Biały Bór
Data: 2023-04-15
Miejsce: Biały Bór
Dystans: 42.195 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 4.22km	Lap_2 8.44km	Lap_3 12.66km	Lap_4 16.88km	Lap_5 21.1km	Lap_6 25.32km	Lap_7 29.54km	Lap_8 33.76km	Lap_9 37.98km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	WOJCIECHOWSKA Elżbieta	1	POLIPACK TEAM GWE	K40-44	1			00:25:34	00:51:28	01:17:34	01:43:57	02:10:50	02:37:59	03:05:55	03:34:28	04:03:35	04:32:39.85		6:27	9.3 (100%)
2	KUBISZYN Małgorzata	37	K.S VICTORIA POTĘGOWO	K35-39	1			00:29:31	00:59:28	01:29:03	01:58:46	02:28:47	02:58:54	03:29:04	03:58:57	04:29:04	04:59:18.15	+00:26:38 (8.9%)	7:05	8.5 (91.4%)
3	KOŁODZIEJ Joanna	32	WATAHA ULTRA TEAM	K55-59	1	1		00:29:31	00:59:28	01:29:07	01:58:56	02:29:15	02:59:58	03:30:40	04:02:03	04:33:34	05:04:34.65	+00:31:54 (10.5%)	7:13	8.3 (89.2%)
4	KRAJEWSKA Hanna	270		K18-34	1			00:30:14	01:01:04	01:31:37	02:02:11	02:33:30	03:05:16	03:37:53	04:11:08	04:44:59	05:18:15.30	+00:45:35 (14.3%)	7:32	8 (86.0%)
5	SZCZUDLIK Małgorzata	61	NORDIC SPORT 2021	K40-44	2			00:29:34	00:59:29	01:29:27	02:00:08	02:32:01	03:04:42	03:37:53	04:12:03	04:46:03	05:18:52.35	+00:46:12 (14.5%)	7:33	7.9 (84.9%)
6	BEM Małgorzata	4	POZYTYWNI DOBRE MIASTO	K50-54	1			00:31:09	01:02:16	01:33:10	02:04:04	02:35:30	03:07:24	03:40:13	04:13:09	04:46:26	05:19:30.75	+00:46:50 (14.7%)	7:34	7.9 (84.9%)
7	SKWERES Adriana	54		K35-39	2			00:31:18	01:02:44	01:34:01	02:06:24	02:39:52	03:14:06	03:48:25	04:23:15	04:57:10	05:31:01.30	+00:58:21 (17.6%)	7:50	7.6 (81.7%)
8	ZDRZAŁEK Alicja	74	NORDIC SPORT 2021	K40-44	3			00:30:51	01:02:23	01:34:22	02:08:24	02:43:11	03:18:24	03:54:11	04:29:47	05:05:53	05:44:33.10	+01:11:53 (20.9%)	8:09	7.3 (78.5%)
9	SZCZYGIEL Adriana	62		K40-44	4			00:32:13	01:06:19	01:40:21	02:14:24	02:48:50	03:23:55	03:59:09	04:35:09	05:11:25	05:46:19.70	+01:13:39 (21.3%)	8:12	7.3 (78.5%)
10	SŁOWIŃSKA Alicja	55	ŚWIADOMI SIEDLCE	K55-59	2			00:31:14	01:03:18	01:35:59	02:09:32	02:44:17	03:20:10	03:57:01	04:34:05	05:11:13	05:46:53.80	+01:14:13 (21.4%)	8:13	7.3 (78.5%)
11	WÓJCIK Barbara	70	LUKI TEAM POLSKA	K60-64	1			00:33:19	01:07:05	01:41:30	02:15:55	02:50:28	03:25:42	04:01:13	04:37:44	05:13:39	05:48:01.60	+01:15:21 (21.7%)	8:14	7.3 (78.5%)
12	OLEJNIK Marzena	44		K55-59	3			00:34:33	01:09:59	01:46:09	02:21:59	02:58:13	03:33:42	04:09:33	04:45:17	05:21:28	05:57:26.90	+01:24:47 (23.7%)	8:28	7.1 (76.3%)
13	DOMAGALSKA Monika	78	STĘSZEW TEAM	K35-39	3			00:35:08	01:10:46	01:46:58	02:22:47	02:59:04	03:34:50	04:11:12	04:48:33	05:26:37	06:02:11.15	+01:29:31 (24.7%)	8:35	7 (75.3%)
14	BIELECKA Magdalena	6	NORDIC WALKING FRIENDS	K18-34	2			00:35:13	01:10:47	01:47:00	02:22:51	02:59:46	03:37:04	04:14:53	04:52:51	05:29:32	06:05:00.85	+01:32:21 (25.3%)	8:39	6.9 (74.2%)
15	SKRZĄTEK Lucyna	53	NORDIC SPORT 2021	K50-54	2			00:34:35	01:09:59	01:46:13	02:22:06	02:58:55	03:36:18	04:14:01	04:52:01	05:28:39	06:05:19.75	+01:32:39 (25.4%)	8:39	6.9 (74.2%)
16	WYSOCKA Magdalena	71	NOWI SIEDLCE	K50-54	3			00:33:03	01:07:26	01:41:48	02:17:46	02:54:39	03:32:39	04:10:52	04:51:36	05:32:21	06:11:46.65	+01:39:06 (26.7%)	8:48	6.8 (73.1%)
17	ZUZA-WITKOWSKA Anna	75	BŁĘKITNY POKÓJ	K50-54	4	1		00:35:14	01:12:29	01:48:07	02:23:27	02:59:24	03:36:42	04:15:16	04:54:26	05:33:02	06:12:27.40	+01:39:47 (26.8%)	8:49	6.8 (73.1%)

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								4.22km	8.44km	12.66km	16.88km	21.1km	25.32km	29.54km	33.76km	37.98km	42.195km			
18	WILK Iwona	67	NORDIC SPORT 2021	K45-49	1			00:36:20	01:13:49	01:51:04	02:28:20	03:05:25	03:45:39	04:26:30	05:07:04	05:48:27	06:26:23.85	+01:53:44 (29.4%)	9:09	6.6 (71.0%)
19	SPECHT Grażyna	59		K65-69	1			00:37:42	01:15:01	01:51:41	02:29:29	03:08:37	03:48:03	04:27:52	05:07:27	05:47:05	06:26:52.95	+01:54:13 (29.5%)	9:10	6.5 (69.9%)
20	BERESKA Irena	5	NORDIC SPORT 2021	K35-39	4			00:36:37	01:14:07	01:51:22	02:28:34	03:05:44	03:45:57	04:26:48	05:07:24	05:48:43	06:28:22.15	+01:55:42 (29.8%)	9:12	6.5 (69.9%)
21	CAŁKA Barbara	9		K50-54	5			00:37:58	01:15:15	01:53:32	02:31:26	03:10:28	03:49:59	04:29:48	05:09:44	05:49:34	06:29:18.50	+01:56:38 (30.0%)	9:13	6.5 (69.9%)
22	GÓRSKA Agnieszka	21		K45-49	2			00:37:16	01:16:16	01:56:03	02:37:00	03:20:46	04:05:26	04:51:53	05:40:28	06:27:42	07:11:55.00	+02:39:15 (36.9%)	10:14	5.9 (63.4%)
23	RUJNER Klara	52	BŁĘKITNY POKÓJ	K50-54	6			00:38:56	01:18:38	02:02:56	02:43:14	03:25:17	04:09:01	04:51:50	05:46:15	06:31:47	07:12:51.55	+02:40:11 (37.0%)	10:15	5.8 (62.4%)

Znaleziono 23 wynik(ów)