



ELBLĄG - FINAŁ PUCHARU EUROPY / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organiser: PFNW
Date: 2015-09-19
Place: Elbląg
Distance: 5 km

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

Classification: K 55-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	GAPIŃSKA Janina	94	WESOŁY BORSUK TEAM	K 55-59	1			01:57:30	00:36:14.20	02:33:44.45		7:14	8.3 (100%)
2	MARKOWSKA Halina	208	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	2			01:57:29	00:36:29.05	02:33:58.10	+00:00:14 (0.7%)	7:17	8.2 (98.8%)
3	KUPIBIDA Bogusława	175	SILESIA NORDIC TEAM	K 55-59	3			01:57:30	00:38:02.55	02:35:33.45	+00:01:48 (4.7%)	7:36	7.9 (95.2%)
4	ŻUCHOWICZ Elżbieta	385	DĄBROWA NORDIC TEAM	K 55-59	4			01:57:29	00:38:17.00	02:35:46.00	+00:02:02 (5.3%)	7:39	7.8 (94.0%)
5	PACZUSKA Małgorzata	242	FOREVER YOUNG ŁÓDŹ	K 55-59	5			01:57:37	00:39:37.05	02:37:14.85	+00:03:22 (8.5%)	7:55	7.6 (91.6%)
6	STAŃCZYK Bożena	307	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	6			01:57:34	00:39:55.20	02:37:30.05	+00:03:41 (9.2%)	7:59	7.5 (90.4%)
7	KOSIŃSKA Maria	162	MOSIR	K 55-59	7			01:57:32	00:40:26.85	02:37:59.45	+00:04:12 (10.4%)	8:05	7.4 (89.2%)
8	STOLTMANN Helena	311	BŁĘKITNI NW DZIEMIANY	K 55-59	8	1		01:57:29	00:40:40.15	02:38:10.00	+00:04:25 (10.9%)	8:08	7.4 (89.2%)
9	MAJEWSKA Joanna	198		K 55-59	9			01:57:32	00:40:49.70	02:38:21.70	+00:04:35 (11.2%)	8:09	7.3 (88.0%)
10	PODSIADŁY Marlena	262	ZAKĄTEK DANKOWO	K 55-59	10			01:57:32	00:41:19.95	02:38:52.60	+00:05:05 (12.3%)	8:16	7.3 (88.0%)
11	KRAWCZYKOWSKA Barbara	167	LKS ZANTYR SZTUM	K 55-59	11			01:57:31	00:41:26.60	02:38:57.80	+00:05:12 (12.6%)	8:17	7.2 (86.7%)
12	WIERESZKO-CZYŻ Regina	361		K 55-59	12			01:57:31	00:42:00.45	02:39:31.90	+00:05:46 (13.7%)	8:24	7.1 (85.5%)
13	OMARSKA Grażyna	235	PASJA NORDIC WALKING	K 55-59	13			01:57:32	00:42:18.85	02:39:51.15	+00:06:04 (14.4%)	8:27	7.1 (85.5%)

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14	WILGORSKA Bożena	364		K 55-59	14			01:57:38	00:43:13.60	02:40:52.30	+00:06:59 (16.2%)	8:38	6.9 (83.1%)
15	NABAKOWSKA Barbara	222		K 55-59	15			01:57:34	00:44:01.20	02:41:35.20	+00:07:47 (17.7%)	8:48	6.8 (81.9%)
16	MAČZKOWSKA Danuta	212		K 55-59	16			01:57:35	00:44:33.80	02:42:09.45	+00:08:19 (18.7%)	8:54	6.7 (80.7%)
17	PARSZUTO Gabriela	247		K 55-59	17			01:57:35	00:44:43.15	02:42:18.50	+00:08:28 (19.0%)	8:56	6.7 (80.7%)
18	GULBICKA Teresa	114		K 55-59	18			01:57:31	00:44:54.70	02:42:26.40	+00:08:40 (19.3%)	8:59	6.7 (80.7%)
19	LESZCZYŃSKA Kazimiera	183	GOSIR OSIELSKO	K 55-59	19			01:57:34	00:45:21.10	02:42:55.90	+00:09:06 (20.1%)	9:04	6.6 (79.5%)
20	OSTROWSKA Halina	239	WTW WŁOCŁAWEK	K 55-59	20			01:57:35	00:46:17.65	02:43:52.75	+00:10:03 (21.7%)	9:15	6.5 (78.3%)
21	SPYCHAŁA Bożena	304		K 55-59	21			01:57:33	00:46:22.15	02:43:55.55	+00:10:07 (21.9%)	9:16	6.5 (78.3%)
22	TECŁAW Elżbieta	329	PUKS SALWATOR	K 55-59	22			01:57:38	00:46:43.20	02:44:21.80	+00:10:29 (22.4%)	9:20	6.4 (77.1%)
23	MAKOWSKA Lena	200	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	23			01:57:32	00:46:47.05	02:44:19.95	+00:10:32 (22.5%)	9:21	6.4 (77.1%)
24	KOSMOWSKA Barbara	163		K 55-59	24			01:57:36	00:46:49.65	02:44:25.90	+00:10:35 (22.6%)	9:21	6.4 (77.1%)
25	MAKEEVA Marina	199	VESTA-NW	K 55-59	25			01:57:40	00:46:53.55	02:44:34.10	+00:10:39 (22.7%)	9:22	6.4 (77.1%)
26	HE Ximin	120	CHINA NORDIC WALKING ASSOCIATION	K 55-59	26			01:57:30	00:47:15.10	02:44:45.70	+00:11:00 (23.3%)	9:27	6.3 (75.9%)
27	CHENG Xiuli	44	CHINA NORDIC WALKING ASSOCIATION	K 55-59	27			01:57:30	00:48:02.70	02:45:33.45	+00:11:48 (24.6%)	9:36	6.2 (74.7%)
28	CHODNICKA Maria	45	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	28			01:57:33	00:50:19.65	02:47:53.45	+00:14:05 (28.0%)	10:04	6 (72.3%)
29	PRZYBOROWSKA Ewa	268	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	29			01:57:38	00:51:56.35	02:49:34.50	+00:15:42 (30.2%)	10:23	5.8 (69.9%)
30	MIŁOSZEWSKA Teresa	217		K 55-59	30			01:57:36	00:52:42.80	02:50:19.45	+00:16:28 (31.3%)	10:32	5.7 (68.7%)

Total 30 results.