

NORDIC WALKING 9 KM - „PARASZYNEK TRAIL”

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: I Bieg i Marsz Nordic Walking „Paraszynek Trail”
Organiser: Fundacja Active Age
Date: 2022-09-18
Place: PARSZYNEK
Distance: 9 km



Classification: OPEN-K

Place	Participant	Number	Club	Category	MCat	Net time 9km	Gap	Pace min/km	Pace km/h
1	PLICHTA Agnieszka	36		OPEN-K	1	01:11:56.20		7:59	7.5 (100%)
2	ŁOCOŃ Sylwia	55		OPEN-K	2	01:12:59.20	+00:01:03 (1.4%)	8:06	7.4 (98.7%)
3	ROPELA Monika	43	WOLF TEAM	OPEN-K	3	01:15:53.90	+00:03:57 (5.2%)	8:25	7.1 (94.7%)
4	GAWART Anna	9		OPEN-K	4	01:16:25.00	+00:04:28 (5.9%)	8:29	7.1 (94.7%)
5	BRONK Grażyna	6		OPEN-K	5	01:20:06.20	+00:08:10 (10.2%)	8:54	6.7 (89.3%)
6	GÓRA Helena	11		OPEN-K	6	01:20:07.45	+00:08:11 (10.2%)	8:54	6.7 (89.3%)
7	PETTA Magdalena	35		OPEN-K	7	01:22:47.10	+00:10:50 (13.1%)	9:11	6.5 (86.7%)
8	BARBARA Żyłka	2		OPEN-K	8	01:22:54.85	+00:10:58 (13.2%)	9:12	6.5 (86.7%)
9	POBRUCKA Mirosława	38		OPEN-K	9	01:23:21.55	+00:11:25 (13.7%)	9:15	6.5 (86.7%)
10	KWIATKOWSKA Kamila	18		OPEN-K	10	01:26:50.70	+00:14:54 (17.2%)	9:38	6.2 (82.7%)
11	PŁOMIN Aleksandra	37		OPEN-K	11	01:26:51.65	+00:14:55 (17.2%)	9:39	6.2 (82.7%)
12	KOLENTA Joanna	15	☺	OPEN-K	12	01:26:52.40	+00:14:56 (17.2%)	9:39	6.2 (82.7%)
13	ADASZAK Edyta	1		OPEN-K	13	01:29:18.80	+00:17:22 (19.5%)	9:55	6 (80.0%)
14	PRUCHNIEWSKA Bożena	39		OPEN-K	14	01:34:03.50	+00:22:07 (23.5%)	10:27	5.7 (76.0%)
15	DOWNAR-ZAPOLSKA Anna	8		OPEN-K	15	01:37:20.25	+00:25:24 (26.1%)	10:48	5.5 (73.3%)
16	ŁATA-GARSKA Sylwia	21		OPEN-K	16	01:37:20.50	+00:25:24 (26.1%)	10:48	5.5 (73.3%)
17	PASTERNAK Agata	34		OPEN-K	17	01:37:58.55	+00:26:02 (26.6%)	10:53	5.5 (73.3%)
18	ZAWISŁAK Agnieszka	51		OPEN-K	18	01:38:00.80	+00:26:04 (26.6%)	10:53	5.5 (73.3%)
19	RACZKOWSKA Daria	40		OPEN-K	19	02:06:13.30	+00:54:17 (43.0%)	14:01	4.3 (57.3%)

Total 19 results.