



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Event: OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING
Organiser: PFNW
Date: 2017-08-05
Place: Osielsko
Distance: 5 km



Classification: K18-29

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	RAKUĆ Angelika	321	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:09:41	00:35:30.55	00:45:11.70		7:06	8.5 (100%)
2	GAŁAŚ Joanna	88	PASJA NORDIC WALKING	K18-29	2			00:09:42	00:36:25.00	00:46:07.00	+00:00:54 (2.5%)	7:17	8.2 (96.5%)
2	FIGURSKA Dominika	81	FACE NORDIC WALKING TEAM	K18-29	3			00:09:42	00:36:25.00	00:46:07.00	+00:00:54 (2.5%)	7:17	8.2 (96.5%)
4	NIETRZEBKA Aleksandra	265	GRUPA NW CZŁAPSKI WARSZAWA	K18-29	4			00:09:40	00:36:34.00	00:46:14.70	+00:01:03 (2.9%)	7:18	8.2 (96.5%)
5	WIERZCHOSŁAWSKA Agnieszka	425		K18-29	5			00:09:41	00:37:03.70	00:46:45.55	+00:01:33 (4.2%)	7:24	8.1 (95.3%)
6	BORYCHOWSKA Marlena	450	HERKULES	K18-29	6			00:09:46	00:38:01.95	00:47:48.00	+00:02:31 (6.6%)	7:36	7.9 (92.9%)
7	NOWAK Aleksandra	269	TEAM CZYŚCIK	K18-29	7			00:09:44	00:38:02.10	00:47:46.25	+00:02:31 (6.6%)	7:36	7.9 (92.9%)
8	KOCHOWICZ Malwina	155	SUMMER ISLAND	K18-29	8			00:09:41	00:38:59.65	00:48:41.15	+00:03:29 (8.9%)	7:48	7.7 (90.6%)
9	HISZPAŃSKA Katarzyna	122	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	9			00:09:42	00:39:00.15	00:48:42.20	+00:03:29 (9.0%)	7:48	7.7 (90.6%)
10	KOZIOŁ Magdalena	167		K18-29	10			00:09:43	00:40:03.35	00:49:46.45	+00:04:32 (11.4%)	8:00	7.5 (88.2%)
11	BAŁDYGA Iwona	10		K18-29	11			00:09:43	00:41:44.50	00:51:27.50	+00:06:13 (14.9%)	8:20	7.2 (84.7%)
12	JARZĘBOWSKA Beata	125		K18-29	12			00:09:44	00:42:01.60	00:51:46.30	+00:06:31 (15.5%)	8:24	7.1 (83.5%)
13	WĘGLEWSKA Agnieszka	423	DYNAMIC	K18-29	13			00:09:41	00:42:32.65	00:52:13.80	+00:07:02 (16.5%)	8:30	7.1 (83.5%)

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
14	TARAPATA Justyna	396		K18-29	14			00:09:44	00:45:23.80	00:55:07.95	+00:09:53 (21.8%)	9:04	6.6 (77.6%)
15	SZPANOWSKA Marta	373		K18-29	15			00:09:43	00:45:24.85	00:55:08.55	+00:09:54 (21.8%)	9:05	6.6 (77.6%)
16	RAPACKA Anna	322		K18-29	16			00:09:44	00:46:24.40	00:56:08.95	+00:10:53 (23.5%)	9:16	6.5 (76.5%)
17	RUTECKA Monika	330	UWM OLSZTYN	K18-29	17			00:09:45	00:46:51.60	00:56:36.90	+00:11:21 (24.2%)	9:22	6.4 (75.3%)
18	KUKOWSKA Marta	192		K18-29	18			00:09:45	00:47:40.80	00:57:26.35	+00:12:10 (25.5%)	9:32	6.3 (74.1%)
19	KIEDROWICZ Paulina	146		K18-29	19			00:09:43	00:47:42.65	00:57:26.05	+00:12:12 (25.6%)	9:32	6.3 (74.1%)
20	GOŁĘBIEWSKA Karolina	101		K18-29	20	1		00:09:42	00:49:04.00	00:58:46.35	+00:13:33 (27.6%)	9:48	6.1 (71.8%)

Total 20 results.