



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: K45-49

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MIELECKA Agnieszka	245	KS SOKÓŁ GĄSAWA	K45-49	1		00:11:12	00:32:37.80	00:43:50.75		6:31	9.2 (100%)
2	KOMAR Beata	159	FACE NORDIC WALKING TEAM	K45-49	2		00:11:13	00:33:43.90	00:44:57.05	+00:01:06 (3.3%)	6:44	8.9 (96.7%)
3	POLEWCZAK Aneta	306	CLLEO ZAWIERCIE	K45-49	3		00:11:14	00:33:57.95	00:45:12.50	+00:01:20 (3.9%)	6:47	8.8 (95.7%)
4	OKRZESIK- FRĄCKOWIAK Izabela	280	ZS ROSKO	K45-49	4		00:11:13	00:34:06.25	00:45:19.90	+00:01:28 (4.3%)	6:49	8.8 (95.7%)
5	KOWALCZYK Edyta	164	KS METRACO POLKOWICE	K45-49	5		00:11:16	00:36:00.70	00:47:17.30	+00:03:22 (9.4%)	7:12	8.3 (90.2%)
6	RECZULSKA Katarzyna	323	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA /RTB TRACKER LKS PODKOWA JANÓW	K45-49	6		00:11:16	00:36:10.95	00:47:27.40	+00:03:33 (9.8%)	7:14	8.3 (90.2%)
7	KANIOWSKA Beata	138	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	7		00:11:17	00:36:37.80	00:47:55.10	+00:04:00 (10.9%)	7:19	8.2 (89.1%)
8	STRZELECKA Małgorzata	360	SAILING TEAMFERAJNA	K45-49	8		00:11:14	00:36:59.60	00:48:13.60	+00:04:21 (11.8%)	7:23	8.1 (88.0%)
9	GWAREK Anita	116	PASJA NORDIC WALKING	K45-49	9		00:11:15	00:37:32.65	00:48:48.35	+00:04:54 (13.1%)	7:30	8 (87.0%)
10	KARASIŃSKA Alicja	139	NOWI SIEDLCE	K45-49	10		00:11:14	00:37:44.20	00:48:58.50	+00:05:06 (13.5%)	7:32	8 (87.0%)
11	EWERTOWSKA Ewa	80	NORDIC WALKING KIEKRZ	K45-49	11		00:11:15	00:37:55.10	00:49:10.20	+00:05:17 (13.9%)	7:35	7.9 (85.9%)
12	KWAŚNA Małgorzata	203	CHODZĘ Z SERCEM	K45-49	12		00:11:12	00:38:18.95	00:49:31.90	+00:05:41 (14.8%)	7:39	7.8 (84.8%)
13	ŚWIERCZYŃSKA Joanna	394	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K45-49	13		00:11:19	00:38:44.90	00:50:03.90	+00:06:07 (15.8%)	7:44	7.7 (83.7%)
14	SPYCHAŁA- KARAPULKA Arleta	349	MARSZ PO ZDROWIE POZNAŃ	K45-49	14		00:11:16	00:38:55.30	00:50:11.30	+00:06:17 (16.2%)	7:47	7.7 (83.7%)
15	CIAŻYŃSKA Dorota	56	KS SOKÓŁ GĄSAWA	K45-49	15		00:11:14	00:39:09.30	00:50:24.20	+00:06:31 (16.7%)	7:50	7.7 (83.7%)
16	KAMIŃSKA Iwona	136	MOS ZATOKA BRANIEWO	K45-49	16		00:11:18	00:40:07.95	00:51:26.25	+00:07:30 (18.7%)	8:01	7.5 (81.5%)
17	KOSICKA Beata	162	NORDIC WALKING KIEKRZ	K45-49	17		00:11:15	00:40:19.35	00:51:34.65	+00:07:41 (19.1%)	8:03	7.4 (80.4%)
18	KRUSZONA Ewa	180	SANTANDER CONSUMER BANK	K45-49	18		00:11:18	00:40:59.85	00:52:17.90	+00:08:22 (20.4%)	8:11	7.3 (79.3%)

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19	STOLARSKA Magdalena	356	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	19	1		00:11:17	00:41:19.95	00:52:37.05	+00:08:42 (21.1%)	8:16	7.3 (79.3%)
20	MATUSZCZAK Iwona	470	GOSIR OSIELSKO	K45-49	20			00:11:13	00:43:18.60	00:54:32.30	+00:10:40 (24.7%)	8:39	6.9 (75.0%)
21	ŚLIWIŃSKA Ewa	389	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K45-49	21			00:11:17	00:43:20.70	00:54:38.55	+00:10:42 (24.7%)	8:40	6.9 (75.0%)
22	KOWALINA Izabela	484		K45-49	22			00:28:37	00:43:55.95	01:12:33.35	+00:11:18 (25.7%)	8:47	6.8 (73.9%)
23	MIKITIUK Beata	247	KIJOWA PARA	K45-49	23			00:11:19	00:44:08.00	00:55:27.95	+00:11:30 (26.1%)	8:49	6.8 (73.9%)
24	PRACKA Katarzyna	310	WTW WŁOCŁAWEK	K45-49	24			00:11:19	00:44:15.35	00:55:34.90	+00:11:37 (26.3%)	8:51	6.8 (73.9%)
25	BŁASZCZYK Katarzyna	22	KIJANKI POZNAŃ	K45-49	25			00:11:20	00:45:33.25	00:56:53.65	+00:12:55 (28.4%)	9:06	6.6 (71.7%)
26	GIERSZENDORF Monika	464	FACE NORDIC WALKING TEAM / KB KATORŻNIK MUROWNA GOŚLINA	K45-49	26			00:11:16	00:47:06.45	00:58:23.40	+00:14:28 (30.7%)	9:25	6.4 (69.6%)
27	ŚCIESIŃSKA Justyna	388	GOSIR OSIELSKO	K45-49	27			00:11:19	00:52:25.90	01:03:45.20	+00:19:48 (37.8%)	10:29	5.7 (62.0%)

Total 27 results.