



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: K65-69

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	WARCHALSKA Teresa Alicja	414	UNIA MIAST	K65-69	1			00:13:33	00:36:52.95	00:50:26.35		7:22	8.1 (100%)
2	BARUCH Henryka	13	DĄBROWA NORDIC TEAM	K65-69	2			00:13:32	00:36:53.45	00:50:25.80	+00:00:00 (0.0%)	7:22	8.1 (100%)
3	GRYGOROWICZ Teresa	109	KS METRACO POLKOWICE	K65-69	3			00:13:32	00:37:29.65	00:51:02.10	+00:00:36 (1.6%)	7:30	8 (98.8%)
4	GRZYWOCZ Irena	114		K65-69	4			00:13:34	00:37:30.10	00:51:04.10	+00:00:37 (1.7%)	7:30	8 (98.8%)
5	SZALECKA Grażyna	366	LKS ZANTYR	K65-69	5			00:13:36	00:38:32.45	00:52:09.35	+00:01:39 (4.3%)	7:42	7.8 (96.3%)
6	OLEŚ Elżbieta	282	NW WERWA MŁAWA	K65-69	6			00:13:32	00:39:26.30	00:52:58.60	+00:02:33 (6.5%)	7:53	7.6 (93.8%)
7	MARCINKOWSKA Renata	232	FACE NORDIC WALKING TEAM	K65-69	7			00:13:34	00:39:36.50	00:53:11.25	+00:02:43 (6.9%)	7:55	7.6 (93.8%)
8	NAZAREWICZ Barbara	263	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	8			00:13:33	00:39:46.65	00:53:19.85	+00:02:53 (7.3%)	7:57	7.5 (92.6%)
9	ANGIELCZYK Małgorzata	473	MARSZ PO ZDROWIE POZNAŃ	K65-69	9			00:13:33	00:39:51.20	00:53:25.15	+00:02:58 (7.5%)	7:58	7.5 (92.6%)
10	SZPALERSKA Mira	372	LKS ZANTYR	K65-69	10			00:13:34	00:41:16.85	00:54:51.55	+00:04:23 (10.7%)	8:15	7.3 (90.1%)
11	MAZERSKA Maria	240	LKS ZANTYR	K65-69	11			00:13:35	00:42:38.25	00:56:13.60	+00:05:45 (13.5%)	8:31	7 (86.4%)
12	SMARUJ-SADOWSKA Janina	345		K65-69	12			00:13:36	00:42:40.45	00:56:16.85	+00:05:47 (13.6%)	8:32	7 (86.4%)
13	KONIECKA Urszula	461	STOWARZYSZENIE 'JESTEM AKTYWNA'	K65-69	13			00:12:50	00:43:02.20	00:55:52.80	+00:06:09 (14.3%)	8:36	7 (86.4%)

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14	PRZYBYLAK Dorota	316	FACE NORDIC WALKING TEAM	K65-69	14			00:13:37	00:43:29.25	00:57:06.85	+00:06:36 (15.2%)	8:41	6.9 (85.2%)
15	PACYNA Helena	286	KLUB SPORTOWY MATRACO POLKOWIC3	K65-69	15			00:13:35	00:43:41.05	00:57:16.55	+00:06:48 (15.6%)	8:44	6.9 (85.2%)
16	SZEWCZYK Bożena	369	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	16			00:13:37	00:44:11.45	00:57:48.90	+00:07:18 (16.5%)	8:50	6.8 (84.0%)
17	PANKIEWICZ-DMOWSKA Cecylia	289		K65-69	17			00:13:35	00:44:11.55	00:57:47.25	+00:07:18 (16.5%)	8:50	6.8 (84.0%)
18	PRUSKA-KĘDZIOR Anna	314	FACE NORDIC WALKING TEAM	K65-69	18			00:13:36	00:44:34.75	00:58:11.10	+00:07:41 (17.3%)	8:55	6.7 (82.7%)
19	MALINOWSKA Grażyna	225	LKS ZANTYR	K65-69	19			00:13:34	00:45:24.35	00:58:58.35	+00:08:31 (18.8%)	9:04	6.6 (81.5%)
20	ŚLUSARCZYK Danuta	391	WESOŁY BORSUK TEAM	K65-69	20			00:13:33	00:47:33.30	01:01:06.45	+00:10:40 (22.4%)	9:30	6.3 (77.8%)
21	PRUS Sabina	313		K65-69	21	1		00:12:48	00:52:54.65	01:05:42.80	+00:16:01 (30.3%)	10:34	5.7 (70.4%)

Total 21 results.