



VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Event: VI CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek
Date: 2020-08-29
Place: Okonek
Distance: 5.3 km



Classification: K18-44

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	RYCHLEWSKA-SŁODOWA Danuta	247	NORDIC WALKING LUBASZ	K18-44	1	00:40:13.75		8:02	7.5 (100%)
2	BIADON Agnieszka	221	LILL-SPORT	K18-44	2	00:40:22.10	+00:00:08 (0.3%)	8:04	7.4 (98.7%)
3	PRZEDNÓWEK Mariola	284		K18-44	3	00:41:13.50	+00:00:59 (2.4%)	8:14	7.3 (97.3%)
4	KABATTEK Sylwia	246		K18-44	4	00:41:21.20	+00:01:07 (2.7%)	8:16	7.3 (97.3%)
5	KOCOŃ Sylwia	250	DWA KIJE SŁUPSK	K18-44	5	00:42:52.95	+00:02:39 (6.2%)	8:34	7 (93.3%)
6	MRÓZ Barbara	268	NORDIC WALKING LUBASZ	K18-44	6	00:44:40.00	+00:04:26 (9.9%)	8:56	6.7 (89.3%)
7	STAWIARZ-WACHOWICZ Izabela	293		K18-44	7	00:44:50.70	+00:04:36 (10.3%)	8:58	6.7 (89.3%)
8	GARDYGAJŁO Justyna	233		K18-44	8	00:45:06.65	+00:04:52 (10.8%)	9:01	6.7 (89.3%)
9	DUBISZ Joanna	229	LILL-SPORT	K18-44	9	00:45:37.00	+00:05:23 (11.8%)	9:07	6.6 (88.0%)
10	SZCZERBA Dorota	297		K18-44	10	00:45:58.70	+00:05:44 (12.5%)	9:11	6.5 (86.7%)
11	NIEDZIÓŁKA Małgorzata	269		K18-44	11	00:46:25.20	+00:06:11 (13.3%)	9:17	6.5 (86.7%)
12	KOWALCZUK Maria	252	KIJOWE SIOSTRY I BRAT	K18-44	12	00:49:49.70	+00:09:35 (19.3%)	9:57	6 (80.0%)
13	KORZENIOWSKA Karolina	251	GASKABALBINKAHDK	K18-44	13	00:52:35.00	+00:12:21 (23.5%)	10:31	5.7 (76.0%)
14	REK Justyna	286		K18-44	14	00:52:37.25	+00:12:23 (23.5%)	10:31	5.7 (76.0%)
15	ALWIN Małgorzata	217		K18-44	15	00:52:37.65	+00:12:23 (23.6%)	10:31	5.7 (76.0%)
16	WARZYŃSKA Oliwia	306		K18-44	16	00:52:40.70	+00:12:26 (23.6%)	10:32	5.7 (76.0%)
17	WRÓBEL Agnieszka	314		K18-44	17	00:54:40.40	+00:14:26 (26.4%)	10:56	5.5 (73.3%)
18	GRONOWSKA Sylwia	235	GMJ	K18-44	18	00:54:49.85	+00:14:36 (26.6%)	10:57	5.5 (73.3%)
19	WOJTAŚ Jolanta	312		K18-44	19	00:54:58.05	+00:14:44 (26.8%)	10:59	5.5 (73.3%)
20	PISKOR Marika	279		K18-44	20	00:59:46.30	+00:19:32 (32.7%)	11:57	5 (66.7%)

Total 20 results.