



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: K45+

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	JÓŹWIAK Marianna	245	SERCE NORDICA WŁOCŁAWEK	K45+	1	00:37:00.10		7:24	8.1 (100%)
2	DAROSZEWSKA Krystyna	226	SERCE NORDICA WŁOCŁAWEK	K45+	2	00:39:24.35	+00:02:24 (6.1%)	7:52	7.6 (93.8%)
3	WALESZKO Anna	305	PASJA NORDIC WALKING	K45+	3	00:40:22.25	+00:03:22 (8.3%)	8:04	7.4 (91.4%)
4	PRUSKA Agnieszka	283	DWA KIJE SŁUPSK	K45+	4	00:40:38.75	+00:03:38 (9.0%)	8:07	7.4 (91.4%)
5	RODZIEWICZ Wioletta	287		K45+	5	00:41:34.40	+00:04:34 (11.0%)	8:18	7.2 (88.9%)
6	SZUDOBAJ Hanna	302	DWA KIJE SŁUPSK	K45+	6	00:42:46.55	+00:05:46 (13.5%)	8:33	7 (86.4%)
7	CZEREŚNIAK Iwona	224	ŻÓŁWIKERSI	K45+	7	00:43:11.85	+00:06:11 (14.3%)	8:38	6.9 (85.2%)
8	ABRAMOWICZ Ewa	216	KIJOWE SIOSTRY I BRAT	K45+	8	00:43:19.15	+00:06:19 (14.6%)	8:39	6.9 (85.2%)
9	PIETRZYK Anna	278		K45+	9	00:44:21.70	+00:07:21 (16.6%)	8:52	6.8 (84.0%)
10	DĘBOWSKA-SZCZYTKOWSKA Izabella	228		K45+	10	00:44:22.15	+00:07:22 (16.6%)	8:52	6.8 (84.0%)
11	SKOWROŃSKA-ŁOPIŃSKA Genowefa	288		K45+	11	00:44:28.85	+00:07:28 (16.8%)	8:53	6.7 (82.7%)
12	KUICH Anna	254	LILL-SPORT	K45+	12	00:44:38.85	+00:07:38 (17.1%)	8:55	6.7 (82.7%)
13	DUKIEWICZ Aneta	230	CZARNE PANTERY	K45+	13	00:44:42.90	+00:07:42 (17.2%)	8:56	6.7 (82.7%)
14	PLUTA Barbara	280	CZARNE PANTERY	K45+	14	00:45:38.30	+00:08:38 (18.9%)	9:07	6.6 (81.5%)
15	HAWETO Janina	237	KILJOWE SIOSTRY I BRAT	K45+	15	00:46:03.00	+00:09:02 (19.6%)	9:12	6.5 (80.2%)
16	WIECZOREK Aneta	308	NORDIC WALKING LUBASZ	K45+	16	00:46:20.05	+00:09:19 (20.1%)	9:16	6.5 (80.2%)
17	ŁABEDZ Katarzyna	261	LILL-SPORT	K45+	17	00:46:26.80	+00:09:26 (20.3%)	9:17	6.5 (80.2%)
18	SMARUJ-SADOWSKA Janina	289	BYDGOSKIE ŻÓŁWIE	K45+	18	00:46:34.70	+00:09:34 (20.6%)	9:18	6.4 (79.0%)
19	KLUCZKA Mirosława	249	FABRYKA NORDICA TRZCINKA	K45+	19	00:46:41.60	+00:09:41 (20.8%)	9:20	6.4 (79.0%)
20	PANCEK Hanna	273	TADMAX	K45+	20	00:47:30.05	+00:10:29 (22.1%)	9:30	6.3 (77.8%)
21	PRACKA Katarzyna	281	SERCE NORDICA WŁOCŁAWEK	K45+	21	00:47:50.90	+00:10:50 (22.7%)	9:34	6.3 (77.8%)
22	LEDZION Dagmara	256	KLASYFIKACJA MAŁŻEŃSTWO	K45+	22	00:49:51.20	+00:12:51 (25.8%)	9:58	6 (74.1%)
23	PIĄTEK Władysława	277	STARGARD	K45+	23	00:50:14.20	+00:13:14 (26.3%)	10:02	6 (74.1%)
24	PERLIK Ewa	275	TADMAX	K45+	24	00:50:41.20	+00:13:41 (27.0%)	10:08	5.9 (72.8%)
25	SZOT Krystyna	301		K45+	25	00:50:41.90	+00:13:41 (27.0%)	10:08	5.9 (72.8%)
26	JAKIEL Sabina	241	CZARNE PANTERY	K45+	26	00:51:36.90	+00:14:36 (28.3%)	10:19	5.8 (71.6%)
27	KRYŚKIEWICZ Janina	253		K45+	27	00:52:20.50	+00:15:20 (29.3%)	10:28	5.7 (70.4%)

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28	STANKIEWICZ Lidia	292	CZARNE PANTERY	K45+	28	00:54:50.15	+00:17:50 (32.5%)	10:58	5.5 (67.9%)
29	SOLAK Ewa	290	CZARNE PANTERY	K45+	29	00:55:02.05	+00:18:01 (32.8%)	11:00	5.5 (67.9%)
30	IDZIK Katarzyna	239	IDZIKI TEAM	K45+	30	00:55:28.85	+00:18:28 (33.3%)	11:05	5.4 (66.7%)
31	ŁODKOWSKA Teresa	227		K45+	31	00:55:47.15	+00:18:47 (33.7%)	11:09	5.4 (66.7%)
32	GÓRSKA Magdalena	225		K45+	32	00:56:03.70	+00:19:03 (34.0%)	11:12	5.4 (66.7%)

Total 32 results.