



WEJHEROWO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT

Event: PUCHAR POLSKI NORDIC WALKING 2019
Organiser: Polska Federacja Nordic Walking
Date: 2019-05-19
Place: Wejherowo
Distance: 10 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	WEŹOWICZ Ewa	331	STADION ŚLĄSKI	K40-49	1			00:16:11	00:32:52	00:49:49	01:06:48.06		6:40	9 (100%)
2	KRÓLIKOWSKA Krystyna	288	LĘBORSKIE LWY	K40-49	2			00:16:44	00:33:45	00:51:01	01:08:36.31	+00:01:48 (2.6%)	6:51	8.7 (96.7%)
3	OSTROCHALSKA Aleksandra	346	POLIPACK TEAM GWE	K40-49	3			00:16:46	00:34:02	00:51:32	01:08:58.06	+00:02:10 (3.1%)	6:53	8.7 (96.7%)
4	PRZYBYŁEK Marysia	310	MARSZ PO ZDROWIE	K40-49	4			00:16:55	00:34:45	00:52:27	01:09:48.44	+00:03:00 (4.3%)	6:58	8.6 (95.6%)
5	RAJEK Magdalena	311	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:20	00:35:07	00:52:46	01:10:24.80	+00:03:36 (5.1%)	7:02	8.5 (94.4%)
6	RASZEWSKA Izabela	312	FORMA NA PIĄTKĘ NW	K40-49	6			00:17:23	00:35:12	00:53:02	01:10:44.67	+00:03:56 (5.6%)	7:04	8.5 (94.4%)
7	GWAREK Anita	272	PASJA NORDIC WALKING	K40-49	7			00:17:50	00:36:05	00:54:27	01:12:37.29	+00:05:49 (8.0%)	7:15	8.3 (92.2%)
8	GÓRSKA Iwona	44	LĘBORSKIE LWY	K40-49	8			00:18:03	00:36:28	00:54:41	01:12:44.72	+00:05:56 (8.2%)	7:16	8.2 (91.1%)
9	ZWOLENKIEWICZ Joanna	337	KS SOKÓŁ GAŚAWA	K40-49	9			00:18:03	00:36:14	00:54:34	01:12:58.99	+00:06:10 (8.5%)	7:17	8.2 (91.1%)
10	KOBIELA Magdalena	285	NORDIC TEAM CZĘSTOCHOWA	K40-49	10			00:17:54	00:36:22	00:54:50	01:13:11.46	+00:06:23 (8.7%)	7:19	8.2 (91.1%)
11	CONTUCCI Ewa	256	NORDIC TEAM CZĘSTOCHOWA	K40-49	11			00:18:23	00:37:22	00:56:18	01:14:58.73	+00:08:10 (10.9%)	7:29	8 (88.9%)
12	OLECH Anna	299	ELITE TEAM	K40-49	12			00:18:06	00:36:56	00:56:06	01:15:20.34	+00:08:32 (11.3%)	7:32	8 (88.9%)
13	CIESIELSKA Renata	255	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	13			00:19:00	00:38:07	00:57:33	01:16:37.20	+00:09:49 (12.8%)	7:39	7.8 (86.7%)
14	STANKOWSKA Marzena	319	KIJKOWE TRZEMESZNO	K40-49	14			00:19:26	00:39:04	00:58:46	01:17:56.83	+00:11:08 (14.3%)	7:47	7.7 (85.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
15	SĘDZIK Katarzyna	316	LECZYMY DURŚ	K40-49	15			00:19:07	00:38:56	00:58:46	01:18:42.84	+00:11:54 (15.1%)	7:52	7.6 (84.4%)
16	SYLDATK Beata	148		K40-49	16			00:18:28	00:38:24	00:58:47	01:19:27.44	+00:12:39 (15.9%)	7:56	7.6 (84.4%)
17	WYSOCKA Bernadeta	336	BŁĘKITNI NW DZIEMIANY	K40-49	17			00:19:22	00:39:24	00:59:37	01:19:33.36	+00:12:45 (16.0%)	7:57	7.5 (83.3%)
18	GAŁEK Iwona	268	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	18			00:20:13	00:40:30	01:00:42	01:21:08.59	+00:14:20 (17.7%)	8:06	7.4 (82.2%)
19	PISAŁA Katarzyna	121	WEJHEROWSKI KLUB NORDIC WALKING	K40-49	19			00:20:45	00:41:56	01:03:07	01:24:48.31	+00:18:00 (21.2%)	8:28	7.1 (78.9%)
20	DARGACZ Wiesława	261		K40-49	20			00:21:08	00:42:43	01:05:00	01:27:20.89	+00:20:32 (23.5%)	8:44	6.9 (76.7%)
21	KALKOWSKA Martyna	400		K40-49	21	1		00:20:41	00:44:10	01:05:52	01:27:42.22	+00:20:54 (23.8%)	8:46	6.8 (75.6%)
22	FLISIKOWSKA Iwona	344	W-WO KRYSTYNA PISAŁA	K40-49	22			00:22:00	00:44:19	01:06:48	01:29:15.84	+00:22:27 (25.2%)	8:55	6.7 (74.4%)
23	SZCZĘSNA Emilia	219	GUMED	K40-49	23	1		00:27:32	00:51:03	01:13:11		+00:23:22	9:45	6.1 (67.8%)
DQ	WĄŻ Katarzyna	329		K40-49		2	1	00:23:59 DQ	DQ	DQ	DQ		-	- (0.0%)

Total 24 results.