



CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10KM

B4SPORT

Organiser: PFNW
Date: 2015-06-14
Place: Czaplnek
Distance: 10 km



Classification: K 30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	PARAFINIUK Krzysztofa	167	ZANTYR SZTUM	K 30-39	1			00:02:19	00:18:03	00:36:30	00:55:17	01:14:15	01:16:34		7:25	8.1 (100%)
2	REJ Anna	175		K 30-39	2			00:02:19	00:18:17	00:37:16	00:56:21	01:15:19	01:17:38	+00:01:04 (1.4%)	7:31	8 (98.8%)
3	STPCZYŃSKA Angelika	152	THE BEST - MY IDZIEMY I CZEŚĆ	K 30-39	3			00:02:19	00:19:21	00:39:19	00:59:25	01:19:48	01:22:07	+00:05:33 (7.0%)	7:58	7.5 (92.6%)
4	KORNIOWSKA Magdalena	60		K 30-39	4			00:02:20	00:20:19	00:40:22	01:00:35	01:20:36	01:22:56	+00:06:21 (7.9%)	8:03	7.4 (91.4%)
5	LISEWSKA Jana	165	MUMIN TEAM	K 30-39	5			00:02:17	00:19:47	00:40:19	01:00:55	01:21:35	01:23:52	+00:07:20 (9.0%)	8:09	7.4 (91.4%)
6	KURZYŃSKA Natalia	185		K 30-39	6			00:02:18	00:19:53	00:41:18	01:03:05	01:24:10	01:26:28	+00:09:55 (11.8%)	8:25	7.1 (87.7%)
7	NOWAKOWSKA Angelika	157	JEZIORKI - AKTYWNA WIEŚ.	K 30-39	7			00:02:20	00:21:04	00:42:47	01:04:15	01:25:54	01:28:14	+00:11:39 (13.6%)	8:35	7 (86.4%)
8	OGRODNICZAK Anna	164		K 30-39	8			00:02:19	00:22:18	00:44:46	01:06:53	01:29:07	01:31:26	+00:14:52 (16.7%)	8:54	6.7 (82.7%)

Total 8 results.