



ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

Organiser: PFNW
Date: 2016-08-27
Place: Elbląg
Distance: 5 km



Classification: K40-44

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	KOŁODZIEJCZAK Beata	322	SOCHO TEAM	K40-44	1			00:25:59	00:35:00.40	01:01:00.10		7:00	8.6 (100%)
2	ZAŃKO Katarzyna	317	KS METRACO POLKOWICE	K40-44	2			00:25:59	00:35:59.00	01:01:58.85	+00:00:58 (2.7%)	7:11	8.3 (96.5%)
3	KOŁOSZ-PERZ Monika	118	FACE NORDIC WALKING TEAM	K40-44	3			00:25:59	00:36:14.90	01:02:13.95	+00:01:14 (3.4%)	7:14	8.3 (96.5%)
4	CIEŚLAK-ZABŁOCKA Iwona	333	ELBLĄSKIE - WŁÓCZYKIJE	K40-44	4			00:26:00	00:36:44.00	01:02:44.50	+00:01:43 (4.7%)	7:20	8.2 (95.3%)
5	JÓŹWIAK Marianna	102	WTW.WŁOCLAWEK	K40-44	5			00:25:59	00:37:24.45	01:03:24.25	+00:02:24 (6.4%)	7:29	8 (93.0%)
6	KORDOWSKA Bogusława	121	UPOJENI WIATREM	K40-44	6			00:26:00	00:38:05.95	01:04:06.65	+00:03:05 (8.1%)	7:37	7.9 (91.9%)
7	WAWRZYNIAK Anna	269	FACE NORDIC WALKING TEAM	K40-44	7			00:25:59	00:38:13.20	01:04:12.25	+00:03:12 (8.4%)	7:38	7.8 (90.7%)
8	BRZUSTEWICZ Aleksandra	29	LKS ZANTYR SZTUM	K40-44	8			00:25:59	00:38:48.00	01:04:47.10	+00:03:47 (9.8%)	7:45	7.7 (89.5%)
9	SPYCHAŁA-KARAPULKA Arleta	220	MARSZ PO ZDROWIE	K40-44	9			00:26:01	00:39:42.95	01:05:44.10	+00:04:42 (11.9%)	7:56	7.6 (88.4%)
10	STRZELECKA Małgorzata	231	SAILING TEAM FERAJNA	K40-44	10			00:26:01	00:39:51.70	01:05:53.55	+00:04:51 (12.2%)	7:58	7.5 (87.2%)
11	JONDERKO Julia	101	WŁÓCZYKIJE SKOCZÓW	K40-44	11			00:26:02	00:39:59.75	01:06:01.75	+00:04:59 (12.5%)	7:59	7.5 (87.2%)
12	KRUŻYCKA Aleksandra	129	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	12			00:26:02	00:41:13.80	01:07:16.50	+00:06:13 (15.1%)	8:14	7.3 (84.9%)
13	KUMPIŃ Izabela	133		K40-44	13			00:26:03	00:41:58.85	01:08:02.50	+00:06:58 (16.6%)	8:23	7.1 (82.6%)
14	DAWID Anna	44	NIEZŁE SZPRYCHY	K40-44	14			00:26:00	00:42:05.90	01:08:06.10	+00:07:05 (16.8%)	8:25	7.1 (82.6%)

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15	CZUBIŃSKA Magdalena	332		K40-44	15			00:26:05	00:42:13.60	01:08:18.60	+00:07:13 (17.1%)	8:26	7.1 (82.6%)
16	BOREK Marta	22	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	16			00:26:01	00:43:25.70	01:09:27.15	+00:08:25 (19.4%)	8:41	6.9 (80.2%)
17	MACIEJEWSKA Anetta	144	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	17			00:26:03	00:44:21.20	01:10:24.25	+00:09:20 (21.1%)	8:52	6.8 (79.1%)
18	KRUK Hanna	128	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	18			00:26:04	00:44:42.35	01:10:46.45	+00:09:41 (21.7%)	8:56	6.7 (77.9%)
19	WYSOCKA Monika	543		K40-44	19			00:26:02	00:46:20.90	01:12:23.10	+00:11:20 (24.5%)	9:16	6.5 (75.6%)
20	GIAQUINTA Claudia	67	ITALY	K40-44	20			00:26:03	00:47:33.90	01:13:37.05	+00:12:33 (26.4%)	9:30	6.3 (73.3%)
21	JABŁONOWSKA Anita	93	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	21			00:26:04	00:50:38.35	01:16:42.35	+00:15:37 (30.9%)	10:07	5.9 (68.6%)
22	KĘDZIERSKA Edyta	110		K40-44	22			01:16:51					(0.0%)

Total 22 results.