



# ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-08-27  
**Miejsce:** Elbląg  
**Dystans:** 5 km



Klasyfikacja: K65-69

| Msc | Zawodnik                   | Numer | Klub                                  | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|-------|---------------------------------------|-----------|------|-------------|--------------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 1   | WARCZALSKA Teresa          | 264   | UNIA MIAST                            | K65-69    | 1    |             |              | 00:29:12    | 00:38:24.00    | 01:07:36.60     |                   | 7:40         | 7.8 (100%)  |
| 2   | BARUCH Henryka             | 13    | DĄBROWA NORDIC TEAM                   | K65-69    | 2    |             |              | 00:29:13    | 00:38:33.05    | 01:07:46.90     | +00:00:09 (0.4%)  | 7:42         | 7.8 (100%)  |
| 3   | STRYJEWSKA Łucja           | 230   |                                       | K65-69    | 3    |             |              | 00:29:15    | 00:40:07.95    | 01:09:23.25     | +00:01:43 (4.3%)  | 8:01         | 7.5 (96.2%) |
| 4   | KUBICKA Danuta             | 340   | KS METRACO POLKOWICE                  | K65-69    | 4    |             |              | 00:29:12    | 00:40:08.80    | 01:09:21.05     | +00:01:44 (4.4%)  | 8:01         | 7.5 (96.2%) |
| 5   | NAZAREWICZ Barbara         | 165   | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K65-69    | 5    |             |              | 00:29:13    | 00:42:43.90    | 01:11:57.20     | +00:04:19 (10.1%) | 8:32         | 7 (89.7%)   |
| 6   | PACYNA Helena              | 177   | KS METRACO POLKOWICE                  | K65-69    | 6    |             |              | 00:29:16    | 00:43:35.65    | 01:12:52.30     | +00:05:11 (11.9%) | 8:43         | 6.9 (88.5%) |
| 7   | ADAMOWICZ Ewa              | 1     | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K65-69    | 7    |             |              | 00:29:10    | 00:43:46.75    | 01:12:57.65     | +00:05:22 (12.3%) | 8:45         | 6.9 (88.5%) |
| 8   | KODYRA Kazimiera           | 116   | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K65-69    | 8    |             |              | 00:29:15    | 00:44:10.15    | 01:13:25.35     | +00:05:46 (13.1%) | 8:50         | 6.8 (87.2%) |
| 9   | KWIATKOWSKA Jadwiga        | 136   | KS METRACO POLKOWICE                  | K65-69    | 9    |             |              | 00:29:14    | 00:44:18.80    | 01:13:32.80     | +00:05:54 (13.3%) | 8:51         | 6.8 (87.2%) |
| 10  | NIESTRYJEWSKA Elżbieta     | 166   |                                       | K65-69    | 10   |             |              | 00:29:16    | 00:44:25.25    | 01:13:41.25     | +00:06:01 (13.6%) | 8:53         | 6.8 (87.2%) |
| 11  | SZEWCZYK Bożena            | 240   | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K65-69    | 11   |             |              | 00:29:15    | 00:45:15.50    | 01:14:30.80     | +00:06:51 (15.2%) | 9:03         | 6.6 (84.6%) |
| 12  | WIADERSKA Grażyna          | 313   |                                       | K65-69    | 12   |             |              | 00:29:13    | 00:46:40.70    | 01:15:54.25     | +00:08:16 (17.7%) | 9:20         | 6.4 (82.1%) |
| 13  | KOLBUSZ Janina             | 117   | KS.METRACO POLKOWICE                  | K65-69    | 13   |             |              | 00:29:13    | 00:46:49.50    | 01:16:02.70     | +00:08:25 (18.0%) | 9:21         | 6.4 (82.1%) |
| 14  | PANKIEWICZ-DMOWSKA Cecylia | 181   |                                       | K65-69    | 14   |             |              | 00:29:17    | 00:47:05.55    | 01:16:23.50     | +00:08:41 (18.5%) | 9:25         | 6.4 (82.1%) |

| Msc | Zawodnik                   | Numer      | Klub                                  | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|------------|---------------------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 15  | <b>PRZYBYLSKA Elżbieta</b> | <b>196</b> | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K65-69    | 15   |                |                 | 00:29:14       | <b>00:47:10.20</b>   | <b>01:16:24.70</b>    | +00:08:46<br>(18.6%) | 9:26            | 6.4<br>(82.1%) |
| 16  | <b>GÓRECKA Antonina</b>    | <b>78</b>  | GRUPA NORDIC WALKING-DOBRE MIASTO     | K65-69    | 16   |                |                 | 00:29:16       | <b>00:49:07.10</b>   | <b>01:18:23.45</b>    | +00:10:43<br>(21.8%) | 9:49            | 6.1<br>(78.2%) |
| 17  | <b>RATAJCZAK Danuta</b>    | <b>201</b> | NIEZRZESZONA                          | K65-69    | 17   |                |                 | 00:29:15       | <b>00:49:28.60</b>   | <b>01:18:44.45</b>    | +00:11:04<br>(22.4%) | 9:53            | 6.1<br>(78.2%) |
| 18  | <b>RADKIEWICZ Iwona</b>    | <b>329</b> | ELBLĄSKIE - WŁÓCZYKIJE                | K65-69    | 18   |                |                 | 00:29:14       | <b>00:53:39.15</b>   | <b>01:22:53.55</b>    | +00:15:15<br>(28.4%) | 10:43           | 5.6<br>(71.8%) |
| 19  | <b>CHUDZIŃSKA Grażyna</b>  | <b>35</b>  | KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE   | K65-69    | 19   |                |                 | 00:29:17       | <b>00:59:51.85</b>   | <b>01:29:09.80</b>    | +00:21:27<br>(35.9%) | 11:58           | 5<br>(64.1%)   |
| 20  | <b>PERZYŃSKA Danuta</b>    | <b>324</b> |                                       | K65-69    | 20   |                |                 | 00:29:17       | <b>00:59:55.05</b>   | <b>01:29:12.50</b>    | +00:21:31<br>(35.9%) | 11:59           | 5<br>(64.1%)   |

Znaleziono 20 wynik(ów)