



# ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

**Event:** ELBLĄG - PUCHAR POLSKI NORDIC WALKING  
**Organiser:** PFNW  
**Date:** 2017-06-24  
**Place:** Elbląg  
**Distance:** 5 km



Classification: K70+

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	URBAN Zdzisława	242		K70+	1			00:10:09	00:41:01.70	00:51:11.45		8:12	7.3 (100%)
2	NIESTRYJEWSKA Elżbieta	161		K70+	2			00:10:08	00:43:12.60	00:53:21.45	+00:02:10 (5.0%)	8:38	6.9 (94.5%)
3	ADAMOWICZ Ewa	3	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	3			00:10:08	00:43:32.40	00:53:41.00	+00:02:30 (5.8%)	8:42	6.9 (94.5%)
4	MROWIEC Maria	157	UNIA MIAST	K70+	4			00:10:09	00:44:06.50	00:54:16.30	+00:03:04 (7.0%)	8:49	6.8 (93.2%)
5	GRUSZKA Barbara	73	LKS ZANTYR SZTUM	K70+	5			00:10:11	00:45:30.40	00:55:41.50	+00:04:28 (9.8%)	9:06	6.6 (90.4%)
6	OPALIŃSKA Krystyna	171	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	6			00:10:08	00:50:11.10	01:00:19.95	+00:09:09 (18.2%)	10:02	6 (82.2%)
7	MIKHAILOVA Margarita	146		K70+	7			00:10:09	00:53:54.05	01:04:03.80	+00:12:52 (23.9%)	10:46	5.6 (76.7%)
8	KALUGINA Liudmila	89		K70+	8			00:10:10	00:59:03.15	01:09:14.10	+00:18:01 (30.5%)	11:48	5.1 (69.9%)

Total 8 results.