



# GDAŃSK - PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-10-03  
**Miejsce:** Gdańsk  
**Dystans:** 10 km



Klasyfikacja: K 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PARAFINIUK Krzysztofa</b>	<b>569</b>	LKS ZANTYR SZTUM	K 30-39	1			01:30:09	00:33:32	<b>01:07:46.00</b>	<b>02:37:55.30</b>		6:46	8.9 (100%)
2	<b>PANCEWICZ- KOSNO Karolina</b>	<b>568</b>	SILESIA NORDIC TEAM	K 30-39	2			01:30:10	00:34:34	<b>01:10:48.85</b>	<b>02:40:59.80</b>	+00:03:02 (4.3%)	7:04	8.5 (95.5%)
3	<b>ŚWIĄTEK Joanna</b>	<b>607</b>	MARSZPOZDROWIE	K 30-39	3			01:30:12	00:35:44	<b>01:11:31.25</b>	<b>02:41:43.70</b>	+00:03:45 (5.2%)	7:09	8.4 (94.4%)
4	<b>REJ Anna</b>	<b>579</b>		K 30-39	4			01:30:11	00:36:00	<b>01:12:29.20</b>	<b>02:42:40.65</b>	+00:04:43 (6.5%)	7:14	8.3 (93.3%)
5	<b>OLECH Anna</b>	<b>564</b>		K 30-39	5			01:30:11	00:36:42	<b>01:14:09.00</b>	<b>02:44:20.45</b>	+00:06:23 (8.6%)	7:24	8.1 (91.0%)
6	<b>PASIŃSKA - SKOWRON Sylwia</b>	<b>570</b>	SILESIA NORDIC TEAM	K 30-39	6			01:30:12	00:36:20	<b>01:14:19.15</b>	<b>02:44:31.15</b>	+00:06:33 (8.8%)	7:25	8.1 (91.0%)
7	<b>RUPIŃSKA Agnieszka</b>	<b>580</b>	DREAM TEAM	K 30-39	7			01:30:13	00:38:25	<b>01:17:15.20</b>	<b>02:47:28.30</b>	+00:09:29 (12.3%)	7:43	7.8 (87.6%)
8	<b>JARYSZ Agnieszka</b>	<b>526</b>	FACE NORDIC WALKING TEAM	K 30-39	8			01:30:14	00:42:34	<b>01:23:55.05</b>	<b>02:54:09.35</b>	+00:16:09 (19.2%)	8:23	7.1 (79.8%)
9	<b>WOJTASIŃSKA Agnieszka</b>	<b>614</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 30-39	9			01:30:10	00:43:58	<b>01:29:21.60</b>	<b>02:59:32.20</b>	+00:21:35 (24.2%)	8:56	6.7 (75.3%)
10	<b>DRON Agnieszka</b>	<b>518</b>	FACE NORDIC WALKING TEAM DZIARSKIE TEAM	K 30-39	10			01:30:13	00:48:03	<b>01:34:27.00</b>	<b>03:04:40.55</b>	+00:26:41 (28.3%)	9:26	6.4 (71.9%)
11	<b>KULCZYŃSKA Jolanta</b>	<b>545</b>	FACE NORDIC WALKING TEAM	K 30-39	11			01:30:12	00:49:30	<b>01:40:00.35</b>	<b>03:10:12.80</b>	+00:32:14 (32.2%)	10:00	6 (67.4%)

Znaleziono 11 wynik(ów)