



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

Znaleziono 11 wynik(ów)