



# GDAŃSK - PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW  
Data: 2015-10-03  
Miejsce: Gdańsk  
Dystans: 5 km

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: K 45-49

| 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  |
|-----|---------------------|-------|-------------------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | SZPILMAN Katarzyna  | 261   | GDYNIA MOJE MIASTO                  | K 45-49   | 1    |                |                 | 01:48:39       | 00:35:27.40          | 02:24:06.65           |                      | 7:05            | 8.5<br>(100%)  |
| 2   | ŚWIERCZYŃSKA Joanna | 274   | KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE | K 45-49   | 2    |                |                 | 01:48:39       | 00:35:54.55          | 02:24:34.50           | +00:00:27<br>(1.3%)  | 7:11            | 8.4<br>(98.8%) |
| 3   | RECZULSKA Katarzyna | 223   | REGATTA NORDIC TEAM CZĘSTOCHOWA     | K 45-49   | 3    |                |                 | 01:48:39       | 00:36:14.05          | 02:24:53.60           | +00:00:46<br>(2.1%)  | 7:14            | 8.3<br>(97.6%) |
| 4   | FELIS Beata         | 57    |                                     | K 45-49   | 4    |                |                 | 01:48:39       | 00:37:24.15          | 02:26:03.75           | +00:01:56<br>(5.2%)  | 7:28            | 8<br>(94.1%)   |
| 5   | LANGMESSER Regina   | 144   | LKS ZANTYR SZTUM                    | K 45-49   | 5    |                |                 | 01:48:40       | 00:37:46.55          | 02:26:27.10           | +00:02:19<br>(6.1%)  | 7:33            | 7.9<br>(92.9%) |
| 6   | KARASIŃSKA Alicja   | 99    |                                     | K 45-49   | 6    |                |                 | 01:48:39       | 00:38:23.10          | 02:27:02.95           | +00:02:55<br>(7.6%)  | 7:40            | 7.8<br>(91.8%) |
| 7   | MATYJA Anna         | 163   |                                     | K 45-49   | 7    |                |                 | 01:48:40       | 00:39:31.60          | 02:28:12.05           | +00:04:04<br>(10.3%) | 7:54            | 7.6<br>(89.4%) |
| 8   | CIENNIK Kalina      | 35    |                                     | K 45-49   | 8    |                |                 | 01:48:43       | 00:39:41.80          | 02:28:25.00           | +00:04:14<br>(10.7%) | 7:56            | 7.6<br>(89.4%) |
| 9   | LENARTOWICZ Barbara | 145   | FOREVER YOUNG                       | K 45-49   | 9    |                |                 | 01:48:40       | 00:39:59.45          | 02:28:39.65           | +00:04:32<br>(11.3%) | 7:59            | 7.5<br>(88.2%) |
| 10  | TOMPOROWSKA Jolanta | 351   |                                     | K 45-49   | 10   |                |                 | 01:48:43       | 00:42:36.05          | 02:31:19.90           | +00:07:08<br>(16.8%) | 8:31            | 7<br>(82.4%)   |
| 11  | GÓRSKA Wioletta     | 70    | GOSIR OSIELSKO                      | K 45-49   | 11   |                |                 | 01:48:41       | 00:43:10.00          | 02:31:51.95           | +00:07:42<br>(17.9%) | 8:38            | 6.9<br>(81.2%) |
| 12  | NALEPKA Urszula     | 177   |                                     | K 45-49   | 12   |                |                 | 01:48:41       | 00:43:27.80          | 02:32:09.15           | +00:08:00<br>(18.4%) | 8:41            | 6.9<br>(81.2%) |
| 13  | WINCZEWSKA Anna     | 293   | RUCH PO ZDROWIE WŁOCŁAWEK           | K 45-49   | 13   |                |                 | 01:49:38       | 00:44:49.70          | 02:34:28.60           | +00:09:22<br>(20.9%) | 8:58            | 6.7<br>(78.8%) |
| 14  | PRACKA Katarzyna    | 212   | WTW WŁOCŁAWEK                       | K 45-49   | 14   |                |                 | 01:48:42       | 00:49:04.25          | 02:37:46.65           | +00:13:36<br>(27.7%) | 9:48            | 6.1<br>(71.8%) |

| 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  | LEWANDOWSKA-SOBIECH<br>Donata | 352   |               | K 45-49   | 15   |                |                 | 01:48:44       | 00:49:38.55          | 02:38:22.95           | +00:14:11<br>(28.6%) | 9:55            | 6<br>(70.6%)   |
| 16  | RUTKOWSKA Elżbieta            | 229   | WTW WŁOCŁAWEK | K 45-49   | 16   |                |                 | 01:48:43       | 00:59:11.80          | 02:47:55.35           | +00:23:44<br>(40.1%) | 11:50           | 5.1<br>(60.0%) |

Znaleziono 16 wynik(ów)