



# HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2016-09-10  
**Place:** Hajnówka  
**Distance:** 10 km



Classification: K30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>KOZŁOWSKA Sabina</b>	<b>709</b>	DĄBROWA NORDIC TEAM	K30-39	1			00:03:16	00:35:48	<b>01:13:44.25</b>	<b>01:17:00.95</b>		7:22	8.1 (100%)
2	<b>KOLARSKA Agnieszka</b>	<b>698</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:03:17	00:36:18	<b>01:13:59.70</b>	<b>01:17:16.70</b>	+00:00:15 (0.3%)	7:23	8.1 (100%)
3	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>736</b>	PRUSZYŃSKI NORDIC WALKING TEAM	K30-39	3			00:03:17	00:37:45	<b>01:17:11.20</b>	<b>01:20:28.20</b>	+00:03:26 (4.5%)	7:43	7.8 (96.3%)
4	<b>DZIEMIŃSKA Magdalena</b>	<b>674</b>	BŁĘKITNI NW DZIEMIANY	K30-39	4			00:03:18	00:40:33	<b>01:22:17.30</b>	<b>01:25:35.50</b>	+00:08:33 (10.4%)	8:13	7.3 (90.1%)
5	<b>KOŚCIUCZUK Agnieszka</b>	<b>705</b>		K30-39	5			00:03:18	00:40:26	<b>01:23:42.65</b>	<b>01:27:01.30</b>	+00:09:58 (11.9%)	8:22	7.2 (88.9%)
6	<b>DUDZICZ Barbara</b>	<b>671</b>		K30-39	6			00:03:21	00:42:43	<b>01:24:56.60</b>	<b>01:28:18.25</b>	+00:11:12 (13.2%)	8:29	7.1 (87.7%)
7	<b>ACKIEWICZ Marta</b>	<b>651</b>	POWIAT HAJNOWSKI	K30-39	7			00:03:18	00:42:26	<b>01:24:58.90</b>	<b>01:28:17.80</b>	+00:11:14 (13.2%)	8:29	7.1 (87.7%)
8	<b>KORCZ Marzena</b>	<b>701</b>	POWIAT HAJNOWSKI	K30-39	8			00:03:20	00:42:45	<b>01:25:25.30</b>	<b>01:28:45.95</b>	+00:11:41 (13.7%)	8:32	7 (86.4%)
9	<b>GERLE-KOTULA Anna</b>	<b>679</b>	UNIA MIAST	K30-39	9			00:03:17	00:43:42	<b>01:26:00.95</b>	<b>01:29:18.65</b>	+00:12:16 (14.3%)	8:36	7 (86.4%)
10	<b>KONDRACIUK Magdalena</b>	<b>700</b>	POWIAT HAJNOWSKI	K30-39	10			00:03:20	00:42:55	<b>01:26:48.40</b>	<b>01:30:09.20</b>	+00:13:04 (15.1%)	8:40	6.9 (85.2%)
11	<b>KIERDELEWICZ Irena</b>	<b>696</b>	POWIAT HAJNOWSKI	K30-39	11			00:03:18	00:44:17	<b>01:29:29.25</b>	<b>01:32:47.75</b>	+00:15:45 (17.6%)	8:56	6.7 (82.7%)
12	<b>KOŁODZIŃSKA Agnieszka</b>	<b>699</b>		K30-39	12			00:03:19	00:46:08	<b>01:34:47.15</b>	<b>01:38:07.05</b>	+00:21:02 (22.2%)	9:28	6.3 (77.8%)
13	<b>GLENCNER Mariola</b>	<b>680</b>	POWIAT HAJNOWSKI	K30-39	13			00:03:20	00:46:04	<b>01:35:04.15</b>	<b>01:38:24.20</b>	+00:21:19 (22.4%)	9:30	6.3 (77.8%)
14	<b>ALEKSIEJUK Monika</b>	<b>652</b>	KIJ-FANI POWIAT HAJNOWSKI	K30-39	14			00:03:18	00:47:18	<b>01:39:24.80</b>	<b>01:42:43.30</b>	+00:25:40 (25.8%)	9:56	6 (74.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	<b>JARYSZ Agnieszka</b>	<b>689</b>	FACE NORDIC WALKING TEAM	K30-39	15			00:03:17	00:50:29	<b>01:39:47.45</b>	<b>01:43:05.05</b>	+00:26:03 (26.1%)	9:58	6 (74.1%)

Total 15 results.