



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 10 KM

B4SPORT
INTEGRATING SPORTS PROGRAMS

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



Classification: K40-49

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	SPYCHAŁA Marzena	758	WESOŁY BORSUK TEAM	K40-49	1			00:03:41	00:35:21	01:12:00.55	01:15:42.20		7:12	8.3 (100%)
2	ŁUKASZEWICZ Joanna	725	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:03:41	00:35:51	01:12:43.70	01:16:25.45	+00:00:43 (1.0%)	7:16	8.2 (98.8%)
3	BALCERAK-KOLASA Joanna	655	EPOKA NORDICA ŁÓDŹ	K40-49	3			00:03:42	00:36:10	01:14:09.95	01:17:52.45	+00:02:09 (2.9%)	7:25	8.1 (97.6%)
4	DUSIEL Ewa	672	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:03:43	00:37:01	01:15:33.20	01:19:16.30	+00:03:32 (4.7%)	7:33	7.9 (95.2%)
5	KOWALCZYK Edyta	799	KS METRACO POLKOWICE	K40-49	5			00:03:42	00:38:09	01:17:33.70	01:21:16.20	+00:05:33 (7.2%)	7:45	7.7 (92.8%)
6	ROMANIUK Joanna	749	KIJ-FANI POWIAT HAJNOWSKI	K40-49	6			00:03:47	00:39:18	01:19:38.65	01:23:25.75	+00:07:38 (9.6%)	7:57	7.5 (90.4%)
7	UHRYN Ewa	773	GRUPA NW DOBRE MIASTO	K40-49	7			00:03:44	00:39:41	01:19:45.80	01:23:30.00	+00:07:45 (9.7%)	7:58	7.5 (90.4%)
8	WRÓŃSKA Wiesława	780	BŁĘKITNI NW DZIEMIANY	K40-49	8			00:03:46	00:39:38	01:19:48.80	01:23:35.20	+00:07:48 (9.8%)	7:58	7.5 (90.4%)
9	SITKO Małgorzata	752	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	9			00:03:42	00:38:40	01:19:50.10	01:23:32.65	+00:07:49 (9.8%)	7:59	7.5 (90.4%)
10	IWANIUK Halina	684	ZESPÓŁ SZKÓŁ Z DODATKOWĄ NAUKĄ JĘZYKA BIAŁORUSKIEGO W HAJNÓWCE	K40-49	10			00:03:45	00:40:52	01:21:09.15	01:24:55.00	+00:09:08 (11.3%)	8:07	7.4 (89.2%)
11	FRAŃCZEK Luiza	676		K40-49	11			00:03:47	00:41:24	01:21:43.40	01:25:30.65	+00:09:42 (11.9%)	8:10	7.3 (88.0%)
12	WYSOCKA Bernadeta	781	BŁĘKITNI NW DZIEMIANY	K40-49	12			00:03:44	00:40:12	01:22:29.30	01:26:13.70	+00:10:28 (12.7%)	8:14	7.3 (88.0%)
13	KOZŁOWSKA Agnieszka	793	FACE NORDIC WALKING TEAM	K40-49	13			00:03:43	00:40:43	01:24:07.15	01:27:50.80	+00:12:06 (14.4%)	8:24	7.1 (85.5%)
14	JABŁOŃSKA Małgorzata	686	POWIAT HAJNOWSKI	K40-49	14			00:03:47	00:42:16	01:25:00.85	01:28:48.80	+00:13:00 (15.3%)	8:30	7.1 (85.5%)
15	GRYC Halina	681		K40-49	15			00:03:45	00:41:48	01:25:33.65	01:29:19.40	+00:13:33 (15.8%)	8:33	7 (84.3%)
16	PIETRUSZKIEWICZ Anna	739		K40-49	16			00:03:48	00:42:14	01:26:16.80	01:30:04.80	+00:14:16 (16.5%)	8:37	7 (84.3%)
17	LINKA Renata	720		K40-49	17			00:03:43	00:42:40	01:26:19.35	01:30:03.05	+00:14:18 (16.6%)	8:38	6.9 (83.1%)

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18	IWANIUK-SAWCZUK Alina	685	POWIAT HAJNOWSKI	K40-49	18			00:04:09	00:42:08	01:26:26.30	01:30:36.05	+00:14:25 (16.7%)	8:38	6.9 (83.1%)
19	SZEWCZYK Agnieszka	765	FACE NORDIC WALKING TEAM	K40-49	19			00:03:45	00:43:02	01:28:56.65	01:32:42.05	+00:16:56 (19.0%)	8:53	6.7 (80.7%)
20	CIEŚLIK Ewa	665		K40-49	20			00:03:43	00:44:03	01:29:49.15	01:33:33.05	+00:17:48 (19.8%)	8:59	6.7 (80.7%)
21	LIPIŃSKA Urszula	721	FACE NORDIC WALKING TEAM	K40-49	21			00:03:46	00:46:12	01:34:14.20	01:38:00.60	+00:22:13 (23.6%)	9:25	6.4 (77.1%)
22	KRZYŚCIN Mirosława	710	SANTANDER CONSUMER BANK	K40-49	22			00:03:45	00:45:00	01:34:39.00	01:38:24.10	+00:22:38 (23.9%)	9:27	6.3 (75.9%)
23	MUDER Iwona	730	PUKS JEDYNKA ŁOSICE	K40-49	23			00:03:48	00:46:32	01:35:30.25	01:39:19.00	+00:23:29 (24.6%)	9:33	6.3 (75.9%)

Total 23 results.