



# HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5KM

B4SPORT

**Event:** FINAŁ PUCHARU POLSKI NORDIC WALKING  
**Organiser:** Polska Federacja Nordic Walking  
**Date:** 2018-09-08  
**Place:** Hajnówka  
**Distance:** 5 km



Classification: K40-44

Place	Participant	Number	Club	Category	MCat	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	REJMENTOWSKA Sylwia	388	PASJA NORDIC WALKING	K40-44	1		00:34:53.37		6:58	8.6 (100%)
2	IDKOWIAK Magdalena	158	KS IDMAR RACING TEAM	K40-44	2		00:35:11.37	+00:00:17 (0.9%)	7:02	8.5 (98.8%)
3	PUSZKARSKA Małgorzata	378		K40-44	3		00:35:17.47	+00:00:24 (1.1%)	7:03	8.5 (98.8%)
4	WILD Ewa	730		K40-44	4		00:36:10.87	+00:01:17 (3.6%)	7:14	8.3 (96.5%)
5	PIETRUSEWICZ Joanna	354		K40-44	5		00:36:39.94	+00:01:46 (4.8%)	7:20	8.2 (95.3%)
6	WOŁK Beata	743	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	6		00:37:48.38	+00:02:55 (7.7%)	7:33	7.9 (91.9%)
7	JAKOWIECKA Karolina	167	PASJA NORDIC WALKING	K40-44	7		00:38:59.77	+00:04:06 (10.5%)	7:47	7.7 (89.5%)
8	KĘDZIERSKA Barbara	203		K40-44	8		00:40:33.05	+00:05:39 (14.0%)	8:06	7.4 (86.0%)
9	KOZŁOWSKA Elżbieta	244		K40-44	9		00:41:24.84	+00:06:31 (15.8%)	8:17	7.2 (83.7%)
10	RAJEWSKA Beata	386		K40-44	10		00:41:46.24	+00:06:52 (16.5%)	8:21	7.2 (83.7%)
11	SZEMBERSKA Małgorzata	456	KLUBSPORTU.PL	K40-44	11		00:42:04.02	+00:07:10 (17.1%)	8:24	7.1 (82.6%)
12	ROMANCZUK Barbara	390	POWIAT HAJNÓWKA	K40-44	12		00:42:47.05	+00:07:53 (18.5%)	8:33	7 (81.4%)
13	DĘBSKA Marta	81	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-44	13		00:42:49.66	+00:07:56 (18.5%)	8:33	7 (81.4%)
14	KULA Monika	257	CHODZĘ Z SERCEM	K40-44	14		00:44:01.72	+00:09:08 (20.8%)	8:48	6.8 (79.1%)
15	SZOKAŁO-JEFIMIUK Bożena	463	POWIAT HAJNÓWKA	K40-44	15		00:44:05.06	+00:09:11 (20.9%)	8:49	6.8 (79.1%)
16	GRAF Katarzyna	135		K40-44	16		00:44:11.03	+00:09:17 (21.0%)	8:50	6.8 (79.1%)
17	FAŁDYGA Joanna	102	PASJA NORDIC WALKING	K40-44	17		00:44:21.44	+00:09:28 (21.3%)	8:52	6.8 (79.1%)
18	PIETRUSZKIEWICZ Anna	355	HAJNÓWKA	K40-44	18		00:44:33.18	+00:09:39 (21.7%)	8:54	6.7 (77.9%)
19	DZIENISZEWSKA Alina	99		K40-44	19		00:45:15.10	+00:10:21 (22.9%)	9:03	6.6 (76.7%)
20	MUDER Iwona	176	PUKS JEDYNKA ŁOSICE	K40-44	20		00:45:42.60	+00:10:49 (23.7%)	9:08	6.6 (76.7%)
21	GLENCNER Mariola	122		K40-44	21		00:47:11.09	+00:12:17 (26.1%)	9:26	6.4 (74.4%)
22	MORDAŃ Elżbieta	313	POWIAT HAJNÓWKA	K40-44	22		00:47:35.42	+00:12:42 (26.7%)	9:31	6.3 (73.3%)
23	GAWRYLUK Barbara	115		K40-44	23		00:48:17.95	+00:13:24 (27.8%)	9:39	6.2 (72.1%)
24	WRZOSEK Ewa	749		K40-44	24		00:48:18.19	+00:13:24 (27.8%)	9:39	6.2 (72.1%)
25	URBANOWICZ Beata	706	SANTANDER CONSUMER BANK	K40-44	25		00:48:48.60	+00:13:55 (28.5%)	9:45	6.1 (70.9%)
26	ANDREJUK Agnieszka	17		K40-44	26		00:51:59.10	+00:17:05 (32.9%)	10:23	5.8 (67.4%)
27	WASIAK Krystyna	717	POWIAT HAJNÓWKA	K40-44	27		00:53:34.83	+00:18:41 (34.9%)	10:43	5.6 (65.1%)

Place	Participant	Number	Club	Category	MCat	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
28	<b>SZPILKO Mirosława</b>	<b>466</b>	POWIAT HAJNÓWKA	K40-44	28		<b>00:57:23.05</b>	+00:22:29 (39.2%)	11:28	5.2 (60.5%)
29	<b>PUC Agnieszka</b>	<b>377</b>	RAKKAR	K40-44	29		<b>01:10:02.43</b>	+00:35:09 (50.2%)	14:00	4.3 (50.0%)
30	<b>WIŚNIEWSKA Magdalena</b>	<b>732</b>		K40-44	30		<b>01:13:35.58</b>	+00:38:42 (52.6%)	14:43	4.1 (47.7%)

Total 30 results.