

# HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

**Event:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organiser:** Hajnówka  
**Date:** 2019-09-14  
**Place:** Hajnówka  
**Distance:** 10 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	laps 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	WĘŻOWICZ Ewa	584	STADION ŚLĄSKI	K40-49	1			00:34:15	<b>01:08:03.65</b>		6:48	8.8 (100%)
2	KOZAKOWSKA Małgorzata	730	KLUB SPORTOWY SOKÓŁ GAŚAWA	K40-49	2			00:35:04	<b>01:10:08.52</b>	+00:02:04 (3.0%)	7:00	8.6 (97.7%)
3	OSTROCHALSKA Aleksandra	554	POLIPACK TEAM GWE	K40-49	3			00:35:14	<b>01:11:01.33</b>	+00:02:57 (4.2%)	7:06	8.4 (95.5%)
4	RAJEK Magdalena	562	NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:35:57	<b>01:12:00.85</b>	+00:03:57 (5.5%)	7:12	8.3 (94.3%)
5	RASZEWSKA Izabela	563	FORMA NA PIĄTKĘ NW	K40-49	5			00:36:02	<b>01:13:13.46</b>	+00:05:09 (7.1%)	7:19	8.2 (93.2%)
6	MUSIATOWICZ Aleksandra	727	PASJA NORDIC WALKING	K40-49	6			00:36:42	<b>01:14:13.91</b>	+00:06:10 (8.3%)	7:25	8.1 (92.0%)
7	PIETRZCHAŁA Aleksandra	663	NW FORMA NA PIĄTKĘ	K40-49	7			00:37:54	<b>01:16:07.08</b>	+00:08:03 (10.6%)	7:36	7.9 (89.8%)
8	GWAREK Anita	521	PASJA NORDIC WALKING	K40-49	8			00:37:53	<b>01:16:09.11</b>	+00:08:05 (10.6%)	7:36	7.9 (89.8%)
9	MAZURCZAK Grażyna	548	NOWI SIEDLCE	K40-49	9			00:38:06	<b>01:16:38.09</b>	+00:08:34 (11.2%)	7:39	7.8 (88.6%)
10	CONTUCCI Ewa	509	NORDIC TEAM CZĘSTOCHOWA	K40-49	10			00:38:41	<b>01:17:24.90</b>	+00:09:21 (12.1%)	7:44	7.8 (88.6%)
11	STANKOWSKA Marzena	597	KIJKOWE TRZEMESZNO	K40-49	11			00:39:30	<b>01:19:35.18</b>	+00:11:31 (14.5%)	7:57	7.5 (85.2%)
12	SĘDZIK Katarzyna	568	LECZYMY DURŚ	K40-49	12			00:39:32	<b>01:19:44.49</b>	+00:11:40 (14.6%)	7:58	7.5 (85.2%)
13	CIESIELSKA Renata	508	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	13			00:39:52	<b>01:19:57.74</b>	+00:11:54 (14.9%)	7:59	7.5 (85.2%)
14	RYDZEWSKI Agnieszka	564		K40-49	14			00:40:31	<b>01:21:17.68</b>	+00:13:14 (16.3%)	8:07	7.4 (84.1%)
15	KISIEL Aneta	531		K40-49	15			00:40:32	<b>01:21:32.12</b>	+00:13:28 (16.5%)	8:09	7.4 (84.1%)
16	WYSOCKA Bernadeta	594	BŁĘKITNI NW DZIEMIANY	K40-49	16			00:40:33	<b>01:22:18.19</b>	+00:14:14 (17.3%)	8:13	7.3 (83.0%)
17	KIDAWA Danuta	600	SANTANDER CONSUMER BANK	K40-49	17			00:41:05	<b>01:23:32.81</b>	+00:15:29 (18.5%)	8:21	7.2 (81.8%)
18	SZELIGA Justyna	573	LIDER GRODZISK MAZOWIECKI	K40-49	18			00:43:36	<b>01:26:50.86</b>	+00:18:47 (21.6%)	8:41	6.9 (78.4%)
19	WALESIUK Elżbieta	758		K40-49	19			00:43:55	<b>01:27:32.14</b>	+00:19:28 (22.2%)	8:45	6.9 (78.4%)
20	KOŚCIUCZUK Agnieszka	540		K40-49	20			00:43:56	<b>01:28:31.13</b>	+00:20:27 (23.1%)	8:51	6.8 (77.3%)
21	FRĄCZEK Luiza	515		K40-49	21			00:44:00	<b>01:28:31.88</b>	+00:20:28 (23.1%)	8:51	6.8 (77.3%)
22	BURA Renata	504	POWIAT HAJNOWSKI	K40-49	22			00:44:43	<b>01:30:05.15</b>	+00:22:01 (24.4%)	9:00	6.7 (76.1%)
23	BRUSZEWSKA Barbara	503		K40-49	23			00:44:54	<b>01:30:21.86</b>	+00:22:18 (24.7%)	9:02	6.6 (75.0%)
24	MACIEJCZUK Marta	669		K40-49	24			00:45:12	<b>01:33:00.66</b>	+00:24:57 (26.8%)	9:18	6.5 (73.9%)
25	OSIELSKA-FAFARA Justyna	553	TKKF KRZNA BIAŁA PODLASKA	K40-49	25			00:46:48	<b>01:33:50.72</b>	+00:25:47 (27.5%)	9:23	6.4 (72.7%)
26	URBANOWICZ Beata	580	SANTANDER CONSUMER BANK	K40-49	26			00:49:31	<b>01:39:24.60</b>	+00:31:20 (31.5%)	9:56	6 (68.2%)

Total 26 results.