

HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: PUCHAR POLSKI NORDIC WALKING 2019
Organiser: Hajnówka
Date: 2019-09-14
Place: Hajnówka
Distance: 5 km



Classification: K45-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	JÓŹWIAK Marianna	158	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:34:44.39		6:57	8.6 (100%)
2	ROMAŃCZUK Agnieszka	345	NOWI SIEDLCE	K45-49	2			00:36:43.25	+00:01:58 (5.4%)	7:20	8.2 (95.3%)
3	PIETRUSEWICZ Joanna	314	PASJA NORDIC WALKING	K45-49	3			00:37:16.13	+00:02:31 (6.8%)	7:27	8.1 (94.2%)
4	WAWRZYNIAK Anna	440	POLIPACK TEAM GWE	K45-49	4			00:37:33.25	+00:02:48 (7.5%)	7:30	8 (93.0%)
5	MIKUSINSKA Jola	269	FEAR THE RETURN	K45-49	5			00:38:14.26	+00:03:29 (9.1%)	7:38	7.8 (90.7%)
6	WALESZKO Anna	435	PASJA NORDIC WALKING	K45-49	6			00:38:40.03	+00:03:55 (10.2%)	7:44	7.8 (90.7%)
7	PONKA Barbara	324	POLIPACK TEAM GWE	K45-49	7			00:39:04.89	+00:04:20 (11.1%)	7:49	7.7 (89.5%)
8	GRABOWSKA Bożena	117	LKS ZANTYR SZTUM	K45-49	8			00:39:32.00	+00:04:47 (12.1%)	7:54	7.6 (88.4%)
9	KUBAT Monika	213	NORDIC TEAM CZĘSTOCHOWA	K45-49	9			00:40:38.82	+00:05:54 (14.5%)	8:07	7.4 (86.0%)
10	GOLAK-WEGIERA Katarzyna	106	ROXKIJE ROKIETNICA	K45-49	10			00:41:02.02	+00:06:17 (15.3%)	8:12	7.3 (84.9%)
11	ROSIAK Bogusława	346		K45-49	11			00:41:04.94	+00:06:20 (15.4%)	8:13	7.3 (84.9%)
12	TEUBERT Anna	416	ROXKIJE ROKIETNICA	K45-49	12			00:41:10.25	+00:06:25 (15.6%)	8:14	7.3 (84.9%)
13	GRUSZKA Iwona	681	UNIA MIAST	K45-49	13			00:44:10.75	+00:09:26 (21.4%)	8:50	6.8 (79.1%)
14	MURZYK Anna	277	LIDER GRODZISK MAZOWIECKI	K45-49	14			00:44:54.84	+00:10:10 (22.7%)	8:59	6.7 (77.9%)
15	GRYC Halina	775		K45-49	15			00:45:00.82	+00:10:16 (22.8%)	9:00	6.7 (77.9%)
16	KUNICKA Renata	219	NORDIC TEAM CZĘSTOCHOWA	K45-49	16			00:45:54.29	+00:11:09 (24.3%)	9:10	6.5 (75.6%)
17	DOLBAK Maryna	783	NORDIC BREST	K45-49	17			00:47:03.69	+00:12:19 (26.2%)	9:24	6.4 (74.4%)
18	STEFANEK Teresa	738	SANTANDER CONSUMER BANK	K45-49	18			00:47:10.67	+00:12:26 (26.4%)	9:26	6.4 (74.4%)
19	MUDER Iwona	670	PUKS-JEDYNKA	K45-49	19			00:48:18.05	+00:13:33 (28.1%)	9:39	6.2 (72.1%)
20	GĄSOWSKA Walentyna	100	HAJNÓWKA	K45-49	20			00:50:09.52	+00:15:25 (30.7%)	10:02	6 (69.8%)
21	KNITTER Anna	481	BŁĘKITNI NW DZIEMIANY	K45-49	21			00:52:17.39	+00:17:32 (33.6%)	10:27	5.7 (66.3%)
22	MAZURUK Aneta	679		K45-49	22			00:52:35.84	+00:17:51 (34.0%)	10:31	5.7 (66.3%)
23	ANDREJUK Agnieszka	755		K45-49	23			00:55:20.45	+00:20:36 (37.2%)	11:04	5.4 (62.8%)
24	BÓJKO-PIETROCZUK Bogusława	744	ZSZ HAJNÓWKA	K45-49	24			00:58:28.29	+00:23:43 (40.6%)	11:41	5.1 (59.3%)
25	GRYGORUK Irena	500	II LO Z DNJB W HAJNÓWCE	K45-49	25			00:58:30.40	+00:23:46 (40.6%)	11:42	5.1 (59.3%)
26	PUC Agnieszka	330	RAKKAR	K45-49	26			01:00:28.58	+00:25:44 (42.6%)	12:05	5 (58.1%)

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27	PIENIĄCZAK Ewa	792	SANTANDER CONSUMER BANK	K45-49	27			01:01:33.02	+00:26:48 (43.6%)	12:18	4.9 (57.0%)
28	DANILUK Krystyna	534		K45-49	28			01:05:37.73	+00:30:53 (47.1%)	13:07	4.6 (53.5%)

Total 28 results.