



HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organiser: PFNW
Date: 2015-09-12
Place: Hajnówka
Distance: 5 km



Classification: K 60-64

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	KANIECKA Zofia	181	NW CIECHANÓW	K 60-64	1			02:00:17	00:36:39	02:36:56		7:19	8.2 (100%)
2	DANA Kazimiera	74	KLUB NW "PATYCZAKI"	K 60-64	2			02:00:19	00:37:25	02:37:44	+00:00:46 (2.0%)	7:29	8 (97.6%)
3	GRZYWOCZ Irena	141		K 60-64	3			02:00:26	00:38:13	02:38:39	+00:01:34 (4.1%)	7:38	7.8 (95.1%)
4	BOGDAN Grażyna	40	NW CIECHANÓW	K 60-64	4			02:00:17	00:38:20	02:38:37	+00:01:41 (4.4%)	7:40	7.8 (95.1%)
5	KOŁPAK Irena	200	LKS ZANTYR	K 60-64	5			02:00:18	00:39:00	02:39:18	+00:02:21 (6.0%)	7:48	7.7 (93.9%)
6	JURCZUK Eugenia	276		K 60-64	6			02:00:18	00:41:09	02:41:27	+00:04:30 (10.9%)	8:13	7.3 (89.0%)
7	MAZUR Barbara	283	CHODZĘ Z SERCEM	K 60-64	7			02:00:17	00:41:18	02:41:35	+00:04:39 (11.3%)	8:15	7.3 (89.0%)
8	SZNAJDER Teresa	439	ZSE-U W RYBNIKU	K 60-64	8			02:00:18	00:41:27	02:41:45	+00:04:48 (11.6%)	8:17	7.2 (87.8%)
9	STARZYŃSKA Ewa	424	KGHM METRACO	K 60-64	9			02:00:23	00:41:29	02:41:52	+00:04:50 (11.7%)	8:17	7.2 (87.8%)
10	DEMSKA Halina	78	LKS ZANTYR SZTUM	K 60-64	10			02:00:20	00:41:59	02:42:19	+00:05:20 (12.7%)	8:23	7.1 (86.6%)
11	KLUJ Jadwiga	196		K 60-64	11			02:00:18	00:42:02	02:42:20	+00:05:23 (12.8%)	8:24	7.1 (86.6%)
12	POCHRZĘST Paulina	354	CHOSZCZÓWKA	K 60-64	12			01:59:27	00:42:18	02:41:45	+00:05:39 (13.4%)	8:27	7.1 (86.6%)
13	KIERGIELEWICZ Teodora	191	AKTYWNI Z PASJĄ ŁUKÓW	K 60-64	13			02:00:22	00:42:42	02:43:04	+00:06:03 (14.2%)	8:32	7 (85.4%)
14	WILCZYŃSKA Barbara	493	AKTYWNI Z PASJĄ ŁUKÓW	K 60-64	14			02:00:21	00:43:13	02:43:34	+00:06:34 (15.2%)	8:38	6.9 (84.1%)

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15	WIADERSKA Grażyna	488		K 60-64	15			02:00:16	00:44:42	02:44:58	+00:08:03 (18.0%)	8:56	6.7 (81.7%)
16	BAGROWSKA Alla	25	UTW	K 60-64	16			02:00:21	00:44:44	02:45:05	+00:08:05 (18.1%)	8:56	6.7 (81.7%)
17	TELENTEJUK Anna	462	UTW	K 60-64	17			02:00:20	00:44:45	02:45:05	+00:08:06 (18.1%)	8:57	6.7 (81.7%)
18	PIORO Jadwiga	352		K 60-64	18			02:01:06	00:44:53	02:45:59	+00:08:14 (18.3%)	8:58	6.7 (81.7%)
19	RĘBISZ Grażyna	104	KOLBUSZOWSKI KLUB NORDIC WALKING	K 60-64	19			02:00:25	00:46:00	02:46:25	+00:09:21 (20.3%)	9:12	6.5 (79.3%)
20	CHMIELEWSKA Elżbieta	58		K 60-64	20			02:00:17	00:46:02	02:46:19	+00:09:23 (20.4%)	9:12	6.5 (79.3%)
21	KOCZUR Dorota	282	KOLBUSZOWSKI KLUB NORDIC WALKING	K 60-64	21			02:00:23	00:46:32	02:46:55	+00:09:53 (21.2%)	9:18	6.4 (78.0%)
22	LECYK Jadwiga	241	CHODŻĘ Z SERCEM	K 60-64	22			02:00:22	00:47:36	02:47:58	+00:10:57 (23.0%)	9:31	6.3 (76.8%)
23	JASIŃSKA Bogumiła	166	K.S.ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	23			02:00:27	00:47:43	02:48:10	+00:11:04 (23.2%)	9:32	6.3 (76.8%)
24	ZEMŁA Ewa	521	BAWILAND	K 60-64	24			02:00:25	00:48:17	02:48:42	+00:11:38 (24.1%)	9:39	6.2 (75.6%)
25	JADANOWSKA Halina	155	K.S.ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	25			02:00:27	00:48:22	02:48:49	+00:11:43 (24.2%)	9:40	6.2 (75.6%)
26	PRUSZKIEWICZ Jadwiga	360	RUCH PO ZDROWIE WŁOCŁAWEK	K 60-64	26			02:00:21	00:48:59	02:49:20	+00:12:20 (25.2%)	9:47	6.1 (74.4%)
27	SŁOWIŃSKA Teresa	414		K 60-64	27			02:00:21	00:49:34	02:49:55	+00:12:55 (26.1%)	9:54	6.1 (74.4%)
28	TARCZYŃSKA Helena	460	AKTYWNI Z PASJĄ ŁUKÓW	K 60-64	28			02:00:23	00:50:06	02:50:29	+00:13:27 (26.8%)	10:01	6 (73.2%)
29	TYSZKO-DUBOW Walentyna	473	UTW	K 60-64	29			02:00:19	00:51:05	02:51:24	+00:14:26 (28.3%)	10:13	5.9 (72.0%)
30	CHUDZIŃSKA Grażyna	64	K.S.ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	30			02:00:26	00:51:09	02:51:35	+00:14:30 (28.3%)	10:13	5.9 (72.0%)
31	REDUCH Zofia	370	UTW	K 60-64	31			02:00:24	00:51:13	02:51:37	+00:14:34 (28.4%)	10:14	5.9 (72.0%)
32	OLSZEWSKA Maria	315	UNIWERSYTET III WIEKU	K 60-64	32			02:00:24	00:52:02	02:52:26	+00:15:23 (29.6%)	10:24	5.8 (70.7%)
33	KALINOWSKA Danuta	180	UTW HAJNÓWKA	K 60-64	33			02:00:22	00:52:35	02:52:57	+00:15:56 (30.3%)	10:31	5.7 (69.5%)
34	KUŚMIEREK Bogumiła	235		K 60-64	34			02:00:25	00:52:36	02:53:01	+00:15:57 (30.3%)	10:31	5.7 (69.5%)
35	RUTOWICZ Barbara	382	CHOSZCZÓWKA	K 60-64	35			02:00:25	00:52:57	02:53:22	+00:16:18 (30.8%)	10:35	5.7 (69.5%)