



# SZTUM - PUCHAR POMORZA NORDIC WALKING - 10KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-09-05  
**Miejsce:** Sztum  
**Dystans:** 10 km



Klasyfikacja: K 30-39

| Msc | Zawodnik                  | Numer | Klub                        | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 5km             | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|-------|-----------------------------|-----------|------|----------------|-----------------|----------------|-----------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | PARAFINIUK Krzysztofa     | 234   | LKS ZANTYR                  | K 30-39   | 1    |                |                 | 00:03:34       | 00:31:46        | 01:03:43              | 01:07:17               |                      | 6:22            | 9.4<br>(100%)  |
| 2   | REJ Anna                  | 237   |                             | K 30-39   | 2    |                |                 | 00:03:37       | 00:32:29        | 01:05:13              | 01:08:50               | +00:01:30<br>(2.3%)  | 6:31            | 9.2<br>(97.9%) |
| 3   | STEPCZYŃSKA Angelika      | 244   | THE BEST-MY IDZIEMY I CZEŚĆ | K 30-39   | 3    |                |                 | 00:03:35       | 00:33:13        | 01:07:18              | 01:10:53               | +00:03:35<br>(5.3%)  | 6:43            | 8.9<br>(94.7%) |
| 4   | KURZYŃSKA Natalia         | 220   |                             | K 30-39   | 4    |                |                 | 00:03:37       | 00:33:25        | 01:10:10              | 01:13:47               | +00:06:27<br>(9.2%)  | 7:01            | 8.6<br>(91.5%) |
| 5   | LABUDDA Katarzyna         | 100   | WEJHEROWO CITY              | K 30-39   | 5    |                |                 | 00:03:35       | 00:37:19        | 01:15:48              | 01:19:23               | +00:12:05<br>(15.9%) | 7:34            | 7.9<br>(84.0%) |
| 6   | LEWANDOWSKA Anna          | 222   | ZAKĄTEK DANKOWO             | K 30-39   | 6    |                |                 | 00:03:34       | 00:38:06        | 01:16:20              | 01:19:54               | +00:12:37<br>(16.5%) | 7:38            | 7.9<br>(84.0%) |
|     | LISEWSKA Jana             | 224   | MUMIN TEAM                  | K 30-39   |      |                |                 | DNF            | 00:35:47<br>DNF | DNF                   | DNF                    |                      | -               | - (0.0%)       |
|     | KILISZEWSKA<br>Aleksandra | 255   |                             | K 30-39   |      |                |                 | DNF            | 00:39:40<br>DNF | DNF                   | DNF                    |                      | -               | - (0.0%)       |

Znaleziono 8 wynik(ów)