



# IX OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - AMATORZY 4KM

B4SPORT

**Event:** IX Otwarte Mistrzostwa LUBINA w NORDIC WALKING  
**Organiser:** Regionalne Centrum Sportowe Sp. z o.o.  
**Date:** 2017-10-29  
**Place:** Lubin  
**Distance:** 4 km



Classification: K46+

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Start time	Start_All 2km	Net time 4km	Czas brutto 4km	Gap	Pace min/km	Pace km/h
1	<b>BAJ Danuta</b>	<b>1</b>	ŚCINAWSKA GRUPA NORDIC WALKING	K46+	1		00:00:10	00:17:25	<b>00:35:19.95</b>	<b>00:35:30.40</b>		8:50	6.8 (100%)
2	<b>GRYGOROWICZ Teresa</b>	<b>7</b>	KS METRACO POLKOWICE	K46+	2		00:00:10	00:18:10	<b>00:36:52.55</b>	<b>00:37:02.75</b>	+00:01:32 (4.2%)	9:13	6.5 (95.6%)
3	<b>KAMIŃSKA Elżbieta</b>	<b>12</b>	LUBIN	K46+	3		00:00:08	00:19:04	<b>00:38:51.75</b>	<b>00:39:00.45</b>	+00:03:31 (9.1%)	9:43	6.2 (91.2%)
4	<b>MALISZEWSKA Sylwia</b>	<b>21</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K46+	4		00:00:11	00:20:02	<b>00:40:49.10</b>	<b>00:41:00.65</b>	+00:05:29 (13.4%)	10:12	5.9 (86.8%)
5	<b>JAŚ Jolanta</b>	<b>44</b>		K46+	5		00:00:11	00:21:47	<b>00:43:59.10</b>	<b>00:44:10.50</b>	+00:08:39 (19.7%)	10:59	5.5 (80.9%)
6	<b>HYŻY Katarzyna</b>	<b>8</b>		K46+	6		00:00:09	00:22:16	<b>00:44:05.55</b>	<b>00:44:15.05</b>	+00:08:45 (19.9%)	11:01	5.4 (79.4%)
7	<b>WIŚNIEWSKA Mariola</b>	<b>39</b>	AZYMUT	K46+	7		00:00:11	00:22:08	<b>00:44:12.95</b>	<b>00:44:24.30</b>	+00:08:53 (20.1%)	11:03	5.4 (79.4%)
8	<b>IGLIŃSKA Maria</b>	<b>9</b>	AZYMUT	K46+	8		00:00:12	00:21:58	<b>00:44:55.90</b>	<b>00:45:08.25</b>	+00:09:35 (21.4%)	11:14	5.3 (77.9%)
9	<b>PRAŁAT Grażyna</b>	<b>25</b>	AZYMUT	K46+	9		00:00:12	00:21:45	<b>00:44:55.95</b>	<b>00:45:08.00</b>	+00:09:36 (21.4%)	11:14	5.3 (77.9%)
10	<b>KITA Grażyna</b>	<b>45</b>	STOWARZYSZENIE NORDIC	K46+	10		00:00:10	00:23:32	<b>00:48:45.55</b>	<b>00:48:56.05</b>	+00:13:25 (27.5%)	12:11	4.9 (72.1%)

Total 10 results.