



# JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2016-06-26  
**Place:** Jarosławiec  
**Distance:** 10 km



Classification: K30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>PARAFINIUK Krzysztofa</b>	<b>179</b>	LKS ZANTYR SZTUM	K30-39	1			00:02:17	00:21:09	00:42:27	01:03:44	<b>01:24:08.80</b>	<b>01:26:26.70</b>		8:24	7.1 (100%)
2	<b>KINDA Dorota</b>	<b>204</b>		K30-39	2			00:02:17	00:22:47	00:45:13	01:07:39	<b>01:29:55.10</b>	<b>01:32:12.85</b>	+00:05:46 (6.4%)	8:59	6.7 (94.4%)
3	<b>KURZYŃSKA Natalia</b>	<b>205</b>		K30-39	3			00:02:17	00:22:44	00:45:39	01:08:47	<b>01:31:50.00</b>	<b>01:34:07.90</b>	+00:07:41 (8.4%)	9:11	6.5 (91.5%)
4	<b>FARON Monika</b>	<b>163</b>		K30-39	4			00:02:18	00:24:01	00:48:30	01:13:12	<b>01:37:21.75</b>	<b>01:39:40.40</b>	+00:13:12 (13.6%)	9:44	6.2 (87.3%)
5	<b>REKOWSKA Danuta</b>	<b>181</b>	BŁĘKITNI NW DZIEMIANY	K30-39	5			00:02:18	00:24:24	00:48:55	01:13:20	<b>01:37:45.10</b>	<b>01:40:03.65</b>	+00:13:36 (13.9%)	9:46	6.1 (85.9%)
6	<b>TOKARCZYK Marta</b>	<b>189</b>		K30-39	6			00:03:05	00:25:02	00:49:10	01:13:56	<b>01:38:15.20</b>	<b>01:41:20.80</b>	+00:14:06 (14.4%)	9:49	6.1 (85.9%)
7	<b>WALCZYK Anna</b>	<b>201</b>		K30-39	7			00:02:18	00:24:42	00:50:14	01:15:47	<b>01:41:41.40</b>	<b>01:44:00.35</b>	+00:17:32 (17.3%)	10:10	5.9 (83.1%)
8	<b>LUBIŃSKA Olga</b>	<b>177</b>	DWA KIJE	K30-39	8			00:02:19	00:27:06	00:53:59	01:21:29	<b>01:48:33.55</b>	<b>01:50:53.10</b>	+00:24:24 (22.5%)	10:51	5.5 (77.5%)
9	<b>ADAMCZAK Marta</b>	<b>151</b>		K30-39	9			00:02:18	00:26:36	00:53:56	01:21:56	<b>01:49:43.35</b>	<b>01:52:01.40</b>	+00:25:34 (23.3%)	10:58	5.5 (77.5%)
10	<b>MAŁECKA Karolina</b>	<b>178</b>		K30-39	10			00:03:05	00:31:30	01:02:21	01:34:04	<b>02:03:15.85</b>	<b>02:06:21.55</b>	+00:39:07 (31.7%)	12:19	4.9 (69.0%)

Total 10 results.