



KOLBUSZOWA - PUCHAR EUROPY NORDIC WALKING - 5KM

B4SPORT

Organiser: PFNW
Date: 2015-06-06
Place: Kolbuszowa
Distance: 5 km



Classification: K30-39

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	ZIĘTEK Sylwia	343	SILESIA NORDIC TEAM	K30-39	1			00:10:37	00:34:36	00:45:13		6:55	8.7 (100%)
2	SZUREK Joanna	297		K30-39	2			00:10:38	00:34:39	00:45:17	+00:00:03 (0.1%)	6:55	8.7 (100%)
3	JENDRUCHNIEWICZ Katarzyna	469		K30-39	3			00:10:35	00:35:55	00:46:30	+00:01:19 (3.7%)	7:11	8.4 (96.6%)
4	RĘDZINIAK Marzena	244	KLUBSPORTU.PL	K30-39	4			00:10:37	00:36:38	00:47:15	+00:02:02 (5.6%)	7:19	8.2 (94.3%)
5	GRZYB Izabela	73	REGATTA NORDIC TEAM CZĘSTOCHOWA	K30-39	5			00:10:37	00:37:10	00:47:47	+00:02:34 (6.9%)	7:26	8.1 (93.1%)
6	BEDNARZ Małgorzata	10	MDK SZCZEBRZESZYN	K30-39	6			00:10:35	00:38:01	00:48:36	+00:03:25 (9.0%)	7:36	7.9 (90.8%)
7	KOSTRUBIEC Agnieszka	119	MDK SZCZEBRZESZYN	K30-39	7			00:10:35	00:38:23	00:48:58	+00:03:47 (9.9%)	7:40	7.8 (89.7%)
8	DZIUBA Alicja	45	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K30-39	8			00:10:36	00:38:54	00:49:30	+00:04:18 (11.1%)	7:46	7.7 (88.5%)
9	JABŁOŃSKA Justyna	80	GREEN TEAM	K30-39	9			00:10:36	00:39:15	00:49:51	+00:04:39 (11.8%)	7:51	7.6 (87.4%)
10	URBAŃSKA Małgorzata	464		K30-39	10			00:10:36	00:39:18	00:49:54	+00:04:42 (12.0%)	7:51	7.6 (87.4%)
11	SZELIGA Anna	290		K30-39	11			00:10:40	00:40:07	00:50:47	+00:05:31 (13.8%)	8:01	7.5 (86.2%)
12	KISAŁA Agnieszka	462	SPORTUR GMINA ŁAŃCUT	K30-39	12			00:10:38	00:40:40	00:51:18	+00:06:04 (14.9%)	8:08	7.4 (85.1%)
13	SZWED Małgorzata	460	KLUBSPORTU.PL	K30-39	13			00:10:40	00:40:47	00:51:27	+00:06:11 (15.2%)	8:09	7.4 (85.1%)
14	STARUCHOWICZ Katarzyna	277	KLUB BIEGACZA BIAŁA BIEGA	K30-39	14			00:10:36	00:42:04	00:52:40	+00:07:28 (17.7%)	8:24	7.1 (81.6%)

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15	NIEMCZYK Urszula	196	FINISZ RYMANÓW	K30-39	15			00:10:37	00:42:24	00:53:01	+00:07:48 (18.4%)	8:28	7.1 (81.6%)
16	MAKSOŃ Jolanta	166	KLUB SPORTU.PL	K30-39	16			00:10:40	00:43:20	00:54:00	+00:08:44 (20.2%)	8:40	6.9 (79.3%)
17	MAZUR Agata	181	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	17			00:10:36	00:43:34	00:54:10	+00:08:58 (20.6%)	8:42	6.9 (79.3%)
18	KAŹMIERCZAK Żanetta	101	GOSIR NORDIC DEVELOPMENT OSIELSKO	K30-39	18			00:10:39	00:43:35	00:54:14	+00:08:59 (20.6%)	8:43	6.9 (79.3%)
19	KOPACZ Elżbieta	114	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	19			00:10:41	00:44:15	00:54:56	+00:09:39 (21.8%)	8:51	6.8 (78.2%)
20	MACIEJAK Monika	162		K30-39	20			00:10:39	00:44:53	00:55:32	+00:10:17 (22.9%)	8:58	6.7 (77.0%)
21	WINIARSKA Magdalena	326		K30-39	21			00:10:39	00:45:47	00:56:26	+00:11:11 (24.4%)	9:09	6.6 (75.9%)
22	KUSKOWSKA Beata	478		K30-39	22			00:10:42	00:46:12	00:56:54	+00:11:36 (25.1%)	9:14	6.5 (74.7%)
23	CIEŚLA Jadwiga	34		K30-39	23			00:10:37	00:46:15	00:56:52	+00:11:39 (25.2%)	9:15	6.5 (74.7%)
23	STRZĘPA Halina	282		K30-39	24			00:10:38	00:46:15	00:56:53	+00:11:39 (25.2%)	9:15	6.5 (74.7%)
25	MAREK Monika	169	NW - NOWA DĘBA	K30-39	25			00:14:47	00:50:08	01:04:55	+00:15:32 (31.0%)	10:01	6 (69.0%)
26	PSZENICZNY-PIECUCH Karolina	232		K30-39	26			00:10:40	00:52:17	01:02:57	+00:17:41 (33.8%)	10:27	5.7 (65.5%)

Total 26 results.