



KOLBUSZOWA - PUCHAR EUROPY NORDIC WALKING - 5KM

B4SPORT

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



Classification: K45-49

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	RECZULSKA Katarzyna	239	REGATTA NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:12:28	00:37:25	00:49:53		7:29	8 (100%)
2	ZAŁĘSKA-MAGDA Edyta	340	SZKOLNY KLUB NORDIC WALKING	K45-49	2			00:12:25	00:37:41	00:50:06	+00:00:16 (0.7%)	7:32	8 (100%)
3	SUGALSKA Małgorzata	285	MOSIR	K45-49	3			00:12:24	00:37:52	00:50:16	+00:00:27 (1.2%)	7:34	7.9 (98.8%)
4	FELIS Beata	194		K45-49	4			00:12:27	00:38:07	00:50:34	+00:00:42 (1.8%)	7:37	7.9 (98.8%)
5	KRÓLICKA Iwona	127	FINISZ RYMANÓW	K45-49	5			00:12:26	00:38:23	00:50:49	+00:00:58 (2.5%)	7:40	7.8 (97.5%)
6	NADOLSKA Halina	191	MOSIR RYPIN	K45-49	6			00:12:25	00:38:44	00:51:09	+00:01:19 (3.4%)	7:44	7.7 (96.3%)
7	MATWIEJCZUK Ewa	177		K45-49	7			00:12:25	00:39:22	00:51:47	+00:01:57 (5.0%)	7:52	7.6 (95.0%)
8	MATYJA Anna	178		K45-49	8			00:12:28	00:39:58	00:52:26	+00:02:33 (6.4%)	7:59	7.5 (93.8%)
9	PTAŚ Jolanta	235	TKKF MOSIR CZELADZ	K45-49	9			00:12:25	00:40:02	00:52:27	+00:02:37 (6.5%)	8:00	7.5 (93.8%)
10	BUKOWIEC Elżbieta	459		K45-49	10			00:12:26	00:40:06	00:52:32	+00:02:41 (6.7%)	8:01	7.5 (93.8%)
11	WOJDON Grażyna	330	KLUB SPORTU.PL	K45-49	11			00:12:27	00:40:07	00:52:34	+00:02:42 (6.7%)	8:01	7.5 (93.8%)
12	FLEJSZAR Anna	48		K45-49	12			00:12:26	00:40:10	00:52:36	+00:02:45 (6.8%)	8:02	7.5 (93.8%)
13	GARBAT Bożena	53		K45-49	13			00:12:29	00:40:39	00:53:08	+00:03:14 (8.0%)	8:07	7.4 (92.5%)
14	ŻYLIŃSKA Agnieszka	370	SPORTUR GMINA ŁAŃCUT	K45-49	14			00:12:27	00:41:30	00:53:57	+00:04:05 (9.8%)	8:18	7.2 (90.0%)

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15	SAWIC Beata	257	MDK SZCZEBRZESZYN	K45-49	15			00:12:26	00:41:37	00:54:03	+00:04:12 (10.1%)	8:19	7.2 (90.0%)
16	WAWEREK Renata	313	IND.	K45-49	16			00:12:30	00:41:47	00:54:17	+00:04:22 (10.5%)	8:21	7.2 (90.0%)
17	PAWLIKOWSKA Renata	474	IND.	K45-49	17			00:12:29	00:41:51	00:54:20	+00:04:26 (10.6%)	8:22	7.2 (90.0%)
18	PAWLINA Halina	220		K45-49	18			00:12:30	00:42:36	00:55:06	+00:05:11 (12.2%)	8:31	7 (87.5%)
19	WEŁNICKA Lidia	583	GOSIR NORDIC DEVELOPMENT OSIELSKO	K45-49	19			00:39:35	00:44:34	01:24:09	+00:07:09 (16.0%)	8:54	6.7 (83.8%)
20	GÓRSKA Violetta	375		K45-49	20			00:05:20	00:45:32	00:50:52	+00:08:07 (17.8%)	9:06	6.6 (82.5%)
21	PODSADOWSKA Wioletta	227	AMBASADOR FESTIWALU BIEGÓW W KRYNICY	K45-49	21			00:12:25	00:46:23	00:58:48	+00:08:58 (19.3%)	9:16	6.5 (81.3%)
21	WIĄCEK Bożena	318	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	22			00:12:29	00:46:23	00:58:52	+00:08:58 (19.3%)	9:16	6.5 (81.3%)
23	URBANIAK-DUDKA Joanna	312		K45-49	23			00:12:28	00:51:26	01:03:54	+00:14:01 (27.3%)	10:17	5.8 (72.5%)
24	CIEŚLAK Iwona	33	IND.	K45-49	24			00:12:29	00:51:55	01:04:24	+00:14:30 (27.9%)	10:23	5.8 (72.5%)

Total 24 results.