



KOLBUSZOWA - PUCHAR EUROPY NORDIC WALKING - 5KM

B4SPORT

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



Classification: K65-69

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	MACEDOŃSKA Mieczysława	159		K65-69	1			00:15:16	00:38:17	00:53:33		7:39	7.8 (100%)
2	CHOJNACKA Ewa	31	CIECHANÓW NW	K65-69	2			00:15:18	00:39:25	00:54:43	+00:01:08 (2.9%)	7:53	7.6 (97.4%)
3	MĄCZKA Maria	183		K65-69	3			00:15:16	00:40:57	00:56:13	+00:02:40 (6.5%)	8:11	7.3 (93.6%)
4	PACYNA Helena	212	METRACO KGHM POLKOWICE	K65-69	4			00:15:17	00:41:56	00:57:13	+00:03:39 (8.7%)	8:23	7.2 (92.3%)
5	ZAKRZEWSKA Henryka	435	KING-KROK	K65-69	5			00:15:16	00:43:34	00:58:50	+00:05:17 (12.1%)	8:42	6.9 (88.5%)
6	LASOCIŃSKA Ewa	441	WŁÓCZYKIJ LEŻAJSK	K65-69	6			00:15:17	00:43:59	00:59:16	+00:05:42 (13.0%)	8:47	6.8 (87.2%)
7	KRASUCKA Urszula	125	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	7			00:15:20	00:45:19	01:00:39	+00:07:02 (15.5%)	9:03	6.6 (84.6%)
8	KOLBUSZ Janina	108	KGHM METRACO POLKOWICE	K65-69	8			00:15:18	00:45:34	01:00:52	+00:07:17 (16.0%)	9:06	6.6 (84.6%)
9	KOSTRUBIEC Bronisława	120	MDK SZCZEBRZESZYN	K65-69	9			00:15:17	00:45:37	01:00:54	+00:07:20 (16.1%)	9:07	6.6 (84.6%)
10	ROZENBAJGIER Helena	249	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	10			00:15:19	00:46:32	01:01:51	+00:08:15 (17.7%)	9:18	6.4 (82.1%)
11	PERYT Elżbieta	222	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	11			00:15:21	00:46:38	01:01:59	+00:08:21 (17.9%)	9:19	6.4 (82.1%)
12	TARA Janina	301		K65-69	12			00:15:19	00:47:31	01:02:50	+00:09:14 (19.4%)	9:30	6.3 (80.8%)
13	PIOTROWSKA Krystyna	372		K65-69	13			00:15:20	00:48:07	01:03:27	+00:09:50 (20.4%)	9:37	6.2 (79.5%)
14	KACHLIK Małgorzata	92		K65-69	14			00:15:18	00:50:46	01:06:04	+00:12:29 (24.6%)	10:09	5.9 (75.6%)

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
15	LENAR Barbara	148		K65-69	15			00:15:19	00:51:58	01:07:17	+00:13:41 (26.3%)	10:23	5.8 (74.4%)

Total 15 results.