



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT
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Organiser: PFNW
Date: 2016-06-11
Place: Kolbuszowa
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	KUBISZYN Małgorzata	149		K30-39	1			00:06:23	00:17:41	00:35:50	00:54:00	01:12:15.65	01:18:39.20		7:13	8.3 (100%)
2	SZULC Alicja	214	NW WERWA MŁAWA	K30-39	2			00:06:25	00:17:51	00:36:11	00:54:39	01:13:10.80	01:19:36.70	+00:00:55 (1.3%)	7:19	8.2 (98.8%)
3	PASIŃSKA-SKOWRON Sylwia	177	SILESIA NORDIC TEAM	K30-39	3			00:06:24	00:17:56	00:36:28	00:54:58	01:13:32.20	01:19:56.70	+00:01:16 (1.7%)	7:21	8.2 (98.8%)
4	SKRYCKA Katarzyna	197	KS METRACO POLKOWICE	K30-39	4			00:06:22	00:18:39	00:38:00	00:56:13	01:14:06.05	01:20:28.80	+00:01:50 (2.5%)	7:24	8.1 (97.6%)
5	KOZŁOWSKA Sabina	144	DĄBROWA NORDIC TEAM	K30-39	5			00:06:23	00:18:00	00:36:41	00:55:53	01:15:04.20	01:21:27.65	+00:02:48 (3.7%)	7:30	8 (96.4%)
6	SZCZEPAŃSKA Anna	210	FABRIKANORDIKA	K30-39	6			00:06:23	00:18:27	00:37:45	00:57:12	01:16:17.35	01:22:40.60	+00:04:01 (5.3%)	7:37	7.9 (95.2%)
7	RYKAŁA Irena	192		K30-39	7			00:06:22	00:19:03	00:38:45	00:58:31	01:18:26.55	01:24:49.50	+00:06:10 (7.9%)	7:50	7.6 (91.6%)
8	TROJAN Elżbieta	218	KLUB NW 'WŁÓCZYKJE'	K30-39	8			00:06:25	00:19:30	00:39:30	00:59:33	01:19:28.50	01:25:53.75	+00:07:12 (9.1%)	7:56	7.6 (91.6%)
9	DZIEMIŃSKA Magdalena	123	BŁĘKITNI NW DZIEMIANY	K30-39	9			00:06:23	00:20:01	00:40:08	01:00:07	01:19:43.55	01:26:07.30	+00:07:27 (9.4%)	7:58	7.5 (90.4%)
10	BUBAŁA Grażyna	242	UNIA MIAST	K30-39	10			00:06:24	00:20:08	00:40:17	01:00:35	01:20:45.40	01:27:10.25	+00:08:29 (10.5%)	8:04	7.4 (89.2%)
11	JANDZIŚ Ewa	256	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	11			00:06:27	00:20:05	00:40:37	01:01:24	01:21:44.90	01:28:12.05	+00:09:29 (11.6%)	8:10	7.3 (88.0%)
12	MIESZCZANIN Joanna	248	FABRIKANORDIKA	K30-39	12			00:06:25	00:20:29	00:41:24	01:02:55	01:24:40.55	01:31:05.65	+00:12:24 (14.7%)	8:28	7.1 (85.5%)
13	GERLE-KOTULA Anna	126		K30-39	13			00:06:24	00:22:16	00:44:47	01:06:34	01:27:56.65	01:34:20.85	+00:15:41 (17.8%)	8:47	6.8 (81.9%)
14	PSZENICZNY-PIECUCH Karolina	185		K30-39	14			00:06:26	00:26:01	00:52:34	01:18:04	01:42:53.45	01:49:19.65	+00:30:37 (29.8%)	10:17	5.8 (69.9%)

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15	CICHOWICZ-SKAŁA Katarzyna	260		K30-39	15			00:06:28	00:30:01	01:00:32	01:30:52	01:59:51.35	02:06:19.50	+00:47:35 (39.7%)	11:59	5 (60.2%)
DQ	KURASZYŃSKA Dorota	150		K30-39			Tak	DQ	DQ	DQ	DQ	DQ	DQ		-	- (0.0%)

Total 16 results.