



Organiser:
Date:
Place:
Distance:

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

PFNW
2016-06-11
Kolbuszowa
21.1 km

B4SPORT



Classification: K 30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	0.366km	0.733km	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	ZACZYŃSKA Anna	45	KS METRACO POLKOWICE	K 30-39	1			00:01:48	00:02:19	00:04:43	00:07:10	00:23:55	00:40:43	00:57:54	01:15:32	01:33:11	01:50:34	02:08:17	02:25:46.75	02:27:35.20		6:54	8.7 (100%)
2	JANCZYK Małgorzata	13	EPOKA NORDICA ŁÓDŹ	K 30-39	2			00:01:47	00:02:23	00:04:52	00:07:22	00:24:54	00:43:03	01:01:18	01:19:38	01:38:20	01:57:24	02:16:48	02:37:26.95	02:39:14.75	+00:11:40 (7.4%)	7:27	8 (92.0%)
3	ZIĘTEK Sylwia	52	SILESIA NORDIC TEAM	K 30-39	3			00:01:47	00:02:33	00:05:14	00:07:55	00:26:21	00:45:06	01:03:58	01:22:26	01:41:21	02:00:31	02:19:53	02:38:05.40	02:39:53.00	+00:12:18 (7.8%)	7:29	8 (92.0%)
4	REJMAN Dorota	29	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K 30-39	4			00:01:48	00:02:41	00:05:24	00:08:16	00:27:43	00:46:43	01:05:40	01:24:08	01:42:38	02:01:19	02:19:51	02:38:28.35	02:40:17.10	+00:12:41 (8.0%)	7:30	8 (92.0%)
5	CICHON Aneta	6	FABRIKANORDIKA	K 30-39	5			00:01:47	00:02:39	00:05:26	00:08:12	00:27:18	00:46:53	01:07:01	01:26:50	01:47:29	02:08:59	02:33:00	02:56:20.85	02:58:08.45	+00:30:34 (17.3%)	8:21	7.2 (82.8%)
6	SŁABOŃ-SIKORA Aneta	34	DĄBROWA NORDIC TEAM	K 30-39	6			00:01:48	00:02:47	00:05:43	00:08:43	00:29:33	00:50:04	01:10:32	01:31:27	01:52:55	02:14:42	02:36:52	02:58:53.85	03:00:42.05	+00:33:07 (18.5%)	8:28	7.1 (81.6%)

Total 6 results.