



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM

B4SPORT

Event: PUCHAR POLSKI NORDIC WALKING 2018
Organiser: Polska Federacja Nordic Walking
Date: 2018-05-19
Place: Konstancin-Jeziorna
Distance: 10 km



Classification: K50-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	JĘDRASIAK Renata	324	KS METRACO POLKOWICE	K50-59	1			00:15:39	00:31:38	00:47:43	01:03:59.40		6:23	9.4 (100%)
2	ZIELIŃSKA Jolanta	402	GOSIR OSIELSKO	K50-59	2			00:15:53	00:32:15	00:49:02	01:06:13.90	+00:02:14 (3.4%)	6:37	9.1 (96.8%)
3	SŁOWIŃSKA Alicja	365	NOWI SIEDLCE NW WSCHÓD	K50-59	3			00:16:06	00:32:46	00:49:46	01:07:02.10	+00:03:02 (4.5%)	6:42	9 (95.7%)
4	DOBROWOLSKA Anna	309		K50-59	4			00:16:26	00:33:35	00:50:55	01:07:51.95	+00:03:52 (5.7%)	6:47	8.8 (93.6%)
5	KOSECKA Katarzyna	333	FORMA NA PIĄTKĘ NW	K50-59	5			00:17:29	00:35:03	00:52:20	01:09:42.85	+00:05:43 (8.2%)	6:58	8.6 (91.5%)
6	DOBROWOLSKA-ŚWIĄTEK Elżbieta	310		K50-59	6			00:17:09	00:34:54	00:52:27	01:09:55.55	+00:05:56 (8.5%)	6:59	8.6 (91.5%)
7	WIERZBA Lilla	379	PASJA NORDIC WALKING	K50-59	7			00:17:27	00:35:15	00:53:06	01:11:07.80	+00:07:08 (10.0%)	7:06	8.4 (89.4%)
8	SARNOWSKA Wanda	360	GREEN TEAM	K50-59	8			00:17:38	00:35:41	00:53:46	01:11:31.95	+00:07:32 (10.5%)	7:09	8.4 (89.4%)
9	TOMASZEWSKA Mariola	376	FACE NORDIC WALKING TEAM	K50-59	9			00:17:35	00:35:54	00:54:28	01:13:11.35	+00:09:11 (12.6%)	7:19	8.2 (87.2%)
10	GAWOR Renata	315	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	10			00:18:42	00:37:16	00:55:36	01:13:44.00	+00:09:44 (13.2%)	7:22	8.1 (86.2%)
11	KASPRZYK Elżbieta	326	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	11			00:18:41	00:37:43	00:57:05	01:15:59.40	+00:12:00 (15.8%)	7:35	7.9 (84.0%)
12	JANIK-TYMIŃSKA Elżbieta	320		K50-59	12			00:18:43	00:37:59	00:57:07	01:16:29.05	+00:12:29 (16.3%)	7:38	7.8 (83.0%)
13	OWCZAREK Magdalena	352	MIĘDZYBORÓW	K50-59	13			00:19:14	00:39:15	00:59:41	01:19:19.40	+00:15:20 (19.3%)	7:56	7.6 (80.9%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
14	SĄTOWICZ Małgorzata	361		K50-59	14			00:20:52	00:41:53	01:03:14	01:24:22.30	+00:20:22 (24.2%)	8:26	7.1 (75.5%)
15	DAWIDKO Dorota	389		K50-59	15			00:21:06	00:42:46	01:03:47	01:24:26.95	+00:20:27 (24.2%)	8:26	7.1 (75.5%)
16	LIGEŻA Elżbieta	385		K50-59	16			00:21:06	00:42:47	01:03:48	01:24:28.10	+00:20:28 (24.2%)	8:26	7.1 (75.5%)

Total 16 results.