



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

Organiser: PFNW
Date: 2016-05-15
Place: Konstancin-Jeziorna
Distance: 5 km



Classification: K60-64

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	ZALISKO Oksana	368	DĄBROWA NORDIC TEAM	K60-64	1			00:11:57	00:16:20	00:32:50.10	00:44:47.90		6:34	9.1 (100%)
2	KANIECKA Zofia	108	NW CIECHANÓW	K60-64	2			00:11:57	00:17:34	00:35:27.55	00:47:25.50	+00:02:37 (7.4%)	7:05	8.5 (93.4%)
3	TRONIARZ Grazyna	324		K60-64	3			00:11:58	00:17:38	00:35:39.75	00:47:38.30	+00:02:49 (7.9%)	7:08	8.4 (92.3%)
4	DANA Kazimiera	32	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	4			00:12:01	00:18:42	00:37:25.75	00:49:26.75	+00:04:35 (12.3%)	7:29	8 (87.9%)
5	KULIG Bożena	158	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	5			00:11:58	00:19:20	00:38:43.70	00:50:42.60	+00:05:53 (15.2%)	7:44	7.7 (84.6%)
6	KRAWCZYKOWSKA Barbara	143	LKS ZANTYR SZTUM	K60-64	6			00:11:59	00:19:23	00:38:58.70	00:50:57.75	+00:06:08 (15.8%)	7:47	7.7 (84.6%)
7	STARZYŃSKA Ewa	289	KS METRACO POLKOWICE	K60-64	7			00:12:00	00:20:13	00:40:30.75	00:52:31.35	+00:07:40 (19.0%)	8:06	7.4 (81.3%)
8	LADA Krystyna	169	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K60-64	8			00:12:00	00:20:07	00:40:40.90	00:52:41.35	+00:07:50 (19.3%)	8:08	7.4 (81.3%)
9	MAZUR Barbara	195	CHODZĘ Z SERCEM	K60-64	9			00:11:58	00:20:00	00:40:45.10	00:52:44.00	+00:07:55 (19.4%)	8:09	7.4 (81.3%)
10	BOGDAN Grażyna	16	NW CIECHANÓW	K60-64	10			00:11:58	00:19:56	00:40:46.50	00:52:44.50	+00:07:56 (19.5%)	8:09	7.4 (81.3%)
11	KOCHANIAK Maria	127	FOREVER YOUNG ŁÓDŹ	K60-64	11			00:12:06	00:20:23	00:40:55.65	00:53:02.45	+00:08:05 (19.8%)	8:11	7.3 (80.2%)
12	SZNAJDER Teresa	306	UNIA MIAST	K60-64	12			00:12:02	00:20:35	00:41:20.45	00:53:23.30	+00:08:30 (20.6%)	8:16	7.3 (80.2%)
13	PSZKIT Teresa	248	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	13			00:12:04	00:21:18	00:43:00.35	00:55:05.20	+00:10:10 (23.6%)	8:36	7 (76.9%)
14	KIERGIELEWICZ Teodora	117	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	14			00:12:05	00:21:28	00:43:01.95	00:55:07.80	+00:10:11 (23.7%)	8:36	7 (76.9%)

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15	RADOMSKA Lidia	253	AVOCADO WELLNESS CLUB	K60-64	15			00:11:59	00:21:19	00:43:11.10	00:55:10.95	+00:10:21 (24.0%)	8:38	6.9 (75.8%)
16	KOSECKA Małgorzata	136		K60-64	16			00:12:04	00:21:45	00:43:24.40	00:55:29.00	+00:10:34 (24.4%)	8:41	6.9 (75.8%)
17	MALEŃCZYK Barbara	182		K60-64	17			00:12:01	00:21:47	00:44:05.15	00:56:06.15	+00:11:15 (25.5%)	8:49	6.8 (74.7%)
18	JARZĄBEK Grażyna	95	AVOCADO WELLNESS	K60-64	18			00:12:05	00:22:16	00:44:12.85	00:56:18.15	+00:11:22 (25.7%)	8:50	6.8 (74.7%)
19	WILCZYŃSKA Barbara	340	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	19			00:12:07	00:22:06	00:44:48.60	00:56:56.20	+00:11:58 (26.7%)	8:57	6.7 (73.6%)
20	HAYDER Ewa	89	AVOCADO WELLNESS CLUB	K60-64	20			00:12:01	00:22:25	00:44:57.80	00:56:58.80	+00:12:07 (27.0%)	8:59	6.7 (73.6%)
21	TARNAS Krystyna	316	AVOCADO WELLNESS CLUB	K60-64	21			00:12:04	00:22:28	00:45:12.30	00:57:17.15	+00:12:22 (27.4%)	9:02	6.6 (72.5%)
22	ŁOMIŃSKA Elżbieta	179		K60-64	22			00:12:01	00:22:44	00:45:36.55	00:57:38.45	+00:12:46 (28.0%)	9:07	6.6 (72.5%)
23	KOCZUR Dorota	128	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	23			00:12:03	00:23:29	00:46:41.00	00:58:44.80	+00:13:50 (29.7%)	9:20	6.4 (70.3%)
24	BARTOSIEWICZ Grażyna	11	FACE NORDIC WALKING TEAM	K60-64	24			00:12:01	00:23:30	00:47:25.60	00:59:27.30	+00:14:35 (30.8%)	9:29	6.3 (69.2%)
25	LECYK Jadwiga	171	CHODZĘ Z SERCEM	K60-64	25			00:12:06	00:23:31	00:48:24.00	01:00:30.55	+00:15:33 (32.2%)	9:40	6.2 (68.1%)
26	RĘBISZ Grażyna	262	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	26			00:12:02	00:23:50	00:48:29.40	01:00:32.30	+00:15:39 (32.3%)	9:42	6.2 (68.1%)
27	WOLNA Urszula	350	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	27			00:12:02	00:24:46	00:48:48.70	01:00:51.20	+00:15:58 (32.7%)	9:45	6.1 (67.0%)
28	GÓRTATOWSKA Bożena	72	GMINA SKRWILNO	K60-64	28			00:12:05	00:24:45	00:50:09.50	01:02:15.45	+00:17:19 (34.5%)	10:02	6 (65.9%)
29	PRZYBOROWSKA Ewa	247	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	29			00:12:03	00:25:30	00:51:12.15	01:03:15.65	+00:18:22 (35.9%)	10:14	5.9 (64.8%)
30	ŻURAWSKA Teresa	382	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	30			00:12:01	00:25:23	00:52:42.85	01:04:44.30	+00:19:52 (37.7%)	10:32	5.7 (62.6%)

Total 30 results.