



# KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT

**Event:** Puchary Regionalne Nordic Walking 2019  
**Organiser:** Polska Federacja Nordic Walking  
**Date:** 2019-04-27  
**Place:** Konstancin-Jeziorna  
**Distance:** 10 km



Classification: K40-49

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	<b>KOZAKOWSKA Małgorzata</b>	<b>41</b>	KS SOKÓŁ GAŚAWA	K40-49	1			00:17:04	00:34:26	00:52:09	<b>01:09:34.05</b>		6:57	8.6 (100%)
2	<b>WOLNIEWICZ Katarzyna</b>	<b>104</b>		K40-49	2			00:17:13	00:34:45	00:52:30	<b>01:10:17.01</b>	+00:00:42 (1.0%)	7:01	8.5 (98.8%)
3	<b>SZULC Alicja</b>	<b>89</b>	NW WERWA MŁAWA	K40-49	3			00:17:16	00:34:57	00:52:41	<b>01:10:46.01</b>	+00:01:11 (1.7%)	7:04	8.5 (98.8%)
4	<b>RAJEK Magdalena</b>	<b>79</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:17:57	00:36:00	00:53:59	<b>01:11:54.88</b>	+00:02:20 (3.3%)	7:11	8.3 (96.5%)
5	<b>MUSIATOWICZ Aleksandra</b>	<b>61</b>	PASJA NORDIC WALKING	K40-49	5			00:17:47	00:36:20	00:54:57	<b>01:13:11.31</b>	+00:03:37 (4.9%)	7:19	8.2 (95.3%)
6	<b>RASZEWSKA Izabela</b>	<b>80</b>	FORMA NA PIĄTKĘ NW	K40-49	6			00:17:57	00:36:19	00:55:26	<b>01:14:08.24</b>	+00:04:34 (6.2%)	7:24	8.1 (94.2%)
7	<b>ZWOLENKIEWICZ Joanna</b>	<b>100</b>	KS SOKÓŁ GAŚAWA	K40-49	7			00:18:36	00:37:16	00:56:31	<b>01:15:57.16</b>	+00:06:23 (8.4%)	7:35	7.9 (91.9%)
8	<b>GWAREK Anita</b>	<b>23</b>	PASJA NORDIC WALKING	K40-49	8			00:18:49	00:37:42	00:56:56	<b>01:16:16.24</b>	+00:06:42 (8.8%)	7:37	7.9 (91.9%)
9	<b>MAZURCZAK Grażyna</b>	<b>57</b>	NOWI SIEDLCE	K40-49	9			00:18:44	00:37:52	00:57:03	<b>01:16:18.78</b>	+00:06:44 (8.8%)	7:37	7.9 (91.9%)
10	<b>KOBIELA Magdalena</b>	<b>35</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	10			00:18:31	00:37:47	00:57:10	<b>01:16:27.05</b>	+00:06:52 (9.0%)	7:38	7.8 (90.7%)
11	<b>GADOMSKA Małgorzata</b>	<b>17</b>	NW CZŁAPSKI TEAM	K40-49	11			00:19:40	00:39:24	00:58:40	<b>01:17:56.49</b>	+00:08:22 (10.7%)	7:47	7.7 (89.5%)
12	<b>STANECKA Małgorzata</b>	<b>82</b>		K40-49	12			00:19:14	00:38:50	00:58:43	<b>01:18:34.17</b>	+00:09:00 (11.5%)	7:51	7.6 (88.4%)
13	<b>NOWICKA Urszula</b>	<b>67</b>	PASJA NORDIC WALKING	K40-49	13			00:19:21	00:39:25	00:59:40	<b>01:19:57.04</b>	+00:10:22 (13.0%)	7:59	7.5 (87.2%)

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	<b>GAJ Bogna</b>	<b>19</b>	NW CZŁAPSKI TEAM	K40-49	14			00:20:21	00:40:23	01:00:30	<b>01:20:39.92</b>	+00:11:05 (13.8%)	8:04	7.4 (86.0%)
15	<b>ANTOSIEWICZ Stanisława</b>	<b>3</b>		K40-49	15			00:20:09	00:40:58	01:01:46	<b>01:22:47.04</b>	+00:13:12 (16.0%)	8:16	7.2 (83.7%)
16	<b>KLISOWSKA Anna</b>	<b>32</b>		K40-49	16			00:21:25	00:42:17	01:03:01	<b>01:23:39.58</b>	+00:14:05 (16.8%)	8:22	7.2 (83.7%)
17	<b>SZELIGA Justyna</b>	<b>88</b>	LIDER GRODZISK MAZOWIECKI	K40-49	17			00:22:06	00:43:40	01:04:51	<b>01:26:10.97</b>	+00:16:36 (19.3%)	8:37	7 (81.4%)
18	<b>PEKACKA Weronika</b>	<b>73</b>	SONSIEDZI TEAM	K40-49	18			00:21:56	00:44:05	01:05:57	<b>01:28:02.50</b>	+00:18:28 (21.0%)	8:48	6.8 (79.1%)
19	<b>RADOWIECKA Kinga</b>	<b>78</b>	N&K KICKTEAM	K40-49	19			00:22:14	00:45:13	01:07:44	<b>01:30:11.82</b>	+00:20:37 (22.9%)	9:01	6.7 (77.9%)
20	<b>LIWINA-KOWALSKA Katarzyna</b>	<b>51</b>		K40-49	20			00:23:26	00:46:56	01:07:23	<b>01:32:17.00</b>	+00:22:42 (24.6%)	9:13	6.5 (75.6%)
21	<b>ŚCIBUT Ania</b>	<b>91</b>	FORMA NA PIĄTKĘ NW	K40-49	21			00:17:55	00:36:15			+00:01:48	7:15	8.3 (96.5%)
22	<b>WĄGROWSKA Kamila</b>	<b>97</b>	FORMA NA PIĄTKĘ NW	K40-49	22			00:17:56	00:36:15			+00:01:49	7:15	8.3 (96.5%)
23	<b>DZIENISZEWSKA Alina</b>	<b>150</b>		K40-49	23			00:22:29	00:45:57			+00:11:30	9:11	6.5 (75.6%)
24	<b>LIPIŃSKA Urszula</b>	<b>50</b>	FACE NORDIC WALKING TEAM	K40-49	24									(0.0%)

Total 24 results.