



KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

Event: Puchary Regionalne Nordic Walking 2019
Organiser: Polska Federacja Nordic Walking
Date: 2019-04-27
Place: Konstancin-Jeziorna
Distance: 5 km



Classification: K50-54

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	OKRZESIK-FRĄCKOWIAK Izabela	225	KS METRACO POLKOWICE	K50-54	1			00:17:11	00:34:44.82		6:57	8.6 (100%)
2	KAMIŃSKA Beata	184	NORDIC TEAM CZĘSTOCHOWA	K50-54	2			00:18:09	00:36:51.32	+00:02:06 (5.7%)	7:22	8.1 (94.2%)
3	WOROCH Jolanta	296	KS METRACO POLKOWICE	K50-54	3			00:19:41	00:39:04.70	+00:04:19 (11.1%)	7:49	7.7 (89.5%)
4	JURCZAK-TOCZKO Anna	180		K50-54	4			00:20:32	00:40:38.96	+00:05:54 (14.5%)	8:07	7.4 (86.0%)
5	KAWALEC Anna	188	SONSIEDZI TEAM	K50-54	5			00:20:49	00:42:05.76	+00:07:20 (17.5%)	8:25	7.1 (82.6%)
6	OWCZAREK Magdalena	230	MIĘDZYBORÓW	K50-54	6			00:20:59	00:42:41.24	+00:07:56 (18.6%)	8:32	7 (81.4%)
7	SANKOWSKA Beata	262		K50-54	7			00:21:53	00:43:33.89	+00:08:49 (20.2%)	8:42	6.9 (80.2%)
8	PRACKA Katarzyna	243	SERCE NORDICA WŁOCŁAWEK	K50-54	8			00:22:27	00:44:34.67	+00:09:49 (22.1%)	8:54	6.7 (77.9%)
9	RYMARCZYK Małgorzata	260		K50-54	9			00:22:11	00:44:45.59	+00:10:00 (22.4%)	8:57	6.7 (77.9%)

Total 9 results.