

# LEGNICA - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organizator:** Legnica  
**Data:** 2019-06-22  
**Miejsce:** Legnica  
**Dystans:** 10 km



Klasyfikacja: K30-39

| Msc | Zawodnik                          | Numer      | Klub                 | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Herk_All<br>2.5km | Herk_All<br>5km | Herk_All<br>7.5km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|------------|----------------------|-----------|------|----------------|-----------------|-------------------|-----------------|-------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | <b>KUBISZYN Małgorzata</b>        | <b>287</b> | KS METRACO POLKOWICE | K30-39    | 1    |                |                 | 00:17:13          | 00:34:35        | 00:52:19          | <b>01:09:53.40</b>    |                      | 6:59            | 8.6<br>(100%)  |
| 2   | <b>WOJDANOWSKA Małgorzata</b>     | <b>278</b> | LECZYMY DURŚ         | K30-39    | 2    | 1              |                 | 00:19:37          | 00:39:27        | 00:58:27          | <b>01:17:27.00</b>    | +00:07:33<br>(9.8%)  | 7:44            | 7.7<br>(89.5%) |
| 3   | <b>KORYCKA Mariola</b>            | <b>288</b> | FORMA NA PIĄTKĘ NW   | K30-39    | 3    |                |                 | 00:19:01          | 00:38:32        | 00:58:26          | <b>01:18:21.35</b>    | +00:08:27<br>(10.8%) | 7:50            | 7.7<br>(89.5%) |
| 4   | <b>KACZMAREK Maja</b>             | <b>222</b> | POLIPACK TEAM GWE    | K30-39    | 4    | 2              |                 | 00:18:47          | 00:38:39        | 00:58:50          | <b>01:19:01.90</b>    | +00:09:08<br>(11.6%) | 7:54            | 7.6<br>(88.4%) |
| 5   | <b>FORYŚ Katarzyna</b>            | <b>214</b> | WATAHA               | K30-39    | 5    |                |                 | 00:18:58          | 00:38:41        | 01:00:02          | <b>01:21:46.10</b>    | +00:11:52<br>(14.5%) | 8:10            | 7.3<br>(84.9%) |
| 6   | <b>TARCZEWSKA Anna</b>            | <b>270</b> |                      | K30-39    | 6    | 1              |                 | 00:19:42          | 00:40:04        | 01:00:58          | <b>01:22:01.85</b>    | +00:12:08<br>(14.8%) | 8:12            | 7.3<br>(84.9%) |
| 7   | <b>KIEDROWSKA Anna</b>            | <b>292</b> | MT-SPORT             | K30-39    | 7    | 1              |                 | 00:20:02          | 00:41:03        | 01:02:44          | <b>01:23:50.20</b>    | +00:13:56<br>(16.6%) | 8:23            | 7.2<br>(83.7%) |
| 8   | <b>KISZKA-MAZIARCZUK Berenika</b> | <b>226</b> | LECZYMY DURŚ         | K30-39    | 8    |                |                 | 00:21:52          | 00:44:22        | 01:06:58          | <b>01:28:20.90</b>    | +00:18:27<br>(20.9%) | 8:50            | 6.8<br>(79.1%) |
| 9   | <b>KAMIŃSKA Adriana</b>           | <b>223</b> |                      | K30-39    | 9    |                |                 | 00:22:30          | 00:45:55        | 01:09:44          | <b>01:33:11.40</b>    | +00:23:18<br>(25.0%) | 9:19            | 6.4<br>(74.4%) |
| 10  | <b>WŁOCHOWICZ Olga</b>            | <b>277</b> | LECZYMY DURŚ         | K30-39    | 10   |                |                 | 00:22:57          | 00:46:36        | 01:10:34          | <b>01:34:30.10</b>    | +00:24:36<br>(26.0%) | 9:27            | 6.3<br>(73.3%) |

Znaleziono 10 wynik(ów)