

LEGNICA - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: PUCHAR POLSKI NORDIC WALKING 2019
Organiser: Legnica
Date: 2019-06-22
Place: Legnica
Distance: 10 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	ZACZYŃSKA Anna	282	MSPORT TEAM	K40-49	1	1		00:16:55	00:34:00	00:51:10	01:08:34.15		6:51	8.8 (100%)
2	OSTROCHALSKA Aleksandra	249	POLIPACK TEAM GWE	K40-49	2			00:18:06	00:36:33	00:55:08	01:13:52.05	+00:05:17 (7.2%)	7:23	8.1 (92.0%)
3	RASZEWSKA Izabela	258	FORMA NA PIĄTKĘNW	K40-49	3			00:18:06	00:36:49	00:55:30	01:14:30.60	+00:05:56 (8.0%)	7:27	8.1 (92.0%)
4	GWAREK Anita	217	PASJA NORDIC WALKING	K40-49	4			00:19:06	00:38:49	00:58:37	01:18:11.05	+00:09:36 (12.3%)	7:49	7.7 (87.5%)
5	PODOLAK Monika	253	KS METRACO POLKOWICE	K40-49	5			00:19:16	00:38:54	00:58:42	01:18:14.65	+00:09:40 (12.4%)	7:49	7.7 (87.5%)
6	CONTUCCI Ewa	207	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:19:51	00:39:56	00:59:55	01:19:48.05	+00:11:13 (14.1%)	7:58	7.5 (85.2%)
7	SĘDZIK Katarzyna	261	LECYMY DURŚ	K40-49	7			00:19:33	00:39:51	01:00:36	01:21:33.90	+00:12:59 (15.9%)	8:09	7.4 (84.1%)
8	WOJTALA Małgorzata	279	KLUBSPORTU.PL	K40-49	8			00:19:54	00:40:45	01:01:56	01:23:17.75	+00:14:43 (17.7%)	8:19	7.2 (81.8%)
9	STANKOWSKA Marzena	289	KIJKOWE TRZEMESZNO	K40-49	9			00:20:20	00:42:27	01:03:53	01:24:57.80	+00:16:23 (19.3%)	8:29	7.1 (80.7%)
10	SZELIGA Justyna	267	LIDER GRODZISK MAZOWIECKI	K40-49	10			00:22:36	00:45:41	01:07:50	01:30:01.40	+00:21:27 (23.8%)	9:00	6.7 (76.1%)
11	WOŹNY Aleksandra	281		K40-49	11			00:21:28	00:45:06	01:09:08	01:33:00.55	+00:24:26 (26.3%)	9:18	6.5 (73.9%)

Total 11 results.