



# OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2016-07-16  
**Place:** Okonek  
**Distance:** 5 km



Classification: K18-29

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	<b>RAKUĆ Angelika</b>	<b>200</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:09:24	00:18:17	<b>00:36:42.60</b>	<b>00:46:06.85</b>		7:20	8.2 (100%)
2	<b>BANASZAK Agata</b>	<b>103</b>	GREEN TEAM ZIELONA GÓRA	K18-29	2			00:09:24	00:20:15	<b>00:40:29.50</b>	<b>00:49:53.55</b>	+00:03:46 (9.3%)	8:05	7.4 (90.2%)
3	<b>MIKUŁA Paulina</b>	<b>170</b>	KS SOKÓŁ GAŚAWA	K18-29	3			00:09:23	00:22:04	<b>00:44:30.15</b>	<b>00:53:53.85</b>	+00:07:47 (17.5%)	8:54	6.7 (81.7%)
4	<b>KAWCZYŃSKA Monika</b>	<b>144</b>	KS SOKÓŁ GAŚAWA	K18-29	4			00:09:24	00:24:59	<b>00:51:09.05</b>	<b>01:00:33.10</b>	+00:14:26 (28.2%)	10:13	5.9 (72.0%)

Total 4 results.