

OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELEGENCE ZAWODY SPORTOWE

Event: PUCHAR POLSKI NORDIC WALKING 2019
Organiser: Osielsko
Date: 2019-08-10
Place: Osielsko
Distance: 5 km



Classification: K60-64

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	GAPIŃSKA Janina	357	CKZIU NYSA MECHANIK	K60-64	1			00:35:50.25		7:10	8.4 (100%)
2	SZENDZIELORZ Ilona	248	STADION ŚLĄSKI	K60-64	2			00:36:17.35	+00:00:27 (1.2%)	7:15	8.3 (98.8%)
3	MIŚKOWICZ Anna	156	CKZIU MECHANIK NYSA	K60-64	3			00:36:18.65	+00:00:28 (1.3%)	7:15	8.3 (98.8%)
4	KUPIBIDA Bogusława	129	SILESIA NORDIC TEAM	K60-64	4			00:36:31.45	+00:00:41 (1.9%)	7:18	8.2 (97.6%)
5	SMARSZCZ Grażyna	230	LĘBORSKIE LWY	K60-64	5			00:36:51.15	+00:01:00 (2.8%)	7:22	8.1 (96.4%)
6	DAROSZEWSKA Krystyna	34	SERCE NORDICA WŁOCŁAWEK	K60-64	6			00:38:16.80	+00:02:26 (6.4%)	7:39	7.8 (92.9%)
7	CZERNIECKA Krystyna	31	SPORT I REKREACJA START CHEŁMNO	K60-64	7	1		00:40:21.75	+00:04:31 (11.2%)	8:04	7.4 (88.1%)
8	BAZELA Henryka	6	PARAKULOS KOWAL	K60-64	8			00:42:35.25	+00:06:45 (15.8%)	8:31	7 (83.3%)
9	GRYGIEL Teresa	67	MARSZ PO ZDROWIE	K60-64	9			00:43:12.25	+00:07:22 (17.1%)	8:38	6.9 (82.1%)
10	ŻYWICKA Irena	335	KLUB BŁĘKITNI NW DZIEMIANY	K60-64	10			00:43:13.40	+00:07:23 (17.1%)	8:38	6.9 (82.1%)
11	MOTOCZYŃSKA Aleksandra	157	GOSIR OSIELSKO	K60-64	11			00:44:05.70	+00:08:15 (18.7%)	8:49	6.8 (81.0%)
12	REZMER Maria	214		K60-64	12			00:44:12.80	+00:08:22 (18.9%)	8:50	6.8 (81.0%)
13	JAROCH Elżbieta	302	GOSIR OSIELSKO	K60-64	13			00:44:28.85	+00:08:38 (19.4%)	8:53	6.7 (79.8%)
14	KRAWCZYKOWSKA Barbara	117	LKS ZANTYR SZTUM	K60-64	14			00:44:32.90	+00:08:42 (19.6%)	8:54	6.7 (79.8%)
15	GAJEWSKA Aleksandra	49		K60-64	15			00:44:34.40	+00:08:44 (19.6%)	8:55	6.7 (79.8%)
16	ŁUKASIK Elżbieta	144	TORUŃ - IDZIEMY BEZ RYZYKA	K60-64	16			00:45:29.25	+00:09:39 (21.2%)	9:05	6.6 (78.6%)
17	NOWAKOWSKA Ewa	311	GOSIR OSIELSKO	K60-64	17			00:45:50.95	+00:10:00 (21.8%)	9:10	6.5 (77.4%)
18	CHYLEWSKA-KĘSY Danuta	26	MY Z PODWÓRKA	K60-64	18			00:45:56.35	+00:10:06 (22.0%)	9:11	6.5 (77.4%)
19	GRZEMPA Krystyna	320	GOSIR OSIELSKO	K60-64	19			00:45:57.80	+00:10:07 (22.0%)	9:11	6.5 (77.4%)
20	KORCZYŃSKA Regina	328	GOSIR OSIELSKO	K60-64	20			00:50:35.10	+00:14:44 (29.2%)	10:07	5.9 (70.2%)
21	KAŁAMAJSKA Barbara	90	KLUBNW PATYCZAKI GRUDZIĄDZ	K60-64	21			00:53:10.40	+00:17:20 (32.6%)	10:38	5.6 (66.7%)
22	SPRUTA Henryka	316	GOSIR OSIELSKO	K60-64	22			00:56:06.45	+00:20:16 (36.1%)	11:13	5.3 (63.1%)

Total 22 results.