



# POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 5 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-09-03  
**Miejsce:** Polańczyk  
**Dystans:** 5 km



Klasyfikacja: K65-69

| Msc | Zawodnik                  | Numer      | Klub                             | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | Start_All<br>1.67km | Start_All<br>3.34km | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|------------|----------------------------------|-----------|------|----------------|-----------------|----------------|---------------------|---------------------|----------------------|-----------------------|---------------------|-----------------|----------------|
| 1   | <b>APANASOWICZ Danuta</b> | <b>1</b>   | NW RELAKS ZAGÓRZ                 | K65-69    | 1    |                |                 | 00:07:58       | 00:15:01            | 00:30:04            | <b>00:45:02.45</b>   | <b>00:53:00.75</b>    |                     | 9:00            | 6.7<br>(100%)  |
| 2   | <b>TARA Janina</b>        | <b>89</b>  | NW RELAKS ZAGÓRZ                 | K65-69    | 2    |                |                 | 00:07:59       | 00:15:00            | 00:30:07            | <b>00:45:30.90</b>   | <b>00:53:29.95</b>    | +00:00:28<br>(1.0%) | 9:06            | 6.6<br>(98.5%) |
| 3   | <b>ŁOMNICKA-GUT Ewa</b>   | <b>42</b>  | NW RELAKS ZAGÓRZ                 | K65-69    | 3    |                |                 | 00:07:58       | 00:15:06            | 00:30:10            | <b>00:45:31.30</b>   | <b>00:53:30.10</b>    | +00:00:28<br>(1.1%) | 9:06            | 6.6<br>(98.5%) |
| 4   | <b>KACHLIK Małgorzata</b> | <b>115</b> | NW TEAM JASŁO                    | K65-69    | 4    |                |                 | 00:07:59       | 00:15:14            | 00:30:51            | <b>00:46:44.55</b>   | <b>00:54:44.25</b>    | +00:01:42<br>(3.6%) | 9:21            | 6.4<br>(95.5%) |
| 5   | <b>WIĄCEK Krystyna</b>    | <b>133</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 5    |                |                 | 00:08:00       | 00:15:19            | 00:31:22            | <b>00:48:02.10</b>   | <b>00:56:02.10</b>    | +00:02:59<br>(6.2%) | 9:36            | 6.2<br>(92.5%) |
| 6   | <b>NOWAK Krystyna</b>     | <b>10</b>  | OSIR STASZÓW                     | K65-69    | 6    |                |                 | 00:07:59       | 00:15:52            | 00:32:21            | <b>00:49:19.50</b>   | <b>00:57:18.50</b>    | +00:04:17<br>(8.7%) | 9:51            | 6.1<br>(91.0%) |
| 7   | <b>SZYMAŃSKA Halina</b>   | <b>86</b>  | OSIR STASZÓW                     | K65-69    | 7    | 1              |                 | 00:07:59       | 00:19:23            |                     |                      |                       | +00:04:22           | 11:36           | 5.2<br>(77.6%) |
| 8   | <b>PIĄTKOWSKA Laura</b>   | <b>58</b>  | OSIR STASZÓW                     | K65-69    | 8    |                |                 | 00:08:00       | 00:19:25            |                     |                      |                       | +00:04:25           | 11:37           | 5.2<br>(77.6%) |

Znaleziono 8 wynik(ów)