



# POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 5 KM

B4SPORT

**Event:** POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING  
**Organiser:** PFNW  
**Date:** 2017-06-04  
**Place:** Polańczyk  
**Distance:** 5 km



Classification: K65-69

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start All 1.66km	Start All 3.3km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	<b>GRYGOROWICZ Teresa</b>	<b>34</b>	KS METRACO POLKOWICE	K65-69	1			00:06:43	00:13:34	00:27:48	<b>00:42:22.05</b>	<b>00:49:05.10</b>		8:28	7.1 (100%)
2	<b>ZAWADZKA Maria</b>	<b>112</b>	KS METRACO POLKOWICE	K65-69	2			00:06:45	00:14:06	00:28:25	<b>00:42:48.00</b>	<b>00:49:33.05</b>	+00:00:25 (1.0%)	8:33	7 (98.6%)
3	<b>PACYNA Helena</b>	<b>75</b>	KS METRACO POLKOWICE	K65-69	3			00:06:44	00:14:49	00:29:36	<b>00:44:45.55</b>	<b>00:51:30.30</b>	+00:02:23 (5.3%)	8:57	6.7 (94.4%)
4	<b>SMARUJ - SADOWSKA Janina</b>	<b>94</b>		K65-69	4			00:06:42	00:15:10	00:31:07	<b>00:47:43.55</b>	<b>00:54:26.15</b>	+00:05:21 (11.2%)	9:32	6.3 (88.7%)
5	<b>APANASOWICZ Danuta</b>	<b>3</b>	NW RELAKS ZAGÓRZ	K65-69	5			00:06:42	00:15:45	00:32:09	<b>00:48:54.85</b>	<b>00:55:37.75</b>	+00:06:32 (13.4%)	9:47	6.1 (85.9%)
6	<b>ŚLUSARCZYK Danuta</b>	<b>121</b>	WESOŁY BORSUK TEAM	K65-69	6			00:06:44	00:16:54	00:34:35	<b>00:52:29.90</b>	<b>00:59:14.35</b>	+00:10:07 (19.3%)	10:30	5.7 (80.3%)
7	<b>GAGATKO Krystyna</b>	<b>25</b>	NW RELAKS ZAGÓRZ	K65-69	7			00:06:43	00:17:08	00:35:14	<b>00:54:22.75</b>	<b>01:01:06.45</b>	+00:12:00 (22.1%)	10:52	5.5 (77.5%)
8	<b>SZAJER Jadwiga</b>	<b>98</b>	RYBNICKI KLUB NORDIC WALKING	K65-69	8			00:06:43	00:18:16	00:36:41	<b>00:55:28.00</b>	<b>01:02:11.90</b>	+00:13:05 (23.6%)	11:05	5.4 (76.1%)
9	<b>ŻUBRYD Renata</b>	<b>114</b>	NW RELAKS ZAGÓRZ	K65-69	9			00:06:43	00:19:12	00:39:17	<b>01:01:01.50</b>	<b>01:07:45.35</b>	+00:18:39 (30.6%)	12:12	4.9 (69.0%)

Total 9 results.