



# POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-10-10  
**Miejsce:** Polańczyk  
**Dystans:** 5 km



Klasyfikacja: K 55-59

| Msc | Zawodnik                    | Numer      | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto<br>5km  | Czas brutto<br>5km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|------------|------|-----------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|-----------------|---------------|
| 1   | <b>DRAUS Czesława</b>       | <b>84</b>  |      | K 55-59   | 1    |             |              | 00:10:47    | 00:20:25 | <b>00:40:42.90</b> | <b>00:51:30.15</b> |                   | 8:08            | 7.4 (100%)    |
| 2   | <b>MOCHNAL Ewa</b>          | <b>134</b> |      | K 55-59   | 2    |             |              | 00:10:46    | 00:20:48 | <b>00:41:37.05</b> | <b>00:52:23.90</b> | +00:00:54 (2.2%)  | 8:19            | 7.2 (97.3%)   |
| 3   | <b>BASARA Helena</b>        | <b>79</b>  |      | K 55-59   | 3    |             |              | 00:10:47    | 00:21:27 | <b>00:44:18.55</b> | <b>00:55:05.80</b> | +00:03:35 (8.1%)  | 8:51            | 6.8 (91.9%)   |
| 4   | <b>GAWROŃSKA Małgorzata</b> | <b>113</b> |      | K 55-59   | 4    |             |              | 00:10:47    | 00:23:34 | <b>00:48:33.60</b> | <b>00:59:20.75</b> | +00:07:50 (16.2%) | 9:42            | 6.2 (83.8%)   |

Znaleziono 4 wynik(ów)