



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-07-02  
**Miejsce:** Polanica Zdrój  
**Dystans:** 10 km



Klasyfikacja: K70+

| Msc | Zawodnik                        | Numer      | Klub                 | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 2.5km    | 5km      | 7.5km    | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|------------|----------------------|-----------|------|----------------|-----------------|----------------|----------|----------|----------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | <b>WORONKO-ZACZYNSKA</b> Janina | <b>380</b> | KS METRACO POLKOWICE | K70+      | 1    |                |                 | 00:37:00       | 00:19:45 | 00:40:22 | 01:01:50 | <b>01:23:48.85</b>    | <b>02:00:49.65</b>     |                      | 8:22            | 7.2<br>(100%)  |
| 2   | <b>RACZYŃSKA</b> Aleksandra     | <b>337</b> | UNIA MIAST           | K70+      | 2    |                |                 | 00:37:00       | 00:20:01 | 00:41:25 | 01:02:46 | <b>01:24:15.90</b>    | <b>02:01:16.65</b>     | +00:00:27<br>(0.5%)  | 8:25            | 7.1<br>(98.6%) |
| 3   | <b>NAWROCKA</b> Danuta          | <b>388</b> | DĄBROWA NORDIC TEAM  | K70+      | 3    |                |                 | 00:37:01       | 00:29:09 | 01:02:50 | 01:34:59 | <b>02:07:45.30</b>    | <b>02:44:46.40</b>     | +00:43:56<br>(34.4%) | 12:46           | 4.7<br>(65.3%) |

Znaleziono 3 wynik(ów)