

# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organiser:** Polanica Zdrój  
**Date:** 2019-07-06  
**Place:** Polanica Zdrój  
**Distance:** 5 km



Classification: K45-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>MAŚLANKA Iwona</b>	<b>112</b>	MARSZ PO ZDROWIE	K45-49	1			00:17:41	<b>00:35:56.05</b>		7:11	8.3 (100%)
2	<b>JÓŹWIAK Marianna</b>	<b>73</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:17:42	<b>00:36:01.65</b>	+00:00:05 (0.3%)	7:12	8.3 (100%)
3	<b>WILD Ewa</b>	<b>186</b>		K45-49	3			00:18:33	<b>00:37:18.85</b>	+00:01:22 (3.7%)	7:27	8 (96.4%)
4	<b>WAWRZY尼亚K Anna</b>	<b>182</b>	POLIPACK TEAM GWE	K45-49	4			00:19:03	<b>00:39:14.15</b>	+00:03:18 (8.4%)	7:50	7.6 (91.6%)
5	<b>URBANIAK Krystyna</b>	<b>179</b>		K45-49	5			00:20:02	<b>00:39:26.70</b>	+00:03:30 (8.9%)	7:53	7.6 (91.6%)
6	<b>MIKUSINSKA Jola</b>	<b>116</b>	FEAR THE RETURN	K45-49	6			00:19:47	<b>00:40:01.95</b>	+00:04:05 (10.2%)	8:00	7.5 (90.4%)
7	<b>SYPEK Małgorzata</b>	<b>165</b>		K45-49	7			00:19:49	<b>00:40:04.35</b>	+00:04:08 (10.3%)	8:00	7.5 (90.4%)
8	<b>KUBAT Monika</b>	<b>94</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	8			00:20:20	<b>00:41:30.95</b>	+00:05:34 (13.4%)	8:18	7.2 (86.7%)
9	<b>GRABOWSKA Bożena</b>	<b>54</b>	LKS ZANTYR SZTUM	K45-49	9			00:20:24	<b>00:43:04.50</b>	+00:07:08 (16.6%)	8:37	7 (84.3%)
10	<b>OPALSKA Izabela</b>	<b>128</b>	SANTANDER CONSUMER BANK	K45-49	10			00:22:30	<b>00:46:02.25</b>	+00:10:06 (21.9%)	9:12	6.5 (78.3%)
11	<b>ONDY CZ Sylwia</b>	<b>127</b>	NORDIKI	K45-49	11			00:22:49	<b>00:47:23.95</b>	+00:11:27 (24.2%)	9:28	6.3 (75.9%)

Total 11 results.