



POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

Organiser: PFNW
Date: 2016-07-02
Place: Polanica Zdrój
Distance: 5 km



Classification: K40-44

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	KOŁODZIEJCZAK Beata	229	SOCHO TEAM	K40-44	1			00:46:57	00:16:52	00:34:19.10	01:21:16.90		6:51	8.7 (100%)
2	STOJANOWSKA-CIASTEK Dorota	147	KS METRACO POLKOWICE	K40-44	2			00:46:59	00:17:59	00:36:23.75	01:23:23.30	+00:02:04 (5.7%)	7:16	8.2 (94.3%)
3	ZAŃKO Katarzyna	201		K40-44	3			00:46:57	00:17:54	00:36:49.55	01:23:47.35	+00:02:30 (6.8%)	7:22	8.1 (93.1%)
4	JÓŹWIAK Marianna	73	WTW.WŁOCŁAWEK	K40-44	4			00:46:58	00:18:04	00:37:18.00	01:24:16.65	+00:02:58 (8.0%)	7:27	8 (92.0%)
5	KORDOWSKA Bogusława	85	UPOJENI WIATREM	K40-44	5			00:46:59	00:18:41	00:37:38.85	01:24:38.20	+00:03:19 (8.8%)	7:31	8 (92.0%)
6	WAWRZY尼亚K Anna	180	FACE NORDIC WALKING TEAM	K40-44	6			00:46:58	00:18:27	00:37:57.50	01:24:56.05	+00:03:38 (9.6%)	7:35	7.9 (90.8%)
7	JONDERKO Julia	72	WŁÓCZYKIJE SKOCZÓW	K40-44	7			00:46:57	00:19:34	00:40:34.05	01:27:31.95	+00:06:14 (15.4%)	8:06	7.4 (85.1%)
8	STRZELECKA Małgorzata	151	SAILING TEAM FERAJNA	K40-44	8			00:47:00	00:20:48	00:41:40.80	01:28:41.40	+00:07:21 (17.7%)	8:20	7.2 (82.8%)
9	WALULIK Aneta	176		K40-44	9			00:46:59	00:20:59	00:42:37.35	01:29:36.80	+00:08:18 (19.5%)	8:31	7 (80.5%)
10	AGARWAL Ritu	2		K40-44	10			00:47:01	00:20:50	00:42:40.60	01:29:42.25	+00:08:21 (19.6%)	8:32	7 (80.5%)
11	FIOLETAK Joanna	24		K40-44	11			00:47:00	00:21:20	00:43:56.20	01:30:56.55	+00:09:37 (21.9%)	8:47	6.8 (78.2%)
12	BARTUSIK-URBAN Jadwiga	8	SANTANDER CONSUMER BANK	K40-44	12			00:47:00	00:22:44	00:46:07.40	01:33:07.45	+00:11:48 (25.6%)	9:13	6.5 (74.7%)
13	CIUPAK Anastazja	26	SANTANDER CONSUMER BANK	K40-44	13			00:47:02	00:24:01	00:47:47.75	01:34:49.85	+00:13:28 (28.2%)	9:33	6.3 (72.4%)
14	BIAŁEK Luiza	11	SANTANDER CONSUMER BANK	K40-44	14			00:47:01	00:24:03	00:47:49.55	01:34:50.90	+00:13:30 (28.2%)	9:33	6.3 (72.4%)

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15	ŚLUSARCZYK Małgorzata	170	WESOŁY BORSUK TEAM	K40-44	15			00:47:02	00:24:47	00:50:40.65	01:37:43.10	+00:16:21 (32.3%)	10:08	5.9 (67.8%)
16	TARNOWSKA Renata	171	SANTANDER CONSUMER BANK	K40-44	16			00:47:02	00:25:17	00:51:01.40	01:38:04.10	+00:16:42 (32.7%)	10:12	5.9 (67.8%)
17	GIERYSZOWSKA Elżbieta	54	SANTANDER CONSUMER BANK	K40-44	17			00:47:02	00:25:16	00:51:02.55	01:38:05.35	+00:16:43 (32.8%)	10:12	5.9 (67.8%)
18	KĘDZIERSKA Edyta	80		K40-44	18			00:46:58	00:34:30	00:54:28.95	01:41:27.80	+00:20:09 (37.0%)	10:53	5.5 (63.2%)
19	KLEMENTOWICZ Ewa	240	SANTANDER CONSUMER BANK	K40-44	19			00:45:02	00:30:49	01:01:55.40	01:46:57.40	+00:27:36 (44.6%)	12:23	4.8 (55.2%)

Total 19 results.