

PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 – 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Event: PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020
Organiser: Urząd Miasta Tarnowskie Góry
Date: 2020-10-04
Place: Tarnowskie Góry
Distance: 10 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	KRÓLIKOWSKA Krystyna	15	POLIPACK TEAM GWE	K40-49	1			00:33:31	01:07:51.50		6:47	8.8 (100%)
2	RZEPKA Małgorzata	116		K40-49	2			00:33:54	01:08:16.85	+00:00:25 (0.6%)	6:49	8.8 (100%)
3	OSTROCHALSKA Aleksandra	11	POLIPACK TEAM GWE	K40-49	3			00:34:11	01:09:16.35	+00:01:24 (2.0%)	6:55	8.7 (98.9%)
4	KOLMETZ Katarzyna	66	POLIPACK TEAM GWE	K40-49	4			00:35:44	01:11:52.35	+00:04:00 (5.6%)	7:11	8.3 (94.3%)
5	TAISNER Aleksandra	135	NORDIC TIM RUDA ŚLĄSKA	K40-49	5			00:36:36	01:13:21.95	+00:05:30 (7.5%)	7:20	8.2 (93.2%)
6	JUZOF Iwona	58		K40-49	6			00:37:19	01:14:23.95	+00:06:32 (8.8%)	7:26	8.1 (92.0%)
7	JÓŹWIAK Marianna	17	SERCE NORDICA WŁOCŁAWEK	K40-49	7			00:36:43	01:14:31.70	+00:06:40 (8.9%)	7:27	8.1 (92.0%)
8	KACZMAREK Maja	60	POLIPACK TEAM GWE	K40-49	8			00:37:30	01:15:38.60	+00:07:47 (10.3%)	7:33	7.9 (89.8%)
9	ZAJĄC Joanna	159	KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ	K40-49	9	2		00:37:55	01:16:36.95	+00:08:45 (11.4%)	7:39	7.8 (88.6%)
10	WALESZKO Anna	143	PASJA NORDIC WALKING	K40-49	10	1		00:38:17	01:17:28.45	+00:09:36 (12.4%)	7:44	7.7 (87.5%)
11	GWAREK Anita	50	PASJA NORDIC WALKING	K40-49	11			00:38:45	01:18:12.95	+00:10:21 (13.2%)	7:49	7.7 (87.5%)
12	SĘDZIK Katarzyna	121		K40-49	12			00:39:25	01:20:16.30	+00:12:24 (15.5%)	8:01	7.5 (85.2%)
13	MROCZEK-KRUPA Teresa	96		K40-49	13			00:41:05	01:23:03.35	+00:15:11 (18.3%)	8:18	7.2 (81.8%)

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14	GRELA Beatrycze	48		K40-49	14			00:42:27	01:25:43.65	+00:17:52 (20.8%)	8:34	7 (79.5%)
15	NOWAK Joanna	75	CIDRY LOTAJOM	K40-49	15			00:43:50	01:28:41.80	+00:20:50 (23.5%)	8:52	6.8 (77.3%)

Total 15 results.