



Event:
Organiser:
Date:
Place:
Distance:

Puchar Nordic Walking w Sercu Podhala
Gmina Szaflary
2021-10-16
Szaflary
5 km

PUCHAR NORDIC WALKING - 5 KM

B4SPORT



Classification: Kobiety

Place	Participant	Number	Club	Category	MCat	1.67km	3.3km	Net time 5km	Gap	Pace min/km	Pace km/h
1	STĘPIEŃ Dorota	82	KIJOWE LEJDIS	K40-44	1	00:12:25	00:25:08	00:37:56.20		7:35	7.9 (100%)
2	OLEKSYK Małgorzata	72	MKS HALICZ USTRZYKI DOLNE, BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1	00:12:36	00:25:27	00:38:04.70	+00:00:08 (0.4%)	7:36	7.9 (100%)
3	ŁYSIAK Paulina	69		K30-39	1	00:13:14	00:26:58	00:40:52.70	+00:02:56 (7.2%)	8:10	7.3 (92.4%)
4	GUTOWSKA Magda	48	PAUL TEAM	K45-49	1	00:13:33	00:27:35	00:41:27.85	+00:03:31 (8.5%)	8:17	7.2 (91.1%)
5	PANKIEWICZ Ewelina	76	NORDIC SPORT 2021	K30-39	2	00:13:36	00:27:39	00:41:28.40	+00:03:32 (8.5%)	8:17	7.2 (91.1%)
6	ŚLUSARCZYK Grażyna	84	AZS AWF KRAKÓW MASTERS	K55-59	2	00:13:56	00:27:50	00:41:45.05	+00:03:48 (9.1%)	8:21	7.2 (91.1%)
7	PAKASZEWSKA Dorota	75	KIJOWE LEJDIS	K40-44	2	00:13:57	00:27:51	00:41:45.60	+00:03:49 (9.2%)	8:21	7.2 (91.1%)
8	URBAN Iwona	93	KKNW	K50-54	1	00:14:06	00:28:48	00:43:29.15	+00:05:32 (12.8%)	8:41	6.9 (87.3%)
9	ŁOSAK Anna	68	KIJOWE LEJDIS	K40-44	3	00:14:26	00:29:28	00:44:09.50	+00:06:13 (14.1%)	8:49	6.8 (86.1%)
10	HANUS Joanna	51	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1	00:14:33	00:29:27	00:44:14.40	+00:06:18 (14.2%)	8:50	6.8 (86.1%)
11	CHOMNICKA Beata	98	LUX TORPEDA	K50-54	2	00:14:27	00:29:33	00:44:48.25	+00:06:52 (15.3%)	8:57	6.7 (84.8%)
12	CZERWIŃSKA Anna	44	NW CZŁAPSKI TEAM	K- Niepełnosprawni(A)	1	00:15:28	00:30:34	00:45:21.60	+00:07:25 (16.4%)	9:04	6.6 (83.5%)
13	KOWALCZYK Joanna	61	LUX TORPEDA	K45-49	2	00:15:01	00:30:16	00:45:32.50	+00:07:36 (16.7%)	9:06	6.6 (83.5%)
14	WĘCEK Katarzyna	85	ŚWIĘTOKRZYSKA SZKOŁA NORDIC WALKING	K45-49	3	00:15:08	00:30:41	00:46:11.75	+00:08:15 (17.9%)	9:14	6.5 (82.3%)

Place	Participant	Number	Club	Category	MCat	1.67km	3.3km	Net time 5km	Gap	Pace min/km	Pace km/h
15	GUL-BOGACZ Jolanta	91	KKNW	K40-44	4	00:15:37	00:31:02	00:46:14.10	+00:08:17 (17.9%)	9:14	6.5 (82.3%)
16	ZAREMBA Milena	88	KIJOWE LEKDIS	K40-44	5	00:15:10	00:30:44	00:46:15.20	+00:08:19 (18.0%)	9:15	6.5 (82.3%)
17	LACHOWSKA Ewa	97	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	1	00:15:34	00:31:40	00:48:11.45	+00:10:15 (21.3%)	9:38	6.2 (78.5%)
18	KULAK Olga	67		K30-39	3	00:16:18	00:33:00	00:49:24.85	+00:11:28 (23.2%)	9:52	6.1 (77.2%)
19	GRZYWOCZ Irena	100		K70-74	1	00:15:50	00:32:27	00:49:30.50	+00:11:34 (23.4%)	9:54	6.1 (77.2%)
20	GOLECKA Agnieszka	47		K45-49	4	00:16:45	00:33:47	00:50:39.35	+00:12:43 (25.1%)	10:07	5.9 (74.7%)
21	KOZIEŁ Anna	63	KIJOWE LEJDIS	K55-59	3	00:17:16	00:34:37	00:52:18.90	+00:14:22 (27.5%)	10:27	5.7 (72.2%)
22	POCHEĆ Mariola	78		K45-49	5	00:17:33	00:35:46	00:54:44.75	+00:16:48 (30.7%)	10:56	5.5 (69.6%)
23	FIT Agnieszka	45	KIJOWE LEJDIS	K45-49	6	00:17:34	00:35:49	00:54:46.15	+00:16:49 (30.7%)	10:57	5.5 (69.6%)
24	RYŚ Wiktoria	81	ZARABIE-BIEGA	K-Jun.	1	00:18:23	00:37:21	00:55:04.60	+00:17:08 (31.1%)	11:00	5.4 (68.4%)
25	PYTLAK Urszula	92	KKNW	K55-59	4	00:19:29	00:36:53	00:55:08.70	+00:17:12 (31.2%)	11:01	5.4 (68.4%)
26	PODSIADŁO Marta	79	NW NA LUZIE I Z UŚMIECHEM	K30-39	4	00:18:22	00:37:23	00:56:24.10	+00:18:27 (32.7%)	11:16	5.3 (67.1%)
27	PROKOPIEC Bronisława	94	KKNW	K75-79	1	00:18:42	00:37:20	00:56:42.35	+00:18:46 (33.1%)	11:20	5.3 (67.1%)
28	WIKTOR Irena	86	SPORTOWY ISKRA MIELEC	K65-69	1	00:20:20	00:40:27	00:58:48.15	+00:20:51 (35.5%)	11:45	5.1 (64.6%)
29	SITO Agata	89	KKNW	K55-59	5	00:19:56	00:39:31	00:59:23.25	+00:21:27 (36.1%)	11:52	5.1 (64.6%)
30	NOWAK Barbara	95	KKNW	K50-54	3	00:19:46	00:39:36	00:59:41.90	+00:21:45 (36.5%)	11:56	5 (63.3%)
31	KICMAL Małgorzata	53	FUNDACJA HANDICAP ZAKOPANE	K- Niepełnosprawni(A)	2	00:19:11	00:39:21	00:59:44.65	+00:21:48 (36.5%)	11:56	5 (63.3%)
32	HANUS Teresa	52	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	2	00:21:14	00:44:02	01:06:53.80	+00:28:57 (43.3%)	13:22	4.5 (57.0%)
DNC	GUŻNICZAK Marzena	50	KIJOWE LEJDIS	K45-49		00:18:22	00:32:34				(0.0%)

Total 33 results.