



# ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2016-08-21  
**Place:** Śrem  
**Distance:** 10 km



Classification: K30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>SKRYCKA Katarzyna</b>	<b>546</b>	KS METRACO POLKOWICE	K30-39	1			00:03:56	00:18:58	00:37:52	00:56:30	<b>01:15:12.10</b>	<b>01:19:08.60</b>		7:31	8 (100%)
2	<b>KUSZA Marcelina</b>	<b>530</b>	UKS GIMNAZJON SUCHY LAS	K30-39	2			00:03:58	00:18:52	00:38:26	00:58:59	<b>01:19:14.20</b>	<b>01:23:13.05</b>	+00:04:02 (5.1%)	7:55	7.6 (95.0%)
3	<b>RASZEWSKA Justyna</b>	<b>565</b>		K30-39	3			00:03:57	00:19:33	00:39:20	00:59:21	<b>01:19:24.75</b>	<b>01:23:21.85</b>	+00:04:12 (5.3%)	7:56	7.6 (95.0%)
4	<b>NOWAKOWSKA Angelika</b>	<b>539</b>	JEZIORKI - AKTYWNA WIEŚ	K30-39	4			00:03:57	00:20:32	00:41:02	01:01:55	<b>01:23:03.70</b>	<b>01:27:01.10</b>	+00:07:51 (9.5%)	8:18	7.2 (90.0%)
5	<b>ZBIELSKA Agnieszka</b>	<b>558</b>	SAILING TEAM FERAJNA	K30-39	5			00:03:58	00:21:00	00:42:13	01:03:46	<b>01:25:57.00</b>	<b>01:29:55.10</b>	+00:10:44 (12.5%)	8:35	7 (87.5%)
6	<b>HACZYK Anna</b>	<b>514</b>	UKS GIMNAZJON SUCHY LAS	K30-39	6			00:03:58	00:21:22	00:43:18	01:05:58	<b>01:28:45.70</b>	<b>01:32:44.15</b>	+00:13:33 (15.3%)	8:52	6.8 (85.0%)
7	<b>ZBAWIONA Hanna</b>	<b>557</b>		K30-39	7			00:03:59	00:21:57	00:44:32	01:07:58	<b>01:31:19.70</b>	<b>01:35:19.55</b>	+00:16:07 (17.7%)	9:08	6.6 (82.5%)
8	<b>GACZKOWSKA- KSIĄŻKIEWICZ Magdalena</b>	<b>512</b>	KS SOKÓŁ GAŚAWA	K30-39	8			00:03:57	00:22:25	00:45:01	01:08:33	<b>01:31:43.55</b>	<b>01:35:41.40</b>	+00:16:31 (18.0%)	9:10	6.5 (81.3%)

Total 8 results.