

ŚREM - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Event: Puchary Regionalne Nordic Walking 2019
Organiser: Śrem
Date: 2019-08-18
Place: Śrem
Distance: 10 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	KOZAKOWSKA Małgorzata	204	KS SOKÓŁ GAŚAWA	K40-49	1			00:16:17	00:32:33	00:49:11	01:05:38.55		6:33	9.1 (100%)
2	SZULC Alicja	232	NW WERWA MŁAWA	K40-49	2			00:16:28	00:33:14	00:50:20	01:07:07.75	+00:01:29 (2.2%)	6:42	8.9 (97.8%)
3	RAJEK Magdalena	222	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:16:49	00:33:53	00:50:49	01:07:35.90	+00:01:57 (2.9%)	6:45	8.9 (97.8%)
4	SKAWIŃSKA Ewa	228	NAKIJEZAPRASZAMY	K40-49	4			00:16:46	00:34:16	00:51:44	01:09:14.90	+00:03:36 (5.2%)	6:55	8.7 (95.6%)
5	KOBIELA Magdalena	243	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:24	00:35:00	00:52:44	01:10:33.90	+00:04:55 (7.0%)	7:03	8.5 (93.4%)
6	GWAREK Anita	192	PASJA NORDIC WALKING	K40-49	6			00:17:37	00:35:40	00:54:00	01:12:15.80	+00:06:37 (9.2%)	7:13	8.3 (91.2%)
7	POSŁUSZNA Gosia	219	WALK & RUN TEAM OBORNIKI	K40-49	7			00:18:21	00:36:37	00:54:49	01:12:34.40	+00:06:55 (9.6%)	7:15	8.3 (91.2%)
8	WOŹNIAK Iwona	239	RUNGRYF GRYFICE	K40-49	8			00:18:18	00:36:55	00:55:48	01:14:30.40	+00:08:51 (11.9%)	7:27	8.1 (89.0%)
9	NOWICKA Urszula	216	PASJA NORDIC WALKING	K40-49	9			00:18:18	00:37:21	00:56:41	01:15:59.00	+00:10:20 (13.6%)	7:35	7.9 (86.8%)
10	SZELIGA Justyna	231	LIDER GRODZISK MAZOWIECKI	K40-49	10			00:19:55	00:40:32	01:00:42	01:20:57.45	+00:15:18 (18.9%)	8:05	7.4 (81.3%)

Total 10 results.