



# SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 5 KM

B4SPORT

**Event:** SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING  
**Organiser:** PFNW  
**Date:** 2017-09-03  
**Place:** Szczecin  
**Distance:** 5 km



Classification: K30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 1.66km	Start All 3.32km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>SZYMSKA Małgorzata</b>	<b>120</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	1			00:11:01	00:22:10	<b>00:33:30.85</b>		6:42	9 (100%)
2	<b>SAWIŃSKA Anna</b>	<b>100</b>	NORDICANIATEAM	K30-39	2			00:11:07	00:22:53	<b>00:34:36.90</b>	+00:01:06 (3.2%)	6:55	8.7 (96.7%)
3	<b>SKRYCKA Katarzyna</b>	<b>280</b>	KS METRACO POLKOWICE	K30-39	3			00:11:27	00:23:23	<b>00:35:38.25</b>	+00:02:07 (6.0%)	7:07	8.4 (93.3%)
4	<b>DOLNA Ewelina</b>	<b>21</b>	KSK ŻYJ AKTYWNIEMIE KOŁCZYGŁOWY	K30-39	4			00:11:54	00:24:09	<b>00:36:20.60</b>	+00:02:49 (7.8%)	7:16	8.3 (92.2%)
5	<b>GŁOMBICA Ewa</b>	<b>147</b>	WESOŁY BORSUK TEAM	K30-39	5	1		00:12:00	00:24:21	<b>00:36:56.90</b>	+00:03:26 (9.3%)	7:23	8.1 (90.0%)
6	<b>KNITTER Monika</b>	<b>143</b>		K30-39	6			00:12:18	00:25:19	<b>00:38:12.20</b>	+00:04:41 (12.3%)	7:38	7.9 (87.8%)
7	<b>NIERADKA Iwona</b>	<b>82</b>		K30-39	7			00:12:40	00:25:39	<b>00:38:43.70</b>	+00:05:12 (13.5%)	7:44	7.7 (85.6%)
8	<b>JASIK Beata</b>	<b>44</b>	WESOŁY BORSUK TEAM	K30-39	8			00:12:42	00:26:00	<b>00:39:09.40</b>	+00:05:38 (14.4%)	7:50	7.7 (85.6%)
9	<b>LIPIŃSKA Karolina</b>	<b>67</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	9			00:13:03	00:26:32	<b>00:39:37.20</b>	+00:06:06 (15.4%)	7:55	7.6 (84.4%)
10	<b>JANOWSKA-PASZKOWSKA Joanna</b>	<b>43</b>		K30-39	10			00:14:46	00:30:35	<b>00:46:34.60</b>	+00:13:03 (28.0%)	9:19	6.4 (71.1%)
11	<b>GRUDNOWSKA Katarzyna</b>	<b>34</b>	BŁĘKITNI NW DZIEMIANY	K30-39	11			00:15:17	00:30:52	<b>00:46:50.00</b>	+00:13:19 (28.4%)	9:22	6.4 (71.1%)

Total 11 results.