



## SZTUM - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-09-05  
**Miejsce:** Sztum  
**Dystans:** 5 km



Klasyfikacja: K 30-39

| Msc | Zawodnik                      | Numer      | Klub                    | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km  | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|-------------------------|-----------|------|-------------|--------------|-------------|-----------------|-----------------|-------------------|--------------|-------------|
| 1   | <b>CZAJA Aneta</b>            | <b>84</b>  | JEZIORKI AKTYWNA WIEŚ   | K 30-39   | 1    |             |              | 00:15:20    | <b>00:36:03</b> | <b>00:51:23</b> |                   | 7:12         | 8.3 (100%)  |
| 2   | <b>KURCZYK Elżbieta</b>       | <b>90</b>  |                         | K 30-39   | 2    |             |              | 00:15:18    | <b>00:36:29</b> | <b>00:51:47</b> | +00:00:26 (1.2%)  | 7:17         | 8.2 (98.8%) |
| 3   | <b>BEDNARSKA Monika</b>       | <b>5</b>   |                         | K 30-39   | 3    |             |              | 00:15:19    | <b>00:36:38</b> | <b>00:51:57</b> | +00:00:35 (1.6%)  | 7:19         | 8.2 (98.8%) |
| 4   | <b>SZPALERSKA Małgorzata</b>  | <b>148</b> |                         | K 30-39   | 4    |             |              | 00:15:20    | <b>00:37:55</b> | <b>00:53:15</b> | +00:01:52 (4.9%)  | 7:35         | 7.9 (95.2%) |
| 5   | <b>OLSZEWSKA Bożena</b>       | <b>101</b> |                         | K 30-39   | 5    |             |              | 00:15:19    | <b>00:38:12</b> | <b>00:53:31</b> | +00:02:09 (5.6%)  | 7:38         | 7.9 (95.2%) |
| 6   | <b>KUPER Justyna</b>          |            |                         | K 30-39   | 6    |             |              | 00:15:18    | <b>00:38:21</b> | <b>00:53:39</b> | +00:02:18 (6.0%)  | 7:40         | 7.8 (94.0%) |
| 7   | <b>RAJEWSKA Beata</b>         | <b>80</b>  | JEZIORKI - AKTYWNA WIEŚ | K 30-39   | 7    |             |              | 00:15:20    | <b>00:38:52</b> | <b>00:54:12</b> | +00:02:49 (7.2%)  | 7:46         | 7.7 (92.8%) |
| 8   | <b>KILISZEWSKA Aleksandra</b> | <b>255</b> |                         | K 30-39   | 8    |             |              | 00:15:19    | <b>00:39:40</b> | <b>00:54:59</b> | +00:03:37 (9.1%)  | 7:56         | 7.6 (91.6%) |
| 9   | <b>MAJEWSKA Anna</b>          | <b>89</b>  |                         | K 30-39   | 9    |             |              | 00:15:18    | <b>00:46:47</b> | <b>01:02:05</b> | +00:10:44 (22.9%) | 9:21         | 6.4 (77.1%) |
| 10  | <b>MILACHOWSKA Agnieszka</b>  | <b>99</b>  |                         | K 30-39   | 10   |             |              | 00:15:18    | <b>00:49:51</b> | <b>01:05:09</b> | +00:13:48 (27.7%) | 9:58         | 6 (72.3%)   |

Znaleziono 10 wynik(ów)