



# SZTUM - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2015-09-05  
**Place:** Sztum  
**Distance:** 5 km



Classification: K 55-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MARKOWSKA Halina		ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	1			00:18:16	<b>00:32:57</b>	<b>00:51:13</b>		6:35	9.1 (100%)
2	LESZCZYŻYŃ Krystyna			K 55-59	2			00:18:16	<b>00:33:13</b>	<b>00:51:29</b>	+00:00:16 (0.8%)	6:38	9 (98.9%)
3	WILKOŁEK-SZUDARSKA Saturnina	5	DWA KIJE SŁUPSK	K 55-59	3			00:18:16	<b>00:33:49</b>	<b>00:52:05</b>	+00:00:52 (2.6%)	6:45	8.9 (97.8%)
4	KOSIŃSKA Maria	57	MOSIR	K 55-59	4			00:18:17	<b>00:36:27</b>	<b>00:54:44</b>	+00:03:30 (9.6%)	7:17	8.2 (90.1%)
5	KOSIŃSKA-BUCIOR Teresa	129	ŁEBA MORS POLAND	K 55-59	5			00:18:18	<b>00:37:16</b>	<b>00:55:34</b>	+00:04:19 (11.6%)	7:27	8.1 (89.0%)
6	KMIECIK - ZEGARSKA Teresa	264		K 55-59	6			00:18:37	<b>00:40:18</b>	<b>00:58:55</b>	+00:07:21 (18.2%)	8:03	7.4 (81.3%)
7	KAROL Alina	265		K 55-59	7			00:18:16	<b>00:40:33</b>	<b>00:58:49</b>	+00:07:36 (18.7%)	8:06	7.4 (81.3%)
8	ORLIKOWSKA Barbara	118	FUNDACJA NASZA WIEŚ	K 55-59	8			00:18:17	<b>00:42:08</b>	<b>01:00:25</b>	+00:09:11 (21.8%)	8:25	7.1 (78.0%)
9	JAŻWIŃSKA Czesława		LKS ZANTYR	K 55-59	9			00:18:37	<b>00:42:27</b>	<b>01:01:04</b>	+00:09:30 (22.4%)	8:29	7.1 (78.0%)
10	DASZKIEWICZ Jadwiga	116	FUNDACJA NASZA WIEŚ	K 55-59	10			00:18:18	<b>00:42:44</b>	<b>01:01:02</b>	+00:09:47 (22.9%)	8:32	7 (76.9%)
11	WNUK Elżbieta	61	LKS ZANTYR	K 55-59	11			00:18:37	<b>00:44:07</b>	<b>01:02:44</b>	+00:11:10 (25.3%)	8:49	6.8 (74.7%)
12	PŁOTALSKA Maria	117	FUNDACJA NASZA WIEŚ	K 55-59	12			00:18:17	<b>00:44:46</b>	<b>01:03:03</b>	+00:11:49 (26.4%)	8:57	6.7 (73.6%)
12	FRELICH Barbara	115	FUNDACJA NASZA WIEŚ	K 55-59	13			00:18:18	<b>00:44:46</b>	<b>01:03:04</b>	+00:11:49 (26.4%)	8:57	6.7 (73.6%)
14	GRUDNIEWSKA Urszula	13		K 55-59	14			00:18:19	<b>00:45:41</b>	<b>01:04:00</b>	+00:12:44 (27.9%)	9:08	6.6 (72.5%)
15	BUDASZ Grażyna	82	JEZIORKI - AKTYWNA WIEŚ	K 55-59	15			00:18:18	<b>00:47:34</b>	<b>01:05:52</b>	+00:14:37 (30.7%)	9:30	6.3 (69.2%)

Total 15 results.