



TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT

Event: Puchary Regionalne Nordic Walking 2019
Organiser: Miasto Tarnowskie Góry, Polska Federacja Nordic Walking, UKS Unia Strzybnica, Nordicus Strzybnica
Date: 2019-06-16
Place: Tarnowskie Góry
Distance: 10 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	WĘŻOWICZ Ewa	386	STADION ŚLĄSKI	K40-49	1			00:34:27	01:09:40.80		6:58	8.6 (100%)
2	RAJEK Magdalena	362	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:35:18	01:10:47.45	+00:01:06 (1.6%)	7:04	8.5 (98.8%)
3	SZULC Alicja	378	NW WERWA MŁAWA	K40-49	3			00:35:13	01:11:57.20	+00:02:16 (3.2%)	7:11	8.3 (96.5%)
4	WOLNIEWICZ Katarzyna	392	POLSKIE PÓŁNOCNE PIERZE I PUCH	K40-49	4			00:35:21	01:13:11.60	+00:03:30 (4.8%)	7:19	8.2 (95.3%)
5	MUSIATOWICZ Aleksandra	346	PASJA NORDIC WALKING	K40-49	5			00:36:37	01:14:15.40	+00:04:34 (6.2%)	7:25	8.1 (94.2%)
6	TAISNER Aleksandra	381	EKIPA NA KIJACH	K40-49	6	1		00:37:10	01:14:33.80	+00:04:53 (6.5%)	7:27	8 (93.0%)
7	JUZOF Iwona	314		K40-49	7			00:37:07	01:14:34.55	+00:04:53 (6.6%)	7:27	8 (93.0%)
8	KORDOWSKA Bogusława	324	LUX TORPEDA MAŁOPOLSKA	K40-49	8			00:37:33	01:16:11.30	+00:06:30 (8.5%)	7:37	7.9 (91.9%)
9	GWAREK Anita	306	PASJA NORDIC WALKING	K40-49	9			00:38:02	01:17:10.65	+00:07:29 (9.7%)	7:43	7.8 (90.7%)
10	HILGNER Katarzyna	308	NORDICUS STRZYBNICA	K40-49	10			00:37:53	01:17:14.00	+00:07:33 (9.8%)	7:43	7.8 (90.7%)
11	ŚWITALSKA Beata	379		K40-49	11			00:38:46	01:18:02.10	+00:08:21 (10.7%)	7:48	7.7 (89.5%)
12	FRYDRYSIAK Sylwia	297	HURAGAN LIGOTA	K40-49	12	1		00:40:21	01:22:03.45	+00:12:22 (15.1%)	8:12	7.3 (84.9%)
13	MICHALIK Joanna	341		K40-49	13			00:40:21	01:22:16.00	+00:12:35 (15.3%)	8:13	7.3 (84.9%)
14	GAJDKA Jolanta	298		K40-49	14			00:42:10	01:24:51.95	+00:15:11 (17.9%)	8:29	7.1 (82.6%)
15	SZELIGA Justyna	375	LIDER GRODZISK MAZOWIECKI	K40-49	15	1		00:44:02	01:27:28.65	+00:17:47 (20.3%)	8:44	6.9 (80.2%)
16	PISARSKA Barbara	356	NORDICUS STRZYBNICA	K40-49	16			00:44:10	01:29:53.45	+00:20:12 (22.5%)	8:59	6.7 (77.9%)
17	BARTCZAK Ewa	285	UNIA MIAST	K40-49	17			00:44:38	01:30:55.10	+00:21:14 (23.4%)	9:05	6.6 (76.7%)
18	POLOCZEK Izabela	359		K40-49	18			00:46:45	01:33:23.85	+00:23:43 (25.4%)	9:20	6.4 (74.4%)

Total 18 results.