



TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 5 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: 5 km



Classification: K60-64

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	KUPIBIDA Bogusława	126	SILESIA NORDIC TEAM	K60-64	1	1		00:37:15.80		7:27	8.1 (100%)
2	GAPIŃSKA Janina	55	CKZIU NYSZA MECHANIK	K60-64	2			00:37:18.40	+00:00:02 (0.1%)	7:27	8 (98.8%)
3	SZENDZIELORZ Ilona	211	STADION ŚLĄSKI	K60-64	3			00:37:24.00	+00:00:08 (0.4%)	7:28	8 (98.8%)
4	MIŚKOWICZ Anna	155	CKZIU NYSZA MECHANIK	K60-64	4			00:37:46.00	+00:00:30 (1.3%)	7:33	7.9 (97.5%)
5	ŻUCHOWICZ Elżbieta	250		K60-64	5			00:38:25.15	+00:01:09 (3.0%)	7:41	7.8 (96.3%)
6	TASAREK Gabriela	218	TARNOGÓRSKIE ŁAZĘGI	K60-64	6			00:38:47.35	+00:01:31 (3.9%)	7:45	7.7 (95.1%)
7	DAROSZEWSKA Krystyna	34	SERCE NORDICA WŁOCŁAWEK	K60-64	7			00:39:04.65	+00:01:48 (4.6%)	7:48	7.7 (95.1%)
8	NOGALSKA Halina	163	NORDICUS STRZYBNICA	K60-64	8			00:41:05.00	+00:03:49 (9.3%)	8:13	7.3 (90.1%)
9	KRAKOWIAN Aleksandra	116	JEST LEPIEJ	K60-64	9			00:43:15.80	+00:06:00 (13.9%)	8:39	6.9 (85.2%)
10	CZAPURA Elżbieta	28		K60-64	10			00:44:15.00	+00:06:59 (15.8%)	8:51	6.8 (84.0%)
11	BERESZKO Anna	15	MOSIR TKKF SATURN CZELADŹ	K60-64	11			00:46:05.80	+00:08:50 (19.2%)	9:13	6.5 (80.2%)
12	ANTOSIEWICZ Bogusława	4	#CZELADZBIEGA	K60-64	12			00:47:31.70	+00:10:15 (21.6%)	9:30	6.3 (77.8%)
13	PONIATOWSKA Alina	177		K60-64	13			00:54:02.75	+00:16:46 (31.1%)	10:48	5.6 (69.1%)
14	PALASZ Barbara	166		K60-64	14			01:02:20.55	+00:25:04 (40.2%)	12:28	4.8 (59.3%)

Total 14 results.