



WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5KM

B4SPORT

Organiser: PFNW
 Date: 2015-07-11
 Place: Wągrowiec
 Distance: 5 km



Classification: K 30-39

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | Start time | 2.5km | Net time 5km | Czas brutto 5km | Gap | Pace min/km | Pace km/h |
|-------|------------------------|--------|---------------------------|----------|------|-------------|--------------|------------|----------|--------------|-----------------|-------------------|-------------|-------------|
| 1 | KOLOSZ-PERZ Monika | 121 | | K 30-39 | 1 | | | 00:12:07 | 00:17:32 | 00:35:31 | 00:47:38 | | 7:06 | 8.4 (100%) |
| 2 | KARCZEWSKA Marzena | 158 | RUCH PO ZDROWIE WŁOCŁAWEK | K 30-39 | 2 | | | 00:12:05 | 00:17:33 | 00:35:32 | 00:47:37 | +00:00:01 (0.0%) | 7:06 | 8.4 (100%) |
| 3 | KĘDZIERSKA Agnieszka | 55 | | K 30-39 | 3 | | | 00:12:09 | 00:17:48 | 00:36:12 | 00:48:21 | +00:00:41 (1.9%) | 7:14 | 8.3 (98.8%) |
| 4 | PIOTROWSKA Natalia | 154 | | K 30-39 | 4 | | | 00:12:10 | 00:18:35 | 00:37:40 | 00:49:50 | +00:02:09 (5.7%) | 7:32 | 8 (95.2%) |
| 5 | KOLBERG Kamila | 92 | FUNDACJANASZA WIEŚ | K 30-39 | 5 | | | 00:12:07 | 00:18:38 | 00:37:56 | 00:50:03 | +00:02:25 (6.4%) | 7:35 | 7.9 (94.0%) |
| 6 | BURZYŃSKA Joanna | 28 | | K 30-39 | 6 | | | 00:12:05 | 00:19:03 | 00:38:44 | 00:50:49 | +00:03:13 (8.3%) | 7:44 | 7.7 (91.7%) |
| 7 | IDKOWIAK Magdalena | 66 | KS IDMAR | K 30-39 | 7 | | | 00:12:05 | 00:19:25 | 00:38:57 | 00:51:02 | +00:03:26 (8.8%) | 7:47 | 7.7 (91.7%) |
| 8 | ADAMSKA WOLNA Karolina | 146 | MANGO | K 30-39 | 8 | | | 00:12:05 | 00:19:22 | 00:38:58 | 00:51:03 | +00:03:27 (8.9%) | 7:47 | 7.7 (91.7%) |
| 9 | MOLENDĄ Magdalena | 65 | | K 30-39 | 9 | | | 00:12:06 | 00:19:25 | 00:39:06 | 00:51:12 | +00:03:35 (9.2%) | 7:49 | 7.7 (91.7%) |
| 10 | ROSPENDA Agnieszka | 136 | | K 30-39 | 10 | | | 00:12:09 | 00:19:49 | 00:39:59 | 00:52:08 | +00:04:28 (11.2%) | 7:59 | 7.5 (89.3%) |
| 11 | ANTOSZEWSKA Katarzyna | 51 | | K 30-39 | 11 | | | 00:12:05 | 00:20:21 | 00:41:37 | 00:53:42 | +00:06:06 (14.7%) | 8:19 | 7.2 (85.7%) |
| 12 | KACZMAREK Ewelina | 149 | DIETAMORE | K 30-39 | 12 | | | 00:12:08 | 00:22:05 | 00:44:05 | 00:56:13 | +00:08:34 (19.4%) | 8:49 | 6.8 (81.0%) |
| 13 | NOWAK Agnieszka | 131 | | K 30-39 | 13 | | | 00:12:09 | 00:22:42 | 00:45:01 | 00:57:10 | +00:09:30 (21.1%) | 9:00 | 6.7 (79.8%) |
| 14 | ZBAWIONA Hanna | 148 | DIETAMORE | K 30-39 | 14 | | | 00:12:07 | 00:23:33 | 00:47:38 | 00:59:45 | +00:12:07 (25.4%) | 9:31 | 6.3 (75.0%) |

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | Start time | 2.5km | Net time 5km | Czas brutto 5km | Gap | Pace min/km | Pace km/h |
|-------|----------------------------------|------------|----------------------|----------|------|----------------|-----------------|---------------|----------|--------------------|-----------------------|----------------------|----------------|----------------|
| 15 | ANDERS-NOWAK Monika | 86 | SAILING TEAM FERAJNA | K 30-39 | 15 | | | 00:12:08 | 00:23:54 | 00:48:21 | 01:00:29 | +00:12:50 (26.5%) | 9:40 | 6.2 (73.8%) |
| 16 | MILACHOWSKA Agnieszka | 61 | | K 30-39 | 16 | | | 00:12:05 | 00:25:55 | 00:52:24 | 01:04:29 | +00:16:53 (32.2%) | 10:28 | 5.7 (67.9%) |
| 17 | MAJCHRZAK Izabella | 147 | MANGO | K 30-39 | 17 | | | 00:12:09 | 00:27:06 | 00:53:25 | 01:05:34 | +00:17:54 (33.5%) | 10:41 | 5.6 (66.7%) |
| 18 | ADAMSKA Joanna | 144 | MANGO | K 30-39 | 18 | | | 00:12:06 | 00:27:10 | 00:53:27 | 01:05:33 | +00:17:56 (33.6%) | 10:41 | 5.6 (66.7%) |

Total 18 results.