

**Event:** FINAŁ AKADEMII ZDROWIA SANTANDERA  
**Organiser:** PFNW  
**Date:** 2017-09-23  
**Place:** Wrocław  
**Distance:** 5 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	KOWALCZYK Edyta	126	KS METRACO POLKOWICE	K40-49	1	00:06:59	00:17:07	00:34:25.70	00:41:24.70		6:53	8.7 (100%)
2	JÓŹWIAK Marianna	101	WTW WŁOCŁAWEK	K40-49	2	00:06:52	00:17:04	00:34:26.95	00:41:19.55	+00:00:01 (0.1%)	6:53	8.7 (100%)
3	FEDECZKO Edyta	62		K40-49	3	00:06:52	00:17:53	00:36:06.45	00:42:58.55	+00:01:40 (4.7%)	7:13	8.3 (95.4%)
4	PRZYBYŁEK Marysia	192	MARYSIA SPEEDWAY TEAM	K40-49	4	00:06:53	00:17:51	00:36:07.50	00:43:01.30	+00:01:41 (4.7%)	7:13	8.3 (95.4%)
5	WOJCIECHOWSKA Katarzyna	245	PLESZEWSKIE WŁÓCZYKIJE	K40-49	5	00:06:53	00:18:05	00:36:38.65	00:43:31.90	+00:02:12 (6.0%)	7:19	8.2 (94.3%)
6	LEGOCKA Kinga	139	OCTOPUS TEAM	K40-49	6	00:06:52	00:18:26	00:37:12.45	00:44:04.60	+00:02:46 (7.5%)	7:26	8.1 (93.1%)
7	SUKIENNIK Renata	281	ZABIEGANI CZĘSTOCHOWA	K40-49	7	00:07:51	00:18:59	00:38:01.85	00:45:53.60	+00:03:36 (9.5%)	7:36	7.9 (90.8%)
8	BOHDANOWICZ Elwira	35		K40-49	8	00:06:59	00:19:26	00:38:24.60	00:45:24.25	+00:03:58 (10.4%)	7:41	7.8 (89.7%)
9	PIETRASZEWSKA Katarzyna	181		K40-49	9	00:06:55	00:18:59	00:38:53.65	00:45:49.50	+00:04:27 (11.5%)	7:46	7.7 (88.5%)
10	WOJCIECHOWSKA Sylwia	246	NIEZRZESZONA	K40-49	10	00:06:56	00:19:20	00:39:06.65	00:46:03.20	+00:04:40 (12.0%)	7:49	7.7 (88.5%)
11	WARGOCKA Agnieszka	235	SANTANDER CONSUMER BANK	K40-49	11	00:06:57	00:19:42	00:39:35.30	00:46:33.20	+00:05:09 (13.0%)	7:55	7.6 (87.4%)
12	POHL Anna	189		K40-49	12	00:07:02	00:20:03	00:40:16.20	00:47:19.00	+00:05:50 (14.5%)	8:03	7.4 (85.1%)
13	ADAMSKA Iwona	6		K40-49	13	00:07:00	00:20:03	00:40:24.25	00:47:25.15	+00:05:58 (14.8%)	8:05	7.4 (85.1%)
14	WALULIK Aneta	234	NORDIC WALKING WE WROCŁAWIU	K40-49	14	00:06:56	00:20:12	00:40:30.25	00:47:26.30	+00:06:04 (15.0%)	8:06	7.4 (85.1%)
15	DĄBROWA Dorota	283		K40-49	15	00:07:03	00:20:30	00:40:41.90	00:47:45.30	+00:06:16 (15.4%)	8:08	7.4 (85.1%)
16	SCHNAIDER Leokadia	202	WESOŁY BORSUK TEAM	K40-49	16	00:07:01	00:20:25	00:40:42.55	00:47:44.35	+00:06:16 (15.4%)	8:08	7.4 (85.1%)
17	MUCHA Honorata	159	GÓRA	K40-49	17	00:06:52	00:20:24	00:40:48.85	00:47:40.90	+00:06:23 (15.6%)	8:09	7.4 (85.1%)
18	CHROBOK Jolanta	45	HAJDUKI LOTAJOM	K40-49	18	00:06:53	00:20:35	00:40:57.35	00:47:50.65	+00:06:31 (15.9%)	8:11	7.3 (83.9%)
19	KASPRZYK Elżbieta	282	RODZINNA GRUPA BIEGOWA	K40-49	19	00:06:58	00:20:47	00:41:04.50	00:48:02.60	+00:06:38 (16.2%)	8:12	7.3 (83.9%)
20	GAWOR Renata	75		K40-49	20	00:06:57	00:20:58	00:41:06.00	00:48:03.00	+00:06:40 (16.2%)	8:13	7.3 (83.9%)
21	MONDER-BEZDZIETNY Anna	157		K40-49	21	00:06:54	00:21:12	00:41:11.15	00:48:05.95	+00:06:45 (16.4%)	8:14	7.3 (83.9%)
22	KOPROWSKA Aneta	117		K40-49	22	00:06:55	00:20:54	00:41:33.40	00:48:29.10	+00:07:07 (17.2%)	8:18	7.2 (82.8%)
23	BAJON Iwona	19		K40-49	23	00:06:55	00:20:54	00:41:34.10	00:48:29.30	+00:07:08 (17.2%)	8:18	7.2 (82.8%)
24	OZGA Iwona	174		K40-49	24	00:07:02	00:20:37	00:41:41.15	00:48:43.35	+00:07:15 (17.4%)	8:20	7.2 (82.8%)
25	BARTUSIK-URBAN Jagoda	23	SANTANDER CONSUMER BANK	K40-49	25	00:06:54	00:21:02	00:41:54.50	00:48:49.05	+00:07:28 (17.8%)	8:23	7.2 (82.8%)
26	CZERWIŃSKA Małgorzata	50		K40-49	26	00:07:03	00:21:13	00:42:06.40	00:49:09.55	+00:07:40 (18.2%)	8:25	7.1 (81.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
27	<b>PRZYBYŁ Małgorzata</b>	<b>191</b>	ROKIETNICA	K40-49	27	00:07:00	00:21:12	<b>00:42:31.85</b>	<b>00:49:31.85</b>	+00:08:06 (19.1%)	8:30	7.1 (81.6%)
28	<b>GOLAK-WEGIERA Katarzyna</b>	<b>82</b>		K40-49	28	00:06:52	00:21:16	<b>00:42:38.00</b>	<b>00:49:30.60</b>	+00:08:12 (19.2%)	8:31	7 (80.5%)
29	<b>PALMOWSKA Maria</b>	<b>175</b>		K40-49	29	00:06:54	00:21:17	<b>00:42:38.50</b>	<b>00:49:33.30</b>	+00:08:12 (19.3%)	8:31	7 (80.5%)
30	<b>SZYMAŃSKA-KASIM Anna</b>	<b>219</b>		K40-49	30	00:07:00	00:21:28	<b>00:43:16.35</b>	<b>00:50:16.65</b>	+00:08:50 (20.4%)	8:39	6.9 (79.3%)
31	<b>ANGLART Laura</b>	<b>15</b>	ROKIETNICA	K40-49	31	00:06:59	00:21:45	<b>00:43:20.45</b>	<b>00:50:19.95</b>	+00:08:54 (20.6%)	8:40	6.9 (79.3%)
32	<b>FLIEGER Ewelina</b>	<b>66</b>	ROKIETNICA	K40-49	32	00:06:58	00:21:49	<b>00:43:22.45</b>	<b>00:50:21.00</b>	+00:08:56 (20.6%)	8:40	6.9 (79.3%)
33	<b>ZAWADZKA Nina</b>	<b>263</b>		K40-49	33	00:06:56	00:21:40	<b>00:43:25.25</b>	<b>00:50:22.20</b>	+00:08:59 (20.7%)	8:41	6.9 (79.3%)
34	<b>JAREK Marta</b>	<b>97</b>	AZS SILESIA	K40-49	34	00:06:53	00:21:27	<b>00:43:26.25</b>	<b>00:50:20.05</b>	+00:09:00 (20.7%)	8:41	6.9 (79.3%)
35	<b>DZIENISZEWSKA Alina</b>	<b>277</b>		K40-49	35	00:06:54	00:21:40	<b>00:43:35.20</b>	<b>00:50:29.45</b>	+00:09:09 (21.0%)	8:43	6.9 (79.3%)
36	<b>SYNOWIEC Małgorzata</b>	<b>211</b>	KB SUKCES	K40-49	36	00:06:57	00:21:45	<b>00:43:42.55</b>	<b>00:50:40.00</b>	+00:09:16 (21.2%)	8:44	6.9 (79.3%)
37	<b>CHMIELEWSKA Anna</b>	<b>43</b>	RODZINA NA PIĄTKĘ	K40-49	37	00:06:57	00:22:38	<b>00:45:18.00</b>	<b>00:52:15.30</b>	+00:10:52 (24.0%)	9:03	6.6 (75.9%)
38	<b>KAMIŃSKA-SULICH Iwona</b>	<b>106</b>	ARTEMIS WROCŁAW	K40-49	38	00:06:53	00:22:42	<b>00:45:22.40</b>	<b>00:52:15.80</b>	+00:10:56 (24.1%)	9:04	6.6 (75.9%)
39	<b>ŚWIEŚCIAK Małgorzata</b>	<b>223</b>		K40-49	39	00:07:02	00:23:02	<b>00:47:01.20</b>	<b>00:54:03.55</b>	+00:12:35 (26.8%)	9:24	6.4 (73.6%)
40	<b>BIERNACKA Wioletta</b>	<b>27</b>		K40-49	40	00:07:01	00:24:58	<b>00:49:20.30</b>	<b>00:56:21.75</b>	+00:14:54 (30.2%)	9:52	6.1 (70.1%)
41	<b>ŁĄD-SOBIESZEK Sława</b>	<b>138</b>	RIGHTWAY	K40-49	41	00:07:00	00:25:19	<b>00:52:21.80</b>	<b>00:59:22.20</b>	+00:17:56 (34.3%)	10:28	5.7 (65.5%)
42	<b>KOSICKA Beata</b>	<b>118</b>		K40-49	42	00:07:05	00:27:09	<b>00:54:19.70</b>	<b>01:01:25.10</b>	+00:19:54 (36.6%)	10:52	5.5 (63.2%)
43	<b>PĘDZICH Małgorzata</b>	<b>178</b>	SANTANDER CONSUMER BANK	K40-49	43	00:07:00	00:31:15	<b>01:02:01.75</b>	<b>01:09:02.70</b>	+00:27:36 (44.5%)	12:24	4.8 (55.2%)

Total 43 results.