



# KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-05-15  
**Miejsce:** Konstancin-Jeziorna  
**Dystans:** 10 km



Klasyfikacja: M18-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MACKIEWICZ Marcin</b>	<b>516</b>	NORDIC WALKING CIECHANÓW	M18-29	1	1		00:00:03	00:15:33	00:31:25	00:47:58	<b>01:03:46.35</b>	<b>01:03:49.70</b>		6:22	9.4
2	<b>KUŚMIEREK Patryk</b>	<b>504</b>	BŁĘKITNI DZIEMIANY	M18-29	2			00:00:04	00:15:46	00:31:30	00:47:30	<b>01:03:46.40</b>	<b>01:03:50.75</b>	+00:00:00	6:22	9.4
3	<b>WERSTLER Mikołaj</b>	<b>600</b>	AWF WARSZAWA	M18-29	3			00:00:06	00:16:22	00:33:00	00:49:38	<b>01:05:51.20</b>	<b>01:05:57.60</b>	+00:02:04	6:35	9.1
4	<b>GRZEGORCZYK Marcin Joachim</b>	<b>448</b>	FACE NORDIC WALKING TEAM	M18-29	4			00:00:04	00:16:10	00:33:03	00:49:39	<b>01:05:51.45</b>	<b>01:05:56.05</b>	+00:02:05	6:35	9.1
5	<b>PSUT Robert</b>	<b>547</b>		M18-29	5			00:00:04	00:16:46	00:33:38	00:50:31	<b>01:07:33.60</b>	<b>01:07:38.15</b>	+00:03:47	6:45	8.9
6	<b>ŻMIJEWSKI Wojciech</b>	<b>618</b>	AWF WARSZAWA	M18-29	6			00:00:04	00:16:25	00:33:39	00:50:43	<b>01:07:34.45</b>	<b>01:07:38.90</b>	+00:03:48	6:45	8.9
7	<b>ROGASKI Grzegorz</b>	<b>555</b>	AWF WARSZAWA	M18-29	7			00:00:03	00:16:21	00:33:33	00:50:36	<b>01:07:39.55</b>	<b>01:07:43.05</b>	+00:03:53	6:46	8.9
8	<b>PUSZKIEL Adrian</b>	<b>548</b>	GREEN TEAM ZIELONA GÓRA	M18-29	8			00:00:05	00:16:52	00:34:40	00:51:53	<b>01:08:40.80</b>	<b>01:08:46.30</b>	+00:04:54	6:52	8.7
9	<b>WIERZBOWSKI Michał</b>	<b>604</b>	AWF WARSZAWA	M18-29	9			00:00:04	00:16:38	00:33:50	00:51:39	<b>01:09:42.75</b>	<b>01:09:47.60</b>	+00:05:56	6:58	8.6
10	<b>IWANIUK Artur</b>	<b>700</b>		M18-29	10			00:00:06	00:17:27	00:35:29	00:53:47	<b>01:11:01.70</b>	<b>01:11:07.70</b>	+00:07:15	7:06	8.4
11	<b>WITKOWSKI Marcin</b>	<b>609</b>	AWF WARSZAWA	M18-29	11			00:00:05	00:18:14	00:36:38	00:55:21	<b>01:14:31.85</b>	<b>01:14:37.65</b>	+00:10:45	7:27	8.1
12	<b>ŚWIETLIK Michał</b>	<b>709</b>	AWF WARSZAWA	M18-29	12			00:00:05	00:18:39	00:37:32	00:56:17	<b>01:15:11.45</b>	<b>01:15:17.00</b>	+00:11:25	7:31	8
13	<b>RECZULSKI Mikołaj</b>	<b>553</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	13			00:00:03	00:17:35	00:36:55	00:56:37	<b>01:16:23.30</b>	<b>01:16:27.15</b>	+00:12:36	7:38	7.9
14	<b>JÓŹWIAK Dominik</b>	<b>463</b>	WTW.WŁOCŁAWEK	M18-29	14			00:00:03	00:20:57	00:42:01	01:03:33	<b>01:24:34.00</b>	<b>01:24:37.40</b>	+00:20:47	8:27	7.1

