



POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 10 KM

B4SPORT
INCLUSIVE SPORTS

Organiser: PFNW
Date: 2016-09-03
Place: Polańczyk
Distance: 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 1.67km	Start_All 3.34km	Start_All 5km	Start_All 6.67km	Start_All 8.34km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	CYRUS Bogdan	185	SILESIA NORDIC TEAM	M40-49	1			00:00:34	00:09:45	00:20:00	00:30:18	00:40:46	00:52:01	01:03:28.25	01:04:02.70		6:20	9.5 (100%)
2	NIECHWIEJCZYK Piotr	173	UNIA MIAST	M40-49	2			00:00:34	00:10:06	00:20:38	00:31:28	00:42:24	00:53:28	01:04:30.45	01:05:05.25	+00:01:02 (1.6%)	6:27	9.3 (97.9%)
3	BOGACKI Sławek	155	ENERGA NW TEAM	M40-49	3			00:00:34	00:10:28	00:21:33	00:32:50	00:43:58	00:54:57	01:05:41.85	01:06:16.30	+00:02:13 (3.4%)	6:34	9.1 (95.8%)
4	JONDERKO Grzegorz	160	WŁÓCZYKIJE SKOCZÓW	M40-49	4			00:00:35	00:11:38	00:23:16	00:35:06	00:47:35	01:00:12	01:12:46.45	01:13:21.65	+00:09:18 (12.8%)	7:16	8.2 (86.3%)
5	MARCINKOWSKI Wojciech	170	UNIA MIAST	M40-49	5			00:00:34	00:11:46	00:24:20	00:37:10	00:50:13	01:02:58	01:15:08.25	01:15:42.60	+00:11:40 (15.5%)	7:30	8 (84.2%)
6	KUBALSKI Dariusz	166	OSIR STASZÓW	M40-49	6			00:00:34	00:13:21	00:26:48	00:39:58	00:53:18	01:05:58	01:18:19.30	01:18:54.05	+00:14:51 (19.0%)	7:50	7.7 (81.1%)
7	BARAN Marek	151	KLUBSPORTU.PL	M40-49	7			00:00:35	00:12:40	00:25:54	00:39:23	00:53:12	01:06:32	01:20:54.45	01:21:29.75	+00:17:26 (21.6%)	8:05	7.4 (77.9%)

Total 7 results.