

# POTĘGOWO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organizator:** Potęgowo  
**Data:** 2019-08-24  
**Miejsce:** Potęgowo  
**Dystans:** 5 km



Klasyfikacja: M70+

| Msc | Zawodnik                    | Numer      | Klub                                                      | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | laps<br>2.5km | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|------------|-----------------------------------------------------------|-----------|------|----------------|-----------------|---------------|----------------------|----------------------|-----------------|----------------|
| 1   | <b>SZYMAŃSKI Stefan</b>     | <b>163</b> | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH | M70+      | 1    |                |                 | 00:16:56      | <b>00:34:16.30</b>   |                      | 6:51            | 8.8<br>(100%)  |
| 2   | <b>KACZMAREK Eugeniusz</b>  | <b>61</b>  |                                                           | M70+      | 2    |                |                 | 00:16:56      | <b>00:34:25.65</b>   | +00:00:09<br>(0.5%)  | 6:53            | 8.7<br>(98.9%) |
| 3   | <b>TOMCZYK Edward</b>       | <b>166</b> | MARSZ PO ZDROWIE                                          | M70+      | 3    |                |                 | 00:17:06      | <b>00:34:38.55</b>   | +00:00:22<br>(1.1%)  | 6:55            | 8.7<br>(98.9%) |
| 4   | <b>KOŁPAK Jan</b>           | <b>72</b>  | LKS ZANTYR SZTUM                                          | M70+      | 4    |                |                 | 00:17:53      | <b>00:36:47.80</b>   | +00:02:31<br>(6.9%)  | 7:21            | 8.2<br>(93.2%) |
| 5   | <b>STAŃCZAK Ryszard</b>     | <b>146</b> |                                                           | M70+      | 5    |                |                 | 00:18:45      | <b>00:38:31.10</b>   | +00:04:14<br>(11.0%) | 7:42            | 7.8<br>(88.6%) |
| 6   | <b>RURAŃSKI Jerzy</b>       | <b>138</b> | STADION ŚLĄSKI                                            | M70+      | 6    |                |                 | 00:19:55      | <b>00:40:38.50</b>   | +00:06:22<br>(15.7%) | 8:07            | 7.4<br>(84.1%) |
| 7   | <b>KŁOSKA Kazimierz</b>     | <b>68</b>  |                                                           | M70+      | 7    |                |                 | 00:20:29      | <b>00:41:28.50</b>   | +00:07:12<br>(17.4%) | 8:17            | 7.2<br>(81.8%) |
| 8   | <b>DROP Mieczysław</b>      | <b>29</b>  | KS SOKÓŁ GĄSAWA                                           | M70+      | 8    |                |                 | 00:26:24      | <b>00:51:51.00</b>   | +00:17:34<br>(33.9%) | 10:22           | 5.8<br>(65.9%) |
| 9   | <b>CHWALISZEWSKI Michał</b> | <b>17</b>  | GOSIR OSIELSKO                                            | M70+      | 9    |                |                 | 00:29:03      | <b>00:57:22.20</b>   | +00:23:05<br>(40.3%) | 11:28           | 5.2<br>(59.1%) |

Znaleziono 9 wynik(ów)