



VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Event: VI CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek
Date: 2020-08-29
Place: Okonek
Distance: 5.3 km



Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	BRZOZOWSKI Piotr	222	AKTYWNI POSTOMINO	M18-44	1	00:32:21.80		6:28	9.3 (100%)
2	PYREK Krzysztof	108	1 RBLOG	M18-44	2	00:34:20.05	+00:01:58 (5.7%)	6:52	8.7 (93.5%)
3	ZMYŚŁOWSKI Zygmunt	272	NORDIC WALKING LUBASZ	M45+	1	00:35:37.30	+00:03:15 (9.1%)	7:07	8.4 (90.3%)
4	SZYMAŃSKI Jacek	19		M45+	2	00:36:16.85	+00:03:55 (10.8%)	7:15	8.3 (89.2%)
5	WALESZKO Andrzej	304	PASJA NORDIC WALKING	M45+	3	00:37:21.80	+00:05:00 (13.4%)	7:28	8 (86.0%)
6	NOWACZYK Tomasz	271	MARSZ PO ZDROWIE	M18-44	3	00:38:21.55	+00:05:59 (15.6%)	7:40	7.8 (83.9%)
7	BERCZYŃSKI Henryk	220	NADLEŚNICTWO OKONEK	M45+	4	00:39:11.60	+00:06:49 (17.4%)	7:50	7.7 (82.8%)
8	ŁOPIŃSKI Aleksy	263		M45+	5	00:39:15.50	+00:06:53 (17.6%)	7:51	7.6 (81.7%)
9	STAWNIAK Karol	294	KS METRACO POLKOWICE	M45+	6	00:39:42.80	+00:07:21 (18.5%)	7:56	7.6 (81.7%)
10	LENARTOWICZ Stanisław	258		M45+	7	00:39:57.15	+00:07:35 (19.0%)	7:59	7.5 (80.6%)
11	MACIEJEWSKI Tomasz	264	DWA KIJE SŁUPSK	M18-44	4	00:40:25.10	+00:08:03 (19.9%)	8:05	7.4 (79.6%)
12	LEDZION Robert	257	KLASYFIKACJA MAŁŻEŃSTWO	M45+	8	00:40:28.65	+00:08:06 (20.0%)	8:05	7.4 (79.6%)
13	SZCZYTKOWSKI Marek	299		M45+	9	00:40:57.00	+00:08:35 (21.0%)	8:11	7.3 (78.5%)
14	PTAK Tomasz	291	CZARNE PANTERY	M18-44	5	00:41:15.65	+00:08:53 (21.6%)	8:15	7.3 (78.5%)
15	WIECZOREK Krzysztof	307	NORDIC WALKING LUBASZ	M45+	10	00:41:20.00	+00:08:58 (21.7%)	8:16	7.3 (78.5%)
16	BADZIĄG Waldemar	218	DWA KIJE SŁUPSK	M45+	11	00:41:26.10	+00:09:04 (21.9%)	8:17	7.2 (77.4%)
16	ŁĘCKI Jan	262	ELITE TEAM	M18-44	6	00:41:26.10	+00:09:04 (21.9%)	8:17	7.2 (77.4%)
18	PRACKI Zbigniew	282	SERCE NORDICA WŁOCŁAWEK	M45+	12	00:42:06.05	+00:09:44 (23.1%)	8:25	7.1 (76.3%)
19	WALESZKO Adam	303	PASJA NORDIC WALKING	M-jun	1	00:42:20.90	+00:09:59 (23.6%)	8:28	7.1 (76.3%)
20	JÓŹWIAK Łukasz	244	SERCE NORDICA WŁOCŁAWEK	M45+	13	00:42:33.10	+00:10:11 (23.9%)	8:30	7.1 (76.3%)
21	PERLIK Wiesław	274	TADMAX	M45+	14	00:43:30.75	+00:11:08 (25.6%)	8:42	6.9 (74.2%)
22	LUBAŃSKI Tomasz	260	SERCE NORDICA WŁOCŁAWEK	M45+	15	00:45:21.40	+00:12:59 (28.6%)	9:04	6.6 (71.0%)
23	WRONA Ryszard	313	LILL-SPORT	M45+	16	00:46:45.35	+00:14:23 (30.8%)	9:21	6.4 (68.8%)
24	RAPTA Mieczysław	285		M45+	17	00:47:03.15	+00:14:41 (31.2%)	9:24	6.4 (68.8%)
25	GASIŃSKI Janusz	234	GRUPA WILKI	M45+	18	00:48:17.55	+00:15:55 (33.0%)	9:39	6.2 (66.7%)
26	KULCZYCKI Jan	255		M45+	19	00:48:25.80	+00:16:04 (33.2%)	9:41	6.2 (66.7%)
27	IDZIK Ludwik	238	IDZIKI TEAM	M45+	20	00:48:38.05	+00:16:16 (33.5%)	9:43	6.2 (66.7%)

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28	JANIK Maciej	242	ZASAPANI HYDRO	M18-44	7	00:49:37.95	+00:17:16 (34.8%)	9:55	6 (64.5%)
29	JÓŹWIAK Dominik	243	SERCE NORDICA WŁOCŁAWEK	M18-44	8	00:52:23.60	+00:20:01 (38.2%)	10:28	5.7 (61.3%)
30	FIECEK Radosław	232		M45+	21	00:54:26.00	+00:22:04 (40.5%)	10:53	5.5 (59.1%)

Total 30 results.