



ENEA POLISH NW CUP - WASILKÓW- 10KM - 5/6

B4SPORT
INTEGRATING SPORTS SPONSORS

Event: ENEA POLISH NORDIC WALKING CUP 5/6
WASILKÓW
Organiser: Polskie Zrzeszenie Nordic Walking, Miasto i Gmina Wasilków
Date: 2023-09-16
Place: Wasilków
Distance: 10 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_1.68km 1.68km	Laps_3.36km 3.36km	Laps_5.04km 5.04km	Laps_6.72km 6.72km	Laps_8.4km 8.4km	Net time 10km	Gap	Pace min/km	Pace km/h
1	HAŁAS Marcin	12	PRUSZYŃSKI SPORT TEAM	M30-39	1			00:10:40	00:21:35	00:32:37	00:43:44	00:54:59	01:06:14.95		6:37	9.1 (100%)
2	MISZTAŁ Grzegorz	20	PRUSZYŃSKI SPORT TEAM	M30-39	2			00:10:56	00:21:48	00:33:03	00:44:19	00:55:46	01:06:58.90	+00:00:43 (1.1%)	6:41	9 (98.9%)
3	BREW CZYŃSKI Marcin	5	NW CZŁAPSKI TEAM	M30-39	3			00:11:11	00:22:44	00:34:29	00:46:12	00:57:58	01:09:15.45	+00:03:00 (4.3%)	6:55	8.7 (95.6%)
4	KARASEWICZ Łukasz	16	GMINA WASILKÓW	M30-39	4			00:12:34	00:25:21	00:38:07	00:51:29	01:05:08	01:18:28.35	+00:12:13 (15.6%)	7:50	7.6 (83.5%)

Total 4 results.