



# HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-09-10  
**Miejsce:** Hajnówka  
**Dystans:** 10 km



Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SIWAK Piotr</b>	<b>792</b>	KS METRACO POLKOWICE	M50-59	1	1		00:01:22	00:32:13	<b>01:05:35.10</b>	<b>01:06:58.05</b>		6:33	9.1 (100%)
2	<b>RECZULSKI Mariusz</b>	<b>748</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:01:24	00:32:11	<b>01:05:42.95</b>	<b>01:07:07.45</b>	+00:00:07 (0.2%)	6:34	9.1 (100%)
3	<b>PUSZKIEL Leszek</b>	<b>746</b>	GREEN TEAM ZIELONA GÓRA	M50-59	3			00:01:21	00:32:28	<b>01:07:00.45</b>	<b>01:08:21.60</b>	+00:01:25 (2.1%)	6:42	9 (98.9%)
4	<b>CIEŚLAK Roman</b>	<b>664</b>	EPOKA NORDICA ŁÓDŹ	M50-59	4			00:01:23	00:33:59	<b>01:09:33.80</b>	<b>01:10:57.05</b>	+00:03:58 (5.7%)	6:57	8.6 (94.5%)
5	<b>KOWALSKI Marek</b>	<b>707</b>	UNIA MIAST	M50-59	5			00:01:24	00:36:24	<b>01:13:10.45</b>	<b>01:14:34.70</b>	+00:07:35 (10.4%)	7:19	8.2 (90.1%)
6	<b>IWANIUK Włodzimierz</b>	<b>683</b>		M50-59	6			00:01:24	00:37:04	<b>01:14:36.20</b>	<b>01:16:01.00</b>	+00:09:01 (12.1%)	7:27	8 (87.9%)
7	<b>NETKOWSKI Wojciech</b>	<b>731</b>	PASJA NORDIC WALKING	M50-59	7			00:01:22	00:36:52	<b>01:15:33.65</b>	<b>01:16:55.70</b>	+00:09:58 (13.2%)	7:33	7.9 (86.8%)
8	<b>POZNAŃSKI Wiesław</b>	<b>744</b>	KS AMATOR NW	M50-59	8	1		00:01:21	00:37:44	<b>01:17:30.45</b>	<b>01:18:51.75</b>	+00:11:55 (15.4%)	7:45	7.7 (84.6%)
9	<b>STAWARZ Wiesław</b>	<b>760</b>		M50-59	9			00:01:23	00:39:21	<b>01:19:58.40</b>	<b>01:21:22.25</b>	+00:14:23 (18.0%)	7:59	7.5 (82.4%)
10	<b>STEFAŃSKI Andrzej</b>	<b>762</b>	FACE NORDIC WALKING TEAM	M50-59	10			00:01:21	00:40:27	<b>01:22:01.40</b>	<b>01:23:23.15</b>	+00:16:26 (20.0%)	8:12	7.3 (80.2%)
11	<b>SZEWCZYK Marek</b>	<b>764</b>	FACE NORDIC WALKING TEAM	M50-59	11			00:01:22	00:40:49	<b>01:23:21.50</b>	<b>01:24:44.15</b>	+00:17:46 (21.3%)	8:20	7.2 (79.1%)
12	<b>KULIK Sławomir</b>	<b>713</b>		M50-59	12			00:01:25	00:40:03	<b>01:24:14.20</b>	<b>01:25:39.50</b>	+00:18:39 (22.1%)	8:25	7.1 (78.0%)
13	<b>KOSSOWSKI Marian</b>	<b>704</b>	MARYSIN	M50-59	13			00:01:23	00:41:49	<b>01:26:50.25</b>	<b>01:28:13.25</b>	+00:21:15 (24.5%)	8:41	6.9 (75.8%)
14	<b>FAJNAS Ryszard</b>	<b>675</b>	FACE NORDIC WALKING TEAM	M50-59	14			00:01:21	00:43:29	<b>01:27:54.10</b>	<b>01:29:15.60</b>	+00:22:19 (25.4%)	8:47	6.8 (74.7%)

Znaleziono 14 wynik(ów)