

# HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Event:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organiser:** Hajnówka  
**Date:** 2019-09-14  
**Place:** Hajnówka  
**Distance:** 5 km



Classification: M18-29

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>TOPOLNICKI Konrad</b>	<b>423</b>	CKZIU MECHANIK NYSA	M18-29	1	1		<b>00:31:42.72</b>		6:20	9.5 (100%)
2	<b>JANKOWSKI Mateusz</b>	<b>147</b>	POLIPACK TEAM GWE	M18-29	2			<b>00:36:03.99</b>	+00:04:21 (12.1%)	7:12	8.3 (87.4%)
3	<b>DANDYK Michał</b>	<b>782</b>	UNIA MIAST	M18-29	3			<b>00:38:12.56</b>	+00:06:29 (17.0%)	7:38	7.9 (83.2%)
4	<b>SADOWSKI Tomasz</b>	<b>747</b>		M18-29	4		B	<b>00:39:25.88</b>	+00:07:43 (19.6%)	7:53	7.6 (80.0%)
5	<b>KARKENAU Tsimur</b>	<b>770</b>		M18-29	5			<b>00:40:06.88</b>	+00:08:24 (20.9%)	8:01	7.5 (78.9%)
6	<b>MALINOWSKI Paweł</b>	<b>255</b>		M18-29	6			<b>00:41:24.29</b>	+00:09:41 (23.4%)	8:17	7.2 (75.8%)
7	<b>DYBACKI Tomasz</b>	<b>79</b>		M18-29	7			<b>00:43:05.51</b>	+00:11:22 (26.4%)	8:37	7 (73.7%)
8	<b>KRYSIUK Kacper</b>	<b>799</b>	NOWI SIEDLCE	M18-29	8			<b>00:49:15.80</b>	+00:17:33 (35.6%)	9:51	6.1 (64.2%)

Total 8 results.