

# HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

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



Classification: M45-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>RAJEWSKI Sebastian</b>	<b>739</b>	KS IDMAR RACING TEAM	M45-49	1			<b>00:30:37.57</b>		6:07	9.8 (100%)
2	<b>WITUCKI Jacek</b>	<b>451</b>		M45-49	2			<b>00:31:20.97</b>	+00:00:43 (2.3%)	6:16	9.6 (98.0%)
3	<b>ZIELIŃSKI Szczepan</b>	<b>96</b>	SERCE NORDICA WŁOCŁAWEK	M45-49	3			<b>00:33:22.37</b>	+00:02:44 (8.2%)	6:40	9 (91.8%)
4	<b>WIŚNIEWSKI Sławomir</b>	<b>446</b>	FLUGGER TEAM	M45-49	4			<b>00:33:23.60</b>	+00:02:46 (8.3%)	6:40	9 (91.8%)
5	<b>KUBIAK Przemysław</b>	<b>215</b>	KS IDMAR RACING TEAM	M45-49	5			<b>00:33:47.39</b>	+00:03:09 (9.4%)	6:45	8.9 (90.8%)
6	<b>RÓŻYCKI Artur</b>	<b>348</b>	TKKF KRZNA BIAŁA PODLASKA	M45-49	6			<b>00:34:01.61</b>	+00:03:24 (10.0%)	6:48	8.8 (89.8%)
7	<b>FRĄCKOWIAK Krzysztof</b>	<b>93</b>	NOWI SIEDLCE	M45-49	7			<b>00:34:12.58</b>	+00:03:35 (10.5%)	6:50	8.8 (89.8%)
8	<b>OKNIŃSKI Krzysztof</b>	<b>800</b>	NOWI SIEDLCE	M45-49	8			<b>00:34:32.12</b>	+00:03:54 (11.3%)	6:54	8.7 (88.8%)
9	<b>KUBAT Janusz</b>	<b>212</b>	NORDIC TEAM CZĘSTOCHOWA	M45-49	9			<b>00:35:52.08</b>	+00:05:14 (14.6%)	7:10	8.4 (85.7%)
10	<b>TOPOLNICKI Mariusz</b>	<b>796</b>	CKZIU MECHANIK NYSA	M45-49	10			<b>00:36:16.70</b>	+00:05:39 (15.6%)	7:15	8.3 (84.7%)
11	<b>WALESZKO Andrzej</b>	<b>434</b>	PASJA NORDIC WALKING	M45-49	11	1		<b>00:36:51.18</b>	+00:06:13 (16.9%)	7:22	8.1 (82.7%)
12	<b>ŚCIBIOR Robert</b>	<b>689</b>		M45-49	12			<b>00:38:19.70</b>	+00:07:42 (20.1%)	7:40	7.8 (79.6%)
13	<b>ŚLUSARCZYK Grzegorz</b>	<b>706</b>	WESOŁY BORSUK TEAM	M45-49	13			<b>00:38:30.68</b>	+00:07:53 (20.5%)	7:42	7.8 (79.6%)
14	<b>TEUBERT Piotr</b>	<b>417</b>	ROXKIJE ROKIETNICA	M45-49	14			<b>00:39:59.72</b>	+00:09:22 (23.4%)	8:00	7.5 (76.5%)
15	<b>SZYMAŃSKI Mirosław</b>	<b>735</b>	SANTANDER CONSUMER BANK	M45-49	15			<b>00:41:37.00</b>	+00:10:59 (26.4%)	8:19	7.2 (73.5%)
16	<b>WECHTA Paweł</b>	<b>687</b>	KS METRACO POLKOWICE	M45-49	16			<b>00:42:15.51</b>	+00:11:37 (27.5%)	8:27	7.1 (72.4%)
17	<b>KUŹNIARSKI Jacek</b>	<b>228</b>	NOWI SIEDLCE	M45-49	17			<b>00:43:06.22</b>	+00:12:28 (28.9%)	8:37	7 (71.4%)
18	<b>KITKA Wojciech</b>	<b>176</b>		M45-49	18			<b>00:53:52.99</b>	+00:23:15 (43.2%)	10:46	5.6 (57.1%)
19	<b>KOBASZ Leszek</b>	<b>666</b>	SP3 HAJNÓWKA	M45-49	19			<b>00:58:29.66</b>	+00:27:52 (47.6%)	11:42	5.1 (52.0%)

Total 19 results.