

# 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: M50-54

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>BORKOWSKI Dariusz</b>	<b>650</b>	NOWI SIEDLCE	M50-54	1			<b>00:32:34.36</b>		6:31	9.2 (100%)
2	<b>SPYCHAŁA Lesław</b>	<b>375</b>	CKZIU MECHANIK NYSA	M50-54	2			<b>00:32:50.10</b>	+00:00:15 (0.8%)	6:34	9.1 (98.9%)
3	<b>RAJEK Tomasz</b>	<b>341</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	3			<b>00:34:57.98</b>	+00:02:23 (6.8%)	6:59	8.6 (93.5%)
4	<b>KWAŚNY Tomasz</b>	<b>230</b>	CHODZĘ Z SERCEM	M50-54	4			<b>00:35:55.43</b>	+00:03:21 (9.3%)	7:11	8.4 (91.3%)
5	<b>WESOŁOWSKI Marek</b>	<b>442</b>	PASJA NORDIC WALKING	M50-54	5			<b>00:39:22.36</b>	+00:06:48 (17.3%)	7:52	7.6 (82.6%)
6	<b>PRACKI Zbigniew</b>	<b>327</b>	SERCE NORDICA WŁOCŁAWEK	M50-54	6			<b>00:39:25.04</b>	+00:06:50 (17.4%)	7:53	7.6 (82.6%)
7	<b>SIDARUK Sjarhei</b>	<b>767</b>		M50-54	7			<b>00:39:58.33</b>	+00:07:23 (18.5%)	7:59	7.5 (81.5%)
8	<b>SAPA Dariusz</b>	<b>357</b>	BYDGOSKIE ŻÓŁWIE	M50-54	8			<b>00:40:50.43</b>	+00:08:16 (20.2%)	8:10	7.3 (79.3%)
9	<b>BIEGAJŁO Piotr</b>	<b>26</b>	ZDROWOPIJ.PL	M50-54	9			<b>00:41:08.75</b>	+00:08:34 (20.8%)	8:13	7.3 (79.3%)
10	<b>ALEKSIEJUK Robert</b>	<b>779</b>		M50-54	10			<b>00:41:35.36</b>	+00:09:00 (21.7%)	8:19	7.2 (78.3%)
11	<b>NOWICKI Bogdan</b>	<b>288</b>	POWIAT HAJNOWSKI	M50-54	11			<b>00:42:06.31</b>	+00:09:31 (22.6%)	8:25	7.1 (77.2%)

Total 11 results.