

HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELEGENTE ZAWODY SPORTOWE

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



Classification: M55-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	ROŻYNEK Miron	347	KS METRACO POLKOWICE	M55-59	1			00:32:08.89		6:25	9.3 (100%)
2	DANIELSKI Waldemar	60		M55-59	2			00:33:11.44	+00:01:02 (3.1%)	6:38	9 (96.8%)
3	RADECKI Artur	338	K.S. CHODZACY BIAŁYSTOK	M55-59	3			00:33:59.09	+00:01:50 (5.4%)	6:47	8.8 (94.6%)
4	HOLWEK Jarosław	133	ZDROWOPIJ.PL	M55-59	4			00:34:03.89	+00:01:55 (5.6%)	6:48	8.8 (94.6%)
5	BREWKA Joachim	34	UNIA MIAST	M55-59	5			00:34:25.36	+00:02:16 (6.6%)	6:53	8.7 (93.5%)
6	ŻYTKOWSKI Andrzej	472	TKKF KRZNA BIAŁA PODLASKA	M55-59	6	1		00:36:37.92	+00:04:29 (12.2%)	7:19	8.2 (88.2%)
7	KITKA Krzysztof	174	PUŁAWY	M55-59	7			00:36:52.88	+00:04:43 (12.8%)	7:22	8.1 (87.1%)
8	SAMOJŁO Sławomir	356		M55-59	8			00:37:06.54	+00:04:57 (13.4%)	7:25	8.1 (87.1%)
9	RADZIEJOWSKI Bogusław	339	NORDIC TEAM CZĘSTOCHOWA	M55-59	9			00:37:44.99	+00:05:36 (14.8%)	7:33	7.9 (84.9%)
10	GROCHAL Krzysztof	120		M55-59	10			00:37:57.82	+00:05:48 (15.3%)	7:35	7.9 (84.9%)
11	STAWARZ Wiesław	762		M55-59	11			00:39:12.83	+00:07:03 (18.0%)	7:50	7.6 (81.7%)
12	SACZKO Eugeniusz	676		M55-59	12			00:39:20.82	+00:07:11 (18.3%)	7:52	7.6 (81.7%)
13	KISLIAK Viktor	768		M55-59	13			00:39:37.26	+00:07:28 (18.9%)	7:55	7.6 (81.7%)
14	KŁANIECKI Piotr	703	ROXKIJE ROKIETNICA	M55-59	14			00:39:38.09	+00:07:29 (18.9%)	7:55	7.6 (81.7%)
15	NIESŁONY Ryszard	281	STADION ŚLĄSKI	M55-59	15			00:39:41.70	+00:07:32 (19.0%)	7:56	7.6 (81.7%)
16	ALEKSIEJUK Wiktor	4		M55-59	16			00:39:52.30	+00:07:43 (19.4%)	7:58	7.5 (80.6%)
17	HABETS Viktor	771		M55-59	17			00:40:10.17	+00:08:01 (20.0%)	8:02	7.5 (80.6%)
18	KAMIĘNSKI Krzysztof	165	K.S. CHODZACY BIAŁYSTOK	M55-59	18			00:48:29.97	+00:16:21 (33.7%)	9:42	6.2 (66.7%)

Total 18 results.