



JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

Organiser: PFNW
Date: 2016-06-26
Place: Jarosławiec
Distance: 10 km



Classification: M50-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	SIWAK Piotr	197	KS METRACO POLKOWICE	M50-59	1			00:00:48	00:19:24	00:38:48	00:58:10	01:17:45.95	01:18:34.60		7:46	7.7 (100%)
2	DEPKA PRĄDZYŃSKI Olgierd	159	BIEGAMYRAZEM.PL	M50-59	2			00:00:47	00:19:38	00:38:56	00:58:25	01:18:17.30	01:19:04.90	+00:00:31 (0.7%)	7:49	7.7 (100%)
3	ŚWISŁOCKI Bogdan	188	FACE NORDIC WALKING TEAM	M50-59	3			00:00:48	00:20:09	00:41:05	01:02:35	01:23:52.55	01:24:40.55	+00:06:06 (7.3%)	8:23	7.2 (93.5%)
4	DZIADEK Remigiusz	162	PENDOLINO	M50-59	4			00:00:47	00:20:58	00:42:23	01:03:44	01:24:42.25	01:25:29.65	+00:06:56 (8.2%)	8:28	7.1 (92.2%)
5	WIERCHANOWSKI Bogdan	193	KS METRACO POLKOWICE	M50-59	5			00:00:47	00:20:29	00:41:29	01:03:22	01:25:32.30	01:26:20.00	+00:07:46 (9.1%)	8:33	7 (90.9%)
6	CHOLEWIŃSKI Wojciech	157		M50-59	6			00:00:48	00:21:39	00:42:47	01:04:44	01:26:04.10	01:26:52.50	+00:08:18 (9.6%)	8:36	7 (90.9%)
7	FOLWARSKI Andrzej	164	FACE NORDIC WALKING TEAM	M50-59	7			00:00:49	00:21:25	00:43:00	01:04:51	01:26:33.35	01:27:22.60	+00:08:47 (10.2%)	8:39	6.9 (89.6%)
8	STEFAŃSKI Andrzej	185	FACE NORDIC WALKING TEAM	M50-59	8			00:00:48	00:23:12	00:46:13	01:09:10	01:32:34.90	01:33:23.35	+00:14:48 (16.0%)	9:15	6.5 (84.4%)
9	ŻAMOJCIN Marek	195		M50-59	9			00:00:48	00:23:14	00:46:56	01:10:15	01:33:26.90	01:34:15.30	+00:15:40 (16.8%)	9:20	6.4 (83.1%)
10	KULKA Maciej	170	FACE NORDIC WALKING TEAM	M50-59	10			00:00:49	00:26:28	00:52:53	01:18:23	01:43:27.55	01:44:17.15	+00:25:41 (24.8%)	10:20	5.8 (75.3%)

Total 10 results.