



JASTROWIE - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10.72KM

B4SPORT
POLSKA FEDERACJA NORDIC WALKING

Organiser: PFNW
Date: 2016-04-16
Place: Jastrowie
Distance: 10.72 km



Classification: M50-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	5km	5.36km	10.36km	Net time 10.72km	Czas brutto 10.72km	Gap	Pace min/km	Pace km/h
1	LUBIATOWSKI Ireneusz	193.	KS METRACO POLKOWICE	M50-59	1			00:00:14	00:31:21	00:33:51	01:06:00	01:08:33.80	01:08:47.90		6:23	9.4 (100%)
2	SIWAK Piotr	230.	KS METRACO POLKOWICE	M50-59	2	1		00:00:10	00:32:18	00:34:54	01:08:15	01:11:00.90	01:11:11.65	+00:02:27 (3.5%)	6:37	9.1 (96.8%)
3	KOLENKIEWICZ Dariusz	183.	K S ELBLASKIE WŁÓCZY-KIJE	M50-59	3			00:00:11	00:34:10	00:36:58	01:12:28	01:15:21.70	01:15:32.90	+00:06:47 (9.0%)	7:01	8.5 (90.4%)
4	STANISŁAWSKI Jan	240.	AKTYWNI 50+	M50-59	4			00:00:13	00:34:11	00:36:59	01:12:41	01:15:35.25	01:15:48.50	+00:07:01 (9.3%)	7:03	8.5 (90.4%)
5	WIERCHANOWSKI Bogdan	219.	KS METRACO POLKOWICE	M50-59	5	1		00:00:11	00:34:20	00:37:08	01:13:14	01:16:12.50	01:16:24.05	+00:07:38 (10.0%)	7:06	8.4 (89.4%)
6	ZAMRZYCKI Leszek	222.		M50-59	6			00:00:16	00:35:28	00:38:21	01:15:32	01:18:21.40	01:18:37.95	+00:09:47 (12.5%)	7:18	8.2 (87.2%)
7	CHOLEWIŃSKI Wojciech	159.	KB KATORŻNIK MUROWANA GOSLINA	M50-59	7			00:00:12	00:35:32	00:38:22	01:15:32	01:18:22.40	01:18:35.35	+00:09:48 (12.5%)	7:18	8.2 (87.2%)
8	ZIĘBA Krzysztof	227.		M50-59	8			00:00:15	00:35:43	00:38:37	01:16:44	01:19:35.10	01:19:50.75	+00:11:01 (13.8%)	7:25	8.1 (86.2%)
9	JANECKI Dariusz	174.	JEZIORKI AKTYWNA WIES	M50-59	9	1		00:00:12	00:36:55	00:39:49	01:18:42	01:21:46.55	01:21:59.35	+00:13:12 (16.2%)	7:37	7.9 (84.0%)
10	GRZESZCZAK Andrzej	232.	KS METRACO POLKOWICE	M50-59	10			00:00:12	00:38:47	00:41:54	01:21:20	01:24:28.45	01:24:41.05	+00:15:54 (18.8%)	7:52	7.6 (80.9%)
11	KULKA Maciej	190.	FACE NORDIC WALKING TEAM	M50-59	11			00:00:15	00:41:20	00:44:31	01:24:36	01:27:35.20	01:27:50.75	+00:19:01 (21.7%)	8:10	7.3 (77.7%)
12	BIAŁAS Grzegorz	229.		M50-59	12			00:00:17	00:41:25	00:44:41	01:25:43	01:29:07.10	01:29:24.15	+00:20:33 (23.1%)	8:18	7.2 (76.6%)

Total 12 results.