



# KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2019-06-01  
**Miejsce:** Kolbuszowa  
**Dystans:** 5 km

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: M45-49

| Msc | Zawodnik            | Numer | Klub                             | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All<br>2.5km | Czas<br>netto<br>5km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|----------------------------------|-----------|------|-------------|--------------|--------------------|----------------------|-------------------|-----------------|---------------|
| 1   | RAJEWSKI Sebastian  | 166   | KS IDMAR RACING TEAM             | M45-49    | 1    |             |              | 00:15:05           | <b>00:30:55.94</b>   |                   | 6:11            | 9.7 (100%)    |
| 2   | WITUCKI Jacek       | 226   |                                  | M45-49    | 2    |             |              | 00:15:41           | <b>00:31:57.49</b>   | +00:01:01 (3.2%)  | 6:23            | 9.4 (96.9%)   |
| 3   | KUBIAK Przemysław   | 96    | KS IDMAR RACING TEAM             | M45-49    | 3    |             |              | 00:16:19           | <b>00:33:18.17</b>   | +00:02:22 (7.1%)  | 6:39            | 9 (92.8%)     |
| 4   | ZIELIŃSKI Szczepan  | 238   | SERCE NORDICA WŁOCŁAWEK          | M45-49    | 4    |             |              | 00:16:39           | <b>00:34:02.64</b>   | +00:03:06 (9.1%)  | 6:48            | 8.8 (90.7%)   |
| 5   | WIŚNIEWSKI Sławomir | 224   | FLUGGER TEAM                     | M45-49    | 5    |             |              | 00:16:42           | <b>00:34:19.82</b>   | +00:03:23 (9.9%)  | 6:51            | 8.7 (89.7%)   |
| 6   | TOPOLNICKI Mariusz  | 210   | CKZIU NYSA MECHANIK              | M45-49    | 6    |             |              | 00:17:40           | <b>00:35:46.08</b>   | +00:04:50 (13.5%) | 7:09            | 8.4 (86.6%)   |
| 7   | KUBAT Janusz        | 93    | NORDIC TEAM CZĘSTOCHOWA          | M45-49    | 7    |             |              | 00:17:42           | <b>00:36:10.22</b>   | +00:05:14 (14.5%) | 7:14            | 8.3 (85.6%)   |
| 8   | URBAN Robert        | 217   | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49    | 8    |             |              | 00:17:58           | <b>00:36:37.24</b>   | +00:05:41 (15.5%) | 7:19            | 8.2 (84.5%)   |
| 9   | SELWA Andrzej       | 178   |                                  | M45-49    | 9    |             |              | 00:19:28           | <b>00:37:28.48</b>   | +00:06:32 (17.5%) | 7:29            | 8 (82.5%)     |
| 10  | SZEMBERSKI Paweł    | 198   | KLUBSPORTU.PL                    | M45-49    | 10   |             |              | 00:18:32           | <b>00:37:30.67</b>   | +00:06:34 (17.5%) | 7:30            | 8 (82.5%)     |
| 11  | BOGACZ Mariusz      | 9     | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49    | 11   |             |              | 00:18:49           | <b>00:37:38.03</b>   | +00:06:42 (17.8%) | 7:31            | 8 (82.5%)     |
| 12  | ŚLUSARCZYK Grzegorz | 203   | WESOŁY BORSUK TEAM               | M45-49    | 12   |             |              | 00:18:44           | <b>00:37:46.73</b>   | +00:06:50 (18.1%) | 7:33            | 7.9 (81.4%)   |
| 13  | SOBCZYK Rafał       | 183   | KLUBSPORTU.PL                    | M45-49    | 13   |             |              | 00:19:45           | <b>00:39:29.57</b>   | +00:08:33 (21.7%) | 7:54            | 7.6 (78.4%)   |
| 14  | ŻUKOWICZ Bartłomiej | 244   |                                  | M45-49    | 14   | 1           |              | 00:19:45           | <b>00:39:46.73</b>   | +00:08:50 (22.2%) | 7:57            | 7.5 (77.3%)   |

Znaleziono 14 wynik(ów)