



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT
ORGANIZATOR WYŚPIRÓW

Organiser: PFNW
Date: 2016-05-15
Place: Konstancin-Jeziorna
Distance: 10 km



Classification: M60-69

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	KOCIMSKI Jan	477	KM AKTYWNI SOCHACZEW	M60-69	1			00:02:37	00:16:38	00:33:26	00:50:19	01:07:13.55	01:09:51.25		6:43	8.9 (100%)
2	STAWNIAK Karol	572	KS METRACO POLKOWICE	M60-69	2			00:02:38	00:16:36	00:33:26	00:50:21	01:07:17.25	01:09:55.40	+00:00:03 (0.1%)	6:43	8.9 (100%)
3	KULIG Henryk	502	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-69	3			00:02:37	00:16:45	00:33:34	00:50:24	01:07:17.45	01:09:55.00	+00:00:03 (0.1%)	6:43	8.9 (100%)
4	SOBKOWSKI Janusz	708	SILESIA NORDIC TEAM	M60-69	4			00:02:38	00:16:50	00:33:57	00:51:19	01:08:28.45	01:11:06.80	+00:01:14 (1.8%)	6:50	8.8 (98.9%)
5	SMUL Andrzej	566	GREEN TEAM	M60-69	5			00:02:38	00:16:35	00:33:31	00:51:07	01:08:53.45	01:11:32.30	+00:01:39 (2.4%)	6:53	8.7 (97.8%)
6	KALISZ Krzysztof	470	KS METRACO POLKOWICE	M60-69	6			00:02:37	00:16:55	00:34:09	00:51:37	01:09:26.70	01:12:04.40	+00:02:13 (3.2%)	6:56	8.6 (96.6%)
7	PAZUREK Zdzisław	539		M60-69	7	2		00:02:39	00:16:48	00:34:18	00:52:21	01:10:18.45	01:12:58.20	+00:03:04 (4.4%)	7:01	8.5 (95.5%)
8	ŚLUSARCZYK Andrzej	586	WESOŁY BORSUK TEAM	M60-69	8			00:02:40	00:17:37	00:35:42	00:53:40	01:12:00.85	01:14:41.10	+00:04:47 (6.6%)	7:12	8.3 (93.3%)
9	CZYCZ Kazimierz	423	GREEN TEAM ZIELONA GÓRA	M60-69	9			00:02:41	00:17:52	00:36:15	00:54:47	01:13:27.75	01:16:08.75	+00:06:14 (8.5%)	7:20	8.2 (92.1%)
10	WIĘNSKO Ryszard	601		M60-69	10			00:02:39	00:18:31	00:37:12	00:55:32	01:13:49.75	01:16:29.70	+00:06:36 (8.9%)	7:23	8.1 (91.0%)
11	MROCZKOWSKI Janusz	525	EPOKA NORDICA ŁÓDŹ	M60-69	11			00:02:40	00:18:23	00:37:05	00:55:40	01:14:13.55	01:16:54.05	+00:07:00 (9.4%)	7:25	8.1 (91.0%)
12	BIAŁK Roman	407		M60-69	12			00:02:38	00:18:06	00:36:49	00:55:35	01:14:14.20	01:16:52.85	+00:07:00 (9.4%)	7:25	8.1 (91.0%)
13	KACZMAREK Włodzimierz	469	EPOKA NORDICA	M60-69	13			00:02:39	00:18:25	00:37:07	00:55:43	01:14:32.75	01:17:12.30	+00:07:19 (9.8%)	7:27	8 (89.9%)
14	BOCHENEK Jerzy	413	AUTO-MEX	M60-69	14			00:02:41	00:18:55	00:37:41	00:56:34	01:14:46.50	01:17:28.20	+00:07:32 (10.1%)	7:28	8 (89.9%)
15	DEMBINSKI Piotr	428		M60-69	15			00:02:42	00:19:20	00:38:48	00:58:10	01:17:17.30	01:20:00.20	+00:10:03 (13.0%)	7:43	7.8 (87.6%)

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16	JEDYNAK Stanisław	458	FUNDACJA SZKOŁA NA SZÓSTKĘ	M60-69	16			00:02:41	00:19:07	00:39:19	00:59:23	01:19:37.40	01:22:18.85	+00:12:23 (15.6%)	7:57	7.5 (84.3%)
17	WIŚNIEWSKI Kazimierz	607	ZGÓRKI	M60-69	17			00:02:42	00:19:44	00:39:47	00:59:50	01:20:21.15	01:23:03.75	+00:13:07 (16.3%)	8:02	7.5 (84.3%)
18	KOBUSINSKI Eugeniusz	476	AUTO-MEX	M60-69	18	1		00:02:43	00:21:11	00:44:12	01:07:02	01:30:11.05	01:32:54.10	+00:22:57 (25.5%)	9:01	6.7 (75.3%)
19	DZWONKOWSKI Ryszard	439	RYSIE RAZEM	M60-69	19			00:02:39	00:22:31	00:45:53	01:09:16	01:32:39.45	01:35:18.60	+00:25:25 (27.4%)	9:15	6.5 (73.0%)
DQ	DRABAREK Wojciech	487		M60-69		1	Tak	DQ	00:19:44 DQ	00:40:14 DQ	DQ	DQ	DQ		-	- (0.0%)

Total 20 results.