



Organiser:
Date:
Place:
Distance:

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

PFNW
2016-05-15
Konstancin-Jeziorna
21.1 km

B4SPORT



Classification: M 30-39

Place	Participant	Number	Club	Category	M	Žół.	Czer.	Start	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Net	Czas	Gap	Pace	Pace
						cat	kartki	time									time	brutto		min/km	km/h
1	DZIEDZIEWICZ Andrzej	689	KS METRACO POLKOWICE	M 30-39	1			00:02:38	00:06:46	00:21:41	00:37:12	00:52:56	01:08:24	01:23:46	01:39:24	01:55:35	02:12:46.75	02:15:25.30		6:17	9.5 (100%)
2	STILLER Karol	696	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			00:02:39	00:07:07	00:22:44	00:39:04	00:55:00	01:11:15	01:27:14	01:43:46	02:01:16	02:19:50.35	02:22:30.05	+00:07:03 (5.0%)	6:37	9.1 (95.8%)
3	ŻYWICKI Marcin	688	BŁĘKITNI DZIEMIANY	M 30-39	3			00:02:39	00:07:28	00:23:47	00:40:27	00:57:17	01:14:08	01:31:15	01:48:33	02:06:04	02:23:52.55	02:26:32.00	+00:11:05 (7.7%)	6:49	8.8 (92.6%)
4	WRÓBEL Łukasz	682	FUNDACJA 'W TE PĘDY'	M 30-39	4			00:02:41	00:07:23	00:24:24	00:41:32	00:58:16	01:15:07	01:32:26	01:49:50	02:07:34	02:25:47.40	02:28:28.80	+00:13:00 (8.9%)	6:54	8.7 (91.6%)
5	MITURA-ZIELONKA Paweł	649	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M 30-39	5			00:02:40	00:07:45	00:26:30	00:45:15	01:02:42	01:19:41	01:36:35	01:53:31	02:10:22	02:27:18.60	02:29:59.50	+00:14:31 (9.9%)	6:58	8.6 (90.5%)
6	PIETRZYK Jarosław	654	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	6			00:02:39	00:07:27	00:24:32	00:41:34	00:58:18	01:15:08	01:31:59	01:49:26	02:07:57	02:27:23.60	02:30:03.05	+00:14:36 (9.9%)	6:59	8.6 (90.5%)
7	ZAREMBA Jakub	685		M 30-39	7			00:02:42	00:07:53	00:25:05	00:42:14	00:59:56	01:17:12	01:34:55	01:52:31	02:09:59	02:27:36.85	02:30:19.00	+00:14:50 (10.0%)	6:59	8.6 (90.5%)
8	HAŁAS Marcin	693	FACE NORDIC WALKING TEAM	M 30-39	8			00:02:40	00:07:33	00:24:10	00:40:50	00:57:34	01:14:30	01:32:10	01:51:06	02:10:33	02:34:31.60	02:37:11.75	+00:21:44 (14.1%)	7:19	8.2 (86.3%)
9	GWIZDAŁA Marcin	633	GOSIR OSIELSKO	M 30-39	9			00:02:39	00:08:03	00:26:34	00:45:29	01:04:10	01:22:32	01:40:56	01:59:45	02:18:41	02:37:37.95	02:40:17.60	+00:24:51 (15.8%)	7:28	8 (84.2%)
10	REGULSKI Paweł	658		M 30-39	10			00:02:40	00:07:55	00:27:37	00:47:17	01:07:27	01:27:27	01:48:13	02:09:28	02:31:25	02:53:26.00	02:56:06.60	+00:40:39 (23.4%)	8:13	7.3 (76.8%)

Total 10 results.