



# KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2019-04-27  
**Miejsce:** Konstancin-Jeziorna  
**Dystans:** 10 km



Klasyfikacja: M18-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KRIWOPUST Igor	43	AWF WARSZAWA	M18-29	1			00:15:52	00:32:36	00:49:39	<b>01:06:43.08</b>		6:40	9 (100%)
2	KRUPA Jakub	44		M18-29	2			00:17:37	00:35:05	00:52:55	<b>01:10:35.35</b>	+00:03:52 (5.5%)	7:03	8.5 (94.4%)
3	NIEDŹWIECKI Mateusz	64	AWF WARSZAWA	M18-29	3			00:17:39	00:35:15	00:52:56	<b>01:10:51.66</b>	+00:04:08 (5.8%)	7:05	8.5 (94.4%)
4	TENCZYŃSKI Piotr	92		M18-29	4			00:18:09	00:36:07	00:54:00	<b>01:11:44.45</b>	+00:05:01 (7.0%)	7:10	8.4 (93.3%)
5	BŁĘDOWSKI Michał	9		M18-29	5			00:18:42	00:36:57	00:55:32	<b>01:15:06.39</b>	+00:08:23 (11.2%)	7:30	8 (88.9%)
6	KOC Adam	36		M18-29	6			00:18:41	00:37:53	00:57:01	<b>01:15:13.41</b>	+00:08:30 (11.3%)	7:31	8 (88.9%)
7	KOZDRÓJ Łukasz	42	TIR AWF WARSZAWA	M18-29	7			00:18:14	00:37:03	00:57:02	<b>01:17:41.96</b>	+00:10:58 (14.1%)	7:46	7.7 (85.6%)
8	MĘDRZYCKI Łukasz	58		M18-29	8			00:20:19	00:40:41	01:01:51	<b>01:22:42.97</b>	+00:15:59 (19.3%)	8:16	7.3 (81.1%)
9	MATERNIK Bartosz	55		M18-29	9			00:20:16	00:40:43	01:01:51	<b>01:22:53.32</b>	+00:16:10 (19.5%)	8:17	7.2 (80.0%)
10	MUSZYŃSKI Eryk	62	NIESTOWARZYSZONY	M18-29	10			00:20:35	00:40:45	01:01:53	<b>01:22:54.17</b>	+00:16:11 (19.5%)	8:17	7.2 (80.0%)
11	LEWANDOWSKI Mateusz	48	PSG	M18-29	11			00:20:21	00:40:45	01:01:55	<b>01:22:54.76</b>	+00:16:11 (19.5%)	8:17	7.2 (80.0%)
12	MIELNICZUK Felicjan	59		M18-29	12			00:22:35	00:44:44	01:04:47	<b>01:26:01.89</b>	+00:19:18 (22.4%)	8:36	7 (77.8%)
13	ABRAMOWICZ Paweł	1		M18-29	13			00:21:23	00:44:10	01:06:15	<b>01:26:20.92</b>	+00:19:37 (22.7%)	8:38	6.9 (76.7%)
14	JACKOWSKI Radosław	26	AWF WARSZAWA	M18-29	14			00:21:31	00:44:08	01:05:34	<b>01:27:32.09</b>	+00:20:49 (23.8%)	8:45	6.9 (76.7%)
15	ŁOPATYŃSKI Marcin	52		M18-29	15			00:22:49	00:45:04	01:07:04	<b>01:27:53.18</b>	+00:21:10 (24.1%)	8:47	6.8 (75.6%)
16	KACZMARCZYK Bartosz	30		M18-29	16			00:21:23	00:44:10	01:06:22	<b>01:28:05.91</b>	+00:21:22 (24.3%)	8:48	6.8 (75.6%)
17	KWIATKOWSKI Bartosz	46		M18-29	17			00:22:51	00:45:05	01:07:03	<b>01:28:14.97</b>	+00:21:31 (24.4%)	8:49	6.8 (75.6%)

Znaleziono 17 wynik(ów)