



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

B4SPORT

**Event:** Puchary Regionalne Nordic Walking 2019  
**Organiser:** Polska Federacja Nordic Walking  
**Date:** 2019-04-27  
**Place:** Konstancin-Jeziorna  
**Distance:** 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	<b>WOJTASIŃSKI Daniel</b>	<b>98</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:16:28	00:33:02	00:50:02	<b>01:07:05.76</b>		6:42	8.9 (100%)
2	<b>KOBIELA Krzysztof</b>	<b>34</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:16:35	00:33:47	00:51:37	<b>01:08:31.92</b>	+00:01:26 (2.1%)	6:51	8.8 (98.9%)
3	<b>OKNIŃSKI Krzysztof</b>	<b>68</b>	NOWI SIEDLCE	M40-49	3			00:17:30	00:35:27	00:53:19	<b>01:10:55.14</b>	+00:03:49 (5.4%)	7:05	8.5 (95.5%)
4	<b>FRANKIEWICZ Mirosław</b>	<b>16</b>	FORMA NA PIĄTKĘ NW	M40-49	4			00:17:39	00:35:46	00:54:00	<b>01:12:20.26</b>	+00:05:14 (7.2%)	7:14	8.3 (93.3%)
5	<b>GODZIŃSKI Paweł</b>	<b>22</b>	BAŻANT NW ELBLĄG	M40-49	5			00:17:47	00:36:01	00:54:14	<b>01:13:17.39</b>	+00:06:11 (8.5%)	7:19	8.2 (92.1%)
6	<b>MAZURCZAK Jakub</b>	<b>56</b>	NOWI SIEDLCE	M40-49	6			00:18:13	00:36:49	00:55:57	<b>01:15:03.60</b>	+00:07:57 (10.6%)	7:30	8 (89.9%)
7	<b>STANECKI Marcin</b>	<b>83</b>	BIEGAM W SFETSZE	M40-49	7			00:18:51	00:37:58	00:57:24	<b>01:16:36.20</b>	+00:09:30 (12.4%)	7:39	7.8 (87.6%)
8	<b>LEWEK Mariusz</b>	<b>49</b>		M40-49	8			00:20:07	00:40:32	01:00:34	<b>01:20:11.70</b>	+00:13:05 (16.3%)	8:01	7.5 (84.3%)
9	<b>PŁUCIENNIK Marcin</b>	<b>76</b>		M40-49	9			00:21:03	00:41:17	01:01:15	<b>01:21:17.12</b>	+00:14:11 (17.5%)	8:07	7.4 (83.1%)
10	<b>ANTOSIEWICZ Robert</b>	<b>4</b>		M40-49	10			00:21:13	00:42:38	01:03:49	<b>01:24:49.08</b>	+00:17:43 (20.9%)	8:28	7.1 (79.8%)

Total 10 results.