



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: M70+

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	ADAMCZYK Adam	2	PASJA NORDIC WALKING	M70+	1			00:17:36	00:35:08	00:52:36	01:09:59.53		6:59	8.6 (100%)
2	SZYMAŃSKI Stefan	90	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	M70+	2			00:17:38	00:35:10	00:52:44	01:10:09.73	+00:00:10 (0.2%)	7:01	8.6 (100%)
3	KOCIMSKI Jan	37	KM AKTYWNI SOCHACZEW	M70+	3			00:17:38	00:35:20	00:53:31	01:12:05.93	+00:02:06 (2.9%)	7:12	8.3 (96.5%)
4	STAWNIAK Karol	85	KS METRACO POLKOWICE	M70+	4			00:18:33	00:37:18	00:56:22	01:15:31.06	+00:05:31 (7.3%)	7:33	7.9 (91.9%)

Total 4 results.