



KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

Event: Puchary Regionalne Nordic Walking 2019
Organiser: Polska Federacja Nordic Walking
Date: 2019-04-27
Place: Konstancin-Jeziorna
Distance: 5 km



Classification: M50-54

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	FRĄKOWIAK Roman	152	KS METRACO POLKOWICE	M50-54	1			00:16:20	00:33:29.39		6:42	9 (100%)
2	RAJEK Tomasz	249	NORDIC TEAM CZĘSTOCHOWA	M50-54	2			00:17:27	00:35:43.31	+00:02:13 (6.2%)	7:08	8.4 (93.3%)
3	MIKICIUK Krzysztof	305	NOWI SIEDLCE	M50-54	3			00:18:05	00:37:02.87	+00:03:33 (9.6%)	7:24	8.1 (90.0%)
4	PRACKI Zbigniew	244	SERCE NORDICA WŁOCŁAWEK	M50-54	4			00:19:24	00:39:12.93	+00:05:43 (14.6%)	7:50	7.6 (84.4%)
5	KOTEWICZ Sławomir	200	AVOCADO WELLNESS CLUB	M50-54	5			00:20:52	00:43:05.74	+00:09:36 (22.3%)	8:37	7 (77.8%)

Total 5 results.