



## KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2019-04-27  
**Miejsce:** Konstancin-Jeziorna  
**Dystans:** 5 km



Klasyfikacja: M60-64

| Msc | Zawodnik                    | Numer      | Klub                    | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All<br>2.5km | Czas<br>netto<br>5km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|------------|-------------------------|-----------|------|-------------|--------------|--------------------|----------------------|-------------------|-----------------|---------------|
| 1   | <b>WOROCH Roman</b>         | <b>295</b> | KS METRACO POLKOWICE    | M60-64    | 1    |             |              | 00:15:51           | <b>00:31:31.54</b>   |                   | 6:18            | 9.5 (100%)    |
| 2   | <b>TRONIARZ Stanisław</b>   | <b>279</b> | PASJA NORDIC WALKING    | M60-64    | 2    |             |              | 00:18:00           | <b>00:36:40.14</b>   | +00:05:08 (14.0%) | 7:20            | 8.2 (86.3%)   |
| 3   | <b>WIŚNIEWSKI Kazimierz</b> | <b>293</b> | PASJA NORDIC WALKING    | M60-64    | 3    |             |              | 00:18:26           | <b>00:37:00.86</b>   | +00:05:29 (14.8%) | 7:24            | 8.1 (85.3%)   |
| 4   | <b>POZNAŃSKI Wiesław</b>    | <b>242</b> | K.S. CHODZACY BIAŁYSTOK | M60-64    | 4    |             |              | 00:18:19           | <b>00:37:27.10</b>   | +00:05:55 (15.8%) | 7:29            | 8 (84.2%)     |
| 5   | <b>IRZYCKI Andrzej</b>      | <b>168</b> | PASJA NORDIC WALKING    | M60-64    | 5    |             |              | 00:19:51           | <b>00:39:12.53</b>   | +00:07:40 (19.6%) | 7:50            | 7.7 (81.1%)   |
| 6   | <b>AREN Sergej</b>          | <b>304</b> |                         | M60-64    | 6    |             |              | 00:19:14           | <b>00:39:31.04</b>   | +00:07:59 (20.2%) | 7:54            | 7.6 (80.0%)   |

Znaleziono 6 wynik(ów)