



# LEGNICA - WYŚCIG PRZYJAŹNI NORDIC WALKING - 5 KM

B4SPORT

**Event:** PUCHAR EUROPY NORDIC WALKING 2019  
**Organiser:** Polska Federacja Nordic Walking  
**Date:** 2019-06-23  
**Place:** Legnica  
**Distance:** 5 km



Classification: M18-44

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>TOPOLNICKI Konrad</b>	<b>91</b>	CKZIU MECHANIK NYSA	M18-44	1			00:16:13	<b>00:31:44.65</b>		6:21	9.4 (100%)
2	<b>STĘPAK Piotr</b>	<b>82</b>	LUX TORPEDA MAŁOPOLSKA	M18-44	2			00:16:16	<b>00:32:00.10</b>	+00:00:15 (0.8%)	6:24	9.4 (100%)
3	<b>HAŁAS Marcin</b>	<b>26</b>		M18-44	3			00:16:28	<b>00:33:46.75</b>	+00:02:02 (6.0%)	6:45	8.9 (94.7%)
4	<b>WOJTASIŃSKI Daniel</b>	<b>104</b>	NORDIC TEAM CZĘSTOCHOWA	M18-44	4			00:16:46	<b>00:34:24.15</b>	+00:02:39 (7.7%)	6:52	8.7 (92.6%)
5	<b>PODOLAK Marius</b>	<b>124</b>		M18-44	5			00:17:13	<b>00:35:42.85</b>	+00:03:58 (11.1%)	7:08	8.4 (89.4%)
6	<b>PIĄTEK Dariusz</b>	<b>117</b>	POLIPACK TEAM GWE	M18-44	6			00:18:36	<b>00:37:29.30</b>	+00:05:44 (15.3%)	7:30	8 (85.1%)
7	<b>GĄGÓŁ Krzysztof</b>	<b>20</b>		M18-44	7	2		00:18:22	<b>00:37:40.95</b>	+00:05:56 (15.8%)	7:32	8 (85.1%)
8	<b>WOJCIECHOWSKI Adam</b>	<b>103</b>	PLESZEWSKIE WŁÓCZYKIJE	M18-44	8	1		00:19:09	<b>00:39:38.45</b>	+00:07:53 (19.9%)	7:55	7.6 (80.9%)
9	<b>CZEKAŃSKI Damian</b>	<b>63</b>	WESOŁY BORSUK TEAM	M18-44	9	1		00:19:41	<b>00:39:57.85</b>	+00:08:13 (20.6%)	7:59	7.5 (79.8%)
10	<b>GUTOWSKI Paweł</b>	<b>2</b>		M18-44	10			00:19:50	<b>00:40:32.70</b>	+00:08:48 (21.7%)	8:06	7.4 (78.7%)
11	<b>ZGRZEBNICKI Krzysztof</b>	<b>114</b>		M18-44	11			00:19:52	<b>00:40:44.70</b>	+00:09:00 (22.1%)	8:08	7.4 (78.7%)

Total 11 results.