



# OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 5 KM

B4SPORT

**Event:** Ogólnopolski Puchar Nordic Walking - Koszalin 2021  
**Organiser:** Fundacja Herkules All Sports  
**Date:** 2021-06-05  
**Place:** Koszalin  
**Distance:** 5 km



Classification: M65-69

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps 2,5km 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>DEMBKOWSKI Ryszard</b>	<b>111</b>	OLD SNAKE	M65-69	1	1		00:17:58	<b>00:35:30.70</b>		7:06	8.5 (100%)
2	<b>KOSTECKI Wiesław</b>	<b>145</b>	NW CZŁAPSKI TEAM	M65-69	2			00:18:19	<b>00:36:51.05</b>	+00:01:20 (3.6%)	7:22	8.1 (95.3%)
3	<b>CIESIELSKI Krzysztof</b>	<b>107</b>	FAST WALKER	M65-69	3			00:18:36	<b>00:37:38.40</b>	+00:02:07 (5.7%)	7:31	8 (94.1%)
4	<b>ZAWADZKI Krzysztof</b>	<b>233</b>	WETERAN	M65-69	4	1		00:19:11	<b>00:38:46.45</b>	+00:03:15 (8.4%)	7:45	7.7 (90.6%)
5	<b>ZIELIŃSKI Andrzej</b>	<b>236</b>		M65-69	5			00:20:52	<b>00:42:03.85</b>	+00:06:33 (15.6%)	8:24	7.1 (83.5%)

Total 5 results.