



OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT
INTELEKTUALNE ŚRODKI SPORTOWE

Organiser: PFNW
Date: 2016-07-16
Place: Okonek
Distance: 10 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	STILLER Karol	83	VIKING NORDIC WALKING TEAM CZĘSTOCHOWA	M30-39	1			00:02:03	00:16:45	00:33:29	00:50:02	01:06:18.30	01:08:21.55		6:37	9 (100%)
2	PRAWUCKI Krzysztof	32	JEZIORKI - AKTYWNA WIEŚ	M30-39	2			00:02:02	00:19:19	00:38:45	00:58:13	01:17:13.20	01:19:15.80	+00:10:54 (14.1%)	7:43	7.8 (86.7%)
3	NOWAKOWSKI Rafał	28	JEZIORKI - AKTYWNA WIEŚ	M30-39	3			00:02:02	00:19:19	00:39:32	00:59:33	01:19:31.70	01:21:33.85	+00:13:13 (16.6%)	7:57	7.5 (83.3%)
4	WALKOWIAK Michał	41		M30-39	4			00:02:03	00:20:51	00:41:46	01:02:01	01:21:37.20	01:23:40.40	+00:15:18 (18.8%)	8:09	7.4 (82.2%)
5	BOROWSKI Marcin	7	FACE NORDIC WALKING TEAM	M30-39	5			00:02:02	00:20:22	00:40:58	01:01:53	01:22:46.20	01:24:48.95	+00:16:27 (19.9%)	8:16	7.2 (80.0%)

Total 5 results.