

OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: PUCHAR POLSKI NORDIC WALKING 2019
Organiser: Osielsko
Date: 2019-08-10
Place: Osielsko
Distance: 5 km



Classification: M60-64

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	WOROCH Roman	285	KS METRACO POLKOWICE	M60-64	1			00:31:02.50		6:12	9.7 (100%)
2	GAJEWSKI Eugeniusz	50		M60-64	2			00:31:13.60	+00:00:11 (0.6%)	6:14	9.6 (99.0%)
3	TRZCIŃSKI Eugeniusz	264		M60-64	3			00:34:38.95	+00:03:36 (10.4%)	6:55	8.7 (89.7%)
4	GAPIŃSKI Leszek	356	CKZIU MECHANIK NYSA	M60-64	4			00:35:13.40	+00:04:10 (11.9%)	7:02	8.5 (87.6%)
5	WIŚNIEWSKI Kazimierz	281	PASJA NORDIC WALKING	M60-64	5			00:36:45.60	+00:05:43 (15.6%)	7:21	8.2 (84.5%)
6	POZNAŃSKI Wiesław	195		M60-64	6			00:36:51.55	+00:05:49 (15.8%)	7:22	8.1 (83.5%)
7	KOZIARZ Roman	112	STADION ŚLĄSKI	M60-64	7			00:36:54.25	+00:05:51 (15.9%)	7:22	8.1 (83.5%)
8	CIESIELSKI Krzysztof	27	FAST WALKER	M60-64	8			00:36:58.00	+00:05:55 (16.0%)	7:23	8.1 (83.5%)
9	MOTOCZYŃSKI Krzysztof	158	GOSIR OSIELSKO	M60-64	9			00:37:54.65	+00:06:52 (18.1%)	7:35	7.9 (81.4%)
10	GOŁĘBIEWSKI Andrzej	60	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-64	10			00:37:59.20	+00:06:56 (18.3%)	7:36	7.9 (81.4%)
11	ŁUKASIK Michał	143	TORUŃ - IDZIEMY BEZ RYZYKA	M60-64	11			00:38:32.80	+00:07:30 (19.5%)	7:42	7.8 (80.4%)
12	KĘSY Wiesław	93	MY Z PODWÓRKA	M60-64	12			00:39:35.10	+00:08:32 (21.6%)	7:55	7.6 (78.4%)
13	KARCZMARSKI Krzysztof	92	IPA RADOM	M60-64	13			00:41:22.25	+00:10:19 (25.0%)	8:16	7.3 (75.3%)
14	PAJĘCKI Adam	179	PARAKULOS KOWAL	M60-64	14			00:42:56.55	+00:11:54 (27.7%)	8:35	7 (72.2%)
15	TARCZYŃSKI Waldemar	368		M60-64	15			00:44:19.45	+00:13:16 (30.0%)	8:52	6.8 (70.1%)
16	KUCZYŃSKI Włodzimierz	126	NORDIC WALKING KIEKRZ	M60-64	16			00:44:52.30	+00:13:49 (30.8%)	8:58	6.7 (69.1%)
17	REZMER Mieczysław	215		M60-64	17			00:47:10.80	+00:16:08 (34.2%)	9:26	6.4 (66.0%)
18	STAROSZ Andrzej	239		M60-64	18			00:47:13.75	+00:16:11 (34.3%)	9:26	6.4 (66.0%)
19	NOWAKOWSKI Tomasz	315	GOSIR OSIELSKO	M60-64	19			00:53:32.45	+00:22:29 (42.0%)	10:42	5.6 (57.7%)

Total 19 results.