



# POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2019-06-02  
**Miejsce:** Polańczyk  
**Dystans:** 5 km



Klasyfikacja: M70+

| Msc | Zawodnik                       | Numer      | Klub  | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Start_All<br>1.7km | Start_All<br>3.4km | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|------------|---|-----------|------|----------------|-----------------|--------------------|--------------------|----------------------|----------------------|-----------------|----------------|
| 1   | <b>SZYMAŃSKI<br/>Stefan</b>    | <b>95</b>  | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | M70+      | 1    |                |                 | 00:12:47           | 00:26:02           | <b>00:38:57.50</b>   |                      | 7:47            | 7.7<br>(100%)  |
| 2   | <b>KOŁPAK Jan</b>              | <b>35</b>  | LKS ZANTYR SZTUM                                      | M70+      | 2    | 1              |                 | 00:13:12           | 00:26:28           | <b>00:39:40.84</b>   | +00:00:43<br>(1.8%)  | 7:56            | 7.6<br>(98.7%) |
| 3   | <b>WASILEWSKI<br/>Sławomir</b> | <b>99</b>  | PASJA NORDIC WALKING                                  | M70+      | 3    |                |                 | 00:13:08           | 00:26:34           | <b>00:40:03.46</b>   | +00:01:05<br>(2.7%)  | 8:00            | 7.5<br>(97.4%) |
| 4   | <b>MOCHNAL<br/>Mirośław</b>    | <b>132</b> |   | M70+      | 4    |                |                 | 00:15:10           | 00:31:05           | <b>00:40:50.51</b>   | +00:01:53<br>(4.6%)  | 8:10            | 7.3<br>(94.8%) |
| 5   | <b>STAŃCZAK<br/>Ryszard</b>    | <b>86</b>  | FACE NORDIC TEAM                                      | M70+      | 5    |                |                 | 00:13:55           | 00:28:43           | <b>00:43:39.68</b>   | +00:04:42<br>(10.8%) | 8:44            | 6.9<br>(89.6%) |
| 6   | <b>DĄBROWSKI<br/>Andrzej</b>   | <b>7</b>   | MARSZ PO ZDROWIE                                      | M70+      | 6    |                |                 | 00:14:15           | 00:29:16           | <b>00:44:05.77</b>   | +00:05:08<br>(11.7%) | 8:49            | 6.8<br>(88.3%) |
| 7   | <b>DROP<br/>Mieczysław</b>     | <b>8</b>   | KS SOKÓŁ GAŚAWA                                       | M70+      | 7    |                |                 | 00:19:29           | 00:38:52           | <b>00:58:35.25</b>   | +00:19:37<br>(33.5%) | 11:43           | 5.1<br>(66.2%) |

Znaleziono 7 wynik(ów)