



## POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

**Event:** POLANICA - PUCHAR POLSKI NORDIC WALKING  
**Organiser:** PFNW  
**Date:** 2017-07-08  
**Place:** Polanica  
**Distance:** 5 km



Classification: M40-44

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>MACHNIK Janusz</b>	<b>101</b>	CLLEO ZAWIERCIE	M40-44	1			00:16:10	<b>00:32:45.00</b>		6:33	9.2 (100%)
2	<b>SCHRÖDER Karol</b>	<b>148</b>	SILESIA NORDIC TEAM	M40-44	2			00:16:23	<b>00:33:55.90</b>	+00:01:10 (3.5%)	6:47	8.8 (95.7%)
3	<b>GRUSZKA Michał</b>	<b>55</b>	UNIA MIAST	M40-44	3			00:17:27	<b>00:35:29.10</b>	+00:02:44 (7.7%)	7:05	8.5 (92.4%)
4	<b>WÓJCIK Mirosław</b>	<b>198</b>	SANTANDER CONSUMER BANK S.A.	M40-44	4			00:18:14	<b>00:36:20.45</b>	+00:03:35 (9.9%)	7:16	8.3 (90.2%)
5	<b>SZKLARSKI Jarosław</b>	<b>165</b>		M40-44	5			00:18:34	<b>00:38:15.30</b>	+00:05:30 (14.4%)	7:39	7.8 (84.8%)
6	<b>ŚLUSARCZYK Grzegorz</b>	<b>173</b>	WESOŁY BORSUK TEAM	M40-44	6			00:19:13	<b>00:38:31.85</b>	+00:05:46 (15.0%)	7:42	7.8 (84.8%)
7	<b>REGULSKI Rafał</b>	<b>142</b>		M40-44	7			00:19:42	<b>00:39:58.20</b>	+00:07:13 (18.1%)	7:59	7.5 (81.5%)
8	<b>MATLEWSKI Radosław</b>	<b>109</b>	FACE NORDIC WALKING TEAM	M40-44	8			00:20:06	<b>00:40:30.25</b>	+00:07:45 (19.1%)	8:06	7.4 (80.4%)
9	<b>UFEL Marcin</b>	<b>225</b>	TKKF SATURN CZELADŹ	M40-44	9			00:20:10	<b>00:40:40.65</b>	+00:07:55 (19.5%)	8:08	7.4 (80.4%)
10	<b>KONSTANCIAK Piotr</b>	<b>80</b>	SANTANDER CONSUMER BANK S.A.	M40-44	10			00:20:28	<b>00:41:17.05</b>	+00:08:32 (20.7%)	8:15	7.3 (79.3%)
11	<b>BAŃKA Andrzej</b>	<b>243</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	11			00:20:23	<b>00:41:50.60</b>	+00:09:05 (21.7%)	8:22	7.2 (78.3%)

Total 11 results.