



# 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: M45-49

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>KRYŚ Artur</b>	<b>90</b>	KS METRACO POLKOWICE	M45-49	1			00:15:31	<b>00:31:46.95</b>		6:21	9.4 (100%)
2	<b>POLEWCZAK Mariusz</b>	<b>135</b>	CLLEO ZAWIERCIE	M45-49	2			00:16:03	<b>00:32:52.65</b>	+00:01:05 (3.3%)	6:34	9.1 (96.8%)
3	<b>FRAĆKOWIAK Roman</b>	<b>38</b>	ZS ROSKO	M45-49	3			00:17:05	<b>00:34:10.45</b>	+00:02:23 (7.0%)	6:50	8.8 (93.6%)
4	<b>CUDAK Zbigniew</b>	<b>25</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	4			00:17:05	<b>00:34:27.60</b>	+00:02:40 (7.8%)	6:53	8.7 (92.6%)
5	<b>WECHTA Paweł</b>	<b>229</b>	KS METRACO POLKOWICE	M45-49	5			00:17:48	<b>00:36:35.50</b>	+00:04:48 (13.1%)	7:19	8.2 (87.2%)
6	<b>MIKITIUK Tomasz</b>	<b>112</b>	KIJOWA PARA	M45-49	6			00:18:29	<b>00:38:17.05</b>	+00:06:30 (17.0%)	7:39	7.8 (83.0%)
7	<b>FILUSZ Alfred</b>	<b>37</b>		M45-49	7			00:19:33	<b>00:38:49.55</b>	+00:07:02 (18.1%)	7:46	7.7 (81.9%)
8	<b>KOPROWSKI Tomasz</b>	<b>84</b>	NORDIKI	M45-49	8			00:19:29	<b>00:39:11.10</b>	+00:07:24 (18.9%)	7:50	7.7 (81.9%)
9	<b>MAKUCHOWSKI Tomasz</b>	<b>211</b>		M45-49	9			00:18:43	<b>00:39:13.00</b>	+00:07:26 (19.0%)	7:50	7.6 (80.9%)
10	<b>SZYMAŃSKI Mirosław</b>	<b>170</b>	SANTANDER CONSUMER BANK S.A.	M45-49	10			00:19:28	<b>00:39:56.45</b>	+00:08:09 (20.4%)	7:59	7.5 (79.8%)
11	<b>WARCHAŁOWSKI Mariusz</b>	<b>218</b>		M45-49	11							(0.0%)
DQ	<b>SZYDŁOWSKI Janusz</b>	<b>212</b>		M45-49			TAK	00:17:36 DQ	<b>00:37:12.10 DQ</b>		-	- (0.0%)

Total 12 results.