



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-07-02  
**Miejsce:** Polanica Zdrój  
**Dystans:** 10 km



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BIŁEK Artur</b>	<b>255</b>	UNIA MIAST	M30-39	1			00:31:25	00:15:31	00:31:55	00:48:41	<b>01:05:52.35</b>	<b>01:37:17.45</b>		6:35	9.1 (100%)
2	<b>PEŁCZYŃSKI Konrad</b>	<b>327</b>	KS METRACO POLKOWICE	M30-39	2			00:31:25	00:15:34	00:32:41	00:49:48	<b>01:06:18.35</b>	<b>01:37:44.10</b>	+00:00:26 (0.7%)	6:37	9 (98.9%)
3	<b>WOJTASIŃSKI Daniel</b>	<b>379</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:31:24	00:15:34	00:32:09	00:49:19	<b>01:06:30.50</b>	<b>01:37:55.45</b>	+00:00:38 (1.0%)	6:39	9 (98.9%)
4	<b>PIOTROWSKI Michał</b>	<b>329</b>	FACE NORDIC WALKING TEAM	M30-39	4			00:31:24	00:15:38	00:32:51	00:50:19	<b>01:08:19.45</b>	<b>01:39:44.40</b>	+00:02:27 (3.6%)	6:50	8.8 (96.7%)
5	<b>ŚLUSARCZYK Marcin</b>	<b>364</b>	WESOŁY BORSUK TEAM	M30-39	5			00:31:27	00:17:38	00:36:36	00:55:36	<b>01:14:22.25</b>	<b>01:45:49.40</b>	+00:08:29 (11.4%)	7:26	8.1 (89.0%)
6	<b>KRZANOWSKI Grzegorz</b>	<b>296</b>	FACE NORDIC WALKING TEAM	M30-39	6			00:31:25	00:17:51	00:36:53	00:56:55	<b>01:17:40.35</b>	<b>01:49:06.25</b>	+00:11:48 (15.2%)	7:46	7.7 (84.6%)
7	<b>GRONALEWSKI Krzysztof</b>	<b>274</b>	BŁĘKITNI NW DZIEMIANY	M30-39	7			00:31:26	00:19:28	00:39:20	00:59:29	<b>01:20:03.75</b>	<b>01:51:30.55</b>	+00:14:11 (17.7%)	8:00	7.5 (82.4%)
8	<b>BOROWSKI Marcin</b>	<b>257</b>	FACE NORDIC WALKING TEAM	M30-39	8			00:31:25	00:20:29	00:41:27	01:02:14	<b>01:23:01.60</b>	<b>01:54:27.50</b>	+00:17:09 (20.7%)	8:18	7.2 (79.1%)
9	<b>DUDEK Tomasz</b>	<b>268</b>	SANTANDER CONSUMER BANK	M30-39	9			00:31:27	00:19:39	00:40:35	01:01:46	<b>01:23:43.55</b>	<b>01:55:10.65</b>	+00:17:51 (21.3%)	8:22	7.2 (79.1%)

Znaleziono 9 wynik(ów)