



POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2015-06-27
Miejsce: Polanica Zdrój
Dystans: 10 km



Klasyfikacja: M 40-49

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	CYRUS Bogdan	232	SILESIA NORDIC TEAM	M 40-49	1			00:00:05	00:15:09	00:31:36	00:48:08	01:04:13	01:04:18		6:25	9.3 (100%)
2	SZCZEBAK Jacek	209	TARNÓW	M 40-49	2			00:00:06	00:17:20	00:35:12	00:53:06	01:10:59	01:11:05	+00:06:46 (9.5%)	7:05	8.5 (91.4%)
3	FELIS Paweł	207		M 40-49	3			00:00:08	00:17:18	00:35:16	00:53:17	01:11:17	01:11:25	+00:07:04 (9.9%)	7:07	8.4 (90.3%)
4	ANTOSZEWSKI Piotr	206	DĄBROWA NORDIC TEAM	M 40-49	4	1		00:00:06	00:17:48	00:36:07	00:54:19	01:12:29	01:12:35	+00:08:16 (11.4%)	7:14	8.3 (89.2%)
5	ŚLUSARCZYK Paweł	279	WESOŁY BORSUK TEAM	M 40-49	5			00:00:07	00:17:36	00:36:22	00:55:04	01:13:46	01:13:53	+00:09:33 (12.9%)	7:22	8.1 (87.1%)
6	ŚLUSARCZYK Grzegorz	239	WESOŁY BORSUK TEAM	M 40-49	6			00:00:06	00:18:13	00:36:50	00:55:29	01:13:52	01:13:58	+00:09:39 (13.1%)	7:23	8.1 (87.1%)
7	DOBROCYŃSKI Damian	211		M 40-49	7			00:00:07	00:18:08	00:36:49	00:56:05	01:15:43	01:15:50	+00:11:30 (15.2%)	7:34	7.9 (84.9%)
8	KRZANOWSKI Bartłomiej	210	SAMOTNI WĘDROWCY	M 40-49	8	1		00:00:07	00:18:00	00:36:57	00:56:30	01:16:16	01:16:23	+00:12:03 (15.8%)	7:37	7.9 (84.9%)
9	MARCINKOWSKI Wojciech	264	NORDIC WALKING LUBLINIEC	M 40-49	9			00:00:06	00:18:24	00:37:40	00:57:39	01:17:13	01:17:19	+00:13:00 (16.8%)	7:43	7.8 (83.9%)
10	CZAKIERT Marek	208	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 40-49	10			00:00:07	00:20:23	00:41:49	01:02:54	01:23:51	01:23:58	+00:19:38 (23.4%)	8:23	7.2 (77.4%)

Znaleziono 10 wynik(ów)