



POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organiser: PFNW
Date: 2015-06-27
Place: Polanica Zdrój
Distance: 10 km



Classification: M 50-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	SIWAK Piotr	230	KGHM METRAKO POLKOWICE	M 50-59	1			00:00:55	00:15:47	00:32:24	00:48:41	01:05:04	01:05:59		6:30	9.2 (100%)
2	WOROCH Roman	237		M 50-59	2			00:00:55	00:16:10	00:32:24	00:48:40	01:05:07	01:06:02	+00:00:03 (0.1%)	6:30	9.2 (100%)
3	PUSZKIEL Leszek	274	GREEN TEAM ZIELONA GÓRA	M 50-59	3			00:00:56	00:15:54	00:32:31	00:49:35	01:06:37	01:07:33	+00:01:33 (2.3%)	6:39	9 (97.8%)
4	BREWKA Joachim	262	NORDIC WALKING LUBLINIEC	M 50-59	4			00:00:56	00:17:11	00:35:33	00:53:47	01:11:31	01:12:27	+00:06:27 (9.0%)	7:09	8.4 (91.3%)
5	NIEMIEC Waldemar	249	ZGPOLKOWICE- SIEROSZOWICE	M 50-59	5			00:00:57	00:17:23	00:35:22	00:53:37	01:11:34	01:12:31	+00:06:30 (9.1%)	7:09	8.4 (91.3%)
6	SMUL Andrzej	248	GREEN TEAM ZIELONA GÓRA	M 50-59	6			00:00:56	00:17:12	00:35:18	00:53:46	01:12:23	01:13:19	+00:07:19 (10.1%)	7:14	8.3 (90.2%)
7	MACHOLC Piotr	224	DĄBROWA NORDIC TEAM	M 50-59	7	1		00:00:57	00:18:18	00:37:22	00:56:15	01:14:49	01:15:46	+00:09:45 (13.0%)	7:28	8 (87.0%)
8	GAPIŃSKI Leszek	260	PTTK PRUDNIK	M 50-59	8			00:01:00	00:18:30	00:37:55	00:57:28	01:16:13	01:17:13	+00:11:09 (14.6%)	7:37	7.9 (85.9%)
9	KRYCZKA Zbigniew	250	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 50-59	9			00:00:56	00:18:39	00:37:54	00:57:19	01:16:47	01:17:43	+00:11:43 (15.3%)	7:40	7.8 (84.8%)
10	MACIĄG Andrzej	216	ACTEAM	M 50-59	10			00:00:58	00:19:38	00:40:46	01:02:46	01:24:21	01:25:19	+00:19:17 (22.9%)	8:26	7.1 (77.2%)

Total 10 results.