

# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Event:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organiser:** Polanica Zdrój  
**Date:** 2019-07-06  
**Place:** Polanica Zdrój  
**Distance:** 5 km



Classification: M60-64

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>WOROCH Roman</b>	<b>191</b>	KS METRACO POLKOWICE	M60-64	1			00:16:16	<b>00:32:47.25</b>		6:33	9.2 (100%)
2	<b>GAPIŃSKI Leszek</b>	<b>291</b>	CKZIU NYSA MECHANIK	M60-64	2			00:18:03	<b>00:36:45.70</b>	+00:03:58 (10.8%)	7:21	8.2 (89.1%)
3	<b>SZYMANOWSKI Eugeniusz</b>	<b>171</b>	ŁĘBORSKIE LWY	M60-64	3	1		00:18:16	<b>00:36:58.90</b>	+00:04:11 (11.3%)	7:23	8.1 (88.0%)
4	<b>BAJ Stanisław</b>	<b>4</b>	ŚCINAWA	M60-64	4			00:18:47	<b>00:37:53.80</b>	+00:05:06 (13.5%)	7:34	7.9 (85.9%)
5	<b>KOZIARZ Roman</b>	<b>86</b>	STADION ŚLĄSKI	M60-64	5			00:19:09	<b>00:38:49.45</b>	+00:06:02 (15.5%)	7:46	7.7 (83.7%)
6	<b>CHARCZUK Zenon</b>	<b>21</b>	ŻÓŁWIK OPOLE	M60-64	6			00:19:31	<b>00:39:28.55</b>	+00:06:41 (16.9%)	7:53	7.6 (82.6%)
7	<b>BISKUPSKI Tadeusz</b>	<b>379</b>	VM POLANICA-ZDR	M60-64	7			00:19:35	<b>00:39:33.90</b>	+00:06:46 (17.1%)	7:54	7.6 (82.6%)
8	<b>NOGA Bolesław</b>	<b>122</b>		M60-64	8			00:19:31	<b>00:39:49.80</b>	+00:07:02 (17.7%)	7:58	7.5 (81.5%)
9	<b>GOŁĘBIEWSKI Andrzej</b>	<b>51</b>	KLUB NW PATY CZAKI GRUDZIĄDZ	M60-64	9			00:19:13	<b>00:40:03.55</b>	+00:07:16 (18.2%)	8:00	7.5 (81.5%)
10	<b>DROZD Stanisław</b>	<b>385</b>	CIDRY LOTAJOM	M60-64	10			00:20:32	<b>00:41:58.85</b>	+00:09:11 (21.9%)	8:23	7.1 (77.2%)
11	<b>GOLENIA Reinhold</b>	<b>49</b>	DOBRA - GRUPA NORDIC WALKING	M60-64	11			00:22:16	<b>00:44:58.10</b>	+00:12:10 (27.1%)	8:59	6.7 (72.8%)
12	<b>KUCZYŃSKI Włodzimierz</b>	<b>98</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	12			00:22:52	<b>00:47:05.20</b>	+00:14:17 (30.4%)	9:25	6.4 (69.6%)

Total 12 results.