

# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2020 - 10 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** PUCHAR POLSKI NORDIC WALKING 2020  
**Organiser:** Polanica Zdrój  
**Date:** 2020-07-11  
**Place:** Polanica Zdrój  
**Distance:** 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 10km	Gap	Pace min/km	Pace km/h
1	<b>ROSAK Marcin</b>	<b>135</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			<b>01:01:48.25</b>		6:10	9.7 (100%)
2	<b>WOJTASIŃSKI Daniel</b>	<b>160</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			<b>01:07:00.85</b>	+00:05:12 (7.8%)	6:42	9 (92.8%)
3	<b>KOBIELA Krzysztof</b>	<b>89</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	3			<b>01:07:51.30</b>	+00:06:03 (8.9%)	6:47	8.8 (90.7%)
4	<b>BUL Dariusz</b>	<b>60</b>		M40-49	4			<b>01:08:08.10</b>	+00:06:19 (9.3%)	6:48	8.8 (90.7%)
5	<b>KOZŁOWSKI Piotr</b>	<b>97</b>		M40-49	5			<b>01:08:10.25</b>	+00:06:22 (9.3%)	6:49	8.8 (90.7%)
6	<b>ŚWIDEREK Marcin</b>	<b>156</b>	NW CZŁAPSKI TEAM	M40-49	6			<b>01:10:27.20</b>	+00:08:38 (12.3%)	7:02	8.5 (87.6%)
7	<b>ZIELIŃSKI Szczepan</b>	<b>166</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	7			<b>01:12:08.25</b>	+00:10:20 (14.3%)	7:12	8.3 (85.6%)
8	<b>MARCZYŃSKI Adam</b>	<b>112</b>	POLIPACK TEAM GWE	M40-49	8			<b>01:12:34.00</b>	+00:10:45 (14.8%)	7:15	8.3 (85.6%)
9	<b>KRAKOWIAN Piotr</b>	<b>98</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	9			<b>01:12:34.05</b>	+00:10:45 (14.8%)	7:15	8.3 (85.6%)
10	<b>GODZIŃSKI Paweł</b>	<b>77</b>	BAŻANT NW ELBLĄG	M40-49	10			<b>01:14:01.90</b>	+00:12:13 (16.5%)	7:24	8.1 (83.5%)
11	<b>PANCHYRZ Piotr</b>	<b>169</b>	NORDICUS STRZYBNICA	M40-49	11			<b>01:16:32.75</b>	+00:14:44 (19.3%)	7:39	7.8 (80.4%)
12	<b>ŚLUSARCZYK Grzegorz</b>	<b>155</b>	WESOŁY BORSUK TEAM	M40-49	12			<b>01:18:40.30</b>	+00:16:52 (21.4%)	7:52	7.6 (78.4%)
13	<b>PONKA Radosław</b>	<b>130</b>	POLIPACK TEAM GWE	M40-49	13			<b>01:20:11.25</b>	+00:18:23 (22.9%)	8:01	7.5 (77.3%)
14	<b>FRYDRYCH Krzysztof</b>	<b>75</b>	WESOŁY BORSUK TEAM	M40-49	14			<b>01:25:35.05</b>	+00:23:46 (27.8%)	8:33	7 (72.2%)
15	<b>WĄTROBA Sebastian</b>	<b>157</b>	BEL MARE NORDIC WALKING TEAM	M40-49	15			<b>01:26:31.45</b>	+00:24:43 (28.6%)	8:39	6.9 (71.1%)
16	<b>KOŁOWSKI Tomasz</b>	<b>90</b>		M40-49	16			<b>01:26:49.40</b>	+00:25:01 (28.8%)	8:40	6.9 (71.1%)
17	<b>CHABROS Dariusz</b>	<b>62</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	17			<b>01:34:11.60</b>	+00:32:23 (34.4%)	9:25	6.4 (66.0%)

Total 17 results.