



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Organiser:  
Date:  
Place:  
Distance:

PFNW  
2016-07-02  
Polanica Zdrój  
21.1 km



Classification: M 50-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	SKIBA Krzysztof	441	KS METRACO POLKOWICE	M 50-59	1			00:10:42	00:06:17	00:21:28	00:37:10	00:53:35	01:10:20	01:27:00	01:43:54	02:01:05	02:18:46.25	02:29:28.90		6:34	9.1 (100%)
2	WIŚNIEWSKI Jacek	449	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	M 50-59	2			00:10:41	00:07:06	00:23:53	00:40:31	00:57:22	01:15:02	01:32:56	01:51:06	02:09:59	02:29:26.00	02:40:07.30	+00:10:39 (7.1%)	7:04	8.5 (93.4%)
3	MAKOWSKI Jan	427	RYBNICKI KLUB NORDIC WALKING	M 50-59	3			00:10:40	00:07:13	00:24:33	00:42:14	00:59:53	01:18:08	01:36:27	01:55:18	02:14:27	02:33:54.15	02:44:34.45	+00:15:07 (9.8%)	7:17	8.2 (90.1%)
4	BIK Stanisław	403	KS METRACO POLKOWICE	M 50-59	4			00:10:41	00:07:05	00:23:53	00:40:43	00:58:06	01:16:24	01:35:32	01:54:40	02:14:02	02:34:29.50	02:45:10.55	+00:15:43 (10.2%)	7:19	8.2 (90.1%)
5	LENZ Andrzej	425	ALTOM	M 50-59	5			00:10:40	00:07:39	00:25:48	00:44:15	01:02:36	01:21:06	01:39:34	01:58:08	02:17:04	02:36:27.10	02:47:07.60	+00:17:40 (11.3%)	7:24	8.1 (89.0%)
6	BAJER Piotr	402	FACE NORDIC WALKING TEAM	M 50-59	6			00:10:41	00:08:11	00:27:48	00:47:28	01:06:27	01:24:53	01:43:49	02:03:14	02:23:02	02:42:37.25	02:53:18.40	+00:23:51 (14.7%)	7:42	7.8 (85.7%)
7	MOŻYSZEK Piotr	428	FORMA NA PIĄTKĘ NW PABIANICE	M 50-59	7			00:10:41	00:08:09	00:27:50	00:47:45	01:07:50	01:28:11	01:48:36	02:09:39	02:31:16	02:53:06.85	03:03:48.15	+00:34:20 (19.8%)	8:12	7.3 (80.2%)
8	KMIECIK Grzegorz	417	NADLEŚNICTWO BYSTRZYCA KŁODZKA	M 50-59	8			00:10:41	00:08:40	00:28:51	00:48:55	01:09:28	01:30:29	01:51:56	02:13:44	02:35:16	02:56:25.50	03:07:06.55	+00:37:39 (21.3%)	8:21	7.2 (79.1%)
9	KUBIACZYK Arkadiusz	422	3+1	M 50-59	9			00:10:40	00:07:55	00:27:38	00:47:55	01:08:36	01:30:27	01:52:45	02:15:51	02:41:26	03:06:50.65	03:17:30.95	+00:48:04 (25.7%)	8:51	6.8 (74.7%)
10	CIENNIK Wiktor	407	FOREVER YOUNG ŁÓDŹ	M 50-59	10			00:10:41	00:08:22	00:28:39	00:50:14	01:13:07	01:35:31	01:58:46	02:21:48	02:45:04	03:08:09.60	03:18:51.55	+00:49:23 (26.2%)	8:55	6.7 (73.6%)

Total 10 results.