



POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organiser: PFNW
Date: 2015-06-27
Place: Polanica Zdrój
Distance: 5 km



Classification: M 30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	ZARĘBSKI Michał	156	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	1			00:05:08	00:15:18	00:31:30	00:36:38		6:18	9.5 (100%)
2	WOJTASIŃSKI Daniel	103	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			00:05:07	00:15:44	00:32:13	00:37:20	+00:00:43 (2.2%)	6:26	9.3 (97.9%)
3	NOWAK Mariusz	159	KGHM METRACO POLKOWICE	M 30-39	3			00:05:06	00:15:46	00:32:21	00:37:27	+00:00:51 (2.6%)	6:28	9.3 (97.9%)
4	HAŁAS Marcin	47	MOSIR CZECHOWICE-DZIEDZICE	M 30-39	4	1		00:05:06	00:16:02	00:32:46	00:37:52	+00:01:16 (3.9%)	6:33	9.2 (96.8%)
5	DRANKOWSKI Robert	142	NORDIC WALKING KRUSZYNA	M 30-39	5			00:05:07	00:17:39	00:35:14	00:40:21	+00:03:44 (10.6%)	7:02	8.5 (89.5%)
6	MAGNUSKI Dariusz	89	NW SPEED	M 30-39	6			00:05:07	00:18:03	00:37:33	00:42:40	+00:06:03 (16.1%)	7:30	8 (84.2%)
7	JANICKI Tomasz	160	GREEN TEAM ZIELONA GÓRA	M 30-39	7			00:05:07	00:18:57	00:39:32	00:44:39	+00:08:02 (20.3%)	7:54	7.6 (80.0%)
8	KARCZEWSKI Krzysztof	11	RUCH PO ZDROWIE WŁOCŁAWEK	M 30-39	8			00:05:08	00:21:14	00:42:43	00:47:51	+00:11:13 (26.3%)	8:32	7 (73.7%)
9	MUC Łukasz	37		M 30-39	9			00:05:09	00:20:34	00:43:18	00:48:27	+00:11:48 (27.3%)	8:39	6.9 (72.6%)
10	CZEKAŃSKI Damian	88	WESOŁY BORSUK TEAM	M 30-39	10			00:05:08	00:21:43	00:43:39	00:48:47	+00:12:09 (27.8%)	8:43	6.9 (72.6%)

Total 10 results.