



POLKOWICE - PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 10 KM

B4SPORT

Organiser: PFW
Date: 2017-03-11
Place: Polkowice
Distance: 10 km



Classification: M70+

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Start_All 5km	Start_All 6.25km	Start_All 7.5km	Start_All 8.75km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	ROGOS Henryk	160	ŚCINAWSKA GRUPA NORDIC WALKING	M70+	1			00:00:03	00:09:01	00:18:05	00:27:22	00:36:41	00:46:11	00:55:49	01:05:42	01:15:48.50	01:15:52.25		7:34	7.9 (100%)
2	PIĄTKOWSKI Józef	163		M70+	2			00:00:05	00:09:31	00:19:30	00:29:27	00:39:32	00:49:34	00:59:44	01:09:55	01:19:56.40	01:20:01.40	+00:04:07 (5.2%)	7:59	7.5 (94.9%)
3	DZIĘCIOŁ Ryszard	146		M70+	3			00:00:03	00:10:41	00:21:45	00:33:07	00:44:44	00:56:15	01:07:40	01:19:20	01:31:12.50	01:31:15.85	+00:15:24 (16.9%)	9:07	6.6 (83.5%)

Total 3 results.