

# PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 – 10 KM

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020  
**Organizator:** Urząd Miasta Tarnowskie Góry  
**Data:** 2020-10-04  
**Miejsce:** Tarnowskie Góry  
**Dystans:** 10 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ROSAK Marcin</b>	<b>114</b>	BACHUS NORDICUS ZIELONA GÓRA	M40-49	1			00:30:12	<b>01:00:21.70</b>		6:02	9.9 (100%)
2	<b>SŁUPIANEK Paweł</b>	<b>124</b>	KATOWICKI NORDIC WALKING	M40-49	2			00:32:11	<b>01:04:53.35</b>	+00:04:31 (7.0%)	6:29	9.2 (92.9%)
3	<b>WILCZEK Krzysztof</b>	<b>149</b>	CIDRY LOTAJOM	M40-49	3			00:32:25	<b>01:05:06.30</b>	+00:04:44 (7.3%)	6:30	9.2 (92.9%)
4	<b>ŚWIDEREK Marcin</b>	<b>134</b>	NW CZŁAPSKI TEAM	M40-49	4			00:32:43	<b>01:06:18.10</b>	+00:05:56 (9.0%)	6:37	9 (90.9%)
5	<b>WOJTASIŃSKI Daniel</b>	<b>162</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	5			00:33:02	<b>01:06:24.40</b>	+00:06:02 (9.1%)	6:38	9 (90.9%)
6	<b>NACZK Leonard</b>	<b>97</b>	POLIPACK TEAM GWE	M40-49	6			00:33:20	<b>01:07:24.75</b>	+00:07:03 (10.5%)	6:44	8.9 (89.9%)
7	<b>SADOWSKI Tomasz</b>	<b>118</b>	W POGONI ZA DUCHEM	M40-49	7			00:33:48	<b>01:08:12.10</b>	+00:07:50 (11.5%)	6:49	8.8 (88.9%)
8	<b>OLSZAŃSKI Karol</b>	<b>101</b>	FEAR THE RETURN	M40-49	8			00:33:34	<b>01:08:50.30</b>	+00:08:28 (12.3%)	6:53	8.7 (87.9%)
9	<b>MARCZYŃSKI Adam</b>	<b>89</b>	POLIPACK TEAM GWE	M40-49	9			00:34:20	<b>01:09:35.10</b>	+00:09:13 (13.3%)	6:57	8.6 (86.9%)
10	<b>TRZCIŃSKI Mariusz</b>	<b>140</b>	SERCE NORDICA WŁOCLAWEK	M40-49	10	1		00:35:35	<b>01:10:59.05</b>	+00:10:37 (15.0%)	7:05	8.5 (85.9%)
11	<b>WALESZKO Andrzej</b>	<b>144</b>	PASJA NORDIC WALKING	M40-49	11	1		00:35:19	<b>01:11:56.80</b>	+00:11:35 (16.1%)	7:11	8.3 (83.8%)
12	<b>CHYRA Janusz</b>	<b>25</b>	UNIA MIAST	M40-49	12			00:36:25	<b>01:12:32.65</b>	+00:12:10 (16.8%)	7:15	8.3 (83.8%)
13	<b>PANCHYRZ Piotr</b>	<b>105</b>	NORDICUS STRZYBNICA	M40-49	13			00:36:24	<b>01:12:41.05</b>	+00:12:19 (17.0%)	7:16	8.3 (83.8%)
14	<b>SOMIAK Piotr</b>	<b>126</b>	NORDICUS STRZYBNICA	M40-49	14			00:36:33	<b>01:13:40.40</b>	+00:13:18 (18.1%)	7:22	8.1 (81.8%)
15	<b>WOŹNIAK Bartłomiej</b>	<b>157</b>		M40-49	15			00:38:24	<b>01:14:59.90</b>	+00:14:38 (19.5%)	7:29	8 (80.8%)
16	<b>PONKA Radosław</b>	<b>109</b>	POLIPACK TEAM GWE	M40-49	16			00:37:44	<b>01:16:17.95</b>	+00:15:56 (20.9%)	7:37	7.9 (79.8%)
17	<b>DUDKIEWICZ Wojciech</b>	<b>35</b>	NORDICUS STRZYBNICA	M40-49	17			00:39:24	<b>01:19:44.25</b>	+00:19:22 (24.3%)	7:58	7.5 (75.8%)
18	<b>GAIDAS Sebastian</b>	<b>42</b>		M40-49	18	1		00:40:25	<b>01:21:45.15</b>	+00:21:23 (26.2%)	8:10	7.3 (73.7%)
19	<b>LUDYGA Krystian</b>	<b>79</b>		M40-49	19			00:41:27	<b>01:22:49.75</b>	+00:22:28 (27.1%)	8:16	7.2 (72.7%)
20	<b>WĄTROBA Sebastian</b>	<b>145</b>	BEL MARE NORDIC WALKING TEAM	M40-49	20			00:42:01	<b>01:24:44.35</b>	+00:24:22 (28.8%)	8:28	7.1 (71.7%)
21	<b>WAWRZYŃCZOK Krzysztof</b>	<b>520</b>	NORDICUS STRZYBNICA	M40-49	21			00:44:15	<b>01:29:32.95</b>	+00:29:11 (32.6%)	8:57	6.7 (67.7%)
	<b>PAWLIK Michał</b>	<b>165</b>	TREKMONDO	M40-49		2		DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 22 wynik(ów)