

# PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 – 10 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Event:** PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020  
**Organiser:** Urząd Miasta Tarnowskie Góry  
**Date:** 2020-10-04  
**Place:** Tarnowskie Góry  
**Distance:** 10 km



Classification: M60-69

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	<b>HELWICH Stefan</b>	<b>10</b>	KS METRACO POLKOWICE	M60-69	1	1		00:31:09	<b>01:03:47.10</b>		6:22	9.4 (100%)
2	<b>JUREK Adam</b>	<b>57</b>	KS METRACO POLKOWICE	M60-69	2	2		00:32:15	<b>01:05:30.55</b>	+00:01:43 (2.6%)	6:33	9.2 (97.9%)
3	<b>MAŁKA Marian</b>	<b>85</b>		M60-69	3			00:32:18	<b>01:05:37.90</b>	+00:01:50 (2.8%)	6:33	9.1 (96.8%)
4	<b>DREWA Marian</b>	<b>29</b>	POLIPACK TEAM GWE	M60-69	4			00:34:33	<b>01:10:56.85</b>	+00:07:09 (10.1%)	7:05	8.5 (90.4%)
5	<b>NETKOWSKI Wojciech</b>	<b>99</b>	PASJA NORDIC WALKING	M60-69	5	1		00:35:26	<b>01:11:58.20</b>	+00:08:11 (11.4%)	7:11	8.3 (88.3%)
6	<b>HRYNDIO Jerzy</b>	<b>54</b>	STADION ŚLĄSKI	M60-69	6			00:36:44	<b>01:14:00.00</b>	+00:10:12 (13.8%)	7:24	8.1 (86.2%)
7	<b>KAMIANOWSKI Jan</b>	<b>62</b>	NW CZŁAPSKI TEAM	M60-69	7			00:36:36	<b>01:14:19.85</b>	+00:10:32 (14.2%)	7:25	8.1 (86.2%)
8	<b>JANKOWSKI Grzegorz</b>	<b>55</b>	STĘSZEW TEAM	M60-69	8			00:37:19	<b>01:15:52.65</b>	+00:12:05 (15.9%)	7:35	7.9 (84.0%)
9	<b>RADZIEJOWSKI Bogusław</b>	<b>111</b>	NORDIC TEAM CZĘSTOCHOWA	M60-69	9			00:37:55	<b>01:16:00.75</b>	+00:12:13 (16.1%)	7:36	7.9 (84.0%)
10	<b>MARCHEWKA Andrzej</b>	<b>88</b>	13 ŚLĄSKA BRYGADA OT KATOWICE	M60-69	10			00:37:27	<b>01:16:50.90</b>	+00:13:03 (17.0%)	7:41	7.8 (83.0%)
11	<b>STOLARSKI Janusz</b>	<b>129</b>	SERCE NORDICA WŁOCLAWEK	M60-69	11			00:37:02	<b>01:16:53.90</b>	+00:13:06 (17.1%)	7:41	7.8 (83.0%)
12	<b>GLISZCZYŃSKI Mirosław</b>	<b>45</b>	NWPL/ GOGGLE PAE TEAM	M60-69	12			00:38:35	<b>01:18:44.45</b>	+00:14:57 (19.0%)	7:52	7.6 (80.9%)
13	<b>MACHOLC Piotr</b>	<b>81</b>	ŻÓŁWIK	M60-69	13			00:39:55	<b>01:19:51.40</b>	+00:16:04 (20.1%)	7:59	7.5 (79.8%)

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14	<b>ŁAZORKO Antoni</b>	<b>80</b>	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	M60-69	14			00:41:05	<b>01:21:27.60</b>	+00:17:40 (21.7%)	8:08	7.4 (78.7%)
15	<b>LUBAŃSKI Tomasz</b>	<b>78</b>	SERCE NORDICA WŁOCŁAWEK	M60-69	15			00:42:55	<b>01:26:11.40</b>	+00:22:24 (26.0%)	8:37	7 (74.5%)
16	<b>KUCZYŃSKI Włodzimierz</b>	<b>188</b>	NORDIC WALKING KIEKRZ POLAND	M60-69	16			00:47:10	<b>01:35:51.50</b>	+00:32:04 (33.5%)	9:35	6.3 (67.0%)

Total 16 results.