



Event:
Organiser:
Date:
Place:
Distance:

PUCHAR NORDIC WALKING - 5 KM

Puchar Nordic Walking w Sercu Podhala
Gmina Szaflary
2021-10-16
Szaflary
5 km

B4SPORT



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	1.67km	3.3km	Net time 5km	Gap	Pace min/km	Pace km/h
1	CYRUS Bogdan	43		M50-54	1	00:11:19	00:22:37	00:33:54.45		6:46	8.8 (100%)
2	ORDZOWIAŁY Piotr	73	NIWAOSIELEC	M50-54	2	00:11:22	00:22:39	00:33:56.85	+00:00:02 (0.1%)	6:47	8.8 (100%)
3	NOSAL Marek	71		M50-54	3	00:11:49	00:23:48	00:35:33.45	+00:01:39 (4.6%)	7:06	8.4 (95.5%)
4	MISZTAŁ Grzegorz	70	NORDIC ARMY	M30-39	1	00:11:36	00:23:33	00:35:33.60	+00:01:39 (4.6%)	7:06	8.4 (95.5%)
5	KONIK Jarosław	60	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1	00:11:58	00:23:58	00:36:04.80	+00:02:10 (6.0%)	7:12	8.3 (94.3%)
6	KRAKOWSKI Jerzy	64	PTG SOKÓŁ 1893 MIELEC	M55-59	1	00:11:45	00:24:02	00:36:26.40	+00:02:31 (6.9%)	7:17	8.2 (93.2%)
7	KOWALCZYK Tadeusz	62	LUX TORPEDA	M65-69	1	00:12:44	00:25:44	00:39:04.80	+00:05:10 (13.2%)	7:48	7.7 (87.5%)
8	BERNACKI Leszek	42	NIEŻŻESZONY	M55-59	2	00:13:17	00:26:35	00:40:08.65	+00:06:14 (15.5%)	8:01	7.5 (85.2%)
9	RYŚ Wacław	80	ZARABIE-BIEGA	M60-64	1	00:13:22	00:26:51	00:40:16.05	+00:06:21 (15.8%)	8:03	7.5 (85.2%)
10	ŚLUSARCZYK Jerzy	83	AZS AWF KRAKÓW MASTERS	M60-64	2	00:13:25	00:27:02	00:41:02.60	+00:07:08 (17.4%)	8:12	7.3 (83.0%)
11	PAŹDZIORA Mariusz	77	LUX TORPEDA	M50-54	4	00:13:14	00:27:15	00:41:57.90	+00:08:03 (19.2%)	8:23	7.2 (81.8%)
12	GRZYWOCZ Bernard	101		M70-74	1	00:14:31	00:29:15	00:43:50.65	+00:09:56 (22.7%)	8:46	6.8 (77.3%)
13	KRUPA Franciszek	66		M70-74	2	00:14:35	00:29:19	00:43:59.90	+00:10:05 (22.9%)	8:47	6.8 (77.3%)
14	MALINOWSKI Paweł	96	YACHT CLUB NOWA HUTA	M18-29	1	00:14:22	00:29:14	00:44:23.85	+00:10:29 (23.6%)	8:52	6.8 (77.3%)
15	NOSAL Bronisław	99		M70-74	3	00:14:49	00:30:14	00:45:41.15	+00:11:46 (25.8%)	9:08	6.6 (75.0%)
16	ADAMOWICZ Andrzej	41		M75-79	1	00:15:33	00:31:40	00:47:49.10	+00:13:54 (29.1%)	9:33	6.3 (71.6%)
17	GUTOWSKI Paweł	49	PAUL TEAM	M-Niepełnosprawni(A)	1	00:15:58	00:33:06	00:50:36.80	+00:16:42 (33.0%)	10:07	5.9 (67.0%)
18	WIKTOR Dawid	87	SPORTOWY ISKRA MIELEC	M-Niepełnosprawni(B)	1	00:21:21	00:44:55	01:24:22.05	+00:50:27 (59.8%)	16:52	3.6 (40.9%)

Total 18 results.