



# PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6

B4SPORT  
POLSKIE ZRZESZENIE NORDIC WALKING

**Wydarzenie:** Puchar Polski Nordic Walking 2024 -  
Wasilków - 1/6  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Miasto i Gmina  
Wasilków  
**Data:** 2024-05-11  
**Miejsce:** Wasilków  
**Dystans:** 10 km



Klasyfikacja: M60-69

| Msc | Zawodnik                  | Numer     | Klub                  | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps_1.68km<br>1.68km | Laps_3.36km<br>3.36km | Laps_5.04km<br>5.04km | Laps_6.72km<br>6.72km | Laps_8.4km<br>8.4km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|-----------|-----------------------|-----------|------|-------------|--------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | <b>MAŁKA Marian</b>       | <b>17</b> | NORDIC SPORT 2021     | M60-69    | 1    |             |              | 00:10:28              | 00:21:18              | 00:32:06              | 00:42:51              | 00:53:35            | <b>01:04:14.07</b>    |                      | 6:25            | 9.3<br>(100%)  |
| 2   | <b>DANIELSKI Waldemar</b> | <b>8</b>  | K.S VICTORIA POTĘGOWO | M60-69    | 2    | 2           |              | 00:11:10              | 00:22:24              | 00:33:42              | 00:45:02              | 00:56:23            | <b>01:07:37.54</b>    | +00:03:23<br>(5.0%)  | 6:45            | 8.9<br>(95.7%) |
| 3   | <b>HRYCIUK Waldemar</b>   | <b>10</b> | K.S VICTORIA POTĘGOWO | M60-69    | 3    | 1           |              | 00:11:23              | 00:22:56              | 00:34:40              | 00:46:24              | 00:58:18            | <b>01:10:04.29</b>    | +00:05:50<br>(8.3%)  | 7:00            | 8.6<br>(92.5%) |
| 4   | <b>PALUCH Paweł</b>       | <b>23</b> | AVOCADO WELLNESS CLUB | M60-69    | 4    |             |              | 00:12:17              | 00:25:11              | 00:38:13              | 00:51:12              | 01:04:10            | <b>01:17:21.17</b>    | +00:13:07<br>(17.0%) | 7:44            | 7.8<br>(83.9%) |
| 5   | <b>SZYMCZUK Grzegorz</b>  | <b>27</b> | JUVENIA               | M60-69    | 5    | 2           |              | 00:12:58              | 00:26:12              | 00:39:27              | 00:52:41              | 01:06:19            | <b>01:19:59.75</b>    | +00:15:45<br>(19.7%) | 7:59            | 7.5<br>(80.6%) |
| 6   | <b>BIERYŁO Dariusz</b>    | <b>4</b>  |                       | M60-69    | 6    |             |              | 00:13:22              | 00:27:07              | 00:41:11              | 00:55:09              | 01:09:21            | <b>01:23:37.59</b>    | +00:19:23<br>(23.2%) | 8:21            | 7.2<br>(77.4%) |
| 7   | <b>WYSZYŃSKI Zbigniew</b> | <b>35</b> | I O TO CHODZI         | M60-69    | 7    | 2           |              | 00:13:12              | 00:26:55              | 00:40:55              | 00:55:29              | 01:09:55            | <b>01:23:52.11</b>    | +00:19:38<br>(23.4%) | 8:23            | 7.2<br>(77.4%) |

Znaleziono 7 wynik(ów)