

# SKRWILNO - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT  
INTELEGENYNE ZAWODY SPORTOWE

**Event:** Puchary Regionalne Nordic Walking 2019  
**Organiser:** Skrwilno  
**Date:** 2019-07-28  
**Place:** Skrwilno  
**Distance:** 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	<b>SZARSZUNOWICZ Mariusz</b>	<b>258</b>	KRAM TEAM	M40-49	1			00:15:33	00:31:55	00:48:48	<b>01:05:42.20</b>		6:34	9.1 (100%)
2	<b>WOJTASIŃSKI Daniel</b>	<b>282</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:16:35	00:33:54	00:51:41	<b>01:09:38.77</b>	+00:03:56 (5.7%)	6:57	8.6 (94.5%)
3	<b>BOGACKI Sławek</b>	<b>206</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	3			00:16:50	00:34:47	00:52:44	<b>01:10:26.41</b>	+00:04:44 (6.7%)	7:02	8.5 (93.4%)
4	<b>ROMANOWICZ Piotr</b>	<b>250</b>	RUNGRYF GRYFICE	M40-49	4	2		00:16:40	00:34:25	00:52:39	<b>01:10:43.64</b>	+00:05:01 (7.1%)	7:04	8.5 (93.4%)
5	<b>CIESIELSKI Jan</b>	<b>210</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	5			00:18:07	00:36:38	00:55:26	<b>01:14:05.26</b>	+00:08:23 (11.3%)	7:24	8.1 (89.0%)
6	<b>GRABOWSKI Krzysztof</b>	<b>221</b>	4 WOG GLIWICE	M40-49	6			00:18:20	00:36:57	00:55:39	<b>01:14:25.31</b>	+00:08:43 (11.7%)	7:26	8.1 (89.0%)
7	<b>JAREK Sergiusz</b>	<b>223</b>	FORMA NA PIĄTKĘ NW	M40-49	7			00:17:53	00:36:30	00:55:36	<b>01:15:03.12</b>	+00:09:20 (12.5%)	7:30	8 (87.9%)
8	<b>STECKIEWICZ Edmund</b>	<b>256</b>		M40-49	8	1		00:17:52	00:36:26	00:55:54	<b>01:15:36.58</b>	+00:09:54 (13.1%)	7:33	7.9 (86.8%)
9	<b>FRANKIEWICZ Mirosław</b>	<b>215</b>	FORMA NA PIĄTKĘ NW	M40-49	9			00:18:17	00:37:23	00:57:04	<b>01:16:49.04</b>	+00:11:06 (14.5%)	7:40	7.8 (85.7%)
10	<b>GODZIŃSKI Paweł</b>	<b>277</b>	BAŻANT NW ELBLĄG	M40-49	10			00:18:19	00:37:43	00:58:02	<b>01:18:32.89</b>	+00:12:50 (16.4%)	7:51	7.6 (83.5%)
11	<b>STANECKI Marcin</b>	<b>254</b>	BIEGAM W SFETSZE	M40-49	11			00:19:32	00:39:34	00:59:50	<b>01:20:25.61</b>	+00:14:43 (18.3%)	8:02	7.5 (82.4%)
12	<b>PACIORKOWSKI Paweł</b>	<b>244</b>	FUNDACJA SWD	M40-49	12			00:18:40	00:39:01	01:00:03	<b>01:22:22.99</b>	+00:16:40 (20.2%)	8:14	7.3 (80.2%)
13	<b>WEGIERA Grzegorz</b>	<b>268</b>	ROXKIJE ROKIETNICA	M40-49	13			00:19:52	00:40:41	01:02:02	<b>01:23:56.77</b>	+00:18:14 (21.7%)	8:23	7.1 (78.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
14	<b>RZEPECKI Sławomir</b>	<b>251</b>		M40-49	14			00:21:15	00:44:24	01:09:06	<b>01:33:27.03</b>	+00:27:44 (29.7%)	9:20	6.4 (70.3%)

Total 14 results.