



ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

Organiser: PFNW
Date: 2016-08-21
Place: Śrem
Distance: 5 km



Classification: M45-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	RAJEWSKI Sebastian	428	JEZIORKI - AKTYWNA WIEŚ	M45-49	1			00:06:08	00:16:44	00:33:52.35	00:40:01.30		6:46	8.9 (100%)
2	FRAÇKOWIAK Roman	332	ZS ROSKO	M45-49	2			00:06:09	00:18:05	00:36:43.30	00:42:52.75	+00:02:50 (7.8%)	7:20	8.2 (92.1%)
3	ROSADZIŃSKI Sławomir	493		M45-49	3			00:06:09	00:18:22	00:37:33.10	00:43:42.30	+00:03:40 (9.8%)	7:30	8 (89.9%)
4	STANKIEWICZ Krzysztof	618	KIJANKI POZNAŃ	M45-49	4			00:06:55	00:19:01	00:38:31.80	00:45:27.60	+00:04:39 (12.1%)	7:42	7.8 (87.6%)
5	SMOLARSKI Andrzej	485	MARSZ PO ZDROWIE	M45-49	5			00:07:28	00:19:23	00:40:02.35	00:47:30.65	+00:06:10 (15.4%)	8:00	7.5 (84.3%)
6	KABACIŃSKI Maciej	355	FACE NORDIC WALKING TEAM	M45-49	6			00:06:09	00:20:23	00:40:56.55	00:47:06.45	+00:07:04 (17.3%)	8:11	7.3 (82.0%)
7	GIEMZA Jarosław	336	BMM PANCERNY	M45-49	7			00:06:10	00:22:15	00:45:23.05	00:51:33.25	+00:11:30 (25.4%)	9:04	6.6 (74.2%)

Total 7 results.