



TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT

Event: Puchary Regionalne Nordic Walking 2019
Organiser: Miasto Tarnowskie Góry, Polska Federacja Nordic Walking, UKS Unia Strzybnica, Nordicus Strzybnica
Date: 2019-06-16
Place: Tarnowskie Góry
Distance: 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	NIECHWIEJCZYK Piotr	348	UNIA MIAST	M40-49	1			00:31:21	01:04:10.00		6:25	9.4 (100%)
2	WOJTASIŃSKI Daniel	391	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:33:08	01:07:39.40	+00:03:29 (5.2%)	6:45	8.9 (94.7%)
3	SZEREMETA Grzegorz	376	CIDRY LOTAJOM	M40-49	3			00:33:16	01:08:16.65	+00:04:06 (6.0%)	6:49	8.8 (93.6%)
4	WILCZEK Krzysztof	399	UNIA MIAST	M40-49	4			00:34:04	01:08:25.55	+00:04:15 (6.2%)	6:50	8.8 (93.6%)
5	GRABOWSKI Krzysztof	304	4WOG GLIWICE	M40-49	5			00:35:51	01:11:43.35	+00:07:33 (10.5%)	7:10	8.4 (89.4%)
6	TAISNER Tomasz	382	EKIPA NA KIJACH	M40-49	6			00:37:15	01:14:30.95	+00:10:20 (13.9%)	7:27	8.1 (86.2%)
7	SOMIAK Piotr	366	NORDICUS STRZYBNICA	M40-49	7	1		00:37:00	01:14:51.60	+00:10:41 (14.3%)	7:29	8 (85.1%)
8	BARTCZAK Marcin	286	UNIA MIAST	M40-49	8	1		00:38:02	01:16:22.45	+00:12:12 (16.0%)	7:38	7.9 (84.0%)
9	MIOZGA Wojciech	342		M40-49	9			00:38:52	01:18:03.00	+00:13:53 (17.8%)	7:48	7.7 (81.9%)
10	LECH Aleksander	330		M40-49	10	1		00:38:27	01:18:11.65	+00:14:01 (17.9%)	7:49	7.7 (81.9%)
11	ŚWITALSKI Robert	380		M40-49	11			00:39:35	01:21:18.45	+00:17:08 (21.1%)	8:07	7.4 (78.7%)
12	CHYRA Janusz	290	UNIA MIAST	M40-49	12			00:39:35	01:21:21.65	+00:17:11 (21.1%)	8:08	7.4 (78.7%)
13	GRZEBIELA Artur	305	NORDICUS STRZYBNICA	M40-49	13			01:01:39	01:45:33.95	+00:41:23 (39.2%)	10:33	5.7 (60.6%)

Total 13 results.