



TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 5 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: 5 km



Classification: M45-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	CYRUS Bogdan	292	VICTORIA STRZEBIŃ	M45-49	1			00:30:57.95		6:11	9.7 (100%)
2	MACHNIK Janusz	135	CLLEO ZAWIERCIE	M45-49	2			00:31:19.00	+00:00:21 (1.1%)	6:15	9.6 (99.0%)
3	KORDOWSKI Piotr	105	LUX TORPEDA MAŁOPOLSKA	M45-49	3			00:31:28.85	+00:00:30 (1.6%)	6:17	9.5 (97.9%)
4	POLEWCZAK Mariusz	175	CLLEO ZAWIERCIE	M45-49	4			00:32:09.90	+00:01:11 (3.7%)	6:26	9.3 (95.9%)
5	ZIELIŃSKI Szczepan	248	SERCE NORDICA WŁOCŁAWEK	M45-49	5			00:34:27.85	+00:03:29 (10.2%)	6:53	8.7 (89.7%)
6	KUBAT Janusz	121	NORDIC TEAM CZĘSTOCHOWA	M45-49	6			00:36:28.30	+00:05:30 (15.1%)	7:17	8.2 (84.5%)
7	WROŃSKI Maciej	246	POCZTOWA GRUPA NW	M45-49	7			00:36:39.55	+00:05:41 (15.5%)	7:20	8.2 (84.5%)
8	ŚLUSARCZYK Grzegorz	216	WESOŁY BORSUK TEAM	M45-49	8			00:37:35.05	+00:06:37 (17.6%)	7:31	8 (82.5%)
9	KOCHAŃSKI Paweł	100		M45-49	9			00:39:12.80	+00:08:14 (21.0%)	7:50	7.6 (78.4%)
10	WALESZKO Andrzej	229	PASJA NORDIC WALKING	M45-49	10			00:40:09.20	+00:09:11 (22.9%)	8:02	7.5 (77.3%)
11	WANDZIK Adam	233	HAPPY TEAM ORZEŁ KOTY	M45-49	11			00:43:23.65	+00:12:25 (28.6%)	8:40	6.9 (71.1%)
12	KIM Jaeyoung	93		M45-49	12			00:46:10.45	+00:15:12 (32.9%)	9:14	6.5 (67.0%)

Total 12 results.