



V OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Event: V Międzynarodowe Mistrzostwa Polski Nordic Walking
Organiser: Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking
Date: 2023-03-25
Place: Prudnik
Distance: 21.1 km



Classification: M55-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Premia Górska 5.7km	10.7km	16.2km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	SOKOŁOWSKI Marek	162	PTG SOKÓŁ RYMANÓW	M55-59	1	1		01:06:05	01:16:40	02:23:24	02:33:53.70		7:17	8.2 (100%)
2	FRAĆKOWIAK Roman	38		M55-59	2			01:07:30	01:17:53	02:27:24	02:38:15.00	+00:04:21 (2.8%)	7:29	8 (97.6%)
3	PARZYBUT Jan	126	NORDIC SPORT 2021	M55-59	3	1		01:07:15	01:17:45	02:28:05	02:39:15.95	+00:05:22 (3.4%)	7:32	7.9 (96.3%)
4	WYPYCHOWSKI Radosław	195	TRITON KONIN	M55-59	4	1		01:07:04	01:17:39	02:30:34	02:41:50.75	+00:07:57 (4.9%)	7:40	7.8 (95.1%)
5	TKOCZ Adam	179	EKIPA NA KIJACH	M55-59	5			01:11:08	01:22:25	02:35:00	02:46:02.00	+00:12:08 (7.3%)	7:52	7.6 (92.7%)
6	BREWKA Joachim	15	NORDIC SPORT 2021	M55-59	6	1		01:09:39	01:20:40	02:35:03	02:46:26.00	+00:12:32 (7.5%)	7:53	7.6 (92.7%)
7	SPYCHAŁA Lesław	165	POLIPACK TEAM GWE	M55-59	7			01:07:49	01:18:54	02:34:19	02:47:47.80	+00:13:54 (8.3%)	7:57	7.5 (91.5%)
8	CZEREBA Leszek	27	KNW	M55-59	8			01:18:48	01:31:36	02:56:24	03:08:44.50	+00:34:50 (18.5%)	8:56	6.7 (81.7%)
9	HASIAK Aleksander	46		M55-59	9	1		01:20:05	01:34:24	03:02:42	03:16:28.45	+00:42:34 (21.7%)	9:18	6.4 (78.0%)
10	WITEK Adam	189	STAN UMYSŁU LEWIN BIEGA	M55-59	10			01:20:12	01:33:13	03:12:23	03:26:17.45	+00:52:23 (25.4%)	9:46	6.1 (74.4%)
11	WILK Krzysztof	187		M55-59	11			01:22:52	01:36:20	03:09:23	03:41:31.60	+01:07:37 (30.5%)	10:29	5.7 (69.5%)

Total 11 results.