

# WĄGROWIEC - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Wągrowiec  
**Data:** 2019-07-21  
**Miejsce:** Wągrowiec  
**Dystans:** 10 km



Klasyfikacja: M40-49

| Msc | Zawodnik                     | Numer      | Klub                         | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Start_All<br>2.5km | Start_All<br>5km | Start_All<br>7.5km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|------------|------------------------------|-----------|------|----------------|-----------------|--------------------|------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | <b>ROMANOWICZ<br/>Piotr</b>  | <b>227</b> | RUNGRYF GRYFICE              | M40-49    | 1    |                |                 | 00:16:32           | 00:33:56         | 00:51:45           | <b>01:10:08.05</b>    |                      | 7:00            | 8.6<br>(100%)  |
| 2   | <b>WALOWSKI Tomasz</b>       | <b>239</b> |                              | M40-49    | 2    |                |                 | 00:18:31           | 00:37:25         | 00:56:22           | <b>01:15:19.65</b>    | +00:05:11 (6.9%)     | 7:31            | 8 (93.0%)      |
| 3   | <b>FRYDRYCH Marcin</b>       | <b>201</b> | NORDIC WALKING KIEKRZ POLAND | M40-49    | 3    |                |                 | 00:19:10           | 00:39:14         | 01:00:03           | <b>01:20:51.10</b>    | +00:10:43<br>(13.3%) | 8:05            | 7.4<br>(86.0%) |
| 4   | <b>WEGIERA Grzegorz</b>      | <b>240</b> | ROXKIJE ROKIETNICA           | M40-49    | 4    |                |                 | 00:19:40           | 00:40:43         | 01:02:37           | <b>01:25:08.35</b>    | +00:15:00<br>(17.6%) | 8:30            | 7 (81.4%)      |
| 5   | <b>RZEPECKI<br/>Sławomir</b> | <b>229</b> |                              | M40-49    | 5    |                |                 | 00:21:02           | 00:44:07         | 01:08:15           | <b>01:32:35.75</b>    | +00:22:27<br>(24.3%) | 9:15            | 6.5<br>(75.6%) |

Znaleziono 5 wynik(ów)