

# WĄGROWIEC - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Event:** Puchary Regionalne Nordic Walking 2019  
**Organiser:** Wągrowiec  
**Date:** 2019-07-21  
**Place:** Wągrowiec  
**Distance:** 5 km



Classification: M50-54

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>SPYCHAŁA Lesław</b>	<b>122</b>	CKZIU MECHANIK NYSA	M50-54	1			00:16:59	<b>00:34:11.65</b>		6:50	8.8 (100%)
2	<b>FRĄCKOWIAK Roman</b>	<b>20</b>	KS METRACO POLKOWICE	M50-54	2			00:17:09	<b>00:34:17.35</b>	+00:00:05 (0.3%)	6:51	8.8 (100%)
3	<b>KROMSKI Paweł</b>	<b>64</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	3			00:17:27	<b>00:35:36.80</b>	+00:01:25 (4.0%)	7:07	8.4 (95.5%)
4	<b>GUDZIO Maciej</b>	<b>36</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	4			00:17:33	<b>00:36:22.70</b>	+00:02:11 (6.0%)	7:16	8.2 (93.2%)
5	<b>PRACKI Zbigniew</b>	<b>104</b>	SERCE NORDICA WŁOCLAWEK	M50-54	5			00:19:56	<b>00:40:30.25</b>	+00:06:18 (15.6%)	8:06	7.4 (84.1%)
6	<b>MIĘKISIAK Zbigniew</b>	<b>79</b>	PAN OD KIJKÓW	M50-54	6			00:20:02	<b>00:40:32.60</b>	+00:06:20 (15.7%)	8:06	7.4 (84.1%)
7	<b>WESOŁOWSKI Marek</b>	<b>158</b>	PASJA NORDIC WALKING	M50-54	7			00:20:51	<b>00:42:17.40</b>	+00:08:05 (19.1%)	8:27	7.1 (80.7%)

Total 7 results.