



## ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM

B4SPORT

**Event:** Puchar Biegowy "Cztery pory roku"  
**Organiser:** Białoruska Federacja Nordic Walking; Ministerstwo sportu i turystyki  
**Date:** 2019-02-16  
**Place:** Grodno  
**Distance:** 10 km



Classification: M-20

| Place | Participant              | Number    | Club       | Category | MCat | Start_All<br>2.5km | Start_All<br>5km | Start_All<br>7.5km | Net<br>time<br>10km | Gap               | Pace<br>min/km | Pace<br>km/h |
|-------|--------------------------|-----------|------------|----------|------|--------------------|------------------|--------------------|---------------------|-------------------|----------------|--------------|
| 1     | <b>ТРОФИМОВ Фёдор</b>    | <b>64</b> | RUN4FUN.BY | M-20     | 1    | 00:10:35           | 00:21:13         | 00:32:15           | <b>00:43:00.93</b>  |                   | 4:18           | 13.9 (100%)  |
| 2     | <b>DEDUL Dmitry</b>      | <b>24</b> |            | M-20     | 2    | 00:12:10           | 00:24:44         | 00:38:11           | <b>00:51:08.83</b>  | +00:08:07 (15.9%) | 5:06           | 11.7 (84.2%) |
| 3     | <b>ULDZINOVICH Pavel</b> | <b>35</b> |            | M-20     | 3    | 00:13:51           | 00:27:47         | 00:42:27           | <b>00:57:56.20</b>  | +00:14:55 (25.8%) | 5:47           | 10.4 (74.8%) |

Total 3 results.