



# OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 5KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-08-08  
**Miejsce:** Osielsko  
**Dystans:** 5 km



Klasyfikacja: M 50-54

| Msc | Zawodnik                    | Numer      | Klub                                    | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|------------|-----------------------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | <b>CZŁAPSKI Krzysztof</b>   | <b>44</b>  | NW CIECHANÓW                            | M 50-54   | 1    |                |                 | 00:13:01       | <b>00:31:16</b>      | <b>00:44:17</b>       |                      | 6:15            | 9.6<br>(100%)  |
| 2   | <b>ROŻYNEK Miron</b>        | <b>311</b> | KGHM METRACO POLKOWICE                  | M 50-54   | 2    |                |                 | 00:13:02       | <b>00:32:10</b>      | <b>00:45:12</b>       | +00:00:54<br>(2.8%)  | 6:26            | 9.3<br>(96.9%) |
| 3   | <b>WASIELEWSKI Mirosław</b> | <b>282</b> | KS ELBLĄSKIE WŁÓCZY-KIJE                | M 50-54   | 3    |                |                 | 00:13:01       | <b>00:32:45</b>      | <b>00:45:46</b>       | +00:01:29<br>(4.5%)  | 6:33            | 9.2<br>(95.8%) |
| 4   | <b>KRYCH Włodzimierz</b>    | <b>129</b> | GOSIR OSIELSKO                          | M 50-54   | 4    |                |                 | 00:13:02       | <b>00:32:52</b>      | <b>00:45:54</b>       | +00:01:36<br>(4.9%)  | 6:34            | 9.1<br>(94.8%) |
| 5   | <b>SŁOMIAN Leszek</b>       | <b>249</b> | STADION ŚLĄSKI                          | M 50-54   | 5    |                |                 | 00:13:01       | <b>00:34:27</b>      | <b>00:47:28</b>       | +00:03:11<br>(9.2%)  | 6:53            | 8.7<br>(90.6%) |
| 6   | <b>BIK Stanisław</b>        | <b>15</b>  | KGHM METRACO POLKOWICE                  | M 50-54   | 6    |                |                 | 00:13:05       | <b>00:34:45</b>      | <b>00:47:50</b>       | +00:03:29<br>(10.0%) | 6:57            | 8.6<br>(89.6%) |
| 7   | <b>HOLWEK Jarosław</b>      | <b>87</b>  | FOREVER YOUNG ŁÓDŹ                      | M 50-54   | 7    |                |                 | 00:13:02       | <b>00:35:52</b>      | <b>00:48:54</b>       | +00:04:36<br>(12.8%) | 7:10            | 8.4<br>(87.5%) |
| 8   | <b>KOWALSKI Wawrzyniec</b>  | <b>125</b> | UNIwersytet II WIEKU W MIEJSKIEJ GÓRCIE | M 50-54   | 8    |                |                 | 00:13:02       | <b>00:38:12</b>      | <b>00:51:14</b>       | +00:06:56<br>(18.2%) | 7:38            | 7.9<br>(82.3%) |
| 9   | <b>KŁOPOTOWSKI Ryszard</b>  | <b>116</b> | LKS ZANTYR SZTUM                        | M 50-54   | 9    |                |                 | 00:13:04       | <b>00:38:47</b>      | <b>00:51:51</b>       | +00:07:31<br>(19.4%) | 7:45            | 7.7<br>(80.2%) |
| 10  | <b>RUDZIŃSKI Wiesław</b>    | <b>321</b> | BYDGOSZCZ                               | M 50-54   | 10   |                |                 | 00:13:03       | <b>00:42:38</b>      | <b>00:55:41</b>       | +00:11:22<br>(26.7%) | 8:31            | 7 (72.9%)      |
| 11  | <b>GÓRSKI Piotr</b>         | <b>71</b>  | GOSIR OSIELSKO                          | M 50-54   | 11   |                |                 | 00:13:46       | <b>00:44:03</b>      | <b>00:57:49</b>       | +00:12:47<br>(29.0%) | 8:48            | 6.8<br>(70.8%) |
| 12  | <b>BOJKE Olgierd</b>        | <b>21</b>  | PFNW                                    | M 50-54   | 12   |                |                 | 00:26:23       | <b>01:14:51</b>      | <b>01:41:14</b>       | +00:43:35<br>(58.2%) | 14:58           | 4 (41.7%)      |
| 13  | <b>CZĘSTOCHOWSKI Piotr</b>  | <b>42</b>  | DZIECIĘCE GRAFFITI                      | M 50-54   | 13   |                |                 | 00:17:00       | <b>01:29:46</b>      | <b>01:46:46</b>       | +00:58:30<br>(65.2%) | 17:57           | 3.3<br>(34.4%) |
|     | <b>FLIS Marek</b>           |            | GREEN TEAM                              | M 50-54   |      |                |                 | DNF            | <b>DNF</b>           | <b>DNF</b>            |                      | -               | - (0.0%)       |

Znaleziono 14 wynik(ów)

