



# OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

**Wydarzenie:** OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-08-05  
**Miejsce:** Osielsko  
**Dystans:** 5 km



Klasyfikacja: M55-59

| Msc | Zawodnik              | Numer | Klub                                | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|-------------------------------------|-----------|------|-------------|--------------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 1   | WOROCH Roman          | 435   | KS METRACO POLKOWICE                | M55-59    | 1    |             |              | 00:05:22    | 00:30:24.25    | 00:35:46.80     |                   | 6:04         | 9.9 (100%)  |
| 2   | SŁOMIAN Leszek        | 338   | UNIA MIAST                          | M55-59    | 2    |             |              | 00:05:22    | 00:32:37.05    | 00:37:59.40     | +00:02:12 (6.8%)  | 6:31         | 9.2 (92.9%) |
| 3   | WASIELEWSKI Mirosław  | 416   | KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE | M55-59    | 3    |             |              | 00:05:23    | 00:32:48.25    | 00:38:11.40     | +00:02:24 (7.3%)  | 6:33         | 9.1 (91.9%) |
| 4   | DUSZEŃKO Zygmunt      | 78    | KS METRACO POLKOWICE                | M55-59    | 4    |             |              | 00:05:23    | 00:33:24.45    | 00:38:48.20     | +00:03:00 (9.0%)  | 6:41         | 9 (90.9%)   |
| 5   | KRYCH Włodzimierz     | 181   | GOSIR OSIELSKO                      | M55-59    | 5    | 1           |              | 00:05:23    | 00:33:41.90    | 00:39:05.80     | +00:03:17 (9.8%)  | 6:44         | 8.9 (89.9%) |
| 6   | POLISZCZUK Piotr      | 308   | PIERNIKI NA CHODZIE                 | M55-59    | 6    |             |              | 00:05:22    | 00:34:04.35    | 00:39:26.70     | +00:03:40 (10.8%) | 6:48         | 8.8 (88.9%) |
| 7   | STANISŁAWSKI Jan      | 465   | MARSZ PO ZDROWIE POZNAŃ             | M55-59    | 7    |             |              | 00:05:23    | 00:34:11.25    | 00:39:34.90     | +00:03:47 (11.1%) | 6:50         | 8.8 (88.9%) |
| 8   | WOJCIECHOWSKI Marek   | 431   | NORDIC TEAM GNIEZNO                 | M55-59    | 8    |             |              | 00:05:23    | 00:36:00.00    | 00:41:23.20     | +00:05:35 (15.5%) | 7:12         | 8.3 (83.8%) |
| 9   | URBAŃSKI Stefan       | 409   | KLUB NW 'PATYCZAKI' GRUDZIĄDZ       | M55-59    | 9    |             |              | 00:05:23    | 00:37:03.45    | 00:42:27.40     | +00:06:39 (18.0%) | 7:24         | 8.1 (81.8%) |
| 10  | MAŁKIEWICZ Jacek      | 229   |                                     | M55-59    | 10   |             |              | 00:05:25    | 00:39:16.00    | 00:44:41.25     | +00:08:51 (22.6%) | 7:51         | 7.6 (76.8%) |
| 11  | STAROSZ Andrzej       | 350   |                                     | M55-59    | 11   |             |              | 00:05:25    | 00:43:25.00    | 00:48:50.25     | +00:13:00 (30.0%) | 8:41         | 6.9 (69.7%) |
| 12  | KUCZYŃSKI Włodzimierz | 189   | NORDIC WALKING KIEKRZ               | M55-59    | 12   |             |              | 00:05:25    | 00:44:31.65    | 00:49:57.55     | +00:14:07 (31.7%) | 8:54         | 6.7 (67.7%) |
| 13  | NOWAKOWSKI Tomasz     | 272   | GOSIR OSIELSKO                      | M55-59    | 13   |             |              | 00:05:24    | 00:47:25.45    | 00:52:49.90     | +00:17:01 (35.9%) | 9:29         | 6.3 (63.6%) |

| 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  |
|-----|-------------------------|-------|--------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 14  | LESZCZYŃSKI<br>Benedykt | 212   | GOSIR OSIELSKO     | M55-59    | 14   |                |                 | 00:05:56       | 00:52:49.80          | 00:58:46.30           | +00:22:25<br>(42.4%) | 10:34           | 5.7<br>(57.6%) |
| 15  | BOJKE Olgierd           | 25    |                    | M55-59    | 15   |                |                 | 00:16:06       | 01:02:03.35          | 01:18:10.15           | +00:31:39<br>(51.0%) | 12:24           | 4.8<br>(48.5%) |
|     | MICHALSKI Andrzej       | 243   | WESOŁY BORSUK TEAM | M55-59    |      |                |                 | DNF            | DNF                  | DNF                   |                      | -               | - (0.0%)       |

Znaleziono 16 wynik(ów)