



## KOSZALIN - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2016-08-13  
**Place:** Koszalin  
**Distance:** 5 km



Classification: M45-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	<b>RAJEWSKI Sebastian</b>	<b>89</b>	JEZIORKI - AKTYWNA WIEŚ	M45-49	1			00:06:30	00:16:21	<b>00:33:06.40</b>	<b>00:39:36.55</b>		6:37	9.1 (100%)
2	<b>ROSADZIŃSKI Sławomir</b>	<b>140</b>		M45-49	2			00:06:30	00:18:28	<b>00:37:03.75</b>	<b>00:43:33.75</b>	+00:03:57 (10.7%)	7:24	8.1 (89.0%)
3	<b>STANKIEWICZ Krzysztof</b>	<b>101</b>	KIJANKI POZNAŃ	M45-49	3			00:06:30	00:19:06	<b>00:38:45.40</b>	<b>00:45:16.20</b>	+00:05:39 (14.6%)	7:45	7.7 (84.6%)
4	<b>MIKITIUK Tomasz</b>	<b>69</b>	KIJOWA PARA	M45-49	4			00:06:30	00:19:54	<b>00:40:37.60</b>	<b>00:47:07.60</b>	+00:07:31 (18.5%)	8:07	7.4 (81.3%)
5	<b>KABACIŃSKI Maciej</b>	<b>40</b>	FACE NORDIC WALKING TEAM	M45-49	5			00:06:32	00:20:25	<b>00:41:34.75</b>	<b>00:48:06.75</b>	+00:08:28 (20.4%)	8:18	7.2 (79.1%)
6	<b>KUMPIŃ Jarosław</b>	<b>247</b>		M45-49	6			00:06:30	00:31:20	<b>01:03:02.95</b>	<b>01:09:32.95</b>	+00:29:56 (47.5%)	12:36	4.8 (52.7%)

Total 6 results.