



## KOSZALIN - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

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



Classification: M55-59

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>WOROCH Roman</b>	<b>125</b>	KS METRACO POLKOWICE	M55-59	1			00:07:10	00:16:12	<b>00:32:43.45</b>	<b>00:39:54.05</b>		6:32	9.2 (100%)
2	<b>SŁOMIAN Leszek</b>	<b>100</b>	UNIA MIAST	M55-59	2			00:07:10	00:17:08	<b>00:34:46.10</b>	<b>00:41:56.10</b>	+00:02:02 (5.9%)	6:57	8.6 (93.5%)
3	<b>SZUDARSKI Edward</b>	<b>109</b>	DWA KIJE SŁUPSK	M55-59	3			00:07:10	00:18:06	<b>00:36:37.45</b>	<b>00:43:48.40</b>	+00:03:54 (10.6%)	7:19	8.2 (89.1%)
4	<b>GOŁĘBIEWSKI Andrzej</b>	<b>26</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	4			00:07:10	00:18:19	<b>00:37:45.90</b>	<b>00:44:56.30</b>	+00:05:02 (13.3%)	7:33	7.9 (85.9%)
5	<b>POLISZCZUK Piotr</b>	<b>86</b>		M55-59	5			00:07:10	00:19:06	<b>00:38:30.30</b>	<b>00:45:40.30</b>	+00:05:46 (15.0%)	7:42	7.8 (84.8%)
6	<b>JANECKI Dariusz</b>	<b>35</b>	JEZIORKI - AKTYWNA WIEŚ	M55-59	6			00:07:10	00:18:53	<b>00:39:18.70</b>	<b>00:46:28.70</b>	+00:06:35 (16.8%)	7:51	7.6 (82.6%)
7	<b>ROSZMAN Zenon</b>	<b>97</b>	PENDOLINO	M55-59	7			00:07:10	00:19:41	<b>00:39:52.40</b>	<b>00:47:02.40</b>	+00:07:08 (17.9%)	7:58	7.5 (81.5%)
8	<b>NOWACKI Eugeniusz</b>	<b>75</b>	BMM PANCERNI	M55-59	8			00:07:12	00:29:08	<b>00:57:45.20</b>	<b>01:04:57.65</b>	+00:25:01 (43.3%)	11:33	5.2 (56.5%)
DQ	<b>WALO Zbigniew</b>	<b>114</b>		M55-59			Tak	DQ	00:19:20 DQ	<b>00:33:28.00 DQ</b>	<b>DQ</b>		-	- (0.0%)

Total 9 results.