



## KOSZALIN - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

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



Classification: Mężczyźni

Place	Participant	Number	Club	Category	Żół. MCat	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>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>	+00:00:22 (1.2%)	6:37	9.1 (98.9%)
3	<b>BRZOZOWSKI Piotr</b>	<b>147</b>	AKTYWNI POSTOMINO	M30-39	1		00:05:56	00:16:21	<b>00:33:14.10</b>	<b>00:39:10.10</b>	+00:00:30 (1.5%)	6:38	9 (97.8%)
4	<b>WASILEWSKI Mirosław</b>	<b>249</b>	ELBLĄSKIE WŁUCZYKIJE	M50-54	1		00:06:50	00:16:55	<b>00:33:45.90</b>	<b>00:40:36.45</b>	+00:01:02 (3.1%)	6:45	8.9 (96.7%)
5	<b>KNITTER Tomasz</b>	<b>51</b>	BŁĘKITNI NW DZIEMIANY	M-Junior	1		00:05:35	00:16:42	<b>00:33:56.95</b>	<b>00:39:31.95</b>	+00:01:13 (3.6%)	6:47	8.8 (95.7%)
6	<b>GŁOWA Michał</b>	<b>25</b>	WESOŁY BORSUK TEAM	M-Junior	2		00:05:35	00:16:47	<b>00:33:57.10</b>	<b>00:39:32.40</b>	+00:01:13 (3.6%)	6:47	8.8 (95.7%)
7	<b>NACZK Leonard</b>	<b>73</b>		M40-44	1		00:06:11	00:16:58	<b>00:34:21.70</b>	<b>00:40:32.70</b>	+00:01:38 (4.8%)	6:52	8.7 (94.6%)
8	<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%)
9	<b>KOPCZEWSKI Dariusz</b>	<b>55</b>	FACE NORDIC WALKING TEAM	M50-54	2		00:06:50	00:16:57	<b>00:34:54.95</b>	<b>00:41:44.95</b>	+00:02:11 (6.3%)	6:58	8.6 (93.5%)
10	<b>KLARKOWSKI Bogdan</b>	<b>47</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	1		00:07:31	00:17:17	<b>00:35:01.80</b>	<b>00:42:32.80</b>	+00:02:18 (6.6%)	7:00	8.6 (93.5%)
11	<b>RAKUĆ Jakub</b>	<b>90</b>	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	1		00:05:36	00:17:11	<b>00:35:06.30</b>	<b>00:40:42.55</b>	+00:02:22 (6.8%)	7:01	8.5 (92.4%)
12	<b>GRYGOROWICZ Bogdan</b>	<b>33</b>	KS METRACO POLKOWICE	M65-69	1		00:08:12	00:17:21	<b>00:35:15.40</b>	<b>00:43:27.40</b>	+00:02:31 (7.2%)	7:03	8.5 (92.4%)

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
13	<b>TOMCZYK Edward</b>	<b>240</b>	MARSZ PO ZDROWIE	M65-69	2			00:08:10	00:17:24	<b>00:35:21.15</b>	<b>00:43:31.90</b>	+00:02:37 (7.4%)	7:04	8.5 (92.4%)
14	<b>BOJAN Miro</b>	<b>150</b>		M60-64	2			00:07:30	00:18:05	<b>00:36:17.40</b>	<b>00:43:47.40</b>	+00:03:33 (9.8%)	7:15	8.3 (90.2%)
15	<b>DANA Andrzej</b>	<b>14</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	3			00:08:12	00:17:44	<b>00:36:28.40</b>	<b>00:44:40.40</b>	+00:03:44 (10.3%)	7:17	8.2 (89.1%)
16	<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%)
17	<b>LUBAWIŃSKI Jerzy Bernard</b>	<b>66</b>	FACE NORDIC WALKING TEAM	M60-64	3			00:07:30	00:18:03	<b>00:36:44.60</b>	<b>00:44:15.00</b>	+00:04:01 (10.9%)	7:21	8.2 (89.1%)
18	<b>KUŚMIEREK Mateusz</b>	<b>60</b>	BŁĘKITNI NW DZIEMIANY	M-Dzieci	1			00:05:08	00:18:31	<b>00:36:48.05</b>	<b>00:41:56.05</b>	+00:04:04 (11.1%)	7:21	8.2 (89.1%)
19	<b>BIK Przemysław</b>	<b>4</b>	KS METRACO POLKOWICE	M-Dzieci	2			00:05:08	00:18:32	<b>00:36:48.55</b>	<b>00:41:56.55</b>	+00:04:05 (11.1%)	7:21	8.2 (89.1%)
20	<b>CHUDZIŃSKI Andrzej</b>	<b>11</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65-69	4			00:08:10	00:17:59	<b>00:36:49.55</b>	<b>00:45:00.00</b>	+00:04:06 (11.1%)	7:22	8.1 (88.0%)
21	<b>SCHMIDTKE Piotr</b>	<b>99</b>		M40-44	2			00:06:11	00:18:06	<b>00:36:51.95</b>	<b>00:43:03.55</b>	+00:04:08 (11.2%)	7:22	8.1 (88.0%)
22	<b>KAZIÓW Ryszard</b>	<b>42</b>	DWA KIJE SŁUPSK	M60-64	4			00:07:30	00:18:19	<b>00:36:59.20</b>	<b>00:44:29.20</b>	+00:04:15 (11.5%)	7:23	8.1 (88.0%)
23	<b>WIŚNIEWSKI Rafał</b>	<b>243</b>	PENDOLINO	M30-39	2			00:05:56	00:18:11	<b>00:36:59.30</b>	<b>00:42:55.30</b>	+00:04:15 (11.5%)	7:23	8.1 (88.0%)
24	<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>	+00:04:20 (11.7%)	7:24	8.1 (88.0%)
25	<b>STĘPIEŃ Andrzej</b>	<b>102</b>	LKS ZANTYR SZTUM	M18-29	2			00:05:36	00:17:46	<b>00:37:15.20</b>	<b>00:42:51.35</b>	+00:04:31 (12.2%)	7:27	8.1 (88.0%)
26	<b>KAMELSKI Piotr</b>	<b>41</b>	SŁAWNO	M40-44	3			00:06:11	00:18:17	<b>00:37:30.40</b>	<b>00:43:42.00</b>	+00:04:46 (12.8%)	7:30	8 (87.0%)
27	<b>DUDEK Edward</b>	<b>19</b>	KS METRACO POLKOWICE	M65-69	5			00:08:12	00:18:27	<b>00:37:35.20</b>	<b>00:45:47.20</b>	+00:04:51 (12.9%)	7:31	8 (87.0%)
28	<b>ANTONIEWICZ-BARTCZAK Łukasz</b>	<b>1</b>	ELITE TEAM	M-Niepełnosprawni	1			00:06:10	00:18:47	<b>00:37:39.80</b>	<b>00:43:49.80</b>	+00:04:56 (13.1%)	7:31	8 (87.0%)
29	<b>SWYSTUN Sławomir</b>	<b>250</b>	PENDOLINO MORSY GDAŃSK	M60-64	5			00:07:31	00:18:30	<b>00:37:41.85</b>	<b>00:45:13.50</b>	+00:04:58 (13.2%)	7:32	8 (87.0%)
30	<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%)
31	<b>MIKOŁAJCZAK Jan</b>	<b>71</b>		M-Niepełnosprawni	2			00:07:31	00:18:28	<b>00:37:49.90</b>	<b>00:45:20.90</b>	+00:05:06 (13.5%)	7:33	7.9 (85.9%)
32	<b>SZUDARSKI Marek</b>	<b>110</b>	DWA KIJE SŁUPSK	M18-29	3			00:05:36	00:18:47	<b>00:38:02.05</b>	<b>00:43:38.05</b>	+00:05:18 (14.0%)	7:36	7.9 (85.9%)
33	<b>JÓŻWIAK Łukasz</b>	<b>39</b>	WTW.WŁOCŁAWEK	M-Niepełnosprawni	3			00:06:31	00:18:38	<b>00:38:04.15</b>	<b>00:44:35.30</b>	+00:05:20 (14.0%)	7:36	7.9 (85.9%)
34	<b>JARMARKIEWICZ Daniel</b>	<b>36</b>	AKTYWNE CHOSZCZNO	M18-29	4			00:05:36	00:18:46	<b>00:38:15.50</b>	<b>00:43:51.50</b>	+00:05:32 (14.5%)	7:39	7.8 (84.8%)
35	<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%)

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36	<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>	+00:06:01 (15.6%)	7:45	7.7 (83.7%)
37	<b>WAWRZYNIAK Patryk</b>	<b>120</b>	FACE NORDIC WALKING TEAM	M-Junior	3			00:05:34	00:19:22	<b>00:38:53.30</b>	<b>00:44:28.05</b>	+00:06:09 (15.9%)	7:46	7.7 (83.7%)
38	<b>GIERSZEWSKI Arkadiusz</b>	<b>24</b>		M30-39	3			00:05:56	00:19:05	<b>00:39:03.05</b>	<b>00:44:59.05</b>	+00:06:19 (16.2%)	7:48	7.7 (83.7%)
39	<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%)
40	<b>NOWROTEK Roman</b>	<b>78</b>	WESOŁY BORSUK TEAM	M65-69	6			00:08:11	00:19:23	<b>00:39:32.55</b>	<b>00:47:44.00</b>	+00:06:49 (17.2%)	7:54	7.6 (82.6%)
41	<b>POTORSKI Jacek</b>	<b>87</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M40-44	4			00:06:12	00:19:26	<b>00:39:33.80</b>	<b>00:45:46.40</b>	+00:06:50 (17.3%)	7:54	7.6 (82.6%)
42	<b>THIEL Jerzy</b>	<b>138</b>	IMPERIAL MEDICAL SPA	M- Niepełnosprawni	4			00:07:10	00:19:17	<b>00:39:44.00</b>	<b>00:46:54.00</b>	+00:07:00 (17.6%)	7:56	7.6 (82.6%)
43	<b>KLOSKA Kazimierz</b>	<b>48</b>	BYTOWSKIE MORSY	M70+	1			00:08:33	00:19:50	<b>00:39:48.95</b>	<b>00:48:22.35</b>	+00:07:05 (17.8%)	7:57	7.5 (81.5%)
44	<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%)
45	<b>WASILEWSKI Sławomir</b>	<b>117</b>	PASJA NORDIC WALKING	M70+	2			00:08:32	00:20:01	<b>00:40:03.65</b>	<b>00:48:36.40</b>	+00:07:20 (18.3%)	8:00	7.5 (81.5%)
46	<b>ZIELIŃSKI Andrzej</b>	<b>128</b>		M60-64	6			00:07:30	00:19:44	<b>00:40:04.50</b>	<b>00:47:34.50</b>	+00:07:21 (18.3%)	8:00	7.5 (81.5%)
47	<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>	+00:07:54 (19.5%)	8:07	7.4 (80.4%)
48	<b>PIĄTKOWSKI Józef</b>	<b>82</b>	KS METRACO POLKOWICE	M70+	3			00:08:32	00:20:19	<b>00:41:30.65</b>	<b>00:50:02.65</b>	+00:08:47 (21.2%)	8:18	7.2 (78.3%)
49	<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>	+00:08:51 (21.3%)	8:18	7.2 (78.3%)
50	<b>NOWAK Jakub</b>	<b>76</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Dzieci	3			00:05:08	00:20:19	<b>00:42:27.90</b>	<b>00:47:35.90</b>	+00:09:44 (22.9%)	8:29	7.1 (77.2%)
51	<b>KOZŁOWIECKI Waldemar</b>	<b>135</b>	TKKF KOSZALIN	M65-69	7			00:08:12	00:19:58	<b>00:44:05.60</b>	<b>00:52:17.70</b>	+00:11:22 (25.8%)	8:49	6.8 (73.9%)
52	<b>KŁOPOTOWSKI Ryszard</b>	<b>50</b>	LKS ZANTYR SZTUM	M50-54	3			00:06:50	00:21:12	<b>00:44:16.45</b>	<b>00:51:07.20</b>	+00:11:33 (26.1%)	8:51	6.8 (73.9%)
53	<b>WAWRZYNIAK Igor</b>	<b>119</b>	FACE NORDIC WALKING TEAM	M-Dzieci	4			00:05:08	00:21:13	<b>00:44:22.95</b>	<b>00:49:31.40</b>	+00:11:39 (26.3%)	8:52	6.8 (73.9%)
54	<b>GRUDNOWSKI Sebastian</b>	<b>32</b>	BŁĘKITNI NW DZIEMIANY	M-Dzieci	5			00:05:09	00:22:19	<b>00:46:02.35</b>	<b>00:51:11.70</b>	+00:13:18 (28.9%)	9:12	6.5 (70.7%)
55	<b>GRUDNOWSKI Norbert</b>	<b>31</b>	BŁĘKITNI NW DZIEMIANY	M-Dzieci	6			00:05:07	00:22:20	<b>00:46:03.40</b>	<b>00:51:11.35</b>	+00:13:19 (28.9%)	9:12	6.5 (70.7%)
56	<b>BARTNIK Marian</b>	<b>132</b>	TKKF KOSZALIN	M70+	4			00:08:34	00:22:52	<b>00:47:21.10</b>	<b>00:55:55.20</b>	+00:14:37 (30.9%)	9:28	6.3 (68.5%)
57	<b>ALESZCZUK Marek</b>	<b>137</b>		M50-54	4			00:06:50	00:22:45	<b>00:47:51.15</b>	<b>00:54:41.15</b>	+00:15:07 (31.6%)	9:34	6.3 (68.5%)
58	<b>MOCZARSKI Adam</b>	<b>72</b>	FACE NORDIC WALKING TEAM	M70+	5			00:08:32	00:23:49	<b>00:48:23.95</b>	<b>00:56:55.95</b>	+00:15:40 (32.4%)	9:40	6.2 (67.4%)

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59	<b>GIERSZENDORF Paweł</b>	<b>22</b>	FACE NORDIC WALKING TEAM	M-Junior	4			00:05:34	00:24:46	<b>00:51:16.85</b>	<b>00:56:51.70</b>	+00:18:33 (36.2%)	10:15	5.8 (63.0%)
60	<b>ROSZMAN Mikołaj</b>	<b>94</b>	PENDOLINO	M-Dzieci	7			00:05:09	00:25:50	<b>00:51:49.85</b>	<b>00:56:59.00</b>	+00:19:06 (36.9%)	10:22	5.8 (63.0%)
61	<b>BUDASZ Krzysztof</b>	<b>9</b>	JEZIORKI - AKTYWNA WIEŚ	M60-64	7			00:07:30	00:25:34	<b>00:52:05.50</b>	<b>00:59:35.50</b>	+00:19:22 (37.2%)	10:25	5.8 (63.0%)
62	<b>GIERSZENDORF Roman</b>	<b>21</b>	FACE NORDIC WALKING TEAM	M40-44	5			00:06:10	00:25:20	<b>00:52:48.95</b>	<b>00:58:59.85</b>	+00:20:05 (38.0%)	10:33	5.7 (62.0%)
63	<b>GIERSZENDORF Borys</b>	<b>23</b>	FACE NORDIC WALKING TEAM	M-Dzieci	8			00:05:09	00:26:24	<b>00:53:51.00</b>	<b>00:59:00.00</b>	+00:21:07 (39.2%)	10:46	5.6 (60.9%)
64	<b>BŁASZCZYK Łukasz</b>	<b>6</b>	KIJANKI POZNAŃ	M40-44	6			00:06:11	00:27:29	<b>00:55:59.00</b>	<b>01:02:10.00</b>	+00:23:15 (41.5%)	11:11	5.4 (58.7%)
65	<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%)
66	<b>CICHOWSKI Wiesław</b>	<b>12</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Niepełnosprawni	5			00:07:31	00:40:03	<b>00:58:05.45</b>	<b>01:05:36.45</b>	+00:25:22 (43.7%)	11:37	5.2 (56.5%)
67	<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>	+00:30:19 (48.1%)	12:36	4.8 (52.2%)
DQ	<b>WALO Zbigniew</b>	<b>114</b>		M55-59			Tak	DQ	00:19:20 DQ	<b>00:33:28.00</b> <b>DQ</b>	<b>DQ</b>	-	-	(0.0%)

Total 68 results.