



# MIELNO - PUCHAR POLSKI NORDIC WALKING - BAŁTYCKI TOUR

## NORDIC WALKING - 5 KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2017-04-29  
**Place:** Mielno  
**Distance:** 5 km



Classification: M50-54

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	<b>RECZULSKI Mariusz</b>	<b>523</b>		M50-54	1			00:02:20	00:17:52	<b>00:36:07.05</b>	<b>00:38:27.35</b>		7:13	8.3 (100%)
2	<b>TRZCIŃSKI Franciszek</b>	<b>561</b>	SPORT I REKREACJA START (CHEŁMNO)	M50-54	2			00:02:17	00:17:55	<b>00:36:08.75</b>	<b>00:38:25.90</b>	+00:00:01 (0.1%)	7:13	8.3 (100%)
3	<b>ROŻYNEK Miron</b>	<b>526</b>	BRAK	M50-54	3			00:02:19	00:18:22	<b>00:37:38.40</b>	<b>00:39:58.25</b>	+00:01:31 (4.0%)	7:31	8 (96.4%)
4	<b>KOPCZEWSKI Dariusz</b>	<b>472</b>	FACE NORDIC WALKING TEAM	M50-54	4			00:02:19	00:18:31	<b>00:38:15.30</b>	<b>00:40:34.85</b>	+00:02:08 (5.6%)	7:39	7.8 (94.0%)
5	<b>BREWKA Joachim</b>	<b>418</b>	UNIA MIAST	M50-54	5			00:02:18	00:19:09	<b>00:38:48.40</b>	<b>00:41:06.95</b>	+00:02:41 (6.9%)	7:45	7.7 (92.8%)
6	<b>KROMSKI Paweł</b>	<b>478</b>	NORDIC WALKING KIEKRZ	M50-54	6			00:02:21	00:19:13	<b>00:38:51.45</b>	<b>00:41:12.60</b>	+00:02:44 (7.1%)	7:46	7.7 (92.8%)
7	<b>LENZ Andrzej</b>	<b>484</b>		M50-54	7			00:02:17	00:19:24	<b>00:38:51.65</b>	<b>00:41:09.50</b>	+00:02:44 (7.1%)	7:46	7.7 (92.8%)
8	<b>CHAMIELEC Bogusław</b>	<b>423</b>	A EMERYT BIEGA	M50-54	8			00:02:18	00:19:24	<b>00:38:56.90</b>	<b>00:41:14.95</b>	+00:02:49 (7.3%)	7:47	7.7 (92.8%)
9	<b>SPYCHAŁA Lesław</b>	<b>532</b>	WESOŁY BORSUK TEAM	M50-54	9			00:02:20	00:19:26	<b>00:40:07.90</b>	<b>00:42:28.80</b>	+00:04:00 (10.0%)	8:01	7.5 (90.4%)
10	<b>DZIADEK Remigiusz</b>	<b>438</b>		M50-54	10			00:02:17	00:20:05	<b>00:40:30.15</b>	<b>00:42:47.25</b>	+00:04:23 (10.8%)	8:06	7.4 (89.2%)
11	<b>HOLWEK Jarosław</b>	<b>586</b>	VIANESSE	M50-54	11	1		00:02:19	00:19:58	<b>00:40:43.35</b>	<b>00:43:02.45</b>	+00:04:36 (11.3%)	8:08	7.4 (89.2%)
12	<b>ALESZCZYK Marek</b>	<b>403</b>		M50-54	12			00:02:21	00:26:20	<b>00:54:17.80</b>	<b>00:56:39.45</b>	+00:18:10 (33.5%)	10:51	5.5 (66.3%)

Total 12 results.