



**Wydarzenie:** XVII BIEG SYLWESTROWY  
**Organizator:** Stowarzyszenie Rowerowa Brzoza  
**Data:** 2023-12-31  
**Miejsce:** Brzoza  
**Dystans:** 5 km

## NORDIC WALKING

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M56+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	Drużyna 1	Czas startu	Split 2.4km	Split 4.9km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>TRZCIŃSKI Eugeniusz</b>	<b>283</b>		M56+	1				00:00:02	00:17:55	00:35:25	<b>00:38:53.30</b>	<b>00:38:55.90</b>		7:46	7.7 (100%)
2	<b>ŻBIKOWSKI Ryszard</b>	<b>65</b>		M56+	2				00:00:03	00:18:39	00:36:19	<b>00:39:39.75</b>	<b>00:39:42.80</b>	+00:00:46 (2.0%)	7:55	7.6 (98.7%)
3	<b>CIESIELSKI Krzysztof</b>	<b>26</b>		M56+	3				00:00:02	00:19:01	00:36:49	<b>00:40:12.55</b>	<b>00:40:14.55</b>	+00:01:19 (3.3%)	8:02	7.5 (97.4%)
4	<b>STAWNIAK Karol</b>	<b>209</b>		M56+	4				00:00:04	00:18:57	00:37:08	<b>00:40:32.50</b>	<b>00:40:36.90</b>	+00:01:39 (4.1%)	8:06	7.4 (96.1%)
5	<b>KRYSZTOFIAK Czesław</b>	<b>330</b>		M56+	5				00:00:04	00:18:57	00:37:10	<b>00:40:36.15</b>	<b>00:40:40.70</b>	+00:01:42 (4.2%)	8:07	7.4 (96.1%)
6	<b>SZYMANIK Lesław</b>	<b>319</b>	LIFE BALANCE PLACE	M56+	6		Life Balance Place		00:00:03	00:19:09	00:37:11	<b>00:40:37.40</b>	<b>00:40:41.35</b>	+00:01:44 (4.3%)	8:07	7.4 (96.1%)
7	<b>WONIAKOWSKI Czesław</b>	<b>175</b>		M56+	7				00:00:06	00:19:26	00:37:36	<b>00:40:54.05</b>	<b>00:41:00.35</b>	+00:02:00 (4.9%)	8:10	7.3 (94.8%)
8	<b>ZAKOSCIELNY Krzysztof</b>	<b>446</b>		M56+	8				00:00:04	00:19:20	00:37:40	<b>00:41:00.90</b>	<b>00:41:05.80</b>	+00:02:07 (5.2%)	8:12	7.3 (94.8%)
9	<b>BOŻEK Mariusz</b>	<b>29</b>		M56+	9				00:00:09	00:21:58	00:42:15	<b>00:45:58.05</b>	<b>00:46:07.40</b>	+00:07:04 (15.4%)	9:11	6.5 (84.4%)
10	<b>PIK Bogusław</b>	<b>268</b>		M56+	10				00:00:09	00:22:34	00:42:58	<b>00:46:33.10</b>	<b>00:46:42.45</b>	+00:07:39 (16.5%)	9:18	6.4 (83.1%)
11	<b>KAPELIŃSKI Stanisław</b>	<b>372</b>		M56+	11				00:00:05	00:22:18	00:43:01	<b>00:46:44.05</b>	<b>00:46:49.70</b>	+00:07:50 (16.8%)	9:20	6.4 (83.1%)
12	<b>WOŁOSZYN Kazimierz</b>	<b>454</b>		M56+	12				00:00:09	00:23:32	00:46:53	<b>00:51:49.50</b>	<b>00:51:59.40</b>	+00:12:56 (25.0%)	10:21	5.8 (75.3%)
13	<b>SPYCHAŁSKI Jacek</b>	<b>228</b>		M56+	13				00:00:00	00:24:01	00:48:13	<b>00:52:54.95</b>	<b>00:52:54.95</b>	+00:14:01 (26.5%)	10:34	5.7 (74.0%)

Znaleziono 13 wynik(ów)