



# ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT  
ORGANIZACJA GOSPODARSTWA

**Organiser:** PFNW  
**Date:** 2016-08-21  
**Place:** Śrem  
**Distance:** 10 km



Classification: M50-59

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	SIWAK Piotr	561	KS METRACO POLKOWICE	M50-59	1			00:02:52	00:17:05	00:33:49	00:50:32	<b>01:07:15.85</b>	<b>01:10:08.65</b>		6:43	8.9 (100%)
2	LUBIATOWSKI Ireneusz	532	KS METRACO POLKOWICE	M50-59	2			00:02:50	00:17:08	00:33:50	00:50:35	<b>01:07:17.50</b>	<b>01:10:07.95</b>	+00:00:01 (0.0%)	6:43	8.9 (100%)
3	RECZULSKI Mariusz	575	VIKING NORDIC TAEM CZĘSTOCHOWA	M50-59	3			00:02:52	00:17:07	00:33:51	00:51:04	<b>01:08:47.30</b>	<b>01:11:40.10</b>	+00:01:31 (2.2%)	6:52	8.7 (97.8%)
4	PUSZKIEL Leszek	545	GREEN TEAM ZIELONA GÓRA	M50-59	4			00:02:52	00:17:04	00:34:18	00:51:51	<b>01:09:26.90</b>	<b>01:12:18.95</b>	+00:02:11 (3.1%)	6:56	8.6 (96.6%)
5	KOWALCZYK Mariusz	525	GREEN TEAM ZIELONA GÓRA	M50-59	5			00:02:50	00:18:41	00:37:34	00:56:20	<b>01:15:20.40</b>	<b>01:18:10.70</b>	+00:08:04 (10.7%)	7:32	8 (89.9%)
6	SZULC Jarek	552	MARSZ PO ZDROWIE	M50-59	6			00:02:52	00:18:47	00:37:34	00:56:28	<b>01:15:34.60</b>	<b>01:18:26.60</b>	+00:08:18 (11.0%)	7:33	7.9 (88.8%)
7	ZIĘBA Krzysztof	559		M50-59	7			00:02:50	00:18:38	00:37:36	00:56:49	<b>01:16:07.40</b>	<b>01:18:57.65</b>	+00:08:51 (11.6%)	7:36	7.9 (88.8%)
8	NETKOWSKI Wojciech	536	PASJA NORDIC WALKING	M50-59	8			00:02:50	00:19:00	00:38:57	00:58:59	<b>01:19:02.30</b>	<b>01:21:53.25</b>	+00:11:46 (14.9%)	7:54	7.6 (85.4%)
9	GRZESZCZAK Andrzej	574	KS METRACO POLKOWICE	M50-59	9			00:02:51	00:19:25	00:39:20	00:59:26	<b>01:19:25.80</b>	<b>01:22:17.20</b>	+00:12:09 (15.3%)	7:56	7.6 (85.4%)
10	KRAKOWIAK Krzysztof	527	UKS GIMNAZJON SUCHY LAS	M50-59	10			00:02:52	00:19:10	00:39:18	01:00:30	<b>01:21:37.20</b>	<b>01:24:29.40</b>	+00:14:21 (17.6%)	8:09	7.4 (83.1%)
11	FOT Krzysztof	511	MARSZ PO ZDROWIE	M50-59	11			00:02:50	00:20:55	00:41:40	01:02:02	<b>01:21:47.10</b>	<b>01:24:37.25</b>	+00:14:31 (17.8%)	8:10	7.3 (82.0%)
12	KULKA Maciej	529	FACE NORDIC WALKING TEAM	M50-59	12			00:02:54	00:22:39	00:46:33	01:11:00	<b>01:35:08.20</b>	<b>01:38:02.55</b>	+00:27:52 (29.3%)	9:30	6.3 (70.8%)
DQ	CHOLEWIŃSKI Wojciech	563		M50-59			TAK	DQ	00:18:04 DQ	DQ	DQ	<b>DQ</b>	<b>DQ</b>	-	-	- (0.0%)

Total 13 results.