



# ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2016-08-21  
**Place:** Śrem  
**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>478</b>	KS METRACO POLKOWICE	M55-59	1			00:06:52	00:16:26	<b>00:33:15.75</b>	<b>00:40:08.30</b>		6:39	9 (100%)
2	<b>ANDRZEJEWSKI Mieczysław</b>	<b>303</b>	MARSZ PO ZDROWIE	M55-59	2			00:06:53	00:16:28	<b>00:33:53.30</b>	<b>00:40:47.25</b>	+00:00:37 (1.8%)	6:46	8.8 (97.8%)
3	<b>STANISŁAWSKI Jan</b>	<b>619</b>	MARSZ PO ZDROWIE	M55-59	3			00:06:53	00:17:14	<b>00:35:11.45</b>	<b>00:42:04.50</b>	+00:01:55 (5.5%)	7:02	8.5 (94.4%)
4	<b>FLIS Marek</b>	<b>331</b>	GREEN TEAM ZIELONA GÓRA	M55-59	4			00:06:51	00:17:21	<b>00:35:43.20</b>	<b>00:42:35.15</b>	+00:02:27 (6.9%)	7:08	8.4 (93.3%)
5	<b>SŁOMIAN Leszek</b>	<b>440</b>	UNIA MIAST	M55-59	5			00:06:51	00:17:39	<b>00:35:46.85</b>	<b>00:42:38.50</b>	+00:02:31 (7.0%)	7:09	8.4 (93.3%)
6	<b>JANECKI Dariusz</b>	<b>350</b>	JEZIORKI - AKTYWNA WIEŚ	M55-59	6			00:06:52	00:18:32	<b>00:37:51.15</b>	<b>00:44:44.00</b>	+00:04:35 (12.1%)	7:34	7.9 (87.8%)
7	<b>POLISZCZUK Piotr</b>	<b>418</b>		M55-59	7			00:06:53	00:19:12	<b>00:38:45.20</b>	<b>00:45:38.75</b>	+00:05:29 (14.2%)	7:45	7.7 (85.6%)
8	<b>GOŁĘBIEWSKI Andrzej</b>	<b>342</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	8			00:06:52	00:19:12	<b>00:38:55.30</b>	<b>00:45:47.85</b>	+00:05:39 (14.5%)	7:47	7.7 (85.6%)
9	<b>WILCZYŃSKI Krzysztof</b>	<b>468</b>		M55-59	9			00:06:55	00:19:20	<b>00:39:14.20</b>	<b>00:46:09.65</b>	+00:05:58 (15.2%)	7:50	7.6 (84.4%)
10	<b>KUSZA Henryk</b>	<b>382</b>	UKS GIMNAZJON SUCHY LAS	M55-59	10			00:06:55	00:20:18	<b>00:41:00.25</b>	<b>00:47:56.15</b>	+00:07:44 (18.9%)	8:12	7.3 (81.1%)
11	<b>DWORNICKI Janusz</b>	<b>325</b>		M55-59	11			00:10:19	00:21:08	<b>00:42:45.85</b>	<b>00:53:04.85</b>	+00:09:30 (22.2%)	8:33	7 (77.8%)
12	<b>NOWACKI Eugeniusz</b>	<b>402</b>	BMM PANCERNY	M55-59	12			00:06:54	00:27:25	<b>00:53:47.25</b>	<b>01:00:41.95</b>	+00:20:31 (38.2%)	10:45	5.6 (62.2%)

Total 12 results.