

Organiser: PFNW
Date: 2016-10-02
Place: Wrocław
Distance: 5 km



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	WOROCH Roman	228	KS METRACO POLKOWICE	M50-59	1	00:32:09	00:15:08	00:30:40.05	01:02:49.55		6:08	9.8 (100%)
2	ROŻYNEK Miron	174		M50-59	2	00:32:10	00:15:25	00:31:14.25	01:03:24.55	+00:00:34 (1.8%)	6:14	9.6 (98.0%)
3	MIELCAREK Leszek	132	NIERZESZONY	M60-69	1	00:32:42	00:15:48	00:31:52.30	01:04:35.05	+00:01:12 (3.8%)	6:22	9.4 (95.9%)
4	KRYŚ Artur	106	KS METRACO POLKOWICE	M40-49	1	00:31:50	00:15:44	00:31:53.25	01:03:43.50	+00:01:13 (3.8%)	6:22	9.4 (95.9%)
5	MATECKI Ryszard	126		M60-69	2	00:32:44	00:15:47	00:31:55.65	01:04:39.75	+00:01:15 (3.9%)	6:23	9.4 (95.9%)
6	ANDRZEJSKI Mieczysław	11	MARSZ PO ZDROWIE	M50-59	3	00:32:11	00:15:49	00:32:30.50	01:04:42.35	+00:01:50 (5.7%)	6:30	9.2 (93.9%)
7	TOMCZYK Edward	257	MARSZ PO ZDROWIE	M60-69	3	00:32:43	00:16:14	00:32:58.20	01:05:41.55	+00:02:18 (7.0%)	6:35	9.1 (92.9%)
8	ROSADZIŃSKI Sławomir	173		M40-49	2	00:31:49	00:16:39	00:33:36.35	01:05:26.20	+00:02:56 (8.7%)	6:43	8.9 (90.8%)
9	GRYGOROWICZ Bogdan	77	KS METRACO POLKOWICE	M60-69	4	00:32:43	00:16:17	00:33:37.80	01:06:21.25	+00:02:57 (8.8%)	6:43	8.9 (90.8%)
10	GRZEBSKI Janusz	78	RAJSPOW ACTIV	M40-49	3	00:31:51	00:16:48	00:34:03.45	01:05:55.25	+00:03:23 (10.0%)	6:48	8.8 (89.8%)
11	ZAPAŁA Daniel	235	KIJOWE MORSY WROCŁAW	M30-39	1	00:31:27	00:16:43	00:34:05.05	01:05:32.45	+00:03:25 (10.0%)	6:49	8.8 (89.8%)
12	RACŁAWSKI Jan	170	NIEZRZESZONY	M60-69	5	00:32:44	00:17:27	00:35:05.35	01:07:49.75	+00:04:25 (12.6%)	7:01	8.6 (87.8%)
13	MIKOŁAJCZAK Jan	134	KS METRACO POLKOWICE	M60-69	6	00:32:43	00:17:25	00:35:09.15	01:07:52.80	+00:04:29 (12.8%)	7:01	8.5 (86.7%)
14	POLISZCZUK Piotr	165		M50-59	4	00:32:10	00:17:22	00:35:11.35	01:07:21.45	+00:04:31 (12.8%)	7:02	8.5 (86.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
15	SITKOWSKI Konrad	184		M30-39	2	00:31:26	00:17:25	00:35:20.50	01:06:46.80	+00:04:40 (13.2%)	7:04	8.5 (86.7%)
16	PARTYKA Tomasz	293	SANTANDER CONSUMER BANK	M40-49	4	00:31:55	00:17:45	00:35:27.20	01:07:22.25	+00:04:47 (13.5%)	7:05	8.5 (86.7%)
17	GIBAS Sławomir	71		M30-39	3	00:31:26	00:17:36	00:35:30.70	01:06:57.00	+00:04:50 (13.6%)	7:06	8.4 (85.7%)
18	RYBAŁTOWSKI Paweł	178		M70+	1	00:33:18	00:17:58	00:35:36.00	01:08:54.25	+00:04:55 (13.9%)	7:07	8.4 (85.7%)
19	ŁADOŃSKI Ryszard	116		M50-59	5	00:32:10	00:17:56	00:35:36.85	01:07:47.80	+00:04:56 (13.9%)	7:07	8.4 (85.7%)
20	KOPIJ Grzegorz	97		M30-39	4	00:31:28	00:18:16	00:36:12.30	01:07:41.05	+00:05:32 (15.3%)	7:14	8.3 (84.7%)
21	BEDNARZ Krzysztof	16	SCB	M30-39	5	00:31:26	00:17:55	00:36:14.00	01:07:40.15	+00:05:33 (15.4%)	7:14	8.3 (84.7%)
22	RUTKOWSKI Dariusz	177	AZS DSW	M40-49	5	00:31:50	00:17:41	00:36:18.80	01:08:09.25	+00:05:38 (15.5%)	7:15	8.3 (84.7%)
23	KOPCZYŃSKI Jakub	96	KRUSZYNA	M19-29	1	00:30:54	00:17:46	00:36:22.25	01:07:16.95	+00:05:42 (15.7%)	7:16	8.2 (83.7%)
24	WOJCIECHOWSKI Szymon	225	KIJOWE MORSY WROCŁAW	M19-29	2	00:30:55	00:17:49	00:36:27.80	01:07:23.35	+00:05:47 (15.9%)	7:17	8.2 (83.7%)
25	ROMIANIUK Grzegorz	301	KOLBUSZOWA	M50-59	6	00:32:11	00:17:59	00:36:46.65	01:08:58.35	+00:06:06 (16.6%)	7:21	8.2 (83.7%)
26	KLAPETURA Władisław	306		M19-29	3	00:30:56	00:18:05	00:36:54.45	01:07:50.50	+00:06:14 (16.9%)	7:22	8.1 (82.7%)
27	MUCHA Maciej	139	NIEZRZESZONY	M40-49	6	00:31:50	00:18:23	00:37:31.15	01:09:22.10	+00:06:51 (18.3%)	7:30	8 (81.6%)
28	GIBKI Łukasz	271	SANTANDER CONSUMER BANK	M30-39	6	00:31:27	00:18:45	00:37:45.15	01:09:12.85	+00:07:05 (18.8%)	7:33	7.9 (80.6%)
29	MUCIEK Paweł	142	SANTANDER CONSUMER BANK	M40-49	7	00:31:52	00:18:28	00:37:47.95	01:09:40.55	+00:07:07 (18.9%)	7:33	7.9 (80.6%)
30	ADAMOWICZ Andrzej	2		M70+	2	00:33:16	00:19:01	00:38:17.40	01:11:33.45	+00:07:37 (19.9%)	7:39	7.8 (79.6%)
31	BIK Przemysław	21	KS METRACO POLKOWICE	M11-14	1	00:30:28	00:19:30	00:38:29.45	01:08:57.75	+00:07:49 (20.3%)	7:41	7.8 (79.6%)
32	PIĄTKOWSKI Józef	159	KS METRACO POLKOWICE	M70+	3	00:33:18	00:19:12	00:38:43.95	01:12:02.50	+00:08:03 (20.8%)	7:44	7.7 (78.6%)
33	SZYMAŃSKI Mirosław	206	SANTANDER CONSUMER BANK	M40-49	8	00:31:54	00:19:30	00:38:59.50	01:10:53.75	+00:08:19 (21.3%)	7:47	7.7 (78.6%)
34	GÓRSKI Henryk	256		M60-69	7	00:32:46	00:19:22	00:39:07.20	01:11:53.35	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
35	PAL Robert	153		M30-39	7	00:31:27	00:18:58	00:39:07.25	01:10:34.35	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
36	BERNASIEWICZ Józef	17	AKADEMIA MARSZU NORDIC WALKING	M50-59	7	00:32:10	00:19:40	00:39:18.40	01:11:28.45	+00:08:38 (22.0%)	7:51	7.6 (77.6%)
37	GOLENIA Reinhold	72	NIEZRZESZONY	M50-59	8	00:32:14	00:19:26	00:39:26.30	01:11:40.35	+00:08:46 (22.2%)	7:53	7.6 (77.6%)

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38	NAWELSKI Krzysztof	143		M40-49	9	00:31:53	00:19:29	00:39:27.15	01:11:20.70	+00:08:47 (22.3%)	7:53	7.6 (77.6%)
39	JAKUĆ Krzysztof	85	SANTANDER CONSUMER BANK	M40-49	10	00:31:51	00:19:45	00:39:27.45	01:11:18.50	+00:08:47 (22.3%)	7:53	7.6 (77.6%)
40	CZERWIŃSKI Tomasz	46	SANTANDER CONSUMER BANK	M40-49	11	00:31:54	00:20:06	00:39:31.90	01:11:26.00	+00:08:51 (22.4%)	7:54	7.6 (77.6%)
41	BIELAWSKI Zdzisław	20	AKADEMIAMARSZUNORDICWALKING	M60-69	8	00:32:44	00:19:29	00:39:53.10	01:12:37.55	+00:09:13 (23.1%)	7:58	7.5 (76.5%)
42	SZCZYGIEŁ Aleksander	200	SANTANDER CONSUMER BANK	M30-39	8	00:31:27	00:19:48	00:39:53.40	01:11:20.50	+00:09:13 (23.1%)	7:58	7.5 (76.5%)
42	ADAMSKI Tomasz	5		M50-59	9	00:32:12	00:19:37	00:39:53.40	01:12:06.05	+00:09:13 (23.1%)	7:58	7.5 (76.5%)
44	JAGODZIŃSKI Andrzej	83		M50-59	10	00:32:11	00:19:37	00:39:58.95	01:12:10.40	+00:09:18 (23.3%)	7:59	7.5 (76.5%)
45	REMISZEWSKI Adam	259		M70+	4	00:33:16	00:19:38	00:39:59.00	01:13:15.35	+00:09:18 (23.3%)	7:59	7.5 (76.5%)
46	KRUPCHENKO Oleksandr	104		M40-49	12	00:31:53	00:20:42	00:40:29.45	01:12:22.85	+00:09:49 (24.3%)	8:05	7.4 (75.5%)
47	KLEPACZ Mariusz	92		M40-49	13	00:31:52	00:20:57	00:40:30.95	01:12:23.00	+00:09:50 (24.3%)	8:06	7.4 (75.5%)
48	POZNYSZ Michał	166	SANTANDER CONSUMER BANK	M11-14	2	00:30:29	00:20:51	00:40:46.00	01:11:15.80	+00:10:05 (24.8%)	8:09	7.4 (75.5%)
49	MĘDRAK Józef	128		M60-69	9	00:32:45	00:20:14	00:40:52.05	01:13:37.05	+00:10:12 (25.0%)	8:10	7.3 (74.5%)
50	WÓJCIK Henryk	253	UTW OLEŚNICA	M70+	5	00:33:16	00:20:22	00:40:56.30	01:14:12.75	+00:10:16 (25.1%)	8:11	7.3 (74.5%)
51	FIUK Staś	313		M11-14	3	00:30:28	00:20:12	00:41:32.45	01:12:01.25	+00:10:52 (26.2%)	8:18	7.2 (73.5%)
52	ŁAMPIKA Andrzej	117		M60-69	10	00:32:47	00:20:42	00:41:43.25	01:14:30.30	+00:11:03 (26.5%)	8:20	7.2 (73.5%)
53	KULBAKA Michał	289	SANTANDER CONSUMER BANK	M30-39	9	00:31:29	00:21:24	00:41:51.95	01:13:21.75	+00:11:11 (26.7%)	8:22	7.2 (73.5%)
54	STADLER Jarosław	192		M40-49	14	00:32:13	00:21:07	00:42:06.65	01:14:19.85	+00:11:26 (27.2%)	8:25	7.1 (72.4%)
55	KOCHAN Robert	94		M40-49	15	00:31:50	00:20:43	00:42:11.95	01:14:02.80	+00:11:31 (27.3%)	8:26	7.1 (72.4%)
56	KSIĘŻYK Dariusz	108		M40-49	16	00:31:53	00:21:20	00:42:20.30	01:14:13.80	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
57	DREISEITEL Andrzej	57		M50-59	11	00:32:11	00:21:01	00:42:20.90	01:14:32.75	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
58	TURCZYN Lubomir	290		M70+	6	00:33:16	00:21:34	00:43:03.80	01:16:20.35	+00:12:23 (28.8%)	8:36	7 (71.4%)
59	ZIÓŁKOWSKI Jan	242	SANTANDER CONSUMER BANK	M11-14	4	00:30:29	00:22:00	00:43:06.70	01:13:35.80	+00:12:26 (28.9%)	8:37	7 (71.4%)
60	MOCZARSKI Adam	135		M70+	7	00:33:17	00:21:55	00:45:22.55	01:18:39.90	+00:14:42 (32.4%)	9:04	6.6 (67.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
61	FRĄTCZAK Marek	67	SANTANDER CONSUMER BANK	M30-39	10	00:32:45	00:22:31	00:45:51.85	01:18:37.45	+00:15:11 (33.1%)	9:10	6.5 (66.3%)
62	SOBCZAK Michał	185	NAPÓR STARYCH GRZYBÓW	M30-39	11	00:32:44	00:22:31	00:45:52.55	01:18:37.45	+00:15:12 (33.2%)	9:10	6.5 (66.3%)
63	ZAPAŁA Jan	236	KIJOWE MORSY WROCŁAW	M-OPEN	1	00:30:30	00:22:41	00:46:25.40	01:16:56.20	+00:15:45 (33.9%)	9:17	6.5 (66.3%)
64	ADAMSKI Dariusz	6	SANTANDER CONSUMER BANK	M50-59	12	00:32:10	00:23:22	00:46:46.10	01:18:57.05	+00:16:06 (34.4%)	9:21	6.4 (65.3%)
65	SZUMIŁO Piotr	202		M40-49	17	00:31:52	00:23:13	00:46:55.15	01:18:47.75	+00:16:15 (34.6%)	9:23	6.4 (65.3%)
66	SADOWY Roman	182	SANTANDER CONSUMER BANK	M40-49	18	00:31:56	00:21:54	00:47:06.45	01:19:02.85	+00:16:26 (34.9%)	9:25	6.4 (65.3%)
67	MANIAKOWSKA Małgorzata	124	SANTANDER CONSUMER BANK	M15-18	1	00:34:36	00:21:47	00:47:46.90	01:22:23.05	+00:17:06 (35.8%)	9:33	6.3 (64.3%)
68	KOCZENASZ Maciej	269	SANTANDER CONSUMER BANK	M30-39	12	00:31:28	00:24:38	00:49:08.05	01:20:36.25	+00:18:28 (37.6%)	9:49	6.1 (62.2%)
69	BISKUPSKI Grzegorz	26		M19-29	4	00:30:57	00:24:32	00:49:26.75	01:20:24.00	+00:18:46 (38.0%)	9:53	6.1 (62.2%)
70	OSETEK Bartosz	151		M19-29	5	00:30:56	00:24:33	00:49:27.10	01:20:23.45	+00:18:47 (38.0%)	9:53	6.1 (62.2%)
71	SYPIOŁ Zygmunt	197	MARSZ PO ZDROWIE	M70+	8	00:33:17	00:25:15	00:51:23.00	01:24:40.35	+00:20:42 (40.3%)	10:16	5.8 (59.2%)
72	WIDAWSKI Andrzej	220		M40-49	19	00:31:51	00:26:15	00:52:24.05	01:24:15.75	+00:21:44 (41.5%)	10:28	5.7 (58.2%)
73	WDOWIAK Tadeusz	296	ŚCINAWSKA GRUPA NORDIC WALKING	M60-69	11	00:32:46	00:25:58	00:52:30.35	01:25:17.05	+00:21:50 (41.6%)	10:30	5.7 (58.2%)
74	BOROWSKI Tomasz	31	SANTANDER CONSUMER BANK	M-OPEN	2	00:35:50	00:35:08	01:08:51.50	01:44:41.60	+00:38:11 (55.5%)	13:46	4.4 (44.9%)
75	MORAWIEC Bartosz	137	SANTANDER CONSUMER BANK	M-OPEN	3	00:45:26	00:19:30			+00:04:21	7:48	7.7 (78.6%)
76	WARCHAŁOWSKI Bruno	216		M-OPEN	4	00:45:26	00:21:57			+00:06:49	8:46	6.8 (69.4%)
77	SADOWSKI Dominik	181		M30-39	13	00:47:12	00:41:44			+00:26:36	16:41	3.6 (36.7%)
78	CZYŻ Michał	49		M11-14	5	00:38:20	00:50:29			+00:35:21	20:11	3 (30.6%)
79	CZYŻ Rafał	47		M40-49	20	00:38:15	00:50:35			+00:35:26	20:14	3 (30.6%)
80	MADERA Bogdan	122	RUNWALKRUN	M50-59	13	00:32:13						(0.0%)
DQ	BADECKI Ryszard	12	NIEZRZESZONY	M50-59		DQ	00:16:35 DQ	00:34:05.00 DQ	DQ		-	- (0.0%)

Total 81 results.