

**Organizator:** PFNW  
**Data:** 2016-10-02  
**Miejsce:** Wrocław  
**Dystans:** 5 km



Klasyfikacja: M60-69

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MIELCAREK Leszek</b>	<b>132</b>	NIERZESZONY	M60-69	1	00:32:42	00:15:48	<b>00:31:52.30</b>	<b>01:04:35.05</b>		6:22	9.4 (100%)
2	<b>MATECKI Ryszard</b>	<b>126</b>		M60-69	2	00:32:44	00:15:47	<b>00:31:55.65</b>	<b>01:04:39.75</b>	+00:00:03 (0.2%)	6:23	9.4 (100%)
3	<b>TOMCZYK Edward</b>	<b>257</b>	MARSZ PO ZDROWIE	M60-69	3	00:32:43	00:16:14	<b>00:32:58.20</b>	<b>01:05:41.55</b>	+00:01:05 (3.3%)	6:35	9.1 (96.8%)
4	<b>GRYGOROWICZ Bogdan</b>	<b>77</b>	KS METRACO POLKOWICE	M60-69	4	00:32:43	00:16:17	<b>00:33:37.80</b>	<b>01:06:21.25</b>	+00:01:45 (5.2%)	6:43	8.9 (94.7%)
5	<b>RACŁAWSKI Jan</b>	<b>170</b>	NIEZRZESZONY	M60-69	5	00:32:44	00:17:27	<b>00:35:05.35</b>	<b>01:07:49.75</b>	+00:03:13 (9.2%)	7:01	8.6 (91.5%)
6	<b>MIKOŁAJCZAK Jan</b>	<b>134</b>	KS METRACO POLKOWICE	M60-69	6	00:32:43	00:17:25	<b>00:35:09.15</b>	<b>01:07:52.80</b>	+00:03:16 (9.3%)	7:01	8.5 (90.4%)
7	<b>GÓRSKI Henryk</b>	<b>256</b>		M60-69	7	00:32:46	00:19:22	<b>00:39:07.20</b>	<b>01:11:53.35</b>	+00:07:14 (18.5%)	7:49	7.7 (81.9%)
8	<b>BIELAWSKI Zdzisław</b>	<b>20</b>	AKADEMIAMARSZUNORDICWALKING	M60-69	8	00:32:44	00:19:29	<b>00:39:53.10</b>	<b>01:12:37.55</b>	+00:08:00 (20.1%)	7:58	7.5 (79.8%)
9	<b>MĘDRAK Józef</b>	<b>128</b>		M60-69	9	00:32:45	00:20:14	<b>00:40:52.05</b>	<b>01:13:37.05</b>	+00:08:59 (22.0%)	8:10	7.3 (77.7%)
10	<b>ŁAMPIKA Andrzej</b>	<b>117</b>		M60-69	10	00:32:47	00:20:42	<b>00:41:43.25</b>	<b>01:14:30.30</b>	+00:09:50 (23.6%)	8:20	7.2 (76.6%)
11	<b>WDOWIAK Tadeusz</b>	<b>296</b>	ŚCINAWSKA GRUPA NORDIC WALKING	M60-69	11	00:32:46	00:25:58	<b>00:52:30.35</b>	<b>01:25:17.05</b>	+00:20:38 (39.3%)	10:30	5.7 (60.6%)

Znaleziono 11 wynik(ów)