



# ELBLĄG - FINAŁ PUCHARU EUROPY / PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2015-09-19  
**Place:** Elbląg  
**Distance:** 10 km



Classification: M 30-39

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>BIŁEK Artur</b>	<b>512</b>	NW LUBLINIEC	M 30-39	1			01:30:07	00:32:15	<b>01:04:41.80</b>	<b>02:34:49.45</b>		6:28	9.3 (100%)
2	<b>STILLER Karol</b>	<b>613</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			01:30:07	00:32:17	<b>01:05:10.15</b>	<b>02:35:17.40</b>	+00:00:28 (0.7%)	6:31	9.2 (98.9%)
3	<b>NIEDBAŁ Adam</b>	<b>580</b>	SILESIA NORDIC TEAM	M 30-39	3			01:30:07	00:33:41	<b>01:07:36.10</b>	<b>02:37:43.85</b>	+00:02:54 (4.3%)	6:45	8.9 (95.7%)
4	<b>NIECHWIEJCZYK Piotr</b>	<b>579</b>	OPEL ACTIVE TEAM	M 30-39	4			01:30:07	00:34:48	<b>01:09:30.50</b>	<b>02:39:38.15</b>	+00:04:48 (6.9%)	6:57	8.6 (92.5%)
5	<b>RACZYŃSKI Kazimierz</b>	<b>595</b>	PTTK KOSZALIN	M 30-39	5			01:30:08	00:34:54	<b>01:09:59.05</b>	<b>02:40:07.30</b>	+00:05:17 (7.6%)	6:59	8.6 (92.5%)
6	<b>LEWANDOWSKI Robert</b>	<b>647</b>	GOSIR OSIELSKO	M 30-39	6			01:30:13	00:37:06	<b>01:15:48.35</b>	<b>02:46:01.90</b>	+00:11:06 (14.7%)	7:34	7.9 (84.9%)
7	<b>WOŹNIAK Bartłomiej</b>	<b>642</b>	PODWÓJNY UŚMIECH	M 30-39	7			01:30:08	00:37:32	<b>01:15:56.35</b>	<b>02:46:04.70</b>	+00:11:14 (14.8%)	7:35	7.9 (84.9%)
8	<b>JANKOWSKI Marcin</b>	<b>539</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 30-39	8			01:30:08	00:37:27	<b>01:16:32.00</b>	<b>02:46:40.45</b>	+00:11:50 (15.5%)	7:39	7.8 (83.9%)
9	<b>ADAMOWSKI Jacek</b>	<b>500</b>	ZAKĄTEK GLIWICE21	M 30-39	9			01:30:09	00:40:34	<b>01:21:37.75</b>	<b>02:51:47.15</b>	+00:16:55 (20.7%)	8:09	7.3 (78.5%)
10	<b>BEDNAREK Krzysztof</b>	<b>510</b>	ZAKĄTEK DANKOWO	M 30-39	10			01:30:10	00:40:52	<b>01:21:56.95</b>	<b>02:52:07.80</b>	+00:17:15 (21.1%)	8:11	7.3 (78.5%)
11	<b>ANTKOWIAK Remigiusz</b>	<b>502</b>	FACE NW TEAM	M 30-39	11			01:30:11	00:42:38	<b>01:25:35.40</b>	<b>02:55:46.65</b>	+00:20:53 (24.4%)	8:33	7 (75.3%)

Total 11 results.