



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

B4SPORT

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



Classification: M 40-49

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>ROGALSKI Piotr</b>	<b>598</b>	GDYNIA MOJE MIASTO	M 40-49	1			01:30:09	00:32:10	<b>01:04:41.50</b>	<b>02:34:51.10</b>		6:28	9.3 (100%)
2	<b>CYRUS Bogdan</b>	<b>523</b>	SILESIA NORDIC TEAM	M 40-49	2			01:30:09	00:32:24	<b>01:06:55.65</b>	<b>02:37:04.75</b>	+00:02:14 (3.3%)	6:41	9 (96.8%)
3	<b>DENCIKOWSKI Marek</b>	<b>529</b>	KB BIAŁA BIEGA	M 40-49	3			01:30:12	00:34:44	<b>01:09:50.90</b>	<b>02:40:03.55</b>	+00:05:09 (7.4%)	6:59	8.6 (92.5%)
4	<b>FELIS Paweł</b>	<b>532</b>		M 40-49	4			01:30:09	00:35:08	<b>01:10:46.20</b>	<b>02:40:55.85</b>	+00:06:04 (8.6%)	7:04	8.5 (91.4%)
5	<b>ANTOSZEWSKI Piotr</b>	<b>503</b>	DĄBROWA NORDIC TEAM	M 40-49	5			01:30:09	00:35:59	<b>01:12:19.75</b>	<b>02:42:29.05</b>	+00:07:38 (10.6%)	7:14	8.3 (89.2%)
6	<b>GRUSZKA Michał</b>	<b>536</b>	NW LUBLINIEC	M 40-49	6			01:30:10	00:35:57	<b>01:12:52.45</b>	<b>02:43:02.65</b>	+00:08:10 (11.2%)	7:17	8.2 (88.2%)
7	<b>SZCZEBAK Jacek</b>	<b>619</b>	TARNÓW	M 40-49	7			01:30:10	00:36:33	<b>01:13:45.55</b>	<b>02:43:56.40</b>	+00:09:04 (12.3%)	7:22	8.1 (87.1%)
8	<b>KOSICKI Dariusz</b>	<b>555</b>	NW KIEKRZ	M 40-49	8			01:30:12	00:37:22	<b>01:14:54.15</b>	<b>02:45:06.80</b>	+00:10:12 (13.6%)	7:29	8 (86.0%)
9	<b>ŚLUSARCZYK Grzegorz</b>	<b>629</b>	WESOŁY BORSUK TEAM	M 40-49	9			01:30:12	00:37:54	<b>01:15:54.40</b>	<b>02:46:06.45</b>	+00:11:12 (14.8%)	7:35	7.9 (84.9%)
10	<b>BOBROWSKI Cezary</b>	<b>515</b>	RUCH PO ZDROWIE WŁOCLAWEK	M 40-49	10			01:30:10	00:51:30	<b>01:47:22.70</b>	<b>03:17:33.05</b>	+00:42:41 (39.8%)	10:44	5.6 (60.2%)

Total 10 results.