



# ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2016-08-27  
**Place:** Elbląg  
**Distance:** 5 km



Classification: M18-29

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	<b>DEŁĄG Jakub</b>	<b>45</b>	FACE NORDIC WALKING TEAM/ ENERGYLIFETEAMNW	M18-29	1			00:18:53	<b>00:31:02.35</b>	<b>00:49:55.95</b>		6:12	9.7 (100%)
2	<b>RAKUĆ Jakub</b>	<b>198</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	2			00:18:53	<b>00:33:38.95</b>	<b>00:52:32.30</b>	+00:02:36 (7.8%)	6:43	8.9 (91.8%)
3	<b>STĘPNIEWSKI Paweł</b>	<b>227</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:18:54	<b>00:34:13.60</b>	<b>00:53:07.70</b>	+00:03:11 (9.3%)	6:50	8.8 (90.7%)
4	<b>STĘPIEŃ Andrzej</b>	<b>226</b>	LKS ZANTYR	M18-29	4			00:18:53	<b>00:36:53.15</b>	<b>00:55:47.10</b>	+00:05:50 (15.9%)	7:22	8.1 (83.5%)
5	<b>ROSZMAN Paweł</b>	<b>208</b>	PENDOLINO	M18-29	5			00:18:54	<b>00:41:21.20</b>	<b>01:00:15.75</b>	+00:10:18 (24.9%)	8:16	7.3 (75.3%)

Total 5 results.