



# ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-08-27  
**Miejsce:** Elbląg  
**Dystans:** 5 km



Klasyfikacja: M55-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GEMBALA Eugeniusz</b>	<b>66</b>	DĄBROWA NORDIC TEAM	M55-59	1			00:21:37	<b>00:31:40.95</b>	<b>00:53:18.50</b>		6:20	9.5 (100%)
2	<b>WOROCH Roman</b>	<b>290</b>	KS METRACO POLKOWICE	M55-59	2			00:21:36	<b>00:31:43.50</b>	<b>00:53:20.25</b>	+00:00:02 (0.1%)	6:20	9.5 (100%)
3	<b>GAJEWSKI Eugeniusz</b>	<b>61</b>	KS METRACO POLKOWICE	M55-59	3			00:21:41	<b>00:32:35.10</b>	<b>00:54:16.80</b>	+00:00:54 (2.8%)	6:31	9.2 (96.8%)
4	<b>SŁOMIAN Leszek</b>	<b>216</b>	UNIA MIAST	M55-59	4			00:21:37	<b>00:33:25.20</b>	<b>00:55:03.05</b>	+00:01:44 (5.2%)	6:41	9 (94.7%)
5	<b>SZYMAŃSKI Zbigniew</b>	<b>362</b>		M55-59	5			00:21:38	<b>00:33:33.10</b>	<b>00:55:11.25</b>	+00:01:52 (5.6%)	6:42	8.9 (93.7%)
6	<b>DUBAJ Grzegorz</b>	<b>47</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M55-59	6			00:21:38	<b>00:34:50.45</b>	<b>00:56:29.25</b>	+00:03:09 (9.1%)	6:58	8.6 (90.5%)
7	<b>FLIS Marek</b>	<b>59</b>	GREEN TEAM ZIELONA GÓRA	M55-59	7			00:21:37	<b>00:35:38.35</b>	<b>00:57:15.35</b>	+00:03:57 (11.1%)	7:07	8.4 (88.4%)
8	<b>SZUDARSKI Edward</b>	<b>244</b>	DWA KIJE SŁUPSK	M55-59	8			00:21:37	<b>00:35:38.50</b>	<b>00:57:16.05</b>	+00:03:57 (11.1%)	7:07	8.4 (88.4%)
9	<b>GAPIŃSKI Leszek</b>	<b>65</b>	WESOŁY BORSUK TEAM	M55-59	9			00:21:39	<b>00:35:47.55</b>	<b>00:57:26.95</b>	+00:04:06 (11.5%)	7:09	8.4 (88.4%)
10	<b>GOŁĘBIEWSKI Andrzej</b>	<b>76</b>	KLUB NW 'PATCZAKI' GRUDZIĄDZ	M55-59	10			00:21:39	<b>00:37:19.35</b>	<b>00:58:58.35</b>	+00:05:38 (15.1%)	7:27	8 (84.2%)
11	<b>ROSZMAN Zenon</b>	<b>207</b>	PENDOLINO	M55-59	11			00:21:38	<b>00:38:55.95</b>	<b>01:00:34.30</b>	+00:07:15 (18.6%)	7:47	7.7 (81.1%)
12	<b>MARCZYK Jerzy Paweł</b>	<b>151</b>	FACE NORDIC WALKING TEAM	M55-59	12			00:21:40	<b>00:42:41.45</b>	<b>01:04:22.20</b>	+00:11:00 (25.8%)	8:32	7 (73.7%)
13	<b>MAJEWSKI Adam</b>	<b>306</b>		M55-59	13			00:21:37	<b>00:42:51.05</b>	<b>01:04:28.75</b>	+00:11:10 (26.1%)	8:34	7 (73.7%)
14	<b>UTRATA Mirosław</b>	<b>262</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M55-59	14			00:21:39	<b>00:47:23.35</b>	<b>01:09:03.10</b>	+00:15:42 (33.1%)	9:28	6.3 (66.3%)

Znaleziono 14 wynik(ów)