



ENEA POLISH NORDIC WALKING CUP - MUROWANA GOŚLINA - 5KM - 10/5

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 5/10
MUROWANA GOŚLINA
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-07-16
Miejsce: Murowana Goślina
Dystans: 5 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	196		M50-54	1			00:14:08	00:29:09.40		5:49	10.3 (100%)
2	CYRUS Bogdan	97	SILESIA NORDIC TEAM	M50-54	2			00:14:09	00:29:39.15	+00:00:29 (1.7%)	5:55	10.1 (98.1%)
3	WOJTOWICZ Tomasz	198	LUKI TEAM POLSKA	M30-39	1			00:14:27	00:30:25.40	+00:01:16 (4.2%)	6:05	9.9 (96.1%)
4	SKIBA Krzysztof	171	KGHM METRACO	M60-64	1			00:15:26	00:31:08.05	+00:01:58 (6.4%)	6:13	9.6 (93.2%)
5	ROŻYNEK Miron	163	KGHM METRACO	M55-59	1			00:15:23	00:31:15.70	+00:02:06 (6.7%)	6:15	9.6 (93.2%)
6	WOROCH Roman	199	KGHM METRACO	M60-64	2			00:15:45	00:31:42.70	+00:02:33 (8.1%)	6:20	9.5 (92.2%)
7	KOWALAK Robert	122	MARSZ PO ZDROWIE	M30-39	2			00:15:34	00:31:50.40	+00:02:41 (8.4%)	6:22	9.4 (91.3%)
8	FRĄCKOWIAK Roman	106	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:15:25	00:31:56.35	+00:02:46 (8.7%)	6:23	9.4 (91.3%)
9	OLSZAŃSKI Karol	143	FEAR THE RETURN	M45-49	1			00:15:31	00:31:56.55	+00:02:47 (8.7%)	6:23	9.4 (91.3%)
10	LUDWICZAK Dariusz	129	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	4			00:15:56	00:32:01.85	+00:02:52 (9.0%)	6:24	9.4 (91.3%)
11	BIBKO Martin	86	SPEEDBAR	M45-49	2			00:15:51	00:32:16.40	+00:03:07 (9.7%)	6:27	9.3 (90.3%)
12	MAŚLANKA Jacek	135		M55-59	2			00:15:56	00:32:16.60	+00:03:07 (9.7%)	6:27	9.3 (90.3%)
13	MISZTAŁ Grzegorz	211	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	M30-39	3			00:16:09	00:32:36.85	+00:03:27 (10.6%)	6:31	9.2 (89.3%)

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14	HELWICH Stefan	116	KGHM MERTACO	M65-69	1			00:16:20	00:32:52.25	+00:03:42 (11.3%)	6:34	9.1 (88.3%)
15	PARZYBUT Jan	145	POSTĘP PNIEWY TEAM	M55-59	3			00:16:18	00:32:54.60	+00:03:45 (11.4%)	6:34	9.1 (88.3%)
16	NOSAL Marek	139		M50-54	5			00:16:26	00:33:04.25	+00:03:54 (11.8%)	6:36	9.1 (88.3%)
17	GUDZIO Maciej	114	NORDIC WALKING KIEKRZ POLAND	M55-59	4			00:16:26	00:33:15.90	+00:04:06 (12.4%)	6:39	9 (87.4%)
18	BRZOZOWSKI Piotr	208	AKTYWNI POSTOMINO	M30-39	4			00:16:08	00:33:20.40	+00:04:11 (12.5%)	6:40	9 (87.4%)
19	WOJTASIŃSKI Daniel	197	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:16:28	00:33:29.75	+00:04:20 (13.0%)	6:41	9 (87.4%)
20	BREWKA Joachim	89	NORDIC SPORT 2021	M55-59	5			00:16:40	00:33:36.00	+00:04:26 (13.2%)	6:43	8.9 (86.4%)
21	CHYRA Janusz	94	NORDIC SPORT 2021	M45-49	3			00:16:35	00:33:52.25	+00:04:42 (13.9%)	6:46	8.9 (86.4%)
22	STANISŁAWSKI Jan	173	NORDIC WALKING KIEKRZ POLAND	M60-64	3			00:16:48	00:34:19.85	+00:05:10 (15.1%)	6:51	8.7 (84.5%)
23	POTRZEBOWSKI Marek	153	DEAF	M- Niepełnosprawni(B)	1			00:17:03	00:34:28.00	+00:05:18 (15.4%)	6:53	8.7 (84.5%)
24	ŚLUSARCZYK Marcin	182	WESOŁY BORSUK TEAM	M40-44	2			00:16:59	00:34:29.45	+00:05:20 (15.5%)	6:53	8.7 (84.5%)
25	KLAWCZYŃSKI Marcin	120	AKTYWNIE W PNIEWACH	M30-39	5			00:17:13	00:34:33.00	+00:05:23 (15.6%)	6:54	8.7 (84.5%)
26	MARCZAK Tomasz	133	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:16:21	00:34:44.40	+00:05:35 (16.1%)	6:56	8.6 (83.5%)
27	CIEŚLUK Marcin	96	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	1			00:17:27	00:34:54.15	+00:05:44 (16.5%)	6:58	8.6 (83.5%)
28	KRIGER Roman	125	MAPEI POLSKA	M60-64	4			00:17:10	00:34:56.40	+00:05:47 (16.6%)	6:59	8.6 (83.5%)
29	GRUSZKA Michał	111	NORDIC SPORT 2021	M18-29	2			00:17:14	00:34:58.15	+00:05:48 (16.6%)	6:59	8.6 (83.5%)
30	KRUGIOŁKA Grzegorz	126	AKTYWNIE W PNIEWACH	M40-44	3			00:17:13	00:35:04.75	+00:05:55 (16.9%)	7:00	8.6 (83.5%)
31	BOJANOWSKI Marcin	88	NORDIC WALKING KIEKRZ POLAND	M40-44	4			00:17:17	00:35:50.25	+00:06:40 (18.6%)	7:10	8.4 (81.6%)
32	DUSZEŃKO Zygmunt	101	KGHM METRACO	M- Niepełnosprawni(A)	2			00:17:59	00:35:56.40	+00:06:47 (18.9%)	7:11	8.3 (80.6%)
33	RUDAWSKI Maciej	164	MARSZ PO ZDROWIE	M30-39	6			00:17:42	00:35:58.95	+00:06:49 (19.0%)	7:11	8.3 (80.6%)
34	GRUSZKA Michał	110	NORDIC SPORT 2021	M45-49	4			00:17:47	00:36:02.35	+00:06:52 (19.1%)	7:12	8.3 (80.6%)
35	SZYMAŃSKI Stefan	181	XV KOŁO PZERII W DYWITACH	M75-79	1			00:17:40	00:36:07.15	+00:06:57 (19.3%)	7:13	8.3 (80.6%)
36	ZAWADZKI Krzysztof	204	WETERAN	M- Niepełnosprawni(B)	2			00:17:59	00:36:13.20	+00:07:03 (19.5%)	7:14	8.3 (80.6%)

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37	ŚLUSARCZYK Grzegorz	183	WESOŁY BORSUK TEAM	M45-49	5			00:17:51	00:36:41.55	+00:07:32 (20.5%)	7:20	8.2 (79.6%)
38	RYBAŁTOWSKI Paweł	166	OBORYGENI	M75-79	2			00:18:34	00:37:21.60	+00:08:12 (22.0%)	7:28	8 (77.7%)
39	RUSINOWICZ Andrzej	165	NIEZRZESZONY PIŁA	M75-79	3			00:18:36	00:37:28.25	+00:08:18 (22.2%)	7:29	8 (77.7%)
40	GRYGOROWICZ Bogdan	112	KGHM METRACO	M- Niepełnosprawni(B)	3			00:18:45	00:37:35.65	+00:08:26 (22.4%)	7:31	8 (77.7%)
41	CZMOCH Marian	99	PUKS JEDYNKA	M70-74	1			00:18:38	00:37:38.65	+00:08:29 (22.5%)	7:31	8 (77.7%)
42	CZEKRYSEW Andrzej	98	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:18:43	00:37:42.70	+00:08:33 (22.7%)	7:32	8 (77.7%)
43	BUDNY Sławomir	90		M- Niepełnosprawni(B)	4			00:18:53	00:37:46.30	+00:08:36 (22.8%)	7:33	7.9 (76.7%)
44	ŚLUSARCZYK Andrzej	184	WESOŁY BORSUK TEAM	M70-74	2			00:18:47	00:37:48.95	+00:08:39 (22.9%)	7:33	7.9 (76.7%)
45	BERCZYŃSKI Henryk	84	NADLEŚNICTWO OKONEK	M65-69	2			00:18:43	00:37:59.10	+00:08:49 (23.2%)	7:35	7.9 (76.7%)
46	SAJNA Bogusław	168	ZIELONY LAS	M65-69	3			00:19:07	00:38:04.55	+00:08:55 (23.4%)	7:36	7.9 (76.7%)
47	WALCZAK Grzegorz	189		M45-49	6			00:18:13	00:38:11.75	+00:09:02 (23.7%)	7:38	7.9 (76.7%)
48	FRANCZAK Dariusz	105	NW CZŁAPSKI TEAM	M55-59	6			00:19:15	00:38:22.30	+00:09:12 (24.0%)	7:40	7.8 (75.7%)
49	CIESIELSKI Krzysztof	95	FAST WALKER	M65-69	4			00:19:06	00:38:28.75	+00:09:19 (24.2%)	7:41	7.8 (75.7%)
50	PRACKI Zbigniew	155	SERCE NORDICA WŁOCŁAWEK	M55-59	7			00:19:27	00:38:50.05	+00:09:40 (24.9%)	7:46	7.7 (74.8%)
51	WANDTKE Antoni	190		M70-74	3			00:19:24	00:39:19.55	+00:10:10 (25.9%)	7:51	7.6 (73.8%)
52	WIERZCHOSŁAWSKI Marcel	192	SERCE NORDICA WŁOCŁAWEK	M-Jun.	1			00:19:45	00:39:21.50	+00:10:12 (25.9%)	7:52	7.6 (73.8%)
53	PUSZKARSKI Adam	160	GOSADI NORDIC TEAM	M-Dzieci	1			00:19:33	00:39:31.90	+00:10:22 (26.2%)	7:54	7.6 (73.8%)
54	JÓŹWIAK Łukasz	118	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	5			00:20:01	00:40:12.55	+00:11:03 (27.5%)	8:02	7.5 (72.8%)
55	BERGER Tadeusz	85	MARSZ PO ZDROWIE	M65-69	5			00:19:54	00:40:19.45	+00:11:10 (27.7%)	8:03	7.4 (71.8%)
56	JAKUBOWSKI Zbigniew	210		M70-74	4			00:19:53	00:40:29.65	+00:11:20 (28.0%)	8:05	7.4 (71.8%)
57	THOMALLA Bogdan	188	EKIPA NA KIJACH	M80+	1			00:20:36	00:41:49.15	+00:12:39 (30.3%)	8:21	7.2 (69.9%)
58	BUDNY Franciszek	91		M-Dzieci	2			00:21:02	00:41:54.95	+00:12:45 (30.4%)	8:22	7.2 (69.9%)
59	PLUTO-PRĄDZYŃSKI Kacper	151	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	3			00:21:02	00:42:03.25	+00:12:53 (30.7%)	8:24	7.1 (68.9%)

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60	BUDNY Stanisław	92		M-Jun.	2			00:21:12	00:42:26.90	+00:13:17 (31.3%)	8:29	7.1 (68.9%)
61	SZNAJDER Zenon	176		M70-74	5			00:20:57	00:43:12.50	+00:14:03 (32.5%)	8:38	6.9 (67.0%)
62	PIĄTKOWSKI Józef	147	KGHM METRACO	M75-79	4			00:21:34	00:43:43.20	+00:14:33 (33.3%)	8:44	6.9 (67.0%)
63	ŚLUSARCZYK Błażej	185	WESOŁY BORSUK TEAM	M-Dzieci	4			00:24:07	00:52:59.00	+00:23:49 (45.0%)	10:35	5.7 (55.3%)

Znaleziono 63 wynik(ów)