



# ENEA POLISH NORDIC WALKING CUP - KOSZALIN - 10KM - 10/1

B4SPORT  
ORGANIZACJA GOSPODARSTWA

**Wydarzenie:** Polish Nordic Walking Cup 10/1  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-04-30  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.3km	Laps_5km 4.6km	6.9km	Czas netto 9.2km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJTOWICZ Tomasz</b>	<b>64</b>	LUKI TEAM POLSKA	M30-39	1			00:13:29	00:27:35	00:41:54	<b>00:56:02.75</b>		6:05	9.9 (100%)
2	<b>MARCZAK Tomasz</b>	<b>1</b>	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:13:35	00:27:40	00:42:00	<b>00:56:06.65</b>	+00:00:03 (0.1%)	6:05	9.8 (99.0%)
3	<b>SKIBA Krzysztof</b>	<b>48</b>	KGHM METRACO	M60-69	1			00:14:01	00:28:35	00:43:12	<b>00:57:54.95</b>	+00:01:52 (3.2%)	6:17	9.5 (96.0%)
4	<b>POŁUBIAK Paweł</b>	<b>2</b>		M30-39	2	1		00:13:52	00:28:33	00:43:29	<b>00:58:21.90</b>	+00:02:19 (4.0%)	6:20	9.5 (96.0%)
5	<b>KRAJEWSKA Hanna</b>	<b>32</b>	NORDIC WALKING NEW FOR YOU PIŁA/ LUKI TEAM POLAND	K18-29	1			00:14:39	00:29:33	00:44:35	<b>00:59:36.35</b>	+00:03:33 (6.0%)	6:28	9.3 (93.9%)
6	<b>ZACZYŃSKA-SKIBA Anna</b>	<b>66</b>	KGHM METRACO	K40-49	1			00:14:40	00:29:37	00:44:39	<b>00:59:37.80</b>	+00:03:35 (6.0%)	6:28	9.3 (93.9%)
7	<b>PRYZYSTARZ Grzegorz</b>	<b>42</b>	OBORYGENI	M50-59	1			00:14:49	00:29:53	00:44:55	<b>00:59:57.25</b>	+00:03:54 (6.5%)	6:30	9.2 (92.9%)
8	<b>KABATA Jarosław</b>	<b>23</b>	NORDIC SPORT 2021	M50-59	2			00:14:20	00:29:27	00:44:53	<b>01:00:23.90</b>	+00:04:21 (7.2%)	6:33	9.1 (91.9%)
9	<b>PRZYBORKIEWICZ Kriss</b>	<b>41</b>	PIERNIKI TORUŃ	M40-49	1	1		00:14:23	00:29:25	00:44:53	<b>01:00:26.70</b>	+00:04:23 (7.3%)	6:34	9.1 (91.9%)
10	<b>BIBKO Martin</b>	<b>15</b>	SPEEDBAR	M40-49	2	1		00:14:45	00:30:03	00:45:36	<b>01:01:00.10</b>	+00:04:57 (8.1%)	6:37	9 (90.9%)
11	<b>BIELECKA Zuzanna</b>	<b>16</b>	NW CZŁAPSKI TEAM	K40-49	2			00:14:58	00:30:20	00:46:00	<b>01:01:34.00</b>	+00:05:31 (9.0%)	6:41	9 (90.9%)
12	<b>CZŁAPSKI Krzysztof</b>	<b>3</b>	NW CZŁAPSKI TEAM	M50-59	3			00:14:59	00:30:15	00:45:55	<b>01:01:38.90</b>	+00:05:36 (9.1%)	6:41	9 (90.9%)
13	<b>WOJTASIŃSKI Daniel</b>	<b>63</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	3			00:14:58	00:30:37	00:46:21	<b>01:01:51.80</b>	+00:05:49 (9.4%)	6:43	8.9 (89.9%)
14	<b>BARTOSIEWICZ Łukasz</b>	<b>14</b>	LUKI TEAM POLSKA	M30-39	3			00:15:43	00:31:29	00:47:06	<b>01:02:25.25</b>	+00:06:22 (10.2%)	6:47	8.8 (88.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km			Czas netto 9.2km	Różn	Tempo min/km	Tempo km/h
								2.3km	4.6km	6.9km				
15	<b>LABUS Marzena</b>	<b>35</b>	NORDIC SPORT 2021	K30-39	1			00:15:15	00:31:05	00:46:47	<b>01:02:31.10</b>	+00:06:28 (10.4%)	6:47	8.8 (88.9%)
16	<b>CHYRA Janusz</b>	<b>18</b>	NORDIC SPORT 2021	M40-49	4	1		00:15:30	00:31:36	00:47:43	<b>01:03:27.70</b>	+00:07:24 (11.7%)	6:53	8.7 (87.9%)
17	<b>JĘDRASIAK Renata</b>	<b>8</b>	KGHM METRACO	K50-59	1			00:15:23	00:31:21	00:47:36	<b>01:03:48.05</b>	+00:07:45 (12.2%)	6:56	8.7 (87.9%)
18	<b>MĄDRY Grzegorz</b>	<b>37</b>	KIJKOWE TRZEMESZNO	M60-69	2			00:15:38	00:31:40	00:47:51	<b>01:03:52.30</b>	+00:07:49 (12.3%)	6:56	8.6 (86.9%)
19	<b>SIWAK Piotr</b>	<b>5</b>	KGHM METRACO	M60-69	3			00:15:15	00:31:16	00:47:18	<b>01:04:02.45</b>	+00:07:59 (12.5%)	6:57	8.6 (86.9%)
20	<b>RAJEK Magdalena</b>	<b>43</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:15:50	00:32:06	00:48:20	<b>01:04:24.65</b>	+00:08:21 (13.0%)	7:00	8.6 (86.9%)
21	<b>SZCZUDLIK Małgorzata</b>	<b>9</b>	KIJKOWE TRZEMESZNO	K40-49	4			00:15:59	00:32:20	00:48:50	<b>01:04:53.20</b>	+00:08:50 (13.6%)	7:03	8.5 (85.9%)
22	<b>ABRAMOWICZ Małgorzata</b>	<b>12</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:15:48	00:32:08	00:48:39	<b>01:05:08.10</b>	+00:09:05 (14.0%)	7:04	8.5 (85.9%)
23	<b>LUDWICZAK Andżelika</b>	<b>7</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	5	1		00:15:55	00:32:09	00:48:40	<b>01:05:13.95</b>	+00:09:11 (14.1%)	7:05	8.5 (85.9%)
24	<b>CZMOCH Marian</b>	<b>19</b>	PUKS JEDYNKA	M70+	1			00:16:45	00:33:35	00:50:32	<b>01:07:49.80</b>	+00:11:47 (17.4%)	7:22	8.1 (81.8%)
25	<b>KUŁAKOWSKA Halina</b>	<b>10</b>	KATOWICKI NORDIC WALKING	K40-49	6			00:16:18	00:33:20	00:50:23	<b>01:07:50.60</b>	+00:11:47 (17.4%)	7:22	8.1 (81.8%)
26	<b>SITKO Stanisław</b>	<b>47</b>		M50-59	4			00:16:22	00:33:16	00:50:32	<b>01:08:01.75</b>	+00:11:59 (17.6%)	7:23	8.1 (81.8%)
27	<b>JARUGA Beata</b>	<b>21</b>		K40-49	7			00:16:17	00:33:34	00:50:50	<b>01:08:05.10</b>	+00:12:02 (17.7%)	7:24	8.1 (81.8%)
28	<b>WIECZORKOWSKA Dagmara</b>	<b>61</b>	WYCHODZĘ Z KIJAMI	K50-59	2	1		00:16:26	00:33:32	00:50:55	<b>01:08:17.20</b>	+00:12:14 (17.9%)	7:25	8.1 (81.8%)
29	<b>CZAJKA Urszula</b>	<b>11</b>		K60-69	1	1		00:16:27	00:33:28	00:50:48	<b>01:08:25.30</b>	+00:12:22 (18.1%)	7:26	8.1 (81.8%)
30	<b>ŚLUSARCZYK Jerzy</b>	<b>55</b>	AZS AWF KRAKÓW MASTERS	M60-69	4			00:16:54	00:33:53	00:51:09	<b>01:08:31.60</b>	+00:12:28 (18.2%)	7:26	8.1 (81.8%)
31	<b>KOWACZ Agata</b>	<b>31</b>	SPEEDBAR	K40-49	8			00:16:11	00:33:15	00:51:10	<b>01:08:33.10</b>	+00:12:30 (18.2%)	7:27	8.1 (81.8%)
32	<b>KUBIAK Andrzej</b>	<b>34</b>		M70+	2			00:16:43	00:33:47	00:51:32	<b>01:09:26.75</b>	+00:13:24 (19.3%)	7:32	8 (80.8%)
33	<b>SZCZĘŚNIAK Zbigniew</b>	<b>53</b>	NORDIC TEAM CZĘSTOCHOWA	M60-69	5	1		00:16:43	00:34:08	00:51:59	<b>01:09:33.35</b>	+00:13:30 (19.4%)	7:33	7.9 (79.8%)
34	<b>ŚLUSARCZYK Grażyna</b>	<b>56</b>	AZS AWF KRAKÓW MASTERS	K50-59	3			00:17:11	00:34:41	00:52:29	<b>01:09:40.80</b>	+00:13:38 (19.6%)	7:34	7.9 (79.8%)
35	<b>SZEP CZYŃSKI Kamil</b>	<b>54</b>	SERCE NORDICA WŁOCŁAWEK	M30-39	4			00:16:56	00:34:32	00:52:20	<b>01:09:59.75</b>	+00:13:57 (19.9%)	7:36	7.9 (79.8%)
36	<b>TOMCZYK Edward</b>	<b>58</b>	MARSZ PO ZDROWIE	M70+	3	2		00:16:45	00:33:59	00:52:22	<b>01:10:34.40</b>	+00:14:31 (20.6%)	7:40	7.8 (78.8%)
37	<b>POSTEK Danuta</b>	<b>40</b>	MARSZ PO ZDROWIE	K50-59	4	1		00:17:10	00:34:42	00:52:30	<b>01:10:43.60</b>	+00:14:40 (20.8%)	7:41	7.8 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. Czer.		Laps_5km			Czas netto 9.2km	Różn	Tempo min/km	Tempo km/h
						kartki	kartki	2.3km	4.6km	6.9km				
38	<b>ŚLUSARCZYK Andrzej</b>	<b>57</b>	WESOŁY BORSUK TEAM	M70+	4			00:17:13	00:34:56	00:53:04	<b>01:10:46.55</b>	+00:14:43 (20.8%)	7:41	7.8 (78.8%)
39	<b>KAROLAK Andrzej</b>	<b>25</b>		M60-69	6	1		00:16:49	00:34:28	00:53:00	<b>01:11:15.80</b>	+00:15:13 (21.4%)	7:44	7.7 (77.8%)
40	<b>KUBIAK Maria</b>	<b>33</b>		K70+	1			00:17:15	00:35:12	00:53:26	<b>01:11:44.10</b>	+00:15:41 (21.9%)	7:47	7.7 (77.8%)
41	<b>KACZMAREK Maja</b>	<b>24</b>	IGOŚĆ	K40-49	9			00:17:17	00:35:16	00:53:51	<b>01:12:15.75</b>	+00:16:13 (22.4%)	7:51	7.6 (76.8%)
42	<b>NIEDŹWIEDŹ Ewa</b>	<b>38</b>	BŁYSKAWICE	K60-69	2	1		00:17:41	00:35:50	00:54:10	<b>01:12:35.10</b>	+00:16:32 (22.8%)	7:53	7.6 (76.8%)
43	<b>SOROKA-MITUŁA Grażyna</b>	<b>49</b>		K40-49	10			00:17:27	00:35:54	00:54:51	<b>01:13:25.45</b>	+00:17:22 (23.7%)	7:58	7.5 (75.8%)
44	<b>ŁOPIŃSKI Aleksy</b>	<b>36</b>	FABRYKA NORDICA TRZCIANKA	M70+	5	2		00:18:29	00:37:08	00:55:51	<b>01:14:43.00</b>	+00:18:40 (25.0%)	8:07	7.4 (74.7%)
45	<b>RODZIEWICZ Wioletta</b>	<b>45</b>		K50-59	5			00:18:18	00:37:44	00:56:52	<b>01:16:20.80</b>	+00:20:18 (26.6%)	8:17	7.2 (72.7%)
46	<b>SAPUŁA Wiktoria</b>	<b>46</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:18:23	00:37:30	00:57:10	<b>01:16:30.20</b>	+00:20:27 (26.7%)	8:18	7.2 (72.7%)
47	<b>KASPEREK Edyta</b>	<b>26</b>	NW CZŁAPSKI TEAM	K40-49	11			00:18:21	00:37:53	00:57:35	<b>01:17:15.45</b>	+00:21:12 (27.5%)	8:23	7.1 (71.7%)
48	<b>PIEŃKOWSKA Urszula</b>	<b>39</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	12			00:18:27	00:37:57	00:57:42	<b>01:17:28.75</b>	+00:21:26 (27.7%)	8:25	7.1 (71.7%)
49	<b>WOJTYCZKA Alicja</b>	<b>65</b>	NORDIC SPORT 2021	K60-69	3			00:18:51	00:38:31	00:57:58	<b>01:17:51.55</b>	+00:21:48 (28.0%)	8:27	7.1 (71.7%)
50	<b>WANDTKE Antoni</b>	<b>59</b>		M70+	6	1		00:18:59	00:38:38	00:58:18	<b>01:18:05.75</b>	+00:22:03 (28.2%)	8:29	7.1 (71.7%)
51	<b>WYPYCH Aneta</b>	<b>224</b>	NW CZŁAPSKI TEAM	K50-59	6			00:19:26	00:39:32	00:59:10	<b>01:18:28.50</b>	+00:22:25 (28.6%)	8:31	7 (70.7%)
52	<b>KOSTRZEWA Maciek</b>	<b>29</b>	NW CZŁAPSKI TEAM	M50-59	5			00:19:08	00:39:23	00:59:08	<b>01:18:40.15</b>	+00:22:37 (28.8%)	8:33	7 (70.7%)
53	<b>CHOLEWKA Jolanta</b>	<b>17</b>	MARSZ PO ZDROWIE	K60-69	4			00:19:49	00:40:02	01:00:19	<b>01:21:11.75</b>	+00:25:09 (31.0%)	8:49	6.8 (68.7%)
54	<b>KOSTRZEWA Ela</b>	<b>30</b>	NW CZŁAPSKI TEAM	K50-59	7			00:19:51	00:40:12	01:01:14	<b>01:21:55.55</b>	+00:25:52 (31.6%)	8:54	6.7 (67.7%)
55	<b>REHLIS Aleksander</b>	<b>44</b>	WYCHODZĘ Z KIJAMI	M30-39	5			00:19:55	00:41:11	01:01:52	<b>01:22:22.45</b>	+00:26:19 (32.0%)	8:57	6.7 (67.7%)
56	<b>STATNIK Tomasz</b>	<b>50</b>	GMINA SUCHY LAS	M60-69	7	1		00:19:30	00:39:58	01:01:15	<b>01:22:39.40</b>	+00:26:36 (32.2%)	8:59	6.7 (67.7%)
57	<b>STATNIK Genowefa</b>	<b>51</b>	GMINA SUCHY LAS	K70+	2	1		00:19:39	00:40:02	01:01:10	<b>01:22:43.40</b>	+00:26:40 (32.2%)	8:59	6.7 (67.7%)
58	<b>JÓŹWIAK Dominik</b>	<b>22</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	2			00:22:45	00:47:27	01:13:04	<b>01:38:53.45</b>	+00:42:50 (43.3%)	10:44	5.6 (56.6%)
	<b>DOBOSZ Anna</b>	<b>20</b>	NW CZŁAPSKI TEAM	K50-59				00:18:50 DNF	00:39:34 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KĘPA Andrzej</b>	<b>28</b>		M70+				00:17:21 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 60 wynik(ów)