



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

B4SPORT

**Event:** Polish Nordic Walking Cup 10/1  
**Organiser:** Polskie Zrzeszenie Nordic Walking  
**Date:** 2022-04-30  
**Place:** Koszalin  
**Distance:** 10 km



Classification: OPEN -M

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.3km	Laps_5km 4.6km	6.9km	Net time 9.2km	Gap	Pace min/km	Pace 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>PRZYSTARZ 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%)
6	<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%)
7	<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%)
8	<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%)
9	<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%)
10	<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%)
11	<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%)
12	<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%)
13	<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%)
14	<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%)

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15	<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%)
16	<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%)
17	<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%)
18	<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%)
19	<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%)
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<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%)
26	<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%)
27	<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%)
28	<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%)
29	<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>KĘPA Andrzej</b>	<b>28</b>		M70+				00:17:21 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Total 30 results.