



ENEA POLISH NORDIC WALKING CUP - LATOSZYN - 10KM - 8/10

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 8/10 Latoszyn
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-07-31
Miejsce: LATOSZYN
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap 2.5km 2.5km	Laps_5km 5km	Lap 7.5km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	42	KNB MOSIR KROSNO	M30-39	1			00:14:40	00:29:39	00:45:06	01:00:48.65		6:04	9.9 (100%)
2	MARCZAK Tomasz	21	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:15:15	00:30:25	00:45:49	01:01:48.35	+00:00:59 (1.6%)	6:10	9.7 (98.0%)
3	WOJTOWICZ Tomasz	41	LUKI TEAM POLSKA	M30-39	2	1		00:15:00	00:30:19	00:46:06	01:02:42.75	+00:01:54 (3.0%)	6:16	9.6 (97.0%)
4	SKIBA Krzysztof	30	KGHM METRACO	M60-69	1			00:15:13	00:30:54	00:47:05	01:04:04.40	+00:03:15 (5.1%)	6:24	9.4 (94.9%)
5	ZACZYŃSKA-SKIBA Anna	39	KGHM METRACO	K40-49	1			00:16:38	00:33:06	00:49:56	01:07:04.80	+00:06:16 (9.3%)	6:42	8.9 (89.9%)
6	BARTOSIEWICZ Łukasz	2	LUKI TEAM POLSKA	M30-39	3	1		00:16:52	00:33:39	00:50:47	01:07:55.65	+00:07:07 (10.5%)	6:47	8.8 (88.9%)
7	ZYCH Witold	40		M50-59	1			00:16:52	00:33:48	00:51:03	01:07:58.20	+00:07:09 (10.5%)	6:47	8.8 (88.9%)
8	JUREK Adam	15	KGHM METRACO	M60-69	2			00:16:44	00:33:44	00:51:08	01:08:17.20	+00:07:28 (10.9%)	6:49	8.8 (88.9%)
9	WOJTASIŃSKI Daniel	37	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:16:43	00:33:45	00:51:09	01:08:22.10	+00:07:33 (11.1%)	6:50	8.8 (88.9%)
10	KABATA Jarosław	16	NORDIC SPORT 2021	M50-59	2			00:16:46	00:33:48	00:51:30	01:08:45.15	+00:07:56 (11.6%)	6:52	8.7 (87.9%)
11	CHYRA Janusz	5	NORDIC SPORT 2021	M40-49	2			00:17:03	00:34:18	00:51:39	01:08:46.55	+00:07:57 (11.6%)	6:52	8.7 (87.9%)
12	BIELECKA Zuzanna	4	NW CZŁAPSKI TEAM	K40-49	2			00:16:40	00:33:42	00:51:29	01:09:23.60	+00:08:34 (12.4%)	6:56	8.6 (86.9%)
13	SIWAK Piotr	29	KGHM METRACO	M60-69	3			00:17:10	00:34:46	00:52:41	01:10:41.20	+00:09:52 (14.0%)	7:04	8.5 (85.9%)
14	LABUS Marzena	19	NORDIC SPORT 2021	K30-39	1	1		00:17:03	00:34:44	00:52:33	01:10:44.50	+00:09:55 (14.0%)	7:04	8.5 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap	Laps_5km	Lap	Czas	Różn	Tempo min/km	Tempo km/h
								2.5km 2.5km	5km 5km	7.5km 7.5km	netto 10km			
15	CZŁAPSKI Krzysztof	7	NW CZŁAPSKI TEAM	M50-59	3			00:17:25	00:35:20	00:53:37	01:11:47.50	+00:10:58 (15.3%)	7:10	8.4 (84.8%)
16	MĄDRY Grzegorz	22	KIJKOWE TRZEMESZNO	M60-69	4	1		00:17:48	00:35:54	00:54:12	01:11:57.50	+00:11:08 (15.5%)	7:11	8.3 (83.8%)
17	BIBKO Martin	3	SPEEDBAR	M40-49	3			00:17:00	00:34:58	00:54:06	01:12:59.25	+00:12:10 (16.7%)	7:17	8.2 (82.8%)
18	JĘDRASIAK Renata	12	KGHM METRACO	K50-59	1	1		00:17:31	00:35:53	00:54:30	01:13:00.50	+00:12:11 (16.7%)	7:18	8.2 (82.8%)
19	RAJEK Magdalena	27	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:18:21	00:36:36	00:55:11	01:13:48.55	+00:12:59 (17.6%)	7:22	8.1 (81.8%)
20	SZCZUDLIK Małgorzata	35	PERŁY PODKARPACIA	K40-49	4			00:18:09	00:36:35	00:55:20	01:14:30.80	+00:13:42 (18.4%)	7:27	8.1 (81.8%)
21	KOWACZ Agata	17	SPEEDBAR	K40-49	5			00:18:10	00:37:00	00:56:15	01:15:25.20	+00:14:36 (19.4%)	7:32	8 (80.8%)
22	FRANCZAK Małgorzata	9	NW CZŁAPSKI TEAM	K18-29	1			00:18:47	00:37:46	00:57:03	01:16:21.70	+00:15:33 (20.4%)	7:38	7.9 (79.8%)
23	NYKIEL Jarosław	24		M50-59	4	1		00:18:24	00:37:22	00:57:23	01:17:04.05	+00:16:15 (21.1%)	7:42	7.8 (78.8%)
24	ŚLUSARCZYK Andrzej	36	WESOŁY BORSUK TEAM	M70+	1			00:19:25	00:38:33	00:58:20	01:17:40.25	+00:16:51 (21.7%)	7:46	7.7 (77.8%)
25	CZMOCH Marian	8	PUKS JEDYNKA	M70+	2	1		00:19:36	00:39:01	00:58:47	01:17:55.25	+00:17:06 (22.0%)	7:47	7.7 (77.8%)
26	BALIŚ Andrzej	1		M30-39	4	2		00:18:47	00:38:27	00:58:18	01:18:39.00	+00:17:50 (22.7%)	7:51	7.6 (76.8%)
27	KUŁAKOWSKA Halina	18	KATOWICKI NORDIC WALKING	K40-49	6	1		00:19:04	00:38:50	00:58:47	01:19:05.20	+00:18:16 (23.1%)	7:54	7.6 (76.8%)
28	CZAJKA Urszula	6		K60-69	1	1		00:19:16	00:39:05	00:59:11	01:19:33.80	+00:18:45 (23.6%)	7:57	7.5 (75.8%)
29	SZCZĘŚNIAK Zbigniew	34	NORDIC TEAM CZĘSTOCHOWA	M60-69	5			00:19:38	00:39:41	01:00:15	01:20:31.00	+00:19:42 (24.5%)	8:03	7.5 (75.8%)
30	PIĘNKOWSKA Urszula	26	SERCE NORDICA WŁOCLAWEK	K40-49	7			00:19:53	00:40:23	01:00:49	01:21:24.55	+00:20:35 (25.3%)	8:08	7.4 (74.7%)
31	FRANCZAK Dariusz	11	NW CZŁAPSKI TEAM	M50-59	5			00:20:22	00:41:18	01:02:26	01:23:37.75	+00:22:49 (27.3%)	8:21	7.2 (72.7%)
32	SOROKA-MITUŁA Grażyna	32		K40-49	8	1		00:21:19	00:42:31	01:03:58	01:25:17.90	+00:24:29 (28.7%)	8:31	7 (70.7%)
33	JÓZWIAK Łukasz	14	SERCE NORDICA WŁOCLAWEK	M50-59	6	1		00:21:37	00:44:08	01:06:09	01:28:43.55	+00:27:54 (31.5%)	8:52	6.8 (68.7%)
34	WOJTYCZKA Alicja	38	NORDIC SPORT 2021	K60-69	2			00:22:25	00:45:00	01:07:48	01:30:29.30	+00:29:40 (32.8%)	9:02	6.6 (66.7%)
35	SAPUŁA Wiktoria	28	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:22:58	00:45:34	01:08:22	01:31:02.30	+00:30:13 (33.2%)	9:06	6.6 (66.7%)
36	SOKÓŁ Anna	31	CZARNE GRYFY	K40-49	9	1		00:22:14	00:45:33	01:08:39	01:32:24.15	+00:31:35 (34.2%)	9:14	6.5 (65.7%)
37	NYKIEL Elżbieta	25		K50-59	2			00:22:32	00:46:00	01:09:29	01:32:58.05	+00:32:09 (34.6%)	9:17	6.5 (65.7%)

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38	NIEMIEC Grzegorz	23		M40-49	4			00:21:41	00:44:57	01:08:32	01:33:08.65	+00:32:20 (34.7%)	9:18	6.4 (64.6%)
39	STANKOWSKA Marzena	33	KIJKOWE TRZEMESZNO	K40-49	10			00:22:47	00:46:16	01:10:04	01:34:36.55	+00:33:47 (35.7%)	9:27	6.3 (63.6%)
40	FRANCZAK Anna	10	NW CZŁAPSKI TEAM	K50-59	3			00:23:45	00:48:22	01:13:06	01:37:00.10	+00:36:11 (37.3%)	9:42	6.2 (62.6%)

Znaleziono 40 wynik(ów)