



ENEA POLISH NORDIC WALKING CUP - LATOSZYN - 5KM - 8/10

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 8/10 Latoszyn
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-07-31
Miejsce: LATOSZYN
Dystans: 5 km



Klasyfikacja: Wszyscy

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	157		M50-54	1			00:14:43	00:29:38.40		5:55	10.1 (100%)
2	WOJTOWICZ Tomasz	163	LUKI TEAM POLSKA	M30-39	1			00:14:44	00:29:44.40	+00:00:06 (0.3%)	5:56	10.1 (100%)
3	NIEPOKÓJ Radosław	108	GMINA MIEJSCE PIASTOWE	M30-39	2			00:14:45	00:30:35.70	+00:00:57 (3.1%)	6:07	9.8 (97.0%)
4	SOSNOWSKA Agnieszka	133	KABEX PODKOWA JANÓW	K30-39	1			00:15:19	00:31:00.40	+00:01:22 (4.4%)	6:12	9.7 (96.0%)
5	SKIBA Krzysztof	128	KGHM METRACO	M60-64	1			00:15:30	00:31:26.60	+00:01:48 (5.7%)	6:17	9.5 (94.1%)
6	WILUSZ Erwina	156	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	K30-39	2			00:15:20	00:31:32.85	+00:01:54 (6.0%)	6:18	9.5 (94.1%)
7	SOKOŁOWSKI Marek	131	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	M55-59	1			00:16:10	00:32:14.45	+00:02:36 (8.1%)	6:26	9.3 (92.1%)
8	NOSAL Marek	109		M50-54	2			00:16:13	00:32:19.65	+00:02:41 (8.3%)	6:27	9.3 (92.1%)
9	MISZTAL Grzegorz	105	MASZYCANKA MASZYCE	M30-39	3			00:15:52	00:32:24.90	+00:02:46 (8.6%)	6:28	9.3 (92.1%)
10	MARCZAK Tomasz	103	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:16:03	00:32:28.80	+00:02:50 (8.7%)	6:29	9.2 (91.1%)
11	ZACZYŃSKA-SKIBA Anna	160	KGHM METRACO	K40-44	1			00:16:26	00:32:59.10	+00:03:20 (10.1%)	6:35	9.1 (90.1%)
12	BIELECKA Zuzanna	63	NW CZŁAPSKI TEAM	K40-44	2			00:16:27	00:33:14.95	+00:03:36 (10.9%)	6:38	9 (89.1%)
13	OLSZAŃSKI Karol	111	FEAR THE RETURN	M45-49	1			00:16:25	00:33:32.65	+00:03:54 (11.6%)	6:42	8.9 (88.1%)
14	BREWKA Joachim	64	NORDIC SPORT 2021	M55-59	2	2		00:16:32	00:33:33.95	+00:03:55 (11.7%)	6:42	8.9 (88.1%)

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
15	FRAĆKOWIAK Roman	78	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:16:37	00:33:34.60	+00:03:56 (11.7%)	6:42	8.9 (88.1%)
16	PARZYBUT Jan	114	POSTĘP PNIEWY TEAM	M55-59	3			00:16:50	00:33:37.80	+00:03:59 (11.9%)	6:43	8.9 (88.1%)
17	WOJTASIŃSKI Daniel	159	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:16:42	00:34:07.35	+00:04:28 (13.1%)	6:49	8.8 (87.1%)
18	STĘPAK Piotr	135		M18-29	2			00:17:09	00:34:11.05	+00:04:32 (13.3%)	6:50	8.8 (87.1%)
19	PASIERB Marek	115	PTG SOKÓŁ 1893 MIELEC	M65-69	1			00:16:56	00:34:20.70	+00:04:42 (13.7%)	6:52	8.7 (86.1%)
20	BIBKO Martin	62	SPEEDBAR	M45-49	2			00:17:09	00:34:41.50	+00:05:03 (14.6%)	6:56	8.6 (85.1%)
21	KRAKOWSKI Jerzy Piotr	99	PERŁY PODKARPACIA	M55-59	4			00:17:16	00:34:42.25	+00:05:03 (14.6%)	6:56	8.6 (85.1%)
22	KLAWCZYŃSKI Marcin	95	AKTYWNIE W PNIEWACH	M30-39	4			00:17:22	00:35:01.55	+00:05:23 (15.4%)	7:00	8.6 (85.1%)
23	CIEŚLUK Marcin	66	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	1			00:17:20	00:35:09.50	+00:05:31 (15.7%)	7:01	8.5 (84.2%)
24	GRUSZKA Michał	85	NORDIC SPORT 2021	M18-29	3	2		00:17:23	00:35:21.75	+00:05:43 (16.2%)	7:04	8.5 (84.2%)
25	DOMARADZKI Tomasz	73	ACTIVE TEAM KOZŁÓW	M40-44	2			00:17:40	00:35:27.15	+00:05:48 (16.4%)	7:05	8.5 (84.2%)
26	KARPIENIA Ewa	94	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:17:28	00:35:30.20	+00:05:51 (16.5%)	7:06	8.5 (84.2%)
27	SŁOWIK Jan	130		M- Niepełnosprawni(A)	2	1		00:17:41	00:35:34.95	+00:05:56 (16.7%)	7:06	8.4 (83.2%)
28	MAŚLANKA Iwona	104	MARSZ PO ZDROWIE	K50-54	2			00:17:41	00:35:40.95	+00:06:02 (16.9%)	7:08	8.4 (83.2%)
29	ŚLUSARCZYK Marcin	144	WESOŁY BORSUK TEAM	M40-44	3			00:17:27	00:35:41.40	+00:06:03 (17.0%)	7:08	8.4 (83.2%)
30	PINIS Agnieszka	119	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:17:39	00:35:54.95	+00:06:16 (17.5%)	7:10	8.4 (83.2%)
31	KOSMAŁA Aneta	96	NORDIC SPORT 2021	K40-44	3			00:18:01	00:36:15.70	+00:06:37 (18.3%)	7:15	8.3 (82.2%)
32	DUSZEŃKO Zygmunt	75	KGHM METRACO	M- Niepełnosprawni(A)	3			00:18:01	00:36:20.65	+00:06:42 (18.4%)	7:16	8.3 (82.2%)
33	ZDRZAŁEK Alicja	162	NORDIC SPORT 2021	K40-44	4			00:18:03	00:36:28.15	+00:06:49 (18.7%)	7:17	8.2 (81.2%)
34	PASIŃSKA-SKOWRON Sylwia	116	PRUSZYŃSKI SPORT TEAM- MASZYCANKA MASZYCE	K45-49	2			00:18:01	00:36:42.60	+00:07:04 (19.3%)	7:20	8.2 (81.2%)
35	SZYMAŃSKI Stefan	143	XV KOŁO PZERII DYWITY	M75-79	1			00:18:37	00:36:55.45	+00:07:17 (19.7%)	7:23	8.1 (80.2%)
36	GRUSZKA Michał	84	NORDIC SPORT 2021	M45-49	3	1		00:18:18	00:37:06.85	+00:07:28 (20.1%)	7:25	8.1 (80.2%)
37	JÓŹWIAK Marianna	92	SERCE NORDICA WŁOCŁAWEK	K45-49	3			00:18:17	00:37:10.55	+00:07:32 (20.3%)	7:26	8.1 (80.2%)

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38	GIEŁBAGA Aneta	82		K45-49	4			00:18:37	00:37:20.85	+00:07:42 (20.6%)	7:28	8 (79.2%)
39	KOWACZ Agata	97	SPEEDBAR	K40-44	5			00:18:29	00:37:26.80	+00:07:48 (20.8%)	7:29	8 (79.2%)
40	WALCZAK Grzegorz	151		M45-49	4			00:18:26	00:37:44.05	+00:08:05 (21.5%)	7:32	8 (79.2%)
41	KRIGER Roman	100	MAPEI POLSKA	M60-64	2			00:18:55	00:37:46.05	+00:08:07 (21.5%)	7:33	7.9 (78.2%)
42	KOWALCZYK Tadeusz	98	LUX TORPEDA MAŁOPOLSKA	M65-69	2			00:18:50	00:37:50.50	+00:08:12 (21.7%)	7:34	7.9 (78.2%)
43	SONDEJ Wiesław	132	PERŁY PODKARPACIA	M60-64	3			00:18:54	00:38:09.75	+00:08:31 (22.3%)	7:37	7.9 (78.2%)
44	FRANCZAK Małgorzata	170	NW CZŁAPSKI TEAM	K18-29	1			00:18:42	00:38:21.90	+00:08:43 (22.7%)	7:40	7.8 (77.2%)
45	CZMOCH Marian	71	PUKS JEDYNKA	M70-74	1			00:18:59	00:38:28.40	+00:08:50 (23.0%)	7:41	7.8 (77.2%)
46	GUTOWSKA Magda	88	PAUL TEAM	K45-49	5			00:19:03	00:38:35.55	+00:08:57 (23.2%)	7:43	7.8 (77.2%)
47	STYGA Krystyna	202	KKNW KOLBUSZOWA	K60-64	1			00:19:02	00:38:41.35	+00:09:02 (23.4%)	7:44	7.8 (77.2%)
48	ZAWADZKI Krzysztof	161	WETERAN	M- Niepełnosprawni(B)	1			00:19:30	00:39:13.15	+00:09:34 (24.4%)	7:50	7.6 (75.2%)
49	CZARNOTA Andrzej	68	Z NURTEM SAWY NORDIC WALKING KLUB	M65-69	3			00:19:40	00:39:29.45	+00:09:51 (24.9%)	7:53	7.6 (75.2%)
50	SZUKAŁA Rafał	139	PERŁY PODKARPACIA	M45-49	5			00:19:50	00:39:38.60	+00:10:00 (25.2%)	7:55	7.6 (75.2%)
51	ŚLUSARCZYK Grzegorz	145	WESOŁY BORSUK TEAM	M45-49	6			00:19:29	00:39:43.60	+00:10:05 (25.4%)	7:56	7.6 (75.2%)
52	GRYGOROWICZ Bogdan	87	KGHM METRACO	M- Niepełnosprawni(B)	2			00:19:41	00:39:57.80	+00:10:19 (25.8%)	7:59	7.5 (74.3%)
53	PIĘNKOWSKA Urszula	118	SERCE NORDICA WŁOCŁAWEK	K40-44	6			00:19:52	00:39:59.10	+00:10:20 (25.9%)	7:59	7.5 (74.3%)
54	WNEK Ewa	158	KGHM METRACO	K65-69	1			00:19:57	00:40:05.85	+00:10:27 (26.1%)	8:01	7.5 (74.3%)
55	GAŁKOWSKA Elżbieta	80	KGHM METRACO	K65-69	2			00:20:00	00:40:08.15	+00:10:29 (26.2%)	8:01	7.5 (74.3%)
56	CZEKRYSEW Andrzej	70	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	4			00:19:49	00:40:09.15	+00:10:30 (26.2%)	8:01	7.5 (74.3%)
57	PLUTO-PRĄDZYŃSKA Anna	121	SERCE NORDICA WŁOCŁAWEK	K30-39	3			00:19:59	00:40:17.75	+00:10:39 (26.4%)	8:03	7.4 (73.3%)
58	LEGOCKA - WALCZAK Kinga	101		K45-49	6			00:20:01	00:40:19.30	+00:10:40 (26.5%)	8:03	7.4 (73.3%)
59	SAPUŁA Wiktoria	127	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:20:16	00:40:28.45	+00:10:50 (26.8%)	8:05	7.4 (73.3%)
60	SKRZĄTEK Lucyna	129	NORDIC SPORT 2021	K50-54	3			00:20:17	00:40:39.80	+00:11:01 (27.1%)	8:07	7.4 (73.3%)

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61	DAROSZEWSKA Krystyna	72	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:20:16	00:40:51.25	+00:11:12 (27.4%)	8:10	7.3 (72.3%)
62	NIEDŹWIECKA Małgorzata	107	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			00:20:08	00:41:00.20	+00:11:21 (27.7%)	8:12	7.3 (72.3%)
63	FRANCZAK Dariusz	77	NW CZŁAPSKI TEAM	M55-59	5			00:20:55	00:41:06.95	+00:11:28 (27.9%)	8:13	7.3 (72.3%)
64	WIĘCŁAW Tomasz	152		M45-49	7	2		00:19:39	00:41:12.00	+00:11:33 (28.1%)	8:14	7.3 (72.3%)
65	ŚLUSARCZYK Karolina	149	WESOŁY BORSUK TEAM	K18-29	3			00:20:16	00:41:13.55	+00:11:35 (28.1%)	8:14	7.3 (72.3%)
66	TOMASZEWSKI Karol	166	KKNW KOLBUSZOWA	M-Jun.	1	1		00:19:43	00:41:26.75	+00:11:48 (28.5%)	8:17	7.2 (71.3%)
67	ŚLUSARCZYK Andrzej	146	WESOŁY BORSUK TEAM	M70-74	2			00:20:34	00:41:28.40	+00:11:50 (28.5%)	8:17	7.2 (71.3%)
68	SZYBUT Weronika	141	POTĘGA NORDICA	K-Dzieci	1			00:21:10	00:41:42.85	+00:12:04 (28.9%)	8:20	7.2 (71.3%)
69	THOMALLA Bogdan	150	EKIPA NA KIJACH	M80+	1	1		00:20:47	00:42:02.65	+00:12:24 (29.5%)	8:24	7.1 (70.3%)
70	HANUS Joanna	89	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:20:37	00:42:03.40	+00:12:25 (29.5%)	8:24	7.1 (70.3%)
71	MAJEWSKI Jan	102	GORZYCE CHODZI Z KIJKAMI	M70-74	3			00:21:08	00:42:32.45	+00:12:54 (30.3%)	8:30	7.1 (70.3%)
72	PODORSKI Roman	123		M80+	2			00:21:00	00:42:38.15	+00:12:59 (30.5%)	8:31	7 (69.3%)
73	GRYGOROWICZ Teresa	86	KGHM METRACO	K70-74	1			00:21:19	00:42:58.40	+00:13:20 (31.0%)	8:35	7 (69.3%)
74	PRACKI Zbigniew	125	SERCE NORDICA WŁOCŁAWEK	M55-59	6			00:21:29	00:43:08.15	+00:13:29 (31.3%)	8:37	7 (69.3%)
75	CZARNOTA Wanda	69		K60-64	3			00:21:24	00:43:08.45	+00:13:30 (31.3%)	8:37	7 (69.3%)
76	DYBEŁ Agnieszka	76	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			00:21:14	00:43:10.85	+00:13:32 (31.4%)	8:38	6.9 (68.3%)
77	ROMANIUK Grzegorz	207	KKNW KOLBUSZOWA	M55-59	7			00:22:35	00:43:53.40	+00:14:15 (32.5%)	8:46	6.8 (67.3%)
78	ADAMOWICZ Andrzej	61		M75-79	2			00:21:44	00:43:57.60	+00:14:19 (32.6%)	8:47	6.8 (67.3%)
79	JÓŹWIAK Łukasz	93	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:22:03	00:44:08.35	+00:14:29 (32.8%)	8:49	6.8 (67.3%)
80	JAKUBOWSKI Zbigniew	164		M70-74	4			00:22:06	00:44:51.75	+00:15:13 (33.9%)	8:58	6.7 (66.3%)
81	PLUTO-PRĄDZYŃSKA Klaudia	120	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	2			00:22:13	00:45:59.35	+00:16:20 (35.6%)	9:11	6.5 (64.4%)
82	WILK Iwona	155	NORDIC SPORT 2021	K45-49	7			00:22:52	00:46:12.70	+00:16:34 (35.9%)	9:14	6.5 (64.4%)
83	GOLECKA Agnieszka	83		K45-49	8			00:22:59	00:46:20.20	+00:16:41 (36.0%)	9:16	6.5 (64.4%)

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84	SZYMAŃSKA Lucyna	142	XV KOŁO PZERII DYWITY	K70-74	2			00:23:07	00:46:55.70	+00:17:17 (36.8%)	9:23	6.4 (63.4%)
85	SUDOŁ Maria	205	KKNW KOLBUSZOWA	K65-69	4			00:23:27	00:47:16.05	+00:17:37 (37.3%)	9:27	6.3 (62.4%)
86	NERC Dorota	106		K60-64	4			00:23:14	00:47:22.40	+00:17:44 (37.4%)	9:28	6.3 (62.4%)
87	WIKTOR Irena	153	KLUB SPORTOWY ISKRA MIELEC	K65-69	5			00:24:05	00:47:34.25	+00:17:55 (37.7%)	9:30	6.3 (62.4%)
88	SZNAJDER Teresa	137		K65-69	6			00:23:49	00:47:39.80	+00:18:01 (37.8%)	9:31	6.3 (62.4%)
89	GANCARZ Zbigniew	81	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	4			00:21:37	00:48:04.85	+00:18:26 (38.4%)	9:36	6.2 (61.4%)
90	PLUTO-PRĄDZYŃSKI Kacper	122	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	1			00:23:32	00:48:41.75	+00:19:03 (39.1%)	9:44	6.2 (61.4%)
91	TOMASZEWSKA Róża	165		K-Dzieci	2	2		00:22:46	00:49:25.95	+00:19:47 (40.0%)	9:53	6.1 (60.4%)
92	SZYBUT Roma	140	POTĘGA NORDICA	K30-39	4			00:24:48	00:50:22.10	+00:20:43 (41.2%)	10:04	6 (59.4%)
93	ŚLUSARCZYK Danuta	148	WESOŁY BORSUK TEAM	K70-74	3	1		00:24:40	00:50:47.95	+00:21:09 (41.7%)	10:09	5.9 (58.4%)
94	GRYGORYANTS Eugeniy	208	KKNW KOLBUSZOWA	M40-44	4	1		00:25:08	00:51:22.10	+00:21:43 (42.3%)	10:16	5.8 (57.4%)
95	DUSZEŃKO Elwira	74	KGHM METRACO	K- Niepełnosprawni(A)	2			00:25:26	00:51:53.55	+00:22:15 (42.9%)	10:22	5.8 (57.4%)
96	KOŁODZIEJ Halina	209	KKNW KOLBUSZOWA	K70-74	4			00:26:05	00:52:08.10	+00:22:29 (43.1%)	10:25	5.8 (57.4%)
97	ŚLUSARCZYK Błażej	147	WESOŁY BORSUK TEAM	M-Dzieci	2			00:26:14	00:52:14.90	+00:22:36 (43.3%)	10:26	5.7 (56.4%)
98	PRACKA Katarzyna	124	SERCE NORDICA WŁOCŁAWEK	K50-54	4			00:26:17	00:53:00.20	+00:23:21 (44.1%)	10:36	5.7 (56.4%)
99	PIĄTKOWSKI Józef	117	KGHM METRACO	M75-79	3			00:28:11	00:55:39.55	+00:26:01 (46.7%)	11:07	5.4 (53.5%)
100	STUDNICKI Ryszard	211	KKNW KOLBUSZOWA	M75-79	4			00:28:09	00:57:15.85	+00:27:37 (48.2%)	11:27	5.2 (51.5%)
101	PANKIEWICZ-DMOWSKA Cecylia	113		K70-74	5			00:28:43	00:58:30.00	+00:28:51 (49.3%)	11:42	5.1 (50.5%)
102	ORZECHOWSKI Grzegorz	201	KKNW KOLBUSZOWA	M40-44	5			00:28:55	00:58:55.80	+00:29:17 (49.7%)	11:47	5.1 (50.5%)
103	WIKTOR Dawid	154	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	5			00:30:05	01:06:03.15	+00:36:24 (55.1%)	13:12	4.5 (44.6%)
DQ	CYRUS Bogdan	67	SILESIA NORDIC TEAM	M50-54			1	00:14:43 DQ	00:29:38.70 DQ		0:00	10.1 (100%)
DQ	OKRZESIK-FRĄCKOWIAK Izabela	110	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54			1	00:18:17 DQ	00:37:10.25 DQ		0:00	8.1 (80.2%)
DQ	SZNAJDER Zenon	138		M70-74		1	1	00:21:26 DQ	00:42:49.60 DQ		0:00	7 (69.3%)
DQ	GAJEWSKI Eugeniusz	79	KGHM METRACO	M65-69			1	00:17:22 DQ	DQ			(0.0%)

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
DQ	ORZEŁ Magdalena	112		K18-29			1	DQ	DQ			(0.0%)
	KRÓL Grażyna	204	KKNW KOLBUSZOWA	K65-69				00:26:57 DNF	DNF		-	- (0.0%)
	KOZAK Teresa	203	KKNW KOLBUSZOWA	K60-64				00:27:18 DNF	DNF		-	- (0.0%)
	KOCZUR Dorota	210	KKNW KOLBUSZOWA	K65-69				00:32:44 DNF	DNF		-	- (0.0%)
	MAZON Czesława	206	KKNW KOLBUSZOWA	K65-69				00:32:49 DNF	DNF		-	- (0.0%)

Znaleziono 112 wynik(ów)