



ENEA POLISH NORDIC WALKING CUP - MIELNO - 5KM - 10/2

B4SPORT

Event: Polish Nordic Walking Cup 10/2
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2022-05-01
Place: Mielno
Distance: 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5.25km	Gap	Pace min/km	Pace km/h
1	WITUCKI Jacek	232		M50-54	1			00:32:10.95		6:07	9.8 (100%)
2	STĘPAK Piotr	203		M18-29	1			00:32:55.70	+00:00:44 (2.3%)	6:16	9.6 (98.0%)
3	WOJTOWICZ Tomasz	235	LUKI TEAM POLSKA	M30-39	1			00:33:27.00	+00:01:16 (3.8%)	6:22	9.4 (95.9%)
4	OLSZAŃSKI Karol	170	FEAR THE RETURN	M45-49	1			00:34:17.50	+00:02:06 (6.2%)	6:31	9.2 (93.9%)
5	ROŻYNEK Miron	191	KGHM METRACO	M55-59	1			00:34:24.40	+00:02:13 (6.5%)	6:33	9.2 (93.9%)
6	BRZOZOWSKI Piotr	90	AKTYWNI POSTOMINO	M30-39	2			00:34:28.25	+00:02:17 (6.6%)	6:33	9.1 (92.9%)
7	FRAĆKOWIAK Roman	104	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	2			00:34:35.60	+00:02:24 (7.0%)	6:35	9.1 (92.9%)
8	LUDWICZAK Dariusz	153	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:34:36.40	+00:02:25 (7.0%)	6:35	9.1 (92.9%)
9	SKIBA Krzysztof	198	KGHM METRACO	M60-64	1			00:34:47.80	+00:02:36 (7.5%)	6:37	9.1 (92.9%)
10	WOROCH Roman	236	KGHM METRACO	M60-64	2			00:35:07.25	+00:02:56 (8.4%)	6:41	9 (91.8%)
11	KOPCZEWSKI Dariusz	135		M55-59	2			00:35:15.00	+00:03:04 (8.7%)	6:42	8.9 (90.8%)
12	GAJEWSKI Eugeniusz	105	KGHM METRACO	M65-69	1			00:35:26.85	+00:03:15 (9.2%)	6:44	8.9 (90.8%)
13	KOWALAK Robert	138	PARKRUN JEZIORO SWARZĘDZKIE	M30-39	3			00:35:27.10	+00:03:16 (9.2%)	6:45	8.9 (90.8%)
14	MISZTAL Grzegorz	161	MASZYCANKA MASZYCE	M30-39	4			00:35:33.20	+00:03:22 (9.5%)	6:46	8.9 (90.8%)
15	PARZYBUT Jan	175	POSTĘP PNIEWY TEAM	M55-59	3			00:35:38.35	+00:03:27 (9.7%)	6:47	8.8 (89.8%)

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16	HELWICH Stefan	118	KGHM METRACO	M65-69	2			00:35:44.50	+00:03:33 (10.0%)	6:48	8.8 (89.8%)
17	MAŚLANKA Jacek	158		M55-59	4			00:35:45.85	+00:03:34 (10.0%)	6:48	8.8 (89.8%)
18	BREWKA Joachim	87	NORDIC SPORT 2021	M55-59	5			00:36:18.30	+00:04:07 (11.4%)	6:54	8.7 (88.8%)
19	WOJTASIŃSKI Daniel	233	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:36:24.40	+00:04:13 (11.6%)	6:56	8.7 (88.8%)
20	MARCZAK Tomasz	155	NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:36:37.65	+00:04:26 (12.1%)	6:58	8.6 (87.8%)
21	SANIUK Edward	195	FACE NORDIC WALKING TEAM	M70-74	1			00:36:49.75	+00:04:38 (12.6%)	7:00	8.6 (87.8%)
22	NOSAL Marek	60		M50-54	4			00:36:53.90	+00:04:42 (12.8%)	7:01	8.5 (86.7%)
23	MICHAŁOWSKI Łukasz	246	AWF POZNAŃ	M30-39	5	1		00:37:18.75	+00:05:07 (13.7%)	7:06	8.4 (85.7%)
24	KLAWCZYŃSKI Marcin	132	AKTYWNIE W PNIEWACH	M30-39	6			00:37:25.40	+00:05:14 (14.0%)	7:07	8.4 (85.7%)
25	BIBKO Martin	85	SPEEDBAR	M45-49	2			00:37:25.80	+00:05:14 (14.0%)	7:07	8.4 (85.7%)
26	ŚLUSARCZYK Marcin	216	WESOŁY BORSUK TEAM	M40-44	2	1		00:37:44.70	+00:05:33 (14.7%)	7:11	8.3 (84.7%)
27	GIERSZEWSKI Arkadiusz	108	BŁĘKITNI DZIEMIANY	M40-44	3			00:37:45.10	+00:05:34 (14.8%)	7:11	8.3 (84.7%)
28	TUZIMEK Adam	227	KUR-TEAM	M-Jun.	1			00:37:52.30	+00:05:41 (15.0%)	7:12	8.3 (84.7%)
29	KRYŚ Artur	146	NIEZRZESZONY	M50-54	5			00:37:56.85	+00:05:45 (15.2%)	7:13	8.3 (84.7%)
30	GORTAT Bogumił	61		M40-44	4	1		00:38:01.60	+00:05:50 (15.4%)	7:14	8.3 (84.7%)
31	MATECKI Ryszard	159	KGHM METRACO	M70-74	2			00:38:12.25	+00:06:01 (15.8%)	7:16	8.2 (83.7%)
32	STANISŁAWSKI Jan	200	MARSZ PO ZDROWIE	M60-64	3			00:38:21.25	+00:06:10 (16.1%)	7:18	8.2 (83.7%)
33	NOWAK Wiesław	166	UKS SKOCZEK SKOKI	M60-64	4			00:38:48.65	+00:06:37 (17.1%)	7:23	8.1 (82.7%)
34	LASZKIEWICZ Waldemar	150		M50-54	6	1		00:39:07.65	+00:06:56 (17.7%)	7:27	8.1 (82.7%)
35	PLEWIŃSKI Rafał	179	NORDIC TEAM CZĘSTOCHOWA	M30-39	7			00:39:25.35	+00:07:14 (18.4%)	7:30	8 (81.6%)
36	GRUSZKA Michał	114	NORDIC SPORT 2021	M18-29	3			00:39:27.85	+00:07:16 (18.5%)	7:30	8 (81.6%)
37	GĄGÓŁ Krzysztof	107	KGHM METRACO	M40-44	5			00:39:28.80	+00:07:17 (18.5%)	7:31	8 (81.6%)
38	SZYMAŃSKI Stefan	213	XV KOŁO PZERII W DYWITACH	M75-79	1			00:39:56.60	+00:07:45 (19.4%)	7:36	7.9 (80.6%)

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39	DUSZEŃKO Zygmunt	102	KGHM METRACO	M- Niepełnosprawni(A)	1			00:39:58.10	+00:07:47 (19.5%)	7:36	7.9 (80.6%)
40	ŚLUSARCZYK Jerzy	214	AZS AWF KRAKÓW MASTERS	M60-64	5			00:40:01.60	+00:07:50 (19.6%)	7:37	7.9 (80.6%)
41	ZAWADZKI Krzysztof	244	WETERAN	M65-69	3			00:40:08.15	+00:07:57 (19.8%)	7:38	7.8 (79.6%)
42	WALCZAK Grzegorz	228		M45-49	3			00:40:16.25	+00:08:05 (20.1%)	7:40	7.8 (79.6%)
43	WÓJCIK Jacek	238	STĘSZEW TEAM	M55-59	6			00:40:36.40	+00:08:25 (20.7%)	7:44	7.8 (79.6%)
44	GRYGOROWICZ Bogdan	115	KGHM METRACO	M- Niepełnosprawni(B)	1			00:40:44.00	+00:08:33 (21.0%)	7:45	7.7 (78.6%)
45	JANKOWSKI Grzegorz	121	STĘSZEW TEAM	M60-64	6			00:41:04.45	+00:08:53 (21.6%)	7:49	7.7 (78.6%)
46	RUSINOWICZ Andrzej	192		M75-79	2	1		00:41:04.55	+00:08:53 (21.7%)	7:49	7.7 (78.6%)
47	PYSZCZAK Piotr	189	KUR-TEAM	M45-49	4			00:41:08.95	+00:08:58 (21.8%)	7:50	7.7 (78.6%)
48	CZMOCH Marian	96	PUKS JEDYNKA	M70-74	3			00:41:13.70	+00:09:02 (21.9%)	7:51	7.6 (77.6%)
49	MICHALSKI Łukasz	160		M40-44	6	2		00:41:24.35	+00:09:13 (22.3%)	7:53	7.6 (77.6%)
50	ŚLUSARCZYK Grzegorz	217	WESOŁY BORSUK TEAM	M45-49	5			00:41:36.90	+00:09:25 (22.7%)	7:55	7.6 (77.6%)
51	CIESIELSKI Krzysztof	92	FAST WALKER	M- Niepełnosprawni(B)	2			00:41:43.85	+00:09:32 (22.9%)	7:56	7.6 (77.6%)
52	CZEKRYSEW Andrzej	95	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	2			00:41:59.65	+00:09:48 (23.4%)	7:59	7.5 (76.5%)
53	BERCZYŃSKI Henryk	84	NADLEŚNICTWO OKONEK	M65-69	4			00:42:02.05	+00:09:51 (23.4%)	8:00	7.5 (76.5%)
54	GRUSZKA Michał	113	NORDIC SPORT 2021	M45-49	6			00:42:16.55	+00:10:05 (23.9%)	8:03	7.5 (76.5%)
55	KRIGER Roman	144	MAPEI POLSKA	M60-64	7			00:43:29.75	+00:11:18 (26.0%)	8:16	7.2 (73.5%)
56	JÓŹWIAK Łukasz	124	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:43:47.15	+00:11:36 (26.5%)	8:20	7.2 (73.5%)
57	PRACKI Zbigniew	184	SERCE NORDICA WŁOCŁAWEK	M55-59	7			00:44:04.00	+00:11:53 (27.0%)	8:23	7.1 (72.4%)
58	PARCHIMOWICZ Janusz	174		M65-69	5			00:44:14.35	+00:12:03 (27.3%)	8:25	7.1 (72.4%)
59	WANDTKE Antoni	229		M70-74	4			00:44:34.05	+00:12:23 (27.8%)	8:29	7.1 (72.4%)
60	ŚLUSARCZYK Andrzej	221	WESOŁY BORSUK TEAM	M70-74	5			00:45:03.55	+00:12:52 (28.6%)	8:34	7 (71.4%)
61	KUTA Dariusz	149	KUR-TEAM	M55-59	8			00:45:18.00	+00:13:07 (29.0%)	8:37	7 (71.4%)

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62	RZYMCZYK Konrad	194	UNIWERSYTET TRZECIEGO WIEKU GOLENIÓW	M65-69	6			00:46:59.65	+00:14:48 (31.5%)	8:56	6.7 (68.4%)
63	SZNAJDER Zenon	206		M70-74	6			00:47:05.10	+00:14:54 (31.7%)	8:58	6.7 (68.4%)
64	THOMALLA Bogdan	224	EKIPA NA KIJACH	M80+	1			00:47:09.50	+00:14:58 (31.8%)	8:58	6.7 (68.4%)
65	PIĄTKOWSKI Józef	177	KGHM METRACO	M75-79	3			00:47:17.50	+00:15:06 (31.9%)	9:00	6.7 (68.4%)
66	SOBCZYK Józef	199	UNIWERSYTET TRZECIEGO WIEKU GOLENIÓW	M75-79	4			00:47:30.25	+00:15:19 (32.3%)	9:02	6.6 (67.3%)
67	BASZKIEWICZ Janusz	81	UNIWERSYTET TRZECIEGO WIEKU GOLENIÓW	M70-74	7			00:48:43.40	+00:16:32 (33.9%)	9:16	6.5 (66.3%)
68	MACKO Michał	154	WYCHODZĘ Z KIJAMI	M-Dzieci	1			00:49:14.10	+00:17:03 (34.6%)	9:22	6.4 (65.3%)
69	REHLIS Aleksander	190	WYCHODZĘ Z KIJAMI	M30-39	8			00:49:29.85	+00:17:18 (35.0%)	9:25	6.4 (65.3%)
70	PRZYBYLSKI Waldemar	187	UNIWERSYTET TRZECIEGO WIEKU GOLENIÓW	M80+	2			00:53:37.65	+00:21:26 (40.0%)	10:12	5.9 (60.2%)
71	JANISZEWSKI Eugeniusz	120	UNIWERSYTET TRZECIEGO WIEKU GOLENIÓW	M70-74	8			00:54:28.00	+00:22:17 (40.9%)	10:22	5.8 (59.2%)
72	KINDUR Regimont	131	UNIWERSYTET TRZECIEGO WIEKU GOLENIÓW	M80+	3			00:58:17.75	+00:26:06 (44.8%)	11:06	5.4 (55.1%)
73	ŚLUSARCZYK Błażej	218	WESOŁY BORSUK TEAM	M-Dzieci	2			00:58:34.35	+00:26:23 (45.1%)	11:09	5.4 (55.1%)
74	SIPOWICZ Lech	193	UNIWERSYTET TRZECIEGO WIEKU GOLENIÓW	M75-79	5			01:08:53.15	+00:36:42 (53.3%)	13:07	4.6 (46.9%)
DQ	GÓRAL Andrzej	111	SOLID SECURITY BYDGOSZCZ	M-Niepełnosprawni(A)			1	00:39:56.90 DQ		0:00	7.9 (80.6%)
DQ	CYRUS Bogdan	93	SILESIA NORDIC TEAM	M50-54			1	DQ			(0.0%)

Total 76 results.