



ENEA POLISH NORDIC WALKING CUP - MUROWANA GOŚLINA - 10KM - 10/5

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 5/10
MUROWANA GOŚLINA
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-07-16
Miejsce: Murowana Goślina
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	MARCZAK Tomasz	28	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:35	00:30:00	00:45:10	01:00:36.95		6:03	9.9 (100%)
2	WOJTOWICZ Tomasz	49	LUKI TEAM POLSKA	M30-39	1			00:14:36	00:30:00	00:45:27	01:01:30.05	+00:00:53 (1.4%)	6:09	9.8 (99.0%)
3	SKIBA Krzysztof	38	KGHM METRACO	M60-69	1			00:15:02	00:30:50	00:46:49	01:02:52.55	+00:02:15 (3.6%)	6:17	9.5 (96.0%)
4	PRZYBORKIEWICZ Kriss	33	PIERNIKI TORUŃ	M40-49	1			00:15:58	00:32:15	00:48:31	01:04:48.60	+00:04:11 (6.5%)	6:28	9.3 (93.9%)
5	POŁUBIAK Paweł	31		M30-39	2			00:15:37	00:32:06	00:48:44	01:04:58.40	+00:04:21 (6.7%)	6:29	9.2 (92.9%)
6	JUREK Adam	17	KGHM METRACO	M60-69	2			00:15:49	00:32:20	00:48:49	01:05:08.05	+00:04:31 (6.9%)	6:30	9.2 (92.9%)
7	KABATA Jarosław	18	NORDIC SPORT 2021	M50-59	1	1		00:15:36	00:32:07	00:48:46	01:05:08.75	+00:04:31 (7.0%)	6:30	9.2 (92.9%)
8	BIBKO Martin	3	SPEEDBAR	M40-49	2	1		00:15:45	00:32:22	00:49:02	01:05:26.50	+00:04:49 (7.4%)	6:32	9.2 (92.9%)
9	SIWAK Piotr	37	KGHM METRACO	M60-69	3			00:15:53	00:32:22	00:48:56	01:05:26.85	+00:04:49 (7.4%)	6:32	9.2 (92.9%)
10	KURZAWIŃSKI Marcin	23	PARTYZANCI KONIN	M40-49	3			00:16:24	00:32:53	00:49:23	01:05:39.05	+00:05:02 (7.7%)	6:33	9.1 (91.9%)
11	ZACZYŃSKA-SKIBA Anna	51	KGHM METRACO	K40-49	1			00:16:04	00:32:24	00:49:00	01:05:45.00	+00:05:08 (7.8%)	6:34	9.1 (91.9%)
12	MĄDRY Grzegorz	29	KIJKOWE TRZEMESZNO	M60-69	4			00:15:53	00:32:20	00:49:07	01:05:47.80	+00:05:10 (7.9%)	6:34	9.1 (91.9%)
13	WOJTASIŃSKI Daniel	48	NORDIC TEAM CZĘSTOCHOWA	M40-49	4			00:15:52	00:32:24	00:49:07	01:05:52.05	+00:05:15 (8.0%)	6:35	9.1 (91.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap	Laps	Lap	Czas	Różn	Tempo min/km	Tempo km/h
								2.5km 2.5km	5km 5km	7.5km 7.5km	netto 10km			
14	PRZYSTARZ Grzegorz	34	OBORYGENI	M50-59	2			00:15:56	00:32:28	00:49:10	01:06:02.55	+00:05:25 (8.2%)	6:36	9.1 (91.9%)
15	BIELECKA Zuzanna	4	NW CZŁAPSKI TEAM	K40-49	2			00:16:06	00:32:30	00:49:07	01:06:03.30	+00:05:26 (8.2%)	6:36	9.1 (91.9%)
16	JĘDRASIAK Renata	15	KGHM METRACO	K50-59	1			00:16:12	00:32:43	00:49:32	01:06:31.35	+00:05:54 (8.9%)	6:39	9 (90.9%)
17	HELWICH Stefan	13	KGHM METRACO	M60-69	5	1		00:15:52	00:32:24	00:48:53	01:06:34.10	+00:05:57 (8.9%)	6:39	9 (90.9%)
18	BARTOSIEWICZ Łukasz	2	LUKI TEAM POLSKA	M30-39	3			00:16:47	00:33:31	00:50:09	01:06:36.15	+00:05:59 (9.0%)	6:39	9 (90.9%)
19	CZŁAPSKI Krzysztof	8	NW CZŁAPSKI TEAM	M50-59	3			00:16:18	00:33:07	00:50:00	01:06:50.80	+00:06:13 (9.3%)	6:41	9 (90.9%)
20	LABUS Marzena	24	NORDIC SPORT 2021	K30-39	1	1		00:16:16	00:33:11	00:50:13	01:07:19.55	+00:06:42 (10.0%)	6:43	8.9 (89.9%)
21	CHYRA Janusz	6	NORDIC SPORT 2021	M40-49	5			00:16:36	00:33:48	00:50:36	01:07:23.25	+00:06:46 (10.0%)	6:44	8.9 (89.9%)
22	KOLBERG Kamila	20	KIJKOWE TRZEMESZNO	K40-49	3			00:16:48	00:33:49	00:50:50	01:07:55.85	+00:07:18 (10.8%)	6:47	8.8 (88.9%)
23	SZCZUDLIK Małgorzata	45	KIJKOWE TRZEMESZNO	K40-49	4			00:16:49	00:33:55	00:51:01	01:08:08.70	+00:07:31 (11.0%)	6:48	8.8 (88.9%)
24	RAJEK Magdalena	162	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:35	00:35:28	00:53:10	01:10:30.30	+00:09:53 (14.0%)	7:03	8.5 (85.9%)
25	KLIMCZAK Adam	19	GOSADI NORDIC TEAM	M50-59	4			00:17:09	00:34:53	00:52:40	01:10:30.85	+00:09:53 (14.0%)	7:03	8.5 (85.9%)
26	ABRAMOWICZ Małgorzata	1	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:17:03	00:34:56	00:53:06	01:11:06.15	+00:10:29 (14.7%)	7:06	8.4 (84.8%)
27	MAKLAKIEWICZ Łukasz	27	SERCE NORDICA WŁOCŁAWEK	M40-49	6			00:17:27	00:35:07	00:53:08	01:11:23.05	+00:10:46 (15.1%)	7:08	8.4 (84.8%)
28	FRANCZAK Małgorzata	10	NW CZŁAPSKI TEAM	K18-29	1			00:17:56	00:36:05	00:53:59	01:12:16.20	+00:11:39 (16.1%)	7:13	8.3 (83.8%)
29	SZCZĘŚNIAK Zbigniew	44	NORDIC TEAM CZĘSTOCHOWA	M60-69	6			00:18:05	00:36:40	00:55:16	01:13:12.25	+00:12:35 (17.2%)	7:19	8.2 (82.8%)
30	KUŁAKOWSKA Halina	22	KATOWICKI NORDIC WALKING	K40-49	6			00:17:49	00:36:09	00:54:39	01:13:19.05	+00:12:42 (17.3%)	7:19	8.2 (82.8%)
31	KOWACZ Agata	21	SPEEDBAR	K40-49	7			00:17:48	00:36:08	00:54:49	01:13:20.20	+00:12:43 (17.3%)	7:20	8.2 (82.8%)
32	TOMCZYK Edward	47	MARSZ PO ZDROWIE	M70+	1			00:18:38	00:37:05	00:55:18	01:13:21.75	+00:12:44 (17.4%)	7:20	8.2 (82.8%)
33	ŚLUSARCZYK Andrzej	46	WESOŁY BORSUK TEAM	M70+	2	1		00:18:40	00:36:56	00:55:17	01:13:31.25	+00:12:54 (17.6%)	7:21	8.2 (82.8%)
34	CZMOCH Marian	9	PUKS JEDYNKA	M70+	3			00:18:36	00:37:02	00:55:20	01:13:31.90	+00:12:54 (17.6%)	7:21	8.2 (82.8%)
35	CZAJKA Urszula	7		K60-69	1	1		00:17:50	00:36:11	00:54:54	01:13:47.00	+00:13:10 (17.8%)	7:22	8.1 (81.8%)
36	LACHNIK Hubert	25		M70+	4			00:18:34	00:37:07	00:55:51	01:14:38.50	+00:14:01 (18.8%)	7:27	8 (80.8%)

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37	JARUGA Beata	14		K40-49	8			00:18:47	00:38:12	00:58:07	01:17:09.25	+00:16:32 (21.4%)	7:42	7.8 (78.8%)
38	POSTEK Danuta	32	MARSZ PO ZDROWIE	K50-59	2			00:19:17	00:38:53	00:58:42	01:18:21.85	+00:17:44 (22.6%)	7:50	7.7 (77.8%)
39	SOROKA-MITUŁA Grażyna	39		K40-49	9			00:19:14	00:38:46	00:58:46	01:18:45.80	+00:18:08 (23.0%)	7:52	7.6 (76.8%)
40	FRANCZAK Dariusz	11	NW CZŁAPSKI TEAM	M50-59	5			00:19:25	00:39:50	00:59:30	01:19:40.25	+00:19:03 (23.9%)	7:58	7.5 (75.8%)
41	JÓŻWIAK Łukasz	16	SERCE NORDICA WŁOCŁAWEK	M50-59	6			00:19:56	00:40:16	01:00:42	01:20:55.80	+00:20:18 (25.1%)	8:05	7.4 (74.7%)
42	WOJTYCZKA Alicja	50	NORDIC SPORT 2021	K60-69	2			00:20:17	00:41:28	01:02:01	01:21:53.80	+00:21:16 (26.0%)	8:11	7.3 (73.7%)
43	SULEJA Joanna	43	SKL	K60-69	3	2		00:19:51	00:40:27	01:01:44	01:22:16.55	+00:21:39 (26.3%)	8:13	7.3 (73.7%)
44	STANKOWSKA Marzena	40	KIJKOWE TRZEMESZNO	K40-49	10			00:20:23	00:41:18	01:02:35	01:23:40.20	+00:23:03 (27.6%)	8:22	7.2 (72.7%)
45	ŁOPIŃSKI Aleksy	26	FABRYKA NORDICA TRZCIANKA	M70+	5			00:20:46	00:41:49	01:02:51	01:24:08.20	+00:23:31 (28.0%)	8:24	7.1 (71.7%)
46	FRANCZAK Anna	12	NW CZŁAPSKI TEAM	K50-59	3			00:21:06	00:42:28	01:03:41	01:25:02.60	+00:24:25 (28.7%)	8:30	7.1 (71.7%)
47	STATNIK Tomasz	42	SUCHY LAS	M60-69	7			00:20:11	00:41:33	01:03:09	01:25:11.30	+00:24:34 (28.8%)	8:31	7 (70.7%)
48	STATNIK Genowefa	41	SUCHY LAS	K70+	1			00:20:39	00:41:50	01:03:28	01:25:26.50	+00:24:49 (29.1%)	8:32	7 (70.7%)
49	SAPUŁA Wiktoria	36	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:21:47	00:43:23	01:04:57	01:26:55.85	+00:26:18 (30.3%)	8:41	6.9 (69.7%)
50	CHOLEWKA Jolanta	5	MARSZ PO ZDROWIE	K60-69	4			00:21:21	00:43:10	01:05:28	01:28:10.55	+00:27:33 (31.3%)	8:49	6.8 (68.7%)

Znaleziono 50 wynik(ów)