



# 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	<b>MARCZAK Tomasz</b>	<b>28</b>	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:35	00:30:00	00:45:10	<b>01:00:36.95</b>		6:03	9.9 (100%)
2	<b>WOJTOWICZ Tomasz</b>	<b>49</b>	LUKI TEAM POLSKA	M30-39	1			00:14:36	00:30:00	00:45:27	<b>01:01:30.05</b>	+00:00:53 (1.4%)	6:09	9.8 (99.0%)
3	<b>SKIBA Krzysztof</b>	<b>38</b>	KGHM METRACO	M60-69	1			00:15:02	00:30:50	00:46:49	<b>01:02:52.55</b>	+00:02:15 (3.6%)	6:17	9.5 (96.0%)
4	<b>PRZYBORKIEWICZ Kriss</b>	<b>33</b>	PIERNIKI TORUŃ	M40-49	1			00:15:58	00:32:15	00:48:31	<b>01:04:48.60</b>	+00:04:11 (6.5%)	6:28	9.3 (93.9%)
5	<b>POŁUBIAK Paweł</b>	<b>31</b>		M30-39	2			00:15:37	00:32:06	00:48:44	<b>01:04:58.40</b>	+00:04:21 (6.7%)	6:29	9.2 (92.9%)
6	<b>JUREK Adam</b>	<b>17</b>	KGHM METRACO	M60-69	2			00:15:49	00:32:20	00:48:49	<b>01:05:08.05</b>	+00:04:31 (6.9%)	6:30	9.2 (92.9%)
7	<b>KABATA Jarosław</b>	<b>18</b>	NORDIC SPORT 2021	M50-59	1	1		00:15:36	00:32:07	00:48:46	<b>01:05:08.75</b>	+00:04:31 (7.0%)	6:30	9.2 (92.9%)
8	<b>BIBKO Martin</b>	<b>3</b>	SPEEDBAR	M40-49	2	1		00:15:45	00:32:22	00:49:02	<b>01:05:26.50</b>	+00:04:49 (7.4%)	6:32	9.2 (92.9%)
9	<b>SIWAK Piotr</b>	<b>37</b>	KGHM METRACO	M60-69	3			00:15:53	00:32:22	00:48:56	<b>01:05:26.85</b>	+00:04:49 (7.4%)	6:32	9.2 (92.9%)
10	<b>KURZAWIŃSKI Marcin</b>	<b>23</b>	PARTYZANCI KONIN	M40-49	3			00:16:24	00:32:53	00:49:23	<b>01:05:39.05</b>	+00:05:02 (7.7%)	6:33	9.1 (91.9%)
11	<b>ZACZYŃSKA-SKIBA Anna</b>	<b>51</b>	KGHM METRACO	K40-49	1			00:16:04	00:32:24	00:49:00	<b>01:05:45.00</b>	+00:05:08 (7.8%)	6:34	9.1 (91.9%)
12	<b>MĄDRY Grzegorz</b>	<b>29</b>	KIJKOWE TRZEMESZNO	M60-69	4			00:15:53	00:32:20	00:49:07	<b>01:05:47.80</b>	+00:05:10 (7.9%)	6:34	9.1 (91.9%)
13	<b>WOJTASIŃSKI Daniel</b>	<b>48</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	4			00:15:52	00:32:24	00:49:07	<b>01:05:52.05</b>	+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	<b>PRZYSTARZ Grzegorz</b>	<b>34</b>	OBORYGENI	M50-59	2			00:15:56	00:32:28	00:49:10	<b>01:06:02.55</b>	+00:05:25 (8.2%)	6:36	9.1 (91.9%)
15	<b>BIELECKA Zuzanna</b>	<b>4</b>	NW CZŁAPSKI TEAM	K40-49	2			00:16:06	00:32:30	00:49:07	<b>01:06:03.30</b>	+00:05:26 (8.2%)	6:36	9.1 (91.9%)
16	<b>JĘDRASIAK Renata</b>	<b>15</b>	KGHM METRACO	K50-59	1			00:16:12	00:32:43	00:49:32	<b>01:06:31.35</b>	+00:05:54 (8.9%)	6:39	9 (90.9%)
17	<b>HELWICH Stefan</b>	<b>13</b>	KGHM METRACO	M60-69	5	1		00:15:52	00:32:24	00:48:53	<b>01:06:34.10</b>	+00:05:57 (8.9%)	6:39	9 (90.9%)
18	<b>BARTOSIEWICZ Łukasz</b>	<b>2</b>	LUKI TEAM POLSKA	M30-39	3			00:16:47	00:33:31	00:50:09	<b>01:06:36.15</b>	+00:05:59 (9.0%)	6:39	9 (90.9%)
19	<b>CZŁAPSKI Krzysztof</b>	<b>8</b>	NW CZŁAPSKI TEAM	M50-59	3			00:16:18	00:33:07	00:50:00	<b>01:06:50.80</b>	+00:06:13 (9.3%)	6:41	9 (90.9%)
20	<b>LABUS Marzena</b>	<b>24</b>	NORDIC SPORT 2021	K30-39	1	1		00:16:16	00:33:11	00:50:13	<b>01:07:19.55</b>	+00:06:42 (10.0%)	6:43	8.9 (89.9%)
21	<b>CHYRA Janusz</b>	<b>6</b>	NORDIC SPORT 2021	M40-49	5			00:16:36	00:33:48	00:50:36	<b>01:07:23.25</b>	+00:06:46 (10.0%)	6:44	8.9 (89.9%)
22	<b>KOLBERG Kamila</b>	<b>20</b>	KIJKOWE TRZEMESZNO	K40-49	3			00:16:48	00:33:49	00:50:50	<b>01:07:55.85</b>	+00:07:18 (10.8%)	6:47	8.8 (88.9%)
23	<b>SZCZUDLIK Małgorzata</b>	<b>45</b>	KIJKOWE TRZEMESZNO	K40-49	4			00:16:49	00:33:55	00:51:01	<b>01:08:08.70</b>	+00:07:31 (11.0%)	6:48	8.8 (88.9%)
24	<b>RAJEK Magdalena</b>	<b>162</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:35	00:35:28	00:53:10	<b>01:10:30.30</b>	+00:09:53 (14.0%)	7:03	8.5 (85.9%)
25	<b>KLIMCZAK Adam</b>	<b>19</b>	GOSADI NORDIC TEAM	M50-59	4			00:17:09	00:34:53	00:52:40	<b>01:10:30.85</b>	+00:09:53 (14.0%)	7:03	8.5 (85.9%)
26	<b>ABRAMOWICZ Małgorzata</b>	<b>1</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:17:03	00:34:56	00:53:06	<b>01:11:06.15</b>	+00:10:29 (14.7%)	7:06	8.4 (84.8%)
27	<b>MAKLAKIEWICZ Łukasz</b>	<b>27</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	6			00:17:27	00:35:07	00:53:08	<b>01:11:23.05</b>	+00:10:46 (15.1%)	7:08	8.4 (84.8%)
28	<b>FRANCZAK Małgorzata</b>	<b>10</b>	NW CZŁAPSKI TEAM	K18-29	1			00:17:56	00:36:05	00:53:59	<b>01:12:16.20</b>	+00:11:39 (16.1%)	7:13	8.3 (83.8%)
29	<b>SZCZĘŚNIAK Zbigniew</b>	<b>44</b>	NORDIC TEAM CZĘSTOCHOWA	M60-69	6			00:18:05	00:36:40	00:55:16	<b>01:13:12.25</b>	+00:12:35 (17.2%)	7:19	8.2 (82.8%)
30	<b>KUŁAKOWSKA Halina</b>	<b>22</b>	KATOWICKI NORDIC WALKING	K40-49	6			00:17:49	00:36:09	00:54:39	<b>01:13:19.05</b>	+00:12:42 (17.3%)	7:19	8.2 (82.8%)
31	<b>KOWACZ Agata</b>	<b>21</b>	SPEEDBAR	K40-49	7			00:17:48	00:36:08	00:54:49	<b>01:13:20.20</b>	+00:12:43 (17.3%)	7:20	8.2 (82.8%)
32	<b>TOMCZYK Edward</b>	<b>47</b>	MARSZ PO ZDROWIE	M70+	1			00:18:38	00:37:05	00:55:18	<b>01:13:21.75</b>	+00:12:44 (17.4%)	7:20	8.2 (82.8%)
33	<b>ŚLUSARCZYK Andrzej</b>	<b>46</b>	WESOŁY BORSUK TEAM	M70+	2	1		00:18:40	00:36:56	00:55:17	<b>01:13:31.25</b>	+00:12:54 (17.6%)	7:21	8.2 (82.8%)
34	<b>CZMOCH Marian</b>	<b>9</b>	PUKS JEDYNKA	M70+	3			00:18:36	00:37:02	00:55:20	<b>01:13:31.90</b>	+00:12:54 (17.6%)	7:21	8.2 (82.8%)
35	<b>CZAJKA Urszula</b>	<b>7</b>		K60-69	1	1		00:17:50	00:36:11	00:54:54	<b>01:13:47.00</b>	+00:13:10 (17.8%)	7:22	8.1 (81.8%)
36	<b>LACHNIK Hubert</b>	<b>25</b>		M70+	4			00:18:34	00:37:07	00:55:51	<b>01:14:38.50</b>	+00:14:01 (18.8%)	7:27	8 (80.8%)

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

Znaleziono 50 wynik(ów)