



# ENEA POLISH NORDIC WALKING CUP - SĘDZISZÓW MAŁOPOLSKI - 5KM - 7/10

B4SPORT

**Wydarzenie:** ENEA POLISH NORDIC WALKING CUP 7/10  
SĘDZISZÓW MAŁOPOLSKI  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-07-30  
**Miejsce:** SĘDZISZÓW MAŁOPOLSKI  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik             | Numer | Klub                                | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | 1.7km<br>1.7km | 3.4km<br>3.4km | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|-------------------------------------|-----------|------|----------------|-----------------|----------------|----------------|----------------------|----------------------|-----------------|----------------|
| 1   | WITUCKI Jacek        | 167   |                                     | M50-54    | 1    |                |                 | 00:09:35       | 00:19:49       | 00:30:21.55          |                      | 6:04            | 9.9<br>(100%)  |
| 2   | WOJTOWICZ Tomasz     | 220   | LT POLAND                           | M30-39    | 1    |                |                 | 00:09:37       | 00:19:54       | 00:30:52.15          | +00:00:30<br>(1.7%)  | 6:10            | 9.7<br>(98.0%) |
| 3   | CYRUS Bogdan         | 69    | SILESIA NORDIC TEAM                 | M50-54    | 2    |                |                 | 00:09:54       | 00:20:53       | 00:31:49.10          | +00:01:27<br>(4.6%)  | 6:21            | 9.4<br>(94.9%) |
| 4   | MARCZAK Tomasz       | 109   | NORDIC TEAM CZĘSTOCHOWA             | M18-29    | 1    |                |                 | 00:10:22       | 00:21:16       | 00:32:16.30          | +00:01:54<br>(5.9%)  | 6:27            | 9.3<br>(93.9%) |
| 5   | WILUSZ Erwina        | 166   | VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW | K30-39    | 1    |                |                 | 00:10:31       | 00:21:30       | 00:32:41.20          | +00:02:19<br>(7.1%)  | 6:32            | 9.2<br>(92.9%) |
| 6   | SOKOŁOWSKI Marek     | 140   | VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW | M55-59    | 1    |                |                 | 00:10:47       | 00:21:49       | 00:33:03.55          | +00:02:42<br>(8.2%)  | 6:36            | 9.1<br>(91.9%) |
| 7   | ZACZYŃSKA-SKIBA Anna | 170   | KGHM METRACO                        | K40-44    | 1    |                |                 | 00:10:47       | 00:21:50       | 00:33:15.65          | +00:02:54<br>(8.7%)  | 6:39            | 9<br>(90.9%)   |
| 8   | SKIBA Krzysztof      | 136   | KGHM METRACO                        | M60-64    | 1    |                |                 | 00:10:30       | 00:21:25       | 00:33:16.30          | +00:02:54<br>(8.8%)  | 6:39            | 9<br>(90.9%)   |
| 9   | OLSZAŃSKI Karol      | 118   | FEAR THE RETURN                     | M45-49    | 1    | 1              |                 | 00:10:40       | 00:22:00       | 00:33:38.70          | +00:03:17<br>(9.8%)  | 6:43            | 8.9<br>(89.9%) |
| 10  | PARZYBUT Jan         | 122   | POSTĘP PNIEWY TEAM                  | M55-59    | 2    |                |                 | 00:11:01       | 00:22:19       | 00:33:41.20          | +00:03:19<br>(9.9%)  | 6:44            | 8.9<br>(89.9%) |
| 11  | BREWKA Joachim       | 65    | NORDIC SPORT 2021                   | M55-59    | 3    |                |                 | 00:11:01       | 00:22:19       | 00:33:41.50          | +00:03:19<br>(9.9%)  | 6:44            | 8.9<br>(89.9%) |
| 12  | FRAĆKOWIAK Roman     | 80    | EKSPEDYCJA NORDIC TEAM SZCZECIN     | M50-54    | 3    |                |                 | 00:10:45       | 00:22:16       | 00:33:47.75          | +00:03:26<br>(10.2%) | 6:45            | 8.9<br>(89.9%) |
| 13  | MISZTAL Grzegorz     | 208   | MASZYCANKA MASZYCE                  | M30-39    | 2    |                |                 | 00:10:44       | 00:22:14       | 00:33:48.90          | +00:03:27<br>(10.2%) | 6:45            | 8.9<br>(89.9%) |

| Msc | Zawodnik                           | Numer      | Klub                            | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 1.7km    | 3.4km    | Czas<br>netto      | Różn                 | Tempo  | Tempo          |
|-----|------------------------------------|------------|---------------------------------|--------------------------|------|----------------|-----------------|----------|----------|--------------------|----------------------|--------|----------------|
|     |                                    |            |                                 |                          |      |                |                 | 1.7km    | 3.4km    | 5km                |                      | min/km | km/h           |
| 14  | <b>NOSAL Marek</b>                 | <b>115</b> |                                 | M50-54                   | 4    |                |                 | 00:11:17 | 00:22:39 | <b>00:34:18.90</b> | +00:03:57<br>(11.5%) | 6:51   | 8.7<br>(87.9%) |
| 15  | <b>BIELECKA Zuzanna</b>            | <b>64</b>  | NW CZĘŁAPSKI TEAM               | K40-44                   | 2    |                |                 | 00:10:56 | 00:22:28 | <b>00:34:23.75</b> | +00:04:02<br>(11.7%) | 6:52   | 8.7<br>(87.9%) |
| 16  | <b>GAJEWSKI Eugeniusz</b>          | <b>81</b>  | KGHM METRACO                    | M65-69                   | 1    |                |                 | 00:11:06 | 00:22:40 | <b>00:34:26.30</b> | +00:04:04<br>(11.8%) | 6:53   | 8.7<br>(87.9%) |
| 17  | <b>HAŁAS Marcin</b>                | <b>91</b>  |                                 | M30-39                   | 3    |                |                 | 00:11:01 | 00:22:35 | <b>00:34:42.30</b> | +00:04:20<br>(12.5%) | 6:56   | 8.6<br>(86.9%) |
| 18  | <b>WOJTASIŃSKI Daniel</b>          | <b>169</b> | NORDIC TEAM CZĘSTOCHOWA         | M40-44                   | 1    |                |                 | 00:11:15 | 00:23:07 | <b>00:35:07.70</b> | +00:04:46<br>(13.6%) | 7:01   | 8.5<br>(85.9%) |
| 19  | <b>KARPIENIA Ewa</b>               | <b>97</b>  | EKSPEDYCJA NORDIC TEAM SZCZECIN | K50-54                   | 1    |                |                 | 00:11:14 | 00:23:07 | <b>00:35:07.90</b> | +00:04:46<br>(13.6%) | 7:01   | 8.5<br>(85.9%) |
| 20  | <b>KLAWCZYŃSKI Marcin</b>          | <b>98</b>  | AKTYWNIE W PNIEWACH             | M30-39                   | 4    |                |                 | 00:11:03 | 00:22:45 | <b>00:35:11.60</b> | +00:04:50<br>(13.7%) | 7:02   | 8.5<br>(85.9%) |
| 21  | <b>STĘPAK Piotr</b>                | <b>143</b> |                                 | M18-29                   | 2    |                |                 | 00:11:16 | 00:23:08 | <b>00:35:13.00</b> | +00:04:51<br>(13.8%) | 7:02   | 8.5<br>(85.9%) |
| 22  | <b>KRAKOWSKI Jerzy Piotr</b>       | <b>104</b> | PTG SOKÓŁ 1893 MIELEC           | M55-59                   | 4    |                |                 | 00:11:21 | 00:23:16 | <b>00:35:13.05</b> | +00:04:51<br>(13.8%) | 7:02   | 8.5<br>(85.9%) |
| 23  | <b>MAŚLANKA Iwona</b>              | <b>110</b> | MARSZ PO ZDROWIE                | K50-54                   | 2    |                |                 | 00:11:21 | 00:23:19 | <b>00:35:27.45</b> | +00:05:05<br>(14.4%) | 7:05   | 8.5<br>(85.9%) |
| 24  | <b>ŚLUSARCZYK Marcin</b>           | <b>152</b> | WESOŁY BORSUK TEAM              | M40-44                   | 2    |                |                 | 00:11:28 | 00:23:31 | <b>00:35:29.15</b> | +00:05:07<br>(14.4%) | 7:05   | 8.5<br>(85.9%) |
| 25  | <b>PASIERB Marek</b>               | <b>123</b> | PTG SOKÓŁ 1893 MIELEC           | M65-69                   | 2    |                |                 | 00:11:17 | 00:23:26 | <b>00:35:29.95</b> | +00:05:08<br>(14.5%) | 7:05   | 8.5<br>(85.9%) |
| 26  | <b>PINIS Agnieszka</b>             | <b>126</b> | NORDIC TEAM CZĘSTOCHOWA         | K45-49                   | 1    |                |                 | 00:11:33 | 00:23:37 | <b>00:35:51.50</b> | +00:05:29<br>(15.3%) | 7:10   | 8.4<br>(84.8%) |
| 27  | <b>OKRZESIK-FRĄCKOWIAK Izabela</b> | <b>116</b> | EKSPEDYCJA NORDIC TEAM SZCZECIN | K50-54                   | 3    |                |                 | 00:11:28 | 00:23:38 | <b>00:35:58.00</b> | +00:05:36<br>(15.6%) | 7:11   | 8.3<br>(83.8%) |
| 28  | <b>CIEŚLUK Marcin</b>              | <b>68</b>  | NORDIC TEAM CZĘSTOCHOWA         | M-<br>Niepełnosprawni(A) | 1    |                |                 | 00:11:53 | 00:23:52 | <b>00:35:59.00</b> | +00:05:37<br>(15.6%) | 7:11   | 8.3<br>(83.8%) |
| 29  | <b>BIBKO Martin</b>                | <b>63</b>  | SPEEDBAR                        | M45-49                   | 2    |                |                 | 00:11:34 | 00:23:55 | <b>00:36:28.20</b> | +00:06:06<br>(16.8%) | 7:17   | 8.2<br>(82.8%) |
| 30  | <b>SIWAK Piotr</b>                 | <b>209</b> | KGHM METRACO                    | M60-64                   | 2    |                |                 | 00:11:42 | 00:24:02 | <b>00:36:31.85</b> | +00:06:10<br>(16.9%) | 7:18   | 8.2<br>(82.8%) |
| 31  | <b>JĘDRASIAK Renata</b>            | <b>210</b> | KGHM METRACO                    | K55-59                   | 1    |                |                 | 00:11:47 | 00:24:10 | <b>00:36:32.45</b> | +00:06:10<br>(16.9%) | 7:18   | 8.2<br>(82.8%) |
| 32  | <b>KOSMALA Aneta</b>               | <b>100</b> | NORDIC SPORT 2021               | K40-44                   | 3    |                |                 | 00:11:45 | 00:24:01 | <b>00:36:33.15</b> | +00:06:11<br>(16.9%) | 7:18   | 8.2<br>(82.8%) |
| 33  | <b>JÓŹWIAK Marianna</b>            | <b>95</b>  | SERCE NORDICA WŁOCŁAWEK         | K45-49                   | 2    |                |                 | 00:11:43 | 00:24:04 | <b>00:36:33.45</b> | +00:06:11<br>(17.0%) | 7:18   | 8.2<br>(82.8%) |
| 34  | <b>PASIŃSKA-SKOWRON Sylwia</b>     | <b>124</b> | MASZYCANKA MASZYCE              | K45-49                   | 3    |                |                 | 00:11:47 | 00:24:14 | <b>00:36:49.35</b> | +00:06:27<br>(17.6%) | 7:21   | 8.1<br>(81.8%) |
| 35  | <b>ZDRZAŁEK Alicja</b>             | <b>172</b> | NORDIC SPORT 2021               | K40-44                   | 4    |                |                 | 00:11:47 | 00:24:12 | <b>00:36:54.20</b> | +00:06:32<br>(17.7%) | 7:22   | 8.1<br>(81.8%) |
| 36  | <b>KRIGER Roman</b>                | <b>106</b> | MAPEI POLSKA                    | M60-64                   | 3    |                |                 | 00:11:59 | 00:24:29 | <b>00:36:56.75</b> | +00:06:35<br>(17.8%) | 7:23   | 8.1<br>(81.8%) |

| Msc | Zawodnik                      | Numer      | Klub                              | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 1.7km    | 3.4km    | Czas<br>netto      | Różn                 | Tempo  | Tempo          |
|-----|-------------------------------|------------|-----------------------------------|--------------------------|------|----------------|-----------------|----------|----------|--------------------|----------------------|--------|----------------|
|     |                               |            |                                   |                          |      |                |                 | 1.7km    | 3.4km    | 5km                |                      | min/km | km/h           |
| 37  | <b>DUSZEŃKO Zygmunt</b>       | <b>76</b>  | KGHM METRACO                      | M-<br>Niepełnosprawni(A) | 2    |                |                 | 00:12:06 | 00:24:23 | <b>00:37:00.75</b> | +00:06:39<br>(18.0%) | 7:24   | 8.1<br>(81.8%) |
| 38  | <b>GRUSZKA Michał</b>         | <b>85</b>  | NORDIC SPORT 2021                 | M45-49                   | 3    |                |                 | 00:11:44 | 00:24:23 | <b>00:37:18.35</b> | +00:06:56<br>(18.6%) | 7:27   | 8<br>(80.8%)   |
| 39  | <b>BALIŚ Andrzej</b>          | <b>62</b>  |                                   | M30-39                   | 5    |                |                 | 00:12:09 | 00:24:50 | <b>00:37:23.25</b> | +00:07:01<br>(18.8%) | 7:28   | 8<br>(80.8%)   |
| 40  | <b>GRUSZKA Michał</b>         | <b>86</b>  | NORDIC SPORT 2021                 | M18-29                   | 3    | 1              |                 | 00:11:34 | 00:24:20 | <b>00:37:28.80</b> | +00:07:07<br>(19.0%) | 7:29   | 8<br>(80.8%)   |
| 41  | <b>KOWALCZYK Tadeusz</b>      | <b>103</b> | LUX TORPEDA MAŁOPOLSKA            | M65-69                   | 3    |                |                 | 00:11:52 | 00:24:36 | <b>00:37:40.05</b> | +00:07:18<br>(19.4%) | 7:32   | 8<br>(80.8%)   |
| 42  | <b>KOWACZ Agata</b>           | <b>101</b> | SPEEDBAR                          | K40-44                   | 5    |                |                 | 00:12:11 | 00:25:00 | <b>00:37:55.50</b> | +00:07:33<br>(19.9%) | 7:35   | 7.9<br>(79.8%) |
| 43  | <b>WALCZAK Grzegorz</b>       | <b>160</b> |                                   | M45-49                   | 4    |                |                 | 00:12:09 | 00:25:02 | <b>00:37:58.20</b> | +00:07:36<br>(20.0%) | 7:35   | 7.9<br>(79.8%) |
| 44  | <b>SZYMAŃSKI Stefan</b>       | <b>151</b> | XV KOŁO PZERII W DYWITACH         | M75-79                   | 1    |                |                 | 00:12:36 | 00:25:12 | <b>00:38:05.85</b> | +00:07:44<br>(20.3%) | 7:37   | 7.9<br>(79.8%) |
| 45  | <b>TRZCINIECKI Wojciech</b>   | <b>159</b> |                                   | M40-44                   | 3    |                |                 | 00:12:08 | 00:25:08 | <b>00:38:06.75</b> | +00:07:45<br>(20.3%) | 7:37   | 7.9<br>(79.8%) |
| 46  | <b>GUTOWSKA Magda</b>         | <b>89</b>  | PAUL TEAM                         | K45-49                   | 4    |                |                 | 00:12:07 | 00:25:04 | <b>00:38:13.35</b> | +00:07:51<br>(20.6%) | 7:38   | 7.8<br>(78.8%) |
| 47  | <b>ŚLUSARCZYK Grzegorz</b>    | <b>154</b> | WESOŁY BORSUK TEAM                | M45-49                   | 5    |                |                 | 00:12:23 | 00:25:17 | <b>00:38:13.90</b> | +00:07:52<br>(20.6%) | 7:38   | 7.8<br>(78.8%) |
| 48  | <b>STYSA Krystyna</b>         | <b>217</b> | KKNW KOLBUSZOWA                   | K60-64                   | 1    |                |                 | 00:12:24 | 00:25:12 | <b>00:38:14.15</b> | +00:07:52<br>(20.6%) | 7:38   | 7.8<br>(78.8%) |
| 49  | <b>CZARNOTA Andrzej</b>       | <b>70</b>  | Z NURTEM SAWY NORDIC WALKING KLUB | M65-69                   | 4    |                |                 | 00:12:31 | 00:25:21 | <b>00:38:30.65</b> | +00:08:09<br>(21.2%) | 7:42   | 7.8<br>(78.8%) |
| 50  | <b>ZAWADZKI Krzysztof</b>     | <b>171</b> | WETERAN                           | M-<br>Niepełnosprawni(B) | 1    |                |                 | 00:12:35 | 00:25:31 | <b>00:38:38.85</b> | +00:08:17<br>(21.4%) | 7:43   | 7.8<br>(78.8%) |
| 51  | <b>SZPUNAR Mariusz</b>        | <b>147</b> | Z NURTEM SAWY NORDIC WALKING KLUB | M50-54                   | 5    |                |                 | 00:12:19 | 00:25:26 | <b>00:38:40.40</b> | +00:08:18<br>(21.5%) | 7:44   | 7.8<br>(78.8%) |
| 52  | <b>WILK Andrzej</b>           | <b>164</b> | NIEZRZESZONY                      | M60-64                   | 4    |                |                 | 00:12:31 | 00:25:38 | <b>00:38:51.75</b> | +00:08:30<br>(21.9%) | 7:46   | 7.7<br>(77.8%) |
| 53  | <b>CZEKRYSEW Andrzej</b>      | <b>72</b>  | SERCE NORDICA WŁOCŁAWEK           | M-<br>Niepełnosprawni(A) | 3    |                |                 | 00:12:42 | 00:25:49 | <b>00:39:13.00</b> | +00:08:51<br>(22.6%) | 7:50   | 7.6<br>(76.8%) |
| 54  | <b>SONDEJ Wiesław</b>         | <b>141</b> | PTG SOKÓŁ 1893 RZESZÓW            | M60-64                   | 5    |                |                 | 00:12:34 | 00:25:41 | <b>00:39:16.40</b> | +00:08:54<br>(22.7%) | 7:51   | 7.6<br>(76.8%) |
| 55  | <b>GAŁKOWSKA Elżbieta</b>     | <b>82</b>  | KGHM METRACO                      | K65-69                   | 1    |                |                 | 00:12:56 | 00:25:59 | <b>00:39:25.40</b> | +00:09:03<br>(23.0%) | 7:53   | 7.6<br>(76.8%) |
| 56  | <b>CZMOCH Marian</b>          | <b>73</b>  | PUKS JEDYNKA                      | M70-74                   | 1    |                |                 | 00:12:56 | 00:26:24 | <b>00:39:38.05</b> | +00:09:16<br>(23.4%) | 7:55   | 7.6<br>(76.8%) |
| 57  | <b>NIEDŹWIECKA Małgorzata</b> | <b>113</b> | NORDIC TEAM CZĘSTOCHOWA           | K65-69                   | 2    |                |                 | 00:13:02 | 00:26:17 | <b>00:39:53.95</b> | +00:09:32<br>(23.9%) | 7:58   | 7.5<br>(75.8%) |
| 58  | <b>WNEK Ewa</b>               | <b>168</b> | KGHM METRACO                      | K65-69                   | 3    |                |                 | 00:12:56 | 00:26:22 | <b>00:39:55.65</b> | +00:09:34<br>(24.0%) | 7:59   | 7.5<br>(75.8%) |
| 59  | <b>PLUTO-PRĄDZYŃSKA Anna</b>  | <b>128</b> | SERCE NORDICA WŁOCŁAWEK           | K30-39                   | 2    |                |                 | 00:13:05 | 00:26:23 | <b>00:39:56.20</b> | +00:09:34<br>(24.0%) | 7:59   | 7.5<br>(75.8%) |

| Msc | Zawodnik                 | Numer | Klub                              | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 1.7km    | 3.4km    | Czas<br>netto | Różn                 | Tempo  | Tempo          |
|-----|--------------------------|-------|-----------------------------------|--------------------------|------|----------------|-----------------|----------|----------|---------------|----------------------|--------|----------------|
|     |                          |       |                                   |                          |      |                |                 | 1.7km    | 3.4km    | 5km           |                      | min/km | km/h           |
| 60  | ŚLUSARCZYK Andrzej       | 155   | WESOŁY BORSUK TEAM                | M70-74                   | 2    |                |                 | 00:12:55 | 00:26:23 | 00:39:57.45   | +00:09:35<br>(24.0%) | 7:59   | 7.5<br>(75.8%) |
| 61  | LEGOCKA - WALCZAK Kinga  | 107   |                                   | K45-49                   | 5    |                |                 | 00:12:57 | 00:26:30 | 00:40:02.90   | +00:09:41<br>(24.2%) | 8:00   | 7.5<br>(75.8%) |
| 62  | GRYGOROWICZ Bogdan       | 88    | KGHM METRACO                      | M-<br>Niepełnosprawni(B) | 2    |                |                 | 00:12:57 | 00:26:23 | 00:40:14.80   | +00:09:53<br>(24.6%) | 8:02   | 7.5<br>(75.8%) |
| 63  | ŚLUSARCZYK Karolina      | 157   | WESOŁY BORSUK TEAM                | K18-29                   | 1    | 1              |                 | 00:12:59 | 00:26:46 | 00:40:25.40   | +00:10:03<br>(24.9%) | 8:05   | 7.4<br>(74.7%) |
| 64  | SKIBA Zenon              | 137   | CHODZĘ BO LUBIĘ ROPCZYCE          | M65-69                   | 5    | 1              |                 | 00:12:58 | 00:26:24 | 00:40:29.85   | +00:10:08<br>(25.0%) | 8:05   | 7.4<br>(74.7%) |
| 65  | SKRZĄTEK Lucyna          | 138   | NORDIC SPORT 2021                 | K50-54                   | 4    |                |                 | 00:13:19 | 00:26:54 | 00:40:33.95   | +00:10:12<br>(25.2%) | 8:06   | 7.4<br>(74.7%) |
| 66  | DAROSZEWSKA Krystyna     | 74    | SERCE NORDICA WŁOCŁAWEK           | K60-64                   | 2    |                |                 | 00:13:15 | 00:26:46 | 00:40:35.60   | +00:10:14<br>(25.2%) | 8:07   | 7.4<br>(74.7%) |
| 67  | CHOMNICKA Beata          | 67    | LUX TORPEDA MAŁOPOLSKA            | K50-54                   | 5    |                |                 | 00:13:08 | 00:26:47 | 00:40:46.65   | +00:10:25<br>(25.5%) | 8:09   | 7.4<br>(74.7%) |
| 68  | HANUS Joanna             | 92    | PASJONAUCI KROSNO                 | K-<br>Niepełnosprawni(B) | 1    |                |                 | 00:12:56 | 00:26:50 | 00:40:51.65   | +00:10:30<br>(25.7%) | 8:10   | 7.3<br>(73.7%) |
| 69  | SAPUŁA Wiktoria          | 135   | NORDIC TEAM CZĘSTOCHOWA           | K18-29                   | 2    |                |                 | 00:12:53 | 00:26:49 | 00:40:58.10   | +00:10:36<br>(25.9%) | 8:11   | 7.3<br>(73.7%) |
| 70  | DYBEŁ Agnieszka          | 77    | NORDIC TEAM CZĘSTOCHOWA           | K-<br>Niepełnosprawni(A) | 1    |                |                 | 00:13:06 | 00:27:02 | 00:41:00.35   | +00:10:38<br>(26.0%) | 8:12   | 7.3<br>(73.7%) |
| 71  | PRACKI Zbigniew          | 131   | SERCE NORDICA WŁOCŁAWEK           | M55-59                   | 5    |                |                 | 00:13:22 | 00:27:12 | 00:41:11.35   | +00:10:49<br>(26.3%) | 8:14   | 7.3<br>(73.7%) |
| 72  | SZYBUT Weronika          | 149   | POTĘGA NORDICA                    | K-Dzieci                 | 1    |                |                 | 00:13:43 | 00:27:31 | 00:41:14.40   | +00:10:52<br>(26.4%) | 8:14   | 7.3<br>(73.7%) |
| 73  | FRANCZAK Dariusz         | 79    | NW CZŁAPSKI TEAM                  | M55-59                   | 6    |                |                 | 00:13:23 | 00:27:11 | 00:41:15.50   | +00:10:53<br>(26.4%) | 8:15   | 7.3<br>(73.7%) |
| 74  | SŁOWIK Jan               | 139   | WYBIEGAMY W PRZYSZŁOŚĆ            | M-<br>Niepełnosprawni(A) | 4    |                |                 | 00:11:59 | 00:24:36 | 00:41:24.20   | +00:11:02<br>(26.7%) | 8:16   | 7.2<br>(72.7%) |
| 75  | FALGER Jan               | 78    |                                   | M18-29                   | 4    | 1              |                 | 00:13:25 | 00:27:24 | 00:41:30.05   | +00:11:08<br>(26.8%) | 8:18   | 7.2<br>(72.7%) |
| 76  | KOWALCZYK Joanna         | 102   | LUX TORPEDA MAŁOPOLSKA            | K45-49                   | 6    |                |                 | 00:13:23 | 00:27:17 | 00:41:30.45   | +00:11:08<br>(26.9%) | 8:18   | 7.2<br>(72.7%) |
| 77  | JAKUBOWSKI Zbigniew      | 93    |                                   | M70-74                   | 3    | 1              |                 | 00:13:29 | 00:27:47 | 00:41:44.70   | +00:11:23<br>(27.3%) | 8:20   | 7.2<br>(72.7%) |
| 78  | MAJEWSKI Jan             | 108   | GORZYCE CHODZI Z KIJKAMI          | M70-74                   | 4    | 1              |                 | 00:13:27 | 00:27:46 | 00:41:45.35   | +00:11:23<br>(27.3%) | 8:21   | 7.2<br>(72.7%) |
| 79  | JÓŹWIAK Łukasz           | 96    | SERCE NORDICA WŁOCŁAWEK           | M-<br>Niepełnosprawni(B) | 3    |                |                 | 00:13:42 | 00:27:51 | 00:41:53.30   | +00:11:31<br>(27.5%) | 8:22   | 7.2<br>(72.7%) |
| 80  | CZARNOTA Wanda           | 71    | Z NURTEM SAWY NORDIC WALKING KLUB | K60-64                   | 3    |                |                 | 00:13:43 | 00:27:53 | 00:42:19.45   | +00:11:57<br>(28.3%) | 8:27   | 7.1<br>(71.7%) |
| 81  | GRYGOROWICZ Teresa       | 87    | KGHM METRACO                      | K70-74                   | 1    |                |                 | 00:13:27 | 00:27:41 | 00:42:20.00   | +00:11:58<br>(28.3%) | 8:28   | 7.1<br>(71.7%) |
| 82  | PLUTO-PRĄDZYŃSKA Klaudia | 127   | SERCE NORDICA WŁOCŁAWEK           | K-<br>Niepełnosprawni(B) | 2    |                |                 | 00:13:31 | 00:27:50 | 00:42:25.65   | +00:12:04<br>(28.4%) | 8:29   | 7.1<br>(71.7%) |

| Msc | Zawodnik                  | Numer      | Klub                             | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 1.7km    | 3.4km    | Czas<br>netto      | Różn                 | Tempo  | Tempo          |
|-----|---------------------------|------------|----------------------------------|--------------------------|------|----------------|-----------------|----------|----------|--------------------|----------------------|--------|----------------|
|     |                           |            |                                  |                          |      |                |                 | 1.7km    | 3.4km    | 5km                |                      | min/km | km/h           |
| 83  | <b>NIEPOKÓJ Kornelia</b>  | <b>114</b> |                                  | K18-29                   | 3    |                |                 | 00:13:39 | 00:28:07 | <b>00:42:54.90</b> | +00:12:33<br>(29.3%) | 8:34   | 7<br>(70.7%)   |
| 84  | <b>PRZYSTARZ Anna</b>     | <b>132</b> | OBORYGENI                        | K50-54                   | 6    |                |                 | 00:14:10 | 00:28:58 | <b>00:43:06.00</b> | +00:12:44<br>(29.6%) | 8:37   | 7<br>(70.7%)   |
| 85  | <b>THOMALLA Bogdan</b>    | <b>158</b> | EKIPA NA KIJACH                  | M80+                     | 1    |                |                 | 00:13:39 | 00:28:19 | <b>00:43:13.15</b> | +00:12:51<br>(29.8%) | 8:38   | 6.9<br>(69.7%) |
| 86  | <b>ADAMOWICZ Andrzej</b>  | <b>61</b>  |                                  | M75-79                   | 2    |                |                 | 00:13:59 | 00:28:33 | <b>00:43:32.60</b> | +00:13:11<br>(30.3%) | 8:42   | 6.9<br>(69.7%) |
| 87  | <b>PAPROCKA Lucyna</b>    | <b>121</b> | ARIDA SILVA ATHLETICA            | K45-49                   | 7    |                |                 | 00:13:58 | 00:28:57 | <b>00:43:33.20</b> | +00:13:11<br>(30.3%) | 8:42   | 6.9<br>(69.7%) |
| 88  | <b>KRAKOWSKI Igor</b>     | <b>105</b> | PTG SOKÓŁ 1893 MIELEC            | M-Dzieci                 | 1    |                |                 | 00:14:03 | 00:28:36 | <b>00:43:50.20</b> | +00:13:28<br>(30.7%) | 8:46   | 6.8<br>(68.7%) |
| 89  | <b>GANCARZ Zbigniew</b>   | <b>83</b>  | KLUB SPORTOWY ISKRA MIELEC       | M-<br>Niepełnosprawni(B) | 4    |                |                 | 00:14:28 | 00:29:03 | <b>00:43:58.50</b> | +00:13:36<br>(31.0%) | 8:47   | 6.8<br>(68.7%) |
| 90  | <b>GUL-BOGACZ Jolanta</b> | <b>218</b> | KKNW KOLBUSZOWA                  | K45-49                   | 8    |                |                 | 00:14:55 | 00:29:15 | <b>00:44:00.20</b> | +00:13:38<br>(31.0%) | 8:48   | 6.8<br>(68.7%) |
| 91  | <b>SZYMAŃSKA Lucyna</b>   | <b>150</b> | XV KOŁO PZERII W DYWITACH        | K70-74                   | 2    |                |                 | 00:13:50 | 00:28:50 | <b>00:44:37.90</b> | +00:14:16<br>(32.0%) | 8:55   | 6.7<br>(67.7%) |
| 92  | <b>SZNAJDER Zenon</b>     | <b>146</b> |                                  | M70-74                   | 5    |                |                 | 00:14:02 | 00:29:25 | <b>00:45:05.70</b> | +00:14:44<br>(32.7%) | 9:01   | 6.7<br>(67.7%) |
| 93  | <b>NERC Dorota</b>        | <b>112</b> |                                  | K60-64                   | 4    | 1              |                 | 00:14:07 | 00:29:22 | <b>00:45:05.85</b> | +00:14:44<br>(32.7%) | 9:01   | 6.7<br>(67.7%) |
| 94  | <b>KRÓL Grażyna</b>       | <b>212</b> | KKNW KOLBUSZOWA                  | K65-69                   | 4    |                |                 | 00:15:07 | 00:30:27 | <b>00:45:30.65</b> | +00:15:09<br>(33.3%) | 9:06   | 6.6<br>(66.7%) |
| 95  | <b>WILK Iwona</b>         | <b>165</b> | NORDIC SPORT 2021                | K45-49                   | 9    |                |                 | 00:14:47 | 00:30:10 | <b>00:45:36.80</b> | +00:15:15<br>(33.4%) | 9:07   | 6.6<br>(66.7%) |
| 96  | <b>SZNAJDER Teresa</b>    | <b>145</b> |                                  | K65-69                   | 5    |                |                 | 00:14:55 | 00:30:18 | <b>00:45:52.50</b> | +00:15:30<br>(33.8%) | 9:10   | 6.5<br>(65.7%) |
| 97  | <b>JEDYNAK Stanisław</b>  | <b>94</b>  | ŻBIKI NORDIC WALKING             | M75-79                   | 3    |                |                 | 00:14:48 | 00:30:13 | <b>00:46:04.30</b> | +00:15:42<br>(34.1%) | 9:12   | 6.5<br>(65.7%) |
| 98  | <b>GOLECKA Agnieszka</b>  | <b>84</b>  |                                  | K45-49                   | 10   |                |                 | 00:14:57 | 00:30:37 | <b>00:46:08.85</b> | +00:15:47<br>(34.2%) | 9:13   | 6.5<br>(65.7%) |
| 99  | <b>SUDOŁ Maria</b>        | <b>215</b> | KKNW KOLBUSZOWA                  | K65-69                   | 6    |                |                 | 00:14:51 | 00:30:10 | <b>00:46:11.45</b> | +00:15:49<br>(34.3%) | 9:14   | 6.5<br>(65.7%) |
| 100 | <b>WIKTOR Irena</b>       | <b>161</b> | KLUB SPORTOWY ISKRA MIELEC       | K65-69                   | 7    |                |                 | 00:15:13 | 00:30:50 | <b>00:47:28.85</b> | +00:17:07<br>(36.1%) | 9:29   | 6.3<br>(63.6%) |
| 101 | <b>ŚLUSARCZYK Danuta</b>  | <b>156</b> | WESOŁY BORSUK TEAM               | K70-74                   | 3    |                |                 | 00:15:18 | 00:31:32 | <b>00:48:08.55</b> | +00:17:47<br>(36.9%) | 9:37   | 6.2<br>(62.6%) |
| 102 | <b>KOŁODZIEJ Halina</b>   | <b>99</b>  | KOLBUSZOWSKI KLUB NORDIC WALKING | K70-74                   | 4    |                |                 | 00:15:29 | 00:31:59 | <b>00:48:24.05</b> | +00:18:02<br>(37.3%) | 9:40   | 6.2<br>(62.6%) |
| 103 | <b>WIKTOR Patrycja</b>    | <b>163</b> |                                  | K40-44                   | 6    |                |                 | 00:15:25 | 00:31:46 | <b>00:48:36.80</b> | +00:18:15<br>(37.5%) | 9:43   | 6.2<br>(62.6%) |
| 104 | <b>DUSZEŃKO Elwira</b>    | <b>75</b>  | KGHM METRACO                     | K-<br>Niepełnosprawni(A) | 2    |                |                 | 00:15:28 | 00:32:05 | <b>00:48:49.60</b> | +00:18:28<br>(37.8%) | 9:45   | 6.1<br>(61.6%) |
| 105 | <b>SZYBUT Roma</b>        | <b>148</b> | POTĘGA NORDICA                   | K30-39                   | 3    |                |                 | 00:15:36 | 00:31:58 | <b>00:48:49.75</b> | +00:18:28<br>(37.8%) | 9:45   | 6.1<br>(61.6%) |

| Msc | Zawodnik                              | Numer      | Klub                             | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 1.7km<br>1.7km | 3.4km<br>3.4km | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------------|------------|----------------------------------|--------------------------|------|----------------|-----------------|----------------|----------------|----------------------|----------------------|-----------------|----------------|
| 106 | <b>KOZAK Teresa</b>                   | <b>211</b> | KKNW KOLBUSZOWA                  | K60-64                   | 5    |                |                 | 00:15:31       | 00:32:06       | <b>00:48:57.35</b>   | +00:18:35<br>(38.0%) | 9:47            | 6.1<br>(61.6%) |
| 107 | <b>PRACKA Katarzyna</b>               | <b>130</b> | SERCE NORDICA WŁOCŁAWEK          | K50-54                   | 7    |                |                 | 00:16:34       | 00:33:18       | <b>00:49:18.30</b>   | +00:18:56<br>(38.4%) | 9:51            | 6.1<br>(61.6%) |
| 108 | <b>STUDNICKI Ryszard</b>              | <b>144</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | M75-79                   | 4    |                |                 | 00:16:04       | 00:32:32       | <b>00:49:40.85</b>   | +00:19:19<br>(38.9%) | 9:56            | 6<br>(60.6%)   |
| 109 | <b>ŚLUSARCZYK Błażej</b>              | <b>153</b> | WESOŁY BORSUK TEAM               | M-Dzieci                 | 2    |                |                 | 00:16:30       | 00:33:39       | <b>00:50:12.95</b>   | +00:19:51<br>(39.5%) | 10:02           | 6<br>(60.6%)   |
| 110 | <b>PANKIEWICZ-DMOWSKA<br/>Cecylia</b> | <b>120</b> |                                  | K70-74                   | 5    |                |                 | 00:16:24       | 00:34:11       | <b>00:51:39.10</b>   | +00:21:17<br>(41.2%) | 10:19           | 5.8<br>(58.6%) |
| 111 | <b>JEDYNAK Katarzyna</b>              | <b>49</b>  |                                  | K-Jun.                   | 1    |                |                 | 00:17:26       | 00:35:11       | <b>00:53:59.05</b>   | +00:23:37<br>(43.8%) | 10:47           | 5.6<br>(56.6%) |
| 112 | <b>BRZozowska Urszula</b>             | <b>66</b>  | ŻBIKI NORDIC WALKING             | K65-69                   | 8    |                |                 | 00:17:19       | 00:35:46       | <b>00:54:15.00</b>   | +00:23:53<br>(44.0%) | 10:51           | 5.5<br>(55.6%) |
| 113 | <b>MAZON Czesława</b>                 | <b>214</b> | KKNW KOLBUSZOWA                  | K65-69                   | 9    |                |                 | 00:17:57       | 00:36:21       | <b>00:54:41.90</b>   | +00:24:20<br>(44.5%) | 10:56           | 5.5<br>(55.6%) |
| 114 | <b>KOCZUR Dorota</b>                  | <b>219</b> | KKNW KOLBUSZOWA                  | K65-69                   | 10   |                |                 | 00:16:45       | 00:35:02       | <b>00:54:44.80</b>   | +00:24:23<br>(44.5%) | 10:56           | 5.5<br>(55.6%) |
| 115 | <b>WIKTOR Dawid</b>                   | <b>162</b> | KLUB SPORTOWY ISKRA MIELEC       | M-<br>Niepełnosprawni(B) | 5    |                |                 | 00:17:24       | 00:36:29       | <b>00:56:05.60</b>   | +00:25:44<br>(45.9%) | 11:13           | 5.3<br>(53.5%) |
| 116 | <b>PIĄTKOWSKI Józef</b>               | <b>125</b> | KGHM METRACO                     | M75-79                   | 5    |                |                 | 00:17:32       | 00:37:02       | <b>00:56:29.85</b>   | +00:26:08<br>(46.3%) | 11:17           | 5.3<br>(53.5%) |
| 117 | <b>ORZECZOWSKI Grzegorz</b>           | <b>216</b> | KKNW KOLBUSZOWA                  | M40-44                   | 4    |                |                 | 00:17:41       | 00:36:33       | <b>00:56:41.10</b>   | +00:26:19<br>(46.4%) | 11:20           | 5.3<br>(53.5%) |
| 118 | <b>ROMANIUK Grzegorz</b>              | <b>213</b> | KKNW KOLBUSZOWA                  | M55-59                   | 7    | 1              |                 | 00:20:48       | 00:45:13       | <b>00:59:15.55</b>   | +00:28:54<br>(48.8%) | 11:51           | 5.1<br>(51.5%) |

Znaleziono 118 wynik(ów)