



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

B4SPORT

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



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.7km 1.7km	3.4km 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	167		M50-54	1			00:09:35	00:19:49	00:30:21.55		6:04	9.9 (100%)
2	WOJTOWICZ Tomasz	220	LT POLAND	M30-39	1			00:09:37	00:19:54	00:30:52.15	+00:00:30 (1.7%)	6:10	9.7 (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 (4.6%)	6:21	9.4 (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 (5.9%)	6:27	9.3 (93.9%)
5	SOKOŁOWSKI Marek	140	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	M55-59	1			00:10:47	00:21:49	00:33:03.55	+00:02:42 (8.2%)	6:36	9.1 (91.9%)
6	SKIBA Krzysztof	136	KGHM METRACO	M60-64	1			00:10:30	00:21:25	00:33:16.30	+00:02:54 (8.8%)	6:39	9 (90.9%)
7	OLSZAŃSKI Karol	118	FEAR THE RETURN	M45-49	1	1		00:10:40	00:22:00	00:33:38.70	+00:03:17 (9.8%)	6:43	8.9 (89.9%)
8	PARZYBUT Jan	122	POSTĘP PNIEWY TEAM	M55-59	2			00:11:01	00:22:19	00:33:41.20	+00:03:19 (9.9%)	6:44	8.9 (89.9%)
9	BREWKA Joachim	65	NORDIC SPORT 2021	M55-59	3			00:11:01	00:22:19	00:33:41.50	+00:03:19 (9.9%)	6:44	8.9 (89.9%)
10	FRAĆKOWIAK Roman	80	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:10:45	00:22:16	00:33:47.75	+00:03:26 (10.2%)	6:45	8.9 (89.9%)
11	MISZTAL Grzegorz	208	MASZYCANKA MASZYCE	M30-39	2			00:10:44	00:22:14	00:33:48.90	+00:03:27 (10.2%)	6:45	8.9 (89.9%)
12	NOSAL Marek	115		M50-54	4			00:11:17	00:22:39	00:34:18.90	+00:03:57 (11.5%)	6:51	8.7 (87.9%)
13	GAJEWSKI Eugeniusz	81	KGHM METRACO	M65-69	1			00:11:06	00:22:40	00:34:26.30	+00:04:04 (11.8%)	6:53	8.7 (87.9%)

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14	HAŁAS Marcin	91		M30-39	3			00:11:01	00:22:35	00:34:42.30	+00:04:20 (12.5%)	6:56	8.6 (86.9%)
15	WOJTASIŃSKI Daniel	169	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:11:15	00:23:07	00:35:07.70	+00:04:46 (13.6%)	7:01	8.5 (85.9%)
16	KLAWCZYŃSKI Marcin	98	AKTYWNIE W PNIEWACH	M30-39	4			00:11:03	00:22:45	00:35:11.60	+00:04:50 (13.7%)	7:02	8.5 (85.9%)
17	STĘPAK Piotr	143		M18-29	2			00:11:16	00:23:08	00:35:13.00	+00:04:51 (13.8%)	7:02	8.5 (85.9%)
18	KRAKOWSKI Jerzy Piotr	104	PTG SOKÓŁ 1893 MIELEC	M55-59	4			00:11:21	00:23:16	00:35:13.05	+00:04:51 (13.8%)	7:02	8.5 (85.9%)
19	ŚLUSARCZYK Marcin	152	WESOŁY BORSUK TEAM	M40-44	2			00:11:28	00:23:31	00:35:29.15	+00:05:07 (14.4%)	7:05	8.5 (85.9%)
20	PASIERB Marek	123	PTG SOKÓŁ 1893 MIELEC	M65-69	2			00:11:17	00:23:26	00:35:29.95	+00:05:08 (14.5%)	7:05	8.5 (85.9%)
21	CIEŚLUK Marcin	68	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	1			00:11:53	00:23:52	00:35:59.00	+00:05:37 (15.6%)	7:11	8.3 (83.8%)
22	BIBKO Martin	63	SPEEDBAR	M45-49	2			00:11:34	00:23:55	00:36:28.20	+00:06:06 (16.8%)	7:17	8.2 (82.8%)
23	SIWAK Piotr	209	KGHM METRACO	M60-64	2			00:11:42	00:24:02	00:36:31.85	+00:06:10 (16.9%)	7:18	8.2 (82.8%)
24	KRIGER Roman	106	MAPEI POLSKA	M60-64	3			00:11:59	00:24:29	00:36:56.75	+00:06:35 (17.8%)	7:23	8.1 (81.8%)
25	DUSZEŃKO Zygmunt	76	KGHM METRACO	M- Niepełnosprawni(A)	2			00:12:06	00:24:23	00:37:00.75	+00:06:39 (18.0%)	7:24	8.1 (81.8%)
26	GRUSZKA Michał	85	NORDIC SPORT 2021	M45-49	3			00:11:44	00:24:23	00:37:18.35	+00:06:56 (18.6%)	7:27	8 (80.8%)
27	BALIŚ Andrzej	62		M30-39	5			00:12:09	00:24:50	00:37:23.25	+00:07:01 (18.8%)	7:28	8 (80.8%)
28	GRUSZKA Michał	86	NORDIC SPORT 2021	M18-29	3	1		00:11:34	00:24:20	00:37:28.80	+00:07:07 (19.0%)	7:29	8 (80.8%)
29	KOWALCZYK Tadeusz	103	LUX TORPEDA MAŁOPOLSKA	M65-69	3			00:11:52	00:24:36	00:37:40.05	+00:07:18 (19.4%)	7:32	8 (80.8%)
30	WALCZAK Grzegorz	160		M45-49	4			00:12:09	00:25:02	00:37:58.20	+00:07:36 (20.0%)	7:35	7.9 (79.8%)
31	SZYMAŃSKI Stefan	151	XV KOŁO PZERII W DYWITACH	M75-79	1			00:12:36	00:25:12	00:38:05.85	+00:07:44 (20.3%)	7:37	7.9 (79.8%)
32	TRZCINIECKI Wojciech	159		M40-44	3			00:12:08	00:25:08	00:38:06.75	+00:07:45 (20.3%)	7:37	7.9 (79.8%)
33	ŚLUSARCZYK Grzegorz	154	WESOŁY BORSUK TEAM	M45-49	5			00:12:23	00:25:17	00:38:13.90	+00:07:52 (20.6%)	7:38	7.8 (78.8%)
34	CZARNOTA Andrzej	70	Z NURTEM SAWY NORDIC WALKING KLUB	M65-69	4			00:12:31	00:25:21	00:38:30.65	+00:08:09 (21.2%)	7:42	7.8 (78.8%)
35	ZAWADZKI Krzysztof	171	WETERAN	M- Niepełnosprawni(B)	1			00:12:35	00:25:31	00:38:38.85	+00:08:17 (21.4%)	7:43	7.8 (78.8%)
36	SZPUNAR Mariusz	147	Z NURTEM SAWY NORDIC WALKING KLUB	M50-54	5			00:12:19	00:25:26	00:38:40.40	+00:08:18 (21.5%)	7:44	7.8 (78.8%)

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37	WILK Andrzej	164	NIEZRZESZONY	M60-64	4			00:12:31	00:25:38	00:38:51.75	+00:08:30 (21.9%)	7:46	7.7 (77.8%)
38	CZEKRYSEW Andrzej	72	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:12:42	00:25:49	00:39:13.00	+00:08:51 (22.6%)	7:50	7.6 (76.8%)
39	SONDEJ Wiesław	141	PTG SOKÓŁ 1893 RZESZÓW	M60-64	5			00:12:34	00:25:41	00:39:16.40	+00:08:54 (22.7%)	7:51	7.6 (76.8%)
40	CZMOCH Marian	73	PUKS JEDYNKA	M70-74	1			00:12:56	00:26:24	00:39:38.05	+00:09:16 (23.4%)	7:55	7.6 (76.8%)
41	ŚLUSARCZYK Andrzej	155	WESOŁY BORSUK TEAM	M70-74	2			00:12:55	00:26:23	00:39:57.45	+00:09:35 (24.0%)	7:59	7.5 (75.8%)
42	GRYGOROWICZ Bogdan	88	KGHM METRACO	M- Niepełnosprawni(B)	2			00:12:57	00:26:23	00:40:14.80	+00:09:53 (24.6%)	8:02	7.5 (75.8%)
43	SKIBA Zenon	137	CHODZĘ BO LUBIĘ ROPCZYCE	M65-69	5	1		00:12:58	00:26:24	00:40:29.85	+00:10:08 (25.0%)	8:05	7.4 (74.7%)
44	PRACKI Zbigniew	131	SERCE NORDICA WŁOCŁAWEK	M55-59	5			00:13:22	00:27:12	00:41:11.35	+00:10:49 (26.3%)	8:14	7.3 (73.7%)
45	FRANCZAK Dariusz	79	NW CZŁAPSKI TEAM	M55-59	6			00:13:23	00:27:11	00:41:15.50	+00:10:53 (26.4%)	8:15	7.3 (73.7%)
46	SŁOWIK Jan	139	WYBIEGAMY W PRZYSZŁOŚĆ	M- Niepełnosprawni(A)	4			00:11:59	00:24:36	00:41:24.20	+00:11:02 (26.7%)	8:16	7.2 (72.7%)
47	FALGER Jan	78		M18-29	4	1		00:13:25	00:27:24	00:41:30.05	+00:11:08 (26.8%)	8:18	7.2 (72.7%)
48	JAKUBOWSKI Zbigniew	93		M70-74	3	1		00:13:29	00:27:47	00:41:44.70	+00:11:23 (27.3%)	8:20	7.2 (72.7%)
49	MAJEWSKI Jan	108	GORZYCE CHODZI Z KIJKAMI	M70-74	4	1		00:13:27	00:27:46	00:41:45.35	+00:11:23 (27.3%)	8:21	7.2 (72.7%)
50	JÓŹWIAK Łukasz	96	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:13:42	00:27:51	00:41:53.30	+00:11:31 (27.5%)	8:22	7.2 (72.7%)
51	THOMALLA Bogdan	158	EKIPA NA KIJACH	M80+	1			00:13:39	00:28:19	00:43:13.15	+00:12:51 (29.8%)	8:38	6.9 (69.7%)
52	ADAMOWICZ Andrzej	61		M75-79	2			00:13:59	00:28:33	00:43:32.60	+00:13:11 (30.3%)	8:42	6.9 (69.7%)
53	KRAKOWSKI Igor	105	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	1			00:14:03	00:28:36	00:43:50.20	+00:13:28 (30.7%)	8:46	6.8 (68.7%)
54	GANCARZ Zbigniew	83	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	4			00:14:28	00:29:03	00:43:58.50	+00:13:36 (31.0%)	8:47	6.8 (68.7%)
55	SZNAJDER Zenon	146		M70-74	5			00:14:02	00:29:25	00:45:05.70	+00:14:44 (32.7%)	9:01	6.7 (67.7%)
56	JEDYNAK Stanisław	94	ŻBIKI NORDIC WALKING	M75-79	3			00:14:48	00:30:13	00:46:04.30	+00:15:42 (34.1%)	9:12	6.5 (65.7%)
57	STUDNICKI Ryszard	144	KOLBUSZOWSKI KLUB NORDIC WALKING	M75-79	4			00:16:04	00:32:32	00:49:40.85	+00:19:19 (38.9%)	9:56	6 (60.6%)
58	ŚLUSARCZYK Błażej	153	WESOŁY BORSUK TEAM	M-Dzieci	2			00:16:30	00:33:39	00:50:12.95	+00:19:51 (39.5%)	10:02	6 (60.6%)
59	WIKTOR Dawid	162	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	5			00:17:24	00:36:29	00:56:05.60	+00:25:44 (45.9%)	11:13	5.3 (53.5%)

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60	PIĄTKOWSKI Józef	125	KGHM METRACO	M75-79	5			00:17:32	00:37:02	00:56:29.85	+00:26:08 (46.3%)	11:17	5.3 (53.5%)
61	ORZECHOWSKI Grzegorz	216	KKNW KOLBUSZOWA	M40-44	4			00:17:41	00:36:33	00:56:41.10	+00:26:19 (46.4%)	11:20	5.3 (53.5%)
62	ROMANIUK Grzegorz	213	KKNW KOLBUSZOWA	M55-59	7	1		00:20:48	00:45:13	00:59:15.55	+00:28:54 (48.8%)	11:51	5.1 (51.5%)

Znaleziono 62 wynik(ów)