



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

B4SPORT

**Event:** ENEA POLISH NORDIC WALKING CUP 7/10  
SĘDZISZÓW MAŁOPOLSKI  
**Organiser:** Polskie Zrzeszenie Nordic Walking  
**Date:** 2022-07-30  
**Place:** SĘDZISZÓW MAŁOPOLSKI  
**Distance:** 5 km



Classification: Mężczyźni

Split point: 3,4 km

| Place | Participant           | Number | Club                                | Category             | Żół. kartki | Czer. kartki | 1.7km<br>1.7km | 3.4km<br>3.4km |
|-------|-----------------------|--------|-------------------------------------|----------------------|-------------|--------------|----------------|----------------|
| 1     | WITUCKI Jacek         | 167    |                                     | M50-54               |             |              | 00:09:35       | 00:19:49       |
| 2     | WOJTOWICZ Tomasz      | 220    | LT POLAND                           | M30-39               |             |              | 00:09:37       | 00:19:54       |
| 3     | CYRUS Bogdan          | 69     | SILESIA NORDIC TEAM                 | M50-54               |             |              | 00:09:54       | 00:20:53       |
| 4     | MARCZAK Tomasz        | 109    | NORDIC TEAM CZĘSTOCHOWA             | M18-29               |             |              | 00:10:22       | 00:21:16       |
| 5     | SKIBA Krzysztof       | 136    | KGHM METRACO                        | M60-64               |             |              | 00:10:30       | 00:21:25       |
| 6     | SOKOŁOWSKI Marek      | 140    | VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW | M55-59               |             |              | 00:10:47       | 00:21:49       |
| 7     | OLSZAŃSKI Karol       | 118    | FEAR THE RETURN                     | M45-49               | 1           |              | 00:10:40       | 00:22:00       |
| 8     | MISZTAŁ Grzegorz      | 208    | MASZYCANKA MASZYCE                  | M30-39               |             |              | 00:10:44       | 00:22:14       |
| 9     | FRĄCKOWIAK Roman      | 80     | EKSPEDYCJA NORDIC TEAM SZCZECIN     | M50-54               |             |              | 00:10:45       | 00:22:16       |
| 10    | PARZYBUT Jan          | 122    | POSTĘP PNIEWY TEAM                  | M55-59               |             |              | 00:11:01       | 00:22:19       |
| 11    | BREWKA Joachim        | 65     | NORDIC SPORT 2021                   | M55-59               |             |              | 00:11:01       | 00:22:19       |
| 12    | HAŁAS Marcin          | 91     |                                     | M30-39               |             |              | 00:11:01       | 00:22:35       |
| 13    | NOSAL Marek           | 115    |                                     | M50-54               |             |              | 00:11:17       | 00:22:39       |
| 14    | GAJEWSKI Eugeniusz    | 81     | KGHM METRACO                        | M65-69               |             |              | 00:11:06       | 00:22:40       |
| 15    | KLAWCZYŃSKI Marcin    | 98     | AKTYWNIE W PNIEWACH                 | M30-39               |             |              | 00:11:03       | 00:22:45       |
| 16    | WOJTASIŃSKI Daniel    | 169    | NORDIC TEAM CZĘSTOCHOWA             | M40-44               |             |              | 00:11:15       | 00:23:07       |
| 17    | STĘPAK Piotr          | 143    |                                     | M18-29               |             |              | 00:11:16       | 00:23:08       |
| 18    | KRAKOWSKI Jerzy Piotr | 104    | PTG SOKÓŁ 1893 MIELEC               | M55-59               |             |              | 00:11:21       | 00:23:16       |
| 19    | PASIERB Marek         | 123    | PTG SOKÓŁ 1893 MIELEC               | M65-69               |             |              | 00:11:17       | 00:23:26       |
| 20    | ŚLUSARCZYK Marcin     | 152    | WESOŁY BORSUK TEAM                  | M40-44               |             |              | 00:11:28       | 00:23:31       |
| 21    | CIEŚLUK Marcin        | 68     | NORDIC TEAM CZĘSTOCHOWA             | M-Niepełnosprawni(A) |             |              | 00:11:53       | 00:23:52       |
| 22    | BIBKO Martin          | 63     | SPEEDBAR                            | M45-49               |             |              | 00:11:34       | 00:23:55       |
| 23    | SIWAK Piotr           | 209    | KGHM METRACO                        | M60-64               |             |              | 00:11:42       | 00:24:02       |
| 24    | GRUSZKA Michał        | 86     | NORDIC SPORT 2021                   | M18-29               | 1           |              | 00:11:34       | 00:24:20       |
| 25    | GRUSZKA Michał        | 85     | NORDIC SPORT 2021                   | M45-49               |             |              | 00:11:44       | 00:24:23       |
| 26    | DUSZEŃKO Zygmunt      | 76     | KGHM METRACO                        | M-Niepełnosprawni(A) |             |              | 00:12:06       | 00:24:23       |

| Place | Participant                 | Number     | Club                              | Category             | Żół. kartki | Czer. kartki | 1.7km<br>1.7km | 3.4km<br>3.4km |
|-------|-----------------------------|------------|-----------------------------------|----------------------|-------------|--------------|----------------|----------------|
| 27    | <b>KRIGER Roman</b>         | <b>106</b> | MAPEI POLSKA                      | M60-64               |             |              | 00:11:59       | 00:24:29       |
| 28    | <b>SŁOWIK Jan</b>           | <b>139</b> | WYBIEGAMY W PRZYSZŁOŚĆ            | M-Niepełnosprawni(A) |             |              | 00:11:59       | 00:24:36       |
| 29    | <b>KOWALCZYK Tadeusz</b>    | <b>103</b> | LUX TORPEDA MAŁOPOLSKA            | M65-69               |             |              | 00:11:52       | 00:24:36       |
| 30    | <b>BALIŚ Andrzej</b>        | <b>62</b>  |                                   | M30-39               |             |              | 00:12:09       | 00:24:50       |
| 31    | <b>WALCZAK Grzegorz</b>     | <b>160</b> |                                   | M45-49               |             |              | 00:12:09       | 00:25:02       |
| 32    | <b>TRZCINIECKI Wojciech</b> | <b>159</b> |                                   | M40-44               |             |              | 00:12:08       | 00:25:08       |
| 33    | <b>SZYMAŃSKI Stefan</b>     | <b>151</b> | XV KOŁO PZERII W DYWITACH         | M75-79               |             |              | 00:12:36       | 00:25:12       |
| 34    | <b>ŚLUSARCZYK Grzegorz</b>  | <b>154</b> | WESOŁY BORSUK TEAM                | M45-49               |             |              | 00:12:23       | 00:25:17       |
| 35    | <b>CZARNOTA Andrzej</b>     | <b>70</b>  | Z NURTEM SAWY NORDIC WALKING KLUB | M65-69               |             |              | 00:12:31       | 00:25:21       |
| 36    | <b>SZPUNAR Mariusz</b>      | <b>147</b> | Z NURTEM SAWY NORDIC WALKING KLUB | M50-54               |             |              | 00:12:19       | 00:25:26       |
| 37    | <b>ZAWADZKI Krzysztof</b>   | <b>171</b> | WETERAN                           | M-Niepełnosprawni(B) |             |              | 00:12:35       | 00:25:31       |
| 38    | <b>WILK Andrzej</b>         | <b>164</b> | NIEZRZESZONY                      | M60-64               |             |              | 00:12:31       | 00:25:38       |
| 39    | <b>SONDEJ Wiesław</b>       | <b>141</b> | PTG SOKÓŁ 1893 RZESZÓW            | M60-64               |             |              | 00:12:34       | 00:25:41       |
| 40    | <b>CZEKRYSEW Andrzej</b>    | <b>72</b>  | SERCE NORDICA WŁOCŁAWEK           | M-Niepełnosprawni(A) |             |              | 00:12:42       | 00:25:49       |
| 41    | <b>ŚLUSARCZYK Andrzej</b>   | <b>155</b> | WESOŁY BORSUK TEAM                | M70-74               |             |              | 00:12:55       | 00:26:23       |
| 42    | <b>GRYGOROWICZ Bogdan</b>   | <b>88</b>  | KGHM METRACO                      | M-Niepełnosprawni(B) |             |              | 00:12:57       | 00:26:23       |
| 43    | <b>SKIBA Zenon</b>          | <b>137</b> | CHODZĘ BO LUBIĘ ROPCZYCE          | M65-69               | 1           |              | 00:12:58       | 00:26:24       |
| 44    | <b>CZMOCH Marian</b>        | <b>73</b>  | PUKS JEDYNKA                      | M70-74               |             |              | 00:12:56       | 00:26:24       |
| 45    | <b>FRANCZAK Dariusz</b>     | <b>79</b>  | NW CZŁAPSKI TEAM                  | M55-59               |             |              | 00:13:23       | 00:27:11       |
| 46    | <b>PRACKI Zbigniew</b>      | <b>131</b> | SERCE NORDICA WŁOCŁAWEK           | M55-59               |             |              | 00:13:22       | 00:27:12       |
| 47    | <b>FALGER Jan</b>           | <b>78</b>  |                                   | M18-29               | 1           |              | 00:13:25       | 00:27:24       |
| 48    | <b>MAJEWSKI Jan</b>         | <b>108</b> | GORZYCE CHODZI Z KIJKAMI          | M70-74               | 1           |              | 00:13:27       | 00:27:46       |
| 49    | <b>JAKUBOWSKI Zbigniew</b>  | <b>93</b>  |                                   | M70-74               | 1           |              | 00:13:29       | 00:27:47       |
| 50    | <b>JÓŹWIAK Łukasz</b>       | <b>96</b>  | SERCE NORDICA WŁOCŁAWEK           | M-Niepełnosprawni(B) |             |              | 00:13:42       | 00:27:51       |
| 51    | <b>THOMALLA Bogdan</b>      | <b>158</b> | EKIPA NA KIJACH                   | M80+                 |             |              | 00:13:39       | 00:28:19       |
| 52    | <b>ADAMOWICZ Andrzej</b>    | <b>61</b>  |                                   | M75-79               |             |              | 00:13:59       | 00:28:33       |
| 53    | <b>KRAKOWSKI Igor</b>       | <b>105</b> | PTG SOKÓŁ 1893 MIELEC             | M-Dzieci             |             |              | 00:14:03       | 00:28:36       |
| 54    | <b>GANCARZ Zbigniew</b>     | <b>83</b>  | KLUB SPORTOWY ISKRA MIELEC        | M-Niepełnosprawni(B) |             |              | 00:14:28       | 00:29:03       |
| 55    | <b>SZNAJDER Zenon</b>       | <b>146</b> |                                   | M70-74               |             |              | 00:14:02       | 00:29:25       |
| 56    | <b>JEDYNAK Stanisław</b>    | <b>94</b>  | ŻBIKI NORDIC WALKING              | M75-79               |             |              | 00:14:48       | 00:30:13       |
| 57    | <b>STUDNICKI Ryszard</b>    | <b>144</b> | KOLBUSZOWSKI KLUB NORDIC WALKING  | M75-79               |             |              | 00:16:04       | 00:32:32       |
| 58    | <b>ŚLUSARCZYK Błażej</b>    | <b>153</b> | WESOŁY BORSUK TEAM                | M-Dzieci             |             |              | 00:16:30       | 00:33:39       |
| 59    | <b>WIKTOR Dawid</b>         | <b>162</b> | KLUB SPORTOWY ISKRA MIELEC        | M-Niepełnosprawni(B) |             |              | 00:17:24       | 00:36:29       |
| 60    | <b>ORZECHOWSKI Grzegorz</b> | <b>216</b> | KKNW KOLBUSZOWA                   | M40-44               |             |              | 00:17:41       | 00:36:33       |
| 61    | <b>PIĄTKOWSKI Józef</b>     | <b>125</b> | KGHM METRACO                      | M75-79               |             |              | 00:17:32       | 00:37:02       |
| 62    | <b>ROMANIUK Grzegorz</b>    | <b>213</b> | KKNW KOLBUSZOWA                   | M55-59               | 1           |              | 00:20:48       | 00:45:13       |

Total 62 results.