



# ENEA POLISH NORDIC WALKING CUP - SZAFLARY- 10KM - 9/10

B4SPORT

**Wydarzenie:** ENEA POLISH NORDIC WALKING CUP 9/10 Szaflary  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-09-17  
**Miejsce:** Szaflary  
**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	12	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:16:24	00:33:10	00:49:57	<b>01:06:38.52</b>		6:39	9 (100%)
2	ZACZYŃSKA-SKIBA Anna	23	KGHM METRACO	K40-49	1			00:16:33	00:33:27	00:50:22	<b>01:07:12.01</b>	+00:00:33 (0.8%)	6:43	8.9 (98.9%)
3	SKIBA Krzysztof	17	KGHM METRACO	M60-69	1			00:16:23	00:33:11	00:50:24	<b>01:07:36.63</b>	+00:00:58 (1.4%)	6:45	8.9 (98.9%)
4	BIELECKA Zuzanna	1	NW CZŁAPSKI TEAM	K40-49	2			00:16:36	00:33:57	00:51:26	<b>01:08:59.58</b>	+00:02:21 (3.4%)	6:53	8.7 (96.7%)
5	LABUS Marzena	11	NORDIC SPORT 2021	K30-39	1			00:16:59	00:34:20	00:51:42	<b>01:09:15.58</b>	+00:02:37 (3.8%)	6:55	8.7 (96.7%)
6	OLSZAŃSKI Karol	25	FEAR THE RETUKI	M40-49	1			00:17:21	00:34:51	00:52:02	<b>01:09:16.63</b>	+00:02:38 (3.8%)	6:55	8.7 (96.7%)
7	JUREK Adam	7	KGHM METRACO	M60-69	2			00:16:58	00:34:44	00:52:10	<b>01:09:39.69</b>	+00:03:01 (4.3%)	6:57	8.6 (95.6%)
8	KABATA Jarosław	8	NORDIC SPORT 2021	M50-59	1			00:16:53	00:34:47	00:52:33	<b>01:10:30.49</b>	+00:03:51 (5.5%)	7:03	8.5 (94.4%)
9	JĘDRASIAK Renata	6	KGHM METRACO	K50-59	1			00:17:18	00:34:43	00:52:20	<b>01:10:40.00</b>	+00:04:01 (5.7%)	7:04	8.5 (94.4%)
10	CHYRA Janusz	2	NORDIC SPORT 2021	M40-49	2			00:17:32	00:35:30	00:53:29	<b>01:10:55.89</b>	+00:04:17 (6.0%)	7:05	8.5 (94.4%)
11	RAJEK Magdalena	14	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:18:10	00:36:42	00:55:23	<b>01:14:14.82</b>	+00:07:36 (10.2%)	7:25	8.1 (90.0%)
12	SIWAK Piotr	16	KGHM METRACO	M60-69	3			00:17:59	00:36:30	00:55:08	<b>01:14:17.76</b>	+00:07:39 (10.3%)	7:25	8.1 (90.0%)
13	ZDRZAŁEK Alicja	24	NORDIC SPORT 2021	K40-49	4			00:18:14	00:37:05	00:56:31	<b>01:15:46.67</b>	+00:09:08 (12.1%)	7:34	7.9 (87.8%)
14	CZMOCH Marian	4	PUKS JEDYNKA	M70+	1			00:19:03	00:38:23	00:58:02	<b>01:17:59.55</b>	+00:11:21 (14.6%)	7:47	7.7 (85.6%)

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
15	<b>KUŁAKOWSKA Halina</b>	<b>10</b>	KATOWICKI NORDIC WALKING	K40-49	5			00:19:05	00:38:36	00:58:45	<b>01:19:14.46</b>	+00:12:35 (15.9%)	7:55	7.6 (84.4%)
16	<b>ŚLUSARCZYK Andrzej</b>	<b>20</b>	WESOŁY BORSUK TEAM	M70+	2			00:19:36	00:39:41	00:59:45	<b>01:19:59.12</b>	+00:13:20 (16.7%)	7:59	7.5 (83.3%)
17	<b>SZCZĘŚNIAK Zbigniew</b>	<b>19</b>	NORDIC TEAM CZĘSTOCHOWA	M60-69	4			00:19:29	00:39:55	01:00:30	<b>01:20:32.10</b>	+00:13:53 (17.3%)	8:03	7.5 (83.3%)
18	<b>CZAJKA Urszula</b>	<b>3</b>		K60-69	1			00:19:21	00:39:23	00:59:53	<b>01:20:41.83</b>	+00:14:03 (17.4%)	8:04	7.4 (82.2%)
19	<b>TRYBUŁA Stanisław</b>	<b>26</b>	STF-ZP ORZEŁ	M50-59	2			00:19:47	00:40:01	01:00:28	<b>01:20:58.76</b>	+00:14:20 (17.7%)	8:05	7.4 (82.2%)
20	<b>BERNACKI Leszek</b>	<b>32</b>	NIEZRZESZONY/ EMERYT	M50-59	3			00:19:59	00:40:27	01:01:00	<b>01:21:50.25</b>	+00:15:11 (18.6%)	8:11	7.3 (81.1%)
21	<b>SKRZĄTEK Lucyna</b>	<b>18</b>	NORDIC SPORT 2021	K50-59	2			00:21:18	00:42:39	01:04:28	<b>01:26:20.15</b>	+00:19:41 (22.8%)	8:38	6.9 (76.7%)
22	<b>SAPUŁA Wiktoria</b>	<b>15</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:21:50	00:44:37	01:07:30	<b>01:31:01.96</b>	+00:24:23 (26.8%)	9:06	6.6 (73.3%)
23	<b>WOJTYCZKA Alicja</b>	<b>22</b>	NORDIC SPORT 2021	K60-69	2			00:23:11	00:47:43	01:12:14	<b>01:36:58.05</b>	+00:30:19 (31.3%)	9:41	6.2 (68.9%)

Znaleziono 23 wynik(ów)