



# ENEA POLISH NORDIC WALKING CUP - SZAFLARY - 5KM - 9/10

B4SPORT

**Wydarzenie:** ENEA POLISH NORDIC WALKING CUP 9/10 Szaflary  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-09-17  
**Miejsce:** Szaflary  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	62	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:15:17	<b>00:30:57.44</b>		6:11	9.7 (100%)
2	JAWORSKI Zbigniew	124		M45-49	1			00:15:29	<b>00:30:58.21</b>	+00:00:00 (0.0%)	6:11	9.7 (100%)
3	ORDZOWIAŁY Piotr	69	NIWAOSIELEC	M55-59	1			00:15:17	<b>00:31:29.40</b>	+00:00:31 (1.7%)	6:17	9.5 (97.9%)
4	SKIBA Krzysztof	82	KGHM METRACO	M60-64	1			00:15:53	<b>00:32:01.58</b>	+00:01:04 (3.3%)	6:24	9.4 (96.9%)
5	MISZTAL Grzegorz	64	MASZYCANKA MASZYCE	M30-39	1			00:16:22	<b>00:33:33.69</b>	+00:02:36 (7.8%)	6:42	8.9 (91.8%)
6	ZACZYŃSKA-SKIBA Anna	105	KGHM METRACO	K40-44	1			00:16:55	<b>00:33:41.64</b>	+00:02:44 (8.1%)	6:44	8.9 (91.8%)
7	ROŻYNEK Miron	80	KGHM METRACO	M55-59	2			00:16:34	<b>00:33:44.69</b>	+00:02:47 (8.3%)	6:44	8.9 (91.8%)
8	CYRUS Bogdan	35	SILESIA NORDIC TEAM	M50-54	1			00:17:49	<b>00:34:10.43</b>	+00:03:12 (9.4%)	6:50	8.8 (90.7%)
9	NOSAL Marek	67		M50-54	2			00:17:00	<b>00:34:21.33</b>	+00:03:23 (9.9%)	6:52	8.7 (89.7%)
10	BIELECKA Zuzanna	33	NW CZŁAPSKI TEAM	K40-44	2			00:17:08	<b>00:35:04.06</b>	+00:04:06 (11.7%)	7:00	8.6 (88.7%)
11	OLSZAŃSKI Karol	108	FEAR THE RETURN	M45-49	2			00:17:20	<b>00:35:15.63</b>	+00:04:18 (12.2%)	7:03	8.5 (87.6%)
12	BREWKA Joachim	107	NORDIC SPORT 2021	M55-59	3			00:18:04	<b>00:35:47.30</b>	+00:04:49 (13.5%)	7:09	8.4 (86.6%)
13	MAŚLANKA Iwona	63	MARSZ PO ZDROWIE	K50-54	1			00:18:00	<b>00:36:10.16</b>	+00:05:12 (14.4%)	7:14	8.3 (85.6%)
14	PINIS Agnieszka	76	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:18:03	<b>00:36:33.60</b>	+00:05:36 (15.3%)	7:18	8.2 (84.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>75</b>	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	2			00:18:04	<b>00:36:38.43</b>	+00:05:40 (15.5%)	7:19	8.2 (84.5%)
16	<b>GUTOWSKA Magda</b>	<b>48</b>	PAUL TEAM	K45-49	3			00:18:03	<b>00:36:42.68</b>	+00:05:45 (15.7%)	7:20	8.2 (84.5%)
17	<b>ŚLUSARCZYK Marcin</b>	<b>94</b>	WESOŁY BORSUK TEAM	M40-44	1			00:18:29	<b>00:36:50.12</b>	+00:05:52 (16.0%)	7:22	8.1 (83.5%)
18	<b>DYREK Tomasz</b>	<b>39</b>	PROMEDIS NORDIC WALKING	M40-44	2			00:18:34	<b>00:37:04.23</b>	+00:06:06 (16.5%)	7:24	8.1 (83.5%)
19	<b>GRUSZKA Michał</b>	<b>45</b>	NORDIC SPORT 2021	M18-29	2			00:18:11	<b>00:37:16.70</b>	+00:06:19 (17.0%)	7:27	8.1 (83.5%)
20	<b>ZDRZAŁEK Alicja</b>	<b>106</b>	NORDIC SPORT 2021	K40-44	3			00:18:28	<b>00:37:37.05</b>	+00:06:39 (17.7%)	7:31	8 (82.5%)
21	<b>GRUSZKA Michał</b>	<b>44</b>	NORDIC SPORT 2021	M45-49	3			00:18:25	<b>00:37:37.06</b>	+00:06:39 (17.7%)	7:31	8 (82.5%)
22	<b>DUSZEŃKO Zygmunt</b>	<b>38</b>	KGHM METRACO	M- Niepełnosprawni(A)	1			00:19:07	<b>00:38:01.30</b>	+00:07:03 (18.6%)	7:36	7.9 (81.4%)
23	<b>JÓŹWIAK Marianna</b>	<b>53</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	4			00:18:07	<b>00:38:28.35</b>	+00:07:30 (19.5%)	7:41	7.8 (80.4%)
24	<b>KOWALCZYK Tadeusz</b>	<b>58</b>	LUXTORPEDA MAŁOPOLSKA	M65-69	1			00:18:53	<b>00:38:31.31</b>	+00:07:33 (19.6%)	7:42	7.8 (80.4%)
25	<b>ŚLUSARCZYK Grzegorz</b>	<b>96</b>	WESOŁY BORSUK TEAM	M45-49	4	1		00:18:47	<b>00:38:36.20</b>	+00:07:38 (19.8%)	7:43	7.8 (80.4%)
26	<b>CZMOCH Marian</b>	<b>36</b>	PUKS JEDYNKA	M70-74	1			00:19:20	<b>00:39:12.91</b>	+00:08:15 (21.1%)	7:50	7.7 (79.4%)
27	<b>KOŁODZIEJCZYK Roman</b>	<b>56</b>		M70-74	2			00:19:44	<b>00:39:32.92</b>	+00:08:35 (21.7%)	7:54	7.6 (78.4%)
28	<b>PODSIADŁY Stanisław</b>	<b>78</b>	NW CZŁAPSKI TEAM	M65-69	2			00:20:06	<b>00:39:45.11</b>	+00:08:47 (22.1%)	7:57	7.5 (77.3%)
29	<b>RAJEK Tomasz</b>	<b>122</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	3			00:19:31	<b>00:39:56.30</b>	+00:08:58 (22.5%)	7:59	7.5 (77.3%)
30	<b>ŚLUSARCZYK Andrzej</b>	<b>95</b>	WESOŁY BORSUK TEAM	M70-74	3			00:19:41	<b>00:40:09.22</b>	+00:09:11 (22.9%)	8:01	7.5 (77.3%)
31	<b>ŚLUSARCZYK Jerzy</b>	<b>93</b>	AZS AWF KRAKÓW MASTERS	M60-64	2			00:20:17	<b>00:40:23.55</b>	+00:09:26 (23.4%)	8:04	7.4 (76.3%)
32	<b>PANKIEWICZ Ewelina</b>	<b>72</b>	NORDIC SPORT 2021	K30-39	1			00:19:56	<b>00:40:24.12</b>	+00:09:26 (23.4%)	8:04	7.4 (76.3%)
33	<b>SZWAJA Sławomir</b>	<b>90</b>		M50-54	4			00:20:18	<b>00:40:26.53</b>	+00:09:29 (23.5%)	8:05	7.4 (76.3%)
34	<b>GAŁKOWSKA Elżbieta</b>	<b>40</b>	KGHM METRACO	K65-69	1			00:20:12	<b>00:40:42.16</b>	+00:09:44 (23.9%)	8:08	7.4 (76.3%)
35	<b>SONDEJ Wiesław</b>	<b>85</b>	PERŁY PODKARPACIA	M60-64	3			00:20:18	<b>00:40:49.96</b>	+00:09:52 (24.2%)	8:09	7.3 (75.3%)
36	<b>MIŚKOWICZ Anna</b>	<b>65</b>		K60-64	1			00:20:29	<b>00:40:51.25</b>	+00:09:53 (24.2%)	8:10	7.3 (75.3%)
37	<b>SLUSARCZYK Grazyna</b>	<b>84</b>	AZS AWF KRAKÓW MASTERS	K55-59	1			00:20:38	<b>00:40:52.81</b>	+00:09:55 (24.3%)	8:10	7.3 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
38	<b>GRYGOROWICZ Bogdan</b>	<b>47</b>	KGHM METRACO	M- Niepełnosprawni(B)	1			00:20:12	<b>00:41:07.80</b>	+00:10:10 (24.7%)	8:13	7.3 (75.3%)
39	<b>NIEDŹWIECKA Małgorzata</b>	<b>66</b>	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			00:20:22	<b>00:41:11.56</b>	+00:10:14 (24.8%)	8:14	7.3 (75.3%)
40	<b>ŚLUSARCZYK Karolina</b>	<b>99</b>	WESOŁY BORSUK TEAM	K18-29	1			00:20:28	<b>00:41:23.22</b>	+00:10:25 (25.2%)	8:16	7.2 (74.2%)
41	<b>WALCZAK Grzegorz</b>	<b>100</b>		M45-49	5			00:20:04	<b>00:41:29.25</b>	+00:10:31 (25.4%)	8:17	7.2 (74.2%)
42	<b>LEGOCKA - WALCZAK Kinga</b>	<b>60</b>		K45-49	5			00:20:58	<b>00:41:52.74</b>	+00:10:55 (26.1%)	8:22	7.2 (74.2%)
43	<b>SKRZĄTEK Lucyna</b>	<b>83</b>	NORDIC SPORT 2021	K50-54	2			00:20:49	<b>00:41:59.13</b>	+00:11:01 (26.3%)	8:23	7.1 (73.2%)
44	<b>SAPUŁA Wiktoria</b>	<b>81</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:20:42	<b>00:42:07.90</b>	+00:11:10 (26.5%)	8:25	7.1 (73.2%)
45	<b>PARCHIMOWICZ Janusz</b>	<b>74</b>		M65-69	3			00:20:52	<b>00:42:19.78</b>	+00:11:22 (26.9%)	8:27	7.1 (73.2%)
46	<b>FRYC Jan</b>	<b>112</b>	KKNW KOLBUSZOWA	M60-64	4			00:20:53	<b>00:42:29.14</b>	+00:11:31 (27.1%)	8:29	7.1 (73.2%)
47	<b>KOWALCZYK Joanna</b>	<b>57</b>	LUXTORPEDA MAŁOPOLSKA	K45-49	6			00:21:20	<b>00:43:02.63</b>	+00:12:05 (28.1%)	8:36	7 (72.2%)
48	<b>PRACKI Zbigniew</b>	<b>79</b>	SERCE NORDICA WŁOCŁAWEK	M55-59	4			00:21:18	<b>00:43:13.09</b>	+00:12:15 (28.4%)	8:38	6.9 (71.1%)
49	<b>HANUS Joanna</b>	<b>49</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:21:38	<b>00:43:40.30</b>	+00:12:42 (29.1%)	8:44	6.9 (71.1%)
50	<b>GEMBUŚ Ewa</b>	<b>42</b>	NORDIC TEAM CZĘSTOCHOWA	K55-59	2			00:21:39	<b>00:43:44.15</b>	+00:12:46 (29.2%)	8:44	6.9 (71.1%)
51	<b>LISZKA Anna</b>	<b>61</b>	PROMEDIS NORDIC WALKING	K18-29	3			00:21:45	<b>00:43:44.96</b>	+00:12:47 (29.2%)	8:44	6.9 (71.1%)
52	<b>SZWAJA Katarzyna</b>	<b>91</b>		K45-49	7			00:21:43	<b>00:43:59.09</b>	+00:13:01 (29.6%)	8:47	6.8 (70.1%)
53	<b>STOLARSKA Magdalena</b>	<b>86</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	3			00:21:45	<b>00:44:05.78</b>	+00:13:08 (29.8%)	8:49	6.8 (70.1%)
54	<b>GRYGOROWICZ Teresa</b>	<b>46</b>	KGHM METRACO	K70-74	1			00:21:55	<b>00:44:21.64</b>	+00:13:24 (30.2%)	8:52	6.8 (70.1%)
55	<b>SAPUŁA Dawid</b>	<b>110</b>	NORDIC TEAM CZĘSTOCHOWA	M-Dzieci	1			00:23:36	<b>00:44:22.36</b>	+00:13:24 (30.2%)	8:52	6.8 (70.1%)
56	<b>NOSAL Bronisław</b>	<b>68</b>		M75-79	1			00:22:03	<b>00:44:41.44</b>	+00:13:43 (30.7%)	8:56	6.7 (69.1%)
57	<b>SZNAJDER Zenon</b>	<b>89</b>		M70-74	4			00:21:21	<b>00:44:44.47</b>	+00:13:47 (30.8%)	8:56	6.7 (69.1%)
58	<b>ORZEŁ Magdalena</b>	<b>70</b>		K18-29	4			00:22:31	<b>00:45:07.90</b>	+00:14:10 (31.4%)	9:01	6.6 (68.0%)
59	<b>CIEŚLIK Ewa</b>	<b>34</b>	PROMEDISNORDIC WALKING	K40-44	4			00:22:14	<b>00:45:09.49</b>	+00:14:12 (31.4%)	9:01	6.6 (68.0%)
60	<b>LACHOWSKA Ewa</b>	<b>123</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			00:22:29	<b>00:45:15.49</b>	+00:14:18 (31.6%)	9:03	6.6 (68.0%)

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									netto 5km	Różn		
61	<b>WILK Iwona</b>	<b>103</b>	NORDIC SPORT 2021	K45-49	8			00:22:26	<b>00:45:22.61</b>	+00:14:25 (31.8%)	9:04	6.6 (68.0%)
62	<b>SUDOŁ Maria</b>	<b>117</b>	KKNW KOLBUSZOWA	K65-69	3			00:22:21	<b>00:45:37.70</b>	+00:14:40 (32.2%)	9:07	6.6 (68.0%)
63	<b>KIEŁBASA Marlena</b>	<b>71</b>		K30-39	2	2		00:22:00	<b>00:45:58.21</b>	+00:15:00 (32.7%)	9:11	6.5 (67.0%)
64	<b>GANCARZ Zbigniew</b>	<b>41</b>	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	2			00:22:39	<b>00:46:11.88</b>	+00:15:14 (33.0%)	9:14	6.5 (67.0%)
65	<b>JAKUBOWSKI Zbigniew</b>	<b>111</b>		M70-74	5			00:22:26	<b>00:46:28.97</b>	+00:15:31 (33.4%)	9:17	6.5 (67.0%)
66	<b>THOMALA Bogdan</b>	<b>109</b>	EKIPA NA KIJKACH	M80+	1			00:22:47	<b>00:46:52.42</b>	+00:15:54 (34.0%)	9:22	6.4 (66.0%)
67	<b>KABATA Agnieszka</b>	<b>54</b>	NORDIC SPORT 2021	K45-49	9			00:23:13	<b>00:46:58.12</b>	+00:16:00 (34.1%)	9:23	6.4 (66.0%)
68	<b>GOLECKA Agnieszka</b>	<b>43</b>		K45-49	10			00:24:02	<b>00:47:15.27</b>	+00:16:17 (34.5%)	9:27	6.3 (64.9%)
69	<b>POCHEĆ Mariola</b>	<b>77</b>		K50-54	4			00:23:46	<b>00:47:33.41</b>	+00:16:35 (34.9%)	9:30	6.3 (64.9%)
70	<b>DUSZEŃKO Elwira</b>	<b>37</b>	KGHM METRACO	K- Niepełnosprawni(A)	1			00:24:01	<b>00:47:57.53</b>	+00:17:00 (35.5%)	9:35	6.3 (64.9%)
71	<b>SZAŁAJ Anna</b>	<b>87</b>	KGHM METRACO	K- Niepełnosprawni(B)	2			00:23:47	<b>00:48:00.27</b>	+00:17:02 (35.5%)	9:36	6.3 (64.9%)
72	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>104</b>	KGHM METRACO	K75-79	1			00:24:21	<b>00:48:00.56</b>	+00:17:03 (35.5%)	9:36	6.3 (64.9%)
73	<b>SZNAJDER Teresa</b>	<b>88</b>		K65-69	4			00:23:48	<b>00:48:24.98</b>	+00:17:27 (36.1%)	9:40	6.2 (63.9%)
74	<b>WIKTOR Irena</b>	<b>102</b>	KLUB SPORTOWY ISKRA MIELEC	K65-69	5			00:23:03	<b>00:49:21.06</b>	+00:18:23 (37.3%)	9:52	6.1 (62.9%)
75	<b>ADAMOWICZ Andrzej</b>	<b>31</b>		M75-79	2			00:24:33	<b>00:49:50.89</b>	+00:18:53 (37.9%)	9:58	6 (61.9%)
76	<b>ŚLUSARCZYK Danuta</b>	<b>98</b>	WESOŁY BORSUK TEAM	K70-74	2			00:24:41	<b>00:50:15.28</b>	+00:19:17 (38.4%)	10:03	6 (61.9%)
77	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>73</b>		K70-74	3			00:25:30	<b>00:50:30.54</b>	+00:19:33 (38.7%)	10:06	5.9 (60.8%)
78	<b>KOŁODZIEJ Halina</b>	<b>118</b>	KKNW KOLBUSZOWA	K70-74	4			00:24:56	<b>00:50:38.76</b>	+00:19:41 (38.9%)	10:07	5.9 (60.8%)
79	<b>JÓŹWIAK Łukasz</b>	<b>52</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:23:20	<b>00:51:35.62</b>	+00:20:38 (40.0%)	10:19	5.8 (59.8%)
80	<b>SKOWROŃSKA Elżbieta</b>	<b>115</b>	KKNW KOLBUSZOWA	K70-74	5			00:26:51	<b>00:54:25.94</b>	+00:23:28 (43.1%)	10:53	5.5 (56.7%)
81	<b>ŚLUSARCZYK Błażej</b>	<b>97</b>	WESOŁY BORSUK TEAM	M-Dzieci	2			00:26:31	<b>00:54:47.45</b>	+00:23:50 (43.5%)	10:57	5.5 (56.7%)
82	<b>STUDNICKI Ryszard</b>	<b>116</b>	KKNW KOLBUSZOWA	M75-79	3			00:27:27	<b>00:56:12.56</b>	+00:25:15 (44.9%)	11:14	5.3 (54.6%)
83	<b>MAZON Czesława</b>	<b>114</b>	KKNW KOLBUSZOWA	K65-69	6			00:29:48	<b>00:59:26.30</b>	+00:28:28 (47.9%)	11:53	5 (51.5%)

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84	<b>MAZURKIEWICZ Krystyna</b>	<b>120</b>	KKNW KOLBUSZOWA	K65-69	7			00:29:48	<b>00:59:26.89</b>	+00:28:29 (47.9%)	11:53	5 (51.5%)
85	<b>KOCUR Dorota</b>	<b>113</b>	KKNW KOLBUSZOWA	K65-69	8			00:29:50	<b>00:59:27.38</b>	+00:28:29 (47.9%)	11:53	5 (51.5%)
86	<b>WIKTOR Dawid</b>	<b>101</b>	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	4			00:35:11	<b>01:11:48.16</b>	+00:40:50 (56.9%)	14:21	4.2 (43.3%)
87	<b>RÓG Danuta</b>	<b>119</b>	KKNW KOLBUSZOWA	K70-74	6							(0.0%)
DQ	<b>SALOMON Justyna</b>	<b>121</b>	PROMEDIS NORDIC WALKING	K45-49			1	DQ	<b>DQ</b>			(0.0%)
DNC	<b>JÓŹWIAK Dominik</b>	<b>51</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)								(0.0%)

Znaleziono 89 wynik(ów)