



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

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

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

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

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

Znaleziono 89 wynik(ów)