



# 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: Mężczyźni

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	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	ŚLUSARCZYK Marcin	94	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%)
12	DYREK Tomasz	39	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%)
13	GRUSZKA Michał	45	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%)
14	GRUSZKA Michał	44	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%)
15	DUSZEŃKO Zygmunt	38	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%)
16	KOWALCZYK Tadeusz	58	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%)
17	ŚLUSARCZYK Grzegorz	96	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%)
18	CZMOCH Marian	36	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%)
19	KOŁODZIEJCZYK Roman	56		M70-74	2			00:19:44	<b>00:39:32.92</b>	+00:08:35 (21.7%)	7:54	7.6 (78.4%)
20	PODSIADŁY Stanisław	78	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%)
21	RAJEK Tomasz	122	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%)
22	ŚLUSARCZYK Andrzej	95	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%)
23	ŚLUSARCZYK Jerzy	93	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%)
24	SZWAJA Sławomir	90		M50-54	4			00:20:18	<b>00:40:26.53</b>	+00:09:29 (23.5%)	8:05	7.4 (76.3%)
25	SONDEJ Wiesław	85	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%)
26	GRYGOROWICZ Bogdan	47	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%)
27	WALCZAK Grzegorz	100		M45-49	5			00:20:04	<b>00:41:29.25</b>	+00:10:31 (25.4%)	8:17	7.2 (74.2%)

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
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<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%)
38	<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%)
39	<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%)
40	<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%)
41	<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%)
DNC	<b>JÓŹWIAK Dominik</b>	<b>51</b>	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)								(0.0%)

Znaleziono 42 wynik(ów)