



ENEA POLISH NORDIC WALKING CUP - WĄGROWIEC - 5KM - 10/6

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 6/10
Organizator: WĄGROWIEC
Data: Polskie Zrzeszenie Nordic Walking
Miejsce: 2022-07-17
Dystans: Wągrowiec
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	WITUCKI Jacek	221		M50-54	1			00:14:37	00:29:32.10		5:54	10.2 (100%)
2	MARCZAK Tomasz	149	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:37	00:29:43.50	+00:00:11 (0.6%)	5:56	10.1 (99.0%)
3	CYRUS Bogdan	234	SILESIA NORDIC TEAM	M50-54	2			00:14:41	00:29:48.05	+00:00:15 (0.9%)	5:57	10.1 (99.0%)
4	WOJTOWICZ Tomasz	235	ZT POLSKA	M30-39	1			00:14:41	00:30:09.35	+00:00:37 (2.1%)	6:01	10 (98.0%)
5	SKIBA Krzysztof	196	KGHM METRACO	M60-64	1			00:15:38	00:31:25.20	+00:01:53 (6.0%)	6:17	9.5 (93.1%)
6	ROŻYNEK Miron	189	KGHM METRACO	M55-59	1			00:15:31	00:31:33.50	+00:02:01 (6.4%)	6:18	9.5 (93.1%)
7	LUDWICZAK Dariusz	144	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:15:43	00:31:42.90	+00:02:10 (6.9%)	6:20	9.5 (93.1%)
8	WOROCH Roman	224	KGHM METRACO	M60-64	2			00:15:47	00:31:47.15	+00:02:15 (7.1%)	6:21	9.4 (92.2%)
9	OLSZAŃSKI Karol	165	FEAR THE RETURN	M45-49	1			00:15:36	00:32:00.90	+00:02:28 (7.7%)	6:24	9.4 (92.2%)
10	BIBKO Martin	85	SPEEDBAR	M45-49	2			00:15:45	00:32:23.90	+00:02:51 (8.8%)	6:28	9.3 (91.2%)
11	HELWICH Stefan	122	KGHM METRACO	M65-69	1			00:16:13	00:32:27.40	+00:02:55 (9.0%)	6:29	9.2 (90.2%)
12	MAŚLANKA Jacek	152	EKSPEDYCJA NORDIC TEAM SZCZECIN	M55-59	2	1		00:16:00	00:32:27.60	+00:02:55 (9.0%)	6:29	9.2 (90.2%)
13	BRZozowski Piotr	239	AKTYWNI POSTOMINO	M30-39	2			00:15:54	00:32:33.35	+00:03:01 (9.3%)	6:30	9.2 (90.2%)
14	FRĄCKOWIAK Roman	109	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	4			00:16:00	00:32:36.50	+00:03:04 (9.4%)	6:31	9.2 (90.2%)

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
15	GAJEWSKI Eugeniusz	111	KGHM METRACO	M65-69	2			00:16:14	00:33:08.10	+00:03:36 (10.9%)	6:37	9.1 (89.2%)
16	WOJTASIŃSKI Daniel	223	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:16:08	00:33:14.70	+00:03:42 (11.2%)	6:38	9 (88.2%)
17	PARZYBUT Jan	169	POSTĘP PNIEWY TEAM	M55-59	3			00:16:36	00:33:14.85	+00:03:42 (11.2%)	6:38	9 (88.2%)
18	BREWKA Joachim	90	NORDIC SPORT 2021	M55-59	4	1		00:16:38	00:33:19.75	+00:03:47 (11.4%)	6:39	9 (88.2%)
19	NOSAL Marek	159		M50-54	5	1		00:16:43	00:33:37.05	+00:04:04 (12.1%)	6:43	8.9 (87.3%)
20	MISZTAŁ Grzegorz	154	MASZYCANKA MASZYCE	M30-39	3			00:16:30	00:33:46.65	+00:04:14 (12.6%)	6:45	8.9 (87.3%)
21	ŚLUSARCZYK Marcin	207	WESOŁY BORSUK TEAM	M40-44	2			00:16:42	00:34:12.00	+00:04:39 (13.6%)	6:50	8.8 (86.3%)
22	STANISŁAWSKI Jan	200	NORDIC WALKING KIEKRZ POLAND	M60-64	3			00:16:52	00:34:23.00	+00:04:50 (14.1%)	6:52	8.7 (85.3%)
23	GIERSZEWSKI Arkadiusz	113	BŁĘKITNI DZIEMIANY	M40-44	3			00:17:07	00:34:27.75	+00:04:55 (14.3%)	6:53	8.7 (85.3%)
24	KRUGIOŁKA Grzegorz	138	AKTYWNIE W PNIEWACH	M40-44	4			00:17:07	00:34:28.45	+00:04:56 (14.3%)	6:53	8.7 (85.3%)
25	KLAWCZYŃSKI Marcin	129		M30-39	4			00:17:02	00:34:32.05	+00:04:59 (14.5%)	6:54	8.7 (85.3%)
26	POTRZEBOWSKI Marek	178	DEAF I #B3K, ŁĄCZA NAS PASJE	M- Niepełnosprawni(B)	1			00:17:17	00:34:47.00	+00:05:14 (15.1%)	6:57	8.6 (84.3%)
27	CIEŚLUK Marcin	98	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	1			00:17:15	00:34:51.10	+00:05:19 (15.3%)	6:58	8.6 (84.3%)
28	GRUSZKA Michał	117	NORDIC SPORT 2021	M18-29	2			00:17:10	00:35:10.95	+00:05:38 (16.1%)	7:02	8.5 (83.3%)
29	NOWAK Wiesław	160	UKS 'SKOCZEK' SKOKI	M60-64	4			00:17:15	00:35:17.05	+00:05:44 (16.3%)	7:03	8.5 (83.3%)
30	KOP Wiesław	130	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	5			00:17:20	00:35:18.40	+00:05:46 (16.3%)	7:03	8.5 (83.3%)
31	KROMSKI Paweł	137	NORDIC WALKING KIEKRZ POLAND	M55-59	6			00:17:25	00:35:29.30	+00:05:57 (16.8%)	7:05	8.5 (83.3%)
32	KRIGER Roman	136	MAPEI POLSKA	M60-64	5			00:17:20	00:35:37.10	+00:06:05 (17.1%)	7:07	8.4 (82.4%)
33	DUSZEŃKO Zygmunt	103	KGHM METRACO	M- Niepełnosprawni(A)	2			00:17:51	00:35:44.10	+00:06:12 (17.3%)	7:08	8.4 (82.4%)
34	GRUSZKA Michał	116	NORDIC SPORT 2021	M45-49	3			00:17:57	00:36:27.05	+00:06:54 (19.0%)	7:17	8.2 (80.4%)
35	SZYMAŃSKI Stefan	206	XV KOŁO PZERII W DYWITACH	M75-79	1			00:18:04	00:36:32.05	+00:06:59 (19.2%)	7:18	8.2 (80.4%)
36	ZAWADZKI Krzysztof	231	WETERAN	M- Niepełnosprawni(B)	2			00:18:11	00:36:46.90	+00:07:14 (19.7%)	7:21	8.2 (80.4%)
37	CZŁAPSKI Krzysztof	100	NW CZŁAPSKI TEAM	M55-59	7			00:18:43	00:36:55.40	+00:07:23 (20.0%)	7:23	8.1 (79.4%)

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
38	RUDAWSKI Maciej	190	MARSZ PO ZDROWIE	M30-39	5			00:18:07	00:37:00.55	+00:07:28 (20.2%)	7:24	8.1 (79.4%)
39	WALCZAK Grzegorz	215		M45-49	4			00:18:17	00:37:05.65	+00:07:33 (20.4%)	7:25	8.1 (79.4%)
40	GOŁĘBIEWSKI Edward	115	MARSZ PO ZDROWIE	M70-74	1			00:18:19	00:37:11.95	+00:07:39 (20.6%)	7:26	8.1 (79.4%)
41	RUSINOWICZ Andrzej	191	NIEZRZESZONY PIŁA	M75-79	2			00:18:31	00:37:25.90	+00:07:53 (21.1%)	7:29	8 (78.4%)
42	CZEKRYSEW Andrzej	99	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:18:31	00:37:27.95	+00:07:55 (21.2%)	7:29	8 (78.4%)
43	ŚLUSARCZYK Grzegorz	208	WESOŁY BORSUK TEAM	M45-49	5			00:18:37	00:37:51.40	+00:08:19 (22.0%)	7:34	7.9 (77.5%)
44	GRYGOROWICZ Bogdan	118	KGHM METRACO	M- Niepełnosprawni(B)	3			00:18:49	00:37:52.05	+00:08:19 (22.0%)	7:34	7.9 (77.5%)
45	CZMOCH Marian	101	PUKS JEDYNKA	M70-74	2			00:18:51	00:38:09.85	+00:08:37 (22.6%)	7:37	7.9 (77.5%)
46	PUSZKARSKI Adam	185	GOSADI NORDIC TEAM	M-Dzieci	1			00:18:32	00:38:32.50	+00:09:00 (23.4%)	7:42	7.8 (76.5%)
47	CIESIELSKI Krzysztof	97	FAST WALKER	M65-69	3			00:19:08	00:38:34.35	+00:09:02 (23.4%)	7:42	7.8 (76.5%)
48	BUCZKOWSKI Jerzy	91	KS SOKÓŁ GAŚAWA	M70-74	3			00:19:03	00:38:45.50	+00:09:13 (23.8%)	7:45	7.7 (75.5%)
49	FRANCZAK Dariusz	108	NW CZŁAPSKI TEAM	M55-59	8			00:19:42	00:39:06.05	+00:09:33 (24.5%)	7:49	7.7 (75.5%)
50	LENARTOWICZ Stanisław	143		M60-64	6			00:19:26	00:39:07.55	+00:09:35 (24.5%)	7:49	7.7 (75.5%)
51	BUDNY Franciszek	93		M-Dzieci	2			00:18:59	00:39:07.60	+00:09:35 (24.5%)	7:49	7.7 (75.5%)
52	BERCZYŃSKI Henryk	83	NADLEŚNICTWO OKONEK	M65-69	4			00:19:15	00:39:12.40	+00:09:40 (24.7%)	7:50	7.7 (75.5%)
53	WIERZCHOSŁAWSKI Marcel	218	SERCE NORDICA WŁOCŁAWEK	M-Jun.	1			00:19:51	00:39:12.95	+00:09:40 (24.7%)	7:50	7.7 (75.5%)
54	WANDTKE Antoni	216		M70-74	4			00:19:43	00:39:16.90	+00:09:44 (24.8%)	7:51	7.6 (74.5%)
55	ŚLUSARCZYK Andrzej	209	WESOŁY BORSUK TEAM	M70-74	5			00:20:12	00:39:18.60	+00:09:46 (24.9%)	7:51	7.6 (74.5%)
56	PRACKI Zbigniew	180	SERCE NORDICA WŁOCŁAWEK	M55-59	9			00:19:47	00:39:34.80	+00:10:02 (25.4%)	7:54	7.6 (74.5%)
57	BUDNY Sławomir	92		M- Niepełnosprawni(B)	4			00:19:34	00:39:51.35	+00:10:19 (25.9%)	7:58	7.5 (73.5%)
58	ROJTEK Waldemar	187		M50-54	6			00:19:16	00:39:55.65	+00:10:23 (26.0%)	7:59	7.5 (73.5%)
59	STAWNIAK Karol	245	KGHM METRACO	M70-74	6			00:19:56	00:40:01.55	+00:10:29 (26.2%)	8:00	7.5 (73.5%)
60	JAKUBOWSKI Zbigniew	236		M70-74	7			00:19:47	00:40:06.10	+00:10:34 (26.3%)	8:01	7.5 (73.5%)

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
61	JÓŻWIAK Łukasz	126	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	5			00:19:56	00:40:19.00	+00:10:46 (26.7%)	8:03	7.4 (72.5%)
62	REMISZEWSKI Adam	186	UTW OLEŚNICA	M75-79	3	1		00:19:45	00:40:28.55	+00:10:56 (27.0%)	8:05	7.4 (72.5%)
63	SKRZYPCZAK Maciej	197	BIEGAJĄCY WĄGROWIEC	M40-44	5	1		00:19:41	00:40:33.00	+00:11:00 (27.2%)	8:06	7.4 (72.5%)
64	MACKO Michał	146	WYCHODZĘ Z KIJAMI	M-Dzieci	3			00:19:56	00:41:23.90	+00:11:51 (28.7%)	8:16	7.2 (70.6%)
65	THOMALLA Bogdan	213	EKIPA NA KIJACH	M80+	1			00:20:43	00:41:47.55	+00:12:15 (29.3%)	8:21	7.2 (70.6%)
66	ROMANOWSKI Zbigniew	188		M45-49	6			00:21:17	00:42:44.50	+00:13:12 (30.9%)	8:32	7 (68.6%)
67	KOWALSKI Mirosław	133	GRYF N.W	M65-69	5			00:20:46	00:43:13.25	+00:13:41 (31.7%)	8:38	6.9 (67.6%)
68	PRZYBORKIEWICZ Gosia	182	PIERNIKI TORUŃ	M- Niepełnosprawni(A)	4			00:21:41	00:43:31.00	+00:13:58 (32.1%)	8:42	6.9 (67.6%)
69	BUDNY Stanisław	94		M-Jun.	2			00:23:37	00:46:21.90	+00:16:49 (36.3%)	9:16	6.5 (63.7%)
70	BLASZKA Michał	87	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	5			00:22:52	00:46:32.30	+00:17:00 (36.5%)	9:18	6.4 (62.7%)
71	BLASZKA Ryszard	88	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	6			00:22:53	00:46:34.45	+00:17:02 (36.6%)	9:18	6.4 (62.7%)
72	PLUTO-PRĄDZYŃSKI Kacper	176	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	4			00:21:23	00:47:37.60	+00:18:05 (38.0%)	9:31	6.3 (61.8%)
73	PIĄTKOWSKI Józef	171	KGHM METRACO	M75-79	4			00:21:41	00:47:48.95	+00:18:16 (38.2%)	9:33	6.3 (61.8%)
74	WÓJCIK Henryk	227	UTW OLEŚNICA	M80+	2			00:23:40	00:47:53.25	+00:18:21 (38.3%)	9:34	6.3 (61.8%)
75	ŚLUSARCZYK Błażej	210	WESOŁY BORSUK TEAM	M-Dzieci	5			00:26:50	00:52:57.40	+00:23:25 (44.2%)	10:35	5.7 (55.9%)

Znaleziono 75 wynik(ów)