



# ENEA POLISH NORDIC WALKING CUP - WASILKÓW - 10KM - 10/3

B4SPORT

**Wydarzenie:** Polish Nordic Walking Cup 10/3  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-06-04  
**Miejsce:** Wasilków  
**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	<b>DZIEDIEWICZ Andrzej</b>	<b>13</b>	NW CZŁAPSKI TEAM	M40-49	1	1		00:14:24	00:29:42	00:45:03	<b>01:00:10.80</b>		6:01	10 (100%)
2	<b>WOJTOWICZ Tomasz</b>	<b>51</b>	LUKI TEAM POLSKA	M30-39	1			00:14:26	00:29:45	00:45:06	<b>01:00:16.30</b>	+00:00:05 (0.2%)	6:01	10 (100%)
3	<b>MARCZAK Tomasz</b>	<b>32</b>	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:15:07	00:30:42	00:46:32	<b>01:02:33.05</b>	+00:02:22 (3.8%)	6:15	9.6 (96.0%)
4	<b>SKIBA Krzysztof</b>	<b>44</b>	KGHM METRACO	M60-69	1			00:15:06	00:30:44	00:46:46	<b>01:02:46.30</b>	+00:02:35 (4.1%)	6:16	9.6 (96.0%)
5	<b>ZACZYŃSKA- SKIBA Anna</b>	<b>53</b>	KGHM METRACO	K40-49	1			00:15:38	00:31:58	00:48:12	<b>01:04:18.05</b>	+00:04:07 (6.4%)	6:25	9.3 (93.0%)
6	<b>KRAJEWSKA Hanna</b>	<b>26</b>	NORDIC WALKING NEW FOR YOU PIŁA/ LUKI TEAM POLAND	K18-29	1			00:15:24	00:31:42	00:48:01	<b>01:04:47.35</b>	+00:04:36 (7.1%)	6:28	9.3 (93.0%)
7	<b>ŚWIDEREK Marcin</b>	<b>47</b>	NW CZŁAPSKI TEAM	M40-49	2			00:15:57	00:32:28	00:49:01	<b>01:05:32.20</b>	+00:05:21 (8.2%)	6:33	9.2 (92.0%)
8	<b>BIELECKA Zuzanna</b>	<b>3</b>	NW CZŁAPSKI TEAM	K40-49	2			00:15:47	00:32:21	00:49:16	<b>01:06:17.90</b>	+00:06:07 (9.2%)	6:37	9.1 (91.0%)
9	<b>RACIBORSKA Ewa</b>	<b>40</b>	ESJA TEAM	K40-49	3			00:16:15	00:33:07	00:49:55	<b>01:06:21.30</b>	+00:06:10 (9.3%)	6:38	9 (90.0%)
10	<b>WOJTASIŃSKI Daniel</b>	<b>50</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	3			00:15:59	00:32:47	00:49:56	<b>01:07:05.35</b>	+00:06:54 (10.3%)	6:42	8.9 (89.0%)
11	<b>KABATA Jarosław</b>	<b>23</b>	NORDIC SPORT 2021	M50-59	1	1		00:15:54	00:32:45	00:49:53	<b>01:07:08.10</b>	+00:06:57 (10.4%)	6:42	8.9 (89.0%)
12	<b>BIBKO Martin</b>	<b>2</b>	SPEEDBAR	M40-49	4			00:15:57	00:32:56	00:50:24	<b>01:07:11.40</b>	+00:07:00 (10.4%)	6:43	8.9 (89.0%)
13	<b>JUREK Adam</b>	<b>22</b>	KGHM METRACO	M60-69	2			00:15:54	00:32:47	00:50:00	<b>01:07:12.25</b>	+00:07:01 (10.5%)	6:43	8.9 (89.0%)
14	<b>CZŁAPSKI Krzysztof</b>	<b>10</b>	NW CZŁAPSKI TEAM	M50-59	2			00:16:09	00:33:03	00:50:17	<b>01:07:19.70</b>	+00:07:08 (10.6%)	6:43	8.9 (89.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap		Lap	Czas	Różn	Tempo min/km	Tempo km/h
								2.5km	Laps_5km	7.5km	10km			
15	<b>SIWAK Piotr</b>	<b>43</b>	KGHM METRACO	M60-69	3	1		00:16:02	00:32:55	00:50:01	<b>01:07:27.40</b>	+00:07:16 (10.8%)	6:44	8.9 (89.0%)
16	<b>LABUS Marzena</b>	<b>30</b>	NORDIC SPORT 2021	K30-39	1			00:16:10	00:33:23	00:50:35	<b>01:07:48.00</b>	+00:07:37 (11.2%)	6:46	8.8 (88.0%)
17	<b>JĘDRASIAK Renata</b>	<b>19</b>	KGHM METRACO	K50-59	1			00:16:21	00:33:31	00:50:59	<b>01:08:50.50</b>	+00:08:39 (12.6%)	6:53	8.7 (87.0%)
18	<b>CHYRA Janusz</b>	<b>8</b>	NORDIC SPORT 2021	M40-49	5			00:17:12	00:34:45	00:52:19	<b>01:09:47.50</b>	+00:09:36 (13.8%)	6:58	8.6 (86.0%)
19	<b>MĄDRY Grzegorz</b>	<b>33</b>	KIJKOWE TRZEMESZNO	M60-69	4			00:16:31	00:34:03	00:52:07	<b>01:10:09.60</b>	+00:09:58 (14.2%)	7:00	8.6 (86.0%)
20	<b>HRYCIUK Waldemar</b>	<b>18</b>	TKKF KRZNA BIAŁA PODLASKA	M60-69	5			00:16:49	00:34:28	00:52:28	<b>01:10:29.65</b>	+00:10:18 (14.6%)	7:02	8.5 (85.0%)
21	<b>ABRAMOWICZ Małgorzata</b>	<b>1</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:16:59	00:34:47	00:52:54	<b>01:10:48.05</b>	+00:10:37 (15.0%)	7:04	8.5 (85.0%)
22	<b>RADECKI Artur</b>	<b>41</b>	CHODZĄCY BIAŁYSTOK	M50-59	3			00:16:51	00:34:42	00:53:13	<b>01:12:30.30</b>	+00:12:19 (17.0%)	7:15	8.3 (83.0%)
23	<b>SZCZUDLIK Małgorzata</b>	<b>45</b>	KIJKOWE TRZEMESZNO	K40-49	4			00:17:13	00:35:23	00:53:57	<b>01:12:43.30</b>	+00:12:32 (17.2%)	7:16	8.3 (83.0%)
24	<b>PINIS Agnieszka</b>	<b>37</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:23	00:35:41	00:54:34	<b>01:13:37.55</b>	+00:13:26 (18.3%)	7:21	8.2 (82.0%)
25	<b>CZMOCH Marian</b>	<b>11</b>	PUKS ŁOSICE	M70+	1			00:18:31	00:37:06	00:56:00	<b>01:14:56.05</b>	+00:14:45 (19.7%)	7:29	8 (80.0%)
26	<b>KOWACZ Agata</b>	<b>25</b>	SPEEDBAR	K40-49	6			00:17:54	00:36:52	00:56:13	<b>01:15:24.25</b>	+00:15:13 (20.2%)	7:32	8 (80.0%)
27	<b>ŚLUSARCZYK Andrzej</b>	<b>46</b>	WESOŁY BORSUK TEAM	M70+	2			00:18:32	00:37:27	00:56:17	<b>01:15:47.60</b>	+00:15:36 (20.6%)	7:34	7.9 (79.0%)
28	<b>KUŁAKOWSKA Halina</b>	<b>29</b>	KATOWICKI NORDIC WALKING	K40-49	7			00:18:11	00:37:05	00:56:36	<b>01:16:03.10</b>	+00:15:52 (20.9%)	7:36	7.9 (79.0%)
29	<b>CZAJKA Urszula</b>	<b>9</b>		K60-69	1			00:18:21	00:37:15	00:56:30	<b>01:16:17.10</b>	+00:16:06 (21.1%)	7:37	7.9 (79.0%)
30	<b>FRANCZAK Małgorzata</b>	<b>14</b>	NW CZŁAPSKI TEAM	K18-29	2			00:18:22	00:37:22	00:56:48	<b>01:16:25.30</b>	+00:16:14 (21.3%)	7:38	7.9 (79.0%)
31	<b>FRANCZAK Dariusz</b>	<b>16</b>	NW CZŁAPSKI TEAM	M50-59	4			00:18:54	00:38:08	00:57:48	<b>01:17:31.30</b>	+00:17:20 (22.4%)	7:45	7.7 (77.0%)
32	<b>BIERĆ Jarosław</b>	<b>4</b>	CHODZĘBOLUBIĘ	M50-59	5			00:19:02	00:38:09	00:57:49	<b>01:17:32.10</b>	+00:17:21 (22.4%)	7:45	7.7 (77.0%)
33	<b>KUBIAK Andrzej</b>	<b>28</b>		M70+	3			00:18:37	00:37:53	00:58:02	<b>01:17:52.90</b>	+00:17:42 (22.7%)	7:47	7.7 (77.0%)
34	<b>PLEWIŃSKI Rafał</b>	<b>39</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	2	1		00:19:03	00:38:50	00:58:47	<b>01:19:22.30</b>	+00:19:11 (24.2%)	7:56	7.6 (76.0%)
35	<b>BIERYLO Dariusz</b>	<b>5</b>		M60-69	6	1		00:19:55	00:39:43	00:59:50	<b>01:20:03.10</b>	+00:19:52 (24.8%)	8:00	7.5 (75.0%)
36	<b>KARASEWICZ Łukasz</b>	<b>187</b>		M30-39	3	2		00:19:36	00:39:44	00:59:56	<b>01:20:24.90</b>	+00:20:14 (25.2%)	8:02	7.5 (75.0%)
37	<b>KUBIAK Maria</b>	<b>27</b>		K70+	1			00:19:33	00:39:39	00:59:46	<b>01:20:26.85</b>	+00:20:16 (25.2%)	8:02	7.5 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap		Lap	Czas	Różn	Tempo min/km	Tempo km/h
								2.5km	Laps_5km 5km	7.5km	10km			
38	<b>PIĘKOWSKA Urszula</b>	<b>36</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	8			00:19:00	00:39:07	01:00:52	<b>01:21:48.90</b>	+00:21:38 (26.4%)	8:10	7.3 (73.0%)
39	<b>KAMIANOWSKI Jan</b>	<b>24</b>	NW CZŁAPSKI TEAM	M70+	4			00:19:25	00:39:52	01:00:54	<b>01:22:03.90</b>	+00:21:53 (26.7%)	8:12	7.3 (73.0%)
40	<b>PALUCH Paweł</b>	<b>35</b>	AVOCADO WELLNESS CLUB	M50-59	6			00:19:33	00:40:12	01:00:55	<b>01:22:08.45</b>	+00:21:57 (26.7%)	8:12	7.3 (73.0%)
41	<b>JÓŹWIAK Łukasz</b>	<b>21</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	7	1		00:20:36	00:41:12	01:01:52	<b>01:22:31.15</b>	+00:22:20 (27.1%)	8:15	7.3 (73.0%)
42	<b>ŁAPIŃSKA Iwona</b>	<b>31</b>	CHODŹ Z NAMI	K40-49	9			00:20:10	00:41:11	01:02:53	<b>01:24:21.85</b>	+00:24:11 (28.7%)	8:26	7.1 (71.0%)
43	<b>GRUSZKA Michał</b>	<b>17</b>	NORDIC SPORT 2021	M40-49	6			00:20:38	00:42:22	01:04:14	<b>01:25:01.55</b>	+00:24:50 (29.2%)	8:30	7.1 (71.0%)
44	<b>SAPUŁA Wiktoria</b>	<b>42</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	3			00:21:04	00:42:27	01:03:57	<b>01:25:30.50</b>	+00:25:19 (29.6%)	8:33	7 (70.0%)
45	<b>WOJTYCZKA Alicja</b>	<b>52</b>	NORDIC SPORT 2021	K60-69	2	1		00:20:10	00:41:50	01:03:52	<b>01:25:37.65</b>	+00:25:26 (29.7%)	8:33	7 (70.0%)
46	<b>KLIMASZEWSKA Ewa</b>	<b>56</b>		K40-49	10	2		00:20:44	00:41:46	01:04:01	<b>01:25:43.95</b>	+00:25:33 (29.8%)	8:34	7 (70.0%)
47	<b>WEZA Krzysztof</b>	<b>57</b>		M30-39	4			00:20:36	00:42:04	01:03:30	<b>01:25:46.50</b>	+00:25:35 (29.8%)	8:34	7 (70.0%)
48	<b>FRANCZAK Anna</b>	<b>15</b>	NW CZŁAPSKI TEAM	K50-59	2			00:20:54	00:42:40	01:04:30	<b>01:26:34.85</b>	+00:26:24 (30.5%)	8:39	6.9 (69.0%)
49	<b>BONKOWSKA Barbara</b>	<b>20</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	3	1		00:21:16	00:43:44	01:06:22	<b>01:29:08.30</b>	+00:28:57 (32.5%)	8:54	6.7 (67.0%)
50	<b>ŚWIRYDOWICZ Ewa</b>	<b>48</b>	CHODŹ Z NAMI	K40-49	11	1		00:21:20	00:43:38	01:06:47	<b>01:29:12.95</b>	+00:29:02 (32.5%)	8:55	6.7 (67.0%)
51	<b>NIELIPIŃSKA Mariola</b>	<b>34</b>	CBL BIAŁYSTOK	K50-59	4			00:22:36	00:45:45	01:09:09	<b>01:31:28.95</b>	+00:31:18 (34.2%)	9:08	6.6 (66.0%)
52	<b>DOŻYNKA Grażyna</b>	<b>12</b>	CHODZĘ BO LUBIĘ BIAŁYSTOK	K40-49	12			00:22:36	00:45:46	01:09:10	<b>01:32:55.70</b>	+00:32:44 (35.2%)	9:17	6.5 (65.0%)
53	<b>PLEWA Halina</b>	<b>38</b>		K60-69	3			00:22:09	00:45:44	01:09:29	<b>01:33:49.70</b>	+00:33:38 (35.9%)	9:22	6.4 (64.0%)
54	<b>BURA Renata</b>	<b>6</b>		K40-49	13			00:22:43	00:46:19	01:09:33	<b>01:34:24.55</b>	+00:34:13 (36.3%)	9:26	6.4 (64.0%)

Znaleziono 54 wynik(ów)