



ENEA POLISH NORDIC WALKING CUP - WASILKÓW - 5KM - 10/3

B4SPORT
POLSKIE ZRZESZENIE NORDIC WALKING

Wydarzenie: Polish Nordic Walking Cup 10/3
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-06-04
Miejsce: Wasilków
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	WOJTOWICZ Tomasz	179	LUKI TEAM POLSKA	M30-39	1			00:14:26	00:29:21.40		5:52	10.2 (100%)
2	MARCZAK Tomasz	129	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:26	00:29:44.25	+00:00:22 (1.3%)	5:56	10.1 (99.0%)
3	STĘPAK Piotr	160	LUKI TEAM POLSKA	M18-29	2			00:14:56	00:30:17.15	+00:00:55 (3.1%)	6:03	9.9 (97.1%)
4	CYRUS Bogdan	89	SILESIA NORDIC TEAM	M50-54	1			00:14:52	00:30:18.50	+00:00:57 (3.1%)	6:03	9.9 (97.1%)
5	DZIEDIEWICZ Andrzej	98	NW CZŁAPSKI TEAM	M40-44	1			00:14:59	00:31:10.35	+00:01:48 (5.8%)	6:14	9.6 (94.1%)
6	SKIBA Krzysztof	158	KGHM METRACO	M60-64	1			00:15:32	00:31:25.15	+00:02:03 (6.6%)	6:17	9.5 (93.1%)
7	WILUSZ Erwina	177	LUKI TEAM POLSKA/VINGBERG POLSKA	K30-39	1			00:15:21	00:31:27.25	+00:02:05 (6.7%)	6:17	9.5 (93.1%)
8	ROŻYNEK Miron	155	KGHM METRACO	M55-59	1			00:15:37	00:31:33.45	+00:02:12 (7.0%)	6:18	9.5 (93.1%)
9	WOROCH Roman	180	KGHM METRACO	M60-64	2	1		00:15:36	00:31:42.15	+00:02:20 (7.4%)	6:20	9.5 (93.1%)
10	NOSAL Marek	134		M50-54	2			00:15:41	00:31:58.25	+00:02:36 (8.2%)	6:23	9.4 (92.2%)
11	OLSZAŃSKI Karol	138	FEAR THE RETURN	M45-49	1			00:15:37	00:32:05.70	+00:02:44 (8.5%)	6:25	9.4 (92.2%)
12	BIBKO Martin	83	SPEEDBAR	M45-49	2			00:15:51	00:32:06.65	+00:02:45 (8.6%)	6:25	9.3 (91.2%)
13	ZACZYŃSKA-SKIBA Anna	182	KGHM METRACO	K40-44	1			00:15:52	00:32:17.75	+00:02:56 (9.1%)	6:27	9.3 (91.2%)
14	ŚWIDEREK Marcin	173	NW CZŁAPSKI TEAM	M45-49	3			00:15:55	00:32:24.85	+00:03:03 (9.4%)	6:28	9.3 (91.2%)

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		
15	MAŚLANKA Jacek	131		M55-59	2			00:15:57	00:32:26.10	+00:03:04 (9.5%)	6:29	9.2 (90.2%)
16	PARZYBUT Jan	143	POSTĘP PNIEWY TEAM	M55-59	3			00:16:07	00:32:26.55	+00:03:05 (9.5%)	6:29	9.2 (90.2%)
17	BIELECKA Zuzanna	84	NW CZŁAPSKI TEAM	K40-44	2			00:16:02	00:32:32.75	+00:03:11 (9.8%)	6:30	9.2 (90.2%)
18	FRAĆKOWIAK Roman	101	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:15:57	00:32:42.60	+00:03:21 (10.3%)	6:32	9.2 (90.2%)
19	WOJTASIŃSKI Daniel	178	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:16:17	00:33:08.70	+00:03:47 (11.4%)	6:37	9.1 (89.2%)
20	BREWKA Joachim	86	NORDIC SPORT 2021	M55-59	4			00:16:22	00:33:10.80	+00:03:49 (11.5%)	6:38	9 (88.2%)
21	CZŁAPSKI Krzysztof	91	NW CZŁAPSKI TEAM	M55-59	5			00:16:25	00:33:49.60	+00:04:28 (13.2%)	6:45	8.9 (87.3%)
22	JĘDRASIAK Renata	194	KGHM METRACO	K55-59	1			00:16:55	00:34:09.00	+00:04:47 (14.0%)	6:49	8.8 (86.3%)
23	MAŚLANKA Iwona	130	MARSZ PO ZDROWIE	K50-54	1			00:17:00	00:34:38.15	+00:05:16 (15.2%)	6:55	8.7 (85.3%)
24	CHYRA Janusz	87	NORDIC SPORT 2021	M45-49	4			00:17:02	00:34:41.30	+00:05:19 (15.4%)	6:56	8.6 (84.3%)
25	CIEŚLUK Marcin	88	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	1			00:17:18	00:34:42.60	+00:05:21 (15.4%)	6:56	8.6 (84.3%)
26	OKRZESIK-FRAĆKOWIAK Izabela	136	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2			00:17:11	00:34:50.15	+00:05:28 (15.7%)	6:58	8.6 (84.3%)
27	HRYCIUK Waldemar	184	TKKF KRZNA BIAŁA PODLASKA	M60-64	3			00:17:22	00:34:53.85	+00:05:32 (15.9%)	6:58	8.6 (84.3%)
28	SZCZUDLIK Małgorzata	161	KIJKOWE TRZEMESZNO	K40-44	3			00:17:15	00:35:08.20	+00:05:46 (16.5%)	7:01	8.5 (83.3%)
29	ŚLUSARCZYK Marcin	167	WESOŁY BORSUK TEAM	M40-44	3			00:16:58	00:35:09.20	+00:05:47 (16.5%)	7:01	8.5 (83.3%)
30	MĄDRY Grzegorz	132	KIJKOWE TRZEMESZNO	M60-64	4			00:17:23	00:35:28.85	+00:06:07 (17.3%)	7:05	8.5 (83.3%)
31	PINIS Agnieszka	145	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:17:34	00:35:42.00	+00:06:20 (17.8%)	7:08	8.4 (82.4%)
32	DUSZEŃKO Zygmunt	96	KGHM METRACO	M- Niepełnosprawni(A)	2			00:17:30	00:35:48.10	+00:06:26 (18.0%)	7:09	8.4 (82.4%)
33	JÓŹWIAK Marianna	116	SERCE NORDICA WŁOCŁAWEK	K45-49	2	1		00:17:59	00:36:03.70	+00:06:42 (18.6%)	7:12	8.3 (81.4%)
34	GUTOWSKA Magda	112	PAUL TEAM	K45-49	3			00:17:59	00:36:20.25	+00:06:58 (19.2%)	7:16	8.3 (81.4%)
35	KRIGER Roman	122	MAPEI POLSKA	M60-64	5			00:17:40	00:36:20.40	+00:06:59 (19.2%)	7:16	8.3 (81.4%)
36	OSAKOWICZ Jarosław	139	NW CZŁAPSKI TEAM	M45-49	5			00:17:50	00:36:33.55	+00:07:12 (19.7%)	7:18	8.2 (80.4%)
37	GAĞÓŁ Krzysztof	105	KGHM METRACO	M40-44	4			00:17:45	00:36:34.00	+00:07:12 (19.7%)	7:18	8.2 (80.4%)

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38	SZYMAŃSKI Stefan	166	XV KOŁO PZERII W DYWITACH	M75-79	1			00:18:18	00:36:43.80	+00:07:22 (20.1%)	7:20	8.2 (80.4%)
39	KUŁAKOWSKA Halina	124	KATOWICKI NORDIC WALKING	K45-49	4			00:17:55	00:36:45.60	+00:07:24 (20.1%)	7:21	8.2 (80.4%)
40	ŚLUSARCZYK Grzegorz	169	WESOŁY BORSUK TEAM	M45-49	6			00:18:12	00:36:50.00	+00:07:28 (20.3%)	7:22	8.1 (79.4%)
41	PLEWIŃSKI Rafał	146	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:18:24	00:37:11.50	+00:07:50 (21.1%)	7:26	8.1 (79.4%)
42	PANKIEWICZ Ewelina	141	NORDIC SPORT 2021	K30-39	2			00:18:30	00:37:13.85	+00:07:52 (21.1%)	7:26	8.1 (79.4%)
43	HRYCIUK Teresa	114	TKKF KRZNA BIAŁA PODLASKA	K60-64	1			00:18:15	00:37:14.85	+00:07:53 (21.2%)	7:26	8.1 (79.4%)
44	WALCZAK Grzegorz	176		M45-49	7			00:18:09	00:37:16.80	+00:07:55 (21.3%)	7:27	8.1 (79.4%)
45	KOWACZ Agata	120	SPEEDBAR	K40-44	4			00:18:25	00:37:22.75	+00:08:01 (21.5%)	7:28	8 (78.4%)
46	KARPOWICZ Janusz	118	BRAK	M65-69	1			00:18:33	00:37:23.25	+00:08:01 (21.5%)	7:28	8 (78.4%)
47	SZPILMAN Katarzyna	162	ESJA TEAM	K50-54	3			00:18:29	00:37:36.60	+00:08:15 (21.9%)	7:31	8 (78.4%)
48	CZMOCH Marian	92	PUKS ŁOSICE	M70-74	1			00:18:56	00:37:48.20	+00:08:26 (22.3%)	7:33	7.9 (77.5%)
49	FRANCZAK Małgorzata	100	NW CZŁAPSKI TEAM	K18-29	1			00:18:54	00:38:16.30	+00:08:54 (23.3%)	7:39	7.8 (76.5%)
50	GAŁKOWSKA Elżbieta	104	KGHM METRACO	K65-69	1			00:18:55	00:38:34.20	+00:09:12 (23.9%)	7:42	7.8 (76.5%)
51	GRYGOROWICZ Bogdan	111	KGHM METRACO	M- Niepełnosprawni(B)	1			00:19:16	00:38:43.95	+00:09:22 (24.2%)	7:44	7.7 (75.5%)
52	FRANCZAK Dariusz	99	NW CZŁAPSKI TEAM	M55-59	7			00:19:26	00:39:14.00	+00:09:52 (25.2%)	7:50	7.6 (74.5%)
53	WNEK Ewa	188	KGHM METRACO	K65-69	2			00:19:15	00:39:19.10	+00:09:57 (25.3%)	7:51	7.6 (74.5%)
54	SAPUŁA Wiktoria	157	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:19:38	00:39:35.80	+00:10:14 (25.9%)	7:55	7.6 (74.5%)
55	ŚLUSARCZYK Karolina	172	WESOŁY BORSUK TEAM	K18-29	3			00:19:41	00:39:40.30	+00:10:18 (26.0%)	7:56	7.6 (74.5%)
56	LEGOCKA - WALCZAK Kinga	126		K45-49	5			00:19:43	00:39:46.70	+00:10:25 (26.2%)	7:57	7.5 (73.5%)
57	SZYBUT Weronika	164	POTĘGA NORDICA	K-Dzieci	1			00:19:43	00:39:55.10	+00:10:33 (26.5%)	7:59	7.5 (73.5%)
58	DYBEŁ Agnieszka	97	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			00:19:51	00:40:00.25	+00:10:38 (26.6%)	8:00	7.5 (73.5%)
59	PLUTO-PRADZYŃSKA Anna	147	SERCE NORDICA WŁOCŁAWEK	K30-39	3			00:19:53	00:40:15.55	+00:10:54 (27.1%)	8:03	7.5 (73.5%)

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60	MYDLARZ Jerzy	186	JUVENIA BIAŁYSTOK	M65-69	2			00:20:11	00:40:24.00	+00:11:02 (27.3%)	8:04	7.4 (72.5%)
61	KORZENIECKA-BĄCZEK Renata	119	KRUCZA TEAM WASILKÓW	K45-49	6	1		00:20:40	00:41:01.40	+00:11:40 (28.4%)	8:12	7.3 (71.6%)
62	PIETRZYK Anna	144	KLUB OLIMPIJCYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	K- Niepełnosprawni(A)	2			00:19:57	00:41:03.95	+00:11:42 (28.5%)	8:12	7.3 (71.6%)
63	GRYGOROWICZ Teresa	110	KGHM METRACO	K70-74	1			00:19:59	00:41:10.50	+00:11:49 (28.7%)	8:14	7.3 (71.6%)
64	PLUTO-PRĄDZYŃSKA Klaudia	148	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	1			00:19:56	00:41:15.00	+00:11:53 (28.8%)	8:15	7.3 (71.6%)
65	ZIELIŃSKA Barbara	185	PUKS ŁOSICE	K60-64	2			00:20:23	00:41:21.50	+00:12:00 (29.0%)	8:16	7.3 (71.6%)
66	JÓŹWIAK Łukasz	117	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	2			00:21:03	00:41:35.30	+00:12:13 (29.4%)	8:19	7.2 (70.6%)
67	DĄBROWSKA Agnieszka	94		K30-39	4			00:20:43	00:41:42.80	+00:12:21 (29.6%)	8:20	7.2 (70.6%)
68	POGORZELSKI Kamil	150		M18-29	3	1		00:20:35	00:41:57.25	+00:12:35 (30.0%)	8:23	7.2 (70.6%)
69	GRUSZKA Michał	109	NORDIC SPORT 2021	M45-49	8			00:21:07	00:41:57.50	+00:12:36 (30.0%)	8:23	7.2 (70.6%)
70	CZERWINSKA Anna	90	NW CZŁAPSKI TEAM	K- Niepełnosprawni(A)	3			00:20:51	00:42:13.90	+00:12:52 (30.5%)	8:26	7.1 (69.6%)
71	PALUCH Paweł	140	AVOCADO WELLNESS CLUB	M55-59	8			00:20:36	00:42:21.10	+00:12:59 (30.7%)	8:28	7.1 (69.6%)
72	PLUTO-PRĄDZYŃSKI Kacper	149	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	1			00:21:17	00:42:25.15	+00:13:03 (30.8%)	8:29	7.1 (69.6%)
73	JAKUBOWSKI Zbigniew	191		M70-74	3			00:21:17	00:42:37.15	+00:13:15 (31.1%)	8:31	7 (68.6%)
74	NOSAL Bronisław	135		M75-79	2	1		00:20:56	00:42:39.20	+00:13:17 (31.2%)	8:31	7 (68.6%)
75	THOMALLA Bogdan	174	EKIPA NA KIJACH	M80+	1			00:21:00	00:43:33.45	+00:14:12 (32.6%)	8:42	6.9 (67.6%)
76	SZYMAŃSKA Lucyna	165	WESOŁY BORSUK TEAM	K70-74	2			00:21:03	00:43:49.05	+00:14:27 (33.0%)	8:45	6.8 (66.7%)
77	ŁUCKIEWICZ Adrian	128		M30-39	3	1		00:21:30	00:44:03.70	+00:14:42 (33.4%)	8:48	6.8 (66.7%)
78	NERC Dorota	133		K60-64	3			00:21:42	00:44:04.10	+00:14:42 (33.4%)	8:48	6.8 (66.7%)
79	WORONKO-ZACZYŃSKA Janina	181	KGHM METRACO	K75-79	1			00:22:19	00:44:56.95	+00:15:35 (34.7%)	8:59	6.7 (65.7%)
80	BAGIŃSKA Joanna	81		K45-49	7			00:22:22	00:45:05.15	+00:15:43 (34.9%)	9:01	6.7 (65.7%)

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81	MŁYNARCZUK-SOKOŁOWSKA Anna	193		K40-44	5	1		00:22:06	00:45:09.85	+00:15:48 (35.0%)	9:01	6.6 (64.7%)
82	SZYBUT Roma	163	POTĘGA NORDICA	K30-39	5			00:22:21	00:45:15.65	+00:15:54 (35.1%)	9:03	6.6 (64.7%)
83	GOLECKA Agnieszka	107		K45-49	8			00:22:37	00:45:22.00	+00:16:00 (35.3%)	9:04	6.6 (64.7%)
84	GAIŃSKA Iwona	102	CHODZĘ BO LUBIĘ BIAŁYSTOK	K40-44	6			00:22:34	00:45:25.25	+00:16:03 (35.4%)	9:05	6.6 (64.7%)
85	KURCEWICZ Aneta	125		K45-49	9			00:22:43	00:45:55.40	+00:16:34 (36.1%)	9:11	6.5 (63.7%)
86	RADOMSKA Janina	153		K55-59	2			00:23:09	00:46:27.65	+00:17:06 (36.8%)	9:17	6.5 (63.7%)
87	PANKIEWICZ-DMOWSKA Cecylia	142		K70-74	3			00:23:09	00:47:08.25	+00:17:46 (37.7%)	9:25	6.4 (62.7%)
88	SOBOLEWSKI Bogusław	159		M75-79	3			00:23:29	00:47:18.35	+00:17:56 (37.9%)	9:27	6.3 (61.8%)
89	LEONOWICZ Grazyna	127		K55-59	3			00:23:27	00:47:26.15	+00:18:04 (38.1%)	9:29	6.3 (61.8%)
90	ŚLUSARCZYK Danuta	171	WESOŁY BORSUK TEAM	K70-74	4			00:23:09	00:47:26.60	+00:18:05 (38.1%)	9:29	6.3 (61.8%)
91	RADZISZEWSKA Renata	154		K45-49	10			00:23:54	00:47:48.05	+00:18:26 (38.6%)	9:33	6.3 (61.8%)
92	TOLOCZKO Agnieszka	175	OSOBA PRYWATNA	K45-49	11			00:23:55	00:47:53.15	+00:18:31 (38.7%)	9:34	6.3 (61.8%)
93	SAKOWSKA Łucja	156	EMERYT	K60-64	4	1		00:25:13	00:50:36.55	+00:21:15 (42.0%)	10:07	5.9 (57.8%)
94	KECZYXXX Wiesława	190		K75-79	2			00:25:03	00:51:06.05	+00:21:44 (42.6%)	10:13	5.9 (57.8%)
95	ŚLUSARCZYK Błażej	170	WESOŁY BORSUK TEAM	M-Dzieci	2			00:25:04	00:51:15.00	+00:21:53 (42.7%)	10:15	5.9 (57.8%)
96	JÓŻWIAK Dominik	115	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:25:36	00:51:25.30	+00:22:03 (42.9%)	10:17	5.8 (56.9%)
97	BIERĆ Wioletta	85	CHODZĘBOLUBIĘ	K45-49	12			00:26:14	00:53:11.00	+00:23:49 (44.8%)	10:38	5.6 (54.9%)
98	KULCZYCKI Jan	123		M70-74	4			00:25:59	00:54:23.90	+00:25:02 (46.0%)	10:52	5.5 (53.9%)
99	RADECKA Krystyna	151	CHODZĄCY BIAŁYSTOK	K80+	1			00:28:21	00:57:15.70	+00:27:54 (48.7%)	11:27	5.2 (51.0%)
100	GRZEGORCZYK-ANDRZEJCZUK Beata	192		K55-59	4			16680:00:00		+277:45:3	400320:00	0 (0.0%)
DQ	BĄCZEK Mariusz	82	KRUCZA TEAM WASILKÓW	M45-49			1	00:20:36 DQ	00:42:42.10 DQ		0:00	7 (68.6%)
DQ	FRACH Piotr	189		M40-44			1	00:20:44 DQ	16680:00:00 DQ		0:00	0 (0.0%)

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103	RADECKI Artur	152	CHODZĄCY BIAŁYSTOK	M55-59				00:18:00	00:37:27.50	+00:08:06 (21.6%)	7:29	8 (78.4%)
104	ŚLUSARCZYK Andrzej	168	WESOŁY BORSUK TEAM	M70-74				00:19:44	00:39:23.30	+00:10:01 (25.5%)	7:52	7.6 (74.5%)

Znaleziono 104 wynik(ów)