



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

B4SPORT

Event: Polish Nordic Walking Cup 10/3
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2022-06-04
Place: Wasilków
Distance: 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Net time 5km	Gap	Pace min/km	Pace 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	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%)
8	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%)
9	NOSAL Marek	134		M50-54	2			00:15:41	00:31:58.25	+00:02:36 (8.2%)	6:23	9.4 (92.2%)
10	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%)
11	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%)
12	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%)
13	MAŚLANKA Jacek	131		M55-59	2			00:15:57	00:32:26.10	+00:03:04 (9.5%)	6:29	9.2 (90.2%)
14	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%)

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15	FRĄCKOWIAK 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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	GĄGÓŁ 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%)
28	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%)
29	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%)
30	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%)
31	WALCZAK Grzegorz	176		M45-49	7			00:18:09	00:37:16.80	+00:07:55 (21.3%)	7:27	8.1 (79.4%)
32	KARPOWICZ Janusz	118	BRAK	M65-69	1			00:18:33	00:37:23.25	+00:08:01 (21.5%)	7:28	8 (78.4%)
33	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%)
34	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%)
35	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%)
36	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%)
37	JÓZWIAK Łukasz	117	SERCE NORDICA WŁOCLAWEK	M- Niepełnosprawni(B)	2			00:21:03	00:41:35.30	+00:12:13 (29.4%)	8:19	7.2 (70.6%)

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38	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%)
39	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%)
40	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%)
41	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%)
42	JAKUBOWSKI Zbigniew	191		M70-74	3			00:21:17	00:42:37.15	+00:13:15 (31.1%)	8:31	7 (68.6%)
43	NOSAL Bronisław	135		M75-79	2	1		00:20:56	00:42:39.20	+00:13:17 (31.2%)	8:31	7 (68.6%)
44	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%)
45	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%)
46	SOBOLEWSKI Bogusław	159		M75-79	3			00:23:29	00:47:18.35	+00:17:56 (37.9%)	9:27	6.3 (61.8%)
47	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%)
48	JÓŹWIAK 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%)
49	KULCZYCKI Jan	123		M70-74	4			00:25:59	00:54:23.90	+00:25:02 (46.0%)	10:52	5.5 (53.9%)
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%)
52	RADECKI Artur	152	CHODZĄCY BIAŁYSTOK	M55-59				00:18:00	00:37:27.50	+00:08:06 (21.6%)	7:29	8 (78.4%)
53	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%)

Total 53 results.