



ENEA POLISH NW CUP - KOLBUSZOWA - 10KM - 6/6

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 6/6
Organizator: Polskie Zrzeszenie Nordic Walking, Miasto Kolbuszowa
Data: 2023-10-07
Miejsce: Kolbuszowa
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2.5km 2.5km	Laps_5km 5km	Laps_7.5km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	19	K.S. VICTORIA POTĘGOWO	M18-29	1			00:14:12	00:28:25	00:42:58	00:57:47.29		5:46	10.4 (100%)
2	WOJTOWICZ Tomasz	32	K.S. VICTORIA POTĘGOWO	M30-39	1	1		00:13:58	00:28:40	00:43:37	00:58:44.65	+00:00:57 (1.6%)	5:52	10.2 (98.1%)
3	MICHALEC Marcin	20	KKB MOSIR KROSNO	M30-39	2	1		00:14:10	00:29:05	00:44:14	00:59:08.88	+00:01:21 (2.3%)	5:54	10.1 (97.1%)
4	DZIEDZIEWICZ Andrzej	11	K.S. VICTORIA POTĘGOWO	M40-49	1	1		00:14:08	00:29:19	00:44:57	01:00:39.36	+00:02:52 (4.7%)	6:03	9.9 (95.2%)
5	MISZTAL Grzegorz	21	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:15:46	00:32:08	00:48:20	01:03:57.58	+00:06:10 (9.6%)	6:23	9.4 (90.4%)
6	KUBISZYN Małgorzata	38	K.S. VICTORIA POTĘGOWO	K30-39	1			00:15:41	00:31:42	00:47:47	01:03:58.94	+00:06:11 (9.7%)	6:23	9.4 (90.4%)
7	MICHALSKI Andrzej	37	PŁOMIEŃ ZMIENNICA	M60-69	1	1		00:15:41	00:31:48	00:48:15	01:04:35.33	+00:06:48 (10.5%)	6:27	9.3 (89.4%)
8	ZDANOWICZ Arkadiusz	34	K.S. VICTORIA POTĘGOWO	M40-49	2			00:15:42	00:32:09	00:48:38	01:04:50.95	+00:07:03 (10.9%)	6:29	9.3 (89.4%)
9	HAŁAS Marcin	12	PRUSZYŃSKI SPORT TEAM	M30-39	4			00:15:40	00:31:49	00:48:06	01:04:59.04	+00:07:11 (11.1%)	6:29	9.2 (88.5%)
10	BIELECKA Zuzanna	54	K.S. VICTORIA POTĘGOWO	K40-49	1			00:15:46	00:31:58	00:48:30	01:05:17.72	+00:07:30 (11.5%)	6:31	9.2 (88.5%)
11	HELWICH Stefan	13	KGHM METRACO POLKOWICE	M60-69	2			00:15:41	00:31:46	00:48:06	01:05:19.71	+00:07:32 (11.5%)	6:31	9.2 (88.5%)
12	SIWAK Piotr	25	KGHM METRACO POLKOWICE	M60-69	3	1		00:15:55	00:32:27	00:49:02	01:05:40.30	+00:07:53 (12.0%)	6:34	9.1 (87.5%)
13	LABUS Marzena	17	NORDIC SPORT 2021	K30-39	2	1		00:15:51	00:32:20	00:49:00	01:05:45.73	+00:07:58 (12.1%)	6:34	9.1 (87.5%)
14	DANIELSKI Waldemar	9	K.S. VICTORIA POTĘGOWO	M50-59	1			00:16:20	00:33:20	00:50:21	01:07:16.68	+00:09:29 (14.1%)	6:43	8.9 (85.6%)

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											netto 10km	Różn		
15	JĘDRASIAK Renata	15	KGHM METRACO POLKOWICE	K60-69	1	2		00:16:16	00:33:17	00:50:18	01:07:37.91	+00:09:50 (14.6%)	6:45	8.9 (85.6%)
16	CHYRA Janusz	6	NORDIC SPORT 2021	M40-49	3			00:17:03	00:34:00	00:51:03	01:07:51.30	+00:10:04 (14.8%)	6:47	8.8 (84.6%)
17	OLECHOWSKA Monika	22	PTG SOKÓŁ 1893 MIELEC	K40-49	2			00:17:33	00:34:59	00:52:48	01:10:50.65	+00:13:03 (18.4%)	7:05	8.5 (81.7%)
18	SAWICKA Marta	24	DWA KIJE W DĘBINIE NW KROŚCIENKO WYŻNE	K50-59	1			00:17:13	00:34:55	00:52:56	01:10:53.10	+00:13:05 (18.5%)	7:05	8.5 (81.7%)
19	SŁOWIK Jan	27	WYBIEGAMY W PRZYSZŁOŚĆ	M50-59	2			00:17:08	00:34:55	00:52:51	01:10:54.32	+00:13:07 (18.5%)	7:05	8.5 (81.7%)
20	ŻMUDA Jerzy	36	GORZYCE CHODZI Z KIJKAMI	M60-69	4	2		00:17:14	00:34:56	00:52:52	01:10:54.59	+00:13:07 (18.5%)	7:05	8.5 (81.7%)
21	WOJTKIEWICZ Jarosław	31	RYŚ KARPATY	M50-59	3			00:17:11	00:35:00	00:53:10	01:11:26.98	+00:13:39 (19.1%)	7:08	8.4 (80.8%)
22	BALIŚ Andrzej	3		M30-39	5	1		00:18:06	00:36:38	00:55:03	01:13:17.25	+00:15:29 (21.1%)	7:19	8.2 (78.8%)
23	CZMOCH Marian	8	NORDIC SPORT 2021	M70+	1			00:17:44	00:36:08	00:54:53	01:13:38.34	+00:15:51 (21.5%)	7:21	8.1 (77.9%)
24	ZDRZAŁEK Alicja	35	NORDIC SPORT 2021	K40-49	3			00:17:21	00:36:09	00:55:10	01:13:40.12	+00:15:52 (21.6%)	7:22	8.1 (77.9%)
25	PANKIEWICZ Ewelina	23		K30-39	3			00:18:05	00:36:43	00:55:25	01:14:23.44	+00:16:36 (22.3%)	7:26	8.1 (77.9%)
26	LACHNIK Hubert	18		M70+	2			00:18:44	00:37:44	00:56:09	01:14:40.94	+00:16:53 (22.6%)	7:28	8 (76.9%)
27	SKRZĄTEK Lucyna	26	NORDIC SPORT 2021	K50-59	2			00:18:06	00:36:44	00:55:38	01:14:47.80	+00:17:00 (22.7%)	7:28	8 (76.9%)
28	ŚLUSARCZYK Andrzej	29	WESOŁY BORSUK TEAM	M70+	3			00:18:33	00:37:31	00:56:29	01:15:41.93	+00:17:54 (23.7%)	7:34	7.9 (76.0%)
29	CZAJKA Urszula	7	KGHM METRACO POLKOWICE	K60-69	2	2		00:18:17	00:37:22	00:56:40	01:16:37.53	+00:18:50 (24.6%)	7:39	7.8 (75.0%)
30	BERESKA Irena	4	NORDIC SPORT 2021	K30-39	4			00:18:57	00:39:04	00:59:08	01:19:04.90	+00:21:17 (26.9%)	7:54	7.6 (73.1%)
31	ANYŻ Maria	2	KIJE W DOBRYCH RĘKACH	K70+	1			00:19:32	00:39:35	01:00:05	01:20:47.92	+00:23:00 (28.5%)	8:04	7.4 (71.2%)
32	DRYGALSKA Aleksandra	10	KIJE W DOBRYCH RĘKACH	K60-69	3			00:20:42	00:41:58	01:03:26	01:24:47.94	+00:27:00 (31.9%)	8:28	7.1 (68.3%)
33	ZAWADZKA Maria	33	KGHM METRACO POLKOWICE	K70+	2	1		00:21:37	00:43:34	01:05:24	01:27:09.86	+00:29:22 (33.7%)	8:42	6.9 (66.3%)
DQ	JUREK Adam	16	KGHM METRACO POLKOWICE	M60-69				00:15:40 DQ	00:31:47 DQ	DQ	DQ			(0.0%)

Znaleziono 34 wynik(ów)