



# ENE A POLISH NW CUP - LATOSZYN- 10KM - 4/6

B4SPORT

**Event:** ENE A POLISH NORDIC WALKING CUP 4/6 LATOSZYN  
**Organiser:** Polskie Zrzeszenie Nordic Walking  
**Date:** 2023-07-29  
**Place:** Latoszyn  
**Distance:** 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_2.5km 2.5km	Laps_5km 5km	Laps_7.5km 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	<b>WOJTOWICZ Tomasz</b>	<b>182</b>	K.S. VICTORIA POTĘGOWO	M30-39	1			00:15:27	00:31:02	00:47:31	<b>01:03:40.60</b>		6:22	9.4 (100%)
2	<b>DZIEDZIEWICZ Andrzej</b>	<b>157</b>	K.S. VICTORIA POTĘGOWO	M40-49	1			00:15:25	00:31:20	00:47:47	<b>01:04:08.30</b>	+00:00:27 (0.7%)	6:24	9.4 (100%)
3	<b>MARCZAK Tomasz</b>	<b>164</b>	K.S. VICTORIA POTĘGOWO	M18-29	1			00:15:30	00:32:35	00:50:01	<b>01:07:50.60</b>	+00:04:10 (6.1%)	6:47	8.8 (93.6%)
4	<b>HAŁAS Marcin</b>	<b>158</b>	PRUSZYŃSKI SPORT TEAM	M30-39	2			00:16:17	00:33:31	00:50:52	<b>01:08:09.95</b>	+00:04:29 (6.6%)	6:48	8.8 (93.6%)
5	<b>JUREK Adam</b>	<b>161</b>	KGHM METRACO POLKOWICE	M60-69	1	1		00:16:18	00:33:32	00:50:55	<b>01:09:07.05</b>	+00:05:26 (7.9%)	6:54	8.7 (92.6%)
6	<b>MISZTAL Grzegorz</b>	<b>165</b>	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:16:19	00:33:50	00:52:00	<b>01:10:22.95</b>	+00:06:42 (9.5%)	7:02	8.5 (90.4%)
7	<b>KUBISZYN Małgorzata</b>	<b>179</b>	K.S. VICTORIA POTĘGOWO	K30-39	1	1		00:20:01	00:37:30	00:55:07	<b>01:11:56.15</b>	+00:08:15 (11.5%)	7:11	8.3 (88.3%)
8	<b>OLSZAŃSKI Karol</b>	<b>166</b>	PRUSZYŃSKI SPORT TEAM	M40-49	2			00:17:07	00:35:16	00:53:48	<b>01:12:17.35</b>	+00:08:36 (11.9%)	7:13	8.3 (88.3%)
9	<b>HELWICH Stefan</b>	<b>159</b>	KGHM METRACO POLKOWICE	M60-69	2	2		00:16:35	00:34:18	00:53:00	<b>01:12:20.85</b>	+00:08:40 (12.0%)	7:14	8.3 (88.3%)
10	<b>BIELECKA Zuzanna</b>	<b>153</b>	K.S. VICTORIA POTĘGOWO	K40-49	1			00:19:59	00:37:28	00:55:05	<b>01:12:39.15</b>	+00:08:58 (12.4%)	7:15	8.3 (88.3%)
11	<b>ZYCH Witold</b>	<b>180</b>		M50-59	1			00:18:04	00:36:05	00:54:37	<b>01:13:03.15</b>	+00:09:22 (12.8%)	7:18	8.2 (87.2%)
12	<b>LABUS Marzena</b>	<b>163</b>	NORDIC SPORT 2021	K30-39	2			00:20:02	00:37:31	00:55:34	<b>01:13:33.45</b>	+00:09:52 (13.4%)	7:21	8.2 (87.2%)
13	<b>CHYRA Janusz</b>	<b>154</b>	NORDIC SPORT 2021	M40-49	3			00:18:18	00:36:48	00:55:09	<b>01:14:11.75</b>	+00:10:31 (14.2%)	7:25	8.1 (86.2%)
14	<b>JĘDRASIAK Renata</b>	<b>160</b>	KGHM METRACO POLKOWICE	K60-69	1			00:20:41	00:38:32	00:56:36	<b>01:14:21.30</b>	+00:10:40 (14.4%)	7:26	8.1 (86.2%)

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15	<b>HRYCIUK Waldemar</b>	<b>181</b>	K.S. VICTORIA POTĘGOWO	M60-69	3			00:19:27	00:38:25	00:57:53	<b>01:18:06.30</b>	+00:14:25 (18.5%)	7:48	7.7 (81.9%)
16	<b>LACHNIK Hubert</b>	<b>175</b>		M70+	1	1		00:20:05	00:39:40	00:59:16	<b>01:18:55.95</b>	+00:15:15 (19.3%)	7:53	7.6 (80.9%)
17	<b>CZMOCH Marian</b>	<b>156</b>	NORDIC SPORT 2021	M70+	2			00:20:25	00:39:45	00:59:25	<b>01:19:03.45</b>	+00:15:22 (19.5%)	7:54	7.6 (80.9%)
18	<b>SŁOWIK Jan</b>	<b>169</b>	WYBIEGAMY W PRZYSZŁOŚĆ	M50-59	2			00:18:48	00:38:10	00:59:17	<b>01:19:15.25</b>	+00:15:34 (19.7%)	7:55	7.6 (80.9%)
19	<b>KELLER Patryk</b>	<b>162</b>	PRUSZYŃSKI SPORT TEAM	M18-29	2	1		00:18:44	00:38:43	01:00:00	<b>01:20:35.25</b>	+00:16:54 (21.0%)	8:03	7.4 (78.7%)
20	<b>PACYNA Jan</b>	<b>172</b>	NORDICUS STRZYBNICA	M40-49	4	1		00:19:55	00:39:56	01:00:21	<b>01:20:57.65</b>	+00:17:17 (21.3%)	8:05	7.4 (78.7%)
21	<b>LUKOSZEK Katarzyna</b>	<b>176</b>	PRUSZYŃSKI SPORT TEAM	K50-59	1			00:22:29	00:42:14	01:02:27	<b>01:23:08.45</b>	+00:19:27 (23.4%)	8:18	7.2 (76.6%)
22	<b>WOJTKIEWICZ Jarek</b>	<b>178</b>		M50-59	3	2		00:19:12	00:39:52	01:01:57	<b>01:23:44.45</b>	+00:20:03 (24.0%)	8:22	7.2 (76.6%)
23	<b>BALIŚ Andrzej</b>	<b>151</b>		M30-39	4			00:20:23	00:41:44	01:02:42	<b>01:24:03.05</b>	+00:20:22 (24.2%)	8:24	7.1 (75.5%)
24	<b>SKRZĄTEK Lucyna</b>	<b>168</b>	NORDIC SPORT 2021	K50-59	2			00:22:24	00:42:46	01:03:44	<b>01:24:31.95</b>	+00:20:51 (24.7%)	8:27	7.1 (75.5%)
25	<b>ZDRZAŁEK Alicja</b>	<b>170</b>	NORDIC SPORT 2021	K40-49	2			00:21:37	00:41:45	01:02:54	<b>01:24:32.75</b>	+00:20:52 (24.7%)	8:27	7.1 (75.5%)
26	<b>MORAWCZYŃSKA Jolanta</b>	<b>173</b>	PRUSZYŃSKI SPORT TEAM	K50-59	3			00:23:27	00:44:45	01:05:58	<b>01:27:03.55</b>	+00:23:22 (26.9%)	8:42	6.9 (73.4%)
27	<b>CZAJKA Urszula</b>	<b>155</b>	KGHM METRACO POLKOWICE	K60-69	2			00:22:31	00:43:03	01:05:02	<b>01:28:53.05</b>	+00:25:12 (28.4%)	8:53	6.8 (72.3%)
28	<b>ŚLUSARCZYK Andrzej</b>	<b>171</b>	WESOŁY BORSUK TEAM	M70+	3			00:21:25	00:44:40	01:08:19	<b>01:32:49.35</b>	+00:29:08 (31.4%)	9:16	6.5 (69.1%)
29	<b>BERESKA Irena</b>	<b>152</b>	NORDIC SPORT 2021	K30-39	3			00:25:00	00:47:33	01:10:16	<b>01:33:01.80</b>	+00:29:21 (31.6%)	9:18	6.5 (69.1%)
30	<b>RZUCIDŁO Jan</b>	<b>174</b>	BBL RZESZÓW	M70+	4	1		00:21:41	00:44:47	01:10:22	<b>01:38:36.85</b>	+00:34:56 (35.4%)	9:51	6.1 (64.9%)
DQ	<b>MICHALSKI Andrzej</b>	<b>177</b>	PŁOMIEŃ ZMIENNICA	M60-69			1	00:16:34 DQ	00:33:34 DQ	00:50:54 DQ	<b>DQ</b>			(0.0%)
	<b>PUKSZTA Krzysiek</b>	<b>167</b>	WESOŁY BORSUK TEAM	M40-49				00:18:22 DNF	00:37:15 DNF	DNF	<b>DNF</b>		-	- (0.0%)

Total 32 results.