



ENEA POLISH NW CUP - LATOSZYN- 10KM - 4/6

B4SPORT

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



Classification: OPEN -M

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	WOJTOWICZ Tomasz	182	K.S. VICTORIA POTĘGOWO	M30-39	1			00:15:27	00:31:02	00:47:31	01:03:40.60		6:22	9.4 (100%)
2	DZIEDZIEWICZ Andrzej	157	K.S. VICTORIA POTĘGOWO	M40-49	1			00:15:25	00:31:20	00:47:47	01:04:08.30	+00:00:27 (0.7%)	6:24	9.4 (100%)
3	MARCZAK Tomasz	164	K.S. VICTORIA POTĘGOWO	M18-29	1			00:15:30	00:32:35	00:50:01	01:07:50.60	+00:04:10 (6.1%)	6:47	8.8 (93.6%)
4	HAŁAS Marcin	158	PRUSZYŃSKI SPORT TEAM	M30-39	2			00:16:17	00:33:31	00:50:52	01:08:09.95	+00:04:29 (6.6%)	6:48	8.8 (93.6%)
5	JUREK Adam	161	KGHM METRACO POLKOWICE	M60-69	1	1		00:16:18	00:33:32	00:50:55	01:09:07.05	+00:05:26 (7.9%)	6:54	8.7 (92.6%)
6	MISZTAL Grzegorz	165	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:16:19	00:33:50	00:52:00	01:10:22.95	+00:06:42 (9.5%)	7:02	8.5 (90.4%)
7	OLSZAŃSKI Karol	166	PRUSZYŃSKI SPORT TEAM	M40-49	2			00:17:07	00:35:16	00:53:48	01:12:17.35	+00:08:36 (11.9%)	7:13	8.3 (88.3%)
8	HELWICH Stefan	159	KGHM METRACO POLKOWICE	M60-69	2	2		00:16:35	00:34:18	00:53:00	01:12:20.85	+00:08:40 (12.0%)	7:14	8.3 (88.3%)
9	ZYCH Witold	180		M50-59	1			00:18:04	00:36:05	00:54:37	01:13:03.15	+00:09:22 (12.8%)	7:18	8.2 (87.2%)
10	CHYRA Janusz	154	NORDIC SPORT 2021	M40-49	3			00:18:18	00:36:48	00:55:09	01:14:11.75	+00:10:31 (14.2%)	7:25	8.1 (86.2%)
11	HRYCIUK Waldemar	181	K.S. VICTORIA POTĘGOWO	M60-69	3			00:19:27	00:38:25	00:57:53	01:18:06.30	+00:14:25 (18.5%)	7:48	7.7 (81.9%)
12	LACHNIK Hubert	175		M70+	1	1		00:20:05	00:39:40	00:59:16	01:18:55.95	+00:15:15 (19.3%)	7:53	7.6 (80.9%)
13	CZMOCH Marian	156	NORDIC SPORT 2021	M70+	2			00:20:25	00:39:45	00:59:25	01:19:03.45	+00:15:22 (19.5%)	7:54	7.6 (80.9%)
14	SŁOWIK Jan	169	WYBIEGAMY W PRZYSZŁOŚĆ	M50-59	2			00:18:48	00:38:10	00:59:17	01:19:15.25	+00:15:34 (19.7%)	7:55	7.6 (80.9%)

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
15	KELLER Patryk	162	PRUSZYŃSKI SPORT TEAM	M18-29	2	1		00:18:44	00:38:43	01:00:00	01:20:35.25	+00:16:54 (21.0%)	8:03	7.4 (78.7%)
16	PACYNA Jan	172	NORDICUS STRZYBNICA	M40-49	4	1		00:19:55	00:39:56	01:00:21	01:20:57.65	+00:17:17 (21.3%)	8:05	7.4 (78.7%)
17	WOJTKIEWICZ Jarek	178		M50-59	3	2		00:19:12	00:39:52	01:01:57	01:23:44.45	+00:20:03 (24.0%)	8:22	7.2 (76.6%)
18	BALIŚ Andrzej	151		M30-39	4			00:20:23	00:41:44	01:02:42	01:24:03.05	+00:20:22 (24.2%)	8:24	7.1 (75.5%)
19	ŚLUSARCZYK Andrzej	171	WESOŁY BORSUK TEAM	M70+	3			00:21:25	00:44:40	01:08:19	01:32:49.35	+00:29:08 (31.4%)	9:16	6.5 (69.1%)
20	RZUCIDŁO Jan	174	BBL RZESZÓW	M70+	4	1		00:21:41	00:44:47	01:10:22	01:38:36.85	+00:34:56 (35.4%)	9:51	6.1 (64.9%)
DQ	MICHALSKI Andrzej	177	PŁOMIEŃ ZMIENNICA	M60-69			1	00:16:34 DQ	00:33:34 DQ	00:50:54 DQ	DQ			(0.0%)
	PUKSZTA Krzysiek	167	WESOŁY BORSUK TEAM	M40-49				00:18:22 DNF	00:37:15 DNF	DNF	DNF		-	- (0.0%)

Total 22 results.