



ENEA POLISH NW CUP - LATOSZYN - 5KM - 4/6

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 4/6 LATOSZYN
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-07-29
Miejsce: Latoszyn
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ORDZOWIAŁY Piotr	43	PRUSZYŃSKI SPORT TEAM	M55-59	1			00:14:28	00:30:18.25		6:03	9.9 (100%)
2	WOJTOWICZ Tomasz	83	K.S. VICTORIA POTĘGOWO	M30-39	1			00:15:03	00:30:33.60	+00:00:15 (0.8%)	6:06	9.8 (99.0%)
3	STĘPAK Piotr	61	K.S. VICTORIA POTĘGOWO	M18-29	1			00:14:51	00:30:40.05	+00:00:21 (1.2%)	6:08	9.8 (99.0%)
4	ZDANOWICZ Arkadiusz	77	K.S. VICTORIA POTĘGOWO	M45-49	1			00:15:15	00:31:17.95	+00:00:59 (3.2%)	6:15	9.6 (97.0%)
5	KABATA Jarosław	28	NORDIC SPORT 2021	M50-54	1			00:14:54	00:31:34.20	+00:01:15 (4.0%)	6:18	9.5 (96.0%)
6	MARCZAK Tomasz	36	K.S. VICTORIA POTĘGOWO	M18-29	2			00:16:38	00:32:53.10	+00:02:34 (7.8%)	6:34	9.1 (91.9%)
7	DERUS Jakub	12	KATOWICKI NORDIC WALKING	M40-44	1			00:15:45	00:32:53.40	+00:02:35 (7.9%)	6:34	9.1 (91.9%)
8	FRAĆKOWIAK Roman	15	NORDIC SPORT 2021	M55-59	2			00:16:10	00:33:08.15	+00:02:49 (8.5%)	6:37	9.1 (91.9%)
9	ZABŁOCKI Karol	76	FIRE WINGS NW TEAM	M30-39	2			00:16:29	00:33:36.10	+00:03:17 (9.8%)	6:43	8.9 (89.9%)
10	KUBISZYN Małgorzata	82	K.S. VICTORIA POTĘGOWO	K30-39	1			00:16:41	00:33:37.35	+00:03:19 (9.9%)	6:43	8.9 (89.9%)
11	ROŻYNEK Miron	54	KGHM METRACO POLKOWICE	M60-64	1			00:16:39	00:33:53.50	+00:03:35 (10.6%)	6:46	8.9 (89.9%)
12	SOKOŁOWSKI Marek	92	PTG SOKÓŁ RYMANÓW	M55-59	3			00:16:33	00:34:01.60	+00:03:43 (10.9%)	6:48	8.8 (88.9%)
13	BIELECKA Zuzanna	2	K.S. VICTORIA POTĘGOWO	K40-44	1			00:16:45	00:34:13.30	+00:03:55 (11.4%)	6:50	8.8 (88.9%)
14	HAŁAS Marcin	20	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:16:45	00:34:14.30	+00:03:56 (11.5%)	6:50	8.8 (88.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	MICHALSKI Andrzej	81	PŁOMIEŃ ZMIENNICA	M60-64	2			00:16:53	00:34:21.55	+00:04:03 (11.8%)	6:52	8.7 (87.9%)
16	MAŚLANKA Iwona	37	NORDIC SPORT 2021	K50-54	1			00:16:56	00:34:48.45	+00:04:30 (12.9%)	6:57	8.6 (86.9%)
17	PASIERB Marek	45	K.S. VICTORIA POTĘGOWO	M65-69	1			00:17:11	00:34:57.60	+00:04:39 (13.3%)	6:59	8.6 (86.9%)
18	HELWICH Stefan	22	KGHM METRACO POLKOWICE	M65-69	2			00:17:22	00:35:06.45	+00:04:48 (13.7%)	7:01	8.5 (85.9%)
19	STEFANIAK Krzysztof	60	KATOWICKI NORDIC WALKING	M65-69	3			00:17:23	00:35:13.55	+00:04:55 (14.0%)	7:02	8.5 (85.9%)
20	KNAPCZYK-KANIA Gabriela	34	WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO	K45-49	1			00:17:24	00:35:25.30	+00:05:07 (14.4%)	7:05	8.5 (85.9%)
21	DOMARADZKI Tomasz	13	ACTIVE TEAM KOZŁÓW	M40-44	2			00:17:24	00:35:25.90	+00:05:07 (14.5%)	7:05	8.5 (85.9%)
22	OLSZAŃSKI Karol	42	PRUSZYŃSKI SPORT TEAM	M45-49	2			00:17:16	00:35:32.55	+00:05:14 (14.7%)	7:06	8.4 (84.8%)
23	KRAKOWSKI Jerzy Piotr	98	PTG SOKÓŁ 1893 MIELEC	M60-64	3			00:17:35	00:35:54.10	+00:05:35 (15.6%)	7:10	8.4 (84.8%)
24	GIEŁBAGA Aneta	17	ACTIVE TEAM KOZŁÓW	K45-49	2			00:17:49	00:36:02.75	+00:05:44 (15.9%)	7:12	8.3 (83.8%)
25	POSIKATA Joanna	52		K45-49	3			00:17:52	00:36:12.65	+00:05:54 (16.3%)	7:14	8.3 (83.8%)
26	KARPIENIA Ewa	30	K.S. VICTORIA POTĘGOWO	K50-54	2			00:17:57	00:36:43.75	+00:06:25 (17.5%)	7:20	8.2 (82.8%)
27	OKRZESIK-FRĄCKOWIAK Izabela	41	NORDIC SPORT 2021	K55-59	1			00:18:14	00:37:08.10	+00:06:49 (18.4%)	7:25	8.1 (81.8%)
28	MATECKI Ryszard	38	KGHM METRACO POLKOWICE	M70-74	1			00:18:42	00:37:30.95	+00:07:12 (19.2%)	7:30	8 (80.8%)
29	SAPUŁA Dawid	57	K.S. VICTORIA POTĘGOWO	M-Dzieci	1			00:18:25	00:37:41.05	+00:07:22 (19.6%)	7:32	8 (80.8%)
30	HRYCIUK Teresa	23	K.S. VICTORIA POTĘGOWO	K60-64	1			00:18:51	00:37:48.10	+00:07:29 (19.8%)	7:33	7.9 (79.8%)
31	STYGA Krystyna	62	LUKI TEAM	K60-64	2			00:18:48	00:37:52.85	+00:07:34 (20.0%)	7:34	7.9 (79.8%)
32	POLAK Marcel	50	OBORYGENI	M-Dzieci	2			00:18:38	00:37:56.40	+00:07:38 (20.1%)	7:35	7.9 (79.8%)
33	SŁOWIK Jan	59	WYBIEGAMY W PRZYSZŁOŚĆ	M- Niepełnosprawni(A)	1			00:18:26	00:38:10.55	+00:07:52 (20.6%)	7:38	7.9 (79.8%)
34	SAWICKA Marta	93	K.S. VICTORIA POTĘGOWO	K50-54	3	1		00:18:07	00:38:15.35	+00:07:57 (20.8%)	7:39	7.8 (78.8%)
35	POLAK Łukasz	51	OBORYGENI	M40-44	3			00:18:55	00:38:19.65	+00:08:01 (20.9%)	7:39	7.8 (78.8%)
36	CZMOCH Marian	10	NORDIC SPORT 2021	M70-74	2			00:18:55	00:38:22.90	+00:08:04 (21.0%)	7:40	7.8 (78.8%)
37	ŚLUSARCZYK Grzegorz	69	WESOŁY BORSUK TEAM	M45-49	3	1		00:18:43	00:38:23.40	+00:08:05 (21.1%)	7:40	7.8 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	PASIŃSKA-SKOWRON Sylwia	47	PRUSZYŃSKI SPORT TEAM	K45-49	4			00:18:51	00:38:29.80	+00:08:11 (21.3%)	7:41	7.8 (78.8%)
39	DZIADEK Remigiusz	14		M55-59	4			00:18:34	00:38:34.60	+00:08:16 (21.4%)	7:42	7.8 (78.8%)
40	SZPUNAR Mariusz	67	Z NURTEM SAWY NW KLUB	M50-54	2			00:18:24	00:38:35.30	+00:08:17 (21.5%)	7:43	7.8 (78.8%)
41	PASIERB Wojtek	46	BULWAROWE PATYCZAKI	M55-59	5			00:19:00	00:38:51.30	+00:08:33 (22.0%)	7:46	7.7 (77.8%)
42	SZENDZIELORZ Ilona	64	PRUSZYŃSKI SPORT TEAM	K65-69	1			00:19:23	00:38:51.60	+00:08:33 (22.0%)	7:46	7.7 (77.8%)
43	MIŚKOWICZ Anna	39		K65-69	2			00:19:24	00:38:52.80	+00:08:34 (22.1%)	7:46	7.7 (77.8%)
44	PODSIADŁY Stanisław	49	K.S. VICTORIA POTĘGOWO	M65-69	4			00:19:23	00:38:54.40	+00:08:36 (22.1%)	7:46	7.7 (77.8%)
45	BUDNY Franciszek	6		M-Dzieci	3			00:18:40	00:39:02.70	+00:08:44 (22.4%)	7:48	7.7 (77.8%)
46	CZARNOTA Andrzej	8	Z NURTEM SAWY NW KLUB	M65-69	5	1		00:19:47	00:39:50.60	+00:09:32 (23.9%)	7:58	7.5 (75.8%)
47	SZUKAŁA Rafał	68	ACTIVE TEAM KOZŁÓW	M45-49	4			00:19:24	00:39:56.85	+00:09:38 (24.1%)	7:59	7.5 (75.8%)
48	DANDYK Michał	11	NORDIC SPORT 2021	M18-29	3	1		00:19:21	00:40:36.70	+00:10:18 (25.4%)	8:07	7.4 (74.7%)
49	BUDNY Sławomir	5		M- Niepełnosprawni(B)	1			00:19:29	00:40:52.00	+00:10:33 (25.8%)	8:10	7.3 (73.7%)
50	LACHNIK Hubert	79		M70-74	3			00:19:58	00:41:13.20	+00:10:54 (26.5%)	8:14	7.3 (73.7%)
51	ZDRZAŁEK Alicja	78	NORDIC SPORT 2021	K40-44	2			00:19:48	00:41:39.85	+00:11:21 (27.3%)	8:19	7.2 (72.7%)
52	ROMANOWSKA Eliza	53	KGHM METRACO POLKOWICE	K-Dzieci	1			00:20:32	00:41:49.15	+00:11:30 (27.5%)	8:21	7.2 (72.7%)
53	LUKOSZEK Katarzyna	55	PRUSZYŃSKI SPORT TEAM	K50-54	4			00:20:46	00:41:52.05	+00:11:33 (27.6%)	8:22	7.2 (72.7%)
54	KISIELEWICZ Zofia	32	KGHM METRACO POLKOWICE	K-Jun.	1			00:20:17	00:41:54.50	+00:11:36 (27.7%)	8:22	7.2 (72.7%)
55	JANKOWSKI Oskar	26	KGHM METRACO POLKOWICE	M-Jun.	1			00:20:23	00:41:58.75	+00:11:40 (27.8%)	8:23	7.1 (71.7%)
56	BUDNY Stanisław	7		M-Jun.	2			00:20:24	00:41:59.40	+00:11:41 (27.8%)	8:23	7.1 (71.7%)
57	HANUS Joanna	21	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:20:46	00:42:08.90	+00:11:50 (28.1%)	8:25	7.1 (71.7%)
58	WILK Iwona	74	NORDIC SPORT 2021	K45-49	5			00:21:09	00:42:11.30	+00:11:53 (28.2%)	8:26	7.1 (71.7%)
59	BREGUŁA Henryk	3	NORDICUS STRZYBNICA	M- Niepełnosprawni(A)	2	1		00:20:46	00:42:16.95	+00:11:58 (28.3%)	8:27	7.1 (71.7%)
60	URBAN Robert	96	KKNW KOLBUSZOWA	M50-54	3	1		00:20:08	00:42:28.75	+00:12:10 (28.7%)	8:29	7.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
61	SAPUŁA Wiktoria	56	K.S. VICTORIA POTĘGOWO	K18-29	1			00:21:22	00:42:53.90	+00:12:35 (29.4%)	8:34	7 (70.7%)
62	GANCARZ Zbigniew	16	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	2			00:20:58	00:43:02.15	+00:12:43 (29.6%)	8:36	7 (70.7%)
63	SARNOWSKA Aniela	58	KGHM METRACO POLKOWICE	K-Jun.	2			00:21:08	00:43:32.45	+00:13:14 (30.4%)	8:42	6.9 (69.7%)
64	GRYGOROWICZ Teresa	18	KGHM METRACO POLKOWICE	K70-74	1			00:21:37	00:43:36.55	+00:13:18 (30.5%)	8:43	6.9 (69.7%)
65	KRAKOWSKI Igor	35	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	4	1		00:21:19	00:43:38.80	+00:13:20 (30.6%)	8:43	6.9 (69.7%)
66	JAKUBOWSKI Zbigniew	25		M70-74	4			00:21:20	00:44:01.85	+00:13:43 (31.2%)	8:48	6.8 (68.7%)
67	LACHNIK Grazyna	80		K50-54	5			00:21:39	00:44:03.25	+00:13:45 (31.2%)	8:48	6.8 (68.7%)
68	KLOCEK Jagoda	33	KGHM METRACO POLKOWICE	K-Jun.	3			00:21:22	00:44:53.75	+00:14:35 (32.5%)	8:58	6.7 (67.7%)
69	SZNAJDER Zenon	66		M70-74	5			00:21:26	00:44:55.40	+00:14:37 (32.5%)	8:59	6.7 (67.7%)
70	URBAN Iwona	97	KKNW KOLBUSZOWA	K50-54	6	1		00:21:31	00:44:55.75	+00:14:37 (32.6%)	8:59	6.7 (67.7%)
71	ADAMOWICZ Andrzej	1		M75-79	1			00:22:19	00:45:12.95	+00:14:54 (33.0%)	9:02	6.6 (66.7%)
72	CZARNOTA Wanda	9	Z NURTEM SAWY NW KLUB	K60-64	3	1		00:22:16	00:45:46.00	+00:15:27 (33.8%)	9:09	6.6 (66.7%)
73	THOMALLA Bogdan	71	NORDIC SPORT 2021	M80+	1			00:22:20	00:46:52.60	+00:16:34 (35.4%)	9:22	6.4 (64.6%)
74	GUL-BOGACZ Jolanta	91	KKNW	K45-49	6			00:24:06	00:48:18.30	+00:18:00 (37.3%)	9:39	6.2 (62.6%)
75	MATUSZAK Sandra	95	KGHM METRACO	K-Jun.	4			00:23:22	00:48:27.75	+00:18:09 (37.5%)	9:41	6.2 (62.6%)
76	PIĄTKOWSKI Józef	48	KGHM METRACO POLKOWICE	M75-79	2			00:23:20	00:48:38.30	+00:18:20 (37.7%)	9:43	6.2 (62.6%)
77	SARNOWSKI Marcel	31	KGHM METRACO POLKOWICE	M-Jun.	3			00:23:31	00:49:04.70	+00:18:46 (38.3%)	9:48	6.1 (61.6%)
78	WECHTA Paweł	101	KGHM METRACO POLKOWICE	M50-54	4			00:24:06	00:49:09.05	+00:18:50 (38.3%)	9:49	6.1 (61.6%)
79	SZNAJDER Teresa	65		K65-69	3			00:23:24	00:49:11.15	+00:18:52 (38.4%)	9:50	6.1 (61.6%)
80	NOWORYTA Jacek	40	ASA TEAM BIEGIEM PO ZDROWIE	M80+	2	1		00:24:16	00:49:44.30	+00:19:26 (39.1%)	9:56	6 (60.6%)
81	SZCZEPAŃSKA Lena	63	KGHM METRACO POLKOWICE	K-Dzieci	2			00:19:18	00:50:45.95	+00:20:27 (40.3%)	10:09	5.9 (59.6%)
82	KOPACZ Elżbieta	90	KKNW KOLBUSZOWA	K45-49	7			00:24:25	00:52:37.35	+00:22:19 (42.4%)	10:31	5.7 (57.6%)
83	WORONKO-ZACZYŃSKA Janina	75	KGHM METRACO POLKOWICE	K75-79	1	1		00:25:49	00:52:48.20	+00:22:29 (42.6%)	10:33	5.7 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
84	JUREK Ewa	27		K- Niepełnosprawni(B)	2			00:26:31	00:53:33.10	+00:23:14 (43.4%)	10:42	5.6 (56.6%)
85	PANKIEWICZ-DMOWSKA Cecylia	44	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	2			00:26:46	00:53:35.85	+00:23:17 (43.5%)	10:43	5.6 (56.6%)
86	KOCZUR Dorota	84	KKNW KOLBUSZOWA	K70-74	2			00:27:13	00:54:10.30	+00:23:52 (44.1%)	10:50	5.5 (55.6%)
87	ŚLUSARCZYK Błażej	70	WESOŁY BORSUK TEAM	M-Dzieci	5			00:26:18	00:54:23.15	+00:24:04 (44.3%)	10:52	5.5 (55.6%)
88	LISTWAN Klaudia	94	KGHM METRACO POLKOWICE	K- Niepełnosprawni(B)	3			00:25:21	00:55:17.70	+00:24:59 (45.2%)	11:03	5.4 (54.5%)
89	SKOWROŃSKA Elżbieta	89	KKNW KOLBUSZOWA	K70-74	3			00:27:08	00:55:45.00	+00:25:26 (45.6%)	11:09	5.4 (54.5%)
90	KICIŃSKA Renata	100	BULWAROWE PATYCZAKI	K60-64	4			00:24:37	00:56:08.25	+00:25:50 (46.0%)	11:13	5.3 (53.5%)
91	FIC Aleksandra	99	BULWAROWE PATYCZAKI	K45-49	8			00:25:14	00:56:46.10	+00:26:27 (46.6%)	11:21	5.3 (53.5%)
92	JACENKO Julia	24	KGHM METRACO POLKOWICE	K-Dzieci	3			00:28:15	00:58:18.90	+00:28:00 (48.0%)	11:39	5.1 (51.5%)
93	WIKTOR Irena	72	KLUB SPORTOWY ISKRA MIELEC	M65-69	6			00:27:24	01:03:27.15	+00:33:08 (52.2%)	12:41	4.7 (47.5%)
94	ORZECOWSKI Grzegorz	85	KKNW KOLBUSZOWA	M45-49	5			00:31:40	01:07:30.95	+00:37:12 (55.1%)	13:30	4.4 (44.4%)
95	WIKTOR Dawid	73	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	3			00:35:24	01:11:08.40	+00:40:50 (57.4%)	14:13	4.2 (42.4%)
DQ	BREWKA Joachim	4	NORDIC SPORT 2021	M55-59			1	00:16:41 DQ	DQ			(0.0%)
	RĘBISZ Grażyna	87	KKNW KOLBUSZOWA	K65-69				00:31:50 DNF	DNF		-	- (0.0%)
	MAZAN Czesław	86	KKNW KOLBUSZOWA	M65-69			1	00:31:50 DNF	DNF		-	- (0.0%)

Znaleziono 98 wynik(ów)