



# 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: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>ORDZOWIAŁY Piotr</b>	<b>43</b>	PRUSZYŃSKI SPORT TEAM	M55-59	1			00:14:28	<b>00:30:18.25</b>		6:03	9.9 (100%)
2	<b>WOJTOWICZ Tomasz</b>	<b>83</b>	K.S. VICTORIA POTĘGOWO	M30-39	1			00:15:03	<b>00:30:33.60</b>	+00:00:15 (0.8%)	6:06	9.8 (99.0%)
3	<b>STĘPAK Piotr</b>	<b>61</b>	K.S. VICTORIA POTĘGOWO	M18-29	1			00:14:51	<b>00:30:40.05</b>	+00:00:21 (1.2%)	6:08	9.8 (99.0%)
4	<b>ZDANOWICZ Arkadiusz</b>	<b>77</b>	K.S. VICTORIA POTĘGOWO	M45-49	1			00:15:15	<b>00:31:17.95</b>	+00:00:59 (3.2%)	6:15	9.6 (97.0%)
5	<b>KABATA Jarosław</b>	<b>28</b>	NORDIC SPORT 2021	M50-54	1			00:14:54	<b>00:31:34.20</b>	+00:01:15 (4.0%)	6:18	9.5 (96.0%)
6	<b>MARCZAK Tomasz</b>	<b>36</b>	K.S. VICTORIA POTĘGOWO	M18-29	2			00:16:38	<b>00:32:53.10</b>	+00:02:34 (7.8%)	6:34	9.1 (91.9%)
7	<b>DERUS Jakub</b>	<b>12</b>	KATOWICKI NORDIC WALKING	M40-44	1			00:15:45	<b>00:32:53.40</b>	+00:02:35 (7.9%)	6:34	9.1 (91.9%)
8	<b>FRAĆKOWIAK Roman</b>	<b>15</b>	NORDIC SPORT 2021	M55-59	2			00:16:10	<b>00:33:08.15</b>	+00:02:49 (8.5%)	6:37	9.1 (91.9%)
9	<b>ZABŁOCKI Karol</b>	<b>76</b>	FIRE WINGS NW TEAM	M30-39	2			00:16:29	<b>00:33:36.10</b>	+00:03:17 (9.8%)	6:43	8.9 (89.9%)
10	<b>ROŻYNEK Miron</b>	<b>54</b>	KGHM METRACO POLKOWICE	M60-64	1			00:16:39	<b>00:33:53.50</b>	+00:03:35 (10.6%)	6:46	8.9 (89.9%)
11	<b>SOKOŁOWSKI Marek</b>	<b>92</b>	PTG SOKÓŁ RYMANÓW	M55-59	3			00:16:33	<b>00:34:01.60</b>	+00:03:43 (10.9%)	6:48	8.8 (88.9%)
12	<b>HAŁAS Marcin</b>	<b>20</b>	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:16:45	<b>00:34:14.30</b>	+00:03:56 (11.5%)	6:50	8.8 (88.9%)
13	<b>MICHALSKI Andrzej</b>	<b>81</b>	PŁOMIEŃ ZMIENNICA	M60-64	2			00:16:53	<b>00:34:21.55</b>	+00:04:03 (11.8%)	6:52	8.7 (87.9%)
14	<b>PASIERB Marek</b>	<b>45</b>	K.S. VICTORIA POTĘGOWO	M65-69	1			00:17:11	<b>00:34:57.60</b>	+00:04:39 (13.3%)	6:59	8.6 (86.9%)
15	<b>HELWICH Stefan</b>	<b>22</b>	KGHM METRACO POLKOWICE	M65-69	2			00:17:22	<b>00:35:06.45</b>	+00:04:48 (13.7%)	7:01	8.5 (85.9%)
16	<b>STEFANIAK Krzysztof</b>	<b>60</b>	KATOWICKI NORDIC WALKING	M65-69	3			00:17:23	<b>00:35:13.55</b>	+00:04:55 (14.0%)	7:02	8.5 (85.9%)
17	<b>DOMARADZKI Tomasz</b>	<b>13</b>	ACTIVE TEAM KOZŁÓW	M40-44	2			00:17:24	<b>00:35:25.90</b>	+00:05:07 (14.5%)	7:05	8.5 (85.9%)
18	<b>OLSZAŃSKI Karol</b>	<b>42</b>	PRUSZYŃSKI SPORT TEAM	M45-49	2			00:17:16	<b>00:35:32.55</b>	+00:05:14 (14.7%)	7:06	8.4 (84.8%)
19	<b>KRAKOWSKI Jerzy Piotr</b>	<b>98</b>	PTG SOKÓŁ 1893 MIELEC	M60-64	3			00:17:35	<b>00:35:54.10</b>	+00:05:35 (15.6%)	7:10	8.4 (84.8%)
20	<b>MATECKI Ryszard</b>	<b>38</b>	KGHM METRACO POLKOWICE	M70-74	1			00:18:42	<b>00:37:30.95</b>	+00:07:12 (19.2%)	7:30	8 (80.8%)
21	<b>SAPUŁA Dawid</b>	<b>57</b>	K.S. VICTORIA POTĘGOWO	M-Dzieci	1			00:18:25	<b>00:37:41.05</b>	+00:07:22 (19.6%)	7:32	8 (80.8%)
22	<b>POLAK Marcel</b>	<b>50</b>	OBORYGENI	M-Dzieci	2			00:18:38	<b>00:37:56.40</b>	+00:07:38 (20.1%)	7:35	7.9 (79.8%)
23	<b>SŁOWIK Jan</b>	<b>59</b>	WYBIEGAMY W PRZYSZŁOŚĆ	M-Niepełnosprawni(A)	1			00:18:26	<b>00:38:10.55</b>	+00:07:52 (20.6%)	7:38	7.9 (79.8%)
24	<b>POLAK Łukasz</b>	<b>51</b>	OBORYGENI	M40-44	3			00:18:55	<b>00:38:19.65</b>	+00:08:01 (20.9%)	7:39	7.8 (78.8%)
25	<b>CZMOCH Marian</b>	<b>10</b>	NORDIC SPORT 2021	M70-74	2			00:18:55	<b>00:38:22.90</b>	+00:08:04 (21.0%)	7:40	7.8 (78.8%)
26	<b>ŚLUSARCZYK Grzegorz</b>	<b>69</b>	WESOŁY BORSUK TEAM	M45-49	3	1		00:18:43	<b>00:38:23.40</b>	+00:08:05 (21.1%)	7:40	7.8 (78.8%)
27	<b>DZIADEK Remigiusz</b>	<b>14</b>		M55-59	4			00:18:34	<b>00:38:34.60</b>	+00:08:16 (21.4%)	7:42	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
28	<b>SZPUNAR Mariusz</b>	<b>67</b>	Z NURTEM SAWY NW KLUB	M50-54	2			00:18:24	<b>00:38:35.30</b>	+00:08:17 (21.5%)	7:43	7.8 (78.8%)
29	<b>PASIERB Wojtek</b>	<b>46</b>	BULWAROWE PATYCZAKI	M55-59	5			00:19:00	<b>00:38:51.30</b>	+00:08:33 (22.0%)	7:46	7.7 (77.8%)
30	<b>PODSIADŁY Stanisław</b>	<b>49</b>	K.S. VICTORIA POTĘGOWO	M65-69	4			00:19:23	<b>00:38:54.40</b>	+00:08:36 (22.1%)	7:46	7.7 (77.8%)
31	<b>BUDNY Franciszek</b>	<b>6</b>		M-Dzieci	3			00:18:40	<b>00:39:02.70</b>	+00:08:44 (22.4%)	7:48	7.7 (77.8%)
32	<b>CZARNOTA Andrzej</b>	<b>8</b>	Z NURTEM SAWY NW KLUB	M65-69	5	1		00:19:47	<b>00:39:50.60</b>	+00:09:32 (23.9%)	7:58	7.5 (75.8%)
33	<b>SZUKAŁA Rafał</b>	<b>68</b>	ACTIVE TEAM KOZŁÓW	M45-49	4			00:19:24	<b>00:39:56.85</b>	+00:09:38 (24.1%)	7:59	7.5 (75.8%)
34	<b>DANDYK Michał</b>	<b>11</b>	NORDIC SPORT 2021	M18-29	3	1		00:19:21	<b>00:40:36.70</b>	+00:10:18 (25.4%)	8:07	7.4 (74.7%)
35	<b>BUDNY Sławomir</b>	<b>5</b>		M-Niepełnosprawni(B)	1			00:19:29	<b>00:40:52.00</b>	+00:10:33 (25.8%)	8:10	7.3 (73.7%)
36	<b>LACHNIK Hubert</b>	<b>79</b>		M70-74	3			00:19:58	<b>00:41:13.20</b>	+00:10:54 (26.5%)	8:14	7.3 (73.7%)
37	<b>JANKOWSKI Oskar</b>	<b>26</b>	KGHM METRACO POLKOWICE	M-Jun.	1			00:20:23	<b>00:41:58.75</b>	+00:11:40 (27.8%)	8:23	7.1 (71.7%)
38	<b>BUDNY Stanisław</b>	<b>7</b>		M-Jun.	2			00:20:24	<b>00:41:59.40</b>	+00:11:41 (27.8%)	8:23	7.1 (71.7%)
39	<b>BREGUŁA Henryk</b>	<b>3</b>	NORDICUS STRZYBNICA	M-Niepełnosprawni(A)	2	1		00:20:46	<b>00:42:16.95</b>	+00:11:58 (28.3%)	8:27	7.1 (71.7%)
40	<b>URBAN Robert</b>	<b>96</b>	KKNW KOLBUSZOWA	M50-54	3	1		00:20:08	<b>00:42:28.75</b>	+00:12:10 (28.7%)	8:29	7.1 (71.7%)
41	<b>GANCARZ Zbigniew</b>	<b>16</b>	KLUB SPORTOWY ISKRA MIELEC	M-Niepełnosprawni(B)	2			00:20:58	<b>00:43:02.15</b>	+00:12:43 (29.6%)	8:36	7 (70.7%)
42	<b>KRAKOWSKI Igor</b>	<b>35</b>	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	4	1		00:21:19	<b>00:43:38.80</b>	+00:13:20 (30.6%)	8:43	6.9 (69.7%)
43	<b>JAKUBOWSKI Zbigniew</b>	<b>25</b>		M70-74	4			00:21:20	<b>00:44:01.85</b>	+00:13:43 (31.2%)	8:48	6.8 (68.7%)
44	<b>SZNAJDER Zenon</b>	<b>66</b>		M70-74	5			00:21:26	<b>00:44:55.40</b>	+00:14:37 (32.5%)	8:59	6.7 (67.7%)
45	<b>ADAMOWICZ Andrzej</b>	<b>1</b>		M75-79	1			00:22:19	<b>00:45:12.95</b>	+00:14:54 (33.0%)	9:02	6.6 (66.7%)
46	<b>THOMALLA Bogdan</b>	<b>71</b>	NORDIC SPORT 2021	M80+	1			00:22:20	<b>00:46:52.60</b>	+00:16:34 (35.4%)	9:22	6.4 (64.6%)
47	<b>PIĄTKOWSKI Józef</b>	<b>48</b>	KGHM METRACO POLKOWICE	M75-79	2			00:23:20	<b>00:48:38.30</b>	+00:18:20 (37.7%)	9:43	6.2 (62.6%)
48	<b>SARNOWSKI Marcel</b>	<b>31</b>	KGHM METRACO POLKOWICE	M-Jun.	3			00:23:31	<b>00:49:04.70</b>	+00:18:46 (38.3%)	9:48	6.1 (61.6%)
49	<b>WECHTA Paweł</b>	<b>101</b>	KGHM METRACO POLKOWICE	M50-54	4			00:24:06	<b>00:49:09.05</b>	+00:18:50 (38.3%)	9:49	6.1 (61.6%)
50	<b>NOWORYTA Jacek</b>	<b>40</b>	ASA TEAM BIEGIEM PO ZDROWIE	M80+	2	1		00:24:16	<b>00:49:44.30</b>	+00:19:26 (39.1%)	9:56	6 (60.6%)
51	<b>ŚLUSARCZYK Błażej</b>	<b>70</b>	WESOŁY BORSUK TEAM	M-Dzieci	5			00:26:18	<b>00:54:23.15</b>	+00:24:04 (44.3%)	10:52	5.5 (55.6%)
52	<b>WIKTOR Irena</b>	<b>72</b>	KLUB SPORTOWY ISKRA MIELEC	M65-69	6			00:27:24	<b>01:03:27.15</b>	+00:33:08 (52.2%)	12:41	4.7 (47.5%)
53	<b>ORZECZOWSKI Grzegorz</b>	<b>85</b>	KKNW KOLBUSZOWA	M45-49	5			00:31:40	<b>01:07:30.95</b>	+00:37:12 (55.1%)	13:30	4.4 (44.4%)
54	<b>WIKTOR Dawid</b>	<b>73</b>	KLUB SPORTOWY ISKRA MIELEC	M-Niepełnosprawni(B)	3			00:35:24	<b>01:11:08.40</b>	+00:40:50 (57.4%)	14:13	4.2 (42.4%)
DQ	<b>BREWKA Joachim</b>	<b>4</b>	NORDIC SPORT 2021	M55-59			1	00:16:41 DQ	<b>DQ</b>			(0.0%)
	<b>MAZAN Czesław</b>	<b>86</b>	KKNW KOLBUSZOWA	M65-69		1		00:31:50 DNF	<b>DNF</b>		-	-(0.0%)

Znaleziono 56 wynik(ów)