



ENEA POLISH NW CUP - POLANICA-ZDRÓJ - 10KM - 2/6

B4SPORT

Event: Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2023-07-02
Place: Polanica-Zdrój
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5.35km	Net time 10.7km	Gap	Pace min/km	Pace km/h
1	WOJTOWICZ Tomasz	81	K.S. VICTORIA POTĘGOWO	M30-39	1			00:32:53	01:06:53.65		6:15	9.6 (100%)
2	DZIEDZIEWICZ Andrzej	13	K.S. VICTORIA POTĘGOWO	M40-49	1			00:33:12	01:08:16.90	+00:01:23 (2.0%)	6:22	9.4 (97.9%)
3	ROMANOWSKI Daniel	60	KATOWICKI NORDIC WALKING	M18-29	1	1		00:34:01	01:08:41.20	+00:01:47 (2.6%)	6:25	9.3 (96.9%)
4	WOJCIECHOWSKA Elżbieta	89	POLIPACK TEAM GWE	K40-49	1			00:34:49	01:10:39.80	+00:03:46 (5.3%)	6:36	9.1 (94.8%)
5	HAŁAS Marcin	18	PRUSZYŃSKI SPORT TEAM	M30-39	2			00:36:07	01:12:20.30	+00:05:26 (7.5%)	6:45	8.9 (92.7%)
6	BIBKO Martin	3	OBORYGENI	M40-49	2			00:36:01	01:12:23.25	+00:05:29 (7.6%)	6:45	8.9 (92.7%)
7	PRZYSTARZ Grzegorz	57	OBORYGENI	M50-59	1			00:36:13	01:12:41.15	+00:05:47 (8.0%)	6:47	8.8 (91.7%)
8	BIELECKA Zuzanna	4	K.S. VICTORIA POTĘGOWO	K40-49	2			00:36:16	01:12:45.00	+00:05:51 (8.0%)	6:47	8.8 (91.7%)
9	KUBISZYN Małgorzata	35	K.S. VICTORIA POTĘGOWO	K30-39	1			00:36:22	01:13:12.95	+00:06:19 (8.6%)	6:50	8.8 (91.7%)
10	JUREK Adam	25	KGHM METRACO POLKOWICE	M60-69	1	1		00:36:08	01:13:38.95	+00:06:45 (9.2%)	6:52	8.7 (90.6%)
11	MICHALSKI Andrzej	47	PŁOMIEŃ ZMIENNICA	M60-69	2			00:36:44	01:13:55.35	+00:07:01 (9.5%)	6:54	8.7 (90.6%)
12	WILCZEK Krzysztof	79	WATAHA ULTRA TEAM	M50-59	2			00:36:44	01:14:00.45	+00:07:06 (9.6%)	6:54	8.7 (90.6%)
13	MAŁKA Marian	44	NIEZRZESZONY	M60-69	3			00:37:04	01:14:43.30	+00:07:49 (10.5%)	6:58	8.6 (89.6%)
14	OLSZAŃSKI Karol	53	PRUSZYŃSKI SPORT TEAM	M40-49	3			00:37:18	01:14:47.00	+00:07:53 (10.5%)	6:59	8.6 (89.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5.35km	Net		Pace min/km	Pace km/h
									time 10.7km	Gap		
15	LUDWICZAK Dariusz	40	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	3			00:36:52	01:14:55.60	+00:08:01 (10.7%)	7:00	8.6 (89.6%)
16	GAWLIK Krzysztof	15	STAN UMYSŁU LEWIN BIEGA	M40-49	4			00:36:48	01:15:05.45	+00:08:11 (10.9%)	7:01	8.6 (89.6%)
17	MISZTAL Grzegorz	48	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:37:10	01:15:11.15	+00:08:17 (11.0%)	7:01	8.5 (88.5%)
18	HELWICH Stefan	19	KGHM METRACO POLKOWICE	M60-69	4			00:37:10	01:15:33.70	+00:08:40 (11.5%)	7:03	8.5 (88.5%)
19	LABUS Marzena	90	NORDIC SPORT 2021	K30-39	2			00:36:54	01:15:48.45	+00:08:54 (11.8%)	7:05	8.5 (88.5%)
20	MAKOWSKI Jan	42		M60-69	5			00:38:02	01:18:27.70	+00:11:34 (14.7%)	7:19	8.2 (85.4%)
21	DUSZAK Dariusz	12	OBORYGENI	M50-59	4	1		00:38:44	01:18:58.35	+00:12:04 (15.3%)	7:22	8.1 (84.4%)
22	JĘDRASIAK Renata	24	KGHM METRACO POLKOWICE	K60-69	1			00:39:29	01:19:37.85	+00:12:44 (16.0%)	7:26	8.1 (84.4%)
23	SZCZUDLIK Małgorzata	73	NORDIC SPORT 2021	K40-49	3			00:40:05	01:20:03.35	+00:13:09 (16.4%)	7:28	8 (83.3%)
24	CHYRA Janusz	8	NORDIC SPORT 2021	M40-49	5			00:39:42	01:20:16.10	+00:13:22 (16.7%)	7:30	8 (83.3%)
25	MĄDRY Grzegorz	46	NORDIC SPORT 2021	M60-69	6	1		00:39:27	01:20:36.20	+00:13:42 (17.0%)	7:31	8 (83.3%)
26	TKOCZ Adam	76	EKIPA NA KIJACH	M50-59	5			00:39:52	01:20:52.05	+00:13:58 (17.3%)	7:33	7.9 (82.3%)
27	ZDRZAŁEK Alicja	86	NORDIC SPORT 2021	K40-49	4			00:40:05	01:21:03.10	+00:14:09 (17.5%)	7:34	7.9 (82.3%)
28	PANKIEWICZ Ewelina	54		K30-39	3			00:40:29	01:21:25.35	+00:14:31 (17.8%)	7:36	7.9 (82.3%)
29	KULCZYCKI Tomasz	36	WESOŁY BORSUK TEAM	M40-49	6			00:40:56	01:22:34.90	+00:15:41 (19.0%)	7:42	7.8 (81.3%)
30	LACHNIK Hubert	39		M70+	1			00:40:52	01:22:56.95	+00:16:03 (19.4%)	7:45	7.7 (80.2%)
31	KOWALSKI Marek	31	NORDIC SPORT 2021	M50-59	6			00:40:54	01:23:00.90	+00:16:07 (19.4%)	7:45	7.7 (80.2%)
32	KOWACZ Agata	30	OBORYGENI	K40-49	5			00:40:17	01:23:01.10	+00:16:07 (19.4%)	7:45	7.7 (80.2%)
33	ROMAN Krzysztof	59	KUDOWIANKA RUN	M60-69	7	1		00:40:54	01:23:05.90	+00:16:12 (19.5%)	7:45	7.7 (80.2%)
34	GODZIŃSKI Paweł	16	BAŻANTNWELBLĄG	M40-49	7			00:40:14	01:23:08.95	+00:16:15 (19.5%)	7:46	7.7 (80.2%)
35	CZMOCH Marian	11	NORDIC SPORT 2021	M70+	2	1		00:41:05	01:24:00.75	+00:17:07 (20.4%)	7:51	7.6 (79.2%)
36	PRZYBYLSKI Roman	56		M60-69	8	1		00:41:35	01:24:04.90	+00:17:11 (20.4%)	7:51	7.6 (79.2%)
37	HABROWSKI Sylwiusz	17	NORDIC TEAM CZĘSTOCHOWA	M50-59	7	1		00:40:51	01:24:41.55	+00:17:47 (21.0%)	7:54	7.6 (79.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5.35km	Net time		Pace min/km	Pace km/h
									10.7km	Gap		
38	PUKSZTA Krzysiek	58	WESOŁY BORSUK TEAM	M40-49	8	1		00:41:25	01:24:54.85	+00:18:01 (21.2%)	7:56	7.6 (79.2%)
39	CHORABIK Stanisław	6	WESOŁY BORSUK TEAM	M60-69	9			00:42:25	01:25:13.95	+00:18:20 (21.5%)	7:57	7.5 (78.1%)
40	CHRZANOWSKA Daria	7	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K30-39	4			00:42:48	01:25:30.35	+00:18:36 (21.8%)	7:59	7.5 (78.1%)
41	LUKOSZEK Katarzyna	41	PRUSZYŃSKI SPORT TEAM	K50-59	1			00:41:42	01:25:30.65	+00:18:37 (21.8%)	7:59	7.5 (78.1%)
42	MUSIAŁ Ola	50	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:42:09	01:26:17.50	+00:19:23 (22.5%)	8:03	7.4 (77.1%)
43	OLEJNIK Marzena	52		K50-59	2			00:42:09	01:26:37.30	+00:19:43 (22.8%)	8:05	7.4 (77.1%)
44	CZAJKA Urszula	10	KGHM METRACO POLKOWICE	K60-69	2			00:42:15	01:26:51.55	+00:19:57 (23.0%)	8:07	7.4 (77.1%)
45	WIEŃSKO Ryszard	78		M70+	3	1		00:42:58	01:26:52.40	+00:19:58 (23.0%)	8:07	7.4 (77.1%)
46	ŚLUSARCZYK Andrzej	75	WESOŁY BORSUK TEAM	M70+	4			00:42:30	01:27:12.25	+00:20:18 (23.3%)	8:08	7.4 (77.1%)
47	BUCZKO Agnieszka	5	KOLOSEUM ŚWIDNICA	K40-49	7			00:43:08	01:27:22.65	+00:20:29 (23.4%)	8:09	7.3 (76.0%)
48	SKRZĄTEK Lucyna	67	NORDIC SPORT 2021	K50-59	3			00:43:15	01:27:39.60	+00:20:45 (23.7%)	8:11	7.3 (76.0%)
49	MARCZAK Tomasz	45	K.S. VICTORIA POTĘGOWO	M18-29	2			00:41:54	01:27:44.55	+00:20:50 (23.8%)	8:11	7.3 (76.0%)
50	ZAWADZKI Zygmunt	85	CIDRY LOTAJOM	M70+	5			00:42:15	01:28:02.65	+00:21:09 (24.0%)	8:13	7.3 (76.0%)
51	NIEDŹWIECKA Małgorzata	51	NORDIC TEAM CZĘSTOCHOWA	K60-69	3			00:44:23	01:30:21.30	+00:23:27 (26.0%)	8:26	7.1 (74.0%)
52	SOROKA-MITUŁA Grażyna	68	SŁONECZNE BABECZKI	K50-59	4			00:43:57	01:30:35.25	+00:23:41 (26.2%)	8:27	7.1 (74.0%)
53	SKIBA Beata	66	NORDIC TEAM CZĘSTOCHOWA	K40-49	8			00:45:13	01:32:51.90	+00:25:58 (28.0%)	8:40	6.9 (71.9%)
54	WILK Krzysztof	80		M50-59	8	1		00:46:09	01:32:57.95	+00:26:04 (28.0%)	8:41	6.9 (71.9%)
55	KASPRZAK Bronisław	27		M70+	6	1		00:47:24	01:35:39.25	+00:28:45 (30.1%)	8:56	6.7 (69.8%)
56	KUBIAK Maria	34		K70+	1			00:47:12	01:35:43.50	+00:28:49 (30.1%)	8:56	6.7 (69.8%)
57	POHL Anna	55	KNW	K50-59	5			00:48:12	01:38:16.30	+00:31:22 (31.9%)	9:11	6.5 (67.7%)
58	ŻUCHOWICZ Elżbieta	87		K60-69	4	1		00:47:56	01:39:20.70	+00:32:27 (32.7%)	9:17	6.5 (67.7%)
59	ZAWADZKA Maria	84	KGHM METRACO POLKOWICE	K70+	2	1		00:49:42	01:39:44.80	+00:32:51 (32.9%)	9:19	6.4 (66.7%)
60	TKOCZ Alicja	77	EKIPA NA KIJACH	K60-69	5			00:50:22	01:42:21.60	+00:35:27 (34.6%)	9:33	6.3 (65.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5.35km	Net time		Pace min/km	Pace km/h
									10.7km	Gap		
61	MOSOŃ Marek	49	DWAMARKI	M60-69	10			00:49:51	01:42:28.20	+00:35:34 (34.7%)	9:34	6.3 (65.6%)
62	KIEŁBIK Marek	28	DWAMARKI	M60-69	11			00:49:51	01:42:28.45	+00:35:34 (34.7%)	9:34	6.3 (65.6%)
63	CYBULSKA LIS Dominika	9		K30-39	5			00:50:06	01:42:54.35	+00:36:00 (35.0%)	9:37	6.2 (64.6%)
64	RYŻ Tadeusz	63	NIEZRZESZONY	M60-69	12	1		00:50:05	01:43:15.80	+00:36:22 (35.2%)	9:38	6.2 (64.6%)
65	MAŁKA Irena	43	PRUSZYŃSKI SPORT TEAM	K60-69	6			00:51:07	01:44:20.85	+00:37:27 (35.9%)	9:45	6.2 (64.6%)
66	STATNIK Tomasz	69	SUCHY LAS	M70+	7	1		00:50:14	01:45:04.15	+00:38:10 (36.3%)	9:49	6.1 (63.5%)
67	STATNIK Genowefa	70	SUCHY LAS	K70+	3	1		00:50:35	01:46:12.35	+00:39:18 (37.0%)	9:55	6 (62.5%)
68	KIEŁT Agnieszka	29		K40-49	9	1		00:53:28	01:48:01.10	+00:41:07 (38.1%)	10:05	5.9 (61.5%)
69	ŚLĘZAK Katarzyna	74		K40-49	10			00:53:30	01:48:02.00	+00:41:08 (38.1%)	10:05	5.9 (61.5%)
70	KARBOWSKA Sylwia	280	GREENTTEAM	K18-29	1			00:53:46	01:48:20.60	+00:41:26 (38.3%)	10:07	5.9 (61.5%)
71	CAGOWSKA Karolina	88	GREENTTEAM	K30-39	6			00:53:47	01:48:20.85	+00:41:27 (38.3%)	10:07	5.9 (61.5%)
72	KUNIKOWSKI Zenon	37		M60-69	13	1		00:54:06	01:50:03.35	+00:43:09 (39.2%)	10:17	5.8 (60.4%)
73	RYŻ Teresa	64	NIEZRZESZONA	K60-69	7	1		00:55:00	01:53:39.60	+00:46:45 (41.1%)	10:37	5.6 (58.3%)
DQ	KUBIAK Andrzej	33		M70+		3	1	00:41:51 DQ	01:25:46.70 DQ		0:00	7.5 (78.1%)
DQ	KUŹMIŃSKA Grażyna	38	NORDIC TEAM CZĘSTOCHOWA	K50-59				00:44:12 DQ	01:30:34.75 DQ		0:00	7.1 (74.0%)
DQ	KAŁUSKI Marek	26		M60-69		3	1	00:45:19 DQ	01:33:37.10 DQ		0:00	6.9 (71.9%)
DQ	AMBROSIEWICZ Henryk	1	NIEZRZESZONY	M70+		1	1	00:47:20 DQ	01:37:01.55 DQ		0:00	6.6 (68.8%)
DQ	RYBA Bronisław	62		M60-69		4	1	01:03:18 DQ	01:54:37.80 DQ		0:00	5.6 (58.3%)
	RYBA Elżbieta	61		K60-69		2		00:58:22 DNF	DNF		-	- (0.0%)

Total 79 results.