



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

B4SPORT

Wydarzenie: Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-07-02
Miejsce: Polanica-Zdrój
Dystans: 10 km



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5.35km	Czas netto 10.7km	Różn	Tempo min/km	Tempo 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	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	MAKOWSKI Jan	42		M60-69	5			00:38:02	01:18:27.70	+00:11:34 (14.7%)	7:19	8.2 (85.4%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	LACHNIK Hubert	39		M70+	1			00:40:52	01:22:56.95	+00:16:03 (19.4%)	7:45	7.7 (80.2%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km	Czas	Różn	Tempo min/km	Tempo km/h
								5.35km	10.7km			
28	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%)
29	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%)
30	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%)
31	WIEŃSKO Ryszard	78		M70+	3	1		00:42:58	01:26:52.40	+00:19:58 (23.0%)	8:07	7.4 (77.1%)
32	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%)
33	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%)
34	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%)
35	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%)
36	KASPRZAK Bronisław	27		M70+	6	1		00:47:24	01:35:39.25	+00:28:45 (30.1%)	8:56	6.7 (69.8%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
DQ	KUBIAK Andrzej	33		M70+		3	1	00:41:51 DQ	01:25:46.70 DQ		0:00	7.5 (78.1%)
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%)

Znaleziono 45 wynik(ów)