



ENEA POLISH NW CUP - POLANICA-ZDRÓJ - 5KM - 2/6

B4SPORT

Wydarzenie: Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-07-02
Miejsce: Polanica-Zdrój
Dystans: 5 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ORDZOWIAŁY Piotr	199	PRUSZYŃSKI SPORT TEAM	M55-59	1			00:32:05.60		6:25	9.4 (100%)
2	WITUCKI Jacek	262	K.S. VICTORIA POTĘGOWO	M50-54	1			00:32:24.85	+00:00:19 (1.0%)	6:28	9.3 (98.9%)
3	WOJTOWICZ Tomasz	266	K.S. VICTORIA POTĘGOWO	M30-39	1			00:32:51.70	+00:00:46 (2.3%)	6:34	9.1 (96.8%)
4	MARCZAK Tomasz	181	K.S. VICTORIA POTĘGOWO	M18-29	1			00:32:52.60	+00:00:47 (2.4%)	6:34	9.1 (96.8%)
5	CYRUS Bogdan	117	NORDIC SPORT 2021	M50-54	2			00:33:26.45	+00:01:20 (4.0%)	6:41	9 (95.7%)
6	ZDANOWICZ Arkadiusz	275	K.S. VICTORIA POTĘGOWO	M45-49	1			00:34:12.35	+00:02:06 (6.2%)	6:50	8.8 (93.6%)
7	KABATA Jarosław	158	NORDIC SPORT 2021	M50-54	3			00:34:18.30	+00:02:12 (6.4%)	6:51	8.7 (92.6%)
8	ROMANOWSKI Daniel	220	KATOWICKI NORDIC WALKING	M18-29	2			00:34:27.35	+00:02:21 (6.9%)	6:53	8.7 (92.6%)
9	SZTANDERSKI Grzegorz	245	KABEX PODKOWA JANÓW	M50-54	4			00:34:43.75	+00:02:38 (7.6%)	6:56	8.6 (91.5%)
10	STĘPAK Piotr	236	K.S. VICTORIA POTĘGOWO	M18-29	3			00:34:50.25	+00:02:44 (7.9%)	6:58	8.6 (91.5%)
11	ROŻYNEK Miron	222	KGHM METRACO POLKOWICE	M60-64	1			00:35:56.10	+00:03:50 (10.7%)	7:11	8.3 (88.3%)
12	DERUS Jakub	121	KATOWICKI NORDIC WALKING	M40-44	1			00:35:56.35	+00:03:50 (10.7%)	7:11	8.3 (88.3%)
13	WOJTASIŃSKI Daniel	265	NORDIC TEAM CZĘSTOCHOWA	M45-49	2			00:36:20.20	+00:04:14 (11.7%)	7:16	8.3 (88.3%)
14	ZABŁOCKI Karol	272	FIRE WINGS NW TEAM	M30-39	2			00:36:28.25	+00:04:22 (12.0%)	7:17	8.2 (87.2%)
15	PRZYSTARZ Grzegorz	214	OBORYGENI	M50-54	5			00:36:42.10	+00:04:36 (12.6%)	7:20	8.2 (87.2%)
16	SOBKIEWICZ Janusz	232	OBORYGENI	M45-49	3	1		00:36:52.90	+00:04:47 (13.0%)	7:22	8.1 (86.2%)
17	HAŁAS Marcin	144	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:37:00.20	+00:04:54 (13.3%)	7:24	8.1 (86.2%)
18	FRAĆKOWIAK Roman	134	NORDIC SPORT 2021	M55-59	2			00:37:02.15	+00:04:56 (13.3%)	7:24	8.1 (86.2%)
19	GUZDIO Maciej	143	NORDIC WALKING KIEKRZ POLAND	M55-59	3			00:37:04.75	+00:04:59 (13.4%)	7:24	8.1 (86.2%)
20	BREWKA Joachim	111	NORDIC SPORT 2021	M55-59	4			00:37:06.55	+00:05:00 (13.5%)	7:25	8.1 (86.2%)
21	KUBIAK Tomasz	171		M45-49	4			00:37:24.45	+00:05:18 (14.2%)	7:28	8 (85.1%)
22	PASIERB Marek	201	K.S. VICTORIA POTĘGOWO	M65-69	1			00:37:25.30	+00:05:19 (14.2%)	7:29	8 (85.1%)
23	HELWICH Stefan	149	KGHM METRACO POLKOWICE	M65-69	2			00:37:36.80	+00:05:31 (14.7%)	7:31	8 (85.1%)
24	STEFANIAK Krzysztof	235	KATOWICKI NORDIC WALKING	M65-69	3			00:37:43.30	+00:05:37 (14.9%)	7:32	8 (85.1%)
25	MICHAŁSKI Andrzej	186	PŁOMIEŃ ZMIENNICA	M60-64	2			00:37:49.85	+00:05:44 (15.2%)	7:33	7.9 (84.0%)
26	OLSZAŃSKI Karol	198	PRUSZYŃSKI SPORT TEAM	M45-49	5			00:37:51.70	+00:05:46 (15.2%)	7:34	7.9 (84.0%)
27	KRAKOWSKI Jerzy Piotr	166	PTG SOKÓŁ 1893 MIELEC	M60-64	3			00:38:05.65	+00:06:00 (15.8%)	7:37	7.9 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	GROBELNY Tymoteusz	138		M18-29	4	1		00:38:07.90	+00:06:02 (15.8%)	7:37	7.9 (84.0%)
29	WASILEWSKI Adam	257		M55-59	5			00:38:21.60	+00:06:16 (16.3%)	7:40	7.8 (83.0%)
30	PYTLAK Artur	217	RAWIMEX	M50-54	6			00:38:43.05	+00:06:37 (17.1%)	7:44	7.7 (81.9%)
31	OLEJNIK Przemek	197		M50-54	7	1		00:38:59.40	+00:06:53 (17.7%)	7:47	7.7 (81.9%)
32	STANISŁAWSKI Jan	234	NORDIC WALKING KIEKRZ POLAND	M65-69	4			00:39:32.90	+00:07:27 (18.9%)	7:54	7.6 (80.9%)
33	POLAK Łukasz	210	OBORYGENI	M40-44	2			00:39:34.10	+00:07:28 (18.9%)	7:54	7.6 (80.9%)
34	KRZYK Mateusz	32		M30-39	4	1		00:39:46.65	+00:07:41 (19.3%)	7:57	7.5 (79.8%)
35	KROMSKI Paweł	168	NORDIC WALKING KIEKRZ POLAND	M55-59	6			00:39:52.55	+00:07:46 (19.5%)	7:58	7.5 (79.8%)
36	NOWAK Wiesław	193	UKS SKOCZEK SKOKI	M60-64	4			00:39:54.25	+00:07:48 (19.6%)	7:58	7.5 (79.8%)
37	GRUSZKA Michał	140	NORDIC SPORT 2021	M18-29	5			00:40:40.90	+00:08:35 (21.1%)	8:08	7.4 (78.7%)
38	MATECKI Ryszard	291	KGHM METRACO POLKOWICE	M70-74	1			00:40:52.25	+00:08:46 (21.5%)	8:10	7.3 (77.7%)
39	HRYNDIO Jerzy	20	GISZOWIEC CHODZI RAZEM	M65-69	5			00:41:20.05	+00:09:14 (22.4%)	8:16	7.3 (77.7%)
40	SMAJDOR Leszek	231		M65-69	6			00:41:22.75	+00:09:17 (22.4%)	8:16	7.3 (77.7%)
41	SZCZĘŚNIAK Zbigniew	72	NORDIC TEAM CZĘSTOCHOWA	M60-64	5			00:41:36.75	+00:09:31 (22.9%)	8:19	7.2 (76.6%)
42	LACHNIK Hubert	174		M70-74	2			00:41:41.25	+00:09:35 (23.0%)	8:20	7.2 (76.6%)
43	WAWER Sławomir	297	KS KIJOMANIACY CHODZIEŻ	M18-29	6	1		00:41:45.65	+00:09:40 (23.1%)	8:21	7.2 (76.6%)
44	BUDNY Sławomir	112		M-Niepełnosprawni(B)	1			00:42:03.60	+00:09:58 (23.7%)	8:24	7.1 (75.5%)
45	ŚLUSARCZYK Grzegorz	249	WESOŁY BORSUK TEAM	M45-49	6			00:42:03.85	+00:09:58 (23.7%)	8:24	7.1 (75.5%)
46	DUSZEŃKO Zygmunt	130	KGHM METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:42:03.95	+00:09:58 (23.7%)	8:24	7.1 (75.5%)
47	CZMOCH Marian	118	NORDIC SPORT 2021	M70-74	3	1		00:42:12.20	+00:10:06 (24.0%)	8:26	7.1 (75.5%)
48	RUSINOWICZ Andrzej	223	FABRYKA NORDICA TRZCIANKA	M75-79	1			00:42:22.65	+00:10:17 (24.3%)	8:28	7.1 (75.5%)
49	PINTAK Artur	208		M40-44	3			00:42:27.15	+00:10:21 (24.4%)	8:29	7.1 (75.5%)
50	POLAK Marcel	211	OBORYGENI	M-Dzieci	1			00:42:31.70	+00:10:26 (24.5%)	8:30	7.1 (75.5%)
51	PODSIADŁY Stanisław	209	K.S. VICTORIA POTĘGOWO	M65-69	7			00:42:40.35	+00:10:34 (24.8%)	8:32	7 (74.5%)
52	BUDNY Franciszek	113		M-Dzieci	2			00:42:41.95	+00:10:36 (24.8%)	8:32	7 (74.5%)
53	WALL Jacob	253		M18-29	7			00:42:44.50	+00:10:38 (24.9%)	8:32	7 (74.5%)
54	GRUSZKA Michał	139	NORDIC SPORT 2021	M45-49	7			00:42:44.70	+00:10:39 (24.9%)	8:32	7 (74.5%)
55	ZAWADZKI Krzysztof	273	NW CZŁAPSKI TEAM	M-Niepełnosprawni(B)	2			00:42:47.85	+00:10:42 (25.0%)	8:33	7 (74.5%)
56	STOLARCZYK Zenon	237	OBORYGENI	M70-74	4			00:42:55.50	+00:10:49 (25.2%)	8:35	7 (74.5%)
57	RYBAŁTOWSKI Paweł	224	OBORYGENI	M75-79	2			00:43:10.65	+00:11:05 (25.7%)	8:38	6.9 (73.4%)
58	STANIEC Stanisław	233		M70-74	5			00:43:15.45	+00:11:09 (25.8%)	8:39	6.9 (73.4%)
59	MAJCHRZAK Dariusz	179	RCKIK WROCŁAW	M55-59	7			00:43:22.75	+00:11:17 (26.0%)	8:40	6.9 (73.4%)
60	ADAMCZYK Bogdan	101	BASZTA BYTÓW	M50-54	8			00:43:25.90	+00:11:20 (26.1%)	8:41	6.9 (73.4%)
61	SIEPSIAK Tomasz	228		M50-54	9			00:43:39.15	+00:11:33 (26.5%)	8:43	6.9 (73.4%)
62	DEREŃ Janusz	119		M-Niepełnosprawni(A)	2			00:44:19.00	+00:12:13 (27.6%)	8:51	6.8 (72.3%)
63	WALORYSZAK Andrzej	254	MORSY RADZYMIN	M65-69	8			00:44:54.50	+00:12:48 (28.5%)	8:58	6.7 (71.3%)
64	KRAKOWSKI Igor	167	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	3			00:45:28.05	+00:13:22 (29.4%)	9:05	6.6 (70.2%)
65	BUDNY Stanisław	114		M-Jun.	1			00:45:49.40	+00:13:43 (30.0%)	9:09	6.5 (69.1%)
66	WANDTKE Antoni	256		M70-74	6			00:45:51.15	+00:13:45 (30.0%)	9:10	6.5 (69.1%)
67	DOBROWOLSKI Robert	124	SPORTOWI EMERYCI JELENIA GORA	M65-69	9			00:46:18.35	+00:14:12 (30.7%)	9:15	6.5 (69.1%)
68	GRYGOROWICZ Bogdan	142	KGHM METRACO POLKOWICE	M-Niepełnosprawni(B)	3			00:46:30.70	+00:14:25 (31.0%)	9:18	6.5 (69.1%)
69	JAKUBOWSKI Zbigniew	150		M70-74	7			00:47:04.70	+00:14:59 (31.8%)	9:24	6.4 (68.1%)
70	KARPIŃSKI Jerzy	161		M-Niepełnosprawni(B)	4			00:47:05.35	+00:14:59 (31.8%)	9:25	6.4 (68.1%)
71	SZNAJDER Zenon	243		M70-74	8			00:47:10.50	+00:15:04 (32.0%)	9:26	6.4 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	REMISZEWSKI Adam	219	UTW OLEŚNICA	M75-79	3			00:47:59.65	+00:15:54 (33.1%)	9:35	6.3 (67.0%)
73	JANKOWSKI Oskar	151	KGHM METRACO POLKOWICE	M-Jun.	2			00:48:45.55	+00:16:39 (34.2%)	9:45	6.2 (66.0%)
74	KOZŁOWSKI Jerzy	165		M60-64	6			00:48:48.45	+00:16:42 (34.2%)	9:45	6.1 (64.9%)
75	ADAMOWICZ Andrzej	102		M75-79	4			00:48:50.00	+00:16:44 (34.3%)	9:46	6.1 (64.9%)
76	THOMALLA Bogdan	251	NORDIC SPORT 2021	M80+	1			00:49:05.45	+00:16:59 (34.6%)	9:49	6.1 (64.9%)
77	DURA Kazimierz	129	OBORYGENI	M80+	2			00:49:12.50	+00:17:06 (34.8%)	9:50	6.1 (64.9%)
78	PAWLACZYK Marian	203	WKB PIAST	M80+	3			00:49:51.50	+00:17:45 (35.6%)	9:58	6 (63.8%)
79	SEIDEL Ryszard	226		M70-74	9			00:50:21.60	+00:18:16 (36.3%)	10:04	6 (63.8%)
80	JEDYNAK Stanisław	154	ŻBIKI NORDIC WALKING	M75-79	5			00:51:37.75	+00:19:32 (37.8%)	10:19	5.8 (61.7%)
81	HASIAK Aleksander	148		M55-59	8	1		00:52:22.10	+00:20:16 (38.7%)	10:28	5.7 (60.6%)
82	KAPECKI Kazimierz	299	PZERIL	M75-79	6	1		00:52:34.50	+00:20:28 (39.0%)	10:30	5.7 (60.6%)
83	NOWORYTA Jacek	194	NIESTOWARZYSZONY	M80+	4			00:53:23.90	+00:21:18 (39.9%)	10:40	5.6 (59.6%)
84	KIERNICKI Stanisław	162	ACTEAM	M-Niepełnosprawni(A)	3			00:53:45.55	+00:21:39 (40.3%)	10:45	5.6 (59.6%)
85	WÓJCIK Henryk	270	UTW OLEŚNICA	M80+	5			00:54:47.05	+00:22:41 (41.4%)	10:57	5.5 (58.5%)
86	ROSS Jacek	221	EJR	M40-44	4	2		00:54:55.15	+00:22:49 (41.6%)	10:59	5.5 (58.5%)
87	MĘDRAK Józef	185		M70-74	10			00:55:29.25	+00:23:23 (42.2%)	11:05	5.4 (57.4%)
88	PATER Zbigniew	202	WKB PIAST	M-Niepełnosprawni(B)	5	1		00:56:57.90	+00:24:52 (43.7%)	11:23	5.3 (56.4%)
89	ŚLUSARCZYK Błażej	250	WESOŁY BORSUK TEAM	M-Dzieci	4			00:57:03.55	+00:24:57 (43.8%)	11:24	5.3 (56.4%)
90	WINIARSKI Robert	279		M50-54	10	1		01:03:31.40	+00:31:25 (49.5%)	12:42	4.7 (50.0%)
91	GAPSKI Jan	252	KGHM METRACO POLKOWICE	M-Dzieci	5			01:04:48.25	+00:32:42 (50.5%)	12:57	4.6 (48.9%)
92	JAKUĆ Krzysztof	99		M50-54	11			01:27:35.65	+00:55:30 (63.4%)	17:31	3.4 (36.2%)
DQ	WINCZEWSKI Piotr	260	AZYMUT PABIANICE	M55-59			1	00:36:55.40 DQ		0:00	8.1 (86.2%)
DQ	RADZIMSKI Karol	218	NIEZRZESZONY	M65-69			1	00:37:26.35 DQ		0:00	8 (85.1%)
DQ	WOLNY Edward	267		M65-69			1	00:39:32.90 DQ		0:00	7.6 (80.9%)
DQ	DUDZIEC Tomasz	128		M30-39			1	00:40:38.10 DQ		0:00	7.4 (78.7%)
DQ	KRYŚ Artur	170	NIEZRZESZONY	M50-54			1	00:40:52.60 DQ		0:00	7.3 (77.7%)
DQ	PIĄTKOWSKI Józef	204	KGHM METRACO POLKOWICE	M75-79			1	00:49:35.25 DQ		0:00	6.1 (64.9%)

Znaleziono 98 wynik(ów)