



# ENEA POLISH NW CUP - POTĘGOWO - 10KM - 1/6

B4SPORT

**Wydarzenie:** Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2023-05-13  
**Miejsce:** Potęgowo  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2.5km 2.5km	Laps_5km 5km	Laps_7.5km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJTOWICZ Tomasz</b>	<b>58</b>	K.S. VICTORIA POTĘGOWO	M30-39	1			00:14:38	00:30:08	00:46:05	<b>01:02:16.05</b>		6:13	9.6 (100%)
2	<b>DZIEDZIEWICZ Andrzej</b>	<b>15</b>	K.S. VICTORIA POTĘGOWO	M40-49	1	2		00:14:38	00:30:27	00:46:37	<b>01:03:24.90</b>	+00:01:08 (1.8%)	6:20	9.5 (99.0%)
3	<b>SOSNOWSKA Agnieszka</b>	<b>49</b>	K.S. VICTORIA POTĘGOWO	K30-39	1			00:15:43	00:32:11	00:49:01	<b>01:05:24.65</b>	+00:03:08 (4.8%)	6:32	9.2 (95.8%)
4	<b>WOJCIECHOWSKA Elżbieta</b>	<b>61</b>	POLIPACK TEAM GWE	K40-49	1			00:15:41	00:32:10	00:49:00	<b>01:05:33.40</b>	+00:03:17 (5.0%)	6:33	9.2 (95.8%)
5	<b>MARCZAK Tomasz</b>	<b>1</b>	K.S. VICTORIA POTĘGOWO	M18-29	1			00:15:31	00:32:21	00:49:49	<b>01:07:20.95</b>	+00:05:04 (7.5%)	6:44	8.9 (92.7%)
6	<b>ZDANOWICZ Arkadiusz</b>	<b>59</b>	K.S. VICTORIA POTĘGOWO	M40-49	2			00:16:17	00:33:20	00:50:32	<b>01:07:45.20</b>	+00:05:29 (8.1%)	6:46	8.9 (92.7%)
7	<b>HAŁAS Marcin</b>	<b>20</b>	PRUSZYŃSKI SPORT TEAM	M30-39	2			00:16:44	00:33:49	00:50:57	<b>01:07:59.75</b>	+00:05:43 (8.4%)	6:47	8.8 (91.7%)
8	<b>JUREK Adam</b>	<b>24</b>	KGHM METRACO POLKOWICE	M60-69	1	1		00:16:34	00:33:36	00:50:58	<b>01:08:20.40</b>	+00:06:04 (8.9%)	6:50	8.8 (91.7%)
9	<b>HELWICH Stefan</b>	<b>21</b>	KGHM METRACO POLKOWICE	M60-69	2			00:16:42	00:33:36	00:51:06	<b>01:09:00.15</b>	+00:06:44 (9.8%)	6:54	8.7 (90.6%)
10	<b>BIELECKA Zuzanna</b>	<b>7</b>	K.S. VICTORIA POTĘGOWO	K40-49	2			00:16:43	00:34:08	00:51:49	<b>01:09:30.40</b>	+00:07:14 (10.4%)	6:57	8.6 (89.6%)
11	<b>MISZTAL Grzegorz</b>	<b>38</b>	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:17:03	00:34:29	00:52:13	<b>01:09:46.55</b>	+00:07:30 (10.8%)	6:58	8.6 (89.6%)
12	<b>BARTOSIEWICZ Łukasz</b>	<b>4</b>	LUKI TEAM POLSKA	M30-39	4			00:17:08	00:34:37	00:52:23	<b>01:10:04.55</b>	+00:07:48 (11.1%)	7:00	8.6 (89.6%)
13	<b>JĘDRASIAK Renata</b>	<b>23</b>	KGHM METRACO POLKOWICE	K60-69	1	2		00:16:51	00:34:24	00:52:15	<b>01:10:23.45</b>	+00:08:07 (11.5%)	7:02	8.5 (88.5%)
14	<b>LUDWICZAK Dariusz</b>	<b>31</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	1			00:16:38	00:34:24	00:52:29	<b>01:10:30.65</b>	+00:08:14 (11.7%)	7:03	8.5 (88.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2.5km 2.5km	Laps_5km 5km	Laps_7.5km 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
15	<b>SIWAK Piotr</b>	<b>47</b>	KGHM METRACO POLKOWICE	M60-69	3			00:17:13	00:35:07	00:53:29	<b>01:11:53.50</b>	+00:09:37 (13.4%)	7:11	8.3 (86.5%)
16	<b>OLSZAŃSKI Karol</b>	<b>41</b>	PRUSZYŃSKI SPORT TEAM	M40-49	3	1		00:17:11	00:35:02	00:53:10	<b>01:12:12.75</b>	+00:09:56 (13.8%)	7:13	8.3 (86.5%)
17	<b>MĄDRY Grzegorz</b>	<b>37</b>	NORDIC SPORT 2021	M60-69	4			00:17:20	00:35:39	00:54:07	<b>01:12:39.15</b>	+00:10:23 (14.3%)	7:15	8.3 (86.5%)
18	<b>KOŁODZIEJ Joanna</b>	<b>26</b>	PRUSZYŃSKI SPORT TEAM	K50-59	1			00:17:33	00:35:36	00:53:57	<b>01:12:42.50</b>	+00:10:26 (14.4%)	7:16	8.3 (86.5%)
19	<b>DANIELSKI Waldemar</b>	<b>13</b>	K.S. VICTORIA POTĘGOWO	M50-59	2			00:17:56	00:36:03	00:54:26	<b>01:12:59.25</b>	+00:10:43 (14.7%)	7:17	8.2 (85.4%)
20	<b>LABUS Marzena</b>	<b>29</b>	NORDIC SPORT 2021	K30-39	2			00:17:27	00:35:46	00:54:30	<b>01:13:37.40</b>	+00:11:21 (15.4%)	7:21	8.2 (85.4%)
21	<b>TKOCZ Adam</b>	<b>54</b>	EKIPA NA KIJACH	M50-59	3			00:18:14	00:36:46	00:55:24	<b>01:13:47.15</b>	+00:11:31 (15.6%)	7:22	8.1 (84.4%)
22	<b>BALON Marek</b>	<b>2</b>		M50-59	4	1		00:18:11	00:37:05	00:56:29	<b>01:15:44.90</b>	+00:13:28 (17.8%)	7:34	7.9 (82.3%)
23	<b>SZCZUDLIK Małgorzata</b>	<b>52</b>	NORDIC SPORT 2021	K40-49	3			00:18:00	00:36:59	00:56:40	<b>01:15:56.85</b>	+00:13:40 (18.0%)	7:35	7.9 (82.3%)
24	<b>PASIERB Marek</b>	<b>43</b>	K.S. VICTORIA POTĘGOWO	M60-69	5			00:18:28	00:37:37	00:56:46	<b>01:16:03.50</b>	+00:13:47 (18.1%)	7:36	7.9 (82.3%)
25	<b>CHYRA Janusz</b>	<b>9</b>	NORDIC SPORT 2021	M40-49	4			00:18:30	00:37:33	00:56:50	<b>01:16:24.65</b>	+00:14:08 (18.5%)	7:38	7.9 (82.3%)
26	<b>KRÓLIKOWSKA Krystyna</b>	<b>28</b>	POLIPACK TEAM GWE	K50-59	2	1		00:18:28	00:37:34	00:56:49	<b>01:16:27.70</b>	+00:14:11 (18.6%)	7:38	7.8 (81.3%)
27	<b>ZDRZAŁEK Alicja</b>	<b>60</b>	NORDIC SPORT 2021	K40-49	4			00:18:35	00:37:59	00:57:22	<b>01:16:45.20</b>	+00:14:29 (18.9%)	7:40	7.8 (81.3%)
28	<b>MAŁYSZEWICZ Andrzej</b>	<b>36</b>		M50-59	5			00:18:51	00:38:40	00:58:24	<b>01:18:17.40</b>	+00:16:01 (20.5%)	7:49	7.7 (80.2%)
29	<b>LACHNIK Hubert</b>	<b>30</b>		M70+	1			00:19:35	00:39:19	00:58:44	<b>01:18:42.50</b>	+00:16:26 (20.9%)	7:52	7.6 (79.2%)
30	<b>PANKIEWICZ Ewelina</b>	<b>42</b>		K30-39	3			00:19:01	00:38:44	00:58:24	<b>01:18:43.50</b>	+00:16:27 (20.9%)	7:52	7.6 (79.2%)
31	<b>BARTKOWSKI Jan</b>	<b>3</b>	NORDIC WALKING TEAM DZIAŁDOWO	M60-69	6	2		00:18:58	00:39:02	00:59:17	<b>01:19:14.75</b>	+00:16:58 (21.4%)	7:55	7.6 (79.2%)
32	<b>CZMOCH Marian</b>	<b>12</b>	NORDIC SPORT 2021	M70+	2			00:19:33	00:39:18	00:59:12	<b>01:19:25.55</b>	+00:17:09 (21.6%)	7:56	7.6 (79.2%)
33	<b>ŁASZCZ Wojciech</b>	<b>33</b>	FABRYKA NORWIKA TRZCIANKA	M60-69	7			00:19:25	00:39:06	00:59:14	<b>01:19:30.85</b>	+00:17:14 (21.7%)	7:57	7.5 (78.1%)
34	<b>BARTOSIEWICZ Włodzimierz</b>	<b>5</b>	LUKI TEAM POLSKA	M60-69	8	1		00:19:10	00:38:57	00:59:04	<b>01:19:45.00</b>	+00:17:28 (21.9%)	7:58	7.5 (78.1%)
35	<b>OLEJNIK Marzena</b>	<b>40</b>		K50-59	3			00:19:31	00:39:33	00:59:48	<b>01:20:13.85</b>	+00:17:57 (22.4%)	8:01	7.5 (78.1%)
36	<b>CZAJKA Urszula</b>	<b>11</b>	KGHM METRACO POLKOWICE	K60-69	2			00:18:31	00:38:31	00:59:35	<b>01:21:21.85</b>	+00:19:05 (23.5%)	8:08	7.4 (77.1%)
37	<b>MAŁYSZEWICZ Teresa</b>	<b>35</b>		K50-59	4			00:20:34	00:41:19	01:02:25	<b>01:23:36.60</b>	+00:21:20 (25.5%)	8:21	7.2 (75.0%)

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38	<b>SKRZĄTEK Lucyna</b>	<b>48</b>	NORDIC SPORT 2021	K50-59	5			00:20:05	00:41:17	01:02:44	<b>01:24:10.80</b>	+00:21:54 (26.0%)	8:25	7.1 (74.0%)
39	<b>DUDA Aleksandra</b>	<b>14</b>	UNIWERSYTET WSB MERITO GDAŃSK	K18-29	1	2		00:20:08	00:40:33	01:02:30	<b>01:24:22.55</b>	+00:22:06 (26.2%)	8:26	7.1 (74.0%)
40	<b>SZENDZIELORZ Ilona</b>	<b>186</b>	PRUSZYŃSKI SPORT TEAM	K60-69	3			00:20:42	00:41:47	01:03:03	<b>01:24:23.60</b>	+00:22:07 (26.2%)	8:26	7.1 (74.0%)
41	<b>GOTOWSKA Joanna</b>	<b>16</b>	AKADEMIA ZDROWEGO STYLU ŻYCIA URUZ DYWITY	K40-49	5			00:20:40	00:41:52	01:03:24	<b>01:24:57.50</b>	+00:22:41 (26.7%)	8:29	7.1 (74.0%)
42	<b>POWAŻKA Elżbieta</b>	<b>44</b>	AKADEMIA ZDROWEGO STYLU ŻYCIA URUZ DYWITY	K50-59	6			00:20:21	00:41:33	01:03:09	<b>01:25:17.55</b>	+00:23:01 (27.0%)	8:31	7 (72.9%)
43	<b>GOTOWSKI Daniel</b>	<b>17</b>	AKADEMIA ZDROWEGO STYLU ŻYCIA URUZ DYWITY	M40-49	5	1		00:21:31	00:43:34	01:04:47	<b>01:26:11.40</b>	+00:23:55 (27.8%)	8:37	7 (72.9%)
44	<b>BOŃCZYSZYN Bożena</b>	<b>8</b>	POLIPACK TEAM GWE	K50-59	7			00:20:28	00:42:17	01:04:37	<b>01:26:42.95</b>	+00:24:26 (28.2%)	8:40	6.9 (71.9%)
45	<b>BERESKA Irena</b>	<b>6</b>	NORDIC SPORT 2021	K30-39	4			00:21:15	00:44:01	01:06:48	<b>01:29:22.50</b>	+00:27:06 (30.3%)	8:56	6.7 (69.8%)
46	<b>UKLEJA Justyna</b>	<b>57</b>	POTĘGA NORDICA	K30-39	5			00:22:04	00:44:32	01:07:27	<b>01:31:20.80</b>	+00:29:04 (31.8%)	9:08	6.6 (68.8%)
47	<b>UKLEJA Monika</b>	<b>56</b>	POTĘGA NORDICA	K30-39	6			00:22:07	00:44:33	01:07:29	<b>01:31:22.25</b>	+00:29:06 (31.9%)	9:08	6.6 (68.8%)
48	<b>GÓRSKA Agnieszka</b>	<b>18</b>		K40-49	6			00:21:48	00:44:43	01:08:16	<b>01:31:55.20</b>	+00:29:39 (32.3%)	9:11	6.5 (67.7%)
49	<b>CICHOCKI Andrzej</b>	<b>10</b>		M60-69	9			00:22:44	00:46:22	01:10:29	<b>01:34:38.95</b>	+00:32:22 (34.2%)	9:27	6.3 (65.6%)
50	<b>TKOCZ Alicja</b>	<b>55</b>	EKIPA NA KIJACH	K60-69	4			00:22:43	00:47:23	01:12:36	<b>01:38:04.30</b>	+00:35:48 (36.5%)	9:48	6.1 (63.5%)
51	<b>SZPALERSKA Mirosława</b>	<b>53</b>	LKS ZANTYR SZTUM	K70+	1			00:25:30	00:51:53	01:17:52	<b>01:44:14.55</b>	+00:41:58 (40.3%)	10:25	5.8 (60.4%)
52	<b>MALINOWSKA Grażyna</b>	<b>34</b>	LKS ZANTYR SZTUM	K70+	2			00:25:33	00:52:11	01:19:26	<b>01:45:44.10</b>	+00:43:28 (41.1%)	10:34	5.7 (59.4%)
	<b>RÓŻAŃSKI Józef</b>	<b>45</b>		M60-69				00:22:43 DNF	00:46:22 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KOZŁOWSKI Tomasz</b>	<b>27</b>		M50-59			1	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 54 wynik(ów)