



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

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

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

Znaleziono 54 wynik(ów)