



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: OPEN -M

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	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%)
4	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%)
5	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%)
6	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%)
7	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%)
8	MISZTAŁ 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%)
9	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%)
10	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%)
11	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%)
12	OLSAŃSKI 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%)
13	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%)
14	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%)

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
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	ŁASZCZ Wojciech	33	FABRYKA NORWIKI 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%)
24	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%)
25	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%)
26	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%)
	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 28 wynik(ów)