



# ENEA POLISH NW CUP - WĄGROWIEC - 10KM - 3/6

B4SPORT

**Wydarzenie:** ENEA Polish Nordic Walking Cup 3/6  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2023-07-16  
**Miejsce:** Wągrowiec  
**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>244</b>	K.S. VICTORIA POTĘGOWO	M30-39	1			00:14:46	00:30:07	00:45:35	<b>01:01:37.35</b>		6:09	9.7 (100%)
2	<b>MARCZAK Tomasz</b>	<b>222</b>	K.S. VICTORIA POTĘGOWO	M18-29	1			00:15:09	00:30:32	00:46:51	<b>01:03:36.95</b>	+00:01:59 (3.1%)	6:21	9.4 (96.9%)
3	<b>DZIEDZIEWICZ Andrzej</b>	<b>209</b>	K.S. VICTORIA POTĘGOWO	M40-49	1			00:14:51	00:30:54	00:47:14	<b>01:04:11.35</b>	+00:02:34 (4.0%)	6:25	9.3 (95.9%)
4	<b>HAŁAS Marcin</b>	<b>212</b>	PRUSZYŃSKI SPORT TEAM	M30-39	2			00:16:11	00:33:06	00:50:09	<b>01:07:00.05</b>	+00:05:22 (8.0%)	6:42	9 (92.8%)
5	<b>BIELECKA Zuzanna</b>	<b>203</b>	K.S. VICTORIA POTĘGOWO	K40-49	1			00:16:23	00:33:13	00:50:16	<b>01:07:30.35</b>	+00:05:53 (8.7%)	6:45	8.9 (91.8%)
6	<b>JUREK Adam</b>	<b>217</b>	KGHM METRACO POLKOWICE	M60-69	1	2		00:16:09	00:33:04	00:50:09	<b>01:07:30.40</b>	+00:05:53 (8.7%)	6:45	8.9 (91.8%)
7	<b>MISZTAL Grzegorz</b>	<b>225</b>	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:16:16	00:33:13	00:50:38	<b>01:07:42.90</b>	+00:06:05 (9.0%)	6:46	8.9 (91.8%)
8	<b>HELWICH Stefan</b>	<b>213</b>	KGHM METRACO POLKOWICE	M60-69	2			00:16:10	00:33:06	00:50:18	<b>01:07:55.45</b>	+00:06:18 (9.3%)	6:47	8.8 (90.7%)
9	<b>RYCĄBEL Bogdan</b>	<b>234</b>		M50-59	1			00:16:41	00:33:56	00:51:00	<b>01:08:02.55</b>	+00:06:25 (9.4%)	6:48	8.8 (90.7%)
10	<b>SIWAK Piotr</b>	<b>235</b>	KGHM METRACO POLKOWICE	M60-69	3	2		00:16:55	00:34:12	00:51:31	<b>01:09:21.40</b>	+00:07:44 (11.2%)	6:56	8.7 (89.7%)
11	<b>JĘDRASIAK Renata</b>	<b>215</b>	KGHM METRACO POLKOWICE	K60-69	1			00:16:46	00:33:59	00:51:36	<b>01:09:40.40</b>	+00:08:03 (11.6%)	6:58	8.6 (88.7%)
12	<b>LUDWICZAK Dariusz</b>	<b>220</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2			00:16:26	00:33:57	00:51:55	<b>01:09:49.55</b>	+00:08:12 (11.7%)	6:58	8.6 (88.7%)
13	<b>MĄDRY Grzegorz</b>	<b>224</b>	NORDIC SPORT 2021	M60-69	4			00:16:56	00:34:13	00:51:48	<b>01:09:59.25</b>	+00:08:21 (12.0%)	6:59	8.6 (88.7%)
14	<b>PIETRAKOWSKI Marcin</b>	<b>229</b>	PITSTOP GORZÓW WLKP.	M40-49	2	1		00:17:24	00:35:01	00:52:59	<b>01:11:00.55</b>	+00:09:23 (13.2%)	7:06	8.5 (87.6%)

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
											Czas netto 10km	Różn		
15	<b>CHYRA Janusz</b>	<b>205</b>	NORDIC SPORT 2021	M40-49	3	1		00:17:24	00:35:02	00:52:59	<b>01:11:01.45</b>	+00:09:24 (13.2%)	7:06	8.4 (86.6%)
16	<b>FILIPOWICZ Barbara</b>	<b>210</b>	K.S. VICTORIA POTĘGOWO	K40-49	2			00:17:13	00:35:09	00:53:10	<b>01:11:17.90</b>	+00:09:40 (13.6%)	7:07	8.4 (86.6%)
17	<b>OLSZAŃSKI Karol</b>	<b>226</b>	PRUSZYŃSKI SPORT TEAM	M40-49	4			00:16:26	00:34:57	00:53:28	<b>01:11:20.25</b>	+00:09:42 (13.6%)	7:08	8.4 (86.6%)
18	<b>PARZYBUT Jan</b>	<b>228</b>	NORDIC SPORT 2021	M50-59	3			00:17:41	00:35:44	00:53:49	<b>01:12:00.50</b>	+00:10:23 (14.4%)	7:12	8.3 (85.6%)
19	<b>RUNOWSKI Jarosław</b>	<b>233</b>	TEAM JANINA	M50-59	4			00:17:35	00:35:39	00:53:58	<b>01:12:38.50</b>	+00:11:01 (15.2%)	7:15	8.3 (85.6%)
20	<b>PUKSZTA Krzysiek</b>	<b>230</b>	WESOLY BORSUK TEAM	M40-49	5	2		00:17:32	00:35:51	00:54:32	<b>01:14:01.10</b>	+00:12:23 (16.7%)	7:24	8.1 (83.5%)
21	<b>ZDRZAŁEK Alicja</b>	<b>246</b>	NORDIC SPORT 2021	K40-49	3			00:17:36	00:36:10	00:55:14	<b>01:14:25.25</b>	+00:12:47 (17.2%)	7:26	8.1 (83.5%)
22	<b>GOŁĘBIEWSKI Edward</b>	<b>211</b>	MARSZ PO ZDROWIE	M70+	1	1		00:18:11	00:36:28	00:55:27	<b>01:14:43.60</b>	+00:13:06 (17.5%)	7:28	8 (82.5%)
23	<b>SZCZUDLIK Małgorzata</b>	<b>240</b>	NORDIC SPORT 2021	K40-49	4			00:18:03	00:36:45	00:55:45	<b>01:14:47.70</b>	+00:13:10 (17.6%)	7:28	8 (82.5%)
24	<b>LACHNIK Hubert</b>	<b>218</b>		M70+	2	1		00:18:11	00:36:46	00:55:54	<b>01:14:56.00</b>	+00:13:18 (17.8%)	7:29	8 (82.5%)
25	<b>LEWANDOWSKI Bartłomiej</b>	<b>219</b>	TSK ORZEŁ OSIEK	M18-29	2	2		00:19:01	00:38:03	00:56:59	<b>01:16:36.20</b>	+00:14:58 (19.6%)	7:39	7.8 (80.4%)
26	<b>PANKIEWICZ Ewelina</b>	<b>198</b>		K30-39	1			00:18:31	00:37:49	00:57:17	<b>01:16:54.15</b>	+00:15:16 (19.9%)	7:41	7.8 (80.4%)
27	<b>ŁASZCZ Wojciech</b>	<b>221</b>	FABRYKA NORWIKA TRZCIANKA	M60-69	5	1		00:18:39	00:37:51	00:57:19	<b>01:16:54.85</b>	+00:15:17 (19.9%)	7:41	7.8 (80.4%)
28	<b>LUKOSZEK Katarzyna</b>	<b>249</b>	PRUSZYŃSKI SPORT TEAM	K50-59	1	2		00:18:44	00:37:54	00:57:34	<b>01:17:49.40</b>	+00:16:12 (20.8%)	7:46	7.7 (79.4%)
29	<b>CZMOCH Marian</b>	<b>207</b>	NORDIC SPORT 2021	M70+	3	2		00:18:42	00:37:46	00:57:26	<b>01:18:05.90</b>	+00:16:28 (21.1%)	7:48	7.7 (79.4%)
30	<b>SKRZAŃTEK Lucyna</b>	<b>236</b>	NORDIC SPORT 2021	K50-59	2			00:18:46	00:38:09	00:58:04	<b>01:18:16.05</b>	+00:16:38 (21.3%)	7:49	7.7 (79.4%)
31	<b>CZAJKA Urszula</b>	<b>206</b>	KGHM METRACO POLKOWICE	K60-69	2	1		00:18:32	00:37:51	00:57:37	<b>01:18:19.45</b>	+00:16:42 (21.3%)	7:49	7.7 (79.4%)
32	<b>ŚLUSARCZYK Andrzej</b>	<b>241</b>	WESOŁY BORSUK TEAM	M70+	4	1		00:19:00	00:38:32	00:58:24	<b>01:18:36.95</b>	+00:16:59 (21.6%)	7:51	7.6 (78.4%)
33	<b>KUREK Krzysztof</b>	<b>248</b>	NW CZŁAPSKI TEAM	M40-49	6			00:19:39	00:39:21	00:59:34	<b>01:19:54.05</b>	+00:18:16 (22.9%)	7:59	7.5 (77.3%)
34	<b>JUREK Kamila</b>	<b>216</b>	WŁÓCZYKIJE	K40-49	5			00:19:44	00:39:48	01:00:31	<b>01:21:07.50</b>	+00:19:30 (24.0%)	8:06	7.4 (76.3%)
35	<b>PAŁUBICKA Małgorzata</b>	<b>227</b>	NORDIC WALKING LUBASZ	K60-69	3	1		00:20:36	00:41:45	01:03:07	<b>01:24:37.85</b>	+00:23:00 (27.2%)	8:27	7.1 (73.2%)
36	<b>BERESKA Irena</b>	<b>202</b>	NORDIC SPORT 2021	K30-39	2			00:20:42	00:42:24	01:04:06	<b>01:25:59.95</b>	+00:24:22 (28.3%)	8:35	7 (72.2%)
37	<b>NOWICKI Ryszard</b>	<b>197</b>		M60-69	6	2		00:23:18	00:43:54	01:05:08	<b>01:26:30.45</b>	+00:24:53 (28.8%)	8:39	6.9 (71.1%)

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
38	<b>WALA Jan</b>	<b>243</b>	NORDIC WALKING LUBASZ	M60-69	7	1		00:21:16	00:43:18	01:05:13	<b>01:26:56.25</b>	+00:25:18 (29.1%)	8:41	6.9 (71.1%)
39	<b>CICHOŃ Aneta</b>	<b>250</b>	PRUSZYŃSKI SPORT TEAM	K40-49	6			00:20:56	00:42:44	01:05:05	<b>01:27:36.30</b>	+00:25:58 (29.7%)	8:45	6.8 (70.1%)
40	<b>ZAWADZKA Maria</b>	<b>245</b>	KGHM METRACO POLKOWICE	K70+	1			00:21:43	00:43:52	01:06:00	<b>01:28:29.85</b>	+00:26:52 (30.4%)	8:50	6.8 (70.1%)
41	<b>DUDEK Leszek</b>	<b>208</b>	KGHM METRACO POLKOWICE	M70+	5			00:21:35	00:44:21	01:07:21	<b>01:29:36.35</b>	+00:27:59 (31.2%)	8:57	6.7 (69.1%)
42	<b>JAŚKOWSKI Patryk</b>	<b>214</b>		M30-39	4	2		00:21:36	00:44:15	01:06:55	<b>01:29:45.30</b>	+00:28:07 (31.3%)	8:58	6.7 (69.1%)
43	<b>CHOLEWKA Jolanta</b>	<b>204</b>	WALKA KOSTRZYN	K60-69	4			00:21:41	00:44:13	01:07:14	<b>01:30:39.60</b>	+00:29:02 (32.0%)	9:03	6.6 (68.0%)
44	<b>DALKA Hanna</b>	<b>199</b>		K30-39	3	2		00:21:14	00:43:31	01:06:35	<b>01:30:41.00</b>	+00:29:03 (32.0%)	9:04	6.6 (68.0%)
45	<b>STATNIK Tomasz</b>	<b>237</b>	SUCHY LAS	M70+	6	2		00:21:36	00:44:21	01:07:22	<b>01:30:43.15</b>	+00:29:05 (32.1%)	9:04	6.6 (68.0%)
46	<b>STATNIK Genowefa</b>	<b>238</b>	SUCHY LAS	K70+	2	2		00:21:44	00:44:13	01:07:10	<b>01:30:46.45</b>	+00:29:09 (32.1%)	9:04	6.6 (68.0%)
47	<b>NOWACZYK Romuald</b>	<b>200</b>		M50-59	5	2		00:22:27	00:45:43	01:09:02	<b>01:33:37.70</b>	+00:32:00 (34.2%)	9:21	6.4 (66.0%)
48	<b>TOBYS Ryszard</b>	<b>242</b>		M70+	7	2		00:23:39	00:47:40	01:12:56	<b>01:38:57.80</b>	+00:37:20 (37.7%)	9:53	6.1 (62.9%)
DQ	<b>MATUKIN- PAKUSZYŃSKA Anna</b>	<b>223</b>		K50-59		1	1	00:22:00 DQ	00:44:51 DQ	01:07:53 DQ	<b>DQ</b>			(0.0%)

Znaleziono 49 wynik(ów)