



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

B4SPORT

Event: ENEA Polish Nordic Walking Cup 3/6
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2023-07-16
Place: Wągrowiec
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_2.5km 2.5km	Laps_5km 5km	Laps_7.5km 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	WOJTOWICZ Tomasz	244	K.S. VICTORIA POTĘGOWO	M30-39	1			00:14:46	00:30:07	00:45:35	01:01:37.35		6:09	9.7 (100%)
2	MARCZAK Tomasz	222	K.S. VICTORIA POTĘGOWO	M18-29	1			00:15:09	00:30:32	00:46:51	01:03:36.95	+00:01:59 (3.1%)	6:21	9.4 (96.9%)
3	DZIEDZIEWICZ Andrzej	209	K.S. VICTORIA POTĘGOWO	M40-49	1			00:14:51	00:30:54	00:47:14	01:04:11.35	+00:02:34 (4.0%)	6:25	9.3 (95.9%)
4	HAŁAS Marcin	212	PRUSZYŃSKI SPORT TEAM	M30-39	2			00:16:11	00:33:06	00:50:09	01:07:00.05	+00:05:22 (8.0%)	6:42	9 (92.8%)
5	BIELECKA Zuzanna	203	K.S. VICTORIA POTĘGOWO	K40-49	1			00:16:23	00:33:13	00:50:16	01:07:30.35	+00:05:53 (8.7%)	6:45	8.9 (91.8%)
6	JUREK Adam	217	KGHM METRACO POLKOWICE	M60-69	1	2		00:16:09	00:33:04	00:50:09	01:07:30.40	+00:05:53 (8.7%)	6:45	8.9 (91.8%)
7	MISZTAL Grzegorz	225	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:16:16	00:33:13	00:50:38	01:07:42.90	+00:06:05 (9.0%)	6:46	8.9 (91.8%)
8	HELWICH Stefan	213	KGHM METRACO POLKOWICE	M60-69	2			00:16:10	00:33:06	00:50:18	01:07:55.45	+00:06:18 (9.3%)	6:47	8.8 (90.7%)
9	RYCĄBEL Bogdan	234		M50-59	1			00:16:41	00:33:56	00:51:00	01:08:02.55	+00:06:25 (9.4%)	6:48	8.8 (90.7%)
10	SIWAK Piotr	235	KGHM METRACO POLKOWICE	M60-69	3	2		00:16:55	00:34:12	00:51:31	01:09:21.40	+00:07:44 (11.2%)	6:56	8.7 (89.7%)
11	JĘDRASIAK Renata	215	KGHM METRACO POLKOWICE	K60-69	1			00:16:46	00:33:59	00:51:36	01:09:40.40	+00:08:03 (11.6%)	6:58	8.6 (88.7%)
12	LUDWICZAK Dariusz	220	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2			00:16:26	00:33:57	00:51:55	01:09:49.55	+00:08:12 (11.7%)	6:58	8.6 (88.7%)
13	MĄDRY Grzegorz	224	NORDIC SPORT 2021	M60-69	4			00:16:56	00:34:13	00:51:48	01:09:59.25	+00:08:21 (12.0%)	6:59	8.6 (88.7%)
14	PIETRAKOWSKI Marcin	229	PITSTOP GORZÓW WLKP.	M40-49	2	1		00:17:24	00:35:01	00:52:59	01:11:00.55	+00:09:23 (13.2%)	7:06	8.5 (87.6%)

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

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

Total 49 results.