



# ENEA POLISH NW CUP - WASILKÓW - 5KM - 5/6

B4SPORT

**Wydarzenie:** ENEA POLISH NORDIC WALKING CUP 5/6  
WASILKÓW  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Miasto Gmina Wasilków  
**Data:** 2023-09-16  
**Miejsce:** Wasilków  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.68km	3.36km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	94	K.S. VICTORIA POTĘGOWO	M18-29	1			00:09:33	00:19:41	00:29:39.45		5:55	10.1 (100%)
2	WITUCKI Jacek	134	K.S. VICTORIA POTĘGOWO	M50-54	1			00:09:38	00:19:42	00:29:47.60	+00:00:08 (0.5%)	5:57	10.1 (100%)
3	STĘPAK Piotr	115	K.S. VICTORIA POTĘGOWO	M18-29	2			00:09:47	00:20:19	00:30:42.00	+00:01:02 (3.4%)	6:08	9.8 (97.0%)
4	KABATA Jarosław	79	NORDIC SPORT 2021	M50-54	2			00:10:02	00:20:57	00:31:22.95	+00:01:43 (5.5%)	6:16	9.6 (95.0%)
5	ZDANOWICZ Arkadiusz	136	K.S. VICTORIA POTĘGOWO	M45-49	1			00:10:02	00:20:37	00:31:23.15	+00:01:43 (5.5%)	6:16	9.6 (95.0%)
6	FRAĆKOWIAK Roman	68	NORDIC SPORT 2021	M55-59	1			00:10:30	00:21:28	00:32:50.70	+00:03:11 (9.7%)	6:34	9.1 (90.1%)
7	HAŁAS Marcin	72	PRUSZYŃSKI SPORT TEAM	M30-39	1			00:10:45	00:21:57	00:33:27.60	+00:03:48 (11.4%)	6:41	9 (89.1%)
8	DERUS Jakub	64	KATOWICKI NORDIC WALKING	M40-44	1			00:10:40	00:22:05	00:33:37.95	+00:03:58 (11.8%)	6:43	8.9 (88.1%)
9	BIELECKA Zuzanna	54	K.S. VICTORIA POTĘGOWO	K40-44	1			00:11:06	00:22:21	00:33:51.10	+00:04:11 (12.4%)	6:46	8.9 (88.1%)
10	MAŚLANKA Iwona	95	NORDIC SPORT 2021	K50-54	1			00:11:06	00:22:37	00:34:16.40	+00:04:36 (13.5%)	6:51	8.8 (87.1%)
11	HELWICH Stefan	73	KGHM METRACO POLKOWICE	M65-69	1			00:11:07	00:22:42	00:34:16.85	+00:04:37 (13.5%)	6:51	8.8 (87.1%)
12	KRAKOWSKI Jerzy Piotr	88	PTG SOKÓŁ 1893 MIELEC	M60-64	1			00:11:14	00:22:54	00:34:26.15	+00:04:46 (13.9%)	6:53	8.7 (86.1%)
13	BREWKA Joachim	56	NORDIC SPORT 2021	M55-59	2	1		00:11:28	00:23:06	00:34:42.50	+00:05:03 (14.6%)	6:56	8.6 (85.1%)
14	STEFANIAK Krzysztof	114	KATOWICKI NORDIC WALKING	M65-69	2			00:11:06	00:22:41	00:34:46.55	+00:05:07 (14.7%)	6:57	8.6 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.68km	3.36km	Czas netto		Tempo min/km	Tempo km/h
										5km	Różn		
15	<b>WIŚNIEWSKI Mariusz</b>	<b>132</b>	NW CZŁAPSKI TEAM	M50-54	3			00:11:36	00:23:29	<b>00:35:04.80</b>	+00:05:25 (15.5%)	7:00	8.6 (85.1%)
16	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>99</b>	NORDIC SPORT 2021	K55-59	1			00:11:40	00:23:35	<b>00:35:27.65</b>	+00:05:48 (16.4%)	7:05	8.5 (84.2%)
17	<b>PUKSZTA Krzysiek</b>	<b>105</b>	WESOŁY BORSUK TEAM	M40-44	2			00:11:26	00:23:30	<b>00:35:44.90</b>	+00:06:05 (17.0%)	7:08	8.4 (83.2%)
18	<b>BREW CZYŃSKI Marcin</b>	<b>55</b>	NW CZŁAPSKI TEAM	M30-39	2			00:11:22	00:23:28	<b>00:36:05.00</b>	+00:06:25 (17.8%)	7:13	8.3 (82.2%)
19	<b>HRYCIUK Waldemar</b>	<b>75</b>	K.S. VICTORIA POTĘGOWO	M65-69	3			00:11:34	00:23:43	<b>00:36:10.70</b>	+00:06:31 (18.0%)	7:14	8.3 (82.2%)
20	<b>CHYRA Jerzy</b>	<b>197</b>	NORDIC SPORT 2021	M45-49	2			00:11:56	00:24:14	<b>00:36:40.20</b>	+00:07:00 (19.1%)	7:20	8.2 (81.2%)
21	<b>ŻYTKOWSKI Andrzej</b>	<b>198</b>	TKKF KRZNA	M60-64	2			00:12:07	00:24:17	<b>00:36:40.70</b>	+00:07:01 (19.1%)	7:20	8.2 (81.2%)
22	<b>GRUSZKA Michał</b>	<b>71</b>	NORDIC SPORT 2021	M45-49	3			00:11:57	00:24:16	<b>00:36:40.80</b>	+00:07:01 (19.1%)	7:20	8.2 (81.2%)
23	<b>KLIMASZEWSKI Bogdan</b>	<b>85</b>	KCJUROWCE	M45-49	4			00:12:08	00:24:23	<b>00:36:50.15</b>	+00:07:10 (19.5%)	7:22	8.1 (80.2%)
24	<b>LACHNIK Hubert</b>	<b>92</b>		M70-74	1			00:12:14	00:24:30	<b>00:36:51.65</b>	+00:07:12 (19.5%)	7:22	8.1 (80.2%)
25	<b>RAZIN Robert</b>	<b>106</b>		M60-64	3			00:11:59	00:24:29	<b>00:36:53.10</b>	+00:07:13 (19.6%)	7:22	8.1 (80.2%)
26	<b>CZMOCH Marian</b>	<b>63</b>	NORDIC SPORT 2021	M70-74	2			00:12:14	00:24:34	<b>00:37:12.35</b>	+00:07:32 (20.3%)	7:26	8.1 (80.2%)
27	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>102</b>	PRUSZYŃSKI SPORT TEAM	K45-49	1			00:12:26	00:24:55	<b>00:37:17.65</b>	+00:07:38 (20.5%)	7:27	8 (79.2%)
28	<b>ADAMCZYK Bogdan</b>	<b>51</b>	BASZTA BYTÓW	M50-54	4			00:12:03	00:24:47	<b>00:37:41.00</b>	+00:08:01 (21.3%)	7:32	8 (79.2%)
29	<b>BUDNY Franciszek</b>	<b>58</b>		M-Dzieci	1			00:12:13	00:24:56	<b>00:37:44.45</b>	+00:08:05 (21.4%)	7:32	8 (79.2%)
30	<b>PODSIADŁY Stanisław</b>	<b>103</b>	K.S. VICTORIA POTĘGOWO	M65-69	4	2		00:11:37	00:24:18	<b>00:37:46.15</b>	+00:08:06 (21.5%)	7:33	7.9 (78.2%)
31	<b>ŚLUSARCZYK Grzegorz</b>	<b>123</b>	WESOŁY BORSUK TEAM	M45-49	5			00:12:20	00:25:19	<b>00:37:52.50</b>	+00:08:13 (21.7%)	7:34	7.9 (78.2%)
32	<b>SZYBUT Weronika</b>	<b>120</b>	POTĘGA NORDICA	K-Jun.	1			00:12:30	00:25:14	<b>00:37:55.10</b>	+00:08:15 (21.8%)	7:35	7.9 (78.2%)
33	<b>WIŚNIEWSKI Julian</b>	<b>133</b>	SP ŁYSE	M-Dzieci	2			00:12:11	00:24:55	<b>00:38:14.10</b>	+00:08:34 (22.4%)	7:38	7.8 (77.2%)
34	<b>KARASEWICZ Łukasz</b>	<b>81</b>	GMINA WASILKÓW	M30-39	3			00:12:16	00:24:51	<b>00:38:19.60</b>	+00:08:40 (22.6%)	7:39	7.8 (77.2%)
35	<b>RUSINOWICZ Andrzej</b>	<b>107</b>	FABRYKA NORDICA TRZCIANKA	M75-79	1			00:12:25	00:25:23	<b>00:38:21.25</b>	+00:08:41 (22.7%)	7:40	7.8 (77.2%)
36	<b>HRYCIUK Teresa</b>	<b>74</b>	K.S. VICTORIA POTĘGOWO	K60-64	1			00:12:32	00:25:15	<b>00:38:34.75</b>	+00:08:55 (23.1%)	7:42	7.8 (77.2%)
37	<b>PANKIEWICZ Ewelina</b>	<b>200</b>		K30-39	1			00:12:29	00:25:42	<b>00:38:56.70</b>	+00:09:17 (23.8%)	7:47	7.7 (76.2%)

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										5km	Różn		
38	<b>ŚLUSARCZYK Andrzej</b>	<b>122</b>	WESOŁY BORSUK TEAM	M70-74	3			00:12:26	00:25:37	<b>00:39:08.15</b>	+00:09:28 (24.2%)	7:49	7.7 (76.2%)
39	<b>SZENDZIELORZ Ilona</b>	<b>116</b>	PRUSZYŃSKI SPORT TEAM	K65-69	1	1		00:12:57	00:26:02	<b>00:39:18.20</b>	+00:09:38 (24.5%)	7:51	7.6 (75.2%)
40	<b>RZEPECKI Sławomir</b>	<b>108</b>		M50-54	5			00:12:45	00:26:10	<b>00:39:41.05</b>	+00:10:01 (25.3%)	7:56	7.6 (75.2%)
41	<b>JAKUBOWSKI Zbigniew</b>	<b>77</b>		M70-74	4			00:13:14	00:26:42	<b>00:40:10.50</b>	+00:10:31 (26.2%)	8:02	7.5 (74.3%)
42	<b>PALUCH Paweł</b>	<b>101</b>	AVOCADO WELLNESS CLUB	M55-59	3			00:13:08	00:26:47	<b>00:40:26.85</b>	+00:10:47 (26.7%)	8:05	7.4 (73.3%)
43	<b>WANDTKE Antoni</b>	<b>130</b>		M70-74	5			00:13:12	00:26:39	<b>00:40:36.10</b>	+00:10:56 (27.0%)	8:07	7.4 (73.3%)
44	<b>KRAKOWSKI Igor</b>	<b>89</b>	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	3			00:13:04	00:26:57	<b>00:40:42.90</b>	+00:11:03 (27.2%)	8:08	7.4 (73.3%)
45	<b>WILK Iwona</b>	<b>131</b>	NORDIC SPORT 2021	K45-49	2			00:13:46	00:27:44	<b>00:41:21.40</b>	+00:11:41 (28.3%)	8:16	7.3 (72.3%)
46	<b>BUJNOWSKA Amelia</b>	<b>60</b>	KS WASILKÓW	K-Dzieci	1			00:14:11	00:28:21	<b>00:41:24.80</b>	+00:11:45 (28.4%)	8:16	7.2 (71.3%)
47	<b>ŚWIENC Zuzanna</b>	<b>125</b>	UKS SET WASILKÓW	K-Dzieci	2			00:14:09	00:28:22	<b>00:41:25.00</b>	+00:11:45 (28.4%)	8:17	7.2 (71.3%)
48	<b>TOKARSKA Julia</b>	<b>127</b>	KYOKUSHIN TEAM WASILKÓW	K-Dzieci	3			00:14:10	00:28:24	<b>00:41:26.00</b>	+00:11:46 (28.4%)	8:17	7.2 (71.3%)
49	<b>SOKOŁOWSKI Mariusz</b>	<b>113</b>		M40-44	3			00:13:57	00:27:45	<b>00:41:29.55</b>	+00:11:50 (28.5%)	8:17	7.2 (71.3%)
50	<b>BUJNOWSKA Adela</b>	<b>61</b>	KS WASILKÓW	K-Dzieci	4			00:14:10	00:28:22	<b>00:41:29.85</b>	+00:11:50 (28.5%)	8:17	7.2 (71.3%)
51	<b>BUDNY Sławomir</b>	<b>57</b>		M- Niepełnosprawni(B)	1			00:13:53	00:27:46	<b>00:41:42.50</b>	+00:12:03 (28.9%)	8:20	7.2 (71.3%)
52	<b>LACHNIK Grazyna</b>	<b>91</b>		K50-54	2			00:13:50	00:27:50	<b>00:41:46.75</b>	+00:12:07 (29.0%)	8:21	7.2 (71.3%)
53	<b>KALICKA Anna</b>	<b>80</b>		K40-44	2			00:14:01	00:27:53	<b>00:41:51.85</b>	+00:12:12 (29.2%)	8:22	7.2 (71.3%)
54	<b>SMOLIŃSKA Małgorzata</b>	<b>111</b>		K55-59	2			00:13:33	00:27:39	<b>00:42:03.10</b>	+00:12:23 (29.5%)	8:24	7.1 (70.3%)
55	<b>DOLATOWSKA Elżbieta</b>	<b>66</b>	K.S. VICTORIA POTĘGOWO	K60-64	2			00:13:15	00:27:14	<b>00:42:13.60</b>	+00:12:34 (29.8%)	8:26	7.1 (70.3%)
56	<b>ZIELIŃSKA Barbara</b>	<b>137</b>	PUKS JEDYNKA	K65-69	2			00:13:47	00:27:51	<b>00:42:16.00</b>	+00:12:36 (29.8%)	8:27	7.1 (70.3%)
57	<b>POGORZELSKI Kamil</b>	<b>104</b>		M18-29	3			00:13:37	00:27:39	<b>00:42:17.10</b>	+00:12:37 (29.9%)	8:27	7.1 (70.3%)
58	<b>THOMALLA Bogdan</b>	<b>126</b>	NORDIC SPORT 2021	M80+	1			00:14:06	00:28:07	<b>00:42:26.45</b>	+00:12:47 (30.1%)	8:29	7.1 (70.3%)
59	<b>SAWICKI Przemek</b>	<b>110</b>	KCJUROWCE	M30-39	4			00:14:27	00:28:18	<b>00:42:39.25</b>	+00:12:59 (30.5%)	8:31	7 (69.3%)
60	<b>CZERWINSKA Anna</b>	<b>62</b>	NW CZŁAPSKI TEAM	K- Niepełnosprawni(B)	1			00:13:43	00:28:22	<b>00:42:40.45</b>	+00:13:01 (30.5%)	8:32	7 (69.3%)

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61	<b>ZIELIŃSKI Ryszard</b>	<b>138</b>	PUKS JEDYNKA	M65-69	5			00:14:06	00:29:00	<b>00:43:34.90</b>	+00:13:55 (31.9%)	8:42	6.9 (68.3%)
62	<b>GORALEWSKA Marta</b>	<b>70</b>	GMINA WASILKÓW	K30-39	2			00:14:40	00:29:02	<b>00:43:41.65</b>	+00:14:02 (32.1%)	8:44	6.9 (68.3%)
63	<b>ADAMOWICZ Andrzej</b>	<b>52</b>		M75-79	2			00:14:27	00:29:02	<b>00:43:48.50</b>	+00:14:09 (32.3%)	8:45	6.8 (67.3%)
64	<b>SAPUŁA Wiktoria</b>	<b>109</b>	K.S. VICTORIA POTĘGOWO	K18-29	1			00:13:47	00:27:50	<b>00:44:10.70</b>	+00:14:31 (32.9%)	8:50	6.8 (67.3%)
65	<b>SZNAJDER Teresa</b>	<b>117</b>		K65-69	3			00:14:24	00:29:16	<b>00:44:17.85</b>	+00:14:38 (33.0%)	8:51	6.8 (67.3%)
66	<b>NIEDZIELSKA Izabela</b>	<b>98</b>		K40-44	3			00:14:42	00:29:37	<b>00:44:27.95</b>	+00:14:48 (33.3%)	8:53	6.7 (66.3%)
67	<b>MŁYNARCZUK-SOKOŁOWSKA Anna</b>	<b>96</b>		K40-44	4			00:14:25	00:29:37	<b>00:44:42.60</b>	+00:15:03 (33.7%)	8:56	6.7 (66.3%)
68	<b>SOCHOŃ Nadia</b>	<b>112</b>	KYOKUSHIN TEAM WASILKÓW	K-Dzieci	5			00:15:13	00:30:18	<b>00:45:03.10</b>	+00:15:23 (34.2%)	9:00	6.7 (66.3%)
69	<b>KORSAK Edyta</b>	<b>86</b>		K55-59	3			00:15:12	00:30:11	<b>00:45:06.00</b>	+00:15:26 (34.2%)	9:01	6.7 (66.3%)
70	<b>MUDER Iwona</b>	<b>97</b>	PUKS JEDYNKA	K45-49	3			00:14:34	00:29:52	<b>00:45:17.65</b>	+00:15:38 (34.5%)	9:03	6.6 (65.3%)
71	<b>GĘSIEWSKA Celina</b>	<b>69</b>		K65-69	4			00:14:56	00:30:05	<b>00:45:27.85</b>	+00:15:48 (34.8%)	9:05	6.6 (65.3%)
72	<b>KIERMUT Monika</b>	<b>82</b>		K30-39	3			00:15:00	00:30:18	<b>00:45:33.80</b>	+00:15:54 (34.9%)	9:06	6.6 (65.3%)
73	<b>BUDNY Stanisław</b>	<b>59</b>		M-Jun.	1			00:15:10	00:30:30	<b>00:45:33.90</b>	+00:15:54 (34.9%)	9:06	6.6 (65.3%)
74	<b>OLSZAŃSKI Karol</b>	<b>100</b>	PRUSZYŃSKI SPORT TEAM	M45-49	6			00:14:25	00:29:25	<b>00:45:35.10</b>	+00:15:55 (34.9%)	9:07	6.6 (65.3%)
75	<b>KIJAS Karolina</b>	<b>83</b>	KIOKUSHIN ZTEAM WASILKÓW	K-Dzieci	6			00:14:18	00:30:58	<b>00:45:37.65</b>	+00:15:58 (35.0%)	9:07	6.6 (65.3%)
76	<b>ARONOWICZ Maja</b>	<b>139</b>	KYOKUSHIN TEAM WASILKÓW	K-Dzieci	7			00:14:44	00:30:21	<b>00:45:40.25</b>	+00:16:00 (35.1%)	9:08	6.6 (65.3%)
77	<b>KLIMASZEWSKA Ewa</b>	<b>84</b>	KCJUROWCE	K45-49	4			00:15:09	00:30:53	<b>00:46:25.55</b>	+00:16:46 (36.1%)	9:17	6.5 (64.4%)
78	<b>SZNAJDER Zenon</b>	<b>118</b>		M70-74	6			00:14:10	00:29:45	<b>00:46:48.15</b>	+00:17:08 (36.6%)	9:21	6.4 (63.4%)
79	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>24</b>	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	1			00:15:23	00:31:03	<b>00:47:05.45</b>	+00:17:26 (37.0%)	9:25	6.4 (63.4%)
80	<b>ŚLUSARCZYK Błażej</b>	<b>124</b>	WESOŁY BORSUK TEAM	M-Dzieci	4			00:15:15	00:31:23	<b>00:47:29.15</b>	+00:17:49 (37.5%)	9:29	6.3 (62.4%)
81	<b>SZYBUT Roma</b>	<b>119</b>	POTĘGA NORDICA	K40-44	5			00:15:27	00:31:29	<b>00:47:54.80</b>	+00:18:15 (38.1%)	9:34	6.3 (62.4%)
82	<b>HUKAŁOWICZ Magdalena</b>	<b>76</b>		K40-44	6			00:15:02	00:31:22	<b>00:47:55.35</b>	+00:18:15 (38.1%)	9:35	6.3 (62.4%)
83	<b>BERESKA Maksymilian</b>	<b>53</b>	NORDIC SPORT 2021	M-Dzieci	5			00:15:52	00:32:19	<b>00:48:27.15</b>	+00:18:47 (38.8%)	9:41	6.2 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.68km	3.36km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>DOMISIEWICZ Magdalena</b>	<b>67</b>		K55-59	4			00:15:57	00:32:29	<b>00:49:18.80</b>	+00:19:39 (39.9%)	9:51	6.1 (60.4%)
85	<b>JUREK Ewa</b>	<b>78</b>		K- Niepełnosprawni(B)	2			00:16:12	00:33:05	<b>00:50:07.25</b>	+00:20:27 (40.8%)	10:01	6 (59.4%)
86	<b>KOZŁOWSKA Beata</b>	<b>87</b>		K50-54	3			00:16:26	00:33:28	<b>00:50:59.70</b>	+00:21:20 (41.8%)	10:11	5.9 (58.4%)
87	<b>TYMIŃSKA Katarzyna</b>	<b>128</b>		K55-59	5	1		00:16:58	00:34:40	<b>00:52:54.95</b>	+00:23:15 (44.0%)	10:34	5.7 (56.4%)
88	<b>WANCZEWSKA Maria</b>	<b>129</b>		K60-64	3			00:16:41	00:35:51	<b>00:55:44.50</b>	+00:26:05 (46.8%)	11:08	5.4 (53.5%)
89	<b>SZYBUT Milena</b>	<b>121</b>	POTĘGA NORDICA	K-Dzieci	8			00:17:54	00:37:04	<b>00:56:57.35</b>	+00:27:17 (47.9%)	11:23	5.3 (52.5%)
90	<b>KRETOWICZ Dominika</b>	<b>90</b>		K30-39	4			00:18:24	00:37:57	<b>00:57:08.45</b>	+00:27:29 (48.1%)	11:25	5.3 (52.5%)
91	<b>ŁODZIŃSKA Anna</b>	<b>93</b>		K30-39	5	1		00:18:25	00:38:00	<b>00:57:10.55</b>	+00:27:31 (48.1%)	11:26	5.2 (51.5%)
92	<b>RADECKA Krystyna</b>	<b>199</b>		K80+	1			00:19:44	00:40:03	<b>01:01:01.75</b>	+00:31:22 (51.4%)	12:12	4.9 (48.5%)

Znaleziono 92 wynik(ów)