



ENE 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: Mężczyźni

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	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%)
10	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%)
11	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%)
12	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%)
13	WIŚNIEWSKI Mariusz	132	NW CZŁAPSKI TEAM	M50-54	3			00:11:36	00:23:29	00:35:04.80	+00:05:25 (15.5%)	7:00	8.6 (85.1%)
14	PUKSZTA Krzysiek	105	WESOŁY BORSUK TEAM	M40-44	2			00:11:26	00:23:30	00:35:44.90	+00:06:05 (17.0%)	7:08	8.4 (83.2%)

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								1.68km	3.36km				
15	BREWCZYŃSKI Marcin	55	NW CZŁAPSKI TEAM	M30-39	2			00:11:22	00:23:28	00:36:05.00	+00:06:25 (17.8%)	7:13	8.3 (82.2%)
16	HRYCIUK Waldemar	75	K.S. VICTORIA POTĘGOWO	M65-69	3			00:11:34	00:23:43	00:36:10.70	+00:06:31 (18.0%)	7:14	8.3 (82.2%)
17	CHYRA Jerzy	197	NORDIC SPORT 2021	M45-49	2			00:11:56	00:24:14	00:36:40.20	+00:07:00 (19.1%)	7:20	8.2 (81.2%)
18	ŻYTKOWSKI Andrzej	198	TKKF KRZNA	M60-64	2			00:12:07	00:24:17	00:36:40.70	+00:07:01 (19.1%)	7:20	8.2 (81.2%)
19	GRUSZKA Michał	71	NORDIC SPORT 2021	M45-49	3			00:11:57	00:24:16	00:36:40.80	+00:07:01 (19.1%)	7:20	8.2 (81.2%)
20	KLIMASZEWSKI Bogdan	85	KCJUROWCE	M45-49	4			00:12:08	00:24:23	00:36:50.15	+00:07:10 (19.5%)	7:22	8.1 (80.2%)
21	LACHNIK Hubert	92		M70-74	1			00:12:14	00:24:30	00:36:51.65	+00:07:12 (19.5%)	7:22	8.1 (80.2%)
22	RAZIN Robert	106		M60-64	3			00:11:59	00:24:29	00:36:53.10	+00:07:13 (19.6%)	7:22	8.1 (80.2%)
23	CZMOCH Marian	63	NORDIC SPORT 2021	M70-74	2			00:12:14	00:24:34	00:37:12.35	+00:07:32 (20.3%)	7:26	8.1 (80.2%)
24	ADAMCZYK Bogdan	51	BASZTA BYTÓW	M50-54	4			00:12:03	00:24:47	00:37:41.00	+00:08:01 (21.3%)	7:32	8 (79.2%)
25	BUDNY Franciszek	58		M-Dzieci	1			00:12:13	00:24:56	00:37:44.45	+00:08:05 (21.4%)	7:32	8 (79.2%)
26	PODSIADŁY Stanisław	103	K.S. VICTORIA POTĘGOWO	M65-69	4	2		00:11:37	00:24:18	00:37:46.15	+00:08:06 (21.5%)	7:33	7.9 (78.2%)
27	ŚLUSARCZYK Grzegorz	123	WESOŁY BORSUK TEAM	M45-49	5			00:12:20	00:25:19	00:37:52.50	+00:08:13 (21.7%)	7:34	7.9 (78.2%)
28	WIŚNIEWSKI Julian	133	SP ŁYSE	M-Dzieci	2			00:12:11	00:24:55	00:38:14.10	+00:08:34 (22.4%)	7:38	7.8 (77.2%)
29	KARASEWICZ Łukasz	81	GMINA WASILKÓW	M30-39	3			00:12:16	00:24:51	00:38:19.60	+00:08:40 (22.6%)	7:39	7.8 (77.2%)
30	RUSINOWICZ Andrzej	107	FABRYKA NORDICA TRZCIANKA	M75-79	1			00:12:25	00:25:23	00:38:21.25	+00:08:41 (22.7%)	7:40	7.8 (77.2%)
31	ŚLUSARCZYK Andrzej	122	WESOŁY BORSUK TEAM	M70-74	3			00:12:26	00:25:37	00:39:08.15	+00:09:28 (24.2%)	7:49	7.7 (76.2%)
32	RZEPECKI Sławomir	108		M50-54	5			00:12:45	00:26:10	00:39:41.05	+00:10:01 (25.3%)	7:56	7.6 (75.2%)
33	JAKUBOWSKI Zbigniew	77		M70-74	4			00:13:14	00:26:42	00:40:10.50	+00:10:31 (26.2%)	8:02	7.5 (74.3%)
34	PALUCH Paweł	101	AVOCADO WELLNESS CLUB	M55-59	3			00:13:08	00:26:47	00:40:26.85	+00:10:47 (26.7%)	8:05	7.4 (73.3%)
35	WANDTKE Antoni	130		M70-74	5			00:13:12	00:26:39	00:40:36.10	+00:10:56 (27.0%)	8:07	7.4 (73.3%)
36	KRAKOWSKI Igor	89	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	3			00:13:04	00:26:57	00:40:42.90	+00:11:03 (27.2%)	8:08	7.4 (73.3%)
37	SOKOŁOWSKI Mariusz	113		M40-44	3			00:13:57	00:27:45	00:41:29.55	+00:11:50 (28.5%)	8:17	7.2 (71.3%)

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38	BUDNY Sławomir	57		M- Niepełnosprawni(B)	1			00:13:53	00:27:46	00:41:42.50	+00:12:03 (28.9%)	8:20	7.2 (71.3%)
39	POGORZELSKI Kamil	104		M18-29	3			00:13:37	00:27:39	00:42:17.10	+00:12:37 (29.9%)	8:27	7.1 (70.3%)
40	THOMALLA Bogdan	126	NORDIC SPORT 2021	M80+	1			00:14:06	00:28:07	00:42:26.45	+00:12:47 (30.1%)	8:29	7.1 (70.3%)
41	SAWICKI Przemek	110	KCJUROWCE	M30-39	4			00:14:27	00:28:18	00:42:39.25	+00:12:59 (30.5%)	8:31	7 (69.3%)
42	ZIELIŃSKI Ryszard	138	PUKS JEDYNKA	M65-69	5			00:14:06	00:29:00	00:43:34.90	+00:13:55 (31.9%)	8:42	6.9 (68.3%)
43	ADAMOWICZ Andrzej	52		M75-79	2			00:14:27	00:29:02	00:43:48.50	+00:14:09 (32.3%)	8:45	6.8 (67.3%)
44	BUDNY Stanisław	59		M-Jun.	1			00:15:10	00:30:30	00:45:33.90	+00:15:54 (34.9%)	9:06	6.6 (65.3%)
45	OLSZAŃSKI Karol	100	PRUSZYŃSKI SPORT TEAM	M45-49	6			00:14:25	00:29:25	00:45:35.10	+00:15:55 (34.9%)	9:07	6.6 (65.3%)
46	SZNAJDER Zenon	118		M70-74	6			00:14:10	00:29:45	00:46:48.15	+00:17:08 (36.6%)	9:21	6.4 (63.4%)
47	ŚLUSARCZYK Błażej	124	WESOŁY BORSUK TEAM	M-Dzieci	4			00:15:15	00:31:23	00:47:29.15	+00:17:49 (37.5%)	9:29	6.3 (62.4%)
48	BERESKA Maksymilian	53	NORDIC SPORT 2021	M-Dzieci	5			00:15:52	00:32:19	00:48:27.15	+00:18:47 (38.8%)	9:41	6.2 (61.4%)

Znaleziono 48 wynik(ów)