



# FINAŁ ENEA POLISH NORDIC WALKING CUP - POTĘGOWO - 10KM - 10/10

B4SPORT

**Wydarzenie:** FINAŁ ENEA POLISH NORDIC WALKING CUP  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-10-01  
**Miejsce:** Potęgowo  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap 2.5km 2.5km	Laps_5km 5km	Lap 7.5km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MARCZAK Tomasz</b>	<b>234</b>	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:50	00:30:08	00:45:38	<b>01:01:50.62</b>		6:11	9.7 (100%)
2	<b>WOJTOWICZ Tomasz</b>	<b>254</b>	K.B. ATHLETIC ZRĘCIN / NSZZ SOLIDARNOŚĆ W GAP	M30-39	1			00:14:49	00:30:25	00:46:52	<b>01:03:37.95</b>	+00:01:47 (2.8%)	6:21	9.4 (96.9%)
3	<b>POLKOWSKI Piotr</b>	<b>255</b>	NW CZŁAPSKI TEAM	M30-39	2			00:15:29	00:31:34	00:48:04	<b>01:04:45.95</b>	+00:02:55 (4.5%)	6:28	9.3 (95.9%)
4	<b>WOJTASIŃSKI Daniel</b>	<b>249</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:16:04	00:32:29	00:48:59	<b>01:05:35.16</b>	+00:03:44 (5.7%)	6:33	9.1 (93.8%)
5	<b>BIELECKA Zuzanna</b>	<b>215</b>	NW CZŁAPSKI TEAM	K40-49	1			00:16:01	00:32:28	00:49:10	<b>01:06:02.55</b>	+00:04:11 (6.4%)	6:36	9.1 (93.8%)
6	<b>KABATA Jarosław</b>	<b>228</b>	NORDIC SPORT 2021	M50-59	1			00:15:47	00:32:18	00:49:16	<b>01:06:14.00</b>	+00:04:23 (6.6%)	6:37	9.1 (93.8%)
7	<b>JUREK Adam</b>	<b>227</b>	KGHM METRACO	M60-69	1			00:16:41	00:33:26	00:49:56	<b>01:06:29.36</b>	+00:04:38 (7.0%)	6:38	9 (92.8%)
8	<b>BARTOSIEWICZ Łukasz</b>	<b>213</b>	LUKI TEAM POLSKA	M30-39	3			00:16:36	00:33:23	00:50:03	<b>01:06:29.96</b>	+00:04:39 (7.0%)	6:38	9 (92.8%)
9	<b>HELWICH Stefan</b>	<b>224</b>	KGHM METRACO	M60-69	2			00:16:26	00:33:19	00:50:13	<b>01:06:39.01</b>	+00:04:48 (7.2%)	6:39	9 (92.8%)
10	<b>JĘDRASIAK Renata</b>	<b>225</b>	KGHM METRACO	K50-59	1			00:16:12	00:32:51	00:49:49	<b>01:06:54.38</b>	+00:05:03 (7.6%)	6:41	9 (92.8%)
11	<b>BIBKO Martin</b>	<b>214</b>	SPEEDBAR	M40-49	2			00:16:17	00:33:16	00:49:54	<b>01:07:04.40</b>	+00:05:13 (7.8%)	6:42	8.9 (91.8%)
12	<b>PRZYBORKIEWICZ Kriss</b>	<b>238</b>	PIERNIKI TORUŃ	M40-49	3			00:16:04	00:32:39	00:50:12	<b>01:07:33.13</b>	+00:05:42 (8.5%)	6:45	8.9 (91.8%)
13	<b>LABUS Marzena</b>	<b>233</b>	NORDIC SPORT 2021	K30-39	1			00:16:45	00:33:46	00:50:50	<b>01:07:57.15</b>	+00:06:06 (9.0%)	6:47	8.8 (90.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap		Lap	Czas	Różn	Tempo min/km	Tempo km/h
								2.5km	Laps_5km	7.5km	10km			
14	<b>CHYRA Janusz</b>	<b>216</b>	NORDIC SPORT 2021	M40-49	4			00:16:57	00:34:19	00:51:26	<b>01:08:20.23</b>	+00:06:29 (9.5%)	6:50	8.8 (90.7%)
15	<b>SZCZUDLIK Małgorzata</b>	<b>247</b>	KIJKOWE TRZEMESZNO	K40-49	2			00:17:09	00:34:35	00:51:52	<b>01:09:17.77</b>	+00:07:27 (10.8%)	6:55	8.7 (89.7%)
16	<b>MĄDRY Grzegorz</b>	<b>235</b>	KIJKOWE TRZEMESZNO	M60-69	3			00:17:16	00:34:44	00:52:05	<b>01:09:43.53</b>	+00:07:52 (11.3%)	6:58	8.6 (88.7%)
17	<b>CZŁAPSKI Krzysztof</b>	<b>218</b>	NW CZŁAPSKI TEAM	M50-59	2			00:17:04	00:34:55	00:52:28	<b>01:10:08.17</b>	+00:08:17 (11.8%)	7:00	8.6 (88.7%)
18	<b>RAJEK Magdalena</b>	<b>239</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:17:22	00:35:01	00:52:52	<b>01:10:50.88</b>	+00:09:00 (12.7%)	7:05	8.5 (87.6%)
19	<b>FRANCZAK Małgorzata</b>	<b>221</b>	NW CZŁAPSKI TEAM	K18-29	1			00:17:32	00:35:31	00:53:38	<b>01:11:53.29</b>	+00:10:02 (14.0%)	7:11	8.3 (85.6%)
20	<b>ZDRZAŁEK Alicja</b>	<b>252</b>	NORDIC SPORT 2021	K40-49	4			00:17:20	00:35:39	00:54:02	<b>01:12:34.00</b>	+00:10:43 (14.8%)	7:15	8.3 (85.6%)
21	<b>KOWACZ Agata</b>	<b>230</b>	SPEEDBAR	K40-49	5			00:17:30	00:35:43	00:54:11	<b>01:12:34.70</b>	+00:10:44 (14.8%)	7:15	8.3 (85.6%)
22	<b>MIDOŃSKI Arkadiusz</b>	<b>236</b>		M30-39	4			00:17:58	00:36:37	00:55:47	<b>01:14:58.68</b>	+00:13:08 (17.5%)	7:29	8 (82.5%)
23	<b>CZAJKA Urszula</b>	<b>217</b>	KGHM METRACO	K60-69	1			00:18:18	00:37:04	00:55:48	<b>01:15:04.38</b>	+00:13:13 (17.6%)	7:30	8 (82.5%)
24	<b>BALON Marek</b>	<b>211</b>		M50-59	3			00:18:29	00:37:19	00:56:17	<b>01:15:14.67</b>	+00:13:24 (17.8%)	7:31	8 (82.5%)
25	<b>SZCZĘŚNIAK Zbigniew</b>	<b>246</b>	NORDIC TEAM CZĘSTOCHOWA	M60-69	4			00:18:34	00:37:37	00:56:41	<b>01:15:24.78</b>	+00:13:34 (18.0%)	7:32	8 (82.5%)
26	<b>CZMOCH Marian</b>	<b>219</b>	PUKS JEDYNKA	M70+	1			00:18:37	00:37:23	00:56:26	<b>01:15:34.42</b>	+00:13:43 (18.2%)	7:33	7.9 (81.4%)
27	<b>FRANCZAK Dariusz</b>	<b>223</b>	NW CZŁAPSKI TEAM	M50-59	4			00:19:00	00:37:52	00:56:52	<b>01:15:53.25</b>	+00:14:02 (18.5%)	7:35	7.9 (81.4%)
28	<b>KUŁAKOWSKA Halina</b>	<b>231</b>	KATOWICKI NORDIC WALKING	K40-49	6			00:18:17	00:37:18	00:56:51	<b>01:16:30.16</b>	+00:14:39 (19.2%)	7:39	7.8 (80.4%)
29	<b>ŚLUSARCZYK Andrzej</b>	<b>248</b>	WESOŁY BORSUK TEAM	M70+	2			00:18:49	00:38:09	00:57:31	<b>01:16:47.93</b>	+00:14:57 (19.5%)	7:40	7.8 (80.4%)
30	<b>BARTOSIEWICZ Włodzimierz</b>	<b>212</b>	LUKI TEAM POLSKA	M60-69	5			00:18:54	00:37:52	00:57:11	<b>01:16:56.71</b>	+00:15:06 (19.6%)	7:41	7.8 (80.4%)
31	<b>SKRZĄTEK Lucyna</b>	<b>242</b>	NORDIC SPORT 2021	K50-59	2			00:19:16	00:38:44	00:58:32	<b>01:18:29.34</b>	+00:16:38 (21.2%)	7:50	7.6 (78.4%)
32	<b>SOROKA-MITUŁA Grażyna</b>	<b>243</b>		K40-49	7			00:19:49	00:39:55	00:59:46	<b>01:19:19.39</b>	+00:17:28 (22.0%)	7:55	7.6 (78.4%)
33	<b>PIEŃKOWSKA Urszula</b>	<b>237</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	8			00:19:02	00:38:46	00:59:16	<b>01:20:24.77</b>	+00:18:34 (23.1%)	8:02	7.5 (77.3%)
34	<b>FRANCZAK Anna</b>	<b>222</b>	NW CZŁAPSKI TEAM	K50-59	3			00:20:50	00:42:00	01:03:08	<b>01:24:25.17</b>	+00:22:34 (26.7%)	8:26	7.1 (73.2%)
35	<b>WOJTYCZKA Alicja</b>	<b>250</b>	NORDIC SPORT 2021	K60-69	2			00:20:53	00:42:05	01:03:54	<b>01:25:30.50</b>	+00:23:39 (27.7%)	8:33	7 (72.2%)
36	<b>SAPUŁA Wiktoria</b>	<b>241</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:21:39	00:42:51	01:04:40	<b>01:26:01.81</b>	+00:24:11 (28.1%)	8:36	7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap		Czas netto 10km	Różn	Tempo min/km	Tempo km/h	
								2.5km 2.5km	Laps_5km 5km					
37	<b>STATNIK Genowefa</b>	<b>244</b>	SUCHY LAS	K70+	1			00:20:55	00:42:16	01:04:18	<b>01:26:54.75</b>	+00:25:04 (28.8%)	8:41	6.9 (71.1%)
38	<b>ZMUDA Pawel</b>	<b>253</b>	GOK GŁÓWCZYCE	M30-39	5			00:21:48	00:43:39	01:05:05	<b>01:27:01.28</b>	+00:25:10 (28.9%)	8:42	6.9 (71.1%)
39	<b>STATNIK Tomasz</b>	<b>245</b>	SUCHY LAS	M60-69	6			00:20:45	00:42:34	01:04:54	<b>01:27:18.75</b>	+00:25:28 (29.2%)	8:43	6.9 (71.1%)
40	<b>UKLEJA Katarzyna</b>	<b>260</b>	POTĘGA NORDICA	K30-39	2			00:21:29	00:43:40			+00:13:32	8:44	6.9 (71.1%)

Znaleziono 40 wynik(ów)