



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

B4SPORT

**Event:** FINAŁ ENEA POLISH NORDIC WALKING CUP  
**Organiser:** Polskie Zrzeszenie Nordic Walking  
**Date:** 2022-10-01  
**Place:** Potęgowo  
**Distance:** 10 km



Classification: OPEN -M

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Lap 2.5km	Laps_5km	Lap 7.5km	Net time 10km	Gap	Pace min/km	Pace 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>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%)
6	<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%)
7	<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%)
8	<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%)
9	<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%)
10	<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%)
11	<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%)
12	<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%)
13	<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%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Lap		Lap	Net	Gap	Pace min/km	Pace km/h
								2.5km	Laps_5km 5km	7.5km 7.5km	time 10km			
14	<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%)
15	<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%)
16	<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%)
17	<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%)
18	<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%)
19	<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%)
20	<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%)
21	<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%)
22	<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%)

Total 22 results.