



FINAŁ ENEA POLISH NORDIC WALKING CUP - POTĘGOWO - 5KM - 10/10

B4SPORT

Wydarzenie: FINAŁ ENEA POLISH NORDIC WALKING CUP
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-10-01
Miejsce: Potęgowo
Dystans: 5 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	189		M50-54	1			00:14:13	00:29:11.70		5:50	10.3 (100%)
2	MARCZAK Tomasz	100	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:34	00:29:40.90	+00:00:29 (1.6%)	5:56	10.1 (98.1%)
3	ORDZOWIAŁY Piotr	116	NIWAOSIELEC	M55-59	1			00:14:31	00:29:50.09	+00:00:38 (2.1%)	5:58	10.1 (98.1%)
4	WOJTOWICZ Tomasz	192	K.B. ATHLETIC ZRĘCIN / NSZZ SOLIDARNOŚĆ W GAP	M30-39	1			00:14:33	00:30:21.45	+00:01:09 (3.8%)	6:04	9.9 (96.1%)
5	CYRUS Bogdan	20	SILESIA NORDIC TEAM	M50-54	2			00:14:41	00:30:23.41	+00:01:11 (3.9%)	6:04	9.9 (96.1%)
6	WOROCH Roman	193	KGHM METRACO	M60-64	1			00:16:10	00:32:12.58	+00:03:00 (9.4%)	6:26	9.3 (90.3%)
7	POLKOWSKI Piotr	266	NW CZŁAPSKI TEAM	M30-39	2			00:15:43	00:32:18.67	+00:03:06 (9.6%)	6:27	9.3 (90.3%)
8	FRAĆKOWIAK Roman	39	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:15:49	00:32:21.35	+00:03:09 (9.8%)	6:28	9.3 (90.3%)
9	ROŻYNEK Miron	139	KGHM METRACO	M55-59	2			00:16:04	00:32:21.98	+00:03:10 (9.8%)	6:28	9.3 (90.3%)
10	BRZOZOWSKI Piotr	258	AKTYWNI POSTOMINO	M30-39	3			00:15:59	00:32:23.02	+00:03:11 (9.8%)	6:28	9.3 (90.3%)
11	ZDANOWICZ Arkadiusz	196	R. D. B. KRYSIUK MIŃSK MAZ.	M40-44	1			00:16:10	00:32:23.06	+00:03:11 (9.8%)	6:28	9.3 (90.3%)
12	HELWICH Stefan	53	KGHM METRACO	M65-69	1			00:16:17	00:32:32.85	+00:03:21 (10.3%)	6:30	9.2 (89.3%)
13	OLSZAŃSKI Karol	115	FEAR THE RETURN	M45-49	1			00:16:03	00:32:33.04	+00:03:21 (10.3%)	6:30	9.2 (89.3%)

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14	WOJTASIŃSKI Daniel	191	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:16:04	00:32:45.22	+00:03:33 (10.9%)	6:33	9.2 (89.3%)
15	MAŚLANKA Jacek	101		M55-59	3			00:16:18	00:32:48.47	+00:03:36 (11.0%)	6:33	9.1 (88.3%)
16	MISZTAL Grzegorz	107	MASZYCANKA MASZYCE	M30-39	4			00:16:02	00:33:04.46	+00:03:52 (11.7%)	6:36	9.1 (88.3%)
17	BREWKA Joachim	16	NORDIC SPORT 2021	M55-59	4			00:16:45	00:33:34.65	+00:04:22 (13.1%)	6:42	8.9 (86.4%)
18	PARZYBUT Jan	120	POSTĘP PNIEWY TEAM	M55-59	5			00:16:43	00:33:47.39	+00:04:35 (13.6%)	6:45	8.9 (86.4%)
19	GAJEWSKI Eugeniusz	41	KGHM METRACO	M65-69	2			00:16:41	00:33:56.96	+00:04:45 (14.0%)	6:47	8.8 (85.4%)
20	RAKOWIECKI Zbigniew	134	POLIPACK TEAM GWE	M60-64	2			00:16:50	00:34:05.48	+00:04:53 (14.4%)	6:49	8.8 (85.4%)
21	CZŁAPSKI Krzysztof	268	NW CZŁAPSKI TEAM	M55-59	6			00:16:45	00:34:10.49	+00:04:58 (14.6%)	6:50	8.8 (85.4%)
22	GŁOGOWSKI Wojciech	45	KGHM METRACO	M-Jun.	1			00:16:51	00:34:15.64	+00:05:03 (14.8%)	6:51	8.8 (85.4%)
23	BIBKO Martin	6	SPEEDBAR	M45-49	2			00:16:30	00:34:19.57	+00:05:07 (14.9%)	6:51	8.7 (84.5%)
24	KABATA Jarosław	63	NORDIC SPORT 2021	M50-54	4			00:16:43	00:34:25.42	+00:05:13 (15.2%)	6:53	8.7 (84.5%)
25	CHYRA Janusz	17	NORDIC SPORT 2021	M45-49	3			00:17:21	00:34:53.94	+00:05:42 (16.3%)	6:58	8.6 (83.5%)
26	GIERSZEWSKI Arkadiusz	44	BŁĘKITNI DZIEMIANY	M40-44	3			00:17:00	00:34:59.42	+00:05:47 (16.6%)	6:59	8.6 (83.5%)
27	KONKOL Andrzej	74	KREATIVSPORT LĘBORK	M65-69	3			00:17:24	00:35:04.77	+00:05:53 (16.8%)	7:00	8.6 (83.5%)
28	KLAWCZYŃSKI Marcin	69	AKTYWNIE W PNIEWACH	M30-39	5			00:17:00	00:35:20.56	+00:06:08 (17.4%)	7:04	8.5 (82.5%)
29	SANIUK Edward	144		M70-74	1			00:17:49	00:35:33.86	+00:06:22 (17.9%)	7:06	8.4 (81.6%)
30	KRIGER Roman	86	MAPEI POLSKA	M60-64	3			00:17:43	00:36:08.45	+00:06:56 (19.2%)	7:13	8.3 (80.6%)
31	KUREK Aleksander	91	KGHM METRACO	M-Dzieci	1			00:17:46	00:36:08.74	+00:06:57 (19.2%)	7:13	8.3 (80.6%)
32	GORTAT Bogumił	46	NORDA ACTIVE TEAM	M40-44	4			00:17:47	00:36:27.20	+00:07:15 (19.9%)	7:17	8.2 (79.6%)
33	SZYMAŃSKI Stefan	169	XV KOŁO PZERII W DYWITACH	M75-79	1			00:17:55	00:36:32.23	+00:07:20 (20.1%)	7:18	8.2 (79.6%)
34	DUSZEŃKO Zygmunt	32	KGHM METRACO	M- Niepełnosprawni(A)	1			00:18:17	00:36:35.83	+00:07:24 (20.2%)	7:19	8.2 (79.6%)
35	PLEWIŃSKI Rafał	125	NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:18:11	00:36:40.66	+00:07:28 (20.4%)	7:20	8.2 (79.6%)
36	ŚLUSARCZYK Grzegorz	172	WESOŁY BORSUK TEAM	M45-49	4			00:18:06	00:36:43.04	+00:07:31 (20.5%)	7:20	8.2 (79.6%)

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37	ZAWADZKI Krzysztof	195	WETERAN	M- Niepełnosprawni(B)	1			00:18:19	00:36:47.32	+00:07:35 (20.6%)	7:21	8.2 (79.6%)
38	ŚLUSARCZYK Andrzej	171	WESOŁY BORSUK TEAM	M70-74	2			00:18:33	00:37:07.94	+00:07:56 (21.4%)	7:25	8.1 (78.6%)
39	RUSINOWICZ Andrzej	140	NIEZRZESZONY	M75-79	2			00:18:18	00:37:20.82	+00:08:09 (21.8%)	7:28	8 (77.7%)
40	HARENDA Dawid	52	NIEZRZESZONY	M-Dzieci	2			00:18:42	00:37:42.73	+00:08:31 (22.6%)	7:32	8 (77.7%)
41	WICZKOWSKI Aleksander	183		M-Dzieci	3			00:18:23	00:38:06.35	+00:08:54 (23.4%)	7:37	7.9 (76.7%)
42	CZEKRYSEW Andrzej	23	SERCE NORDICA WŁOCLAWEK	M- Niepełnosprawni(A)	2			00:18:44	00:38:09.07	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
43	GRUSZKA Michał	47	NORDIC SPORT 2021	M45-49	5			00:18:50	00:38:09.45	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
44	CZMOCH Marian	24	PUKS JEDYNKA	M70-74	3			00:18:34	00:38:09.71	+00:08:58 (23.5%)	7:37	7.9 (76.7%)
45	BERCZYŃSKI Henryk	5	NADLEŚNICTWO OKONEK	M65-69	4			00:19:03	00:38:30.77	+00:09:19 (24.2%)	7:42	7.8 (75.7%)
46	ŚLUSARCZYK Marcin	170	WESOŁY BORSUK TEAM	M40-44	5			00:17:28	00:38:35.87	+00:09:24 (24.4%)	7:43	7.8 (75.7%)
47	KOWALSKI Iwo	81		M-Dzieci	4			00:18:13	00:38:36.70	+00:09:25 (24.4%)	7:43	7.8 (75.7%)
48	ŁĘCKI Jan	96	WŁÓCZYKIJE GDYNIA	M- Niepełnosprawni(A)	3			00:19:11	00:38:38.52	+00:09:26 (24.4%)	7:43	7.8 (75.7%)
49	MROCZEK Bartosz	204		M18-29	2			00:19:14	00:39:28.99	+00:10:17 (26.1%)	7:53	7.6 (73.8%)
50	ZWIERZ Andrzej	200	ACTIVE FAMILY PASŁĘK	M65-69	5			00:19:35	00:39:34.66	+00:10:22 (26.2%)	7:54	7.6 (73.8%)
51	WANDTKE Antoni	181		M70-74	4			00:19:35	00:39:45.27	+00:10:33 (26.6%)	7:57	7.5 (72.8%)
52	FRANCZAK Dariusz	38	NW CZŁAPSKI TEAM	M55-59	7			00:20:05	00:40:22.82	+00:11:11 (27.7%)	8:04	7.4 (71.8%)
53	PRACKI Zbigniew	130	SERCE NORDICA WŁOCLAWEK	M55-59	8			00:20:07	00:40:24.74	+00:11:13 (27.8%)	8:04	7.4 (71.8%)
54	JABŁOŃSKI Filip	56		M-Dzieci	5			00:19:20	00:40:40.81	+00:11:29 (28.2%)	8:08	7.4 (71.8%)
55	BIKIWSKI Marek	9	LĘBORSKIE LWY	M- Niepełnosprawni(A)	4			00:20:10	00:40:41.99	+00:11:30 (28.3%)	8:08	7.4 (71.8%)
56	GRYGOROWICZ Bogdan	49	KGHM METRACO	M- Niepełnosprawni(B)	2			00:20:07	00:40:43.81	+00:11:32 (28.3%)	8:08	7.4 (71.8%)
57	SZNAJDER Zenon	162		M70-74	5			00:19:51	00:40:58.66	+00:11:46 (28.8%)	8:11	7.3 (70.9%)
58	DEPCZYŃSKI Rafał	26	ACTIVE FAMILY PASŁĘK	M50-54	5			00:20:34	00:41:16.47	+00:12:04 (29.3%)	8:15	7.3 (70.9%)
59	JAKUBOWSKI Zbigniew	201		M70-74	6			00:20:06	00:41:21.33	+00:12:09 (29.4%)	8:16	7.3 (70.9%)

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60	LEWICKI Szymon	202		M-Dzieci	6			00:21:02	00:41:36.35	+00:12:24 (29.8%)	8:19	7.2 (69.9%)
61	STEFAŃSK Ksawery	154		M-Dzieci	7			00:21:04	00:41:36.84	+00:12:25 (29.8%)	8:19	7.2 (69.9%)
62	BŁASZAK Maksymilian	11	KGHM METRACO	M-Jun.	2			00:20:28	00:42:03.74	+00:12:52 (30.6%)	8:24	7.1 (68.9%)
63	THOMALLA Bogdan	177	EKIPA NA KIJACH	M80+	1			00:20:52	00:42:18.90	+00:13:07 (31.0%)	8:27	7.1 (68.9%)
64	DEPCZYŃSKI Adam	27	ACTIVE FAMILY PASŁĘK	M-Jun.	3			00:20:52	00:42:28.31	+00:13:16 (31.3%)	8:29	7.1 (68.9%)
65	KOTUSIEWICZ Grzegorz	77		M60-64	4			00:20:30	00:42:29.34	+00:13:17 (31.3%)	8:29	7.1 (68.9%)
66	LUBAŃSKI Tomasz	94	SERCE NORDICA WŁOCŁAWEK	M60-64	5			00:20:50	00:42:33.85	+00:13:22 (31.4%)	8:30	7.1 (68.9%)
67	KOGUT Filip	72		M-Dzieci	8			00:21:22	00:42:43.68	+00:13:31 (31.7%)	8:32	7 (68.0%)
68	SZMAJDA Filip	159		M-Dzieci	9			00:21:36	00:42:47.62	+00:13:35 (31.8%)	8:33	7 (68.0%)
69	HAJNUS Wojciech	51		M55-59	9			00:21:05	00:42:55.29	+00:13:43 (32.0%)	8:35	7 (68.0%)
70	GAPSKI Kamil	43	KS POTĘGOWO	M30-39	7			00:20:45	00:43:10.53	+00:13:58 (32.4%)	8:38	6.9 (67.0%)
71	ADAMOWICZ Andrzej	1		M75-79	3			00:21:05	00:43:11.23	+00:13:59 (32.4%)	8:38	6.9 (67.0%)
72	MIKOŁAJCZYK Aleksander	104		M-Dzieci	10			00:21:37	00:43:23.88	+00:14:12 (32.7%)	8:40	6.9 (67.0%)
73	PLUTO-PRĄDZYŃSKI Kacper	128	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	11			00:22:15	00:43:37.45	+00:14:25 (33.1%)	8:43	6.9 (67.0%)
74	KOZŁOWSKI Dominik	85	SP SKÓROWO	M-Dzieci	12			00:21:16	00:43:41.16	+00:14:29 (33.2%)	8:44	6.9 (67.0%)
75	BARAN Aleksander	3		M-Dzieci	13			00:21:46	00:43:55.19	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
76	PIĄTKOWSKI Józef	122	KGHM METRACO	M75-79	4			00:21:44	00:44:10.36	+00:14:58 (33.9%)	8:50	6.8 (66.0%)
77	TĘCZA Igor	176		M-Dzieci	14			00:23:03	00:44:35.45	+00:15:23 (34.5%)	8:55	6.7 (65.0%)
78	PIENIAK Michał	123		M-Dzieci	15			00:21:23	00:44:52.02	+00:15:40 (34.9%)	8:58	6.7 (65.0%)
79	CIESIELCZYK Tymoteusz	19	POTĘGA NORDICA	M-Dzieci	16			00:21:52	00:45:53.53	+00:16:41 (36.4%)	9:10	6.5 (63.1%)
80	SŁOWIK Stanisław	149	KGHM METRACO	M-Dzieci	17			00:23:05	00:46:05.55	+00:16:53 (36.7%)	9:13	6.5 (63.1%)
81	MILEWSKI Paweł	206	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	5			00:22:48	00:46:34.78	+00:17:23 (37.3%)	9:18	6.4 (62.1%)
82	ŚLUSARCZYK Błażej	173	WESOŁY BORSUK TEAM	M-Dzieci	18			00:23:23	00:46:57.65	+00:17:45 (37.8%)	9:23	6.4 (62.1%)

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83	URBANOWICZ Bartosz	180		M-Dzieci	19			00:23:59	00:47:54.86	+00:18:43 (39.1%)	9:34	6.3 (61.2%)
84	BOYKE Aleksander	15		M-Dzieci	20			00:24:12	00:49:18.65	+00:20:06 (40.8%)	9:51	6.1 (59.2%)
85	KULCZYCKI Jan	88		M70-74	7			00:26:09	00:51:42.49	+00:22:30 (43.5%)	10:20	5.8 (56.3%)
86	KASIŃSKI Andrzej	210	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	6			00:25:49	00:53:45.16	+00:24:33 (45.7%)	10:45	5.6 (54.4%)
87	GAŁKA Robert	208	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	7			00:26:47	00:54:14.34	+00:25:02 (46.2%)	10:50	5.5 (53.4%)
88	MLECZAK Eugeniusz	203		M80+	2			00:27:33	00:55:45.01	+00:26:33 (47.6%)	11:09	5.4 (52.4%)
89	SZTANDERA Szymon	164	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	8			00:28:36		+00:14:23	11:26	5.2 (50.5%)
90	KOS Krzysztof	75	GMINA POTĘGOWO	M30-39	8		1					(0.0%)
91	WILKOWSKI Paweł	261		M40-44	6							(0.0%)
92	MANDYS Krzysztof	207	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	9							(0.0%)

Znaleziono 92 wynik(ów)