



ENEA POLISH NORDIC WALKING CUP - SĘDZISZÓW MAŁOPOLSKI - 10KM - 7/10

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 7/10
Organizator: SĘDZISZÓW MAŁOPOLSKI
Data: Polskie Zrzeszenie Nordic Walking
Miejsce: 2022-07-30
Dystans: SĘDZISZÓW MAŁOPOLSKI
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.7km 1.7km	3.1km 3.1km	Laps_5km 5km	6.7km 6.7km	8.5km 8.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	46	KKB MOSIR KROSNO	M30-39	1	2		00:09:38	00:19:43	00:30:04	00:40:34	00:51:09	01:01:43.10		6:10	9.7 (100%)
2	MARCZAK Tomasz	24	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:09:42	00:19:54	00:30:15	00:40:47	00:51:30	01:03:12.20	+00:01:29 (2.3%)	6:19	9.5 (97.9%)
3	WOJTOWICZ Tomasz	47	LT POLAND	M30-39	2	2		00:09:33	00:19:45	00:30:28	00:42:03	00:53:49	01:05:46.40	+00:04:03 (6.2%)	6:34	9.1 (93.8%)
4	SOSNOWSKA Agnieszka	36	KABEX PODKOWA JANÓW	K30-39	1			00:10:55	00:21:52	00:32:52	00:44:05	00:55:35	01:07:23.15	+00:05:40 (8.4%)	6:44	8.9 (91.8%)
5	BIELECKA Zuzanna	3	NW CZŁAPSKI TEAM	K40-49	1			00:10:59	00:22:06	00:33:25	00:44:49	00:56:24	01:08:05.45	+00:06:22 (9.4%)	6:48	8.8 (90.7%)
6	SKIBA Krzysztof	33	KGHM METRACO	M60-69	1			00:10:33	00:21:48	00:33:10	00:44:53	00:56:46	01:08:48.95	+00:07:05 (10.3%)	6:52	8.7 (89.7%)
7	KABATA Jarosław	19	NORDIC SPORT 2021	M50-59	1			00:10:32	00:21:50	00:33:26	00:45:14	00:57:13	01:08:49.35	+00:07:06 (10.3%)	6:52	8.7 (89.7%)
8	ZACZYŃSKA-SKIBA Anna	44	KGHM METRACO	K40-49	2			00:10:59	00:22:14	00:33:38	00:45:23	00:56:59	01:08:52.55	+00:07:09 (10.4%)	6:53	8.7 (89.7%)
9	BIBKO Martin	2	SPEEDBAR	M40-49	1			00:10:31	00:21:47	00:33:23	00:45:11	00:57:11	01:08:59.20	+00:07:16 (10.5%)	6:53	8.7 (89.7%)
10	BARTOSIEWICZ Łukasz	1	LUKI TEAM POLSKA	M30-39	3			00:11:00	00:22:41	00:34:27	00:46:01	00:57:43	01:09:26.20	+00:07:43 (11.1%)	6:56	8.6 (88.7%)
11	JĘDRASIAK Renata	15	KGHM METRACO	K50-59	1	2		00:11:00	00:22:16	00:33:46	00:45:28	00:57:27	01:09:34.95	+00:07:51 (11.3%)	6:57	8.6 (88.7%)
12	JUREK Adam	18	KGHM METRACO	M60-69	2	2		00:10:59	00:22:28	00:34:10	00:45:52	00:57:45	01:09:36.10	+00:07:53 (11.3%)	6:57	8.6 (88.7%)
13	PRZYSTARZ Grzegorz	29	OBORYGENI	M50-59	2			00:10:51	00:22:22	00:34:08	00:46:01	00:57:56	01:09:38.25	+00:07:55 (11.4%)	6:57	8.6 (88.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.7km	3.1km	Laps_5km	6.7km	8.5km	Czas	Różn	Tempo min/km	Tempo km/h
								1.7km	3.1km	5km	6.7km	8.5km	netto 10km			
14	SIWAK Piotr	32	KGHM METRACO	M60-69	3			00:10:58	00:22:22	00:34:05	00:45:59	00:57:54	01:09:41.95	+00:07:58 (11.5%)	6:58	8.6 (88.7%)
15	CZŁAPSKI Krzysztof	6	NW CZŁAPSKI TEAM	M50-59	3			00:11:06	00:22:44	00:34:28	00:46:18	00:58:06	01:09:43.45	+00:08:00 (11.5%)	6:58	8.6 (88.7%)
16	HAŁAS Marcin	13		M30-39	4			00:10:55	00:22:35	00:34:28	00:46:29	00:58:13	01:09:46.75	+00:08:03 (11.6%)	6:58	8.6 (88.7%)
17	ZYCH Witold	45		M50-59	4			00:11:27	00:23:10	00:34:54	00:46:44	00:58:29	01:09:48.60	+00:08:05 (11.6%)	6:58	8.6 (88.7%)
18	CHYRA Janusz	4	NORDIC SPORT 2021	M40-49	2			00:11:25	00:23:03	00:34:45	00:46:26	00:58:13	01:09:58.75	+00:08:15 (11.8%)	6:59	8.6 (88.7%)
19	WOJTASIŃSKI Daniel	42	NORDIC TEAM CZĘSTOCHOWA	M40-49	3			00:11:01	00:22:42	00:34:38	00:46:37	00:58:45	01:10:51.95	+00:09:08 (12.9%)	7:05	8.5 (87.6%)
20	LABUS Marzena	22	NORDIC SPORT 2021	K30-39	2			00:11:12	00:23:04	00:35:01	00:46:58	00:59:07	01:11:07.40	+00:09:24 (13.2%)	7:06	8.4 (86.6%)
21	MĄDRY Grzegorz	25	KIJKOWE TRZEMESZNO	M60-69	4			00:11:02	00:22:52	00:34:47	00:47:03	00:59:15	01:11:33.30	+00:09:50 (13.7%)	7:09	8.4 (86.6%)
22	RAJEK Magdalena	30	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:11:32	00:23:40	00:35:58	00:48:23	01:00:39	01:13:07.55	+00:11:24 (15.6%)	7:18	8.2 (84.5%)
23	SZCZUDLIK Małgorzata	39	KIJKOWE TRZEMESZNO	K40-49	4			00:11:15	00:23:22	00:35:47	00:48:23	01:01:45	01:15:04.20	+00:13:21 (17.8%)	7:30	8 (82.5%)
24	KOWACZ Agata	20	SPEEDBAR	K40-49	5			00:11:52	00:24:30	00:37:24	00:50:15	01:03:09	01:16:00.00	+00:14:16 (18.8%)	7:36	7.9 (81.4%)
25	DOMARADZKI Tomasz	8	ACTIVE TEAM KOZŁÓW	M40-49	4			00:11:52	00:24:23	00:37:05	00:50:09	01:03:20	01:16:35.35	+00:14:52 (19.4%)	7:39	7.8 (80.4%)
26	KUŁAKOWSKA Halina	21	KATOWICKI NORDIC WALKING	K40-49	6			00:12:09	00:24:49	00:37:43	00:50:46	01:03:47	01:16:58.75	+00:15:15 (19.8%)	7:41	7.8 (80.4%)
27	CZAJKA Urszula	5		K60-69	1	1		00:12:11	00:24:51	00:37:44	00:50:48	01:04:03	01:17:48.85	+00:16:05 (20.7%)	7:46	7.7 (79.4%)
28	CZMOCH Marian	7	PUKS JEDYNKA	M70+	1	2		00:12:23	00:24:59	00:37:54	00:51:06	01:04:27	01:17:51.50	+00:16:08 (20.7%)	7:47	7.7 (79.4%)
29	FRANCZAK Małgorzata	9	NW CZŁAPSKI TEAM	K18-29	1			00:11:52	00:24:51	00:37:57	00:51:13	01:04:40	01:18:01.85	+00:16:18 (20.9%)	7:48	7.7 (79.4%)
30	GIEŁBAGA Aneta	12	ACTIVE TEAM KOZŁÓW	K40-49	7			00:12:29	00:25:15	00:38:06	00:51:18	01:04:49	01:18:38.60	+00:16:55 (21.5%)	7:51	7.6 (78.4%)
31	SZCZĘŚNIAK Zbigniew	38	NORDIC TEAM CZĘSTOCHOWA	M60-69	5			00:12:31	00:25:41	00:39:12	00:52:56	01:06:34	01:19:58.45	+00:18:15 (22.8%)	7:59	7.5 (77.3%)
32	PAPROCKI Michał	27	ARIDA SILVA ATHLETICA	M40-49	5	2		00:13:04	00:26:21	00:39:49	00:53:16	01:06:37	01:20:04.55	+00:18:21 (22.9%)	8:00	7.5 (77.3%)
33	FRANCZAK Dariusz	11	NW CZŁAPSKI TEAM	M50-59	5			00:13:05	00:26:30	00:39:52	00:53:31	01:07:11	01:20:50.45	+00:19:07 (23.7%)	8:05	7.4 (76.3%)
34	JARUGA Beata	14		K40-49	8			00:12:29	00:25:30	00:39:01	00:53:09	01:07:34	01:21:38.75	+00:19:55 (24.4%)	8:09	7.3 (75.3%)
35	WITALEC Anna	48		K30-39	3	2		00:13:03	00:27:10	00:41:16	00:55:22	01:08:41	01:22:04.30	+00:20:21 (24.8%)	8:12	7.3 (75.3%)
36	SZUKAŁA Rafał	40	ACTIVE TEAM KOZŁÓW	M40-49	6	1		00:13:08	00:26:31	00:40:15	00:54:10	01:08:20	01:22:36.85	+00:20:53 (25.3%)	8:15	7.3 (75.3%)

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37	ŚLUSARCZYK Andrzej	41	WESOŁY BORSUK TEAM	M70+	2			00:12:44	00:26:26	00:40:38	00:54:34	01:08:46	01:23:07.50	+00:21:24 (25.8%)	8:18	7.2 (74.2%)
38	SOROKA-MITUŁA Grażyna	35		K40-49	9			00:12:59	00:26:17	00:40:13	00:54:36	01:09:14	01:24:16.90	+00:22:33 (26.8%)	8:25	7.1 (73.2%)
39	JÓŹWIAK Łukasz	17	SERCE NORDICA WŁOCŁAWEK	M50-59	6			00:13:19	00:27:13	00:41:15	00:55:37	01:10:04	01:24:49.25	+00:23:06 (27.2%)	8:28	7.1 (73.2%)
40	SAPUŁA Wiktoria	31	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:13:30	00:27:49	00:42:12	00:56:51	01:11:35	01:26:14.40	+00:24:31 (28.4%)	8:37	7 (72.2%)
41	STANKOWSKA Marzena	37	KIJKOWE TRZEMESZNO	K40-49	10			00:13:55	00:28:33	00:43:16	00:59:09	01:14:29	01:30:13.55	+00:28:30 (31.6%)	9:01	6.7 (69.1%)
42	FRANCZAK Anna	10	NW CZŁAPSKI TEAM	K50-59	2			00:14:16	00:29:21	00:44:41	01:00:13	01:15:54	01:31:25.65	+00:29:42 (32.5%)	9:08	6.6 (68.0%)
43	WOJTYCZKA Alicja	43	NORDIC SPORT 2021	K60-69	2			00:14:28	00:29:36	00:45:04	01:00:47	01:16:35	01:32:12.95	+00:30:29 (33.1%)	9:13	6.5 (67.0%)
44	MITUŁA Aleksandra	26		K18-29	3	2		00:13:28	00:28:15	00:43:38	00:59:25	01:16:02	01:33:06.55	+00:31:23 (33.7%)	9:18	6.4 (66.0%)

Znaleziono 44 wynik(ów)