ENEA POLISH NORDIC WALKING CUP - WASILKÓW - 5KM - 10/3

Wydarzenie: Polish Nordic Walking Cup 10/3
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-06-04
Miejsce: Wasilków
Dystans: 5 km

HERKULES
www.herkules.org.pl

Klasyfikacja: Wszyscy

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	**WOJTOWICZ Tomasz**	**179**	LUKI TEAM POLSKA	M30-39	1			00:14:26	**00:29:21.40**		6:22	9.4 (100%)
2	**MARCZAK Tomasz**	**129**	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:26	**00:29:44.25**	+00:00:22 (1.3%)	6:27	9.3 (98.9%)
3	**STĘPAK Piotr**	**160**	LUKI TEAM POLSKA	M18-29	2			00:14:56	**00:30:17.15**	+00:00:55 (3.1%)	6:35	9.1 (96.8%)
4	**CYRUS Bogdan**	**89**	SILESIA NORDIC TEAM	M50-54	1			00:14:52	**00:30:18.50**	+00:00:57 (3.1%)	6:35	9.1 (96.8%)
5	**DZIEDIEWICZ Andrzej**	**98**	NW CZŁAPSKI TEAM	M40-44	1			00:14:59	**00:31:10.35**	+00:01:48 (5.8%)	6:46	8.9 (94.7%)
6	**SKIBA Krzysztof**	**158**	KGHM METRACO	M60-64	1			00:15:32	**00:31:25.15**	+00:02:03 (6.6%)	6:49	8.8 (93.6%)
7	**WILUSZ Erwina**	**177**	LUKI TEAM POLSKA/VINGBERG POLSKA	K30-39	1			00:15:21	**00:31:27.25**	+00:02:05 (6.7%)	6:50	8.8 (93.6%)
8	**ROŻYNEK Miron**	**155**	KGHM METRACO	M55-59	1			00:15:37	**00:31:33.45**	+00:02:12 (7.0%)	6:51	8.7 (92.6%)
9	**WOROCH Roman**	**180**	KGHM METRACO	M60-64	2	1		00:15:36	**00:31:42.15**	+00:02:20 (7.4%)	6:53	8.7 (92.6%)
10	**NOSAL Marek**	**134**		M50-54	2			00:15:41	**00:31:58.25**	+00:02:36 (8.2%)	6:56	8.6 (91.5%)
11	**OLSZAŃSKI Karol**	**138**	FEAR THE RETURN	M45-49	1			00:15:37	**00:32:05.70**	+00:02:44 (8.5%)	6:58	8.6 (91.5%)
12	**BIBKO Martin**	**83**	SPEEDBAR	M45-49	2			00:15:51	**00:32:06.65**	+00:02:45 (8.6%)	6:58	8.6 (91.5%)
13	**ZACZYŃSKA-SKIBA Anna**	**182**	KGHM METRACO	K40-44	1			00:15:52	**00:32:17.75**	+00:02:56 (9.1%)	7:01	8.5 (90.4%)
14	**ŚWIDEREK Marcin**	**173**	NW CZŁAPSKI TEAM	M45-49	3			00:15:55	**00:32:24.85**	+00:03:03 (9.4%)	7:02	8.5 (90.4%)

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
15	**MAŚLANKA Jacek**	**131**		M55-59	2			00:15:57	**00:32:26.10**	+00:03:04 (9.5%)	7:03	8.5 (90.4%)
16	**PARZYBUT Jan**	**143**	POSTĘP PNIEWY TEAM	M55-59	3			00:16:07	**00:32:26.55**	+00:03:05 (9.5%)	7:03	8.5 (90.4%)
17	**BIELECKA Zuzanna**	**84**	NW CZŁAPSKI TEAM	K40-44	2			00:16:02	**00:32:32.75**	+00:03:11 (9.8%)	7:04	8.5 (90.4%)
18	**FRĄCKOWIAK Roman**	**101**	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:15:57	**00:32:42.60**	+00:03:21 (10.3%)	7:06	8.4 (89.4%)
19	**WOJTASIŃSKI Daniel**	**178**	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:16:17	**00:33:08.70**	+00:03:47 (11.4%)	7:12	8.3 (88.3%)
20	**BREWKA Joachim**	**86**	NORDIC SPORT 2021	M55-59	4			00:16:22	**00:33:10.80**	+00:03:49 (11.5%)	7:12	8.3 (88.3%)
21	**CZŁAPSKI Krzysztof**	**91**	NW CZŁAPSKI TEAM	M55-59	5			00:16:25	**00:33:49.60**	+00:04:28 (13.2%)	7:21	8.2 (87.2%)
22	**JĘDRASIAK Renata**	**194**	KGHM METRACO	K55-59	1			00:16:55	**00:34:09.00**	+00:04:47 (14.0%)	7:25	8.1 (86.2%)
23	**MAŚLANKA Iwona**	**130**	MARSZ PO ZDROWIE	K50-54	1			00:17:00	**00:34:38.15**	+00:05:16 (15.2%)	7:31	8 (85.1%)
24	**CHYRA Janusz**	**87**	NORDIC SPORT 2021	M45-49	4			00:17:02	**00:34:41.30**	+00:05:19 (15.4%)	7:32	8 (85.1%)
25	**CIEŚLUK Marcin**	**88**	NORDIC TEAM CZĘSTOCHOWA	M-Niepełnosprawni(A)	1			00:17:18	**00:34:42.60**	+00:05:21 (15.4%)	7:32	8 (85.1%)
26	**OKRZESIK-FRĄCKOWIAK Izabela**	**136**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2			00:17:11	**00:34:50.15**	+00:05:28 (15.7%)	7:34	7.9 (84.0%)
27	**HRYCIUK Waldemar**	**184**	TKKF KRZNA BIAŁA PODLASKA	M60-64	3			00:17:22	**00:34:53.85**	+00:05:32 (15.9%)	7:35	7.9 (84.0%)
28	**SZCZUDLIK Małgorzata**	**161**	KIJKOWE TRZEMESZNO	K40-44	3			00:17:15	**00:35:08.20**	+00:05:46 (16.5%)	7:38	7.9 (84.0%)
29	**ŚLUSARCZYK Marcin**	**167**	WESOŁY BORSUK TEAM	M40-44	3			00:16:58	**00:35:09.20**	+00:05:47 (16.5%)	7:38	7.9 (84.0%)
30	**MĄDRY Grzegorz**	**132**	KIJKOWE TRZEMESZNO	M60-64	4			00:17:23	**00:35:28.85**	+00:06:07 (17.3%)	7:42	7.8 (83.0%)
31	**PINIS Agnieszka**	**145**	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:17:34	**00:35:42.00**	+00:06:20 (17.8%)	7:45	7.7 (81.9%)
32	**DUSZEŃKO Zygmunt**	**96**	KGHM METRACO	M-Niepełnosprawni(A)	2			00:17:30	**00:35:48.10**	+00:06:26 (18.0%)	7:46	7.7 (81.9%)
33	**JÓŹWIAK Marianna**	**116**	SERCE NORDICA WŁOCŁAWEK	K45-49	2	1		00:17:59	**00:36:03.70**	+00:06:42 (18.6%)	7:50	7.7 (81.9%)
34	**GUTOWSKA Magda**	**112**	PAUL TEAM	K45-49	3			00:17:59	**00:36:20.25**	+00:06:58 (19.2%)	7:53	7.6 (80.9%)
35	**KRIGER Roman**	**122**	MAPEI POLSKA	M60-64	5			00:17:40	**00:36:20.40**	+00:06:59 (19.2%)	7:53	7.6 (80.9%)
36	**OSAKOWICZ Jarosław**	**139**	NW CZŁAPSKI TEAM	M45-49	5			00:17:50	**00:36:33.55**	+00:07:12 (19.7%)	7:56	7.6 (80.9%)
37	**GĄGÓŁ Krzysztof**	**105**	KGHM METRACO	M40-44	4			00:17:45	**00:36:34.00**	+00:07:12 (19.7%)	7:56	7.5 (79.8%)

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
38	**SZYMAŃSKI Stefan**	**166**	XV KOŁO PZERII W DYWITACH	M75-79	1			00:18:18	**00:36:43.80**	+00:07:22 (20.1%)	7:58	7.5 (79.8%)
39	**KUŁAKOWSKA Halina**	**124**	KATOWICKI NORDIC WALKING	K45-49	4			00:17:55	**00:36:45.60**	+00:07:24 (20.1%)	7:59	7.5 (79.8%)
40	**ŚLUSARCZYK Grzegorz**	**169**	WESOŁY BORSUK TEAM	M45-49	6			00:18:12	**00:36:50.00**	+00:07:28 (20.3%)	8:00	7.5 (79.8%)
41	**PLEWIŃSKI Rafał**	**146**	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:18:24	**00:37:11.50**	+00:07:50 (21.1%)	8:05	7.4 (78.7%)
42	**PANKIEWICZ Ewelina**	**141**	NORDIC SPORT 2021	K30-39	2			00:18:30	**00:37:13.85**	+00:07:52 (21.1%)	8:05	7.4 (78.7%)
43	**HRYCIUK Teresa**	**114**	TKKF KRZNA BIAŁA PODLASKA	K60-64	1			00:18:15	**00:37:14.85**	+00:07:53 (21.2%)	8:05	7.4 (78.7%)
44	**WALCZAK Grzegorz**	**176**		M45-49	7			00:18:09	**00:37:16.80**	+00:07:55 (21.3%)	7:27	8.1 (86.2%)
45	**KOWACZ Agata**	**120**	SPEEDBAR	K40-44	4			00:18:25	**00:37:22.75**	+00:08:01 (21.5%)	8:07	7.4 (78.7%)
46	**KARPOWICZ Janusz**	**118**	BRAK	M65-69	1			00:18:33	**00:37:23.25**	+00:08:01 (21.5%)	8:07	7.4 (78.7%)
47	**RADECKI Artur**	**152**	CHODZĄCY BIAŁYSTOK	M55-59	6			00:18:00	**00:37:27.50**	+00:08:06 (21.6%)	8:08	7.4 (78.7%)
48	**SZPILMAN Katarzyna**	**162**	ESJA TEAM	K50-54	3			00:18:29	**00:37:36.60**	+00:08:15 (21.9%)	8:10	7.3 (77.7%)
49	**CZMOCH Marian**	**92**	PUKS ŁOSICE	M70-74	1			00:18:56	**00:37:48.20**	+00:08:26 (22.3%)	8:13	7.3 (77.7%)
50	**FRANCZAK Małgorzata**	**100**	NW CZŁAPSKI TEAM	K18-29	1			00:18:54	**00:38:16.30**	+00:08:54 (23.3%)	8:19	7.2 (76.6%)
51	**GAŁKOWSKA Elżbieta**	**104**	KGHM METRACO	K65-69	1			00:18:55	**00:38:34.20**	+00:09:12 (23.9%)	8:23	7.2 (76.6%)
52	**GRYGOROWICZ Bogdan**	**111**	KGHM METRACO	M-Niepełnosprawni(B)	1			00:19:16	**00:38:43.95**	+00:09:22 (24.2%)	8:25	7.1 (75.5%)
53	**FRANCZAK Dariusz**	**99**	NW CZŁAPSKI TEAM	M55-59	7			00:19:26	**00:39:14.00**	+00:09:52 (25.2%)	8:31	7 (74.5%)
54	**WNEK Ewa**	**188**	KGHM METRACO	K65-69	2			00:19:15	**00:39:19.10**	+00:09:57 (25.3%)	7:51	7.6 (80.9%)
55	**ŚLUSARCZYK Andrzej**	**168**	WESOŁY BORSUK TEAM	M70-74	2			00:19:44	**00:39:23.30**	+00:10:01 (25.5%)	8:33	7 (74.5%)
56	**SAPUŁA Wiktoria**	**157**	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:19:38	**00:39:35.80**	+00:10:14 (25.9%)	8:36	7 (74.5%)
57	**ŚLUSARCZYK Karolina**	**172**	WESOŁY BORSUK TEAM	K18-29	3			00:19:41	**00:39:40.30**	+00:10:18 (26.0%)	8:37	7 (74.5%)
58	**LEGOCKA - WALCZAK Kinga**	**126**		K45-49	5			00:19:43	**00:39:46.70**	+00:10:25 (26.2%)	7:57	7.5 (79.8%)
59	**SZYBUT Weronika**	**164**	POTĘGA NORDICA	K-Dzieci	1			00:19:43	**00:39:55.10**	+00:10:33 (26.5%)	8:40	6.9 (73.4%)
60	**DYBEŁ Agnieszka**	**97**	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	1			00:19:51	**00:40:00.25**	+00:10:38 (26.6%)	8:41	6.9 (73.4%)

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
61	**PLUTO-PRĄDZYŃSKA Anna**	**147**	SERCE NORDICA WŁOCŁAWEK	K30-39	3			00:19:53	**00:40:15.55**	+00:10:54 (27.1%)	8:45	6.9 (73.4%)
62	**MYDLARZ Jerzy**	**186**	JUVENIA BIAŁYSTOK	M65-69	2			00:20:11	**00:40:24.00**	+00:11:02 (27.3%)	8:46	6.8 (72.3%)
63	**KORZENIECKA-BĄCZEK Renata**	**119**	KRUCZA TEAM WASILKÓW	K45-49	6	1		00:20:40	**00:41:01.40**	+00:11:40 (28.4%)	8:55	6.7 (71.3%)
64	**PIETRZYK Anna**	**144**	KLUB OLIMPIJCZYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	K-Niepełnosprawni(A)	2			00:19:57	**00:41:03.95**	+00:11:42 (28.5%)	8:55	6.7 (71.3%)
65	**GRYGOROWICZ Teresa**	**110**	KGHM METRACO	K70-74	1			00:19:59	**00:41:10.50**	+00:11:49 (28.7%)	8:56	6.7 (71.3%)
66	**PLUTO-PRĄDZYŃSKA Klaudia**	**148**	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(B)	1			00:19:56	**00:41:15.00**	+00:11:53 (28.8%)	8:58	6.7 (71.3%)
67	**ZIELIŃSKA Barbara**	**185**	PUKS ŁOSICE	K60-64	2			00:20:23	**00:41:21.50**	+00:12:00 (29.0%)	8:59	6.7 (71.3%)
68	**JÓŹWIAK Łukasz**	**117**	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(B)	2			00:21:03	**00:41:35.30**	+00:12:13 (29.4%)	9:02	6.6 (70.2%)
69	**DĄBROWSKA Agnieszka**	**94**		K30-39	4			00:20:43	**00:41:42.80**	+00:12:21 (29.6%)	9:03	6.6 (70.2%)
70	**POGORZELSKI Kamil**	**150**		M18-29	3	1		00:20:35	**00:41:57.25**	+00:12:35 (30.0%)	9:07	6.6 (70.2%)
71	**GRUSZKA Michał**	**109**	NORDIC SPORT 2021	M45-49	8			00:21:07	**00:41:57.50**	+00:12:36 (30.0%)	8:23	7.2 (76.6%)
72	**CZERWINSKA Anna**	**90**	NW CZŁAPSKI TEAM	K-Niepełnosprawni(A)	3			00:20:51	**00:42:13.90**	+00:12:52 (30.5%)	9:10	6.5 (69.1%)
73	**PALUCH Paweł**	**140**	AVOCADO WELLNESS CLUB	M55-59	8			00:20:36	**00:42:21.10**	+00:12:59 (30.7%)	9:12	6.5 (69.1%)
74	**PLUTO-PRĄDZYŃSKI Kacper**	**149**	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	1			00:21:17	**00:42:25.15**	+00:13:03 (30.8%)	9:13	6.5 (69.1%)
75	**JAKUBOWSKI Zbigniew**	**191**		M70-74	3			00:21:17	**00:42:37.15**	+00:13:15 (31.1%)	9:15	6.5 (69.1%)
76	**NOSAL Bronisław**	**135**		M75-79	2	1		00:20:56	**00:42:39.20**	+00:13:17 (31.2%)	9:16	6.5 (69.1%)
77	**THOMALLA Bogdan**	**174**	EKIPA NA KIJACH	M80+	1			00:21:00	**00:43:33.45**	+00:14:12 (32.6%)	9:28	6.3 (67.0%)
78	**SZYMAŃSKA Lucyna**	**165**	WESOŁY BORSUK TEAM	K70-74	2			00:21:03	**00:43:49.05**	+00:14:27 (33.0%)	9:31	6.3 (67.0%)
79	**ŁUCKIEWICZ Adrian**	**128**		M30-39	3	1		00:21:30	**00:44:03.70**	+00:14:42 (33.4%)	9:34	6.3 (67.0%)
80	**NERC Dorota**	**133**		K60-64	3			00:21:42	**00:44:04.10**	+00:14:42 (33.4%)	9:34	6.3 (67.0%)
81	**WORONKO-ZACZYŃSKA Janina**	**181**	KGHM METRACO	K75-79	1			00:22:19	**00:44:56.95**	+00:15:35 (34.7%)	9:46	6.1 (64.9%)

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
82	**BAGIŃSKA Joanna**	**81**		K45-49	7			00:22:22	**00:45:05.15**	+00:15:43 (34.9%)	9:48	6.1 (64.9%)
83	**MŁYNARCZUK-SOKOŁOWSKA Anna**	**193**		K40-44	5	1		00:22:06	**00:45:09.85**	+00:15:48 (35.0%)	9:48	6.1 (64.9%)
84	**SZYBUT Roma**	**163**	POTĘGA NORDICA	K30-39	5			00:22:21	**00:45:15.65**	+00:15:54 (35.1%)	9:50	6.1 (64.9%)
85	**GOLECKA Agnieszka**	**107**		K45-49	8			00:22:37	**00:45:22.00**	+00:16:00 (35.3%)	9:51	6.1 (64.9%)
86	**GAIŃSKA Iwona**	**102**	CHODZĘ BO LUBIĘ BIAŁYSTOK	K40-44	6			00:22:34	**00:45:25.25**	+00:16:03 (35.4%)	9:52	6.1 (64.9%)
87	**KURCEWICZ Aneta**	**125**		K45-49	9			00:22:43	**00:45:55.40**	+00:16:34 (36.1%)	9:58	6 (63.8%)
88	**RADOMSKA Janina**	**153**		K55-59	2			00:23:09	**00:46:27.65**	+00:17:06 (36.8%)	10:05	5.9 (62.8%)
89	**PANKIEWICZ-DMOWSKA Cecylia**	**142**		K70-74	3			00:23:09	**00:47:08.25**	+00:17:46 (37.7%)	10:14	5.9 (62.8%)
90	**SOBOLEWSKI Bogusław**	**159**		M75-79	3			00:23:29	**00:47:18.35**	+00:17:56 (37.9%)	10:16	5.8 (61.7%)
91	**LEONOWICZ Grazyna**	**127**		K55-59	3			00:23:27	**00:47:26.15**	+00:18:04 (38.1%)	10:18	5.8 (61.7%)
92	**ŚLUSARCZYK Danuta**	**171**	WESOŁY BORSUK TEAM	K70-74	4			00:23:09	**00:47:26.60**	+00:18:05 (38.1%)	10:18	5.8 (61.7%)
93	**RADZISZEWSKA Renata**	**154**		K45-49	10			00:23:54	**00:47:48.05**	+00:18:26 (38.6%)	10:23	5.8 (61.7%)
94	**TOLOCZKO Agnieszka**	**175**	OSOBA PRYWATNA	K45-49	11			00:23:55	**00:47:53.15**	+00:18:31 (38.7%)	10:24	5.8 (61.7%)
95	**SAKOWSKA Łucja**	**156**	EMERYT	K60-64	4	1		00:25:13	**00:50:36.55**	+00:21:15 (42.0%)	11:00	5.5 (58.5%)
96	**KECZYXXX Wiesława**	**190**		K75-79	2			00:25:03	**00:51:06.05**	+00:21:44 (42.6%)	11:06	5.4 (57.4%)
97	**ŚLUSARCZYK Błażej**	**170**	WESOŁY BORSUK TEAM	M-Dzieci	2			00:25:04	**00:51:15.00**	+00:21:53 (42.7%)	11:08	5.4 (57.4%)
98	**JÓŹWIAK Dominik**	**115**	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:25:36	**00:51:25.30**	+00:22:03 (42.9%)	11:10	5.4 (57.4%)
99	**BIERĆ Wioletta**	**85**	CHODZĘBOLUBIĘ	K45-49	12			00:26:14	**00:53:11.00**	+00:23:49 (44.8%)	11:33	5.2 (55.3%)
100	**KULCZYCKI Jan**	**123**		M70-74	4			00:25:59	**00:54:23.90**	+00:25:02 (46.0%)	11:49	5.1 (54.3%)
101	**RADECKA Krystyna**	**151**	CHODZĄCY BIAŁYSTOK	K80+	1			00:28:21	**00:57:15.70**	+00:27:54 (48.7%)	12:26	4.8 (51.1%)
102	**GRZEGORCZYK-ANDRZEJCZUK Beata**	**192**		K55-59	4							(0.0%)
DQ	**BĄCZEK Mariusz**	**82**	KRUCZA TEAM WASILKÓW	M45-49			1	00:20:36 DQ	**00:42:42.10 DQ**		0:00	6.5 (69.1%)

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
DQ	**FRACH Piotr**	**189**		M40-44			1	00:20:44 DQ	**DQ**			(0.0%)

Znaleziono 104 wynik(ów)