



# OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM

B4SPORT

**Event:** Ogólnopolski Puchar Nordic Walking - 2021  
**Organiser:** Gmina Potęgowo  
**Date:** 2021-09-18  
**Place:** Potęgowo  
**Distance:** 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h	
1	WITUCKI Jacek	278	KS IDMAR RACING TEAM	M50-54	1					00:14:22	00:29:08.05		5:49	10.3 (100%)	
2	STĘPAK Piotr	248	LUX TORPEDA MAŁOPOLSKA	M18-29	1		1			00:14:47	00:30:10.70	+00:01:02 (3.5%)	6:02	9.9 (96.1%)	
3	MARCZAK Tomasz	197	KS IDMAR RACING TEAM	M18-29	2					00:14:50	00:30:17.80	+00:01:09 (3.8%)	6:03	9.9 (96.1%)	
4	HAŁAS Marcin	128		M30-39	1					00:15:44	00:31:27.70	+00:02:19 (7.4%)	6:17	9.5 (92.2%)	
5	KNITTER Michał	151	BŁĘKITNI DZIEMIANY	M18-29	3		2			00:15:42	00:31:33.20	+00:02:25 (7.7%)	6:18	9.5 (92.2%)	
6	BRZOZOWSKI Piotr	91	AKTYWNI POSTOMINO	M30-39	2				Tak	Tak	00:15:32	00:31:41.90	+00:02:33 (8.1%)	6:20	9.5 (92.2%)
7	WOROCH Roman	280	KGHM METRACO RUDNA	M60-64	1					00:15:43	00:31:44.00	+00:02:35 (8.2%)	6:20	9.5 (92.2%)	
8	TOPOREK Rafał	266	POLIPACK TEAM GWE	M- Niepełnosprawni(B)	1	B				00:15:58	00:31:47.50	+00:02:39 (8.4%)	6:21	9.4 (91.3%)	
9	GAJEWSKI Eugeniusz	115	KGHM METRACO RUDNA	M60-64	2					00:15:53	00:32:20.40	+00:03:12 (9.9%)	6:28	9.3 (90.3%)	
10	SKIERA Krzysztof	242	ŁĄCZA NAS PASJE BYDGOSZCZ	M45-49	1					00:16:11	00:32:32.80	+00:03:24 (10.5%)	6:30	9.2 (89.3%)	
11	KŁOS Maciej	150	NW WYSPA SOBIESZEWSKA	M30-39	3					00:15:50	00:32:37.30	+00:03:29 (10.7%)	6:31	9.2 (89.3%)	
12	PARZYBUT Jan	216	POSTĘP PNIEWY TEAM	M55-59	1					00:16:09	00:32:40.80	+00:03:32 (10.9%)	6:32	9.2 (89.3%)	
13	KNITTER Tomasz	152	BŁĘKITNI DZIEMIANY	M18-29	4					00:16:09	00:32:43.10	+00:03:35 (11.0%)	6:32	9.2 (89.3%)	
14	BIBKO Martin	87	SPEEDBAR	M45-49	2		1			00:16:12	00:32:52.85	+00:03:44 (11.4%)	6:34	9.1 (88.3%)	

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Net time	Gap	Pace min/km	Pace km/h	
											5km				
15	<b>PRZEBORKIEWICZ Kriss</b>	<b>224</b>		M45-49	3		1			00:16:11	<b>00:32:54.15</b>	+00:03:46 (11.5%)	6:34	9.1 (88.3%)	
16	<b>MAŁKA Marian</b>	<b>195</b>		M60-64	3					00:16:21	<b>00:32:57.10</b>	+00:03:49 (11.6%)	6:35	9.1 (88.3%)	
17	<b>KOPCZEWSKI Dariusz</b>	<b>157</b>	WYCHODZĘ Z KIJAMI	M55-59	2				Tak	Tak	00:16:15	<b>00:32:57.90</b>	+00:03:49 (11.6%)	6:35	9.1 (88.3%)
18	<b>FRĄCKOWIAK Roman</b>	<b>114</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	2						00:16:26	<b>00:33:10.60</b>	+00:04:02 (12.2%)	6:38	9 (87.4%)
19	<b>LUDWICZAK Dariusz</b>	<b>289</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3						00:16:23	<b>00:33:10.95</b>	+00:04:02 (12.2%)	6:38	9 (87.4%)
20	<b>HELWICH Stefan</b>	<b>130</b>	KGHM METRACO RUDNA	M65-69	1						00:16:35	<b>00:33:12.95</b>	+00:04:04 (12.3%)	6:38	9 (87.4%)
21	<b>SANIUK Edward</b>	<b>238</b>	FACE NORDIC WALKING TEAM	M70-74	1						00:16:41	<b>00:33:28.25</b>	+00:04:20 (13.0%)	6:41	9 (87.4%)
22	<b>CZŁAPSKI Krzysztof</b>	<b>96</b>	NW CZŁAPSKI TEAM	M55-59	3						00:16:48	<b>00:33:36.40</b>	+00:04:28 (13.3%)	6:43	8.9 (86.4%)
23	<b>MAŚLANKA Jacek</b>	<b>198</b>		M55-59	4		2		Tak	Tak	00:16:48	<b>00:33:54.60</b>	+00:04:46 (14.1%)	6:46	8.8 (85.4%)
24	<b>NIETUPSKI Dariusz</b>	<b>293</b>	WŁÓCZYKIJE GDYNIA	M50-54	4		1				00:16:50	<b>00:33:59.60</b>	+00:04:51 (14.3%)	6:47	8.8 (85.4%)
25	<b>GIERSZEWSKI Arkadiusz</b>	<b>120</b>		M40-44	1						00:16:53	<b>00:34:02.85</b>	+00:04:54 (14.4%)	6:48	8.8 (85.4%)
26	<b>KLAWCZYŃSKI Marcin</b>	<b>147</b>	AKTYWNIE W PNIEWACH	M18-29	5						00:16:56	<b>00:34:04.90</b>	+00:04:56 (14.5%)	6:48	8.8 (85.4%)
27	<b>POLKOWSKI Piotr</b>	<b>313</b>	NW CZŁAPSKI TEAM	M30-39	4						00:16:47	<b>00:34:16.75</b>	+00:05:08 (15.0%)	6:51	8.8 (85.4%)
28	<b>KRUGIOŁKA Grzegorz</b>	<b>173</b>	AKTYWNIE W PNIEWACH	M30-39	5						00:17:04	<b>00:34:18.20</b>	+00:05:10 (15.1%)	6:51	8.7 (84.5%)
29	<b>KUŚMIEREK Mateusz</b>	<b>181</b>	BŁĘKITNI DZIEMIANY	M18-29	6		1				00:17:04	<b>00:34:19.50</b>	+00:05:11 (15.1%)	6:51	8.7 (84.5%)
30	<b>ZMYSŁOWSKI Zygmunt</b>	<b>286</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	4						00:17:04	<b>00:34:22.25</b>	+00:05:14 (15.2%)	6:52	8.7 (84.5%)
31	<b>KOS Krzysztof</b>	<b>158</b>	POTEGOWO NA BIEGOWO	M30-39	6						00:17:36	<b>00:35:26.35</b>	+00:06:18 (17.8%)	7:05	8.5 (82.5%)
32	<b>RUDAWSKI Maciej</b>	<b>234</b>	MARSZ PO ZDROWIE	M30-39	7						00:17:32	<b>00:35:36.90</b>	+00:06:28 (18.2%)	7:07	8.4 (81.6%)
33	<b>KOWNACKI Bartłomiej</b>	<b>164</b>		M40-44	2						00:17:29	<b>00:35:41.30</b>	+00:06:33 (18.4%)	7:08	8.4 (81.6%)
34	<b>CZMOCH Marian</b>	<b>97</b>	PUKS ŁOSICE	M70-74	2		1				00:17:51	<b>00:35:51.80</b>	+00:06:43 (18.8%)	7:10	8.4 (81.6%)
35	<b>KASPRZAK Tadeusz</b>	<b>139</b>	BRAK	M-Niepełnosprawni(A)	1	A					00:17:45	<b>00:35:53.00</b>	+00:06:44 (18.8%)	7:10	8.4 (81.6%)
36	<b>BALON Marek</b>	<b>84</b>		M55-59	5				Tak	Tak	00:17:25	<b>00:35:53.65</b>	+00:06:45 (18.8%)	7:10	8.4 (81.6%)
37	<b>TOMCZYK Edward</b>	<b>265</b>	MARSZ PO ZDROWIE	M70-74	3		1				00:17:54	<b>00:36:10.40</b>	+00:07:02 (19.5%)	7:14	8.3 (80.6%)

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Net time	Gap	Pace min/km	Pace km/h	
											5km				
38	<b>GORZEL Łukasz</b>	<b>121</b>	ŁĄCZĄ NAS PASJE	M30-39	8					00:18:04	<b>00:36:28.50</b>	+00:07:20 (20.1%)	7:17	8.2 (79.6%)	
39	<b>ZAWADZKI Krzysztof</b>	<b>284</b>	WETERAN	M65-69	2					00:18:09	<b>00:36:41.95</b>	+00:07:33 (20.6%)	7:20	8.2 (79.6%)	
40	<b>GRUSZKA Michał</b>	<b>123</b>	ETHOENERGY POLAND S.A.	M45-49	4					00:18:23	<b>00:36:55.55</b>	+00:07:47 (21.1%)	7:23	8.1 (78.6%)	
41	<b>MROCEK Bartosz</b>	<b>302</b>		M-Jun.	1					00:18:48	<b>00:37:10.70</b>	+00:08:02 (21.6%)	7:26	8.1 (78.6%)	
42	<b>GÓRAL Andrzej</b>	<b>122</b>	KGHM METRACO RUDNA	M-Niepełnosprawni(A)	2	A	1			00:18:11	<b>00:37:10.95</b>	+00:08:02 (21.6%)	7:26	8.1 (78.6%)	
43	<b>SZYMAŃSKI Stefan</b>	<b>258</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	4					00:18:13	<b>00:37:15.85</b>	+00:08:07 (21.8%)	7:27	8.1 (78.6%)	
44	<b>ŻÓLCIŃSKI Igor</b>	<b>70</b>		M-Jun.	2					00:18:52	<b>00:37:16.65</b>	+00:08:08 (21.8%)	7:27	8.1 (78.6%)	
45	<b>MATEJA Filip</b>	<b>200</b>	SP POTĘGOWO	M-Jun.	3					00:19:19	<b>00:37:18.40</b>	+00:08:10 (21.9%)	7:27	8 (77.7%)	
46	<b>KOSTECKI Wiesław</b>	<b>159</b>	NW CZŁAPSKI TEAM	M65-69	3					00:18:27	<b>00:37:28.90</b>	+00:08:20 (22.3%)	7:29	8 (77.7%)	
47	<b>GRYGOROWICZ Bogdan</b>	<b>124</b>	KGHM METRACO RUDNA	M-Niepełnosprawni(B)	2	B				00:18:50	<b>00:37:33.90</b>	+00:08:25 (22.4%)	7:30	8 (77.7%)	
48	<b>RYBAŁTOWSKI Paweł</b>	<b>236</b>	OBORYGENI	M75-79	1					00:18:52	<b>00:37:38.70</b>	+00:08:30 (22.6%)	7:31	8 (77.7%)	
49	<b>CIESIELSKI Krzysztof</b>	<b>94</b>	FAST WALKER	M65-69	4					00:18:41	<b>00:37:41.10</b>	+00:08:33 (22.7%)	7:32	8 (77.7%)	
50	<b>ŚLUSARCZYK Grzegorz</b>	<b>261</b>	WESOŁY BORSUK TEAM	M45-49	5					00:18:38	<b>00:37:41.25</b>	+00:08:33 (22.7%)	7:32	8 (77.7%)	
51	<b>RUSINOWICZ Andrzej</b>	<b>235</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	2					00:18:51	<b>00:38:06.25</b>	+00:08:58 (23.5%)	7:37	7.9 (76.7%)	
52	<b>KĘPA Andrzej</b>	<b>145</b>	FAMILY TEAM KĘPA SPORT	M70-74	5				Tak	Tak	00:18:52	<b>00:38:10.45</b>	+00:09:02 (23.7%)	7:38	7.9 (76.7%)
53	<b>FRANCZAK Dariusz</b>	<b>113</b>	NW CZŁAPSKI TEAM	M55-59	6					00:18:55	<b>00:38:13.95</b>	+00:09:05 (23.8%)	7:38	7.8 (75.7%)	
54	<b>GAŁĄZKA Paweł</b>	<b>116</b>		M-Niepełnosprawni(A)	3	A				00:18:52	<b>00:38:19.80</b>	+00:09:11 (24.0%)	7:39	7.8 (75.7%)	
55	<b>PALUCH Paweł</b>	<b>214</b>	AVOCADO WELLNESS CLUB	M55-59	7					00:18:55	<b>00:38:23.10</b>	+00:09:15 (24.1%)	7:40	7.8 (75.7%)	
56	<b>ZWIERZ Andrzej</b>	<b>287</b>	ACTIVE FAMILY PASŁĘK	M65-69	5					00:18:52	<b>00:38:26.80</b>	+00:09:18 (24.2%)	7:41	7.8 (75.7%)	
57	<b>MACKO Michał</b>	<b>193</b>	WYCHODZĘ Z KIJAMI	M-Dzieci	1					00:18:58	<b>00:38:38.45</b>	+00:09:30 (24.6%)	7:43	7.8 (75.7%)	
58	<b>BERCZYŃSKI Henryk</b>	<b>86</b>	NADLEŚNICTWO OKONEK	M65-69	6				Tak	Tak	00:18:56	<b>00:38:44.70</b>	+00:09:36 (24.8%)	7:44	7.7 (74.8%)
59	<b>KUSIAK Włodzimierz</b>	<b>179</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	6					00:19:19	<b>00:39:01.90</b>	+00:09:53 (25.4%)	7:48	7.7 (74.8%)	
60	<b>REJMAK Marek</b>	<b>231</b>	WŁÓCZYKIJE GDYNIA	M-Niepełnosprawni(B)	3	B				00:19:30	<b>00:39:08.50</b>	+00:10:00 (25.6%)	7:49	7.7 (74.8%)	

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Net time	Gap	Pace min/km	Pace km/h	
											5km				
61	<b>WALCZAK Grzegorz</b>	<b>270</b>	NORDIC WALKING KIEKRZ POLAND	M45-49	6					00:18:42	<b>00:39:34.25</b>	+00:10:26 (26.4%)	7:54	7.6 (73.8%)	
62	<b>JÓŹWIAK Łukasz</b>	<b>135</b>	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(B)	4	B			Tak	00:19:52	<b>00:39:51.80</b>	+00:10:43 (26.9%)	7:58	7.5 (72.8%)	
63	<b>BRZEZIŃSKI Jan</b>	<b>296</b>	EKG OLIMPIA OSOWA	M-Dzieci	2					00:19:55	<b>00:40:07.25</b>	+00:10:59 (27.4%)	8:01	7.5 (72.8%)	
64	<b>PIĄTKOWSKI Józef</b>	<b>292</b>	KGHM METRACO RUDNA	M75-79	3					00:19:58	<b>00:40:10.75</b>	+00:11:02 (27.5%)	8:02	7.5 (72.8%)	
65	<b>DEPCZYŃSKI Rafał</b>	<b>101</b>	ACTIVE FAMILY PASŁĘK	M50-54	5				Tak	Tak	00:19:43	<b>00:40:12.50</b>	+00:11:04 (27.5%)	8:02	7.5 (72.8%)
66	<b>GUTOWSKI Paweł</b>	<b>127</b>	PAUL TEAM	M-Niepełnosprawni(A)	4	A				00:19:50	<b>00:40:25.45</b>	+00:11:17 (27.9%)	8:05	7.4 (71.8%)	
67	<b>ADAMOWICZ Andrzej</b>	<b>82</b>		M75-79	4					00:20:09	<b>00:40:27.75</b>	+00:11:19 (28.0%)	8:05	7.4 (71.8%)	
68	<b>TREDER Kacper</b>	<b>305</b>	SP POTĘGOWO	M-Dzieci	3					00:20:10	<b>00:40:53.80</b>	+00:11:45 (28.8%)	8:10	7.3 (70.9%)	
69	<b>OCHOCKI Tymon</b>	<b>299</b>	EKG OLIMPIA OSOWA	M-Dzieci	4					00:20:41	<b>00:41:26.60</b>	+00:12:18 (29.7%)	8:17	7.2 (69.9%)	
70	<b>WICZKOWSKI Aleksander</b>	<b>277</b>	SP POTĘGOWO	M-Dzieci	5					00:20:41	<b>00:41:49.75</b>	+00:12:41 (30.3%)	8:21	7.2 (69.9%)	
71	<b>REHLIS Aleksander</b>	<b>230</b>	WYCHODZĘ Z KIJAMI	M30-39	9					00:20:46	<b>00:42:00.65</b>	+00:12:52 (30.7%)	8:24	7.1 (68.9%)	
72	<b>KOWALSKI Mirosław</b>	<b>163</b>	GRYF N,W	M65-69	7					00:20:36	<b>00:42:08.55</b>	+00:13:00 (30.9%)	8:25	7.1 (68.9%)	
73	<b>VEKWERT Stanisław</b>	<b>311</b>	SP POTĘGOWO	M-Jun.	4					00:21:28	<b>00:42:47.50</b>	+00:13:39 (31.9%)	8:33	7 (68.0%)	
74	<b>KOZŁOWSKI Dominik</b>	<b>167</b>	SP POTĘGOWO	M-Dzieci	6					00:21:04	<b>00:43:00.70</b>	+00:13:52 (32.3%)	8:36	7 (68.0%)	
75	<b>GAPSKI Kamil</b>	<b>118</b>	KS POTĘGOWO	M30-39	10					00:21:49	<b>00:43:14.80</b>	+00:14:06 (32.6%)	8:38	6.9 (67.0%)	
76	<b>KWIDZYŃSKI Paweł</b>	<b>182</b>	SP POTĘGOWO	M-Dzieci	7					00:21:49	<b>00:43:15.40</b>	+00:14:07 (32.6%)	8:39	6.9 (67.0%)	
77	<b>KONKOL Przemysław</b>	<b>291</b>		M-Dzieci	8					00:21:34	<b>00:43:25.75</b>	+00:14:17 (32.9%)	8:41	6.9 (67.0%)	
78	<b>STEFAŃSKI Ksawery</b>	<b>247</b>	SP POTĘGOWO	M-Dzieci	9					00:21:51	<b>00:43:37.85</b>	+00:14:29 (33.2%)	8:43	6.9 (67.0%)	
79	<b>LEWICKI Szymon</b>	<b>183</b>	SP POTĘGOWO	M-Dzieci	10					00:21:50	<b>00:43:38.25</b>	+00:14:30 (33.2%)	8:43	6.9 (67.0%)	
80	<b>LUBAŃSKI Tomasz</b>	<b>186</b>	SERCE NORDICA WŁOCŁAWEK	M60-64	5					00:21:37	<b>00:43:56.35</b>	+00:14:48 (33.7%)	8:47	6.8 (66.0%)	
81	<b>KĘNDRA Mateusz</b>	<b>144</b>	SP POTĘGOWO	M-Dzieci	11					00:21:28	<b>00:44:20.80</b>	+00:15:12 (34.3%)	8:52	6.8 (66.0%)	
82	<b>KOGUT Filip</b>	<b>154</b>	SP POTĘGOWO	M-Dzieci	12					00:21:35	<b>00:44:25.70</b>	+00:15:17 (34.4%)	8:53	6.8 (66.0%)	
83	<b>ARCISZEWSKI Krystian</b>	<b>83</b>	SP POTĘGOWO	M-Dzieci	13					00:21:35	<b>00:44:26.00</b>	+00:15:17 (34.4%)	8:53	6.8 (66.0%)	

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h	
84	<b>MICHALSKI Maciej</b>	<b>203</b>	SP POTĘGOWO	M-Jun.	5					00:22:14	<b>00:45:48.15</b>	+00:16:40 (36.4%)	9:09	6.6 (64.1%)	
85	<b>FIR Seweryn</b>	<b>112</b>	SP POTĘGOWO	M-Dzieci	14					00:22:18	<b>00:46:13.40</b>	+00:17:05 (37.0%)	9:14	6.5 (63.1%)	
86	<b>PAJĘCKI Adam</b>	<b>213</b>	PARAKULOS KOWAL	M- Niepełnosprawni(B)	5	B			Tak	Tak	00:24:22	<b>00:47:24.80</b>	+00:18:16 (38.6%)	9:28	6.3 (61.2%)
87	<b>WALCZAK Henryk</b>	<b>271</b>	NORDIC WALKING KIEKRZ POLAND	M80+	1					00:24:14	<b>00:49:11.45</b>	+00:20:03 (40.8%)	9:50	6.1 (59.2%)	
88	<b>KULCZYCKI Jan</b>	<b>175</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	7					00:24:39	<b>00:49:36.40</b>	+00:20:28 (41.3%)	9:55	6 (58.3%)	
89	<b>JÓŹWIAK Dominik</b>	<b>137</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	7					00:24:11	<b>00:50:13.95</b>	+00:21:05 (42.0%)	10:02	6 (58.3%)	
90	<b>ŁUKOWICZ Jasiu</b>	<b>191</b>	KS POTĘGOWO	M-Dzieci	15					00:27:14	<b>00:51:29.85</b>	+00:22:21 (43.4%)	10:17	5.8 (56.3%)	
91	<b>ŚLUSARCZYK Błazej</b>	<b>262</b>	WESOŁY BORSUK TEAM	M-Dzieci	16					00:25:33	<b>00:51:38.25</b>	+00:22:30 (43.6%)	10:19	5.8 (56.3%)	
92	<b>SIEMASZKO Wojciech</b>	<b>316</b>	KS POTĘGOWO	M-Jun.	6					00:25:20	<b>00:52:46.20</b>	+00:23:38 (44.8%)	10:33	5.7 (55.3%)	
93	<b>ŁUKOWICZ Rafał</b>	<b>314</b>	SPONTAN	M30-39	11					00:36:29	<b>00:54:26.70</b>	+00:25:18 (46.5%)	10:53	5.5 (53.4%)	
DNC	<b>ŁUKOWICZ Adaś</b>	<b>190</b>	KS POTĘGOWO	M-Dzieci						00:36:28	<b>00:54:26.65</b>		0:00	5.5 (53.4%)	

Total 94 results.