

# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2020 - 5 KM - MĘŻCZYŹNI

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2020  
**Organizator:** Polanica Zdrój  
**Data:** 2020-07-11  
**Miejsce:** Polanica Zdrój  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZARĘBSKI Michał	359	NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:31:05.45		6:13	9.6 (100%)
2	STILLER Karol	318	KABEX PODKOWA JANÓW	M30-39	2			00:31:16.20	+00:00:10 (0.6%)	6:15	9.6 (100%)
3	WITUCKI Jacek	345		M45-49	1			00:31:32.25	+00:00:26 (1.4%)	6:18	9.5 (99.0%)
4	KUŹMICZ Adam	251	POLIPACK TEAM GWE	M30-39	3			00:32:11.85	+00:01:06 (3.4%)	6:26	9.3 (96.9%)
5	SKIBA Krzysztof	309	MSPORT TEAM	M60-64	1			00:32:13.10	+00:01:07 (3.5%)	6:26	9.3 (96.9%)
6	WOJTOWICZ Tomasz	347	BIESZCZADZKI KLUB NORDIC WALKING	M30-39	4			00:32:45.95	+00:01:40 (5.1%)	6:33	9.2 (95.8%)
7	DĘBSKI Bartłomiej	191	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:32:55.70	+00:01:50 (5.6%)	6:35	9.1 (94.8%)
8	SOKOŁOWSKI Marek	313		M55-59	1			00:32:56.10	+00:01:50 (5.6%)	6:35	9.1 (94.8%)
9	POLKOWSKI Piotr	292	NW CZŁAPSKI TEAM	M30-39	5			00:32:56.85	+00:01:51 (5.6%)	6:35	9.1 (94.8%)
10	STĘPAK Piotr	317	LUX TORPEDA MAŁOPOLSKA	M18-29	1			00:33:03.15	+00:01:57 (5.9%)	6:36	9.1 (94.8%)
11	TOPOREK Rafał	333	POLIPACK TEAM GWE	M- Niepełnosprawni(B)	1			00:33:58.05	+00:02:52 (8.5%)	6:47	8.8 (91.7%)
12	FRAĆKOWIAK Roman	201	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	1			00:34:07.95	+00:03:02 (8.9%)	6:49	8.8 (91.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
13	<b>BRZozowski Piotr</b>	<b>182</b>	AKTYWNI POSTOMINO	M30-39	6			<b>00:34:20.35</b>	+00:03:14 (9.5%)	6:52	8.7 (90.6%)
14	<b>KŁYŚ Ryszard</b>	<b>235</b>		M60-64	2			<b>00:34:24.65</b>	+00:03:19 (9.6%)	6:53	8.7 (90.6%)
15	<b>WOJTASIŃSKI Daniel</b>	<b>346</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			<b>00:34:32.05</b>	+00:03:26 (10.0%)	6:54	8.7 (90.6%)
16	<b>DANIELSKI Waldemar</b>	<b>189</b>		M55-59	2			<b>00:34:33.60</b>	+00:03:28 (10.0%)	6:54	8.7 (90.6%)
17	<b>CZŁAPSKI Krzysztof</b>	<b>187</b>	NW CZŁAPSKI TEAM	M55-59	3			<b>00:34:38.25</b>	+00:03:32 (10.2%)	6:55	8.7 (90.6%)
18	<b>ŚWIDEREK Marcin</b>	<b>330</b>	NW CZŁAPSKI TEAM	M40-44	3			<b>00:34:56.55</b>	+00:03:51 (11.0%)	6:59	8.6 (89.6%)
19	<b>REczulski Mariusz</b>	<b>302</b>	SMS EFEKT CZĘSTOCHOWA	M50-54	2			<b>00:35:00.00</b>	+00:03:54 (11.2%)	7:00	8.6 (89.6%)
20	<b>ZYCH Witold</b>	<b>363</b>		M50-54	3			<b>00:35:05.00</b>	+00:03:59 (11.4%)	7:01	8.6 (89.6%)
21	<b>GUdzio Maciej</b>	<b>216</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	4			<b>00:35:07.75</b>	+00:04:02 (11.5%)	7:01	8.5 (88.5%)
22	<b>WORoch Roman</b>	<b>349</b>	KS METRACO POLKOWICE	M60-64	3			<b>00:35:10.25</b>	+00:04:04 (11.6%)	7:02	8.5 (88.5%)
23	<b>GRABOWSKI Jacek</b>	<b>213</b>	LKS ZANTYR SZTUM	M45-49	2			<b>00:35:16.95</b>	+00:04:11 (11.9%)	7:03	8.5 (88.5%)
24	<b>HAŁAS Marcin</b>	<b>217</b>		M30-39	7			<b>00:35:23.95</b>	+00:04:18 (12.2%)	7:04	8.5 (88.5%)
25	<b>KUSTAL Marcin</b>	<b>249</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	4			<b>00:35:37.10</b>	+00:04:31 (12.7%)	7:07	8.4 (87.5%)
26	<b>KURZAC Bartosz</b>	<b>248</b>	NORDIC TEAM CZĘSTOCHOWA	M-Jun.	1			<b>00:35:45.50</b>	+00:04:40 (13.1%)	7:09	8.4 (87.5%)
27	<b>MARCZAK Tomasz</b>	<b>263</b>	NORDIC TEAM CZĘSTOCHOWA	M18-29	2			<b>00:35:46.85</b>	+00:04:41 (13.1%)	7:09	8.4 (87.5%)
28	<b>KLIMCZAK Adam</b>	<b>234</b>	GOSADI NORDIC TEAM	M55-59	4			<b>00:35:53.80</b>	+00:04:48 (13.4%)	7:10	8.4 (87.5%)
29	<b>DUSZEŃKO Zygmunt</b>	<b>196</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			<b>00:35:55.85</b>	+00:04:50 (13.5%)	7:11	8.3 (86.5%)
30	<b>JANKOWSKI Mateusz</b>	<b>222</b>	POLIPACK TEAM GWE	M18-29	3			<b>00:36:13.45</b>	+00:05:08 (14.2%)	7:14	8.3 (86.5%)
31	<b>WIŚNIEWSKI Sławomir</b>	<b>158</b>	FLUGGER FARBY	M45-49	3			<b>00:36:14.95</b>	+00:05:09 (14.2%)	7:15	8.3 (86.5%)
32	<b>SPYCHAŁA Lesław</b>	<b>315</b>	CKZIU MECHANIK NYSA	M50-54	5			<b>00:36:17.50</b>	+00:05:12 (14.3%)	7:15	8.3 (86.5%)
33	<b>SIWAK Piotr</b>	<b>372</b>	KS METRACO POLKOWICE	M55-59	5			<b>00:36:24.90</b>	+00:05:19 (14.6%)	7:17	8.2 (85.4%)
34	<b>MATECKI Ryszard</b>	<b>266</b>	KS METRACO POLKOWICE	M70	1			<b>00:36:34.65</b>	+00:05:29 (15.0%)	7:19	8.2 (85.4%)
35	<b>OLSZAŃSKI Karol</b>	<b>284</b>	FEAR THE RETURN	M45-49	4			<b>00:36:36.50</b>	+00:05:31 (15.1%)	7:19	8.2 (85.4%)

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36	<b>MARCZYŃSKI Adam</b>	<b>264</b>	POLIPACK TEAM GWE	M40-44	5			<b>00:36:40.65</b>	+00:05:35 (15.2%)	7:20	8.2 (85.4%)
37	<b>ZBYRYT Marek</b>	<b>361</b>	AKTYWNA NOWA RUDA	M55-59	6			<b>00:36:55.70</b>	+00:05:50 (15.8%)	7:23	8.1 (84.4%)
38	<b>ZAGAJA Janusz</b>	<b>357</b>	WESOŁY BORSUK TEAM	M65-69	1			<b>00:36:59.50</b>	+00:05:54 (16.0%)	7:23	8.1 (84.4%)
39	<b>BEDNARZ Krzysztof</b>	<b>175</b>		M30-39	8			<b>00:37:02.85</b>	+00:05:57 (16.1%)	7:24	8.1 (84.4%)
40	<b>RAJEK Tomasz</b>	<b>300</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	6			<b>00:37:28.75</b>	+00:06:23 (17.0%)	7:29	8 (83.3%)
41	<b>KRAWCZYK Sebastian</b>	<b>55</b>		M50-54	7			<b>00:37:38.75</b>	+00:06:33 (17.4%)	7:31	8 (83.3%)
42	<b>MIKOŁAJCZAK Jan</b>	<b>269</b>		M65-69	2			<b>00:37:48.45</b>	+00:06:43 (17.8%)	7:33	7.9 (82.3%)
43	<b>KASPRZAK Tadeusz</b>	<b>232</b>		M- Niepełnosprawni(A)	2			<b>00:38:25.25</b>	+00:07:19 (19.1%)	7:41	7.8 (81.3%)
44	<b>CIEŚLUK Marcin</b>	<b>184</b>	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	3			<b>00:38:27.85</b>	+00:07:22 (19.2%)	7:41	7.8 (81.3%)
45	<b>CZMOCH Marian</b>	<b>188</b>	PUKS ŁOSICE	M65-69	3			<b>00:38:37.05</b>	+00:07:31 (19.5%)	7:43	7.8 (81.3%)
46	<b>RYBAŁTOWSKI Paweł</b>	<b>308</b>	OBORYGENI	M75+	1			<b>00:38:49.05</b>	+00:07:43 (19.9%)	7:45	7.7 (80.2%)
47	<b>PIATEK Dariusz</b>	<b>288</b>	POLIPACK TEAM GWE	M- Niepełnosprawni(A)	4			<b>00:38:50.75</b>	+00:07:45 (20.0%)	7:46	7.7 (80.2%)
48	<b>GRYGOROWICZ Bogdan</b>	<b>214</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	2			<b>00:39:12.80</b>	+00:08:07 (20.7%)	7:50	7.6 (79.2%)
49	<b>PANCHYRZ Piotr</b>	<b>286</b>	NORDICUS STRZYBNICA	M45-49	5			<b>00:39:18.55</b>	+00:08:13 (20.9%)	7:51	7.6 (79.2%)
50	<b>KURNYTA Stanisław</b>	<b>247</b>	TEMMPO WAŁBRZYCH	M50-54	8			<b>00:39:19.65</b>	+00:08:14 (20.9%)	7:52	7.6 (79.2%)
51	<b>KUBAT Janusz</b>	<b>242</b>	NORDIC TEAM CZĘSTOCHOWA	M45-49	6			<b>00:39:20.05</b>	+00:08:14 (21.0%)	7:52	7.6 (79.2%)
52	<b>MROZIŃSKI Tadeusz</b>	<b>366</b>	NORDICUS STRZYBNICA	M50-54	9			<b>00:39:21.70</b>	+00:08:16 (21.0%)	7:52	7.6 (79.2%)
53	<b>WAWRZY尼亚K Igor</b>	<b>339</b>	POLIPACK TEAM GWE	M-Jun.	2			<b>00:39:30.50</b>	+00:08:25 (21.3%)	7:54	7.6 (79.2%)
54	<b>RUSINOWICZ Andrzej</b>	<b>306</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75+	2			<b>00:39:32.90</b>	+00:08:27 (21.4%)	7:54	7.6 (79.2%)
55	<b>FRANCZAK Dariusz</b>	<b>200</b>	NW CZŁAPSKI TEAM	M55-59	7			<b>00:39:41.50</b>	+00:08:36 (21.7%)	7:56	7.6 (79.2%)
56	<b>NOWACZYK Tomasz</b>	<b>282</b>		M40-44	6			<b>00:39:44.70</b>	+00:08:39 (21.8%)	7:56	7.6 (79.2%)
57	<b>WASILEWSKI Sławomir</b>	<b>337</b>	PASJA NORDIC WALKING	M75+	3			<b>00:39:51.20</b>	+00:08:45 (22.0%)	7:58	7.5 (78.1%)
58	<b>DOBROWOLSKI Robert</b>	<b>193</b>	SPORTOWI EMERYCI	M60-64	4			<b>00:40:04.35</b>	+00:08:58 (22.4%)	8:00	7.5 (78.1%)

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59	<b>SZCZĘŚNIAK Wiktor</b>	<b>325</b>	NORDIC TEAM CZĘSTOCHOWA	M-Jun.	3			<b>00:40:05.00</b>	+00:08:59 (22.4%)	8:01	7.5 (78.1%)
60	<b>KOWALCZYK Tadeusz</b>	<b>240</b>	LUX TORPEDA MAŁOPOLSKA	M65-69	4			<b>00:40:30.75</b>	+00:09:25 (23.3%)	8:06	7.4 (77.1%)
61	<b>SOSNECKI Łukasz</b>	<b>314</b>		M-Jun.	4			<b>00:40:49.35</b>	+00:09:43 (23.8%)	8:09	7.3 (76.0%)
62	<b>RADZIEJOWSKI Bogusław</b>	<b>299</b>	NORDIC TEAM CZĘSTOCHOWA	M60-64	5			<b>00:40:54.50</b>	+00:09:49 (24.0%)	8:11	7.3 (76.0%)
63	<b>DUDEK Edward</b>	<b>194</b>	KS METRACO POLKOWICE	M70	2			<b>00:42:00.30</b>	+00:10:54 (26.0%)	8:24	7.1 (74.0%)
64	<b>MORMAN Bartosz</b>	<b>276</b>		M40-44	7			<b>00:42:02.85</b>	+00:10:57 (26.1%)	8:24	7.1 (74.0%)
65	<b>PUSZKARSKI Adam</b>	<b>297</b>	GOSADI NORDIC TEAM	M-Dzieci	1			<b>00:42:03.55</b>	+00:10:58 (26.1%)	8:24	7.1 (74.0%)
66	<b>ZMACZYŃSKI Bogusław</b>	<b>362</b>	KS METRACO POLKOWICE	M65-69	5			<b>00:42:36.05</b>	+00:11:30 (27.0%)	8:31	7 (72.9%)
67	<b>LACHNIK Hubert</b>	<b>254</b>		M70	3			<b>00:43:09.95</b>	+00:12:04 (28.0%)	8:38	6.9 (71.9%)
68	<b>CIPYK Ireneusz</b>	<b>185</b>	NW CZŁAPSKI TEAM	M55-59	8			<b>00:43:10.00</b>	+00:12:04 (28.0%)	8:38	6.9 (71.9%)
69	<b>ADAMOWICZ Andrzej</b>	<b>171</b>		M70	4			<b>00:43:31.85</b>	+00:12:26 (28.6%)	8:42	6.9 (71.9%)
70	<b>NIESŁONY Ryszard</b>	<b>279</b>	MALINOWE GWIAZDY	M60-64	6			<b>00:44:57.60</b>	+00:13:52 (30.8%)	8:59	6.7 (69.8%)
71	<b>NOGA Bolesław</b>	<b>281</b>	ZESPÓŁ NIESPOKOJNYCH NÓG	M60-64	7			<b>00:45:03.65</b>	+00:13:58 (31.0%)	9:00	6.7 (69.8%)
72	<b>GÓRSKI Henryk</b>	<b>211</b>	UTW OLEŚNICA	M70	5			<b>00:45:05.00</b>	+00:13:59 (31.0%)	9:01	6.7 (69.8%)
73	<b>JÓŻWIAK Łukasz</b>	<b>225</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			<b>00:45:12.90</b>	+00:14:07 (31.2%)	9:02	6.6 (68.8%)
74	<b>WILD Arek</b>	<b>341</b>		M50-54	10			<b>00:45:22.95</b>	+00:14:17 (31.5%)	9:04	6.6 (68.8%)
75	<b>STONCEL Mieczysław</b>	<b>321</b>	GRUPA BIEGOWA DZIKOWIEC	M55-59	9			<b>00:45:41.75</b>	+00:14:36 (32.0%)	9:08	6.6 (68.8%)
76	<b>THOMALLA Bogdan</b>	<b>331</b>	STADION ŚLĄSKI	M75+	4			<b>00:45:45.80</b>	+00:14:40 (32.1%)	9:09	6.6 (68.8%)
77	<b>WAWRZYŃCZOK Krzysztof</b>	<b>367</b>	NORDICUS STRZYBNICA	M40-44	8			<b>00:46:06.15</b>	+00:15:00 (32.6%)	9:13	6.5 (67.7%)
78	<b>GÓRAL Andrzej</b>	<b>209</b>	ARGUS WŁOCWAWEK	M- Niepełnosprawni(A)	5			<b>00:46:09.40</b>	+00:15:03 (32.6%)	9:13	6.5 (67.7%)
79	<b>KARCZMARSKI Krzysztof</b>	<b>231</b>	JOVI KOZIENICE	M60-64	8			<b>00:46:19.15</b>	+00:15:13 (32.9%)	9:15	6.5 (67.7%)
80	<b>PIĄTKOWSKI Józef</b>	<b>289</b>	KS METRACO POLKOWICE	M75+	5			<b>00:46:57.80</b>	+00:15:52 (33.8%)	9:23	6.4 (66.7%)
81	<b>KUNIKOWSKI Zenon</b>	<b>102</b>	RIGHTWAY	M65-69	6			<b>00:47:05.45</b>	+00:16:00 (34.0%)	9:25	6.4 (66.7%)

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82	<b>KAPECKI Kazimierz</b>	<b>230</b>	KLUB SENIORA POLANICA ZDRÓJ	M70	6			<b>00:47:15.25</b>	+00:16:09 (34.2%)	9:27	6.3 (65.6%)
83	<b>LUBAŃSKI Tomasz</b>	<b>261</b>	SERCE NORDICA WŁOCŁAWEK	M60-64	9			<b>00:47:43.10</b>	+00:16:37 (34.8%)	9:32	6.3 (65.6%)
84	<b>ROŚKOWSKI Tadeusz</b>	<b>305</b>		M60-64	10			<b>00:48:10.40</b>	+00:17:04 (35.5%)	9:38	6.2 (64.6%)
85	<b>REMISZEWSKI Adam</b>	<b>303</b>	UTW OLEŚNICA	M70	7			<b>00:48:17.45</b>	+00:17:12 (35.6%)	9:39	6.2 (64.6%)
86	<b>MIKOŁAJCZYK Arkadiusz</b>	<b>270</b>	PREDATORS WAŁBRZYCH	M50-54	11			<b>00:48:19.85</b>	+00:17:14 (35.7%)	9:40	6.2 (64.6%)
87	<b>WSZOŁEK Jakub</b>	<b>355</b>	AZS ŚUM	M18-29	4			<b>00:49:16.25</b>	+00:18:10 (36.9%)	9:51	6.1 (63.5%)
88	<b>JAGODZIŃSKI Andrzej</b>	<b>219</b>		M55-59	10			<b>00:51:36.70</b>	+00:20:31 (39.8%)	10:19	5.8 (60.4%)
89	<b>MĘDRAK Józef</b>	<b>268</b>		M65-69	7			<b>00:51:37.65</b>	+00:20:32 (39.8%)	10:19	5.8 (60.4%)
90	<b>JÓZWIAK Dominik</b>	<b>226</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	6			<b>00:52:37.75</b>	+00:21:32 (40.9%)	10:31	5.7 (59.4%)
91	<b>LITYŃSKI Piotr</b>	<b>259</b>		M- Niepełnosprawni(B)	4			<b>00:53:26.40</b>	+00:22:20 (41.8%)	10:41	5.6 (58.3%)
92	<b>BIAŁCZAK Waldemar</b>	<b>177</b>	SEKCJA BIEGOWA I NORDIC WALKING TRÓJGARB STARE BOGACZOWICE	M50-54	12			<b>00:57:51.85</b>	+00:26:46 (46.3%)	11:34	5.2 (54.2%)
93	<b>KULCZYCKI Jan</b>	<b>245</b>		M70	8			<b>01:02:21.90</b>	+00:31:16 (50.1%)	12:28	4.8 (50.0%)
94	<b>WINIARSKI Robert</b>	<b>343</b>		M50-54	13			<b>01:02:38.70</b>	+00:31:33 (50.4%)	12:31	4.8 (50.0%)
95	<b>MACHAJEK Krzysztof</b>	<b>371</b>	STS KOŁO WARSZAWA	M- Niepełnosprawni(B)	5			<b>01:04:22.95</b>	+00:33:17 (51.7%)	12:52	4.7 (49.0%)
96	<b>WÓJCIK Henryk</b>	<b>354</b>	UTW OLEŚNICA	M75+	6			<b>01:05:01.80</b>	+00:33:56 (52.2%)	13:00	4.6 (47.9%)

Znaleziono 96 wynik(ów)