



POLISH NORDIC WALKING CUP - KOSZALIN - 5KM - 10/1

B4SPORT

Wydarzenie: Polish Nordic Walking Cup 10/1
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-04-30
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Czas netto 4.6km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	220	LUKI TEAM POLSKA	M30-39	1			00:13:13	00:26:59.90		5:51	10.2 (100%)
2	WITUCKI Jacek	81		M50-54	1			00:13:18	00:27:10.90	+00:00:11 (0.7%)	5:54	10.2 (100%)
3	CYRUS Bogdan	104	SILESIA NORDIC TEAM	M50-54	2			00:13:36	00:27:44.30	+00:00:44 (2.7%)	6:01	10 (98.0%)
4	STĘPAK Piotr	191		M18-29	1			00:13:38	00:27:45.20	+00:00:45 (2.7%)	6:01	9.9 (97.1%)
5	MARCZAK Tomasz	84	NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:14:16	00:29:11.25	+00:02:11 (7.5%)	6:20	9.5 (93.1%)
6	GRODZKI Ireneusz	120		M50-54	3			00:14:22	00:29:12.95	+00:02:13 (7.6%)	6:20	9.5 (93.1%)
7	BRZozowski Piotr	82	AKTYWNI POSTOMINO	M30-39	2			00:14:16	00:29:17.80	+00:02:17 (7.8%)	6:21	9.4 (92.2%)
8	OLSZAŃSKI Karol	167	FEAR THE RETURN	M45-49	1			00:14:33	00:29:42.00	+00:02:42 (9.1%)	6:27	9.3 (91.2%)
9	WORoch Roman	83	KGHM METRACO	M60-64	1			00:14:37	00:29:42.60	+00:02:42 (9.1%)	6:27	9.3 (91.2%)
10	KOPCZEWSKI Dariusz	85		M55-59	1			00:14:37	00:29:49.95	+00:02:50 (9.5%)	6:28	9.3 (91.2%)
11	GAJEWSKI Eugeniusz	113	KGHM METRACO	M65-69	1			00:14:44	00:29:56.35	+00:02:56 (9.8%)	6:30	9.2 (90.2%)
12	FRĄCKOWIAK Roman	86	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	4			00:14:39	00:29:56.65	+00:02:56 (9.8%)	6:30	9.2 (90.2%)
13	LUDWICZAK Dariusz	151	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	5			00:14:49	00:30:02.30	+00:03:02 (10.1%)	6:31	9.2 (90.2%)
14	KOWALAK Robert	140	PARKRUN JEZIORO SWARZĘDZKIE	M30-39	3			00:14:39	00:30:07.95	+00:03:08 (10.4%)	6:32	9.2 (90.2%)

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									netto 4.6km	Różn		
15	MISZTAL Grzegorz	157	MASZYCANKA MASZYCE	M30-39	4	1		00:14:46	00:30:17.05	+00:03:17 (10.9%)	6:35	9.1 (89.2%)
16	MAŚLANKA Jacek	153		M55-59	2			00:15:04	00:30:19.80	+00:03:19 (11.0%)	6:35	9.1 (89.2%)
17	WOJTASIŃSKI Daniel	219	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:14:56	00:30:36.95	+00:03:37 (11.8%)	6:39	9 (88.2%)
18	PARZYBUT Jan	231	POSTĘP PNIEWY TEAM	M55-59	3			00:15:21	00:30:46.80	+00:03:46 (12.3%)	6:41	9 (88.2%)
19	BREWKA Joachim	100	NORDIC SPORT 2021	M55-59	4			00:15:24	00:30:48.10	+00:03:48 (12.3%)	6:41	9 (88.2%)
20	TUZIMEK Adam	214	KUR-TEAM	M-Jun.	1	2		00:15:05	00:30:51.95	+00:03:52 (12.5%)	6:42	8.9 (87.3%)
21	NOSAL Marek	161		M50-54	6			00:15:27	00:31:03.80	+00:04:03 (13.1%)	6:45	8.9 (87.3%)
22	BIBKO Martin	98	SPEEDBAR	M45-49	2			00:15:11	00:31:06.60	+00:04:06 (13.2%)	6:45	8.9 (87.3%)
23	GIERSZEWSKI Arkadiusz	116	BŁĘKITNI DZIEMIANY	M40-44	2			00:15:31	00:31:41.40	+00:04:41 (14.8%)	6:53	8.7 (85.3%)
24	KLAWCZYŃSKI Marcin	135	AKTYWNIE W PNIEWACH	M30-39	5			00:15:31	00:31:50.30	+00:04:50 (15.2%)	6:55	8.7 (85.3%)
25	STANISŁAWSKI Jan	232	MARSZ PO ZDROWIE	M60-64	2	1		00:15:48	00:32:10.45	+00:05:10 (16.1%)	6:59	8.6 (84.3%)
26	ŚLUSARCZYK Marcin	204	WESOŁY BORSUK TEAM	M40-44	3			00:15:47	00:32:11.45	+00:05:11 (16.1%)	6:59	8.6 (84.3%)
27	PLEWIŃSKI Rafał	176	NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:15:44	00:32:24.50	+00:05:24 (16.7%)	7:02	8.5 (83.3%)
28	GĄGÓŁ Krzysztof	115	KGHM METRACO	M40-44	4			00:15:52	00:32:30.65	+00:05:30 (17.0%)	7:03	8.5 (83.3%)
29	GRUSZKA Michał	122	NORDIC SPORT 2021	M18-29	3			00:15:55	00:32:34.45	+00:05:34 (17.1%)	7:04	8.5 (83.3%)
30	NOWAK Wiesław	163	UKS 'SKOCZEK'SKOKI	M60-64	3			00:16:22	00:32:55.95	+00:05:56 (18.0%)	7:09	8.4 (82.4%)
31	RAJEK Tomasz	186	NORDIC TEAM CZĘSTOCHOWA	M50-54	7			00:16:11	00:33:04.20	+00:06:04 (18.4%)	7:11	8.3 (81.4%)
32	ZAWADZKI Krzysztof	226	WETERAN	M65-69	2			00:16:40	00:33:34.20	+00:06:34 (19.6%)	7:17	8.2 (80.4%)
33	SZYMAŃSKI Stefan	203	XV KOŁO PZERII W DYWITACH	M75-79	1			00:16:50	00:33:35.75	+00:06:35 (19.6%)	7:18	8.2 (80.4%)
34	MATECKI Ryszard	154	KGHM METRACO	M70-74	1			00:17:04	00:33:39.00	+00:06:39 (19.8%)	7:18	8.2 (80.4%)
35	JANKOWSKI Grzegorz	128	STĘSZEW TEAM	M60-64	4			00:16:42	00:33:47.55	+00:06:47 (20.1%)	7:20	8.2 (80.4%)
36	DUSZEŃKO Zygmunt	110	KGHM METRACO	M- Niepełnosprawni(A)	1			00:16:55	00:34:03.10	+00:07:03 (20.7%)	7:24	8.1 (79.4%)
36	KĘPA Andrzej	133		M70-74	2			00:17:06	00:34:03.10	+00:07:03 (20.7%)	7:24	8.1 (79.4%)

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38	SZCZYTKOWSKI Jakub	193		M18-29	4	1		00:16:39	00:34:04.20	+00:07:04 (20.8%)	7:24	8.1 (79.4%)
39	ŚLUSARCZYK Grzegorz	206	WESOŁY BORSUK TEAM	M45-49	3			00:16:38	00:34:05.75	+00:07:05 (20.8%)	7:24	8.1 (79.4%)
40	RUSINOWICZ Andrzej	187	NIEZRZESZONY	M75-79	2			00:16:52	00:34:06.30	+00:07:06 (20.8%)	7:24	8.1 (79.4%)
41	CZMOCH Marian	106	PUKS JEDYNKA	M70-74	3			00:17:07	00:34:13.30	+00:07:13 (21.1%)	7:26	8.1 (79.4%)
42	GÓRAL Andrzej	119	SOLID SECURITY BYDGOSZCZ	M- Niepełnosprawni(A)	2			00:16:55	00:34:14.50	+00:07:14 (21.2%)	7:26	8.1 (79.4%)
43	BERCZYŃSKI Henryk	97	NADLEŚNICTWO OKONEK	M65-69	3			00:16:56	00:34:22.95	+00:07:23 (21.5%)	7:28	8 (78.4%)
44	WÓJCIK Jacek	222	STĘSZEW TEAM	M55-59	5			00:17:02	00:34:27.75	+00:07:27 (21.7%)	7:29	8 (78.4%)
45	WALCZAK Grzegorz	215		M45-49	4			00:17:07	00:34:49.60	+00:07:49 (22.5%)	7:34	7.9 (77.5%)
46	GRUSZKA Michał	121	NORDIC SPORT 2021	M45-49	5			00:17:07	00:34:53.25	+00:07:53 (22.6%)	7:35	7.9 (77.5%)
47	CZEKRYSEW Andrzej	105	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:17:05	00:34:57.85	+00:07:57 (22.8%)	7:35	7.9 (77.5%)
48	GRYGOROWICZ Bogdan	124	KGHM METRACO	M- Niepełnosprawni(B)	1			00:17:02	00:35:00.15	+00:08:00 (22.9%)	7:36	7.9 (77.5%)
49	CIESIELSKI Krzysztof	102	FAST WALKER	M- Niepełnosprawni(B)	2			00:17:32	00:35:18.65	+00:08:18 (23.5%)	7:40	7.8 (76.5%)
50	PYSZCZAK Piotr	185	KUR-TEAM	M45-49	6			00:17:42	00:35:42.75	+00:08:42 (24.4%)	7:45	7.7 (75.5%)
51	KRIGER Roman	144	MAPEI POLSKA	M60-64	5			00:18:04	00:36:09.85	+00:09:09 (25.3%)	7:51	7.6 (74.5%)
52	KULAWINSKI Marek	233	KOŁOBRZEG	M50-54	8			00:17:56	00:36:11.90	+00:09:12 (25.4%)	7:51	7.6 (74.5%)
53	KUTA Dariusz	148	KUR-TEAM	M55-59	6			00:17:53	00:36:16.50	+00:09:16 (25.6%)	7:53	7.6 (74.5%)
54	CIEŚLUK Marcin	103	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	4			00:15:55	00:36:17.70	+00:09:17 (25.6%)	7:53	7.6 (74.5%)
55	PRACKI Zbigniew	182	SERCE NORDICA WŁOCŁAWEK	M55-59	7			00:18:00	00:36:20.75	+00:09:20 (25.7%)	7:53	7.6 (74.5%)
56	JÓŹWIAK Łukasz	130	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:18:14	00:36:48.00	+00:09:48 (26.6%)	8:00	7.5 (73.5%)
57	PARCHIMOWICZ Janusz	171		M65-69	4			00:18:33	00:37:45.75	+00:10:45 (28.5%)	8:12	7.3 (71.6%)
58	SZCZYTKOWSKI Marek	192		M50-54	9			00:18:39	00:38:36.65	+00:11:36 (30.1%)	8:23	7.2 (70.6%)
59	THOMALLA Bogdan	211	EKIPA NA KIJACH	M80+	1			00:18:50	00:38:39.60	+00:11:39 (30.2%)	8:24	7.1 (69.6%)
60	KOWALSKI Mirosław	141	GRYF NW	M65-69	5			00:19:01	00:39:06.80	+00:12:06 (31.0%)	8:30	7.1 (69.6%)

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61	MACKO Michał	152	WYCHODZĘ Z KIJAMI	M-Dzieci	1			00:19:11	00:39:17.45	+00:12:17 (31.3%)	8:32	7 (68.6%)
62	PLUTO-PRĄDZYŃSKI Kacper	179	SERCE NORDICA WŁOCLAWEK	M-Dzieci	2			00:19:57	00:40:08.50	+00:13:08 (32.7%)	8:43	6.9 (67.6%)
63	SZNAJDER Zenon	197		M70-74	4			00:19:45	00:40:33.30	+00:13:33 (33.4%)	8:48	6.8 (66.7%)
64	JEN Andrzej	228		M- Niepełnosprawni(B)	4	1		00:20:29	00:41:00.95	+00:14:01 (34.2%)	8:54	6.7 (65.7%)
65	PIĄTKOWSKI Józef	172	KGHM METRACO	M75-79	3			00:20:11	00:41:06.00	+00:14:06 (34.3%)	8:56	6.7 (65.7%)
66	ŚLUSARCZYK Andrzej	205	WESOŁY BORSUK TEAM	M70-74	5			00:20:36	00:45:39.05	+00:18:39 (40.9%)	9:55	6 (58.8%)
67	ŚLUSARCZYK Błażej	207	WESOŁY BORSUK TEAM	M-Dzieci	3			00:23:30	00:48:33.25	+00:21:33 (44.4%)	10:33	5.7 (55.9%)
68	KULCZYCKI Jan	145		M70-74	6			00:24:31	00:50:16.15	+00:23:16 (46.3%)	10:55	5.5 (53.9%)

Znaleziono 68 wynik(ów)