



# PUCHAR POLSKI NW - WASILKÓW - 5KM - 1/6

B4SPORT

**Event:** Puchar Polski Nordic Walking 2024 -  
Wasilków - 1/6  
**Organiser:** Polskie Zrzeszenie Nordic Walking, Miasto Gmina  
Wasilków  
**Date:** 2024-05-11  
**Place:** Wasilków  
**Distance:** 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.68km	3.36km	Net time 5km	Gap	Pace min/km	Pace km/h
1	MARCZAK Tomasz	97	K.S VICTORIA POTĘGOWO	M18-29	1			00:09:28	00:19:08	00:28:37.73		5:43	10.5 (100%)
2	STĘPAK Piotr	156	K.S VICTORIA POTĘGOWO	M30-39	1			00:09:29	00:19:09	00:28:38.00	+00:00:00 (0.0%)	5:43	10.5 (100%)
3	WITUCKI Jacek	137	K.S VICTORIA POTĘGOWO	M50-54	1			00:09:28	00:19:08	00:28:51.48	+00:00:13 (0.8%)	5:46	10.4 (99.0%)
4	ZDANOWICZ Arkadiusz	141	K.S VICTORIA POTĘGOWO	M45-49	1			00:09:29	00:19:16	00:29:21.17	+00:00:43 (2.5%)	5:52	10.2 (97.1%)
5	CYRUS Bogdan	58		M50-54	2			00:09:29	00:20:20	00:31:18.27	+00:02:40 (8.5%)	6:15	9.6 (91.4%)
6	MROZIŃSKI Tadeusz	22	NORDIC SPORT 2021	M55-59	1			00:10:10	00:20:41	00:31:23.54	+00:02:45 (8.8%)	6:16	9.6 (91.4%)
7	MAŁKA Marian	96	NORDIC SPORT 2021	M65-69	1			00:10:16	00:20:54	00:31:35.16	+00:02:57 (9.4%)	6:19	9.5 (90.5%)
8	FRAĆKOWIAK Roman	67	NORDIC SPORT 2021	M55-59	2			00:10:12	00:20:54	00:31:51.69	+00:03:13 (10.1%)	6:22	9.4 (89.5%)
9	ŚLUSARCZYK Marcin	129	WESOŁY BORSUK TEAM	M45-49	2			00:10:35	00:21:17	00:31:51.98	+00:03:14 (10.2%)	6:22	9.4 (89.5%)
10	SOKOŁOWSKI Marek	117		M55-59	3			00:10:54	00:22:01	00:33:11.14	+00:04:33 (13.7%)	6:38	9 (85.7%)
11	PASIERB Marek	105	K.S VICTORIA POTĘGOWO	M70-74	1			00:11:08	00:22:18	00:33:25.24	+00:04:47 (14.3%)	6:41	9 (85.7%)
12	JAKSINA Dariusz	77	MAZURSKI DZIK	M55-59	4			00:11:03	00:22:19	00:33:35.34	+00:04:57 (14.8%)	6:43	8.9 (84.8%)
13	STEFANIAK Krzysztof	118	KATOWICKI NORDIC WALKING	M65-69	2			00:11:13	00:22:27	00:33:50.44	+00:05:12 (15.4%)	6:46	8.9 (84.8%)
14	WIŚNIEWSKI Mariusz	136	NW CZŁAPSKI TEAM	M50-54	3			00:11:09	00:22:33	00:33:50.61	+00:05:12 (15.4%)	6:46	8.9 (84.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.68km	3.36km	Net		Pace min/km	Pace km/h
										time 5km	Gap		
15	<b>BREWCZYŃSKI Marcin</b>	<b>55</b>	POLIPACK TEAM GWE	M30-39	2			00:11:06	00:22:40	<b>00:34:15.94</b>	+00:05:38 (16.5%)	6:51	8.8 (83.8%)
16	<b>HRYCIUK Waldemar</b>	<b>75</b>	K.S VICTORIA POTĘGOWO	M65-69	3			00:11:14	00:23:02	<b>00:34:57.48</b>	+00:06:19 (18.1%)	6:59	8.6 (81.9%)
17	<b>PUKSZTA Krzysztof</b>	<b>109</b>	WESOŁY BORSUK TEAM	M40-44	1			00:11:13	00:23:18	<b>00:35:05.61</b>	+00:06:27 (18.4%)	7:01	8.6 (81.9%)
18	<b>KOWALCZYK Tadeusz</b>	<b>89</b>	NORDIC SPORT 2021	M70-74	2			00:11:36	00:23:28	<b>00:35:21.02</b>	+00:06:43 (19.0%)	7:04	8.5 (81.0%)
19	<b>ADAMCZYK Adam</b>	<b>51</b>	K.S VICTORIA POTĘGOWO	M75-79	1			00:11:54	00:23:45	<b>00:35:23.83</b>	+00:06:46 (19.1%)	7:04	8.5 (81.0%)
20	<b>MATECKI Ryszard</b>	<b>145</b>		M75-79	2			00:11:55	00:23:45	<b>00:35:24.13</b>	+00:06:46 (19.1%)	7:04	8.5 (81.0%)
21	<b>KACPERSKI Jarosław</b>	<b>82</b>	NIEZESZONY	M- Niepełnosprawni(A)	1			00:11:41	00:23:28	<b>00:35:25.93</b>	+00:06:48 (19.2%)	7:05	8.5 (81.0%)
22	<b>OLSZAŃSKI Karol</b>	<b>103</b>	OPEN SPORT TEAM	M45-49	3			00:11:35	00:23:38	<b>00:35:45.89</b>	+00:07:08 (20.0%)	7:09	8.4 (80.0%)
23	<b>GRUSZKA Michał</b>	<b>72</b>	NORDIC SPORT 2021	M45-49	4			00:10:54	00:22:59	<b>00:35:48.00</b>	+00:07:10 (20.0%)	7:09	8.4 (80.0%)
24	<b>KARPOWICZ Janusz</b>	<b>85</b>	JUWENIA	M70-74	3			00:11:31	00:23:38	<b>00:35:50.67</b>	+00:07:12 (20.1%)	7:10	8.4 (80.0%)
25	<b>ŻYTKOWSKI Andrzej</b>	<b>140</b>	TKKF KRZNA BIAŁA PODLASKA	M60-64	1			00:11:59	00:24:12	<b>00:36:12.87</b>	+00:07:35 (20.9%)	7:14	8.3 (79.0%)
26	<b>CZEKAŃSKI Damian</b>	<b>60</b>	WESOŁY BORSUK TEAM	M30-39	3			00:11:52	00:24:06	<b>00:36:14.72</b>	+00:07:36 (21.0%)	7:14	8.3 (79.0%)
27	<b>PODSIADŁY Stanisław</b>	<b>108</b>	K.S VICTORIA POTĘGOWO	M65-69	4			00:11:57	00:24:12	<b>00:36:24.77</b>	+00:07:47 (21.4%)	7:16	8.2 (78.1%)
28	<b>FRANCZAK Dariusz</b>	<b>66</b>	NW CZŁAPSKI TEAM	M60-64	2			00:11:59	00:24:10	<b>00:36:24.97</b>	+00:07:47 (21.4%)	7:16	8.2 (78.1%)
29	<b>KUŹMICZ Dominik</b>	<b>94</b>		M-Jun.	1			00:11:55	00:24:09	<b>00:36:29.99</b>	+00:07:52 (21.6%)	7:17	8.2 (78.1%)
30	<b>WIŚNIEWSKI Julian</b>	<b>135</b>	NW CZŁAPSKI TEAM	M-Jun.	2			00:11:53	00:24:27	<b>00:36:35.76</b>	+00:07:58 (21.8%)	7:19	8.2 (78.1%)
31	<b>CZMOCH Marian</b>	<b>61</b>	NORDIC SPORT 2021	M70-74	4			00:12:01	00:24:15	<b>00:36:37.95</b>	+00:08:00 (21.8%)	7:19	8.2 (78.1%)
32	<b>JAKUBOWSKI Zbigniew</b>	<b>78</b>		M75-79	3			00:12:19	00:24:59	<b>00:37:47.63</b>	+00:09:09 (24.2%)	7:33	7.9 (75.2%)
33	<b>ŚLUSARCZYK Andrzej</b>	<b>131</b>	WESOŁY BORSUK TEAM	M70-74	5			00:12:38	00:25:29	<b>00:38:15.71</b>	+00:09:37 (25.2%)	7:39	7.8 (74.3%)
34	<b>STYPUŁKOWSKI Marian</b>	<b>121</b>	JUWENIA	M65-69	5			00:10:53	00:25:38	<b>00:38:19.00</b>	+00:09:41 (25.3%)	7:39	7.8 (74.3%)
35	<b>RZEPECKI Sławomir</b>	<b>112</b>		M50-54	4			00:12:28	00:25:16	<b>00:38:30.88</b>	+00:09:53 (25.7%)	7:42	7.8 (74.3%)
36	<b>JAŚKOWSKI Patryk</b>	<b>80</b>	NORDIC SPORT 2021	M40-44	2			00:12:42	00:25:44	<b>00:38:36.09</b>	+00:09:58 (25.8%)	7:43	7.8 (74.3%)
37	<b>PALUCH Paweł</b>	<b>104</b>	AVOCADO WELLNESS CLUB	M60-64	3			00:12:23	00:25:25	<b>00:38:41.40</b>	+00:10:03 (26.0%)	7:44	7.8 (74.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.68km	3.36km	Net time 5km	Gap	Pace min/km	Pace km/h
38	<b>WOŁOWICZ Dariusz</b>	<b>139</b>		M60-64	4			00:13:07	00:26:35	<b>00:39:31.79</b>	+00:10:54 (27.6%)	7:54	7.6 (72.4%)
39	<b>GRYGOROWICZ Bogdan</b>	<b>74</b>	KGHM METRACO LUBIN	M- Niepełnosprawni(B)	1			00:13:00	00:26:10	<b>00:39:32.02</b>	+00:10:54 (27.6%)	7:54	7.6 (72.4%)
40	<b>KUŹMICZ Szymon</b>	<b>95</b>		M-Jun.	3			00:13:42	00:27:28	<b>00:41:34.88</b>	+00:12:57 (31.1%)	8:18	7.2 (68.6%)
41	<b>SZNAJDER Zenon</b>	<b>124</b>	NORDIC SPORT 2021	M70-74	6			00:13:06	00:27:12	<b>00:41:38.12</b>	+00:13:00 (31.2%)	8:19	7.2 (68.6%)
42	<b>LESNER Nikodem</b>	<b>153</b>	MARSZOMANIACY BIELSK PODLASKI	M-Dzieci	1			00:13:23	00:27:42	<b>00:41:38.64</b>	+00:13:00 (31.3%)	8:19	7.2 (68.6%)
43	<b>MYDLARZ Jerzy</b>	<b>99</b>	JUVENIA	M70-74	7			00:13:53	00:27:56	<b>00:42:00.24</b>	+00:13:22 (31.8%)	8:24	7.1 (67.6%)
44	<b>KACZMARCZYK Franciszek</b>	<b>84</b>	RUMIA	M80+	1			00:14:03	00:28:34	<b>00:43:07.05</b>	+00:14:29 (33.6%)	8:37	7 (66.7%)
45	<b>ŚLUSARCZYK Błażej</b>	<b>130</b>	WESOŁY BORSUK TEAM	M-Dzieci	2			00:15:14	00:30:30	<b>00:45:48.97</b>	+00:17:11 (37.5%)	9:09	6.6 (62.9%)
46	<b>JAROMIN Antoni</b>	<b>149</b>		M-Dzieci	3			00:15:52	00:31:29	<b>00:46:30.85</b>	+00:17:53 (38.5%)	9:18	6.5 (61.9%)
47	<b>GORALEWSKI Franciszek</b>	<b>151</b>		M-Dzieci	4			00:15:53	00:31:30	<b>00:46:31.76</b>	+00:17:54 (38.5%)	9:18	6.4 (61.0%)
48	<b>ZELLER Natan</b>	<b>150</b>		M-Dzieci	5			00:15:53	00:31:30	<b>00:46:37.92</b>	+00:18:00 (38.6%)	9:19	6.4 (61.0%)

Total 48 results.