

## ENEA POLISH NW CUP - POTĘGOWO - 10KM - 1/6

Organizator: Polskie Zrzeszenie Nordic Walking  
Data: 2023-05-13  
Miejsce: Potęgowo  
Dystans: 10 km  
Klasyfikacja wg czasów netto.



### ENEA POLISH NW CUP - POTĘGOWO - 10KM - 1/6, OPEN

| M-ce | Nazwisko i imię        | Nr | Klub                            | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|----|---------------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | WOJTOWICZ TOMASZ       | 58 | K.S. VICTORIA POTĘGOWO          | WIDACZ               | POL  | M30-39 | 1      | M 1  |             |              | 00:14:38 | 00:30:08 | 00:46:05 | 01:02:16.05 | 6:13   | 9.6  |
| 2    | DZIEDZIEWICZ ANDRZEJ   | 15 | K.S. VICTORIA POTĘGOWO          | WARSZAWA             | POL  | M40-49 | 1      | M 2  | 2           |              | 00:14:38 | 00:30:27 | 00:46:37 | 01:03:24.90 | 6:20   | 9.5  |
| 3    | SOSNOWSKA AGNIESZKA    | 49 | K.S. VICTORIA POTĘGOWO          | STAROPOLE            | POL  | K30-39 | 1      | K 1  |             |              | 00:15:43 | 00:32:11 | 00:49:01 | 01:05:24.65 | 6:32   | 9.2  |
| 4    | WOJCIECHOWSKA ELŻBIETA | 61 | POLIPACK TEAM GWE               | PAKOŚĆ               | POL  | K40-49 | 1      | K 2  |             |              | 00:15:41 | 00:32:10 | 00:49:00 | 01:05:33.40 | 6:33   | 9.2  |
| 5    | MARCZAK TOMASZ         | 1  | K.S. VICTORIA POTĘGOWO          | ALEKSANDRIA I        | POL  | M18-29 | 1      | M 3  |             |              | 00:15:31 | 00:32:21 | 00:49:49 | 01:07:20.95 | 6:44   | 8.9  |
| 6    | ZDANOWICZ ARKADIUSZ    | 59 | K.S. VICTORIA POTĘGOWO          | STANISŁAWÓW          | POL  | M40-49 | 2      | M 4  |             |              | 00:16:17 | 00:33:20 | 00:50:32 | 01:07:45.20 | 6:46   | 8.9  |
| 7    | HAŁAS MARCIN           | 20 | PRUSZYŃSKI SPORT TEAM           | CZECHOWICE-DZIEDZICE | POL  | M30-39 | 2      | M 5  |             |              | 00:16:44 | 00:33:49 | 00:50:57 | 01:07:59.75 | 6:47   | 8.8  |
| 8    | JUREK ADAM             | 24 | KGHM METRACO POLKOWICE          | LUBIN                | POL  | M60-69 | 1      | M 6  | 1           |              | 00:16:34 | 00:33:36 | 00:50:58 | 01:08:20.40 | 6:50   | 8.8  |
| 9    | HELWICH STEFAN         | 21 | KGHM METRACO POLKOWICE          | WIELEN               | POL  | M60-69 | 2      | M 7  |             |              | 00:16:42 | 00:33:36 | 00:51:06 | 01:09:00.15 | 6:54   | 8.7  |
| 10   | BIELECKA ZUZANNA       | 7  | K.S. VICTORIA POTĘGOWO          | WARSZAWA             | POL  | K40-49 | 2      | K 3  |             |              | 00:16:43 | 00:34:08 | 00:51:49 | 01:09:30.40 | 6:57   | 8.6  |
| 11   | MISZTAŁ GRZEGORZ       | 38 | PRUSZYŃSKI SPORT TEAM           | SUŁKOWICE            | POL  | M30-39 | 3      | M 8  |             |              | 00:17:03 | 00:34:29 | 00:52:13 | 01:09:46.55 | 6:58   | 8.6  |
| 12   | BARTOSIEWICZ ŁUKASZ    | 4  | LUKI TEAM POLSKA                | BORKOWO              | POL  | M30-39 | 4      | M 9  |             |              | 00:17:08 | 00:34:37 | 00:52:23 | 01:10:04.55 | 7:00   | 8.6  |
| 13   | JĘDRASIAK RENATA       | 23 | KGHM METRACO POLKOWICE          | LUBIN                | POL  | K60-69 | 1      | K 4  | 2           |              | 00:16:51 | 00:34:24 | 00:52:15 | 01:10:23.45 | 7:02   | 8.5  |
| 14   | LUDWICZAK DARIUSZ      | 31 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN             | POL  | M50-59 | 1      | M 10 |             |              | 00:16:38 | 00:34:24 | 00:52:29 | 01:10:30.65 | 7:03   | 8.5  |
| 15   | SIWAK PIOTR            | 47 | KGHM METRACO POLKOWICE          | RUDNA                | POL  | M60-69 | 3      | M 11 |             |              | 00:17:13 | 00:35:07 | 00:53:29 | 01:11:53.50 | 7:11   | 8.3  |
| 16   | OLSZAŃSKI KAROL        | 41 | PRUSZYŃSKI SPORT TEAM           | KRAKÓW               | POL  | M40-49 | 3      | M 12 | 1           |              | 00:17:11 | 00:35:02 | 00:53:10 | 01:12:12.75 | 7:13   | 8.3  |
| 17   | MĄDRY GRZEGORZ         | 37 | NORDIC SPORT 2021               | TRZEMESZNO           | POL  | M60-69 | 4      | M 13 |             |              | 00:17:20 | 00:35:39 | 00:54:07 | 01:12:39.15 | 7:15   | 8.3  |
| 18   | KOŁODZIEJ JOANNA       | 26 | PRUSZYŃSKI SPORT TEAM           | RUDA ŚLĄSKA          | POL  | K50-59 | 1      | K 5  |             |              | 00:17:33 | 00:35:36 | 00:53:57 | 01:12:42.50 | 7:16   | 8.3  |
| 19   | DANIELSKI WALDEMAR     | 13 | K.S. VICTORIA POTĘGOWO          | SOKOŁÓW PODLASKI     | POL  | M50-59 | 2      | M 14 |             |              | 00:17:56 | 00:36:03 | 00:54:26 | 01:12:59.25 | 7:17   | 8.2  |
| 20   | LABUS MARZENA          | 29 | NORDIC SPORT 2021               | LUBLINIEC            | POL  | K30-39 | 2      | K 6  |             |              | 00:17:27 | 00:35:46 | 00:54:30 | 01:13:37.40 | 7:21   | 8.2  |
| 21   | TKOCZ ADAM             | 54 | EKIPA NA KIJACH                 | RUDA ŚLĄSKA          | POL  | M50-59 | 3      | M 15 |             |              | 00:18:14 | 00:36:46 | 00:55:24 | 01:13:47.15 | 7:22   | 8.1  |
| 22   | BALON MAREK            | 2  |                                 | SZCZECINEK           | POL  | M50-59 | 4      | M 16 | 1           |              | 00:18:11 | 00:37:05 | 00:56:29 | 01:15:44.90 | 7:34   | 7.9  |
| 23   | SZCZUDLIK MAŁGORZATA   | 52 | NORDIC SPORT 2021               | TRZEMESZNO           | POL  | K40-49 | 3      | K 7  |             |              | 00:18:00 | 00:36:59 | 00:56:40 | 01:15:56.85 | 7:35   | 7.9  |
| 24   | PASIERB MAREK          | 43 | K.S. VICTORIA POTĘGOWO          | RZESZÓW              | POL  | M60-69 | 5      | M 17 |             |              | 00:18:28 | 00:37:37 | 00:56:46 | 01:16:03.50 | 7:36   | 7.9  |
| 25   | CHYRA JANUSZ           | 9  | NORDIC SPORT 2021               | LUBLINIEC            | POL  | M40-49 | 4      | M 18 |             |              | 00:18:30 | 00:37:33 | 00:56:50 | 01:16:24.65 | 7:38   | 7.9  |
| 26   | KRÓLIKOWSKA KRYSZYNA   | 28 | POLIPACK TEAM GWE               | KRĘPA KASZUBSKA      | POL  | K50-59 | 2      | K 8  | 1           |              | 00:18:28 | 00:37:34 | 00:56:49 | 01:16:27.70 | 7:38   | 7.8  |
| 27   | ZDRZĄLEK ALICJA        | 60 | NORDIC SPORT 2021               | TARNOWSKIE GÓRY      | POL  | K40-49 | 4      | K 9  |             |              | 00:18:35 | 00:37:59 | 00:57:22 | 01:16:45.20 | 7:40   | 7.8  |
| 28   | MAŁYSZEWICZ ANDRZEJ    | 36 |                                 | BIAŁY BÓR            | POL  | M50-59 | 5      | M 19 |             |              | 00:18:51 | 00:38:40 | 00:58:24 | 01:18:17.40 | 7:49   | 7.7  |
| 29   | LACHNIK HUBERT         | 30 |                                 | ARNSDORF             | GER  | M70+   | 1      | M 20 |             |              | 00:19:35 | 00:39:19 | 00:58:44 | 01:18:42.50 | 7:52   | 7.6  |
| 30   | PANKIEWICZ EWELINA     | 42 |                                 | ZAWADZKIE            | POL  | K30-39 | 3      | K 10 |             |              | 00:19:01 | 00:38:44 | 00:58:24 | 01:18:43.50 | 7:52   | 7.6  |

**ENEA POLISH NW CUP - POTĘGOWO - 10KM - 1/6, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                                         | M-scowość          | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km           | 5km             | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|----------------------------------------------|--------------------|------|--------|--------|------|-------------|--------------|-----------------|-----------------|----------|-------------|--------|------|
| 31   | BARTKOWSKI JAN              | 3   | NORDIC WALKING TEAM<br>DZIAŁDOWO             | ZAGRZEWO           | POL  | M60-69 | 6      | M 21 | 2           |              | 00:18:58        | 00:39:02        | 00:59:17 | 01:19:14.75 | 7:55   | 7.6  |
| 32   | CZMOCH MARIAN               | 12  | NORDIC SPORT 2021                            | ŁOSICE             | POL  | M70+   | 2      | M 22 |             |              | 00:19:33        | 00:39:18        | 00:59:12 | 01:19:25.55 | 7:56   | 7.6  |
| 33   | ŁASZCZ WOJCIECH             | 33  | FABRYKA NORWIKI<br>TRZCIANKA                 | PIŁA               | POL  | M60-69 | 7      | M 23 |             |              | 00:19:25        | 00:39:06        | 00:59:14 | 01:19:30.85 | 7:57   | 7.5  |
| 34   | BARTOSIEWICZ<br>WŁODZIMIERZ | 5   | LUKI TEAM POLSKA                             | GDAŃSK             | POL  | M60-69 | 8      | M 24 | 1           |              | 00:19:10        | 00:38:57        | 00:59:04 | 01:19:45.00 | 7:58   | 7.5  |
| 35   | OLEJNIK MARZENA             | 40  |                                              | SZCZECIN           | POL  | K50-59 | 3      | K 11 |             |              | 00:19:31        | 00:39:33        | 00:59:48 | 01:20:13.85 | 8:01   | 7.5  |
| 36   | CZAJKA URSZULA              | 11  | KGHM METRACO<br>POLKOWICE                    | RUMIA              | POL  | K60-69 | 2      | K 12 |             |              | 00:18:31        | 00:38:31        | 00:59:35 | 01:21:21.85 | 8:08   | 7.4  |
| 37   | MAŁYSZEWICZ TERESA          | 35  |                                              | BIALY BÓR          | POL  | K50-59 | 4      | K 13 |             |              | 00:20:34        | 00:41:19        | 01:02:25 | 01:23:36.60 | 8:21   | 7.2  |
| 38   | SKRZĄTEK LUCYNA             | 48  | NORDIC SPORT 2021                            | TARNOWSKIE<br>GÓRY | POL  | K50-59 | 5      | K 14 |             |              | 00:20:05        | 00:41:17        | 01:02:44 | 01:24:10.80 | 8:25   | 7.1  |
| 39   | DUDA ALEKSANDRA             | 14  | UNIwersytet WSB Merito<br>Gdańsk             | GDAŃSK             | POL  | K18-29 | 1      | K 15 | 2           |              | 00:20:08        | 00:40:33        | 01:02:30 | 01:24:22.55 | 8:26   | 7.1  |
| 40   | SZENDZIELORZ ILONA          | 186 | PRUSZYŃSKI SPORT TEAM                        | RUDA ŚLĄSKA        | POL  | K60-69 | 3      | K 16 |             |              | 00:20:42        | 00:41:47        | 01:03:03 | 01:24:23.60 | 8:26   | 7.1  |
| 41   | GOTOWSKA JOANNA             | 16  | AKADEMIA ZDROWEGO<br>STYLU ŻYCIA URUZ DYWITY | DYWITY             | POL  | K40-49 | 5      | K 17 |             |              | 00:20:40        | 00:41:52        | 01:03:24 | 01:24:57.50 | 8:29   | 7.1  |
| 42   | POWĄŻKA ELŻBIETA            | 44  | AKADEMIA ZDROWEGO<br>STYLU ŻYCIA URUZ DYWITY | OLSZTYN            | POL  | K50-59 | 6      | K 18 |             |              | 00:20:21        | 00:41:33        | 01:03:09 | 01:25:17.55 | 8:31   | 7    |
| 43   | GOTOWSKI DANIEL             | 17  | AKADEMIA ZDROWEGO<br>STYLU ŻYCIA URUZ DYWITY | DYWITY             | POL  | M40-49 | 5      | M 25 | 1           |              | 00:21:31        | 00:43:34        | 01:04:47 | 01:26:11.40 | 8:37   | 7    |
| 44   | BONCZYSZYN BOŻENA           | 8   | POLIPACK TEAM GWE                            | CHARBROWO          | POL  | K50-59 | 7      | K 19 |             |              | 00:20:28        | 00:42:17        | 01:04:37 | 01:26:42.95 | 8:40   | 6.9  |
| 45   | BERESKA IRENA               | 6   | NORDIC SPORT 2021                            | NAKŁO ŚLĄSKIE      | POL  | K30-39 | 4      | K 20 |             |              | 00:21:15        | 00:44:01        | 01:06:48 | 01:29:22.50 | 8:56   | 6.7  |
| 46   | UKLEJA JUSTYNA              | 57  | POTĘGA NORDICA                               | NOWA DĄBROWA       | POL  | K30-39 | 5      | K 21 |             |              | 00:22:04        | 00:44:32        | 01:07:27 | 01:31:20.80 | 9:08   | 6.6  |
| 47   | UKLEJA MONIKA               | 56  | POTĘGA NORDICA                               | POTĘGOWO           | POL  | K30-39 | 6      | K 22 |             |              | 00:22:07        | 00:44:33        | 01:07:29 | 01:31:22.25 | 9:08   | 6.6  |
| 48   | GÓRSKA AGNIESZKA            | 18  |                                              | SZCZECIN           | POL  | K40-49 | 6      | K 23 |             |              | 00:21:48        | 00:44:43        | 01:08:16 | 01:31:55.20 | 9:11   | 6.5  |
| 49   | CICHOCKI ANDRZEJ            | 10  |                                              | NOWE SKÓROWO       | POL  | M60-69 | 9      | M 26 |             |              | 00:22:44        | 00:46:22        | 01:10:29 | 01:34:38.95 | 9:27   | 6.3  |
| 50   | TKOCZ ALICJA                | 55  | EKIPA NA KIJACH                              | RUDA ŚLĄSKA        | POL  | K60-69 | 4      | K 24 |             |              | 00:22:43        | 00:47:23        | 01:12:36 | 01:38:04.30 | 9:48   | 6.1  |
| 51   | SZPALERSKA<br>MIROSŁAWA     | 53  | LKS ZANTYR SZTUM                             | SZTUM              | POL  | K70+   | 1      | K 25 |             |              | 00:25:30        | 00:51:53        | 01:17:52 | 01:44:14.55 | 10:25  | 5.8  |
| 52   | MALINOWSKA<br>GRAŻYNA       | 34  | LKS ZANTYR SZTUM                             | SZTUM              | POL  | K70+   | 2      | K 26 |             |              | 00:25:33        | 00:52:11        | 01:19:26 | 01:45:44.10 | 10:34  | 5.7  |
|      | RÓŻAŃSKI JÓZEF              | 45  |                                              | SKÓROWO            | POL  | M60-69 |        |      |             |              | 00:22:43<br>DNF | 00:46:22<br>DNF | DNF      | DNF         | -      | -    |
|      | KOZŁOWSKI TOMASZ            | 27  |                                              | SŁUPSK             | POL  | M50-59 |        |      |             | 1            | DNF             | DNF             | DNF      | DNF         | -      | -    |