



# OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM

B4SPORT

**Wydarzenie/ Event:** MISTRZOSTWA POLSKI NORDIC WALKING 2018  
**Organizator/** Polska Federacja Nordic Walking  
**Organizer:**  
**Data/ Date:** 2018-08-04  
**Miejsce/ Place:** Osielsko  
**Dystans/ Distance:** 21.1 km



Klasyfikacja/ Classification: Wszyscy/ Open

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Żół. kartki	Czer. kartki	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Różn/ Gap	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	638	KKB MOSIR KROSNO	M30-39	1			00:06:27	00:36:45	01:07:22	01:38:25	<b>02:09:49.55</b>		6:09	9.8
2	ROSAK Marcin	651	GREEN TEAM ZIELONA GÓRA	M40-49	1	2		00:06:41	00:38:10	01:09:04	01:39:42	<b>02:10:33.85</b>	+00:00:44	6:11	9.7
3	SKIBA Krzysztof	654	KS METRACO POLKOWICE	M50-59	1			00:06:27	00:36:52	01:08:10	01:39:53	<b>02:11:06.45</b>	+00:01:16	6:12	9.7
4	CZŁONKOWSKI Krzysztof	610	OLIMPIJCZYK SZCZEKOCINY	M40-49	2			00:06:49	00:39:09	01:12:04	01:44:19	<b>02:16:21.15</b>	+00:06:31	6:27	9.3
5	KORDOWSKI Piotr	631	NOWA HUTA TEAM	M40-49	3			00:06:41	00:38:43	01:11:31	01:44:21	<b>02:18:53.55</b>	+00:09:04	6:34	9.1
6	DEPKA PRĄDZYŃSKI Olgiard	611		M60+	1			00:07:00	00:39:04	01:11:59	01:45:14	<b>02:19:59.70</b>	+00:10:10	6:38	9
7	SZEREMETA Grzegorz	666	CIDRY LOTAJOM	M40-49	4			00:06:41	00:38:43	01:11:31	01:45:24	<b>02:21:03.60</b>	+00:11:14	6:41	9
8	WAWRZYŃIAK Łukasz	669	KS METRACO POLKOWICE	M30-39	2			00:07:02	00:40:28	01:14:37	01:48:33	<b>02:22:18.15</b>	+00:12:28	6:44	8.9
9	ROGAŁSKI Piotr	650	GDYNIA MOJE MIASTO	M40-49	5	2		00:06:49	00:39:21	01:13:25	01:47:54	<b>02:22:59.55</b>	+00:13:10	6:46	8.9
10	BARCZYK Bogdan	602	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:07:11	00:41:27	01:15:58	01:50:23	<b>02:26:12.80</b>	+00:16:23	6:55	8.7
11	SŁUPIANEK Paweł	655	LECZYMY DURŚ	M30-39	3			00:07:12	00:40:43	01:15:14	01:51:00	<b>02:27:30.15</b>	+00:17:40	6:59	8.6
12	CELIŃSKI Tomasz	608	TUPTUŚ OTWOCK	M50-59	3			00:07:10	00:41:10	01:16:26	01:52:08	<b>02:27:55.55</b>	+00:18:06	7:00	8.6
13	WOJCIECHOWSKA Elżbieta	677	KS IDMAR RACING TEAM	K30-39	1			00:07:01	00:40:51	01:15:53	01:51:05	<b>02:28:01.35</b>	+00:18:11	7:00	8.6
14	MACKIEWICZ Dariusz	636	AKTYWNI KODEŃ	M40-49	6	1		00:07:12	00:41:12	01:16:46	01:52:35	<b>02:28:19.30</b>	+00:18:29	7:01	8.5
15	SZARSZUNOWICZ Mariusz	663	KS METRACO POLKOWICE	M40-49	7			00:06:56	00:40:30	01:15:34	01:51:24	<b>02:28:55.75</b>	+00:19:06	7:03	8.5
16	PUSZKIEL Leszek	648	GREEN TEAM ZIELONA GÓRA	M60+	2			00:07:06	00:41:06	01:16:40	01:53:02	<b>02:29:29.50</b>	+00:19:39	7:05	8.5
17	ŻYDACZEWSKI Ryszard	676	KS METRACO POLKOWICE	M50-59	4			00:07:38	00:43:08	01:19:01	01:54:25	<b>02:29:46.10</b>	+00:19:56	7:05	8.5
18	MŁYŃSKI Krzysztof	640	POZYTYWNI DOBRE MIASTO	M40-49	8			00:07:36	00:42:56	01:18:38	01:54:57	<b>02:31:11.65</b>	+00:21:22	7:09	8.4
19	KOWALSKI Marek	633	UNIA MIAST	M50-59	5			00:07:38	00:43:07	01:19:06	01:55:08	<b>02:31:12.75</b>	+00:21:23	7:09	8.4
20	PIETRZYK Jarosław	644	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:07:12	00:41:46	01:17:06	01:54:04	<b>02:31:56.95</b>	+00:22:07	7:12	8.3
21	ŚWISŁOCKI Bogdan	668	FACE NORDIC WALKING TEAM	M50-59	6			00:07:17	00:42:08	01:17:48	01:54:28	<b>02:32:22.35</b>	+00:22:32	7:13	8.3
22	KOŁODZIEJ Joanna	630	CIDRY LOTAJOM	K50-59	1	1		00:07:39	00:43:13	01:18:58	01:55:30	<b>02:32:39.70</b>	+00:22:50	7:14	8.3
23	MAKOWSKI Jan	637	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:06:49	00:41:54	01:18:06	01:55:38	<b>02:32:42.20</b>	+00:22:52	7:14	8.3
24	PRZYBYSZ Grzegorz	647		M30-39	5			00:07:22	00:43:16	01:19:05	01:55:19	<b>02:32:55.30</b>	+00:23:05	7:14	8.3

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Żół. kartki	Czer. kartki	Czas							
								1.1km	6.1km	11.1km	16.1km	21.1km	Różn/ Gap	Tempo min/km	Tempo km/h
25	<b>BULAKOWSKI Bohdan</b>	<b>607</b>	PASJA NORDIC WALKING	M60+	3			00:07:50	00:43:20	01:19:51	01:56:26	<b>02:33:32.50</b>	+00:23:42	7:16	8.2
26	<b>SPYCHAŁA Marzena</b>	<b>658</b>	CKZIU NYSA MECHANIK	K40-49	1			00:07:48	00:43:38	01:19:23	01:56:24	<b>02:33:41.70</b>	+00:23:52	7:17	8.2
27	<b>CIESIELSKI Jan</b>	<b>609</b>	PARKRUN TORUŃ	M40-49	9			00:07:24	00:42:11	01:17:52	01:54:50	<b>02:34:02.75</b>	+00:24:13	7:18	8.2
28	<b>BEM Małgorzata</b>	<b>603</b>	POZYTYWNI DOBRE MIASTO	K40-49	2			00:07:48	00:43:15	01:19:37	01:56:48	<b>02:34:25.90</b>	+00:24:36	7:19	8.2
29	<b>FOLWARSKI Andrzej</b>	<b>613</b>	FACE NORDIC WALKING TEAM	M50-59	8			00:07:59	00:44:18	01:20:38	01:58:12	<b>02:36:11.20</b>	+00:26:21	7:24	8.1
30	<b>NIEDŹWIECKA Katarzyna</b>	<b>641</b>	FACE NORDIC WALKING TEAM	K40-49	3			00:07:52	00:44:39	01:21:38	01:58:52	<b>02:36:17.05</b>	+00:26:27	7:24	8.1
31	<b>JASUKIEWICZ Jacek</b>	<b>620</b>	POZYTYWNI DOBRE MIASTO	M50-59	9			00:07:38	00:44:15	01:21:55	01:59:28	<b>02:37:40.20</b>	+00:27:50	7:28	8
32	<b>KAWCZYŃSKI Zbigniew</b>	<b>626</b>	RYBNICKI KLUB NORDIC WALKING	M60+	4			00:08:13	00:45:30	01:22:58	02:00:35	<b>02:38:46.20</b>	+00:28:56	7:31	8
33	<b>KUŚMIEREK Patryk</b>	<b>634</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:29	00:43:26	01:20:20	02:00:03	<b>02:38:58.10</b>	+00:29:08	7:32	8
34	<b>STĘPIEŃ Lucyna</b>	<b>660</b>	KS METRACO POLKOWICE	K60+	1			00:08:01	00:45:32	01:23:27	02:01:21	<b>02:39:03.00</b>	+00:29:13	7:32	8
35	<b>BORKOWSKI Leszek</b>	<b>605</b>	NOWI SIEDLCE/NW WSCHÓD	M50-59	10	1		00:07:59	00:45:09	01:22:58	02:00:47	<b>02:39:14.85</b>	+00:29:25	7:32	8
36	<b>MITURA-ZIELONKA Paweł</b>	<b>639</b>	RYBNICKI KLUB NORDIC WALKING	M30-39	6			00:07:39	00:43:02	01:19:08	01:57:34	<b>02:39:25.05</b>	+00:29:35	7:33	7.9
37	<b>GRABOWSKA Manuela</b>	<b>616</b>	KS METRACO POLKOWICE	K18-29	1			00:07:44	00:44:34	01:22:38	02:01:06	<b>02:39:30.00</b>	+00:29:40	7:33	7.9
38	<b>JANOSZKA Irena</b>	<b>617</b>	CIDRY LOTAJOM	K50-59	2			00:07:57	00:45:18	01:23:22	02:01:23	<b>02:39:41.20</b>	+00:29:51	7:34	7.9
39	<b>LIGĘZA Janusz</b>	<b>635</b>		M50-59	11			00:07:58	00:44:31	01:22:24	02:01:17	<b>02:39:48.85</b>	+00:29:59	7:34	7.9
40	<b>BOCZAR Beata</b>	<b>604</b>	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:07:59	00:45:35	01:23:35	02:01:38	<b>02:40:12.85</b>	+00:30:23	7:35	7.9
41	<b>STOPA Joanna</b>	<b>661</b>	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:07:48	00:45:19	01:23:32	02:01:41	<b>02:40:14.80</b>	+00:30:25	7:35	7.9
42	<b>WESOŁOWSKI Wojciech</b>	<b>670</b>	MUSZKIETEROWIE	M60+	5	1		00:07:50	00:44:46	01:23:05	02:00:45	<b>02:41:01.70</b>	+00:31:12	7:37	7.9
43	<b>ŻAMOJCIN Marek</b>	<b>674</b>	NORDICLUB SZCZECIN	M50-59	12			00:08:00	00:46:28	01:24:38	02:02:40	<b>02:42:11.25</b>	+00:32:21	7:41	7.8
44	<b>SZCZEBAK Jacek</b>	<b>664</b>	UNIA MIAST	M40-49	10			00:08:03	00:46:03	01:24:12	02:02:38	<b>02:43:04.20</b>	+00:33:14	7:43	7.8
45	<b>FRANKIEWICZ Mirosław</b>	<b>614</b>	FORMA NA PIĄTKĘ NW	M40-49	11			00:07:44	00:44:50	01:23:20	02:02:45	<b>02:43:12.95</b>	+00:33:23	7:44	7.8
46	<b>STEFANICKI Marek</b>	<b>659</b>	WŁÓCZYKIJE ŚWINOUJŚCIE	M60+	6			00:07:48	00:44:45	01:22:54	02:02:00	<b>02:43:22.25</b>	+00:33:32	7:44	7.7
47	<b>KOWALCZYK Mariusz</b>	<b>632</b>	GREEN TEAM ZIELONA GÓRA	M50-59	13			00:08:08	00:45:26	01:23:29	02:02:21	<b>02:44:04.30</b>	+00:34:14	7:46	7.7
48	<b>RACŁAWSKI Jan</b>	<b>649</b>	AMATOR	M60+	7			00:07:59	00:45:08	01:23:08	02:03:02	<b>02:46:16.55</b>	+00:36:27	7:52	7.6
49	<b>BUCZKOWSKA Wiesława</b>	<b>606</b>	FACE NORDIC WALKING TEAM	K60+	2			00:08:10	00:46:12	01:25:37	02:05:50	<b>02:46:37.95</b>	+00:36:48	7:53	7.6
50	<b>KARASIEWICZ Irena</b>	<b>625</b>	FACE NORDIC WALKING TEAM	K50-59	4			00:08:27	00:47:15	01:27:11	02:07:50	<b>02:48:12.50</b>	+00:38:22	7:58	7.5
51	<b>JUREWICZ Aleksandra</b>	<b>621</b>	KS METRACO POLKOWICE	K18-29	3	1		00:08:00	00:46:35	01:25:51	02:07:04	<b>02:48:16.45</b>	+00:38:26	7:58	7.5
52	<b>WITKOWSKA Maria</b>	<b>671</b>	UNIA MIAST	K60+	3			00:08:28	00:47:41	01:27:50	02:08:08	<b>02:48:37.50</b>	+00:38:47	7:59	7.5
53	<b>SMUS Damian</b>	<b>657</b>	EPOKA NORDICA ŁÓDŹ	M18-29	2			00:07:39	00:44:21	01:22:39	02:03:41	<b>02:49:18.55</b>	+00:39:29	8:01	7.5
54	<b>KOŁACZ Jakub</b>	<b>629</b>		M30-39	7			00:08:05	00:47:18	01:26:31	02:06:49	<b>02:49:51.10</b>	+00:40:01	8:02	7.5
55	<b>ROSOŁEK Elżbieta</b>	<b>652</b>	GREEN TEAM ZIELONA GÓRA	K50-59	5			00:08:16	00:48:09	01:27:00	02:07:20	<b>02:49:53.05</b>	+00:40:03	8:03	7.5
56	<b>BŁASZCZYK Grzegorz</b>	<b>678</b>	STOWARZYSZENIE KIJOMANIAKI	M50-59	14			00:08:08	00:46:27	01:26:05	02:08:25	<b>02:51:19.30</b>	+00:41:29	8:07	7.4
57	<b>SZYMCZYK Magdalena</b>	<b>667</b>	NOWI SIEDLCE/NW WSCHÓD	K30-39	2			00:08:38	00:48:32	01:29:45	02:10:47	<b>02:51:40.35</b>	+00:41:50	8:08	7.4
58	<b>BARCZYK Jolanta</b>	<b>601</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:08:36	00:48:28	01:29:22	02:10:45	<b>02:52:31.05</b>	+00:42:41	8:10	7.3
59	<b>OLSZAŃSKA Krystyna</b>	<b>642</b>	NOWI SIEDLCE/NW WSCHÓD	K60+	4			00:08:51	00:50:33	01:31:18	02:11:39	<b>02:53:18.90</b>	+00:43:29	8:12	7.3
60	<b>JASIAK Radomir</b>	<b>618</b>		M18-29	3	2		00:07:58	00:47:08	01:27:00	02:09:28	<b>02:54:10.50</b>	+00:44:20	8:15	7.3
61	<b>KABAŁA Marzena</b>	<b>622</b>	BIEGAMYRAZEM	K40-49	4	2		00:08:21	00:47:38	01:28:31	02:10:26	<b>02:54:16.40</b>	+00:44:26	8:15	7.3
62	<b>KOBIELA Daria</b>	<b>628</b>	KABEX PODKOWA JANÓW	K18-29	4			00:08:07	00:46:40	01:25:53	02:06:15	<b>02:54:21.80</b>	+00:44:32	8:15	7.3
63	<b>PALUCH Paweł</b>	<b>643</b>	AWOCADO WELLNES CLUB	M50-59	15			00:08:14	00:48:52	01:29:24	02:11:14	<b>02:54:22.60</b>	+00:44:33	8:15	7.3
64	<b>PIOTROWSKI Krzysztof</b>	<b>645</b>	FACE NORDIC WALKING TEAM	M60+	8	1		00:08:16	00:46:20	01:27:10	02:10:09	<b>02:56:27.05</b>	+00:46:37	8:21	7.2
65	<b>FOJCIK Gabriela</b>	<b>70</b>	RYBNICKI KLUB NORDIC WALKING	K50-59	7			00:08:48	00:49:29	01:30:32	02:13:01	<b>02:56:44.40</b>	+00:46:54	8:22	7.2
66	<b>GERLE-KOTULA Anna</b>	<b>615</b>	UNIA MIAST	K30-39	3			00:08:46	00:50:58	01:33:16	02:14:45	<b>02:57:00.05</b>	+00:47:10	8:23	7.2
67	<b>POSTEK Danuta</b>	<b>646</b>	MARSZ PO ZDROWIE	K50-59	8			00:08:39	00:49:21	01:30:22	02:12:57	<b>02:57:11.25</b>	+00:47:21	8:23	7.1

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Żół. kartki	Czer. kartki	Czas							
								1.1km	6.1km	11.1km	16.1km	21.1km	Różn/ Gap	Tempo min/km	Tempo km/h
68	<b>DORSZEWSKA Bożena</b>	<b>612</b>	GOSIR OSIELSKO	K50-59	9			00:08:47	00:51:24	01:33:39	02:16:10	<b>02:59:20.15</b>	+00:49:30	8:29	7.1
69	<b>SZCZODROWSKI Krzysztof</b>	<b>665</b>	FACE NORDIC WALKING TEAM	M50-59	16			00:08:15	00:48:43	01:31:38	02:16:05	<b>03:01:49.90</b>	+00:52:00	8:37	7
70	<b>ZAWADZKA Maria</b>	<b>673</b>	KS METRACO POLKOWICE	K60+	5			00:09:10	00:52:32	01:35:48	02:19:07	<b>03:03:25.10</b>	+00:53:35	8:41	6.9
71	<b>ROZMUS Jolanta</b>	<b>653</b>	FACE NORDIC WALKING TEAM	K60+	6			00:09:16	00:53:48	01:39:50	02:25:32	<b>03:10:22.50</b>	+01:00:32	9:01	6.7
72	<b>KARASIEWICZ Iwona</b>	<b>624</b>	NORDICLUB SZCZECIN	K30-39	4			00:09:27	00:54:24	01:40:26	02:27:41	<b>03:17:42.75</b>	+01:07:53	9:22	6.4
73	<b>CHRAPEK Urszula</b>	<b>417</b>	KS RUDZICA	K30-39	5			00:09:27	00:54:26	01:41:37	02:31:55	<b>03:24:26.40</b>	+01:14:36	9:41	6.2

Znaleziono 73 wynik(ów)