VII OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT

Wydarzenie: VII Otwarte Mistrzostwa Polski w Maratonie
Organizator: Polska Federacja Nordic Walking; Urząd Miasta i Gminy Biały Bór
Data: 2020-10-10
Miejsce: Biały Bór
Dystans: 42.195 km

Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 4.2km	Lap_2 8.4km	Lap_3 12.6km	Lap_4 16.8km	Lap_5 21km	Lap_6 25.2km	Lap_7 29.4km	Lap_8 33.6km	Lap_9 37.8km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	**ROSAK Marcin**	**1**	BACHUS NORDICUS ZIELONA GÓRA	M40-44	1			00:26:49	00:54:16	01:21:56	01:49:33	02:17:01	02:43:36	03:10:41	03:38:15	04:06:15	**04:32:44.40**		6:27	9.3 (100%)
2	**CZERSKI Krzysztof**	**13**		M40-44	2			00:28:27	00:56:37	01:24:23	01:51:59	02:19:30	02:47:05	03:14:37	03:42:43	04:11:17	**04:40:18.95**	+00:07:34 (2.7%)	6:38	9 (96.8%)
3	**CZŁONKOWSKI Krzysztof**	**3**	OLIMPIJCZYK SZCZEKOCINY	M40-44	3			00:27:15	00:54:50	01:22:45	01:50:49	02:18:38	02:47:10	03:15:44	03:44:38	04:14:58	**04:44:05.95**	+00:11:21 (4.0%)	6:43	8.9 (95.7%)
4	**MACKIEWICZ Dariusz**	**23**	AKTYWNY KODEŃ	M45-49	1			00:28:38	00:56:52	01:25:10	01:53:13	02:21:48	02:50:34	03:19:19	03:48:05	04:18:02	**04:46:32.20**	+00:13:47 (4.8%)	6:47	8.8 (94.6%)
5	**BOGACKI Sławek**	**4**	TORUŃ - IDZIEMY BEZ RYZYKA	M45-49	2			00:27:05	00:54:41	01:22:36	01:50:38	02:18:29	02:47:01	03:15:52	03:45:36	04:15:31	**04:46:42.20**	+00:13:57 (4.9%)	6:47	8.8 (94.6%)
6	**WETOSZKA Piotr**	**5**	TKKF KRZNA	M18-34	1			00:28:22	00:56:47	01:25:24	01:53:55	02:22:55	02:51:53	03:21:11	03:50:37	04:20:29	**04:49:55.40**	+00:17:11 (5.9%)	6:52	8.7 (93.5%)
7	**WILCZEK Krzysztof**	**17**	CIDRY LATAJOM	M45-49	3			00:29:44	00:58:17	01:26:37	01:54:41	02:22:54	02:51:17	03:20:39	03:50:13	04:20:22	**04:50:46.75**	+00:18:02 (6.2%)	6:53	8.7 (93.5%)
8	**HAŁAS Marcin**	**8**		M35-39	1			00:28:59	00:57:25	01:25:52	01:54:10	02:22:39	02:52:23	03:23:14	03:53:30	04:24:56	**04:56:26.70**	+00:23:42 (8.0%)	7:01	8.5 (91.4%)
9	**LASKOWSKI Mirosław**	**33**	LKS MILANÓW	M50-54	1			00:30:18	01:00:26	01:29:42	01:59:05	02:28:07	02:58:02	03:28:14	03:58:20	04:27:56	**04:57:10.10**	+00:24:25 (8.2%)	7:02	8.5 (91.4%)
10	**BORKOWSKI Dariusz**	**35**	NOWI SIEDLCE	M50-54	2			00:30:10	01:00:17	01:29:38	01:58:58	02:28:02	02:58:01	03:28:14	03:59:03	04:29:53	**04:59:56.05**	+00:27:11 (9.1%)	7:06	8.4 (90.3%)
11	**ZYCH Witold**	**31**		M50-54	3			00:30:22	01:00:36	01:30:03	01:59:28	02:29:10	02:59:47	03:31:02	04:02:32	04:33:54	**05:05:05.20**	+00:32:20 (10.6%)	7:13	8.3 (89.2%)
12	**ŻACZEK Władysław**	**44**		M55-59	1			00:29:44	00:59:29	01:28:39	01:58:05	02:27:29	02:57:27	03:27:41	04:00:16	04:33:34	**05:06:01.65**	+00:33:17 (10.9%)	7:15	8.3 (89.2%)
13	**LIPIŃSKI Karol**	**14**	POGODNI NORDIKOWCY SZCZECIN	M40-44	4			00:29:57	00:59:52	01:30:02	02:00:02	02:30:13	03:01:13	03:32:49	04:05:27	04:38:15	**05:10:58.75**	+00:38:14 (12.3%)	7:22	8.1 (87.1%)
14	**PARZYBUT Jan**	**48**	POSTEP PNIEWY TEAM	M55-59	2			00:30:19	01:00:10	01:29:51	01:59:47	02:30:12	03:01:49	03:34:09	04:07:46	04:40:54	**05:14:12.85**	+00:41:28 (13.2%)	7:26	8.1 (87.1%)
15	**FRĄCKOWIAK Krzysztof**	**2**	NOWI SIEDLCE	M50-54	4			00:30:23	01:00:07	01:28:46	01:58:36	02:29:43	03:01:42	03:34:25	04:07:09	04:41:20	**05:15:14.25**	+00:42:29 (13.5%)	7:28	8 (86.0%)
16	**SZYMAŃSKI Jacek**	**29**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-54	5			00:30:38	01:00:33	01:29:54	02:00:11	02:31:12	03:03:20	03:36:12	04:09:32	04:43:06	**05:16:03.35**	+00:43:18 (13.7%)	7:29	8 (86.0%)
17	**MĄDRY Grzegorz**	**52**	KIJKOWE TRZEMESZNO	M60-64	1			00:30:07	01:00:28	01:31:11	02:02:13	02:33:36	03:04:56	03:36:52	04:10:36	04:43:48	**05:16:51.80**	+00:44:07 (13.9%)	7:30	8 (86.0%)
18	**KLUCZYŃSKI Remigiusz**	**27**	KIJKOWY KLUB SPORTOWY	M50-54	6			00:29:57	00:59:12	01:28:40	01:58:35	02:29:19	03:01:29	03:34:54	04:08:51	04:44:11	**05:18:04.75**	+00:45:20 (14.3%)	7:32	8 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 4.2km	Lap_2 8.4km	Lap_3 12.6km	Lap_4 16.8km	Lap_5 21km	Lap_6 25.2km	Lap_7 29.4km	Lap_8 33.6km	Lap_9 37.8km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
19	**GOŁĘBIOWSKI Krzysztof**	**37**	ZAWSZE MŁODZI NORDIC WALKING	M55-59	3			00:32:04	01:03:23	01:34:23	02:05:34	02:36:49	03:08:20	03:40:47	04:13:13	04:46:10	**05:18:56.70**	+00:46:12 (14.5%)	7:33	7.9 (84.9%)
20	**ŚWISŁOCKI Bogdan**	**46**	FACE NORDIC WALKING TEAM	M55-59	4			00:30:26	01:00:29	01:30:34	02:01:33	02:33:40	03:05:39	03:38:51	04:12:56	04:46:22	**05:21:19.70**	+00:48:35 (15.1%)	7:36	7.9 (84.9%)
21	**RAKOWIECKI Zbigniew**	**50**	FACE NORDIC WALKING TEAM	M55-59	5			00:30:24	01:00:51	01:31:38	02:02:45	02:34:15	03:06:22	03:39:53	04:14:28	04:48:10	**05:21:59.20**	+00:49:14 (15.3%)	7:37	7.9 (84.9%)
22	**LAJTER Jerzy**	**61**	4 RUN TEAM PIŁA	M70+	1			00:34:20	01:07:47	01:40:54	02:13:42	02:46:53	03:19:59	03:52:49	04:25:23	04:58:27	**05:31:58.35**	+00:59:13 (17.8%)	7:52	7.6 (81.7%)
23	**CYRUS Bogdan**	**28**	SILESIA NORDIC TEAM	M50-54	7			00:30:40	01:01:43	01:34:12	02:07:17	02:40:48	03:14:11	03:48:57	04:24:11	05:00:23	**05:35:14.85**	+01:02:30 (18.6%)	7:56	7.6 (81.7%)
24	**CIESIELSKI Jan**	**18**	TORUŃ - IDZIEMY BEZ RYZYKA	M45-49	4			00:30:19	01:00:48	01:31:36	02:03:29	02:36:28	03:10:46	03:48:32	04:26:36	05:03:29	**05:36:17.45**	+01:03:33 (18.9%)	7:58	7.5 (80.6%)
25	**CHUDZIŃSKI Andrzej**	**64**	K.S.ELBLĄSKIE WŁÓCZY-KIJE	M70+	2			00:33:50	01:06:59	01:39:18	02:12:46	02:46:19	03:19:40	03:52:36	04:26:15	05:02:55	**05:41:20.90**	+01:08:36 (20.1%)	8:05	7.4 (79.6%)
26	**BIEGAŃSKI Jakub**	**21**	NORDIC WALKING KIEKRZ	M45-49	5			00:31:16	01:02:33	01:35:01	02:08:12	02:42:26	03:17:12	03:54:23	04:30:36	05:06:28	**05:42:49.35**	+01:10:04 (20.4%)	8:07	7.4 (79.6%)
27	**TOMCZYK Edward**	**59**	MARSZ PO ZDROWIE POZNAŃ	M70+	3			00:32:42	01:05:51	01:38:58	02:11:48	02:44:39	03:18:28	03:52:22	04:27:07	05:04:46	**05:43:15.60**	+01:10:31 (20.5%)	8:08	7.4 (79.6%)
28	**SKIERA Krzysztof**	**15**	ŁĄCZĄ NAS PASJE	M40-44	5			00:29:47	00:59:19	01:29:53	02:00:10	02:33:14	03:06:55	03:43:08	04:21:19	05:03:53	**05:44:42.30**	+01:11:57 (20.9%)	8:10	7.3 (78.5%)
29	**WENDT Jarosław**	**30**	POLIPACK TEAM GWE	M50-54	8			00:31:36	01:03:59	01:37:14	02:10:35	02:44:52	03:21:03	03:58:37	04:37:17	05:14:14	**05:49:46.45**	+01:17:02 (22.0%)	8:17	7.2 (77.4%)
30	**GAUDEN Piotr**	**19**	TORUŃ - IDZIEMY BEZ RYZYKA	M45-49	6			00:34:11	01:07:44	01:42:18	02:15:49	02:50:57	03:26:44	04:01:46	04:39:47	05:15:29	**05:51:01.65**	+01:18:17 (22.3%)	8:19	7.2 (77.4%)
31	**OLECH Marcin**	**22**		M45-49	7			00:33:35	01:07:24	01:40:50	02:14:58	02:48:55	03:24:29	04:02:33	04:41:32	05:18:55	**05:55:37.05**	+01:22:52 (23.3%)	8:25	7.1 (76.3%)
32	**KRAWCZYK Jakub**	**11**	MORSY KROSNO	M35-39	2			00:33:00	01:05:47	01:38:44	02:12:20	02:47:15	03:23:29	04:02:23	04:42:49	05:22:14	**05:58:48.50**	+01:26:04 (24.0%)	8:30	7.1 (76.3%)
33	**MARCHEWKA Andrzej**	**54**	13 ŚLĄSKA BRYGADA OT KATOWICE	M60-64	2			00:33:01	01:06:27	01:40:46	02:15:37	02:50:50	03:28:25	04:05:37	04:44:15	05:22:35	**05:59:19.05**	+01:26:34 (24.1%)	8:30	7 (75.3%)
34	**BRYLIŃSKI Piotr**	**16**	NW BEŁCHATÓW	M45-49	8			00:34:05	01:06:43	01:39:26	02:13:24	02:49:14	03:26:32	04:04:43	04:42:48	05:20:55	**05:59:38.50**	+01:26:54 (24.2%)	8:31	7 (75.3%)
35	**RUSINOWICZ Andrzej**	**62**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	4			00:34:10	01:07:20	01:40:52	02:14:16	02:49:35	03:26:57	04:05:41	04:45:07	05:24:39	**06:02:37.30**	+01:29:52 (24.8%)	8:35	7 (75.3%)
36	**PŁACZEK Filip**	**7**	BARLINEK TO MNIE RUSZA	M18-34	2			00:32:34	01:04:23	01:38:19	02:13:14	02:50:21	03:28:27	04:08:29	04:49:07	05:28:05	**06:05:27.55**	+01:32:43 (25.4%)	8:39	6.9 (74.2%)
37	**PRZYBYLSKI Krzysztof**	**12**		M35-39	3			00:34:20	01:08:55	01:44:32	02:20:56	02:57:09	03:34:17	04:12:48	04:51:52	05:30:56	**06:07:37.50**	+01:34:53 (25.8%)	8:42	6.9 (74.2%)
38	**ŁOPIŃSKI Aleksy**	**63**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	5			00:38:19	01:16:38	01:54:28	02:31:23	03:08:41	03:46:40	04:23:23	05:00:10	05:37:20	**06:12:55.30**	+01:40:10 (26.9%)	8:50	6.8 (73.1%)
39	**CZMOCH Marian**	**58**	PUKS JEDYNKA ŁOSICE	M65-69	1			00:33:04	01:06:07	01:39:36	02:13:52	02:49:00	03:27:11	04:06:26	04:50:37	05:38:14	**06:18:20.45**	+01:45:36 (27.9%)	8:57	6.7 (72.0%)
40	**KRUGIOŁKA Grzegorz**	**10**	AKTYWNIE W PNIEWACH	M35-39	4			00:30:44	01:01:46	01:33:08	02:05:23	02:39:19	03:16:54	04:29:36	05:07:11	05:49:53	**06:30:13.85**	+01:57:29 (30.1%)	9:14	6.5 (69.9%)
41	**BILIK Wojciech**	**26**	SAMOTNI WĘDROWCY	M50-54	9			00:35:45	01:12:22	01:50:04	02:29:07	03:11:14	03:55:58	04:42:02	05:27:29	06:13:06	**06:56:03.60**	+02:23:19 (34.4%)	9:51	6.1 (65.6%)
42	**WĄTROBA Sebastian**	**24**	BEL MARE RESORT NORDIC WALKING TEAM	M45-49	9			00:39:33	01:19:53	02:00:50	02:45:19	03:27:13	04:12:04	04:59:19	05:43:05	06:26:53	**07:11:19.70**	+02:38:35 (36.8%)	10:13	5.9 (63.4%)
43	**MÓRAWSKI Sławomir**	**45**	TORUŃ- IDZIEMY BEZ RYZYKA	M55-59	6			00:44:09	01:29:30	02:14:58	03:01:25	03:48:15	04:35:59	05:28:07	06:18:41	07:12:01	**08:02:10.55**	+03:29:26 (43.4%)	11:25	5.3 (57.0%)
	KOP Wiesław	**47**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59				00:30:37 DNF	01:00:24 DNF	01:29:53 DNF	01:59:18 DNF	02:28:49 DNF	03:00:33 DNF	03:33:59 DNF	04:10:46 DNF	DNF	**DNF**		-	- (0.0%)
	DYWELSKI Marek	**36**	BRAK	M55-59				00:34:36 DNF	01:09:18 DNF	01:45:05 DNF	02:21:44 DNF	02:59:53 DNF	03:39:47 DNF	04:42:57 DNF	DNF	DNF	**DNF**		-	- (0.0%)

Znaleziono 45 wynik(ów)