



II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4

B4SPORT

Wydarzenie: II Otwarte Górskie Mistrzostwa Polski Nordic Walking 2022
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-07-02
Miejsce: Polanica-Zdrój
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	DZIEDIEWICZ Andrzej	100	NW CZŁAPSKI TEAM	M40-49	1			00:33:08	01:07:31.80		6:45	8.9 (100%)
2	ROMANOWSKI Daniel	63	KATOWICKI NORDIC WALKING	M18-29	1			00:33:57	01:08:34.85	+00:01:03 (1.5%)	6:51	8.8 (98.9%)
3	SKIBA Krzysztof	94	KGHM METRACO	M60-69	1			00:34:01	01:08:37.30	+00:01:05 (1.6%)	6:51	8.7 (97.8%)
4	WOJTOWICZ Tomasz	88	LUKI TEAM POLSKA	M30-39	1			00:33:55	01:10:58.20	+00:03:26 (4.8%)	7:05	8.5 (95.5%)
5	BARCZYK Bogdan	4	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:35:25	01:11:44.45	+00:04:12 (5.9%)	7:10	8.4 (94.4%)
6	WILCZEK Krzysztof	83	CIDRY LOTAJOM	M40-49	2			00:35:51	01:11:47.25	+00:04:15 (5.9%)	7:10	8.4 (94.4%)
7	ŚWIDEREK Marcin	79	NW CZŁAPSKI TEAM	M40-49	3			00:35:57	01:12:16.20	+00:04:44 (6.6%)	7:13	8.3 (93.3%)
8	BIBKO Martin	6	SPEEDBAR	M40-49	4			00:35:36	01:12:17.05	+00:04:45 (6.6%)	7:13	8.3 (93.3%)
9	NIEDBAŁ Adam	49	SILESIA NORDIC TEAM	M40-49	5			00:36:08	01:12:31.95	+00:05:00 (6.9%)	7:15	8.3 (93.3%)
10	ZACZYŃSKA-SKIBA Anna	93	KGHM METRACO	K40-49	1			00:36:10	01:12:47.80	+00:05:16 (7.2%)	7:16	8.2 (92.1%)
11	PRZYSTARZ Grzegorz	60	OBORYGENI	M50-59	2			00:36:05	01:13:38.90	+00:06:07 (8.3%)	7:21	8.1 (91.0%)
12	MIELECKA Agnieszka	45	POLIPACK TEAM GWE	K50-59	1			00:36:23	01:13:49.55	+00:06:17 (8.5%)	7:22	8.1 (91.0%)
13	BIELECKA Zuzanna	7	NW CZŁAPSKI TEAM	K40-49	2			00:36:31	01:13:54.80	+00:06:23 (8.6%)	7:23	8.1 (91.0%)

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14	HELWICH Stefan	99	KGHM METRACO	M60-69	2			00:36:01	01:13:57.75	+00:06:25 (8.7%)	7:23	8.1 (91.0%)
15	CHOJNACKI Paweł	11	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	3			00:36:49	01:14:45.60	+00:07:13 (9.7%)	7:28	8 (89.9%)
16	JUREK Adam	96	KGHM METRACO	M60-69	3			00:36:18	01:14:54.30	+00:07:22 (9.8%)	7:29	8 (89.9%)
17	HOŁUBKA Mariusz	112		M50-59	4			00:37:13	01:15:16.40	+00:07:44 (10.3%)	7:31	8 (89.9%)
18	CHYRA Janusz	13	NORDIC SPORT 2021	M40-49	6			00:37:55	01:15:31.80	+00:08:00 (10.6%)	7:33	7.9 (88.8%)
19	KABATA Jarosław	31	NORDIC SPORT 2021	M50-59	5			00:36:21	01:16:04.70	+00:08:32 (11.2%)	7:36	7.9 (88.8%)
20	BIŃCZYK Dariusz	8	ZABIEGANI CZĘSTOCHOWA	M30-39	2			00:38:39	01:16:21.30	+00:08:49 (11.6%)	7:38	7.9 (88.8%)
21	LABUS Marzena	40	NORDIC SPORT 2021	K30-39	1			00:36:59	01:16:32.25	+00:09:00 (11.8%)	7:39	7.8 (87.6%)
22	BARTOSIEWICZ Łukasz	5	LUKI TEAM POLSKA	M30-39	3			00:38:45	01:17:00.20	+00:09:28 (12.3%)	7:42	7.8 (87.6%)
23	CZŁAPSKI Krzysztof	18	NW CZŁAPSKI TEAM	M50-59	6			00:37:39	01:17:12.95	+00:09:41 (12.5%)	7:43	7.8 (87.6%)
24	JĘDRASIAK Renata	98	KGHM METRACO	K50-59	2			00:38:23	01:18:37.40	+00:11:05 (14.1%)	7:51	7.6 (85.4%)
25	MĄDRY Grzegorz	43	KIJKOWE TRZEMESZNO	M60-69	4			00:38:32	01:19:09.15	+00:11:37 (14.7%)	7:54	7.6 (85.4%)
26	RAJEK Magdalena	62	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:40:11	01:19:32.60	+00:12:00 (15.1%)	7:57	7.5 (84.3%)
27	ABRAMOWICZ Małgorzata	1	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:38:52	01:19:55.75	+00:12:23 (15.5%)	7:59	7.5 (84.3%)
28	SIEMIĘNSKA Marta	64		K30-39	3			00:39:27	01:20:18.10	+00:12:46 (15.9%)	8:01	7.5 (84.3%)
29	PLUTO-PRĄDZYŃSKI Paweł	57	SERCE NORDICA WŁOCŁAWEK	M40-49	7	1		00:39:57	01:20:42.75	+00:13:10 (16.3%)	8:04	7.4 (83.1%)
30	SZCZUDLIK Małgorzata	75	KIJKOWE TRZEMESZNO	K40-49	4			00:40:19	01:20:47.90	+00:13:16 (16.4%)	8:04	7.4 (83.1%)
31	JANECZEK Jarosław	25	NORDIC TEAM CZĘSTOCHOWA	M40-49	8			00:41:21	01:20:52.90	+00:13:21 (16.5%)	8:05	7.4 (83.1%)
32	KUBALA Zbigniew	36		M60-69	5			00:41:02	01:21:11.00	+00:13:39 (16.8%)	8:07	7.4 (83.1%)
33	ZAGAJA Janusz	91	WESOŁY BORSUK TEAM	M60-69	6			00:40:31	01:21:15.35	+00:13:43 (16.9%)	8:07	7.4 (83.1%)
34	KARCZ Michał	32	ŚWIĘTOKRZYSKA SZKOŁA NORDIC WALKING	M50-59	7			00:40:44	01:21:34.55	+00:14:02 (17.2%)	8:09	7.4 (83.1%)
35	WIŚNIEWSKI Sławomir	85	FLÜGGER	M40-49	9			00:39:28	01:21:52.10	+00:14:20 (17.5%)	8:11	7.3 (82.0%)
36	MARCZAK Tomasz	42	NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:40:15	01:22:50.95	+00:15:19 (18.5%)	8:17	7.2 (80.9%)

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37	STOLARCZYK Zenon	71		M70+	1	1		00:40:31	01:23:04.40	+00:15:32 (18.7%)	8:18	7.2 (80.9%)
38	CHRZANOWSKA Daria	12	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K30-39	4			00:41:24	01:23:18.80	+00:15:47 (18.9%)	8:19	7.2 (80.9%)
39	KOWACZ Agata	35	SPEEDBAR	K40-49	5			00:40:55	01:23:25.95	+00:15:54 (19.1%)	8:20	7.2 (80.9%)
40	KUŁAKOWSKA Halina	38	KATOWICKI NORDIC WALKING	K40-49	6			00:41:37	01:24:15.10	+00:16:43 (19.8%)	8:25	7.1 (79.8%)
41	CZMOCH Marian	19	PUKS ŁOSICE	M70+	2			00:41:24	01:24:25.60	+00:16:53 (20.0%)	8:26	7.1 (79.8%)
42	WÓJCIK Barbara	90	LUKI TEAM POLSKA	K60-69	1	1		00:42:04	01:24:30.00	+00:16:58 (20.1%)	8:27	7.1 (79.8%)
43	WOJTAL Marta	86	CIDRY LOTAJOM	K30-39	5			00:41:23	01:24:36.35	+00:17:04 (20.2%)	8:27	7.1 (79.8%)
44	PALUDKIEWICZ Piotr	52	NORDIC TEAM CZĘSTOCHOWA	M50-59	8			00:41:36	01:24:40.80	+00:17:09 (20.3%)	8:28	7.1 (79.8%)
45	CZAJKA Urszula	14		K60-69	2			00:41:30	01:24:41.80	+00:17:10 (20.3%)	8:28	7.1 (79.8%)
46	STOLARSKI Janusz	73	SERCE NORDICA WŁOCŁAWEK	M60-69	7	1		00:41:51	01:24:50.00	+00:17:18 (20.4%)	8:29	7.1 (79.8%)
47	KULCZYCKI Tomasz	37	WESOŁY BORSUK TEAM	M40-49	10			00:42:02	01:24:55.40	+00:17:23 (20.5%)	8:29	7.1 (79.8%)
48	CZEREBA Leszek	17		M50-59	9			00:42:19	01:25:01.30	+00:17:29 (20.6%)	8:30	7.1 (79.8%)
49	SZCZĘŚNIAK Zbigniew	74	NORDIC TEAM CZĘSTOCHOWA	M60-69	8			00:41:46	01:25:08.20	+00:17:36 (20.7%)	8:30	7 (78.7%)
50	LACHNIK Hubert	41		M70+	3			00:42:09	01:25:09.15	+00:17:37 (20.7%)	8:30	7 (78.7%)
51	JARUGA Beata	27		K40-49	7			00:41:20	01:25:13.50	+00:17:41 (20.8%)	8:31	7 (78.7%)
52	ŚLUSARCZYK Andrzej	78	WESOŁY BORSUK TEAM	M70+	4			00:41:42	01:25:14.75	+00:17:42 (20.8%)	8:31	7 (78.7%)
53	MUSIAŁ Ola	47	NORDIC TEAM CZĘSTOCHOWA	K40-49	8			00:42:39	01:25:30.05	+00:17:58 (21.0%)	8:33	7 (78.7%)
54	ZDRZAŁEK Alicja	92	NORDIC SPORT 2021	K40-49	9			00:41:21	01:26:05.70	+00:18:33 (21.6%)	8:36	7 (78.7%)
55	DYLEWICZ Weronika	22	EKSTREMUM	K18-29	1			00:43:26	01:28:21.35	+00:20:49 (23.6%)	8:50	6.8 (76.4%)
56	SKIBA Beata	65	NORDIC TEAM CZĘSTOCHOWA	K40-49	10			00:43:11	01:28:26.80	+00:20:55 (23.6%)	8:50	6.8 (76.4%)
57	WIEŃSKO Ryszard	82		M60-69	9			00:43:59	01:29:05.15	+00:21:33 (24.2%)	8:54	6.7 (75.3%)
58	PIEŃKOWSKA Urszula	55	SERCE NORDICA WŁOCŁAWEK	K40-49	11			00:44:12	01:29:17.85	+00:21:46 (24.4%)	8:55	6.7 (75.3%)
59	BUCZKO Agnieszka	10		K40-49	12			00:47:27	01:32:03.00	+00:24:31 (26.6%)	9:12	6.5 (73.0%)

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60	NICIEJEWSKA Joanna	48	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K30-39	6			00:46:02	01:33:11.35	+00:25:39 (27.5%)	9:19	6.4 (71.9%)
61	PUZICHOWSKA Małgorzata	61	NORDIKI	K60-69	3			00:45:38	01:33:17.15	+00:25:45 (27.6%)	9:19	6.4 (71.9%)
62	BARCZYK Jolanta	3	NORDIC TEAM CZĘSTOCHOWA	K60-69	4	1		00:46:43	01:33:33.60	+00:26:01 (27.8%)	9:21	6.4 (71.9%)
63	JANKOWSKA Anna	26	OŁAWA-JANIKÓW NK	K40-49	13			00:46:42	01:34:29.60	+00:26:57 (28.5%)	9:26	6.4 (71.9%)
64	POLAŃSKA Agnieszka	59	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-49	14			00:46:52	01:34:43.85	+00:27:12 (28.7%)	9:28	6.3 (70.8%)
65	POHL Anna	58		K50-59	3			00:47:05	01:34:55.80	+00:27:24 (28.9%)	9:29	6.3 (70.8%)
66	WANDTKE Antoni	80		M70+	5			00:46:01	01:35:45.30	+00:28:13 (29.5%)	9:34	6.3 (70.8%)
67	MOSOŃ Marek	46		M60-69	10			00:47:40	01:36:00.75	+00:28:28 (29.7%)	9:36	6.3 (70.8%)
68	WOJTYCZKA Alicja	89	NORDIC SPORT 2021	K60-69	5			00:47:57	01:36:36.70	+00:29:04 (30.1%)	9:39	6.2 (69.7%)
69	KEDYS Agnieszka	33		K40-49	15			00:47:11	01:37:32.30	+00:30:00 (30.8%)	9:45	6.2 (69.7%)
70	ORLIŃSKI Dariusz	51		M50-59	10	1		00:47:21	01:37:47.60	+00:30:15 (30.9%)	9:46	6.1 (68.5%)
71	ZAWADZKA Maria	97	KGHM METRACO	K70+	1			00:47:51	01:37:58.40	+00:30:26 (31.1%)	9:47	6.1 (68.5%)
72	ŚLĘZAK Jakub	77		M18-29	3			00:46:23	01:37:59.75	+00:30:27 (31.1%)	9:47	6.1 (68.5%)
73	SOROKA-MITUŁA Grażyna	67		K40-49	16			00:46:08	01:38:57.50	+00:31:25 (31.8%)	9:53	6.1 (68.5%)
74	FLORCZYK Joanna	23	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING NG	K40-49	17			00:48:11	01:39:04.25	+00:31:32 (31.8%)	9:54	6.1 (68.5%)
75	BERNAŚ Kamila	333	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-49	18			00:48:43	01:39:07.00	+00:31:35 (31.9%)	9:54	6.1 (68.5%)
76	STATNIK Tomasz	69	SUCHY LAS	M60-69	11			00:48:03	01:40:00.55	+00:32:28 (32.5%)	10:00	6 (67.4%)
77	KIEŁBIK Marek	34	DWAMARKI	M60-69	12			00:48:59	01:40:01.55	+00:32:29 (32.5%)	10:00	6 (67.4%)
78	STANKOWSKA Marzena	68	KIJKOWE TRZEMESZNO	K40-49	19			00:51:27	01:41:45.85	+00:34:14 (33.6%)	10:10	5.9 (66.3%)
79	STOLARSKA Danuta	72	SERCE NORDICA WŁOCŁAWEK	K60-69	6			00:51:46	01:42:58.50	+00:35:26 (34.4%)	10:17	5.8 (65.2%)
80	STATNIK Genowefa	70	SUCHY LAS	K70+	2			00:50:30	01:44:22.65	+00:36:50 (35.3%)	10:26	5.7 (64.0%)
81	JÓŹWIAK Łukasz	30	SERCE NORDICA WŁOCŁAWEK	M50-59	11			00:51:19	01:45:40.75	+00:38:08 (36.1%)	10:34	5.7 (64.0%)
82	ŚLĘZAK Marta	76		K18-29	2			00:51:58	01:48:49.10	+00:41:17 (37.9%)	10:52	5.5 (61.8%)

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83	KUNIKOWSKI Zenon	39		M60-69	13			00:53:46	01:51:03.05	+00:43:31 (39.2%)	11:06	5.4 (60.7%)
84	DUDEK Emilia	21	NYSA BIEGA	K50-59	4	1		00:54:29	01:53:04.65	+00:45:32 (40.3%)	11:18	5.3 (59.6%)
85	ORLIŃSKA Gabriela	50	DZIEWCZYNY Z DZIELNI	K40-49	20	1		00:55:04	01:53:40.00	+00:46:08 (40.6%)	11:22	5.3 (59.6%)
86	BARABACH Danuta	2		K60-69	7			01:01:37	02:06:44.00	+00:59:12 (46.7%)	12:40	4.7 (52.8%)
87	HORODYSKA Katarzyna	24	DZIEWCZYNY Z DZIELNI	K40-49	21	1		01:03:48	02:07:07.00	+00:59:35 (46.9%)	12:42	4.7 (52.8%)
88	CZARNOPOLSKA Bogna	16	DZIEWCZYNY Z DZIELNI	K50-59	5	1		01:03:22	02:16:15.85	+01:08:44 (50.4%)	13:37	4.4 (49.4%)
89	MICHALAK Małgorzata	44	DZIEWCZYNY Z DZIELNI	K50-59	6	1		01:01:29		+00:28:21	12:17	4.9 (55.1%)
DQ	BONCZEK Jerzy	9	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	M60-69		1	1	00:56:22 DQ	DQ			(0.0%)

Znaleziono 90 wynik(ów)