



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

B4SPORT

**Event:** II Otwarte Górskie Mistrzostwa Polski Nordic Walking 2022  
**Organiser:** Polskie Zrzeszenie Nordic Walking  
**Date:** 2022-07-02  
**Place:** Polanica-Zdrój  
**Distance:** 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	<b>DZIEDIEWICZ Andrzej</b>	<b>100</b>	NW CZŁAPSKI TEAM	M40-49	1			00:33:08	<b>01:07:31.80</b>		6:45	8.9 (100%)
2	<b>WILCZEK Krzysztof</b>	<b>83</b>	CIDRY LOTAJOM	M40-49	2			00:35:51	<b>01:11:47.25</b>	+00:04:15 (5.9%)	7:10	8.4 (94.4%)
3	<b>ŚWIDEREK Marcin</b>	<b>79</b>	NW CZŁAPSKI TEAM	M40-49	3			00:35:57	<b>01:12:16.20</b>	+00:04:44 (6.6%)	7:13	8.3 (93.3%)
4	<b>BIBKO Martin</b>	<b>6</b>	SPEEDBAR	M40-49	4			00:35:36	<b>01:12:17.05</b>	+00:04:45 (6.6%)	7:13	8.3 (93.3%)
5	<b>NIEDBAŁ Adam</b>	<b>49</b>	SILESIA NORDIC TEAM	M40-49	5			00:36:08	<b>01:12:31.95</b>	+00:05:00 (6.9%)	7:15	8.3 (93.3%)
6	<b>CHYRA Janusz</b>	<b>13</b>	NORDIC SPORT 2021	M40-49	6			00:37:55	<b>01:15:31.80</b>	+00:08:00 (10.6%)	7:33	7.9 (88.8%)
7	<b>PLUTO-PRĄDZYŃSKI Paweł</b>	<b>57</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	7	1		00:39:57	<b>01:20:42.75</b>	+00:13:10 (16.3%)	8:04	7.4 (83.1%)
8	<b>JANECZEK Jarosław</b>	<b>25</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	8			00:41:21	<b>01:20:52.90</b>	+00:13:21 (16.5%)	8:05	7.4 (83.1%)
9	<b>WIŚNIEWSKI Sławomir</b>	<b>85</b>	FLÜGGER	M40-49	9			00:39:28	<b>01:21:52.10</b>	+00:14:20 (17.5%)	8:11	7.3 (82.0%)
10	<b>KULCZYCKI Tomasz</b>	<b>37</b>	WESOŁY BORSUK TEAM	M40-49	10			00:42:02	<b>01:24:55.40</b>	+00:17:23 (20.5%)	8:29	7.1 (79.8%)

Total 10 results.