



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: OPEN -M

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5km	Net time 10km	Gap	Pace min/km	Pace 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	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%)
11	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%)
12	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%)
13	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%)

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14	HOŁUBKA Mariusz	112		M50-59	4			00:37:13	01:15:16.40	+00:07:44 (10.3%)	7:31	8 (89.9%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	KUBALA Zbigniew	36		M60-69	5			00:41:02	01:21:11.00	+00:13:39 (16.8%)	8:07	7.4 (83.1%)
24	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%)
25	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%)
26	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%)
27	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%)
28	STOLARCZYK Zenon	71		M70+	1	1		00:40:31	01:23:04.40	+00:15:32 (18.7%)	8:18	7.2 (80.9%)
29	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%)
30	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%)
31	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%)
32	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%)
33	CZEREBA Leszek	17		M50-59	9			00:42:19	01:25:01.30	+00:17:29 (20.6%)	8:30	7.1 (79.8%)
34	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%)
35	LACHNIK Hubert	41		M70+	3			00:42:09	01:25:09.15	+00:17:37 (20.7%)	8:30	7 (78.7%)
36	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%)

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37	WIEŃSKO Ryszard	82		M60-69	9			00:43:59	01:29:05.15	+00:21:33 (24.2%)	8:54	6.7 (75.3%)
38	WANDTKE Antoni	80		M70+	5			00:46:01	01:35:45.30	+00:28:13 (29.5%)	9:34	6.3 (70.8%)
39	MOSOŃ Marek	46		M60-69	10			00:47:40	01:36:00.75	+00:28:28 (29.7%)	9:36	6.3 (70.8%)
40	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%)
41	ŚLĘZAK Jakub	77		M18-29	3			00:46:23	01:37:59.75	+00:30:27 (31.1%)	9:47	6.1 (68.5%)
42	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%)
43	KIEŁBIK Marek	34	DWAMARKI	M60-69	12			00:48:59	01:40:01.55	+00:32:29 (32.5%)	10:00	6 (67.4%)
44	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%)
45	KUNIKOWSKI Zenon	39		M60-69	13			00:53:46	01:51:03.05	+00:43:31 (39.2%)	11:06	5.4 (60.7%)
DQ	BONCZEK Jerzy	9	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	M60-69		1	1	00:56:22 DQ	DQ			(0.0%)

Total 46 results.