



# III OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W PÓLMARATONIE

B4SPORT

**Wydarzenie:** III Otwarte Mistrzostwa Polski Nordic Walking w Półmaratonie  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Urząd Miasta Tarnowskie Góry  
**Data:** 2023-09-24  
**Miejsce:** Tarnowskie Góry / Strzybnica  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.033km	14.066km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	75	K.S. VICTORIA POTĘGOWO	M50-54	1			00:40:59	01:23:54	<b>02:08:07.45</b>		6:04	9.9 (100%)
2	ROSAK Marcin	52	K.S. VICTORIA POTĘGOWO	M45-49	1			00:42:55	01:26:56	<b>02:10:08.65</b>	+00:02:01 (1.6%)	6:10	9.7 (98.0%)
3	WOJCIECHOWSKA Elżbieta	81	POLIPACK TEAM GWE	K40-44	1	2		00:42:46	01:26:02	<b>02:10:52.20</b>	+00:02:44 (2.1%)	6:12	9.7 (98.0%)
4	WOJTOWICZ Tomasz	77	K.S. VICTORIA POTĘGOWO	M18-34	1	1		00:42:01	01:25:18	<b>02:11:59.05</b>	+00:03:51 (2.9%)	6:15	9.6 (97.0%)
5	KUBISZYN Małgorzata	28	K.S. VICTORIA POTĘGOWO	K35-39	1			00:46:28	01:32:51	<b>02:16:52.80</b>	+00:08:45 (6.4%)	6:29	9.2 (92.9%)
6	WILCZEK Krzysztof	72	WATAHA ULTRA TEAM	M50-54	2	1		00:44:51	01:30:49	<b>02:17:42.20</b>	+00:09:34 (7.0%)	6:31	9.2 (92.9%)
7	MAŁKA Marian	33	NORDIC SPORT 2021	M60-64	1			00:46:21	01:32:03	<b>02:18:19.75</b>	+00:10:12 (7.4%)	6:33	9.2 (92.9%)
8	SOSNOWSKA Agnieszka	60	KS VICTORIA POTĘGOWO	K35-39	2			00:43:02	01:29:45	<b>02:18:29.05</b>	+00:10:21 (7.5%)	6:33	9.1 (91.9%)
9	KABATA Jarosław	20	NORDIC SPORT 2021	M50-54	3	1		00:46:32	01:33:05	<b>02:19:31.30</b>	+00:11:23 (8.2%)	6:36	9.1 (91.9%)
10	HAŁAS Marcin	17	PRUSZYŃSKI SPORT TEAM	M35-39	1	1		00:47:16	01:35:19	<b>02:21:03.30</b>	+00:12:55 (9.2%)	6:41	9 (90.9%)
11	MISZTAŁ Grzegorz	36	PRUSZYŃSKI SPORT TEAM	M35-39	2			00:47:29	01:35:22	<b>02:21:19.60</b>	+00:13:12 (9.3%)	6:41	9 (90.9%)
12	PODOLAK Marius	45	KS NW BEŁCHATÓW	M40-44	1			00:46:26	01:33:33	<b>02:21:23.15</b>	+00:13:15 (9.4%)	6:42	9 (90.9%)
13	JAWORSKI Łukasz	80	ERYKTEAMWYSOKA	M40-44	2	1		00:46:05	01:33:20	<b>02:21:51.15</b>	+00:13:43 (9.7%)	6:43	8.9 (89.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.033km	14.066km	Czas		Tempo min/km	Tempo km/h
										netto 21.1km	Różn		
14	<b>BANASZKIEWICZ Arkadiusz</b>	<b>5</b>	BOLAŁCE PISZCZELE NORDIC WALKING BEŁCHATÓW	M45-49	2			00:48:06	01:35:50	<b>02:24:02.50</b>	+00:15:55 (11.1%)	6:49	8.8 (88.9%)
15	<b>FRAĆKOWIAK Roman</b>	<b>14</b>	NORDIC SPORT 2021	M55-59	1			00:47:24	01:35:53	<b>02:26:16.15</b>	+00:18:08 (12.4%)	6:55	8.7 (87.9%)
16	<b>DANIELSKI Waldemar</b>	<b>12</b>	K.S. VICTORIA POTĘGOWO	M55-59	2	1		00:48:22	01:37:43	<b>02:27:34.70</b>	+00:19:27 (13.2%)	6:59	8.6 (86.9%)
17	<b>PETR Marek</b>	<b>83</b>	MW BR.	M60-64	2			00:48:37	01:37:54	<b>02:28:16.00</b>	+00:20:08 (13.6%)	7:01	8.5 (85.9%)
18	<b>KOŁODZIEJ Joanna</b>	<b>24</b>	MALINOWE GWIAZDY	K55-59	1			00:48:24	01:38:03	<b>02:28:36.05</b>	+00:20:28 (13.8%)	7:02	8.5 (85.9%)
19	<b>RAKOWIECKI Zbigniew</b>	<b>49</b>	POLIPACK TEAM GWE	M60-64	3			00:48:31	01:38:03	<b>02:28:44.50</b>	+00:20:37 (13.9%)	7:02	8.5 (85.9%)
20	<b>RAJEK Magdalena</b>	<b>48</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:50:33	01:40:22	<b>02:30:52.35</b>	+00:22:44 (15.1%)	7:09	8.4 (84.8%)
21	<b>MĄDRY Grzegorz</b>	<b>35</b>	NORDIC SPORT 2021	M60-64	4			00:48:31	01:38:07	<b>02:31:37.80</b>	+00:23:30 (15.5%)	7:11	8.4 (84.8%)
22	<b>NIEDBAŁ Adam</b>	<b>39</b>	SIEWIERZ	M45-49	3	2		00:50:11	01:40:45	<b>02:32:12.35</b>	+00:24:04 (15.8%)	7:12	8.3 (83.8%)
23	<b>SZWIEC Roman</b>	<b>65</b>	NORDICUS STRZYBNICA	M60-64	5			00:48:49	01:40:02	<b>02:32:35.20</b>	+00:24:27 (16.0%)	7:13	8.3 (83.8%)
24	<b>SZCZUDLIK Małgorzata</b>	<b>64</b>	NORDIC SPORT 2021	K40-44	2			00:48:58	01:39:48	<b>02:33:02.00</b>	+00:24:54 (16.3%)	7:15	8.3 (83.8%)
25	<b>TKOCZ Adam</b>	<b>67</b>	EKIPA NA KIJACH	M55-59	3	1		00:52:25	01:43:25	<b>02:34:34.65</b>	+00:26:27 (17.1%)	7:19	8.2 (82.8%)
26	<b>KNAPCZYK-KANIA Gabriela</b>	<b>23</b>	WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO	K45-49	2			00:50:18	01:42:33	<b>02:35:14.30</b>	+00:27:06 (17.5%)	7:21	8.2 (82.8%)
27	<b>CZARNECKI Janusz</b>	<b>10</b>	NAJLEPSZE KIJKI W MIEŚCIE	M55-59	4			00:51:32	01:43:19	<b>02:35:19.30</b>	+00:27:11 (17.5%)	7:21	8.2 (82.8%)
28	<b>BREWKA Joachim</b>	<b>6</b>	NORDIC SPORT 2021	M55-59	5	2		00:49:09	01:42:31	<b>02:35:42.10</b>	+00:27:34 (17.7%)	7:22	8.1 (81.8%)
29	<b>LACHNIK Hubert</b>	<b>30</b>	NORDIC SPORT 2021	M70-74	1	1		00:51:36	01:43:17	<b>02:35:47.75</b>	+00:27:40 (17.8%)	7:22	8.1 (81.8%)
30	<b>KUCZERA Tadeusz</b>	<b>29</b>		M70-74	2	1		00:51:40	01:43:22	<b>02:36:00.00</b>	+00:27:52 (17.9%)	7:23	8.1 (81.8%)
31	<b>JARUGA Beata</b>	<b>19</b>		K45-49	3	1		00:50:25	01:42:44	<b>02:36:04.80</b>	+00:27:57 (17.9%)	7:23	8.1 (81.8%)
32	<b>ADAMSKI Krzysztof</b>	<b>2</b>	BOBRY WALKING	M40-44	3			00:49:05	01:41:42	<b>02:36:12.85</b>	+00:28:05 (18.0%)	7:24	8.1 (81.8%)
33	<b>STEFANIAK Krzysztof</b>	<b>61</b>	KATOWICKI NORDIC WALKING	M65-69	1			00:49:58	01:42:11	<b>02:36:37.70</b>	+00:28:30 (18.2%)	7:25	8.1 (81.8%)
34	<b>KOWALSKI Marek</b>	<b>26</b>	NORDIC SPORT 2021	M55-59	6			00:51:29	01:44:19	<b>02:36:52.85</b>	+00:28:45 (18.3%)	7:26	8.1 (81.8%)
35	<b>POSTULKA Adam</b>	<b>47</b>		M55-59	7			00:51:16	01:43:16	<b>02:37:04.40</b>	+00:28:56 (18.4%)	7:26	8.1 (81.8%)
36	<b>KUBALA Zbigniew</b>	<b>27</b>		M65-69	2	1		00:50:01	01:42:54	<b>02:37:50.50</b>	+00:29:43 (18.8%)	7:28	8 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.033km	14.066km	Czas		Tempo min/km	Tempo km/h
										netto 21.1km	Różn		
37	<b>KŁOSOWSKI Krzysztof</b>	<b>22</b>		M45-49	4	1		00:51:37	01:44:12	<b>02:37:54.05</b>	+00:29:46 (18.9%)	7:29	8 (80.8%)
38	<b>CZMOCH Marian</b>	<b>11</b>	NORDIC SPORT 2021	M70-74	3			00:51:40	01:44:10	<b>02:38:24.45</b>	+00:30:17 (19.1%)	7:30	8 (80.8%)
39	<b>GRUSZKA Michał</b>	<b>16</b>	NORDIC SPORT 2021	M45-49	5			00:52:12	01:45:04	<b>02:39:46.95</b>	+00:31:39 (19.8%)	7:34	7.9 (79.8%)
40	<b>JANICKA Alicja</b>	<b>18</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K35-39	3			00:52:47	01:46:16	<b>02:40:51.20</b>	+00:32:43 (20.3%)	7:37	7.9 (79.8%)
41	<b>PANKIEWICZ Ewelina</b>	<b>42</b>		K18-34	1			00:52:47	01:46:16	<b>02:41:06.05</b>	+00:32:58 (20.5%)	7:38	7.9 (79.8%)
42	<b>STĘPIEŃ Artur</b>	<b>63</b>	BOLAĆCE PISZCZELE BEŁCHATÓW GRUPA NORDIC WALKING	M50-54	4	1		00:53:10	01:46:24	<b>02:42:36.30</b>	+00:34:28 (21.2%)	7:42	7.8 (78.8%)
43	<b>ŚLUSARCZYK Jerzy</b>	<b>66</b>		M65-69	3			00:53:36	01:48:10	<b>02:44:06.00</b>	+00:35:58 (21.9%)	7:46	7.7 (77.8%)
44	<b>NOWICZ Magdalena</b>	<b>40</b>	NOWICZ TEAM/NAJLEPSZE KIJKI W MIEŚCIE	K40-44	3			00:56:01	01:50:54	<b>02:45:51.95</b>	+00:37:44 (22.8%)	7:51	7.6 (76.8%)
45	<b>SKRZĄTEK Lucyna</b>	<b>56</b>	NORDIC SPORT 2021	K50-54	1			00:54:24	01:50:08	<b>02:45:54.40</b>	+00:37:46 (22.8%)	7:51	7.6 (76.8%)
46	<b>ROPELEWSKA Edyta</b>	<b>51</b>	KATOWICKI NORDIC WALKING	K45-49	4	1		00:54:30	01:50:34	<b>02:46:10.50</b>	+00:38:03 (22.9%)	7:52	7.6 (76.8%)
47	<b>MIŚKOWICZ Anna</b>	<b>37</b>		K65-69	1			00:54:21	01:49:29	<b>02:46:15.75</b>	+00:38:08 (22.9%)	7:52	7.6 (76.8%)
48	<b>SLUSARCZYK Grażyna</b>	<b>58</b>		K55-59	2			00:54:40	01:50:00	<b>02:46:31.65</b>	+00:38:24 (23.1%)	7:53	7.6 (76.8%)
49	<b>SMAJDOR Leszek</b>	<b>59</b>		M65-69	4			00:54:02	01:49:57	<b>02:47:01.55</b>	+00:38:54 (23.3%)	7:54	7.6 (76.8%)
50	<b>TOMCZYK Edward</b>	<b>70</b>	ZIELONE GROSZKI POZNAŃ	M75-79	1			00:56:21	01:51:01	<b>02:49:04.55</b>	+00:40:57 (24.2%)	8:00	7.5 (75.8%)
51	<b>KABATA Agnieszka</b>	<b>21</b>	NORDIC SPORT 2021	K45-49	5			00:54:40	01:51:14	<b>02:50:26.85</b>	+00:42:19 (24.8%)	8:04	7.4 (74.7%)
52	<b>MARCHEWKA Andrzej</b>	<b>34</b>		M65-69	5	1		00:54:17	01:51:10	<b>02:50:53.05</b>	+00:42:45 (25.0%)	8:05	7.4 (74.7%)
53	<b>POSTEK Danuta</b>	<b>46</b>	ZIELONE GROSZKI	K60-64	1	1		00:54:58	01:51:39	<b>02:51:04.10</b>	+00:42:56 (25.1%)	8:06	7.4 (74.7%)
54	<b>ŁOPATKA Grzegorz</b>	<b>31</b>		M55-59	8			00:56:05	01:53:36	<b>02:51:36.45</b>	+00:43:29 (25.3%)	8:07	7.4 (74.7%)
55	<b>STEFANIAK Emilia</b>	<b>62</b>	HARPAGAN SOSNOWIEC	K65-69	2	1		00:55:02	01:53:29	<b>02:52:08.70</b>	+00:44:01 (25.6%)	8:09	7.4 (74.7%)
56	<b>RUSINOWICZ Andrzej</b>	<b>53</b>	FABRYKA NORDICA	M75-79	2			00:56:22	01:53:35	<b>02:52:57.65</b>	+00:44:50 (25.9%)	8:11	7.3 (73.7%)
57	<b>ANYŻ Maria</b>	<b>4</b>	KIJE W DOBRYCH RĘKACH	K70-74	1	1		00:56:20	01:54:21	<b>02:53:47.70</b>	+00:45:40 (26.3%)	8:14	7.3 (73.7%)
58	<b>WILK Iwona</b>	<b>73</b>	NORDIC SPORT 2021	K45-49	6			00:58:33	01:56:54	<b>02:56:03.85</b>	+00:47:56 (27.2%)	8:20	7.2 (72.7%)
59	<b>KORPOK Aleksandra</b>	<b>25</b>	NORDICUS STRZYBNICA	K50-54	2			00:58:15	01:57:30	<b>02:56:43.60</b>	+00:48:36 (27.5%)	8:22	7.2 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.033km	14.066km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
60	<b>SLANINA Lena</b>	<b>57</b>	HARPAGAN SOSNOWIEC	K40-44	4			00:56:43	01:56:38	<b>02:58:13.85</b>	+00:50:06 (28.1%)	8:26	7.1 (71.7%)
61	<b>SKOWROŃSKI Mateusz</b>	<b>55</b>		M18-34	2	2		01:00:07	01:59:03	<b>02:58:14.20</b>	+00:50:06 (28.1%)	8:26	7.1 (71.7%)
62	<b>CIEMNOŁOŃSKI Genadiusz</b>	<b>9</b>	-	M70-74	4	1		00:57:54	01:57:31	<b>02:58:58.55</b>	+00:50:51 (28.4%)	8:28	7.1 (71.7%)
63	<b>ZAWADZKA Maria</b>	<b>79</b>	KGHM METRACO POLKOWICE	K70-74	2			01:01:52	02:03:34	<b>03:04:59.65</b>	+00:56:52 (30.7%)	8:46	6.8 (68.7%)
64	<b>DRYGALSKA Aleksandra</b>	<b>13</b>	KIJE W DOBRYCH RĘKACH	K65-69	3			00:59:42	02:02:11	<b>03:05:55.60</b>	+00:57:48 (31.1%)	8:48	6.8 (68.7%)
65	<b>GLISZCZYŃSKI Mirosław</b>	<b>15</b>	TARNOGÓRSKIE ŁAZĘGI	M65-69	6	1		00:57:56	01:58:24	<b>03:05:59.00</b>	+00:57:51 (31.1%)	8:48	6.8 (68.7%)
66	<b>CHOLEWKA Jolanta</b>	<b>7</b>	WALKA KOSTRZYN	K65-69	4			00:59:43	02:03:25	<b>03:11:30.65</b>	+01:03:23 (33.1%)	9:04	6.6 (66.7%)
67	<b>ADAMOWICZ Andrzej</b>	<b>1</b>		M75-79	3			01:01:14	02:06:33	<b>03:13:13.25</b>	+01:05:05 (33.7%)	9:09	6.6 (66.7%)
68	<b>TKOCZ Alicja</b>	<b>68</b>	EKIPA NA KIJACH	K60-64	2			01:03:03	02:09:23	<b>03:18:06.60</b>	+01:09:59 (35.3%)	9:23	6.4 (64.6%)
69	<b>ANGIELCZYK Małgorzata</b>	<b>3</b>	ZIELONE GROSZKI POZNAŃ	K70-74	3			01:03:26	02:09:44	<b>03:19:26.65</b>	+01:11:19 (35.8%)	9:27	6.3 (63.6%)
70	<b>OWCZAREK Henryka</b>	<b>41</b>	ZIELONE GROSZKI POZNAŃ	K75-79	1			01:11:57	02:26:01	<b>03:41:27.00</b>	+01:33:19 (42.1%)	10:29	5.7 (57.6%)
DQ	<b>IMAŃSKI Grzegorz</b>	<b>82</b>		M50-54		7		00:51:39 DQ	01:44:31 DQ	<b>02:38:38.00</b> <b>DQ</b>		0:00	8 (80.8%)
DQ	<b>WALTER Janusz</b>	<b>71</b>	MALINOWE GWIAZDY	M60-64		3		00:53:31 DQ	01:48:50 DQ	<b>02:45:04.10</b> <b>DQ</b>		0:00	7.7 (77.8%)
DQ	<b>PILARZ Kamil</b>	<b>44</b>		M18-34		5		00:47:30 DQ	DQ	<b>DQ</b>			(0.0%)
DQ	<b>ROLBIECKA-MICZKA Magdalena</b>	<b>50</b>		K40-44		3		01:00:05 DQ	DQ	<b>DQ</b>			(0.0%)
	<b>WŁODARCZYK Małgorzata</b>	<b>76</b>		K50-54		1		01:00:38 DNF	02:06:05 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 75 wynik(ów)