



OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Mistrzostwa Polski Nordic Walking w Półmaratonie

Urząd Miasta Tarnowskie Góry

2021-09-05

Tarnowskie Góry / Strzybnica

21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.03km	14.07km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WOJCIECHOWSKA Elżbieta	96	POLIPACK TEAM	K35-39	1			00:43:03	01:26:20	02:10:09.57		6:10	9.7 (100%)
2	ROSAK Marcin	67	BACHUS NORDICUS ZIELONA GÓRA	M40-44	1			00:43:17	01:27:23	02:12:20.45	+00:02:10 (1.6%)	6:16	9.6 (99.0%)
3	ROMANOWSKI Daniel	66	KATOWICKI NORDIC WALKING	M18-34	1	2		00:44:31	01:29:28	02:15:17.52	+00:05:07 (3.8%)	6:24	9.4 (96.9%)
4	WOJTOWICZ Tomasz	97	K.B ATHLETIC RZĘCIN	M18-34	2	1		00:43:00	01:27:18	02:15:45.35	+00:05:35 (4.1%)	6:26	9.3 (95.9%)
5	WILCZEK Krzysztof	84	CIDRY LOTAJOM	M45-49	1			00:44:43	01:30:48	02:19:06.00	+00:08:56 (6.4%)	6:35	9.1 (93.8%)
6	MICHALSKI Andrzej	52	PŁOMIEŃ ZMIENNICA	M60-64	1	1		00:45:32	01:33:10	02:20:28.32	+00:10:18 (7.3%)	6:39	9 (92.8%)
7	ŚWIDEREK Marcin	76	NW CZŁAPSKI TEAM	M40-44	2			00:46:44	01:32:27	02:20:37.38	+00:10:27 (7.4%)	6:39	9 (92.8%)
8	CZŁONKOWSKI Krzysztof	13	OLIIMPIJCZYK SZCZĘKOCINY	M45-49	2			00:44:47	01:31:31	02:20:40.77	+00:10:31 (7.5%)	6:40	9 (92.8%)
9	KACPRZAK Sławek	33	NWPL/LZS JUSTYNÓW	M45-49	3	1		00:46:50	01:34:29	02:24:32.90	+00:14:23 (10.0%)	6:50	8.8 (90.7%)
10	CZERSKI Krzysztof	12	ŁÓDZKA SZKOŁA NORDIC WALKING / KS ULTRA TEAM ŁÓDŹ	M40-44	3	1		00:44:48	01:32:33	02:24:33.16	+00:14:23 (10.0%)	6:51	8.8 (90.7%)
11	MAŁKA Marian	48		M60-64	2			00:47:02	01:35:52	02:26:15.45	+00:16:05 (11.0%)	6:55	8.7 (89.7%)
12	SŁUPIANEK Paweł	72	KATOWICKI NORDIC WALKING	M40-44	4			00:46:57	01:35:16	02:26:35.87	+00:16:26 (11.2%)	6:56	8.6 (88.7%)
13	CIMPRICH Petr	11	NORDIC WALKING OLOMOUC	M35-39	1			00:48:12	01:37:00	02:28:07.26	+00:17:57 (12.1%)	7:01	8.5 (87.6%)

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14	BIBKO Martin	8	SPEEDBAR	M45-49	4	1		00:46:55	01:35:47	02:28:38.17	+00:18:28 (12.4%)	7:02	8.5 (87.6%)
15	MAKOWSKI Jan	46		M60-64	3	1		00:47:47	01:37:55	02:28:49.44	+00:18:39 (12.5%)	7:03	8.5 (87.6%)
16	KOWALSKI Marek	41		M55-59	1			00:50:42	01:41:32	02:31:20.96	+00:21:11 (14.0%)	7:10	8.4 (86.6%)
17	GOŁĘBIEWSKI Krzysztof	24	ZAWSZE MŁODZI NORDIC WALKING	M55-59	2			00:50:29	01:41:35	02:32:08.97	+00:21:59 (14.5%)	7:12	8.3 (85.6%)
18	HAŁAS Marcin	30		M35-39	2			00:49:16	01:40:07	02:33:26.16	+00:23:16 (15.2%)	7:16	8.3 (85.6%)
19	RAJEK Magdalena	64	NORDIC TEAM CZĘSTOCHOWA	K40-44	1			00:51:56	01:42:43	02:33:51.98	+00:23:42 (15.4%)	7:17	8.2 (84.5%)
20	KOŁODZIEJ Joanna	36	MALINOWE GWIAZDY	K50-54	1	2		00:49:21	01:40:43	02:33:57.29	+00:23:47 (15.5%)	7:17	8.2 (84.5%)
21	MISZTAL Grzegorz	53	NORDIC ARMY	M18-34	3			00:53:18	01:44:25	02:34:22.28	+00:24:12 (15.7%)	7:18	8.2 (84.5%)
22	KŁAWCZYŃSKI Marcin	35	AKTYWNIE W PNIEWACH	M18-34	4			00:51:46	01:44:28	02:37:44.88	+00:27:35 (17.5%)	7:28	8 (82.5%)
23	CZMOCH Marian	14	PUKS ŁOSICE	M70-74	1			00:52:14	01:44:26	02:38:12.05	+00:28:02 (17.7%)	7:29	8 (82.5%)
24	WOJTAL Marta	88	CIDRY LOTAJOM	K35-39	2			00:53:26	01:46:06	02:38:18.95	+00:28:09 (17.8%)	7:30	8 (82.5%)
25	KOWACZ Agata	39	SPEEDBAR	K35-39	3			00:51:42	01:45:31	02:39:05.73	+00:28:56 (18.2%)	7:32	8 (82.5%)
26	SITTEK Agnieszka	71		K40-44	2	1		00:52:00	01:45:13	02:39:12.81	+00:29:03 (18.2%)	7:32	8 (82.5%)
27	KRUGIOŁKA Grzegorz	42	AKTYWNIE W PNIEWACH	M35-39	3			00:51:51	01:44:03	02:39:47.40	+00:29:37 (18.5%)	7:34	7.9 (81.4%)
28	KOWALCZYK Tadeusz	40		M65-69	1			00:52:18	01:45:41	02:40:09.19	+00:29:59 (18.7%)	7:35	7.9 (81.4%)
29	BARTCZAK Mirosław	6		M60-64	4			00:52:42	01:45:37	02:40:26.24	+00:30:16 (18.9%)	7:36	7.9 (81.4%)
30	POSTULKA Adam	62		M50-54	1	1		00:54:01	01:47:39	02:40:32.56	+00:30:22 (18.9%)	7:36	7.9 (81.4%)
31	WÓJCIK Barbara	89	LUKI TEAM POLSKA	K60-64	1			00:52:15	01:46:24	02:40:59.48	+00:30:49 (19.2%)	7:37	7.9 (81.4%)
32	HRYNDIO Jerzy	99	STADION ŚLĄSKI	M65-69	2			00:52:03	01:45:37	02:41:11.61	+00:31:02 (19.3%)	7:38	7.9 (81.4%)
33	DRENDĄ Alicja	15	PARK ŚLĄSKI	K40-44	3			00:53:13	01:46:27	02:41:14.50	+00:31:04 (19.3%)	7:38	7.9 (81.4%)
34	MAŚŁANKA Iwona	51	MARSZ PO ZDROWIE	K50-54	2	2		00:51:25	01:44:07	02:41:46.19	+00:31:36 (19.5%)	7:39	7.8 (80.4%)
35	HOCZEK Aneta	31	KIEDY SIĘ ZMĘCZYSZ ? JUTRO !	K40-44	4			00:52:42	01:46:46	02:42:31.38	+00:32:21 (19.9%)	7:42	7.8 (80.4%)
36	TOŁAJ Andrzej	80	KATOWICKI NORDIC WALKING	M60-64	5			00:53:05	01:47:00	02:42:39.76	+00:32:30 (20.0%)	7:42	7.8 (80.4%)

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37	WINCZEWSKI Piotr	95		M55-59	3	1		00:51:50	01:46:03	02:43:45.10	+00:33:35 (20.5%)	7:45	7.7 (79.4%)
38	LOSKA Romuald	44		M65-69	3			00:52:51	01:47:48	02:43:52.39	+00:33:42 (20.6%)	7:45	7.7 (79.4%)
39	SMAJDOR Leszek	73		M60-64	6	1		00:53:08	01:47:40	02:44:11.84	+00:34:02 (20.7%)	7:46	7.7 (79.4%)
40	RUDAWSKI Maciej	68	MARSZ PO ZDROWIE	M35-39	4			00:52:54	01:48:13	02:45:58.00	+00:35:48 (21.6%)	7:51	7.6 (78.4%)
41	MACHOLC Piotr	45	ŻÓŁWIK	M65-69	4			00:55:30	01:51:01	02:46:52.23	+00:36:42 (22.0%)	7:54	7.6 (78.4%)
42	TERESIŃSKA Jolanta	79	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:53:28	01:50:25	02:46:54.35	+00:36:44 (22.0%)	7:54	7.6 (78.4%)
43	WIŚNIEWSKI Roman	85		M65-69	5			00:55:02	01:50:59	02:46:55.59	+00:36:46 (22.0%)	7:54	7.6 (78.4%)
44	SCHLAGNER Henryk	70		M65-69	6			00:54:45	01:51:03	02:46:55.62	+00:36:46 (22.0%)	7:54	7.6 (78.4%)
45	JUZOF Iwona	32		K45-49	2			00:53:24	01:49:15	02:47:44.62	+00:37:35 (22.4%)	7:56	7.5 (77.3%)
46	MARKS Adrian	50	LECYMY DURŚ	M50-54	2			00:54:01	01:49:37	02:47:58.64	+00:37:49 (22.5%)	7:57	7.5 (77.3%)
47	ADAMUS Marian	3	UNIWERSYTET TRZECIEGO WIEKU	M70-74	2			00:54:05	01:50:30	02:48:19.22	+00:38:09 (22.7%)	7:58	7.5 (77.3%)
48	KOŚCIEŃ Joanna	38	BOBRY WALKING	K50-54	3			00:54:54	01:50:48	02:48:25.15	+00:38:15 (22.7%)	7:58	7.5 (77.3%)
49	GRUSZKA Michal	26	ETHOSENERGY POLAND S.A.	M45-49	5	1		00:55:30	01:51:39	02:48:34.86	+00:38:25 (22.8%)	7:59	7.5 (77.3%)
50	POSTEK Danuta	61	MARSZ PO ZDROWIE	K55-59	1	1		00:54:39	01:50:54	02:48:36.47	+00:38:26 (22.8%)	7:59	7.5 (77.3%)
51	STEFANIAK Emilia	74	HARPAGAN SOSNOWIEC NW	K60-64	2			00:55:04	01:51:32	02:49:31.73	+00:39:22 (23.2%)	8:02	7.5 (77.3%)
52	RUSINOWICZ Andrzej	69	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1			00:55:27	01:51:22	02:49:40.51	+00:39:30 (23.3%)	8:02	7.5 (77.3%)
53	GŁOMBIK Krzysztof	22		M55-59	4			00:55:15	01:52:09	02:49:44.87	+00:39:35 (23.3%)	8:02	7.5 (77.3%)
54	WOJDANOWSKA Małgorzata	87	LECYMY DURŚ	K18-34	1	2		00:54:35	01:50:17	02:49:46.28	+00:39:36 (23.3%)	8:02	7.5 (77.3%)
55	ŚWITALSKA Beata	77		K40-44	5			00:55:08	01:51:43	02:50:52.33	+00:40:42 (23.8%)	8:05	7.4 (76.3%)
56	GUTOWSKA Magdalena	28	PAUL TEAM	K45-49	3			00:54:06	01:51:10	02:50:58.96	+00:40:49 (23.9%)	8:06	7.4 (76.3%)
57	PALUCH Paweł	57	AVOCADO WELLNESS CLUB	M55-59	5			00:54:24	01:52:07	02:52:19.82	+00:42:10 (24.5%)	8:09	7.3 (75.3%)
58	ZAWADZKI Zygmunt	92	CIDRY LOTAJOM	M65-69	7			00:57:31	01:54:29	02:52:34.66	+00:42:25 (24.6%)	8:10	7.3 (75.3%)
59	ŚWITALSKI Robert	78		M45-49	6			00:56:25	01:53:14	02:52:55.43	+00:42:45 (24.7%)	8:11	7.3 (75.3%)

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60	TOMCZYK Edward	81	MARSZ PO ZDROWIE	M70-74	3			00:55:41	01:51:42	02:53:19.58	+00:43:10 (24.9%)	8:12	7.3 (75.3%)
61	GAŹDZICKA-WÓDKA Ewa	19		K35-39	4			00:54:39	01:52:56	02:53:24.98	+00:43:15 (24.9%)	8:13	7.3 (75.3%)
62	GARBUZ Agnieszka	18		K45-49	4	1		00:55:09	01:53:56	02:53:42.62	+00:43:33 (25.1%)	8:13	7.3 (75.3%)
63	GODAWA Ireneusz	23	STADION ŚLĄSKI	M55-59	6			00:53:06	01:51:12	02:54:03.06	+00:43:53 (25.2%)	8:14	7.3 (75.3%)
64	SYMA Sebastian	75		M45-49	7			00:56:45	01:55:43	02:54:17.90	+00:44:08 (25.3%)	8:15	7.3 (75.3%)
65	PIERNIKARCZYK Adrian	100		M45-49	8	1		00:56:45	01:52:45	02:54:26.53	+00:44:16 (25.4%)	8:16	7.3 (75.3%)
66	GUTOWSKI Paweł	29	PAUL TEAM	M45-49	9			00:56:28	01:54:46	02:54:49.87	+00:44:40 (25.6%)	8:17	7.2 (74.2%)
67	ANYŻ Maria	4	KIJE W DOBRYCH RĘKACH	K70-74	1			00:56:13	01:54:35	02:55:34.70	+00:45:25 (25.9%)	8:19	7.2 (74.2%)
68	PAŤORKOVÁ Sabina	58		K45-49	5			00:58:10	01:57:04	02:57:38.90	+00:47:29 (26.7%)	8:25	7.1 (73.2%)
69	PŁONKA Krzysztof	60		M55-59	7			00:57:13	01:56:33	02:58:32.96	+00:48:23 (27.1%)	8:27	7.1 (73.2%)
70	CIEMNOŁÓŃSKI Genadiusz	10	-	M65-69	8			00:57:09	01:56:52	02:58:35.41	+00:48:25 (27.1%)	8:27	7.1 (73.2%)
71	BARCZYK Jolanta	5	ZABIEGANI CZĘSTOCHOWA	K60-64	3			00:58:12	01:57:37	02:58:50.67	+00:48:41 (27.2%)	8:28	7.1 (73.2%)
72	GRZEBIELUCH Elżbieta	27	HARPAGAN SOSNOWIEC NW	K65-69	1			00:58:31	01:59:03	02:59:11.56	+00:49:01 (27.4%)	8:29	7.1 (73.2%)
73	CICHOŃ Michał	9	EKIPA NA KIJACH	M50-54	3	1		00:57:42	01:57:02	02:59:46.09	+00:49:36 (27.6%)	8:31	7 (72.2%)
74	GÓRECKA Iwona	25	STADION ŚLĄSKI	K55-59	2			00:59:01	02:00:02	03:01:31.01	+00:51:21 (28.3%)	8:36	7 (72.2%)
75	UCHTO Adrian	82		M18-34	5	1		00:59:25	01:59:38	03:02:37.68	+00:52:28 (28.7%)	8:39	6.9 (71.1%)
76	DRYGALSKA Aleksandra	16	KIJE W DOBRYCH RĘKACH	K65-69	2			00:58:53	02:00:00	03:04:09.94	+00:54:00 (29.3%)	8:43	6.9 (71.1%)
77	NOGALSKA Halina	56	NORDICUS STRZYBNICA	K65-69	3			00:58:58	02:00:01	03:04:29.30	+00:54:19 (29.4%)	8:44	6.9 (71.1%)
78	KROGULEC Alina	98		K40-44	6			01:01:05	02:02:10	03:04:40.61	+00:54:31 (29.5%)	8:45	6.9 (71.1%)
79	ZAWADZKA Maria	91	KGHM METRACO RUDNA	K70-74	2			01:01:10	02:02:58	03:05:23.59	+00:55:14 (29.8%)	8:47	6.8 (70.1%)
80	ADAMOWICZ Andrzej	2		M75-79	2			01:00:50	02:02:51	03:05:40.63	+00:55:31 (29.9%)	8:47	6.8 (70.1%)
81	KANICKA Sylwia	34		K40-44	7			01:01:19	02:03:39	03:06:37.63	+00:56:28 (30.3%)	8:50	6.8 (70.1%)
82	ZIEMBA Elżbieta	93		K45-49	6			01:01:07	02:03:42	03:07:20.46	+00:57:10 (30.5%)	8:52	6.8 (70.1%)

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83	GAŹDZICKI Stanisław	20		M60-64	7			01:00:05	02:03:00	03:08:23.90	+00:58:14 (30.9%)	8:55	6.7 (69.1%)
84	WAWRZYŃCZOK Krzysztof	83	NORDICUS STRZYBNICA	M40-44	5			01:01:54	02:05:05	03:13:03.46	+01:02:53 (32.6%)	9:08	6.6 (68.0%)
85	ABRAMOWICZ Damian	1	WATAHA ŁĄCZY NAS BIEGANIE	M50-54	4			01:02:48	02:08:24	03:19:35.33	+01:09:25 (34.8%)	9:27	6.3 (64.9%)
86	BARTOSIK Sylwia	7	NW BEŁCHATÓW	K35-39	5			01:10:37	02:25:55	03:41:32.58	+01:31:23 (41.2%)	10:29	5.7 (58.8%)
87	PLEBAN Hanna	59		K35-39	6	1		01:12:37	02:30:51	03:51:10.04	+01:41:00 (43.7%)	10:57	5.5 (56.7%)
DNC	GIERCZAK Sara	21		K18-34				01:14:24	02:40:38				(0.0%)
	ROMAN Jakub	65		M18-34				00:57:48 DNF	DNF	DNF		-	- (0.0%)
	DRYNDĄ Franciszek	17	NORDICUS STRZYBNICA	M70-74				01:01:18 DNF	DNF	DNF		-	- (0.0%)
	ZAJĄC Kacper	90		M18-34				DNF	DNF	DNF		-	- (0.0%)

Znaleziono 91 wynik(ów)