



# INWA NORDIC WALKING EUROPEAN CHAMPIONSHIPS - 21KM

B4SPORT

**Wydarzenie:** INWA Nordic Walking European Championships 2023  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2023-09-02  
**Miejsce:** Jedlińsk  
**Dystans:** 21 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.1km	5km	10km	15km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>ALVAREZ BORRAS Ramon</b>	<b>2</b>	CLUB ATLETISMO MARATHON CREVILLET	M40-44	1			00:06:32	00:37:50	01:09:53	01:42:07	<b>02:13:52.60</b>		6:20	9.5 (100%)
2	<b>MICHALEC Marcin</b>	<b>1</b>	KKB MOSIR KROSNO	M35-39	1	1		00:06:31	00:37:49	01:09:52	01:42:06	<b>02:15:13.45</b>	+00:01:20 (1.0%)	6:24	9.4 (98.9%)
3	<b>WOJCIECHOWSKA Elżbieta</b>	<b>3</b>	POLIPACK TEAM GWE	K40-44	1	1		00:06:22	00:38:44	01:11:43	01:44:56	<b>02:19:02.80</b>	+00:05:10 (3.7%)	6:35	9.1 (95.8%)
4	<b>ROSAK Marcin</b>	<b>49</b>	KS VICTORIA POTĘGOWO	M45-49	1			00:06:39	00:39:46	01:13:33	01:47:16	<b>02:21:59.80</b>	+00:08:07 (5.7%)	6:43	8.9 (93.7%)
5	<b>WILCZEK Krzysztof</b>	<b>46</b>	WATAHA ULTRA TEAM	M50-54	1			00:07:00	00:40:35	01:14:21	01:48:39	<b>02:23:47.85</b>	+00:09:55 (6.9%)	6:48	8.8 (92.6%)
6	<b>TEREŠTŠENKOV Aleksei</b>	<b>42</b>	U-CLUB	M60-64	1	2		00:06:57	00:40:11	01:14:20	01:49:52	<b>02:26:54.40</b>	+00:13:01 (8.9%)	6:57	8.6 (90.5%)
7	<b>KOŁODZIEJ Joanna</b>	<b>21</b>	MALINOWE GWIAZDY	K55-59	1			00:07:05	00:42:43	01:18:46	01:54:52	<b>02:30:51.85</b>	+00:16:59 (11.3%)	7:08	8.4 (88.4%)
8	<b>NIEDBAŁ Adam</b>	<b>29</b>	SIEWIERZ	M45-49	2			00:07:13	00:42:49	01:18:42	01:54:45	<b>02:30:55.95</b>	+00:17:03 (11.3%)	7:09	8.4 (88.4%)
9	<b>ŚWIDEREK Marcin</b>	<b>141</b>	ESJA TEAM	M45-49	3			00:07:02	00:42:15	01:17:53	01:54:21	<b>02:31:07.80</b>	+00:17:15 (11.4%)	7:09	8.4 (88.4%)
10	<b>JANOCHA Robert</b>	<b>15</b>	MUKS PODKARPACIE JEDLICZE	M55-59	1	1		00:07:19	00:42:25	01:18:16	01:54:32	<b>02:31:24.15</b>	+00:17:31 (11.6%)	7:10	8.4 (88.4%)
11	<b>KUBILOVIČA Linda</b>	<b>23</b>	WALK WITH THE WIND	K55-59	2			00:07:07	00:42:43	01:18:46	01:55:01	<b>02:32:07.55</b>	+00:18:14 (12.0%)	7:12	8.3 (87.4%)
12	<b>JASIUKIEWICZ Jacek</b>	<b>17</b>	POZYTYWNI DOBRE MIASTO	M55-59	2			00:07:20	00:43:15	01:20:08	01:57:05	<b>02:34:05.95</b>	+00:20:13 (13.1%)	7:18	8.2 (86.3%)
13	<b>ZĪBERGS Andris</b>	<b>54</b>	WALK WITH THE WIND	M50-54	2			00:07:24	00:43:25	01:20:25	01:57:16	<b>02:34:30.45</b>	+00:20:37 (13.4%)	7:19	8.2 (86.3%)
14	<b>PASIERB Marek</b>	<b>32</b>	K.S.VICTORIA POTĘGOWO	M65-69	1			00:07:22	00:43:56	01:21:15	01:58:35	<b>02:35:31.90</b>	+00:21:39 (13.9%)	7:22	8.1 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.1km	5km	10km	15km	Czas netto		Tempo min/km	Tempo km/h
												21.1km	Różn		
15	<b>CELIŃSKI Tomasz</b>	<b>7</b>	TUPTUŚ OTWOCK	M55-59	3			00:07:22	00:43:21	01:20:21	01:58:16	<b>02:35:33.55</b>	+00:21:40 (13.9%)	7:22	8.1 (85.3%)
16	<b>RAKOWIECKI Zbigniew</b>	<b>35</b>	POLIPACK TEAM GWE	M60-64	2			00:07:23	00:43:41	01:20:42	01:58:39	<b>02:36:56.00</b>	+00:23:03 (14.7%)	7:26	8.1 (85.3%)
17	<b>GUDLIN Hrvoje</b>	<b>12</b>		M18-34	1	1		00:06:39	00:41:32	01:17:40	01:56:29	<b>02:37:47.20</b>	+00:23:54 (15.2%)	7:28	8 (84.2%)
18	<b>ROMAN Krzysztof</b>	<b>36</b>	KUDOWIANKA RUN	M60-64	3			00:07:40	00:44:52	01:23:36	02:01:37	<b>02:41:13.50</b>	+00:27:20 (17.0%)	7:38	7.9 (83.2%)
19	<b>BREWCZYŃSKI Marcin</b>	<b>68</b>	NW CZŁAPSKI TEAM	M35-39	2			00:07:24	00:44:40	01:22:56	02:02:36	<b>02:41:58.35</b>	+00:28:05 (17.3%)	7:40	7.8 (82.1%)
20	<b>KRAJEWSKA Hanna</b>	<b>22</b>	KS KIJOMANIACY CHODZIEŻ	K18-34	1			00:07:07	00:44:21	01:22:52	02:01:56	<b>02:42:29.00</b>	+00:28:36 (17.6%)	7:42	7.8 (82.1%)
21	<b>ZAWADZKI Krzysztof</b>	<b>53</b>	NW CZLAPSKI TEAM	M65-69	2			00:07:48	00:45:29	01:23:51	02:03:18	<b>02:42:32.70</b>	+00:28:40 (17.6%)	7:42	7.8 (82.1%)
22	<b>WOJTKIEWICZ Jarosław</b>	<b>48</b>		M55-59	4	1		00:07:50	00:47:10	01:25:52	02:04:30	<b>02:44:03.25</b>	+00:30:10 (18.4%)	7:46	7.7 (81.1%)
23	<b>WIŚNIEWSKI Mariusz</b>	<b>47</b>	NW CZŁAPSKI TEAM	M50-54	3			00:07:46	00:45:14	01:24:15	02:04:47	<b>02:44:52.05</b>	+00:30:59 (18.8%)	7:48	7.7 (81.1%)
24	<b>STACHOWIAK Tomasz</b>	<b>39</b>	STĘSZEW TEAM	M45-49	4			00:07:38	00:45:51	01:23:38	02:02:58	<b>02:45:24.30</b>	+00:31:31 (19.1%)	7:50	7.7 (81.1%)
25	<b>SZCZUDLIK Małgorzata</b>	<b>40</b>	NORDIC SPORT 2021	K40-44	2			00:07:08	00:44:20	01:23:37	02:05:00	<b>02:45:42.05</b>	+00:31:49 (19.2%)	7:51	7.6 (80.0%)
26	<b>MIKINA Artur</b>	<b>28</b>	GUNS @ ROSES RUN TEAM	M60-64	4	1		00:08:18	00:47:46	01:27:22	02:06:32	<b>02:45:55.15</b>	+00:32:02 (19.3%)	7:51	7.6 (80.0%)
27	<b>CZMOCH Marian</b>	<b>9</b>	NORDIC SPORT 2021	M70+	1			00:08:07	00:47:20	01:26:38	02:06:47	<b>02:46:44.55</b>	+00:32:51 (19.7%)	7:54	7.6 (80.0%)
28	<b>JARUGA Beata</b>	<b>16</b>		K45-49	1			00:07:35	00:46:42	01:26:48	02:07:20	<b>02:46:57.60</b>	+00:33:05 (19.8%)	7:54	7.6 (80.0%)
29	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>33</b>	PRUSZYŃSKI SPORT TEAM	K45-49	2			00:08:03	00:47:56	01:27:39	02:07:22	<b>02:47:41.35</b>	+00:33:48 (20.2%)	7:56	7.5 (78.9%)
30	<b>RUDAWSKI Maciej</b>	<b>38</b>	NORDIC SPORT 2021	M40-44	2			00:08:00	00:46:53	01:26:28	02:06:43	<b>02:48:41.50</b>	+00:34:48 (20.6%)	7:59	7.5 (78.9%)
31	<b>KŁOSOWSKI Krzysztof</b>	<b>20</b>		M45-49	5			00:07:53	00:47:40	01:27:14	02:07:38	<b>02:49:22.40</b>	+00:35:29 (21.0%)	8:01	7.5 (78.9%)
32	<b>ŽUGRIS Aivars</b>	<b>56</b>		M60-64	5	2		00:07:37	00:46:14	01:27:02	02:09:13	<b>02:51:35.75</b>	+00:37:43 (22.0%)	8:07	7.4 (77.9%)
33	<b>JANEKA Dace</b>	<b>14</b>		K50-54	1	1		00:07:23	00:45:59	01:26:52	02:08:43	<b>02:51:46.55</b>	+00:37:53 (22.1%)	8:08	7.4 (77.9%)
34	<b>LOCMELIS Imants</b>	<b>26</b>	WALK WITH THE WIND	M60-64	6			00:07:50	00:46:47	01:27:31	02:10:14	<b>02:52:51.95</b>	+00:38:59 (22.6%)	8:11	7.3 (76.8%)
35	<b>ZAGAJA Janusz</b>	<b>51</b>	WESOŁY BORSUK TEAM	M65-69	3	2		00:07:37	00:46:24	01:27:24	02:09:36	<b>02:53:05.45</b>	+00:39:12 (22.7%)	8:12	7.3 (76.8%)
36	<b>ZDRZAŁEK Alicja</b>	<b>153</b>	POLSKA	K40-44	3			00:07:47	00:48:31	01:29:09	02:11:30	<b>02:54:20.20</b>	+00:40:27 (23.2%)	8:15	7.3 (76.8%)
37	<b>FASOLA Raffaella</b>	<b>10</b>	NORDIC WALKING COMO	K50-54	2			00:07:58	00:48:09	01:29:21	02:11:49	<b>02:54:31.20</b>	+00:40:38 (23.3%)	8:16	7.3 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.1km	5km	10km	15km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
38	<b>POSTEK Danuta</b>	<b>37</b>		K60-64	1	1		00:08:00	00:48:02	01:29:58	02:12:37	<b>02:54:59.40</b>	+00:41:06 (23.5%)	8:17	7.2 (75.8%)
39	<b>LOCMELE Benita</b>	<b>25</b>	WALK WITH THE WIND	K60-64	2			00:07:53	00:48:22	01:30:17	02:12:53	<b>02:55:02.70</b>	+00:41:10 (23.5%)	8:17	7.2 (75.8%)
40	<b>TKALČIČ Daria</b>	<b>43</b>		K35-39	1			00:08:54	00:51:57	01:33:18	02:14:31	<b>02:56:09.00</b>	+00:42:16 (24.0%)	8:20	7.2 (75.8%)
41	<b>JURCZAK-TOCZKO Anna</b>	<b>18</b>		K55-59	3			00:08:30	00:49:50	01:31:42	02:13:54	<b>02:56:20.00</b>	+00:42:27 (24.1%)	8:21	7.2 (75.8%)
42	<b>WRÓBEL Jakub</b>	<b>50</b>	CENTRUM FIZJOTERAPII SPINETIC TEAM	M18-34	2	2		00:08:01	00:48:28	01:30:40	02:13:11	<b>02:57:10.20</b>	+00:43:17 (24.4%)	8:23	7.1 (74.7%)
43	<b>BEITIKS Andis</b>	<b>4</b>	WALK WITH THE WIND	M60-64	7	2		00:08:07	00:48:22	01:30:36	02:14:52	<b>03:03:00.50</b>	+00:49:07 (26.8%)	8:40	6.9 (72.6%)
44	<b>WIEŃSKO Ryszard</b>	<b>45</b>		M70+	2	1		00:08:47	00:52:01	01:35:04	02:19:13	<b>03:06:03.95</b>	+00:52:11 (28.0%)	8:49	6.8 (71.6%)
45	<b>BOROVINA Mladen</b>	<b>6</b>		M18-34	3			00:08:57	00:54:58	01:36:18	02:18:58	<b>03:09:37.30</b>	+00:55:44 (29.4%)	8:59	6.7 (70.5%)
46	<b>GÓRSKA Agnieszka</b>	<b>11</b>		K45-49	3			00:08:57	00:54:25	01:39:12	02:27:28	<b>03:15:14.85</b>	+01:01:22 (31.4%)	9:15	6.5 (68.4%)
47	<b>ZAWADZKA Maria</b>	<b>52</b>	KGHM METRACO POLKOWICE	K70+	1			00:09:07	00:54:04	01:39:23	02:26:21	<b>03:15:36.00</b>	+01:01:43 (31.6%)	9:16	6.5 (68.4%)
48	<b>SZOT Maria</b>	<b>41</b>	NW CZAPSKI TEAM	K50-54	3			00:09:09	00:54:01	01:39:33	02:27:34	<b>03:16:46.90</b>	+01:02:54 (32.0%)	9:19	6.4 (67.4%)
49	<b>NERC Dorota</b>	<b>59</b>	NW CZAPSKI TEAM	K60-64	3			00:09:01	00:54:16	01:41:41	02:31:19	<b>03:19:34.60</b>	+01:05:42 (32.9%)	9:27	6.3 (66.3%)
50	<b>KUŠTELEGA Jadranka</b>	<b>24</b>		K60-64	4			00:09:12	00:56:57	01:49:11	02:42:47	<b>03:33:05.40</b>	+01:19:12 (37.2%)	10:05	5.9 (62.1%)
51	<b>VIDAKOVIĆ Gordana</b>	<b>143</b>		K60-64	5			00:09:10	00:56:55	01:49:09	02:42:56		+01:00:49	10:51	5.5 (57.9%)
DQ	<b>KAPUSTA Piotrek</b>	<b>19</b>		M40-44		3	1	00:07:40 DQ	00:44:28 DQ	01:22:53 DQ	02:02:01 DQ	<b>02:42:15.25</b> <b>DQ</b>		0:00	7.8 (82.1%)
	<b>MĄDRY Grzegorz</b>	<b>27</b>	NORDIC SPORT 2021	M60-64		1		00:07:13 DNF	00:43:14 DNF	01:21:46 DNF	02:07:01 DNF	<b>DNF</b>		-	- (0.0%)
	<b>PIETRUSZEWSKI Bartek</b>	<b>34</b>		M40-44		2		00:08:52 DNF	00:54:03 DNF	01:41:58 DNF	02:32:16 DNF	<b>DNF</b>		-	- (0.0%)
	<b>PANKIEWICZ Ewelina</b>	<b>31</b>		K18-34				00:07:46 DNF	00:48:08 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 55 wynik(ów)