



INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM

B4SPORT
POLSKIE STOWOZISKO
KOLEJNICTWA I TURYSTYKI

Event: INWA Nordic Walking World Championships
Organiser: Polish Nordic Walking Association (PZNW)
International Nordic Walking Federation (INWA)
Date: 2022-09-03
Place: SZKLARSKA PORĘBA
Distance: 21,1 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Lap 1.8km	Lap 5km	10km	15km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	MICHALEC Marcin	65	TEAM POLAND	M18-34	1			00:14:01	00:38:41	01:12:39	01:38:27	02:21:33.20		6:42	8.9 (100%)
2	ALVAREZ BORRAS Ramon	3	S.M. CLUB ATLETISMO MARATHON CREVILLENT	M40-44	1			00:14:34	00:39:55	01:14:07	01:39:25	02:22:24.25	+00:00:51 (0.6%)	6:44	8.9 (100%)
3	NIEPOKÓJ Radosław	89	TEAM POLAND	M18-34	2	1		00:14:25	00:40:30	01:15:29	01:41:32	02:26:08.75	+00:04:35 (3.1%)	6:55	8.7 (97.8%)
4	ROMANOWSKI Daniel	120	TEAM POLAND	M18-34	3	1		00:14:17	00:40:09	01:15:13	01:41:29	02:26:12.45	+00:04:39 (3.2%)	6:55	8.7 (97.8%)
5	SKIBA Krzysztof	85	TEAM POLAND	M60-64	1	1		00:14:31	00:40:13	00:55:37	01:41:50	02:27:28.25	+00:05:55 (4.0%)	6:59	8.6 (96.6%)
6	ROSAK Marcin	50	TEAM POLAND	M45-49	1			00:14:34	00:41:05	01:17:37	01:44:33	02:28:21.10	+00:06:47 (4.6%)	7:01	8.5 (95.5%)
7	WETOSZKA Piotr	101	TKKF KRZNA BIAŁA PODLASKA	M35-39	1			00:14:50	00:41:57	01:18:51	01:46:07	02:34:02.00	+00:12:28 (8.1%)	7:18	8.2 (92.1%)
8	CZERSKI Krzysztof	14	TEAM POLAND	M40-44	2			00:15:09	00:42:05	01:18:59	01:46:49	02:34:35.35	+00:13:02 (8.4%)	7:19	8.2 (92.1%)
9	POŁUBIAK Paweł	74		M35-39	2	1		00:14:55	00:42:00	01:18:48	01:46:12	02:34:45.05	+00:13:11 (8.5%)	7:20	8.2 (92.1%)
10	HAŁAS Marcin	117		M35-39	3			00:14:56	00:42:00	01:18:50	01:46:42	02:36:07.55	+00:14:34 (9.3%)	7:23	8.1 (91.0%)
11	GROSSMANN Florian	29	FIT MIT SCHMIDT	M35-39	4	2		00:14:42	00:41:56	01:18:58	01:47:27	02:36:12.45	+00:14:39 (9.4%)	7:24	8.1 (91.0%)
12	WILCZEK Krzysztof	103	CIDRY LOTAJOM	M45-49	2			00:15:56	00:43:31	01:20:31	01:48:11	02:36:48.30	+00:15:15 (9.7%)	7:25	8.1 (91.0%)
13	PRZYSTARZ Grzegorz	78	OBORYGENI	M50-54	1			00:15:19	00:42:45	01:19:45	01:47:52	02:36:57.85	+00:15:24 (9.8%)	7:26	8.1 (91.0%)
14	FRĄCKOWIAK Krzysztof	26	ŚWIADOMI SIEDLCE	M50-54	2			00:16:06	00:44:19	01:22:18	01:50:33	02:40:08.95	+00:18:35 (11.6%)	7:35	7.9 (88.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Lap	Lap	10km	15km	Net	Pace	Pace	
								1.8km	5km			time			Gap
15	SŁUPIANEK Paweł	87	KATOWICKI NORDIC WALKING	M40-44	3			00:15:17	00:42:57	01:21:50	01:51:48	02:43:36.35	+00:22:03 (13.5%)	7:45	7.7 (86.5%)
16	CELIŃSKI Tomasz	11	TUPTUŚ OTWOCK	M50-54	3			00:16:23	00:46:01	01:25:32	02:05:09	02:43:43.15	+00:22:09 (13.5%)	7:45	7.7 (86.5%)
17	ZYCH Witold	112		M50-54	4			00:16:09	00:44:20	01:22:41	01:51:40	02:43:43.55	+00:22:10 (13.5%)	7:45	7.7 (86.5%)
18	PARZYBUT Jan	70	POSTĘP PNIEWY TEAM	M55-59	1	1		00:16:29	00:45:36	01:24:41	02:04:49	02:44:55.40	+00:23:22 (14.2%)	7:48	7.7 (86.5%)
19	CZŁAPSKI Krzysztof	15	NW CZŁAPSKI TEAM	M55-59	2			00:16:28	00:45:38	01:24:32	02:04:39	02:45:58.55	+00:24:25 (14.7%)	7:51	7.6 (85.4%)
20	MAKOWSKI Jan	56		M60-64	2			00:15:27	00:43:50	01:24:05	02:05:07	02:47:45.70	+00:26:12 (15.6%)	7:57	7.5 (84.3%)
21	MĄDRY Grzegorz	61	KIJKOWE TRZEMESZNO	M60-64	3			00:16:28	00:46:07	01:25:48	02:07:40	02:51:24.40	+00:29:51 (17.4%)	8:07	7.4 (83.1%)
22	ŽUGRIS Aivars	111		M60-64	4	1		00:16:33	00:46:09	01:26:46	02:08:47	02:53:03.50	+00:31:30 (18.2%)	8:12	7.3 (82.0%)
23	CZMOCH Marian	16	PUKS ŁOSICE	M70+	1			00:17:30	00:48:14	01:29:13	02:10:41	02:54:28.60	+00:32:55 (18.9%)	8:16	7.3 (82.0%)
24	MEYER Olaf	63	FSV 1950 GOTHA E.V.	M50-54	5			00:16:46	00:47:05	01:28:15	02:10:43	02:54:53.75	+00:33:20 (19.1%)	8:17	7.2 (80.9%)
25	ZĪBERGS Andris	110	WALK WITH THE WIND	M45-49	3			00:16:29	00:46:15	01:27:21	02:10:40	02:55:13.40	+00:33:40 (19.2%)	8:18	7.2 (80.9%)
26	BIERKUS Mirosław	8	BALTIN MIELENKO	M65-69	1			00:18:21	00:49:54	01:31:34	02:12:59	02:55:51.95	+00:34:18 (19.5%)	8:20	7.2 (80.9%)
27	ADAMCZYK Adam	2	PASJA NORDIC WALKING	M70+	2			00:17:38	00:48:35	01:30:01	02:12:28	02:58:54.40	+00:37:21 (20.9%)	8:28	7.1 (79.8%)
28	STEPĀNS Dāvis	91	NORDIC FITNESS WALKING	M35-39	5	2		00:16:23	00:46:44	01:28:33	02:11:57	02:59:36.30	+00:38:03 (21.2%)	8:30	7 (78.7%)
29	VEIGL Jaroslav	311	TEAM CROATIA	M50-54	6			00:16:08	00:46:32	01:31:22	02:12:49	03:01:10.05	+00:39:36 (21.9%)	8:35	7 (78.7%)
30	ROMAN Krzysztof	82	KUDOWIANKA RUN	M60-64	5	1		00:17:29	00:48:31	01:32:00	02:15:04	03:01:33.60	+00:40:00 (22.0%)	8:36	7 (78.7%)
31	LOCMELIS Imants	53	WALK WITH THE WIND	M60-64	6			00:17:18	00:48:27	01:31:21	02:10:33	03:01:44.20	+00:40:11 (22.1%)	8:36	7 (78.7%)
32	BEITIKS Andis	5	NŪJO AR VĒJU	M60-64	7			00:17:41	00:49:55	01:33:20	02:18:05	03:02:56.20	+00:41:23 (22.6%)	8:40	6.9 (77.5%)
33	LAPŠANSKÝ Viktor	48	NORDIC WALKING - SARÁ ĽUBOVŇA	M55-59	3			00:17:41	00:50:08	01:33:41	02:18:13	03:04:37.95	+00:43:04 (23.3%)	8:44	6.9 (77.5%)
34	TOBOLÍK Jan	96	NORDIC WALKING PŘEROV	M40-44	4			00:17:36	00:50:50	01:35:10	02:21:18	03:06:18.45	+00:44:45 (24.0%)	8:49	6.8 (76.4%)
35	ZAGAJA Janusz	109	WESOŁY BORSUK TEAM	M65-69	2			00:17:52	00:49:35	01:33:14	02:20:01	03:07:13.00	+00:45:39 (24.4%)	8:52	6.8 (76.4%)
36	WIEŃSKO Ryszard	102		M65-69	3			00:18:16	00:50:24	01:34:12	02:20:28	03:07:26.85	+00:45:53 (24.5%)	8:52	6.8 (76.4%)
37	ABELTIŅŠ Edgars	1	NORDIC FITNESS WALKING	M40-44	5	1		00:17:02	00:48:12	01:31:10	02:16:54	03:07:44.55	+00:46:11 (24.6%)	8:53	6.7 (75.3%)
38	KIELIN Grzegorz	36	BIKE ATELIER EOBUIE URBEX MAXIMUS TEAM	M45-49	4	2		00:19:25	00:54:20	01:39:39	02:24:57	03:08:22.15	+00:46:48 (24.9%)	8:55	6.7 (75.3%)

Place	Participant	Number	Club	Category	MCat	Żół.	Czer.	Lap	Lap	10km	15km	Net time	Gap	Pace min/km	Pace km/h
								1.8km	5km						
39	MANDZIUK Marek	57	TKKF KRZNA BIAŁA PODLASKA	M50-54	7			00:17:59	00:51:14	01:35:03	02:20:34	03:10:45.35	+00:49:12 (25.8%)	9:02	6.6 (74.2%)
40	ŚLUSARCZYK Grzegorz	556	WESOŁY BORSUK TEAM	M45-49	5			00:18:22	00:51:55	01:37:50	02:24:59	03:14:19.70	+00:52:46 (27.2%)	9:12	6.5 (73.0%)
41	WOJTUNIK Andrzej	66	KKB MOSIR KROSNO	M65-69	4	1		00:18:19	00:50:57	01:34:51	02:22:17	03:16:29.40	+00:54:56 (28.0%)	9:18	6.4 (71.9%)
42	NIERADKO Stanisław	67	BOG-TUR	M60-64	8	2		00:18:49	00:53:20	01:40:06	02:27:48	03:18:19.60	+00:56:46 (28.6%)	9:23	6.4 (71.9%)
43	WIŚNIEWSKI Roman	104		M65-69	5			00:18:46	00:52:20	01:39:25	02:28:45	03:19:31.70	+00:57:58 (29.1%)	9:27	6.3 (70.8%)
44	KRAWIEC Jacek	39	JACK NORDIC TEAM ELBLĄG	M55-59	4			00:17:40	00:51:28	01:37:34	02:27:15	03:20:09.55	+00:58:36 (29.3%)	9:29	6.3 (70.8%)
45	JAŚLARZ Jarosław	119		M55-59	5	1		00:19:15	00:53:56	01:40:24	02:29:01	03:20:29.50	+00:58:56 (29.4%)	9:30	6.3 (70.8%)
46	KSOK Mirosław	41		M65-69	6			00:18:34	00:52:00	01:39:29	02:29:04	03:21:52.40	+01:00:19 (29.9%)	9:34	6.3 (70.8%)
47	WALCZAK Ryszard	99		M70+	3			00:18:37	00:51:39	01:35:18	02:20:16	03:40:04.95	+01:18:31 (35.7%)	10:25	5.8 (65.2%)
48	POŁĄCARZ Adam	73	.	M40-44	6			00:20:03	00:55:09	01:43:03	02:47:12	03:41:31.05	+01:19:57 (36.1%)	10:29	5.7 (64.0%)
DQ	MEDRANO RUIZ Jon	62	S.M. CLUB ATLETISMO MARATHON CREVILLENT	M40-44			1	00:15:16 DQ	00:42:03 DQ	01:18:33 DQ	01:46:20 DQ	02:35:30.35 DQ		0:00	8.1 (91.0%)
DQ	FEY Thorsten	25	TRISCHMIEDE WERRATAL,LT HAUNETAL,SC NEUENSTEIN	M50-54			1	00:16:35 DQ	00:45:55 DQ	01:25:36 DQ	02:05:40 DQ	02:45:38.15 DQ		0:00	7.6 (85.4%)
DQ	PLEWIŃSKI Rafał	72	NORDIC TEAM CZĘSTOCHOWA	M35-39			1	00:16:53 DQ	00:48:50 DQ	01:33:22 DQ	02:20:47 DQ	03:12:30.85 DQ		0:00	6.6 (74.2%)
DQ	PALENIK Emil	310		M70+			1	00:20:46 DQ	00:57:56 DQ	01:49:06 DQ	02:41:23 DQ	03:40:09.10 DQ		0:00	5.8 (65.2%)
DQ	POSTULKA Adam	76		M55-59			1	00:16:27 DQ	00:45:40 DQ	DQ	DQ	DQ			(0.0%)

Total 53 results.