



**Wydarzenie:**  
**Organizator:**

**Data:**  
**Miejsce:**  
**Dystans:**

## INWA NORDIC WALKING WORLD CUP - 21.1KM

INWA NORDIC WALKING WORLD CUP 2022  
Polskie Zrzeszenie Nordic Walking, Urząd Gminy  
Kolbuszowa  
2022-05-14  
Koszalin  
21.1 km

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. Czer.		Czas netto						Różn	Tempo min/km	Tempo km/h		
						kartki	kartki	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km				18.6km	21.1km
1	<b>WOJTOWICZ Tomasz</b>	<b>24</b>	K.B. ATHLETIC ZRECIN	M30-39	1			00:21:27	00:37:15	00:52:49	01:08:48	01:24:43	01:40:51	01:57:11	<b>02:13:04.04</b>		6:18	9.5 (100%)
2	<b>ROMANOWSKI Daniel</b>	<b>17</b>	KATOWICKI NORDIC WALKING / LUKI TEAM POLSKA	M18-29	1			00:21:27	00:37:15	00:52:50	01:08:48	01:24:43	01:40:52	01:57:11	<b>02:13:08.10</b>	+00:00:04 (0.1%)	6:18	9.5 (100%)
3	<b>HAŁAS Marcin</b>	<b>5</b>		M30-39	2			00:24:02	00:41:20	00:58:27	01:15:17	01:32:02	01:48:35	02:05:08	<b>02:21:45.54</b>	+00:08:41 (6.1%)	6:43	8.9 (93.7%)
4	<b>SŁUPIANEK Paweł</b>	<b>19</b>	KATOWICKI NORDIC WALKING	M40-49	1			00:23:00	00:40:01	00:56:34	01:13:16	01:30:15	01:47:21	02:04:43	<b>02:22:10.71</b>	+00:09:06 (6.4%)	6:44	8.9 (93.7%)
5	<b>FRĄCKOWIAK Krzysztof</b>	<b>2</b>	ŚWIADOMI SIEDLCE	M50-59	1			00:24:18	00:41:34	00:58:53	01:15:57	01:32:49	01:49:55	02:07:16	<b>02:24:29.48</b>	+00:11:25 (7.9%)	6:50	8.8 (92.6%)
6	<b>GRATKA Mirosław</b>	<b>4</b>		M40-49	2			00:22:58	00:40:00	00:56:50	01:13:54	01:31:09	01:48:47	02:06:45	<b>02:24:53.06</b>	+00:11:49 (8.2%)	6:51	8.7 (91.6%)
7	<b>RACIBORSKA Ewa</b>	<b>15</b>	ESJA TEAM	K40-49	1			00:24:22	00:41:56	00:59:03	01:16:27	01:33:51	01:51:25	02:09:02	<b>02:26:09.81</b>	+00:13:05 (9.0%)	6:55	8.7 (91.6%)
8	<b>ZYCH Witold</b>	<b>25</b>		M50-59	2			00:24:19	00:41:30	00:58:51	01:16:03	01:33:07	01:50:26	02:08:12	<b>02:26:32.44</b>	+00:13:28 (9.2%)	6:56	8.6 (90.5%)
9	<b>KLIMCZAK Adam</b>	<b>6</b>	GOSADI NORDIC TEAM	M50-59	3			00:24:15	00:41:38	00:59:03	01:16:39	01:34:34	01:52:46	02:11:10	<b>02:29:31.59</b>	+00:16:27 (11.0%)	7:05	8.5 (89.5%)
10	<b>KOŁODZIEJ Joanna</b>	<b>7</b>	MALINOWE GWIAZDY	K50-59	1			00:24:19	00:41:53	00:59:22	01:16:58	01:34:49	01:53:06	02:11:26	<b>02:29:32.50</b>	+00:16:28 (11.0%)	7:05	8.5 (89.5%)
11	<b>OLSZAŃSKI Karol</b>	<b>13</b>	FEAR THE RETURN	M40-49	3	1		00:24:03	00:41:20	00:58:28	01:15:51	01:33:39	01:51:56	02:10:45	<b>02:30:47.87</b>	+00:17:43 (11.8%)	7:08	8.4 (88.4%)
12	<b>RAKOWIECKI Zbigniew</b>	<b>16</b>	POLIPACK TEAM GWE	M60-69	1			00:24:59	00:43:03	01:01:41	01:19:52	01:38:40	01:57:16	02:11:44	<b>02:32:19.16</b>	+00:19:15 (12.6%)	7:13	8.3 (87.4%)
13	<b>WINCZEWSKI Piotr</b>	<b>23</b>	AZYMUT PABIANICE	M50-59	4			00:24:18	00:42:13	01:00:36	01:18:50	01:37:34	01:56:15	02:15:28	<b>02:34:31.28</b>	+00:21:27 (13.9%)	7:19	8.2 (86.3%)
14	<b>KUŁAKOWSKA Halina</b>	<b>9</b>	KATOWICKI NORDIC WALKING	K40-49	2			00:25:58	00:44:42	01:03:38	01:22:26	01:41:34	02:00:51	02:20:12	<b>02:39:44.17</b>	+00:26:40 (16.7%)	7:34	7.9 (83.2%)
15	<b>CZMOCH Marian</b>	<b>1</b>	PUKS JEDYNKA	M70+	1			00:26:03	00:44:39	01:03:27	01:22:25	01:41:47	02:01:12	02:20:33	<b>02:40:10.28</b>	+00:27:06 (16.9%)	7:35	7.9 (83.2%)
16	<b>SŁOWIŃSKA Alicja</b>	<b>18</b>	ŚWIADOMI SIEDLCE	K50-59	2			00:25:59	00:44:43	01:03:41	01:22:28	01:41:38	02:01:08	02:20:45	<b>02:40:32.20</b>	+00:27:28 (17.1%)	7:36	7.9 (83.2%)
17	<b>SZCZYGIEL Adriana</b>	<b>20</b>		K40-49	3			00:26:19	00:45:48	01:05:17	01:24:29	01:43:45	02:03:09	02:22:17	<b>02:41:13.23</b>	+00:28:09 (17.5%)	7:38	7.9 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. Czer.		3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas netto		Tempo min/km	Tempo km/h
						kartki	kartki								21.1km	Różn		
18	<b>MOCZARSKI Mirosław</b>	<b>11</b>	NW WŁÓCZYKIJE LEŻAJSK	M60-69	2	1		00:26:31	00:45:36	01:05:15	01:24:37	01:44:32	02:04:37	02:24:55	<b>02:45:31.82</b>	+00:32:27 (19.6%)	7:50	7.6 (80.0%)
19	<b>KRAWIEC Jacek</b>	<b>8</b>	JACK NORDIC TEAM ELBLĄG	M50-59	5			00:26:33	00:45:33	01:05:01	01:24:39	01:44:20	02:04:30	02:24:59	<b>02:46:14.59</b>	+00:33:10 (20.0%)	7:52	7.6 (80.0%)
20	<b>TOMCZYK Andrzej</b>	<b>300</b>	TG SOKÓŁ ZAKOPANE	M50-59	6			00:26:33	00:45:53	01:05:39	01:25:19	01:45:24	02:05:32	02:25:56	<b>02:47:51.37</b>	+00:34:47 (20.7%)	7:57	7.5 (78.9%)
21	<b>WIŚNIEWSKI Roman</b>	<b>26</b>		M60-69	3			00:26:33	00:45:52	01:05:40	01:25:21	01:45:36	02:06:13	02:27:29	<b>02:48:11.37</b>	+00:35:07 (20.9%)	7:58	7.5 (78.9%)
22	<b>POSTEK Danuta</b>	<b>14</b>	MARSZ PO ZDROWIE	K50-59	3			00:26:43	00:46:24	01:06:26	01:26:41	01:47:28	02:08:03	02:29:20	<b>02:50:51.54</b>	+00:37:47 (22.1%)	8:05	7.4 (77.9%)
23	<b>GARBUZ Agnieszka</b>	<b>3</b>		K40-49	4			00:27:37	00:47:50	01:08:02	01:28:23	01:49:01	02:09:24	02:30:10	<b>02:50:57.55</b>	+00:37:53 (22.2%)	8:06	7.4 (77.9%)
24	<b>TROJAN Elżbieta</b>	<b>21</b>	KLUB NW WŁÓCZYKIJE LEŻAJSK	K40-49	5	1		00:27:39	00:47:57	01:08:23	01:28:47	01:49:16	02:09:51	02:30:44	<b>02:51:52.58</b>	+00:38:48 (22.6%)	8:08	7.4 (77.9%)
25	<b>GUTOWSKI Maciej</b>	<b>298</b>		M30-39	3			00:27:59	00:47:22	01:07:19	01:27:06	01:47:51	02:09:58	02:31:28	<b>02:53:02.98</b>	+00:39:58 (23.1%)	8:12	7.3 (76.8%)
26	<b>PERKUSYEWSKA Katarzyna</b>	<b>299</b>	POLSKA	K30-39	1	1		00:27:55	00:48:20	01:09:08	01:29:42	01:50:47	02:12:21	02:34:56	<b>02:58:22.35</b>	+00:45:18 (25.4%)	8:27	7.1 (74.7%)
27	<b>OLSZAŃSKA Jolka</b>	<b>12</b>	FEAR THE RETURN	K40-49	6	2		00:28:07	00:48:48	01:09:49	01:31:08	01:52:41	02:14:42	02:36:59	<b>02:59:32.27</b>	+00:46:28 (25.9%)	8:30	7.1 (74.7%)
28	<b>KUŹMA Elżbieta</b>	<b>10</b>	KLUB NW 'WŁÓCZYKIJE'	K60-69	1			00:28:08	00:48:56	01:10:11	01:31:42	01:53:21	02:15:31	02:38:10	<b>03:01:12.03</b>	+00:48:07 (26.6%)	8:35	7 (73.7%)
29	<b>CHOLEWKA Jolanta</b>	<b>36</b>	MARSZ PO ZDROWIE	K60-69	2			00:29:49	00:51:53	01:14:18	01:37:02	02:00:27	02:24:25	02:48:59	<b>03:14:18.74</b>	+01:01:14 (31.5%)	9:12	6.5 (68.4%)
30	<b>PERKUSZEWSKI Karol</b>	<b>296</b>		M40-49	4	1		00:32:12	00:55:03	01:17:01	01:39:25	02:02:57	02:27:36	02:52:34	<b>03:18:21.53</b>	+01:05:17 (32.9%)	9:24	6.4 (67.4%)
31	<b>WEEDMAN Douglas</b>	<b>22</b>	NORDIC WALKING NEBRASKA	M70+	2			00:34:07	00:59:01	01:24:27	01:50:34	02:17:19	02:44:54	03:12:15	<b>03:41:46.91</b>	+01:28:42 (40.0%)	10:30	5.7 (60.0%)

Znaleziono 31 wynik(ów)