



INWA NORDIC WALKING WORLD CUP - 21 KM - KLASYFIKACJA WG. INWA

B4SPORT

Event: INWA NORDIC WALKING WORLD CUP 2022
Organiser: Polskie Zrzeszenie Nordic Walking, Urząd Gminy Kolbuszowa
Date: 2022-05-14
Place: Kolbuszowa
Distance: 21 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	3.6 3.6km	5 km 6.1km	8.6 8.6km	11.1 11.1km	13.6 13.6km	16.1 16.1km	18.6 18.6km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	WOJTOWICZ Tomasz	24	K.B. ATHLETIC ZRECIN	M21-39	1			00:21:27	00:37:15	00:52:49	01:08:48	01:24:43	01:40:51	01:57:11	02:13:04.04		6:18	9.5 (100%)
2	ROMANOWSKI Daniel	17	KATOWICKI NORDIC WALKING / LUKI TEAM POLSKA	M21-39	2			00:21:27	00:37:15	00:52:50	01:08:48	01:24:43	01:40:52	01:57:11	02:13:08.10	+00:00:04 (0.1%)	6:18	9.5 (100%)
3	HAŁAS Marcin	5		M21-39	3			00:24:02	00:41:20	00:58:27	01:15:17	01:32:02	01:48:35	02:05:08	02:21:45.54	+00:08:41 (6.1%)	6:43	8.9 (93.7%)
4	SŁUPIANEK Paweł	19	KATOWICKI NORDIC WALKING	M40-59	1			00:23:00	00:40:01	00:56:34	01:13:16	01:30:15	01:47:21	02:04:43	02:22:10.71	+00:09:06 (6.4%)	6:44	8.9 (93.7%)
5	FRAĆKOWIAK Krzysztof	2	ŚWIADOMI SIEDLCE	M40-59	2			00:24:18	00:41:34	00:58:53	01:15:57	01:32:49	01:49:55	02:07:16	02:24:29.48	+00:11:25 (7.9%)	6:50	8.8 (92.6%)
6	GRATKA Mirosław	4		M40-59	3			00:22:58	00:40:00	00:56:50	01:13:54	01:31:09	01:48:47	02:06:45	02:24:53.06	+00:11:49 (8.2%)	6:51	8.7 (91.6%)
7	RACIBORSKA Ewa	15	ESJA TEAM	K40-59	1			00:24:22	00:41:56	00:59:03	01:16:27	01:33:51	01:51:25	02:09:02	02:26:09.81	+00:13:05 (9.0%)	6:55	8.7 (91.6%)
8	ZYCH Witold	25		M40-59	4			00:24:19	00:41:30	00:58:51	01:16:03	01:33:07	01:50:26	02:08:12	02:26:32.44	+00:13:28 (9.2%)	6:56	8.6 (90.5%)
9	KLIMCZAK Adam	6	GOSADI NORDIC TEAM	M40-59	5			00:24:15	00:41:38	00:59:03	01:16:39	01:34:34	01:52:46	02:11:10	02:29:31.59	+00:16:27 (11.0%)	7:05	8.5 (89.5%)
10	KOŁODZIEJ Joanna	7	MALINOWE GWIAZDY	K40-59	2			00:24:19	00:41:53	00:59:22	01:16:58	01:34:49	01:53:06	02:11:26	02:29:32.50	+00:16:28 (11.0%)	7:05	8.5 (89.5%)
11	OLSZAŃSKI Karol	13	FEAR THE RETURN	M40-59	6	1		00:24:03	00:41:20	00:58:28	01:15:51	01:33:39	01:51:56	02:10:45	02:30:47.87	+00:17:43 (11.8%)	7:08	8.4 (88.4%)
12	RAKOWIECKI Zbigniew	16	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	02:32:19.16	+00:19:15 (12.6%)	7:13	8.3 (87.4%)
13	WINCZEWSKI Piotr	23	AZYMUT PABIANICE	M40-59	7			00:24:18	00:42:13	01:00:36	01:18:50	01:37:34	01:56:15	02:15:28	02:34:31.28	+00:21:27 (13.9%)	7:19	8.2 (86.3%)
14	KUŁAKOWSKA Halina	9	KATOWICKI NORDIC WALKING	K40-59	3			00:25:58	00:44:42	01:03:38	01:22:26	01:41:34	02:00:51	02:20:12	02:39:44.17	+00:26:40 (16.7%)	7:34	7.9 (83.2%)
15	CZMOCH Marian	1	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	02:40:10.28	+00:27:06 (16.9%)	7:35	7.9 (83.2%)
16	SŁOWIŃSKA Alicja	18	ŚWIADOMI SIEDLCE	K40-59	4			00:25:59	00:44:43	01:03:41	01:22:28	01:41:38	02:01:08	02:20:45	02:40:32.20	+00:27:28 (17.1%)	7:36	7.9 (83.2%)
17	SZCZYGIEL Adriana	20		K40-59	5			00:26:19	00:45:48	01:05:17	01:24:29	01:43:45	02:03:09	02:22:17	02:41:13.23	+00:28:09 (17.5%)	7:38	7.9 (83.2%)
18	MOCZARSKI Mirosław	11	NW WŁÓCZYKJE 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	02:45:31.82	+00:32:27 (19.6%)	7:50	7.6 (80.0%)

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															21.1km			Gap
19	KRAWIEC Jacek	8	JACK NORDIC TEAM ELBLĄG	M40-59	8			00:26:33	00:45:33	01:05:01	01:24:39	01:44:20	02:04:30	02:24:59	02:46:14.59	+00:33:10 (20.0%)	7:52	7.6 (80.0%)
20	TOMCZYK Andrzej	300	TG SOKÓŁ ZAKOPANE	M40-59	9			00:26:33	00:45:53	01:05:39	01:25:19	01:45:24	02:05:32	02:25:56	02:47:51.37	+00:34:47 (20.7%)	7:57	7.5 (78.9%)
21	WIŚNIEWSKI Roman	26		M60-69	3			00:26:33	00:45:52	01:05:40	01:25:21	01:45:36	02:06:13	02:27:29	02:48:11.37	+00:35:07 (20.9%)	7:58	7.5 (78.9%)
22	POSTEK Danuta	14	MARSZ PO ZDROWIE	K40-59	6			00:26:43	00:46:24	01:06:26	01:26:41	01:47:28	02:08:03	02:29:20	02:50:51.54	+00:37:47 (22.1%)	8:05	7.4 (77.9%)
23	GARBUZ Agnieszka	3		K40-59	7			00:27:37	00:47:50	01:08:02	01:28:23	01:49:01	02:09:24	02:30:10	02:50:57.55	+00:37:53 (22.2%)	8:06	7.4 (77.9%)
24	TROJAN Elżbieta	21	KLUB NW WŁÓCZYKIJE LEŻAJSK	K40-59	8	1		00:27:39	00:47:57	01:08:23	01:28:47	01:49:16	02:09:51	02:30:44	02:51:52.58	+00:38:48 (22.6%)	8:08	7.4 (77.9%)
25	GUTOWSKI Maciej	298		M21-39	4			00:27:59	00:47:22	01:07:19	01:27:06	01:47:51	02:09:58	02:31:28	02:53:02.98	+00:39:58 (23.1%)	8:12	7.3 (76.8%)
26	PERKUSYEWSKA Katarzyna	299	POLSKA	K21-39	1	1		00:27:55	00:48:20	01:09:08	01:29:42	01:50:47	02:12:21	02:34:56	02:58:22.35	+00:45:18 (25.4%)	8:27	7.1 (74.7%)
27	OLSZAŃSKA Jolka	12	FEAR THE RETURN	K40-59	9	2		00:28:07	00:48:48	01:09:49	01:31:08	01:52:41	02:14:42	02:36:59	02:59:32.27	+00:46:28 (25.9%)	8:30	7.1 (74.7%)
28	KUŻMA Elżbieta	10	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	03:01:12.03	+00:48:07 (26.6%)	8:35	7 (73.7%)
29	CHOLEWKA Jolanta	36	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	03:14:18.74	+01:01:14 (31.5%)	9:12	6.5 (68.4%)
30	PERKUSZEWSKI Karol	296		M40-59	10	1		00:32:12	00:55:03	01:17:01	01:39:25	02:02:57	02:27:36	02:52:34	03:18:21.53	+01:05:17 (32.9%)	9:24	6.4 (67.4%)
31	WEEDMAN Douglas	22	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	03:41:46.91	+01:28:42 (40.0%)	10:30	5.7 (60.0%)

Total 31 results.