



# INWA NORDIC WALKING WORLD CUP - 5KM

B4SPORT

**Wydarzenie:** INWA NORDIC WALKING WORLD CUP 2023  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2023-04-29  
**Miejsce:** Mielno  
**Dystans:** 4.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 4.3km	Różn	Tempo min/km	Tempo km/h
1	CYRUS Bogdan	71	NORDIC SPORT 2021	M50-54	1			00:25:36.05		5:57	10.1 (100%)
2	SZAMOTULSKI Henryk	133		M45-49	1			00:26:02.25	+00:00:26 (1.7%)	6:03	9.9 (98.0%)
3	KOWALAK Robert	95	NORDIC SPORT 2021	M35-39	1			00:26:25.90	+00:00:49 (3.1%)	6:08	9.8 (97.0%)
4	MARCZAK Tomasz	107	K.S. VICTORIA POTĘGOWO	M18-34	1			00:26:43.10	+00:01:07 (4.2%)	6:12	9.7 (96.0%)
5	DERUS Jakub	74	KATOWICKI NORDIC WALKING	M40-44	1			00:27:02.50	+00:01:26 (5.3%)	6:17	9.5 (94.1%)
6	GŁOGOWSKI Wojciech	148	KGHM METRACO POLKOWICE	M-Jun.	1			00:27:06.90	+00:01:30 (5.6%)	6:18	9.5 (94.1%)
7	ZABŁOCKI Karol	144	FIRE WINGS NW TEAM	M35-39	2			00:27:23.05	+00:01:47 (6.5%)	6:22	9.4 (93.1%)
8	ROŻYNEK Miron	123	KGHM METRACO POLKOWICE	M60-64	1			00:27:33.15	+00:01:57 (7.1%)	6:24	9.4 (93.1%)
9	MAŚLANKA Jacek	108		M60-64	2			00:28:21.50	+00:02:45 (9.7%)	6:35	9.1 (90.1%)
10	CHOJNACKI Paweł	22	GEBERIT NORDIC TEAM	M50-54	2			00:28:34.50	+00:02:58 (10.4%)	6:38	9 (89.1%)
11	KRYŚ Artur	98	NIEZRZESZONY	M50-54	3			00:28:41.45	+00:03:05 (10.8%)	6:40	9 (89.1%)
12	LUDWICZAK Andżelika	100	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:28:52.60	+00:03:16 (11.3%)	6:42	8.9 (88.1%)
13	MALICKI Hubert	104	NORDIC SPORT 2021	M45-49	2			00:28:53.65	+00:03:17 (11.4%)	6:43	8.9 (88.1%)
14	KRAJEWSKA Hanna	97	KIJOMANICY CHODZIEŻ	K18-34	1			00:28:55.50	+00:03:19 (11.5%)	6:43	8.9 (88.1%)

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15	<b>STEFANIAK Krzysztof</b>	<b>130</b>	KATOWICKI NORDIC WALKING	M65-69	1			<b>00:29:11.10</b>	+00:03:35 (12.3%)	6:47	8.8 (87.1%)
16	<b>STANEK Fabian</b>	<b>153</b>	URSZULA I SPÓŁKA	M45-49	3	1		<b>00:29:14.55</b>	+00:03:38 (12.5%)	6:47	8.8 (87.1%)
17	<b>STANISŁAWSKI Jan</b>	<b>129</b>	NORDIC WALKING KIEKRZ POLAND	M65-69	2			<b>00:29:52.30</b>	+00:04:16 (14.3%)	6:56	8.6 (85.1%)
18	<b>NACZK Wiktoria</b>	<b>111</b>	POLIPACK TEAM GWE	K18-34	2			<b>00:30:07.15</b>	+00:04:31 (15.0%)	7:00	8.6 (85.1%)
19	<b>STACHOWICZ Joanna</b>	<b>128</b>	K.S. VICTORIA POTĘGOWO	K18-34	3			<b>00:30:13.80</b>	+00:04:37 (15.3%)	7:01	8.5 (84.2%)
20	<b>KOPCZEWSKI Dariusz</b>	<b>94</b>	RAJDY DARKA	M55-59	1			<b>00:30:15.55</b>	+00:04:39 (15.4%)	7:02	8.5 (84.2%)
21	<b>SZPILMAN Katarzyna</b>	<b>134</b>	ESJA TEAM	K55-59	1			<b>00:30:21.80</b>	+00:04:45 (15.7%)	7:03	8.5 (84.2%)
22	<b>ŚLUSARCZYK Marcin</b>	<b>140</b>	WESOŁY BORSUK TEAM	M40-44	2			<b>00:30:25.35</b>	+00:04:49 (15.8%)	7:04	8.5 (84.2%)
23	<b>GODZIŃSKA Dorota</b>	<b>82</b>	BAŻANTNWEŁBLĄG	K40-44	1			<b>00:30:43.50</b>	+00:05:07 (16.7%)	7:08	8.4 (83.2%)
24	<b>CHRZANOWSKA Daria</b>	<b>70</b>	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K35-39	1			<b>00:31:01.50</b>	+00:05:25 (17.5%)	7:12	8.3 (82.2%)
25	<b>DUSZEŃKO Zygmunt</b>	<b>78</b>	KGHM METRACO POLKOWICE	M60-64	3			<b>00:31:36.55</b>	+00:06:00 (19.0%)	7:20	8.2 (81.2%)
26	<b>KARPIENIA Ewa</b>	<b>91</b>	KS VICTORIA POTĘGOWO	K50-54	1			<b>00:31:40.55</b>	+00:06:04 (19.2%)	7:21	8.1 (80.2%)
27	<b>TOMCZYK Edward</b>	<b>155</b>	ZIELONE GROSZKI	M75-79	1			<b>00:31:45.80</b>	+00:06:09 (19.4%)	7:23	8.1 (80.2%)
28	<b>KACZMARCZYK Paweł</b>	<b>89</b>	NW CZŁAPSKI TEAM	M40-44	3	2		<b>00:31:47.40</b>	+00:06:11 (19.5%)	7:23	8.1 (80.2%)
29	<b>SZYBUT Weronika</b>	<b>138</b>	POTĘGA NORDICA	K-Jun.	1			<b>00:32:08.25</b>	+00:06:32 (20.3%)	7:28	8 (79.2%)
30	<b>GRYGOROWICZ Bogdan</b>	<b>83</b>	KGHM METRACO POLKOWICE	M70-74	1			<b>00:32:08.65</b>	+00:06:32 (20.4%)	7:28	8 (79.2%)
31	<b>HARENDA Dawid</b>	<b>85</b>	KK SPORTOWIEC PIŁA	M-Dzieci	1			<b>00:32:08.75</b>	+00:06:32 (20.4%)	7:28	8 (79.2%)
32	<b>PODSIADŁY Stanisław</b>	<b>120</b>	K.S. VICTORIA POTĘGOWO	M65-69	3			<b>00:32:12.05</b>	+00:06:36 (20.5%)	7:29	8 (79.2%)
33	<b>ŚLUSARCZYK Andrzej</b>	<b>50</b>	WESOŁY BORSUK TEAM	M70-74	2			<b>00:32:18.80</b>	+00:06:42 (20.8%)	7:30	8 (79.2%)
34	<b>WITUCKA Karolina</b>	<b>142</b>	K.S. VICTORIA POTĘGOWO	K-Jun.	2			<b>00:32:21.85</b>	+00:06:45 (20.9%)	7:31	8 (79.2%)
35	<b>POKŁADOWSKA Joanna</b>	<b>121</b>	RAJDY DARKA	K50-54	2			<b>00:32:29.25</b>	+00:06:53 (21.2%)	7:33	7.9 (78.2%)
36	<b>POSTEK Danuta</b>	<b>122</b>		K60-64	1			<b>00:32:30.85</b>	+00:06:54 (21.3%)	7:33	7.9 (78.2%)
37	<b>RUSINOWICZ Andrzej</b>	<b>124</b>	FABRYKA NORDICA TRZCIANKA	M75-79	2			<b>00:32:42.45</b>	+00:07:06 (21.7%)	7:36	7.9 (78.2%)

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38	<b>STOLTMANN Helena</b>	<b>131</b>	K.S. VICTORIA POTĘGOWO	K60-64	2			<b>00:32:50.55</b>	+00:07:14 (22.0%)	7:38	7.9 (78.2%)
39	<b>ZALEWSKA Zuzanna</b>	<b>145</b>	NORDIC WALKING KIEKRZ POLAND	K-Jun.	3			<b>00:32:51.85</b>	+00:07:15 (22.1%)	7:38	7.9 (78.2%)
40	<b>KRAWCZYK Dorota</b>	<b>151</b>	FABRYKA NORDICA TRZCIANKA	K65-69	1			<b>00:32:53.60</b>	+00:07:17 (22.2%)	7:38	7.8 (77.2%)
41	<b>ŚLUSARCZYK Grzegorz</b>	<b>51</b>	WESOŁY BORSUK TEAM	M45-49	4			<b>00:32:56.65</b>	+00:07:20 (22.3%)	7:39	7.8 (77.2%)
42	<b>CHRUŚCIEL Żaneta</b>	<b>158</b>		K50-54	3			<b>00:33:07.70</b>	+00:07:31 (22.7%)	7:42	7.8 (77.2%)
43	<b>KACZMAREK Martyna</b>	<b>90</b>	NORDIC WALKING KIEKRZ POLAND	K-Jun.	4			<b>00:33:14.90</b>	+00:07:38 (23.0%)	7:43	7.8 (77.2%)
44	<b>GĄLKOWSKA Elżbieta</b>	<b>81</b>		K65-69	2			<b>00:33:26.20</b>	+00:07:50 (23.4%)	7:46	7.7 (76.2%)
45	<b>ŁOPIŃSKI Aleksy</b>	<b>101</b>	FABRYKA NORDICA TRZCIANKA	M75-79	3			<b>00:33:39.40</b>	+00:08:03 (23.9%)	7:49	7.7 (76.2%)
46	<b>BERCZYŃSKI Henryk</b>	<b>64</b>	NADLEŚNICTWO OKONEK	M65-69	4			<b>00:33:45.80</b>	+00:08:09 (24.2%)	7:50	7.6 (75.2%)
47	<b>MAŁEK-GALICKA Sabina</b>	<b>105</b>		K50-54	4			<b>00:33:54.30</b>	+00:08:18 (24.5%)	7:53	7.6 (75.2%)
48	<b>SERÓWKA Lidia</b>	<b>126</b>		K50-54	5			<b>00:33:56.45</b>	+00:08:20 (24.6%)	7:53	7.6 (75.2%)
49	<b>DOBROWOLSKI Dariusz</b>	<b>75</b>		M55-59	2			<b>00:33:56.55</b>	+00:08:20 (24.6%)	7:53	7.6 (75.2%)
50	<b>WROTECKA Agata</b>	<b>150</b>	NW KIEKRZ POLAND	K40-44	2			<b>00:34:01.60</b>	+00:08:25 (24.8%)	7:54	7.6 (75.2%)
51	<b>KOWALCZYK Edyta</b>	<b>154</b>		K50-54	6			<b>00:34:21.40</b>	+00:08:45 (25.5%)	7:59	7.5 (74.3%)
52	<b>KOCOŃ Sylwia</b>	<b>152</b>		K40-44	3			<b>00:34:25.95</b>	+00:08:49 (25.6%)	8:00	7.5 (74.3%)
53	<b>MACKO Michał</b>	<b>156</b>	RAJDY DARKA	M-Jun.	2			<b>00:34:33.15</b>	+00:08:57 (25.9%)	8:02	7.5 (74.3%)
54	<b>SZWAJA Sławomir</b>	<b>135</b>		M50-54	4			<b>00:34:40.60</b>	+00:09:04 (26.2%)	8:03	7.4 (73.3%)
55	<b>PIETRZYK Anna</b>	<b>119</b>	KLUB OLIMPIJCZYKA KALISZ POMORSKI	K55-59	2			<b>00:34:42.50</b>	+00:09:06 (26.2%)	8:04	7.4 (73.3%)
56	<b>PIETRZAK Dorota</b>	<b>118</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	7			<b>00:34:48.35</b>	+00:09:12 (26.4%)	8:05	7.4 (73.3%)
57	<b>JASIŃSKA Dorota</b>	<b>87</b>	NORDIC SPORT 2021	K45-49	2			<b>00:34:54.50</b>	+00:09:18 (26.7%)	8:06	7.4 (73.3%)
58	<b>SĘDZIK Katarzyna</b>	<b>127</b>	LECYMY DURŚ	K50-54	8			<b>00:34:55.80</b>	+00:09:19 (26.7%)	8:07	7.4 (73.3%)
59	<b>BARYŁA Dorota</b>	<b>62</b>		K55-59	3			<b>00:35:28.70</b>	+00:09:52 (27.8%)	8:14	7.3 (72.3%)
60	<b>DOBOSZ Anna</b>	<b>149</b>	NW CZŁAPSKI TEAM	K50-54	9			<b>00:35:35.45</b>	+00:09:59 (28.1%)	8:16	7.3 (72.3%)

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61	<b>SZWAJA Katarzyna</b>	<b>136</b>		K50-54	10			<b>00:35:51.90</b>	+00:10:15 (28.6%)	8:20	7.2 (71.3%)
62	<b>KĘDZIA Mariola</b>	<b>147</b>	NW KIEKRZ POLAND	K65-69	3			<b>00:35:54.90</b>	+00:10:18 (28.7%)	8:20	7.2 (71.3%)
63	<b>DUDEK Agnieszka</b>	<b>76</b>	MARSZ	K45-49	3			<b>00:35:57.45</b>	+00:10:21 (28.8%)	8:21	7.2 (71.3%)
64	<b>KOWALSKI Mirosław</b>	<b>96</b>	GRYF NORDIC WALKING	M65-69	5			<b>00:36:34.90</b>	+00:10:58 (30.0%)	8:30	7.1 (70.3%)
65	<b>BREWCZYNSKA Milena</b>	<b>66</b>		K35-39	2			<b>00:36:54.65</b>	+00:11:18 (30.6%)	8:34	7 (69.3%)
66	<b>FURMAN Bożena</b>	<b>80</b>	NWT BŁYSKAWICE KALISZ POMORSKI	K45-49	4			<b>00:36:57.55</b>	+00:11:21 (30.7%)	8:35	7 (69.3%)
67	<b>NERC Dorota</b>	<b>112</b>	NW CZŁAPSKI TEAM	K60-64	3			<b>00:37:06.75</b>	+00:11:30 (31.0%)	8:37	7 (69.3%)
68	<b>PIĄTKOWSKI Józef</b>	<b>117</b>	KGHM METRACO POLKOWICE	M75-79	4			<b>00:37:25.70</b>	+00:11:49 (31.6%)	8:42	6.9 (68.3%)
69	<b>CHARCZUK Zenon</b>	<b>146</b>		M65-69	6			<b>00:37:44.10</b>	+00:12:08 (32.2%)	8:46	6.8 (67.3%)
70	<b>MALAK Marek</b>	<b>103</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	4			<b>00:37:56.60</b>	+00:12:20 (32.5%)	8:49	6.8 (67.3%)
71	<b>MAZUR Michał</b>	<b>110</b>		M50-54	5			<b>00:37:57.45</b>	+00:12:21 (32.6%)	8:49	6.8 (67.3%)
72	<b>WŁODARCZYK Małgorzata</b>	<b>143</b>		K50-54	11			<b>00:38:01.30</b>	+00:12:25 (32.7%)	8:50	6.8 (67.3%)
73	<b>KEDZIORA Radziszław</b>	<b>93</b>	NORDIC WALKING KIEKRZ POLAND	M65-69	7			<b>00:38:20.95</b>	+00:12:44 (33.2%)	8:54	6.7 (66.3%)
74	<b>ILCZYSZYN Magdalena</b>	<b>86</b>	BŁYSKAWICE N.W. TEAM	K40-44	4			<b>00:38:27.35</b>	+00:12:51 (33.4%)	8:56	6.7 (66.3%)
75	<b>CHOLEWKA Jolanta</b>	<b>69</b>	WALKA KOSTRZYŃ/ZIEŁONE GROSZKI	K65-69	4			<b>00:39:13.55</b>	+00:13:37 (34.7%)	9:07	6.6 (65.3%)
76	<b>DUSZEŃKO Elwira</b>	<b>77</b>	KGHM METRACO POLKOWICE	K60-64	4			<b>00:39:52.80</b>	+00:14:16 (35.8%)	9:16	6.5 (64.4%)
77	<b>SAWKA Jolanta</b>	<b>125</b>		K45-49	5			<b>00:39:55.80</b>	+00:14:19 (35.9%)	9:16	6.5 (64.4%)
78	<b>STRZELECKA Marzena</b>	<b>132</b>		K50-54	12			<b>00:39:56.15</b>	+00:14:20 (35.9%)	9:17	6.5 (64.4%)
79	<b>DERKACZ Renata</b>	<b>73</b>	BŁYSKAWICE	K45-49	6			<b>00:40:02.40</b>	+00:14:26 (36.1%)	9:18	6.4 (63.4%)
80	<b>KEDZIORA Romana</b>	<b>92</b>	NORDIC WALKING KIEKRZ POLAND	K60-64	5			<b>00:40:49.45</b>	+00:15:13 (37.3%)	9:29	6.3 (62.4%)
81	<b>GAJDA Ewa</b>	<b>159</b>		K55-59	4	2		<b>00:40:59.60</b>	+00:15:23 (37.5%)	9:31	6.3 (62.4%)
82	<b>SZYBUT Roma</b>	<b>137</b>	POTĘGA NORDICA	K40-44	5			<b>00:41:52.65</b>	+00:16:16 (38.9%)	9:44	6.2 (61.4%)
83	<b>ŚLUSARCZYK Błażej</b>	<b>141</b>	WESOŁY BORSUK TEAM	M-Dzieci	2			<b>00:42:06.45</b>	+00:16:30 (39.2%)	9:47	6.1 (60.4%)

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84	<b>BALCEREK Urszula</b>	<b>61</b>	NORDIC WALKING KIEKRZ POLAND	K70-74	1			<b>00:43:03.50</b>	+00:17:27 (40.5%)	10:00	6 (59.4%)
85	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>116</b>	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	1			<b>00:43:09.45</b>	+00:17:33 (40.7%)	10:02	6 (59.4%)
86	<b>OWCZAREK Henryka</b>	<b>114</b>	ZIELONE GROSZKI	K75-79	2			<b>00:43:18.40</b>	+00:17:42 (40.9%)	10:04	6 (59.4%)
87	<b>MALAK Agnieszka</b>	<b>102</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	5			<b>00:44:47.45</b>	+00:19:11 (42.8%)	10:24	5.8 (57.4%)
88	<b>KULCZYCKI Jan</b>	<b>99</b>	NW CZŁAPSKI TEAM	M70-74	3			<b>00:45:32.00</b>	+00:19:55 (43.8%)	10:35	5.7 (56.4%)
DQ	<b>DUDA Aleksandra</b>	<b>157</b>	UNIWERSYTET WSB MERITO GDAŃSK	K18-34		1		<b>00:30:01.90 DQ</b>		0:00	8.6 (85.1%)

Znaleziono 89 wynik(ów)