



INWA NORDIC WALKING WORLD CUP - 5KM

B4SPORT

Event: INWA NORDIC WALKING WORLD CUP 2023
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2023-04-29
Place: Mielno
Distance: 4.3 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 4.3km	Gap	Pace min/km	Pace 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	MALICKI Hubert	104	NORDIC SPORT 2021	M45-49	2			00:28:53.65	+00:03:17 (11.4%)	6:43	8.9 (88.1%)
13	STEFANIAK Krzysztof	130	KATOWICKI NORDIC WALKING	M65-69	1			00:29:11.10	+00:03:35 (12.3%)	6:47	8.8 (87.1%)
14	STANEK Fabian	153	URSZULA I SPÓŁKA	M45-49	3	1		00:29:14.55	+00:03:38 (12.5%)	6:47	8.8 (87.1%)
15	STANISŁAWSKI Jan	129	NORDIC WALKING KIEKRZ POLAND	M65-69	2			00:29:52.30	+00:04:16 (14.3%)	6:56	8.6 (85.1%)
16	KOPCZEWSKI Dariusz	94	RAJDY DARKA	M55-59	1			00:30:15.55	+00:04:39 (15.4%)	7:02	8.5 (84.2%)
17	ŚLUSARCZYK Marcin	140	WESOŁY BORSUK TEAM	M40-44	2			00:30:25.35	+00:04:49 (15.8%)	7:04	8.5 (84.2%)
18	DUSZEŃKO Zygmunt	78	KGHM METRACO POLKOWICE	M60-64	3			00:31:36.55	+00:06:00 (19.0%)	7:20	8.2 (81.2%)
19	TOMCZYK Edward	155	ZIELONE GROSZKI	M75-79	1			00:31:45.80	+00:06:09 (19.4%)	7:23	8.1 (80.2%)
20	KACZMARCZYK Paweł	89	NW CZĘLPSKI TEAM	M40-44	3	2		00:31:47.40	+00:06:11 (19.5%)	7:23	8.1 (80.2%)
21	GRYGOROWICZ Bogdan	83	KGHM METRACO POLKOWICE	M70-74	1			00:32:08.65	+00:06:32 (20.4%)	7:28	8 (79.2%)
22	HARENDA Dawid	85	KK SPORTOWIEC PIŁA	M-Dzieci	1			00:32:08.75	+00:06:32 (20.4%)	7:28	8 (79.2%)
23	PODSIADŁY Stanisław	120	K.S. VICTORIA POTĘGOWO	M65-69	3			00:32:12.05	+00:06:36 (20.5%)	7:29	8 (79.2%)
24	ŚLUSARCZYK Andrzej	50	WESOŁY BORSUK TEAM	M70-74	2			00:32:18.80	+00:06:42 (20.8%)	7:30	8 (79.2%)
25	RUSINOWICZ Andrzej	124	FABRYKA NORDICA TRZCIANKA	M75-79	2			00:32:42.45	+00:07:06 (21.7%)	7:36	7.9 (78.2%)
26	ŚLUSARCZYK Grzegorz	51	WESOŁY BORSUK TEAM	M45-49	4			00:32:56.65	+00:07:20 (22.3%)	7:39	7.8 (77.2%)
27	ŁOPIŃSKI Aleksy	101	FABRIKA NORDICA TRZCIANKA	M75-79	3			00:33:39.40	+00:08:03 (23.9%)	7:49	7.7 (76.2%)

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28	BERCZYŃSKI Henryk	64	NADLEŚNICTWO OKONEK	M65-69	4			00:33:45.80	+00:08:09 (24.2%)	7:50	7.6 (75.2%)
29	DOBROWOLSKI Dariusz	75		M55-59	2			00:33:56.55	+00:08:20 (24.6%)	7:53	7.6 (75.2%)
30	MACKO Michał	156	RAJDY DARKA	M-Jun.	2			00:34:33.15	+00:08:57 (25.9%)	8:02	7.5 (74.3%)
31	SZWAJA Sławomir	135		M50-54	4			00:34:40.60	+00:09:04 (26.2%)	8:03	7.4 (73.3%)
32	KOWALSKI Mirosław	96	GRYF NORDIC WALKING	M65-69	5			00:36:34.90	+00:10:58 (30.0%)	8:30	7.1 (70.3%)
33	PIĄTKOWSKI Józef	117	KGHM METRACO POLKOWICE	M75-79	4			00:37:25.70	+00:11:49 (31.6%)	8:42	6.9 (68.3%)
34	CHARCZUK Zenon	146		M65-69	6			00:37:44.10	+00:12:08 (32.2%)	8:46	6.8 (67.3%)
35	MALAK Marek	103	NORDIC WALKING KIEKRZ POLAND	M60-64	4			00:37:56.60	+00:12:20 (32.5%)	8:49	6.8 (67.3%)
36	MAZUR Michał	110		M50-54	5			00:37:57.45	+00:12:21 (32.6%)	8:49	6.8 (67.3%)
37	KEDZIORA Radziszaw	93	NORDIC WALKING KIEKRZ POLAND	M65-69	7			00:38:20.95	+00:12:44 (33.2%)	8:54	6.7 (66.3%)
38	ŚLUSARCZYK Błażej	141	WESOŁY BORSUK TEAM	M-Dzieci	2			00:42:06.45	+00:16:30 (39.2%)	9:47	6.1 (60.4%)
39	KULCZYCKI Jan	99	NW CZŁAPSKI TEAM	M70-74	3			00:45:32.00	+00:19:55 (43.8%)	10:35	5.7 (56.4%)

Total 39 results.