



# INWA NW EUROPEAN CHAMPIONSHIPS - 10KM

B4SPORT

**Wydarzenie:** INWA Nordic Walking European Championships 2023  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2023-09-02  
**Miejsce:** Jedlińsk  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	146	K.S. VICTORIA POTĘGOWO	M50-54	1			00:30:00	<b>01:00:29.40</b>		6:02	9.9 (100%)
2	DZIEDZIEWICZ Andrzej	75	KS VIKTORIA POTEGOWO	M40-44	1	1		00:29:56	<b>01:00:58.75</b>	+00:00:29 (0.8%)	6:05	9.8 (99.0%)
3	MARCZAK Tomasz	111		M18-34	1			00:30:28	<b>01:02:25.25</b>	+00:01:55 (3.1%)	6:14	9.6 (97.0%)
4	ROMANOWSKI Daniel	135	POLSKA	M18-34	2	2		00:30:57	<b>01:02:55.70</b>	+00:02:26 (3.9%)	6:17	9.5 (96.0%)
5	KŁOS Maciej	96	POLIPACK TEAM GWE	M40-44	2			00:32:13	<b>01:05:23.30</b>	+00:04:53 (7.5%)	6:32	9.2 (92.9%)
6	ZDANOWICZ Arkadiusz	152	K.S. VICTORIA POTĘGOWO	M45-49	1			00:32:47	<b>01:06:13.65</b>	+00:05:44 (8.7%)	6:37	9.1 (91.9%)
7	SOSNOWSKA Agnieszka	134	POLSKA	K35-39	1			00:33:19	<b>01:06:22.40</b>	+00:05:53 (8.9%)	6:38	9 (90.9%)
8	KUBISZYN Małgorzata	103	K.S. VICTORIA POTĘGOWO	K35-39	2			00:33:21	<b>01:06:28.80</b>	+00:05:59 (9.0%)	6:38	9 (90.9%)
9	MAŁKA Marian	110		M60-64	1			00:33:19	<b>01:07:08.95</b>	+00:06:39 (9.9%)	6:42	8.9 (89.9%)
10	JUREK Adam	92		M60-64	2			00:33:20	<b>01:07:09.70</b>	+00:06:40 (9.9%)	6:42	8.9 (89.9%)
11	HAŁAS Marcin	13		M35-39	1			00:33:22	<b>01:07:31.40</b>	+00:07:02 (10.4%)	6:45	8.9 (89.9%)
12	KABATA Jarosław	122	POLSKA	M50-54	2			00:33:45	<b>01:08:18.90</b>	+00:07:49 (11.5%)	6:49	8.8 (88.9%)
13	BIELECKA Zuzanna	66	K.S. VICTORIA POTĘGOWO	K40-44	1			00:33:38	<b>01:08:25.40</b>	+00:07:56 (11.6%)	6:50	8.8 (88.9%)
14	SIWAK Piotr	128	KGHM METRACO POLKOWICE	M60-64	3			00:33:22	<b>01:08:25.65</b>	+00:07:56 (11.6%)	6:50	8.8 (88.9%)

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15	<b>MISZTAL Grzegorz</b>	<b>114</b>	POLSKA	M35-39	2			00:33:58	<b>01:08:47.30</b>	+00:08:17 (12.1%)	6:52	8.7 (87.9%)
16	<b>FRAĆKOWIAK Roman</b>	<b>81</b>	NORDIC SPORT 2021	M55-59	1			00:33:52	<b>01:09:03.85</b>	+00:08:34 (12.4%)	6:54	8.7 (87.9%)
17	<b>JĘDRASIAK Renata</b>	<b>91</b>	KGHM METRACO POLKOWICE	K60-64	1			00:34:16	<b>01:09:07.60</b>	+00:08:38 (12.5%)	6:54	8.7 (87.9%)
18	<b>LABUS Marzena</b>	<b>107</b>	POLSKA	K35-39	3			00:34:23	<b>01:09:21.80</b>	+00:08:52 (12.8%)	6:56	8.7 (87.9%)
19	<b>ŠEMETA Algirdas</b>	<b>127</b>	LITHUANIA	M60-64	4	1		00:34:28	<b>01:09:55.65</b>	+00:09:26 (13.5%)	6:59	8.6 (86.9%)
20	<b>HELWICH Stefan</b>	<b>84</b>	KGHM METRACO POLKOWICE	M65-69	1	1		00:35:08	<b>01:10:01.10</b>	+00:09:31 (13.6%)	7:00	8.6 (86.9%)
21	<b>CHYRA Janusz</b>	<b>70</b>	NORDIC SPORT 2021	M45-49	2			00:34:55	<b>01:10:07.25</b>	+00:09:37 (13.7%)	7:00	8.6 (86.9%)
22	<b>ROĶIS Kaspars</b>	<b>124</b>	SLĒPES MEKLĒJOT	M40-44	3			00:34:52	<b>01:10:47.55</b>	+00:10:18 (14.6%)	7:04	8.5 (85.9%)
23	<b>PIETRAKOWSKI Marcin</b>	<b>119</b>	K.S. VICTORIA POTĘGOWO	M45-49	3			00:34:36	<b>01:10:53.05</b>	+00:10:23 (14.7%)	7:05	8.5 (85.9%)
24	<b>PUŠŅAKOVŠ Feoktists</b>	<b>123</b>		M70+	1			00:34:52	<b>01:11:45.25</b>	+00:11:15 (15.7%)	7:10	8.4 (84.8%)
25	<b>FILIPOWICZ Barbara</b>	<b>104</b>	POLSKA	K40-44	2			00:35:20	<b>01:11:48.85</b>	+00:11:19 (15.8%)	7:10	8.4 (84.8%)
26	<b>CLAR MAHIQUES Josep</b>	<b>72</b>	CLUB ATLETISMO MARATHON CREVILLENT	M18-34	3			00:35:12	<b>01:12:06.65</b>	+00:11:37 (16.1%)	7:12	8.3 (83.8%)
27	<b>HRYCIUK Waldemar</b>	<b>85</b>	KS VICTORIA POTĘGOWO	M65-69	2			00:35:36	<b>01:12:10.85</b>	+00:11:41 (16.2%)	7:13	8.3 (83.8%)
28	<b>OKRZESIK-FRACKOWIAK Izabela</b>	<b>83</b>		K55-59	1			00:35:55	<b>01:12:44.40</b>	+00:12:15 (16.8%)	7:16	8.2 (82.8%)
29	<b>WYSOCKA Magdalena</b>	<b>150</b>	NOWI SIEDLCE	K50-54	1			00:36:18	<b>01:13:37.90</b>	+00:13:08 (17.8%)	7:21	8.2 (82.8%)
30	<b>MIHELAC Juraj</b>	<b>113</b>		M40-44	4	2		00:36:15	<b>01:13:41.30</b>	+00:13:11 (17.9%)	7:22	8.1 (81.8%)
31	<b>WINCZEWSKI Piotr</b>	<b>145</b>	AZYMUT PABIANICE	M55-59	2			00:36:16	<b>01:13:44.85</b>	+00:13:15 (18.0%)	7:22	8.1 (81.8%)
32	<b>SZULC Robert</b>	<b>138</b>	NORDICBAL OPOCZNO	M45-49	4			00:36:25	<b>01:14:06.25</b>	+00:13:36 (18.4%)	7:24	8.1 (81.8%)
33	<b>KROMSKI Paweł</b>	<b>102</b>	NORDIC WALKING KIEKRZ POLAND	M55-59	3			00:36:50	<b>01:14:11.50</b>	+00:13:42 (18.5%)	7:25	8.1 (81.8%)
34	<b>LENARTOWICZ -KALBARCZYK Luiza</b>	<b>109</b>		K45-49	1	1		00:37:11	<b>01:15:23.85</b>	+00:14:54 (19.8%)	7:32	8 (80.8%)
35	<b>KOWALCZYK Tadeusz</b>	<b>98</b>		M65-69	3			00:36:55	<b>01:15:51.35</b>	+00:15:21 (20.3%)	7:35	7.9 (79.8%)
36	<b>LACHNIK Hubert</b>	<b>108</b>		M70+	2			00:37:11	<b>01:16:22.00</b>	+00:15:52 (20.8%)	7:38	7.9 (79.8%)
37	<b>ZAWADZKI Zygmunt</b>	<b>151</b>	CIDRYLOTAJOM	M70+	3			00:37:12	<b>01:16:24.20</b>	+00:15:54 (20.8%)	7:38	7.9 (79.8%)

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38	<b>WNĘK Sławomir</b>	<b>147</b>	GRANIT STRZELIN	M50-54	3	1		00:37:01	<b>01:16:32.75</b>	+00:16:03 (21.0%)	7:39	7.8 (78.8%)
39	<b>SKRZAŃTEK Lucyna</b>	<b>129</b>	NORDIC SPORT 2021	K50-54	2			00:38:19	<b>01:17:22.55</b>	+00:16:53 (21.8%)	7:44	7.8 (78.8%)
40	<b>BORKOWSKI Leszek</b>	<b>67</b>	NOWI SIEDLCE - NW WSCHÓD	M55-59	4			00:39:01	<b>01:17:38.65</b>	+00:17:09 (22.1%)	7:45	7.7 (77.8%)
41	<b>ILIČIČ Goran</b>	<b>86</b>		M55-59	5			00:39:01	<b>01:19:01.45</b>	+00:18:32 (23.5%)	7:54	7.6 (76.8%)
42	<b>CZAJKA Urszula</b>	<b>74</b>		K65-69	1			00:38:34	<b>01:19:03.40</b>	+00:18:34 (23.5%)	7:54	7.6 (76.8%)
43	<b>SZCZEŚNIAK Zbigniew</b>	<b>137</b>	NORDIC TEAM CZĘSTOCHOWA	M60-64	5			00:39:01	<b>01:19:12.45</b>	+00:18:43 (23.6%)	7:55	7.6 (76.8%)
43	<b>ŚLUSARCZYK Andrzej</b>	<b>139</b>	WESOŁY BORSUK TEAM	M70+	4			00:39:10	<b>01:19:12.45</b>	+00:18:43 (23.6%)	7:55	7.6 (76.8%)
45	<b>VARGIČ Monika</b>	<b>142</b>		K50-54	3			00:39:40	<b>01:19:15.95</b>	+00:18:46 (23.7%)	7:55	7.6 (76.8%)
46	<b>GRAVA Zane</b>	<b>82</b>	NÜJO UN ESI VESELS	K45-49	2			00:39:40	<b>01:19:23.20</b>	+00:18:53 (23.8%)	7:56	7.6 (76.8%)
47	<b>JANJEČIČ Zlatko</b>	<b>89</b>		M50-54	4			00:39:43	<b>01:19:24.10</b>	+00:18:54 (23.8%)	7:56	7.6 (76.8%)
48	<b>SMAJDOR Leszek</b>	<b>130</b>		M65-69	4			00:39:03	<b>01:19:43.00</b>	+00:19:13 (24.1%)	7:58	7.5 (75.8%)
49	<b>MATAK-HORVAT Mirela</b>	<b>112</b>		K50-54	4			00:39:38	<b>01:19:46.00</b>	+00:19:16 (24.2%)	7:58	7.5 (75.8%)
50	<b>FILA-ROŽE Renāte</b>	<b>79</b>	SLĒPES MEKLĒJOT	K50-54	5			00:39:41	<b>01:20:04.70</b>	+00:19:35 (24.5%)	8:00	7.5 (75.8%)
51	<b>OLEJNIK Marzena</b>	<b>117</b>		K55-59	2	1		00:39:18	<b>01:20:10.75</b>	+00:19:41 (24.6%)	8:01	7.5 (75.8%)
52	<b>KURZAWSKA Jolanta</b>	<b>105</b>	KGHM METRACO POLKOWICE	K+70	1			00:39:11	<b>01:20:18.95</b>	+00:19:49 (24.7%)	8:01	7.5 (75.8%)
53	<b>SOROKA-MITUŁA Grażyna</b>	<b>133</b>		K50-54	6			00:39:36	<b>01:22:21.55</b>	+00:21:52 (26.6%)	8:14	7.3 (73.7%)
54	<b>EWERTOWSKA Ewa</b>	<b>77</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	3			00:40:45	<b>01:22:45.45</b>	+00:22:16 (26.9%)	8:16	7.3 (73.7%)
55	<b>PLICHCIŃSKA Małgorzata</b>	<b>120</b>	EKONOMIK MOKOTÓW	K45-49	3	1		00:40:38	<b>01:22:51.45</b>	+00:22:22 (27.0%)	8:17	7.2 (72.7%)
56	<b>WILK Iwona</b>	<b>336</b>	NORDIC SPORT 2021	K45-49	4			00:42:19	<b>01:22:58.50</b>	+00:22:29 (27.1%)	8:17	7.2 (72.7%)
57	<b>RYBAK Justyna</b>	<b>126</b>	POZYTYWNI DOBRE MIASTO	K40-44	3			00:41:14	<b>01:23:44.95</b>	+00:23:15 (27.8%)	8:22	7.2 (72.7%)
58	<b>FALCZYŃSKA Olga</b>	<b>78</b>		K50-54	7			00:41:39	<b>01:24:47.75</b>	+00:24:18 (28.7%)	8:28	7.1 (71.7%)
59	<b>ŚLUSARCZYK Karolina</b>	<b>140</b>	WESOŁY BORSUK TEAM	K18-34	1			00:42:53	<b>01:25:21.65</b>	+00:24:52 (29.1%)	8:32	7 (70.7%)
60	<b>JELOVEČKI Maja</b>	<b>90</b>		K60-64	2			00:42:25	<b>01:25:27.45</b>	+00:24:58 (29.2%)	8:32	7 (70.7%)

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61	IŠTVANOVIČ Sonja	87		K65-69	2			00:41:45	<b>01:25:56.25</b>	+00:25:26 (29.6%)	8:35	7 (70.7%)
62	EDYK Anna	76	ANTEK TEAM	K55-59	4			00:42:26	<b>01:26:22.35</b>	+00:25:52 (30.0%)	8:38	6.9 (69.7%)
63	NEMEC Danijela	115		K45-49	5			00:43:32	<b>01:26:58.55</b>	+00:26:29 (30.5%)	8:41	6.9 (69.7%)
64	SOKOL Davorka	131		K45-49	6			00:43:36	<b>01:28:26.95</b>	+00:27:57 (31.6%)	8:50	6.8 (68.7%)
65	KREZMANSKA Jola	101		K50-54	8	2		00:42:17	<b>01:28:30.45</b>	+00:28:01 (31.7%)	8:51	6.8 (68.7%)
66	KOWALUK Katarzyna	99		K35-39	4			00:44:40	<b>01:29:45.95</b>	+00:29:16 (32.6%)	8:58	6.7 (67.7%)
67	SONDEJ Wiesław	132	SANOMED	M60-64	6			00:42:18	<b>01:29:50.25</b>	+00:29:20 (32.7%)	8:59	6.7 (67.7%)
68	CIEPLINSKI Jan	71	BYTOMSKI UNIWERSYTET TRZECIEGO WIEKU	M70+	5	2		00:42:51	<b>01:31:01.90</b>	+00:30:32 (33.6%)	9:06	6.6 (66.7%)
69	JAKOPEC Katica	88		K+70	2			00:45:32	<b>01:31:09.75</b>	+00:30:40 (33.6%)	9:06	6.6 (66.7%)
70	KAŁUCKA Zuzanna	307	POLSKA	K45-49	7			00:44:15	<b>01:32:29.40</b>	+00:32:00 (34.6%)	9:14	6.5 (65.7%)
71	AHEL Jadranko	62		M65-69	5			00:46:14	<b>01:34:17.50</b>	+00:33:48 (35.8%)	9:25	6.4 (64.6%)
72	BARDO Anna	64		K35-39	5			00:47:27	<b>01:37:57.90</b>	+00:37:28 (38.3%)	9:47	6.1 (61.6%)
73	ŚLUSARCZYK Danuta	327	WESOŁY BORSUK TEAM	K+70	3			00:51:07	<b>01:42:43.10</b>	+00:42:13 (41.1%)	10:16	5.8 (58.6%)
DQ	KLARIČ Vjecoslav	95		M35-39		3	1	00:33:49 DQ	<b>01:09:37.35</b> DQ		0:00	8.6 (86.9%)

Znaleziono 74 wynik(ów)