



INWA NW EUROPEAN CHAMPIONSHIPS - 5KM

B4SPORT

Wydarzenie: INWA Nordic Walking European Championships 2023
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-09-02
Miejsce: Jedlińsk
Dystans: 5 km



Klasyfikacja: OPEN-M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	275	POLSKA	M18-34	1			00:28:20.15		5:40	10.6 (100%)
2	ALVAREZ BORRAS Ramon	164	CLUB ATLETISMO MARATHON CREVILLENT	M40-44	1			00:29:14.25	+00:00:54 (3.1%)	5:50	10.3 (97.2%)
3	ORDZOWIAŁY Piotr	263	POLSKA	M55-59	1	1		00:29:35.60	+00:01:15 (4.2%)	5:55	10.1 (95.3%)
4	STĘPAK Piotr	306	POLAND	M18-34	2	1		00:29:57.45	+00:01:37 (5.4%)	5:59	10 (94.3%)
5	NIEPOKÓJ Radosław	257	K.S VIKTORIA POTĘGOWO	M35-39	1	1		00:30:05.10	+00:01:44 (5.8%)	6:01	10 (94.3%)
6	SZAMOTULSKI Henryk	312		M45-49	1			00:30:27.35	+00:02:07 (7.0%)	6:05	9.9 (93.4%)
7	KUŹMICZ Adam	236	POLIPACK TEAM GWE	M40-44	2			00:30:54.60	+00:02:34 (8.3%)	6:10	9.7 (91.5%)
8	CYRUS Bogdan	182		M50-54	1	1		00:30:59.80	+00:02:39 (8.6%)	6:11	9.7 (91.5%)
9	ROŻYNEK Miron	287		M60-64	1			00:31:38.30	+00:03:18 (10.4%)	6:19	9.5 (89.6%)
10	ROMANOWSKI Daniel	285		M18-34	3			00:31:40.85	+00:03:20 (10.6%)	6:20	9.5 (89.6%)
11	ZDANOWICZ Arkadiusz	286	POLSKA	M45-49	2			00:32:06.40	+00:03:46 (11.7%)	6:25	9.3 (87.7%)
12	NOSAL Marek	259		M50-54	2			00:32:26.50	+00:04:06 (12.7%)	6:29	9.2 (86.8%)
13	KABATA Jarosław	215	POLSKA	M50-54	3			00:32:48.45	+00:04:28 (13.6%)	6:33	9.1 (85.8%)
14	WOJTASIŃSKI Daniel	341	NORDIC TEAM CZĘSTOCHOWA	M45-49	3			00:32:49.25	+00:04:29 (13.7%)	6:33	9.1 (85.8%)
15	MAŁKA Marian	245		M60-64	2			00:32:59.95	+00:04:39 (14.1%)	6:35	9.1 (85.8%)
16	JAGIEŁA Paweł	212		M18-34	4			00:33:03.60	+00:04:43 (14.3%)	6:36	9.1 (85.8%)
17	ZABŁOCKI Karol	344	FIRE WINGS NW TEAM	M35-39	2			00:33:08.90	+00:04:48 (14.5%)	6:37	9.1 (85.8%)
18	PACYNA Piotr	186		M40-44	3	2		00:33:14.00	+00:04:53 (14.7%)	6:38	9 (84.9%)
19	PYTLAK Artur	279	RAWIMEX	M50-54	4			00:33:15.70	+00:04:55 (14.8%)	6:39	9 (84.9%)
20	HAŁAS Marcin	205		M35-39	3			00:33:21.95	+00:05:01 (15.1%)	6:40	9 (84.9%)
21	FRAĆKOWIAK Roman	193	NORDIC SPORT 2021	M55-59	2			00:33:22.00	+00:05:01 (15.1%)	6:40	9 (84.9%)
22	TEREŠTŠENKOV Aleksei	329	U-CLUB	M60-64	3			00:34:09.20	+00:05:49 (17.0%)	6:49	8.8 (83.0%)
23	BREWKA Joachim	175	NORDIC SPORT 2021	M55-59	3	2		00:34:13.95	+00:05:53 (17.2%)	6:50	8.8 (83.0%)
24	PUKSZTA Krzysiek	277	WESOŁY BORSUK TEAM	M40-44	4			00:34:19.45	+00:05:59 (17.4%)	6:51	8.7 (82.1%)
25	KRAKOWSKI Jerzy Piotr	231	PTG SOKÓŁ 1893 MIELEC	M60-64	4			00:34:25.80	+00:06:05 (17.7%)	6:53	8.7 (82.1%)
26	SOKOŁOWSKI Marek	300	PTG SOKÓŁ RYMANÓW	M55-59	4			00:34:38.30	+00:06:18 (18.2%)	6:55	8.7 (82.1%)
27	HELWICH Stefan	208	KGHMMETRACOPOLKOWICE	M65-69	1			00:34:39.15	+00:06:19 (18.2%)	6:55	8.7 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto	Różn		
								5km			
28	RADZIMSKI Karol	281		M65-69	2			00:34:40.50	+00:06:20 (18.3%)	6:56	8.7 (82.1%)
29	SANIUK Edward	292	FACE NORDIC WALKING TEAM	M70-74	1			00:34:40.90	+00:06:20 (18.3%)	6:56	8.7 (82.1%)
30	GRABEREC Ivan	200		M55-59	5			00:34:44.55	+00:06:24 (18.4%)	6:56	8.6 (81.1%)
31	KONIK Mikołaj	225	BIESZCZADZKI KLUB NORDIC WALKING	M14-17	1	2		00:35:07.05	+00:06:46 (19.3%)	7:01	8.5 (80.2%)
32	STEFANIAK Krzysztof	305	KATOWICKI NORDIC WALKING	M65-69	3			00:35:13.70	+00:06:53 (19.6%)	7:02	8.5 (80.2%)
33	ADAMCZYK Adam	61	K.S. VICTORIA POTĘGOWO	M70-74	2			00:35:14.40	+00:06:54 (19.6%)	7:02	8.5 (80.2%)
34	OŠTRIČ Igor	264		M60-64	5			00:35:32.65	+00:07:12 (20.3%)	7:06	8.4 (79.2%)
35	MALICKI Hubert	244		M45-49	4			00:35:43.45	+00:07:23 (20.7%)	7:08	8.4 (79.2%)
36	HRYCIUK Waldemar	210	KS VICTORIA POTĘGOWO	M65-69	4			00:35:55.75	+00:07:35 (21.1%)	7:11	8.4 (79.2%)
37	MIHELAC Juraj	252		M40-44	5			00:36:27.30	+00:08:07 (22.3%)	7:17	8.2 (77.4%)
38	OLEJNIK Przemek	261		M50-54	5			00:36:48.70	+00:08:28 (23.0%)	7:21	8.2 (77.4%)
39	KOSOWICZ Piotr	228	UNIwersytet Rzeszowski	M18-34	5	1		00:37:00.10	+00:08:39 (23.4%)	7:24	8.1 (76.4%)
40	LACHNIK Hubert	240		M70-74	3			00:37:00.30	+00:08:40 (23.4%)	7:24	8.1 (76.4%)
41	SZPUNAR Mariusz	318	Z NURTEM SAWY NW CLUB	M50-54	6			00:37:10.15	+00:08:50 (23.8%)	7:26	8.1 (76.4%)
42	ŚLUSARCZYK Grzegorz	325	WESOŁY BORSUK TEAM	M45-49	5			00:37:25.60	+00:09:05 (24.3%)	7:29	8 (75.5%)
43	PODSIADŁY Stanisław	270	K.S. VICTORIA POTĘGOWO	M65-69	5			00:37:34.55	+00:09:14 (24.6%)	7:30	8 (75.5%)
44	MUSULIN Stjepan	256		M55-59	6			00:37:35.45	+00:09:15 (24.6%)	7:31	8 (75.5%)
45	CZARNOTA Andrzej	183	Z NURTEM SAWY NW CLUB	M65-69	6			00:37:39.55	+00:09:19 (24.8%)	7:31	8 (75.5%)
46	TOMCZYK Edward	333	ZIELONE GROSZKI POZNAŃ	M75-79	1			00:37:47.60	+00:09:27 (25.0%)	7:33	7.9 (74.5%)
47	HARENDA Dawid	207		M8-13	1			00:37:50.65	+00:09:30 (25.1%)	7:34	7.9 (74.5%)
48	ŻYTKOWSKI Andrzej	313	POLSKA	M60-64	6			00:38:01.70	+00:09:41 (25.5%)	7:36	7.9 (74.5%)
49	STANKIEWICZ Wojciech	303	WKZ KOZIENICE BBL	M60-64	7			00:38:01.85	+00:09:41 (25.5%)	7:36	7.9 (74.5%)
50	BREWCZYŃSKI Marcin	174	NW CZŁAPSKI TEAM	M35-39	4			00:38:06.10	+00:09:45 (25.6%)	7:37	7.9 (74.5%)
51	GRYGOROWICZ Bogdan	204	KGHM METRACO POLKOWICE	M70-74	4			00:38:16.65	+00:09:56 (26.0%)	7:39	7.8 (73.6%)
52	SPUNGIS Andris	302		M75-79	2			00:38:19.45	+00:09:59 (26.1%)	7:39	7.8 (73.6%)
53	RUSINOWICZ Andrzej	288	FABRYKA NORDICA TRZCIANKA	M75-79	3			00:38:21.60	+00:10:01 (26.1%)	7:40	7.8 (73.6%)
54	POLAK Łukasz	271	OBORYGENI	M40-44	6			00:38:24.60	+00:10:04 (26.2%)	7:40	7.8 (73.6%)
55	KUŹMICZ Dominik	237	POLIPACK TEAM GWE	M14-17	2			00:38:29.30	+00:10:09 (26.4%)	7:41	7.8 (73.6%)
56	FILIPOWICZ Krzysztof	190	SYMPATYK „WILKI”	M60-64	8			00:38:43.25	+00:10:23 (26.8%)	7:44	7.7 (72.6%)
57	VUKIĆEVIĆ Daniel	334		M18-34	6			00:38:59.60	+00:10:39 (27.3%)	7:47	7.7 (72.6%)
58	POLAK Marcel	272	OBORYGENI	M8-13	2			00:39:17.80	+00:10:57 (27.9%)	7:51	7.6 (71.7%)
59	RZEPECKI Sławomir	291		M50-54	7			00:39:21.40	+00:11:01 (28.0%)	7:52	7.6 (71.7%)
60	BUDNY Franciszek	177		M8-13	3			00:39:35.30	+00:11:15 (28.4%)	7:55	7.6 (71.7%)
61	GABRYCHOWICZ Bartosz	194	UNIwersytet Rzeszowski	M18-34	7			00:39:40.35	+00:11:20 (28.6%)	7:56	7.6 (71.7%)
62	KOŁODZIEJ Rafał	224	UNIwersytet Rzeszowski	M18-34	8	1		00:39:46.75	+00:11:26 (28.8%)	7:57	7.5 (70.8%)
63	WIŚNIEWSKI Julian	338	NW CZŁAPSKI TEAM	M8-13	4			00:40:13.80	+00:11:53 (29.6%)	8:02	7.5 (70.8%)
64	NOSAL Bronisław	258		M75-79	4			00:41:02.95	+00:12:42 (31.0%)	8:12	7.3 (68.9%)
65	JANKOWSKI Oskar	213	KGHM METRACO POLKOWICE	M14-17	3			00:41:33.80	+00:13:13 (31.8%)	8:18	7.2 (67.9%)
66	STARZYK Radosław	304		M18-34	9			00:41:42.90	+00:13:22 (32.1%)	8:20	7.2 (67.9%)
67	BARTOSZEK Mateusz	167	UNIwersytet Rzeszowski	M18-34	10			00:41:44.65	+00:13:24 (32.1%)	8:20	7.2 (67.9%)
68	BUDNY Stanisław	178		M14-17	4			00:41:45.80	+00:13:25 (32.2%)	8:21	7.2 (67.9%)
69	RIZZI Giorgio	283	NORDIC WALKING COMO	M65-69	7			00:41:52.80	+00:13:32 (32.3%)	8:22	7.2 (67.9%)
70	RZEPECKI Wiesław	290		M65-69	8			00:42:14.90	+00:13:54 (32.9%)	8:26	7.1 (67.0%)
71	THOMALLA Bogdan	331	NORDIC SPORT 2021	M+80	1			00:42:15.25	+00:13:55 (32.9%)	8:27	7.1 (67.0%)

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72	TOCZKO Jarosław	332		M55-59	7	1		00:42:21.90	+00:14:01 (33.1%)	8:28	7.1 (67.0%)
73	PODORSKI Roman	269	STG TARNÓW	M+80	2			00:42:31.40	+00:14:11 (33.4%)	8:30	7.1 (67.0%)
74	ADAMOWICZ Andrzej	163		M75-79	5			00:42:38.95	+00:14:18 (33.6%)	8:31	7 (66.0%)
75	KONKIEL Dominik	226	KGHM METRACO POLKOWICE	M14-17	5			00:42:53.60	+00:14:33 (33.9%)	8:34	7 (66.0%)
76	SŁOWIK Stanisław	349	KGHM METRACO POLKOWICE	M8-13	5			00:43:08.65	+00:14:48 (34.3%)	8:37	7 (66.0%)
77	KRAKOWSKI Igor	232	PTG SOKÓŁ 1893 MIELEC	M8-13	6			00:43:11.25	+00:14:51 (34.4%)	8:38	6.9 (65.1%)
78	KARCZMARSKI Krzysztof	216		M65-69	9			00:43:14.90	+00:14:54 (34.5%)	8:38	6.9 (65.1%)
79	KOWALSKI Mirosław	229	GRYF NORDIC WALKING	M65-69	10			00:43:16.75	+00:14:56 (34.5%)	8:39	6.9 (65.1%)
80	PIĄTKOWSKI Józef	311	KGHM METRACO POLKOWICE	M75-79	6			00:44:09.55	+00:15:49 (35.8%)	8:49	6.8 (64.2%)
81	CWIRKO-GODYCKI Wojciech	350	KGHM METRACO POLKOWICE	M8-13	7			00:44:15.85	+00:15:55 (36.0%)	8:51	6.8 (64.2%)
82	ORCZYK Michał	262	UNIWERSYTET RZESZOWSKI	M18-34	11			00:45:41.95	+00:17:21 (38.0%)	9:08	6.6 (62.3%)
83	MAZUR Michał	250		M50-54	8			00:45:45.20	+00:17:25 (38.1%)	9:09	6.6 (62.3%)
84	BŁĄDEK Witold	171	ZAWSZE MŁODZI NORDIC WALKING ŁÓDŹ	M75-79	7			00:45:47.40	+00:17:27 (38.1%)	9:09	6.6 (62.3%)
85	SZAWAN Rafał	314		M18-34	12			00:47:27.55	+00:19:07 (40.3%)	9:29	6.3 (59.4%)
86	RADZIK Jakub	280		M18-34	13			00:47:29.80	+00:19:09 (40.3%)	9:29	6.3 (59.4%)
87	SARNOWSKI Marcel	294	KGHM METRACO POLKOWICE	M14-17	6			00:48:18.50	+00:19:58 (41.3%)	9:39	6.2 (58.5%)
88	GRODZKI Mikołaj	202		M18-34	14			00:48:40.60	+00:20:20 (41.8%)	9:44	6.2 (58.5%)
89	BUSZKO Jerzy	179		M18-34	15			00:48:40.95	+00:20:20 (41.8%)	9:44	6.2 (58.5%)
90	PELCZAR Rafał	267		M18-34	16			00:50:34.90	+00:22:14 (44.0%)	10:06	5.9 (55.7%)
91	GASIŃSKI Janusz	197		M65-69	11			00:51:07.00	+00:22:46 (44.6%)	10:13	5.9 (55.7%)
92	ŚLUSARCZYK Błażej	326	WESOŁY BORSUK TEAM	M8-13	8			00:52:00.15	+00:23:40 (45.5%)	10:24	5.8 (54.7%)

Znaleziono 92 wynik(ów)