



# IV GÓRSKIE MISTRZOSTWA POLSKI / PUCHAR POLSKI NW 2024 - 10KM - 3/6

B4SPORT

**Wydarzenie:** IV Otwarte Górskie Mistrzostwa Polski Nordic Walking - 5km i 10km  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2024-07-06  
**Miejsce:** Polanica-Zdrój  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ROMANOWSKI Daniel	46	KATOWICKI NORDIC WALKING	M18-29	1	00:32:39	<b>01:05:42.00</b>		6:34	9.1 (100%)
2	WITUCKI Jacek	66	K.S. VICTORIA POTĘGOWO	M50-59	1	00:32:38	<b>01:08:29.45</b>	+00:02:47 (4.1%)	6:50	8.8 (96.7%)
3	SKIBA Krzysztof	50	KGHM METRACO	M60-69	1	00:34:37	<b>01:10:08.15</b>	+00:04:26 (6.3%)	7:00	8.6 (94.5%)
4	WOJTOWICZ Tomasz	249	K.S. VICTORIA POTĘGOWO	M30-39	1	00:34:43	<b>01:11:09.50</b>	+00:05:27 (7.7%)	7:06	8.4 (92.3%)
5	JAWORSKI Łukasz	73	ERYK TEAM WYSOKA	M40-49	1	00:35:18	<b>01:11:39.85</b>	+00:05:57 (8.3%)	7:09	8.4 (92.3%)
6	ŚLUSARCZYK Marcin	60	WESOŁY BORSUK TEAM	M40-49	2	00:36:15	<b>01:14:10.80</b>	+00:08:28 (11.4%)	7:25	8.1 (89.0%)
7	KUBISZYN Małgorzata	74	K.S. VICTORIA POTĘGOWO	K30-39	1	00:37:41	<b>01:14:47.80</b>	+00:09:05 (12.2%)	7:28	8 (87.9%)
8	WILCZEK Krzysztof	65	WATAHA ULTRA TEAM	M50-59	2	00:37:33	<b>01:15:57.35</b>	+00:10:15 (13.5%)	7:35	7.9 (86.8%)
9	ZACZYŃSKA-SKIBA Anna	68	KGHM METRACO	K40-49	1	00:37:40	<b>01:16:29.70</b>	+00:10:47 (14.1%)	7:38	7.8 (85.7%)
10	BIELECKA Zuzanna	4	K.S. VICTORIA POTĘGOWO	K40-49	2	00:37:54	<b>01:16:59.90</b>	+00:11:17 (14.7%)	7:41	7.8 (85.7%)
11	MISZTAL Grzegorz	37	OPEN SPORT TEAM	M30-39	2	00:37:19	<b>01:17:00.25</b>	+00:11:18 (14.7%)	7:42	7.8 (85.7%)
12	OLEJNIK Przemek	159		M50-59	3	00:38:42	<b>01:17:13.95</b>	+00:11:31 (14.9%)	7:43	7.8 (85.7%)
13	CHYRA Janusz	10	NORDIC SPORT 2021	M40-49	3	00:38:02	<b>01:17:32.85</b>	+00:11:50 (15.3%)	7:45	7.7 (84.6%)
14	JĘDRASIAK Renata	23	KGHM METRACO	K60-69	1	00:38:39	<b>01:17:36.50</b>	+00:11:54 (15.3%)	7:45	7.7 (84.6%)
15	FORYŚ Krzysztof	15		M50-59	4	00:37:39	<b>01:18:21.25</b>	+00:12:39 (16.1%)	7:50	7.7 (84.6%)
16	SZULC Robert	58	NORDIC-BAL	M40-49	4	00:39:00	<b>01:19:14.05</b>	+00:13:32 (17.1%)	7:55	7.6 (83.5%)
17	RADZIMSKI Karol	44	NORDIC WALKING KIEKRZ POLAND	M70+	1	00:40:13	<b>01:19:15.65</b>	+00:13:33 (17.1%)	7:55	7.6 (83.5%)
18	ŚLĘZAK Ewa	59	NORDIC WALKING KIEKRZ POLAND	K40-49	3	00:38:41	<b>01:19:21.95</b>	+00:13:39 (17.2%)	7:56	7.6 (83.5%)
19	SIWAK Piotr	49	KGHM METRACO	M60-69	2	00:39:28	<b>01:19:31.20</b>	+00:13:49 (17.4%)	7:57	7.5 (82.4%)
20	KNAPCZYK-KANIA Gabriela	25	NORDIC SPORT 2021	K50-59	1	00:38:58	<b>01:19:33.20</b>	+00:13:51 (17.4%)	7:57	7.5 (82.4%)
21	BREWCZYŃSKI Marcin	8	POLIPACK TEAM GWE	M30-39	3	00:41:11	<b>01:21:35.15</b>	+00:15:53 (19.5%)	8:09	7.4 (81.3%)
22	BAK Antoni	2	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	3	00:40:54	<b>01:22:05.60</b>	+00:16:23 (20.0%)	8:12	7.3 (80.2%)
23	PUCHAŁA Dariusz	43	EKIPA NA KIJACH	M60-69	4	00:40:48	<b>01:22:14.05</b>	+00:16:32 (20.1%)	8:13	7.3 (80.2%)
24	SAWICKA Marta	48	K.S. VICTORIA POTĘGOWO	K50-59	2	00:42:20	<b>01:22:39.90</b>	+00:16:57 (20.5%)	8:15	7.3 (80.2%)
25	ŻARCZYŃSKI Artur	72		M50-59	5	00:40:33	<b>01:22:47.95</b>	+00:17:05 (20.7%)	8:16	7.2 (79.1%)
26	ROMAN Krzysztof	45	KUDOWIANKA RUN	M60-69	5	00:40:50	<b>01:23:33.30</b>	+00:17:51 (21.4%)	8:21	7.2 (79.1%)

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27	<b>KOWALSKI Marek</b>	<b>26</b>		M60-69	6	00:41:45	<b>01:23:52.15</b>	+00:18:10 (21.7%)	8:23	7.2 (79.1%)
28	<b>CZMOCH Marian</b>	<b>12</b>	NORDIC SPORT 2021	M70+	2	00:41:49	<b>01:24:02.15</b>	+00:18:20 (21.8%)	8:24	7.1 (78.0%)
29	<b>SZTAL Bożena</b>	<b>57</b>	AUTOLIV RUN TEAM	K40-49	4	00:41:12	<b>01:24:19.05</b>	+00:18:37 (22.1%)	8:25	7.1 (78.0%)
30	<b>MARCINOWICZ Dominik</b>	<b>34</b>		M40-49	5	00:41:25	<b>01:24:23.25</b>	+00:18:41 (22.1%)	8:26	7.1 (78.0%)
31	<b>ŚLUSARZ Andrzej</b>	<b>62</b>		M50-59	6	00:41:26	<b>01:26:14.10</b>	+00:20:32 (23.8%)	8:37	7 (76.9%)
32	<b>SMAJDOR Leszek</b>	<b>53</b>		M60-69	7	00:41:47	<b>01:26:17.00</b>	+00:20:35 (23.9%)	8:37	7 (76.9%)
33	<b>SZCZYGIĘŁ Adriana</b>	<b>56</b>	OPEN SPORT TEAM	K40-49	5	00:41:28	<b>01:26:35.85</b>	+00:20:53 (24.1%)	8:39	6.9 (75.8%)
34	<b>ZAWADZKI Zygmunt</b>	<b>70</b>	CIDRY Z KIJAMI	M70+	3	00:41:33	<b>01:27:05.55</b>	+00:21:23 (24.6%)	8:42	6.9 (75.8%)
35	<b>CZEREBA Leszek</b>	<b>11</b>	KNW BIAŁA	M50-59	7	00:43:07	<b>01:27:37.45</b>	+00:21:55 (25.0%)	8:45	6.8 (74.7%)
36	<b>GAJEK Halina</b>	<b>16</b>	WESOŁY BORSUK TEAM	K50-59	3	00:43:44	<b>01:28:23.95</b>	+00:22:41 (25.7%)	8:50	6.8 (74.7%)
37	<b>KROMSKI Paweł</b>	<b>29</b>	NORDIC WALKING KIEKRZ POLAND	M50-59	8	00:43:42	<b>01:30:09.20</b>	+00:24:27 (27.1%)	9:00	6.7 (73.6%)
38	<b>MICHALIK-TOMCZAK Hanna</b>	<b>36</b>		K40-49	6	00:45:21	<b>01:30:13.70</b>	+00:24:31 (27.2%)	9:01	6.7 (73.6%)
39	<b>SKRZĄTEK Lucyna</b>	<b>51</b>	NORDIC SPORT 2021	K50-59	4	00:44:07	<b>01:30:22.35</b>	+00:24:40 (27.3%)	9:02	6.6 (72.5%)
40	<b>ŚLUSARCZYK Andrzej</b>	<b>61</b>	WESOŁY BORSUK TEAM	M70+	4	00:44:12	<b>01:32:22.75</b>	+00:26:40 (28.9%)	9:14	6.5 (71.4%)
41	<b>MARCHEWKA Andrzej</b>	<b>35</b>		M60-69	8	00:45:21	<b>01:34:46.60</b>	+00:29:04 (30.7%)	9:28	6.3 (69.2%)
42	<b>SZYMAŃSKA Daria</b>	<b>250</b>	RNB TEAM	K50-59	5	00:46:49	<b>01:34:53.35</b>	+00:29:11 (30.8%)	9:29	6.3 (69.2%)
43	<b>BERESKA Irena</b>	<b>3</b>	NORDIC SPORT 2021	K30-39	2	00:46:56	<b>01:35:19.15</b>	+00:29:37 (31.1%)	9:31	6.3 (69.2%)
44	<b>STOWCEL Mieczysław</b>	<b>75</b>	PREDATORS WAŁBRZYCH	M50-59	9	00:47:31	<b>01:35:55.35</b>	+00:30:13 (31.5%)	9:35	6.3 (69.2%)
45	<b>EWERTOWSKA Ewa</b>	<b>13</b>	NORDIC WALKING KIEKRZ POLAND	K50-59	6	00:46:45	<b>01:36:25.75</b>	+00:30:43 (31.9%)	9:38	6.2 (68.1%)
46	<b>BONIECKI Wiktor</b>	<b>7</b>		M30-39	4	00:48:39	<b>01:36:26.05</b>	+00:30:44 (31.9%)	9:38	6.2 (68.1%)
47	<b>NERC Dorota</b>	<b>39</b>		K60-69	2	00:48:11	<b>01:37:35.45</b>	+00:31:53 (32.7%)	9:45	6.1 (67.0%)
48	<b>SAPUŁA Wiktoria</b>	<b>47</b>	K.S. VICTORIA POTĘGOWO	K18-29	1	00:47:33	<b>01:38:48.40</b>	+00:33:06 (33.5%)	9:52	6.1 (67.0%)
49	<b>GRYGOROWICZ Teresa</b>	<b>20</b>	KGHM METRACO	K70+	1	00:48:33	<b>01:39:54.10</b>	+00:34:12 (34.2%)	9:59	6 (65.9%)
50	<b>GAŚIOREK Ewa</b>	<b>17</b>		K60-69	3	00:50:24	<b>01:40:16.35</b>	+00:34:34 (34.5%)	10:01	6 (65.9%)
51	<b>SZAZMACH Stanisław</b>	<b>230</b>	PIORUNY GRÓDEK	M70+	5	00:49:21	<b>01:40:18.20</b>	+00:34:36 (34.5%)	10:01	6 (65.9%)
52	<b>ZAWADZKA Maria</b>	<b>69</b>	KGHM METRACO	K70+	2	00:50:11	<b>01:40:32.45</b>	+00:34:50 (34.7%)	10:03	6 (65.9%)
53	<b>SKRZYPCZAK Jarosław</b>	<b>52</b>	PREDATORS WAŁBRZYCH	M50-59	10	00:49:53	<b>01:40:52.10</b>	+00:35:10 (34.9%)	10:05	5.9 (64.8%)
54	<b>POHL Anna</b>	<b>42</b>	KNW BIAŁA	K50-59	7	00:49:29	<b>01:40:53.35</b>	+00:35:11 (34.9%)	10:05	5.9 (64.8%)
55	<b>GÓRSKA Agnieszka</b>	<b>19</b>		K40-49	7	00:51:20	<b>01:45:15.05</b>	+00:39:33 (37.6%)	10:31	5.7 (62.6%)
56	<b>JANOWSKA- FASZEWICZ Emilia</b>	<b>22</b>	TEATR	K40-49	8	00:51:36	<b>01:45:50.80</b>	+00:40:08 (37.9%)	10:35	5.7 (62.6%)
57	<b>SZCZĘSNY Marek</b>	<b>55</b>		M60-69	9	00:53:17	<b>01:47:04.15</b>	+00:41:22 (38.6%)	10:42	5.6 (61.5%)
58	<b>MOSIEWICZ Aleksandra</b>	<b>38</b>		K18-29	2	00:52:40	<b>01:50:44.20</b>	+00:45:02 (40.7%)	11:04	5.4 (59.3%)
59	<b>GINELLI Maja</b>	<b>18</b>		K40-49	9	00:55:34	<b>01:50:46.40</b>	+00:45:04 (40.7%)	11:04	5.4 (59.3%)
59	<b>IGNACIUK-BYCKOWSKA Katarzyna</b>	<b>21</b>		K40-49	9	00:55:33	<b>01:50:46.40</b>	+00:45:04 (40.7%)	11:04	5.4 (59.3%)
61	<b>KURASZ Aneta</b>	<b>31</b>		K40-49	11	00:53:55	<b>01:54:10.75</b>	+00:48:28 (42.5%)	11:25	5.3 (58.2%)
62	<b>CAGOWSKA Karolina</b>	<b>9</b>		K30-39	3	00:54:25	<b>01:54:41.05</b>	+00:48:59 (42.7%)	11:28	5.2 (57.1%)
63	<b>KUCZYŃSKI Włodzimierz</b>	<b>30</b>	NORDIC WALKING KIEKRZ POLAND	M60-69	10	00:54:12	<b>01:54:55.70</b>	+00:49:13 (42.8%)	11:29	5.2 (57.1%)
64	<b>BONCZEK Jerzy</b>	<b>5</b>	NIEZRZESZONY	M70+	6	00:55:05	<b>01:58:25.80</b>	+00:52:43 (44.5%)	11:50	5.1 (56.0%)
65	<b>TICHORUK Teresa</b>	<b>63</b>	OPEN SPORT TIME	K70+	3	01:00:45	<b>02:09:02.60</b>	+01:03:20 (49.1%)	12:54	4.6 (50.5%)
66	<b>URBANSKA Magdalena</b>	<b>64</b>		K40-49	12	00:45:01		+00:12:22	9:00	6.7 (73.6%)
DQ	<b>BONIECKA Danuta</b>	<b>6</b>		K60-69		01:06:33 DQ	<b>DQ</b>			(0.0%)

Znaleziono 67 wynik(ów)