

# IX OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Organizator:** Polskie Zrzeszenie Nordic Walking, Urząd Miasta i Gminy Biały Bór  
**Data:** 2022-04-09  
**Miejsce:** Biały Bór  
**Dystans:** 42.195 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_4 21.1km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJCIECHOWSKA Elżbieta</b>	<b>4</b>	POLIPACK TEAM GWE	K35-39	1			02:14:31	<b>04:37:08.73</b>		6:34	9.1 (100%)
2	<b>CZERSKI Krzysztof</b>	<b>1</b>	KS ULTRA TEAM ŁÓDŹ	M40-44	1	1		02:20:54	<b>04:47:23.93</b>	+00:10:15 (3.6%)	6:48	8.8 (96.7%)
3	<b>CZŁONKOWSKI Krzysztof</b>	<b>2</b>	OLIMPIJCZYK SZCZEKOCINY	M45-49	1	2		02:22:42	<b>04:50:10.23</b>	+00:13:01 (4.5%)	6:52	8.7 (95.6%)
4	<b>WILCZEK Krzysztof</b>	<b>5</b>	CIDRY LOTAJOM	M45-49	2	1		02:23:57	<b>04:55:10.81</b>	+00:18:02 (6.1%)	6:59	8.6 (94.5%)
5	<b>FRAĆKOWIAK Krzysztof</b>	<b>20</b>	ŚWIADOMI SIEDLCE	M50-54	1	1		02:26:50	<b>05:00:59.63</b>	+00:23:50 (7.9%)	7:07	8.4 (92.3%)
6	<b>POŁUBIAK Paweł</b>	<b>7</b>		M35-39	1	1		02:25:03	<b>05:01:28.36</b>	+00:24:19 (8.1%)	7:08	8.4 (92.3%)
7	<b>MACKIEWICZ Dariusz</b>	<b>3</b>	AKTYWNY KODEŃ	M45-49	3			02:25:18	<b>05:04:08.21</b>	+00:26:59 (8.9%)	7:12	8.3 (91.2%)
8	<b>PRYZYSTARZ Grzegorz</b>	<b>57</b>	OBORYGENI	M50-54	2			02:26:24	<b>05:06:47.12</b>	+00:29:38 (9.7%)	7:16	8.3 (91.2%)
9	<b>HAŁAS Marcin</b>	<b>26</b>		M35-39	2			02:30:03	<b>05:07:43.90</b>	+00:30:35 (9.9%)	7:17	8.2 (90.1%)
10	<b>PARZYBUT Jan</b>	<b>53</b>	POSTĘP PNIEWY TEAM	M55-59	1			02:33:29	<b>05:14:28.56</b>	+00:37:19 (11.9%)	7:27	8.1 (89.0%)
11	<b>OLSZAŃSKI Karol</b>	<b>52</b>	FEAR THE RETURN	M45-49	4			02:37:00	<b>05:14:31.03</b>	+00:37:22 (11.9%)	7:27	8 (87.9%)
12	<b>ŻACZEK Władysław</b>	<b>75</b>	ANDRESPOL AKTYWNIE	M55-59	2	1		02:33:29	<b>05:17:25.59</b>	+00:40:16 (12.7%)	7:31	8 (87.9%)
13	<b>PODOLAK Marius</b>	<b>54</b>		M40-44	2			02:30:46	<b>05:17:31.19</b>	+00:40:22 (12.7%)	7:31	8 (87.9%)

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									42.195km	Różn		
14	<b>KOŁODZIEJ Joanna</b>	<b>8</b>	MALINOWE GWIAZDY	K50-54	1			02:35:09	<b>05:19:16.75</b>	+00:42:08 (13.2%)	7:33	7.9 (86.8%)
15	<b>DANIELSKI Waldemar</b>	<b>16</b>		M55-59	3	2		02:38:00	<b>05:21:06.16</b>	+00:43:57 (13.7%)	7:36	7.9 (86.8%)
16	<b>MĄDRY Grzegorz</b>	<b>48</b>	KIJKOWE TRZEMESZNO	M60-64	1	1		02:39:47	<b>05:25:28.81</b>	+00:48:20 (14.9%)	7:42	7.8 (85.7%)
17	<b>SZCZUDLIK Małgorzata</b>	<b>9</b>		K40-44	1	1		02:39:01	<b>05:28:58.25</b>	+00:51:49 (15.8%)	7:47	7.7 (84.6%)
18	<b>RAKOWIECKI Zbigniew</b>	<b>58</b>	POLIPACK TEAM GWE	M60-64	2			02:40:21	<b>05:30:50.77</b>	+00:53:42 (16.2%)	7:50	7.7 (84.6%)
19	<b>KOWALSKI Marek</b>	<b>39</b>		M55-59	4			02:43:49	<b>05:37:29.51</b>	+01:00:20 (17.9%)	7:59	7.5 (82.4%)
20	<b>HRYCIUK Waldemar</b>	<b>27</b>	TKKF KRZNA BIAŁA PODLASKA	M60-64	3			02:40:10	<b>05:39:34.59</b>	+01:02:25 (18.4%)	8:02	7.5 (82.4%)
21	<b>CYRULEWSKA Małgorzata</b>	<b>14</b>	PAMSO RUN TEAM	K50-54	2			02:44:37	<b>05:42:08.54</b>	+01:04:59 (19.0%)	8:06	7.4 (81.3%)
22	<b>JARUGA Beata</b>	<b>28</b>		K45-49	1	1		02:47:10	<b>05:42:40.87</b>	+01:05:32 (19.1%)	8:07	7.4 (81.3%)
23	<b>PRZYBYLSKI Chrystian</b>	<b>56</b>	EMERYT	M65-69	1			02:48:42	<b>05:44:14.76</b>	+01:07:06 (19.5%)	8:09	7.4 (81.3%)
24	<b>GOŁĘBIEWSKI Krzysztof</b>	<b>23</b>	ZAWSZE MŁODZI NORDIC WALKING	M55-59	5			02:45:53	<b>05:50:35.76</b>	+01:13:27 (21.0%)	8:18	7.2 (79.1%)
25	<b>SŁOWIŃSKA Alicja</b>	<b>60</b>	ŚWIADOMI SIEDLCE	K50-54	3			02:49:51	<b>05:51:04.77</b>	+01:13:56 (21.1%)	8:19	7.2 (79.1%)
26	<b>KLAWCZYŃSKI Marcin</b>	<b>34</b>	AKTYWNIE W PNIEWACH	M18-34	1			02:45:55	<b>05:54:12.35</b>	+01:17:03 (21.8%)	8:23	7.1 (78.0%)
27	<b>MAŚLANKA Iwona</b>	<b>10</b>	MARSZ PO ZDROWIE	K50-54	4			02:48:21	<b>05:55:31.47</b>	+01:18:22 (22.0%)	8:25	7.1 (78.0%)
28	<b>WOŁK Beata</b>	<b>73</b>	FABRYKA NORDICA TRZCIANKA	K45-49	2			02:55:14	<b>05:57:19.32</b>	+01:20:10 (22.4%)	8:28	7.1 (78.0%)
29	<b>KOŃCZAK Adam</b>	<b>37</b>	VALDISPORT POLKOWICE	M60-64	4	1		02:50:28	<b>05:57:29.00</b>	+01:20:20 (22.5%)	8:28	7.1 (78.0%)
30	<b>GÓRSKA Dorota</b>	<b>25</b>		K50-54	5			02:52:39	<b>05:57:49.83</b>	+01:20:41 (22.5%)	8:28	7.1 (78.0%)
31	<b>JURCZYSZYN Zyta</b>	<b>29</b>	CZAPELKI Z CZAPLINKA	K45-49	3			02:51:26	<b>06:01:12.46</b>	+01:24:03 (23.3%)	8:33	7 (76.9%)
32	<b>KRAWIEC Jacek</b>	<b>41</b>	JACK NORDIC TEAM ELBLĄG	M55-59	6	1		02:52:57	<b>06:01:57.75</b>	+01:24:49 (23.4%)	8:34	7 (76.9%)
33	<b>KĘPA Andrzej</b>	<b>33</b>		M70+	1			02:51:35	<b>06:02:22.45</b>	+01:25:13 (23.5%)	8:35	7 (76.9%)
34	<b>GAJDA Tomasz</b>	<b>21</b>	POKIJKOWANI NORDIC WALKING PIOTRKÓW TRYBUNALSKI	M40-44	3			02:51:07	<b>06:04:29.46</b>	+01:27:20 (24.0%)	8:38	6.9 (75.8%)
35	<b>CZMOCH Marian</b>	<b>15</b>	PUKS ŁOSICE	M70+	2	1		02:53:38	<b>06:04:55.82</b>	+01:27:47 (24.1%)	8:38	6.9 (75.8%)
36	<b>SZYMAŃSKI Jacek</b>	<b>68</b>	POZYTYWNI BIEGACZE	M55-59	7	1		02:52:37	<b>06:07:00.80</b>	+01:29:52 (24.5%)	8:41	6.9 (75.8%)

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									netto 42.195km	Różn		
37	<b>FRANKIEWICZ Mirosław</b>	<b>19</b>	FORMA NA PIĄTKĘ NW	M45-49	5			02:58:00	<b>06:09:25.44</b>	+01:32:16 (25.0%)	8:45	6.9 (75.8%)
38	<b>SORN Łukasz</b>	<b>62</b>	WŁÓCZYKIJE	M35-39	3	1		02:53:16	<b>06:14:24.23</b>	+01:37:15 (26.0%)	8:52	6.8 (74.7%)
39	<b>KUBIAK Danuta</b>	<b>42</b>	CZARNE BIEGA	K65-69	1	2		03:00:40	<b>06:14:41.89</b>	+01:37:33 (26.0%)	8:52	6.8 (74.7%)
40	<b>POSTEK Danuta</b>	<b>55</b>	MARSZ PO ZDROWIE	K55-59	1			02:56:25	<b>06:15:39.29</b>	+01:38:30 (26.2%)	8:54	6.7 (73.6%)
41	<b>ŁOPACIUK Paweł</b>	<b>45</b>		M35-39	4			03:00:32	<b>06:22:35.88</b>	+01:45:27 (27.6%)	9:04	6.6 (72.5%)
42	<b>WIŚNIEWSKI Roman</b>	<b>72</b>		M65-69	2	1		03:00:39	<b>06:23:43.69</b>	+01:46:34 (27.8%)	9:05	6.6 (72.5%)
43	<b>KUMINIAK Izabela</b>	<b>43</b>	Z NOGAMI W CHMURACH	K55-59	2			03:04:02	<b>06:28:13.33</b>	+01:51:04 (28.6%)	9:12	6.5 (71.4%)
44	<b>MANDZIUK Marek</b>	<b>47</b>	TKKF KRZNA BIAŁA PODLASKA	M50-54	3	1		02:59:09	<b>06:31:26.90</b>	+01:54:18 (29.2%)	9:16	6.5 (71.4%)
45	<b>TREPPNER Jan</b>	<b>70</b>	GDYNIA	M70+	3	1		03:06:11	<b>06:37:49.26</b>	+02:00:40 (30.3%)	9:25	6.4 (70.3%)
46	<b>BERSZTOLC Agnieszka</b>	<b>12</b>	NOWI SIEDLCE	K55-59	3			03:14:21	<b>06:38:14.43</b>	+02:01:05 (30.4%)	9:26	6.4 (70.3%)
47	<b>STANKOWSKA Marzena</b>	<b>63</b>	KIJKOWE TRZEMESZNO	K45-49	4	1		03:08:07	<b>06:41:02.99</b>	+02:03:54 (30.9%)	9:30	6.3 (69.2%)
48	<b>KACZMAREK Zofia</b>	<b>32</b>		K60-64	1			03:12:42	<b>06:46:35.60</b>	+02:09:26 (31.8%)	9:38	6.2 (68.1%)
49	<b>KACZMAREK Jarek</b>	<b>31</b>		M55-59	8			03:12:37	<b>06:46:38.19</b>	+02:09:29 (31.8%)	9:38	6.2 (68.1%)
50	<b>ZIELIŃSKI Ryszard</b>	<b>74</b>	Z NOGAMI W CHMURACH	M65-69	3			03:19:06	<b>06:51:25.81</b>	+02:14:17 (32.6%)	9:45	6.2 (68.1%)
51	<b>ŁOPIŃSKI Aleksy</b>	<b>46</b>	ŁOPIŃSCY	M70+	4	1		03:20:14	<b>06:56:28.32</b>	+02:19:19 (33.5%)	9:52	6.1 (67.0%)
52	<b>CIŻMOWSKA Barbara</b>	<b>13</b>	MTS HAMER MIASTKO	K65-69	2	2		03:18:36	<b>06:57:52.17</b>	+02:20:43 (33.7%)	9:54	6.1 (67.0%)
53	<b>OLECH Marcin</b>	<b>50</b>		M50-54	4			03:17:25	<b>07:00:08.19</b>	+02:22:59 (34.0%)	9:57	6 (65.9%)
DQ	<b>KARPIŃSKI Sebastian</b>	<b>6</b>	OMINETENTORTAMLISMANORE KABATY	M40-44		5	1	02:25:59 DQ	<b>04:59:43.78 DQ</b>		0:00	8.4 (92.3%)
DNC	<b>KRAWCZYK Iwona</b>	<b>40</b>		K55-59								(0.0%)
DNC	<b>GÓRECKA Izabela</b>	<b>24</b>		K55-59								(0.0%)
	<b>SZCZYGIEŁ Adriana</b>	<b>67</b>		K40-44				02:47:14 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KŁOSOWSKI Krzysztof</b>	<b>35</b>		M45-49				02:53:50 DNF	<b>DNF</b>		-	- (0.0%)
	<b>DREWA Marian</b>	<b>18</b>	EMERYT	M65-69				02:54:01 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KACZMAREK Włodzimierz</b>	<b>30</b>	KS ULTRA TEAM ŁÓDŹ	M70+				DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 60 wynik(ów)