



MISTRZOSTWA POLSKI / PUCHAR POLSKI NW 2024 - BYDGOSZCZ- 10KM - 2/6

B4SPORT

Wydarzenie: IV Otwarte Mistrzostwa Polski Nordic Walking - 5km
i 10km
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2024-06-22
Miejsce: Bydgoszcz
Dystans: 10 km



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_1.68km 2.5km	Laps_3.36km 5km	Laps_5.04km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	193	K.S. VICTORIA POTĘGOWO	M18-29	1	00:14:35	00:29:13	00:43:48	00:58:45.54		5:52	10.2 (100%)
2	WITUCKI Jacek	221	K.S. VICTORIA POTĘGOWO	M50-59	1	00:14:22	00:29:09	00:44:00	00:58:53.46	+00:00:07 (0.2%)	5:53	10.2 (100%)
3	ROMANOWSKI Daniel	209	KATOWICKI NORDIC WALKING	M18-29	2	00:14:22	00:29:09	00:44:04	00:59:26.63	+00:00:41 (1.2%)	5:56	10.1 (99.0%)
4	KABATA Jarosław	175	NORDIC SPORT 2021	M50-59	2	00:14:24	00:29:49	00:46:13	01:02:49.84	+00:04:04 (6.5%)	6:16	9.6 (94.1%)
5	KŁOS Maciej	177	POLIPACK TEAM GWE	M40-49	1	00:15:25	00:31:15	00:47:37	01:04:12.39	+00:05:26 (8.5%)	6:25	9.3 (91.2%)
6	JAWORSKI Łukasz	230	ERYK TEAM WYSOKA	M40-49	2	00:15:14	00:31:25	00:48:16	01:04:48.90	+00:06:03 (9.3%)	6:28	9.3 (91.2%)
7	MICHALSKI Andrzej	195	POLIPACK TEAM GWE	M60-69	1	00:15:38	00:31:59	00:48:28	01:04:50.04	+00:06:04 (9.4%)	6:29	9.3 (91.2%)
8	PRZYBORKIEWICZ Kriss	204	PIERNIKI TORUŃ	M50-59	3	00:16:07	00:32:50	00:50:01	01:07:17.49	+00:08:31 (12.7%)	6:43	8.9 (87.3%)
9	ŚLUSARCZYK Marcin	217	WESOŁY BORSUK TEAM	M40-49	3	00:15:37	00:32:47	00:50:10	01:07:37.03	+00:08:51 (13.1%)	6:45	8.9 (87.3%)
10	BREW CZYŃSKI Marcin	159	POLIPACK TEAM GWE	M30-39	1	00:17:19	00:34:34	00:52:03	01:08:57.21	+00:10:11 (14.8%)	6:53	8.7 (85.3%)
11	ZEMŁA Marcin	226	CIAP CIAP ZEMŁA TEAM	M30-39	2	00:17:34	00:35:03	00:52:16	01:09:01.45	+00:10:15 (14.9%)	6:54	8.7 (85.3%)
12	JAKSINA Dariusz	172	MAZURSKI DZIK	M50-59	4	00:17:01	00:34:22	00:51:51	01:09:12.62	+00:10:27 (15.1%)	6:55	8.7 (85.3%)
13	CHYRA Janusz	163	NORDIC SPORT 2021	M40-49	4	00:17:17	00:34:45	00:52:20	01:09:56.53	+00:11:10 (16.0%)	6:59	8.6 (84.3%)
14	MIHELAC Juraj	196	NWC SPALATUM	M40-49	5	00:17:21	00:34:56	00:52:45	01:10:36.83	+00:11:51 (16.8%)	7:03	8.5 (83.3%)
15	SIWAK Piotr	213	KGHM METRACO	M60-69	2	00:17:17	00:34:56	00:52:55	01:10:36.87	+00:11:51 (16.8%)	7:03	8.5 (83.3%)
16	STACHOWIAK Tomasz	216	STĘSZEW TEAM	M40-49	6	00:17:50	00:35:54	00:53:48	01:11:46.16	+00:13:00 (18.1%)	7:10	8.4 (82.4%)
17	ROCHNA Piotr	208	WŁÓCZYKIJE GDYNIA	M40-49	7	00:17:34	00:35:27	00:53:49	01:11:55.09	+00:13:09 (18.3%)	7:11	8.3 (81.4%)
18	HRYCIUK Waldemar	170	VICTORIA POTĘGOWO	M60-69	3	00:17:18	00:35:05	00:53:20	01:11:56.73	+00:13:11 (18.3%)	7:11	8.3 (81.4%)
19	KRAJNIK Jacek	182	LIFE BALANCE PLACE	M50-59	5	00:17:03	00:35:13	00:53:43	01:12:38.66	+00:13:53 (19.1%)	7:15	8.3 (81.4%)
20	OLEJNIK Przemek	201		M50-59	6	00:18:09	00:37:01	00:55:24	01:13:20.52	+00:14:34 (19.9%)	7:20	8.2 (80.4%)
21	BURZAWA Krzysztof	161	WŁÓCZYKIJE GDYNIA	M50-59	7	00:18:08	00:36:43	00:55:15	01:13:59.04	+00:15:13 (20.6%)	7:23	8.1 (79.4%)
22	POLAK Paweł	203	TORUŃ NORDIC TEAM	M30-39	3	00:18:24	00:37:23	00:56:07	01:14:24.24	+00:15:38 (21.0%)	7:26	8.1 (79.4%)
23	ZAWADZKI Zygmunt	224	CIDRY Z KIJAMI	M70+	1	00:18:03	00:36:33	00:55:26	01:14:46.04	+00:16:00 (21.4%)	7:28	8 (78.4%)
24	CZMOCH Marian	164	NORDIC SPORT 2021	M70+	2	00:18:27	00:37:20	00:56:28	01:15:44.67	+00:16:59 (22.4%)	7:34	7.9 (77.5%)
25	ŻYGENDA Robert	228	WŁÓCZYKIJE GDYNIA	M50-59	8	00:18:41	00:37:42	00:56:47	01:15:50.51	+00:17:04 (22.5%)	7:35	7.9 (77.5%)
26	KUZHYLNYI Oleksii	188	BASZTA BYTÓW	M30-39	4	00:18:29	00:37:47	00:57:00	01:16:24.99	+00:17:39 (23.1%)	7:38	7.9 (77.5%)

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						2.5km	5km	7.5km	10km			
27	BARTOSIEWICZ Włodzimierz	154	LUKI TEAM POLSKA	M70+	3	00:18:34	00:37:44	00:57:21	01:17:14.65	+00:18:29 (23.9%)	7:43	7.8 (76.5%)
28	NASTAŁY Michał	197	WŁÓCZYKIJE GDYNIA	M40-49	8	00:18:56	00:38:24	00:57:59	01:17:40.06	+00:18:54 (24.3%)	7:46	7.7 (75.5%)
29	KRAWIEC Jacek	185	JACK NORDIC TEAM ELBLĄG	M50-59	9	00:19:15	00:38:55	00:58:33	01:17:47.70	+00:19:02 (24.5%)	7:46	7.7 (75.5%)
30	PALUCH Paweł	202	AVOCADO WELLNESS CLUB	M60-69	4	00:18:29	00:38:06	00:58:09	01:18:47.14	+00:20:01 (25.4%)	7:52	7.6 (74.5%)
31	ŚLUSARCZYK Andrzej	218	WESOŁY BORSUK TEAM	M70+	4	00:19:18	00:39:05	00:59:19	01:19:59.12	+00:21:13 (26.5%)	7:59	7.5 (73.5%)
32	FRYŻEWSKI Andrzej	166		M50-59	10	00:20:12	00:40:14	01:00:41	01:21:20.05	+00:22:34 (27.8%)	8:08	7.4 (72.5%)
33	SOKOŁOWSKI Adam	231	WŁÓCZYKIJE GDYNIA	M50-59	11	00:20:10	00:40:29	01:01:22	01:21:27.49	+00:22:41 (27.9%)	8:08	7.4 (72.5%)
34	CEMPA Wojciech	162	WŁÓCZYKIJE GDYNIA	M40-49	9	00:19:41	00:40:10	01:01:05	01:22:16.97	+00:23:31 (28.6%)	8:13	7.3 (71.6%)
35	BĄDZ Wojciech	155	WŁÓCZYKIJE GDYNIA	M50-59	12	00:20:30	00:41:30	01:02:36	01:23:35.63	+00:24:50 (29.7%)	8:21	7.2 (70.6%)
36	KRZYŻANOWSKI Mariusz	186		M50-59	13	00:22:40	00:46:29	01:11:14	01:35:48.56	+00:37:03 (38.7%)	9:34	6.3 (61.8%)
	MADALIŃSKI Marcin	192	K.S. VICTORIA POTĘGOWO	M40-49		00:14:50 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 37 wynik(ów)