



MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 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: 5 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	131	K.S. VICTORIA POTĘGOWO	M50-54	1			00:14:23	00:29:28.30		5:53	10.2 (100%)
2	ROMANOWSKI Daniel	97	KATOWICKI NORDIC WALKING	M18-29	1			00:14:34	00:29:54.27	+00:00:25 (1.4%)	5:58	10 (98.0%)
3	STĘPAK Piotr	108	K.S. VICTORIA POTĘGOWO	M30-39	1			00:14:44	00:30:19.45	+00:00:51 (2.8%)	6:03	9.9 (97.1%)
4	CYRUS Bogdan	16		M50-54	2			00:14:44	00:30:43.29	+00:01:14 (4.1%)	6:08	9.8 (96.1%)
5	ROŻYNEK Miron	150	NW CZĘLPSKI TEAM	M60-64	1			00:15:34	00:31:27.84	+00:01:59 (6.3%)	6:17	9.5 (93.1%)
6	GWIZDAŁA Zbigniew	37		M55-59	1			00:15:39	00:31:35.74	+00:02:07 (6.7%)	6:19	9.5 (93.1%)
7	KŁOS Maciej	53	POLIPACK TEAM GWE	M40-44	1			00:15:41	00:31:45.81	+00:02:17 (7.2%)	6:21	9.4 (92.2%)
8	MARCZAK Tomasz	62	K.S. VICTORIA POTĘGOWO	M18-29	2			00:15:51	00:32:34.22	+00:03:05 (9.5%)	6:30	9.2 (90.2%)
9	POŁUBIAK Paweł	91	NW CZĘLPSKI TEAM	M30-39	2			00:15:58	00:32:34.55	+00:03:06 (9.5%)	6:30	9.2 (90.2%)
10	BRZOZOWSKI Piotr	11	AKTYWNI POSTOMINO	M40-44	2			00:16:00	00:32:39.35	+00:03:11 (9.8%)	6:31	9.2 (90.2%)
11	ZEMŁA Marcin	136	CIAP CIAP ZEMŁA TEAM	M30-39	3			00:16:13	00:32:42.57	+00:03:14 (9.9%)	6:32	9.2 (90.2%)
12	FRAĆKOWIAK Roman	27	NORDIC SPORT 2021	M55-59	2			00:15:55	00:32:43.25	+00:03:14 (9.9%)	6:32	9.2 (90.2%)
13	GAJEWSKI Eugeniusz	29	MIASTO GORZÓW WIELKOPOLSKI	M65-69	1			00:16:00	00:32:45.36	+00:03:17 (10.0%)	6:33	9.2 (90.2%)

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14	PIETRAKOWSKI Marcin	85	K.S. VICTORIA POTĘGOWO	M45-49	1			00:15:56	00:32:48.41	+00:03:20 (10.2%)	6:33	9.1 (89.2%)
15	GWIZDAŁA Mikołaj	38		M18-29	3			00:16:22	00:32:56.59	+00:03:28 (10.5%)	6:35	9.1 (89.2%)
16	ŚLUSARCZYK Marcin	117	WESOŁY BORSUK TEAM	M45-49	2			00:15:57	00:33:06.86	+00:03:38 (11.0%)	6:37	9.1 (89.2%)
17	MAŚLANKA Jacek	64		M60-64	2			00:16:27	00:33:31.67	+00:04:03 (12.1%)	6:42	9 (88.2%)
18	DANIELSKI Waldemar	20	K.S. VICTORIA POTĘGOWO	M60-64	3			00:16:29	00:33:41.12	+00:04:12 (12.5%)	6:44	8.9 (87.3%)
19	MICHALSKI Andrzej	66	POLIPACK TEAM GWE	M65-69	2			00:16:13	00:33:52.36	+00:04:24 (13.0%)	6:46	8.9 (87.3%)
20	SKIERA Krzysztof	241	LIFE BALANCE BYDGOSZCZ	M45-49	3			00:17:00	00:34:02.22	+00:04:33 (13.4%)	6:48	8.8 (86.3%)
21	PUKSZTA Krzysztof	94	WESOŁY BORSUK TEAM	M40-44	3			00:16:53	00:34:18.87	+00:04:50 (14.1%)	6:51	8.7 (85.3%)
22	JAKSINA Dariuszjaksina45@Gmail.com	43	MAZURSKI DZIK	M55-59	3			00:16:53	00:34:21.88	+00:04:53 (14.2%)	6:52	8.7 (85.3%)
23	RUDAWSKI Maciej	142	NORDIC SPORT 2021	M40-44	4			00:16:42	00:34:26.38	+00:04:58 (14.4%)	6:53	8.7 (85.3%)
24	PASIERB Marek	82	K.S. VICTORIA POTĘGOWO	M70-74	1			00:17:40	00:34:41.43	+00:05:13 (15.0%)	6:56	8.6 (84.3%)
25	RAKOWIECKI Zbigniew	95	POLIPACK TEAM GWE	M60-64	4			00:17:07	00:34:44.02	+00:05:15 (15.1%)	6:56	8.6 (84.3%)
26	WINCZEWSKI Piotr	127	AZYMUT PABIANICE	M55-59	4			00:17:14	00:34:47.73	+00:05:19 (15.3%)	6:57	8.6 (84.3%)
27	WŁODARSKI Radosław	132		M30-39	4			00:16:55	00:35:00.16	+00:05:31 (15.8%)	7:00	8.6 (84.3%)
28	HRYCIUK Waldemar	41	VICTORIA POTĘDOWO	M65-69	3			00:17:24	00:35:13.19	+00:05:44 (16.3%)	7:02	8.5 (83.3%)
29	KUSA Piotr	57	LIFE BALANCE PLACE	M40-44	5			00:17:27	00:35:21.26	+00:05:52 (16.6%)	7:04	8.5 (83.3%)
30	WIŚNIEWSKI Mariusz	128	NW CZŁAPSKI TEAM	M50-54	3			00:17:33	00:35:26.42	+00:05:58 (16.8%)	7:05	8.5 (83.3%)
31	PODSIADŁY Stanisław	88	K.S. VICTORIA POTĘGOWO	M65-69	4			00:17:24	00:35:31.60	+00:06:03 (17.0%)	7:06	8.4 (82.4%)
32	ADAMCZYK Adam	1	K.S. VICTORIA POTĘGOWO	M75-79	1			00:17:59	00:35:32.13	+00:06:03 (17.1%)	7:06	8.4 (82.4%)
33	POTRZEBOWSKI Marek	93	LIFE BALANCE PLACE	M- Niepełnosprawni(B)	1			00:17:46	00:35:32.68	+00:06:04 (17.1%)	7:06	8.4 (82.4%)
34	MIHELAC Juraj	68	NWC SPLATAUM	M40-44	6			00:17:23	00:35:36.97	+00:06:08 (17.3%)	7:07	8.4 (82.4%)
35	KACPERSKI Jarosław	47	NIEZESZONY	M- Niepełnosprawni(A)	1			00:18:01	00:36:00.81	+00:06:32 (18.2%)	7:12	8.3 (81.4%)
36	ZAWADZKI Krzysztof	147		M- Niepełnosprawni(B)	2			00:17:54	00:36:05.45	+00:06:37 (18.3%)	7:13	8.3 (81.4%)

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37	GRUSZKA Michał	33	NORDIC SPORT 2021	M45-49	4			00:17:53	00:36:17.23	+00:06:48 (18.8%)	7:15	8.3 (81.4%)
38	FRANCZAK Dariusz	25	NW CZŁAPSKI TEAM	M60-64	5			00:18:02	00:36:23.56	+00:06:55 (19.0%)	7:16	8.2 (80.4%)
39	KOWALCZYK Tadeusz	54	NORDIC SPORT 2021	M70-74	2			00:17:49	00:36:38.81	+00:07:10 (19.6%)	7:19	8.2 (80.4%)
40	ŁASZCZ Wojciech	59	JA I TY.TO MY PIŁA	M- Niepełnosprawni(A)	2			00:18:03	00:36:53.05	+00:07:24 (20.1%)	7:22	8.1 (79.4%)
41	BREWCZYŃSKI Marcin	9	POLIPACK TEAM GWE	M30-39	5			00:16:53	00:36:53.65	+00:07:25 (20.1%)	7:22	8.1 (79.4%)
42	ŻYTKOWSKI Andrzej	249	TKKF	M60-64	6			00:18:07	00:36:55.22	+00:07:26 (20.2%)	7:23	8.1 (79.4%)
43	STANISŁAWSKI Jan	106	NORDIC WALKINGKIEKRZ POLAND	M65-69	5			00:17:23	00:36:59.63	+00:07:31 (20.3%)	7:23	8.1 (79.4%)
44	SZCZĘŚNIAK Zbigniew	109	NORDIC TEAM CZĘSTOCHOWA	M60-64	7			00:18:16	00:37:01.15	+00:07:32 (20.4%)	7:24	8.1 (79.4%)
45	CZEKAŃSKI Damian	18	WESOŁY BORSUK TEAM	M30-39	6			00:18:19	00:37:01.75	+00:07:33 (20.4%)	7:24	8.1 (79.4%)
46	BISKUP Przemysław	6	OSP BIEGA	M45-49	5			00:17:59	00:37:02.51	+00:07:34 (20.4%)	7:24	8.1 (79.4%)
47	PRZYMUSIŃSKI Piotr	245	MARSZ PO ZDROWIE	M70-74	3			00:18:23	00:37:12.29	+00:07:43 (20.8%)	7:26	8.1 (79.4%)
48	CZMOCH Marian	19	NORDIC SPORT 2021	M70-74	4			00:18:32	00:37:19.06	+00:07:50 (21.0%)	7:27	8 (78.4%)
49	POLAK Łukasz	89	OBORYGENI	M40-44	7			00:18:15	00:37:19.21	+00:07:50 (21.0%)	7:27	8 (78.4%)
50	WIŚNIEWSKI Julian	129	NW CZŁAPSKI TEAM	M-Jun.	1			00:17:47	00:37:29.64	+00:08:01 (21.4%)	7:29	8 (78.4%)
51	WROŃSKI Vlodi	134	K.S. VICTORIA POTĘGOWO	M70-74	5			00:18:29	00:37:29.68	+00:08:01 (21.4%)	7:29	8 (78.4%)
52	KANIA Adam	50	NORDIC SPORT 2021	M60-64	8			00:18:33	00:37:46.65	+00:08:18 (22.0%)	7:33	7.9 (77.5%)
53	TOMCZYK Edward	123	ZIELONE GROSZKI POZNAŃ	M75-79	2			00:18:35	00:37:50.53	+00:08:22 (22.1%)	7:34	7.9 (77.5%)
54	OLEJNICZAK Tomasz	76		M55-59	5			00:19:07	00:37:55.13	+00:08:26 (22.3%)	7:35	7.9 (77.5%)
55	POLAK Marcel	90	OBORYGENI	M-Jun.	2			00:19:14	00:38:16.57	+00:08:48 (23.0%)	7:39	7.8 (76.5%)
56	SZYMANIK Lesław	116	LIFE BALANCE PLACE	M70-74	6			00:18:54	00:38:26.51	+00:08:58 (23.3%)	7:41	7.8 (76.5%)
57	RUSINOWICZ Andrzej	98		M80+	1			00:19:13	00:38:36.59	+00:09:08 (23.7%)	7:43	7.8 (76.5%)
58	BROTKIEWICZ Mariusz	10	NORDIC SPORT 2021	M50-54	4			00:19:03	00:38:38.59	+00:09:10 (23.7%)	7:43	7.8 (76.5%)
59	JAŚKOWSKI Patryk	46	NORDIC SPORT 2021	M40-44	8			00:19:08	00:38:39.00	+00:09:10 (23.7%)	7:43	7.8 (76.5%)

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60	JAKUBOWSKI Zbigniew	44		M75-79	3			00:18:57	00:38:52.39	+00:09:24 (24.2%)	7:46	7.7 (75.5%)
61	ADAMCZYK Bogdan	146	BASZTA	M50-54	5			00:18:40	00:38:54.35	+00:09:26 (24.2%)	7:46	7.7 (75.5%)
62	BUDNY Sławomir	238	KALISIA NORDIC TEAM	M-Niepełnosprawni(A)	3			00:19:15	00:39:18.37	+00:09:50 (25.0%)	7:51	7.6 (74.5%)
63	GRYGOROWICZ Bogdan	36	KGHM METRACO	M-Niepełnosprawni(B)	3			00:19:27	00:39:22.03	+00:09:53 (25.1%)	7:52	7.6 (74.5%)
64	RZEPECKI Sławomir	100		M50-54	6			00:19:02	00:39:23.50	+00:09:55 (25.2%)	7:52	7.6 (74.5%)
65	PILIMON Krzysztof	87	NIEZRZESZONY	M-Niepełnosprawni(B)	4			00:19:38	00:40:08.84	+00:10:40 (26.6%)	8:01	7.5 (73.5%)
66	KASPRZYK Gracjan	52	PRINCE VAMP	M18-29	4			00:19:49	00:40:11.01	+00:10:42 (26.7%)	8:02	7.5 (73.5%)
67	TOCZKO Jarosław	122	AVOCADO WELLENESS CLUB	M55-59	6			00:19:44	00:40:24.90	+00:10:56 (27.1%)	8:04	7.4 (72.5%)
68	RYLSKI Szymon	99		M18-29	5			00:20:29	00:40:41.56	+00:11:13 (27.6%)	8:08	7.4 (72.5%)
69	PALUCH Paweł	80	AVOCADO WELLNESS CLUB	M60-64	9			00:19:57	00:40:56.61	+00:11:28 (28.0%)	8:11	7.3 (71.6%)
70	ŁĘCKI Jan	236	WŁÓCZYKIJE GDYNIA	M-Niepełnosprawni(A)	4			00:20:26	00:41:02.87	+00:11:34 (28.2%)	8:12	7.3 (71.6%)
71	WIERZCHOSLAWSKI Marcel	125		M18-29	6			00:20:02	00:41:12.56	+00:11:44 (28.5%)	8:14	7.3 (71.6%)
72	GONIA Bernard	31		M70-74	7			00:20:30	00:41:26.11	+00:11:57 (28.9%)	8:17	7.2 (70.6%)
73	THOMALLA Bogdan	121	NORDIC SPORT 2021	M80+	2			00:20:46	00:42:08.70	+00:12:40 (30.1%)	8:25	7.1 (69.6%)
74	CIESIELSKI Krzysztof	15	FAST WALKER	M-Niepełnosprawni(A)	5			00:20:13	00:42:40.63	+00:13:12 (30.9%)	8:32	7 (68.6%)
75	KLECZ Marcin	176	KLECZE NW	M40-44	9			00:21:12	00:42:53.61	+00:13:25 (31.3%)	8:34	7 (68.6%)
76	STATNIK Tomasz	239	SUCHY LAS	M70-74	8			00:20:56	00:43:02.57	+00:13:34 (31.5%)	8:36	7 (68.6%)
77	BUDNY Franek	237	KALISIA NORDIC TEAM	M-Dzieci	1			00:21:50	00:43:16.37	+00:13:48 (31.9%)	8:39	6.9 (67.6%)
78	BŁĄDEK Witold	7	ZAWSZE MŁODZI NORDIC WALKING	M80+	3			00:21:58	00:44:11.15	+00:14:42 (33.3%)	8:50	6.8 (66.7%)
79	KACZMARCZYK Franciszek	48	RUMIA	M80+	4			00:21:41	00:44:29.66	+00:15:01 (33.8%)	8:53	6.7 (65.7%)
80	HACZEWSKI Jakub	40	POTĘGA NORDICA	M18-29	7			00:22:09	00:44:37.67	+00:15:09 (34.0%)	8:55	6.7 (65.7%)
81	TOMASZEWSKI Henryk	240		M50-54	7			00:22:10	00:44:42.60	+00:15:14 (34.1%)	8:56	6.7 (65.7%)
82	PIĄTKOWSKI Józef	84	KGHM METRACO	M75-79	4			00:21:39	00:45:26.58	+00:15:58 (35.1%)	9:05	6.6 (64.7%)

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83	ŚLUSARCZYK Błażej	120	WESOŁY BORSUK TEAM	M-Dzieci	2			00:22:51	00:45:33.10	+00:16:04 (35.3%)	9:06	6.6 (64.7%)
84	CHARCZUK Zenon	13		M- Niepełnosprawni(A)	6			00:23:45	00:47:33.56	+00:18:05 (38.0%)	9:30	6.3 (61.8%)
85	KIEDROWSKI Włodzimierz	139		M80+	5			00:24:14	00:48:50.79	+00:19:22 (39.7%)	9:46	6.1 (59.8%)
86	ŚLUSARCZYK Andrzej	118	WESOŁY BORSUK TEAM	M70-74	9							(0.0%)
DQ	MROZIŃSKI Tadeusz	72	NORDIC SPORT 2021	M55-59			1	00:15:55 DQ	DQ			(0.0%)

Znaleziono 87 wynik(ów)