



# OSIELSKO - III MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT  
INTELLIGENT SPORTS

**Organizator:** PFNW  
**Data:** 2016-04-23  
**Miejsce:** Osielsko  
**Dystans:** 42.195 km



Klasyfikacja: [Wszyscy](#)

Punkt pomiarowy: 33,8 km

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	Czas							
								4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km
1	<b>MICHALEC Marcin</b>	<b>48</b>	KKB MOSIR KROSNO	M18-29			00:00:05	00:26:31	00:52:59	01:19:27	01:45:46	02:12:46	02:40:34	03:08:44	03:37:41
2	<b>KORDOWSKI I Piotr</b>	<b>34</b>	UPOJENI WATREM	M40-49			00:00:09	00:28:05	00:56:27	01:24:52	01:54:13	02:23:33	02:52:55	03:22:02	03:51:42
3	<b>NIECHWIEJCZYK Piotr</b>	<b>51</b>	OPEL ACTIVE TEAM	M40-49			00:00:08	00:28:39	00:57:23	01:26:25	01:55:28	02:24:39	02:53:47	03:23:04	03:52:31
4	<b>WIŚNIEWSKI Jacek</b>	<b>86</b>	UKS SIEDLESZCZANY	M50-59			00:00:14	00:29:08	00:58:35	01:27:33	01:56:32	02:26:02	02:55:39	03:25:53	03:57:39
5	<b>BIK Stanisław</b>	<b>4</b>	KS METRACO POLKOWICE	M50-59			00:00:12	00:30:09	00:59:02	01:27:53	01:56:43	02:27:06	02:56:32	03:26:55	03:57:42
6	<b>PUSZKIEL Leszek</b>	<b>58</b>	GREEN TEAM	M50-59			00:00:14	00:29:40	00:58:35	01:27:31	01:56:31	02:26:25	02:56:36	03:27:09	03:58:18
7	<b>KANIGOWSKI Grzegorz</b>	<b>27</b>		M30-39			00:00:06	00:28:41	00:57:24	01:26:14	01:55:39	02:25:09	02:56:00	03:27:00	03:58:41
8	<b>ŻYWICKI Marcin</b>	<b>91</b>	BŁĘKITNI DZIEMIANY	M30-39			00:00:07	00:30:10	00:59:37	01:29:12	01:58:41	02:28:15	02:57:59	03:28:11	03:58:43
9	<b>BOGACKI Sławek</b>	<b>6</b>	ENERGA NW TEAM	M40-49			00:00:06	00:28:20	00:56:44	01:25:37	01:55:19	02:25:17	02:56:20	03:27:49	03:59:43
10	<b>STUPNOWICZ Przemek</b>	<b>73</b>	EPOKA NORDICA ŁÓDŹ	M18-29			00:00:16	00:30:05	01:00:05	01:29:34	01:59:33	02:29:41	02:59:51	03:29:53	03:59:47
11	<b>RACZYŃSKI Kazimierz</b>	<b>60</b>	PASIEKAZPASJA.PL / FACE NORDIC WALKING TEAM	M40-49			00:00:08	00:28:37	00:57:22	01:26:11	01:55:45	02:25:53	02:56:19	03:27:35	03:59:58
12	<b>CZŁONKOWSKI Krzysztof</b>	<b>11</b>	OLIMPIJCZYK SZCZĘKOCINY	M40-49			00:00:10	00:30:42	01:00:55	01:31:14	02:01:21	02:32:07	03:02:46	03:32:56	04:03:22
13	<b>DOŁĘGOWSKI Marek</b>	<b>14</b>	BKS MANIAK WOLIN	M40-49			00:00:06	00:28:07	00:56:50	01:26:44	01:57:22	02:28:36	03:00:44	03:31:44	04:05:07
14	<b>MITURA-ZIELONKA Paweł</b>	<b>50</b>	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M30-39			00:00:07	00:30:20	01:00:14	01:29:27	01:59:05	02:29:27	03:00:02	03:32:30	04:07:10
15	<b>STEFANICKI Marek</b>	<b>67</b>	WŁÓCZYKIJE	M50-59			00:00:11	00:30:10	00:59:50	01:29:39	01:59:38	02:30:12	03:01:49	03:33:50	04:07:15
16	<b>WESOŁOWSKI Wojciech</b>	<b>84</b>	NIEZRZESZONY	M60-64			00:00:12	00:30:16	01:00:28	01:30:44	02:01:26	02:32:08	03:03:23	03:35:11	04:07:31

Msc	Zawodnik	Numer	Klub	Kategoria	Żół.	Czer.	Czas								
					kartki	kartki	startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km
17	<b>LENZ Andrzej</b>	<b>39</b>	ALTOM	M50-59			00:00:09	00:30:19	01:00:30	01:30:46	02:01:28	02:32:10	03:03:25	03:35:27	04:08:52
18	<b>SZCZEBAK Jacek</b>	<b>74</b>	TARNÓW	M40-49			00:00:08	00:29:37	00:59:31	01:29:44	02:00:35	02:31:51	03:03:57	03:36:44	04:10:49
19	<b>WARUSZEWSKI Karol</b>	<b>83</b>	BIEGAJĄCY TCZEW	M40-49			00:00:07	00:30:36	01:00:57	01:31:15	02:01:23	02:32:12	03:04:17	03:37:31	04:11:08
20	<b>KACORZYK Władysław</b>	<b>26</b>	SILESIA NORDIC TEAM	M50-59			00:00:11	00:31:03	01:02:24	01:33:49	02:05:14	02:36:22	03:08:12	03:39:39	04:11:22
21	<b>BAJER Piotr</b>	<b>3</b>	FACE NW TEAM	M50-59			00:00:11	00:31:04	01:02:25	01:33:50	02:05:14	02:36:23	03:08:13	03:39:39	04:11:23
22	<b>SPYCHAŁA Marzena</b>	<b>66</b>	WESOŁY BORSUK TEAM	K40-49			00:02:37	00:30:25	01:01:37	01:32:29	02:03:44	02:35:15	03:07:17	03:39:04	04:11:41
23	<b>NOWROTEK Monika</b>	<b>52</b>	WESOŁY BORSUK TEAM	K18-29			00:02:36	00:29:26	01:00:14	01:30:54	02:01:31	02:33:35	03:06:40	03:39:05	04:12:10
24	<b>SŁOMIAN Leszek</b>	<b>64</b>	STADION ŚLASKI	M50-59			00:00:14	00:30:27	01:00:52	01:31:20	02:02:25	02:33:48	03:06:02	03:39:21	04:12:23
25	<b>DENCIKOWSKI Marek</b>	<b>13</b>	KB BIAŁA BIEGA	M40-49			00:00:11	00:29:28	00:58:50	01:29:11	02:01:05	02:32:44	03:04:56	03:38:04	04:12:48
26	<b>STOPA Joanna</b>	<b>70</b>	BŁĘKITNI DZIEMIANY	K18-29			00:02:36	00:30:26	01:01:38	01:32:56	02:04:35	02:36:49	03:09:06	03:41:25	04:14:21
27	<b>DZIADEK Remigiusz</b>	<b>15</b>		M50-59			00:00:12	00:30:00	00:59:55	01:30:06	02:01:12	02:33:03	03:06:01	03:39:48	04:14:51
28	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>53</b>	SILESIA NORDIC TEAM	K40-49			00:02:39	00:30:59	01:01:46	01:32:54	02:04:32	02:36:47	03:09:10	03:42:01	04:15:34
29	<b>SOBKOWSKI Janusz</b>	<b>65</b>	SILESIA NORDIC TEAM	M60-64			00:00:15	00:30:36	01:01:57	01:33:30	02:05:09	02:37:36	03:10:38	03:44:03	04:16:29
30	<b>ZAGAJA Janusz</b>	<b>89</b>	WESOŁY BORSUK TEAM	M60-64			00:00:11	00:30:05	01:00:14	01:30:31	02:01:28	02:33:18	03:07:01	03:42:49	04:17:42
31	<b>STĘPIEŃ Lucyna</b>	<b>96</b>	KS METRACO POLKOWICE	K50-59			00:02:42	00:30:57	01:01:42	01:32:44	02:04:23	02:36:22	03:09:05	03:42:45	04:17:47
32	<b>ŚLUSARCZYK Marcin</b>	<b>77</b>	WESOŁY BORSUK TEAM	M30-39			00:00:06	00:31:05	01:02:12	01:32:55	02:03:59	02:36:36	03:10:17	03:44:02	04:18:08
33	<b>ZAMRZYCKI Leszek</b>	<b>90</b>		M50-59			00:00:10	00:31:02	01:02:09	01:32:52	02:03:57	02:36:33	03:10:09	03:43:49	04:19:08
34	<b>ŁOPATKIEWICZ Beata</b>	<b>42</b>		K50-59			00:02:40	00:30:57	01:01:43	01:32:45	02:04:40	02:37:51	03:11:15	03:45:57	04:20:50
35	<b>FOLWARSKI Andrzej</b>	<b>17</b>	FACE NORDIC WALKING TEAM	M50-59			00:00:12	00:30:53	01:02:01	01:33:25	02:05:35	02:39:08	03:13:03	03:47:17	04:22:07
36	<b>JANCZYK Małgorzata</b>	<b>21</b>	EPOKA NORDICA ŁÓDŹ	K30-39			00:02:37	00:31:17	01:02:58	01:35:00	02:06:23	02:38:14	03:10:53	03:46:01	04:23:44
37	<b>KOWALCZYK Mariusz</b>	<b>35</b>	GREEN TEAM ZIELONA GÓRA	M50-59			00:00:13	00:30:22	01:00:42	01:31:12	02:02:54	02:36:18	03:11:20	03:48:22	04:26:06
38	<b>JANKOWSKA Katarzyna</b>	<b>22</b>	MOSIR/GIMNAZJUM	K50-59			00:02:39	00:32:53	01:05:07	01:37:56	02:10:41	02:43:51	03:17:21	03:51:25	04:26:11
39	<b>KLIMCZEWSKI Marek</b>	<b>31</b>	FOREVER YOUNG ŁÓDŹ	M50-59			00:00:08	00:31:31	01:03:00	01:34:11	02:05:52	02:38:23	03:12:36	03:48:59	04:26:19
40	<b>STĘPCZYŃSKA Angelika</b>	<b>68</b>	GOSIR OSIELSKO	K30-39			00:02:36	00:31:43	01:03:38	01:35:42	02:08:09	02:41:30	03:16:32	03:51:53	04:26:33
41	<b>REJMAN Dorota</b>	<b>61</b>	UKS SIEDLESZCZANY/FACE NORDIC WALKING TEAM	K30-39			00:02:36	00:31:45	01:03:27	01:35:22	02:08:00	02:41:31	03:16:32	03:51:10	04:26:33
42	<b>KUBICKI Bernard</b>	<b>36</b>	KLUB SPORTOWY POLKOWICE	M65+			00:00:10	00:32:42	01:04:33	01:37:04	02:10:05	02:43:41	03:17:23	03:52:18	04:26:45
43	<b>KARASIEWICZ Irena</b>	<b>28</b>	FACE NW TEAM	K50-59			00:02:39	00:33:03	01:06:19	01:39:40	02:13:15	02:46:58	03:20:30	03:55:00	04:29:21

Msc	Zawodnik	Numer	Klub	Kategoria	Żół.	Czer.	Czas								
					kartki	kartki	startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km
44	<b>ŁUKASZEWICZ Joanna</b>	<b>43</b>	GREEN TEAM	K40-49			00:02:39	00:32:19	01:04:36	01:37:05	02:10:05	02:43:51	03:18:14	03:53:41	04:29:25
45	<b>ŚLIWKA Wanda</b>	<b>76</b>	FACE NORDIC WALKING TEAM	K50-59			00:02:42	00:32:41	01:04:34	01:36:53	02:10:14	02:44:37	03:20:09	03:54:36	04:29:48
46	<b>DANA Andrzej</b>	<b>93</b>	PATYCZAKI	M65+			00:00:15	00:31:48	01:04:21	01:36:35	02:09:11	02:43:14	03:18:17	03:53:44	04:30:18
47	<b>ŁABĘCKI Edward</b>	<b>40</b>	MOSIR RYPIN	M65+			00:00:14	00:32:53	01:05:42	01:39:25	02:12:33	02:47:36	03:21:47	03:56:14	04:31:30
48	<b>SZCZODROWSKI Krzysztof</b>	<b>75</b>		M50-59			00:00:10	00:31:30	01:03:40	01:36:36	02:09:48	02:44:27	03:20:18	03:56:05	04:31:49
49	<b>JÓŹWIAK Marianna</b>	<b>24</b>	WTWŃŁOŁAWEK	K40-49			00:02:37	00:32:20	01:04:30	01:37:05	02:10:30	02:45:00	03:20:09	03:55:34	04:32:21
50	<b>JÓŹWIAK Łukasz</b>	<b>25</b>	WTWŃŁOŁAWEK	M40-49			00:00:09	00:32:37	01:04:55	01:37:38	02:10:59	02:45:58	03:21:04	03:57:20	04:33:54
51	<b>WOLNIEWICZ Katarzyna</b>	<b>88</b>	FABRIKANORDIKA	K40-49			00:02:39	00:33:28	01:06:25	01:39:36	02:13:19	02:47:35	03:22:29	03:58:14	04:34:37
52	<b>PRAWUCKI Krzysztof</b>	<b>57</b>	JEZIORKI AKTYWNA WIEŚ	M30-39			00:00:05	00:33:11	01:05:58	01:38:39	02:12:31	02:47:30	03:23:24	03:59:42	04:36:00
53	<b>WITKOWSKA Maria</b>	<b>87</b>	STADION ŚLĄSKI	K60-64			00:02:44	00:33:38	01:07:42	01:41:25	02:15:38	02:50:40	03:25:26	03:59:47	04:36:11
54	<b>KUPIBIDA Bogusława</b>	<b>38</b>	SILESIA NORDIC TEAM	K50-59			00:02:40	00:34:09	01:07:51	01:41:27	02:15:02	02:49:34	03:24:15	03:59:28	04:36:25
55	<b>GRYGIEL Monika</b>	<b>20</b>	FACE NORDIC WALKING TEAM	K30-39			00:02:37	00:32:30	01:05:39	01:39:24	02:13:36	02:48:17	03:23:46	03:59:50	04:36:55
56	<b>MANDZIUK Marta</b>	<b>44</b>	PSW / KBBB	K40-49			00:02:40	00:32:55	01:06:15	01:40:01	02:14:24	02:48:58	03:23:56	03:59:55	04:37:06
57	<b>STEPNIAK Bogdan</b>	<b>69</b>		M50-59			00:00:12	00:32:36	01:04:53	01:37:36	02:10:28	02:45:50	03:21:02	03:57:59	04:37:17
58	<b>PIERNICKA Krystyna</b>	<b>56</b>		K50-59			00:02:42	00:32:42	01:04:36	01:37:04	02:10:32	02:45:57	03:23:05	04:00:28	04:38:01
59	<b>MANDZIUK Marek</b>	<b>45</b>	KBBB SEKCJA NW	M40-49			00:00:19	00:35:16	01:08:36	01:42:23	02:16:44	02:51:17	03:26:07	04:02:17	04:39:25
60	<b>JASINSKI Marian</b>	<b>23</b>	K.S ELBLASKIE WŁÓCZY- KIJE	M65+			00:00:13	00:32:22	01:05:12	01:39:06	02:13:52	02:50:43	03:27:35	04:04:11	04:40:27
61	<b>ROZENBERG Marina</b>	<b>63</b>		K60-64			00:02:43	00:34:48	01:09:27	01:44:04	02:19:12	02:54:51	03:30:02	04:06:12	04:42:31
62	<b>CZYCZ Emilia</b>	<b>12</b>	GREEN TEAM ZIELONA GORA	K65+			00:02:45	00:33:21	01:06:39	01:40:38	02:15:35	02:50:35	03:26:11	04:04:01	04:42:49
63	<b>BUCZKOWSKA Wiesława</b>	<b>7</b>	CHODZIEZKJAMI.PL	K60-64			00:02:44	00:33:28	01:06:49	01:40:38	02:15:08	02:50:19	03:26:54	04:04:17	04:42:51
64	<b>ŁABUS Izabela</b>	<b>41</b>	FABRIKANORDIKA	K18-29			00:02:36	00:32:20	01:05:19	01:39:00	02:13:14	02:48:24	03:24:21	04:03:21	04:44:29
65	<b>RACZYŃSKA Aleksandra</b>	<b>59</b>	STADION ŚLĄSKI	K65+			00:02:43	00:33:31	01:07:36	01:42:12	02:17:13	02:52:50	03:29:17	04:06:46	04:44:40
66	<b>THIEL Jerzy</b>	<b>78</b>	POSEJDON MORSY KOSZALIN	M50-59			00:00:13	00:33:14	01:06:34	01:40:06	02:15:17	02:50:41	03:27:46	04:06:36	04:44:53
67	<b>KULKA Maciej</b>	<b>37</b>	FACE NORDIC WALKING TEAM	M50-59			00:00:15	00:37:30	01:14:08	01:49:09	02:23:55	02:59:08	03:33:58	04:09:35	04:44:56
68	<b>KARCZEWSKA Violetta</b>	<b>29</b>	GOSIR OSIELSKO	K40-49			00:02:38	00:34:56	01:09:37	01:44:21	02:19:19	02:55:18	03:31:14	04:08:01	04:45:28
69	<b>WAŁECKA Krystyna</b>	<b>82</b>	FACE NORDIC WALKING TEAM	K60-64			00:02:40	00:34:53	01:09:36	01:44:19	02:19:18	02:55:17	03:31:14	04:08:01	04:45:28
70	<b>PASZKIEWICZ-KĘSIAK Anita</b>	<b>55</b>	FOREVER YOUNG ŁÓDŹ	K60-64			00:02:43	00:35:01	01:10:00	01:44:52	02:20:12	02:56:11	03:32:49	04:09:36	04:47:07
71	<b>DANA Kazimiera</b>	<b>94</b>	PATYCZAKI	K60-64			00:02:42	00:33:21	01:07:22	01:42:00	02:17:14	02:53:00	03:30:32	04:09:10	04:47:35
72	<b>PIĄTKOWSKI Józef</b>	<b>97</b>	KS METRACO POLKOWCE	M65+			00:00:11	00:34:19	01:08:35	01:43:48	02:19:17	02:54:45	03:31:17	04:08:47	04:47:53

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					kartki	kartki	startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km
73	<b>CICHONĀ Aneta</b>	<b>9</b>	FABRIKA NORDIKA	K30-39			00:02:36	00:31:18	01:03:48	01:37:37	02:12:54	02:48:22	03:25:23	04:04:55	04:48:06
74	<b>MARCINKOWSKI Wojciech</b>	<b>47</b>	NORDIC WALKING LUBLINIEC	M40-49			00:00:10	00:34:05	01:08:48	01:43:51	02:19:34	02:56:03	03:33:14	04:11:19	04:49:38
75	<b>PACZUSKA Małgorzata</b>	<b>54</b>	FOREVER YOUNG ŁÓDŹ	K50-59			00:02:43	00:34:54	01:09:30	01:44:35	02:20:01	02:56:11	03:32:49	04:10:13	04:50:09
76	<b>WACHOWIAK Sylwia</b>	<b>81</b>	SAILING TEAM FERAJNA	K40-49			00:02:39	00:35:25	01:11:25	01:48:09	02:26:34	03:03:43	03:40:48	04:18:36	04:56:00
77	<b>TYLUTKI Agnieszka</b>	<b>80</b>	UKS SIEDLESZCZANY	K40-49			00:02:38	00:32:55	01:07:22	01:42:47	02:19:13	02:57:20	03:35:52	04:18:03	04:59:15
78	<b>STRZELECKI Sebastian</b>	<b>71</b>	SAILING TEAM FERAJNA	M40-49			00:00:06	00:36:35	01:13:10	01:49:30	02:26:12	03:03:28	03:41:26	04:21:10	05:01:15
79	<b>MŁOSZ Artur</b>	<b>49</b>	RTS	M40-49			00:00:09	00:34:20	01:08:35	01:43:49	02:19:41	02:58:22	03:38:40	04:19:37	05:01:52
80	<b>THOMALLA Bogdan</b>	<b>79</b>	SILESIA NORDIC TEAM	M65+			00:00:18	00:36:12	01:12:48	01:49:53	02:26:58	03:05:24	03:45:26	04:26:06	05:08:21
81	<b>ADAMIEC Bożena</b>	<b>1</b>	SKW	K30-39			00:02:38	00:40:10	01:19:13	01:57:53	02:36:00	03:14:36	03:53:13	04:31:36	05:11:05
82	<b>ROSINSKA Dorota</b>	<b>62</b>		K50-59			00:02:41	00:36:55	01:14:21	01:52:24	02:30:37	03:09:50	03:50:18	04:31:51	05:13:47
	<b>GRZELAK Jakub</b>	<b>92</b>	GOSIR OSIELSKO	M18-29			DNF	00:36:00 DNF	01:11:03 DNF	01:46:55 DNF	02:24:40 DNF	03:05:31 DNF	03:48:38 DNF	04:32:34 DNF	05:20:19 DNF
84	<b>STUPNOWICZ Joanna</b>	<b>72</b>	FOREVER YOUNG ŁÓDŹ	K40-49			00:02:40	00:35:43	01:12:28	01:53:19	02:32:21	03:21:11	04:15:39	05:07:03	06:00:30
	<b>CEGŁA Zbyszko</b>	<b>8</b>	NIEZRZESZONY	M60-64			DNF	00:34:09 DNF	01:08:44 DNF	01:43:39 DNF	02:19:10 DNF	02:55:43 DNF	DNF	DNF	DNF
	<b>ANTOSZEWSKI Piotr</b>	<b>2</b>	DĄBROWA NORDIC TEAM	M40-49			DNF	00:30:48 DNF	01:01:57 DNF	01:32:41 DNF	02:03:24 DNF	02:35:20 DNF	03:08:30 DNF	DNF	DNF
	<b>SZULC Alicja</b>	<b>98</b>		K30-39			DNF	00:32:22 DNF	01:05:30 DNF	01:38:06 DNF	02:11:35 DNF	02:46:04 DNF	03:23:19 DNF	04:02:40 DNF	DNF
	<b>BOCZAR Beata</b>	<b>5</b>	GREEN TEAM ZIELONA GÓRA	K50-59			DNF	00:31:40 DNF	01:03:44 DNF	01:36:21 DNF	02:09:24 DNF	02:43:19 DNF	DNF	DNF	DNF
	<b>GLINIECKA Katarzyna</b>	<b>19</b>		K40-49			DNF	00:33:25 DNF	01:08:11 DNF	01:45:07 DNF	02:24:57 DNF	03:12:11 DNF	DNF	DNF	DNF
	<b>FELIS Paweł</b>	<b>16</b>		M40-49			DNF	00:31:49 DNF	01:03:42 DNF	01:35:06 DNF	02:06:41 DNF	02:38:59 DNF	03:11:55 DNF	03:47:58 DNF	DNF
	<b>FORNAL Lech</b>	<b>95</b>		M60-64			DNF	00:50:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF

Znaleziono 91 wynik(ów)