

# OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM

B4SPORT

**Wydarzenie:** MISTRZOSTWA POLSKI NORDIC WALKING 2018  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-08-04  
**Miejsce:** Osielsko  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALEC Marcin</b>	<b>638</b>	KKB MOSIR KROSNO	M30-39	1			00:06:27	00:36:45	01:07:22	01:38:25	<b>02:09:49.55</b>		6:09	9.8 (100%)
2	<b>ROSAK Marcin</b>	<b>651</b>	GREEN TEAM ZIELONA GÓRA	M40-49	1	2		00:06:41	00:38:10	01:09:04	01:39:42	<b>02:10:33.85</b>	+00:00:44 (0.6%)	6:11	9.7 (99.0%)
3	<b>SKIBA Krzysztof</b>	<b>654</b>	KS METRACO POLKOWICE	M50-59	1			00:06:27	00:36:52	01:08:10	01:39:53	<b>02:11:06.45</b>	+00:01:16 (1.0%)	6:12	9.7 (99.0%)
4	<b>CZŁONKOWSKI Krzysztof</b>	<b>610</b>	OLIMPIJCZYK SZCZOKOCINY	M40-49	2			00:06:49	00:39:09	01:12:04	01:44:19	<b>02:16:21.15</b>	+00:06:31 (4.8%)	6:27	9.3 (94.9%)
5	<b>KORDOWSKI Piotr</b>	<b>631</b>	NOWA HUTA TEAM	M40-49	3			00:06:41	00:38:43	01:11:31	01:44:21	<b>02:18:53.55</b>	+00:09:04 (6.5%)	6:34	9.1 (92.9%)
6	<b>DEPKA PRĄDZYŃSKI Olgierd</b>	<b>611</b>		M60+	1			00:07:00	00:39:04	01:11:59	01:45:14	<b>02:19:59.70</b>	+00:10:10 (7.3%)	6:38	9 (91.8%)
7	<b>SZEREMETA Grzegorz</b>	<b>666</b>	CIDRY LOTAJOM	M40-49	4			00:06:41	00:38:43	01:11:31	01:45:24	<b>02:21:03.60</b>	+00:11:14 (8.0%)	6:41	9 (91.8%)
8	<b>WAWRZYŃIAK Łukasz</b>	<b>669</b>	KS METRACO POLKOWICE	M30-39	2			00:07:02	00:40:28	01:14:37	01:48:33	<b>02:22:18.15</b>	+00:12:28 (8.8%)	6:44	8.9 (90.8%)
9	<b>ROGAŁSKI Piotr</b>	<b>650</b>	GDYNIA MOJE MIASTO	M40-49	5	2		00:06:49	00:39:21	01:13:25	01:47:54	<b>02:22:59.55</b>	+00:13:10 (9.2%)	6:46	8.9 (90.8%)
10	<b>BARCZYK Bogdan</b>	<b>602</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:07:11	00:41:27	01:15:58	01:50:23	<b>02:26:12.80</b>	+00:16:23 (11.2%)	6:55	8.7 (88.8%)
11	<b>SŁUPIANEK Paweł</b>	<b>655</b>	LECYMY DURŚ	M30-39	3			00:07:12	00:40:43	01:15:14	01:51:00	<b>02:27:30.15</b>	+00:17:40 (12.0%)	6:59	8.6 (87.8%)
12	<b>CELIŃSKI Tomasz</b>	<b>608</b>	TUPTUŚ OTWOCK	M50-59	3			00:07:10	00:41:10	01:16:26	01:52:08	<b>02:27:55.55</b>	+00:18:06 (12.2%)	7:00	8.6 (87.8%)
13	<b>WOJCIECHOWSKA Elżbieta</b>	<b>677</b>	KS IDMAR RACING TEAM	K30-39	1			00:07:01	00:40:51	01:15:53	01:51:05	<b>02:28:01.35</b>	+00:18:11 (12.3%)	7:00	8.6 (87.8%)
14	<b>MACKIEWICZ Dariusz</b>	<b>636</b>	AKTYWNI KODEŃ	M40-49	6	1		00:07:12	00:41:12	01:16:46	01:52:35	<b>02:28:19.30</b>	+00:18:29 (12.5%)	7:01	8.5 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
15	<b>SZARZUNOWICZ Mariusz</b>	<b>663</b>	KS METRACO POLKOWICE	M40-49	7			00:06:56	00:40:30	01:15:34	01:51:24	<b>02:28:55.75</b>	+00:19:06 (12.8%)	7:03	8.5 (86.7%)
16	<b>PUSZKIEL Leszek</b>	<b>648</b>	GREEN TEAM ZIELONA GÓRA	M60+	2			00:07:06	00:41:06	01:16:40	01:53:02	<b>02:29:29.50</b>	+00:19:39 (13.2%)	7:05	8.5 (86.7%)
17	<b>ŻYDACZEWSKI Ryszard</b>	<b>676</b>	KS METRACO POLKOWICE	M50-59	4			00:07:38	00:43:08	01:19:01	01:54:25	<b>02:29:46.10</b>	+00:19:56 (13.3%)	7:05	8.5 (86.7%)
18	<b>MŁYŃSKI Krzysztof</b>	<b>640</b>	POZYTYWNI DOBRE MIASTO	M40-49	8			00:07:36	00:42:56	01:18:38	01:54:57	<b>02:31:11.65</b>	+00:21:22 (14.1%)	7:09	8.4 (85.7%)
19	<b>KOWALSKI Marek</b>	<b>633</b>	UNIA MIAST	M50-59	5			00:07:38	00:43:07	01:19:06	01:55:08	<b>02:31:12.75</b>	+00:21:23 (14.1%)	7:09	8.4 (85.7%)
20	<b>PIETRZYK Jarosław</b>	<b>644</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:07:12	00:41:46	01:17:06	01:54:04	<b>02:31:56.95</b>	+00:22:07 (14.6%)	7:12	8.3 (84.7%)
21	<b>ŚWISŁOCKI Bogdan</b>	<b>668</b>	FACE NORDIC WALKING TEAM	M50-59	6			00:07:17	00:42:08	01:17:48	01:54:28	<b>02:32:22.35</b>	+00:22:32 (14.8%)	7:13	8.3 (84.7%)
22	<b>KOŁODZIEJ Joanna</b>	<b>630</b>	CIDRY LOTAJOM	K50-59	1	1		00:07:39	00:43:13	01:18:58	01:55:30	<b>02:32:39.70</b>	+00:22:50 (15.0%)	7:14	8.3 (84.7%)
23	<b>MAKOWSKI Jan</b>	<b>637</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:06:49	00:41:54	01:18:06	01:55:38	<b>02:32:42.20</b>	+00:22:52 (15.0%)	7:14	8.3 (84.7%)
24	<b>PRZYBYSZ Grzegorz</b>	<b>647</b>		M30-39	5			00:07:22	00:43:16	01:19:05	01:55:19	<b>02:32:55.30</b>	+00:23:05 (15.1%)	7:14	8.3 (84.7%)
25	<b>BUŁAKOWSKI Bohdan</b>	<b>607</b>	PASJA NORDIC WALKING	M60+	3			00:07:50	00:43:20	01:19:51	01:56:26	<b>02:33:32.50</b>	+00:23:42 (15.4%)	7:16	8.2 (83.7%)
26	<b>SPYCHAŁA Marzena</b>	<b>658</b>	CKZIU NYSA MECHANIK	K40-49	1			00:07:48	00:43:38	01:19:23	01:56:24	<b>02:33:41.70</b>	+00:23:52 (15.5%)	7:17	8.2 (83.7%)
27	<b>CIESIELSKI Jan</b>	<b>609</b>	PARKRUN TORUŃ	M40-49	9			00:07:24	00:42:11	01:17:52	01:54:50	<b>02:34:02.75</b>	+00:24:13 (15.7%)	7:18	8.2 (83.7%)
28	<b>BEM Małgorzata</b>	<b>603</b>	POZYTYWNI DOBRE MIASTO	K40-49	2			00:07:48	00:43:15	01:19:37	01:56:48	<b>02:34:25.90</b>	+00:24:36 (15.9%)	7:19	8.2 (83.7%)
29	<b>FOLWARSKI Andrzej</b>	<b>613</b>	FACE NORDIC WALKING TEAM	M50-59	8			00:07:59	00:44:18	01:20:38	01:58:12	<b>02:36:11.20</b>	+00:26:21 (16.9%)	7:24	8.1 (82.7%)
30	<b>NIEDŹWIECKA Katarzyna</b>	<b>641</b>	FACE NORDIC WALKING TEAM	K40-49	3			00:07:52	00:44:39	01:21:38	01:58:52	<b>02:36:17.05</b>	+00:26:27 (16.9%)	7:24	8.1 (82.7%)
31	<b>JASIUKIEWICZ Jacek</b>	<b>620</b>	POZYTYWNI DOBRE MIASTO	M50-59	9			00:07:38	00:44:15	01:21:55	01:59:28	<b>02:37:40.20</b>	+00:27:50 (17.7%)	7:28	8 (81.6%)
32	<b>KAWCZYŃSKI Zbigniew</b>	<b>626</b>	RYBNICKI KLUB NORDIC WALKING	M60+	4			00:08:13	00:45:30	01:22:58	02:00:35	<b>02:38:46.20</b>	+00:28:56 (18.2%)	7:31	8 (81.6%)
33	<b>KUŚMIEREK Patryk</b>	<b>634</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:29	00:43:26	01:20:20	02:00:03	<b>02:38:58.10</b>	+00:29:08 (18.3%)	7:32	8 (81.6%)
34	<b>STĘPIEŃ Lucyna</b>	<b>660</b>	KS METRACO POLKOWICE	K60+	1			00:08:01	00:45:32	01:23:27	02:01:21	<b>02:39:03.00</b>	+00:29:13 (18.4%)	7:32	8 (81.6%)
35	<b>BORKOWSKI Leszek</b>	<b>605</b>	NOWI SIEDLCE/NW WSCHÓD	M50-59	10	1		00:07:59	00:45:09	01:22:58	02:00:47	<b>02:39:14.85</b>	+00:29:25 (18.5%)	7:32	8 (81.6%)
36	<b>MITURA-ZIELONKA Paweł</b>	<b>639</b>	RYBNICKI KLUB NORDIC WALKING	M30-39	6			00:07:39	00:43:02	01:19:08	01:57:34	<b>02:39:25.05</b>	+00:29:35 (18.6%)	7:33	7.9 (80.6%)
37	<b>GRABOWSKA Manuela</b>	<b>616</b>	KS METRACO POLKOWICE	K18-29	1			00:07:44	00:44:34	01:22:38	02:01:06	<b>02:39:30.00</b>	+00:29:40 (18.6%)	7:33	7.9 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
38	<b>JANOSZKA Irena</b>	<b>617</b>	CIDRY LOTAJOM	K50-59	2			00:07:57	00:45:18	01:23:22	02:01:23	<b>02:39:41.20</b>	+00:29:51 (18.7%)	7:34	7.9 (80.6%)
39	<b>LIGĘZA Janusz</b>	<b>635</b>		M50-59	11			00:07:58	00:44:31	01:22:24	02:01:17	<b>02:39:48.85</b>	+00:29:59 (18.8%)	7:34	7.9 (80.6%)
40	<b>BOCZAR Beata</b>	<b>604</b>	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:07:59	00:45:35	01:23:35	02:01:38	<b>02:40:12.85</b>	+00:30:23 (19.0%)	7:35	7.9 (80.6%)
41	<b>STOPA Joanna</b>	<b>661</b>	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:07:48	00:45:19	01:23:32	02:01:41	<b>02:40:14.80</b>	+00:30:25 (19.0%)	7:35	7.9 (80.6%)
42	<b>WESOŁOWSKI Wojciech</b>	<b>670</b>	MUSZKIETEROWIE	M60+	5	1		00:07:50	00:44:46	01:23:05	02:00:45	<b>02:41:01.70</b>	+00:31:12 (19.4%)	7:37	7.9 (80.6%)
43	<b>ŻAMOJCIN Marek</b>	<b>674</b>	NORDICLUB SZCZECIN	M50-59	12			00:08:00	00:46:28	01:24:38	02:02:40	<b>02:42:11.25</b>	+00:32:21 (20.0%)	7:41	7.8 (79.6%)
44	<b>SZCZEBAK Jacek</b>	<b>664</b>	UNIA MIAST	M40-49	10			00:08:03	00:46:03	01:24:12	02:02:38	<b>02:43:04.20</b>	+00:33:14 (20.4%)	7:43	7.8 (79.6%)
45	<b>FRANKIEWICZ Mirosław</b>	<b>614</b>	FORMA NA PIĄTKĘ NW	M40-49	11			00:07:44	00:44:50	01:23:20	02:02:45	<b>02:43:12.95</b>	+00:33:23 (20.5%)	7:44	7.8 (79.6%)
46	<b>STEFANICKI Marek</b>	<b>659</b>	WŁÓCZYKIJE ŚWINOUJŚCIE	M60+	6			00:07:48	00:44:45	01:22:54	02:02:00	<b>02:43:22.25</b>	+00:33:32 (20.5%)	7:44	7.7 (78.6%)
47	<b>KOWALCZYK Mariusz</b>	<b>632</b>	GREEN TEAM ZIELONA GÓRA	M50-59	13			00:08:08	00:45:26	01:23:29	02:02:21	<b>02:44:04.30</b>	+00:34:14 (20.9%)	7:46	7.7 (78.6%)
48	<b>RACŁAWSKI Jan</b>	<b>649</b>	AMATOR	M60+	7			00:07:59	00:45:08	01:23:08	02:03:02	<b>02:46:16.55</b>	+00:36:27 (21.9%)	7:52	7.6 (77.6%)
49	<b>BUCZKOWSKA Wiesława</b>	<b>606</b>	FACE NORDIC WALKING TEAM	K60+	2			00:08:10	00:46:12	01:25:37	02:05:50	<b>02:46:37.95</b>	+00:36:48 (22.1%)	7:53	7.6 (77.6%)
50	<b>KARASIEWICZ Irena</b>	<b>625</b>	FACE NORDIC WALKING TEAM	K50-59	4			00:08:27	00:47:15	01:27:11	02:07:50	<b>02:48:12.50</b>	+00:38:22 (22.8%)	7:58	7.5 (76.5%)
51	<b>JUREWICZ Aleksandra</b>	<b>621</b>	KS METRACO POLKOWICE	K18-29	3	1		00:08:00	00:46:35	01:25:51	02:07:04	<b>02:48:16.45</b>	+00:38:26 (22.8%)	7:58	7.5 (76.5%)
52	<b>WITKOWSKA Maria</b>	<b>671</b>	UNIA MIAST	K60+	3			00:08:28	00:47:41	01:27:50	02:08:08	<b>02:48:37.50</b>	+00:38:47 (23.0%)	7:59	7.5 (76.5%)
53	<b>SMUS Damian</b>	<b>657</b>	EPOKA NORDICA ŁÓDŹ	M18-29	2			00:07:39	00:44:21	01:22:39	02:03:41	<b>02:49:18.55</b>	+00:39:29 (23.3%)	8:01	7.5 (76.5%)
54	<b>KOŁACZ Jakub</b>	<b>629</b>		M30-39	7			00:08:05	00:47:18	01:26:31	02:06:49	<b>02:49:51.10</b>	+00:40:01 (23.6%)	8:02	7.5 (76.5%)
55	<b>ROSOŁEK Elżbieta</b>	<b>652</b>	GREEN TEAM ZIELONA GÓRA	K50-59	5			00:08:16	00:48:09	01:27:00	02:07:20	<b>02:49:53.05</b>	+00:40:03 (23.6%)	8:03	7.5 (76.5%)
56	<b>BŁASZCZYK Grzegorz</b>	<b>678</b>	STOWARZYSZENIE KIJOMANIAKI	M50-59	14			00:08:08	00:46:27	01:26:05	02:08:25	<b>02:51:19.30</b>	+00:41:29 (24.2%)	8:07	7.4 (75.5%)
57	<b>SZYMCZYK Magdalena</b>	<b>667</b>	NOWI SIEDLCE/NW WSCHÓD	K30-39	2			00:08:38	00:48:32	01:29:45	02:10:47	<b>02:51:40.35</b>	+00:41:50 (24.4%)	8:08	7.4 (75.5%)
58	<b>BARCZYK Jolanta</b>	<b>601</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:08:36	00:48:28	01:29:22	02:10:45	<b>02:52:31.05</b>	+00:42:41 (24.7%)	8:10	7.3 (74.5%)
59	<b>OLSZAŃSKA Krystyna</b>	<b>642</b>	NOWI SIEDLCE/NW WSCHÓD	K60+	4			00:08:51	00:50:33	01:31:18	02:11:39	<b>02:53:18.90</b>	+00:43:29 (25.1%)	8:12	7.3 (74.5%)
60	<b>JASIAK Radomir</b>	<b>618</b>		M18-29	3	2		00:07:58	00:47:08	01:27:00	02:09:28	<b>02:54:10.50</b>	+00:44:20 (25.5%)	8:15	7.3 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
61	<b>KABAŁA Marzena</b>	<b>622</b>	BIEGAMYRAZEM	K40-49	4	2		00:08:21	00:47:38	01:28:31	02:10:26	<b>02:54:16.40</b>	+00:44:26 (25.5%)	8:15	7.3 (74.5%)
62	<b>KOBIELA Daria</b>	<b>628</b>	KABEX PODKOWA JANÓW	K18-29	4			00:08:07	00:46:40	01:25:53	02:06:15	<b>02:54:21.80</b>	+00:44:32 (25.5%)	8:15	7.3 (74.5%)
63	<b>PALUCH Paweł</b>	<b>643</b>	AWOCADO WELLNES CLUB	M50-59	15			00:08:14	00:48:52	01:29:24	02:11:14	<b>02:54:22.60</b>	+00:44:33 (25.5%)	8:15	7.3 (74.5%)
64	<b>PIOTROWSKI Krzysztof</b>	<b>645</b>	FACE NORDIC WALKING TEAM	M60+	8	1		00:08:16	00:46:20	01:27:10	02:10:09	<b>02:56:27.05</b>	+00:46:37 (26.4%)	8:21	7.2 (73.5%)
65	<b>FOJCIK Gabriela</b>	<b>70</b>	RYBNICKI KLUB NORDIC WALKING	K50-59	7			00:08:48	00:49:29	01:30:32	02:13:01	<b>02:56:44.40</b>	+00:46:54 (26.5%)	8:22	7.2 (73.5%)
66	<b>GERLE-KOTULA Anna</b>	<b>615</b>	UNIA MIAST	K30-39	3			00:08:46	00:50:58	01:33:16	02:14:45	<b>02:57:00.05</b>	+00:47:10 (26.7%)	8:23	7.2 (73.5%)
67	<b>POSTEK Danuta</b>	<b>646</b>	MARSZ PO ZDROWIE	K50-59	8			00:08:39	00:49:21	01:30:22	02:12:57	<b>02:57:11.25</b>	+00:47:21 (26.7%)	8:23	7.1 (72.4%)
68	<b>DORSZEWSKA Bożena</b>	<b>612</b>	GOSIR OSIELSKO	K50-59	9			00:08:47	00:51:24	01:33:39	02:16:10	<b>02:59:20.15</b>	+00:49:30 (27.6%)	8:29	7.1 (72.4%)
69	<b>SZCZODROWSKI Krzysztof</b>	<b>665</b>	FACE NORDIC WALKING TEAM	M50-59	16			00:08:15	00:48:43	01:31:38	02:16:05	<b>03:01:49.90</b>	+00:52:00 (28.6%)	8:37	7 (71.4%)
70	<b>ZAWADZKA Maria</b>	<b>673</b>	KS METRACO POLKOWICE	K60+	5			00:09:10	00:52:32	01:35:48	02:19:07	<b>03:03:25.10</b>	+00:53:35 (29.2%)	8:41	6.9 (70.4%)
71	<b>ROZMUS Jolanta</b>	<b>653</b>	FACE NORDIC WALKING TEAM	K60+	6			00:09:16	00:53:48	01:39:50	02:25:32	<b>03:10:22.50</b>	+01:00:32 (31.8%)	9:01	6.7 (68.4%)
72	<b>KARASIEWICZ Iwona</b>	<b>624</b>	NORDICLUB SZCZECIN	K30-39	4			00:09:27	00:54:24	01:40:26	02:27:41	<b>03:17:42.75</b>	+01:07:53 (34.3%)	9:22	6.4 (65.3%)
73	<b>CHRAPEK Urszula</b>	<b>417</b>	KS RUDZICA	K30-39	5			00:09:27	00:54:26	01:41:37	02:31:55	<b>03:24:26.40</b>	+01:14:36 (36.5%)	9:41	6.2 (63.3%)

Znaleziono 73 wynik(ów)