



# OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT  
POLSKIE CENTRUM SPORTU

**Event:** OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING  
**Organiser:** PFNW  
**Date:** 2017-08-05  
**Place:** Osielsko  
**Distance:** 21.1 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	M Cat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	<b>DEPKA PRĄDZYŃSKI Olgierd</b>	<b>301</b>	BIEGAMYRAZEM.PL	M50-59	1			00:06:51	00:38:42	01:10:56	01:43:53	<b>02:17:07.45</b>		6:29	9.2 (100%)
2	<b>CZŁONKOWSKI Krzysztof</b>	<b>512</b>	OLIMPIJCZYK SZCZEKOCINY	M40-49	1			00:06:59	00:39:58	01:13:36	01:45:54	<b>02:17:43.70</b>	+00:00:36 (0.4%)	6:31	9.2 (100%)
3	<b>KARASIŃSKI Maciej</b>	<b>529</b>		M40-49	2			00:06:45	00:38:47	01:11:50	01:45:51	<b>02:20:30.60</b>	+00:03:23 (2.4%)	6:39	9 (97.8%)
4	<b>WIŚNIEWSKI Jacek</b>	<b>579</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY	M50-59	2			00:06:56	00:39:58	01:13:36	01:47:03	<b>02:21:28.30</b>	+00:04:20 (3.1%)	6:42	8.9 (96.7%)
5	<b>KNITTER Tomasz</b>	<b>530</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:06:57	00:39:56	01:13:23	01:47:06	<b>02:21:42.35</b>	+00:04:34 (3.2%)	6:42	8.9 (96.7%)
6	<b>PIETRZYK Jarosław</b>	<b>551</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:06:55	00:40:52	01:14:19	01:47:40	<b>02:21:44.50</b>	+00:04:37 (3.3%)	6:43	8.9 (96.7%)
7	<b>ROGALSKI Piotr</b>	<b>557</b>	POLSKA	M40-49	3			00:06:57	00:40:11	01:13:52	01:47:44	<b>02:22:38.85</b>	+00:05:31 (3.9%)	6:45	8.9 (96.7%)
8	<b>ŻYWICKI Marcin</b>	<b>586</b>	BŁĘKITNI NW DZIEMIANY	M30-39	2			00:07:01	00:40:27	01:13:50	01:47:35	<b>02:22:58.45</b>	+00:05:51 (4.1%)	6:46	8.9 (96.7%)
9	<b>STĘPNIEWSKI Paweł</b>	<b>564</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:06:56	00:40:17	01:13:52	01:47:07	<b>02:23:12.80</b>	+00:06:05 (4.3%)	6:47	8.8 (95.7%)
10	<b>PIOTROWSKI Michał</b>	<b>553</b>	FACE NORDIC WALKING TEAM	M30-39	3			00:06:57	00:39:59	01:13:49	01:47:38	<b>02:25:53.60</b>	+00:08:46 (6.0%)	6:54	8.7 (94.6%)
11	<b>BOGACKI Sławek</b>	<b>507</b>	ENERGA NW TEAM	M40-49	4	1		00:06:56	00:41:11	01:16:23	01:51:51	<b>02:27:09.85</b>	+00:10:02 (6.8%)	6:58	8.6 (93.5%)
12	<b>ADAMSKI Robert</b>	<b>501</b>	DYNAMIC	M50-59	3			00:06:57	00:40:50	01:15:03	01:50:34	<b>02:27:28.90</b>	+00:10:21 (7.0%)	6:59	8.6 (93.5%)
13	<b>ZAGAJA Janusz</b>	<b>583</b>	WESOŁY BORSUK TEAM	M60+	1			00:06:58	00:41:10	01:16:23	01:51:51	<b>02:27:30.00</b>	+00:10:22 (7.0%)	6:59	8.6 (93.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Net time	Pace min/km	Pace km/h	
												21.1km			Gap
14	<b>NACZK Leonard</b>	<b>546</b>	DYNAMIC	M40-49	5			00:07:01	00:41:12	01:16:24	01:51:53	<b>02:27:56.80</b>	+00:10:49 (7.3%)	7:00	8.6 (93.5%)
15	<b>GRAJCAR Adam</b>	<b>522</b>		M40-49	6			00:07:27	00:43:06	01:18:09	01:53:47	<b>02:29:57.90</b>	+00:12:50 (8.6%)	7:06	8.4 (91.3%)
16	<b>LESINSKI Grzegorz</b>	<b>537</b>	KS METRACO POLKOWICE	M50-59	4			00:06:57	00:41:22	01:15:56	01:52:15	<b>02:30:02.30</b>	+00:12:54 (8.6%)	7:06	8.4 (91.3%)
17	<b>MAKOWSKI Jan</b>	<b>542</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	5			00:06:55	00:41:49	01:17:51	01:54:25	<b>02:32:25.30</b>	+00:15:17 (10.0%)	7:13	8.3 (90.2%)
18	<b>BUŁAKOWSKI Bohdan</b>	<b>510</b>	PASJA NORDIC WALKING	M60+	2			00:07:40	00:43:29	01:19:33	01:56:01	<b>02:32:50.00</b>	+00:15:42 (10.3%)	7:14	8.3 (90.2%)
19	<b>BREWKA Joachim</b>	<b>508</b>	UNIA MIAST	M50-59	6	1		00:07:17	00:42:08	01:18:03	01:55:25	<b>02:34:16.85</b>	+00:17:09 (11.1%)	7:18	8.2 (89.1%)
20	<b>SZCZEBAK Jacek</b>	<b>568</b>	UNIA MIAST	M40-49	7			00:07:25	00:43:27	01:20:12	01:57:24	<b>02:35:00.00</b>	+00:17:52 (11.5%)	7:20	8.2 (89.1%)
21	<b>STAWNIAK Karol</b>	<b>561</b>	KS SOKÓŁ GAŚAWA	M60+	3	2		00:07:25	00:43:07	01:19:44	01:57:05	<b>02:35:28.05</b>	+00:18:20 (11.8%)	7:22	8.1 (88.0%)
22	<b>ANDRZEJ Zawadzki</b>	<b>502</b>	KS METRACO POLKOWICE	M50-59	7			00:07:58	00:43:52	01:20:19	01:58:41	<b>02:36:18.10</b>	+00:19:10 (12.3%)	7:24	8.1 (88.0%)
23	<b>WESOŁOWSKI Wojciech</b>	<b>577</b>	NORDIC TEAM GNIEZNO	M60+	4			00:07:31	00:43:08	01:19:59	01:57:48	<b>02:37:00.60</b>	+00:19:53 (12.7%)	7:26	8.1 (88.0%)
24	<b>KOWALCZUK Robert</b>	<b>534</b>	ELITE TEAM	M50-59	8			00:07:38	00:43:27	01:20:27	01:58:35	<b>02:38:23.85</b>	+00:21:16 (13.4%)	7:30	8 (87.0%)
25	<b>KUŚMIEREK Patryk</b>	<b>536</b>	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:06:57	00:39:59	01:13:52	02:00:31	<b>02:39:37.40</b>	+00:22:29 (14.1%)	7:33	7.9 (85.9%)
26	<b>KOWALCZYK Mariusz</b>	<b>535</b>	GREEN TEAM ZIELONA GÓRA	M50-59	9			00:07:59	00:44:50	01:21:56	02:00:25	<b>02:40:19.05</b>	+00:23:11 (14.5%)	7:35	7.9 (85.9%)
27	<b>BIK Stanisław</b>	<b>504</b>	KS METRACO POLKOWICE	M50-59	10			00:07:05	00:40:44	01:16:02	01:55:54	<b>02:43:10.20</b>	+00:26:02 (16.0%)	7:43	7.8 (84.8%)
28	<b>WIŚNIEWSKI Roman</b>	<b>578</b>		M60+	5			00:08:10	00:47:05	01:26:18	02:05:52	<b>02:46:15.25</b>	+00:29:07 (17.5%)	7:52	7.6 (82.6%)
29	<b>LIGĘZA Janusz</b>	<b>538</b>		M50-59	11			00:08:03	00:46:18	01:25:59	02:06:09	<b>02:46:34.55</b>	+00:29:27 (17.7%)	7:53	7.6 (82.6%)
30	<b>DUDEK Edward</b>	<b>517</b>	RKB BACA - GOŚĆ SPECJALNY	M60+	6			00:08:17	00:48:47	01:28:30	02:07:15	<b>02:46:37.95</b>	+00:29:30 (17.7%)	7:53	7.6 (82.6%)
31	<b>FOLWARSKI Andrzej</b>	<b>518</b>	FACE NORDIC WALKING TEAM	M50-59	12			00:07:53	00:53:06	01:29:47	02:07:46	<b>02:47:29.65</b>	+00:30:22 (18.1%)	7:56	7.6 (82.6%)
32	<b>GOIK Grzegorz</b>	<b>520</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	13			00:07:54	00:46:08	01:25:37	02:06:12	<b>02:47:33.50</b>	+00:30:26 (18.2%)	7:56	7.6 (82.6%)
33	<b>ŁOPIŃSKI Aleksy</b>	<b>540</b>		M60+	7			00:08:30	00:48:02	01:27:42	02:07:36	<b>02:48:24.35</b>	+00:31:16 (18.6%)	7:58	7.5 (81.5%)
34	<b>KOTULA Jakub</b>	<b>533</b>	UNIA MIAST	M30-39	4			00:07:54	00:47:02	01:27:05	02:07:59	<b>02:51:02.20</b>	+00:33:54 (19.8%)	8:06	7.4 (80.4%)
35	<b>GRZELAK Jakub</b>	<b>523</b>	GOSIR OSIELSKO	M18-29	4			00:08:52	00:48:52	01:27:45	02:09:06	<b>02:51:04.55</b>	+00:33:57 (19.8%)	8:06	7.4 (80.4%)
36	<b>SZCZODROWSKI Krzysztof</b>	<b>569</b>	FACE NORDIC WALKING TEAM	M50-59	14			00:07:51	00:46:07	01:26:36	02:08:52	<b>02:51:37.05</b>	+00:34:29 (20.1%)	8:08	7.4 (80.4%)
37	<b>MARCINKOWSKI Wojciech</b>	<b>544</b>	UNIA MIAST	M40-49	8			00:08:18	00:48:10	01:28:58	02:10:37	<b>02:53:18.80</b>	+00:36:11 (20.9%)	8:12	7.3 (79.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All	Start_All	Start_All	Start_All	Net	Gap	Pace min/km	Pace km/h
								1.1km	6.1km	11.1km	16.1km	time 21.1km			
38	<b>GWIAZDOWICZ Ryszard</b>	<b>525</b>		M50-59	15			00:08:49	00:50:35	01:31:40	02:13:00	<b>02:54:49.50</b>	+00:37:42 (21.6%)	8:17	7.2 (78.3%)
39	<b>STRZELECKI Sebastian</b>	<b>566</b>	SAILING TEAMFERAJNA	M40-49	9			00:08:31	00:48:31	01:29:30	02:11:54	<b>02:55:29.90</b>	+00:38:22 (21.9%)	8:19	7.2 (78.3%)
40	<b>SZEWCZYK Marek</b>	<b>571</b>	FACE NORDIC WALKING TEAM	M50-59	16			00:09:00	00:52:03	01:38:37	02:25:56	<b>03:15:55.35</b>	+00:58:47 (30.0%)	9:17	6.5 (70.7%)
41	<b>BŁASZCZYK Łukasz</b>	<b>505</b>	KIJANKI POZNAŃ	M40-49	10	1		00:10:07	00:59:36	01:51:29	02:45:28	<b>03:41:09.05</b>	+01:24:01 (38.0%)	10:28	5.7 (62.0%)
	<b>SORN Łukasz</b>	<b>588</b>	FACE NORDIC WALKING TEAM	M30-39				00:08:12 DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Total 42 results.