

# OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING - 5 KM

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Wydarzenie:** Otwarte Górskie Mistrzostwa Polski Nordic Walking - Polanica Zdrój 2021  
**Organizator:** Fundacja Herkules All Sports  
**Data:** 2021-07-10  
**Miejsce:** Polanica Zdrój  
**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	<b>ROSAK Marcin</b>	<b>261</b>	TRENUJENORDICWALKING.PL	M40-44	1			00:16:31	<b>00:30:07.65</b>		6:01	10 (100%)
2	<b>STĘPAK Piotr</b>	<b>337</b>		M18-29	1			00:16:54	<b>00:30:22.25</b>	+00:00:14 (0.8%)	6:04	9.9 (99.0%)
3	<b>WITUCKI Jacek</b>	<b>303</b>	KS IDMAR RACING TEAM	M50-54	1			00:16:34	<b>00:30:30.70</b>	+00:00:23 (1.3%)	6:06	9.8 (98.0%)
4	<b>WOJTOWICZ Tomasz</b>	<b>330</b>		M30-39	1	1		00:17:00	<b>00:30:57.80</b>	+00:00:50 (2.7%)	6:11	9.7 (97.0%)
5	<b>ROMANOWSKI Daniel</b>	<b>260</b>	KATOWICKI NORDIC WALKING	M18-29	2	1		00:17:33	<b>00:32:30.45</b>	+00:02:22 (7.3%)	6:30	9.2 (92.0%)
6	<b>ROŻYNEK Miron</b>	<b>263</b>	KGHM METRACO RUDNA	M55-59	1			00:18:07	<b>00:32:37.45</b>	+00:02:29 (7.7%)	6:31	9.2 (92.0%)
7	<b>KABATA Jarosław</b>	<b>175</b>	NORDIC SPORT 2021	M50-54	2			00:18:04	<b>00:32:48.90</b>	+00:02:41 (8.2%)	6:33	9.1 (91.0%)
8	<b>WOJTASIŃSKI Daniel</b>	<b>306</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:18:01	<b>00:32:49.30</b>	+00:02:41 (8.2%)	6:33	9.1 (91.0%)
9	<b>BRZOZOWSKI Piotr</b>	<b>331</b>	AKTYWNI POSTOMINO	M30-39	2			00:17:47	<b>00:32:51.95</b>	+00:02:44 (8.3%)	6:34	9.1 (91.0%)
10	<b>MICHALSKI Andrzej</b>	<b>214</b>		M60-64	1			00:18:16	<b>00:32:54.05</b>	+00:02:46 (8.4%)	6:34	9.1 (91.0%)
11	<b>KŁYŚ Ryszard</b>	<b>180</b>		M60-64	2			00:18:29	<b>00:32:56.00</b>	+00:02:48 (8.5%)	6:35	9.1 (91.0%)
12	<b>SOKOŁOWSKI Marek</b>	<b>271</b>	VINGBERG POLSKA - PTG 'SOKÓŁ' RYMANÓW	M55-59	2			00:17:52	<b>00:33:03.05</b>	+00:02:55 (8.8%)	6:36	9.1 (91.0%)
13	<b>FRAĆKOWIAK Roman</b>	<b>144</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:18:38	<b>00:33:06.00</b>	+00:02:58 (9.0%)	6:37	9.1 (91.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
14	<b>WOROCH Roman</b>	<b>307</b>	KGHM METRACO RUDNA	M60-64	3			00:18:24	<b>00:33:07.20</b>	+00:02:59 (9.0%)	6:37	9.1 (91.0%)
15	<b>OLSZAŃSKI Karol</b>	<b>228</b>	FEAR THE RETURN	M45-49	1	1		00:18:14	<b>00:33:10.40</b>	+00:03:02 (9.2%)	6:38	9 (90.0%)
16	<b>MARCZAK Tomasz</b>	<b>207</b>	KS IDMAR RACING TEAM	M18-29	3	1		00:17:52	<b>00:33:24.15</b>	+00:03:16 (9.8%)	6:40	9 (90.0%)
17	<b>PARZYBUT Jan</b>	<b>236</b>	POSTĘP PNIEWY TEAM	M55-59	3	1		00:18:44	<b>00:33:55.85</b>	+00:03:48 (11.2%)	6:47	8.8 (88.0%)
18	<b>KRAKOWSKI Jerzy Piotr</b>	<b>189</b>	PTG SOKÓŁ 1893 MIELEC	M55-59	4			00:18:38	<b>00:33:56.55</b>	+00:03:48 (11.2%)	6:47	8.8 (88.0%)
19	<b>PRZYSTARZ Grzegorz</b>	<b>254</b>	OBORYGENI	M50-54	4	1		00:18:34	<b>00:34:10.70</b>	+00:04:03 (11.9%)	6:50	8.8 (88.0%)
20	<b>BUL Dariusz</b>	<b>117</b>	RUNNERSKI.PL	M45-49	2	2		00:19:28	<b>00:34:15.90</b>	+00:04:08 (12.1%)	6:51	8.8 (88.0%)
21	<b>HELWICH Stefan</b>	<b>164</b>	KGHM METRACO RUDNA	M65-69	1			00:19:02	<b>00:34:26.40</b>	+00:04:18 (12.5%)	6:53	8.7 (87.0%)
22	<b>PASIERB Marek</b>	<b>326</b>		M65-69	2			00:18:52	<b>00:34:33.05</b>	+00:04:25 (12.8%)	6:54	8.7 (87.0%)
23	<b>ZAGAJA Janusz</b>	<b>315</b>	WESOŁY BORSUK TEAM	M65-69	3	1		00:19:18	<b>00:34:35.90</b>	+00:04:28 (12.9%)	6:55	8.7 (87.0%)
24	<b>MISZTAL Grzegorz</b>	<b>217</b>	NORDIC ARMY	M30-39	3	1		00:18:32	<b>00:34:41.30</b>	+00:04:33 (13.1%)	6:56	8.6 (86.0%)
25	<b>MAŁKA Marian</b>	<b>203</b>		M60-64	4			00:19:23	<b>00:34:44.00</b>	+00:04:36 (13.3%)	6:56	8.6 (86.0%)
26	<b>RECZULSKI Mariusz</b>	<b>344</b>	SMS EFEKT	M55-59	5			00:19:09	<b>00:34:58.55</b>	+00:04:50 (13.9%)	6:59	8.6 (86.0%)
27	<b>PILARZ Tomasz</b>	<b>244</b>	NORDICUS STRZYBNICA	M40-44	3			00:19:05	<b>00:35:18.40</b>	+00:05:10 (14.7%)	7:03	8.5 (85.0%)
28	<b>MROZIŃSKI Tadeusz</b>	<b>218</b>	NORDICUS STRZYBNICA	M55-59	6	1		00:19:52	<b>00:35:23.05</b>	+00:05:15 (14.9%)	7:04	8.5 (85.0%)
29	<b>CZEPCZAR Mariusz</b>	<b>127</b>	HAGER SPORT TEAM	M40-44	4			00:19:15	<b>00:35:25.55</b>	+00:05:17 (15.0%)	7:05	8.5 (85.0%)
30	<b>CZŁAPSKI Krzysztof</b>	<b>130</b>	NW CZŁAPSKI TEAM	M55-59	7			00:19:36	<b>00:35:28.20</b>	+00:05:20 (15.1%)	7:05	8.5 (85.0%)
31	<b>MATECKI Ryszard</b>	<b>209</b>	KGHM METRACO RUDNA	M70-74	1	1		00:19:39	<b>00:35:29.35</b>	+00:05:21 (15.1%)	7:05	8.5 (85.0%)
32	<b>CZMOCH Marian</b>	<b>131</b>	PUKS ŁOSICE	M70-74	2			00:19:41	<b>00:36:00.35</b>	+00:05:52 (16.3%)	7:12	8.3 (83.0%)
33	<b>KRUGIOŁKA Grzegorz</b>	<b>190</b>	AKTYWNIE W PNIEWACH	M30-39	4	1		00:19:50	<b>00:36:10.95</b>	+00:06:03 (16.7%)	7:14	8.3 (83.0%)
34	<b>PALUDKIEWICZ Piotr</b>	<b>233</b>		M50-54	5			00:19:41	<b>00:36:17.30</b>	+00:06:09 (17.0%)	7:15	8.3 (83.0%)
35	<b>KROMSKI Paweł</b>	<b>41</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	6			00:20:21	<b>00:36:54.55</b>	+00:06:46 (18.4%)	7:22	8.1 (81.0%)
36	<b>KASPRZAK Tadeusz</b>	<b>177</b>	BRAK	M- Niepełnosprawni(A)	1			00:20:15	<b>00:37:06.45</b>	+00:06:58 (18.8%)	7:25	8.1 (81.0%)

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37	<b>ŚLUSARCZYK Grzegorz</b>	<b>287</b>	WESOŁY BORSUK TEAM	M45-49	3			00:20:40	<b>00:37:24.75</b>	+00:07:17 (19.5%)	7:28	8 (80.0%)
38	<b>GRUSZKA Michał</b>	<b>157</b>	ZESPÓŁ SZKÓŁ NR 1 IMIENIA ADAMA MICKIEWICZA	M-Jun.	1			00:20:55	<b>00:37:25.90</b>	+00:07:18 (19.5%)	7:29	8 (80.0%)
39	<b>WALCZAK Grzegorz</b>	<b>296</b>	NORDIC WALKING KIEKRZ POLAND	M45-49	4	1		00:20:39	<b>00:37:28.15</b>	+00:07:20 (19.6%)	7:29	8 (80.0%)
40	<b>CIEŚLUK Marcin</b>	<b>123</b>	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	2			00:20:52	<b>00:37:42.50</b>	+00:07:34 (20.1%)	7:32	8 (80.0%)
41	<b>POLAK Łukasz</b>	<b>250</b>	OBORYGENI	M40-44	5			00:20:15	<b>00:37:46.20</b>	+00:07:38 (20.2%)	7:33	7.9 (79.0%)
42	<b>ZBYRYT Marek</b>	<b>319</b>	AKTYWNA NOWA RUDA	M55-59	8			00:20:10	<b>00:37:51.55</b>	+00:07:43 (20.4%)	7:34	7.9 (79.0%)
43	<b>DUSZEŃKO Zygmunt</b>	<b>139</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	3			00:21:01	<b>00:37:53.75</b>	+00:07:46 (20.5%)	7:34	7.9 (79.0%)
44	<b>ROMANIUK Grzegorz</b>	<b>343</b>	KKNW KOLBUSZOWA	M- Niepełnosprawni(A)	4			00:20:59	<b>00:38:26.40</b>	+00:08:18 (21.6%)	7:41	7.8 (78.0%)
45	<b>MACIEJEWSKI Robert</b>	<b>334</b>		M40-44	6	1		00:20:21	<b>00:38:35.65</b>	+00:08:28 (21.9%)	7:43	7.8 (78.0%)
46	<b>PINTAK Artur</b>	<b>246</b>		M40-44	7			00:21:09	<b>00:38:41.30</b>	+00:08:33 (22.1%)	7:44	7.8 (78.0%)
47	<b>MARCHEWKA Andrzej</b>	<b>206</b>	13 ŚLĄSKA BRYGADA OT KATOWICE	M60-64	5	1		00:21:21	<b>00:38:43.35</b>	+00:08:35 (22.2%)	7:44	7.7 (77.0%)
48	<b>GRYGOROWICZ Bogdan</b>	<b>158</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(B)	1			00:21:56	<b>00:38:53.85</b>	+00:08:46 (22.5%)	7:46	7.7 (77.0%)
49	<b>PUSZKARSKI Adam</b>	<b>256</b>	GOSADI NORDIC TEAM	M-Dzieci	1			00:20:52	<b>00:39:02.35</b>	+00:08:54 (22.8%)	7:48	7.7 (77.0%)
50	<b>CIESIELSKI Krzysztof</b>	<b>122</b>	FAST WALKER	M65-69	4			00:21:38	<b>00:39:04.20</b>	+00:08:56 (22.9%)	7:48	7.7 (77.0%)
51	<b>STANISŁAWSKI Jan</b>	<b>274</b>	MARSZ PO ZDROWIE	M60-64	6			00:21:54	<b>00:39:08.70</b>	+00:09:01 (23.0%)	7:49	7.7 (77.0%)
52	<b>ZIĘBA Mariusz</b>	<b>322</b>		M30-39	5	1		00:21:48	<b>00:39:12.15</b>	+00:09:04 (23.1%)	7:50	7.7 (77.0%)
53	<b>ZAWADZKI Krzysztof</b>	<b>316</b>	WETERAN	M65-69	5			00:21:59	<b>00:39:40.45</b>	+00:09:32 (24.1%)	7:56	7.6 (76.0%)
54	<b>WÓJCIK Jacek</b>	<b>312</b>	STĘSZEW TEAM	M55-59	9	1		00:21:42	<b>00:39:41.90</b>	+00:09:34 (24.1%)	7:56	7.6 (76.0%)
55	<b>RYBAŁTOWSKI Paweł</b>	<b>264</b>	OBORYGENI	M75-79	1	1		00:22:30	<b>00:39:44.25</b>	+00:09:36 (24.2%)	7:56	7.6 (76.0%)
56	<b>PASZKOWSKI Leszek</b>	<b>239</b>	KGHM METRACO RUDNA	M40-44	8			00:21:43	<b>00:39:45.85</b>	+00:09:38 (24.2%)	7:57	7.5 (75.0%)
57	<b>KRYŚ Artur</b>	<b>191</b>		M50-54	7			00:21:24	<b>00:39:58.50</b>	+00:09:50 (24.6%)	7:59	7.5 (75.0%)
58	<b>GÓRAL Andrzej</b>	<b>153</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	5			00:22:01	<b>00:40:07.40</b>	+00:09:59 (24.9%)	8:01	7.5 (75.0%)
59	<b>KUREK Aleksander</b>	<b>196</b>	KGHM METRACO RUDNA	M-Dzieci	2			00:21:15	<b>00:40:29.15</b>	+00:10:21 (25.6%)	8:05	7.4 (74.0%)

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60	<b>CZEREBA Wiesław</b>	<b>128</b>		M40-44	9			00:22:33	<b>00:40:55.95</b>	+00:10:48 (26.4%)	8:11	7.3 (73.0%)
61	<b>PALUCH Paweł</b>	<b>232</b>	AVOCADO WELLNESS CLUB	M55-59	10			00:22:26	<b>00:41:11.75</b>	+00:11:04 (26.9%)	8:14	7.3 (73.0%)
62	<b>KĘPA Andrzej</b>	<b>36</b>	FAMILY TEAM KĘPA SPORT	M70-74	3			00:23:08	<b>00:41:17.35</b>	+00:11:09 (27.0%)	8:15	7.3 (73.0%)
63	<b>STONCEL Mieczysław</b>	<b>275</b>	GRUPA BIEGOWA DZIKOWIEC I NORDIC WALKING	M55-59	11			00:21:54	<b>00:41:22.95</b>	+00:11:15 (27.2%)	8:16	7.3 (73.0%)
64	<b>PIĄTKOWSKI Józef</b>	<b>241</b>	KGHM METRACO.RUDNA	M75-79	2			00:23:31	<b>00:41:27.35</b>	+00:11:19 (27.3%)	8:17	7.2 (72.0%)
65	<b>FRANCZAK Dariusz</b>	<b>143</b>	NW CZŁAPSKI TEAM	M55-59	12			00:23:02	<b>00:41:35.70</b>	+00:11:28 (27.6%)	8:19	7.2 (72.0%)
66	<b>DUDEK Leszek</b>	<b>19</b>	KGHM METRACO RUDNA	M70-74	4			00:23:56	<b>00:41:38.65</b>	+00:11:31 (27.7%)	8:19	7.2 (72.0%)
67	<b>GRUSZKA Michał</b>	<b>156</b>	ETHOSENERGY POLANDS.A.	M45-49	5			00:23:03	<b>00:41:44.50</b>	+00:11:36 (27.8%)	8:20	7.2 (72.0%)
68	<b>SZYMAŃSKI Stefan</b>	<b>286</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	5			00:23:14	<b>00:41:59.85</b>	+00:11:52 (28.3%)	8:23	7.1 (71.0%)
69	<b>ADAMOWICZ Andrzej</b>	<b>112</b>		M75-79	3			00:24:13	<b>00:43:10.10</b>	+00:13:02 (30.2%)	8:38	6.9 (69.0%)
70	<b>NIEŚŁONY Ryszard</b>	<b>222</b>	MALINOWE GWIAZDY	M60-64	7			00:24:34	<b>00:43:22.95</b>	+00:13:15 (30.6%)	8:40	6.9 (69.0%)
71	<b>REMISZEWSKI Adam</b>	<b>257</b>	UTW OLEŚNICA	M75-79	4			00:24:08	<b>00:43:24.05</b>	+00:13:16 (30.6%)	8:40	6.9 (69.0%)
72	<b>JÓŹWIAK Łukasz</b>	<b>172</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	2	1		00:25:17	<b>00:43:43.05</b>	+00:13:35 (31.1%)	8:44	6.9 (69.0%)
73	<b>PRZYBYŁAK Stanisław</b>	<b>70</b>	PRZYBYŁAK TEAM	M75-79	5			00:25:09	<b>00:44:43.75</b>	+00:14:36 (32.6%)	8:56	6.7 (67.0%)
74	<b>GÓRSKI Henryk</b>	<b>155</b>	UTW OLEŚNICA	M70-74	6			00:24:47	<b>00:44:51.80</b>	+00:14:44 (32.8%)	8:58	6.7 (67.0%)
75	<b>JAGODZIŃSKI Andrzej</b>	<b>168</b>		M60-64	8			00:24:40	<b>00:44:58.90</b>	+00:14:51 (33.0%)	8:59	6.7 (67.0%)
76	<b>LUBAŃSKI Tomasz</b>	<b>200</b>	SERCE NORDICA WŁOCŁAWEK	M60-64	9			00:25:32	<b>00:45:15.75</b>	+00:15:08 (33.4%)	9:03	6.6 (66.0%)
77	<b>GUTOWSKI Paweł</b>	<b>161</b>	PAUL TEAM	M- Niepełnosprawni(A)	6			00:26:43	<b>00:46:15.00</b>	+00:16:07 (34.9%)	9:15	6.5 (65.0%)
78	<b>MIKOŁAJCZYK Arkadiusz</b>	<b>215</b>	PREDATORS WAŁBRZYCH	M50-54	8			00:25:52	<b>00:46:16.75</b>	+00:16:09 (34.9%)	9:15	6.5 (65.0%)
79	<b>NOGA Bolesław</b>	<b>57</b>	ZESPÓŁ NIESPOKOJNYCH NÓG	M65-69	6				<b>00:47:33.00</b>	+00:17:25 (36.6%)	9:30	6.3 (63.0%)
80	<b>KUCZYŃSKI Włodzimierz</b>	<b>194</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	10			00:25:58	<b>00:47:37.50</b>	+00:17:29 (36.7%)	9:31	6.3 (63.0%)
81	<b>PAWLACZYK Marian</b>	<b>269</b>		M80+	1			00:27:09	<b>00:48:02.55</b>	+00:17:54 (37.3%)	9:36	6.2 (62.0%)
82	<b>WÓJCIK Henryk</b>	<b>311</b>	UTW OLEŚNICA	M80+	2			00:28:35	<b>00:50:10.05</b>	+00:20:02 (39.9%)	10:02	6 (60.0%)

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83	<b>OLSZEWSKI Wiktor</b>	<b>229</b>		M18-29	4			00:28:13	<b>00:50:22.40</b>	+00:20:14 (40.2%)	10:04	6 (60.0%)
84	<b>MĘDRAK Józef</b>	<b>213</b>		M65-69	7			00:29:03	<b>00:50:30.75</b>	+00:20:23 (40.4%)	10:06	5.9 (59.0%)
85	<b>DRYNDA Franciszek</b>	<b>135</b>	NORDICUS STRZYBNICA	M70-74	7			00:28:30	<b>00:51:40.40</b>	+00:21:32 (41.7%)	10:20	5.8 (58.0%)
86	<b>WALCZAK Henryk</b>	<b>295</b>	NORDIC WALKING KIEKRZ POLAND	M80+	3			00:28:59	<b>00:51:41.35</b>	+00:21:33 (41.7%)	10:20	5.8 (58.0%)
87	<b>CATUS Szymon</b>	<b>338</b>	KGHM CUPRUM RUDNA	M-Dzieci	3			00:26:51	<b>00:52:27.75</b>	+00:22:20 (42.6%)	10:29	5.7 (57.0%)
88	<b>PAJĘCKI Adam</b>	<b>231</b>	PARAKULOS KOWAL	M- Niepełnosprawni(B)	3	1		00:30:02	<b>00:53:00.00</b>	+00:22:52 (43.2%)	10:36	5.7 (57.0%)
89	<b>IGRAS Mieczysław</b>	<b>27</b>	RUNNERS TEAM NYSA	M60-64	11			00:33:55	<b>00:56:11.35</b>	+00:26:03 (46.4%)	11:14	5.3 (53.0%)
90	<b>STUDNICKI Ryszard</b>	<b>339</b>		M75-79	6			00:31:21	<b>00:56:37.45</b>	+00:26:29 (46.8%)	11:19	5.3 (53.0%)
91	<b>ŚLUSARCZYK Błażej</b>	<b>288</b>	WESOŁY BORSUK TEAM	M-Dzieci	4			00:30:08	<b>00:57:37.20</b>	+00:27:29 (47.7%)	11:31	5.2 (52.0%)
92	<b>MACHAJEK Krzysztof</b>	<b>202</b>	STOWARZYSZENIE TRANSPLANTACJI SERCA	M- Niepełnosprawni(A)	7			00:31:55	<b>00:57:55.90</b>	+00:27:48 (48.0%)	11:35	5.2 (52.0%)
93	<b>JÓŹWIAK Dominik</b>	<b>173</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	5			00:32:07	<b>00:58:21.95</b>	+00:28:14 (48.4%)	11:40	5.1 (51.0%)
94	<b>KOMOROWSKI Maciej</b>	<b>328</b>		M50-54	9			00:21:55		+00:05:24	8:46	6.8 (68.0%)
DQ	<b>WALCZAK Ryszard</b>	<b>294</b>		M70-74			1	00:19:44 DQ	<b>00:35:33.05</b> <b>DQ</b>		0:00	8.4 (84.0%)
DQ	<b>ŻBIKOWSKI Wacław</b>	<b>324</b>		M70-74			1	00:20:51 DQ	<b>00:38:54.10</b> <b>DQ</b>		0:00	7.7 (77.0%)
DNC	<b>WILAMOWSKI Michał</b>	<b>298</b>	OBORYGENI	M30-39								(0.0%)

Znaleziono 97 wynik(ów)