

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM

B4SPORT

Wydarzenie: Otwarte Górskie Mistrzostwa Polski Nordic Walking
- Polanica Zdrój 2021
Organizator: Fundacja Herkules All Sports
Data: 2021-07-10
Miejsce: Polanica Zdrój
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	NIEPOKÓJ Radosław	55	GMINA MIEJSCE PIASTOWE/OSP WROCANKA	M30-39	1			00:16:31	00:30:51	00:48:03	01:02:12.60		6:13	9.6 (100%)
2	WOJTOWICZ Tomasz	106		M30-39	2			00:16:29	00:30:45	00:48:11	01:02:28.55	+00:00:15 (0.4%)	6:14	9.6 (100%)
3	MARCZAK Tomasz	48	KS IDMAR RACING TEAM	M18-29	1	1		00:17:00	00:31:35	00:49:03	01:03:25.20	+00:01:12 (1.9%)	6:20	9.5 (99.0%)
4	SKIBA Krzysztof	79	MSPORTTEAM	M60-69	1	1		00:16:47	00:31:33	00:49:06	01:03:26.55	+00:01:13 (1.9%)	6:20	9.5 (99.0%)
5	ROMANOWSKI Daniel	75	KATOWICKI NORDIC WALKING	M18-29	2			00:16:59	00:31:23	00:49:02	01:03:32.20	+00:01:19 (2.1%)	6:21	9.4 (97.9%)
6	POLKOWSKI Piotr	63	NW CZŁAPSKI TEAM	M30-39	3			00:17:43	00:31:40	00:50:52	01:05:10.50	+00:02:57 (4.5%)	6:31	9.2 (95.8%)
7	POŁUBIAK Paweł	68		M30-39	4			00:17:19	00:31:50	00:50:26	01:05:26.40	+00:03:13 (4.9%)	6:32	9.2 (95.8%)
8	MICHALSKI Andrzej	51	PŁOMIEŃ ZMIENNICA	M60-69	2			00:17:44	00:32:27	00:50:49	01:05:26.90	+00:03:14 (4.9%)	6:32	9.2 (95.8%)
9	PRZYSTARZ Grzegorz	71	OBORYGENI	M50-59	1			00:17:46	00:32:58	00:51:00	01:05:50.50	+00:03:37 (5.5%)	6:35	9.1 (94.8%)
10	SIWAK Piotr	78	KGHM METRACO RUDNA	M60-69	3			00:17:42	00:31:54	00:51:02	01:05:52.80	+00:03:40 (5.6%)	6:35	9.1 (94.8%)
11	JUREK Adam	32	KGHM METRACO RUDNA	M60-69	4	2		00:17:27	00:31:53	00:51:04	01:05:59.50	+00:03:46 (5.7%)	6:35	9.1 (94.8%)
12	WILCZEK Krzysztof	92	CIDRY LOTAJOM	M40-49	1			00:18:14	00:33:07	00:51:46	01:06:24.90	+00:04:12 (6.3%)	6:38	9 (93.8%)
13	HELWICH Stefan	25	KGHM METRACO RUDNA	M60-69	5			00:18:02	00:32:33	00:51:46	01:07:25.05	+00:05:12 (7.7%)	6:44	8.9 (92.7%)
14	KOŁODZIEJ Joanna	38	MALINOWE GWIAZDY	K50-59	1	1		00:18:29	00:34:31	00:53:14	01:09:01.25	+00:06:48 (9.9%)	6:54	8.7 (90.6%)

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								2.5km	5km	7.5km				
15	BARCZYK Bogdan	3	ZABIEGANI CZĘSTOCHOWA	M50-59	2			00:18:15	00:33:23	00:53:41	01:09:02.45	+00:06:49 (9.9%)	6:54	8.7 (90.6%)
16	ZACZYŃSKA-SKIBA Anna	98	MSPORT	K40-49	1			00:18:32	00:34:00	00:53:27	01:09:04.65	+00:06:52 (9.9%)	6:54	8.7 (90.6%)
17	CHOJNACKI Paweł	7	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	3	1		00:19:00	00:34:39	00:54:31	01:10:20.75	+00:08:08 (11.6%)	7:02	8.5 (88.5%)
18	WIŚNIEWSKI Sławomir	94	FLÜGGER	M40-49	2	1		00:18:34	00:34:43	00:54:43	01:10:46.70	+00:08:34 (12.1%)	7:04	8.5 (88.5%)
19	CZŁAPSKI Krzysztof	15	NW CZŁAPSKI TEAM	M50-59	4			00:19:01	00:34:40	00:55:07	01:10:47.40	+00:08:34 (12.1%)	7:04	8.5 (88.5%)
20	BIBKO Martin	4	SPEEDBAR.CZ	M40-49	3			00:19:12	00:35:08	00:55:13	01:11:00.85	+00:08:48 (12.4%)	7:06	8.5 (88.5%)
21	SIEMIĘSKA Marta	77		K30-39	1			00:18:50	00:34:46	00:54:49	01:11:12.20	+00:08:59 (12.6%)	7:07	8.4 (87.5%)
22	HRYCIUK Waldemar	26	TKKF KRZNA BIAŁA PODLASKA	M60-69	6	1		00:19:05	00:35:19	00:55:21	01:11:23.45	+00:09:10 (12.9%)	7:08	8.4 (87.5%)
23	RADECKI Artur	73	CHODZĄCY BIAŁYSTOK	M50-59	5	1		00:19:08	00:35:22	00:55:36	01:11:50.60	+00:09:38 (13.4%)	7:11	8.4 (87.5%)
24	KOWALSKI Marek	39		M50-59	6			00:19:29	00:35:48	00:55:41	01:11:51.55	+00:09:38 (13.4%)	7:11	8.4 (87.5%)
25	KUBICKI Paweł	42	NORDIK WALKING KIEKRZ	M50-59	7	1		00:19:02	00:35:11	00:55:46	01:12:09.60	+00:09:57 (13.8%)	7:12	8.3 (86.5%)
26	KRAWĘTEK Agnieszka	332	NW PL BEŁCHATÓW	K40-49	2			00:19:40	00:35:56	00:56:28	01:12:15.55	+00:10:02 (13.9%)	7:13	8.3 (86.5%)
27	MĄDRY Grzegorz	49	KIJKOWE TRZEMESZNO	M60-69	7			00:19:31	00:35:52	00:56:26	01:12:46.90	+00:10:34 (14.5%)	7:16	8.2 (85.4%)
28	JĘDRASIAK Renata	30	KGHM METRACO RUDNA	K50-59	2			00:19:42	00:35:38	00:56:25	01:13:06.85	+00:10:54 (14.9%)	7:18	8.2 (85.4%)
29	KLIMCZAK Adam	37	GOSADI NORDIC TEAM	M50-59	8			00:19:35	00:35:53	00:57:04	01:13:34.30	+00:11:21 (15.4%)	7:21	8.2 (85.4%)
30	KACZMAREK Eugeniusz	34		M70+	1			00:20:12	00:36:46	00:57:17	01:13:40.45	+00:11:27 (15.6%)	7:22	8.1 (84.4%)
31	POLAK Łukasz	67	OBORYGENI	M40-49	4			00:19:20	00:35:51	00:56:37	01:13:40.65	+00:11:28 (15.6%)	7:22	8.1 (84.4%)
32	LUDWICZAK Andżelika	45	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3			00:19:52	00:35:44	00:57:32	01:13:56.10	+00:11:43 (15.9%)	7:23	8.1 (84.4%)
33	CHYRA Janusz	11		M40-49	5			00:19:41	00:36:38	00:57:24	01:14:15.50	+00:12:02 (16.2%)	7:25	8.1 (84.4%)
34	TOMCZAK Jarosław	91	STĘSZEW TEAM	M50-59	9	1		00:19:58	00:36:19	00:57:38	01:14:26.85	+00:12:14 (16.4%)	7:26	8.1 (84.4%)
35	KUŁAKOWSKA Halina	43	KATOWICKI NORDIC WALKING	K40-49	4	2		00:20:01	00:36:37	00:57:44	01:14:40.55	+00:12:27 (16.7%)	7:28	8 (83.3%)
36	MACIEJEWSKI Robert	335		M40-49	6			00:20:01	00:37:34	00:57:39	01:14:40.75	+00:12:28 (16.7%)	7:28	8 (83.3%)
37	ŚLUSARCZYK Marcin	89	WESOŁY BORSUK TEAM	M40-49	7			00:20:23	00:37:11	00:58:18	01:15:08.10	+00:12:55 (17.2%)	7:30	8 (83.3%)

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								2.5km	5km	7.5km				
38	ROMAN Krzysztof	336		M60-69	8	1		00:19:49	00:37:15	00:57:56	01:15:22.30	+00:13:09 (17.5%)	7:32	8 (83.3%)
39	SOMIAK Piotr	80	NORDICUS STRZYBNICA	M40-49	8			00:20:00	00:37:08	00:58:09	01:15:50.60	+00:13:38 (18.0%)	7:35	7.9 (82.3%)
40	SZEGŁOWSKA Justyna	86	MOCNA GRUPA CEZARA/CAŁA OLEŚNICA BIEGA	K30-39	2	2		00:19:52	00:37:25	00:59:00	01:17:02.85	+00:14:50 (19.3%)	7:42	7.8 (81.3%)
41	CHRZANOWSKA Daria	9	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K30-39	3			00:20:51	00:38:06	01:00:01	01:17:09.80	+00:14:57 (19.4%)	7:42	7.8 (81.3%)
42	FRANCZAK Małgorzata	21	NW CZŁAPSKI TEAM	K18-29	1			00:21:26	00:38:52	01:00:23	01:17:10.80	+00:14:58 (19.4%)	7:43	7.8 (81.3%)
43	ŚLUSARCZYK Andrzej	90	WESOŁY BORSUK TEAM	M70+	2	2		00:21:21	00:38:24	01:00:42	01:17:32.00	+00:15:19 (19.8%)	7:45	7.7 (80.2%)
44	KĘPA Andrzej	36	FAMILY TEAM KĘPA SPORT	M70+	3			00:20:56	00:38:24	01:00:08	01:17:32.65	+00:15:20 (19.8%)	7:45	7.7 (80.2%)
45	STANKOWSKA Justyna	82	KIJKOWE TRZEMESZNO	K40-49	5			00:20:25	00:38:09	00:59:43	01:17:42.10	+00:15:29 (19.9%)	7:46	7.7 (80.2%)
46	WÓJCIK Barbara	97	NWPL/LUKITEAM	K60-69	1			00:21:30	00:38:48	01:00:51	01:18:03.40	+00:15:50 (20.3%)	7:48	7.7 (80.2%)
47	JUZOF Iwona	33	IWONA JUZOF INSTRUKTOR NORDIC WALKING	K40-49	6			00:20:53	00:38:30	01:00:22	01:18:03.90	+00:15:51 (20.3%)	7:48	7.7 (80.2%)
48	CZAJKA Urszula	12		K60-69	2			00:20:44	00:38:09	01:00:37	01:18:24.00	+00:16:11 (20.7%)	7:50	7.7 (80.2%)
49	ROWIŃSKI Paweł	76	NW CZŁAPSKI TEAM	M30-39	5			00:21:23	00:39:36	01:01:03	01:18:28.70	+00:16:16 (20.7%)	7:50	7.6 (79.2%)
50	DYLEWICZ Weronika	20	EKSTREMUM	K18-29	2	1		00:20:51	00:38:14	01:00:34	01:18:34.45	+00:16:21 (20.8%)	7:51	7.6 (79.2%)
51	CZEREBA Leszek	13		M50-59	10	1		00:21:49	00:39:45	01:01:43	01:19:20.30	+00:17:07 (21.6%)	7:56	7.6 (79.2%)
52	SZCZĘŚNIAK Zbigniew	85	NORDIC TEAM CZĘSTOCHOWA	M50-59	11			00:22:05	00:39:22	01:02:24	01:19:36.35	+00:17:23 (21.9%)	7:57	7.5 (78.1%)
53	KAMIANOWSKI Jan	35	NW CZŁAPSKI TEAM	M70+	4			00:21:27	00:38:25	01:01:42	01:19:48.15	+00:17:35 (22.0%)	7:58	7.5 (78.1%)
54	FRAĆKOWIAK Mateusz	24	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	3			00:20:43	00:39:00	01:01:23	01:20:20.80	+00:18:08 (22.6%)	8:02	7.5 (78.1%)
55	LIGĘZA Janusz	103		M60-69	9			00:21:35	00:39:38	01:02:07	01:20:33.55	+00:18:20 (22.8%)	8:03	7.4 (77.1%)
56	MIŚKOWICZ Anna	52	NESSI TIME BIAŁA	K60-69	3	1		00:21:52	00:39:42	01:02:42	01:20:52.25	+00:18:39 (23.1%)	8:05	7.4 (77.1%)
57	WITALEC Anna	95		K30-39	4	1		00:20:56	00:39:17	01:01:58	01:21:27.80	+00:19:15 (23.6%)	8:08	7.4 (77.1%)
58	JARUGA Beata	29		K40-49	7			00:21:47	00:39:20	01:03:14	01:21:28.75	+00:19:16 (23.6%)	8:08	7.4 (77.1%)
59	KRIGER Roman	40	SERCE NORDICA WŁOCŁAWEK	M60-69	10			00:22:37	00:40:32	01:04:10	01:21:55.00	+00:19:42 (24.1%)	8:11	7.3 (76.0%)
60	MADAJ Robert	47	STĘSZEW TEAM	M50-59	12	2		00:21:53	00:39:31	01:03:53	01:22:06.60	+00:19:54 (24.2%)	8:12	7.3 (76.0%)

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								2.5km	5km	7.5km				
61	PALUCH Paweł	59	AVOCADO WELLNESS CLUB	M50-59	13			00:22:06	00:40:17	01:03:35	01:22:10.85	+00:19:58 (24.3%)	8:13	7.3 (76.0%)
62	KAŁUSKI Marek	107		M60-69	11	1		00:21:17	00:40:13	01:02:43	01:22:20.20	+00:20:07 (24.4%)	8:14	7.3 (76.0%)
63	KURZEJA Marlena	105		K50-59	3			00:21:49	00:40:03	01:02:53	01:22:46.65	+00:20:34 (24.8%)	8:16	7.2 (75.0%)
64	PUZICHOWSKA Małgorzata	72	STOWARZYSZENIE NORDIC WALKING NORDIKI	K50-59	4			00:23:11	00:41:18	01:04:54	01:23:35.60	+00:21:23 (25.6%)	8:21	7.2 (75.0%)
65	KURZAWSKA Jolanta	44	KGHM METRACO RUDNA	K70+	1			00:22:23	00:41:01	01:05:10	01:23:36.55	+00:21:23 (25.6%)	8:21	7.2 (75.0%)
66	WNEK Ewa	96	RNB POLANICA ZDRÓJ	K60-69	4			00:22:39	00:41:04	01:04:46	01:23:41.30	+00:21:28 (25.7%)	8:22	7.2 (75.0%)
67	POSTEK Danuta	69	MARSZ PO ZDROWIE	K50-59	5			00:22:28	00:41:53	01:05:35	01:24:53.95	+00:22:41 (26.7%)	8:29	7.1 (74.0%)
68	GENDERA Ewa	109	DRUŻYNA OD SERCA	K40-49	8			00:23:20	00:42:01	01:07:06	01:25:46.75	+00:23:34 (27.5%)	8:34	7 (72.9%)
69	CZERWINSKA Anna	14	NW CZŁAPSKI TEAM	K60-69	5			00:23:18	00:42:08	01:07:15	01:26:14.05	+00:24:01 (27.9%)	8:37	7 (72.9%)
70	STANIEC Stanisław	81		M60-69	12			00:22:04	00:41:29	01:05:44	01:26:23.40	+00:24:10 (28.0%)	8:38	6.9 (71.9%)
71	PIETRUSZYŃSKA Dorota	62		K50-59	6			00:23:56	00:42:56	01:08:14	01:26:47.50	+00:24:34 (28.3%)	8:40	6.9 (71.9%)
72	POHL Anna	66	NESSI TIME BIAŁA	K50-59	7			00:23:58	00:43:19	01:07:55	01:26:49.25	+00:24:36 (28.3%)	8:40	6.9 (71.9%)
73	DOBROWOLSKI Robert	18	SPORTOWI EMERYCI JELENIA GÓRA	M60-69	13	1		00:23:42	00:43:32	01:07:23	01:27:01.75	+00:24:49 (28.5%)	8:42	6.9 (71.9%)
74	PAPIÓR Roman	60	KGHM METRACO RUDNA	M60-69	14			00:18:13	00:43:30	01:05:59	01:27:09.25	+00:24:56 (28.6%)	8:42	6.9 (71.9%)
75	JANKOWSKA Anna	28		K40-49	9			00:23:29	00:42:50	01:07:57	01:27:54.00	+00:25:41 (29.2%)	8:47	6.8 (70.8%)
76	TUCHULSKA Ewa	333		K30-39	5			00:23:08	00:42:00	01:07:41	01:27:55.55	+00:25:42 (29.2%)	8:47	6.8 (70.8%)
77	FRANCZAK Anna	23	NW CZŁAPSKI TEAM	K50-59	8			00:24:14	00:43:35	01:08:56	01:27:58.75	+00:25:46 (29.3%)	8:47	6.8 (70.8%)
78	JÓŹWIAK Łukasz	31	SERCE NORDICA WŁOCŁAWEK	M50-59	14			00:25:31	00:43:49	01:09:42	01:28:38.70	+00:26:26 (29.8%)	8:51	6.8 (70.8%)
79	MORAWIEC Marzena	53	NORDICUS STRZYBNICA	K40-49	10			00:24:07	00:44:22	01:09:03	01:28:58.50	+00:26:45 (30.1%)	8:53	6.7 (69.8%)
80	ZAWADZKA Maria	99	KGHM METRACO RUDNA	K70+	2			00:24:16	00:45:04	01:09:37	01:29:56.25	+00:27:43 (30.8%)	8:59	6.7 (69.8%)
81	GENDERA Ewa-Evita	108	DRUŻYNA OD SERCA	K50-59	9			00:24:00	00:44:26	01:09:45	01:29:59.20	+00:27:46 (30.9%)	8:59	6.7 (69.8%)
82	NOGALSKA Halina	223	NORDICUS STRZYBNICA	K60-69	6			00:25:14	00:45:06	01:10:15	01:30:50.25	+00:28:37 (31.5%)	9:05	6.6 (68.8%)
83	WANDTKE Antoni	101		M70+	5			00:23:38	00:44:40	01:09:56	01:31:43.45	+00:29:30 (32.2%)	9:10	6.5 (67.7%)

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								2.5km	5km	7.5km				
84	STANKOWSKA Marzena	83	KIJKOWE TRZEMESZNO	K40-49	11			00:25:15	00:44:48	01:13:08	01:32:02.55	+00:29:49 (32.4%)	9:12	6.5 (67.7%)
85	CHRZANOWSKI Mateusz	10		M30-39	6			00:25:07	00:45:04	01:11:44	01:32:08.00	+00:29:55 (32.5%)	9:12	6.5 (67.7%)
86	JANOWSKA Emilia	110	TEATR ZDROJOWY	K30-39	6			00:25:06	00:45:23	01:12:15	01:32:27.65	+00:30:15 (32.7%)	9:14	6.5 (67.7%)
87	CHOLEWKA Jolanta	8	MARSZ PO ZDROWIE POZNAŃ	K60-69	7			00:24:57	00:45:11	01:12:13	01:32:47.30	+00:30:34 (33.0%)	9:16	6.5 (67.7%)
88	MAŁGORZATA Bzdyra	104	DZIKI OSIOŁ	K40-49	12			00:24:48	00:45:09	01:12:13	01:33:01.75	+00:30:49 (33.1%)	9:18	6.5 (67.7%)
89	PIÓRKOWSKA Elwira	64		K40-49	13			00:25:10	00:45:40	01:12:51	01:33:33.00	+00:31:20 (33.5%)	9:21	6.4 (66.7%)
90	NIEPOROWSKA Beata	56		K50-59	10			00:24:25	00:45:53	01:12:17	01:33:51.55	+00:31:38 (33.7%)	9:23	6.4 (66.7%)
91	DOBROWOLSKA Bożena	17	SPORTOWI EMERYCI JELENIA GÓRA	K60-69	8			00:26:04	00:48:04	01:15:04	01:37:22.60	+00:35:10 (36.1%)	9:44	6.2 (64.6%)
92	PIÓRKOWSKI Jakub	65		M30-39	7			00:25:45	00:47:04	01:15:00	01:37:39.95	+00:35:27 (36.3%)	9:45	6.1 (63.5%)
93	PATER Zbigniew	61	WKB PIAST	M70+	6			00:30:55	00:54:13	01:24:08	01:48:53.20	+00:46:40 (42.9%)	10:53	5.5 (57.3%)
94	NOWICKA Ewa	58		K50-59	11	1		00:29:07	00:53:02	01:29:48	01:52:06.25	+00:49:53 (44.5%)	11:12	5.4 (56.3%)
95	WINIARSKI Robert	93		M50-59	15			00:28:20	00:52:57	01:26:00	01:54:20.65	+00:52:08 (45.6%)	11:26	5.2 (54.2%)
DQ	SZYMAŃSKI Stefan	88	SERCE NORDICA WŁOCŁAWEK	M70+		1	1	00:20:10 DQ	00:36:44 DQ	00:57:16 DQ	01:14:06.70 DQ		0:00	8.1 (84.4%)
DQ	FRANCZAK Dariusz	22	NW CZŁAPSKI TEAM	M50-59			1	00:21:07 DQ	00:38:26 DQ	01:00:13 DQ	01:17:43.20 DQ		0:00	7.7 (80.2%)

Znaleziono 97 wynik(ów)