



# OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W PÓLMARATONIE

B4SPORT

**Wydarzenie:** Mistrzostwa Polski Nordic Walking w Półmaratonie  
**Organizator:** Urząd Miasta Tarnowskie Góry  
**Data:** 2021-09-05  
**Miejsce:** Tarnowskie Góry / Strzybnica  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.03km	14.07km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJCIECHOWSKA Elżbieta</b>	<b>96</b>	POLIPACK TEAM	K35-39	1			00:43:03	01:26:20	<b>02:10:09.57</b>		6:10	9.7 (100%)
2	<b>ROSAK Marcin</b>	<b>67</b>	BACHUS NORDICUS ZIELONA GÓRA	M40-44	1			00:43:17	01:27:23	<b>02:12:20.45</b>	+00:02:10 (1.6%)	6:16	9.6 (99.0%)
3	<b>ROMANOWSKI Daniel</b>	<b>66</b>	KATOWICKI NORDIC WALKING	M18-34	1	2		00:44:31	01:29:28	<b>02:15:17.52</b>	+00:05:07 (3.8%)	6:24	9.4 (96.9%)
4	<b>WOJTOWICZ Tomasz</b>	<b>97</b>	K.B ATHLETIC RZĘCIN	M18-34	2	1		00:43:00	01:27:18	<b>02:15:45.35</b>	+00:05:35 (4.1%)	6:26	9.3 (95.9%)
5	<b>WILCZEK Krzysztof</b>	<b>84</b>	CIDRY LOTAJOM	M45-49	1			00:44:43	01:30:48	<b>02:19:06.00</b>	+00:08:56 (6.4%)	6:35	9.1 (93.8%)
6	<b>MICHALSKI Andrzej</b>	<b>52</b>	PŁOMIEŃ ZMIENNICA	M60-64	1	1		00:45:32	01:33:10	<b>02:20:28.32</b>	+00:10:18 (7.3%)	6:39	9 (92.8%)
7	<b>ŚWIDEREK Marcin</b>	<b>76</b>	NW CZŁAPSKI TEAM	M40-44	2			00:46:44	01:32:27	<b>02:20:37.38</b>	+00:10:27 (7.4%)	6:39	9 (92.8%)
8	<b>CZŁONKOWSKI Krzysztof</b>	<b>13</b>	OLIIMPIJCZYK SZCZEKOCINY	M45-49	2			00:44:47	01:31:31	<b>02:20:40.77</b>	+00:10:31 (7.5%)	6:40	9 (92.8%)
9	<b>KACPRZAK Sławek</b>	<b>33</b>	NWPL/LZS JUSTYNÓW	M45-49	3	1		00:46:50	01:34:29	<b>02:24:32.90</b>	+00:14:23 (10.0%)	6:50	8.8 (90.7%)
10	<b>CZERSKI Krzysztof</b>	<b>12</b>	ŁÓDZKA SZKOŁA NORDIC WALKING / KS ULTRA TEAM ŁÓDŹ	M40-44	3	1		00:44:48	01:32:33	<b>02:24:33.16</b>	+00:14:23 (10.0%)	6:51	8.8 (90.7%)
11	<b>MAŁKA Marian</b>	<b>48</b>		M60-64	2			00:47:02	01:35:52	<b>02:26:15.45</b>	+00:16:05 (11.0%)	6:55	8.7 (89.7%)
12	<b>SŁUPIANEK Paweł</b>	<b>72</b>	KATOWICKI NORDIC WALKING	M40-44	4			00:46:57	01:35:16	<b>02:26:35.87</b>	+00:16:26 (11.2%)	6:56	8.6 (88.7%)
13	<b>CIMPRICH Petr</b>	<b>11</b>	NORDIC WALKING OLOMOUC	M35-39	1			00:48:12	01:37:00	<b>02:28:07.26</b>	+00:17:57 (12.1%)	7:01	8.5 (87.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.03km	14.07km	Czas		Tempo min/km	Tempo km/h
										netto 21.1km	Różn		
14	<b>BIBKO Martin</b>	<b>8</b>	SPEEDBAR	M45-49	4	1		00:46:55	01:35:47	<b>02:28:38.17</b>	+00:18:28 (12.4%)	7:02	8.5 (87.6%)
15	<b>MAKOWSKI Jan</b>	<b>46</b>		M60-64	3	1		00:47:47	01:37:55	<b>02:28:49.44</b>	+00:18:39 (12.5%)	7:03	8.5 (87.6%)
16	<b>KOWALSKI Marek</b>	<b>41</b>		M55-59	1			00:50:42	01:41:32	<b>02:31:20.96</b>	+00:21:11 (14.0%)	7:10	8.4 (86.6%)
17	<b>GOŁĘBIEWSKI Krzysztof</b>	<b>24</b>	ZAWSZE MŁODZI NORDIC WALKING	M55-59	2			00:50:29	01:41:35	<b>02:32:08.97</b>	+00:21:59 (14.5%)	7:12	8.3 (85.6%)
18	<b>HAŁAS Marcin</b>	<b>30</b>		M35-39	2			00:49:16	01:40:07	<b>02:33:26.16</b>	+00:23:16 (15.2%)	7:16	8.3 (85.6%)
19	<b>RAJEK Magdalena</b>	<b>64</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	1			00:51:56	01:42:43	<b>02:33:51.98</b>	+00:23:42 (15.4%)	7:17	8.2 (84.5%)
20	<b>KOŁODZIEJ Joanna</b>	<b>36</b>	MALINOWE GWIAZDY	K50-54	1	2		00:49:21	01:40:43	<b>02:33:57.29</b>	+00:23:47 (15.5%)	7:17	8.2 (84.5%)
21	<b>MISZTAL Grzegorz</b>	<b>53</b>	NORDIC ARMY	M18-34	3			00:53:18	01:44:25	<b>02:34:22.28</b>	+00:24:12 (15.7%)	7:18	8.2 (84.5%)
22	<b>KLAWCZYŃSKI Marcin</b>	<b>35</b>	AKTYWNIE W PNIEWACH	M18-34	4			00:51:46	01:44:28	<b>02:37:44.88</b>	+00:27:35 (17.5%)	7:28	8 (82.5%)
23	<b>CZMOCH Marian</b>	<b>14</b>	PUKS ŁOSICE	M70-74	1			00:52:14	01:44:26	<b>02:38:12.05</b>	+00:28:02 (17.7%)	7:29	8 (82.5%)
24	<b>WOJTAL Marta</b>	<b>88</b>	CIDRY LOTAJOM	K35-39	2			00:53:26	01:46:06	<b>02:38:18.95</b>	+00:28:09 (17.8%)	7:30	8 (82.5%)
25	<b>KOWACZ Agata</b>	<b>39</b>	SPEEDBAR	K35-39	3			00:51:42	01:45:31	<b>02:39:05.73</b>	+00:28:56 (18.2%)	7:32	8 (82.5%)
26	<b>SITTEK Agnieszka</b>	<b>71</b>		K40-44	2	1		00:52:00	01:45:13	<b>02:39:12.81</b>	+00:29:03 (18.2%)	7:32	8 (82.5%)
27	<b>KRUGIOŁKA Grzegorz</b>	<b>42</b>	AKTYWNIE W PNIEWACH	M35-39	3			00:51:51	01:44:03	<b>02:39:47.40</b>	+00:29:37 (18.5%)	7:34	7.9 (81.4%)
28	<b>KOWALCZYK Tadeusz</b>	<b>40</b>		M65-69	1			00:52:18	01:45:41	<b>02:40:09.19</b>	+00:29:59 (18.7%)	7:35	7.9 (81.4%)
29	<b>BARTCZAK Mirosław</b>	<b>6</b>		M60-64	4			00:52:42	01:45:37	<b>02:40:26.24</b>	+00:30:16 (18.9%)	7:36	7.9 (81.4%)
30	<b>POSTULKA Adam</b>	<b>62</b>		M50-54	1	1		00:54:01	01:47:39	<b>02:40:32.56</b>	+00:30:22 (18.9%)	7:36	7.9 (81.4%)
31	<b>WÓJCIK Barbara</b>	<b>89</b>	LUKI TEAM POLSKA	K60-64	1			00:52:15	01:46:24	<b>02:40:59.48</b>	+00:30:49 (19.2%)	7:37	7.9 (81.4%)
32	<b>HRYNDIO Jerzy</b>	<b>99</b>	STADION ŚLĄSKI	M65-69	2			00:52:03	01:45:37	<b>02:41:11.61</b>	+00:31:02 (19.3%)	7:38	7.9 (81.4%)
33	<b>DRENDA Alicja</b>	<b>15</b>	PARK ŚLĄSKI	K40-44	3			00:53:13	01:46:27	<b>02:41:14.50</b>	+00:31:04 (19.3%)	7:38	7.9 (81.4%)
34	<b>MAŚLANKA Iwona</b>	<b>51</b>	MARSZ PO ZDROWIE	K50-54	2	2		00:51:25	01:44:07	<b>02:41:46.19</b>	+00:31:36 (19.5%)	7:39	7.8 (80.4%)
35	<b>HOCZEK Aneta</b>	<b>31</b>	KIEDY SIĘ ZMĘCZYSZ ? JUTRO !	K40-44	4			00:52:42	01:46:46	<b>02:42:31.38</b>	+00:32:21 (19.9%)	7:42	7.8 (80.4%)
36	<b>TOŁAJ Andrzej</b>	<b>80</b>	KATOWICKI NORDIC WALKING	M60-64	5			00:53:05	01:47:00	<b>02:42:39.76</b>	+00:32:30 (20.0%)	7:42	7.8 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.03km	14.07km	Czas		Tempo min/km	Tempo km/h
										netto 21.1km	Różn		
37	WINCZEWSKI Piotr	95		M55-59	3	1		00:51:50	01:46:03	<b>02:43:45.10</b>	+00:33:35 (20.5%)	7:45	7.7 (79.4%)
38	LOSKA Romuald	44		M65-69	3			00:52:51	01:47:48	<b>02:43:52.39</b>	+00:33:42 (20.6%)	7:45	7.7 (79.4%)
39	SMAJDOR Leszek	73		M60-64	6	1		00:53:08	01:47:40	<b>02:44:11.84</b>	+00:34:02 (20.7%)	7:46	7.7 (79.4%)
40	RUDAWSKI Maciej	68	MARSZ PO ZDROWIE	M35-39	4			00:52:54	01:48:13	<b>02:45:58.00</b>	+00:35:48 (21.6%)	7:51	7.6 (78.4%)
41	MACHOLC Piotr	45	ŻÓŁWIK	M65-69	4			00:55:30	01:51:01	<b>02:46:52.23</b>	+00:36:42 (22.0%)	7:54	7.6 (78.4%)
42	TERESIŃSKA Jolanta	79	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:53:28	01:50:25	<b>02:46:54.35</b>	+00:36:44 (22.0%)	7:54	7.6 (78.4%)
43	WIŚNIEWSKI Roman	85		M65-69	5			00:55:02	01:50:59	<b>02:46:55.59</b>	+00:36:46 (22.0%)	7:54	7.6 (78.4%)
44	SCHLAGNER Henryk	70		M65-69	6			00:54:45	01:51:03	<b>02:46:55.62</b>	+00:36:46 (22.0%)	7:54	7.6 (78.4%)
45	JUZOF Iwona	32		K45-49	2			00:53:24	01:49:15	<b>02:47:44.62</b>	+00:37:35 (22.4%)	7:56	7.5 (77.3%)
46	MARKS Adrian	50	LECYMY DURŚ	M50-54	2			00:54:01	01:49:37	<b>02:47:58.64</b>	+00:37:49 (22.5%)	7:57	7.5 (77.3%)
47	ADAMUS Marian	3	UNIWERSYTET TRZECIEGO WIEKU	M70-74	2			00:54:05	01:50:30	<b>02:48:19.22</b>	+00:38:09 (22.7%)	7:58	7.5 (77.3%)
48	KOŚCIEŃ Joanna	38	BOBRY WALKING	K50-54	3			00:54:54	01:50:48	<b>02:48:25.15</b>	+00:38:15 (22.7%)	7:58	7.5 (77.3%)
49	GRUSZKA Michal	26	ETHOENERGY POLAND S.A.	M45-49	5	1		00:55:30	01:51:39	<b>02:48:34.86</b>	+00:38:25 (22.8%)	7:59	7.5 (77.3%)
50	POSTEK Danuta	61	MARSZ PO ZDROWIE	K55-59	1	1		00:54:39	01:50:54	<b>02:48:36.47</b>	+00:38:26 (22.8%)	7:59	7.5 (77.3%)
51	STEFANIAK Emilia	74	HARPAGAN SOSNOWIEC NW	K60-64	2			00:55:04	01:51:32	<b>02:49:31.73</b>	+00:39:22 (23.2%)	8:02	7.5 (77.3%)
52	RUSINOWICZ Andrzej	69	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1			00:55:27	01:51:22	<b>02:49:40.51</b>	+00:39:30 (23.3%)	8:02	7.5 (77.3%)
53	GŁOMBIK Krzysztof	22		M55-59	4			00:55:15	01:52:09	<b>02:49:44.87</b>	+00:39:35 (23.3%)	8:02	7.5 (77.3%)
54	WOJDANOWSKA Małgorzata	87	LECYMY DURŚ	K18-34	1	2		00:54:35	01:50:17	<b>02:49:46.28</b>	+00:39:36 (23.3%)	8:02	7.5 (77.3%)
55	ŚWITALSKA Beata	77		K40-44	5			00:55:08	01:51:43	<b>02:50:52.33</b>	+00:40:42 (23.8%)	8:05	7.4 (76.3%)
56	GUTOWSKA Magdalena	28	PAUL TEAM	K45-49	3			00:54:06	01:51:10	<b>02:50:58.96</b>	+00:40:49 (23.9%)	8:06	7.4 (76.3%)
57	PALUCH Paweł	57	AVOCADO WELLNESS CLUB	M55-59	5			00:54:24	01:52:07	<b>02:52:19.82</b>	+00:42:10 (24.5%)	8:09	7.3 (75.3%)
58	ZAWADZKI Zygmunt	92	CIDRY LOTAJOM	M65-69	7			00:57:31	01:54:29	<b>02:52:34.66</b>	+00:42:25 (24.6%)	8:10	7.3 (75.3%)
59	ŚWITALSKI Robert	78		M45-49	6			00:56:25	01:53:14	<b>02:52:55.43</b>	+00:42:45 (24.7%)	8:11	7.3 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	7.03km	14.07km	Czas		Tempo min/km	Tempo km/h
										21.1km	Różn		
60	<b>TOMCZYK Edward</b>	<b>81</b>	MARSZ PO ZDROWIE	M70-74	3			00:55:41	01:51:42	<b>02:53:19.58</b>	+00:43:10 (24.9%)	8:12	7.3 (75.3%)
61	<b>GAŹDZICKA-WÓDKA Ewa</b>	<b>19</b>		K35-39	4			00:54:39	01:52:56	<b>02:53:24.98</b>	+00:43:15 (24.9%)	8:13	7.3 (75.3%)
62	<b>GARBUZ Agnieszka</b>	<b>18</b>		K45-49	4	1		00:55:09	01:53:56	<b>02:53:42.62</b>	+00:43:33 (25.1%)	8:13	7.3 (75.3%)
63	<b>GODAWA Ireneusz</b>	<b>23</b>	STADION ŚLĄSKI	M55-59	6			00:53:06	01:51:12	<b>02:54:03.06</b>	+00:43:53 (25.2%)	8:14	7.3 (75.3%)
64	<b>SYMA Sebastian</b>	<b>75</b>		M45-49	7			00:56:45	01:55:43	<b>02:54:17.90</b>	+00:44:08 (25.3%)	8:15	7.3 (75.3%)
65	<b>PIERNIKARCZYK Adrian</b>	<b>100</b>		M45-49	8	1		00:56:45	01:52:45	<b>02:54:26.53</b>	+00:44:16 (25.4%)	8:16	7.3 (75.3%)
66	<b>GUTOWSKI Paweł</b>	<b>29</b>	PAUL TEAM	M45-49	9			00:56:28	01:54:46	<b>02:54:49.87</b>	+00:44:40 (25.6%)	8:17	7.2 (74.2%)
67	<b>ANYŻ Maria</b>	<b>4</b>	KIJE W DOBRYCH RĘKACH	K70-74	1			00:56:13	01:54:35	<b>02:55:34.70</b>	+00:45:25 (25.9%)	8:19	7.2 (74.2%)
68	<b>PAŤORKOVÁ Sabina</b>	<b>58</b>		K45-49	5			00:58:10	01:57:04	<b>02:57:38.90</b>	+00:47:29 (26.7%)	8:25	7.1 (73.2%)
69	<b>PŁONKA Krzysztof</b>	<b>60</b>		M55-59	7			00:57:13	01:56:33	<b>02:58:32.96</b>	+00:48:23 (27.1%)	8:27	7.1 (73.2%)
70	<b>CIEMNOŁOŃSKI Genadiusz</b>	<b>10</b>	-	M65-69	8			00:57:09	01:56:52	<b>02:58:35.41</b>	+00:48:25 (27.1%)	8:27	7.1 (73.2%)
71	<b>BARCZYK Jolanta</b>	<b>5</b>	ZABIEGANI CZĘSTOCHOWA	K60-64	3			00:58:12	01:57:37	<b>02:58:50.67</b>	+00:48:41 (27.2%)	8:28	7.1 (73.2%)
72	<b>GRZEBIELUCH Elżbieta</b>	<b>27</b>	HARPAGAN SOSNOWIEC NW	K65-69	1			00:58:31	01:59:03	<b>02:59:11.56</b>	+00:49:01 (27.4%)	8:29	7.1 (73.2%)
73	<b>CICHOŃ Michał</b>	<b>9</b>	EKIPA NA KIJACH	M50-54	3	1		00:57:42	01:57:02	<b>02:59:46.09</b>	+00:49:36 (27.6%)	8:31	7 (72.2%)
74	<b>GÓRECKA Iwona</b>	<b>25</b>	STADION ŚLĄSKI	K55-59	2			00:59:01	02:00:02	<b>03:01:31.01</b>	+00:51:21 (28.3%)	8:36	7 (72.2%)
75	<b>UCHTO Adrian</b>	<b>82</b>		M18-34	5	1		00:59:25	01:59:38	<b>03:02:37.68</b>	+00:52:28 (28.7%)	8:39	6.9 (71.1%)
76	<b>DRYGALSKA Aleksandra</b>	<b>16</b>	KIJE W DOBRYCH RĘKACH	K65-69	2			00:58:53	02:00:00	<b>03:04:09.94</b>	+00:54:00 (29.3%)	8:43	6.9 (71.1%)
77	<b>NOGALSKA Halina</b>	<b>56</b>	NORDICUS STRZYBNICA	K65-69	3			00:58:58	02:00:01	<b>03:04:29.30</b>	+00:54:19 (29.4%)	8:44	6.9 (71.1%)
78	<b>KROGULEC Alina</b>	<b>98</b>		K40-44	6			01:01:05	02:02:10	<b>03:04:40.61</b>	+00:54:31 (29.5%)	8:45	6.9 (71.1%)
79	<b>ZAWADZKA Maria</b>	<b>91</b>	KGHM METRACO RUDNA	K70-74	2			01:01:10	02:02:58	<b>03:05:23.59</b>	+00:55:14 (29.8%)	8:47	6.8 (70.1%)
80	<b>ADAMOWICZ Andrzej</b>	<b>2</b>		M75-79	2			01:00:50	02:02:51	<b>03:05:40.63</b>	+00:55:31 (29.9%)	8:47	6.8 (70.1%)
81	<b>KANICKA Sylwia</b>	<b>34</b>		K40-44	7			01:01:19	02:03:39	<b>03:06:37.63</b>	+00:56:28 (30.3%)	8:50	6.8 (70.1%)
82	<b>ZIEMBA Elżbieta</b>	<b>93</b>		K45-49	6			01:01:07	02:03:42	<b>03:07:20.46</b>	+00:57:10 (30.5%)	8:52	6.8 (70.1%)

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83	<b>GAŹDZICKI Stanisław</b>	<b>20</b>		M60-64	7			01:00:05	02:03:00	<b>03:08:23.90</b>	+00:58:14 (30.9%)	8:55	6.7 (69.1%)
84	<b>WAWRZYŃCZOK Krzysztof</b>	<b>83</b>	NORDICUS STRZYBNICA	M40-44	5			01:01:54	02:05:05	<b>03:13:03.46</b>	+01:02:53 (32.6%)	9:08	6.6 (68.0%)
85	<b>ABRAMOWICZ Damian</b>	<b>1</b>	WATAHA ŁĄCZY NAS BIEGANIE	M50-54	4			01:02:48	02:08:24	<b>03:19:35.33</b>	+01:09:25 (34.8%)	9:27	6.3 (64.9%)
86	<b>BARTOSIK Sylwia</b>	<b>7</b>	NW BEŁCHATÓW	K35-39	5			01:10:37	02:25:55	<b>03:41:32.58</b>	+01:31:23 (41.2%)	10:29	5.7 (58.8%)
87	<b>PLEBAN Hanna</b>	<b>59</b>		K35-39	6	1		01:12:37	02:30:51	<b>03:51:10.04</b>	+01:41:00 (43.7%)	10:57	5.5 (56.7%)
DNC	<b>GIERCZAK Sara</b>	<b>21</b>		K18-34				01:14:24	02:40:38				(0.0%)
	<b>ROMAN Jakub</b>	<b>65</b>		M18-34				00:57:48 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>DRYNDA Franciszek</b>	<b>17</b>	NORDICUS STRZYBNICA	M70-74				01:01:18 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>ZAJĄC Kacper</b>	<b>90</b>		M18-34				DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 91 wynik(ów)