



OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

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: M-OPEN

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	ROSAK Marcin	67	BACHUS NORDICUS ZIELONA GÓRA	M40-44	1			00:43:17	01:27:23	02:12:20.45		6:16	9.6 (100%)
2	ROMANOWSKI Daniel	66	KATOWICKI NORDIC WALKING	M18-34	1	2		00:44:31	01:29:28	02:15:17.52	+00:02:57 (2.2%)	6:24	9.4 (97.9%)
3	WOJTOWICZ Tomasz	97	K.B ATHLETIC RZĘCIN	M18-34	2	1		00:43:00	01:27:18	02:15:45.35	+00:03:24 (2.5%)	6:26	9.3 (96.9%)
4	WILCZEK Krzysztof	84	CIDRY LOTAJOM	M45-49	1			00:44:43	01:30:48	02:19:06.00	+00:06:45 (4.9%)	6:35	9.1 (94.8%)
5	MICHALSKI Andrzej	52	PŁOMIEŃ ZMIENNICA	M60-64	1	1		00:45:32	01:33:10	02:20:28.32	+00:08:07 (5.8%)	6:39	9 (93.8%)
6	ŚWIDEREK Marcin	76	NW CZĘLAPSKI TEAM	M40-44	2			00:46:44	01:32:27	02:20:37.38	+00:08:16 (5.9%)	6:39	9 (93.8%)
7	CZŁONKOWSKI Krzysztof	13	OLIIMPIJCZYK SZCZEKOCINY	M45-49	2			00:44:47	01:31:31	02:20:40.77	+00:08:20 (5.9%)	6:40	9 (93.8%)
8	KACPRZAK Sławek	33	NWPL/LZS JUSTYNÓW	M45-49	3	1		00:46:50	01:34:29	02:24:32.90	+00:12:12 (8.4%)	6:50	8.8 (91.7%)
9	CZERSKI Krzysztof	12	ŁÓDZKA SZKOŁA NORDIC WALKING / KS ULTRA TEAM ŁÓDŹ	M40-44	3	1		00:44:48	01:32:33	02:24:33.16	+00:12:12 (8.4%)	6:51	8.8 (91.7%)
10	MAŁKA Marian	48		M60-64	2			00:47:02	01:35:52	02:26:15.45	+00:13:54 (9.5%)	6:55	8.7 (90.6%)
11	SŁUPIANEK Paweł	72	KATOWICKI NORDIC WALKING	M40-44	4			00:46:57	01:35:16	02:26:35.87	+00:14:15 (9.7%)	6:56	8.6 (89.6%)
12	CIMPRICH Petr	11	NORDIC WALKING OLOMOUC	M35-39	1			00:48:12	01:37:00	02:28:07.26	+00:15:46 (10.7%)	7:01	8.5 (88.5%)
13	BIBKO Martin	8	SPEEDBAR	M45-49	4	1		00:46:55	01:35:47	02:28:38.17	+00:16:17 (11.0%)	7:02	8.5 (88.5%)

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										netto 21.1km	Różn		
14	MAKOWSKI Jan	46		M60-64	3	1		00:47:47	01:37:55	02:28:49.44	+00:16:28 (11.1%)	7:03	8.5 (88.5%)
15	KOWALSKI Marek	41		M55-59	1			00:50:42	01:41:32	02:31:20.96	+00:19:00 (12.6%)	7:10	8.4 (87.5%)
16	GOŁĘBIEWSKI Krzysztof	24	ZAWSZE MŁODZI NORDIC WALKING	M55-59	2			00:50:29	01:41:35	02:32:08.97	+00:19:48 (13.0%)	7:12	8.3 (86.5%)
17	HAŁAS Marcin	30		M35-39	2			00:49:16	01:40:07	02:33:26.16	+00:21:05 (13.7%)	7:16	8.3 (86.5%)
18	MISZTAL Grzegorz	53	NORDIC ARMY	M18-34	3			00:53:18	01:44:25	02:34:22.28	+00:22:01 (14.3%)	7:18	8.2 (85.4%)
19	KLAWCZYŃSKI Marcin	35	AKTYWNIE W PNIEWACH	M18-34	4			00:51:46	01:44:28	02:37:44.88	+00:25:24 (16.1%)	7:28	8 (83.3%)
20	CZMOCH Marian	14	PUKS ŁOSICE	M70-74	1			00:52:14	01:44:26	02:38:12.05	+00:25:51 (16.3%)	7:29	8 (83.3%)
21	KRUGIOŁKA Grzegorz	42	AKTYWNIE W PNIEWACH	M35-39	3			00:51:51	01:44:03	02:39:47.40	+00:27:26 (17.2%)	7:34	7.9 (82.3%)
22	KOWALCZYK Tadeusz	40		M65-69	1			00:52:18	01:45:41	02:40:09.19	+00:27:48 (17.4%)	7:35	7.9 (82.3%)
23	BARTCZAK Mirosław	6		M60-64	4			00:52:42	01:45:37	02:40:26.24	+00:28:05 (17.5%)	7:36	7.9 (82.3%)
24	POSTULKA Adam	62		M50-54	1	1		00:54:01	01:47:39	02:40:32.56	+00:28:12 (17.6%)	7:36	7.9 (82.3%)
25	HRYNDIO Jerzy	99	STADION ŚLĄSKI	M65-69	2			00:52:03	01:45:37	02:41:11.61	+00:28:51 (17.9%)	7:38	7.9 (82.3%)
26	TOŁAJ Andrzej	80	KATOWICKI NORDIC WALKING	M60-64	5			00:53:05	01:47:00	02:42:39.76	+00:30:19 (18.6%)	7:42	7.8 (81.3%)
27	WINCZEWSKI Piotr	95		M55-59	3	1		00:51:50	01:46:03	02:43:45.10	+00:31:24 (19.2%)	7:45	7.7 (80.2%)
28	LOSKA Romuald	44		M65-69	3			00:52:51	01:47:48	02:43:52.39	+00:31:31 (19.2%)	7:45	7.7 (80.2%)
29	SMAJDOR Leszek	73		M60-64	6	1		00:53:08	01:47:40	02:44:11.84	+00:31:51 (19.4%)	7:46	7.7 (80.2%)
30	RUDAWSKI Maciej	68	MARSZ PO ZDROWIE	M35-39	4			00:52:54	01:48:13	02:45:58.00	+00:33:37 (20.3%)	7:51	7.6 (79.2%)
31	MACHOLC Piotr	45	ŻÓŁWIK	M65-69	4			00:55:30	01:51:01	02:46:52.23	+00:34:31 (20.7%)	7:54	7.6 (79.2%)
32	WIŚNIEWSKI Roman	85		M65-69	5			00:55:02	01:50:59	02:46:55.59	+00:34:35 (20.7%)	7:54	7.6 (79.2%)
33	SCHLAGNER Henryk	70		M65-69	6			00:54:45	01:51:03	02:46:55.62	+00:34:35 (20.7%)	7:54	7.6 (79.2%)
34	MARKS Adrian	50	LECYMY DURŚ	M50-54	2			00:54:01	01:49:37	02:47:58.64	+00:35:38 (21.2%)	7:57	7.5 (78.1%)
35	ADAMUS Marian	3	UNIWERSYTET TRZECIEGO WIEKU	M70-74	2			00:54:05	01:50:30	02:48:19.22	+00:35:58 (21.4%)	7:58	7.5 (78.1%)
36	GRUSZKA Michał	26	ETHOSENENERGY POLAND S.A.	M45-49	5	1		00:55:30	01:51:39	02:48:34.86	+00:36:14 (21.5%)	7:59	7.5 (78.1%)

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37	RUSINOWICZ Andrzej	69	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1			00:55:27	01:51:22	02:49:40.51	+00:37:20 (22.0%)	8:02	7.5 (78.1%)
38	GŁOMBIK Krzysztof	22		M55-59	4			00:55:15	01:52:09	02:49:44.87	+00:37:24 (22.0%)	8:02	7.5 (78.1%)
39	PALUCH Paweł	57	AVOCADO WELLNESS CLUB	M55-59	5			00:54:24	01:52:07	02:52:19.82	+00:39:59 (23.2%)	8:09	7.3 (76.0%)
40	ZAWADZKI Zygmunt	92	CIDRY LOTAJOM	M65-69	7			00:57:31	01:54:29	02:52:34.66	+00:40:14 (23.3%)	8:10	7.3 (76.0%)
41	ŚWITALSKI Robert	78		M45-49	6			00:56:25	01:53:14	02:52:55.43	+00:40:34 (23.5%)	8:11	7.3 (76.0%)
42	TOMCZYK Edward	81	MARSZ PO ZDROWIE	M70-74	3			00:55:41	01:51:42	02:53:19.58	+00:40:59 (23.6%)	8:12	7.3 (76.0%)
43	GODAWA Ireneusz	23	STADION ŚLĄSKI	M55-59	6			00:53:06	01:51:12	02:54:03.06	+00:41:42 (24.0%)	8:14	7.3 (76.0%)
44	SYMA Sebastian	75		M45-49	7			00:56:45	01:55:43	02:54:17.90	+00:41:57 (24.1%)	8:15	7.3 (76.0%)
45	PIERNIKARCZYK Adrian	100		M45-49	8	1		00:56:45	01:52:45	02:54:26.53	+00:42:06 (24.1%)	8:16	7.3 (76.0%)
46	GUTOWSKI Paweł	29	PAUL TEAM	M45-49	9			00:56:28	01:54:46	02:54:49.87	+00:42:29 (24.3%)	8:17	7.2 (75.0%)
47	PŁONKA Krzysztof	60		M55-59	7			00:57:13	01:56:33	02:58:32.96	+00:46:12 (25.9%)	8:27	7.1 (74.0%)
48	CIEMNOŁOŃSKI Genadiusz	10	-	M65-69	8			00:57:09	01:56:52	02:58:35.41	+00:46:14 (25.9%)	8:27	7.1 (74.0%)
49	CICHOŃ Michał	9	EKIPA NA KIJACH	M50-54	3	1		00:57:42	01:57:02	02:59:46.09	+00:47:25 (26.4%)	8:31	7 (72.9%)
50	UCHTO Adrian	82		M18-34	5	1		00:59:25	01:59:38	03:02:37.68	+00:50:17 (27.5%)	8:39	6.9 (71.9%)
51	ADAMOWICZ Andrzej	2		M75-79	2			01:00:50	02:02:51	03:05:40.63	+00:53:20 (28.7%)	8:47	6.8 (70.8%)
52	GAŹDZICKI Stanisław	20		M60-64	7			01:00:05	02:03:00	03:08:23.90	+00:56:03 (29.8%)	8:55	6.7 (69.8%)
53	WAWRZYŃCZOK Krzysztof	83	NORDICUS STRZYBNICA	M40-44	5			01:01:54	02:05:05	03:13:03.46	+01:00:43 (31.5%)	9:08	6.6 (68.8%)
54	ABRAMOWICZ Damian	1	WATAHA ŁĄCZY NAS BIEGANIE	M50-54	4			01:02:48	02:08:24	03:19:35.33	+01:07:14 (33.7%)	9:27	6.3 (65.6%)
	ROMAN Jakub	65		M18-34				00:57:48 DNF	DNF	DNF	-	-	- (0.0%)
	DRYNDA Franciszek	17	NORDICUS STRZYBNICA	M70-74				01:01:18 DNF	DNF	DNF	-	-	- (0.0%)
	ZAJĄC Kacper	90		M18-34				DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 57 wynik(ów)