

RAJD

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

V Międzynarodowe Mistrzostwa Polski Nordic Walking
Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking,
2023-03-25
Prudnik
7 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	84	K.S. VICTORIA POTĘGOWO	OPEN -M	1	00:31:54.10		4:33	13.2 (100%)
2	MAŁKA Marian	51		OPEN -M	2	00:33:36.65	+00:01:42 (5.1%)	4:48	12.5 (94.7%)
3	PRADUŃ Michał	71		OPEN -M	3	00:34:13.65	+00:02:19 (6.8%)	4:53	12.3 (93.2%)
4	RAKOWIECKI Zbigniew	86	POLIPACK TEAM GWE	OPEN -M	4	00:35:31.75	+00:03:37 (10.2%)	5:04	11.8 (89.4%)
5	KLECZ Magda	35	URSUS TEAM NW	OPEN -K	1	00:36:36.50	+00:04:42 (12.9%)	5:13	11.5 (87.1%)
6	PACYNA Jan	67	NORDICUS STRZYBNICA	OPEN -M	5	00:37:14.40	+00:05:20 (14.3%)	5:19	11.3 (85.6%)
7	PINTAK Artur	68		OPEN -M	6	00:37:46.45	+00:05:52 (15.5%)	5:23	11.1 (84.1%)
8	KOZŁOWSKA Ewa	43	ESJA TEAM	OPEN -K	2	00:37:47.50	+00:05:53 (15.6%)	5:23	11.1 (84.1%)
9	PIĄTEK Dariusz	129	POLIPACK TEAM GWE	OPEN -M	7	00:38:10.10	+00:06:16 (16.4%)	5:27	11 (83.3%)
10	KORDOWSKA Bogusława	40	LUX TORPEDAMAŁOPOLSKA	OPEN -K	3	00:38:23.60	+00:06:29 (16.9%)	5:29	10.9 (82.6%)
11	MALINOWSKA Magdalena	50	KS NW BEŁCHATÓW	OPEN -K	4	00:38:37.90	+00:06:43 (17.4%)	5:31	10.9 (82.6%)
12	POLAK Marcel	70	OBORYGENI	OPEN -M	8	00:38:45.60	+00:06:51 (17.7%)	5:32	10.8 (81.8%)
13	ZAJĄCZKOWSKA Bożena	83	MASZERUJEMY Z NOGAMI W CHMURACH	OPEN -K	5	00:39:07.50	+00:07:13 (18.5%)	5:35	10.7 (81.1%)
14	KOCEL Grzegorz	37	NORDIC WALKING LYSKI	OPEN -M	9	00:39:27.45	+00:07:33 (19.1%)	5:38	10.6 (80.3%)
15	KORPOK Aleksandra	42	NORDICUS STRZYBNICA	OPEN -K	6	00:39:40.90	+00:07:46 (19.6%)	5:40	10.6 (80.3%)
16	MARCZYŃSKA Marta	54	POLIPACK TEAM GWE	OPEN -K	7	00:39:45.95	+00:07:51 (19.8%)	5:40	10.6 (80.3%)
17	MANDRYSZ Aleksandra	53	NORDIC WALKING LYSKI	OPEN -K	8	00:40:19.70	+00:08:25 (20.9%)	5:45	10.4 (78.8%)
18	GÓRSKI Henryk	19	UTW OLEŚNICA	OPEN -M	10	00:40:31.50	+00:08:37 (21.3%)	5:47	10.4 (78.8%)
19	HILGNER Katarzyna	21	NORDICUS STRZYBNICA	OPEN -K	9	00:41:13.05	+00:09:18 (22.6%)	5:53	10.2 (77.3%)
20	BREGUŁA Henryk	6	NORDICUS STRZYBNICA	OPEN -M	11	00:41:26.20	+00:09:32 (23.0%)	5:55	10.1 (76.5%)
21	SEIFFERT Wiktor	18		OPEN -M	12	00:41:37.20	+00:09:43 (23.4%)	5:56	10.1 (76.5%)
22	NIESTRÓJ Sylwia	62	DYSTANS LUBOMIA	OPEN -K	10	00:41:46.50	+00:09:52 (23.6%)	5:58	10.1 (76.5%)
23	MALINIAK Aleksandra	49	OBORYGENI	OPEN -K	11	00:42:35.10	+00:10:41 (25.1%)	6:05	9.9 (75.0%)
24	MORAWIEC Marzena	59	NORDICUS STRZYBNICA	OPEN -K	12	00:42:48.50	+00:10:54 (25.5%)	6:06	9.8 (74.2%)
25	GIZA Elżbieta	16	NORDICUS STRZYBNICA	OPEN -K	13	00:43:10.85	+00:11:16 (26.1%)	6:10	9.7 (73.5%)
26	SZCZĘSNY Danuta	76	NORDICUS STRZYBNICA	OPEN -K	14	00:43:20.35	+00:11:26 (26.4%)	6:11	9.7 (73.5%)

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27	SEGA Dominika	73	NORDICUS	OPEN -K	15	00:43:25.30	+00:11:31 (26.5%)	6:12	9.7 (73.5%)
28	KOMOCKA Julia	39		OPEN -K	16	00:43:26.05	+00:11:31 (26.6%)	6:12	9.7 (73.5%)
29	KLIMKO Stanisław	36		OPEN -M	13	00:43:27.10	+00:11:33 (26.6%)	6:12	9.7 (73.5%)
30	LACHNIK Grazyna	47		OPEN -K	17	00:43:34.75	+00:11:40 (26.8%)	6:13	9.6 (72.7%)
31	EWA Breguła	13	NORDICUS STRZYBNICA	OPEN -K	18	00:44:03.60	+00:12:09 (27.6%)	6:17	9.5 (72.0%)
32	REMISZEWSKI Adam	72	UTW OLEŚNICA	OPEN -M	14	00:44:04.80	+00:12:10 (27.6%)	6:17	9.5 (72.0%)
33	TROCHIMCZUK Katarzyna	80	OBORYGENI	OPEN -K	19	00:45:06.85	+00:13:12 (29.3%)	6:26	9.3 (70.5%)
34	MAŁKA Irena	52		OPEN -K	20	00:45:10.80	+00:13:16 (29.4%)	6:27	9.3 (70.5%)
35	JACIÓW Roman	23		OPEN -M	15	00:45:44.45	+00:13:50 (30.3%)	6:32	9.2 (69.7%)
36	FIEDLER-MALINIAK Urszula	14	OBORYGENI	OPEN -K	21	00:45:46.95	+00:13:52 (30.3%)	6:32	9.2 (69.7%)
37	ARTYMICZ Maria	2		OPEN -K	22	00:46:04.30	+00:14:10 (30.8%)	6:34	9.1 (68.9%)
38	KORDULIAK Vít	41	NW PŘEROV	OPEN -M	16	00:46:54.00	+00:14:59 (32.0%)	6:42	9 (68.2%)
39	MICHALAK Janina	57	TEMPIO PIĄTKOWSKI KLUB BIEGACZY	OPEN -K	23	00:47:15.55	+00:15:21 (32.5%)	6:45	8.9 (67.4%)
40	KUNIKOWSKI Zenon	46		OPEN -M	17	00:47:22.60	+00:15:28 (32.7%)	6:46	8.9 (67.4%)
41	THOMALLA Bogdan	79	NORDIC SPORT 2021	OPEN -M	18	00:47:25.40	+00:15:31 (32.7%)	6:46	8.9 (67.4%)
41	MAZUR Kazimiera	85		OPEN -K	24	00:47:25.40	+00:15:31 (32.7%)	6:46	8.9 (67.4%)
43	JAGIEŁLA Marian	24	NORDICUS STRZYBNICA	OPEN -M	19	00:47:25.55	+00:15:31 (32.7%)	6:46	8.9 (67.4%)
44	DEREŃ Jolanta	8		OPEN -K	25	00:47:26.10	+00:15:32 (32.7%)	6:46	8.9 (67.4%)
45	JASIK Beata	27		OPEN -K	26	00:47:27.55	+00:15:33 (32.8%)	6:46	8.9 (67.4%)
46	KLECZ Marcin	34	URSUS NW	OPEN -M	20	00:47:29.30	+00:15:35 (32.8%)	6:47	8.8 (66.7%)
47	MOSOŃ Marek	87	DWA MARKI	OPEN -M	21	00:47:47.40	+00:15:53 (33.2%)	6:49	8.8 (66.7%)
48	ŚLUSARZ Beata	78		OPEN -K	27	00:47:48.05	+00:15:53 (33.3%)	6:49	8.8 (66.7%)
49	ORLIŃSKA Gabriela	65	DZIEWCZYNY Z DZIELNI	OPEN -K	28	00:47:52.30	+00:15:58 (33.4%)	6:50	8.8 (66.7%)
50	MĘDRAK Józef	55		OPEN -M	22	00:48:28.75	+00:16:34 (34.2%)	6:55	8.7 (65.9%)
51	OLSZANECKA Beata	64	NORDICUS STRZYBNICA	OPEN -K	29	00:49:31.10	+00:17:37 (35.6%)	7:04	8.5 (64.4%)
52	GOLAŚ Maria	17	NORDICUS STRZYBNICA	OPEN -K	30	00:49:53.25	+00:17:59 (36.1%)	7:07	8.4 (63.6%)
53	JAWORSKA Mia	28		OPEN -K	31	00:50:00.90	+00:18:06 (36.2%)	7:08	8.4 (63.6%)
54	JAWORSKI Tomasz	29		OPEN -M	23	00:50:01.40	+00:18:07 (36.2%)	7:08	8.4 (63.6%)
55	BONCZEK Jerzy	4	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	OPEN -M	24	00:50:11.80	+00:18:17 (36.4%)	7:10	8.4 (63.6%)
56	KACZKOWSKA Katarzyna	30		OPEN -K	32	00:50:45.00	+00:18:50 (37.1%)	7:15	8.3 (62.9%)
57	MĘDRAK Alicja	56		OPEN -K	33	00:50:53.95	+00:18:59 (37.3%)	7:16	8.3 (62.9%)
58	KASIŃSKA-MACHAJEK Krystyna	33	STOWARZYSZENIE TRANSPLANTACJI SERCA	OPEN -K	34	00:51:00.80	+00:19:06 (37.5%)	7:17	8.2 (62.1%)
59	KAJMOWICZ Anna	32	NORDICUS STRZYBNICA	OPEN -K	35	00:51:01.20	+00:19:07 (37.5%)	7:17	8.2 (62.1%)
60	KAJMOWICZ Zbigniew	31	NORDICUS STRZYBNICA	OPEN -M	25	00:51:19.65	+00:19:25 (37.8%)	7:19	8.2 (62.1%)
61	JAGIEŁLA Danuta	25	NORDICUS STRZYBNICA	OPEN -K	36	00:52:20.60	+00:20:26 (39.1%)	7:28	8 (60.6%)
62		88				00:52:23.00	+00:20:28 (39.1%)	7:29	8 (60.6%)
63	SAWICKA Marta	207	NORDIC WALKING DWA KIJE W DĘBINIE	OPEN -K	37	00:52:27.95	+00:20:33 (39.2%)	7:29	8 (60.6%)
64	NOWICKA Aleksandra	63	NORDICUS STRZYBNICA	OPEN -K	38	00:52:47.20	+00:20:53 (39.6%)	7:32	8 (60.6%)
65	BOBIŃSKA Monika	3	MASZERUJEMY Z NOGAMI W CHMURACH	OPEN -K	39	00:53:50.80	+00:21:56 (40.8%)	7:41	7.8 (59.1%)
66	STRZELCZYK Joanna	75		OPEN -K	40	00:53:57.90	+00:22:03 (40.9%)	7:42	7.8 (59.1%)
67	HORODYSKA Katarzyna	22	DZIEWCZYNY Z DZIELNI	OPEN -K	41	00:53:58.65	+00:22:04 (40.9%)	7:42	7.8 (59.1%)
68	KUNIKOWSKA Ewa	45		OPEN -K	42	00:54:04.40	+00:22:10 (41.0%)	7:43	7.8 (59.1%)
69	WÓJCIK Irena	81	UTW OLEŚNICA	OPEN -K	43	00:54:15.45	+00:22:21 (41.2%)	7:45	7.7 (58.3%)
70	OWCZAREK Henryka	66	ZIELONE GROSZKI	OPEN -K	44	00:54:20.45	+00:22:26 (41.3%)	7:45	7.7 (58.3%)

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71	WÓJCIK Henryk	82	UTW OLEŚNICA	OPEN -M	26	00:55:31.15	+00:23:37 (42.5%)	7:55	7.6 (57.6%)
72	BREGUŁA Janina	5	NORDICUS STRZYBNICA	OPEN -K	45	00:57:12.60	+00:25:18 (44.2%)	8:10	7.3 (55.3%)
73	CZARNOPOLSKA Bogna	7	DZIEWCZYNY Z DZIELNI	OPEN -K	46	00:57:14.85	+00:25:20 (44.3%)	8:10	7.3 (55.3%)
74	KULCZYCKI Jan	44	NW CZŁAPSKI TEAM	OPEN -M	27	00:58:10.75	+00:26:16 (45.2%)	8:18	7.2 (54.5%)
75	DRYNDA Franciszek	9	NORDICUS STRZYBNICA	OPEN -M	28	00:58:28.40	+00:26:34 (45.4%)	8:21	7.2 (54.5%)
76	GRUNER Maria	20	NORDICUS STRZYBNICA	OPEN -K	47	01:10:04.15	+00:38:10 (54.5%)	10:00	6 (45.5%)
77	DUDKIEWICZ Anna	10	NORDICUS STRZYBNICA	OPEN -K	48	01:10:09.00	+00:38:14 (54.5%)	10:01	6 (45.5%)
78	MACHAJEK Krzysztof	48	STOWARZYSZENIE TRANSPLANTACJI SERCA	OPEN -M	29	01:35:45.15	+01:03:51 (66.7%)	13:40	4.4 (33.3%)
79	GAŚSIOR Dawid	44		OPEN -M	30	01:36:12.90	+01:04:18 (66.8%)	13:44	4.4 (33.3%)

Znaleziono 79 wynik(ów)