



## RAJD

B4SPORT

**Wydarzenie:** VI Międzynarodowe Mistrzostwa Polski Nordic Walking  
**Organizator:** Wesoly Borsuk Team, Polskie Zrzeszenie Nordic Walking  
**Data:** 2024-04-06  
**Miejsce:** Prudnik  
**Dystans:** 4.8 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.8km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	97	K.S. VICTORIA POTĘGOWO	OPEN -M	1	00:31:04.15		6:28	9.3 (100%)
2	CYRUS Bogdan	244		OPEN -M	2	00:31:42.35	+00:00:38 (2.0%)	6:36	9.1 (97.8%)
3	PYTŁAK Artur	316	RAWIMEX	OPEN -M	3	00:32:24.50	+00:01:20 (4.1%)	6:45	8.9 (95.7%)
4	PRADUŃ Michał	314	NORDIC SPORT 2021	OPEN -M	4	00:32:28.70	+00:01:24 (4.3%)	6:45	8.9 (95.7%)
5	BIELECKA Zuzanna	234	K.S. VICTORIA POTĘGOWO	OPEN -K	1	00:33:24.55	+00:02:20 (7.0%)	6:57	8.6 (92.5%)
6	KLECZ Magda	274		OPEN -K	2	00:35:21.00	+00:04:16 (12.1%)	7:21	8.1 (87.1%)
7	SZWIEC Roman	324	NORDICUS STRZYBNICA	OPEN -M	5	00:36:03.25	+00:04:59 (13.8%)	7:30	8 (86.0%)
8	KOZŁOWSKA Ewa	284	ESJA TEAM	OPEN -K	3	00:36:05.95	+00:05:01 (13.9%)	7:31	8 (86.0%)
9	KORDULIAK Dušan	279		OPEN -M	6	00:36:13.15	+00:05:09 (14.2%)	7:32	8 (86.0%)
10	HORÁČKOVÁ Jarča	261	NW KUTNÁ HORA	OPEN -K	4	00:36:37.55	+00:05:33 (15.2%)	7:37	7.9 (84.9%)
11	WNEK Sławomir	335	GRANIT	OPEN -M	7	00:36:44.35	+00:05:40 (15.4%)	7:39	7.8 (83.9%)
12	KUŁAKOWSKA Halina	83	DRUŻYNA SMA	OPEN -K	5	00:37:44.05	+00:06:39 (17.7%)	7:51	7.6 (81.7%)
13	ŽALIO Ivana	340	NORDIC WALKING FANTASTIC	OPEN -K	6	00:37:45.75	+00:06:41 (17.7%)	7:51	7.6 (81.7%)
14	FRANCKE Paula	309	HAAKON	OPEN -K	7	00:37:47.90	+00:06:43 (17.8%)	7:52	7.6 (81.7%)
15	TOPOREK Radosław	328		OPEN -M	8	00:38:23.05	+00:07:18 (19.1%)	7:59	7.5 (80.6%)
16	PINTAK Artur	310		OPEN -M	9	00:39:08.90	+00:08:04 (20.6%)	8:09	7.4 (79.6%)
17	KOWAL Mariusz	283		OPEN -M	10	00:40:06.85	+00:09:02 (22.5%)	8:21	7.2 (77.4%)
18	OUHRABKOVÁ Radka	342	RUPERTUS NW	OPEN -K	8	00:40:23.30	+00:09:19 (23.1%)	8:24	7.1 (76.3%)
19	MALINIAK Aleksandra	294	OBORYGENI	OPEN -K	9	00:40:30.50	+00:09:26 (23.3%)	8:26	7.1 (76.3%)
20	KARPIŃSKI Jerzy	271		OPEN -M	11	00:40:41.20	+00:09:37 (23.6%)	8:28	7.1 (76.3%)
21	BERKOVÁ Renata	233	NW KUTNÁ HORA	OPEN -K	10	00:41:04.70	+00:10:00 (24.4%)	8:33	7 (75.3%)
22	BREGUŁA Henryk	240	NORDICUS STRZYBNICA	OPEN -M	12	00:41:12.90	+00:10:08 (24.6%)	8:35	7 (75.3%)
23	KNÁPKOVÁ Alena	276	NORDIC WALKING FANTASTIC	OPEN -K	11	00:41:33.05	+00:10:28 (25.2%)	8:39	6.9 (74.2%)
24	KORDULIAK Vít	280	NW PŘEROV	OPEN -M	13	00:41:35.10	+00:10:30 (25.3%)	8:39	6.9 (74.2%)
25	ODLOŽILOVÁ Zdenka	307	NORDIC WALKING FANTASTIC	OPEN -K	12	00:41:36.50	+00:10:32 (25.3%)	8:40	6.9 (74.2%)
26	SCHWABOVÁ Lenka	318	NORDIC WALKING FANTASTIC	OPEN -K	13	00:41:38.00	+00:10:33 (25.4%)	8:40	6.9 (74.2%)
27	KOTKOVÁ Martina	282	NORDIC WALKING FANTASTIC	OPEN -K	14	00:41:38.10	+00:10:33 (25.4%)	8:40	6.9 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 4.8km	Różn		
28	CYPRYS Grażyna	243	NORDICUS	OPEN -K	15	00:41:44.35	+00:10:40 (25.6%)	8:41	6.9 (74.2%)
29	KOMOCKA Julia	278		OPEN -K	16	00:42:06.50	+00:11:02 (26.2%)	8:46	6.8 (73.1%)
30	WROTNY-KIKLICA Magdalena	339	NORDIC SPORT 2021	OPEN -K	17	00:42:11.75	+00:11:07 (26.4%)	8:47	6.8 (73.1%)
31	SEIFFERT Wiktor	319		OPEN -M	14	00:42:38.25	+00:11:34 (27.1%)	8:52	6.8 (73.1%)
32	TOCZKO Jarosław	327		OPEN -M	15	00:42:41.70	+00:11:37 (27.2%)	8:53	6.7 (72.0%)
33	GIZA Elżbieta	253	NORDICUS STRZYBNICA	OPEN -K	18	00:43:37.40	+00:12:33 (28.8%)	9:05	6.6 (71.0%)
34	SZCZĘSNY Danuta	322	NORDICUS STRZYBNICA	OPEN -K	19	00:43:40.80	+00:12:36 (28.9%)	9:05	6.6 (71.0%)
35	MARIAŠOVÁ Milena	296	KUTNÁ HORA CZECH REPUBLIC	OPEN -K	20	00:43:48.25	+00:12:44 (29.1%)	9:07	6.6 (71.0%)
36	MATUKIN-PAKUSZYŃSKA Anna	298	NW SUCHY BÓR	OPEN -K	21	00:43:59.90	+00:12:55 (29.4%)	9:09	6.5 (69.9%)
37	BARTYZEL Dorota	232		OPEN -K	22	00:44:24.50	+00:13:20 (30.0%)	9:15	6.5 (69.9%)
38	BOCHENEK Tomasz	237		OPEN -M	16	00:44:29.75	+00:13:25 (30.2%)	9:16	6.5 (69.9%)
39	BOCHENEK Anna	236		OPEN -K	23	00:44:33.90	+00:13:29 (30.3%)	9:16	6.5 (69.9%)
40	REMISZEWSKI Adam	317	UTW OLEŚNICA	OPEN -M	17	00:44:54.35	+00:13:50 (30.8%)	9:21	6.4 (68.8%)
41	BIZAŃSKA Barbara	235	KRAINA MIODEM PŁYNAĆA	OPEN -K	24	00:45:08.10	+00:14:03 (31.2%)	9:24	6.4 (68.8%)
42	MAŁKA Irena	295	NORDIC SPORT 2021	OPEN -K	25	00:45:16.80	+00:14:12 (31.4%)	9:25	6.4 (68.8%)
43	BOCHENEK Seweryn	238		OPEN -M	18	00:45:16.85	+00:14:12 (31.4%)	9:25	6.4 (68.8%)
44	TYMKIEWICZ Katarzyna	330		OPEN -K	26	00:45:38.40	+00:14:34 (31.9%)	9:30	6.3 (67.7%)
45	NOWAK Zofia	343		OPEN -K	27	00:45:42.00	+00:14:37 (32.0%)	9:31	6.3 (67.7%)
46	NOGA Bolesław	306		OPEN -M	19	00:45:42.45	+00:14:38 (32.0%)	9:31	6.3 (67.7%)
47	KLECZ Marcelina	348	SKACAR	OPEN -K	28	00:45:45.70	+00:14:41 (32.1%)	9:31	6.3 (67.7%)
48	KUBIAK Aleksandra	285	TRITON KONIN	OPEN -K	29	00:45:46.40	+00:14:42 (32.1%)	9:32	6.3 (67.7%)
49	DUDKIEWICZ Anna	248	NORDICUS STRZYBNICA	OPEN -K	30	00:45:50.15	+00:14:46 (32.2%)	9:32	6.3 (67.7%)
50	FIEDLER-MALINIAK Urszula	252	OBORYGENI	OPEN -K	31	00:45:52.45	+00:14:48 (32.3%)	9:33	6.3 (67.7%)
51	DUDKIEWICZ Wojciech	249	NORDICUS STRZYBNICA	OPEN -M	20	00:45:55.10	+00:14:50 (32.3%)	9:33	6.3 (67.7%)
52	PRZYCZYNA Darek	315	TRITON KONIN	OPEN -M	21	00:45:56.20	+00:14:52 (32.4%)	9:34	6.3 (67.7%)
53	TYLCZYŃSKA Renata	329	TRITON KONIN	OPEN -K	32	00:45:59.90	+00:14:55 (32.5%)	9:34	6.3 (67.7%)
54	IGNACZAK Katarzyna	263	TRITON	OPEN -K	33	00:46:00.95	+00:14:56 (32.5%)	9:35	6.3 (67.7%)
55	SROCZYŃSKA Ewa	320	TRITON KONIN	OPEN -K	34	00:46:05.10	+00:15:00 (32.6%)	9:36	6.2 (66.7%)
56	GRUSZKA Ilona	258	NORDIC SPORT 2021	OPEN -K	35	00:47:24.20	+00:16:20 (34.5%)	9:52	6.1 (65.6%)
57	UGLIS Barbara	331	DZIEWCZYNY Z DZIELNI	OPEN -K	36	00:47:59.50	+00:16:55 (35.3%)	9:59	6 (64.5%)
58	GROMALA Piotr	257		OPEN -M	22	00:48:36.75	+00:17:32 (36.1%)	10:07	5.9 (63.4%)
59	JASIK Beata	268		OPEN -K	37	00:49:14.30	+00:18:10 (36.9%)	10:15	5.8 (62.4%)
60	BONCZEK Jerzy	239	WSNW	OPEN -M	23	00:49:15.25	+00:18:11 (36.9%)	10:15	5.8 (62.4%)
61	DEREŃ Jolanta	247		OPEN -K	38	00:49:27.35	+00:18:23 (37.2%)	10:18	5.8 (62.4%)
62	ANDREJSZYN Józefa	231	KNW BIAŁA	OPEN -K	39	00:49:36.05	+00:18:31 (37.4%)	10:20	5.8 (62.4%)
63	JARASZEK Lilla	266	DZIEWCZYNY Z DZIELNI	OPEN -K	40	00:49:42.20	+00:18:38 (37.5%)	10:21	5.8 (62.4%)
64	KUNIKOWSKI Zenon	287		OPEN -M	24	00:49:49.05	+00:18:44 (37.6%)	10:22	5.8 (62.4%)
65	GÓRSKI Henryk	256	UTW OLEŚNICA	OPEN -M	25	00:49:50.45	+00:18:46 (37.7%)	10:22	5.8 (62.4%)
66	MĘDRAK Józef	299		OPEN -M	26	00:49:56.70	+00:18:52 (37.8%)	10:24	5.8 (62.4%)
67	WOLKO Barbara	336	NORDICUS STRZYBNICA	OPEN -K	41	00:50:22.70	+00:19:18 (38.3%)	10:29	5.7 (61.3%)
68	WOLKO Bronisław	281	NORDICUS STRZYBNICA	OPEN -M	27	00:50:23.65	+00:19:19 (38.3%)	10:29	5.7 (61.3%)
69	ORLIŃSKA Gabriela	308	DZIEWCZYNY Z DZIELNI	OPEN -K	42	00:50:41.50	+00:19:37 (38.7%)	10:33	5.7 (61.3%)
70	GALUT Sebastian	349	TRITON KONIN	OPEN -M	28	00:51:10.90	+00:20:06 (39.3%)	10:39	5.6 (60.2%)
71	KASPEROWICZ Renata	350	TRITON KONIN	OPEN -K	43	00:51:26.45	+00:20:22 (39.6%)	10:42	5.6 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.8km	Różn	Tempo min/km	Tempo km/h
72	LABUSGA Basia	288	DZIEWCZYNY Z DZIELNI	OPEN -K	44	00:51:58.85	+00:20:54 (40.2%)	10:49	5.5 (59.1%)
73	MICHALAK Małgorzata	301	DZIEWCZYNY Z DZIELNI	OPEN -K	45	00:52:01.90	+00:20:57 (40.3%)	10:50	5.5 (59.1%)
74	HORODYSKA Katarzyna	262	DZIEWCZYNY Z DZIELNI	OPEN -K	46	00:52:03.85	+00:20:59 (40.3%)	10:50	5.5 (59.1%)
75	KUNIKOWSKA Ewa	286		OPEN -K	47	00:52:16.65	+00:21:12 (40.6%)	10:53	5.5 (59.1%)
76	ŚLUSARCYK Błażej	326	WESOŁY BORSUK TEAM	OPEN -M	29	00:52:23.30	+00:21:19 (40.7%)	10:54	5.5 (59.1%)
77	ŁOPUSZAŃSKI Marcel	291		OPEN -M	30	00:52:25.95	+00:21:21 (40.7%)	10:55	5.5 (59.1%)
78	SZYMANIEC Anna	325	NORDICUS STRZYBNICA	OPEN -K	48	00:53:00.85	+00:21:56 (41.4%)	11:02	5.4 (58.1%)
79	KOLASA Gabriela	277	NORDICUS STRZYBNICA	OPEN -K	49	00:53:01.20	+00:21:57 (41.4%)	11:02	5.4 (58.1%)
80	MĘDRAK Alicja	300		OPEN -K	50	00:53:17.75	+00:22:13 (41.7%)	11:06	5.4 (58.1%)
81	KLOSE Bernadeta	275	KNW BIAŁA	OPEN -K	51	00:53:36.95	+00:22:32 (42.1%)	11:10	5.4 (58.1%)
82	DĄBROWSKA Elżbieta	246		OPEN -K	52	00:53:38.05	+00:22:33 (42.1%)	11:10	5.4 (58.1%)
83	WÓJCIK Henryk	338	UTW OLEŚNICA	OPEN -M	31	00:54:46.05	+00:23:41 (43.3%)	11:24	5.3 (57.0%)
84	WÓJCIK Irena	337	UTW OLEŚNICA	OPEN -K	53	00:54:47.55	+00:23:43 (43.3%)	11:24	5.3 (57.0%)
85	PONIATOWSKA Alina	313	NORDICUS STRZYBNICA	OPEN -K	54	00:55:01.05	+00:23:56 (43.5%)	11:27	5.2 (55.9%)
86	GÓRSKA Małgorzata	255	UTW OLEŚNICA	OPEN -K	55	00:55:20.00	+00:24:15 (43.9%)	11:31	5.2 (55.9%)
87	MORAWIEC Marzena	302	NORDICUS STRZYBNICA	OPEN -K	56	00:56:10.50	+00:25:06 (44.7%)	11:42	5.1 (54.8%)
88	PISARSKA Barbara	311	NORDICUS STRZYBNICA	OPEN -K	57	00:56:11.50	+00:25:07 (44.7%)	11:42	5.1 (54.8%)
89	MARONDEL Jan	297		OPEN -M	32	00:56:57.70	+00:25:53 (45.5%)	11:51	5.1 (54.8%)
90	MACIOŁ Izabela	293		OPEN -K	58	00:57:35.20	+00:26:31 (46.0%)	11:59	5 (53.8%)
91	LEMKO Maria	290	KNW BIAŁA	OPEN -K	59	00:57:45.00	+00:26:40 (46.2%)	12:01	5 (53.8%)
92	ŚLUSARZ Beata	188		OPEN -K	60	00:57:45.30	+00:26:41 (46.2%)	12:01	5 (53.8%)
93	EMRYCH-SELIGA Maria	251		OPEN -K	61	00:57:45.55	+00:26:41 (46.2%)	12:01	5 (53.8%)
94	GRZEBIELA Artur	259	NORDICUS STRZYBNICA	OPEN -M	33	00:57:49.35	+00:26:45 (46.3%)	12:02	5 (53.8%)
95	JAGIEŁŁA Marian	264	NORDICUS STRZYBNICA	OPEN -M	34	00:57:51.50	+00:26:47 (46.3%)	12:03	5 (53.8%)
96	CZARNOPOLSKA Bogna	245	DZIEWCZYNY Z DZIELNI	OPEN -K	62	00:58:02.50	+00:26:58 (46.5%)	12:05	5 (53.8%)
97	WASYLEWKA Anetta	333	DZIEWCZYNY Z DZIELNI	OPEN -K	63	00:58:05.85	+00:27:01 (46.5%)	12:06	5 (53.8%)
98	CHOLEWCZUK Joanna	242		OPEN -K	64	00:58:11.00	+00:27:06 (46.6%)	12:07	4.9 (52.7%)
99	SZELĄG Mariusz	323		OPEN -M	35	01:00:18.15	+00:29:14 (48.5%)	12:33	4.8 (51.6%)
100	STRZELCZYK Joanna	321	DZIEWCZYNY Z DZIELNI	OPEN -K	65	01:00:18.55	+00:29:14 (48.5%)	12:33	4.8 (51.6%)
101	JAROSZ Katsrzyna	267	DZIEW ZYNY Z DZIELNI	OPEN -K	66	01:00:19.15	+00:29:15 (48.5%)	12:33	4.8 (51.6%)
102	ZŁOŚNIK Kamila	341		OPEN -K	67	01:00:19.20	+00:29:15 (48.5%)	12:33	4.8 (51.6%)
103	BIELAWSKA Brata	346		OPEN -K	68	01:09:31.80	+00:38:27 (55.3%)	14:28	4.1 (44.1%)
104	ŚLIWIŃSKI Paweł	345		OPEN -M	36	01:09:34.85	+00:38:30 (55.3%)	14:29	4.1 (44.1%)
105	KAMIŃSKA Barbara	269		OPEN -K	69	01:13:44.00	+00:42:39 (57.9%)	15:21	3.9 (41.9%)
106	KAMIŃSKA Adriana	270		OPEN -K	70	01:13:44.80	+00:42:40 (57.9%)	15:21	3.9 (41.9%)
107	KASIŃSKA-MACHAJEK Krystyna	272	STOWARZYSZENIE TRANSPLANTACJI SERCA	OPEN -K	71	01:24:20.15	+00:53:16 (63.2%)	17:34	3.4 (36.6%)
108	MOSOŃ Marek	303	DWA MARKI	OPEN -M	37	01:49:12.40	+01:18:08 (71.6%)	22:45	2.6 (28.0%)
109	KIEŁBIK Marek	273	DWAMARKI	OPEN -M	38	01:49:12.60	+01:18:08 (71.6%)	22:45	2.6 (28.0%)
110	STANIEC Stanisław	227		OPEN -M	39	01:56:27.75	+01:25:23 (73.3%)	24:15	2.5 (26.9%)
111		347							(0.0%)
DNC	MACHAJEK Krzysztof	292	STOWARZYSZENIE TRANSPLANTACJI SERCA	OPEN -M		00:14:29.90		0:00	19.9 (214.0%)

Znaleziono 112 wynik(ów)