

# INWA NORDIC WALKING EUROPEAN CHAMPIONSHIPS - 21KM

Organizator: Polskie Zrzeszenie Nordic Walking  
Data: 2023-09-02  
Miejsce: Jedlińsk  
Dystans: 21 km  
Klasyfikacja wg czasów netto.



## INWA NORDIC WALKING EUROPEAN CHAMPIONSHIPS - 21KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowo ść	Kraj	Kat.	M. kat	K/M	Żół. kartki	Czer. kartki	1.1km	5km	10km	15km	Netto	min/km	km/h
1	ALVAREZ BORRAS RAMON	2	CLUB ATLETISMO MARATHON CREVILLET	TAVERNES DE LA VALLDIGNA	ESP	M40-44	1	M 1			00:06:32	00:37:50	01:09:53	01:42:07	02:13:52.60	6:20	9.5
2	MICHALEC MARCIN	1	KKB MOSIR KROSNO	KROSNO	POL	M35-39	1	M 2	1		00:06:31	00:37:49	01:09:52	01:42:06	02:15:13.45	6:24	9.4
3	WOJCIECHOWSKA ELŻBIETA	3	POLIPACK TEAM GWE	PAKOŚĆ	POL	K40-44	1	K 1	1		00:06:22	00:38:44	01:11:43	01:44:56	02:19:02.80	6:35	9.1
4	ROSAK MARCIN	49	KS VICTORIA POTĘGOWO	ZIELONA GÓRA	POL	M45-49	1	M 3			00:06:39	00:39:46	01:13:33	01:47:16	02:21:59.80	6:43	8.9
5	WILCZEK KRZYSZTOF	46	WATAHA ULTRA TEAM	ZĘBOWICE	POL	M50-54	1	M 4			00:07:00	00:40:35	01:14:21	01:48:39	02:23:47.85	6:48	8.8
6	TEREŠTŠENKOV ALEKSEI	42	U-CLUB	TALLINN	EST	M60-64	1	M 5	2		00:06:57	00:40:11	01:14:20	01:49:52	02:26:54.40	6:57	8.6
7	KOŁODZIEJ JOANNA	21	MALINOWE GWIAZDY	RUDA ŚLĄSKI	POL	K55-59	1	K 2			00:07:05	00:42:43	01:18:46	01:54:52	02:30:51.85	7:08	8.4
8	NIEDBAŁ ADAM	29	SIEWIERZ	SIEWIERZ	POL	M45-49	2	M 6			00:07:13	00:42:49	01:18:42	01:54:45	02:30:55.95	7:09	8.4
9	ŚWIDEREK MARCIN	141	ESJA TEAM	WARSZAWA	POL	M45-49	3	M 7			00:07:02	00:42:15	01:17:53	01:54:21	02:31:07.80	7:09	8.4
10	JANOCHA ROBERT	15	MUKS PODKARPACIE JEDLICZE	KROSNO	POL	M55-59	1	M 8	1		00:07:19	00:42:25	01:18:16	01:54:32	02:31:24.15	7:10	8.4
11	KUBILOVIČA LINDA	23	WALK WITH THE WIND	LIEPĀJA	LAT	K55-59	2	K 3			00:07:07	00:42:43	01:18:46	01:55:01	02:32:07.55	7:12	8.3
12	JASIUKIEWICZ JACEK	17	POZYTYWNI DOBRE MIASTO	DOBRE MIASTO	POL	M55-59	2	M 9			00:07:20	00:43:15	01:20:08	01:57:05	02:34:05.95	7:18	8.2
13	ZĪBERGS ANDRIS	54	WALK WITH THE WIND	LIEPĀJA	LAT	M50-54	2	M 10			00:07:24	00:43:25	01:20:25	01:57:16	02:34:30.45	7:19	8.2
14	PASIERB MAREK	32	K.S.VICTORIA POTĘGOWO	RZESZÓW	POL	M65-69	1	M 11			00:07:22	00:43:56	01:21:15	01:58:35	02:35:31.90	7:22	8.1
15	CELIŃSKI TOMASZ	7	TUPTUŚ OTWOCK	OTWOCK	POL	M55-59	3	M 12			00:07:22	00:43:21	01:20:21	01:58:16	02:35:33.55	7:22	8.1
16	RAKOWIECKI ZBIGNIEW	35	POLIPACK TEAM GWE	GDAŃSK	POL	M60-64	2	M 13			00:07:23	00:43:41	01:20:42	01:58:39	02:36:56.00	7:26	8.1
17	GUDLIN HRVOJE	12		ZAGREB	CRO	M18-34	1	M 14	1		00:06:39	00:41:32	01:17:40	01:56:29	02:37:47.20	7:28	8
18	ROMAN KRZYSZTOF	36	KUDOWIANKA RUN	KUDOWA ZDRÓJ	POL	M60-64	3	M 15			00:07:40	00:44:52	01:23:36	02:01:37	02:41:13.50	7:38	7.9
19	BREWCZYŃSKI MARCIN	68	NW CZŁAPSKI TEAM	ŁYSE	POL	M35-39	2	M 16			00:07:24	00:44:40	01:22:56	02:02:36	02:41:58.35	7:40	7.8
20	KRAJEWSKA HANNA	22	KS KIJOMANIACY CHODZIEŻ	PIŁA	POL	K18-34	1	K 4			00:07:07	00:44:21	01:22:52	02:01:56	02:42:29.00	7:42	7.8
21	ZAWADZKI KRZYSZTOF	53	NW CZŁAPSKI TEAM	ZIELONA GÓRA	POL	M65-69	2	M 17			00:07:48	00:45:29	01:23:51	02:03:18	02:42:32.70	7:42	7.8
22	WOJTKIEWICZ JAROSŁAW	48		BALIGRÓD	POL	M55-59	4	M 18	1		00:07:50	00:47:10	01:25:52	02:04:30	02:44:03.25	7:46	7.7
23	WIŚNIEWSKI MARIUSZ	47	NW CZŁAPSKI TEAM	ŁYSE	POL	M50-54	3	M 19			00:07:46	00:45:14	01:24:15	02:04:47	02:44:52.05	7:48	7.7
24	STACHOWIAK TOMASZ	39	STĘSZEW TEAM	KONARZEWO	POL	M45-49	4	M 20			00:07:38	00:45:51	01:23:38	02:02:58	02:45:24.30	7:50	7.7
25	SZCZUDLIK MAŁGORZATA	40	NORDIC SPORT 2021	TRZEMESZNO	POL	K40-44	2	K 5			00:07:08	00:44:20	01:23:37	02:05:00	02:45:42.05	7:51	7.6
26	MIKINA ARTUR	28	GUNS @ ROSES RUN TEAM	WARSZAWA	POL	M60-64	4	M 21	1		00:08:18	00:47:46	01:27:22	02:06:32	02:45:55.15	7:51	7.6

**INWA NORDIC WALKING EUROPEAN CHAMPIONSHIPS - 21KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowo ś	Kraj	Kat.	M. kat	K/M	Żół. kartki	Czer. kartki	1.1km	5km	10km	15km	Netto	min/km	km/h
27	CZMOCH MARIAN	9	NORDIC SPORT 2021	ŁOSICE	POL	M70+	1	M 22			00:08:07	00:47:20	01:26:38	02:06:47	02:46:44.55	7:54	7.6
28	JARUGA BEATA	16		OŁAWA	POL	K45-49	1	K 6			00:07:35	00:46:42	01:26:48	02:07:20	02:46:57.60	7:54	7.6
29	PASIŃSKA-SKOWRON SYLWIA	33	PRUSZYŃSKI SPORT TEAM	SZCZODRKO WICE	POL	K45-49	2	K 7			00:08:03	00:47:56	01:27:39	02:07:22	02:47:41.35	7:56	7.5
30	RUDAWSKI MACIEJ	38	NORDIC SPORT 2021	TRZCIEL	POL	M40-44	2	M 23			00:08:00	00:46:53	01:26:28	02:06:43	02:48:41.50	7:59	7.5
31	KŁOSOWSKI KRZYSZTOF	20		JAWORZNO	POL	M45-49	5	M 24			00:07:53	00:47:40	01:27:14	02:07:38	02:49:22.40	8:01	7.5
32	ŽUGRIS AIVARS	56		PREIĻI	LAT	M60-64	5	M 25	2		00:07:37	00:46:14	01:27:02	02:09:13	02:51:35.75	8:07	7.4
33	JANEKA DACE	14		LIEPĀJA	LAT	K50-54	1	K 8	1		00:07:23	00:45:59	01:26:52	02:08:43	02:51:46.55	8:08	7.4
34	LOCMELIS IMANTS	26	WALK WITH THE WIND	GROBINA	LAT	M60-64	6	M 26			00:07:50	00:46:47	01:27:31	02:10:14	02:52:51.95	8:11	7.3
35	ZAGAJA JANUSZ	51	WESOŁY BORSUK TEAM	POKÓJ	POL	M65-69	3	M 27	2		00:07:37	00:46:24	01:27:24	02:09:36	02:53:05.45	8:12	7.3
36	ZDRZAŁEK ALICJA	153	POLSKA	TARNOWSKI E GÓRY	POL	K40-44	3	K 9			00:07:47	00:48:31	01:29:09	02:11:30	02:54:20.20	8:15	7.3
37	FASOLA RAFFAELLA	10	NORDIC WALKING COMO	COMO	ITA	K50-54	2	K 10			00:07:58	00:48:09	01:29:21	02:11:49	02:54:31.20	8:16	7.3
38	POSTEK DANUTA	37			POL	K60-64	1	K 11	1		00:08:00	00:48:02	01:29:58	02:12:37	02:54:59.40	8:17	7.2
39	LOCMELE BENITA	25	WALK WITH THE WIND	GROBINA	LAT	K60-64	2	K 12			00:07:53	00:48:22	01:30:17	02:12:53	02:55:02.70	8:17	7.2
40	TKALČIĆ DARIA	43		ZAGREB	CRO	K35-39	1	K 13			00:08:54	00:51:57	01:33:18	02:14:31	02:56:09.00	8:20	7.2
41	JURCZAK-TOCZKO ANNA	18		WARSZAWA	POL	K55-59	3	K 14			00:08:30	00:49:50	01:31:42	02:13:54	02:56:20.00	8:21	7.2
42	WRÓBEL JAKUB	50	CENTRUM FIZJOTERAPII SPINETIC TEAM	WARSZAWA	POL	M18-34	2	M 28	2		00:08:01	00:48:28	01:30:40	02:13:11	02:57:10.20	8:23	7.1
43	BEITIKS ANDIS	4	WALK WITH THE WIND	RIGA	LAT	M60-64	7	M 29	2		00:08:07	00:48:22	01:30:36	02:14:52	03:03:00.50	8:40	6.9
44	WIENSKO RYSZARD	45		PUŁAWY	POL	M70+	2	M 30	1		00:08:47	00:52:01	01:35:04	02:19:13	03:06:03.95	8:49	6.8
45	BOROVINA MLADEN	6		ZAGREB	CRO	M18-34	3	M 31			00:08:57	00:54:58	01:36:18	02:18:58	03:09:37.30	8:59	6.7
46	GÓRSKA AGNIESZKA	11		SZCZECIN	POL	K45-49	3	K 15			00:08:57	00:54:25	01:39:12	02:27:28	03:15:14.85	9:15	6.5
47	ZAWADZKA MARIA	52	KGHM METRACO POLKOWICE	LUBIN	POL	K70+	1	K 16			00:09:07	00:54:04	01:39:23	02:26:21	03:15:36.00	9:16	6.5
48	SZOT MARIA	41	NW CZAPSKI TEAM	BRZYSKA	POL	K50-54	3	K 17			00:09:09	00:54:01	01:39:33	02:27:34	03:16:46.90	9:19	6.4
49	NERC DOROTA	59	NW CZAPSKI TEAM	RUMIA	POL	K60-64	3	K 18			00:09:01	00:54:16	01:41:41	02:31:19	03:19:34.60	9:27	6.3
50	KUŠTELEGA JADRANKA	24		ZAGREB	CRO	K60-64	4	K 19			00:09:12	00:56:57	01:49:11	02:42:47	03:33:05.40	10:05	5.9
51	VIDAKOVIĆ GORDANA	143		ZAGREB	CRO	K60-64	5	K 20			00:09:10	00:56:55	01:49:09	02:42:56		10:51	5.5
DQ	KAPUSTA PIOTREK	19		TWORZYJANKI	POL	M40-44	DQ	DQ	3	1	00:07:40 DQ	00:44:28 DQ	01:22:53 DQ	02:02:01 DQ	02:42:15.25 DQ	0:00	7.8
	MĄDRY GRZEGORZ	27	NORDIC SPORT 2021	TRZEMESZNO	POL	M60-64			1		00:07:13 DNF	00:43:14 DNF	01:21:46 DNF	02:07:01 DNF	DNF	-	-
	PIETRUSZEWSKI BARTEK	34		KRAKOW	POL	M40-44			2		00:08:52 DNF	00:54:03 DNF	01:41:58 DNF	02:32:16 DNF	DNF	-	-
	PANKIEWICZ EWELINA	31		ZAWADZKIE	POL	K18-34					00:07:46 DNF	00:48:08 DNF	DNF	DNF	DNF	-	-