



V OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Wydarzenie: V Międzynarodowe Mistrzostwa Polski Nordic Walking
Organizator: Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking
Data: 2023-03-25
Miejsce: Prudnik
Dystans: 21.1 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska 5.7km	10.7km	16.2km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	208	K.S. VICTORIA POTĘGOWO	M18-34	1	1		00:57:32	01:06:55	02:07:56	02:17:34.40		6:31	9.2 (100%)
2	ROMANOWSKI Daniel	148	KATOWICKI NORDIC WALKING	M18-34	2	1		00:58:56	01:08:28	02:10:53	02:20:38.00	+00:03:03 (2.2%)	6:39	9 (97.8%)
3	KŁOS Maciej	58	POLIPACK TEAM GWE	M40-44	1			00:58:58	01:08:22	02:11:01	02:20:50.60	+00:03:16 (2.3%)	6:40	9 (97.8%)
4	CZŁONKOWSKI Krzysztof	28	WATAHA ULTRA TEAM	M45-49	1			01:00:30	01:10:17	02:12:08	02:21:35.75	+00:04:01 (2.8%)	6:42	8.9 (96.7%)
5	WILCZEK Krzysztof	185	CIDRY LOTAJOM	M50-54	1			01:01:57	01:11:44	02:15:46	02:25:32.25	+00:07:57 (5.5%)	6:53	8.7 (94.6%)
6	KUŹMICZ Adam	86	POLIPACK TEAM GWE	M40-44	2			01:00:33	01:10:18	02:15:37	02:25:49.30	+00:08:14 (5.7%)	6:54	8.7 (94.6%)
7	STĘPAK Piotr	209	K.S. VICTORIA POTĘGOWO	M18-34	3	2		01:00:38	01:10:18	02:15:55	02:26:30.60	+00:08:56 (6.1%)	6:56	8.6 (93.5%)
8	POŁUBIAK Paweł	137	NW CZŁAPSKI TEAM	M35-39	1			01:01:02	01:11:07	02:16:19	02:26:48.70	+00:09:14 (6.3%)	6:57	8.6 (93.5%)
9	PRZYSTARZ Grzegorz	140	OBORYGENI	M50-54	2	1		01:02:37	01:12:35	02:17:45	02:28:11.95	+00:10:37 (7.2%)	7:01	8.5 (92.4%)
10	KURZAWIŃSKI Marcin	85	TRITON KONIN	M45-49	2			01:05:01	01:15:22	02:20:34	02:30:57.55	+00:13:23 (8.9%)	7:09	8.4 (91.3%)
11	ŚWIDEREK Marcin	177	ESJA TEAM	M45-49	3			01:03:23	01:13:24	02:20:52	02:31:11.85	+00:13:37 (9.0%)	7:09	8.4 (91.3%)
12	SŁUPIANEK Paweł	158	KATOWICKI NORDIC WALKING	M40-44	3			01:03:45	01:13:43	02:21:51	02:32:15.25	+00:14:40 (9.6%)	7:12	8.3 (90.2%)
13	MICHALSKI Andrzej	97	PŁOMIEŃ ZMIENNICA	M60-64	1	1		01:04:58	01:15:22	02:22:07	02:32:15.30	+00:14:40 (9.6%)	7:12	8.3 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia			Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								Górska 5.7km	10.7km	16.2km				
14	SOKOŁOWSKI Marek	162	PTG SOKÓŁ RYMANÓW	M55-59	1	1		01:06:05	01:16:40	02:23:24	02:33:53.70	+00:16:19 (10.6%)	7:17	8.2 (89.1%)
15	CYRUS Bogdan	26	NORDIC SPORT 2021	M50-54	3	2		01:02:35	01:12:34	02:24:16	02:34:57.70	+00:17:23 (11.2%)	7:20	8.2 (89.1%)
16	ODŁOŻIL Petr	119		M45-49	4	2		01:05:52	01:16:35	02:24:14	02:35:12.30	+00:17:37 (11.4%)	7:21	8.2 (89.1%)
17	ZYCH Witold	202		M50-54	4	2		01:06:06	01:16:42	02:25:50	02:36:22.30	+00:18:47 (12.0%)	7:24	8.1 (88.0%)
18	MISZTAL Grzegorz	107	PRUSZYŃSKI SPORT TEAM	M35-39	2	2		01:03:56	01:13:58	02:26:05	02:37:00.85	+00:19:26 (12.4%)	7:26	8.1 (88.0%)
19	GAWLIK Krzysztof	211	STAN UMYSŁU-LEWIN BIEGA	M40-44	4	1		01:04:07	01:14:22	02:26:03	02:37:06.15	+00:19:31 (12.4%)	7:26	8.1 (88.0%)
20	FRAĆKOWIAK Roman	38		M55-59	2			01:07:30	01:17:53	02:27:24	02:38:15.00	+00:20:40 (13.1%)	7:29	8 (87.0%)
21	OLEJKO Radosław	121	POLIPACK TEAM GWE	M50-54	5			01:06:00	01:16:33	02:28:03	02:39:15.40	+00:21:41 (13.6%)	7:32	7.9 (85.9%)
22	PARZYBUT Jan	126	NORDIC SPORT 2021	M55-59	3	1		01:07:15	01:17:45	02:28:05	02:39:15.95	+00:21:41 (13.6%)	7:32	7.9 (85.9%)
23	SZWIEC Roman	175	NORDICUS STRZYBNICA	M60-64	2	1		01:07:23	01:18:24	02:29:01	02:40:08.95	+00:22:34 (14.1%)	7:35	7.9 (85.9%)
24	PODOLAK Marius	133	KS NW BEŁCHATÓW	M40-44	5			01:08:16	01:18:57	02:29:23	02:40:13.95	+00:22:39 (14.1%)	7:35	7.9 (85.9%)
25	PASIERB Marek	127	K.S. VICTORIA POTĘGOWO	M65-69	1			01:08:23	01:19:22	02:30:31	02:41:19.05	+00:23:44 (14.7%)	7:38	7.8 (84.8%)
26	BIZAŃSKI Ireneusz	14	KRAINA MIODEM PŁYNAĆA	M50-54	6			01:08:24	01:19:27	02:30:17	02:41:22.60	+00:23:48 (14.8%)	7:38	7.8 (84.8%)
27	KABATA Jarosław	54	NORDIC SPORT 2021	M50-54	7			01:05:51	01:16:27	02:30:06	02:41:24.85	+00:23:50 (14.8%)	7:38	7.8 (84.8%)
28	WYPYCHOWSKI Radosław	195	TRITON KONIN	M55-59	4	1		01:07:04	01:17:39	02:30:34	02:41:50.75	+00:24:16 (15.0%)	7:40	7.8 (84.8%)
29	MAKOWSKI Jan	95		M60-64	3			01:06:29	01:17:18	02:30:47	02:42:17.25	+00:24:42 (15.2%)	7:41	7.8 (84.8%)
30	KOWALAK Robert	67	NORDIC SPORT 2021	M35-39	3	1		01:05:05	01:15:57	02:31:29	02:42:50.75	+00:25:16 (15.5%)	7:43	7.8 (84.8%)
31	PILARZ Kamil	131		M18-34	4	2		01:07:22	01:18:09	02:31:49	02:43:13.00	+00:25:38 (15.7%)	7:44	7.8 (84.8%)
32	KRAKOWSKI Jerzy Piotr	73	PTG SOKÓŁ 1893 MIELEC	M60-64	4	1		01:07:35	01:19:14	02:32:03	02:43:20.40	+00:25:46 (15.8%)	7:44	7.8 (84.8%)
33	MARCZYŃSKI Adam	98	POLIPACK TEAM GWE	M40-44	6			01:06:40	01:17:26	02:33:35	02:45:01.10	+00:27:26 (16.6%)	7:49	7.7 (83.7%)
34	MAREK Petr	99	NW BRUNTÁL	M60-64	5	2		01:07:23	01:18:34	02:34:09	02:45:49.90	+00:28:15 (17.0%)	7:51	7.6 (82.6%)
35	TKOCZ Adam	179	EKIPA NA KIJACH	M55-59	5			01:11:08	01:22:25	02:35:00	02:46:02.00	+00:28:27 (17.1%)	7:52	7.6 (82.6%)
36	BREWKA Joachim	15	NORDIC SPORT 2021	M55-59	6	1		01:09:39	01:20:40	02:35:03	02:46:26.00	+00:28:51 (17.3%)	7:53	7.6 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia			Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								Górska 5.7km	10.7km	16.2km				
37	MĄDRY Grzegorz	103	NORDIC SPORT 2021	M60-64	6			01:09:08	01:20:28	02:35:38	02:47:02.50	+00:29:28 (17.6%)	7:54	7.6 (82.6%)
38	SPYCHAŁA Lesław	165	POLIPACK TEAM GWE	M55-59	7			01:07:49	01:18:54	02:34:19	02:47:47.80	+00:30:13 (18.0%)	7:57	7.5 (81.5%)
39	KUBALA Zbigniew	80	PARKRUN KĘDZIERZYN-KOŹLE	M65-69	2			01:10:12	01:21:37	02:37:31	02:49:09.65	+00:31:35 (18.7%)	8:00	7.5 (81.5%)
40	SZWED Roman	174	NORDIC TEAM CZĘSTOCHOWA	M45-49	5			01:09:00	01:20:32	02:37:41	02:49:19.65	+00:31:45 (18.8%)	8:01	7.5 (81.5%)
41	ŻACZEK Władysław	203	ANDRESPOLAKTYWNIE	M60-64	7			01:10:34	01:22:00	02:37:56	02:50:13.20	+00:32:38 (19.2%)	8:04	7.4 (80.4%)
42	PRZYBYLSKI Christian	139	POLIPACK TEAM GWE	M65-69	3			01:12:23	01:23:50	02:39:16	02:50:18.40	+00:32:44 (19.2%)	8:04	7.4 (80.4%)
43	STEFANIAK Krzysztof	168	KATOWICKI NORDIC WALKING	M65-69	4			01:09:24	01:20:55	02:38:57	02:50:50.10	+00:33:15 (19.5%)	8:05	7.4 (80.4%)
44	SADOWIŃSKI Aleksander	154	PTTK ACTIVE BRZEG	M60-64	8	2		01:12:54	01:24:24	02:39:11	02:50:53.90	+00:33:19 (19.5%)	8:05	7.4 (80.4%)
45	KUCZERA Tadeusz	82		M70-74	1	2		01:12:21	01:24:00	02:39:24	02:51:18.55	+00:33:44 (19.7%)	8:07	7.4 (80.4%)
46	WYSOCKI Andrzej	196	KAPS	M45-49	6			01:11:26	01:23:13	02:39:58	02:51:41.80	+00:34:07 (19.9%)	8:08	7.4 (80.4%)
47	LACHNIK Hubert	88		M70-74	2			01:12:19	01:23:59	02:40:41	02:52:33.60	+00:34:59 (20.3%)	8:10	7.3 (79.3%)
48	KRUPICKI Jacek	76	ŻĄDLO NORDIC WALKING KLUCZBORK	M50-54	8	2		01:11:15	01:22:50	02:40:06	02:52:37.90	+00:35:03 (20.3%)	8:10	7.3 (79.3%)
49	OLSZEWSKI Wojciech	123	WŁÓCZNO TEAM	M40-44	7	2		01:13:27	01:25:16	02:42:05	02:53:38.00	+00:36:03 (20.8%)	8:13	7.3 (79.3%)
50	REICHERT Andrzej	143	ZAWISZA STARA KUŹNIA	M70-74	3			01:13:41	01:25:20	02:41:32	02:53:54.75	+00:36:20 (20.9%)	8:14	7.3 (79.3%)
51	POLAK Łukasz	135	OBORYGENI	M40-44	8			01:10:05	01:21:25	02:37:25	02:55:02.20	+00:37:27 (21.4%)	8:17	7.2 (78.3%)
52	BARTCZAK Mirosław	6	NORDIC TEAM CZĘSTOCHOWA	M60-64	9			01:13:44	01:25:13	02:43:45	02:55:21.35	+00:37:46 (21.5%)	8:18	7.2 (78.3%)
53	RZEŹNICZEK Czesław	153		M60-64	10	1		01:12:54	01:24:47	02:43:28	02:55:21.85	+00:37:47 (21.5%)	8:18	7.2 (78.3%)
54	PIERZCHAŁA Marek	130	POLIPACK TEAM GWE	M65-69	5			01:14:33	01:26:33	02:43:54	02:55:24.80	+00:37:50 (21.6%)	8:18	7.2 (78.3%)
55	KŁOSOWSKI Krzysztof	59		M45-49	7			01:13:30	01:25:16	02:43:09	02:55:34.60	+00:38:00 (21.6%)	8:19	7.2 (78.3%)
56	ZAGAJA Janusz	197	WESOŁY BORSUK TEAM	M65-69	6			01:13:46	01:25:24	02:44:39	02:56:44.15	+00:39:09 (22.2%)	8:22	7.2 (78.3%)
57	SMAJDOR Leszek	159		M65-69	7			01:13:28	01:25:15	02:45:08	02:57:36.45	+00:40:02 (22.5%)	8:25	7.1 (77.2%)
58	STOLARCZYK Zenon	170		M70-74	4	1		01:12:25	01:23:59	02:45:59	02:58:38.90	+00:41:04 (23.0%)	8:27	7.1 (77.2%)
59	WNĘK Sławomir	192	GRANIT STRZELIN	M50-54	9			01:13:11	01:24:54	02:42:50	02:58:49.90	+00:41:15 (23.1%)	8:28	7.1 (77.2%)

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								5.7km	10.7km	16.2km	21.1km	Różn		
60	TOBOLÍK Jan	180	NORDIC WALKING PŘEROV	M45-49	8			01:14:41	01:27:00	02:48:18	03:00:11.75	+00:42:37 (23.7%)	8:32	7 (76.1%)
61	KULCZYCKI Tomasz	83		M45-49	9			01:15:11	01:27:06	02:48:17	03:00:17.80	+00:42:43 (23.7%)	8:32	7 (76.1%)
62	SOBEK Piotr	160		M45-49	10	1		01:15:17	01:27:33	02:48:58	03:01:34.05	+00:43:59 (24.2%)	8:36	7 (76.1%)
63	CHORABIK Stanisław	19		M65-69	8			01:16:55	01:28:56	02:49:19	03:01:54.75	+00:44:20 (24.4%)	8:37	7 (76.1%)
64	CZMOCH Marian	29	PUKS JEDYNKA	M70-74	5			01:16:00	01:27:52	02:49:40	03:02:31.35	+00:44:56 (24.6%)	8:39	6.9 (75.0%)
65	RUSINOWICZ Andrzej	149	FABRYKA NORDICA TRZCIANKA	M75-79	1			01:15:11	01:28:05	02:49:21	03:02:49.05	+00:45:14 (24.7%)	8:39	6.9 (75.0%)
66	PUKSZTA Krzysiek	141		M40-44	9				01:32:05		03:04:18.00	+00:46:43 (25.4%)	8:44	6.9 (75.0%)
67	BARTKOWSKI Jan	7	NORDIC TEAM DZIAŁDOWO	M60-64	11	1		01:16:42	01:29:03	02:52:08	03:04:59.60	+00:47:25 (25.6%)	8:46	6.8 (73.9%)
68	ZAWADZKI Zygmunt	200	CIDRY LOTAJOM	M70-74	6				01:28:36		03:06:02.00	+00:48:27 (26.0%)	8:49	6.8 (73.9%)
69	MARCHEWKA Andrzej	96		M65-69	9			01:18:22	01:31:02	02:53:58	03:06:04.65	+00:48:30 (26.1%)	8:49	6.8 (73.9%)
70	WIENSKO Ryszard	184		M70-74	7			01:17:17	01:29:48	02:53:14	03:06:13.10	+00:48:38 (26.1%)	8:49	6.8 (73.9%)
71	SZCZĘŚNIAK Zbigniew	172	NORDIC TEAM CZĘSTOCHOWA	M60-64	12	1		01:17:10	01:29:23	02:54:13	03:06:40.70	+00:49:06 (26.3%)	8:50	6.8 (73.9%)
72	STANIEC Stanisław	167		M70-74	8			01:16:45	01:29:17	02:53:46	03:06:44.20	+00:49:09 (26.3%)	8:50	6.8 (73.9%)
73	ŚLUSARCZYK Andrzej	176	WESOŁY BORSUK TEAM	M70-74	9			01:15:12	01:27:31	02:54:46	03:07:59.25	+00:50:24 (26.8%)	8:54	6.7 (72.8%)
74	CZEREBA Leszek	27	KNW	M55-59	8			01:18:48	01:31:36	02:56:24	03:08:44.50	+00:51:10 (27.1%)	8:56	6.7 (72.8%)
75	GRUSZKA Michał	42	NORDIC SPORT 2021	M45-49	11			01:17:22	01:29:42	02:56:25	03:09:39.65	+00:52:05 (27.5%)	8:59	6.7 (72.8%)
76	KOWALCZYK Arkadiusz	70		M18-34	5			01:17:02	01:30:00	02:56:41	03:10:05.60	+00:52:31 (27.6%)	9:00	6.7 (72.8%)
77	NEDBALEC Jiri	114		M40-44	10	1		01:16:29	01:29:25	02:57:39	03:11:22.30	+00:53:47 (28.1%)	9:04	6.6 (71.7%)
78	MACHOLC Piotr	91	ŻÓŁWIK	M65-69	10			01:18:01	01:30:53	02:57:50	03:11:33.50	+00:53:59 (28.2%)	9:04	6.6 (71.7%)
79	NIESZPOREK Krzysztof	117		M35-39	4	1		01:16:46	01:29:27	02:58:08	03:12:26.60	+00:54:52 (28.5%)	9:07	6.6 (71.7%)
80	WIŚNIEWSKI Roman	188	RKS BACA RADZIECHOWY	M65-69	11			01:20:15	01:33:12	03:04:02	03:16:18.20	+00:58:43 (29.9%)	9:18	6.4 (69.6%)
81	HASIAK Aleksander	46		M55-59	9	1		01:20:05	01:34:24	03:02:42	03:16:28.45	+00:58:54 (30.0%)	9:18	6.4 (69.6%)
82	GRYGOROWICZ Bogdan	43	KGHM METRACO	M70-74	10			01:22:23	01:35:33	03:05:29	03:19:01.10	+01:01:26 (30.9%)	9:25	6.4 (69.6%)

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83	KOWALCZYK Tomasz	68	ROZCHODNIAKI	M40-44	11			01:23:06	01:36:51	03:06:58	03:20:54.05	+01:03:19 (31.5%)	9:31	6.3 (68.5%)
84	DONIGIEWICZ Janusz	212	PIAST	M65-69	12			01:20:56	01:33:53	03:06:49	03:21:26.80	+01:03:52 (31.7%)	9:32	6.3 (68.5%)
85	TOMCZYK Edward	181	ZIELONE GROSZKI	M75-79	2			01:15:42	01:28:09	03:05:46	03:22:32.65	+01:04:58 (32.1%)	9:35	6.3 (68.5%)
86	KŁOSOWSKI Łukasz	60		M40-44	12	1		01:26:25	01:40:30	03:09:39	03:24:15.10	+01:06:40 (32.6%)	9:40	6.2 (67.4%)
87	DEREŃ Janusz	32		M65-69	13			01:22:32	01:35:54	03:09:55	03:24:59.65	+01:07:25 (32.9%)	9:42	6.2 (67.4%)
88	WITEK Adam	189	STAN UMYSŁU LEWIN BIEGA	M55-59	10			01:20:12	01:33:13	03:12:23	03:26:17.45	+01:08:43 (33.3%)	9:46	6.1 (66.3%)
89	MAJCHRZAK Michał	93	BOROSZÓW CHODZI	M40-44	13			01:27:26	01:40:55	03:18:15	03:32:34.10	+01:14:59 (35.3%)	10:04	6 (65.2%)
90	KIEŁBIK Marek	57	DWAMARKI	M65-69	14	1		01:28:29	01:43:08	03:22:06	03:37:58.10	+01:20:23 (36.9%)	10:19	5.8 (63.0%)
91	WILK Krzysztof	187		M55-59	11			01:22:52	01:36:20	03:09:23	03:41:31.60	+01:23:57 (37.9%)	10:29	5.7 (62.0%)
92	KOWNACKI Krzysztof	71	ROZCHODNIAKI	M40-44	14				01:50:00		03:50:48.60	+01:33:14 (40.4%)	10:56	5.5 (59.8%)
93	WESOŁOWSKI Marek	183		M60-64	13	1			01:48:40		03:54:21.55	+01:36:47 (41.3%)	11:06	5.4 (58.7%)
DQ	KORDOWSKI Piotr	65	LUX TORPEDA MAŁOPOLSKA	M50-54		3	1	01:03:03 DQ	01:13:02 DQ	02:18:34 DQ	02:29:18.70 DQ		0:00	8.5 (92.4%)
DQ	MAGIERA Janusz	92	FORMA WODZISŁAW ŚLĄSKI	M60-64		3	1	01:05:51 DQ	01:16:33 DQ	02:26:28 DQ	02:37:20.10 DQ		0:00	8 (87.0%)
DQ	MUCHA Marcin	110	CHCE CI SIĘ ?	M45-49		5	1	01:07:36 DQ	01:18:35 DQ	02:35:27 DQ	02:47:24.00 DQ		0:00	7.6 (82.6%)
DQ	GAZDA Stanisław	40		M35-39		3	1	DQ	01:28:45 DQ	DQ	03:02:14.65 DQ		0:00	6.9 (75.0%)
DQ	DZIEDZIEWICZ Andrzej	205	K.S. VICTORIA POTĘGOWO	M40-44				01:01:07 DQ	DQ	DQ	DQ			(0.0%)
DNC	ŻARSKI Tomasz	204		M50-54				01:36:42	01:51:33					(0.0%)

Znaleziono 99 wynik(ów)