



Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

VI MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

MISTRZOSTWA POLSKI NORDIC WALKING W
MARATONIE

Polska Federacja Nordic Walking; Urząd Miasta i
Gminy Jastrowie

2019-04-06

Jastrowie

42.195 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	ROSAK Marcin	72	RUNNERSKI.PL	M40-49	1			00:31:49	01:07:26	01:42:43	02:18:05	02:53:23	03:30:05	04:06:40	04:43:19.10		6:42	8.9 (100%)
2	VÁZQUEZ BALUENGA Tony	89	TEAM GUIDETTI	M40-49	2			00:32:49	01:10:08	01:47:26	02:25:01	03:02:59	03:41:42	04:20:46	05:00:24.21	+00:17:05 (5.7%)	7:07	8.4 (94.4%)
3	CZŁONKOWSKI Krzysztof	16	OLIMPIJCZYK SZCZECOCINY	M40-49	3			00:32:51	01:10:05	01:47:15	02:24:45	03:02:33	03:41:28	04:21:12	05:02:46.59	+00:19:27 (6.4%)	7:10	8.4 (94.4%)
4	KORDOWSKI Piotr	40	LUX TORPEDA MAŁOPOLSKA	M40-49	4			00:32:49	01:10:02	01:47:14	02:24:43	03:02:32	03:41:29	04:24:27	05:06:13.85	+00:22:54 (7.5%)	7:15	8.3 (93.3%)
5	PUSZKIEL Leszek	69	GREEN TEAM ZIELONA GÓRA	M60-64	1			00:32:56	01:10:11	01:47:52	02:26:30	03:05:55	03:46:54	04:27:23	05:08:33.37	+00:25:14 (8.2%)	7:18	8.2 (92.1%)
6	BOGACKI Sławek	7	TORUŃ- IDZIEMY BEZ RYZYKA	M40-49	5			00:33:00	01:10:29	01:48:37	02:28:02	03:07:49	03:48:07	04:29:09	05:09:14.55	+00:25:55 (8.4%)	7:19	8.2 (92.1%)
7	WILCZEK Krzysztof	91	SOPEL DOBRODZIEN	M40-49	6			00:34:57	01:13:15	01:51:05	02:29:29	03:08:25	03:48:26	04:30:16	05:12:50.82	+00:29:31 (9.4%)	7:24	8.1 (91.0%)
8	BORKOWSKI Dariusz	8	NOWI SIEDLCE	M50-54	1			00:35:49	01:14:59	01:54:10	02:33:53	03:13:34	03:52:38	04:32:52	05:13:51.17	+00:30:32 (9.7%)	7:26	8.1 (91.0%)
9	MARCZAK Tomasz	54		M18-29	1			00:33:55	01:12:03	01:50:22	02:29:24	03:09:10	03:51:04	04:32:34	05:14:40.16	+00:31:21 (10.0%)	7:27	8 (89.9%)
10	PODOLAK Mariusz	65		M30-39	1			00:34:01	01:11:59	01:50:16	02:29:16	03:08:24	03:49:08	04:31:51	05:15:56.43	+00:32:37 (10.3%)	7:29	8 (89.9%)
11	ŻYDACZEWSKI Ryszard	97	KS METRACO POLKOWICE	M50-54	2			00:35:31	01:14:57	01:54:40	02:33:53	03:13:46	03:54:30	04:35:34	05:16:51.34	+00:33:32 (10.6%)	7:30	8 (89.9%)
12	ŻYWICKI Marcin	98	BŁĘKITNI NW DZIEMIANY	M40-49	7			00:34:42	01:12:48	01:51:10	02:30:18	03:10:38	03:52:05	04:34:52	05:18:16.08	+00:34:56 (11.0%)	7:32	8 (89.9%)
13	WIŚNIEWSKI Maciej	92	GRUPAMALBORK	M40-49	8			00:36:31	01:18:08	01:59:49	02:40:35	03:21:30	04:02:01	04:42:57	05:22:38.30	+00:39:19 (12.2%)	7:38	7.8 (87.6%)
14	HAŁAS Marcin	27	UNIA MIAST	M30-39	2			00:36:18	01:17:12	01:57:30	02:36:47	03:16:11	03:57:14	04:39:50	05:22:45.73	+00:39:26 (12.2%)	7:38	7.8 (87.6%)
15	KUBISZYN Mirosław	47	KS METRACO POLKOWICE	M30-39	3			00:36:12	01:15:55	01:55:48	02:35:44	03:15:56	03:57:03	04:39:54	05:23:05.87	+00:39:46 (12.3%)	7:39	7.8 (87.6%)
16	LENZ Andrzej	49	MUSZKIETEROWIE	M55-59	1			00:36:15	01:16:57	01:57:31	02:37:48	03:18:05	03:58:31	04:40:04	05:25:54.79	+00:42:35 (13.1%)	7:43	7.8 (87.6%)
17	MITURA- ZIELONKA Paweł	58	SPACERMISTRZ / RYBNICKI KLUB NORDIC WALKING	M30-39	4			00:37:23	01:18:44	01:59:28	02:39:58	03:19:30	03:59:29	04:42:02	05:26:26.62	+00:43:07 (13.2%)	7:44	7.8 (87.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						kartki	kartki	4.68km	10.04km	15.4km	20.76km	26.12km	31.48km	36.84km	42.195km			
18	ŚWISŁOCKI Bogdan	86	FACE NORDIC WALKING TEAM	M55-59	2			00:35:13	01:14:12	01:53:27	02:33:54	03:15:25	03:58:41	04:41:59	05:26:28.03	+00:43:08 (13.2%)	7:44	7.8 (87.6%)
19	MAJOR Stefan	51		M60-64	2			00:35:14	01:14:55	01:56:12	02:38:09	03:20:11	04:03:50	04:47:08	05:28:45.13	+00:45:26 (13.8%)	7:47	7.7 (86.5%)
20	MAKOWSKI Jan	52	RYBNICKI KLUB NORDIC WALKING	M55-59	3			00:33:52	01:12:34	01:52:45	02:33:26	03:15:54	03:59:43	04:44:12	05:29:40.49	+00:46:21 (14.1%)	7:48	7.7 (86.5%)
21	KOP Wiesław	39	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	4			00:37:19	01:17:13	01:57:44	02:37:50	03:18:23	04:00:17	04:46:21	05:33:28.85	+00:50:09 (15.0%)	7:54	7.6 (85.4%)
22	KOZŁOWSKI Piotr	45	TR STARBLADE	M40-49	9			00:33:41	01:11:40	01:50:45	02:30:31	03:13:11	03:58:32	04:45:44	05:35:19.26	+00:52:00 (15.5%)	7:56	7.6 (85.4%)
23	HRYNDIO Jerzy	101	STADION ŚLĄSKI	M60-64	3			00:37:04	01:17:51	01:59:36	02:42:11	03:25:34	04:09:54	04:55:02	05:37:43.94	+00:54:24 (16.1%)	8:00	7.5 (84.3%)
24	FELIS Paweł	21		M50-54	3			00:37:20	01:18:17	02:00:39	02:43:22	03:26:38	04:10:32	04:54:44	05:37:48.71	+00:54:29 (16.1%)	8:00	7.5 (84.3%)
25	KOWALSKI Marek	44	UNIA MIAST	M55-59	5			00:36:40	01:18:31	02:00:02	02:42:49	03:26:34	04:11:33	04:55:51	05:38:36.32	+00:55:17 (16.3%)	8:01	7.5 (84.3%)
26	LIGEZA Janusz	50		M55-59	6			00:36:01	01:16:56	01:57:55	02:39:49	03:22:56	04:07:40	04:54:03	05:38:50.84	+00:55:31 (16.4%)	8:01	7.5 (84.3%)
27	PASIERB Marek	62	NZ	M65+	1			00:36:35	01:17:56	01:59:46	02:42:25	03:26:09	04:09:53	04:55:02	05:39:13.12	+00:55:54 (16.5%)	8:02	7.5 (84.3%)
28	PŁACZEK Filip	63	BARLINEK TO MNIE RUSZA	M18-29	2			00:33:02	01:11:17	01:50:20	02:32:47	03:15:57	04:03:03	04:52:23	05:39:20.84	+00:56:01 (16.5%)	8:02	7.5 (84.3%)
29	KORZEŃ Grzegorz	42		M40-49	10			00:34:10	01:12:42	01:53:37	02:36:50	03:21:26	04:07:41	04:55:00	05:41:40.09	+00:58:20 (17.1%)	8:05	7.4 (83.1%)
30	FOLWARSKI Andrzej	22	FACE NORDIC WALKING TEAM	M60-64	4			00:36:15	01:16:55	01:57:44	02:38:52	03:21:21	04:05:25	04:55:30	05:41:50.13	+00:58:31 (17.1%)	8:06	7.4 (83.1%)
31	CIESIELSKI Jan	15	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	11			00:35:56	01:15:09	01:55:12	02:36:51	03:19:42	04:06:33	04:55:31	05:43:13.61	+00:59:54 (17.5%)	8:08	7.4 (83.1%)
32	TOMCZYK Edward	87	MARSZ PO ZDROWIE POZNAŃ	M65+	2			00:36:30	01:17:34	01:59:30	02:41:18	03:23:39	04:08:18	04:55:02	05:44:50.74	+01:01:31 (17.8%)	8:10	7.3 (82.0%)
33	SZYMAŃSKI Jacek	83		M50-54	4			00:37:21	01:17:58	01:59:40	02:42:10	03:26:20	04:11:56	04:58:48	05:46:31.98	+01:03:12 (18.2%)	8:12	7.3 (82.0%)
34	CHUDZIŃSKI Andrzej	13	ELBLĄDZKIE WŁÓCZYKIJE	M65+	3			00:36:38	01:18:10	02:00:30	02:43:36	03:27:11	04:13:14	04:59:34	05:49:07.17	+01:05:48 (18.8%)	8:16	7.3 (82.0%)
35	KOWALCZUK Robert	43	ELITA TEAM	M50-54	5			00:39:28	01:22:58	02:05:59	02:49:24	03:33:03	04:18:24	05:04:53	05:50:07.81	+01:06:48 (19.1%)	8:17	7.2 (80.9%)
36	ZAGAJA Janusz	99	HBT	M60-64	5			00:36:17	01:17:22	02:00:57	02:43:11	03:27:03	04:12:53	05:01:14	05:50:23.76	+01:07:04 (19.1%)	8:18	7.2 (80.9%)
37	FRANKIEWICZ Mirosław	23	FORMA NA PIĄTKĘ NW	M40-49	12			00:36:27	01:18:14	02:00:42	02:44:24	03:29:44	04:15:27	05:03:03	05:50:24.52	+01:07:05 (19.1%)	8:18	7.2 (80.9%)
38	WESOŁOWSKI Wojciech	56	MUSZKIETEROWIE	M65+	4			00:36:18	01:17:22	01:59:41	02:42:05	03:26:41	04:12:56	05:00:49	05:50:55.43	+01:07:36 (19.3%)	8:18	7.2 (80.9%)
39	OWCZAREK Jacek	61	STEP BY STEP TRÓJMIASTO	M40-49	13			00:36:40	01:18:06	02:00:23	02:43:41	03:28:14	04:15:55	05:04:07	05:51:59.18	+01:08:40 (19.5%)	8:20	7.2 (80.9%)
40	KAWCZYŃSKI Zbigniew	35	RYBNICKI KLUB NORDIC WALKING	M60-64	6			00:39:27	01:23:00	02:06:03	02:49:29	03:34:47	04:20:53	05:08:20	05:53:24.55	+01:10:05 (19.8%)	8:22	7.2 (80.9%)
41	SZCZEBAK Jacek	80	UNIA MIAST	M50-54	6			00:36:34	01:17:59	02:00:31	02:44:14	03:30:49	04:18:19	05:06:17	05:55:00.53	+01:11:41 (20.2%)	8:24	7.1 (79.8%)
42	ŻAMOJCIN Marek	96	NORDICLUB SZCZECIN	M55-59	7			00:36:46	01:18:21	02:00:30	02:44:16	03:30:11	04:18:22	05:07:44	05:56:02.58	+01:12:43 (20.4%)	8:26	7.1 (79.8%)
43	SKIBA Paweł	75		M40-49	14			00:36:03	01:16:34	01:59:07	02:44:00	03:29:06	04:18:20	05:09:44	05:59:54.35	+01:16:35 (21.3%)	8:31	7 (78.7%)
44	BIEGAŃSKI Jakub	6	NORDIC WALKING KIEKRZ POLAND	M40-49	15			00:36:30	01:18:11	02:01:03	02:46:03	03:32:25	04:20:42	05:10:58	06:00:08.77	+01:16:49 (21.3%)	8:32	7 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						kartki	kartki	4.68km	10.04km	15.4km	20.76km	26.12km	31.48km	36.84km	42.195km			
45	KALINOWSKI Krzysztof	34		M50-54	7			00:39:27	01:22:57	02:06:01	02:49:30	03:36:18	04:24:13	05:15:21	06:04:53.73	+01:21:34 (22.4%)	8:38	6.9 (77.5%)
46	DYWELSKI Marek	19	NIEZRZESZONY	M55-59	8			00:37:50	01:20:11	02:05:00	02:51:01	03:37:58	04:26:31	05:16:57	06:06:58.69	+01:23:39 (22.8%)	8:41	6.9 (77.5%)
47	KRAJEWSKI Wojciech	46		M40-49	16			00:39:44	01:25:16	02:11:00	02:58:35	03:45:46	04:33:30	05:21:50	06:09:48.52	+01:26:29 (23.4%)	8:45	6.8 (76.4%)
48	BUĆKO Sławomir	11		M50-54	8			00:42:20	01:26:23	02:09:01	02:53:53	03:40:54	04:29:21	05:19:30	06:10:14.22	+01:26:55 (23.5%)	8:46	6.8 (76.4%)
49	SZCZODROWKI Krzysztof	81	FACE NORDIC WALKING TEAM	M55-59	9			00:37:09	01:21:56	02:07:51	02:56:36	03:44:32	04:33:42	05:23:05	06:13:44.45	+01:30:25 (24.2%)	8:51	6.8 (76.4%)
50	PŁUCIENNIK Marcin	64	NW CZŁAPSKI TEAM	M40-49	17			00:43:42	01:32:03	02:20:51	03:10:37	04:03:26	04:56:47	05:52:45	06:54:26.53	+02:11:07 (31.6%)	9:49	6.1 (68.5%)
51	KOLEBUK Kazimierz	36	MG RUNNING TEAM TRZCIANKA	M65+	5			00:43:48	01:33:05	02:21:54	03:12:55	04:08:50	05:03:35	05:58:24	06:55:54.76	+02:12:35 (31.9%)	9:51	6.1 (68.5%)
52	KALENKIEWICZ Dariusz	33	ELBLĄSKIE WŁÓCZYKIE	M55-59	10			00:36:39	01:18:14	02:00:33	02:43:58	03:28:15	04:19:14			+00:49:08	8:14	7.3 (82.0%)
53	JANCZEWSKI Robert	29	NORDIC WALKING KIEKRZ POLAND	M55-59	11			00:42:14	01:32:36	02:26:11						+00:43:28	9:29	6.3 (70.8%)
	ADAMSKI Robert	1	DRUŻYNA SZPIKU	M50-54				00:34:00 DNF	01:11:59 DNF	01:50:15 DNF	02:29:18 DNF	03:10:12 DNF	03:53:27 DNF	05:45:51 DNF	DNF		-	- (0.0%)
	ŻACZEK Władysław	95	ANDRESPOL AKTYWNIE	M55-59				00:35:33 DNF	01:14:09 DNF	01:53:11 DNF	02:34:52 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWICZ Mariusz	60		M18-29				00:36:25 DNF	01:17:08 DNF	01:58:19 DNF	02:41:24 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JANCZY Gracjan	30	CKZIU NYSA MECHANIK	M18-29				00:34:59 DNF	01:16:52 DNF	02:02:50 DNF	02:54:55 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GLISZCZYŃSKI Mirosław	25	TARNOGÓRSKE ŁAZĘGI	M60-64				00:40:22 DNF	01:33:06 DNF	02:36:35 DNF	04:04:45 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 58 wynik(ów)