



# VI MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT

**Wydarzenie:** MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE  
**Organizator:** Polska Federacja Nordic Walking; Urząd Miasta i Gminy Jastrowie  
**Data:** 2019-04-06  
**Miejsce:** Jastrowie  
**Dystans:** 42.195 km



Klasyfikacja: M-OPEN

Punkt pomiarowy: 36,8 km

| Msc | Zawodnik              | Numer | Klub                                        | Kategoria | 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 |
|-----|-----------------------|-------|---------------------------------------------|-----------|-------------|--------------|------------------|-------------------|------------------|-------------------|-------------------|-------------------|-------------------|
| 1   | ROSAK Marcin          | 72    | RUNNERSKI.PL                                | M40-49    |             |              | 00:31:49         | 01:07:26          | 01:42:43         | 02:18:05          | 02:53:23          | 03:30:05          | 04:06:40          |
| 2   | VÁZQUEZ BALUENGA Tony | 89    | TEAM GUIDETTI                               | M40-49    |             |              | 00:32:49         | 01:10:08          | 01:47:26         | 02:25:01          | 03:02:59          | 03:41:42          | 04:20:46          |
| 3   | CZŁONKOWSKI Krzysztof | 16    | OLIMPIJCZYK SZCZOKOCINY                     | M40-49    |             |              | 00:32:51         | 01:10:05          | 01:47:15         | 02:24:45          | 03:02:33          | 03:41:28          | 04:21:12          |
| 4   | KORDOWSKI Piotr       | 40    | LUX TORPEDA MAŁOPOLSKA                      | M40-49    |             |              | 00:32:49         | 01:10:02          | 01:47:14         | 02:24:43          | 03:02:32          | 03:41:29          | 04:24:27          |
| 5   | PUSZKIEL Leszek       | 69    | GREEN TEAM ZIELONA GÓRA                     | M60-64    |             |              | 00:32:56         | 01:10:11          | 01:47:52         | 02:26:30          | 03:05:55          | 03:46:54          | 04:27:23          |
| 6   | BOGACKI Sławek        | 7     | TORUŃ- IDZIEMY BEZ RYZYKA                   | M40-49    |             |              | 00:33:00         | 01:10:29          | 01:48:37         | 02:28:02          | 03:07:49          | 03:48:07          | 04:29:09          |
| 7   | WILCZEK Krzysztof     | 91    | SOPEL DOBRODZIEN                            | M40-49    |             |              | 00:34:57         | 01:13:15          | 01:51:05         | 02:29:29          | 03:08:25          | 03:48:26          | 04:30:16          |
| 8   | PODOLAK Mariusz       | 65    |                                             | M30-39    |             |              | 00:34:01         | 01:11:59          | 01:50:16         | 02:29:16          | 03:08:24          | 03:49:08          | 04:31:51          |
| 9   | MARCZAK Tomasz        | 54    |                                             | M18-29    |             |              | 00:33:55         | 01:12:03          | 01:50:22         | 02:29:24          | 03:09:10          | 03:51:04          | 04:32:34          |
| 10  | BORKOWSKI Dariusz     | 8     | NOWI SIEDLCE                                | M50-54    |             |              | 00:35:49         | 01:14:59          | 01:54:10         | 02:33:53          | 03:13:34          | 03:52:38          | 04:32:52          |
| 11  | ŻYWICKI Marcin        | 98    | BŁĘKITNI NW DZIEMIANY                       | M40-49    |             |              | 00:34:42         | 01:12:48          | 01:51:10         | 02:30:18          | 03:10:38          | 03:52:05          | 04:34:52          |
| 12  | ŻYDACZEWSKI Ryszard   | 97    | KS METRACO POLKOWICE                        | M50-54    |             |              | 00:35:31         | 01:14:57          | 01:54:40         | 02:33:53          | 03:13:46          | 03:54:30          | 04:35:34          |
| 13  | HAŁAS Marcin          | 27    | UNIA MIAST                                  | M30-39    |             |              | 00:36:18         | 01:17:12          | 01:57:30         | 02:36:47          | 03:16:11          | 03:57:14          | 04:39:50          |
| 14  | KUBISZYN Mirosław     | 47    | KS METRACO POLKOWICE                        | M30-39    |             |              | 00:36:12         | 01:15:55          | 01:55:48         | 02:35:44          | 03:15:56          | 03:57:03          | 04:39:54          |
| 15  | LENZ Andrzej          | 49    | MUSZKIETEROWIE                              | M55-59    |             |              | 00:36:15         | 01:16:57          | 01:57:31         | 02:37:48          | 03:18:05          | 03:58:31          | 04:40:04          |
| 16  | ŚWISŁOCKI Bogdan      | 86    | FACE NORDIC WALKING TEAM                    | M55-59    |             |              | 00:35:13         | 01:14:12          | 01:53:27         | 02:33:54          | 03:15:25          | 03:58:41          | 04:41:59          |
| 17  | MITURA-ZIELONKA Paweł | 58    | SPACERMISTRZ / RYBNICKI KLUB NORDIC WALKING | M30-39    |             |              | 00:37:23         | 01:18:44          | 01:59:28         | 02:39:58          | 03:19:30          | 03:59:29          | 04:42:02          |
| 18  | WIŚNIEWSKI Maciej     | 92    | GRUPAMALBORK                                | M40-49    |             |              | 00:36:31         | 01:18:08          | 01:59:49         | 02:40:35          | 03:21:30          | 04:02:01          | 04:42:57          |
| 19  | MAKOWSKI Jan          | 52    | RYBNICKI KLUB NORDIC WALKING                | M55-59    |             |              | 00:33:52         | 01:12:34          | 01:52:45         | 02:33:26          | 03:15:54          | 03:59:43          | 04:44:12          |
| 20  | KOZŁOWSKI Piotr       | 45    | TR STARBLADE                                | M40-49    |             |              | 00:33:41         | 01:11:40          | 01:50:45         | 02:30:31          | 03:13:11          | 03:58:32          | 04:45:44          |
| 21  | KOP Wiesław           | 39    | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM                 | M55-59    |             |              | 00:37:19         | 01:17:13          | 01:57:44         | 02:37:50          | 03:18:23          | 04:00:17          | 04:46:21          |
| 22  | MAJOR Stefan          | 51    |                                             | M60-64    |             |              | 00:35:14         | 01:14:55          | 01:56:12         | 02:38:09          | 03:20:11          | 04:03:50          | 04:47:08          |
| 23  | PŁACZEK Filip         | 63    | BARLINEK TO MNIE RUSZA                      | M18-29    |             |              | 00:33:02         | 01:11:17          | 01:50:20         | 02:32:47          | 03:15:57          | 04:03:03          | 04:52:23          |
| 24  | LIGĘZA Janusz         | 50    |                                             | M55-59    |             |              | 00:36:01         | 01:16:56          | 01:57:55         | 02:39:49          | 03:22:56          | 04:07:40          | 04:54:03          |
| 25  | FELIS Paweł           | 21    |                                             | M50-54    |             |              | 00:37:20         | 01:18:17          | 02:00:39         | 02:43:22          | 03:26:38          | 04:10:32          | 04:54:44          |

| Msc | Zawodnik              | Numer | Klub                         | Kategoria | Żół.<br>kartki | Czer.<br>kartki | Start_All<br>4.68km | Start_All<br>10.04km | Start_All<br>15.4km | Start_All<br>20.76km | Start_All<br>26.12km | Start_All<br>31.48km | Start_All<br>36.84km |
|-----|-----------------------|-------|------------------------------|-----------|----------------|-----------------|---------------------|----------------------|---------------------|----------------------|----------------------|----------------------|----------------------|
| 26  | KORZEŃ Grzegorz       | 42    |                              | M40-49    |                |                 | 00:34:10            | 01:12:42             | 01:53:37            | 02:36:50             | 03:21:26             | 04:07:41             | 04:55:00             |
| 27  | TOMCZYK Edward        | 87    | MARSZ PO ZDROWIE POZNAŃ      | M65+      |                |                 | 00:36:30            | 01:17:34             | 01:59:30            | 02:41:18             | 03:23:39             | 04:08:18             | 04:55:02             |
| 28  | HRYNDIO Jerzy         | 101   | STADION ŚLĄSKI               | M60-64    |                |                 | 00:37:04            | 01:17:51             | 01:59:36            | 02:42:11             | 03:25:34             | 04:09:54             | 04:55:02             |
| 29  | PASIERB Marek         | 62    | NZ                           | M65+      |                |                 | 00:36:35            | 01:17:56             | 01:59:46            | 02:42:25             | 03:26:09             | 04:09:53             | 04:55:02             |
| 30  | FOLWARSKI Andrzej     | 22    | FACE NORDIC WALKING TEAM     | M60-64    |                |                 | 00:36:15            | 01:16:55             | 01:57:44            | 02:38:52             | 03:21:21             | 04:05:25             | 04:55:30             |
| 31  | CIESIELSKI Jan        | 15    | TORUŃ - IDZIEMY BEZ RYZYKA   | M40-49    |                |                 | 00:35:56            | 01:15:09             | 01:55:12            | 02:36:51             | 03:19:42             | 04:06:33             | 04:55:31             |
| 32  | KOWALSKI Marek        | 44    | UNIA MIAST                   | M55-59    |                |                 | 00:36:40            | 01:18:31             | 02:00:02            | 02:42:49             | 03:26:34             | 04:11:33             | 04:55:51             |
| 33  | SZYMAŃSKI Jacek       | 83    |                              | M50-54    |                |                 | 00:37:21            | 01:17:58             | 01:59:40            | 02:42:10             | 03:26:20             | 04:11:56             | 04:58:48             |
| 34  | CHUDZIŃSKI Andrzej    | 13    | ELBLĄDZKIE WŁÓCZYKIJE        | M65+      |                |                 | 00:36:38            | 01:18:10             | 02:00:30            | 02:43:36             | 03:27:11             | 04:13:14             | 04:59:34             |
| 35  | WESOŁOWSKI Wojciech   | 56    | MUSZKIETEROWIE               | M65+      |                |                 | 00:36:18            | 01:17:22             | 01:59:41            | 02:42:05             | 03:26:41             | 04:12:56             | 05:00:49             |
| 36  | ZAGAJA Janusz         | 99    | HBT                          | M60-64    |                |                 | 00:36:17            | 01:17:22             | 02:00:57            | 02:43:11             | 03:27:03             | 04:12:53             | 05:01:14             |
| 37  | FRANKIEWICZ Mirosław  | 23    | FORMA NA PIĄTKĘ NW           | M40-49    |                |                 | 00:36:27            | 01:18:14             | 02:00:42            | 02:44:24             | 03:29:44             | 04:15:27             | 05:03:03             |
| 38  | OWCZAREK Jacek        | 61    | STEP BY STEP TRÓJMIASTO      | M40-49    |                |                 | 00:36:40            | 01:18:06             | 02:00:23            | 02:43:41             | 03:28:14             | 04:15:55             | 05:04:07             |
| 39  | KOWALCZUK Robert      | 43    | ELITA TEAM                   | M50-54    |                |                 | 00:39:28            | 01:22:58             | 02:05:59            | 02:49:24             | 03:33:03             | 04:18:24             | 05:04:53             |
| 40  | SZCZEBAK Jacek        | 80    | UNIA MIAST                   | M50-54    |                |                 | 00:36:34            | 01:17:59             | 02:00:31            | 02:44:14             | 03:30:49             | 04:18:19             | 05:06:17             |
| 41  | ŻAMOJCIN Marek        | 96    | NORDICLUB SZCZECIN           | M55-59    |                |                 | 00:36:46            | 01:18:21             | 02:00:30            | 02:44:16             | 03:30:11             | 04:18:22             | 05:07:44             |
| 42  | KAWCZYŃSKI Zbigniew   | 35    | RYBNICKI KLUB NORDIC WALKING | M60-64    |                |                 | 00:39:27            | 01:23:00             | 02:06:03            | 02:49:29             | 03:34:47             | 04:20:53             | 05:08:20             |
| 43  | SKIBA Paweł           | 75    |                              | M40-49    |                |                 | 00:36:03            | 01:16:34             | 01:59:07            | 02:44:00             | 03:29:06             | 04:18:20             | 05:09:44             |
| 44  | BIEGAŃSKI Jakub       | 6     | NORDIC WALKING KIEKRZ POLAND | M40-49    |                |                 | 00:36:30            | 01:18:11             | 02:01:03            | 02:46:03             | 03:32:25             | 04:20:42             | 05:10:58             |
| 45  | KALINOWSKI Krzysztof  | 34    |                              | M50-54    |                |                 | 00:39:27            | 01:22:57             | 02:06:01            | 02:49:30             | 03:36:18             | 04:24:13             | 05:15:21             |
| 46  | DYWELSKI Marek        | 19    | NIEZRZESZONY                 | M55-59    |                |                 | 00:37:50            | 01:20:11             | 02:05:00            | 02:51:01             | 03:37:58             | 04:26:31             | 05:16:57             |
| 47  | BUĆKO Sławomir        | 11    |                              | M50-54    |                |                 | 00:42:20            | 01:26:23             | 02:09:01            | 02:53:53             | 03:40:54             | 04:29:21             | 05:19:30             |
| 48  | KRAJEWSKI Wojciech    | 46    |                              | M40-49    |                |                 | 00:39:44            | 01:25:16             | 02:11:00            | 02:58:35             | 03:45:46             | 04:33:30             | 05:21:50             |
| 49  | SZCZODROWKI Krzysztof | 81    | FACE NORDIC WALKING TEAM     | M55-59    |                |                 | 00:37:09            | 01:21:56             | 02:07:51            | 02:56:36             | 03:44:32             | 04:33:42             | 05:23:05             |
|     | ADAMSKI Robert        | 1     | DRUŻYNA SZPIKU               | M50-54    |                |                 | 00:34:00<br>DNF     | 01:11:59<br>DNF      | 01:50:15<br>DNF     | 02:29:18<br>DNF      | 03:10:12<br>DNF      | 03:53:27<br>DNF      | 05:45:51<br>DNF      |
| 51  | PŁUCIENNIK Marcin     | 64    | NW CZŁAPSKI TEAM             | M40-49    |                |                 | 00:43:42            | 01:32:03             | 02:20:51            | 03:10:37             | 04:03:26             | 04:56:47             | 05:52:45             |
| 52  | KOLEBUK Kazimierz     | 36    | MG RUNNING TEAM TRZCIANKA    | M65+      |                |                 | 00:43:48            | 01:33:05             | 02:21:54            | 03:12:55             | 04:08:50             | 05:03:35             | 05:58:24             |
| 53  | KALENKIEWICZ Dariusz  | 33    | ELBLĄSKIE WŁÓCZYKIJE         | M55-59    |                |                 | 00:36:39            | 01:18:14             | 02:00:33            | 02:43:58             | 03:28:15             | 04:19:14             |                      |
| 54  | JANCZEWSKI Robert     | 29    | NORDIC WALKING KIEKRZ POLAND | M55-59    |                |                 | 00:42:14            | 01:32:36             | 02:26:11            |                      |                      |                      |                      |
|     | ŻACZEK Władysław      | 95    | ANDRESPOL AKTYWNIE           | M55-59    |                |                 | 00:35:33<br>DNF     | 01:14:09<br>DNF      | 01:53:11<br>DNF     | 02:34:52<br>DNF      | DNF                  | DNF                  | DNF                  |
|     | JANCZY Gracjan        | 30    | CKZIU NYSA MECHANIK          | M18-29    |                |                 | 00:34:59<br>DNF     | 01:16:52<br>DNF      | 02:02:50<br>DNF     | 02:54:55<br>DNF      | DNF                  | DNF                  | DNF                  |
|     | NOWICZ Mariusz        | 60    |                              | M18-29    |                |                 | 00:36:25<br>DNF     | 01:17:08<br>DNF      | 01:58:19<br>DNF     | 02:41:24<br>DNF      | DNF                  | DNF                  | DNF                  |
|     | GLISZCZYŃSKI Mirosław | 25    | TARNOGÓRSKE ŁAZĘGI           | M60-64    |                |                 | 00:40:22<br>DNF     | 01:33:06<br>DNF      | 02:36:35<br>DNF     | 04:04:45<br>DNF      | DNF                  | DNF                  | DNF                  |

