



VI OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Wydarzenie: VI Międzynarodowe Mistrzostwa Polski Nordic Walking
Organizator: Wesoly Borsuk Team, Polskie Zrzeszenie Nordic Walking
Data: 2024-04-06
Miejsce: Prudnik
Dystans: 21.1 km



Klasyfikacja: Premia Górska - M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska 9km	10.7km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	222	K.S. VICTORIA POTĘGOWO	M50-54	1			00:56:18	01:05:28	02:15:31.30	+00:00:00 (-359,900.0%)	6:25	9.3 (100%)
2	WOJTOWICZ Tomasz	210	K.S. VICTORIA POTĘGOWO	M18-34	1			00:56:43	01:06:03	02:16:31.65	+00:00:24 (-357,266.4%)	6:28	9.3 (100%)
3	MICHALEC Marcin	221	KKB MOSIR KROSNO	M35-39	1	1		00:57:35	01:06:58	02:17:22.75	+00:01:17 (-351,863.4%)	6:30	9.2 (98.9%)
4	ROMANOWSKI Daniel	152	KATOWICKI NORDIC WALKING	M18-34	2			00:57:58	01:07:17	02:20:51.55	+00:01:39 (-349,596.8%)	6:40	9 (96.8%)
5	MADALIŃSKI Marcin	92	KS.VICTORIA POTĘGOWO	M40-44	2			00:59:16	01:08:51	02:24:03.25	+00:02:57 (-341,946.3%)	6:49	8.8 (94.6%)
6	KŁOS Maciej	60	POLIPACK TEAM GWE	M40-44	1			01:00:12	01:09:48	02:20:52.20	+00:03:54 (-336,582.9%)	6:40	9 (96.8%)
7	ŁUKASZ Jaworski	224	ERYK TEAM WYSOKA	M40-44	3			01:03:31	01:13:41	02:29:40.10	+00:07:12 (-319,022.7%)	7:05	8.5 (91.4%)
8	KABATA Jarosław	55	NORDIC SPORT 2021	M50-54	4			01:04:04	01:14:18	02:35:01.65	+00:07:45 (-316,300.0%)	7:20	8.2 (88.2%)
9	PRYZYSTARZ Grzegorz	142	OBORYGENI	M50-54	3	1		01:04:18	01:14:38	02:33:01.85	+00:07:59 (-315,127.4%)	7:15	8.3 (89.2%)
10	SŁUPIANEK Paweł	164	KATOWICKI NORDIC WALKING	M45-49	2			01:04:23	01:14:37	02:32:13.60	+00:08:04 (-314,768.4%)	7:12	8.3 (89.2%)
11	ŚWIDEREK Marcin	190	ESJA TEAM	M45-49	1			01:04:25	01:14:40	02:31:57.15	+00:08:06 (-314,589.2%)	7:12	8.3 (89.2%)
12	DERUS Jakub	24	KATOWICKI NORDIC WALKING	M40-44	4	1		01:04:27	01:14:44	02:35:00.40	+00:08:08 (-314,393.9%)	7:20	8.2 (88.2%)
13	MAŁKA Marian	95	NORDIC SPORT 2021	M65-69	1			01:04:36	01:14:51	02:32:24.60	+00:08:17 (-313,684.0%)	7:13	8.3 (89.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								Górska 9km	10.7km				
14	WILCZEK Krzysztof	204	WATAHA ULTRA TEAM	M50-54	2			01:04:53	01:14:54	02:31:38.05	+00:08:34 (-312,313.9%)	7:11	8.3 (89.2%)
15	MICHALSKI Andrzej	104	PŁOMIEŃ ZMIENNICA	M65-69	2	1		01:04:54	01:15:15	02:34:21.10	+00:08:35 (-312,237.7%)	7:18	8.2 (88.2%)
16	KOMANDZIK Andrzej	65	EKIPA NA KIJACH	M45-49	6			01:05:59	01:16:42	02:40:16.25	+00:09:40 (-307,083.0%)	7:35	7.9 (84.9%)
17	PASIK Michał	129	KALISIA NORDIC TEAM KNT	M45-49	3	1		01:06:12	01:16:35	02:35:46.05	+00:09:53 (-306,116.4%)	7:22	8.1 (87.1%)
18	MARCZYŃSKI Adam	98	POLIPACK TEAM GWE	M45-49	5			01:06:25	01:17:17	02:38:14.65	+00:10:06 (-305,113.7%)	7:29	8 (86.0%)
19	MISZTAL Grzegorz	107	OPEN SPORT TEAM	M35-39	2			01:06:31	01:17:13	02:41:13.60	+00:10:13 (-304,605.2%)	7:38	7.9 (84.9%)
20	MAGIERA Janusz	93	FORMA WODZISŁAW ŚLĄSKI	M60-64	1	1		01:06:33	01:17:09	02:36:10.50	+00:10:15 (-304,452.6%)	7:24	8.1 (87.1%)
21	RADZIMSKI Karol	145	NORDIC WALKING KIEKRZ POLAND	M70-74	1	1		01:07:09	01:17:40	02:41:02.45	+00:10:50 (-301,747.0%)	7:37	7.9 (84.9%)
22	ODŁOŽIL Petr	121	NORDIC WALKING FANTASTIC	M45-49	4			01:07:10	01:17:40	02:37:44.15	+00:10:51 (-301,720.8%)	7:28	8 (86.0%)
23	MAREK Petr	99	NW BRUNTÁL	M60-64	3			01:07:22	01:19:00	02:47:15.30	+00:11:03 (-300,828.5%)	7:55	7.6 (81.7%)
24	FRĄCKOWIAK Roman	31	NORDIC SPORT 2021	M55-59	1			01:07:36	01:17:57	02:37:14.15	+00:11:17 (-299,760.2%)	7:27	8.1 (87.1%)
25	ZYCH Witold	217		M50-54	5			01:07:38	01:18:16	02:39:53.15	+00:11:19 (-299,645.7%)	7:34	7.9 (84.9%)
26	SOKOŁOWSKI Marek	166	PTG SOKÓŁ RYMANÓW	M55-59	2			01:07:43	01:18:24	02:41:16.90	+00:11:24 (-299,276.8%)	7:38	7.9 (84.9%)
27	OLEJKO Radosław	123	POLIPACK TEAM GWE	M50-54	8			01:08:17	01:19:29	02:54:51.85	+00:11:58 (-296,748.9%)	8:17	7.2 (77.4%)
28	KUSZYK Jan	219	LEWIN BIEGA	M45-49	7			01:08:46	01:19:45	02:44:18.00	+00:12:27 (-294,662.8%)	7:47	7.7 (82.8%)
29	KRUPICKI Jacek	74	ŻĄDŁO NORDIC WALKING KLUCZBORK	M55-59	3			01:09:21	01:20:30	02:47:01.30	+00:13:02 (-292,197.8%)	7:54	7.6 (81.7%)
30	FILIP Jaroslav	29		M40-44	8			01:09:34	01:21:12	02:52:32.80	+00:13:16 (-291,259.6%)	8:10	7.3 (78.5%)
31	PASIERB Marek	128	K.S. VICTORIA POTEGOWO	M70-74	2			01:09:38	01:20:35	02:43:54.70	+00:13:19 (-290,987.7%)	7:46	7.7 (82.8%)
32	ZIEGL Jaroslav	223	NW OPARSKO	M60-64	5			01:10:06	01:21:17	02:49:15.25	+00:13:47 (-289,094.9%)	8:01	7.5 (80.6%)
33	CHYRA Janusz	12	NORDIC SPORT 2021	M45-49	8			01:10:06	01:20:57	02:45:18.80	+00:13:47 (-289,084.5%)	7:50	7.7 (82.8%)
34	ROMAN Krzysztof	150	KUDOWIANKA RUN	M65-69	3			01:10:07	01:21:28	02:47:59.25	+00:13:49 (-288,964.3%)	7:57	7.5 (80.6%)
35	KRAKOWSKI Jerzy Piotr	72	PTG SOKÓŁ 1893 MIELEC	M60-64	2			01:10:13	01:21:30	02:47:02.30	+00:13:54 (-288,604.1%)	7:54	7.6 (81.7%)
36	BIZAŃSKI Ireneusz	8	KRAINA MIODEM PŁYNAĆCA	M50-54	6			01:10:20	01:21:31	02:49:10.35	+00:14:01 (-288,138.9%)	8:01	7.5 (80.6%)

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								Górska 9km	10.7km				
37	SPYCHAŁA Lesław	170	POLIPACK TEAM GWE	M55-59	4			01:10:36	01:21:55	02:49:44.35	+00:14:18 (-286,995.9%)	8:02	7.5 (80.6%)
38	MICTYZACZ Jakub	226	ANTON TEAM	M40-44	7			01:10:36	01:22:16	02:50:12.90	+00:14:18 (-286,985.8%)	8:03	7.4 (79.6%)
39	STEFANIAK Krzysztof	176	KATOWICKI NORDIC WALKING	M65-69	4			01:10:43	01:22:45	02:53:13.50	+00:14:24 (-286,546.0%)	8:12	7.3 (78.5%)
40	SZULC Robert	184	NORDIC-BAL	M45-49	12			01:11:06	01:22:15	02:55:35.90	+00:14:47 (-284,990.7%)	8:19	7.2 (77.4%)
41	TOBOLÍK Jan	192	NORDIC WALKING PŘEROV	M45-49	10	1		01:11:17	01:22:40	02:49:36.90	+00:14:58 (-284,264.2%)	8:02	7.5 (80.6%)
42	CZARNECKI Janusz	16	NAJLEPSZE KIJKI W MIEŚCIE	M60-64	4	1		01:11:23	01:22:46	02:47:17.00	+00:15:04 (-283,899.1%)	7:55	7.6 (81.7%)
43	PUCHAŁA Dariusz	143		M60-64	7	1		01:11:26	01:22:55	02:56:18.95	+00:15:07 (-283,660.6%)	8:21	7.2 (77.4%)
44	KOSAKOWSKI Mariusz	68	GISZOWIEC CHODZI RAZEM	M45-49	11			01:11:34	01:23:14	02:53:43.90	+00:15:15 (-283,171.5%)	8:13	7.3 (78.5%)
45	STĘPIEŃ Artur	179	BOLAĆE PISZCZELE GRUPA NORDIC WALKING BĘŁCHATÓW	M50-54	7			01:11:44	01:23:09	02:49:50.70	+00:15:26 (-282,454.3%)	8:02	7.5 (80.6%)
46	MIHELAC Juraj	105	NWC SPALATUM	M40-44	6			01:11:45	01:22:34	02:49:25.60	+00:15:27 (-282,395.2%)	8:01	7.5 (80.6%)
47	KUBALA Zbigniew	75		M65-69	6			01:11:50	01:23:32	02:55:08.95	+00:15:31 (-282,070.9%)	8:18	7.2 (77.4%)
48	LACHNIK Hubert	87	NORDIC SPORT 2021	M70-74	3	1		01:11:55	01:23:33	02:51:45.65	+00:15:36 (-281,743.9%)	8:08	7.4 (79.6%)
49	SZWED Roman	185	NORDIC TEAM CZĘSTOCHOWA	M45-49	9			01:11:58	01:23:45	02:49:13.65	+00:15:39 (-281,561.2%)	8:01	7.5 (80.6%)
50	TKOCZ Adam	191	EKIPA NA KIJACH	M55-59	5			01:12:19	01:23:47	02:55:41.60	+00:16:00 (-280,230.5%)	8:19	7.2 (77.4%)
51	REICHERT Andrzej	148	ZAWISZA STARA KUŹNIA	M70-74	4			01:13:00	01:24:36	02:55:26.25	+00:16:41 (-277,574.7%)	8:18	7.2 (77.4%)
52	RUDAWSKI Maciej	156	NORDIC SPORT 2021	M40-44	5	1		01:13:09	01:24:13	02:47:15.25	+00:16:50 (-277,011.7%)	7:55	7.6 (81.7%)
53	HRYCIUK Waldemar	46	KS VICTORIA POTĘGOWO	M65-69	12			01:13:29	01:25:37	03:08:16.60	+00:17:10 (-275,745.4%)	8:55	6.7 (72.0%)
54	BARTCZAK Mirosław	3	NORDIC TEAM CZĘSTOCHOWA	M60-64	6	1		01:13:43	01:25:15	02:53:07.75	+00:17:24 (-274,897.3%)	8:12	7.3 (78.5%)
55	CZMOCH Marian	19	NORDIC SPORT 2021	M70-74	5			01:13:44	01:25:44	02:57:37.05	+00:17:25 (-274,819.6%)	8:25	7.1 (76.3%)
56	SMAJDOR Leszek	165		M65-69	5	1		01:14:00	01:25:48	02:54:45.95	+00:17:42 (-273,801.2%)	8:16	7.2 (77.4%)
57	CHORABIK Stanisław	11		M70-74	6			01:14:01	01:25:46	02:59:59.45	+00:17:42 (-273,785.8%)	8:31	7 (75.3%)
58	KŁOSOWSKI Krzysztof	61		M45-49	13			01:14:04	01:26:00	02:58:59.25	+00:17:45 (-273,585.5%)	8:28	7.1 (76.3%)
59	MATECKI Ryszard	103	KUDOWIANKA RUN	M75-79	1			01:14:07	01:25:54	02:55:37.85	+00:17:49 (-273,367.1%)	8:19	7.2 (77.4%)

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								Górska 9km	10.7km				
60	KULCZYCKI Tomasz	82		M50-54	10			01:14:12	01:25:41	02:56:57.90	+00:17:53 (-273,099.9%)	8:23	7.2 (77.4%)
61	ZAWADZKI Zygmunt	215	CIDRY Z KIJAMI	M70-74	7			01:14:21	01:25:53	03:04:02.60	+00:18:02 (-272,567.1%)	8:43	6.9 (74.2%)
62	BIČÁN Tomáš	5		M40-44	9			01:15:04	01:27:18	02:58:35.60	+00:18:45 (-269,937.0%)	8:27	7.1 (76.3%)
63	TOMCZAK Dariusz	194	TRITON	M50-54	11			01:15:04	01:26:57	03:00:40.85	+00:18:45 (-269,934.0%)	8:33	7 (75.3%)
64	PIERZCHAŁA Marek	132	POLIPACK TEAM GWE	M65-69	7			01:15:06	01:27:18	03:00:17.80	+00:18:48 (-269,790.2%)	8:32	7 (75.3%)
65	DRZEWIECKI Sławomir	28		M60-64	8			01:15:13	01:27:25	02:58:31.10	+00:18:55 (-269,377.6%)	8:27	7.1 (76.3%)
66	HABROWSKI Sylwiusz	44	NORDIC TEAM CZĘSTOCHOWA	M50-54	13			01:15:15	01:27:02	03:01:58.55	+00:18:56 (-269,267.2%)	8:37	7 (75.3%)
67	BIĘNKOWSKI Jarosław	6	TAJNIAKI 8:30	M50-54	9			01:15:17	01:27:29	02:56:46.35	+00:18:58 (-269,153.9%)	8:22	7.2 (77.4%)
68	ŚLUSARZ Andrzej	189		M55-59	6			01:15:23	01:27:40	03:03:44.50	+00:19:04 (-268,811.6%)	8:42	6.9 (74.2%)
69	STELMACH Piotr	178	STELMACH TEAM	M50-54	12	1		01:15:52	01:27:47	03:01:02.45	+00:19:33 (-267,083.9%)	8:34	7 (75.3%)
70	STEC Paweł	173	HUTA ZDROWIA	M35-39	3			01:16:04	01:28:40	03:21:29.75	+00:19:45 (-266,372.7%)	9:32	6.3 (67.7%)
71	ZAGAJA Janusz	213	WESOŁY BORSUK TEAM	M65-69	8			01:16:12	01:28:12	03:03:37.05	+00:19:54 (-265,892.0%)	8:42	6.9 (74.2%)
72	TRENKNER Leszek	195		M45-49	15	1		01:16:45	01:29:03	03:04:30.15	+00:20:26 (-264,023.5%)	8:44	6.9 (74.2%)
73	CZEREBA Leszek	17	KNW BIAŁA	M55-59	7			01:16:57	01:29:11	03:03:46.75	+00:20:38 (-263,334.2%)	8:42	6.9 (74.2%)
74	FUDALI Ryszard	32	SAINT-GOBAIN SQUAD	M65-69	9			01:16:57	01:29:03	03:05:24.95	+00:20:38 (-263,311.4%)	8:47	6.8 (73.1%)
75	DEREŃ Janusz	23		M65-69	13			01:17:16	01:29:49	03:10:20.65	+00:20:57 (-262,274.5%)	9:01	6.7 (72.0%)
76	MYŚLIWIEC Andrzej	112	KATOWICKI NORDIC WALKING	M55-59	10			01:17:28	01:29:40	03:13:58.30	+00:21:10 (-261,546.4%)	9:11	6.5 (69.9%)
77	MACHOLC Piotr	90	ŻÓŁWIK	M65-69	10			01:17:33	01:29:57	03:05:33.65	+00:21:14 (-261,301.8%)	8:47	6.8 (73.1%)
78	SZCZĘŚNIAK Zbigniew	182	NORDIC TEAM CZĘSTOCHOWA	M60-64	10			01:17:44	01:30:15	03:15:48.80	+00:21:25 (-260,676.9%)	9:16	6.5 (69.9%)
79	WOJCIECHOWSKI Adam	220	KIJKOMANIACY PPL	M45-49	17			01:17:51	01:30:15	03:11:39.85	+00:21:32 (-260,277.8%)	9:04	6.6 (71.0%)
80	CZYŻOWSKI Jerzy	21		M65-69	14			01:17:57	01:30:53	03:12:29.25	+00:21:38 (-259,946.6%)	9:07	6.6 (71.0%)
81	LEŚNIEWSKI Marcin	88	STARE BABICE NORDIC WALKING	M45-49	14			01:18:09	01:30:19	03:00:59.40	+00:21:50 (-259,289.5%)	8:34	7 (75.3%)
82	MARCHEWKA Andrzej	96		M65-69	11			01:18:13	01:30:27	03:07:14.95	+00:21:54 (-259,057.4%)	8:52	6.8 (73.1%)

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								Górska 9km	10.7km	21.1km	Różn		
83	KUBICKI Marek	77		M60-64	9			01:18:21	01:30:02	03:11:22.70	+00:22:02 (-258,624.6%)	9:04	6.6 (71.0%)
84	ŚLUSARCZYK Andrzej	187	WESOŁY BORSUK TEAM	M70-74	8			01:18:21	01:30:39	03:14:24.45	+00:22:02 (-258,616.4%)	9:12	6.5 (69.9%)
85	ORZECHOWSKI Mariusz	125	TRITON KONIN	M50-54	14			01:18:23	01:30:27	03:08:20.75	+00:22:04 (-258,506.4%)	8:55	6.7 (72.0%)
86	WILK Krzysztof	206		M55-59	9			01:19:03	01:31:51	03:13:44.15	+00:22:44 (-256,323.0%)	9:10	6.5 (69.9%)
87	KANIA Adam	57	NORDIC SPORT 2021	M60-64	12			01:19:14	01:32:39	03:25:32.30	+00:22:55 (-255,751.2%)	9:44	6.2 (66.7%)
88	GRUSZKA Michał	40	NORDIC SPORT 2021	M45-49	16			01:19:34	01:31:46	03:11:15.25	+00:23:15 (-254,690.1%)	9:03	6.6 (71.0%)
89	WALTER Janusz	199		M60-64	11			01:20:00	01:32:40	03:16:57.80	+00:23:41 (-253,302.1%)	9:20	6.4 (68.8%)
90	KAMRAD Hubert	225		M65-69	15			01:20:03	01:33:08	03:17:22.30	+00:23:45 (-253,101.6%)	9:21	6.4 (68.8%)
91	KĄŁKA Krzysztof	56	LECYMY DURŚ	M55-59	8			01:20:04	01:32:39	03:08:22.35	+00:23:45 (-253,083.2%)	8:55	6.7 (72.0%)
92	SZYMCZYNA Marcin	186		M45-49	18			01:20:34	01:34:43	03:14:59.70	+00:24:15 (-251,527.6%)	9:14	6.5 (69.9%)
93	TYKA Edward	196	AMATOR	M80+	2			01:21:37	01:34:48	03:26:45.00	+00:25:18 (-248,280.3%)	9:47	6.1 (65.6%)
94	STANISŁAW Przybysz	171	NIEZRZESZONY	M70-74	9			01:21:58	01:35:11	03:20:00.85	+00:25:39 (-247,219.8%)	9:28	6.3 (67.7%)
95	RYBAŁTOWSKI Paweł	158	OBORYGENI	M80+	1			01:23:17	01:36:15	03:23:57.05	+00:26:58 (-243,300.2%)	9:39	6.2 (66.7%)
96	NETKOWSKI Wojciech	116	LEŚNE KIJE	M65-69	16			01:23:30	01:36:56	03:32:33.75	+00:27:11 (-242,671.1%)	10:04	6 (64.5%)
97	SYPNIEWSKI Szymon	180	TRITON KONIN	M45-49	20			01:25:25	01:38:29	03:21:46.90	+00:29:06 (-237,205.4%)	9:33	6.3 (67.7%)
98	KURZAWINSKI Marcin	85	TRITON KONIN	M45-49	19			01:25:33	01:38:31	03:21:46.60	+00:29:14 (-236,863.3%)	9:33	6.3 (67.7%)
99	JAŚKOWSKI Patryk	51	NORDIC SPORT 2021	M40-44	10			01:25:52	01:39:23	03:20:39.55	+00:29:34 (-235,959.6%)	9:30	6.3 (67.7%)
100	MARKS Adrian	100	LECYMY DURŚ	M55-59	11			01:27:42	01:41:54	03:30:58.60	+00:31:23 (-231,054.2%)	9:59	6 (64.5%)
101	PIERSCIECKI Josef	131		M55-59	12			01:28:19	01:42:08	03:31:42.60	+00:32:00 (-229,435.9%)	10:01	6 (64.5%)
102	KLECZ Marcin	59	KLECZE NW	M40-44	11			01:30:47	01:45:49	03:54:16.00	+00:34:28 (-223,187.2%)	11:06	5.4 (58.1%)
103	TYLAK Janusz	198	KB. WARTKO	M50-54	15			01:40:30	01:53:46	03:43:27.10	+00:44:11 (-201,602.7%)	10:35	5.7 (61.3%)
DQ	WIŚNIEWSKI Roman	208		M70-74			1	01:21:59 DQ	01:34:53 DQ	03:16:56.60 DQ		0:00	6.4 (68.8%)
	KUCZERA Tadeusz	81		M70-74				01:15:25 DNF	01:27:33 DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska 9km	10.7km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
	NIESZPOREK Krzysztof	119		M35-39				01:17:34 DNF	01:30:49 DNF	DNF		-	- (0.0%)
	WEEDMAN Daglas	35		M70-74				02:04:05 DNF	02:24:01 DNF	DNF		-	- (0.0%)

Znaleziono 107 wynik(ów)