

VII OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT
MULTISPORT & FITNESS

Wydarzenie: VII Otwarte Mistrzostwa Polski w Maratonie
Organizator: Polska Federacja Nordic Walking; Urząd Miasta i Gminy Biały Bór
Data: 2020-10-10
Miejsce: Biały Bór
Dystans: 42.195 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 4.2km	Lap_2 8.4km	Lap_3 12.6km	Lap_4 16.8km	Lap_5 21km	Lap_6 25.2km	Lap_7 29.4km	Lap_8 33.6km	Lap_9 37.8km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	ROSAK Marcin	1	BACHUS NORDICUS ZIELONA GÓRA	M40-44	1			00:26:49	00:54:16	01:21:56	01:49:33	02:17:01	02:43:36	03:10:41	03:38:15	04:06:15	04:32:44.40		6:27	9.3 (100%)
2	CZERSKI Krzysztof	13		M40-44	2			00:28:27	00:56:37	01:24:23	01:51:59	02:19:30	02:47:05	03:14:37	03:42:43	04:11:17	04:40:18.95	+00:07:34 (2.7%)	6:38	9 (96.8%)
3	WOJCIECHOWSKA Elżbieta	73		K35-39	1			00:25:27	00:51:29	01:17:43	01:44:23	02:11:32	02:39:26	03:08:41	03:39:09	04:11:04	04:41:29.55	+00:08:45 (3.1%)	6:40	9 (96.8%)
4	CZŁONKOWSKI Krzysztof	3	OLIMPIJCZYK SZCZĘKOCINY	M40-44	3			00:27:15	00:54:50	01:22:45	01:50:49	02:18:38	02:47:10	03:15:44	03:44:38	04:14:58	04:44:05.95	+00:11:21 (4.0%)	6:43	8.9 (95.7%)
5	MACKIEWICZ Dariusz	23	AKTYWNY KODEŃ	M45-49	1			00:28:38	00:56:52	01:25:10	01:53:13	02:21:48	02:50:34	03:19:19	03:48:05	04:18:02	04:46:32.20	+00:13:47 (4.8%)	6:47	8.8 (94.6%)
6	BOGACKI Sławek	4	TORUŃ - IDZIEMY BEZ RYZYKA	M45-49	2			00:27:05	00:54:41	01:22:36	01:50:38	02:18:29	02:47:01	03:15:52	03:45:36	04:15:31	04:46:42.20	+00:13:57 (4.9%)	6:47	8.8 (94.6%)
7	MIELECKA Agnieszka	90	KS IDMAR RACING TEAM	K50-54	1			00:28:38	00:57:05	01:26:17	01:55:42	02:25:04	02:54:17	03:23:44	03:52:37	04:21:23	04:49:27.30	+00:16:42 (5.8%)	6:51	8.7 (93.5%)
8	WETOSZKA Piotr	5	TKKF KRZNA	M18-34	1			00:28:22	00:56:47	01:25:24	01:53:55	02:22:55	02:51:53	03:21:11	03:50:37	04:20:29	04:49:55.40	+00:17:11 (5.9%)	6:52	8.7 (93.5%)
9	WILCZEK Krzysztof	17	CIDRY LATAJOM	M45-49	3			00:29:44	00:58:17	01:26:37	01:54:41	02:22:54	02:51:17	03:20:39	03:50:13	04:20:22	04:50:46.75	+00:18:02 (6.2%)	6:53	8.7 (93.5%)
10	KOŁODZIEJ Joanna	65	STADION ŚLĄSKI	K50-54	2			00:28:27	00:57:38	01:26:48	01:56:12	02:25:36	02:55:35	03:25:44	03:54:33	04:23:22	04:51:30.25	+00:18:45 (6.4%)	6:54	8.7 (93.5%)
11	HAŁAS Marcin	8		M35-39	1			00:28:59	00:57:25	01:25:52	01:54:10	02:22:39	02:52:23	03:23:14	03:53:30	04:24:56	04:56:26.70	+00:23:42 (8.0%)	7:01	8.5 (91.4%)
12	LASKOWSKI Mirosław	33	LKS MILANÓW	M50-54	1			00:30:18	01:00:26	01:29:42	01:59:05	02:28:07	02:58:02	03:28:14	03:58:20	04:27:56	04:57:10.10	+00:24:25 (8.2%)	7:02	8.5 (91.4%)
13	BORKOWSKI Dariusz	35	NOWI SIEDLCE	M50-54	2			00:30:10	01:00:17	01:29:38	01:58:58	02:28:02	02:58:01	03:28:14	03:59:03	04:29:53	04:59:56.05	+00:27:11 (9.1%)	7:06	8.4 (90.3%)
14	ZYCH Witold	31		M50-54	3			00:30:22	01:00:36	01:30:03	01:59:28	02:29:10	02:59:47	03:31:02	04:02:32	04:33:54	05:05:05.20	+00:32:20 (10.6%)	7:13	8.3 (89.2%)
15	ŻACZEK Władysław	44		M55-59	1			00:29:44	00:59:29	01:28:39	01:58:05	02:27:29	02:57:27	03:27:41	04:00:16	04:33:34	05:06:01.65	+00:33:17 (10.9%)	7:15	8.3 (89.2%)
16	LIPIŃSKI Karol	14	POGODNI NORDIKOWCY SZCZECIN	M40-44	4			00:29:57	00:59:52	01:30:02	02:00:02	02:30:13	03:01:13	03:32:49	04:05:27	04:38:15	05:10:58.75	+00:38:14 (12.3%)	7:22	8.1 (87.1%)
17	PARZYBUT Jan	48	POSTEP PNIEWY TEAM	M55-59	2			00:30:19	01:00:10	01:29:51	01:59:47	02:30:12	03:01:49	03:34:09	04:07:46	04:40:54	05:14:12.85	+00:41:28 (13.2%)	7:26	8.1 (87.1%)
18	FRĄCKOWIAK Krzysztof	2	NOWI SIEDLCE	M50-54	4			00:30:23	01:00:07	01:28:46	01:58:36	02:29:43	03:01:42	03:34:25	04:07:09	04:41:20	05:15:14.25	+00:42:29 (13.5%)	7:28	8 (86.0%)
19	SZYMAŃSKI Jacek	29	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-54	5			00:30:38	01:00:33	01:29:54	02:00:11	02:31:12	03:03:20	03:36:12	04:09:32	04:43:06	05:16:03.35	+00:43:18 (13.7%)	7:29	8 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 4.2km	Lap_2 8.4km	Lap_3 12.6km	Lap_4 16.8km	Lap_5 21km	Lap_6 25.2km	Lap_7 29.4km	Lap_8 33.6km	Lap_9 37.8km	Czas netto		Tempo min/km	Tempo km/h
																	42.195km	Różn		
20	MĄDRY Grzegorz	52	KIJKOWE TRZEMESZNO	M60-64	1			00:30:07	01:00:28	01:31:11	02:02:13	02:33:36	03:04:56	03:36:52	04:10:36	04:43:48	05:16:51.80	+00:44:07 (13.9%)	7:30	8 (86.0%)
21	KLUCZYŃSKI Remigiusz	27	KIJKOWY KLUB SPORTOWY	M50-54	6			00:29:57	00:59:12	01:28:40	01:58:35	02:29:19	03:01:29	03:34:54	04:08:51	04:44:11	05:18:04.75	+00:45:20 (14.3%)	7:32	8 (86.0%)
22	GOŁĘBIEWSKI Krzysztof	37	ZAWSZE MŁODZI NORDIC WALKING	M55-59	3			00:32:04	01:03:23	01:34:23	02:05:34	02:36:49	03:08:20	03:40:47	04:13:13	04:46:10	05:18:56.70	+00:46:12 (14.5%)	7:33	7.9 (84.9%)
23	ŚWISŁOCKI Bogdan	46	FACE NORDIC WALKING TEAM	M55-59	4			00:30:26	01:00:29	01:30:34	02:01:33	02:33:40	03:05:39	03:38:51	04:12:56	04:46:22	05:21:19.70	+00:48:35 (15.1%)	7:36	7.9 (84.9%)
24	RAKOWIECKI Zbigniew	50	FACE NORDIC WALKING TEAM	M55-59	5			00:30:24	01:00:51	01:31:38	02:02:45	02:34:15	03:06:22	03:39:53	04:14:28	04:48:10	05:21:59.20	+00:49:14 (15.3%)	7:37	7.9 (84.9%)
25	SZCZUDLIK Małgorzata	76	KIJKOWE TRZEMESZNO	K40-44	1			00:30:51	01:02:08	01:33:49	02:05:45	02:38:01	03:11:03	03:44:13	04:18:02	04:51:09	05:24:21.30	+00:51:36 (15.9%)	7:41	7.8 (83.9%)
26	EFEMBERG Joanna	82	TORUŃ - IDZIEMY BEZ RYZYKA	K45-49	1			00:31:41	01:03:28	01:35:17	02:07:22	02:39:29	03:12:28	03:45:46	04:19:43	04:53:52	05:27:54.45	+00:55:10 (16.8%)	7:46	7.7 (82.8%)
27	OLESZCZUK Teresa	67	BARLINEK TO MNIE RUSZA	K55-59	1			00:29:02	00:58:34	01:28:26	01:59:03	02:31:25	03:06:16	03:44:26	04:21:21	04:56:02	05:30:56.65	+00:58:12 (17.6%)	7:50	7.7 (82.8%)
28	LAJTER Jerzy	61	4 RUN TEAM PIŁA	M70+	1			00:34:20	01:07:47	01:40:54	02:13:42	02:46:53	03:19:59	03:52:49	04:25:23	04:58:27	05:31:58.35	+00:59:13 (17.8%)	7:52	7.6 (81.7%)
29	MAŚLANKA Iwona	87	MARSZ PO ZDROWIE	K45-49	2			00:31:03	01:02:31	01:35:05	02:07:59	02:40:11	03:14:20	03:48:19	04:23:29	04:56:59	05:32:02.85	+00:59:18 (17.9%)	7:52	7.6 (81.7%)
30	CYRUS Bogdan	28	SILESIA NORDIC TEAM	M50-54	7			00:30:40	01:01:43	01:34:12	02:07:17	02:40:48	03:14:11	03:48:57	04:24:11	05:00:23	05:35:14.85	+01:02:30 (18.6%)	7:56	7.6 (81.7%)
31	JÓŹWIAK Marianna	68	SERCE NORDICA WŁOCŁAWEK	K45-49	3			00:33:55	01:07:20	01:40:15	02:13:12	02:45:56	03:19:08	03:52:00	04:26:15	05:00:59	05:35:15.45	+01:02:31 (18.6%)	7:56	7.6 (81.7%)
32	CIESIELSKI Jan	18	TORUŃ - IDZIEMY BEZ RYZYKA	M45-49	4			00:30:19	01:00:48	01:31:36	02:03:29	02:36:28	03:10:46	03:48:32	04:26:36	05:03:29	05:36:17.45	+01:03:33 (18.9%)	7:58	7.5 (80.6%)
33	CHUDZIŃSKI Andrzej	64	K.S.ELBŁĄSKIE WŁÓCZY-KIJE	M70+	2			00:33:50	01:06:59	01:39:18	02:12:46	02:46:19	03:19:40	03:52:36	04:26:15	05:02:55	05:41:20.90	+01:08:36 (20.1%)	8:05	7.4 (79.6%)
34	LASOTA Karolina	71		K18-34	1			00:34:02	01:06:35	01:39:15	02:12:32	02:46:22	03:21:00	03:55:36	04:31:01	05:06:21	05:42:26.25	+01:09:41 (20.4%)	8:06	7.4 (79.6%)
35	BIEGAŃSKI Jakub	21	NORDIC WALKING KIEKRZ	M45-49	5			00:31:16	01:02:33	01:35:01	02:08:12	02:42:26	03:17:12	03:54:23	04:30:36	05:06:28	05:42:49.35	+01:10:04 (20.4%)	8:07	7.4 (79.6%)
36	TOMCZYK Edward	59	MARSZ PO ZDROWIE POZNAŃ	M70+	3			00:32:42	01:05:51	01:38:58	02:11:48	02:44:39	03:18:28	03:52:22	04:27:07	05:04:46	05:43:15.60	+01:10:31 (20.5%)	8:08	7.4 (79.6%)
37	SKIERA Krzysztof	15	ŁĄCZĄ NAS PASJE	M40-44	5			00:29:47	00:59:19	01:29:53	02:00:10	02:33:14	03:06:55	03:43:08	04:21:19	05:03:53	05:44:42.30	+01:11:57 (20.9%)	8:10	7.3 (78.5%)
38	JAMRÓZ Mariola	94		K50-54	3			00:33:13	01:06:39	01:41:20	02:15:37	02:50:12	03:24:47	03:59:50	04:34:28	05:09:36	05:45:31.25	+01:12:46 (21.1%)	8:11	7.3 (78.5%)
39	WÓJCIK Barbara	102	NORDIC WALKING POLAND	K60-64	1			00:32:31	01:05:36	01:39:45	02:14:08	02:49:33	03:26:19	04:02:21	04:38:41	05:14:05	05:48:43.25	+01:15:58 (21.8%)	8:15	7.3 (78.5%)
40	WENDT Jarosław	30	POLIPACK TEAM GWE	M50-54	8			00:31:36	01:03:59	01:37:14	02:10:35	02:44:52	03:21:03	03:58:37	04:37:17	05:14:14	05:49:46.45	+01:17:02 (22.0%)	8:17	7.2 (77.4%)
41	MARONDEL Katarzyna	69	SILESIA NORDIC TEAM	K18-34	2			00:32:58	01:06:28	01:40:10	02:14:20	02:49:26	03:25:03	04:01:07	04:37:34	05:13:47	05:50:30.25	+01:17:45 (22.2%)	8:18	7.2 (77.4%)
42	GAUDEN Piotr	19	TORUŃ - IDZIEMY BEZ RYZYKA	M45-49	6			00:34:11	01:07:44	01:42:18	02:15:49	02:50:57	03:26:44	04:01:46	04:39:47	05:15:29	05:51:01.65	+01:18:17 (22.3%)	8:19	7.2 (77.4%)
43	MODZELEWSKA Agnieszka	75		K40-44	2			00:33:08	01:06:25	01:39:51	02:14:43	02:51:00	03:27:34	04:04:55	04:42:24	05:19:10	05:54:35.80	+01:21:51 (23.1%)	8:24	7.1 (76.3%)
44	OLECH Marcin	22		M45-49	7			00:33:35	01:07:24	01:40:50	02:14:58	02:48:55	03:24:29	04:02:33	04:41:32	05:18:55	05:55:37.05	+01:22:52 (23.3%)	8:25	7.1 (76.3%)
45	KRAWCZYK Jakub	11	MORSY KROSNO	M35-39	2			00:33:00	01:05:47	01:38:44	02:12:20	02:47:15	03:23:29	04:02:23	04:42:49	05:22:14	05:58:48.50	+01:26:04 (24.0%)	8:30	7.1 (76.3%)
46	MARCHEWKA Andrzej	54	13 ŚLĄSKA BRYGADA OT KATOWICE	M60-64	2			00:33:01	01:06:27	01:40:46	02:15:37	02:50:50	03:28:25	04:05:37	04:44:15	05:22:35	05:59:19.05	+01:26:34 (24.1%)	8:30	7 (75.3%)
47	BRYLIŃSKI Piotr	16	NW BEŁCHATÓW	M45-49	8			00:34:05	01:06:43	01:39:26	02:13:24	02:49:14	03:26:32	04:04:43	04:42:48	05:20:55	05:59:38.50	+01:26:54 (24.2%)	8:31	7 (75.3%)
48	KOZŁOWSKA Karolina	74	NORDIC WALKING KIEKRZ POLAND	K35-39	2			00:31:45	01:04:40	01:38:34	02:14:32	02:50:05	03:27:16	04:04:42	04:45:52	05:24:55	06:00:23.55	+01:27:39 (24.3%)	8:32	7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 4.2km	Lap_2 8.4km	Lap_3 12.6km	Lap_4 16.8km	Lap_5 21km	Lap_6 25.2km	Lap_7 29.4km	Lap_8 33.6km	Lap_9 37.8km	Czas netto		Tempo min/km	Tempo km/h
																	42.195km	Różn		
49	RUSINOWICZ Andrzej	62	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	4			00:34:10	01:07:20	01:40:52	02:14:16	02:49:35	03:26:57	04:05:41	04:45:07	05:24:39	06:02:37.30	+01:29:52 (24.8%)	8:35	7 (75.3%)
50	PŁACZEK Filip	7	BARLINEK TO MNIE RUSZA	M18-34	2			00:32:34	01:04:23	01:38:19	02:13:14	02:50:21	03:28:27	04:08:29	04:49:07	05:28:05	06:05:27.55	+01:32:43 (25.4%)	8:39	6.9 (74.2%)
51	PRZYBYLSKI Krzysztof	12		M35-39	3			00:34:20	01:08:55	01:44:32	02:20:56	02:57:09	03:34:17	04:12:48	04:51:52	05:30:56	06:07:37.50	+01:34:53 (25.8%)	8:42	6.9 (74.2%)
52	ŁOPIŃSKI Aleksy	63	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	5			00:38:19	01:16:38	01:54:28	02:31:23	03:08:41	03:46:40	04:23:23	05:00:10	05:37:20	06:12:55.30	+01:40:10 (26.9%)	8:50	6.8 (73.1%)
53	LASOTA Dorota	95		K50-54	4			00:32:54	01:06:15	01:40:05	02:14:10	02:49:36	03:26:42	04:07:44	04:51:16	05:33:01	06:15:18.75	+01:42:34 (27.3%)	8:53	6.7 (72.0%)
54	CZMOCH Marian	58	PUKS JEDYNKA ŁOSICE	M65-69	1			00:33:04	01:06:07	01:39:36	02:13:52	02:49:00	03:27:11	04:06:26	04:50:37	05:38:14	06:18:20.45	+01:45:36 (27.9%)	8:57	6.7 (72.0%)
55	BERSZTOLC Agnieszka	98	NOWI SIEDLCE	K55-59	2			00:36:26	01:13:57	01:51:17	02:27:55	03:04:37	03:42:17	04:20:15	04:59:32	05:39:54	06:19:08.15	+01:46:23 (28.1%)	8:59	6.7 (72.0%)
56	WIJAS Anna	70	Z KIJAMI PRZEZ ŻYCIE/ Z NOGAMI W CHMURACH	K18-34	3			00:37:56	01:14:40	01:50:54	02:27:32	03:05:30	03:43:20	04:22:16	05:01:47	05:42:32	06:20:15.65	+01:47:31 (28.3%)	9:00	6.7 (72.0%)
57	STANKOWSKA Marzena	85	KIJKOWE TRZEMESZNO	K45-49	4			00:34:32	01:09:39	01:45:15	02:22:51	03:04:26	03:44:14	04:24:29	05:05:34	05:44:47	06:25:26.20	+01:52:41 (29.2%)	9:08	6.6 (71.0%)
58	KRUGIOŁKA Grzegorz	10	AKTYWNI W PNIEWACH	M35-39	4			00:30:44	01:01:46	01:33:08	02:05:23	02:39:19	03:16:54	04:29:36	05:07:11	05:49:53	06:30:13.85	+01:57:29 (30.1%)	9:14	6.5 (69.9%)
59	DUDEK Agnieszka	88	MARSZ PO ZDROWIE	K45-49	5			00:35:30	01:11:06	01:47:48	02:24:51	03:04:07	03:44:04	04:25:53	05:09:01	05:52:18	06:34:02.55	+02:01:18 (30.8%)	9:20	6.4 (68.8%)
60	WŁODARCZYK Małgorzata	91		K50-54	5			00:36:59	01:14:30	01:51:54	02:30:43	03:10:37	03:52:46	04:33:27	05:14:18	05:56:24	06:37:05.80	+02:04:21 (31.3%)	9:24	6.4 (68.8%)
61	BILIK Wojciech	26	SAMOTNI WĘDROWCY	M50-54	9			00:35:45	01:12:22	01:50:04	02:29:07	03:11:14	03:55:58	04:42:02	05:27:29	06:13:06	06:56:03.60	+02:23:19 (34.4%)	9:51	6.1 (65.6%)
62	WĄTROBA Sebastian	24	BEL MARE RESORT NORDIC WALKING TEAM	M45-49	9			00:39:33	01:19:53	02:00:50	02:45:19	03:27:13	04:12:04	04:59:19	05:43:05	06:26:53	07:11:19.70	+02:38:35 (36.8%)	10:13	5.9 (63.4%)
63	ŁOZIŃSKA Wioletta	93		K50-54	6			00:37:10	01:14:38	01:53:46	02:35:14	03:19:55	04:05:59	04:50:58	05:37:31	06:23:24	07:11:41.35	+02:38:56 (36.8%)	10:13	5.9 (63.4%)
64	GEBSKA Ela	100	KIJE W DOBRYCH RĘKACH	K60-64	2			00:37:36	01:16:48	01:58:24	02:41:29	03:25:45	04:14:00	05:02:34	05:49:30	06:36:42	07:22:20.25	+02:49:35 (38.3%)	10:28	5.7 (61.3%)
65	MÓRAWSKI Sławomir	45	TORUŃ- IDZIEMY BEZ RYZYKA	M55-59	6			00:44:09	01:29:30	02:14:58	03:01:25	03:48:15	04:35:59	05:28:07	06:18:41	07:12:01	08:02:10.55	+03:29:26 (43.4%)	11:25	5.3 (57.0%)
	KOP Wiesław	47	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59				DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DYWELSKI Marek	36	BRAK	M55-59				DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 67 wynik(ów)