



# VIII OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT

**Wydarzenie:** VIII Otwarte Mistrzostwa Polski Nordic Walking w Maratonie - Biały Bór 2021  
**Organizator:** Fundacja Herkules All Sports, Urząd Miasta i Gminy Biały Bór  
**Data:** 2021-05-29  
**Miejsce:** Biały Bór  
**Dystans:** 42.195 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_4 21.1km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	<b>CZERSKI Krzysztof</b>	<b>2</b>	KLUB SPORTOWY ULTRA TEAM ŁÓDŹ	M40-44	1			02:21:55	<b>04:42:37.44</b>		6:41	9 (100%)
2	<b>ROSAK Marcin</b>	<b>1</b>	TRENUJENORDICWALKING.PL	M40-44	2			02:21:54	<b>04:46:20.37</b>	+00:03:42 (1.3%)	6:47	8.8 (97.8%)
3	<b>CZŁONKOWSKI Krzysztof</b>	<b>4</b>	OLIMPIJCZYK SZCZOKOCINY	M45-49	1			02:21:56	<b>04:47:02.35</b>	+00:04:24 (1.5%)	6:48	8.8 (97.8%)
4	<b>MACKIEWICZ Dariusz</b>	<b>5</b>	AKTYWNY KODEŃ	M45-49	2			02:21:56	<b>04:49:45.80</b>	+00:07:08 (2.5%)	6:52	8.7 (96.7%)
5	<b>WILCZEK Krzysztof</b>	<b>8</b>	CIDRY LOTAJOM	M45-49	3	2		02:22:01	<b>04:53:20.37</b>	+00:10:42 (3.7%)	6:57	8.6 (95.6%)
6	<b>KARPIŃSKI Sebastian</b>	<b>26</b>	LAS KABACKI / POLNORD	M40-44	3	1		02:24:10	<b>04:56:53.25</b>	+00:14:15 (4.8%)	7:02	8.5 (94.4%)
7	<b>NIEDBAŁ Adam</b>	<b>38</b>	SIEWIERZ	M45-49	4			02:27:12	<b>04:58:09.62</b>	+00:15:32 (5.2%)	7:03	8.5 (94.4%)
8	<b>POŁUBIAK Paweł</b>	<b>22</b>		M35-39	1			02:22:55	<b>04:59:53.75</b>	+00:17:16 (5.8%)	7:06	8.4 (93.3%)
9	<b>BORKOWSKI Dariusz</b>	<b>47</b>	NOWI SIEDLCE	M50-54	1			02:31:21	<b>05:00:58.14</b>	+00:18:20 (6.1%)	7:07	8.4 (93.3%)
10	<b>PRZYSTARZ Grzegorz</b>	<b>46</b>	OBORYGENI	M50-54	2			02:24:10	<b>05:01:28.51</b>	+00:18:51 (6.3%)	7:08	8.4 (93.3%)
11	<b>SŁUPIANEK Paweł</b>	<b>28</b>	KATOWICKI NORDIC WALKING	M40-44	4			02:22:29	<b>05:05:04.79</b>	+00:22:27 (7.4%)	7:13	8.3 (92.2%)
12	<b>WETOSZKA Piotr</b>	<b>7</b>	TKKF KRZNA BIAŁA PODLASKA	M35-39	2	1		02:29:09	<b>05:07:32.57</b>	+00:24:55 (8.1%)	7:17	8.2 (91.1%)
13	<b>DANIELSKI Waldemar</b>	<b>54</b>	RUNNERSKI.PL	M55-59	1			02:31:23	<b>05:09:59.17</b>	+00:27:21 (8.8%)	7:20	8.2 (91.1%)
14	<b>WIŚNIEWSKI Maciej</b>	<b>35</b>	WIŚNIATEAM	M45-49	5			02:32:35	<b>05:11:39.34</b>	+00:29:01 (9.3%)	7:23	8.1 (90.0%)
15	<b>HAŁAS Marcin</b>	<b>19</b>		M35-39	3			02:25:34	<b>05:13:55.74</b>	+00:31:18 (10.0%)	7:26	8.1 (90.0%)
16	<b>MICHALSKI Andrzej</b>	<b>73</b>	PŁOMIEŃ ZMIENNICA	M60-64	1			02:31:18	<b>05:14:18.31</b>	+00:31:40 (10.1%)	7:26	8.1 (90.0%)
17	<b>HRYCIUK Waldemar</b>	<b>68</b>	TKKF KRZNA BIAŁA PODLASKA	M60-64	2			02:33:17	<b>05:15:41.46</b>	+00:33:04 (10.5%)	7:28	8 (88.9%)
18	<b>ŚWIDEREK Marcin</b>	<b>27</b>	NW CZĘLPSKI TEAM	M40-44	5			02:25:33	<b>05:15:44.76</b>	+00:33:07 (10.5%)	7:28	8 (88.9%)
19	<b>LASKOWSKI Mirosław</b>	<b>42</b>	LKS MILANÓW	M50-54	3			02:32:10	<b>05:16:11.65</b>	+00:33:34 (10.6%)	7:29	8 (88.9%)
20	<b>MUCHA Marcin</b>	<b>29</b>	ŁĄCZĄ NAS PASJE BYDGOSZCZ	M40-44	6			02:39:56	<b>05:16:19.67</b>	+00:33:42 (10.7%)	7:29	8 (88.9%)
21	<b>MARCZAK Krzysztof</b>	<b>71</b>	NWPL/NW BEŁCHATÓW	M60-64	3			02:32:11	<b>05:17:16.47</b>	+00:34:39 (10.9%)	7:31	8 (88.9%)
22	<b>RADECKI Artur</b>	<b>63</b>	CHODZĄCY BIAŁYSTOK	M55-59	2			02:31:00	<b>05:17:37.32</b>	+00:34:59 (11.0%)	7:31	8 (88.9%)
23	<b>LENZ Andrzej</b>	<b>59</b>	MUSZKIETEROWIE	M55-59	3			02:33:39	<b>05:18:46.99</b>	+00:36:09 (11.3%)	7:33	7.9 (87.8%)
24	<b>LIPIŃSKI Karol</b>	<b>25</b>	POGODNI NORDIKOWCY SZCZECIN	M40-44	7			02:33:05	<b>05:19:13.90</b>	+00:36:36 (11.5%)	7:33	7.9 (87.8%)
25	<b>SKIERA Kris</b>	<b>34</b>	ŁĄCZA NAS PASJE	M45-49	6			02:39:30	<b>05:20:46.51</b>	+00:38:09 (11.9%)	7:36	7.9 (87.8%)
26	<b>MĄDRY Grzegorz</b>	<b>67</b>	KIJKOWE TRZEMESZNO	M60-64	4	1		02:32:46	<b>05:25:11.04</b>	+00:42:33 (13.1%)	7:42	7.8 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_4	Czas	Różn	Tempo	Tempo
								21.1km	42.195km		min/km	km/h
27	<b>GOŁĘBIEWSKI Krzysztof</b>	<b>51</b>	ZAWSZE MŁODZI NORDIC WALKING	M55-59	4			02:36:10	<b>05:25:30.15</b>	+00:42:52 (13.2%)	7:42	7.8 (86.7%)
28	<b>KOWALSKI Marek</b>	<b>62</b>		M55-59	5			02:40:02	<b>05:26:27.96</b>	+00:43:50 (13.4%)	7:44	7.8 (86.7%)
29	<b>FRAĆKOWIAK Krzysztof</b>	<b>45</b>	SIEDLCE	M50-54	4			02:36:35	<b>05:28:06.11</b>	+00:45:28 (13.9%)	7:46	7.7 (85.6%)
30	<b>SZYMAŃSKI Jacek</b>	<b>43</b>	POZYTYWNI BIEGACZE	M50-54	5			02:36:55	<b>05:28:25.70</b>	+00:45:48 (13.9%)	7:46	7.7 (85.6%)
31	<b>RAKOWIECKI Zbigniew</b>	<b>65</b>	FACE NORDIC WALKING TEAM	M55-59	6	1		02:36:04	<b>05:29:29.76</b>	+00:46:52 (14.2%)	7:48	7.7 (85.6%)
32	<b>WOJTKOWSKI Piotr</b>	<b>20</b>		M35-39	4			02:37:38	<b>05:30:40.49</b>	+00:48:03 (14.5%)	7:50	7.7 (85.6%)
33	<b>KNITTER Tomasz</b>	<b>14</b>	BŁEKITNI NW DZIEMIANY	M18-34	1			02:33:13	<b>05:31:14.53</b>	+00:48:37 (14.7%)	7:51	7.6 (84.4%)
34	<b>WOJCIECHOWSKI Paweł</b>	<b>33</b>	BEZMIAR PUŁAWY	M45-49	7			02:41:10	<b>05:32:46.98</b>	+00:50:09 (15.1%)	7:53	7.6 (84.4%)
35	<b>KRAWCZYK Jakub</b>	<b>23</b>		M35-39	5	1		02:42:39	<b>05:37:00.73</b>	+00:54:23 (16.1%)	7:59	7.5 (83.3%)
36	<b>CZMOCH Marian</b>	<b>82</b>	PUKS ŁOSICE	M70+	1	1		02:52:21	<b>05:39:49.07</b>	+00:57:11 (16.8%)	8:03	7.5 (83.3%)
37	<b>KOSECKI Marek</b>	<b>52</b>	NWPL	M55-59	7			02:43:48	<b>05:41:44.44</b>	+00:59:06 (17.3%)	8:05	7.4 (82.2%)
38	<b>TOMCZAK Jarosław</b>	<b>50</b>	STĘSZEW TEAM	M50-54	6			02:40:55	<b>05:45:03.24</b>	+01:02:25 (18.1%)	8:10	7.3 (81.1%)
39	<b>LAJTER Jerzy</b>	<b>80</b>	4 RUN TEAM PIŁA	M70+	2			02:53:07	<b>05:45:50.23</b>	+01:03:12 (18.3%)	8:11	7.3 (81.1%)
40	<b>SZCZEPAŃSKI Leszek</b>	<b>18</b>	LUBAWA KOCHA BIEGAĆ	M35-39	6	1		02:52:38	<b>05:47:36.40</b>	+01:04:58 (18.7%)	8:14	7.3 (81.1%)
41	<b>WINCZEWSKI Piotr</b>	<b>17</b>	AZYMUT PABIANICE	M55-59	8			02:43:50	<b>05:49:46.09</b>	+01:07:08 (19.2%)	8:17	7.2 (80.0%)
42	<b>NOWACZYK Tomasz</b>	<b>24</b>	MARSZ PO ZDROWIE	M40-44	8			02:46:09	<b>05:50:11.85</b>	+01:07:34 (19.3%)	8:17	7.2 (80.0%)
43	<b>MADAJ Robert</b>	<b>49</b>	STĘSZEW TEAM	M50-54	7	1		02:45:33	<b>05:51:00.72</b>	+01:08:23 (19.5%)	8:19	7.2 (80.0%)
44	<b>BORKOWSKI Leszek</b>	<b>64</b>	NOWI SIEDLCE - NW WSCHÓD	M55-59	9			02:51:58	<b>05:52:57.19</b>	+01:10:19 (19.9%)	8:21	7.2 (80.0%)
45	<b>WESOŁOWSKI Wojciech</b>	<b>78</b>	MUSZKIETEROWIE	M65-69	1			02:49:53	<b>05:53:17.62</b>	+01:10:40 (20.0%)	8:22	7.2 (80.0%)
46	<b>WIETRZYCKI Andrzej</b>	<b>70</b>	FABRYKA NORDICA TRZCIANKA	M60-64	5			02:48:02	<b>05:53:25.62</b>	+01:10:48 (20.0%)	8:22	7.2 (80.0%)
47	<b>STEFANIAK Krzysztof</b>	<b>76</b>	KATOWICKI NORDIC WALKING	M65-69	2			02:50:04	<b>05:56:55.76</b>	+01:14:18 (20.8%)	8:27	7.1 (78.9%)
48	<b>CIEŚLUK Marcin</b>	<b>40</b>	NORDIC TEAM CZĘSTOCHOWA	M45-49	8			02:49:44	<b>05:58:02.91</b>	+01:15:25 (21.1%)	8:29	7.1 (78.9%)
49	<b>FRANKIEWICZ Mirosław</b>	<b>41</b>	FORMA NA PIĄTKĘ NW	M45-49	9	1		02:50:36	<b>05:59:56.29</b>	+01:17:18 (21.5%)	8:31	7 (77.8%)
50	<b>KĘPA Andrzej</b>	<b>79</b>		M70+	3	1		02:51:01	<b>06:00:42.97</b>	+01:18:05 (21.6%)	8:32	7 (77.8%)
51	<b>TOMCZYK Edward</b>	<b>83</b>	MARSZ PÑO ZDROWIE POZNA	M70+	4			02:46:21	<b>06:02:10.15</b>	+01:19:32 (22.0%)	8:34	7 (77.8%)
52	<b>KACZMAREK Jarek</b>	<b>56</b>	SERCE NORDICA WŁOCŁAWEK	M55-59	10			02:58:07	<b>06:03:10.45</b>	+01:20:33 (22.2%)	8:36	7 (77.8%)
53	<b>KRAJEWSKI Wojciech</b>	<b>31</b>		M45-49	10			02:54:22	<b>06:05:57.27</b>	+01:23:19 (22.8%)	8:40	6.9 (76.7%)
54	<b>MARCHEWKA Andrzej</b>	<b>69</b>	13. ŚLĄSKA BRYGADA OT KATOWICE	M60-64	6	1		02:52:19	<b>06:06:45.30</b>	+01:24:07 (22.9%)	8:41	6.9 (76.7%)
55	<b>PODKOCKI Piotr</b>	<b>44</b>	KATOWICKI NORDIC WALKING	M50-54	8			02:49:23	<b>06:10:18.81</b>	+01:27:41 (23.7%)	8:46	6.8 (75.6%)
56	<b>ŁOPIŃSKI Aleksy</b>	<b>85</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	5	1		03:02:00	<b>06:11:48.04</b>	+01:29:10 (24.0%)	8:48	6.8 (75.6%)
57	<b>RUDAWSKI Maciej</b>	<b>16</b>	MARSZ PO ZDROWIE	M35-39	7			02:54:24	<b>06:12:00.78</b>	+01:29:23 (24.0%)	8:48	6.8 (75.6%)
58	<b>MACHOLC Piotr</b>	<b>74</b>	ŻÓŁWIK	M65-69	3			03:02:09	<b>06:15:26.03</b>	+01:32:48 (24.7%)	8:53	6.7 (74.4%)
59	<b>PALUCH Paweł</b>	<b>61</b>	AVOCADO WELLNESS CLUB	M55-59	11			02:52:04	<b>06:16:27.33</b>	+01:33:49 (24.9%)	8:55	6.7 (74.4%)
60	<b>KLAWCZYŃSKI Marcin</b>	<b>15</b>	AKTYWNIE W PNIEWACH	M18-34	2			02:53:31	<b>06:18:40.35</b>	+01:36:02 (25.4%)	8:58	6.7 (74.4%)
61	<b>MICHALAK Arkadiusz</b>	<b>55</b>		M55-59	12			02:58:27	<b>06:18:59.89</b>	+01:36:22 (25.4%)	8:58	6.7 (74.4%)
62	<b>ADAMUS Marian</b>	<b>84</b>	SILESIA NORDIC TEAM	M70+	6			02:55:05	<b>06:20:24.98</b>	+01:37:47 (25.7%)	9:00	6.7 (74.4%)
63	<b>ŚWIERCZYŃSKI Marcin</b>	<b>87</b>	NWPL/NW BEŁCHATÓW	M70+	7	1		02:57:57	<b>06:22:42.84</b>	+01:40:05 (26.2%)	9:04	6.6 (73.3%)
64	<b>ELLGOTH Damian</b>	<b>48</b>		M50-54	9			03:03:26	<b>06:46:00.20</b>	+02:03:22 (30.4%)	9:37	6.2 (68.9%)
65	<b>TREPPNER Jan</b>	<b>81</b>	WOLNY CZŁOWIEK	M70+	8	1		03:27:26	<b>06:59:30.21</b>	+02:16:52 (32.6%)	9:56	6 (66.7%)
66	<b>GUTOWSKI Paweł</b>	<b>39</b>	PAUL TEAM	M45-49	11			03:16:08	<b>07:03:43.23</b>	+02:21:05 (33.3%)	10:02	6 (66.7%)
	<b>ŻACZEK Władysław</b>	<b>60</b>	ANDRESPOL AKTYWNIE	M55-59		1		02:31:59	DNF	DNF	-	- (0.0%)
	<b>WARUSZEWSKI Karol</b>	<b>32</b>	BIEGAJĄCY TCZEW	M45-49				02:40:55	DNF	DNF	-	- (0.0%)
	<b>KRAWIEC Jacek</b>	<b>58</b>		M55-59		1		02:49:50	DNF	DNF	-	- (0.0%)
	<b>OLECH Marcin</b>	<b>36</b>		M45-49				02:59:04	DNF	DNF	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_4 21.1km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
	<b>TOŁAJ Andrzej</b>	<b>66</b>	KATOWICKI NORDIC WALKING	M60-64				02:51:53 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 71 wynik(ów)