

# X OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT  
INTELEKTUALNE ZAKŁADY SPORTOWE

**Wydarzenie:** Mistrzostwa Polski Nordic Walking w Maratonie  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Urząd Miasta i Gminy Biały Bór  
**Data:** 2023-04-15  
**Miejsce:** Biały Bór  
**Dystans:** 42.195 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 4.22km	Lap_2 8.44km	Lap_3 12.66km	Lap_4 16.88km	Lap_5 21.1km	Lap_6 25.32km	Lap_7 29.54km	Lap_8 33.76km	Lap_9 37.98km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJCIECHOWSKA Elżbieta</b>	<b>1</b>	POLIPACK TEAM GWE	K40-44	1			00:25:34	00:51:28	01:17:34	01:43:57	02:10:50	02:37:59	03:05:55	03:34:28	04:03:35	<b>04:32:39.85</b>		6:27	9.3 (100%)
2	<b>ROSAK Marcin</b>	<b>50</b>	K.S. VICTORIA POTĘGOWO	M45-49	1			00:28:13	00:56:30	01:24:12	01:52:14	02:20:31	02:48:27	03:16:40	03:45:06	04:12:48	<b>04:40:36.00</b>	+00:07:56 (2.8%)	6:39	9 (96.8%)
3	<b>KŁOS Maciej</b>	<b>29</b>	POLIPACK TEAM GWE	M40-44	1			00:28:15	00:56:30	01:24:10	01:52:13	02:20:30	02:48:26	03:16:39	03:45:06	04:13:25	<b>04:41:22.40</b>	+00:08:42 (3.1%)	6:40	9 (96.8%)
4	<b>CZŁONKOWSKI Krzysztof</b>	<b>77</b>	WATAHA ULTRA TEAM	M45-49	2			00:28:16	00:56:34	01:24:14	01:52:16	02:20:33	02:48:30	03:16:43	03:45:09	04:14:06	<b>04:44:16.70</b>	+00:11:36 (4.1%)	6:44	8.9 (95.7%)
5	<b>WILCZEK Krzysztof</b>	<b>66</b>	WATAHA ULTRA TEAM	M50-54	1			00:28:19	00:56:36	01:24:17	01:52:17	02:20:34	02:48:45	03:17:32	03:46:34	04:16:47	<b>04:46:52.00</b>	+00:14:12 (5.0%)	6:47	8.8 (94.6%)
6	<b>WETOSZKA Piotr</b>	<b>69</b>	K.S. VICTORIA POTĘGOWO	M35-39	1			00:29:10	00:57:47	01:26:17	01:54:47	02:23:17	02:51:33	03:20:07	03:48:54	04:18:19	<b>04:47:54.25</b>	+00:15:14 (5.3%)	6:49	8.8 (94.6%)
7	<b>PRZYSTARZ Grzegorz</b>	<b>47</b>	OBORYGENI	M50-54	2			00:28:48	00:57:24	01:26:18	01:55:31	02:24:47	02:54:09	03:23:49	03:53:52	04:24:20	<b>04:55:40.85</b>	+00:23:01 (7.8%)	7:00	8.6 (92.5%)
8	<b>KUBISZYN Małgorzata</b>	<b>37</b>	K.S VICTORIA POTĘGOWO	K35-39	1			00:29:31	00:59:28	01:29:03	01:58:46	02:28:47	02:58:54	03:29:04	03:58:57	04:29:04	<b>04:59:18.15</b>	+00:26:38 (8.9%)	7:05	8.5 (91.4%)
9	<b>FRĄCKOWIAK Krzysztof</b>	<b>16</b>	ŚWIADOMI SIEDLCE	M50-54	3			00:28:36	00:56:47	01:25:25	01:54:44	02:24:37	02:54:12	03:23:59	03:54:35	04:26:40	<b>05:00:06.05</b>	+00:27:26 (9.1%)	7:06	8.4 (90.3%)
10	<b>HAŁAS Marcin</b>	<b>22</b>	WATAHA ULTRA TEAM	M35-39	2			00:30:42	01:02:32	01:32:57	02:01:59	02:31:11	02:59:48	03:29:03	03:59:15	04:30:29	<b>05:01:05.85</b>	+00:28:26 (9.4%)	7:08	8.4 (90.3%)
11	<b>KOŁODZIEJ Joanna</b>	<b>32</b>	WATAHA ULTRA TEAM	K55-59	1	1		00:29:31	00:59:28	01:29:07	01:58:56	02:29:15	02:59:58	03:30:40	04:02:03	04:33:34	<b>05:04:34.65</b>	+00:31:54 (10.5%)	7:13	8.3 (89.2%)
12	<b>DANIELSKI Waldemar</b>	<b>13</b>	KS VICTORIA POTĘGOWO	M55-59	1			00:30:35	01:01:43	01:32:24	02:02:45	02:33:52	03:05:08	03:36:49	04:08:40	04:39:48	<b>05:11:39.55</b>	+00:38:59 (12.5%)	7:23	8.1 (87.1%)
13	<b>JASIUKIEWICZ Jacek</b>	<b>26</b>	POZYTYWNI DOBRE MIASTO	M55-59	2			00:32:28	01:04:09	01:35:25	02:06:06	02:36:51	03:07:57	03:38:54	04:09:49	04:40:59	<b>05:12:34.90</b>	+00:39:55 (12.8%)	7:24	8.1 (87.1%)
14	<b>SOMMERFELD Dariusz</b>	<b>56</b>	ZAKIJOWANIZĄBKI	M50-54	4			00:30:51	01:01:48	01:32:23	02:02:36	02:33:42	03:04:54	03:36:45	04:09:18	04:42:19	<b>05:14:38.35</b>	+00:41:58 (13.3%)	7:27	8 (86.0%)
15	<b>KABATA Jarosław</b>	<b>28</b>	NORDIC SPORT 2021	M50-54	5			00:31:17	01:02:16	01:32:41	02:03:26	02:34:37	03:06:10	03:38:01	04:10:08	04:42:46	<b>05:15:08.00</b>	+00:42:28 (13.5%)	7:28	8 (86.0%)
16	<b>KNITTER Tomasz</b>	<b>31</b>	BŁĘKITNI DZIEMIANY	M18-34	1			00:31:31	01:02:45	01:33:29	02:04:10	02:35:38	03:07:47	03:40:43	04:13:02	04:45:26	<b>05:17:41.30</b>	+00:45:01 (14.2%)	7:31	8 (86.0%)
17	<b>KRAJEWSKA Hanna</b>	<b>270</b>		K18-34	1			00:30:14	01:01:04	01:31:37	02:02:11	02:33:30	03:05:16	03:37:53	04:11:08	04:44:59	<b>05:18:15.30</b>	+00:45:35 (14.3%)	7:32	8 (86.0%)
18	<b>SZCZUDLIK Małgorzata</b>	<b>61</b>	NORDIC SPORT 2021	K40-44	2			00:29:34	00:59:29	01:29:27	02:00:08	02:32:01	03:04:42	03:37:53	04:12:03	04:46:03	<b>05:18:52.35</b>	+00:46:12 (14.5%)	7:33	7.9 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Lap_7	Lap_8	Lap_9	Czas		Tempo min/km	Tempo km/h
						kartki	kartki	4.22km	8.44km	12.66km	16.88km	21.1km	25.32km	29.54km	33.76km	37.98km	42.195km	Różn		
19	BEM Małgorzata	4	POZYTYWNI DOBRE MIASTO	K50-54	1			00:31:09	01:02:16	01:33:10	02:04:04	02:35:30	03:07:24	03:40:13	04:13:09	04:46:26	<b>05:19:30.75</b>	+00:46:50 (14.7%)	7:34	7.9 (84.9%)
20	RAKOWIECKI Zbigniew	48	POLIPACK TEAM GWE	M60-64	1			00:30:57	01:01:56	01:32:44	02:03:41	02:35:10	03:07:18	03:39:46	04:12:59	04:47:10	<b>05:19:45.50</b>	+00:47:05 (14.7%)	7:34	7.9 (84.9%)
21	KRAKOWSKI Jerzy Piotr	35	PTG SOKÓŁ 1893 MIELEC	M60-64	2			00:30:55	01:01:52	01:32:49	02:04:08	02:35:45	03:08:10	03:41:14	04:15:02	04:48:38	<b>05:20:28.40</b>	+00:47:48 (14.9%)	7:35	7.9 (84.9%)
22	MĄDRY Grzegorz	42	NORDIC SPORT 2021	M60-64	3			00:30:49	01:01:21	01:32:04	02:03:03	02:34:35	03:06:41	03:39:26	04:12:41	04:47:06	<b>05:21:26.95</b>	+00:48:47 (15.2%)	7:37	7.9 (84.9%)
23	KOWALSKI Marek	34	NORDIC SPORT 2021	M55-59	3			00:31:37	01:02:41	01:33:42	02:05:05	02:37:15	03:09:49	03:42:42	04:16:02	04:49:24	<b>05:23:05.30</b>	+00:50:25 (15.6%)	7:39	7.8 (83.9%)
24	PRZYBYLSKI Chrystian	46	POLIPACK TEAM GWE	M65-69	1			00:30:47	01:01:42	01:32:35	02:04:20	02:36:40	03:09:37	03:42:47	04:16:45	04:51:01	<b>05:24:59.10</b>	+00:52:19 (16.1%)	7:42	7.8 (83.9%)
25	GOŁĘBIEWSKI Krzysztof	20	ZAWSZE MŁODZI NORDIC WALKING	M55-59	4			00:31:38	01:02:43	01:33:36	02:04:42	02:36:43	03:09:10	03:42:16	04:16:08	04:51:10	<b>05:25:29.15</b>	+00:52:49 (16.2%)	7:42	7.8 (83.9%)
26	TKOCZ Adam	63	EKIPA NA KIJACH	M55-59	5			00:31:36	01:02:33	01:32:45	02:03:34	02:34:38	03:06:56	03:40:43	04:16:55	04:52:08	<b>05:27:00.00</b>	+00:54:20 (16.6%)	7:44	7.7 (82.8%)
27	OLSZAŃSKI Karol	45	PRUSZYŃSKI SPORT TEAM	M45-49	3			00:30:39	01:02:13	01:32:59	02:03:47	02:35:50	03:08:16	03:42:33	04:17:23	04:54:06	<b>05:27:56.25</b>	+00:55:16 (16.9%)	7:46	7.7 (82.8%)
28	RÓŻAŃSKI Rafał	51	POLIPACK TEAM GWE	M40-44	2	1		00:31:52	01:02:47	01:33:59	02:05:39	02:38:00	03:11:01	03:44:32	04:19:27	04:54:25	<b>05:28:10.20</b>	+00:55:30 (16.9%)	7:46	7.7 (82.8%)
29	STEFANIAK Krzysztof	60	KATOWICKI NORDIC WALKING	M65-69	2			00:30:45	01:01:06	01:31:45	02:03:06	02:35:38	03:09:02	03:43:37	04:19:44	04:55:53	<b>05:30:48.75</b>	+00:58:08 (17.6%)	7:50	7.7 (82.8%)
30	SKWERES Adriana	54		K35-39	2			00:31:18	01:02:44	01:34:01	02:06:24	02:39:52	03:14:06	03:48:25	04:23:15	04:57:10	<b>05:31:01.30</b>	+00:58:21 (17.6%)	7:50	7.6 (81.7%)
31	ZAWADZKI Krzysztof	73	NW CZLAPSKI TEAM	M65-69	3			00:32:27	01:05:33	01:38:27	02:11:18	02:44:21	03:17:47	03:51:24	04:25:15	04:59:08	<b>05:33:20.95</b>	+01:00:41 (18.2%)	7:53	7.6 (81.7%)
32	LAJTER Jerzy	39	4 RUN TEAM PIŁA	M70+	1			00:33:53	01:07:05	01:40:52	02:14:12	02:47:05	03:20:13	03:53:34	04:27:28	05:01:30	<b>05:35:05.10</b>	+01:02:25 (18.6%)	7:56	7.6 (81.7%)
33	LACHNIK Hubert	38		M70+	2			00:32:23	01:04:17	01:36:15	02:08:37	02:42:12	03:15:37	03:50:28	04:26:13	05:01:29	<b>05:37:43.00</b>	+01:05:03 (19.3%)	8:00	7.5 (80.6%)
34	CZMOCH Marian	12	NORDIC SPORT 2021	M70+	3			00:32:51	01:05:32	01:38:09	02:10:56	02:44:23	03:18:26	03:52:57	04:27:19	05:03:45	<b>05:39:54.35</b>	+01:07:14 (19.8%)	8:03	7.4 (79.6%)
35	GAWIN Andrzej	18	JUTRZENKA CZĘSTOCHOWA	M35-39	3			00:33:00	01:05:26	01:37:55	02:10:46	02:44:15	03:17:35	03:53:33	04:29:21	05:04:43	<b>05:40:51.70</b>	+01:08:11 (20.0%)	8:04	7.4 (79.6%)
36	ZDRZAŁEK Alicja	74	NORDIC SPORT 2021	K40-44	3			00:30:51	01:02:23	01:34:22	02:08:24	02:43:11	03:18:24	03:54:11	04:29:47	05:05:53	<b>05:44:33.10</b>	+01:11:53 (20.9%)	8:09	7.3 (78.5%)
37	JAKSINA Dariusz	24	MAZURSKI DZIK	M50-54	6			00:31:58	01:04:17	01:36:37	02:08:45	02:40:19	03:13:55	03:49:41	04:26:22	05:05:58	<b>05:45:28.45</b>	+01:12:48 (21.1%)	8:11	7.3 (78.5%)
38	SZCZYGIEL Adriana	62		K40-44	4			00:32:13	01:06:19	01:40:21	02:14:24	02:48:50	03:23:55	03:59:09	04:35:09	05:11:25	<b>05:46:19.70</b>	+01:13:39 (21.3%)	8:12	7.3 (78.5%)
39	SŁOWIŃSKA Alicja	55	ŚWIADOMI SIEDLCE	K55-59	2			00:31:14	01:03:18	01:35:59	02:09:32	02:44:17	03:20:10	03:57:01	04:34:05	05:11:13	<b>05:46:53.80</b>	+01:14:13 (21.4%)	8:13	7.3 (78.5%)
40	WÓJCIK Barbara	70	LUKI TEAM POLSKA	K60-64	1			00:33:19	01:07:05	01:41:30	02:15:55	02:50:28	03:25:42	04:01:13	04:37:44	05:13:39	<b>05:48:01.60</b>	+01:15:21 (21.7%)	8:14	7.3 (78.5%)
41	KRAWIEC Jacek	36	JACK NORDIC TEAM ELBLĄG	M55-59	6			00:32:53	01:05:43	01:38:31	02:11:38	02:45:26	03:20:14	03:56:36	04:33:40	05:12:03	<b>05:49:33.60</b>	+01:16:53 (22.0%)	8:17	7.2 (77.4%)
42	KŁOSOWSKI Krzysztof	30		M45-49	4			00:32:37	01:04:58	01:37:28	02:10:20	02:45:02	03:21:23	03:59:01	04:36:58	05:15:31	<b>05:52:31.85</b>	+01:19:52 (22.7%)	8:21	7.2 (77.4%)
43	NACZK Leonard	43	POLIPACKGWE TEAM	M45-49	5			00:33:01	01:06:35	01:40:58	02:15:22	02:50:06	03:25:45	04:01:16	04:38:04	05:15:45	<b>05:53:47.80</b>	+01:21:07 (22.9%)	8:23	7.2 (77.4%)
44	SPECHT Marek	58		M70+	4	1		00:33:19	01:06:56	01:40:42	02:14:54	02:49:42	03:25:59	04:02:55	04:40:35	05:18:16	<b>05:56:43.55</b>	+01:24:03 (23.6%)	8:27	7.1 (76.3%)
45	OLEJNIK Marzena	44		K55-59	3			00:34:33	01:09:59	01:46:09	02:21:59	02:58:13	03:33:42	04:09:33	04:45:17	05:21:28	<b>05:57:26.90</b>	+01:24:47 (23.7%)	8:28	7.1 (76.3%)
46	ZAGAJA Janusz	72	WESOŁY BORSUK TEAM	M65-69	4			00:31:24	01:03:54	01:36:29	02:09:32	02:44:01	03:20:00	03:57:19	04:36:50	05:16:50	<b>05:57:29.50</b>	+01:24:49 (23.7%)	8:28	7.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Lap_7	Lap_8	Lap_9	Czas netto	Różn	Tempo min/km	Tempo km/h
								4.22km	8.44km	12.66km	16.88km	21.1km	25.32km	29.54km	33.76km	37.98km	42.195km			
47	<b>ŁOPACIUK Paweł</b>	<b>40</b>	CISNĘ Z BUTA	M40-44	3			00:33:14	01:06:39	01:41:08	02:16:59	02:53:10	03:29:52	04:07:17	04:45:10	05:23:47	<b>06:00:00.00</b>	+01:27:20 (24.3%)	8:31	7 (75.3%)
48	<b>DOMAGALSKA Monika</b>	<b>78</b>	STĘSZEW TEAM	K35-39	3			00:35:08	01:10:46	01:46:58	02:22:47	02:59:04	03:34:50	04:11:12	04:48:33	05:26:37	<b>06:02:11.15</b>	+01:29:31 (24.7%)	8:35	7 (75.3%)
49	<b>BIELECKA Magdalena</b>	<b>6</b>	NORDIC WALKING FRIENDS	K18-34	2			00:35:13	01:10:47	01:47:00	02:22:51	02:59:46	03:37:04	04:14:53	04:52:51	05:29:32	<b>06:05:00.85</b>	+01:32:21 (25.3%)	8:39	6.9 (74.2%)
50	<b>SKRZĄTEK Lucyna</b>	<b>53</b>	NORDIC SPORT 2021	K50-54	2			00:34:35	01:09:59	01:46:13	02:22:06	02:58:55	03:36:18	04:14:01	04:52:01	05:28:39	<b>06:05:19.75</b>	+01:32:39 (25.4%)	8:39	6.9 (74.2%)
51	<b>WYSOCKA Magdalena</b>	<b>71</b>	NOWI SIEDLCE	K50-54	3			00:33:03	01:07:26	01:41:48	02:17:46	02:54:39	03:32:39	04:10:52	04:51:36	05:32:21	<b>06:11:46.65</b>	+01:39:06 (26.7%)	8:48	6.8 (73.1%)
52	<b>ZUZA-WITKOWSKA Anna</b>	<b>75</b>	BŁĘKITNY POKÓJ	K50-54	4	1		00:35:14	01:12:29	01:48:07	02:23:27	02:59:24	03:36:42	04:15:16	04:54:26	05:33:02	<b>06:12:27.40</b>	+01:39:47 (26.8%)	8:49	6.8 (73.1%)
53	<b>BORKOWSKI Leszek</b>	<b>8</b>	NOWI SIEDLCE - NW WSCHÓD	M55-59	7			00:34:33	01:09:33	01:45:25	02:22:07	02:59:00	03:37:01	04:15:11	04:55:53	05:36:45	<b>06:16:05.80</b>	+01:43:25 (27.5%)	8:54	6.7 (72.0%)
54	<b>WIŚNIEWSKI Roman</b>	<b>68</b>	RKS BACA RADZIECHOWY	M65-69	5			00:34:21	01:10:02	01:46:33	02:23:51	03:02:38	03:42:32	04:23:22	05:03:46	05:45:09	<b>06:24:50.90</b>	+01:52:11 (29.2%)	9:07	6.6 (71.0%)
55	<b>SORN Łukasz</b>	<b>57</b>	WŁÓCZYKIJE	M35-39	4			00:38:28	01:15:34	01:54:33	02:32:29	03:08:40	03:48:31	04:27:06	05:08:25	05:47:39	<b>06:25:51.15</b>	+01:53:11 (29.3%)	9:08	6.6 (71.0%)
56	<b>WILK Iwona</b>	<b>67</b>	NORDIC SPORT 2021	K45-49	1			00:36:20	01:13:49	01:51:04	02:28:20	03:05:25	03:45:39	04:26:30	05:07:04	05:48:27	<b>06:26:23.85</b>	+01:53:44 (29.4%)	9:09	6.6 (71.0%)
57	<b>SPECHT Grażyna</b>	<b>59</b>		K65-69	1			00:37:42	01:15:01	01:51:41	02:29:29	03:08:37	03:48:03	04:27:52	05:07:27	05:47:05	<b>06:26:52.95</b>	+01:54:13 (29.5%)	9:10	6.5 (69.9%)
58	<b>GODEK Cezary</b>	<b>19</b>		M35-39	5	1		00:32:41	01:06:48	01:40:01	02:15:35	02:53:13	03:33:55	04:17:50	05:02:13	05:45:31	<b>06:26:54.55</b>	+01:54:14 (29.5%)	9:10	6.5 (69.9%)
59	<b>BERESKA Irena</b>	<b>5</b>	NORDIC SPORT 2021	K35-39	4			00:36:37	01:14:07	01:51:22	02:28:34	03:05:44	03:45:57	04:26:48	05:07:24	05:48:43	<b>06:28:22.15</b>	+01:55:42 (29.8%)	9:12	6.5 (69.9%)
60	<b>CAŁKA Barbara</b>	<b>9</b>		K50-54	5			00:37:58	01:15:15	01:53:32	02:31:26	03:10:28	03:49:59	04:29:48	05:09:44	05:49:34	<b>06:29:18.50</b>	+01:56:38 (30.0%)	9:13	6.5 (69.9%)
61	<b>GÓRSKA Agnieszka</b>	<b>21</b>		K45-49	2			00:37:16	01:16:16	01:56:03	02:37:00	03:20:46	04:05:26	04:51:53	05:40:28	06:27:42	<b>07:11:55.00</b>	+02:39:15 (36.9%)	10:14	5.9 (63.4%)
62	<b>RUJNER Klara</b>	<b>52</b>	BŁĘKITNY POKÓJ	K50-54	6			00:38:56	01:18:38	02:02:56	02:43:14	03:25:17	04:09:01	04:51:50	05:46:15	06:31:47	<b>07:12:51.55</b>	+02:40:11 (37.0%)	10:15	5.8 (62.4%)
63	<b>TUR Leszek</b>	<b>65</b>	KS 'ZAWISZA' BORZYTUCHOM	M60-64	4	1		00:31:21	01:03:40	01:36:42	02:10:47	02:46:22						+00:35:32	7:55	7.6 (81.7%)

Znaleziono 63 wynik(ów)