

X OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Event: Mistrzostwa Polski Nordic Walking w Maratonie
Organiser: Polskie Zrzeszenie Nordic Walking, Urząd Miasta i Gminy Biały Bór
Date: 2023-04-15
Place: Biały Bór
Distance: 42.195 km



Classification: All

Split point: 21,1 km

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Lap_1 4.22km	Lap_2 8.44km	Lap_3 12.66km	Lap_4 16.88km	Lap_5 21.1km
1	WOJCIECHOWSKA Elżbieta	1	POLIPACK TEAM GWE	K40-44			00:25:34	00:51:28	01:17:34	01:43:57	02:10:50
2	KŁOS Maciej	29	POLIPACK TEAM GWE	M40-44			00:28:15	00:56:30	01:24:10	01:52:13	02:20:30
3	ROSAK Marcin	50	K.S. VICTORIA POTĘGOWO	M45-49			00:28:13	00:56:30	01:24:12	01:52:14	02:20:31
4	CZŁONKOWSKI Krzysztof	77	WATAHA ULTRA TEAM	M45-49			00:28:16	00:56:34	01:24:14	01:52:16	02:20:33
5	WILCZEK Krzysztof	66	WATAHA ULTRA TEAM	M50-54			00:28:19	00:56:36	01:24:17	01:52:17	02:20:34
6	WETOSZKA Piotr	69	K.S. VICTORIA POTĘGOWO	M35-39			00:29:10	00:57:47	01:26:17	01:54:47	02:23:17
7	FRĄCKOWIAK Krzysztof	16	ŚWIADOMI SIEDLCE	M50-54			00:28:36	00:56:47	01:25:25	01:54:44	02:24:37
8	PRZYSTARZ Grzegorz	47	OBORYGENI	M50-54			00:28:48	00:57:24	01:26:18	01:55:31	02:24:47
9	KUBISZYN Małgorzata	37	K.S VICTORIA POTĘGOWO	K35-39			00:29:31	00:59:28	01:29:03	01:58:46	02:28:47
10	KOŁODZIEJ Joanna	32	WATAHA ULTRA TEAM	K55-59	1		00:29:31	00:59:28	01:29:07	01:58:56	02:29:15
11	HAŁAS Marcin	22	WATAHA ULTRA TEAM	M35-39			00:30:42	01:02:32	01:32:57	02:01:59	02:31:11
12	SZCZUDLIK Małgorzata	61	NORDIC SPORT 2021	K40-44			00:29:34	00:59:29	01:29:27	02:00:08	02:32:01
13	KRAJEWSKA Hanna	270		K18-34			00:30:14	01:01:04	01:31:37	02:02:11	02:33:30
14	SOMMERFELD Dariusz	56	ZAKIJOWANIZĄBKI	M50-54			00:30:51	01:01:48	01:32:23	02:02:36	02:33:42
15	DANIELSKI Waldemar	13	KS VICTORIA POTĘGOWO	M55-59			00:30:35	01:01:43	01:32:24	02:02:45	02:33:52
16	MĄDRY Grzegorz	42	NORDIC SPORT 2021	M60-64			00:30:49	01:01:21	01:32:04	02:03:03	02:34:35
17	KABATA Jarosław	28	NORDIC SPORT 2021	M50-54			00:31:17	01:02:16	01:32:41	02:03:26	02:34:37
18	TKOCZ Adam	63	EKIPA NA KIJACH	M55-59			00:31:36	01:02:33	01:32:45	02:03:34	02:34:38
19	RAKOWIECKI Zbigniew	48	POLIPACK TEAM GWE	M60-64			00:30:57	01:01:56	01:32:44	02:03:41	02:35:10
20	BEM Małgorzata	4	POZYTYWNI DOBRE MIASTO	K50-54			00:31:09	01:02:16	01:33:10	02:04:04	02:35:30
21	KNITTER Tomasz	31	BŁĘKITNI DZIEMIANY	M18-34			00:31:31	01:02:45	01:33:29	02:04:10	02:35:38
22	STEFANIAK Krzysztof	60	KATOWICKI NORDIC WALKING	M65-69			00:30:45	01:01:06	01:31:45	02:03:06	02:35:38
23	KRAKOWSKI Jerzy Piotr	35	PTG SOKÓŁ 1893 MIELEC	M60-64			00:30:55	01:01:52	01:32:49	02:04:08	02:35:45
24	OLSZAŃSKI Karol	45	PRUSZYŃSKI SPORT TEAM	M45-49			00:30:39	01:02:13	01:32:59	02:03:47	02:35:50
25	PRZYBYLSKI Chrystian	46	POLIPACK TEAM GWE	M65-69			00:30:47	01:01:42	01:32:35	02:04:20	02:36:40
26	GOŁĘBIEWSKI Krzysztof	20	ZAWSZE MŁODZI NORDIC WALKING	M55-59			00:31:38	01:02:43	01:33:36	02:04:42	02:36:43
27	JASIUKIEWICZ Jacek	26	POZYTYWNI DOBRE MIASTO	M55-59			00:32:28	01:04:09	01:35:25	02:06:06	02:36:51

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28	KOWALSKI Marek	34	NORDIC SPORT 2021	M55-59			00:31:37	01:02:41	01:33:42	02:05:05	02:37:15
29	RÓŻAŃSKI Rafał	51	POLIPACK TEAM GWE	M40-44	1		00:31:52	01:02:47	01:33:59	02:05:39	02:38:00
30	SKWERES Adriana	54		K35-39			00:31:18	01:02:44	01:34:01	02:06:24	02:39:52
31	JAKSINA Dariusz	24	MAZURSKI DZIK	M50-54			00:31:58	01:04:17	01:36:37	02:08:45	02:40:19
32	LACHNIK Hubert	38		M70+			00:32:23	01:04:17	01:36:15	02:08:37	02:42:12
33	ZDRZAŁEK Alicja	74	NORDIC SPORT 2021	K40-44			00:30:51	01:02:23	01:34:22	02:08:24	02:43:11
34	ZAGAJA Janusz	72	WESOŁY BORSUK TEAM	M65-69			00:31:24	01:03:54	01:36:29	02:09:32	02:44:01
35	GAWIN Andrzej	18	JUTRZENKA CZĘSTOCHOWA	M35-39			00:33:00	01:05:26	01:37:55	02:10:46	02:44:15
36	SŁOWIŃSKA Alicja	55	ŚWIADOMI SIEDLCE	K55-59			00:31:14	01:03:18	01:35:59	02:09:32	02:44:17
37	ZAWADZKI Krzysztof	73	NW CZLAPSKI TEAM	M65-69			00:32:27	01:05:33	01:38:27	02:11:18	02:44:21
38	CZMOCH Marian	12	NORDIC SPORT 2021	M70+			00:32:51	01:05:32	01:38:09	02:10:56	02:44:23
39	KŁOSOWSKI Krzysztof	30		M45-49			00:32:37	01:04:58	01:37:28	02:10:20	02:45:02
40	KRAWIEC Jacek	36	JACK NORDIC TEAM ELBLĄG	M55-59			00:32:53	01:05:43	01:38:31	02:11:38	02:45:26
41	TUR Leszek	65	KS 'ZAWISZA' BORZYTUCHOM	M60-64	1		00:31:21	01:03:40	01:36:42	02:10:47	02:46:22
42	LAJTER Jerzy	39	4 RUN TEAM PIŁA	M70+			00:33:53	01:07:05	01:40:52	02:14:12	02:47:05
43	SZCZYGIEŁ Adriana	62		K40-44			00:32:13	01:06:19	01:40:21	02:14:24	02:48:50
44	SPECHT Marek	58		M70+	1		00:33:19	01:06:56	01:40:42	02:14:54	02:49:42
45	NACZK Leonard	43	POLIPACKGWE TEAM	M45-49			00:33:01	01:06:35	01:40:58	02:15:22	02:50:06
46	WÓJCIK Barbara	70	LUKI TEAM POLSKA	K60-64			00:33:19	01:07:05	01:41:30	02:15:55	02:50:28
47	ŁOPACIUK Paweł	40	CISNĘ Z BUTA	M40-44			00:33:14	01:06:39	01:41:08	02:16:59	02:53:10
48	GODEK Cezary	19		M35-39	1		00:32:41	01:06:48	01:40:01	02:15:35	02:53:13
49	WYSOCKA Magdalena	71	NOWI SIEDLCE	K50-54			00:33:03	01:07:26	01:41:48	02:17:46	02:54:39
50	OLEJNIK Marzena	44		K55-59			00:34:33	01:09:59	01:46:09	02:21:59	02:58:13
51	SKRZĄTEK Lucyna	53	NORDIC SPORT 2021	K50-54			00:34:35	01:09:59	01:46:13	02:22:06	02:58:55
52	BORKOWSKI Leszek	8	NOWI SIEDLCE - NW WSCHÓD	M55-59			00:34:33	01:09:33	01:45:25	02:22:07	02:59:00
53	DOMAGALSKA Monika	78	STĘSZEW TEAM	K35-39			00:35:08	01:10:46	01:46:58	02:22:47	02:59:04
54	ZUZA-WITKOWSKA Anna	75	BŁĘKITNY POKÓJ	K50-54	1		00:35:14	01:12:29	01:48:07	02:23:27	02:59:24
55	BIELECKA Magdalena	6	NORDIC WALKING FRIENDS	K18-34			00:35:13	01:10:47	01:47:00	02:22:51	02:59:46
56	WIŚNIEWSKI Roman	68	RKS BACA RADZIECHOWY	M65-69			00:34:21	01:10:02	01:46:33	02:23:51	03:02:38
57	WILK Iwona	67	NORDIC SPORT 2021	K45-49			00:36:20	01:13:49	01:51:04	02:28:20	03:05:25
58	BERESKA Irena	5	NORDIC SPORT 2021	K35-39			00:36:37	01:14:07	01:51:22	02:28:34	03:05:44
59	SPECHT Grażyna	59		K65-69			00:37:42	01:15:01	01:51:41	02:29:29	03:08:37
60	SORN Łukasz	57	WŁÓCZYKIJE	M35-39			00:38:28	01:15:34	01:54:33	02:32:29	03:08:40
61	CAŁKA Barbara	9		K50-54			00:37:58	01:15:15	01:53:32	02:31:26	03:10:28
62	GÓRSKA Agnieszka	21		K45-49			00:37:16	01:16:16	01:56:03	02:37:00	03:20:46
63	RUJNER Klara	52	BŁĘKITNY POKÓJ	K50-54			00:38:56	01:18:38	02:02:56	02:43:14	03:25:17

Total 63 results.