

X OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT
INTELEKTUALNE ZARZĄDZANIE 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: M-OPEN

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	ROSAK Marcin	50	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	04:40:36.00		6:39	9 (100%)
2	KŁOS Maciej	29	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	04:41:22.40	+00:00:46 (0.3%)	6:40	9 (100%)
3	CZŁONKOWSKI Krzysztof	77	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	04:44:16.70	+00:03:40 (1.3%)	6:44	8.9 (98.9%)
4	WILCZEK Krzysztof	66	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	04:46:52.00	+00:06:16 (2.2%)	6:47	8.8 (97.8%)
5	WETOSZKA Piotr	69	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	04:47:54.25	+00:07:18 (2.5%)	6:49	8.8 (97.8%)
6	PRZYSTARZ Grzegorz	47	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	04:55:40.85	+00:15:04 (5.1%)	7:00	8.6 (95.6%)
7	FRĄCKOWIAK Krzysztof	16	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	05:00:06.05	+00:19:30 (6.5%)	7:06	8.4 (93.3%)
8	HAŁAS Marcin	22	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	05:01:05.85	+00:20:29 (6.8%)	7:08	8.4 (93.3%)
9	DANIELSKI Waldemar	13	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	05:11:39.55	+00:31:03 (10.0%)	7:23	8.1 (90.0%)
10	JASIUKIEWICZ Jacek	26	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	05:12:34.90	+00:31:58 (10.2%)	7:24	8.1 (90.0%)
11	SOMMERFELD Dariusz	56	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	05:14:38.35	+00:34:02 (10.8%)	7:27	8 (88.9%)
12	KABATA Jarosław	28	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	05:15:08.00	+00:34:32 (11.0%)	7:28	8 (88.9%)
13	KNITTER Tomasz	31	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	05:17:41.30	+00:37:05 (11.7%)	7:31	8 (88.9%)
14	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	05:19:45.50	+00:39:09 (12.2%)	7:34	7.9 (87.8%)
15	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	05:20:28.40	+00:39:52 (12.4%)	7:35	7.9 (87.8%)
16	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	05:21:26.95	+00:40:50 (12.7%)	7:37	7.9 (87.8%)
17	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	05:23:05.30	+00:42:29 (13.2%)	7:39	7.8 (86.7%)
18	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	05:24:59.10	+00:44:23 (13.7%)	7:42	7.8 (86.7%)

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		Tempo min/km	Tempo km/h
																	netto 42.195km	Różn		
19	GOŁĘBIOWSKI 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	05:25:29.15	+00:44:53 (13.8%)	7:42	7.8 (86.7%)
20	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	05:27:00.00	+00:46:24 (14.2%)	7:44	7.7 (85.6%)
21	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	05:27:56.25	+00:47:20 (14.4%)	7:46	7.7 (85.6%)
22	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	05:28:10.20	+00:47:34 (14.5%)	7:46	7.7 (85.6%)
23	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	05:30:48.75	+00:50:12 (15.2%)	7:50	7.7 (85.6%)
24	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	05:33:20.95	+00:52:44 (15.8%)	7:53	7.6 (84.4%)
25	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	05:35:05.10	+00:54:29 (16.3%)	7:56	7.6 (84.4%)
26	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	05:37:43.00	+00:57:07 (16.9%)	8:00	7.5 (83.3%)
27	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	05:39:54.35	+00:59:18 (17.4%)	8:03	7.4 (82.2%)
28	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	05:40:51.70	+01:00:15 (17.7%)	8:04	7.4 (82.2%)
29	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	05:45:28.45	+01:04:52 (18.8%)	8:11	7.3 (81.1%)
30	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	05:49:33.60	+01:08:57 (19.7%)	8:17	7.2 (80.0%)
31	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	05:52:31.85	+01:11:55 (20.4%)	8:21	7.2 (80.0%)
32	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	05:53:47.80	+01:13:11 (20.7%)	8:23	7.2 (80.0%)
33	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	05:56:43.55	+01:16:07 (21.3%)	8:27	7.1 (78.9%)
34	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	05:57:29.50	+01:16:53 (21.5%)	8:28	7.1 (78.9%)
35	ŁOPACIUK Paweł	40	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	06:00:00.00	+01:19:24 (22.1%)	8:31	7 (77.8%)
36	BORKOWSKI Leszek	8	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	06:16:05.80	+01:35:29 (25.4%)	8:54	6.7 (74.4%)
37	WIŚNIEWSKI Roman	68	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	06:24:50.90	+01:44:14 (27.1%)	9:07	6.6 (73.3%)
38	SORN Łukasz	57	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	06:25:51.15	+01:45:15 (27.3%)	9:08	6.6 (73.3%)
39	GODEK Cezary	19		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	06:26:54.55	+01:46:18 (27.5%)	9:10	6.5 (72.2%)
40	TUR Leszek	65	KS 'ZAWISZA' BORZYTUCHOM	M60-64	4	1		00:31:21	01:03:40	01:36:42	02:10:47	02:46:22						+00:25:51	7:55	7.6 (84.4%)

Znaleziono 40 wynik(ów)