



XI OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT

Wydarzenie: XIII Sztafetowe oraz XI Indywidualne Mistrzostwa Polski Nordic Walking w Maratonie
Organizator: Polskie Zrzeszenie Nordic Walking, Urząd Miasta i Gminy Biały Bór
Data: 2024-04-20
Miejsce: Biały Bór
Dystans: 42.195 km



Klasyfikacja: Wszyscy

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		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	Różn		
1	MICHALEC Marcin	29	KKB MOSIR KROSNO	M35-39	1			00:27:04	00:54:11	01:21:06	01:48:14	02:15:18	02:42:33	03:10:33	03:38:33	04:07:42	04:36:56.50		6:33	9.1 (100%)
2	MADALIŃSKI Marcin	27	KS VICTORIA POTĘGOWO	M40-44	1			00:27:06	00:54:13	01:21:18	01:49:19	02:17:37	02:47:02	03:16:29	03:47:52	04:17:23	04:47:19.29	+00:10:22 (3.6%)	6:48	8.8 (96.7%)
3	WOJCIECHOWSKA Elżbieta	26	POLIPACK TEAM GWE	K40-44	1			00:28:38	00:56:44	01:24:51	01:52:56	02:20:57	02:49:01	03:18:05	03:47:47	04:17:42	04:48:12.53	+00:11:16 (3.9%)	6:49	8.8 (96.7%)
4	WOJTOWICZ Tomasz	51	K.S. VICTORIA POTĘGOWO	M18-34	1			00:27:06	00:54:12	01:21:08	01:48:16	02:15:33	02:44:29	03:12:34	03:47:04	04:18:50	04:51:20.54	+00:14:24 (4.9%)	6:54	8.7 (95.6%)
5	WILCZEK Krzysztof	49	WATAHA ULTRA TEAM	M50-54	1			00:28:59	00:57:50	01:26:20	01:55:17	02:25:31	02:53:42	03:23:23	03:54:05	04:25:31	04:57:17.48	+00:20:20 (6.8%)	7:02	8.5 (93.4%)
6	MICHALSKI Andrzej	30	POLIPACK TEAM GWE	M65-69	1			00:29:04	00:58:08	01:27:13	01:57:00	02:26:41	02:56:32	03:27:34	03:58:34	04:28:34	04:59:14.94	+00:22:18 (7.5%)	7:05	8.5 (93.4%)
7	KNITTER Tomasz	17	BŁĘKITNI DZIEMIANY	M18-34	2			00:29:03	00:58:01	01:27:11	01:56:51	02:26:38	02:57:03	03:27:37	03:58:28	04:29:38	04:59:55.99	+00:22:59 (7.7%)	7:06	8.4 (92.3%)
8	KUBISZYN Małgorzata	22	K.S VICTORIA POTĘGOWO	K35-39	1			00:31:38	01:02:20	01:32:39	02:02:45	02:33:14	03:04:00	03:34:50	04:05:53	04:37:52	05:08:46.91	+00:31:50 (10.3%)	7:19	8.2 (90.1%)
9	HAŁAS Marcin	12		M40-44	2			00:30:35	01:01:17	01:32:21	02:04:02	02:35:11	03:05:52	03:35:52	04:07:01	04:39:06	05:11:28.39	+00:34:31 (11.1%)	7:22	8.1 (89.0%)
10	KOŁODZIEJ Joanna	18	OPEN SPORT TEAM	K55-59	1			00:31:28	01:02:09	01:32:29	02:02:37	02:33:53	03:05:41	03:37:31	04:10:38	04:43:33	05:16:03.83	+00:39:07 (12.4%)	7:29	8 (87.9%)
11	ŚLUSARCZYK Marcin	44	WESOŁY BORSUK TEAM	M45-49	1			00:30:18	01:00:29	01:29:43	01:59:46	02:31:05	03:04:53	03:38:56	04:13:13	04:48:31	05:23:23.41	+00:46:26 (14.4%)	7:39	7.8 (85.7%)
12	SAWICKA Marta	57		K50-54	1			00:32:32	01:05:08	01:37:30	02:09:59	02:42:50	03:15:31	03:48:05	04:20:48	04:53:32	05:25:08.32	+00:48:11 (14.8%)	7:42	7.8 (85.7%)
13	BAK Antek	2	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-64	1			00:31:21	01:04:05	01:36:32	02:09:06	02:41:43	03:14:01	03:46:26	04:19:30	04:53:06	05:26:02.53	+00:49:06 (15.1%)	7:43	7.8 (85.7%)
14	RAKOWIECKI Zbigniew	35	POLIPACK TEAM GWE	M60-64	2			00:30:37	01:01:24	01:32:50	02:04:30	02:36:34	03:09:05	03:43:22	04:17:45	04:52:18	05:26:47.15	+00:49:50 (15.3%)	7:44	7.7 (84.6%)
15	STEFANIAK Krzysztof	41	KATOWICKI NORDIC WALKING	M65-69	2			00:30:41	01:00:57	01:31:37	02:03:06	02:35:56	03:08:25	03:43:25	04:22:25	04:54:00	05:27:05.87	+00:50:09 (15.3%)	7:45	7.7 (84.6%)
16	POŁUBIAK Paweł	33	NW CZŁAPSKI TEAM	M35-39	2			00:29:54	01:00:11	01:29:49	02:00:18	02:28:31	03:02:28	03:36:25	04:18:55	04:53:04	05:28:04.14	+00:51:07 (15.6%)	7:46	7.7 (84.6%)
17	SZCZUDLIK Małgorzata	42	NORDIC SPOTR 2021	K40-44	2			00:31:04	01:01:45	01:32:58	02:04:46	02:37:22	03:10:24	03:44:21	04:18:54	04:51:58	05:28:43.16	+00:51:46 (15.8%)	7:47	7.7 (84.6%)
18	ZAWADZKI Krzysztof	53	NW CZŁAPSKI TEAM	M65-69	3			00:32:45	01:05:09	01:37:28	02:09:35	02:42:25	03:14:25	03:48:25	04:17:25	04:55:25	05:29:13.20	+00:52:16 (15.9%)	7:48	7.7 (84.6%)
19	MĄDRY Grzegorz	28	NORDIC SPORT 2021	M65-69	4			00:30:42	01:01:20	01:32:48	02:05:08	02:38:39	03:12:20	03:46:40	04:21:34	04:55:52	05:29:37.40	+00:52:40 (16.0%)	7:48	7.7 (84.6%)

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		
20	SZCZYGIEŁ Adriana	43	OPEN SPORT TEAM	K40-44	3			00:32:36	01:04:49	01:37:00	02:09:47	02:42:54	03:16:14	03:49:44	04:24:00	04:59:10	05:33:53.48	+00:56:56 (17.1%)	7:54	7.6 (83.5%)
21	DERUS Jakub	6	KATOWICKI NORDIC WALKING	M40-44	3			00:30:34	01:01:33	01:32:20	02:04:00	02:35:10	03:05:52	03:38:35	04:16:53	04:58:52	05:36:28.24	+00:59:31 (17.7%)	7:58	7.5 (82.4%)
22	PRZYBYLSKI Chrystian	34	POLIPACK TEAM GWE	M65-69	5			00:32:43	01:05:02	01:37:30	02:09:36	02:42:05	03:15:48	03:51:52	04:28:37	05:05:34	05:40:40.54	+01:03:44 (18.7%)	8:04	7.4 (81.3%)
23	TKOCZ Adam	45	EKIPA NA KIJACH	M55-59	1			00:32:31	01:05:28	01:38:11	02:11:45	02:45:30	03:20:17	03:55:13	04:32:33	05:09:16	05:43:32.54	+01:06:36 (19.4%)	8:08	7.4 (81.3%)
24	LACHNIK Hubert	23	NORDIC SPORT 2021	M70+	1			00:32:22	01:04:59	01:37:59	02:11:28	02:55:23	03:20:23	03:53:23	04:32:57	05:09:46	05:45:35.11	+01:08:38 (19.9%)	8:11	7.3 (80.2%)
25	GOŁĘBIEWSKI Krzysztof	10	ZAWSZE MŁODZI NORDIC WALKING	M55-59	2			00:31:41	01:03:23	01:35:55	02:09:31	02:43:29	03:20:29	03:54:29	04:30:29	05:08:23	05:46:39.73	+01:09:43 (20.1%)	8:12	7.3 (80.2%)
26	KOŃCZAK Adam	19	KGHM METRACO POLKOWICE	M65-69	6			00:32:17	01:05:01	01:38:15	02:12:12	02:46:26	03:21:56	03:58:13	04:33:26	04:58:36	05:47:10.47	+01:10:13 (20.2%)	8:13	7.3 (80.2%)
27	WIŚNIEWSKI Mariusz	50	NW CZŁAPSKI TEAM	M50-54	2			00:33:04	01:05:51	01:37:57	02:10:46	02:44:17	03:18:30	03:57:15	04:35:19	05:14:04	05:51:07.15	+01:14:10 (21.1%)	8:19	7.2 (79.1%)
28	CZMOCH Marian	5	NORDIC SPORT 2021	M70+	2			00:34:13	01:07:56	01:41:47	02:15:59	02:50:27	03:25:38	04:02:32	04:39:07	05:15:47	05:52:56.53	+01:16:00 (21.5%)	8:21	7.2 (79.1%)
29	WOŹNIAK Iwona	52	RUNGRYF GRYFICE	K45-49	1			00:32:37	01:05:24	01:38:50	02:13:09	02:48:20	03:24:49	04:01:40	04:38:47	05:16:10	05:53:00.22	+01:16:03 (21.5%)	8:21	7.2 (79.1%)
30	JAWORSKI Jarosław	15	ZAWSZE MŁODZI NORDIC WALKING	M45-49	2			00:31:17	01:02:37	01:34:51	02:08:02	02:43:01	03:20:25	03:59:24	04:16:30	04:38:19	05:56:48.22	+01:19:51 (22.4%)	8:27	7.1 (78.0%)
31	PIERZCHAŁA Marek	31	POLIPACK TEAM GWE	M65-69	7			00:32:09	01:04:49	01:38:07	02:13:05	02:49:33	03:26:48	04:03:51	04:41:40	05:21:02	05:59:36.69	+01:22:40 (23.0%)	8:31	7 (76.9%)
32	BŁASZKIEWICZ Katarzyna	3	TORUŃ - IDZIEMY BEZ RYZYKA	K50-54	2			00:33:48	01:08:58	01:44:13	02:20:01	02:57:01	03:33:11	04:09:35	04:46:22	05:24:16	06:00:09.80	+01:23:13 (23.1%)	8:32	7 (76.9%)
33	ROSTEK Piotr	37	NORDIC WALKING KIEKRZ POLAND	M60-64	3			00:32:20	01:05:04	01:39:59	02:15:21	02:52:15	03:29:23	04:06:22	04:42:54	05:22:14	06:01:33.36	+01:24:36 (23.4%)	8:34	7 (76.9%)
34	LAJTER Jerzy	24	4 RUN TEAM PIŁA	M70+	3			00:34:17	01:07:50	01:42:46	02:17:23	02:52:07	03:27:48	04:04:43	04:44:09	05:24:11	06:02:15.14	+01:25:18 (23.6%)	8:35	7 (76.9%)
35	DREWA Marian	7	WŁÓCZYKIJE GDYNIA	M65-69	8			00:33:45	01:09:14	01:43:04	02:16:57	02:51:55	03:28:34	04:06:22	04:46:45	05:26:07	06:02:29.86	+01:25:33 (23.6%)	8:35	7 (76.9%)
36	ŁOPACIUK Paweł	25		M40-44	4			00:34:45	01:10:07	01:44:25	02:18:40	02:54:41	03:32:32	04:08:31	04:49:33	05:27:01	06:03:18.52	+01:26:22 (23.8%)	8:36	7 (76.9%)
37	WALTER Janusz	47		M60-64	4			00:33:59	01:09:14	01:44:25	02:22:23	03:00:29	03:37:08	04:13:11	04:51:46	05:29:25	06:04:58.07	+01:28:01 (24.1%)	8:38	6.9 (75.8%)
38	GAWIN Andrzej	9	JUTRZENKA CZĘSTOCHOWA	M35-39	3			00:37:15	01:14:49	01:50:44	02:25:31	03:01:25	03:38:24	04:17:25	04:58:31	05:41:02	06:23:18.42	+01:46:21 (27.7%)	9:05	6.6 (72.5%)
39	SORN Łukasz	40	WŁÓCZYKIJE GDYNIA/CBL	M35-39	4			00:38:40	01:21:15	01:59:15	02:37:02	03:16:14	03:55:13	04:35:38	05:16:24	05:57:30	06:41:34.95	+02:04:38 (31.0%)	9:31	6.3 (69.2%)
40	ZIÓLKOWSKA Sylwia	54	IDĘ DALEJ	K50-54	3			00:34:50	01:11:07	01:47:49	02:24:41	03:03:36	03:44:30	04:26:09	05:14:09	06:00:12	06:43:57.39	+02:07:00 (31.4%)	9:34	6.3 (69.2%)
41	ROZMUS Jolanta	38	WŁÓCZYKIJE	K70+	1			00:37:05	01:14:35	01:54:03	02:33:34	03:13:47	03:54:54	04:36:59	05:19:35	06:02:55	06:47:05.28	+02:10:08 (32.0%)	9:38	6.2 (68.1%)
42	PODHAJNA Agnieszka	32	IDĘ DALEJ	K45-49	2			00:37:57	01:18:13	01:57:39	02:37:07	03:17:55	04:00:36	04:43:15	05:27:40	06:09:55	06:53:30.58	+02:16:34 (33.0%)	9:47	6.1 (67.0%)
43	MARCZYŃSKA Marta	56	POLIPACK TEAM GWE	K40-44	4			00:36:55	01:13:08	01:50:02	02:28:06	03:08:52	03:50:31	04:32:42	05:12:45	05:50:24		+01:42:42	9:13	6.5 (71.4%)
	ŻACZEK Władysław	55	ANDRESPOL AKTYWNI	M60-64				00:30:37 DNF	01:01:24 DNF	01:32:57 DNF	02:05:27 DNF	02:38:43 DNF	03:13:25 DNF	03:54:17 DNF	DNF	DNF	DNF		-	- (0.0%)
	JACYNA Mirosław	13	TRIGYM SZCZECIN	M60-64				00:38:03 DNF	01:17:30 DNF	01:57:54 DNF	02:40:26 DNF	03:28:22 DNF	04:06:30 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRAWIEC Jacek	21	JACK NORDIC TEAM ELBLĄG	M55-59				00:33:33 DNF	01:08:12 DNF	01:43:10 DNF	02:19:10 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KĘPA Andrzej	16	TEAM KOSZALIN 1	M70+				00:34:10 DNF	01:09:46 DNF	01:48:04 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

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	JANKOWSKI Henryk	14		M70+				00:42:47 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 48 wynik(ów)