



# 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 | <b>04:36:56.50</b> |                   | 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 | <b>04:47:19.29</b> | +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 | <b>04:48:12.53</b> | +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 | <b>04:51:20.54</b> | +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 | <b>04:57:17.48</b> | +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 | <b>04:59:14.94</b> | +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 | <b>04:59:55.99</b> | +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 | <b>05:08:46.91</b> | +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 | <b>05:11:28.39</b> | +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 | <b>05:16:03.83</b> | +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 | <b>05:23:23.41</b> | +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 | <b>05:25:08.32</b> | +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 | <b>05:26:02.53</b> | +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 | <b>05:26:47.15</b> | +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 | <b>05:27:05.87</b> | +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 | <b>05:28:04.14</b> | +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 | <b>05:28:43.16</b> | +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 | <b>05:29:13.20</b> | +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 | <b>05:29:37.40</b> | +00:52:40 (16.0%) | 7:48         | 7.7 (84.6%) |

| Msc | Zawodnik                         | Numer | Klub                         | Kategoria | Mkat | Żół. kartki | Czer. kartki | Lap_1<br>4.22km | Lap_2<br>8.44km | Lap_3<br>12.66km | Lap_4<br>16.88km | Lap_5<br>21.1km | Lap_6<br>25.32km | Lap_7<br>29.54km | Lap_8<br>33.76km | Lap_9<br>37.98km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|-------|------------------------------|-----------|------|-------------|--------------|-----------------|-----------------|------------------|------------------|-----------------|------------------|------------------|------------------|------------------|--------------------|----------------------|-----------------|----------------|
|     |                                  |       |                              |           |      |             |              |                 |                 |                  |                  |                 |                  |                  |                  |                  | netto<br>42.195km  | Różn                 |                 |                |
| 20  | <b>SZCZYGIEŁ</b><br>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         | <b>05:33:53.48</b> | +00:56:56<br>(17.1%) | 7:54            | 7.6<br>(83.5%) |
| 21  | <b>DERUS</b> 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         | <b>05:36:28.24</b> | +00:59:31<br>(17.7%) | 7:58            | 7.5<br>(82.4%) |
| 22  | <b>PRZYBYLSKI</b><br>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         | <b>05:40:40.54</b> | +01:03:44<br>(18.7%) | 8:04            | 7.4<br>(81.3%) |
| 23  | <b>TKOCZ</b> 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         | <b>05:43:32.54</b> | +01:06:36<br>(19.4%) | 8:08            | 7.4<br>(81.3%) |
| 24  | <b>LACHNIK</b> 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         | <b>05:45:35.11</b> | +01:08:38<br>(19.9%) | 8:11            | 7.3<br>(80.2%) |
| 25  | <b>GOŁĘBIEWSKI</b><br>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         | <b>05:46:39.73</b> | +01:09:43<br>(20.1%) | 8:12            | 7.3<br>(80.2%) |
| 26  | <b>KOŃCZAK</b> 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         | <b>05:47:10.47</b> | +01:10:13<br>(20.2%) | 8:13            | 7.3<br>(80.2%) |
| 27  | <b>WIŚNIEWSKI</b><br>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         | <b>05:51:07.15</b> | +01:14:10<br>(21.1%) | 8:19            | 7.2<br>(79.1%) |
| 28  | <b>CZMOCH</b> 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         | <b>05:52:56.53</b> | +01:16:00<br>(21.5%) | 8:21            | 7.2<br>(79.1%) |
| 29  | <b>WOŹNIAK</b> 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         | <b>05:53:00.22</b> | +01:16:03<br>(21.5%) | 8:21            | 7.2<br>(79.1%) |
| 30  | <b>JAWORSKI</b><br>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         | <b>05:56:48.22</b> | +01:19:51<br>(22.4%) | 8:27            | 7.1<br>(78.0%) |
| 31  | <b>PIERZCHAŁA</b><br>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         | <b>05:59:36.69</b> | +01:22:40<br>(23.0%) | 8:31            | 7<br>(76.9%)   |
| 32  | <b>BŁASZKIEWICZ</b><br>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         | <b>06:00:09.80</b> | +01:23:13<br>(23.1%) | 8:32            | 7<br>(76.9%)   |
| 33  | <b>ROSTEK</b> 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         | <b>06:01:33.36</b> | +01:24:36<br>(23.4%) | 8:34            | 7<br>(76.9%)   |
| 34  | <b>LAJTER</b> 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         | <b>06:02:15.14</b> | +01:25:18<br>(23.6%) | 8:35            | 7<br>(76.9%)   |
| 35  | <b>DREWA</b> 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         | <b>06:02:29.86</b> | +01:25:33<br>(23.6%) | 8:35            | 7<br>(76.9%)   |
| 36  | <b>ŁOPACIUK</b> 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         | <b>06:03:18.52</b> | +01:26:22<br>(23.8%) | 8:36            | 7<br>(76.9%)   |
| 37  | <b>WALTER</b> 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         | <b>06:04:58.07</b> | +01:28:01<br>(24.1%) | 8:38            | 6.9<br>(75.8%) |
| 38  | <b>GAWIN</b> 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         | <b>06:23:18.42</b> | +01:46:21<br>(27.7%) | 9:05            | 6.6<br>(72.5%) |
| 39  | <b>SORN</b> 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         | <b>06:41:34.95</b> | +02:04:38<br>(31.0%) | 9:31            | 6.3<br>(69.2%) |
| 40  | <b>ZIÓLKOWSKA</b><br>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         | <b>06:43:57.39</b> | +02:07:00<br>(31.4%) | 9:34            | 6.3<br>(69.2%) |
| 41  | <b>ROZMUS</b> 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         | <b>06:47:05.28</b> | +02:10:08<br>(32.0%) | 9:38            | 6.2<br>(68.1%) |
| 42  | <b>PODHAJNA</b><br>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         | <b>06:53:30.58</b> | +02:16:34<br>(33.0%) | 9:47            | 6.1<br>(67.0%) |
| 43  | <b>MARCZYŃSKA</b><br>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<br>(71.4%) |
|     | <b>ŻACZEK</b><br>Władysław       | 55    | ANDRESPOL AKTYWNI            | M60-64    |      |             |              | 00:30:37<br>DNF | 01:01:24<br>DNF | 01:32:57<br>DNF  | 02:05:27<br>DNF  | 02:38:43<br>DNF | 03:13:25<br>DNF  | 03:54:17<br>DNF  | DNF              | DNF              | <b>DNF</b>         |                      | -               | -<br>(0.0%)    |
|     | <b>JACYNA</b> Mirosław           | 13    | TRIGYM SZCZECIN              | M60-64    |      |             |              | 00:38:03<br>DNF | 01:17:30<br>DNF | 01:57:54<br>DNF  | 02:40:26<br>DNF  | 03:28:22<br>DNF | 04:06:30<br>DNF  | DNF              | DNF              | DNF              | <b>DNF</b>         |                      | -               | -<br>(0.0%)    |
|     | <b>KRAWIEC</b> Jacek             | 21    | JACK NORDIC TEAM ELBLĄG      | M55-59    |      |             |              | 00:33:33<br>DNF | 01:08:12<br>DNF | 01:43:10<br>DNF  | 02:19:10<br>DNF  | DNF             | DNF              | DNF              | DNF              | DNF              | <b>DNF</b>         |                      | -               | -<br>(0.0%)    |
|     | <b>KĘPA</b> Andrzej              | 16    | TEAM KOSZALIN 1              | M70+      |      |             |              | 00:34:10<br>DNF | 01:09:46<br>DNF | 01:48:04<br>DNF  | DNF              | DNF             | DNF              | DNF              | DNF              | DNF              | <b>DNF</b>         |                      | -               | -<br>(0.0%)    |

| Msc | Zawodnik                    | Numer     | Klub | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Lap_1<br>4.22km | Lap_2<br>8.44km | Lap_3<br>12.66km | Lap_4<br>16.88km | Lap_5<br>21.1km | Lap_6<br>25.32km | Lap_7<br>29.54km | Lap_8<br>33.76km | Lap_9<br>37.98km | Czas<br>netto<br>42.195km | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|-----------|------|-----------|------|----------------|-----------------|-----------------|-----------------|------------------|------------------|-----------------|------------------|------------------|------------------|------------------|---------------------------|------|-----------------|---------------|
|     | <b>JANKOWSKI<br/>Henryk</b> | <b>14</b> |      | M70+      |      |                |                 | 00:42:47<br>DNF | DNF             | DNF              | DNF              | DNF             | DNF              | DNF              | DNF              | DNF              | <b>DNF</b>                |      | -               | -<br>(0.0%)   |

Znaleziono 48 wynik(ów)