



INWA NORDIC WALKING EUROPEAN CHAMPIONSHIPS - 21KM

B4SPORT

Wydarzenie: INWA Nordic Walking European Championships 2023
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-09-02
Miejsce: Jedlińsk
Dystans: 21 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.1km	5km	10km	15km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	ALVAREZ BORRAS Ramon	2	CLUB ATLETISMO MARATHON CREVILLET	M40-44	1			00:06:32	00:37:50	01:09:53	01:42:07	02:13:52.60		6:20	9.5
2	MICHALEC Marcin	1	KKB MOSIR KROSNO	M35-39	1	1		00:06:31	00:37:49	01:09:52	01:42:06	02:15:13.45	+00:01:20	6:24	9.4
3	WOJCIECHOWSKA Elżbieta	3	POLIPACK TEAM GWE	K40-44	1	1		00:06:22	00:38:44	01:11:43	01:44:56	02:19:02.80	+00:05:10	6:35	9.1
4	ROSAK Marcin	49	KS VICTORIA POTĘGOWO	M45-49	1			00:06:39	00:39:46	01:13:33	01:47:16	02:21:59.80	+00:08:07	6:43	8.9
5	WILCZEK Krzysztof	46	WATAHA ULTRA TEAM	M50-54	1			00:07:00	00:40:35	01:14:21	01:48:39	02:23:47.85	+00:09:55	6:48	8.8
6	TEREŠTŠENKOV Aleksei	42	U-CLUB	M60-64	1	2		00:06:57	00:40:11	01:14:20	01:49:52	02:26:54.40	+00:13:01	6:57	8.6
7	KOŁODZIEJ Joanna	21	MALINOWE GWIAZDY	K55-59	1			00:07:05	00:42:43	01:18:46	01:54:52	02:30:51.85	+00:16:59	7:08	8.4
8	NIEDBAŁ Adam	29	SIEWIERZ	M45-49	2			00:07:13	00:42:49	01:18:42	01:54:45	02:30:55.95	+00:17:03	7:09	8.4
9	ŚWIDEREK Marcin	141	ESJA TEAM	M45-49	3			00:07:02	00:42:15	01:17:53	01:54:21	02:31:07.80	+00:17:15	7:09	8.4
10	JANOCHA Robert	15	MUKS PODKARPACIE JEDLICZE	M55-59	1	1		00:07:19	00:42:25	01:18:16	01:54:32	02:31:24.15	+00:17:31	7:10	8.4
11	KUBILOVIČA Linda	23	WALK WITH THE WIND	K55-59	2			00:07:07	00:42:43	01:18:46	01:55:01	02:32:07.55	+00:18:14	7:12	8.3
12	JASIUKIEWICZ Jacek	17	POZYTYWNI DOBRE MIASTO	M55-59	2			00:07:20	00:43:15	01:20:08	01:57:05	02:34:05.95	+00:20:13	7:18	8.2
13	ZÍBERGS Andris	54	WALK WITH THE WIND	M50-54	2			00:07:24	00:43:25	01:20:25	01:57:16	02:34:30.45	+00:20:37	7:19	8.2
14	PASIERB Marek	32	K.S.VICTORIA POTĘGOWO	M65-69	1			00:07:22	00:43:56	01:21:15	01:58:35	02:35:31.90	+00:21:39	7:22	8.1
15	CELIŃSKI Tomasz	7	TUPTUŚ OTWOCK	M55-59	3			00:07:22	00:43:21	01:20:21	01:58:16	02:35:33.55	+00:21:40	7:22	8.1
16	RAKOWIECKI Zbigniew	35	POLIPACK TEAM GWE	M60-64	2			00:07:23	00:43:41	01:20:42	01:58:39	02:36:56.00	+00:23:03	7:26	8.1
17	GUDLIN Hrvoje	12		M18-34	1	1		00:06:39	00:41:32	01:17:40	01:56:29	02:37:47.20	+00:23:54	7:28	8
18	ROMAN Krzysztof	36	KUDOWIANKA RUN	M60-64	3			00:07:40	00:44:52	01:23:36	02:01:37	02:41:13.50	+00:27:20	7:38	7.9
19	BREWCZYŃSKI Marcin	68	NW CZŁAPSKI TEAM	M35-39	2			00:07:24	00:44:40	01:22:56	02:02:36	02:41:58.35	+00:28:05	7:40	7.8
20	KRAJEWSKA Hanna	22	KS KIJOMANIACY CHODZIEŻ	K18-34	1			00:07:07	00:44:21	01:22:52	02:01:56	02:42:29.00	+00:28:36	7:42	7.8
21	ZAWADZKI Krzysztof	53	NW CZŁAPSKI TEAM	M65-69	2			00:07:48	00:45:29	01:23:51	02:03:18	02:42:32.70	+00:28:40	7:42	7.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.		Czer.	1.1km	5km	10km	15km	Czas netto		Tempo min/km	Tempo km/h
						kartki	kartki						21.1km	Różn		
22	WOJTKIEWICZ Jarosław	48		M55-59	4	1			00:07:50	00:47:10	01:25:52	02:04:30	02:44:03.25	+00:30:10	7:46	7.7
23	WIŚNIEWSKI Mariusz	47	NW CZŁAPSKI TEAM	M50-54	3				00:07:46	00:45:14	01:24:15	02:04:47	02:44:52.05	+00:30:59	7:48	7.7
24	STACHOWIAK Tomasz	39	STĘSZEW TEAM	M45-49	4				00:07:38	00:45:51	01:23:38	02:02:58	02:45:24.30	+00:31:31	7:50	7.7
25	SZCZUDLIK Małgorzata	40	NORDIC SPORT 2021	K40-44	2				00:07:08	00:44:20	01:23:37	02:05:00	02:45:42.05	+00:31:49	7:51	7.6
26	MIKINA Artur	28	GUNS @ ROSES RUN TEAM	M60-64	4	1			00:08:18	00:47:46	01:27:22	02:06:32	02:45:55.15	+00:32:02	7:51	7.6
27	CZMOCH Marian	9	NORDIC SPORT 2021	M70+	1				00:08:07	00:47:20	01:26:38	02:06:47	02:46:44.55	+00:32:51	7:54	7.6
28	JARUGA Beata	16		K45-49	1				00:07:35	00:46:42	01:26:48	02:07:20	02:46:57.60	+00:33:05	7:54	7.6
29	PASIŃSKA-SKOWRON Sylwia	33	PRUSZYŃSKI SPORT TEAM	K45-49	2				00:08:03	00:47:56	01:27:39	02:07:22	02:47:41.35	+00:33:48	7:56	7.5
30	RUDAWSKI Maciej	38	NORDIC SPORT 2021	M40-44	2				00:08:00	00:46:53	01:26:28	02:06:43	02:48:41.50	+00:34:48	7:59	7.5
31	KŁOSOWSKI Krzysztof	20		M45-49	5				00:07:53	00:47:40	01:27:14	02:07:38	02:49:22.40	+00:35:29	8:01	7.5
32	ŽUGRIS Aivars	56		M60-64	5	2			00:07:37	00:46:14	01:27:02	02:09:13	02:51:35.75	+00:37:43	8:07	7.4
33	JANEKA Dace	14		K50-54	1	1			00:07:23	00:45:59	01:26:52	02:08:43	02:51:46.55	+00:37:53	8:08	7.4
34	LOCMELIS Imants	26	WALK WITH THE WIND	M60-64	6				00:07:50	00:46:47	01:27:31	02:10:14	02:52:51.95	+00:38:59	8:11	7.3
35	ZAGAJA Janusz	51	WESOŁY BORSUK TEAM	M65-69	3	2			00:07:37	00:46:24	01:27:24	02:09:36	02:53:05.45	+00:39:12	8:12	7.3
36	ZDRZAŁEK Alicja	153	POLSKA	K40-44	3				00:07:47	00:48:31	01:29:09	02:11:30	02:54:20.20	+00:40:27	8:15	7.3
37	FASOLA Raffaella	10	NORDIC WALKING COMO	K50-54	2				00:07:58	00:48:09	01:29:21	02:11:49	02:54:31.20	+00:40:38	8:16	7.3
38	POSTEK Danuta	37		K60-64	1	1			00:08:00	00:48:02	01:29:58	02:12:37	02:54:59.40	+00:41:06	8:17	7.2
39	LOCMELE Benita	25	WALK WITH THE WIND	K60-64	2				00:07:53	00:48:22	01:30:17	02:12:53	02:55:02.70	+00:41:10	8:17	7.2
40	TKALČIČ Daria	43		K35-39	1				00:08:54	00:51:57	01:33:18	02:14:31	02:56:09.00	+00:42:16	8:20	7.2
41	JURCZAK-TOCZKO Anna	18		K55-59	3				00:08:30	00:49:50	01:31:42	02:13:54	02:56:20.00	+00:42:27	8:21	7.2
42	WRÓBEL Jakub	50	CENTRUM FIZJOTERAPII SPINETIC TEAM	M18-34	2	2			00:08:01	00:48:28	01:30:40	02:13:11	02:57:10.20	+00:43:17	8:23	7.1
43	BEITIKS Andis	4	WALK WITH THE WIND	M60-64	7	2			00:08:07	00:48:22	01:30:36	02:14:52	03:03:00.50	+00:49:07	8:40	6.9
44	WIEŃSKO Ryszard	45		M70+	2	1			00:08:47	00:52:01	01:35:04	02:19:13	03:06:03.95	+00:52:11	8:49	6.8
45	BOROVINA Mladen	6		M18-34	3				00:08:57	00:54:58	01:36:18	02:18:58	03:09:37.30	+00:55:44	8:59	6.7
46	GÓRSKA Agnieszka	11		K45-49	3				00:08:57	00:54:25	01:39:12	02:27:28	03:15:14.85	+01:01:22	9:15	6.5
47	ZAWADZKA Maria	52	KGHM METRACO POLKOWICE	K70+	1				00:09:07	00:54:04	01:39:23	02:26:21	03:15:36.00	+01:01:43	9:16	6.5
48	SZOT Maria	41	NW CZAPSKI TEAM	K50-54	3				00:09:09	00:54:01	01:39:33	02:27:34	03:16:46.90	+01:02:54	9:19	6.4
49	NERC Dorota	59	NW CZAPSKI TEAM	K60-64	3				00:09:01	00:54:16	01:41:41	02:31:19	03:19:34.60	+01:05:42	9:27	6.3
50	KUŠTELEGA Jadranka	24		K60-64	4				00:09:12	00:56:57	01:49:11	02:42:47	03:33:05.40	+01:19:12	10:05	5.9
51	VIDAKOVIČ Gordana	143		K60-64	5				00:09:10	00:56:55	01:49:09	02:42:56		+01:00:49	10:51	5.5
DQ	KAPUSTA Piotrek	19		M40-44		3	1		00:07:40 DQ	00:44:28 DQ	01:22:53 DQ	02:02:01 DQ	02:42:15.25 DQ		0:00	7.8
	MĄDRY Grzegorz	27	NORDIC SPORT 2021	M60-64		1			00:07:13 DNF	00:43:14 DNF	01:21:46 DNF	02:07:01 DNF	DNF		-	-
	PIETRUSZEWSKI Bartek	34		M40-44		2			00:08:52 DNF	00:54:03 DNF	01:41:58 DNF	02:32:16 DNF	DNF		-	-
	PANKIEWICZ Ewelina	31		K18-34					00:07:46 DNF	00:48:08 DNF	DNF	DNF	DNF		-	-

