

## Parkowe Mistrzostwa Warszawy w Nordic Walking

Miejsce: WARSZAWA - 2016-08-06

Organizator: organizator: Ośrodek Sportu i Rekreacji m. st. Warszawy w Dzielnicy Ursus



| Miejsce Open | Numer | Nazwisko         | Imię       | Płeć | Miejsce płeć M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość          | Klub             | DYST ANS | Wynik   | km/h | ×      | min/km | ×      | Punkt 1 | Punkt 2 | Punkt 3 | Punkt 4 |
|--------------|-------|------------------|------------|------|--------------------|--------|---------------|--------------------|----------------------|------------------|----------|---------|------|--------|--------|--------|---------|---------|---------|---------|
| 1            | 12    | BUDZAJ           | ROBERT     | M    | 1                  | 1975   | M 40-49       | 1                  | JAKTORÓW             |                  | 6        | 0:40:40 | 8,85 | [brak] | 06:47  | [brak] | 0:08:06 | 0:16:15 | 0:24:29 | 0:32:38 |
| 2            | 133   | ZARZYCKI         | ZDZIŚŁAW   | M    | 2                  | 1958   | M 50-59       | 1                  | NOWY DWÓR MAZOWIECKI |                  | 6        | 0:40:51 | 8,81 | [brak] | 06:48  | [brak] | 0:08:11 | 0:16:16 | 0:24:30 | 0:32:42 |
| 3            | 120   | TRONIAK          | STANISŁAW  | M    | 3                  | 1955   | M 60-69       | 1                  | RASZYN               |                  | 6        | 0:40:52 | 8,81 | [brak] | 06:49  | [brak] | 0:08:07 | 0:16:15 | 0:24:29 | 0:32:41 |
| 4            | 121   | URBANIAK         | MARIAN     | M    | 4                  | 1959   | M 50-59       | 2                  | TRZEŚŃ               |                  | 6        | 0:40:54 | 8,80 | [brak] | 06:49  | [brak] | 0:08:10 | 0:16:16 | 0:24:32 | 0:32:43 |
| 5            | 58    | KOŚCIELNY        | TOMASZ     | M    | 5                  | 1977   | M 30-39       | 1                  | WARSZAWA             |                  | 6        | 0:41:29 | 8,68 | [brak] | 06:55  | [brak] | 0:08:22 | 0:16:33 | 0:24:50 | 0:33:10 |
| 6            | 36    | JAGODZIŃSKI      | TADEUSZ    | M    | 6                  | 1945   | M 70 i więcej | 1                  | KALISZ               |                  | 6        | 0:41:53 | 8,60 | [brak] | 06:59  | [brak] | 0:08:25 | 0:16:43 | 0:25:05 | 0:33:29 |
| 7            | 87    | OLEŚ             | JÓZEF      | M    | 7                  | 1950   | M 60-69       | 2                  | MŁAWA                | NW WERWA MŁAWA   | 6        | 0:42:48 | 8,41 | [brak] | 07:08  | [brak] | 0:08:28 | 0:16:47 | 0:25:19 | 0:33:58 |
| 8            | 59    | KOWALSKI         | JAKUB      | M    | 8                  | 1997   | M 16-29       | 1                  | PIASECZNO            |                  | 6        | 0:43:42 | 8,24 | [brak] | 07:17  | [brak] | 0:08:25 | 0:17:02 | 0:25:53 | 0:34:48 |
| 9            | 100   | ROMANOWICZ       | MICHAŁ     | M    | 9                  | 1977   | M 30-39       | 2                  | LEGIONOWO            |                  | 6        | 0:43:59 | 8,18 | [brak] | 07:20  | [brak] | 0:08:24 | 0:17:07 | 0:25:59 | 0:34:57 |
| 10           | 116   | SZYMAŃSKI        | ARKADIUSZ  | M    | 10                 | 1977   | M 30-39       | 3                  | WARSZAWA             |                  | 6        | 0:44:46 | 8,04 | [brak] | 07:28  | [brak] | 0:09:27 | 0:18:18 | 0:27:00 | 0:35:55 |
| 11           | 132   | WOŁUJEWICZ       | TOMASZ     | M    | 11                 | 1979   | M 30-39       | 4                  | ZIELONKA             |                  | 6        | 0:44:56 | 8,01 | [brak] | 07:29  | [brak] | 0:09:02 | 0:18:26 | 0:27:40 | 0:36:29 |
| 12           | 90    | OSTOJA-CHYZYNSKI | ALEKSANDER | M    | 12                 | 1984   | M 30-39       | 5                  | WARSZAWA             |                  | 6        | 0:45:28 | 7,92 | [brak] | 07:35  | [brak] | 0:09:03 | 0:18:27 | 0:27:39 | 0:36:40 |
| 13           | 70    | LIPIEC           | DARIUSZ    | M    | 13                 | 1940   | M 70 i więcej | 2                  | WARSZAWA             | BYLEDOBIEC       | 6        | 0:45:33 | 7,90 | [brak] | 07:35  | [brak] | 0:09:06 | 0:18:17 | 0:27:32 | 0:36:41 |
| 14           | 3     | ANTOSIEWICZ      | ROBERT     | M    | 14                 | 1970   | M 40-49       | 2                  | OTWOCK               |                  | 6        | 0:47:13 | 7,62 | [brak] | 07:52  | [brak] | 0:09:27 | 0:18:56 | 0:28:27 | 0:37:52 |
| 15           | 56    | KORNICKI         | ROBERT     | M    | 15                 | 1970   | M 40-49       | 3                  | PRUSZKOW             |                  | 6        | 0:48:01 | 7,50 | [brak] | 08:00  | [brak] | 0:09:29 | 0:19:31 | 0:29:03 | 0:38:40 |
| 16           | 5     | BOGUSZEWICZ      | KRZYSIEK   | M    | 16                 | 1973   | M 40-49       | 4                  | KOŁOBRZEG            |                  | 6        | 0:48:12 | 7,47 | [brak] | 08:02  | [brak] | 0:09:16 | 0:18:47 | 0:28:34 | 0:38:26 |
| 17           | 143   | NOWAK            | PIOTR      | M    | 17                 | 1964   | M 50-59       | 3                  | WARSZAWA             | POWOLNIAK        | 6        | 0:48:13 | 7,47 | [brak] | 08:02  | [brak] | 0:10:02 | 0:19:39 | 0:29:13 | 0:38:50 |
| 18           | 42    | JUREWICZ         | TOMASZ     | M    | 18                 | 1964   | M 50-59       | 4                  | WARSZAWA             |                  | 6        | 0:49:51 | 7,22 | [brak] | 08:18  | [brak] | 0:09:59 | 0:19:59 | 0:29:54 | 0:40:01 |
| 19           | 140   | KAMIŃSKI         | RYSZARD    | M    | 19                 | 1980   | M 30-39       | 6                  | WARSZAWA             |                  | 6        | 0:49:53 | 7,22 | [brak] | 08:19  | [brak] | 0:09:15 | 0:19:22 | 0:29:19 | 0:39:32 |
| 20           | 130   | WOJCIECHOWSKI    | ZBIGNIEW   | M    | 20                 | 1964   | M 50-59       | 5                  | WARSZAWA             |                  | 6        | 0:50:52 | 7,08 | [brak] | 08:29  | [brak] | 0:09:55 | 0:20:05 | 0:30:20 | 0:40:33 |
| 21           | 145   | ROMANOWICZ       | DAMIAN     | M    | 21                 | 2006   | M 10-12       | 1                  | LEGIONOWO            |                  | 6        | 0:51:49 | 6,95 | [brak] | 08:38  | [brak] | 0:11:03 | 0:21:07 | 0:30:47 | 0:40:56 |
| 22           | 10    | BRANCZEWSKI      | RAFAŁ      | M    | 22                 | 2008   | M 0-9         | 1                  | MŁAWA                | NW WERWA MŁAWA   | 6        | 0:52:27 | 6,86 | [brak] | 08:44  | [brak] | 0:10:01 | 0:20:15 | 0:30:37 | 0:41:11 |
| 23           | 43    | KACPRZAK         | HENRYK     | M    | 23                 | 1948   | M 60-69       | 3                  | ŁUKÓW                | NIESTOWARZYSZONY | 6        | 0:53:17 | 6,76 | [brak] | 08:53  | [brak] | 0:10:16 | 0:20:41 | 0:31:34 | 0:42:21 |
| 24           | 33    | GRYGOROWICZ      | RAJMUND    | M    | 24                 | 1944   | M 70 i więcej | 3                  | WARSZAWA             |                  | 6        | 0:53:35 | 6,72 | [brak] | 08:56  | [brak] | 0:10:31 | 0:21:00 | 0:31:51 | 0:42:35 |
| 25           | 137   | JAZPOŃCZYK       | ANTONI     | M    | 25                 | 1940   | M 70 i więcej | 4                  | WARSZAWA             |                  | 6        | 0:54:30 | 6,61 | [brak] | 09:05  | [brak] | 0:10:36 | 0:21:30 | 0:32:27 | 0:43:29 |
| 26           | 9     | BRANCZEWSKI      | WOJCIECH   | M    | 26                 | 1976   | M 40-49       | 5                  | MŁAWA                | NW WERWA MŁAWA   | 6        | 0:57:25 | 6,27 | [brak] | 09:34  | [brak] | 0:11:11 | 0:22:37 | 0:34:05 | 0:45:39 |