

# BIEG SĄSIEDZI ŻELAZNEGO MOSTU - NORDIC WALKING 5 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** II Marsz i Bieg - Sąsiedzi Żelaznego Mostu  
**Organizator:** Stowarzyszenie Aktywni Zagłębia Miedziowego  
**Data:** 2022-09-24  
**Miejsce:** Rudna  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik             | Numer | Klub         | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|--------------|-----------|------|----------------|-------------------|--------------|-------------|
| 1   | PASZKOWSKI Leszek    | 134   | KGHM METRACO | OPEN -M   | 1    | 00:36:39.57    |                   | 7:19         | 8.2 (100%)  |
| 2   | GŁOGOWSKI Wojciech   | 111   | KGHM METACO  | M15-18    | 1    | 00:36:47.66    | +00:00:08 (0.4%)  | 7:21         | 8.2 (100%)  |
| 3   | MAZUREK Władysław    | 129   |              | OPEN -M   | 2    | 00:38:57.07    | +00:02:17 (5.9%)  | 7:47         | 7.7 (93.9%) |
| 4   | KOZŁOWSKI Paweł      | 179   |              | OPEN -M   | 3    | 00:39:04.93    | +00:02:25 (6.2%)  | 7:48         | 7.7 (93.9%) |
| 5   | ZAGÓRSKA Janina      | 174   |              | OPEN -K   | 1    | 00:40:45.08    | +00:04:05 (10.0%) | 8:09         | 7.4 (90.2%) |
| 6   | ZIENKIEWICZ Rafał    | 156   |              | OPEN -M   | 4    | 00:41:22.20    | +00:04:42 (11.4%) | 8:16         | 7.3 (89.0%) |
| 7   | ROMANOWSKA Eliza     | 136   | KGHMMETRACO  | K10-14    | 1    | 00:41:44.08    | +00:05:04 (12.2%) | 8:20         | 7.2 (87.8%) |
| 8   | KISIELEWICZ Zofia    | 119   | KGHMMETACO   | K10-14    | 2    | 00:41:49.07    | +00:05:09 (12.3%) | 8:21         | 7.2 (87.8%) |
| 9   | STEFANEK Paweł       | 143   | KGHM ZGRUN   | OPEN -M   | 5    | 00:41:58.30    | +00:05:18 (12.7%) | 8:23         | 7.1 (86.6%) |
| 10  | KLOCEK Jagoda        | 120   | KGHM METRACO | K15-18    | 1    | 00:42:08.28    | +00:05:28 (13.0%) | 8:25         | 7.1 (86.6%) |
| 11  | CHODORSKA Oliwia     | 164   | KGHMMETRACO  | K10-14    | 3    | 00:42:50.75    | +00:06:11 (14.4%) | 8:34         | 7 (85.4%)   |
| 12  | KURZAWSKA Jolanta    | 127   | KGHM METRACO | OPEN -K   | 2    | 00:42:54.45    | +00:06:14 (14.6%) | 8:34         | 7 (85.4%)   |
| 13  | DUSZEŃKO Damian      | 161   | KGHM METRACO | OPEN -M   | 6    | 00:43:36.68    | +00:06:57 (15.9%) | 8:43         | 6.9 (84.1%) |
| 14  | KOZAR Tadeusz        | 124   |              | OPEN -M   | 7    | 00:44:07.15    | +00:07:27 (16.9%) | 8:49         | 6.8 (82.9%) |
| 15  | KUREK Aleksandra     | 125   |              | OPEN -K   | 3    | 00:44:28.21    | +00:07:48 (17.6%) | 8:53         | 6.7 (81.7%) |
| 16  | RAJKO Katarzyna      | 135   |              | OPEN -K   | 4    | 00:44:34.33    | +00:07:54 (17.8%) | 8:54         | 6.7 (81.7%) |
| 17  | NOWAK Przemysław     | 130   |              | OPEN -M   | 8    | 00:44:49.52    | +00:08:09 (18.2%) | 8:57         | 6.7 (81.7%) |
| 18  | KUBERO Honorata      | 180   |              | OPEN -K   | 5    | 00:44:53.68    | +00:08:14 (18.3%) | 8:58         | 6.7 (81.7%) |
| 19  | BŁASZAK Maksymilnian | 103   | KGHM METRACO | M10-14    | 1    | 00:45:04.05    | +00:08:24 (18.7%) | 9:00         | 6.7 (81.7%) |
| 20  | DZIEŁAK Leszek       | 162   |              | OPEN -M   | 9    | 00:45:41.07    | +00:09:01 (19.8%) | 9:08         | 6.6 (80.5%) |
| 21  | PASZKOWSKA Maria     | 133   | KGHM METRACO | OPEN -K   | 6    | 00:46:00.65    | +00:09:21 (20.3%) | 9:12         | 6.5 (79.3%) |
| 22  | ADAMSKI Włodzimierz  | 102   |              | OPEN -M   | 10   | 00:46:02.98    | +00:09:23 (20.4%) | 9:12         | 6.5 (79.3%) |
| 23  | SŁOWIK Stanisław     | 141   | KGHMMETRACO  | M10-14    | 2    | 00:46:06.52    | +00:09:26 (20.5%) | 9:13         | 6.5 (79.3%) |
| 24  | BANAŚ Sylwester      | 165   |              | OPEN -M   | 11   | 00:46:10.02    | +00:09:30 (20.6%) | 9:14         | 6.5 (79.3%) |
| 25  | TOMCZAK-CHRZAN Beata | 150   |              | OPEN -K   | 7    | 00:46:38.57    | +00:09:59 (21.4%) | 9:19         | 6.4 (78.0%) |
| 26  | KLUSKA Małgorzata    | 122   |              | OPEN -K   | 8    | 00:46:47.94    | +00:10:08 (21.7%) | 9:21         | 6.4 (78.0%) |

| Msc | Zawodnik                    | Numer | Klub            | Kategoria | Mkat | Czas         | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|-------|-----------------|-----------|------|--------------|-------------------|-----------------|---------------|
|     |                             |       |                 |           |      | netto<br>5km |                   |                 |               |
| 27  | KAMIŃSKA Elżbieta           | 118   |                 | OPEN -K   | 9    | 00:46:57.84  | +00:10:18 (21.9%) | 9:23            | 6.4 (78.0%)   |
| 28  | STRAJEWSKA Joanna           | 173   |                 | OPEN -K   | 10   | 00:47:03.01  | +00:10:23 (22.1%) | 9:24            | 6.4 (78.0%)   |
| 29  | KLUSKA Anna                 | 121   |                 | K10-14    | 4    | 00:47:03.82  | +00:10:24 (22.1%) | 9:24            | 6.4 (78.0%)   |
| 30  | BORYSŁAWSKA Krystyna        | 105   | GMINA GRĘBOCICE | OPEN -K   | 11   | 00:47:46.64  | +00:11:07 (23.3%) | 9:33            | 6.3 (76.8%)   |
| 31  | BORYSŁAWSKA Joanna          | 171   |                 | OPEN -K   | 12   | 00:47:48.56  | +00:11:08 (23.3%) | 9:33            | 6.3 (76.8%)   |
| 32  | OLEJARCZYK Kasia            | 132   |                 | OPEN -K   | 13   | 00:48:16.74  | +00:11:37 (24.1%) | 9:39            | 6.2 (75.6%)   |
| 33  | JEMIOŁO Natalia             | 117   |                 | OPEN -K   | 14   | 00:49:12.15  | +00:12:32 (25.5%) | 9:50            | 6.1 (74.4%)   |
| 34  | LISTWAN Klaudia             | 128   |                 | K10-14    | 5    | 00:49:50.26  | +00:13:10 (26.4%) | 9:58            | 6 (73.2%)     |
| 35  | JACENKO Julia               | 114   | KGHM METRACO    | OPEN -K   | 15   | 00:49:58.69  | +00:13:19 (26.6%) | 9:59            | 6 (73.2%)     |
| 36  | SIWAK Piotr                 | 166   | KGHM METRACO    | OPEN -M   | 12   | 00:50:10.79  | +00:13:31 (26.9%) | 10:02           | 6 (73.2%)     |
| 37  | OLEJARCZYK Elżbieta         | 131   |                 | OPEN -K   | 16   | 00:50:11.57  | +00:13:31 (27.0%) | 10:02           | 6 (73.2%)     |
| 38  | SZYDŁOWSKA-RAKOWSKA Marzena | 148   |                 | OPEN -K   | 17   | 00:50:11.81  | +00:13:32 (27.0%) | 10:02           | 6 (73.2%)     |
| 39  | ZIELIŃSKA Izabela           | 155   |                 | OPEN -K   | 18   | 00:50:14.23  | +00:13:34 (27.0%) | 10:02           | 6 (73.2%)     |
| 40  | HORNIAK Amanda              | 113   | KGHM METRACO    | K10-14    | 6    | 00:50:49.34  | +00:14:09 (27.9%) | 10:09           | 5.9 (72.0%)   |
| 41  | SŁOWIK Sylwia               | 140   |                 | OPEN -K   | 19   | 00:50:52.05  | +00:14:12 (27.9%) | 10:10           | 5.9 (72.0%)   |
| 42  | WOŹNIAK Agnieszka           | 154   | KGHM METRACO    | OPEN -K   | 20   | 00:50:57.67  | +00:14:18 (28.1%) | 10:11           | 5.9 (72.0%)   |
| 43  | RZESZOWSKA Marzena          | 139   |                 | OPEN -K   | 21   | 00:51:09.19  | +00:14:29 (28.3%) | 10:13           | 5.9 (72.0%)   |
| 44  | SZUM Marzenna               | 175   |                 | OPEN -K   | 22   | 00:51:18.37  | +00:14:38 (28.5%) | 10:15           | 5.8 (70.7%)   |
| 45  | BOROŃ Natalia               | 104   |                 | OPEN -K   | 23   | 00:51:41.13  | +00:15:01 (29.1%) | 10:20           | 5.8 (70.7%)   |
| 46  | WECHTA Paweł                | 152   | KGHM METRACO    | OPEN -M   | 13   | 00:51:50.76  | +00:15:11 (29.3%) | 10:22           | 5.8 (70.7%)   |
| 47  | BAJPER Karolina             | 167   |                 | OPEN -K   | 24   | 00:54:15.47  | +00:17:35 (32.4%) | 10:51           | 5.5 (67.1%)   |
| 48  | JASTRZĘBSKA Kamila          | 116   |                 | OPEN -K   | 25   | 00:54:21.04  | +00:17:41 (32.5%) | 10:52           | 5.5 (67.1%)   |
| 49  | GRYGOROWICZ Teresa          | 172   |                 | OPEN -K   | 26   | 00:54:52.37  | +00:18:12 (33.2%) | 10:58           | 5.5 (67.1%)   |
| 50  | SZAŁAJ Anna                 | 146   | KGHM METRACO    | OPEN -K   | 27   | 00:54:53.85  | +00:18:14 (33.2%) | 10:58           | 5.5 (67.1%)   |
| 51  | SIŁUCH Natalia              | 170   |                 | OPEN -K   | 28   | 00:54:55.99  | +00:18:16 (33.3%) | 10:59           | 5.5 (67.1%)   |
| 52  | DUSZEŃKO Elwira             | 169   |                 | OPEN -K   | 29   | 00:54:56.38  | +00:18:16 (33.3%) | 10:59           | 5.5 (67.1%)   |
| 53  | KUREK Małgorzata            | 126   |                 | OPEN -K   | 30   | 00:55:00.47  | +00:18:20 (33.4%) | 11:00           | 5.5 (67.1%)   |
| 54  | KOŁODZIEJ Ewa               | 123   |                 | OPEN -K   | 31   | 00:55:02.71  | +00:18:23 (33.4%) | 11:00           | 5.5 (67.1%)   |
| 55  | BAJGEN Natalia              | 168   |                 | K10-14    | 7    | 00:55:03.63  | +00:18:24 (33.4%) | 11:00           | 5.4 (65.9%)   |
| 56  | SODAJ Elżbieta              | 177   |                 | OPEN -K   | 32   | 00:56:11.15  | +00:19:31 (34.8%) | 11:14           | 5.3 (64.6%)   |
| 57  | BRAK Brak                   | 178   |                 | OPEN -K   | 33   | 00:56:13.08  | +00:19:33 (34.8%) | 11:14           | 5.3 (64.6%)   |
| 58  | ADAMSKA Irena               | 101   |                 | OPEN -K   | 34   | 00:56:17.71  | +00:19:38 (34.9%) | 11:15           | 5.3 (64.6%)   |
| 59  | PRZYBYLSKA Dominika         | 160   |                 | OPEN -K   | 35   | 00:57:46.91  | +00:21:07 (36.6%) | 11:33           | 5.2 (63.4%)   |
| 60  | PODLANCA Renata             | 393   |                 | OPEN -K   | 36   | 00:57:47.85  | +00:21:08 (36.6%) | 11:33           | 5.2 (63.4%)   |
| 61  | GUBCZYK Marta               | 112   |                 | OPEN -K   | 37   | 00:57:48.48  | +00:21:08 (36.6%) | 11:33           | 5.2 (63.4%)   |
| 62  | MIENCIUK Ewelina            | 163   |                 | OPEN -K   | 38   | 00:57:49.09  | +00:21:09 (36.6%) | 11:33           | 5.2 (63.4%)   |
| 63  | SZUM Jarosław               | 176   |                 | OPEN -M   | 14   | 00:57:56.82  | +00:21:17 (36.7%) | 11:35           | 5.2 (63.4%)   |
| 64  | GALINOWSKA Paulina          | 391   |                 | OPEN -K   | 39   | 00:57:58.32  | +00:21:18 (36.8%) | 11:35           | 5.2 (63.4%)   |
| 65  | SOBÓTKA Katarzyna           | 142   |                 | OPEN -K   | 40   | 00:57:58.94  | +00:21:19 (36.8%) | 11:35           | 5.2 (63.4%)   |
| 66  | URBAN Edyta                 | 151   |                 | OPEN -K   | 41   | 00:58:53.73  | +00:22:14 (37.8%) | 11:46           | 5.1 (62.2%)   |
| 67  | WOJTUN- KOBLAŃSKA Dorota    | 158   |                 | OPEN -K   | 42   | 00:59:06.07  | +00:22:26 (38.0%) | 11:49           | 5.1 (62.2%)   |
| 68  | ZBROIŃSKA Halina            | 157   |                 | OPEN -K   | 43   | 00:59:06.75  | +00:22:27 (38.0%) | 11:49           | 5.1 (62.2%)   |
| 69  | CZEKAJŁO Piotr              | 106   |                 | OPEN -M   | 15   | 00:59:09.76  | +00:22:30 (38.0%) | 11:49           | 5.1 (62.2%)   |
| 70  | KOTWICA Jan                 | 392   |                 | OPEN -M   | 16   | 00:59:10.90  | +00:22:31 (38.1%) | 11:50           | 5.1 (62.2%)   |

| Msc | Zawodnik                | Numer      | Klub         | Kategoria | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------|------------|--------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 71  | <b>WOŁKOWSKI Adrian</b> | <b>159</b> | GMINA RUDNA  | OPEN -M   | 17   | <b>00:59:11.04</b> | +00:22:31 (38.1%) | 11:50        | 5.1 (62.2%) |
| 72  | <b>DUSZEŃKO Zygmunt</b> | <b>109</b> | KGHM METRACO | OPEN -M   | 18   | <b>01:00:15.03</b> | +00:23:35 (39.2%) | 12:03        | 5 (61.0%)   |

Znaleziono 72 wynik(ów)