



# ENEA POLISH NORDIC WALKING CUP - SĘDZISZÓW MAŁOPOLSKI - 5KM - 7/10

B4SPORT

**Event:** ENEA POLISH NORDIC WALKING CUP 7/10  
SĘDZISZÓW MAŁOPOLSKI  
**Organiser:** Polskie Zrzeszenie Nordic Walking  
**Date:** 2022-07-30  
**Place:** SĘDZISZÓW MAŁOPOLSKI  
**Distance:** 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.7km 1.7km	3.4km 3.4km	Net time 5km	Gap	Pace min/km	Pace km/h
1	WITUCKI Jacek	167		M50-54	1			00:09:35	00:19:49	00:30:21.55		6:04	9.9 (100%)
2	WOJTOWICZ Tomasz	220	LT POLAND	M30-39	1			00:09:37	00:19:54	00:30:52.15	+00:00:30 (1.7%)	6:10	9.7 (98.0%)
3	CYRUS Bogdan	69	SILESIA NORDIC TEAM	M50-54	2			00:09:54	00:20:53	00:31:49.10	+00:01:27 (4.6%)	6:21	9.4 (94.9%)
4	MARZAK Tomasz	109	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:10:22	00:21:16	00:32:16.30	+00:01:54 (5.9%)	6:27	9.3 (93.9%)
5	WILUSZ Erwina	166	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	K30-39	1			00:10:31	00:21:30	00:32:41.20	+00:02:19 (7.1%)	6:32	9.2 (92.9%)
6	SOKOŁOWSKI Marek	140	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	M55-59	1			00:10:47	00:21:49	00:33:03.55	+00:02:42 (8.2%)	6:36	9.1 (91.9%)
7	ZACZYŃSKA-SKIBA Anna	170	KGHM METRACO	K40-44	1			00:10:47	00:21:50	00:33:15.65	+00:02:54 (8.7%)	6:39	9 (90.9%)
8	SKIBA Krzysztof	136	KGHM METRACO	M60-64	1			00:10:30	00:21:25	00:33:16.30	+00:02:54 (8.8%)	6:39	9 (90.9%)
9	OLSZAŃSKI Karol	118	FEAR THE RETURN	M45-49	1	1		00:10:40	00:22:00	00:33:38.70	+00:03:17 (9.8%)	6:43	8.9 (89.9%)
10	PARZYBUT Jan	122	POSTĘP PNIEWY TEAM	M55-59	2			00:11:01	00:22:19	00:33:41.20	+00:03:19 (9.9%)	6:44	8.9 (89.9%)
11	BREWKA Joachim	65	NORDIC SPORT 2021	M55-59	3			00:11:01	00:22:19	00:33:41.50	+00:03:19 (9.9%)	6:44	8.9 (89.9%)
12	FRAÇKOWIAK Roman	80	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:10:45	00:22:16	00:33:47.75	+00:03:26 (10.2%)	6:45	8.9 (89.9%)
13	MISZTAL Grzegorz	208	MASZYCANKA MASZYCE	M30-39	2			00:10:44	00:22:14	00:33:48.90	+00:03:27 (10.2%)	6:45	8.9 (89.9%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.7km	3.4km	Net time	Gap	Pace	Pace
								1.7km	3.4km	5km		min/km	km/h
14	<b>NOSAL Marek</b>	<b>115</b>		M50-54	4			00:11:17	00:22:39	<b>00:34:18.90</b>	+00:03:57 (11.5%)	6:51	8.7 (87.9%)
15	<b>BIELECKA Zuzanna</b>	<b>64</b>	NW CZŁAPSKI TEAM	K40-44	2			00:10:56	00:22:28	<b>00:34:23.75</b>	+00:04:02 (11.7%)	6:52	8.7 (87.9%)
16	<b>GAJEWSKI Eugeniusz</b>	<b>81</b>	KGHM METRACO	M65-69	1			00:11:06	00:22:40	<b>00:34:26.30</b>	+00:04:04 (11.8%)	6:53	8.7 (87.9%)
17	<b>HAŁAS Marcin</b>	<b>91</b>		M30-39	3			00:11:01	00:22:35	<b>00:34:42.30</b>	+00:04:20 (12.5%)	6:56	8.6 (86.9%)
18	<b>WOJTASIŃSKI Daniel</b>	<b>169</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:11:15	00:23:07	<b>00:35:07.70</b>	+00:04:46 (13.6%)	7:01	8.5 (85.9%)
19	<b>KARPIENIA Ewa</b>	<b>97</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:11:14	00:23:07	<b>00:35:07.90</b>	+00:04:46 (13.6%)	7:01	8.5 (85.9%)
20	<b>KLAWCZYŃSKI Marcin</b>	<b>98</b>	AKTYWNIE W PNIEWACH	M30-39	4			00:11:03	00:22:45	<b>00:35:11.60</b>	+00:04:50 (13.7%)	7:02	8.5 (85.9%)
21	<b>STĘPAK Piotr</b>	<b>143</b>		M18-29	2			00:11:16	00:23:08	<b>00:35:13.00</b>	+00:04:51 (13.8%)	7:02	8.5 (85.9%)
22	<b>KRAKOWSKI Jerzy Piotr</b>	<b>104</b>	PTG SOKÓŁ 1893 MIELEC	M55-59	4			00:11:21	00:23:16	<b>00:35:13.05</b>	+00:04:51 (13.8%)	7:02	8.5 (85.9%)
23	<b>MAŚLANKA Iwona</b>	<b>110</b>	MARSZ PO ZDROWIE	K50-54	2			00:11:21	00:23:19	<b>00:35:27.45</b>	+00:05:05 (14.4%)	7:05	8.5 (85.9%)
24	<b>ŚLUSARCZYK Marcin</b>	<b>152</b>	WESOŁY BORSUK TEAM	M40-44	2			00:11:28	00:23:31	<b>00:35:29.15</b>	+00:05:07 (14.4%)	7:05	8.5 (85.9%)
25	<b>PASIERB Marek</b>	<b>123</b>	PTG SOKÓŁ 1893 MIELEC	M65-69	2			00:11:17	00:23:26	<b>00:35:29.95</b>	+00:05:08 (14.5%)	7:05	8.5 (85.9%)
26	<b>PINIS Agnieszka</b>	<b>126</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:11:33	00:23:37	<b>00:35:51.50</b>	+00:05:29 (15.3%)	7:10	8.4 (84.8%)
27	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>116</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:11:28	00:23:38	<b>00:35:58.00</b>	+00:05:36 (15.6%)	7:11	8.3 (83.8%)
28	<b>CIEŚLUK Marcin</b>	<b>68</b>	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	1			00:11:53	00:23:52	<b>00:35:59.00</b>	+00:05:37 (15.6%)	7:11	8.3 (83.8%)
29	<b>BIBKO Martin</b>	<b>63</b>	SPEEDBAR	M45-49	2			00:11:34	00:23:55	<b>00:36:28.20</b>	+00:06:06 (16.8%)	7:17	8.2 (82.8%)
30	<b>SIWAK Piotr</b>	<b>209</b>	KGHM METRACO	M60-64	2			00:11:42	00:24:02	<b>00:36:31.85</b>	+00:06:10 (16.9%)	7:18	8.2 (82.8%)
31	<b>JĘDRASIAK Renata</b>	<b>210</b>	KGHM METRACO	K55-59	1			00:11:47	00:24:10	<b>00:36:32.45</b>	+00:06:10 (16.9%)	7:18	8.2 (82.8%)
32	<b>KOSMAŁA Aneta</b>	<b>100</b>	NORDIC SPORT 2021	K40-44	3			00:11:45	00:24:01	<b>00:36:33.15</b>	+00:06:11 (16.9%)	7:18	8.2 (82.8%)
33	<b>JÓŹWIAK Marianna</b>	<b>95</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:11:43	00:24:04	<b>00:36:33.45</b>	+00:06:11 (17.0%)	7:18	8.2 (82.8%)
34	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>124</b>	MASZYCANKA MASZYCE	K45-49	3			00:11:47	00:24:14	<b>00:36:49.35</b>	+00:06:27 (17.6%)	7:21	8.1 (81.8%)
35	<b>ZDRZAŁEK Alicja</b>	<b>172</b>	NORDIC SPORT 2021	K40-44	4			00:11:47	00:24:12	<b>00:36:54.20</b>	+00:06:32 (17.7%)	7:22	8.1 (81.8%)
36	<b>KRIGER Roman</b>	<b>106</b>	MAPEI POLSKA	M60-64	3			00:11:59	00:24:29	<b>00:36:56.75</b>	+00:06:35 (17.8%)	7:23	8.1 (81.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.7km	3.4km	Net time	Gap	Pace	Pace
								1.7km	3.4km	5km		min/km	km/h
37	<b>DUSZEŃKO Zygmunt</b>	<b>76</b>	KGHM METRACO	M- Niepełnosprawni(A)	2			00:12:06	00:24:23	<b>00:37:00.75</b>	+00:06:39 (18.0%)	7:24	8.1 (81.8%)
38	<b>GRUSZKA Michał</b>	<b>85</b>	NORDIC SPORT 2021	M45-49	3			00:11:44	00:24:23	<b>00:37:18.35</b>	+00:06:56 (18.6%)	7:27	8 (80.8%)
39	<b>BALIŚ Andrzej</b>	<b>62</b>		M30-39	5			00:12:09	00:24:50	<b>00:37:23.25</b>	+00:07:01 (18.8%)	7:28	8 (80.8%)
40	<b>GRUSZKA Michał</b>	<b>86</b>	NORDIC SPORT 2021	M18-29	3	1		00:11:34	00:24:20	<b>00:37:28.80</b>	+00:07:07 (19.0%)	7:29	8 (80.8%)
41	<b>KOWALCZYK Tadeusz</b>	<b>103</b>	LUX TORPEDA MAŁOPOLSKA	M65-69	3			00:11:52	00:24:36	<b>00:37:40.05</b>	+00:07:18 (19.4%)	7:32	8 (80.8%)
42	<b>KOWACZ Agata</b>	<b>101</b>	SPEEDBAR	K40-44	5			00:12:11	00:25:00	<b>00:37:55.50</b>	+00:07:33 (19.9%)	7:35	7.9 (79.8%)
43	<b>WALCZAK Grzegorz</b>	<b>160</b>		M45-49	4			00:12:09	00:25:02	<b>00:37:58.20</b>	+00:07:36 (20.0%)	7:35	7.9 (79.8%)
44	<b>SZYMAŃSKI Stefan</b>	<b>151</b>	XV KOŁO PZERII W DYWITACH	M75-79	1			00:12:36	00:25:12	<b>00:38:05.85</b>	+00:07:44 (20.3%)	7:37	7.9 (79.8%)
45	<b>TRZCINIECKI Wojciech</b>	<b>159</b>		M40-44	3			00:12:08	00:25:08	<b>00:38:06.75</b>	+00:07:45 (20.3%)	7:37	7.9 (79.8%)
46	<b>GUTOWSKA Magda</b>	<b>89</b>	PAUL TEAM	K45-49	4			00:12:07	00:25:04	<b>00:38:13.35</b>	+00:07:51 (20.6%)	7:38	7.8 (78.8%)
47	<b>ŚLUSARCZYK Grzegorz</b>	<b>154</b>	WESOŁY BORSUK TEAM	M45-49	5			00:12:23	00:25:17	<b>00:38:13.90</b>	+00:07:52 (20.6%)	7:38	7.8 (78.8%)
48	<b>STYSA Krystyna</b>	<b>217</b>	KKNW KOLBUSZOWA	K60-64	1			00:12:24	00:25:12	<b>00:38:14.15</b>	+00:07:52 (20.6%)	7:38	7.8 (78.8%)
49	<b>CZARNOTA Andrzej</b>	<b>70</b>	Z NURTEM SAWY NORDIC WALKING KLUB	M65-69	4			00:12:31	00:25:21	<b>00:38:30.65</b>	+00:08:09 (21.2%)	7:42	7.8 (78.8%)
50	<b>ZAWADZKI Krzysztof</b>	<b>171</b>	WETERAN	M- Niepełnosprawni(B)	1			00:12:35	00:25:31	<b>00:38:38.85</b>	+00:08:17 (21.4%)	7:43	7.8 (78.8%)
51	<b>SZPUNAR Mariusz</b>	<b>147</b>	Z NURTEM SAWY NORDIC WALKING KLUB	M50-54	5			00:12:19	00:25:26	<b>00:38:40.40</b>	+00:08:18 (21.5%)	7:44	7.8 (78.8%)
52	<b>WILK Andrzej</b>	<b>164</b>	NIEZRZESZONY	M60-64	4			00:12:31	00:25:38	<b>00:38:51.75</b>	+00:08:30 (21.9%)	7:46	7.7 (77.8%)
53	<b>CZEKRYSEW Andrzej</b>	<b>72</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:12:42	00:25:49	<b>00:39:13.00</b>	+00:08:51 (22.6%)	7:50	7.6 (76.8%)
54	<b>SONDEJ Wiesław</b>	<b>141</b>	PTG SOKÓŁ 1893 RZESZÓW	M60-64	5			00:12:34	00:25:41	<b>00:39:16.40</b>	+00:08:54 (22.7%)	7:51	7.6 (76.8%)
55	<b>GAŁKOWSKA Elżbieta</b>	<b>82</b>	KGHM METRACO	K65-69	1			00:12:56	00:25:59	<b>00:39:25.40</b>	+00:09:03 (23.0%)	7:53	7.6 (76.8%)
56	<b>CZMOCH Marian</b>	<b>73</b>	PUKS JEDYNKA	M70-74	1			00:12:56	00:26:24	<b>00:39:38.05</b>	+00:09:16 (23.4%)	7:55	7.6 (76.8%)
57	<b>NIEDŹWIECKA Małgorzata</b>	<b>113</b>	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			00:13:02	00:26:17	<b>00:39:53.95</b>	+00:09:32 (23.9%)	7:58	7.5 (75.8%)
58	<b>WNEK Ewa</b>	<b>168</b>	KGHM METRACO	K65-69	3			00:12:56	00:26:22	<b>00:39:55.65</b>	+00:09:34 (24.0%)	7:59	7.5 (75.8%)
59	<b>PLUTO-PRĄDZYŃSKA Anna</b>	<b>128</b>	SERCE NORDICA WŁOCŁAWEK	K30-39	2			00:13:05	00:26:23	<b>00:39:56.20</b>	+00:09:34 (24.0%)	7:59	7.5 (75.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.7km	3.4km	Net time	Gap	Pace	Pace
								1.7km	3.4km	5km		min/km	km/h
60	<b>ŚLUSARCZYK Andrzej</b>	<b>155</b>	WESOŁY BORSUK TEAM	M70-74	2			00:12:55	00:26:23	<b>00:39:57.45</b>	+00:09:35 (24.0%)	7:59	7.5 (75.8%)
61	<b>LEGOCKA - WALCZAK Kinga</b>	<b>107</b>		K45-49	5			00:12:57	00:26:30	<b>00:40:02.90</b>	+00:09:41 (24.2%)	8:00	7.5 (75.8%)
62	<b>GRYGOROWICZ Bogdan</b>	<b>88</b>	KGHM METRACO	M- Niepełnosprawni(B)	2			00:12:57	00:26:23	<b>00:40:14.80</b>	+00:09:53 (24.6%)	8:02	7.5 (75.8%)
63	<b>ŚLUSARCZYK Karolina</b>	<b>157</b>	WESOŁY BORSUK TEAM	K18-29	1	1		00:12:59	00:26:46	<b>00:40:25.40</b>	+00:10:03 (24.9%)	8:05	7.4 (74.7%)
64	<b>SKIBA Zenon</b>	<b>137</b>	CHODZĘ BO LUBIĘ ROPCZYCE	M65-69	5	1		00:12:58	00:26:24	<b>00:40:29.85</b>	+00:10:08 (25.0%)	8:05	7.4 (74.7%)
65	<b>SKRZĄTEK Lucyna</b>	<b>138</b>	NORDIC SPORT 2021	K50-54	4			00:13:19	00:26:54	<b>00:40:33.95</b>	+00:10:12 (25.2%)	8:06	7.4 (74.7%)
66	<b>DAROSZEWSKA Krystyna</b>	<b>74</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:13:15	00:26:46	<b>00:40:35.60</b>	+00:10:14 (25.2%)	8:07	7.4 (74.7%)
67	<b>CHOMNICKA Beata</b>	<b>67</b>	LUX TORPEDA MAŁOPOLSKA	K50-54	5			00:13:08	00:26:47	<b>00:40:46.65</b>	+00:10:25 (25.5%)	8:09	7.4 (74.7%)
68	<b>HANUS Joanna</b>	<b>92</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:12:56	00:26:50	<b>00:40:51.65</b>	+00:10:30 (25.7%)	8:10	7.3 (73.7%)
69	<b>SAPUŁA Wiktoria</b>	<b>135</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:12:53	00:26:49	<b>00:40:58.10</b>	+00:10:36 (25.9%)	8:11	7.3 (73.7%)
70	<b>DYBEŁ Agnieszka</b>	<b>77</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			00:13:06	00:27:02	<b>00:41:00.35</b>	+00:10:38 (26.0%)	8:12	7.3 (73.7%)
71	<b>PRACKI Zbigniew</b>	<b>131</b>	SERCE NORDICA WŁOCŁAWEK	M55-59	5			00:13:22	00:27:12	<b>00:41:11.35</b>	+00:10:49 (26.3%)	8:14	7.3 (73.7%)
72	<b>SZYBUT Weronika</b>	<b>149</b>	POTĘGA NORDICA	K-Dzieci	1			00:13:43	00:27:31	<b>00:41:14.40</b>	+00:10:52 (26.4%)	8:14	7.3 (73.7%)
73	<b>FRANCZAK Dariusz</b>	<b>79</b>	NW CZŁAPSKI TEAM	M55-59	6			00:13:23	00:27:11	<b>00:41:15.50</b>	+00:10:53 (26.4%)	8:15	7.3 (73.7%)
74	<b>SŁOWIK Jan</b>	<b>139</b>	WYBIEGAMY W PRZYSZŁOŚĆ	M- Niepełnosprawni(A)	4			00:11:59	00:24:36	<b>00:41:24.20</b>	+00:11:02 (26.7%)	8:16	7.2 (72.7%)
75	<b>FALGER Jan</b>	<b>78</b>		M18-29	4	1		00:13:25	00:27:24	<b>00:41:30.05</b>	+00:11:08 (26.8%)	8:18	7.2 (72.7%)
76	<b>KOWALCZYK Joanna</b>	<b>102</b>	LUX TORPEDA MAŁOPOLSKA	K45-49	6			00:13:23	00:27:17	<b>00:41:30.45</b>	+00:11:08 (26.9%)	8:18	7.2 (72.7%)
77	<b>JAKUBOWSKI Zbigniew</b>	<b>93</b>		M70-74	3	1		00:13:29	00:27:47	<b>00:41:44.70</b>	+00:11:23 (27.3%)	8:20	7.2 (72.7%)
78	<b>MAJEWSKI Jan</b>	<b>108</b>	GORZYCE CHODZI Z KIJKAMI	M70-74	4	1		00:13:27	00:27:46	<b>00:41:45.35</b>	+00:11:23 (27.3%)	8:21	7.2 (72.7%)
79	<b>JÓŹWIAK Łukasz</b>	<b>96</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:13:42	00:27:51	<b>00:41:53.30</b>	+00:11:31 (27.5%)	8:22	7.2 (72.7%)
80	<b>CZARNOTA Wanda</b>	<b>71</b>	Z NURTEM SAWY NORDIC WALKING KLUB	K60-64	3			00:13:43	00:27:53	<b>00:42:19.45</b>	+00:11:57 (28.3%)	8:27	7.1 (71.7%)
81	<b>GRYGOROWICZ Teresa</b>	<b>87</b>	KGHM METRACO	K70-74	1			00:13:27	00:27:41	<b>00:42:20.00</b>	+00:11:58 (28.3%)	8:28	7.1 (71.7%)
82	<b>PLUTO-PRĄDZYŃSKA Klaudia</b>	<b>127</b>	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	2			00:13:31	00:27:50	<b>00:42:25.65</b>	+00:12:04 (28.4%)	8:29	7.1 (71.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.7km	3.4km	Net time	Gap	Pace	Pace
								1.7km	3.4km	5km		min/km	km/h
83	<b>NIEPOKÓJ Kornelia</b>	<b>114</b>		K18-29	3			00:13:39	00:28:07	<b>00:42:54.90</b>	+00:12:33 (29.3%)	8:34	7 (70.7%)
84	<b>PRZYSTARZ Anna</b>	<b>132</b>	OBORYGENI	K50-54	6			00:14:10	00:28:58	<b>00:43:06.00</b>	+00:12:44 (29.6%)	8:37	7 (70.7%)
85	<b>THOMALLA Bogdan</b>	<b>158</b>	EKIPA NA KIJACH	M80+	1			00:13:39	00:28:19	<b>00:43:13.15</b>	+00:12:51 (29.8%)	8:38	6.9 (69.7%)
86	<b>ADAMOWICZ Andrzej</b>	<b>61</b>		M75-79	2			00:13:59	00:28:33	<b>00:43:32.60</b>	+00:13:11 (30.3%)	8:42	6.9 (69.7%)
87	<b>PAPROCKA Lucyna</b>	<b>121</b>	ARIDA SILVA ATHLETICA	K45-49	7			00:13:58	00:28:57	<b>00:43:33.20</b>	+00:13:11 (30.3%)	8:42	6.9 (69.7%)
88	<b>KRAKOWSKI Igor</b>	<b>105</b>	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	1			00:14:03	00:28:36	<b>00:43:50.20</b>	+00:13:28 (30.7%)	8:46	6.8 (68.7%)
89	<b>GANCARZ Zbigniew</b>	<b>83</b>	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	4			00:14:28	00:29:03	<b>00:43:58.50</b>	+00:13:36 (31.0%)	8:47	6.8 (68.7%)
90	<b>GUL-BOGACZ Jolanta</b>	<b>218</b>	KKNW KOLBUSZOWA	K45-49	8			00:14:55	00:29:15	<b>00:44:00.20</b>	+00:13:38 (31.0%)	8:48	6.8 (68.7%)
91	<b>SZYMAŃSKA Lucyna</b>	<b>150</b>	XV KOŁO PZERII W DYWITACH	K70-74	2			00:13:50	00:28:50	<b>00:44:37.90</b>	+00:14:16 (32.0%)	8:55	6.7 (67.7%)
92	<b>SZNAJDER Zenon</b>	<b>146</b>		M70-74	5			00:14:02	00:29:25	<b>00:45:05.70</b>	+00:14:44 (32.7%)	9:01	6.7 (67.7%)
93	<b>NERC Dorota</b>	<b>112</b>		K60-64	4	1		00:14:07	00:29:22	<b>00:45:05.85</b>	+00:14:44 (32.7%)	9:01	6.7 (67.7%)
94	<b>KRÓL Grażyna</b>	<b>212</b>	KKNW KOLBUSZOWA	K65-69	4			00:15:07	00:30:27	<b>00:45:30.65</b>	+00:15:09 (33.3%)	9:06	6.6 (66.7%)
95	<b>WILK Iwona</b>	<b>165</b>	NORDIC SPORT 2021	K45-49	9			00:14:47	00:30:10	<b>00:45:36.80</b>	+00:15:15 (33.4%)	9:07	6.6 (66.7%)
96	<b>SZNAJDER Teresa</b>	<b>145</b>		K65-69	5			00:14:55	00:30:18	<b>00:45:52.50</b>	+00:15:30 (33.8%)	9:10	6.5 (65.7%)
97	<b>JEDYNAK Stanisław</b>	<b>94</b>	ŻBIKI NORDIC WALKING	M75-79	3			00:14:48	00:30:13	<b>00:46:04.30</b>	+00:15:42 (34.1%)	9:12	6.5 (65.7%)
98	<b>GOLECKA Agnieszka</b>	<b>84</b>		K45-49	10			00:14:57	00:30:37	<b>00:46:08.85</b>	+00:15:47 (34.2%)	9:13	6.5 (65.7%)
99	<b>SUDOŁ Maria</b>	<b>215</b>	KKNW KOLBUSZOWA	K65-69	6			00:14:51	00:30:10	<b>00:46:11.45</b>	+00:15:49 (34.3%)	9:14	6.5 (65.7%)
100	<b>WIKTOR Irena</b>	<b>161</b>	KLUB SPORTOWY ISKRA MIELEC	K65-69	7			00:15:13	00:30:50	<b>00:47:28.85</b>	+00:17:07 (36.1%)	9:29	6.3 (63.6%)
101	<b>ŚLUSARCZYK Danuta</b>	<b>156</b>	WESOŁY BORSUK TEAM	K70-74	3			00:15:18	00:31:32	<b>00:48:08.55</b>	+00:17:47 (36.9%)	9:37	6.2 (62.6%)
102	<b>KOŁODZIEJ Halina</b>	<b>99</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70-74	4			00:15:29	00:31:59	<b>00:48:24.05</b>	+00:18:02 (37.3%)	9:40	6.2 (62.6%)
103	<b>WIKTOR Patrycja</b>	<b>163</b>		K40-44	6			00:15:25	00:31:46	<b>00:48:36.80</b>	+00:18:15 (37.5%)	9:43	6.2 (62.6%)
104	<b>DUSZEŃKO Elwira</b>	<b>75</b>	KGHM METRACO	K- Niepełnosprawni(A)	2			00:15:28	00:32:05	<b>00:48:49.60</b>	+00:18:28 (37.8%)	9:45	6.1 (61.6%)
105	<b>SZYBUT Roma</b>	<b>148</b>	POTĘGA NORDICA	K30-39	3			00:15:36	00:31:58	<b>00:48:49.75</b>	+00:18:28 (37.8%)	9:45	6.1 (61.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	1.7km 1.7km	3.4km 3.4km	Net time 5km	Gap	Pace min/km	Pace km/h
106	<b>KOZAK Teresa</b>	<b>211</b>	KKNW KOLBUSZOWA	K60-64	5			00:15:31	00:32:06	<b>00:48:57.35</b>	+00:18:35 (38.0%)	9:47	6.1 (61.6%)
107	<b>PRACKA Katarzyna</b>	<b>130</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	7			00:16:34	00:33:18	<b>00:49:18.30</b>	+00:18:56 (38.4%)	9:51	6.1 (61.6%)
108	<b>STUDNICKI Ryszard</b>	<b>144</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M75-79	4			00:16:04	00:32:32	<b>00:49:40.85</b>	+00:19:19 (38.9%)	9:56	6 (60.6%)
109	<b>ŚLUSARCZYK Błażej</b>	<b>153</b>	WESOŁY BORSUK TEAM	M-Dzieci	2			00:16:30	00:33:39	<b>00:50:12.95</b>	+00:19:51 (39.5%)	10:02	6 (60.6%)
110	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>120</b>		K70-74	5			00:16:24	00:34:11	<b>00:51:39.10</b>	+00:21:17 (41.2%)	10:19	5.8 (58.6%)
111	<b>JEDYNAK Katarzyna</b>	<b>49</b>		K-Jun.	1			00:17:26	00:35:11	<b>00:53:59.05</b>	+00:23:37 (43.8%)	10:47	5.6 (56.6%)
112	<b>BRZOZOWSKA Urszula</b>	<b>66</b>	ŻBIKI NORDIC WALKING	K65-69	8			00:17:19	00:35:46	<b>00:54:15.00</b>	+00:23:53 (44.0%)	10:51	5.5 (55.6%)
113	<b>MAZON Czesława</b>	<b>214</b>	KKNW KOLBUSZOWA	K65-69	9			00:17:57	00:36:21	<b>00:54:41.90</b>	+00:24:20 (44.5%)	10:56	5.5 (55.6%)
114	<b>KOCZUR Dorota</b>	<b>219</b>	KKNW KOLBUSZOWA	K65-69	10			00:16:45	00:35:02	<b>00:54:44.80</b>	+00:24:23 (44.5%)	10:56	5.5 (55.6%)
115	<b>WIKTOR Dawid</b>	<b>162</b>	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	5			00:17:24	00:36:29	<b>00:56:05.60</b>	+00:25:44 (45.9%)	11:13	5.3 (53.5%)
116	<b>PIĄTKOWSKI Józef</b>	<b>125</b>	KGHM METRACO	M75-79	5			00:17:32	00:37:02	<b>00:56:29.85</b>	+00:26:08 (46.3%)	11:17	5.3 (53.5%)
117	<b>ORZECOWSKI Grzegorz</b>	<b>216</b>	KKNW KOLBUSZOWA	M40-44	4			00:17:41	00:36:33	<b>00:56:41.10</b>	+00:26:19 (46.4%)	11:20	5.3 (53.5%)
118	<b>ROMANIUK Grzegorz</b>	<b>213</b>	KKNW KOLBUSZOWA	M55-59	7	1		00:20:48	00:45:13	<b>00:59:15.55</b>	+00:28:54 (48.8%)	11:51	5.1 (51.5%)

Total 118 results.