



# ENEA POLISH NW CUP - POLANICA-ZDRÓJ - 5KM - 2/6

B4SPORT

**Wydarzenie:** Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2023-07-02  
**Miejsce:** Polanica-Zdrój  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>ORDZOWIAŁY Piotr</b>	<b>199</b>	PRUSZYŃSKI SPORT TEAM	M55-59	1			<b>00:32:05.60</b>		6:25	9.4 (100%)
2	<b>WITUCKI Jacek</b>	<b>262</b>	K.S. VICTORIA POTĘGOWO	M50-54	1			<b>00:32:24.85</b>	+00:00:19 (1.0%)	6:28	9.3 (98.9%)
3	<b>WOJTOWICZ Tomasz</b>	<b>266</b>	K.S. VICTORIA POTĘGOWO	M30-39	1			<b>00:32:51.70</b>	+00:00:46 (2.3%)	6:34	9.1 (96.8%)
4	<b>MARCZAK Tomasz</b>	<b>181</b>	K.S. VICTORIA POTĘGOWO	M18-29	1			<b>00:32:52.60</b>	+00:00:47 (2.4%)	6:34	9.1 (96.8%)
5	<b>CYRUS Bogdan</b>	<b>117</b>	NORDIC SPORT 2021	M50-54	2			<b>00:33:26.45</b>	+00:01:20 (4.0%)	6:41	9 (95.7%)
6	<b>ZDANOWICZ Arkadiusz</b>	<b>275</b>	K.S. VICTORIA POTĘGOWO	M45-49	1			<b>00:34:12.35</b>	+00:02:06 (6.2%)	6:50	8.8 (93.6%)
7	<b>KABATA Jarosław</b>	<b>158</b>	NORDIC SPORT 2021	M50-54	3			<b>00:34:18.30</b>	+00:02:12 (6.4%)	6:51	8.7 (92.6%)
8	<b>ROMANOWSKI Daniel</b>	<b>220</b>	KATOWICKI NORDIC WALKING	M18-29	2			<b>00:34:27.35</b>	+00:02:21 (6.9%)	6:53	8.7 (92.6%)
9	<b>WOJCIECHOWSKA Elżbieta</b>	<b>285</b>	POLIPACK TEAM GWE	K40-44	1			<b>00:34:36.55</b>	+00:02:30 (7.3%)	6:55	8.7 (92.6%)
10	<b>SZTANDERSKI Grzegorz</b>	<b>245</b>	KABEX PODKOWA JANÓW	M50-54	4			<b>00:34:43.75</b>	+00:02:38 (7.6%)	6:56	8.6 (91.5%)
11	<b>STĘPAK Piotr</b>	<b>236</b>	K.S. VICTORIA POTĘGOWO	M18-29	3			<b>00:34:50.25</b>	+00:02:44 (7.9%)	6:58	8.6 (91.5%)
12	<b>WILUSZ Erwina</b>	<b>259</b>	K.S. VICTORIA POTĘGOWO	K30-39	1			<b>00:35:03.50</b>	+00:02:57 (8.5%)	7:00	8.6 (91.5%)
13	<b>ROŻYNEK Miron</b>	<b>222</b>	KGHM METRACO POLKOWICE	M60-64	1			<b>00:35:56.10</b>	+00:03:50 (10.7%)	7:11	8.3 (88.3%)
14	<b>DERUS Jakub</b>	<b>121</b>	KATOWICKI NORDIC WALKING	M40-44	1			<b>00:35:56.35</b>	+00:03:50 (10.7%)	7:11	8.3 (88.3%)

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15	<b>WOJTASIŃSKI Daniel</b>	<b>265</b>	NORDIC TEAM CZĘSTOCHOWA	M45-49	2			<b>00:36:20.20</b>	+00:04:14 (11.7%)	7:16	8.3 (88.3%)
16	<b>ZABŁOCKI Karol</b>	<b>272</b>	FIRE WINGS NW TEAM	M30-39	2			<b>00:36:28.25</b>	+00:04:22 (12.0%)	7:17	8.2 (87.2%)
17	<b>KUBISZYN Małgorzata</b>	<b>288</b>	K.S. VICTORIA POTĘGOWO	K30-39	2			<b>00:36:30.00</b>	+00:04:24 (12.1%)	7:18	8.2 (87.2%)
18	<b>BIELECKA Zuzanna</b>	<b>109</b>	K.S. VICTORIA POTĘGOWO	K40-44	2			<b>00:36:37.95</b>	+00:04:32 (12.4%)	7:19	8.2 (87.2%)
19	<b>PRYZYSTARZ Grzegorz</b>	<b>214</b>	OBORYGENI	M50-54	5			<b>00:36:42.10</b>	+00:04:36 (12.6%)	7:20	8.2 (87.2%)
20	<b>SOBKIEWICZ Janusz</b>	<b>232</b>	OBORYGENI	M45-49	3	1		<b>00:36:52.90</b>	+00:04:47 (13.0%)	7:22	8.1 (86.2%)
21	<b>HAŁAS Marcin</b>	<b>144</b>	PRUSZYŃSKI SPORT TEAM	M30-39	3			<b>00:37:00.20</b>	+00:04:54 (13.3%)	7:24	8.1 (86.2%)
22	<b>FRAĆKOWIAK Roman</b>	<b>134</b>	NORDIC SPORT 2021	M55-59	2			<b>00:37:02.15</b>	+00:04:56 (13.3%)	7:24	8.1 (86.2%)
23	<b>GUDZIO Maciej</b>	<b>143</b>	NORDIC WALKING KIEKRZ POLAND	M55-59	3			<b>00:37:04.75</b>	+00:04:59 (13.4%)	7:24	8.1 (86.2%)
24	<b>BREWKA Joachim</b>	<b>111</b>	NORDIC SPORT 2021	M55-59	4			<b>00:37:06.55</b>	+00:05:00 (13.5%)	7:25	8.1 (86.2%)
25	<b>LUDWICZAK Andżelika</b>	<b>178</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			<b>00:37:20.35</b>	+00:05:14 (14.0%)	7:28	8 (85.1%)
26	<b>KUBIAK Tomasz</b>	<b>171</b>		M45-49	4			<b>00:37:24.45</b>	+00:05:18 (14.2%)	7:28	8 (85.1%)
27	<b>PASIERB Marek</b>	<b>201</b>	K.S. VICTORIA POTĘGOWO	M65-69	1			<b>00:37:25.30</b>	+00:05:19 (14.2%)	7:29	8 (85.1%)
28	<b>HELWICH Stefan</b>	<b>149</b>	KGHM METRACO POLKOWICE	M65-69	2			<b>00:37:36.80</b>	+00:05:31 (14.7%)	7:31	8 (85.1%)
29	<b>STEFANIAK Krzysztof</b>	<b>235</b>	KATOWICKI NORDIC WALKING	M65-69	3			<b>00:37:43.30</b>	+00:05:37 (14.9%)	7:32	8 (85.1%)
30	<b>MICHALSKI Andrzej</b>	<b>186</b>	PŁOMIEŃ ZMIENNICA	M60-64	2			<b>00:37:49.85</b>	+00:05:44 (15.2%)	7:33	7.9 (84.0%)
31	<b>OLSZAŃSKI Karol</b>	<b>198</b>	PRUSZYŃSKI SPORT TEAM	M45-49	5			<b>00:37:51.70</b>	+00:05:46 (15.2%)	7:34	7.9 (84.0%)
32	<b>KRAKOWSKI Jerzy Piotr</b>	<b>166</b>	PTG SOKÓŁ 1893 MIELEC	M60-64	3			<b>00:38:05.65</b>	+00:06:00 (15.8%)	7:37	7.9 (84.0%)
33	<b>GROBELNY Tymoteusz</b>	<b>138</b>		M18-29	4	1		<b>00:38:07.90</b>	+00:06:02 (15.8%)	7:37	7.9 (84.0%)
34	<b>WASILEWSKI Adam</b>	<b>257</b>		M55-59	5			<b>00:38:21.60</b>	+00:06:16 (16.3%)	7:40	7.8 (83.0%)
35	<b>MAŚLANKA Iwona</b>	<b>183</b>	NORDIC SPORT 2021	K50-54	1			<b>00:38:29.15</b>	+00:06:23 (16.6%)	7:41	7.8 (83.0%)
36	<b>PYTLAK Artur</b>	<b>217</b>	RAWIMEX	M50-54	6			<b>00:38:43.05</b>	+00:06:37 (17.1%)	7:44	7.7 (81.9%)
37	<b>OLEJNIK Przemek</b>	<b>197</b>		M50-54	7	1		<b>00:38:59.40</b>	+00:06:53 (17.7%)	7:47	7.7 (81.9%)

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38	<b>KNAPCZYK-KANIA Gabriela</b>	<b>283</b>	PRUSZYŃSKI SPORT TEAM	K45-49	2			<b>00:39:19.55</b>	+00:07:13 (18.4%)	7:51	7.6 (80.9%)
39	<b>KARPIENIA Ewa</b>	<b>160</b>	K.S. VICTORIA POTĘGOWO	K50-54	2			<b>00:39:28.60</b>	+00:07:23 (18.7%)	7:53	7.6 (80.9%)
40	<b>STANISŁAWSKI Jan</b>	<b>234</b>	NORDIC WALKING KIEKRZ POLAND	M65-69	4			<b>00:39:32.90</b>	+00:07:27 (18.9%)	7:54	7.6 (80.9%)
41	<b>POLAK Łukasz</b>	<b>210</b>	OBORYGENI	M40-44	2			<b>00:39:34.10</b>	+00:07:28 (18.9%)	7:54	7.6 (80.9%)
42	<b>GODZIŃSKA Dorota</b>	<b>136</b>	BAŻANTNWELBLĄG	K40-44	3			<b>00:39:35.15</b>	+00:07:29 (18.9%)	7:55	7.6 (80.9%)
43	<b>POSIKATA Joanna</b>	<b>212</b>		K45-49	3			<b>00:39:35.40</b>	+00:07:29 (18.9%)	7:55	7.6 (80.9%)
44	<b>SAWICKA Marta</b>	<b>225</b>	K.S. VICTORIA POTĘGOWO	K50-54	3			<b>00:39:38.10</b>	+00:07:32 (19.0%)	7:55	7.6 (80.9%)
45	<b>KRZYK Mateusz</b>	<b>32</b>		M30-39	4	1		<b>00:39:46.65</b>	+00:07:41 (19.3%)	7:57	7.5 (79.8%)
46	<b>KROMSKI Paweł</b>	<b>168</b>	NORDIC WALKING KIEKRZ POLAND	M55-59	6			<b>00:39:52.55</b>	+00:07:46 (19.5%)	7:58	7.5 (79.8%)
47	<b>NOWAK Wiesław</b>	<b>193</b>	UKS SKOCZEK SKOKI	M60-64	4			<b>00:39:54.25</b>	+00:07:48 (19.6%)	7:58	7.5 (79.8%)
48	<b>PINIS Agnieszka</b>	<b>207</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	4			<b>00:40:21.15</b>	+00:08:15 (20.5%)	8:04	7.4 (78.7%)
49	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>196</b>	NORDIC SPORT 2021	K55-59	1			<b>00:40:37.40</b>	+00:08:31 (21.0%)	8:07	7.4 (78.7%)
50	<b>GRUSZKA Michał</b>	<b>140</b>	NORDIC SPORT 2021	M18-29	5			<b>00:40:40.90</b>	+00:08:35 (21.1%)	8:08	7.4 (78.7%)
51	<b>MATECKI Ryszard</b>	<b>291</b>	KGHM METRACO POLKOWICE	M70-74	1			<b>00:40:52.25</b>	+00:08:46 (21.5%)	8:10	7.3 (77.7%)
52	<b>LIPIECKA Małgorzata</b>	<b>177</b>	OBORYGENI	K40-44	4			<b>00:40:53.55</b>	+00:08:47 (21.5%)	8:10	7.3 (77.7%)
53	<b>KRAJEWSKA Hania</b>	<b>296</b>	KS KIJOMANIACY CHODZIEŻ	K18-29	1			<b>00:41:06.75</b>	+00:09:01 (21.9%)	8:13	7.3 (77.7%)
54	<b>HRYNDIO Jerzy</b>	<b>20</b>	GISZOWIEC CHODZI RAZEM	M65-69	5			<b>00:41:20.05</b>	+00:09:14 (22.4%)	8:16	7.3 (77.7%)
55	<b>SMAJDOR Leszek</b>	<b>231</b>		M65-69	6			<b>00:41:22.75</b>	+00:09:17 (22.4%)	8:16	7.3 (77.7%)
56	<b>ZDRZAŁEK Alicja</b>	<b>276</b>	NORDIC SPORT 2021	K40-44	5			<b>00:41:33.20</b>	+00:09:27 (22.8%)	8:18	7.2 (76.6%)
57	<b>SZCZĘŚNIAK Zbigniew</b>	<b>72</b>	NORDIC TEAM CZĘSTOCHOWA	M60-64	5			<b>00:41:36.75</b>	+00:09:31 (22.9%)	8:19	7.2 (76.6%)
58	<b>LACHNIK Hubert</b>	<b>174</b>		M70-74	2			<b>00:41:41.25</b>	+00:09:35 (23.0%)	8:20	7.2 (76.6%)
59	<b>WAWER Sławomir</b>	<b>297</b>	KS KIJOMANIACY CHODZIEŻ	M18-29	6	1		<b>00:41:45.65</b>	+00:09:40 (23.1%)	8:21	7.2 (76.6%)
60	<b>SZYBUT Weronika</b>	<b>248</b>	POTĘGA NORDICA	K-Jun.	1	1		<b>00:41:48.05</b>	+00:09:42 (23.2%)	8:21	7.2 (76.6%)

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61	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>284</b>	PRUSZYŃSKI SPORT TEAM	K45-49	5			<b>00:41:59.50</b>	+00:09:53 (23.6%)	8:23	7.1 (75.5%)
62	<b>BUDNY Sławomir</b>	<b>112</b>		M- Niepełnosprawni(B)	1			<b>00:42:03.60</b>	+00:09:58 (23.7%)	8:24	7.1 (75.5%)
63	<b>ŚLUSARCZYK Grzegorz</b>	<b>249</b>	WESOŁY BORSUK TEAM	M45-49	6			<b>00:42:03.85</b>	+00:09:58 (23.7%)	8:24	7.1 (75.5%)
64	<b>DUSZEŃKO Zygmunt</b>	<b>130</b>	KGHM METRACO POLKOWICE	M- Niepełnosprawni(A)	1			<b>00:42:03.95</b>	+00:09:58 (23.7%)	8:24	7.1 (75.5%)
65	<b>KOWACZ Agata</b>	<b>163</b>	OBORYGENI	K40-44	6			<b>00:42:08.10</b>	+00:10:02 (23.8%)	8:25	7.1 (75.5%)
66	<b>CZMOCH Marian</b>	<b>118</b>	NORDIC SPORT 2021	M70-74	3	1		<b>00:42:12.20</b>	+00:10:06 (24.0%)	8:26	7.1 (75.5%)
67	<b>WITUCKA Karolina</b>	<b>261</b>	K.S. VICTORIA POTĘGOWO	K-Jun.	2	1		<b>00:42:14.35</b>	+00:10:08 (24.0%)	8:26	7.1 (75.5%)
68	<b>WÓJCIK Barbara</b>	<b>271</b>	LUKI TEAM POLSKA	K60-64	1			<b>00:42:22.30</b>	+00:10:16 (24.3%)	8:28	7.1 (75.5%)
69	<b>RUSINOWICZ Andrzej</b>	<b>223</b>	FABRYKA NORDICA TRZCIANKA	M75-79	1			<b>00:42:22.65</b>	+00:10:17 (24.3%)	8:28	7.1 (75.5%)
70	<b>PINTAK Artur</b>	<b>208</b>		M40-44	3			<b>00:42:27.15</b>	+00:10:21 (24.4%)	8:29	7.1 (75.5%)
71	<b>POLAK Marcel</b>	<b>211</b>	OBORYGENI	M-Dzieci	1			<b>00:42:31.70</b>	+00:10:26 (24.5%)	8:30	7.1 (75.5%)
72	<b>PODSIADŁY Stanisław</b>	<b>209</b>	K.S. VICTORIA POTĘGOWO	M65-69	7			<b>00:42:40.35</b>	+00:10:34 (24.8%)	8:32	7 (74.5%)
73	<b>BUDNY Franciszek</b>	<b>113</b>		M-Dzieci	2			<b>00:42:41.95</b>	+00:10:36 (24.8%)	8:32	7 (74.5%)
74	<b>ZBYRYT Halina</b>	<b>274</b>	AKTYWNA NOWA RUDA	K50-54	4	1		<b>00:42:43.75</b>	+00:10:38 (24.9%)	8:32	7 (74.5%)
75	<b>WALL Jacob</b>	<b>253</b>		M18-29	7			<b>00:42:44.50</b>	+00:10:38 (24.9%)	8:32	7 (74.5%)
76	<b>GRUSZKA Michał</b>	<b>139</b>	NORDIC SPORT 2021	M45-49	7			<b>00:42:44.70</b>	+00:10:39 (24.9%)	8:32	7 (74.5%)
77	<b>SZENDZIELORZ Ilona</b>	<b>241</b>	PRUSZYŃSKI SPORT TEAM	K65-69	1			<b>00:42:45.95</b>	+00:10:40 (25.0%)	8:33	7 (74.5%)
78	<b>MIŚKOWICZ Anna</b>	<b>189</b>		K65-69	2			<b>00:42:46.30</b>	+00:10:40 (25.0%)	8:33	7 (74.5%)
79	<b>DUDEK Barbara</b>	<b>126</b>		K55-59	2			<b>00:42:47.55</b>	+00:10:41 (25.0%)	8:33	7 (74.5%)
80	<b>PANKIEWICZ Ewelina</b>	<b>98</b>		K30-39	3			<b>00:42:47.80</b>	+00:10:42 (25.0%)	8:33	7 (74.5%)
81	<b>ZAWADZKI Krzysztof</b>	<b>273</b>	NW CZŁAPSKI TEAM	M- Niepełnosprawni(B)	2			<b>00:42:47.85</b>	+00:10:42 (25.0%)	8:33	7 (74.5%)
82	<b>STOLARCZYK Zenon</b>	<b>237</b>	OBORYGENI	M70-74	4			<b>00:42:55.50</b>	+00:10:49 (25.2%)	8:35	7 (74.5%)
83	<b>RYBAŁTOWSKI Paweł</b>	<b>224</b>	OBORYGENI	M75-79	2			<b>00:43:10.65</b>	+00:11:05 (25.7%)	8:38	6.9 (73.4%)

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84	<b>STANIEC Stanisław</b>	<b>233</b>		M70-74	5			<b>00:43:15.45</b>	+00:11:09 (25.8%)	8:39	6.9 (73.4%)
85	<b>MAJCHRZAK Dariusz</b>	<b>179</b>	RCKIK WROCŁAW	M55-59	7			<b>00:43:22.75</b>	+00:11:17 (26.0%)	8:40	6.9 (73.4%)
86	<b>ADAMCZYK Bogdan</b>	<b>101</b>	BASZTA BYTÓW	M50-54	8			<b>00:43:25.90</b>	+00:11:20 (26.1%)	8:41	6.9 (73.4%)
87	<b>SIENKIEWICZ Ewelina</b>	<b>298</b>		K40-44	7			<b>00:43:34.75</b>	+00:11:29 (26.4%)	8:42	6.9 (73.4%)
88	<b>MASZCZYK Żaneta</b>	<b>182</b>	STOWARZYSZENIE KIJOMANIACY	K40-44	8			<b>00:43:37.45</b>	+00:11:31 (26.4%)	8:43	6.9 (73.4%)
89	<b>SIEPSIAK Tomasz</b>	<b>228</b>		M50-54	9			<b>00:43:39.15</b>	+00:11:33 (26.5%)	8:43	6.9 (73.4%)
90	<b>EWERTOWSKA Ewa</b>	<b>133</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	3			<b>00:44:07.70</b>	+00:12:02 (27.3%)	8:49	6.8 (72.3%)
91	<b>DEREŃ Janusz</b>	<b>119</b>		M- Niepełnosprawni(A)	2			<b>00:44:19.00</b>	+00:12:13 (27.6%)	8:51	6.8 (72.3%)
92	<b>KACZMAREK Martyna</b>	<b>282</b>	NORDIC WALKING KIEKRZ POLAND	K-Jun.	3	1		<b>00:44:19.35</b>	+00:12:13 (27.6%)	8:51	6.8 (72.3%)
93	<b>MILNIKIEL Wiktoria</b>	<b>187</b>		K-Dzieci	1			<b>00:44:21.35</b>	+00:12:15 (27.6%)	8:52	6.8 (72.3%)
94	<b>HARASIUK Amelia</b>	<b>146</b>		K-Dzieci	2			<b>00:44:24.45</b>	+00:12:18 (27.7%)	8:52	6.8 (72.3%)
95	<b>LIBARDI-KŁYŚ Sylwia</b>	<b>176</b>	PRUSZYŃSKI SPORT TEAM	K60-64	2			<b>00:44:29.70</b>	+00:12:24 (27.9%)	8:53	6.7 (71.3%)
96	<b>DRZEWIECKA Julita</b>	<b>125</b>	AKTYWNE ENDORFINY	K45-49	6			<b>00:44:36.20</b>	+00:12:30 (28.0%)	8:55	6.7 (71.3%)
97	<b>WALORYSZAK Andrzej</b>	<b>254</b>	MORSY RADZYMIN	M65-69	8			<b>00:44:54.50</b>	+00:12:48 (28.5%)	8:58	6.7 (71.3%)
98	<b>GAŁKOWSKA Elżbieta</b>	<b>135</b>		K65-69	3			<b>00:44:57.15</b>	+00:12:51 (28.6%)	8:59	6.7 (71.3%)
99	<b>PIETRZAK Dorota</b>	<b>205</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	5			<b>00:45:05.05</b>	+00:12:59 (28.8%)	9:01	6.7 (71.3%)
100	<b>SIWIK Aldona</b>	<b>230</b>	TRZEJ KRÓLOWIE	K50-54	6			<b>00:45:07.80</b>	+00:13:02 (28.9%)	9:01	6.6 (70.2%)
101	<b>KRAKOWSKI Igor</b>	<b>167</b>	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	3			<b>00:45:28.05</b>	+00:13:22 (29.4%)	9:05	6.6 (70.2%)
102	<b>KUCZYŃSKA Anna</b>	<b>172</b>	NORDIC WALKING KIEKRZ POLAND	K60-64	3			<b>00:45:31.60</b>	+00:13:26 (29.5%)	9:06	6.6 (70.2%)
103	<b>JEZIORSKA Anna</b>	<b>156</b>	STOWARZYSZENIE KIJOMANIACY	K40-44	9			<b>00:45:31.85</b>	+00:13:26 (29.5%)	9:06	6.6 (70.2%)
104	<b>NOWAK Drena</b>	<b>295</b>	UKS SKOCZEK SKOKI	K55-59	4			<b>00:45:40.30</b>	+00:13:34 (29.7%)	9:08	6.6 (70.2%)
105	<b>BUDNY Stanisław</b>	<b>114</b>		M-Jun.	1			<b>00:45:49.40</b>	+00:13:43 (30.0%)	9:09	6.5 (69.1%)
106	<b>WANDTKE Antoni</b>	<b>256</b>		M70-74	6			<b>00:45:51.15</b>	+00:13:45 (30.0%)	9:10	6.5 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>RUTKOWSKA Agnieszka</b>	<b>294</b>	KS KIJOMANIACY CHODZIEŻ	K40-44	10			<b>00:45:59.70</b>	+00:13:54 (30.2%)	9:11	6.5 (69.1%)
108	<b>WILK Iwona</b>	<b>258</b>	NORDIC SPORT 2021	K45-49	7			<b>00:46:03.45</b>	+00:13:57 (30.3%)	9:12	6.5 (69.1%)
109	<b>BIAŁAS Ewa</b>	<b>107</b>	STAN UMYSŁU LEWIN BIEGA	K60-64	4			<b>00:46:06.55</b>	+00:14:00 (30.4%)	9:13	6.5 (69.1%)
110	<b>HANUS Joanna</b>	<b>145</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			<b>00:46:09.70</b>	+00:14:04 (30.5%)	9:13	6.5 (69.1%)
111	<b>DOBROWOLSKI Robert</b>	<b>124</b>	SPORTOWI EMERYCI JELENIA GORA	M65-69	9			<b>00:46:18.35</b>	+00:14:12 (30.7%)	9:15	6.5 (69.1%)
112	<b>GRYGOROWICZ Bogdan</b>	<b>142</b>	KGHM METRACO POLKOWICE	M- Niepełnosprawni(B)	3			<b>00:46:30.70</b>	+00:14:25 (31.0%)	9:18	6.5 (69.1%)
113	<b>DUDZIEC Agnieszka</b>	<b>127</b>		K30-39	4			<b>00:46:38.75</b>	+00:14:33 (31.2%)	9:19	6.4 (68.1%)
114	<b>PRZYSTARZ Anna</b>	<b>215</b>	OBORYGENI	K50-54	7			<b>00:46:49.70</b>	+00:14:44 (31.5%)	9:21	6.4 (68.1%)
115	<b>MAŁYNIAK-SZCZEPAŃSKA Monika</b>	<b>293</b>	KGHM METRACO POLKOWICE	K30-39	5			<b>00:46:52.90</b>	+00:14:47 (31.5%)	9:22	6.4 (68.1%)
116	<b>HASIAK Katarzyna</b>	<b>147</b>		K55-59	5			<b>00:46:56.50</b>	+00:14:50 (31.6%)	9:23	6.4 (68.1%)
117	<b>JAKUBOWSKI Zbigniew</b>	<b>150</b>		M70-74	7			<b>00:47:04.70</b>	+00:14:59 (31.8%)	9:24	6.4 (68.1%)
118	<b>KARPIŃSKI Jerzy</b>	<b>161</b>		M- Niepełnosprawni(B)	4			<b>00:47:05.35</b>	+00:14:59 (31.8%)	9:25	6.4 (68.1%)
119	<b>SZNAJDER Zenon</b>	<b>243</b>		M70-74	8			<b>00:47:10.50</b>	+00:15:04 (32.0%)	9:26	6.4 (68.1%)
120	<b>DYBEŁ Agnieszka</b>	<b>132</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			<b>00:47:19.40</b>	+00:15:13 (32.2%)	9:27	6.3 (67.0%)
121	<b>DOLATOWSKA Elżbieta</b>	<b>287</b>	K.S. VICTORIA POTĘGOWO	K60-64	5			<b>00:47:21.55</b>	+00:15:15 (32.2%)	9:28	6.3 (67.0%)
122	<b>GRYGOROWICZ Teresa</b>	<b>141</b>	KGHM METRACO POLKOWICE	K70-74	1			<b>00:47:33.00</b>	+00:15:27 (32.5%)	9:30	6.3 (67.0%)
123	<b>REMISZEWSKI Adam</b>	<b>219</b>	UTW OLEŚNICA	M75-79	3			<b>00:47:59.65</b>	+00:15:54 (33.1%)	9:35	6.3 (67.0%)
124	<b>BERESKA Irena</b>	<b>106</b>	NORDIC SPORT 2021	K30-39	6			<b>00:48:04.90</b>	+00:15:59 (33.3%)	9:36	6.2 (66.0%)
125	<b>SZCZEPAŃSKA Oliwia</b>	<b>239</b>	KGHM METRACO POLKOWICE	K-Jun.	4	1		<b>00:48:28.65</b>	+00:16:23 (33.8%)	9:41	6.2 (66.0%)
126	<b>JANKOWSKI Oskar</b>	<b>151</b>	KGHM METRACO POLKOWICE	M-Jun.	2			<b>00:48:45.55</b>	+00:16:39 (34.2%)	9:45	6.2 (66.0%)
127	<b>KOZŁOWSKI Jerzy</b>	<b>165</b>		M60-64	6			<b>00:48:48.45</b>	+00:16:42 (34.2%)	9:45	6.1 (64.9%)
128	<b>ŚCIEBURA Jolanta</b>	<b>281</b>		K40-44	11			<b>00:48:49.75</b>	+00:16:44 (34.3%)	9:45	6.1 (64.9%)
129	<b>ADAMOWICZ Andrzej</b>	<b>102</b>		M75-79	4			<b>00:48:50.00</b>	+00:16:44 (34.3%)	9:46	6.1 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>BOJANEK Małgorzata</b>	<b>110</b>	STOWARZYSZENIE KIJOMANIACY	K- Niepełnosprawni(A)	2			<b>00:49:04.70</b>	+00:16:59 (34.6%)	9:48	6.1 (64.9%)
131	<b>LACHNIK Grazyna</b>	<b>175</b>		K50-54	8			<b>00:49:05.45</b>	+00:16:59 (34.6%)	9:49	6.1 (64.9%)
131	<b>THOMALLA Bogdan</b>	<b>251</b>	NORDIC SPORT 2021	M80+	1			<b>00:49:05.45</b>	+00:16:59 (34.6%)	9:49	6.1 (64.9%)
133	<b>DURA Kazimierz</b>	<b>129</b>	OBORYGENI	M80+	2			<b>00:49:12.50</b>	+00:17:06 (34.8%)	9:50	6.1 (64.9%)
134	<b>JASIK Beata</b>	<b>153</b>		K40-44	12			<b>00:49:24.45</b>	+00:17:18 (35.0%)	9:52	6.1 (64.9%)
135	<b>STRZELECKA Kamila</b>	<b>238</b>		K30-39	7			<b>00:49:41.40</b>	+00:17:35 (35.4%)	9:56	6 (63.8%)
136	<b>KOZŁOWSKA Justyna</b>	<b>164</b>		K40-44	13			<b>00:49:44.00</b>	+00:17:38 (35.5%)	9:56	6 (63.8%)
137	<b>OCIEPA Magdalena</b>	<b>195</b>	#BOX74 ŚWIDNICA	K30-39	8	1		<b>00:49:49.00</b>	+00:17:43 (35.6%)	9:57	6 (63.8%)
138	<b>PAWLACZYK Marian</b>	<b>203</b>	WKB PIAST	M80+	3			<b>00:49:51.50</b>	+00:17:45 (35.6%)	9:58	6 (63.8%)
139	<b>SEIDEL Ryszard</b>	<b>226</b>		M70-74	9			<b>00:50:21.60</b>	+00:18:16 (36.3%)	10:04	6 (63.8%)
140	<b>SZNAJDER Teresa</b>	<b>242</b>		K65-69	4			<b>00:50:46.90</b>	+00:18:41 (36.8%)	10:09	5.9 (62.8%)
141	<b>DOMAGAŁA Maja</b>	<b>97</b>	KGHM METRACO POLKOWICE	K-Dzieci	3	1		<b>00:50:47.85</b>	+00:18:42 (36.8%)	10:09	5.9 (62.8%)
142	<b>JEDYNAK Stanisław</b>	<b>154</b>	ŻBIKI NORDIC WALKING	M75-79	5			<b>00:51:37.75</b>	+00:19:32 (37.8%)	10:19	5.8 (61.7%)
143	<b>ARTYMICZ Maria</b>	<b>103</b>		K65-69	5			<b>00:52:07.40</b>	+00:20:01 (38.4%)	10:25	5.8 (61.7%)
144	<b>DOBROWOLSKA Bożena</b>	<b>123</b>	SPORTOWI EMERYCI JELENIA GORA	K70-74	2			<b>00:52:19.60</b>	+00:20:14 (38.7%)	10:27	5.7 (60.6%)
144	<b>ŻUCHOWICZ Elżbieta</b>	<b>289</b>		K60-64	6			<b>00:52:19.60</b>	+00:20:14 (38.7%)	10:27	5.7 (60.6%)
146	<b>HASIAK Aleksander</b>	<b>148</b>		M55-59	8	1		<b>00:52:22.10</b>	+00:20:16 (38.7%)	10:28	5.7 (60.6%)
147	<b>HARTMAN Jadwiga</b>	<b>116</b>	PZERIL	K- Niepełnosprawni(A)	3	1		<b>00:52:31.05</b>	+00:20:25 (38.9%)	10:30	5.7 (60.6%)
148	<b>KAPECKI Kazimierz</b>	<b>299</b>	PZERIL	M75-79	6	1		<b>00:52:34.50</b>	+00:20:28 (39.0%)	10:30	5.7 (60.6%)
149	<b>DEREŃ Jolanta</b>	<b>120</b>		K60-64	7			<b>00:52:36.55</b>	+00:20:30 (39.0%)	10:31	5.7 (60.6%)
150	<b>SIEPSIAK Joanna</b>	<b>229</b>		K50-54	9			<b>00:52:40.35</b>	+00:20:34 (39.1%)	10:32	5.7 (60.6%)
151	<b>SONMOWSKA Aniela</b>	<b>96</b>	KGHM METRACO POLKOWICE	K-Jun.	5			<b>00:53:02.15</b>	+00:20:56 (39.5%)	10:36	5.7 (60.6%)
152	<b>SZCZEPAŃSKA Lena</b>	<b>240</b>	KGHM METRACO POLKOWICE	K-Dzieci	4			<b>00:53:11.45</b>	+00:21:05 (39.7%)	10:38	5.6 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	<b>NOWORYTA Jacek</b>	<b>194</b>	NIESTOWARZYSZONY	M80+	4			<b>00:53:23.90</b>	+00:21:18 (39.9%)	10:40	5.6 (59.6%)
154	<b>KIERNICKI Stanisław</b>	<b>162</b>	ACTEAM	M- Niepełnosprawni(A)	3			<b>00:53:45.55</b>	+00:21:39 (40.3%)	10:45	5.6 (59.6%)
155	<b>ŻARNOWIECKA Maja</b>	<b>278</b>		K- Niepełnosprawni(A)	4			<b>00:54:26.80</b>	+00:22:21 (41.1%)	10:53	5.5 (58.5%)
156	<b>WÓJCIK Henryk</b>	<b>270</b>	UTW OLEŚNICA	M80+	5			<b>00:54:47.05</b>	+00:22:41 (41.4%)	10:57	5.5 (58.5%)
157	<b>WŁODARCZYK Aneta</b>	<b>263</b>		K45-49	8			<b>00:54:47.70</b>	+00:22:42 (41.4%)	10:57	5.5 (58.5%)
158	<b>BEDNARCZUK Katarzyna</b>	<b>105</b>		K18-29	2			<b>00:54:51.75</b>	+00:22:46 (41.5%)	10:58	5.5 (58.5%)
159	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>268</b>	KGHM METRACO POLKOWICE	K75-79	1			<b>00:54:54.20</b>	+00:22:48 (41.5%)	10:58	5.5 (58.5%)
160	<b>ROSS Jacek</b>	<b>221</b>	EJR	M40-44	4	2		<b>00:54:55.15</b>	+00:22:49 (41.6%)	10:59	5.5 (58.5%)
161	<b>DUSZEŃKO Elwira</b>	<b>131</b>	KGHM METRACO POLKOWICE	K- Niepełnosprawni(A)	5			<b>00:55:00.30</b>	+00:22:54 (41.7%)	11:00	5.5 (58.5%)
162	<b>LISTWAN Klaudia</b>	<b>292</b>	KGHM METRACO POLKOWICE	K-Jun.	6			<b>00:55:10.75</b>	+00:23:05 (41.8%)	11:02	5.4 (57.4%)
163	<b>MĘDRAK Józef</b>	<b>185</b>		M70-74	10			<b>00:55:29.25</b>	+00:23:23 (42.2%)	11:05	5.4 (57.4%)
164	<b>PATER Zbigniew</b>	<b>202</b>	WKB PIAST	M- Niepełnosprawni(B)	5	1		<b>00:56:57.90</b>	+00:24:52 (43.7%)	11:23	5.3 (56.4%)
165	<b>ŚLUSARCZYK Błażej</b>	<b>250</b>	WESOŁY BORSUK TEAM	M-Dzieci	4			<b>00:57:03.55</b>	+00:24:57 (43.8%)	11:24	5.3 (56.4%)
166	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>200</b>	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	2	1		<b>00:57:24.50</b>	+00:25:18 (44.1%)	11:28	5.2 (55.3%)
167	<b>KUNIKOWSKA Ewa</b>	<b>173</b>		K65-69	6	1		<b>00:57:43.35</b>	+00:25:37 (44.4%)	11:32	5.2 (55.3%)
168	<b>SZYBUT Roma</b>	<b>247</b>	POTĘGA NORDICA	K40-44	14			<b>00:57:52.50</b>	+00:25:46 (44.5%)	11:34	5.2 (55.3%)
169	<b>ZYGMUNT Sylwana</b>	<b>277</b>	RCKIK WROCŁAW	K50-54	10			<b>00:58:14.00</b>	+00:26:08 (44.9%)	11:38	5.2 (55.3%)
170	<b>KRUPA Emilia</b>	<b>169</b>	#BOX74 ŚWIDNICA	K30-39	9			<b>00:59:59.75</b>	+00:27:54 (46.5%)	11:59	5 (53.2%)
171	<b>JUREK Ewa</b>	<b>157</b>		K- Niepełnosprawni(B)	2	1		<b>01:02:53.10</b>	+00:30:47 (49.0%)	12:34	4.8 (51.1%)
172	<b>WINIARSKI Robert</b>	<b>279</b>		M50-54	10	1		<b>01:03:31.40</b>	+00:31:25 (49.5%)	12:42	4.7 (50.0%)
173	<b>GAPSKI Jan</b>	<b>252</b>	KGHM METRACO POLKOWICE	M-Dzieci	5			<b>01:04:48.25</b>	+00:32:42 (50.5%)	12:57	4.6 (48.9%)
174	<b>PROŃCZUK Bożena</b>	<b>213</b>	#BOX74 ŚWIDNICA	K50-54	11			<b>01:08:50.35</b>	+00:36:44 (53.4%)	13:46	4.4 (46.8%)
175	<b>DOMISIEWICZ Magdalena</b>	<b>286</b>		K55-59	6	1		<b>01:10:40.40</b>	+00:38:34 (54.6%)	14:08	4.2 (44.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	<b>JAKUĆ Krzysztof</b>	<b>99</b>		M50-54	11			<b>01:27:35.65</b>	+00:55:30 (63.4%)	17:31	3.4 (36.2%)
DQ	<b>WINCZEWSKI Piotr</b>	<b>260</b>	AZYMUT PABIANICE	M55-59			1	<b>00:36:55.40</b> <b>DQ</b>		0:00	8.1 (86.2%)
DQ	<b>RADZIMSKI Karol</b>	<b>218</b>	NIEZRZESZONY	M65-69			1	<b>00:37:26.35</b> <b>DQ</b>		0:00	8 (85.1%)
DQ	<b>WOLNY Edward</b>	<b>267</b>		M65-69			1	<b>00:39:32.90</b> <b>DQ</b>		0:00	7.6 (80.9%)
DQ	<b>DUDZIEC Tomasz</b>	<b>128</b>		M30-39			1	<b>00:40:38.10</b> <b>DQ</b>		0:00	7.4 (78.7%)
DQ	<b>KRYŚ Artur</b>	<b>170</b>	NIEZRZESZONY	M50-54			1	<b>00:40:52.60</b> <b>DQ</b>		0:00	7.3 (77.7%)
DQ	<b>PIĄTKOWSKI Józef</b>	<b>204</b>	KGHM METRACO POLKOWICE	M75-79			1	<b>00:49:35.25</b> <b>DQ</b>		0:00	6.1 (64.9%)
DQ	<b>WALORYSZAK Barbara</b>	<b>255</b>		K65-69			1	<b>00:49:52.00</b> <b>DQ</b>		0:00	6 (63.8%)
DQ	<b>PIÓRKOWSKA Elżbieta</b>	<b>290</b>		K60-64			1	<b>DQ</b>			(0.0%)

Znaleziono 184 wynik(ów)