



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

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

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

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

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

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107	RUTKOWSKA Agnieszka	294	KS KIJOMANIACY CHODZIEŻ	K40-44	10			00:45:59.70	+00:13:54 (30.2%)	9:11	6.5 (69.1%)
108	WILK Iwona	258	NORDIC SPORT 2021	K45-49	7			00:46:03.45	+00:13:57 (30.3%)	9:12	6.5 (69.1%)
109	BIAŁAS Ewa	107	STAN UMYSŁU LEWIN BIEGA	K60-64	4			00:46:06.55	+00:14:00 (30.4%)	9:13	6.5 (69.1%)
110	HANUS Joanna	145	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:46:09.70	+00:14:04 (30.5%)	9:13	6.5 (69.1%)
111	DOBROWOLSKI Robert	124	SPORTOWI EMERYCI JELENIA GORA	M65-69	9			00:46:18.35	+00:14:12 (30.7%)	9:15	6.5 (69.1%)
112	GRYGOROWICZ Bogdan	142	KGHM METRACO POLKOWICE	M- Niepełnosprawni(B)	3			00:46:30.70	+00:14:25 (31.0%)	9:18	6.5 (69.1%)
113	DUDZIEC Agnieszka	127		K30-39	4			00:46:38.75	+00:14:33 (31.2%)	9:19	6.4 (68.1%)
114	PRZYSTARZ Anna	215	OBORYGENI	K50-54	7			00:46:49.70	+00:14:44 (31.5%)	9:21	6.4 (68.1%)
115	MAŁYNIAK-SZCZEPAŃSKA Monika	293	KGHM METRACO POLKOWICE	K30-39	5			00:46:52.90	+00:14:47 (31.5%)	9:22	6.4 (68.1%)
116	HASIAK Katarzyna	147		K55-59	5			00:46:56.50	+00:14:50 (31.6%)	9:23	6.4 (68.1%)
117	JAKUBOWSKI Zbigniew	150		M70-74	7			00:47:04.70	+00:14:59 (31.8%)	9:24	6.4 (68.1%)
118	KARPIŃSKI Jerzy	161		M- Niepełnosprawni(B)	4			00:47:05.35	+00:14:59 (31.8%)	9:25	6.4 (68.1%)
119	SZNAJDER Zenon	243		M70-74	8			00:47:10.50	+00:15:04 (32.0%)	9:26	6.4 (68.1%)
120	DYBEŁ Agnieszka	132	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			00:47:19.40	+00:15:13 (32.2%)	9:27	6.3 (67.0%)
121	DOLATOWSKA Elżbieta	287	K.S. VICTORIA POTĘGOWO	K60-64	5			00:47:21.55	+00:15:15 (32.2%)	9:28	6.3 (67.0%)
122	GRYGOROWICZ Teresa	141	KGHM METRACO POLKOWICE	K70-74	1			00:47:33.00	+00:15:27 (32.5%)	9:30	6.3 (67.0%)
123	REMISZEWSKI Adam	219	UTW OLEŚNICA	M75-79	3			00:47:59.65	+00:15:54 (33.1%)	9:35	6.3 (67.0%)
124	BERESKA Irena	106	NORDIC SPORT 2021	K30-39	6			00:48:04.90	+00:15:59 (33.3%)	9:36	6.2 (66.0%)
125	SZCZEPAŃSKA Oliwia	239	KGHM METRACO POLKOWICE	K-Jun.	4	1		00:48:28.65	+00:16:23 (33.8%)	9:41	6.2 (66.0%)
126	JANKOWSKI Oskar	151	KGHM METRACO POLKOWICE	M-Jun.	2			00:48:45.55	+00:16:39 (34.2%)	9:45	6.2 (66.0%)
127	KOZŁOWSKI Jerzy	165		M60-64	6			00:48:48.45	+00:16:42 (34.2%)	9:45	6.1 (64.9%)
128	ŚCIEBURA Jolanta	281		K40-44	11			00:48:49.75	+00:16:44 (34.3%)	9:45	6.1 (64.9%)
129	ADAMOWICZ Andrzej	102		M75-79	4			00:48:50.00	+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	BOJANEK Małgorzata	110	STOWARZYSZENIE KIJOMANIACY	K-Niepełnosprawni(A)	2			00:49:04.70	+00:16:59 (34.6%)	9:48	6.1 (64.9%)
131	LACHNIK Grazyna	175		K50-54	8			00:49:05.45	+00:16:59 (34.6%)	9:49	6.1 (64.9%)
131	THOMALLA Bogdan	251	NORDIC SPORT 2021	M80+	1			00:49:05.45	+00:16:59 (34.6%)	9:49	6.1 (64.9%)
133	DURA Kazimierz	129	OBORYGENI	M80+	2			00:49:12.50	+00:17:06 (34.8%)	9:50	6.1 (64.9%)
134	JASIK Beata	153		K40-44	12			00:49:24.45	+00:17:18 (35.0%)	9:52	6.1 (64.9%)
135	STRZELECKA Kamila	238		K30-39	7			00:49:41.40	+00:17:35 (35.4%)	9:56	6 (63.8%)
136	KOZŁOWSKA Justyna	164		K40-44	13			00:49:44.00	+00:17:38 (35.5%)	9:56	6 (63.8%)
137	OCIEPA Magdalena	195	#BOX74 ŚWIDNICA	K30-39	8	1		00:49:49.00	+00:17:43 (35.6%)	9:57	6 (63.8%)
138	PAWLACZYK Marian	203	WKB PIAST	M80+	3			00:49:51.50	+00:17:45 (35.6%)	9:58	6 (63.8%)
139	SEIDEL Ryszard	226		M70-74	9			00:50:21.60	+00:18:16 (36.3%)	10:04	6 (63.8%)
140	SZNAJDER Teresa	242		K65-69	4			00:50:46.90	+00:18:41 (36.8%)	10:09	5.9 (62.8%)
141	DOMAGAŁA Maja	97	KGHM METRACO POLKOWICE	K-Dzieci	3	1		00:50:47.85	+00:18:42 (36.8%)	10:09	5.9 (62.8%)
142	JEDYNAK Stanisław	154	ŻBIKI NORDIC WALKING	M75-79	5			00:51:37.75	+00:19:32 (37.8%)	10:19	5.8 (61.7%)
143	ARTYMICZ Maria	103		K65-69	5			00:52:07.40	+00:20:01 (38.4%)	10:25	5.8 (61.7%)
144	DOBROWOLSKA Bożena	123	SPORTOWI EMERYCI JELENIA GORA	K70-74	2			00:52:19.60	+00:20:14 (38.7%)	10:27	5.7 (60.6%)
144	ŻUCHOWICZ Elżbieta	289		K60-64	6			00:52:19.60	+00:20:14 (38.7%)	10:27	5.7 (60.6%)
146	HASIAK Aleksander	148		M55-59	8	1		00:52:22.10	+00:20:16 (38.7%)	10:28	5.7 (60.6%)
147	HARTMAN Jadwiga	116	PZERIL	K-Niepełnosprawni(A)	3	1		00:52:31.05	+00:20:25 (38.9%)	10:30	5.7 (60.6%)
148	KAPECKI Kazimierz	299	PZERIL	M75-79	6	1		00:52:34.50	+00:20:28 (39.0%)	10:30	5.7 (60.6%)
149	DEREŃ Jolanta	120		K60-64	7			00:52:36.55	+00:20:30 (39.0%)	10:31	5.7 (60.6%)
150	SIEPSIAK Joanna	229		K50-54	9			00:52:40.35	+00:20:34 (39.1%)	10:32	5.7 (60.6%)
151	SONMOWSKA Aniela	96	KGHM METRACO POLKOWICE	K-Jun.	5			00:53:02.15	+00:20:56 (39.5%)	10:36	5.7 (60.6%)
152	SZCZEPAŃSKA Lena	240	KGHM METRACO POLKOWICE	K-Dzieci	4			00:53:11.45	+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	NOWORYTA Jacek	194	NIESTOWARZYSZONY	M80+	4			00:53:23.90	+00:21:18 (39.9%)	10:40	5.6 (59.6%)
154	KIERNICKI Stanisław	162	ACTEAM	M- Niepełnosprawni(A)	3			00:53:45.55	+00:21:39 (40.3%)	10:45	5.6 (59.6%)
155	ŻARNOWIECKA Maja	278		K- Niepełnosprawni(A)	4			00:54:26.80	+00:22:21 (41.1%)	10:53	5.5 (58.5%)
156	WÓJCIK Henryk	270	UTW OLEŚNICA	M80+	5			00:54:47.05	+00:22:41 (41.4%)	10:57	5.5 (58.5%)
157	WŁODARCZYK Aneta	263		K45-49	8			00:54:47.70	+00:22:42 (41.4%)	10:57	5.5 (58.5%)
158	BEDNARCZUK Katarzyna	105		K18-29	2			00:54:51.75	+00:22:46 (41.5%)	10:58	5.5 (58.5%)
159	WORONKO-ZACZYŃSKA Janina	268	KGHM METRACO POLKOWICE	K75-79	1			00:54:54.20	+00:22:48 (41.5%)	10:58	5.5 (58.5%)
160	ROSS Jacek	221	EJR	M40-44	4	2		00:54:55.15	+00:22:49 (41.6%)	10:59	5.5 (58.5%)
161	DUSZEŃKO Elwira	131	KGHM METRACO POLKOWICE	K- Niepełnosprawni(A)	5			00:55:00.30	+00:22:54 (41.7%)	11:00	5.5 (58.5%)
162	LISTWAN Klaudia	292	KGHM METRACO POLKOWICE	K-Jun.	6			00:55:10.75	+00:23:05 (41.8%)	11:02	5.4 (57.4%)
163	MĘDRAK Józef	185		M70-74	10			00:55:29.25	+00:23:23 (42.2%)	11:05	5.4 (57.4%)
164	PATER Zbigniew	202	WKB PIAST	M- Niepełnosprawni(B)	5	1		00:56:57.90	+00:24:52 (43.7%)	11:23	5.3 (56.4%)
165	ŚLUSARCZYK Błażej	250	WESOŁY BORSUK TEAM	M-Dzieci	4			00:57:03.55	+00:24:57 (43.8%)	11:24	5.3 (56.4%)
166	PANKIEWICZ-DMOWSKA Cecylia	200	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	2	1		00:57:24.50	+00:25:18 (44.1%)	11:28	5.2 (55.3%)
167	KUNIKOWSKA Ewa	173		K65-69	6	1		00:57:43.35	+00:25:37 (44.4%)	11:32	5.2 (55.3%)
168	SZYBUT Roma	247	POTĘGA NORDICA	K40-44	14			00:57:52.50	+00:25:46 (44.5%)	11:34	5.2 (55.3%)
169	ZYGMUNT Sylwana	277	RCKIK WROCŁAW	K50-54	10			00:58:14.00	+00:26:08 (44.9%)	11:38	5.2 (55.3%)
170	KRUPA Emilia	169	#BOX74 ŚWIDNICA	K30-39	9			00:59:59.75	+00:27:54 (46.5%)	11:59	5 (53.2%)
171	JUREK Ewa	157		K- Niepełnosprawni(B)	2	1		01:02:53.10	+00:30:47 (49.0%)	12:34	4.8 (51.1%)
172	WINIARSKI Robert	279		M50-54	10	1		01:03:31.40	+00:31:25 (49.5%)	12:42	4.7 (50.0%)
173	GAPSKI Jan	252	KGHM METRACO POLKOWICE	M-Dzieci	5			01:04:48.25	+00:32:42 (50.5%)	12:57	4.6 (48.9%)
174	PROŃCZUK Bożena	213	#BOX74 ŚWIDNICA	K50-54	11			01:08:50.35	+00:36:44 (53.4%)	13:46	4.4 (46.8%)
175	DOMISIEWICZ Magdalena	286		K55-59	6	1		01:10:40.40	+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	JAKUĆ Krzysztof	99		M50-54	11			01:27:35.65	+00:55:30 (63.4%)	17:31	3.4 (36.2%)
DQ	WINCZEWSKI Piotr	260	AZYMUT PABIANICE	M55-59			1	00:36:55.40 DQ		0:00	8.1 (86.2%)
DQ	RADZIMSKI Karol	218	NIEZRZESZONY	M65-69			1	00:37:26.35 DQ		0:00	8 (85.1%)
DQ	WOLNY Edward	267		M65-69			1	00:39:32.90 DQ		0:00	7.6 (80.9%)
DQ	DUDZIEC Tomasz	128		M30-39			1	00:40:38.10 DQ		0:00	7.4 (78.7%)
DQ	KRYŚ Artur	170	NIEZRZESZONY	M50-54			1	00:40:52.60 DQ		0:00	7.3 (77.7%)
DQ	PIĄTKOWSKI Józef	204	KGHM METRACO POLKOWICE	M75-79			1	00:49:35.25 DQ		0:00	6.1 (64.9%)
DQ	WALORYSZAK Barbara	255		K65-69			1	00:49:52.00 DQ		0:00	6 (63.8%)
DQ	PIÓRKOWSKA Elżbieta	290		K60-64			1	DQ			(0.0%)

Znaleziono 184 wynik(ów)