



ENEA POLISH NW CUP - WĄGROWIEC - 5KM - 3/6

B4SPORT

Event: ENEA Polish Nordic Walking Cup 3/6
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2023-07-16
Place: Wągrowiec
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	WITUCKI Jacek	173	K.S. VICTORIA POTĘGOWO	M50-54	1			00:14:14	00:29:16.25		5:51	10.3 (100%)
2	ORDZOWIAŁY Piotr	101	PRUSZYŃSKI SPORT TEAM	M55-59	1			00:14:14	00:29:34.25	+00:00:18 (1.0%)	5:54	10.1 (98.1%)
3	WOJTOWICZ Tomasz	174	K.S. VICTORIA POTĘGOWO	M30-39	1			00:14:45	00:30:24.50	+00:01:08 (3.7%)	6:04	9.9 (96.1%)
4	KABATA Jarosław	56	NORDIC SPORT 2021	M50-54	2			00:14:52	00:30:39.55	+00:01:23 (4.5%)	6:07	9.8 (95.1%)
5	STĘPAK Piotr	140	K.S. VICTORIA POTĘGOWO	M18-29	1			00:15:05	00:31:10.10	+00:01:53 (6.1%)	6:14	9.6 (93.2%)
6	ZDANOWICZ Arkadiusz	179	K.S. VICTORIA POTĘGOWO	M45-49	1			00:15:38	00:32:02.55	+00:02:46 (8.6%)	6:24	9.4 (91.3%)
7	RAJEWSKI Sebastian	116	NW CZŁĄPSKI TEAM	M50-54	3			00:15:40	00:32:03.45	+00:02:47 (8.7%)	6:24	9.4 (91.3%)
8	KOWALAK Robert	70	NORDIC SPORT 2021	M30-39	2			00:15:42	00:32:34.45	+00:03:18 (10.1%)	6:30	9.2 (89.3%)
9	DERUS Jakub	25	KATOWICKI NORDIC WALKING	M40-44	1			00:15:54	00:32:46.40	+00:03:30 (10.7%)	6:33	9.2 (89.3%)
10	BIELECKA Zuzanna	7	K.S. VICTORIA POTĘGOWO	K40-44	1			00:16:12	00:33:00.70	+00:03:44 (11.3%)	6:36	9.1 (88.3%)
11	HAŁAS Marcin	47	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:16:20	00:33:27.30	+00:04:11 (12.5%)	6:41	9 (87.4%)
12	FRAĆKOWIAK Roman	36	NORDIC SPORT 2021	M55-59	2			00:16:29	00:33:38.50	+00:04:22 (13.0%)	6:43	8.9 (86.4%)
13	BREWKA Joachim	13	NORDIC SPORT 2021	M55-59	3			00:16:37	00:33:58.90	+00:04:42 (13.9%)	6:47	8.8 (85.4%)
14	LUDWICZAK Andżelika	81	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:16:40	00:34:09.30	+00:04:53 (14.3%)	6:49	8.8 (85.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
15	HELWICH Stefan	49	KGHM METRACO POLKOWICE	M65-69	1			00:17:12	00:34:34.05	+00:05:17 (15.3%)	6:54	8.7 (84.5%)
16	MAŚLANKA Iwona	88	NORDIC SPORT 2021	K50-54	1			00:16:55	00:34:44.10	+00:05:27 (15.7%)	6:56	8.6 (83.5%)
17	RADZIMSKI Karol	184		M65-69	2			00:17:13	00:34:44.35	+00:05:28 (15.7%)	6:56	8.6 (83.5%)
18	KARPIENIA Ewa	61	K.S. VICTORIA POTĘGOWO	K50-54	2			00:17:15	00:35:02.80	+00:05:46 (16.5%)	7:00	8.6 (83.5%)
19	STANISŁAWSKI Jan	137	NORDIC WALKING KIEKRZ POLAND	M65-69	3			00:17:17	00:35:07.80	+00:05:51 (16.7%)	7:01	8.5 (82.5%)
20	OKRZESIK-FRĄCKOWIAK Izabela	98	NORDIC SPORT 2021	K55-59	1			00:17:26	00:35:22.05	+00:06:05 (17.2%)	7:04	8.5 (82.5%)
21	RUDAWSKI Maciej	124	NORDIC SPORT 2021	M40-44	2			00:17:16	00:35:29.95	+00:06:13 (17.5%)	7:05	8.5 (82.5%)
22	OLSZAŃSKI Karol	99	PRUSZYŃSKI SPORT TEAM	M45-49	2			00:17:20	00:35:33.35	+00:06:17 (17.7%)	7:06	8.4 (81.6%)
23	GORZEL Łukasz	40		M30-39	4			00:17:36	00:35:50.15	+00:06:33 (18.3%)	7:10	8.4 (81.6%)
24	MARCZAK Tomasz	86	K.S. VICTORIA POTĘGOWO	M18-29	2			00:18:09	00:35:54.40	+00:06:38 (18.5%)	7:10	8.4 (81.6%)
25	POLAK Łukasz	110	OBORYGENI	M40-44	3			00:17:51	00:36:01.35	+00:06:45 (18.7%)	7:12	8.3 (80.6%)
26	KUSA Piotr	75	LIFE BALANCE PLACE	M40-44	4			00:17:39	00:36:17.60	+00:07:01 (19.3%)	7:15	8.3 (80.6%)
27	KNAPCZYK-KANIA Gabriela	66	WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO	K45-49	2			00:17:59	00:36:20.95	+00:07:04 (19.5%)	7:16	8.3 (80.6%)
28	JANY Katarzyna	53	NORDIC WALKING LUBASZ	K30-39	1			00:18:00	00:36:45.65	+00:07:29 (20.4%)	7:21	8.2 (79.6%)
29	BOJANOWSKI Marcin	12	NORDIC WALKING KIEKRZ POLAND	M40-44	5			00:17:47	00:36:46.45	+00:07:30 (20.4%)	7:21	8.2 (79.6%)
30	STRABEL Wojciech	142	NORDIC WALKING - ŚREM	M65-69	4			00:18:13	00:37:03.90	+00:07:47 (21.0%)	7:24	8.1 (78.6%)
31	JASZKIEWICZ Kazimierz	54	CHEŁKOWO :)	M65-69	5	2		00:18:15	00:37:06.25	+00:07:50 (21.1%)	7:25	8.1 (78.6%)
32	DUSZEŃKO Zygmunt	30	KGHM METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:18:40	00:37:06.85	+00:07:50 (21.1%)	7:25	8.1 (78.6%)
33	SZCZĘŚNIAK Zbigniew	149	NORDIC TEAM CZĘSTOCHOWA	M60-64	1			00:18:10	00:37:09.40	+00:07:53 (21.2%)	7:25	8.1 (78.6%)
34	ZAWADZKI Krzysztof	187	NW CZŁAPSKI TEAM	M-Niepełnosprawni(B)	1	1		00:18:19	00:37:09.70	+00:07:53 (21.2%)	7:25	8.1 (78.6%)
35	KACPERSKI Jarosław	57		M-Niepełnosprawni(A)	2			00:18:40	00:37:14.75	+00:07:58 (21.4%)	7:26	8.1 (78.6%)
36	PODSIADŁY Stanisław	108	K.S. VICTORIA POTĘGOWO	M65-69	6			00:18:18	00:37:15.00	+00:07:58 (21.4%)	7:27	8.1 (78.6%)
37	GOŁĘBIEWSKI Edward	39	MARSZ PO ZDROWIE	M70-74	1			00:18:38	00:37:16.30	+00:08:00 (21.5%)	7:27	8.1 (78.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
38	CHRZANOWSKA Daria	20	WROCLAWSKIE STOWARZYSZENIE NW	K30-39	2			00:18:06	00:37:17.00	+00:08:00 (21.5%)	7:27	8 (77.7%)
39	MATECKI Ryszard	89	KGHM METRACO POLKOWICE	M70-74	2			00:18:39	00:37:17.05	+00:08:00 (21.5%)	7:27	8 (77.7%)
40	BIESZKE Pawel	8		M60-64	2			00:18:15	00:37:23.95	+00:08:07 (21.7%)	7:28	8 (77.7%)
41	TOMCZYK Edward	163	ZIELONE GROSZKI POZNAŃ	M75-79	1			00:18:15	00:37:31.75	+00:08:15 (22.0%)	7:30	8 (77.7%)
42	LACHNIK Hubert	78		M70-74	3			00:18:38	00:37:37.90	+00:08:21 (22.2%)	7:31	8 (77.7%)
43	GRUSZKA Michał	43	NORDIC SPORT 2021	M45-49	3			00:18:33	00:37:38.95	+00:08:22 (22.3%)	7:31	8 (77.7%)
44	PASIŃSKA-SKOWRON Sylwia	105	PRUSZYŃSKI SPORT TEAM	K45-49	3			00:18:20	00:37:39.00	+00:08:22 (22.3%)	7:31	8 (77.7%)
45	WITUCKA Karolina	172	K.S. VICTORIA POTĘGOWO	K-Jun.	1			00:18:39	00:37:57.70	+00:08:41 (22.9%)	7:35	7.9 (76.7%)
46	WECHTA Paweł	168	KGHM METRACO POLKOWICE	M50-54	4			00:18:44	00:38:02.75	+00:08:46 (23.1%)	7:36	7.9 (76.7%)
47	KRZYK Mateusz	73		M30-39	5	1		00:18:35	00:38:07.35	+00:08:51 (23.2%)	7:37	7.9 (76.7%)
48	FEDORSKI Paweł	34		M45-49	4			00:18:58	00:38:09.20	+00:08:52 (23.3%)	7:37	7.9 (76.7%)
49	STACHOWSKA Agnieszka	136	SZURAJĄCE ZAJĄCE	K30-39	3			00:18:53	00:38:10.40	+00:08:54 (23.3%)	7:38	7.9 (76.7%)
50	ZDRZĄLEK Alicja	180	NORDIC SPORT 2021	K40-44	2			00:18:36	00:38:10.85	+00:08:54 (23.3%)	7:38	7.9 (76.7%)
51	STOLARCZYK Zenon	141	OBORYGENI	M70-74	4			00:18:44	00:38:12.25	+00:08:56 (23.4%)	7:38	7.9 (76.7%)
52	RUSINOWICZ Andrzej	125	FABRYKA NORDICA TRZCIANKA	M75-79	2			00:18:45	00:38:16.65	+00:09:00 (23.5%)	7:39	7.8 (75.7%)
53	ŚLUSARCZYK Grzegorz	158	WESOŁY BORSUK TEAM	M45-49	5			00:18:55	00:38:19.60	+00:09:03 (23.6%)	7:39	7.8 (75.7%)
54	RYCHLEWSKA-SŁODOWA Danuta	126	NORDIC WALKING LUBASZ	K45-49	4			00:19:04	00:38:23.30	+00:09:07 (23.8%)	7:40	7.8 (75.7%)
55	BŁĄŻEJEWSKI Mikołaj	11	PTTK WĄGROWIEC	M65-69	7			00:18:02	00:38:24.05	+00:09:07 (23.8%)	7:40	7.8 (75.7%)
56	CZMOCH Marian	24	NORDIC SPORT 2021	M70-74	5			00:18:54	00:38:33.40	+00:09:17 (24.1%)	7:42	7.8 (75.7%)
57	KACZMAREK Martyna	59	NORDIC WALKING KIEKRZ POLAND	K-Jun.	2			00:19:07	00:38:38.55	+00:09:22 (24.3%)	7:43	7.8 (75.7%)
58	KRUGIOŁKA Grzegorz	72	NORDIC SPORT 2021	M40-44	6			00:19:17	00:38:41.30	+00:09:25 (24.3%)	7:44	7.8 (75.7%)
58	MIŚKOWICZ Anna	91		K65-69	1			00:18:59	00:38:41.30	+00:09:25 (24.3%)	7:44	7.8 (75.7%)
60	SIERACKA Katarzyna	132	NORDIC WALKING KIEKRZ POLAND	K60-64	1			00:18:52	00:38:51.85	+00:09:35 (24.7%)	7:46	7.7 (74.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
61	OPACZEWSKA Maria	100	MARSZ PO ZDROWIE	K50-54	3			00:19:11	00:38:53.30	+00:09:37 (24.7%)	7:46	7.7 (74.8%)
62	NOWAK Wiesław	96	UKS 'SKOCZEK'SKOKI	M60-64	3			00:17:50	00:39:02.95	+00:09:46 (25.0%)	7:48	7.7 (74.8%)
63	MRUK Paulina	93		K30-39	4	1		00:18:41	00:39:08.50	+00:09:52 (25.2%)	7:49	7.7 (74.8%)
64	SZYBUT Weronika	156	POTĘGA NORDICA	K-Jun.	3			00:18:47	00:39:08.75	+00:09:52 (25.2%)	7:49	7.7 (74.8%)
65	SZENDZIELORZ Ilona	150	PRUSZYŃSKI SPORT TEAM	K65-69	2			00:19:12	00:39:09.25	+00:09:53 (25.2%)	7:49	7.7 (74.8%)
66	STRABEL Elżbieta	143	NORDIC WALKING - ŚREM	K65-69	3			00:19:31	00:39:09.35	+00:09:53 (25.2%)	7:49	7.7 (74.8%)
67	ADAMCZYK Bogdan	1	BASZTA BYTÓW	M50-54	5	1		00:18:59	00:39:12.40	+00:09:56 (25.3%)	7:50	7.7 (74.8%)
68	POSTEK Danuta	113	ZIELONE GROSZKI POZNAŃ	K60-64	2			00:19:20	00:39:14.20	+00:09:57 (25.4%)	7:50	7.6 (73.8%)
69	GAŁKOWSKA Elżbieta	37		K65-69	4			00:19:15	00:39:14.70	+00:09:58 (25.4%)	7:50	7.6 (73.8%)
70	POLAK Marcel	111	OBORYGENI	M-Dzieci	1			00:19:39	00:39:22.55	+00:10:06 (25.7%)	7:52	7.6 (73.8%)
71	BUDNY Franciszek	17		M-Dzieci	2			00:19:40	00:39:25.75	+00:10:09 (25.8%)	7:53	7.6 (73.8%)
72	BUDNY Sławomir	16		M-Niepełnosprawni(B)	2	1		00:18:58	00:39:26.10	+00:10:09 (25.8%)	7:53	7.6 (73.8%)
73	FEDORSKA Anna	33		K40-44	3			00:19:16	00:39:26.40	+00:10:10 (25.8%)	7:53	7.6 (73.8%)
74	LEWANDOWSKI Bartłomiej	79	TSK ORZEŁ OSIEK	M18-29	3			00:19:38	00:39:27.50	+00:10:11 (25.8%)	7:53	7.6 (73.8%)
75	ROMANOWSKI Zbigniew	122		M50-54	6			00:19:17	00:39:29.20	+00:10:12 (25.9%)	7:53	7.6 (73.8%)
76	ŻBIKOWSKI Ryszard	182	TORUŃ - IDZIEMY BEZ RYZYKA	M65-69	8			00:19:25	00:39:35.55	+00:10:19 (26.1%)	7:55	7.6 (73.8%)
77	ŁOPIŃSKI Aleksy	82	NORDICA FABRYKA TRZCIANKA	M75-79	3			00:19:52	00:39:55.35	+00:10:39 (26.7%)	7:59	7.5 (72.8%)
78	SZEWczyk Hanna	151	TORUŃ - IDZIEMY BEZ RYZYKA	K60-64	3			00:19:28	00:39:56.55	+00:10:40 (26.7%)	7:59	7.5 (72.8%)
79	GRYGOROWICZ Bogdan	45	KGHM METRACO POLKOWICE	M-Niepełnosprawni(B)	3			00:19:28	00:40:00.80	+00:10:44 (26.8%)	8:00	7.5 (72.8%)
80	FEDORSKI Cyprian	35		M-Dzieci	3			00:19:41	00:40:04.25	+00:10:48 (27.0%)	8:00	7.5 (72.8%)
81	CIESIELSKI Krzysztof	22	FAST WALKER	M-Niepełnosprawni(A)	3	1		00:19:48	00:40:06.85	+00:10:50 (27.0%)	8:01	7.5 (72.8%)
82	SERÓWKA Lidia	131	KIJOMANIACY CHODZIEŻ	K-Niepełnosprawni(A)	1			00:19:30	00:40:13.40	+00:10:57 (27.2%)	8:02	7.5 (72.8%)
83	SZULC-MIKOŁAJCZAK Marzena	154	NW WĄGROWIEC	K30-39	5			00:19:46	00:40:16.05	+00:10:59 (27.3%)	8:03	7.5 (72.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
84	BROTKIEWICZ Mariusz	14	SKS	M45-49	6			00:19:43	00:40:20.85	+00:11:04 (27.5%)	8:04	7.4 (71.8%)
85	ZIEGLER Barbara	181	LESZNO :)	K70-74	1			00:20:01	00:40:25.10	+00:11:08 (27.6%)	8:05	7.4 (71.8%)
85	STAWNIAK Karol	239	KGHM METRACO POLKOWICE	M75-79	4			00:19:23	00:40:25.10	+00:11:08 (27.6%)	8:05	7.4 (71.8%)
87	MATYJA Anna	90	#ŚREMCHODZI	K50-54	4			00:19:52	00:40:27.35	+00:11:11 (27.6%)	8:05	7.4 (71.8%)
88	ROGATKA Jacek	120		M30-39	6			00:20:23	00:40:30.80	+00:11:14 (27.8%)	8:06	7.4 (71.8%)
89	PANKIEWICZ Ewelina	103		K30-39	6			00:19:43	00:40:34.20	+00:11:17 (27.9%)	8:06	7.4 (71.8%)
90	BUCZKOWSKI Jerzy	15	KS SOKÓŁ GAŚAWA	M70-74	6			00:20:01	00:40:45.55	+00:11:29 (28.2%)	8:09	7.4 (71.8%)
91	BACHANEK Katarzyna	5	TORUŃ - IDZIEMY BEZ RYZYKA	K55-59	2			00:20:06	00:40:55.55	+00:11:39 (28.5%)	8:11	7.3 (70.9%)
92	WANDTKE Antoni	165		M70-74	7			00:20:15	00:41:04.95	+00:11:48 (28.8%)	8:12	7.3 (70.9%)
93	WILK Iwona	171	NORDIC SPORT 2021	K45-49	5			00:20:25	00:41:08.20	+00:11:51 (28.8%)	8:13	7.3 (70.9%)
94	KOMANOWSKA-DRZAZGA Lilla	67	AMATOR	K55-59	3			00:20:11	00:41:17.95	+00:12:01 (29.1%)	8:15	7.3 (70.9%)
95	JAKUBOWSKI Zbigniew	51		M70-74	8			00:20:17	00:41:24.35	+00:12:08 (29.3%)	8:16	7.2 (69.9%)
96	KISIELEWICZ Zofia	63	KGHM METRACO POLKOWICE	K-Jun.	4			00:19:40	00:41:30.30	+00:12:14 (29.5%)	8:18	7.2 (69.9%)
97	NIESPOREK Ewa	94	TORUŃ - IDZIEMY BEZ RYZYKA	K65-69	5			00:20:09	00:41:30.40	+00:12:14 (29.5%)	8:18	7.2 (69.9%)
98	NOWAK Irena	97	UKS SKOCZEK	K55-59	4			00:20:23	00:41:31.25	+00:12:15 (29.5%)	8:18	7.2 (69.9%)
99	KAMIŃSKA-SOKÓŁ Marzena	186	NORDIC WALKING LUBASZ	K50-54	5			00:20:34	00:41:40.10	+00:12:23 (29.8%)	8:20	7.2 (69.9%)
100	SZCZEŚNIAK Zofia	148	NORDIC WALKING - ŚREM	K65-69	6			00:20:23	00:41:41.90	+00:12:25 (29.8%)	8:20	7.2 (69.9%)
101	RĄCZKA Beata	117	NORDIC WALKING LUBASZ	K50-54	6			00:20:43	00:41:50.60	+00:12:34 (30.0%)	8:22	7.2 (69.9%)
102	POTRZEBOWSKI Marek	115	DEAF I LIFE BALANCE PLACE	M- Niepełnosprawni(B)	4			00:17:23	00:41:53.35	+00:12:37 (30.1%)	8:22	7.2 (69.9%)
103	GRZEŚKOWIAK Danuta	46	GRODZISKI KLUB BIEGACZA	K60-64	4			00:20:44	00:42:04.75	+00:12:48 (30.4%)	8:24	7.1 (68.9%)
104	ŚLUSARCZYK Andrzej	157	WESOŁY BORSUK TEAM	M70-74	9			00:20:34	00:42:08.30	+00:12:52 (30.5%)	8:25	7.1 (68.9%)
105	POLAK Paweł	109		M- Niepełnosprawni(B)	5			00:20:21	00:42:11.10	+00:12:54 (30.6%)	8:26	7.1 (68.9%)
106	KUSA Karolina	76	LIFE BALANCE PLACE	K40-44	4			00:21:00	00:42:13.50	+00:12:57 (30.7%)	8:26	7.1 (68.9%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
107	WIATR Tomasz	170		M50-54	7	1		00:20:34	00:42:15.15	+00:12:58 (30.7%)	8:27	7.1 (68.9%)
108	GORZEL Małgorzata	41		K50-54	7			00:20:54	00:42:15.30	+00:12:59 (30.7%)	8:27	7.1 (68.9%)
109	ROZCZYŃSKA Kwiryna	123	MARSZ PO ZDROWIE	K55-59	5			00:20:32	00:42:17.70	+00:13:01 (30.8%)	8:27	7.1 (68.9%)
110	SKRZYPCZAK Maciej	134	BIEGAJĄCY WĄGROWIEC	M40-44	7	1		00:20:38	00:42:19.10	+00:13:02 (30.8%)	8:27	7.1 (68.9%)
111	BUDNY Stanisław	18		M-Jun.	1			00:20:00	00:42:22.10	+00:13:05 (30.9%)	8:28	7.1 (68.9%)
112	CARLSSON Agnieszka	19		K- Niepełnosprawni(A)	2			00:20:36	00:42:26.15	+00:13:09 (31.0%)	8:29	7.1 (68.9%)
113	WESOŁOWSKA-NOWAK Ewa	169		K40-44	5			00:21:14	00:42:39.45	+00:13:23 (31.4%)	8:31	7 (68.0%)
114	POLCYN Julia	112	NORDIC WALKING LUBASZ	K18-29	1			00:20:29	00:42:52.10	+00:13:35 (31.7%)	8:34	7 (68.0%)
115	GRYGOROWICZ Teresa	44	KGHM METRACO POLKOWICE	K70-74	2			00:20:50	00:42:55.15	+00:13:38 (31.8%)	8:35	7 (68.0%)
116	ADAMOWICZ Andrzej	3		M75-79	5	1		00:21:17	00:42:58.70	+00:13:42 (31.9%)	8:35	7 (68.0%)
117	KLOCEK Jagoda	65	KGHM METRACO POLKOWICE	K-Jun.	5			00:20:52	00:42:59.55	+00:13:43 (31.9%)	8:35	7 (68.0%)
118	ZAWISŁA Stanisław	178	MARSZ PO ZDROWIE	M70-74	10			00:20:41	00:43:02.65	+00:13:46 (32.0%)	8:36	7 (68.0%)
119	DUDEK Agnieszka	28	MARSZ PO ZDROWIE	K45-49	6			00:21:30	00:43:32.20	+00:14:15 (32.8%)	8:42	6.9 (67.0%)
120	NOWACKA-JUSKA Beata	95		K60-64	5			00:21:41	00:43:43.15	+00:14:26 (33.0%)	8:44	6.9 (67.0%)
121	LACHNIK Grazyna	77		K50-54	8			00:21:49	00:43:48.25	+00:14:32 (33.2%)	8:45	6.8 (66.0%)
122	SARNOWSKA Aniela	130	KGHM METRACO POLKOWICE	K-Jun.	6			00:21:33	00:44:00.25	+00:14:44 (33.5%)	8:48	6.8 (66.0%)
123	KLEWENHAGEN Maria	64	NORDIC WALKING LUBASZ	K60-64	6			00:21:25	00:44:05.40	+00:14:49 (33.6%)	8:49	6.8 (66.0%)
124	REMISZEWSKI Adam	119	UTW OLEŚNICA	M75-79	6	1		00:21:21	00:44:09.55	+00:14:53 (33.7%)	8:49	6.8 (66.0%)
125	POTRZEBOWSKA Agata	114	DEAF I LIFE BALANCE PLACE	K- Niepełnosprawni(B)	1			00:19:09	00:44:25.25	+00:15:09 (34.1%)	8:53	6.8 (66.0%)
126	THOMALLA Bogdan	161	NORDIC SPORT 2021	M80+	1			00:22:15	00:44:36.10	+00:15:19 (34.4%)	8:55	6.7 (65.0%)
127	CISZEWSKA Kasia	23		K30-39	7	1		00:21:49	00:44:37.90	+00:15:21 (34.4%)	8:55	6.7 (65.0%)
127	DRACHEM Paulina	189		K30-39	7			00:21:38	00:44:37.90	+00:15:21 (34.4%)	8:55	6.7 (65.0%)
129	MANTAJ Monika	84		K40-44	6			00:22:12	00:44:38.30	+00:15:22 (34.4%)	8:55	6.7 (65.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
130	KACZMARCZYK Franciszek	58	BANK SPÓŁDZIELCZY RUMIA	M80+	2			00:22:17	00:44:40.80	+00:15:24 (34.5%)	8:56	6.7 (65.0%)
131	CHWIAŁKOWSKA Iwona	21	CZAROWNICE	K50-54	9			00:22:14	00:44:49.50	+00:15:33 (34.7%)	8:57	6.7 (65.0%)
132	LISTWAN Klaudia	80	KGHM METRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:21:57	00:45:18.05	+00:16:01 (35.4%)	9:03	6.6 (64.1%)
133	SZNAJDER Teresa	152		K65-69	7			00:22:07	00:45:22.70	+00:16:06 (35.5%)	9:04	6.6 (64.1%)
134	KONKEL Dominik	68	KGHM METRACO POLKOWICE	M-Jun.	2	1		00:20:31	00:45:25.30	+00:16:09 (35.6%)	9:05	6.6 (64.1%)
135	ANGIELCZYK Małgorzata	4	ZIELONE GROSZKI POZNAŃ	K70-74	3	1		00:22:21	00:45:25.65	+00:16:09 (35.6%)	9:05	6.6 (64.1%)
136	HAWRYLINKA Estera	48		K40-44	7			00:22:37	00:45:29.50	+00:16:13 (35.7%)	9:05	6.6 (64.1%)
137	SOWIŃSKA Grażyna	135	MARSZ PO ZDROWIE	K65-69	8			00:22:14	00:45:38.35	+00:16:22 (35.9%)	9:07	6.6 (64.1%)
138	PIĄTKOWSKI Józef	107	KGHM METRACO POLKOWICE	M75-79	7			00:22:23	00:45:41.65	+00:16:25 (35.9%)	9:08	6.6 (64.1%)
139	SZAŁAJ Anna	144	KGHM METRACO POLKOWICE	K- Niepełnosprawni(B)	3			00:22:51	00:45:47.95	+00:16:31 (36.1%)	9:09	6.6 (64.1%)
140	DUSZEŃKO Elwira	31	KGHM METRACO POLKOWICE	K- Niepełnosprawni(A)	3			00:22:34	00:46:04.00	+00:16:47 (36.5%)	9:12	6.5 (63.1%)
141	SZCZEPANIAK Julita	145		K40-44	8			00:22:33	00:46:11.90	+00:16:55 (36.6%)	9:14	6.5 (63.1%)
142	SZCZEPAŃSKA Lena	146	KGHM METRACO POLKOWICE	K-Dzieci	1			00:22:01	00:46:14.00	+00:16:57 (36.7%)	9:14	6.5 (63.1%)
143	JANAS Judyta	52		K50-54	10			00:23:26	00:46:14.90	+00:16:58 (36.7%)	9:14	6.5 (63.1%)
144	SZNAJDER Zenon	153		M70-74	11			00:22:08	00:46:31.30	+00:17:15 (37.1%)	9:18	6.4 (62.1%)
145	STENCEL Anna	139	CZAROWNICE	K45-49	7			00:23:09	00:46:39.10	+00:17:22 (37.3%)	9:19	6.4 (62.1%)
146	MŁODOŻYŃSKA Karolina	92	CZAROWNICE	K50-54	11			00:23:07	00:46:39.85	+00:17:23 (37.3%)	9:19	6.4 (62.1%)
147	MARTYŃSKA Violetta	87		K- Niepełnosprawni(A)	4	2		00:23:32	00:47:34.00	+00:18:17 (38.5%)	9:30	6.3 (61.2%)
148	MARCINKIEWICZ Sy.wia	85		K45-49	8			00:23:23	00:48:02.90	+00:18:46 (39.1%)	9:36	6.2 (60.2%)
149	SZYBUT Roma	155	POTĘGA NORDICA	K40-44	9			00:23:47	00:48:10.80	+00:18:54 (39.2%)	9:38	6.2 (60.2%)
150	PANKIEWICZ-DMOWSKA Cecylia	104	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	1			00:23:26	00:48:18.35	+00:19:02 (39.4%)	9:39	6.2 (60.2%)
151	ADAMCZYK Iwona	2	BASZTA BYTÓW	K40-44	10			00:24:30	00:48:30.10	+00:19:13 (39.6%)	9:42	6.2 (60.2%)
152	KAMIŃSKA Agnieszka	60		K40-44	11	1		00:23:31	00:48:32.65	+00:19:16 (39.7%)	9:42	6.2 (60.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
153	GRACZYK Mirosława	42	MARSZ PO ZDROWIE	K65-69	9			00:23:28	00:48:35.05	+00:19:18 (39.8%)	9:43	6.2 (60.2%)
154	WÓJCIK Henryk	176	UTW OLEŚNICA	M80+	3			00:23:46	00:48:36.55	+00:19:20 (39.8%)	9:43	6.2 (60.2%)
155	WALLOCH Karolina	164		K30-39	9			00:23:53	00:48:38.20	+00:19:21 (39.8%)	9:43	6.2 (60.2%)
156	WECHMANN Sylwia	167		K40-44	12			00:23:38	00:48:49.65	+00:19:33 (40.1%)	9:45	6.1 (59.2%)
157	ROMANOWSKA Eliza	188	KGHM METRACO POLKOWICE	K-Dzieci	2			00:23:30	00:48:55.75	+00:19:39 (40.2%)	9:47	6.1 (59.2%)
158	JUREK Ewa	55		K- Niepełnosprawni(B)	4			00:24:27	00:49:35.40	+00:20:19 (41.0%)	9:55	6.1 (59.2%)
159	WÓJCIK Irena	177	UTW OLEŚNICA	K75-79	2	1		00:24:42	00:50:18.10	+00:21:01 (41.8%)	10:03	6 (58.3%)
160	OWCZAREK Henryka	102	ZIELONE GROSZKI POZNAŃ	K75-79	3			00:25:08	00:50:33.30	+00:21:17 (42.1%)	10:06	5.9 (57.3%)
161	TOBYS Alicja	162		K65-69	10			00:25:46	00:51:09.45	+00:21:53 (42.8%)	10:13	5.9 (57.3%)
162	KASPRZAK Anna	62		K30-39	10	1		00:25:17	00:52:26.20	+00:23:09 (44.2%)	10:29	5.7 (55.3%)
163	WAWRZYNIAK Krystyna	166	MARSZ PO ZDROWIE	K70-74	4			00:26:56	00:55:46.90	+00:26:30 (47.5%)	11:09	5.4 (52.4%)
164	JACENKO Julia	50	KGHM METRACO POLKOWICE	K-Dzieci	3	1		00:27:20	00:58:25.10	+00:29:08 (49.9%)	11:41	5.1 (49.5%)
DQ	STEFANIAK Krzysztof	138	KATOWICKI NORDIC WALKING	M65-69			1	00:17:36 DQ	00:36:17.40 DQ		0:00	8.3 (80.6%)
DQ	RĄCZKA Grzegorz	118	NORDIC WALKING LUBASZ	M50-54			1	00:17:51 DQ	00:40:15.05 DQ		0:00	7.5 (72.8%)
DQ	KANIA Adam	183		M55-59			1	00:20:13 DQ	DQ			(0.0%)
DNC	KORZEC Anna	69		K50-54				00:29:44				(0.0%)
	ŁASZCZ Ewa	185	NORDICA FABRYKA TRZCIANKA	K- Niepełnosprawni(A)				00:24:53 DNF	DNF		-	- (0.0%)

Total 169 results.