



# II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022- POLANICA-ZDRÓJ - 5KM - 10/4

B4SPORT

**Wydarzenie:** II Otwarte Górskie Mistrzostwa Polski Nordic Walking 2022  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-07-02  
**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	MARCZAK Tomasz	223	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:32:51.50		6:34	9.1 (100%)
2	ROSAK Marcin	269	KS TRENUJENORDICWALKING.PL	M45-49	1			00:32:54.05	+00:00:02 (0.1%)	6:34	9.1 (100%)
3	WITUCKI Jacek	307		M50-54	1			00:32:55.70	+00:00:04 (0.2%)	6:35	9.1 (100%)
4	CYRUS Bogdan	137	SILESIA NORDIC TEAM	M50-54	2			00:33:02.90	+00:00:11 (0.6%)	6:36	9.1 (100%)
5	ORDZOWIAŁY Piotr	240	NIWAOSIELEC	M55-59	1			00:33:15.10	+00:00:23 (1.2%)	6:39	9 (98.9%)
6	STĘPAK Piotr	283		M18-29	2			00:34:18.00	+00:01:26 (4.2%)	6:51	8.7 (95.6%)
7	SZTANDERSKI Grzegorz	287	KABEX PODKOWAJANÓW	M50-54	3			00:34:39.95	+00:01:48 (5.2%)	6:55	8.7 (95.6%)
8	WILUSZ Erwina	305	VINGBERG POLSKA- PTG 'SOKÓŁ' RYMANÓW	K30-39	1			00:35:26.00	+00:02:34 (7.3%)	7:05	8.5 (93.4%)
9	WOJTOWICZ Tomasz	310	LUKI TEAM POLSKA	M30-39	1			00:35:30.85	+00:02:39 (7.5%)	7:06	8.5 (93.4%)
10	ROŻYNEK Miron	270	KGHM METRACO	M55-59	2			00:35:31.20	+00:02:39 (7.5%)	7:06	8.4 (92.3%)
11	KRAJEWSKA Hanna	198	KIJOMANIACY CHODZIEŻ	K18-29	1			00:35:33.45	+00:02:41 (7.6%)	7:06	8.4 (92.3%)
12	SKIBA Krzysztof	276	KGHM METRACO	M60-64	1			00:35:37.10	+00:02:45 (7.7%)	7:07	8.4 (92.3%)
13	OLSZAŃSKI Karol	239	FEAR THE RETURN	M45-49	2			00:35:42.55	+00:02:51 (8.0%)	7:08	8.4 (92.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
14	<b>LUDWICZAK Dariusz</b>	<b>216</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	4			<b>00:35:51.15</b>	+00:02:59 (8.4%)	7:10	8.4 (92.3%)
15	<b>RECZULSKI Mariusz</b>	<b>266</b>	SMS EFEKT CZĘSTOCHOWA	M55-59	3			<b>00:35:57.35</b>	+00:03:05 (8.6%)	7:11	8.3 (91.2%)
16	<b>BRZOZOWSKI Piotr</b>	<b>130</b>	AKTYWNI POSTOMINO	M30-39	2			<b>00:35:58.70</b>	+00:03:07 (8.7%)	7:11	8.3 (91.2%)
17	<b>FRAÇKOWIAK Roman</b>	<b>154</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	5			<b>00:36:32.90</b>	+00:03:41 (10.1%)	7:18	8.2 (90.1%)
18	<b>BREWKA Joachim</b>	<b>128</b>	NORDIC SPORT 2021	M55-59	4			<b>00:36:43.30</b>	+00:03:51 (10.5%)	7:20	8.2 (90.1%)
19	<b>MISZTAL Grzegorz</b>	<b>229</b>	PRUSZYŃSKI SPORT TEAM-MASZYCANKA MASZYCE	M30-39	3			<b>00:36:47.30</b>	+00:03:55 (10.7%)	7:21	8.2 (90.1%)
20	<b>WOJTASIŃSKI Daniel</b>	<b>309</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			<b>00:36:56.40</b>	+00:04:04 (11.0%)	7:23	8.1 (89.0%)
21	<b>HELWICH Stefan</b>	<b>176</b>	KGHM METRACO	M65-69	1			<b>00:36:58.55</b>	+00:04:07 (11.1%)	7:23	8.1 (89.0%)
22	<b>WOROCH Roman</b>	<b>313</b>	KGHM METRACO	M60-64	2	1		<b>00:37:05.75</b>	+00:04:14 (11.4%)	7:25	8.1 (89.0%)
23	<b>GAJEWSKI Eugeniusz</b>	<b>327</b>	KGHM METRACO	M65-69	2			<b>00:37:06.60</b>	+00:04:15 (11.5%)	7:25	8.1 (89.0%)
24	<b>KRYŚ Artur</b>	<b>203</b>	NIEZRZESZONY	M50-54	6			<b>00:37:11.95</b>	+00:04:20 (11.7%)	7:26	8.1 (89.0%)
25	<b>ROMANOWSKI Daniel</b>	<b>268</b>	KATOWICKI NORDIC WALKING	M18-29	3			<b>00:37:14.40</b>	+00:04:22 (11.8%)	7:26	8.1 (89.0%)
26	<b>ZACZYŃSKA-SKIBA Anna</b>	<b>318</b>	KGHM METRACO	K40-44	1			<b>00:37:33.75</b>	+00:04:42 (12.5%)	7:30	8 (87.9%)
27	<b>LUDWICZAK Andżelika</b>	<b>215</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			<b>00:37:54.50</b>	+00:05:03 (13.3%)	7:34	7.9 (86.8%)
28	<b>ŚLUSARCZYK Marcin</b>	<b>293</b>	WESOŁY BORSUK TEAM	M40-44	2	2		<b>00:37:54.75</b>	+00:05:03 (13.3%)	7:34	7.9 (86.8%)
29	<b>GUDZIO Maciej</b>	<b>170</b>	NORDIC WALKING KIEKRZ POLAND	M55-59	5			<b>00:37:57.25</b>	+00:05:05 (13.4%)	7:35	7.9 (86.8%)
30	<b>PILARZ Tomasz</b>	<b>248</b>	NORDICUS STRZYBNICA	M40-44	3			<b>00:37:57.70</b>	+00:05:06 (13.4%)	7:35	7.9 (86.8%)
31	<b>BIELECKA Zuzanna</b>	<b>125</b>	NW CZŁAPSKI TEAM	K40-44	2			<b>00:37:58.80</b>	+00:05:07 (13.5%)	7:35	7.9 (86.8%)
32	<b>POLAK Łukasz</b>	<b>258</b>	OBORYGENI	M40-44	4			<b>00:37:59.05</b>	+00:05:07 (13.5%)	7:35	7.9 (86.8%)
33	<b>BIBKO Martin</b>	<b>124</b>	SPEEDBAR	M45-49	3			<b>00:38:03.00</b>	+00:05:11 (13.6%)	7:36	7.9 (86.8%)
34	<b>KARPIENIA Ewa</b>	<b>188</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			<b>00:38:12.70</b>	+00:05:21 (14.0%)	7:38	7.9 (86.8%)
35	<b>DUSZAK Dariusz</b>	<b>149</b>	OBORYGENI	M50-54	7			<b>00:38:36.45</b>	+00:05:44 (14.9%)	7:43	7.8 (85.7%)
36	<b>KWECZKA-JANECZEK Anna</b>	<b>208</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	3			<b>00:38:42.35</b>	+00:05:50 (15.1%)	7:44	7.8 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
37	<b>BIŃCZYK Dariusz</b>	<b>126</b>	ZABIEGANI CZĘSTOCHOWA	M30-39	4			<b>00:38:50.90</b>	+00:05:59 (15.4%)	7:46	7.7 (84.6%)
38	<b>KRAWCZYK Sebastian</b>	<b>340</b>	CITYFIT	M30-39	5			<b>00:38:52.35</b>	+00:06:00 (15.5%)	7:46	7.7 (84.6%)
39	<b>PINIS Agnieszka</b>	<b>250</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	2			<b>00:39:00.25</b>	+00:06:08 (15.8%)	7:48	7.7 (84.6%)
40	<b>CIEŚLUK Marcin</b>	<b>136</b>	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	1			<b>00:39:07.60</b>	+00:06:16 (16.0%)	7:49	7.7 (84.6%)
41	<b>MAŚLANKA Iwona</b>	<b>224</b>	MARSZ PO ZDROWIE	K50-54	2			<b>00:39:14.05</b>	+00:06:22 (16.3%)	7:50	7.6 (83.5%)
42	<b>UFEL Marcelina</b>	<b>301</b>	MOSIR TKKF SATURN CZELADŹ	K18-29	2			<b>00:39:24.55</b>	+00:06:33 (16.6%)	7:52	7.6 (83.5%)
43	<b>MATECKI Ryszard</b>	<b>225</b>	KGHM METRACO	M70-74	1			<b>00:39:31.10</b>	+00:06:39 (16.9%)	7:54	7.6 (83.5%)
44	<b>ŻBIKOWSKI Wacław</b>	<b>323</b>	TURBO-KIJE	M70-74	2			<b>00:39:33.50</b>	+00:06:42 (16.9%)	7:54	7.6 (83.5%)
45	<b>DUSZEŃKO Zygmunt</b>	<b>328</b>	KGHM METRACO	M- Niepełnosprawni(A)	2			<b>00:39:33.60</b>	+00:06:42 (16.9%)	7:54	7.6 (83.5%)
46	<b>CZŁAPSKI Krzysztof</b>	<b>140</b>	NW CZŁAPSKI TEAM	M55-59	6			<b>00:39:34.00</b>	+00:06:42 (17.0%)	7:54	7.6 (83.5%)
47	<b>KROMSKI Paweł</b>	<b>199</b>	NORDIC WALKING KIEKRZ POLAND	M55-59	7			<b>00:39:36.30</b>	+00:06:44 (17.0%)	7:55	7.6 (83.5%)
48	<b>STANISŁAWSKI Jan</b>	<b>282</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	3	1		<b>00:39:45.95</b>	+00:06:54 (17.4%)	7:57	7.5 (82.4%)
49	<b>JÓŹWIAK Marianna</b>	<b>185</b>	SERCE NORDICA WŁOCLAWEK	K45-49	3			<b>00:39:48.35</b>	+00:06:56 (17.5%)	7:57	7.5 (82.4%)
50	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>243</b>	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	4			<b>00:40:09.30</b>	+00:07:17 (18.2%)	8:01	7.5 (82.4%)
51	<b>KASPRZAK Tadeusz</b>	<b>191</b>	TURBO-KIJE	M- Niepełnosprawni(A)	3			<b>00:40:19.25</b>	+00:07:27 (18.5%)	8:03	7.4 (81.3%)
52	<b>SMAJDOR Leszek</b>	<b>66</b>		M60-64	4			<b>00:40:20.55</b>	+00:07:29 (18.6%)	8:04	7.4 (81.3%)
53	<b>GRUSZKA Michał</b>	<b>166</b>	NORDIC SPORT 2021	M45-49	4			<b>00:40:21.55</b>	+00:07:30 (18.6%)	8:04	7.4 (81.3%)
54	<b>UFEL Milena</b>	<b>302</b>	MOSIR TKKF SATURN CZELADŹ	K-Jun.	1	1		<b>00:40:22.90</b>	+00:07:31 (18.6%)	8:04	7.4 (81.3%)
55	<b>WITUCKA Karolina</b>	<b>306</b>		K-Jun.	2			<b>00:40:23.30</b>	+00:07:31 (18.6%)	8:04	7.4 (81.3%)
56	<b>GRUSZKA Michał</b>	<b>167</b>	NORDIC SPORT 2021	M18-29	4			<b>00:40:34.90</b>	+00:07:43 (19.0%)	8:06	7.4 (81.3%)
57	<b>KOWALCZYK Tadeusz</b>	<b>196</b>	LUXTORPEDA MAŁOPOLSKA	M65-69	3	1		<b>00:40:38.80</b>	+00:07:47 (19.2%)	8:07	7.4 (81.3%)
58	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>237</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			<b>00:40:44.10</b>	+00:07:52 (19.3%)	8:08	7.4 (81.3%)
59	<b>PANKIEWICZ Ewelina</b>	<b>241</b>	NORDIC SPORT 2021	K30-39	2			<b>00:40:52.05</b>	+00:08:00 (19.6%)	8:10	7.3 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas	Różn	Tempo min/km	Tempo km/h
								netto 5km			
60	KORPECKI Zefiryn	193		M65-69	4			00:40:54.65	+00:08:03 (19.7%)	8:10	7.3 (80.2%)
61	WOLNY Edward	312	AMATOR	M65-69	5			00:40:56.45	+00:08:04 (19.7%)	8:11	7.3 (80.2%)
62	PIOTROWSKI Marek	338	WILKA NÓW	M60-64	5			00:40:59.15	+00:08:07 (19.8%)	8:11	7.3 (80.2%)
63	SIENKIEWICZ Ewelina	274		K30-39	3			00:41:04.10	+00:08:12 (20.0%)	8:12	7.3 (80.2%)
64	ŚWIDERSKI Zdzisław	299	BRAK	M65-69	6			00:41:05.05	+00:08:13 (20.0%)	8:13	7.3 (80.2%)
65	SZYMAŃSKI Stefan	292	XV KOŁO PZERII W DYWITACH	M75-79	1			00:41:05.30	+00:08:13 (20.0%)	8:13	7.3 (80.2%)
66	LIPIECKA Małgorzata	211	OBORYGENI	K40-44	4			00:41:13.55	+00:08:22 (20.3%)	8:14	7.3 (80.2%)
67	WALCZAK Grzegorz	303		M45-49	5			00:41:15.00	+00:08:23 (20.3%)	8:15	7.3 (80.2%)
68	ZASINA Adrian	320	UNIWERSYTET KAROLA	M30-39	6			00:41:18.30	+00:08:26 (20.4%)	8:15	7.3 (80.2%)
69	PLEWIŃSKI Rafał	252	NORDIC TEAM CZĘSTOCHOWA	M30-39	7	2		00:41:18.75	+00:08:27 (20.5%)	8:15	7.3 (80.2%)
70	NOWAK Wiesław	234	UKS SKOCZEK SKOKI	M60-64	6			00:41:27.90	+00:08:36 (20.8%)	8:17	7.2 (79.1%)
71	ZAGAJA Janusz	319	WESOŁY BORSUK TEAM	M65-69	7			00:41:35.75	+00:08:44 (21.0%)	8:19	7.2 (79.1%)
72	PINTAK Artur	251	WESOŁY BORSUK TEAM	M40-44	5			00:41:52.95	+00:09:01 (21.5%)	8:22	7.2 (79.1%)
73	CZEKRYSEW Andrzej	138	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	4			00:42:19.20	+00:09:27 (22.4%)	8:27	7.1 (78.0%)
74	DYLEWICZ Weronika	151		K18-29	3			00:42:19.25	+00:09:27 (22.4%)	8:27	7.1 (78.0%)
75	GUTOWSKA Magda	171	PAUL TEAM	K45-49	5			00:42:31.00	+00:09:39 (22.7%)	8:30	7.1 (78.0%)
76	KOWACZ Agata	194	SPEEDBAR	K40-44	5			00:42:38.60	+00:09:47 (22.9%)	8:31	7 (76.9%)
77	ROMAN Krzysztof	337	KUDOWIANKA RUN	M60-64	7	1		00:42:41.15	+00:09:49 (23.0%)	8:32	7 (76.9%)
78	MAJCHRZAK Dariusz	220	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW-	M55-59	8			00:42:51.90	+00:10:00 (23.3%)	8:34	7 (76.9%)
79	GRYGOROWICZ Bogdan	168	KGHM METRACO	M- Niepełnosprawni(B)	1			00:42:59.45	+00:10:07 (23.6%)	8:35	7 (76.9%)
80	STANIEC Stanisław	281		M65-69	8			00:43:03.55	+00:10:12 (23.7%)	8:36	7 (76.9%)
81	RADZIEJOWSKI Bogusław	265	NORDIC TEAM CZĘSTOCHOWA	M60-64	8			00:43:05.00	+00:10:13 (23.7%)	8:37	7 (76.9%)
82	KRÓL Maciej	201	TRZEJ KRÓLOWIE	M50-54	8			00:43:10.50	+00:10:19 (23.9%)	8:38	6.9 (75.8%)

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								netto 5km	Różn		
83	<b>KRÓL Aleksander</b>	<b>202</b>	IZERSKA SZKOŁA NORDIC WALKING RUSZAJSIĘ!	M45-49	6			<b>00:43:25.85</b>	+00:10:34 (24.3%)	8:41	6.9 (75.8%)
84	<b>DUDEK Barbara</b>	<b>148</b>		K55-59	1			<b>00:43:28.90</b>	+00:10:37 (24.4%)	8:41	6.9 (75.8%)
85	<b>NIEDŹWIECKA Małgorzata</b>	<b>232</b>	NORDIC TEAM CZĘSTOCHOWA	K65-69	1			<b>00:43:33.00</b>	+00:10:41 (24.6%)	8:42	6.9 (75.8%)
86	<b>GÓRAL Andrzej</b>	<b>162</b>	SOLID SECURITY BYDGOSZCZ	M- Niepełnosprawni(A)	5			<b>00:43:33.45</b>	+00:10:41 (24.6%)	8:42	6.9 (75.8%)
87	<b>EWERTOWSKA Ewa</b>	<b>152</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	4			<b>00:43:34.15</b>	+00:10:42 (24.6%)	8:42	6.9 (75.8%)
88	<b>BUDNY Sławomir</b>	<b>131</b>		M- Niepełnosprawni(B)	2			<b>00:43:40.70</b>	+00:10:49 (24.8%)	8:44	6.9 (75.8%)
89	<b>KOWALCZYK Edyta</b>	<b>334</b>	NIEZRZESZONA	K50-54	5			<b>00:43:45.05</b>	+00:10:53 (24.9%)	8:45	6.9 (75.8%)
90	<b>CZMOCH Marian</b>	<b>141</b>	PUKS ŁOSICE	M70-74	3			<b>00:43:46.85</b>	+00:10:55 (24.9%)	8:45	6.9 (75.8%)
91	<b>MIŚKOWICZ Anna</b>	<b>230</b>		K60-64	1			<b>00:43:51.55</b>	+00:11:00 (25.1%)	8:46	6.8 (74.7%)
92	<b>ŚLUSARCZYK Grzegorz</b>	<b>294</b>	WESOŁY BORSUK TEAM	M45-49	7			<b>00:43:54.25</b>	+00:11:02 (25.2%)	8:46	6.8 (74.7%)
93	<b>ŁAZORKO Antoni</b>	<b>217</b>	EFEKT CZĘSTOCHOWA	M65-69	9			<b>00:44:01.65</b>	+00:11:10 (25.4%)	8:48	6.8 (74.7%)
93	<b>WNEK Ewa</b>	<b>330</b>	KGHM METRACO	K65-69	2			<b>00:44:01.65</b>	+00:11:10 (25.4%)	8:48	6.8 (74.7%)
95	<b>KOLARSKA Nadia</b>	<b>192</b>	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			<b>00:44:01.70</b>	+00:11:10 (25.4%)	8:48	6.8 (74.7%)
96	<b>GAŁKOWSKA Elżbieta</b>	<b>156</b>	KGHM METRACO	K65-69	3			<b>00:44:02.15</b>	+00:11:10 (25.4%)	8:48	6.8 (74.7%)
97	<b>DAROSZEWSKA Krystyna</b>	<b>331</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	2			<b>00:44:02.50</b>	+00:11:11 (25.4%)	8:48	6.8 (74.7%)
98	<b>LEGOCKA - WALCZAK Kinga</b>	<b>210</b>		K45-49	6			<b>00:44:11.35</b>	+00:11:19 (25.6%)	8:50	6.8 (74.7%)
99	<b>PIETRZAK Dorota</b>	<b>342</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	6			<b>00:44:20.55</b>	+00:11:29 (25.9%)	8:52	6.8 (74.7%)
100	<b>CZUBASIEWICZ Monika</b>	<b>142</b>	NORDICUS STRZYBNICA	K50-54	7			<b>00:44:21.65</b>	+00:11:30 (25.9%)	8:52	6.8 (74.7%)
101	<b>SZYBUT Weronika</b>	<b>290</b>	POTĘGA NORDICA	K-Dzieci	1			<b>00:44:22.45</b>	+00:11:30 (26.0%)	8:52	6.8 (74.7%)
102	<b>PLUTO-PRĄDZYŃSKA Anna</b>	<b>254</b>	SERCE NORDICA WŁOCŁAWEK	K30-39	4			<b>00:44:24.45</b>	+00:11:32 (26.0%)	8:52	6.8 (74.7%)
103	<b>MACHOWSKI Jan</b>	<b>219</b>	LEŚNE LUDKI ZARKI LETNISKO	M70-74	4			<b>00:44:26.15</b>	+00:11:34 (26.1%)	8:53	6.8 (74.7%)
104	<b>ŚLUSARCZYK Karolina</b>	<b>298</b>	WESOŁY BORSUK TEAM	K18-29	4			<b>00:44:32.15</b>	+00:11:40 (26.2%)	8:54	6.7 (73.6%)
105	<b>CIESIELSKI Krzysztof</b>	<b>135</b>	FAST WALKER	M- Niepełnosprawni(B)	3			<b>00:44:40.80</b>	+00:11:49 (26.5%)	8:56	6.7 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
106	<b>PRYZSTARZ Anna</b>	<b>264</b>	OBORYGENI	K50-54	8			<b>00:44:41.00</b>	+00:11:49 (26.5%)	8:56	6.7 (73.6%)
107	<b>HASIAK Katarzyna</b>	<b>174</b>		K55-59	2			<b>00:44:42.25</b>	+00:11:50 (26.5%)	8:56	6.7 (73.6%)
108	<b>HANUS Joanna</b>	<b>173</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			<b>00:44:43.20</b>	+00:11:51 (26.5%)	8:56	6.7 (73.6%)
109	<b>CZEREBA Wiesław</b>	<b>139</b>		M45-49	8	1		<b>00:44:46.15</b>	+00:11:54 (26.6%)	8:57	6.7 (73.6%)
110	<b>MAJCHRZAK Tomasz</b>	<b>256</b>	RCKIK WROCŁAW	M18-29	5			<b>00:44:49.50</b>	+00:11:58 (26.7%)	8:57	6.7 (73.6%)
111	<b>RYBAŁTOWSKI Paweł</b>	<b>272</b>	OBORYGENI	M75-79	2			<b>00:44:53.35</b>	+00:12:01 (26.8%)	8:58	6.7 (73.6%)
112	<b>SIWIK Aldona</b>	<b>275</b>	TRZEJ KRÓLOWIE	K45-49	7			<b>00:44:57.20</b>	+00:12:05 (26.9%)	8:59	6.7 (73.6%)
113	<b>DOBROWOLSKI Robert</b>	<b>146</b>	SPORTOWI EMERYCI JELENIA GÓRA	M65-69	10	1		<b>00:45:03.55</b>	+00:12:12 (27.1%)	9:00	6.7 (73.6%)
114	<b>LIPIECKA Ewa</b>	<b>212</b>	OBORYGENI	K-Jun.	4			<b>00:45:04.40</b>	+00:12:12 (27.1%)	9:00	6.7 (73.6%)
115	<b>JABŁOŃSKA Monika</b>	<b>177</b>		K45-49	8			<b>00:45:06.75</b>	+00:12:15 (27.2%)	9:01	6.7 (73.6%)
116	<b>POLAK Marcel</b>	<b>257</b>	OBORYGENI	M-Dzieci	1	1		<b>00:45:07.35</b>	+00:12:15 (27.2%)	9:01	6.6 (72.5%)
117	<b>GROBELNY Tymoteusz</b>	<b>164</b>		M-Jun.	1	1		<b>00:45:08.40</b>	+00:12:16 (27.2%)	9:01	6.6 (72.5%)
118	<b>NOWAK Irena</b>	<b>235</b>	UKS SKOCZEK SKOKI	K55-59	3			<b>00:45:15.00</b>	+00:12:23 (27.4%)	9:03	6.6 (72.5%)
119	<b>SKRZĄTEK Lucyna</b>	<b>277</b>	NORDIC SPORT 2021	K50-54	9			<b>00:45:21.75</b>	+00:12:30 (27.6%)	9:04	6.6 (72.5%)
120	<b>SZCZYPEK Anna</b>	<b>341</b>	CITYFIT	K40-44	6	2		<b>00:45:27.15</b>	+00:12:35 (27.7%)	9:05	6.6 (72.5%)
121	<b>STONCEK Mieczysław</b>	<b>335</b>		M55-59	9			<b>00:45:28.60</b>	+00:12:37 (27.7%)	9:05	6.6 (72.5%)
122	<b>PRZEPIÓRA Agnieszka</b>	<b>262</b>		K45-49	9			<b>00:45:35.40</b>	+00:12:43 (27.9%)	9:07	6.6 (72.5%)
123	<b>CARLSSON Agnieszka</b>	<b>132</b>	NIEZRZESZONA	K- Niepełnosprawni(A)	1			<b>00:45:40.30</b>	+00:12:48 (28.1%)	9:08	6.6 (72.5%)
124	<b>DYBEŁ Agnieszka</b>	<b>150</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	2			<b>00:45:45.90</b>	+00:12:54 (28.2%)	9:09	6.6 (72.5%)
125	<b>KOWALCZYK Joanna</b>	<b>195</b>	LUXTORPEDA MAŁOPOLSKA	K45-49	10			<b>00:45:51.70</b>	+00:13:00 (28.4%)	9:10	6.5 (71.4%)
126	<b>KUCZYŃSKA Anna</b>	<b>204</b>	NORDIC WALKING KIEKRZ POLAND	K60-64	3			<b>00:46:01.85</b>	+00:13:10 (28.6%)	9:12	6.5 (71.4%)
127	<b>PRACKI Zbigniew</b>	<b>261</b>	SERCE NORDICA WŁOCŁAWEK	M55-59	10	1		<b>00:46:24.40</b>	+00:13:32 (29.2%)	9:16	6.5 (71.4%)
128	<b>KRÓL Iwona</b>	<b>200</b>	TRZEJ KRÓLOWIE	K45-49	11			<b>00:46:26.45</b>	+00:13:34 (29.2%)	9:17	6.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	<b>PIETRZYK Anna</b>	<b>246</b>	KLUB OLIMPIJCZYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	K-Niepełnosprawni(A)	3			<b>00:46:30.30</b>	+00:13:38 (29.3%)	9:18	6.5 (71.4%)
130	<b>GIZA Elżbieta</b>	<b>159</b>	NORDICUS STRZYBNICA	K60-64	4			<b>00:46:42.60</b>	+00:13:51 (29.7%)	9:20	6.4 (70.3%)
131	<b>KARPIŃSKI Jerzy</b>	<b>189</b>	WESOŁY BORSUK TEAM	M65-69	11			<b>00:46:47.90</b>	+00:13:56 (29.8%)	9:21	6.4 (70.3%)
132	<b>MORAWIEC Marzena</b>	<b>231</b>	NORDICUS STRZYBNICA	K45-49	12			<b>00:47:08.90</b>	+00:14:17 (30.3%)	9:25	6.4 (70.3%)
133	<b>FATALSKA Monika</b>	<b>153</b>	NORDIC TEAM CZĘSTOCHOWA	K30-39	5			<b>00:47:12.85</b>	+00:14:21 (30.4%)	9:26	6.4 (70.3%)
134	<b>NOWAKOWSKA Sylwia</b>	<b>236</b>		K40-44	7			<b>00:47:13.65</b>	+00:14:22 (30.4%)	9:26	6.4 (70.3%)
135	<b>GRYGOROWICZ Teresa</b>	<b>169</b>	KGHM METRACO	K70-74	1			<b>00:47:22.65</b>	+00:14:31 (30.6%)	9:28	6.3 (69.2%)
136	<b>HASIAK Aleksander</b>	<b>175</b>		M55-59	11	1		<b>00:47:32.25</b>	+00:14:40 (30.9%)	9:30	6.3 (69.2%)
137	<b>SĘDZIK Katarzyna</b>	<b>273</b>	LECYMY DURŚ	K45-49	13			<b>00:47:32.50</b>	+00:14:41 (30.9%)	9:30	6.3 (69.2%)
138	<b>DZIEDZIEWICZ Wadim</b>	<b>329</b>	NW CZLAPSKI TEAM	M-Dzieci	2			<b>00:47:37.65</b>	+00:14:46 (31.0%)	9:31	6.3 (69.2%)
139	<b>THOMALLA Bogdan</b>	<b>300</b>	EKIPA NA KIJACH	M80+	1			<b>00:47:38.30</b>	+00:14:46 (31.0%)	9:31	6.3 (69.2%)
140	<b>GAŁUSZKA Agata</b>	<b>157</b>	OBORYGENI	K-Niepełnosprawni(A)	4			<b>00:47:42.95</b>	+00:14:51 (31.1%)	9:32	6.3 (69.2%)
141	<b>ĆMIKIEWICZ Alicja</b>	<b>143</b>	PREDATORS WAŁBRZYCH	K45-49	14	1		<b>00:47:44.00</b>	+00:14:52 (31.2%)	9:32	6.3 (69.2%)
142	<b>ŚLUSARCZYK Andrzej</b>	<b>295</b>	WESOŁY BORSUK TEAM	M70-74	5			<b>00:47:57.45</b>	+00:15:05 (31.5%)	9:35	6.3 (69.2%)
143	<b>ADAMOWICZ Andrzej</b>	<b>121</b>		M75-79	3			<b>00:48:03.50</b>	+00:15:12 (31.6%)	9:36	6.2 (68.1%)
144	<b>OLSZAŃSKA Jolka</b>	<b>238</b>	FEAR THE RETURN	K45-49	15			<b>00:48:03.65</b>	+00:15:12 (31.6%)	9:36	6.2 (68.1%)
145	<b>REMISZEWSKI Adam</b>	<b>267</b>	UTW OLEŚNICA	M75-79	4			<b>00:48:06.15</b>	+00:15:14 (31.7%)	9:37	6.2 (68.1%)
146	<b>RYAN Monika</b>	<b>271</b>		K18-29	5			<b>00:48:11.00</b>	+00:15:19 (31.8%)	9:38	6.2 (68.1%)
147	<b>LACHNIK Grazyna</b>	<b>209</b>		K50-54	10			<b>00:48:24.60</b>	+00:15:33 (32.1%)	9:40	6.2 (68.1%)
148	<b>KUMASZKA Jan</b>	<b>207</b>	KLUB SPORTOWY NORDIC WALKING BEŁCHATÓW	M55-59	12			<b>00:48:27.55</b>	+00:15:36 (32.2%)	9:41	6.2 (68.1%)
149	<b>WŁODARCZYK Aneta</b>	<b>308</b>		K45-49	16			<b>00:48:27.75</b>	+00:15:36 (32.2%)	9:41	6.2 (68.1%)
150	<b>GALLUS - CZEREBA Joanna</b>	<b>155</b>		K45-49	17			<b>00:48:28.40</b>	+00:15:36 (32.2%)	9:41	6.2 (68.1%)
151	<b>NOGA Boleslaw</b>	<b>233</b>	ZESPÓŁ NIESPOKOJNYCH NÓG	M65-69	12	1		<b>00:48:31.10</b>	+00:15:39 (32.3%)	9:42	6.2 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	<b>GOGOLIN Jerzy</b>	<b>160</b>		M75-79	5	1		<b>00:48:53.05</b>	+00:16:01 (32.8%)	9:46	6.1 (67.0%)
153	<b>PLUTO-PRĄDZYŃSKI Kacper</b>	<b>255</b>	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	3			<b>00:48:53.45</b>	+00:16:01 (32.8%)	9:46	6.1 (67.0%)
154	<b>PLUTO-PRĄDZYŃSKA Klaudia</b>	<b>253</b>	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	2			<b>00:49:08.25</b>	+00:16:16 (33.1%)	9:49	6.1 (67.0%)
155	<b>STACHERA Ewa</b>	<b>280</b>	OBORYGENI	K45-49	18			<b>00:49:12.95</b>	+00:16:21 (33.2%)	9:50	6.1 (67.0%)
156	<b>GAŁUSZKA Zbigniew</b>	<b>158</b>	OBORYGENI	M- Niepełnosprawni(A)	6	2		<b>00:49:16.10</b>	+00:16:24 (33.3%)	9:51	6.1 (67.0%)
157	<b>SZNAJDER Zenon</b>	<b>285</b>		M70-74	6			<b>00:49:16.30</b>	+00:16:24 (33.3%)	9:51	6.1 (67.0%)
158	<b>KULAK Olga</b>	<b>206</b>		K30-39	6			<b>00:49:33.35</b>	+00:16:41 (33.7%)	9:54	6.1 (67.0%)
159	<b>LUBAŃSKI Tomasz</b>	<b>214</b>	SERCE NORDICA WŁOCŁAWEK	M60-64	9			<b>00:49:40.80</b>	+00:16:49 (33.9%)	9:56	6 (65.9%)
160	<b>JAGIEŁŁO Dagmara</b>	<b>179</b>	LUKS CZERMNA	K45-49	19			<b>00:49:45.10</b>	+00:16:53 (34.0%)	9:57	6 (65.9%)
161	<b>LUBAŃSKA Leokadia</b>	<b>213</b>	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(A)	5			<b>00:49:59.15</b>	+00:17:07 (34.3%)	9:59	6 (65.9%)
162	<b>WOLKO Barbara</b>	<b>311</b>	NORDICUS STRZYBNICA	K55-59	4			<b>00:50:05.05</b>	+00:17:13 (34.4%)	10:01	6 (65.9%)
163	<b>SZYMAŃSKA Lucyna</b>	<b>291</b>	XV KOŁO PZERII	K70-74	2			<b>00:50:07.95</b>	+00:17:16 (34.5%)	10:01	6 (65.9%)
164	<b>ŁOPATKA Czesław</b>	<b>332</b>		K65-69	4			<b>00:50:09.10</b>	+00:17:17 (34.5%)	10:01	6 (65.9%)
165	<b>ZIELSKA Justyna</b>	<b>321</b>		K30-39	7			<b>00:50:14.45</b>	+00:17:22 (34.6%)	10:02	6 (65.9%)
166	<b>PRZEPIÓRA Przemysław</b>	<b>263</b>		M45-49	9	1		<b>00:50:17.50</b>	+00:17:26 (34.7%)	10:03	6 (65.9%)
167	<b>SZWED Dorota</b>	<b>288</b>		K- Niepełnosprawni(A)	6			<b>00:50:21.35</b>	+00:17:29 (34.7%)	10:04	6 (65.9%)
168	<b>PAWLACZYK Marian</b>	<b>244</b>		M80+	2			<b>00:50:23.15</b>	+00:17:31 (34.8%)	10:04	6 (65.9%)
169	<b>ZIELIŃSKA Barbara</b>	<b>324</b>	PUKS JEDYNKA	K60-64	5			<b>00:50:25.30</b>	+00:17:33 (34.8%)	10:05	6 (65.9%)
170	<b>PILARZ Zuzanna</b>	<b>247</b>	NORDICUS STRZYBNICA	K40-44	8			<b>00:50:54.05</b>	+00:18:02 (35.4%)	10:10	5.9 (64.8%)
171	<b>DOBROWOLSKA Bożena</b>	<b>145</b>	SPORTOWI EMERYCI JELENIA GÓRA	K70-74	3			<b>00:50:55.65</b>	+00:18:04 (35.5%)	10:11	5.9 (64.8%)
172	<b>JASIK Beata</b>	<b>183</b>	WESOŁY BORSUK TEAM	K40-44	9			<b>00:51:08.20</b>	+00:18:16 (35.7%)	10:13	5.9 (64.8%)
173	<b>PIĄTKOWSKI Józef</b>	<b>245</b>	KGHM METRACO	M75-79	6			<b>00:51:21.30</b>	+00:18:29 (36.0%)	10:16	5.8 (63.7%)
174	<b>JEDYNAK Stanisław</b>	<b>184</b>	ŻBIKI NORDIC WALKING	M75-79	7			<b>00:51:29.50</b>	+00:18:38 (36.2%)	10:17	5.8 (63.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
175	<b>JAGODZIŃSKI Andrzej</b>	<b>180</b>		M60-64	10			<b>00:51:47.70</b>	+00:18:56 (36.6%)	10:21	5.8 (63.7%)
176	<b>ARTYMICZ Maria</b>	<b>325</b>		K65-69	5			<b>00:51:55.90</b>	+00:19:04 (36.7%)	10:23	5.8 (63.7%)
177	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>314</b>	KGHM METRACO	K75-79	1	1		<b>00:51:57.30</b>	+00:19:05 (36.8%)	10:23	5.8 (63.7%)
178	<b>SZNAJDER Teresa</b>	<b>286</b>		K65-69	6			<b>00:52:26.25</b>	+00:19:34 (37.3%)	10:29	5.7 (62.6%)
179	<b>JAGIEŁŁA Danuta</b>	<b>178</b>	NORDICUS STRZYBNICA	K65-69	7			<b>00:52:29.95</b>	+00:19:38 (37.4%)	10:29	5.7 (62.6%)
180	<b>BAJ Monika</b>	<b>123</b>	WESOŁY BORSUK TEAM	K30-39	8			<b>00:52:34.75</b>	+00:19:43 (37.5%)	10:30	5.7 (62.6%)
181	<b>WILK Iwona</b>	<b>304</b>	NORDIC SPORT 2021	K45-49	20			<b>00:53:15.90</b>	+00:20:24 (38.3%)	10:39	5.6 (61.5%)
182	<b>KUCZYŃSKI Włodzimierz</b>	<b>205</b>	NORDIK WALKING KIEKRZ POLAND	M60-64	11			<b>00:53:18.45</b>	+00:20:26 (38.4%)	10:39	5.6 (61.5%)
183	<b>MĘDRAK Alicja</b>	<b>227</b>		K65-69	8			<b>00:53:19.40</b>	+00:20:27 (38.4%)	10:39	5.6 (61.5%)
184	<b>CHARCZUK Zenon</b>	<b>133</b>		M- Niepełnosprawni(A)	7			<b>00:53:21.70</b>	+00:20:30 (38.4%)	10:40	5.6 (61.5%)
185	<b>PILARZ Dominika</b>	<b>249</b>	NORDICUS STRZYBNICA	K-Dzieci	2			<b>00:53:28.40</b>	+00:20:36 (38.6%)	10:41	5.6 (61.5%)
186	<b>SZYBUT Roma</b>	<b>289</b>	POTĘGA NORDICA	K30-39	9			<b>00:53:29.15</b>	+00:20:37 (38.6%)	10:41	5.6 (61.5%)
187	<b>BREGUŁA Ewa</b>	<b>127</b>	NORDICUS STRZYBNICA	K55-59	5			<b>00:53:35.80</b>	+00:20:44 (38.7%)	10:43	5.6 (61.5%)
188	<b>MANSFELD Dorota</b>	<b>222</b>	NORDICUS STRZYBNICA	K50-54	11			<b>00:53:40.25</b>	+00:20:48 (38.8%)	10:44	5.6 (61.5%)
189	<b>MIKOŁAJCZYK Arkadiusz</b>	<b>228</b>	PREDATORS WAŁBRZYCH	M50-54	9			<b>00:53:49.30</b>	+00:20:57 (38.9%)	10:45	5.6 (61.5%)
190	<b>ŚLUSARCZYK Danuta</b>	<b>297</b>	WESOŁY BORSUK TEAM	K70-74	4			<b>00:54:28.30</b>	+00:21:36 (39.7%)	10:53	5.5 (60.4%)
191	<b>JÓŹWIAK Łukasz</b>	<b>186</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	4	1		<b>00:55:19.30</b>	+00:22:27 (40.6%)	11:03	5.4 (59.3%)
192	<b>MĘDRAK Józef</b>	<b>226</b>		M70-74	7			<b>00:55:20.05</b>	+00:22:28 (40.6%)	11:04	5.4 (59.3%)
193	<b>PRACKA Katarzyna</b>	<b>260</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	12			<b>00:55:25.95</b>	+00:22:34 (40.7%)	11:05	5.4 (59.3%)
194	<b>WÓJCIK Henryk</b>	<b>316</b>	UTW OLEŚNICA	M80+	3			<b>00:55:42.90</b>	+00:22:51 (41.0%)	11:08	5.4 (59.3%)
195	<b>WINIARSKI Robert</b>	<b>350</b>		M50-54	10			<b>00:57:24.80</b>	+00:24:33 (42.8%)	11:28	5.2 (57.1%)
196	<b>GOSPODARCZYK Natalia</b>	<b>161</b>	KU AZS ŚLĄSKI UNIWERSYTET MEDYCZNY KATOWICE	K18-29	6			<b>00:57:27.20</b>	+00:24:35 (42.8%)	11:29	5.2 (57.1%)
197	<b>PONIATOWSKA Alina</b>	<b>259</b>	NORDICUS STRZYBNICA	K65-69	9			<b>00:58:47.40</b>	+00:25:55 (44.1%)	11:45	5.1 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
198	<b>BRZozowska Urszula</b>	<b>129</b>	ŻBIKI NORDIC WALKING	K65-69	10			<b>00:58:51.35</b>	+00:25:59 (44.2%)	11:46	5.1 (56.0%)
199	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>242</b>		K70-74	5			<b>00:59:06.70</b>	+00:26:15 (44.4%)	11:49	5.1 (56.0%)
200	<b>JAGODZŃSKA Bożena</b>	<b>181</b>		K60-64	6			<b>01:00:15.00</b>	+00:27:23 (45.5%)	12:03	5 (54.9%)
201	<b>MALINA Teresa</b>	<b>221</b>	NORDICUS STRZYBNICA	K55-59	6			<b>01:02:51.45</b>	+00:29:59 (47.7%)	12:34	4.8 (52.7%)
202	<b>SMOCZYŃSKA-OGŁUDEK Katarzyna</b>	<b>278</b>		K- Niepełnosprawni(A)	7			<b>01:04:52.80</b>	+00:32:01 (49.4%)	12:58	4.6 (50.5%)
203	<b>GRUNER Maria</b>	<b>165</b>	NORDICUS STRZYBNICA	K60-64	7			<b>01:06:09.05</b>	+00:33:17 (50.3%)	13:13	4.5 (49.5%)
204	<b>ZYGMUNT Sylwana</b>	<b>322</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCLAW-	K50-54	13			<b>01:06:51.75</b>	+00:34:00 (50.9%)	13:22	4.5 (49.5%)
205	<b>ŚLUSARCZYK Błażej</b>	<b>296</b>	WESOŁY BORSUK TEAM	M-Dzieci	4			<b>01:06:53.30</b>	+00:34:01 (50.9%)	13:22	4.5 (49.5%)
206	<b>LEMBRYK Rozalia</b>	<b>339</b>	IZERSKA SZKOŁA NORDIC WALKING	K40-44	10			<b>01:07:10.25</b>	+00:34:18 (51.1%)	13:26	4.5 (49.5%)
207	<b>KOWALISZYN Małgorzata</b>	<b>197</b>	BIEGAMDLAZDROWIA.PL	K45-49	21			<b>01:07:10.30</b>	+00:34:18 (51.1%)	13:26	4.5 (49.5%)
208	<b>GRABOWSKA Dominika</b>	<b>163</b>	IZERSKA SZKOŁA NORDIC WALKING	K45-49	22			<b>01:07:10.95</b>	+00:34:19 (51.1%)	13:26	4.5 (49.5%)
209	<b>WÓJCIK Irena</b>	<b>315</b>	UTW OLEŚNICA	K75-79	2			<b>01:09:11.45</b>	+00:36:19 (52.5%)	13:50	4.3 (47.3%)
210	<b>JAKUĆ Krzysztof</b>	<b>182</b>		M- Niepełnosprawni(A)	8			<b>01:23:57.45</b>	+00:51:05 (60.9%)	16:47	3.6 (39.6%)
DQ	<b>SOBKIEWICZ Janusz</b>	<b>279</b>	OBORYGENI	M45-49		1	1	<b>00:38:09.15 DQ</b>		0:00	7.9 (86.8%)
DQ	<b>MATYJASZCZYK Robert</b>	<b>336</b>		M45-49		1	1	<b>00:42:51.95 DQ</b>		0:00	7 (76.9%)

Znaleziono 212 wynik(ów)