



II OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W PÓLMARATONIE

B4SPORT

Wydarzenie: II Otwarte Mistrzostwa Polski Nordic Walking w Półmaratonie
Organizator: Polskie Zrzeszenie Nordic Walking, Urząd Miasta Tarnowskie Góry
Data: 2022-05-29
Miejsce: Tarnowskie Góry / Strzybnica
Dystans: 21.1 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 7.033km | 14.066km | Czas netto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------|-----------|------|-------------|--------------|----------|----------|--------------------|------------------|--------------|-------------|
| 1 | ROSAK Marcin | 85 | KS TRENUJENORDICWALKING.PL | M45-49 | 1 | | | 00:43:14 | 01:26:51 | 02:09:41.75 | | 6:08 | 9.8 (100%) |
| 2 | WOJTOWICZ Tomasz | 112 | LUKI TEAM POLSKA | M18-34 | 1 | 2 | | 00:43:11 | 01:26:48 | 02:10:06.49 | +00:00:24 (0.3%) | 6:09 | 9.7 (99.0%) |
| 3 | MARCZAK Tomasz | 59 | NORDIC TEAM CZĘSTOCHOWA | M18-34 | 2 | | | 00:42:05 | 01:24:54 | 02:10:49.93 | +00:01:08 (0.9%) | 6:11 | 9.7 (99.0%) |
| 4 | WOJCIECHOWSKA Elżbieta | 109 | POLIPACK TEAM GWE | K35-39 | 1 | 1 | | 00:44:16 | 01:27:25 | 02:11:00.11 | +00:01:18 (1.0%) | 6:12 | 9.7 (99.0%) |
| 5 | ROMANOWSKI Daniel | 83 | KATOWICKI NORDIC WALKING | M18-34 | 3 | 2 | | 00:43:13 | 01:27:13 | 02:12:27.27 | +00:02:45 (2.1%) | 6:16 | 9.6 (98.0%) |
| 6 | SKIBA Krzysztof | 90 | KGHM METRACO | M60-64 | 1 | 1 | | 00:43:13 | 01:27:17 | 02:14:35.23 | +00:04:53 (3.6%) | 6:22 | 9.4 (95.9%) |
| 7 | WETOSZKA Piotr | 105 | TKKF KRZNA BIAŁA PODLASKA | M35-39 | 1 | | | 00:45:36 | 01:31:33 | 02:16:52.36 | +00:07:10 (5.2%) | 6:29 | 9.2 (93.9%) |
| 8 | POŁUBIAK Paweł | 76 | | M35-39 | 2 | 1 | | 00:45:30 | 01:31:18 | 02:18:03.49 | +00:08:21 (6.1%) | 6:32 | 9.2 (93.9%) |
| 9 | SOSNOWSKA Agnieszka | 129 | KABEX PODKOWAJANOL | K35-39 | 2 | 1 | | 00:47:25 | 01:33:32 | 02:18:11.36 | +00:08:29 (6.1%) | 6:32 | 9.2 (93.9%) |
| 10 | KUBISZYN Małgorzata | 128 | SPRING HORYNIEC ZDRÓJ | K35-39 | 3 | 1 | | 00:47:25 | 01:33:34 | 02:18:40.17 | +00:08:58 (6.5%) | 6:34 | 9.1 (92.9%) |
| 11 | SŁUPIANEK Paweł | 92 | KATOWICKI NORDIC WALKING | M40-44 | 1 | 1 | | 00:45:36 | 01:32:09 | 02:19:30.31 | +00:09:48 (7.0%) | 6:36 | 9.1 (92.9%) |
| 12 | WILCZEK Krzysztof | 106 | CIDRY LOTAJOM | M45-49 | 2 | 1 | | 00:45:34 | 01:31:39 | 02:19:46.44 | +00:10:04 (7.2%) | 6:37 | 9.1 (92.9%) |
| 13 | ZACZYŃSKA-SKIBA Anna | 115 | KGHM METRACO | K40-44 | 1 | 2 | | 00:47:28 | 01:33:34 | 02:19:51.21 | +00:10:09 (7.3%) | 6:37 | 9.1 (92.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 7.033km | 14.066km | Czas netto | | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|--|-----------|------|----------------|-----------------|----------|----------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | 21.1km | Różn | | |
| 14 | BARCZYK Bogdan | 7 | NORDIC TEAM CZĘSTOCHOWA | M55-59 | 1 | 1 | | 00:46:30 | 01:33:27 | 02:21:56.55 | +00:12:14 (8.6%) | 6:43 | 8.9 (90.8%) |
| 15 | JANOCHA Robert | 68 | MUKS PODKARPACIE JENICZE | M55-59 | 2 | 1 | | 00:48:09 | 01:35:33 | 02:22:53.42 | +00:13:11 (9.2%) | 6:46 | 8.9 (90.8%) |
| 16 | ZYCH Witold | 121 | | M50-54 | 1 | | | 00:48:26 | 01:36:53 | 02:24:37.71 | +00:14:55 (10.3%) | 6:51 | 8.8 (89.8%) |
| 17 | BIBKO Martin | 9 | SPEEDBAR | M45-49 | 3 | | | 00:48:46 | 01:36:12 | 02:24:42.14 | +00:15:00 (10.4%) | 6:51 | 8.7 (88.8%) |
| 18 | FRAĆKOWIAK Roman | 27 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M50-54 | 2 | | | 00:48:25 | 01:36:15 | 02:24:57.19 | +00:15:15 (10.5%) | 6:52 | 8.7 (88.8%) |
| 19 | GRATKA Mirosław | 30 | | M45-49 | 4 | | | 00:48:16 | 01:36:21 | 02:25:06.02 | +00:15:24 (10.6%) | 6:52 | 8.7 (88.8%) |
| 20 | KABATA Jarosław | 39 | NORDIC SPORT 2021 | M50-54 | 3 | | | 00:48:29 | 01:36:50 | 02:26:37.96 | +00:16:56 (11.6%) | 6:56 | 8.6 (87.8%) |
| 21 | MAGIERA Janusz | 56 | FORMA WODZISŁAW ŚLĄSKI | M55-59 | 3 | 1 | | 00:47:10 | 01:35:36 | 02:26:58.82 | +00:17:17 (11.8%) | 6:57 | 8.6 (87.8%) |
| 22 | DEMBOWSKA Zofia | 22 | KATOWICKI NORDIC WALKING | K35-39 | 4 | | | 00:48:32 | 01:38:12 | 02:28:09.27 | +00:18:27 (12.5%) | 7:01 | 8.5 (86.7%) |
| 23 | MĄDRY Grzegorz | 65 | KIJKOWE TRZEMESZNO | M60-64 | 2 | | | 00:48:03 | 01:37:48 | 02:28:49.79 | +00:19:08 (12.9%) | 7:03 | 8.5 (86.7%) |
| 24 | CHYRA Janusz | 15 | NORDIC SPORT 2021 | M45-49 | 5 | | | 00:50:01 | 01:38:24 | 02:29:02.41 | +00:19:20 (13.0%) | 7:03 | 8.5 (86.7%) |
| 25 | KOŁODZIEJ Joanna | 44 | MALINOWEGWIAZDY | K50-54 | 1 | 1 | | 00:48:39 | 01:38:38 | 02:29:09.55 | +00:19:27 (13.0%) | 7:04 | 8.5 (86.7%) |
| 26 | POSTULKA Adam | 78 | | M55-59 | 4 | | | 00:48:38 | 01:38:26 | 02:29:45.46 | +00:20:03 (13.4%) | 7:05 | 8.5 (86.7%) |
| 27 | MAKOWSKI Jan | 57 | | M60-64 | 3 | | | 00:47:38 | 01:37:31 | 02:29:50.66 | +00:20:08 (13.4%) | 7:06 | 8.4 (85.7%) |
| 28 | SITTEK Agnieszka | 89 | | K40-44 | 2 | 1 | | 00:49:32 | 01:39:47 | 02:30:22.39 | +00:20:40 (13.8%) | 7:07 | 8.4 (85.7%) |
| 29 | MISZTAL Grzegorz | 66 | PRUSZYŃSKI SPORT TEAM-MASZYCANKA MASZYCE | M18-34 | 4 | 1 | | 00:49:52 | 01:40:43 | 02:30:31.59 | +00:20:49 (13.8%) | 7:08 | 8.4 (85.7%) |
| 30 | PASIERB Marek | 122 | PTG SOKOŁÓW 1893 MIELEC | M65-69 | 1 | | | 00:49:32 | 01:40:17 | 02:30:53.07 | +00:21:11 (14.0%) | 7:09 | 8.4 (85.7%) |
| 31 | HRYCIUK Waldemar | 34 | TKKF KRZNA BIAŁA PODLASKA | M60-64 | 4 | 2 | | 00:48:52 | 01:39:29 | 02:31:55.01 | +00:22:13 (14.6%) | 7:11 | 8.3 (84.7%) |
| 32 | SZCZUDLIK Małgorzata | 95 | KIJKOWE TRZEMESZNO | K40-44 | 3 | | | 00:49:38 | 01:40:28 | 02:32:06.15 | +00:22:24 (14.7%) | 7:12 | 8.3 (84.7%) |
| 33 | KRAKOWSKI Jerzy | 123 | PTG SOKOŁÓW 1893 MIELEC | M55-59 | 5 | | | 00:49:51 | 01:41:11 | 02:32:59.40 | +00:23:17 (15.2%) | 7:15 | 8.3 (84.7%) |
| 34 | PÁLENÍK Emil | 73 | BK PYXIDA ČIERNE KLAČANY | M50-54 | 4 | 1 | | 00:50:10 | 01:41:11 | 02:33:00.80 | +00:23:19 (15.2%) | 7:15 | 8.3 (84.7%) |
| 35 | OKRZESIK-FRAĆKOWIAK Izabela | 71 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K50-54 | 2 | 1 | | 00:50:18 | 01:41:45 | 02:34:01.26 | +00:24:19 (15.8%) | 7:17 | 8.2 (83.7%) |
| 36 | JAKSINA Dariusz | 124 | NA ROLKACH PRZEZ MAZURY | M50-54 | 5 | 2 | | 00:50:45 | 01:42:13 | 02:35:05.99 | +00:25:24 (16.4%) | 7:20 | 8.2 (83.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 7.033km | 14.066km | Czas netto | | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|------------------------|-----------|------|----------------|-----------------|----------|----------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | 21.1km | Różn | | |
| 37 | GRZYWA Bogdan | 32 | FORMA WODZISŁAW ŚLĄSKI | M55-59 | 6 | | | 00:50:15 | 01:42:52 | 02:35:16.40 | +00:25:34 (16.5%) | 7:21 | 8.2 (83.7%) |
| 38 | MAREK Petr | 60 | NW BRUNTÁL | M55-59 | 7 | | | 00:49:41 | 01:41:38 | 02:35:56.04 | +00:26:14 (16.8%) | 7:23 | 8.1 (82.7%) |
| 39 | JARUGA Beata | 36 | | K45-49 | 1 | | | 00:51:49 | 01:44:03 | 02:35:59.18 | +00:26:17 (16.9%) | 7:23 | 8.1 (82.7%) |
| 40 | ADAMSKI Krzysztof | 3 | BOBRY WALKING | M40-44 | 2 | 1 | | 00:50:16 | 01:42:26 | 02:36:09.45 | +00:26:27 (16.9%) | 7:24 | 8.1 (82.7%) |
| 41 | CIEŚLAR Barbara | 18 | | K40-44 | 4 | | | 00:51:17 | 01:43:35 | 02:36:32.01 | +00:26:50 (17.1%) | 7:25 | 8.1 (82.7%) |
| 42 | FLISEK Blanka | 130 | UNLIMIED SPORT | K35-39 | 5 | | | 00:51:12 | 01:43:42 | 02:37:01.75 | +00:27:19 (17.4%) | 7:26 | 8.1 (82.7%) |
| 43 | KOWALCZYK Tadeusz | 48 | LUXTORPEDA MAŁOPOLSKA | M65-69 | 2 | | | 00:50:43 | 01:43:28 | 02:37:30.98 | +00:27:49 (17.7%) | 7:27 | 8 (81.6%) |
| 44 | SZCZYGIEŁ Adriana | 96 | | K40-44 | 5 | | | 00:52:23 | 01:45:13 | 02:38:00.60 | +00:28:18 (17.9%) | 7:29 | 8 (81.6%) |
| 45 | KOWACZ Agata | 47 | SPEEDBAR | K40-44 | 6 | | | 00:51:41 | 01:45:00 | 02:38:12.77 | +00:28:31 (18.0%) | 7:29 | 8 (81.6%) |
| 46 | WÓJCIK Barbara | 114 | LUKI TEAM POLSKA | K60-64 | 1 | | | 00:51:48 | 01:45:01 | 02:38:34.54 | +00:28:52 (18.2%) | 7:30 | 8 (81.6%) |
| 47 | ZAGAJA Janusz | 116 | WESOŁY BORSUK TEAM | M65-69 | 3 | | | 00:51:25 | 01:44:01 | 02:38:41.07 | +00:28:59 (18.3%) | 7:31 | 8 (81.6%) |
| 48 | GUTOWSKA Magda | 33 | PAUL TEAM | K45-49 | 2 | | | 00:51:45 | 01:44:20 | 02:38:43.05 | +00:29:01 (18.3%) | 7:31 | 8 (81.6%) |
| 49 | KORDULIAK Dušan | 45 | NW PŘEROV | M50-54 | 6 | | | 00:52:12 | 01:44:57 | 02:39:16.52 | +00:29:34 (18.6%) | 7:32 | 7.9 (80.6%) |
| 50 | CZMOCH Marian | 20 | PUKS JEDYNKA | M70-74 | 1 | 1 | | 00:52:27 | 01:45:33 | 02:39:16.88 | +00:29:35 (18.6%) | 7:32 | 7.9 (80.6%) |
| 51 | KUCZERA Tadeusz | 51 | | M65-69 | 4 | 1 | | 00:52:18 | 01:45:11 | 02:39:54.96 | +00:30:13 (18.9%) | 7:34 | 7.9 (80.6%) |
| 52 | KUBALIA Zbigniew | 125 | | M60-64 | 5 | 2 | | 00:51:03 | 01:44:00 | 02:40:50.57 | +00:31:08 (19.4%) | 7:37 | 7.9 (80.6%) |
| 53 | ABEL Karol | 1 | KALISIA NORDIC TEAM | M55-59 | 8 | | | 00:51:46 | 01:46:09 | 02:43:03.72 | +00:33:21 (20.5%) | 7:43 | 7.8 (79.6%) |
| 54 | ŚLUSARCZYK Grażyna | 99 | AZS AWF KRAKÓW MASTERS | K55-59 | 1 | 1 | | 00:53:37 | 01:48:16 | 02:43:15.98 | +00:33:34 (20.6%) | 7:44 | 7.8 (79.6%) |
| 55 | ŚLUSARCZYK Jerzy | 100 | AZS AWF KRAKÓW MASTERS | M60-64 | 6 | | | 00:52:58 | 01:47:36 | 02:43:40.96 | +00:33:59 (20.8%) | 7:45 | 7.7 (78.6%) |
| 56 | JUZOF Iwona | 38 | | K45-49 | 3 | | | 00:53:02 | 01:47:54 | 02:43:52.79 | +00:34:11 (20.9%) | 7:45 | 7.7 (78.6%) |
| 57 | SOMIAK Piotr | 94 | NORDICUS STRZYBNICA | M40-44 | 3 | | | 00:52:47 | 01:47:54 | 02:43:53.89 | +00:34:12 (20.9%) | 7:46 | 7.7 (78.6%) |
| 58 | KNAPCZYK-KANIA Gabriela | 42 | WŁÓCZYKIJKI | K45-49 | 4 | 1 | | 00:53:42 | 01:48:56 | 02:43:55.05 | +00:34:13 (20.9%) | 7:46 | 7.7 (78.6%) |
| 59 | RODZIK Przemysław | 80 | | M18-34 | 5 | 1 | | 00:55:33 | 01:48:57 | 02:44:43.59 | +00:35:01 (21.3%) | 7:48 | 7.7 (78.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 7.033km | 14.066km | Czas netto | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|------------------------------|-----------|------|----------------|-----------------|----------|----------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | 21.1km | Różn | | |
| 60 | BALIŚ Andrzej | 5 | | M18-34 | 6 | 1 | | 00:55:30 | 01:50:10 | 02:44:55.77 | +00:35:14 (21.4%) | 7:48 | 7.7 (78.6%) |
| 61 | CÍCHOVÁ Jana | 16 | SG 3 ZLIN ČR | K50-54 | 3 | 1 | | 00:53:50 | 01:49:26 | 02:45:22.95 | +00:35:41 (21.6%) | 7:50 | 7.7 (78.6%) |
| 62 | ZAWADZKI Zygmunt | 118 | CIDRY LOTAJOM | M65-69 | 5 | | | 00:53:33 | 01:48:13 | 02:45:45.88 | +00:36:04 (21.8%) | 7:51 | 7.6 (77.6%) |
| 63 | GARBUS Agnieszka | 28 | | K45-49 | 5 | | | 00:54:29 | 01:50:43 | 02:48:20.65 | +00:38:38 (23.0%) | 7:58 | 7.5 (76.5%) |
| 64 | MARCHEWKA Andrzej | 58 | | M60-64 | 7 | | | 00:53:36 | 01:50:34 | 02:48:23.74 | +00:38:41 (23.0%) | 7:58 | 7.5 (76.5%) |
| 65 | RZESZUT Marcin | 87 | | M18-34 | 7 | | | 00:55:36 | 01:49:17 | 02:48:29.75 | +00:38:47 (23.0%) | 7:59 | 7.5 (76.5%) |
| 66 | POSTEK Danuta | 77 | MARSZ PO ZDROWIE | K55-59 | 2 | 2 | | 00:54:32 | 01:50:25 | 02:48:35.64 | +00:38:53 (23.1%) | 7:59 | 7.5 (76.5%) |
| 67 | NOVOTNÁ Renata | 70 | | K45-49 | 6 | | | 00:55:22 | 01:52:02 | 02:48:41.83 | +00:39:00 (23.1%) | 7:59 | 7.5 (76.5%) |
| 68 | KUMINIAK Izabela | 52 | ŁÓDZKA SZKOŁA NORDIC WALKING | K55-59 | 3 | | | 00:54:46 | 01:50:44 | 02:49:02.66 | +00:39:20 (23.3%) | 8:00 | 7.5 (76.5%) |
| 69 | RUSINOWICZ Andrzej | 86 | NIEZRZESZONY | M75-79 | 1 | | | 00:54:30 | 01:52:06 | 02:49:26.28 | +00:39:44 (23.5%) | 8:01 | 7.5 (76.5%) |
| 70 | SMAJDOR Leszek | 93 | | M60-64 | 8 | | | 00:53:09 | 01:49:00 | 02:49:46.23 | +00:40:04 (23.6%) | 8:02 | 7.5 (76.5%) |
| 71 | ZDRZĄLEK Alicja | 119 | BRAK | K40-44 | 7 | 1 | | 00:55:56 | 01:52:58 | 02:50:16.91 | +00:40:35 (23.8%) | 8:04 | 7.4 (75.5%) |
| 72 | MARKS Adrian | 61 | LECYMY DURŚ | M50-54 | 7 | | | 00:53:41 | 01:50:57 | 02:50:51.02 | +00:41:09 (24.1%) | 8:05 | 7.4 (75.5%) |
| 73 | TOŁAJ Andrzej | 102 | KATOWICKI NORDIC WALKING | M60-64 | 9 | 1 | | 00:53:27 | 01:50:11 | 02:51:11.68 | +00:41:29 (24.2%) | 8:06 | 7.4 (75.5%) |
| 74 | ŁOPATKA Grzegorz | 54 | | M55-59 | 9 | | | 00:56:27 | 01:53:28 | 02:51:31.36 | +00:41:49 (24.4%) | 8:07 | 7.4 (75.5%) |
| 75 | WOJDAT Kasia | 111 | HARPAGAN SOSNOWIEC | K45-49 | 7 | 1 | | 00:55:47 | 01:53:21 | 02:51:44.38 | +00:42:02 (24.5%) | 8:08 | 7.4 (75.5%) |
| 76 | NIEDŹWIECKA Małgorzata | 67 | NORDIC TEAM CZĘSTOCHOWA | K65-69 | 1 | | | 00:56:37 | 01:53:50 | 02:52:34.10 | +00:42:52 (24.8%) | 8:10 | 7.3 (74.5%) |
| 77 | KOSIUR Monika | 46 | HARPAGAN SOSNOWIEC | K40-44 | 8 | | | 00:56:39 | 01:54:12 | 02:52:34.11 | +00:42:52 (24.8%) | 8:10 | 7.3 (74.5%) |
| 78 | TOMCZYK Edward | 103 | MARSZ PO ZDROWIE | M70-74 | 2 | | | 00:52:55 | 01:52:37 | 02:52:46.34 | +00:43:04 (24.9%) | 8:11 | 7.3 (74.5%) |
| 79 | KASPRZAK Bronisław | 40 | | M70-74 | 3 | | | 00:57:47 | 01:56:25 | 02:54:34.66 | +00:44:52 (25.7%) | 8:16 | 7.3 (74.5%) |
| 80 | ANYŻ Maria | 4 | KIJE W DOBRYCH RĘKACH | K70-74 | 1 | | | 00:56:04 | 01:54:07 | 02:54:34.72 | +00:44:52 (25.7%) | 8:16 | 7.3 (74.5%) |
| 81 | WOJDANOWSKA Małgorzata | 110 | LECYMY DURŚ | K35-39 | 6 | 1 | | 00:57:13 | 01:55:52 | 02:54:46.95 | +00:45:05 (25.8%) | 8:16 | 7.2 (73.5%) |
| 82 | CIEMNOŁOŃSKI Genadiusz | 17 | - | M65-69 | 6 | | | 00:58:19 | 01:56:40 | 02:55:24.29 | +00:45:42 (26.1%) | 8:18 | 7.2 (73.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 7.033km | 14.066km | Czas netto | | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|--------------------------|-----------|------|----------------|-----------------|----------|----------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | 21.1km | Różn | | |
| 83 | MARKS Dorota | 62 | LECYMY DURŚ | K55-59 | 4 | | | 00:56:49 | 01:54:25 | 02:55:35.27 | +00:45:53 (26.1%) | 8:19 | 7.2 (73.5%) |
| 84 | GRATKA Beata | 31 | | K45-49 | 8 | | | 00:58:00 | 01:56:47 | 02:57:37.48 | +00:47:55 (27.0%) | 8:25 | 7.1 (72.4%) |
| 85 | KUSZ Aleksander | 53 | | M50-54 | 8 | 1 | | 00:58:05 | 01:57:59 | 02:58:03.22 | +00:48:21 (27.2%) | 8:26 | 7.1 (72.4%) |
| 86 | CECERSKI Joachim | 12 | | M18-34 | 8 | 1 | | 01:00:00 | 01:59:13 | 02:59:04.74 | +00:49:22 (27.6%) | 8:29 | 7.1 (72.4%) |
| 87 | CZUBASIEWICZ Monika | 21 | NORDICUS STRZYBNICA | K50-54 | 4 | | | 00:59:19 | 01:59:08 | 02:59:10.15 | +00:49:28 (27.6%) | 8:29 | 7.1 (72.4%) |
| 88 | BARCZYK Jolanta | 6 | NORDIC TEAM CZĘSTOCHOWA | K60-64 | 2 | | | 00:58:06 | 01:58:04 | 03:00:49.65 | +00:51:07 (28.3%) | 8:34 | 7 (71.4%) |
| 89 | ZAWADZKA Maria | 117 | KGHM METRACO | K70-74 | 2 | | | 00:59:31 | 01:59:19 | 03:01:06.77 | +00:51:25 (28.4%) | 8:34 | 7 (71.4%) |
| 90 | PALUCH Paweł | 74 | AVOCADO WELLNESS CLUB | M55-59 | 10 | | | 00:55:22 | 01:55:18 | 03:01:14.43 | +00:51:32 (28.4%) | 8:35 | 7 (71.4%) |
| 91 | WOJTYCZKA Alicja | 113 | NORDIC SPORT 2021 | K60-64 | 3 | | | 01:00:50 | 02:02:17 | 03:01:24.16 | +00:51:42 (28.5%) | 8:35 | 7 (71.4%) |
| 92 | BULA Szymon | 10 | | M18-34 | 9 | 1 | | 01:00:50 | 02:01:29 | 03:02:01.19 | +00:52:19 (28.7%) | 8:37 | 7 (71.4%) |
| 93 | NOGALSKA Halina | 69 | NORDICUSSTRZYBNICA | K65-69 | 2 | | | 00:59:44 | 01:59:50 | 03:02:42.18 | +00:53:00 (29.0%) | 8:39 | 6.9 (70.4%) |
| 94 | ROPELEWSKA Edyta | 84 | KATOWICKI NORDIC WALKING | K45-49 | 9 | | | 01:00:14 | 02:01:25 | 03:03:30.16 | +00:53:48 (29.3%) | 8:41 | 6.9 (70.4%) |
| 95 | POŁĄCARZ Adam | 75 | . | M40-44 | 4 | 1 | | 00:56:12 | 01:57:38 | 03:03:50.84 | +00:54:09 (29.5%) | 8:42 | 6.9 (70.4%) |
| 96 | KUCHARSKA Monika | 50 | KATOWICKI NORDIC WALKING | K18-34 | 1 | | | 01:01:23 | 02:02:33 | 03:05:01.21 | +00:55:19 (29.9%) | 8:46 | 6.8 (69.4%) |
| 97 | SKOWROŃSKI Mateusz | 91 | | M18-34 | 10 | 2 | | 01:00:54 | 02:01:33 | 03:05:13.86 | +00:55:32 (30.0%) | 8:46 | 6.8 (69.4%) |
| 98 | CZEMPIK Kornelia | 127 | MALINOWEGWIAZDY | K55-59 | 5 | | | 00:58:06 | 02:00:16 | 03:07:45.14 | +00:58:03 (30.9%) | 8:53 | 6.7 (68.4%) |
| 99 | CHOLEWKA Jolanta | 14 | MARSZ PO ZDROWIE | K65-69 | 3 | | | 00:59:55 | 02:01:58 | 03:08:39.06 | +00:58:57 (31.3%) | 8:56 | 6.7 (68.4%) |
| 100 | ŚLĘZAK Jakub | 97 | | M18-34 | 11 | | | 01:00:01 | 02:03:06 | 03:08:53.56 | +00:59:11 (31.3%) | 8:57 | 6.7 (68.4%) |
| 101 | DRYGALSKA Aleksandra | 25 | KIJE W DOBRYCH RĘKACH | K65-69 | 4 | | | 01:00:47 | 02:04:23 | 03:09:23.50 | +00:59:41 (31.5%) | 8:58 | 6.7 (68.4%) |
| 102 | SIECZKA Anna | 88 | HARPAGAN SOSNOWIEC | K40-44 | 9 | | | 01:00:43 | 02:03:15 | 03:09:24.21 | +00:59:42 (31.5%) | 8:58 | 6.7 (68.4%) |
| 103 | PÁLENÍK Emil | 72 | BK PYXIDA ČIERNE KLAČANY | M75-79 | 2 | | | 00:56:55 | 01:57:40 | 03:10:09.27 | +01:00:27 (31.8%) | 9:00 | 6.7 (68.4%) |
| 104 | MATUSZEWSKA Dorota | 64 | | K45-49 | 10 | | | 01:03:44 | 02:06:55 | 03:10:19.63 | +01:00:37 (31.9%) | 9:01 | 6.7 (68.4%) |
| 105 | ROLBIECKA-MICZKA Magdalena | 81 | | K40-44 | 10 | | | 01:04:14 | 02:07:23 | 03:10:53.24 | +01:01:11 (32.1%) | 9:02 | 6.6 (67.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 7.033km | 14.066km | Czas netto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|-----------------------------|-----------|------|----------------|-----------------|-----------------|----------------|---------------------------------|----------------------|-----------------|----------------|
| 106 | ADAMOWICZ Andrzej | 2 | | M75-79 | 3 | | | 00:59:32 | 02:01:12 | 03:11:32.77 | +01:01:51 (32.3%) | 9:04 | 6.6 (67.3%) |
| 107 | DOMŻALSKI Zbigniew | 24 | ROWERY.RUDA.PL | M60-64 | 10 | | | 01:01:23 | 02:05:32 | 03:16:16.57 | +01:06:34 (33.9%) | 9:18 | 6.5 (66.3%) |
| 108 | ZIELIŃSKI Ryszard | 120 | MASZERUJEMYZNOGAMIWCHMURACH | M65-69 | 7 | | | 00:57:16 | 01:56:30 | 03:17:33.96 | +01:07:52 (34.4%) | 9:21 | 6.4 (65.3%) |
| 109 | CECERSKA Julia | 11 | | K18-34 | 2 | 1 | | 01:06:04 | 02:14:55 | 03:27:16.78 | +01:17:35 (37.4%) | 9:49 | 6.1 (62.2%) |
| 110 | ŚLĘZAK Marta | 98 | | K18-34 | 3 | | | 01:06:08 | 02:15:04 | 03:27:21.58 | +01:17:39 (37.5%) | 9:49 | 6.1 (62.2%) |
| 111 | ŁAPETA Sławomir - Bogdan | 132 | | M55-59 | 11 | 1 | | 01:02:39 | 02:07:39 | 03:27:51.86 | +01:18:10 (37.6%) | 9:51 | 6.1 (62.2%) |
| 112 | MILLER Lucyna | 131 | | K70-74 | 3 | | | 01:04:56 | 02:14:09 | 03:29:06.87 | +01:19:25 (38.0%) | 9:54 | 6.1 (62.2%) |
| DQ | CIMPRICH Petr | 19 | NORDIC WALKING OLOMOUC | M35-39 | | | 1 | 00:48:32 DQ | 01:36:43 DQ | 02:26:05.92 DQ | | 0:00 | 8.7 (88.8%) |
| DQ | BEDNARZ Krzysztof | 8 | | M18-34 | | | 1 | 00:55:34 DQ | 01:48:59 DQ | 02:48:32.85 DQ | | 0:00 | 7.5 (76.5%) |
| DQ | CHOJNA Wojciech | 13 | | M18-34 | | | 1 | DQ | DQ | DQ | | | (0.0%) |
| DQ | JUZIAK Joanna | 37 | | K18-34 | | | 1 | DQ | DQ | DQ | | | (0.0%) |
| | WOJTUNIK Andrzej | 126 | | M65-69 | | | | 01:05:39 DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 117 wynik(ów)