# INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM

B4SPORT

**Wydarzenie:** INWA Nordic Walking World Championships
**Organizator:** Polish Nordic Walking Association (PZNW)
International Nordic Walking Federation (INWA)
**Data:** 2022-09-03
**Miejsce:** SZKLARSKA PORĘBA
**Dystans:** 21,1 km

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## Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Lap 1.8km 1.8km | Lap 5km 5km | 10km | 15km | Czas netto 21.1km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | **MICHALEC Marcin** | **65** | TEAM POLAND | M18-34 | 1 | | | 00:14:01 | 00:38:41 | 01:12:39 | 01:38:27 | **02:21:33.20** | | 6:42 | 8.9 (100%) |
| 2 | **ALVAREZ BORRAS Ramon** | **3** | S.M. CLUB ATLETISMO MARATHON CREVILLENT | M40-44 | 1 | | | 00:14:34 | 00:39:55 | 01:14:07 | 01:39:25 | **02:22:24.25** | +00:00:51 (0.6%) | 6:44 | 8.9 (100%) |
| 3 | **WOJCIECHOWSKA Elżbieta** | **106** | POLIPACK TEAM GWE | K35-39 | 1 | | | 00:14:01 | 00:39:23 | 01:13:46 | 01:47:58 | **02:22:43.40** | +00:01:10 (0.8%) | 6:45 | 8.9 (100%) |
| 4 | **NIEPOKÓJ Radosław** | **89** | TEAM POLAND | M18-34 | 2 | 1 | | 00:14:25 | 00:40:30 | 01:15:29 | 01:41:32 | **02:26:08.75** | +00:04:35 (3.1%) | 6:55 | 8.7 (97.8%) |
| 5 | **ROMANOWSKI Daniel** | **120** | TEAM POLAND | M18-34 | 3 | 1 | | 00:14:17 | 00:40:09 | 01:15:13 | 01:41:29 | **02:26:12.45** | +00:04:39 (3.2%) | 6:55 | 8.7 (97.8%) |
| 6 | **SKIBA Krzysztof** | **85** | TEAM POLAND | M60-64 | 1 | 1 | | 00:14:31 | 00:40:13 | 00:55:37 | 01:41:50 | **02:27:28.25** | +00:05:55 (4.0%) | 6:59 | 8.6 (96.6%) |
| 7 | **ROSAK Marcin** | **50** | TEAM POLAND | M45-49 | 1 | | | 00:14:34 | 00:41:05 | 01:17:37 | 01:44:33 | **02:28:21.10** | +00:06:47 (4.6%) | 7:01 | 8.5 (95.5%) |
| 8 | **WETOSZKA Piotr** | **101** | TKKF KRZNA BIAŁA PODLASKA | M35-39 | 1 | | | 00:14:50 | 00:41:57 | 01:18:51 | 01:46:07 | **02:34:02.00** | +00:12:28 (8.1%) | 7:18 | 8.2 (92.1%) |
| 9 | **CZERSKI Krzysztof** | **14** | TEAM POLAND | M40-44 | 2 | | | 00:15:09 | 00:42:05 | 01:18:59 | 01:46:49 | **02:34:35.35** | +00:13:02 (8.4%) | 7:19 | 8.2 (92.1%) |
| 10 | **POŁUBIAK Paweł** | **74** | | M35-39 | 2 | 1 | | 00:14:55 | 00:42:00 | 01:18:48 | 01:46:12 | **02:34:45.05** | +00:13:11 (8.5%) | 7:20 | 8.2 (92.1%) |
| 11 | **HAŁAS Marcin** | **117** | | M35-39 | 3 | | | 00:14:56 | 00:42:00 | 01:18:50 | 01:46:42 | **02:36:07.55** | +00:14:34 (9.3%) | 7:23 | 8.1 (91.0%) |
| 12 | **GROSSMANN Florian** | **29** | FIT MIT SCHMIDT | M35-39 | 4 | 2 | | 00:14:42 | 00:41:56 | 01:18:58 | 01:47:27 | **02:36:12.45** | +00:14:39 (9.4%) | 7:24 | 8.1 (91.0%) |
| 13 | **WILCZEK Krzysztof** | **103** | CIDRY LOTAJOM | M45-49 | 2 | | | 00:15:56 | 00:43:31 | 01:20:31 | 01:48:11 | **02:36:48.30** | +00:15:15 (9.7%) | 7:25 | 8.1 (91.0%) |
| 14 | **PRZYSTARZ Grzegorz** | **78** | OBORYGENI | M50-54 | 1 | | | 00:15:19 | 00:42:45 | 01:19:45 | 01:47:52 | **02:36:57.85** | +00:15:24 (9.8%) | 7:26 | 8.1 (91.0%) |
| 15 | **FRĄCKOWIAK Krzysztof** | **26** | ŚWIADOMI SIEDLCE | M50-54 | 2 | | | 00:16:06 | 00:44:19 | 01:22:18 | 01:50:33 | **02:40:08.95** | +00:18:35 (11.6%) | 7:35 | 7.9 (88.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Lap 1.8km 1.8km | Lap 5km 5km | 10km | 15km | Czas netto 21.1km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 16 | **KOŁODZIEJ Joanna** | **37** | MALINOWE GWIAZDY | K50-54 | 1 | | | 00:16:37 | 00:45:45 | 01:14:38 | 02:03:07 | **02:43:12.60** | +00:21:39 (13.3%) | 7:44 | 7.8 (87.6%) |
| 17 | **SŁUPIANEK Paweł** | **87** | KATOWICKI NORDIC WALKING | M40-44 | 3 | | | 00:15:17 | 00:42:57 | 01:21:50 | 01:51:48 | **02:43:36.35** | +00:22:03 (13.5%) | 7:45 | 7.7 (86.5%) |
| 18 | **CELIŃSKI Tomasz** | **11** | TUPTUŚ OTWOCK | M50-54 | 3 | | | 00:16:23 | 00:46:01 | 01:25:32 | 02:05:09 | **02:43:43.15** | +00:22:09 (13.5%) | 7:45 | 7.7 (86.5%) |
| 19 | **ZYCH Witold** | **112** | | M50-54 | 4 | | | 00:16:09 | 00:44:20 | 01:22:41 | 01:51:40 | **02:43:43.55** | +00:22:10 (13.5%) | 7:45 | 7.7 (86.5%) |
| 20 | **PARZYBUT Jan** | **70** | POSTĘP PNIEWY TEAM | M55-59 | 1 | 1 | | 00:16:29 | 00:45:36 | 01:24:41 | 02:04:49 | **02:44:55.40** | +00:23:22 (14.2%) | 7:48 | 7.7 (86.5%) |
| 21 | **CZŁAPSKI Krzysztof** | **15** | NW CZŁAPSKI TEAM | M55-59 | 2 | | | 00:16:28 | 00:45:38 | 01:24:32 | 02:04:39 | **02:45:58.55** | +00:24:25 (14.7%) | 7:51 | 7.6 (85.4%) |
| 22 | **MAKOWSKI Jan** | **56** | | M60-64 | 2 | | | 00:15:27 | 00:43:50 | 01:24:05 | 02:05:07 | **02:47:45.70** | +00:26:12 (15.6%) | 7:57 | 7.5 (84.3%) |
| 23 | **MĄDRY Grzegorz** | **61** | KIJKOWE TRZEMESZNO | M60-64 | 3 | | | 00:16:28 | 00:46:07 | 01:25:48 | 02:07:40 | **02:51:24.40** | +00:29:51 (17.4%) | 8:07 | 7.4 (83.1%) |
| 24 | **RACIBORSKA Ewa** | **79** | ESJA TEAM | K40-44 | 1 | | | 00:17:21 | 00:48:01 | 01:18:21 | 02:09:47 | **02:51:41.80** | +00:30:08 (17.6%) | 8:08 | 7.4 (83.1%) |
| 25 | **RAJEK Magdalena** | **80** | TEAM POLAND | K45-49 | 1 | | | 00:17:22 | 00:47:53 | 01:17:57 | 02:09:39 | **02:51:57.60** | +00:30:24 (17.7%) | 8:08 | 7.4 (83.1%) |
| 26 | **ŽUGRIS Aivars** | **111** | | M60-64 | 4 | 1 | | 00:16:33 | 00:46:09 | 01:26:46 | 02:08:47 | **02:53:03.50** | +00:31:30 (18.2%) | 8:12 | 7.3 (82.0%) |
| 27 | **CZMOCH Marian** | **16** | PUKS ŁOSICE | M70+ | 1 | | | 00:17:30 | 00:48:14 | 01:29:13 | 02:10:41 | **02:54:28.60** | +00:32:55 (18.9%) | 8:16 | 7.3 (82.0%) |
| 28 | **MEYER Olaf** | **63** | FSV 1950 GOTHA E.V. | M50-54 | 5 | | | 00:16:46 | 00:47:05 | 01:28:15 | 02:10:43 | **02:54:53.75** | +00:33:20 (19.1%) | 8:17 | 7.2 (80.9%) |
| 29 | **KUBILOVIČA Linda** | **42** | | K55-59 | 1 | | | 00:17:19 | 00:48:06 | 01:19:22 | 02:01:36 | **02:54:54.20** | +00:33:21 (19.1%) | 8:17 | 7.2 (80.9%) |
| 30 | **ZĪBERGS Andris** | **110** | WALK WITH THE WIND | M45-49 | 3 | | | 00:16:29 | 00:46:15 | 01:27:21 | 02:10:40 | **02:55:13.40** | +00:33:40 (19.2%) | 8:18 | 7.2 (80.9%) |
| 31 | **BIERKUS Mirosław** | **8** | BALTIN MIELENKO | M65-69 | 1 | | | 00:18:21 | 00:49:54 | 01:31:34 | 02:12:59 | **02:55:51.95** | +00:34:18 (19.5%) | 8:20 | 7.2 (80.9%) |
| 32 | **JANEKA Dace** | **32** | WALK WITH THE WIND | K45-49 | 2 | | | 00:17:07 | 00:48:06 | 01:19:12 | 02:01:39 | **02:55:54.80** | +00:34:21 (19.5%) | 8:20 | 7.2 (80.9%) |
| 33 | **SITTEK Agnieszka** | **83** | | K40-44 | 2 | | | 00:17:28 | 00:48:19 | 01:19:41 | 02:02:11 | **02:56:16.80** | +00:34:43 (19.7%) | 8:21 | 7.2 (80.9%) |
| 34 | **SZCZUDLIK Małgorzata** | **94** | TEAM POLAND | K40-44 | 3 | | | 00:17:23 | 00:48:16 | 01:18:51 | 02:12:04 | **02:56:34.85** | +00:35:01 (19.8%) | 8:22 | 7.2 (80.9%) |
| 35 | **FLISEK Blanka** | **163** | UNLIMITED SPORT 2.0 | K35-39 | 2 | 1 | | 00:17:22 | 00:48:37 | 01:19:57 | 02:07:10 | **02:58:09.00** | +00:36:35 (20.5%) | 8:26 | 7.1 (79.8%) |
| 36 | **ADAMCZYK Adam** | **2** | PASJA NORDIC WALKING | M70+ | 2 | | | 00:17:38 | 00:48:35 | 01:30:01 | 02:12:28 | **02:58:54.40** | +00:37:21 (20.9%) | 8:28 | 7.1 (79.8%) |
| 37 | **STEPĀNS Dāvis** | **91** | NORDIC FITNESS WALKING | M35-39 | 5 | 2 | | 00:16:23 | 00:46:44 | 01:28:33 | 02:11:57 | **02:59:36.30** | +00:38:03 (21.2%) | 8:30 | 7 (78.7%) |
| 38 | **SMILTNIECE Agnese** | **88** | NŪJO AR VĒJU | K50-54 | 2 | | | 00:18:53 | 00:52:44 | 01:26:18 | 02:11:57 | **02:59:54.30** | +00:38:21 (21.3%) | 8:31 | 7 (78.7%) |
| 39 | **VEIGL Jaroslav** | **311** | TEAM CROATIA | M50-54 | 6 | | | 00:16:08 | 00:46:32 | 01:31:22 | 02:12:49 | **03:01:10.05** | +00:39:36 (21.9%) | 8:35 | 7 (78.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Lap 1.8km 1.8km | Lap 5km 5km | 10km | 15km | Czas netto 21.1km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 40 | **FASOLA Raffaella** | **24** | NORDIC WALKING COMO | K50-54 | 3 | 1 | | 00:19:12 | 00:52:53 | 01:27:09 | 02:13:59 | **03:01:20.70** | +00:39:47 (21.9%) | 8:35 | 7 (78.7%) |
| 41 | **ROMAN Krzysztof** | **82** | KUDOWIANKA RUN | M60-64 | 5 | 1 | | 00:17:29 | 00:48:31 | 01:32:00 | 02:15:04 | **03:01:33.60** | +00:40:00 (22.0%) | 8:36 | 7 (78.7%) |
| 42 | **DEMBOWSKA Zofia** | **17** | KATOWICKI NORDIC WALKING | K35-39 | 3 | 1 | | 00:17:00 | 00:47:55 | 01:31:00 | 02:14:55 | **03:01:41.65** | +00:40:08 (22.1%) | 8:36 | 7 (78.7%) |
| 43 | **LOCMELIS Imants** | **53** | WALK WITH THE WIND | M60-64 | 6 | | | 00:17:18 | 00:48:27 | 01:31:21 | 02:10:33 | **03:01:44.20** | +00:40:11 (22.1%) | 8:36 | 7 (78.7%) |
| 44 | **DYLEWICZ Weronika** | **22** | EKSTREMUM | K18-34 | 1 | | | 00:17:12 | 00:49:50 | 01:21:36 | 02:05:42 | **03:02:27.40** | +00:40:54 (22.4%) | 8:38 | 6.9 (77.5%) |
| 45 | **BEITIKS Andis** | **5** | NŪJO AR VĒJU | M60-64 | 7 | | | 00:17:41 | 00:49:55 | 01:33:20 | 02:18:05 | **03:02:56.20** | +00:41:23 (22.6%) | 8:40 | 6.9 (77.5%) |
| 46 | **KUŁAKOWSKA Halina** | **45** | KATOWICKI NORDIC WALKING | K45-49 | 3 | | | 00:17:39 | 00:48:43 | 01:20:22 | 02:16:24 | **03:03:57.65** | +00:42:24 (23.1%) | 8:43 | 6.9 (77.5%) |
| 47 | **LAPŠANSKÝ Viktor** | **48** | NORDIC WALKING - SARÁ ĽUBOVŇA | M55-59 | 3 | | | 00:17:41 | 00:50:08 | 01:33:41 | 02:18:13 | **03:04:37.95** | +00:43:04 (23.3%) | 8:44 | 6.9 (77.5%) |
| 48 | **TOBOLÍK Jan** | **96** | NORDIC WALKING PŘEROV | M40-44 | 4 | | | 00:17:36 | 00:50:50 | 01:35:10 | 02:21:18 | **03:06:18.45** | +00:44:45 (24.0%) | 8:49 | 6.8 (76.4%) |
| 49 | **CÍCHOVÁ Jana** | **13** | SG.3 ZLÍN CZECH REPUBLIC | K50-54 | 4 | | | 00:18:03 | 00:53:14 | 01:27:48 | 02:16:46 | **03:06:39.90** | +00:45:06 (24.2%) | 8:50 | 6.8 (76.4%) |
| 50 | **WÓJCIK Barbara** | **107** | LUKI TEAM POLSKA | K60-64 | 1 | | | 00:18:00 | 00:50:46 | 01:24:11 | 02:21:03 | **03:06:41.30** | +00:45:08 (24.2%) | 8:50 | 6.8 (76.4%) |
| 51 | **SIWEK Ewa** | **84** | TUPTUŚ OTWOCK | K50-54 | 5 | | | 00:18:23 | 00:50:59 | 01:24:02 | 02:09:57 | **03:06:42.05** | +00:45:08 (24.2%) | 8:50 | 6.8 (76.4%) |
| 52 | **SVIKLE Liene** | **92** | WALK WITH THE WIND | K40-44 | 4 | 1 | | 00:18:21 | 00:52:58 | 01:27:54 | 02:16:20 | **03:06:45.90** | +00:45:12 (24.2%) | 8:51 | 6.8 (76.4%) |
| 53 | **ZAGAJA Janusz** | **109** | WESOŁY BORSUK TEAM | M65-69 | 2 | | | 00:17:52 | 00:49:35 | 01:33:14 | 02:20:01 | **03:07:13.00** | +00:45:39 (24.4%) | 8:52 | 6.8 (76.4%) |
| 54 | **WIEŃSKO Ryszard** | **102** | | M65-69 | 3 | | | 00:18:16 | 00:50:24 | 01:34:12 | 02:20:28 | **03:07:26.85** | +00:45:53 (24.5%) | 8:52 | 6.8 (76.4%) |
| 55 | **ABELTIŅŠ Edgars** | **1** | NORDIC FITNESS WALKING | M40-44 | 5 | 1 | | 00:17:02 | 00:48:12 | 01:31:10 | 02:16:54 | **03:07:44.55** | +00:46:11 (24.6%) | 8:53 | 6.7 (75.3%) |
| 56 | **JARUGA Beata** | **33** | | K45-49 | 4 | | | 00:17:35 | 00:49:13 | 01:21:58 | 02:19:27 | **03:07:51.55** | +00:46:18 (24.6%) | 8:54 | 6.7 (75.3%) |
| 57 | **KIELIN Grzegorz** | **36** | BIKE ATELIER EOBUWIE URBEX MAXIMUS TEAM | M45-49 | 4 | 2 | | 00:19:25 | 00:54:20 | 01:39:39 | 02:24:57 | **03:08:22.15** | +00:46:48 (24.9%) | 8:55 | 6.7 (75.3%) |
| 58 | **SŁOWIŃSKA Alicja** | **86** | ŚWIADOMI SIEDLCE | K50-54 | 6 | | | 00:17:20 | 00:48:53 | 01:21:40 | 02:20:29 | **03:08:48.05** | +00:47:14 (25.0%) | 8:56 | 6.7 (75.3%) |
| 59 | **MANDZIUK Marek** | **57** | TKKF KRZNA BIAŁA PODLASKA | M50-54 | 7 | | | 00:17:59 | 00:51:14 | 01:35:03 | 02:20:34 | **03:10:45.35** | +00:49:12 (25.8%) | 9:02 | 6.6 (74.2%) |
| 60 | **KULESZA Agnieszka** | **44** | SIR-HA SIERADZ | K40-44 | 5 | | | 00:18:34 | 00:52:11 | 01:25:16 | 02:24:06 | **03:13:36.90** | +00:52:03 (26.9%) | 9:10 | 6.5 (73.0%) |
| 61 | **ŚLUSARCZYK Grzegorz** | **556** | WESOŁY BORSUK TEAM | M45-49 | 5 | | | 00:18:22 | 00:51:55 | 01:37:50 | 02:24:59 | **03:14:19.70** | +00:52:46 (27.2%) | 9:12 | 6.5 (73.0%) |
| 62 | **KAWIORSKA-DUDA Maria** | **34** | | K65-69 | 1 | 1 | | 00:19:24 | 00:53:24 | 01:28:22 | 02:27:37 | **03:15:28.70** | +00:53:55 (27.6%) | 9:15 | 6.5 (73.0%) |
| 63 | **WOJTUNIK Andrzej** | **66** | KKB MOSIR KROSNO | M65-69 | 4 | 1 | | 00:18:19 | 00:50:57 | 01:34:51 | 02:22:17 | **03:16:29.40** | +00:54:56 (28.0%) | 9:18 | 6.4 (71.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Lap 1.8km 1.8km | Lap 5km 5km | 10km | 15km | Czas netto 21.1km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 64 | **NIERADKO Stanisław** | **67** | BOG-TUR | M60-64 | 8 | 2 | | 00:18:49 | 00:53:20 | 01:40:06 | 02:27:48 | **03:18:19.60** | +00:56:46 (28.6%) | 9:23 | 6.4 (71.9%) |
| 65 | **BUCZKOWSKA Wiesława** | **9** | WŁÓCZYKILJE GDYNIA | K65-69 | 2 | | | 00:19:23 | 00:54:51 | 01:31:29 | 02:34:08 | **03:18:22.35** | +00:56:49 (28.6%) | 9:24 | 6.4 (71.9%) |
| 66 | **WIŚNIEWSKI Roman** | **104** | | M65-69 | 5 | | | 00:18:46 | 00:52:20 | 01:39:25 | 02:28:45 | **03:19:31.70** | +00:57:58 (29.1%) | 9:27 | 6.3 (70.8%) |
| 67 | **POSTEK Danuta** | **75** | MARSZ PO ZDROWIE | K55-59 | 2 | 1 | | 00:18:35 | 00:52:51 | 01:27:46 | 02:29:33 | **03:19:35.55** | +00:58:02 (29.1%) | 9:27 | 6.3 (70.8%) |
| 68 | **ORŁOWSKA Beata** | **68** | | K50-54 | 7 | 1 | | 00:18:54 | 00:53:00 | 01:28:07 | 02:30:09 | **03:19:40.85** | +00:58:07 (29.1%) | 9:27 | 6.3 (70.8%) |
| 69 | **KRAWIEC Jacek** | **39** | JACK NORDIC TEAM ELBLĄG | M55-59 | 4 | | | 00:17:40 | 00:51:28 | 01:37:34 | 02:27:15 | **03:20:09.55** | +00:58:36 (29.3%) | 9:29 | 6.3 (70.8%) |
| 70 | **BERSZTOLC Agnieszka** | **7** | NOWI SIEDLCE | K55-59 | 3 | 2 | | 00:19:04 | 00:55:23 | 01:31:47 | 02:36:43 | **03:20:29.00** | +00:58:55 (29.4%) | 9:30 | 6.3 (70.8%) |
| 71 | **JAŚLARZ Jarosław** | **119** | | M55-59 | 5 | 1 | | 00:19:15 | 00:53:56 | 01:40:24 | 02:29:01 | **03:20:29.50** | +00:58:56 (29.4%) | 9:30 | 6.3 (70.8%) |
| 72 | **LOČMELE Benita** | **52** | WALK WITH THE WIND | K60-64 | 2 | | | 00:18:15 | 00:52:51 | 01:28:41 | 02:30:25 | **03:21:46.65** | +01:00:13 (29.8%) | 9:33 | 6.3 (70.8%) |
| 73 | **KSOK Miroslaw** | **41** | | M65-69 | 6 | | | 00:18:34 | 00:52:00 | 01:39:29 | 02:29:04 | **03:21:52.40** | +01:00:19 (29.9%) | 9:34 | 6.3 (70.8%) |
| 74 | **PATORKOVA Sabina** | **118** | | K45-49 | 5 | | | 00:19:14 | 00:56:03 | 01:32:56 | 02:36:54 | **03:22:56.05** | +01:01:22 (30.2%) | 9:37 | 6.2 (69.7%) |
| 75 | **WRÓBEL Sandra** | **108** | LECYMY DURŚ | K18-34 | 2 | | | 00:20:44 | 01:00:00 | 01:40:59 | 02:37:06 | **03:24:39.00** | +01:03:05 (30.8%) | 9:41 | 6.2 (69.7%) |
| 76 | **LAPŠANSKÁ Urszula** | **47** | NORDIC WALKING- STARÁ ĽUBOVŇA | K55-59 | 4 | | | 00:20:04 | 00:55:24 | 01:31:38 | 02:36:45 | **03:37:07.80** | +01:15:34 (34.8%) | 10:17 | 5.8 (65.2%) |
| 77 | **TUTIŅINA Olga** | **98** | | K60-64 | 3 | 1 | | 00:19:45 | 00:52:08 | 01:34:40 | 02:42:19 | **03:37:15.05** | +01:15:41 (34.8%) | 10:17 | 5.8 (65.2%) |
| 78 | **WALCZAK Ryszard** | **99** | | M70+ | 3 | | | 00:18:37 | 00:51:39 | 01:35:18 | 02:20:16 | **03:40:04.95** | +01:18:31 (35.7%) | 10:25 | 5.8 (65.2%) |
| 79 | **POŁĄCARZ Adam** | **73** | . | M40-44 | 6 | | | 00:20:03 | 00:55:09 | 01:43:03 | 02:47:12 | **03:41:31.05** | +01:19:57 (36.1%) | 10:29 | 5.7 (64.0%) |
| 80 | **PALICA Joanna** | **69** | EKIPA NA KIJACH | K40-44 | 6 | 1 | | 00:19:50 | 00:57:31 | 01:35:51 | 02:44:26 | **03:46:03.25** | +01:24:30 (37.4%) | 10:42 | 5.6 (62.9%) |
| 81 | **LEMPINSKA Agnieszka** | **49** | | K45-49 | 6 | | | 00:21:54 | 01:02:35 | 01:58:36 | 03:03:24 | **03:49:53.45** | +01:28:20 (38.4%) | 10:53 | 5.5 (61.8%) |
| 82 | **MAJOR Anna** | **55** | | K45-49 | 7 | 2 | | 00:21:55 | 01:03:22 | 02:01:52 | 03:08:54 | **04:11:48.90** | +01:50:15 (43.8%) | 11:56 | 5 (56.2%) |
| 83 | **ANYŻ Maria** | **4** | KIJE W DOBRYCH RĘKACH | K70+ | 1 | 1 | | 00:19:16 | 01:32:07 | 02:36:27 | 03:29:34 | **04:28:33.80** | +02:07:00 (47.3%) | 12:43 | 4.7 (52.8%) |
| DQ | **MEDRANO RUIZ Jon** | **62** | S.M. CLUB ATLETISMO MARATHON CREVILLENT | M40-44 | | | 1 | 00:15:16 DQ | 00:42:03 DQ | 01:18:33 DQ | 01:46:20 DQ | **02:35:30.35 DQ** | | 0:00 | 8.1 (91.0%) |
| DQ | **FEY Thorsten** | **25** | TRISCHMIEDE WERRATAL¸LT HAUNETAL¸SC NEUENSTEIN | M50-54 | | | 1 | 00:16:35 DQ | 00:45:55 DQ | 01:25:36 DQ | 02:05:40 DQ | **02:45:38.15 DQ** | | 0:00 | 7.6 (85.4%) |
| DQ | **DENIESE Buschbeck** | **18** | FIT MIT SCHMIDT | K18-34 | | | 1 | 00:16:46 DQ | 00:47:21 DQ | 01:17:54 DQ | 02:11:40 DQ | **02:55:56.75 DQ** | | 0:00 | 7.2 (80.9%) |
| DQ | **PLEWIŃSKI Rafał** | **72** | NORDIC TEAM CZĘSTOCHOWA | M35-39 | | | 1 | 00:16:53 DQ | 00:48:50 DQ | 01:33:22 DQ | 02:20:47 DQ | **03:12:30.85 DQ** | | 0:00 | 6.6 (74.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Lap 1.8km 1.8km | Lap 5km 5km | 10km | 15km | Czas netto 21.1km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| DQ | **DE WAAL Lohra** | **116** | SOUTHPOLE | K50-54 | | | 1 | 00:20:15<br>DQ | 00:56:49<br>DQ | 01:34:40<br>DQ | 02:39:10<br>DQ | **03:23:27.05**<br>**DQ** | | 0:00 | 6.2<br>(69.7%) |
| DQ | **PALENIK Emil** | **310** | | M70+ | | | 1 | 00:20:46<br>DQ | 00:57:56<br>DQ | 01:49:06<br>DQ | 02:41:23<br>DQ | **03:40:09.10**<br>**DQ** | | 0:00 | 5.8<br>(65.2%) |
| DQ | **DRYGALSKA Aleksandra** | **21** | KIJE W DOBRYCH RĘKACH | K65-69 | | | 1 | 00:21:02<br>DQ | 01:01:34<br>DQ | 01:59:05<br>DQ | 03:01:33<br>DQ | **03:46:33.35**<br>**DQ** | | 0:00 | 5.6<br>(62.9%) |
| DQ | **POSTULKA Adam** | **76** | | M55-59 | | | 1 | 00:16:27<br>DQ | 00:45:40<br>DQ | DQ | DQ | **DQ** | | | (0.0%) |

Znaleziono 91 wynik(ów)