



INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 10 KM

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: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	DZIEDZIEWICZ Andrzej	157	TEAM POLAND	M40-44	1			00:33:00	01:06:23.10		6:38	9 (100%)
2	WOJTOWICZ Tomasz	300	TEAM POLAND	M18-34	1	1		00:34:05	01:07:57.30	+00:01:34 (2.3%)	6:47	8.8 (97.8%)
3	SOSNOWSKA Agnieszka	267	TEAM POLAND	K35-39	1			00:33:22	01:07:57.85	+00:01:34 (2.3%)	6:47	8.8 (97.8%)
4	STILLER Karol	317	TEAM POLAND	M35-39	1			00:34:17	01:09:38.25	+00:03:15 (4.7%)	6:57	8.6 (95.6%)
5	KONIK Jacek	195	BIESZCZADZKI KLUB NORDIC WALKING	M45-49	1			00:34:50	01:10:09.10	+00:03:46 (5.4%)	7:00	8.6 (95.6%)
6	KUBISZYN Małgorzata	206	TEAM POLAND	K35-39	2			00:34:52	01:10:12.85	+00:03:49 (5.5%)	7:01	8.5 (94.4%)
7	ZDANOWICZ Arkadiusz	306	R. D. B. KRYSIUK MIŃSK MAZ.	M40-44	2	1		00:35:19	01:10:37.90	+00:04:14 (6.0%)	7:03	8.5 (94.4%)
8	ZACZYŃSKA-SKIBA Anna	304	TEAM POLAND	K40-44	1			00:35:21	01:11:05.45	+00:04:42 (6.6%)	7:06	8.4 (93.3%)
9	BARCZYK Bogdan	123	NORDIC TEAM CZĘSTOCHOWA	M55-59	1			00:36:12	01:11:20.00	+00:04:56 (6.9%)	7:08	8.4 (93.3%)
10	JUREK Adam	185	KGHM METRACO	M60-64	1			00:35:28	01:11:27.10	+00:05:04 (7.1%)	7:08	8.4 (93.3%)
11	KURZAWIŃSKI Marcin	209	PARTYZANCI KONIN	M40-44	3			00:35:22	01:11:38.80	+00:05:15 (7.3%)	7:09	8.4 (93.3%)
12	WOJTASIŃSKI Daniel	299	NORDIC TEAM CZĘSTOCHOWA	M40-44	4			00:35:21	01:11:59.80	+00:05:36 (7.8%)	7:11	8.3 (92.2%)
13	SOKOŁOWSKI Marek	264	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	M55-59	2			00:36:14	01:12:12.30	+00:05:49 (8.1%)	7:13	8.3 (92.2%)
14	ŚWIDEREK Marcin	283	NW CZŁAPSKI TEAM	M45-49	2			00:35:42	01:12:29.65	+00:06:06 (8.4%)	7:14	8.3 (92.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	KABATA Jarosław	187	TEAM POLAND	M50-54	1			00:35:58	01:12:39.90	+00:06:16 (8.6%)	7:15	8.3 (92.2%)
16	FRAĆKOWIAK Roman	166	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	2			00:36:09	01:12:48.15	+00:06:25 (8.8%)	7:16	8.2 (91.1%)
17	BRZOZOWSKI Piotr	320	AKTYWNI POSTOMINO	M35-39	2			00:35:56	01:12:50.70	+00:06:27 (8.9%)	7:17	8.2 (91.1%)
18	BIELECKA Zuzanna	135	TEAM POLAND	K40-44	2			00:35:54	01:12:54.20	+00:06:31 (8.9%)	7:17	8.2 (91.1%)
19	HELWICH Stefan	172	KS METRACO	M65-69	1			00:36:25	01:12:55.15	+00:06:32 (9.0%)	7:17	8.2 (91.1%)
20	BARTOSIEWICZ Łukasz	126	LUKI TEAM POLSKA	M35-39	3			00:36:14	01:13:04.95	+00:06:41 (9.2%)	7:18	8.2 (91.1%)
21	BIBKO Martin	132	SPEEDBAR	M45-49	3			00:35:46	01:13:11.80	+00:06:48 (9.3%)	7:19	8.2 (91.1%)
22	MIELECKA Agnieszka	226	POLIPACK TEAM GWE	K50-54	1			00:35:56	01:13:23.60	+00:07:00 (9.5%)	7:20	8.2 (91.1%)
23	ŠEMETA Algirdas	257		M60-64	2			00:36:34	01:13:38.20	+00:07:15 (9.8%)	7:21	8.1 (90.0%)
24	MISZTAL Grzegorz	228	MASZYCANKA MASZYCE	M18-34	2	1		00:36:42	01:14:33.95	+00:08:10 (11.0%)	7:27	8 (88.9%)
25	CHOJNACKI Paweł	144	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:36:52	01:14:35.10	+00:08:12 (11.0%)	7:27	8 (88.9%)
26	LABUS Marzena	211	TEAM POLAND	K35-39	3			00:36:54	01:14:42.25	+00:08:19 (11.1%)	7:28	8 (88.9%)
27	JĘDRASIAK Renata	182	TEAM POLAND	K55-59	1			00:37:06	01:14:43.80	+00:08:20 (11.2%)	7:28	8 (88.9%)
28	CHYRA Janusz	145	NORDIC SPORT 2021	M45-49	4			00:37:04	01:15:13.85	+00:08:50 (11.8%)	7:31	8 (88.9%)
29	REZGALIS Kaspars	252	SLĒPES MEKLĒJOT	M35-39	4			00:35:51	01:15:16.55	+00:08:53 (11.8%)	7:31	8 (88.9%)
30	PETRUŠKA Miroslav	309		M55-59	3			00:37:22	01:15:52.55	+00:09:29 (12.5%)	7:35	7.9 (87.8%)
31	JANECZEK Jarosław	178	NORDIC TEAM CZĘSTOCHOWA	M40-44	5			00:37:37	01:15:54.30	+00:09:31 (12.5%)	7:35	7.9 (87.8%)
32	GAJEWSKI Eugeniusz	167	KGHM METRACO	M65-69	2			00:37:26	01:15:58.20	+00:09:35 (12.6%)	7:35	7.9 (87.8%)
33	ŚLUSARCZYK Marcin	282	WESOŁY BORSUK TEAM	M40-44	6	1		00:39:31	01:16:22.65	+00:09:59 (13.1%)	7:38	7.9 (87.8%)
34	BOLGZDA Baiba	137	NŪJO VESELS	K50-54	2	1		00:37:54	01:16:55.25	+00:10:32 (13.7%)	7:41	7.8 (86.7%)
35	KOZŁOWSKI Piotr	200		M50-54	4			00:37:49	01:17:14.75	+00:10:51 (14.1%)	7:43	7.8 (86.7%)
36	BIŃCZYK Dariusz	136	ZABIEGANI CZĘSTOCHOWA	M35-39	5			00:36:33	01:17:43.80	+00:11:20 (14.6%)	7:46	7.7 (85.6%)
37	KULIKOVSKIS Guntis	207	SLĒPES MEKLĒJOT	M35-39	6	1		00:38:25	01:18:00.70	+00:11:37 (14.9%)	7:48	7.7 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
38	LUMPEOVÁ Lenka	219		K55-59	2			00:39:11	01:18:37.00	+00:12:13 (15.6%)	7:51	7.6 (84.4%)
39	HRYCIUK Waldemar	174	TKKF KRZNA BIAŁA PODLASKA	M60-64	3			00:39:02	01:18:56.10	+00:12:33 (15.9%)	7:53	7.6 (84.4%)
40	KOWACZ Agata	198	SPEEDBAR	K40-44	3			00:39:01	01:19:05.80	+00:12:42 (16.1%)	7:54	7.6 (84.4%)
41	KOŃCZEWSKA Bożena	197	BIESCZADZKI KLUB NORDIK WALKING	K60-64	1			00:39:05	01:19:11.00	+00:12:47 (16.2%)	7:55	7.6 (84.4%)
42	CIPIN Frank	148	SV OLYMPIA NEUSTADT	M55-59	4	1		00:39:04	01:19:15.60	+00:12:52 (16.2%)	7:55	7.6 (84.4%)
43	ABRAMOWICZ Małgorzata	121	EKSPEDYCJA NORDIC TEAM SZCZECIN	K35-39	4			00:39:16	01:19:27.80	+00:13:04 (16.5%)	7:56	7.6 (84.4%)
44	TKOCZ Adam	287	EKIPA NA KIJACH	M55-59	5			00:38:55	01:19:42.60	+00:13:19 (16.7%)	7:58	7.5 (83.3%)
45	PETR Marek	318	TEAM CZECH REPUBLIC	M55-59	6			00:37:57	01:19:47.15	+00:13:24 (16.8%)	7:58	7.5 (83.3%)
46	GOŁĘBIEWSKI Edward	168	MARSZ PO ZDROWIE	M70+	1	1		00:39:45	01:20:04.60	+00:13:41 (17.1%)	8:00	7.5 (83.3%)
47	FRANCZAK Małgorzata	164	NW CZŁAPSKI TEAM	K18-34	1			00:39:57	01:20:20.10	+00:13:57 (17.4%)	8:02	7.5 (83.3%)
48	WNEK Sławek	298	GRANIT STRZELIN	M50-54	5			00:40:20	01:21:08.45	+00:14:45 (18.2%)	8:06	7.4 (82.2%)
49	KROMSKI Paweł	202	NORDIC WALKING KIEKRZ POLAND	M55-59	7			00:40:02	01:21:25.40	+00:15:02 (18.5%)	8:08	7.4 (82.2%)
50	SZEWCZYK Grzegorz	274		M55-59	8	2		00:40:44	01:21:40.30	+00:15:17 (18.7%)	8:10	7.3 (81.1%)
51	EPNERE Iveta	158	NŮJO VESELS	K50-54	3			00:40:45	01:21:45.90	+00:15:22 (18.8%)	8:10	7.3 (81.1%)
52	BARTCZAK Mirosław	125	NORDIC TEAM CZĘSTOCHOWA	M60-64	4			00:40:25	01:21:46.55	+00:15:23 (18.8%)	8:10	7.3 (81.1%)
53	KWIATKOWSKA Stanisława	181		K55-59	3			00:40:33	01:21:48.55	+00:15:25 (18.9%)	8:10	7.3 (81.1%)
54	KUBIAK Andrzej	204		M70+	2			00:40:01	01:21:54.00	+00:15:30 (18.9%)	8:11	7.3 (81.1%)
55	VANCOVIČA Lelde	294	NŮJO VESELS	K55-59	4			00:39:45	01:22:02.85	+00:15:39 (19.1%)	8:12	7.3 (81.1%)
56	ŁOJEK Norbert	221		M35-39	7			00:40:59	01:22:07.60	+00:15:44 (19.2%)	8:12	7.3 (81.1%)
57	PUŠŅAKOVŠ Feoktists	246	WALK WITH THE WIND	M70+	3			00:37:37	01:22:12.20	+00:15:49 (19.2%)	8:13	7.3 (81.1%)
58	WRÓŃSKI Włodzimierz	303	PASJA NORDIC WALKING	M70+	4			00:40:35	01:22:25.20	+00:16:02 (19.5%)	8:14	7.3 (81.1%)
59	BERESZKO Waldemar	129	TKKF SATURN CZELADŹ	M70+	5			00:41:17	01:22:38.45	+00:16:15 (19.7%)	8:15	7.3 (81.1%)
60	ŚLUSARCZYK Andrzej	280	WESOŁY BORSUK TEAM	M70+	6			00:40:52	01:22:41.80	+00:16:18 (19.7%)	8:16	7.3 (81.1%)

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61	SMAJDOR Leszek	261		M60-64	5			00:40:21	01:22:42.15	+00:16:19 (19.7%)	8:16	7.3 (81.1%)
62	ŚWIERCZ Ewa	284		K45-49	1			00:40:38	01:22:55.30	+00:16:32 (19.9%)	8:17	7.2 (80.0%)
63	VANCOVIČS Atis	295	NŪJO VESELS	M50-54	6			00:40:30	01:23:24.35	+00:17:01 (20.4%)	8:20	7.2 (80.0%)
64	ZAWADZKI Zygmunt	305	CIDRY LOTAJOM	M65-69	3			00:40:44	01:23:33.30	+00:17:10 (20.5%)	8:21	7.2 (80.0%)
65	LOSKA Romuald	218		M65-69	4			00:41:23	01:23:35.10	+00:17:12 (20.6%)	8:21	7.2 (80.0%)
66	ŚLUSARCZYK Grażyna	279	AZS AWF KRAKOW MASTERS	K55-59	5			00:41:35	01:23:39.40	+00:17:16 (20.6%)	8:21	7.2 (80.0%)
67	PALUDKIEWICZ Piotr	237	NORDIC TEAM CZĘSTOCHOWA	M50-54	7			00:40:56	01:23:56.85	+00:17:33 (20.9%)	8:23	7.1 (78.9%)
68	DUCH-MACKANIEC Danuta	156	AMATORKA	K60-64	2	1		00:42:39	01:24:39.35	+00:18:16 (21.6%)	8:27	7.1 (78.9%)
69	FRANCZAK Dariusz	165	NW CZŁAPSKI TEAM	M55-59	9			00:42:11	01:24:46.20	+00:18:23 (21.7%)	8:28	7.1 (78.9%)
70	SZCZĘŚNIAK Zbigniew	272	NORDIC TEAM CZĘSTOCHOWA	M60-64	6			00:41:27	01:24:48.85	+00:18:25 (21.7%)	8:28	7.1 (78.9%)
71	RĘKOŚ Anna	253	ŻURAWINIEC TRENUJE	K40-44	4	1		00:41:34	01:24:53.95	+00:18:30 (21.8%)	8:29	7.1 (78.9%)
72	JUZOF Iwona	186		K45-49	2			00:41:34	01:24:58.35	+00:18:35 (21.9%)	8:29	7.1 (78.9%)
73	WALCZAK Grzegorz	297	ARIDA SILVA ATHLETICA	M45-49	5	1		00:42:05	01:25:08.65	+00:18:45 (22.0%)	8:30	7 (77.8%)
74	CZAJKA Urszula	149		K65-69	1			00:42:11	01:25:55.55	+00:19:32 (22.7%)	8:35	7 (77.8%)
75	KONIK Aleksandra	196	BIESZCZADZKI KLUB NORDIC WALKING	K45-49	3			00:42:58	01:26:07.60	+00:19:44 (22.9%)	8:36	7 (77.8%)
76	STEPIEN Krzysztof	269	ŻURAWINIEC TRENUJE	M50-54	8	1		00:42:29	01:26:09.25	+00:19:46 (22.9%)	8:36	7 (77.8%)
77	BARTOSIEWICZ Włodzimierz	127	LUKI TEAM POLSKA	M65-69	5			00:42:21	01:26:15.50	+00:19:52 (23.0%)	8:37	7 (77.8%)
78	PRZYBYLSKA Kinga	245	NORDIC WALKING KIEKRZ POLAND	K55-59	6			00:42:46	01:26:27.55	+00:20:04 (23.2%)	8:38	6.9 (76.7%)
79	KURZAWSKA Jolanta	210	KGHM METRACO	K70+	1			00:41:59	01:26:31.35	+00:20:08 (23.3%)	8:39	6.9 (76.7%)
80	MIŚKOWICZ Anna	229		K60-64	3			00:43:10	01:26:40.30	+00:20:17 (23.4%)	8:40	6.9 (76.7%)
81	EWERTOWSKA Ewa	160	NORDIC WALKING KIEKRZ POLAND	K50-54	4			00:42:45	01:26:50.55	+00:20:27 (23.6%)	8:41	6.9 (76.7%)
82	TOMCZYK Edward	288	MARSZ PO ZDROWIE	M70+	7			00:41:03	01:26:52.60	+00:20:29 (23.6%)	8:41	6.9 (76.7%)
83	ŚLUSARCZYK Jerzy	278	AZS AWF KRAKÓW MASTERS	M60-64	7			00:43:22	01:26:54.95	+00:20:31 (23.6%)	8:41	6.9 (76.7%)

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									10km	Różn		
84	GRAVA Zane	169		K45-49	4	1		00:42:12	01:26:59.35	+00:20:36 (23.7%)	8:41	6.9 (76.7%)
85	VALDMANE Katrīna	293	NŪJO UN ESI VESELS	K45-49	5	1		00:42:37	01:27:24.50	+00:21:01 (24.1%)	8:44	6.9 (76.7%)
86	WOŁK Beata	301	FABRYKA NORDICA TRZCIANKA	K45-49	6			00:42:43	01:27:29.55	+00:21:06 (24.1%)	8:44	6.9 (76.7%)
87	TKALCIC Daria	285	TEAM CROATIA	K18-34	2	1		00:43:38	01:28:19.85	+00:21:56 (24.8%)	8:49	6.8 (75.6%)
88	TRAUTMANN Piotr	291		M55-59	10	1		00:43:09	01:28:28.65	+00:22:05 (25.0%)	8:50	6.8 (75.6%)
89	KOLON Mariusz	194	EKIPA NA KIJACH	M45-49	6			00:43:55	01:28:38.90	+00:22:15 (25.1%)	8:51	6.8 (75.6%)
90	JESIONKA Adam	180		M50-54	9	1		00:43:32	01:28:48.15	+00:22:25 (25.2%)	8:52	6.8 (75.6%)
91	REBOKA Inga	251	BABĪTES SPORTA CENTRS	K60-64	4			00:42:59	01:28:48.55	+00:22:25 (25.2%)	8:52	6.8 (75.6%)
92	JUKĀMS Ēriks	183		M65-69	6	2		00:42:21	01:29:07.65	+00:22:44 (25.5%)	8:54	6.7 (74.4%)
93	SOROKA-MITUŁA Grażyna	266		K45-49	7			00:43:29	01:29:12.30	+00:22:49 (25.6%)	8:55	6.7 (74.4%)
94	ŚLUSARCZYK Karolina	281	WESOŁY BORSUK TEAM	K18-34	3			00:43:54	01:29:12.90	+00:22:49 (25.6%)	8:55	6.7 (74.4%)
95	NITECKA Poļina	233	BABĪTES SPORTA CENTRS	K18-34	4			00:43:43	01:29:14.35	+00:22:51 (25.6%)	8:55	6.7 (74.4%)
96	MAKUCH Joanna	224	FABRYKA NORDICA TRZCIANKA	K40-44	5			00:43:53	01:29:16.60	+00:22:53 (25.6%)	8:55	6.7 (74.4%)
97	DREWNOWSKA Barbara	155	ZASAPANI HYDRO TRZCIANKA	K50-54	5			00:44:19	01:29:17.55	+00:22:54 (25.7%)	8:55	6.7 (74.4%)
98	BUCZKO Agnieszka	142		K45-49	8			00:43:57	01:29:33.80	+00:23:10 (25.9%)	8:57	6.7 (74.4%)
99	BOROVINA Mladen	139	TEAM CROATIA	M18-34	3	1		00:45:00	01:29:40.50	+00:23:17 (26.0%)	8:58	6.7 (74.4%)
100	LEGOCKA - WALCZAK Kinga	212	ARIDA SILVA ATHLETICA	K45-49	9			00:44:30	01:30:00.95	+00:23:37 (26.3%)	9:00	6.7 (74.4%)
101	NIEDŹWIECKA Małgorzata	232	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			00:44:28	01:30:12.35	+00:23:49 (26.4%)	9:01	6.7 (74.4%)
102	JESIONKA Katarzyna	179		K50-54	6			00:44:22	01:30:20.35	+00:23:57 (26.5%)	9:02	6.6 (73.3%)
103	LIEPIŅA Sanita	213		K45-49	10			00:44:06	01:30:21.60	+00:23:58 (26.5%)	9:02	6.6 (73.3%)
104	ROGOWSKA Marta	254	NORDIC WALKING KIEKRZ POLAND	K50-54	7			00:44:36	01:30:23.15	+00:24:00 (26.6%)	9:02	6.6 (73.3%)
105	FILA-ROŅE Renāte	161	SLĒPES MEKLĒJOT	K50-54	8			00:44:45	01:30:28.40	+00:24:05 (26.6%)	9:02	6.6 (73.3%)
106	KUBIAK Maria	203		K70+	2	1		00:45:10	01:30:49.80	+00:24:26 (26.9%)	9:04	6.6 (73.3%)

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107	MONTVIDA Nadežda	230	WALKING LATVIANS	K55-59	7			00:44:30	01:30:52.15	+00:24:29 (26.9%)	9:05	6.6 (73.3%)
108	BARCZYK Jolanta	124	NORDIC TEAM CZĘSTOCHOWA	K60-64	5			00:45:47	01:31:03.35	+00:24:40 (27.1%)	9:06	6.6 (73.3%)
109	BALTRAŠJUNA Ligita	122	NŪJO UN ESI VESELS	K40-44	6	1		00:45:45	01:31:29.35	+00:25:06 (27.4%)	9:08	6.6 (73.3%)
110	PYTLOWANA Aleksandra	249	NORDIC WALKING Z PASJĄ LEGNICA	K40-44	7			00:45:50	01:31:47.25	+00:25:24 (27.7%)	9:10	6.5 (72.2%)
111	POLAŃSKA Agnieszka	243	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	8			00:46:01	01:32:41.25	+00:26:18 (28.4%)	9:16	6.5 (72.2%)
112	GWAREK Anita	171	PASJA NORDIC WALKING	K50-54	9			00:44:48	01:32:42.10	+00:26:19 (28.4%)	9:16	6.5 (72.2%)
113	KRAAV Triin	201		K40-44	9			00:45:08	01:32:46.05	+00:26:22 (28.4%)	9:16	6.5 (72.2%)
114	DĄBROWA Wojciech	150	CHODZ Z NAMI	M55-59	11	1		00:47:28	01:32:47.25	+00:26:24 (28.5%)	9:16	6.5 (72.2%)
115	DETKOVA Galina	152		K65-69	3	1		00:44:58	01:32:53.35	+00:26:30 (28.5%)	9:17	6.5 (72.2%)
116	CIEPLINSKI Jan	147	BYTOMSKI UNIWERSYTET TRZECIEGO WIEKU	M70+	8	1		00:43:57	01:32:57.05	+00:26:33 (28.6%)	9:17	6.5 (72.2%)
117	RAKOWSKA Edyta	250		K50-54	10			00:45:35	01:33:11.20	+00:26:48 (28.8%)	9:19	6.4 (71.1%)
118	SERÓWKA Lidia	258	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K50-54	11			00:45:27	01:33:15.80	+00:26:52 (28.8%)	9:19	6.4 (71.1%)
119	BIELAWSKI Zdzisław	134	AKADEMIA MARSZU NORDIC WALKING	M70+	9			00:45:19	01:33:32.55	+00:27:09 (29.0%)	9:21	6.4 (71.1%)
120	PUZICHOWSKA Małgorzata	247		K60-64	6			00:45:41	01:33:42.75	+00:27:19 (29.2%)	9:22	6.4 (71.1%)
121	MAJEVSKA Vija	223		K70+	3			00:46:16	01:33:59.25	+00:27:36 (29.4%)	9:23	6.4 (71.1%)
122	VENSKY Lukas	238	NW PREROV	M40-44	7	1		00:47:02	01:34:05.25	+00:27:42 (29.4%)	9:24	6.4 (71.1%)
123	TRACZYŃSKA Magdalena	289	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	10			00:46:31	01:34:36.05	+00:28:12 (29.8%)	9:27	6.3 (70.0%)
124	KĘDZIA Mariola	190	NORDIC WALKING KIEKRZ POLAND	K65-69	4			00:47:07	01:35:08.40	+00:28:45 (30.2%)	9:30	6.3 (70.0%)
125	BEREZOWSKA Beata	130		K50-54	12			00:46:14	01:35:21.00	+00:28:57 (30.4%)	9:32	6.3 (70.0%)
126	CHMIELEWSKI Tomasz	143		M50-54	10			00:47:45	01:35:44.05	+00:29:20 (30.7%)	9:34	6.3 (70.0%)
127	DĄBROWA Dorota	151	CHODZ Z NAMI	K50-54	13			00:46:25	01:35:51.85	+00:29:28 (30.8%)	9:35	6.3 (70.0%)
128	ZAWADZKA Maria	302	KS METRACO	K70+	4			00:46:37	01:36:28.25	+00:30:05 (31.2%)	9:38	6.2 (68.9%)
129	PLICHCIŃSKA Małgorzata	241	EKONOMIK	K45-49	11			00:47:26	01:36:39.85	+00:30:16 (31.3%)	9:39	6.2 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
130	LISZKA Ilona	217		K45-49	12			00:47:26	01:36:59.35	+00:30:36 (31.6%)	9:41	6.2 (68.9%)
131	LIPSKA Liga	215	NŪJO UN ESI VESELS	K35-39	5			00:48:16	01:37:00.05	+00:30:36 (31.6%)	9:42	6.2 (68.9%)
132	SZAREJKO Grażyna	271	NORDIC WALKING KIEKRZ POLAND	K55-59	8			00:48:05	01:37:17.85	+00:30:54 (31.8%)	9:43	6.2 (68.9%)
133	VISOCKA Liene	296		K35-39	6			00:47:30	01:37:29.15	+00:31:06 (31.9%)	9:44	6.2 (68.9%)
134	CICHOCKA Renata	146	AVOCADO WELLNESS CLUB WARSZAWA	K50-54	14			00:46:48	01:37:53.60	+00:31:30 (32.2%)	9:47	6.1 (67.8%)
135	BIEDRA Krystyna	133	KIJE W DOBRYCH RĘKACH	K70+	5			00:48:28	01:38:19.05	+00:31:55 (32.5%)	9:49	6.1 (67.8%)
136	PYKA Aneta	248	EKIPA NA KIJACH	K45-49	13			00:48:55	01:38:44.35	+00:32:21 (32.8%)	9:52	6.1 (67.8%)
137	LUTEK Karolina	220		K45-49	14	2		00:46:26	01:38:47.75	+00:32:24 (32.8%)	9:52	6.1 (67.8%)
138	ŚPIEWAKOWSKI Arkadiusz	95	NORDIC WALKING KIEK 22 POLAND	M55-59	12			00:47:35	01:38:49.25	+00:32:26 (32.8%)	9:52	6.1 (67.8%)
139	MOSOŃ Marek	231	DWAMARKI	M65-69	7			00:48:34	01:39:44.85	+00:33:21 (33.4%)	9:58	6 (66.7%)
140	KIEŁBIK Marek	192	DWAMARKI	M65-69	8			00:48:34	01:39:45.15	+00:33:22 (33.5%)	9:58	6 (66.7%)
141	RZEPECKI Wiesław	256	BYTOMSKI UNIWERSYTET TRZECIEGO WIEKU	M65-69	9			00:50:10	01:40:24.25	+00:34:01 (33.9%)	10:02	6 (66.7%)
142	TKOCZ Alicja	286	EKIPA NA KIJACH	K55-59	9			00:49:07	01:41:01.70	+00:34:38 (34.3%)	10:06	5.9 (65.6%)
143	LINDEL Bożena	214	EKIPA NA KIJACH	K55-59	10			00:50:03	01:41:04.85	+00:34:41 (34.3%)	10:06	5.9 (65.6%)
144	SZYSLER Krystian	276	EKIPA NA KIJACH	M60-64	8			00:50:31	01:41:38.50	+00:35:15 (34.7%)	10:09	5.9 (65.6%)
145	FIJAŁKOWSKI Adam	319		Mężczyźni	1			00:50:29	01:42:28.90	+00:36:05 (35.2%)	10:14	5.9 (65.6%)
146	TYLKA Edyta	292		K18-34	5			00:49:45	01:43:55.85	+00:37:32 (36.1%)	10:23	5.8 (64.4%)
147	FILIPIAK Julita	162		K35-39	7	1		00:51:48	01:44:28.85	+00:38:05 (36.5%)	10:26	5.7 (63.3%)
148	KULIŃSKA Dorota	208	KIJE W DOBRYCH RĘKACH	K60-64	7			00:51:27	01:44:31.15	+00:38:08 (36.5%)	10:27	5.7 (63.3%)
149	HADACZEK Karolina	30	NORDIC WALKING KIEKRZ	K50-54	15			00:54:01	01:44:49.25	+00:38:26 (36.7%)	10:28	5.7 (63.3%)
150	ŚLUSARCZYK Kamila	277		K40-44	11			00:49:49	01:44:53.30	+00:38:30 (36.7%)	10:29	5.7 (63.3%)
151	SZYSLER Renata	275	EKIPA NA KIJACH	K60-64	8			00:51:32	01:46:12.20	+00:39:49 (37.5%)	10:37	5.6 (62.2%)
152	PARUCH Julita	239	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K18-34	6			00:55:24	01:46:48.65	+00:40:25 (37.8%)	10:40	5.6 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
153	CHOLEWKA Jolanta	12	MARSZ PO ZDROWIE	K65-69	5			00:51:55	01:46:49.05	+00:40:25 (37.9%)	10:40	5.6 (62.2%)
154	ŁUCZAJ Beata	222		K50-54	16			00:51:50	01:47:15.80	+00:40:52 (38.1%)	10:43	5.6 (62.2%)
155	STIPAN Katarina	270	TEAM CROATIA	K40-44	12			00:53:08	01:47:50.10	+00:41:27 (38.4%)	10:47	5.6 (62.2%)
156	NOWAKOWSKA Agnieszka	234		K50-54	17			00:53:08	01:48:11.35	+00:41:48 (38.6%)	10:49	5.5 (61.1%)
157	KUŚTELEGA Jadrenka	176	TEAM CROATIA	K60-64	9			00:52:19	01:50:34.75	+00:44:11 (40.0%)	11:03	5.4 (60.0%)
158	MICHALCZYK Aleksandra	225		K35-39	8	1		00:53:55	01:51:16.25	+00:44:53 (40.3%)	11:07	5.4 (60.0%)
159	LACASTA Gamir	193	CLUB DESCUBRE	M70+	10			00:53:58	01:53:14.25	+00:46:51 (41.4%)	11:19	5.3 (58.9%)
160	KARSKA-GALICKA Katarzyna	189		K45-49	15	2		00:56:43	01:55:51.15	+00:49:28 (42.7%)	11:35	5.2 (57.8%)
161	SOKOŁOWSKA Agata	263		K55-59	11			00:57:01	01:57:23.75	+00:51:00 (43.5%)	11:44	5.1 (56.7%)
162	IWANKIEWICZ Teresa	177	AKADEMIA MARSZU NORDIC WALKING	K65-69	6	1		00:56:25	01:57:45.65	+00:51:22 (43.6%)	11:46	5.1 (56.7%)
163	DRĄGIEWICZ Katarzyna	154	NORDIC WALKING Z PASJĄ	K45-49	16			00:58:59	02:06:29.30	+01:00:06 (47.5%)	12:38	4.7 (52.2%)
164	STACHURA Jadwiga	268		K60-64	10			01:00:52	02:09:14.90	+01:02:51 (48.6%)	12:55	4.6 (51.1%)
DQ	GRZĄDZIEL Kazimierz	170	ZKN 'SOKÓŁ' ZAGÓRZ	M55-59			1	00:36:14 DQ	01:12:35.55 DQ		0:00	8.3 (92.2%)
DQ	SIWAK Piotr	260	KGHM METRACO	M60-64			1	00:36:37 DQ	01:13:47.60 DQ		0:00	8.1 (90.0%)
DQ	LISOVS Aleksandrs	216		M60-64			1	00:37:52 DQ	01:17:20.85 DQ		0:00	7.8 (86.7%)
DQ	ROKĪS Kaspars	255	SLĒPES MEKLĒJOT	M40-44			1	00:40:09 DQ	01:21:46.55 DQ		0:00	7.3 (81.1%)
DQ	ILICIĆ Goran	175	TEAM CROATIA	M50-54			1	00:39:32 DQ	01:23:34.60 DQ		0:00	7.2 (80.0%)
DQ	HORVAT Mirela Matak	173	TEAM CROATIA	K50-54			1	00:43:38 DQ	01:28:47.15 DQ		0:00	6.8 (75.6%)
DQ	PAVLOVIČA Sanita	240		K35-39			1	00:44:45 DQ	01:30:25.00 DQ		0:00	6.6 (73.3%)
DQ	BOTKOVÁ Patrícia	140	NORDIC WALKING SPORT SK	K45-49			1	00:45:59 DQ	01:33:51.75 DQ		0:00	6.4 (71.1%)
DQ	BONCZEK Jerzy	138	WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING	M65-69			1	00:52:41 DQ	01:48:44.95 DQ		0:00	5.5 (61.1%)
DQ	MIKOLAJSKA Aga	227	LADIES	K40-44			1	00:55:13 DQ	01:53:25.45 DQ		0:00	5.3 (58.9%)
DQ	KUBIS Tomasz	205	AKADEMIA MARSZU NORDIC WALKING	M45-49		1	1	DQ	DQ			(0.0%)

