



INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 5 KM

B4SPORT
INTEGRACYJNE SPORTEWY

Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

INWA Nordic Walking World Championships
Polish Nordic Walking Association (PZNW)
International Nordic Walking Federation (INWA)
2022-09-03
SZKLARSKA PORĘBA
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	447	TEAM POLAND	M18-34	1				00:31:42.05		6:20	9.5 (100%)
2	WITUCKI Jacek	574	TEAM POLAND	M50-54	1				00:32:05.75	+00:00:23 (1.2%)	6:25	9.4 (98.9%)
3	WOJTOWICZ Tomasz	578	TEAM POLAND	M18-34	2				00:32:43.85	+00:01:01 (3.1%)	6:32	9.2 (96.8%)
4	ORDZOWIAŁY Piotr	469	-	M55-59	1				00:32:46.35	+00:01:04 (3.3%)	6:33	9.2 (96.8%)
5	SZAMOTULSKI Henryk	543	EKSPEDYCJA NORDIC TEAM SZCZECIN	M45-49	1				00:32:46.55	+00:01:04 (3.3%)	6:33	9.2 (96.8%)
6	CYRUS Bogdan	353	TEAM POLAND	M50-54	2		1		00:33:22.70	+00:01:40 (5.0%)	6:40	9 (94.7%)
7	STĘPAK Piotr	607	TEAM POLAND	M18-34	3				00:33:58.70	+00:02:16 (6.7%)	6:47	8.8 (92.6%)
8	LUDWICZAK Dariusz	437	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3				00:34:03.30	+00:02:21 (6.9%)	6:48	8.8 (92.6%)
9	STILLER Karol	539	TEAM POLAND	M35-39	1				00:34:04.65	+00:02:22 (7.0%)	6:48	8.8 (92.6%)
10	WILUSZ Erwina	569	TEAM POLAND	K35-39	1				00:34:04.80	+00:02:22 (7.0%)	6:48	8.8 (92.6%)
11	KOWALAK Robert	417	MARSZ PO ZDROWIE	M35-39	2		1		00:34:07.00	+00:02:24 (7.1%)	6:49	8.8 (92.6%)
12	KUBISZYN Małgorzata	425	TEAM POLAND	K35-39	2				00:34:13.80	+00:02:31 (7.4%)	6:50	8.8 (92.6%)
13	ZABŁOCKI Karol	585	NW CZŁAPSKI TEAM	M35-39	3				00:34:42.60	+00:03:00 (8.7%)	6:56	8.6 (90.5%)
14	SOKOŁOWSKI Marek	530	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	M55-59	2				00:35:05.05	+00:03:23 (9.6%)	7:01	8.6 (90.5%)
15	OLSZAŃSKI Karol	467	TEAM POLAND	M45-49	2				00:35:07.10	+00:03:25 (9.7%)	7:01	8.5 (89.5%)
16	RECZULSKI Mariusz	496	SMS EFEKT CZĘSTOCHOWA	M55-59	3				00:35:09.00	+00:03:26 (9.8%)	7:01	8.5 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
17	ADAM Jurek	321	TEAM POLAND	M60-64	1		1		00:35:13.05	+00:03:31 (10.0%)	7:02	8.5 (89.5%)
18	STACHOWICZ Joanna	536	TEAM POLAND	K18-34	1				00:35:13.85	+00:03:31 (10.0%)	7:02	8.5 (89.5%)
19	WOROCH Roman	580	KGHM METRACO RUDNA	M60-64	2				00:35:16.70	+00:03:34 (10.1%)	7:03	8.5 (89.5%)
20	DĘBSKI Bartłomiej	356	NORDIC TEAM CZĘSTOCHOWA	M40-44	1				00:35:19.55	+00:03:37 (10.3%)	7:03	8.5 (89.5%)
21	KLARIĆ Vjekoslav	408	TEAM CROATIA	M35-39	4		2		00:35:20.20	+00:03:38 (10.3%)	7:04	8.5 (89.5%)
22	ZACZYŃSKA-SKIBA Anna	586	TEAM POLAND	K40-44	1				00:35:35.90	+00:03:53 (10.9%)	7:07	8.4 (88.4%)
23	KABATA Jarosław	398	TEAM POLAND	M50-54	4				00:35:40.70	+00:03:58 (11.1%)	7:08	8.4 (88.4%)
24	FRĄCKOWIAK Roman	370	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	5				00:35:45.95	+00:04:03 (11.4%)	7:09	8.4 (88.4%)
25	GRZĄDZIEL Darek	382	BIESZCZADZKI KLUB N.W	M50-54	6				00:35:48.30	+00:04:06 (11.5%)	7:09	8.4 (88.4%)
26	MISZTAL Grzegorz	456	MASZYCANKA MASZYCE	M18-34	4				00:35:49.15	+00:04:07 (11.5%)	7:09	8.4 (88.4%)
27	BREWKA Joachim	345	NORDIC SPORT 2021	M55-59	4		1		00:35:49.75	+00:04:07 (11.5%)	7:09	8.4 (88.4%)
28	ROŻYNEK Miron	508	TEAM POLAND	M55-59	5				00:35:52.65	+00:04:10 (11.6%)	7:10	8.4 (88.4%)
29	WINNICKI Robert	572	BIESZCZADZKI KLUB NORDIC WOLKING	M45-49	3		1		00:35:56.25	+00:04:14 (11.8%)	7:11	8.3 (87.4%)
30	BIBKO Martin	336	SPEEDBAR	M45-49	4				00:35:59.40	+00:04:17 (11.9%)	7:11	8.3 (87.4%)
31	BIELECKA Zuzanna	339	TEAM POLAND	K40-44	2				00:36:01.25	+00:04:19 (12.0%)	7:12	8.3 (87.4%)
32	HELWICH Stefan	391	KGHM METRACO RUDNA	M65-69	1				00:36:22.05	+00:04:40 (12.8%)	7:16	8.2 (86.3%)
33	PACYNA Piotr	472	BIEGIEM RADOM	M40-44	2		2		00:36:24.40	+00:04:42 (12.9%)	7:16	8.2 (86.3%)
34	SIWAK Piotr	521	KGHM METRACO RUDNA	M60-64	3				00:36:36.95	+00:04:54 (13.4%)	7:19	8.2 (86.3%)
35	SŁUPIANEK Paweł	527	KATOWICKI NORDIC WALKING	M40-44	3				00:36:43.30	+00:05:01 (13.7%)	7:20	8.2 (86.3%)
36	WOJTCZAK Urszula	577	CZAPELKI	K40-44	3		2		00:36:50.55	+00:05:08 (14.0%)	7:22	8.1 (85.3%)
37	LUDWICZAK Andżelika	438	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1				00:36:52.15	+00:05:10 (14.0%)	7:22	8.1 (85.3%)
38	BARYLUK Benjamin	331	MOSIR TKKF SATURN CZELADŹ	M14-17	1				00:36:55.25	+00:05:13 (14.1%)	7:23	8.1 (85.3%)
39	GUDZIO Maciej	384	NORDIC WALKING KIEKRZ POLAND	M55-59	6				00:36:56.40	+00:05:14 (14.2%)	7:23	8.1 (85.3%)
40	KWECZKA-JANECZEK Anna	429	NORDIC TEAM CZĘSTOCHOWA	K40-44	4				00:37:01.35	+00:05:19 (14.4%)	7:24	8.1 (85.3%)
41	ZALISKO Oksaka	405	KGHM METRACO	K65-69	1				00:37:22.05	+00:05:40 (15.2%)	7:28	8 (84.2%)
42	MAŁKA Marian	446		M60-64	4				00:37:28.05	+00:05:46 (15.4%)	7:29	8 (84.2%)

Msc	Zawodnik	Numer	Klub	Osoba			Żół.	Czer.	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
				Kategoria	Mkat	niepełnosprawna						
43	CIEŚLUK Marcin	352	NORDIC TEAM CZĘSTOCHOWA	M45-49	5	A			00:37:34.85	+00:05:52 (15.6%)	7:30	8 (84.2%)
44	GAJEWSKI Eugeniusz	373	KGHM METRACO	M65-69	2				00:37:41.45	+00:05:59 (15.9%)	7:32	8 (84.2%)
45	GŁOGOWSKI Wojciech	376	DRUŻYNA KGHM METRACO	M14-17	2				00:37:49.00	+00:06:06 (16.2%)	7:33	7.9 (83.2%)
46	KONIK Mikołaj	413	BIESZCZADZKI KLUB NORDIC WALKING	M14-17	3				00:37:52.55	+00:06:10 (16.3%)	7:34	7.9 (83.2%)
47	PINIS Agnieszka	484	NORDIC TEAM CZĘSTOCHOWA	K45-49	2				00:37:56.70	+00:06:14 (16.5%)	7:35	7.9 (83.2%)
48	WAJCHERT Łukasz	567	TURBOGROSZKI.RUN	M35-39	5				00:38:02.75	+00:06:20 (16.7%)	7:36	7.9 (83.2%)
49	KARPIENIA Ewa	403	TEAM POLAND	K50-54	1				00:38:03.00	+00:06:20 (16.7%)	7:36	7.9 (83.2%)
50	MAŚLANKA Iwona	450	TEAM POLAND	K50-54	2				00:38:03.25	+00:06:21 (16.7%)	7:36	7.9 (83.2%)
51	POLAK Łukasz	489	OBORYGENI	M40-44	4				00:38:07.85	+00:06:25 (16.9%)	7:37	7.9 (83.2%)
52	GROBELNY Tymoteusz	378		M14-17	4		1		00:38:10.70	+00:06:28 (17.0%)	7:38	7.9 (83.2%)
53	BASSO Daniela	332	NORDIC WALKING COMO	K60-64	1				00:38:20.40	+00:06:38 (17.3%)	7:40	7.8 (82.1%)
54	RAKOWIECKI Zbigniew	51		M60-64	5				00:38:25.75	+00:06:43 (17.5%)	7:41	7.8 (82.1%)
55	WOLNY Edward	579		M65-69	3		1		00:38:26.55	+00:06:44 (17.5%)	7:41	7.8 (82.1%)
56	WINIARSKI Hieronim	571	NORDIC WALKING KROTOSZYN	M45-49	6				00:38:31.00	+00:06:48 (17.7%)	7:42	7.8 (82.1%)
57	SKWIRUT Jerzy	523	PRZEMYSKI KLUB SPORTU I REKREACJI NIEWIDOMYCH I SŁABOWIDZĄCYCH 'PODKARPACIE'	M60-64	6	A			00:38:31.95	+00:06:49 (17.7%)	7:42	7.8 (82.1%)
58	DUSZEŃKO Zygmunt	362	KGHM METRACO RUDNA	M60-64	7	A			00:38:34.85	+00:06:52 (17.8%)	7:42	7.8 (82.1%)
59	ŚLUSARCZYK Marcin	554	WESOŁY BORSUK TEAM	M40-44	5				00:38:41.95	+00:06:59 (18.1%)	7:44	7.8 (82.1%)
60	GRODZKI Ignacy	379	PASJA NORDIC WALKING	M8-13	1				00:38:43.30	+00:07:01 (18.1%)	7:44	7.7 (81.1%)
61	KASPRZAK Tadeusz	404	TURBO-KIJE	M60-64	8	A	1		00:38:46.00	+00:07:03 (18.2%)	7:45	7.7 (81.1%)
62	SIEMIŃSKA Marta	518		K35-39	3				00:38:47.30	+00:07:05 (18.3%)	7:45	7.7 (81.1%)
63	GOŁĘBIEWSKI Edward	377	MARSZ PO ZDROWIE	M70-74	1				00:39:00.45	+00:07:18 (18.7%)	7:48	7.7 (81.1%)
64	REMISZEWSKI Mieczysław	498	TKKF CZELADŹ	M65-69	4		1		00:39:01.00	+00:07:18 (18.8%)	7:48	7.7 (81.1%)
65	MIHELAC Juraj	455	TEAM CROATIA	M40-44	6				00:39:02.35	+00:07:20 (18.8%)	7:48	7.7 (81.1%)
66	UFEL Marcelina	565	MOSIR TKKF SATURN CZELADŹ	K18-34	2				00:39:03.00	+00:07:20 (18.8%)	7:48	7.7 (81.1%)
67	STRABEL Wojciech	540	#ŚREMCHODZI	M65-69	5		1		00:39:09.90	+00:07:27 (19.1%)	7:49	7.7 (81.1%)
68	SZYKULSKA Renata	552	KGHM METRACO	K45-49	3				00:39:10.25	+00:07:28 (19.1%)	7:50	7.7 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
69	WINCZEWSKI Piotr	570	AZYMUT PABIANICE	M55-59	7				00:39:12.70	+00:07:30 (19.2%)	7:50	7.7 (81.1%)
70	ŻBIKOWSKI Wacław	591	TURBO KIJE	M70-74	2				00:39:12.75	+00:07:30 (19.2%)	7:50	7.7 (81.1%)
71	ZDRZAŁEK Alicja	590	NORDIC SPORT 2021	K40-44	5				00:39:20.05	+00:07:38 (19.4%)	7:52	7.6 (80.0%)
72	KOSMAŁA Aneta	414	NORDIC SPORT 2021	K40-44	6				00:39:23.25	+00:07:41 (19.5%)	7:52	7.6 (80.0%)
73	KOWACZ Agata	416	SPEEDBAR	K40-44	7				00:39:23.95	+00:07:41 (19.5%)	7:52	7.6 (80.0%)
74	KRUGIOŁKA Grzegorz	422	AKTYWNIE W PNIEWACH	M40-44	7				00:39:29.25	+00:07:47 (19.7%)	7:53	7.6 (80.0%)
75	KLAWCZYŃSKI Marcin	409	AKTYWNIE W PNIEWACH	M18-34	5				00:39:33.70	+00:07:51 (19.9%)	7:54	7.6 (80.0%)
76	KUREK Aleksander	605	KGHM METRACO	M8-13	2				00:39:48.35	+00:08:06 (20.4%)	7:57	7.5 (78.9%)
77	PASIŃSKA - SKOWRON Sylwia	478		K45-49	4				00:39:52.20	+00:08:10 (20.5%)	7:58	7.5 (78.9%)
78	STANISŁAWSKI Jan	538	NORDIC WALKING KIEKRZ POLAND	M60-64	9				00:39:57.50	+00:08:15 (20.7%)	7:59	7.5 (78.9%)
79	OKRZESIK-FRĄCKOWIAK Izabella	465	TEAM POLAND	K50-54	3				00:39:59.35	+00:08:17 (20.7%)	7:59	7.5 (78.9%)
80	LACHNIK Hubert	431		M70-74	3				00:40:01.25	+00:08:19 (20.8%)	8:00	7.5 (78.9%)
81	WOJTCZAK Roman	406	LECH CZAPLINEK	M40-44	8				00:40:03.35	+00:08:21 (20.9%)	8:00	7.5 (78.9%)
82	SZOT Adam	609	KGHM METRACO	M18-34	6				00:40:18.40	+00:08:36 (21.4%)	8:03	7.4 (77.9%)
83	KRYCKA Danuta	423	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	5				00:40:22.75	+00:08:40 (21.5%)	8:04	7.4 (77.9%)
84	OSTRIĆ Igor	470	TEAM CROATIA	M55-59	8				00:40:23.05	+00:08:41 (21.5%)	8:04	7.4 (77.9%)
85	WIŚNIEWSKI Oliwer	610	KGHM METRACO	M8-13	3				00:40:34.55	+00:08:52 (21.9%)	8:06	7.4 (77.9%)
86	SANIUK Edward	515	FACE NORDIC WALKING TEAM	M70-74	4				00:40:36.70	+00:08:54 (21.9%)	8:07	7.4 (77.9%)
87	KRIGER Roman	420	MAPEI POLSKA	M60-64	10				00:40:37.75	+00:08:55 (22.0%)	8:07	7.4 (77.9%)
88	ŁYSIAK Paulina	440	BIESZCZADZKI KLUB NORDIC WALKING	K35-39	4				00:40:52.25	+00:09:10 (22.4%)	8:10	7.3 (76.8%)
89	BANASZAK Łukasz	327	KGHM METRACO GMINA RADWANICE	M18-34	7		2		00:40:54.65	+00:09:12 (22.5%)	8:10	7.3 (76.8%)
90	POLAK Marcel	490	OBORYGENI	M8-13	4				00:40:56.30	+00:09:14 (22.6%)	8:11	7.3 (76.8%)
91	JANKOWSKI Oskar	394	DRUŻYNA KGHM METRACO	M8-13	5				00:40:59.60	+00:09:17 (22.7%)	8:11	7.3 (76.8%)
92	CHRZANOWSKA Daria	349	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K18-34	3				00:41:01.15	+00:09:19 (22.7%)	8:12	7.3 (76.8%)
93	KADŁUBICKI Marcel	611	KGHM METRACO	M8-13	6				00:41:05.00	+00:09:22 (22.8%)	8:13	7.3 (76.8%)

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				Kategoria	Mkat	niepełnosprawna						
94	CZARNECKI Witold	354	NORDIC WALKING KIEKRZ POLAND	M8-13	7				00:41:06.90	+00:09:24 (22.9%)	8:13	7.3 (76.8%)
95	ZAWADZKI Krzysztof	588	WETERAN	M65-69	6	B			00:41:22.40	+00:09:40 (23.4%)	8:16	7.3 (76.8%)
96	STANIEC Stanisław	537	AMATOR	M65-69	7				00:41:29.20	+00:09:47 (23.6%)	8:17	7.2 (75.8%)
97	SZPILMAN Katarzyna	546	ESJA TEAM	K50-54	4	A			00:41:31.80	+00:09:49 (23.7%)	8:18	7.2 (75.8%)
98	GRYGOROWICZ Bogdan	381	KGHM METRACO	M70-74	5	B	1		00:41:39.65	+00:09:57 (23.9%)	8:19	7.2 (75.8%)
99	KUŁAKOWSKA Halina	427	KATOWICKI NORDIC WALKING	K45-49	6				00:41:41.45	+00:09:59 (24.0%)	8:20	7.2 (75.8%)
100	KUPCZYK Iwona	428	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	7				00:41:46.10	+00:10:04 (24.1%)	8:21	7.2 (75.8%)
101	RYBAŁTOWSKI Paweł	510	OBORYGENI	M75-79	1				00:41:47.25	+00:10:05 (24.1%)	8:21	7.2 (75.8%)
102	GĄGÓŁ Krzysztof	375	KGHM METRACO	M40-44	9		1		00:41:53.90	+00:10:11 (24.3%)	8:22	7.2 (75.8%)
103	NOWY Katarzyna	463	ESJA TEAM	K55-59	1				00:41:58.60	+00:10:16 (24.5%)	8:23	7.1 (74.7%)
104	UFEL Milena	564	MOSIR TKKF SATURN CZELADŹ	K14-17	1				00:42:04.90	+00:10:22 (24.7%)	8:24	7.1 (74.7%)
105	SZENDZIELORZ Ilona	545	MALINOWE GWIAZDY	K65-69	2				00:42:05.15	+00:10:23 (24.7%)	8:25	7.1 (74.7%)
106	DUDEK Leszek	360	KGHM METRACO RUDNA	M70-74	6				00:42:18.05	+00:10:36 (25.1%)	8:27	7.1 (74.7%)
107	SIEPSIAK Tomek	520		M50-54	7				00:42:21.00	+00:10:38 (25.1%)	8:28	7.1 (74.7%)
108	GAŁKOWSKA Elżbieta	374	KGHM METRACO	K65-69	3				00:42:23.35	+00:10:41 (25.2%)	8:28	7.1 (74.7%)
109	PANKIEWICZ Ewelina	474	NORDIC SPORT 2021	K18-34	4				00:42:25.65	+00:10:43 (25.3%)	8:29	7.1 (74.7%)
110	WNEK Ewa	576	KGHM METRACO	K65-69	4				00:42:31.00	+00:10:48 (25.4%)	8:30	7.1 (74.7%)
111	BOBEŁA Maciej	344	KGHM METRACO	M8-13	8				00:42:31.55	+00:10:49 (25.5%)	8:30	7.1 (74.7%)
112	RADZIEJOWSKI Bogusław	495	NORDIC TEAM CZĘSTOCHOWA	M60-64	11				00:42:33.20	+00:10:51 (25.5%)	8:30	7.1 (74.7%)
113	DUDEK Barbara	359		K55-59	2				00:42:33.85	+00:10:51 (25.5%)	8:30	7.1 (74.7%)
114	BIEDRZYCKI Filip	338	KGHM METRACO	M14-17	5				00:42:46.15	+00:11:04 (25.9%)	8:33	7 (73.7%)
115	ROMAŃSKI Bartłomiej	505	KGHM METRACO	M40-44	10		1		00:42:48.20	+00:11:06 (25.9%)	8:33	7 (73.7%)
116	DOMAŚLAWSKA - PYTLIK Ewelina	358	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	8				00:42:50.40	+00:11:08 (26.0%)	8:34	7 (73.7%)
117	SZYBUT Weronika	551	POTĘGA NORDICA	K8-13	1		1		00:42:50.85	+00:11:08 (26.0%)	8:34	7 (73.7%)
118	CZEKAJŁO Wanessa	612	KGHM METRACO	K8-13	2				00:42:53.80	+00:11:11 (26.1%)	8:34	7 (73.7%)
119	ROMANOWSKA Eliza	501	DRUŻYNA KGHM METRACO	K8-13	3				00:42:53.85	+00:11:11 (26.1%)	8:34	7 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
120	SERÓWKA Zuzanna	516	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K8-13	4				00:42:58.90	+00:11:16 (26.2%)	8:35	7 (73.7%)
121	ŚLUSARCZYK Andrzej	555	WESOŁY BORSUK TEAM	M70-74	7				00:43:01.50	+00:11:19 (26.3%)	8:36	7 (73.7%)
122	STRABEL Elżbieta	541	#ŚREMCHODZI	K65-69	5				00:43:05.35	+00:11:23 (26.4%)	8:37	7 (73.7%)
123	NETKOWSKI Wojciech	459	PASJA NORDIC WALKING	M60-64	12				00:43:05.60	+00:11:23 (26.4%)	8:37	7 (73.7%)
124	MIŚKOWICZ Anna	457		K60-64	2				00:43:15.50	+00:11:33 (26.7%)	8:39	6.9 (72.6%)
125	SŁOTWIŃSKA Wiktoria	524	KGHM METRACO	K8-13	5				00:43:17.80	+00:11:35 (26.8%)	8:39	6.9 (72.6%)
126	ROMAŃSKI Hubert	504	KGHM METRACO	M8-13	9				00:43:35.55	+00:11:53 (27.3%)	8:43	6.9 (72.6%)
127	MACHOWSKI Jan	441	LEŚNE LUDKI ŻARKI LETNISKO	M70-74	8				00:43:37.00	+00:11:54 (27.3%)	8:43	6.9 (72.6%)
128	KOCOŃ Sylwia	412		K40-44	8				00:43:48.50	+00:12:06 (27.6%)	8:45	6.8 (71.6%)
129	RUDAWSKI Maciej	509	MARSZ PO ZDROWIE	M35-39	6				00:43:52.70	+00:12:10 (27.8%)	8:46	6.8 (71.6%)
130	MALINIAK Aleksandra	443	OBORYGENI	K8-13	6				00:43:58.70	+00:12:16 (27.9%)	8:47	6.8 (71.6%)
131	LEWANDOWSKI Roman	435	LKS ZANTYR SZTUM	M65-69	8				00:44:12.20	+00:12:30 (28.3%)	8:50	6.8 (71.6%)
132	HALIK-LEWANDOWSKA Jadwiga	387	LKS ZANTYR SZTUM	K65-69	6				00:44:16.20	+00:12:34 (28.4%)	8:51	6.8 (71.6%)
133	KISIELEWICZ Zofia	407	DRUŻYNA KGHM METRACO	K14-17	2		1		00:44:25.60	+00:12:43 (28.6%)	8:53	6.8 (71.6%)
134	PLEWIŃSKI Rafał	388		M35-39	7		1		00:44:32.25	+00:12:50 (28.8%)	8:54	6.7 (70.5%)
135	KŁOS Joanna	411		K35-39	5				00:44:33.65	+00:12:51 (28.9%)	8:54	6.7 (70.5%)
136	SKRZĄTEK Lucyna	522	NORDIC SPORT 2021	K50-54	5				00:44:38.60	+00:12:56 (29.0%)	8:55	6.7 (70.5%)
137	CIESIELSKI Krzysztof	350	FAST WALKER	M65-69	9	B	1		00:44:39.85	+00:12:57 (29.0%)	8:55	6.7 (70.5%)
138	PIETRZAK Dorota	483	NORDIC WALKING KIEKRZ POLAND	K50-54	6				00:44:49.70	+00:13:07 (29.3%)	8:57	6.7 (70.5%)
139	SPUNGIS Andris	535	-	M75-79	2		2		00:44:52.50	+00:13:10 (29.4%)	8:58	6.7 (70.5%)
140	HANUS Joanna	389	PASJONAUCI KROSNO	K35-39	6	B			00:44:56.55	+00:13:14 (29.5%)	8:59	6.7 (70.5%)
141	LEIBUS Inguna	433		K60-64	3				00:45:04.95	+00:13:22 (29.7%)	9:00	6.7 (70.5%)
142	SZULC-MIKOŁAJCZAK Marzena	548	NW WĄGROWIEC	K35-39	7				00:45:05.20	+00:13:23 (29.7%)	9:01	6.7 (70.5%)
143	PRZYSTARZ Anna	494	OBORYGENI	K50-54	7				00:45:05.80	+00:13:23 (29.7%)	9:01	6.7 (70.5%)
144	FLAK Tadeusz	366	KGHM METRACO	M65-69	10	B			00:45:14.10	+00:13:32 (29.9%)	9:02	6.6 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
145	MAZURKIEWICZ Barbara	452	KGHM METRACO GMINA GAWORZYCE	K35-39	8				00:45:21.25	+00:13:39 (30.1%)	9:04	6.6 (69.5%)
146	SERÓWKA Lidia	259	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K50-54	8	A			00:45:27.55	+00:13:45 (30.3%)	9:05	6.6 (69.5%)
147	DYBEŁ Agnieszka	364	NORDIC TEAM CZĘSTOCHOWA	K40-44	9	A			00:45:30.10	+00:13:48 (30.3%)	9:06	6.6 (69.5%)
148	SMOLARSKA Maria	528	UTW DRZEWICA	K55-59	3				00:45:31.55	+00:13:49 (30.4%)	9:06	6.6 (69.5%)
149	MIGO Nadia	454	KGHM METRACO	K8-13	7				00:45:39.20	+00:13:57 (30.6%)	9:07	6.6 (69.5%)
150	THOMALLA Bogdan	562	'EKIPA NA KIJACH' RUDA ŚLĄSKA	M80+	1				00:45:41.75	+00:13:59 (30.6%)	9:08	6.6 (69.5%)
151	BŁASZAK Maksymilian	341	DRUŻYNA KGHM METRACO	M14-17	6				00:45:44.75	+00:14:02 (30.7%)	9:08	6.6 (69.5%)
152	SAJNA Maria	511	ZIELONY LAS	K60-64	4				00:45:46.55	+00:14:04 (30.7%)	9:09	6.6 (69.5%)
153	BAJĀRE Ināra	325		K65-69	7				00:45:48.40	+00:14:06 (30.8%)	9:09	6.6 (69.5%)
154	KLOCEK Jagoda	410	DRUŻYNA KGHM METRACO	K14-17	3				00:45:57.85	+00:14:15 (31.0%)	9:11	6.5 (68.4%)
155	REMISZEWSKA Barbara	497	TKKF CZELADŹ	K50-54	9				00:46:03.15	+00:14:21 (31.2%)	9:12	6.5 (68.4%)
156	FRYC Jan	371	KKNW KOLBUSZOWA	M60-64	13				00:46:14.25	+00:14:32 (31.4%)	9:14	6.5 (68.4%)
157	RIZZI Giorgio	500	NORDIC WALKING COMO	M65-69	11				00:46:19.55	+00:14:37 (31.6%)	9:15	6.5 (68.4%)
158	GRYGOROWICZ Teresa	380	KGHM METRACO RUDNA	K70-74	1				00:46:21.25	+00:14:39 (31.6%)	9:16	6.5 (68.4%)
159	MARSZAŁEK Marzena	448	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K50-54	10				00:46:24.40	+00:14:42 (31.7%)	9:16	6.5 (68.4%)
160	RUDNICKA Ada	476	KGHM METRACO	K8-13	8				00:46:25.00	+00:14:42 (31.7%)	9:17	6.5 (68.4%)
161	SALAMONOWICZ Izabela	513	NORDIC ARMY MASZYCANKA MASZYCE	K45-49	9				00:46:25.30	+00:14:43 (31.7%)	9:17	6.5 (68.4%)
162	BANASZCZYK Katarzyna	402	NORDIC WALKING KIEKRZ POLAND	K50-54	11				00:46:28.25	+00:14:46 (31.8%)	9:17	6.5 (68.4%)
163	BABISZ Lena	421	KGHM METRACO	K8-13	9				00:46:30.05	+00:14:48 (31.8%)	9:18	6.5 (68.4%)
164	SOŁOBODOWSKA Pola	531		K8-13	10				00:46:32.75	+00:14:50 (31.9%)	9:18	6.4 (67.4%)
165	SOSNA Grzegorz	533	SAINT-GOBAIN SQUAD	M35-39	8		2		00:46:33.85	+00:14:51 (31.9%)	9:18	6.4 (67.4%)
166	POLAŃSKA Agnieszka	491	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	10				00:46:40.10	+00:14:58 (32.1%)	9:20	6.4 (67.4%)
167	DANUTA Niklaus	355	NORDIC WALKING KIEKRZ POLAND	K60-64	5				00:46:44.15	+00:15:02 (32.2%)	9:20	6.4 (67.4%)
168	SOS Vesna	532	TEAM CROATIA	K60-64	6				00:46:51.40	+00:15:09 (32.3%)	9:22	6.4 (67.4%)
169	SAMUL Monika	514	KGHM METRACO GMINA GAWORZYCE	K45-49	10		1		00:46:54.90	+00:15:12 (32.4%)	9:22	6.4 (67.4%)
170	DOLATA Dorota	357	NORDIC WALKING KIEKRZ POLAND	K60-64	7				00:46:56.20	+00:15:14 (32.5%)	9:23	6.4 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
171	PODORSKI Roman	488	STG TARNÓW	M80+	2		1		00:47:01.00	+00:15:18 (32.6%)	9:24	6.4 (67.4%)
172	LACHOWSKA Ewa	432		K60-64	8				00:47:20.60	+00:15:38 (33.0%)	9:28	6.3 (66.3%)
173	RERUTKO Sabina	499	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	11				00:47:20.75	+00:15:38 (33.0%)	9:28	6.3 (66.3%)
174	PAVTEUS Romislovs	6		M75-79	3				00:47:26.15	+00:15:44 (33.2%)	9:29	6.3 (66.3%)
175	POŁĄCARZ Justyna	492		K8-13	11				00:47:29.00	+00:15:46 (33.2%)	9:29	6.3 (66.3%)
176	FRANCZAK Anna	369	NW CZŁAPSKI TEAM	K50-54	12				00:47:31.80	+00:15:49 (33.3%)	9:30	6.3 (66.3%)
177	BARTCZAK Daniel	328	KGHM METRACO	M8-13	10				00:47:47.80	+00:16:05 (33.7%)	9:33	6.3 (66.3%)
178	MIGDALCZYK Jarosław	453	STAL GORZÓW WLKP	M50-54	8		1		00:47:51.40	+00:16:09 (33.8%)	9:34	6.3 (66.3%)
179	DURA Kazimierz	361	WKB PIAST	M80+	3		1		00:47:56.80	+00:16:14 (33.9%)	9:35	6.3 (66.3%)
180	BERNAŚ Kamila	334	WROCŁAWSKIE STOWARZYSZYNIE NORDIC WALKING	K40-44	11				00:48:12.65	+00:16:30 (34.2%)	9:38	6.2 (65.3%)
181	FLOREK Julia	368		K18-34	5				00:48:13.10	+00:16:31 (34.3%)	9:38	6.2 (65.3%)
182	SŁOWIK Stanisław	525	DRUŻYNA KGHM METRACO	M8-13	11				00:48:17.85	+00:16:35 (34.4%)	9:39	6.2 (65.3%)
183	SOBOTA Dariusz	529	BIESZCZADZKI KLUB NORDIC WALKING	M50-54	9				00:48:19.25	+00:16:37 (34.4%)	9:39	6.2 (65.3%)
184	KANIKUŁA Mikołaj	400	KGHM METRACO	M8-13	12				00:48:23.20	+00:16:41 (34.5%)	9:40	6.2 (65.3%)
185	MADEJ Anna	442	KGHM METRACO	K40-44	12				00:48:27.05	+00:16:45 (34.6%)	9:41	6.2 (65.3%)
186	PIĄTKOWSKI Józef	482	KGHM METRACO RUDNA	M75-79	4				00:48:29.45	+00:16:47 (34.6%)	9:41	6.2 (65.3%)
187	ROMAŃSKI Szymon	503	KGHM METRACO	M14-17	7				00:48:33.00	+00:16:50 (34.7%)	9:42	6.2 (65.3%)
188	BARTOSZEK Mateusz	330		M18-34	8				00:48:34.80	+00:16:52 (34.7%)	9:42	6.2 (65.3%)
189	KYROWIKA Natalia	613		K14-17	4				00:48:35.60	+00:16:53 (34.8%)	9:43	6.2 (65.3%)
190	SZCZERBANOWICZ Julia	544	KGHM METRACO	K14-17	5				00:48:42.85	+00:17:00 (34.9%)	9:44	6.2 (65.3%)
191	KOWALSKI Mirosław	418	GRYF	M65-69	12				00:48:49.45	+00:17:07 (35.1%)	9:45	6.1 (64.2%)
192	HUBER Justyna	393		K40-44	13		1		00:48:52.95	+00:17:10 (35.1%)	9:46	6.1 (64.2%)
193	KARCZMARSKI Krzysztof	401	JOVI OBORY KOZIENICE	M65-69	13				00:49:03.75	+00:17:21 (35.4%)	9:48	6.1 (64.2%)
194	FLAK Ewa	367	KGHM METRACO	K55-59	4				00:49:07.35	+00:17:25 (35.5%)	9:49	6.1 (64.2%)
195	VIDAKOVIĆ Gordana	566	TEAM CROATIA	K60-64	9				00:49:22.00	+00:17:39 (35.8%)	9:52	6.1 (64.2%)
196	CHARCZUK Zenon	348		M65-69	14	A			00:49:23.50	+00:17:41 (35.8%)	9:52	6.1 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
197	ZAWADZKA Joanna	587	SAINT-GOBAIN SQUAD	K35-39	9		2		00:49:28.70	+00:17:46 (35.9%)	9:53	6.1 (64.2%)
198	SIEPSIAK Joanna	519		K50-54	13				00:49:36.15	+00:17:54 (36.1%)	9:55	6 (63.2%)
199	MALINOWSKI Krystian	445	KGHM METRACO GMINA RADWANICE	M35-39	9				00:49:39.50	+00:17:57 (36.2%)	9:55	6 (63.2%)
200	WILK Iwona	568	NORDIC SPORT 2021	K45-49	12				00:49:43.40	+00:18:01 (36.2%)	9:56	6 (63.2%)
201	SĘDZIK Katarzyna	517	LECYMY DURŚ	K45-49	13				00:49:46.85	+00:18:04 (36.3%)	9:57	6 (63.2%)
202	SZAŁAJ Anna	542	KGHM METRACO RUDNA	K65-69	8	B			00:49:54.85	+00:18:12 (36.5%)	9:58	6 (63.2%)
203	WOŹNIAK Agnieszka	583	KGHM METRACO	K40-44	14		1		00:50:06.40	+00:18:24 (36.7%)	10:01	6 (63.2%)
204	NOWAKOWSKA Sylwia	462		K40-44	15				00:50:07.00	+00:18:24 (36.7%)	10:01	6 (63.2%)
205	FIEDLER-MALINIAK Urszula	365	OBORYGENI	K40-44	16				00:50:24.85	+00:18:42 (37.1%)	10:04	6 (63.2%)
206	ŚMIESZEK-ZYGNERSKA Renata	559	KGHM METRACO GMINA RADWANICE	K35-39	10				00:50:33.15	+00:18:51 (37.3%)	10:06	5.9 (62.1%)
207	SZEWCZYK Iwona	273		K55-59	5				00:50:36.30	+00:18:54 (37.4%)	10:07	5.9 (62.1%)
208	TOMCZAK-CHRZAN Beata	563	KGHM METRACO	K55-59	6				00:50:37.95	+00:18:55 (37.4%)	10:07	5.9 (62.1%)
209	NOGA Bolesław	460	ZESPÓŁ NIESPOKOJNYCH NÓG	M65-69	15				00:50:47.10	+00:19:05 (37.6%)	10:09	5.9 (62.1%)
210	AHEL Jadranko	322	TEAM CROATIA	M65-69	16				00:50:50.40	+00:19:08 (37.6%)	10:10	5.9 (62.1%)
211	KRÓL Grażyna	595	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	9				00:50:53.20	+00:19:11 (37.7%)	10:10	5.9 (62.1%)
212	POCHEĆ Mariola	487		K50-54	14		1		00:50:53.95	+00:19:11 (37.7%)	10:10	5.9 (62.1%)
213	MAZUR Monika	471	KGHM METRACO	K8-13	12				00:50:58.20	+00:19:16 (37.8%)	10:11	5.9 (62.1%)
214	BIEDRZYCKA Julia	337	KGHM METRACO	K8-13	13				00:51:03.10	+00:19:21 (37.9%)	10:12	5.9 (62.1%)
215	WŁODARCZYK Aneta	575		K45-49	14				00:51:08.00	+00:19:25 (38.0%)	10:13	5.9 (62.1%)
216	WORONKO-ZACZYŃSKA Janina	582	KGHM METRACO	K75-79	1				00:51:11.85	+00:19:29 (38.1%)	10:14	5.9 (62.1%)
217	BĄKOWSKA Grażyna	333		K35-39	11				00:51:17.30	+00:19:35 (38.2%)	10:15	5.8 (61.1%)
218	GABRYSZ Patrycja	608		K14-17	6				00:51:18.05	+00:19:36 (38.2%)	10:15	5.8 (61.1%)
219	PIWKO Paweł	485	KGHM METRACO	M40-44	11		1		00:51:22.05	+00:19:40 (38.3%)	10:16	5.8 (61.1%)
220	KUREK Aleksandra	606	KGHM METRACO	K35-39	12				00:51:30.15	+00:19:48 (38.4%)	10:18	5.8 (61.1%)
221	SUDOŁ Maria	603	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	10				00:51:45.25	+00:20:03 (38.7%)	10:21	5.8 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
222	ANGIELCZYK Małgorzata	323	MARSZ PO ZDROWIE	K70-74	2				00:51:45.50	+00:20:03 (38.8%)	10:21	5.8 (61.1%)
223	TERPIŁOWSKA Halina	561		K65-69	11				00:51:47.75	+00:20:05 (38.8%)	10:21	5.8 (61.1%)
224	ARTYMICZ Maria	324		K65-69	12				00:51:57.95	+00:20:15 (39.0%)	10:23	5.8 (61.1%)
225	KAŁMUCZAK Filip	399	KGHM METRACO	M14-17	8				00:52:02.20	+00:20:20 (39.1%)	10:24	5.8 (61.1%)
226	MAŚLAK Marta	449	KGHM METRACO GMINA GAWORZYCE	K18-34	6		1		00:52:13.20	+00:20:31 (39.3%)	10:26	5.7 (60.0%)
227	NOWAK Zofia	461		K65-69	13				00:52:14.45	+00:20:32 (39.3%)	10:26	5.7 (60.0%)
228	ROMANIUK Grzegorz	598	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59	9				00:52:20.10	+00:20:38 (39.4%)	10:28	5.7 (60.0%)
229	DUSZEŃKO Elwira	363	KGHM METRACO RUDNA	K55-59	7	A			00:52:25.65	+00:20:43 (39.5%)	10:29	5.7 (60.0%)
230	ŚLUSARCZYK Waleria	553	NORDIC WALKING KIEKRZ POLAND	K60-64	10				00:52:38.95	+00:20:56 (39.8%)	10:31	5.7 (60.0%)
231	BUSZKO Jerzy	347		M18-34	9				00:52:41.20	+00:20:59 (39.8%)	10:32	5.7 (60.0%)
232	BLATKIEWICZ Agnieszka	340	STAL GORZÓW WLKP	K18-34	7				00:52:43.00	+00:21:00 (39.9%)	10:32	5.7 (60.0%)
233	TRAUTMANN Bogusia	290		K55-59	8				00:52:52.15	+00:21:10 (40.0%)	10:34	5.7 (60.0%)
234	WOŹNY Aleksandra	584	AMATOR	K45-49	15				00:52:56.70	+00:21:14 (40.1%)	10:35	5.7 (60.0%)
235	BŁĄDEK Jolanta	343	ZAWSZE MŁODZI NORDIC WALKING	K75-79	2				00:53:08.20	+00:21:26 (40.3%)	10:37	5.6 (58.9%)
236	HORNIAC Amanda	392	DRUŻYNA KGHM METRACO	K8-13	14				00:53:16.70	+00:21:34 (40.5%)	10:39	5.6 (58.9%)
237	LISTWAN Klaudia	436	KGHM METRACO	K14-17	7				00:53:27.20	+00:21:45 (40.7%)	10:41	5.6 (58.9%)
238	SŁOWIK Sylwia	526	DRUŻYNA KGHM MERTACO	K40-44	17				00:53:33.70	+00:21:51 (40.8%)	10:42	5.6 (58.9%)
239	ŚLUSARCZYK Danuta	558	WESOŁY BORSUK TEAM	K70-74	3				00:53:47.35	+00:22:05 (41.1%)	10:45	5.6 (58.9%)
240	SZYBUT Roma	550	POTĘGA NORDICA	K35-39	13				00:53:48.35	+00:22:06 (41.1%)	10:45	5.6 (58.9%)
241	HARĘZGA Maja	390	KGHM METRACO	K14-17	8				00:53:53.65	+00:22:11 (41.2%)	10:46	5.6 (58.9%)
242	BARTCZAK Agnieszka	329	KGHM METRACO	K45-49	16		1		00:54:15.10	+00:22:33 (41.6%)	10:51	5.5 (57.9%)
243	PAŁYS Aleksandra	473	DRUŻYNA KGHM METRACO	K50-54	15				00:54:30.90	+00:22:48 (41.8%)	10:54	5.5 (57.9%)
244	CIEŚLAK Karolina	351	KGHM METRACO GMINA GAWORZYCE	K35-39	14		1		00:54:34.55	+00:22:52 (41.9%)	10:54	5.5 (57.9%)
245	GRZYWOCZ Irena	383		K70-74	4				00:54:58.40	+00:23:16 (42.3%)	10:59	5.5 (57.9%)
246	KOZAK Teresa	594	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	11				00:55:04.20	+00:23:22 (42.4%)	11:00	5.4 (56.8%)
247	KOŁODZIEJ Halina	593	KOLBUSZOWSKI KLUB NORDIC WALKING	K70-74	5				00:55:46.25	+00:24:04 (43.2%)	11:09	5.4 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoba niepełnosprawna	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
248	JEMIOŁO Natalia	396	KGHM METRACO	K18-34	8	B			00:55:54.10	+00:24:12 (43.3%)	11:10	5.4 (56.8%)
249	PANKIEWICZ-DMOWSKA Cecylia	475		K70-74	6				00:56:57.10	+00:25:15 (44.3%)	11:23	5.3 (55.8%)
250	BANASZAK Paulina	326	KGHM METRACO GMINA RADWANICE	K18-34	9		1		00:57:51.75	+00:26:09 (45.2%)	11:34	5.2 (54.7%)
251	MALINOWSKA Danuta	444	KGHM METRACO GMINA RADWANICE	K40-44	18				00:58:05.30	+00:26:23 (45.4%)	11:37	5.2 (54.7%)
252	PIWKO Milena	486	KGHM METRACO	K65-69	14				00:58:28.70	+00:26:46 (45.8%)	11:41	5.1 (53.7%)
253	KOCZUR Dorota	592	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	15		1		00:58:37.75	+00:26:55 (45.9%)	11:43	5.1 (53.7%)
254	ŚLUSARCZYK Błażej	557	WESOŁY BORSUK TEAM	M8-13	13				00:59:21.10	+00:27:39 (46.6%)	11:52	5.1 (53.7%)
255	MROWIEC Maria	458	UTW	K75-79	3				00:59:39.25	+00:27:57 (46.9%)	11:55	5 (52.6%)
256	PROKOPIEC Bronisława	597	KOLBUSZOWSKI KLUB NORDIC WALKING	K75-79	4				00:59:46.30	+00:28:04 (47.0%)	11:57	5 (52.6%)
257	STUDNICKI Ryszard	599	KOLBUSZOWSKI KLUB NORDIC WALKING	M75-79	5				01:01:00.85	+00:29:18 (48.0%)	12:12	4.9 (51.6%)
258	MAZURKIEWICZ Krystyna	596	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	16				01:02:14.85	+00:30:32 (49.1%)	12:26	4.8 (50.5%)
259	MAZAN Czesława	602	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	17		1		01:02:15.30	+00:30:33 (49.1%)	12:27	4.8 (50.5%)
260	SAJNA Bogusław	512	ZIELONY LAS	M65-69	17				01:05:39.80	+00:33:57 (51.7%)	13:07	4.6 (48.4%)
261	KULCZYCKI Jan	426		M70-74	9				01:07:09.30	+00:35:27 (52.8%)	13:25	4.5 (47.4%)
262	PELCZAR Rafał	481		M18-34	10				01:07:15.75	+00:35:33 (52.9%)	13:27	4.5 (47.4%)
263	JAPIN Henryk	395		M65-69	18				01:09:34.45	+00:37:52 (54.4%)	13:54	4.3 (45.3%)
264	TATARYNOWICZ Eugeniusz	560	NIEZRZESZONY	M80+	4				01:15:00.65	+00:43:18 (57.7%)	15:00	4 (42.1%)
265	OLEKSYK Małgorzata	466	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	12		1		01:18:03.60	+00:46:21 (59.4%)	15:36	3.8 (40.0%)
266	ŁAZORKO Antoni	439	EFEKT CZĘSTOCHOWA	M65-69	19		1					(0.0%)
267	SOSNOWSKA Agnieszka	534	TEAM POLAND	K35-39	15		1					(0.0%)
268	SAJ Elżbieta	604	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	18							(0.0%)
DQ	KUBALA Zbigniew	424	NIESTOWARZYSZONY	M60-64				1	00:36:47.70 DQ		0:00	8.2 (86.3%)
DQ	OLSZEWSKI Wiktor	468		M18-34				1	00:51:22.60 DQ		0:00	5.8 (61.1%)
	PAWLACZYK Marian	480	WKB PIAST	M80+					DNF		-	- (0.0%)