



# INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 5 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:** 5 km



Klasyfikacja: OPEN -K

| Msc | Zawodnik              | Numer | Klub                            | Kategoria | Mkat | Osoba niepełnosprawna | Żół. kartki | Czer. kartki | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|---------------------------------|-----------|------|-----------------------|-------------|--------------|----------------|-------------------|--------------|-------------|
| 1   | WILUSZ Erwina         | 569   | TEAM POLAND                     | K35-39    | 1    |                       |             |              | 00:34:04.80    |                   | 6:48         | 8.8 (100%)  |
| 2   | KUBISZYN Małgorzata   | 425   | TEAM POLAND                     | K35-39    | 2    |                       |             |              | 00:34:13.80    | +00:00:09 (0.4%)  | 6:50         | 8.8 (100%)  |
| 3   | STACHOWICZ Joanna     | 536   | TEAM POLAND                     | K18-34    | 1    |                       |             |              | 00:35:13.85    | +00:01:09 (3.3%)  | 7:02         | 8.5 (96.6%) |
| 4   | ZACZYŃSKA-SKIBA Anna  | 586   | TEAM POLAND                     | K40-44    | 1    |                       |             |              | 00:35:35.90    | +00:01:31 (4.3%)  | 7:07         | 8.4 (95.5%) |
| 5   | BIELECKA Zuzanna      | 339   | TEAM POLAND                     | K40-44    | 2    |                       |             |              | 00:36:01.25    | +00:01:56 (5.4%)  | 7:12         | 8.3 (94.3%) |
| 6   | WOJTCZAK Urszula      | 577   | CZAPELKI                        | K40-44    | 3    |                       | 2           |              | 00:36:50.55    | +00:02:45 (7.5%)  | 7:22         | 8.1 (92.0%) |
| 7   | LUDWICZAK Andżelika   | 438   | EKSPEDYCJA NORDIC TEAM SZCZECIN | K45-49    | 1    |                       |             |              | 00:36:52.15    | +00:02:47 (7.6%)  | 7:22         | 8.1 (92.0%) |
| 8   | KWECZKA-JANECZEK Anna | 429   | NORDIC TEAM CZĘSTOCHOWA         | K40-44    | 4    |                       |             |              | 00:37:01.35    | +00:02:56 (7.9%)  | 7:24         | 8.1 (92.0%) |
| 9   | ZALISKO Oksaka        | 405   | KGHM METRACO                    | K65-69    | 1    |                       |             |              | 00:37:22.05    | +00:03:17 (8.8%)  | 7:28         | 8 (90.9%)   |
| 10  | PINIS Agnieszka       | 484   | NORDIC TEAM CZĘSTOCHOWA         | K45-49    | 2    |                       |             |              | 00:37:56.70    | +00:03:51 (10.2%) | 7:35         | 7.9 (89.8%) |
| 11  | KARPIENIA Ewa         | 403   | TEAM POLAND                     | K50-54    | 1    |                       |             |              | 00:38:03.00    | +00:03:58 (10.4%) | 7:36         | 7.9 (89.8%) |
| 12  | MAŚLANKA Iwona        | 450   | TEAM POLAND                     | K50-54    | 2    |                       |             |              | 00:38:03.25    | +00:03:58 (10.4%) | 7:36         | 7.9 (89.8%) |
| 13  | BASSO Daniela         | 332   | NORDIC WALKING COMO             | K60-64    | 1    |                       |             |              | 00:38:20.40    | +00:04:15 (11.1%) | 7:40         | 7.8 (88.6%) |
| 14  | SIEMIEŃSKA Marta      | 518   |                                 | K35-39    | 3    |                       |             |              | 00:38:47.30    | +00:04:42 (12.1%) | 7:45         | 7.7 (87.5%) |

| Msc | Zawodnik                        | Numer | Klub                                       | Kategoria | Mkat | Osoba<br>niepełnosprawna | Żół.<br>kartki | Czer.<br>kartki | Czas         |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|-------|--------------------------------------------|-----------|------|--------------------------|----------------|-----------------|--------------|----------------------|-----------------|----------------|
|     |                                 |       |                                            |           |      |                          |                |                 | netto<br>5km | Różn                 |                 |                |
| 15  | UFEL Marcelina                  | 565   | MOSIR TKKF SATURN CZELADŹ                  | K18-34    | 2    |                          |                |                 | 00:39:03.00  | +00:04:58<br>(12.7%) | 7:48            | 7.7<br>(87.5%) |
| 16  | SZYKULSKA Renata                | 552   | KGHM METRACO                               | K45-49    | 3    |                          |                |                 | 00:39:10.25  | +00:05:05<br>(13.0%) | 7:50            | 7.7<br>(87.5%) |
| 17  | ZDRZAŁEK Alicja                 | 590   | NORDIC SPORT 2021                          | K40-44    | 5    |                          |                |                 | 00:39:20.05  | +00:05:15<br>(13.4%) | 7:52            | 7.6<br>(86.4%) |
| 18  | KOSMAŁA Aneta                   | 414   | NORDIC SPORT 2021                          | K40-44    | 6    |                          |                |                 | 00:39:23.25  | +00:05:18<br>(13.5%) | 7:52            | 7.6<br>(86.4%) |
| 19  | KOWACZ Agata                    | 416   | SPEEDBAR                                   | K40-44    | 7    |                          |                |                 | 00:39:23.95  | +00:05:19<br>(13.5%) | 7:52            | 7.6<br>(86.4%) |
| 20  | PASIŃSKA - SKOWRON<br>Sylwia    | 478   |                                            | K45-49    | 4    |                          |                |                 | 00:39:52.20  | +00:05:47<br>(14.5%) | 7:58            | 7.5<br>(85.2%) |
| 21  | OKRZESIK-FRĄCKOWIAK<br>Izabella | 465   | TEAM POLAND                                | K50-54    | 3    |                          |                |                 | 00:39:59.35  | +00:05:54<br>(14.8%) | 7:59            | 7.5<br>(85.2%) |
| 22  | KRYCKA Danuta                   | 423   | EKSPEDYCJA NORDIC TEAM SZCZECIN            | K45-49    | 5    |                          |                |                 | 00:40:22.75  | +00:06:17<br>(15.6%) | 8:04            | 7.4<br>(84.1%) |
| 23  | ŁYSIAK Paulina                  | 440   | BIESZCZADZKI KLUB NORDIC WALKING           | K35-39    | 4    |                          |                |                 | 00:40:52.25  | +00:06:47<br>(16.6%) | 8:10            | 7.3<br>(83.0%) |
| 24  | CHRZANOWSKA Daria               | 349   | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING  | K18-34    | 3    |                          |                |                 | 00:41:01.15  | +00:06:56<br>(16.9%) | 8:12            | 7.3<br>(83.0%) |
| 25  | SZPILMAN Katarzyna              | 546   | ESJA TEAM                                  | K50-54    | 4    | A                        |                |                 | 00:41:31.80  | +00:07:27<br>(17.9%) | 8:18            | 7.2<br>(81.8%) |
| 26  | KUŁAKOWSKA Halina               | 427   | KATOWICKI NORDIC WALKING                   | K45-49    | 6    |                          |                |                 | 00:41:41.45  | +00:07:36<br>(18.3%) | 8:20            | 7.2<br>(81.8%) |
| 27  | KUPCZYK Iwona                   | 428   | PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE | K45-49    | 7    |                          |                |                 | 00:41:46.10  | +00:07:41<br>(18.4%) | 8:21            | 7.2<br>(81.8%) |
| 28  | NOWY Katarzyna                  | 463   | ESJA TEAM                                  | K55-59    | 1    |                          |                |                 | 00:41:58.60  | +00:07:53<br>(18.8%) | 8:23            | 7.1<br>(80.7%) |
| 29  | UFEL Milena                     | 564   | MOSIR TKKF SATURN CZELADŹ                  | K14-17    | 1    |                          |                |                 | 00:42:04.90  | +00:08:00<br>(19.0%) | 8:24            | 7.1<br>(80.7%) |
| 30  | SZENDZIELORZ Ilona              | 545   | MALINOWE GWIAZDY                           | K65-69    | 2    |                          |                |                 | 00:42:05.15  | +00:08:00<br>(19.0%) | 8:25            | 7.1<br>(80.7%) |
| 31  | GAŁKOWSKA Elżbieta              | 374   | KGHM METRACO                               | K65-69    | 3    |                          |                |                 | 00:42:23.35  | +00:08:18<br>(19.6%) | 8:28            | 7.1<br>(80.7%) |
| 32  | PANKIEWICZ Ewelina              | 474   | NORDIC SPORT 2021                          | K18-34    | 4    |                          |                |                 | 00:42:25.65  | +00:08:20<br>(19.7%) | 8:29            | 7.1<br>(80.7%) |
| 33  | WNEK Ewa                        | 576   | KGHM METRACO                               | K65-69    | 4    |                          |                |                 | 00:42:31.00  | +00:08:26<br>(19.8%) | 8:30            | 7.1<br>(80.7%) |
| 34  | DUDEK Barbara                   | 359   |                                            | K55-59    | 2    |                          |                |                 | 00:42:33.85  | +00:08:29<br>(19.9%) | 8:30            | 7.1<br>(80.7%) |
| 35  | DOMASŁAWSKA - PYTLIK<br>Ewelina | 358   | PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE | K45-49    | 8    |                          |                |                 | 00:42:50.40  | +00:08:45<br>(20.4%) | 8:34            | 7<br>(79.5%)   |
| 36  | SZYBUT Weronika                 | 551   | POTĘGA NORDICA                             | K8-13     | 1    |                          | 1              |                 | 00:42:50.85  | +00:08:46<br>(20.5%) | 8:34            | 7<br>(79.5%)   |
| 37  | CZEKAJŁO Wanessa                | 612   | KGHM METRACO                               | K8-13     | 2    |                          |                |                 | 00:42:53.80  | +00:08:49<br>(20.6%) | 8:34            | 7<br>(79.5%)   |

| Msc | Zawodnik                     | Numer | Klub                         | Kategoria | Mkat | Osoba<br>niepełnosprawna | Żół.<br>kartki | Czer.<br>kartki | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------|------------------------------|-----------|------|--------------------------|----------------|-----------------|----------------------|----------------------|-----------------|----------------|
| 38  | ROMANOWSKA Eliza             | 501   | DRUŻYNA KGHM METRACO         | K8-13     | 3    |                          |                |                 | 00:42:53.85          | +00:08:49<br>(20.6%) | 8:34            | 7<br>(79.5%)   |
| 39  | SERÓWKA Zuzanna              | 516   | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | K8-13     | 4    |                          |                |                 | 00:42:58.90          | +00:08:54<br>(20.7%) | 8:35            | 7<br>(79.5%)   |
| 40  | STRABEL Elżbieta             | 541   | #ŚREMCHODZI                  | K65-69    | 5    |                          |                |                 | 00:43:05.35          | +00:09:00<br>(20.9%) | 8:37            | 7<br>(79.5%)   |
| 41  | MIŚKOWICZ Anna               | 457   |                              | K60-64    | 2    |                          |                |                 | 00:43:15.50          | +00:09:10<br>(21.2%) | 8:39            | 6.9<br>(78.4%) |
| 42  | SŁOTWIŃSKA Wiktoria          | 524   | KGHM METRACO                 | K8-13     | 5    |                          |                |                 | 00:43:17.80          | +00:09:13<br>(21.3%) | 8:39            | 6.9<br>(78.4%) |
| 43  | KOCOŃ Sylwia                 | 412   |                              | K40-44    | 8    |                          |                |                 | 00:43:48.50          | +00:09:43<br>(22.2%) | 8:45            | 6.8<br>(77.3%) |
| 44  | MALINIAK Aleksandra          | 443   | OBORYGENI                    | K8-13     | 6    |                          |                |                 | 00:43:58.70          | +00:09:53<br>(22.5%) | 8:47            | 6.8<br>(77.3%) |
| 45  | HALIK-LEWANDOWSKA<br>Jadwiga | 387   | LKS ZANTYR SZTUM             | K65-69    | 6    |                          |                |                 | 00:44:16.20          | +00:10:11<br>(23.0%) | 8:51            | 6.8<br>(77.3%) |
| 46  | KISIELEWICZ Zofia            | 407   | DRUŻYNA KGHM METRACO         | K14-17    | 2    |                          | 1              |                 | 00:44:25.60          | +00:10:20<br>(23.3%) | 8:53            | 6.8<br>(77.3%) |
| 47  | KŁOS Joanna                  | 411   |                              | K35-39    | 5    |                          |                |                 | 00:44:33.65          | +00:10:28<br>(23.5%) | 8:54            | 6.7<br>(76.1%) |
| 48  | SKRZĄTEK Lucyna              | 522   | NORDIC SPORT 2021            | K50-54    | 5    |                          |                |                 | 00:44:38.60          | +00:10:33<br>(23.7%) | 8:55            | 6.7<br>(76.1%) |
| 49  | PIETRZAK Dorota              | 483   | NORDIC WALKING KIEKRZ POLAND | K50-54    | 6    |                          |                |                 | 00:44:49.70          | +00:10:44<br>(24.0%) | 8:57            | 6.7<br>(76.1%) |
| 50  | HANUS Joanna                 | 389   | PASJONAUCI KROSNO            | K35-39    | 6    | B                        |                |                 | 00:44:56.55          | +00:10:51<br>(24.2%) | 8:59            | 6.7<br>(76.1%) |
| 51  | LEIBUS Inguna                | 433   |                              | K60-64    | 3    |                          |                |                 | 00:45:04.95          | +00:11:00<br>(24.4%) | 9:00            | 6.7<br>(76.1%) |
| 52  | SZULC-MIKOŁAJCZAK<br>Marzena | 548   | NW WĄGROWIEC                 | K35-39    | 7    |                          |                |                 | 00:45:05.20          | +00:11:00<br>(24.4%) | 9:01            | 6.7<br>(76.1%) |
| 53  | PRZYSTARZ Anna               | 494   | OBORYGENI                    | K50-54    | 7    |                          |                |                 | 00:45:05.80          | +00:11:01<br>(24.4%) | 9:01            | 6.7<br>(76.1%) |
| 54  | MAZURKIEWICZ Barbara         | 452   | KGHM METRACO GMINA GAWORZYCE | K35-39    | 8    |                          |                |                 | 00:45:21.25          | +00:11:16<br>(24.9%) | 9:04            | 6.6<br>(75.0%) |
| 55  | SERÓWKA Lidia                | 259   | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | K50-54    | 8    | A                        |                |                 | 00:45:27.55          | +00:11:22<br>(25.0%) | 9:05            | 6.6<br>(75.0%) |
| 56  | DYBEŁ Agnieszka              | 364   | NORDIC TEAM CZĘSTOCHOWA      | K40-44    | 9    | A                        |                |                 | 00:45:30.10          | +00:11:25<br>(25.1%) | 9:06            | 6.6<br>(75.0%) |
| 57  | SMOLARSKA Maria              | 528   | UTW DRZEWICA                 | K55-59    | 3    |                          |                |                 | 00:45:31.55          | +00:11:26<br>(25.1%) | 9:06            | 6.6<br>(75.0%) |
| 58  | MIGO Nadia                   | 454   | KGHM METRACO                 | K8-13     | 7    |                          |                |                 | 00:45:39.20          | +00:11:34<br>(25.4%) | 9:07            | 6.6<br>(75.0%) |
| 59  | SAJNA Maria                  | 511   | ZIELONY LAS                  | K60-64    | 4    |                          |                |                 | 00:45:46.55          | +00:11:41<br>(25.6%) | 9:09            | 6.6<br>(75.0%) |
| 60  | BAJĀRE Ināra                 | 325   |                              | K65-69    | 7    |                          |                |                 | 00:45:48.40          | +00:11:43<br>(25.6%) | 9:09            | 6.6<br>(75.0%) |

| Msc | Zawodnik             | Numer | Klub                                       | Kategoria | Mkat | Osoba niepełnosprawna | Żół. kartki | Czer. kartki | Czas netto  | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|--------------------------------------------|-----------|------|-----------------------|-------------|--------------|-------------|-------------------|--------------|-------------|
|     |                      |       |                                            |           |      |                       |             |              | 5km         |                   |              |             |
| 61  | KLOCEK Jagoda        | 410   | DRUŻYNA KGHM METRACO                       | K14-17    | 3    |                       |             |              | 00:45:57.85 | +00:11:53 (25.9%) | 9:11         | 6.5 (73.9%) |
| 62  | REMISZEWSKA Barbara  | 497   | TKKF CZELADŹ                               | K50-54    | 9    |                       |             |              | 00:46:03.15 | +00:11:58 (26.0%) | 9:12         | 6.5 (73.9%) |
| 63  | GRYGOROWICZ Teresa   | 380   | KGHM METRACO RUDNA                         | K70-74    | 1    |                       |             |              | 00:46:21.25 | +00:12:16 (26.5%) | 9:16         | 6.5 (73.9%) |
| 64  | MARSZAŁEK Marzena    | 448   | PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE | K50-54    | 10   |                       |             |              | 00:46:24.40 | +00:12:19 (26.6%) | 9:16         | 6.5 (73.9%) |
| 65  | RUDNICKA Ada         | 476   | KGHM METRACO                               | K8-13     | 8    |                       |             |              | 00:46:25.00 | +00:12:20 (26.6%) | 9:17         | 6.5 (73.9%) |
| 66  | SALAMONOWICZ Izabela | 513   | NORDIC ARMY MASZYCANKA MASZYCE             | K45-49    | 9    |                       |             |              | 00:46:25.30 | +00:12:20 (26.6%) | 9:17         | 6.5 (73.9%) |
| 67  | BANASZCZYK Katarzyna | 402   | NORDIC WALKING KIEKRZ POLAND               | K50-54    | 11   |                       |             |              | 00:46:28.25 | +00:12:23 (26.7%) | 9:17         | 6.5 (73.9%) |
| 68  | BABISZ Lena          | 421   | KGHM METRACO                               | K8-13     | 9    |                       |             |              | 00:46:30.05 | +00:12:25 (26.7%) | 9:18         | 6.5 (73.9%) |
| 69  | SOŁOBODOWSKA Pola    | 531   |                                            | K8-13     | 10   |                       |             |              | 00:46:32.75 | +00:12:27 (26.8%) | 9:18         | 6.4 (72.7%) |
| 70  | POLAŃSKA Agnieszka   | 491   | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING  | K40-44    | 10   |                       |             |              | 00:46:40.10 | +00:12:35 (27.0%) | 9:20         | 6.4 (72.7%) |
| 71  | DANUTA Niklaus       | 355   | NORDIC WALKING KIEKRZ POLAND               | K60-64    | 5    |                       |             |              | 00:46:44.15 | +00:12:39 (27.1%) | 9:20         | 6.4 (72.7%) |
| 72  | SOS Vesna            | 532   | TEAM CROATIA                               | K60-64    | 6    |                       |             |              | 00:46:51.40 | +00:12:46 (27.3%) | 9:22         | 6.4 (72.7%) |
| 73  | SAMUL Monika         | 514   | KGHM METRACO GMINA GAWORZYCE               | K45-49    | 10   |                       | 1           |              | 00:46:54.90 | +00:12:50 (27.4%) | 9:22         | 6.4 (72.7%) |
| 74  | DOLATA Dorota        | 357   | NORDIC WALKING KIEKRZ POLAND               | K60-64    | 7    |                       |             |              | 00:46:56.20 | +00:12:51 (27.4%) | 9:23         | 6.4 (72.7%) |
| 75  | LACHOWSKA Ewa        | 432   |                                            | K60-64    | 8    |                       |             |              | 00:47:20.60 | +00:13:15 (28.0%) | 9:28         | 6.3 (71.6%) |
| 76  | RERUTKO Sabina       | 499   | PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE | K45-49    | 11   |                       |             |              | 00:47:20.75 | +00:13:15 (28.0%) | 9:28         | 6.3 (71.6%) |
| 77  | POŁĄCARZ Justyna     | 492   |                                            | K8-13     | 11   |                       |             |              | 00:47:29.00 | +00:13:24 (28.2%) | 9:29         | 6.3 (71.6%) |
| 78  | FRANCZAK Anna        | 369   | NW CZŁĄPSKI TEAM                           | K50-54    | 12   |                       |             |              | 00:47:31.80 | +00:13:27 (28.3%) | 9:30         | 6.3 (71.6%) |
| 79  | BERNAŚ Kamila        | 334   | WROCŁAWSKIE STOWARZYSZYNIIE NORDIC WALKING | K40-44    | 11   |                       |             |              | 00:48:12.65 | +00:14:07 (29.3%) | 9:38         | 6.2 (70.5%) |
| 80  | FLOREK Julia         | 368   |                                            | K18-34    | 5    |                       |             |              | 00:48:13.10 | +00:14:08 (29.3%) | 9:38         | 6.2 (70.5%) |
| 81  | MADEJ Anna           | 442   | KGHM METRACO                               | K40-44    | 12   |                       |             |              | 00:48:27.05 | +00:14:22 (29.7%) | 9:41         | 6.2 (70.5%) |
| 82  | KYROWIKA Natalia     | 613   |                                            | K14-17    | 4    |                       |             |              | 00:48:35.60 | +00:14:30 (29.9%) | 9:43         | 6.2 (70.5%) |
| 83  | SZCZERBANOWICZ Julia | 544   | KGHM METRACO                               | K14-17    | 5    |                       |             |              | 00:48:42.85 | +00:14:38 (30.0%) | 9:44         | 6.2 (70.5%) |

| Msc | Zawodnik                  | Numer | Klub                             | Kategoria | Mkat | Osoba niepełnosprawna | Żół. kartki | Czer. kartki | Czas netto  | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|----------------------------------|-----------|------|-----------------------|-------------|--------------|-------------|-------------------|--------------|-------------|
|     |                           |       |                                  |           |      |                       |             |              | 5km         |                   |              |             |
| 84  | HUBER Justyna             | 393   |                                  | K40-44    | 13   |                       | 1           |              | 00:48:52.95 | +00:14:48 (30.3%) | 9:46         | 6.1 (69.3%) |
| 85  | FLAK Ewa                  | 367   | KGHM METRACO                     | K55-59    | 4    |                       |             |              | 00:49:07.35 | +00:15:02 (30.6%) | 9:49         | 6.1 (69.3%) |
| 86  | VIDAKOVIĆ Gordana         | 566   | TEAM CROATIA                     | K60-64    | 9    |                       |             |              | 00:49:22.00 | +00:15:17 (31.0%) | 9:52         | 6.1 (69.3%) |
| 87  | ZAWADZKA Joanna           | 587   | SAINT-GOBAIN SQUAD               | K35-39    | 9    |                       | 2           |              | 00:49:28.70 | +00:15:23 (31.1%) | 9:53         | 6.1 (69.3%) |
| 88  | SIEPSIAK Joanna           | 519   |                                  | K50-54    | 13   |                       |             |              | 00:49:36.15 | +00:15:31 (31.3%) | 9:55         | 6 (68.2%)   |
| 89  | WILK Iwona                | 568   | NORDIC SPORT 2021                | K45-49    | 12   |                       |             |              | 00:49:43.40 | +00:15:38 (31.5%) | 9:56         | 6 (68.2%)   |
| 90  | SĘDZIK Katarzyna          | 517   | LECYMY DURŚ                      | K45-49    | 13   |                       |             |              | 00:49:46.85 | +00:15:42 (31.5%) | 9:57         | 6 (68.2%)   |
| 91  | SZAŁAJ Anna               | 542   | KGHM METRACO RUDNA               | K65-69    | 8    | B                     |             |              | 00:49:54.85 | +00:15:50 (31.7%) | 9:58         | 6 (68.2%)   |
| 92  | WOŹNIAK Agnieszka         | 583   | KGHM METRACO                     | K40-44    | 14   |                       | 1           |              | 00:50:06.40 | +00:16:01 (32.0%) | 10:01        | 6 (68.2%)   |
| 93  | NOWAKOWSKA Sylwia         | 462   |                                  | K40-44    | 15   |                       |             |              | 00:50:07.00 | +00:16:02 (32.0%) | 10:01        | 6 (68.2%)   |
| 94  | FIEDLER-MALINIAK Urszula  | 365   | OBORYGENI                        | K40-44    | 16   |                       |             |              | 00:50:24.85 | +00:16:20 (32.4%) | 10:04        | 6 (68.2%)   |
| 95  | ŚMIESZEK-ZYGNERSKA Renata | 559   | KGHM METRACO GMINA RADWANICE     | K35-39    | 10   |                       |             |              | 00:50:33.15 | +00:16:28 (32.6%) | 10:06        | 5.9 (67.0%) |
| 96  | SZEWCZYK Iwona            | 273   |                                  | K55-59    | 5    |                       |             |              | 00:50:36.30 | +00:16:31 (32.7%) | 10:07        | 5.9 (67.0%) |
| 97  | TOMCZAK-CHRZAN Beata      | 563   | KGHM METRACO                     | K55-59    | 6    |                       |             |              | 00:50:37.95 | +00:16:33 (32.7%) | 10:07        | 5.9 (67.0%) |
| 98  | KRÓL Grażyna              | 595   | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 9    |                       |             |              | 00:50:53.20 | +00:16:48 (33.0%) | 10:10        | 5.9 (67.0%) |
| 99  | POCHEĆ Mariola            | 487   |                                  | K50-54    | 14   |                       | 1           |              | 00:50:53.95 | +00:16:49 (33.0%) | 10:10        | 5.9 (67.0%) |
| 100 | MAZUR Monika              | 471   | KGHM METRACO                     | K8-13     | 12   |                       |             |              | 00:50:58.20 | +00:16:53 (33.1%) | 10:11        | 5.9 (67.0%) |
| 101 | BIEDRZYCKA Julia          | 337   | KGHM METRACO                     | K8-13     | 13   |                       |             |              | 00:51:03.10 | +00:16:58 (33.2%) | 10:12        | 5.9 (67.0%) |
| 102 | WŁODARCZYK Aneta          | 575   |                                  | K45-49    | 14   |                       |             |              | 00:51:08.00 | +00:17:03 (33.4%) | 10:13        | 5.9 (67.0%) |
| 103 | WORONKO-ZACZYŃSKA Janina  | 582   | KGHM METRACO                     | K75-79    | 1    |                       |             |              | 00:51:11.85 | +00:17:07 (33.4%) | 10:14        | 5.9 (67.0%) |
| 104 | BAKOWSKA Grażyna          | 333   |                                  | K35-39    | 11   |                       |             |              | 00:51:17.30 | +00:17:12 (33.6%) | 10:15        | 5.8 (65.9%) |
| 105 | GABRYSZ Patrycja          | 608   |                                  | K14-17    | 6    |                       |             |              | 00:51:18.05 | +00:17:13 (33.6%) | 10:15        | 5.8 (65.9%) |
| 106 | KUREK Aleksandra          | 606   | KGHM METRACO                     | K35-39    | 12   |                       |             |              | 00:51:30.15 | +00:17:25 (33.8%) | 10:18        | 5.8 (65.9%) |

| Msc | Zawodnik              | Numer | Klub                             | Kategoria | Mkat | Osoba<br>niepełnosprawna | Żół.<br>kartki | Czer.<br>kartki | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|----------------------------------|-----------|------|--------------------------|----------------|-----------------|----------------------|----------------------|-----------------|----------------|
| 107 | SUDOŁ Maria           | 603   | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 10   |                          |                |                 | 00:51:45.25          | +00:17:40<br>(34.2%) | 10:21           | 5.8<br>(65.9%) |
| 108 | ANGIELCZYK Małgorzata | 323   | MARSZ PO ZDROWIE                 | K70-74    | 2    |                          |                |                 | 00:51:45.50          | +00:17:40<br>(34.2%) | 10:21           | 5.8<br>(65.9%) |
| 109 | TERPIŁOWSKA Halina    | 561   |                                  | K65-69    | 11   |                          |                |                 | 00:51:47.75          | +00:17:42<br>(34.2%) | 10:21           | 5.8<br>(65.9%) |
| 110 | ARTYMICZ Maria        | 324   |                                  | K65-69    | 12   |                          |                |                 | 00:51:57.95          | +00:17:53<br>(34.4%) | 10:23           | 5.8<br>(65.9%) |
| 111 | MAŚLAK Marta          | 449   | KGHM METRACO GMINA GAWORZYCE     | K18-34    | 6    |                          | 1              |                 | 00:52:13.20          | +00:18:08<br>(34.7%) | 10:26           | 5.7<br>(64.8%) |
| 112 | NOWAK Zofia           | 461   |                                  | K65-69    | 13   |                          |                |                 | 00:52:14.45          | +00:18:09<br>(34.8%) | 10:26           | 5.7<br>(64.8%) |
| 113 | DUSZEŃKO Elwira       | 363   | KGHM METRACO RUDNA               | K55-59    | 7    | A                        |                |                 | 00:52:25.65          | +00:18:20<br>(35.0%) | 10:29           | 5.7<br>(64.8%) |
| 114 | ŚLUSARCZYK Waleria    | 553   | NORDIC WALKING KIEKRZ POLAND     | K60-64    | 10   |                          |                |                 | 00:52:38.95          | +00:18:34<br>(35.3%) | 10:31           | 5.7<br>(64.8%) |
| 115 | BLATKIEWICZ Agnieszka | 340   | STAL GORZÓW WLKP                 | K18-34    | 7    |                          |                |                 | 00:52:43.00          | +00:18:38<br>(35.4%) | 10:32           | 5.7<br>(64.8%) |
| 116 | TRAUTMANN Bogusia     | 290   |                                  | K55-59    | 8    |                          |                |                 | 00:52:52.15          | +00:18:47<br>(35.5%) | 10:34           | 5.7<br>(64.8%) |
| 117 | WOŹNY Aleksandra      | 584   | AMATOR                           | K45-49    | 15   |                          |                |                 | 00:52:56.70          | +00:18:51<br>(35.6%) | 10:35           | 5.7<br>(64.8%) |
| 118 | BŁĄDEK Jolanta        | 343   | ZAWSZE MŁODZI NORDIC WALKING     | K75-79    | 2    |                          |                |                 | 00:53:08.20          | +00:19:03<br>(35.9%) | 10:37           | 5.6<br>(63.6%) |
| 119 | HORNIAC Amanda        | 392   | DRUŻYNA KGHM METRACO             | K8-13     | 14   |                          |                |                 | 00:53:16.70          | +00:19:11<br>(36.0%) | 10:39           | 5.6<br>(63.6%) |
| 120 | LISTWAN Klaudia       | 436   | KGHM METRACO                     | K14-17    | 7    |                          |                |                 | 00:53:27.20          | +00:19:22<br>(36.2%) | 10:41           | 5.6<br>(63.6%) |
| 121 | SŁOWIK Sylwia         | 526   | DRUŻYNA KGHM MERTACO             | K40-44    | 17   |                          |                |                 | 00:53:33.70          | +00:19:28<br>(36.4%) | 10:42           | 5.6<br>(63.6%) |
| 122 | ŚLUSARCZYK Danuta     | 558   | WESOŁY BORSUK TEAM               | K70-74    | 3    |                          |                |                 | 00:53:47.35          | +00:19:42<br>(36.6%) | 10:45           | 5.6<br>(63.6%) |
| 123 | SZYBUT Roma           | 550   | POTĘGA NORDICA                   | K35-39    | 13   |                          |                |                 | 00:53:48.35          | +00:19:43<br>(36.7%) | 10:45           | 5.6<br>(63.6%) |
| 124 | HAREŻGA Maja          | 390   | KGHM METRACO                     | K14-17    | 8    |                          |                |                 | 00:53:53.65          | +00:19:48<br>(36.8%) | 10:46           | 5.6<br>(63.6%) |
| 125 | BARTCZAK Agnieszka    | 329   | KGHM METRACO                     | K45-49    | 16   |                          | 1              |                 | 00:54:15.10          | +00:20:10<br>(37.2%) | 10:51           | 5.5<br>(62.5%) |
| 126 | PAŁYS Aleksandra      | 473   | DRUŻYNA KGHM METRACO             | K50-54    | 15   |                          |                |                 | 00:54:30.90          | +00:20:26<br>(37.5%) | 10:54           | 5.5<br>(62.5%) |
| 127 | CIEŚLAK Karolina      | 351   | KGHM METRACO GMINA GAWORZYCE     | K35-39    | 14   |                          | 1              |                 | 00:54:34.55          | +00:20:29<br>(37.6%) | 10:54           | 5.5<br>(62.5%) |
| 128 | GRZYWOCZ Irena        | 383   |                                  | K70-74    | 4    |                          |                |                 | 00:54:58.40          | +00:20:53<br>(38.0%) | 10:59           | 5.5<br>(62.5%) |
| 129 | KOZAK Teresa          | 594   | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64    | 11   |                          |                |                 | 00:55:04.20          | +00:20:59<br>(38.1%) | 11:00           | 5.4<br>(61.4%) |

| Msc | Zawodnik                      | Numer | Klub                             | Kategoria | Mkat | Osoba<br>niepełnosprawna | Żół.<br>kartki | Czer.<br>kartki | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|-------|----------------------------------|-----------|------|--------------------------|----------------|-----------------|----------------------|----------------------|-----------------|----------------|
| 130 | KOŁODZIEJ Halina              | 593   | KOLBUSZOWSKI KLUB NORDIC WALKING | K70-74    | 5    |                          |                |                 | 00:55:46.25          | +00:21:41<br>(38.9%) | 11:09           | 5.4<br>(61.4%) |
| 131 | JEMIOŁO Natalia               | 396   | KGHM METRACO                     | K18-34    | 8    | B                        |                |                 | 00:55:54.10          | +00:21:49<br>(39.0%) | 11:10           | 5.4<br>(61.4%) |
| 132 | PANKIEWICZ-DMOWSKA<br>Cecylia | 475   |                                  | K70-74    | 6    |                          |                |                 | 00:56:57.10          | +00:22:52<br>(40.2%) | 11:23           | 5.3<br>(60.2%) |
| 133 | BANASZAK Paulina              | 326   | KGHM METRACO GMINA RADWANICE     | K18-34    | 9    |                          | 1              |                 | 00:57:51.75          | +00:23:46<br>(41.1%) | 11:34           | 5.2<br>(59.1%) |
| 134 | MALINOWSKA Danuta             | 444   | KGHM METRACO GMINA RADWANICE     | K40-44    | 18   |                          |                |                 | 00:58:05.30          | +00:24:00<br>(41.3%) | 11:37           | 5.2<br>(59.1%) |
| 135 | PIWKO Milena                  | 486   | KGHM METRACO                     | K65-69    | 14   |                          |                |                 | 00:58:28.70          | +00:24:23<br>(41.7%) | 11:41           | 5.1<br>(58.0%) |
| 136 | KOCZUR Dorota                 | 592   | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 15   |                          | 1              |                 | 00:58:37.75          | +00:24:32<br>(41.9%) | 11:43           | 5.1<br>(58.0%) |
| 137 | MROWIEC Maria                 | 458   | UTW                              | K75-79    | 3    |                          |                |                 | 00:59:39.25          | +00:25:34<br>(42.9%) | 11:55           | 5<br>(56.8%)   |
| 138 | PROKOPIEC Bronisława          | 597   | KOLBUSZOWSKI KLUB NORDIC WALKING | K75-79    | 4    |                          |                |                 | 00:59:46.30          | +00:25:41<br>(43.0%) | 11:57           | 5<br>(56.8%)   |
| 139 | MAZURKIEWICZ Krystyna         | 596   | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 16   |                          |                |                 | 01:02:14.85          | +00:28:10<br>(45.3%) | 12:26           | 4.8<br>(54.5%) |
| 140 | MAZAN Czesława                | 602   | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 17   |                          | 1              |                 | 01:02:15.30          | +00:28:10<br>(45.3%) | 12:27           | 4.8<br>(54.5%) |
| 141 | OLEKSYK Małgorzata            | 466   | BIESZCZADZKI KLUB NORDIC WALKING | K60-64    | 12   |                          | 1              |                 | 01:18:03.60          | +00:43:58<br>(56.3%) | 15:36           | 3.8<br>(43.2%) |
| 142 | SOSNOWSKA Agnieszka           | 534   | TEAM POLAND                      | K35-39    | 15   |                          | 1              |                 |                      |                      |                 | (0.0%)         |
| 143 | SAJ Elżbieta                  | 604   | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69    | 18   |                          |                |                 |                      |                      |                 | (0.0%)         |

Znalezione 143 wynik(ów)