



# INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 5 KM

B4SPORT  
INTELEKTUALNE SERWISY SPORTOWE

**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 -M

| 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  | 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%) |
| 11  | ZABŁOCKI Karol     | 585   | NW CZŁAPSKI TEAM                    | M35-39    | 3    |                       |             |              | 00:34:42.60    | +00:03:00 (8.7%)  | 6:56         | 8.6 (90.5%) |
| 12  | 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%) |
| 13  | OLSZAŃSKI Karol    | 467   | TEAM POLAND                         | M45-49    | 2    |                       |             |              | 00:35:07.10    | +00:03:25 (9.7%)  | 7:01         | 8.5 (89.5%) |
| 14  | RECZULSKI Mariusz  | 496   | SMS EFEKT CZĘSTOCHOWA               | M55-59    | 3    |                       |             |              | 00:35:09.00    | +00:03:26 (9.8%)  | 7:01         | 8.5 (89.5%) |
| 15  | ADAM Jurek         | 321   | TEAM POLAND                         | M60-64    | 1    |                       | 1           |              | 00:35:13.05    | +00:03:31 (10.0%) | 7:02         | 8.5 (89.5%) |
| 16  | WOROCH Roman       | 580   | KGHM METRACO RUDNA                  | M60-64    | 2    |                       |             |              | 00:35:16.70    | +00:03:34 (10.1%) | 7:03         | 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  | DĘBSKI Bartłomiej   | 356   | NORDIC TEAM CZĘSTOCHOWA          | M40-44    | 1    |                       |             |              | 00:35:19.55    | +00:03:37 (10.3%) | 7:03         | 8.5 (89.5%) |
| 18  | KLARIĆ Vjekoslav    | 408   | TEAM CROATIA                     | M35-39    | 4    |                       | 2           |              | 00:35:20.20    | +00:03:38 (10.3%) | 7:04         | 8.5 (89.5%) |
| 19  | KABATA Jarosław     | 398   | TEAM POLAND                      | M50-54    | 4    |                       |             |              | 00:35:40.70    | +00:03:58 (11.1%) | 7:08         | 8.4 (88.4%) |
| 20  | 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%) |
| 21  | 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%) |
| 22  | MISZTAL Grzegorz    | 456   | MASZYCANKA MASZYCE               | M18-34    | 4    |                       |             |              | 00:35:49.15    | +00:04:07 (11.5%) | 7:09         | 8.4 (88.4%) |
| 23  | 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%) |
| 24  | ROŻYNEK Miron       | 508   | TEAM POLAND                      | M55-59    | 5    |                       |             |              | 00:35:52.65    | +00:04:10 (11.6%) | 7:10         | 8.4 (88.4%) |
| 25  | 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%) |
| 26  | BIBKO Martin        | 336   | SPEEDBAR                         | M45-49    | 4    |                       |             |              | 00:35:59.40    | +00:04:17 (11.9%) | 7:11         | 8.3 (87.4%) |
| 27  | HELWICH Stefan      | 391   | KGHM METRACO RUDNA               | M65-69    | 1    |                       |             |              | 00:36:22.05    | +00:04:40 (12.8%) | 7:16         | 8.2 (86.3%) |
| 28  | PACYNA Piotr        | 472   | BIEGIEM RADOM                    | M40-44    | 2    |                       | 2           |              | 00:36:24.40    | +00:04:42 (12.9%) | 7:16         | 8.2 (86.3%) |
| 29  | SIWAK Piotr         | 521   | KGHM METRACO RUDNA               | M60-64    | 3    |                       |             |              | 00:36:36.95    | +00:04:54 (13.4%) | 7:19         | 8.2 (86.3%) |
| 30  | SŁUPIANEK Paweł     | 527   | KATOWICKI NORDIC WALKING         | M40-44    | 3    |                       |             |              | 00:36:43.30    | +00:05:01 (13.7%) | 7:20         | 8.2 (86.3%) |
| 31  | BARYLUK Beniamin    | 331   | MOSIR TKKF SATURN CZELADŹ        | M14-17    | 1    |                       |             |              | 00:36:55.25    | +00:05:13 (14.1%) | 7:23         | 8.1 (85.3%) |
| 32  | GUZDZIO Maciej      | 384   | NORDIC WALKING KIEKRZ POLAND     | M55-59    | 6    |                       |             |              | 00:36:56.40    | +00:05:14 (14.2%) | 7:23         | 8.1 (85.3%) |
| 33  | MAŁKA Marian        | 446   |                                  | M60-64    | 4    |                       |             |              | 00:37:28.05    | +00:05:46 (15.4%) | 7:29         | 8 (84.2%)   |
| 34  | CIEŚLUK Marcin      | 352   | NORDIC TEAM CZĘSTOCHOWA          | M45-49    | 5    | A                     |             |              | 00:37:34.85    | +00:05:52 (15.6%) | 7:30         | 8 (84.2%)   |
| 35  | GAJEWSKI Eugeniusz  | 373   | KGHM METRACO                     | M65-69    | 2    |                       |             |              | 00:37:41.45    | +00:05:59 (15.9%) | 7:32         | 8 (84.2%)   |
| 36  | GŁOGOWSKI Wojciech  | 376   | DRUŻYNA KGHM METRACO             | M14-17    | 2    |                       |             |              | 00:37:49.00    | +00:06:06 (16.2%) | 7:33         | 7.9 (83.2%) |
| 37  | 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%) |
| 38  | WAJCHERT Łukasz     | 567   | TURBOGROSZKI.RUN                 | M35-39    | 5    |                       |             |              | 00:38:02.75    | +00:06:20 (16.7%) | 7:36         | 7.9 (83.2%) |
| 39  | POLAK Łukasz        | 489   | OBORYGENI                        | M40-44    | 4    |                       |             |              | 00:38:07.85    | +00:06:25 (16.9%) | 7:37         | 7.9 (83.2%) |
| 40  | GROBELNY Tymoteusz  | 378   |                                  | M14-17    | 4    |                       | 1           |              | 00:38:10.70    | +00:06:28 (17.0%) | 7:38         | 7.9 (83.2%) |
| 41  | RAKOWIECKI Zbigniew | 51    |                                  | M60-64    | 5    |                       |             |              | 00:38:25.75    | +00:06:43 (17.5%) | 7:41         | 7.8 (82.1%) |

| Msc | Zawodnik               | Numer | Klub                                                                         | Kategoria | Mkat | Osoba           |  | Żół.<br>kartki | Czer.<br>kartki | Czas         |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|------------------------------------------------------------------------------|-----------|------|-----------------|--|----------------|-----------------|--------------|----------------------|-----------------|----------------|
|     |                        |       |                                                                              |           |      | niepełnosprawna |  |                |                 | netto<br>5km | Różn                 |                 |                |
| 42  | WOLNY Edward           | 579   |                                                                              | M65-69    | 3    |                 |  | 1              |                 | 00:38:26.55  | +00:06:44<br>(17.5%) | 7:41            | 7.8<br>(82.1%) |
| 43  | WINIARSKI Hieronim     | 571   | NORDIC WALKING KROTOSZYN                                                     | M45-49    | 6    |                 |  |                |                 | 00:38:31.00  | +00:06:48<br>(17.7%) | 7:42            | 7.8<br>(82.1%) |
| 44  | SKWIRUT Jerzy          | 523   | PRZEMYSKI KLUB SPORTU I REKREACJI NIEWIDOMYCH I SŁABOWIDZĄCYCH 'PODKARPACIE' | M60-64    | 6    | A               |  |                |                 | 00:38:31.95  | +00:06:49<br>(17.7%) | 7:42            | 7.8<br>(82.1%) |
| 45  | DUSZENKO Zygmunt       | 362   | KGHM METRACO RUDNA                                                           | M60-64    | 7    | A               |  |                |                 | 00:38:34.85  | +00:06:52<br>(17.8%) | 7:42            | 7.8<br>(82.1%) |
| 46  | ŚLUSARCZYK Marcin      | 554   | WESOŁY BORSUK TEAM                                                           | M40-44    | 5    |                 |  |                |                 | 00:38:41.95  | +00:06:59<br>(18.1%) | 7:44            | 7.8<br>(82.1%) |
| 47  | GRODZKI Ignacy         | 379   | PASJA NORDIC WALKING                                                         | M8-13     | 1    |                 |  |                |                 | 00:38:43.30  | +00:07:01<br>(18.1%) | 7:44            | 7.7<br>(81.1%) |
| 48  | KASPRZAK Tadeusz       | 404   | TURBO-KIJE                                                                   | M60-64    | 8    | A               |  | 1              |                 | 00:38:46.00  | +00:07:03<br>(18.2%) | 7:45            | 7.7<br>(81.1%) |
| 49  | GOŁĘBIEWSKI Edward     | 377   | MARSZ PO ZDROWIE                                                             | M70-74    | 1    |                 |  |                |                 | 00:39:00.45  | +00:07:18<br>(18.7%) | 7:48            | 7.7<br>(81.1%) |
| 50  | REMISZEWSKI Mieczysław | 498   | TKKF CZELADŹ                                                                 | M65-69    | 4    |                 |  | 1              |                 | 00:39:01.00  | +00:07:18<br>(18.8%) | 7:48            | 7.7<br>(81.1%) |
| 51  | MIHELAC Juraj          | 455   | TEAM CROATIA                                                                 | M40-44    | 6    |                 |  |                |                 | 00:39:02.35  | +00:07:20<br>(18.8%) | 7:48            | 7.7<br>(81.1%) |
| 52  | STRABEL Wojciech       | 540   | #ŚREMCHODZI                                                                  | M65-69    | 5    |                 |  | 1              |                 | 00:39:09.90  | +00:07:27<br>(19.1%) | 7:49            | 7.7<br>(81.1%) |
| 53  | WINCZEWSKI Piotr       | 570   | AZYMUT PABIANICE                                                             | M55-59    | 7    |                 |  |                |                 | 00:39:12.70  | +00:07:30<br>(19.2%) | 7:50            | 7.7<br>(81.1%) |
| 54  | ŻBIKOWSKI Wacław       | 591   | TURBO KIJE                                                                   | M70-74    | 2    |                 |  |                |                 | 00:39:12.75  | +00:07:30<br>(19.2%) | 7:50            | 7.7<br>(81.1%) |
| 55  | KRUGIOŁKA Grzegorz     | 422   | AKTYWNIE W PNIEWACH                                                          | M40-44    | 7    |                 |  |                |                 | 00:39:29.25  | +00:07:47<br>(19.7%) | 7:53            | 7.6<br>(80.0%) |
| 56  | KLAWCZYŃSKI Marcin     | 409   | AKTYWNIE W PNIEWACH                                                          | M18-34    | 5    |                 |  |                |                 | 00:39:33.70  | +00:07:51<br>(19.9%) | 7:54            | 7.6<br>(80.0%) |
| 57  | KUREK Aleksander       | 605   | KGHM METRACO                                                                 | M8-13     | 2    |                 |  |                |                 | 00:39:48.35  | +00:08:06<br>(20.4%) | 7:57            | 7.5<br>(78.9%) |
| 58  | STANISŁAWSKI Jan       | 538   | NORDIC WALKING KIEKRZ POLAND                                                 | M60-64    | 9    |                 |  |                |                 | 00:39:57.50  | +00:08:15<br>(20.7%) | 7:59            | 7.5<br>(78.9%) |
| 59  | LACHNIK Hubert         | 431   |                                                                              | M70-74    | 3    |                 |  |                |                 | 00:40:01.25  | +00:08:19<br>(20.8%) | 8:00            | 7.5<br>(78.9%) |
| 60  | WOJTCAK Roman          | 406   | LECH CZAPLINEK                                                               | M40-44    | 8    |                 |  |                |                 | 00:40:03.35  | +00:08:21<br>(20.9%) | 8:00            | 7.5<br>(78.9%) |
| 61  | SZOT Adam              | 609   | KGHM METRACO                                                                 | M18-34    | 6    |                 |  |                |                 | 00:40:18.40  | +00:08:36<br>(21.4%) | 8:03            | 7.4<br>(77.9%) |
| 62  | OSTRIĆ Igor            | 470   | TEAM CROATIA                                                                 | M55-59    | 8    |                 |  |                |                 | 00:40:23.05  | +00:08:41<br>(21.5%) | 8:04            | 7.4<br>(77.9%) |
| 63  | WIŚNIEWSKI Oliwer      | 610   | KGHM METRACO                                                                 | M8-13     | 3    |                 |  |                |                 | 00:40:34.55  | +00:08:52<br>(21.9%) | 8:06            | 7.4<br>(77.9%) |
| 64  | SANIUK Edward          | 515   | FACE NORDIC WALKING TEAM                                                     | M70-74    | 4    |                 |  |                |                 | 00:40:36.70  | +00:08:54<br>(21.9%) | 8:07            | 7.4<br>(77.9%) |
| 65  | KRIGER Roman           | 420   | MAPEI POLSKA                                                                 | M60-64    | 10   |                 |  |                |                 | 00:40:37.75  | +00:08:55<br>(22.0%) | 8:07            | 7.4<br>(77.9%) |
| 66  | BANASZAK Łukasz        | 327   | KGHM METRACO GMINA RADWANICE                                                 | M18-34    | 7    |                 |  | 2              |                 | 00:40:54.65  | +00:09:12<br>(22.5%) | 8:10            | 7.3<br>(76.8%) |

| Msc | Zawodnik              | Numer | Klub                         | Kategoria | Mkat | Osoba           |  | Żół. kartki | Czer. kartki | Czas netto 5km |                   | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|------------------------------|-----------|------|-----------------|--|-------------|--------------|----------------|-------------------|--------------|-------------|
|     |                       |       |                              |           |      | niepełnosprawna |  |             |              |                | Różn              |              |             |
| 67  | POLAK Marcel          | 490   | OBORYGENI                    | M8-13     | 4    |                 |  |             |              | 00:40:56.30    | +00:09:14 (22.6%) | 8:11         | 7.3 (76.8%) |
| 68  | JANKOWSKI Oskar       | 394   | DRUŻYNA KGHM METRACO         | M8-13     | 5    |                 |  |             |              | 00:40:59.60    | +00:09:17 (22.7%) | 8:11         | 7.3 (76.8%) |
| 69  | KADŁUBICKI Marcel     | 611   | KGHM METRACO                 | M8-13     | 6    |                 |  |             |              | 00:41:05.00    | +00:09:22 (22.8%) | 8:13         | 7.3 (76.8%) |
| 70  | 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%) |
| 71  | ZAWADZKI Krzysztof    | 588   | WETERAN                      | M65-69    | 6    | B               |  |             |              | 00:41:22.40    | +00:09:40 (23.4%) | 8:16         | 7.3 (76.8%) |
| 72  | STANIEC Stanisław     | 537   | AMATOR                       | M65-69    | 7    |                 |  |             |              | 00:41:29.20    | +00:09:47 (23.6%) | 8:17         | 7.2 (75.8%) |
| 73  | 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%) |
| 74  | RYBAŁTOWSKI Paweł     | 510   | OBORYGENI                    | M75-79    | 1    |                 |  |             |              | 00:41:47.25    | +00:10:05 (24.1%) | 8:21         | 7.2 (75.8%) |
| 75  | GAĞÓŁ Krzysztof       | 375   | KGHM METRACO                 | M40-44    | 9    |                 |  | 1           |              | 00:41:53.90    | +00:10:11 (24.3%) | 8:22         | 7.2 (75.8%) |
| 76  | DUDEK Leszek          | 360   | KGHM METRACO RUDNA           | M70-74    | 6    |                 |  |             |              | 00:42:18.05    | +00:10:36 (25.1%) | 8:27         | 7.1 (74.7%) |
| 77  | SIEPSIAK Tomek        | 520   |                              | M50-54    | 7    |                 |  |             |              | 00:42:21.00    | +00:10:38 (25.1%) | 8:28         | 7.1 (74.7%) |
| 78  | BOBEŁA Maciej         | 344   | KGHM METRACO                 | M8-13     | 8    |                 |  |             |              | 00:42:31.55    | +00:10:49 (25.5%) | 8:30         | 7.1 (74.7%) |
| 79  | RADZIEJOWSKI Bogusław | 495   | NORDIC TEAM CZĘSTOCHOWA      | M60-64    | 11   |                 |  |             |              | 00:42:33.20    | +00:10:51 (25.5%) | 8:30         | 7.1 (74.7%) |
| 80  | BIEDRZYCKI Filip      | 338   | KGHM METRACO                 | M14-17    | 5    |                 |  |             |              | 00:42:46.15    | +00:11:04 (25.9%) | 8:33         | 7 (73.7%)   |
| 81  | ROMAŃSKI Bartłomiej   | 505   | KGHM METRACO                 | M40-44    | 10   |                 |  | 1           |              | 00:42:48.20    | +00:11:06 (25.9%) | 8:33         | 7 (73.7%)   |
| 82  | ŚLUSARCZYK Andrzej    | 555   | WESOŁY BORSUK TEAM           | M70-74    | 7    |                 |  |             |              | 00:43:01.50    | +00:11:19 (26.3%) | 8:36         | 7 (73.7%)   |
| 83  | NETKOWSKI Wojciech    | 459   | PASJA NORDIC WALKING         | M60-64    | 12   |                 |  |             |              | 00:43:05.60    | +00:11:23 (26.4%) | 8:37         | 7 (73.7%)   |
| 84  | ROMAŃSKI Hubert       | 504   | KGHM METRACO                 | M8-13     | 9    |                 |  |             |              | 00:43:35.55    | +00:11:53 (27.3%) | 8:43         | 6.9 (72.6%) |
| 85  | 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%) |
| 86  | RUDAWSKI Maciej       | 509   | MARSZ PO ZDROWIE             | M35-39    | 6    |                 |  |             |              | 00:43:52.70    | +00:12:10 (27.8%) | 8:46         | 6.8 (71.6%) |
| 87  | LEWANDOWSKI Roman     | 435   | LKS ZANTYR SZTUM             | M65-69    | 8    |                 |  |             |              | 00:44:12.20    | +00:12:30 (28.3%) | 8:50         | 6.8 (71.6%) |
| 88  | PLEWIŃSKI Rafał       | 388   |                              | M35-39    | 7    |                 |  | 1           |              | 00:44:32.25    | +00:12:50 (28.8%) | 8:54         | 6.7 (70.5%) |
| 89  | 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%) |
| 90  | SPUNGIS Andris        | 535   | -                            | M75-79    | 2    |                 |  | 2           |              | 00:44:52.50    | +00:13:10 (29.4%) | 8:58         | 6.7 (70.5%) |
| 91  | 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<br>niepełnosprawna | Żół.<br>kartki | Czer.<br>kartki | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------|-------|----------------------------------|-----------|------|--------------------------|----------------|-----------------|----------------------|----------------------|-----------------|----------------|
| 92  | THOMALLA<br>Bogdan       | 562   | 'EKIPA NA KIJACH' RUDA ŚLĄSKA    | M80+      | 1    |                          |                |                 | 00:45:41.75          | +00:13:59<br>(30.6%) | 9:08            | 6.6<br>(69.5%) |
| 93  | BŁASZAK<br>Maksymilian   | 341   | DRUŻYNA KGHM METRACO             | M14-17    | 6    |                          |                |                 | 00:45:44.75          | +00:14:02<br>(30.7%) | 9:08            | 6.6<br>(69.5%) |
| 94  | FRYC Jan                 | 371   | KKNW KOLBUSZOWA                  | M60-64    | 13   |                          |                |                 | 00:46:14.25          | +00:14:32<br>(31.4%) | 9:14            | 6.5<br>(68.4%) |
| 95  | RIZZI Giorgio            | 500   | NORDIC WALKING COMO              | M65-69    | 11   |                          |                |                 | 00:46:19.55          | +00:14:37<br>(31.6%) | 9:15            | 6.5<br>(68.4%) |
| 96  | SOSNA<br>Grzegorz        | 533   | SAINT-GOBAIN SQUAD               | M35-39    | 8    |                          | 2              |                 | 00:46:33.85          | +00:14:51<br>(31.9%) | 9:18            | 6.4<br>(67.4%) |
| 97  | PODORSKI<br>Roman        | 488   | STG TARNÓW                       | M80+      | 2    |                          | 1              |                 | 00:47:01.00          | +00:15:18<br>(32.6%) | 9:24            | 6.4<br>(67.4%) |
| 98  | PAVTEUS<br>Romislovs     | 6     |                                  | M75-79    | 3    |                          |                |                 | 00:47:26.15          | +00:15:44<br>(33.2%) | 9:29            | 6.3<br>(66.3%) |
| 99  | BARTCZAK<br>Daniel       | 328   | KGHM METRACO                     | M8-13     | 10   |                          |                |                 | 00:47:47.80          | +00:16:05<br>(33.7%) | 9:33            | 6.3<br>(66.3%) |
| 100 | MIGDALCZYK<br>Jarosław   | 453   | STAL GORZÓW WLKP                 | M50-54    | 8    |                          | 1              |                 | 00:47:51.40          | +00:16:09<br>(33.8%) | 9:34            | 6.3<br>(66.3%) |
| 101 | DURA Kazimierz           | 361   | WKB PIAST                        | M80+      | 3    |                          | 1              |                 | 00:47:56.80          | +00:16:14<br>(33.9%) | 9:35            | 6.3<br>(66.3%) |
| 102 | SŁOWIK<br>Stanisław      | 525   | DRUŻYNA KGHM METRACO             | M8-13     | 11   |                          |                |                 | 00:48:17.85          | +00:16:35<br>(34.4%) | 9:39            | 6.2<br>(65.3%) |
| 103 | SOBOTA<br>Dariusz        | 529   | BIESZCZADZKI KLUB NORDIC WALKING | M50-54    | 9    |                          |                |                 | 00:48:19.25          | +00:16:37<br>(34.4%) | 9:39            | 6.2<br>(65.3%) |
| 104 | KANIKUŁA<br>Mikołaj      | 400   | KGHM METRACO                     | M8-13     | 12   |                          |                |                 | 00:48:23.20          | +00:16:41<br>(34.5%) | 9:40            | 6.2<br>(65.3%) |
| 105 | PIĄTKOWSKI<br>Józef      | 482   | KGHM METRACO RUDNA               | M75-79    | 4    |                          |                |                 | 00:48:29.45          | +00:16:47<br>(34.6%) | 9:41            | 6.2<br>(65.3%) |
| 106 | ROMAŃSKI<br>Szymon       | 503   | KGHM METRACO                     | M14-17    | 7    |                          |                |                 | 00:48:33.00          | +00:16:50<br>(34.7%) | 9:42            | 6.2<br>(65.3%) |
| 107 | BARTOSZEK<br>Mateusz     | 330   |                                  | M18-34    | 8    |                          |                |                 | 00:48:34.80          | +00:16:52<br>(34.7%) | 9:42            | 6.2<br>(65.3%) |
| 108 | KOWALSKI<br>Mirosław     | 418   | GRYF                             | M65-69    | 12   |                          |                |                 | 00:48:49.45          | +00:17:07<br>(35.1%) | 9:45            | 6.1<br>(64.2%) |
| 109 | KARCZMARSKI<br>Krzysztof | 401   | JOVI OBORY KOZIENICE             | M65-69    | 13   |                          |                |                 | 00:49:03.75          | +00:17:21<br>(35.4%) | 9:48            | 6.1<br>(64.2%) |
| 110 | CHARCZUK<br>Zenon        | 348   |                                  | M65-69    | 14   | A                        |                |                 | 00:49:23.50          | +00:17:41<br>(35.8%) | 9:52            | 6.1<br>(64.2%) |
| 111 | MALINOWSKI<br>Krystian   | 445   | KGHM METRACO GMINA RADWANICE     | M35-39    | 9    |                          |                |                 | 00:49:39.50          | +00:17:57<br>(36.2%) | 9:55            | 6<br>(63.2%)   |
| 112 | NOGA Bolesław            | 460   | ZESPÓŁ NIESPOKOJNYCH NÓG         | M65-69    | 15   |                          |                |                 | 00:50:47.10          | +00:19:05<br>(37.6%) | 10:09           | 5.9<br>(62.1%) |
| 113 | AHEL Jadranko            | 322   | TEAM CROATIA                     | M65-69    | 16   |                          |                |                 | 00:50:50.40          | +00:19:08<br>(37.6%) | 10:10           | 5.9<br>(62.1%) |
| 114 | PIWKO Paweł              | 485   | KGHM METRACO                     | M40-44    | 11   |                          | 1              |                 | 00:51:22.05          | +00:19:40<br>(38.3%) | 10:16           | 5.8<br>(61.1%) |
| 115 | KĄLMUCZAK<br>Filip       | 399   | KGHM METRACO                     | M14-17    | 8    |                          |                |                 | 00:52:02.20          | +00:20:20<br>(39.1%) | 10:24           | 5.8<br>(61.1%) |
| 116 | ROMANIUK<br>Grzegorz     | 598   | KOLBUSZOWSKI KLUB NORDIC WALKING | M55-59    | 9    |                          |                |                 | 00:52:20.10          | +00:20:38<br>(39.4%) | 10:28           | 5.7<br>(60.0%) |

| Msc | Zawodnik               | Numer | Klub                             | Kategoria | Mkat | Osoba niepełnosprawna | Żół. kartki | Czer. kartki | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|----------------------------------|-----------|------|-----------------------|-------------|--------------|----------------|-------------------|--------------|-------------|
| 117 | BUSZKO Jerzy           | 347   |                                  | M18-34    | 9    |                       |             |              | 00:52:41.20    | +00:20:59 (39.8%) | 10:32        | 5.7 (60.0%) |
| 118 | ŚLUSARCZYK Błażej      | 557   | WESOŁY BORSUK TEAM               | M8-13     | 13   |                       |             |              | 00:59:21.10    | +00:27:39 (46.6%) | 11:52        | 5.1 (53.7%) |
| 119 | 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%) |
| 120 | SAJNA Bogusław         | 512   | ZIELONY LAS                      | M65-69    | 17   |                       |             |              | 01:05:39.80    | +00:33:57 (51.7%) | 13:07        | 4.6 (48.4%) |
| 121 | KULCZYCKI Jan          | 426   |                                  | M70-74    | 9    |                       |             |              | 01:07:09.30    | +00:35:27 (52.8%) | 13:25        | 4.5 (47.4%) |
| 122 | PELCZAR Rafał          | 481   |                                  | M18-34    | 10   |                       |             |              | 01:07:15.75    | +00:35:33 (52.9%) | 13:27        | 4.5 (47.4%) |
| 123 | JAPIN Henryk           | 395   |                                  | M65-69    | 18   |                       |             |              | 01:09:34.45    | +00:37:52 (54.4%) | 13:54        | 4.3 (45.3%) |
| 124 | TATARYNOWICZ Eugeniusz | 560   | NIEZRZESZONY                     | M80+      | 4    |                       |             |              | 01:15:00.65    | +00:43:18 (57.7%) | 15:00        | 4 (42.1%)   |
| 125 | ŁAZORKO Antoni         | 439   | EFEKT CZĘSTOCHOWA                | M65-69    | 19   |                       | 1           |              |                |                   |              | (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%)    |

Znaleziono 128 wynik(ów)