



INWA NORDIC WALKING WORLD CUP - 5 KM - KLASYFIKACJA WG. INWA

B4SPORT

Wydarzenie: INWA NORDIC WALKING WORLD CUP 2022
Organizator: Polskie Zrzeszenie Nordic Walking, Urząd Gminy Kolbuszowa
Data: 2022-05-14
Miejsce: Kolbuszowa
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	NIEPOKÓJ Radosław	174	LUKI TEAM POLSKA/GMINA MIEJSCE PIASTOWE	M21-39	1			00:14:28	00:29:19.12		5:51	10.2 (100%)
2	STĘPAK Piotr	223		M21-39	2			00:14:31	00:29:30.64	+00:00:11 (0.7%)	5:54	10.2 (100%)
3	ORDZOWIAŁY Piotr	182	NIWA OSIELEC	M40-59	1			00:14:39	00:29:45.78	+00:00:26 (1.5%)	5:57	10.1 (99.0%)
4	TOMCZYK Jakub	242	LUKI TEAM POLSKA	M>20	1			00:14:58	00:30:34.00	+00:01:14 (4.1%)	6:06	9.8 (96.1%)
5	ROŻYNEK Miron	258	KGHM METRACO	M40-59	2			00:15:22	00:30:58.33	+00:01:39 (5.3%)	6:11	9.7 (95.1%)
6	KONIK Jacek	133	BIESZCZADZKI KLUB NORDIC WALKING	M40-59	3			00:15:44	00:31:01.97	+00:01:42 (5.5%)	6:12	9.7 (95.1%)
7	MIELECKA Agnieszka	166		K40-59	1			00:15:40	00:31:28.25	+00:02:09 (6.8%)	6:17	9.5 (93.1%)
8	WOROCH Roman	253	KGHMMETRACORUDNA	M60-69	1			00:15:35	00:31:32.47	+00:02:13 (7.0%)	6:18	9.5 (93.1%)
9	WILUSZ Erwina	250	VINGBERG POLSKA/ LUKI TEAM POLSKA	K21-39	1			00:15:29	00:31:34.28	+00:02:15 (7.1%)	6:18	9.5 (93.1%)
10	SOKOŁOWSKI Marek	219	VINGBERG POLSKA-PTG SOKÓŁ RYMANÓW	M40-59	4			00:15:45	00:31:44.34	+00:02:25 (7.6%)	6:20	9.5 (93.1%)
11	CYRUS Bogdan	89	SILESIA NORDIC TEAM	M40-59	5			00:15:49	00:31:57.79	+00:02:38 (8.3%)	6:23	9.4 (92.2%)
12	GRZĄDZIEL Darek	109	BIESZCZADZKI KLUB N.W	M40-59	6			00:15:50	00:32:02.41	+00:02:43 (8.5%)	6:24	9.4 (92.2%)
13	MISZTAL Grzegorz	168	PRUSZYŃSKI SPORT TEAM- MASZYCANKA MASZYCE	M21-39	3			00:15:52	00:32:18.84	+00:02:59 (9.3%)	6:27	9.3 (91.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
14	WOJTASIŃSKI Daniel	251	NORDIC TEAM CZĘSTOCHOWA	M40-59	7			00:16:09	00:32:30.25	+00:03:11 (9.8%)	6:30	9.2 (90.2%)
15	PASIERB Marek	189	PTG SOKÓŁ 1896 MIELEC	M60-69	2			00:16:28	00:33:02.79	+00:03:43 (11.3%)	6:36	9.1 (89.2%)
16	WINNICKI Robert	291	BKNW	M40-59	8			00:16:27	00:33:31.80	+00:04:12 (12.6%)	6:42	9 (88.2%)
17	PILARZ Tomasz	195	NORDICUS STRZYBNICA	M40-59	9			00:16:39	00:33:38.03	+00:04:18 (12.8%)	6:43	8.9 (87.3%)
18	PACYNA Jan	187	NORDICUS STRZYBNICA	M40-59	10			00:16:43	00:33:42.79	+00:04:23 (13.0%)	6:44	8.9 (87.3%)
19	KRAKOWSKI Jerzy Piotr	141	PTG SOKÓŁ 1893 MIELEC	M40-59	11			00:16:36	00:33:58.08	+00:04:38 (13.7%)	6:47	8.8 (86.3%)
20	RYKAŁA Irena	294		K40-59	2			00:16:54	00:34:04.51	+00:04:45 (14.0%)	6:48	8.8 (86.3%)
21	MAŚLANKA Iwona	162	MARSZ PO ZDROWIE	K40-59	3			00:16:51	00:34:10.61	+00:04:51 (14.2%)	6:50	8.8 (86.3%)
22	SZPILMAN Katarzyna	236	ESJA TEAM	K40-59	4			00:17:01	00:34:18.52	+00:04:59 (14.5%)	6:51	8.7 (85.3%)
23	ZALISKO Oksana	256	KKNW KOLBUSZOWA	K60-69	1			00:16:58	00:34:19.87	+00:05:00 (14.6%)	6:51	8.7 (85.3%)
24	GIEŁBAGA Aneta	104	ACTIVE TEAM KOZŁÓW	K40-59	5			00:17:10	00:34:30.37	+00:05:11 (15.0%)	6:54	8.7 (85.3%)
25	STĘPIEŃ Dorota	224		K40-59	6			00:16:59	00:34:30.75	+00:05:11 (15.0%)	6:54	8.7 (85.3%)
26	RAJEK Tomasz	205	NORDIC TEAM CZĘSTOCHOWA	M40-59	12			00:17:02	00:34:33.58	+00:05:14 (15.2%)	6:54	8.7 (85.3%)
27	FRANUSZKIEWICZ Marek	99	HUCIEŃSKIE WŁÓCZY KIJE	M40-59	13			00:17:00	00:34:35.54	+00:05:16 (15.2%)	6:55	8.7 (85.3%)
28	BARTYŃSKI Zdzisław	83	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-59	14			00:16:51	00:34:37.54	+00:05:18 (15.3%)	6:55	8.7 (85.3%)
29	SKWIRUT Jerzy	217	SOKÓŁ RYMANÓW	M60-69	3			00:17:11	00:34:43.31	+00:05:24 (15.6%)	6:56	8.6 (84.3%)
30	PASIŃSKA - SKOWRON Sylwia	190		K40-59	7			00:17:08	00:34:48.32	+00:05:29 (15.8%)	6:57	8.6 (84.3%)
31	KORYCIŃSKI Daniel	138	HUCIEŃSKIE WŁÓCZY KIJE	M40-59	15			00:17:01	00:35:00.00	+00:05:40 (16.2%)	7:00	8.6 (84.3%)
32	PUSZKARSKA Małgorzata	203	GOSADI NORDIC TEAM	K40-59	8			00:17:12	00:35:07.28	+00:05:48 (16.5%)	7:01	8.5 (83.3%)
33	KONIK Mikołaj	132	BIESZCZADZKI KLUB NORDIC WALKING	M>20	2			00:17:12	00:35:07.71	+00:05:48 (16.5%)	7:01	8.5 (83.3%)
34	ŁUKASIEWICZ-GODLEWSKA Anna	155	PASJA NORDIC WALKING	K40-59	9			00:17:25	00:35:13.74	+00:05:54 (16.8%)	7:02	8.5 (83.3%)
35	OLEKSYK Małgorzata	179	BIESZCZADZKI KLUB NORDIC WALKING	K60-69	2			00:17:39	00:35:18.44	+00:05:59 (17.0%)	7:03	8.5 (83.3%)
36	ZAWADZKI Krzysztof	257	WETERAN	M60-69	4			00:17:41	00:35:52.10	+00:06:32 (18.3%)	7:10	8.4 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
37	DUSZEŃKO Zygmunt	96	KGHM METRACO	M60-69	5			00:17:47	00:35:56.73	+00:06:37 (18.4%)	7:11	8.3 (81.4%)
38	GAĞÓŁ Krzysztof	259	KGHM METRACO	M40-59	16			00:17:39	00:35:58.71	+00:06:39 (18.5%)	7:11	8.3 (81.4%)
39	KŁAZ Mariusz	290	Z NURTEM SAWY NW KLUB	M21-39	4			00:17:54	00:36:00.27	+00:06:41 (18.6%)	7:12	8.3 (81.4%)
40	PUKAS Małgorzata	202	BIESZCZADZKI KLUB NORDIC WALKING	K60-69	3			00:17:51	00:36:01.85	+00:06:42 (18.6%)	7:12	8.3 (81.4%)
41	STYGA Krystyna	229		K60-69	4			00:17:57	00:36:13.40	+00:06:54 (19.1%)	7:14	8.3 (81.4%)
42	PANCHYRZ Piotr	188	NORDICUS STRZYBNICA	M40-59	17			00:18:05	00:36:31.04	+00:07:11 (19.7%)	7:18	8.2 (80.4%)
43	STOLARCZYK Zenon	226		M70+	1			00:18:06	00:36:31.05	+00:07:11 (19.7%)	7:18	8.2 (80.4%)
44	PUSZKARSKI Adam	204	GOSADI NORDIC TEAM	M>20	3			00:17:31	00:36:32.82	+00:07:13 (19.8%)	7:18	8.2 (80.4%)
45	GUTOWSKA Magda	113	PAUL TEAM	K40-59	10			00:17:58	00:36:34.86	+00:07:15 (19.9%)	7:18	8.2 (80.4%)
46	KONIK Aleksandra	134	BIESZCZADZKI KLUB NORDIC WALKING	K40-59	11			00:18:09	00:36:49.12	+00:07:29 (20.4%)	7:21	8.1 (79.4%)
47	SZPUNAR Mariusz	237	Z NURTEM SAWY NW KLUB	M40-59	18			00:17:52	00:36:50.69	+00:07:31 (20.4%)	7:22	8.1 (79.4%)
48	PETRYSHYN Natalia	192	KK NW KOLBUSZOWA	K21-39	2	1		00:18:06	00:36:51.50	+00:07:32 (20.5%)	7:22	8.1 (79.4%)
49	NIEPOKÓJ Paulina	175	PTG SOKÓŁ RYMANÓW	K21-39	3			00:18:18	00:36:51.87	+00:07:32 (20.5%)	7:22	8.1 (79.4%)
50	ŁYSIAK Paulina	156	BIESZCZADZKI KLUB NORDIC WALKING	K21-39	4			00:18:14	00:36:52.47	+00:07:33 (20.5%)	7:22	8.1 (79.4%)
51	JĘDRASZKO Jacek	120		M>20	4			00:18:02	00:36:57.76	+00:07:38 (20.7%)	7:23	8.1 (79.4%)
52	MADEJSKI Paweł	157	GANG ZAKRĘCONYCH MASTERSÓW	M40-59	19	1		00:18:07	00:36:59.01	+00:07:39 (20.7%)	7:23	8.1 (79.4%)
53	CZARNOTA Andrzej	92	Z NURTEM SAWY NORDIC WALKING KLUB	M60-69	6			00:18:23	00:37:08.95	+00:07:49 (21.1%)	7:25	8.1 (79.4%)
54	BOROWIEC-WILK Agnieszka	85	HUCIEŃSKIE WŁÓCZY KIJE	K40-59	12			00:18:20	00:37:13.98	+00:07:54 (21.3%)	7:26	8.1 (79.4%)
55	TOMCZYK Dorota	241	HUCIEŃSKIE WŁÓCZY KIJE	K40-59	13			00:18:26	00:37:15.38	+00:07:56 (21.3%)	7:27	8.1 (79.4%)
56	GRZĄDZIEL Aleks	110	BIESZCZADZKI KLUB N.W	M>20	5			00:18:27	00:37:32.46	+00:08:13 (21.9%)	7:30	8 (78.4%)
57	WILK Dariusz	248		M40-59	20			00:18:30	00:37:33.80	+00:08:14 (21.9%)	7:30	8 (78.4%)
58	SZENDZIELORZ Ilona	233	MALINOWE GWIAZDY	K60-69	5			00:18:41	00:37:56.11	+00:08:36 (22.7%)	7:35	7.9 (77.5%)
59	ŚWIRSZCZ Tomasz	239	LUBLIN CHODZI Z KIJKAMI	M60-69	7			00:18:25	00:37:58.09	+00:08:38 (22.8%)	7:35	7.9 (77.5%)

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60	GRYGOROWICZ Bogdan	108	KGHM METRACO	M70+	2			00:18:54	00:38:05.70	+00:08:46 (23.0%)	7:37	7.9 (77.5%)
61	KOLB Barbara	129	HUCIEŃSKIE WŁÓCZY KIJE	K40-59	14			00:19:04	00:38:28.67	+00:09:09 (23.8%)	7:41	7.8 (76.5%)
62	WIĘCŁAW Tomasz	247		M40-59	21			00:18:47	00:38:39.04	+00:09:19 (24.1%)	7:43	7.8 (76.5%)
63	KOPACZ Marek	136		M40-59	22			00:19:03	00:38:39.23	+00:09:20 (24.2%)	7:43	7.8 (76.5%)
64	MIELNICZEK Kazimierz	167		M60-69	8			00:19:08	00:38:40.17	+00:09:21 (24.2%)	7:44	7.8 (76.5%)
65	MAJEWSKI Jan	159	GORZYCE CHODZI Z KIJKAMI	M70+	3			00:19:05	00:38:41.74	+00:09:22 (24.2%)	7:44	7.8 (76.5%)
66	KRAWCZYK Krzysztof	145	JEST LEPIEJ CZĘSTOCHOWA	M21-39	5			00:19:08	00:38:58.46	+00:09:39 (24.8%)	7:47	7.7 (75.5%)
67	FRANUSZKIEWICZ Ewa	98	HUCIEŃSKIE WŁÓCZY KIJE	K40-59	15			00:19:25	00:39:06.58	+00:09:47 (25.0%)	7:49	7.7 (75.5%)
68	CZUBASIEWICZ Monika	93	NORDICUS STRZYBNICA	K40-59	16			00:19:35	00:39:07.16	+00:09:48 (25.1%)	7:49	7.7 (75.5%)
69	SOMIAK Marta	220	NORDICUS STRZYBNICA	K40-59	17			00:19:30	00:39:07.26	+00:09:48 (25.1%)	7:49	7.7 (75.5%)
70	DYBEŁ Agnieszka	97	NORDIC TEAM CZĘSTOCHOWA	K40-59	18			00:19:28	00:39:18.56	+00:09:59 (25.4%)	7:51	7.6 (74.5%)
71	KARCZMARSKI Krzysztof	126	JOWI OBORY KOZIENICE	M60-69	9			00:19:27	00:39:19.39	+00:10:00 (25.4%)	7:51	7.6 (74.5%)
72	HILGNER Katarzyna	116	NORDICUS STRZYBNICA	K40-59	19			00:19:27	00:39:21.29	+00:10:02 (25.5%)	7:52	7.6 (74.5%)
73	LACHOWSKA Ewa	150	BIESZCZADZKI KLUB NORDIC WALKING	K60-69	6			00:19:45	00:39:25.40	+00:10:06 (25.6%)	7:53	7.6 (74.5%)
74	GÓRECKA Iwona	106	STADION ŚLĄSKI	K40-59	20			00:19:31	00:39:26.90	+00:10:07 (25.7%)	7:53	7.6 (74.5%)
75	BARCZYK Jolanta	81	NORDIC TEAM CZĘSTOCHOWA	K60-69	7			00:19:42	00:39:27.57	+00:10:08 (25.7%)	7:53	7.6 (74.5%)
76	WRÓBEL Halina	254	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-69	8			00:19:40	00:39:30.50	+00:10:11 (25.8%)	7:54	7.6 (74.5%)
77	ROCHNIA Kasia	207	NORDICUS STRZYBNICA	K40-59	21			00:19:40	00:39:36.75	+00:10:17 (26.0%)	7:55	7.6 (74.5%)
78	HANUS Joanna	114	PASJONAUCI KROSNO	K21-39	5			00:19:37	00:39:42.69	+00:10:23 (26.2%)	7:56	7.6 (74.5%)
79	SULECKA Gabriela	232		K60-69	9			00:19:37	00:39:44.14	+00:10:25 (26.2%)	7:56	7.6 (74.5%)
80	MORAWIEC Marzena	169	NORDICUS STRZYBNICA	K40-59	22			00:20:04	00:39:58.92	+00:10:39 (26.7%)	7:59	7.5 (73.5%)
81	LYFIARENKO Alin	153	KKNW	M40-59	23			00:19:28	00:40:01.20	+00:10:42 (26.7%)	8:00	7.5 (73.5%)
82	IVANISHENA Tatiana	118	KKNW	K40-59	23	1		00:19:45	00:40:05.70	+00:10:46 (26.9%)	8:01	7.5 (73.5%)

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83	SĘDZIK Katarzyna	214	LECYMY DURŚ	K40-59	24			00:19:54	00:40:14.17	+00:10:55 (27.1%)	8:02	7.5 (73.5%)
84	KRAMNYSTA Margaryta	144	KKNW	K>20	1			00:20:01	00:40:25.39	+00:11:06 (27.5%)	8:05	7.4 (72.5%)
85	GIZA Elżbieta	105	NORDICUS STRZYBNICA	K60-69	10			00:20:12	00:40:44.24	+00:11:25 (28.0%)	8:08	7.4 (72.5%)
86	PODORSKI Roman	199	STG TARNÓW	M70+	4			00:20:05	00:40:51.15	+00:11:32 (28.2%)	8:10	7.3 (71.6%)
87	KURDZIEL Anna	149	KKNW KOLBUSZOWA	K40-59	25			00:20:04	00:40:55.82	+00:11:36 (28.4%)	8:11	7.3 (71.6%)
88	GUL-BOGACZ Jolanta	112	KKNW	K40-59	26			00:20:29	00:40:59.04	+00:11:39 (28.5%)	8:11	7.3 (71.6%)
89	FRYC Jan	100	KKNW KOLBUSZOWA	M60-69	10			00:20:57	00:41:02.60	+00:11:43 (28.6%)	8:12	7.3 (71.6%)
90	HARAF Wiesław	115		M60-69	11			00:20:58	00:41:04.29	+00:11:45 (28.6%)	8:12	7.3 (71.6%)
91	SZNAJDER Zenon	235		M70+	5			00:20:23	00:41:06.27	+00:11:47 (28.7%)	8:13	7.3 (71.6%)
92	STARZEC Maksymilian	222	KKNW KOLBUSZOWA	M70+	6			00:20:21	00:41:17.74	+00:11:58 (29.0%)	8:15	7.3 (71.6%)
93	CZARNOTA Wanda	91	Z NURTEM SAWY NORDIC WALKING KLUB	K60-69	11			00:20:20	00:41:20.78	+00:12:01 (29.1%)	8:16	7.3 (71.6%)
94	SUDOŁ Andrzej	230		M40-59	24			00:20:26	00:41:23.74	+00:12:04 (29.2%)	8:16	7.2 (70.6%)
95	GUL Monika	111		K21-39	6			00:21:08	00:41:26.44	+00:12:07 (29.3%)	8:17	7.2 (70.6%)
96	KRUDYSZ-STARZEC Jadwiga	148	KKNW KOLBUSZOWA	K60-69	12			00:20:27	00:41:29.31	+00:12:10 (29.3%)	8:17	7.2 (70.6%)
97	KOPACZ Elżbieta	135	KKNW KOLBUSZOWA	K40-59	27			00:20:59	00:42:27.82	+00:13:08 (31.0%)	8:29	7.1 (69.6%)
98	SZNAJDER Teresa	234		K60-69	13			00:21:10	00:42:44.40	+00:13:25 (31.4%)	8:32	7 (68.6%)
99	GRZYB Beata	295	KGHMMETRACORUDNA	K40-59	28			00:21:35	00:43:18.45	+00:13:59 (32.3%)	8:39	6.9 (67.6%)
100	FEJDASZ Józef	288		M70+	7			00:21:10	00:43:20.36	+00:14:01 (32.4%)	8:40	6.9 (67.6%)
101	KRÓL Grażyna	147	KKNW KOLBUSZOWA	K60-69	14			00:21:30	00:43:21.24	+00:14:02 (32.4%)	8:40	6.9 (67.6%)
102	KUS Andrzej	208	KKNW	M40-59	25			00:21:00	00:43:24.67	+00:14:05 (32.5%)	8:40	6.9 (67.6%)
103	BREGUŁA Ewa	86	NORDICUS STRZYBNICA	K40-59	29			00:21:45	00:43:26.03	+00:14:06 (32.5%)	8:41	6.9 (67.6%)
104	MANSFELD Dorota	160	NORDICUS STRZYBNICA	K40-59	30			00:21:47	00:43:27.83	+00:14:08 (32.5%)	8:41	6.9 (67.6%)
105	TOPOLEWICZ Teresa	244		K40-59	31			00:21:29	00:43:51.80	+00:14:32 (33.2%)	8:46	6.8 (66.7%)

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106	SZYMAŃSKA Elżbieta	238		K21-39	7			00:21:12	00:43:53.04	+00:14:33 (33.2%)	8:46	6.8 (66.7%)
107	MAJCHRZYK Stefan	158	NORDICUS STRZYBNICA	M60-69	12			00:21:40	00:43:54.91	+00:14:35 (33.2%)	8:46	6.8 (66.7%)
108	PIĄTKOWSKI Józef	193	KGHM METRACO	M70+	8			00:21:46	00:44:12.78	+00:14:53 (33.7%)	8:50	6.8 (66.7%)
109	PISARSKA Barbara	196	NORDICUS STRZYBNICA	K40-59	32			00:22:08	00:44:20.81	+00:15:01 (33.9%)	8:52	6.8 (66.7%)
110	JAGIEŁŁA Danuta	119	NORDICUS STRZYBNICA	K60-69	15			00:22:10	00:44:35.52	+00:15:16 (34.3%)	8:55	6.7 (65.7%)
111	SUDOŁ Maria	231	KKNW KOLBUSZOWA	K60-69	16			00:22:02	00:44:41.53	+00:15:22 (34.4%)	8:56	6.7 (65.7%)
112	GANCARZ Zbigniew	101		M40-59	26			00:22:32	00:44:49.13	+00:15:30 (34.6%)	8:57	6.7 (65.7%)
113	NOWORYTA Jacek	177		M70+	9			00:22:11	00:44:49.40	+00:15:30 (34.6%)	8:57	6.7 (65.7%)
114	OŚRÓDKA Jolanta	185	NORDICUS	K40-59	33			00:22:14	00:44:49.66	+00:15:30 (34.6%)	8:57	6.7 (65.7%)
115	KOCZUR Dorota	128	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-69	17			00:22:18	00:44:49.72	+00:15:30 (34.6%)	8:57	6.7 (65.7%)
116	PILARZ Zuzanna	194	NORDICUS STRZYBNICA	K40-59	34			00:22:29	00:44:50.85	+00:15:31 (34.6%)	8:58	6.7 (65.7%)
117	KOPEĆ Ewa	137	HUCIEŃSKIE WŁÓCZY KIJE	K40-59	35			00:23:04	00:44:51.16	+00:15:32 (34.6%)	8:58	6.7 (65.7%)
118	PŁAZA Anna	197	KOLBUSZOWSKI KLUB NORDIC WAKING	K60-69	18			00:22:18	00:44:59.20	+00:15:40 (34.8%)	8:59	6.7 (65.7%)
119	WOLKO Barbara	252	NORDICUS STRZYBNICA	K40-59	36			00:22:32	00:45:06.89	+00:15:47 (35.0%)	9:01	6.7 (65.7%)
120	SAJDAK Stanisław	212	KKNW KOLBUSZOWA	M70+	10			00:23:06	00:45:56.10	+00:16:36 (36.2%)	9:11	6.5 (63.7%)
121	SKOWROŃSKA Elżbieta	216	KKNW KOLBUSZOWA	K70+	1			00:22:34	00:46:10.32	+00:16:51 (36.5%)	9:14	6.5 (63.7%)
122	KOZAK Teresa	140	KKNW KOLBUSZOWA	K60-69	19			00:22:43	00:46:24.10	+00:17:04 (36.8%)	9:16	6.5 (63.7%)
123	STUDNICKI Ryszard	227	KOLBUSZOWSKI KLUB NORDIC WAKING	M70+	11			00:23:09	00:46:43.39	+00:17:24 (37.3%)	9:20	6.4 (62.7%)
124	KOŁODZIEJ Halina	130	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	2			00:23:04	00:47:05.31	+00:17:46 (37.7%)	9:25	6.4 (62.7%)
125	LASOCIŃSKA Ewa	297	NW WŁÓCZYKIJ LEŻAJSK	K70+	3			00:22:56	00:47:15.50	+00:17:56 (38.0%)	9:27	6.3 (61.8%)
126	LEJA Anna	151	NW WŁÓCZYKIJ LEŻAJSK	K21-39	8			00:23:27	00:47:17.89	+00:17:58 (38.0%)	9:27	6.3 (61.8%)
127	RÓG Danuta	210	KKNW KOLBUSZOWA	K70+	4			00:23:13	00:47:29.48	+00:18:10 (38.3%)	9:29	6.3 (61.8%)
128	KŁAK Magdalena	127	„Z NURTEM SAWY' NORDIC WALKING CLUB	K40-59	37			00:24:23	00:48:00.53	+00:18:41 (38.9%)	9:36	6.3 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	LYFIARENKO Serhii	154		M>20	6			00:24:23	00:48:40.74	+00:19:21 (39.8%)	9:44	6.2 (60.8%)
130	NOWAK Barbara	176	KKNW KOLBUSZOWA	K40-59	38			00:24:22	00:49:16.93	+00:19:57 (40.5%)	9:51	6.1 (59.8%)
131	PONIATOWSKA Alina	200	NORDICUS STRZYBNICA	K60-69	20			00:24:31	00:49:42.47	+00:20:23 (41.0%)	9:56	6 (58.8%)
132	NIEMIEC Bogdan	173	NORDICUS STRZYBNICA	M60-69	13			00:25:15	00:51:08.69	+00:21:49 (42.7%)	10:13	5.9 (57.8%)
133	MAZAN Czesława	163	KKNW	K60-69	21			00:25:32	00:51:24.48	+00:22:05 (43.0%)	10:16	5.8 (56.9%)
134	BARTYŃSKA Lidia	82	-	K40-59	39			00:25:52	00:51:50.82	+00:22:31 (43.5%)	10:22	5.8 (56.9%)
135	ROZENBAJGER Helena	209	KKNW KOLBUSZOWA	K70+	5			00:25:51	00:53:23.35	+00:24:04 (45.1%)	10:40	5.6 (54.9%)
136	MUSKUS Kazimierz	172	KLUB NW WŁÓCZYKIJE LEŻAJSK	M70+	12			00:25:13	00:54:28.65	+00:25:09 (46.2%)	10:53	5.5 (53.9%)
137	TOPOLEWICZ Edward	243		M70+	13			00:27:01	00:54:48.80	+00:25:29 (46.5%)	10:57	5.5 (53.9%)
138	DRAUS Ewa	95	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-69	22			00:27:56	00:57:08.78	+00:27:49 (48.7%)	11:25	5.3 (52.0%)
139	KOSMAŁA JASKÓLSKA Joanna	139	NORDICUS STRZYBNICA	K40-59	40			00:30:26	01:05:44.96	+00:36:25 (55.4%)	13:08	4.6 (45.1%)
140	ORZECHOWSKI Grzegorz	184	KOLBUSZOWSKI KLUB NORDIC WAKING	M40-59	27			00:31:14	01:07:43.88	+00:38:24 (56.7%)	13:32	4.4 (43.1%)
141	MARGAŃSKA Stanisława	161	KKNW KOLBUSZOWA	K70+	6			00:32:05		+00:17:37	12:50	4.7 (46.1%)
142	CHODOROWSKA Zenona	87	KKNW KOLBUSZOWA	K70+	7			00:32:45		+00:18:17	13:06	4.6 (45.1%)

Znaleziono 142 wynik(ów)