



# INWA NORDIC WALKING WORLD CUP - 5KM

B4SPORT

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



Klasyfikacja: Wszyscy

| Msc | Zawodnik                  | Numer      | Klub                                      | Kategoria | Mkat | Żół. kartki | Czer. kartki | 2.5km    | Czas netto 5km     | Różn             | Tempo min/km | Tempo km/h   |
|-----|---------------------------|------------|---|-----------|------|-------------|--------------|----------|--------------------|------------------|--------------|--------------|
| 1   | <b>NIEPOKÓJ Radosław</b>  | <b>174</b> | LUKI TEAM POLSKA/GMINA MIEJSCE PIASTOWE   | M30-39    | 1    |             |              | 00:14:28 | <b>00:29:19.12</b> |                  | 5:51         | 10.2 (100%)  |
| 2   | <b>STĘPAK Piotr</b>       | <b>223</b> |   | M18-29    | 1    |             |              | 00:14:31 | <b>00:29:30.64</b> | +00:00:11 (0.7%) | 5:54         | 10.2 (100%)  |
| 3   | <b>ORDZOWIAŁY Piotr</b>   | <b>182</b> | NIWA OSIELEC                              | M55-59    | 1    |             |              | 00:14:39 | <b>00:29:45.78</b> | +00:00:26 (1.5%) | 5:57         | 10.1 (99.0%) |
| 4   | <b>TOMCZYK Jakub</b>      | <b>242</b> | LUKI TEAM POLSKA                          | M-Jun.    | 1    |             |              | 00:14:58 | <b>00:30:34.00</b> | +00:01:14 (4.1%) | 6:06         | 9.8 (96.1%)  |
| 5   | <b>ROŻYNEK Miron</b>      | <b>258</b> | KGHM METRACO                              | M55-59    | 2    |             |              | 00:15:22 | <b>00:30:58.33</b> | +00:01:39 (5.3%) | 6:11         | 9.7 (95.1%)  |
| 6   | <b>KONIK Jacek</b>        | <b>133</b> | BIESZCZADZKI KLUB NORDIC WALKING          | M45-49    | 1    |             |              | 00:15:44 | <b>00:31:01.97</b> | +00:01:42 (5.5%) | 6:12         | 9.7 (95.1%)  |
| 7   | <b>MIELECKA Agnieszka</b> | <b>166</b> |   | K50-54    | 1    |             |              | 00:15:40 | <b>00:31:28.25</b> | +00:02:09 (6.8%) | 6:17         | 9.5 (93.1%)  |
| 8   | <b>WOROCH Roman</b>       | <b>253</b> | KGHMMETRACORUDNA                          | M60-64    | 1    |             |              | 00:15:35 | <b>00:31:32.47</b> | +00:02:13 (7.0%) | 6:18         | 9.5 (93.1%)  |
| 9   | <b>WILUSZ Erwina</b>      | <b>250</b> | VINGBERG POLSKA/ LUKI TEAM POLSKA         | K30-39    | 1    |             |              | 00:15:29 | <b>00:31:34.28</b> | +00:02:15 (7.1%) | 6:18         | 9.5 (93.1%)  |
| 10  | <b>SOKOŁOWSKI Marek</b>   | <b>219</b> | VINGBERG POLSKA-PTG SOKÓŁ RYMANÓW         | M55-59    | 3    |             |              | 00:15:45 | <b>00:31:44.34</b> | +00:02:25 (7.6%) | 6:20         | 9.5 (93.1%)  |
| 11  | <b>CYRUS Bogdan</b>       | <b>89</b>  | SILESIA NORDIC TEAM                       | M50-54    | 1    |             |              | 00:15:49 | <b>00:31:57.79</b> | +00:02:38 (8.3%) | 6:23         | 9.4 (92.2%)  |
| 12  | <b>GRZĄDZIEL Darek</b>    | <b>109</b> | BIESZCZADZKI KLUB N.W                     | M50-54    | 2    |             |              | 00:15:50 | <b>00:32:02.41</b> | +00:02:43 (8.5%) | 6:24         | 9.4 (92.2%)  |
| 13  | <b>MISZTAŁ Grzegorz</b>   | <b>168</b> | PRUSZYŃSKI SPORT TEAM- MASZYCANKA MASZYCE | M30-39    | 2    |             |              | 00:15:52 | <b>00:32:18.84</b> | +00:02:59 (9.3%) | 6:27         | 9.3 (91.2%)  |
| 14  | <b>WOJTASIŃSKI Daniel</b> | <b>251</b> | NORDIC TEAM CZĘSTOCHOWA                   | M40-44    | 1    |             |              | 00:16:09 | <b>00:32:30.25</b> | +00:03:11 (9.8%) | 6:30         | 9.2 (90.2%)  |

| Msc | Zawodnik                              | Numer      | Klub                             | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------------|------------|----------------------------------|--------------------------|------|----------------|-----------------|----------|--------------------|----------------------|-----------------|----------------|
|     |                                       |            |                                  |                          |      |                |                 |          | netto<br>5km       | Różn                 |                 |                |
| 15  | <b>PASIERB Marek</b>                  | <b>189</b> | PTG SOKÓŁ 1896 MIELEC            | M65-69                   | 1    |                |                 | 00:16:28 | <b>00:33:02.79</b> | +00:03:43<br>(11.3%) | 6:36            | 9.1<br>(89.2%) |
| 16  | <b>WINNICKI Robert</b>                | <b>291</b> | BKNW                             | M45-49                   | 2    |                |                 | 00:16:27 | <b>00:33:31.80</b> | +00:04:12<br>(12.6%) | 6:42            | 9<br>(88.2%)   |
| 17  | <b>PILARZ Tomasz</b>                  | <b>195</b> | NORDICUS STRZYBNICA              | M40-44                   | 2    |                |                 | 00:16:39 | <b>00:33:38.03</b> | +00:04:18<br>(12.8%) | 6:43            | 8.9<br>(87.3%) |
| 18  | <b>PACYNA Jan</b>                     | <b>187</b> | NORDICUS STRZYBNICA              | M40-44                   | 3    |                |                 | 00:16:43 | <b>00:33:42.79</b> | +00:04:23<br>(13.0%) | 6:44            | 8.9<br>(87.3%) |
| 19  | <b>KRAKOWSKI Jerzy Piotr</b>          | <b>141</b> | PTG SOKÓŁ 1893 MIELEC            | M55-59                   | 4    |                |                 | 00:16:36 | <b>00:33:58.08</b> | +00:04:38<br>(13.7%) | 6:47            | 8.8<br>(86.3%) |
| 20  | <b>RYKAŁA Irena</b>                   | <b>294</b> |                                  | K40-44                   | 1    |                |                 | 00:16:54 | <b>00:34:04.51</b> | +00:04:45<br>(14.0%) | 6:48            | 8.8<br>(86.3%) |
| 21  | <b>MAŚLANKA Iwona</b>                 | <b>162</b> | MARSZ PO ZDROWIE                 | K50-54                   | 2    |                |                 | 00:16:51 | <b>00:34:10.61</b> | +00:04:51<br>(14.2%) | 6:50            | 8.8<br>(86.3%) |
| 22  | <b>SZPILMAN Katarzyna</b>             | <b>236</b> | ESJA TEAM                        | K50-54                   | 3    |                |                 | 00:17:01 | <b>00:34:18.52</b> | +00:04:59<br>(14.5%) | 6:51            | 8.7<br>(85.3%) |
| 23  | <b>ZALISKO Oksana</b>                 | <b>256</b> | KKNW KOLBUSZOWA                  | K65-69                   | 1    |                |                 | 00:16:58 | <b>00:34:19.87</b> | +00:05:00<br>(14.6%) | 6:51            | 8.7<br>(85.3%) |
| 24  | <b>GIEŁBAGA Aneta</b>                 | <b>104</b> | ACTIVE TEAM KOZŁÓW               | K45-49                   | 1    |                |                 | 00:17:10 | <b>00:34:30.37</b> | +00:05:11<br>(15.0%) | 6:54            | 8.7<br>(85.3%) |
| 25  | <b>STĘPIEŃ Dorota</b>                 | <b>224</b> |                                  | K45-49                   | 2    |                |                 | 00:16:59 | <b>00:34:30.75</b> | +00:05:11<br>(15.0%) | 6:54            | 8.7<br>(85.3%) |
| 26  | <b>RAJEK Tomasz</b>                   | <b>205</b> | NORDIC TEAM CZĘSTOCHOWA          | M50-54                   | 3    |                |                 | 00:17:02 | <b>00:34:33.58</b> | +00:05:14<br>(15.2%) | 6:54            | 8.7<br>(85.3%) |
| 27  | <b>FRANUSZKIEWICZ Marek</b>           | <b>99</b>  | HUCIEŃSKIE WŁÓCZY KIJE           | M50-54                   | 4    |                |                 | 00:17:00 | <b>00:34:35.54</b> | +00:05:16<br>(15.2%) | 6:55            | 8.7<br>(85.3%) |
| 28  | <b>BARTYŃSKI Zdzisław</b>             | <b>83</b>  | KOLBUSZOWSKI KLUB NORDIC WALKING | M55-59                   | 5    |                |                 | 00:16:51 | <b>00:34:37.54</b> | +00:05:18<br>(15.3%) | 6:55            | 8.7<br>(85.3%) |
| 29  | <b>SKWIRUT Jerzy</b>                  | <b>217</b> | SOKÓŁ RYMANÓW                    | M-<br>Niepełnosprawni(A) | 1    |                |                 | 00:17:11 | <b>00:34:43.31</b> | +00:05:24<br>(15.6%) | 6:56            | 8.6<br>(84.3%) |
| 30  | <b>PASIŃSKA - SKOWRON<br/>Sylwia</b>  | <b>190</b> |                                  | K45-49                   | 3    |                |                 | 00:17:08 | <b>00:34:48.32</b> | +00:05:29<br>(15.8%) | 6:57            | 8.6<br>(84.3%) |
| 31  | <b>KORYCIŃSKI Daniel</b>              | <b>138</b> | HUCIEŃSKIE WŁÓCZY KIJE           | M40-44                   | 4    |                |                 | 00:17:01 | <b>00:35:00.00</b> | +00:05:40<br>(16.2%) | 7:00            | 8.6<br>(84.3%) |
| 32  | <b>PUSZKARSKA Małgorzata</b>          | <b>203</b> | GOSADI NORDIC TEAM               | K45-49                   | 4    |                |                 | 00:17:12 | <b>00:35:07.28</b> | +00:05:48<br>(16.5%) | 7:01            | 8.5<br>(83.3%) |
| 33  | <b>KONIK Mikołaj</b>                  | <b>132</b> | BIESZCZADZKI KLUB NORDIC WALKING | M-Jun.                   | 2    |                |                 | 00:17:12 | <b>00:35:07.71</b> | +00:05:48<br>(16.5%) | 7:01            | 8.5<br>(83.3%) |
| 34  | <b>ŁUKASIEWICZ-GODLEWSKA<br/>Anna</b> | <b>155</b> | PASJA NORDIC WALKING             | K40-44                   | 2    |                |                 | 00:17:25 | <b>00:35:13.74</b> | +00:05:54<br>(16.8%) | 7:02            | 8.5<br>(83.3%) |
| 35  | <b>OLEKSYK Małgorzata</b>             | <b>179</b> | BIESZCZADZKI KLUB NORDIC WALKING | K60-64                   | 1    |                |                 | 00:17:39 | <b>00:35:18.44</b> | +00:05:59<br>(17.0%) | 7:03            | 8.5<br>(83.3%) |
| 36  | <b>ZAWADZKI Krzysztof</b>             | <b>257</b> | WETERAN                          | M-<br>Niepełnosprawni(B) | 1    |                |                 | 00:17:41 | <b>00:35:52.10</b> | +00:06:32<br>(18.3%) | 7:10            | 8.4<br>(82.4%) |
| 37  | <b>DUSZEŃKO Zygmunt</b>               | <b>96</b>  | KGHM METRACO                     | M60-64                   | 2    |                |                 | 00:17:47 | <b>00:35:56.73</b> | +00:06:37<br>(18.4%) | 7:11            | 8.3<br>(81.4%) |

| Msc | Zawodnik                       | Numer      | Klub                              | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|------------|-----------------------------------|-----------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 38  | <b>GĄGÓŁ Krzysztof</b>         | <b>259</b> | KGHM METRACO                      | M40-44    | 5    |                |                 | 00:17:39 | <b>00:35:58.71</b>   | +00:06:39<br>(18.5%) | 7:11            | 8.3<br>(81.4%) |
| 39  | <b>KŁAZ Mariusz</b>            | <b>290</b> | Z NURTEM SAWY NW KLUB             | M30-39    | 3    |                |                 | 00:17:54 | <b>00:36:00.27</b>   | +00:06:41<br>(18.6%) | 7:12            | 8.3<br>(81.4%) |
| 40  | <b>PUKAS Małgorzata</b>        | <b>202</b> | BIESZCZADZKI KLUB NORDIC WALKING  | K60-64    | 2    |                |                 | 00:17:51 | <b>00:36:01.85</b>   | +00:06:42<br>(18.6%) | 7:12            | 8.3<br>(81.4%) |
| 41  | <b>STYGA Krystyna</b>          | <b>229</b> |                                   | K60-64    | 3    |                |                 | 00:17:57 | <b>00:36:13.40</b>   | +00:06:54<br>(19.1%) | 7:14            | 8.3<br>(81.4%) |
| 42  | <b>PANCHYRZ Piotr</b>          | <b>188</b> | NORDICUS STRZYBNICA               | M45-49    | 3    |                |                 | 00:18:05 | <b>00:36:31.04</b>   | +00:07:11<br>(19.7%) | 7:18            | 8.2<br>(80.4%) |
| 43  | <b>STOLARCZYK Zenon</b>        | <b>226</b> |                                   | M70-74    | 1    |                |                 | 00:18:06 | <b>00:36:31.05</b>   | +00:07:11<br>(19.7%) | 7:18            | 8.2<br>(80.4%) |
| 44  | <b>PUSZKARSKI Adam</b>         | <b>204</b> | GOSADI NORDIC TEAM                | M-Dzieci  | 1    |                |                 | 00:17:31 | <b>00:36:32.82</b>   | +00:07:13<br>(19.8%) | 7:18            | 8.2<br>(80.4%) |
| 45  | <b>GUTOWSKA Magda</b>          | <b>113</b> | PAUL TEAM                         | K45-49    | 5    |                |                 | 00:17:58 | <b>00:36:34.86</b>   | +00:07:15<br>(19.9%) | 7:18            | 8.2<br>(80.4%) |
| 46  | <b>KONIK Aleksandra</b>        | <b>134</b> | BIESZCZADZKI KLUB NORDIC WALKING  | K45-49    | 6    |                |                 | 00:18:09 | <b>00:36:49.12</b>   | +00:07:29<br>(20.4%) | 7:21            | 8.1<br>(79.4%) |
| 47  | <b>SZPUNAR Mariusz</b>         | <b>237</b> | Z NURTEM SAWY NW KLUB             | M50-54    | 5    |                |                 | 00:17:52 | <b>00:36:50.69</b>   | +00:07:31<br>(20.4%) | 7:22            | 8.1<br>(79.4%) |
| 48  | <b>PETRYSHYN Natalia</b>       | <b>192</b> | KK NW KOLBUSZOWA                  | K30-39    | 2    | 1              |                 | 00:18:06 | <b>00:36:51.50</b>   | +00:07:32<br>(20.5%) | 7:22            | 8.1<br>(79.4%) |
| 49  | <b>NIEPOKÓJ Paulina</b>        | <b>175</b> | PTG SOKÓŁ RYMANÓW                 | K18-29    | 1    |                |                 | 00:18:18 | <b>00:36:51.87</b>   | +00:07:32<br>(20.5%) | 7:22            | 8.1<br>(79.4%) |
| 50  | <b>ŁYSIAK Paulina</b>          | <b>156</b> | BIESZCZADZKI KLUB NORDIC WALKING  | K30-39    | 3    |                |                 | 00:18:14 | <b>00:36:52.47</b>   | +00:07:33<br>(20.5%) | 7:22            | 8.1<br>(79.4%) |
| 51  | <b>JĘDRASZKO Jacek</b>         | <b>120</b> |                                   | M-Jun.    | 3    |                |                 | 00:18:02 | <b>00:36:57.76</b>   | +00:07:38<br>(20.7%) | 7:23            | 8.1<br>(79.4%) |
| 52  | <b>MADEJSKI Paweł</b>          | <b>157</b> | GANG ZAKRĘCONYCH MASTERSÓW        | M40-44    | 6    | 1              |                 | 00:18:07 | <b>00:36:59.01</b>   | +00:07:39<br>(20.7%) | 7:23            | 8.1<br>(79.4%) |
| 53  | <b>CZARNOTA Andrzej</b>        | <b>92</b>  | Z NURTEM SAWY NORDIC WALKING KLUB | M65-69    | 2    |                |                 | 00:18:23 | <b>00:37:08.95</b>   | +00:07:49<br>(21.1%) | 7:25            | 8.1<br>(79.4%) |
| 54  | <b>BOROWIEC-WILK Agnieszka</b> | <b>85</b>  | HUCIEŃSKIE WŁÓCZY KIJE            | K45-49    | 7    |                |                 | 00:18:20 | <b>00:37:13.98</b>   | +00:07:54<br>(21.3%) | 7:26            | 8.1<br>(79.4%) |
| 55  | <b>TOMCZYK Dorota</b>          | <b>241</b> | HUCIEŃSKIE WŁÓCZY KIJE            | K45-49    | 8    |                |                 | 00:18:26 | <b>00:37:15.38</b>   | +00:07:56<br>(21.3%) | 7:27            | 8.1<br>(79.4%) |
| 56  | <b>GRZĄDZIEL Aleks</b>         | <b>110</b> | BIESZCZADZKI KLUB N.W             | M18-29    | 2    |                |                 | 00:18:27 | <b>00:37:32.46</b>   | +00:08:13<br>(21.9%) | 7:30            | 8<br>(78.4%)   |
| 57  | <b>WILK Dariusz</b>            | <b>248</b> |                                   | M55-59    | 6    |                |                 | 00:18:30 | <b>00:37:33.80</b>   | +00:08:14<br>(21.9%) | 7:30            | 8<br>(78.4%)   |
| 58  | <b>SZENDZIELORZ Ilona</b>      | <b>233</b> | MALINOWE GWIAZDY                  | K65-69    | 2    |                |                 | 00:18:41 | <b>00:37:56.11</b>   | +00:08:36<br>(22.7%) | 7:35            | 7.9<br>(77.5%) |
| 59  | <b>ŚWIRSZCZ Tomasz</b>         | <b>239</b> | LUBLIN CHODZI Z KIJAMI            | M65-69    | 3    |                |                 | 00:18:25 | <b>00:37:58.09</b>   | +00:08:38<br>(22.8%) | 7:35            | 7.9<br>(77.5%) |
| 60  | <b>GRYGOROWICZ Bogdan</b>      | <b>108</b> | KGHM METRACO                      | M70-74    | 2    |                |                 | 00:18:54 | <b>00:38:05.70</b>   | +00:08:46<br>(23.0%) | 7:37            | 7.9<br>(77.5%) |

| Msc | Zawodnik                     | Numer      | Klub                             | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas netto         |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|------------|----------------------------------|--------------------------|------|----------------|-----------------|----------|--------------------|----------------------|-----------------|----------------|
|     |                              |            |                                  |                          |      |                |                 |          | 5km                | Różn                 |                 |                |
| 61  | <b>KOLB Barbara</b>          | <b>129</b> | HUCIEŃSKIE WŁÓCZY KIJE           | K50-54                   | 4    |                |                 | 00:19:04 | <b>00:38:28.67</b> | +00:09:09<br>(23.8%) | 7:41            | 7.8<br>(76.5%) |
| 62  | <b>WIĘCŁAW Tomasz</b>        | <b>247</b> |                                  | M45-49                   | 4    |                |                 | 00:18:47 | <b>00:38:39.04</b> | +00:09:19<br>(24.1%) | 7:43            | 7.8<br>(76.5%) |
| 63  | <b>KOPACZ Marek</b>          | <b>136</b> |                                  | M45-49                   | 5    |                |                 | 00:19:03 | <b>00:38:39.23</b> | +00:09:20<br>(24.2%) | 7:43            | 7.8<br>(76.5%) |
| 64  | <b>MIELNICZEK Kazimierz</b>  | <b>167</b> |                                  | M60-64                   | 3    |                |                 | 00:19:08 | <b>00:38:40.17</b> | +00:09:21<br>(24.2%) | 7:44            | 7.8<br>(76.5%) |
| 65  | <b>MAJEWSKI Jan</b>          | <b>159</b> | GORZYCE CHODZI Z KIJKAMI         | M70-74                   | 3    |                |                 | 00:19:05 | <b>00:38:41.74</b> | +00:09:22<br>(24.2%) | 7:44            | 7.8<br>(76.5%) |
| 66  | <b>KRAWCZYK Krzysztof</b>    | <b>145</b> | JEST LEPIEJ CZĘSTOCHOWA          | M30-39                   | 4    |                |                 | 00:19:08 | <b>00:38:58.46</b> | +00:09:39<br>(24.8%) | 7:47            | 7.7<br>(75.5%) |
| 67  | <b>FRANUSZKIEWICZ Ewa</b>    | <b>98</b>  | HUCIEŃSKIE WŁÓCZY KIJE           | K45-49                   | 9    |                |                 | 00:19:25 | <b>00:39:06.58</b> | +00:09:47<br>(25.0%) | 7:49            | 7.7<br>(75.5%) |
| 68  | <b>CZUBASIEWICZ Monika</b>   | <b>93</b>  | NORDICUS STRZYBNICA              | K50-54                   | 5    |                |                 | 00:19:35 | <b>00:39:07.16</b> | +00:09:48<br>(25.1%) | 7:49            | 7.7<br>(75.5%) |
| 69  | <b>SOMIAK Marta</b>          | <b>220</b> | NORDICUS STRZYBNICA              | K40-44                   | 3    |                |                 | 00:19:30 | <b>00:39:07.26</b> | +00:09:48<br>(25.1%) | 7:49            | 7.7<br>(75.5%) |
| 70  | <b>DYBEŁ Agnieszka</b>       | <b>97</b>  | NORDIC TEAM CZĘSTOCHOWA          | K-<br>Niepełnosprawni(A) | 1    |                |                 | 00:19:28 | <b>00:39:18.56</b> | +00:09:59<br>(25.4%) | 7:51            | 7.6<br>(74.5%) |
| 71  | <b>KARCZMARSKI Krzysztof</b> | <b>126</b> | JOWI OBORY KOZIENICE             | M65-69                   | 4    |                |                 | 00:19:27 | <b>00:39:19.39</b> | +00:10:00<br>(25.4%) | 7:51            | 7.6<br>(74.5%) |
| 72  | <b>HILGNER Katarzyna</b>     | <b>116</b> | NORDICUS STRZYBNICA              | K50-54                   | 6    |                |                 | 00:19:27 | <b>00:39:21.29</b> | +00:10:02<br>(25.5%) | 7:52            | 7.6<br>(74.5%) |
| 73  | <b>LACHOWSKA Ewa</b>         | <b>150</b> | BIESZCZADZKI KLUB NORDIC WALKING | K60-64                   | 4    |                |                 | 00:19:45 | <b>00:39:25.40</b> | +00:10:06<br>(25.6%) | 7:53            | 7.6<br>(74.5%) |
| 74  | <b>GÓRECKA Iwona</b>         | <b>106</b> | STADION ŚLĄSKI                   | K55-59                   | 1    |                |                 | 00:19:31 | <b>00:39:26.90</b> | +00:10:07<br>(25.7%) | 7:53            | 7.6<br>(74.5%) |
| 75  | <b>BARCZYK Jolanta</b>       | <b>81</b>  | NORDIC TEAM CZĘSTOCHOWA          | K60-64                   | 5    |                |                 | 00:19:42 | <b>00:39:27.57</b> | +00:10:08<br>(25.7%) | 7:53            | 7.6<br>(74.5%) |
| 76  | <b>WRÓBEL Halina</b>         | <b>254</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64                   | 6    |                |                 | 00:19:40 | <b>00:39:30.50</b> | +00:10:11<br>(25.8%) | 7:54            | 7.6<br>(74.5%) |
| 77  | <b>ROCHNIA Kasia</b>         | <b>207</b> | NORDICUS STRZYBNICA              | K40-44                   | 4    |                |                 | 00:19:40 | <b>00:39:36.75</b> | +00:10:17<br>(26.0%) | 7:55            | 7.6<br>(74.5%) |
| 78  | <b>HANUS Joanna</b>          | <b>114</b> | PASJONAUCI KROSNO                | K-<br>Niepełnosprawni(B) | 1    |                |                 | 00:19:37 | <b>00:39:42.69</b> | +00:10:23<br>(26.2%) | 7:56            | 7.6<br>(74.5%) |
| 79  | <b>SULECKA Gabriela</b>      | <b>232</b> |                                  | K-<br>Niepełnosprawni(A) | 2    |                |                 | 00:19:37 | <b>00:39:44.14</b> | +00:10:25<br>(26.2%) | 7:56            | 7.6<br>(74.5%) |
| 80  | <b>MORAWIEC Marzena</b>      | <b>169</b> | NORDICUS STRZYBNICA              | K45-49                   | 10   |                |                 | 00:20:04 | <b>00:39:58.92</b> | +00:10:39<br>(26.7%) | 7:59            | 7.5<br>(73.5%) |
| 81  | <b>LYFIARENKO Alin</b>       | <b>153</b> | KKNW                             | M40-44                   | 7    |                |                 | 00:19:28 | <b>00:40:01.20</b> | +00:10:42<br>(26.7%) | 8:00            | 7.5<br>(73.5%) |
| 82  | <b>IVANISHENA Tatiana</b>    | <b>118</b> | KKNW                             | K55-59                   | 2    | 1              |                 | 00:19:45 | <b>00:40:05.70</b> | +00:10:46<br>(26.9%) | 8:01            | 7.5<br>(73.5%) |
| 83  | <b>SĘDZIK Katarzyna</b>      | <b>214</b> | LECYMY DURŚ                      | K45-49                   | 11   |                |                 | 00:19:54 | <b>00:40:14.17</b> | +00:10:55<br>(27.1%) | 8:02            | 7.5<br>(73.5%) |

| Msc | Zawodnik                       | Numer      | Klub                              | Kategoria             | Mkat | Żół. kartki | Czer. kartki | 2.5km    | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------------------|------------|-----------------------------------|-----------------------|------|-------------|--------------|----------|--------------------|-------------------|--------------|-------------|
| 84  | <b>KRAMNYSTA</b> Margaryta     | <b>144</b> | KKNW                              | K- Niepełnosprawni(B) | 2    |             |              | 00:20:01 | <b>00:40:25.39</b> | +00:11:06 (27.5%) | 8:05         | 7.4 (72.5%) |
| 85  | <b>GIZA</b> Elżbieta           | <b>105</b> | NORDICUS STRZYBNICA               | K60-64                | 7    |             |              | 00:20:12 | <b>00:40:44.24</b> | +00:11:25 (28.0%) | 8:08         | 7.4 (72.5%) |
| 86  | <b>PODORSKI</b> Roman          | <b>199</b> | STG TARNÓW                        | M80+                  | 1    |             |              | 00:20:05 | <b>00:40:51.15</b> | +00:11:32 (28.2%) | 8:10         | 7.3 (71.6%) |
| 87  | <b>KURDZIEL</b> Anna           | <b>149</b> | KKNW KOLBUSZOWA                   | K40-44                | 5    |             |              | 00:20:04 | <b>00:40:55.82</b> | +00:11:36 (28.4%) | 8:11         | 7.3 (71.6%) |
| 88  | <b>GUL-BOGACZ</b> Jolanta      | <b>112</b> | KKNW                              | K45-49                | 12   |             |              | 00:20:29 | <b>00:40:59.04</b> | +00:11:39 (28.5%) | 8:11         | 7.3 (71.6%) |
| 89  | <b>FRYC</b> Jan                | <b>100</b> | KKNW KOLBUSZOWA                   | M60-64                | 4    |             |              | 00:20:57 | <b>00:41:02.60</b> | +00:11:43 (28.6%) | 8:12         | 7.3 (71.6%) |
| 90  | <b>HARAF</b> Wiesław           | <b>115</b> |                                   | M60-64                | 5    |             |              | 00:20:58 | <b>00:41:04.29</b> | +00:11:45 (28.6%) | 8:12         | 7.3 (71.6%) |
| 91  | <b>SZNAJDER</b> Zenon          | <b>235</b> |                                   | M70-74                | 4    |             |              | 00:20:23 | <b>00:41:06.27</b> | +00:11:47 (28.7%) | 8:13         | 7.3 (71.6%) |
| 92  | <b>STARZEC</b> Maksymilian     | <b>222</b> | KKNW KOLBUSZOWA                   | M70-74                | 5    |             |              | 00:20:21 | <b>00:41:17.74</b> | +00:11:58 (29.0%) | 8:15         | 7.3 (71.6%) |
| 93  | <b>CZARNOTA</b> Wanda          | <b>91</b>  | Z NURTEM SAWY NORDIC WALKING KLUB | K60-64                | 8    |             |              | 00:20:20 | <b>00:41:20.78</b> | +00:12:01 (29.1%) | 8:16         | 7.3 (71.6%) |
| 94  | <b>SUDOŁ</b> Andrzej           | <b>230</b> |                                   | M55-59                | 7    |             |              | 00:20:26 | <b>00:41:23.74</b> | +00:12:04 (29.2%) | 8:16         | 7.2 (70.6%) |
| 95  | <b>GUL</b> Monika              | <b>111</b> |                                   | K30-39                | 4    |             |              | 00:21:08 | <b>00:41:26.44</b> | +00:12:07 (29.3%) | 8:17         | 7.2 (70.6%) |
| 96  | <b>KRUDYSZ-STARZEC</b> Jadwiga | <b>148</b> | KKNW KOLBUSZOWA                   | K65-69                | 3    |             |              | 00:20:27 | <b>00:41:29.31</b> | +00:12:10 (29.3%) | 8:17         | 7.2 (70.6%) |
| 97  | <b>KOPACZ</b> Elżbieta         | <b>135</b> | KKNW KOLBUSZOWA                   | K45-49                | 13   |             |              | 00:20:59 | <b>00:42:27.82</b> | +00:13:08 (31.0%) | 8:29         | 7.1 (69.6%) |
| 98  | <b>SZNAJDER</b> Teresa         | <b>234</b> |                                   | K65-69                | 4    |             |              | 00:21:10 | <b>00:42:44.40</b> | +00:13:25 (31.4%) | 8:32         | 7 (68.6%)   |
| 99  | <b>GRZYB</b> Beata             | <b>295</b> | KGHMMETRACORUDNA                  | K50-54                | 7    |             |              | 00:21:35 | <b>00:43:18.45</b> | +00:13:59 (32.3%) | 8:39         | 6.9 (67.6%) |
| 100 | <b>FEJDASZ</b> Józef           | <b>288</b> |                                   | M70-74                | 6    |             |              | 00:21:10 | <b>00:43:20.36</b> | +00:14:01 (32.4%) | 8:40         | 6.9 (67.6%) |
| 101 | <b>KRÓL</b> Grażyna            | <b>147</b> | KKNW KOLBUSZOWA                   | K65-69                | 5    |             |              | 00:21:30 | <b>00:43:21.24</b> | +00:14:02 (32.4%) | 8:40         | 6.9 (67.6%) |
| 102 | <b>KUS</b> Andrzej             | <b>208</b> | KKNW                              | M45-49                | 6    |             |              | 00:21:00 | <b>00:43:24.67</b> | +00:14:05 (32.5%) | 8:40         | 6.9 (67.6%) |
| 103 | <b>BREGUŁA</b> Ewa             | <b>86</b>  | NORDICUS STRZYBNICA               | K55-59                | 3    |             |              | 00:21:45 | <b>00:43:26.03</b> | +00:14:06 (32.5%) | 8:41         | 6.9 (67.6%) |
| 104 | <b>MANSFELD</b> Dorota         | <b>160</b> | NORDICUS STRZYBNICA               | K50-54                | 8    |             |              | 00:21:47 | <b>00:43:27.83</b> | +00:14:08 (32.5%) | 8:41         | 6.9 (67.6%) |
| 105 | <b>TOPOLEWICZ</b> Teresa       | <b>244</b> |                                   | K40-44                | 6    |             |              | 00:21:29 | <b>00:43:51.80</b> | +00:14:32 (33.2%) | 8:46         | 6.8 (66.7%) |
| 106 | <b>SZYMAŃSKA</b> Elżbieta      | <b>238</b> |                                   | K30-39                | 5    |             |              | 00:21:12 | <b>00:43:53.04</b> | +00:14:33 (33.2%) | 8:46         | 6.8 (66.7%) |

| Msc | Zawodnik                   | Numer      | Klub                                | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas netto |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|------------|-------------------------------------|--------------------------|------|----------------|-----------------|------------|--------------------|----------------------|-----------------|----------------|
|     |                            |            |                                     |                          |      |                |                 | 2.5km      | 5km                |                      |                 |                |
| 107 | <b>MAJCHRZYK Stefan</b>    | <b>158</b> | NORDICUS STRZYBNICA                 | M60-64                   | 6    |                |                 | 00:21:40   | <b>00:43:54.91</b> | +00:14:35<br>(33.2%) | 8:46            | 6.8<br>(66.7%) |
| 108 | <b>PIĄTKOWSKI Józef</b>    | <b>193</b> | KGHM METRACO                        | M75-79                   | 1    |                |                 | 00:21:46   | <b>00:44:12.78</b> | +00:14:53<br>(33.7%) | 8:50            | 6.8<br>(66.7%) |
| 109 | <b>PISARSKA Barbara</b>    | <b>196</b> | NORDICUS STRZYBNICA                 | K50-54                   | 9    |                |                 | 00:22:08   | <b>00:44:20.81</b> | +00:15:01<br>(33.9%) | 8:52            | 6.8<br>(66.7%) |
| 110 | <b>JAGIEŁŁA Danuta</b>     | <b>119</b> | NORDICUS STRZYBNICA                 | K65-69                   | 6    |                |                 | 00:22:10   | <b>00:44:35.52</b> | +00:15:16<br>(34.3%) | 8:55            | 6.7<br>(65.7%) |
| 111 | <b>SUDOŁ Maria</b>         | <b>231</b> | KKNW KOLBUSZOWA                     | K65-69                   | 7    |                |                 | 00:22:02   | <b>00:44:41.53</b> | +00:15:22<br>(34.4%) | 8:56            | 6.7<br>(65.7%) |
| 112 | <b>GANCARZ Zbigniew</b>    | <b>101</b> |                                     | M-<br>Niepełnosprawni(B) | 2    |                |                 | 00:22:32   | <b>00:44:49.13</b> | +00:15:30<br>(34.6%) | 8:57            | 6.7<br>(65.7%) |
| 113 | <b>NOWORYTA Jacek</b>      | <b>177</b> |                                     | M80+                     | 2    |                |                 | 00:22:11   | <b>00:44:49.40</b> | +00:15:30<br>(34.6%) | 8:57            | 6.7<br>(65.7%) |
| 114 | <b>OŚRÓDKA Jolanta</b>     | <b>185</b> | NORDICUS                            | K55-59                   | 4    |                |                 | 00:22:14   | <b>00:44:49.66</b> | +00:15:30<br>(34.6%) | 8:57            | 6.7<br>(65.7%) |
| 115 | <b>KOCZUR Dorota</b>       | <b>128</b> | KOLBUSZOWSKI KLUB NORDIC WALKING    | K65-69                   | 8    |                |                 | 00:22:18   | <b>00:44:49.72</b> | +00:15:30<br>(34.6%) | 8:57            | 6.7<br>(65.7%) |
| 116 | <b>PILARZ Zuzanna</b>      | <b>194</b> | NORDICUS STRZYBNICA                 | K40-44                   | 7    |                |                 | 00:22:29   | <b>00:44:50.85</b> | +00:15:31<br>(34.6%) | 8:58            | 6.7<br>(65.7%) |
| 117 | <b>KOPEĆ Ewa</b>           | <b>137</b> | HUCIEŃSKIE WŁÓCZY KIJE              | K45-49                   | 14   |                |                 | 00:23:04   | <b>00:44:51.16</b> | +00:15:32<br>(34.6%) | 8:58            | 6.7<br>(65.7%) |
| 118 | <b>PŁAZA Anna</b>          | <b>197</b> | KOLBUSZOWSKI KLUB NORDIC WAKING     | K65-69                   | 9    |                |                 | 00:22:18   | <b>00:44:59.20</b> | +00:15:40<br>(34.8%) | 8:59            | 6.7<br>(65.7%) |
| 119 | <b>WOLKO Barbara</b>       | <b>252</b> | NORDICUS STRZYBNICA                 | K55-59                   | 5    |                |                 | 00:22:32   | <b>00:45:06.89</b> | +00:15:47<br>(35.0%) | 9:01            | 6.7<br>(65.7%) |
| 120 | <b>SAJDAK Stanisław</b>    | <b>212</b> | KKNW KOLBUSZOWA                     | M75-79                   | 2    |                |                 | 00:23:06   | <b>00:45:56.10</b> | +00:16:36<br>(36.2%) | 9:11            | 6.5<br>(63.7%) |
| 121 | <b>SKOWROŃSKA Elżbieta</b> | <b>216</b> | KKNW KOLBUSZOWA                     | K70-74                   | 1    |                |                 | 00:22:34   | <b>00:46:10.32</b> | +00:16:51<br>(36.5%) | 9:14            | 6.5<br>(63.7%) |
| 122 | <b>KOZAK Teresa</b>        | <b>140</b> | KKNW KOLBUSZOWA                     | K60-64                   | 9    |                |                 | 00:22:43   | <b>00:46:24.10</b> | +00:17:04<br>(36.8%) | 9:16            | 6.5<br>(63.7%) |
| 123 | <b>STUDNICKI Ryszard</b>   | <b>227</b> | KOLBUSZOWSKI KLUB NORDIC WAKING     | M75-79                   | 3    |                |                 | 00:23:09   | <b>00:46:43.39</b> | +00:17:24<br>(37.3%) | 9:20            | 6.4<br>(62.7%) |
| 124 | <b>KOŁODZIEJ Halina</b>    | <b>130</b> | KOLBUSZOWSKI KLUB NORDIC WALKING    | K70-74                   | 2    |                |                 | 00:23:04   | <b>00:47:05.31</b> | +00:17:46<br>(37.7%) | 9:25            | 6.4<br>(62.7%) |
| 125 | <b>LASOCIŃSKA Ewa</b>      | <b>297</b> | NW WŁÓCZYKIJ LEŻAJSK                | K75-79                   | 1    |                |                 | 00:22:56   | <b>00:47:15.50</b> | +00:17:56<br>(38.0%) | 9:27            | 6.3<br>(61.8%) |
| 126 | <b>LEJA Anna</b>           | <b>151</b> | NW WŁÓCZYKIJ LEŻAJSK                | K30-39                   | 6    |                |                 | 00:23:27   | <b>00:47:17.89</b> | +00:17:58<br>(38.0%) | 9:27            | 6.3<br>(61.8%) |
| 127 | <b>RÓG Danuta</b>          | <b>210</b> | KKNW KOLBUSZOWA                     | K70-74                   | 3    |                |                 | 00:23:13   | <b>00:47:29.48</b> | +00:18:10<br>(38.3%) | 9:29            | 6.3<br>(61.8%) |
| 128 | <b>KŁAK Magdalena</b>      | <b>127</b> | „Z NURTEM SAWY' NORDIC WALKING CLUB | K40-44                   | 8    |                |                 | 00:24:23   | <b>00:48:00.53</b> | +00:18:41<br>(38.9%) | 9:36            | 6.3<br>(61.8%) |
| 129 | <b>LYFIARENKO Serhii</b>   | <b>154</b> |                                     | M-Dzieci                 | 2    |                |                 | 00:24:23   | <b>00:48:40.74</b> | +00:19:21<br>(39.8%) | 9:44            | 6.2<br>(60.8%) |

| Msc | Zawodnik                            | Numer      | Klub                             | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------------|------------|----------------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 130 | <b>NOWAK Barbara</b>                | <b>176</b> | KKNW KOLBUSZOWA                  | K50-54                   | 10   |                |                 | 00:24:22 | <b>00:49:16.93</b>   | +00:19:57<br>(40.5%) | 9:51            | 6.1<br>(59.8%) |
| 131 | <b>PONIATOWSKA Alina</b>            | <b>200</b> | NORDICUS STRZYBNICA              | K65-69                   | 10   |                |                 | 00:24:31 | <b>00:49:42.47</b>   | +00:20:23<br>(41.0%) | 9:56            | 6<br>(58.8%)   |
| 132 | <b>NIEMIEC Bogdan</b>               | <b>173</b> | NORDICUS STRZYBNICA              | M60-64                   | 7    |                |                 | 00:25:15 | <b>00:51:08.69</b>   | +00:21:49<br>(42.7%) | 10:13           | 5.9<br>(57.8%) |
| 133 | <b>MAZAN Czesława</b>               | <b>163</b> | KKNW                             | K65-69                   | 11   |                |                 | 00:25:32 | <b>00:51:24.48</b>   | +00:22:05<br>(43.0%) | 10:16           | 5.8<br>(56.9%) |
| 134 | <b>BARTYŃSKA Lidia</b>              | <b>82</b>  | -                                | K55-59                   | 6    |                |                 | 00:25:52 | <b>00:51:50.82</b>   | +00:22:31<br>(43.5%) | 10:22           | 5.8<br>(56.9%) |
| 135 | <b>ROZENBAJGER Helena</b>           | <b>209</b> | KKNW KOLBUSZOWA                  | K75-79                   | 2    |                |                 | 00:25:51 | <b>00:53:23.35</b>   | +00:24:04<br>(45.1%) | 10:40           | 5.6<br>(54.9%) |
| 136 | <b>MUSKUS Kazimierz</b>             | <b>172</b> | KLUB NW WŁÓCZYKIJE LEŻAJSK       | M75-79                   | 4    |                |                 | 00:25:13 | <b>00:54:28.65</b>   | +00:25:09<br>(46.2%) | 10:53           | 5.5<br>(53.9%) |
| 137 | <b>TOPOLEWICZ Edward</b>            | <b>243</b> |                                  | M80+                     | 3    |                |                 | 00:27:01 | <b>00:54:48.80</b>   | +00:25:29<br>(46.5%) | 10:57           | 5.5<br>(53.9%) |
| 138 | <b>DRAUS Ewa</b>                    | <b>95</b>  | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64                   | 10   |                |                 | 00:27:56 | <b>00:57:08.78</b>   | +00:27:49<br>(48.7%) | 11:25           | 5.3<br>(52.0%) |
| 139 | <b>KOSMAŁA JASKÓLSKA<br/>Joanna</b> | <b>139</b> | NORDICUS STRZYBNICA              | K45-49                   | 15   |                |                 | 00:30:26 | <b>01:05:44.96</b>   | +00:36:25<br>(55.4%) | 13:08           | 4.6<br>(45.1%) |
| 140 | <b>ORZECHOWSKI Grzegorz</b>         | <b>184</b> | KOLBUSZOWSKI KLUB NORDIC WAKING  | M-<br>Niepełnosprawni(B) | 3    |                |                 | 00:31:14 | <b>01:07:43.88</b>   | +00:38:24<br>(56.7%) | 13:32           | 4.4<br>(43.1%) |
| 141 | <b>MARGAŃSKA Stanisława</b>         | <b>161</b> | KKNW KOLBUSZOWA                  | K75-79                   | 3    |                |                 | 00:32:05 |                      | +00:17:37            | 12:50           | 4.7<br>(46.1%) |
| 142 | <b>CHODOROWSKA Zenona</b>           | <b>87</b>  | KKNW KOLBUSZOWA                  | K70-74                   | 4    |                |                 | 00:32:45 |                      | +00:18:17            | 13:06           | 4.6<br>(45.1%) |

Znaleziono 142 wynik(ów)