



## INWA NW EUROPEAN CHAMPIONSHIPS - 5KM

B4SPORT

**Wydarzenie:** INWA Nordic Walking European Championships 2023  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2023-09-02  
**Miejsce:** Jedlińsk  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	275	POLSKA	M18-34	1			00:28:20.15		5:40	10.6 (100%)
2	ALVAREZ BORRAS Ramon	164	CLUB ATLETISMO MARATHON CREVILLET	M40-44	1			00:29:14.25	+00:00:54 (3.1%)	5:50	10.3 (97.2%)
3	ORDZOWIAŁY Piotr	263	POLSKA	M55-59	1	1		00:29:35.60	+00:01:15 (4.2%)	5:55	10.1 (95.3%)
4	STĘPAK Piotr	306	POLAND	M18-34	2	1		00:29:57.45	+00:01:37 (5.4%)	5:59	10 (94.3%)
5	NIEPOKÓJ Radosław	257	K.S VIKTORIA POTĘGOWO	M35-39	1	1		00:30:05.10	+00:01:44 (5.8%)	6:01	10 (94.3%)
6	SZAMOTULSKI Henryk	312		M45-49	1			00:30:27.35	+00:02:07 (7.0%)	6:05	9.9 (93.4%)
7	KUŹMICZ Adam	236	POLIPACK TEAM GWE	M40-44	2			00:30:54.60	+00:02:34 (8.3%)	6:10	9.7 (91.5%)
8	CYRUS Bogdan	182		M50-54	1	1		00:30:59.80	+00:02:39 (8.6%)	6:11	9.7 (91.5%)
9	SOSNOWSKA Agnieszka	301	POLSKA	K35-39	1			00:31:36.65	+00:03:16 (10.4%)	6:19	9.5 (89.6%)
10	ROŻYNEK Miron	287		M60-64	1			00:31:38.30	+00:03:18 (10.4%)	6:19	9.5 (89.6%)
11	ROMANOWSKI Daniel	285		M18-34	3			00:31:40.85	+00:03:20 (10.6%)	6:20	9.5 (89.6%)
12	ZDANOWICZ Arkadiusz	286	POLSKA	M45-49	2			00:32:06.40	+00:03:46 (11.7%)	6:25	9.3 (87.7%)
13	KUBISZYN Małgorzata	233	K.S. VICTORIA POTĘGOWO	K35-39	2			00:32:16.25	+00:03:56 (12.2%)	6:27	9.3 (87.7%)
14	NOSAL Marek	259		M50-54	2			00:32:26.50	+00:04:06 (12.7%)	6:29	9.2 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto		Tempo min/km	Tempo km/h
								5km	Różn		
15	WILUSZ Erwina	337	POLSKA	K35-39	3			00:32:41.70	+00:04:21 (13.3%)	6:32	9.2 (86.8%)
16	KABATA Jarosław	215	POLSKA	M50-54	3			00:32:48.45	+00:04:28 (13.6%)	6:33	9.1 (85.8%)
17	WOJTASIŃSKI Daniel	341	NORDIC TEAM CZĘSTOCHOWA	M45-49	3			00:32:49.25	+00:04:29 (13.7%)	6:33	9.1 (85.8%)
18	MAŁKA Marian	245		M60-64	2			00:32:59.95	+00:04:39 (14.1%)	6:35	9.1 (85.8%)
19	JAGIEŁA Paweł	212		M18-34	4			00:33:03.60	+00:04:43 (14.3%)	6:36	9.1 (85.8%)
20	ZABŁOCKI Karol	344	FIRE WINGS NW TEAM	M35-39	2			00:33:08.90	+00:04:48 (14.5%)	6:37	9.1 (85.8%)
21	PACYNA Piotr	186		M40-44	3	2		00:33:14.00	+00:04:53 (14.7%)	6:38	9 (84.9%)
22	PYTLAK Artur	279	RAWIMEX	M50-54	4			00:33:15.70	+00:04:55 (14.8%)	6:39	9 (84.9%)
23	LUDWICZAK Andżelika	241	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:33:18.20	+00:04:58 (14.9%)	6:39	9 (84.9%)
24	HAŁAS Marcin	205		M35-39	3			00:33:21.95	+00:05:01 (15.1%)	6:40	9 (84.9%)
25	FRAĆKOWIAK Roman	193	NORDIC SPORT 2021	M55-59	2			00:33:22.00	+00:05:01 (15.1%)	6:40	9 (84.9%)
26	BIELECKA Zuzanna	169	K.S. VICTORIA POTĘGOWO	K40-44	1			00:33:47.70	+00:05:27 (16.2%)	6:45	8.9 (84.0%)
27	ZALISKO Oksana	345	KARPAATIJA	K65-69	1			00:34:01.75	+00:05:41 (16.7%)	6:48	8.8 (83.0%)
28	TEREŠTŠENKOV Aleksei	329	U-CLUB	M60-64	3			00:34:09.20	+00:05:49 (17.0%)	6:49	8.8 (83.0%)
29	BREWKA Joachim	175	NORDIC SPORT 2021	M55-59	3	2		00:34:13.95	+00:05:53 (17.2%)	6:50	8.8 (83.0%)
30	PUKSZTA Krzysiek	277	WESOŁY BORSUK TEAM	M40-44	4			00:34:19.45	+00:05:59 (17.4%)	6:51	8.7 (82.1%)
31	KARPIENIA Ewa	218	K.S. VICTORIA POTĘGOWO	K50-54	1			00:34:20.90	+00:06:00 (17.5%)	6:52	8.7 (82.1%)
32	MAŚLANKA Iwona	248	NORDIC SPORT 2021	K50-54	2			00:34:21.75	+00:06:01 (17.5%)	6:52	8.7 (82.1%)
33	KRAKOWSKI Jerzy Piotr	231	PTG SOKÓŁ 1893 MIELEC	M60-64	4			00:34:25.80	+00:06:05 (17.7%)	6:53	8.7 (82.1%)
34	RAGOZINA Tetiana	276	KARPATIA	K55-59	1			00:34:34.15	+00:06:14 (18.0%)	6:54	8.7 (82.1%)
35	SOKOŁOWSKI Marek	300	PTG SOKÓŁ RYMANÓW	M55-59	4			00:34:38.30	+00:06:18 (18.2%)	6:55	8.7 (82.1%)
36	HELWICH Stefan	208	KGHMMETRACOPOLKOWICE	M65-69	1			00:34:39.15	+00:06:19 (18.2%)	6:55	8.7 (82.1%)
37	RADZIMSKI Karol	281		M65-69	2			00:34:40.50	+00:06:20 (18.3%)	6:56	8.7 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto		Tempo min/km	Tempo km/h
								5km	Różn		
38	<b>SANIUK Edward</b>	<b>292</b>	FACE NORDIC WALKING TEAM	M70-74	1			<b>00:34:40.90</b>	+00:06:20 (18.3%)	6:56	8.7 (82.1%)
39	<b>KNAPCZYK-KANIA Gabriela</b>	<b>223</b>	PRUSZYŃSKI SPORT TEAM, WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO	K45-49	2			<b>00:34:42.95</b>	+00:06:22 (18.4%)	6:56	8.6 (81.1%)
40	<b>POSIKATA Joanna</b>	<b>274</b>		K45-49	3			<b>00:34:44.20</b>	+00:06:24 (18.4%)	6:56	8.6 (81.1%)
41	<b>GRABEREC Ivan</b>	<b>200</b>		M55-59	5			<b>00:34:44.55</b>	+00:06:24 (18.4%)	6:56	8.6 (81.1%)
42	<b>LABUS Marzena</b>	<b>238</b>	POLSKA	K35-39	4			<b>00:34:54.50</b>	+00:06:34 (18.8%)	6:58	8.6 (81.1%)
43	<b>HRYCIUK Teresa</b>	<b>209</b>	KS VICTORIA POTĘGOWO	K60-64	1			<b>00:35:02.10</b>	+00:06:41 (19.1%)	7:00	8.6 (81.1%)
44	<b>KONIK Mikołaj</b>	<b>225</b>	BIESZCZADZKI KLUB NORDIC WALKING	M14-17	1	2		<b>00:35:07.05</b>	+00:06:46 (19.3%)	7:01	8.5 (80.2%)
45	<b>SITTEK Agnieszka</b>	<b>297</b>	CHODZĘ W KATO	K40-44	2			<b>00:35:07.75</b>	+00:06:47 (19.3%)	7:01	8.5 (80.2%)
46	<b>BASSO Daniela</b>	<b>168</b>	NORDIC WALKING COMO	K60-64	2			<b>00:35:10.95</b>	+00:06:50 (19.5%)	7:02	8.5 (80.2%)
47	<b>STEFANIAK Krzysztof</b>	<b>305</b>	KATOWICKI NORDIC WALKING	M65-69	3			<b>00:35:13.70</b>	+00:06:53 (19.6%)	7:02	8.5 (80.2%)
48	<b>ADAMCZYK Adam</b>	<b>61</b>	K.S. VICTORIA POTĘGOWO	M70-74	2			<b>00:35:14.40</b>	+00:06:54 (19.6%)	7:02	8.5 (80.2%)
49	<b>CHRUŚCIEL-ORGANISTA Żanetta</b>	<b>69</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			<b>00:35:20.05</b>	+00:06:59 (19.8%)	7:04	8.5 (80.2%)
50	<b>OŠTRIČ Igor</b>	<b>264</b>		M60-64	5			<b>00:35:32.65</b>	+00:07:12 (20.3%)	7:06	8.4 (79.2%)
51	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>260</b>	NORDIC SPORT 2021	K55-59	2			<b>00:35:34.90</b>	+00:07:14 (20.4%)	7:06	8.4 (79.2%)
52	<b>DĄBROWSKA Magdalena</b>	<b>185</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	4	1		<b>00:35:37.60</b>	+00:07:17 (20.5%)	7:07	8.4 (79.2%)
53	<b>MALICKI Hubert</b>	<b>244</b>		M45-49	4			<b>00:35:43.45</b>	+00:07:23 (20.7%)	7:08	8.4 (79.2%)
54	<b>SAWICKA Marta</b>	<b>295</b>	K.S. VICTORIA POTĘGOWO	K50-54	4			<b>00:35:44.65</b>	+00:07:24 (20.7%)	7:08	8.4 (79.2%)
55	<b>HRYCIUK Waldemar</b>	<b>210</b>	KS VICTORIA POTĘGOWO	M65-69	4			<b>00:35:55.75</b>	+00:07:35 (21.1%)	7:11	8.4 (79.2%)
56	<b>KRAJEWSKA Hanna</b>	<b>230</b>	KS KIJOMANIACY CHODZIEŻ	K18-34	1	1		<b>00:36:04.70</b>	+00:07:44 (21.5%)	7:12	8.3 (78.3%)
57	<b>MIHELAC Juraj</b>	<b>252</b>		M40-44	5			<b>00:36:27.30</b>	+00:08:07 (22.3%)	7:17	8.2 (77.4%)
58	<b>OLEJNIK Przemek</b>	<b>261</b>		M50-54	5			<b>00:36:48.70</b>	+00:08:28 (23.0%)	7:21	8.2 (77.4%)
59	<b>KOSOWICZ Piotr</b>	<b>228</b>	UNIwersytet Rzeszowski	M18-34	5	1		<b>00:37:00.10</b>	+00:08:39 (23.4%)	7:24	8.1 (76.4%)
60	<b>LACHNIK Hubert</b>	<b>240</b>		M70-74	3			<b>00:37:00.30</b>	+00:08:40 (23.4%)	7:24	8.1 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
61	<b>SZPUNAR Mariusz</b>	<b>318</b>	Z NURTEM SAWY NW CLUB	M50-54	6			<b>00:37:10.15</b>	+00:08:50 (23.8%)	7:26	8.1 (76.4%)
62	<b>WITUCKA Karolina</b>	<b>339</b>	K.S. VICTORIA POTĘGOWO	K14-17	1			<b>00:37:15.60</b>	+00:08:55 (24.0%)	7:27	8.1 (76.4%)
63	<b>ŚLUSARCZYK Grzegorz</b>	<b>325</b>	WESOŁY BORSUK TEAM	M45-49	5			<b>00:37:25.60</b>	+00:09:05 (24.3%)	7:29	8 (75.5%)
64	<b>PODSIADŁY Stanisław</b>	<b>270</b>	K.S. VICTORIA POTĘGOWO	M65-69	5			<b>00:37:34.55</b>	+00:09:14 (24.6%)	7:30	8 (75.5%)
65	<b>MUSULIN Stjepan</b>	<b>256</b>		M55-59	6			<b>00:37:35.45</b>	+00:09:15 (24.6%)	7:31	8 (75.5%)
66	<b>STRUSKA Milena</b>	<b>310</b>	TUPTUŚ OTWOCK	K40-44	3			<b>00:37:39.25</b>	+00:09:19 (24.7%)	7:31	8 (75.5%)
67	<b>CZARNOTA Andrzej</b>	<b>183</b>	Z NURTEM SAWY NW KLUB	M65-69	6			<b>00:37:39.55</b>	+00:09:19 (24.8%)	7:31	8 (75.5%)
68	<b>TOMCZYK Edward</b>	<b>333</b>	ZIELONE GROSZKI POZNAŃ	M75-79	1			<b>00:37:47.60</b>	+00:09:27 (25.0%)	7:33	7.9 (74.5%)
69	<b>HARENDA Dawid</b>	<b>207</b>		M8-13	1			<b>00:37:50.65</b>	+00:09:30 (25.1%)	7:34	7.9 (74.5%)
70	<b>ŻYTKOWSKI Andrzej</b>	<b>313</b>	POLSKA	M60-64	6			<b>00:38:01.70</b>	+00:09:41 (25.5%)	7:36	7.9 (74.5%)
71	<b>STANKIEWICZ Wojciech</b>	<b>303</b>	WKZ KOZIENICE BBL	M60-64	7			<b>00:38:01.85</b>	+00:09:41 (25.5%)	7:36	7.9 (74.5%)
72	<b>BREW CZYŃSKI Marcin</b>	<b>174</b>	NW CZĘLAPSKI TEAM	M35-39	4			<b>00:38:06.10</b>	+00:09:45 (25.6%)	7:37	7.9 (74.5%)
73	<b>GRYGOROWICZ Bogdan</b>	<b>204</b>	KGHM METRACO POLKOWICE	M70-74	4			<b>00:38:16.65</b>	+00:09:56 (26.0%)	7:39	7.8 (73.6%)
74	<b>SPUNGIS Andris</b>	<b>302</b>		M75-79	2			<b>00:38:19.45</b>	+00:09:59 (26.1%)	7:39	7.8 (73.6%)
75	<b>RUSINOWICZ Andrzej</b>	<b>288</b>	FABRYKA NORDICA TRZCIANKA	M75-79	3			<b>00:38:21.60</b>	+00:10:01 (26.1%)	7:40	7.8 (73.6%)
76	<b>POLAK Łukasz</b>	<b>271</b>	OBORYGENI	M40-44	6			<b>00:38:24.60</b>	+00:10:04 (26.2%)	7:40	7.8 (73.6%)
77	<b>KUŹMICZ Dominik</b>	<b>237</b>	POLIPACK TEAM GWE	M14-17	2			<b>00:38:29.30</b>	+00:10:09 (26.4%)	7:41	7.8 (73.6%)
78	<b>BRUNOVIČ-ČONDIČ Melita</b>	<b>176</b>		K45-49	5	1		<b>00:38:34.50</b>	+00:10:14 (26.5%)	7:42	7.8 (73.6%)
79	<b>PUSTUŁ Julia</b>	<b>278</b>		K18-34	2	1		<b>00:38:42.10</b>	+00:10:21 (26.8%)	7:44	7.8 (73.6%)
80	<b>FILIPOWICZ Krzysztof</b>	<b>190</b>	SYMPATYK „WILKI”	M60-64	8			<b>00:38:43.25</b>	+00:10:23 (26.8%)	7:44	7.7 (72.6%)
81	<b>SZENDZIELORZ Ilona</b>	<b>316</b>	MALINOWE GWIAZDY	K65-69	2			<b>00:38:43.80</b>	+00:10:23 (26.8%)	7:44	7.7 (72.6%)
82	<b>GAŁKOWSKA Elżbieta</b>	<b>195</b>		K65-69	3			<b>00:38:44.60</b>	+00:10:24 (26.9%)	7:44	7.7 (72.6%)
83	<b>JAWORSKA Edyta</b>	<b>214</b>		K45-49	6			<b>00:38:46.20</b>	+00:10:26 (26.9%)	7:45	7.7 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>SZEWCZYK Hanna</b>	<b>317</b>	TORUŃ-IDZIEMY BEZ RYZYKA	K60-64	3			<b>00:38:48.10</b>	+00:10:27 (27.0%)	7:45	7.7 (72.6%)
85	<b>SZYBUT Weronika</b>	<b>320</b>	POTĘGA NORDICA	K14-17	2			<b>00:38:49.75</b>	+00:10:29 (27.0%)	7:45	7.7 (72.6%)
86	<b>SKRZAŃTEK Lucyna</b>	<b>57</b>		K50-54	5			<b>00:38:50.85</b>	+00:10:30 (27.1%)	7:46	7.7 (72.6%)
87	<b>VUKIĆEVIĆ Daniel</b>	<b>334</b>		M18-34	6			<b>00:38:59.60</b>	+00:10:39 (27.3%)	7:47	7.7 (72.6%)
88	<b>ROMANOWSKA Eliza</b>	<b>284</b>	KGHM METRACO POLKOWICE	K8-13	1			<b>00:39:13.65</b>	+00:10:53 (27.8%)	7:50	7.6 (71.7%)
89	<b>POLAK Marcel</b>	<b>272</b>	OBORYGENI	M8-13	2			<b>00:39:17.80</b>	+00:10:57 (27.9%)	7:51	7.6 (71.7%)
90	<b>RZEPECKI Sławomir</b>	<b>291</b>		M50-54	7			<b>00:39:21.40</b>	+00:11:01 (28.0%)	7:52	7.6 (71.7%)
91	<b>BUDNY Franciszek</b>	<b>177</b>		M8-13	3			<b>00:39:35.30</b>	+00:11:15 (28.4%)	7:55	7.6 (71.7%)
92	<b>GABRYCHOWICZ Bartosz</b>	<b>194</b>	UNIWERSYTET RZESZOWSKI	M18-34	7			<b>00:39:40.35</b>	+00:11:20 (28.6%)	7:56	7.6 (71.7%)
93	<b>LUTEK Karolina</b>	<b>242</b>		K45-49	7			<b>00:39:40.80</b>	+00:11:20 (28.6%)	7:56	7.6 (71.7%)
94	<b>KELLER Iwona</b>	<b>219</b>	NW CZŁAPSKI TEAM	K60-64	4			<b>00:39:41.95</b>	+00:11:21 (28.6%)	7:56	7.6 (71.7%)
95	<b>KUŁAKOWSKA Halina</b>	<b>342</b>	DRUŻYNA SMA	K45-49	8			<b>00:39:45.80</b>	+00:11:25 (28.7%)	7:57	7.5 (70.8%)
96	<b>KISIELEWICZ Zofia</b>	<b>220</b>	KGHM METRACO POLKOWICE	K14-17	3			<b>00:39:46.60</b>	+00:11:26 (28.8%)	7:57	7.5 (70.8%)
97	<b>KOŁODZIEJ Rafał</b>	<b>224</b>	UNIWERSYTET RZESZOWSKI	M18-34	8	1		<b>00:39:46.75</b>	+00:11:26 (28.8%)	7:57	7.5 (70.8%)
98	<b>SOKAČ Vesna</b>	<b>299</b>		K60-64	5			<b>00:39:49.25</b>	+00:11:29 (28.8%)	7:57	7.5 (70.8%)
99	<b>ŠIRKAITĖ Monika</b>	<b>296</b>	LIETUVOS ŠIAURIETIŠKOJO ĖJIMO ASOCIACIJA	K18-34	3			<b>00:39:51.55</b>	+00:11:31 (28.9%)	7:58	7.5 (70.8%)
100	<b>WIŚNIEWSKI Julian</b>	<b>338</b>	NW CZŁAPSKI TEAM	M8-13	4			<b>00:40:13.80</b>	+00:11:53 (29.6%)	8:02	7.5 (70.8%)
101	<b>BOSNA VUKIĆEVIČ Lada</b>	<b>173</b>		K55-59	3			<b>00:40:14.75</b>	+00:11:54 (29.6%)	8:02	7.5 (70.8%)
102	<b>STIPAN Katarina</b>	<b>308</b>		K40-44	4			<b>00:40:39.35</b>	+00:12:19 (30.3%)	8:07	7.4 (69.8%)
103	<b>FILIPOWICZ Teresa</b>	<b>191</b>	'WILKI'	K55-59	4			<b>00:40:55.25</b>	+00:12:35 (30.8%)	8:11	7.3 (68.9%)
104	<b>NOSAL Bronisław</b>	<b>258</b>		M75-79	4			<b>00:41:02.95</b>	+00:12:42 (31.0%)	8:12	7.3 (68.9%)
105	<b>PLICHCIŃSKA Małgorzata</b>	<b>268</b>	EKONOMIK MOKOTÓW	K45-49	9			<b>00:41:16.45</b>	+00:12:56 (31.3%)	8:15	7.3 (68.9%)
106	<b>KLOCEK Jagoda</b>	<b>222</b>	KGHM METRACO POLKOWICE	K14-17	4	1		<b>00:41:16.80</b>	+00:12:56 (31.4%)	8:15	7.3 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>HANUS Joanna</b>	<b>206</b>	PASJONAUCI KROSNO	K35-39	5			<b>00:41:33.25</b>	+00:13:13 (31.8%)	8:18	7.2 (67.9%)
108	<b>JANKOWSKI Oskar</b>	<b>213</b>	KGHM METRACO POLKOWICE	M14-17	3			<b>00:41:33.80</b>	+00:13:13 (31.8%)	8:18	7.2 (67.9%)
109	<b>RAUKŠTIENĖ Aurelija</b>	<b>282</b>	LIETUVOS ŠIAURIETIŠKOJO ĖJIMO ASOCIACIJA	K35-39	6			<b>00:41:38.40</b>	+00:13:18 (32.0%)	8:19	7.2 (67.9%)
110	<b>GRYGOROWICZ Teresa</b>	<b>203</b>	KGHM METRACO POLKOWICE	K70-74	1			<b>00:41:41.35</b>	+00:13:21 (32.0%)	8:20	7.2 (67.9%)
111	<b>STARZYK Radosław</b>	<b>304</b>		M18-34	9			<b>00:41:42.90</b>	+00:13:22 (32.1%)	8:20	7.2 (67.9%)
112	<b>BARTOSZEK Mateusz</b>	<b>167</b>	UNIWERSYTETRZESZOWSKI	M18-34	10			<b>00:41:44.65</b>	+00:13:24 (32.1%)	8:20	7.2 (67.9%)
113	<b>BUDNY Stanisław</b>	<b>178</b>		M14-17	4			<b>00:41:45.80</b>	+00:13:25 (32.2%)	8:21	7.2 (67.9%)
114	<b>RIZZI Giorgio</b>	<b>283</b>	NORDIC WALKING COMO	M65-69	7			<b>00:41:52.80</b>	+00:13:32 (32.3%)	8:22	7.2 (67.9%)
115	<b>TARNAWSKA Liliana</b>	<b>328</b>		K18-34	4			<b>00:41:52.90</b>	+00:13:32 (32.3%)	8:22	7.2 (67.9%)
116	<b>ZDANOWICZ Marta</b>	<b>346</b>		K45-49	10			<b>00:41:53.20</b>	+00:13:33 (32.4%)	8:22	7.2 (67.9%)
117	<b>DURDEVIČ Ivana</b>	<b>189</b>		K18-34	5			<b>00:41:58.95</b>	+00:13:38 (32.5%)	8:23	7.1 (67.0%)
118	<b>LACHNIK Grazyna</b>	<b>239</b>		K50-54	6			<b>00:41:59.05</b>	+00:13:38 (32.5%)	8:23	7.1 (67.0%)
119	<b>KULIEŠIENĖ Ieva</b>	<b>235</b>		K18-34	6			<b>00:42:07.05</b>	+00:13:46 (32.7%)	8:25	7.1 (67.0%)
120	<b>CZARNOTA Wanda</b>	<b>184</b>	Z NURTEM SAWY NW KLUB	K60-64	6			<b>00:42:09.65</b>	+00:13:49 (32.8%)	8:25	7.1 (67.0%)
121	<b>DOLATOWSKA Elżbieta</b>	<b>187</b>	K.S. VICTORIA POTĘGOWO	K60-64	7			<b>00:42:10.75</b>	+00:13:50 (32.8%)	8:26	7.1 (67.0%)
122	<b>RZEPECKI Wiesław</b>	<b>290</b>		M65-69	8			<b>00:42:14.90</b>	+00:13:54 (32.9%)	8:26	7.1 (67.0%)
123	<b>THOMALLA Bogdan</b>	<b>331</b>	NORDIC SPORT 2021	M+80	1			<b>00:42:15.25</b>	+00:13:55 (32.9%)	8:27	7.1 (67.0%)
124	<b>TOCZKO Jarosław</b>	<b>332</b>		M55-59	7	1		<b>00:42:21.90</b>	+00:14:01 (33.1%)	8:28	7.1 (67.0%)
125	<b>MATUSZAK Sandra</b>	<b>249</b>	KGHM METRACO POLKOWICE	K14-17	5			<b>00:42:29.55</b>	+00:14:09 (33.3%)	8:29	7.1 (67.0%)
126	<b>PODORSKI Roman</b>	<b>269</b>	STG TARNÓW	M+80	2			<b>00:42:31.40</b>	+00:14:11 (33.4%)	8:30	7.1 (67.0%)
127	<b>KLOCEK Anna</b>	<b>221</b>		K18-34	7			<b>00:42:33.90</b>	+00:14:13 (33.4%)	8:30	7.1 (67.0%)
128	<b>ADAMOWICZ Andrzej</b>	<b>163</b>		M75-79	5			<b>00:42:38.95</b>	+00:14:18 (33.6%)	8:31	7 (66.0%)
129	<b>KONKIEL Dominik</b>	<b>226</b>	KGHM METRACO POLKOWICE	M14-17	5			<b>00:42:53.60</b>	+00:14:33 (33.9%)	8:34	7 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>GOLECKA Agnieszka</b>	<b>199</b>		K45-49	11			<b>00:42:58.40</b>	+00:14:38 (34.1%)	8:35	7 (66.0%)
131	<b>SŁOWIK Stanisław</b>	<b>349</b>	KGHM METRACO POLKOWICE	M8-13	5			<b>00:43:08.65</b>	+00:14:48 (34.3%)	8:37	7 (66.0%)
132	<b>KRAKOWSKI Igor</b>	<b>232</b>	PTG SOKÓŁ 1893 MIELEC	M8-13	6			<b>00:43:11.25</b>	+00:14:51 (34.4%)	8:38	6.9 (65.1%)
133	<b>KARCZMARSKI Krzysztof</b>	<b>216</b>		M65-69	9			<b>00:43:14.90</b>	+00:14:54 (34.5%)	8:38	6.9 (65.1%)
134	<b>KOWALSKI Mirosław</b>	<b>229</b>	GRYF NORDIC WALKING	M65-69	10			<b>00:43:16.75</b>	+00:14:56 (34.5%)	8:39	6.9 (65.1%)
135	<b>MISIUK Jagoda</b>	<b>253</b>	UNIWERSYTET RZESZOWSKI	K18-34	8			<b>00:43:36.80</b>	+00:15:16 (35.0%)	8:43	6.9 (65.1%)
136	<b>STOLARCZYK Justyna</b>	<b>309</b>	POZYTYWNI DOBRE MIASTO	K50-54	7			<b>00:43:40.95</b>	+00:15:20 (35.1%)	8:44	6.9 (65.1%)
137	<b>ŁUCZAJ Beata</b>	<b>243</b>		K50-54	8			<b>00:43:59.25</b>	+00:15:39 (35.6%)	8:47	6.8 (64.2%)
138	<b>PIĄTKOWSKI Józef</b>	<b>311</b>	KGHM METRACO POLKOWICE	M75-79	6			<b>00:44:09.55</b>	+00:15:49 (35.8%)	8:49	6.8 (64.2%)
139	<b>SARNOWSKA Aniela</b>	<b>293</b>	KGHM METRACO POLKOWICE	K14-17	6			<b>00:44:15.75</b>	+00:15:55 (36.0%)	8:51	6.8 (64.2%)
140	<b>CWIRKO-GODYCKI Wojciech</b>	<b>350</b>	KGHM METRACO POLKOWICE	M8-13	7			<b>00:44:15.85</b>	+00:15:55 (36.0%)	8:51	6.8 (64.2%)
141	<b>BŁĄDEK Jolanta</b>	<b>172</b>	ZAWSZE MŁODZI NORDIC WALKING ŁÓDŹ	K75-79	1			<b>00:44:17.55</b>	+00:15:57 (36.0%)	8:51	6.8 (64.2%)
142	<b>BARTOSZEK Aleksandra</b>	<b>166</b>		K18-34	9			<b>00:45:05.50</b>	+00:16:45 (37.2%)	9:01	6.7 (63.2%)
143	<b>ANGIELCZYK Małgorzata</b>	<b>165</b>	ZIELONE GROSZKI POZNAN	K70-74	2			<b>00:45:12.85</b>	+00:16:52 (37.3%)	9:02	6.6 (62.3%)
144	<b>ORCZYK Michał</b>	<b>262</b>	UNIWERSYTET RZESZOWSKI	M18-34	11			<b>00:45:41.95</b>	+00:17:21 (38.0%)	9:08	6.6 (62.3%)
145	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>343</b>	KGHM METRACO POLKOWICE	K75-79	2			<b>00:45:42.35</b>	+00:17:22 (38.0%)	9:08	6.6 (62.3%)
146	<b>MAZUR Michał</b>	<b>250</b>		M50-54	8			<b>00:45:45.20</b>	+00:17:25 (38.1%)	9:09	6.6 (62.3%)
147	<b>BŁĄDEK Witold</b>	<b>171</b>	ZAWSZE MŁODZI NORDIC WALKING ŁÓDŹ	M75-79	7			<b>00:45:47.40</b>	+00:17:27 (38.1%)	9:09	6.6 (62.3%)
148	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>266</b>	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	3			<b>00:45:55.15</b>	+00:17:35 (38.3%)	9:11	6.5 (61.3%)
149	<b>ADAMIUK Julia</b>	<b>162</b>		K18-34	10			<b>00:46:16.65</b>	+00:17:56 (38.8%)	9:15	6.5 (61.3%)
150	<b>GLAC Agata</b>	<b>198</b>	UNIWERSYTET RZESZOWSKI	K18-34	11			<b>00:46:17.05</b>	+00:17:56 (38.8%)	9:15	6.5 (61.3%)
151	<b>CHOJECKA Małgorzata</b>	<b>180</b>		K45-49	12	2		<b>00:46:56.10</b>	+00:18:35 (39.6%)	9:23	6.4 (60.4%)
152	<b>SZAWAN Rafał</b>	<b>314</b>		M18-34	12			<b>00:47:27.55</b>	+00:19:07 (40.3%)	9:29	6.3 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	<b>RADZIK Jakub</b>	<b>280</b>		M18-34	13			<b>00:47:29.80</b>	+00:19:09 (40.3%)	9:29	6.3 (59.4%)
154	<b>TEREŠTŠENKOVA Veera</b>	<b>330</b>	U-CLUB	K60-64	8			<b>00:48:02.30</b>	+00:19:42 (41.0%)	9:36	6.2 (58.5%)
155	<b>SARNOWSKI Marcel</b>	<b>294</b>	KGHM METRACO POLKOWICE	M14-17	6			<b>00:48:18.50</b>	+00:19:58 (41.3%)	9:39	6.2 (58.5%)
156	<b>KOPEĆ Karolina</b>	<b>227</b>		K18-34	12			<b>00:48:35.50</b>	+00:20:15 (41.7%)	9:43	6.2 (58.5%)
157	<b>BISKUP Marta</b>	<b>170</b>		K18-34	13			<b>00:48:37.15</b>	+00:20:17 (41.7%)	9:43	6.2 (58.5%)
158	<b>GRODZKI Mikołaj</b>	<b>202</b>		M18-34	14			<b>00:48:40.60</b>	+00:20:20 (41.8%)	9:44	6.2 (58.5%)
159	<b>BUSZKO Jerzy</b>	<b>179</b>		M18-34	15			<b>00:48:40.95</b>	+00:20:20 (41.8%)	9:44	6.2 (58.5%)
160	<b>GASIŃSKA Halina</b>	<b>196</b>	GRUPA WILKI	K65-69	4			<b>00:48:44.00</b>	+00:20:23 (41.9%)	9:44	6.2 (58.5%)
161	<b>LISTWAN Klaudia</b>	<b>348</b>	KGHM METRACO POLKOWICE	K14-17	7			<b>00:48:49.55</b>	+00:20:29 (42.0%)	9:45	6.1 (57.5%)
162	<b>OWCZAREK Henryka</b>	<b>265</b>	ZIELONE GROSZKI POZNAŃ	K75-79	4			<b>00:49:10.20</b>	+00:20:50 (42.4%)	9:50	6.1 (57.5%)
163	<b>WAZ Dorota</b>	<b>335</b>	UNIWERSYTET RZESZOWSKI	K18-34	14			<b>00:50:24.85</b>	+00:22:04 (43.8%)	10:04	6 (56.6%)
164	<b>PELCZAR Rafał</b>	<b>267</b>		M18-34	16			<b>00:50:34.90</b>	+00:22:14 (44.0%)	10:06	5.9 (55.7%)
165	<b>SZYBUT Roma</b>	<b>319</b>	POTĘGA NORDICA	K40-44	5			<b>00:50:42.50</b>	+00:22:22 (44.1%)	10:08	5.9 (55.7%)
166	<b>MROWIEC Maria</b>	<b>255</b>	UTW BYTOM	K+80	1			<b>00:50:50.35</b>	+00:22:30 (44.3%)	10:10	5.9 (55.7%)
167	<b>GASIŃSKI Janusz</b>	<b>197</b>		M65-69	11			<b>00:51:07.00</b>	+00:22:46 (44.6%)	10:13	5.9 (55.7%)
168	<b>JACENKO Julia</b>	<b>211</b>	KGHM METRACO POLKOWICE	K8-13	2			<b>00:51:36.65</b>	+00:23:16 (45.1%)	10:19	5.8 (54.7%)
169	<b>ŚLUSARCZYK Błażej</b>	<b>326</b>	WESOŁY BORSUK TEAM	M8-13	8			<b>00:52:00.15</b>	+00:23:40 (45.5%)	10:24	5.8 (54.7%)
170	<b>SZYBUT Milena</b>	<b>321</b>	POTĘGA NORDICA	K8-13	3			<b>00:52:36.85</b>	+00:24:16 (46.1%)	10:31	5.7 (53.8%)

Znaleziono 170 wynik(ów)