



# IV GÓRSKIE OTWARTE MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - 5KM - 3/6

B4SPORT

**Wydarzenie:** IV Otwarte Górskie Mistrzostwa Polski Nordic Walking - 5km i 10km  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2024-07-06  
**Miejsce:** Polanica-Zdrój  
**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	MARCZAK Tomasz	149	K.S. VICTORIA POTĘGOWO	M18-29	1			00:32:04.10		6:24	9.4 (100%)
2	STĘPAK Piotr	190	K.S. VICTORIA POTĘGOWO	M30-39	1			00:32:17.30	+00:00:13 (0.7%)	6:27	9.3 (98.9%)
3	CYRUS Bogdan	83		M50-54	1	1		00:32:52.85	+00:00:48 (2.5%)	6:34	9.1 (96.8%)
4	ORDZOWIAŁY Piotr	161		M55-59	1			00:33:15.65	+00:01:11 (3.6%)	6:39	9 (95.7%)
5	ZDANOWICZ Arkadiusz	221	K.S. VICTORIA POTĘGOWO	M45-49	1			00:33:29.90	+00:01:25 (4.3%)	6:41	9 (95.7%)
6	ROMANOWSKI Daniel	176	KATOWICKI NORDIC WALKING	M18-29	2			00:34:47.05	+00:02:42 (7.8%)	6:57	8.6 (91.5%)
7	KARPIENIA Ewa	120	K.S. VICTORIA POTĘGOWO	K55-59	1	1		00:36:08.45	+00:04:04 (11.3%)	7:13	8.3 (88.3%)
8	LUDWICZAK Andżelika	145	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:36:09.95	+00:04:05 (11.3%)	7:13	8.3 (88.3%)
9	MAŁKA Marian	228	NORDIC SPORT 2021	M65-69	1			00:36:13.10	+00:04:09 (11.5%)	7:14	8.3 (88.3%)
10	DĄBROWSKA Magdalena	87	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	2			00:36:18.00	+00:04:13 (11.7%)	7:15	8.3 (88.3%)
11	KRAWĘTEK Agnieszka	246	NW BĘŁCHATÓW	K50-54	1			00:36:31.95	+00:04:27 (12.2%)	7:18	8.2 (87.2%)
12	ŚLUSARCZYK Marcin	202	WESOŁY BORSUK TEAM	M45-49	2			00:36:43.40	+00:04:39 (12.7%)	7:20	8.2 (87.2%)
13	FRAĆKOWIAK Roman	100	NORDIC SPORT 2021	M55-59	2			00:36:47.30	+00:04:43 (12.8%)	7:21	8.2 (87.2%)

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14	<b>MROZIŃSKI Tadeusz</b>	<b>156</b>	NORDIC SPORT 2021	M55-59	3			<b>00:36:59.50</b>	+00:04:55 (13.3%)	7:23	8.1 (86.2%)
15	<b>JUREK Adam</b>	<b>116</b>	KGHM METRACO	M60-64	1			<b>00:37:11.05</b>	+00:05:06 (13.8%)	7:26	8.1 (86.2%)
16	<b>GUDZIO Maciej</b>	<b>107</b>	NORDIC WALKING KIEKRZ POLAND	M55-59	4			<b>00:37:18.45</b>	+00:05:14 (14.0%)	7:27	8 (85.1%)
17	<b>RECZULSKI Mariusz</b>	<b>175</b>	SMS EFEKT CZĘSTOCHOWA	M55-59	5	1		<b>00:37:19.30</b>	+00:05:15 (14.1%)	7:27	8 (85.1%)
18	<b>PYTLAK Artur</b>	<b>174</b>	RAWIMEX	M- Niepełnosprawni(A)	1			<b>00:37:20.75</b>	+00:05:16 (14.1%)	7:28	8 (85.1%)
19	<b>PASIERB Marek</b>	<b>162</b>	K.S. VICTORIA POTĘGOWO	M70-74	1			<b>00:37:56.05</b>	+00:05:51 (15.5%)	7:35	7.9 (84.0%)
20	<b>DANIELSKI Waldemar</b>	<b>86</b>	K.S. VICTORIA POTĘGOWO	M60-64	2			<b>00:38:07.50</b>	+00:06:03 (15.9%)	7:37	7.9 (84.0%)
21	<b>DUSZEŃKO Zygmunt</b>	<b>96</b>		M- Niepełnosprawni(A)	2			<b>00:38:11.45</b>	+00:06:07 (16.0%)	7:38	7.9 (84.0%)
22	<b>DUDZIEC Tomasz</b>	<b>95</b>	ZWINNE PATYCZAKI	M30-39	2			<b>00:38:18.85</b>	+00:06:14 (16.3%)	7:39	7.8 (83.0%)
23	<b>MAŚLANKA Iwona</b>	<b>150</b>	NORDIC SPORT 2021	K50-54	2			<b>00:38:23.10</b>	+00:06:19 (16.5%)	7:40	7.8 (83.0%)
24	<b>PUKSZTA Krzysztof</b>	<b>173</b>	WESOŁY BORSUK TEAM	M40-44	1			<b>00:38:35.35</b>	+00:06:31 (16.9%)	7:43	7.8 (83.0%)
25	<b>KRAKOWSKI Jerzy Piotr</b>	<b>136</b>	PTG SOKÓŁ 1893 MIELEC	M60-64	3			<b>00:38:38.05</b>	+00:06:33 (17.0%)	7:43	7.8 (83.0%)
26	<b>STRABEL Wojciech</b>	<b>194</b>	NORDIC WALKING - ŚREM	M- Niepełnosprawni(A)	3			<b>00:39:01.90</b>	+00:06:57 (17.8%)	7:48	7.7 (81.9%)
27	<b>MATECKI Ryszard</b>	<b>151</b>	KGHM METRACO	M75-79	1			<b>00:39:07.60</b>	+00:07:03 (18.0%)	7:49	7.7 (81.9%)
28	<b>LIPIECKA Małgorzata</b>	<b>143</b>	OBORYGENI	K45-49	3			<b>00:39:16.00</b>	+00:07:11 (18.3%)	7:51	7.6 (80.9%)
29	<b>BICAN Tomas</b>	<b>227</b>		M40-44	2			<b>00:39:34.30</b>	+00:07:30 (19.0%)	7:54	7.6 (80.9%)
30	<b>STANISŁAWSKI Jan</b>	<b>185</b>	NORDIC WALKING KIEKRZ POLAND	M65-69	2			<b>00:39:36.05</b>	+00:07:31 (19.0%)	7:55	7.6 (80.9%)
31	<b>SONDEL Mieczysław</b>	<b>181</b>		M65-69	3			<b>00:39:38.55</b>	+00:07:34 (19.1%)	7:55	7.6 (80.9%)
32	<b>BIELECKA Zuzanna</b>	<b>79</b>	K.S. VICTORIA POTĘGOWO	K40-44	1			<b>00:39:44.20</b>	+00:07:40 (19.3%)	7:56	7.6 (80.9%)
33	<b>LACHNIK Hubert</b>	<b>142</b>	NORDIC SPORT 2021	M70-74	2			<b>00:39:49.35</b>	+00:07:45 (19.5%)	7:57	7.5 (79.8%)
34	<b>GOŁUCH Aleksandra</b>	<b>103</b>		K30-39	1			<b>00:39:50.50</b>	+00:07:46 (19.5%)	7:58	7.5 (79.8%)
35	<b>STĘPIEŃ Artur</b>	<b>191</b>	BOLAĆE PISZCZELE GRUPA NORDIC WALKING BEŁCHATÓW	M50-54	2			<b>00:39:57.85</b>	+00:07:53 (19.8%)	7:59	7.5 (79.8%)
36	<b>KRAWCZYK Sebastian</b>	<b>27</b>		M40-44	3	1		<b>00:40:10.70</b>	+00:08:06 (20.2%)	8:02	7.5 (79.8%)

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								netto 5km	Różn		
37	<b>OLSZAŃSKI Karol</b>	<b>160</b>	OPEN SPORT TEAM	M45-49	3			<b>00:40:43.10</b>	+00:08:39 (21.2%)	8:08	7.4 (78.7%)
38	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>158</b>	NORDIC SPORT 2021	K55-59	2			<b>00:40:48.90</b>	+00:08:44 (21.4%)	8:09	7.4 (78.7%)
39	<b>KOWALCZYK Tadeusz</b>	<b>133</b>	NORDIC SPORT 2021	M70-74	3			<b>00:40:52.05</b>	+00:08:47 (21.5%)	8:10	7.3 (77.7%)
40	<b>KLUBA Andrzej</b>	<b>126</b>		M65-69	4			<b>00:40:56.40</b>	+00:08:52 (21.7%)	8:11	7.3 (77.7%)
41	<b>KOWACZ Agata</b>	<b>131</b>	NORDIC SPORT 2021	K40-44	2			<b>00:40:58.00</b>	+00:08:53 (21.7%)	8:11	7.3 (77.7%)
42	<b>CZEKAŃSKI Damian</b>	<b>84</b>	WESOŁY BORSUK TEAM	M30-39	3			<b>00:40:58.35</b>	+00:08:54 (21.7%)	8:11	7.3 (77.7%)
43	<b>POLAK Łukasz</b>	<b>168</b>	OBORYGENI	M40-44	4			<b>00:41:11.80</b>	+00:09:07 (22.2%)	8:14	7.3 (77.7%)
44	<b>DEREŃ Janusz</b>	<b>89</b>		M65-69	5			<b>00:41:25.55</b>	+00:09:21 (22.6%)	8:17	7.2 (76.6%)
45	<b>ZAWADZKI Krzysztof</b>	<b>236</b>	CZŁAPSKI TEAM	M- Niepełnosprawni(B)	1			<b>00:41:27.30</b>	+00:09:23 (22.6%)	8:17	7.2 (76.6%)
46	<b>PODSIADŁY Stanisław</b>	<b>167</b>	K.S. VICTORIA POTĘGOWO	M65-69	6			<b>00:41:27.60</b>	+00:09:23 (22.7%)	8:17	7.2 (76.6%)
47	<b>GRUSZKA Michał</b>	<b>104</b>	NORDIC SPORT 2021	M45-49	4			<b>00:41:37.15</b>	+00:09:33 (22.9%)	8:19	7.2 (76.6%)
48	<b>SZYBUT Weronika</b>	<b>200</b>	POTĘGA NORDICA	K-Jun.	1			<b>00:41:40.15</b>	+00:09:36 (23.0%)	8:20	7.2 (76.6%)
49	<b>KRAWCZYK Piotr</b>	<b>138</b>		M30-39	4			<b>00:41:49.15</b>	+00:09:45 (23.3%)	8:21	7.2 (76.6%)
50	<b>CZMOCH Marian</b>	<b>85</b>	NORDIC SPORT 2021	M70-74	4			<b>00:42:00.90</b>	+00:09:56 (23.7%)	8:24	7.1 (75.5%)
51	<b>SZCZYGIEL Adriana</b>	<b>196</b>	OPEN SPORT TEAM	K40-44	3			<b>00:42:08.05</b>	+00:10:03 (23.9%)	8:25	7.1 (75.5%)
52	<b>RUSINOWICZ Andrzej</b>	<b>177</b>		M80+	1			<b>00:42:13.50</b>	+00:10:09 (24.1%)	8:26	7.1 (75.5%)
53	<b>ZBYRYT Halina</b>	<b>220</b>	AKTYWNA NOWA RUDA	K50-54	3			<b>00:42:23.55</b>	+00:10:19 (24.4%)	8:28	7.1 (75.5%)
54	<b>LUCH Katarzyna</b>	<b>144</b>	ZWINNE PATYCZAKI	K40-44	4			<b>00:42:32.60</b>	+00:10:28 (24.6%)	8:30	7.1 (75.5%)
55	<b>ŁAZORKO Antoni</b>	<b>146</b>	SMS EFEKT CZĘSTOCHOWA	M70-74	5			<b>00:42:33.85</b>	+00:10:29 (24.7%)	8:30	7.1 (75.5%)
56	<b>MIŚKOWICZ Anna</b>	<b>155</b>	NORDIC SPORT 2021	K65-69	1			<b>00:42:35.45</b>	+00:10:31 (24.7%)	8:31	7 (74.5%)
57	<b>KANIA Adam</b>	<b>119</b>	NORDIC SPORT 2021	M60-64	4			<b>00:42:40.70</b>	+00:10:36 (24.9%)	8:32	7 (74.5%)
58	<b>KUŁAKOWSKA Halina</b>	<b>141</b>	DRUŻYNA SMA	K45-49	4			<b>00:42:41.60</b>	+00:10:37 (24.9%)	8:32	7 (74.5%)
59	<b>WÓJCIK Barbara</b>	<b>217</b>	KLUB SPORTOWY NORDIC WALKING BEŁCHATÓW	K65-69	2			<b>00:42:42.30</b>	+00:10:38 (24.9%)	8:32	7 (74.5%)

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60	<b>KRAKOWSKI Igor</b>	<b>137</b>	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	1			<b>00:42:48.30</b>	+00:10:44 (25.1%)	8:33	7 (74.5%)
61	<b>OLEJNIK Marzena</b>	<b>40</b>		K55-59	3			<b>00:43:03.15</b>	+00:10:59 (25.5%)	8:36	7 (74.5%)
62	<b>PINTAK Artur</b>	<b>166</b>		M45-49	5			<b>00:43:10.30</b>	+00:11:06 (25.7%)	8:38	6.9 (73.4%)
63	<b>WROŃSKI Vlodi</b>	<b>218</b>	K.S. VICTORIA POTĘGOWO	M70-74	6			<b>00:43:20.50</b>	+00:11:16 (26.0%)	8:40	6.9 (73.4%)
64	<b>KOWAL Mariusz</b>	<b>132</b>		M45-49	6			<b>00:43:28.35</b>	+00:11:24 (26.2%)	8:41	6.9 (73.4%)
65	<b>STOJANOWSKA Dorota</b>	<b>192</b>		K50-54	4			<b>00:43:38.55</b>	+00:11:34 (26.5%)	8:43	6.9 (73.4%)
66	<b>KUCZYŃSKA Anna</b>	<b>140</b>	NORDIC TEAM OBORNIKI	K60-64	1			<b>00:43:40.55</b>	+00:11:36 (26.6%)	8:44	6.9 (73.4%)
67	<b>STANIEC Stanisław</b>	<b>184</b>		M70-74	7			<b>00:43:46.10</b>	+00:11:42 (26.7%)	8:45	6.9 (73.4%)
68	<b>STACHOWIAK Magdalena</b>	<b>182</b>	NORDIC WALKING KIEKRZ POLAND	K45-49	5			<b>00:43:50.40</b>	+00:11:46 (26.9%)	8:46	6.8 (72.3%)
69	<b>GRYGOROWICZ Bogdan</b>	<b>106</b>	KGHM METRACO	M-Niepełnosprawni(B)	2			<b>00:43:54.80</b>	+00:11:50 (27.0%)	8:46	6.8 (72.3%)
70		<b>219</b>						<b>00:44:02.95</b>	+00:11:58 (27.2%)	8:48	6.8 (72.3%)
71	<b>WITUCKA Karolina</b>	<b>212</b>	K.S. VICTORIA POTĘGOWO	K-Jun.	2			<b>00:44:03.90</b>	+00:11:59 (27.2%)	8:48	6.8 (72.3%)
72	<b>PRZYBYLSKA Kinga</b>	<b>171</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	4			<b>00:44:04.20</b>	+00:12:00 (27.2%)	8:48	6.8 (72.3%)
73	<b>ŻELICHOWSKI Mikołaj</b>	<b>245</b>	KGHM METRACO	M-Dzieci	2			<b>00:44:04.25</b>	+00:12:00 (27.2%)	8:48	6.8 (72.3%)
74	<b>STANASZEK Daniel</b>	<b>183</b>	KGHM METRACO	M-Jun.	1			<b>00:44:18.60</b>	+00:12:14 (27.6%)	8:51	6.8 (72.3%)
75	<b>DUDZIEC Agnieszka</b>	<b>94</b>	ZWINNE PATYCZAKI	K30-39	2			<b>00:44:39.75</b>	+00:12:35 (28.2%)	8:55	6.7 (71.3%)
76	<b>GAJEK Halina</b>	<b>101</b>	WESOŁY BORSUK TEAM	K50-54	5			<b>00:44:42.05</b>	+00:12:37 (28.3%)	8:56	6.7 (71.3%)
77	<b>PIETRZYK Anna</b>	<b>165</b>	KALISZANKA	K-Niepełnosprawni(A)	1			<b>00:44:58.55</b>	+00:12:54 (28.7%)	8:59	6.7 (71.3%)
78	<b>RYBAŁTOWSKI Paweł</b>	<b>178</b>	OBORYGENI	M80+	2			<b>00:45:13.60</b>	+00:13:09 (29.1%)	9:02	6.6 (70.2%)
79	<b>BUDNY Sławomir</b>	<b>80</b>	KALISIA NORDIC TEAM	M-Niepełnosprawni(B)	3			<b>00:45:15.70</b>	+00:13:11 (29.1%)	9:03	6.6 (70.2%)
80	<b>KASZUBA Edward</b>	<b>122</b>	WKB PIAST WROCŁAW	M80+	3			<b>00:45:27.30</b>	+00:13:23 (29.5%)	9:05	6.6 (70.2%)
81	<b>MALINIAK Aleksandra</b>	<b>147</b>	OBORYGENI	K-Jun.	3			<b>00:45:31.80</b>	+00:13:27 (29.6%)	9:06	6.6 (70.2%)
82	<b>JAKUBOWSKI Zbigniew</b>	<b>112</b>		M75-79	2			<b>00:45:34.25</b>	+00:13:30 (29.6%)	9:06	6.6 (70.2%)

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83	<b>STOKŁOSA Zuzanna</b>	<b>193</b>		K18-29	1			<b>00:45:41.35</b>	+00:13:37 (29.8%)	9:08	6.6 (70.2%)
84	<b>PIETRZAK Dorota</b>	<b>229</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	6			<b>00:45:41.80</b>	+00:13:37 (29.8%)	9:08	6.6 (70.2%)
85	<b>WNEK Ewa</b>	<b>215</b>		K65-69	3			<b>00:46:00.50</b>	+00:13:56 (30.3%)	9:12	6.5 (69.1%)
86	<b>KOWALCZYK Joanna</b>	<b>134</b>	NORDIC SPORT 2021	K50-54	7			<b>00:46:04.00</b>	+00:13:59 (30.4%)	9:12	6.5 (69.1%)
87	<b>JAŚKOWSKI Patryk</b>	<b>115</b>	NORDIC SPORT 2021	M40-44	5			<b>00:46:07.40</b>	+00:14:03 (30.5%)	9:13	6.5 (69.1%)
88	<b>ŚWIERCZYŃSKI Marcin</b>	<b>206</b>	KS NW BĘŁCHATÓW	M80+	4			<b>00:46:27.15</b>	+00:14:23 (31.0%)	9:17	6.5 (69.1%)
89	<b>MATUSZAK Sandra</b>	<b>152</b>	KGHM METRACO	K-Jun.	4			<b>00:46:29.00</b>	+00:14:24 (31.0%)	9:17	6.5 (69.1%)
90	<b>DOBROWOLSKI Robert</b>	<b>92</b>	SPORTOWI EMERYCI JELENIA GORA	K65-69	4			<b>00:46:29.40</b>	+00:14:25 (31.0%)	9:17	6.5 (69.1%)
91	<b>PRĘDKI Barbara</b>	<b>170</b>		K18-29	2			<b>00:46:43.75</b>	+00:14:39 (31.4%)	9:20	6.4 (68.1%)
92	<b>KARPIŃSKI Jerzy</b>	<b>121</b>		M- Niepełnosprawni(B)	4			<b>00:46:46.65</b>	+00:14:42 (31.4%)	9:21	6.4 (68.1%)
93	<b>HANUS Joanna</b>	<b>108</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			<b>00:46:53.80</b>	+00:14:49 (31.6%)	9:22	6.4 (68.1%)
94	<b>STELMASZCZYK Beata</b>	<b>189</b>		K55-59	5			<b>00:47:01.75</b>	+00:14:57 (31.8%)	9:24	6.4 (68.1%)
95	<b>DĄBROWSKI Andrzej</b>	<b>88</b>	MARSZ PO ZDROWIE	M75-79	3			<b>00:47:04.55</b>	+00:15:00 (31.9%)	9:24	6.4 (68.1%)
96	<b>WILK Iwona</b>	<b>210</b>	NORDIC SPORT 2021	K50-54	8			<b>00:47:07.00</b>	+00:15:02 (31.9%)	9:25	6.4 (68.1%)
97	<b>DOLATOWSKA Elżbieta</b>	<b>93</b>	K.S. VICTORIA POTĘGOWO	K60-64	2			<b>00:47:22.60</b>	+00:15:18 (32.3%)	9:28	6.3 (67.0%)
98	<b>JAŚKIEWICZ Tamara</b>	<b>114</b>	KARKONOSZE	K40-44	5			<b>00:47:43.65</b>	+00:15:39 (32.8%)	9:32	6.3 (67.0%)
99	<b>ZDANOWICZ Marta</b>	<b>222</b>	K.S. VICTORIA POTĘGOWO	K45-49	6			<b>00:47:44.65</b>	+00:15:40 (32.8%)	9:32	6.3 (67.0%)
100	<b>STONCEL Barbara</b>	<b>233</b>	PREDATORS WAŁBRZYCH	K- Niepełnosprawni(A)	2			<b>00:48:02.45</b>	+00:15:58 (33.2%)	9:36	6.2 (66.0%)
101	<b>KOZŁOWSKI Jerzy</b>	<b>135</b>	ZWINNE PATYCZAKI	M65-69	7			<b>00:48:02.90</b>	+00:15:58 (33.3%)	9:36	6.2 (66.0%)
102	<b>KONOPSKI Wojciech</b>	<b>129</b>	LUBIĘ CHODZIĆ LUBAŃ	M- Niepełnosprawni(A)	4			<b>00:48:08.20</b>	+00:16:04 (33.4%)	9:37	6.2 (66.0%)
103	<b>THOMALLA Bogdan</b>	<b>207</b>	NORDIC SPORT 2021	M80+	5			<b>00:48:19.75</b>	+00:16:15 (33.6%)	9:39	6.2 (66.0%)
104	<b>DYBEŁ Agnieszka</b>	<b>14</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	3			<b>00:48:47.70</b>	+00:16:43 (34.3%)	9:45	6.1 (64.9%)
105	<b>JASIK Beata</b>	<b>113</b>		K45-49	7			<b>00:49:15.55</b>	+00:17:11 (34.9%)	9:51	6.1 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
106	<b>KONOPKA Maria</b>	<b>128</b>		K40-44	6			<b>00:49:34.75</b>	+00:17:30 (35.3%)	9:54	6.1 (64.9%)
107	<b>POLAK Marcel</b>	<b>169</b>	OBORYGENI	M-Jun.	2			<b>00:49:38.60</b>	+00:17:34 (35.4%)	9:55	6 (63.8%)
108	<b>STECZKO Katarzyna</b>	<b>188</b>	NATMAP WALKING TEAM	K50-54	9			<b>00:50:18.20</b>	+00:18:14 (36.3%)	10:03	6 (63.8%)
109	<b>STATNIK Tomasz</b>	<b>186</b>	SUCHY LAS - BIEDRUSKO	M70-74	8			<b>00:50:18.95</b>	+00:18:14 (36.3%)	10:03	6 (63.8%)
110	<b>PIÓRKOWSKA Elżbieta</b>	<b>247</b>		K65-69	5			<b>00:50:25.65</b>	+00:18:21 (36.4%)	10:05	6 (63.8%)
111	<b>GRUSZKA Ilona</b>	<b>105</b>	NORDIC SPORT 2021	K- Niepełnosprawni(A)	4			<b>00:50:40.15</b>	+00:18:36 (36.7%)	10:08	5.9 (62.8%)
112	<b>BUDNY Stanisław</b>	<b>81</b>	KALISIA NORDIC TEAM	M-Jun.	3			<b>00:50:43.45</b>	+00:18:39 (36.8%)	10:08	5.9 (62.8%)
113	<b>REMISZEWSKI Adam</b>	<b>237</b>	UTW OLEŚNICA	M75-79	4			<b>00:50:45.45</b>	+00:18:41 (36.8%)	10:09	5.9 (62.8%)
114	<b>ADAMOWICZ Andrzej</b>	<b>77</b>		M75-79	5			<b>00:50:49.05</b>	+00:18:44 (36.9%)	10:09	5.9 (62.8%)
115	<b>GÓRSKI Henryk</b>	<b>239</b>		M75-79	6			<b>00:50:49.85</b>	+00:18:45 (36.9%)	10:09	5.9 (62.8%)
116	<b>ŚLUSARZ Beata</b>	<b>205</b>		K- Niepełnosprawni(A)	5			<b>00:50:52.65</b>	+00:18:48 (37.0%)	10:10	5.9 (62.8%)
117	<b>STATNIK Genowefa</b>	<b>187</b>	SUCHY LAS - BIEDRUSKO	K70-74	1			<b>00:51:34.45</b>	+00:19:30 (37.8%)	10:18	5.8 (61.7%)
118	<b>MAŁKA Irena</b>	<b>148</b>	NORDIC SPORT 2021	K65-69	6			<b>00:51:39.80</b>	+00:19:35 (37.9%)	10:19	5.8 (61.7%)
119	<b>ŚLUSARCZYK Andrzej</b>	<b>203</b>	WESOŁY BORSUK TEAM	M70-74	9			<b>00:51:42.70</b>	+00:19:38 (38.0%)	10:20	5.8 (61.7%)
120	<b>DZIEDZIC Julia</b>	<b>97</b>		K18-29	3			<b>00:51:59.20</b>	+00:19:55 (38.3%)	10:23	5.8 (61.7%)
121	<b>SZAŁAJ Anna</b>	<b>195</b>	KGHM METRACO	K- Niepełnosprawni(B)	2			<b>00:52:00.35</b>	+00:19:56 (38.3%)	10:24	5.8 (61.7%)
122	<b>DEREŃ Jolanta</b>	<b>90</b>		K65-69	7			<b>00:52:08.05</b>	+00:20:03 (38.5%)	10:25	5.8 (61.7%)
123	<b>KLOCEK Jacek</b>	<b>125</b>	KGHM METRACO	M18-29	3			<b>00:52:11.10</b>	+00:20:07 (38.5%)	10:26	5.7 (60.6%)
124	<b>MĘDRAK Alicja</b>	<b>154</b>		K65-69	8			<b>00:52:17.80</b>	+00:20:13 (38.7%)	10:27	5.7 (60.6%)
125	<b>WŁODARCZYK Małgorzata</b>	<b>214</b>		K50-54	10			<b>00:52:33.90</b>	+00:20:29 (39.0%)	10:30	5.7 (60.6%)
126	<b>WALCZAK Paweł</b>	<b>1</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	3			<b>00:52:43.35</b>	+00:20:39 (39.2%)	10:32	5.7 (60.6%)
127	<b>KIERNICKI Stanisław</b>	<b>124</b>	ACTEAM WROCŁAW	M- Niepełnosprawni(A)	5			<b>00:52:46.30</b>	+00:20:42 (39.2%)	10:33	5.7 (60.6%)
128	<b>BERESKA Maksymilian</b>	<b>234</b>	NORDIC SPORT 2021	M-Jun.	4			<b>00:52:55.65</b>	+00:20:51 (39.4%)	10:35	5.7 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	<b>DUBAJ Leon</b>	<b>242</b>	WKB- PIAST WROCŁAW	M80+	6			<b>00:53:09.65</b>	+00:21:05 (39.7%)	10:37	5.6 (59.6%)
130	<b>ARTYMICZ Maria</b>	<b>78</b>		K65-69	9			<b>00:53:19.25</b>	+00:21:15 (39.9%)	10:39	5.6 (59.6%)
131	<b>WIDERA Wiktoria</b>	<b>209</b>	KGHM METRACO	K-Dzieci	1			<b>00:53:20.25</b>	+00:21:16 (39.9%)	10:40	5.6 (59.6%)
132	<b>KONKEL Dominik</b>	<b>127</b>	KGHM METRACO	M-Jun.	5			<b>00:53:26.80</b>	+00:21:22 (40.0%)	10:41	5.6 (59.6%)
133	<b>FIEDLER-MALINIAK Urszula</b>	<b>99</b>	OBORYGENI	K40-44	7			<b>00:53:33.80</b>	+00:21:29 (40.1%)	10:42	5.6 (59.6%)
134	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>216</b>	KGHM METRACO	K75-79	1			<b>00:53:40.00</b>	+00:21:35 (40.2%)	10:44	5.6 (59.6%)
135	<b>DOBROWOLSKA Bożena</b>	<b>91</b>	SPORTOWI EMERYCIJELEŃ GÓRA	K70-74	2			<b>00:53:54.55</b>	+00:21:50 (40.5%)	10:46	5.6 (59.6%)
136	<b>GAPSKI Jan</b>	<b>102</b>	KGHM METRACO	M-Dzieci	3			<b>00:53:59.05</b>	+00:21:54 (40.6%)	10:47	5.6 (59.6%)
137	<b>ŻELICHOWSKA Julia</b>	<b>243</b>	KGHM METRACO	K-Dzieci	2			<b>00:54:05.10</b>	+00:22:01 (40.7%)	10:49	5.5 (58.5%)
138	<b>PAWLACZYK Marian</b>	<b>164</b>	WKB PIAST	M80+	7			<b>00:54:14.20</b>	+00:22:10 (40.9%)	10:50	5.5 (58.5%)
139	<b>MĘDRAK Józef</b>	<b>153</b>		M70-74	10			<b>00:55:20.30</b>	+00:23:16 (42.1%)	11:04	5.4 (57.4%)
140	<b>ŚLUSARCZYK Błażej</b>	<b>204</b>	WESOŁY BORSUK TEAM	M-Dzieci	4			<b>00:55:22.15</b>	+00:23:18 (42.1%)	11:04	5.4 (57.4%)
141	<b>WITEK Ewa</b>	<b>232</b>		K18-29	4			<b>00:56:20.50</b>	+00:24:16 (43.1%)	11:16	5.3 (56.4%)
142	<b>SAWICKI Michał</b>	<b>179</b>	INDYWIDUALNY	M80+	8			<b>00:56:43.85</b>	+00:24:39 (43.5%)	11:20	5.3 (56.4%)
143	<b>NERC Dorota</b>	<b>157</b>		K65-69	10			<b>00:57:03.50</b>	+00:24:59 (43.8%)	11:24	5.3 (56.4%)
144	<b>FRĄCZYK Lucyna</b>	<b>231</b>		K60-64	3			<b>00:58:07.40</b>	+00:26:03 (44.8%)	11:37	5.2 (55.3%)
145	<b>SZYBUT Roma</b>	<b>199</b>	POTĘGA NORDICA	K50-54	11			<b>00:58:39.15</b>	+00:26:35 (45.3%)	11:43	5.1 (54.3%)
146	<b>WÓJCIK Henryk</b>	<b>240</b>	UTW OLEŚNICA	K80+	1			<b>01:00:41.00</b>	+00:28:36 (47.2%)	12:08	4.9 (52.1%)
147	<b>GÓRSKA Małgorzata</b>	<b>238</b>		K70-74	3			<b>01:02:48.10</b>	+00:30:44 (48.9%)	12:33	4.8 (51.1%)
148	<b>HANUS Teresa</b>	<b>109</b>	PASJONAUCI KROSNO	K75-79	2			<b>01:02:55.75</b>	+00:30:51 (49.0%)	12:35	4.8 (51.1%)
149	<b>WINIARSKI Robert</b>	<b>211</b>		M55-59	6			<b>01:04:00.70</b>	+00:31:56 (49.9%)	12:48	4.7 (50.0%)
150	<b>JACENKO Julia</b>	<b>244</b>	KGHM METRACO	K-Dzieci	3			<b>01:05:53.45</b>	+00:33:49 (51.3%)	13:10	4.6 (48.9%)
151	<b>SZYBUT Milena</b>	<b>201</b>	POTĘGA NORDICA	K-Dzieci	4			<b>01:07:02.50</b>	+00:34:58 (52.2%)	13:24	4.5 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	<b>KIELMAN Jakub</b>	<b>123</b>	KGHM METRACO	M-Dzieci	5			<b>01:07:25.10</b>	+00:35:21 (52.4%)	13:29	4.4 (46.8%)
DQ	<b>ADAMCZYK Adam</b>	<b>76</b>	K.S. VICTORIA POTĘGOWO	M75-79			1	<b>00:38:57.50</b> <b>DQ</b>		0:00	7.7 (81.9%)
DQ	<b>KACPERSKI Jarosław</b>	<b>117</b>	NIEZESZONY	M- Niepełnosprawni(A)			1	<b>00:39:04.05</b> <b>DQ</b>		0:00	7.7 (81.9%)
	<b>KRAWIEC Lena</b>	<b>139</b>	KGHM METRACO	K-Jun.				<b>DNF</b>		-	- (0.0%)
	<b>WITUCKI Jacek</b>	<b>213</b>	K.S. VICTORIA POTĘGOWO	M50-54				<b>DNF</b>		-	- (0.0%)
	<b>PATER Zbigniew</b>	<b>163</b>	WKB PIAST WROCŁAW	M80+				<b>DNF</b>		-	- (0.0%)

Znaleziono 157 wynik(ów)