



# IX NORDIC WALKING GLIWICKI

B4SPORT

**Wydarzenie:** IX PKO PÓŁMARATON GLIWICKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-10-08  
**Miejsce:** Gliwice  
**Dystans:** 10N km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10.24km	Czas brutto 10.24km	Różn	Tempo min/km	Tempo km/h
1	ROMANOWSKI Daniel	1517	KATOWICKI NORDIC WALKING	M-20	1	00:01:28	00:30:32	01:02:06.60	01:03:34.65		6:03	9.9 (100%)
2	MAŁKA Marian	1513		M-60	1	00:01:31	00:30:54	01:02:27.25	01:03:58.95	+00:00:20 (0.6%)	6:05	9.8 (99.0%)
3	SADOWSKI Tomasz	1566	CZELADZKIE KIJE	M-40	1	00:01:27	00:31:37	01:05:17.90	01:06:45.80	+00:03:11 (4.9%)	6:22	9.4 (94.9%)
4	RZEPKA Małgorzata	1522	-	K-50	1	00:00:18	00:33:05	01:06:33.75	01:06:52.20	+00:04:27 (6.7%)	6:29	9.2 (92.9%)
5	CZARNECKI Janusz	1583	NAJLEPSZE KIJKI W MIEŚCIE	M-50	1	00:01:55	00:35:07	01:10:55.00	01:12:50.20	+00:08:48 (12.4%)	6:55	8.7 (87.9%)
6	NOGA Dorota	1568	CZTERY NOGI	K-30	1	00:00:31	00:35:01	01:11:20.25	01:11:51.75	+00:09:13 (12.9%)	6:57	8.6 (86.9%)
7	PIECHOCZEK-NIEZGODA Lucyna	1511		K-40	1	00:00:33	00:35:56	01:13:10.60	01:13:43.65	+00:11:04 (15.1%)	7:08	8.4 (84.8%)
8	TYCZEWSKI Jacek	1503	LUX TORPEDA MAŁOPOLSKA	M-40	2	00:01:36	00:36:07	01:13:36.10	01:15:12.25	+00:11:29 (15.6%)	7:11	8.3 (83.8%)
9	WOJTUNIK Andrzej	1560	NIEZRZESZONY	M-60	2	00:01:43	00:36:42	01:13:51.55	01:15:34.85	+00:11:44 (15.9%)	7:12	8.3 (83.8%)
10	RZEPKA Tomasz	1523	-	M-50	2	00:00:22	00:37:06	01:14:36.30	01:14:58.45	+00:12:29 (16.7%)	7:17	8.2 (82.8%)
11	LIPUT Dawid	1586		M-40	3	00:01:39	00:36:38	01:15:58.00	01:17:37.95	+00:13:51 (18.2%)	7:25	8.1 (81.8%)
12	POGODA Agnieszka	1547	AKMB PĘDZIWIATR GLIWICE	K-40	2	00:00:16	00:36:42	01:16:02.55	01:16:19.50	+00:13:55 (18.3%)	7:25	8.1 (81.8%)
13	MANDRYSZ Aleksandra	1501	NORDIC WALKING LYSKI	K-40	3	00:00:34	00:36:56	01:16:37.10	01:17:11.60	+00:14:30 (18.9%)	7:28	8 (80.8%)
14	KAŁKA Krzysztof	1564	LECZYMY DURŚ	M-50	3	00:02:33	00:38:08	01:16:58.75	01:19:31.95	+00:14:52 (19.3%)	7:30	8 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10.24km	Czas brutto 10.24km	Różn	Tempo min/km	Tempo km/h
15	<b>OWCZAREK Marcin</b>	<b>1548</b>		M-50	4	00:00:21	00:37:50	<b>01:17:24.75</b>	<b>01:17:46.10</b>	+00:15:18 (19.8%)	7:33	7.9 (79.8%)
16	<b>FELCZAK Damian</b>	<b>1579</b>		M-30	1	00:01:30	00:38:03	<b>01:17:32.35</b>	<b>01:19:03.25</b>	+00:15:25 (19.9%)	7:34	7.9 (79.8%)
17	<b>KŁYSZ Wojciech</b>	<b>1533</b>		M-40	4	00:02:33	00:38:18	<b>01:17:40.85</b>	<b>01:20:14.45</b>	+00:15:34 (20.0%)	7:35	7.9 (79.8%)
18	<b>TARTANUS-ORYSZCZAK Marta</b>	<b>1575</b>		K-40	4	00:01:38	00:39:05	<b>01:18:22.00</b>	<b>01:20:00.55</b>	+00:16:15 (20.7%)	7:39	7.8 (78.8%)
19	<b>LASKA Jadwiga</b>	<b>1557</b>		K-60	1	00:01:27	00:38:45	<b>01:18:41.45</b>	<b>01:20:09.35</b>	+00:16:34 (21.1%)	7:41	7.8 (78.8%)
20	<b>TYCZEWSKA Paulina</b>	<b>1514</b>		K-40	5	00:01:38	00:38:50	<b>01:18:49.80</b>	<b>01:20:28.35</b>	+00:16:43 (21.2%)	7:41	7.8 (78.8%)
21	<b>ZUCHOWICZ Elżbieta</b>	<b>1581</b>		K-60	2	00:00:18	00:38:16	<b>01:18:52.70</b>	<b>01:19:10.75</b>	+00:16:46 (21.3%)	7:42	7.8 (78.8%)
22	<b>GAMRACY Leszek</b>	<b>1521</b>	PZLAM	M-60	3	00:00:21	00:37:48	<b>01:18:54.10</b>	<b>01:19:15.30</b>	+00:16:47 (21.3%)	7:42	7.8 (78.8%)
23	<b>JANUSZEWSKA-ZENOWICZ Anna</b>	<b>1541</b>		K-50	2	00:00:33	00:39:24	<b>01:19:20.10</b>	<b>01:19:54.00</b>	+00:17:13 (21.7%)	7:44	7.7 (77.8%)
24	<b>MISZCZYSZYN Marta</b>	<b>1530</b>	BOJKÓW NORDIC WALKING	K-30	2	00:01:35	00:39:13	<b>01:19:22.40</b>	<b>01:20:57.50</b>	+00:17:15 (21.7%)	7:45	7.7 (77.8%)
25	<b>STAROSTKA Andrzej</b>	<b>1567</b>	PKO BP BIEGAJMY RAZEM	M-60	4	00:00:23	00:38:48	<b>01:19:31.60</b>	<b>01:19:55.00</b>	+00:17:25 (21.9%)	7:45	7.7 (77.8%)
26	<b>LISZKA Ilona</b>	<b>1580</b>	OFIARY KAMIEŃCA	K-40	6	00:01:24	00:39:15	<b>01:19:40.75</b>	<b>01:21:05.70</b>	+00:17:34 (22.0%)	7:46	7.7 (77.8%)
27	<b>PASTERNAK Anna</b>	<b>1535</b>	STELLANTIS ACTIVE TEAM	K-40	7	00:01:21	00:39:31	<b>01:20:27.95</b>	<b>01:21:49.35</b>	+00:18:21 (22.8%)	7:51	7.6 (76.8%)
28	<b>WŁADACZ-WINDYS Ewa</b>	<b>1571</b>		K-50	3	00:00:37	00:38:35	<b>01:20:50.80</b>	<b>01:21:27.95</b>	+00:18:44 (23.2%)	7:53	7.6 (76.8%)
29	<b>SZYJKA Katarzyna</b>	<b>1559</b>	HIRSCHBOGEL	K-40	8	00:01:45	00:40:05	<b>01:20:57.15</b>	<b>01:22:42.30</b>	+00:18:50 (23.3%)	7:54	7.6 (76.8%)
30	<b>SNOCH Anna</b>	<b>1550</b>		K-50	4	00:01:17	00:39:57	<b>01:21:20.90</b>	<b>01:22:38.35</b>	+00:19:14 (23.6%)	7:56	7.6 (76.8%)
31	<b>KIDAWA Bożena</b>	<b>1573</b>		K-60	3	00:01:53	00:40:03	<b>01:21:27.85</b>	<b>01:23:21.35</b>	+00:19:21 (23.8%)	7:57	7.5 (75.8%)
32	<b>KOPCZYŃSKA Agata</b>	<b>1565</b>	#HUTATEAM	K-30	3	00:01:23	00:41:13	<b>01:21:49.50</b>	<b>01:23:12.80</b>	+00:19:42 (24.1%)	7:59	7.5 (75.8%)
33	<b>CZERWIK Ilona</b>	<b>1528</b>		K-40	9	00:01:15	00:39:33	<b>01:21:49.65</b>	<b>01:23:04.95</b>	+00:19:43 (24.1%)	7:59	7.5 (75.8%)
34	<b>DYLEWSKA Agnieszka</b>	<b>1574</b>		K-40	10	00:01:38	00:40:16	<b>01:21:56.05</b>	<b>01:23:34.30</b>	+00:19:49 (24.2%)	8:00	7.5 (75.8%)
35	<b>SZKAMRUK Janusz</b>	<b>1529</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	M-60	5	00:01:29	00:39:53	<b>01:22:00.50</b>	<b>01:23:30.35</b>	+00:19:53 (24.3%)	8:00	7.5 (75.8%)
36	<b>MARZAŁ Janina</b>	<b>1549</b>		K-60	4	00:01:42	00:40:02	<b>01:22:07.00</b>	<b>01:23:49.05</b>	+00:20:00 (24.4%)	8:01	7.5 (75.8%)
37	<b>JANASIK Karol</b>	<b>1577</b>		M-30	2	00:00:51	00:40:51	<b>01:22:11.15</b>	<b>01:23:02.65</b>	+00:20:04 (24.4%)	8:01	7.5 (75.8%)

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38	<b>DOBIAS-FELCZAK Katarzyna</b>	<b>1516</b>		K-30	4	00:01:30	00:39:24	<b>01:22:11.80</b>	<b>01:23:42.00</b>	+00:20:05 (24.4%)	8:01	7.5 (75.8%)
39	<b>MUSZYŃSKI Dariusz</b>	<b>1563</b>	ELZAB ACTIVE TEAM	M-60	6	00:02:37	00:41:06	<b>01:22:21.80</b>	<b>01:24:59.20</b>	+00:20:15 (24.6%)	8:02	7.5 (75.8%)
40	<b>EISLER Anna</b>	<b>1537</b>	PEKEPEKE	K-40	11	00:01:16	00:39:20	<b>01:22:21.85</b>	<b>01:23:38.25</b>	+00:20:15 (24.6%)	8:02	7.5 (75.8%)
41	<b>SZKAMRUK Bogusława</b>	<b>1531</b>	EKSTREMALNI RZEŹNICY NA RELAKSIE	K-60	5	00:00:17	00:40:56	<b>01:23:28.10</b>	<b>01:23:45.85</b>	+00:21:21 (25.6%)	8:09	7.4 (74.7%)
42	<b>DYRLAGA Stanisław</b>	<b>1558</b>		M-60	7	00:01:16	00:41:27	<b>01:24:34.95</b>	<b>01:25:51.35</b>	+00:22:28 (26.6%)	8:15	7.3 (73.7%)
43	<b>MAŁKA Irena</b>	<b>1512</b>		K-60	6	00:01:29	00:42:04	<b>01:24:51.10</b>	<b>01:26:20.30</b>	+00:22:44 (26.8%)	8:17	7.2 (72.7%)
44	<b>KIDAWA Marian</b>	<b>1572</b>	PWIK - GLIWICKA Z GŁĘBIN	M-60	8	00:01:53	00:40:40	<b>01:25:03.40</b>	<b>01:26:56.90</b>	+00:22:56 (27.0%)	8:18	7.2 (72.7%)
45	<b>JAWORSKI Andrzej</b>	<b>1532</b>		M-60	9	00:00:36	00:42:46	<b>01:25:04.70</b>	<b>01:25:40.95</b>	+00:22:58 (27.0%)	8:18	7.2 (72.7%)
46	<b>WITRAK Aleksandra</b>	<b>1509</b>	BOJKÓW NORDIC WALKING	K-40	12	00:01:17	00:41:40	<b>01:25:21.25</b>	<b>01:26:38.25</b>	+00:23:14 (27.2%)	8:20	7.2 (72.7%)
47	<b>FELKEL Aldona</b>	<b>1534</b>	#HUTATEAM	K-50	5	00:01:19	00:41:47	<b>01:25:52.75</b>	<b>01:27:12.00</b>	+00:23:46 (27.7%)	8:23	7.2 (72.7%)
48	<b>KRYSTYŃSKI Piotr</b>	<b>1545</b>	FLUOR	M-50	5	00:01:31	00:43:15	<b>01:27:24.70</b>	<b>01:28:56.15</b>	+00:25:18 (28.9%)	8:32	7 (70.7%)
49	<b>SIEJKO Janusz Adam</b>	<b>1554</b>		M-60	10	00:01:50	00:43:04	<b>01:27:59.50</b>	<b>01:29:50.20</b>	+00:25:52 (29.4%)	8:35	7 (70.7%)
50	<b>MACYSZYN Beata</b>	<b>1543</b>	GLIWICE	K-50	6	00:00:56	00:44:12	<b>01:28:25.10</b>	<b>01:29:21.35</b>	+00:26:18 (29.8%)	8:38	6.9 (69.7%)
51	<b>SMORZ Gabriela</b>	<b>1510</b>		K-50	7	00:00:41	00:43:31	<b>01:28:25.35</b>	<b>01:29:07.10</b>	+00:26:18 (29.8%)	8:38	6.9 (69.7%)
52	<b>CIEŚLIK Iwona</b>	<b>1578</b>		K-40	13	00:01:07	00:44:03	<b>01:28:39.00</b>	<b>01:29:46.55</b>	+00:26:32 (29.9%)	8:39	6.9 (69.7%)
53	<b>MALISZCZAK Magdalena</b>	<b>1555</b>		K-40	14	00:01:07	00:44:03	<b>01:28:39.55</b>	<b>01:29:46.95</b>	+00:26:32 (29.9%)	8:39	6.9 (69.7%)
54	<b>GOLEBIEWSKA Oliwia</b>	<b>1585</b>	NIE REPREZENTUJE KLUBU	K-40	15	00:01:39	00:44:36	<b>01:28:40.95</b>	<b>01:30:20.10</b>	+00:26:34 (30.0%)	8:39	6.9 (69.7%)
55	<b>BORYSOWSKA Katarzyna</b>	<b>1546</b>	PWIK - GLIWICKA Z GŁĘBIN	K-40	16	00:01:12	00:45:43	<b>01:29:21.80</b>	<b>01:30:34.70</b>	+00:27:15 (30.5%)	8:43	6.9 (69.7%)
56	<b>PAWLIK Andrzej</b>	<b>1538</b>		M-60	11	00:00:59	00:44:11	<b>01:29:41.25</b>	<b>01:30:40.85</b>	+00:27:34 (30.7%)	8:45	6.9 (69.7%)
57	<b>TRAUTMANN Piotr</b>	<b>1569</b>		M-50	6	00:01:40	00:44:35	<b>01:30:26.40</b>	<b>01:32:06.75</b>	+00:28:19 (31.3%)	8:49	6.8 (68.7%)
58	<b>TRAUTMANN Bogusia</b>	<b>1570</b>		K-50	8	00:01:39	00:44:32	<b>01:30:26.90</b>	<b>01:32:06.85</b>	+00:28:20 (31.3%)	8:49	6.8 (68.7%)
59	<b>TOMAL Łukasz</b>	<b>1507</b>	BOJKÓW NORDIC WALKING- BOSCY BOJKOWSCY	M-30	3	00:01:35	00:45:15	<b>01:30:27.15</b>	<b>01:32:03.10</b>	+00:28:20 (31.3%)	8:49	6.8 (68.7%)
60	<b>ROJEK Urszula</b>	<b>1518</b>	WKURW_TEAM	K-40	17	00:01:44	00:45:10	<b>01:30:41.40</b>	<b>01:32:25.75</b>	+00:28:34 (31.5%)	8:51	6.8 (68.7%)

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61	<b>KROLIŃSKA Justyna</b>	<b>1587</b>		K-50	9	00:00:38	00:45:01	<b>01:31:11.85</b>	<b>01:31:50.50</b>	+00:29:05 (31.9%)	8:54	6.7 (67.7%)
62	<b>KOMANDER Joanna</b>	<b>1556</b>	JOMAR RUNNERS	K-50	10	00:00:53	00:44:08	<b>01:31:25.55</b>	<b>01:32:19.45</b>	+00:29:18 (32.1%)	8:55	6.7 (67.7%)
63	<b>ZIELONKA Barbara</b>	<b>1515</b>		K-60	7	00:01:48	00:45:14	<b>01:31:34.85</b>	<b>01:33:22.85</b>	+00:29:28 (32.2%)	8:56	6.7 (67.7%)
64	<b>PILNY Barbara</b>	<b>1508</b>	BOJKÓW NORDIC WALKING	K-40	18	00:01:18	00:45:33	<b>01:31:58.00</b>	<b>01:33:16.55</b>	+00:29:51 (32.5%)	8:58	6.7 (67.7%)
65	<b>MICHALIK Honorata</b>	<b>1544</b>	#HUTATEAM	K-30	5	00:01:19	00:45:32	<b>01:32:01.30</b>	<b>01:33:20.75</b>	+00:29:54 (32.5%)	8:59	6.7 (67.7%)
66	<b>PŁOSKONKA Tomasz</b>	<b>1540</b>		M-40	5	00:02:00	00:46:33	<b>01:32:46.30</b>	<b>01:34:46.85</b>	+00:30:39 (33.1%)	9:03	6.6 (66.7%)
67	<b>DZIEDZIC Anna</b>	<b>1582</b>	AKTYWNI DOJRZALI	K-40	19	00:01:23	00:45:36	<b>01:33:17.40</b>	<b>01:34:41.00</b>	+00:31:10 (33.4%)	9:06	6.6 (66.7%)
68	<b>KUKLA Marzena</b>	<b>1519</b>	BOJKÓW NORDIC WALKING	K-50	11	00:01:23	00:45:31	<b>01:33:17.45</b>	<b>01:34:40.75</b>	+00:31:10 (33.4%)	9:06	6.6 (66.7%)
69	<b>SARRE Joanna</b>	<b>1561</b>	SPORT RELAKS NASZA SZKÓŁKA PŁYWANIA	K-60	8	00:02:34	00:45:09	<b>01:33:38.30</b>	<b>01:36:12.85</b>	+00:31:31 (33.7%)	9:08	6.6 (66.7%)
70	<b>KRAKOWCZYK Justyna</b>	<b>1584</b>	MOMO TEAM	K-40	20	00:01:21	00:46:43	<b>01:34:48.05</b>	<b>01:36:09.65</b>	+00:32:41 (34.5%)	9:15	6.5 (65.7%)
71	<b>PODOLAK Teresa</b>	<b>1562</b>	AMATOR	K-60	9	00:01:25	00:46:21	<b>01:35:28.20</b>	<b>01:36:54.15</b>	+00:33:21 (34.9%)	9:19	6.4 (64.6%)
72	<b>PIERNIKARCZYK Mirela</b>	<b>1525</b>		K-30	6	00:01:15	00:48:11	<b>01:36:07.70</b>	<b>01:37:23.25</b>	+00:34:01 (35.4%)	9:23	6.4 (64.6%)
73	<b>SPENDE Anna</b>	<b>1524</b>		K-40	21	00:01:15	00:48:11	<b>01:36:07.75</b>	<b>01:37:23.00</b>	+00:34:01 (35.4%)	9:23	6.4 (64.6%)
74	<b>POPIOŁKIEWICZ Małgorzata</b>	<b>1527</b>		K-40	22	00:01:15	00:48:12	<b>01:36:08.45</b>	<b>01:37:23.75</b>	+00:34:01 (35.4%)	9:23	6.4 (64.6%)
75	<b>MARKOWSKA Beata</b>	<b>1551</b>		K-50	12	00:01:20	00:47:06	<b>01:36:42.20</b>	<b>01:38:02.45</b>	+00:34:35 (35.8%)	9:26	6.4 (64.6%)
76	<b>ZAJĄC Małgorzata</b>	<b>1552</b>		K-50	13	00:01:19	00:47:10	<b>01:36:42.75</b>	<b>01:38:02.35</b>	+00:34:36 (35.8%)	9:26	6.4 (64.6%)
77	<b>MARZEC Janina</b>	<b>1520</b>		K-60	10	00:01:41	00:56:39	<b>01:58:02.20</b>	<b>01:59:44.05</b>	+00:55:55 (47.4%)	11:31	5.2 (52.5%)

Znaleziono 77 wynik(ów)