



# KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM

B4SPORT  
INTELIGENTNE ZAKOŃCZENIE SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-06-02  
**Miejsce:** Kolbuszowa  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                   | Numer      | Klub                           | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Czas netto 10km    | Różn             | Tempo min/km | Tempo km/h  |
|-----|----------------------------|------------|--------------------------------|-----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|------------------|--------------|-------------|
| 1   | <b>NIECHWIEJCZYK Piotr</b> | <b>444</b> | UNIA MIAST                     | M40-49    | 1    |             |              | 00:15:18        | 00:31:12      | 00:47:23        | <b>01:03:48.20</b> |                  | 6:22         | 9.4 (100%)  |
| 2   | <b>HELWICH Stefan</b>      | <b>412</b> | KS METRACOPOLKOWICE            | M60-69    | 1    |             |              | 00:15:44        | 00:31:58      | 00:48:30        | <b>01:04:32.30</b> | +00:00:44 (1.1%) | 6:27         | 9.3 (98.9%) |
| 3   | <b>SIWAK Piotr</b>         | <b>463</b> | KS METRACO POLKOWICE           | M50-59    | 1    |             |              | 00:16:03        | 00:32:20      | 00:48:35        | <b>01:04:56.15</b> | +00:01:07 (1.7%) | 6:29         | 9.2 (97.9%) |
| 4   | <b>JANOCHA Robert</b>      | <b>415</b> | MUKS PODKARPACIE JEDLICZE      | M50-59    | 2    |             |              | 00:16:07        | 00:32:24      | 00:48:39        | <b>01:05:05.70</b> | +00:01:17 (2.0%) | 6:30         | 9.2 (97.9%) |
| 5   | <b>BILEK Artur</b>         | <b>395</b> | UNIA MIAST                     | M30-39    | 1    |             |              | 00:15:29        | 00:31:33      | 00:48:08        | <b>01:05:09.70</b> | +00:01:21 (2.1%) | 6:31         | 9.2 (97.9%) |
| 6   | <b>HAŁAS Marcin</b>        | <b>411</b> | UNIA MIAST                     | M30-39    | 2    |             |              | 00:15:52        | 00:32:12      | 00:48:55        | <b>01:05:34.80</b> | +00:01:46 (2.7%) | 6:33         | 9.1 (96.8%) |
| 7   | <b>BORKOWSKI Dariusz</b>   | <b>396</b> | NOWI SIEDLCE                   | M40-49    | 2    |             |              | 00:15:53        | 00:32:40      | 00:49:21        | <b>01:06:16.15</b> | +00:02:27 (3.7%) | 6:37         | 9.1 (96.8%) |
| 8   | <b>STĘPAK Piotr</b>        | <b>490</b> | ZG REJON NW WINNING TEAM       | M18-29    | 1    |             |              | 00:16:25        | 00:33:17      | 00:50:27        | <b>01:07:04.75</b> | +00:03:16 (4.9%) | 6:42         | 8.9 (94.7%) |
| 9   | <b>GŁOWA Michał</b>        | <b>406</b> | UNIA MIAST                     | M18-29    | 2    |             |              | 00:16:27        | 00:33:07      | 00:50:31        | <b>01:07:10.60</b> | +00:03:22 (5.0%) | 6:43         | 8.9 (94.7%) |
| 10  | <b>JUREK Adam</b>          | <b>419</b> | KS METRACO POLKOWICE           | M50-59    | 3    |             |              | 00:16:23        | 00:32:52      | 00:50:01        | <b>01:07:23.35</b> | +00:03:35 (5.3%) | 6:44         | 8.9 (94.7%) |
| 11  | <b>MIELECKA Agnieszka</b>  | <b>442</b> | KS IDMAR RACING TEAM           | K40-49    | 1    |             |              | 00:16:07        | 00:32:51      | 00:50:07        | <b>01:07:34.40</b> | +00:03:46 (5.6%) | 6:45         | 8.9 (94.7%) |
| 12  | <b>SIEROŃ Jacek</b>        | <b>461</b> | MOSIR/TSA SANDOMIERZ           | M50-59    | 4    |             |              | 00:16:03        | 00:32:44      | 00:50:17        | <b>01:07:46.60</b> | +00:03:58 (5.9%) | 6:46         | 8.9 (94.7%) |
| 13  | <b>RYCHLIK Grzegorz</b>    | <b>460</b> | FUNDACJA 'W TE PĘDY'           | M30-39    | 3    |             |              | 00:15:43        | 00:32:04      | 00:49:24        | <b>01:07:47.20</b> | +00:03:59 (5.9%) | 6:46         | 8.9 (94.7%) |
| 14  | <b>KUSTAL Marcin</b>       | <b>436</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39    | 4    |             |              | 00:15:54        | 00:33:18      | 00:50:52        | <b>01:08:10.10</b> | +00:04:21 (6.4%) | 6:49         | 8.8 (93.6%) |
| 15  | <b>KUBIAK Przemysław</b>   | <b>432</b> | KS IDMAR RACING TEAM           | M40-49    | 3    |             |              | 00:16:46        | 00:34:20      | 00:52:08        | <b>01:09:44.60</b> | +00:05:56 (8.5%) | 6:58         | 8.6 (91.5%) |

| Msc | Zawodnik                    | Numer      | Klub   | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Czas               |                   | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|------------|--|-----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|-------------------|--------------|-------------|
|     |                             |            |  |           |      |             |              |                 |               |                 | netto 10km         | Różn              |              |             |
| 16  | <b>KUBISZYN Małgorzata</b>  | <b>584</b> | NWPL   | K30-39    | 1    |             |              | 00:16:33        | 00:34:07      | 00:52:04        | <b>01:09:45.80</b> | +00:05:57 (8.5%)  | 6:58         | 8.6 (91.5%) |
| 17  | <b>SPYCHAŁA Lesław</b>      | <b>496</b> | WESOŁY BORSUK TEAM                                       | M50-59    | 5    |             |              | 00:16:30        | 00:33:51      | 00:51:41        | <b>01:09:54.05</b> | +00:06:05 (8.7%)  | 6:59         | 8.6 (91.5%) |
| 18  | <b>JĘDRASIAK Renata</b>     | <b>418</b> | KS METRACO POLKOWICE                                     | K50-59    | 1    |             |              | 00:16:43        | 00:34:06      | 00:51:51        | <b>01:10:06.55</b> | +00:06:18 (9.0%)  | 7:00         | 8.6 (91.5%) |
| 19  | <b>KLIMCZAK Adam</b>        | <b>423</b> |  | M50-59    | 6    |             |              | 00:17:09        | 00:35:12      | 00:52:52        | <b>01:10:19.40</b> | +00:06:31 (9.3%)  | 7:02         | 8.5 (90.4%) |
| 20  | <b>ZAGAJA Janusz</b>        | <b>495</b> | WESOŁY BORSUK TEAM                                       | M60-69    | 2    |             |              | 00:16:29        | 00:34:13      | 00:52:20        | <b>01:10:32.10</b> | +00:06:43 (9.5%)  | 7:03         | 8.5 (90.4%) |
| 21  | <b>LENZ Andrzej</b>         | <b>439</b> | MUSZKIETEROWIE   | M50-59    | 7    |             |              | 00:16:59        | 00:34:30      | 00:52:24        | <b>01:10:51.95</b> | +00:07:03 (10.0%) | 7:05         | 8.5 (90.4%) |
| 22  | <b>BILIK Wojciech</b>       | <b>394</b> |  | M40-49    | 4    |             |              | 00:17:05        | 00:34:49      | 00:53:07        | <b>01:11:16.05</b> | +00:07:27 (10.5%) | 7:07         | 8.4 (89.4%) |
| 23  | <b>PASIKOWSKA Mariola</b>   | <b>452</b> | VIKING NORDIC TEAM CZĘSTOCHOWA                           | K30-39    | 2    |             |              | 00:16:53        | 00:34:46      | 00:53:06        | <b>01:11:33.05</b> | +00:07:44 (10.8%) | 7:09         | 8.4 (89.4%) |
| 24  | <b>GRZYBAŁA Piotr</b>       | <b>407</b> |  | M40-49    | 5    |             |              | 00:17:24        | 00:35:20      | 00:53:35        | <b>01:11:36.85</b> | +00:07:48 (10.9%) | 7:09         | 8.4 (89.4%) |
| 25  | <b>STYŚ Elżbieta</b>        | <b>468</b> |  | K50-59    | 2    |             |              | 00:16:54        | 00:34:39      | 00:52:48        | <b>01:11:41.70</b> | +00:07:53 (11.0%) | 7:10         | 8.4 (89.4%) |
| 26  | <b>PASIKOWSKI Marcin</b>    | <b>453</b> | VIKING NORDIC TEAM CZĘSTOCHOWA                           | M30-39    | 5    |             |              | 00:17:03        | 00:35:04      | 00:53:46        | <b>01:11:56.10</b> | +00:08:07 (11.3%) | 7:11         | 8.3 (88.3%) |
| 27  | <b>KOŃCZEWSKA Bożena</b>    | <b>424</b> | MKS HALICZ KLUB BIEGACZA BK NORDIC WALKINGUSTRZYKI DOLNE | K50-59    | 3    |             |              | 00:16:46        | 00:34:38      | 00:53:13        | <b>01:12:24.10</b> | +00:08:35 (11.9%) | 7:14         | 8.3 (88.3%) |
| 28  | <b>DARIUSZ Buł</b>          | <b>402</b> | WESOŁY BORSUK TEAM                                       | M40-49    | 6    |             |              | 00:17:24        | 00:35:37      | 00:54:26        | <b>01:12:31.80</b> | +00:08:43 (12.0%) | 7:15         | 8.3 (88.3%) |
| 29  | <b>SZARSZUNOWICZ Anna</b>   | <b>472</b> | KS METRACO POLKOWICE                                     | K30-39    | 3    |             |              | 00:17:28        | 00:35:34      | 00:54:10        | <b>01:12:56.10</b> | +00:09:07 (12.5%) | 7:17         | 8.2 (87.2%) |
| 30  | <b>BUJNICKI Marcin</b>      | <b>397</b> | NORDIC WALKING PASŁĘK                                    | M40-49    | 7    |             |              | 00:17:43        | 00:36:00      | 00:54:32        | <b>01:13:16.90</b> | +00:09:28 (12.9%) | 7:19         | 8.2 (87.2%) |
| 31  | <b>LATUSZEK Bogdan</b>      | <b>438</b> | KLUB NW 'WŁÓCZYKIJE'                                     | M50-59    | 8    |             |              | 00:17:09        | 00:35:36      | 00:54:26        | <b>01:13:23.65</b> | +00:09:35 (13.1%) | 7:20         | 8.2 (87.2%) |
| 32  | <b>SMUL Andrzej</b>         | <b>466</b> | MARSZ PO ZDROWIE POZNAN                                  | M60-69    | 3    |             |              | 00:16:33        | 00:34:51      | 00:54:07        | <b>01:13:36.30</b> | +00:09:48 (13.3%) | 7:21         | 8.2 (87.2%) |
| 33  | <b>KRAKOWIAN Piotr</b>      | <b>427</b> | VIKING NORDIC TEAM CZĘSTOCHOWA                           | M40-49    | 8    |             |              | 00:17:43        | 00:36:14      | 00:54:43        | <b>01:13:36.65</b> | +00:09:48 (13.3%) | 7:21         | 8.2 (87.2%) |
| 34  | <b>KUKLIŃSKI Arkadiusz</b>  | <b>433</b> | ZG REJON NW WINNING TEAM                                 | M18-29    | 3    |             |              | 00:17:45        | 00:36:26      | 00:55:11        | <b>01:13:49.15</b> | +00:10:00 (13.6%) | 7:22         | 8.1 (86.2%) |
| 35  | <b>HRYNDIO Jerzy</b>        | <b>413</b> | UNIA MIAST   | M60-69    | 4    |             |              | 00:17:53        | 00:36:22      | 00:55:05        | <b>01:13:51.90</b> | +00:10:03 (13.6%) | 7:23         | 8.1 (86.2%) |
| 36  | <b>WOLNIEWICZ Katarzyna</b> | <b>491</b> | UNIA MIAST   | K40-49    | 2    |             |              | 00:17:41        | 00:35:55      | 00:54:38        | <b>01:14:00.10</b> | +00:10:11 (13.8%) | 7:24         | 8.1 (86.2%) |
| 37  | <b>BERESZKO Waldemar</b>    | <b>393</b> | MOSIR TKKF SATURN CZELADŹ                                | M60-69    | 5    |             |              | 00:18:13        | 00:37:04      | 00:56:01        | <b>01:14:48.20</b> | +00:11:00 (14.7%) | 7:28         | 8 (85.1%)   |
| 38  | <b>MALINOWSKA Katarzyna</b> | <b>441</b> | LECYMY DURŚ  | K30-39    | 4    |             |              | 00:18:04        | 00:36:51      | 00:55:47        | <b>01:14:53.75</b> | +00:11:05 (14.8%) | 7:29         | 8 (85.1%)   |
| 39  | <b>STAWNIAK Karol</b>       | <b>467</b> | KS METRACO POLKOWICE                                     | M70+      | 1    |             |              | 00:18:05        | 00:36:28      | 00:55:24        | <b>01:14:55.10</b> | +00:11:06 (14.8%) | 7:29         | 8 (85.1%)   |

| Msc | Zawodnik                            | Numer      | Klub                             | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Czas netto         |                   | Tempo min/km | Tempo km/h  |
|-----|-------------------------------------|------------|----------------------------------|-----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|-------------------|--------------|-------------|
|     |                                     |            |                                  |           |      |             |              |                 |               |                 | 10km               | Różn              |              |             |
| 40  | <b>PIESIAK Piotr</b>                | <b>454</b> |                                  | M50-59    | 9    |             |              | 00:18:18        | 00:36:44      | 00:55:53        | <b>01:15:00.95</b> | +00:11:12 (14.9%) | 7:30         | 8 (85.1%)   |
| 41  | <b>WIĘSKO Ryszard</b>               | <b>481</b> | NIEZRZESZONY                     | M60-69    | 6    |             |              | 00:18:44        | 00:37:41      | 00:56:35        | <b>01:15:36.85</b> | +00:11:48 (15.6%) | 7:33         | 7.9 (84.0%) |
| 42  | <b>KURZAWSKA Jolanta</b>            | <b>434</b> | KS METRACO POLKOWICE             | K60-69    | 1    |             |              | 00:18:19        | 00:37:16      | 00:56:33        | <b>01:15:54.60</b> | +00:12:06 (15.9%) | 7:35         | 7.9 (84.0%) |
| 43  | <b>CZAJKA Urszula</b>               | <b>401</b> | FACE NORDIC WALKING TEAM         | K60-69    | 2    |             |              | 00:18:20        | 00:37:16      | 00:56:33        | <b>01:15:55.40</b> | +00:12:07 (16.0%) | 7:35         | 7.9 (84.0%) |
| 44  | <b>TEODOROWSKI Dariusz</b>          | <b>476</b> | UNIA MIAST                       | M40-49    | 9    |             |              | 00:18:22        | 00:37:36      | 00:56:55        | <b>01:15:58.15</b> | +00:12:09 (16.0%) | 7:35         | 7.9 (84.0%) |
| 45  | <b>ŚLUSARCZYK Andrzej</b>           | <b>374</b> | WESOŁY BORSUK TEAM               | M60-69    | 7    |             |              | 00:18:10        | 00:37:25      | 00:56:45        | <b>01:15:59.55</b> | +00:12:11 (16.0%) | 7:36         | 7.9 (84.0%) |
| 46  | <b>MOLENDĄ Magdalena</b>            | <b>443</b> | KS IDMAR RACING TEAM             | K30-39    | 5    |             |              | 00:18:24        | 00:37:32      | 00:56:50        | <b>01:16:12.40</b> | +00:12:24 (16.3%) | 7:37         | 7.9 (84.0%) |
| 47  | <b>WÓJCIK Barbara</b>               | <b>485</b> |                                  | K50-59    | 4    |             |              | 00:18:32        | 00:37:38      | 00:57:06        | <b>01:16:15.20</b> | +00:12:27 (16.3%) | 7:37         | 7.9 (84.0%) |
| 48  | <b>ZACHARCZUK Zofia</b>             | <b>486</b> | NOWI SIEDLCE - NW WSCHÓD         | K60-69    | 3    |             |              | 00:18:24        | 00:37:22      | 00:56:42        | <b>01:16:22.05</b> | +00:12:33 (16.5%) | 7:38         | 7.9 (84.0%) |
| 49  | <b>MACHOWSKA Urszula</b>            | <b>494</b> |                                  | K30-39    | 6    |             |              | 00:18:47        | 00:38:03      | 00:57:22        | <b>01:16:35.05</b> | +00:12:46 (16.7%) | 7:39         | 7.8 (83.0%) |
| 50  | <b>TROJAN Elżbieta</b>              | <b>478</b> | KLUB NW 'WŁÓCZYKIJE'             | K40-49    | 3    |             |              | 00:18:46        | 00:37:49      | 00:57:08        | <b>01:16:37.75</b> | +00:12:49 (16.7%) | 7:39         | 7.8 (83.0%) |
| 51  | <b>KOŁPAK Jan</b>                   | <b>492</b> | LKS ZANTYR                       | M70+      | 2    |             |              | 00:18:22        | 00:37:30      | 00:57:06        | <b>01:16:57.65</b> | +00:13:09 (17.1%) | 7:41         | 7.8 (83.0%) |
| 52  | <b>ŚLUSARCZYK Grzegorz</b>          | <b>375</b> | WESOŁY BORSUK TEAM               | M40-49    | 10   |             |              | 00:18:55        | 00:38:39      | 00:57:50        | <b>01:17:15.55</b> | +00:13:27 (17.4%) | 7:43         | 7.8 (83.0%) |
| 53  | <b>CHARCZUK Zenon Michał</b>        | <b>383</b> | WESOŁY BORSUK TEAM               | M60-69    | 8    |             |              | 00:18:28        | 00:37:39      | 00:57:24        | <b>01:17:19.30</b> | +00:13:31 (17.5%) | 7:43         | 7.8 (83.0%) |
| 54  | <b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b> | <b>403</b> |                                  | K50-59    | 5    |             |              | 00:18:41        | 00:38:08      | 00:57:45        | <b>01:17:22.20</b> | +00:13:34 (17.5%) | 7:44         | 7.8 (83.0%) |
| 55  | <b>SZYMCZYK Magdalena</b>           | <b>475</b> | NOWI SIEDLCE/NW WSCHÓD           | K30-39    | 7    |             |              | 00:18:47        | 00:38:05      | 00:57:51        | <b>01:17:30.50</b> | +00:13:42 (17.7%) | 7:45         | 7.7 (81.9%) |
| 56  | <b>NIETRZEBKA Aleksandra</b>        | <b>447</b> | MIĘDZYBORÓW                      | K18-29    | 1    |             |              | 00:18:28        | 00:37:53      | 00:57:30        | <b>01:17:43.60</b> | +00:13:55 (17.9%) | 7:46         | 7.7 (81.9%) |
| 57  | <b>SŁOWIŃSKA Alicja</b>             | <b>465</b> | NOWI SIEDLCE NW WSCHÓD           | K50-59    | 6    |             |              | 00:16:52        | 00:36:25      | 00:57:23        | <b>01:18:04.55</b> | +00:14:16 (18.3%) | 7:48         | 7.7 (81.9%) |
| 58  | <b>ŚLUSARCZYK Marcin</b>            | <b>376</b> | WESOŁY BORSUK TEAM               | M30-39    | 6    |             |              | 00:18:29        | 00:37:57      | 00:58:10        | <b>01:18:17.30</b> | +00:14:29 (18.5%) | 7:49         | 7.7 (81.9%) |
| 59  | <b>CHYRA Janusz</b>                 | <b>400</b> | UNIA MIAST                       | M40-49    | 11   |             |              | 00:19:11        | 00:38:45      | 00:58:42        | <b>01:18:17.70</b> | +00:14:29 (18.5%) | 7:49         | 7.7 (81.9%) |
| 60  | <b>WIERZBA Lilla</b>                | <b>482</b> | PASJA NORDIC WALKING             | K50-59    | 7    |             |              | 00:18:40        | 00:38:21      | 00:58:22        | <b>01:18:36.65</b> | +00:14:48 (18.8%) | 7:51         | 7.6 (80.9%) |
| 61  | <b>GWÓŹDŹ Andrzej</b>               | <b>506</b> | WICHURA JAROSŁAW                 | M50-59    | 10   |             |              | 00:19:20        | 00:39:07      | 00:58:56        | <b>01:18:37.90</b> | +00:14:49 (18.9%) | 7:51         | 7.6 (80.9%) |
| 62  | <b>SURIAK Michał</b>                | <b>469</b> | VIKING NORDIC TEAM CZĘSTOCHOWA   | M30-39    | 7    |             |              | 00:19:39        | 00:39:52      | 00:59:24        | <b>01:18:41.35</b> | +00:14:53 (18.9%) | 7:52         | 7.6 (80.9%) |
| 63  | <b>URBAN Robert</b>                 | <b>480</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | M40-49    | 12   |             |              | 00:18:45        | 00:38:24      | 00:58:14        | <b>01:18:50.90</b> | +00:15:02 (19.1%) | 7:53         | 7.6 (80.9%) |

| Msc | Zawodnik                        | Numer      | Klub                           | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Czas               |                   | Tempo min/km | Tempo km/h  |
|-----|---------------------------------|------------|--------------------------------|-----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|-------------------|--------------|-------------|
|     |                                 |            |                                |           |      |             |              |                 |               |                 | netto 10km         | Różn              |              |             |
| 64  | <b>GWAREK Anita</b>             | <b>408</b> | PASJA NORDIC WALKING           | K40-49    | 4    |             |              | 00:18:42        | 00:38:28      | 00:58:47        | <b>01:18:57.55</b> | +00:15:09 (19.2%) | 7:53         | 7.6 (80.9%) |
| 65  | <b>KOTULA Jakub</b>             | <b>426</b> | UNIA MIAST                     | M30-39    | 8    |             |              | 00:19:14        | 00:39:19      | 00:59:10        | <b>01:19:08.10</b> | +00:15:19 (19.4%) | 7:54         | 7.6 (80.9%) |
| 66  | <b>POZNAŃSKI Wiesław</b>        | <b>457</b> |                                | M60-69    | 9    |             |              | 00:18:16        | 00:37:53      | 00:57:41        | <b>01:19:14.45</b> | +00:15:26 (19.5%) | 7:55         | 7.6 (80.9%) |
| 67  | <b>KORDOWSKA Bogusława</b>      | <b>425</b> | NOWA HUTA TEAM                 | K40-49    | 5    |             |              | 00:18:56        | 00:38:58      | 00:59:27        | <b>01:19:15.85</b> | +00:15:27 (19.5%) | 7:55         | 7.6 (80.9%) |
| 68  | <b>JEDYNAK Stanisław</b>        | <b>417</b> | PASJA NORDIC WALKING           | M70+      | 3    |             |              | 00:19:08        | 00:39:26      | 01:00:15        | <b>01:20:10.30</b> | +00:16:22 (20.4%) | 8:01         | 7.5 (79.8%) |
| 69  | <b>SURIAK Ewelina</b>           | <b>470</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | K18-29    | 2    |             |              | 00:19:33        | 00:39:59      | 01:00:06        | <b>01:20:11.65</b> | +00:16:23 (20.4%) | 8:01         | 7.5 (79.8%) |
| 70  | <b>GAWOR Renata</b>             | <b>405</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | K50-59    | 8    |             |              | 00:20:26        | 00:40:43      | 01:01:12        | <b>01:21:01.55</b> | +00:17:13 (21.3%) | 8:06         | 7.4 (78.7%) |
| 71  | <b>PALUCH Paweł</b>             | <b>451</b> | AVOCADO WELLNESS CLUB          | M50-59    | 11   |             |              | 00:19:16        | 00:39:53      | 01:00:42        | <b>01:21:15.25</b> | +00:17:27 (21.5%) | 8:07         | 7.4 (78.7%) |
| 72  | <b>THOMALLA Bogdan</b>          | <b>477</b> | SILESIA NORDIC TEAM            | M70+      | 4    |             |              | 00:19:26        | 00:39:32      | 01:00:09        | <b>01:21:26.00</b> | +00:17:37 (21.6%) | 8:08         | 7.4 (78.7%) |
| 73  | <b>GWÓZDŹ Urszula</b>           | <b>409</b> | WICHURA JAROSŁAW               | K50-59    | 9    |             |              | 00:20:00        | 00:40:34      | 01:00:54        | <b>01:21:26.40</b> | +00:17:38 (21.7%) | 8:08         | 7.4 (78.7%) |
| 74  | <b>AGARWAL Ritu</b>             | <b>392</b> |                                | K40-49    | 6    |             |              | 00:20:07        | 00:40:24      | 01:01:07        | <b>01:21:59.70</b> | +00:18:11 (22.2%) | 8:12         | 7.3 (77.7%) |
| 75  | <b>KASPRZYK Elżbieta</b>        | <b>420</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | K50-59    | 10   |             |              | 00:20:29        | 00:41:01      | 01:01:36        | <b>01:22:06.70</b> | +00:18:18 (22.3%) | 8:12         | 7.3 (77.7%) |
| 76  | <b>NIEMCZYK Bogusław</b>        | <b>446</b> | KLUB NW 'WŁÓCZYKIJE'           | M50-59    | 12   |             |              | 00:20:52        | 00:41:43      | 01:02:24        | <b>01:22:33.20</b> | +00:18:45 (22.7%) | 8:15         | 7.3 (77.7%) |
| 77  | <b>KIDAWA Danuta</b>            | <b>422</b> | SANTANDER CONSUMER BANK        | K40-49    | 7    |             |              | 00:20:11        | 00:40:51      | 01:01:48        | <b>01:23:07.20</b> | +00:19:19 (23.2%) | 8:18         | 7.2 (76.6%) |
| 78  | <b>CHOLEWKA Jolanta</b>         | <b>399</b> | MARSZ PO ZDROWIE POZNAŃ        | K60-69    | 4    |             |              | 00:19:56        | 00:40:50      | 01:01:53        | <b>01:23:08.00</b> | +00:19:19 (23.3%) | 8:18         | 7.2 (76.6%) |
| 79  | <b>NIETRZEBKA Paweł</b>         | <b>448</b> | MIĘDZYBORÓW                    | M30-39    | 9    |             |              | 00:19:16        | 00:39:27      | 01:01:01        | <b>01:23:44.45</b> | +00:19:56 (23.8%) | 8:22         | 7.2 (76.6%) |
| 80  | <b>WORONKO-ZACZYNSKA Janina</b> | <b>484</b> | KS METRACO POLKOWICE           | K70+      | 1    |             |              | 00:20:36        | 00:41:40      | 01:02:58        | <b>01:24:37.30</b> | +00:20:49 (24.6%) | 8:27         | 7.1 (75.5%) |
| 81  | <b>OMARSKA Grażyna</b>          | <b>449</b> | PASJA NORDIC WALKING           | K60-69    | 5    |             |              | 00:20:45        | 00:41:50      | 01:03:15        | <b>01:24:54.70</b> | +00:21:06 (24.9%) | 8:29         | 7.1 (75.5%) |
| 82  | <b>KICIŃSKI Wojciech</b>        | <b>421</b> |                                | M40-49    | 13   |             |              | 00:20:11        | 00:41:46      | 01:03:25        | <b>01:25:34.45</b> | +00:21:46 (25.4%) | 8:33         | 7 (74.5%)   |
| 83  | <b>SIMKO Zbigniew</b>           | <b>462</b> | KLUB NW 'WŁÓCZYKIJE'           | M60-69    | 10   |             |              | 00:19:34        | 00:41:12      | 01:03:31        | <b>01:25:34.70</b> | +00:21:46 (25.4%) | 8:33         | 7 (74.5%)   |
| 84  | <b>ZDZIECH Dorota</b>           | <b>487</b> |                                | K30-39    | 8    |             |              | 00:20:31        | 00:41:52      | 01:03:56        | <b>01:25:56.25</b> | +00:22:08 (25.8%) | 8:35         | 7 (74.5%)   |
| 85  | <b>ŻMUDA Jaromir</b>            | <b>554</b> | KLUB SANTANDER KONSUMER BANK   | M40-49    | 14   |             |              | 00:21:14        | 00:43:24      | 01:05:12        | <b>01:25:58.30</b> | +00:22:10 (25.8%) | 8:35         | 7 (74.5%)   |
| 86  | <b>POCAŁUŃ Adam</b>             | <b>455</b> | RELAKS ZAGÓRZ                  | M70+      | 5    |             |              | 00:20:09        | 00:41:43      | 01:04:11        | <b>01:26:09.00</b> | +00:22:20 (25.9%) | 8:36         | 7 (74.5%)   |
| 87  | <b>HAJNUS Wojciech</b>          | <b>410</b> |                                | M50-59    | 13   |             |              | 00:19:53        | 00:41:15      | 01:04:06        | <b>01:26:12.40</b> | +00:22:24 (26.0%) | 8:37         | 7 (74.5%)   |

| Msc | Zawodnik                   | Numer      | Klub                             | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Czas netto 10km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|------------|----------------------------------|-----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|-------------------|--------------|-------------|
| 88  | <b>KRYSZCZUK Kacper</b>    | <b>429</b> | NOWI SIEDLCE / NW WSCHÓD         | M18-29    | 4    |             |              | 00:20:26        | 00:42:17      | 01:04:27        | <b>01:26:26.45</b> | +00:22:38 (26.2%) | 8:38         | 6.9 (73.4%) |
| 89  | <b>OWCZAREK Magdalena</b>  | <b>450</b> | MIĘDZYBORÓW                      | K50-59    | 11   |             |              | 00:20:58        | 00:42:37      | 01:05:09        | <b>01:26:29.10</b> | +00:22:40 (26.2%) | 8:38         | 6.9 (73.4%) |
| 90  | <b>JAROSZ Anna</b>         | <b>416</b> | KLUB NW 'WŁÓCZYKIJE'             | K60-69    | 6    |             |              | 00:21:15        | 00:43:10      | 01:04:56        | <b>01:26:49.45</b> | +00:23:01 (26.5%) | 8:40         | 6.9 (73.4%) |
| 91  | <b>VEKLYCH Olena</b>       | <b>498</b> | KS METRACOPOLKOWICE              | K50-59    | 12   |             |              | 00:20:12        | 00:42:04      | 01:04:10        | <b>01:26:56.15</b> | +00:23:07 (26.6%) | 8:41         | 6.9 (73.4%) |
| 92  | <b>LATUSZEK Małgorzata</b> | <b>437</b> | KLUB NW 'WŁÓCZYKIJE'             | K50-59    | 13   |             |              | 00:21:29        | 00:43:39      | 01:05:07        | <b>01:27:08.10</b> | +00:23:19 (26.8%) | 8:42         | 6.9 (73.4%) |
| 93  | <b>SZEWCZYK Marek</b>      | <b>473</b> | FACE NORDIC WALKING TEAM         | M50-59    | 14   |             |              | 00:20:49        | 00:42:16      | 01:04:35        | <b>01:27:12.70</b> | +00:23:24 (26.8%) | 8:43         | 6.9 (73.4%) |
| 94  | <b>RACŁAWSKA Joanna</b>    | <b>458</b> | AMATOR                           | K50-59    | 14   |             |              | 00:20:36        | 00:42:17      | 01:04:45        | <b>01:28:04.05</b> | +00:24:15 (27.6%) | 8:48         | 6.8 (72.3%) |
| 95  | <b>LIGĘZA Elżbieta</b>     | <b>440</b> |                                  | K50-59    | 15   |             |              | 00:21:42        | 00:43:49      | 01:05:52        | <b>01:28:21.75</b> | +00:24:33 (27.8%) | 8:50         | 6.8 (72.3%) |
| 96  | <b>KRZYŚCIN Rafał</b>      | <b>430</b> | SANTANDER CONSUMER BANK          | M40-49    | 15   |             |              | 00:21:18        | 00:43:25      | 01:06:09        | <b>01:28:59.30</b> | +00:25:11 (28.3%) | 8:53         | 6.7 (71.3%) |
| 97  | <b>CHDZIK Katarzyna</b>    | <b>533</b> |                                  | K40-49    | 8    |             |              | 00:21:29        | 00:44:08      | 01:06:53        | <b>01:29:22.10</b> | +00:25:33 (28.6%) | 8:56         | 6.7 (71.3%) |
| 98  | <b>ADAMCZYK Izabela</b>    | <b>391</b> |                                  | K40-49    | 9    |             |              | 00:21:31        | 00:44:09      | 01:06:54        | <b>01:29:23.00</b> | +00:25:34 (28.6%) | 8:56         | 6.7 (71.3%) |
| 99  | <b>GRYGORIEWA Ludmiła</b>  | <b>497</b> | KS METRACO POLKOWICE             | K60-69    | 7    |             |              | 00:20:28        | 00:42:31      | 01:06:20        | <b>01:29:44.55</b> | +00:25:56 (28.9%) | 8:58         | 6.7 (71.3%) |
| 100 | <b>NIEDZIELSKA Teresa</b>  | <b>445</b> |                                  | K50-59    | 16   |             |              | 00:21:46        | 00:44:14      | 01:07:05        | <b>01:30:18.40</b> | +00:26:30 (29.3%) | 9:01         | 6.6 (70.2%) |
| 101 | <b>SZEWCZYK Agnieszka</b>  | <b>474</b> | FACE NORDIC WALKING TEAM         | K40-49    | 10   |             |              | 00:22:10        | 00:44:45      | 01:07:19        | <b>01:30:22.55</b> | +00:26:34 (29.4%) | 9:02         | 6.6 (70.2%) |
| 102 | <b>BEDNARZ Lucyna</b>      | <b>384</b> |                                  | K50-59    | 17   |             |              | 00:22:08        | 00:44:49      | 01:07:30        | <b>01:30:23.00</b> | +00:26:34 (29.4%) | 9:02         | 6.6 (70.2%) |
| 103 | <b>ŻMIHORSKA Krystyna</b>  | <b>489</b> |                                  | K60-69    | 8    |             |              | 00:21:24        | 00:43:58      | 01:07:23        | <b>01:31:50.50</b> | +00:28:02 (30.5%) | 9:11         | 6.5 (69.1%) |
| 104 | <b>SIWCZYK Grażyna</b>     | <b>464</b> | LECYMY DURŚ                      | K60-69    | 9    |             |              | 00:22:45        | 00:46:31      | 01:09:48        | <b>01:32:08.25</b> | +00:28:20 (30.8%) | 9:12         | 6.5 (69.1%) |
| 105 | <b>SURMIAK Ryszard</b>     | <b>471</b> | RZESZOWSKI KLUB MORSOW 'SOPELEK' | M70+      | 6    |             |              | 00:22:01        | 00:44:59      | 01:08:48        | <b>01:33:02.60</b> | +00:29:14 (31.4%) | 9:18         | 6.4 (68.1%) |
| 106 | <b>FIJOLEK Grażyna</b>     | <b>404</b> |                                  | K50-59    | 18   |             |              | 00:22:16        | 00:45:00      | 01:09:05        | <b>01:33:22.00</b> | +00:29:33 (31.7%) | 9:20         | 6.4 (68.1%) |
| 107 | <b>KUSAJ Jakub</b>         | <b>435</b> | OSP ZAWADA                       | M18-29    | 5    |             |              | 00:21:52        | 00:45:22      | 01:09:40        | <b>01:33:25.85</b> | +00:29:37 (31.7%) | 9:20         | 6.4 (68.1%) |
| 108 | <b>ZIĘBA Julia</b>         | <b>488</b> | UNIA MIAST                       | K70+      | 2    |             |              | 00:22:47        | 00:46:46      | 01:11:00        | <b>01:35:31.80</b> | +00:31:43 (33.2%) | 9:33         | 6.3 (67.0%) |
| 109 | <b>FRYC Karol</b>          | <b>493</b> |                                  | M60-69    | 11   |             |              | 00:22:27        | 00:47:07      | 01:12:57        | <b>01:36:41.50</b> | +00:32:53 (34.0%) | 9:40         | 6.2 (66.0%) |
| 110 | <b>KRZYŚCIN Mirosława</b>  | <b>431</b> | SANTANDER CONSUMER BANK          | K40-49    | 11   |             |              | 00:23:28        | 00:48:20      | 01:13:10        | <b>01:38:33.80</b> | +00:34:45 (35.3%) | 9:51         | 6.1 (64.9%) |