

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING - 5 KM

B4SPORT
INTELLIGENT SPORT SPORTING

Event: Otwarte Górskie Mistrzostwa Polski Nordic Walking - Polanica Zdrój 2021
Organiser: Fundacja Herkules All Sports
Date: 2021-07-10
Place: Polanica Zdrój
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	ROSAK Marcin	261	TRENUJENORDICWALKING.PL	M40-44	1			00:16:31	00:30:07.65		6:01	10 (100%)
2	STĘPAK Piotr	337		M18-29	1			00:16:54	00:30:22.25	+00:00:14 (0.8%)	6:04	9.9 (99.0%)
3	WITUCKI Jacek	303	KS IDMAR RACING TEAM	M50-54	1			00:16:34	00:30:30.70	+00:00:23 (1.3%)	6:06	9.8 (98.0%)
4	WOJTOWICZ Tomasz	330		M30-39	1	1		00:17:00	00:30:57.80	+00:00:50 (2.7%)	6:11	9.7 (97.0%)
5	WILUSZ Erwina	301	VINGBERG POLSKA - PTG 'SOKÓŁ' RYMANÓW	K30-39	1			00:17:21	00:31:49.95	+00:01:42 (5.4%)	6:21	9.4 (94.0%)
6	ROMANOWSKI Daniel	260	KATOWICKI NORDIC WALKING	M18-29	2	1		00:17:33	00:32:30.45	+00:02:22 (7.3%)	6:30	9.2 (92.0%)
7	KRAJEWSKA Hanna	188	NWPL	K18-29	1	1		00:17:56	00:32:36.95	+00:02:29 (7.6%)	6:31	9.2 (92.0%)
8	ROŻYNEK Miron	263	KGHM METRACO RUDNA	M55-59	1			00:18:07	00:32:37.45	+00:02:29 (7.7%)	6:31	9.2 (92.0%)
9	KABATA Jarosław	175	NORDIC SPORT 2021	M50-54	2			00:18:04	00:32:48.90	+00:02:41 (8.2%)	6:33	9.1 (91.0%)
10	WOJTASIŃSKI Daniel	306	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:18:01	00:32:49.30	+00:02:41 (8.2%)	6:33	9.1 (91.0%)
11	BRZOZOWSKI Piotr	331	AKTYWNI POSTOMINO	M30-39	2			00:17:47	00:32:51.95	+00:02:44 (8.3%)	6:34	9.1 (91.0%)
12	MICHALSKI Andrzej	214		M60-64	1			00:18:16	00:32:54.05	+00:02:46 (8.4%)	6:34	9.1 (91.0%)
13	KŁYŚ Ryszard	180		M60-64	2			00:18:29	00:32:56.00	+00:02:48 (8.5%)	6:35	9.1 (91.0%)
14	SOKOŁOWSKI Marek	271	VINGBERG POLSKA - PTG 'SOKÓŁ' RYMANÓW	M55-59	2			00:17:52	00:33:03.05	+00:02:55 (8.8%)	6:36	9.1 (91.0%)
15	FRĄCKOWIAK Roman	144	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:18:38	00:33:06.00	+00:02:58 (9.0%)	6:37	9.1 (91.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time	Pace min/km	Pace km/h	
									5km			Gap
16	WOROCH Roman	307	KGHM METRACO RUDNA	M60-64	3			00:18:24	00:33:07.20	+00:02:59 (9.0%)	6:37	9.1 (91.0%)
17	OLSZAŃSKI Karol	228	FEAR THE RETURN	M45-49	1	1		00:18:14	00:33:10.40	+00:03:02 (9.2%)	6:38	9 (90.0%)
18	MARCZAK Tomasz	207	KS IDMAR RACING TEAM	M18-29	3	1		00:17:52	00:33:24.15	+00:03:16 (9.8%)	6:40	9 (90.0%)
19	PARZYBUT Jan	236	POSTĘP PNIEWY TEAM	M55-59	3	1		00:18:44	00:33:55.85	+00:03:48 (11.2%)	6:47	8.8 (88.0%)
20	KRAKOWSKI Jerzy Piotr	189	PTG SOKÓŁ 1893 MIELEC	M55-59	4			00:18:38	00:33:56.55	+00:03:48 (11.2%)	6:47	8.8 (88.0%)
21	ZACZYŃSKA-SKIBA Anna	314	MSPORT	K40-44	1	1		00:18:49	00:34:00.05	+00:03:52 (11.4%)	6:48	8.8 (88.0%)
22	PRZYSTARZ Grzegorz	254	OBORYGENI	M50-54	4	1		00:18:34	00:34:10.70	+00:04:03 (11.9%)	6:50	8.8 (88.0%)
23	BUL Dariusz	117	RUNNERSKI.PL	M45-49	2	2		00:19:28	00:34:15.90	+00:04:08 (12.1%)	6:51	8.8 (88.0%)
24	HELWICH Stefan	164	KGHM METRACO RUDNA	M65-69	1			00:19:02	00:34:26.40	+00:04:18 (12.5%)	6:53	8.7 (87.0%)
25	PASIERB Marek	326		M65-69	2			00:18:52	00:34:33.05	+00:04:25 (12.8%)	6:54	8.7 (87.0%)
26	ZAGAJA Janusz	315	WESOŁY BORSUK TEAM	M65-69	3	1		00:19:18	00:34:35.90	+00:04:28 (12.9%)	6:55	8.7 (87.0%)
27	MISZTAL Grzegorz	217	NORDIC ARMY	M30-39	3	1		00:18:32	00:34:41.30	+00:04:33 (13.1%)	6:56	8.6 (86.0%)
28	MAŁKA Marian	203		M60-64	4			00:19:23	00:34:44.00	+00:04:36 (13.3%)	6:56	8.6 (86.0%)
29	RE CZULSKI Mariusz	344	SMS EFEKT	M55-59	5			00:19:09	00:34:58.55	+00:04:50 (13.9%)	6:59	8.6 (86.0%)
30	UFEL Marcelina	293	MOSIR TKKF SATURN CZELADŹ	K-Jun.	1			00:19:08	00:35:10.00	+00:05:02 (14.3%)	7:02	8.5 (85.0%)
31	PILARZ Tomasz	244	NORDICUS STRZYBNICA	M40-44	3			00:19:05	00:35:18.40	+00:05:10 (14.7%)	7:03	8.5 (85.0%)
32	MROZIŃSKI Tadeusz	218	NORDICUS STRZYBNICA	M55-59	6	1		00:19:52	00:35:23.05	+00:05:15 (14.9%)	7:04	8.5 (85.0%)
33	CZEP CZAR Mariusz	127	HAGER SPORT TEAM	M40-44	4			00:19:15	00:35:25.55	+00:05:17 (15.0%)	7:05	8.5 (85.0%)
34	CZŁAPSKI Krzysztof	130	NW CZŁAPSKI TEAM	M55-59	7			00:19:36	00:35:28.20	+00:05:20 (15.1%)	7:05	8.5 (85.0%)
35	JÓZWI AK Marianna	174	SERCE NORDICA WŁO CŁAWEK	K45-49	1			00:19:45	00:35:28.55	+00:05:20 (15.1%)	7:05	8.5 (85.0%)
36	MA ŚLANKA Iwona	208	MARSZ PO ZDROWIE	K50-54	1			00:19:48	00:35:28.80	+00:05:21 (15.1%)	7:05	8.5 (85.0%)
37	MATECKI Ryszard	209	KGHM METRACO RUDNA	M70-74	1	1		00:19:39	00:35:29.35	+00:05:21 (15.1%)	7:05	8.5 (85.0%)
38	BO CZAR Beata	115		K55-59	1			00:19:39	00:35:36.40	+00:05:28 (15.4%)	7:07	8.4 (84.0%)
39	PASIŃSKA - SKOWRON Sylwia	237	PRUSZYŃSKI SPORT TEAM	K40-44	2			00:19:29	00:35:37.30	+00:05:29 (15.4%)	7:07	8.4 (84.0%)

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									5km			Gap
40	PUSZKARSKA Małgorzata	255	GOSADI NORDIC TEAM	K45-49	2			00:19:49	00:35:56.65	+00:05:49 (16.2%)	7:11	8.3 (83.0%)
41	OKRZESIK-FRĄCKOWIAK Izabela	225	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2			00:19:48	00:35:58.50	+00:05:50 (16.3%)	7:11	8.3 (83.0%)
42	CZMOCH Marian	131	PUKS ŁOSICE	M70-74	2			00:19:41	00:36:00.35	+00:05:52 (16.3%)	7:12	8.3 (83.0%)
43	KRUGIOŁKA Grzegorz	190	AKTYWNI W PNIEWACH	M30-39	4	1		00:19:50	00:36:10.95	+00:06:03 (16.7%)	7:14	8.3 (83.0%)
44	PALUDKIEWICZ Piotr	233		M50-54	5			00:19:41	00:36:17.30	+00:06:09 (17.0%)	7:15	8.3 (83.0%)
45	KROMSKI Paweł	41	NORDIC WALKING KIEKRZ POLAND	M50-54	6			00:20:21	00:36:54.55	+00:06:46 (18.4%)	7:22	8.1 (81.0%)
46	ZIĘBA Justyna	321		K30-39	2			00:20:04	00:36:57.00	+00:06:49 (18.5%)	7:23	8.1 (81.0%)
47	POKŁADOWSKA Joanna	249	WYCHODZĘ Z KIJAMI	K45-49	3			00:20:05	00:37:02.35	+00:06:54 (18.7%)	7:24	8.1 (81.0%)
48	KASPRZAK Tadeusz	177	BRAK	M- Niepełnosprawni(A)	1			00:20:15	00:37:06.45	+00:06:58 (18.8%)	7:25	8.1 (81.0%)
49	ŚLUSARCZYK Grzegorz	287	WESOŁY BORSUK TEAM	M45-49	3			00:20:40	00:37:24.75	+00:07:17 (19.5%)	7:28	8 (80.0%)
50	GRUSZKA Michał	157	ZESPÓŁ SZKÓŁ NR 1 IMIENIA ADAMA MICKIEWICZA	M-Jun.	1			00:20:55	00:37:25.90	+00:07:18 (19.5%)	7:29	8 (80.0%)
51	WALCZAK Grzegorz	296	NORDIC WALKING KIEKRZ POLAND	M45-49	4	1		00:20:39	00:37:28.15	+00:07:20 (19.6%)	7:29	8 (80.0%)
52	KOWACZ Agata	186		K30-39	3			00:20:42	00:37:36.30	+00:07:28 (19.9%)	7:31	8 (80.0%)
53	CIEŚLUK Marcin	123	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	2			00:20:52	00:37:42.50	+00:07:34 (20.1%)	7:32	8 (80.0%)
54	POLAK Łukasz	250	OBORYGENI	M40-44	5			00:20:15	00:37:46.20	+00:07:38 (20.2%)	7:33	7.9 (79.0%)
55	ZBYRYT Marek	319	AKTYWNA NOWA RUDA	M55-59	8			00:20:10	00:37:51.55	+00:07:43 (20.4%)	7:34	7.9 (79.0%)
56	GALICA-NIEPOKÓJ Agnieszka	145	BIESZCZADZKI KLUB NW/OSP WROCANKA	K30-39	4	1		00:20:38	00:37:52.70	+00:07:45 (20.5%)	7:34	7.9 (79.0%)
57	DUSZEŃKO Zygmunt	139	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	3			00:21:01	00:37:53.75	+00:07:46 (20.5%)	7:34	7.9 (79.0%)
58	HRYCIUK Teresa	166	TKKF KRZNA BIAŁA PODLASKA	K55-59	2			00:21:09	00:38:10.75	+00:08:03 (21.1%)	7:38	7.9 (79.0%)
59	DAROSZEWSKA Krystyna	133	SERCE NORDICA WŁOCLAWEK	K60-64	1			00:20:44	00:38:14.35	+00:08:06 (21.2%)	7:38	7.8 (78.0%)
60	STYGA Krystyna	278	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	3			00:21:16	00:38:17.75	+00:08:10 (21.3%)	7:39	7.8 (78.0%)
61	KOCOŃ Monika	181	OBORYGENI	K40-44	3			00:20:55	00:38:24.00	+00:08:16 (21.5%)	7:40	7.8 (78.0%)
62	ROMANIUK Grzegorz	343	KKNW KOLBUSZOWA	M- Niepełnosprawni(A)	4			00:20:59	00:38:26.40	+00:08:18 (21.6%)	7:41	7.8 (78.0%)

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									5km			Gap
63	MACIEJEWSKI Robert	334		M40-44	6	1		00:20:21	00:38:35.65	+00:08:28 (21.9%)	7:43	7.8 (78.0%)
64	WITUCKA Karolina	302		K-Dzieci	1	1		00:20:56	00:38:38.75	+00:08:31 (22.0%)	7:43	7.8 (78.0%)
65	UFEL Milena	292	MOSIR TKKF SATURN CZELADŹ	K-Dzieci	2	1		00:20:56	00:38:38.85	+00:08:31 (22.0%)	7:43	7.8 (78.0%)
66	SZYBUT Weronika	283	POTĘGA NORDICA	K-Dzieci	3	1		00:20:57	00:38:39.85	+00:08:32 (22.1%)	7:43	7.8 (78.0%)
67	PINTAK Artur	246		M40-44	7			00:21:09	00:38:41.30	+00:08:33 (22.1%)	7:44	7.8 (78.0%)
68	MARCHEWKA Andrzej	206	13 ŚLĄSKA BRYGADA OT KATOWICE	M60-64	5	1		00:21:21	00:38:43.35	+00:08:35 (22.2%)	7:44	7.7 (77.0%)
69	GRYGOROWICZ Bogdan	158	KGHM METRACO RUDNA	M-Niepełnosprawni(B)	1			00:21:56	00:38:53.85	+00:08:46 (22.5%)	7:46	7.7 (77.0%)
70	LIBARDI-KŁYŚ Sylwia	198		K60-64	2			00:21:25	00:38:58.70	+00:08:51 (22.7%)	7:47	7.7 (77.0%)
71	SZENDZIELORZ Ilona	281	MALINOWE GWIAZDY	K60-64	3			00:21:26	00:39:01.85	+00:08:54 (22.8%)	7:48	7.7 (77.0%)
72	PUSZKARSKI Adam	256	GOSADI NORDIC TEAM	M-Dzieci	1			00:20:52	00:39:02.35	+00:08:54 (22.8%)	7:48	7.7 (77.0%)
73	CIESIELSKI Krzysztof	122	FAST WALKER	M65-69	4			00:21:38	00:39:04.20	+00:08:56 (22.9%)	7:48	7.7 (77.0%)
74	STANISŁAWSKI Jan	274	MARSZ PO ZDROWIE	M60-64	6			00:21:54	00:39:08.70	+00:09:01 (23.0%)	7:49	7.7 (77.0%)
75	ZBYRYT Halina	318	AKTYWNA NOWA RUDA	K45-49	4			00:21:49	00:39:10.45	+00:09:02 (23.1%)	7:50	7.7 (77.0%)
76	ZIĘBA Mariusz	322		M30-39	5	1		00:21:48	00:39:12.15	+00:09:04 (23.1%)	7:50	7.7 (77.0%)
77	BURZA Lidia	118	KGHM METRACO RUDNA	K40-44	4			00:21:44	00:39:35.20	+00:09:27 (23.9%)	7:55	7.6 (76.0%)
78	ZAWADZKI Krzysztof	316	WETERAN	M65-69	5			00:21:59	00:39:40.45	+00:09:32 (24.1%)	7:56	7.6 (76.0%)
79	WÓJCIK Jacek	312	STĘSZEW TEAM	M55-59	9	1		00:21:42	00:39:41.90	+00:09:34 (24.1%)	7:56	7.6 (76.0%)
80	RYBAŁTOWSKI Paweł	264	OBORYGENI	M75-79	1	1		00:22:30	00:39:44.25	+00:09:36 (24.2%)	7:56	7.6 (76.0%)
81	PASZKOWSKI Leszek	239	KGHM METRACO RUDNA	M40-44	8			00:21:43	00:39:45.85	+00:09:38 (24.2%)	7:57	7.5 (75.0%)
82	SIENKIEWICZ Ewelina	268	AEROGIRLS	K30-39	5			00:22:35	00:39:52.30	+00:09:44 (24.4%)	7:58	7.5 (75.0%)
83	KRYŚ Artur	191		M50-54	7			00:21:24	00:39:58.50	+00:09:50 (24.6%)	7:59	7.5 (75.0%)
84	ZAWIERUCHA Irena	317	AEROGIRLS	K55-59	4			00:22:38	00:40:06.75	+00:09:59 (24.9%)	8:01	7.5 (75.0%)
85	GÓRAL Andrzej	153	KGHM METRACO RUDNA	M-Niepełnosprawni(A)	5			00:22:01	00:40:07.40	+00:09:59 (24.9%)	8:01	7.5 (75.0%)
86	LEGOCKA Kinga	197	NORDIC WALKING KIEKRZ POLAND	K45-49	5			00:22:08	00:40:10.80	+00:10:03 (25.0%)	8:02	7.5 (75.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time		Pace min/km	Pace km/h
									5km	Gap		
87	WÓJCIK Barbara	309	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K50-54	3			00:22:16	00:40:13.25	+00:10:05 (25.1%)	8:02	7.5 (75.0%)
88	KUCZYŃSKA Anna	193	NORDIC WALKING KIEKRZ POLAND	K60-64	4			00:22:38	00:40:17.05	+00:10:09 (25.2%)	8:03	7.4 (74.0%)
89	NIEDŹWIECKA Małgorzata	221	NORDIC TEAM CZĘSTOCHOWA	K60-64	5			00:22:29	00:40:21.50	+00:10:13 (25.3%)	8:04	7.4 (74.0%)
90	ROCHNIA Kasia	258	NORDICUS STRZYBNICA	K40-44	5			00:22:20	00:40:26.35	+00:10:18 (25.5%)	8:05	7.4 (74.0%)
91	DYLEWICZ Weronika	141	EKSTREMUM	K18-29	2			00:22:16	00:40:28.90	+00:10:21 (25.6%)	8:05	7.4 (74.0%)
92	KUREK Aleksander	196	KGHM METRACO RUDNA	M-Dzieci	2			00:21:15	00:40:29.15	+00:10:21 (25.6%)	8:05	7.4 (74.0%)
93	KRUK- POPEK Katarzyna	342		K40-44	6			00:22:09	00:40:31.15	+00:10:23 (25.6%)	8:06	7.4 (74.0%)
94	CZEREBA Wiesław	128		M40-44	9			00:22:33	00:40:55.95	+00:10:48 (26.4%)	8:11	7.3 (73.0%)
95	SAPUŁA Wiktoria	267		K18-29	3			00:23:02	00:40:59.35	+00:10:51 (26.5%)	8:11	7.3 (73.0%)
96	DUDEK Barbara	136		K55-59	5			00:22:32	00:41:05.25	+00:10:57 (26.7%)	8:13	7.3 (73.0%)
97	PALUCH Paweł	232	AVOCADO WELLNESS CLUB	M55-59	10			00:22:26	00:41:11.75	+00:11:04 (26.9%)	8:14	7.3 (73.0%)
98	KĘPA Andrzej	36	FAMILY TEAM KĘPA SPORT	M70-74	3			00:23:08	00:41:17.35	+00:11:09 (27.0%)	8:15	7.3 (73.0%)
99	ROGOWSKA Marta	259	NORDIC WALKING KIEKRZ POLAND	K50-54	4			00:22:43	00:41:19.15	+00:11:11 (27.1%)	8:15	7.3 (73.0%)
100	STONCEL Mieczysław	275	GRUPA BIEGOWA DZIKOWIEC I NORDIC WALKING	M55-59	11			00:21:54	00:41:22.95	+00:11:15 (27.2%)	8:16	7.3 (73.0%)
101	PIĄTKOWSKI Józef	241	KGHM METRACO.RUDNA	M75-79	2			00:23:31	00:41:27.35	+00:11:19 (27.3%)	8:17	7.2 (72.0%)
102	FRANCZAK Dariusz	143	NW CZŁAPSKI TEAM	M55-59	12			00:23:02	00:41:35.70	+00:11:28 (27.6%)	8:19	7.2 (72.0%)
103	GAŁKOWSKA Elżbieta	146	MARSZ PO ZDROWIE	K65-69	1			00:23:21	00:41:35.95	+00:11:28 (27.6%)	8:19	7.2 (72.0%)
104	DUDEK Leszek	19	KGHM METRACO RUDNA	M70-74	4			00:23:56	00:41:38.65	+00:11:31 (27.7%)	8:19	7.2 (72.0%)
105	GRUSZKA Michał	156	ETHOENERGY POLANDS.A.	M45-49	5			00:23:03	00:41:44.50	+00:11:36 (27.8%)	8:20	7.2 (72.0%)
106	CZUBASIEWICZ Monika	132	NORDICUS STRZYBNICA	K50-54	5			00:23:23	00:41:57.10	+00:11:49 (28.2%)	8:23	7.2 (72.0%)
107	DYBEŁ Agnieszka	140	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			00:23:22	00:41:58.60	+00:11:50 (28.2%)	8:23	7.1 (71.0%)
108	SZYMAŃSKI Stefan	286	SERCE NORDICA WŁOCLAWEK	M70-74	5			00:23:14	00:41:59.85	+00:11:52 (28.3%)	8:23	7.1 (71.0%)
109	ROSAK Weronika	262	TRENUJENORDICWALKING.PL	K30-39	6			00:23:34	00:42:01.55	+00:11:53 (28.3%)	8:24	7.1 (71.0%)
110	SOMIAK Marta	272	NORDICUS STRZYBNICA	K40-44	7			00:23:37	00:42:03.45	+00:11:55 (28.4%)	8:24	7.1 (71.0%)

Place	Participant	Number	Club	Category	Żół. Czer.		2.5km	Net	Gap	Pace	Pace
					MCat	kartki		time			
111	PIETRZYK Anna	242		K-Niepełnosprawni(A)	2		00:23:24	00:42:06.05	+00:11:58 (28.4%)	8:25	7.1 (71.0%)
112	BARCZYK Jolanta	114	ZABIEGANI CZĘSTOCHOWA	K60-64	6		00:23:21	00:42:06.15	+00:11:58 (28.4%)	8:25	7.1 (71.0%)
113	ŚLUSARCZYK Karolina	290	WESOŁY BORSUK TEAM	K-Jun.	2		00:23:19	00:42:06.60	+00:11:58 (28.5%)	8:25	7.1 (71.0%)
114	CZEMPIK Kornelia	126	MALINOWE GWIAZDY	K55-59	6		00:24:09	00:42:08.55	+00:12:00 (28.5%)	8:25	7.1 (71.0%)
115	OKULSKA Beata	226		K50-54	6		00:23:21	00:42:10.45	+00:12:02 (28.6%)	8:26	7.1 (71.0%)
116	OLSZAŃSKA Jolka	1	FEAR THE RETURN	K45-49	6		00:23:17	00:42:20.80	+00:12:13 (28.9%)	8:28	7.1 (71.0%)
117	PRYZYSTARZ Anna	253	OBORYGENI	K45-49	7		00:24:04	00:42:30.60	+00:12:22 (29.1%)	8:30	7.1 (71.0%)
118	HADACZEK Karolina	162	NORDIC WALKING KIEKRZ POLAND	K50-54	7		00:23:24	00:42:34.30	+00:12:26 (29.2%)	8:30	7 (70.0%)
119	GRYGOROWICZ Teresa	159	KGHM METRACO RUDNA	K65-69	2		00:23:38	00:42:36.50	+00:12:28 (29.3%)	8:31	7 (70.0%)
120	GUTOWSKA Magdalena	160	PAUL TEAM	K45-49	8		00:23:07	00:42:39.55	+00:12:31 (29.4%)	8:31	7 (70.0%)
121	HANUS Joanna	163	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	1		00:23:26	00:42:41.70	+00:12:34 (29.4%)	8:32	7 (70.0%)
122	MRULA Ewa	219	EKM LUBUSKIE MORSY	K45-49	9		00:22:53	00:42:43.90	+00:12:36 (29.5%)	8:32	7 (70.0%)
123	WROTECKA Agata	313	NORDIC WALKING KIEKRZ POLAND	K40-44	8		00:23:38	00:42:54.70	+00:12:47 (29.8%)	8:34	7 (70.0%)
124	ADAMOWICZ Andrzej	112		M75-79	3		00:24:13	00:43:10.10	+00:13:02 (30.2%)	8:38	6.9 (69.0%)
125	KOCOŃ Sylwia	182		K40-44	9		00:23:48	00:43:11.30	+00:13:03 (30.2%)	8:38	6.9 (69.0%)
126	NIEŚŁONY Ryszard	222	MALINOWE GWIAZDY	M60-64	7		00:24:34	00:43:22.95	+00:13:15 (30.6%)	8:40	6.9 (69.0%)
127	REMISZEWSKI Adam	257	UTW OLEŚNICA	M75-79	4		00:24:08	00:43:24.05	+00:13:16 (30.6%)	8:40	6.9 (69.0%)
128	CZEREBA Joanna	129		K40-44	10		00:24:20	00:43:29.95	+00:13:22 (30.7%)	8:41	6.9 (69.0%)
129	LUDWICZAK Lena	201	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-Dzieci	4		00:23:27	00:43:34.25	+00:13:26 (30.9%)	8:42	6.9 (69.0%)
130	JÓZWIAK Łukasz	172	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(B)	2	1	00:25:17	00:43:43.05	+00:13:35 (31.1%)	8:44	6.9 (69.0%)
131	SZYMAŃSKA KOZIOŁ Monika	285	EKM LUBUSKIE MORSY	K40-44	11		00:24:26	00:44:01.00	+00:13:53 (31.6%)	8:48	6.8 (68.0%)
132	WŁODARCZYK Aneta	304		K45-49	10		00:24:25	00:44:05.85	+00:13:58 (31.7%)	8:49	6.8 (68.0%)
133	MIKOŁAJEWICZ Wioletta	216		K45-49	11		00:24:04	00:44:25.35	+00:14:17 (32.2%)	8:53	6.8 (68.0%)
134	PASZKOWSKA Maria	238	KGHM METRACO RUDNA	K40-44	12		00:24:57	00:44:26.35	+00:14:18 (32.2%)	8:53	6.8 (68.0%)

Place	Participant	Number	Club	Category	Żół. Czer.		2.5km	Net	Gap	Pace	Pace
					MCat	kartki		time			
135	HILGNER Katarzyna	165	NORDICUS STRZYBNICA	K50-54	8		00:25:28	00:44:29.20	+00:14:21 (32.3%)	8:53	6.7 (67.0%)
136	STACHERA Ewa	273	OBORYGENI	K45-49	12		00:24:22	00:44:31.75	+00:14:24 (32.3%)	8:54	6.7 (67.0%)
137	PRZYBYŁAK Stanisław	70	PRZYBYŁAK TEAM	M75-79	5		00:25:09	00:44:43.75	+00:14:36 (32.6%)	8:56	6.7 (67.0%)
138	KUREK Aleksandra	195	KGHM METRACO RUDNA	K30-39	7		00:24:46	00:44:50.10	+00:14:42 (32.8%)	8:58	6.7 (67.0%)
139	GÓRSKI Henryk	155	UTW OLEŚNICA	M70-74	6		00:24:47	00:44:51.80	+00:14:44 (32.8%)	8:58	6.7 (67.0%)
140	STONCEL Barbara	276	GRUPA BIEGOWA DZIKOWIEC I NORDIC WALKING	K45-49	13		00:25:19	00:44:57.15	+00:14:49 (33.0%)	8:59	6.7 (67.0%)
141	JAGODZIŃSKI Andrzej	168		M60-64	8		00:24:40	00:44:58.90	+00:14:51 (33.0%)	8:59	6.7 (67.0%)
142	LUBAŃSKA Leokadia	199	SERCE NORDICA WŁOCLAWEK	K- Niepełnosprawni(A)	3		00:24:48	00:45:04.60	+00:14:56 (33.2%)	9:00	6.7 (67.0%)
143	LUBAŃSKI Tomasz	200	SERCE NORDICA WŁOCLAWEK	M60-64	9		00:25:32	00:45:15.75	+00:15:08 (33.4%)	9:03	6.6 (66.0%)
144	SZWED Dorota	87		K- Niepełnosprawni(A)	4		00:25:17	00:45:27.55	+00:15:19 (33.7%)	9:05	6.6 (66.0%)
145	WŁODARCZYK Małgorzata	305		K50-54	9		00:25:54	00:45:30.65	+00:15:23 (33.8%)	9:06	6.6 (66.0%)
146	MAŁKA Irena	204		K65-69	3		00:25:25	00:46:12.25	+00:16:04 (34.8%)	9:14	6.5 (65.0%)
147	GUTOWSKI Paweł	161	PAUL TEAM	M- Niepełnosprawni(A)	6		00:26:43	00:46:15.00	+00:16:07 (34.9%)	9:15	6.5 (65.0%)
148	MIKOŁAJCZYK Arkadiusz	215	PREDATORS WAŁBRZYCH	M50-54	8		00:25:52	00:46:16.75	+00:16:09 (34.9%)	9:15	6.5 (65.0%)
149	MATUKIN-PAKUSZYŃSKA Anna	210		K45-49	14		00:26:30	00:46:28.60	+00:16:20 (35.2%)	9:17	6.5 (65.0%)
150	SZAŁAJ Anna	280	KGHM MERTACO RUDNA	K- Niepełnosprawni(B)	2	1	00:25:59	00:46:48.40	+00:16:40 (35.6%)	9:21	6.4 (64.0%)
151	PILARZ Zuzanna	243	NORDICUS STRZYBNICA	K30-39	8		00:25:56	00:47:00.85	+00:16:53 (35.9%)	9:24	6.4 (64.0%)
152	SZYMAŃSKA Lucyna	284	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K70-74	1		00:26:16	00:47:16.50	+00:17:08 (36.3%)	9:27	6.3 (63.0%)
153	NOGA Bolesław	57	ZESPÓŁ NIESPOKOJNYCH NÓG	M65-69	6			00:47:33.00	+00:17:25 (36.6%)	9:30	6.3 (63.0%)
154	KUCZYŃSKI Włodzimierz	194	NORDIC WALKING KIEKRZ POLAND	M60-64	10		00:25:58	00:47:37.50	+00:17:29 (36.7%)	9:31	6.3 (63.0%)
155	ARTYMICZ Maria	113		K65-69	4		00:27:12	00:47:44.55	+00:17:36 (36.9%)	9:32	6.3 (63.0%)
156	PNIEWSKA Grażyna	248	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K50-54	10		00:25:47	00:47:52.30	+00:17:44 (37.1%)	9:34	6.3 (63.0%)
157	ADAMIAK Anna	111	NW CZĘŁPSKI TEAM	K40-44	13		00:26:37	00:47:53.25	+00:17:45 (37.1%)	9:34	6.3 (63.0%)
158	PAWLACZYK Marian	269		M80+	1		00:27:09	00:48:02.55	+00:17:54 (37.3%)	9:36	6.2 (62.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time		Pace min/km	Pace km/h
									5km	Gap		
159	WIŚNIEWKA Iwona	327		K45-49	15			00:27:23	00:48:04.10	+00:17:56 (37.3%)	9:36	6.2 (62.0%)
160	JASIK Beata	171		K40-44	14			00:28:32	00:48:50.80	+00:18:43 (38.3%)	9:46	6.1 (61.0%)
161	IGRAS Leokadia	167		K55-59	7			00:26:58	00:49:13.70	+00:19:06 (38.8%)	9:50	6.1 (61.0%)
162	ZIELSKA Justyna	320		K30-39	9			00:28:07	00:49:19.60	+00:19:11 (38.9%)	9:51	6.1 (61.0%)
163	BREGUŁA Ewa	116	NORDICUS STRZYBNICA	K50-54	11			00:26:52	00:49:30.25	+00:19:22 (39.1%)	9:54	6.1 (61.0%)
164	PILARZ Dominika	245	NORDICUS STRZYBNICA	K-Dzieci	5			00:26:39	00:49:36.00	+00:19:28 (39.3%)	9:55	6 (60.0%)
165	WOŹNY Aleksandra	308		K45-49	16			00:28:49	00:50:04.85	+00:19:57 (39.8%)	10:00	6 (60.0%)
166	GOSPODARCZYK Natalia	152	AZS ŚUM KATOWICE	K18-29	4			00:27:22	00:50:07.00	+00:19:59 (39.9%)	10:01	6 (60.0%)
167	MANSFELD Dorota	205	NORDICUS STRZYBNICA	K45-49	17			00:27:31	00:50:07.80	+00:20:00 (39.9%)	10:01	6 (60.0%)
168	WÓJCIK Henryk	311	UTW OLEŚNICA	M80+	2			00:28:35	00:50:10.05	+00:20:02 (39.9%)	10:02	6 (60.0%)
169	TORENC Małgorzata	291	EKM LUBUSKIE MORSY	K-Niepełnosprawni(A)	5			00:28:23	00:50:19.45	+00:20:11 (40.1%)	10:03	6 (60.0%)
170	OLSZEWSKI Wiktor	229		M18-29	4			00:28:13	00:50:22.40	+00:20:14 (40.2%)	10:04	6 (60.0%)
171	ŚLUSARCZYK Danuta	289	WESOŁY BORSUK TEAM	K65-69	5			00:28:12	00:50:26.15	+00:20:18 (40.3%)	10:05	5.9 (59.0%)
172	MĘDRAK Józef	213		M65-69	7			00:29:03	00:50:30.75	+00:20:23 (40.4%)	10:06	5.9 (59.0%)
173	PISARSKA Barbara	247	NORDICUS STRZYBNICA	K50-54	12			00:28:54	00:50:41.15	+00:20:33 (40.6%)	10:08	5.9 (59.0%)
174	KOCZUR Dorota	183	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	6			00:29:07	00:51:34.90	+00:21:27 (41.6%)	10:18	5.8 (58.0%)
175	MĘDRAK Alicja	212		K60-64	7			00:29:35	00:51:39.90	+00:21:32 (41.7%)	10:19	5.8 (58.0%)
176	DRYNDĄ Franciszek	135	NORDICUS STRZYBNICA	M70-74	7			00:28:30	00:51:40.40	+00:21:32 (41.7%)	10:20	5.8 (58.0%)
177	WALCZAK Henryk	295	NORDIC WALKING KIEKRZ POLAND	M80+	3			00:28:59	00:51:41.35	+00:21:33 (41.7%)	10:20	5.8 (58.0%)
178	KASIŃSKA-MACHAJEK Krystyna	176	STOWARZYSZENIE TRANSPLANTACJI SERCA	K60-64	8			00:28:13	00:51:42.50	+00:21:34 (41.7%)	10:20	5.8 (58.0%)
179	PROSZOWSKA Aleksandra	252	NORDICUS STRZYBNICA	K40-44	15			00:30:11	00:51:57.90	+00:21:50 (42.0%)	10:23	5.8 (58.0%)
180	ZYGMUNT Sylwana	323	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K50-54	13			00:28:10	00:52:00.00	+00:21:52 (42.1%)	10:24	5.8 (58.0%)
181	CATUS Szymon	338	KGHM CUPRUM RUDNA	M-Dzieci	3			00:26:51	00:52:27.75	+00:22:20 (42.6%)	10:29	5.7 (57.0%)
182	KOZAK Teresa	187	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	9			00:28:34	00:52:28.15	+00:22:20 (42.6%)	10:29	5.7 (57.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time	Gap	Pace min/km	Pace km/h
									5km			
183	PAJĘCKI Adam	231	PARAKULOS KOWAL	M-Niepełnosprawni(B)	3	1		00:30:02	00:53:00.00	+00:22:52 (43.2%)	10:36	5.7 (57.0%)
184	SZYBUT Roma	282	POTĘGA NORDICA	K30-39	10			00:29:55	00:53:25.05	+00:23:17 (43.6%)	10:41	5.6 (56.0%)
185	PANKIEWICZ-DMOWSKA Cecylia	235		K70-74	2			00:29:39	00:53:48.05	+00:23:40 (44.0%)	10:45	5.6 (56.0%)
186	SMOCZYŃSKA OGŁUDEK Katarzyna	270		K-Niepełnosprawni(A)	6			00:28:57	00:53:51.20	+00:23:43 (44.1%)	10:46	5.6 (56.0%)
187	OWCZAREK Henryka	230	MARSZ PO ZDROWIE	K75-79	1			00:31:01	00:54:21.60	+00:24:13 (44.6%)	10:52	5.5 (55.0%)
188	MAZURKIEWICZ Krystyna	211	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	7			00:31:48	00:54:48.35	+00:24:40 (45.0%)	10:57	5.5 (55.0%)
189	DURDA Józefa	138	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K55-59	8			00:30:51	00:54:51.45	+00:24:43 (45.1%)	10:58	5.5 (55.0%)
190	KOŁODZIEJ Halina	184	KOLBUSZOWSKI KLUB NORDIC WALKING	K70-74	3			00:31:31	00:55:03.35	+00:24:55 (45.3%)	11:00	5.4 (54.0%)
191	NOWAK Zofia	224		K60-64	10			00:29:32	00:55:16.70	+00:25:09 (45.5%)	11:03	5.4 (54.0%)
192	JAGODZŃSKA Bożena	169		K60-64	11			00:31:27	00:55:29.05	+00:25:21 (45.7%)	11:05	5.4 (54.0%)
193	IGRAS Mieczysław	27	RUNNERS TEAM NYSA	M60-64	11			00:33:55	00:56:11.35	+00:26:03 (46.4%)	11:14	5.3 (53.0%)
194	CZAPLIŃSKA-HOWIS Ewa	125	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K50-54	14			00:31:33	00:56:15.45	+00:26:07 (46.4%)	11:15	5.3 (53.0%)
195	STUDNICKI Ryszard	339		M75-79	6			00:31:21	00:56:37.45	+00:26:29 (46.8%)	11:19	5.3 (53.0%)
196	RYDZEWSKA Beata	265		K45-49	18			00:31:30	00:57:13.55	+00:27:05 (47.4%)	11:26	5.2 (52.0%)
197	ŚLUSARCZYK Błażej	288	WESOŁY BORSUK TEAM	M-Dzieci	4			00:30:08	00:57:37.20	+00:27:29 (47.7%)	11:31	5.2 (52.0%)
198	MACHAJEK Krzysztof	202	STOWARZYSZENIE TRANSPLANTACJI SERCA	M-Niepełnosprawni(A)	7			00:31:55	00:57:55.90	+00:27:48 (48.0%)	11:35	5.2 (52.0%)
199	BARABACH Danuta	2		K65-69	8			00:33:48	00:58:16.50	+00:28:08 (48.3%)	11:39	5.1 (51.0%)
200	JÓŻWIAK Dominik	173	SERCE NORDICA WŁOCLAWEK	M18-29	5			00:32:07	00:58:21.95	+00:28:14 (48.4%)	11:40	5.1 (51.0%)
201	WÓJCIK Irena	310	UTW OLEŚNICA	K75-79	2			00:34:34	00:58:36.90	+00:28:29 (48.6%)	11:43	5.1 (51.0%)
202	GÓRSKA Małgorzata	154	UTW OLEŚNICA	K65-69	9			00:34:04	00:59:01.00	+00:28:53 (49.0%)	11:48	5.1 (51.0%)
203	JAKIMIUK Marzena	170		K60-64	12			00:34:15	00:59:01.10	+00:28:53 (49.0%)	11:48	5.1 (51.0%)
204	ŁUSZCZKI Karolina	348		K30-39	11				01:24:05.10	+00:53:57 (64.2%)	16:49	3.6 (36.0%)
205	WIWNICKA Agata	349		K30-39	12				01:24:05.35	+00:53:57 (64.2%)	16:49	3.6 (36.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
206	PANTERAŁKA Urszula	345		K45-49	19				01:24:06.40	+00:53:58 (64.2%)	16:49	3.6 (36.0%)
207	WITAS Halina	347		K70-74	4				01:24:07.30	+00:53:59 (64.2%)	16:49	3.6 (36.0%)
208	KOMOROWSKI Maciej	328		M50-54	9			00:21:55		+00:05:24	8:46	6.8 (68.0%)
209		340						24574:35:51		+	589790:20	0 (0.0%)
DQ	WALCZAK Ryszard	294		M70-74			1	00:19:44 DQ	00:35:33.05 DQ		0:00	8.4 (84.0%)
DQ	ŻBIKOWSKI Wacław	324		M70-74			1	00:20:51 DQ	00:38:54.10 DQ		0:00	7.7 (77.0%)
DNC	WILAMOWSKI Michał	298	OBORYGENI	M30-39								(0.0%)

Total 212 results.