



# POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Event:** POLANICA - PUCHAR POLSKI NORDIC WALKING  
**Organiser:** PFNW  
**Date:** 2017-07-08  
**Place:** Polanica  
**Distance:** 10 km



Classification: All

| Place | Participant                | Number     | Club                           | Category | MCat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Net time 10km      | Gap               | Pace min/km | Pace km/h   |
|-------|----------------------------|------------|--------------------------------|----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|-------------------|-------------|-------------|
| 1     | <b>KLICZKA Kamil</b>       | <b>327</b> | SANPROBI SZCZECIN              | M40-49   | 1    |             |              | 00:14:57        | 00:30:50      | 00:46:55        | <b>01:02:53.50</b> |                   | 6:17        | 9.5 (100%)  |
| 2     | <b>NIECHWIEJCZYK Piotr</b> | <b>343</b> | UNIA MIAST                     | M40-49   | 2    |             |              | 00:15:15        | 00:31:04      | 00:47:05        | <b>01:03:03.80</b> | +00:00:10 (0.3%)  | 6:18        | 9.5 (100%)  |
| 3     | <b>HELWICH Stefan</b>      | <b>320</b> | KS METRACO POLKOWICE           | M60-69   | 1    |             |              | 00:15:00        | 00:31:02      | 00:47:29        | <b>01:04:08.75</b> | +00:01:15 (2.0%)  | 6:24        | 9.4 (98.9%) |
| 4     | <b>WOJTASIŃSKI Daniel</b>  | <b>378</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39   | 1    |             |              | 00:15:28        | 00:31:39      | 00:48:04        | <b>01:04:37.05</b> | +00:01:43 (2.7%)  | 6:27        | 9.3 (97.9%) |
| 5     | <b>SIWAK Piotr</b>         | <b>359</b> | KS METRACO POLKOWICE           | M50-59   | 1    |             |              | 00:15:25        | 00:31:57      | 00:48:45        | <b>01:06:08.90</b> | +00:03:15 (4.9%)  | 6:36        | 9.1 (95.8%) |
| 6     | <b>JĘDRASIAK Renata</b>    | <b>323</b> | KS METRACO POLKOWICE           | K50-59   | 1    |             |              | 00:16:43        | 00:33:44      | 00:50:51        | <b>01:07:53.80</b> | +00:05:00 (7.4%)  | 6:47        | 8.8 (92.6%) |
| 7     | <b>PUSZKIEL Adrian</b>     | <b>351</b> | GREEN TEAM ZIELONA GÓRA        | M18-29   | 1    |             |              | 00:15:51        | 00:32:52      | 00:50:18        | <b>01:08:19.00</b> | +00:05:25 (7.9%)  | 6:49        | 8.8 (92.6%) |
| 8     | <b>DMOWSKA Aneta</b>       | <b>310</b> | UNIA MIAST                     | K40-49   | 1    |             |              | 00:16:24        | 00:33:35      | 00:50:57        | <b>01:08:25.85</b> | +00:05:32 (8.1%)  | 6:50        | 8.8 (92.6%) |
| 9     | <b>SMUL Andrzej</b>        | <b>360</b> | MARSZ PO ZDROWIE               | M60-69   | 2    |             |              | 00:16:30        | 00:33:40      | 00:51:19        | <b>01:09:38.25</b> | +00:06:44 (9.7%)  | 6:57        | 8.6 (90.5%) |
| 10    | <b>SPYCHAŁA Marzena</b>    | <b>362</b> | WESOŁY BORSUK TEAM             | K40-49   | 2    |             |              | 00:16:50        | 00:34:19      | 00:51:58        | <b>01:09:51.85</b> | +00:06:58 (10.0%) | 6:59        | 8.6 (90.5%) |
| 11    | <b>KOWALSKI Marek</b>      | <b>332</b> | UNIA MIAST                     | M50-59   | 2    |             |              | 00:17:12        | 00:34:51      | 00:52:41        | <b>01:10:16.05</b> | +00:07:22 (10.5%) | 7:01        | 8.5 (89.5%) |
| 12    | <b>KOLARSKA Agnieszka</b>  | <b>328</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | K30-39   | 1    |             |              | 00:16:59        | 00:34:44      | 00:53:00        | <b>01:11:24.95</b> | +00:08:31 (11.9%) | 7:08        | 8.4 (88.4%) |
| 13    | <b>SZPILMAN Katarzyna</b>  | <b>369</b> | FACE NORDIC WALKING TEAM       | K40-49   | 3    |             |              | 00:16:57        | 00:34:44      | 00:52:59        | <b>01:11:33.25</b> | +00:08:39 (12.1%) | 7:09        | 8.4 (88.4%) |
| 14    | <b>STYRC Bernard</b>       | <b>365</b> | RYBNICKI KLUB NORDIC WALKING   | M40-49   | 3    |             |              | 00:17:06        | 00:34:48      | 00:53:18        | <b>01:11:47.00</b> | +00:08:53 (12.4%) | 7:10        | 8.4 (88.4%) |

| Place | Participant                    | Number     | Club                           | Category | MCat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Net time           | Gap               | Pace min/km | Pace km/h   |
|-------|--------------------------------|------------|--------------------------------|----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|-------------------|-------------|-------------|
|       |                                |            |                                |          |      |             |              |                 |               |                 | 10km               |                   |             |             |
| 15    | <b>ŁUKASZEWICZ Joanna</b>      | <b>339</b> | GREEN TEAM ZIELONA GÓRA        | K40-49   | 4    |             |              | 00:17:18        | 00:35:23      | 00:53:39        | <b>01:11:47.50</b> | +00:08:54 (12.4%) | 7:10        | 8.4 (88.4%) |
| 16    | <b>WROŃSKI Włodzimierz</b>     | <b>381</b> | PASJA NORDIC WALKING           | M60-69   | 3    |             |              | 00:17:20        | 00:35:16      | 00:53:25        | <b>01:11:48.80</b> | +00:08:55 (12.4%) | 7:10        | 8.4 (88.4%) |
| 17    | <b>NETKOWSKI Wojciech</b>      | <b>342</b> | PASJA NORDIC WALKING           | M50-59   | 3    |             |              | 00:17:16        | 00:35:23      | 00:53:42        | <b>01:12:11.05</b> | +00:09:17 (12.9%) | 7:13        | 8.3 (87.4%) |
| 18    | <b>KAWCZYŃSKI Zbigniew</b>     | <b>326</b> | RYBNICKI KLUB NORDIC WALKING   | M60-69   | 4    |             |              | 00:17:50        | 00:35:50      | 00:54:06        | <b>01:12:12.60</b> | +00:09:19 (12.9%) | 7:13        | 8.3 (87.4%) |
| 19    | <b>KORYTOWSKA Agnieszka</b>    | <b>331</b> | NW WERWA MŁAWA                 | K30-39   | 2    |             |              | 00:17:02        | 00:34:59      | 00:53:28        | <b>01:12:17.80</b> | +00:09:24 (13.0%) | 7:13        | 8.3 (87.4%) |
| 20    | <b>RYZIŃSKI Jarek</b>          | <b>357</b> | RYBNICKI KLUB NORDIC WALKING   | M40-49   | 4    |             |              | 00:17:35        | 00:35:50      | 00:54:06        | <b>01:12:36.10</b> | +00:09:42 (13.4%) | 7:15        | 8.3 (87.4%) |
| 21    | <b>WIEŃSKO Ryszard</b>         | <b>375</b> |                                | M60-69   | 5    | 1           |              | 00:17:42        | 00:35:52      | 00:54:35        | <b>01:13:11.90</b> | +00:10:18 (14.1%) | 7:19        | 8.2 (86.3%) |
| 22    | <b>RACŁAWSKI Jan</b>           | <b>353</b> | AMATOR                         | M60-69   | 6    |             |              | 00:17:48        | 00:36:09      | 00:54:51        | <b>01:13:13.90</b> | +00:10:20 (14.1%) | 7:19        | 8.2 (86.3%) |
| 23    | <b>ŚLUSARCZYK Marcin</b>       | <b>370</b> | WESOŁY BORSUK TEAM             | M30-39   | 2    |             |              | 00:17:31        | 00:35:58      | 00:54:36        | <b>01:13:16.20</b> | +00:10:22 (14.2%) | 7:19        | 8.2 (86.3%) |
| 24    | <b>CZAJKA Urszula</b>          | <b>309</b> |                                | K60-69   | 1    |             |              | 00:17:46        | 00:35:55      | 00:54:31        | <b>01:13:33.70</b> | +00:10:40 (14.5%) | 7:21        | 8.2 (86.3%) |
| 25    | <b>PASIŃSKA-SKOWRON Sylwia</b> | <b>346</b> | PRUSZYŃSKI NORDIC WALKING      | K40-49   | 5    |             |              | 00:17:31        | 00:35:51      | 00:54:39        | <b>01:13:38.90</b> | +00:10:45 (14.6%) | 7:21        | 8.1 (85.3%) |
| 26    | <b>DUSIEL Ewa</b>              | <b>314</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | K50-59   | 2    |             |              | 00:17:49        | 00:36:12      | 00:55:00        | <b>01:13:49.20</b> | +00:10:55 (14.8%) | 7:22        | 8.1 (85.3%) |
| 27    | <b>MIKSIK Zdenek</b>           | <b>384</b> |                                | M50-59   | 4    |             |              | 00:17:47        | 00:36:22      | 00:54:57        | <b>01:13:57.20</b> | +00:11:03 (15.0%) | 7:23        | 8.1 (85.3%) |
| 28    | <b>JÓZEFIAK Dariusz</b>        | <b>388</b> | SANTANDER CONSUMER BANK S.A.   | M40-49   | 5    |             |              | 00:17:53        | 00:36:29      | 00:55:27        | <b>01:14:11.55</b> | +00:11:18 (15.2%) | 7:25        | 8.1 (85.3%) |
| 29    | <b>SIEMIEŃSKA Marta</b>        | <b>358</b> |                                | K30-39   | 3    |             |              | 00:17:51        | 00:36:30      | 00:55:38        | <b>01:14:41.60</b> | +00:11:48 (15.8%) | 7:28        | 8 (84.2%)   |
| 30    | <b>CHARCZUK Zenon</b>          | <b>305</b> | WESOŁY BORSUK TEAM             | M60-69   | 7    |             |              | 00:18:04        | 00:37:18      | 00:56:37        | <b>01:15:09.05</b> | +00:12:15 (16.3%) | 7:30        | 8 (84.2%)   |
| 31    | <b>BERESZKO Waldemar</b>       | <b>386</b> | TKKF SATURN CZELADŹ            | M60-69   | 8    |             |              | 00:18:23        | 00:36:57      | 00:56:29        | <b>01:15:44.80</b> | +00:12:51 (17.0%) | 7:34        | 7.9 (83.2%) |
| 32    | <b>PTAS Agnieszka</b>          | <b>349</b> | MOSIR CZELADŹ                  | K18-29   | 1    |             |              | 00:18:18        | 00:37:02      | 00:56:12        | <b>01:15:45.95</b> | +00:12:52 (17.0%) | 7:34        | 7.9 (83.2%) |
| 33    | <b>DOBROWOLSKA Anna</b>        | <b>311</b> |                                | K50-59   | 3    |             |              | 00:18:30        | 00:37:39      | 00:57:03        | <b>01:15:57.30</b> | +00:13:03 (17.2%) | 7:35        | 7.9 (83.2%) |
| 34    | <b>JARZYŃSKA Małgorzata</b>    | <b>321</b> | HIFI ARTE                      | K50-59   | 4    |             |              | 00:17:59        | 00:36:54      | 00:56:30        | <b>01:16:01.45</b> | +00:13:07 (17.3%) | 7:36        | 7.9 (83.2%) |
| 35    | <b>WITKOWSKA Maria</b>         | <b>377</b> | UNIA MIAST                     | K60-69   | 2    |             |              | 00:18:46        | 00:37:52      | 00:57:02        | <b>01:16:25.70</b> | +00:13:32 (17.7%) | 7:38        | 7.8 (82.1%) |
| 36    | <b>CHYRA Janusz</b>            | <b>348</b> | UNIA MIAST                     | M40-49   | 6    |             |              | 00:18:29        | 00:37:12      | 00:56:50        | <b>01:16:28.20</b> | +00:13:34 (17.8%) | 7:38        | 7.8 (82.1%) |
| 37    | <b>KRUSZKA Arleta</b>          | <b>334</b> | MARSZ PO ZDROWIE               | K50-59   | 5    |             |              | 00:18:29        | 00:37:51      | 00:57:06        | <b>01:16:45.25</b> | +00:13:51 (18.1%) | 7:40        | 7.8 (82.1%) |

| Place | Participant                         | Number     | Club                           | Category | MCat | Żół.<br>kartki | Czer.<br>kartki | Start_All<br>2.5km | Start_All<br>5km | Start_All<br>7.5km | Net                | Pace<br>min/km       | Pace<br>km/h |                |
|-------|-------------------------------------|------------|--------------------------------|----------|------|----------------|-----------------|--------------------|------------------|--------------------|--------------------|----------------------|--------------|----------------|
|       |                                     |            |                                |          |      |                |                 |                    |                  |                    | time<br>10km       |                      |              | Gap            |
| 38    | <b>SOBAŃSKA Grażyna</b>             | <b>361</b> | KS METRACO POLKOWICE           | K60-69   | 3    |                |                 | 00:18:37           | 00:37:50         | 00:57:15           | <b>01:16:57.65</b> | +00:14:04<br>(18.3%) | 7:41         | 7.8<br>(82.1%) |
| 39    | <b>WAŁECKA Krystyna</b>             | <b>374</b> | FACE NORDIC WALKING TEAM       | K60-69   | 4    |                |                 | 00:18:49           | 00:37:56         | 00:57:17           | <b>01:17:06.80</b> | +00:14:13<br>(18.4%) | 7:42         | 7.8<br>(82.1%) |
| 40    | <b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b> | <b>312</b> | KB HARCOWNIK JELCZ- LASKOWICE  | K50-59   | 6    |                |                 | 00:18:49           | 00:38:18         | 00:57:50           | <b>01:17:13.25</b> | +00:14:19<br>(18.6%) | 7:43         | 7.8<br>(82.1%) |
| 41    | <b>BAJ Stanisław</b>                | <b>7</b>   | ŚCINAWSKA GRUPA NORDIC WALKING | M50-59   | 5    |                |                 | 00:18:21           | 00:37:35         | 00:57:30           | <b>01:17:37.20</b> | +00:14:43<br>(19.0%) | 7:45         | 7.7<br>(81.1%) |
| 42    | <b>CZYCZ Kazimierz</b>              | <b>385</b> |                                | M60-69   | 9    | 1              |                 | 00:18:06           | 00:36:49         | 00:56:40           | <b>01:17:41.15</b> | +00:14:47<br>(19.0%) | 7:46         | 7.7<br>(81.1%) |
| 43    | <b>KUBIACZYK Arkadiusz</b>          | <b>338</b> | 3 PLUS 1                       | M50-59   | 6    |                |                 | 00:18:57           | 00:38:19         | 00:57:57           | <b>01:17:57.00</b> | +00:15:03<br>(19.3%) | 7:47         | 7.7<br>(81.1%) |
| 44    | <b>PIĄTKOWSKI Józef</b>             | <b>347</b> | KS METRACO POLKOWICE           | M70+     | 1    |                |                 | 00:18:38           | 00:37:55         | 00:57:41           | <b>01:17:57.40</b> | +00:15:03<br>(19.3%) | 7:47         | 7.7<br>(81.1%) |
| 45    | <b>STYRC Lidia</b>                  | <b>318</b> | RYBNICKI KLUB NORDIC WALKING   | K40-49   | 6    |                |                 | 00:18:35           | 00:38:07         | 00:58:11           | <b>01:18:23.05</b> | +00:15:29<br>(19.8%) | 7:50         | 7.7<br>(81.1%) |
| 46    | <b>KOPACKI Tomasz</b>               | <b>330</b> | SANTANDER CONSUMER BANK S.A.   | M40-49   | 7    |                |                 | 00:19:39           | 00:38:57         | 00:58:52           | <b>01:18:44.90</b> | +00:15:51<br>(20.1%) | 7:52         | 7.6<br>(80.0%) |
| 47    | <b>PANEK Elwira</b>                 | <b>345</b> |                                | K50-59   | 7    |                |                 | 00:18:44           | 00:38:23         | 00:58:39           | <b>01:18:49.95</b> | +00:15:56<br>(20.2%) | 7:53         | 7.6<br>(80.0%) |
| 48    | <b>ŻUREK Grzegorz</b>               | <b>393</b> |                                | M40-49   | 8    |                |                 | 00:19:25           | 00:38:55         | 00:58:33           | <b>01:18:58.45</b> | +00:16:04<br>(20.4%) | 7:53         | 7.6<br>(80.0%) |
| 49    | <b>KWAPIS Mariusz</b>               | <b>394</b> | KS METRACO POLKOWICE           | M18-29   | 2    |                |                 | 00:18:58           | 00:38:20         | 00:58:34           | <b>01:18:59.15</b> | +00:16:05<br>(20.4%) | 7:53         | 7.6<br>(80.0%) |
| 50    | <b>WORONKO-ZACZYŃSKA Janina</b>     | <b>380</b> | KS METRACO POLKOWICE           | K70+     | 1    | 1              |                 | 00:18:45           | 00:38:25         | 00:58:47           | <b>01:19:14.55</b> | +00:16:21<br>(20.6%) | 7:55         | 7.6<br>(80.0%) |
| 51    | <b>THOMALLA Bogdan</b>              | <b>372</b> | SILESIA NORDIC TEAM            | M70+     | 2    |                |                 | 00:18:47           | 00:38:29         | 00:59:17           | <b>01:19:48.35</b> | +00:16:54<br>(21.2%) | 7:58         | 7.5<br>(78.9%) |
| 52    | <b>SURIAK Michał</b>                | <b>366</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | M18-29   | 3    |                |                 | 00:20:11           | 00:40:12         | 01:00:07           | <b>01:19:49.40</b> | +00:16:55<br>(21.2%) | 7:58         | 7.5<br>(78.9%) |
| 53    | <b>PIKSA Kazimierz</b>              | <b>352</b> |                                | M60-69   | 10   |                |                 | 00:19:17           | 00:39:05         | 00:59:32           | <b>01:20:20.55</b> | +00:17:27<br>(21.7%) | 8:02         | 7.5<br>(78.9%) |
| 54    | <b>DUDZIK Henryk</b>                | <b>313</b> | RYBNICKI KLUB NORDIC WALKING   | M50-59   | 7    |                |                 | 00:19:57           | 00:40:11         | 01:00:17           | <b>01:20:23.85</b> | +00:17:30<br>(21.8%) | 8:02         | 7.5<br>(78.9%) |
| 55    | <b>SURIAK Ewelina</b>               | <b>367</b> | VIKING NORDIC TEAM CZĘSTOCHOWA | K18-29   | 2    |                |                 | 00:19:30           | 00:39:41         | 00:59:59           | <b>01:20:35.75</b> | +00:17:42<br>(22.0%) | 8:03         | 7.4<br>(77.9%) |
| 56    | <b>STARZYK Jacek</b>                | <b>364</b> |                                | M50-59   | 8    |                |                 | 00:20:31           | 00:41:06         | 01:01:47           | <b>01:21:58.95</b> | +00:19:05<br>(23.3%) | 8:11         | 7.3<br>(76.8%) |
| 57    | <b>CHMIELEWSKA Anna</b>             | <b>306</b> |                                | K30-39   | 4    |                |                 | 00:19:08           | 00:39:39         | 01:01:23           | <b>01:22:07.85</b> | +00:19:14<br>(23.4%) | 8:12         | 7.3<br>(76.8%) |
| 58    | <b>JANOWSKA Emilia</b>              | <b>395</b> | TEATR ZDROJOWY                 | K30-39   | 5    |                |                 | 00:19:51           | 00:40:26         | 01:01:27           | <b>01:22:13.75</b> | +00:19:20<br>(23.5%) | 8:13         | 7.3<br>(76.8%) |
| 59    | <b>OMARSKA Grażyna</b>              | <b>344</b> | PASJA NORDIC WALKING           | K50-59   | 8    |                |                 | 00:20:05           | 00:40:37         | 01:01:27           | <b>01:22:35.40</b> | +00:19:41<br>(23.9%) | 8:15         | 7.3<br>(76.8%) |
| 60    | <b>DUSZEŃKO Maciej</b>              | <b>315</b> | KS METRACO POLKOWICE           | M18-29   | 4    |                |                 | 00:20:12           | 00:40:44         | 01:02:04           | <b>01:23:06.00</b> | +00:20:12<br>(24.3%) | 8:18         | 7.2<br>(75.8%) |

| Place | Participant                 | Number     | Club                         | Category | MCat | Żół. kartki | Czer. kartki | Start_All 2.5km | Start_All 5km | Start_All 7.5km | Net time           | Gap               | Pace min/km | Pace km/h   |
|-------|-----------------------------|------------|------------------------------|----------|------|-------------|--------------|-----------------|---------------|-----------------|--------------------|-------------------|-------------|-------------|
|       |                             |            |                              |          |      |             |              |                 |               |                 | 10km               |                   |             |             |
| 61    | <b>RACZYŃSKA Aleksandra</b> | <b>383</b> | UNIA MIAST                   | K70+     | 2    |             |              | 00:19:51        | 00:40:37      | 01:01:44        | <b>01:23:26.15</b> | +00:20:32 (24.6%) | 8:20        | 7.2 (75.8%) |
| 62    | <b>TUREK Jan</b>            | <b>373</b> |                              | M60-69   | 11   |             |              | 00:20:07        | 00:41:21      | 01:02:47        | <b>01:23:41.90</b> | +00:20:48 (24.9%) | 8:22        | 7.2 (75.8%) |
| 63    | <b>CIASTOCH Eliza</b>       | <b>308</b> |                              | K30-39   | 6    |             |              | 00:20:21        | 00:41:02      | 01:02:07        | <b>01:23:44.60</b> | +00:20:51 (24.9%) | 8:22        | 7.2 (75.8%) |
| 64    | <b>MACIĄG Andrzej</b>       | <b>340</b> | ACTEAM                       | M50-59   | 9    |             |              | 00:19:54        | 00:40:35      | 01:02:21        | <b>01:24:17.20</b> | +00:21:23 (25.4%) | 8:25        | 7.1 (74.7%) |
| 65    | <b>KRZEMIŃSKI Rafał</b>     | <b>336</b> | SANTANDER CONSUMER BANK S.A. | M30-39   | 3    | 1           |              | 00:20:44        | 00:42:00      | 01:02:56        | <b>01:24:30.35</b> | +00:21:36 (25.6%) | 8:27        | 7.1 (74.7%) |
| 66    | <b>WOLSKA Wioletta</b>      | <b>379</b> |                              | K40-49   | 7    |             |              | 00:20:33        | 00:41:28      | 01:02:33        | <b>01:24:40.85</b> | +00:21:47 (25.7%) | 8:28        | 7.1 (74.7%) |
| 67    | <b>DZIUBAK Janusz</b>       | <b>317</b> | RYBNICKI KLUB NORDIC WALKING | M50-59   | 10   |             |              | 00:20:32        | 00:41:35      | 01:02:59        | <b>01:24:45.45</b> | +00:21:51 (25.8%) | 8:28        | 7.1 (74.7%) |
| 68    | <b>JASTRZĘBSKA Violetta</b> | <b>392</b> | 3 PLUS 1                     | K50-59   | 9    |             |              | 00:20:13        | 00:41:44      | 01:03:19        | <b>01:25:12.15</b> | +00:22:18 (26.2%) | 8:31        | 7 (73.7%)   |
| 69    | <b>TOKAREK Paulina</b>      | <b>382</b> |                              | K30-39   | 7    |             |              | 00:20:22        | 00:41:38      | 01:03:25        | <b>01:25:13.20</b> | +00:22:19 (26.2%) | 8:31        | 7 (73.7%)   |
| 70    | <b>RAPACZ Magdalena</b>     | <b>355</b> |                              | K30-39   | 8    | 1           |              | 00:21:17        | 00:42:56      | 01:04:10        | <b>01:25:59.70</b> | +00:23:06 (26.9%) | 8:36        | 7 (73.7%)   |
| 71    | <b>RADLICA Dorota</b>       | <b>354</b> |                              | K40-49   | 8    |             |              | 00:21:02        | 00:42:42      | 01:04:21        | <b>01:26:27.75</b> | +00:23:34 (27.3%) | 8:38        | 6.9 (72.6%) |
| 72    | <b>KRZYŚCIN Rafał</b>       | <b>337</b> | SANTANDER CONSUMER BANK S.A. | M40-49   | 9    |             |              | 00:20:46        | 00:42:40      | 01:04:28        | <b>01:26:51.35</b> | +00:23:57 (27.6%) | 8:41        | 6.9 (72.6%) |
| 73    | <b>KRÓL Edyta</b>           | <b>333</b> |                              | K40-49   | 9    |             |              | 00:20:52        | 00:42:39      | 01:04:45        | <b>01:27:22.50</b> | +00:24:29 (28.0%) | 8:44        | 6.9 (72.6%) |
| 74    | <b>JEDYNAK Stanisław</b>    | <b>322</b> | AMATOR                       | M70+     | 3    |             |              | 00:20:37        | 00:42:54      | 01:05:57        | <b>01:29:19.80</b> | +00:26:26 (29.6%) | 8:56        | 6.7 (70.5%) |
| 75    | <b>KAFKA Justyna</b>        | <b>324</b> |                              | K30-39   | 9    |             |              | 00:22:59        | 00:45:21      | 01:07:23        | <b>01:30:25.90</b> | +00:27:32 (30.5%) | 9:02        | 6.6 (69.5%) |
| 76    | <b>BEDNARCZYK Agnieszka</b> | <b>302</b> |                              | K40-49   | 10   |             |              | 00:21:49        | 00:44:38      | 01:07:40        | <b>01:30:32.40</b> | +00:27:38 (30.5%) | 9:03        | 6.6 (69.5%) |
| 77    | <b>STARZYK Bożena</b>       | <b>363</b> |                              | K40-49   | 11   |             |              | 00:22:08        | 00:44:52      | 01:08:10        | <b>01:31:14.15</b> | +00:28:20 (31.1%) | 9:07        | 6.6 (69.5%) |
| 78    | <b>CHRAPEK Urszula</b>      | <b>307</b> | KS RUDZICA                   | K18-29   | 3    |             |              | 00:22:14        | 00:45:19      | 01:08:29        | <b>01:31:56.05</b> | +00:29:02 (31.6%) | 9:11        | 6.5 (68.4%) |
| 79    | <b>MĘDRAK Alicja</b>        | <b>341</b> |                              | K60-69   | 5    |             |              | 00:21:56        | 00:44:54      | 01:08:30        | <b>01:32:19.45</b> | +00:29:25 (31.9%) | 9:13        | 6.5 (68.4%) |
| 80    | <b>KRZEMIŃSKA Joanna</b>    | <b>335</b> |                              | K30-39   | 10   |             |              | 00:22:28        | 00:45:28      | 01:09:05        | <b>01:32:51.90</b> | +00:29:58 (32.3%) | 9:17        | 6.5 (68.4%) |
| 81    | <b>DYLEWSKA Barbara</b>     | <b>316</b> | DABROWA NORDIC TEAM          | K60-69   | 6    |             |              | 00:22:17        | 00:45:27      | 01:09:17        | <b>01:33:02.65</b> | +00:30:09 (32.4%) | 9:18        | 6.4 (67.4%) |
| 82    | <b>GAJSKA Anna</b>          | <b>319</b> |                              | K40-49   | 12   |             |              | 00:22:38        | 00:46:09      | 01:09:58        | <b>01:33:29.40</b> | +00:30:35 (32.7%) | 9:20        | 6.4 (67.4%) |
| 83    | <b>DOMINIAK Jjerzy</b>      | <b>390</b> |                              | M50-59   | 11   |             |              | 00:22:05        | 00:45:08      | 01:09:16        | <b>01:34:19.45</b> | +00:31:25 (33.3%) | 9:25        | 6.4 (67.4%) |

| Place | Participant                   | Number     | Club                           | Category | MCat | Żół.<br>kartki | Czer.<br>kartki | Start_All<br>2.5km | Start_All<br>5km | Start_All<br>7.5km | Net<br>time<br>10km             | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|-------------------------------|------------|--------------------------------|----------|------|----------------|-----------------|--------------------|------------------|--------------------|---------------------------------|----------------------|----------------|----------------|
| 84    | <b>WINIARSKI Robert</b>       | <b>376</b> |                                | M40-49   | 10   |                |                 | 00:21:07           | 00:43:48         | 01:09:17           | <b>01:36:06.30</b>              | +00:33:12<br>(34.6%) | 9:36           | 6.2<br>(65.3%) |
| 85    | <b>WIAK Wacław</b>            | <b>387</b> |                                | M70+     | 4    |                |                 | 00:22:12           | 00:46:52         | 01:12:55           | <b>01:38:58.30</b>              | +00:36:04<br>(36.5%) | 9:53           | 6.1<br>(64.2%) |
| 86    | <b>DOMINIAK Renata</b>        | <b>389</b> |                                | K50-59   | 10   |                |                 | 00:23:01           | 00:48:43         | 01:18:25           | <b>01:47:29.90</b>              | +00:44:36<br>(41.5%) | 10:45          | 5.6<br>(58.9%) |
| 87    | <b>KOPACKA Małgorzata</b>     | <b>329</b> | SANTANDER CONSUMER BANK S.A.   | K40-49   | 13   | 2              |                 | 00:22:15           | 00:49:25         | 01:19:02           | <b>01:48:15.75</b>              | +00:45:22<br>(41.9%) | 10:49          | 5.5<br>(57.9%) |
| DQ    | <b>PUSZKIEL Leszek</b>        | <b>350</b> | GREEN TEAM ZIELONA GÓRA        | M60-69   |      |                | TAK             | 00:15:00<br>DQ     | 00:31:07<br>DQ   | 00:47:41<br>DQ     | <b>01:04:26.45</b><br><b>DQ</b> |                      | -              | -<br>(0.0%)    |
| DQ    | <b>ŚWISŁOCKI Bogdan</b>       | <b>371</b> | FACE NORDIC WALKING TEAM       | M50-59   |      |                | TAK             | 00:16:20<br>DQ     | 00:33:41<br>DQ   | 00:51:03<br>DQ     | <b>01:10:51.80</b><br><b>DQ</b> |                      | -              | -<br>(0.0%)    |
| DQ    | <b>BUŁAKOWSKI Bohdan</b>      | <b>303</b> | PASJA NORDIC WALKING           | M60-69   |      |                | TAK             | 00:17:40<br>DQ     | 00:35:20<br>DQ   | 00:53:02<br>DQ     | <b>01:11:07.15</b><br><b>DQ</b> |                      | -              | -<br>(0.0%)    |
| DQ    | <b>KALISZ Krzysztof</b>       | <b>325</b> | KS METRACO POLKOWICE           | M60-69   |      |                | TAK             | 00:17:47<br>DQ     | 00:36:10<br>DQ   | 00:55:07<br>DQ     | <b>01:14:54.70</b><br><b>DQ</b> |                      | -              | -<br>(0.0%)    |
| DQ    | <b>SZPIŁA Piotr</b>           | <b>368</b> | WAŚ SPORT                      | M30-39   |      |                | TAK             | 00:24:04<br>DQ     | 00:45:42<br>DQ   | 01:06:57<br>DQ     | <b>01:28:45.65</b><br><b>DQ</b> |                      | -              | -<br>(0.0%)    |
| DQ    | <b>ROGOS Henryk</b>           | <b>356</b> | ŚCINAWSKA GRUPA NORDIC WALKING | M70+     |      |                | TAK             | 00:17:57<br>DQ     | 00:36:07<br>DQ   | DQ                 | <b>DQ</b>                       |                      | -              | -<br>(0.0%)    |
| DQ    | <b>ADAMSKI Robert</b>         | <b>301</b> |                                | M40-49   |      |                | TAK             | 00:17:05<br>DQ     | DQ               | DQ                 | <b>DQ</b>                       |                      | -              | -<br>(0.0%)    |
| DQ    | <b>BYTNIIEWSKI Mieczysław</b> | <b>304</b> | TKKF KRZNA                     | M70+     |      |                | TAK             | 00:19:00<br>DQ     | DQ               | DQ                 | <b>DQ</b>                       |                      | -              | -<br>(0.0%)    |
|       | <b>DOMINIAK Paweł</b>         | <b>391</b> |                                | K18-29   |      |                |                 | 00:22:29<br>DNF    | 00:47:40<br>DNF  | DNF                | <b>DNF</b>                      |                      | -              | -<br>(0.0%)    |

Total 96 results.