



# TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Miasto Tarnowskie Góry, Polska Federacja Nordic Walking, UKS Unia Strzybnica, Nordicus Strzybnica  
**Data:** 2019-06-16  
**Miejsce:** Tarnowskie Góry  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CYRUS Bogdan	292	VICTORIA STRZEBIŃ	M45-49	1			00:30:57.95		6:11	9.7 (100%)
2	MACHNIK Janusz	135	CLLEO ZAWIERCIE	M45-49	2			00:31:19.00	+00:00:21 (1.1%)	6:15	9.6 (99.0%)
3	KORDOWSKI Piotr	105	LUX TORPEDA MAŁOPOLSKA	M45-49	3			00:31:28.85	+00:00:30 (1.6%)	6:17	9.5 (97.9%)
4	MARCZAK Tomasz	148		M18-29	1			00:31:53.40	+00:00:55 (2.9%)	6:22	9.4 (96.9%)
5	POLEWCZAK Mariusz	175	CLLEO ZAWIERCIE	M45-49	4			00:32:09.90	+00:01:11 (3.7%)	6:26	9.3 (95.9%)
6	HAŁAS Marcin	69	UNIA MIAST	M30-39	1			00:32:20.95	+00:01:23 (4.3%)	6:28	9.3 (95.9%)
7	KŁYŚ Ryszard	99	BŁYSKAWICA GLIWICE	M55-59	1			00:32:24.15	+00:01:26 (4.4%)	6:28	9.3 (95.9%)
8	WOROCH Roman	243	KS METRACO POLKOWICE	M60-64	1			00:32:25.75	+00:01:27 (4.5%)	6:29	9.3 (95.9%)
9	SŁUPIANEK Paweł	191	LECYMY DURŚ	M40-44	1			00:33:01.85	+00:02:03 (6.3%)	6:36	9.1 (93.8%)
10	MAŁKA Marian	143		M60-64	2			00:33:27.95	+00:02:30 (7.5%)	6:41	9 (92.8%)
11	OLSZAŃSKI Karol	165	FEAR THE RETURN	M40-44	2			00:33:43.50	+00:02:45 (8.2%)	6:44	8.9 (91.8%)
12	PODGÓRSKI Szymon	174	CKZIU MECHANIK NYSA	M-Jun.	1			00:33:52.10	+00:02:54 (8.6%)	6:46	8.9 (91.8%)
13	KOŁEK Patryk	104	KABEX PODKOWA JANÓW	M-Jun.	2			00:33:52.80	+00:02:54 (8.6%)	6:46	8.9 (91.8%)
14	SŁOMIAN Leszek	190	STADION ŚLĄSKI	M55-59	2			00:33:57.65	+00:02:59 (8.8%)	6:47	8.8 (90.7%)
15	SPYCHAŁA Lesław	202	CKZIU MECHANIK NYSA	M50-54	1			00:33:59.75	+00:03:01 (8.9%)	6:48	8.8 (90.7%)
16	ZIELIŃSKI Szczepan	248	SERCE NORDICA WŁOCŁAWEK	M45-49	5			00:34:27.85	+00:03:29 (10.2%)	6:53	8.7 (89.7%)
17	BREWKA Joachim	21	UNIA MIAST	M55-59	3			00:34:39.10	+00:03:41 (10.6%)	6:56	8.7 (89.7%)
18	SPYCHAŁA Marzena	203	CKZIU MECHANIK NYSA	K45-49	1			00:34:46.50	+00:03:48 (11.0%)	6:57	8.6 (88.7%)
19	ADAMUS Marian	3	STADION ŚLĄSKI	M70+	1			00:34:50.15	+00:03:52 (11.1%)	6:58	8.6 (88.7%)
20	BARYLUK Beniamin	13	MOSIR TKKF SATURN CZELADŹ	M-Jun.	3	2		00:34:55.35	+00:03:57 (11.3%)	6:59	8.6 (88.7%)
21	ŚLUSARCZYK Marcin	215	WESOŁY BORSUK TEAM	M40-44	3			00:35:09.95	+00:04:12 (11.9%)	7:02	8.5 (87.6%)
22	JÓŹWIAK Marianna	83	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:35:13.20	+00:04:15 (12.1%)	7:02	8.5 (87.6%)
23	BUCZKOWSKI Jerzy	23		M65-69	1			00:35:13.85	+00:04:15 (12.1%)	7:02	8.5 (87.6%)
24	DUDEK Edward	41	KS METRACO POLKOWICE	M65-69	2			00:35:23.10	+00:04:25 (12.5%)	7:04	8.5 (87.6%)
25	WROŃSKI Włodzimierz	245	PASJA NORDIC WALKING	M65-69	3			00:35:24.30	+00:04:26 (12.5%)	7:05	8.5 (87.6%)
26	KOWALSKI Marek	110	UNIA MIAST	M55-59	4			00:35:26.25	+00:04:28 (12.6%)	7:05	8.5 (87.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>DUDEK Jan</b>	<b>37</b>		M55-59	5			<b>00:35:28.85</b>	+00:04:30 (12.7%)	7:05	8.5 (87.6%)
28	<b>GRUSZKA Michał</b>	<b>65</b>	UNIA MIAST	M-Jun.	4			<b>00:35:36.15</b>	+00:04:38 (13.0%)	7:07	8.4 (86.6%)
29	<b>MARCINKOWSKA Agnieszka</b>	<b>147</b>	UNIA MIAST	K-Jun.	1			<b>00:35:39.50</b>	+00:04:41 (13.2%)	7:08	8.4 (86.6%)
30	<b>TOMCZYK Edward</b>	<b>220</b>	MARSZ PO ZDROWIE	M70+	2			<b>00:35:49.05</b>	+00:04:51 (13.5%)	7:09	8.4 (86.6%)
31	<b>DANIELEWICZ Anna</b>	<b>33</b>		K40-44	1			<b>00:36:07.55</b>	+00:05:09 (14.3%)	7:13	8.3 (85.6%)
32	<b>PUSZKARSKA Małgorzata</b>	<b>181</b>	GOSADI NORDIC TEAM	K40-44	2			<b>00:36:09.75</b>	+00:05:11 (14.4%)	7:14	8.3 (85.6%)
33	<b>UFEL Marcelina</b>	<b>226</b>	MOSIR TKKF SATURN CZELADŹ	K-Jun.	2			<b>00:36:11.60</b>	+00:05:13 (14.4%)	7:14	8.3 (85.6%)
34	<b>STALMACH Damian</b>	<b>204</b>	LECYMY DURŚ	M40-44	4			<b>00:36:12.40</b>	+00:05:14 (14.5%)	7:14	8.3 (85.6%)
35	<b>CUDAK Zbigniew</b>	<b>26</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	2			<b>00:36:25.50</b>	+00:05:27 (15.0%)	7:17	8.2 (84.5%)
36	<b>KUBAT Janusz</b>	<b>121</b>	NORDIC TEAM CZĘSTOCHOWA	M45-49	6			<b>00:36:28.30</b>	+00:05:30 (15.1%)	7:17	8.2 (84.5%)
37	<b>GAPIŃSKI Leszek</b>	<b>56</b>	CKZIU NYSA MECHANIK	M60-64	3			<b>00:36:29.00</b>	+00:05:31 (15.1%)	7:17	8.2 (84.5%)
38	<b>KULAWIK Magdalena</b>	<b>124</b>	CIDRY LOTAJOM	K30-39	1			<b>00:36:33.55</b>	+00:05:35 (15.3%)	7:18	8.2 (84.5%)
39	<b>WROŃSKI Maciej</b>	<b>246</b>	POCZTOWA GRUPA NW	M45-49	7			<b>00:36:39.55</b>	+00:05:41 (15.5%)	7:20	8.2 (84.5%)
40	<b>WILK Tadeusz</b>	<b>240</b>	MOSIR TKKF SATURN CZELADŹ	M-Niepełnosprawni(A)	1	1		<b>00:36:53.05</b>	+00:05:55 (16.0%)	7:22	8.1 (83.5%)
41	<b>MACHOWSKI Jan</b>	<b>137</b>	LEŚNE LUDKI ŻARKI LETNISKO	M65-69	4			<b>00:36:55.10</b>	+00:05:57 (16.1%)	7:23	8.1 (83.5%)
42	<b>BUGAŁA Alicja</b>	<b>25</b>	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			<b>00:37:02.25</b>	+00:06:04 (16.4%)	7:24	8.1 (83.5%)
43	<b>SZAJNOWSKA Agnieszka</b>	<b>209</b>	ZDROWE KROKI ZPM4	K40-44	3			<b>00:37:02.70</b>	+00:06:04 (16.4%)	7:24	8.1 (83.5%)
44	<b>KLUSKA Kazimierz</b>	<b>97</b>		M70+	3			<b>00:37:03.60</b>	+00:06:05 (16.4%)	7:24	8.1 (83.5%)
45	<b>MACHOLC Piotr</b>	<b>136</b>	ŻÓŁWIK	M60-64	4	1		<b>00:37:12.90</b>	+00:06:14 (16.8%)	7:26	8.1 (83.5%)
46	<b>GRYGOROWICZ Bogdan</b>	<b>68</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			<b>00:37:14.30</b>	+00:06:16 (16.8%)	7:26	8.1 (83.5%)
47	<b>KUPIBIDA Bogusława</b>	<b>126</b>	SILESIA NORDIC TEAM	K60-64	1	1		<b>00:37:15.80</b>	+00:06:17 (16.9%)	7:27	8.1 (83.5%)
48	<b>GRUSZKA Michał</b>	<b>64</b>	UNIA MIAST	M40-44	5			<b>00:37:17.70</b>	+00:06:19 (17.0%)	7:27	8 (82.5%)
49	<b>GAPIŃSKA Janina</b>	<b>55</b>	CKZIU NYSA MECHANIK	K60-64	2			<b>00:37:18.40</b>	+00:06:20 (17.0%)	7:27	8 (82.5%)
50	<b>PINIS Agnieszka</b>	<b>172</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			<b>00:37:21.60</b>	+00:06:23 (17.1%)	7:28	8 (82.5%)
51	<b>SZENDZIELORZ Ilona</b>	<b>211</b>	STADION ŚLĄSKI	K60-64	3			<b>00:37:24.00</b>	+00:06:26 (17.2%)	7:28	8 (82.5%)
52	<b>ŚLUSARCZYK Grzegorz</b>	<b>216</b>	WESOŁY BORSUK TEAM	M45-49	8			<b>00:37:35.05</b>	+00:06:37 (17.6%)	7:31	8 (82.5%)
53	<b>MARONDEL Katarzyna</b>	<b>149</b>	SILESIA NORDIC TEAM	K30-39	2			<b>00:37:41.05</b>	+00:06:43 (17.8%)	7:32	8 (82.5%)
54	<b>KOCZOROWSKA Patrycja</b>	<b>101</b>	K S SOKÓŁ GAŚAWA	K-Jun.	4			<b>00:37:41.40</b>	+00:06:43 (17.8%)	7:32	8 (82.5%)
55	<b>MIŚKOWICZ Anna</b>	<b>155</b>	CKZIU NYSA MECHANIK	K60-64	4			<b>00:37:46.00</b>	+00:06:48 (18.0%)	7:33	7.9 (81.4%)
56	<b>MORYS Agnieszka</b>	<b>157</b>	STADION ŚLĄSKI	K30-39	3			<b>00:37:52.05</b>	+00:06:54 (18.2%)	7:34	7.9 (81.4%)
57	<b>KOZIARZ Roman</b>	<b>112</b>	STADION ŚLĄSKI	M60-64	5			<b>00:37:53.25</b>	+00:06:55 (18.3%)	7:34	7.9 (81.4%)
58	<b>GAŁAŚ Joanna</b>	<b>53</b>	PASJA NORDIC WALKING	K18-29	1			<b>00:37:53.40</b>	+00:06:55 (18.3%)	7:34	7.9 (81.4%)
59	<b>GRYGOROWICZ Teresa</b>	<b>67</b>	KS METRACO POLKOWICE	K65-69	1			<b>00:37:56.70</b>	+00:06:58 (18.4%)	7:35	7.9 (81.4%)
60	<b>GLISZCZYŃSKI Mirosław</b>	<b>61</b>	TARNOGÓRSKIE ŁAZĘGI	M-Niepełnosprawni(A)	2			<b>00:38:00.45</b>	+00:07:02 (18.5%)	7:36	7.9 (81.4%)
61	<b>GAWOR Renata</b>	<b>57</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	1			<b>00:38:09.00</b>	+00:07:11 (18.8%)	7:37	7.9 (81.4%)
62	<b>SURIAK Michał</b>	<b>208</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			<b>00:38:09.05</b>	+00:07:11 (18.8%)	7:37	7.9 (81.4%)
63	<b>KOŹLIK Adam</b>	<b>114</b>	LECYMY DURŚ	M18-29	2			<b>00:38:10.30</b>	+00:07:12 (18.9%)	7:38	7.9 (81.4%)
64	<b>POLEWCZAK Aneta</b>	<b>176</b>	CLLEO ZAWIERCIE	K45-49	3			<b>00:38:10.40</b>	+00:07:12 (18.9%)	7:38	7.9 (81.4%)
65	<b>BOROŃ Adam</b>	<b>19</b>	MOSIR TKKF SATURN CZELADŹ	M-Jun.	5	1		<b>00:38:10.55</b>	+00:07:12 (18.9%)	7:38	7.9 (81.4%)
66	<b>WIŚNIEWSKI Kazimierz</b>	<b>241</b>	PASJA NORDIC WALKING	M60-64	6			<b>00:38:11.25</b>	+00:07:13 (18.9%)	7:38	7.9 (81.4%)
67	<b>ŻAK Dawid</b>	<b>252</b>	MOSIR TKKF SATURN CZELADŹ	M-Jun.	6			<b>00:38:11.75</b>	+00:07:13 (18.9%)	7:38	7.9 (81.4%)
68	<b>KOTULA Jakub</b>	<b>107</b>	UNIA MIAST	M30-39	3			<b>00:38:15.50</b>	+00:07:17 (19.1%)	7:39	7.8 (80.4%)
69	<b>TRAUTMANN Piotr</b>	<b>223</b>		M50-54	3			<b>00:38:20.00</b>	+00:07:22 (19.2%)	7:40	7.8 (80.4%)
70	<b>ŻUCHOWICZ Elżbieta</b>	<b>250</b>		K60-64	5			<b>00:38:25.15</b>	+00:07:27 (19.4%)	7:41	7.8 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>RADZIEJOWSKI Bogusław</b>	<b>361</b>	NORDIC TEAM CZĘSTOCHOWA	M55-59	6			<b>00:38:30.75</b>	+00:07:32 (19.6%)	7:42	7.8 (80.4%)
72	<b>SIEWIERA Robert</b>	<b>187</b>	POCZTOWA GRUPA NW	M30-39	4			<b>00:38:32.10</b>	+00:07:34 (19.6%)	7:42	7.8 (80.4%)
73	<b>MIKUSIŃSKA Jola</b>	<b>154</b>	FEAR THE RETURN	K45-49	4			<b>00:38:32.50</b>	+00:07:34 (19.7%)	7:42	7.8 (80.4%)
74	<b>CZUDAJ Ewa</b>	<b>31</b>		K45-49	5			<b>00:38:33.90</b>	+00:07:35 (19.7%)	7:42	7.8 (80.4%)
75	<b>BUGAŁA Anna</b>	<b>24</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	5			<b>00:38:35.05</b>	+00:07:37 (19.7%)	7:43	7.8 (80.4%)
76	<b>JÓZWIAK Łukasz</b>	<b>82</b>	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(A)	3			<b>00:38:39.65</b>	+00:07:41 (19.9%)	7:44	7.8 (80.4%)
77	<b>SZCZECINA Joanna</b>	<b>210</b>		K30-39	4	1		<b>00:38:45.45</b>	+00:07:47 (20.1%)	7:45	7.7 (79.4%)
78	<b>BAZAN Ilona</b>	<b>14</b>		K50-54	2			<b>00:38:46.75</b>	+00:07:48 (20.1%)	7:45	7.7 (79.4%)
79	<b>TASAREK Gabriela</b>	<b>218</b>	TARNOGÓRSKIE ŁAZĘGI	K60-64	6			<b>00:38:47.35</b>	+00:07:49 (20.2%)	7:45	7.7 (79.4%)
80	<b>MALCZYK Anna</b>	<b>140</b>		K40-44	6			<b>00:38:50.05</b>	+00:07:52 (20.3%)	7:46	7.7 (79.4%)
81	<b>MARCINIAK Hanna</b>	<b>145</b>	SERCE NORDICA WŁOCLAWEK	K55-59	1			<b>00:38:54.60</b>	+00:07:56 (20.4%)	7:46	7.7 (79.4%)
82	<b>WOROCH Jolanta</b>	<b>244</b>	KS METRACO POLKOWICE	K50-54	3			<b>00:39:01.45</b>	+00:08:03 (20.6%)	7:48	7.7 (79.4%)
83	<b>DAROSZEWSKA Krystyna</b>	<b>34</b>	SERCE NORDICA WŁOCLAWEK	K60-64	7			<b>00:39:04.65</b>	+00:08:06 (20.8%)	7:48	7.7 (79.4%)
84	<b>KOCHAŃSKI Paweł</b>	<b>100</b>		M45-49	9			<b>00:39:12.80</b>	+00:08:14 (21.0%)	7:50	7.6 (78.4%)
85	<b>SĘDZIK Katarzyna</b>	<b>186</b>	LECYMY DURŚ	K45-49	6			<b>00:39:14.10</b>	+00:08:16 (21.1%)	7:50	7.6 (78.4%)
86	<b>KOCZOROWSKA Monika</b>	<b>102</b>	K S SOKÓŁ GAŚAWA	K30-39	5	1		<b>00:39:20.35</b>	+00:08:22 (21.3%)	7:52	7.6 (78.4%)
87	<b>SŁUPIANEK Sonia</b>	<b>192</b>	STADION ŚLĄSKI	K30-39	6			<b>00:39:29.35</b>	+00:08:31 (21.6%)	7:53	7.6 (78.4%)
88	<b>SAKOWSKA Krystyna</b>	<b>185</b>	PASJA NORDIC WALKING	K40-44	7			<b>00:39:34.95</b>	+00:08:37 (21.8%)	7:55	7.6 (78.4%)
89	<b>MAJCHERCZYK Krzysztof</b>	<b>139</b>	MOSIR TKKF SATURN CZELADŹ	M65-69	5			<b>00:39:41.90</b>	+00:08:43 (22.0%)	7:56	7.6 (78.4%)
90	<b>SOŁDECKA Anna</b>	<b>196</b>		K45-49	7			<b>00:39:42.60</b>	+00:08:44 (22.0%)	7:56	7.6 (78.4%)
91	<b>GAŚEWICZ-FILIPIAK Agnieszka</b>	<b>301</b>	NORDICUS STRZYBNICA	K40-44	8			<b>00:39:43.95</b>	+00:08:46 (22.1%)	7:56	7.6 (78.4%)
92	<b>NIEDŹWIECKI Ryszard</b>	<b>162</b>	MOSIR TKKF SATURN CZELADŹ	M55-59	7	1		<b>00:39:51.10</b>	+00:08:53 (22.3%)	7:58	7.5 (77.3%)
93	<b>BARUCH Henryka</b>	<b>12</b>		K65-69	2			<b>00:39:51.65</b>	+00:08:53 (22.3%)	7:58	7.5 (77.3%)
94	<b>BOJDA Danuta</b>	<b>18</b>	KEKO TEAM	K50-54	4			<b>00:40:03.40</b>	+00:09:05 (22.7%)	8:00	7.5 (77.3%)
95	<b>SOSIN Stanisław</b>	<b>199</b>	STADION ŚLĄSKI	M-Niepełnosprawni(A)	4			<b>00:40:06.40</b>	+00:09:08 (22.8%)	8:01	7.5 (77.3%)
96	<b>GALICZEK Bronisław</b>	<b>51</b>	OPEL ACTIVE TEAM	M55-59	8			<b>00:40:06.70</b>	+00:09:08 (22.8%)	8:01	7.5 (77.3%)
97	<b>WALESZKO Andrzej</b>	<b>229</b>	PASJA NORDIC WALKING	M45-49	10			<b>00:40:09.20</b>	+00:09:11 (22.9%)	8:02	7.5 (77.3%)
98	<b>PAWŁOWSKA-SOSIN Barbara</b>	<b>170</b>	STADION ŚLĄSKI	K65-69	3			<b>00:40:16.20</b>	+00:09:18 (23.1%)	8:03	7.5 (77.3%)
99	<b>GÓRECKA Iwona</b>	<b>63</b>	STADION ŚLĄSKI	K50-54	5			<b>00:40:23.90</b>	+00:09:25 (23.3%)	8:04	7.4 (76.3%)
100	<b>ŁĄCZYK Jerzy</b>	<b>134</b>	OPTYKA K.M. SZCZERBA	M65-69	6			<b>00:40:23.95</b>	+00:09:26 (23.4%)	8:04	7.4 (76.3%)
101	<b>ZIELIŃSKA Grażyna</b>	<b>247</b>	BOBRY WALKING	K-Niepełnosprawni(B)	1			<b>00:40:36.25</b>	+00:09:38 (23.7%)	8:07	7.4 (76.3%)
102	<b>KOZIARZ Jadwiga</b>	<b>113</b>	STADION ŚLĄSKI	K55-59	2			<b>00:40:36.50</b>	+00:09:38 (23.7%)	8:07	7.4 (76.3%)
103	<b>STRENIK Dariusz</b>	<b>206</b>	TEAM NATURALMED	M50-54	4			<b>00:40:45.70</b>	+00:09:47 (24.0%)	8:09	7.4 (76.3%)
104	<b>ŻUREK Marek</b>	<b>254</b>	TEAM NATURALMED	M-Niepełnosprawni(B)	2			<b>00:40:46.20</b>	+00:09:48 (24.0%)	8:09	7.4 (76.3%)
105	<b>MAJCHERCZYK Wacław</b>	<b>138</b>	MOSIR TKKF SATURN CZELADŹ	M70+	4			<b>00:40:51.15</b>	+00:09:53 (24.2%)	8:10	7.3 (75.3%)
106	<b>GALICZEK Lidia</b>	<b>52</b>	OPEL ACTIVE TEAM	K55-59	3	1		<b>00:40:53.70</b>	+00:09:55 (24.3%)	8:10	7.3 (75.3%)
107	<b>WALESZKO Anna</b>	<b>231</b>	PASJA NORDIC WALKING	K45-49	8	1		<b>00:41:04.95</b>	+00:10:07 (24.6%)	8:13	7.3 (75.3%)
108	<b>NOGALSKA Halina</b>	<b>163</b>	NORDICUS STRZYBNICA	K60-64	8			<b>00:41:05.00</b>	+00:10:07 (24.6%)	8:13	7.3 (75.3%)
109	<b>SÓWKA Ewa</b>	<b>201</b>		K40-44	9			<b>00:41:11.45</b>	+00:10:13 (24.8%)	8:14	7.3 (75.3%)
110	<b>MRÓZ Krystian</b>	<b>159</b>	KATOWICKI KLUB MORSÓW ARKTYKA	M50-54	5			<b>00:41:13.15</b>	+00:10:15 (24.9%)	8:14	7.3 (75.3%)
111	<b>KIRSZ Mariola</b>	<b>94</b>	NORDICUS STRZYBNICA	K40-44	10			<b>00:41:22.50</b>	+00:10:24 (25.2%)	8:16	7.3 (75.3%)
112	<b>SOBAŃSKI Dariusz</b>	<b>365</b>		M50-54	6	1		<b>00:41:22.55</b>	+00:10:24 (25.2%)	8:16	7.2 (74.2%)
113	<b>ADAMCZYK Damian</b>	<b>281</b>		M30-39	5			<b>00:41:22.60</b>	+00:10:24 (25.2%)	8:16	7.3 (75.3%)
114	<b>KRZAK Rafał</b>	<b>118</b>		M30-39	6	2		<b>00:41:23.35</b>	+00:10:25 (25.2%)	8:16	7.2 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
115	WALESZKO Adam	230	PASJA NORDIC WALKING	M-Jun.	7			00:41:27.65	+00:10:29 (25.3%)	8:17	7.2 (74.2%)
116	KOWALSKI Marcin	111		M60-64	7			00:41:29.00	+00:10:31 (25.4%)	8:17	7.2 (74.2%)
117	ŚLUSARCZYK Karolina	217	WESOŁY BORSUK TEAM	K-Jun.	5			00:41:29.90	+00:10:31 (25.4%)	8:18	7.2 (74.2%)
118	NIECHWIEJCZYK Kinga	161	UNIA MIAST	K-Jun.	6			00:41:30.05	+00:10:32 (25.4%)	8:18	7.2 (74.2%)
119	JANIK Bogusław	78	STADION ŚLĄSKI	M55-59	9			00:41:42.20	+00:10:44 (25.7%)	8:20	7.2 (74.2%)
120	DYBEŁ Agnieszka	46	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	1			00:41:55.25	+00:10:57 (26.1%)	8:23	7.2 (74.2%)
121	PALETTA Małgorzata	258		K45-49	9			00:42:01.95	+00:11:04 (26.3%)	8:24	7.1 (73.2%)
122	TRAUTMANN Bogusława	222	OFIARY KAMIENICA	K55-59	4			00:42:04.55	+00:11:06 (26.4%)	8:25	7.1 (73.2%)
123	ŚCIBISZ Bogdan	271	MOSIR TKKF SATURN CZELADŹ	M70+	5			00:42:13.65	+00:11:15 (26.7%)	8:26	7.1 (73.2%)
124	KOCZOROWSKI Kacper	103	K S SOKÓŁ GAŚAWA	M-Dzieci	1			00:42:15.55	+00:11:17 (26.7%)	8:27	7.1 (73.2%)
125	HARTEL Henryk	70		M55-59	10			00:42:20.60	+00:11:22 (26.9%)	8:28	7.1 (73.2%)
126	GĄTEK Gerard	274	TARNOGÓRSKIE ŁAZĘGI	M70+	6			00:42:27.95	+00:11:30 (27.1%)	8:29	7.1 (73.2%)
127	PIASECKI Lech	171	STADION ŚLĄSKI	M70+	7			00:42:48.25	+00:11:50 (27.7%)	8:33	7 (72.2%)
128	PYKA Aleksandra	182	UNIA MIAST	K-Dzieci	1			00:42:48.50	+00:11:50 (27.7%)	8:33	7 (72.2%)
129	KOLARSKA Nadia	256	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	2			00:42:50.35	+00:11:52 (27.7%)	8:34	7 (72.2%)
130	DUDKIEWICZ Anna	42	NORDICUS STRZYBNICA	K45-49	10			00:42:50.50	+00:11:52 (27.7%)	8:34	7 (72.2%)
131	SOBCZAK Robert	194	NORDICUS STRZYBNICA	M30-39	7			00:42:55.80	+00:11:57 (27.9%)	8:35	7 (72.2%)
132	KUPFER Aleksandra	125	FUCHS OIL TEAM	K45-49	11			00:42:57.95	+00:12:00 (27.9%)	8:35	7 (72.2%)
133	KRAKOWIAN Mirosław	117	JEST LEPIEJ	M60-64	8			00:43:09.70	+00:12:11 (28.3%)	8:37	7 (72.2%)
134	WANDZIK Ewa	234	HAPPY TEAM ORZEŁ KOTY	K40-44	11			00:43:14.05	+00:12:16 (28.4%)	8:38	6.9 (71.1%)
135	KRAKOWIAN Aleksandra	116	JEST LEPIEJ	K60-64	9			00:43:15.80	+00:12:17 (28.4%)	8:39	6.9 (71.1%)
136	SOLAWA Sławomir	195	LECYMY DURŚ	M-Niepełnosprawni(B)	3			00:43:17.60	+00:12:19 (28.5%)	8:39	6.9 (71.1%)
137	KACZMAREK Stefan	86	TARNOGÓRSKIE ŁAZĘGI	M70+	8			00:43:18.95	+00:12:21 (28.5%)	8:39	6.9 (71.1%)
138	WANDZIK Adam	233	HAPPY TEAM ORZEŁ KOTY	M45-49	11			00:43:23.65	+00:12:25 (28.6%)	8:40	6.9 (71.1%)
139	RACZYŃSKA Aleksandra	183	STADION ŚLĄSKI	K70+	1			00:43:25.60	+00:12:27 (28.7%)	8:41	6.9 (71.1%)
140	ŁĄCZYK Barbara	133	OPTYKA K.M. SZCZERBA	K65-69	4			00:43:31.80	+00:12:33 (28.9%)	8:42	6.9 (71.1%)
141	HOLECKA Kinga	73		K-Jun.	7			00:43:34.10	+00:12:36 (28.9%)	8:43	6.9 (71.1%)
142	TOLL Adriana	219		K40-44	12			00:43:35.20	+00:12:37 (29.0%)	8:43	6.9 (71.1%)
143	LIPCZYŃSKI Stanisław	131		M70+	9			00:43:42.90	+00:12:44 (29.2%)	8:44	6.9 (71.1%)
144	KUBICA Agata	122		K18-29	2			00:43:46.80	+00:12:48 (29.3%)	8:45	6.9 (71.1%)
145	LOSKA Iwona	132		K55-59	5			00:43:48.95	+00:12:51 (29.3%)	8:45	6.8 (70.1%)
146	HRABIA Józef	74	NORDIC TEAM CZĘSTOCHOWA	M60-64	9			00:43:52.60	+00:12:54 (29.4%)	8:46	6.8 (70.1%)
147	KAPIS Marcelina	317		K30-39	7			00:43:57.40	+00:12:59 (29.6%)	8:47	6.8 (70.1%)
148	JANIK Marzena	77	STADION ŚLĄSKI	K55-59	6			00:43:57.70	+00:12:59 (29.6%)	8:47	6.8 (70.1%)
149	ADAMASZEK Iwona	2		K45-49	12			00:44:07.65	+00:13:09 (29.8%)	8:49	6.8 (70.1%)
150	KAPITAN Arkadiusz	89	POLGER TEAM	M40-44	6			00:44:09.85	+00:13:11 (29.9%)	8:50	6.8 (70.1%)
151	CZAPURA Elżbieta	28		K60-64	10			00:44:15.00	+00:13:17 (30.0%)	8:51	6.8 (70.1%)
152	PANKIEWICZ-DMOWSKA Cecylia	168	FACE NORDIC WALKING TEAM	K70+	2			00:44:26.40	+00:13:28 (30.3%)	8:53	6.7 (69.1%)
153	FOKS Małgorzata	49		K45-49	13			00:44:30.75	+00:13:32 (30.4%)	8:54	6.7 (69.1%)
154	SIKORA Joanna	188		K40-44	13			00:44:32.05	+00:13:34 (30.5%)	8:54	6.7 (69.1%)
154	BREGUŁA Ewa	20		K50-54	6			00:44:32.05	+00:13:34 (30.5%)	8:54	6.7 (69.1%)
156	CZAICKA Agnieszka	27	TARNOGÓRSKIE ŁAZĘGI	K40-44	14			00:44:32.10	+00:13:34 (30.5%)	8:54	6.7 (69.1%)
157	KUREK Klaudiusz	127		M30-39	8	1		00:44:33.15	+00:13:35 (30.5%)	8:54	6.7 (69.1%)
158	KUCYPERA Teresa	123	TARNOGÓRSKIE ŁAZĘGI	K65-69	5			00:44:45.95	+00:13:48 (30.8%)	8:57	6.7 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
159	<b>MUZYKA Anna</b>	<b>160</b>	LECYMY DURŚ	K30-39	8			<b>00:44:47.85</b>	+00:13:49 (30.9%)	8:57	6.7 (69.1%)
160	<b>MANSFELD Dorota</b>	<b>144</b>		K45-49	14			<b>00:44:50.95</b>	+00:13:53 (31.0%)	8:58	6.7 (69.1%)
161	<b>TUSZYŃSKA Anna</b>	<b>225</b>	LIDER GRODZISK MAZOWIECKI	K-Niepełnosprawni(A)	2			<b>00:44:51.70</b>	+00:13:53 (31.0%)	8:58	6.7 (69.1%)
162	<b>KALAGA Halina</b>	<b>315</b>		K-Niepełnosprawni(B)	2			<b>00:44:53.40</b>	+00:13:55 (31.0%)	8:58	6.7 (69.1%)
163	<b>HUNIAK Celina</b>	<b>75</b>		K45-49	15			<b>00:44:54.00</b>	+00:13:56 (31.0%)	8:58	6.7 (69.1%)
164	<b>KAŁUŻNA Anna</b>	<b>88</b>		K65-69	6			<b>00:45:02.35</b>	+00:14:04 (31.2%)	9:00	6.7 (69.1%)
165	<b>BARUCH Włodzimierz</b>	<b>11</b>		M70+	10			<b>00:45:06.40</b>	+00:14:08 (31.3%)	9:01	6.7 (69.1%)
166	<b>SZYMCZEWSKI Włodzimierz</b>	<b>213</b>		M60-64	10			<b>00:45:12.85</b>	+00:14:14 (31.5%)	9:02	6.6 (68.0%)
167	<b>BILIŃSKA Maja</b>	<b>16</b>		K-Jun.	8			<b>00:45:18.90</b>	+00:14:20 (31.7%)	9:03	6.6 (68.0%)
168	<b>KRÓL Krystyna</b>	<b>278</b>		K55-59	7			<b>00:45:31.95</b>	+00:14:34 (32.0%)	9:06	6.6 (68.0%)
169	<b>SOŁDECKI Wojciech</b>	<b>197</b>		M-Dzieci	2			<b>00:45:33.90</b>	+00:14:35 (32.0%)	9:06	6.6 (68.0%)
170	<b>PROSZOWSKA Aleksandra</b>	<b>178</b>	NORDICUS STRZYBNICA	K40-44	15	1		<b>00:45:35.00</b>	+00:14:37 (32.1%)	9:07	6.6 (68.0%)
171	<b>KOWALSKA Ewa</b>	<b>109</b>		K55-59	8			<b>00:45:36.00</b>	+00:14:38 (32.1%)	9:07	6.6 (68.0%)
172	<b>BARCZYK Małgorzata</b>	<b>9</b>	SIECHODZI PTTK	K50-54	7			<b>00:45:36.05</b>	+00:14:38 (32.1%)	9:07	6.6 (68.0%)
173	<b>ZIELONKA Renata</b>	<b>249</b>	SIECHODZI PTTK	K50-54	8			<b>00:45:56.35</b>	+00:14:58 (32.6%)	9:11	6.5 (67.0%)
174	<b>BERESZKO Anna</b>	<b>15</b>	MOSIR TKKF SATURN CZELADŹ	K60-64	11			<b>00:46:05.80</b>	+00:15:07 (32.8%)	9:13	6.5 (67.0%)
175	<b>BANIAK Ewelina</b>	<b>8</b>		K30-39	9			<b>00:46:06.05</b>	+00:15:08 (32.8%)	9:13	6.5 (67.0%)
176	<b>KIM Jaeyoung</b>	<b>93</b>		M45-49	12			<b>00:46:10.45</b>	+00:15:12 (32.9%)	9:14	6.5 (67.0%)
177	<b>BANDUCH Izabela</b>	<b>7</b>	SIECHODZI PTTK	K50-54	9			<b>00:46:12.30</b>	+00:15:14 (33.0%)	9:14	6.5 (67.0%)
178	<b>DUDEK Dominika</b>	<b>38</b>		K18-29	3			<b>00:46:28.40</b>	+00:15:30 (33.4%)	9:17	6.5 (67.0%)
179	<b>DUDEK Nicolina</b>	<b>40</b>		K18-29	4			<b>00:46:29.40</b>	+00:15:31 (33.4%)	9:17	6.5 (67.0%)
180	<b>MARCINKOWSKA Katarzyna</b>	<b>146</b>		K45-49	16			<b>00:46:43.30</b>	+00:15:45 (33.7%)	9:20	6.4 (66.0%)
181	<b>GOJ Justyna</b>	<b>62</b>		K45-49	17			<b>00:46:44.80</b>	+00:15:46 (33.8%)	9:21	6.4 (66.0%)
182	<b>HARTEL Jolanta</b>	<b>71</b>		K55-59	9			<b>00:47:05.05</b>	+00:16:07 (34.2%)	9:25	6.4 (66.0%)
183	<b>PATRZYK Aleksandra</b>	<b>169</b>		K40-44	16			<b>00:47:18.90</b>	+00:16:20 (34.6%)	9:27	6.3 (64.9%)
184	<b>WALEROWICZ Joanna</b>	<b>228</b>	TARNOGÓRSKIE ŁAZĘGI	K50-54	10			<b>00:47:29.50</b>	+00:16:31 (34.8%)	9:30	6.3 (64.9%)
185	<b>ANTOSIEWICZ Bogusława</b>	<b>4</b>	#CZELADZBIEGA	K60-64	12			<b>00:47:31.70</b>	+00:16:33 (34.8%)	9:30	6.3 (64.9%)
186	<b>BARTOSIK Patrycja</b>	<b>10</b>		K40-44	17			<b>00:47:35.30</b>	+00:16:37 (34.9%)	9:31	6.3 (64.9%)
187	<b>BRZEZINA Magdalena</b>	<b>22</b>		K40-44	18			<b>00:47:41.15</b>	+00:16:43 (35.1%)	9:32	6.3 (64.9%)
188	<b>MALINA Teresa</b>	<b>141</b>	NORDICUS STRZYBNICA	K55-59	10			<b>00:47:43.05</b>	+00:16:45 (35.1%)	9:32	6.3 (64.9%)
189	<b>KRAJEWSKI Paweł</b>	<b>115</b>	FUCHS OIL TEAM	M55-59	11			<b>00:48:06.75</b>	+00:17:08 (35.6%)	9:37	6.2 (63.9%)
190	<b>MROZIŃSKA Maria</b>	<b>158</b>	NORDICUS STRZYBNICA	K70+	3			<b>00:48:07.30</b>	+00:17:09 (35.7%)	9:37	6.2 (63.9%)
191	<b>KASPERCZYK Joanna</b>	<b>92</b>		K45-49	18			<b>00:48:18.35</b>	+00:17:20 (35.9%)	9:39	6.2 (63.9%)
192	<b>GRUNER Maria</b>	<b>276</b>	UNIA STRZYBNICA	K55-59	11			<b>00:48:18.75</b>	+00:17:20 (35.9%)	9:39	6.2 (63.9%)
193	<b>KĘDZIERSKA Edyta</b>	<b>273</b>	PFNW	K45-49	19			<b>00:48:22.20</b>	+00:17:24 (36.0%)	9:40	6.2 (63.9%)
194	<b>KAŹMIERCZAK Justyna</b>	<b>272</b>		K40-44	19			<b>00:48:25.25</b>	+00:17:27 (36.0%)	9:41	6.2 (63.9%)
195	<b>JANKOWSKI Henryk</b>	<b>80</b>	MOSIR TKKF SATURN CZELADŹ	M70+	11			<b>00:48:54.55</b>	+00:17:56 (36.7%)	9:47	6.1 (62.9%)
196	<b>MARONDEL Jan</b>	<b>150</b>		M65-69	7			<b>00:48:55.10</b>	+00:17:57 (36.7%)	9:47	6.1 (62.9%)
197	<b>KOSMALA Maria</b>	<b>106</b>	TARNOGÓRSKIE ŁAZĘGI	K65-69	7			<b>00:49:35.05</b>	+00:18:37 (37.5%)	9:55	6.1 (62.9%)
198	<b>GLISZCZYŃSKA Janina</b>	<b>60</b>	TARNOGÓRSKIE ŁAZĘGI	K65-69	8			<b>00:49:51.55</b>	+00:18:53 (37.9%)	9:58	6 (61.9%)
199	<b>JUERCZKO-GRZEBIELA Ewa</b>	<b>85</b>	NORDICUS STRZYBNICA	K45-49	20			<b>00:49:53.95</b>	+00:18:56 (37.9%)	9:58	6 (61.9%)
200	<b>MORAWIEC-MROCHEN Marzena</b>	<b>156</b>	NORDICUS STRZYBNICA	K45-49	21	1		<b>00:49:56.30</b>	+00:18:58 (38.0%)	9:59	6 (61.9%)
201	<b>LEWANDOWSKI Jacek</b>	<b>129</b>	STADION ŚLĄSKI	M-Niepełnosprawni(B)	4			<b>00:50:01.30</b>	+00:19:03 (38.1%)	10:00	6 (61.9%)
202	<b>ŁOPATKA Kazimierz</b>	<b>275</b>	MOSIR PIEKARY	M70+	12			<b>00:50:22.15</b>	+00:19:24 (38.5%)	10:04	6 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
203	<b>MICHAŁOWSKA Grażyna</b>	<b>153</b>	NORDICUS STRZYBNICA	K55-59	12			<b>00:50:24.55</b>	+00:19:26 (38.6%)	10:04	6 (61.9%)
204	<b>WOJTACHA Emilia</b>	<b>242</b>		K70+	4			<b>00:50:59.10</b>	+00:20:01 (39.3%)	10:11	5.9 (60.8%)
205	<b>BAL Andrzej</b>	<b>6</b>		M-Dzieci	3			<b>00:51:22.20</b>	+00:20:24 (39.7%)	10:16	5.8 (59.8%)
206	<b>BAL Artur</b>	<b>5</b>		M-Niepełnosprawni(A)	5			<b>00:51:26.90</b>	+00:20:28 (39.8%)	10:17	5.8 (59.8%)
207	<b>DROP Mieczysław</b>	<b>35</b>	KS SOKÓŁ GAŚAWA	M70+	13			<b>00:52:53.20</b>	+00:21:55 (41.4%)	10:34	5.7 (58.8%)
208	<b>PONIATOWSKA Alina</b>	<b>177</b>		K60-64	13			<b>00:54:02.75</b>	+00:23:04 (42.7%)	10:48	5.6 (57.7%)
209	<b>LEE James</b>	<b>128</b>		M50-54	7			<b>00:55:52.40</b>	+00:24:54 (44.6%)	11:10	5.4 (55.7%)
210	<b>URBAŃSKI Mateusz</b>	<b>227</b>		M18-29	3			<b>01:00:30.85</b>	+00:29:32 (48.8%)	12:06	5 (51.5%)
211	<b>PALASZ Barbara</b>	<b>166</b>		K60-64	14			<b>01:02:20.55</b>	+00:31:22 (50.3%)	12:28	4.8 (49.5%)
212	<b>KOWALEWSKI Artur</b>	<b>108</b>	GIBKIE GIZDY	M30-39	9						(0.0%)

Znaleziono 212 wynik(ów)