

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM

Organiser: Polska Federacja Nordic Walking
 Date: 2018-09-15
 Place: Wrocław
 Distance: 10 km
 Klasyfikacja wg czasów netto.



WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	PIETRZYK JAROSŁAW	58	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M30-39	1	M 1	00:15:57	00:32:16	00:48:19	01:04:16.50	6:25	9.3
2	HOŁUBKA MARIUSZ	27	SALLER NORDIC WALKING TEAM	LEGNICA	POL	M40-49	1	M 2	00:15:59	00:32:19	00:48:34	01:05:03.25	6:30	9.2
3	BARCZYK BOGDAN	5	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M50-59	1	M 3	00:15:45	00:32:21	00:49:20	01:05:56.40	6:35	9.1
4	SPYCHAŁA LESŁAW	73	CKZIU NYSA MECHANIK	BIAŁA	POL	M50-59	2	M 4	00:15:46	00:32:20	00:49:21	01:06:07.40	6:36	9.1
5	WOJTASIŃSKI DANIEL	86	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M40-49	2	M 5	00:15:56	00:32:17	00:49:05	01:06:18.15	6:37	9
6	BOGACKI SŁAWEK	9	ULTRAVEGEWALKER	BRZOZÓWKA K.TORUNIA	POL	M40-49	3	M 6	00:16:00	00:32:27	00:49:19	01:06:26.80	6:38	9
7	BIK STANISŁAW	7	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	KSIĘGINICE	POL	M50-59	3	M 7	00:16:05	00:33:01	00:49:53	01:06:31.95	6:39	9
8	SŁOMIAN LESZEK	70	STADION ŚLĄSKI	KATOWICE	POL	M50-59	4	M 8	00:16:22	00:33:20	00:50:08	01:06:39.15	6:39	9
9	HAJDUK FRANCISZEK	26	SIECHODZI	TARNOWSKIE GÓRY	POL	M50-59	5	M 9	00:16:31	00:33:21	00:50:07	01:06:39.75	6:40	9
10	GRUDZIŃSKI ROBERT	23	ACTEAM	WROCLAW	POL	M50-59	6	M 10	00:16:35	00:33:25	00:50:24	01:07:37.85	6:45	8.9
11	MUSIAŁ MARCIN	93		WROCLAW		M40-49	4	M 11	00:16:15	00:33:16	00:50:29	01:07:44.55	6:46	8.9
12	ŻYDACZEWSKI RYSZARD	92	KS METRACO POLKOWICE	LUBIN	POL	M50-59	7	M 12	00:17:01	00:34:11	00:51:18	01:08:08.80	6:48	8.8
13	MIKOŁAJCZAK JAN	46	SALLER NORDIC WALKING TEAM LEGNICA	LEGNICA	POL	M60-69	1	M 13	00:16:33	00:33:47	00:51:21	01:08:48.50	6:52	8.7
14	CUDAK ZBIGNIEW	12	VIKING NORDIC TEAM CZĘSTOCHOWA	BOROWNO KOLONIA	POL	M50-59	8	M 14	00:17:07	00:34:28	00:51:57	01:09:36.65	6:57	8.6
15	WOLNIEWICZ KATARZYNA	87	AZS SILESIA	RUDA ŚLĄSKA	POL	K40-49	1	K 1	00:17:07	00:34:28	00:51:59	01:09:39.60	6:58	8.6
16	GODZIŃSKI PAWEŁ	21	BAŻANT NWTEAM	MILEJEWO	POL	M30-39	2	M 15	00:16:53	00:34:24	00:52:06	01:09:55.85	6:59	8.6
17	DUSIEL EWA	17	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K50-59	1	K 2	00:17:07	00:34:38	00:52:25	01:10:04.10	7:00	8.6
18	KRÓL JANUSZ	38		CZĘSTOCHOWA		M50-59	9	M 16	00:16:40	00:34:19	00:52:28	01:10:29.00	7:02	8.5
19	KASPRZYK LILIANA	32	UKS DAB SUCHY LAS	POZNAŃ	POL	K50-59	2	K 3	00:17:13	00:34:50	00:52:48	01:10:35.35	7:03	8.5
20	BADECKI RYSZARD	2	KS METRACO POLKOWICE	NIESZCZYCE	POL	M50-59	10	M 17	00:16:47	00:34:32	00:52:38	01:10:42.15	7:04	8.5
21	KOBIELA KRZYSZTOF	34		BLACHOWNIA		M30-39	3	M 18	00:17:47	00:35:52	00:53:40	01:11:06.15	7:06	8.4
22	ROGOS HENRYK	66	ŚCINAWSKA GRUPA NORDIC WALKING	LUBIĄŻ	POL	M70+	1	M 19	00:17:37	00:35:34	00:53:23	01:11:25.40	7:08	8.4
23	WOJDYLA MIECZYSLAW	85		WROCLAW		M50-59	11	M 20	00:16:50	00:34:34	00:52:50	01:11:31.90	7:09	8.4
24	KURZAWSKA JOLANTA	43	KS METRACO POLKOWICE	LUBIN	POL	K60-69	1	K 4	00:18:00	00:36:17	00:54:17	01:12:26.40	7:14	8.3
25	WITUSIK MARIUSZ	83	NW-TEAM JASŁO	JASŁO	POL	M40-49	5	M 21	00:17:03	00:35:39	00:53:55	01:12:29.45	7:15	8.3
26	BAJ STANISŁAW	4	ŚCINAWSKA GRUPA NORDIC WALKING	ŚCINAWA	POL	M60-69	2	M 22	00:17:57	00:36:20	00:54:26	01:12:43.60	7:16	8.3
27	NIEWODNICZAŃSKI TOMASZ	51		JANIKÓW, GMINA OŁAWA		M70+	2	M 23	00:17:36	00:36:05	00:54:33	01:12:49.10	7:16	8.2
28	SKAWIŃSKA EWA	68	RIGHTWAY	WILKSZYŃ	POL	K40-49	2	K 5	00:17:47	00:36:19	00:54:52	01:13:03.50	7:18	8.2
29	PŁOCIENIAK KATARZYNA	62	ACTEAM	WROCLAW	POL	K40-49	3	K 6	00:17:51	00:36:10	00:54:41	01:13:05.80	7:18	8.2
30	STANIEC STANISŁAW	74		STRZELIN		M60-69	3	M 24	00:17:50	00:35:56	00:54:23	01:13:10.55	7:19	8.2
31	GARBACZEWSKA IWONA	18	SANTANDER CONSUMER BANK	OLEŚNICA	POL	K30-39	1	K 7	00:18:01	00:36:21	00:54:50	01:13:11.30	7:19	8.2
32	WITUSIK DOROTA	84	NW-TEAM JASŁO	JASŁO	POL	K40-49	4	K 8	00:17:57	00:36:12	00:54:44	01:13:13.00	7:19	8.2
33	DĄBROWA WOJCIECH	15	CHODZ Z NAMI	GOSŁAWICE	POL	M50-59	12	M 25	00:17:46	00:36:18	00:54:47	01:13:19.25	7:19	8.2
34	PARTYKA TOMASZ	54	SANTANER CONSUMER BANK	WROCLAW	POL	M40-49	6	M 26	00:17:28	00:36:11	00:55:02	01:14:00.25	7:24	8.1
35	SKRYCKA KATARZYNA	69	SALLER NORDIC WALKING TEAM LEGNICA	LUBIN	POL	K30-39	2	K 9	00:17:45	00:36:23	00:55:36	01:14:59.95	7:30	8
36	GWAREK ANITA	25	PASJA NORDIC WALKING	WARSZAWA	POL	K40-49	5	K 10	00:18:26	00:37:06	00:56:05	01:15:01.60	7:30	8
37	CONTUCCI EWA	11	VIKING NORDIC TEAM CZĘSTOCHOWA	BLACHOWNIA	POL	K40-49	6	K 11	00:18:53	00:38:02	00:56:52	01:15:34.75	7:33	7.9
38	GRUDZIŃSKI ANDRZEJ	22	ACTEAM	WROCLAW	POL	M60-69	4	M 27	00:18:08	00:36:53	00:56:00	01:15:41.05	7:34	7.9
39	WEGIERA GRZEGORZ	80	ROXKJE ROKIETNICA	ROKIETNICA	POL	M40-49	7	M 28	00:18:25	00:37:10	00:56:19	01:15:42.80	7:34	7.9
40	BAJ DANUTA	3	ŚCINAWSKA GRUPA NORDIC WALKING	ŚCINAWA	POL	K50-59	3	K 12	00:18:25	00:37:21	00:56:36	01:15:49.65	7:35	7.9
41	KACZMAREK ZOFIA	30	ACTEAM WROCLAW	WROCLAW	POL	K50-59	4	K 13	00:18:20	00:37:16	00:56:31	01:16:10.65	7:37	7.9
42	TERESIŃSKA JOLANTA	77	NORDIC WALKING TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K40-49	7	K 14	00:18:36	00:37:31	00:56:53	01:16:13.70	7:37	7.9

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
43	JUSZCZAK ROMUALD	29		WROCLAW	POL	M60-69	5	M 29	00:19:18	00:38:56	00:57:55	01:16:37.00	7:39	7.8
44	THOMALLA BOGDAN	78	TOMCHEM	ZABRZE	POL	M70+	3	M 30	00:18:50	00:38:02	00:57:29	01:16:42.55	7:40	7.8
45	KACZMAREK MARIUSZ	31	ACTEAM WROCLAW	WROCLAW	POL	M50-59	13	M 31	00:18:35	00:37:50	00:57:32	01:16:47.55	7:40	7.8
46	SURIAK MICHAŁ	75	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M30-39	4	M 32	00:19:08	00:38:33	00:57:55	01:17:24.25	7:44	7.8
47	BLACHOWSKA-ŻUREK PATRYCJA	8		CZĘSTOCHOWA	POL	K40-49	8	K 15	00:18:26	00:37:54	00:57:41	01:18:05.35	7:48	7.7
48	BARCZYK JOLANTA	6	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K50-59	5	K 16	00:19:20	00:39:00	00:58:37	01:18:05.80	7:48	7.7
49	KIELBIK MAREK	33	M&M SKRZYDLATA	WROCLAW	POL	M60-69	6	M 33	00:20:01	00:40:03	00:59:06	01:18:07.00	7:48	7.7
50	OMARSKA GRAŻYNA	52	PASJA NORDIC WALKING	WARSZAWA	POL	K60-69	2	K 17	00:19:21	00:38:58	00:58:35	01:18:08.30	7:48	7.7
51	RADZIEJOWSKI BOGUSŁAW	64	BBL CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M50-59	14	M 34	00:19:11	00:38:42	00:58:33	01:18:17.10	7:49	7.7
52	ADAMOWICZ ANDRZEJ	1		ŁÓDŹ	POL	M70+	4	M 35	00:19:02	00:38:45	00:58:39	01:18:28.95	7:50	7.6
53	MACIĄG ANDRZEJ	44	ACTEAM	WROCLAW	POL	M50-59	15	M 36	00:19:11	00:39:14	00:59:14	01:18:54.95	7:53	7.6
54	SOBORAK BEATA	71	AKTYWNA EKIPA CALYPSO	CZĘSTOCHOWA	POL	K30-39	3	K 18	00:19:14	00:39:04	00:59:18	01:19:18.30	7:55	7.6
55	PINIS MICHAŁ	61	VIKING NORDIC TEAM CZĘSTOCHOWA	BLACHOWNIA	POL	M30-39	5	M 37	00:19:23	00:39:27	00:59:35	01:19:23.80	7:56	7.6
56	MOSOŃ MAREK	50	M&M SKRZYDLATA	WROCLAW	POL	M60-69	7	M 38	00:20:02	00:40:24	01:00:06	01:19:32.75	7:57	7.5
57	ZAWADZKA MARIA	91	KS METRACO POLKOWICE	LUBIN	POL	K60-69	3	K 19	00:19:30	00:39:38	00:59:54	01:20:02.25	8:00	7.5
58	TOBYS RYSZARD	79		PIOTROWO DRUGIE	POL	M60-69	8	M 39	00:19:57	00:40:26	01:00:34	01:20:40.15	8:04	7.4
59	PARTYKA JAKUB	55	SANTANDER CONSUMER BANK	WROCLAW	POL	M18-29	1	M 40	00:19:42	00:40:20	01:01:46	01:21:06.85	8:06	7.4
60	WOZIŃSKA JOLANTA	88	SIECHODZI	TARNOWSKIE GÓRY	POL	K50-59	6	K 20	00:19:39	00:40:08	01:00:44	01:21:17.00	8:07	7.4
61	KRZYŚCIN RAFAŁ	39	SANTANDER CONSUMER BANK	WROCLAW	POL	M40-49	8	M 41	00:19:48	00:40:09	01:00:56	01:21:59.15	8:11	7.3
62	SOŚNIAK ILONA	72	BRAK	CZĘSTOCHOWA	POL	K40-49	9	K 21	00:19:50	00:41:18	01:02:35	01:22:18.70	8:13	7.3
63	NIEDŹWIECKA MAŁGORZATA	95		CZĘSTOCHOWA		K60-69	4	K 22	00:20:29	00:41:22	01:02:11	01:23:11.35	8:19	7.2
64	WOŹNY ALEKSANDRA	89		STRZELIN	POL	K40-49	10	K 23	00:19:40	00:40:23	01:01:30	01:23:13.10	8:19	7.2
65	GAŃTEK GERARD	19		CZĘSTOCHOWA	POL	M70+	5	M 42	00:20:02	00:40:51	01:01:57	01:23:16.75	8:19	7.2
66	MALCEWICZ MARCIN	45	RIGHWAY	WROCLAW	POL	M50-59	16	M 43	00:20:19	00:41:16	01:02:21	01:23:25.90	8:20	7.2
67	PAWLIK AGNIESZKA	56		OLENICA	POL	K40-49	11	K 24	00:21:17	00:42:46	01:03:17	01:23:28.40	8:20	7.2
68	ZAWADA MAŁGORZATA	90	JEST LEPIEJ	CZĘSTOCHOWA	POL	K40-49	12	K 25	00:20:05	00:41:14	01:02:38	01:24:01.90	8:24	7.1
69	GRZEBIELUCH ELŻBIETA	24	RECEPTURKI	SOSNOWIEC	POL	K60-69	5	K 26	00:21:03	00:42:17	01:03:14	01:24:02.65	8:24	7.1
70	RAGANOWICZ KRZESIMIR	65		WROCLAW	POL	M70+	6	M 44	00:20:34	00:41:38	01:03:00	01:24:20.10	8:26	7.1
71	HRABIA JÓZEF	28	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M60-69	9	M 45	00:20:57	00:42:32	01:03:46	01:24:47.10	8:28	7.1
72	CZERWONAJCIO AGATA	14		WROCLAW	POL	K50-59	7	K 27	00:21:01	00:42:27	01:03:35	01:24:53.65	8:29	7.1
73	SALAMADRA JOLANTA	94		WROCLAW		K40-49	13	K 28	00:21:01	00:42:27	01:03:36	01:24:54.65	8:29	7.1
74	SIEROTNIIK MARIA	67		WROCLAW	POL	K60-69	6	K 29	00:20:58	00:42:26	01:03:35	01:24:58.75	8:29	7.1
75	KSOK KRYSZYNA	41		WROCLAW	POL	K60-69	7	K 30	00:21:21	00:42:50	01:04:10	01:25:19.55	8:32	7
76	MILCZAREK JOANNA	47	RIGHTWAY	WROCLAW	POL	K50-59	8	K 31	00:21:19	00:42:47	01:04:16	01:25:57.15	8:35	7
77	KRZYŚCIN MIROŚLAWA	40	SANTANDER CONSUMER BANK	WROCLAW	POL	K40-49	14	K 32	00:20:47	00:41:53	01:03:40	01:26:13.55	8:37	7
78	DĄBROWSKA-CZEKAJ MAGDALENA	16		CZĘSTOCHOWA	POL	K30-39	4	K 33	00:21:06	00:42:45	01:04:23	01:26:14.90	8:37	7
79	CZARNECKA WIESŁAWA	13	TRENUJZAMI.PL	WROCLAW	POL	K50-59	9	K 34	00:20:53	00:42:26	01:04:31	01:26:29.90	8:39	6.9
80	PERDEK ANNA	57		OLEŚNICA	POL	K40-49	15	K 35	00:21:18	00:42:59	01:04:49	01:27:02.25	8:42	6.9
81	GĘBSKA ELŻBIETA	20	KIJE W DOBRZYCH RĘKACH	BĘDZIN	POL	K50-59	10	K 36	00:21:07	00:42:58	01:05:05	01:27:21.50	8:44	6.9
82	MILCZAREK WITOLD	48	RIGHTWAY	ZACHARZYCE	POL	M50-59	17	M 46	00:22:53	00:44:22	01:05:52	01:27:32.05	8:45	6.9
83	OSUMEK ANNA	53	RIGHTWAY	WROCLAW	POL	K30-39	5	K 37	00:21:14	00:43:01	01:05:17	01:27:48.05	8:46	6.8
84	MORAWSKA ALEKSANDRA	49		SOSNOWIEC	POL	K30-39	6	K 38	00:21:43	00:43:51	01:06:29	01:29:18.80	8:55	6.7
85	WINIARSKI ROBERT	82		LEGNICA	POL	M40-49	9	M 47	00:21:13	00:43:45	01:06:54	01:30:35.25	9:03	6.6
86	KULBAKA GRAŻYNA	42		WROCLAW	POL	K60-69	8	K 39	00:22:29	00:45:31	01:08:12	01:31:40.20	9:10	6.5
	SZARPAK MICHALINA	76		WROCLAW	POL	K60-69			00:22:55	00:46:38	DNF	DNF	-	-

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M18-29

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	PARTYKA JAKUB	55	SANTANDER CONSUMER BANK	WROCLAW	POL	M18-29	1	M 40	00:19:42	00:40:20	01:01:46	01:21:06.85	8:06	7.4

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K30-39

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	GARBACZEWSKA IWONA	18	SANTANDER CONSUMER BANK	OLEŚNICA	POL	K30-39	1	K 7	00:18:01	00:36:21	00:54:50	01:13:11.30	7:19	8.2
2	SKRYCKA KATARZYNA	69	SALLER NORDIC WALKING TEAM LEGNICA	LUBIN	POL	K30-39	2	K 9	00:17:45	00:36:23	00:55:36	01:14:59.95	7:30	8
3	SOBORAK BEATA	71	AKTYWNA EKIPA CALYPSO	CZĘSTOCHOWA	POL	K30-39	3	K 18	00:19:14	00:39:04	00:59:18	01:19:18.30	7:55	7.6
4	DĄBROWSKA-CZEKAJ MAGDALENA	16		CZĘSTOCHOWA	POL	K30-39	4	K 33	00:21:06	00:42:45	01:04:23	01:26:14.90	8:37	7
5	OSUMEK ANNA	53	RIGHTWAY	WROCLAW	POL	K30-39	5	K 37	00:21:14	00:43:01	01:05:17	01:27:48.05	8:46	6.8
6	MORAWSKA ALEKSANDRA	49		SOSNOWIEC	POL	K30-39	6	K 38	00:21:43	00:43:51	01:06:29	01:29:18.80	8:55	6.7

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M30-39

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	PIETRZYK JAROSŁAW	58	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M30-39	1	M 1	00:15:57	00:32:16	00:48:19	01:04:16.50	6:25	9.3
2	GODZIŃSKI PAWEŁ	21	BAŻANT NWTEAM	MILEJEWO	POL	M30-39	2	M 15	00:16:53	00:34:24	00:52:06	01:09:55.85	6:59	8.6
3	KOBIELA KRZYSZTOF	34		BLACHOWNIA	POL	M30-39	3	M 18	00:17:47	00:35:52	00:53:40	01:11:06.15	7:06	8.4
4	SURIAK MICHAŁ	75	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M30-39	4	M 32	00:19:08	00:38:33	00:57:55	01:17:24.25	7:44	7.8
5	PINIS MICHAŁ	61	VIKING NORDIC TEAM CZĘSTOCHOWA	BLACHOWNIA	POL	M30-39	5	M 37	00:19:23	00:39:27	00:59:35	01:19:23.80	7:56	7.6

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K40-49

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	WOLNIEWICZ KATARZYNA	87	AZS SILESIA	RUDA ŚLĄSKA	POL	K40-49	1	K 1	00:17:07	00:34:28	00:51:59	01:09:39.60	6:58	8.6
2	SKAWIŃSKA EWA	68	RIGHTWAY	WILKSZYN	POL	K40-49	2	K 5	00:17:47	00:36:19	00:54:52	01:13:03.50	7:18	8.2
3	PŁOCENIAK KATARZYNA	62	ACTEAM	WROCLAW	POL	K40-49	3	K 6	00:17:51	00:36:10	00:54:41	01:13:05.80	7:18	8.2
4	WITUSIK DOROTA	84	NW-TEAM JASŁO	JASŁO	POL	K40-49	4	K 8	00:17:57	00:36:12	00:54:44	01:13:13.00	7:19	8.2
5	GWAREK ANITA	25	PASJA NORDIC WALKING	WARSZAWA	POL	K40-49	5	K 10	00:18:26	00:37:06	00:56:05	01:15:01.60	7:30	8
6	CONTUCCI EWA	11	VIKING NORDIC TEAM CZĘSTOCHOWA	BLACHOWNIA	POL	K40-49	6	K 11	00:18:53	00:38:02	00:56:52	01:15:34.75	7:33	7.9
7	TERESIŃSKA JOLANTA	77	NORDIC WALKING TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K40-49	7	K 14	00:18:36	00:37:31	00:56:53	01:16:13.70	7:37	7.9
8	BŁACHOWSKA-ZUREK PATRYCJA	8		CZĘSTOCHOWA	POL	K40-49	8	K 15	00:18:26	00:37:54	00:57:41	01:18:05.35	7:48	7.7
9	SOŚNIAK ILONA	72	BRAK	CZĘSTOCHOWA	POL	K40-49	9	K 21	00:19:50	00:41:18	01:02:35	01:22:18.70	8:13	7.3
10	WOŹNY ALEKSANDRA	89		STRZELIN	POL	K40-49	10	K 23	00:19:40	00:40:23	01:01:30	01:23:13.10	8:19	7.2
11	PAWLIK AGNIESZKA	56		OLENICA	POL	K40-49	11	K 24	00:21:17	00:42:46	01:03:17	01:23:28.40	8:20	7.2
12	ZAWADA MAŁGORZATA	90	JEST LEPIEJ	CZĘSTOCHOWA	POL	K40-49	12	K 25	00:20:05	00:41:14	01:02:38	01:24:01.90	8:24	7.1
13	SALAMADRA JOLANTA	94		WROCLAW	POL	K40-49	13	K 28	00:21:01	00:42:27	01:03:36	01:24:54.65	8:29	7.1
14	KRZYŚCIN MIROŚLAWA	40	SANTANDER CONSUMER BANK	WROCLAW	POL	K40-49	14	K 32	00:20:47	00:41:53	01:03:40	01:26:13.55	8:37	7
15	PERDEK ANNA	57		OLEŚNICA	POL	K40-49	15	K 35	00:21:18	00:42:59	01:04:49	01:27:02.25	8:42	6.9

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M40-49

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	HOŁUBKA MARIUSZ	27	SALLER NORDIC WALKING TEAM	LEGNICA	POL	M40-49	1	M 2	00:15:59	00:32:19	00:48:34	01:05:03.25	6:30	9.2
2	WOJTASIŃSKI DANIEL	86	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M40-49	2	M 5	00:15:56	00:32:17	00:49:05	01:06:18.15	6:37	9
3	BOGACKI SŁAWEK	9	ULTRAVEGEGWALKER	BRZOZÓWKA K.TORUNIA	POL	M40-49	3	M 6	00:16:00	00:32:27	00:49:19	01:06:26.80	6:38	9
4	MUSIAŁ MARCIN	93		WROCLAW	POL	M40-49	4	M 11	00:16:15	00:33:16	00:50:29	01:07:44.55	6:46	8.9
5	WITUSIK MARIUSZ	83	NW-TEAM JASŁO	JASŁO	POL	M40-49	5	M 21	00:17:03	00:35:39	00:53:55	01:12:29.45	7:15	8.3
6	PARTYKA TOMASZ	54	SANTANER CONSUMER BANK	WROCLAW	POL	M40-49	6	M 26	00:17:28	00:36:11	00:55:02	01:14:00.25	7:24	8.1
7	WEGIERA GRZEGORZ	80	ROXKIJE ROKIETNICA	ROKIETNICA	POL	M40-49	7	M 28	00:18:25	00:37:10	00:56:19	01:15:42.80	7:34	7.9
8	KRZYŚCIN RAFAŁ	39	SANTANDER CONSUMER BANK	WROCLAW	POL	M40-49	8	M 41	00:19:48	00:40:09	01:00:56	01:21:59.15	8:11	7.3
9	WINIARSKI ROBERT	82		LEGNICA	POL	M40-49	9	M 47	00:21:13	00:43:45	01:06:54	01:30:35.25	9:03	6.6

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K50-59

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	DUSIEL EWA	17	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K50-59	1	K 2	00:17:07	00:34:38	00:52:25	01:10:04.10	7:00	8.6
2	KASPRZYK LILIANA	32	UKS DAB SUCHY LAS	POZNAŃ	POL	K50-59	2	K 3	00:17:13	00:34:50	00:52:48	01:10:35.35	7:03	8.5
3	BAJ DANUTA	3	ŚCINAWSKA GRUPA NORDIC WALKING	ŚCINAWA	POL	K50-59	3	K 12	00:18:25	00:37:21	00:56:36	01:15:49.65	7:35	7.9
4	KACZMAREK ZOFIA	30	ACTEAM WROCLAW	WROCLAW	POL	K50-59	4	K 13	00:18:20	00:37:16	00:56:31	01:16:10.65	7:37	7.9
5	BARCZYK JOLANTA	6	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K50-59	5	K 16	00:19:20	00:39:00	00:58:37	01:18:05.80	7:48	7.7
6	WOZIŃSKA JOLANTA	88	SIECHODZI	TARNOWSKIE GÓRY	POL	K50-59	6	K 20	00:19:39	00:40:08	01:00:44	01:21:17.00	8:07	7.4
7	CZERWONAJCIO AGATA	14		WROCLAW	POL	K50-59	7	K 27	00:21:01	00:42:27	01:03:35	01:24:53.65	8:29	7.1
8	MILCZAREK JOANNA	47	RIGHTWAY	WROCLAW	POL	K50-59	8	K 31	00:21:19	00:42:47	01:04:16	01:25:57.15	8:35	7
9	CZARNECKA WIESŁAWA	13	TRENUJZAMI.PL	WROCLAW	POL	K50-59	9	K 34	00:20:53	00:42:26	01:04:31	01:26:29.90	8:39	6.9
10	GĘBSKA ELŻBIETA	20	KIJE W DOBRYCH RĘKACH	BĘDZIN	POL	K50-59	10	K 36	00:21:07	00:42:58	01:05:05	01:27:21.50	8:44	6.9

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M50-59

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	BARCZYK BOGDAN	5	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M50-59	1	M 3	00:15:45	00:32:21	00:49:20	01:05:56.40	6:35	9.1
2	SPYCHAŁA LESŁAW	73	CKZIU NYSA MECHANIK	BIAŁA	POL	M50-59	2	M 4	00:15:46	00:32:20	00:49:21	01:06:07.40	6:36	9.1
3	BIK STANISŁAW	7	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	KSIĘGINICE	POL	M50-59	3	M 7	00:16:05	00:33:01	00:49:53	01:06:31.95	6:39	9
4	SŁOMIAN LESZEK	70	STADION ŚLĄSKI	KATOWICE	POL	M50-59	4	M 8	00:16:22	00:33:20	00:50:08	01:06:39.15	6:39	9
5	HAJDUK FRANCISZEK	26	SIECHODZI	TARNOWSKIE GÓRY	POL	M50-59	5	M 9	00:16:31	00:33:21	00:50:07	01:06:39.75	6:40	9
6	GRUDZIŃSKI ROBERT	23	ACTEAM	WROCLAW	POL	M50-59	6	M 10	00:16:35	00:33:25	00:50:24	01:07:37.85	6:45	8.9
7	ŻYDACZEWSKI RYSZARD	92	KS METRACO POLKOWICE	LUBIN	POL	M50-59	7	M 12	00:17:01	00:34:11	00:51:18	01:08:08.80	6:48	8.8
8	CUDAK ZBIGNIEW	12	VIKING NORDIC TEAM CZĘSTOCHOWA	BOROWNO KOLONIA	POL	M50-59	8	M 14	00:17:07	00:34:28	00:51:57	01:09:36.65	6:57	8.6
9	KRÓL JANUSZ	38		CZĘSTOCHOWA	POL	M50-59	9	M 16	00:16:40	00:34:19	00:52:28	01:10:29.00	7:02	8.5
10	BADECKI RYSZARD	2	KS METRACO POLKOWICE	NIESZCZYCE	POL	M50-59	10	M 17	00:16:47	00:34:32	00:52:38	01:10:42.15	7:04	8.5
11	WOJDYLA MIECZYSLAW	85		WROCLAW	POL	M50-59	11	M 20	00:16:50	00:34:34	00:52:50	01:11:31.90	7:09	8.4
12	DĄBROWA WOJCIECH	15	CHODZ Z NAMI	GOSŁAWICE	POL	M50-59	12	M 25	00:17:46	00:36:18	00:54:47	01:13:19.25	7:19	8.2
13	KACZMAREK MARIUSZ	31	ACTEAM WROCLAW	WROCLAW	POL	M50-59	13	M 31	00:18:35	00:37:50	00:57:32	01:16:47.55	7:40	7.8
14	RADZIEJOWSKI BOGUSŁAW	64	BBL CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M50-59	14	M 34	00:19:11	00:38:42	00:58:33	01:18:17.10	7:49	7.7
15	MACIĄG ANDRZEJ	44	ACTEAM	WROCLAW	POL	M50-59	15	M 36	00:19:11	00:39:14	00:59:14	01:18:54.95	7:53	7.6
16	MALCEWICZ MARCIN	45	RIGHWAY	WROCLAW	POL	M50-59	16	M 43	00:20:19	00:41:16	01:02:21	01:23:25.90	8:20	7.2
17	MILCZAREK WITOLD	48	RIGHTWAY	ZACHARZYCE	POL	M50-59	17	M 46	00:22:53	00:44:22	01:05:52	01:27:32.05	8:45	6.9

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K60-69

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	KURZAWSKA JOLANTA	43	KS METRACO POLKOWICE	LUBIN	POL	K60-69	1	K 4	00:18:00	00:36:17	00:54:17	01:12:26.40	7:14	8.3
2	OMARSKA GRAŻYNA	52	PASJA NORDIC WALKING	WARSZAWA	POL	K60-69	2	K 17	00:19:21	00:38:58	00:58:35	01:18:08.30	7:48	7.7
3	ZAWADZKA MARIA	91	KS METRACO POLKOWICE	LUBIN	POL	K60-69	3	K 19	00:19:30	00:39:38	00:59:54	01:20:02.25	8:00	7.5
4	NIEDŹWIECKA MAŁGORZATA	95		CZĘSTOCHOWA		K60-69	4	K 22	00:20:29	00:41:22	01:02:11	01:23:11.35	8:19	7.2
5	GRZEBIELUCH ELŻBIETA	24	RECEPTURKI	SOSNOWIEC	POL	K60-69	5	K 26	00:21:03	00:42:17	01:03:14	01:24:02.65	8:24	7.1
6	SIEROTNIK MARIA	67		WROCLAW	POL	K60-69	6	K 29	00:20:58	00:42:26	01:03:35	01:24:58.75	8:29	7.1
7	KSOK KRYSZYNA	41		WROCLAW	POL	K60-69	7	K 30	00:21:21	00:42:50	01:04:10	01:25:19.55	8:32	7
8	KULBAKA GRAŻYNA	42		WROCLAW	POL	K60-69	8	K 39	00:22:29	00:45:31	01:08:12	01:31:40.20	9:10	6.5
	SZARPAK MICHALINA	76		WROCLAW	POL	K60-69			00:22:55	00:46:38	DNF	DNF	-	-
									DNF	DNF				

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M60-69

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	MIKOŁAJCZAK JAN	46	SALLER NORDIC WALKING TEAM LEGNICA	LEGNICA	POL	M60-69	1	M 13	00:16:33	00:33:47	00:51:21	01:08:48.50	6:52	8.7

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M60-69 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
2	BAJ STANISŁAW	4	ŚCINAWSKA GRUPA NORDIC WALKING	ŚCINAWA	POL	M60-69	2	M 22	00:17:57	00:36:20	00:54:26	01:12:43.60	7:16	8.3
3	STANIEC STANISŁAW	74		STRZELIN	POL	M60-69	3	M 24	00:17:50	00:35:56	00:54:23	01:13:10.55	7:19	8.2
4	GRUDZIŃSKI ANDRZEJ	22	ACTEAM	WROCLAW	POL	M60-69	4	M 27	00:18:08	00:36:53	00:56:00	01:15:41.05	7:34	7.9
5	JUSZCZAK ROMUALD	29		WROCLAW	POL	M60-69	5	M 29	00:19:18	00:38:56	00:57:55	01:16:37.00	7:39	7.8
6	KIELBIK MAREK	33	M&M SKRZYDLATA	WROCLAW	POL	M60-69	6	M 33	00:20:01	00:40:03	00:59:06	01:18:07.00	7:48	7.7
7	MOSOŃ MAREK	50	M&M SKRZYDLATA	WROCLAW	POL	M60-69	7	M 38	00:20:02	00:40:24	01:00:06	01:19:32.75	7:57	7.5
8	TOBYS RYSZARD	79		PIOTROWO DRUGIE	POL	M60-69	8	M 39	00:19:57	00:40:26	01:00:34	01:20:40.15	8:04	7.4
9	HRABIA JÓZEF	28	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M60-69	9	M 45	00:20:57	00:42:32	01:03:46	01:24:47.10	8:28	7.1

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M70+

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	ROGOS HENRYK	66	ŚCINAWSKA GRUPA NORDIC WALKING	LUBIAŻ	POL	M70+	1	M 19	00:17:37	00:35:34	00:53:23	01:11:25.40	7:08	8.4
2	NIEWODNICZAŃSKI TOMASZ	51		JANIKÓW, GMINA OŁAWA	POL	M70+	2	M 23	00:17:36	00:36:05	00:54:33	01:12:49.10	7:16	8.2
3	THOMALLA BOGDAN	78	TOMCHEM	ZABRZE	POL	M70+	3	M 30	00:18:50	00:38:02	00:57:29	01:16:42.55	7:40	7.8
4	ADAMOWICZ ANDRZEJ	1		ŁÓDŹ	POL	M70+	4	M 35	00:19:02	00:38:45	00:58:39	01:18:28.95	7:50	7.6
5	GĄTEK GERARD	19		CZĘSTOCHOWA	POL	M70+	5	M 42	00:20:02	00:40:51	01:01:57	01:23:16.75	8:19	7.2
6	RAGANOWICZ KRZESIMIR	65		WROCLAW	POL	M70+	6	M 44	00:20:34	00:41:38	01:03:00	01:24:20.10	8:26	7.1