

NORDIC WALKING GLIWICKI - 10KM

Organiser: Fundacja Bieg Rzeźnika
 Date: 2021-10-17
 Place: Gliwice
 Distance: 10N km
 Klasyfikacja wg czasów netto.


NORDIC WALKING GLIWICKI - 10KM, OPEN

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|----------------------------|------|--------------------------------------|------------------|-----|------|------|------|----------|----------|-------------|--------|------|
| | | | | | | | cat. | | | | | | |
| 1 | ROMANOWSKI DANIEL | 2067 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M-20 | 1 | M 1 | 00:15:32 | 00:40:25 | 01:03:46.30 | 6:22 | 9.4 |
| 2 | MAŁKA MARIAN | 2040 | | GLIWICE | POL | M-60 | 1 | M 2 | 00:16:47 | 00:42:37 | 01:06:34.40 | 6:39 | 9 |
| 3 | RZEPKA MAŁGORZATA | 2072 | KB ORŁY Z KNUROWA | GLIWICE | POL | K-40 | 1 | K 1 | 00:17:11 | 00:43:22 | 01:07:43.15 | 6:46 | 8.9 |
| 4 | SADOWSKI TOMASZ | 2108 | HARPAGAN SOSNOWIEC | SOSNOWIEC | POL | M-40 | 1 | M 3 | 00:16:58 | 00:43:29 | 01:08:29.30 | 6:50 | 8.8 |
| 5 | GRABOWSKI KRZYSZTOF | 2014 | | GLIWICE | POL | M-40 | 2 | M 4 | 00:17:29 | 00:44:18 | 01:08:50.40 | 6:53 | 8.7 |
| 6 | RÓŻEWICZ DARIUSZ | 2068 | PANCE | TYCHY | POL | M-50 | 1 | M 5 | 00:18:09 | 00:46:36 | 01:12:38.65 | 7:15 | 8.3 |
| 7 | MARCHEWKA ANDRZEJ | 2043 | | PRECZÓW | POL | M-60 | 2 | M 6 | 00:18:12 | 00:46:33 | 01:12:50.80 | 7:17 | 8.2 |
| 8 | UKLEJA ANNA | 2090 | | ZBROSŁAWICE | POL | K-30 | 1 | K 2 | 00:19:37 | 00:48:46 | 01:14:40.50 | 7:28 | 8 |
| 9 | MANDRYSZ ALEKSANDRA | 2042 | NORDIC WALKING LYSKI | LYSKI | POL | K-40 | 2 | K 3 | 00:18:59 | 00:48:12 | 01:14:50.25 | 7:29 | 8 |
| 10 | RÓŻEWICZ EWA | 2069 | PANCE | TYCHY | POL | K-60 | 1 | K 4 | 00:19:16 | 00:48:25 | 01:15:04.95 | 7:30 | 8 |
| 11 | PIECHOCZEK-NIEZGODA LUCYNA | 2062 | | ŻORY | POL | K-40 | 3 | K 5 | 00:18:58 | 00:48:12 | 01:15:12.00 | 7:31 | 8 |
| 12 | RZEPKA TOMASZ | 2073 | - | GLIWICE | POL | M-50 | 2 | M 7 | 00:19:07 | 00:48:22 | 01:15:39.20 | 7:33 | 7.9 |
| 13 | TYCZEWSKI JACEK | 2089 | | GLIWICE | POL | M-40 | 3 | M 8 | 00:19:14 | 00:48:32 | 01:16:12.20 | 7:37 | 7.9 |
| 14 | MERKEL SABINA | 2048 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | GASZOWICE | POL | K-40 | 4 | K 6 | 00:19:38 | 00:49:18 | 01:16:28.00 | 7:38 | 7.8 |
| 15 | KLIMAS PATRYCJA | 2022 | | GLIWICE | POL | K-40 | 5 | K 7 | 00:20:47 | 00:50:16 | 01:16:31.55 | 7:39 | 7.8 |
| 16 | LIBARDI-KŁYŚ SYLWIA | 2033 | | GLIWICE | POL | K-60 | 2 | K 8 | 00:19:07 | 00:48:42 | 01:16:36.35 | 7:39 | 7.8 |
| 17 | MARONDEL KATARZYNA | 2044 | SILESIA NORDIC TEAM | BYTOM | POL | K-30 | 2 | K 9 | 00:19:16 | 00:48:53 | 01:16:46.15 | 7:40 | 7.8 |
| 18 | KOCEL GRZEGORZ | 2023 | NORDIC WALKING LYSKI | RYBNIK | POL | M-40 | 4 | M 9 | 00:19:11 | 00:49:12 | 01:17:17.40 | 7:43 | 7.8 |
| 19 | GIERADA MATEUSZ | 2011 | | GLIWICE | POL | M-30 | 1 | M 10 | 00:20:04 | 00:49:54 | 01:17:49.40 | 7:46 | 7.7 |
| 20 | OWCZAREK MARCIN | 2056 | | GLIWICE | POL | M-50 | 3 | M 11 | 00:20:00 | 00:50:08 | 01:17:52.05 | 7:47 | 7.7 |
| 21 | KUCZERA BEATA | 2029 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | K-30 | 3 | K 10 | 00:19:58 | 00:50:12 | 01:17:52.85 | 7:47 | 7.7 |
| 22 | JANCEWICZ ADAM | 2018 | BSM IT CROWD | CHORZÓW | POL | M-50 | 4 | M 12 | 00:20:13 | 00:50:16 | 01:18:03.65 | 7:48 | 7.7 |
| 23 | STAROSTKA ANDRZEJ | 2104 | PKO BANK POLSKI BIEGAJMY RAZEM | KĘDZIERZYN-KOŹLE | POL | M-60 | 3 | M 13 | 00:19:43 | 00:48:25 | 01:18:24.85 | 7:50 | 7.7 |
| 24 | LASKA JADWIGA | 2032 | | GLIWICE | POL | K-50 | 1 | K 11 | 00:21:14 | 00:52:15 | 01:20:36.55 | 8:03 | 7.4 |
| 25 | MILERT JOLANTA | 2050 | NORDIC WALKING LYSKI | GASZOWICE | POL | K-40 | 6 | K 12 | 00:20:19 | 00:52:10 | 01:20:38.65 | 8:03 | 7.4 |
| 26 | TRAUTMANN PIOTR | 2088 | | ZBROSŁAWICE | POL | M-50 | 5 | M 14 | 00:20:06 | 00:50:08 | 01:20:40.95 | 8:04 | 7.4 |
| 27 | GAMRACY LESZEK | 2010 | PZLAM | GLIWICE | POL | M-60 | 4 | M 15 | 00:20:14 | 00:50:58 | 01:20:59.35 | 8:05 | 7.4 |
| 28 | LISZKA ILONA | 2036 | | KAMIENIEC | POL | K-40 | 7 | K 13 | 00:20:51 | 00:52:25 | 01:21:28.95 | 8:08 | 7.4 |
| 29 | BARON MAGDALENA | 2002 | | ZBROSŁAWICE | POL | K-40 | 8 | K 14 | 00:21:42 | 00:53:08 | 01:21:35.60 | 8:09 | 7.4 |
| 30 | SZYJKA KATARZYNA | 2085 | HIRSCHVOGEL | ZABRZE | POL | K-40 | 9 | K 15 | 00:21:26 | 00:53:13 | 01:22:31.05 | 8:15 | 7.3 |
| 31 | MUSZYŃSKI DARIUSZ | 2101 | ELZAB ACTIVE TEAM | KAMIENIEC | POL | M-50 | 6 | M 16 | 00:21:52 | 00:53:36 | 01:22:35.95 | 8:15 | 7.3 |
| 32 | JAWORSKI ANDRZEJ | 2020 | | GLIWICE | POL | M-50 | 7 | M 17 | 00:21:12 | 00:53:17 | 01:23:06.20 | 8:18 | 7.2 |
| 33 | NOWAK DANUTA | 2051 | ELZAB ACTIVE TEAM | ZABRZE | POL | K-40 | 10 | K 16 | 00:21:21 | 00:53:50 | 01:23:10.20 | 8:19 | 7.2 |
| 34 | SYMELA-BOCHEŃSKA KATARZYNA | 2082 | | GLIWICE | POL | K-40 | 11 | K 17 | 00:22:05 | 00:53:49 | 01:23:15.05 | 8:19 | 7.2 |
| 35 | GRABIŃSKI LECH | 2013 | BŁYSKAWICA SARNÓW | GLIWICE | POL | M-60 | 5 | M 18 | 00:21:40 | 00:54:06 | 01:24:06.50 | 8:24 | 7.1 |
| 36 | FELKEL ALDONA | 2009 | #HUTATEAM | GLIWICE | POL | K-50 | 2 | K 18 | 00:21:47 | 00:54:16 | 01:24:26.65 | 8:26 | 7.1 |
| 37 | SZROBARCZYK MAŁGORZATA | 2084 | | KARCHOWICE | POL | K-50 | 3 | K 19 | 00:21:22 | 00:54:22 | 01:24:29.05 | 8:26 | 7.1 |
| 38 | KOWALCZYK GRAŻYNA | 2107 | | ZABRZE | POL | K-50 | 4 | K 20 | 00:20:51 | 00:53:32 | 01:24:48.80 | 8:28 | 7.1 |
| 39 | MAŁKA IRENA | 2041 | | GLIWICE | POL | K-60 | 3 | K 21 | 00:21:48 | 00:54:32 | 01:24:50.00 | 8:29 | 7.1 |
| 40 | CZERWIK ILONA | 2006 | | PRZEZCHLEBIE | POL | K-40 | 12 | K 22 | 00:21:37 | 00:54:13 | 01:24:55.20 | 8:29 | 7.1 |
| 41 | PASTERNAK ANNA | 2059 | OPEL ACTIVE TEAM | GLIWICE | POL | K-40 | 13 | K 23 | 00:22:51 | 00:55:45 | 01:24:57.00 | 8:29 | 7.1 |
| 42 | SZKAMRUK BOGUSŁAWA | 2083 | EXTREMALNE OTK NA RELAKSIE | GLIWICE | POL | K-60 | 4 | K 24 | 00:21:46 | 00:54:48 | 01:25:02.80 | 8:30 | 7.1 |
| 43 | POPIOŁKIEWICZ MAŁGORZATA | 2100 | | PRZEZCHLEBIE | POL | K-30 | 4 | K 25 | 00:23:10 | 00:57:34 | 01:25:03.60 | 8:30 | 7.1 |
| 44 | KOPCZYŃSKA AGATA | 2026 | #HUTATEAM | GLIWICE | POL | K-30 | 5 | K 26 | 00:22:50 | 00:56:00 | 01:25:16.55 | 8:31 | 7 |
| 45 | ZIÓŁKOWSKA JOLANTA | 2098 | | KNURÓW | POL | K-60 | 5 | K 27 | 00:22:39 | 00:55:37 | 01:25:47.25 | 8:34 | 7 |

NORDIC WALKING GLIWICKI - 10KM, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------------------|------|-------------------------------------|-----------------|-----|------|------|------|----------|----------|-------------|--------|------|
| | | | | | | | cat. | | | | | | |
| 46 | LUDYGA KRYSZTIAN | 2037 | | BYTOM | POL | M-40 | 5 | M 19 | 00:23:11 | 00:56:29 | 01:26:05.50 | 8:36 | 7 |
| 47 | OLSZEWSKA JOLANTA | 2054 | | GLIWICE | POL | K-40 | 14 | K 28 | 00:21:41 | 00:55:30 | 01:26:30.10 | 8:39 | 6.9 |
| 48 | WINKIEWICZ JOLANTA | 2092 | | GLIWICE | POL | K-50 | 5 | K 29 | 00:22:11 | 00:55:32 | 01:26:46.00 | 8:40 | 6.9 |
| 49 | PASTERNAK KATARZYNA | 2060 | | GLIWICE | POL | K-40 | 15 | K 30 | 00:21:41 | 00:55:31 | 01:27:12.60 | 8:43 | 6.9 |
| 50 | TRAUTMANN BOGUSIA | 2087 | | ZBROSŁAWICE | POL | K-50 | 6 | K 31 | 00:21:44 | 00:55:33 | 01:27:17.45 | 8:43 | 6.9 |
| 51 | HRYSZKIEWICZ ANNA | 2017 | BSM IT CROWD | RUDA ŚLĄSKA | POL | K-30 | 6 | K 32 | 00:22:23 | 00:56:00 | 01:27:39.40 | 8:45 | 6.8 |
| 52 | NAWROT TOMASZ | 2102 | | KATOWICE | POL | M-30 | 2 | M 20 | 00:22:00 | 00:56:22 | 01:27:48.75 | 8:46 | 6.8 |
| 53 | CEREMUGA JUSTYNA | 2004 | | KATOWICE | POL | K-30 | 7 | K 33 | 00:21:59 | 00:56:22 | 01:27:49.05 | 8:46 | 6.8 |
| 54 | SIEJKO JANUSZ | 2075 | | GLIWICE | POL | M-60 | 6 | M 21 | 00:23:24 | 00:57:16 | 01:28:14.50 | 8:49 | 6.8 |
| 55 | JANUSZEWSKA-ZENOWICZ ANNA | 2019 | | NYSA | POL | K-50 | 7 | K 34 | 00:23:21 | 00:57:21 | 01:28:14.60 | 8:49 | 6.8 |
| 56 | SNOCHOWSKA AGATA | 2079 | SZOMBIERKI CHODZĄ I BIEGAJĄ | BYTOM | POL | K-40 | 16 | K 35 | 00:23:22 | 00:57:32 | 01:28:51.85 | 8:53 | 6.8 |
| 57 | SKOCZYŁODA ROMAN | 2077 | STADION ŚLĄSKI | ORZESZE | POL | M-60 | 7 | M 22 | 00:21:49 | 00:56:43 | 01:29:00.25 | 8:54 | 6.7 |
| 58 | MACYSZYN BEATA | 2038 | GLIWICE | PILCHOWICE | POL | K-50 | 8 | K 36 | 00:22:56 | 00:57:31 | 01:29:18.35 | 8:55 | 6.7 |
| 59 | SOBCZAK-KOSIŃSKA SYLWIA | 2080 | | GLIWICE | POL | K-30 | 8 | K 37 | 00:23:11 | 00:57:32 | 01:29:44.30 | 8:58 | 6.7 |
| 60 | ZABAWSKA ALEKSANDRA | 2096 | | GLIWICE | POL | K-40 | 17 | K 38 | 00:23:25 | | 01:29:48.25 | 8:58 | 6.7 |
| 61 | JURETKO ANETA | 2021 | | CHORZÓW | POL | K-50 | 9 | K 39 | 00:23:22 | | 01:29:53.50 | 8:59 | 6.7 |
| 62 | RYFIAK-KOWALCZYK MARTA | 2070 | | GLIWICE | POL | K-30 | 9 | K 40 | 00:23:26 | 00:58:05 | 01:29:54.50 | 8:59 | 6.7 |
| 63 | OCHMAN ALEKSANDRA | 2052 | OPEL ACTIVE TEAM | GLIWICE | POL | K-40 | 18 | K 41 | 00:23:08 | 00:57:38 | 01:29:54.80 | 8:59 | 6.7 |
| 64 | PAWLIK ANDRZEJ | 2061 | | GLIWICE | POL | M-60 | 8 | M 23 | 00:23:03 | 00:57:35 | 01:29:58.70 | 8:59 | 6.7 |
| 65 | BABCZUK KATARZYNA | 2001 | | KNURÓW | POL | K-40 | 19 | K 42 | 00:23:48 | 00:57:58 | 01:30:10.80 | 9:01 | 6.7 |
| 66 | GRONDYS MICHAŁ | 2015 | | GLIWICE | POL | M-40 | 6 | M 24 | 00:23:24 | 00:58:45 | 01:30:32.45 | 9:03 | 6.6 |
| 67 | GRONDYS SYLWIA | 2016 | | GLIWICE | POL | K-40 | 20 | K 43 | 00:23:25 | 00:58:46 | 01:30:33.55 | 9:03 | 6.6 |
| 68 | DOMARADZKA KAROLINA | 2129 | | GLIWICE | POL | K-30 | 10 | K 44 | 00:23:50 | 00:59:10 | 01:30:34.20 | 9:03 | 6.6 |
| 69 | CZARNIAKOWSKA MARZENA | 2005 | | GLIWICE | POL | K-30 | 11 | K 45 | 00:23:57 | 00:59:16 | 01:30:35.65 | 9:03 | 6.6 |
| 70 | REWERS MARZENA | 2103 | LILA TEAM | TARNOWSKIE GÓRY | POL | K-40 | 21 | K 46 | 00:23:49 | 00:58:01 | 01:30:36.35 | 9:03 | 6.6 |
| 71 | SIDOR ANNA | 2074 | | PRZEZCHLEBIE | POL | K-40 | 22 | K 47 | 00:23:11 | 00:57:35 | 01:31:00.00 | 9:06 | 6.6 |
| 72 | PIERNIKARCZYK MIRELA | 2063 | | PRZEZCHLEBIE | POL | K-30 | 12 | K 48 | 00:23:13 | 00:57:35 | 01:31:00.20 | 9:06 | 6.6 |
| 73 | ZARAŚ-HEREJ URSZULA | 2097 | | WILKOWICE | POL | K-40 | 23 | K 49 | 00:22:20 | 00:57:45 | 01:31:01.65 | 9:06 | 6.6 |
| 74 | ONYSZKIEWICZ IWONA | 2055 | | KNURÓW | POL | K-30 | 13 | K 50 | 00:23:17 | 00:59:05 | 01:31:10.15 | 9:07 | 6.6 |
| 75 | MALINOWSKA-FILIPEK AGNIESZKA | 2039 | | GLIWICE | POL | K-40 | 24 | K 51 | 00:23:29 | 00:58:48 | 01:31:30.55 | 9:09 | 6.6 |
| 76 | SARRE JOANNA | 2099 | SPORT RELAKS NASZA SZKÓŁKA PŁYWANIA | GLIWICE | POL | K-60 | 6 | K 52 | 00:23:03 | 00:58:05 | 01:31:36.50 | 9:09 | 6.6 |
| 77 | OCHUDLO GABRIELA | 2053 | #HUTATEAM | LIGOTA ŁĄBĘDZKA | POL | K-50 | 10 | K 53 | 00:23:26 | 00:58:44 | 01:31:38.95 | 9:09 | 6.5 |
| 78 | KOMANDER JOANNA | 2025 | JOMAR RUNNERS | GLIWICE | POL | K-50 | 11 | K 54 | 00:22:49 | 00:58:39 | 01:31:41.15 | 9:10 | 6.5 |
| 79 | ROJEK URSZULA | 2066 | | GLIWICE | POL | K-40 | 25 | K 55 | 00:23:36 | 00:59:11 | 01:31:48.35 | 9:10 | 6.5 |
| 80 | MARONDEL JAN | 2045 | | BYTOM | POL | M-60 | 9 | M 25 | 00:23:04 | 00:58:25 | 01:31:57.35 | 9:11 | 6.5 |
| 81 | RAJS EWELINA | 2065 | WRŚ | PRZYSZOWICE | POL | K-40 | 26 | K 56 | 00:23:10 | 00:58:54 | 01:32:03.60 | 9:12 | 6.5 |
| 82 | KOLCZYŃSKA BARBARA | 2024 | ELZAB ACTIVE TEAM | GLIWICE | POL | K-40 | 27 | K 57 | 00:22:32 | 00:58:45 | 01:32:16.15 | 9:13 | 6.5 |
| 83 | GRZELAK MAŁGORZATA | 2106 | | KNURÓW | POL | K-50 | 12 | K 58 | 00:23:19 | 00:59:08 | 01:32:37.35 | 9:15 | 6.5 |
| 84 | WÓJCIK ROZALIA | 2095 | | GLIWICE | POL | K-60 | 7 | K 59 | 00:23:09 | 00:58:53 | 01:32:49.40 | 9:16 | 6.5 |
| 85 | RYKOWSKA MARZENA | 2071 | | RYBNIK | POL | K-40 | 28 | K 60 | 00:24:37 | 01:00:53 | 01:33:29.60 | 9:20 | 6.4 |
| 86 | SPENDE ANNA | 2081 | | PRZEZCHLEBIE | POL | K-30 | 14 | K 61 | 00:24:06 | 01:00:42 | 01:33:49.10 | 9:22 | 6.4 |
| 87 | SMORZ GABRIELA | 2078 | | PANIÓWKI | POL | K-40 | 29 | K 62 | 00:24:45 | 01:01:24 | 01:33:51.70 | 9:23 | 6.4 |
| 88 | GŁUCH-KWACZAŁA BOGUMIŁA | 2012 | | PANIÓWKI | POL | K-40 | 30 | K 63 | 00:24:44 | 01:01:25 | 01:33:52.90 | 9:23 | 6.4 |
| 89 | KURPIOS PIOTR | 2031 | | GLIWICE | POL | M-30 | 3 | M 26 | 00:24:48 | 01:01:48 | 01:34:20.55 | 9:26 | 6.4 |
| 90 | WIETRZYCKA ANNA | 2091 | | GLIWICE | POL | K-40 | 31 | K 64 | 00:24:47 | 01:01:49 | 01:34:21.85 | 9:26 | 6.4 |
| 91 | BOJCZUK MARTA | 2003 | | GLIWICE | POL | K-40 | 32 | K 65 | 00:24:48 | 01:01:49 | 01:34:30.70 | 9:27 | 6.3 |
| 92 | KORNAŚ ANNA | 2027 | | GLIWICE | POL | K-30 | 15 | K 66 | 00:23:50 | 01:00:28 | 01:34:33.65 | 9:27 | 6.3 |
| 93 | LIBERSKA ELWIRA | 2034 | | BYTOM | POL | K-40 | 33 | K 67 | 00:24:19 | 01:01:23 | 01:35:32.10 | 9:33 | 6.3 |
| 94 | WOŹNIAK ANNA | 2094 | | BYTOM | POL | K-40 | 34 | K 68 | 00:24:21 | 01:01:24 | 01:35:32.55 | 9:33 | 6.3 |
| 95 | PROKWITE MARTYNA | 2064 | | 27 | POL | K-30 | 16 | K 69 | 00:25:26 | 01:03:11 | 01:36:51.85 | 9:41 | 6.2 |
| 96 | MATYJASZEK MARTA | 2047 | | GLIWICE | POL | K-30 | 17 | K 70 | 00:25:26 | 01:03:11 | 01:36:52.35 | 9:41 | 6.2 |
| 97 | KUKLA MARZENA | 2030 | ORINORDIC | GLIWICE | POL | K-40 | 35 | K 71 | 00:24:45 | 01:03:51 | 01:36:52.80 | 9:41 | 6.2 |
| 98 | SKLARZYK BARBARA | 2076 | #HUTATEAM | GLIWICE | POL | K-50 | 13 | K 72 | 00:24:13 | 01:02:54 | 01:36:58.70 | 9:41 | 6.2 |
| 99 | KOTOWSKA KAROLINA | 2028 | SLOW JOGGING GLIWICE | GLIWICE | POL | K-30 | 18 | K 73 | 00:25:15 | 01:04:06 | 01:40:03.65 | 10:00 | 6 |
| 100 | DZIEDZIC ANNA | 2007 | | GLIWICE | POL | K-40 | 36 | K 74 | 00:24:48 | 01:03:51 | 01:41:28.20 | 10:08 | 5.9 |
| 101 | DZIEDZIC PAWEŁ | 2008 | | GLIWICE | POL | M-40 | 7 | M 27 | 00:26:24 | 01:05:45 | 01:41:28.55 | 10:08 | 5.9 |

NORDIC WALKING GLIWICKI - 10KM, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------------|------|------------------------|-----------|-----|------|----|------|----------|----------|-------------|--------|------|
| 102 | DOMARADZKA MIRELLA | 2130 | | GLIWICE | POL | K-50 | 14 | K 75 | 00:25:29 | 01:05:31 | 01:43:01.75 | 10:18 | 5.8 |
| 103 | MĘTEL IRENA | 2049 | #HUTATEAM | GLIWICE | POL | K-50 | 15 | K 76 | 00:25:40 | 01:05:39 | 01:43:11.60 | 10:19 | 5.8 |
| 104 | LISZEWSKA-KRZYWY MARIA | 2035 | REHAFIT PILATES STUDIO | KAMIENIEC | POL | K-50 | 16 | K 77 | 00:26:23 | 01:07:30 | 01:44:27.35 | 10:26 | 5.7 |
| 105 | MARZEC JANINA | 2046 | | GLIWICE | POL | K-60 | 8 | K 78 | 00:26:34 | 01:08:08 | 01:46:26.25 | 10:38 | 5.6 |
| 106 | OLENIACZ JAKUB | 2105 | | ZABRZE | POL | M-30 | 4 | M 28 | 00:44:37 | | 02:13:58.30 | 13:23 | 4.5 |

NORDIC WALKING GLIWICKI - 10KM, K Open

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|----------------------------|------|--------------------------------------|--------------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | RZEPKA MAŁGORZATA | 2072 | KB ORŁY Z KNUROWA | GLIWICE | POL | K-40 | 1 | K 1 | 00:17:11 | 00:43:22 | 01:07:43.15 | 6:46 | 8.9 |
| 2 | UKLEJA ANNA | 2090 | | ZBROSŁAWICE | POL | K-30 | 1 | K 2 | 00:19:37 | 00:48:46 | 01:14:40.50 | 7:28 | 8 |
| 3 | MANDRYSZ ALEKSANDRA | 2042 | NORDIC WALKING LYSKI | LYSKI | POL | K-40 | 2 | K 3 | 00:18:59 | 00:48:12 | 01:14:50.25 | 7:29 | 8 |
| 4 | RÓŻEWICZ EWA | 2069 | PANCE | TYCHY | POL | K-60 | 1 | K 4 | 00:19:16 | 00:48:25 | 01:15:04.95 | 7:30 | 8 |
| 5 | PIECHOCZEK-NIEZGODA LUCYNA | 2062 | | ŻORY | POL | K-40 | 3 | K 5 | 00:18:58 | 00:48:12 | 01:15:12.00 | 7:31 | 8 |
| 6 | MERKEL SABINA | 2048 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | GASZOWICE | POL | K-40 | 4 | K 6 | 00:19:38 | 00:49:18 | 01:16:28.00 | 7:38 | 7.8 |
| 7 | KLIMAS PATRYCJA | 2022 | | GLIWICE | POL | K-40 | 5 | K 7 | 00:20:47 | | 01:16:31.55 | 7:39 | 7.8 |
| 8 | LIBARDI-KŁYŚ SYLWIA | 2033 | | GLIWICE | POL | K-60 | 2 | K 8 | 00:19:07 | 00:48:42 | 01:16:36.35 | 7:39 | 7.8 |
| 9 | MARONDEL KATARZYNA | 2044 | SILESIA NORDIC TEAM | BYTOM | POL | K-30 | 2 | K 9 | 00:19:16 | 00:48:53 | 01:16:46.15 | 7:40 | 7.8 |
| 10 | KUCZERA BEATA | 2029 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | K-30 | 3 | K 10 | 00:19:58 | 00:50:12 | 01:17:52.85 | 7:47 | 7.7 |
| 11 | LASKA JADWIGA | 2032 | | GLIWICE | POL | K-50 | 1 | K 11 | 00:21:14 | 00:52:15 | 01:20:36.55 | 8:03 | 7.4 |
| 12 | MILERT JOLANTA | 2050 | NORDIC WALKING LYSKI | GASZOWICE | POL | K-40 | 6 | K 12 | 00:20:19 | 00:52:10 | 01:20:38.65 | 8:03 | 7.4 |
| 13 | LISZKA ILONA | 2036 | | KAMIENIEC | POL | K-40 | 7 | K 13 | 00:20:51 | 00:52:25 | 01:21:28.95 | 8:08 | 7.4 |
| 14 | BARON MAGDALENA | 2002 | | ZBROSŁAWICE | POL | K-40 | 8 | K 14 | 00:21:42 | 00:53:08 | 01:21:35.60 | 8:09 | 7.4 |
| 15 | SZYJKA KATARZYNA | 2085 | HIRSCHVOGEL | ZABRZE | POL | K-40 | 9 | K 15 | 00:21:26 | 00:53:13 | 01:22:31.05 | 8:15 | 7.3 |
| 16 | NOWAK DANUTA | 2051 | ELZAB ACTIVE TEAM | ZABRZE | POL | K-40 | 10 | K 16 | 00:21:21 | 00:53:50 | 01:23:10.20 | 8:19 | 7.2 |
| 17 | SYMELA-BOCHEŃSKA KATARZYNA | 2082 | | GLIWICE | POL | K-40 | 11 | K 17 | 00:22:05 | 00:53:49 | 01:23:15.05 | 8:19 | 7.2 |
| 18 | FELKEL ALDONA | 2009 | #HUTATEAM | GLIWICE | POL | K-50 | 2 | K 18 | 00:21:47 | 00:54:16 | 01:24:26.65 | 8:26 | 7.1 |
| 19 | SZROBARCZYK MAŁGORZATA | 2084 | | KARCHOWICE | POL | K-50 | 3 | K 19 | 00:21:22 | 00:54:22 | 01:24:29.05 | 8:26 | 7.1 |
| 20 | KOWALCZYK GRAŻYNA | 2107 | | ZABRZE | POL | K-50 | 4 | K 20 | 00:20:51 | 00:53:32 | 01:24:48.80 | 8:28 | 7.1 |
| 21 | MAŁKA IRENA | 2041 | | GLIWICE | POL | K-60 | 3 | K 21 | 00:21:48 | 00:54:32 | 01:24:50.00 | 8:29 | 7.1 |
| 22 | CZERWIK ILONA | 2006 | | PRZYZCHLEBIE | POL | K-40 | 12 | K 22 | 00:21:37 | 00:54:13 | 01:24:55.20 | 8:29 | 7.1 |
| 23 | PASTERNAK ANNA | 2059 | OPEL ACTIVE TEAM | GLIWICE | POL | K-40 | 13 | K 23 | 00:22:51 | 00:55:45 | 01:24:57.00 | 8:29 | 7.1 |
| 24 | SZKAMRUK BOGUSŁAWA | 2083 | EXTREMALNE OTK NA RELAKSIE | GLIWICE | POL | K-60 | 4 | K 24 | 00:21:46 | 00:54:48 | 01:25:02.80 | 8:30 | 7.1 |
| 25 | POPIOŁKIEWICZ MAŁGORZATA | 2100 | | PRZYZCHLEBIE | POL | K-30 | 4 | K 25 | 00:23:10 | 00:57:34 | 01:25:03.60 | 8:30 | 7.1 |
| 26 | KOPCZYŃSKA AGATA | 2026 | #HUTATEAM | GLIWICE | POL | K-30 | 5 | K 26 | 00:22:50 | 00:56:00 | 01:25:16.55 | 8:31 | 7 |
| 27 | ZIÓŁKOWSKA JOLANTA | 2098 | | KNURÓW | POL | K-60 | 5 | K 27 | 00:22:39 | 00:55:37 | 01:25:47.25 | 8:34 | 7 |
| 28 | OLSZEWSKA JOLANTA | 2054 | | GLIWICE | POL | K-40 | 14 | K 28 | 00:21:41 | 00:55:30 | 01:26:30.10 | 8:39 | 6.9 |
| 29 | WINKIEWICZ JOLANTA | 2092 | | GLIWICE | POL | K-50 | 5 | K 29 | 00:22:11 | 00:55:32 | 01:26:46.00 | 8:40 | 6.9 |
| 30 | PASTERNAK KATARZYNA | 2060 | | GLIWICE | POL | K-40 | 15 | K 30 | 00:21:41 | 00:55:31 | 01:27:12.60 | 8:43 | 6.9 |
| 31 | TRAUTMANN BOGUSIA | 2087 | | ZBROSŁAWICE | POL | K-50 | 6 | K 31 | 00:21:44 | 00:55:33 | 01:27:17.45 | 8:43 | 6.9 |
| 32 | HRYSZKIEWICZ ANNA | 2017 | BSM IT CROWD | RUDA ŚLĄSKA | POL | K-30 | 6 | K 32 | 00:22:23 | 00:56:00 | 01:27:39.40 | 8:45 | 6.8 |
| 33 | CEREMUGA JUSTYNA | 2004 | | KATOWICE | POL | K-30 | 7 | K 33 | 00:21:59 | 00:56:22 | 01:27:49.05 | 8:46 | 6.8 |
| 34 | JANUSZEWSKA-ZENOWICZ ANNA | 2019 | | NYSA | POL | K-50 | 7 | K 34 | 00:23:21 | 00:57:21 | 01:28:14.60 | 8:49 | 6.8 |
| 35 | SNOCHOWSKA AGATA | 2079 | SZOMBIERKI CHODZĄ I BIEGAJĄ | BYTOM | POL | K-40 | 16 | K 35 | 00:23:22 | 00:57:32 | 01:28:51.85 | 8:53 | 6.8 |
| 36 | MACYSZYN BEATA | 2038 | GLIWICE | PILCHOWICE | POL | K-50 | 8 | K 36 | 00:22:56 | 00:57:31 | 01:29:18.35 | 8:55 | 6.7 |
| 37 | SOBCZAK-KOŚCIŃSKA SYLWIA | 2080 | | GLIWICE | POL | K-30 | 8 | K 37 | 00:23:11 | 00:57:32 | 01:29:44.30 | 8:58 | 6.7 |
| 38 | ZABAWSKA ALEKSANDRA | 2096 | | GLIWICE | POL | K-40 | 17 | K 38 | 00:23:25 | | 01:29:48.25 | 8:58 | 6.7 |
| 39 | JURETKO ANETA | 2021 | | CHORZÓW | POL | K-50 | 9 | K 39 | 00:23:22 | | 01:29:53.50 | 8:59 | 6.7 |
| 40 | RYFIAK-KOWALCZYK MARTA | 2070 | | GLIWICE | POL | K-30 | 9 | K 40 | 00:23:26 | 00:58:05 | 01:29:54.50 | 8:59 | 6.7 |
| 41 | OCHMAN ALEKSANDRA | 2052 | OPEL ACTIVE TEAM | GLIWICE | POL | K-40 | 18 | K 41 | 00:23:08 | 00:57:38 | 01:29:54.80 | 8:59 | 6.7 |
| 42 | BABCZUK KATARZYNA | 2001 | | KNURÓW | POL | K-40 | 19 | K 42 | 00:23:48 | 00:57:58 | 01:30:10.80 | 9:01 | 6.7 |
| 43 | GRONDYS SYLWIA | 2016 | | GLIWICE | POL | K-40 | 20 | K 43 | 00:23:25 | 00:58:46 | 01:30:33.55 | 9:03 | 6.6 |
| 44 | DOMARADZKA KAROLINA | 2129 | | GLIWICE | POL | K-30 | 10 | K 44 | 00:23:50 | 00:59:10 | 01:30:34.20 | 9:03 | 6.6 |
| 45 | CZARNIAKOWSKA MARZENA | 2005 | | GLIWICE | POL | K-30 | 11 | K 45 | 00:23:57 | 00:59:16 | 01:30:35.65 | 9:03 | 6.6 |

NORDIC WALKING GLIWICKI - 10KM, K Open c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------------------|------|-------------------------------------|-----------------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 46 | REWERS MARZENA | 2103 | LILA TEAM | TARNOWSKIE GÓRY | POL | K-40 | 21 | K 46 | 00:23:49 | 00:58:01 | 01:30:36.35 | 9:03 | 6.6 |
| 47 | SIDOR ANNA | 2074 | | PRZEZCHLEBIE | POL | K-40 | 22 | K 47 | 00:23:11 | 00:57:35 | 01:31:00.00 | 9:06 | 6.6 |
| 48 | PIERNIKARCYK MIRELA | 2063 | | PRZEZCHLEBIE | POL | K-30 | 12 | K 48 | 00:23:13 | 00:57:35 | 01:31:00.20 | 9:06 | 6.6 |
| 49 | ZARAS-HEREJ URSZULA | 2097 | | WILKOWICE | POL | K-40 | 23 | K 49 | 00:22:20 | 00:57:45 | 01:31:01.65 | 9:06 | 6.6 |
| 50 | ONYSZKIEWICZ IWONA | 2055 | | KNURÓW | POL | K-30 | 13 | K 50 | 00:23:17 | 00:59:05 | 01:31:10.15 | 9:07 | 6.6 |
| 51 | MALINOWSKA-FILIPEK AGNIESZKA | 2039 | | GLIWICE | POL | K-40 | 24 | K 51 | 00:23:29 | 00:58:48 | 01:31:30.55 | 9:09 | 6.6 |
| 52 | SARRE JOANNA | 2099 | SPORT RELAKS NASZA SZKÓŁKA PŁYWANIA | GLIWICE | POL | K-60 | 6 | K 52 | 00:23:03 | 00:58:05 | 01:31:36.50 | 9:09 | 6.6 |
| 53 | OCHUDLO GABRIELA | 2053 | #HUTATEAM | LIGOTA ŁABĘDZKA | POL | K-50 | 10 | K 53 | 00:23:26 | 00:58:44 | 01:31:38.95 | 9:09 | 6.5 |
| 54 | KOMANDER JOANNA | 2025 | JOMAR RUNNERS | GLIWICE | POL | K-50 | 11 | K 54 | 00:22:49 | 00:58:39 | 01:31:41.15 | 9:10 | 6.5 |
| 55 | ROJEK URSZULA | 2066 | | GLIWICE | POL | K-40 | 25 | K 55 | 00:23:36 | 00:59:11 | 01:31:48.35 | 9:10 | 6.5 |
| 56 | RAJS EWELINA | 2065 | WRŚ | PRZYSZOWICE | POL | K-40 | 26 | K 56 | 00:23:10 | 00:58:54 | 01:32:03.60 | 9:12 | 6.5 |
| 57 | KOLCZYŃSKA BARBARA | 2024 | ELZAB ACTIVE TEAM | GLIWICE | POL | K-40 | 27 | K 57 | 00:22:32 | 00:58:45 | 01:32:16.15 | 9:13 | 6.5 |
| 58 | GRZELAK MAŁGORZATA | 2106 | | KNURÓW | POL | K-50 | 12 | K 58 | 00:23:19 | 00:59:08 | 01:32:37.35 | 9:15 | 6.5 |
| 59 | WÓJCIK ROZALIA | 2095 | | GLIWICE | POL | K-60 | 7 | K 59 | 00:23:09 | 00:58:53 | 01:32:49.40 | 9:16 | 6.5 |
| 60 | RYKOWSKA MARZENA | 2071 | | RYBNIK | POL | K-40 | 28 | K 60 | 00:24:37 | 01:00:53 | 01:33:29.60 | 9:20 | 6.4 |
| 61 | SPEŃDE ANNA | 2081 | | PRZEZCHLEBIE | POL | K-30 | 14 | K 61 | 00:24:06 | 01:00:42 | 01:33:49.10 | 9:22 | 6.4 |
| 62 | SMORZ GABRIELA | 2078 | | PANIÓWKI | POL | K-40 | 29 | K 62 | 00:24:45 | 01:01:24 | 01:33:51.70 | 9:23 | 6.4 |
| 63 | GLEUCH-KWACZAŁA BOGUMIŁA | 2012 | | PANIÓWKI | POL | K-40 | 30 | K 63 | 00:24:44 | 01:01:25 | 01:33:52.90 | 9:23 | 6.4 |
| 64 | WIETRZYCKA ANNA | 2091 | | GLIWICE | POL | K-40 | 31 | K 64 | 00:24:47 | 01:01:49 | 01:34:21.85 | 9:26 | 6.4 |
| 65 | BOJCZUK MARTA | 2003 | | GLIWICE | POL | K-40 | 32 | K 65 | 00:24:48 | 01:01:49 | 01:34:30.70 | 9:27 | 6.3 |
| 66 | KORNAŚ ANNA | 2027 | | GLIWICE | POL | K-30 | 15 | K 66 | 00:23:50 | 01:00:28 | 01:34:33.65 | 9:27 | 6.3 |
| 67 | LIBERSKA ELWIRA | 2034 | | BYTOM | POL | K-40 | 33 | K 67 | 00:24:19 | 01:01:23 | 01:35:32.10 | 9:33 | 6.3 |
| 68 | WOŹNIAK ANNA | 2094 | | BYTOM | POL | K-40 | 34 | K 68 | 00:24:21 | 01:01:24 | 01:35:32.55 | 9:33 | 6.3 |
| 69 | PROKWITE MARTYNA | 2064 | | 27 | POL | K-30 | 16 | K 69 | 00:25:26 | 01:03:11 | 01:36:51.85 | 9:41 | 6.2 |
| 70 | MATYJASZEK MARTA | 2047 | | GLIWICE | POL | K-30 | 17 | K 70 | 00:25:26 | 01:03:11 | 01:36:52.35 | 9:41 | 6.2 |
| 71 | KUKLA MARZENA | 2030 | ORINORDIC | GLIWICE | POL | K-40 | 35 | K 71 | 00:24:45 | 01:03:51 | 01:36:52.80 | 9:41 | 6.2 |
| 72 | SKLARZYK BARBARA | 2076 | #HUTATEAM | GLIWICE | POL | K-50 | 13 | K 72 | 00:24:13 | 01:02:54 | 01:36:58.70 | 9:41 | 6.2 |
| 73 | KOTOWSKA KAROLINA | 2028 | SLOW JOGGING GLIWICE | GLIWICE | POL | K-30 | 18 | K 73 | 00:25:15 | 01:04:06 | 01:40:03.65 | 10:00 | 6 |
| 74 | DZIEDZIC ANNA | 2007 | | GLIWICE | POL | K-40 | 36 | K 74 | 00:24:48 | 01:03:51 | 01:41:28.20 | 10:08 | 5.9 |
| 75 | DOMARADZKA MIRELLA | 2130 | | GLIWICE | POL | K-50 | 14 | K 75 | 00:25:29 | 01:05:31 | 01:43:01.75 | 10:18 | 5.8 |
| 76 | MĘTEL IRENA | 2049 | #HUTATEAM | GLIWICE | POL | K-50 | 15 | K 76 | 00:25:40 | 01:05:39 | 01:43:11.60 | 10:19 | 5.8 |
| 77 | LISZEWSKA-KRZYWY MARIA | 2035 | REHAFIT PILATES STUDIO | KAMIENIEC | POL | K-50 | 16 | K 77 | 00:26:23 | 01:07:30 | 01:44:27.35 | 10:26 | 5.7 |
| 78 | MARZEC JANINA | 2046 | | GLIWICE | POL | K-60 | 8 | K 78 | 00:26:34 | 01:08:08 | 01:46:26.25 | 10:38 | 5.6 |

NORDIC WALKING GLIWICKI - 10KM, M Open

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|---------------------|------|-------------------------------|------------------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | ROMANOWSKI DANIEL | 2067 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M-20 | 1 | M 1 | 00:15:32 | 00:40:25 | 01:03:46.30 | 6:22 | 9.4 |
| 2 | MAŁKA MARIAN | 2040 | | GLIWICE | POL | M-60 | 1 | M 2 | 00:16:47 | 00:42:37 | 01:06:34.40 | 6:39 | 9 |
| 3 | SADOWSKI TOMASZ | 2108 | HARPAGAN SOSNOWIEC | SOSNOWIEC | POL | M-40 | 1 | M 3 | 00:16:58 | 00:43:29 | 01:08:29.30 | 6:50 | 8.8 |
| 4 | GRABOWSKI KRZYSZTOF | 2014 | | GLIWICE | POL | M-40 | 2 | M 4 | 00:17:29 | 00:44:18 | 01:08:50.40 | 6:53 | 8.7 |
| 5 | RÓŻEWICZ DARIUSZ | 2068 | PANCE | TYCHY | POL | M-50 | 1 | M 5 | 00:18:09 | 00:46:36 | 01:12:38.65 | 7:15 | 8.3 |
| 6 | MARCHEWKA ANDRZEJ | 2043 | | PRECZÓW | POL | M-60 | 2 | M 6 | 00:18:12 | 00:46:33 | 01:12:50.80 | 7:17 | 8.2 |
| 7 | RZEPKA TOMASZ | 2073 | - | GLIWICE | POL | M-50 | 2 | M 7 | 00:19:07 | 00:48:22 | 01:15:39.20 | 7:33 | 7.9 |
| 8 | TYCZEWSKI JACEK | 2089 | | GLIWICE | POL | M-40 | 3 | M 8 | 00:19:14 | 00:48:32 | 01:16:12.20 | 7:37 | 7.9 |
| 9 | KOCEL GRZEGORZ | 2023 | NORDIC WALKING LYSKI | RYBNIK | POL | M-40 | 4 | M 9 | 00:19:11 | 00:49:12 | 01:17:17.40 | 7:43 | 7.8 |
| 10 | GIERADA MATEUSZ | 2011 | | GLIWICE | POL | M-30 | 1 | M 10 | 00:20:04 | 00:49:54 | 01:17:49.40 | 7:46 | 7.7 |
| 11 | OWCZAREK MARCIN | 2056 | | GLIWICE | POL | M-50 | 3 | M 11 | 00:20:00 | 00:50:08 | 01:17:52.05 | 7:47 | 7.7 |
| 12 | JANCEWICZ ADAM | 2018 | BSM IT CROWD | CHORZÓW | POL | M-50 | 4 | M 12 | 00:20:13 | 00:50:16 | 01:18:03.65 | 7:48 | 7.7 |
| 13 | STAROSTKA ANDRZEJ | 2104 | PKO BANK POLSKI BIEGAMY RAZEM | KĘDZIERZYN-KOŹLE | POL | M-60 | 3 | M 13 | 00:19:43 | | 01:18:24.85 | 7:50 | 7.7 |
| 14 | TRAUTMANN PIOTR | 2088 | | ZBROSŁAWICE | POL | M-50 | 5 | M 14 | 00:20:06 | | 01:20:40.95 | 8:04 | 7.4 |
| 15 | GAMRACY LESZEK | 2010 | PZLAM | GLIWICE | POL | M-60 | 4 | M 15 | 00:20:14 | 00:50:58 | 01:20:59.35 | 8:05 | 7.4 |
| 16 | MUSZYŃSKI DARIUSZ | 2101 | ELZAB ACTIVE TEAM | KAMIENIEC | POL | M-50 | 6 | M 16 | 00:21:52 | 00:53:36 | 01:22:35.95 | 8:15 | 7.3 |
| 17 | JAWORSKI ANDRZEJ | 2020 | | GLIWICE | POL | M-50 | 7 | M 17 | 00:21:12 | 00:53:17 | 01:23:06.20 | 8:18 | 7.2 |
| 18 | GRABIŃSKI LECH | 2013 | BŁYSKAWICA SARNÓW | GLIWICE | POL | M-60 | 5 | M 18 | 00:21:40 | 00:54:06 | 01:24:06.50 | 8:24 | 7.1 |
| 19 | LUDYGA KRYSZTOF | 2037 | | BYTOM | POL | M-40 | 5 | M 19 | 00:23:11 | 00:56:29 | 01:26:05.50 | 8:36 | 7 |

NORDIC WALKING GLIWICKI - 10KM, M Open c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------|------|----------------|----------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 20 | NAWROT TOMASZ | 2102 | | KATOWICE | POL | M-30 | 2 | M 20 | 00:22:00 | 00:56:22 | 01:27:48.75 | 8:46 | 6.8 |
| 21 | SIEJKO JANUSZ | 2075 | | GLIWICE | POL | M-60 | 6 | M 21 | 00:23:24 | 00:57:16 | 01:28:14.50 | 8:49 | 6.8 |
| 22 | SKOCZYŁODA ROMAN | 2077 | STADION ŚLĄSKI | ORZESZE | POL | M-60 | 7 | M 22 | 00:21:49 | 00:56:43 | 01:29:00.25 | 8:54 | 6.7 |
| 23 | PAWLIK ANDRZEJ | 2061 | | GLIWICE | POL | M-60 | 8 | M 23 | 00:23:03 | 00:57:35 | 01:29:58.70 | 8:59 | 6.7 |
| 24 | GRONDYS MICHAŁ | 2015 | | GLIWICE | POL | M-40 | 6 | M 24 | 00:23:24 | 00:58:45 | 01:30:32.45 | 9:03 | 6.6 |
| 25 | MARONDEL JAN | 2045 | | BYTOM | POL | M-60 | 9 | M 25 | 00:23:04 | 00:58:25 | 01:31:57.35 | 9:11 | 6.5 |
| 26 | KURPIOS PIOTR | 2031 | | GLIWICE | POL | M-30 | 3 | M 26 | 00:24:48 | 01:01:48 | 01:34:20.55 | 9:26 | 6.4 |
| 27 | DZIEDZIC PAWEŁ | 2008 | | GLIWICE | POL | M-40 | 7 | M 27 | 00:26:24 | 01:05:45 | 01:41:28.55 | 10:08 | 5.9 |
| 28 | OLENIACZ JAKUB | 2105 | | ZABRZE | POL | M-30 | 4 | M 28 | 00:44:37 | | 02:13:58.30 | 13:23 | 4.5 |

NORDIC WALKING GLIWICKI - 10KM, Niepełnosprawni

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------|------|-----------------------------|--------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | SNOCHOWSKA AGATA | 2079 | SZOMBIERKI CHODZĄ I BIEGAJĄ | BYTOM | POL | K-40 | 16 | K 35 | 00:23:22 | 00:57:32 | 01:28:51.85 | 8:53 | 6.8 |
| 2 | OLENIACZ JAKUB | 2105 | | ZABRZE | POL | M-30 | 4 | M 28 | 00:44:37 | | 02:13:58.30 | 13:23 | 4.5 |

NORDIC WALKING GLIWICKI - 10KM, Mieszkańki Gliwic

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------------------|------|-------------------------------------|------------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | RZEPKA MAŁGORZATA | 2072 | KB ORŁY Z KNUROWA | GLIWICE | POL | K-40 | 1 | K 1 | 00:17:11 | 00:43:22 | 01:07:43.15 | 6:46 | 8.9 |
| 2 | KLIMAS PATRYCJA | 2022 | | GLIWICE | POL | K-40 | 5 | K 7 | 00:20:47 | | 01:16:31.55 | 7:39 | 7.8 |
| 3 | LIBARDI-KŁYŚ SYLWIA | 2033 | | GLIWICE | POL | K-60 | 2 | K 8 | 00:19:07 | 00:48:42 | 01:16:36.35 | 7:39 | 7.8 |
| 4 | LASKA JADWIGA | 2032 | | GLIWICE | POL | K-50 | 1 | K 11 | 00:21:14 | 00:52:15 | 01:20:36.55 | 8:03 | 7.4 |
| 5 | SYMELA-BOCHEŃSKA KATARZYNA | 2082 | | GLIWICE | POL | K-40 | 11 | K 17 | 00:22:05 | 00:53:49 | 01:23:15.05 | 8:19 | 7.2 |
| 6 | FELKEL ALDONA | 2009 | #HUTATEAM | GLIWICE | POL | K-50 | 2 | K 18 | 00:21:47 | 00:54:16 | 01:24:26.65 | 8:26 | 7.1 |
| 7 | MAŁKA IRENA | 2041 | | GLIWICE | POL | K-60 | 3 | K 21 | 00:21:48 | 00:54:32 | 01:24:50.00 | 8:29 | 7.1 |
| 8 | PASTERNAK ANNA | 2059 | OPEL ACTIVE TEAM | GLIWICE | POL | K-40 | 13 | K 23 | 00:22:51 | 00:55:45 | 01:24:57.00 | 8:29 | 7.1 |
| 9 | SZKAMRUK BOGUSŁAWA | 2083 | EXTREMALNE OTK NA RELAKSIE | GLIWICE | POL | K-60 | 4 | K 24 | 00:21:46 | 00:54:48 | 01:25:02.80 | 8:30 | 7.1 |
| 10 | KOPCZYŃSKA AGATA | 2026 | #HUTATEAM | GLIWICE | POL | K-30 | 5 | K 26 | 00:22:50 | 00:56:00 | 01:25:16.55 | 8:31 | 7 |
| 11 | OLSZEWSKA JOLANTA | 2054 | | GLIWICE | POL | K-40 | 14 | K 28 | 00:21:41 | 00:55:30 | 01:26:30.10 | 8:39 | 6.9 |
| 12 | WINKIEWICZ JOLANTA | 2092 | | GLIWICE | POL | K-50 | 5 | K 29 | 00:22:11 | 00:55:32 | 01:26:46.00 | 8:40 | 6.9 |
| 13 | PASTERNAK KATARZYNA | 2060 | | GLIWICE | POL | K-40 | 15 | K 30 | 00:21:41 | 00:55:31 | 01:27:12.60 | 8:43 | 6.9 |
| 14 | CEREMUGA JUSTYNA | 2004 | | KATOWICE | POL | K-30 | 7 | K 33 | 00:21:59 | 00:56:22 | 01:27:49.05 | 8:46 | 6.8 |
| 15 | MACYSZYN BEATA | 2038 | GLIWICE | PILCHOWICE | POL | K-50 | 8 | K 36 | 00:22:56 | 00:57:31 | 01:29:18.35 | 8:55 | 6.7 |
| 16 | SOBCZAK-KOSIŃSKA SYLWIA | 2080 | | GLIWICE | POL | K-30 | 8 | K 37 | 00:23:11 | 00:57:32 | 01:29:44.30 | 8:58 | 6.7 |
| 17 | ZABAWSKA ALEKSANDRA | 2096 | | GLIWICE | POL | K-40 | 17 | K 38 | 00:23:25 | | 01:29:48.25 | 8:58 | 6.7 |
| 18 | RYFIAK-KOWALCZYK MARTA | 2070 | | GLIWICE | POL | K-30 | 9 | K 40 | 00:23:26 | 00:58:05 | 01:29:54.50 | 8:59 | 6.7 |
| 19 | OCHMAN ALEKSANDRA | 2052 | OPEL ACTIVE TEAM | GLIWICE | POL | K-40 | 18 | K 41 | 00:23:08 | 00:57:38 | 01:29:54.80 | 8:59 | 6.7 |
| 20 | GRONDYS SYLWIA | 2016 | | GLIWICE | POL | K-40 | 20 | K 43 | 00:23:25 | 00:58:46 | 01:30:33.55 | 9:03 | 6.6 |
| 21 | DOMARADZKA KAROLINA | 2129 | | GLIWICE | POL | K-30 | 10 | K 44 | 00:23:50 | 00:59:10 | 01:30:34.20 | 9:03 | 6.6 |
| 22 | CZARNIAKOWSKA MARZENA | 2005 | | GLIWICE | POL | K-30 | 11 | K 45 | 00:23:57 | 00:59:16 | 01:30:35.65 | 9:03 | 6.6 |
| 23 | MALINOWSKA-FILIPEK AGNIESZKA | 2039 | | GLIWICE | POL | K-40 | 24 | K 51 | 00:23:29 | 00:58:48 | 01:31:30.55 | 9:09 | 6.6 |
| 24 | SARRE JOANNA | 2099 | SPORT RELAKS NASZA SZKOŁKA PŁYWANIA | GLIWICE | POL | K-60 | 6 | K 52 | 00:23:03 | 00:58:05 | 01:31:36.50 | 9:09 | 6.6 |
| 25 | KOMANDER JOANNA | 2025 | JOMAR RUNNERS | GLIWICE | POL | K-50 | 11 | K 54 | 00:22:49 | 00:58:39 | 01:31:41.15 | 9:10 | 6.5 |
| 26 | ROJEK URSZULA | 2066 | | GLIWICE | POL | K-40 | 25 | K 55 | 00:23:36 | 00:59:11 | 01:31:48.35 | 9:10 | 6.5 |
| 27 | KOLCZYŃSKA BARBARA | 2024 | ELZAB ACTIVE TEAM | GLIWICE | POL | K-40 | 27 | K 57 | 00:22:32 | 00:58:45 | 01:32:16.15 | 9:13 | 6.5 |
| 28 | WÓJCIK ROZALIA | 2095 | | GLIWICE | POL | K-60 | 7 | K 59 | 00:23:09 | 00:58:53 | 01:32:49.40 | 9:16 | 6.5 |
| 29 | WIETRZYCKA ANNA | 2091 | | GLIWICE | POL | K-40 | 31 | K 64 | 00:24:47 | 01:01:49 | 01:34:21.85 | 9:26 | 6.4 |
| 30 | BOJCZUK MARTA | 2003 | | GLIWICE | POL | K-40 | 32 | K 65 | 00:24:48 | 01:01:49 | 01:34:30.70 | 9:27 | 6.3 |
| 31 | KORNAŚ ANNA | 2027 | | GLIWICE | POL | K-30 | 15 | K 66 | 00:23:50 | 01:00:28 | 01:34:33.65 | 9:27 | 6.3 |
| 32 | PROKWITE MARTYNA | 2064 | | 27 | POL | K-30 | 16 | K 69 | 00:25:26 | 01:03:11 | 01:36:51.85 | 9:41 | 6.2 |
| 33 | MATYJASZEK MARTA | 2047 | | GLIWICE | POL | K-30 | 17 | K 70 | 00:25:26 | 01:03:11 | 01:36:52.35 | 9:41 | 6.2 |
| 34 | KUKLA MARZENA | 2030 | ORINORDIC | GLIWICE | POL | K-40 | 35 | K 71 | 00:24:45 | 01:03:51 | 01:36:52.80 | 9:41 | 6.2 |
| 35 | SKLARZYK BARBARA | 2076 | #HUTATEAM | GLIWICE | POL | K-50 | 13 | K 72 | 00:24:13 | 01:02:54 | 01:36:58.70 | 9:41 | 6.2 |

NORDIC WALKING GLIWICKI - 10KM, Mieszkańki Gliwic c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|--------------------|------|----------------------|---------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 36 | KOTOWSKA KAROLINA | 2028 | SLOW JOGGING GLIWICE | GLIWICE | POL | K-30 | 18 | K 73 | 00:25:15 | 01:04:06 | 01:40:03.65 | 10:00 | 6 |
| 37 | DZIEDZIC ANNA | 2007 | | GLIWICE | POL | K-40 | 36 | K 74 | 00:24:48 | 01:03:51 | 01:41:28.20 | 10:08 | 5.9 |
| 38 | DOMARADZKA MIRELLA | 2130 | | GLIWICE | POL | K-50 | 14 | K 75 | 00:25:29 | 01:05:31 | 01:43:01.75 | 10:18 | 5.8 |
| 39 | MĘTEL IRENA | 2049 | #HUTATEAM | GLIWICE | POL | K-50 | 15 | K 76 | 00:25:40 | 01:05:39 | 01:43:11.60 | 10:19 | 5.8 |
| 40 | MARZEC JANINA | 2046 | | GLIWICE | POL | K-60 | 8 | K 78 | 00:26:34 | 01:08:08 | 01:46:26.25 | 10:38 | 5.6 |

NORDIC WALKING GLIWICKI - 10KM, Mieszkańcy Gliwic

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|---------------------|------|-------------------|---------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | MAŁKA MARIAN | 2040 | | GLIWICE | POL | M-60 | 1 | M 2 | 00:16:47 | 00:42:37 | 01:06:34.40 | 6:39 | 9 |
| 2 | GRABOWSKI KRZYSZTOF | 2014 | | GLIWICE | POL | M-40 | 2 | M 4 | 00:17:29 | 00:44:18 | 01:08:50.40 | 6:53 | 8.7 |
| 3 | RZEPKA TOMASZ | 2073 | - | GLIWICE | POL | M-50 | 2 | M 7 | 00:19:07 | 00:48:22 | 01:15:39.20 | 7:33 | 7.9 |
| 4 | TYCZEWSKI JACEK | 2089 | | GLIWICE | POL | M-40 | 3 | M 8 | 00:19:14 | 00:48:32 | 01:16:12.20 | 7:37 | 7.9 |
| 5 | GIERADA MATEUSZ | 2011 | | GLIWICE | POL | M-30 | 1 | M 10 | 00:20:04 | 00:49:54 | 01:17:49.40 | 7:46 | 7.7 |
| 6 | OWCZAREK MARCIN | 2056 | | GLIWICE | POL | M-50 | 3 | M 11 | 00:20:00 | 00:50:08 | 01:17:52.05 | 7:47 | 7.7 |
| 7 | GAMRACY LESZEK | 2010 | PZLAM | GLIWICE | POL | M-60 | 4 | M 15 | 00:20:14 | 00:50:58 | 01:20:59.35 | 8:05 | 7.4 |
| 8 | JAWORSKI ANDRZEJ | 2020 | | GLIWICE | POL | M-50 | 7 | M 17 | 00:21:12 | 00:53:17 | 01:23:06.20 | 8:18 | 7.2 |
| 9 | GRABIŃSKI LECH | 2013 | BŁYSKAWICA SARNÓW | GLIWICE | POL | M-60 | 5 | M 18 | 00:21:40 | 00:54:06 | 01:24:06.50 | 8:24 | 7.1 |
| 10 | SIEJKO JANUSZ | 2075 | | GLIWICE | POL | M-60 | 6 | M 21 | 00:23:24 | 00:57:16 | 01:28:14.50 | 8:49 | 6.8 |
| 11 | PAWLIK ANDRZEJ | 2061 | | GLIWICE | POL | M-60 | 8 | M 23 | 00:23:03 | 00:57:35 | 01:29:58.70 | 8:59 | 6.7 |
| 12 | GRONDYS MICHAŁ | 2015 | | GLIWICE | POL | M-40 | 6 | M 24 | 00:23:24 | 00:58:45 | 01:30:32.45 | 9:03 | 6.6 |
| 13 | KURPIOS PIOTR | 2031 | | GLIWICE | POL | M-30 | 3 | M 26 | 00:24:48 | 01:01:48 | 01:34:20.55 | 9:26 | 6.4 |
| 14 | DZIEDZIC PAWEŁ | 2008 | | GLIWICE | POL | M-40 | 7 | M 27 | 00:26:24 | 01:05:45 | 01:41:28.55 | 10:08 | 5.9 |

NORDIC WALKING GLIWICKI - 10KM, M-20

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|-------------------|------|--------------------------|--------|-----|------|---------|-----|----------|----------|-------------|--------|------|
| 1 | ROMANOWSKI DANIEL | 2067 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M-20 | 1 | M 1 | 00:15:32 | 00:40:25 | 01:03:46.30 | 6:22 | 9.4 |

NORDIC WALKING GLIWICKI - 10KM, K-30

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|--------------------------|------|--------------------------------------|--------------|-----|------|---------|------|----------|-------------|-------------|--------|------|
| 1 | UKLEJA ANNA | 2090 | | ZBROSŁAWICE | POL | K-30 | 1 | K 2 | 00:19:37 | 00:48:46 | 01:14:40.50 | 7:28 | 8 |
| 2 | MARONDEL KATARZYNA | 2044 | SILESIA NORDIC TEAM | BYTOM | POL | K-30 | 2 | K 9 | 00:19:16 | 00:48:53 | 01:16:46.15 | 7:40 | 7.8 |
| 3 | KUCZERA BEATA | 2029 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | K-30 | 3 | K 10 | 00:19:58 | 00:50:12 | 01:17:52.85 | 7:47 | 7.7 |
| 4 | POPIOŁKIEWICZ MAŁGORZATA | 2100 | | PRZEZCHLEBIE | POL | K-30 | 4 | K 25 | 00:23:10 | 00:57:34 | 01:25:03.60 | 8:30 | 7.1 |
| 5 | KOPCZYŃSKA AGATA | 2026 | #HUTATEAM | GLIWICE | POL | K-30 | 5 | K 26 | 00:22:50 | 00:56:00 | 01:25:16.55 | 8:31 | 7 |
| 6 | HRYSZKIEWICZ ANNA | 2017 | BSM IT CROWD | RUDA ŚLĄSKA | POL | K-30 | 6 | K 32 | 00:22:23 | 00:56:00 | 01:27:39.40 | 8:45 | 6.8 |
| 7 | CEREMUGA JUSTYNA | 2004 | | KATOWICE | POL | K-30 | 7 | K 33 | 00:21:59 | 00:56:22 | 01:27:49.05 | 8:46 | 6.8 |
| 8 | SOBCZAK-KOSIŃSKA SYLWIA | 2080 | | GLIWICE | POL | K-30 | 8 | K 37 | 00:23:11 | 00:57:32 | 01:29:44.30 | 8:58 | 6.7 |
| 9 | RYFIAK-KOWALCZYK MARTA | 2070 | | GLIWICE | POL | K-30 | 9 | K 40 | 00:23:26 | 00:58:05 | 01:29:54.50 | 8:59 | 6.7 |
| 10 | DOMARADZKA KAROLINA | 2129 | | GLIWICE | POL | K-30 | 10 | K 44 | 00:23:50 | 00:59:10 | 01:30:34.20 | 9:03 | 6.6 |
| 11 | CZARNIAKOWSKA MARZENA | 2005 | | GLIWICE | POL | K-30 | 11 | K 45 | 00:23:57 | 00:59:16 | 01:30:35.65 | 9:03 | 6.6 |
| 12 | PIERNIKARCZYK MIRELA | 2063 | | PRZEZCHLEBIE | POL | K-30 | 12 | K 48 | 00:23:13 | 00:57:35 | 01:31:00.20 | 9:06 | 6.6 |
| 13 | ONYSZKIEWICZ IWONA | 2055 | | KNURÓW | POL | K-30 | 13 | K 50 | 00:23:17 | 00:59:05 | 01:31:10.15 | 9:07 | 6.6 |
| 14 | SPENDE ANNA | 2081 | | PRZEZCHLEBIE | POL | K-30 | 14 | K 61 | 01:00:42 | 01:33:49.10 | | 9:22 | 6.4 |
| 15 | KORNAŚ ANNA | 2027 | | GLIWICE | POL | K-30 | 15 | K 66 | 00:23:50 | 01:00:28 | 01:34:33.65 | 9:27 | 6.3 |
| 16 | PROKWITE MARTYNA | 2064 | | 27 | POL | K-30 | 16 | K 69 | 00:25:26 | 01:03:11 | 01:36:51.85 | 9:41 | 6.2 |
| 17 | MATYJASZEK MARTA | 2047 | | GLIWICE | POL | K-30 | 17 | K 70 | 00:25:26 | 01:03:11 | 01:36:52.35 | 9:41 | 6.2 |
| 18 | KOTOWSKA KAROLINA | 2028 | SLOW JOGGING GLIWICE | GLIWICE | POL | K-30 | 18 | K 73 | 00:25:15 | 01:04:06 | 01:40:03.65 | 10:00 | 6 |

NORDIC WALKING GLIWICKI - 10KM, M-30

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------|------|------|----------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | GIERADA MATEUSZ | 2011 | | GLIWICE | POL | M-30 | 1 | M 10 | 00:20:04 | 00:49:54 | 01:17:49.40 | 7:46 | 7.7 |
| 2 | NAWROT TOMASZ | 2102 | | KATOWICE | POL | M-30 | 2 | M 20 | 00:22:00 | 00:56:22 | 01:27:48.75 | 8:46 | 6.8 |
| 3 | KURPIOS PIOTR | 2031 | | GLIWICE | POL | M-30 | 3 | M 26 | 00:24:48 | 01:01:48 | 01:34:20.55 | 9:26 | 6.4 |
| 4 | OLENIACZ JAKUB | 2105 | | ZABRZE | POL | M-30 | 4 | M 28 | 00:44:37 | | 02:13:58.30 | 13:23 | 4.5 |

NORDIC WALKING GLIWICKI - 10KM, K-40

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------------------|------|--------------------------------------|-----------------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | RZEPKA MAŁGORZATA | 2072 | KB ORŁY Z KNUROWA | GLIWICE | POL | K-40 | 1 | K 1 | 00:17:11 | 00:43:22 | 01:07:43.15 | 6:46 | 8.9 |
| 2 | MANDRYSZ ALEKSANDRA | 2042 | NORDIC WALKING LYSKI | LYSKI | POL | K-40 | 2 | K 3 | 00:18:59 | 00:48:12 | 01:14:50.25 | 7:29 | 8 |
| 3 | PIECHOCZEK-NIEZGODA LUCYNA | 2062 | | ŻORY | POL | K-40 | 3 | K 5 | 00:18:58 | 00:48:12 | 01:15:12.00 | 7:31 | 8 |
| 4 | MERKEL SABINA | 2048 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | GASZOWICE | POL | K-40 | 4 | K 6 | 00:19:38 | 00:49:18 | 01:16:28.00 | 7:38 | 7.8 |
| 5 | KLIMAS PATRYCJA | 2022 | | GLIWICE | POL | K-40 | 5 | K 7 | 00:20:47 | | 01:16:31.55 | 7:39 | 7.8 |
| 6 | MILERT JOLANTA | 2050 | NORDIC WALKING LYSKI | GASZOWICE | POL | K-40 | 6 | K 12 | 00:20:19 | 00:52:10 | 01:20:38.65 | 8:03 | 7.4 |
| 7 | LISZKA ILONA | 2036 | | KAMIENIEC | POL | K-40 | 7 | K 13 | 00:20:51 | 00:52:25 | 01:21:28.95 | 8:08 | 7.4 |
| 8 | BARON MAGDALENA | 2002 | | ZBROSŁAWICE | POL | K-40 | 8 | K 14 | 00:21:42 | 00:53:08 | 01:21:35.60 | 8:09 | 7.4 |
| 9 | SZYJKA KATARZYNA | 2085 | HIRSCHVOGEL | ZABRZE | POL | K-40 | 9 | K 15 | 00:21:26 | 00:53:13 | 01:22:31.05 | 8:15 | 7.3 |
| 10 | NOWAK DANUTA | 2051 | ELZAB ACTIVE TEAM | ZABRZE | POL | K-40 | 10 | K 16 | 00:21:21 | 00:53:50 | 01:23:10.20 | 8:19 | 7.2 |
| 11 | SYMELA-BOCHEŃSKA KATARZYNA | 2082 | | GLIWICE | POL | K-40 | 11 | K 17 | 00:22:05 | 00:53:49 | 01:23:15.05 | 8:19 | 7.2 |
| 12 | CZERWIK ILONA | 2006 | | PRZEZCHLEBIE | POL | K-40 | 12 | K 22 | 00:21:37 | 00:54:13 | 01:24:55.20 | 8:29 | 7.1 |
| 13 | PASTERNAK ANNA | 2059 | OPEL ACTIVE TEAM | GLIWICE | POL | K-40 | 13 | K 23 | 00:22:51 | 00:55:45 | 01:24:57.00 | 8:29 | 7.1 |
| 14 | OLSZEWSKA JOLANTA | 2054 | | GLIWICE | POL | K-40 | 14 | K 28 | 00:21:41 | 00:55:30 | 01:26:30.10 | 8:39 | 6.9 |
| 15 | PASTERNAK KATARZYNA | 2060 | | GLIWICE | POL | K-40 | 15 | K 30 | 00:21:41 | 00:55:31 | 01:27:12.60 | 8:43 | 6.9 |
| 16 | SNOCHOWSKA AGATA | 2079 | SZOMBIERKI CHODZĄ I BIEGAJĄ | BYTOM | POL | K-40 | 16 | K 35 | 00:23:22 | 00:57:32 | 01:28:51.85 | 8:53 | 6.8 |
| 17 | ZABAWSKA ALEKSANDRA | 2096 | | GLIWICE | POL | K-40 | 17 | K 38 | 00:23:25 | | 01:29:48.25 | 8:58 | 6.7 |
| 18 | OCHMAN ALEKSANDRA | 2052 | OPEL ACTIVE TEAM | GLIWICE | POL | K-40 | 18 | K 41 | 00:23:08 | 00:57:38 | 01:29:54.80 | 8:59 | 6.7 |
| 19 | BABCZUK KATARZYNA | 2001 | | KNURÓW | POL | K-40 | 19 | K 42 | 00:23:48 | 00:57:58 | 01:30:10.80 | 9:01 | 6.7 |
| 20 | GRONDYS SYLWIA | 2016 | | GLIWICE | POL | K-40 | 20 | K 43 | 00:23:25 | 00:58:46 | 01:30:33.55 | 9:03 | 6.6 |
| 21 | REWERS MARZENA | 2103 | LILA TEAM | TARNOWSKIE GÓRY | POL | K-40 | 21 | K 46 | 00:23:49 | 00:58:01 | 01:30:36.35 | 9:03 | 6.6 |
| 22 | SIDOR ANNA | 2074 | | PRZEZCHLEBIE | POL | K-40 | 22 | K 47 | 00:23:11 | 00:57:35 | 01:31:00.00 | 9:06 | 6.6 |
| 23 | ZARAS-HEREJ URSZULA | 2097 | | WILKOWICE | POL | K-40 | 23 | K 49 | 00:22:20 | 00:57:45 | 01:31:01.65 | 9:06 | 6.6 |
| 24 | MALINOWSKA-FILIPEK AGNIESZKA | 2039 | | GLIWICE | POL | K-40 | 24 | K 51 | 00:23:29 | 00:58:48 | 01:31:30.55 | 9:09 | 6.6 |
| 25 | ROJEK URSZULA | 2066 | | GLIWICE | POL | K-40 | 25 | K 55 | 00:23:36 | 00:59:11 | 01:31:48.35 | 9:10 | 6.5 |
| 26 | RAJS EWELINA | 2065 | WRŚ | PRZYSZOWICE | POL | K-40 | 26 | K 56 | 00:23:10 | 00:58:54 | 01:32:03.60 | 9:12 | 6.5 |
| 27 | KOLCZYŃSKA BARBARA | 2024 | ELZAB ACTIVE TEAM | GLIWICE | POL | K-40 | 27 | K 57 | 00:22:32 | 00:58:45 | 01:32:16.15 | 9:13 | 6.5 |
| 28 | RYKOWSKA MARZENA | 2071 | | RYBNIK | POL | K-40 | 28 | K 60 | 00:24:37 | 01:00:53 | 01:33:29.60 | 9:20 | 6.4 |
| 29 | SMORZ GABRIELA | 2078 | | PANIÓWKI | POL | K-40 | 29 | K 62 | 00:24:45 | 01:01:24 | 01:33:51.70 | 9:23 | 6.4 |
| 30 | GŁUCH-KWACZAŁA BOGUMIŁA | 2012 | | PANIÓWKI | POL | K-40 | 30 | K 63 | 00:24:44 | 01:01:25 | 01:33:52.90 | 9:23 | 6.4 |
| 31 | WIETRZYCKA ANNA | 2091 | | GLIWICE | POL | K-40 | 31 | K 64 | 00:24:47 | 01:01:49 | 01:34:21.85 | 9:26 | 6.4 |
| 32 | BOJCZUK MARTA | 2003 | | GLIWICE | POL | K-40 | 32 | K 65 | 00:24:48 | 01:01:49 | 01:34:30.70 | 9:27 | 6.3 |
| 33 | LIBERSKA ELWIRA | 2034 | | BYTOM | POL | K-40 | 33 | K 67 | 00:24:19 | 01:01:23 | 01:35:32.10 | 9:33 | 6.3 |
| 34 | WOŹNIAK ANNA | 2094 | | BYTOM | POL | K-40 | 34 | K 68 | 00:24:21 | 01:01:24 | 01:35:32.55 | 9:33 | 6.3 |
| 35 | KUKŁA MARZENA | 2030 | ORINORDIC | GLIWICE | POL | K-40 | 35 | K 71 | 00:24:45 | 01:03:51 | 01:36:52.80 | 9:41 | 6.2 |
| 36 | DZIEDZIC ANNA | 2007 | | GLIWICE | POL | K-40 | 36 | K 74 | 00:24:48 | 01:03:51 | 01:41:28.20 | 10:08 | 5.9 |

NORDIC WALKING GLIWICKI - 10KM, M-40

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|---------------------|------|----------------------|-----------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | SADOWSKI TOMASZ | 2108 | HARPAGAN SOSNOWIEC | SOSNOWIEC | POL | M-40 | 1 | M 3 | 00:16:58 | 00:43:29 | 01:08:29.30 | 6:50 | 8.8 |
| 2 | GRABOWSKI KRZYSZTOF | 2014 | | GLIWICE | POL | M-40 | 2 | M 4 | 00:17:29 | 00:44:18 | 01:08:50.40 | 6:53 | 8.7 |
| 3 | TYCZEWSKI JACEK | 2089 | | GLIWICE | POL | M-40 | 3 | M 8 | 00:19:14 | 00:48:32 | 01:16:12.20 | 7:37 | 7.9 |
| 4 | KOCEL GRZEGORZ | 2023 | NORDIC WALKING LYSKI | RYBNIK | POL | M-40 | 4 | M 9 | 00:19:11 | 00:49:12 | 01:17:17.40 | 7:43 | 7.8 |
| 5 | LUDYGA KRYSZTIAN | 2037 | | BYTOM | POL | M-40 | 5 | M 19 | 00:23:11 | 00:56:29 | 01:26:05.50 | 8:36 | 7 |
| 6 | GRONDYS MICHAŁ | 2015 | | GLIWICE | POL | M-40 | 6 | M 24 | 00:23:24 | 00:58:45 | 01:30:32.45 | 9:03 | 6.6 |

NORDIC WALKING GLIWICKI - 10KM, M-40 c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|------------------|------|------|---------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 7 | DZIEDZIC PAWEŁ | 2008 | | GLIWICE | POL | M-40 | 7 | M 27 | 00:26:24 | 01:05:45 | 01:41:28.55 | 10:08 | 5.9 |

NORDIC WALKING GLIWICKI - 10KM, K-50

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|---------------------------|------|------------------------|-----------------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | LASKA JADWIGA | 2032 | | GLIWICE | POL | K-50 | 1 | K 11 | 00:21:14 | 00:52:15 | 01:20:36.55 | 8:03 | 7.4 |
| 2 | FELKEL ALDONA | 2009 | #HUTATEAM | GLIWICE | POL | K-50 | 2 | K 18 | 00:21:47 | 00:54:16 | 01:24:26.65 | 8:26 | 7.1 |
| 3 | SZROBARCZYK MAŁGORZATA | 2084 | | KARCHOWICE | POL | K-50 | 3 | K 19 | 00:21:22 | 00:54:22 | 01:24:29.05 | 8:26 | 7.1 |
| 4 | KOWALCZYK GRAŻYNA | 2107 | | ZABRZE | POL | K-50 | 4 | K 20 | 00:20:51 | 00:53:32 | 01:24:48.80 | 8:28 | 7.1 |
| 5 | WINKIEWICZ JOLANTA | 2092 | | GLIWICE | POL | K-50 | 5 | K 29 | 00:22:11 | 00:55:32 | 01:26:46.00 | 8:40 | 6.9 |
| 6 | TRAUTMANN BOGUSIA | 2087 | | ZBROSŁAWICE | POL | K-50 | 6 | K 31 | 00:21:44 | 00:55:33 | 01:27:17.45 | 8:43 | 6.9 |
| 7 | JANUSZEWSKA-ZENOWICZ ANNA | 2019 | | NYSA | POL | K-50 | 7 | K 34 | 00:23:21 | 00:57:21 | 01:28:14.60 | 8:49 | 6.8 |
| 8 | MACYSZYN BEATA | 2038 | GLIWICE | PILCHOWICE | POL | K-50 | 8 | K 36 | 00:22:56 | 00:57:31 | 01:29:18.35 | 8:55 | 6.7 |
| 9 | JURETKO ANETA | 2021 | | CHORZÓW | POL | K-50 | 9 | K 39 | 00:23:22 | | 01:29:53.50 | 8:59 | 6.7 |
| 10 | OCHUDLO GABRIELA | 2053 | #HUTATEAM | LIGOTA ŁABĘDZKA | POL | K-50 | 10 | K 53 | 00:23:26 | 00:58:44 | 01:31:38.95 | 9:09 | 6.5 |
| 11 | KOMANDER JOANNA | 2025 | JOMAR RUNNERS | GLIWICE | POL | K-50 | 11 | K 54 | 00:22:49 | 00:58:39 | 01:31:41.15 | 9:10 | 6.5 |
| 12 | GRZELAK MAŁGORZATA | 2106 | | KNURÓW | POL | K-50 | 12 | K 58 | 00:23:19 | 00:59:08 | 01:32:37.35 | 9:15 | 6.5 |
| 13 | SKLARZYK BARBARA | 2076 | #HUTATEAM | GLIWICE | POL | K-50 | 13 | K 72 | 00:24:13 | 01:02:54 | 01:36:58.70 | 9:41 | 6.2 |
| 14 | DOMARADZKA MIRELLA | 2130 | | GLIWICE | POL | K-50 | 14 | K 75 | 00:25:29 | 01:05:31 | 01:43:01.75 | 10:18 | 5.8 |
| 15 | MĘTEL IRENA | 2049 | #HUTATEAM | GLIWICE | POL | K-50 | 15 | K 76 | 00:25:40 | 01:05:39 | 01:43:11.60 | 10:19 | 5.8 |
| 16 | LISZEWSKA-KRZYWY MARIA | 2035 | REHAFIT PILATES STUDIO | KAMIENIEC | POL | K-50 | 16 | K 77 | 00:26:23 | 01:07:30 | 01:44:27.35 | 10:26 | 5.7 |

NORDIC WALKING GLIWICKI - 10KM, M-50

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|-------------------|------|-------------------|-------------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | RÓŻEWICZ DARIUSZ | 2068 | PANCE | TYCHY | POL | M-50 | 1 | M 5 | 00:18:09 | 00:46:36 | 01:12:38.65 | 7:15 | 8.3 |
| 2 | RZEPKA TOMASZ | 2073 | - | GLIWICE | POL | M-50 | 2 | M 7 | 00:19:07 | 00:48:22 | 01:15:39.20 | 7:33 | 7.9 |
| 3 | OWCZAREK MARCIN | 2056 | | GLIWICE | POL | M-50 | 3 | M 11 | 00:20:00 | 00:50:08 | 01:17:52.05 | 7:47 | 7.7 |
| 4 | JANCEWICZ ADAM | 2018 | BSM IT CROWD | CHORZÓW | POL | M-50 | 4 | M 12 | 00:20:13 | 00:50:16 | 01:18:03.65 | 7:48 | 7.7 |
| 5 | TRAUTMANN PIOTR | 2088 | | ZBROSŁAWICE | POL | M-50 | 5 | M 14 | 00:20:06 | | 01:20:40.95 | 8:04 | 7.4 |
| 6 | MUSZYŃSKI DARIUSZ | 2101 | ELZAB ACTIVE TEAM | KAMIENIEC | POL | M-50 | 6 | M 16 | 00:21:52 | 00:53:36 | 01:22:35.95 | 8:15 | 7.3 |
| 7 | JAWORSKI ANDRZEJ | 2020 | | GLIWICE | POL | M-50 | 7 | M 17 | 00:21:12 | 00:53:17 | 01:23:06.20 | 8:18 | 7.2 |

NORDIC WALKING GLIWICKI - 10KM, K-60

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|---------------------|------|-------------------------------------|---------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | RÓŻEWICZ EWA | 2069 | PANCE | TYCHY | POL | K-60 | 1 | K 4 | 00:19:16 | 00:48:25 | 01:15:04.95 | 7:30 | 8 |
| 2 | LIBARDI-KŁYŚ SYLWIA | 2033 | | GLIWICE | POL | K-60 | 2 | K 8 | 00:19:07 | 00:48:42 | 01:16:36.35 | 7:39 | 7.8 |
| 3 | MAŁKA IRENA | 2041 | | GLIWICE | POL | K-60 | 3 | K 21 | 00:21:48 | 00:54:32 | 01:24:50.00 | 8:29 | 7.1 |
| 4 | SZKAMRUK BOGUSŁAWA | 2083 | EXTREMALNE OTK NA RELAKSIE | GLIWICE | POL | K-60 | 4 | K 24 | 00:21:46 | 00:54:48 | 01:25:02.80 | 8:30 | 7.1 |
| 5 | ZIÓŁKOWSKA JOLANTA | 2098 | | KNURÓW | POL | K-60 | 5 | K 27 | 00:22:39 | 00:55:37 | 01:25:47.25 | 8:34 | 7 |
| 6 | SARRE JOANNA | 2099 | SPORT RELAKS NASZA SZKÓŁKA PŁYWANIA | GLIWICE | POL | K-60 | 6 | K 52 | 00:23:03 | 00:58:05 | 01:31:36.50 | 9:09 | 6.6 |
| 7 | WÓJCIK ROZALIA | 2095 | | GLIWICE | POL | K-60 | 7 | K 59 | 00:23:09 | 00:58:53 | 01:32:49.40 | 9:16 | 6.5 |
| 8 | MARZEC JANINA | 2046 | | GLIWICE | POL | K-60 | 8 | K 78 | 00:26:34 | 01:08:08 | 01:46:26.25 | 10:38 | 5.6 |

NORDIC WALKING GLIWICKI - 10KM, M-60

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|-------------------|------|-------------------------------|------------------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 1 | MAŁKA MARIAN | 2040 | | GLIWICE | POL | M-60 | 1 | M 2 | 00:16:47 | 00:42:37 | 01:06:34.40 | 6:39 | 9 |
| 2 | MARCHEWKA ANDRZEJ | 2043 | | PRECZÓW | POL | M-60 | 2 | M 6 | 00:18:12 | 00:46:33 | 01:12:50.80 | 7:17 | 8.2 |
| 3 | STAROSTKA ANDRZEJ | 2104 | PKO BANK POLSKI BIEGAMY RAZEM | KĘDZIERZYN-KOŹLE | POL | M-60 | 3 | M 13 | 00:19:43 | | 01:18:24.85 | 7:50 | 7.7 |

NORDIC WALKING GLIWICKI - 10KM, M-60 c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 2.5km | 6.5km | Netto | min/km | km/h |
|-----|-------------------|------|-------------------|---------|-----|------|---------|------|----------|----------|-------------|--------|------|
| 4 | GAMRACY LESZEK | 2010 | PZLAM | GLIWICE | POL | M-60 | 4 | M 15 | 00:20:14 | 00:50:58 | 01:20:59.35 | 8:05 | 7.4 |
| 5 | GRABIŃSKI LECH | 2013 | BŁYSKAWICA SARNÓW | GLIWICE | POL | M-60 | 5 | M 18 | 00:21:40 | 00:54:06 | 01:24:06.50 | 8:24 | 7.1 |
| 6 | SIEJKO JANUSZ | 2075 | | GLIWICE | POL | M-60 | 6 | M 21 | 00:23:24 | 00:57:16 | 01:28:14.50 | 8:49 | 6.8 |
| 7 | SKOCZYKŁODA ROMAN | 2077 | STADION ŚLĄSKI | ORZESZE | POL | M-60 | 7 | M 22 | 00:21:49 | 00:56:43 | 01:29:00.25 | 8:54 | 6.7 |
| 8 | PAWLIK ANDRZEJ | 2061 | | GLIWICE | POL | M-60 | 8 | M 23 | 00:23:03 | 00:57:35 | 01:29:58.70 | 8:59 | 6.7 |
| 9 | MARONDEL JAN | 2045 | | BYTOM | POL | M-60 | 9 | M 25 | 00:23:04 | 00:58:25 | 01:31:57.35 | 9:11 | 6.5 |