

**OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY)**

Organizator: Regionalne Centrum Sportowe Sp. z o.o.  
 Data: 2021-10-23  
 Miejsce: Lubin  
 Dystans: 4 km  
 Klasyfikacja wg czasów netto.


**OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY), OPEN**

| M-ce | Nazwisko i imię         | Nr | Klub               | M-scowość    | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | 2km      | Netto       | min/km | km/h |
|------|-------------------------|----|--------------------|--------------|------|--------|--------|------|-------------|----------|-------------|--------|------|
| 1    | MIKOŁAJCZAK JAN         | 33 | LEGNICA            | LEGNICA      | POL  | M60+   | 1      | M 1  |             | 00:14:53 | 00:30:07.65 | 7:31   | 8    |
| 2    | ZACKIEWICZ ANDRZEJ      | 43 | OGRODZISKO         | OGRODZISKO   | POL  | M18-59 | 1      | M 2  |             | 00:14:47 | 00:30:12.45 | 7:33   | 7.9  |
| 3    | DUSZENKO ZYGMUNT        | 46 | LUBIN              | LUBIN        | POL  | M18-59 | 2      | M 3  |             | 00:15:47 | 00:30:14.55 | 7:33   | 7.9  |
| 4    | PASZKOWSKI LESZEK       | 45 | LUBIN              | LUBIN        | POL  | M18-59 | 3      | M 4  |             | 00:15:42 | 00:30:46.80 | 7:41   | 7.8  |
| 5    | MAZUREK WŁADYSŁAW       | 41 | ŻELAZNY MOST       | ŻELAZNY MOST | POL  | M60+   | 2      | M 5  |             | 00:15:44 | 00:31:15.95 | 7:48   | 7.7  |
| 6    | KUCAB ANDRZEJ           | 47 |                    |              | POL  | M18-59 | 4      | M 6  |             | 00:16:11 | 00:33:11.30 | 8:17   | 7.2  |
| 7    | KAWAŁKO ROMAN           | 27 | AKTYWNE RADWANICE  | RADWANICE    | POL  | M18-59 | 5      | M 7  |             | 00:16:50 | 00:34:46.50 | 8:41   | 6.9  |
| 8    | PASZKOWSKA MARIA        | 36 | KGHM METRACO RUDNA | KOŹLICE      | POL  | K18-59 | 1      | K 1  |             | 00:15:46 | 00:35:13.30 | 8:48   | 6.8  |
| 9    | SZAŁAJ ANNA             | 37 | KGHM METRACO RUDNA | LUBIN        | POL  | K60+   | 1      | K 2  |             | 00:15:47 | 00:35:24.65 | 8:51   | 6.8  |
| 10   | JANKOWSKA MAŁGORZATA    | 26 |                    | LUBIN        | POL  | K18-59 | 2      | K 3  |             | 00:17:52 | 00:36:20.75 | 9:05   | 6.6  |
| 11   | ZACZYŃSKA JANINA        | 39 | METRACO RUDNA      | LUBIN        | POL  | K60+   | 2      | K 4  |             | 00:17:59 | 00:36:45.30 | 9:11   | 6.5  |
| 12   | KUREK ALEKSANDRA        | 44 |                    | KOŹLICE      | POL  | K18-59 | 3      | K 5  |             | 00:18:01 | 00:37:19.55 | 9:19   | 6.4  |
| 13   | MACIROWSKA RENATA       | 42 |                    | LUBIN        | POL  | K18-59 | 4      | K 6  |             | 00:18:07 | 00:37:45.30 | 9:26   | 6.4  |
| 14   | ŻYDZIAK DOROTA          | 40 | AKTYWNE RADWANICE  | RADWANICE    | POL  | K18-59 | 5      | K 7  |             | 00:18:08 | 00:37:46.90 | 9:26   | 6.4  |
| 15   | BEKIESZCZUK RYSZARD     | 23 |                    | LUBIN        | POL  | M60+   | 3      | M 8  |             | 00:18:50 | 00:37:56.15 | 9:29   | 6.3  |
| 16   | SZYMAŃSKA KATARZYNA     | 38 | AKTYWNE RADWANICE  | BUCZYNA      | POL  | K18-59 | 6      | K 8  |             | 00:19:28 | 00:39:41.65 | 9:55   | 6    |
| 17   | MĘDRAK ALICJA           | 31 |                    | WROCŁAW      | POL  | K60+   | 3      | K 9  |             | 00:19:36 | 00:39:55.25 | 9:58   | 6    |
| 18   | MĘDRAK JÓZEF            | 32 |                    | WROCŁAW      | POL  | M60+   | 4      | M 9  |             | 00:19:36 | 00:39:57.35 | 9:59   | 6    |
| 19   | KUŹMICKA-KAWAŁKO HALINA | 29 | AKTYWNE RADWANICE  | RADWANICE    | POL  | K60+   | 4      | K 10 |             | 00:19:44 | 00:40:24.65 | 10:06  | 5.9  |
| 20   | GRZEJDAK DANUTA         | 25 |                    | RADWANICE    | POL  | K60+   | 5      | K 11 |             | 00:19:45 | 00:40:25.50 | 10:06  | 5.9  |

**OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY), K18-59**

| M-ce | Nazwisko i imię      | Nr | Klub               | M-scowość | Kraj | Kat.   | M. kat | K/M | Żół. kartki | 2km      | Netto       | min/km | km/h |
|------|----------------------|----|--------------------|-----------|------|--------|--------|-----|-------------|----------|-------------|--------|------|
| 1    | PASZKOWSKA MARIA     | 36 | KGHM METRACO RUDNA | KOŹLICE   | POL  | K18-59 | 1      | K 1 |             | 00:15:46 | 00:35:13.30 | 8:48   | 6.8  |
| 2    | JANKOWSKA MAŁGORZATA | 26 |                    | LUBIN     | POL  | K18-59 | 2      | K 3 |             | 00:17:52 | 00:36:20.75 | 9:05   | 6.6  |
| 3    | KUREK ALEKSANDRA     | 44 |                    | KOŹLICE   | POL  | K18-59 | 3      | K 5 |             | 00:18:01 | 00:37:19.55 | 9:19   | 6.4  |
| 4    | MACIROWSKA RENATA    | 42 |                    | LUBIN     | POL  | K18-59 | 4      | K 6 |             | 00:18:07 | 00:37:45.30 | 9:26   | 6.4  |
| 5    | ŻYDZIAK DOROTA       | 40 | AKTYWNE RADWANICE  | RADWANICE | POL  | K18-59 | 5      | K 7 |             | 00:18:08 | 00:37:46.90 | 9:26   | 6.4  |
| 6    | SZYMAŃSKA KATARZYNA  | 38 | AKTYWNE RADWANICE  | BUCZYNA   | POL  | K18-59 | 6      | K 8 |             | 00:19:28 | 00:39:41.65 | 9:55   | 6    |

**OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY), M18-59**

| M-ce | Nazwisko i imię    | Nr | Klub              | M-scowość  | Kraj | Kat.   | M. kat | K/M | Żół. kartki | 2km      | Netto       | min/km | km/h |
|------|--------------------|----|-------------------|------------|------|--------|--------|-----|-------------|----------|-------------|--------|------|
| 1    | ZACKIEWICZ ANDRZEJ | 43 | OGRODZISKO        | OGRODZISKO | POL  | M18-59 | 1      | M 2 |             | 00:14:47 | 00:30:12.45 | 7:33   | 7.9  |
| 2    | DUSZENKO ZYGMUNT   | 46 | LUBIN             | LUBIN      | POL  | M18-59 | 2      | M 3 |             | 00:15:47 | 00:30:14.55 | 7:33   | 7.9  |
| 3    | PASZKOWSKI LESZEK  | 45 | LUBIN             | LUBIN      | POL  | M18-59 | 3      | M 4 |             | 00:15:42 | 00:30:46.80 | 7:41   | 7.8  |
| 4    | KUCAB ANDRZEJ      | 47 |                   |            | POL  | M18-59 | 4      | M 6 |             | 00:16:11 | 00:33:11.30 | 8:17   | 7.2  |
| 5    | KAWAŁKO ROMAN      | 27 | AKTYWNE RADWANICE | RADWANICE  | POL  | M18-59 | 5      | M 7 |             | 00:16:50 | 00:34:46.50 | 8:41   | 6.9  |

**OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY), K60+**

| M-ce | Nazwisko i imię         | Nr | Klub               | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | 2km      | Netto       | min/km | km/h |
|------|-------------------------|----|--------------------|-----------|------|------|--------|------|-------------|----------|-------------|--------|------|
| 1    | SZAŁAJ ANNA             | 37 | KGHM METRACO RUDNA | LUBIN     | POL  | K60+ | 1      | K 2  |             | 00:15:47 | 00:35:24.65 | 8:51   | 6.8  |
| 2    | ZACZYŃSKA JANINA        | 39 | METRACO RUDNA      | LUBIN     | POL  | K60+ | 2      | K 4  |             | 00:17:59 | 00:36:45.30 | 9:11   | 6.5  |
| 3    | MĘDRAK ALICJA           | 31 |                    | WROCŁAW   | POL  | K60+ | 3      | K 9  |             | 00:19:36 | 00:39:55.25 | 9:58   | 6    |
| 4    | KUŹMICKA-KAWAŁKO HALINA | 29 | AKTYWNE RADWANICE  | RADWANICE | POL  | K60+ | 4      | K 10 |             | 00:19:44 | 00:40:24.65 | 10:06  | 5.9  |
| 5    | GRZEJZIAK DANUTA        | 25 |                    | RADWANICE | POL  | K60+ | 5      | K 11 |             | 00:19:45 | 00:40:25.50 | 10:06  | 5.9  |

**OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY), M60+**

| M-ce | Nazwisko i imię     | Nr | Klub | M-scowość    | Kraj | Kat. | M. kat | K/M | Żół. kartki | 2km      | Netto       | min/km | km/h |
|------|---------------------|----|------|--------------|------|------|--------|-----|-------------|----------|-------------|--------|------|
| 1    | MIKOŁAJCZAK JAN     | 33 |      | LEGNICA      | POL  | M60+ | 1      | M 1 |             | 00:14:53 | 00:30:07.65 | 7:31   | 8    |
| 2    | MAZUREK WŁADYSŁAW   | 41 |      | ŻELAZNY MOST | POL  | M60+ | 2      | M 5 |             | 00:15:44 | 00:31:15.95 | 7:48   | 7.7  |
| 3    | BEKIESZCZUK RYSZARD | 23 |      | LUBIN        | POL  | M60+ | 3      | M 8 |             | 00:18:50 | 00:37:56.15 | 9:29   | 6.3  |
| 4    | MĘDRAK JÓZEF        | 32 |      | WROCŁAW      | POL  | M60+ | 4      | M 9 |             | 00:19:36 | 00:39:57.35 | 9:59   | 6    |