

## INWA NORDIC WALKING WORLD CUP - 10KM

Organizator: Polskie Zrzeszenie Nordic Walking, Urząd Gminy Kolbuszowa  
Data: 2022-05-14  
Miejsce: Koszalin  
Dystans: 10 km  
Klasyfikacja wg czasów netto.



### INWA NORDIC WALKING WORLD CUP - 10KM, OPEN

| M-ce | Nazwisko i imię        | Nr  | Klub  | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|---|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | DZIEDIEWICZ ANDRZEJ    | 41  | NW CZŁAPSKI TEAM  | WARSZAWA             | POL  | M40-49 | 1      | M 1  |             |              | 00:14:04 | 00:28:55 | 00:44:03 | 00:59:20.01 | 5:56   | 10.1 |
| 2    | MARCZAK TOMASZ         | 53  |   | ALEKSANDRIA I        | POL  | M18-29 | 1      | M 2  |             |              | 00:14:18 | 00:29:35 | 00:45:17 | 01:01:06.38 | 6:06   | 9.8  |
| 3    | BARCZYK BOGDAN         | 32  | NORDIC TEAM<br>CZĘSTOCHOWA                              | CZĘSTOCHOWA          | POL  | M50-59 | 1      | M 3  |             |              | 00:15:40 | 00:31:37 | 00:47:37 | 01:03:12.66 | 6:19   | 9.5  |
| 4    | JANOCHA ROBERT         | 43  | MUKS PODKARPACIE<br>JEDLICZE                            | KROSNO               | POL  | M50-59 | 2      | M 4  |             |              | 00:15:40 | 00:31:31 | 00:47:32 | 01:03:19.97 | 6:19   | 9.5  |
| 5    | POLKOWSKI PIOTR        | 59  |   | WARSZAWA             | POL  | M30-39 | 1      | M 5  |             |              | 00:15:31 | 00:31:31 | 00:47:53 | 01:04:03.15 | 6:24   | 9.4  |
| 6    | KUBISZYN<br>MAŁGORZATA | 48  |   | LUBACZÓW             | POL  | K30-39 | 1      | K 1  |             |              | 00:15:37 | 00:31:50 | 00:48:09 | 01:04:32.36 | 6:27   | 9.3  |
| 7    | ŚWIDEREK MARCIN        | 72  | NW CZŁAPSKI TEAM  | WARSZAWA             | POL  | M40-49 | 2      | M 6  |             |              | 00:15:47 | 00:32:06 | 00:48:29 | 01:04:32.87 | 6:27   | 9.3  |
| 8    | BIELECKA ZUZANNA       | 33  | NW CZŁAPSKI TEAM  | WARSZAWA             | POL  | K40-49 | 1      | K 2  | 1           |              | 00:16:00 | 00:32:28 | 00:48:52 | 01:04:45.00 | 6:28   | 9.3  |
| 9    | KRAJEWSKA HANNA        | 29  | NORDIC WALKING NEW FOR<br>YOU PIŁA/ LUKI TEAM<br>POLAND | PIŁA                 | POL  | K18-29 | 1      | K 3  |             |              | 00:15:36 | 00:32:07 | 00:49:05 | 01:05:13.97 | 6:31   | 9.2  |
| 10   | CZŁAPSKI KRZYSZTOF     | 38  | NW CZŁAPSKI TEAM  | WARSZAWA             | POL  | M50-59 | 3      | M 7  |             |              | 00:16:19 | 00:33:09 | 00:50:08 | 01:06:38.60 | 6:39   | 9    |
| 11   | KRAWCZYK<br>MAŁGORZATA | 146 | JEST LEPIEJ CZĘSTOCHOWA                                 | ŻEGLCE               | POL  | K30-39 | 2      | K 4  | 1           |              | 00:16:21 | 00:33:17 | 00:50:13 | 01:06:53.97 | 6:41   | 9    |
| 12   | SIWAK PIOTR            | 30  | KGHM METRACO RUDNA                                      | RUDNA                | POL  | M60-69 | 1      | M 8  |             |              | 00:16:28 | 00:33:12 | 00:50:15 | 01:07:41.66 | 6:46   | 8.9  |
| 13   | ŚEMETA ALGIRDAS        | 64  |   | VILNIUS              | LTU  | M60-69 | 2      | M 9  |             |              | 00:16:41 | 00:33:49 | 00:51:08 | 01:08:28.96 | 6:50   | 8.8  |
| 14   | JĘDRASIAK RENATA       | 45  | KGHM METRACO RUDNA                                      | LUBIN                | POL  | K50-59 | 1      | K 5  |             |              | 00:16:53 | 00:34:03 | 00:51:31 | 01:08:49.45 | 6:52   | 8.7  |
| 15   | SITTEK AGNIESZKA       | 66  |   | KATOWICE             | POL  | K40-49 | 2      | K 6  |             |              | 00:17:11 | 00:34:41 | 00:52:20 | 01:09:43.43 | 6:58   | 8.6  |
| 16   | ADAMCZYK ADAM          | 31  | PASJA NORDIC WALKING                                    | WARSZAWA             | POL  | M70+   | 1      | M 10 |             |              | 00:17:25 | 00:35:11 | 00:52:43 | 01:09:47.87 | 6:58   | 8.6  |
| 17   | RAJEK MAGDALENA        | 63  | NORDIC TEAM<br>CZĘSTOCHOWA                              | CZĘSTOCHOWA          | POL  | K40-49 | 3      | K 7  |             |              | 00:17:10 | 00:34:42 | 00:52:22 | 01:10:02.19 | 7:00   | 8.6  |
| 18   | KOŃCZEWSKA BOŻENA      | 46  | NIESZCZADZKI KLUB NW                                    | USTRYKI DOLNE        | POL  | K60-69 | 1      | K 8  | 1           |              | 00:17:13 | 00:35:05 | 00:53:05 | 01:10:59.30 | 7:05   | 8.5  |
| 19   | DOMARADZKI TOMASZ      | 39  | ACTIVE TEAM KOZŁÓW                                      | KOZŁÓW               | POL  | M40-49 | 3      | M 11 |             |              | 00:17:53 | 00:36:06 | 00:54:24 | 01:12:10.88 | 7:13   | 8.3  |
| 20   | YAKUYSZYN BORYS        | 77  | KKNW  | KOLBUSZOWA           | UKR  | M60-69 | 3      | M 12 |             |              | 00:17:11 | 00:35:25 | 00:53:50 | 01:12:42.16 | 7:16   | 8.3  |
| 21   | FURMAN MARIAN          | 292 | ZDROWY ODLOT NW TEAM                                    | BIECZ                | POL  | M60-69 | 4      | M 13 |             |              | 00:17:26 | 00:35:35 | 00:54:02 | 01:12:42.29 | 7:16   | 8.3  |
| 22   | POSIKATA JOANNA        | 61  |   | KALINOWICE<br>ZAMOŚĆ | POL  | K40-49 | 4      | K 9  |             |              | 00:17:45 | 00:35:49 | 00:54:22 | 01:13:08.79 | 7:18   | 8.2  |
| 23   | KUKHAR GANNA           | 49  |   | CHMIELNICKI          | UKR  | K30-39 | 3      | K 10 | 1           |              | 00:18:01 | 00:36:38 | 00:55:08 | 01:13:25.23 | 7:20   | 8.2  |
| 24   | CZAJKA URSZULA         | 37  |   | RUMIA                | POL  | K60-69 | 2      | K 11 |             |              | 00:17:40 | 00:36:14 | 00:55:10 | 01:14:05.49 | 7:24   | 8.1  |
| 25   | ZIELIŃSKI MARCIN       | 79  |   | RZESZÓW              | POL  | M40-49 | 4      | M 14 |             |              | 00:18:09 | 00:36:33 | 00:55:05 | 01:14:22.34 | 7:26   | 8.1  |
| 26   | SHVED OLENA            | 65  |   | CHMIELNICKI          | UKR  | K50-59 | 2      | K 12 |             |              | 00:17:57 | 00:36:39 | 00:55:22 | 01:14:28.51 | 7:26   | 8.1  |
| 27   | PONAHAJBA DOMINIKA     | 60  |   | MORAWICA             | POL  | K40-49 | 5      | K 13 |             |              | 00:17:51 | 00:36:48 | 00:55:44 | 01:14:38.10 | 7:27   | 8    |
| 28   | WITALEC ANNA           | 75  |   | BOGUCHWAŁA           | POL  | K30-39 | 4      | K 14 | 1           |              | 00:18:09 | 00:37:06 | 00:56:12 | 01:14:38.86 | 7:27   | 8    |
| 29   | TOPOLEWICZ<br>GRZEGORZ | 74  |   | KOLBUSZOWA           | POL  | M40-49 | 5      | M 15 |             |              | 00:18:45 | 00:37:36 | 00:56:21 | 01:14:46.10 | 7:28   | 8    |
| 30   | SZCZĘŚNIAK ZBIGNIEW    | 68  | NORDIC TEAM<br>CZĘSTOCHOWA                              | CZĘSTOCHOWA          | POL  | M60-69 | 5      | M 16 |             |              | 00:18:01 | 00:36:51 | 00:56:02 | 01:14:54.63 | 7:29   | 8    |
| 31   | SZUKAŁA RAFAL          | 69  | ACTIVE TEAM KOZŁÓW                                      | KOZŁÓW               | POL  | M40-49 | 6      | M 17 |             |              | 00:18:28 | 00:37:16 | 00:56:17 | 01:15:06.27 | 7:30   | 8    |
| 32   | ŁOSKA ROMUALD          | 51  |   | KATOWICE             | POL  | M60-69 | 6      | M 18 |             |              | 00:18:00 | 00:36:42 | 00:55:52 | 01:15:35.85 | 7:33   | 7.9  |
| 33   | ZAWADZKI ZYGMUNT       | 78  | CIDRY LOTAJOM   | BYTOM                | POL  | M60-69 | 7      | M 19 |             |              | 00:18:40 | 00:37:33 | 00:56:42 | 01:16:23.23 | 7:38   | 7.9  |
| 34   | MUSIAŁ OLA             | 80  | NORDIC TEAM<br>CZĘSTOCHOWA                              | CZĘSTOCHOWA          | POL  | K40-49 | 6      | K 15 |             |              | 00:18:24 | 00:37:43 | 00:57:17 | 01:17:20.41 | 7:44   | 7.8  |
| 35   | WYSOCKI ANDRZEJ        | 76  |   | SKÓRZEC              | POL  | M40-49 | 7      | M 20 |             |              | 00:18:40 | 00:37:55 | 00:57:26 | 01:17:25.28 | 7:44   | 7.8  |

**INWA NORDIC WALKING WORLD CUP - 10KM, OPEN c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                       | M-scowość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|----------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 36   | STUDNICKI RYSZARD   | 228 | KKNW KOLBUSZOWA            | KOLBUSZOWA      | POL  | M70+   | 2      | M 21 |             |              | 00:27:09 | 00:31:46 | 00:43:38 | 01:17:44.09 | 7:46   | 7.7  |
| 37   | KORPOK ALEKSANDRA   | 47  | NORDICUS STRZYBNICA        | TARNOWSKIE GÓRY | POL  | K40-49 | 7      | K 16 |             |              | 00:19:06 | 00:39:06 | 00:58:38 | 01:17:56.39 | 7:47   | 7.7  |
| 38   | MULARSKA MARIA      | 56  | -                          | STRÓŻE          | POL  | K50-59 | 3      | K 17 |             |              | 00:19:43 | 00:39:37 | 00:59:27 | 01:19:03.34 | 7:54   | 7.6  |
| 39   | SONDEJ WIESŁAW      | 67  |                            | RZESZÓW         | POL  | M60-69 | 8      | M 22 |             |              | 00:19:13 | 00:39:11 | 00:59:18 | 01:19:26.93 | 7:56   | 7.6  |
| 40   | TOMCZYK EDWARD      | 73  | MARSZ PO ZDROWIE           | POZNAŃ          | POL  | M70+   | 3      | M 23 |             |              | 00:18:06 | 00:37:23 | 00:58:00 | 01:20:20.44 | 8:02   | 7.5  |
| 41   | CECERSKI JOACHIM    | 35  |                            | KATOWICE        | POL  | M18-29 | 2      | M 24 |             |              | 00:20:20 | 00:40:29 | 01:00:29 | 01:20:38.10 | 8:03   | 7.4  |
| 42   | SIMKO ZBIGNIEW      | 28  | KLUB NW WŁÓCZYKIJE LEŻAJSK | NOWA SARZYNA    | POL  | M70+   | 4      | M 25 |             |              | 00:19:37 | 00:40:12 | 01:01:01 | 01:22:00.80 | 8:12   | 7.3  |
| 43   | ŚLĘZAK JAKUB        | 71  |                            | KATOWICE        | POL  | M18-29 | 3      | M 26 |             |              | 00:20:19 | 00:40:28 | 01:00:43 | 01:22:04.72 | 8:12   | 7.3  |
| 44   | TOPÓR MAŁGORZATA    | 293 | ZDROWY ODLOT NW TEAM       | BIECZ           | POL  | K60-69 | 3      | K 18 |             |              | 00:20:09 | 00:41:10 | 01:02:33 | 01:24:11.07 | 8:25   | 7.1  |
| 45   | PREDKO GRAŻYNA      | 62  |                            | TARNOBRZEG      | POL  | K40-49 | 8      | K 19 |             |              | 00:20:32 | 00:41:50 | 01:02:45 | 01:24:36.43 | 8:27   | 7.1  |
| 46   | MICEK MAGDALENA     | 54  | BEZ KLUBU                  | KOLBUSZOWA      | POL  | K40-49 | 9      | K 20 |             |              | 00:20:40 | 00:42:06 | 01:03:35 | 01:25:20.91 | 8:32   | 7    |
| 47   | PAWIŁOWSKA BOŻENA   | 57  | SST LUBCZA                 | RACŁAWÓWKA      | POL  | K60-69 | 4      | K 21 |             |              | 00:21:06 | 00:43:00 | 01:04:53 | 01:27:36.47 | 8:45   | 6.8  |
| 48   | JAŻWA MAGDALENA     | 44  |                            | KOLBUSZOWA      | POL  | K50-59 | 4      | K 22 |             |              | 00:22:00 | 00:44:55 | 01:07:41 | 01:29:35.85 | 8:57   | 6.7  |
| 49   | PAWIŁOWSKI HENRYK   | 58  | SST LUBCZA                 | RACŁAWÓWKA      | POL  | M60-69 | 9      | M 27 |             |              | 00:23:16 | 00:45:06 | 01:06:58 | 01:29:46.56 | 8:58   | 6.7  |
| 50   | GAWROŃSKA AGNIESZKA | 42  |                            | KOLBUSZOWA      | POL  | K40-49 | 10     | K 23 |             |              | 00:22:21 | 00:45:19 | 01:08:04 | 01:30:03.43 | 9:00   | 6.7  |
| 51   | CECERSKA JULIA      | 34  |                            | KATOWICE        | POL  | K18-29 | 2      | K 24 |             |              | 00:22:08 | 00:45:56 | 01:08:17 | 01:31:50.77 | 9:11   | 6.5  |
| 52   | ŚLĘZAK MARTA        | 70  |                            | KATOWICE        | POL  | K18-29 | 3      | K 25 |             |              | 00:22:10 | 00:45:58 | 01:08:19 | 01:31:51.24 | 9:11   | 6.5  |
| 53   | MAŁKOWSKA ZOFIA     | 52  |                            | WARSZAWA        | POL  | K70+   | 1      | K 26 |             |              | 00:21:45 | 00:44:50 | 01:08:13 | 01:31:54.95 | 9:11   | 6.5  |
| 54   | OWCZAREK HENRYKA    | 186 | MARSZ PO ZDROWIE           | POZNAŃ          | POL  | K70+   | 2      | K 27 |             |              | 00:24:19 | 00:49:02 | 01:14:10 | 01:38:56.43 | 9:53   | 6.1  |
| DNC  | DRYNDA FRANCISZEK   | 40  | NORDICUS STRZYBNICA        | TARNOWSKIE GÓRY | POL  | M70+   | DNC    | DNC  |             |              | 00:22:33 | 00:47:58 | 01:14:51 | 17184:00.0  | 0:00   | 0    |

**INWA NORDIC WALKING WORLD CUP - 10KM, OPEN -K**

| M-ce | Nazwisko i imię     | Nr  | Klub  | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|---|-------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KUBISZYN MAŁGORZATA | 48  |   | LUBACZÓW          | POL  | K30-39 | 1      | K 1  |             |              | 00:15:37 | 00:31:50 | 00:48:09 | 01:04:32.36 | 6:27   | 9.3  |
| 2    | BIELECKA ZUZANNA    | 33  | NW CZŁAPSKI TEAM                                  | WARSZAWA          | POL  | K40-49 | 1      | K 2  | 1           |              | 00:16:00 | 00:32:28 | 00:48:52 | 01:04:45.00 | 6:28   | 9.3  |
| 3    | KRAJEWSKA HANNA     | 29  | NORDIC WALKING NEW FOR YOU PIŁA/ LUKI TEAM POLAND | PIŁA              | POL  | K18-29 | 1      | K 3  |             |              | 00:15:36 | 00:32:07 | 00:49:05 | 01:05:13.97 | 6:31   | 9.2  |
| 4    | KRAWCZYK MAŁGORZATA | 146 | JEST LEPIEJ CZĘSTOCHOWA                           | ŻEGLCE            | POL  | K30-39 | 2      | K 4  | 1           |              | 00:16:21 | 00:33:17 | 00:50:13 | 01:06:53.97 | 6:41   | 9    |
| 5    | JĘDRASIAK RENATA    | 45  | KGHM METRACO RUDNA                                | LUBIN             | POL  | K50-59 | 1      | K 5  |             |              | 00:16:53 | 00:34:03 | 00:51:31 | 01:08:49.45 | 6:52   | 8.7  |
| 6    | SITTEK AGNIESZKA    | 66  |   | KATOWICE          | POL  | K40-49 | 2      | K 6  |             |              | 00:17:11 | 00:34:41 | 00:52:20 | 01:09:43.43 | 6:58   | 8.6  |
| 7    | RAJEK MAGDALENA     | 63  | NORDIC TEAM CZĘSTOCHOWA                           | CZĘSTOCHOWA       | POL  | K40-49 | 3      | K 7  |             |              | 00:17:10 | 00:34:42 | 00:52:22 | 01:10:02.19 | 7:00   | 8.6  |
| 8    | KOŃCZEWSKA BOŻENA   | 46  | NIESZCZADZKI KLUB NW                              | USTRZYKI DOLNE    | POL  | K60-69 | 1      | K 8  | 1           |              | 00:17:13 | 00:35:05 | 00:53:05 | 01:10:59.30 | 7:05   | 8.5  |
| 9    | POSIKATA JOANNA     | 61  |   | KALINOWICE ZAMOŚĆ | POL  | K40-49 | 4      | K 9  |             |              | 00:17:45 | 00:35:49 | 00:54:22 | 01:13:08.79 | 7:18   | 8.2  |
| 10   | KUKHAR GANNA        | 49  |   | CHMIELNICKI       | UKR  | K30-39 | 3      | K 10 | 1           |              | 00:18:01 | 00:36:38 | 00:55:08 | 01:13:25.23 | 7:20   | 8.2  |
| 11   | CZAJKA URSZULA      | 37  |   | RUMIA             | POL  | K60-69 | 2      | K 11 |             |              | 00:17:40 | 00:36:14 | 00:55:10 | 01:14:05.49 | 7:24   | 8.1  |
| 12   | SHVED OLENA         | 65  |   | CHMIELNICKI       | UKR  | K50-59 | 2      | K 12 |             |              | 00:17:57 | 00:36:39 | 00:55:22 | 01:14:28.51 | 7:26   | 8.1  |
| 13   | PONAHAJBA DOMINIKA  | 60  |   | MORAWICA          | POL  | K40-49 | 5      | K 13 |             |              | 00:17:51 | 00:36:48 | 00:55:44 | 01:14:38.10 | 7:27   | 8    |
| 14   | WITALEC ANNA        | 75  |   | BOGUCHWAŁA        | POL  | K30-39 | 4      | K 14 | 1           |              | 00:18:09 | 00:37:06 | 00:56:12 | 01:14:38.86 | 7:27   | 8    |
| 15   | MUSIAŁ OLA          | 80  | NORDIC TEAM CZĘSTOCHOWA                           | CZĘSTOCHOWA       | POL  | K40-49 | 6      | K 15 |             |              | 00:18:24 | 00:37:43 | 00:57:17 | 01:17:20.41 | 7:44   | 7.8  |
| 16   | KORPOK ALEKSANDRA   | 47  | NORDICUS STRZYBNICA                               | TARNOWSKIE GÓRY   | POL  | K40-49 | 7      | K 16 |             |              | 00:19:06 | 00:39:06 | 00:58:38 | 01:17:56.39 | 7:47   | 7.7  |
| 17   | MULARSKA MARIA      | 56  | -   | STRÓŻE            | POL  | K50-59 | 3      | K 17 |             |              | 00:19:43 | 00:39:37 | 00:59:27 | 01:19:03.34 | 7:54   | 7.6  |
| 18   | TOPÓR MAŁGORZATA    | 293 | ZDROWY ODLOT NW TEAM                              | BIECZ             | POL  | K60-69 | 3      | K 18 |             |              | 00:20:09 | 00:41:10 | 01:02:33 | 01:24:11.07 | 8:25   | 7.1  |
| 19   | PREDKO GRAŻYNA      | 62  |   | TARNOBRZEG        | POL  | K40-49 | 8      | K 19 |             |              | 00:20:32 | 00:41:50 | 01:02:45 | 01:24:36.43 | 8:27   | 7.1  |
| 20   | MICEK MAGDALENA     | 54  | BEZ KLUBU   | KOLBUSZOWA        | POL  | K40-49 | 9      | K 20 |             |              | 00:20:40 | 00:42:06 | 01:03:35 | 01:25:20.91 | 8:32   | 7    |

**INWA NORDIC WALKING WORLD CUP - 10KM, OPEN -K c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub             | M-scowość  | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 21   | PAWIŁOWSKA BOŻENA      | 57  | SST LUBCZA       | RACŁAWÓWKA | POL  | K60-69 | 4      | K 21 |             |              | 00:21:06 | 00:43:00 | 01:04:53 | 01:27:36.47 | 8:45   | 6.8  |
| 22   | JAŻWA MAGDALENA        | 44  |                  | KOLBUSZOWA | POL  | K50-59 | 4      | K 22 |             |              | 00:22:00 | 00:44:55 | 01:07:41 | 01:29:35.85 | 8:57   | 6.7  |
| 23   | GAWROŃSKA<br>AGNIESZKA | 42  |                  | KOLBUSZOWA | POL  | K40-49 | 10     | K 23 |             |              | 00:22:21 | 00:45:19 | 01:08:04 | 01:30:03.43 | 9:00   | 6.7  |
| 24   | CECERSKA JULIA         | 34  |                  | KATOWICE   | POL  | K18-29 | 2      | K 24 |             |              | 00:22:08 | 00:45:56 | 01:08:17 | 01:31:50.77 | 9:11   | 6.5  |
| 25   | ŚLĘZAK MARTA           | 70  |                  | KATOWICE   | POL  | K18-29 | 3      | K 25 |             |              | 00:22:10 | 00:45:58 | 01:08:19 | 01:31:51.24 | 9:11   | 6.5  |
| 26   | MAŁKOWSKA ZOFIA        | 52  |                  | WARSZAWA   | POL  | K70+   | 1      | K 26 |             |              | 00:21:45 | 00:44:50 | 01:08:13 | 01:31:54.95 | 9:11   | 6.5  |
| 27   | OWCZAREK HENRYKA       | 186 | MARSZ PO ZDROWIE | POZNAŃ     | POL  | K70+   | 2      | K 27 |             |              | 00:24:19 | 00:49:02 | 01:14:10 | 01:38:56.43 | 9:53   | 6.1  |

**INWA NORDIC WALKING WORLD CUP - 10KM, OPEN -M**

| M-ce | Nazwisko i imię        | Nr  | Klub                          | M-scowość          | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|-------------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | DZIEDIEWICZ ANDRZEJ    | 41  | NW CZŁAPSKI TEAM              | WARSZAWA           | POL  | M40-49 | 1      | M 1  |             |              | 00:14:04 | 00:28:55 | 00:44:03 | 00:59:20.01 | 5:56   | 10.1 |
| 2    | MARCZAK TOMASZ         | 53  |                               | ALEKSANDRIA I      | POL  | M18-29 | 1      | M 2  |             |              | 00:14:18 | 00:29:35 | 00:45:17 | 01:01:06.38 | 6:06   | 9.8  |
| 3    | BARCZYK BOGDAN         | 32  | NORDIC TEAM<br>CZĘSTOCHOWA    | CZĘSTOCHOWA        | POL  | M50-59 | 1      | M 3  |             |              | 00:15:40 | 00:31:37 | 00:47:37 | 01:03:12.66 | 6:19   | 9.5  |
| 4    | JANOCHA ROBERT         | 43  | MUKS PODKARPACIE<br>JEDLICZE  | KROSNO             | POL  | M50-59 | 2      | M 4  |             |              | 00:15:40 | 00:31:31 | 00:47:32 | 01:03:19.97 | 6:19   | 9.5  |
| 5    | POLKOWSKI PIOTR        | 59  |                               | WARSZAWA           | POL  | M30-39 | 1      | M 5  |             |              | 00:15:31 | 00:31:31 | 00:47:53 | 01:04:03.15 | 6:24   | 9.4  |
| 6    | ŚWIDEREK MARCIN        | 72  | NW CZŁAPSKI TEAM              | WARSZAWA           | POL  | M40-49 | 2      | M 6  |             |              | 00:15:47 | 00:32:06 | 00:48:29 | 01:04:32.87 | 6:27   | 9.3  |
| 7    | CZŁAPSKI KRZYSZTOF     | 38  | NW CZŁAPSKI TEAM              | WARSZAWA           | POL  | M50-59 | 3      | M 7  |             |              | 00:16:19 | 00:33:09 | 00:50:08 | 01:06:38.60 | 6:39   | 9    |
| 8    | SIWAK PIOTR            | 30  | KGHM METRACO RUDNA            | RUDNA              | POL  | M60-69 | 1      | M 8  |             |              | 00:16:28 | 00:33:12 | 00:50:15 | 01:07:41.66 | 6:46   | 8.9  |
| 9    | ŚEMETA ALGIRDAS        | 64  |                               | VILNIUS            | LTU  | M60-69 | 2      | M 9  |             |              | 00:16:41 | 00:33:49 | 00:51:08 | 01:08:28.96 | 6:50   | 8.8  |
| 10   | ADAMCZYK ADAM          | 31  | PASJA NORDIC WALKING          | WARSZAWA           | POL  | M70+   | 1      | M 10 |             |              | 00:17:25 | 00:35:11 | 00:52:43 | 01:09:47.87 | 6:58   | 8.6  |
| 11   | DOMARADZKI TOMASZ      | 39  | ACTIVE TEAM KOZŁÓW            | KOZŁÓW             | POL  | M40-49 | 3      | M 11 |             |              | 00:17:53 | 00:36:06 | 00:54:24 | 01:12:10.88 | 7:13   | 8.3  |
| 12   | YAKUYSZYN BORYS        | 77  | KKNW                          | KOLBUSZOWA         | UKR  | M60-69 | 3      | M 12 |             |              | 00:17:11 | 00:35:25 | 00:53:50 | 01:12:42.16 | 7:16   | 8.3  |
| 13   | FURMAN MARIAN          | 292 | ZDROWY ODLIOT NW TEAM         | BIECZ              | POL  | M60-69 | 4      | M 13 |             |              | 00:17:26 | 00:35:35 | 00:54:02 | 01:12:42.29 | 7:16   | 8.3  |
| 14   | ZIELIŃSKI MARCIN       | 79  |                               | RZESZÓW            | POL  | M40-49 | 4      | M 14 |             |              | 00:18:09 | 00:36:33 | 00:55:05 | 01:14:22.34 | 7:26   | 8.1  |
| 15   | TOPOLEWICZ<br>GRZEGORZ | 74  |                               | KOLBUSZOWA         | POL  | M40-49 | 5      | M 15 |             |              | 00:18:45 | 00:37:36 | 00:56:21 | 01:14:46.10 | 7:28   | 8    |
| 16   | SZCZĘŚNIAK ZBIGNIEW    | 68  | NORDIC TEAM<br>CZĘSTOCHOWA    | CZĘSTOCHOWA        | POL  | M60-69 | 5      | M 16 |             |              | 00:18:01 | 00:36:51 | 00:56:02 | 01:14:54.63 | 7:29   | 8    |
| 17   | SZUKAŁA RAFAL          | 69  | ACTIVE TEAM KOZŁÓW            | KOZŁÓW             | POL  | M40-49 | 6      | M 17 |             |              | 00:18:28 | 00:37:16 | 00:56:17 | 01:15:06.27 | 7:30   | 8    |
| 18   | ŁOSKA ROMUALD          | 51  |                               | KATOWICE           | POL  | M60-69 | 6      | M 18 |             |              | 00:18:00 | 00:36:42 | 00:55:52 | 01:15:35.85 | 7:33   | 7.9  |
| 19   | ZAWADZKI ZYGMUNT       | 78  | CIDRY LOTAJOM                 | BYTOM              | POL  | M60-69 | 7      | M 19 |             |              | 00:18:40 | 00:37:33 | 00:56:42 | 01:16:23.23 | 7:38   | 7.9  |
| 20   | WYSOCKI ANDRZEJ        | 76  |                               | SKÓRZEC            | POL  | M40-49 | 7      | M 20 |             |              | 00:18:40 | 00:37:55 | 00:57:26 | 01:17:25.28 | 7:44   | 7.8  |
| 21   | STUDNICKI RYSZARD      | 228 | KKNW KOLBUSZOWA               | KOLBUSZOWA         | POL  | M70+   | 2      | M 21 |             |              | 00:27:09 | 00:31:46 | 00:43:38 | 01:17:44.09 | 7:46   | 7.7  |
| 22   | SONDEJ WIESŁAW         | 67  |                               | RZESZÓW            | POL  | M60-69 | 8      | M 22 |             |              | 00:19:13 | 00:39:11 | 00:59:18 | 01:19:26.93 | 7:56   | 7.6  |
| 23   | TOMCZYK EDWARD         | 73  | MARSZ PO ZDROWIE              | POZNAŃ             | POL  | M70+   | 3      | M 23 |             |              | 00:18:06 | 00:37:23 | 00:58:00 | 01:20:20.44 | 8:02   | 7.5  |
| 24   | CECERSKI JOACHIM       | 35  |                               | KATOWICE           | POL  | M18-29 | 2      | M 24 |             |              | 00:20:20 | 00:40:29 | 01:00:29 | 01:20:38.10 | 8:03   | 7.4  |
| 25   | SIMKO ZBIGNIEW         | 28  | KLUB NW WŁÓCZYKIJE<br>LEŻAJSK | NOWA SARZYNA       | POL  | M70+   | 4      | M 25 |             |              | 00:19:37 | 00:40:12 | 01:01:01 | 01:22:00.80 | 8:12   | 7.3  |
| 26   | ŚLĘZAK JAKUB           | 71  |                               | KATOWICE           | POL  | M18-29 | 3      | M 26 |             |              | 00:20:19 | 00:40:28 | 01:00:43 | 01:22:04.72 | 8:12   | 7.3  |
| 27   | PAWIŁOWSKI HENRYK      | 58  | SST LUBCZA                    | RACŁAWÓWKA         | POL  | M60-69 | 9      | M 27 |             |              | 00:23:16 | 00:45:06 | 01:06:58 | 01:29:46.56 | 8:58   | 6.7  |
| DNC  | DRYNDA FRANCISZEK      | 40  | NORDICUS STRZYBNICA           | TARNOWSKIE<br>GÓRY | POL  | M70+   |        | DNC  |             |              | 00:22:33 | 00:47:58 | 01:14:51 | 17184:00:0  | 0:00   | 0    |

**INWA NORDIC WALKING WORLD CUP - 10KM, K18-29**

| M-ce | Nazwisko i imię | Nr | Klub  | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|----|---|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KRAJEWSKA HANNA | 29 | NORDIC WALKING NEW FOR<br>YOU PIŁA/ LUKI TEAM<br>POLAND | PIŁA      | POL  | K18-29 | 1      | K 3  |             |              | 00:15:36 | 00:32:07 | 00:49:05 | 01:05:13.97 | 6:31   | 9.2  |
| 2    | CECERSKA JULIA  | 34 |   | KATOWICE  | POL  | K18-29 | 2      | K 24 |             |              | 00:22:08 | 00:45:56 | 01:08:17 | 01:31:50.77 | 9:11   | 6.5  |

**INWA NORDIC WALKING WORLD CUP - 10KM, K18-29 c.d.**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|----|------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 3    | SŁĘZAK MARTA    | 70 |      | KATOWICE  | POL  | K18-29 | 3      | K 25 |             |              | 00:22:10 | 00:45:58 | 01:08:19 | 01:31:51.24 | 9:11   | 6.5  |

**INWA NORDIC WALKING WORLD CUP - 10KM, M18-29**

| M-ce | Nazwisko i imię  | Nr | Klub | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------|----|------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MARCZAK TOMASZ   | 53 |      | ALEKSANDRIA I | POL  | M18-29 | 1      | M 2  |             |              | 00:14:18 | 00:29:35 | 00:45:17 | 01:01:06.38 | 6:06   | 9.8  |
| 2    | CECERSKI JOACHIM | 35 |      | KATOWICE      | POL  | M18-29 | 2      | M 24 |             |              | 00:20:20 | 00:40:29 | 01:00:29 | 01:20:38.10 | 8:03   | 7.4  |
| 3    | SŁĘZAK JAKUB     | 71 |      | KATOWICE      | POL  | M18-29 | 3      | M 26 |             |              | 00:20:19 | 00:40:28 | 01:00:43 | 01:22:04.72 | 8:12   | 7.3  |

**INWA NORDIC WALKING WORLD CUP - 10KM, K30-39**

| M-ce | Nazwisko i imię        | Nr  | Klub                    | M-scowość   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|-------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KUBISZYN<br>MAŁGORZATA | 48  |                         | LUBACZÓW    | POL  | K30-39 | 1      | K 1  |             |              | 00:15:37 | 00:31:50 | 00:48:09 | 01:04:32.36 | 6:27   | 9.3  |
| 2    | KRAWCZYK<br>MAŁGORZATA | 146 | JEST LEPIEJ CZĘSTOCHOWA | ŻEGLCE      | POL  | K30-39 | 2      | K 4  | 1           |              | 00:16:21 | 00:33:17 | 00:50:13 | 01:06:53.97 | 6:41   | 9    |
| 3    | KUKHAR GANNA           | 49  |                         | CHMIELNICKI | UKR  | K30-39 | 3      | K 10 | 1           |              | 00:18:01 | 00:36:38 | 00:55:08 | 01:13:25.23 | 7:20   | 8.2  |
| 4    | WITALEC ANNA           | 75  |                         | BOGUCHWAŁA  | POL  | K30-39 | 4      | K 14 | 1           |              | 00:18:09 | 00:37:06 | 00:56:12 | 01:14:38.86 | 7:27   | 8    |

**INWA NORDIC WALKING WORLD CUP - 10KM, M30-39**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|----|------|-----------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | POLKOWSKI PIOTR | 59 |      | WARSZAWA  | POL  | M30-39 | 1      | M 5 |             |              | 00:15:31 | 00:31:31 | 00:47:53 | 01:04:03.15 | 6:24   | 9.4  |

**INWA NORDIC WALKING WORLD CUP - 10KM, K40-49**

| M-ce | Nazwisko i imię        | Nr | Klub                       | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|----|----------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | BIELECKA ZUZANNA       | 33 | NW CZŁAPSKI TEAM           | WARSZAWA             | POL  | K40-49 | 1      | K 2  | 1           |              | 00:16:00 | 00:32:28 | 00:48:52 | 01:04:45.00 | 6:28   | 9.3  |
| 2    | SITTEK AGNIESZKA       | 66 |                            | KATOWICE             | POL  | K40-49 | 2      | K 6  |             |              | 00:17:11 | 00:34:41 | 00:52:20 | 01:09:43.43 | 6:58   | 8.6  |
| 3    | RAJEK MAGDALENA        | 63 | NORDIC TEAM<br>CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | K40-49 | 3      | K 7  |             |              | 00:17:10 | 00:34:42 | 00:52:22 | 01:10:02.19 | 7:00   | 8.6  |
| 4    | POSIKATA JOANNA        | 61 |                            | KALINOWICE<br>ZAMOŚĆ | POL  | K40-49 | 4      | K 9  |             |              | 00:17:45 | 00:35:49 | 00:54:22 | 01:13:08.79 | 7:18   | 8.2  |
| 5    | PONAHAJBA DOMINIKA     | 60 |                            | MORAWICA             | POL  | K40-49 | 5      | K 13 |             |              | 00:17:51 | 00:36:48 | 00:55:44 | 01:14:38.10 | 7:27   | 8    |
| 6    | MUSIAŁ OLA             | 80 | NORDIC TEAM<br>CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | K40-49 | 6      | K 15 |             |              | 00:18:24 | 00:37:43 | 00:57:17 | 01:17:20.41 | 7:44   | 7.8  |
| 7    | KORPOK ALEKSANDRA      | 47 | NORDICUS STRZYBNICA        | TARNOWSKIE<br>GÓRY   | POL  | K40-49 | 7      | K 16 |             |              | 00:19:06 | 00:39:06 | 00:58:38 | 01:17:56.39 | 7:47   | 7.7  |
| 8    | PREDKO GRAŻYNA         | 62 |                            | TARNOBRZEG           | POL  | K40-49 | 8      | K 19 |             |              | 00:20:32 | 00:41:50 | 01:02:45 | 01:24:36.43 | 8:27   | 7.1  |
| 9    | MICEK MAGDALENA        | 54 | BEZ KLUBU                  | KOLBUSZOWA           | POL  | K40-49 | 9      | K 20 |             |              | 00:20:40 | 00:42:06 | 01:03:35 | 01:25:20.91 | 8:32   | 7    |
| 10   | GAWROŃSKA<br>AGNIESZKA | 42 |                            | KOLBUSZOWA           | POL  | K40-49 | 10     | K 23 |             |              | 00:22:21 | 00:45:19 | 01:08:04 | 01:30:03.43 | 9:00   | 6.7  |

**INWA NORDIC WALKING WORLD CUP - 10KM, M40-49**

| M-ce | Nazwisko i imię     | Nr | Klub               | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|----|--------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | DZIEDIEWICZ ANDRZEJ | 41 | NW CZŁAPSKI TEAM   | WARSZAWA  | POL  | M40-49 | 1      | M 1  |             |              | 00:14:04 | 00:28:55 | 00:44:03 | 00:59:20.01 | 5:56   | 10.1 |
| 2    | ŚWIDEREK MARCIN     | 72 | NW CZŁAPSKI TEAM   | WARSZAWA  | POL  | M40-49 | 2      | M 6  |             |              | 00:15:47 | 00:32:06 | 00:48:29 | 01:04:32.87 | 6:27   | 9.3  |
| 3    | DOMARADZKI TOMASZ   | 39 | ACTIVE TEAM KOZŁÓW | KOZŁÓW    | POL  | M40-49 | 3      | M 11 |             |              | 00:17:53 | 00:36:06 | 00:54:24 | 01:12:10.88 | 7:13   | 8.3  |

**INWA NORDIC WALKING WORLD CUP - 10KM, M40-49 c.d.**

| M-ce | Nazwisko i imię     | Nr | Klub               | M-scowość  | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|----|--------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 4    | ZIELIŃSKI MARCIN    | 79 |                    | RZESZÓW    | POL  | M40-49 | 4      | M 14 |             |              | 00:18:09 | 00:36:33 | 00:55:05 | 01:14:22.34 | 7:26   | 8.1  |
| 5    | TOPOLEWICZ GRZEGORZ | 74 |                    | KOLBUSZOWA | POL  | M40-49 | 5      | M 15 |             |              | 00:18:45 | 00:37:36 | 00:56:21 | 01:14:46.10 | 7:28   | 8    |
| 6    | SZUKAŁA RAFAL       | 69 | ACTIVE TEAM KOZŁÓW | KOZŁÓW     | POL  | M40-49 | 6      | M 17 |             |              | 00:18:28 | 00:37:16 | 00:56:17 | 01:15:06.27 | 7:30   | 8    |
| 7    | WYSOCKI ANDRZEJ     | 76 |                    | SKÓRZEC    | POL  | M40-49 | 7      | M 20 |             |              | 00:18:40 | 00:37:55 | 00:57:26 | 01:17:25.28 | 7:44   | 7.8  |

**INWA NORDIC WALKING WORLD CUP - 10KM, K50-59**

| M-ce | Nazwisko i imię  | Nr | Klub               | M-scowość   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------|----|--------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | JĘDRASIAK RENATA | 45 | KGHM METRACO RUDNA | LUBIN       | POL  | K50-59 | 1      | K 5  |             |              | 00:16:53 | 00:34:03 | 00:51:31 | 01:08:49.45 | 6:52   | 8.7  |
| 2    | SHVED OLENA      | 65 |                    | CHMIELNICKI | UKR  | K50-59 | 2      | K 12 |             |              | 00:17:57 | 00:36:39 | 00:55:22 | 01:14:28.51 | 7:26   | 8.1  |
| 3    | MULARSKA MARIA   | 56 | -                  | STRÓŻE      | POL  | K50-59 | 3      | K 17 |             |              | 00:19:43 | 00:39:37 | 00:59:27 | 01:19:03.34 | 7:54   | 7.6  |
| 4    | JAŻWA MAGDALENA  | 44 |                    | KOLBUSZOWA  | POL  | K50-59 | 4      | K 22 |             |              | 00:22:00 | 00:44:55 | 01:07:41 | 01:29:35.85 | 8:57   | 6.7  |

**INWA NORDIC WALKING WORLD CUP - 10KM, M50-59**

| M-ce | Nazwisko i imię    | Nr | Klub                      | M-scowość   | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------|----|---------------------------|-------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | BARCZYK BOGDAN     | 32 | NORDIC TEAM CZĘSTOCHOWA   | CZĘSTOCHOWA | POL  | M50-59 | 1      | M 3 |             |              | 00:15:40 | 00:31:37 | 00:47:37 | 01:03:12.66 | 6:19   | 9.5  |
| 2    | JANOCHA ROBERT     | 43 | MUKS PODKARPACIE JEDLICZE | KROSNO      | POL  | M50-59 | 2      | M 4 |             |              | 00:15:40 | 00:31:31 | 00:47:32 | 01:03:19.97 | 6:19   | 9.5  |
| 3    | CZŁAPSKI KRZYSZTOF | 38 | NW CZŁAPSKI TEAM          | WARSZAWA    | POL  | M50-59 | 3      | M 7 |             |              | 00:16:19 | 00:33:09 | 00:50:08 | 01:06:38.60 | 6:39   | 9    |

**INWA NORDIC WALKING WORLD CUP - 10KM, K60-69**

| M-ce | Nazwisko i imię   | Nr  | Klub                 | M-scowość      | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|----------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KOŃCZEWSKA BOŻENA | 46  | NIESZCZADZKI KLUB NW | USTRZYKI DOLNE | POL  | K60-69 | 1      | K 8  | 1           |              | 00:17:13 | 00:35:05 | 00:53:05 | 01:10:59.30 | 7:05   | 8.5  |
| 2    | CZAJKA URSZULA    | 37  |                      | RUMIA          | POL  | K60-69 | 2      | K 11 |             |              | 00:17:40 | 00:36:14 | 00:55:10 | 01:14:05.49 | 7:24   | 8.1  |
| 3    | TOPÓR MAŁGORZATA  | 293 | ZDROWY ODLOT NW TEAM | BIECZ          | POL  | K60-69 | 3      | K 18 |             |              | 00:20:09 | 00:41:10 | 01:02:33 | 01:24:11.07 | 8:25   | 7.1  |
| 4    | PAWIŁOWSKA BOŻENA | 57  | SST LUBCZA           | RACŁAWÓWKA     | POL  | K60-69 | 4      | K 21 |             |              | 00:21:06 | 00:43:00 | 01:04:53 | 01:27:36.47 | 8:45   | 6.8  |

**INWA NORDIC WALKING WORLD CUP - 10KM, M60-69**

| M-ce | Nazwisko i imię     | Nr  | Klub                    | M-scowość   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|-------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | SIWAK PIOTR         | 30  | KGHM METRACO RUDNA      | RUDNA       | POL  | M60-69 | 1      | M 8  |             |              | 00:16:28 | 00:33:12 | 00:50:15 | 01:07:41.66 | 6:46   | 8.9  |
| 2    | ŠEMETA ALGIRDAS     | 64  |                         | VILNIUS     | LTU  | M60-69 | 2      | M 9  |             |              | 00:16:41 | 00:33:49 | 00:51:08 | 01:08:28.96 | 6:50   | 8.8  |
| 3    | YAKUUSHYN BORYS     | 77  | KKNW                    | KOLBUSZOWA  | UKR  | M60-69 | 3      | M 12 |             |              | 00:17:11 | 00:35:25 | 00:53:50 | 01:12:42.16 | 7:16   | 8.3  |
| 4    | FURMAN MARIAN       | 292 | ZDROWY ODLOT NW TEAM    | BIECZ       | POL  | M60-69 | 4      | M 13 |             |              | 00:17:26 | 00:35:35 | 00:54:02 | 01:12:42.29 | 7:16   | 8.3  |
| 5    | SZCZĘŚNIAK ZBIGNIEW | 68  | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | M60-69 | 5      | M 16 |             |              | 00:18:01 | 00:36:51 | 00:56:02 | 01:14:54.63 | 7:29   | 8    |
| 6    | ŁOSKA ROMUALD       | 51  |                         | KATOWICE    | POL  | M60-69 | 6      | M 18 |             |              | 00:18:00 | 00:36:42 | 00:55:52 | 01:15:35.85 | 7:33   | 7.9  |
| 7    | ZAWADZKI ZYGMUNT    | 78  | CIDRY LOTAJOM           | BYTOM       | POL  | M60-69 | 7      | M 19 |             |              | 00:18:40 | 00:37:33 | 00:56:42 | 01:16:23.23 | 7:38   | 7.9  |
| 8    | SONDEJ WIESŁAW      | 67  |                         | RZESZÓW     | POL  | M60-69 | 8      | M 22 |             |              | 00:19:13 | 00:39:11 | 00:59:18 | 01:19:26.93 | 7:56   | 7.6  |
| 9    | PAWIŁOWSKI HENRYK   | 58  | SST LUBCZA              | RACŁAWÓWKA  | POL  | M60-69 | 9      | M 27 |             |              | 00:23:16 | 00:45:06 | 01:06:58 | 01:29:46.56 | 8:58   | 6.7  |

**INWA NORDIC WALKING WORLD CUP - 10KM, K70+**

| M-ce | Nazwisko i imię  | Nr  | Klub             | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------|-----|------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MAŁKOWSKA ZOFIA  | 52  |                  | WARSZAWA  | POL  | K70+ | 1      | K 26 |             |              | 00:21:45 | 00:44:50 | 01:08:13 | 01:31:54.95 | 9:11   | 6.5  |
| 2    | OWCZAREK HENRYKA | 186 | MARSZ PO ZDROWIE | POZNAŃ    | POL  | K70+ | 2      | K 27 |             |              | 00:24:19 | 00:49:02 | 01:14:10 | 01:38:56.43 | 9:53   | 6.1  |

**INWA NORDIC WALKING WORLD CUP - 10KM, M70+**

| M-ce | Nazwisko i imię   | Nr  | Klub                          | M-scowość          | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto           | min/km | km/h |
|------|-------------------|-----|-------------------------------|--------------------|------|------|--------|------|-------------|--------------|----------|----------|----------|-----------------|--------|------|
| 1    | ADAMCZYK ADAM     | 31  | PASJA NORDIC WALKING          | WARSZAWA           | POL  | M70+ | 1      | M 10 |             |              | 00:17:25 | 00:35:11 | 00:52:43 | 01:09:47.87     | 6:58   | 8.6  |
| 2    | STUDNICKI RYSZARD | 228 | KKNW KOLBUSZOWA               | KOLBUSZOWA         | POL  | M70+ | 2      | M 21 |             |              | 00:27:09 | 00:31:46 | 00:43:38 | 01:17:44.09     | 7:46   | 7.7  |
| 3    | TOMCZYK EDWARD    | 73  | MARSZ PO ZDROWIE              | POZNAŃ             | POL  | M70+ | 3      | M 23 |             |              | 00:18:06 | 00:37:23 | 00:58:00 | 01:20:20.44     | 8:02   | 7.5  |
| 4    | SIMKO ZBIGNIEW    | 28  | KLUB NW WŁÓCZYKIJE<br>LEŻAJSK | NOWA SARZYNA       | POL  | M70+ | 4      | M 25 |             |              | 00:19:37 | 00:40:12 | 01:01:01 | 01:22:00.80     | 8:12   | 7.3  |
| DNC  | DRYNDY FRANCISZEK | 40  | NORDICUS STRZYBNICA           | TARNOWSKIE<br>GÓRY | POL  | M70+ | DNC    | DNC  |             |              | 00:22:33 | 00:47:58 | 01:14:51 | 17184:00:0<br>0 | 0:00   | 0    |

**INWA NORDIC WALKING WORLD CUP - 10KM, Drużynowa**

| Miejsce | Drużyna                 | Zawodnicy klasyfikowani                                    | Czas   | Czas drużyny |
|---------|-------------------------|--|--|--------------|
| 1       | NORDIC TEAM CZĘSTOCHOWA | BOGDAN BARCZYKMAGDALENA RAJEKZBIGNIEW SZCZĘŚNIAKOLA MUSIAŁ | 01:03:12.6601:10:02.1901:14:54.6301:17:20.41 | 04:45:28     |