

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4

Organizator: Polskie Zrzeszenie Nordic Walking
 Data: 2022-07-02
 Miejsce: Polanica-Zdrój
 Dystans: 10 km
 Klasyfikacja wg czasów netto.



II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|------------------------|-----|---|--------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | DZIEDIEWICZ ANDRZEJ | 100 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M40-49 | 1 | M 1 | | | 00:33:08 | 01:07:31.80 | 6:45 | 8.9 |
| 2 | ROMANOWSKI DANIEL | 63 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M18-29 | 1 | M 2 | | | 00:33:57 | 01:08:34.85 | 6:51 | 8.8 |
| 3 | SKIBA KRZYSZTOF | 94 | KGHM METRACO | LEGNICA | POL | M60-69 | 1 | M 3 | | | 00:34:01 | 01:08:37.30 | 6:51 | 8.7 |
| 4 | WOJTOWICZ TOMASZ | 88 | LUKI TEAM POLSKA | WIDACZ | POL | M30-39 | 1 | M 4 | | | 00:33:55 | 01:10:58.20 | 7:05 | 8.5 |
| 5 | BARCZYK BOGDAN | 4 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 1 | M 5 | | | 00:35:25 | 01:11:44.45 | 7:10 | 8.4 |
| 6 | WILCZEK KRZYSZTOF | 83 | CIDRY LOTAJOM | ZĘBOWICE | POL | M40-49 | 2 | M 6 | | | 00:35:51 | 01:11:47.25 | 7:10 | 8.4 |
| 7 | ŚWIDEREK MARCIN | 79 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M40-49 | 3 | M 7 | | | 00:35:57 | 01:12:16.20 | 7:13 | 8.3 |
| 8 | BIBKO MARTIN | 6 | SPEEDBAR | KOSICE | SVK | M40-49 | 4 | M 8 | | | 00:35:36 | 01:12:17.05 | 7:13 | 8.3 |
| 9 | NIEDBAŁ ADAM | 49 | SILESIA NORDIC TEAM | SIEWIERZ | POL | M40-49 | 5 | M 9 | | | 00:36:08 | 01:12:31.95 | 7:15 | 8.3 |
| 10 | ZACZYŃSKA-SKIBA ANNA | 93 | KGHM METRACO | LEGNICA | POL | K40-49 | 1 | K 1 | | | 00:36:10 | 01:12:47.80 | 7:16 | 8.2 |
| 11 | PRZYSTARZ GRZEGORZ | 60 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M50-59 | 2 | M 10 | | | 00:36:05 | 01:13:38.90 | 7:21 | 8.1 |
| 12 | MIELECKA AGNIESZKA | 45 | POLIPACK TEAM GWE | GAŚAWA | POL | K50-59 | 1 | K 2 | | | 00:36:23 | 01:13:49.55 | 7:22 | 8.1 |
| 13 | BIELECKA ZUZANNA | 7 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K40-49 | 2 | K 3 | | | 00:36:31 | 01:13:54.80 | 7:23 | 8.1 |
| 14 | HELWICH STEFAN | 99 | KGHM METRACO | WIELEN | POL | M60-69 | 2 | M 11 | | | 00:36:01 | 01:13:57.75 | 7:23 | 8.1 |
| 15 | CHOJNACKI PAWEŁ | 11 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN-MIERZYN | POL | M50-59 | 3 | M 12 | | | 00:36:49 | 01:14:45.60 | 7:28 | 8 |
| 16 | JUREK ADAM | 96 | KGHM METRACO | LUBIN | POL | M60-69 | 3 | M 13 | | | 00:36:18 | 01:14:54.30 | 7:29 | 8 |
| 17 | HOŁUBKA MARIUSZ | 112 | | LEGNICA | POL | M50-59 | 4 | M 14 | | | 00:37:13 | 01:15:16.40 | 7:31 | 8 |
| 18 | CHYRA JANUSZ | 13 | NORDIC SPORT 2021 | LUBLINIEC | POL | M40-49 | 6 | M 15 | | | 00:37:55 | 01:15:31.80 | 7:33 | 7.9 |
| 19 | KABATA JAROSŁAW | 31 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | M50-59 | 5 | M 16 | | | 00:36:21 | 01:16:04.70 | 7:36 | 7.9 |
| 20 | BIŃCZYK DARIUSZ | 8 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 2 | M 17 | | | 00:38:39 | 01:16:21.30 | 7:38 | 7.9 |
| 21 | LABUS MARZENA | 40 | NORDIC SPORT 2021 | LUBLINIEC | POL | K30-39 | 1 | K 4 | | | 00:36:59 | 01:16:32.25 | 7:39 | 7.8 |
| 22 | BARTOSIEWICZ ŁUKASZ | 5 | LUKI TEAM POLSKA | BORKOWO | POL | M30-39 | 3 | M 18 | | | 00:38:45 | 01:17:00.20 | 7:42 | 7.8 |
| 23 | CZŁAPSKI KRZYSZTOF | 18 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | 6 | M 19 | | | 00:37:39 | 01:17:12.95 | 7:43 | 7.8 |
| 24 | JĘDRASIAK RENATA | 98 | KGHM METRACO | LUBIN | POL | K50-59 | 2 | K 5 | | | 00:38:23 | 01:18:37.40 | 7:51 | 7.6 |
| 25 | MĄDRY GRZEGORZ | 43 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-69 | 4 | M 20 | | | 00:38:32 | 01:19:09.15 | 7:54 | 7.6 |
| 26 | RAJEK MAGDALENA | 62 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 3 | K 6 | | | 00:40:11 | 01:19:32.60 | 7:57 | 7.5 |
| 27 | ABRAMOWICZ MAŁGORZATA | 1 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K30-39 | 2 | K 7 | | | 00:38:52 | 01:19:55.75 | 7:59 | 7.5 |
| 28 | SIEMIENSKA MARTA | 64 | | GORZESZÓW 32 | POL | K30-39 | 3 | K 8 | | | 00:39:27 | 01:20:18.10 | 8:01 | 7.5 |
| 29 | PLUTO-PRĄDZYŃSKI PAWEŁ | 57 | SERCE NORDICA WŁOCŁAWEK | JEZIERZE | POL | M40-49 | 7 | M 21 | 1 | | 00:39:57 | 01:20:42.75 | 8:04 | 7.4 |
| 30 | SZCZUDLIK MAŁGORZATA | 75 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 4 | K 9 | | | 00:40:19 | 01:20:47.90 | 8:04 | 7.4 |
| 31 | JANECZEK JAROSŁAW | 25 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 8 | M 22 | | | 00:41:21 | 01:20:52.90 | 8:05 | 7.4 |
| 32 | KUBAŁA ZBIGNIEW | 36 | | KĘDZIERZYN - KOŹLE | POL | M60-69 | 5 | M 23 | | | 00:41:02 | 01:21:11.00 | 8:07 | 7.4 |
| 33 | ZAGAJA JANUSZ | 91 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60-69 | 6 | M 24 | | | 00:40:31 | 01:21:15.35 | 8:07 | 7.4 |
| 34 | KARCZ MICHAŁ | 32 | ŚWIĘTOKRZYSKA SZKOŁA NORDIC WALKING | BORKÓW | POL | M50-59 | 7 | M 25 | | | 00:40:44 | 01:21:34.55 | 8:09 | 7.4 |
| 35 | WIŚNIEWSKI SŁAWOMIR | 85 | FLÜGGER | GDAŃSK | POL | M40-49 | 9 | M 26 | | | 00:39:28 | 01:21:52.10 | 8:11 | 7.3 |
| 36 | MARCZAK TOMASZ | 42 | NORDIC TEAM CZĘSTOCHOWA | ALEKSANDRIA I | POL | M18-29 | 2 | M 27 | | | 00:40:15 | 01:22:50.95 | 8:17 | 7.2 |
| 37 | STOLARCZYK ZENON | 71 | | WROCŁAW | POL | M70+ | 1 | M 28 | 1 | | 00:40:31 | 01:23:04.40 | 8:18 | 7.2 |
| 38 | CHRZANOWSKA DARIA | 12 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW | POL | K30-39 | 4 | K 10 | | | 00:41:24 | 01:23:18.80 | 8:19 | 7.2 |
| 39 | KOWACZ AGATA | 35 | SPEEDBAR | WAŁBRZYCH | POL | K40-49 | 5 | K 11 | | | 00:40:55 | 01:23:25.95 | 8:20 | 7.2 |
| 40 | KUŁAKOWSKA HALINA | 38 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K40-49 | 6 | K 12 | | | 00:41:37 | 01:24:15.10 | 8:25 | 7.1 |
| 41 | CZMOCH MARIAN | 19 | PUKS ŁOSICE | ŁOSICE | POL | M70+ | 2 | M 29 | | | 00:41:24 | 01:24:25.60 | 8:26 | 7.1 |
| 42 | WÓJCIK BARBARA | 90 | LUKI TEAM POLSKA | CHRZĄSTAWA WIELKA | GBR | K60-69 | 1 | K 13 | 1 | | 00:42:04 | 01:24:30.00 | 8:27 | 7.1 |
| 43 | WOJTAL MARTA | 86 | CIDRY LOTAJOM | BYTOM | POL | K30-39 | 5 | K 14 | | | 00:41:23 | 01:24:36.35 | 8:27 | 7.1 |
| 44 | PALUDKIEWICZ PIOTR | 52 | NORDIC TEAM CZĘSTOCHOWA | CZARNY LAS | POL | M50-59 | 8 | M 30 | | | 00:41:36 | 01:24:40.80 | 8:28 | 7.1 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|------------------------|-----|--|----------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 45 | CZAJKA URSZULA | 14 | | RUMIA | POL | K60-69 | 2 | K 15 | | | 00:41:30 | 01:24:41.80 | 8:28 | 7.1 |
| 46 | STOLARSKI JANUSZ | 73 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M60-69 | 7 | M 31 | 1 | | 00:41:51 | 01:24:50.00 | 8:29 | 7.1 |
| 47 | KULCZYCKI TOMASZ | 37 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 10 | M 32 | | | 00:42:02 | 01:24:55.40 | 8:29 | 7.1 |
| 48 | CZEREBA LESZEK | 17 | | PRUDNIK | POL | M50-59 | 9 | M 33 | | | 00:42:19 | 01:25:01.30 | 8:30 | 7.1 |
| 49 | SZCZĘŚNIAK ZBIGNIEW | 74 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M60-69 | 8 | M 34 | | | 00:41:46 | 01:25:08.20 | 8:30 | 7 |
| 50 | LACHNIK HUBERT | 41 | | ARNSDORF | POL | M70+ | 3 | M 35 | | | 00:42:09 | 01:25:09.15 | 8:30 | 7 |
| 51 | JARUGA BEATA | 27 | | OŁAWA | POL | K40-49 | 7 | K 16 | | | 00:41:20 | 01:25:13.50 | 8:31 | 7 |
| 52 | ŚLUSARCZYK ANDRZEJ | 78 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70+ | 4 | M 36 | | | 00:41:42 | 01:25:14.75 | 8:31 | 7 |
| 53 | MUSIAŁ OLA | 47 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 8 | K 17 | | | 00:42:39 | 01:25:30.05 | 8:33 | 7 |
| 54 | ZDRZAŁEK ALICJA | 92 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K40-49 | 9 | K 18 | | | 00:41:21 | 01:26:05.70 | 8:36 | 7 |
| 55 | DYLEWICZ WERONIKA | 22 | EKSTREMUM | ŻAGAŃ | POL | K18-29 | 1 | K 19 | | | 00:43:26 | 01:28:21.35 | 8:50 | 6.8 |
| 56 | SKIBA BEATA | 65 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 10 | K 20 | | | 00:43:11 | 01:28:26.80 | 8:50 | 6.8 |
| 57 | WIENSKO RYSZARD | 82 | | PULAWY | POL | M60-69 | 9 | M 37 | | | 00:43:59 | 01:29:05.15 | 8:54 | 6.7 |
| 58 | PIENKOWSKA URSZULA | 55 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-49 | 11 | K 21 | | | 00:44:12 | 01:29:17.85 | 8:55 | 6.7 |
| 59 | BUCZKO AGNIESZKA | 10 | | ŚWIDNICA | POL | K40-49 | 12 | K 22 | | | 00:47:27 | 01:32:03.00 | 9:12 | 6.5 |
| 60 | NICIEJEWSKA JOANNA | 48 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | K30-39 | 6 | K 23 | | | 00:46:02 | 01:33:11.35 | 9:19 | 6.4 |
| 61 | PUZICHOWSKA MAŁGORZATA | 61 | NORDIKI | JELCZ-LASKOWICE | POL | K60-69 | 3 | K 24 | | | 00:45:38 | 01:33:17.15 | 9:19 | 6.4 |
| 62 | BARCZYK JOLANTA | 3 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K60-69 | 4 | K 25 | 1 | | 00:46:43 | 01:33:33.60 | 9:21 | 6.4 |
| 63 | JANKOWSKA ANNA | 26 | OŁAWA-JANIKÓW NK | OŁAWA | POL | K40-49 | 13 | K 26 | | | 00:46:42 | 01:34:29.60 | 9:26 | 6.4 |
| 64 | POLAŃSKA AGNIESZKA | 59 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | K40-49 | 14 | K 27 | | | 00:46:52 | 01:34:43.85 | 9:28 | 6.3 |
| 65 | POHL ANNA | 58 | | BIAŁA | POL | K50-59 | 3 | K 28 | | | 00:47:05 | 01:34:55.80 | 9:29 | 6.3 |
| 66 | WANDTKE ANTONI | 80 | | REDA | POL | M70+ | 5 | M 38 | | | 00:46:01 | 01:35:45.30 | 9:34 | 6.3 |
| 67 | MOSOŃ MAREK | 46 | | WROCLAW | POL | M60-69 | 10 | M 39 | | | 00:47:40 | 01:36:00.75 | 9:36 | 6.3 |
| 68 | WOJTYCZKA ALICJA | 89 | NORDIC SPORT 2021 | MYSLOWICE | POL | K60-69 | 5 | K 29 | | | 00:47:57 | 01:36:36.70 | 9:39 | 6.2 |
| 69 | KEDYS AGNIESZKA | 33 | | LUDWIKOWICE KŁODZKIE | POL | K40-49 | 15 | K 30 | | | 00:47:11 | 01:37:32.30 | 9:45 | 6.2 |
| 70 | ORLIŃSKI DARIUSZ | 51 | | NYSA | POL | M50-59 | 10 | M 40 | 1 | | 00:47:21 | 01:37:47.60 | 9:46 | 6.1 |
| 71 | ZAWADZKA MARIA | 97 | KGHM METRACO | LUBIN | POL | K70+ | 1 | K 31 | | | 00:47:51 | 01:37:58.40 | 9:47 | 6.1 |
| 72 | ŚLĘZAK JAKUB | 77 | | KATOWICE | POL | M18-29 | 3 | M 41 | | | 00:46:23 | 01:37:59.75 | 9:47 | 6.1 |
| 73 | SOROKA-MITUŁA GRAŻYNA | 67 | | SZCZECIN | POL | K40-49 | 16 | K 32 | | | 00:46:08 | 01:38:57.50 | 9:53 | 6.1 |
| 74 | FLORCZYK JOANNA | 23 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING NG | WROCLAW | POL | K40-49 | 17 | K 33 | | | 00:48:11 | 01:39:04.25 | 9:54 | 6.1 |
| 75 | BERNAŚ KAMILA | 333 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | K40-49 | 18 | K 34 | | | 00:48:43 | 01:39:07.00 | 9:54 | 6.1 |
| 76 | STATNIK TOMASZ | 69 | SUCHY LAS | BIEDRUSKO | POL | M60-69 | 11 | M 42 | | | 00:48:03 | 01:40:00.55 | 10:00 | 6 |
| 77 | KIELBIK MAREK | 34 | DWAMARKI | WROCLAW | POL | M60-69 | 12 | M 43 | | | 00:48:59 | 01:40:01.55 | 10:00 | 6 |
| 78 | STANKOWSKA MARZENA | 68 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 19 | K 35 | | | 00:51:27 | 01:41:45.85 | 10:10 | 5.9 |
| 79 | STOLARSKA DANUTA | 72 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K60-69 | 6 | K 36 | | | 00:51:46 | 01:42:58.50 | 10:17 | 5.8 |
| 80 | STATNIK GENOWEFA | 70 | SUCHY LAS | BIEDRUSKO | POL | K70+ | 2 | K 37 | | | 00:50:30 | 01:44:22.65 | 10:26 | 5.7 |
| 81 | JÓŹWIĄK ŁUKASZ | 30 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M50-59 | 11 | M 44 | | | 00:51:19 | 01:45:40.75 | 10:34 | 5.7 |
| 82 | ŚLĘZAK MARTA | 76 | | KATOWICE | POL | K18-29 | 2 | K 38 | | | 00:51:58 | 01:48:49.10 | 10:52 | 5.5 |
| 83 | KUNIKOWSKI ZENON | 39 | | WROCLAW | POL | M60-69 | 13 | M 45 | | | 00:53:46 | 01:51:03.05 | 11:06 | 5.4 |
| 84 | DUDEK EMILIA | 21 | NYSA BIEGA | NYSA | POL | K50-59 | 4 | K 39 | 1 | | 00:54:29 | 01:53:04.65 | 11:18 | 5.3 |
| 85 | ORLIŃSKA GABRIELA | 50 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K40-49 | 20 | K 40 | 1 | | 00:55:04 | 01:53:40.00 | 11:22 | 5.3 |
| 86 | BARABACH DANUTA | 2 | | PRZEWORNO | POL | K60-69 | 7 | K 41 | | | 01:01:37 | 02:06:44.00 | 12:40 | 4.7 |
| 87 | HORODYSKA KATARZYNA | 24 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K40-49 | 21 | K 42 | 1 | | 01:03:48 | 02:07:07.00 | 12:42 | 4.7 |
| 88 | CZARNOPOLSKA BOGNA | 16 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K50-59 | 5 | K 43 | 1 | | 01:03:22 | 02:16:15.85 | 13:37 | 4.4 |
| 89 | MICHAŁAK MAŁGORZATA | 44 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K50-59 | 6 | K 44 | 1 | | 01:01:29 | | 12:17 | 4.9 |
| DQ | BONCZEK JERZY | 9 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | M60-69 | DQ | DQ | 1 | 1 | 00:56:22 | DQ | | |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, OPEN -K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|------------------------|-----|--|----------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ZACZYŃSKA-SKIBA ANNA | 93 | KGHM METRACO | LEGNICA | POL | K40-49 | 1 | K 1 | | | 00:36:10 | 01:12:47.80 | 7:16 | 8.2 |
| 2 | MIELECKA AGNIESZKA | 45 | POLIPACK TEAM GWE | GAŚAWA | POL | K50-59 | 1 | K 2 | | | 00:36:23 | 01:13:49.55 | 7:22 | 8.1 |
| 3 | BIELECKA ZUZANNA | 7 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K40-49 | 2 | K 3 | | | 00:36:31 | 01:13:54.80 | 7:23 | 8.1 |
| 4 | LABUS MARZENA | 40 | NORDIC SPORT 2021 | LUBLINIEC | POL | K30-39 | 1 | K 4 | | | 00:36:59 | 01:16:32.25 | 7:39 | 7.8 |
| 5 | JĘDRASIAK RENATA | 98 | KGHM METRACO | LUBIN | POL | K50-59 | 2 | K 5 | | | 00:38:23 | 01:18:37.40 | 7:51 | 7.6 |
| 6 | RAJEK MAGDALENA | 62 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 3 | K 6 | | | 00:40:11 | 01:19:32.60 | 7:57 | 7.5 |
| 7 | ABRAMOWICZ MAŁGORZATA | 1 | EKSPEDYJCA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K30-39 | 2 | K 7 | | | 00:38:52 | 01:19:55.75 | 7:59 | 7.5 |
| 8 | SIEMIŃSKA MARTA | 64 | | GORZESZÓW 32 | POL | K30-39 | 3 | K 8 | | | 00:39:27 | 01:20:18.10 | 8:01 | 7.5 |
| 9 | SZCZUDLIK MAŁGORZATA | 75 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 4 | K 9 | | | 00:40:19 | 01:20:47.90 | 8:04 | 7.4 |
| 10 | CHRZANOWSKA DARIA | 12 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | K30-39 | 4 | K 10 | | | 00:41:24 | 01:23:18.80 | 8:19 | 7.2 |
| 11 | KOWACZ AGATA | 35 | SPEEDBAR | WAŁBRZYCH | POL | K40-49 | 5 | K 11 | | | 00:40:55 | 01:23:25.95 | 8:20 | 7.2 |
| 12 | KUŁAKOWSKA HALINA | 38 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K40-49 | 6 | K 12 | | | 00:41:37 | 01:24:15.10 | 8:25 | 7.1 |
| 13 | WÓJCIK BARBARA | 90 | LUKI TEAM POLSKA | CHRZAŚTAWA WIELKA | GBR | K60-69 | 1 | K 13 | 1 | | 00:42:04 | 01:24:30.00 | 8:27 | 7.1 |
| 14 | WOJTAL MARTA | 86 | CIDRY LOTAJOM | BYTOM | POL | K30-39 | 5 | K 14 | | | 00:41:23 | 01:24:36.35 | 8:27 | 7.1 |
| 15 | CZAJKA URSZULA | 14 | | RUMIA | POL | K60-69 | 2 | K 15 | | | 00:41:30 | 01:24:41.80 | 8:28 | 7.1 |
| 16 | JARUGA BEATA | 27 | | OŁAWA | POL | K40-49 | 7 | K 16 | | | 00:41:20 | 01:25:13.50 | 8:31 | 7 |
| 17 | MUSIAŁ OLA | 47 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 8 | K 17 | | | 00:42:39 | 01:25:30.05 | 8:33 | 7 |
| 18 | ZDRZAŁEK ALICJA | 92 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K40-49 | 9 | K 18 | | | 00:41:21 | 01:26:05.70 | 8:36 | 7 |
| 19 | DYLEWICZ WERONIKA | 22 | EKSTREMUM | ŻAGAŃ | POL | K18-29 | 1 | K 19 | | | 00:43:26 | 01:28:21.35 | 8:50 | 6.8 |
| 20 | SKIBA BEATA | 65 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 10 | K 20 | | | 00:43:11 | 01:28:26.80 | 8:50 | 6.8 |
| 21 | PIENKOWSKA URSZULA | 55 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-49 | 11 | K 21 | | | 00:44:12 | 01:29:17.85 | 8:55 | 6.7 |
| 22 | BUCZKO AGNIESZKA | 10 | | ŚWIDNICA | POL | K40-49 | 12 | K 22 | | | 00:47:27 | 01:32:03.00 | 9:12 | 6.5 |
| 23 | NICIEJEWSKA JOANNA | 48 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | K30-39 | 6 | K 23 | | | 00:46:02 | 01:33:11.35 | 9:19 | 6.4 |
| 24 | PUZICHOWSKA MAŁGORZATA | 61 | NORDIKI | JELCZ-LASKOWICE | POL | K60-69 | 3 | K 24 | | | 00:45:38 | 01:33:17.15 | 9:19 | 6.4 |
| 25 | BARCZYK JOLANTA | 3 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K60-69 | 4 | K 25 | 1 | | 00:46:43 | 01:33:33.60 | 9:21 | 6.4 |
| 26 | JANKOWSKA ANNA | 26 | OŁAWA-JANIKÓW NK | OŁAWA | POL | K40-49 | 13 | K 26 | | | 00:46:42 | 01:34:29.60 | 9:26 | 6.4 |
| 27 | POLAŃSKA AGNIESZKA | 59 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | K40-49 | 14 | K 27 | | | 00:46:52 | 01:34:43.85 | 9:28 | 6.3 |
| 28 | POHL ANNA | 58 | | BIAŁA | POL | K50-59 | 3 | K 28 | | | 00:47:05 | 01:34:55.80 | 9:29 | 6.3 |
| 29 | WOJTYCZKA ALICJA | 89 | NORDIC SPORT 2021 | MYSLOWICE | POL | K60-69 | 5 | K 29 | | | 00:47:57 | 01:36:36.70 | 9:39 | 6.2 |
| 30 | KEDYS AGNIESZKA | 33 | | LUDWIKOWICE KŁODZKIE | POL | K40-49 | 15 | K 30 | | | 00:47:11 | 01:37:32.30 | 9:45 | 6.2 |
| 31 | ZAWADZKA MARIA | 97 | KGHM METRACO | LUBIN | POL | K70+ | 1 | K 31 | | | 00:47:51 | 01:37:58.40 | 9:47 | 6.1 |
| 32 | SOROKA-MITUŁA GRAŻYNA | 67 | | SZCZECIN | POL | K40-49 | 16 | K 32 | | | 00:46:08 | 01:38:57.50 | 9:53 | 6.1 |
| 33 | FLORCZYK JOANNA | 23 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING NG | WROCLAW | POL | K40-49 | 17 | K 33 | | | 00:48:11 | 01:39:04.25 | 9:54 | 6.1 |
| 34 | BERNAŚ KAMILA | 333 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | K40-49 | 18 | K 34 | | | 00:48:43 | 01:39:07.00 | 9:54 | 6.1 |
| 35 | STANKOWSKA MARZENA | 68 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 19 | K 35 | | | 00:51:27 | 01:41:45.85 | 10:10 | 5.9 |
| 36 | STOLARSKA DANUTA | 72 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K60-69 | 6 | K 36 | | | 00:51:46 | 01:42:58.50 | 10:17 | 5.8 |
| 37 | STATNIK GENOWEFA | 70 | SUCHY LAS | BIEDRUSKO | POL | K70+ | 2 | K 37 | | | 00:50:30 | 01:44:22.65 | 10:26 | 5.7 |
| 38 | ŚLĘZAK MARTA | 76 | | KATOWICE | POL | K18-29 | 2 | K 38 | | | 00:51:58 | 01:48:49.10 | 10:52 | 5.5 |
| 39 | DUDEK EMILIA | 21 | NYSA BIEGA | NYSA | POL | K50-59 | 4 | K 39 | 1 | | 00:54:29 | 01:53:04.65 | 11:18 | 5.3 |
| 40 | ORLIŃSKA GABRIELA | 50 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K40-49 | 20 | K 40 | 1 | | 00:55:04 | 01:53:40.00 | 11:22 | 5.3 |
| 41 | BARABACH DANUTA | 2 | | PRZEWORNO | POL | K60-69 | 7 | K 41 | | | 01:01:37 | 02:06:44.00 | 12:40 | 4.7 |
| 42 | HORODYSKA KATARZYNA | 24 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K40-49 | 21 | K 42 | 1 | | 01:03:48 | 02:07:07.00 | 12:42 | 4.7 |
| 43 | CZARNOPOLSKA BOGNA | 16 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K50-59 | 5 | K 43 | 1 | | 01:03:22 | 02:16:15.85 | 13:37 | 4.4 |
| 44 | MICHAŁAK MAŁGORZATA | 44 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K50-59 | 6 | K 44 | 1 | | 01:01:29 | | 12:17 | 4.9 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, OPEN -M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------|-----------|------|--------|--------|-----|-------------|--------------|----------|-------------|--------|------|
| 1 | DZIEDIEWICZ ANDRZEJ | 100 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M40-49 | 1 | M 1 | | | 00:33:08 | 01:07:31.80 | 6:45 | 8.9 |
| 2 | ROMANOWSKI DANIEL | 63 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M18-29 | 1 | M 2 | | | 00:33:57 | 01:08:34.85 | 6:51 | 8.8 |
| 3 | SKIBA KRZYSZTOF | 94 | KGHM METRACO | LEGNICA | POL | M60-69 | 1 | M 3 | | | 00:34:01 | 01:08:37.30 | 6:51 | 8.7 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, OPEN -M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|------------------------|-----|---|--------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 4 | WOJTOWICZ TOMASZ | 88 | LUKI TEAM POLSKA | WIDACZ | POL | M30-39 | 1 | M 4 | | | 00:33:55 | 01:10:58.20 | 7:05 | 8.5 |
| 5 | BARCZYK BOGDAN | 4 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 1 | M 5 | | | 00:35:25 | 01:11:44.45 | 7:10 | 8.4 |
| 6 | WILCZEK KRZYSZTOF | 83 | CIDRY LOTAJOM | ZĘBOWICE | POL | M40-49 | 2 | M 6 | | | 00:35:51 | 01:11:47.25 | 7:10 | 8.4 |
| 7 | ŚWIDEREK MARCIN | 79 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M40-49 | 3 | M 7 | | | 00:35:57 | 01:12:16.20 | 7:13 | 8.3 |
| 8 | BIBKO MARTIN | 6 | SPEEDBAR | KOSICE | SVK | M40-49 | 4 | M 8 | | | 00:35:36 | 01:12:17.05 | 7:13 | 8.3 |
| 9 | NIEDBAŁ ADAM | 49 | SILESIA NORDIC TEAM | SIEWIERZ | POL | M40-49 | 5 | M 9 | | | 00:36:08 | 01:12:31.95 | 7:15 | 8.3 |
| 10 | PRYZYSTARZ GRZEGORZ | 60 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M50-59 | 2 | M 10 | | | 00:36:05 | 01:13:38.90 | 7:21 | 8.1 |
| 11 | HELWICH STEFAN | 99 | KGHM METRACO | WIELEN | POL | M60-69 | 2 | M 11 | | | 00:36:01 | 01:13:57.75 | 7:23 | 8.1 |
| 12 | CHOJNACKI PAWEŁ | 11 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN-MIERZYN | POL | M50-59 | 3 | M 12 | | | 00:36:49 | 01:14:45.60 | 7:28 | 8 |
| 13 | JUREK ADAM | 96 | KGHM METRACO | LUBIN | POL | M60-69 | 3 | M 13 | | | 00:36:18 | 01:14:54.30 | 7:29 | 8 |
| 14 | HOLUBKA MARIUSZ | 112 | | LEGNICA | POL | M50-59 | 4 | M 14 | | | 00:37:13 | 01:15:16.40 | 7:31 | 8 |
| 15 | CHYRA JANUSZ | 13 | NORDIC SPORT 2021 | LUBLINIEC | POL | M40-49 | 6 | M 15 | | | 00:37:55 | 01:15:31.80 | 7:33 | 7.9 |
| 16 | KABATA JAROSŁAW | 31 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | M50-59 | 5 | M 16 | | | 00:36:21 | 01:16:04.70 | 7:36 | 7.9 |
| 17 | BIŃCZYK DARIUSZ | 8 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 2 | M 17 | | | 00:38:39 | 01:16:21.30 | 7:38 | 7.9 |
| 18 | BARTOSIEWICZ ŁUKASZ | 5 | LUKI TEAM POLSKA | BORKOWO | POL | M30-39 | 3 | M 18 | | | 00:38:45 | 01:17:00.20 | 7:42 | 7.8 |
| 19 | CZŁAPSKI KRZYSZTOF | 18 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | 6 | M 19 | | | 00:37:39 | 01:17:12.95 | 7:43 | 7.8 |
| 20 | MĄDRY GRZEGORZ | 43 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-69 | 4 | M 20 | | | 00:38:32 | 01:19:09.15 | 7:54 | 7.6 |
| 21 | PLUTO-PRĄDZYŃSKI PAWEŁ | 57 | SERCE NORDICA WŁOCŁAWEK | JEZIERZE | POL | M40-49 | 7 | M 21 | 1 | | 00:39:57 | 01:20:42.75 | 8:04 | 7.4 |
| 22 | JANECZEK JAROSŁAW | 25 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 8 | M 22 | | | 00:41:21 | 01:20:52.90 | 8:05 | 7.4 |
| 23 | KUBAŁA ZBIGNIEW | 36 | | KĘDZIERZYN - KOŹLE | POL | M60-69 | 5 | M 23 | | | 00:41:02 | 01:21:11.00 | 8:07 | 7.4 |
| 24 | ZAGAJA JANUSZ | 91 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60-69 | 6 | M 24 | | | 00:40:31 | 01:21:15.35 | 8:07 | 7.4 |
| 25 | KARCZ MICHAŁ | 32 | ŚWIĘTOKRZYSKA SZKOŁA NORDIC WALKING | BORKÓW | POL | M50-59 | 7 | M 25 | | | 00:40:44 | 01:21:34.55 | 8:09 | 7.4 |
| 26 | WIŚNIEWSKI SŁAWOMIR | 85 | FLÜGGER | GDAŃSK | POL | M40-49 | 9 | M 26 | | | 00:39:28 | 01:21:52.10 | 8:11 | 7.3 |
| 27 | MARCZAK TOMASZ | 42 | NORDIC TEAM CZĘSTOCHOWA | ALEKSANDRIA I | POL | M18-29 | 2 | M 27 | | | 00:40:15 | 01:22:50.95 | 8:17 | 7.2 |
| 28 | STOLARCZYK ZENON | 71 | | WROCLAW | POL | M70+ | 1 | M 28 | 1 | | 00:40:31 | 01:23:04.40 | 8:18 | 7.2 |
| 29 | CZMOCH MARIAN | 19 | PUKS ŁOSICE | ŁOSICE | POL | M70+ | 2 | M 29 | | | 00:41:24 | 01:24:25.60 | 8:26 | 7.1 |
| 30 | PALUDKIEWICZ PIOTR | 52 | NORDIC TEAM CZĘSTOCHOWA | CZARNY LAS | POL | M50-59 | 8 | M 30 | | | 00:41:36 | 01:24:40.80 | 8:28 | 7.1 |
| 31 | STOLARSKI JANUSZ | 73 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M60-69 | 7 | M 31 | 1 | | 00:41:51 | 01:24:50.00 | 8:29 | 7.1 |
| 32 | KULCZYCKI TOMASZ | 37 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 10 | M 32 | | | 00:42:02 | 01:24:55.40 | 8:29 | 7.1 |
| 33 | CZEREBA LESZEK | 17 | | PRUDNIK | POL | M50-59 | 9 | M 33 | | | 00:42:19 | 01:25:01.30 | 8:30 | 7.1 |
| 34 | SZCZEŚNIAK ZBIGNIEW | 74 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M60-69 | 8 | M 34 | | | 00:41:46 | 01:25:08.20 | 8:30 | 7 |
| 35 | LACHNIK HUBERT | 41 | | ARNSDORF | POL | M70+ | 3 | M 35 | | | 00:42:09 | 01:25:09.15 | 8:30 | 7 |
| 36 | ŚLUSARCZYK ANDRZEJ | 78 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70+ | 4 | M 36 | | | 00:41:42 | 01:25:14.75 | 8:31 | 7 |
| 37 | WIENSKO RYSZARD | 82 | | PUŁAWY | POL | M60-69 | 9 | M 37 | | | 00:43:59 | 01:29:05.15 | 8:54 | 6.7 |
| 38 | WANDTKE ANTONI | 80 | | REDA | POL | M70+ | 5 | M 38 | | | 00:46:01 | 01:35:45.30 | 9:34 | 6.3 |
| 39 | MOSOŃ MAREK | 46 | | WROCLAW | POL | M60-69 | 10 | M 39 | | | 00:47:40 | 01:36:00.75 | 9:36 | 6.3 |
| 40 | ORLIŃSKI DARIUSZ | 51 | | NYSA | POL | M50-59 | 10 | M 40 | 1 | | 00:47:21 | 01:37:47.60 | 9:46 | 6.1 |
| 41 | ŚLĘZAK JAKUB | 77 | | KATOWICE | POL | M18-29 | 3 | M 41 | | | 00:46:23 | 01:37:59.75 | 9:47 | 6.1 |
| 42 | STATNIK TOMASZ | 69 | SUCHY LAS | BIEDRUSKO | POL | M60-69 | 11 | M 42 | | | 00:48:03 | 01:40:00.55 | 10:00 | 6 |
| 43 | KIEŁBIK MAREK | 34 | DWAMARKI | WROCLAW | POL | M60-69 | 12 | M 43 | | | 00:48:59 | 01:40:01.55 | 10:00 | 6 |
| 44 | JÓŹWIAK ŁUKASZ | 30 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M50-59 | 11 | M 44 | | | 00:51:19 | 01:45:40.75 | 10:34 | 5.7 |
| 45 | KUNIKOWSKI ZENON | 39 | | WROCLAW | POL | M60-69 | 13 | M 45 | | | 00:53:46 | 01:51:03.05 | 11:06 | 5.4 |
| DQ | BONCZEK JERZY | 9 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | M60-69 | DQ | DQ | 1 | 1 | 00:56:22 | DQ | DQ | |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|-------------------|----|-----------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | DYLEWICZ WERONIKA | 22 | EKSTREMUM | ŻAGAŃ | POL | K18-29 | 1 | K 19 | | | 00:43:26 | 01:28:21.35 | 8:50 | 6.8 |
| 2 | ŚLĘZAK MARTA | 76 | | KATOWICE | POL | K18-29 | 2 | K 38 | | | 00:51:58 | 01:48:49.10 | 10:52 | 5.5 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|-------------------|----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ROMANOWSKI DANIEL | 63 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M18-29 | 1 | M 2 | | | 00:33:57 | 01:08:34.85 | 6:51 | 8.8 |
| 2 | MARCZAK TOMASZ | 42 | NORDIC TEAM CZĘSTOCHOWA | ALEKSANDRIA I | POL | M18-29 | 2 | M 27 | | | 00:40:15 | 01:22:50.95 | 8:17 | 7.2 |
| 3 | ŚLĘZAK JAKUB | 77 | | KATOWICE | POL | M18-29 | 3 | M 41 | | | 00:46:23 | 01:37:59.75 | 9:47 | 6.1 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|-----------------------|----|---|--------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | LABUS MARZENA | 40 | NORDIC SPORT 2021 | LUBLINIEC | POL | K30-39 | 1 | K 4 | | | 00:36:59 | 01:16:32.25 | 7:39 | 7.8 |
| 2 | ABRAMOWICZ MAŁGORZATA | 1 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K30-39 | 2 | K 7 | | | 00:38:52 | 01:19:55.75 | 7:59 | 7.5 |
| 3 | SIEMIŃSKA MARTA | 64 | | GORZESZÓW 32 | POL | K30-39 | 3 | K 8 | | | 00:39:27 | 01:20:18.10 | 8:01 | 7.5 |
| 4 | CHRZANOWSKA DARIA | 12 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW | POL | K30-39 | 4 | K 10 | | | 00:41:24 | 01:23:18.80 | 8:19 | 7.2 |
| 5 | WOJTAL MARTA | 86 | | BYTOM | POL | K30-39 | 5 | K 14 | | | 00:41:23 | 01:24:36.35 | 8:27 | 7.1 |
| 6 | NICIEJEWSKA JOANNA | 48 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW | POL | K30-39 | 6 | K 23 | | | 00:46:02 | 01:33:11.35 | 9:19 | 6.4 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|---------------------|----|-----------------------|-------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WOJTOWICZ TOMASZ | 88 | LUKI TEAM POLSKA | WIDACZ | POL | M30-39 | 1 | M 4 | | | 00:33:55 | 01:10:58.20 | 7:05 | 8.5 |
| 2 | BIŃCZYK DARIUSZ | 8 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 2 | M 17 | | | 00:38:39 | 01:16:21.30 | 7:38 | 7.9 |
| 3 | BARTOSIEWICZ ŁUKASZ | 5 | LUKI TEAM POLSKA | BORKOWO | POL | M30-39 | 3 | M 18 | | | 00:38:45 | 01:17:00.20 | 7:42 | 7.8 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|-----------------------|-----|--|----------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ZACZYŃSKA-SKIBA ANNA | 93 | KGHM METRACO | LEGNICA | POL | K40-49 | 1 | K 1 | | | 00:36:10 | 01:12:47.80 | 7:16 | 8.2 |
| 2 | BIELECKA ZUZANNA | 7 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | K40-49 | 2 | K 3 | | | 00:36:31 | 01:13:54.80 | 7:23 | 8.1 |
| 3 | RAJEK MAGDALENA | 62 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 3 | K 6 | | | 00:40:11 | 01:19:32.60 | 7:57 | 7.5 |
| 4 | SZCZUDLIK MAŁGORZATA | 75 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 4 | K 9 | | | 00:40:19 | 01:20:47.90 | 8:04 | 7.4 |
| 5 | KOWACZ AGATA | 35 | SPEEDBAR | WAŁBRZYCH | POL | K40-49 | 5 | K 11 | | | 00:40:55 | 01:23:25.95 | 8:20 | 7.2 |
| 6 | KUŁAKOWSKA HALINA | 38 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K40-49 | 6 | K 12 | | | 00:41:37 | 01:24:15.10 | 8:25 | 7.1 |
| 7 | JARUGA BEATA | 27 | | OŁAWA | POL | K40-49 | 7 | K 16 | | | 00:41:20 | 01:25:13.50 | 8:31 | 7 |
| 8 | MUSIAŁ OLA | 47 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 8 | K 17 | | | 00:42:39 | 01:25:30.05 | 8:33 | 7 |
| 9 | ZDRZAŁEK ALICJA | 92 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | K40-49 | 9 | K 18 | | | 00:41:21 | 01:26:05.70 | 8:36 | 7 |
| 10 | SKIBA BEATA | 65 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 10 | K 20 | | | 00:43:11 | 01:28:26.80 | 8:50 | 6.8 |
| 11 | PIENKOWSKA URSZULA | 55 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-49 | 11 | K 21 | | | 00:44:12 | 01:29:17.85 | 8:55 | 6.7 |
| 12 | BUCZKO AGNIESZKA | 10 | | ŚWIDNICA | POL | K40-49 | 12 | K 22 | | | 00:47:27 | 01:32:03.00 | 9:12 | 6.5 |
| 13 | JANKOWSKA ANNA | 26 | OŁAWA-JANIKÓW NK | OŁAWA | POL | K40-49 | 13 | K 26 | | | 00:46:42 | 01:34:29.60 | 9:26 | 6.4 |
| 14 | POLAŃSKA AGNIESZKA | 59 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW | POL | K40-49 | 14 | K 27 | | | 00:46:52 | 01:34:43.85 | 9:28 | 6.3 |
| 15 | KEDYS AGNIESZKA | 33 | | LUDWIKOWICE KŁODZKIE | POL | K40-49 | 15 | K 30 | | | 00:47:11 | 01:37:32.30 | 9:45 | 6.2 |
| 16 | SOROKA-MITUŁA GRAŻYNA | 67 | | SZCZECIN | POL | K40-49 | 16 | K 32 | | | 00:46:08 | 01:38:57.50 | 9:53 | 6.1 |
| 17 | FLORCZYK JOANNA | 23 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING NG | WROCŁAW | POL | K40-49 | 17 | K 33 | | | 00:48:11 | 01:39:04.25 | 9:54 | 6.1 |
| 18 | BERNAŚ KAMILA | 333 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW | POL | K40-49 | 18 | K 34 | | | 00:48:43 | 01:39:07.00 | 9:54 | 6.1 |
| 19 | STANKOWSKA MARZENA | 68 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 19 | K 35 | | | 00:51:27 | 01:41:45.85 | 10:10 | 5.9 |
| 20 | ORLIŃSKA GABRIELA | 50 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K40-49 | 20 | K 40 | 1 | | 00:55:04 | 01:53:40.00 | 11:22 | 5.3 |
| 21 | HORODYSKA KATARZYNA | 24 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K40-49 | 21 | K 42 | 1 | | 01:03:48 | 02:07:07.00 | 12:42 | 4.7 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|------------------------|-----|-------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | DZIEDIEWICZ ANDRZEJ | 100 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M40-49 | 1 | M 1 | | | 00:33:08 | 01:07:31.80 | 6:45 | 8.9 |
| 2 | WILCZEK KRZYSZTOF | 83 | CIDRY LOTAJOM | ZĘBOWICE | POL | M40-49 | 2 | M 6 | | | 00:35:51 | 01:11:47.25 | 7:10 | 8.4 |
| 3 | ŚWIDEREK MARCIN | 79 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M40-49 | 3 | M 7 | | | 00:35:57 | 01:12:16.20 | 7:13 | 8.3 |
| 4 | BIBKO MARTIN | 6 | SPEEDBAR | KOSICE | SVK | M40-49 | 4 | M 8 | | | 00:35:36 | 01:12:17.05 | 7:13 | 8.3 |
| 5 | NIEDBAŁ ADAM | 49 | SILESIA NORDIC TEAM | SIEWIERZ | POL | M40-49 | 5 | M 9 | | | 00:36:08 | 01:12:31.95 | 7:15 | 8.3 |
| 6 | CHYRA JANUSZ | 13 | NORDIC SPORT 2021 | LUBLINIEC | POL | M40-49 | 6 | M 15 | | | 00:37:55 | 01:15:31.80 | 7:33 | 7.9 |
| 7 | PLUTO-PRĄDZYŃSKI PAWEŁ | 57 | SERCE NORDICA WŁOCLAWEK | JEZIERZE | POL | M40-49 | 7 | M 21 | 1 | | 00:39:57 | 01:20:42.75 | 8:04 | 7.4 |
| 8 | JANECZEK JAROSŁAW | 25 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 8 | M 22 | | | 00:41:21 | 01:20:52.90 | 8:05 | 7.4 |
| 9 | WIŚNIEWSKI SŁAWOMIR | 85 | FLÜGGER | GDAŃSK | POL | M40-49 | 9 | M 26 | | | 00:39:28 | 01:21:52.10 | 8:11 | 7.3 |
| 10 | KULCZYCKI TOMASZ | 37 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 10 | M 32 | | | 00:42:02 | 01:24:55.40 | 8:29 | 7.1 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|---------------------|----|----------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | MIELECKA AGNIESZKA | 45 | POLIPACK TEAM GWE | GAŚAWA | POL | K50-59 | 1 | K 2 | | | 00:36:23 | 01:13:49.55 | 7:22 | 8.1 |
| 2 | JĘDRASIAK RENATA | 98 | KGHM METRACO | LUBIN | POL | K50-59 | 2 | K 5 | | | 00:38:23 | 01:18:37.40 | 7:51 | 7.6 |
| 3 | POHL ANNA | 58 | | BIAŁA | POL | K50-59 | 3 | K 28 | | | 00:47:05 | 01:34:55.80 | 9:29 | 6.3 |
| 4 | DUDEK EMILIA | 21 | NYSA BIEGA | NYSA | POL | K50-59 | 4 | K 39 | 1 | | 00:54:29 | 01:53:04.65 | 11:18 | 5.3 |
| 5 | CZARNOPOLSKA BOGNA | 16 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K50-59 | 5 | K 43 | 1 | | 01:03:22 | 02:16:15.85 | 13:37 | 4.4 |
| 6 | MICHAŁAK MAŁGORZATA | 44 | DZIEWCZYNY Z DZIELNI | NYSA | POL | K50-59 | 6 | K 44 | 1 | | 01:01:29 | | 12:17 | 4.9 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|---------------------|-----|-------------------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | BARCZYK BOGDAN | 4 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 1 | M 5 | | | 00:35:25 | 01:11:44.45 | 7:10 | 8.4 |
| 2 | PRYZYSTARZ GRZEGORZ | 60 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M50-59 | 2 | M 10 | | | 00:36:05 | 01:13:38.90 | 7:21 | 8.1 |
| 3 | CHOJNACKI PAWEŁ | 11 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN-MIERZYN | POL | M50-59 | 3 | M 12 | | | 00:36:49 | 01:14:45.60 | 7:28 | 8 |
| 4 | HOŁUBKA MARIUSZ | 112 | | LEGNICA | POL | M50-59 | 4 | M 14 | | | 00:37:13 | 01:15:16.40 | 7:31 | 8 |
| 5 | KABATA JAROSŁAW | 31 | NORDIC SPORT 2021 | TARNOWSKIE GÓRY | POL | M50-59 | 5 | M 16 | | | 00:36:21 | 01:16:04.70 | 7:36 | 7.9 |
| 6 | CZŁAPSKI KRZYSZTOF | 18 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | 6 | M 19 | | | 00:37:39 | 01:17:12.95 | 7:43 | 7.8 |
| 7 | KARCZ MICHAŁ | 32 | ŚWIĘTOKRZYSKA SZKOŁA NORDIC WALKING | BORKÓW | POL | M50-59 | 7 | M 25 | | | 00:40:44 | 01:21:34.55 | 8:09 | 7.4 |
| 8 | PALUDKIEWICZ PIOTR | 52 | NORDIC TEAM CZĘSTOCHOWA | CZARNY LAS | POL | M50-59 | 8 | M 30 | | | 00:41:36 | 01:24:40.80 | 8:28 | 7.1 |
| 9 | CZEREBA LESZEK | 17 | | PRUDNIK | POL | M50-59 | 9 | M 33 | | | 00:42:19 | 01:25:01.30 | 8:30 | 7.1 |
| 10 | ORLIŃSKI DARIUSZ | 51 | | NYSA | POL | M50-59 | 10 | M 40 | 1 | | 00:47:21 | 01:37:47.60 | 9:46 | 6.1 |
| 11 | JÓZWIAK ŁUKASZ | 30 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M50-59 | 11 | M 44 | | | 00:51:19 | 01:45:40.75 | 10:34 | 5.7 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, K60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|------------------------|----|-------------------------|-------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WÓJCIK BARBARA | 90 | LUKI TEAM POLSKA | CHRZĄSTAWA WIELKA | GBR | K60-69 | 1 | K 13 | 1 | | 00:42:04 | 01:24:30.00 | 8:27 | 7.1 |
| 2 | CZAJKA URSZULA | 14 | | RUMIA | POL | K60-69 | 2 | K 15 | | | 00:41:30 | 01:24:41.80 | 8:28 | 7.1 |
| 3 | PUZICHOWSKA MAŁGORZATA | 61 | NORDIKI | JELCZ-LASKOWICE | POL | K60-69 | 3 | K 24 | | | 00:45:38 | 01:33:17.15 | 9:19 | 6.4 |
| 4 | BARCZYK JOLANTA | 3 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K60-69 | 4 | K 25 | 1 | | 00:46:43 | 01:33:33.60 | 9:21 | 6.4 |
| 5 | WOJTYCZKA ALICJA | 89 | NORDIC SPORT 2021 | MYSŁOWICE | POL | K60-69 | 5 | K 29 | | | 00:47:57 | 01:36:36.70 | 9:39 | 6.2 |
| 6 | STOLARSKA DANUTA | 72 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K60-69 | 6 | K 36 | | | 00:51:46 | 01:42:58.50 | 10:17 | 5.8 |
| 7 | BARABACH DANUTA | 2 | | PRZEWORNO | POL | K60-69 | 7 | K 41 | | | 01:01:37 | 02:06:44.00 | 12:40 | 4.7 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|---------------------|----|---|--------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SKIBA KRZYSZTOF | 94 | KGHM METRACO | LEGNICA | POL | M60-69 | 1 | M 3 | | | 00:34:01 | 01:08:37.30 | 6:51 | 8.7 |
| 2 | HELWICH STEFAN | 99 | KGHM METRACO | WIELEN | POL | M60-69 | 2 | M 11 | | | 00:36:01 | 01:13:57.75 | 7:23 | 8.1 |
| 3 | JUREK ADAM | 96 | KGHM METRACO | LUBIN | POL | M60-69 | 3 | M 13 | | | 00:36:18 | 01:14:54.30 | 7:29 | 8 |
| 4 | MĄDRY GRZEGORZ | 43 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-69 | 4 | M 20 | | | 00:38:32 | 01:19:09.15 | 7:54 | 7.6 |
| 5 | KUBALA ZBIGNIEW | 36 | | KĘDZIERZYN - KOŹLE | POL | M60-69 | 5 | M 23 | | | 00:41:02 | 01:21:11.00 | 8:07 | 7.4 |
| 6 | ZAGAJA JANUSZ | 91 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60-69 | 6 | M 24 | | | 00:40:31 | 01:21:15.35 | 8:07 | 7.4 |
| 7 | STOLARSKI JANUSZ | 73 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M60-69 | 7 | M 31 | 1 | | 00:41:51 | 01:24:50.00 | 8:29 | 7.1 |
| 8 | SZCZĘŚNIAK ZBIGNIEW | 74 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M60-69 | 8 | M 34 | | | 00:41:46 | 01:25:08.20 | 8:30 | 7 |
| 9 | WIENSKO RYSZARD | 82 | | PULAWY | POL | M60-69 | 9 | M 37 | | | 00:43:59 | 01:29:05.15 | 8:54 | 6.7 |
| 10 | MOSOŃ MAREK | 46 | | WROCLAW | POL | M60-69 | 10 | M 39 | | | 00:47:40 | 01:36:00.75 | 9:36 | 6.3 |
| 11 | STATNIK TOMASZ | 69 | SUCHY LAS | BIEDRUSKO | POL | M60-69 | 11 | M 42 | | | 00:48:03 | 01:40:00.55 | 10:00 | 6 |
| 12 | KIELBIK MAREK | 34 | DWAMARKI | WROCLAW | POL | M60-69 | 12 | M 43 | | | 00:48:59 | 01:40:01.55 | 10:00 | 6 |
| 13 | KUNIKOWSKI ZENON | 39 | | WROCLAW | POL | M60-69 | 13 | M 45 | | | 00:53:46 | 01:51:03.05 | 11:06 | 5.4 |
| DQ | BONCZEK JERZY | 9 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCLAW | POL | M60-69 | DQ | DQ | 1 | 1 | 00:56:22 | DQ | | |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, K70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|------------------|----|--------------|-----------|------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ZAWADZKA MARIA | 97 | KGHM METRACO | LUBIN | POL | K70+ | 1 | K 31 | | | 00:47:51 | 01:37:58.40 | 9:47 | 6.1 |
| 2 | STATNIK GENOWEFA | 70 | SUCHY LAS | BIEDRUSKO | POL | K70+ | 2 | K 37 | | | 00:50:30 | 01:44:22.65 | 10:26 | 5.7 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|--------------------|----|--------------------|-----------|------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | STOLARCZYK ZENON | 71 | | WROCLAW | POL | M70+ | 1 | M 28 | 1 | | 00:40:31 | 01:23:04.40 | 8:18 | 7.2 |
| 2 | CZMOCH MARIAN | 19 | PUKS ŁOSICE | ŁOSICE | POL | M70+ | 2 | M 29 | | | 00:41:24 | 01:24:25.60 | 8:26 | 7.1 |
| 3 | LACHNIK HUBERT | 41 | | ARNSDORF | POL | M70+ | 3 | M 35 | | | 00:42:09 | 01:25:09.15 | 8:30 | 7 |
| 4 | ŚLUSARCZYK ANDRZEJ | 78 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M70+ | 4 | M 36 | | | 00:41:42 | 01:25:14.75 | 8:31 | 7 |
| 5 | WANDTKE ANTONI | 80 | | REDA | POL | M70+ | 5 | M 38 | | | 00:46:01 | 01:35:45.30 | 9:34 | 6.3 |

II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, Drużynowa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|---|--|--|--------------|
| 1 | KGHM METRACO | KRZYSZTOF SKIBA ANNA ZACZYŃSKA-SKIBASTEFAN HELWICH RENATA JĘDRASIAK | 01:08:37.3001:12:47.8001:13:57.7501:18:37.40 | 04:53:52 |
| 2 | NORDIC SPORT 2021 | JANUSZ CHYRAJAROSŁAW KABATAMARZENA LABUSALICJA ZDRZĄŁEK | 01:15:31.8001:16:04.7001:16:32.2501:26:05.70 | 05:14:12 |
| 3 | NORDIC TEAM CZĘSTOCHOWA | BOGDAN BARCZYK MAGDALENA RAJEK JAROSŁAW JANECEKOLA MUSIAŁ | 01:11:44.4501:19:32.6001:20:52.9001:25:30.05 | 05:17:38 |
| 4 | SERCE NORDICA WŁOCLAWEK | PAWEŁ PLUTO-PRĄDZYŃSKI JANUSZ STOLARSKI IURSZULA PIENKOWSKA DANUTA STOLARSKA | 01:20:42.7501:24:50.0001:29:17.8501:42:58.50 | 05:57:44 |
| 5 | WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING | DARIA CHRZANOWSKA JOANNA NICIEJEWSKA AGNIESZKA POLAŃSKA KAMILA BERNAŚ | 01:23:18.8001:33:11.3501:34:43.8501:39:07.00 | 06:10:19 |