

# INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM

Organizator: Polish Nordic Walking Association (PZNW) International Nordic Walking Federation (INWA)  
Data: 2022-09-03  
Miejsce: SZKLARSKA PORĘBA  
Dystans: 21,1 km  
Klasyfikacja wg czasów netto.

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**B4SPORT**  
INTELEGENE ZAWODY SPORTOWE

## INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, OPEN

| M-ce | Nazwisko i imię        | Nr  | Klub                                   | M-scowo                   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.8km    | 5km      | 10km     | 15km     | Netto       | min/km | km/h |
|------|------------------------|-----|--|---------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1    | MICHAŁEC MARCIN        | 65  | TEAM POLAND                            | KROSNO                    | POL  | M18-34 | 1      | M 1  |             |              | 00:14:01 | 00:38:41 | 01:12:39 | 01:38:27 | 02:21:33.20 | 6:42   | 8.9  |
| 2    | ALVAREZ BORRAS RAMON   | 3   | S.M. CLUB ATLETISMO MARATHON CREVILLET | BENIFAIRO DE LA VALLDIGNA | ESP  | M40-44 | 1      | M 2  |             |              | 00:14:34 | 00:39:55 | 01:14:07 | 01:39:25 | 02:22:24.25 | 6:44   | 8.9  |
| 3    | WOJCIECHOWSKA ELŻBIETA | 106 | POLIPACK TEAM GWE                      | PAKOŚĆ                    | POL  | K35-39 | 1      | K 1  |             |              | 00:14:01 | 00:39:23 | 01:13:46 | 01:47:58 | 02:22:43.40 | 6:45   | 8.9  |
| 4    | NIEPOKÓJ RADOŚLAW      | 89  | TEAM POLAND                            |                           | POL  | M18-34 | 2      | M 3  | 1           |              | 00:14:25 | 00:40:30 | 01:15:29 | 01:41:32 | 02:26:08.75 | 6:55   | 8.7  |
| 5    | ROMANOWSKI DANIEL      | 120 | TEAM POLAND                            | RYBNIK                    | POL  | M18-34 | 3      | M 4  | 1           |              | 00:14:17 | 00:40:09 | 01:15:13 | 01:41:29 | 02:26:12.45 | 6:55   | 8.7  |
| 6    | SKIBA KRZYSZTOF        | 85  | TEAM POLAND                            | LEGNICA                   | POL  | M60-64 | 1      | M 5  | 1           |              | 00:14:31 | 00:40:13 | 00:55:37 | 01:41:50 | 02:27:28.25 | 6:59   | 8.6  |
| 7    | ROSAK MARCIN           | 50  | TEAM POLAND                            | ZIELONA GÓRA              | POL  | M45-49 | 1      | M 6  |             |              | 00:14:34 | 00:41:05 | 01:17:37 | 01:44:33 | 02:28:21.10 | 7:01   | 8.5  |
| 8    | WETOSZKA PIOTR         | 101 | TKKF KRZNA BIAŁA PODLASKA              | BIALĄ PODLASKA            | POL  | M35-39 | 1      | M 7  |             |              | 00:14:50 | 00:41:57 | 01:18:51 | 01:46:07 | 02:34:02.00 | 7:18   | 8.2  |
| 9    | CZERSKI KRZYSZTOF      | 14  | TEAM POLAND                            | XX                        | POL  | M40-44 | 2      | M 8  |             |              | 00:15:09 | 00:42:05 | 01:18:59 | 01:46:49 | 02:34:35.35 | 7:19   | 8.2  |
| 10   | POŁUBIAK PAWEŁ         | 74  |  | SIECINO                   | POL  | M35-39 | 2      | M 9  | 1           |              | 00:14:55 | 00:42:00 | 01:18:48 | 01:46:12 | 02:34:45.05 | 7:20   | 8.2  |
| 11   | HAŁAS MARCIN           | 117 |  | CZECHOWIC E-DZIEDZICE     | POL  | M35-39 | 3      | M 10 |             |              | 00:14:56 | 00:42:00 | 01:18:50 | 01:46:42 | 02:36:07.55 | 7:23   | 8.1  |
| 12   | GROSSMANN FLORIAN      | 29  | FIT MIT SCHMIDT                        | LANGEWIES EN              | GER  | M35-39 | 4      | M 11 | 2           |              | 00:14:42 | 00:41:56 | 01:18:58 | 01:47:27 | 02:36:12.45 | 7:24   | 8.1  |
| 13   | WILCZEK KRZYSZTOF      | 103 | CIDRY LOTAJOM                          | ZĘBOWICE                  | POL  | M45-49 | 2      | M 12 |             |              | 00:15:56 | 00:43:31 | 01:20:31 | 01:48:11 | 02:36:48.30 | 7:25   | 8.1  |
| 14   | PRZYSTARZ GRZEGORZ     | 78  | OBORYGENI                              | OBORNIKI ŚLĄSKIE          | POL  | M50-54 | 1      | M 13 |             |              | 00:15:19 | 00:42:45 | 01:19:45 | 01:47:52 | 02:36:57.85 | 7:26   | 8.1  |
| 15   | FRAĆKOWIAK KRZYSZTOF   | 26  | ŚWIADOMI SIEDLCE                       | SIEDLCE                   | POL  | M50-54 | 2      | M 14 |             |              | 00:16:06 | 00:44:19 | 01:22:18 | 01:50:33 | 02:40:08.95 | 7:35   | 7.9  |
| 16   | KOŁODZIEJ JOANNA       | 37  | MALINOWE GWIAZDY                       | RUDA ŚLĄSKA               | POL  | K50-54 | 1      | K 2  |             |              | 00:16:37 | 00:45:45 | 01:14:38 | 02:03:07 | 02:43:12.60 | 7:44   | 7.8  |
| 17   | SŁUPIANEK PAWEŁ        | 87  | KATOWICKI NORDIC WALKING               | KATOWICE                  | POL  | M40-44 | 3      | M 15 |             |              | 00:15:17 | 00:42:57 | 01:21:50 | 01:51:48 | 02:43:36.35 | 7:45   | 7.7  |
| 18   | CELIŃSKI TOMASZ        | 11  | TUPTUŚ OTWOCK                          | OTWOCK                    | POL  | M50-54 | 3      | M 16 |             |              | 00:16:23 | 00:46:01 | 01:25:32 | 02:05:09 | 02:43:43.15 | 7:45   | 7.7  |
| 19   | ZYCH WITOLD            | 112 |  | ROGI                      | POL  | M50-54 | 4      | M 17 |             |              | 00:16:09 | 00:44:20 | 01:22:41 | 01:51:40 | 02:43:43.55 | 7:45   | 7.7  |
| 20   | PARZYBUT JAN           | 70  | POSTĘP PNIEWY TEAM                     | PNIEWY                    | POL  | M55-59 | 1      | M 18 | 1           |              | 00:16:29 | 00:45:36 | 01:24:41 | 02:04:49 | 02:44:55.40 | 7:48   | 7.7  |
| 21   | CZŁĄPSKI KRZYSZTOF     | 15  | NW CZŁĄPSKI TEAM                       | WARSZAWA                  | POL  | M55-59 | 2      | M 19 |             |              | 00:16:28 | 00:45:38 | 01:24:32 | 02:04:39 | 02:45:58.55 | 7:51   | 7.6  |
| 22   | MAKOWSKI JAN           | 56  |  | RYBNIK                    | POL  | M60-64 | 2      | M 20 |             |              | 00:15:27 | 00:43:50 | 01:24:05 | 02:05:07 | 02:47:45.70 | 7:57   | 7.5  |
| 23   | MĄDRY GRZEGORZ         | 61  | KJKOWE TRZEMESZNO                      | TRZEMESZNO                | POL  | M60-64 | 3      | M 21 |             |              | 00:16:28 | 00:46:07 | 01:25:48 | 02:07:40 | 02:51:24.40 | 8:07   | 7.4  |
| 24   | RACIBORSKA EWA         | 79  | ESJA TEAM                              | WARSZAWA                  | POL  | K40-44 | 1      | K 3  |             |              | 00:17:21 | 00:48:01 | 01:18:21 | 02:09:47 | 02:51:41.80 | 8:08   | 7.4  |
| 25   | RAJEK MAGDALENA        | 80  | TEAM POLAND                            | WARSZAWA                  | POL  | K45-49 | 1      | K 4  |             |              | 00:17:22 | 00:47:53 | 01:17:57 | 02:09:39 | 02:51:57.60 | 8:08   | 7.4  |
| 26   | ŽUGRIS AIVARS          | 111 |  | PREIĻI                    | LAT  | M60-64 | 4      | M 22 | 1           |              | 00:16:33 | 00:46:09 | 01:26:46 | 02:08:47 | 02:53:03.50 | 8:12   | 7.3  |

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| M-ce | Nazwisko i imię      | Nr  | Klub                                   | M-scowo śc           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.8km    | 5km      | 10km     | 15km     | Netto       | min/km | km/h |
|------|----------------------|-----|--|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 27   | CZMOCH MARIAN        | 16  | PUKS ŁOSICE                            | ŁOSICE               | POL  | M70+   | 1      | M 23 |             |              | 00:17:30 | 00:48:14 | 01:29:13 | 02:10:41 | 02:54:28.60 | 8:16   | 7.3  |
| 28   | MEYER OLAF           | 63  | FSV 1950 GOTHA E.V.                    | NESSETAL             | GER  | M50-54 | 5      | M 24 |             |              | 00:16:46 | 00:47:05 | 01:28:15 | 02:10:43 | 02:54:53.75 | 8:17   | 7.2  |
| 29   | KUBILOVIČA LINDA     | 42  | LIEPAJA                                | LIEPAJA              | LAT  | K55-59 | 1      | K 5  |             |              | 00:17:19 | 00:48:06 | 01:19:22 | 02:01:36 | 02:54:54.20 | 8:17   | 7.2  |
| 30   | ZĪBERGS ANDRIS       | 110 | WALK WITH THE WIND                     | LIEPĀJA              | LAT  | M45-49 | 3      | M 25 |             |              | 00:16:29 | 00:46:15 | 01:27:21 | 02:10:40 | 02:55:13.40 | 8:18   | 7.2  |
| 31   | BIERKUS MIROŚŁAW     | 8   | BALTIN MIELENKO                        | KOSZALIN             | POL  | M65-69 | 1      | M 26 |             |              | 00:18:21 | 00:49:54 | 01:31:34 | 02:12:59 | 02:55:51.95 | 8:20   | 7.2  |
| 32   | JANEKA DACE          | 32  | WALK WITH THE WIND                     | LIEPAJA              | LAT  | K45-49 | 2      | K 6  |             |              | 00:17:07 | 00:48:06 | 01:19:12 | 02:01:39 | 02:55:54.80 | 8:20   | 7.2  |
| 33   | SITTEK AGNIESZKA     | 83  | KATOWICE                               | KATOWICE             | POL  | K40-44 | 2      | K 7  |             |              | 00:17:28 | 00:48:19 | 01:19:41 | 02:02:11 | 02:56:16.80 | 8:21   | 7.2  |
| 34   | SZCZUDLIK MAŁGORZATA | 94  | TEAM POLAND                            | TRZEMESZNO           | POL  | K40-44 | 3      | K 8  |             |              | 00:17:23 | 00:48:16 | 01:18:51 | 02:12:04 | 02:56:34.85 | 8:22   | 7.2  |
| 35   | FLISEK BLANKA        | 163 | UNLIMITED SPORT 2.0                    | KRAKÓW               | POL  | K35-39 | 2      | K 9  | 1           |              | 00:17:22 | 00:48:37 | 01:19:57 | 02:07:10 | 02:58:09.00 | 8:26   | 7.1  |
| 36   | ADAMCZYK ADAM        | 2   | PASJA NORDIC WALKING                   | WARSZAWA             | POL  | M70+   | 2      | M 27 |             |              | 00:17:38 | 00:48:35 | 01:30:01 | 02:12:28 | 02:58:54.40 | 8:28   | 7.1  |
| 37   | STEPĀNS DĀVIS        | 91  | NORDIC FITNESS WALKING                 | RIGA                 | LAT  | M35-39 | 5      | M 28 | 2           |              | 00:16:23 | 00:46:44 | 01:28:33 | 02:11:57 | 02:59:36.30 | 8:30   | 7    |
| 38   | SMILTNIECĒ AGNESE    | 88  | NŪJO AR VĒJU                           | LIEPAJA              | LAT  | K50-54 | 2      | K 10 |             |              | 00:18:53 | 00:52:44 | 01:26:18 | 02:11:57 | 02:59:54.30 | 8:31   | 7    |
| 39   | VEIGL JAROSLAV       | 311 | TEAM CROATIA                           |                      | CRO  | M50-54 | 6      | M 29 |             |              | 00:16:08 | 00:46:32 | 01:31:22 | 02:12:49 | 03:01:10.05 | 8:35   | 7    |
| 40   | FASOLA RAFFAELLA     | 24  | NORDIC WALKING COMO                    | COMO                 | ITA  | K50-54 | 3      | K 11 | 1           |              | 00:19:12 | 00:52:53 | 01:27:09 | 02:13:59 | 03:01:20.70 | 8:35   | 7    |
| 41   | ROMAN KRZYSZTOF      | 82  | KUDOWIANKA RUN                         | KUDOWA ZDRÓJ         | POL  | M60-64 | 5      | M 30 | 1           |              | 00:17:29 | 00:48:31 | 01:32:00 | 02:15:04 | 03:01:33.60 | 8:36   | 7    |
| 42   | DEMBOWSKA ZOFIA      | 17  | KATOWICKI NORDIC WALKING               | SIEMIANOWICE ŚLĄSKIE | POL  | K35-39 | 3      | K 12 | 1           |              | 00:17:00 | 00:47:55 | 01:31:00 | 02:14:55 | 03:01:41.65 | 8:36   | 7    |
| 43   | LOCMELIS IMANTS      | 53  | WALK WITH THE WIND                     | GROBINA              | LAT  | M60-64 | 6      | M 31 |             |              | 00:17:18 | 00:48:27 | 01:31:21 | 02:10:33 | 03:01:44.20 | 8:36   | 7    |
| 44   | DYLEWICZ WERONIKA    | 22  | EKSTREMUM                              | ŻAGAŃ                | POL  | K18-34 | 1      | K 13 |             |              | 00:17:12 | 00:49:50 | 01:21:36 | 02:05:42 | 03:02:27.40 | 8:38   | 6.9  |
| 45   | BEITIKS ANDIS        | 5   | NŪJO AR VĒJU                           | LIEPĀJA              | LAT  | M60-64 | 7      | M 32 |             |              | 00:17:41 | 00:49:55 | 01:33:20 | 02:18:05 | 03:02:56.20 | 8:40   | 6.9  |
| 46   | KUŁAKOWSKA HALINA    | 45  | KATOWICKI NORDIC WALKING               | OLKUSZ               | POL  | K45-49 | 3      | K 14 |             |              | 00:17:39 | 00:48:43 | 01:20:22 | 02:16:24 | 03:03:57.65 | 8:43   | 6.9  |
| 47   | LAPŠĀNSKÝ VIKTOR     | 48  | NORDIC WALKING - SARÁ ĽUBOVŇA          | STARÁ ĽUBOVŇA        | SVK  | M55-59 | 3      | M 33 |             |              | 00:17:41 | 00:50:08 | 01:33:41 | 02:18:13 | 03:04:37.95 | 8:44   | 6.9  |
| 48   | TOBOLÍK JAN          | 96  | NORDIC WALKING PŘEROV                  | PŘEROV               | CZE  | M40-44 | 4      | M 34 |             |              | 00:17:36 | 00:50:50 | 01:35:10 | 02:21:18 | 03:06:18.45 | 8:49   | 6.8  |
| 49   | CÍCHOVÁ JANA         | 13  | SG.3 ZLÍN CZECH REPUBLIC               | ZLÍN                 | CZE  | K50-54 | 4      | K 15 |             |              | 00:18:03 | 00:53:14 | 01:27:48 | 02:16:46 | 03:06:39.90 | 8:50   | 6.8  |
| 50   | WÓJCIK BARBARA       | 107 | LUKI TEAM POLSKA                       | CHRZĄSTA WA WIELKA   | POL  | K60-64 | 1      | K 16 |             |              | 00:18:00 | 00:50:46 | 01:24:11 | 02:21:03 | 03:06:41.30 | 8:50   | 6.8  |
| 51   | SIWEK EWA            | 84  | TUPTUŚ OTWOCK                          | OTWOCK               | POL  | K50-54 | 5      | K 17 |             |              | 00:18:23 | 00:50:59 | 01:24:02 | 02:09:57 | 03:06:42.05 | 8:50   | 6.8  |
| 52   | SVIKLE LIENE         | 92  | WALK WITH THE WIND                     | LIEPAJA              | LAT  | K40-44 | 4      | K 18 | 1           |              | 00:18:21 | 00:52:58 | 01:27:54 | 02:16:20 | 03:06:45.90 | 8:51   | 6.8  |
| 53   | ZAGAJA JANUSZ        | 109 | WESOŁY BORSUK TEAM                     | PRUDNIK              | POL  | M65-69 | 2      | M 35 |             |              | 00:17:52 | 00:49:35 | 01:33:14 | 02:20:01 | 03:07:13.00 | 8:52   | 6.8  |
| 54   | WIEŃSKO RYSZARD      | 102 |  | PUŁAWY               | POL  | M65-69 | 3      | M 36 |             |              | 00:18:16 | 00:50:24 | 01:34:12 | 02:20:28 | 03:07:26.85 | 8:52   | 6.8  |
| 55   | ABELTIŅŠ EDGARS      | 1   | NORDIC FITNESS WALKING                 | RIGA                 | LAT  | M40-44 | 5      | M 37 | 1           |              | 00:17:02 | 00:48:12 | 01:31:10 | 02:16:54 | 03:07:44.55 | 8:53   | 6.7  |
| 56   | JARUGA BEATA         | 33  |  | OLAWA                | POL  | K45-49 | 4      | K 19 |             |              | 00:17:35 | 00:49:13 | 01:21:58 | 02:19:27 | 03:07:51.55 | 8:54   | 6.7  |
| 57   | KIELIN GRZEGORZ      | 36  | BIKE ATELIER EOBUIE URBEX MAXIMUS TEAM | POLKOWICE            | POL  | M45-49 | 4      | M 38 | 2           |              | 00:19:25 | 00:54:20 | 01:39:39 | 02:24:57 | 03:08:22.15 | 8:55   | 6.7  |
| 58   | SŁOWIŃSKA ALICJA     | 86  | ŚWIADOMI SIEDLCE                       | SIEDLCE              | POL  | K50-54 | 6      | K 20 |             |              | 00:17:20 | 00:48:53 | 01:21:40 | 02:20:29 | 03:08:48.05 | 8:56   | 6.7  |
| 59   | MANDZIUK MAREK       | 57  | TKKF KRZNA BIAŁA PODLASKA              | BIAŁA PODLASKA       | POL  | M50-54 | 7      | M 39 |             |              | 00:17:59 | 00:51:14 | 01:35:03 | 02:20:34 | 03:10:45.35 | 9:02   | 6.6  |
| 60   | KULESZA AGNIESZKA    | 44  | SIR-HA SIERADZ                         | SIERADZ              | POL  | K40-44 | 5      | K 21 |             |              | 00:18:34 | 00:52:11 | 01:25:16 | 02:24:06 | 03:13:36.90 | 9:10   | 6.5  |
| 61   | ŚLUSARCZYK GRZEGORZ  | 556 | WESOŁY BORSUK TEAM                     | PRUDNIK              | POL  | M45-49 | 5      | M 40 |             |              | 00:18:22 | 00:51:55 | 01:37:50 | 02:24:59 | 03:14:19.70 | 9:12   | 6.5  |

**INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub   | M-scowo         | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.8km          | 5km            | 10km           | 15km           | Netto             | min/km | km/h |
|------|----------------------|-----|--|-----------------|------|--------|--------|------|-------------|--------------|----------------|----------------|----------------|----------------|-------------------|--------|------|
| 62   | KAWIORSKA-DUDA MARIA | 34  |  | PSZCZEW         | POL  | K65-69 | 1      | K 22 | 1           |              | 00:19:24       | 00:53:24       | 01:28:22       | 02:27:37       | 03:15:28.70       | 9:15   | 6.5  |
| 63   | WOJTUNIK ANDRZEJ     | 66  | KKB MOSIR KROSNO                               | BYTOM           | POL  | M65-69 | 4      | M 41 | 1           |              | 00:18:19       | 00:50:57       | 01:34:51       | 02:22:17       | 03:16:29.40       | 9:18   | 6.4  |
| 64   | NIERADKO STANISŁAW   | 67  | BOG-TUR  | BOGATYNIA       | POL  | M60-64 | 8      | M 42 | 2           |              | 00:18:49       | 00:53:20       | 01:40:06       | 02:27:48       | 03:18:19.60       | 9:23   | 6.4  |
| 65   | BUCZKOWSKA WIESŁAWA  | 9   | WŁÓCZYKIJE GDYNIA                              | GDYNIA          | POL  | K65-69 | 2      | K 23 |             |              | 00:19:23       | 00:54:51       | 01:31:29       | 02:34:08       | 03:18:22.35       | 9:24   | 6.4  |
| 66   | WIŚNIEWSKI ROMAN     | 104 |  | TWARDORZ ECZKA  | POL  | M65-69 | 5      | M 43 |             |              | 00:18:46       | 00:52:20       | 01:39:25       | 02:28:45       | 03:19:31.70       | 9:27   | 6.3  |
| 67   | POSTEK DANUTA        | 75  | MARSZ PO ZDROWIE                               | POZNAŃ          | POL  | K55-59 | 2      | K 24 | 1           |              | 00:18:35       | 00:52:51       | 01:27:46       | 02:29:33       | 03:19:35.55       | 9:27   | 6.3  |
| 68   | ORŁOWSKA BEATA       | 68  |  | KOŁOBRZEG       | POL  | K50-54 | 7      | K 25 | 1           |              | 00:18:54       | 00:53:00       | 01:28:07       | 02:30:09       | 03:19:40.85       | 9:27   | 6.3  |
| 69   | KRAWIEC JACEK        | 39  | JACK NORDIC TEAM                               | ELBLĄG          | POL  | M55-59 | 4      | M 44 |             |              | 00:17:40       | 00:51:28       | 01:37:34       | 02:27:15       | 03:20:09.55       | 9:29   | 6.3  |
| 70   | BERSZTOLC AGNIESZKA  | 7   | NOWI SIEDLCE                                   | SUTNO           | POL  | K55-59 | 3      | K 26 | 2           |              | 00:19:04       | 00:55:23       | 01:31:47       | 02:36:43       | 03:20:29.00       | 9:30   | 6.3  |
| 71   | JAŚLARZ JAROSŁAW     | 119 |  | KOŁOBRZEG       | POL  | M55-59 | 5      | M 45 | 1           |              | 00:19:15       | 00:53:56       | 01:40:24       | 02:29:01       | 03:20:29.50       | 9:30   | 6.3  |
| 72   | ŁOĆMELE BENITA       | 52  | WALK WITH THE WIND                             | GROBIŃA         | LAT  | K60-64 | 2      | K 27 |             |              | 00:18:15       | 00:52:51       | 01:28:41       | 02:30:25       | 03:21:46.65       | 9:33   | 6.3  |
| 73   | KSOK MIROSLAW        | 41  |  | WROCŁAW         | POL  | M65-69 | 6      | M 46 |             |              | 00:18:34       | 00:52:00       | 01:39:29       | 02:29:04       | 03:21:52.40       | 9:34   | 6.3  |
| 74   | PATORKOVA SABINA     | 118 |  |                 | CZE  | K45-49 | 5      | K 28 |             |              | 00:19:14       | 00:56:03       | 01:32:56       | 02:36:54       | 03:22:56.05       | 9:37   | 6.2  |
| 75   | WRÓBEL SANDRA        | 108 | LECYMY DURŚ                                    | PIEKARYŚLĄ SKIE | POL  | K18-34 | 2      | K 29 |             |              | 00:20:44       | 01:00:00       | 01:40:59       | 02:37:06       | 03:24:39.00       | 9:41   | 6.2  |
| 76   | LAPŠANSKÁ URSZULA    | 47  | NORDIC WALKING-STARÁ ĽUBOVŇA                   | STARÁ ĽUBOVŇA   | SVK  | K55-59 | 4      | K 30 |             |              | 00:20:04       | 00:55:24       | 01:31:38       | 02:36:45       | 03:37:07.80       | 10:17  | 5.8  |
| 77   | TUTIŅINA OLGA        | 98  |  | RIGA            | LAT  | K60-64 | 3      | K 31 | 1           |              | 00:19:45       | 00:52:08       | 01:34:40       | 02:42:19       | 03:37:15.05       | 10:17  | 5.8  |
| 78   | WALCZAK RYSZARD      | 99  |  | ZIELONA GÓRA    | POL  | M70+   | 3      | M 47 |             |              | 00:18:37       | 00:51:39       | 01:35:18       | 02:20:16       | 03:40:04.95       | 10:25  | 5.8  |
| 79   | POŁĄCZARZ ADAM       | 73  |  | BIELSKO-BIAŁA   | POL  | M40-44 | 6      | M 48 |             |              | 00:20:03       | 00:55:09       | 01:43:03       | 02:47:12       | 03:41:31.05       | 10:29  | 5.7  |
| 80   | PALICA JOANNA        | 69  | EKIPA NA KIJACH                                | ZABRZE          | POL  | K40-44 | 6      | K 32 | 1           |              | 00:19:50       | 00:57:31       | 01:35:51       | 02:44:26       | 03:46:03.25       | 10:42  | 5.6  |
| 81   | LEMPINSKA AGNIESZKA  | 49  |  | KATOWICE        | POL  | K45-49 | 6      | K 33 |             |              | 00:21:54       | 01:02:35       | 01:58:36       | 03:03:24       | 03:49:53.45       | 10:53  | 5.5  |
| 82   | MAJOR ANNA           | 55  |  | WROCŁAW         | POL  | K45-49 | 7      | K 34 | 2           |              | 00:21:55       | 01:03:22       | 02:01:52       | 03:08:54       | 04:11:48.90       | 11:56  | 5    |
| 83   | ANYŻ MARIA           | 4   | KIJE W DOBRYCH RĘKACH                          | BĘDZIN          | POL  | K70+   | 1      | K 35 | 1           |              | 00:19:16       | 01:32:07       | 02:36:27       | 03:29:34       | 04:28:33.80       | 12:43  | 4.7  |
| DQ   | MEDRANO RUIZ JON     | 62  | S.M. CLUB ATLETISMO MARATHON CREVILLEN         | ELIZONDO        | ESP  | M40-44 | DQ     | DQ   |             | 1            | 00:15:16<br>DQ | 00:42:03<br>DQ | 01:18:33<br>DQ | 01:46:20<br>DQ | 02:35:30.35<br>DQ | 0:00   | 8.1  |
| DQ   | FEY THORSTEN         | 25  | TRISCHMIEDE WERRATAL_LT HAUNETAL_SC NEUENSTEIN | HAUNECK-BODES   | GER  | M50-54 | DQ     | DQ   |             | 1            | 00:16:35<br>DQ | 00:45:55<br>DQ | 01:25:36<br>DQ | 02:05:40<br>DQ | 02:45:38.15<br>DQ | 0:00   | 7.6  |
| DQ   | DENIESE BUSCHBECK    | 18  | FIT MIT SCHMIDT                                | ILMENAU         | GER  | K18-34 | DQ     | DQ   |             | 1            | 00:16:46<br>DQ | 00:47:21<br>DQ | 01:17:54<br>DQ | 02:11:40<br>DQ | 02:55:56.75<br>DQ | 0:00   | 7.2  |
| DQ   | PLEWIŃSKI RAFAŁ      | 72  | NORDIC TEAM CZĘSTOCHOWA                        | BANINO          | POL  | M35-39 | DQ     | DQ   |             | 1            | 00:16:53<br>DQ | 00:48:50<br>DQ | 01:33:22<br>DQ | 02:20:47<br>DQ | 03:12:30.85<br>DQ | 0:00   | 6.6  |
| DQ   | DE WAAL LOHRA        | 116 | SOUTHPOLE                                      | CAPE TOWN       |      | K50-54 | DQ     | DQ   |             | 1            | 00:20:15<br>DQ | 00:56:49<br>DQ | 01:34:40<br>DQ | 02:39:10<br>DQ | 03:23:27.05<br>DQ | 0:00   | 6.2  |
| DQ   | PALENIK EMIL         | 310 |  |                 | SVK  | M70+   | DQ     | DQ   |             | 1            | 00:20:46<br>DQ | 00:57:56<br>DQ | 01:49:06<br>DQ | 02:41:23<br>DQ | 03:40:09.10<br>DQ | 0:00   | 5.8  |
| DQ   | DRYGALSKA ALEKSANDRA | 21  | KIJE W DOBRYCH RĘKACH                          | BĘDZIN          | POL  | K65-69 | DQ     | DQ   |             | 1            | 00:21:02<br>DQ | 01:01:34<br>DQ | 01:59:05<br>DQ | 03:01:33<br>DQ | 03:46:33.35<br>DQ | 0:00   | 5.6  |
| DQ   | POSTULKA ADAM        | 76  |  | RUDA ŚLĄSKA     | POL  | M55-59 | DQ     | DQ   |             | 1            | 00:16:27<br>DQ | 00:45:40<br>DQ |                | DQ             | DQ                |        |      |