

# 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.

 **HERKULES**  
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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 śc	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

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

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 MIROŚLAW	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	SMILTNEICE 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	BIĄŁA 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 CREVILLET	ELIZONDO	ESP	M40-44	DQ	DQ		1	00:15:16 DQ	00:42:03 DQ	01:18:33 DQ	01:46:20 DQ	02:35:30.35 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 DQ	00:45:55 DQ	01:25:36 DQ	02:05:40 DQ	02:45:38.15 DQ	0:00	7.6
DQ	DENIESE BUSCHBECK	18	FIT MIT SCHMIDT	ILMENAU	GER	K18-34	DQ	DQ		1	00:16:46 DQ	00:47:21 DQ	01:17:54 DQ	02:11:40 DQ	02:55:56.75 DQ	0:00	7.2
DQ	PLEWIŃSKI RAFAŁ	72	NORDIC TEAM CZĘSTOCHOWA	BANINO	POL	M35-39	DQ	DQ		1	00:16:53 DQ	00:48:50 DQ	01:33:22 DQ	02:20:47 DQ	03:12:30.85 DQ	0:00	6.6
DQ	DE WAAL LOHRA	116	SOUTHPOLE	CAPE TOWN		K50-54	DQ	DQ		1	00:20:15 DQ	00:56:49 DQ	01:34:40 DQ	02:39:10 DQ	03:23:27.05 DQ	0:00	6.2
DQ	PALENIK EMIL	310			SVK	M70+	DQ	DQ		1	00:20:46 DQ	00:57:56 DQ	01:49:06 DQ	02:41:23 DQ	03:40:09.10 DQ	0:00	5.8
DQ	DRYGALSKA ALEKSANDRA	21	KIJE W DOBRYCH RĘKACH	BĘDZIN	POL	K65-69	DQ	DQ		1	00:21:02 DQ	01:01:34 DQ	01:59:05 DQ	03:01:33 DQ	03:46:33.35 DQ	0:00	5.6
DQ	POSTULKA ADAM	76		RUDA ŚLĄSKA	POL	M55-59	DQ	DQ		1	00:16:27 DQ	00:45:40 DQ		DQ	DQ		