

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM

Organizator: Polish Nordic Walking Association (PNZW) International Nordic Walking Federation (INWA)
 Data: 2022-09-03
 Miejsce: SZKLARSKA PORĘBA
 Dystans: 21,1 km

HERKULES
 www.herkules.org.pl



B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Wyniki dla punktu pomiaru: 5 km

Klasyfikacja wg czasów netto.

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|------------------------|-----|---|---------------------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | MICHALEC MARCIN | 65 | TEAM POLAND | KROSNO | POL | M18-34 | | | 00:14:01 | 00:38:41 | 01:12:39 | 01:38:27 |
| 2 | WOJCIECHOWSKA ELŻBIETA | 106 | POLIPACK TEAM GWE | PAKOŚĆ | POL | K35-39 | | | 00:14:01 | 00:39:23 | 01:13:46 | 01:47:58 |
| 3 | ALVAREZ BORRAS RAMON | 3 | S.M. CLUB ATLETISMO MARATHON CREVILLENT | BENIFAIRO DE LA VALLDIGNA | ESP | M40-44 | | | 00:14:34 | 00:39:55 | 01:14:07 | 01:39:25 |
| 4 | ROMANOWSKI DANIEL | 120 | TEAM POLAND | RYBNIK | POL | M18-34 | 1 | | 00:14:17 | 00:40:09 | 01:15:13 | 01:41:29 |
| 5 | SKIBA KRZYSZTOF | 85 | TEAM POLAND | LEGNICA | POL | M60-64 | 1 | | 00:14:31 | 00:40:13 | 00:55:37 | 01:41:50 |
| 6 | NIEPOKÓJ RADOSŁAW | 89 | TEAM POLAND | | POL | M18-34 | 1 | | 00:14:25 | 00:40:30 | 01:15:29 | 01:41:32 |
| 7 | ROSAK MARCIN | 50 | TEAM POLAND | ZIELONA GÓRA | POL | M45-49 | | | 00:14:34 | 00:41:05 | 01:17:37 | 01:44:33 |
| 8 | GROSSMANN FLORIAN | 29 | FIT MIT SCHMIDT | LANGEWIESEN | GER | M35-39 | 2 | | 00:14:42 | 00:41:56 | 01:18:58 | 01:47:27 |
| 9 | WETOSZKA PIOTR | 101 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M35-39 | | | 00:14:50 | 00:41:57 | 01:18:51 | 01:46:07 |
| 10 | HAŁAS MARCIN | 117 | | CZECHOWICE-DZIEDZICE | POL | M35-39 | | | 00:14:56 | 00:42:00 | 01:18:50 | 01:46:42 |
| 11 | POŁUBIAK PAWEŁ | 74 | | SIECINO | POL | M35-39 | 1 | | 00:14:55 | 00:42:00 | 01:18:48 | 01:46:12 |
| 12 | CZERSKI KRZYSZTOF | 14 | TEAM POLAND | XX | POL | M40-44 | | | 00:15:09 | 00:42:05 | 01:18:59 | 01:46:49 |
| 13 | PRZYSTARZ GRZEGORZ | 78 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M50-54 | | | 00:15:19 | 00:42:45 | 01:19:45 | 01:47:52 |
| 14 | SŁUPIANEK PAWEŁ | 87 | KATOWICKI NORDIC WALKING | KATOWICE | POL | M40-44 | | | 00:15:17 | 00:42:57 | 01:21:50 | 01:51:48 |
| 15 | WILCZEK KRZYSZTOF | 103 | CIDRY LOTAJOM | ZĘBOWICE | POL | M45-49 | | | 00:15:56 | 00:43:31 | 01:20:31 | 01:48:11 |
| 16 | MAKOWSKI JAN | 56 | | RYBNIK | POL | M60-64 | | | 00:15:27 | 00:43:50 | 01:24:05 | 02:05:07 |
| 17 | FRĄCZKOWIAK KRZYSZTOF | 26 | ŚWIADOMI SIEDLCE | SIEDLCE | POL | M50-54 | | | 00:16:06 | 00:44:19 | 01:22:18 | 01:50:33 |
| 18 | ZYCH WITOLD | 112 | | ROGI | POL | M50-54 | | | 00:16:09 | 00:44:20 | 01:22:41 | 01:51:40 |
| 19 | PARZYBUT JAN | 70 | POSTĘP PNIEWY TEAM | PNIEWY | POL | M55-59 | 1 | | 00:16:29 | 00:45:36 | 01:24:41 | 02:04:49 |
| 20 | CZĘLAPSKI KRZYSZTOF | 15 | NW CZĘLAPSKI TEAM | WARSZAWA | POL | M55-59 | | | 00:16:28 | 00:45:38 | 01:24:32 | 02:04:39 |
| 21 | KŁODZIEJ JOANNA | 37 | MALINOWE GWIAZDY | RUDA ŚLĄSKA | POL | K50-54 | | | 00:16:37 | 00:45:45 | 01:14:38 | 02:03:07 |
| 22 | CELIŃSKI TOMASZ | 11 | TUPTUŚ OTWOCK | OTWOCK | POL | M50-54 | | | 00:16:23 | 00:46:01 | 01:25:32 | 02:05:09 |
| 23 | MĄDRY GRZEGORZ | 61 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-64 | | | 00:16:28 | 00:46:07 | 01:25:48 | 02:07:40 |
| 24 | ŽUGRIS AIVARS | 111 | | PREIĻI | LAT | M60-64 | 1 | | 00:16:33 | 00:46:09 | 01:26:46 | 02:08:47 |
| 25 | ZĪBERGS ANDRIS | 110 | WALK WITH THE WIND | LIEPĀJA | LAT | M45-49 | | | 00:16:29 | 00:46:15 | 01:27:21 | 02:10:40 |
| 26 | VEIGL JAROSLAV | 311 | TEAM CROATIA | | CRO | M50-54 | | | 00:16:08 | 00:46:32 | 01:31:22 | 02:12:49 |
| 27 | STEPĀNS DĀVIS | 91 | NORDIC FITNESS WALKING | RIGA | LAT | M35-39 | 2 | | 00:16:23 | 00:46:44 | 01:28:33 | 02:11:57 |
| 28 | MEYER OLAF | 63 | FSV 1950 GOTH A.E.V. | NESSETAL | GER | M50-54 | | | 00:16:46 | 00:47:05 | 01:28:15 | 02:10:43 |
| 29 | RAJEK MAGDALENA | 80 | TEAM POLAND | WARSZAWA | POL | K45-49 | | | 00:17:22 | 00:47:53 | 01:17:57 | 02:09:39 |
| 30 | DEMBOWSKA ZOFIA | 17 | KATOWICKI NORDIC WALKING | SIEMIANOWICE ŚLĄSKIE | POL | K35-39 | 1 | | 00:17:00 | 00:47:55 | 01:31:00 | 02:14:55 |
| 31 | RACIBORSKA EWA | 79 | ESJA TEAM | WARSZAWA | POL | K40-44 | | | 00:17:21 | 00:48:01 | 01:18:21 | 02:09:47 |
| 32 | JANEKA DACE | 32 | WALK WITH THE WIND | LIEPĀJA | LAT | K45-49 | | | 00:17:07 | 00:48:06 | 01:19:12 | 02:01:39 |
| 33 | KUBILOVIČA LINDA | 42 | | LIEPĀJA | LAT | K55-59 | | | 00:17:19 | 00:48:06 | 01:19:22 | 02:01:36 |
| 34 | ABELTIŅŠ EDGARS | 1 | NORDIC FITNESS WALKING | RIGA | LAT | M40-44 | 1 | | 00:17:02 | 00:48:12 | 01:31:10 | 02:16:54 |
| 35 | CZMOCH MARIAN | 16 | PUKS ŁOSICE | ŁOSICE | POL | M70+ | | | 00:17:30 | 00:48:14 | 01:29:13 | 02:10:41 |
| 36 | SZCZUDLIK MAŁGORZATA | 94 | TEAM POLAND | TRZEMESZNO | POL | K40-44 | | | 00:17:23 | 00:48:16 | 01:18:51 | 02:12:04 |
| 37 | SITTEK AGNIESZKA | 83 | | KATOWICE | POL | K40-44 | | | 00:17:28 | 00:48:19 | 01:19:41 | 02:02:11 |
| 38 | LOCMELIS IMANTS | 53 | WALK WITH THE WIND | GROBINA | LAT | M60-64 | | | 00:17:18 | 00:48:27 | 01:31:21 | 02:10:33 |
| 39 | ROMAN KRZYSZTOF | 82 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | M60-64 | 1 | | 00:17:29 | 00:48:31 | 01:32:00 | 02:15:04 |
| 40 | ADAMCZYK ADAM | 2 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | | | 00:17:38 | 00:48:35 | 01:30:01 | 02:12:28 |
| 41 | FLISEK BLANKA | 163 | UNLIMITED SPORT 2.0 | KRAKÓW | POL | K35-39 | 1 | | 00:17:22 | 00:48:37 | 01:19:57 | 02:07:10 |
| 42 | KUŁAKOWSKA HALINA | 45 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K45-49 | | | 00:17:39 | 00:48:43 | 01:20:22 | 02:16:24 |
| 43 | SŁOWIŃSKA ALICJA | 86 | ŚWIADOMI SIEDLCE | SIEDLCE | POL | K50-54 | | | 00:17:20 | 00:48:53 | 01:21:40 | 02:20:29 |
| 44 | JARUGA BEATA | 33 | | OŁAWA | POL | K45-49 | | | 00:17:35 | 00:49:13 | 01:21:58 | 02:19:27 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km | |
|------|----------------------|-----|--|-------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 45 | ZAGAJA JANUSZ | 109 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M65-69 | | | 00:17:52 | 00:49:35 | 01:33:14 | 02:20:01 | |
| 46 | DYLEWICZ WERONIKA | 22 | EKSTREMUM | ŻAGAŃ | POL | K18-34 | | | 00:17:12 | 00:49:50 | 01:21:36 | 02:05:42 | |
| 47 | BIERKUS MIROŚLAW | 8 | BALTIN MIELENKO | KOSZALIN | POL | M65-69 | | | 00:18:21 | 00:49:54 | 01:31:34 | 02:12:59 | |
| 48 | BEITIKS ANDIS | 5 | NŪJO AR VĒJU | LIEPĀJA | LAT | M60-64 | | | 00:17:41 | 00:49:55 | 01:33:20 | 02:18:05 | |
| 49 | LAPŠANSKÝ VIKTOR | 48 | NORDIC WALKING - SARÁ LUBOVŇA | STARÁ LUBOVŇA | SVK | M55-59 | | | 00:17:41 | 00:50:08 | 01:33:41 | 02:18:13 | |
| 50 | WIENSKO RYSZARD | 102 | | PUŁAWY | POL | M65-69 | | | 00:18:16 | 00:50:24 | 01:34:12 | 02:20:28 | |
| 51 | WÓJCİK BARBARA | 107 | LUKI TEAM POLSKA | CHRZĄSTAWA WIELKA | POL | K60-64 | | | 00:18:00 | 00:50:46 | 01:24:11 | 02:21:03 | |
| 52 | TOBOLÍK JAN | 96 | NORDIC WALKING PŘEROV | PŘEROV | CZE | M40-44 | | | 00:17:36 | 00:50:50 | 01:35:10 | 02:21:18 | |
| 53 | WOJTUNIK ANDRZEJ | 66 | KKB MOSIR KROSNO | BYTOM | POL | M65-69 | | 1 | 00:18:19 | 00:50:57 | 01:34:51 | 02:22:17 | |
| 54 | SIWEK EWA | 84 | TUPTUŚ OTWOCK | OTWOCK | POL | K50-54 | | | 00:18:23 | 00:50:59 | 01:24:02 | 02:09:57 | |
| 55 | MANDZIUŁ MAREK | 57 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M50-54 | | | 00:17:59 | 00:51:14 | 01:35:03 | 02:20:34 | |
| 56 | KRAWIEC JACEK | 39 | JACK NORDIC TEAM ELBLĄG | ELBLĄG | POL | M55-59 | | | 00:17:40 | 00:51:28 | 01:37:34 | 02:27:15 | |
| 57 | WALCZAK RYSZARD | 99 | | ZIELONA GÓRA | POL | M70+ | | | 00:18:37 | 00:51:39 | 01:35:18 | 02:20:16 | |
| 58 | ŚLUSARCZYK GRZEGORZ | 556 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | | | 00:18:22 | 00:51:55 | 01:37:50 | 02:24:59 | |
| 59 | KSOK MIROSLAW | 41 | | WROCŁAW | POL | M65-69 | | | 00:18:34 | 00:52:00 | 01:39:29 | 02:29:04 | |
| 60 | TUTIŇINA OLGA | 98 | | RIGA | LAT | K60-64 | | 1 | 00:19:45 | 00:52:08 | 01:34:40 | 02:42:19 | |
| 61 | KULESZA AGNIESZKA | 44 | SIR-HA SIERADZ | SIERADZ | POL | K40-44 | | | 00:18:34 | 00:52:11 | 01:25:16 | 02:24:06 | |
| 62 | WIŚNIEWSKI ROMAN | 104 | | TWARDORZECZKA | POL | M65-69 | | | 00:18:46 | 00:52:20 | 01:39:25 | 02:28:45 | |
| 63 | SMILTNIACE AGNESE | 88 | NŪJO AR VĒJU | LIEPĀJA | LAT | K50-54 | | | 00:18:53 | 00:52:44 | 01:26:18 | 02:11:57 | |
| 64 | POSTEK DANUTA | 75 | MARSZ PO ZDROWIE | POZNAŃ | POL | K55-59 | | 1 | 00:18:35 | 00:52:51 | 01:27:46 | 02:29:33 | |
| 65 | LOČMELE BENITA | 52 | WALK WITH THE WIND | GROBIŇA | LAT | K60-64 | | | 00:18:15 | 00:52:51 | 01:28:41 | 02:30:25 | |
| 66 | FASOLA RAFFAELLA | 24 | NORDIC WALKING COMO | COMO | ITA | K50-54 | | 1 | 00:19:12 | 00:52:53 | 01:27:09 | 02:13:59 | |
| 67 | SVIKLE LIENE | 92 | WALK WITH THE WIND | LIEPĀJA | LAT | K40-44 | | 1 | 00:18:21 | 00:52:58 | 01:37:54 | 02:16:20 | |
| 68 | ORŁOWSKA BEATA | 68 | | KOŁOBRZEG | POL | K50-54 | | 1 | 00:18:54 | 00:53:00 | 01:28:07 | 02:30:09 | |
| 69 | ČIHOVÁ JANA | 13 | SG.3 ZLÍN CZECH REPUBLIC | ZLÍN | CZE | K50-54 | | | 00:18:03 | 00:53:14 | 01:27:48 | 02:16:46 | |
| 70 | NIERADKO STANISŁAW | 67 | BOG-TUR | BOGATYNIA | POL | M60-64 | | 2 | 00:18:49 | 00:53:20 | 01:40:06 | 02:27:48 | |
| 71 | KAWIORSKA-DUDA MARIA | 34 | | PSZCZEW | POL | K65-69 | | 1 | 00:19:24 | 00:53:24 | 01:28:22 | 02:27:37 | |
| 72 | JAŚLARZ JAROSŁAW | 119 | | KOŁOBRZEG | POL | M55-59 | | 1 | 00:19:15 | 00:53:56 | 01:40:24 | 02:29:01 | |
| 73 | KIELIN GRZEGORZ | 36 | BIKE ATELIER EOBUWIE URBEX MAXIMUS TEAM | POLKOWICE | POL | M45-49 | | 2 | 00:19:25 | 00:54:20 | 01:39:39 | 02:24:57 | |
| 74 | BUCZKOWSKA WIESŁAWA | 9 | WŁÓCZYKILJE GDYNIA | GDYNIA | POL | K65-69 | | | 00:19:23 | 00:54:51 | 01:31:29 | 02:34:08 | |
| 75 | POŁĄCZARZ ADAM | 73 | | BIELSKO-BIAŁA | POL | M40-44 | | | 00:20:03 | 00:55:09 | 01:43:03 | 02:47:12 | |
| 76 | BERSZTOLC AGNIESZKA | 7 | NOWI SIEDLCE | SUTNO | POL | K55-59 | | 2 | 00:19:04 | 00:55:23 | 01:31:47 | 02:36:43 | |
| 77 | LAPŠANSKÁ URŠZULA | 47 | NORDIC WALKING- STARÁ LUBOVŇA | STARÁ LUBOVŇA | SVK | K55-59 | | | 00:20:04 | 00:55:24 | 01:31:38 | 02:36:45 | |
| 78 | PATORKOVA SABINA | 118 | | | CZE | K45-49 | | | 00:19:14 | 00:56:03 | 01:32:56 | 02:36:54 | |
| 79 | PALICA JOANNA | 69 | EKIPA NA KIJACH | ZABRZE | POL | K40-44 | | 1 | 00:19:50 | 00:57:31 | 01:35:51 | 02:44:26 | |
| 80 | WRÓBEL SANDRA | 108 | LECZYMY DURŚ | PIEKARYŚLĄSKIE | POL | K18-34 | | | 00:20:44 | 01:00:00 | 01:40:59 | 02:37:06 | |
| 81 | LEMPINSKA AGNIESZKA | 49 | | KATOWICE | POL | K45-49 | | | 00:21:54 | 01:02:35 | 01:58:36 | 03:03:24 | |
| 82 | MAJOR ANNA | 55 | | WROCŁAW | POL | K45-49 | | 2 | 00:21:55 | 01:03:22 | 02:01:52 | 03:08:54 | |
| 83 | ANYŻ MARIA | 4 | KIJE W DOBRYCH RĘKACH | BĘDZIN | POL | K70+ | | 1 | 00:19:16 | 01:32:07 | 02:36:27 | 03:29:34 | |
| DQ | MEDRANO RUIZ JON | 62 | S.M. CLUB ATLETISMO MARATHON CREVILLET | ELIZONDO | ESP | M40-44 | | | 1 | 00:15:16 | 00:42:03 | 01:18:33 | 01:46:20 |
| DQ | POSTULKA ADAM | 76 | | RUDA ŚLĄSKA | POL | M55-59 | | | 1 | 00:16:27 | 00:45:40 | DQ | DQ |
| DQ | FEY THORSTEN | 25 | TRISCHMIEDE WERRATAL_LT HAUNETAL_SC NEUENSTEIN | HAUNECK-BODES | GER | M50-54 | | | 1 | 00:16:35 | 00:45:55 | 01:25:36 | 02:05:40 |
| DQ | DENIESE BUSCHBECK | 18 | FIT MIT SCHMIDT | ILMENAU | GER | K18-34 | | | 1 | 00:16:46 | 00:47:21 | 01:17:54 | 02:11:40 |
| DQ | PLEWIŃSKI RAFAŁ | 72 | NORDIC TEAM CZĘSTOCHOWA | BANINO | POL | M35-39 | | | 1 | 00:16:53 | 00:48:50 | 01:33:22 | 02:20:47 |
| DQ | DE WAAL LOHRA | 116 | SOUTHPOLE | CAPE TOWN | | K50-54 | | | 1 | 00:20:15 | 00:56:49 | 01:34:40 | 02:39:10 |
| DQ | PALENIK EMIL | 310 | | | SVK | M70+ | | | 1 | 00:20:46 | 00:57:56 | 01:49:06 | 02:41:23 |
| DQ | DRYGALSKA ALEKSANDRA | 21 | KIJE W DOBRYCH RĘKACH | BĘDZIN | POL | K65-69 | | | 1 | 00:21:02 | 01:01:34 | 01:59:05 | 03:01:33 |
| | | | | | | | | | DQ | DQ | DQ | DQ | |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|------------------------|-----|-------------------------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | WOJCIECHOWSKA ELŻBIETA | 106 | POLIPACK TEAM GWE | PAKOŚĆ | POL | K35-39 | | | 00:14:01 | 00:39:23 | 01:13:46 | 01:47:58 |
| 2 | KOŁODZIEJ JOANNA | 37 | MALINOWE GWIAZDY | RUDA ŚLĄSKA | POL | K50-54 | | | 00:16:37 | 00:45:45 | 01:14:38 | 02:03:07 |
| 3 | RAJEK MAGDALENA | 80 | TEAM POLAND | WARSZAWA | POL | K45-49 | | | 00:17:22 | 00:47:53 | 01:17:57 | 02:09:39 |
| 4 | DEMBOWSKA ZOFIA | 17 | KATOWICKI NORDIC WALKING | SIEMIANOWICE ŚLĄSKIE | POL | K35-39 | 1 | | 00:17:00 | 00:47:55 | 01:31:00 | 02:14:55 |
| 5 | RACIBORSKA EWA | 79 | ESJA TEAM | WARSZAWA | POL | K40-44 | | | 00:17:21 | 00:48:01 | 01:18:21 | 02:09:47 |
| 6 | JANEKA DACE | 32 | WALK WITH THE WIND | LIEPAJA | LAT | K45-49 | | | 00:17:07 | 00:48:06 | 01:19:12 | 02:01:39 |
| 7 | KUBILOVIČA LINDA | 42 | | LIEPAJA | LAT | K55-59 | | | 00:17:19 | 00:48:06 | 01:19:22 | 02:01:36 |
| 8 | SZCZUDLIK MAŁGORZATA | 94 | TEAM POLAND | TRZEMESZNO | POL | K40-44 | | | 00:17:23 | 00:48:16 | 01:18:51 | 02:12:04 |
| 9 | SITTEK AGNIESZKA | 83 | | KATOWICE | POL | K40-44 | | | 00:17:28 | 00:48:19 | 01:19:41 | 02:02:11 |
| 10 | FLISEK BLANKA | 163 | UNLIMITED SPORT 2.0 | KRAKÓW | POL | K35-39 | 1 | | 00:17:22 | 00:48:37 | 01:19:57 | 02:07:10 |
| 11 | KUŁAKOWSKA HALINA | 45 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K45-49 | | | 00:17:39 | 00:48:43 | 01:20:22 | 02:16:24 |
| 12 | SŁOWIŃSKA ALICJA | 86 | ŚWIADOMI SIEDLCE | SIEDLCE | POL | K50-54 | | | 00:17:20 | 00:48:53 | 01:21:40 | 02:20:29 |
| 13 | JARUGA BEATA | 33 | | OŁAWA | POL | K45-49 | | | 00:17:35 | 00:49:13 | 01:21:58 | 02:19:27 |
| 14 | DYLEWICZ WERONIKA | 22 | EKSTREMUM | ŻAGAŃ | POL | K18-34 | | | 00:17:12 | 00:49:50 | 01:21:36 | 02:05:42 |
| 15 | WÓJCİK BARBARA | 107 | LUKI TEAM POLSKA | CHRZAŚTAWA WIELKA | POL | K60-64 | | | 00:18:00 | 00:50:46 | 01:24:11 | 02:21:03 |
| 16 | SIWEK EWA | 84 | TUPTUŚ OTWOCK | OTWOCK | POL | K50-54 | | | 00:18:23 | 00:50:59 | 01:24:02 | 02:09:57 |
| 17 | TUTIŃINA OLGA | 98 | | RIGA | LAT | K60-64 | 1 | | 00:19:45 | 00:52:08 | 01:34:40 | 02:42:19 |
| 18 | KULESZA AGNIESZKA | 44 | SIR-HA SIERADZ | SIERADZ | POL | K40-44 | | | 00:18:34 | 00:52:11 | 01:25:16 | 02:24:06 |
| 19 | SMILTNIENE AGNESE | 88 | NŪJO AR VĒJU | LIEPAJA | LAT | K50-54 | | | 00:18:53 | 00:52:44 | 01:26:18 | 02:11:57 |
| 20 | POSTEK DANUTA | 75 | MARSZ PO ZDROWIE | POZNAŃ | POL | K55-59 | 1 | | 00:18:35 | 00:52:51 | 01:27:46 | 02:29:33 |
| 21 | LOČMELE BENITA | 52 | WALK WITH THE WIND | GROBIŃA | LAT | K60-64 | | | 00:18:15 | 00:52:51 | 01:28:41 | 02:30:25 |
| 22 | FASOLA RAFFAELLA | 24 | NORDIC WALKING COMO | COMO | ITA | K50-54 | 1 | | 00:19:12 | 00:52:53 | 01:27:09 | 02:13:59 |
| 23 | SVIKLE LIENE | 92 | WALK WITH THE WIND | LIEPAJA | LAT | K40-44 | 1 | | 00:18:21 | 00:52:58 | 01:27:54 | 02:16:20 |
| 24 | ORŁOWSKA BEATA | 68 | | KOŁOBRZEG | POL | K50-54 | 1 | | 00:18:54 | 00:53:00 | 01:28:07 | 02:30:09 |
| 25 | CÍCHOVÁ JANA | 13 | SG.3 ZLÍN CZECH REPUBLIC | ZLÍN | CZE | K50-54 | | | 00:18:03 | 00:53:14 | 01:27:48 | 02:16:46 |
| 26 | KAWIORSKA-DUDA MARIA | 34 | | PSZCZEW | POL | K65-69 | 1 | | 00:19:24 | 00:53:24 | 01:28:22 | 02:27:37 |
| 27 | BUCZKOWSKA WIESŁAWA | 9 | WŁÓCZYKIŁE GDYNIA | GDYNIA | POL | K65-69 | | | 00:19:23 | 00:54:51 | 01:31:29 | 02:34:08 |
| 28 | BERSZTOLC AGNIESZKA | 7 | NOWI SIEDLCE | SUTNO | POL | K55-59 | 2 | | 00:19:04 | 00:55:23 | 01:31:47 | 02:36:43 |
| 29 | LAPŠANSKÁ URSZULA | 47 | NORDIC WALKING- STARÁ LUBOVŇA | STARÁ LUBOVŇA | SVK | K55-59 | | | 00:20:04 | 00:55:24 | 01:31:38 | 02:36:45 |
| 30 | PATORKOVA SABINA | 118 | | | CZE | K45-49 | | | 00:19:14 | 00:56:03 | 01:32:56 | 02:36:54 |
| 31 | PALICA JOANNA | 69 | EKIPA NA KIJACH | ZABRZE | POL | K40-44 | 1 | | 00:19:50 | 00:57:31 | 01:35:51 | 02:44:26 |
| 32 | WRÓBEL SANDRA | 108 | LECYMY DURŚ | PIEKARYŚLĄSKIE | POL | K18-34 | | | 00:20:44 | 01:00:00 | 01:40:59 | 02:37:06 |
| 33 | LEMPINSKA AGNIESZKA | 49 | | KATOWICE | POL | K45-49 | | | 00:21:54 | 01:02:35 | 01:58:36 | 03:03:24 |
| 34 | MAJOR ANNA | 55 | | WROCLAW | POL | K45-49 | 2 | | 00:21:55 | 01:03:22 | 02:01:52 | 03:08:54 |
| 35 | ANYŻ MARIA | 4 | KIJE W DOBRYCH RĘKACH | BĘDZIN | POL | K70+ | 1 | | 00:19:16 | 01:32:07 | 02:36:27 | 03:29:34 |
| DQ | DENIESE BUSCHBECK | 18 | FIT MIT SCHMIDT | ILMENAU | GER | K18-34 | | 1 | 00:16:46 | 00:47:21 | 01:17:54 | 02:11:40 |
| | | | | | | | | | DQ | DQ | DQ | DQ |
| DQ | DE WAAL LOHRA | 116 | SOUTHPOLE | CAPE TOWN | | K50-54 | | 1 | 00:20:15 | 00:56:49 | 01:34:40 | 02:39:10 |
| | | | | | | | | | DQ | DQ | DQ | DQ |
| DQ | DRYGALSKA ALEKSANDRA | 21 | KIJE W DOBRYCH RĘKACH | BĘDZIN | POL | K65-69 | | 1 | 00:21:02 | 01:01:34 | 01:59:05 | 03:01:33 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|----------------------|-----|---|---------------------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | MICHALEC MARCIN | 65 | TEAM POLAND | KROSNO | POL | M18-34 | | | 00:14:01 | 00:38:41 | 01:12:39 | 01:38:27 |
| 2 | ALVAREZ BORRAS RAMON | 3 | S.M. CLUB ATLETISMO MARATHON CREVILLENT | BENIFAIRÓ DE LA VALLDIGNA | ESP | M40-44 | | | 00:14:34 | 00:39:55 | 01:14:07 | 01:39:25 |
| 3 | ROMANOWSKI DANIEL | 120 | TEAM POLAND | RYBNIK | POL | M18-34 | 1 | | 00:14:17 | 00:40:09 | 01:15:13 | 01:41:29 |
| 4 | SKIBA KRZYSZTOF | 85 | TEAM POLAND | LEGNICA | POL | M60-64 | 1 | | 00:14:31 | 00:40:13 | 00:55:37 | 01:41:50 |
| 5 | NIEPOKÓJ RADOSŁAW | 89 | TEAM POLAND | | POL | M18-34 | 1 | | 00:14:25 | 00:40:30 | 01:15:29 | 01:41:32 |
| 6 | ROSAK MARCIN | 50 | TEAM POLAND | ZIELONA GÓRA | POL | M45-49 | | | 00:14:34 | 00:41:05 | 01:17:37 | 01:44:33 |
| 7 | GROSSMANN FLORIAN | 29 | FIT MIT SCHMIDT | LANGEWIESEN | GER | M35-39 | 2 | | 00:14:42 | 00:41:56 | 01:18:58 | 01:47:27 |
| 8 | WETOSZKA PIOTR | 101 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M35-39 | | | 00:14:50 | 00:41:57 | 01:18:51 | 01:46:07 |
| 9 | POŁUBIAK PAWEŁ | 74 | | SIECINO | POL | M35-39 | 1 | | 00:14:55 | 00:42:00 | 01:18:48 | 01:46:12 |
| 10 | HAŁAS MARCIN | 117 | | CZECHOWICE-DZIEDZICE | POL | M35-39 | | | 00:14:56 | 00:42:00 | 01:18:50 | 01:46:42 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|----------------------|-----|--|------------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 11 | CZERSKI KRZYSZTOF | 14 | TEAM POLAND | XX | POL | M40-44 | | | 00:15:09 | 00:42:05 | 01:18:59 | 01:46:49 |
| 12 | PRZYSTARZ GRZEGORZ | 78 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M50-54 | | | 00:15:19 | 00:42:45 | 01:19:45 | 01:47:52 |
| 13 | ŚLUPIANEK PAWEŁ | 87 | KATOWICKI NORDIC WALKING | KATOWICE | POL | M40-44 | | | 00:15:17 | 00:42:57 | 01:21:50 | 01:51:48 |
| 14 | WILCZEK KRZYSZTOF | 103 | CIDRY LOTAJOM | ZĘBOWICE | POL | M45-49 | | | 00:15:56 | 00:43:31 | 01:20:31 | 01:48:11 |
| 15 | MAKOWSKI JAN | 56 | | RYBNIK | POL | M60-64 | | | 00:15:27 | 00:43:50 | 01:24:05 | 02:05:07 |
| 16 | FRAĆKOWIAK KRZYSZTOF | 26 | ŚWIADOMI SIEDLCE | SIEDLCE | POL | M50-54 | | | 00:16:06 | 00:44:19 | 01:22:18 | 01:50:33 |
| 17 | ZYCH WITOLD | 112 | | ROGI | POL | M50-54 | | | 00:16:09 | 00:44:20 | 01:22:41 | 01:51:40 |
| 18 | PARZYBUT JAN | 70 | POSTĘP PNIEWY TEAM | PNIEWY | POL | M55-59 | 1 | | 00:16:29 | 00:45:36 | 01:24:41 | 02:04:49 |
| 19 | CZŁĄPSKI KRZYSZTOF | 15 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M55-59 | | | 00:16:28 | 00:45:38 | 01:24:32 | 02:04:39 |
| 20 | CELIŃSKI TOMASZ | 11 | TUPTUŚ OTWOCK | OTWOCK | POL | M50-54 | | | 00:16:23 | 00:46:01 | 01:25:32 | 02:05:09 |
| 21 | MĄDRY GRZEGORZ | 61 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-64 | | | 00:16:28 | 00:46:07 | 01:25:48 | 02:07:40 |
| 22 | ŽUGRIS AIVARS | 111 | | PREIĻI | LAT | M60-64 | 1 | | 00:16:33 | 00:46:09 | 01:26:46 | 02:08:47 |
| 23 | ZĪBERGS ANDRIS | 110 | WALK WITH THE WIND | LIEPĀJA | LAT | M45-49 | | | 00:16:29 | 00:46:15 | 01:27:21 | 02:10:40 |
| 24 | VEIGL JAROSLAV | 311 | TEAM CROATIA | | CRO | M50-54 | | | 00:16:08 | 00:46:32 | 01:31:22 | 02:12:49 |
| 25 | STĒPĀNS DĀVIS | 91 | NORDIC FITNESS WALKING | RIGA | LAT | M35-39 | 2 | | 00:16:23 | 00:46:44 | 01:28:33 | 02:11:57 |
| 26 | MEYER OLAF | 63 | FSV 1950 GOTHA E.V. | NESSETAL | GER | M50-54 | | | 00:16:46 | 00:47:05 | 01:28:15 | 02:10:43 |
| 27 | ABELTIŅŠ EDGARS | 1 | NORDIC FITNESS WALKING | RIGA | LAT | M40-44 | 1 | | 00:17:02 | 00:48:12 | 01:31:10 | 02:16:54 |
| 28 | CZMOCH MARIAN | 16 | PUKS ŁOSICE | ŁOSICE | POL | M70+ | | | 00:17:30 | 00:48:14 | 01:29:13 | 02:10:41 |
| 29 | LOCMELIS IMANTS | 53 | WALK WITH THE WIND | GROBINA | LAT | M60-64 | | | 00:17:18 | 00:48:27 | 01:31:21 | 02:10:33 |
| 30 | ROMAN KRZYSZTOF | 82 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | M60-64 | 1 | | 00:17:29 | 00:48:31 | 01:32:00 | 02:15:04 |
| 31 | ADAMCZYK ADAM | 2 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | | | 00:17:38 | 00:48:35 | 01:30:01 | 02:12:28 |
| 32 | ZAGAJA JANUSZ | 109 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M65-69 | | | 00:17:52 | 00:49:35 | 01:33:14 | 02:20:01 |
| 33 | BIERKUS MIROSLAW | 8 | BALTIN MIELENKO | KOSZALIN | POL | M65-69 | | | 00:18:21 | 00:49:54 | 01:31:34 | 02:12:59 |
| 34 | BEITIKS ANDIS | 5 | NŪJO AR VĒJU | LIEPĀJA | LAT | M60-64 | | | 00:17:41 | 00:49:55 | 01:33:20 | 02:18:05 |
| 35 | LAPŠANSKÝ VIKTOR | 48 | NORDIC WALKING - SARÁ LUBOVŇA | STARÁ LUBOVŇA | SVK | M55-59 | | | 00:17:41 | 00:50:08 | 01:33:41 | 02:18:13 |
| 36 | WIEŃSKO RYSZARD | 102 | | PULAWY | POL | M65-69 | | | 00:18:16 | 00:50:24 | 01:34:12 | 02:20:28 |
| 37 | TOBOLĪK JAN | 96 | NORDIC WALKING PŘEROV | PŘEROV | CZE | M40-44 | | | 00:17:36 | 00:50:50 | 01:35:10 | 02:21:18 |
| 38 | WOJTUNIK ANDRZEJ | 66 | KKB MOSIR KROSNO | BYTOM | POL | M65-69 | 1 | | 00:18:19 | 00:50:57 | 01:34:51 | 02:22:17 |
| 39 | MANDZIUK MAREK | 57 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M50-54 | | | 00:17:59 | 00:51:14 | 01:35:03 | 02:20:34 |
| 40 | KRAWIEC JACEK | 39 | JACK NORDIC TEAM ELBLĄG | ELBLĄG | POL | M55-59 | | | 00:17:40 | 00:51:28 | 01:37:34 | 02:27:15 |
| 41 | WALCZAK RYSZARD | 99 | | ZIELONA GÓRA | POL | M70+ | | | 00:18:37 | 00:51:39 | 01:35:18 | 02:20:16 |
| 42 | ŚLUSARCZYK GRZEGORZ | 556 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | | | 00:18:22 | 00:51:55 | 01:37:50 | 02:24:59 |
| 43 | KŚOK MIROSLAW | 41 | | WROCŁAW | POL | M65-69 | | | 00:18:34 | 00:52:00 | 01:39:29 | 02:29:04 |
| 44 | WIŚNIEWSKI ROMAN | 104 | | TWARDORZECZKA | POL | M65-69 | | | 00:18:46 | 00:52:20 | 01:39:25 | 02:28:45 |
| 45 | NIERADKO STANISŁAW | 67 | BOG-TUR | BOGATYNIA | POL | M60-64 | 2 | | 00:18:49 | 00:53:20 | 01:40:06 | 02:27:48 |
| 46 | JAŚLARZ JAROSŁAW | 119 | | KOŁOBRZEG | POL | M55-59 | 1 | | 00:19:15 | 00:53:56 | 01:40:24 | 02:29:01 |
| 47 | KIELIN GRZEGORZ | 36 | BIKE ATELIER EOBUIE URBEX MAXIMUS TEAM | POLKOWICE | POL | M45-49 | 2 | | 00:19:25 | 00:54:20 | 01:39:39 | 02:24:57 |
| 48 | POŁĄCZARZ ADAM | 73 | | BIELSKO-BIAŁA | POL | M40-44 | | | 00:20:03 | 00:55:09 | 01:43:03 | 02:47:12 |
| DQ | MEDRANO RUIZ JON | 62 | S.M. CLUB ATLETISMO MARATHON CREVILLENT | ELIZONDO | ESP | M40-44 | | 1 | 00:15:16 | 00:42:03 | 01:18:33 | 01:46:20 |
| DQ | POSTULKA ADAM | 76 | | RUDA ŚLĄSKA | POL | M55-59 | | 1 | 00:16:27 | 00:45:40 | DQ | DQ |
| DQ | FEY THORSTEN | 25 | TRISCHMIEDE WERRATAL_LT HAUNETAL_SC NEUENSTEIN | HAUNECK-BODES | GER | M50-54 | | 1 | 00:16:35 | 00:45:55 | 01:25:36 | 02:05:40 |
| DQ | PLEWIŃSKI RAFAŁ | 72 | NORDIC TEAM CZĘSTOCHOWA | BANINO | POL | M35-39 | | 1 | 00:16:53 | 00:48:50 | 01:33:22 | 02:20:47 |
| DQ | PALENIK EMIL | 310 | | | SVK | M70+ | | 1 | 00:20:46 | 00:57:56 | 01:49:06 | 02:41:23 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K18-34

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|-------------------|-----|-----------------|----------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | DYLEWICZ WERONIKA | 22 | EKSTREMUM | ŻAGAŃ | POL | K18-34 | | | 00:17:12 | 00:49:50 | 01:21:36 | 02:05:42 |
| 2 | WRÓBEL SANDRA | 108 | LECZYMY DURŚ | PIEKARYŚLĄSKIE | POL | K18-34 | | | 00:20:44 | 01:00:00 | 01:40:59 | 02:37:06 |
| DQ | DENIESE BUSCHBECK | 18 | FIT MIT SCHMIDT | ILMENAU | GER | K18-34 | | 1 | 00:16:46 | 00:47:21 | 01:17:54 | 02:11:40 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M18-34

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|-------------------|-----|-------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | MICHALEC MARCIN | 65 | TEAM POLAND | KROSNO | POL | M18-34 | | | 00:14:01 | 00:38:41 | 01:12:39 | 01:38:27 |
| 2 | ROMANOWSKI DANIEL | 120 | TEAM POLAND | RYBNIK | POL | M18-34 | 1 | | 00:14:17 | 00:40:09 | 01:15:13 | 01:41:29 |
| 3 | NIEPOKÓJ RADOSŁAW | 89 | TEAM POLAND | | POL | M18-34 | 1 | | 00:14:25 | 00:40:30 | 01:15:29 | 01:41:32 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K35-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|------------------------|-----|--------------------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | WOJCIECHOWSKA ELŻBIETA | 106 | POLIPACK TEAM GWE | PAKOŚĆ | POL | K35-39 | | | 00:14:01 | 00:39:23 | 01:13:46 | 01:47:58 |
| 2 | DEMBOWSKA ZOFIA | 17 | KATOWICKI NORDIC WALKING | SIEMIANOWICE ŚLĄSKIE | POL | K35-39 | 1 | | 00:17:00 | 00:47:55 | 01:31:00 | 02:14:55 |
| 3 | FLISEK BLANKA | 163 | UNLIMITED SPORT 2.0 | KRAKÓW | POL | K35-39 | 1 | | 00:17:22 | 00:48:37 | 01:19:57 | 02:07:10 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M35-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|-------------------|-----|---------------------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | GROSSMANN FLORIAN | 29 | FIT MIT SCHMIDT | LANGEWIESEN | GER | M35-39 | 2 | | 00:14:42 | 00:41:56 | 01:18:58 | 01:47:27 |
| 2 | WETOSZKA PIOTR | 101 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M35-39 | | | 00:14:50 | 00:41:57 | 01:18:51 | 01:46:07 |
| 3 | POŁUBIAK PAWEŁ | 74 | | SIECINO | POL | M35-39 | 1 | | 00:14:55 | 00:42:00 | 01:18:48 | 01:46:12 |
| 4 | HAŁAS MARCIN | 117 | | CZECHOWICE-DZIEDZICE | POL | M35-39 | | | 00:14:56 | 00:42:00 | 01:18:50 | 01:46:42 |
| 5 | STEPĀNS DĀVIS | 91 | NORDIC FITNESS WALKING | RIGA | LAT | M35-39 | 2 | | 00:16:23 | 00:46:44 | 01:28:33 | 02:11:57 |
| DQ | PLEWIŃSKI RAFAŁ | 72 | NORDIC TEAM CZĘSTOCHOWA | BANINO | POL | M35-39 | | 1 | 00:16:53 | 00:48:50 | 01:33:22 | 02:20:47 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|----------------------|----|--------------------|------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | RACIBORSKA EWA | 79 | ESJA TEAM | WARSZAWA | POL | K40-44 | | | 00:17:21 | 00:48:01 | 01:18:21 | 02:09:47 |
| 2 | SZCZUDLIK MAŁGORZATA | 94 | TEAM POLAND | TRZEMESZNO | POL | K40-44 | | | 00:17:23 | 00:48:16 | 01:18:51 | 02:12:04 |
| 3 | SITTEK AGNIESZKA | 83 | | KATOWICE | POL | K40-44 | | | 00:17:28 | 00:48:19 | 01:19:41 | 02:02:11 |
| 4 | KULESZA AGNIESZKA | 44 | SIR-HA SIERADZ | SIERADZ | POL | K40-44 | | | 00:18:34 | 00:52:11 | 01:25:16 | 02:24:06 |
| 5 | SVIKLE LIENE | 92 | WALK WITH THE WIND | LIEPAJA | LAT | K40-44 | 1 | | 00:18:21 | 00:52:58 | 01:27:54 | 02:16:20 |
| 6 | PALICA JOANNA | 69 | EKIPA NA KIJACH | ZABRZE | POL | K40-44 | 1 | | 00:19:50 | 00:57:31 | 01:35:51 | 02:44:26 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|----------------------|----|--|---------------------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | ALVAREZ BORRAS RAMON | 3 | S.M. CLUB ATLETISMO MARATHON CREVILLET | BENIFAIRO DE LA VALLDIGNA | ESP | M40-44 | | | 00:14:34 | 00:39:55 | 01:14:07 | 01:39:25 |
| 2 | CZERSKI KRZYSZTOF | 14 | TEAM POLAND | XX | POL | M40-44 | | | 00:15:09 | 00:42:05 | 01:18:59 | 01:46:49 |
| 3 | ŚLUPIANEK PAWEŁ | 87 | KATOWICKI NORDIC WALKING | KATOWICE | POL | M40-44 | | | 00:15:17 | 00:42:57 | 01:21:50 | 01:51:48 |
| 4 | ABELTIŅŠ EDGARS | 1 | NORDIC FITNESS WALKING | RIGA | LAT | M40-44 | 1 | | 00:17:02 | 00:48:12 | 01:31:10 | 02:16:54 |
| 5 | TOBOLÍK JAN | 96 | NORDIC WALKING PREROV | PREROV | CZE | M40-44 | | | 00:17:36 | 00:50:50 | 01:35:10 | 02:21:18 |
| 6 | POŁAČARZ ADAM | 73 | . | BIELSKO-BIAŁA | POL | M40-44 | | | 00:20:03 | 00:55:09 | 01:43:03 | 02:47:12 |
| DQ | MEDRANO RUIZ JON | 62 | S.M. CLUB ATLETISMO MARATHON CREVILLET | ELIZONDO | ESP | M40-44 | | 1 | 00:15:16 | 00:42:03 | 01:18:33 | 01:46:20 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|---------------------|-----|--------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | RAJEK MAGDALENA | 80 | TEAM POLAND | WARSZAWA | POL | K45-49 | | | 00:17:22 | 00:47:53 | 01:17:57 | 02:09:39 |
| 2 | JANEKA DACE | 32 | WALK WITH THE WIND | LIEPAJA | LAT | K45-49 | | | 00:17:07 | 00:48:06 | 01:19:12 | 02:01:39 |
| 3 | KUŁAKOWSKA HALINA | 45 | KATOWICKI NORDIC WALKING | OLKUSZ | POL | K45-49 | | | 00:17:39 | 00:48:43 | 01:20:22 | 02:16:24 |
| 4 | JARUGA BEATA | 33 | | OŁAWA | POL | K45-49 | | | 00:17:35 | 00:49:13 | 01:21:58 | 02:19:27 |
| 5 | PATORKOVA SABINA | 118 | | | CZE | K45-49 | | | 00:19:14 | 00:56:03 | 01:32:56 | 02:36:54 |
| 6 | LEMPINSKA AGNIESZKA | 49 | | KATOWICE | POL | K45-49 | | | 00:21:54 | 01:02:35 | 01:58:36 | 03:03:24 |
| 7 | MAJOR ANNA | 55 | | WROCLAW | POL | K45-49 | 2 | | 00:21:55 | 01:03:22 | 02:01:52 | 03:08:54 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|---------------------|-----|---|--------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | ROSAK MARCIN | 50 | TEAM POLAND | ZIELONA GÓRA | POL | M45-49 | | | 00:14:34 | 00:41:05 | 01:17:37 | 01:44:33 |
| 2 | WILCZEK KRZYSZTOF | 103 | CIDRY LOTAJOM | ZĘBOWICE | POL | M45-49 | | | 00:15:56 | 00:43:31 | 01:20:31 | 01:48:11 |
| 3 | ZIBERGS ANDRIS | 110 | WALK WITH THE WIND | LIEPĀJA | LAT | M45-49 | | | 00:16:29 | 00:46:15 | 01:27:21 | 02:10:40 |
| 4 | ŚLUSARCZYK GRZEGORZ | 556 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M45-49 | | | 00:18:22 | 00:51:55 | 01:37:50 | 02:24:59 |
| 5 | KIELIN GRZEGORZ | 36 | BIKE ATELIER EOBUIWE URBEX MAXIMUS TEAM | POLKOWICE | POL | M45-49 | 2 | | 00:19:25 | 00:54:20 | 01:39:39 | 02:24:57 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|-------------------|-----|--------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | KOŁODZIEJ JOANNA | 37 | MALINOWE GWIAZDY | RUDA ŚLĄSKA | POL | K50-54 | | | 00:16:37 | 00:45:45 | 01:14:38 | 02:03:07 |
| 2 | SŁOWIŃSKA ALICJA | 86 | ŚWIADOMI SIEDLCE | SIEDLCE | POL | K50-54 | | | 00:17:20 | 00:48:53 | 01:21:40 | 02:20:29 |
| 3 | SIWEK EWA | 84 | TUPTUŚ OTWOCK | OTWOCK | POL | K50-54 | | | 00:18:23 | 00:50:59 | 01:24:02 | 02:09:57 |
| 4 | SMILTNIENE AGNESE | 88 | NÚJO AR VĒJU | LIEPĀJA | LAT | K50-54 | | | 00:18:53 | 00:52:44 | 01:26:18 | 02:11:57 |
| 5 | FASOLA RAFFAELLA | 24 | NORDIC WALKING COMO | COMO | ITA | K50-54 | 1 | | 00:19:12 | 00:52:53 | 01:27:09 | 02:13:59 |
| 6 | ORŁOWSKA BEATA | 68 | | KOŁOBRZEG | POL | K50-54 | 1 | | 00:18:54 | 00:53:00 | 01:28:07 | 02:30:09 |
| 7 | ČIHOVÁ JANA | 13 | SG.3 ZLÍN CZECH REPUBLIC | ZLÍN | CZE | K50-54 | | | 00:18:03 | 00:53:14 | 01:27:48 | 02:16:46 |
| DQ | DE WAAL LOHRA | 116 | SOUTHPOLE | CAPE TOWN | | K50-54 | | | 00:20:15 | 00:56:49 | 01:34:40 | 02:39:10 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|----------------------|-----|--|-----------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | PRYZYSTARZ GRZEGORZ | 78 | OBORYGENI | OBORNKI ŚLĄSKIE | POL | M50-54 | | | 00:15:19 | 00:42:45 | 01:19:45 | 01:47:52 |
| 2 | FRAĆKOWIAK KRZYSZTOF | 26 | ŚWIADOMI SIEDLCE | SIEDLCE | POL | M50-54 | | | 00:16:06 | 00:44:19 | 01:22:18 | 01:50:33 |
| 3 | ZYCH WITOLD | 112 | | ROGI | POL | M50-54 | | | 00:16:09 | 00:44:20 | 01:22:41 | 01:51:40 |
| 4 | CELIŃSKI TOMASZ | 11 | TUPTUŚ OTWOCK | OTWOCK | POL | M50-54 | | | 00:16:23 | 00:46:01 | 01:25:32 | 02:05:09 |
| 5 | VEIGL JAROSLAV | 311 | TEAM CROATIA | | CRO | M50-54 | | | 00:16:08 | 00:46:32 | 01:31:22 | 02:12:49 |
| 6 | MEYER OLAF | 63 | FSV 1950 GOTH A.E.V. | NESSETAL | GER | M50-54 | | | 00:16:46 | 00:47:05 | 01:28:15 | 02:10:43 |
| 7 | MANDZIUK MAREK | 57 | TKKF KRZNA BIAŁA PODLASKA | BIAŁA PODLASKA | POL | M50-54 | | | 00:17:59 | 00:51:14 | 01:35:03 | 02:20:34 |
| DQ | FEY THORSTEN | 25 | TRISCHMIEDE WERRATAL_LT HAUNETAL_SC NEUENSTEIN | HAUNECK-BODES | GER | M50-54 | | 1 | 00:16:35 | 00:45:55 | 01:25:36 | 02:05:40 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|---------------------|----|-------------------------------|---------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | KUBILOVIČA LINDA | 42 | | LIEPĀJA | LAT | K55-59 | | | 00:17:19 | 00:48:06 | 01:19:22 | 02:01:36 |
| 2 | POSTEK DANUTA | 75 | MARSZ PO ZDROWIE | POZNAŃ | POL | K55-59 | 1 | | 00:18:35 | 00:52:51 | 01:27:46 | 02:29:33 |
| 3 | BERSZTOLC AGNIESZKA | 7 | NOWI SIEDLCE | SUTNO | POL | K55-59 | 2 | | 00:19:04 | 00:55:23 | 01:31:47 | 02:36:43 |
| 4 | LAPŠANSKÁ URSZULA | 47 | NORDIC WALKING- STARÁ LUBOVŇA | STARÁ LUBOVŇA | SVK | K55-59 | | | 00:20:04 | 00:55:24 | 01:31:38 | 02:36:45 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|--------------------|-----|-------------------------------|---------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | PARZYBUT JAN | 70 | POSTĘP PNIEWY TEAM | PNIEWY | POL | M55-59 | 1 | | 00:16:29 | 00:45:36 | 01:24:41 | 02:04:49 |
| 2 | CZŁAPSKI KRZYSZTOF | 15 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M55-59 | | | 00:16:28 | 00:45:38 | 01:24:32 | 02:04:39 |
| 3 | LAPŠANSKÝ VIKTOR | 48 | NORDIC WALKING - SARÁ LUBOVŇA | STARÁ LUBOVŇA | SVK | M55-59 | | | 00:17:41 | 00:50:08 | 01:33:41 | 02:18:13 |
| 4 | KRAWIEC JACEK | 39 | JACK NORDIC TEAM ELBLĄG | ELBLĄG | POL | M55-59 | | | 00:17:40 | 00:51:28 | 01:37:34 | 02:27:15 |
| 5 | JAŚLARZ JAROSŁAW | 119 | | KOŁOBRZEG | POL | M55-59 | 1 | | 00:19:15 | 00:53:56 | 01:40:24 | 02:29:01 |
| DQ | POSTULKA ADAM | 76 | | RUDA ŚLĄSKA | POL | M55-59 | | 1 | 00:16:27 | 00:45:40 | DQ | DQ |
| | | | | | | | | | DQ | DQ | | |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|-----------------|-----|--------------------|-------------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | WÓJCİK BARBARA | 107 | LUKI TEAM POLSKA | CHRZAŚTAWA WIELKA | POL | K60-64 | | | 00:18:00 | 00:50:46 | 01:24:11 | 02:21:03 |
| 2 | TUTIŃINA OLGA | 98 | | RIGA | LAT | K60-64 | 1 | | 00:19:45 | 00:52:08 | 01:34:40 | 02:42:19 |
| 3 | LOČMELE BENITA | 52 | WALK WITH THE WIND | GROBIŃA | LAT | K60-64 | | | 00:18:15 | 00:52:51 | 01:28:41 | 02:30:25 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|--------------------|-----|--------------------|--------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | SKIBA KRZYSZTOF | 85 | TEAM POLAND | LEGNICA | POL | M60-64 | 1 | | 00:14:31 | 00:40:13 | 00:55:37 | 01:41:50 |
| 2 | MAKOWSKI JAN | 56 | | RYBNIK | POL | M60-64 | | | 00:15:27 | 00:43:50 | 01:24:05 | 02:05:07 |
| 3 | MĄDRY GRZEGORZ | 61 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | M60-64 | | | 00:16:28 | 00:46:07 | 01:25:48 | 02:07:40 |
| 4 | ŽUGRIS AIVARS | 111 | | PREIĻI | LAT | M60-64 | 1 | | 00:16:33 | 00:46:09 | 01:26:46 | 02:08:47 |
| 5 | LOCMELIS IMANTS | 53 | WALK WITH THE WIND | GROBINA | LAT | M60-64 | | | 00:17:18 | 00:48:27 | 01:31:21 | 02:10:33 |
| 6 | ROMAN KRZYSZTOF | 82 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | M60-64 | 1 | | 00:17:29 | 00:48:31 | 01:32:00 | 02:15:04 |
| 7 | BEITIKS ANDIS | 5 | NŪJO AR VĒJU | LIEPĀJA | LAT | M60-64 | | | 00:17:41 | 00:49:55 | 01:33:20 | 02:18:05 |
| 8 | NIERADKO STANISŁAW | 67 | BOG-TUR | BOGATYNIA | POL | M60-64 | 2 | | 00:18:49 | 00:53:20 | 01:40:06 | 02:27:48 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|----------------------|----|-----------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | KAWIORSKA-DUDA MARIA | 34 | | PSZCZEW | POL | K65-69 | 1 | | 00:19:24 | 00:53:24 | 01:28:22 | 02:27:37 |
| 2 | BUCZKOWSKA WIESŁAWA | 9 | WŁÓCZYKILJE GDYNIA | GDYNIA | POL | K65-69 | | | 00:19:23 | 00:54:51 | 01:31:29 | 02:34:08 |
| DQ | DRYGALSKA ALEKSANDRA | 21 | KIJE W DOBRYCH RĘKACH | BĘDZIN | POL | K65-69 | | 1 | 00:21:02 | 01:01:34 | 01:59:05 | 03:01:33 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|------------------|-----|--------------------|---------------|------|--------|-------------|--------------|----------|----------|----------|----------|
| 1 | ZAGAJA JANUSZ | 109 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M65-69 | | | 00:17:52 | 00:49:35 | 01:33:14 | 02:20:01 |
| 2 | BIERKUS MIROSŁAW | 8 | BALTIN MIELENKO | KOSZALIN | POL | M65-69 | | | 00:18:21 | 00:49:54 | 01:31:34 | 02:12:59 |
| 3 | WIEŃSKO RYSZARD | 102 | | PUŁAWY | POL | M65-69 | | | 00:18:16 | 00:50:24 | 01:34:12 | 02:20:28 |
| 4 | WOJTUNIK ANDRZEJ | 66 | KKB MOSIR KROSNO | BYTOM | POL | M65-69 | 1 | | 00:18:19 | 00:50:57 | 01:34:51 | 02:22:17 |
| 5 | KSOK MIROSŁAW | 41 | | WROCŁAW | POL | M65-69 | | | 00:18:34 | 00:52:00 | 01:39:29 | 02:29:04 |
| 6 | WIŚNIEWSKI ROMAN | 104 | | TWARDORZECZKA | POL | M65-69 | | | 00:18:46 | 00:52:20 | 01:39:25 | 02:28:45 |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|-----------------|-----|----------------------|--------------|------|------|-------------|--------------|----------|----------|----------|----------|
| 1 | CZMOCH MARIAN | 16 | PUKS ŁOSICE | ŁOSICE | POL | M70+ | | | 00:17:30 | 00:48:14 | 01:29:13 | 02:10:41 |
| 2 | ADAMCZYK ADAM | 2 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | | | 00:17:38 | 00:48:35 | 01:30:01 | 02:12:28 |
| 3 | WALCZAK RYSZARD | 99 | | ZIELONA GÓRA | POL | M70+ | | | 00:18:37 | 00:51:39 | 01:35:18 | 02:20:16 |
| DQ | PALENIK EMIL | 310 | | | SVK | M70+ | | 1 | 00:20:46 | 00:57:56 | 01:49:06 | 02:41:23 |
| | | | | | | | | | DQ | DQ | DQ | DQ |

INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 21,1KM, K70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.8km | 5km | 10km | 15km |
|------|-----------------|----|-----------------------|-----------|------|------|-------------|--------------|----------|----------|----------|----------|
| 1 | ANYŻ MARIA | 4 | KIJE W DOBRYCH RĘKACH | BĘDZIN | POL | K70+ | 1 | | 00:19:16 | 01:32:07 | 02:36:27 | 03:29:34 |