

X NORDIC WALKING GLIWICKI

Organizator: Fundacja Bieg Rzeźnika
 Data: 2024-10-06
 Miejsce: Gliwice
 Dystans: 10N km
 Klasyfikacja wg czasów netto.

X NORDIC WALKING GLIWICKI, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------------------|------|---|----------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | ROMANOWSKI DANIEL | 1534 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M-20 | 1 | M 1 | 00:30:05 | 01:01:33.63 | 6:00 | 10 |
| 2 | SADOWSKI TOMASZ | 1582 | #CZELADZBIEGA | SOSNOWIEC | POL | M-40 | 1 | M 2 | 00:30:13 | 01:01:51.32 | 6:02 | 9.9 |
| 3 | MAŁKA MARIAN | 1544 | NORDIC SPORT 2021 | GLIWICE | POL | M-60 | 1 | M 3 | 00:30:25 | 01:01:51.32 | 6:02 | 9.9 |
| 4 | RZEPKA MAŁGORZATA | 1524 | - | GLIWICE | POL | K-50 | 1 | K 1 | 00:33:32 | 01:08:09.96 | 6:39 | 9.9 |
| 5 | PUCHAŁA DARIUSZ | 1542 | EKIPA NA KIJACH | ZABRZE | POL | M-60 | 2 | M 4 | 00:34:49 | 01:09:47.48 | 6:48 | 8.8 |
| 6 | PIECHOCZEK-NIEZGODA LUCYNA | 1508 | - | ŻORY | POL | K-40 | 1 | K 2 | 00:34:55 | 01:11:49.48 | 7:00 | 8.6 |
| 7 | WOJTUNIK ANDRZEJ | 1559 | MALINOWE GWIAZDY | BYTOM | POL | M-60 | 3 | M 5 | 00:36:04 | 01:12:44.01 | 7:06 | 8.4 |
| 8 | POGORZELSKA ALINA | 1523 | - | CZERWIONKA-LESZCZYNY | POL | K-50 | 2 | K 3 | 00:36:22 | 01:13:35.85 | 7:11 | 8.3 |
| 9 | GABSINIEC KAZIMIERA | 1577 | CIDRY LOTAJOM | BYTOM | POL | K-60 | 1 | K 4 | 00:36:24 | 01:14:00.12 | 7:13 | 8.3 |
| 10 | MARKS ADRIAN | 1535 | LECZYMY DURŚ | BYTOM | POL | M-50 | 1 | M 6 | 00:36:05 | 01:14:03.68 | 7:13 | 8.3 |
| 11 | TYCZEWSKI JACEK | 1526 | - | GLIWICE | POL | M-40 | 2 | M 7 | 00:36:51 | 01:15:08.12 | 7:20 | 8.2 |
| 12 | RZEPKA TOMASZ | 1525 | - | GLIWICE | POL | M-50 | 2 | M 8 | 00:36:35 | 01:15:25.72 | 7:21 | 8.1 |
| 13 | FELCZAK DAMIAN | 1506 | - | PYSKOWICE | POL | M-30 | 1 | M 9 | 00:37:28 | 01:16:41.86 | 7:29 | 8 |
| 14 | KAŁKA KRZYSZTOF | 1537 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | M-50 | 3 | M 10 | 00:38:00 | 01:17:51.29 | 7:36 | 7.9 |
| 15 | TYCZEWSKA PAULINA | 1550 | - | KRAKÓW | POL | K-40 | 2 | K 5 | 00:38:28 | 01:19:11.45 | 7:43 | 7.8 |
| 16 | ŻUCHOWICZ ELŻBIETA | 1581 | M2M BADANIA KLINICZNE | DĄBROWA GÓRNICZA | POL | K-60 | 2 | K 6 | 00:38:47 | 01:19:12.08 | 7:44 | 7.8 |
| 17 | KŁYSZ WOJCIECH | 1551 | SILESIA CHOKE'N'ROLL | PYSKOWICE | POL | M-40 | 3 | M 11 | 00:39:10 | 01:19:56.99 | 7:48 | 7.7 |
| 18 | LEWANDOWSKA ANNA | 1502 | - | GLIWICE | POL | K-50 | 3 | K 7 | 00:39:57 | 01:19:57.41 | 7:48 | 7.7 |
| 19 | STAROSTKA ANDRZEJ | 1563 | PARKRUN KĘDZIERZYN-KOŹLE | KĘDZIERZYN-KOŹLE | POL | M-60 | 4 | M 12 | 00:39:30 | 01:20:37.76 | 7:52 | 7.6 |
| 20 | LISZKA ILONA | 1566 | - | KAMIENIEC | POL | K-40 | 3 | K 8 | 00:39:45 | 01:20:45.04 | 7:53 | 7.6 |
| 21 | MUSZYŃSKI DARIUSZ | 1536 | COMP TEAM | KAMIENIEC | POL | M-60 | 5 | M 13 | 00:39:02 | 01:20:48.32 | 7:53 | 7.6 |
| 22 | GRIEGER-GORCZYŃSKA EWA | 1501 | BOJKÓW NORDIC WALKING - BOSCY BOJKOWSCY | GLIWICE | POL | K-40 | 4 | K 9 | 00:39:43 | 01:21:47.99 | 7:59 | 7.5 |
| 23 | POCZĘTA-BUDZIOCH DOROTA | 1574 | - | GLIWICE | POL | K-40 | 5 | K 10 | 00:40:04 | 01:21:53.46 | 7:59 | 7.5 |
| 24 | SZKAMRUK JANUSZ | 1503 | AKMB PĘDZIWIATR GLIWICE | GLIWICE | POL | M-60 | 6 | M 14 | 00:40:12 | 01:22:01.40 | 8:00 | 7.5 |
| 25 | DYRLAGA STANISŁAW | 1527 | - | WĘGIERSKA GÓRKA | POL | M-60 | 7 | M 15 | 00:40:22 | 01:22:13.62 | 8:01 | 7.5 |
| 26 | JARKA SYLWIA | 1576 | - | TURZA ŚLĄSKA | POL | K-30 | 1 | K 11 | 00:38:48 | 01:22:24.05 | 8:02 | 7.5 |
| 27 | MAŁKA IRENA | 1545 | - | GLIWICE | POL | K-60 | 3 | K 12 | 00:41:00 | 01:22:31.44 | 8:03 | 7.4 |
| 28 | DOBIAS KATARZYNA | 1512 | - | PYSKOWICE | POL | K-30 | 2 | K 13 | 00:40:40 | 01:22:37.20 | 8:04 | 7.4 |
| 29 | KLECZKA EWELINA | 1561 | - | GLIWICE | POL | K-40 | 6 | K 14 | 00:42:12 | 01:23:15.09 | 8:07 | 7.4 |
| 30 | KOPCZYŃSKA AGATA | 1553 | #HUTATEAM | GLIWICE | POL | K-40 | 7 | K 15 | 00:41:49 | 01:23:24.02 | 8:08 | 7.4 |
| 31 | SZKAMRUK BOGUSŁAWA | 1514 | AKMB PĘDZIWIATR GLIWICE | GLIWICE | POL | K-60 | 4 | K 16 | 00:41:01 | 01:24:04.83 | 8:12 | 7.3 |
| 32 | JAWORSKI ANDRZEJ | 1543 | - | GLIWICE | POL | M-60 | 8 | M 16 | 00:41:46 | 01:25:08.80 | 8:18 | 7.2 |
| 33 | DOMBEK WIKTORIA | 1570 | - | KNURÓW | POL | K-20 | 1 | K 17 | 00:41:13 | 01:25:24.12 | 8:20 | 7.2 |
| 34 | ZEMŁA PIOTR | 1579 | - | GLIWICE | POL | M-50 | 4 | M 17 | 00:41:52 | 01:25:48.98 | 8:22 | 7.2 |
| 35 | ŁYSONI IWONA | 1556 | - | KATOWICE | POL | K-30 | 3 | K 18 | 00:42:44 | 01:26:24.61 | 8:26 | 7.1 |
| 36 | PAWLIK ANDRZEJ | 1520 | - | GLIWICE | POL | M-60 | 9 | M 18 | 00:42:44 | 01:26:24.62 | 8:26 | 7.1 |
| 37 | GRONDYS MICHAŁ | 1547 | - | GLIWICE | POL | M-40 | 4 | M 19 | 00:43:26 | 01:27:04.02 | 8:30 | 7.1 |
| 38 | GRONDYS SYLWIA | 1548 | - | GLIWICE | POL | K-40 | 8 | K 19 | 00:43:26 | 01:27:05.08 | 8:30 | 7.1 |
| 39 | PYTKO MARTYNA | 1558 | - | GLIWICE | POL | K-30 | 4 | K 20 | 00:42:29 | 01:27:09.63 | 8:30 | 7 |
| 40 | GAWLIK-JĘDRYSIAK MONIKA | 1552 | - | GLIWICE | POL | K-40 | 9 | K 21 | 00:43:24 | 01:27:41.14 | 8:33 | 7 |
| 41 | ZAŁĘCKA-MYSZKIEWICZ MAGDALENA | 1540 | FLUOR | GLIWICE | POL | K-30 | 5 | K 22 | 00:42:59 | 01:27:45.05 | 8:34 | 7 |
| 42 | STERNICKA NATALIA | 1572 | - | PILCHOWICE | POL | K-20 | 2 | K 23 | 00:43:34 | 01:28:06.27 | 8:36 | 7 |
| 43 | STRONIEWSKA ANNA | 1517 | GITTEAM | GLIWICE | POL | K-50 | 4 | K 24 | 00:45:08 | 01:28:24.26 | 8:37 | 7 |
| 44 | KORMAN AGNIESZKA | 1042 | GITTEAM | BYTOM | POL | K-40 | 10 | K 25 | 00:45:23 | 01:28:26.14 | 8:38 | 6.9 |
| 45 | WOJTALA EDYTA | 1567 | ASSECO ACTIVE TEAM | GLIWICE | POL | K-50 | 5 | K 26 | 00:44:14 | 01:28:33.36 | 8:38 | 6.9 |
| 46 | ZEGZUŁA ŁUKASZ | 1557 | HUTA TEAM | GLIWICE | POL | M-40 | 5 | M 20 | 00:44:48 | 01:28:49.41 | 8:40 | 6.9 |

X NORDIC WALKING GLIWICKI, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|------------------------|------|---------------------|------------------|------|------|--------|------|----------|-------------|--------|------|
| 47 | WILKOŃ ARTUR | 1507 | #HUTATEAM | GLIWICE | POL | M-50 | 5 | M 21 | 00:44:48 | 01:28:49.88 | 8:40 | 6.9 |
| 48 | GANZKE-GODLEWSKA DARIA | 1568 | | DOŁUJE | POL | K-30 | 6 | K 27 | 00:45:01 | 01:29:45.70 | 8:45 | 6.8 |
| 49 | HATALSKA GOSIA | 1569 | | KLESZCZÓW | POL | K-40 | 11 | K 28 | 00:45:02 | 01:29:45.71 | 8:45 | 6.8 |
| 50 | KROLIŃSKA JUSTYNA | 1549 | | PYSKOWICE | POL | K-50 | 6 | K 29 | 00:44:38 | 01:30:06.36 | 8:47 | 6.8 |
| 51 | KOMANDER JOANNA | 1539 | JOMAR RUNNERS | GLIWICE | POL | K-50 | 7 | K 30 | 00:43:44 | 01:30:16.45 | 8:48 | 6.8 |
| 52 | GRZYWOCZ AGNIESZKA | 1509 | GIT-TEAM | GLIWICE | POL | K-30 | 7 | K 31 | 00:45:22 | 01:30:23.54 | 8:49 | 6.8 |
| 53 | DUDA AGNIESZKA | 1573 | | GLIWICE | POL | K-40 | 12 | K 32 | 00:44:18 | 01:30:26.75 | 8:49 | 6.8 |
| 54 | GRADZKA JOLANTA | 1546 | FLUOR | GLIWICE | POL | K-50 | 8 | K 33 | 00:44:40 | 01:30:27.39 | 8:49 | 6.8 |
| 55 | MARSZAŁ JANINA | 1554 | NIE DOTYCZY | GLIWICE | POL | K-60 | 5 | K 34 | 00:44:34 | 01:30:49.07 | 8:52 | 6.8 |
| 56 | JANIK SYLWIA | 1522 | GIT-TEAM | GLIWICE | POL | K-40 | 13 | K 35 | 00:45:25 | 01:30:57.76 | 8:52 | 6.8 |
| 57 | ŁĘNCZUK WIOLETTA | 1516 | GIT TEAM | GLIWICE | POL | K-40 | 14 | K 36 | 00:45:26 | 01:31:00.97 | 8:53 | 6.8 |
| 58 | RAKOWSKA WIOLETTA | 1529 | GITTEAM | ZABRZE | POL | K-30 | 8 | K 37 | 00:45:09 | 01:31:01.72 | 8:53 | 6.8 |
| 59 | JARANOWSKA DOMINIKA | 1519 | | NAKŁO ŚLĄSKIE | POL | K-40 | 15 | K 38 | 00:45:20 | 01:31:03.47 | 8:53 | 6.7 |
| 60 | GAMRACY LESZEK | 1511 | UTW GLIWICE | GLIWICE | POL | M-60 | 10 | M 22 | 00:41:52 | 01:31:15.68 | 8:54 | 6.7 |
| 61 | SAMOL IWONA | 1533 | | GLIWICE | POL | K-50 | 9 | K 39 | 00:45:02 | 01:31:28.53 | 8:55 | 6.7 |
| 62 | WRÓBEL URSZULA | 1575 | | KATOWICE | POL | K-50 | 10 | K 40 | 00:46:24 | 01:33:00.43 | 9:04 | 6.6 |
| 63 | POLIFKE RENATA | 1580 | | GLIWICE | POL | K-30 | 9 | K 41 | 00:46:24 | 01:33:01.35 | 9:05 | 6.6 |
| 64 | NOWICKA JOANNA | 1555 | SSM | ŁAZISKA GÓRNE | POL | K-30 | 10 | K 42 | 00:45:31 | 01:33:03.42 | 9:05 | 6.6 |
| 65 | TOMAL ŁUKASZ | 1532 | BNW BOSCY BOJKOWSCY | GLIWICE | POL | M-30 | 2 | M 23 | 00:48:09 | 01:33:06.61 | 9:05 | 6.6 |
| 66 | KRUPA NATALIA | 1578 | | UJAZD | POL | K-30 | 11 | K 43 | 00:46:36 | 01:33:12.66 | 9:06 | 6.6 |
| 67 | ZIELONKA BARBARA | 1518 | | GLIWICE | POL | K-60 | 6 | K 44 | 00:46:03 | 01:33:40.76 | 9:08 | 6.6 |
| 68 | WIŚNIEWSKI MARIUSZ | 1564 | | TYCHY | POL | M-50 | 6 | M 24 | 00:45:40 | 01:34:30.70 | 9:13 | 6.5 |
| 69 | LENŻA-DOMBK KARINA | 1571 | | WILCZA | POL | K-60 | 7 | K 45 | 00:46:09 | 01:35:13.89 | 9:17 | 6.5 |
| 70 | HUTNIK AGNIESZKA | 1528 | KS SERNIK | DĄBROWA GÓRNICZA | POL | K-50 | 11 | K 46 | 00:47:57 | 01:36:33.55 | 9:25 | 6.4 |
| 71 | KRÓL JADWIGA | 1560 | | WROCLAW | POL | K-60 | 8 | K 47 | 00:47:39 | 01:36:55.55 | 9:27 | 6.3 |

X NORDIC WALKING GLIWICKI, K Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------------------|------|---|----------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | RZEPKA MAŁGORZATA | 1524 | - | GLIWICE | POL | K-50 | 1 | K 1 | 00:33:32 | 01:08:09.96 | 6:39 | 9 |
| 2 | PIECHOCZEK-NIEZGODA LUCYNA | 1508 | | ŻORY | POL | K-40 | 1 | K 2 | 00:34:55 | 01:11:49.48 | 7:00 | 8.6 |
| 3 | POGORZELSKA ALINA | 1523 | | CZERWIONKA-LESZCZYNY | POL | K-50 | 2 | K 3 | 00:36:22 | 01:13:35.85 | 7:11 | 8.3 |
| 4 | GABINIĘC KAZIMIERA | 1577 | CIDRY LOTAJOM | BYTOM | POL | K-60 | 1 | K 4 | 00:36:24 | 01:14:00.12 | 7:13 | 8.3 |
| 5 | TYCZEWSKA PAULINA | 1550 | | KRAKÓW | POL | K-40 | 2 | K 5 | 00:38:28 | 01:19:11.45 | 7:43 | 7.8 |
| 6 | ŻUCHOWICZ ELŻBIETA | 1581 | M2M BADANIA KLINICZNE | DĄBROWA GÓRNICZA | POL | K-60 | 2 | K 6 | 00:38:47 | 01:19:12.08 | 7:44 | 7.8 |
| 7 | LEWANDOWSKA ANNA | 1502 | | GLIWICE | POL | K-50 | 3 | K 7 | 00:39:57 | 01:19:57.41 | 7:48 | 7.7 |
| 8 | LISZKA ILONA | 1566 | | KAMIENIEC | POL | K-40 | 3 | K 8 | 00:39:45 | 01:20:45.04 | 7:53 | 7.6 |
| 9 | GRIEGER-GORCZYŃSKA EWA | 1501 | BOJKÓW NORDIC WALKING - BOSCY BOJKOWSCY | GLIWICE | POL | K-40 | 4 | K 9 | 00:39:43 | 01:21:47.99 | 7:59 | 7.5 |
| 10 | POCZĘTA-BUDZIOCH DOROTA | 1574 | | GLIWICE | POL | K-40 | 5 | K 10 | 00:40:04 | 01:21:53.46 | 7:59 | 7.5 |
| 11 | JARKA SYLWIA | 1576 | | TURZA ŚLĄSKA | POL | K-30 | 1 | K 11 | 00:38:48 | 01:22:24.05 | 8:02 | 7.5 |
| 12 | MAŁKA IRENA | 1545 | | GLIWICE | POL | K-60 | 3 | K 12 | 00:41:00 | 01:22:31.44 | 8:03 | 7.4 |
| 13 | DOBIAS KATARZYNA | 1512 | | PYSKOWICE | POL | K-30 | 2 | K 13 | 00:40:40 | 01:22:37.20 | 8:04 | 7.4 |
| 14 | KLECZKA EWELINA | 1561 | | GLIWICE | POL | K-40 | 6 | K 14 | 00:42:12 | 01:23:15.09 | 8:07 | 7.4 |
| 15 | KOPCZYŃSKA AGATA | 1553 | #HUTATEAM | GLIWICE | POL | K-40 | 7 | K 15 | 00:41:49 | 01:23:24.02 | 8:08 | 7.4 |
| 16 | SZKAMRUK BOGUSŁAWA | 1514 | AKMB PĘDZIWIATR GLIWICE | GLIWICE | POL | K-60 | 4 | K 16 | 00:41:01 | 01:24:04.83 | 8:12 | 7.3 |
| 17 | DOMBEK WIKTORIA | 1570 | | KNURÓW | POL | K-20 | 1 | K 17 | 00:41:13 | 01:25:24.12 | 8:20 | 7.2 |
| 18 | ŁYŚOŃ IWONA | 1556 | | KATOWICE | POL | K-30 | 3 | K 18 | 00:42:44 | 01:26:24.61 | 8:26 | 7.1 |
| 19 | GRONDYS SYLWIA | 1548 | | GLIWICE | POL | K-40 | 8 | K 19 | 00:43:26 | 01:27:05.08 | 8:30 | 7.1 |
| 20 | PYTKO MARTYNA | 1558 | | GLIWICE | POL | K-30 | 4 | K 20 | 00:42:29 | 01:27:09.63 | 8:30 | 7 |
| 21 | GAWLIK-JĘDRYSIAK MONIKA | 1552 | | GLIWICE | POL | K-40 | 9 | K 21 | 00:43:24 | 01:27:41.14 | 8:33 | 7 |
| 22 | ZAŁĘCKA-MYSZKIEWICZ MAGDALENA | 1540 | FLUOR | GLIWICE | POL | K-30 | 5 | K 22 | 00:42:59 | 01:27:45.05 | 8:34 | 7 |
| 23 | STERNICKA NATALIA | 1572 | | PILCHOWICE | POL | K-20 | 2 | K 23 | 00:43:34 | 01:28:06.27 | 8:36 | 7 |
| 24 | STRONIEWSKA ANNA | 1517 | GITTEAM | GLIWICE | POL | K-50 | 4 | K 24 | 00:45:08 | 01:28:24.26 | 8:37 | 7 |
| 25 | KORMAN AGNIESZKA | 1042 | GITTEAM | BYTOM | POL | K-40 | 10 | K 25 | 00:45:23 | 01:28:26.14 | 8:38 | 6.9 |
| 26 | WOJTALA EDYTA | 1567 | ASSECO ACTIVE TEAM | GLIWICE | POL | K-50 | 5 | K 26 | 00:44:14 | 01:28:33.36 | 8:38 | 6.9 |
| 27 | GANZKE-GODLEWSKA DARIA | 1568 | | DOŁUJE | POL | K-30 | 6 | K 27 | 00:45:01 | 01:29:45.70 | 8:45 | 6.8 |

X NORDIC WALKING GLIWICKI, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|---------------------|------|---------------|------------------|------|------|--------|------|----------|-------------|--------|------|
| 28 | HATAŁSKA GOSIA | 1569 | | KLESZCZÓW | POL | K-40 | 11 | K 28 | 00:45:02 | 01:29:45.71 | 8:45 | 6.8 |
| 29 | KROLIŃSKA JUSTYNA | 1549 | | PYSKOWICE | POL | K-50 | 6 | K 29 | 00:44:38 | 01:30:06.36 | 8:47 | 6.8 |
| 30 | KOMANDER JOANNA | 1539 | JOMAR RUNNERS | GLIWICE | POL | K-50 | 7 | K 30 | 00:43:44 | 01:30:16.45 | 8:48 | 6.8 |
| 31 | GRZYWOCZ AGNIESZKA | 1509 | GIT-TEAM | GLIWICE | POL | K-30 | 7 | K 31 | 00:45:22 | 01:30:23.54 | 8:49 | 6.8 |
| 32 | DUDA AGNIESZKA | 1573 | | GLIWICE | POL | K-40 | 12 | K 32 | 00:44:18 | 01:30:26.75 | 8:49 | 6.8 |
| 33 | GRĄDZKA JOLANTA | 1546 | FLUOR | GLIWICE | POL | K-50 | 8 | K 33 | 00:44:40 | 01:30:27.39 | 8:49 | 6.8 |
| 34 | MARSZAŁ JANINA | 1554 | NIE DOTYCZY | GLIWICE | POL | K-60 | 5 | K 34 | 00:44:34 | 01:30:49.07 | 8:52 | 6.8 |
| 35 | JANIK SYLWIA | 1522 | GIT-TEAM | GLIWICE | POL | K-40 | 13 | K 35 | 00:45:25 | 01:30:57.76 | 8:52 | 6.8 |
| 36 | ŁĘNCZUK WIOLETTA | 1516 | GIT TEAM | GLIWICE | POL | K-40 | 14 | K 36 | 00:45:26 | 01:31:00.97 | 8:53 | 6.8 |
| 37 | RAKOWSKA WIOLETA | 1529 | GITTEAM | ZABRZE | POL | K-30 | 8 | K 37 | 00:45:09 | 01:31:01.72 | 8:53 | 6.8 |
| 38 | JARANOWSKA DOMINIKA | 1519 | | NAKŁO SŁĄSKIE | POL | K-40 | 15 | K 38 | 00:45:20 | 01:31:03.47 | 8:53 | 6.7 |
| 39 | SAMOL IWONA | 1533 | | GLIWICE | POL | K-50 | 9 | K 39 | 00:45:02 | 01:31:28.53 | 8:55 | 6.7 |
| 40 | WRÓBEL URSZULA | 1575 | | KATOWICE | POL | K-50 | 10 | K 40 | 00:46:24 | 01:33:00.43 | 9:04 | 6.6 |
| 41 | POLIFKE RENATA | 1580 | | GLIWICE | POL | K-30 | 9 | K 41 | 00:46:24 | 01:33:01.35 | 9:05 | 6.6 |
| 42 | NOWICKA JOANNA | 1555 | SSM | ŁAZISKA GÓRNE | POL | K-30 | 10 | K 42 | 00:45:31 | 01:33:03.42 | 9:05 | 6.6 |
| 43 | KRUPA NATALIA | 1578 | | UJAZD | POL | K-30 | 11 | K 43 | 00:46:36 | 01:33:12.66 | 9:06 | 6.6 |
| 44 | ZIELONKA BARBARA | 1518 | | GLIWICE | POL | K-60 | 6 | K 44 | 00:46:03 | 01:33:40.76 | 9:08 | 6.6 |
| 45 | LENŻA-DOMBEK KARINA | 1571 | | WILCZA | POL | K-60 | 7 | K 45 | 00:46:09 | 01:35:13.89 | 9:17 | 6.5 |
| 46 | HUTNIK AGNIESZKA | 1528 | KS SERNIK | DĄBROWA GÓRNICZA | POL | K-50 | 11 | K 46 | 00:47:57 | 01:36:33.55 | 9:25 | 6.4 |
| 47 | KRÓL JADWIGA | 1560 | | WROCŁAW | POL | K-60 | 8 | K 47 | 00:47:39 | 01:36:55.55 | 9:27 | 6.3 |

X NORDIC WALKING GLIWICKI, M Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|--------------------|------|---------------------------|------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | ROMANOWSKI DANIEL | 1534 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M-20 | 1 | M 1 | 00:30:05 | 01:01:33.63 | 6:00 | 10 |
| 2 | SADOWSKI TOMASZ | 1582 | #CZELADZBIEGA | SOSNOWIEC | POL | M-40 | 1 | M 2 | 00:30:13 | 01:01:51.32 | 6:02 | 9.9 |
| 3 | MAŁKA MARIAN | 1544 | NORDIC SPORT 2021 | GLIWICE | POL | M-60 | 1 | M 3 | 00:30:25 | 01:01:51.32 | 6:02 | 9.9 |
| 4 | PUCHAŁA DARIUSZ | 1542 | EKIPA NA KIJACH | ZABRZE | POL | M-60 | 2 | M 4 | 00:34:49 | 01:09:47.48 | 6:48 | 8.8 |
| 5 | WOJTUNIK ANDRZEJ | 1559 | MALINOWE GWIAZDY | BYTOM | POL | M-60 | 3 | M 5 | 00:36:04 | 01:12:44.01 | 7:06 | 8.4 |
| 6 | MARKS ADRIAN | 1535 | LECZYMY DURŚ | BYTOM | POL | M-50 | 1 | M 6 | 00:36:05 | 01:14:03.68 | 7:13 | 8.3 |
| 7 | TYCZEWSKI JACEK | 1526 | | GLIWICE | POL | M-40 | 2 | M 7 | 00:36:51 | 01:15:08.12 | 7:20 | 8.2 |
| 8 | RZEPKA TOMASZ | 1525 | - | GLIWICE | POL | M-50 | 2 | M 8 | 00:36:35 | 01:15:25.72 | 7:21 | 8.1 |
| 9 | FELCZAK DAMIAN | 1506 | | PYSKOWICE | POL | M-30 | 1 | M 9 | 00:37:28 | 01:16:41.86 | 7:29 | 8 |
| 10 | KAŁKA KRZYSZTOF | 1537 | LECZYMY DURS | PIEKARY ŚLĄSKIE | POL | M-50 | 3 | M 10 | 00:38:00 | 01:17:51.29 | 7:36 | 7.9 |
| 11 | KŁYSZ WOJCIECH | 1551 | SILESIAŃSKIE CHOKE'N'ROLL | PYSKOWICE | POL | M-40 | 3 | M 11 | 00:39:10 | 01:19:56.99 | 7:48 | 7.7 |
| 12 | STAROSTKA ANDRZEJ | 1563 | PARKRUN KĘDZIERZYN-KOŹLE | KĘDZIERZYN-KOŹLE | POL | M-60 | 4 | M 12 | 00:39:30 | 01:20:37.76 | 7:52 | 7.6 |
| 13 | MUSZYŃSKI DARIUSZ | 1536 | COMP TEAM | KAMIENIEC | POL | M-60 | 5 | M 13 | 00:39:02 | 01:20:48.32 | 7:53 | 7.6 |
| 14 | SZKAMRUK JANUSZ | 1503 | AKMB PĘDZIWIATR GLIWICE | GLIWICE | POL | M-60 | 6 | M 14 | 00:40:12 | 01:22:01.40 | 8:00 | 7.5 |
| 15 | DYRLAGA STANISŁAW | 1527 | | WĘGIERSKA GÓRKA | POL | M-60 | 7 | M 15 | 00:40:22 | 01:22:13.62 | 8:01 | 7.5 |
| 16 | JAWORSKI ANDRZEJ | 1543 | | GLIWICE | POL | M-60 | 8 | M 16 | 00:41:46 | 01:25:08.80 | 8:18 | 7.2 |
| 17 | ZEMŁA PIOTR | 1579 | - | GLIWICE | POL | M-50 | 4 | M 17 | 00:41:52 | 01:25:48.98 | 8:22 | 7.2 |
| 18 | PAWLIK ANDRZEJ | 1520 | | GLIWICE | POL | M-60 | 9 | M 18 | 00:42:44 | 01:26:24.62 | 8:26 | 7.1 |
| 19 | GRONDYS MICHAŁ | 1547 | | GLIWICE | POL | M-40 | 4 | M 19 | 00:43:26 | 01:27:04.02 | 8:30 | 7.1 |
| 20 | ZEGUŁA ŁUKASZ | 1557 | HUTA TEAM | GLIWICE | POL | M-40 | 5 | M 20 | 00:44:48 | 01:28:49.41 | 8:40 | 6.9 |
| 21 | WILKOŃ ARTUR | 1507 | #HUTATEAM | GLIWICE | POL | M-50 | 5 | M 21 | 00:44:48 | 01:28:49.88 | 8:40 | 6.9 |
| 22 | GAMRĄCZY LESZEK | 1511 | UTW GLIWICE | GLIWICE | POL | M-60 | 10 | M 22 | 00:41:52 | 01:31:15.68 | 8:54 | 6.7 |
| 23 | TOMAL ŁUKASZ | 1532 | BNW BOSCY BOJKOWSCY | GLIWICE | POL | M-30 | 2 | M 23 | 00:48:09 | 01:33:06.61 | 9:05 | 6.6 |
| 24 | WIŚNIEWSKI MARIUSZ | 1564 | | TYCHY | POL | M-50 | 6 | M 24 | 00:45:40 | 01:34:30.70 | 9:13 | 6.5 |

X NORDIC WALKING GLIWICKI, Mieszkańki Gliwic

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------|------|------|-----------|------|------|--------|-----|----------|-------------|--------|------|
| 1 | RZEPKA MAŁGORZATA | 1524 | - | GLIWICE | POL | K-50 | 1 | K 1 | 00:33:32 | 01:08:09.96 | 6:39 | 9 |
| 2 | LEWANDOWSKA ANNA | 1502 | | GLIWICE | POL | K-50 | 3 | K 7 | 00:39:57 | 01:19:57.41 | 7:48 | 7.7 |

X NORDIC WALKING GLIWICKI, Mieszkanki Gliwic c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------------------|------|---|-----------|------|------|--------|------|----------|-------------|--------|------|
| 3 | GRIEGER-GORCZYŃSKA EWA | 1501 | BOJKÓW NORDIC WALKING - BOSCY BOJKOWSCY | GLIWICE | POL | K-40 | 4 | K 9 | 00:39:43 | 01:21:47.99 | 7:59 | 7.5 |
| 4 | POCZĘTA-BUDZIOCH DOROTA | 1574 | | GLIWICE | POL | K-40 | 5 | K 10 | 00:40:04 | 01:21:53.46 | 7:59 | 7.5 |
| 5 | MAŁKA IRENA | 1545 | | GLIWICE | POL | K-60 | 3 | K 12 | 00:41:00 | 01:22:31.44 | 8:03 | 7.4 |
| 6 | KLECZKA EWELINA | 1561 | | GLIWICE | POL | K-40 | 6 | K 14 | 00:42:12 | 01:23:15.09 | 8:07 | 7.4 |
| 7 | SZKAMRUK BOGUSŁAWA | 1514 | AKMB PĘDZIWIATR GLIWICE | GLIWICE | POL | K-60 | 4 | K 16 | 00:41:01 | 01:24:04.83 | 8:12 | 7.3 |
| 8 | GRONDYS SYLWIA | 1548 | | GLIWICE | POL | K-40 | 8 | K 19 | 00:43:26 | 01:27:05.08 | 8:30 | 7.1 |
| 9 | PYTKO MARTYNA | 1558 | | GLIWICE | POL | K-30 | 4 | K 20 | 00:42:29 | 01:27:09.63 | 8:30 | 7 |
| 10 | GAWLIK-JĘDRYSIAK MONIKA | 1552 | | GLIWICE | POL | K-40 | 9 | K 21 | 00:43:24 | 01:27:41.14 | 8:33 | 7 |
| 11 | ZAŁĘCKA-MYSZKIEWICZ MAGDALENA | 1540 | FLUOR | GLIWICE | POL | K-30 | 5 | K 22 | 00:42:59 | 01:27:45.05 | 8:34 | 7 |
| 12 | STRONIEWSKA ANNA | 1517 | GITTEAM | GLIWICE | POL | K-50 | 4 | K 24 | 00:45:08 | 01:28:24.26 | 8:37 | 7 |
| 13 | WOJTALA EDYTA | 1567 | ASSECO ACTIVE TEAM | GLIWICE | POL | K-50 | 5 | K 26 | 00:44:14 | 01:28:33.36 | 8:38 | 6.9 |
| 14 | HATALSKA GOSIA | 1569 | | KLESZCZÓW | POL | K-40 | 11 | K 28 | 00:45:02 | 01:29:45.71 | 8:45 | 6.8 |
| 15 | KOMANDER JOANNA | 1539 | JOMAR RUNNERS | GLIWICE | POL | K-50 | 7 | K 30 | 00:43:44 | 01:30:16.45 | 8:48 | 6.8 |
| 16 | GRZYWOCZ AGNIESZKA | 1509 | GIT-TEAM | GLIWICE | POL | K-30 | 7 | K 31 | 00:45:22 | 01:30:23.54 | 8:49 | 6.8 |
| 17 | DUDA AGNIESZKA | 1573 | | GLIWICE | POL | K-40 | 12 | K 32 | 00:44:18 | 01:30:26.75 | 8:49 | 6.8 |
| 18 | GRĄDZKA JOLANTA | 1546 | FLUOR | GLIWICE | POL | K-50 | 8 | K 33 | 00:44:40 | 01:30:27.39 | 8:49 | 6.8 |
| 19 | MARSZAŁ JANINA | 1554 | NIE DOTYCZY | GLIWICE | POL | K-60 | 5 | K 34 | 00:44:34 | 01:30:49.07 | 8:52 | 6.8 |
| 20 | JANIK SYLWIA | 1522 | GIT-TEAM | GLIWICE | POL | K-40 | 13 | K 35 | 00:45:25 | 01:30:57.76 | 8:52 | 6.8 |
| 21 | ŁEŃCZUK WIOLETTA | 1516 | GIT TEAM | GLIWICE | POL | K-40 | 14 | K 36 | 00:45:26 | 01:31:00.97 | 8:53 | 6.8 |
| 22 | SAMOL IWONA | 1533 | | GLIWICE | POL | K-50 | 9 | K 39 | 00:45:02 | 01:31:28.53 | 8:55 | 6.7 |
| 23 | POLIFKE RENATA | 1580 | | GLIWICE | POL | K-30 | 9 | K 41 | 00:46:24 | 01:33:01.35 | 9:05 | 6.6 |
| 24 | ZIELONKA BARBARA | 1518 | | GLIWICE | POL | K-60 | 6 | K 44 | 00:46:03 | 01:33:40.76 | 9:08 | 6.6 |

X NORDIC WALKING GLIWICKI, Mieszkańcy Gliwic

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|------------------|------|-------------------------|-----------|------|------|--------|------|----------|-------------|--------|------|
| 1 | MAŁKA MARIAN | 1544 | NORDIC SPORT 2021 | GLIWICE | POL | M-60 | 1 | M 3 | 00:30:25 | 01:01:51.32 | 6:02 | 9.9 |
| 2 | TYCZEWSKI JACEK | 1526 | | GLIWICE | POL | M-40 | 2 | M 7 | 00:36:51 | 01:15:08.12 | 7:20 | 8.2 |
| 3 | RZEPKA TOMASZ | 1525 | - | GLIWICE | POL | M-50 | 2 | M 8 | 00:36:35 | 01:15:25.72 | 7:21 | 8.1 |
| 4 | FELCZAK DAMIAN | 1506 | | PYSKOWICE | POL | M-30 | 1 | M 9 | 00:37:28 | 01:16:41.86 | 7:29 | 8 |
| 5 | SZKAMRUK JANUSZ | 1503 | AKMB PĘDZIWIATR GLIWICE | GLIWICE | POL | M-60 | 6 | M 14 | 00:40:12 | 01:22:01.40 | 8:00 | 7.5 |
| 6 | JAWORSKI ANDRZEJ | 1543 | | GLIWICE | POL | M-60 | 8 | M 16 | 00:41:46 | 01:25:08.80 | 8:18 | 7.2 |
| 7 | ZEMŁA PIOTR | 1579 | - | GLIWICE | POL | M-50 | 4 | M 17 | 00:41:52 | 01:25:48.98 | 8:22 | 7.2 |
| 8 | PAWLIK ANDRZEJ | 1520 | | GLIWICE | POL | M-60 | 9 | M 18 | 00:42:44 | 01:26:24.62 | 8:26 | 7.1 |
| 9 | GRONDYS MICHAŁ | 1547 | | GLIWICE | POL | M-40 | 4 | M 19 | 00:43:26 | 01:27:04.02 | 8:30 | 7.1 |
| 10 | ZEGZUŁA ŁUKASZ | 1557 | HUTA TEAM | GLIWICE | POL | M-40 | 5 | M 20 | 00:44:48 | 01:28:49.41 | 8:40 | 6.9 |
| 11 | WILKOŃ ARTUR | 1507 | #HUTATEAM | GLIWICE | POL | M-50 | 5 | M 21 | 00:44:48 | 01:28:49.88 | 8:40 | 6.9 |
| 12 | TOMAL ŁUKASZ | 1532 | BNW BOSCY BOJKOWSCY | GLIWICE | POL | M-30 | 2 | M 23 | 00:48:09 | 01:33:06.61 | 9:05 | 6.6 |

X NORDIC WALKING GLIWICKI, K-20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------|------|------|------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | DOMBEK WIKTORIA | 1570 | | KNURÓW | POL | K-20 | 1 | K 17 | 00:41:13 | 01:25:24.12 | 8:20 | 7.2 |
| 2 | STERNICKA NATALIA | 1572 | | PILCHOWICE | POL | K-20 | 2 | K 23 | 00:43:34 | 01:28:06.27 | 8:36 | 7 |

X NORDIC WALKING GLIWICKI, M-20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------|------|--------------------------|-----------|------|------|--------|-----|----------|-------------|--------|------|
| 1 | ROMANOWSKI DANIEL | 1534 | KATOWICKI NORDIC WALKING | RYBNIK | POL | M-20 | 1 | M 1 | 00:30:05 | 01:01:33.63 | 6:00 | 10 |

X NORDIC WALKING GLIWICKI, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------------------|------|----------|---------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | JARKA SYLWIA | 1576 | | TURZA ŚLĄSKA | POL | K-30 | 1 | K 11 | 00:38:48 | 01:22:24.05 | 8:02 | 7.5 |
| 2 | DOBIAS KATARZYNA | 1512 | | PYSKOWICE | POL | K-30 | 2 | K 13 | 00:40:40 | 01:22:37.20 | 8:04 | 7.4 |
| 3 | ŁYSOŃ IWONA | 1556 | | KATOWICE | POL | K-30 | 3 | K 18 | 00:42:44 | 01:26:24.61 | 8:26 | 7.1 |
| 4 | PYTKO MARTYNA | 1558 | | GLIWICE | POL | K-30 | 4 | K 20 | 00:42:29 | 01:27:09.63 | 8:30 | 7 |
| 5 | ZAŁĘCKA-MYSZKIEWICZ MAGDALENA | 1540 | FLUOR | GLIWICE | POL | K-30 | 5 | K 22 | 00:42:59 | 01:27:45.05 | 8:34 | 7 |
| 6 | GANZKE-GODLEWSKA DARIA | 1568 | | DOŁUJE | POL | K-30 | 6 | K 27 | 00:45:01 | 01:29:45.70 | 8:45 | 6.8 |
| 7 | GRZYWOCZ AGNIESZKA | 1509 | GIT-TEAM | GLIWICE | POL | K-30 | 7 | K 31 | 00:45:22 | 01:30:23.54 | 8:49 | 6.8 |
| 8 | RAKOWSKA WIOLETA | 1529 | GITTEAM | ZABRZE | POL | K-30 | 8 | K 37 | 00:45:09 | 01:31:01.72 | 8:53 | 6.8 |
| 9 | POLIFKE RENATA | 1580 | | GLIWICE | POL | K-30 | 9 | K 41 | 00:46:24 | 01:33:01.35 | 9:05 | 6.6 |
| 10 | NOWICKA JOANNA | 1555 | SSM | ŁAZISKA GÓRNE | POL | K-30 | 10 | K 42 | 00:45:31 | 01:33:03.42 | 9:05 | 6.6 |
| 11 | KRUPA NATALIA | 1578 | | UJAZD | POL | K-30 | 11 | K 43 | 00:46:36 | 01:33:12.66 | 9:06 | 6.6 |

X NORDIC WALKING GLIWICKI, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-----------------|------|---------------------|-----------|------|------|--------|------|----------|-------------|--------|------|
| 1 | FELCZAK DAMIAN | 1506 | | PYSKOWICE | POL | M-30 | 1 | M 9 | 00:37:28 | 01:16:41.86 | 7:29 | 8 |
| 2 | TOMAL ŁUKASZ | 1532 | BNW BOSCY BOJKOWSCY | GLIWICE | POL | M-30 | 2 | M 23 | 00:48:09 | 01:33:06.61 | 9:05 | 6.6 |

X NORDIC WALKING GLIWICKI, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|----------------------------|------|---|---------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | PIECHOCZEK-NIEZGODA LUCYNA | 1508 | | ŻORY | POL | K-40 | 1 | K 2 | 00:34:55 | 01:11:49.48 | 7:00 | 8.6 |
| 2 | TYCZEWSKA PAULINA | 1550 | | KRAKÓW | POL | K-40 | 2 | K 5 | 00:38:28 | 01:19:11.45 | 7:43 | 7.8 |
| 3 | LISZKA ILONA | 1566 | | KAMIENIEC | POL | K-40 | 3 | K 8 | 00:39:45 | 01:20:45.04 | 7:53 | 7.6 |
| 4 | GRIEGER-GORCZYŃSKA EWA | 1501 | BOJKÓW NORDIC WALKING - BOSCY BOJKOWSCY | GLIWICE | POL | K-40 | 4 | K 9 | 00:39:43 | 01:21:47.99 | 7:59 | 7.5 |
| 5 | POCZĘTA-BUDZIOCH DOROTA | 1574 | | GLIWICE | POL | K-40 | 5 | K 10 | 00:40:04 | 01:21:53.46 | 7:59 | 7.5 |
| 6 | KLECZKA EWELINA | 1561 | | GLIWICE | POL | K-40 | 6 | K 14 | 00:42:12 | 01:23:15.09 | 8:07 | 7.4 |
| 7 | KOPCZYŃSKA AGATA | 1553 | #HUTATEAM | GLIWICE | POL | K-40 | 7 | K 15 | 00:41:49 | 01:23:24.02 | 8:08 | 7.4 |
| 8 | GRONDYS SYLWIA | 1548 | | GLIWICE | POL | K-40 | 8 | K 19 | 00:43:26 | 01:27:05.08 | 8:30 | 7.1 |
| 9 | GAWLIK-JĘDRYSIAK MONIKA | 1552 | | GLIWICE | POL | K-40 | 9 | K 21 | 00:43:24 | 01:27:41.14 | 8:33 | 7 |
| 10 | KORMAN AGNIESZKA | 1042 | GITTEAM | BYTOM | POL | K-40 | 10 | K 25 | 00:45:23 | 01:28:26.14 | 8:38 | 6.9 |
| 11 | HATAŁSKA GOSIA | 1569 | | KLESZCZÓW | POL | K-40 | 11 | K 28 | 00:45:02 | 01:29:45.71 | 8:45 | 6.8 |
| 12 | DUDA AGNIESZKA | 1573 | | GLIWICE | POL | K-40 | 12 | K 32 | 00:44:18 | 01:30:26.75 | 8:49 | 6.8 |
| 13 | JANIK SYLWIA | 1522 | GIT-TEAM | GLIWICE | POL | K-40 | 13 | K 35 | 00:45:25 | 01:30:57.76 | 8:52 | 6.8 |
| 14 | ŁEŃCZUK WIOLETTA | 1516 | GIT TEAM | GLIWICE | POL | K-40 | 14 | K 36 | 00:45:26 | 01:31:00.97 | 8:53 | 6.8 |
| 15 | JARANOWSKA DOMINIKA | 1519 | | NAKŁO ŚLĄSKIE | POL | K-40 | 15 | K 38 | 00:45:20 | 01:31:03.47 | 8:53 | 6.7 |

X NORDIC WALKING GLIWICKI, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-----------------|------|-----------------------|-----------|------|------|--------|------|----------|-------------|--------|------|
| 1 | SADOWSKI TOMASZ | 1582 | #CZELADZBIEGA | SOSNOWIEC | POL | M-40 | 1 | M 2 | 00:30:13 | 01:01:51.32 | 6:02 | 9.9 |
| 2 | TYCZEWSKI JACEK | 1526 | | GLIWICE | POL | M-40 | 2 | M 7 | 00:36:51 | 01:15:08.12 | 7:20 | 8.2 |
| 3 | KŁYSZ WOJCIECH | 1551 | SILESIAN CHOKE'N'ROLL | PYSKOWICE | POL | M-40 | 3 | M 11 | 00:39:10 | 01:19:56.99 | 7:48 | 7.7 |
| 4 | GRONDYS MICHAŁ | 1547 | | GLIWICE | POL | M-40 | 4 | M 19 | 00:43:26 | 01:27:04.02 | 8:30 | 7.1 |
| 5 | ZEGUŁA ŁUKASZ | 1557 | HUTA TEAM | GLIWICE | POL | M-40 | 5 | M 20 | 00:44:48 | 01:28:49.41 | 8:40 | 6.9 |

X NORDIC WALKING GLIWICKI, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------|------|------|----------------------|------|------|--------|-----|----------|-------------|--------|------|
| 1 | RZEPKA MAŁGORZATA | 1524 | - | GLIWICE | POL | K-50 | 1 | K 1 | 00:33:32 | 01:08:09.96 | 6:39 | 9 |
| 2 | POGORZELSKA ALINA | 1523 | | CZERWIONKA-LESZCZYNY | POL | K-50 | 2 | K 3 | 00:36:22 | 01:13:35.85 | 7:11 | 8.3 |

X NORDIC WALKING GLIWICKI, K-50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------|------|--------------------|------------------|------|------|--------|------|----------|-------------|--------|------|
| 3 | LEWANDOWSKA ANNA | 1502 | | GLIWICE | POL | K-50 | 3 | K 7 | 00:39:57 | 01:19:57.41 | 7:48 | 7.7 |
| 4 | STRONIEWSKA ANNA | 1517 | GITTEAM | GLIWICE | POL | K-50 | 4 | K 24 | 00:45:08 | 01:28:24.26 | 8:37 | 7 |
| 5 | WOJTALA EDYTA | 1567 | ASSECO ACTIVE TEAM | GLIWICE | POL | K-50 | 5 | K 26 | 00:44:14 | 01:28:33.36 | 8:38 | 6.9 |
| 6 | KROLIŃSKA JUSTYNA | 1549 | | PYSKOWICE | POL | K-50 | 6 | K 29 | 00:44:38 | 01:30:06.36 | 8:47 | 6.8 |
| 7 | KOMANDER JOANNA | 1539 | JOMAR RUNNERS | GLIWICE | POL | K-50 | 7 | K 30 | 00:43:44 | 01:30:16.45 | 8:48 | 6.8 |
| 8 | GRĄDZKA JOLANTA | 1546 | FLUOR | GLIWICE | POL | K-50 | 8 | K 33 | 00:44:40 | 01:30:27.39 | 8:49 | 6.8 |
| 9 | SAMOL IWONA | 1533 | | GLIWICE | POL | K-50 | 9 | K 39 | 00:45:02 | 01:31:28.53 | 8:55 | 6.7 |
| 10 | WRÓBEL URSZULA | 1575 | | KATOWICE | POL | K-50 | 10 | K 40 | 00:46:24 | 01:33:00.43 | 9:04 | 6.6 |
| 11 | HUTNIK AGNIESZKA | 1528 | KS SERNIK | DĄBROWA GÓRNICZA | POL | K-50 | 11 | K 46 | 00:47:57 | 01:36:33.55 | 9:25 | 6.4 |

X NORDIC WALKING GLIWICKI, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|--------------------|------|--------------|-----------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | MARKS ADRIAN | 1535 | LECZYMY DURŚ | BYTOM | POL | M-50 | 1 | M 6 | 00:36:05 | 01:14:03.68 | 7:13 | 8.3 |
| 2 | RZEPKA TOMASZ | 1525 | - | GLIWICE | POL | M-50 | 2 | M 8 | 00:36:35 | 01:15:25.72 | 7:21 | 8.1 |
| 3 | KAŁKA KRZYSZTOF | 1537 | LECZYMY DURS | PIEKARY ŚLĄSKIE | POL | M-50 | 3 | M 10 | 00:38:00 | 01:17:51.29 | 7:36 | 7.9 |
| 4 | ZEMŁA PIOTR | 1579 | - | GLIWICE | POL | M-50 | 4 | M 17 | 00:41:52 | 01:25:48.98 | 8:22 | 7.2 |
| 5 | WILKOŃ ARTUR | 1507 | #HUTATEAM | GLIWICE | POL | M-50 | 5 | M 21 | 00:44:48 | 01:28:49.88 | 8:40 | 6.9 |
| 6 | WIŚNIEWSKI MARIUSZ | 1564 | | TYCHY | POL | M-50 | 6 | M 24 | 00:45:40 | 01:34:30.70 | 9:13 | 6.5 |

X NORDIC WALKING GLIWICKI, K-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|---------------------|------|-------------------------|------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | GABSINIEC KAZIMIERA | 1577 | CIDRY LOTAJOM | BYTOM | POL | K-60 | 1 | K 4 | 00:36:24 | 01:14:00.12 | 7:13 | 8.3 |
| 2 | ŻUCHOWICZ ELŻBIETA | 1581 | M2M BADANIA KLINICZNE | DĄBROWA GÓRNICZA | POL | K-60 | 2 | K 6 | 00:38:47 | 01:19:12.08 | 7:44 | 7.8 |
| 3 | MAŁKA IRENA | 1545 | | GLIWICE | POL | K-60 | 3 | K 12 | 00:41:00 | 01:22:31.44 | 8:03 | 7.4 |
| 4 | SZKAMRUK BOGUSŁAWA | 1514 | AKMB PĘDZIWIATR GLIWICE | GLIWICE | POL | K-60 | 4 | K 16 | 00:41:01 | 01:24:04.83 | 8:12 | 7.3 |
| 5 | MARZAŁ JANINA | 1554 | NIE DOTYCZY | GLIWICE | POL | K-60 | 5 | K 34 | 00:44:34 | 01:30:49.07 | 8:52 | 6.8 |
| 6 | ZIELONKA BARBARA | 1518 | | GLIWICE | POL | K-60 | 6 | K 44 | 00:46:03 | 01:33:40.76 | 9:08 | 6.6 |
| 7 | LENŻA-DOMBK KARINA | 1571 | | WILCZA | POL | K-60 | 7 | K 45 | 00:46:09 | 01:35:13.89 | 9:17 | 6.5 |
| 8 | KRÓL JADWIGA | 1560 | | WROCŁAW | POL | K-60 | 8 | K 47 | 00:47:39 | 01:36:55.55 | 9:27 | 6.3 |

X NORDIC WALKING GLIWICKI, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4.8km | Netto | min/km | km/h |
|------|-------------------|------|--------------------------|------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | MAŁKA MARIAN | 1544 | NORDIC SPORT 2021 | GLIWICE | POL | M-60 | 1 | M 3 | 00:30:25 | 01:01:51.32 | 6:02 | 9.9 |
| 2 | PUCHAŁA DARIUSZ | 1542 | EKIPA NA KIJACH | ZABRZE | POL | M-60 | 2 | M 4 | 00:34:49 | 01:09:47.48 | 6:48 | 8.8 |
| 3 | WOJTUNIK ANDRZEJ | 1559 | MALINOWE GWIAZDY | BYTOM | POL | M-60 | 3 | M 5 | 00:36:04 | 01:12:44.01 | 7:06 | 8.4 |
| 4 | STAROSTKA ANDRZEJ | 1563 | PARKRUN KĘDZIERZYN-KOŹLE | KĘDZIERZYN-KOŹLE | POL | M-60 | 4 | M 12 | 00:39:30 | 01:20:37.76 | 7:52 | 7.6 |
| 5 | MUSZYŃSKI DARIUSZ | 1536 | COMP TEAM | KAMIENIEC | POL | M-60 | 5 | M 13 | 00:39:02 | 01:20:48.32 | 7:53 | 7.6 |
| 6 | SZKAMRUK JANUSZ | 1503 | AKMB PĘDZIWIATR GLIWICE | GLIWICE | POL | M-60 | 6 | M 14 | 00:40:12 | 01:22:01.40 | 8:00 | 7.5 |
| 7 | DYRLAGA STANISŁAW | 1527 | | WĘGIERSKA GÓRKA | POL | M-60 | 7 | M 15 | 00:40:22 | 01:22:13.62 | 8:01 | 7.5 |
| 8 | JAWORSKI ANDRZEJ | 1543 | | GLIWICE | POL | M-60 | 8 | M 16 | 00:41:46 | 01:25:08.80 | 8:18 | 7.2 |
| 9 | PAWLIK ANDRZEJ | 1520 | | GLIWICE | POL | M-60 | 9 | M 18 | 00:42:44 | 01:26:24.62 | 8:26 | 7.1 |
| 10 | GAMRACY LESZEK | 1511 | UTW GLIWICE | GLIWICE | POL | M-60 | 10 | M 22 | 00:41:52 | 01:31:15.68 | 8:54 | 6.7 |