

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM

Organizator: PFNW
 Data: 2017-09-23
 Miejsce: Wrocław
 Dystans: 10 km
 Klasyfikacja wg czasów netto.



WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------------------|------------------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | NIECHWIEJCZYK PIOTR | 355 | OPEL ACTIVE TEAM | ŚWIĘTOCHŁOWICE | POL | M40-49 | 1 | M 1 | 00:14:45 | 00:29:53 | 00:44:58 | 01:00:04.60 | 6:00 | 10 |
| 2 | PIETRZYK JAROSŁAW | 362 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 1 | M 2 | 00:15:21 | 00:31:12 | 00:47:11 | 01:02:54.75 | 6:17 | 9.5 |
| 3 | SIWAK PIOTR | 374 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | 1 | M 3 | 00:15:52 | 00:32:10 | 00:48:25 | 01:04:21.30 | 6:26 | 9.3 |
| 4 | BOGACKI SŁAWEK | 311 | ENERGA NW TEAM | BRZÓZÓWKA KOŁO TORUNIA | POL | M40-49 | 2 | M 4 | 00:15:44 | 00:32:12 | 00:48:27 | 01:04:39.60 | 6:28 | 9.3 |
| 5 | BARCZYK BOGDAN | 306 | ZABIEGANI CZĘSTOCHOWA.KALINOWSKI TEAM | CZĘSTOCHOWA | POL | M50-59 | 2 | M 5 | 00:15:53 | 00:32:11 | 00:48:47 | 01:05:02.25 | 6:30 | 9.2 |
| 6 | CHAMIELEC BOGUSŁAW | 312 | A EMERYT BIEGA | LUBIN | POL | M50-59 | 3 | M 6 | 00:15:59 | 00:32:25 | 00:48:57 | 01:05:03.75 | 6:30 | 9.2 |
| 7 | ŚWISŁOCKI BOGDAN | 387 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 4 | M 7 | 00:15:55 | 00:32:18 | 00:48:53 | 01:05:07.90 | 6:30 | 9.2 |
| 8 | SPYCHAŁA LESŁAW | 207 | WESOŁY BORSUK TEAM | BIAŁA | POL | M50-59 | 5 | M 8 | 00:16:02 | 00:32:25 | 00:48:51 | 01:05:21.45 | 6:32 | 9.2 |
| 9 | KOLARSKA AGNIESZKA | 335 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 1 | K 1 | 00:16:27 | 00:33:12 | 00:49:58 | 01:06:39.20 | 6:39 | 9 |
| 10 | SMUL ANDRZEJ | 378 | MARSZ PO ZDROWIE POZNAŃ | TARNOWO PODGÓRNE | POL | M60-69 | 1 | M 9 | 00:16:00 | 00:32:36 | 00:49:46 | 01:07:14.55 | 6:43 | 8.9 |
| 11 | JĘDRASIK RENATA | 393 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 2 | 00:16:27 | 00:33:13 | 00:50:10 | 01:07:24.85 | 6:44 | 8.9 |
| 12 | ROSADZIŃSKI SŁAWOMIR | 372 | LESZNO :) | LESZNO | POL | M40-49 | 3 | M 10 | 00:16:21 | 00:33:27 | 00:50:38 | 01:07:44.90 | 6:46 | 8.9 |
| 13 | ADAMSKI ROBERT | 302 | | WAŁBRZYCH | POL | M40-49 | 4 | M 11 | 00:17:08 | 00:34:41 | 00:52:19 | 01:09:24.55 | 6:56 | 8.6 |
| 14 | CZEKAJŁO FRANCISZEK | 317 | REMI | DREZDENKO | POL | M60-69 | 2 | M 12 | 00:16:43 | 00:34:05 | 00:51:48 | 01:09:32.95 | 6:57 | 8.6 |
| 15 | SPYCHAŁA MARZENA | 379 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 3 | 00:17:13 | 00:34:48 | 00:52:24 | 01:10:07.80 | 7:00 | 8.6 |
| 16 | STĘPIEŃ LUCYNA | 381 | KS METRACO POLKOWICE | LUBIN | POL | K60-69 | 1 | K 4 | 00:17:20 | 00:35:01 | 00:52:51 | 01:10:11.50 | 7:01 | 8.5 |
| 17 | SKRYCKA KATARZYNA | 377 | | LUBIN | POL | K30-39 | 2 | K 5 | 00:17:25 | 00:34:51 | 00:52:43 | 01:10:17.85 | 7:01 | 8.5 |
| 18 | DUSIEL EWA | 320 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 2 | K 6 | 00:17:11 | 00:34:53 | 00:52:50 | 01:11:08.30 | 7:06 | 8.4 |
| 19 | WIKTORSKA MAŁGORZATA | 392 | TRENUJZAMI.PL | WROCLAW | POL | K30-39 | 3 | K 7 | 00:17:12 | 00:34:57 | 00:52:58 | 01:11:18.75 | 7:07 | 8.4 |
| 20 | BAJ STANISŁAW | 305 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | M50-59 | 6 | M 13 | 00:17:51 | 00:36:05 | 00:54:06 | 01:12:01.30 | 7:12 | 8.3 |
| 21 | ŻYDACEWSKI RYSZARD | 401 | NIEZRZESZONY | LUBIN | POL | M50-59 | 7 | M 14 | 00:17:23 | 00:35:40 | 00:54:14 | 01:12:05.75 | 7:12 | 8.3 |
| 22 | ROGOS HENRYK | 370 | ŚCINAWSKA GRUPA NORDIC WALKING | LUBIAŻ | POL | M70+ | 1 | M 15 | 00:18:13 | 00:36:16 | 00:54:22 | 01:12:10.55 | 7:13 | 8.3 |
| 23 | KWIATKOWSKA STANISŁAWA | 345 | | GOŚLAWICE | POL | K50-59 | 3 | K 8 | 00:18:01 | 00:36:16 | 00:54:17 | 01:12:27.70 | 7:14 | 8.3 |
| 24 | FRYDECKI SŁAWOMIR | 385 | | ŹRÓDŁA | POL | M50-59 | 8 | M 16 | 00:18:10 | 00:37:00 | 00:55:25 | 01:12:32.75 | 7:15 | 8.3 |
| 25 | PŁOCZENIAK KATARZYNA | 364 | ACTEAM | WROCLAW | POL | K30-39 | 4 | K 9 | 00:17:56 | 00:36:19 | 00:54:29 | 01:12:47.95 | 7:16 | 8.2 |
| 26 | KRÓL JANUSZ | 340 | | CZĘSTOCHOWA | POL | M50-59 | 9 | M 17 | 00:17:27 | 00:35:54 | 00:54:35 | 01:13:26.50 | 7:20 | 8.2 |
| 27 | DĄBROWA WOJCIECH | 318 | | GOŚLAWICE | POL | M50-59 | 10 | M 18 | 00:18:19 | 00:36:59 | 00:55:36 | 01:13:54.75 | 7:23 | 8.1 |
| 28 | URBAN JOANNA | 390 | AMATOR | OŁAWA | POL | K40-49 | 2 | K 10 | 00:18:02 | 00:36:56 | 00:56:00 | 01:14:29.40 | 7:27 | 8.1 |
| 29 | JUSZCZAK ROMUALD | 330 | | WROCLAW | POL | M60-69 | 3 | M 19 | 00:18:35 | 00:37:41 | 00:56:16 | 01:14:40.40 | 7:28 | 8 |
| 30 | SURIAK MICHAŁ | 383 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M18-29 | 1 | M 20 | 00:18:39 | 00:37:40 | 00:56:21 | 01:14:47.60 | 7:28 | 8 |
| 31 | ROSADZIŃSKA NATALIA | 371 | LESZNO :) | LESZNO | POL | K18-29 | 1 | K 11 | 00:18:05 | 00:36:45 | 00:55:50 | 01:14:51.80 | 7:29 | 8 |
| 32 | KALICIŃSKA MONIKA | 331 | | WROCLAW | POL | K18-29 | 2 | K 12 | 00:17:44 | 00:36:44 | 00:56:08 | 01:15:17.90 | 7:31 | 8 |
| 33 | KRZEMIŃSKI RAFAŁ | 342 | SANTANDER CONSUMER BANK | KĄTY WROCLAWSKIE | POL | M30-39 | 2 | M 21 | 00:18:00 | 00:36:58 | 00:56:18 | 01:15:22.30 | 7:32 | 8 |
| 34 | MOZDŻEN BARBARA | 353 | NIEZRZESZONA | GNIEZNO | POL | K50-59 | 4 | K 13 | 00:17:50 | 00:36:38 | 00:56:00 | 01:15:28.20 | 7:32 | 8 |
| 35 | POSTEK DANUTA | 365 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 5 | K 14 | 00:18:43 | 00:37:47 | 00:56:50 | 01:15:29.70 | 7:33 | 7.9 |
| 36 | SURIAK EWELINA | 384 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K18-29 | 3 | K 15 | 00:18:19 | 00:37:29 | 00:56:49 | 01:16:02.15 | 7:36 | 7.9 |
| 37 | THOMALLA BOGDAN | 389 | TOMCHEM OBR | ZABRZE | POL | M70+ | 2 | M 22 | 00:18:20 | 00:37:17 | 00:56:29 | 01:16:08.20 | 7:36 | 7.9 |
| 38 | BAJ DANUTA | 304 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K50-59 | 6 | K 16 | 00:18:47 | 00:37:55 | 00:57:10 | 01:16:49.55 | 7:41 | 7.8 |
| 39 | CHMIELEWSKA ANNA | 314 | | JEDLINA-ZDRÓJ | POL | K30-39 | 5 | K 17 | 00:18:15 | 00:37:31 | 00:57:01 | 01:16:59.35 | 7:41 | 7.8 |
| 40 | BADECKI RYSZARD | 303 | NIEZRZESZONY | NIESZCZYCE | POL | M50-59 | 11 | M 23 | 00:17:57 | 00:36:33 | 00:56:22 | 01:17:07.80 | 7:42 | 7.8 |
| 41 | ZWOLIŃSKI RADOMIR | 400 | | WROCLAW | POL | M50-59 | 12 | M 24 | 00:18:54 | 00:38:23 | 00:57:49 | 01:17:19.05 | 7:44 | 7.8 |
| 42 | TERESIŃSKA JOLANTA | 388 | | CZĘSTOCHOWA | POL | K40-49 | 3 | K 18 | 00:19:06 | 00:38:45 | 00:58:05 | 01:17:36.80 | 7:45 | 7.7 |
| 43 | JEZIERSKA JOLANTA | 328 | RIGHTWAY | WROCLAW | POL | K50-59 | 7 | K 19 | 00:18:17 | 00:37:37 | 00:57:31 | 01:17:43.25 | 7:46 | 7.7 |
| 44 | ADAMCZYK-GAJDA DOROTA | 301 | | OLEŚNICA | POL | K50-59 | 8 | K 20 | 00:19:18 | 00:38:54 | 00:58:22 | 01:17:44.95 | 7:46 | 7.7 |
| 45 | SKAWIŃSKA EWA | 375 | RIGHTWAY | WILKSZYN | POL | K40-49 | 4 | K 21 | 00:19:10 | 00:38:48 | 00:58:30 | 01:17:48.10 | 7:46 | 7.7 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|--|-------------|------|--------|--------|------|----------|----------|----------|-------------|---------|------|
| 46 | HORACZEWSKA KRYSZYNA | 325 | ŚCINAWSKA GRUPA NW | ŚCINAWA | POL | K60-69 | 2 | K 22 | 00:19:21 | 00:38:58 | 00:58:53 | 01:18:48.95 | 7:52 | 7.6 |
| 47 | BARCZYK JOLANTA | 307 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 9 | K 23 | 00:19:37 | 00:39:44 | 00:59:33 | 01:18:55.40 | 7:53 | 7.6 |
| 48 | OSADCZUK ANDRZEJ | 359 | | OLEŚNICA | POL | M40-49 | 5 | M 25 | 00:19:36 | 00:39:22 | 00:59:27 | 01:19:10.70 | 7:55 | 7.6 |
| 49 | KOPROWSKI TOMASZ | 338 | NORDIKI | OŁAWA | POL | M40-49 | 6 | M 26 | 00:19:04 | 00:38:42 | 00:59:03 | 01:19:15.00 | 7:55 | 7.6 |
| 50 | KIDAWA DANUTA | 332 | SANTANDER CONSUMER BANK | WROCLAW | POL | K40-49 | 5 | K 24 | 00:19:21 | 00:39:06 | 00:59:03 | 01:19:15.80 | 7:55 | 7.6 |
| 51 | ZAWADZKA MARIA | 399 | KS METRACO POLKOWICE | LUBIN | POL | K60-69 | 3 | K 25 | 00:19:48 | 00:40:05 | 00:59:42 | 01:19:18.00 | 7:55 | 7.6 |
| 52 | GIBKI LUKASZ | 324 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 3 | M 27 | 00:18:48 | 00:38:42 | 00:59:08 | 01:19:32.25 | 7:57 | 7.5 |
| 53 | NAPORA DOROTA | 354 | RIGHTWAY | WROCLAW | POL | K40-49 | 6 | K 26 | 00:20:42 | 00:40:52 | 01:00:28 | 01:19:37.30 | 7:57 | 7.5 |
| 54 | NOWAK BEATA | 356 | SAILING TEAM FERAJNA | PIŁA | POL | K40-49 | 7 | K 27 | 00:19:18 | 00:38:57 | 00:59:00 | 01:19:44.10 | 7:58 | 7.5 |
| 55 | KOŁAĆNICKA ARLETA | 336 | | OLEŚNICA | POL | K50-59 | 10 | K 28 | 00:19:18 | 00:38:57 | 00:59:06 | 01:19:52.20 | 7:59 | 7.5 |
| 56 | WÓJCİK BARBARA | 397 | | KRZCZONÓW | POL | K50-59 | 11 | K 29 | 00:19:16 | 00:39:16 | 00:59:44 | 01:19:58.95 | 7:59 | 7.5 |
| 57 | KIEŁBIK MAREK | 334 | SKRZYDLATA | WROCLAW | POL | M60-69 | 4 | M 28 | 00:19:38 | 00:39:33 | 00:59:48 | 01:20:04.70 | 8:00 | 7.5 |
| 58 | DĘBSKA BEATA | 319 | WYSOKA | WYSOKA | POL | K40-49 | 8 | K 30 | 00:19:53 | 00:39:51 | 00:59:58 | 01:20:21.70 | 8:02 | 7.5 |
| 59 | CZAKIERT MAREK | 316 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 7 | M 29 | 00:19:29 | 00:39:40 | 01:00:28 | 01:21:15.45 | 8:07 | 7.4 |
| 60 | LULEK LUCYNA | 347 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K60-69 | 4 | K 31 | 00:19:36 | 00:39:48 | 01:00:26 | 01:21:24.50 | 8:08 | 7.4 |
| 61 | CIASZCZAK ELIZA | 315 | | WROCLAW | POL | K30-39 | 6 | K 32 | 00:19:55 | 00:40:22 | 01:00:57 | 01:21:50.90 | 8:11 | 7.3 |
| 62 | GAŃTEK GERARD | 323 | CALYPSO FITNESS GALERIA JURAJSKA CZESTOCHOWA | CZĘSTOCHOWA | POL | M70+ | 3 | M 30 | 00:20:01 | 00:40:47 | 01:01:32 | 01:22:26.45 | 8:14 | 7.3 |
| 63 | KRAWCZYK DARIUSZ | 339 | | WROCLAW | POL | M60-69 | 5 | M 31 | 00:20:24 | 00:41:04 | 01:01:48 | 01:22:35.65 | 8:15 | 7.3 |
| 64 | MĘDRAK ALICJA | 351 | | WROCLAW | POL | K60-69 | 5 | K 33 | 00:20:39 | 00:41:49 | 01:02:21 | 01:23:15.00 | 8:19 | 7.2 |
| 65 | HRABIA JÓZEF | 326 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M60-69 | 6 | M 32 | 00:20:36 | 00:41:31 | 01:02:37 | 01:23:17.15 | 8:19 | 7.2 |
| 66 | ŻAKIEWICZ MARTA | 402 | UNIwersytet Medyczny | WROCLAW | POL | K40-49 | 9 | K 34 | 00:20:40 | 00:41:49 | 01:03:06 | 01:24:29.75 | 8:27 | 7.1 |
| 67 | OSUMEK ANNA | 360 | RIGHTWAY | WROCLAW | POL | K30-39 | 7 | K 35 | 00:20:34 | 00:41:40 | 01:03:05 | 01:24:43.65 | 8:28 | 7.1 |
| 68 | WALKOWIAK PIOTREK | 391 | | SIECHNICE | POL | M40-49 | 8 | M 33 | 00:21:39 | 00:43:03 | 01:04:46 | 01:25:05.55 | 8:30 | 7.1 |
| 69 | KOTOWITCZ MARINA | 321 | | WROCLAW | POL | K50-59 | 12 | K 36 | 00:21:54 | 00:43:36 | 01:04:38 | 01:25:12.75 | 8:31 | 7 |
| 70 | BELA BEATA | 310 | | WROCLAW | POL | K40-49 | 10 | K 37 | 00:21:54 | 00:43:37 | 01:04:40 | 01:25:28.25 | 8:32 | 7 |
| 71 | JASTRZĄBEK KATARZYNA | 327 | | OBORNIKI | POL | K30-39 | 8 | K 38 | 00:21:29 | 00:43:03 | 01:04:49 | 01:26:25.00 | 8:38 | 6.9 |
| 72 | RAGANOWICZ KRZESIMIR | 368 | | WROCLAW | POL | M70+ | 4 | M 34 | 00:21:18 | 00:43:03 | 01:04:53 | 01:26:25.15 | 8:38 | 6.9 |
| 73 | MALCEWICZ MARCIN | 350 | RIGHT WAY | WROCLAW | POL | M50-59 | 13 | M 35 | 00:20:48 | 00:42:34 | 01:04:53 | 01:27:08.80 | 8:42 | 6.9 |
| 74 | MOSOŃ MAREK | 352 | NIEZRZESZONY | WROCLAW | POL | M60-69 | 7 | M 36 | 00:21:54 | 00:44:11 | 01:06:11 | 01:27:21.60 | 8:44 | 6.9 |
| 75 | PAŁASZ JADWIGA | 366 | | WROCLAW | POL | K50-59 | 13 | K 39 | 00:21:39 | 00:43:18 | 01:05:36 | 01:27:40.80 | 8:46 | 6.8 |
| 76 | JAZ BOGUSŁAW | 363 | | WROCLAW | POL | K50-59 | 14 | K 40 | 00:22:03 | 00:44:07 | 01:06:28 | 01:28:11.65 | 8:49 | 6.8 |
| 77 | GAWROŃSKA NATALIA | 322 | | WROCLAW | POL | K18-29 | 4 | K 41 | 00:21:47 | 00:44:08 | 01:06:21 | 01:28:17.30 | 8:49 | 6.8 |
| 78 | JĘDRASZCZYK MICHAŁ | 329 | | WROCLAW | POL | M30-39 | 4 | M 37 | 00:22:59 | 00:44:58 | 01:06:52 | 01:28:38.10 | 8:51 | 6.8 |
| 79 | NOWAK JANINA | 358 | | WROCLAW | POL | K40-49 | 11 | K 42 | 00:22:14 | 00:44:49 | 01:07:38 | 01:31:12.70 | 9:07 | 6.6 |
| 80 | NOWAK AGATA | 357 | | WROCLAW | POL | K30-39 | 9 | K 43 | 00:22:15 | 00:44:48 | 01:07:39 | 01:31:13.20 | 9:07 | 6.6 |
| 81 | WNUK JOANNA | 394 | WYSOKA | WYSOKA | POL | K30-39 | 10 | K 44 | 00:21:44 | 00:45:10 | 01:09:09 | | 3186:02 | 0 |
| DQ | RATUŚ BOGUSŁAW | 367 | | GÓRA | POL | M50-59 | DQ | DQ | 00:16:53 | 00:35:30 | 00:54:08 | DQ | - | - |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------------|-------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | ROSADZIŃSKA NATALIA | 371 | LESZNO :) | LESZNO | POL | K18-29 | 1 | K 11 | 00:18:05 | 00:36:45 | 00:55:50 | 01:14:51.80 | 7:29 | 8 |
| 2 | KALICIŃSKA MONIKA | 331 | | WROCLAW | POL | K18-29 | 2 | K 12 | 00:17:44 | 00:36:44 | 00:56:08 | 01:15:17.90 | 7:31 | 8 |
| 3 | SURIAK EWELINA | 384 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K18-29 | 3 | K 15 | 00:18:19 | 00:37:29 | 00:56:49 | 01:16:02.15 | 7:36 | 7.9 |
| 4 | GAWROŃSKA NATALIA | 322 | | WROCLAW | POL | K18-29 | 4 | K 41 | 00:21:47 | 00:44:08 | 01:06:21 | 01:28:17.30 | 8:49 | 6.8 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|--------------------------------|-------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | SURIAK MICHAŁ | 383 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M18-29 | 1 | M 20 | 00:18:39 | 00:37:40 | 00:56:21 | 01:14:47.60 | 7:28 | 8 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|--------------------------------|---------------|------|--------|--------|------|----------|----------|----------|-------------|---------|------|
| 1 | KOLARSKA AGNIESZKA | 335 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 1 | K 1 | 00:16:27 | 00:33:12 | 00:49:58 | 01:06:39.20 | 6:39 | 9 |
| 2 | SKRYCKA KATARZYNA | 377 | | LUBIN | POL | K30-39 | 2 | K 5 | 00:17:25 | 00:34:51 | 00:52:43 | 01:10:17.85 | 7:01 | 8.5 |
| 3 | WIKTORSKA MAŁGORZATA | 392 | TRENUJZNA.MI.PL | WROCLAW | POL | K30-39 | 3 | K 7 | 00:17:12 | 00:34:57 | 00:52:58 | 01:11:18.75 | 7:07 | 8.4 |
| 4 | PŁOCINIĄK KATARZYNA | 364 | ACTEAM | WROCLAW | POL | K30-39 | 4 | K 9 | 00:17:56 | 00:36:19 | 00:54:29 | 01:12:47.95 | 7:16 | 8.2 |
| 5 | CHMIELEWSKA ANNA | 314 | | JEDLINA-ZDRÓJ | POL | K30-39 | 5 | K 17 | 00:18:15 | 00:37:31 | 00:57:01 | 01:16:59.35 | 7:41 | 7.8 |
| 6 | CIASZCZAK ELIZA | 315 | | WROCLAW | POL | K30-39 | 6 | K 32 | 00:19:55 | 00:40:22 | 01:00:57 | 01:21:50.90 | 8:11 | 7.3 |
| 7 | OSUMEK ANNA | 360 | RIGHTWAY | WROCLAW | POL | K30-39 | 7 | K 35 | 00:20:34 | 00:41:40 | 01:03:05 | 01:24:43.65 | 8:28 | 7.1 |
| 8 | JASTRZĄBEK KATARZYNA | 327 | | OBORNIKI | POL | K30-39 | 8 | K 38 | 00:21:29 | 00:43:03 | 01:04:49 | 01:26:25.00 | 8:38 | 6.9 |
| 9 | NOWAK AGATA | 357 | | WROCLAW | POL | K30-39 | 9 | K 43 | 00:22:15 | 00:44:48 | 01:07:39 | 01:31:13.20 | 9:07 | 6.6 |
| 10 | WNUK JOANNA | 394 | WYSOKA | WYSOKA | POL | K30-39 | 10 | K 44 | 00:21:44 | 00:45:10 | 01:09:09 | | 3186:02 | 0 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------------------|------------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | PIETRZYK JAROSŁAW | 362 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 1 | M 2 | 00:15:21 | 00:31:12 | 00:47:11 | 01:02:54.75 | 6:17 | 9.5 |
| 2 | KRZEMIŃSKI RAFAŁ | 342 | SANTANDER CONSUMER BANK | KĄTY WROCLAWSKIE | POL | M30-39 | 2 | M 21 | 00:18:00 | 00:36:58 | 00:56:18 | 01:15:22.30 | 7:32 | 8 |
| 3 | GIBKI ŁUKASZ | 324 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 3 | M 27 | 00:18:48 | 00:38:42 | 00:59:08 | 01:19:32.25 | 7:57 | 7.5 |
| 4 | JĘDRASZCZYK MICHAŁ | 329 | | WROCLAW | POL | M30-39 | 4 | M 37 | 00:22:59 | 00:44:58 | 01:06:52 | 01:28:38.10 | 8:51 | 6.8 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|-------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | SPYCHAŁA MARZENA | 379 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 3 | 00:17:13 | 00:34:48 | 00:52:24 | 01:10:07.80 | 7:00 | 8.6 |
| 2 | URBAN JOANNA | 390 | AMATOR | OŁAWA | POL | K40-49 | 2 | K 10 | 00:18:02 | 00:36:56 | 00:56:00 | 01:14:29.40 | 7:27 | 8.1 |
| 3 | TERESIŃSKA JOLANTA | 388 | | CZĘSTOCHOWA | POL | K40-49 | 3 | K 18 | 00:19:06 | 00:38:45 | 00:58:05 | 01:17:36.80 | 7:45 | 7.7 |
| 4 | SKAWIŃSKA EWA | 375 | RIGHTWAY | WILK SZYŃ | POL | K40-49 | 4 | K 21 | 00:19:10 | 00:38:48 | 00:58:30 | 01:17:48.10 | 7:46 | 7.7 |
| 5 | KIDAWA DANUTA | 332 | SANTANDER CONSUMER BANK | WROCLAW | POL | K40-49 | 5 | K 24 | 00:19:21 | 00:39:06 | 00:59:03 | 01:19:15.80 | 7:55 | 7.6 |
| 6 | NAPORA DOROTA | 354 | RIGHTWAY | WROCLAW | POL | K40-49 | 6 | K 26 | 00:20:42 | 00:40:52 | 01:00:28 | 01:19:37.30 | 7:57 | 7.5 |
| 7 | NOWAK BEATA | 356 | SAILING TEAM FERAJNA | PIŁA | POL | K40-49 | 7 | K 27 | 00:19:18 | 00:38:57 | 00:59:00 | 01:19:44.10 | 7:58 | 7.5 |
| 8 | DĘBSKA BEATA | 319 | WYSOKA | WYSOKA | POL | K40-49 | 8 | K 30 | 00:19:53 | 00:39:51 | 00:59:58 | 01:20:21.70 | 8:02 | 7.5 |
| 9 | ŻAKIEWICZ MARTA | 402 | UNIwersytet Medyczny | WROCLAW | POL | K40-49 | 9 | K 34 | 00:20:40 | 00:41:49 | 01:03:06 | 01:24:29.75 | 8:27 | 7.1 |
| 10 | BELA BEATA | 310 | | WROCLAW | POL | K40-49 | 10 | K 37 | 00:21:54 | 00:43:37 | 01:04:40 | 01:25:28.25 | 8:32 | 7 |
| 11 | NOWAK JANINA | 358 | | WROCLAW | POL | K40-49 | 11 | K 42 | 00:22:14 | 00:44:49 | 01:07:38 | 01:31:12.70 | 9:07 | 6.6 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|--------------------------------|------------------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | NIECHWIEJCZYK PIOTR | 355 | OPEL ACTIVE TEAM | ŚWIĘTOCHŁOWICE | POL | M40-49 | 1 | M 1 | 00:14:45 | 00:29:53 | 00:44:58 | 01:00:04.60 | 6:00 | 10 |
| 2 | BOGACKI SŁAWEK | 311 | ENERGA NW TEAM | BRZOZÓWKA KOŁO TORUNIA | POL | M40-49 | 2 | M 4 | 00:15:44 | 00:32:12 | 00:48:27 | 01:04:39.60 | 6:28 | 9.3 |
| 3 | ROSADZIŃSKI SŁAWOMIR | 372 | LESZNO :) | LESZNO | POL | M40-49 | 3 | M 10 | 00:16:21 | 00:33:27 | 00:50:38 | 01:07:44.90 | 6:46 | 8.9 |
| 4 | ADAMSKI ROBERT | 302 | | WAŁBRZYCH | POL | M40-49 | 4 | M 11 | 00:17:08 | 00:34:41 | 00:52:19 | 01:09:24.55 | 6:56 | 8.6 |
| 5 | OSADCZUK ANDRZEJ | 359 | | OLEŚNICA | POL | M40-49 | 5 | M 25 | 00:19:36 | 00:39:22 | 00:59:27 | 01:19:10.70 | 7:55 | 7.6 |
| 6 | KOPROWSKI TOMASZ | 338 | NORDIKI | OŁAWA | POL | M40-49 | 6 | M 26 | 00:19:04 | 00:38:42 | 00:59:03 | 01:19:15.00 | 7:55 | 7.6 |
| 7 | CZAKIERT MAREK | 316 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 7 | M 29 | 00:19:29 | 00:39:40 | 01:00:28 | 01:21:15.45 | 8:07 | 7.4 |
| 8 | WALKOWIAK PIOTREK | 391 | | SIECHNICE | POL | M40-49 | 8 | M 33 | 00:21:39 | 00:43:03 | 01:04:46 | 01:25:05.55 | 8:30 | 7.1 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|--------------------------------|-------------|------|--------|--------|-----|----------|----------|----------|-------------|--------|------|
| 1 | JĘDRASIK RENATA | 393 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 2 | 00:16:27 | 00:33:13 | 00:50:10 | 01:07:24.85 | 6:44 | 8.9 |
| 2 | DUSIEL EWA | 320 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 2 | K 6 | 00:17:11 | 00:34:53 | 00:52:50 | 01:11:08.30 | 7:06 | 8.4 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K50-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|--------------------------------|-------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 3 | KWIATKOWSKA STANISŁAWA | 345 | | GOSŁAWICE | POL | K50-59 | 3 | K 8 | 00:18:01 | 00:36:16 | 00:54:17 | 01:12:27.70 | 7:14 | 8.3 |
| 4 | MOŻDŻEN BARBARA | 353 | NIEZRZESZONA | GNIEZNO | POL | K50-59 | 4 | K 13 | 00:17:50 | 00:36:38 | 00:56:00 | 01:15:28.20 | 7:32 | 8 |
| 5 | POSTEK DANUTA | 365 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 5 | K 14 | 00:18:43 | 00:37:47 | 00:56:50 | 01:15:29.70 | 7:33 | 7.9 |
| 6 | BAJ DANUTA | 304 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K50-59 | 6 | K 16 | 00:18:47 | 00:37:55 | 00:57:10 | 01:16:49.55 | 7:41 | 7.8 |
| 7 | JEZERSKA JOLANTA | 328 | RIGHTWAY | WROCLAW | POL | K50-59 | 7 | K 19 | 00:18:17 | 00:37:37 | 00:57:31 | 01:17:43.25 | 7:46 | 7.7 |
| 8 | ADAMCZYK-GAJDA DOROTA | 301 | | OLEŚNICA | POL | K50-59 | 8 | K 20 | 00:19:18 | 00:38:54 | 00:58:22 | 01:17:44.95 | 7:46 | 7.7 |
| 9 | BARCZYK JOLANTA | 307 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 9 | K 23 | 00:19:37 | 00:39:44 | 00:59:33 | 01:18:55.40 | 7:53 | 7.6 |
| 10 | KOŁACIŃSKA ARLETA | 336 | | OLEŚNICA | POL | K50-59 | 10 | K 28 | 00:19:18 | 00:38:57 | 00:59:06 | 01:19:52.20 | 7:59 | 7.5 |
| 11 | WÓJCIK BARBARA | 397 | | KRZCZONÓW | POL | K50-59 | 11 | K 29 | 00:19:16 | 00:39:16 | 00:59:44 | 01:19:58.95 | 7:59 | 7.5 |
| 12 | KOTOVITCH MARINA | 321 | | WROCLAW | POL | K50-59 | 12 | K 36 | 00:21:54 | 00:43:36 | 01:04:38 | 01:25:12.75 | 8:31 | 7 |
| 13 | PAŁASZ JADWIGA | 366 | | WROCLAW | POL | K50-59 | 13 | K 39 | 00:21:39 | 00:43:18 | 01:05:36 | 01:27:40.80 | 8:46 | 6.8 |
| 14 | JAZ BOGUSŁAW | 363 | | WROCLAW | POL | K50-59 | 14 | K 40 | 00:22:03 | 00:44:07 | 01:06:28 | 01:28:11.65 | 8:49 | 6.8 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|---------------------------------------|-------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | SIWAK PIOTR | 374 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | 1 | M 3 | 00:15:52 | 00:32:10 | 00:48:25 | 01:04:21.30 | 6:26 | 9.3 |
| 2 | BARCZYK BOGDAN | 306 | ZABIEGANI CZĘSTOCHOWA.KALINOWSKI TEAM | CZĘSTOCHOWA | POL | M50-59 | 2 | M 5 | 00:15:53 | 00:32:11 | 00:48:47 | 01:05:02.25 | 6:30 | 9.2 |
| 3 | CHAMIELEC BOGUSŁAW | 312 | A EMERYT BIEGA | LUBIN | POL | M50-59 | 3 | M 6 | 00:15:59 | 00:32:25 | 00:48:57 | 01:05:03.75 | 6:30 | 9.2 |
| 4 | ŚWISŁOCKI BOGDAN | 387 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 4 | M 7 | 00:15:55 | 00:32:18 | 00:48:53 | 01:05:07.90 | 6:30 | 9.2 |
| 5 | SPYCHAŁA LESŁAW | 207 | WESOŁY BORSUK TEAM | BIAŁA | POL | M50-59 | 5 | M 8 | 00:16:02 | 00:32:25 | 00:48:51 | 01:05:21.45 | 6:32 | 9.2 |
| 6 | BAJ STANISŁAW | 305 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | M50-59 | 6 | M 13 | 00:17:51 | 00:36:05 | 00:54:06 | 01:12:01.30 | 7:12 | 8.3 |
| 7 | ŻYDACZEWSKI RYSZARD | 401 | NIEZRZESZONY | LUBIN | POL | M50-59 | 7 | M 14 | 00:17:23 | 00:35:40 | 00:54:14 | 01:12:05.75 | 7:12 | 8.3 |
| 8 | FRYDECKI SŁAWOMIR | 385 | | ŹRÓDŁA | POL | M50-59 | 8 | M 16 | 00:18:10 | 00:37:00 | 00:55:25 | 01:12:32.75 | 7:15 | 8.3 |
| 9 | KRÓL JANUSZ | 340 | | CZĘSTOCHOWA | POL | M50-59 | 9 | M 17 | 00:17:27 | 00:35:54 | 00:54:35 | 01:13:26.50 | 7:20 | 8.2 |
| 10 | DĄBROWA WOJCIECH | 318 | | GOSŁAWICE | POL | M50-59 | 10 | M 18 | 00:18:19 | 00:36:59 | 00:55:36 | 01:13:54.75 | 7:23 | 8.1 |
| 11 | BADECKI RYSZARD | 303 | NIEZRZESZONY | NIESZCZYCE | POL | M50-59 | 11 | M 23 | 00:17:57 | 00:36:33 | 00:56:22 | 01:17:07.80 | 7:42 | 7.8 |
| 12 | ZWOLIŃSKI RADOMIR | 400 | | WROCLAW | POL | M50-59 | 12 | M 24 | 00:18:54 | 00:38:23 | 00:57:49 | 01:17:19.05 | 7:44 | 7.8 |
| 13 | MALCEWICZ MARCIN | 350 | RIGHT WAY | WROCLAW | POL | M50-59 | 13 | M 35 | 00:20:48 | 00:42:34 | 01:04:53 | 01:27:08.80 | 8:42 | 6.9 |
| DQ | RATUŚ BOGUSŁAW | 367 | | GÓRA | POL | M50-59 | DQ | DQ | 00:16:53 | 00:35:30 | 00:54:08 | DQ | - | - |
| | | | | | | | | | DQ | DQ | DQ | | | |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, K60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|--------------------------------|-----------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | STĘPIEŃ LUCYNA | 381 | KS METRACO POLKOWICE | LUBIN | POL | K60-69 | 1 | K 4 | 00:17:20 | 00:35:01 | 00:52:51 | 01:10:11.50 | 7:01 | 8.5 |
| 2 | HORACZEWSKA KRYSZYNA | 325 | ŚCINAWSKA GRUPA NW | ŚCINAWA | POL | K60-69 | 2 | K 22 | 00:19:21 | 00:38:58 | 00:58:53 | 01:18:48.95 | 7:52 | 7.6 |
| 3 | ZAWADZKA MARIA | 399 | KS METRACO POLKOWICE | LUBIN | POL | K60-69 | 3 | K 25 | 00:19:48 | 00:40:05 | 00:59:42 | 01:19:18.00 | 7:55 | 7.6 |
| 4 | LULEK LUCYNA | 347 | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA | POL | K60-69 | 4 | K 31 | 00:19:36 | 00:39:48 | 01:00:26 | 01:21:24.50 | 8:08 | 7.4 |
| 5 | MĘDRAK ALICJA | 351 | | WROCLAW | POL | K60-69 | 5 | K 33 | 00:20:39 | 00:41:49 | 01:02:21 | 01:23:15.00 | 8:19 | 7.2 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------------|------------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | SMUL ANDRZEJ | 378 | MARSZ PO ZDROWIE POZNAŃ | TARNOWO PODGÓRNE | POL | M60-69 | 1 | M 9 | 00:16:00 | 00:32:36 | 00:49:46 | 01:07:14.55 | 6:43 | 8.9 |
| 2 | CZEKAJŁO FRANCISZEK | 317 | REMI | DREZDENKO | POL | M60-69 | 2 | M 12 | 00:16:43 | 00:34:05 | 00:51:48 | 01:09:32.95 | 6:57 | 8.6 |
| 3 | JUSZCZAK ROMUALD | 330 | | WROCLAW | POL | M60-69 | 3 | M 19 | 00:18:35 | 00:37:41 | 00:56:16 | 01:14:40.40 | 7:28 | 8 |
| 4 | KIELBIK MAREK | 334 | SKRZYDLATA | WROCLAW | POL | M60-69 | 4 | M 28 | 00:19:38 | 00:39:33 | 00:59:48 | 01:20:04.70 | 8:00 | 7.5 |
| 5 | KRAWCZYK DARIUSZ | 339 | | WROCLAW | POL | M60-69 | 5 | M 31 | 00:20:24 | 00:41:04 | 01:01:48 | 01:22:35.65 | 8:15 | 7.3 |
| 6 | HRABIA JÓZEF | 326 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M60-69 | 6 | M 32 | 00:20:36 | 00:41:31 | 01:02:37 | 01:23:17.15 | 8:19 | 7.2 |
| 7 | MOSOŃ MAREK | 352 | NIEZRZESZONY | WROCLAW | POL | M60-69 | 7 | M 36 | 00:21:54 | 00:44:11 | 01:06:11 | 01:27:21.60 | 8:44 | 6.9 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|---|-------------|------|------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | ROGOS HENRYK | 370 | ŚCINAWSKA GRUPA NORDIC WALKING | LUBIĄŻ | POL | M70+ | 1 | M 15 | 00:18:13 | 00:36:16 | 00:54:22 | 01:12:10.55 | 7:13 | 8.3 |
| 2 | THOMALLA BOGDAN | 389 | TOMCHEM OBR | ZABRZE | POL | M70+ | 2 | M 22 | 00:18:20 | 00:37:17 | 00:56:29 | 01:16:08.20 | 7:36 | 7.9 |
| 3 | GAŃTEK GERARD | 323 | CALYPSO FITNESS GALERIA JURAJSKA CZESTOCHOWA | CZĘSTOCHOWA | POL | M70+ | 3 | M 30 | 00:20:01 | 00:40:47 | 01:01:32 | 01:22:26.45 | 8:14 | 7.3 |
| 4 | RAGANOWICZ KRZESIMIR | 368 | | WROCLAW | POL | M70+ | 4 | M 34 | 00:21:18 | 00:43:03 | 01:04:53 | 01:26:25.15 | 8:38 | 6.9 |