

**NORDIC WALKING GLIWICKI - 10KM**

Organizator: Fundacja Bieg Rzeźnika

Data: 2017-10-22

Miejsce: Gliwice

Dystans: 10 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 2000 miejsc wg czasu brutto


**NORDIC WALKING GLIWICKI - 10KM, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	CYRUS BOGDAN	3069	SILESIA NORDIC TEAM	STRZEBIŃ	POL	M-40	1	M 1	00:26:37	00:37:37	01:04:43.85	01:07:29.45	6:28	9.3
2	ADAMUS MARIAN	3087	ŚLESIA NORDIC TEAM	BYTOM	POL	M-60	1	M 2	00:27:13	00:38:20	01:06:23.80	01:09:08.65	6:38	9
3	MĄŁKA MARIAN	3067	NIEZRZESZONY	GLIWICE	POL	M-50	1	M 3	00:28:10	00:39:26	01:07:38.45	01:10:27.90	6:45	8.9
4	SMOLARCZYK DOROTA	3071	MŁODE WILKI	GLIWICE	POL	K-40	1	K 1	00:29:09	00:40:43	01:09:59.85	01:12:13.40	7:00	8.6
5	TYCZEWSKI JACEK	3035		GLIWICE	POL	M-30	1	M 4	00:29:19	00:41:37	01:12:00.60	01:14:45.45	7:12	8.3
6	HAHN PIOTR	3072	NORRUN TEAM	PANIÓWKI	POL	M-30	2	M 5	00:30:41	00:42:36	01:12:38.30	01:15:28.00	7:15	8.3
7	SKONIECZNY SEBASTIAN	3016	BUKATEAM	GLIWICE	POL	M-30	3	M 6	00:30:05	00:42:23	01:12:57.90	01:15:45.20	7:17	8.2
8	MARONDEL KATARZYNA	3086	SILESIA NORDIC TEAM	BYTOM	POL	K-30	1	K 2	00:30:17	00:42:28	01:13:01.70	01:15:47.90	7:18	8.2
9	STĘPIEŃ DOROTA	3047		KIELCE	POL	K-40	2	K 3	00:29:53	00:42:06	01:13:04.65	01:15:55.40	7:18	8.2
10	KAJCA MIROSŁAW	3011	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-40	2	M 7	00:30:14	00:42:21	01:13:25.25	01:16:12.30	7:20	8.2
11	MAZIUK KRZYSZTOF	3044		GLIWICE	POL	M-40	3	M 8	00:30:51	00:42:56	01:13:43.30	01:16:35.20	7:22	8.1
12	SKOWRONSKA ANNA	3066		KATOWICE	POL	K-40	3	K 4	00:31:09	00:43:20	01:14:09.80	01:16:59.55	7:25	8.1
13	JASIŃSKI MATEUSZ	3095	CERTUM	GLIWICE	POL	M-20	1	M 9	00:31:48	00:44:03	01:14:41.55	01:17:26.85	7:28	8
14	WIŚNIEWSKI ROMAN	3077		TWARDORZECZKA	POL	M-60	2	M 10	00:31:25	00:44:13	01:15:53.40	01:18:41.75	7:35	7.9
15	TYCZEWSKA PAULINA	3031		KRAKÓW	POL	K-30	2	K 5	00:30:55	00:43:35	01:16:18.35	01:19:04.65	7:37	7.9
16	WOJNOWSKI WOJCIECH	3100		ZABRZE	POL	M-30	4	M 11	00:32:02	00:44:57	01:16:27.95	01:19:17.10	7:38	7.8
17	URBANOWICZ ALEKSANDRA	3080	KTB 'PRZEZ LAS ' GLIWICE	GLIWICE	POL	K-50	1	K 6	00:32:38	00:45:17	01:16:36.60	01:19:26.85	7:39	7.8
18	KOZUB PATRYCJA	3094	CERTUM	GLIWICE	POL	K-20	1	K 7	00:32:16	00:45:09	01:17:34.30	01:20:18.10	7:45	7.7
19	OWCZAREK MARCIN	3041		GLIWICE	POL	M-50	3	M 12	00:32:15	00:45:17	01:18:18.75	01:20:23.45	7:49	7.7
20	JAWORSKI ANDRZEJ	3023		GLIWICE	POL	M-50	2	M 13	00:32:29	00:45:25	01:17:48.15	01:20:34.50	7:46	7.7
21	SKAWIŃSKA EWA	3076	RIGHTWAY	WILKSZYN	POL	K-40	4	K 8	00:32:53	00:45:40	01:17:46.85	01:20:37.10	7:46	7.7
22	TAISNER ALEKSANDRA	3089		RUDA ŚLĄSKA	POL	K-30	3	K 9	00:32:52	00:45:45	01:19:03.65	01:21:51.65	7:54	7.6
23	LIPUT DAWID	3099		GLIWICE	POL	M-30	5	M 14	00:32:25	00:45:40	01:19:39.30	01:22:29.10	7:58	7.5
24	MICHALIK JOANNA	3081		BYTOM	POL	K-30	4	K 10	00:33:42	00:47:03	01:19:50.75	01:22:37.85	7:59	7.5
25	TYCZEWSKA TERESA	3014		GLIWICE	POL	K-40	5	K 11	00:32:55	00:46:16	01:20:24.05	01:23:11.95	8:02	7.5
26	WIŚNIEWSKI SŁAWOMIR	3022		ZABRZE	POL	M-50	4	M 15	00:33:32	00:47:07	01:21:15.60	01:24:03.65	8:07	7.4
27	SIEJKO JANUSZ ADAM	3060	UM	GLIWICE	POL	M-60	3	M 16	00:35:06	00:48:54	01:22:03.45	01:25:00.45	8:12	7.3
28	TRACZEWSKA MAGDALENA	3082		GLIWICE	POL	K-30	5	K 12	00:34:08	00:47:59	01:22:37.80	01:25:30.00	8:15	7.3
29	GĘBCZYK WŁADYSŁAW	3010	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-60	4	M 17	00:34:22	00:48:07	01:22:52.65	01:25:42.70	8:17	7.2
30	KIDAWA BOŻENA	3024		GLIWICE	POL	K-60	1	K 13	00:34:18	00:48:03	01:23:01.75	01:25:48.20	8:18	7.2
31	WINKIEWICZ JOLANTA	3056		GLIWICE	POL	K-50	2	K 14	00:34:27	00:48:19	01:23:10.15	01:25:57.50	8:19	7.2
32	LEWANDOWSKA IWONA	3079		GLIWICE	POL	K-50	3	K 15	00:34:04	00:48:07	01:23:25.25	01:26:08.50	8:20	7.2
33	KIDAWA MARIAN	3015		GLIWICE	POL	M-60	5	M 18	00:33:47	00:47:42	01:23:28.75	01:26:15.10	8:20	7.2
34	STACHOWICZ SZYMON	3008		GLIWICE	POL	M-20	2	M 19	00:35:42	00:49:57	01:23:33.40	01:26:29.05	8:21	7.2
35	WĘGRZYNOWICZ ESTERA	3007		GLIWICE	POL	K-30	6	K 16	00:35:42	00:49:58	01:23:35.80	01:26:31.05	8:21	7.2
36	SARRÉ JOANNA	3039	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA	GLIWICE	POL	K-60	2	K 17	00:34:15	00:48:08	01:24:23.55	01:27:19.60	8:26	7.1
37	KOTYLAK WOJCIECH	3040		GLIWICE	POL	M-50	5	M 20	00:35:04	00:48:50	01:24:28.30	01:27:21.35	8:26	7.1
38	NOWAK SEBASTIAN	3091	PROPOINT	KNURÓW	POL	M-30	6	M 21	00:35:19	00:49:24	01:25:03.30	01:27:48.45	8:30	7.1
39	WOLIŃSKA KATARZYNA	3097		GLIWICE	POL	K-40	6	K 18	00:37:01	00:51:35	01:24:54.35	01:27:53.45	8:29	7.1
40	RYGULSKI ANDRZEJ	3012	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-60	6	M 22	00:36:34	00:51:03	01:25:13.70	01:28:00.05	8:31	7
41	BENTKOWSKI LESŁAW	3013	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 23	00:35:45	00:50:07	01:25:28.55	01:28:13.15	8:32	7
42	MAZIUK EWA	3045		GLIWICE	POL	K-40	7	K 19	00:35:52	00:50:07	01:25:30.30	01:28:21.85	8:33	7
43	MIZERA BEATA	3006		GLIWICE	POL	K-40	8	K 20	00:35:49	00:50:03	01:25:34.80	01:28:29.95	8:33	7
44	SOBCZAK-KOŚIŃSKA SYLWIA	3049		GLIWICE	POL	K-30	7	K 21	00:35:55	00:50:08	01:25:46.05	01:28:37.60	8:34	7
45	SKONIECZNA MAGDALENA	3017	BUKATEAM	GLIWICE	POL	K-30	8	K 22	00:35:13	00:49:20	01:25:52.20	01:28:40.65	8:35	7

**NORDIC WALKING GLIWICKI - 10KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
46	DOMARADZKA KAROLINA	3037		GLIWICE	POL	K-20	2	K 23	00:36:40	00:50:53	01:26:02.25	01:28:53.30	8:36	7
47	KOZŁOWSKA KARINA	3029		KAMIENIEC	POL	K-40	9	K 24	00:35:14	00:49:52	01:26:11.80	01:28:55.55	8:37	7
48	KISTELLA PAULINA	3061		PIEKARY ŚLĄSKIE	POL	K-20	3	K 25	00:35:05	00:49:29	01:26:14.25	01:28:59.60	8:37	7
49	ARTER MAŁGORZATA	3003		KNURÓW	POL	K-50	4	K 26	00:36:30	00:50:46	01:26:16.45	01:29:01.80	8:37	7
50	PROKOP GABRIELA	3098		GLIWICE	POL	K-30	9	K 27	00:36:35	00:50:58	01:26:14.30	01:29:02.85	8:37	7
51	GAMRACY LESZEK	3062	UTW GLIWICE	GLIWICE	POL	M-60	8	M 24			01:29:24.00	01:29:24.00	8:56	6.7
52	WROCŁAWSKI RAFAŁ	3101			POL	M-40	4	M 25	00:35:53	00:50:21	01:27:07.60	01:29:58.15	8:42	6.9
53	TURCZYN JOLANTA	3053		GLIWICE	POL	K-50	5	K 28	00:36:33	00:51:05	01:27:58.75	01:30:48.15	8:47	6.8
54	GROSS MIROSLAW	3038	FIS-SST TEAM / UNISONO	KSIĘŻY LAS	POL	M-60	7	M 26	00:38:02	00:52:36	01:28:27.20	01:31:15.10	8:50	6.8
55	MAŁKA IRENA	3068	NIEZRZESZONA	GLIWICE	POL	K-60	3	K 29	00:37:11	00:51:58	01:28:35.00	01:31:20.10	8:51	6.8
56	WOJDAT HANNA	3054		GLIWICE	POL	K-40	10	K 30	00:37:05	00:51:50	01:28:43.65	01:31:43.40	8:52	6.8
57	SNOCHOWSKA AGATA	3058	SZOMBIERKI RANNERS	BYTOM	POL	K-30	10	K 31	00:38:11	00:52:53	01:28:57.75	01:31:51.70	8:53	6.7
58	NOWICKA KATARZYNA	3065	SZOMBIERKI RUNNERS	SZOMBIERKI-BYTOM	POL	K-40	11	K 32	00:38:10	00:52:52	01:28:59.00	01:31:53.30	8:53	6.7
59	ALEKSANDROWICZ MAŁGORZATA	3033		GLIWICE	POL	K-50	6	K 33	00:37:27	00:52:24	01:29:47.10	01:31:57.75	8:58	6.7
60	DŁUGAJ URSZULA	3078		MIKOŁÓW	POL	K-40	12	K 34	00:38:07	00:53:02	01:29:13.75	01:32:03.75	8:55	6.7
61	PACYNA-ZIEBURA ANNA	3030		KRAKÓW	POL	K-30	12	K 35	00:40:31	00:55:33	01:32:13.05	01:32:13.05	9:13	6.5
62	PAWŁOWSKA ANNA	3034		ZABRZE	POL	K-40	14	K 36	00:37:26	00:52:24	01:30:14.65	01:32:25.70	9:01	6.6
63	KOWAL SYLWIA	3064	-	GLIWICE	POL	K-40	13	K 37	00:38:55	00:53:59	01:29:39.55	01:32:26.85	8:57	6.7
64	LISOWSKI MIROSLAW	3026	KLIWICKI KLUB KOLERKCJONERÓW	GLIWICE	POL	M-50	6	M 27	00:38:09	00:53:05	01:29:43.35	01:32:36.60	8:58	6.7
65	LISOWSKA AGNIESZKA	3027		GLIWICE	POL	K-18	1	K 38	00:38:09	00:53:05	01:29:44.45	01:32:36.70	8:58	6.7
66	NOWAK LIDIA	3048		DĄBROWA GÓRNICZA	POL	K-50	7	K 39	00:37:57	00:52:45	01:30:00.65	01:32:51.70	9:00	6.7
67	JASIŃSKA JUSTYNA	3063		GLIWICE	POL	K-30	11	K 40	00:38:56	00:53:59	01:30:08.50	01:32:55.80	9:00	6.7
68	KMIEĆ AGNIESZKA	3088	CERTUM		POL	K-20	4	K 41	00:37:45	00:52:50	01:30:14.00	01:33:01.40	9:01	6.6
69	TOMASZCZYK PIOTR	3090	MEGAVAT RUNNING TEAM	CZERWONKA LESZCZYNY	POL	M-50	7	M 28	00:38:15	00:53:10	01:30:15.25	01:33:04.00	9:01	6.6
70	PURTAK ANNA	3032		GLIWICE	POL	K-50	8	K 42	00:38:13	00:53:07	01:31:10.95	01:33:59.20	9:07	6.6
71	JANIK SYLWIA	3075		ZAWIERCIE	POL	K-20	5	K 43	00:38:53	00:54:30	01:32:44.60	01:34:41.70	9:16	6.5
72	DWORAK IWONA	3036		KNURÓW	POL	K-30	13	K 44	00:37:33	00:52:57	01:32:19.05	01:35:04.05	9:13	6.5
73	PILSZAK KRYSZTIAN	3055	TAK DLA TRANSPLANTACJI-TEAM	RACIBÓRZ	POL	M-60	9	M 29	00:38:04	00:53:41	01:32:32.30	01:35:18.50	9:15	6.5
74	KALISZ ANETA	3092		BYTOM	POL	K-40	15	K 45	00:39:28	00:54:48	01:32:46.90	01:35:40.25	9:16	6.5
75	KREFT SYLWIA	3093		BYTOM	POL	K-40	16	K 46	00:39:31	00:54:48	01:32:47.30	01:35:40.95	9:16	6.5
76	MICHNA GRZEGORZ	3096		GLIWICE	POL	M-60	10	M 30	00:39:45	00:54:49	01:32:49.80	01:35:43.85	9:16	6.5
77	CEMPULIK-ŁAKOMSKA AGNIESZKA	3019		WODZISŁAW ŚLĄSKI	POL	K-40	17	K 47	00:40:17	00:55:47	01:33:08.60	01:36:03.55	9:18	6.4
78	ŁAKOMSKI MARCIN	3018		WODZISŁAW ŚLĄSKI	POL	M-40	5	M 31	00:40:14	00:56:14	01:33:10.40	01:36:05.45	9:19	6.4
79	CHOJNACKI WOJCIECH	3050	NIZRZESZONY	TWORÓG	POL	M-60	11	M 32	00:38:54	00:54:38	01:33:25.05	01:36:22.20	9:20	6.4
80	KACZMAREK DANUTA	3020	SPORT-RELAKS NASZA SZKOŁKA PLYWANIA	KNURÓW	POL	K-30	14	K 48	00:38:48	00:54:26	01:33:38.85	01:36:31.55	9:21	6.4
81	RAJTOR DOMINIKA	3084		GLIWICE	POL	K-30	15	K 49	00:38:57	00:54:37	01:34:25.50	01:37:09.90	9:26	6.4
82	GÓRAL MAŁGORZATA	3051	NIEZRZESZONY	GLIWICE	POL	K-40	19	K 50	00:39:03	00:54:47	01:34:51.90	01:37:38.30	9:29	6.3
83	GÓRNIAK ALICJA	3052	NIZRZESZONY	GLIWICE	POL	K-40	18	K 51	00:39:02	00:54:47	01:34:51.85	01:37:38.35	9:29	6.3
84	LEŚ MICHAŁ	3046		GLIWICE	POL	M-40	6	M 33	00:40:31	00:56:27	01:36:15.95	01:39:03.55	9:37	6.2
85	WIĘCŁAW CECYLIA	3074		GLIWICE	POL	K-30	16	K 52	00:40:06	00:56:04	01:36:22.10	01:39:13.55	9:38	6.2
86	KOTOWSKA KAROLINA	3001	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	17	K 53	00:40:26	00:56:22	01:37:36.10	01:40:32.40	9:45	6.1
87	JAKUBIAK IZABELLA	3073		GLIWICE	POL	K-40	20	K 54	00:40:16	00:56:30	01:38:27.25	01:41:18.70	9:50	6.1
88	WIRSKA MAGDALENA	3059		GLIWICE	POL	K-30	18	K 55	00:40:33	00:56:56	01:38:56.90	01:41:40.85	9:53	6.1
89	PARUZEL JULIANNIA	3042	BPK	GLIWICE	POL	K-30	19	K 56	00:41:59	00:58:02	01:39:17.90	01:42:10.70	9:55	6
90	HILKNER-BUKOWSKA DOROTA	3043		GLIWICE	POL	K-50	9	K 57	00:41:57	00:57:58	01:39:18.85	01:42:11.95	9:55	6
91	WIŚNIEWSKA MARZANNA	3021		ZABRZE	POL	K-40	21	K 58	00:41:17	00:57:54	01:39:35.80	01:42:32.25	9:57	6
92	PŁONKA JANINA	3009		GLIWICE	POL	K-60	4	K 59	00:41:24	00:58:02	01:39:44.20	01:42:32.30	9:58	6
93	HAŁA-WAWRZAK ALICJA	3070		GLIWICE	POL	K-40	22	K 60	00:41:57	00:58:47	01:43:23.05	01:46:12.75	10:20	5.8

**NORDIC WALKING GLIWICKI - 10KM, K Open**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	SMOLARCZYK DOROTA	3071	MŁODE WILKI	GLIWICE	POL	K-40	1	K 1	00:29:09	00:40:43	01:09:59.85	01:12:13.40	7:00	8.6
2	MARONDEL KATARZYNA	3086	SILESIA NORDIC TEAM	BYTOM	POL	K-30	1	K 2	00:30:17	00:42:28	01:13:01.70	01:15:47.90	7:18	8.2
3	STĘPIEŃ DOROTA	3047		KIELCE	POL	K-40	2	K 3	00:29:53	00:42:06	01:13:04.65	01:15:55.40	7:18	8.2

**NORDIC WALKING GLIWICKI - 10KM, K Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
4	SKOWROŃSKA ANNA	3066		KATOWICE	POL	K-40	3	K 4	00:31:09	00:43:20	01:14:09.80	01:16:59.55	7:25	8.1
5	TYCZEWSKA PAULINA	3031		KRAKÓW	POL	K-30	2	K 5	00:30:55	00:43:35	01:16:18.35	01:19:04.65	7:37	7.9
6	URBANOWICZ ALEKSANDRA	3080	KTB 'PRZEZ LAS' GLIWICE	GLIWICE	POL	K-50	1	K 6	00:32:38	00:45:17	01:16:36.60	01:19:26.85	7:39	7.8
7	KOZUB PATRYCJA	3094	CERTUM	GLIWICE	POL	K-20	1	K 7	00:32:16	00:45:09	01:17:34.30	01:20:18.10	7:45	7.7
8	SKAWIŃSKA EWA	3076	RIGHTWAY	WILKSZYN	POL	K-40	4	K 8	00:32:53	00:45:40	01:17:46.85	01:20:37.10	7:46	7.7
9	TAISNER ALEKSANDRA	3089		RUDA ŚLĄSKA	POL	K-30	3	K 9	00:32:52	00:45:45	01:19:03.65	01:21:51.65	7:54	7.6
10	MICHALIK JOANNA	3081		BYTOM	POL	K-30	4	K 10	00:33:42	00:47:03	01:19:50.75	01:22:37.85	7:59	7.5
11	TYCZEWSKA TERESA	3014		GLIWICE	POL	K-40	5	K 11	00:32:55	00:46:16	01:20:24.05	01:23:11.95	8:02	7.5
12	TRACZEWSKA MAGDALENA	3082		GLIWICE	POL	K-30	5	K 12	00:34:08	00:47:59	01:22:37.80	01:25:30.00	8:15	7.3
13	KIDAWA BOŻENA	3024		GLIWICE	POL	K-60	1	K 13	00:34:18	00:48:03	01:23:01.75	01:25:48.20	8:18	7.2
14	WINKIEWICZ JOLANTA	3056		GLIWICE	POL	K-50	2	K 14	00:34:27	00:48:19	01:23:10.15	01:25:57.50	8:19	7.2
15	LEWANDOWSKA IWONA	3079		GLIWICE	POL	K-50	3	K 15	00:34:04	00:48:07	01:23:25.25	01:26:08.50	8:20	7.2
16	WĘGRZYNOWICZ ESTERA	3007		GLIWICE	POL	K-30	6	K 16	00:35:42	00:49:58	01:23:35.80	01:26:31.05	8:21	7.2
17	SARRÉ JOANNA	3039	SPORT-RELAKS NASZA SZKÓŁKA PLYWANIA	GLIWICE	POL	K-60	2	K 17	00:34:15	00:48:08	01:24:23.55	01:27:19.60	8:26	7.1
18	WOLINSKA KATARZYNA	3097			POL	K-40	6	K 18	00:37:01	00:51:35	01:24:54.35	01:27:53.45	8:29	7.1
19	MAZIUK EWA	3045		GLIWICE	POL	K-40	7	K 19	00:35:52	00:50:07	01:25:30.30	01:28:21.85	8:33	7
20	MIZERA BEATA	3006		GLIWICE	POL	K-40	8	K 20	00:35:49	00:50:03	01:25:34.80	01:28:29.95	8:33	7
21	SOBCZAK-KOSIŃSKA SYLWIA	3049		GLIWICE	POL	K-30	7	K 21	00:35:55	00:50:08	01:25:46.05	01:28:37.60	8:34	7
22	SKONIECZNA MAGDALENA	3017	BUKATEAM	GLIWICE	POL	K-30	8	K 22	00:35:13	00:49:20	01:25:52.20	01:28:40.65	8:35	7
23	DOMARĄDZKA KAROLINA	3037		GLIWICE	POL	K-20	2	K 23	00:36:40	00:50:53	01:26:02.25	01:28:53.30	8:36	7
24	KOZŁOWSKA KARINA	3029		KAMIENIEC	POL	K-40	9	K 24	00:35:14	00:49:52	01:26:11.80	01:28:55.55	8:37	7
25	KISTELLA PAULINA	3061		PIEKARY ŚLĄSKIE	POL	K-20	3	K 25	00:35:05	00:49:29	01:26:14.25	01:28:59.60	8:37	7
26	ARTER MAŁGORZATA	3003		KNURÓW	POL	K-50	4	K 26	00:36:30	00:50:46	01:26:16.45	01:29:01.80	8:37	7
27	PROKOP GABRIELA	3098		GLIWICE	POL	K-30	9	K 27	00:36:35	00:50:58	01:26:14.30	01:29:02.85	8:37	7
28	TURCZYN JOLANTA	3053		GLIWICE	POL	K-50	5	K 28	00:36:33	00:51:05	01:27:58.75	01:30:48.15	8:47	6.8
29	MAŁKA IRENA	3068	NIEZRZESZONA	GLIWICE	POL	K-60	3	K 29	00:37:11	00:51:58	01:28:35.00	01:31:20.10	8:51	6.8
30	WOJDAT HANNA	3054		GLIWICE	POL	K-40	10	K 30	00:37:05	00:51:50	01:28:43.65	01:31:43.40	8:52	6.8
31	SNOCHOWSKA AGATA	3058	SZOMBIERKI RANNERS	BYTOM	POL	K-30	10	K 31	00:38:11	00:52:53	01:28:57.75	01:31:51.70	8:53	6.7
32	NOWICKA KATARZYNA	3065	SZOMBIERKI RUNNERS	SZOMBIERKI-BYTOM	POL	K-40	11	K 32	00:38:10	00:52:52	01:28:59.00	01:31:53.30	8:53	6.7
33	ALEKSANDROWICZ MAŁGORZATA	3033		GLIWICE	POL	K-50	6	K 33	00:37:27	00:52:24	01:29:47.10	01:31:57.75	8:58	6.7
34	DŁUGAJ URSZULA	3078		MIKOŁÓW	POL	K-40	12	K 34	00:38:07	00:53:02	01:29:13.75	01:32:03.75	8:55	6.7
35	PACYNA-ZIEBURA ANNA	3030		KRAKÓW	POL	K-30	12	K 35	00:40:31	00:55:33	01:32:13.05	01:32:13.05	9:13	6.5
36	PAWŁOWSKA ANNA	3034		ZABRZE	POL	K-40	14	K 36	00:37:26	00:52:24	01:30:14.65	01:32:25.70	9:01	6.6
37	KOWAL SYLWIA	3064	-	GLIWICE	POL	K-40	13	K 37	00:38:55	00:53:59	01:29:39.55	01:32:26.85	8:57	6.7
38	LISOWSKA AGNIESZKA	3027		GLIWICE	POL	K-18	1	K 38	00:38:09	00:53:05	01:29:44.45	01:32:36.70	8:58	6.7
39	NOWAK LIDIA	3048		DĄBROWA GÓRNICZA	POL	K-50	7	K 39	00:37:57	00:52:45	01:30:00.65	01:32:51.70	9:00	6.7
40	JASIŃSKA JUSTYNA	3063		GLIWICE	POL	K-30	11	K 40	00:38:56	00:53:59	01:30:08.50	01:32:55.80	9:00	6.7
41	KMIEĆ AGNIESZKA	3088	CERTUM		POL	K-20	4	K 41	00:37:45	00:52:50	01:30:14.00	01:33:01.40	9:01	6.6
42	PURTAK ANNA	3032		GLIWICE	POL	K-50	8	K 42	00:38:13	00:53:07	01:31:10.95	01:33:59.20	9:07	6.6
43	JANIK SYLWIA	3075		ZAWIERCIE	POL	K-20	5	K 43	00:38:53	00:54:30	01:32:44.60	01:34:41.70	9:16	6.5
44	DWORAK IWONA	3036		KNURÓW	POL	K-30	13	K 44	00:37:33	00:52:57	01:32:19.05	01:35:04.05	9:13	6.5
45	KALISZ ANETA	3092		BYTOM	POL	K-40	15	K 45	00:39:28	00:54:48	01:32:46.90	01:35:40.25	9:16	6.5
46	KREFT SYLWIA	3093		BYTOM	POL	K-40	16	K 46	00:39:31	00:54:48	01:32:47.30	01:35:40.95	9:16	6.5
47	CEMPULIK-ŁAKOMSKA AGNIESZKA	3019		WODZIŚLAW ŚLASKI	POL	K-40	17	K 47	00:40:17	00:55:47	01:33:08.60	01:36:03.55	9:18	6.4
48	KACZMAREK DANUTA	3020	SPORT-RELAKS NASZA SZKÓŁKA PLYWANIA	KNURÓW	POL	K-30	14	K 48	00:38:48	00:54:26	01:33:38.85	01:36:31.55	9:21	6.4
49	RAJTOR DOMINIKA	3084		GLIWICE	POL	K-30	15	K 49	00:38:57	00:54:37	01:34:25.50	01:37:09.90	9:26	6.4
50	GÓRAL MAŁGORZATA	3051	NIEZRZESZONY	GLIWICE	POL	K-40	19	K 50	00:39:03	00:54:47	01:34:51.90	01:37:38.30	9:29	6.3
51	GÓRNIAK ALICJA	3052	NZRZESZONY	GLIWICE	POL	K-40	18	K 51	00:39:02	00:54:47	01:34:51.85	01:37:38.35	9:29	6.3
52	WIĘCŁAW CECYLIA	3074		GLIWICE	POL	K-30	16	K 52	00:40:06	00:56:04	01:36:22.10	01:39:13.55	9:38	6.2
53	KOTOWSKA KAROLINA	3001	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	17	K 53	00:40:26	00:56:22	01:37:36.10	01:40:32.40	9:45	6.1
54	JAKUBIAK IZABELLA	3073		GLIWICE	POL	K-40	20	K 54	00:40:16	00:56:30	01:38:27.25	01:41:18.70	9:50	6.1
55	WIRSKA MAGDALENA	3059		GLIWICE	POL	K-30	18	K 55	00:40:33	00:56:56	01:38:56.90	01:41:40.85	9:53	6.1
56	PARUZEL JULIANNA	3042	BPK	GLIWICE	POL	K-30	19	K 56	00:41:59	00:58:02	01:39:17.90	01:42:10.70	9:55	6
57	HILKNER-BUKOWSKA DOROTA	3043		GLIWICE	POL	K-50	9	K 57	00:41:57	00:57:58	01:39:18.85	01:42:11.95	9:55	6
58	WIŚNIEWSKA MARZANNA	3021		ZABRZE	POL	K-40	21	K 58	00:41:17	00:57:54	01:39:35.80	01:42:32.25	9:57	6

**NORDIC WALKING GLIWICKI - 10KM, K Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
59	PŁONKA JANINA	3009		GLIWICE	POL	K-60	4	K 59	00:41:24	00:58:02	01:39:44.20	01:42:32.30	9:58	6
60	HAŁA-WAWRZAK ALICJA	3070		GLIWICE	POL	K-40	22	K 60	00:41:57	00:58:47	01:43:23.05	01:46:12.75	10:20	5.8

**NORDIC WALKING GLIWICKI - 10KM, M Open**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	CYRUS BOGDAN	3069	SILESIA NORDIC TEAM	STRZEBIŃ	POL	M-40	1	M 1	00:26:37	00:37:37	01:04:43.85	01:07:29.45	6:28	9.3
2	ADAMUS MARIAN	3087	ŚLESIA NORDIC TEAM	BYTOM	POL	M-60	1	M 2	00:27:13	00:38:20	01:06:23.80	01:09:08.65	6:38	9
3	MAŁKA MARIAN	3067	NIEZRZESZONY	GLIWICE	POL	M-50	1	M 3	00:28:10	00:39:26	01:07:38.45	01:10:27.90	6:45	8.9
4	TYCZEWSKI JACEK	3035		GLIWICE	POL	M-30	1	M 4	00:29:19	00:41:37	01:12:00.60	01:14:45.45	7:12	8.3
5	HAHN PIOTR	3072	NORRUN TEAM	PANIÓWKI	POL	M-30	2	M 5	00:30:41	00:42:36	01:12:38.30	01:15:28.00	7:15	8.3
6	SKONIECZNY SEBASTIAN	3016	BUKATEAM	GLIWICE	POL	M-30	3	M 6	00:30:05	00:42:23	01:12:57.90	01:15:45.20	7:17	8.2
7	KAJCA MIROSŁAW	3011	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-40	2	M 7	00:30:14	00:42:21	01:13:25.25	01:16:12.30	7:20	8.2
8	MAZIUK KRZYSZTOF	3044		GLIWICE	POL	M-40	3	M 8	00:30:51	00:42:56	01:13:43.30	01:16:35.20	7:22	8.1
9	JASIŃSKI MATEUSZ	3095	CERTUM	GLIWICE	POL	M-20	1	M 9	00:31:48	00:44:03	01:14:41.55	01:17:26.85	7:28	8
10	WIŚNIEWSKI ROMAN	3077		TWARDORZECZKA	POL	M-60	2	M 10	00:31:25	00:44:13	01:15:53.40	01:18:41.75	7:35	7.9
11	WOJNOWSKI WOJCIECH	3100		ZABRZE	POL	M-30	4	M 11	00:32:02	00:44:57	01:16:27.95	01:19:17.10	7:38	7.8
12	OWCZAREK MARCIN	3041		GLIWICE	POL	M-50	3	M 12	00:32:15	00:45:17	01:18:18.75	01:20:23.45	7:49	7.7
13	JAWORSKI ANDRZEJ	3023		GLIWICE	POL	M-50	2	M 13	00:32:29	00:45:25	01:17:48.15	01:20:34.50	7:46	7.7
14	LIPUT DAWID	3099		GLIWICE	POL	M-30	5	M 14	00:32:25	00:45:40	01:19:39.30	01:22:29.10	7:58	7.5
15	WIŚNIEWSKI SŁAWOMIR	3022		ZABRZE	POL	M-50	4	M 15	00:33:32	00:47:07	01:21:15.60	01:24:03.65	8:07	7.4
16	SIEJKO JANUSZ ADAM	3060	UM	GLIWICE	POL	M-60	3	M 16	00:35:06	00:48:54	01:22:03.45	01:25:00.45	8:12	7.3
17	GĘBCZYK WŁADYSŁAW	3010	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-60	4	M 17	00:34:22	00:48:07	01:22:52.65	01:25:42.70	8:17	7.2
18	KIDAWA MARIAN	3015		GLIWICE	POL	M-60	5	M 18	00:33:47	00:47:42	01:23:28.75	01:26:15.10	8:20	7.2
19	STACHOWICZ SZYMON	3008		GLIWICE	POL	M-20	2	M 19	00:35:42	00:49:57	01:23:33.40	01:26:29.05	8:21	7.2
20	KOTYLAŁ WOJCIECH	3040		GLIWICE	POL	M-50	5	M 20	00:35:04	00:48:50	01:24:28.30	01:27:21.35	8:26	7.1
21	NOWAK SEBASTIAN	3091	PROPOINT	KNURÓW	POL	M-30	6	M 21	00:35:19	00:49:24	01:25:03.30	01:27:48.45	8:30	7.1
22	RYGULSKI ANDRZEJ	3012	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-60	6	M 22	00:36:34	00:51:03	01:25:13.70	01:28:00.05	8:31	7
23	BENTKOWSKI LESŁAW	3013	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 23	00:35:45	00:50:07	01:25:28.55	01:28:13.15	8:32	7
24	GAMRACY LESZEK	3062	UTW GLIWICE	GLIWICE	POL	M-60	8	M 24			01:29:24.00	01:29:24.00	8:56	6.7
25	WROCLAWSKI RAFAŁ	3101		POL	M-40	4	M 25	00:35:53	00:50:21	01:27:07.60	01:29:58.15	8:42	6.9	
26	GROSS MIROSŁAW	3038	FIS-SST TEAM / UNISONO	KSIĘŻY LAS	POL	M-60	7	M 26	00:38:02	00:52:36	01:28:27.20	01:31:15.10	8:50	6.8
27	LISOWSKI MIROSŁAW	3026	KLWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-50	6	M 27	00:38:09	00:53:05	01:29:43.35	01:32:36.60	8:58	6.7
28	TOMASZCZYK PIOTR	3090	MEGAVAT RUNNING TEAM	CZERWONKA LESZCZYNY	POL	M-50	7	M 28	00:38:15	00:53:10	01:30:15.25	01:33:04.00	9:01	6.6
29	PILSZAK KRYSZTOF	3055	TAK DLA TRANSPLANTACJI-TEAM	RACIBÓRZ	POL	M-60	9	M 29	00:38:04	00:53:41	01:32:32.30	01:35:18.50	9:15	6.5
30	MICHNA GRZEGORZ	3096		GLIWICE	POL	M-60	10	M 30	00:39:45	00:54:49	01:32:49.80	01:35:43.85	9:16	6.5
31	ŁAKOMSKI MARCIN	3018		WODZISŁAW ŚLĄSKI	POL	M-40	5	M 31	00:40:14	00:56:14	01:33:10.40	01:36:05.45	9:19	6.4
32	CHOJNACKI WOJCIECH	3050	NIEZRZESZONY	TWORÓG	POL	M-60	11	M 32	00:38:54	00:54:38	01:33:25.05	01:36:22.20	9:20	6.4
33	LEŚ MICHAŁ	3046		GLIWICE	POL	M-40	6	M 33	00:40:31	00:56:27	01:36:15.95	01:39:03.55	9:37	6.2

**NORDIC WALKING GLIWICKI - 10KM, Niepełnosprawni**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	BENTKOWSKI LESŁAW	3013	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 23	00:35:45	00:50:07	01:25:28.55	01:28:13.15	8:32	7

**NORDIC WALKING GLIWICKI - 10KM, Mieszkancki Gliwic**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	SMOLARCZYK DOROTA	3071	MŁODE WILKI	GLIWICE	POL	K-40	1	K 1	00:29:09	00:40:43	01:09:59.85	01:12:13.40	7:00	8.6
2	KOZUB PATRYCJA	3094	CERTUM	GLIWICE	POL	K-20	1	K 7	00:32:16	00:45:09	01:17:34.30	01:20:18.10	7:45	7.7
3	TYCZEWSKA TERESA	3014		GLIWICE	POL	K-40	5	K 11	00:32:55	00:46:16	01:20:24.05	01:23:11.95	8:02	7.5
4	TRACZEWSKA MAGDALENA	3082		GLIWICE	POL	K-30	5	K 12	00:34:08	00:47:59	01:22:37.80	01:25:30.00	8:15	7.3

**NORDIC WALKING GLIWICKI - 10KM, Mieszkancki Gliwic c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
5	KIDAWA BOŻENA	3024		GLIWICE	POL	K-60	1	K 13	00:34:18	00:48:03	01:23:01.75	01:25:48.20	8:18	7.2
6	WINKIEWICZ JOLANTA	3056		GLIWICE	POL	K-50	2	K 14	00:34:27	00:48:19	01:23:10.15	01:25:57.50	8:19	7.2
7	WĘGRZYNOWICZ ESTERA	3007		GLIWICE	POL	K-30	6	K 16	00:35:42	00:49:58	01:23:35.80	01:26:31.05	8:21	7.2
8	SARRÉ JOANNA	3039	SPORT-RELAKS NASZA SZKÓŁKA PLYWANIA	GLIWICE	POL	K-60	2	K 17	00:34:15	00:48:08	01:24:23.55	01:27:19.60	8:26	7.1
9	MAZIUK EWA	3045		GLIWICE	POL	K-40	7	K 19	00:35:52	00:50:07	01:25:30.30	01:28:21.85	8:33	7
10	MIZERA BEATA	3006		GLIWICE	POL	K-40	8	K 20	00:35:49	00:50:03	01:25:34.80	01:28:29.95	8:33	7
11	SOBCZAK-KOSIŃSKA SYLWIA	3049		GLIWICE	POL	K-30	7	K 21	00:35:55	00:50:08	01:25:46.05	01:28:37.60	8:34	7
12	SKONIECZNA MAGDALENA	3017	BUKATEAM	GLIWICE	POL	K-30	8	K 22	00:35:13	00:49:20	01:25:52.20	01:28:40.65	8:35	7
13	DOMARADZKA KAROLINA	3037		GLIWICE	POL	K-20	2	K 23	00:36:40	00:50:53	01:26:02.25	01:28:53.30	8:36	7
14	KOZŁOWSKA KARINA	3029		KAMIENIEC	POL	K-40	9	K 24	00:35:14	00:49:52	01:26:11.80	01:28:55.55	8:37	7
15	TURCZYN JOLANTA	3053		GLIWICE	POL	K-50	5	K 28	00:36:33	00:51:05	01:27:58.75	01:30:48.15	8:47	6.8
16	MAŁKA IRENA	3068	NIEZRZESZONA	GLIWICE	POL	K-60	3	K 29	00:37:11	00:51:58	01:28:35.00	01:31:20.10	8:51	6.8
17	WOJDAT HANNA	3054		GLIWICE	POL	K-40	10	K 30	00:37:05	00:51:50	01:28:43.65	01:31:43.40	8:52	6.8
18	KOWAL SYLWIA	3064	-	GLIWICE	POL	K-40	13	K 37	00:38:55	00:53:59	01:29:39.55	01:32:26.85	8:57	6.7
19	LISOWSKA AGNIESZKA	3027		GLIWICE	POL	K-18	1	K 38	00:38:09	00:53:05	01:29:44.45	01:32:36.70	8:58	6.7
20	JASIŃSKA JUSTYNA	3063		GLIWICE	POL	K-30	11	K 40	00:38:56	00:53:59	01:30:08.50	01:32:55.80	9:00	6.7
21	PURTAK ANNA	3032		GLIWICE	POL	K-50	8	K 42	00:38:13	00:53:07	01:31:10.95	01:33:59.20	9:07	6.6
22	RAJTOR DOMINIKA	3084		GLIWICE	POL	K-30	15	K 49	00:38:57	00:54:37	01:34:25.50	01:37:09.90	9:26	6.4
23	GÓRNIK ALICJA	3052	NIZRZESZONY	GLIWICE	POL	K-40	18	K 51	00:39:02	00:54:47	01:34:51.85	01:37:38.35	9:29	6.3
24	GÓRAL MAŁGORZATA	3051	NIEZRZESZONY	GLIWICE	POL	K-40	19	K 50	00:39:03	00:54:47	01:34:51.90	01:37:38.30	9:29	6.3
25	KOTOWSKA KAROLINA	3001	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	17	K 53	00:40:26	00:56:22	01:37:36.10	01:40:32.40	9:45	6.1
26	JAKUBIAK IZABELLA	3073		GLIWICE	POL	K-40	20	K 54	00:40:16	00:56:30	01:38:27.25	01:41:18.70	9:50	6.1
27	WIRSKA MAGDALENA	3059		GLIWICE	POL	K-30	18	K 55	00:40:33	00:56:56	01:38:56.90	01:41:40.85	9:53	6.1
28	PARUZEL JULIANNA	3042	BPK	GLIWICE	POL	K-30	19	K 56	00:41:59	00:58:02	01:39:17.90	01:42:10.70	9:55	6
29	HILKNER-BUKOWSKA DOROTA	3043		GLIWICE	POL	K-50	9	K 57	00:41:57	00:57:58	01:39:18.85	01:42:11.95	9:55	6
30	PEONKA JANINA	3009		GLIWICE	POL	K-60	4	K 59	00:41:24	00:58:02	01:39:44.20	01:42:32.30	9:58	6
31	HAŁA-WAWRZAK ALICJA	3070		GLIWICE	POL	K-40	22	K 60	00:41:57	00:58:47	01:43:23.05	01:46:12.75	10:20	5.8

**NORDIC WALKING GLIWICKI - 10KM, Mieszkańcy Gliwic**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	MAŁKA MARIAN	3067	NIEZRZESZONY	GLIWICE	POL	M-50	1	M 3	00:28:10	00:39:26	01:07:38.45	01:10:27.90	6:45	8.9
2	TYCZEWSKI JACEK	3035		GLIWICE	POL	M-30	1	M 4	00:29:19	00:41:37	01:12:00.60	01:14:45.45	7:12	8.3
3	SKONIECZNY SEBASTIAN	3016	BUKATEAM	GLIWICE	POL	M-30	3	M 6	00:30:05	00:42:23	01:12:57.90	01:15:45.20	7:17	8.2
4	MAZIUK KRZYSZTOF	3044		GLIWICE	POL	M-40	3	M 8	00:30:51	00:42:56	01:13:43.30	01:16:35.20	7:22	8.1
5	JASIŃSKI MATEUSZ	3095	CERTUM	GLIWICE	POL	M-20	1	M 9	00:31:48	00:44:03	01:14:41.55	01:17:26.85	7:28	8
6	JAWORSKI ANDRZEJ	3023		GLIWICE	POL	M-50	2	M 13	00:32:29	00:45:25	01:17:48.15	01:20:34.50	7:46	7.7
7	OWCZAREK MARCIN	3041		GLIWICE	POL	M-50	3	M 12	00:32:15	00:45:17	01:18:18.75	01:20:23.45	7:49	7.7
8	LIPUT DAWID	3099		GLIWICE	POL	M-30	5	M 14	00:32:25	00:45:40	01:19:39.30	01:22:29.10	7:58	7.5
9	SIEJKO JANUSZ ADAM	3060	UM	GLIWICE	POL	M-60	3	M 16	00:35:06	00:48:54	01:22:03.45	01:25:00.45	8:12	7.3
10	GĘBCZYK WŁADYSŁAW	3010	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-60	4	M 17	00:34:22	00:48:07	01:22:52.65	01:25:42.70	8:17	7.2
11	KIDAWA MARIAN	3015		GLIWICE	POL	M-60	5	M 18	00:33:47	00:47:42	01:23:28.75	01:26:15.10	8:20	7.2
12	STACHOWICZ SZYMON	3008		GLIWICE	POL	M-20	2	M 19	00:35:42	00:49:57	01:23:33.40	01:26:29.05	8:21	7.2
13	KOTYLAK WOJCIECH	3040		GLIWICE	POL	M-50	5	M 20	00:35:04	00:48:50	01:24:28.30	01:27:21.35	8:26	7.1
14	BENTKOWSKI LESŁAW	3013	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 23	00:35:45	00:50:07	01:25:28.55	01:28:13.15	8:32	7
15	GAMRACY LESZEK	3062	UTW GLIWICE	GLIWICE	POL	M-60	8	M 24			01:29:24.00	01:29:24.00	8:56	6.7
16	LISOWSKI MIROSLAW	3026	KLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-50	6	M 27	00:38:09	00:53:05	01:29:43.35	01:32:36.60	8:58	6.7
17	MICHNA GRZEGORZ	3096		GLIWICE	POL	M-60	10	M 30	00:39:45	00:54:49	01:32:49.80	01:35:43.85	9:16	6.5
18	LEŚ MICHAŁ	3046		GLIWICE	POL	M-40	6	M 33	00:40:31	00:56:27	01:36:15.95	01:39:03.55	9:37	6.2

**NORDIC WALKING GLIWICKI - 10KM, K-18**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	LISOWSKA AGNIESZKA	3027		GLIWICE	POL	K-18	1	K 38	00:38:09	00:53:05	01:29:44.45	01:32:36.70	8:58	6.7

**NORDIC WALKING GLIWICKI - 10KM, K-20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	KOZUB PATRYCJA	3094	CERTUM	GLIWICE	POL	K-20	1	K 7	00:32:16	00:45:09	01:17:34.30	01:20:18.10	7:45	7.7
2	DOMARADZKA KAROLINA	3037		GLIWICE	POL	K-20	2	K 23	00:36:40	00:50:53	01:26:02.25	01:28:53.30	8:36	7
3	KISTELLA PAULINA	3061		PIEKARY ŚLĄSKIE	POL	K-20	3	K 25	00:35:05	00:49:29	01:26:14.25	01:28:59.60	8:37	7
4	KMIĘĆ AGNIESZKA	3088	CERTUM		POL	K-20	4	K 41	00:37:45	00:52:50	01:30:14.00	01:33:01.40	9:01	6.6
5	JANIK SYLWIA	3075		ZAWIERCIE	POL	K-20	5	K 43	00:38:53	00:54:30	01:32:44.60	01:34:41.70	9:16	6.5

**NORDIC WALKING GLIWICKI - 10KM, M-20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	JASIŃSKI MATEUSZ	3095	CERTUM	GLIWICE	POL	M-20	1	M 9	00:31:48	00:44:03	01:14:41.55	01:17:26.85	7:28	8
2	STACHOWICZ SZYMON	3008		GLIWICE	POL	M-20	2	M 19	00:35:42	00:49:57	01:23:33.40	01:26:29.05	8:21	7.2

**NORDIC WALKING GLIWICKI - 10KM, K-30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	MARONDEL KATARZYNA	3086	SILESIA NORDIC TEAM	BYTOM	POL	K-30	1	K 2	00:30:17	00:42:28	01:13:01.70	01:15:47.90	7:18	8.2
2	TYCZEWSKA PAULINA	3031		KRAKÓW	POL	K-30	2	K 5	00:30:55	00:43:35	01:16:18.35	01:19:04.65	7:37	7.9
3	TAISNER ALEKSANDRA	3089		RUDA ŚLĄSKA	POL	K-30	3	K 9	00:32:52	00:45:45	01:19:03.65	01:21:51.65	7:54	7.6
4	MICHAŁIK JOANNA	3081		BYTOM	POL	K-30	4	K 10	00:33:42	00:47:03	01:19:50.75	01:22:37.85	7:59	7.5
5	TRACZEWSKA MAGDALENA	3082		GLIWICE	POL	K-30	5	K 12	00:34:08	00:47:59	01:22:37.80	01:25:30.00	8:15	7.3
6	WĘGRZYNOWICZ ESTERA	3007		GLIWICE	POL	K-30	6	K 16	00:35:42	00:49:58	01:23:35.80	01:26:31.05	8:21	7.2
7	SOBCZAK-KOSIŃSKA SYLWIA	3049		GLIWICE	POL	K-30	7	K 21	00:35:55	00:50:08	01:25:46.05	01:28:37.60	8:34	7
8	SKONIECZNA MAGDALENA	3017	BUKATEAM	GLIWICE	POL	K-30	8	K 22	00:35:13	00:49:20	01:25:52.20	01:28:40.65	8:35	7
9	PROKOP GABRIELA	3098		GLIWICE	POL	K-30	9	K 27	00:36:35	00:50:58	01:26:14.30	01:29:02.85	8:37	7
10	SNOCHOWSKA AGATA	3058	SZOMBIERKI RANNERS	BYTOM	POL	K-30	10	K 31	00:38:11	00:52:53	01:28:57.75	01:31:51.70	8:53	6.7
11	JASIŃSKA JUSTYNA	3063		GLIWICE	POL	K-30	11	K 40	00:38:56	00:53:59	01:30:08.50	01:32:55.80	9:00	6.7
12	PACYNA-ZIEBURA ANNA	3030		KRAKÓW	POL	K-30	12	K 35	00:40:31	00:55:33	01:32:13.05	01:32:13.05	9:13	6.5
13	DWORAK IWONA	3036		KNURÓW	POL	K-30	13	K 44	00:37:33	00:52:57	01:32:19.05	01:35:04.05	9:13	6.5
14	KACZMAREK DANUTA	3020	SPORT-RELAKS NASZA SZKÓŁKA PLYWANIA	KNURÓW	POL	K-30	14	K 48	00:38:48	00:54:26	01:33:38.85	01:36:31.55	9:21	6.4
15	RAJTOR DOMINIKA	3084		GLIWICE	POL	K-30	15	K 49	00:38:57	00:54:37	01:34:25.50	01:37:09.90	9:26	6.4
16	WIĘCŁAW CECYLIA	3074		GLIWICE	POL	K-30	16	K 52	00:40:06	00:56:04	01:36:22.10	01:39:13.55	9:38	6.2
17	KOTOWSKA KAROLINA	3001	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	17	K 53	00:40:26	00:56:22	01:37:36.10	01:40:32.40	9:45	6.1
18	WIRSKA MAGDALENA	3059		GLIWICE	POL	K-30	18	K 55	00:40:33	00:56:56	01:38:56.90	01:41:40.85	9:53	6.1
19	PARUZEL JULIANNA	3042	BPK	GLIWICE	POL	K-30	19	K 56	00:41:59	00:58:02	01:39:17.90	01:42:10.70	9:55	6

**NORDIC WALKING GLIWICKI - 10KM, M-30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	TYCZEWSKI JACEK	3035		GLIWICE	POL	M-30	1	M 4	00:29:19	00:41:37	01:12:00.60	01:14:45.45	7:12	8.3
2	HAHN PIOTR	3072	NORRUN TEAM	PANIÓWKI	POL	M-30	2	M 5	00:30:41	00:42:36	01:12:38.30	01:15:28.00	7:15	8.3
3	SKONIECZNY SEBASTIAN	3016	BUKATEAM	GLIWICE	POL	M-30	3	M 6	00:30:05	00:42:23	01:12:57.90	01:15:45.20	7:17	8.2
4	WOJNOWSKI WOJCIECH	3100		ZABRZE	POL	M-30	4	M 11	00:32:02	00:44:57	01:16:27.95	01:19:17.10	7:38	7.8
5	LIPUT DAWID	3099		GLIWICE	POL	M-30	5	M 14	00:32:25	00:45:40	01:19:39.30	01:22:29.10	7:58	7.5
6	NOWAK SEBASTIAN	3091	PROPOINT	KNURÓW	POL	M-30	6	M 21	00:35:19	00:49:24	01:25:03.30	01:27:48.45	8:30	7.1

**NORDIC WALKING GLIWICKI - 10KM, K-40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	SMOLARCZYK DOROTA	3071	MŁODE WILKI	GLIWICE	POL	K-40	1	K 1	00:29:09	00:40:43	01:09:59.85	01:12:13.40	7:00	8.6
2	STĘPIEŃ DOROTA	3047		KIELCE	POL	K-40	2	K 3	00:29:53	00:42:06	01:13:04.65	01:15:55.40	7:18	8.2
3	SKOWROŃSKA ANNA	3066		KATOWICE	POL	K-40	3	K 4	00:31:09	00:43:20	01:14:09.80	01:16:59.55	7:25	8.1
4	SKAWIŃSKA EWA	3076	RIGHTWAY	WILKSZYN	POL	K-40	4	K 8	00:32:53	00:45:40	01:17:46.85	01:20:37.10	7:46	7.7
5	TYCZEWSKA TERESA	3014		GLIWICE	POL	K-40	5	K 11	00:32:55	00:46:16	01:20:24.05	01:23:11.95	8:02	7.5
6	WOLIŃSKA KATARZYNA	3097		GLIWICE	POL	K-40	6	K 18	00:37:01	00:51:35	01:24:54.35	01:27:53.45	8:29	7.1
7	MAZIUK EWA	3045		GLIWICE	POL	K-40	7	K 19	00:35:52	00:50:07	01:25:30.30	01:28:21.85	8:33	7
8	MIZERA BEATA	3006		GLIWICE	POL	K-40	8	K 20	00:35:49	00:50:03	01:25:34.80	01:28:29.95	8:33	7
9	KOZŁOWSKA KARINA	3029		KAMIENIEC	POL	K-40	9	K 24	00:35:14	00:49:52	01:26:11.80	01:28:55.55	8:37	7
10	WOJDAT HANNA	3054		GLIWICE	POL	K-40	10	K 30	00:37:05	00:51:50	01:28:43.65	01:31:43.40	8:52	6.8
11	NOWICKA KATARZYNA	3065	SZOMBIERKI RUNNERS	SZOMBIERKI-BYTOM	POL	K-40	11	K 32	00:38:10	00:52:52	01:28:59.00	01:31:53.30	8:53	6.7
12	DŁUGAJ URSZULA	3078		MIKOŁÓW	POL	K-40	12	K 34	00:38:07	00:53:02	01:29:13.75	01:32:03.75	8:55	6.7
13	KOWAL SYLWIA	3064	-	GLIWICE	POL	K-40	13	K 37	00:38:55	00:53:59	01:29:39.55	01:32:26.85	8:57	6.7
14	PAWŁOWSKA ANNA	3034		ZABRZE	POL	K-40	14	K 36	00:37:26	00:52:24	01:30:14.65	01:32:25.70	9:01	6.6
15	KALISZ ANETA	3092		BYTOM	POL	K-40	15	K 45	00:39:28	00:54:48	01:32:46.90	01:35:40.25	9:16	6.5
16	KREFT SYLWIA	3093		BYTOM	POL	K-40	16	K 46	00:39:31	00:54:48	01:32:47.30	01:35:40.95	9:16	6.5
17	CEMPULIK-ŁAKOMSKA AGNIESZKA	3019		WODZISŁAW ŚLĄSKI	POL	K-40	17	K 47	00:40:17	00:55:47	01:33:08.60	01:36:03.55	9:18	6.4
18	GÓRNIK ALICJA	3052	NIZRZESZONY	GLIWICE	POL	K-40	18	K 51	00:39:02	00:54:47	01:34:51.85	01:37:38.35	9:29	6.3
19	GÓRAL MAŁGORZATA	3051	NIEZRZESZONY	GLIWICE	POL	K-40	19	K 50	00:39:03	00:54:47	01:34:51.90	01:37:38.30	9:29	6.3
20	JAKUBIAK IZABELLA	3073		GLIWICE	POL	K-40	20	K 54	00:40:16	00:56:30	01:38:27.25	01:41:18.70	9:50	6.1
21	WIŚNIEWSKA MARZANNA	3021		ZABRZE	POL	K-40	21	K 58	00:41:17	00:57:54	01:39:35.80	01:42:32.25	9:57	6
22	HAŁA-WAWRZAK ALICJA	3070		GLIWICE	POL	K-40	22	K 60	00:41:57	00:58:47	01:43:23.05	01:46:12.75	10:20	5.8

**NORDIC WALKING GLIWICKI - 10KM, M-40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	CYRUS BOGDAN	3069	SILESIA NORDIC TEAM	STRZEBIŃ	POL	M-40	1	M 1	00:26:37	00:37:37	01:04:43.85	01:07:29.45	6:28	9.3
2	KAJCA MIROSLAW	3011	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-40	2	M 7	00:30:14	00:42:21	01:13:25.25	01:16:12.30	7:20	8.2
3	MAZIUK KRZYSZTOF	3044		GLIWICE	POL	M-40	3	M 8	00:30:51	00:42:56	01:13:43.30	01:16:35.20	7:22	8.1
4	WROCŁAWSKI RAFAŁ	3101		GLIWICE	POL	M-40	4	M 25	00:35:53	00:50:21	01:27:07.60	01:29:58.15	8:42	6.9
5	ŁAKOMSKI MARCIN	3018		WODZISŁAW ŚLĄSKI	POL	M-40	5	M 31	00:40:14	00:56:14	01:33:10.40	01:36:05.45	9:19	6.4
6	LEŚ MICHAŁ	3046		GLIWICE	POL	M-40	6	M 33	00:40:31	00:56:27	01:36:15.95	01:39:03.55	9:37	6.2

**NORDIC WALKING GLIWICKI - 10KM, K-50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	URBANOWICZ ALEKSANDRA	3080	KTB 'PRZEZ LAS ' GLIWICE	GLIWICE	POL	K-50	1	K 6	00:32:38	00:45:17	01:16:36.60	01:19:26.85	7:39	7.8
2	WINKIEWICZ JOLANTA	3056		GLIWICE	POL	K-50	2	K 14	00:34:27	00:48:19	01:23:10.15	01:25:57.50	8:19	7.2
3	LEWANDOWSKA IWONA	3079		GLIWICE	POL	K-50	3	K 15	00:34:04	00:48:07	01:23:25.25	01:26:08.50	8:20	7.2
4	ARTER MAŁGORZATA	3003		KNURÓW	POL	K-50	4	K 26	00:36:30	00:50:46	01:26:16.45	01:29:01.80	8:37	7
5	TURCZYN JOLANTA	3053		GLIWICE	POL	K-50	5	K 28	00:36:33	00:51:05	01:27:58.75	01:30:48.15	8:47	6.8
6	ALEKSANDROWICZ MAŁGORZATA	3033		GLIWICE	POL	K-50	6	K 33	00:37:27	00:52:24	01:29:47.10	01:31:57.75	8:58	6.7
7	NOWAK LIDIA	3048		DĄBROWA GÓRNICZA	POL	K-50	7	K 39	00:37:57	00:52:45	01:30:00.65	01:32:51.70	9:00	6.7
8	PURTAK ANNA	3032		GLIWICE	POL	K-50	8	K 42	00:38:13	00:53:07	01:31:10.95	01:33:59.20	9:07	6.6
9	HILKNER-BUKOWSKA DOROTA	3043		GLIWICE	POL	K-50	9	K 57	00:41:57	00:57:58	01:39:18.85	01:42:11.95	9:55	6

**NORDIC WALKING GLIWICKI - 10KM, M-50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	MAŁKA MARIAN	3067	NIEZRZESZONY	GLIWICE	POL	M-50	1	M 3	00:28:10	00:39:26	01:07:38.45	01:10:27.90	6:45	8.9
2	JAWORSKI ANDRZEJ	3023		GLIWICE	POL	M-50	2	M 13	00:32:29	00:45:25	01:17:48.15	01:20:34.50	7:46	7.7
3	OWCZAREK MARCIN	3041		GLIWICE	POL	M-50	3	M 12	00:32:15	00:45:17	01:18:18.75	01:20:23.45	7:49	7.7

**NORDIC WALKING GLIWICKI - 10KM, M-50 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
4	WIŚNIEWSKI SŁAWOMIR	3022		ZABRZE	POL	M-50	4	M 15	00:33:32	00:47:07	01:21:15.60	01:24:03.65	8:07	7.4
5	KOTYŁAK WOJCIECH	3040		GLIWICE	POL	M-50	5	M 20	00:35:04	00:48:50	01:24:28.30	01:27:21.35	8:26	7.1
6	LISOWSKI MIROSLAW	3026	KLIWICKI KLUB KOLERKJONERÓW	GLIWICE	POL	M-50	6	M 27	00:38:09	00:53:05	01:29:43.35	01:32:36.60	8:58	6.7
7	TOMASZCZYK PIOTR	3090	MEGAVAT RUNNING TEAM	CZERWONKA LESZCZYNY	POL	M-50	7	M 28	00:38:15	00:53:10	01:30:15.25	01:33:04.00	9:01	6.6

**NORDIC WALKING GLIWICKI - 10KM, K-60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	KIDAWA BOŻENA	3024		GLIWICE	POL	K-60	1	K 13	00:34:18	00:48:03	01:23:01.75	01:25:48.20	8:18	7.2
2	SARRÉ JOANNA	3039	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA	GLIWICE	POL	K-60	2	K 17	00:34:15	00:48:08	01:24:23.55	01:27:19.60	8:26	7.1
3	MAŁKA IRENA	3068	NIEZRZESZONA	GLIWICE	POL	K-60	3	K 29	00:37:11	00:51:58	01:28:35.00	01:31:20.10	8:51	6.8
4	PŁONKA JANINA	3009		GLIWICE	POL	K-60	4	K 59	00:41:24	00:58:02	01:39:44.20	01:42:32.30	9:58	6

**NORDIC WALKING GLIWICKI - 10KM, M-60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	ADAMUS MARIAN	3087	ŚLESIA NORDIC TEAM	BYTOM	POL	M-60	1	M 2	00:27:13	00:38:20	01:06:23.80	01:09:08.65	6:38	9
2	WIŚNIEWSKI ROMAN	3077		TWARDORZECZKA	POL	M-60	2	M 10	00:31:25	00:44:13	01:15:53.40	01:18:41.75	7:35	7.9
3	SIEJKO JANUSZ ADAM	3060	UM	GLIWICE	POL	M-60	3	M 16	00:35:06	00:48:54	01:22:03.45	01:25:00.45	8:12	7.3
4	GĘBCZYK WŁADYSŁAW	3010	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-60	4	M 17	00:34:22	00:48:07	01:22:52.65	01:25:42.70	8:17	7.2
5	KIDAWA MARIAN	3015		GLIWICE	POL	M-60	5	M 18	00:33:47	00:47:42	01:23:28.75	01:26:15.10	8:20	7.2
6	RYGULSKI ANDRZEJ	3012	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-60	6	M 22	00:36:34	00:51:03	01:25:13.70	01:28:00.05	8:31	7
7	GROSS MIROSLAW	3038	FIS-SST TEAM / UNISONO	KSIĘŻY LAS	POL	M-60	7	M 26	00:38:02	00:52:36	01:28:27.20	01:31:15.10	8:50	6.8
8	GAMRACY LESZEK	3062	UTW GLIWICE	GLIWICE	POL	M-60	8	M 24			01:29:24.00	01:29:24.00	8:56	6.7
9	PILSZAK KRYSZTIAN	3055	TAK DLA TRANSPLANTACJI-TEAM	RACIBÓRZ	POL	M-60	9	M 29	00:38:04	00:53:41	01:32:32.30	01:35:18.50	9:15	6.5
10	MICHNA GRZEGORZ	3096		GLIWICE	POL	M-60	10	M 30	00:39:45	00:54:49	01:32:49.80	01:35:43.85	9:16	6.5
11	CHOJNACKI WOJCIECH	3050	NIZRZESZONY	TWORÓG	POL	M-60	11	M 32	00:38:54	00:54:38	01:33:25.05	01:36:22.20	9:20	6.4

**NORDIC WALKING GLIWICKI - 10KM, M-70**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Netto	Brutto	min/km	km/h
1	BENTKOWSKI LESŁAW	3013	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 23	00:35:45	00:50:07	01:25:28.55	01:28:13.15	8:32	7