NORDIC WALKING GLIWICKI - 10KM

Organizator: Fundacja Bieg Rzeźnika
Data: 2018-11-04
Miejsce: Gliwice
Dystans: 10N km
Klasyfikacja wg czasów netto.
W klasyfikacji open pierwsze 2000 miejsc wg czasu brutto

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

NORDIC WALKING GLIWICKI - 10KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	MAŁKA MARIAN	1648		GLIWICE	POL	M-50	1	M 1	00:31:59	01:04:37	01:07:10.90	01:08:25.95	6:43	8.9
2	ADAMUS MARCIN	1604				M-60	1	M 2	00:33:09	01:09:08	01:12:05.15	01:13:21.00	7:12	8.3
3	POGOCKI PIOTR	1666		KNURÓW	POL	M-30	1	M 3	00:35:17	01:10:25	01:13:15.30	01:14:36.35	7:19	8.2
4	TYCZEWSKI JACEK	1693		GLIWICE	POL	M-30	2	M 4	00:34:52	01:11:22	01:13:58.60	01:15:14.90	7:23	8.1
5	KAJCA MIROSŁAW	1633	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-40	1	M 5	00:34:34	01:11:09	01:14:03.15	01:15:18.80	7:24	8.1
6	POGORZELSKA WIESŁAWA	1668	KS FORMA WODZISŁAW ŚL.	GORZYCE	POL	K-30	1	K 1	00:34:53	01:11:39	01:14:32.65	01:16:00.50	7:27	8
7	MARONDEL KATARZYNA	1650	SILESIA NORDIC TEAM	BYTOM	POL	K-30	3	K 2	00:35:51	01:12:54	01:15:51.70	01:17:05.30	7:35	7.9
8	TAISNER ALEKSANDRA	1686	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-30	2	K 3	00:36:39	01:12:54	01:15:36.35	01:17:08.40	7:33	7.9
9	TAISNER TOMASZ	1687	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	M-40	2	M 6	00:36:26	01:13:11	01:16:01.35	01:17:16.05	7:36	7.9
10	SZAJNOWSKA AGNIESZKA	1681	ZDROWE KROKI PM 4	GLIWICE	POL	K-40	1	K 4	00:35:24	01:12:45	01:15:37.45	01:17:18.70	7:33	7.9
11	MAZIUK KRZYSZTOF	1651		GLIWICE	POL	M-50	2	M 7	00:36:04	01:14:12	01:17:17.80	01:18:46.55	7:43	7.8
12	GAWLIK-RYBIŃSKA KASIA	1621	EŁKA TEAM	RUDA ŚLĄSKA	POL	K-30	4	K 5	00:36:52	01:15:07	01:18:09.35	01:19:50.15	7:49	7.7
13	SZKAMRUK JANUSZ	1682		GLIWICE	POL	M-60	2	M 8	00:36:56	01:15:31	01:18:37.95	01:19:54.10	7:51	7.6
14	MAJEWSKA DOROTA	1647		GLIWICE	POL	K-40	2	K 6	00:37:42	01:15:55	01:18:53.25	01:20:20.25	7:53	7.6
15	ZUBER MONIKA	1703	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-30	5	K 7	00:37:50	01:16:20	01:19:16.65	01:20:52.30	7:55	7.6
16	SIEJKO JANUSZ ADAM	1675	UM	GLIWICE	POL	M-60	3	M 9	00:37:37	01:16:24	01:19:26.15	01:21:04.65	7:56	7.6
17	ZADROGA PAWEŁ	1698	GORA TEAM	KNURÓW	POL	M-30	3	M 10	00:38:48	01:16:35	01:19:41.85	01:21:24.30	7:58	7.5
18	MISZCZAK KATARZYNA	1653	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-40	3	K 8	00:38:42	01:17:09	01:20:11.30	01:21:47.05	8:01	7.5
19	OWCZAREK MARCIN	1657		GLIWICE	POL	M-50	3	M 11	00:37:46	01:17:26	01:20:32.00	01:22:08.85	8:03	7.5
20	TYCZEWSKA PAULINA	1691		KRAKÓW	POL	K-30	6	K 9	00:38:26	01:18:29	01:21:42.95	01:23:05.95	8:10	7.3
21	ZADROGA DOROTA	1699	GORA TEAM	KNURÓW	POL	K-30	7	K 10	00:39:03	01:19:41	01:22:52.75	01:24:35.75	8:17	7.2
22	GĘBCZYK WŁADYSŁAW	1623	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-60	4	M 12	00:39:51	01:20:04	01:23:21.85	01:25:05.50	8:20	7.2
23	KIDAWA BOŻENA	1602		GLIWICE		K-60	1	K 11	00:39:29	01:20:19	01:23:36.25	01:25:11.35	8:21	7.2
24	JAWORSKI ANDRZEJ	1631		GLIWICE	POL	M-50	4	M 13	00:39:58	01:21:02	01:24:30.90	01:25:50.00	8:27	7.1
25	WIŚNIEWSKI SŁAWOMIR	1696		ZABRZE	POL	M-50	5	M 14	00:40:06	01:21:36	01:24:50.10	01:26:06.55	8:29	7.1
26	SZROBARCZYK MAŁGORZATA	1684		KARCHOWICE	POL	K-50	1	K 12	00:40:43	01:22:08	01:25:19.20	01:26:41.75	8:31	7
27	TYCZEWSKA TERESA	1692		GLIWICE	POL	K-40	4	K 13	00:40:01	01:21:52	01:25:11.05	01:26:48.55	8:31	7
28	SZYMCZEWSKI WŁODZIMIERZ	1685		ŚWIĘTOCHŁOWICE	POL	M-60	5	M 15	00:40:40	01:22:14	01:25:34.15	01:26:52.10	8:33	7
29	IZYDORCZYK BERNADETTA	1628		ZABRZE	POL	K-50	2	K 14	00:40:04	01:22:53	01:26:25.25	01:27:57.45	8:38	6.9
30	GRABIŃSKI LECH	1624	BŁYSKAWICA SARNÓW	GLIWICE	POL	M-60	6	M 16	00:41:27	01:22:52	01:26:10.80	01:27:58.80	8:37	7
31	PLUSZCZOK RENATA	1663		GLIWICE	POL	K-30	8	K 15	00:41:16	01:22:56	01:26:11.50	01:27:59.25	8:37	7
32	BROM - NOWAK ANNA	1614		KNURÓW	POL	K-30	9	K 16	00:40:24	01:22:54	01:26:23.70	01:28:05.65	8:38	6.9
33	NOWAK SEBASTIAN	1654		KNURÓW	POL	M-40	3	M 17	00:40:50	01:23:07	01:26:24.95	01:28:06.00	8:38	6.9
34	TRACZEWSKA MAGDALENA	1689		GLIWICE	POL	K-30	10	K 17	00:40:38	01:23:06	01:26:24.45	01:28:10.70	8:38	6.9
35	WYROZUMSKI WOJCIECH	1697		GLIWICE	POL	M-30	4	M 18	00:41:23	01:23:21	01:26:31.40	01:28:14.00	8:39	6.9
36	ZDROJEWSKA AGATA	1700		GLIWICE	POL	K-30	11	K 18	00:41:16	01:23:08	01:26:26.00	01:28:14.90	8:38	6.9
37	GAMRACY LESZEK	1620	UTW GLIWICE	GLIWICE	POL	M-60	7	M 19	00:39:23	01:22:52	01:26:34.05	01:28:23.30	8:39	6.9
38	MAŁKA IRENA	1649		GLIWICE	POL	K-60	2	K 19	00:41:36	01:23:51	01:27:13.85	01:28:33.55	8:43	6.9
39	KRZYŻANIAK MARIA	1641	KAMA	GLIWICE	POL	K-50	3	K 20	00:40:40	01:22:38	01:27:11.20	01:28:40.40	8:43	6.9
40	LISZKA ILONA	1646	OFIARY KAMIEŃCA	KAMIENIEC	POL	K-40	5	K 21	00:40:40	01:24:06	01:27:38.20	01:29:05.30	8:45	6.8
41	KOZŁOWSKA KARINA	1639	OFIARY KAMIEŃCA	KAMIENIEC	POL	K-40	6	K 22	00:40:41	01:24:07	01:27:39.10	01:29:06.15	8:45	6.8
42	WINIARSKA JOLANTA	1603		GLIWICE		K-40	7	K 23	00:41:42	01:24:26	01:27:53.45	01:29:22.00	8:47	6.8
43	SZPIECHOWICZ SYLWIA	1683		GLIWICE	POL	K-30	12	K 24	00:41:27	01:25:15	01:28:52.40	01:29:26.35	8:53	6.8
44	PIĄTEK IRENA	1661		GLIWICE	POL	K-50	5	K 25	00:41:28	01:25:16	01:28:52.75	01:29:26.60	8:53	6.8
45	TRAUTMANN BOGUSŁAWA	1690	OFIARY KAMIEŃCA	ZBROSLAWICE	POL	K-50	4	K 26	00:42:26	01:24:59	01:28:24.75	01:29:53.80	8:50	6.8
46	ROSIŃSKA WIRGINIA	1672		GLIWICE	POL	K-30	13	K 27	00:44:11	01:25:48	01:28:59.75	01:30:25.95	8:53	6.7

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
47	KOWAL SYLWIA	1637	JUSTYNA-SYLWIA	GLIWICE	POL	K-40	8	K 28	00:44:58	01:25:37	01:28:44.60	01:30:30.50	8:52	6.8
48	DOMARADZKA KAROLINA	1618		GLIWICE	POL	K-20	1	K 29	00:43:21	01:26:08	01:29:33.40	01:31:07.80	8:57	6.7
49	SNOCHOWSKA AGATA	1678	SZOMBIERKI RUNNERS	BYTOM	POL	K-40	9	K 30	00:43:11	01:26:27	01:29:43.80	01:31:08.20	8:58	6.7
50	OSADNIK ADAM	1656		BYTOM	POL	M-40	4	M 20	00:43:13	01:26:30	01:29:45.65	01:31:09.60	8:58	6.7
51	PACYNA DANUTA	1658		KATOWICE	POL	K-50	6	K 31	00:45:32	01:26:32	01:29:41.90	01:31:17.70	8:58	6.7
52	SARRÉ JOANNA	1674	SPORTRELAKS	GLIWICE	POL	K-60	3	K 32	00:42:06	01:26:18	01:29:55.60	01:31:34.10	8:59	6.7
53	RYGULSKI ANDRZEJ	1673	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-60	8	M 21	00:43:54	01:27:10	01:30:23.70	01:31:37.65	9:02	6.6
54	HERMAN KAZIMIERA	1627		KNURÓW	POL	K-60	4	K 33	00:43:26	01:26:46	01:30:11.95	01:31:43.10	9:01	6.7
55	ZIÓŁKOWSKA JOLANTA	1702		KNUÓW	POL	K-50	7	K 34	00:43:26	01:26:46	01:30:12.10	01:31:43.35	9:01	6.7
56	BROLL AGNIESZKA	1613		CHORZÓW	POL	K-40	10	K 35	00:44:09	01:27:23	01:30:46.25	01:32:18.00	9:04	6.6
57	ARBASZEWSKA AGNIESZKA	1601		GLIWICE		K-40	11	K 36	00:42:01	01:27:42	01:31:14.95	01:32:34.90	9:07	6.6
58	BANACH ROKSANA	1611		RACIBÓRZ	POL	K-30	14	K 37	00:42:40	01:28:00	01:31:40.70	01:33:08.65	9:10	6.5
59	JASIŃSKA JUSTYNA	1630	JUSTYNA-SYLWIA	GLIWICE	POL	K-40	12	K 38	00:44:59	01:28:17	01:31:36.40	01:33:21.85	9:09	6.6
60	SOBCZAK-KOSIŃSKA SYLWIA	1679		GLIWICE	POL	K-30	15	K 39	00:43:35	01:28:31	01:32:04.65	01:33:33.20	9:12	6.5
61	PURTAK ANNA	1670		GLIWICE	POL	K-50	8	K 40	00:43:39	01:28:31	01:31:59.35	01:33:39.10	9:12	6.5
62	JAKUSZEWSKA EWA	1629		GLIWICE	POL	K-60	5	K 41	00:45:34	01:28:51	01:32:19.85	01:33:55.60	9:14	6.5
63	LISOWSKI MIROSŁAW	1645	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-50	6	M 22	00:46:48	01:29:08	01:32:26.80	01:34:11.20	9:14	6.5
64	GROSS MIROSŁAW	1625	FIS-SST TEAM	KSIĘŻY LAS	POL	M-60	9	M 23	00:45:10	01:29:31	01:33:03.45	01:34:48.85	9:18	6.4
65	TOMASZCZYK PIOTR	1688	MEGAWAT RUNNING TEAM	CZERWIONKA-LESZCZYNY	POL	M-50	7	M 24	00:45:40	01:30:18	01:33:34.85	01:34:53.45	9:21	6.4
66	ZIOŁKOWSKA DOROTA	1701		TARNOWSKIE GÓRY	POL	K-30	16	K 42	00:44:46	01:29:56	01:33:19.15	01:34:58.75	9:19	6.4
67	ALEKSANDROWICZ MAŁGORZATA	1610		GLIWICE	POL	K-50	9	K 43	00:43:52	01:29:55	01:33:30.70	01:35:09.60	9:21	6.4
68	PAWŁOWSKA ANNA	1660		ZABRZE	POL	K-40	13	K 44	00:43:52	01:29:55	01:33:30.85	01:35:09.65	9:21	6.4
69	PILSZAK KRYSTIAN	1662	TAK DLA TRANSPLANTACJI	RACIBÓRZ	POL	M-60	10	M 25	00:44:33	01:31:13	01:34:55.85	01:36:16.20	9:29	6.3
70	KACZMAREK DANUTA	1632	SPORT-RELAKS	KNURÓW	POL	K-30	17	K 45	00:44:40	01:31:19	01:34:56.85	01:36:26.80	9:29	6.3
71	KOWALCZYK MAYA	1638	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-50	10	K 46	00:45:19	01:32:32	01:36:16.50	01:36:45.05	9:37	6.2
72	KALISZ ANETA	1128		BYTOM	POL	K-40	15	K 47	00:45:43	01:32:08	01:35:31.35	01:37:01.45	9:33	6.3
73	KREFT SYLWIA	1640		BYTOM	POL	K-40	16	K 48	00:45:43	01:32:09	01:35:31.40	01:37:01.50	9:33	6.3
74	ROMAŃSKA KATARZYNA	1671		KATOWICE	POL	K-40	14	K 49	00:45:59	01:31:56	01:35:31.05	01:37:06.80	9:33	6.3
75	KIDAWA MARIAN	1634		GLIWICE	POL	M-60	11	M 26	00:44:07	01:32:26	01:36:19.15	01:37:55.20	9:37	6.2
76	ODOSZEWSKA BARBARA	1655	PNEUMOKOKI	GLIWICE	POL	K-30	18	K 50	00:46:48	01:32:47	01:36:37.40	01:38:21.90	9:39	6.2
77	GENISZEWSKA EMILIA	1622	GRYFNE FRELKI	GLIWICE	POL	K-30	19	K 51	00:46:48	01:32:47	01:36:37.80	01:38:22.10	9:39	6.2
78	SOCZAWA MONIKA	1680		ZABRZE	POL	K-30	20	K 52	00:46:19	01:35:15	01:39:10.45	01:40:53.95	9:55	6.1
79	PODOLAK TERESA	1665	LAKS FRETPOL PYSKOWICE	PYSKOWICE	POL	K-50	11	K 53	00:46:56	01:35:50	01:39:45.30	01:41:11.20	9:58	6
80	DOMARADZKA MIRELLA	1619		GLIWICE	POL	K-50	12	K 54	00:46:47	01:36:14	01:40:06.55	01:41:38.35	10:00	6
81	KOTOWSKA KAROLINA	1635	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	21	K 55	00:48:59	01:38:41	01:42:35.50	01:44:22.55	10:15	5.8
82	WIŚNIEWSKA MARZANNA	1695		ZABRZE	POL	K-50	13	K 56	00:49:00	01:39:39	01:43:44.30	01:45:31.45	10:22	5.8
83	PŁONKA JANINA	1664		GLIWICE	POL	K-60	6	K 57	00:49:02	01:40:17	01:44:21.80	01:46:08.10	10:26	5.7
84	LISOWSKA AGNIESZKA	1644		GLIWICE	POL	K-18	1	K 58	00:47:33	01:41:35	01:45:44.20	01:47:28.85	10:34	5.7
85	POGORZELSKA BARBARA	1667	FIS-SST TEAM	SOSNOWIEC	POL	K-70	1	K 59	00:49:12	01:42:04	01:46:26.30	01:48:05.65	10:38	5.6

NORDIC WALKING GLIWICKI - 10KM, K Open

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	POGORZELSKA WIESŁAWA	1668	KS FORMA WODZISŁAW ŚL.	GORZYCE	POL	K-30	1	K 1	00:34:53	01:11:39	01:14:32.65	01:16:00.50	7:27	8
2	MARONDEL KATARZYNA	1650	SILESIA NORDIC TEAM	BYTOM	POL	K-30	3	K 2	00:35:51	01:12:54	01:15:51.70	01:17:05.30	7:35	7.9
3	TAISNER ALEKSANDRA	1686	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-30	2	K 3	00:36:39	01:12:54	01:15:36.35	01:17:08.40	7:33	7.9
4	SZAJNOWSKA AGNIESZKA	1681	ZDROWE KROKI PM 4	GLIWICE	POL	K-40	1	K 4	00:35:24	01:12:45	01:15:37.45	01:17:18.70	7:33	7.9
5	GAWLIK-RYBIŃSKA KASIA	1621	EŁKA TEAM	RUDA ŚLĄSKA	POL	K-30	4	K 5	00:36:52	01:15:07	01:18:09.35	01:19:50.15	7:49	7.7
6	MAJEWSKA DOROTA	1647		GLIWICE	POL	K-40	2	K 6	00:37:42	01:15:55	01:18:53.25	01:20:20.25	7:53	7.6
7	ZUBER MONIKA	1703	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-30	5	K 7	00:37:50	01:16:20	01:19:16.65	01:20:52.30	7:55	7.6
8	MISZCZAK KATARZYNA	1653	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-40	3	K 8	00:38:42	01:17:09	01:20:11.30	01:21:47.05	8:01	7.5
9	TYCZEWSKA PAULINA	1691		KRAKÓW	POL	K-30	6	K 9	00:38:26	01:18:29	01:21:42.95	01:23:05.95	8:10	7.3
10	ZADROGA DOROTA	1699	GORA TEAM	KNURÓW	POL	K-30	7	K 10	00:39:03	01:19:41	01:22:52.75	01:24:35.75	8:17	7.2
11	KIDAWA BOŻENA	1602		GLIWICE		K-60	1	K 11	00:39:29	01:20:19	01:23:36.25	01:25:11.35	8:21	7.2
12	SZROBARCZYK MAŁGORZATA	1684		KARCHOWICE	POL	K-50	1	K 12	00:40:43	01:22:08	01:25:19.20	01:26:41.75	8:31	7
13	TYCZEWSKA TERESA	1692		GLIWICE	POL	K-40	4	K 13	00:40:01	01:21:52	01:25:11.05	01:26:48.55	8:31	7

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
14	IZYDORCZYK BERNADETTA	1628		ZABRZE	POL	K-50	2	K 14	00:40:04	01:22:53	01:26:25.25	01:27:57.45	8:38	6.9
15	PLUSZCOK RENATA	1663		GLIWICE	POL	K-30	8	K 15	00:41:16	01:22:56	01:26:11.50	01:27:59.25	8:37	7
16	BROM - NOWAK ANNA	1614		KNURÓW	POL	K-30	9	K 16	00:40:24	01:22:54	01:26:23.70	01:28:05.65	8:38	6.9
17	TRACZEWSKA MAGDALENA	1689		GLIWICE	POL	K-30	10	K 17	00:40:38	01:23:06	01:26:24.45	01:28:10.70	8:38	6.9
18	ZDROJEWSKA AGATA	1700		GLIWICE	POL	K-30	11	K 18	00:41:16	01:23:08	01:26:26.00	01:28:14.90	8:38	6.9
19	MAŁKA IRENA	1649		GLIWICE	POL	K-60	2	K 19	00:41:36	01:23:51	01:27:13.85	01:28:33.55	8:43	6.9
20	KRZYŻANIAK MARIA	1641	KAMA	GLIWICE	POL	K-50	3	K 20	00:40:40	01:22:38	01:27:11.20	01:28:40.40	8:43	6.9
21	LISZKA ILONA	1646	OFIARY KAMIEŃCA	KAMIENIEC	POL	K-40	5	K 21	00:40:40	01:24:06	01:27:38.20	01:29:05.30	8:45	6.8
22	KOZŁOWSKA KARINA	1639	OFIARY KAMIEŃCA	KAMIENIEC	POL	K-40	6	K 22	00:40:41	01:24:07	01:27:39.10	01:29:06.15	8:45	6.8
23	WINIARSKA JOLANTA	1603		GLIWICE		K-40	7	K 23	00:41:42	01:24:26	01:27:53.45	01:29:22.00	8:47	6.8
24	SZPIECHOWICZ SYLWIA	1683		GLIWICE	POL	K-30	12	K 24	00:41:27	01:25:15	01:28:52.40	01:29:26.35	8:53	6.8
25	PIĄTEK IRENA	1661		GLIWICE	POL	K-50	5	K 25	00:41:28	01:25:16	01:28:52.75	01:29:26.60	8:53	6.8
26	TRAUTMANN BOGUSŁAWA	1690	OFIARY KAMIEŃCA	ZBROSLAWICE	POL	K-50	4	K 26	00:42:26	01:24:59	01:28:24.75	01:29:53.80	8:50	6.8
27	ROSIŃSKA WIRGINIA	1672		GLIWICE	POL	K-30	13	K 27	00:44:11	01:25:48	01:28:59.75	01:30:25.95	8:53	6.7
28	KOWAL SYLWIA	1637	JUSTYNA-SYLWIA	GLIWICE	POL	K-40	8	K 28	00:44:58	01:25:37	01:28:44.60	01:30:30.50	8:52	6.8
29	DOMARADZKA KAROLINA	1618		GLIWICE	POL	K-20	1	K 29	00:43:21	01:26:08	01:29:33.40	01:31:07.80	8:57	6.7
30	SNOCHOWSKA AGATA	1678	SZOMBIERKI RUNNERS	BYTOM	POL	K-40	9	K 30	00:43:11	01:26:27	01:29:43.80	01:31:08.20	8:58	6.7
31	PACYNA DANUTA	1658		KATOWICE	POL	K-50	6	K 31	00:45:32	01:26:32	01:29:41.90	01:31:17.70	8:58	6.7
32	SARRÉ JOANNA	1674	SPORTRELAKS	GLIWICE	POL	K-60	3	K 32	00:42:06	01:26:18	01:29:55.60	01:31:34.10	8:59	6.7
33	HERMAN KAZIMIERA	1627		KNURÓW	POL	K-60	4	K 33	00:43:26	01:26:46	01:30:11.95	01:31:43.10	9:01	6.7
34	ZIÓŁKOWSKA JOLANTA	1702		KNUÓW	POL	K-50	7	K 34	00:43:26	01:26:46	01:30:12.10	01:31:43.35	9:01	6.7
35	BROLL AGNIESZKA	1613		CHORZÓW	POL	K-40	10	K 35	00:44:09	01:27:23	01:30:46.25	01:32:18.00	9:04	6.6
36	ARBASZEWSKA AGNIESZKA	1601		GLIWICE		K-40	11	K 36	00:42:01	01:27:42	01:31:14.95	01:32:34.90	9:07	6.6
37	BANACH ROKSANA	1611		RACIBÓRZ	POL	K-30	14	K 37	00:42:40	01:28:00	01:31:40.70	01:33:08.65	9:10	6.5
38	JASIŃSKA JUSTYNA	1630	JUSTYNA-SYLWIA	GLIWICE	POL	K-40	12	K 38	00:44:59	01:28:17	01:31:36.40	01:33:21.85	9:09	6.6
39	SOBCZAK-KOSIŃSKA SYLWIA	1679		GLIWICE	POL	K-30	15	K 39	00:43:35	01:28:31	01:32:04.65	01:33:33.20	9:12	6.5
40	PURTAK ANNA	1670		GLIWICE	POL	K-50	8	K 40	00:43:39	01:28:31	01:31:59.35	01:33:39.10	9:12	6.5
41	JAKUSZEWSKA EWA	1629		GLIWICE	POL	K-60	5	K 41	00:45:34	01:28:51	01:32:19.85	01:33:55.60	9:14	6.5
42	ZIOŁKOWSKA DOROTA	1701		TARNOWSKIE GÓRY	POL	K-30	16	K 42	00:44:46	01:29:56	01:33:19.15	01:34:58.75	9:19	6.4
43	ALEKSANDROWICZ MAŁGORZATA	1610		GLIWICE	POL	K-50	9	K 43	00:43:52	01:29:55	01:33:30.70	01:35:09.60	9:21	6.4
44	PAWŁOWSKA ANNA	1660		ZABRZE	POL	K-40	13	K 44	00:43:52	01:29:55	01:33:30.85	01:35:09.65	9:21	6.4
45	KACZMAREK DANUTA	1632	SPORT-RELAKS	KNURÓW	POL	K-30	17	K 45	00:44:40	01:31:19	01:34:56.85	01:36:26.80	9:29	6.3
46	KOWALCZYK MAYA	1638	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-50	10	K 46	00:45:19	01:32:32	01:36:16.50	01:36:45.05	9:37	6.2
47	KALISZ ANETA	1128		BYTOM	POL	K-40	15	K 47	00:45:43	01:32:08	01:35:31.35	01:37:01.45	9:33	6.3
48	KREFT SYLWIA	1640		BYTOM	POL	K-40	16	K 48	00:45:43	01:32:09	01:35:31.40	01:37:01.50	9:33	6.3
49	ROMAŃSKA KATARZYNA	1671		KATOWICE	POL	K-40	14	K 49	00:45:59	01:31:56	01:35:31.05	01:37:06.80	9:33	6.3
50	ODOSZEWSKA BARBARA	1655	PNEUMOKOKI	GLIWICE	POL	K-30	18	K 50	00:46:48	01:32:47	01:36:37.40	01:38:21.90	9:39	6.2
51	GENISZEWSKA EMILIA	1622	GRYFNE FRELKI	GLIWICE	POL	K-30	19	K 51	00:46:48	01:32:47	01:36:37.80	01:38:22.10	9:39	6.2
52	SOCZAWA MONIKA	1680		ZABRZE	POL	K-30	20	K 52	00:46:19	01:35:15	01:39:10.45	01:40:53.95	9:55	6.1
53	PODOLAK TERESA	1665	LAKS FRETPOL PYSKOWICE	PYSKOWICE	POL	K-50	11	K 53	00:46:56	01:35:50	01:39:45.30	01:41:11.20	9:58	6
54	DOMARADZKA MIRELLA	1619		GLIWICE	POL	K-50	12	K 54	00:46:47	01:36:14	01:40:06.55	01:41:38.35	10:00	6
55	KOTOWSKA KAROLINA	1635	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	21	K 55	00:48:59	01:38:41	01:42:35.50	01:44:22.55	10:15	5.8
56	WIŚNIEWSKA MARZANNA	1695		ZABRZE	POL	K-50	13	K 56	00:49:00	01:39:39	01:43:44.30	01:45:31.45	10:22	5.8
57	PŁONKA JANINA	1664		GLIWICE	POL	K-60	6	K 57	00:49:02	01:40:17	01:44:21.80	01:46:08.10	10:26	5.7
58	LISOWSKA AGNIESZKA	1644		GLIWICE	POL	K-18	1	K 58	00:47:33	01:41:35	01:45:44.20	01:47:28.85	10:34	5.7
59	POGORZELSKA BARBARA	1667	FIS-SST TEAM	SOSNOWIEC	POL	K-70	1	K 59	00:49:12	01:42:04	01:46:26.30	01:48:05.65	10:38	5.6

NORDIC WALKING GLIWICKI - 10KM, M Open

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	MAŁKA MARIAN	1648		GLIWICE	POL	M-50	1	M 1	00:31:59	01:04:37	01:07:10.90	01:08:25.95	6:43	8.9
2	ADAMUS MARCIN	1604				M-60	1	M 2	00:33:09	01:09:08	01:12:05.15	01:13:21.00	7:12	8.3
3	POGOCKI PIOTR	1666		KNURÓW	POL	M-30	1	M 3	00:35:17	01:10:25	01:13:15.30	01:14:36.35	7:19	8.2
4	TYCZEWSKI JACEK	1693		GLIWICE	POL	M-30	2	M 4	00:34:52	01:11:22	01:13:58.60	01:15:14.90	7:23	8.1
5	KAJCA MIROSŁAW	1633	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-40	1	M 5	00:34:34	01:11:09	01:14:03.15	01:15:18.80	7:24	8.1
6	TAISNER TOMASZ	1687	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	M-40	2	M 6	00:36:26	01:13:11	01:16:01.35	01:17:16.05	7:36	7.9

NORDIC WALKING GLIWICKI - 10KM, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
7	MAZIUK KRZYSZTOF	1651		GLIWICE	POL	M-50	2	M 7	00:36:04	01:14:12	01:17:17.80	01:18:46.55	7:43	7.8
8	SZKAMRUK JANUSZ	1682		GLIWICE	POL	M-60	2	M 8	00:36:56	01:15:31	01:18:37.95	01:19:54.10	7:51	7.6
9	SIEJKO JANUSZ ADAM	1675	UM	GLIWICE	POL	M-60	3	M 9	00:37:37	01:16:24	01:19:26.15	01:21:04.65	7:56	7.6
10	ZADROGA PAWEŁ	1698	GORA TEAM	KNURÓW	POL	M-30	3	M 10	00:38:48	01:16:35	01:19:41.85	01:21:24.30	7:58	7.5
11	OWCZAREK MARCIN	1657		GLIWICE	POL	M-50	3	M 11	00:37:46	01:17:26	01:20:32.00	01:22:08.85	8:03	7.5
12	GĘBCZYK WŁADYSŁAW	1623	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-60	4	M 12	00:39:51	01:20:04	01:23:21.85	01:25:05.50	8:20	7.2
13	JAWORSKI ANDRZEJ	1631		GLIWICE	POL	M-50	4	M 13	00:39:58	01:21:02	01:24:30.90	01:25:50.00	8:27	7.1
14	WIŚNIEWSKI SŁAWOMIR	1696		ZABRZE	POL	M-50	5	M 14	00:40:06	01:21:36	01:24:50.10	01:26:06.55	8:29	7.1
15	SZYMCZEWSKI WŁODZIMIERZ	1685		ŚWIĘTOCHŁOWICE	POL	M-60	5	M 15	00:40:40	01:22:14	01:25:34.15	01:26:52.10	8:33	7
16	GRABIŃSKI LECH	1624	BŁYSKAWICA SARNÓW	GLIWICE	POL	M-60	6	M 16	00:41:27	01:22:52	01:26:10.80	01:27:58.80	8:37	7
17	NOWAK SEBASTIAN	1654		KNURÓW	POL	M-40	3	M 17	00:40:50	01:23:07	01:26:24.95	01:28:06.00	8:38	6.9
18	WYROZUMSKI WOJCIECH	1697		GLIWICE	POL	M-30	4	M 18	00:41:23	01:23:21	01:26:31.40	01:28:14.00	8:39	6.9
19	GAMRACY LESZEK	1620	UTW GLIWICE	GLIWICE	POL	M-60	7	M 19	00:39:23	01:22:52	01:26:34.05	01:28:23.30	8:39	6.9
20	OSADNIK ADAM	1656		BYTOM	POL	M-40	4	M 20	00:43:13	01:26:30	01:29:45.65	01:31:09.60	8:58	6.7
21	RYGULSKI ANDRZEJ	1673	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-60	8	M 21	00:43:54	01:27:10	01:30:23.70	01:31:37.65	9:02	6.6
22	LISOWSKI MIROSŁAW	1645	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-50	6	M 22	00:46:48	01:29:08	01:32:26.80	01:34:11.20	9:14	6.5
23	GROSS MIROSŁAW	1625	FIS-SST TEAM	KSIĘŻY LAS	POL	M-60	9	M 23	00:45:10	01:29:31	01:33:03.45	01:34:48.85	9:18	6.4
24	TOMASZCZYK PIOTR	1688	MEGAWAT RUNNING TEAM	CZERWIONKA-LESZCZYNY	POL	M-50	7	M 24	00:45:40	01:30:18	01:33:34.85	01:34:53.45	9:21	6.4
25	PILSZAK KRYSTIAN	1662	TAK DLA TRANSPLANTACJI	RACIBÓRZ	POL	M-60	10	M 25	00:44:33	01:31:13	01:34:55.85	01:36:16.20	9:29	6.3
26	KIDAWA MARIAN	1634		GLIWICE	POL	M-60	11	M 26	00:44:07	01:32:26	01:36:19.15	01:37:55.20	9:37	6.2

NORDIC WALKING GLIWICKI - 10KM, Mieszkanki Gliwic

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	SZAJNOWSKA AGNIESZKA	1681	ZDROWE KROKI PM 4	GLIWICE	POL	K-40	1	K 4	00:35:24	01:12:45	01:15:37.45	01:17:18.70	7:33	7.9
2	KIDAWA BOŻENA	1602		GLIWICE		K-60	1	K 11	00:39:29	01:20:19	01:23:36.25	01:25:11.35	8:21	7.2
3	TYCZEWSKA TERESA	1692		GLIWICE	POL	K-40	4	K 13	00:40:01	01:21:52	01:25:11.05	01:26:48.55	8:31	7
4	PLUSZCZOK RENATA	1663		GLIWICE	POL	K-30	8	K 15	00:41:16	01:22:56	01:26:11.50	01:27:59.25	8:37	7
5	TRACZEWSKA MAGDALENA	1689		GLIWICE	POL	K-30	10	K 17	00:40:38	01:23:06	01:26:24.45	01:28:10.70	8:38	6.9
6	ZDROJEWSKA AGATA	1700		GLIWICE	POL	K-30	11	K 18	00:41:16	01:23:08	01:26:26.00	01:28:14.90	8:38	6.9
7	KRZYŻANIAK MARIA	1641	KAMA	GLIWICE	POL	K-50	3	K 20	00:40:40	01:22:38	01:27:11.20	01:28:40.40	8:43	6.9
8	MAŁKA IRENA	1649		GLIWICE	POL	K-60	2	K 19	00:41:36	01:23:51	01:27:13.85	01:28:33.55	8:43	6.9
9	WINIARSKA JOLANTA	1603		GLIWICE		K-40	7	K 23	00:41:42	01:24:26	01:27:53.45	01:29:22.00	8:47	6.8
10	KOWAL SYLWIA	1637	JUSTYNA-SYLWIA	GLIWICE	POL	K-40	8	K 28	00:44:58	01:25:37	01:28:44.60	01:30:30.50	8:52	6.8
11	SZPIECHOWICZ SYLWIA	1683		GLIWICE	POL	K-30	12	K 24	00:41:27	01:25:15	01:28:52.40	01:29:26.35	8:53	6.8
12	PIĄTEK IRENA	1661		GLIWICE	POL	K-50	5	K 25	00:41:28	01:25:16	01:28:52.75	01:29:26.60	8:53	6.8
13	ROSIŃSKA WIRGINIA	1672		GLIWICE	POL	K-30	13	K 27	00:44:11	01:25:48	01:28:59.75	01:30:25.95	8:53	6.7
14	DOMARADZKA KAROLINA	1618		GLIWICE	POL	K-20	1	K 29	00:43:21	01:26:08	01:29:33.40	01:31:07.80	8:57	6.7
15	SARRÉ JOANNA	1674	SPORTRELAKS	GLIWICE	POL	K-60	3	K 32	00:42:06	01:26:18	01:29:55.60	01:31:34.10	8:59	6.7
16	ARBASZEWSKA AGNIESZKA	1601		GLIWICE		K-40	11	K 36	00:42:01	01:27:42	01:31:14.95	01:32:34.90	9:07	6.6
17	JASIŃSKA JUSTYNA	1630	JUSTYNA-SYLWIA	GLIWICE	POL	K-40	12	K 38	00:44:59	01:28:17	01:31:36.40	01:33:21.85	9:09	6.6
18	PURTAK ANNA	1670		GLIWICE	POL	K-50	8	K 40	00:43:39	01:28:31	01:31:59.35	01:33:39.10	9:12	6.5
19	SOBCZAK-KOSIŃSKA SYLWIA	1679		GLIWICE	POL	K-30	15	K 39	00:43:35	01:28:31	01:32:04.65	01:33:33.20	9:12	6.5
20	JAKUSZEWSKA EWA	1629		GLIWICE	POL	K-60	5	K 41	00:45:34	01:28:51	01:32:19.85	01:33:55.60	9:14	6.5
21	ALEKSANDROWICZ MAŁGORZATA	1610		GLIWICE	POL	K-50	9	K 43	00:43:52	01:29:55	01:33:30.70	01:35:09.60	9:21	6.4
22	KOWALCZYK MAYA	1638	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-50	10	K 46	00:45:19	01:32:32	01:36:16.50	01:36:45.05	9:37	6.2
23	ODOSZEWSKA BARBARA	1655	PNEUMOKOKI	GLIWICE	POL	K-30	18	K 50	00:46:48	01:32:47	01:36:37.40	01:38:21.90	9:39	6.2
24	GENISZEWSKA EMILIA	1622	GRYFNE FRELKI	GLIWICE	POL	K-30	19	K 51	00:46:48	01:32:47	01:36:37.80	01:38:22.10	9:39	6.2
25	DOMARADZKA MIRELLA	1619		GLIWICE	POL	K-50	12	K 54	00:46:47	01:36:14	01:40:06.55	01:41:38.35	10:00	6
26	KOTOWSKA KAROLINA	1635	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	21	K 55	00:48:59	01:38:41	01:42:35.50	01:44:22.55	10:15	5.8
27	PŁONKA JANINA	1664		GLIWICE	POL	K-60	6	K 57	00:49:02	01:40:17	01:44:21.80	01:46:08.10	10:26	5.7
28	LISOWSKA AGNIESZKA	1644		GLIWICE	POL	K-18	1	K 58	00:47:33	01:41:35	01:45:44.20	01:47:28.85	10:34	5.7

NORDIC WALKING GLIWICKI - 10KM, Mieszkańcy Gliwic

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	MAŁKA MARIAN	1648		GLIWICE	POL	M-50	1	M 1	00:31:59	01:04:37	01:07:10.90	01:08:25.95	6:43	8.9
2	TYCZEWSKI JACEK	1693		GLIWICE	POL	M-30	2	M 4	00:34:52	01:11:22	01:13:58.60	01:15:14.90	7:23	8.1
3	MAZIUK KRZYSZTOF	1651		GLIWICE	POL	M-50	2	M 7	00:36:04	01:14:12	01:17:17.80	01:18:46.55	7:43	7.8
4	SZKAMRUK JANUSZ	1682		GLIWICE	POL	M-60	2	M 8	00:36:56	01:15:31	01:18:37.95	01:19:54.10	7:51	7.6
5	SIEJKO JANUSZ ADAM	1675	UM	GLIWICE	POL	M-60	3	M 9	00:37:37	01:16:24	01:19:26.15	01:21:04.65	7:56	7.6
6	OWCZAREK MARCIN	1657		GLIWICE	POL	M-50	3	M 11	00:37:46	01:17:26	01:20:32.00	01:22:08.85	8:03	7.5
7	GĘBCZYK WŁADYSŁAW	1623	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-60	4	M 12	00:39:51	01:20:04	01:23:21.85	01:25:05.50	8:20	7.2
8	JAWORSKI ANDRZEJ	1631		GLIWICE	POL	M-50	4	M 13	00:39:58	01:21:02	01:24:30.90	01:25:50.00	8:27	7.1
9	GRABIŃSKI LECH	1624	BŁYSKAWICA SARNÓW	GLIWICE	POL	M-60	6	M 16	00:41:27	01:22:52	01:26:10.80	01:27:58.80	8:37	7
10	WYROZUMSKI WOJCIECH	1697		GLIWICE	POL	M-30	4	M 18	00:41:23	01:23:21	01:26:31.40	01:28:14.00	8:39	6.9
11	GAMRACY LESZEK	1620	UTW GLIWICE	GLIWICE	POL	M-60	7	M 19	00:39:23	01:22:52	01:26:34.05	01:28:23.30	8:39	6.9
12	LISOWSKI MIROSŁAW	1645	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-50	6	M 22	00:46:48	01:29:08	01:32:26.80	01:34:11.20	9:14	6.5
13	KIDAWA MARIAN	1634		GLIWICE	POL	M-60	11	M 26	00:44:07	01:32:26	01:36:19.15	01:37:55.20	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	5km	9.9km	Netto	Brutto	min/km	km/h
1	LISOWSKA AGNIESZKA	1644		GLIWICE	POL	K-18	1	K 58	00:47:33	01:41:35	01:45:44.20	01:47:28.85	10:34	5.7

NORDIC WALKING GLIWICKI - 10KM, K-20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	DOMARADZKA KAROLINA	1618		GLIWICE	POL	K-20	1	K 29	00:43:21	01:26:08	01:29:33.40	01:31:07.80	8:57	6.7

NORDIC WALKING GLIWICKI - 10KM, K-30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	POGORZELSKA WIESŁAWA	1668	KS FORMA WODZISŁAW ŚL.	GORZYCE	POL	K-30	1	K 1	00:34:53	01:11:39	01:14:32.65	01:16:00.50	7:27	8
2	TAISNER ALEKSANDRA	1686	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-30	2	K 3	00:36:39	01:12:54	01:15:36.35	01:17:08.40	7:33	7.9
3	MARONDEL KATARZYNA	1650	SILESIA NORDIC TEAM	BYTOM	POL	K-30	3	K 2	00:35:51	01:12:54	01:15:51.70	01:17:05.30	7:35	7.9
4	GAWLIK-RYBIŃSKA KASIA	1621	EŁKA TEAM	RUDA ŚLĄSKA	POL	K-30	4	K 5	00:36:52	01:15:07	01:18:09.35	01:19:50.15	7:49	7.7
5	ZUBER MONIKA	1703	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-30	5	K 7	00:37:50	01:16:20	01:19:16.65	01:20:52.30	7:55	7.6
6	TYCZEWSKA PAULINA	1691		KRAKÓW	POL	K-30	6	K 9	00:38:26	01:18:29	01:21:42.95	01:23:05.95	8:10	7.3
7	ZADROGA DOROTA	1699	GORA TEAM	KNURÓW	POL	K-30	7	K 10	00:39:03	01:19:41	01:22:52.75	01:24:35.75	8:17	7.2
8	PLUSZCOK RENATA	1663		GLIWICE	POL	K-30	8	K 15	00:41:16	01:22:56	01:26:11.50	01:27:59.25	8:37	7
9	BROM - NOWAK ANNA	1614		KNURÓW	POL	K-30	9	K 16	00:40:24	01:22:54	01:26:23.70	01:28:05.65	8:38	6.9
10	TRACZEWSKA MAGDALENA	1689		GLIWICE	POL	K-30	10	K 17	00:40:38	01:23:06	01:26:24.45	01:28:10.70	8:38	6.9
11	ZDROJEWSKA AGATA	1700		GLIWICE	POL	K-30	11	K 18	00:41:16	01:23:08	01:26:26.00	01:28:14.90	8:38	6.9
12	SZPIECHOWICZ SYLWIA	1683		GLIWICE	POL	K-30	12	K 24	00:41:27	01:25:15	01:28:52.40	01:29:26.35	8:53	6.8
13	ROSIŃSKA WIRGINIA	1672		GLIWICE	POL	K-30	13	K 27	00:44:11	01:25:48	01:28:59.75	01:30:25.95	8:53	6.7
14	BANACH ROKSANA	1611		RACIBÓRZ	POL	K-30	14	K 37	00:42:40	01:28:00	01:31:40.70	01:33:08.65	9:10	6.5
15	SOBCZAK-KOSIŃSKA SYLWIA	1679		GLIWICE	POL	K-30	15	K 39	00:43:35	01:28:31	01:32:04.65	01:33:33.20	9:12	6.5
16	ZIOŁKOWSKA DOROTA	1701		TARNOWSKIE GÓRY	POL	K-30	16	K 42	00:44:46	01:29:56	01:33:19.15	01:34:58.75	9:19	6.4
17	KACZMAREK DANUTA	1632	SPORT-RELAKS	KNURÓW	POL	K-30	17	K 45	00:44:40	01:31:19	01:34:56.85	01:36:26.80	9:29	6.3
18	ODOSZEWSKA BARBARA	1655	PNEUMOKOKI	GLIWICE	POL	K-30	18	K 50	00:46:48	01:32:47	01:36:37.40	01:38:21.90	9:39	6.2
19	GENISZEWSKA EMILIA	1622	GRYFNE FRELKI	GLIWICE	POL	K-30	19	K 51	00:46:48	01:32:47	01:36:37.80	01:38:22.10	9:39	6.2
20	SOCZAWA MONIKA	1680		ZABRZE	POL	K-30	20	K 52	00:46:19	01:35:15	01:39:10.45	01:40:53.95	9:55	6.1
21	KOTOWSKA KAROLINA	1635	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	21	K 55	00:48:59	01:38:41	01:42:35.50	01:44:22.55	10:15	5.8

NORDIC WALKING GLIWICKI - 10KM, M-30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	POGOCKI PIOTR	1666		KNURÓW	POL	M-30	1	M 3	00:35:17	01:10:25	01:13:15.30	01:14:36.35	7:19	8.2
2	TYCZEWSKI JACEK	1693		GLIWICE	POL	M-30	2	M 4	00:34:52	01:11:22	01:13:58.60	01:15:14.90	7:23	8.1
3	ZADROGA PAWEŁ	1698	GORA TEAM	KNURÓW	POL	M-30	3	M 10	00:38:48	01:16:35	01:19:41.85	01:21:24.30	7:58	7.5
4	WYROZUMSKI WOJCIECH	1697		GLIWICE	POL	M-30	4	M 18	00:41:23	01:23:21	01:26:31.40	01:28:14.00	8:39	6.9

NORDIC WALKING GLIWICKI - 10KM, K-40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	SZAJNOWSKA AGNIESZKA	1681	ZDROWE KROKI PM 4	GLIWICE	POL	K-40	1	K 4	00:35:24	01:12:45	01:15:37.45	01:17:18.70	7:33	7.9
2	MAJEWSKA DOROTA	1647		GLIWICE	POL	K-40	2	K 6	00:37:42	01:15:55	01:18:53.25	01:20:20.25	7:53	7.6
3	MISZCZAK KATARZYNA	1653	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	K-40	3	K 8	00:38:42	01:17:09	01:20:11.30	01:21:47.05	8:01	7.5
4	TYCZEWSKA TERESA	1692		GLIWICE	POL	K-40	4	K 13	00:40:01	01:21:52	01:25:11.05	01:26:48.55	8:31	7
5	LISZKA ILONA	1646	OFIARY KAMIEŃCA	KAMIENIEC	POL	K-40	5	K 21	00:40:40	01:24:06	01:27:38.20	01:29:05.30	8:45	6.8
6	KOZŁOWSKA KARINA	1639	OFIARY KAMIEŃCA	KAMIENIEC	POL	K-40	6	K 22	00:40:41	01:24:07	01:27:39.10	01:29:06.15	8:45	6.8
7	WINIARSKA JOLANTA	1603		GLIWICE		K-40	7	K 23	00:41:42	01:24:26	01:27:53.45	01:29:22.00	8:47	6.8
8	KOWAL SYLWIA	1637	JUSTYNA-SYLWIA	GLIWICE	POL	K-40	8	K 28	00:44:58	01:25:37	01:28:44.60	01:30:30.50	8:52	6.8
9	SNOCHOWSKA AGATA	1678	SZOMBIERKI RUNNERS	BYTOM	POL	K-40	9	K 30	00:43:11	01:26:27	01:29:43.80	01:31:08.20	8:58	6.7
10	BROLL AGNIESZKA	1613		CHORZÓW	POL	K-40	10	K 35	00:44:09	01:27:23	01:30:46.25	01:32:18.00	9:04	6.6
11	ARBASZEWSKA AGNIESZKA	1601		GLIWICE		K-40	11	K 36	00:42:01	01:27:42	01:31:14.95	01:32:34.90	9:07	6.6
12	JASIŃSKA JUSTYNA	1630	JUSTYNA-SYLWIA	GLIWICE	POL	K-40	12	K 38	00:44:59	01:28:17	01:31:36.40	01:33:21.85	9:09	6.6
13	PAWŁOWSKA ANNA	1660		ZABRZE	POL	K-40	13	K 44	00:43:52	01:29:55	01:33:30.85	01:35:09.65	9:21	6.4
14	ROMAŃSKA KATARZYNA	1671		KATOWICE	POL	K-40	14	K 49	00:45:59	01:31:56	01:35:31.05	01:37:06.80	9:33	6.3
15	KALISZ ANETA	1128		BYTOM	POL	K-40	15	K 47	00:45:43	01:32:08	01:35:31.35	01:37:01.45	9:33	6.3
16	KREFT SYLWIA	1640		BYTOM	POL	K-40	16	K 48	00:45:43	01:32:09	01:35:31.40	01:37:01.50	9:33	6.3

NORDIC WALKING GLIWICKI - 10KM, M-40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	KAJCA MIROSŁAW	1633	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-40	1	M 5	00:34:34	01:11:09	01:14:03.15	01:15:18.80	7:24	8.1
2	TAISNER TOMASZ	1687	EKIPA NA KIJACH	RUDA ŚLĄSKA	POL	M-40	2	M 6	00:36:26	01:13:11	01:16:01.35	01:17:16.05	7:36	7.9
3	NOWAK SEBASTIAN	1654		KNURÓW	POL	M-40	3	M 17	00:40:50	01:23:07	01:26:24.95	01:28:06.00	8:38	6.9
4	OSADNIK ADAM	1656		BYTOM	POL	M-40	4	M 20	00:43:13	01:26:30	01:29:45.65	01:31:09.60	8:58	6.7

NORDIC WALKING GLIWICKI - 10KM, K-50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	SZROBARCZYK MAŁGORZATA	1684		KARCHOWICE	POL	K-50	1	K 12	00:40:43	01:22:08	01:25:19.20	01:26:41.75	8:31	7
2	IZYDORCZYK BERNADETTA	1628		ZABRZE	POL	K-50	2	K 14	00:40:04	01:22:53	01:26:25.25	01:27:57.45	8:38	6.9
3	KRZYŻANIAK MARIA	1641	KAMA	GLIWICE	POL	K-50	3	K 20	00:40:40	01:22:38	01:27:11.20	01:28:40.40	8:43	6.9
4	TRAUTMANN BOGUSŁAWA	1690	OFIARY KAMIEŃCA	ZBROSLAWICE	POL	K-50	4	K 26	00:42:26	01:24:59	01:28:24.75	01:29:53.80	8:50	6.8
5	PIĄTEK IRENA	1661		GLIWICE	POL	K-50	5	K 25	00:41:28	01:25:16	01:28:52.75	01:29:26.60	8:53	6.8
6	PACYNA DANUTA	1658		KATOWICE	POL	K-50	6	K 31	00:45:32	01:26:32	01:29:41.90	01:31:17.70	8:58	6.7
7	ZIÓŁKOWSKA JOLANTA	1702		KNUÓW	POL	K-50	7	K 34	00:43:26	01:26:46	01:30:12.10	01:31:43.35	9:01	6.7
8	PURTAK ANNA	1670		GLIWICE	POL	K-50	8	K 40	00:43:39	01:28:31	01:31:59.35	01:33:39.10	9:12	6.5
9	ALEKSANDROWICZ MAŁGORZATA	1610		GLIWICE	POL	K-50	9	K 43	00:43:52	01:29:55	01:33:30.70	01:35:09.60	9:21	6.4
10	KOWALCZYK MAYA	1638	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-50	10	K 46	00:45:19	01:32:32	01:36:16.50	01:36:45.05	9:37	6.2
11	PODOLAK TERESA	1665	LAKS FRETPOL PYSKOWICE	PYSKOWICE	POL	K-50	11	K 53	00:46:56	01:35:50	01:39:45.30	01:41:11.20	9:58	6
12	DOMARADZKA MIRELLA	1619		GLIWICE	POL	K-50	12	K 54	00:46:47	01:36:14	01:40:06.55	01:41:38.35	10:00	6
13	WIŚNIEWSKA MARZANNA	1695		ZABRZE	POL	K-50	13	K 56	00:49:00	01:39:39	01:43:44.30	01:45:31.45	10:22	5.8

NORDIC WALKING GLIWICKI - 10KM, M-50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	MAŁKA MARIAN	1648		GLIWICE	POL	M-50	1	M 1	00:31:59	01:04:37	01:07:10.90	01:08:25.95	6:43	8.9
2	MAZIUK KRZYSZTOF	1651		GLIWICE	POL	M-50	2	M 7	00:36:04	01:14:12	01:17:17.80	01:18:46.55	7:43	7.8
3	OWCZAREK MARCIN	1657		GLIWICE	POL	M-50	3	M 11	00:37:46	01:17:26	01:20:32.00	01:22:08.85	8:03	7.5
4	JAWORSKI ANDRZEJ	1631		GLIWICE	POL	M-50	4	M 13	00:39:58	01:21:02	01:24:30.90	01:25:50.00	8:27	7.1
5	WIŚNIEWSKI SŁAWOMIR	1696		ZABRZE	POL	M-50	5	M 14	00:40:06	01:21:36	01:24:50.10	01:26:06.55	8:29	7.1
6	LISOWSKI MIROSŁAW	1645	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-50	6	M 22	00:46:48	01:29:08	01:32:26.80	01:34:11.20	9:14	6.5
7	TOMASZCZYK PIOTR	1688	MEGAWAT RUNNING TEAM	CZERWIONKA-LESZCZYNY	POL	M-50	7	M 24	00:45:40	01:30:18	01:33:34.85	01:34:53.45	9:21	6.4

NORDIC WALKING GLIWICKI - 10KM, K-60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	KIDAWA BOŻENA	1602		GLIWICE		K-60	1	K 11	00:39:29	01:20:19	01:23:36.25	01:25:11.35	8:21	7.2
2	MAŁKA IRENA	1649		GLIWICE	POL	K-60	2	K 19	00:41:36	01:23:51	01:27:13.85	01:28:33.55	8:43	6.9
3	SARRÉ JOANNA	1674	SPORTRELAKS	GLIWICE	POL	K-60	3	K 32	00:42:06	01:26:18	01:29:55.60	01:31:34.10	8:59	6.7
4	HERMAN KAZIMIERA	1627		KNURÓW	POL	K-60	4	K 33	00:43:26	01:26:46	01:30:11.95	01:31:43.10	9:01	6.7
5	JAKUSZEWSKA EWA	1629		GLIWICE	POL	K-60	5	K 41	00:45:34	01:28:51	01:32:19.85	01:33:55.60	9:14	6.5
6	PŁONKA JANINA	1664		GLIWICE	POL	K-60	6	K 57	00:49:02	01:40:17	01:44:21.80	01:46:08.10	10:26	5.7

NORDIC WALKING GLIWICKI - 10KM, M-60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	ADAMUS MARCIN	1604				M-60	1	M 2	00:33:09	01:09:08	01:12:05.15	01:13:21.00	7:12	8.3
2	SZKAMRUK JANUSZ	1682		GLIWICE	POL	M-60	2	M 8	00:36:56	01:15:31	01:18:37.95	01:19:54.10	7:51	7.6
3	SIEJKO JANUSZ ADAM	1675	UM	GLIWICE	POL	M-60	3	M 9	00:37:37	01:16:24	01:19:26.15	01:21:04.65	7:56	7.6
4	GĘBCZYK WŁADYSŁAW	1623	GLIWICKI KLUB KOLEKCJONERÓW	GLIWICE	POL	M-60	4	M 12	00:39:51	01:20:04	01:23:21.85	01:25:05.50	8:20	7.2
5	SZYMCZEWSKI WŁODZIMIERZ	1685		ŚWIĘTOCHŁOWICE	POL	M-60	5	M 15	00:40:40	01:22:14	01:25:34.15	01:26:52.10	8:33	7
6	GRABIŃSKI LECH	1624	BŁYSKAWICA SARNÓW	GLIWICE	POL	M-60	6	M 16	00:41:27	01:22:52	01:26:10.80	01:27:58.80	8:37	7
7	GAMRACY LESZEK	1620	UTW GLIWICE	GLIWICE	POL	M-60	7	M 19	00:39:23	01:22:52	01:26:34.05	01:28:23.30	8:39	6.9
8	RYGULSKI ANDRZEJ	1673	ŁAZISKIE KARLUSY	ŁAZISKA GÓRNE	POL	M-60	8	M 21	00:43:54	01:27:10	01:30:23.70	01:31:37.65	9:02	6.6
9	GROSS MIROSŁAW	1625	FIS-SST TEAM	KSIĘŻY LAS	POL	M-60	9	M 23	00:45:10	01:29:31	01:33:03.45	01:34:48.85	9:18	6.4
10	PILSZAK KRYSTIAN	1662	TAK DLA TRANSPLANTACJI	RACIBÓRZ	POL	M-60	10	M 25	00:44:33	01:31:13	01:34:55.85	01:36:16.20	9:29	6.3
11	KIDAWA MARIAN	1634		GLIWICE	POL	M-60	11	M 26	00:44:07	01:32:26	01:36:19.15	01:37:55.20	9:37	6.2

NORDIC WALKING GLIWICKI - 10KM, K-70

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	9.9km	Netto	Brutto	min/km	km/h
1	POGORZELSKA BARBARA	1667	FIS-SST TEAM	SOSNOWIEC	POL	K-70	1	K 59	00:49:12	01:42:04	01:46:26.30	01:48:05.65	10:38	5.6