

## II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4

Organizator: Polskie Zrzeszenie Nordic Walking  
 Data: 2022-07-02  
 Miejsce: Polanica-Zdrój  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.



### II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, OPEN

| M-ce | Nazwisko i imię        | Nr  | Klub                                      | M-scowość          | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 5km      | Netto       | min/km | km/h |
|------|------------------------|-----|-------------------------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | DZIEDIEWICZ ANDRZEJ    | 100 | NW CZŁAPSKI TEAM                          | WARSZAWA           | POL  | M40-49 | 1      | M 1  |             |              | 00:33:08 | 01:07:31.80 | 6:45   | 8.9  |
| 2    | ROMANOWSKI DANIEL      | 63  | KATOWICKI NORDIC WALKING                  | RYBNIK             | POL  | M18-29 | 1      | M 2  |             |              | 00:33:57 | 01:08:34.85 | 6:51   | 8.8  |
| 3    | SKIBA KRZYSZTOF        | 94  | KGHM METRACO                              | LEGNICA            | POL  | M60-69 | 1      | M 3  |             |              | 00:34:01 | 01:08:37.30 | 6:51   | 8.7  |
| 4    | WOJTOWICZ TOMASZ       | 88  | LUKI TEAM POLSKA                          | WIDACZ             | POL  | M30-39 | 1      | M 4  |             |              | 00:33:55 | 01:10:58.20 | 7:05   | 8.5  |
| 5    | BARCZYK BOGDAN         | 4   | NORDIC TEAM CZĘSTOCHOWA                   | CZĘSTOCHOWA        | POL  | M50-59 | 1      | M 5  |             |              | 00:35:25 | 01:11:44.45 | 7:10   | 8.4  |
| 6    | WILCZEK KRZYSZTOF      | 83  | CIDRY LOTAJOM                             | ZĘBOWICE           | POL  | M40-49 | 2      | M 6  |             |              | 00:35:51 | 01:11:47.25 | 7:10   | 8.4  |
| 7    | ŚWIDEREK MARCIN        | 79  | NW CZŁAPSKI TEAM                          | WARSZAWA           | POL  | M40-49 | 3      | M 7  |             |              | 00:35:57 | 01:12:16.20 | 7:13   | 8.3  |
| 8    | BIBKO MARTIN           | 6   | SPEEDBAR                                  | KOSICE             | SVK  | M40-49 | 4      | M 8  |             |              | 00:35:36 | 01:12:17.05 | 7:13   | 8.3  |
| 9    | NIEDBAŁ ADAM           | 49  | SILESIA NORDIC TEAM                       | SIEWIERZ           | POL  | M40-49 | 5      | M 9  |             |              | 00:36:08 | 01:12:31.95 | 7:15   | 8.3  |
| 10   | ZACZYŃSKA-SKIBA ANNA   | 93  | KGHM METRACO                              | LEGNICA            | POL  | K40-49 | 1      | K 1  |             |              | 00:36:10 | 01:12:47.80 | 7:16   | 8.2  |
| 11   | PRZYSTARZ GRZEGORZ     | 60  | OBORYGENI                                 | OBORNIKI ŚLĄSKIE   | POL  | M50-59 | 2      | M 10 |             |              | 00:36:05 | 01:13:38.90 | 7:21   | 8.1  |
| 12   | MIELECKA AGNIESZKA     | 45  | POLIPACK TEAM GWE                         | GAŚAWA             | POL  | K50-59 | 1      | K 2  |             |              | 00:36:23 | 01:13:49.55 | 7:22   | 8.1  |
| 13   | BIELECKA ZUZANNA       | 7   | NW CZŁAPSKI TEAM                          | WARSZAWA           | POL  | K40-49 | 2      | K 3  |             |              | 00:36:31 | 01:13:54.80 | 7:23   | 8.1  |
| 14   | HELWICH STEFAN         | 99  | KGHM METRACO                              | WIELEN             | POL  | M60-69 | 2      | M 11 |             |              | 00:36:01 | 01:13:57.75 | 7:23   | 8.1  |
| 15   | CHOJNACKI PAWEŁ        | 11  | EKSPEDYCJA NORDIC TEAM SZCZECIN           | SZCZECIN-MIERZYN   | POL  | M50-59 | 3      | M 12 |             |              | 00:36:49 | 01:14:45.60 | 7:28   | 8    |
| 16   | JUREK ADAM             | 96  | KGHM METRACO                              | LUBIN              | POL  | M60-69 | 3      | M 13 |             |              | 00:36:18 | 01:14:54.30 | 7:29   | 8    |
| 17   | HOŁUBKA MARIUSZ        | 112 |                                           | LEGNICA            | POL  | M50-59 | 4      | M 14 |             |              | 00:37:13 | 01:15:16.40 | 7:31   | 8    |
| 18   | CHYRA JANUSZ           | 13  | NORDIC SPORT 2021                         | LUBLINIEC          | POL  | M40-49 | 6      | M 15 |             |              | 00:37:55 | 01:15:31.80 | 7:33   | 7.9  |
| 19   | KABATA JAROSŁAW        | 31  | NORDIC SPORT 2021                         | TARNOWSKIE GÓRY    | POL  | M50-59 | 5      | M 16 |             |              | 00:36:21 | 01:16:04.70 | 7:36   | 7.9  |
| 20   | BIŃCZYK DARIUSZ        | 8   | ZABIEGANI CZĘSTOCHOWA                     | CZĘSTOCHOWA        | POL  | M30-39 | 2      | M 17 |             |              | 00:38:39 | 01:16:21.30 | 7:38   | 7.9  |
| 21   | LABUS MARZENA          | 40  | NORDIC SPORT 2021                         | LUBLINIEC          | POL  | K30-39 | 1      | K 4  |             |              | 00:36:59 | 01:16:32.25 | 7:39   | 7.8  |
| 22   | BARTOSIEWICZ ŁUKASZ    | 5   | LUKI TEAM POLSKA                          | BORKOWO            | POL  | M30-39 | 3      | M 18 |             |              | 00:38:45 | 01:17:00.20 | 7:42   | 7.8  |
| 23   | CZŁAPSKI KRZYSZTOF     | 18  | NW CZŁAPSKI TEAM                          | WARSZAWA           | POL  | M50-59 | 6      | M 19 |             |              | 00:37:39 | 01:17:12.95 | 7:43   | 7.8  |
| 24   | JĘDRASIAK RENATA       | 98  | KGHM METRACO                              | LUBIN              | POL  | K50-59 | 2      | K 5  |             |              | 00:38:23 | 01:18:37.40 | 7:51   | 7.6  |
| 25   | MĄDRY GRZEGORZ         | 43  | KJKOWE TRZEMESZNO                         | TRZEMESZNO         | POL  | M60-69 | 4      | M 20 |             |              | 00:38:32 | 01:19:09.15 | 7:54   | 7.6  |
| 26   | RAJEK MAGDALENA        | 62  | NORDIC TEAM CZĘSTOCHOWA                   | CZĘSTOCHOWA        | POL  | K40-49 | 3      | K 6  |             |              | 00:40:11 | 01:19:32.60 | 7:57   | 7.5  |
| 27   | ABRAMOWICZ MAŁGORZATA  | 1   | EKSPEDYCJA NORDIC TEAM SZCZECIN           | SZCZECIN           | POL  | K30-39 | 2      | K 7  |             |              | 00:38:52 | 01:19:55.75 | 7:59   | 7.5  |
| 28   | SIEMIENSKA MARTA       | 64  |                                           | GORZESZÓW 32       | POL  | K30-39 | 3      | K 8  |             |              | 00:39:27 | 01:20:18.10 | 8:01   | 7.5  |
| 29   | PLUTO-PRĄDZYŃSKI PAWEŁ | 57  | SERCE NORDICA WŁOCŁAWEK                   | JEZIERZE           | POL  | M40-49 | 7      | M 21 | 1           |              | 00:39:57 | 01:20:42.75 | 8:04   | 7.4  |
| 30   | SZCZUDLIK MAŁGORZATA   | 75  | KJKOWE TRZEMESZNO                         | TRZEMESZNO         | POL  | K40-49 | 4      | K 9  |             |              | 00:40:19 | 01:20:47.90 | 8:04   | 7.4  |
| 31   | JANECZEK JAROSŁAW      | 25  | NORDIC TEAM CZĘSTOCHOWA                   | CZĘSTOCHOWA        | POL  | M40-49 | 8      | M 22 |             |              | 00:41:21 | 01:20:52.90 | 8:05   | 7.4  |
| 32   | KUBAŁA ZBIGNIEW        | 36  |                                           | KĘDZIERZYN - KOŹŁE | POL  | M60-69 | 5      | M 23 |             |              | 00:41:02 | 01:21:11.00 | 8:07   | 7.4  |
| 33   | ZAGAJA JANUSZ          | 91  | WESOŁY BORSUK TEAM                        | POKÓJ              | POL  | M60-69 | 6      | M 24 |             |              | 00:40:31 | 01:21:15.35 | 8:07   | 7.4  |
| 34   | KARCZ MICHAŁ           | 32  | ŚWIĘTOKRZYSKA SZKOŁA NORDIC WALKING       | BORKÓW             | POL  | M50-59 | 7      | M 25 |             |              | 00:40:44 | 01:21:34.55 | 8:09   | 7.4  |
| 35   | WIŚNIEWSKI SŁAWOMIR    | 85  | FLÜGGER                                   | GDAŃSK             | POL  | M40-49 | 9      | M 26 |             |              | 00:39:28 | 01:21:52.10 | 8:11   | 7.3  |
| 36   | MARCZAK TOMASZ         | 42  | NORDIC TEAM CZĘSTOCHOWA                   | ALEKSANDRIA I      | POL  | M18-29 | 2      | M 27 |             |              | 00:40:15 | 01:22:50.95 | 8:17   | 7.2  |
| 37   | STOLARCZYK ZENON       | 71  |                                           | WROCŁAW            | POL  | M70+   | 1      | M 28 | 1           |              | 00:40:31 | 01:23:04.40 | 8:18   | 7.2  |
| 38   | CHRZANOWSKA DARIA      | 12  | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | WROCŁAW            | POL  | K30-39 | 4      | K 10 |             |              | 00:41:24 | 01:23:18.80 | 8:19   | 7.2  |
| 39   | KOWACZ AGATA           | 35  | SPEEDBAR                                  | WAŁBRZYCH          | POL  | K40-49 | 5      | K 11 |             |              | 00:40:55 | 01:23:25.95 | 8:20   | 7.2  |
| 40   | KUŁAKOWSKA HALINA      | 38  | KATOWICKI NORDIC WALKING                  | OLKUSZ             | POL  | K40-49 | 6      | K 12 |             |              | 00:41:37 | 01:24:15.10 | 8:25   | 7.1  |
| 41   | CZMOCH MARIAN          | 19  | PUKS ŁOSICE                               | ŁOSICE             | POL  | M70+   | 2      | M 29 |             |              | 00:41:24 | 01:24:25.60 | 8:26   | 7.1  |
| 42   | WÓJCIK BARBARA         | 90  | LUKI TEAM POLSKA                          | CHRZĄSTAWA WIELKA  | GBR  | K60-69 | 1      | K 13 | 1           |              | 00:42:04 | 01:24:30.00 | 8:27   | 7.1  |
| 43   | WOJTAL MARTA           | 86  | CIDRY LOTAJOM                             | BYTOM              | POL  | K30-39 | 5      | K 14 |             |              | 00:41:23 | 01:24:36.35 | 8:27   | 7.1  |
| 44   | PALUDKIEWICZ PIOTR     | 52  | NORDIC TEAM CZĘSTOCHOWA                   | CZARNY LAS         | POL  | M50-59 | 8      | M 30 |             |              | 00:41:36 | 01:24:40.80 | 8:28   | 7.1  |

## II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4, OPEN c.d.

| M-ce | Nazwisko i imię        | Nr  | Klub                                         | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 5km      | Netto       | min/km | km/h |
|------|------------------------|-----|----------------------------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 45   | CZAJKA URSZULA         | 14  |                                              | RUMIA                | POL  | K60-69 | 2      | K 15 |             |              | 00:41:30 | 01:24:41.80 | 8:28   | 7.1  |
| 46   | STOLARSKI JANUSZ       | 73  | SERCE NORDICA WŁOCŁAWEK                      | WŁOCŁAWEK            | POL  | M60-69 | 7      | M 31 | 1           |              | 00:41:51 | 01:24:50.00 | 8:29   | 7.1  |
| 47   | KULCZYCKI TOMASZ       | 37  | WESOŁY BORSUK TEAM                           | PRUDNIK              | POL  | M40-49 | 10     | M 32 |             |              | 00:42:02 | 01:24:55.40 | 8:29   | 7.1  |
| 48   | CZEREBA LESZEK         | 17  |                                              | PRUDNIK              | POL  | M50-59 | 9      | M 33 |             |              | 00:42:19 | 01:25:01.30 | 8:30   | 7.1  |
| 49   | SZCZĘŚNIAK ZBIGNIEW    | 74  | NORDIC TEAM CZĘSTOCHOWA                      | CZĘSTOCHOWA          | POL  | M60-69 | 8      | M 34 |             |              | 00:41:46 | 01:25:08.20 | 8:30   | 7    |
| 50   | LACHNIK HUBERT         | 41  |                                              | ARNSDORF             | POL  | M70+   | 3      | M 35 |             |              | 00:42:09 | 01:25:09.15 | 8:30   | 7    |
| 51   | JARUGA BEATA           | 27  |                                              | OŁAWA                | POL  | K40-49 | 7      | K 16 |             |              | 00:41:20 | 01:25:13.50 | 8:31   | 7    |
| 52   | ŚLUSARCZYK ANDRZEJ     | 78  | WESOŁY BORSUK TEAM                           | PRUDNIK              | POL  | M70+   | 4      | M 36 |             |              | 00:41:42 | 01:25:14.75 | 8:31   | 7    |
| 53   | MUSIAŁ OLA             | 47  | NORDIC TEAM CZĘSTOCHOWA                      | CZĘSTOCHOWA          | POL  | K40-49 | 8      | K 17 |             |              | 00:42:39 | 01:25:30.05 | 8:33   | 7    |
| 54   | ZDRZAŁEK ALICJA        | 92  | NORDIC SPORT 2021                            | TARNOWSKIE GÓRY      | POL  | K40-49 | 9      | K 18 |             |              | 00:41:21 | 01:26:05.70 | 8:36   | 7    |
| 55   | DYLEWICZ WERONIKA      | 22  | EKSTREMUM                                    | ZAGAŃ                | POL  | K18-29 | 1      | K 19 |             |              | 00:43:26 | 01:28:21.35 | 8:50   | 6.8  |
| 56   | SKIBA BEATA            | 65  | NORDIC TEAM CZĘSTOCHOWA                      | CZĘSTOCHOWA          | POL  | K40-49 | 10     | K 20 |             |              | 00:43:11 | 01:28:26.80 | 8:50   | 6.8  |
| 57   | WIENSKO RYSZARD        | 82  |                                              | PUŁAWY               | POL  | M60-69 | 9      | M 37 |             |              | 00:43:59 | 01:29:05.15 | 8:54   | 6.7  |
| 58   | PIENKOWSKA URSZULA     | 55  | SERCE NORDICA WŁOCŁAWEK                      | WŁOCŁAWEK            | POL  | K40-49 | 11     | K 21 |             |              | 00:44:12 | 01:29:17.85 | 8:55   | 6.7  |
| 59   | BU CZKO AGNIESZKA      | 10  |                                              | ŚWIDNICA             | POL  | K40-49 | 12     | K 22 |             |              | 00:47:27 | 01:32:03.00 | 9:12   | 6.5  |
| 60   | NICIEJEWSKA JOANNA     | 48  | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING    | WROCŁAW              | POL  | K30-39 | 6      | K 23 |             |              | 00:46:02 | 01:33:11.35 | 9:19   | 6.4  |
| 61   | PUZICHOWSKA MAŁGORZATA | 61  | NORDIKI                                      | JELCZ-LASKOWICE      | POL  | K60-69 | 3      | K 24 |             |              | 00:45:38 | 01:33:17.15 | 9:19   | 6.4  |
| 62   | BARCZYK JOLANTA        | 3   | NORDIC TEAM CZĘSTOCHOWA                      | CZĘSTOCHOWA          | POL  | K60-69 | 4      | K 25 | 1           |              | 00:46:43 | 01:33:33.60 | 9:21   | 6.4  |
| 63   | JANKOWSKA ANNA         | 26  | OŁAWA-JANIKÓW NK                             | OŁAWA                | POL  | K40-49 | 13     | K 26 |             |              | 00:46:42 | 01:34:29.60 | 9:26   | 6.4  |
| 64   | POLAŃSKA AGNIESZKA     | 59  | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING    | WROCŁAW              | POL  | K40-49 | 14     | K 27 |             |              | 00:46:52 | 01:34:43.85 | 9:28   | 6.3  |
| 65   | POHL ANNA              | 58  |                                              | BIAŁA                | POL  | K50-59 | 3      | K 28 |             |              | 00:47:05 | 01:34:55.80 | 9:29   | 6.3  |
| 66   | WANDTKE ANTONI         | 80  |                                              | REDA                 | POL  | M70+   | 5      | M 38 |             |              | 00:46:01 | 01:35:45.30 | 9:34   | 6.3  |
| 67   | MOSOŃ MAREK            | 46  |                                              | WROCŁAW              | POL  | M60-69 | 10     | M 39 |             |              | 00:47:40 | 01:36:00.75 | 9:36   | 6.3  |
| 68   | WOJTYCZKA ALICJA       | 89  | NORDIC SPORT 2021                            | MYSŁOWICE            | POL  | K60-69 | 5      | K 29 |             |              | 00:47:57 | 01:36:36.70 | 9:39   | 6.2  |
| 69   | KEDYS AGNIESZKA        | 33  |                                              | LUDWIKOWICE KŁODZKIE | POL  | K40-49 | 15     | K 30 |             |              | 00:47:11 | 01:37:32.30 | 9:45   | 6.2  |
| 70   | ORLIŃSKI DARIUSZ       | 51  |                                              | NYSA                 | POL  | M50-59 | 10     | M 40 | 1           |              | 00:47:21 | 01:37:47.60 | 9:46   | 6.1  |
| 71   | ZAWADZKA MARIA         | 97  | KGHM METRACO                                 | LUBIN                | POL  | K70+   | 1      | K 31 |             |              | 00:47:51 | 01:37:58.40 | 9:47   | 6.1  |
| 72   | ŚLĘZAK JAKUB           | 77  |                                              | KATOWICE             | POL  | M18-29 | 3      | M 41 |             |              | 00:46:23 | 01:37:59.75 | 9:47   | 6.1  |
| 73   | SOROKA-MITUŁA GRAŻYNA  | 67  |                                              | SZCZECIN             | POL  | K40-49 | 16     | K 32 |             |              | 00:46:08 | 01:38:57.50 | 9:53   | 6.1  |
| 74   | FLORCZYK JOANNA        | 23  | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING NG | WROCŁAW              | POL  | K40-49 | 17     | K 33 |             |              | 00:48:11 | 01:39:04.25 | 9:54   | 6.1  |
| 75   | BERNAŚ KAMILA          | 333 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING    | WROCŁAW              | POL  | K40-49 | 18     | K 34 |             |              | 00:48:43 | 01:39:07.00 | 9:54   | 6.1  |
| 76   | STATNIK TOMASZ         | 69  | SUCHY LAS                                    | BIEDRUSKO            | POL  | M60-69 | 11     | M 42 |             |              | 00:48:03 | 01:40:00.55 | 10:00  | 6    |
| 77   | KIELBIK MAREK          | 34  | DWAMARKI                                     | WROCŁAW              | POL  | M60-69 | 12     | M 43 |             |              | 00:48:59 | 01:40:01.55 | 10:00  | 6    |
| 78   | STANKOWSKA MARZENA     | 68  | KJKOWE TRZEMESZNO                            | TRZEMESZNO           | POL  | K40-49 | 19     | K 35 |             |              | 00:51:27 | 01:41:45.85 | 10:10  | 5.9  |
| 79   | STOLARSKA DANUTA       | 72  | SERCE NORDICA WŁOCŁAWEK                      | WŁOCŁAWEK            | POL  | K60-69 | 6      | K 36 |             |              | 00:51:46 | 01:42:58.50 | 10:17  | 5.8  |
| 80   | STATNIK GENOWEFA       | 70  | SUCHY LAS                                    | BIEDRUSKO            | POL  | K70+   | 2      | K 37 |             |              | 00:50:30 | 01:44:22.65 | 10:26  | 5.7  |
| 81   | JÓŹWIAK ŁUKASZ         | 30  | SERCE NORDICA WŁOCŁAWEK                      | WŁOCŁAWEK            | POL  | M50-59 | 11     | M 44 |             |              | 00:51:19 | 01:45:40.75 | 10:34  | 5.7  |
| 82   | ŚLĘZAK MARTA           | 76  |                                              | KATOWICE             | POL  | K18-29 | 2      | K 38 |             |              | 00:51:58 | 01:48:49.10 | 10:52  | 5.5  |
| 83   | KUNIKOWSKI ZENON       | 39  |                                              | WROCŁAW              | POL  | M60-69 | 13     | M 45 |             |              | 00:53:46 | 01:51:03.05 | 11:06  | 5.4  |
| 84   | DUDEK EMILIA           | 21  | NYSA BIEGA                                   | NYSA                 | POL  | K50-59 | 4      | K 39 | 1           |              | 00:54:29 | 01:53:04.65 | 11:18  | 5.3  |
| 85   | ORLIŃSKA GABRIELA      | 50  | DZIEWCZYNY Z DZIELNI                         | NYSA                 | POL  | K40-49 | 20     | K 40 | 1           |              | 00:55:04 | 01:53:40.00 | 11:22  | 5.3  |
| 86   | BARABACH DANUTA        | 2   |                                              | PRZEWORNO            | POL  | K60-69 | 7      | K 41 |             |              | 01:01:37 | 02:06:44.00 | 12:40  | 4.7  |
| 87   | HORODYSKA KATARZYNA    | 24  | DZIEWCZYNY Z DZIELNI                         | NYSA                 | POL  | K40-49 | 21     | K 42 | 1           |              | 01:03:48 | 02:07:07.00 | 12:42  | 4.7  |
| 88   | CZARNOPOLSKA BOGNA     | 16  | DZIEWCZYNY Z DZIELNI                         | NYSA                 | POL  | K50-59 | 5      | K 43 | 1           |              | 01:03:22 | 02:16:15.85 | 13:37  | 4.4  |
| 89   | MICHAŁAK MAŁGORZATA    | 44  | DZIEWCZYNY Z DZIELNI                         | NYSA                 | POL  | K50-59 | 6      | K 44 | 1           |              | 01:01:29 |             | 12:17  | 4.9  |
| DQ   | BONCZEK JERZY          | 9   | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING    | WROCŁAW              | POL  | M60-69 | DQ     | DQ   | 1           | 1            | 00:56:22 | DQ          |        |      |