



V OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Wydarzenie: V Międzynarodowe Mistrzostwa Polski Nordic Walking
Organizator: Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking
Data: 2023-03-25
Miejsce: Prudnik
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska 5.7km	10.7km	16.2km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	208	K.S. VICTORIA POTĘGOWO	M18-34	1	1		00:57:32	01:06:55	02:07:56	02:17:34.40		6:31	9.2 (100%)
2	ROMANOWSKI Daniel	148	KATOWICKI NORDIC WALKING	M18-34	2	1		00:58:56	01:08:28	02:10:53	02:20:38.00	+00:03:03 (2.2%)	6:39	9 (97.8%)
3	KŁOS Maciej	58	POLIPACK TEAM GWE	M40-44	1			00:58:58	01:08:22	02:11:01	02:20:50.60	+00:03:16 (2.3%)	6:40	9 (97.8%)
4	WOJCIECHOWSKA Elżbieta	1	POLIPACK TEAM GWE	K40-44	1	1		00:59:58	01:09:26	02:11:28	02:21:09.80	+00:03:35 (2.5%)	6:41	9 (97.8%)
5	CZŁONKOWSKI Krzysztof	28	WATAHA ULTRA TEAM	M45-49	1			01:00:30	01:10:17	02:12:08	02:21:35.75	+00:04:01 (2.8%)	6:42	8.9 (96.7%)
6	SOSNOWSKA Agnieszka	163	K.S. VICTORIA POTĘGOWO	K35-39	1	1		01:00:16	01:09:55	02:13:52	02:24:02.40	+00:06:28 (4.5%)	6:49	8.8 (95.7%)
7	WILCZEK Krzysztof	185	CIDRY LOTAJOM	M50-54	1			01:01:57	01:11:44	02:15:46	02:25:32.25	+00:07:57 (5.5%)	6:53	8.7 (94.6%)
8	KUŹMICZ Adam	86	POLIPACK TEAM GWE	M40-44	2			01:00:33	01:10:18	02:15:37	02:25:49.30	+00:08:14 (5.7%)	6:54	8.7 (94.6%)
9	STĘPAK Piotr	209	K.S. VICTORIA POTĘGOWO	M18-34	3	2		01:00:38	01:10:18	02:15:55	02:26:30.60	+00:08:56 (6.1%)	6:56	8.6 (93.5%)
10	POŁUBIAK Paweł	137	NW CZŁAPSKI TEAM	M35-39	1			01:01:02	01:11:07	02:16:19	02:26:48.70	+00:09:14 (6.3%)	6:57	8.6 (93.5%)
11	PRZYSTARZ Grzegorz	140	OBORYGENI	M50-54	2	1		01:02:37	01:12:35	02:17:45	02:28:11.95	+00:10:37 (7.2%)	7:01	8.5 (92.4%)
12	KUBISZYN Małgorzata	210	K.S. VICTORIA POTĘGOWO	K35-39	2			01:03:09	01:13:35	02:20:22	02:30:43.95	+00:13:09 (8.7%)	7:08	8.4 (91.3%)
13	KURZAWIŃSKI Marcin	85	TRITON KONIN	M45-49	2			01:05:01	01:15:22	02:20:34	02:30:57.55	+00:13:23 (8.9%)	7:09	8.4 (91.3%)

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								5.7km	10.7km	16.2km				
14	ŚWIDEREK Marcin	177	ESJA TEAM	M45-49	3			01:03:23	01:13:24	02:20:52	02:31:11.85	+00:13:37 (9.0%)	7:09	8.4 (91.3%)
15	SŁUPIANEK Paweł	158	KATOWICKI NORDIC WALKING	M40-44	3			01:03:45	01:13:43	02:21:51	02:32:15.25	+00:14:40 (9.6%)	7:12	8.3 (90.2%)
16	MICHALSKI Andrzej	97	PŁOMIEŃ ZMIENNICA	M60-64	1	1		01:04:58	01:15:22	02:22:07	02:32:15.30	+00:14:40 (9.6%)	7:12	8.3 (90.2%)
17	SOKOŁOWSKI Marek	162	PTG SOKÓŁ RYMANÓW	M55-59	1	1		01:06:05	01:16:40	02:23:24	02:33:53.70	+00:16:19 (10.6%)	7:17	8.2 (89.1%)
18	MIELECKA Agnieszka	105	POLIPACK TEAM GWE	K50-54	1			01:06:01	01:16:31	02:24:49	02:34:51.95	+00:17:17 (11.2%)	7:20	8.2 (89.1%)
19	CYRUS Bogdan	26	NORDIC SPORT 2021	M50-54	3	2		01:02:35	01:12:34	02:24:16	02:34:57.70	+00:17:23 (11.2%)	7:20	8.2 (89.1%)
20	BIELECKA Zuzanna	12	K.S. VICTORIA POTĘGOWO	K40-44	2			01:05:02	01:15:21	02:24:51	02:35:11.45	+00:17:37 (11.4%)	7:21	8.2 (89.1%)
21	ODŁOŻIL Petr	119		M45-49	4	2		01:05:52	01:16:35	02:24:14	02:35:12.30	+00:17:37 (11.4%)	7:21	8.2 (89.1%)
22	ZYCH Witold	202		M50-54	4	2		01:06:06	01:16:42	02:25:50	02:36:22.30	+00:18:47 (12.0%)	7:24	8.1 (88.0%)
23	MISZTAL Grzegorz	107	PRUSZYŃSKI SPORT TEAM	M35-39	2	2		01:03:56	01:13:58	02:26:05	02:37:00.85	+00:19:26 (12.4%)	7:26	8.1 (88.0%)
24	GAWLIK Krzysztof	211	STAN UMYSŁU-LEWIN BIEGA	M40-44	4	1		01:04:07	01:14:22	02:26:03	02:37:06.15	+00:19:31 (12.4%)	7:26	8.1 (88.0%)
25	FRAĆKOWIAK Roman	38		M55-59	2			01:07:30	01:17:53	02:27:24	02:38:15.00	+00:20:40 (13.1%)	7:29	8 (87.0%)
26	OLEJKO Radosław	121	POLIPACK TEAM GWE	M50-54	5			01:06:00	01:16:33	02:28:03	02:39:15.40	+00:21:41 (13.6%)	7:32	7.9 (85.9%)
27	PARZYBUT Jan	126	NORDIC SPORT 2021	M55-59	3	1		01:07:15	01:17:45	02:28:05	02:39:15.95	+00:21:41 (13.6%)	7:32	7.9 (85.9%)
28	KOŁODZIEJ Joanna	63	MALINOWE GWIAZDY	K55-59	1	1		01:06:52	01:17:35	02:28:24	02:39:32.90	+00:21:58 (13.8%)	7:33	7.9 (85.9%)
29	SZWIEC Roman	175	NORDICUS STRZYBNICA	M60-64	2	1		01:07:23	01:18:24	02:29:01	02:40:08.95	+00:22:34 (14.1%)	7:35	7.9 (85.9%)
30	PODOLAK Marius	133	KS NW BEŁCHATÓW	M40-44	5			01:08:16	01:18:57	02:29:23	02:40:13.95	+00:22:39 (14.1%)	7:35	7.9 (85.9%)
31	KOŁODZIEJCZAK Beata	62	SOCHO TEAM	K50-54	2			01:08:59	01:19:50	02:30:17	02:40:55.95	+00:23:21 (14.5%)	7:37	7.9 (85.9%)
32	PASIERB Marek	127	K.S. VICTORIA POTĘGOWO	M65-69	1			01:08:23	01:19:22	02:30:31	02:41:19.05	+00:23:44 (14.7%)	7:38	7.8 (84.8%)
33	BIZAŃSKI Ireneusz	14	KRAINA MIODEM PŁYNAĆA	M50-54	6			01:08:24	01:19:27	02:30:17	02:41:22.60	+00:23:48 (14.8%)	7:38	7.8 (84.8%)
34	KABATA Jarosław	54	NORDIC SPORT 2021	M50-54	7			01:05:51	01:16:27	02:30:06	02:41:24.85	+00:23:50 (14.8%)	7:38	7.8 (84.8%)
35	WYPYCHOWSKI Radosław	195	TRITON KONIN	M55-59	4	1		01:07:04	01:17:39	02:30:34	02:41:50.75	+00:24:16 (15.0%)	7:40	7.8 (84.8%)
36	MAKOWSKI Jan	95		M60-64	3			01:06:29	01:17:18	02:30:47	02:42:17.25	+00:24:42 (15.2%)	7:41	7.8 (84.8%)

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								5.7km	10.7km	16.2km				
37	KOWALAK Robert	67	NORDIC SPORT 2021	M35-39	3	1		01:05:05	01:15:57	02:31:29	02:42:50.75	+00:25:16 (15.5%)	7:43	7.8 (84.8%)
38	PILARZ Kamil	131		M18-34	4	2		01:07:22	01:18:09	02:31:49	02:43:13.00	+00:25:38 (15.7%)	7:44	7.8 (84.8%)
39	KRAKOWSKI Jerzy Piotr	73	PTG SOKÓŁ 1893 MIELEC	M60-64	4	1		01:07:35	01:19:14	02:32:03	02:43:20.40	+00:25:46 (15.8%)	7:44	7.8 (84.8%)
40	RAJEK Magdalena	142	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			01:09:25	01:20:06	02:32:48	02:43:56.95	+00:26:22 (16.1%)	7:46	7.7 (83.7%)
41	LUMPEOVÁ Lenka	90		K55-59	2	1		01:09:30	01:20:21	02:33:31	02:44:35.85	+00:27:01 (16.4%)	7:48	7.7 (83.7%)
42	MARCZYŃSKI Adam	98	POLIPACK TEAM GWE	M40-44	6			01:06:40	01:17:26	02:33:35	02:45:01.10	+00:27:26 (16.6%)	7:49	7.7 (83.7%)
43	KRÓLIKOWSKA Krystyna	75	POLIPACK TEAM GWE	K50-54	3			01:09:02	01:20:07	02:34:02	02:45:26.15	+00:27:51 (16.8%)	7:50	7.7 (83.7%)
44	MAREK Petr	99	NW BRUNTÁL	M60-64	5	2		01:07:23	01:18:34	02:34:09	02:45:49.90	+00:28:15 (17.0%)	7:51	7.6 (82.6%)
45	TKOCZ Adam	179	EKIPA NA KIJACH	M55-59	5			01:11:08	01:22:25	02:35:00	02:46:02.00	+00:28:27 (17.1%)	7:52	7.6 (82.6%)
46	PIŁAT Joanna	132	ŻĄDŁO NORDIC WALKING KLUCZBORK	K50-54	4			01:09:32	01:20:53	02:34:36	02:46:02.35	+00:28:27 (17.1%)	7:52	7.6 (82.6%)
47	DEMBOWSKA Zofia	31	KATOWICKI NORDIC WALKING	K35-39	3			01:09:56	01:20:45	02:35:22	02:46:19.95	+00:28:45 (17.3%)	7:52	7.6 (82.6%)
48	BREWKA Joachim	15	NORDIC SPORT 2021	M55-59	6	1		01:09:39	01:20:40	02:35:03	02:46:26.00	+00:28:51 (17.3%)	7:53	7.6 (82.6%)
49	KRAWĘTEK Agnieszka	74	KS NW BEŁCHATÓW	K50-54	5	1		01:10:25	01:21:37	02:35:38	02:46:40.20	+00:29:05 (17.5%)	7:53	7.6 (82.6%)
50	MĄDRY Grzegorz	103	NORDIC SPORT 2021	M60-64	6			01:09:08	01:20:28	02:35:38	02:47:02.50	+00:29:28 (17.6%)	7:54	7.6 (82.6%)
51	CIEŚLAR Barbara	24		K40-44	3			01:10:27	01:21:38	02:36:21	02:47:30.70	+00:29:56 (17.9%)	7:56	7.6 (82.6%)
52	SPYCHAŁA Lesław	165	POLIPACK TEAM GWE	M55-59	7			01:07:49	01:18:54	02:34:19	02:47:47.80	+00:30:13 (18.0%)	7:57	7.5 (81.5%)
53	SPYCHAŁA Marzena	166	POLIPACK TEAM GWE	K50-54	6			01:11:25	01:22:45	02:36:41	02:48:02.55	+00:30:28 (18.1%)	7:57	7.5 (81.5%)
54	OKRZESIK- FRĄCKOWIAK Izabela	120		K55-59	3			01:11:00	01:22:13	02:37:04	02:48:46.50	+00:31:12 (18.5%)	7:59	7.5 (81.5%)
55	RESEMAN Sylwia	144	POLIPACK TEAM GWE	K50-54	7			01:11:44	01:23:05	02:38:01	02:48:57.45	+00:31:23 (18.6%)	8:00	7.5 (81.5%)
56	SAWICKA Marta	206		K50-54	8			01:12:09	01:23:19	02:37:33	02:48:59.50	+00:31:25 (18.6%)	8:00	7.5 (81.5%)
57	KUBALA Zbigniew	80	PARKRUN KĘDZIERZYN-KOŹLE	M65-69	2			01:10:12	01:21:37	02:37:31	02:49:09.65	+00:31:35 (18.7%)	8:00	7.5 (81.5%)
58	SZWED Roman	174	NORDIC TEAM CZĘSTOCHOWA	M45-49	5			01:09:00	01:20:32	02:37:41	02:49:19.65	+00:31:45 (18.8%)	8:01	7.5 (81.5%)
59	KNAPCZYK-KANIA Gabriela	61	WŁÓCZYJKI BESKIDU MAKOWSKIEGO	K45-49	2			01:11:40	01:23:10	02:38:17	02:49:23.10	+00:31:48 (18.8%)	8:01	7.5 (81.5%)

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								5.7km	10.7km	16.2km				
60	NACZK Wiktoria	113	POLIPACK TEAM GWE	K18-34	1			01:11:45	01:23:04	02:38:03	02:49:26.65	+00:31:52 (18.8%)	8:01	7.5 (81.5%)
61	ŻACZEK Władysław	203	ANDRESPOLAKTYWNIE	M60-64	7			01:10:34	01:22:00	02:37:56	02:50:13.20	+00:32:38 (19.2%)	8:04	7.4 (80.4%)
62	PRZYBYLSKI Chrystian	139	POLIPACK TEAM GWE	M65-69	3			01:12:23	01:23:50	02:39:16	02:50:18.40	+00:32:44 (19.2%)	8:04	7.4 (80.4%)
63	STEFANIAK Krzysztof	168	KATOWICKI NORDIC WALKING	M65-69	4			01:09:24	01:20:55	02:38:57	02:50:50.10	+00:33:15 (19.5%)	8:05	7.4 (80.4%)
64	SADOWIŃSKI Aleksander	154	PTTK ACTIVE BRZEG	M60-64	8	2		01:12:54	01:24:24	02:39:11	02:50:53.90	+00:33:19 (19.5%)	8:05	7.4 (80.4%)
65	KUCZERA Tadeusz	82		M70-74	1	2		01:12:21	01:24:00	02:39:24	02:51:18.55	+00:33:44 (19.7%)	8:07	7.4 (80.4%)
66	ZDRZAŁEK Alicja	201	NORDIC SPORT 2021	K40-44	4	1		01:11:28	01:22:42	02:39:45	02:51:35.15	+00:34:00 (19.8%)	8:07	7.4 (80.4%)
67	WYSOCKI Andrzej	196	KAPS	M45-49	6			01:11:26	01:23:13	02:39:58	02:51:41.80	+00:34:07 (19.9%)	8:08	7.4 (80.4%)
68	KOŃCZEWSKA Bożena	64	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	1			01:11:30	01:23:09	02:40:42	02:52:18.80	+00:34:44 (20.2%)	8:09	7.3 (79.3%)
69	LACHNIK Hubert	88		M70-74	2			01:12:19	01:23:59	02:40:41	02:52:33.60	+00:34:59 (20.3%)	8:10	7.3 (79.3%)
70	KRUPICKI Jacek	76	ŻĄDLO NORDIC WALKING KLUCZBORK	M50-54	8	2		01:11:15	01:22:50	02:40:06	02:52:37.90	+00:35:03 (20.3%)	8:10	7.3 (79.3%)
71	CYRULEWSKA Malgorzata	25	PAMSO RUN TEAM	K50-54	9			01:11:45	01:23:11	02:40:56	02:52:58.80	+00:35:24 (20.5%)	8:11	7.3 (79.3%)
72	SZCZUDLIK Małgorzata	173	NORDIC SPORT 2021	K40-44	5			01:12:46	01:24:10	02:42:03	02:53:28.10	+00:35:53 (20.7%)	8:13	7.3 (79.3%)
73	OLSZEWSKI Wojciech	123	WŁÓCZNO TEAM	M40-44	7	2		01:13:27	01:25:16	02:42:05	02:53:38.00	+00:36:03 (20.8%)	8:13	7.3 (79.3%)
74	FLISEK Blanka	36	UNLIMITED SPORT 2.0	K35-39	4	1		01:12:36	01:24:14	02:41:55	02:53:47.30	+00:36:12 (20.8%)	8:14	7.3 (79.3%)
75	REICHERT Andrzej	143	ZAWISZA STARA KUŹNIA	M70-74	3			01:13:41	01:25:20	02:41:32	02:53:54.75	+00:36:20 (20.9%)	8:14	7.3 (79.3%)
76	POLAK Łukasz	135	OBORYGENI	M40-44	8			01:10:05	01:21:25	02:37:25	02:55:02.20	+00:37:27 (21.4%)	8:17	7.2 (78.3%)
77	BARTCZAK Mirosław	6	NORDIC TEAM CZĘSTOCHOWA	M60-64	9			01:13:44	01:25:13	02:43:45	02:55:21.35	+00:37:46 (21.5%)	8:18	7.2 (78.3%)
78	RZEŹNICZEK Czesław	153		M60-64	10	1		01:12:54	01:24:47	02:43:28	02:55:21.85	+00:37:47 (21.5%)	8:18	7.2 (78.3%)
79	JANICKA Alicja	50	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K35-39	5	1		01:13:44	01:25:48	02:42:48	02:55:22.80	+00:37:48 (21.6%)	8:18	7.2 (78.3%)
80	MUSIAŁ Ola	111	NORDIC TEAM CZĘSTOCHOWA	K40-44	6			01:13:36	01:25:35	02:43:18	02:55:23.80	+00:37:49 (21.6%)	8:18	7.2 (78.3%)
81	PIERZCHAŁA Marek	130	POLIPACK TEAM GWE	M65-69	5			01:14:33	01:26:33	02:43:54	02:55:24.80	+00:37:50 (21.6%)	8:18	7.2 (78.3%)
82	JARUGA Beata	52		K45-49	3			01:14:23	01:26:16	02:43:59	02:55:32.30	+00:37:57 (21.6%)	8:19	7.2 (78.3%)

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								5.7km	10.7km	16.2km				
83	KŁOSOWSKI Krzysztof	59		M45-49	7			01:13:30	01:25:16	02:43:09	02:55:34.60	+00:38:00 (21.6%)	8:19	7.2 (78.3%)
84	MAŚLANKA Iwona	102	NORDIC SPORT 2021	K50-54	10			01:12:15	01:23:49	02:44:23	02:55:59.80	+00:38:25 (21.8%)	8:20	7.2 (78.3%)
85	ZAGAJA Janusz	197	WESOŁY BORSUK TEAM	M65-69	6			01:13:46	01:25:24	02:44:39	02:56:44.15	+00:39:09 (22.2%)	8:22	7.2 (78.3%)
86	CHRZANOWSKA Daria	20	WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING	K35-39	6			01:13:41	01:25:40	02:44:51	02:56:55.35	+00:39:20 (22.2%)	8:23	7.2 (78.3%)
87	KUŁAKOWSKA Halina	84	NORDIC SPORT 2021	K45-49	4			01:13:19	01:25:07	02:44:59	02:57:04.55	+00:39:30 (22.3%)	8:23	7.1 (77.2%)
88	SMAJDOR Leszek	159		M65-69	7			01:13:28	01:25:15	02:45:08	02:57:36.45	+00:40:02 (22.5%)	8:25	7.1 (77.2%)
89	JUZOF Iwona	53		K50-54	11			01:14:24	01:26:18	02:45:55	02:57:49.00	+00:40:14 (22.6%)	8:25	7.1 (77.2%)
90	KOZŁOWSKA Małgorzata	72	ESJA TEAM	K40-44	7			01:14:29	01:26:35	02:46:38	02:58:30.20	+00:40:55 (22.9%)	8:27	7.1 (77.2%)
91	STOLARCZYK Zenon	170		M70-74	4	1		01:12:25	01:23:59	02:45:59	02:58:38.90	+00:41:04 (23.0%)	8:27	7.1 (77.2%)
92	WNĘK Sławomir	192	GRANIT STRZELIN	M50-54	9			01:13:11	01:24:54	02:42:50	02:58:49.90	+00:41:15 (23.1%)	8:28	7.1 (77.2%)
93	TOBOLÍK Jan	180	NORDIC WALKING PŘEROV	M45-49	8			01:14:41	01:27:00	02:48:18	03:00:11.75	+00:42:37 (23.7%)	8:32	7 (76.1%)
94	KULCZYCKI Tomasz	83		M45-49	9			01:15:11	01:27:06	02:48:17	03:00:17.80	+00:42:43 (23.7%)	8:32	7 (76.1%)
95	SOBEK Piotr	160		M45-49	10	1		01:15:17	01:27:33	02:48:58	03:01:34.05	+00:43:59 (24.2%)	8:36	7 (76.1%)
96	MIŚKOWICZ Anna	108		K65-69	1			01:17:17	01:29:18	02:49:40	03:01:48.85	+00:44:14 (24.3%)	8:36	7 (76.1%)
97	CHORABIK Stanisław	19		M65-69	8			01:16:55	01:28:56	02:49:19	03:01:54.75	+00:44:20 (24.4%)	8:37	7 (76.1%)
98	POSTEK Danuta	138		K60-64	2			01:17:12	01:29:33	02:49:41	03:02:23.25	+00:44:48 (24.6%)	8:38	6.9 (75.0%)
99	CZMOCH Marian	29	PUKS JEDYNKA	M70-74	5			01:16:00	01:27:52	02:49:40	03:02:31.35	+00:44:56 (24.6%)	8:39	6.9 (75.0%)
100	RUSINOWICZ Andrzej	149	FABRYKA NORDICA TRZCIANKA	M75-79	1			01:15:11	01:28:05	02:49:21	03:02:49.05	+00:45:14 (24.7%)	8:39	6.9 (75.0%)
101	PANKIEWICZ Ewelina	125	NORDIC SPORT 2021	K18-34	2			01:14:11	01:26:25	02:51:42	03:04:17.05	+00:46:42 (25.3%)	8:44	6.9 (75.0%)
102	PUKSZTA Krzysiek	141		M40-44	9				01:32:05		03:04:18.00	+00:46:43 (25.4%)	8:44	6.9 (75.0%)
103	BUCZKO Agnieszka	16	KOLOSEUM ŚWIDNICA	K45-49	5			01:17:30	01:30:05	02:52:11	03:04:33.55	+00:46:59 (25.5%)	8:44	6.9 (75.0%)
104	OLSZEWSKA Dorota	122	WŁÓCZNO TEAM	K40-44	8			01:17:25	01:29:44	02:52:22	03:04:43.20	+00:47:08 (25.5%)	8:45	6.9 (75.0%)
105	CETERA Ewelina	17	BOROSZÓW CHODZI	K40-44	9	2		01:17:52	01:30:27	02:52:39	03:04:55.85	+00:47:21 (25.6%)	8:45	6.8 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska			Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								5.7km	10.7km	16.2km				
106	BARTKOWSKI Jan	7	NORDIC TEAM DZIAŁDOWO	M60-64	11	1		01:16:42	01:29:03	02:52:08	03:04:59.60	+00:47:25 (25.6%)	8:46	6.8 (73.9%)
107	HLAVÁČOVÁ Eva	47		K50-54	12	1		01:18:17	01:31:03	02:52:32	03:05:21.15	+00:47:46 (25.8%)	8:47	6.8 (73.9%)
108	NACHAJEWSKA Krystyna	112	PTTK ACTIV BRZEG	K60-64	3			01:17:17	01:29:32	02:52:23	03:05:50.00	+00:48:15 (26.0%)	8:48	6.8 (73.9%)
109	ZAWADZKI Zygmunt	200	CIDRY LOTAJOM	M70-74	6				01:28:36		03:06:02.00	+00:48:27 (26.0%)	8:49	6.8 (73.9%)
110	MARCHEWKA Andrzej	96		M65-69	9			01:18:22	01:31:02	02:53:58	03:06:04.65	+00:48:30 (26.1%)	8:49	6.8 (73.9%)
111	WIĘSKO Ryszard	184		M70-74	7			01:17:17	01:29:48	02:53:14	03:06:13.10	+00:48:38 (26.1%)	8:49	6.8 (73.9%)
112	SZCZĘŚNIAK Zbigniew	172	NORDIC TEAM CZĘSTOCHOWA	M60-64	12	1		01:17:10	01:29:23	02:54:13	03:06:40.70	+00:49:06 (26.3%)	8:50	6.8 (73.9%)
113	STANIEC Stanisław	167		M70-74	8			01:16:45	01:29:17	02:53:46	03:06:44.20	+00:49:09 (26.3%)	8:50	6.8 (73.9%)
114	BAR Patrycja	5	ŻĄDŁO NORDIC WALKING KLUCZBORK	K18-34	3			01:16:10	01:28:47	02:54:23	03:07:17.25	+00:49:42 (26.5%)	8:52	6.8 (73.9%)
115	ŚLUSARCZYK Andrzej	176	WESOŁY BORSUK TEAM	M70-74	9			01:15:12	01:27:31	02:54:46	03:07:59.25	+00:50:24 (26.8%)	8:54	6.7 (72.8%)
116	MILERT Jolanta	106	NORDIC WALKING LYSKI	K50-54	13	1		01:18:29	01:31:06	02:56:10	03:08:28.95	+00:50:54 (27.0%)	8:55	6.7 (72.8%)
117	CZEREBA Leszek	27	KNW	M55-59	8			01:18:48	01:31:36	02:56:24	03:08:44.50	+00:51:10 (27.1%)	8:56	6.7 (72.8%)
118	NIEDŹWIECKA Małgorzata	116	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			01:19:36	01:31:52	02:56:16	03:08:58.00	+00:51:23 (27.2%)	8:57	6.7 (72.8%)
119	DIBELKA Urszula	33		K50-54	14			01:16:48	01:29:35	02:55:21	03:09:03.40	+00:51:29 (27.2%)	8:57	6.7 (72.8%)
120	SKRZĄTEK Lucyna	157	NORDIC SPORT 2021	K50-54	15			01:18:43	01:31:07	02:56:54	03:09:25.35	+00:51:50 (27.4%)	8:58	6.7 (72.8%)
121	GRUSZKA Michał	42	NORDIC SPORT 2021	M45-49	11			01:17:22	01:29:42	02:56:25	03:09:39.65	+00:52:05 (27.5%)	8:59	6.7 (72.8%)
122	LEWANDOWSKA Aneta	89	TRITON KONIN	K45-49	6			01:17:06	01:29:41	02:56:58	03:09:57.30	+00:52:22 (27.6%)	9:00	6.7 (72.8%)
123	KOWALCZYK Arkadiusz	70		M18-34	5			01:17:02	01:30:00	02:56:41	03:10:05.60	+00:52:31 (27.6%)	9:00	6.7 (72.8%)
124	NEDBALEC Jiri	114		M40-44	10	1		01:16:29	01:29:25	02:57:39	03:11:22.30	+00:53:47 (28.1%)	9:04	6.6 (71.7%)
125	MACHOLC Piotr	91	ŻÓŁWIK	M65-69	10			01:18:01	01:30:53	02:57:50	03:11:33.50	+00:53:59 (28.2%)	9:04	6.6 (71.7%)
126	WILK Iwona	186	NORDIC SPORT 2021	K45-49	7			01:21:44	01:34:54	02:58:33	03:11:44.85	+00:54:10 (28.3%)	9:05	6.6 (71.7%)
127	NIESZPOREK Krzysztof	117		M35-39	4	1		01:16:46	01:29:27	02:58:08	03:12:26.60	+00:54:52 (28.5%)	9:07	6.6 (71.7%)
128	POLAŃSKA Agnieszka	136	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	10			01:20:29	01:33:45	02:59:10	03:12:31.10	+00:54:56 (28.5%)	9:07	6.6 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska			Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								5.7km	10.7km	16.2km				
129	KUZIMIŃSKA Grażyna	87	NORDIC TEAM CZĘSTOCHOWA	K50-54	16			01:21:04	01:34:21	02:58:54	03:12:49.20	+00:55:14 (28.7%)	9:08	6.6 (71.7%)
130	GOTTASOVA Renata	41		K50-54	17			01:20:02	01:33:09	03:00:38	03:13:55.10	+00:56:20 (29.1%)	9:11	6.5 (70.7%)
131	MARINKOVÁ Alena	100	ZLATÉ HORY	K40-44	11			01:20:50	01:34:06	03:01:28	03:14:30.90	+00:56:56 (29.3%)	9:13	6.5 (70.7%)
132	ANDRZEJEWSKA Maria	3	PARTYZANCI KONIN	K45-49	8			01:20:54	01:34:22	03:01:18	03:14:33.65	+00:56:59 (29.3%)	9:13	6.5 (70.7%)
133	ZAWADZKA Maria	198	KGHM METRACO	K70-74	1			01:22:38	01:35:40	03:02:20	03:15:53.30	+00:58:18 (29.8%)	9:17	6.5 (70.7%)
134	MICHALSKA Beata	104	STAN UMYSŁU LEWIN BIEGA	K45-49	9			01:21:43	01:34:45	03:02:37	03:16:10.60	+00:58:36 (29.9%)	9:17	6.5 (70.7%)
135	WIŚNIEWSKI Roman	188	RKS BACA RADZIECHOWY	M65-69	11			01:20:15	01:33:12	03:04:02	03:16:18.20	+00:58:43 (29.9%)	9:18	6.4 (69.6%)
136	HASIAK Aleksander	46		M55-59	9	1		01:20:05	01:34:24	03:02:42	03:16:28.45	+00:58:54 (30.0%)	9:18	6.4 (69.6%)
137	KRUSZYŃIAK Katarzyna	77	FN5	K40-44	12			01:20:41	01:33:48	03:03:21	03:17:09.20	+00:59:34 (30.2%)	9:20	6.4 (69.6%)
138	HASIAK Katarzyna	45		K55-59	4			01:21:25	01:34:19	03:04:16	03:17:42.10	+01:00:07 (30.4%)	9:22	6.4 (69.6%)
139	PADOWICZ Anna	124	ESJA TEAM	K40-44	13			01:21:30	01:34:47	03:05:46	03:18:16.15	+01:00:41 (30.6%)	9:23	6.4 (69.6%)
140	TERESIŃSKA Jolanta	178	NORDIC TEAM CZĘSTOCHOWA	K45-49	10			01:21:50	01:34:55	03:05:10	03:18:25.40	+01:00:51 (30.7%)	9:24	6.4 (69.6%)
141	KUCHARCZYK Katarzyna	81		K40-44	14			01:19:48	01:32:46	03:04:25	03:18:27.75	+01:00:53 (30.7%)	9:24	6.4 (69.6%)
142	KOWALCZYK Anna	69		K18-34	4				01:35:59		03:18:41.55	+01:01:07 (30.8%)	9:24	6.4 (69.6%)
143	FRANKIEWICZ - KAPUSCINSKA Ewa	37	FN5	K40-44	15			01:23:43	01:36:40	03:05:43	03:18:43.35	+01:01:08 (30.8%)	9:25	6.4 (69.6%)
144	GRYGOROWICZ Bogdan	43	KGHM METRACO	M70-74	10			01:22:23	01:35:33	03:05:29	03:19:01.10	+01:01:26 (30.9%)	9:25	6.4 (69.6%)
145	BERESKA Irena	9	NORDIC SPORT 2021	K35-39	7			01:22:51	01:35:44	03:05:46	03:19:06.00	+01:01:31 (30.9%)	9:26	6.4 (69.6%)
146	SCHEJBALOVÁ Kristina	156	ZELENÁ TĚLOCVIČNA	K65-69	3			01:23:01	01:35:52	03:05:44	03:19:30.90	+01:01:56 (31.0%)	9:27	6.3 (68.5%)
147	GARBACZ Joanna	213		K40-44	16			01:22:28	01:36:14	03:06:23	03:20:07.00	+01:02:32 (31.3%)	9:29	6.3 (68.5%)
148	KOWALCZYK Tomasz	68	ROZCHODNIAKI	M40-44	11			01:23:06	01:36:51	03:06:58	03:20:54.05	+01:03:19 (31.5%)	9:31	6.3 (68.5%)
149	POHL Anna	134	KNW	K55-59	5			01:23:28	01:36:40	03:06:48	03:20:54.90	+01:03:20 (31.5%)	9:31	6.3 (68.5%)
150	DONIGIEWICZ Janusz	212	PIAST	M65-69	12			01:20:56	01:33:53	03:06:49	03:21:26.80	+01:03:52 (31.7%)	9:32	6.3 (68.5%)
151	TOMCZYK Edward	181	ZIELONE GROSZKI	M75-79	2			01:15:42	01:28:09	03:05:46	03:22:32.65	+01:04:58 (32.1%)	9:35	6.3 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska			Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								5.7km	10.7km	16.2km				
152	DROZD Maria	35		K55-59	6	1		01:23:46	01:36:42	03:09:01	03:22:32.75	+01:04:58 (32.1%)	9:35	6.3 (68.5%)
153	KŁOSOWSKI Łukasz	60		M40-44	12	1		01:26:25	01:40:30	03:09:39	03:24:15.10	+01:06:40 (32.6%)	9:40	6.2 (67.4%)
154	DEREŃ Janusz	32		M65-69	13			01:22:32	01:35:54	03:09:55	03:24:59.65	+01:07:25 (32.9%)	9:42	6.2 (67.4%)
155	CÍCHOVÁ Jana	23		K50-54	18			01:24:57	01:38:33	03:11:03	03:25:09.45	+01:07:35 (32.9%)	9:43	6.2 (67.4%)
156	PAŤORKOVÁ Sabina	128		K45-49	11			01:25:19	01:39:03	03:10:51	03:25:31.05	+01:07:56 (33.1%)	9:44	6.2 (67.4%)
157	SOŚNIAK Ilona	164	NORDIC TEAM CZĘSTOCHOWA	K45-49	12	1		01:25:33	01:39:15	03:12:10	03:26:00.15	+01:08:25 (33.2%)	9:45	6.1 (66.3%)
158	WITEK Adam	189	STAN UMYSŁU LEWIN BIEGA	M55-59	10			01:20:12	01:33:13	03:12:23	03:26:17.45	+01:08:43 (33.3%)	9:46	6.1 (66.3%)
159	BIZAŃSKA Barbara	13	KRAINA MIODEM PŁYNAĆA	K50-54	19			01:25:19	01:38:54	03:12:50	03:26:45.25	+01:09:10 (33.5%)	9:47	6.1 (66.3%)
160	ZAWADZKA Aleksandra	199	TREKLEJDIS SOPOT	K40-44	17	1		01:26:23	01:40:23	03:15:12	03:29:23.55	+01:11:49 (34.3%)	9:55	6 (65.2%)
161	BIAŁAS Ewa	10	STAN UMYSŁU-LEWIN BIEGA	K60-64	4			01:25:48	01:39:13	03:16:46	03:30:45.80	+01:13:11 (34.7%)	9:59	6 (65.2%)
162	MAJCHRZAK Michał	93	BOROSZÓW CHODZI	M40-44	13			01:27:26	01:40:55	03:18:15	03:32:34.10	+01:14:59 (35.3%)	10:04	6 (65.2%)
163	STEFANÓW Magdalena	169	MJM	K45-49	13			01:25:46	01:39:17	03:18:56	03:34:12.85	+01:16:38 (35.8%)	10:09	5.9 (64.1%)
164	ROLBIECKA-MICZKA Magdalena	145		K40-44	18			01:28:55	01:42:57	03:20:04	03:34:35.75	+01:17:01 (35.9%)	10:10	5.9 (64.1%)
165	CHOMICZ Lila	18	TREKLEJDIS	K60-64	5			01:29:18	01:43:36	03:19:45	03:35:10.90	+01:17:36 (36.1%)	10:11	5.9 (64.1%)
166	NICIEJEWSKA Joanna	115	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	19			01:26:39	01:41:17	03:20:16	03:36:07.75	+01:18:33 (36.3%)	10:14	5.9 (64.1%)
167	KABATA Agnieszka	55	NORDIC SPORT 2021	K45-49	14			01:26:33	01:40:05	03:21:06	03:36:29.10	+01:18:54 (36.5%)	10:15	5.8 (63.0%)
168	SARZYŃSKA Iwona	155		K55-59	7			01:29:31	01:43:48	03:22:16	03:37:00.15	+01:19:25 (36.6%)	10:17	5.8 (63.0%)
169	KIEŁBIK Marek	57	DWAMARKI	M65-69	14	1		01:28:29	01:43:08	03:22:06	03:37:58.10	+01:20:23 (36.9%)	10:19	5.8 (63.0%)
170	WITEK Bernadeta	190	STAN UMYSŁU LEWIN BIEGA	K50-54	20			01:27:23	01:41:52	03:25:05	03:41:14.20	+01:23:39 (37.8%)	10:29	5.7 (62.0%)
171	WILK Krzysztof	187		M55-59	11			01:22:52	01:36:20	03:09:23	03:41:31.60	+01:23:57 (37.9%)	10:29	5.7 (62.0%)
172	KOWNACKI Krzysztof	71	ROZCHODNIAKI	M40-44	14				01:50:00		03:50:48.60	+01:33:14 (40.4%)	10:56	5.5 (59.8%)
173	WESOŁOWSKI Marek	183		M60-64	13	1			01:48:40		03:54:21.55	+01:36:47 (41.3%)	11:06	5.4 (58.7%)
174	STUDZIŃSKA Monika	171	TEKLEJDIS	K45-49	15			01:40:23	01:55:36		04:00:35.00	+01:43:00 (42.8%)	11:24	5.3 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska			Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								5.7km	10.7km	16.2km				
175	ANGIELCZYK Małgorzata	4	ZIELONE GROSZKI	K70-74	2			01:35:14	01:50:10		04:00:45.85 +01:43:11 (42.9%)	11:24	5.3 (57.6%)	
176	KRZYWIŃSKA Agata	79		K50-54	21			01:38:17	01:54:35		04:03:14.45 +01:45:40 (43.4%)	11:31	5.2 (56.5%)	
DQ	KORDOWSKI Piotr	65	LUX TORPEDA MAŁOPOLSKA	M50-54		3	1	01:03:03 DQ	01:13:02 DQ	02:18:34 DQ	02:29:18.70 DQ	0:00	8.5 (92.4%)	
DQ	MAGIERA Janusz	92	FORMA WODZISŁAW ŚLĄSKI	M60-64		3	1	01:05:51 DQ	01:16:33 DQ	02:26:28 DQ	02:37:20.10 DQ	0:00	8 (87.0%)	
DQ	MUCHA Marcin	110	CHCE CI SIĘ ?	M45-49		5	1	01:07:36 DQ	01:18:35 DQ	02:35:27 DQ	02:47:24.00 DQ	0:00	7.6 (82.6%)	
DQ	GAZDA Stanisław	40		M35-39		3	1	DQ	01:28:45 DQ	DQ	03:02:14.65 DQ	0:00	6.9 (75.0%)	
DQ	ROMANII Hanna	147		K40-44		3	1	01:17:25 DQ	01:30:14 DQ	02:50:37 DQ	03:02:44.30 DQ	0:00	6.9 (75.0%)	
DQ	DZIEDZIEWICZ Andrzej	205	K.S. VICTORIA POTĘGOWO	M40-44			1	01:01:07 DQ	DQ	DQ	DQ		(0.0%)	
DNC	BARTYZEL Dorota	8	NORDIKI	K55-59				01:25:55	01:40:40				(0.0%)	
DNC	ŻARSKI Tomasz	204		M50-54				01:36:42	01:51:33				(0.0%)	

Znaleziono 184 wynik(ów)