



VI OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Wydarzenie: VI Międzynarodowe Mistrzostwa Polski Nordic Walking
Organizator: Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking
Data: 2024-04-06
Miejsce: Prudnik
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska 9km	10.7km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	222	K.S. VICTORIA POTĘGOWO	M50-54	1			00:56:18	01:05:28	02:15:31.30		6:25	9.3 (100%)
2	WOJTOWICZ Tomasz	210	K.S. VICTORIA POTĘGOWO	M18-34	1			00:56:43	01:06:03	02:16:31.65	+00:01:00 (0.7%)	6:28	9.3 (100%)
3	MICHALEC Marcin	221	KKB MOSIR KROSNO	M35-39	1	1		00:57:35	01:06:58	02:17:22.75	+00:01:51 (1.4%)	6:30	9.2 (98.9%)
4	ROMANOWSKI Daniel	152	KATOWICKI NORDIC WALKING	M18-34	2			00:57:58	01:07:17	02:20:51.55	+00:05:20 (3.8%)	6:40	9 (96.8%)
5	KŁOS Maciej	60	POLIPACK TEAM GWE	M40-44	1			01:00:12	01:09:48	02:20:52.20	+00:05:20 (3.8%)	6:40	9 (96.8%)
6	MADALIŃSKI Marcin	92	KS.VICTORIA POTĘGOWO	M40-44	2			00:59:16	01:08:51	02:24:03.25	+00:08:31 (5.9%)	6:49	8.8 (94.6%)
7	SOSNOWSKA Agnieszka	168	KS VICTORIA POTĘGOWO	K35-39	1			01:03:49	01:13:45	02:26:55.45	+00:11:24 (7.8%)	6:57	8.6 (92.5%)
8	ŁUKASZ Jaworski	224	ERYK TEAM WYSOKA	M40-44	3			01:03:31	01:13:41	02:29:40.10	+00:14:08 (9.5%)	7:05	8.5 (91.4%)
9	WILCZEK Krzysztof	204	WATAHA ULTRA TEAM	M50-54	2			01:04:53	01:14:54	02:31:38.05	+00:16:06 (10.6%)	7:11	8.3 (89.2%)
10	ŚWIDEREK Marcin	190	ESJA TEAM	M45-49	1			01:04:25	01:14:40	02:31:57.15	+00:16:25 (10.8%)	7:12	8.3 (89.2%)
11	SŁUPIANEK Paweł	164	KATOWICKI NORDIC WALKING	M45-49	2			01:04:23	01:14:37	02:32:13.60	+00:16:42 (11.0%)	7:12	8.3 (89.2%)
12	MAŁKA Marian	95	NORDIC SPORT 2021	M65-69	1			01:04:36	01:14:51	02:32:24.60	+00:16:53 (11.1%)	7:13	8.3 (89.2%)
13	KUBISZYN Małgorzata	78	K.S. VICTORIA POTĘGOWO	K35-39	2			01:03:49	01:14:00	02:32:24.65	+00:16:53 (11.1%)	7:13	8.3 (89.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
14	PRYZYSTARZ Grzegorz	142	OBORYGENI	M50-54	3	1		01:04:18	01:14:38	02:33:01.85	+00:17:30 (11.4%)	7:15	8.3 (89.2%)
15	MICHALSKI Andrzej	104	PŁOMIEŃ ZMIENNICA	M65-69	2	1		01:04:54	01:15:15	02:34:21.10	+00:18:49 (12.2%)	7:18	8.2 (88.2%)
16	DERUS Jakub	24	KATOWICKI NORDIC WALKING	M40-44	4	1		01:04:27	01:14:44	02:35:00.40	+00:19:29 (12.6%)	7:20	8.2 (88.2%)
17	KABATA Jarosław	55	NORDIC SPORT 2021	M50-54	4			01:04:04	01:14:18	02:35:01.65	+00:19:30 (12.6%)	7:20	8.2 (88.2%)
18	PASIK Michał	129	KALISIA NORDIC TEAM KNT	M45-49	3	1		01:06:12	01:16:35	02:35:46.05	+00:20:14 (13.0%)	7:22	8.1 (87.1%)
19	MAGIERA Janusz	93	FORMA WODZISŁAW ŚLĄSKI	M60-64	1	1		01:06:33	01:17:09	02:36:10.50	+00:20:39 (13.2%)	7:24	8.1 (87.1%)
20	FRĄCKOWIAK Roman	31	NORDIC SPORT 2021	M55-59	1			01:07:36	01:17:57	02:37:14.15	+00:21:42 (13.8%)	7:27	8.1 (87.1%)
21	ODLOŽIL Petr	121	NORDIC WALKING FANTASTIC	M45-49	4			01:07:10	01:17:40	02:37:44.15	+00:22:12 (14.1%)	7:28	8 (86.0%)
22	KOŁODZIEJ Joanna	64	OPEN SPORT TEAM	K55-59	1			01:06:54	01:17:33	02:38:03.15	+00:22:31 (14.3%)	7:29	8 (86.0%)
23	MARCZYŃSKI Adam	98	POLIPACK TEAM GWE	M45-49	5			01:06:25	01:17:17	02:38:14.65	+00:22:43 (14.4%)	7:29	8 (86.0%)
24	ZYCH Witold	217		M50-54	5			01:07:38	01:18:16	02:39:53.15	+00:24:21 (15.2%)	7:34	7.9 (84.9%)
25	KOMANDZIK Andrzej	65	EKIPA NA KIJACH	M45-49	6			01:05:59	01:16:42	02:40:16.25	+00:24:44 (15.4%)	7:35	7.9 (84.9%)
26	RADZIMSKI Karol	145	NORDIC WALKING KIEKRZ POLAND	M70-74	1	1		01:07:09	01:17:40	02:41:02.45	+00:25:31 (15.8%)	7:37	7.9 (84.9%)
27	MISZTAL Grzegorz	107	OPEN SPORT TEAM	M35-39	2			01:06:31	01:17:13	02:41:13.60	+00:25:42 (15.9%)	7:38	7.9 (84.9%)
28	SOKOŁOWSKI Marek	166	PTG SOKÓŁ RYMANÓW	M55-59	2			01:07:43	01:18:24	02:41:16.90	+00:25:45 (16.0%)	7:38	7.9 (84.9%)
29	PASIERB Marek	128	K.S. VICTORIA POTEGOWO	M70-74	2			01:09:38	01:20:35	02:43:54.70	+00:28:23 (17.3%)	7:46	7.7 (82.8%)
30	KUSZYK Jan	219	LEWIN BIEGA	M45-49	7			01:08:46	01:19:45	02:44:18.00	+00:28:46 (17.5%)	7:47	7.7 (82.8%)
31	CHYRA Janusz	12	NORDIC SPORT 2021	M45-49	8			01:10:06	01:20:57	02:45:18.80	+00:29:47 (18.0%)	7:50	7.7 (82.8%)
32	KRAWĘTEK Agnieszka	73	KS NW BEŁCHATÓW	K50-54	1			01:10:51	01:22:01	02:46:35.20	+00:31:03 (18.6%)	7:53	7.6 (81.7%)
33	KRUPICKI Jacek	74	ŻĄDŁO NORDIC WALKING KLUCZBORK	M55-59	3			01:09:21	01:20:30	02:47:01.30	+00:31:30 (18.9%)	7:54	7.6 (81.7%)
34	KRAKOWSKI Jerzy Piotr	72	PTG SOKÓŁ 1893 MIELEC	M60-64	2			01:10:13	01:21:30	02:47:02.30	+00:31:31 (18.9%)	7:54	7.6 (81.7%)
35	RUDAWSKI Maciej	156	NORDIC SPORT 2021	M40-44	5	1		01:13:09	01:24:13	02:47:15.25	+00:31:43 (19.0%)	7:55	7.6 (81.7%)
36	MAREK Petr	99	NW BRUNTÁL	M60-64	3			01:07:22	01:19:00	02:47:15.30	+00:31:44 (19.0%)	7:55	7.6 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
37	CZARNECKI Janusz	16	NAJLEPSZE KIJKI W MIEŚCIE	M60-64	4	1		01:11:23	01:22:46	02:47:17.00	+00:31:45 (19.0%)	7:55	7.6 (81.7%)
38	LEWANDOWSKA Aneta	89	TRITON KONIN	K50-54	2			01:10:41	01:21:57	02:47:32.05	+00:32:00 (19.1%)	7:56	7.6 (81.7%)
39	OKRZESIK-FRAĆKOWIAK Izabela	122	NORDIC SPORT 2021	K55-59	2			01:11:17	01:22:20	02:47:58.35	+00:32:27 (19.3%)	7:57	7.5 (80.6%)
40	ROMAN Krzysztof	150	KUDOWIANKA RUN	M65-69	3			01:10:07	01:21:28	02:47:59.25	+00:32:27 (19.3%)	7:57	7.5 (80.6%)
41	KNAPCZYK-KANIA Gabriela	62	NORDIC SPORT 2021	K50-54	3			01:10:16	01:21:43	02:47:59.70	+00:32:28 (19.3%)	7:57	7.5 (80.6%)
42	SAWICKA Marta	159	DWA KIJE W DĘBINIE KROŚCIENKO WYŻNE	K50-54	4			01:10:09	01:21:24	02:48:41.05	+00:33:09 (19.7%)	7:59	7.5 (80.6%)
43	KOŻŁOWSKA Małgorzata	71	ESJA TEAM	K45-49	1			01:12:37	01:23:48	02:48:46.55	+00:33:15 (19.7%)	7:59	7.5 (80.6%)
44	KOŃCZEWSKA Bożena	66	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	1			01:12:10	01:23:43	02:48:51.00	+00:33:19 (19.7%)	8:00	7.5 (80.6%)
45	BIZAŃSKI Ireneusz	8	KRAINA MIODEM PŁYNAĆA	M50-54	6			01:10:20	01:21:31	02:49:10.35	+00:33:39 (19.9%)	8:01	7.5 (80.6%)
46	SZWED Roman	185	NORDIC TEAM CZĘSTOCHOWA	M45-49	9			01:11:58	01:23:45	02:49:13.65	+00:33:42 (19.9%)	8:01	7.5 (80.6%)
47	ZIEGL Jaroslav	223	NW OPARSKO	M60-64	5			01:10:06	01:21:17	02:49:15.25	+00:33:43 (19.9%)	8:01	7.5 (80.6%)
48	JANICKA Alicja	49	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K35-39	3			01:11:11	01:22:54	02:49:22.30	+00:33:51 (20.0%)	8:01	7.5 (80.6%)
49	MIHELAC Juraj	105	NWC SPALATUM	M40-44	6			01:11:45	01:22:34	02:49:25.60	+00:33:54 (20.0%)	8:01	7.5 (80.6%)
50	TOBOLÍK Jan	192	NORDIC WALKING PŘEROV	M45-49	10	1		01:11:17	01:22:40	02:49:36.90	+00:34:05 (20.1%)	8:02	7.5 (80.6%)
51	SPYCHAŁA Lesław	170	POLIPACK TEAM GWE	M55-59	4			01:10:36	01:21:55	02:49:44.35	+00:34:13 (20.2%)	8:02	7.5 (80.6%)
52	SITTEK Agnieszka	161	CHODZĘ W KATO	K45-49	2			01:12:38	01:23:52	02:49:48.70	+00:34:17 (20.2%)	8:02	7.5 (80.6%)
53	STĘPIEŃ Artur	179	BOLĄCE PISZCZELE GRUPA NORDIC WALKING BEŁCHATÓW	M50-54	7			01:11:44	01:23:09	02:49:50.70	+00:34:19 (20.2%)	8:02	7.5 (80.6%)
54	MICTYZACZ Jakub	226	ANTON TEAM	M40-44	7			01:10:36	01:22:16	02:50:12.90	+00:34:41 (20.4%)	8:03	7.4 (79.6%)
55	MAŚLANKA Iwona	102	NORDIC SPORT 2021	K50-54	5			01:10:56	01:22:05	02:50:21.35	+00:34:50 (20.4%)	8:04	7.4 (79.6%)
56	RAJEK Magdalena	146	NORDIC TEAM CZĘSTOCHOWA	K45-49	3			01:12:28	01:23:43	02:50:47.50	+00:35:16 (20.7%)	8:05	7.4 (79.6%)
57	LACHNIK Hubert	87	NORDIC SPORT 2021	M70-74	3	1		01:11:55	01:23:33	02:51:45.65	+00:36:14 (21.1%)	8:08	7.4 (79.6%)
58	FILIP Jaroslav	29		M40-44	8			01:09:34	01:21:12	02:52:32.80	+00:37:01 (21.5%)	8:10	7.3 (78.5%)
59	SPYCHAŁA Marzena	169	POLIPACK TEAM GWE	K50-54	6			01:12:31	01:24:07	02:52:48.00	+00:37:16 (21.6%)	8:11	7.3 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
60	BARTCZAK Mirosław	3	NORDIC TEAM CZĘSTOCHOWA	M60-64	6	1		01:13:43	01:25:15	02:53:07.75	+00:37:36 (21.7%)	8:12	7.3 (78.5%)
61	STEFANIAK Krzysztof	176	KATOWICKI NORDIC WALKING	M65-69	4			01:10:43	01:22:45	02:53:13.50	+00:37:42 (21.8%)	8:12	7.3 (78.5%)
62	KOSAKOWSKI Mariusz	68	GISZOWIEC CHODZI RAZEM	M45-49	11			01:11:34	01:23:14	02:53:43.90	+00:38:12 (22.0%)	8:13	7.3 (78.5%)
63	PUKAS Małgorzata	144	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			01:13:20	01:25:01	02:54:07.30	+00:38:36 (22.2%)	8:15	7.3 (78.5%)
64	PIŁAT Joanna	133	ŻĄDŁO NORDIC WALKING KLUCZBORK	K50-54	7			01:13:19	01:24:47	02:54:42.20	+00:39:10 (22.4%)	8:16	7.2 (77.4%)
65	SMAJDOR Leszek	165		M65-69	5	1		01:14:00	01:25:48	02:54:45.95	+00:39:14 (22.5%)	8:16	7.2 (77.4%)
66	OLEJKO Radosław	123	POLIPACK TEAM GWE	M50-54	8			01:08:17	01:19:29	02:54:51.85	+00:39:20 (22.5%)	8:17	7.2 (77.4%)
67	RESEMAN Sylwia	149	POLIPACKTEAMGWE	K55-59	3			01:14:06	01:25:38	02:54:54.10	+00:39:22 (22.5%)	8:17	7.2 (77.4%)
68	KUBALA Zbigniew	75		M65-69	6			01:11:50	01:23:32	02:55:08.95	+00:39:37 (22.6%)	8:18	7.2 (77.4%)
69	KOWACZ Agata	69	NORDIC SPORT 2021	K40-44	1			01:14:18	01:25:52	02:55:18.80	+00:39:47 (22.7%)	8:18	7.2 (77.4%)
70	REICHERT Andrzej	148	ZAWISZA STARA KUŹNIA	M70-74	4			01:13:00	01:24:36	02:55:26.25	+00:39:54 (22.8%)	8:18	7.2 (77.4%)
71	SZULC Robert	184	NORDIC-BAL	M45-49	12			01:11:06	01:22:15	02:55:35.90	+00:40:04 (22.8%)	8:19	7.2 (77.4%)
72	MATECKI Ryszard	103	KUDOWIANKA RUN	M75-79	1			01:14:07	01:25:54	02:55:37.85	+00:40:06 (22.8%)	8:19	7.2 (77.4%)
73	TKOCZ Adam	191	EKIPA NA KIJACH	M55-59	5			01:12:19	01:23:47	02:55:41.60	+00:40:10 (22.9%)	8:19	7.2 (77.4%)
74	ZDRZAŁEK Alicja	216	NORDIC SPORT 2021	K45-49	4			01:13:13	01:24:44	02:55:52.50	+00:40:21 (22.9%)	8:20	7.2 (77.4%)
75	POSIKATA Joanna	140		K45-49	5			01:11:46	01:23:40	02:56:14.35	+00:40:43 (23.1%)	8:21	7.2 (77.4%)
76	PUCHAŁA Dariusz	143		M60-64	7	1		01:11:26	01:22:55	02:56:18.95	+00:40:47 (23.1%)	8:21	7.2 (77.4%)
77	BIĘNKOWSKI Jarosław	6	TAJNIAKI 8:30	M50-54	9			01:15:17	01:27:29	02:56:46.35	+00:41:15 (23.3%)	8:22	7.2 (77.4%)
78	SZTAL Bożena	183	AUTOLIV RUN TEAM	K40-44	2			01:13:16	01:24:48	02:56:49.15	+00:41:17 (23.4%)	8:22	7.2 (77.4%)
79	KULCZYCKI Tomasz	82		M50-54	10			01:14:12	01:25:41	02:56:57.90	+00:41:26 (23.4%)	8:23	7.2 (77.4%)
80	CZMOCH Marian	19	NORDIC SPORT 2021	M70-74	5			01:13:44	01:25:44	02:57:37.05	+00:42:05 (23.7%)	8:25	7.1 (76.3%)
81	DRZEWIECKI Sławomir	28		M60-64	8			01:15:13	01:27:25	02:58:31.10	+00:42:59 (24.1%)	8:27	7.1 (76.3%)
82	BIČÁN Tomáš	5		M40-44	9			01:15:04	01:27:18	02:58:35.60	+00:43:04 (24.1%)	8:27	7.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
83	JUZOF Iwona	54		K50-54	8			01:15:23	01:27:10	02:58:54.55	+00:43:23 (24.3%)	8:28	7.1 (76.3%)
84	KŁOSOWSKI Krzysztof	61		M45-49	13			01:14:04	01:26:00	02:58:59.25	+00:43:27 (24.3%)	8:28	7.1 (76.3%)
85	CHORABIK Stanisław	11		M70-74	6			01:14:01	01:25:46	02:59:59.45	+00:44:28 (24.7%)	8:31	7 (75.3%)
86	PIERZCHAŁA Marek	132	POLIPACK TEAM GWE	M65-69	7			01:15:06	01:27:18	03:00:17.80	+00:44:46 (24.8%)	8:32	7 (75.3%)
87	TOMCZAK Dariusz	194	TRITON	M50-54	11			01:15:04	01:26:57	03:00:40.85	+00:45:09 (25.0%)	8:33	7 (75.3%)
88	PANKIEWICZ Ewelina	127	NORDIC SPORT 2021	K18-34	1			01:14:00	01:25:46	03:00:47.00	+00:45:15 (25.0%)	8:34	7 (75.3%)
89	WIELĄDEK Anna	202	ESJA TEAM	K45-49	6			01:16:41	01:28:40	03:00:57.20	+00:45:25 (25.1%)	8:34	7 (75.3%)
90	LEŚNIEWSKI Marcin	88	STARE BABICE NORDIC WALKING	M45-49	14			01:18:09	01:30:19	03:00:59.40	+00:45:28 (25.1%)	8:34	7 (75.3%)
91	STELMACH Piotr	178	STELMACH TEAM	M50-54	12	1		01:15:52	01:27:47	03:01:02.45	+00:45:31 (25.1%)	8:34	7 (75.3%)
92	GANSINIEC Kzimiera	34		K60-64	3			01:17:05	01:29:00	03:01:29.60	+00:45:58 (25.3%)	8:36	7 (75.3%)
93	WÓJCIK Barbara	211	KLUB SPORTOWY NORDIC WALKING BEŁCHATÓW	K65-69	1			01:15:58	01:28:18	03:01:47.65	+00:46:16 (25.5%)	8:36	7 (75.3%)
94	HABROWSKI Sylwiusz	44	NORDIC TEAM CZĘSTOCHOWA	M50-54	13			01:15:15	01:27:02	03:01:58.55	+00:46:27 (25.5%)	8:37	7 (75.3%)
95	ZAGAJA Janusz	213	WESOŁY BORSUK TEAM	M65-69	8			01:16:12	01:28:12	03:03:37.05	+00:48:05 (26.2%)	8:42	6.9 (74.2%)
96	ŚLUSARZ Andrzej	189		M55-59	6			01:15:23	01:27:40	03:03:44.50	+00:48:13 (26.2%)	8:42	6.9 (74.2%)
97	CZEREBA Leszek	17	KNW BIAŁA	M55-59	7			01:16:57	01:29:11	03:03:46.75	+00:48:15 (26.3%)	8:42	6.9 (74.2%)
98	ZAWADZKI Zygmunt	215	CIDRY Z KIJAMI	M70-74	7			01:14:21	01:25:53	03:04:02.60	+00:48:31 (26.4%)	8:43	6.9 (74.2%)
99	DREWNOWSKA Barbara	25	ZASAPANI HYDRO TRZCIANKA	K50-54	9			01:18:06	01:30:08	03:04:07.45	+00:48:36 (26.4%)	8:43	6.9 (74.2%)
100	TRENKNER Leszek	195		M45-49	15	1		01:16:45	01:29:03	03:04:30.15	+00:48:58 (26.5%)	8:44	6.9 (74.2%)
101	CÍCHOVÁ Jana	14		K50-54	10			01:17:18	01:29:26	03:04:33.75	+00:49:02 (26.6%)	8:44	6.9 (74.2%)
102	NĚMCOVÁ Lenka	115		K40-44	3			01:17:32	01:29:43	03:05:03.40	+00:49:32 (26.8%)	8:46	6.8 (73.1%)
103	MUSIAŁ Ola	111	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			01:15:16	01:26:54	03:05:17.10	+00:49:45 (26.9%)	8:46	6.8 (73.1%)
104	FUDALI Ryszard	32	SAINT-GOBAIN SQUAD	M65-69	9			01:16:57	01:29:03	03:05:24.95	+00:49:53 (26.9%)	8:47	6.8 (73.1%)
105	MIŚKOWICZ Anna	108	NORDIC SPORT 2021	K65-69	2			01:16:44	01:28:54	03:05:32.00	+00:50:00 (27.0%)	8:47	6.8 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
106	MACHOLC Piotr	90	ŻÓŁWIK	M65-69	10			01:17:33	01:29:57	03:05:33.65	+00:50:02 (27.0%)	8:47	6.8 (73.1%)
107	MILERT Jolanta	106	NORDIC WALKING LYSKI	K50-54	11			01:17:10	01:29:25	03:05:38.80	+00:50:07 (27.0%)	8:47	6.8 (73.1%)
108	MARCHEWKA Andrzej	96		M65-69	11			01:18:13	01:30:27	03:07:14.95	+00:51:43 (27.6%)	8:52	6.8 (73.1%)
109	HRYCIUK Waldemar	46	KS VICTORIA POTĘGOWO	M65-69	12			01:13:29	01:25:37	03:08:16.60	+00:52:45 (28.0%)	8:55	6.7 (72.0%)
110	ORZECHOWSKI Mariusz	125	TRITON KONIN	M50-54	14			01:18:23	01:30:27	03:08:20.75	+00:52:49 (28.0%)	8:55	6.7 (72.0%)
111	KAŁKA Krzysztof	56	LECYMY DURŚ	M55-59	8			01:20:04	01:32:39	03:08:22.35	+00:52:51 (28.1%)	8:55	6.7 (72.0%)
112	NOWICZ Magdalena	120	NOWICZ TEAM	K40-44	5			01:19:56	01:32:09	03:09:31.15	+00:53:59 (28.5%)	8:58	6.7 (72.0%)
113	PORADA Anna	139	HARD BEANS OPOLE	K50-54	12			01:18:52	01:31:43	03:09:59.20	+00:54:27 (28.7%)	9:00	6.7 (72.0%)
114	OLEJNIK Marzena	124		K55-59	4			01:18:45	01:31:21	03:10:10.70	+00:54:39 (28.7%)	9:00	6.7 (72.0%)
115	SKRZĄTEK Lucyna	162	NORDIC SPORT 2021	K50-54	13			01:16:59	01:29:20	03:10:20.55	+00:54:49 (28.8%)	9:01	6.7 (72.0%)
116	DEREŃ Janusz	23		M65-69	13			01:17:16	01:29:49	03:10:20.65	+00:54:49 (28.8%)	9:01	6.7 (72.0%)
117	GRUSZKA Michał	40	NORDIC SPORT 2021	M45-49	16			01:19:34	01:31:46	03:11:15.25	+00:55:43 (29.1%)	9:03	6.6 (71.0%)
118	KUBICKI Marek	77		M60-64	9			01:18:21	01:30:02	03:11:22.70	+00:55:51 (29.2%)	9:04	6.6 (71.0%)
119	WOJCIECHOWSKI Adam	220	KIJKOMANIACY PPL	M45-49	17			01:17:51	01:30:15	03:11:39.85	+00:56:08 (29.3%)	9:04	6.6 (71.0%)
120	CEGIELSKA Beata	10	TRITON KONIN	K50-54	14			01:21:03	01:33:36	03:12:03.95	+00:56:32 (29.4%)	9:06	6.6 (71.0%)
121	NIEDŹWIECKA Małgorzata	118	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			01:21:38	01:34:03	03:12:09.60	+00:56:38 (29.5%)	9:06	6.6 (71.0%)
122	BERESKA Irena	4	NORDIC SPORT 2021	K35-39	4			01:20:15	01:32:31	03:12:14.60	+00:56:43 (29.5%)	9:06	6.6 (71.0%)
123	MADALIŃSKA Joanna	91	K.S. VICTORIA POTĘGOWO	K40-44	6			01:19:12	01:31:32	03:12:25.35	+00:56:54 (29.6%)	9:07	6.6 (71.0%)
124	CZYŻOWSKI Jerzy	21		M65-69	14			01:17:57	01:30:53	03:12:29.25	+00:56:57 (29.6%)	9:07	6.6 (71.0%)
125	FRANCISZCZAK Łucja	30	CIDRYLOTAJOM	K60-64	4			01:21:12	01:34:12	03:12:41.65	+00:57:10 (29.7%)	9:07	6.6 (71.0%)
126	KUŹMIŃSKA Grażyna	86	NORDIC TEAM CZĘSTOCHOWA	K50-54	15			01:18:15	01:31:07	03:13:30.05	+00:57:58 (30.0%)	9:10	6.5 (69.9%)
127	WOJCIECHOWSKA Katarzyna	209	KIJKOMANIACY PPL	K45-49	7			01:21:59	01:35:05	03:13:41.20	+00:58:09 (30.0%)	9:10	6.5 (69.9%)
128	WILK Krzysztof	206		M55-59	9			01:19:03	01:31:51	03:13:44.15	+00:58:12 (30.0%)	9:10	6.5 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
129	MYŚLIWIEC Andrzej	112	KATOWICKI NORDIC WALKING	M55-59	10			01:17:28	01:29:40	03:13:58.30	+00:58:27 (30.1%)	9:11	6.5 (69.9%)
130	GAJEK Halina	33	RUNNERS TEAM NYSA	K50-54	16			01:23:33	01:36:23	03:13:59.90	+00:58:28 (30.1%)	9:11	6.5 (69.9%)
131	ŚLUSARCZYK Andrzej	187	WESOŁY BORSUK TEAM	M70-74	8			01:18:21	01:30:39	03:14:24.45	+00:58:53 (30.3%)	9:12	6.5 (69.9%)
132	SZYMCZYNA Marcin	186		M45-49	18			01:20:34	01:34:43	03:14:59.70	+00:59:28 (30.5%)	9:14	6.5 (69.9%)
133	MAKOWSKA Magdalena	94		K18-34	2			01:20:45	01:33:18	03:15:31.80	+01:00:00 (30.7%)	9:15	6.5 (69.9%)
134	SZCZĘŚNIAK Zbigniew	182	NORDIC TEAM CZĘSTOCHOWA	M60-64	10			01:17:44	01:30:15	03:15:48.80	+01:00:17 (30.8%)	9:16	6.5 (69.9%)
135	PADOWICZ Anna	126	ESJA TEAM	K40-44	7			01:23:45	01:36:34	03:15:54.25	+01:00:22 (30.8%)	9:17	6.5 (69.9%)
136	GRZĄDZIELA Monika	41	TREKILEJDIS	K40-44	8			01:23:18	01:35:55	03:16:21.35	+01:00:50 (31.0%)	9:18	6.4 (68.8%)
137	JURCZAK-TOCZKO Anna	53		K55-59	5			01:23:51	01:36:48	03:16:34.40	+01:01:03 (31.1%)	9:18	6.4 (68.8%)
138	WALTER Janusz	199		M60-64	11			01:20:00	01:32:40	03:16:57.80	+01:01:26 (31.2%)	9:20	6.4 (68.8%)
139	KAMRAD Hubert	225		M65-69	15			01:20:03	01:33:08	03:17:22.30	+01:01:51 (31.3%)	9:21	6.4 (68.8%)
140	SOSNOWSKA Magdalena	167	KIJKOWE TRZEMESZNO	K45-49	8			01:27:31	01:40:23	03:18:34.45	+01:03:03 (31.8%)	9:24	6.4 (68.8%)
141	RATAJCZAK Katarzyna	147		K40-44	9			01:20:04	01:32:44	03:19:29.80	+01:03:58 (32.1%)	9:27	6.3 (67.7%)
142	WILK Iwona	205	NORDIC SPORT 2021	K50-54	17			01:25:02	01:37:52	03:19:37.70	+01:04:06 (32.1%)	9:27	6.3 (67.7%)
143	GWAREK Anita	43	LEŚNE KIJE	K50-54	18			01:23:04	01:35:51	03:19:46.90	+01:04:15 (32.2%)	9:28	6.3 (67.7%)
144	STANISŁAW Przybysz	171	NIEZRZESZONY	M70-74	9			01:21:58	01:35:11	03:20:00.85	+01:04:29 (32.2%)	9:28	6.3 (67.7%)
145	KUCHARCZYK Katarzyna	79		K40-44	10			01:22:18	01:35:35	03:20:18.00	+01:04:46 (32.3%)	9:29	6.3 (67.7%)
146	DALKA Hanna	22		K40-44	11			01:22:03	01:35:21	03:20:27.90	+01:04:56 (32.4%)	9:30	6.3 (67.7%)
147	JAŚKOWSKI Patryk	51	NORDIC SPORT 2021	M40-44	10			01:25:52	01:39:23	03:20:39.55	+01:05:08 (32.5%)	9:30	6.3 (67.7%)
148	STEC Paweł	173	HUTA ZDROWIA	M35-39	3			01:16:04	01:28:40	03:21:29.75	+01:05:58 (32.7%)	9:32	6.3 (67.7%)
149	KURZAWINSKI Marcin	85	TRITON KONIN	M45-49	19			01:25:33	01:38:31	03:21:46.60	+01:06:15 (32.8%)	9:33	6.3 (67.7%)
150	SYPNIEWSKI Szymon	180	TRITON KONIN	M45-49	20			01:25:25	01:38:29	03:21:46.90	+01:06:15 (32.8%)	9:33	6.3 (67.7%)
151	CZKALSKA Agata	18	TRITON KONIN	K50-54	19	1		01:25:34	01:38:31	03:21:47.75	+01:06:16 (32.8%)	9:33	6.3 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
152	ANYŻ Maria	1	KIJE W DOBRYCH RĘKACH	K70-74	1			01:24:14	01:36:58	03:22:01.05	+01:06:29 (32.9%)	9:34	6.3 (67.7%)
153	ROPELEWSKA Edyta	153	KATOWICKI NORDIC WALKING	K45-49	9			01:26:08	01:39:28	03:23:04.55	+01:07:33 (33.3%)	9:37	6.2 (66.7%)
154	SLANINA Lena	163	HARPAGAN SOSNOWIEC	K40-44	12			01:25:09	01:38:30	03:23:50.45	+01:08:19 (33.5%)	9:39	6.2 (66.7%)
155	RYBAŁTOWSKI Paweł	158	OBORYGENI	M80+	1			01:23:17	01:36:15	03:23:57.05	+01:08:25 (33.6%)	9:39	6.2 (66.7%)
156	CICHOCKA Renata	13	ESJA TEAM	K50-54	20			01:25:12	01:38:14	03:24:16.05	+01:08:44 (33.7%)	9:40	6.2 (66.7%)
157	KUCHARSKA Monika	80	KATOWICKI NORDIC WALKING	K35-39	5			01:27:24	01:40:46	03:24:26.40	+01:08:55 (33.7%)	9:41	6.2 (66.7%)
158	SCHEJBALOVÁ Kristina	160	ZLATÉ HORY	K65-69	4			01:25:10	01:38:19	03:24:46.95	+01:09:15 (33.8%)	9:42	6.2 (66.7%)
159	KANIA Adam	57	NORDIC SPORT 2021	M60-64	12			01:19:14	01:32:39	03:25:32.30	+01:10:01 (34.1%)	9:44	6.2 (66.7%)
160	JIRSOVÁ Světlana	52	NORDIC WALKING KUTNÁ HORA	K50-54	21			01:20:51	01:33:50	03:25:37.70	+01:10:06 (34.1%)	9:44	6.2 (66.7%)
161	POHL Anna	136	KNW BIAŁA	K55-59	6			01:25:55	01:39:19	03:25:41.65	+01:10:10 (34.1%)	9:44	6.2 (66.7%)
162	ZAWADZKA Maria	214	KGHM METRACO	K70-74	2			01:29:03	01:42:48	03:26:26.10	+01:10:54 (34.4%)	9:47	6.1 (65.6%)
163	TYKA Edward	196	AMATOR	M80+	2			01:21:37	01:34:48	03:26:45.00	+01:11:13 (34.5%)	9:47	6.1 (65.6%)
164	KOCIUBI Aurelia	63		K35-39	6	1		01:24:21	01:38:06	03:28:29.75	+01:12:58 (35.0%)	9:52	6.1 (65.6%)
165	GODZWON Karolina	36	TREKILEJDIS	K35-39	7			01:27:24	01:41:16	03:28:30.45	+01:12:59 (35.0%)	9:52	6.1 (65.6%)
166	MARONDEL Katarzyna	101		K35-39	8			01:28:07	01:41:38	03:28:36.55	+01:13:05 (35.0%)	9:53	6.1 (65.6%)
167	BUDKA Aga	9	TRITON KONIN	K45-49	10			01:27:16	01:39:59	03:29:11.75	+01:13:40 (35.2%)	9:54	6.1 (65.6%)
168	KORPOK Aleksandra	67	NORDICUS STRZYBNICA	K50-54	22			01:26:44	01:39:58	03:29:40.75	+01:14:09 (35.4%)	9:56	6 (64.5%)
169	MARKS Adrian	100	LECYMY DURŚ	M55-59	11			01:27:42	01:41:54	03:30:58.60	+01:15:27 (35.8%)	9:59	6 (64.5%)
170	STEFANÓW Magdalena	177		K45-49	11			01:26:49	01:41:01	03:31:08.50	+01:15:37 (35.8%)	10:00	6 (64.5%)
171	PIERSCIECKI Josef	131		M55-59	12			01:28:19	01:42:08	03:31:42.60	+01:16:11 (36.0%)	10:01	6 (64.5%)
172	NETKOWSKI Wojciech	116	LEŚNE KIJE	M65-69	16			01:23:30	01:36:56	03:32:33.75	+01:17:02 (36.2%)	10:04	6 (64.5%)
173	STANKOWSKA Marzena	172	KIJKOWE TRZEMESZNO	K45-49	12			01:31:35	01:44:52	03:32:42.95	+01:17:11 (36.3%)	10:04	6 (64.5%)
174	TYLAK Lidia	197	KB WARTKO	K50-54	23			01:30:07	01:43:38	03:33:18.25	+01:17:46 (36.5%)	10:06	5.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
175	DRYGALSKA Aleksandra	27	KIJE W DOBRYCH RĘKACH	K70-74	3			01:28:06	01:41:42	03:34:10.55	+01:18:39 (36.7%)	10:09	5.9 (63.4%)
176	GÓRSKA Agnieszka	38		K45-49	13			01:31:51	01:45:50	03:34:58.65	+01:19:27 (37.0%)	10:11	5.9 (63.4%)
177	MOSIEK Jolanta	109		K50-54	24			01:28:18	01:42:25	03:35:34.30	+01:20:03 (37.1%)	10:12	5.9 (63.4%)
178	WANAT Wioletta	200	TRITON KONIN	K50-54	25			01:24:05	01:37:35	03:35:53.85	+01:20:22 (37.2%)	10:13	5.9 (63.4%)
179	KUBICKA Małgorzata	76		K50-54	26			01:33:45	01:48:38	03:38:02.15	+01:22:30 (37.8%)	10:20	5.8 (62.4%)
180	CZYŻ Emilia	20	TREKILEJDIS SOPOT	K40-44	13			01:31:13	01:45:04	03:38:39.85	+01:23:08 (38.0%)	10:21	5.8 (62.4%)
181	SZAJDA Małgorzata	181	KIJKOWE TRZEMESZNO	K50-54	27			01:31:37	01:45:12	03:38:44.50	+01:23:13 (38.0%)	10:21	5.8 (62.4%)
182	GROMALA Magdalena	39		K50-54	28			01:33:59	01:48:39	03:40:20.90	+01:24:49 (38.5%)	10:26	5.7 (61.3%)
183	PIECZARA Anna	130		K40-44	14			01:35:56	01:50:39	03:42:19.70	+01:26:48 (39.0%)	10:32	5.7 (61.3%)
184	TYLAK Janusz	198	KB. WARTKO	M50-54	15			01:40:30	01:53:46	03:43:27.10	+01:27:55 (39.4%)	10:35	5.7 (61.3%)
185	NAGODA Marzena	113		K50-54	29			01:31:06	01:45:08	03:44:34.75	+01:29:03 (39.7%)	10:38	5.6 (60.2%)
186	ROŻKO Ela	154	LEŚNE KIJE	K45-49	14			01:32:17	01:47:27	03:47:06.10	+01:31:34 (40.3%)	10:45	5.6 (60.2%)
187	MOSIEWICZ Aleksandra	110		K18-34	3	1		01:33:03	01:47:37	03:48:08.40	+01:32:37 (40.6%)	10:48	5.5 (59.1%)
188	TOMCZAK Renata	193	TRITON	K50-54	30			01:35:06	01:49:42	03:54:02.10	+01:38:30 (42.1%)	11:05	5.4 (58.1%)
189	KLECZ Marcin	59	KLECZE NW	M40-44	11			01:30:47	01:45:49	03:54:16.00	+01:38:44 (42.2%)	11:06	5.4 (58.1%)
190	JARONEK Anna	50	NORDIC WALKING EKG	K45-49	15			01:36:30	01:51:07	03:55:26.75	+01:39:55 (42.4%)	11:09	5.4 (58.1%)
191	STEFAN Alicja	174		K55-59	7			01:31:50	01:47:31	04:07:21.15	+01:51:49 (45.2%)	11:43	5.1 (54.8%)
192	GÓRALCZYK Oksana	37	LEŚNE KIJE	K60-64	5			01:43:45	01:59:21	04:16:51.15	+02:01:19 (47.2%)	12:10	4.9 (52.7%)
DQ	WIŚNIEWSKI Roman	208		M70-74			1	01:21:59 DQ	01:34:53 DQ	03:16:56.60 DQ		0:00	6.4 (68.8%)
	KUCZERA Tadeusz	81		M70-74				01:15:25 DNF	01:27:33 DNF	DNF		-	- (0.0%)
	NIESZPOREK Krzysztof	119		M35-39				01:17:34 DNF	01:30:49 DNF	DNF		-	- (0.0%)
	GRZEBIELUCH Elżbieta	42	HARPAGAN SOSNOWIEC	K65-69				01:42:25 DNF	01:58:42 DNF	DNF		-	- (0.0%)
	WEEDMAN Daglas	35		M70-74				02:04:05 DNF	02:24:01 DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska 9km	10.7km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
	PORADA Adam	138	HARD BEANS OPOLE	M50-54				DNF	DNF	DNF		-	- (0.0%)

Znaleziono 198 wynik(ów)