

## MISTRZOSTW WROCLAWIA W NORDIC WALKING O PUCHAR PREZYDENTA WROCLAWIA



Miejsce: WROCLAW - 2015-06-13

Organizator: Stowarzyszenie Promocji Sportu FAN

| Miejsce Open | Numer | Nazwisko    | Imię       | Płeć | Miejsce plec M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość                    | Klub   | TEAM                           | DYSTANS | Wynik   | km/h | min/km | Punkt 1 | Punkt 2 | Punkt 3 | Punkt 4 | Punkt 5 |
|--------------|-------|-------------|------------|------|--------------------|--------|---------------|--------------------|--------------------------------|--|--------------------------------|---------|---------|------|--------|---------|---------|---------|---------|---------|
| 1            | 150   | OSIŃSKI     | MICHAŁ     | M    | 1                  | 1996   | M 0-29        |                    | ŁÓDŹ                           | FOREVER YOUNG ŁÓDŹ                             |                                | 10,8    | 1:06:47 | 9,70 | 06:11  | 0:00:53 | 0:12:58 | 0:26:05 | 0:39:24 | 0:53:05 |
| 2            | 159   | SKIBA       | KRZYSZTOF  | M    | 2                  | 1960   | M 50-59       |                    | POLKOWICE                      | ZG POLKOWICE SIERSZOWICE                       |                                | 10,8    | 1:07:37 | 9,58 | 06:16  | 0:00:52 | 0:12:58 | 0:26:10 | 0:39:43 | 0:53:24 |
| 3            | 2     | WIKTORSKI   | MIESZKO    | M    | 3                  | 1981   | M 30-39       |                    | WROCLAW                        | TRENUJZAMI.PL                                  | TRENUJZAMI.PL                  | 10,8    | 1:09:29 | 9,33 | 06:26  | 0:00:52 | 0:12:58 | 0:26:07 | 0:39:54 | 0:54:34 |
| 4            | 52    | WOROCH      | ROMAN      | M    | 4                  | 1958   | M 50-59       | 1                  | DOPIEWO                        |  |                                | 10,8    | 1:11:25 | 9,07 | 06:37  | 0:00:02 | 0:14:02 | 0:28:20 | 0:42:46 | 0:57:13 |
| 5            | 101   | BILEK       | ARTUR      | M    | 5                  | 1983   | M 30-39       | 1                  | LUBLINIEC                      | NORDIC WALKING LUBLINIEC                       |                                | 10,8    | 1:12:23 | 8,95 | 06:42  | 0:01:01 | 0:14:19 | 0:28:58 | 0:43:42 | 0:58:12 |
| 6            | 147   | SIWAK       | PIOTR      | M    | 6                  | 1961   | M 50-59       | 2                  | RUDNA                          | KGHM METRAKO POLKOWICE                         | KGHM METRAKO POLKOWICE1        | 10,8    | 1:13:32 | 8,81 | 06:49  | 0:00:09 | 0:13:54 | 0:28:13 | 0:42:55 | 0:58:21 |
| 7            | 123   | STĘPIEŃ     | ARKADIUSZ  | M    | 7                  | 1970   | M 40-49       | 1                  | ŚCINAWA                        | SOPE ŚCINAWSKA GRUPA NORDIC WALKING            | ŚCINAWSKA GRUPA NORDIC WALKING | 10,8    | 1:13:56 | 8,76 | 06:51  | 0:00:54 | 0:14:37 | 0:29:34 | 0:44:24 | 0:59:20 |
| 8            | 6     | PUSZKIEL    | LESZEK     | M    | 8                  | 1957   | M 50-59       | 3                  | ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA                        | GREEN TEAM ZIELONA GÓRA        | 10,8    | 1:14:28 | 8,70 | 06:54  | 0:00:16 | 0:13:58 | 0:28:42 | 0:43:42 | 0:59:16 |
| 9            | 89    | ROŻYNEK     | MIRON      | M    | 9                  | 1963   | M 50-59       | 4                  | WROCLAW                        | KGHM METRAKO POLKOWICE                         | KGHM METRAKO POLKOWICE1        | 10,8    | 1:14:33 | 8,69 | 06:54  | 0:00:05 | 0:13:59 | 0:28:19 | 0:43:15 | 0:58:41 |
| 10           | 4     | ZACZYŃSKA   | ANNA       | K    | 1                  | 1979   | K 30-39       |                    | LUBIN                          |  | KGHM METRAKO POLKOWICE1        | 10,8    | 1:14:34 | 8,69 | 06:54  | 0:00:58 | 0:14:23 | 0:29:02 | 0:43:59 | 0:59:12 |
| 11           | 175   | ADAMSKI     | ROBERT     | M    | 10                 | 1967   | M 40-49       | 2                  | LUBOŃ                          | DRUŻYNA SZPIKU                                 |                                | 10,8    | 1:14:39 | 8,68 | 06:55  | 0:00:01 | 0:14:22 | 0:29:23 | 0:44:22 | 0:59:21 |
| 12           | 90    | ZAGAJA      | JANUSZ     | M    | 11                 | 1955   | M 60 i więcej | 1                  | POKÓJ                          |  |                                | 10,8    | 1:15:52 | 8,54 | 07:01  | 0:00:02 | 0:14:10 | 0:29:16 | 0:44:38 | 1:00:13 |
| 13           | 149   | RECZULSKI   | MARIUSZ    | M    | 12                 | 1966   | M 40-49       | 3                  | CZĘSTOCHOWA                    | REGATTA NORDIC TEAM CZĘSTOCHOWA                |                                | 10,8    | 1:16:00 | 8,53 | 07:02  | 0:00:11 | 0:14:42 | 0:29:48 | 0:44:48 | 1:00:13 |
| 14           | 151   | WOJTASIŃSKI | DANIEL     | M    | 13                 | 1978   | M 30-39       | 2                  | CZĘSTOCHOWA                    | REGATTA NORDIC TEAM CZĘSTOCHOWA                |                                | 10,8    | 1:16:38 | 8,46 | 07:06  | 0:00:09 | 0:14:48 | 0:29:59 | 0:45:20 | 1:00:50 |
| 15           | 114   | CIEŚLAK     | ROMAN      | M    | 14                 | 1960   | M 50-59       | 5                  | ŁÓDŹ                           |  |                                | 10,8    | 1:17:06 | 8,40 | 07:08  | 0:02:12 | 0:14:49 | 0:29:59 | 0:45:27 | 1:01:17 |
| 16           | 7     | FLIS        | MAREK      | M    | 15                 | 1961   | M 50-59       | 6                  | ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA                        | GREEN TEAM ZIELONA GÓRA        | 10,8    | 1:17:33 | 8,36 | 07:11  | 0:00:04 | 0:14:27 | 0:29:27 | 0:44:56 | 1:01:05 |
| 17           | 43    | CHUDY       | ADAM       | M    | 16                 | 1954   | M 60 i więcej | 2                  | ŻORY                           |  |                                | 10,8    | 1:17:56 | 8,31 | 07:13  | 0:00:07 | 0:14:58 | 0:30:40 | 0:46:37 | 1:02:31 |
| 18           | 157   | POJASEK     | TERESA     | K    | 2                  | 1962   | K 50-59       |                    | GÓRA 56-200                    |  |                                | 10,8    | 1:18:02 | 8,30 | 07:14  | 0:00:14 | 0:14:55 | 0:30:07 | 0:45:39 | 1:01:47 |
| 19           | 16    | SZCZEBAK    | JACEK      | M    | 17                 | 1969   | M 40-49       | 4                  | TARNÓW                         | TARNÓW   |                                | 10,8    | 1:18:06 | 8,30 | 07:14  | 0:00:09 | 0:15:21 | 0:31:05 | 0:46:45 | 1:02:27 |
| 20           | 80    | JEDRASIAK   | RENATA     | K    | 3                  | 1963   | K 50-59       |                    | LUBIN                          | KGHM METRAKO POLKOWICE                         | KGHM METRAKO POLKOWICE1        | 10,8    | 1:18:21 | 8,27 | 07:15  | 0:00:13 | 0:15:15 | 0:30:58 | 0:46:35 | 1:02:24 |
| 21           | 86    | KOWALCZYK   | MARIUSZ    | M    | 18                 | 1966   | M 40-49       | 5                  | ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA                        | GREEN TEAM ZIELONA GÓRA 1      | 10,8    | 1:18:28 | 8,26 | 07:16  | 0:00:16 | 0:15:31 | 0:31:16 | 0:47:01 | 1:02:46 |
| 22           | 13    | REPEŁOWSKI  | TOMASZ     | M    | 19                 | 1966   | M 40-49       | 6                  | WROCLAW                        |  |                                | 10,8    | 1:18:35 | 8,25 | 07:17  | 0:00:01 | 0:14:21 | 0:29:37 | 0:45:26 | 1:01:59 |
| 23           | 128   | DEŁĄG       | JÓZEF      | M    | 20                 | 1958   | M 50-59       | 7                  | PIOTRKÓW TRYBUNAŁSKI           | PKB ENDORFINA                                  |                                | 10,8    | 1:18:48 | 8,22 | 07:18  | 0:00:10 | 0:15:01 | 0:30:27 | 0:46:16 | 1:02:22 |
| 24           | 121   | PUSZKIEL    | ADRIAN     | M    | 21                 | 1989   | M 0-29        | 1                  | ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA                        | GREEN TEAM ZIELONA GÓRA        | 10,8    | 1:19:02 | 8,20 | 07:19  | 0:00:16 | 0:14:52 | 0:30:30 | 0:46:40 | 1:03:02 |
| 25           | 148   | PIETRZYK    | JAROSŁAW   | M    | 22                 | 1983   | M 30-39       | 3                  | CZĘSTOCHOWA                    | REGATTA NORDIC TEAM CZĘSTOCHOWA                |                                | 10,8    | 1:19:08 | 8,19 | 07:20  | 0:00:12 | 0:15:31 | 0:31:10 | 0:47:06 | 1:03:19 |
| 26           | 171   | PIOTROWSKI  | BARTŁOMIEJ | M    | 23                 | 1994   | M 0-29        | 2                  | WROCLAW                        | AKADEMIA WYCHOWANIA FIZYCZNEGO WIE WROCLAWIU   | AWF1                           | 10,8    | 1:19:29 | 8,15 | 07:22  | 0:02:10 | 0:16:19 | 0:32:54 | 0:48:27 | 1:04:14 |
| 27           | 67    | MARCZAK     | MIROSLAW   | M    | 24                 | 1977   | M 30-39       | 4                  | WROCLAW                        |  |                                | 10,8    | 1:19:48 | 8,12 | 07:23  | 0:00:08 | 0:15:04 | 0:30:38 | 0:46:42 | 1:03:19 |
| 28           | 59    | BŁASZCZYK   | CZESŁAW    | M    | 25                 | 1955   | M 60 i więcej | 3                  | KATOWICE                       |  |                                | 10,8    | 1:20:01 | 8,10 | 07:25  | 0:00:09 | 0:15:01 | 0:30:46 | 0:46:58 | 1:03:24 |
| 29           | 146   | GRYGOROWICZ | BOGDAN     | M    | 26                 | 1949   | M 60 i więcej | 4                  | LUBIN                          | KGHM METRAKO POLKOWICE                         | KGHM METRAKO POLKOWICE1        | 10,8    | 1:20:05 | 8,09 | 07:25  | 0:00:18 | 0:15:43 | 0:31:49 | 0:48:06 | 1:04:15 |
| 30           | 19    | DRANKOWSKI  | ROBERT     | M    | 27                 | 1983   | M 30-39       | 5                  | BRZEG                          | NORDIC WALKING KRUSZYNA                        | NORDIC WALKING KRUSZYNA        | 10,8    | 1:20:14 | 8,08 | 07:26  | 0:01:04 | 0:15:22 | 0:31:20 | 0:47:28 | 1:03:34 |
| 31           | 125   | MIJALSKI    | RAFAŁ      | M    | 28                 | 1976   | M 30-39       | 6                  | WROCLAW                        | ACTEAM   | ACTEAM1                        | 10,8    | 1:20:20 | 8,07 | 07:26  | 0:02:07 | 0:15:51 | 0:31:53 | 0:48:11 | 1:04:22 |
| 32           | 9     | KUBICKI     | BERNARD    | M    | 29                 | 1951   | M 60 i więcej | 5                  | LUBIN                          | KGHM METRAKO POLKOWICE                         | KGHM METRAKO POLKOWICE2        | 10,8    | 1:20:29 | 8,05 | 07:27  | 0:00:17 | 0:15:44 | 0:31:50 | 0:48:07 | 1:04:19 |
| 33           | 11    | STĘPIEŃ     | LUCYNA     | K    | 4                  | 1957   | K 50-59       | 1                  | LUBIN                          | KGHM METRAKO POLKOWICE                         | KGHM METRAKO POLKOWICE2        | 10,8    | 1:20:36 | 8,04 | 07:28  | 0:01:06 | 0:15:47 | 0:31:59 | 0:48:18 | 1:04:50 |
| 34           | 3     | WIKTORSKA   | MALGORZATA | K    | 5                  | 1982   | K 30-39       | 1                  | WROCLAW                        | TRENUJZAMI.PL                                  | TRENUJZAMI.PL                  | 10,8    | 1:21:10 | 7,98 | 07:31  | 0:01:05 | 0:15:34 | 0:31:28 | 0:47:43 | 1:04:32 |
| 35           | 81    | ROSADZIŃSKI | SŁAWOMIR   | M    | 30                 | 1969   | M 40-49       | 7                  | LESZNO                         |  |                                | 10,8    | 1:21:16 | 7,97 | 07:31  | 0:00:14 | 0:15:42 | 0:31:33 | 0:47:48 | 1:04:19 |
| 36           | 68    | KALISZ      | KRZYSZTOF  | M    | 31                 | 1951   | M 60 i więcej | 6                  | LUBIN                          | KGHM METRAKO POLKOWICE                         | KGHM METRAKO POLKOWICE2        | 10,8    | 1:21:25 | 7,96 | 07:32  | 0:00:17 | 0:15:37 | 0:31:37 | 0:47:56 | 1:04:27 |
| 37           | 145   | URYŃ        | TOMASZ     | M    | 32                 | 1980   | M 30-39       | 7                  | 52-200 WROCLAW                 | RODZAJ POLSKA WIELKIE DESZPANE TEAM TRENUJZAMI |                                | 10,8    | 1:21:55 | 7,91 | 07:35  | 0:01:03 | 0:14:54 | 0:31:07 | 0:47:43 | 1:04:44 |
| 38           | 5     | BOCZAR      | BEATA      | K    | 6                  | 1965   | K 50-59       | 2                  | ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA                        | GREEN TEAM ZIELONA GÓRA        | 10,8    | 1:22:07 | 7,89 | 07:36  | 0:00:14 | 0:15:45 | 0:32:03 | 0:48:58 | 1:05:44 |
| 39           | 168   | PŁOCIŃSKA   | SANDRA     | K    | 7                  | 1989   | K 0-29        | 1                  | CHMIEŁÓW K. KATÓW WROCLAWSKICH | ANITA-PRZEWOZY OSOBOWE                         |                                | 10,8    | 1:22:09 | 7,89 | 07:36  | 0:00:12 | 0:15:44 | 0:32:14 | 0:48:38 | 1:05:35 |
| 40           | 44    | KUJAWSKI    | IGOR       | M    | 33                 | 1961   | M 50-59       | 8                  | WROCLAW                        |  |                                | 10,8    | 1:22:19 | 7,87 | 07:37  | 0:00:07 | 0:15:18 | 0:31:28 | 0:48:18 | 1:05:26 |
| 41           | 63    | GRUDZIŃSKI  | ROBERT     | M    | 34                 | 1960   | M 50-59       | 9                  | WROCLAW                        | ACTEAM   | ACTEAM1                        | 10,8    | 1:22:23 | 7,87 | 07:38  | 0:02:09 | 0:15:49 | 0:31:53 | 0:48:19 | 1:05:04 |
| 42           | 49    | STAŃKUSZ    | JOANNA     | K    | 8                  | 1982   | K 30-39       | 2                  | WROCLAW                        | ACTEAM   | ACTEAM1                        | 10,8    | 1:22:28 | 7,86 | 07:38  | 0:02:07 | 0:16:00 | 0:32:08 | 0:48:21 | 1:05:26 |
| 43           | 122   | BADECKI     | RYSZARD    | M    | 35                 | 1962   | M 50-59       | 10                 | NIESZCZYCE                     | NIEZRZESZONY                                   |                                | 10,8    | 1:22:50 | 7,82 | 07:40  | 0:00:16 | 0:15:46 | 0:31:48 | 0:47:56 | 1:04:10 |
| 44           | 26    | KOPCZYŃSKI  | JAKUB      | M    | 36                 | 1955   | M 0-29        | 3                  | JELCZ-LASKOWICE                | NORDIC WALKING KRUSZYNA                        | NORDIC WALKING KRUSZYNA        | 10,8    | 1:22:51 | 7,82 | 07:40  | 0:01:04 | 0:15:21 | 0:31:30 | 0:48:39 | 1:05:51 |

## MISTRZOSTW WROCLAWIA W NORDIC WALKING O PUCHAR PREZYDENTA WROCLAWIA



Miejsce: WROCLAW - 2015-06-13

Organizator: Stowarzyszenie Promocji Sportu FAN

| Miejsce Open | Numer | Nazwisko            | Imię        | Płeć | Miejsce plec M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość          | Klub                                      | TEAM                           | DYSTANS | Wynik   | km/h | min/km | Punkt 1 | Punkt 2 | Punkt 3 | Punkt 4 | Punkt 5 |
|--------------|-------|---------------------|-------------|------|--------------------|--------|---------------|--------------------|----------------------|---|--------------------------------|---------|---------|------|--------|---------|---------|---------|---------|---------|
| 45           | 161   | CZERKAWSKI          | PIOTR       | M    | 37                 | 1964   | M 50-59       | 11                 | WROCLAW              |   |                                | 10,8    | 1:22:51 | 7,82 | 07:40  | 0:01:05 | 0:16:07 | 0:32:28 | 0:49:07 | 1:05:48 |
| 46           | 39    | ŻOLEDZIEWSKI        | MARCIN      | M    | 38                 | 1988   | M 0-29        | 4                  | WROCLAW              | RIGHTWAY                                  |                                | 10,8    | 1:23:03 | 7,80 | 07:41  | 0:02:51 | 0:16:17 | 0:33:01 | 0:50:19 | 1:07:30 |
| 47           | 111   | ROGOS               | OTTO HENRYK | M    | 39                 | 1943   | M 60 i więcej | 7                  | LUBIAZ               | ŚCINAWSKA GRUPA NORDIC WALKING            |                                | 10,8    | 1:23:15 | 7,78 | 07:42  | 0:01:09 | 0:15:44 | 0:31:53 | 0:48:55 | 1:06:01 |
| 48           | 42    | SIEKIERSKI          | MICHAŁ      | M    | 40                 | 1987   | M 0-29        | 5                  | KĄTY WROCLAWSKIE     | RIGHTWAY                                  |                                | 10,8    | 1:23:44 | 7,74 | 07:45  | 0:01:06 | 0:16:20 | 0:33:11 | 0:50:13 | 1:07:11 |
| 49           | 24    | KIEDOWSKI           | ARTUR       | M    | 41                 | 1975   | M 40-49       | 8                  | BIERUTOW             |   |                                | 10,8    | 1:23:55 | 7,72 | 07:46  | 0:02:14 | 0:17:12 | 0:34:18 | 0:51:02 | 1:07:31 |
| 50           | 47    | FEDECZKO            | EDYTA       | K    | 9                  | 1976   | K 30-39       | 3                  | TRZEBNICA            |   |                                | 10,8    | 1:24:04 | 7,71 | 07:47  | 0:00:16 | 0:15:33 | 0:31:55 | 0:49:07 | 1:06:36 |
| 51           | 12    | KURZAWSKA           | JOLANTA     | K    | 10                 | 1949   | K 60 i więcej | 1                  | LUBIN                | KGHM METRAKO POLKOWICE                    | KGHM METRAKO POLKOWICE2        | 10,8    | 1:24:08 | 7,70 | 07:47  | 0:00:15 | 0:15:56 | 0:32:25 | 0:49:40 | 1:07:03 |
| 52           | 84    | ŁUKASZEWICZ         | JOANNA      | K    | 11                 | 1970   | K 40-49       | 1                  | ZIELONA GORA         | GREEN TEAM ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA 1      | 10,8    | 1:24:23 | 7,68 | 07:49  | 0:00:15 | 0:16:26 | 0:33:17 | 0:50:14 | 1:07:17 |
| 53           | 82    | SARNOWSKA           | WANDA       | K    | 12                 | 1965   | K 50-59       | 3                  | ZIELONA GÓRA         | GREEN TEAM ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA 1      | 10,8    | 1:24:46 | 7,64 | 07:51  | 0:00:23 | 0:16:42 | 0:33:30 | 0:50:27 | 1:08:01 |
| 54           | 87    | CZYCZ               | EMILIA      | K    | 13                 | 1950   | K 60 i więcej | 2                  | ZIELONA GORA         | GREEN TEAM ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA        | 10,8    | 1:24:50 | 7,64 | 07:51  | 0:01:08 | 0:16:02 | 0:32:26 | 0:49:28 | 1:07:07 |
| 55           | 48    | NOWOTARSKI          | GRZEGORZ    | M    | 42                 | 1973   | M 40-49       | 9                  | WROCLAW              | ACTEAM                                    | ACTEAM2                        | 10,8    | 1:25:02 | 7,62 | 07:52  | 0:02:09 | 0:16:19 | 0:33:06 | 0:50:15 | 1:07:46 |
| 56           | 98    | GOGÓB               | JOLANTA     | K    | 14                 | 1962   | K 50-59       | 4                  | LEGNICA              |   |                                | 10,8    | 1:25:10 | 7,61 | 07:53  | 0:01:26 | 0:16:27 | 0:33:11 | 0:50:15 | 1:07:37 |
| 57           | 118   | POLEWCZAK           | ANETA       | K    | 15                 | 1972   | K 40-49       | 2                  | ZAWIERCIE            | CLLEO INSTYTUT ZDROWIA I URODY            |                                | 10,8    | 1:25:27 | 7,58 | 07:55  | 0:00:18 | 0:16:26 | 0:33:24 | 0:50:56 | 1:08:10 |
| 58           | 50    | SZPERNALOWSKI       | CEZARY      | M    | 43                 | 1963   | M 50-59       | 12                 | SZCZECINEK           | STOWARZYSZENIE SPORTOWE PASJE             |                                | 10,8    | 1:25:31 | 7,58 | 07:55  | 0:02:17 | 0:17:26 | 0:35:14 | 0:52:26 | 1:09:13 |
| 59           | 105   | KIEDRZYN            | BEATA       | K    | 16                 | 1963   | K 50-59       | 5                  | ŚWIERADÓW-ZDRÓJ      |   |                                | 10,8    | 1:25:37 | 7,57 | 07:56  | 0:01:10 | 0:16:17 | 0:33:03 | 0:50:27 | 1:08:09 |
| 60           | 31    | DONIGIWEICZ         | JANUSZ      | M    | 44                 | 1954   | M 60 i więcej | 8                  | BRZEG                | NORDIC WALKING KRUSZYNA                   | NORDIC WALKING KRUSZYNA        | 10,8    | 1:25:47 | 7,55 | 07:57  | 0:01:22 | 0:16:53 | 0:33:51 | 0:50:49 | 1:08:02 |
| 61           | 56    | SIEMIENSKA          | MARTA       | K    | 17                 | 1987   | K 0-29        | 2                  | GORZESZÓW            |   |                                | 10,8    | 1:25:58 | 7,54 | 07:58  | 0:00:16 | 0:16:14 | 0:33:21 | 0:50:47 | 1:08:21 |
| 62           | 162   | KASZUBA             | EDWARD      | M    | 45                 | 1944   | M 60 i więcej | 9                  | WROCLAW              | WKB PIAST WROCLAW                         |                                | 10,8    | 1:26:00 | 7,53 | 07:58  | 0:01:19 | 0:17:14 | 0:34:33 | 0:51:45 | 1:08:56 |
| 63           | 30    | DROZD               | MARIA       | K    | 18                 | 1967   | K 40-49       | 3                  | KRUSZYNA 44          | NORDIC WALKING KRUSZYNA                   | NORDIC WALKING KRUSZYNA        | 10,8    | 1:26:13 | 7,52 | 07:59  | 0:00:18 | 0:17:03 | 0:33:57 | 0:51:52 | 1:09:04 |
| 64           | 93    | DIBELKA             | URSZULA     | K    | 19                 | 1969   | K 40-49       | 4                  | OLEŚNICA             | NIEZRZESZONA                              |                                | 10,8    | 1:26:35 | 7,48 | 08:01  | 0:01:25 | 0:17:39 | 0:34:55 | 0:52:16 | 1:09:35 |
| 65           | 166   | FIGIEL              | KRZYSZTOF   | M    | 46                 | 1993   | M 0-29        | 6                  | WROCLAW              | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIECZAJU | AWF2                           | 10,8    | 1:26:37 | 7,48 | 08:01  | 0:02:17 | 0:18:02 | 0:35:40 | 0:52:40 | 1:09:49 |
| 66           | 136   | MAJEWSKI            | MATEUSZ     | M    | 47                 | 1995   | M 0-29        | 7                  | BRZEZnio             | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIECZAJU | AWF3                           | 10,8    | 1:26:40 | 7,48 | 08:01  | 0:02:15 | 0:18:03 | 0:35:42 | 0:52:42 | 1:09:51 |
| 67           | 33    | NAPORA              | ARKADIUSZ   | M    | 48                 | 1975   | M 40-49       | 10                 | WROCLAW              | RIGHTWAY                                  |                                | 10,8    | 1:26:40 | 7,48 | 08:01  | 0:02:48 | 0:17:23 | 0:35:14 | 0:52:30 | 1:09:57 |
| 68           | 36    | DOBROWOLSKA-SWIATEK | ELŻBIETA    | K    | 20                 | 1963   | K 50-59       | 6                  | KAMIENIEC WROCLAWSKI |   |                                | 10,8    | 1:26:51 | 7,46 | 08:02  | 0:02:09 | 0:16:56 | 0:34:16 | 0:51:53 | 1:09:18 |
| 69           | 103   | MAZUR               | DOMINIKA    | K    | 21                 | 1991   | K 0-29        | 3                  | WROCLAW              | ACTEAM                                    | ACTEAM1                        | 10,8    | 1:26:54 | 7,46 | 08:03  | 0:02:18 | 0:17:20 | 0:34:50 | 0:52:23 | 1:09:42 |
| 70           | 143   | DOROSZUK            | ANDRZEJ     | M    | 49                 | 1961   | M 50-59       | 13                 | WROCLAW              |   |                                | 10,8    | 1:27:05 | 7,44 | 08:04  | 0:00:31 | 0:17:21 | 0:34:45 | 0:52:05 | 1:09:32 |
| 71           | 110   | CZECHOWSKI          | MIROSLAW    | M    | 50                 | 1957   | M 50-59       | 14                 | WROCLAW              | ZIM UBEZPIECZENIA                         |                                | 10,8    | 1:27:08 | 7,44 | 08:04  | 0:00:30 | 0:17:09 | 0:34:39 | 0:52:07 | 1:10:05 |
| 72           | 58    | SKÓRA               | KATARZYNA   | K    | 22                 | 1975   | K 40-49       | 5                  | WROCLAW              | RIGHTWAY                                  |                                | 10,8    | 1:27:30 | 7,41 | 08:06  | 0:02:27 | 0:17:40 | 0:35:07 | 0:52:48 | 1:10:28 |
| 73           | 124   | SOBAŃSKA            | GRAZYNA     | K    | 23                 | 1956   | K 50-59       | 7                  | 97-403 DRUŻBICE      |   |                                | 10,8    | 1:27:42 | 7,39 | 08:07  | 0:02:09 | 0:17:27 | 0:34:45 | 0:52:02 | 1:09:39 |
| 74           | 60    | ŁAŻNIAK             | ANNA        | K    | 24                 | 1990   | K 0-29        | 4                  | WROCLAW              | ACTEAM                                    | ACTEAM1                        | 10,8    | 1:27:52 | 7,37 | 08:08  | 0:02:18 | 0:17:25 | 0:34:54 | 0:52:28 | 1:10:19 |
| 75           | 109   | BAJ                 | STANISLAW   | M    | 51                 | 1958   | M 50-59       | 15                 | ŚCINAWA              | ŚCINAWSKA GRUPA NORDIC WALKING            | ŚCINAWSKA GRUPA NORDIC WALKING | 10,8    | 1:27:52 | 7,37 | 08:08  | 0:01:01 | 0:16:37 | 0:33:56 | 0:51:31 | 1:09:31 |
| 76           | 112   | RUTKOWSKI           | DARIUSZ     | M    | 52                 | 1967   | M 40-49       | 11                 | WROCLAW              | AZS DSW WROCLAW                           |                                | 10,8    | 1:28:05 | 7,36 | 08:09  | 0:02:12 | 0:17:18 | 0:34:50 | 0:52:40 | 1:10:23 |
| 77           | 18    | BILSKI              | ADRIAN      | M    | 53                 | 1987   | M 0-29        | 8                  | WROCLAW              | TRENUJZNAMAMI.PL                          | TRENUJZNAMAMI.PL               | 10,8    | 1:28:13 | 7,35 | 08:10  | 0:01:06 | 0:16:43 | 0:34:10 | 0:52:17 | 1:10:28 |
| 78           | 104   | HORACZEWSKA         | KRYSTYNA    | K    | 25                 | 1953   | K 60 i więcej | 3                  | ŚCINAWA              | ŚCINAWSKA GRUPA NORDIC WALKING            | ŚCINAWSKA GRUPA NORDIC WALKING | 10,8    | 1:28:14 | 7,34 | 08:10  | 0:01:08 | 0:16:40 | 0:34:06 | 0:52:03 | 1:10:19 |
| 79           | 155   | MAZURKIEWICZ        | ELŻBIETA    | K    | 26                 | 1972   | K 40-49       | 6                  | ZIELONA GÓRA         | GREEN TEAM ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA 3      | 10,8    | 1:28:58 | 7,28 | 08:14  | 0:01:24 | 0:17:45 | 0:35:26 | 0:53:24 | 1:11:23 |
| 80           | 156   | LISIKIEWICZ         | AGNIESZKA   | K    | 27                 | 1973   | K 40-49       | 7                  | ZIELONA GÓRA         | GREEN TEAM ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA 3      | 10,8    | 1:29:00 | 7,28 | 08:14  | 0:01:23 | 0:17:45 | 0:35:27 | 0:53:25 | 1:11:24 |
| 81           | 167   | PIĄTKOWSKI          | JÓZEF       | M    | 54                 | 1945   | M 60 i więcej | 10                 | POLKOWICE            | KGHM METRAKO POLKOWICE                    | KGHM METRAKO POLKOWICE2        | 10,8    | 1:29:00 | 7,28 | 08:14  | 0:01:07 | 0:16:51 | 0:34:41 | 0:52:51 | 1:11:22 |
| 82           | 61    | ZWOLIŃSKI           | RADOMIR     | M    | 55                 | 1966   | M 40-49       | 12                 | 50-226 WROCLAW       |   |                                | 10,8    | 1:29:06 | 7,27 | 08:15  | 0:02:09 | 0:16:51 | 0:34:05 | 0:53:23 | 1:11:05 |
| 83           | 169   | DEC                 | CZESLAWA    | K    | 28                 | 1953   | K 60 i więcej | 4                  | ŚCINAWA              | ŚCINAWSKA GRUPA NORDIC WALKING            | ŚCINAWSKA GRUPA NORDIC WALKING | 10,8    | 1:29:06 | 7,27 | 08:15  | 0:01:08 | 0:17:22 | 0:35:02 | 0:53:16 | 1:11:07 |
| 84           | 179   | ROMAŃSKA            | KATARZYNA   | K    | 29                 | 1981   | K 30-39       | 4                  | WROCLAW              |   |                                | 10,8    | 1:29:18 | 7,26 | 08:16  | 0:02:19 | 0:16:51 | 0:34:47 | 0:53:01 | 1:11:31 |
| 85           | 131   | KRÓLAK              | MACIEJ      | M    | 56                 | 1994   | M 0-29        | 9                  | WIERUSZÓW            | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIECZAJU | AWF1                           | 10,8    | 1:29:24 | 7,25 | 08:17  | 0:01:10 | 0:17:17 | 0:34:35 | 0:54:52 | 1:12:26 |
| 86           | 29    | GIDASZEWSKA         | BEATA       | K    | 30                 | 1970   | K 40-49       | 8                  | ZIELONA GÓRA         | GREEN TEAM ZIELONA GÓRA                   | GREEN TEAM ZIELONA GÓRA 1      | 10,8    | 1:29:46 | 7,22 | 08:19  | 0:00:24 | 0:17:30 | 0:35:40 | 0:53:57 | 1:11:50 |
| 87           | 95    | KUBIACZYK           | ARKADIUSZ   | M    | 57                 | 1962   | M 50-59       | 16                 | WROCLAW              |   |                                | 10,8    | 1:30:11 | 7,19 | 08:21  | 0:02:10 | 0:16:55 | 0:34:34 | 0:52:31 | 1:11:24 |
| 88           | 51    | URBANIAK            | PIOTR       | M    | 58                 | 1964   | M 50-59       | 17                 | SZCZECINEK           | STOWARZYSZENIE SPORTOWE PASJE             |                                | 10,8    | 1:30:29 | 7,16 | 08:23  | 0:02:17 | 0:17:36 | 0:35:35 | 0:53:47 | 1:12:16 |

## MISTRZOSTW WROCLAWIA W NORDIC WALKING O PUCHAR PREZYDENTA WROCLAWIA



Miejsce: WROCLAW - 2015-06-13

Organizator: Stowarzyszenie Promocji Sportu FAN

| Miejsce Open | Numer | Nazwisko            | Imię       | Płeć | Miejsce plec M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość                | Klub  | TEAM                           | DYSTANS | Wynik   | km/h | min/km | Punkt 1 | Punkt 2 | Punkt 3 | Punkt 4 | Punkt 5 |
|--------------|-------|---------------------|------------|------|--------------------|--------|---------------|--------------------|----------------------------|---|--------------------------------|---------|---------|------|--------|---------|---------|---------|---------|---------|
| 89           | 73    | ZJAWIN              | ANDRZEJ    | M    | 59                 | 1978   | M 30-39       | 8                  | TRZEBNICA                  |   |                                | 10,8    | 1:30:48 | 7,14 | 08:24  | 0:02:13 | 0:17:11 | 0:34:44 | 0:53:09 | 1:11:52 |
| 90           | 54    | CHYB                | NATASZA    | K    | 31                 | 1970   | K 40-49       | 9                  | WAŁBRZYCH                  |   |                                | 10,8    | 1:30:51 | 7,13 | 08:25  | 0:01:14 | 0:17:45 | 0:35:42 | 0:54:05 | 1:12:33 |
| 91           | 74    | KAPALA              | ANDRZEJ    | M    | 60                 | 1946   | M 60 i więcej | 11                 | WROCLAW                    |   |                                | 10,8    | 1:30:57 | 7,12 | 08:25  | 0:01:19 | 0:17:18 | 0:36:14 | 0:54:21 | 1:12:50 |
| 92           | 173   | LIGĘZA              | JANUSZ     | M    | 61                 | 1960   | M 50-59       | 18                 | TYCHY                      |   |                                | 10,8    | 1:30:58 | 7,12 | 08:25  | 0:02:26 | 0:17:42 | 0:35:50 | 0:54:12 | 1:12:31 |
| 93           | 163   | HOTOWY              | MATEUSZ    | M    | 62                 | 1995   | M 0-29        | 10                 | WROCLAW                    | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU | AWF1                           | 10,8    | 1:31:03 | 7,12 | 08:26  | 0:01:13 | 0:18:49 | 0:37:55 | 0:56:17 | 1:13:38 |
| 94           | 91    | JEZIERSKA           | JOLANTA    | K    | 32                 | 1965   | K 50-59       | 8                  | WROCLAW                    |   |                                | 10,8    | 1:32:04 | 7,04 | 08:31  | 0:02:27 | 0:17:44 | 0:35:47 | 0:54:24 | 1:13:21 |
| 95           | 133   | KLUSA               | MAGDALENA  | K    | 33                 | 1994   | K 0-29        | 5                  | LEWIN BRZESKI              | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU | AWF1                           | 10,8    | 1:32:35 | 7,00 | 08:34  | 0:02:15 | 0:18:04 | 0:36:04 | 0:55:12 | 1:14:21 |
| 96           | 113   | CIESIOŁKIEWICZ      | KONRAD     | M    | 63                 | 1956   | M 50-59       | 19                 | ŁÓDŹ                       |   |                                | 10,8    | 1:32:43 | 6,99 | 08:35  | 0:02:13 | 0:18:19 | 0:37:05 | 0:55:30 | 1:14:14 |
| 97           | 46    | JĘDROSEK            | ADAM       | M    | 64                 | 1977   | M 30-39       | 9                  | WYSOKA                     | ACTEAM                                      | ACTEAM2                        | 10,8    | 1:32:57 | 6,97 | 08:36  | 0:02:15 | 0:18:45 | 0:37:14 | 0:55:42 | 1:14:21 |
| 98           | 23    | KOWAL               | AGNIESZKA  | K    | 34                 | 1979   | K 30-39       | 5                  | WROCLAW                    |   |                                | 10,8    | 1:33:01 | 6,97 | 08:37  | 0:02:20 | 0:18:29 | 0:37:09 | 0:55:40 | 1:14:17 |
| 99           | 100   | CZAKIERT            | MAREK      | M    | 65                 | 1968   | M 40-49       | 13                 | CZĘSTOCHOWA                | REGATTA NORDIC TEAM CZĘSTOCHOWA             |                                | 10,8    | 1:33:28 | 6,95 | 08:39  | 0:00:29 | 0:18:35 | 0:37:42 | 0:56:47 | 1:15:07 |
| 100          | 102   | MARCINKOWSKI        | WOJCIECH   | M    | 66                 | 1971   | M 40-49       | 14                 | LUBLINIEC                  | NORDIC WALKING LUBLINIEC                    |                                | 10,8    | 1:33:32 | 6,93 | 08:40  | 0:00:22 | 0:17:19 | 0:35:00 | 0:55:20 | 1:14:04 |
| 101          | 40    | RÓŻAŃSKA            | MAŁGORZATA | K    | 35                 | 1973   | K 40-49       | 10                 | WROCLAW                    | RIGHTWAY                                    |                                | 10,8    | 1:33:35 | 6,92 | 08:40  | 0:02:34 | 0:19:25 | 0:38:23 | 0:57:04 | 1:15:28 |
| 102          | 66    | PRZYGODA-SCHABOWICZ | WIOLETTA   | K    | 36                 | 1973   | K 40-49       | 11                 | WROCLAW                    | ACTEAM                                      | ACTEAM2                        | 10,8    | 1:33:48 | 6,91 | 08:41  | 0:02:14 | 0:18:15 | 0:37:45 | 0:57:23 | 1:16:51 |
| 103          | 106   | MATUSZAK            | MARCIN     | M    | 67                 | 1977   | M 30-39       | 10                 | WROCLAW                    | RIGHTWAY                                    |                                | 10,8    | 1:33:50 | 6,91 | 08:41  | 0:02:33 | 0:19:34 | 0:38:51 | 0:58:04 | 1:16:33 |
| 104          | 53    | PĄŁKA               | LESZEK     | M    | 68                 | 1951   | M 60 i więcej | 12                 | WROCLAW                    |   |                                | 10,8    | 1:34:00 | 6,89 | 08:42  | 0:01:17 | 0:17:55 | 0:36:33 | 0:55:48 | 1:15:04 |
| 105          | 85    | WINECKA             | BOŻENA     | K    | 37                 | 1968   | K 40-49       | 12                 | PRZYSTAJŃ                  |   |                                | 10,8    | 1:34:02 | 6,89 | 08:42  | 0:00:23 | 0:18:44 | 0:37:43 | 0:56:37 | 1:15:06 |
| 106          | 160   | BAZANOWSKA          | KRYSTYNA   | K    | 38                 | 1950   | K 60 i więcej | 5                  | WROCLAW                    |   |                                | 10,8    | 1:34:04 | 6,89 | 08:43  | 0:01:19 | 0:18:02 | 0:36:33 | 0:55:28 | 1:14:36 |
| 107          | 8     | WÓJTOWICZ           | RYSZARD    | M    | 69                 | 1940   | M 60 i więcej | 13                 | WROCLAW                    | WKW "WIADRUS" WROCLAW                       |                                | 10,8    | 1:34:12 | 6,88 | 08:43  | 0:01:39 | 0:18:45 | 0:37:37 | 0:56:22 | 1:15:25 |
| 108          | 96    | KRYŚ-MALCEWICZ      | BEATA      | K    | 39                 | 1962   | K 50-59       | 9                  | WROCLAW                    | RIGHTWAY                                    |                                | 10,8    | 1:34:16 | 6,87 | 08:44  | 0:02:30 | 0:19:36 | 0:38:51 | 0:57:57 | 1:16:21 |
| 109          | 25    | RAGANOWICZ          | KRZESIMIR  | M    | 70                 | 1947   | M 60 i więcej | 14                 | WROCLAW                    |   |                                | 10,8    | 1:34:32 | 6,85 | 08:45  | 0:01:22 | 0:18:10 | 0:36:50 | 0:56:12 | 1:15:25 |
| 110          | 107   | MĘŻYK               | MAŁGORZATA | K    | 40                 | 1989   | K 0-29        | 6                  | WROCLAW                    | RIGHTWAY                                    |                                | 10,8    | 1:34:51 | 6,83 | 08:47  | 0:02:31 | 0:19:44 | 0:39:17 | 0:58:48 | 1:17:14 |
| 111          | 134   | KOWALCZYK           | MONIKA     | K    | 41                 | 1994   | K 0-29        | 7                  | WROCLAW                    | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU | AWF2                           | 10,8    | 1:34:54 | 6,83 | 08:47  | 0:02:29 | 0:18:17 | 0:36:24 | 0:55:26 | 1:15:07 |
| 112          | 10    | KULKA               | MACIEJ     | M    | 71                 | 1963   | M 50-59       | 20                 | POZNAŃ                     | DRUŻYNA SZPIKU                              |                                | 10,8    | 1:35:08 | 6,81 | 08:49  | 0:01:24 | 0:19:11 | 0:39:09 | 0:58:58 | 1:17:26 |
| 113          | 83    | PYPEC-NOWICKA       | ELZBIETA   | K    | 42                 | 1964   | K 50-59       | 10                 | BOJANOWO                   |   |                                | 10,8    | 1:35:11 | 6,81 | 08:49  | 0:01:24 | 0:17:52 | 0:36:27 | 0:55:59 | 1:15:38 |
| 114          | 64    | WALIĞÓRA            | EWA        | K    | 43                 | 1985   | K 30-39       | 6                  | WROCLAW                    | RIGHTWAY                                    |                                | 10,8    | 1:35:29 | 6,79 | 08:50  | 0:02:31 | 0:20:03 | 0:39:35 | 0:58:20 | 1:16:58 |
| 115          | 108   | BAJ                 | DANUTA     | K    | 44                 | 1961   | K 50-59       | 11                 | ŚCINAWA                    | SZCZEPANOWSKA GRUPA NORDIC WALKING          | ŚCINAWSKA GRUPA NORDIC WALKING | 10,8    | 1:35:38 | 6,78 | 08:51  | 0:01:11 | 0:18:17 | 0:36:49 | 0:56:17 | 1:16:00 |
| 116          | 158   | WORONKO - ZACZYŃSKA | JANINA     | K    | 45                 | 1946   | K 60 i więcej | 6                  | 59-300 LUBIN               | KGHM METRAKO POLKOWICE                      |                                | 10,8    | 1:35:40 | 6,77 | 08:51  | 0:00:24 | 0:17:47 | 0:36:27 | 0:55:52 | 1:15:52 |
| 117          | 135   | RODZIEWICZ          | AGNIESZKA  | K    | 46                 | 1995   | K 0-29        | 8                  | WROCLAW                    | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU | AWF3                           | 10,8    | 1:35:47 | 6,77 | 08:52  | 0:02:16 | 0:18:30 | 0:37:35 | 0:56:58 | 1:16:16 |
| 118          | 165   | ERNST               | INGO       | M    | 72                 | 1994   | M 0-29        | 11                 | ZDZIESZOWICE               | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU | AWF2                           | 10,8    | 1:36:12 | 6,74 | 08:54  | 0:01:12 | 0:17:32 | 0:36:29 | 0:56:21 | 1:16:24 |
| 119          | 164   | GODLEWSKA           | ALEKSANDRA | K    | 47                 | 1995   | K 0-29        | 9                  | SMARDZÓW (GAIŃNA SECHNICE) | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU | AWF1                           | 10,8    | 1:36:12 | 6,74 | 08:54  | 0:01:12 | 0:17:35 | 0:36:30 | 0:56:21 | 1:16:24 |
| 120          | 65    | NYCZ-PAWLAK         | BERNADETA  | K    | 48                 | 1967   | K 40-49       | 13                 | WROCLAW                    |   |                                | 10,8    | 1:36:22 | 6,72 | 08:55  | 0:02:32 | 0:19:34 | 0:38:47 | 0:58:02 | 1:17:07 |
| 121          | 142   | GONCHARENKO         | ARTEM      | M    | 73                 | 1995   | M 0-29        | 12                 | WROCLAW                    | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU | AWF4                           | 10,8    | 1:36:24 | 6,72 | 08:56  | 0:02:23 | 0:19:32 | 0:38:24 | 0:57:27 | 1:17:51 |
| 122          | 120   | JÓŹWIAK             | EWA        | K    | 49                 | 1959   | K 50-59       | 12                 | ZIĘBICE                    |   |                                | 10,8    | 1:36:37 | 6,71 | 08:57  | 0:00:26 | 0:18:17 | 0:37:41 | 0:57:25 | 1:16:56 |
| 123          | 37    | MAJCHRZAK           | IZABELA    | K    | 50                 | 1973   | K 40-49       | 14                 | WROCLAW                    |   |                                | 10,8    | 1:36:40 | 6,70 | 08:57  | 0:02:32 | 0:19:36 | 0:39:02 | 0:58:23 | 1:17:32 |
| 124          | 38    | AGARWAL             | RITU       | K    | 51                 | 1972   | K 40-49       | 15                 | KAMIEŃC WROCLAWSKI         | RIGHTWAY                                    |                                | 10,8    | 1:36:47 | 6,70 | 08:58  | 0:02:15 | 0:19:19 | 0:39:06 | 0:58:20 | 1:17:35 |
| 125          | 72    | MURAT               | WALDEMAR   | M    | 74                 | 1941   | M 60 i więcej | 15                 | KIEŁCZÓW                   |   |                                | 10,8    | 1:37:08 | 6,67 | 09:00  | 0:01:36 | 0:18:46 | 0:38:07 | 0:57:24 | 1:17:02 |
| 126          | 132   | WŁOSIK              | NATALIA    | K    | 52                 | 1995   | K 0-29        | 10                 | WROCLAW                    | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU |                                | 10,8    | 1:37:11 | 6,67 | 09:00  | 0:02:18 | 0:18:44 | 0:37:56 | 0:57:32 | 1:17:49 |
| 127          | 130   | GRUDA               | PIOTR      | M    | 75                 | 1994   | M 0-29        | 13                 | SIERADZ                    | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCLAWIU | AWF2                           | 10,8    | 1:37:16 | 6,66 | 09:00  | 0:02:29 | 0:19:23 | 0:38:57 | 0:58:16 | 1:17:49 |
| 128          | 57    | KOZŁOWSKA           | BARBARA    | K    | 53                 | 1971   | K 40-49       | 16                 | KĄTNA                      |   |                                | 10,8    | 1:37:24 | 6,65 | 09:01  | 0:01:15 | 0:18:29 | 0:37:15 | 0:56:44 | 1:16:40 |
| 129          | 78    | JESZKE              | DANUTA     | K    | 54                 | 1957   | K 50-59       | 13                 | WROCLAW                    |   |                                | 10,8    | 1:37:34 | 6,64 | 09:02  | 0:01:25 | 0:17:53 | 0:36:43 | 0:56:28 | 1:16:55 |
| 130          | 115   | GONERA              | JANINA     | K    | 55                 | 1959   | K 50-59       | 14                 | MIŁOSZYCE                  |   |                                | 10,8    | 1:37:35 | 6,64 | 09:02  | 0:00:34 | 0:18:53 | 0:37:56 | 0:57:40 | 1:17:49 |
| 131          | 94    | KUBIACZYK           | MAŁGORZATA | K    | 56                 | 1962   | K 50-59       | 15                 | WROCLAW                    |   |                                | 10,8    | 1:37:39 | 6,64 | 09:03  | 0:02:17 | 0:18:34 | 0:37:40 | 0:57:28 | 1:17:48 |
| 132          | 172   | LIGĘZA              | ELZBIETA   | K    | 57                 | 1967   | K 40-49       | 17                 | TYCHY                      |   |                                | 10,8    | 1:37:40 | 6,63 | 09:03  | 0:02:25 | 0:19:53 | 0:39:43 | 0:59:09 | 1:18:26 |

## MISTRZOSTW WROCLAWIA W NORDIC WALKING O PUCHAR PREZYDENTA WROCLAWIA



Miejsce: WROCLAW - 2015-06-13

Organizator: Stowarzyszenie Promocji Sportu FAN

| Miejsce Open | Numer | Nazwisko            | Imię       | Płeć | Miejsce plec M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość        | Klub   | TEAM                      | DYSTANS | Wynik   | km/h | min/km | Punkt 1 | Punkt 2 | Punkt 3 | Punkt 4 | Punkt 5 |
|--------------|-------|---------------------|------------|------|--------------------|--------|---------------|--------------------|--------------------|--|---------------------------|---------|---------|------|--------|---------|---------|---------|---------|---------|
| 133          | 55    | ZAWADZKA            | MARIA      | K    | 58                 | 1951   | K 60 i więcej | 7                  | LUBIN              | KGHM METRKO POLKOWICE                          |                           | 10,8    | 1:38:01 | 6,61 | 09:05  | 0:00:22 | 0:18:21 | 0:37:40 | 0:57:39 | 1:17:47 |
| 134          | 511   | CZECHOWSKA          | ZOFIA      | K    | 59                 | 1959   | K 50-59       | 16                 | KRZEP TÓW          |  |                           | 10,8    | 1:38:21 | 6,59 | 09:06  | 0:00:33 | 0:19:00 | 0:38:04 | 0:57:40 | 1:17:54 |
| 135          | 144   | KOZŁOWSKA-SWIĘCONEK | MONIKA     | K    | 60                 | 1972   | K 40-49       | 18                 | WROCLAW            |  |                           | 10,8    | 1:38:36 | 6,57 | 09:08  | 0:01:25 | 0:19:48 | 0:39:42 | 0:59:36 | 1:19:24 |
| 136          | 140   | DRAB                | KINGA      | K    | 61                 | 1995   | K 0-29        | 11                 | LISOWICE           | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF3                      | 10,8    | 1:39:04 | 6,54 | 09:10  | 0:02:24 | 0:20:24 | 0:40:19 | 0:59:48 | 1:19:42 |
| 137          | 139   | BŁASZCZAK           | DARIA      | K    | 62                 | 1994   | K 0-29        | 12                 | NIEKARZYN          | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF4                      | 10,8    | 1:39:05 | 6,54 | 09:10  | 0:02:24 | 0:20:24 | 0:40:19 | 0:59:48 | 1:19:42 |
| 138          | 170   | MEUS                | CLAUDIA    | K    | 63                 | 1992   | K 0-29        | 13                 | WROCLAW            | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF2                      | 10,8    | 1:39:39 | 6,50 | 09:14  | 0:02:30 | 0:20:34 | 0:40:31 | 1:00:37 | 1:20:25 |
| 139          | 380   | IWANICKI            | ZDZISŁAW   | M    | 76                 | 1936   | M 60 i więcej | 16                 | WROCLAW            |  |                           | 10,8    | 1:40:13 | 6,47 | 09:17  | 0:00:32 | 0:19:01 | 0:38:04 | 0:58:43 | 1:19:20 |
| 140          | 20    | ŚWIERZ-JĘDROSEK     | ALICJA     | K    | 64                 | 1978   | K 30-39       | 7                  | WROCLAW            | ACTEAM   | ACTEAM2                   | 10,8    | 1:40:46 | 6,43 | 09:20  | 0:02:17 | 0:18:58 | 0:38:34 | 0:59:08 | 1:20:08 |
| 141          | 137   | ZIELINSKA           | LIDIA      | K    | 65                 | 1995   | K 0-29        | 14                 | KUNICE             | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF3                      | 10,8    | 1:41:30 | 6,38 | 09:24  | 0:02:23 | 0:20:31 | 0:40:53 | 1:01:12 | 1:20:40 |
| 142          | 141   | MAZUR               | DOMINIK    | M    | 77                 | 1995   | M 0-29        | 14                 | MYSZKÓW            | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF3                      | 10,8    | 1:41:31 | 6,38 | 09:24  | 0:02:22 | 0:20:31 | 0:40:53 | 1:01:12 | 1:20:41 |
| 143          | 77    | HRYHOROWSKA         | BOGUMIŁA   | K    | 66                 | 1947   | K 60 i więcej | 8                  | WROCLAW            | RIGHTWAY                                       |                           | 10,8    | 1:42:23 | 6,33 | 09:29  | 0:02:34 | 0:20:21 | 0:40:29 | 1:00:48 | 1:21:15 |
| 144          | 45    | POL-PUCHALSKA       | KATARZYNA  | K    | 67                 | 1972   | K 40-49       | 19                 | WROCLAW            |  |                           | 10,8    | 1:43:16 | 6,28 | 09:34  | 0:02:32 | 0:20:00 | 0:40:24 | 1:00:59 | 1:21:58 |
| 145          | 178   | MALMUROWICZ         | FILIPINA   | K    | 68                 | 1995   | K 0-29        | 15                 | WROCLAW            | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF4                      | 10,8    | 1:43:25 | 6,27 | 09:35  | 0:02:27 | 0:20:44 | 0:41:27 | 1:02:44 | 1:24:28 |
| 146          | 177   | MONIKA              | KUŚ        | K    | 69                 | 1995   | K 0-29        | 16                 | ZDUNY              | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF4                      | 10,8    | 1:43:41 | 6,25 | 09:36  | 0:02:28 | 0:20:43 | 0:41:25 | 1:02:44 | 1:24:28 |
| 147          | 138   | KOLLBEK             | ALEKSANDRA | K    | 70                 | 1995   | K 0-29        | 17                 | WROCLAW            | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF4                      | 10,8    | 1:43:46 | 6,24 | 09:36  | 0:02:27 | 0:20:47 | 0:41:23 | 1:03:00 | 1:24:30 |
| 148          | 127   | MUCHA               | JUSTYNA    | K    | 71                 | 1995   | K 0-29        | 18                 | CZĘSTOCHOWA        | AKADEMIA WYCHOWANIA I FIZYCZNEGO WIE WROCLAWIA | AWF4                      | 10,8    | 1:44:08 | 6,22 | 09:39  | 0:02:27 | 0:20:43 | 0:41:24 | 1:02:43 | 1:24:27 |
| 149          | 27    | ŁUCZYSZYN           | STANISŁAWA | K    | 72                 | 1949   | K 60 i więcej | 9                  | BRZEG              | NORDIC WALKING KRUSZYNA                        | NORDIC WALKING KRUSZYNA   | 10,8    | 1:47:36 | 6,02 | 09:58  | 0:00:28 | 0:19:17 | 0:39:43 | 1:01:28 | 1:24:09 |
| 150          | 117   | ŻURAWSKA            | MAGDALENA  | K    | 73                 | 1976   | K 30-39       | 8                  | WARSZAWA           |  |                           | 10,8    | 1:48:28 | 5,97 | 10:03  | 0:01:37 | 0:21:07 | 0:42:58 | 1:04:22 | 1:26:31 |
| 151          | 71    | MOSKALUK            | MARLENA    | K    | 74                 | 1982   | K 30-39       | 9                  | WROCLAW            | RIGHTWAY                                       |                           | 10,8    | 1:49:44 | 5,91 | 10:10  | 0:02:35 | 0:20:46 | 0:41:27 | 1:04:17 | 1:27:51 |
| 152          | 154   | JAROSZYŃSKA         | ALEKSANDRA | K    | 75                 | 1985   | K 30-39       | 10                 | WROCLAW            | RIGHTWAY                                       |                           | 10,8    | 1:49:44 | 5,91 | 10:10  | 0:02:35 | 0:20:46 | 0:41:26 | 1:04:17 | 1:27:50 |
| 153          | 126   | JĘDRYKA             | MONIKA     | K    | 76                 | 1984   | K 30-39       | 11                 | WROCLAW            |  |                           | 10,8    | 1:51:35 | 5,81 | 10:20  | 0:00:42 | 0:22:09 | 0:44:22 | 1:05:49 | 1:28:35 |
| 154          | 153   | STORY               | WIĘCZYŚLAW | M    | 78                 | 1960   | M 50-59       | 21                 | WROCLAW            | POWOLNIAK-WROCLAW                              |                           | 10,8    | 1:54:18 | 5,67 | 10:35  | 0:00:39 | 0:21:11 | 0:43:33 | 1:07:12 | 1:31:04 |
| 155          | 174   | ŁAZORCZYK           | MARIA      | K    | 77                 | 1949   | K 60 i więcej | 10                 | WROCLAW            |  |                           | 10,8    | 1:56:51 | 5,55 | 10:49  | 0:02:25 | 0:21:02 | 0:43:49 | 1:08:31 | 1:33:04 |
| 156          | 152   | GRANICZNA           | JOANNA     | K    | 78                 | 1982   | K 30-39       | 12                 | WROCLAW            |  |                           | 10,8    | 1:58:13 | 5,48 | 10:57  | 0:00:42 | 0:22:09 | 0:46:38 | 1:10:14 | 1:34:45 |
| 14           |       | CZERPAK             | KRZYSZTOF  | M    |                    | 1969   | M 40-49       |                    | WROCLAW            |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 15           |       | OSTRYCHARZ          | MARIOLA    | K    |                    | 1971   | K 40-49       |                    | SYCÓW              |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 17           |       | SAMULSKA            | BARBARA    | K    |                    | 1954   | K 60 i więcej |                    | SYCÓW              |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 21           |       | KUCZYŃSKA           | MAGDALENA  | K    |                    | 1980   | K 30-39       |                    | WROCLAW            | ACTEAM   |                           | 10,8    |         |      |        |         |         |         |         |         |
| 22           |       | MACIĄG              | ANDRZEJ    | M    |                    | 1959   | M 50-59       |                    | WROCLAW            | ACTEAM   | ACTEAM2                   | 10,8    |         |      |        |         |         |         |         |         |
| 28           |       | PARTYKA             | TERESA     | K    |                    | 1961   | K 50-59       |                    | KRUSZYNA 71        | NORDIC WALKING KRUSZYNA                        |                           | 10,8    |         |      |        |         |         |         |         |         |
| 34           |       | GORZELEWSKA         | ANNA       | K    |                    | 1991   | K 0-29        |                    | WROCLAW            | RIGHTWAY                                       |                           | 10,8    |         |      |        |         |         |         |         |         |
| 35           |       | JARZYŃSKA           | MAŁGORZATA | K    |                    | 1960   | K 50-59       |                    | SOBÓTKA            |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 62           |       | STASIEWICZ          | ELŻBIETA   | K    |                    | 1958   | K 50-59       |                    | KAMIEŃC WROCLAWSKI |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 75           |       | KANIKUŁA            | JOANNA     | K    |                    | 1980   | K 30-39       |                    | WROCLAW            | RIGHTWAY                                       |                           | 10,8    |         |      |        |         |         |         |         |         |
| 76           |       | WEŁNICKA            | ALINA      | K    |                    | 1983   | K 30-39       |                    | KĄTY WROCLAWSKIE   |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 79           |       | WILCZYŃSKA          | BEATA      | K    |                    | 1992   | K 0-29        |                    | POZNAŃ             |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 88           |       | CZYCZ               | KAZIMIERZ  | M    |                    | 1954   | M 60 i więcej |                    | ZIELONA GORA       | GREEN TEAM ZIELONA GÓRA                        | GREEN TEAM ZIELONA GÓRA 1 | 10,8    |         |      |        | 0:00:21 | 0:16:02 | 0:31:59 | 0:53:13 |         |
| 92           |       | SZYPUŁA             | TERESA     | K    |                    | 1961   | K 50-59       |                    | WROCLAW            |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 97           |       | MALCEWICZ           | MARCIN     | M    |                    | 1959   | M 50-59       |                    | WROCLAW            | RIGHTWAY                                       |                           | 10,8    |         |      |        |         |         |         |         |         |
| 99           |       | ORZECHOWSKA         | AGNIESZKA  | K    |                    | 1966   | K 40-49       |                    | WROCLAW            |  |                           | 10,8    |         |      |        |         |         |         |         |         |
| 116          |       | JABLONKA            | MARIA      | K    |                    | 1944   | K 60 i więcej |                    | WROCLAW            |  |                           | 10,8    |         |      |        | 0:01:38 | 0:20:04 | 0:40:23 | 1:01:15 |         |
| 119          |       | POLEWCZAK           | MARIUSZ    | M    |                    | 1970   | M 40-49       |                    | ZAWIERCIE          | OLLEO INSTYTUT ZDROWIA I URODY                 |                           | 10,8    |         |      |        |         |         |         |         |         |
| 129          |       | WIŚNIEWSKI          | ROMAN      | M    |                    | 1954   | M 60 i więcej |                    | KĘDZIERZYN-KOZŁE   |  |                           | 10,8    |         |      |        |         |         |         |         |         |

## MISTRZOSTW WROCLAWIA W NORDIC WALKING O PUCHAR PREZYDENTA WROCLAWIA

Miejsce: WROCLAW - 2015-06-13

Organizator: Stowarzyszenie Promocji Sportu FAN



| Miejsce Open | Numer | Nazwisko   | Imię     | Płeć | Miejsce plec M / K | Rok ur | Kategoria | Miejsce kat. M / K | Miejscowość | Klub | TEAM | DYSTANS | Wynik | km/h | min/km | Punkt 1 | Punkt 2 | Punkt 3 | Punkt 4 | Punkt 5 |
|--------------|-------|------------|----------|------|--------------------|--------|-----------|--------------------|-------------|------|------|---------|-------|------|--------|---------|---------|---------|---------|---------|
|              | 176   | NIEWIEJSKI | SŁAWOMIR | M    |                    | 1965   | M 50-59   |                    | OSTRZESZÓW  |      |      | 10,8    |       |      |        | 0:02:14 | 0:16:45 | 0:33:24 |         |         |