

MISTRZOSTW WROCLAWIA W NORDIC WALKING - O PUCHAR PREZYDENTA WROCLAWIA

Miejsce: WROCLAW - 2016-10-15

Organizator: Stowarzyszenie Promocji Sportu FAN

| Miejsce Open | Numer | Nazwisko | Imię | Płeć | Miejsce pięć M / K | Rok ur | Kategoria | Miejsce kat. M / K | NPSR | Miejscowość | Klub | RODZINNA | DYSTANS | Wynik | km/h | min/km | Punkt 1 | Punkt 2 |
|--------------|-------|---------------|------------|------|--------------------|--------|---------------|--------------------|------|----------------------|---------------------------------------|--------------------|---------|----------------|-------------|----------------|---------|---------|
| 1 | 70 | NIECHWIEJCZYK | PIOTR | M | 1 | 1976 | M 40-49 | | | ŚWIĘTOCHŁOWICE | OPEL ACTIVE TEAM | | 6,45 | 0:39:40 | 9,76 [km/h] | 06:09 [min/km] | 0:12:55 | 0:26:14 |
| 2 | 114 | LESIŃSKI | GRZEGORZ | M | 2 | 1966 | M 50-59 | | | OLSZANY | KS METRACO POLKOWICE | KAJA TEAM | 6,45 | 0:39:57 | 9,69 [km/h] | 06:12 [min/km] | 0:13:01 | 0:26:24 |
| 3 | 12 | ROŻYNEK | MIRON | M | 3 | 1963 | M 50-59 | WROCLAW 1 | | WROCLAW | | | 6,45 | 0:39:57 | 9,69 [km/h] | 06:12 [min/km] | 0:13:01 | 0:26:25 |
| 4 | 90 | KUBIAK | TOMASZ | M | 4 | 1976 | M 40-49 | 1 | | JELCZ-LASKOWICE | KB HARCOWNIK JELCZ-LASKOWICE | | 6,45 | 0:40:29 | 9,56 [km/h] | 06:17 [min/km] | 0:13:08 | 0:26:40 |
| 5 | 49 | SŁOMIAN | LESZEK | M | 5 | 1961 | M 50-59 | 1 | | KATOWICE | UNIA MIAST | | 6,45 | 0:41:45 | 9,27 [km/h] | 06:28 [min/km] | 0:13:26 | 0:27:37 |
| 6 | 118 | RATUŚ | BOGUSŁAW | M | 6 | 1961 | M 50-59 | 2 | | GÓRA | UKS ZRYW | | 6,45 | 0:42:49 | 9,04 [km/h] | 06:38 [min/km] | 0:13:46 | 0:28:15 |
| 7 | 107 | SPYCHAŁA | MARZENA | K | 1 | 1970 | K 40-49 | | | BIAŁA | | WESOŁY BORSUK TEAM | 6,45 | 0:42:57 | 9,01 [km/h] | 06:40 [min/km] | 0:14:02 | 0:28:30 |
| 8 | 55 | HOLUBKA | MARIUSZ | M | 7 | 1972 | M 40-49 | 2 | | LEGNICA | | | 6,45 | 0:43:06 | 8,98 [km/h] | 06:41 [min/km] | 0:14:10 | 0:28:45 |
| 9 | 119 | ROSADZIŃSKI | SŁAWOMIR | M | 8 | 1969 | M 40-49 | 3 | | LESZNO | PARKRUN LESZNO :) | | 6,45 | 0:43:12 | 8,96 [km/h] | 06:42 [min/km] | 0:14:00 | 0:28:42 |
| 10 | 145 | RUTA | PAULINA | K | 2 | 1980 | K 30-39 | | | ZŁOTORYJA | POLSKIE STOWARZYSZENIE NORDIC WALKING | | 6,45 | 0:43:13 | 8,95 [km/h] | 06:42 [min/km] | 0:14:12 | 0:28:50 |
| 11 | 113 | LESIŃSKA | MARZENNA | K | 3 | 1964 | K 50-59 | | | OLSZANY | KS METRACO POLKOWICE | KAJA TEAM | 6,45 | 0:43:25 | 8,91 [km/h] | 06:44 [min/km] | 0:14:17 | 0:28:52 |
| 12 | 120 | GRYGOROWICZ | PIOTR | M | 9 | 1949 | M 60-69 | 1 | | LUBIN | KS METRACO POLKOWICE | | 6,45 | 0:43:43 | 8,85 [km/h] | 06:47 [min/km] | 0:14:14 | 0:28:52 |
| 13 | 121 | DUDEK | LESZEK | M | 10 | 1950 | M 60-69 | 2 | | GŁOGÓW | KS METRACO POLKOWICE | | 6,45 | 0:44:45 | 8,65 [km/h] | 06:56 [min/km] | 0:14:35 | 0:29:32 |
| 14 | 78 | SZYMURA | KAZIMIERZ | M | 11 | 1960 | M 50-59 | 3 | | RYBNIK | | | 6,45 | 0:44:49 | 8,64 [km/h] | 06:57 [min/km] | 0:14:35 | 0:29:40 |
| 15 | 95 | RYBAŁTOWSKI | PAWEŁ | M | 12 | 1944 | M 70 i więcej | 1 | | OBORNIKI ŚLĄSKIE | | | 6,45 | 0:44:52 | 8,63 [km/h] | 06:57 [min/km] | 0:14:39 | 0:29:43 |
| 16 | 106 | SPYCHAŁA | LESŁAW | M | 13 | 1966 | M 50-59 | 4 | | BIAŁA | WESOŁY BORSUK TEAM | WESOŁY BORSUK TEAM | 6,45 | 0:44:52 | 8,63 [km/h] | 06:57 [min/km] | 0:14:18 | 0:29:35 |
| 17 | 92 | ZAPAŁA | DANIEL | M | 14 | 1977 | M 30-39 | 1 | | MIRKÓW | KIJOWE MORSY WROCLAW | | 6,45 | 0:45:06 | 8,58 [km/h] | 07:00 [min/km] | 0:14:26 | 0:29:47 |
| 18 | 139 | SITKOWSKI | KONRAD | M | 15 | 1984 | M 30-39 | 2 | | DOBRZEŃ | | | 6,45 | 0:45:36 | 8,49 [km/h] | 07:04 [min/km] | 0:14:53 | 0:30:20 |
| 19 | 64 | ROGOS | HENRYK | M | 16 | 1943 | M 70 i więcej | 2 | | LUBIĄŻ | ŚCINAWSKA GRUPA NORDIC WALKING | | 6,45 | 0:45:36 | 8,49 [km/h] | 07:04 [min/km] | 0:15:02 | 0:30:20 |
| 20 | 89 | FEDECZKO | EDYTA | K | 4 | 1976 | K 40-49 | 1 | | TRZEBNICA | | | 6,45 | 0:46:05 | 8,40 [km/h] | 07:09 [min/km] | 0:14:45 | 0:30:25 |
| 21 | 58 | BAJ | STANISŁAW | M | 17 | 1958 | M 50-59 | 5 | | ŚCINAWA | ŚCINAWSKA GRUPA NORDIC WALKING | | 6,45 | 0:46:21 | 8,35 [km/h] | 07:11 [min/km] | 0:15:13 | 0:30:45 |
| 22 | 115 | LESIŃSKA | KALINA | K | 5 | 1990 | K 20-29 | 1 | | WAŁBRZYCH | | KAJA TEAM | 6,45 | 0:46:32 | 8,32 [km/h] | 07:13 [min/km] | 0:15:16 | 0:30:54 |
| 23 | 37 | NAPORA | ARKADIUSZ | M | 18 | 1975 | M 40-49 | WROCLAW 2 | | WROCLAW | RIGHTWAY | RIGHTWAY NAPORA | 6,45 | 0:46:48 | 8,27 [km/h] | 07:15 [min/km] | 0:15:33 | 0:31:20 |
| 24 | 103 | WOJDYLA | MIECZYŚLAW | M | 19 | 1964 | M 50-59 | WROCLAW 3 | | WROCLAW | TRADYCJA I JAKOŚĆ WROCLAW | | 6,45 | 0:46:55 | 8,25 [km/h] | 07:16 [min/km] | 0:15:11 | 0:30:51 |
| 25 | 88 | PLOCINIAK | KATARZYNA | K | 6 | 1979 | K 30-39 | WROCLAW 1 | | WROCLAW | | KRALKA | 6,45 | 0:47:03 | 8,23 [km/h] | 07:18 [min/km] | 0:15:34 | 0:31:26 |
| 26 | 81 | KOTULA | JAKUB | M | 20 | 1984 | M 30-39 | 3 | | KATOWICE | UNIA MIAST | | 6,45 | 0:47:04 | 8,22 [km/h] | 07:18 [min/km] | 0:15:19 | 0:31:07 |
| 27 | 135 | RUDOLF | NATALIA | K | 7 | 1978 | K 30-39 | 1 | | NADOLICE WIELKIE | | | 6,45 | 0:47:16 | 8,19 [km/h] | 07:20 [min/km] | 0:15:25 | 0:31:24 |
| 28 | 71 | STECYK | MARCIN | M | 21 | 1998 | M 0-19 | 1 | | OŁAWA | ZSP 2 RUNNERS TEAM OŁAWA | | 6,45 | 0:47:22 | 8,17 [km/h] | 07:21 [min/km] | 0:15:48 | 0:31:58 |
| 29 | 116 | GOGÓŁ | JOLANTA | K | 8 | 1962 | K 50-59 | 1 | | LEGNICA | | | 6,45 | 0:47:29 | 8,15 [km/h] | 07:22 [min/km] | 0:15:35 | 0:31:27 |
| 30 | 35 | NAPORA | ADRIAN | M | 22 | 2001 | M 0-19 | 2 | | WROCLAW | RIGHTWAY | RIGHTWAY NAPORA | 6,45 | 0:47:53 | 8,08 [km/h] | 07:25 [min/km] | 0:16:16 | 0:32:22 |
| 31 | 30 | AGARWAL | RITU | K | 9 | 1972 | K 40-49 | 2 | | KAMIENIEC WROCLAWSKI | | | 6,45 | 0:47:53 | 8,08 [km/h] | 07:25 [min/km] | 0:15:50 | 0:31:51 |
| 32 | 117 | MATYJA | ANNA | K | 10 | 1970 | K 40-49 | 3 | | ŚREM | | | 6,45 | 0:48:17 | 8,02 [km/h] | 07:29 [min/km] | 0:15:36 | 0:31:46 |
| 33 | 105 | DOROSZ | JOANNA | K | 11 | 2000 | K 0-19 | 1 | | GLUCHOŁAZY | ckziu | | 6,45 | 0:48:21 | 8,00 [km/h] | 07:30 [min/km] | 0:15:55 | 0:32:01 |
| 34 | 51 | GRZYWOCZ | IRENA | K | 12 | 1951 | K 60-69 | 1 | | BYTOM | | | 6,45 | 0:48:40 | 7,95 [km/h] | 07:33 [min/km] | 0:15:56 | 0:32:10 |
| 35 | 86 | PEWNIAK | ROBERT | M | 23 | 1984 | M 30-39 | 4 | NPSR | DZIERŻONIÓW | WARSZTATY TERAPII ZAJĘCIOWEJ | | 6,45 | 0:48:42 | 7,95 [km/h] | 07:33 [min/km] | 0:17:00 | 0:33:09 |
| 36 | 65 | SAKWERDA | PIOTR | M | 24 | 1964 | M 50-59 | 7 | | WROCLAW | RIGHTWAY | | 6,45 | 0:48:45 | 7,94 [km/h] | 07:33 [min/km] | 0:15:37 | 0:31:50 |
| 37 | 108 | SPYCHAŁA | MICHALINA | K | 13 | 1999 | K 0-19 | 2 | | BIAŁA | WESOŁY BORSUK TEAM | WESOŁY BORSUK TEAM | 6,45 | 0:48:53 | 7,92 [km/h] | 07:35 [min/km] | 0:15:55 | 0:32:21 |
| 38 | 101 | PIETRASZEWSKA | KATARZYNA | K | 14 | 1972 | K 40-49 | WROCLAW 2 | | WROCLAW | SP NR 50 WE WROCLAWIU | | 6,45 | 0:49:01 | 7,90 [km/h] | 07:36 [min/km] | 0:15:51 | 0:32:02 |
| 39 | 28 | DOMATOWICZ | DOROTA | K | 15 | 1974 | K 40-49 | WROCLAW 3 | | WROCLAW | OSOBA PRYWATNA | | 6,45 | 0:49:08 | 7,88 [km/h] | 07:37 [min/km] | 0:16:03 | 0:32:32 |
| 40 | 137 | DOROS | RENATA | K | 16 | 1963 | K 50-59 | 2 | | SULISŁAWICE | TCM TRZEBNICA | | 6,45 | 0:49:16 | 7,86 [km/h] | 07:38 [min/km] | 0:16:13 | 0:32:43 |

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|--------------|-------|----------------|------------|------|--------------------|--------|---------------|--------------------|------|-------------------|------------------------------------|-------------------|---------|----------------|-------------|----------------|---------|---------|
| 41 | 15 | BABUSKA | MARIOLA | K | 17 | 1964 | K 50-59 | 3 | | WROCLAW | | | 6,45 | 0:49:17 | 7,85 [km/h] | 07:38 [min/km] | 0:16:13 | 0:32:44 |
| 42 | 17 | DOROSZUK | ANDRZEJ | M | 25 | 1961 | M 50-59 | 8 | | WROCLAW | | | 6,45 | 0:49:19 | 7,85 [km/h] | 07:39 [min/km] | 0:16:26 | 0:33:04 |
| 43 | 60 | APCZYŃSKI | JAROSLAW | M | 26 | 1961 | M 50-59 | 9 | | STRZELCE OPOLSKIE | NORDIC WALKING STRZELE OPOLSKIE | | 6,45 | 0:49:24 | 7,83 [km/h] | 07:40 [min/km] | 0:16:32 | 0:33:03 |
| 44 | 10 | JĘDROSEK | ADAM | M | 27 | 1977 | M 30-39 | 5 | | WYSOKA | ACTEAM | | 6,45 | 0:49:33 | 7,81 [km/h] | 07:41 [min/km] | 0:16:08 | 0:32:44 |
| 45 | 13 | JESZKE | DANUTA | K | 18 | 1957 | K 50-59 | 4 | | WROCLAW | | | 6,45 | 0:49:34 | 7,81 [km/h] | 07:41 [min/km] | 0:16:14 | 0:32:50 |
| 46 | 80 | GERLE-KOTULA | ANNA | K | 19 | 1986 | K 30-39 | 2 | | KATOWICE | UNIA MIAST | | 6,45 | 0:49:44 | 7,78 [km/h] | 07:43 [min/km] | 0:16:30 | 0:33:14 |
| 47 | 134 | PIĄTKOWSKI | JÓZEF | M | 28 | 1945 | M 70 i więcej | 3 | | POLKOWICE | KS METRACO POLKOWICE | | 6,45 | 0:49:56 | 7,75 [km/h] | 07:44 [min/km] | 0:16:19 | 0:33:15 |
| 48 | 24 | MAJCHRZAK | IZABELA | K | 20 | 1973 | K 40-49 | 6 | NPSR | WROCLAW | | | 6,45 | 0:50:01 | 7,74 [km/h] | 07:45 [min/km] | 0:16:24 | 0:33:10 |
| 49 | 59 | BAJ | DANUTA | K | 21 | 1961 | K 50-59 | 5 | | ŚCINAWA | ŚCINAWSKA GRUPA NORDIC WALKING | OSTRZEŻENIE 1 MIN | 6,45 | 0:50:02 | 7,73 [km/h] | 07:45 [min/km] | 0:16:06 | 0:32:40 |
| 50 | 136 | BLĄKAŁA | JOLANTA | K | 22 | 1960 | K 50-59 | 6 | | TRZEBNICA | | | 6,45 | 0:50:02 | 7,73 [km/h] | 07:45 [min/km] | 0:16:22 | 0:33:03 |
| 51 | 69 | KOZAKOWSKA | MAŁGORZATA | K | 23 | 1973 | K 40-49 | 7 | | WROCLAW | ACTEAM | | 6,45 | 0:50:07 | 7,72 [km/h] | 07:46 [min/km] | 0:16:36 | 0:33:15 |
| 52 | 144 | KOWAL | AGNIESZKA | K | 24 | 1979 | K 30-39 | 3 | | WROCLAW | ACTEAM | | 6,45 | 0:50:30 | 7,66 [km/h] | 07:50 [min/km] | 0:16:49 | 0:33:35 |
| 53 | 47 | SOLARZ | KRYSTYNA | K | 25 | 1958 | K 50-59 | 7 | | STRZELCE OPOLSKIE | | | 6,45 | 0:50:30 | 7,66 [km/h] | 07:50 [min/km] | 0:16:32 | 0:33:23 |
| 54 | 22 | MĄDRY | EWA | K | 26 | 1974 | K 40-49 | 8 | | WROCLAW | ACTEAM | | 6,45 | 0:51:14 | 7,55 [km/h] | 07:57 [min/km] | 0:16:59 | 0:34:13 |
| 55 | 54 | GARNCARZ | PAWEŁ | M | 29 | 1974 | M 40-49 | 5 | | WROCLAW | AZS DSW | GARNCARZ | 6,45 | 0:51:15 | 7,55 [km/h] | 07:57 [min/km] | 0:16:44 | 0:34:16 |
| 56 | 52 | GARNCARZ | DOMINIKA | K | 27 | 1997 | K 0-19 | 3 | | WROCLAW | AZS DSW | GARNCARZ | 6,45 | 0:51:15 | 7,55 [km/h] | 07:57 [min/km] | 0:16:44 | 0:34:17 |
| 57 | 53 | GARNCARZ | ELŻBIETA | K | 28 | 1974 | K 40-49 | 9 | | WROCLAW | AZS DSW | GARNCARZ | 6,45 | 0:51:15 | 7,55 [km/h] | 07:57 [min/km] | 0:16:45 | 0:34:17 |
| 58 | 123 | OSTRYCHARZ | MARIOLA | K | 29 | 1971 | K 40-49 | 10 | | SYCÓW | | | 6,45 | 0:51:17 | 7,55 [km/h] | 07:57 [min/km] | 0:16:46 | 0:34:04 |
| 59 | 7 | PAL | ROBERT | M | 30 | 1983 | M 30-39 | 6 | | WROCLAW | KIJOWE MORSY WROCLAW | | 6,45 | 0:51:19 | 7,54 [km/h] | 07:57 [min/km] | 0:16:37 | 0:34:01 |
| 60 | 41 | NOGA | BOLESŁAW | M | 31 | 1956 | M 60-69 | 3 | | ŻÓRAWINA | | | 6,45 | 0:51:22 | 7,53 [km/h] | 07:58 [min/km] | 0:17:18 | 0:34:36 |
| 61 | 62 | JAGODZIŃSKI | ANDRZEJ | M | 32 | 1961 | M 50-59 | 10 | | WROCLAW | RIGHT WAY | | 6,45 | 0:51:23 | 7,53 [km/h] | 07:58 [min/km] | 0:17:15 | 0:34:33 |
| 62 | 40 | SUPERGAN | JOANNA | K | 30 | 1963 | K 50-59 | 8 | | TRZEBNICA | | | 6,45 | 0:51:33 | 7,51 [km/h] | 08:00 [min/km] | 0:16:39 | 0:34:11 |
| 63 | 25 | KAPAŁA | ANDRZEJ | M | 33 | 1946 | M 70 i więcej | 4 | | WROCLAW | FAN PROMOCJA SPORTU | | 6,45 | 0:51:45 | 7,48 [km/h] | 08:01 [min/km] | 0:17:26 | 0:35:01 |
| 64 | 48 | WÓJCIK | HENRYK | M | 34 | 1941 | M 70 i więcej | 5 | | OLESNICA | UTW OLESNICA | | 6,45 | 0:51:49 | 7,47 [km/h] | 08:02 [min/km] | 0:17:15 | 0:34:37 |
| 65 | 4 | KRYŚ-MALCEWICZ | BEATA | K | 31 | 1962 | K 50-59 | 9 | | WROCLAW | RIGHTWAY | | 6,45 | 0:51:52 | 7,46 [km/h] | 08:02 [min/km] | 0:17:05 | 0:34:28 |
| 66 | 50 | REMISZEWSKI | ADAM | M | 35 | 1946 | M 70 i więcej | 6 | | OLEŚNICA | UTW OLEŚNICA | | 6,45 | 0:51:55 | 7,45 [km/h] | 08:03 [min/km] | 0:16:48 | 0:34:15 |
| 67 | 100 | ŁUKASIEWICZ | DOMINIK | M | 36 | 1965 | M 50-59 | 11 | | WROCLAW | OSOBA PRYWATNA | | 6,45 | 0:52:06 | 7,43 [km/h] | 08:05 [min/km] | 0:16:47 | 0:34:20 |
| 68 | 141 | JASTRZĘBSKA | VIOLETTA | K | 32 | 1961 | K 50-59 | 10 | | WROCLAW | 3+1 | | 6,45 | 0:52:12 | 7,41 [km/h] | 08:06 [min/km] | 0:17:18 | 0:34:45 |
| 69 | 36 | NAPORA | DOROTA | K | 33 | 1976 | K 40-49 | 11 | | WROCLAW | RIGHTWAY | RIGHTWAY NAPORA | 6,45 | 0:52:13 | 7,41 [km/h] | 08:06 [min/km] | 0:17:36 | 0:35:14 |
| 70 | 93 | HOLDA | JOLANTA | K | 34 | 1954 | K 60-69 | 2 | | OLEŚNICA | | | 6,45 | 0:52:20 | 7,39 [km/h] | 08:07 [min/km] | 0:17:30 | 0:35:01 |
| 71 | 3 | MALCEWICZ | MARCIN | M | 37 | 1959 | M 50-59 | 12 | | WROCLAW | RIGHTWAY | | 6,45 | 0:52:23 | 7,39 [km/h] | 08:07 [min/km] | 0:17:20 | 0:34:56 |
| 72 | 38 | SPITALNIAK | ANDRZEJ | M | 38 | 1951 | M 60-69 | 4 | | WROCLAW | STOWARZYSZENIE PROMOCJI SPORTU FAN | | 6,45 | 0:52:29 | 7,37 [km/h] | 08:08 [min/km] | 0:17:23 | 0:34:59 |
| 73 | 26 | WACŁAWIK | AGNIESZKA | K | 35 | 1976 | K 40-49 | 12 | | WROCLAW | ACTEAM | | 6,45 | 0:52:33 | 7,36 [km/h] | 08:09 [min/km] | 0:16:58 | 0:34:35 |
| 74 | 104 | IWANICKI | ZDZISŁAW | M | 39 | 1936 | M 70 i więcej | 7 | | WROCLAW | | | 6,45 | 0:52:51 | 7,32 [km/h] | 08:12 [min/km] | 0:17:07 | 0:34:57 |
| 75 | 18 | DREISEITEL | ANDRZEJ | M | 40 | 1962 | M 50-59 | 13 | | WROCLAW | | | 6,45 | 0:53:15 | 7,27 [km/h] | 08:15 [min/km] | 0:17:31 | 0:35:23 |
| 76 | 19 | MĘDRAK | JÓZEF | M | 41 | 1952 | M 60-69 | 5 | | WROCLAW | RIGHTWAY | | 6,45 | 0:53:19 | 7,26 [km/h] | 08:16 [min/km] | 0:17:38 | 0:35:43 |
| 77 | 109 | UZORKO | ANNA | K | 36 | 1969 | K 40-49 | 13 | | WROCLAW | | | 6,45 | 0:53:24 | 7,25 [km/h] | 08:17 [min/km] | 0:17:31 | 0:35:22 |
| 78 | 66 | SAKWERDA | MAŁGORZATA | K | 37 | 1963 | K 50-59 | 11 | | WROCLAW | RIGHTWAY | | 6,45 | 0:53:26 | 7,24 [km/h] | 08:17 [min/km] | 0:17:41 | 0:35:38 |
| 79 | 68 | NIECHWIEJCZYK | KINGA | K | 38 | 2004 | K 0-19 | 4 | | ŚWIĘTOCHŁOWICE | UNIA MIAST | | 6,45 | 0:53:29 | 7,24 [km/h] | 08:18 [min/km] | 0:17:29 | 0:35:33 |
| 80 | 39 | SPITALNIAK | BOŻENA | K | 39 | 1961 | K 50-59 | 12 | | WROCLAW | STOWARZYSZENIE PROMOCJI SPORTU FAN | | 6,45 | 0:53:36 | 7,22 [km/h] | 08:19 [min/km] | 0:17:22 | 0:35:23 |

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|--------------|-------|-----------------------|-----------|------|--------------------|--------|---------------|--------------------|------|----------------------|---|----------|---------|----------------|-------------|----------------|---------|---------|
| 81 | 20 | CZERWIŃSKA | JOANNA | K | 40 | 1966 | K 50-59 | 13 | | KOWARY | | | 6,45 | 0:53:58 | 7,17 [km/h] | 08:22 [min/km] | 0:17:59 | 0:36:04 |
| 82 | 21 | KOWALCZYK-SZYMANEK | JOLANTA | K | 41 | 1957 | K 50-59 | 14 | | WROCLAW | | | 6,45 | 0:54:00 | 7,17 [km/h] | 08:22 [min/km] | 0:17:58 | 0:36:04 |
| 83 | 27 | ŁUKASIEWICZ | BARBARA | K | 42 | 1986 | K 30-39 | 4 | | WROCLAW | TRENUJ Z NAMI | | 6,45 | 0:54:03 | 7,16 [km/h] | 08:23 [min/km] | 0:17:54 | 0:36:00 |
| 84 | 11 | ŚWIERZ-JĘDROSEK | ALICJA | K | 43 | 1978 | K 30-39 | 5 | | WYSOKA | ACTEAM | | 6,45 | 0:54:05 | 7,16 [km/h] | 08:23 [min/km] | 0:17:37 | 0:36:02 |
| 85 | 122 | KUBIAK | BARTOSZ | M | 42 | 1998 | M 0-19 | 3 | NPSR | JEDLINA ZDRÓJ | REPUBLICZNA SZKOŁA PRZEPISABAŁAJĄCA DO PRACY - LUDWIKOWICE KŁODZKIE | | 6,45 | 0:54:07 | 7,15 [km/h] | 08:23 [min/km] | 0:18:26 | 0:36:19 |
| 86 | 130 | PALUS | GRZEGORZ | M | 43 | 1998 | M 0-19 | 4 | NPSR | BOŻKÓW | REPUBLICZNA SZKOŁA PRZEPISABAŁAJĄCA DO PRACY - LUDWIKOWICE KŁODZKIE | | 6,45 | 0:54:08 | 7,15 [km/h] | 08:24 [min/km] | 0:18:27 | 0:36:19 |
| 87 | 72 | WALKÓW | JOANNA | K | 44 | 1989 | K 20-29 | 2 | | CZERNICA | | | 6,45 | 0:54:12 | 7,14 [km/h] | 08:24 [min/km] | 0:17:52 | 0:35:59 |
| 88 | 16 | KOMINEK | DOROTA | K | 45 | 1966 | K 50-59 | 15 | | WROCLAW | ACTEAM | | 6,45 | 0:54:28 | 7,11 [km/h] | 08:27 [min/km] | 0:18:04 | 0:36:16 |
| 89 | 42 | ARTYMICZ | MARIA | K | 46 | 1956 | K 60-69 | 3 | | GŁOGÓW | | | 6,45 | 0:54:32 | 7,10 [km/h] | 08:27 [min/km] | 0:17:38 | 0:36:05 |
| 90 | 43 | MAJERCZYK - GODLEWSKA | JADWIGA | K | 47 | 1968 | K 40-49 | 14 | | WIĄZÓW | | | 6,45 | 0:54:44 | 7,07 [km/h] | 08:29 [min/km] | 0:17:32 | 0:36:13 |
| 91 | 110 | PRZYWITOWSKA | DANIELA | K | 48 | 1952 | K 60-69 | 4 | NPSR | NARZYM | | | 6,45 | 0:55:04 | 7,03 [km/h] | 08:32 [min/km] | 0:17:47 | 0:35:59 |
| 92 | 46 | WÓJCİK | IRENA | K | 49 | 1946 | K 70 i więcej | 1 | | OLEŚNICA | UTW OLESNICA | | 6,45 | 0:55:04 | 7,03 [km/h] | 08:32 [min/km] | 0:18:21 | 0:36:40 |
| 93 | 29 | SZYMAŃSKA | EWELINA | K | 50 | 1975 | K 40-49 | 15 | | WROCLAW | ACTEAM | | 6,45 | 0:55:09 | 7,02 [km/h] | 08:33 [min/km] | 0:18:11 | 0:36:47 |
| 94 | 31 | KOZŁOWSKA-ŚWIECONEK | MONIKA | K | 51 | 1972 | K 40-49 | 16 | | WROCLAW | | | 6,45 | 0:55:18 | 7,00 [km/h] | 08:34 [min/km] | 0:20:44 | 0:39:17 |
| 95 | 143 | MALANCZUK | ZSÓFIA | K | 52 | 1970 | K 40-49 | 17 | | WROCLAW | ACTEAM | | 6,45 | 0:55:33 | 6,97 [km/h] | 08:37 [min/km] | 0:17:40 | 0:36:14 |
| 96 | 74 | RZEPKA | AGNIESZKA | K | 53 | 1982 | K 30-39 | 6 | | WROCLAW | | | 6,45 | 0:56:08 | 6,89 [km/h] | 08:42 [min/km] | 0:18:58 | 0:37:52 |
| 97 | 79 | KULBAKA | GRAŻYNA | K | 54 | 1955 | K 60-69 | 5 | | WROCLAW | | | 6,45 | 0:56:23 | 6,86 [km/h] | 08:44 [min/km] | 0:18:50 | 0:37:43 |
| 98 | 9 | JAKUBOWSKA | OLGA | K | 55 | 1964 | K 50-59 | 16 | | WROCLAW | ACTEAM | | 6,45 | 0:56:29 | 6,85 [km/h] | 08:45 [min/km] | 0:18:53 | 0:37:46 |
| 99 | 76 | SZYMAŃSKA-KASIM | ANNA | K | 56 | 1969 | K 40-49 | 18 | | WROCLAW | RIGHTWAY | | 6,45 | 0:56:37 | 6,84 [km/h] | 08:47 [min/km] | 0:19:17 | 0:38:15 |
| 100 | 63 | JAGODZIŃSKA | BOŻENA | K | 57 | 1958 | K 50-59 | 17 | | WROCLAW | RIGHT WAY | | 6,45 | 0:56:53 | 6,80 [km/h] | 08:49 [min/km] | 0:18:57 | 0:38:13 |
| 101 | 97 | ŻOŁNIERSKA | ALICJA | K | 58 | 1960 | K 50-59 | 18 | | WROCLAW | | | 6,45 | 0:56:55 | 6,80 [km/h] | 08:49 [min/km] | 0:18:19 | 0:37:34 |
| 102 | 75 | WÓJTOWICZ | RYSZARD | M | 44 | 1940 | M 70 i więcej | 8 | | WROCLAW | WROCLAWSKI KLUB KAJAKOWY | | 6,45 | 0:56:59 | 6,79 [km/h] | 08:50 [min/km] | 0:18:47 | 0:38:06 |
| 103 | 94 | KOWALCZYK | MAGDALENA | K | 59 | 1978 | K 30-39 | 7 | | WROCLAW | RIGHTWAY | | 6,45 | 0:57:00 | 6,79 [km/h] | 08:50 [min/km] | 0:19:01 | 0:38:01 |
| 104 | 77 | WIERZEJSKI | HENRYK | M | 45 | 1954 | M 60-69 | 6 | | WROCLAW | BRAK KLUBU | | 6,45 | 0:57:00 | 6,79 [km/h] | 08:50 [min/km] | 0:18:25 | 0:37:33 |
| 105 | 140 | NOWAK | GRAŻYNA | K | 60 | 1965 | K 50-59 | 19 | | WROCLAW | 3+1 | | 6,45 | 0:57:01 | 6,79 [km/h] | 08:50 [min/km] | 0:18:50 | 0:37:55 |
| 106 | 99 | FREUS | AGNIESZKA | K | 61 | 1964 | K 50-59 | 20 | | WROCLAW | RIGHTWAY | | 6,45 | 0:57:10 | 6,77 [km/h] | 08:52 [min/km] | 0:19:17 | 0:38:23 |
| 107 | 111 | POPIELAS | ELŻBIETA | K | 62 | 1965 | K 50-59 | 21 | | WROCLAW | | | 6,45 | 0:57:15 | 6,76 [km/h] | 08:53 [min/km] | 0:18:11 | 0:37:26 |
| 108 | 61 | KWIECIEN | ELŻBIETA | K | 63 | 1966 | K 50-59 | 22 | | WROCLAW | RIGHT WAY | | 6,45 | 0:57:47 | 6,70 [km/h] | 08:58 [min/km] | 0:18:57 | 0:38:16 |
| 109 | 73 | MAZUR | ANNA | K | 64 | 1954 | K 60-69 | 6 | | WROCLAW | ACTEAM | | 6,45 | 0:57:54 | 6,68 [km/h] | 08:59 [min/km] | 0:18:54 | 0:38:21 |
| 110 | 6 | DUBIŃSKA | TERESA | K | 65 | 1952 | K 60-69 | 7 | | WROCLAW | | | 6,45 | 0:58:15 | 6,64 [km/h] | 09:02 [min/km] | 0:19:04 | 0:38:31 |
| 111 | 45 | SZUMIŁO | PIOTR | M | 46 | 1968 | M 40-49 | 6 | | LEGNICA | | | 6,45 | 0:59:07 | 6,55 [km/h] | 09:10 [min/km] | 0:19:39 | 0:39:14 |
| 112 | 56 | MACHAJEK | KRZYSZTOF | M | 47 | 1954 | M 60-69 | 7 | NPSR | POLKOWICE | KS METRACO POLKOWICE | | 6,45 | 0:59:08 | 6,54 [km/h] | 09:10 [min/km] | 0:19:38 | 0:39:11 |
| 113 | 44 | SZUMIŁO | KLARA | K | 66 | 1996 | K 20-29 | 3 | | LEGNICA | | | 6,45 | 0:59:10 | 6,54 [km/h] | 09:10 [min/km] | 0:19:41 | 0:39:16 |
| 114 | 98 | MAY-SADOWSKA | ANNA | K | 67 | 1951 | K 60-69 | 8 | | WROCLAW | | | 6,45 | 0:59:30 | 6,50 [km/h] | 09:13 [min/km] | 0:19:13 | 0:39:04 |
| 115 | 23 | ŻAK | TERESA | K | 68 | 1947 | K 60-69 | 9 | | WROCLAW | | | 6,45 | 0:59:34 | 6,50 [km/h] | 09:14 [min/km] | 0:19:19 | 0:39:08 |
| 116 | 112 | STILLER | JUSTYNA | K | 69 | 1998 | K 0-19 | 5 | | LUDWIKOWICE KŁODZKIE | GIM. SPECJALNE | | 6,45 | 1:00:10 | 6,43 [km/h] | 09:20 [min/km] | 0:19:46 | 0:39:55 |
| 117 | 131 | STACHURKA | DOMINIKA | K | 70 | 2000 | K 0-19 | 6 | NPSR | LUDWIKOWICE KŁODZKIE | REPUBLICZNA SZKOŁA SPECJALNA PRZEBIERA PŁOŚCIBYTY PRACOWNICE - LUDWIKOWICE KŁODZKIE | | 6,45 | 1:00:12 | 6,43 [km/h] | 09:20 [min/km] | 0:19:47 | 0:39:55 |
| 118 | 133 | DOLATA | JOLANTA | K | 71 | 1968 | K 40-49 | 19 | | SYCÓW | | | 6,45 | 1:00:45 | 6,37 [km/h] | 09:25 [min/km] | 0:19:59 | 0:40:28 |
| 119 | 126 | POŚPIECH | PAWEŁ | M | 48 | 1996 | M 20-29 | 1 | NPSR | LUDWIKOWICE KŁODZKIE | REPUBLICZNA SZKOŁA SPECJALNA PRZEBIERA PŁOŚCIBYTY PRACOWNICE - LUDWIKOWICE KŁODZKIE | | 6,45 | 1:01:51 | 6,26 [km/h] | 09:35 [min/km] | 0:19:45 | 0:41:39 |
| 120 | 102 | CIESIELSKI | MICHAŁ | M | 49 | 1937 | M 70 i więcej | 9 | NPSR | WROCLAW | | | 6,45 | 1:01:59 | 6,24 [km/h] | 09:37 [min/km] | 0:20:36 | 0:41:32 |

MISTRZOSTW WROCLAWIA W NORDIC WALKING - O PUCHAR PREZYDENTA WROCLAWIA

Miejsce: WROCLAW - 2016-10-15

Organizator: Stowarzyszenie Promocji Sportu FAN

| Miejsce Open | Numer | Nazwisko | Imię | Płeć | Miejsce pięć M / K | Rok ur | Kategoria | Miejsce kat. M / K | NPSR | Miejscowość | Klub | RODZINNA | DYSTANS | Wynik | km/h | min/km | Punkt 1 | Punkt 2 |
|--------------|-------|---------------|-----------|------|--------------------|--------|---------------|--------------------|------|----------------------|---|----------|---------|---------|-------------|----------------|---------|---------|
| 121 | 129 | LUBECKA | KORNELIA | K | 72 | 2003 | K 0-19 | 7 | NPSR | NOWA RUDA | REPUBLICZNA SZKOŁA PRZYGOTOWUJĄCA DO PRACY - LUDWIKOWICE KŁODZKIE | | 6,45 | 1:02:21 | 6,21 [km/h] | 09:40 [min/km] | 0:20:43 | 0:41:39 |
| 122 | 125 | HARLAK | PATRYCJA | K | 73 | 1999 | K 0-19 | 8 | NPSR | LUDWIKOWICE KŁODZKIE | REPUBLICZNA SZKOŁA PRZYGOTOWUJĄCA DO PRACY - LUDWIKOWICE KŁODZKIE | | 6,45 | 1:02:45 | 6,17 [km/h] | 09:44 [min/km] | 0:19:46 | 0:41:42 |
| 123 | 85 | IGNASIAK | MAGDALENA | K | 74 | 1988 | K 20-29 | 4 | NPSR | DZIERŻONIÓW | WARSZTATY TERAPII ZAJĘCIOWEJ | | 6,45 | 1:02:59 | 6,14 [km/h] | 09:46 [min/km] | 0:21:31 | 0:42:05 |
| 124 | 128 | DONIFACY | KRYSTIAN | M | 50 | 2001 | M 0-19 | 5 | NPSR | LUDWIKOWICE KŁODZKIE | REPUBLICZNA SZKOŁA PRZYGOTOWUJĄCA DO PRACY - LUDWIKOWICE KŁODZKIE | | 6,45 | 1:03:00 | 6,14 [km/h] | 09:46 [min/km] | 0:20:07 | 0:42:31 |
| 125 | 87 | GADOMSKA | DANUTA | K | 75 | 1976 | K 40-49 | 20 | NPSR | DZIERŻONIÓW | WARSZTATY TERAPII ZAJĘCIOWEJ | | 6,45 | 1:06:57 | 5,78 [km/h] | 10:23 [min/km] | 0:22:14 | 0:44:42 |
| 126 | 83 | MAZUR | DAWID | M | 51 | 1985 | M 30-39 | 7 | NPSR | DZIERŻONIÓW | WARSZTATY TERAPII ZAJĘCIOWEJ | | 6,45 | 1:06:59 | 5,78 [km/h] | 10:23 [min/km] | 0:22:02 | 0:44:28 |
| 127 | 84 | ORKISZ | MICHAŁ | M | 52 | 1985 | M 30-39 | 8 | NPSR | DZIERŻONIÓW | WARSZTATY TERAPII ZAJĘCIOWEJ | | 6,45 | 1:07:15 | 5,75 [km/h] | 10:26 [min/km] | 0:22:03 | 0:44:30 |
| 128 | 91 | FLISAK | MATEUSZ | M | 53 | 1990 | M 20-29 | 2 | NPSR | DZIERŻONIÓW | WARSZTATY TERAPII ZAJĘCIOWEJ | | 6,45 | 1:07:32 | 5,73 [km/h] | 10:28 [min/km] | 0:22:01 | 0:44:43 |
| 129 | 82 | PIERCHOROWICZ | ANETA | K | 76 | 1976 | K 40-49 | 21 | NPSR | DZIERŻONIÓW | WARSZTATY TERAPII ZAJĘCIOWEJ | | 6,45 | 1:07:57 | 5,70 [km/h] | 10:32 [min/km] | 0:22:00 | 0:44:43 |
| 130 | 5 | DUBIŃSKI | ANDRZEJ | M | 54 | 1947 | M 60-69 | 8 | | WROCLAW | | | 6,45 | 1:08:43 | 5,63 [km/h] | 10:39 [min/km] | 0:21:51 | 0:44:56 |
| 131 | 127 | TOMCZAK | GABRIELA | K | 77 | 1997 | K 0-19 | 9 | NPSR | GŁUSZYCA | REPUBLICZNA SZKOŁA PRZYGOTOWUJĄCA DO PRACY - LUDWIKOWICE KŁODZKIE | | 6,45 | 1:09:09 | 5,60 [km/h] | 10:43 [min/km] | 0:22:42 | 0:46:09 |
| 132 | 32 | LASKOWSKI | IRENEUSZ | M | 55 | 1962 | M 50-59 | 14 | | WARSZAWA | CHODZĘ BO LUBIĘ | | 6,45 | 1:09:25 | 5,58 [km/h] | 10:46 [min/km] | 0:23:07 | 0:45:57 |
| 133 | 132 | GREINDA | ANGELIKA | K | 78 | 1995 | K 20-29 | 5 | NPSR | NOWA RUDA | REPUBLICZNA SZKOŁA PRZYGOTOWUJĄCA DO PRACY - LUDWIKOWICE KŁODZKIE | | 6,45 | 1:11:02 | 5,45 [km/h] | 11:01 [min/km] | 0:22:45 | 0:45:31 |
| 134 | 124 | KONOPACKA | EDYTA | K | 79 | 2002 | K 0-19 | 10 | NPSR | NOWA RUDA | REPUBLICZNA SZKOŁA PRZYGOTOWUJĄCA DO PRACY - LUDWIKOWICE KŁODZKIE | | 6,45 | 1:11:03 | 5,45 [km/h] | 11:01 [min/km] | 0:20:43 | 0:46:06 |
| 135 | 33 | LASKOWSKI | JÓZEF | M | 56 | 1936 | M 70 i więcej | 10 | | WROCLAW | | | 6,45 | 1:22:03 | 4,72 [km/h] | 12:43 [min/km] | 0:25:33 | 0:52:39 |