

# I MISTRZOSTWA ZIEMI OPOLSKIEJ I LZS W NORDIC WALKING



2016-05-23, Biała

| M-sce        | Nr  | Imię i nazwisko    | Lap1       | Lap2 | Lap3 | Lap4 | Netto      | Wynik             | Kara |
|--------------|-----|--------------------|------------|------|------|------|------------|-------------------|------|
| <b>2,5km</b> |     |                    |            |      |      |      |            |                   |      |
| 1.           | 97  | Wiktor PEKALA      | 0:17:57,65 |      |      |      | 0:17:57,65 | <b>0:18:01,01</b> |      |
| 2.           | 38  | Kazimierz SZYMURA  | 0:18:04,98 |      |      |      | 0:18:04,98 | <b>0:18:08,14</b> |      |
| 3.           | 68  | Jan MIKOŁAJCZAK    | 0:18:24,22 |      |      |      | 0:18:24,22 | <b>0:18:25,74</b> |      |
| 4.           | 86  | Justyna TREŚCIŃSKA | 0:19:55,95 |      |      |      | 0:19:55,95 | <b>0:19:59,86</b> |      |
| 5.           | 91  | Natalia KOŁEK      | 0:20:50,34 |      |      |      | 0:20:50,34 | <b>0:20:50,34</b> |      |
| 6.           | 85  | Julia TREŚCIŃSKA   | 0:20:52,44 |      |      |      | 0:20:52,44 | <b>0:20:56,95</b> |      |
| 7.           | 92  | Radek WITKOWSKI    | 0:20:57,16 |      |      |      | 0:20:57,16 | <b>0:21:01,79</b> |      |
| 8.           | 75  | Mateusz KUSAJ      | 0:22:11,27 |      |      |      | 0:22:11,27 | <b>0:22:13,76</b> |      |
| 9.           | 103 | Antoni KASPRZYCKI  | 0:22:13,20 |      |      |      | 0:22:13,20 | <b>0:22:19,26</b> |      |
| 10.          | 70  | Krzysztof MACHAJEK | 0:23:48,85 |      |      |      | 0:23:48,85 | <b>0:23:55,99</b> |      |
| 11.          | 90  | Krystyna ZAŁUSKA   | 0:30:04,36 |      |      |      | 0:30:04,36 | <b>0:30:09,44</b> |      |

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| M-sce      | Nr  | Imię i nazwisko        | Lap1       | Lap2       | Lap3 | Lap4 | Netto      | Wynik             | Kara |
|------------|-----|------------------------|------------|------------|------|------|------------|-------------------|------|
| <b>5km</b> |     |                        |            |            |      |      |            |                   |      |
| 1.         | 96  | Łukasz DORS            | 0:16:32,36 | 0:17:35,58 |      |      | 0:34:07,95 | <b>0:34:09,87</b> |      |
| 2.         | 95  | Patryk KOŁEK           | 0:17:17,49 | 0:18:28,74 |      |      | 0:35:46,24 | <b>0:35:47,56</b> |      |
| 3.         | 26  | Jakub MARCINKOWSKI     | 0:17:25,47 | 0:18:55,61 |      |      | 0:36:21,09 | <b>0:36:22,60</b> |      |
| 4.         | 81  | Julia GAŁAZKA          | 0:18:07,25 | 0:18:59,99 |      |      | 0:37:07,25 | <b>0:37:09,43</b> |      |
| 5.         | 102 | Andrzej SEWIELSKI      | 0:18:25,26 | 0:18:44,81 |      |      | 0:37:10,08 | <b>0:37:11,28</b> |      |
| 6.         | 24  | Agnieszka MARCINKOWSKA | 0:18:42,95 | 0:19:13,40 |      |      | 0:37:56,36 | <b>0:37:58,96</b> |      |
| 7.         | 108 | Klaudia WOŹNIAK        | 0:18:22,67 | 0:20:00,16 |      |      | 0:38:22,84 | <b>0:38:25,79</b> |      |
| 8.         | 44  | Olga NIEMIEC           | 0:18:36,05 | 0:19:54,08 |      |      | 0:38:30,14 | <b>0:38:33,36</b> |      |
| 9.         | 73  | Piotr PAKOSZ           | 0:19:28,73 | 0:20:36,55 |      |      | 0:40:05,29 | <b>0:40:07,38</b> |      |
| 10.        | 109 | Katarzyna GWIAZDOŃ     | 0:20:19,58 | 0:20:58,99 |      |      | 0:41:18,58 | <b>0:41:21,11</b> |      |
| 11.        | 48  | Ewa GŁOMBICA           | 0:21:17,02 | 0:22:02,14 |      |      | 0:43:19,16 | <b>0:43:23,13</b> |      |
| 12.        | 61  | Leokadia SCHEIDER      | 0:22:00,17 | 0:21:33,15 |      |      | 0:43:33,33 | <b>0:43:40,10</b> |      |
| 13.        | 47  | Wiktoria GŁOMBICA      | 0:21:45,93 | 0:22:09,25 |      |      | 0:43:55,19 | <b>0:43:59,82</b> |      |
| 14.        | 15  | Czesław GRABIŃSKI      | 0:22:32,10 | 0:24:27,59 |      |      | 0:46:59,70 | <b>0:44:02,08</b> |      |
| 15.        | 54  | Regina PRZYKLENK       | 0:22:12,87 | 0:22:19,40 |      |      | 0:44:32,27 | <b>0:44:39,35</b> |      |
| 16.        | 57  | Barbara ANDRUCHÓW      | 0:23:16,69 | 0:24:32,17 |      |      | 0:47:48,87 | <b>0:45:01,05</b> |      |
| 17.        | 100 | Kajetan SYGUŁA         | 0:22:43,14 | 0:23:25,58 |      |      | 0:46:08,72 | <b>0:46:11,32</b> |      |
| 18.        | 99  | Bernadeta KLOSE        | 0:23:15,70 | 0:23:37,06 |      |      | 0:46:52,77 | <b>0:46:57,34</b> |      |
| 19.        | 80  | Aleksandra KONIK       | 0:23:52,30 | 0:23:29,57 |      |      | 0:47:21,87 | <b>0:47:27,57</b> |      |
| 20.        | 98  | Dagmara DUCHNOWSKA     | 0:25:21,01 | 0:24:41,33 |      |      | 0:50:02,35 | <b>0:50:08,09</b> |      |
| 21.        | 101 | Monika PRZEŚLAKIEWICZ  | 0:25:19,25 | 0:24:42,40 |      |      | 0:50:01,65 | <b>0:50:09,36</b> |      |
| 22.        | 110 | Aneta MIŚKOWIEC        | 0:26:04,20 | 0:28:22,65 |      |      | 0:54:26,86 | <b>0:54:31,62</b> |      |
| 23.        | 35  | Józef SERWADCZAK       | 0:26:07,37 | 0:28:22,70 |      |      | 0:54:30,07 | <b>0:54:31,99</b> |      |
| 24.        | 114 | Krystyna KOSSOWSKA     | 0:30:31,97 | 0:34:12,20 |      |      | 1:04:44,17 | <b>1:04:48,43</b> |      |
| 25.        | 115 | Zofia KUROCZKIN        | 0:30:35,37 | 0:34:14,94 |      |      | 1:04:50,32 | <b>1:04:54,83</b> |      |

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| M-sce       | Nr  | Imię i nazwisko        | Lap1       | Lap2       | Lap3       | Lap4       | Netto      | Wynik             | Kara |
|-------------|-----|------------------------|------------|------------|------------|------------|------------|-------------------|------|
| <b>10km</b> |     |                        |            |            |            |            |            |                   |      |
| 1.          | 93  | Grzegorz DORS          | 0:15:38,89 | 0:16:31,65 | 0:16:42,93 | 0:15:32,63 | 1:04:26,10 | <b>1:04:31,77</b> |      |
| 2.          | 79  | Rafał KOZIK            | 0:15:41,75 | 0:16:31,65 | 0:16:41,88 | 0:15:42,19 | 1:04:37,49 | <b>1:04:39,97</b> |      |
| 3.          | 66  | Ireneusz LUBIATOWSKI   | 0:15:50,85 | 0:16:20,44 | 0:16:43,54 | 0:15:51,43 | 1:04:46,26 | <b>1:04:52,27</b> |      |
| 4.          | 88  | Maciej KARASIŃSKI      | 0:15:39,22 | 0:16:31,56 | 0:16:43,83 | 0:16:41,57 | 1:05:36,21 | <b>1:05:39,87</b> |      |
| 5.          | 4   | Artur BIŁEK            | 0:16:11,22 | 0:16:47,79 | 0:17:15,75 | 0:16:20,90 | 1:06:35,67 | <b>1:06:37,66</b> |      |
| 6.          | 45  | Bogdan CYRUS           | 0:15:39,47 | 0:16:31,80 | 0:16:55,19 | 0:17:39,15 | 1:06:45,63 | <b>1:06:49,57</b> |      |
| 7.          | 1   | Piotr NIECHWIEJCZYK    | 0:16:21,75 | 0:16:57,84 | 0:17:05,84 | 0:17:07,27 | 1:07:32,72 | <b>1:07:36,56</b> |      |
| 8.          | 78  | Marek DORS             | 0:17:07,96 | 0:17:46,73 | 0:17:06,44 | 0:16:28,02 | 1:08:29,16 | <b>1:08:30,62</b> |      |
| 9.          | 104 | Daniel WOJTASIŃSKI     | 0:16:32,77 | 0:17:16,44 | 0:17:26,94 | 0:17:15,59 | 1:08:31,76 | <b>1:08:34,65</b> |      |
| 10.         | 49  | Adam NIEDBAŁ           | 0:17:02,58 | 0:17:30,50 | 0:17:38,36 | 0:17:07,25 | 1:09:18,70 | <b>1:09:23,02</b> |      |
| 11.         | 77  | Leszek MIELCAREK       | 0:17:06,79 | 0:17:23,51 | 0:17:38,24 | 0:17:14,34 | 1:09:22,89 | <b>1:09:30,97</b> |      |
| 12.         | 84  | Angelika PIETRZYK      | 0:16:59,18 | 0:17:14,76 | 0:17:39,94 | 0:17:18,10 | 1:09:11,99 | <b>1:09:31,75</b> |      |
| 13.         | 94  | Wiktor WÓJCIK          | 0:17:03,24 | 0:17:19,32 | 0:17:38,61 | 0:17:21,73 | 1:09:22,92 | <b>1:09:33,65</b> |      |
| 14.         | 72  | Irena PAKOSZ           | 0:17:05,77 | 0:17:26,29 | 0:17:31,53 | 0:18:02,60 | 1:10:06,20 | <b>1:10:23,81</b> |      |
| 15.         | 51  | Leszek SŁOMIAN         | 0:17:27,14 | 0:18:03,85 | 0:18:05,02 | 0:18:05,72 | 1:11:41,74 | <b>1:11:48,53</b> |      |
| 16.         | 74  | Piotr PAKOSZ           | 0:17:18,98 | 0:18:30,95 | 0:19:02,48 | 0:17:35,25 | 1:12:27,67 | <b>1:12:28,82</b> |      |
| 17.         | 13  | Karol SCHRÖDER         | 0:16:54,55 | 0:18:09,19 | 0:18:39,05 | 0:18:40,79 | 1:12:23,59 | <b>1:12:28,89</b> |      |
| 18.         | 64  | Joachim BREWKA         | 0:17:31,90 | 0:18:04,34 | 0:18:30,92 | 0:18:21,52 | 1:12:28,69 | <b>1:12:34,29</b> |      |
| 19.         | 2   | Janusz SOBKOWSKI       | 0:17:36,01 | 0:18:01,67 | 0:18:35,65 | 0:18:40,99 | 1:12:54,33 | <b>1:13:03,96</b> |      |
| 20.         | 111 | Marek WOJCIECHOWSKI    | 0:17:24,18 | 0:17:43,98 | 0:19:09,08 | 0:19:31,09 | 1:13:48,34 | <b>1:13:48,34</b> |      |
| 21.         | 62  | Katarzyna SKRYCKA      | 0:18:36,94 | 0:18:33,70 | 0:18:42,99 | 0:18:14,13 | 1:14:07,77 | <b>1:14:22,10</b> |      |
| 22.         | 63  | Bogdan GRYGOROWICZ     | 0:17:51,76 | 0:18:38,77 | 0:19:04,64 | 0:18:56,06 | 1:14:31,24 | <b>1:14:40,57</b> |      |
| 23.         | 16  | Joanna KOŁODZIEJ       | 0:18:26,16 | 0:18:44,46 | 0:18:34,14 | 0:18:41,50 | 1:14:26,28 | <b>1:14:41,90</b> |      |
| 24.         | 19  | Marek KOWALSKI         | 0:18:41,61 | 0:18:44,88 | 0:18:57,00 | 0:18:50,47 | 1:15:13,97 | <b>1:15:20,47</b> |      |
| 25.         | 69  | Edward DUDEK           | 0:18:10,76 | 0:18:48,38 | 0:19:05,34 | 0:19:08,29 | 1:15:12,80 | <b>1:15:21,13</b> |      |
| 26.         | 82  | Danuta PALA-SKRZYPCZYK | 0:17:59,87 | 0:18:40,07 | 0:19:09,18 | 0:19:28,43 | 1:15:17,56 | <b>1:15:30,50</b> |      |
| 27.         | 105 | Magdalena BADOWIEC     | 0:18:33,52 | 0:19:05,98 | 0:19:13,62 | 0:19:16,91 | 1:16:10,04 | <b>1:16:24,36</b> |      |
| 28.         | 21  | Mirosław KRÓLIKOWSKI   | 0:17:42,65 | 0:19:06,92 | 0:19:53,60 | 0:19:36,84 | 1:16:20,02 | <b>1:16:25,25</b> |      |
| 29.         | 33  | Henryk ROGOS           | 0:18:24,57 | 0:18:51,71 | 0:19:32,43 | 0:19:57,31 | 1:16:46,03 | <b>1:16:54,42</b> |      |

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| M-sce | Nr  | Imię i nazwisko              | Lap1       | Lap2       | Lap3       | Lap4       | Netto      | Wynik             | Kara |
|-------|-----|------------------------------|------------|------------|------------|------------|------------|-------------------|------|
| 30.   | 76  | Wiktor KOTAS                 | 0:18:38,08 | 0:19:33,83 | 0:19:49,57 | 0:19:36,94 | 1:17:38,43 | <b>1:17:38,43</b> |      |
| 31.   | 58  | Ryszard GŁUSZEK              | 0:19:09,99 | 0:19:15,38 | 0:19:47,13 | 0:19:51,95 | 1:18:04,46 | <b>1:18:12,11</b> |      |
| 32.   | 106 | Ewa DUSIEL                   | 0:19:12,72 | 0:19:33,98 | 0:19:37,23 | 0:19:42,26 | 1:18:06,20 | <b>1:18:22,09</b> |      |
| 33.   | 56  | Danuta PISKOROWSKA           | 0:19:45,32 | 0:19:23,88 | 0:19:36,90 | 0:19:32,19 | 1:18:18,29 | <b>1:18:33,66</b> |      |
| 34.   | 46  | Rafał BRYLKA                 | 0:18:46,84 | 0:20:05,08 | 0:20:56,13 | 0:19:14,95 | 1:19:03,01 | <b>1:19:14,32</b> |      |
| 35.   | 112 | Anna ORIAN                   | 0:19:14,91 | 0:19:39,90 | 0:20:10,89 | 0:19:57,36 | 1:19:03,07 | <b>1:19:19,69</b> |      |
| 36.   | 50  | Teresa Alicja WARCHALSKA     | 0:19:11,75 | 0:19:35,46 | 0:19:59,62 | 0:20:21,17 | 1:19:08,01 | <b>1:19:27,06</b> |      |
| 37.   | 107 | Małgorzata PAWŁOWSKA-WOŹNIAK | 0:19:13,86 | 0:20:23,49 | 0:19:56,55 | 0:19:57,22 | 1:19:31,12 | <b>1:19:45,29</b> |      |
| 38.   | 29  | Kazimierz PIKSA              | 0:18:59,07 | 0:19:48,90 | 0:20:05,79 | 0:20:43,79 | 1:19:37,56 | <b>1:19:47,57</b> |      |
| 39.   | 42  | Stanisław BAJ                | 0:19:24,37 | 0:20:05,08 | 0:20:15,80 | 0:19:59,40 | 1:19:44,68 | <b>1:19:51,33</b> |      |
| 40.   | 65  | Dariusz MAGNUSKI             | 0:18:38,37 | 0:19:59,92 | 0:20:34,63 | 0:20:51,23 | 1:20:04,17 | <b>1:20:07,11</b> |      |
| 41.   | 9   | Janusz DONIGIEWICZ           | 0:19:17,15 | 0:20:07,12 | 0:20:15,93 | 0:20:50,91 | 1:20:31,14 | <b>1:20:41,47</b> |      |
| 42.   | 55  | Bogusława KUPIBIDA           | 0:19:25,47 | 0:20:04,03 | 0:20:17,60 | 0:20:46,81 | 1:20:33,93 | <b>1:20:51,07</b> |      |
| 43.   | 6   | Krzysztof CIUPIS             | 0:18:54,81 | 0:19:48,55 | 0:21:35,96 | 0:20:39,48 | 1:20:58,82 | <b>1:21:04,83</b> |      |
| 44.   | 18  | Jakub KOTULA                 | 0:19:37,60 | 0:20:23,21 | 0:20:38,24 | 0:20:31,79 | 1:21:10,86 | <b>1:21:13,29</b> |      |
| 45.   | 34  | Natalia RUDOLF               | 0:18:52,59 | 0:19:49,83 | 0:21:26,14 | 0:20:55,93 | 1:21:04,50 | <b>1:21:19,07</b> |      |
| 46.   | 36  | Janina SIENIAWSKA            | 0:19:24,83 | 0:20:36,81 | 0:20:50,83 | 0:20:24,13 | 1:21:16,61 | <b>1:21:36,09</b> |      |
| 47.   | 11  | Maria DROZD                  | 0:19:21,22 | 0:20:30,40 | 0:20:36,07 | 0:21:00,87 | 1:21:28,57 | <b>1:21:43,76</b> |      |
| 48.   | 27  | Halina GAJEK                 | 0:20:11,94 | 0:20:54,46 | 0:20:40,50 | 0:20:27,50 | 1:22:14,42 | <b>1:22:33,66</b> |      |
| 49.   | 25  | Wojciech MARCINKOWSKI        | 0:18:58,11 | 0:20:20,96 | 0:21:37,33 | 0:21:49,73 | 1:22:46,15 | <b>1:22:50,60</b> |      |
| 50.   | 8   | Elżbieta DOBROWOLSKA-ŚWIĄTEK | 0:20:14,64 | 0:21:03,48 | 0:20:51,37 | 0:20:28,02 | 1:22:37,53 | <b>1:22:53,76</b> |      |
| 51.   | 71  | Józef PIĄTKOWSKI             | 0:20:32,01 | 0:21:17,07 | 0:20:43,38 | 0:20:25,88 | 1:22:58,35 | <b>1:23:09,49</b> |      |
| 52.   | 12  | Janusz DZIUBAK               | 0:20:03,28 | 0:21:04,82 | 0:21:04,74 | 0:21:16,18 | 1:23:29,04 | <b>1:23:34,85</b> |      |
| 53.   | 20  | Gabriela KRÓLIKOWSKA         | 0:20:19,37 | 0:21:03,64 | 0:21:46,58 | 0:20:41,19 | 1:23:50,79 | <b>1:24:09,56</b> |      |
| 54.   | 28  | Marta PATOCKA                | 0:20:11,16 | 0:20:59,07 | 0:21:23,34 | 0:21:29,03 | 1:24:02,62 | <b>1:24:19,44</b> |      |
| 55.   | 39  | Bogdan THOMALLA              | 0:19:50,21 | 0:20:53,72 | 0:21:34,30 | 0:22:11,16 | 1:24:29,41 | <b>1:24:40,02</b> |      |
| 56.   | 89  | Alicja KARASIŃSKA            | 0:20:20,15 | 0:21:53,50 | 0:21:23,61 | 0:20:56,34 | 1:24:33,62 | <b>1:24:49,12</b> |      |
| 57.   | 60  | Janina WORONKO-ZACZYŃSKA     | 0:20:18,40 | 0:21:04,53 | 0:21:47,40 | 0:21:44,01 | 1:24:54,36 | <b>1:25:12,34</b> |      |
| 58.   | 3   | Danuta BAJ                   | 0:20:31,45 | 0:21:36,68 | 0:21:33,89 | 0:21:24,86 | 1:25:06,90 | <b>1:25:25,20</b> |      |
| 59.   | 31  | Małgorzata PUZICHOWSKA       | 0:21:09,51 | 0:21:26,09 | 0:21:18,01 | 0:21:42,23 | 1:25:35,85 | <b>1:25:53,18</b> |      |
| 60.   | 41  | Ritu AGARWAL                 | 0:21:17,37 | 0:21:49,33 | 0:21:35,41 | 0:21:23,29 | 1:26:05,41 | <b>1:26:21,10</b> |      |

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|-------|-----|----------------------|------------|------------|------------|------------|------------|-------------------|------|
| 61.   | 160 | Olimpia PATRZAŁEK    | 0:20:25,03 | 0:21:58,33 | 0:22:15,02 | 0:21:31,90 | 1:26:10,30 | <b>1:26:30,84</b> |      |
| 62.   | 32  | Aleksandra RACZYŃSKA | 0:20:29,67 | 0:21:37,24 | 0:22:10,82 | 0:22:08,04 | 1:26:25,79 | <b>1:26:45,48</b> |      |
| 63.   | 17  | Jakub KOPCZYŃSKI     | 0:20:01,45 | 0:21:53,68 | 0:22:42,56 | 0:23:01,25 | 1:27:38,96 | <b>1:27:40,56</b> |      |
| 64.   | 14  | Anna GERLE-KOTULA    | 0:22:10,11 | 0:22:30,23 | 0:22:11,35 | 0:21:46,76 | 1:28:38,46 | <b>1:28:53,23</b> |      |
| 65.   | 59  | Agnieszka ANDRUCHÓW  | 0:21:34,60 | 0:23:38,61 | 0:22:59,21 | 0:21:54,24 | 1:30:06,67 | <b>1:30:21,24</b> |      |
| 66.   | 67  | Alina KOSIK          | 0:21:55,06 | 0:22:48,63 | 0:23:05,10 | 0:22:45,12 | 1:30:33,92 | <b>1:30:50,15</b> |      |
| 67.   | 5   | Małgorzata CIUPIS    | 0:21:24,96 | 0:22:51,00 | 0:23:33,06 | 0:23:46,78 | 1:31:35,82 | <b>1:31:53,36</b> |      |
| 68.   | 22  | Zygmunt KURPET       | 0:21:50,06 | 0:22:53,80 | 0:23:33,36 | 0:24:14,67 | 1:32:31,91 | <b>1:32:41,58</b> |      |
| 69.   | 23  | Stanisława ŁUCZYSZYN | 0:23:10,91 | 0:24:30,70 | 0:25:27,59 | 0:25:23,12 | 1:38:32,33 | <b>1:38:52,21</b> |      |
| 70.   | 113 | Agnieszka ŻAK        | 0:23:34,55 | 0:25:08,37 | 0:25:14,66 | 0:24:48,75 | 1:38:46,34 | <b>1:38:59,74</b> |      |
| 71.   | 52  | Katarzyna NOWAK      | 0:23:37,37 | 0:24:22,64 | 0:25:48,45 | 0:25:54,05 | 1:39:42,52 | <b>1:40:00,39</b> |      |
| 72.   | 53  | Adam NOWAK           | 0:23:46,08 | 0:24:25,02 | 0:25:53,64 | 0:27:41,70 | 1:41:46,45 | <b>1:41:51,94</b> |      |
| 73.   | 83  | Elżbieta GĘBSKA      | 0:24:47,02 | 0:26:03,91 | 0:26:44,89 | 0:26:46,28 | 1:44:22,11 | <b>1:44:42,89</b> |      |

**TIMEKEEPER**

*...tam gdzie liczy się czas*