



WYNIKI OFICJALNE

VII MARSZ NIEPODLEGŁOŚCI NORDIC WALKING

na dystansie 5km

Chrzanów 11.11.2022r.



M-CE	KAT.	Nr. START	NAZWISKO	IMIĘ	PŁEĆ	MIASTO	KLUB	POMIAR 1	POMIAR 2	CZAS
------	------	-----------	----------	------	------	--------	------	----------	----------	------

KATEGORIA WIEKOWA : K1 (7 items)

1	K1	101	Nalepa	Aleksandra	K	Wrocław		00:14:43.17	00:28:44.29	00:43:05.64
2	K1	150	Bak	Hanna	K	Płaza		00:15:56.82	00:31:43.58	00:47:04.18
3	K1	149	Bąk	Zofia	K	Płaza		00:16:06.17	00:31:46.41	00:47:31.79
4	K1	61	Brandys	Wiktoria	K			00:16:07.76	00:32:41.63	00:49:18.67
5	K1	119	Szczęsna	Wiktoria	K	Jaworzno		00:16:24.09	00:33:04.85	00:50:30.74
6	K1	118	Szczęsna	Emilia	K	Jaworzno		00:16:30.99	00:34:43.06	00:53:34.37
7	K1	82	Kocoń	Zofia	K	Chrzanów		00:18:31.88	00:38:49.82	00:58:32.41

KATEGORIA WIEKOWA : K2 (18 items)

1	K2	23	Kozyra	Anna	K	Chrzanów		00:12:46.65	00:25:10.04	00:37:43.84
2	K2	154	Norys	Katarzyna	K	Libiąż		00:13:47.99	00:26:24.97	00:38:59.65
3	K2	120	Szewczyk	Oliwia	K	Regulice		00:13:40.03	00:27:21.03	00:40:57.63
4	K2	47	Bąk	Nina	K	Chrzanów		00:15:32.39	00:28:19.85	00:41:10.97
5	K2	116	Swątek	Natalia	K	Chrzanów		00:13:48.54	00:27:33.84	00:41:22.43
6	K2	152	Zubik	Katarzyna	K	Chrzanów		00:14:25.65	00:28:00.35	00:41:57.48
7	K2	19	Mikłás	Alicja	K			00:14:25.74	00:28:00.32	00:41:57.54
8	K2	29	Filipek	Katarzyna	K	Filipowice		00:14:36.00	00:28:35.66	00:42:12.87
9	K2	30	Lewicka-Hrycaniuk	Katarzyna	K	Krzeszowice		00:14:35.69	00:28:35.73	00:42:13.11
10	K2	8	Jończyk	Kinga	K	Jaworzno	Nord Walkers	00:14:50.17	00:29:06.64	00:43:22.12
11	K2	95	Moskała	Iwona	K	Zagórze		00:14:34.87	00:30:11.42	00:45:23.30
12	K2	25	Głodek	Justyna	K	Płaza		00:15:22	00:30:48.51	00:45:26.85
13	K2	41	Mazgaj	Urszula	K	Chrzanów		00:15:15.55	00:30:38.09	00:45:38.15
14	K2	64	Chwała	Anna	K	Kwaczała		00:14:53.00	00:30:27.38	00:46:08.91
15	K2	111	Przepióra	Natalia	K	Chrzanów		00:16:09.03	00:31:18.36	00:46:50.62
16	K2	46	Odrobina	Paulina	K	Chrzanów		00:15:39.20	00:31:53.22	00:47:35.70
17	K2	103	Niedzielczyk-Brandys	Justyna	K			00:16:07.67	00:32:41.78	00:49:18.58
18	K2	90	Matyasik	Joanna	K	Chrzanów		00:16:02.10	00:32:40.30	00:50:38.96

KATEGORIA WIEKOWA : K3 (34 items)

1	K3	6	Kasprzyk	Sylwia	K	Myślachowice		00:11:08.07	00:22:29.32	00:34:06.23
2	K3	27	Janic	Anna	K	Libiąż	Akademia Boksu	00:11:38.38	00:23:04.84	00:34:28.24
3	K3	1	Wola	Joanna	K	Sosnowiec		00:12:02.29	00:24:04.74	00:35:28.66
4	K3	17	Kowalczyk	Joanna	K	Kraków		00:11:38.39	00:23:42.08	00:35:50.61
5	K3	105	Piksa	Iwona	K	Chrzanów		00:13:31.42	00:26:33.96	00:39:34.47
6	K3	78	Kamińska	Iwona	K	Chrzanów		00:14:04.76	00:27:00.56	00:39:58.21
7	K3	39	Boba	Monika	K	Jaworzno	Jaworzno Runners	00:13:30.26	00:26:56.19	00:40:31.62
8	K3	33	Ćwik	Justyna	K	Jaworzno	Niko	00:13:57.78	00:27:25.78	00:40:38.12
9	K3	138	Rydz	Katarzyna	K	Chrzanów		00:13:34.69	00:27:20.93	00:41:13.92
10	K3	31	Urbanik	Marta	K	Chrzanów		00:13:52.58	00:27:54.63	00:41:46.58
11	K3	62	Braś	Elżbieta	K	Chrzanów		00:13:52.99	00:27:54.98	00:41:48.16
12	K3	35	ĆWIK	ELŻBIETA	K	Jaworzno	NORD WALKERS Jaworz	00:14:06.33	00:28:19.21	00:42:28.67
13	K3	43	Kaput	Katarzyna	K	Balin	Rozbiegany Balin	00:14:05.41	00:28:18.95	00:42:28.82
14	K3	37	Ślusarczyk	Sylwia	K	Balin	Rozbiegany Balin	00:14:05.33	00:28:19.48	00:42:28.95
15	K3	67	Czpkiewicz	Sylwia	K	Chrzanów		00:14:37.84	00:28:34.67	00:42:52.51
16	K3	22	Nowak	Monika	K	Chrzanów	CITY	00:14:44.83	00:28:45.55	00:42:58.93
17	K3	59	Bigaj	Marta	K	Wrocław		00:14:42.15	00:28:43.23	00:43:06.21
18	K3	100	Mroczek	Monika	K	Płoki		00:14:22.66	00:29:03.93	00:44:22.71
19	K3	26	Augustynowicz-Zięba	Marta	K	Płaza		00:15:22.07	00:30:47.64	00:45:26.35
20	K3	24	Kopiejka	Ewelina	K	Płaza		00:15:22.24	00:30:48.30	00:45:26.43
21	K3	5	Bomba	Dorota	K	Trzebinia		00:14:36.47	00:30:16.11	00:45:31.27
22	K3	36	Ciszewska	Aneta	K	Chrzanów		00:15:14.55	00:30:32.23	00:45:38.07
23	K3	40	Prygiel	Katarzyna	K	Chrzanów		00:15:15.71	00:30:38.54	00:45:40.06
24	K3	65	Chwała	Renata	K	Kwaczała		00:14:52.71	00:30:27.58	00:46:08.53
25	K3	52	Bąk	Justyna	K	Płaza		00:16:06.05	00:31:43.96	00:47:31.18
26	K3	3	Skawińska	Magdalena	K	Trzebinia	Sierszanie	00:16:27.95	00:33:47.39	00:50:23.06
27	K3	7	Peukert	Marta	K	Jaworzno	Nord Walkers Jaworzno	00:16:24.60	00:33:05.73	00:50:31.58
28	K3	51	Dubiel-Matyniak	Magdalena	K	Jaworzno		00:17:49.41	00:34:21.16	00:51:12.05
29	K3	140	Pietkiewicz	Magdalena	K	Chrzanów		00:18:40.80	00:35:20.86	00:51:25.16
30	K3	139	Szymkiewicz Wnek	Iga	K	Babice		00:18:40.50	00:35:20.82	00:51:25.47
31	K3	34	Szczęsna	Magdalena	K	Jaworzno	Nord Walkers	00:16:30.55	00:34:42.85	00:53:35.19
32	K3	72	Głownia	Wioletta	K	Trzebinia		00:17:17.48	00:35:42.71	00:54:27.27
33	K3	108	Potoczek	Aleksandra	K	Chrzanów		00:18:31.57	00:38:50.44	00:58:32.89

34	K3	147	Włosik	Anna	K	Chrzanów		00:20:49.92	00:41:26.22	01:01:17.08
----	----	-----	--------	------	---	----------	--	-------------	-------------	-------------

KATEGORIA WIEKOWA : K4 (12 items)

1	K4	15	Chomnicka	Beata	K	Kraków	Lux Torpeda	00:11:35.64	00:23:43.66	00:36:02.27
2	K4	11	Norys	Urszula	K	Libiąż		00:14:25.22	00:28:18.31	00:42:25.16
3	K4	106	Podgajny	Barbara	K	Chrzanów		00:14:37.09	00:29:18.22	00:44:25.45
4	K4	42	Wiącek	Alicja	K	Chrzanów	Parkrun	00:14:42.72	00:29:31.74	00:44:54.53
5	K4	96	Moskała	Janina	K	Zagórze		00:14:34.88	00:30:11.06	00:45:23.23
6	K4	32	Jakus	Katarzyna	K			00:15:31.17	00:31:11.48	00:47:15.93
7	K4	151	Milewska	Karina	K	Chrzanów	Parkrun Chrznow	00:16:06.75	00:32:43.26	00:48:43.28
8	K4	20	Grębska-Bodzęta	Agata	K	Trzebinia		00:16:28.08	00:33:45.63	00:50:23.11
9	K4	89	Matyasik	Aneta	K	Chrzanów		00:16:02.08	00:32:39.86	00:50:38.87
10	K4	70	Ewertowska	Halina	K	Chrzanów		00:17:52.81	00:36:11.84	00:54:31.62
11	K4	79	Kania	Aleksandra	K			00:19:24.42	00:39:38.80	01:02:05.42
12	K4	84	Kowal	Halina	K	Chrzanów		00:20:01.75	00:41:11.78	01:02:21.36

KATEGORIA WIEKOWA : K5 (32 items)

1	K5	132	Zakordoniec	Grażyna	K	Chrzanów		00:13:31.64	00:27:04.32	00:40:40.68
2	K5	28	GŁODEK	HENRYKA	K	Jaworzno		00:14:15.50	00:28:14.75	00:42:43.60
3	K5	127	Wieczorek	Zofia	K	Jaworzno		00:14:19.57	00:28:54.03	00:43:16.32
4	K5	12	Gomułczyńska	Maria	K	Jaworzno		00:14:50.25	00:30:46.99	00:47:15.84
5	K5	69	Dzon	Grażyna	K	Jaworzno		00:16:15.43	00:32:10.68	00:48:07.77
6	K5	63	Bywalec	Jadwiga	K	Jaworzno		00:16:15.08	00:32:10.37	00:48:07.85
7	K5	76	Janus	Halina	K	Jaworzno		00:16:53.25	00:32:45.76	00:48:09.13
8	K5	121	Trębecka	Barbara	K	Jaworzno		00:16:19.99	00:32:15.42	00:48:20.23
9	K5	73	Gradek	Krystyna	K	Chrzanów		00:15:53.43	00:32:04.55	00:49:00.69
10	K5	133	Zielonka	Małgorzata	K	Jaworzno		00:18:14.16	00:35:35.50	00:49:14.76
11	K5	49	Paraniak	Barbara	K	Jaworzno	Dobra Na Przód	00:16:25.40	00:33:05.87	00:50:29.99
12	K5	93	Miklas	Jadwiga	K	Chrzanów		00:17:53.05	00:34:36.02	00:51:09.18
13	K5	143	Kluzik	Stanisława	K	Chrzanów		00:16:52.13	00:34:18.79	00:51:24.09
14	K5	58	Bigaj	Małgorzata	K	Trzebinia		00:19:33.21	00:37:17.58	00:54:12.25
15	K5	125	Warmuż	Anna	K	Jaworzno		00:18:17.64	00:36:10.11	00:54:30.23
16	K5	112	Sment	Zofia	K	Jaworzno		00:18:17.59	00:36:11.97	00:54:31.35
17	K5	74	Jachimowska	Erwina	K			00:19:45.07	00:38:44.83	00:57:37.48

18	K5	109	Potoczek	Wanda	K	Chrzanów		00:18:31.73	00:38:50.08	00:58:32.53
19	K5	56	Bałc	Kornelia	K	Chrzanów		00:19:39.66	00:39:11.87	00:58:58.07
20	K5	45	Satława	Jadwiga	K	Chrzanów	-	00:19:51.34	00:39:32.92	00:59:02.79
21	K5	146	Rusek	Zofia	K	Chrzanów		00:21:03.54	00:41:18.67	01:01:03.05
22	K5	115	Kowal	Halina	K	Chrzanów		00:20:06.28	00:41:13.30	01:02:31.93
23	K5	148	Bałys	Barbara	K	Chrzanów		00:20:44.48	00:41:14.25	01:02:34.68
24	K5	68	Dudek	Jadwiga	K	Chrzanów		00:20:43.40	00:41:14.85	01:02:34.98
25	K5	142	Milner Brzuzka	Banuta	K	Chrzanów		00:20:41.72	00:41:14.59	01:02:35.83
26	K5	124	Warchoł	Jolanta	K	Chrzanów		00:20:47.53	00:41:34.48	01:02:36.87
27	K5	94	Mikołajewska	Maria	K	Chrzanów		00:20:51.86	00:41:33.77	01:02:37.12
28	K5	122	Gołębiowska	Stanisława	K	Chrzanów		00:20:53.25	00:41:18.57	01:02:39.21
29	K5	85	Kozub-Jentyś	Lucyna	K	Chrzanów		00:20:54.04	00:41:46.93	01:02:39.49
30	K5	87	Liszka	Urszula	K	Chrzanów		00:20:54.43	00:41:47.49	01:02:40.53
31	K5	129	Woźniak	Alicja	K	Chrzanów		00:20:50.49	00:41:45.99	01:02:43.35
32	K5	60	Borkowska	Irena	K	Chrzanów		00:20:39.70	00:41:45.47	01:02:44.48

KATEGORIA WIEKOWA : M1 (6 items)

1	M1	71	Gacek	Igor	M	Chrzanów		00:11:44.56	00:23:54.21	00:35:48.90
2	M1	4	Skawiński	Krzysztof	M	Trzebinia	Sierszanie	00:12:55.24	00:25:16.51	00:37:54.42
3	M1	97	Mroczek	Kamil	M	Płoki		00:13:46.99	00:26:54.34	00:39:52.24
4	M1	98	Mroczek	Karol	M	Płoki		00:13:42.68	00:27:28.98	00:41:55.68
5	M1	102	Nalepa	Marcel	M	Wrocław		00:14:42.21	00:28:42.52	00:42:08.59
6	M1	110	Przepióra	Maciej	M	Chrzanów		00:15:59.76	00:31:01.57	00:46:41.57

KATEGORIA WIEKOWA : M2 (1 item)

1	M2	48	Kurek	Krzysztof	M	Chrzanów		00:12:11.25	00:24:00.50	00:35:25.10
---	----	----	-------	-----------	---	----------	--	-------------	-------------	-------------

KATEGORIA WIEKOWA : M3 (11 items)

1	M3	16	Florek	Michał	M	Kraków	Wojsko Polskie	00:09:48.51	00:20:08.35	00:30:30.16
2	M3	50	Pilzak	Artur	M			00:10:03.55	00:20:24.62	00:31:03.89
3	M3	21	Sęk	Jarosław	M	Chrzanów		00:11:11.53	00:22:12.04	00:33:06.69
4	M3	2	Skawiński	Paweł	M	Trzebinia	Sierszanie	00:11:07.41	00:22:25.77	00:33:48.41
5	M3	14	Chwała	Mieczysław	M	Kwaczała		00:11:23.08	00:23:04.99	00:34:25.85

6	M3	10	Głowacz	Piotr	M	Chrzanow	Kxh	00:11:24.69	00:23:06.92	00:34:56.99
7	M3	141	Gawroński	Jakub	M	Chrzanów		00:13:32.92	00:26:32.58	00:39:05.75
8	M3	99	Mroczek	Marek	M	Płoki		00:13:46.44	00:27:28.40	00:41:59.20
9	M3	144	Klužik	Sławomir	M	Chrzanów		00:15:34.54	00:31:05.47	00:46:30.54
10	M3	137	Rydz	Piotr	M	Chrzanów		00:15:20.01	00:31:28.17	00:47:54.25
	M3	92	Matyniak	Jakub	M	Jaworzno		00:17:50.16	DNF	

KATEGORIA WIEKOWA : M4 (8 items)

1	M4	83	Kowal	Andrzej	M	Chrzanów		00:11:59.65	00:23:50.06	00:35:29.50
2	M4	88	Malczyk	Wiesław	M	Libiąż		00:12:15.53	00:24:06.11	00:35:56.57
3	M4	117	Swalek	Witold	M	Chrzanów		00:14:20.98	00:28:16.50	00:41:48.46
4	M4	104	Piętka	Bohdan	M	Trzebinia		00:13:49.50	00:28:21.38	00:43:20.90
5	M4	145	Bożęta	Krzysztof	M	Trzebinia		00:16:28.34	00:33:50.15	00:50:26.21
6	M4	80	Kania	Jacek	M			00:19:24.88	00:39:38.86	01:02:06.25
7	M4	91	Matyasik	Robert	M	Chrzanów		00:20:57.00	00:41:48.56	01:02:48.83
	M4	153	Więcek	Bagdan	M	Piła Kościelecka		00:13:11.99	00:20:25.52	DNS

KATEGORIA WIEKOWA : M5 (14 items)

1	M5	18	KOWALCZYK	Tadeusz	M	Kraków		00:10:57.28	00:22:03.15	00:33:05.45
2	M5	123	Walkowiak	Stanisław	M	Chrzanów		00:11:59.30	00:23:51.93	00:36:14.03
3	M5	107	Podgajny	Krzysztof	M	Chrzanów		00:12:57.89	00:25:04.79	00:37:17.04
4	M5	54	Cholewa	Zdzisław	M	Chrzanow	Parking Chrzanow	00:12:59.16	00:25:08.12	00:37:23.13
5	M5	9	Kozyra	Grzegorz	M	Chrzanów	Parkrun Chrzanów	00:12:46.05	00:25:09.90	00:37:44.01
6	M5	53	Słowik	Tadeusz	M	Chrzanów		00:12:39.39	00:25:51.20	00:39:22.35
7	M5	126	Wieczorek	Roman	M	Jaworzno		00:12:53.21	00:26:19.14	00:40:15.64
8	M5	57	Bejster	Lesław	M	Chrzanów		00:14:09.40	00:28:04.22	00:41:57.28
9	M5	77	Janus	Janusz	M	Jaworzno		00:16:52.94	00:32:45.20	00:48:09.69
10	M5	86	Lebuda	Ryszard	M	Jaworzno		00:17:09.91	00:32:44.94	00:48:10.17
11	M5	55	Arkit	Tadeusz	M	Chrzanów		00:17:53.55	00:34:36.27	00:51:08.79
12	M5	75	Jachimowski	Witold	M			00:19:45.90	00:38:45.23	00:57:38.01
13	M5	44	Satława	Tadeusz	M	Chrzanów	-	00:19:50.88	00:39:33.54	00:59:01.54
DSQ	M5	13	Gaudyn	ADAM	M	KWACZAŁA		00:09:56.73	00:20:40.78	00:31:46.10