

## NORDIC WALKING GDAŃSK

Miejsce: Gdańsk - 2015-03-14

Organizator: Miejski Ośrodek Sportu i Rekreacji

| Miejsce Open | Numer | Nazwisko        | Imię           | Płeć | Miejsce płeć M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość          | Klub                  | OSTRZEŻ ENIE | DYSTANS | Wynik   | km/h        | min/km         | Punkt 1 | Punkt 2 | Punkt 3 |
|--------------|-------|-----------------|----------------|------|--------------------|--------|---------------|--------------------|----------------------|-----------------------|--------------|---------|---------|-------------|----------------|---------|---------|---------|
| 1            | 502   | ANACZKOWSKI     | MIROSŁAW       | M    | 1                  | 1954   | M 60 i więcej |                    | SZTUM                |                       | TAK          | 12      | 1:22:06 | 8,77 [km/h] | 06:50 [min/km] | 0:20:16 | 0:41:07 | 1:01:44 |
| 2            | 570   | WOJNOWSKI       | MICHAŁ         | M    | 2                  | 1984   | M 16-39       |                    | GDAŃSK               |                       |              | 12      | 1:22:06 | 8,77 [km/h] | 06:50 [min/km] | 0:20:17 | 0:41:07 | 1:01:46 |
| 3            | 546   | ROGALSKI        | PIOTR          | M    | 3                  | 1972   | M 40-49       |                    | GDYNIA               | GDYNIA MOJE MIASTO    |              | 12      | 1:22:40 | 8,71 [km/h] | 06:53 [min/km] | 0:20:13 | 0:41:02 | 1:01:43 |
| 4            | 564   | WOROCH          | ROMAN          | M    | 4                  | 1958   | M 50-59       | 1                  | DOPIEWO              |                       | TAK          | 12      | 1:23:34 | 8,62 [km/h] | 06:58 [min/km] | 0:20:15 | 0:41:06 | 1:01:48 |
| 5            | 529   | ŁUKASZEWICZ     | ANDRZEJ        | M    | 5                  | 1970   | M 40-49       | 1                  | GDAŃSK               |                       | TAK          | 12      | 1:25:31 | 8,42 [km/h] | 07:08 [min/km] | 0:20:32 | 0:41:46 | 1:03:29 |
| 6            | 571   | WARUSZEWSKI     | KAROL          | M    | 6                  | 1976   | M 16-39       | 1                  | TCZEW                | BIEGAJĄCY TCZEW       |              | 12      | 1:26:39 | 8,31 [km/h] | 07:13 [min/km] | 0:21:43 | 0:43:26 | 1:05:01 |
| 7            | 573   | BOJANOWSKI      | JERZY          | M    | 7                  | 1988   | M 16-39       | 2                  | GDYNIA               | NACHODZIE.PL          |              | 12      | 1:28:25 | 8,14 [km/h] | 07:22 [min/km] | 0:21:10 | 0:43:08 | 1:05:01 |
| 8            | 504   | BAJER           | PIOTR          | M    | 8                  | 1961   | M 50-59       | 2                  | FROMBORK             |                       |              | 12      | 1:29:10 | 8,07 [km/h] | 07:26 [min/km] | 0:21:36 | 0:43:31 | 1:06:17 |
| 9            | 526   | LIPIŃSKI        | GENEK          | M    | 9                  | 1951   | M 60 i więcej | 1                  | GDYNIA               | KTR ARKA              |              | 12      | 1:29:38 | 8,03 [km/h] | 07:28 [min/km] | 0:21:35 | 0:43:31 | 1:06:15 |
| 10           | 550   | ROŻYK           | MAGDALENA      | K    | 1                  | 1975   | K 40-49       |                    | GDYNIA               | CHODZEKIJAMI.PL       |              | 12      | 1:30:04 | 7,99 [km/h] | 07:30 [min/km] | 0:21:48 | 0:44:12 | 1:07:24 |
| 11           | 525   | KULIG           | HENRYK         | M    | 10                 | 1952   | M 60 i więcej | 2                  | ELBLĄG               | ELBŁĄSKIE WŁÓCZY-KIJE |              | 12      | 1:30:18 | 7,97 [km/h] | 07:31 [min/km] | 0:21:39 | 0:43:39 |         |
| 12           | 516   | GRZEGORCZYK     | MARCIN JOACHIM | M    | 11                 | 1991   | M 16-39       | 3                  | WŁADYSŁAWOWO         | TRI SEA WŁADYSŁAWOWO  |              | 12      | 1:31:40 | 7,85 [km/h] | 07:38 [min/km] | 0:22:15 | 0:45:09 | 1:08:01 |
| 13           | 527   | LIPKO           | ADRIANNA       | K    | 2                  | 1988   | K 16-39       |                    | STARGARD SZCZECIŃSKI | STEP BY STEP 3MIASTO  |              | 12      | 1:32:23 | 7,79 [km/h] | 07:42 [min/km] | 0:22:20 | 0:45:28 | 1:08:52 |
| 14           | 538   | PARAFINIUK      | KRZYSZTOFA     | K    | 3                  | 1980   | K 16-39       |                    | SZTUM                |                       |              | 12      | 1:32:32 | 7,78 [km/h] | 07:43 [min/km] | 0:22:31 | 0:45:41 | 1:09:10 |
| 15           | 556   | SORN            | ŁUKASZ         | M    | 12                 | 1987   | M 16-39       | 4                  | GDYNIA               | CHODZEKIJAMI.PL       |              | 12      | 1:33:10 | 7,73 [km/h] | 07:46 [min/km] | 0:23:17 | 0:46:09 | 1:09:39 |
| 16           | 567   | ZAWISZA         | DARIUSZ        | M    | 13                 | 1971   | M 40-49       | 2                  | GDAŃSK               | BCT TEAM              |              | 12      | 1:33:41 | 7,69 [km/h] | 07:48 [min/km] | 0:22:35 | 0:45:55 | 1:09:55 |
| 17           | 510   | CZEKAJLO        | FRANCISZEK     | M    | 14                 | 1951   | M 60 i więcej | 3                  | DREZDENKO            | TAEM MEPROZET         |              | 12      | 1:34:00 | 7,66 [km/h] | 07:50 [min/km] | 0:22:39 | 0:46:04 | 1:09:54 |
| 18           | 557   | SZCZODROWSKI    | KRZYSZTOF      | M    | 15                 | 1963   | M 50-59       | 3                  | GDAŃSK               |                       |              | 12      | 1:34:39 | 7,61 [km/h] | 07:53 [min/km] | 0:22:35 | 0:46:02 | 1:09:56 |
| 19           | 521   | KOLENIEWICZ     | DARIUSZ        | M    | 16                 | 1960   | M 50-59       | 4                  | ELBLĄG               | ELBŁĄSKIE WŁÓCZY-KIJE |              | 12      | 1:35:27 | 7,54 [km/h] | 07:57 [min/km] | 0:22:37 | 0:45:57 | 1:10:01 |
| 20           | 539   | PATOŁA          | WIESŁAW        | M    | 17                 | 1963   | M 50-59       | 5                  | GDYNIA               |                       |              | 12      | 1:36:14 | 7,48 [km/h] | 08:01 [min/km] | 0:23:02 | 0:47:07 | 1:11:38 |
| 21           | 517   | HIMMEL          | MIROSŁAW       | M    | 18                 | 1954   | M 60 i więcej | 4                  | GDYNIA               |                       | TAK          | 12      | 1:36:17 | 7,48 [km/h] | 08:01 [min/km] | 0:23:04 | 0:46:48 | 1:11:36 |
| 22           | 565   | WYWIGACZ        | PRZEMYSŁAW     | M    | 19                 | 1987   | M 16-39       | 5                  | MRAĞOWO              |                       | TAK          | 12      | 1:37:00 | 7,42 [km/h] | 08:05 [min/km] | 0:23:18 | 0:46:56 | 1:12:20 |
| 23           | 512   | FOLWARSKI       | ANDRZEJ        | M    | 20                 | 1959   | M 50-59       | 6                  | GDAŃSK               |                       |              | 12      | 1:37:18 | 7,40 [km/h] | 08:07 [min/km] | 0:23:49 | 0:48:39 | 1:13:05 |
| 24           | 542   | POTRYKUS        | MAŁGORZATA     | K    | 4                  | 1962   | K 50-59       | 1                  | 81-571 GDYNIA        |                       |              | 12      | 1:37:50 | 7,36 [km/h] | 08:09 [min/km] | 0:23:36 | 0:47:49 | 1:12:38 |
| 25           | 572   | KIJANKA         | DARIUSZ        | M    | 21                 | 1963   | M 50-59       | 7                  | SOPOT                |                       | TAK          | 12      | 1:38:06 | 7,34 [km/h] | 08:11 [min/km] | 0:24:27 | 0:48:43 | 1:13:06 |
| 26           | 519   | JASIŃSKI        | MARIAN         | M    | 22                 | 1947   | M 60 i więcej | 5                  | ELBLĄG               | ELBŁĄSKIE WŁÓCZY-KIJE |              | 12      | 1:38:26 | 7,31 [km/h] | 08:12 [min/km] | 0:24:07 | 0:48:31 | 1:13:32 |
| 27           | 545   | PYZIK-KAPSEWICZ | ANGELIKA       | K    | 5                  | 1987   | K 16-39       | 1                  | SZTUM                | LKS ZANTYR SZTUM      |              | 12      | 1:38:41 | 7,30 [km/h] | 08:13 [min/km] | 0:24:59 | 0:50:14 | 1:14:33 |
| 28           | 543   | PRASEK          | LUCYNA         | K    | 6                  | 1956   | K 50-59       | 2                  | GDYNIA               |                       |              | 12      | 1:39:17 | 7,25 [km/h] | 08:16 [min/km] | 0:23:54 | 0:48:53 | 1:14:06 |
| 29           | 569   | CZAJKA          | URSZULA        | K    | 7                  | 1954   | K 60 i więcej | 1                  | RUMIA                |                       |              | 12      | 1:39:19 | 7,25 [km/h] | 08:17 [min/km] | 0:24:11 | 0:48:46 | 1:14:06 |
| 30           | 576   | PATOLETA        | GRZEGORZ       | M    | 23                 | 1975   | M 40-49       | 3                  | GDAŃSK               |                       |              | 12      | 1:40:05 | 7,19 [km/h] | 08:20 [min/km] | 0:24:13 | 0:49:23 | 1:15:03 |
| 31           | 575   | PATOLETA        | EWELINA        | K    | 8                  | 1981   | K 16-39       | 2                  | GDAŃSK               | FUNDACJA MY TO MAMY   |              | 12      | 1:40:47 | 7,14 [km/h] | 08:24 [min/km] | 0:24:30 | 0:49:55 | 1:15:28 |
| 32           | 547   | ROMANOWSKA      | BEATA          | K    | 9                  | 1964   | K 50-59       | 3                  | GDYNIA               |                       |              | 12      | 1:41:06 | 7,12 [km/h] | 08:26 [min/km] | 0:24:17 | 0:49:24 | 1:15:01 |
| 33           | 541   | PAWŁOWSKA       | JOLANTA        | K    | 10                 | 1974   | K 40-49       | 1                  | DREWNICA             |                       |              | 12      | 1:42:26 | 7,03 [km/h] | 08:32 [min/km] | 0:25:21 | 0:50:47 | 1:16:36 |
| 34           | 555   | SKOWROŃSKI      | PIOTR          | M    | 24                 | 1951   | M 60 i więcej | 6                  | GDAŃSK               | GDAŃSKI KLUB MORSÓW   |              | 12      | 1:42:51 | 7,00 [km/h] | 08:34 [min/km] | 0:24:43 | 0:50:16 |         |
| 35           | 566   | ZARZYCKA        | KAROLINA       | K    | 11                 | 1983   | K 16-39       | 3                  | JANTAR               | MEDYK JANTAR          |              | 12      | 1:42:51 | 7,00 [km/h] | 08:34 [min/km] | 0:25:23 | 0:50:50 | 1:16:41 |
| 36           | 501   | ALEKSANDROWICZ  | DANUTA         | K    | 12                 | 1951   | K 60 i więcej | 2                  | SOPOT                | BODY IN MOTION        |              | 12      | 1:43:28 | 6,96 [km/h] | 08:37 [min/km] | 0:24:01 | 0:49:41 | 1:16:15 |
| 37           | 579   | ROMANOWSKI      | SŁAWOMIR       | M    | 25                 | 1960   | M 50-59       | 8                  | GDYNIA               |                       |              | 12      | 1:43:32 | 6,95 [km/h] | 08:38 [min/km] | 0:25:56 | 0:51:31 | 1:17:42 |

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|--------------|-------|----------------|-------------|------|--------------------|--------|---------------|--------------------|---------------|-------------------------|--------------|---------|---------|-------------|----------------|---------|---------|---------|
| 38           | 534   | NAMSOŁEK       | FELIKS      | M    | 26                 | 1941   | M 60 i więcej | 7                  | GDYNIA        |                         |              | 12      | 1:43:59 | 6,92 [km/h] | 08:40 [min/km] | 0:24:45 | 0:50:14 | 1:16:30 |
| 39           | 511   | FESZLER        | ADAM        | M    | 27                 | 1972   | M 40-49       | 4                  | GDYNIA        | UNITED MAWAHA TEAM      |              | 12      | 1:45:06 | 6,85 [km/h] | 08:45 [min/km] | 0:26:40 | 0:52:58 | 1:18:41 |
| 40           | 583   | WALEŃSKI       | DARIUSZ     | M    | 28                 | 1984   | M 16-39       | 6                  | GDAŃSK        |                         |              | 12      | 1:45:50 | 6,80 [km/h] | 08:49 [min/km] | 0:26:20 | 0:53:02 | 1:19:57 |
| 41           | 528   | ŁUCZKIEWICZ    | WŁODZIMIERZ | M    | 29                 | 1945   | M 60 i więcej | 8                  | GDAŃSK        |                         |              | 12      | 1:46:10 | 6,78 [km/h] | 08:51 [min/km] | 0:25:35 | 0:52:18 | 1:18:53 |
| 42           | 513   | GLUSZEK        | KRZYSZTOF   | M    | 30                 | 1961   | M 50-59       | 9                  | GDAŃSK        | SPORT EVO               |              | 12      | 1:46:55 | 6,73 [km/h] | 08:55 [min/km] | 0:25:06 | 0:51:07 |         |
| 43           | 568   | ŻÓLTEK         | KAROLINA    | K    | 13                 | 1991   | K 16-39       | 4                  | GDAŃSK        |                         |              | 12      | 1:47:16 | 6,71 [km/h] | 08:56 [min/km] | 0:25:41 | 0:51:39 | 1:19:30 |
| 44           | 549   | ROZMUS         | JOLANTA     | K    | 14                 | 1953   | K 60 i więcej | 3                  | 81-571 GDYNIA |                         |              | 12      | 1:47:30 | 6,70 [km/h] | 08:58 [min/km] | 0:27:11 | 0:53:57 | 1:20:59 |
| 45           | 574   | SITKOWSKI      | BOGUMIŁ     | M    | 31                 | 1938   | M 60 i więcej | 9                  | GDAŃSK        |                         |              | 12      | 1:47:37 | 6,69 [km/h] | 08:58 [min/km] | 0:25:36 | 0:51:40 | 1:19:00 |
| 46           | 563   | WOJCIECHOWSKI  | PIOTR       | M    | 32                 | 1987   | M 16-39       | 7                  | GDAŃSK        |                         |              | 12      | 1:48:20 | 6,65 [km/h] | 09:02 [min/km] | 0:31:16 | 1:01:55 | 1:48:18 |
| 47           | 578   | KIERSNOWSKI    | HENRYK      | M    | 33                 | 1945   | M 60 i więcej | 10                 | GDAŃSK        | DZIADKOWY KLUB SPORTOWY |              | 12      | 1:48:23 | 6,64 [km/h] | 09:02 [min/km] | 0:25:21 | 0:51:48 | 1:19:30 |
| 48           | 522   | KONKEL         | ANETA       | K    | 15                 | 1971   | K 40-49       | 2                  | GDAŃSK        | RUNNING DOGS TEAM       |              | 12      | 1:48:23 | 6,64 [km/h] | 09:02 [min/km] | 0:26:35 | 0:53:55 | 1:21:32 |
| 49           | 523   | KOZIAN         | WOJCIECH    | M    | 34                 | 1971   | M 40-49       | 5                  | GDAŃSK        |                         |              | 12      | 1:49:19 | 6,59 [km/h] | 09:07 [min/km] | 0:26:15 | 0:53:07 | 1:21:06 |
| 50           | 559   | TRUCHAN-BAJER  | BOŻENA      | K    | 16                 | 1958   | K 50-59       | 4                  | FROMBORK      |                         |              | 12      | 1:49:55 | 6,55 [km/h] | 09:10 [min/km] | 0:25:08 | 0:52:00 | 1:20:56 |
| 51           | 558   | TRACEWICZ      | JOLANTA     | K    | 17                 | 1974   | K 40-49       | 3                  | KOLBUDY       |                         |              | 12      | 1:51:02 | 6,48 [km/h] | 09:15 [min/km] | 0:27:35 | 0:55:31 | 1:23:08 |
| 52           | 548   | ROSANOWSKA     | TERESA      | K    | 18                 | 1963   | K 50-59       | 5                  | KOLBUDY       |                         |              | 12      | 1:51:03 | 6,48 [km/h] | 09:15 [min/km] | 0:27:36 | 0:55:33 | 1:23:10 |
| 53           | 582   | WALEŃSKA       | MARIA       | K    | 19                 | 1984   | K 16-39       | 5                  | GDAŃSK        |                         |              | 12      | 1:53:11 | 6,36 [km/h] | 09:26 [min/km] | 0:28:22 | 0:56:21 | 1:24:38 |
| 54           | 560   | WIERESZKO-CZYŻ | REGINA      | K    | 20                 | 1958   | K 50-59       | 6                  | DOBRE MIASTO  |                         |              | 12      | 1:55:17 | 6,25 [km/h] | 09:36 [min/km] | 0:26:42 | 0:55:12 | 1:25:36 |
| 55           | 554   | SKOWROŃSKA     | GRAŻYNA     | K    | 21                 | 1955   | K 60 i więcej | 4                  | GDAŃSK        | GDAŃSKI KLUB MORSÓW     |              | 12      | 1:55:55 | 6,21 [km/h] | 09:40 [min/km] | 0:28:49 | 0:57:36 | 1:26:42 |
| 56           | 530   | MARZAK         | ANNA        | K    | 22                 | 1971   | K 40-49       | 4                  | GDAŃSK        | GOLDENGYM               |              | 12      | 1:57:21 | 6,14 [km/h] | 09:47 [min/km] | 0:29:35 | 0:58:17 | 1:27:46 |
| 57           | 533   | MUSZYŃSKA      | ANNA MARIA  | K    | 23                 | 1985   | K 16-39       | 6                  | GDAŃSK        | UG                      |              | 12      | 2:03:42 | 5,82 [km/h] | 10:18 [min/km] | 0:29:02 | 0:59:05 | 1:31:07 |
| 58           | 577   | WENTA          | MARIA       | K    | 24                 | 1956   | K 50-59       | 7                  | GDAŃSK        |                         | TAK          | 12      | 2:04:58 | 5,76 [km/h] | 10:25 [min/km] | 0:29:05 | 1:00:12 | 1:32:11 |