



Niepowtarzalny Bieg - bieg charytatywny

Ustroń - Nierodzim, 2025-09-28 - Wyniki

Organizator - Towarzystwo Opieki nad Niepełnosprawnymi w Ustroniu

Poz.	Trasa	Kat./Poz.	[Nr]Nazwisko, imię	Klub	Czas	Tempo
1	Bieg 5 km	M/1	[108] SZAFRANEK, Paweł	BIEGIEM PRZEZ CHYBIE	0:17:11.87	03:26min/km
2	Bieg 5 km	M/2	[88] KUPRYCIUK, Michał		0:17:43.33	03:32min/km
3	Bieg 5 km	M/3	[85] KORZONEK, Arkadiusz		0:17:49.64	03:33min/km
4	Bieg 5 km	M/4	[77] JUROSZEK, Marcin		0:18:14.79	03:38min/km
5	Bieg 5 km	M/5	[306] ZĄBER, Łukasz		0:18:23.18	03:40min/km
6	Bieg 5 km	M/6	[63] CZARNECKI, Konrad		0:18:25.13	03:41min/km
7	Bieg 5 km	M/7	[91] MAZGAJ, Dawid	STRUMET	0:18:28.52	03:41min/km
8	Bieg 5 km	M/8	[83] KLUZ, Szymon		0:18:29.30	03:41min/km
9	Bieg 5 km	M/9	[117] WAŁASKI, Dawid	MATNER RUNNING TEAM	0:18:53.77	03:46min/km
10	Bieg 5 km	K/1	[341] SIKORA, Joanna		0:19:09.77	03:49min/km
11	Bieg 5 km	M/10	[99] PIECH, Adam		0:19:18.61	03:51min/km
12	Bieg 5 km	M/11	[70] GOGÓŁKA, Szymon		0:19:19.91	03:51min/km
13	Bieg 5 km	M/12	[86] KRAJEWSKI, Leszek	TEAM TOMKA	0:19:33.43	03:54min/km
14	Bieg 5 km	M/13	[105] SKIBA, Rafał		0:19:36.32	03:55min/km
15	Bieg 5 km	M/14	[96] OGIERMAN, Grzegorz		0:19:50.16	03:58min/km
16	Bieg 5 km	M/15	[60] BIAŁOŻYT, Dawid	MKS-DZIĘGIELÓW \"CENTRUM\"	0:20:02.78	04:00min/km
17	Bieg 5 km	M/16	[309] SIKORA, Łukasz		0:20:10.59	04:02min/km
18	Bieg 5 km	M/17	[282] MIECH, Szymon	HUSARIA RACE TEAM	0:20:19.72	04:03min/km
19	Bieg 5 km	M/18	[337] GÓRNY, Mirosław		0:20:43.02	04:08min/km
20	Bieg 5 km	K/2	[24] KORZONEK, Natalia	REKLAMA KORZON	0:20:47.46	04:09min/km
21	Bieg 5 km	M/19	[345] BIEDRAWA, Krzysztof		0:20:50.48	04:10min/km
22	Bieg 5 km	M/20	[79] KANIA, Krzysztof		0:20:51.54	04:10min/km
23	Bieg 5 km	K/3	[29] MACURA, Agnieszka		0:20:58.08	04:11min/km
24	Bieg 5 km	M/21	[62] CHMIEL, Kamil	DZIKIDZIK ORŁOWA TEAM	0:21:28.76	04:17min/km
25	Bieg 5 km	M/22	[109] SZCZĘSNY, Bartłomiej		0:21:29.64	04:17min/km
26	Bieg 5 km	M/23	[303] TOMOSZ, Radomir		0:21:38.42	04:19min/km
27	Bieg 5 km	M/24	[69] GLOS, Mariusz		0:21:40.03	04:20min/km

28	Bieg 5 km	M/25	[64] CZARNECKI, Krzysztof		0:21:40.04	04:20min/km
29	Bieg 5 km	K/4	[30] MARGLEWSKA, Sabina	MORSY WŁÓCZYKIJE HERMANICE	0:21:50.81	04:22min/km
30	Bieg 5 km	M/26	[302] SNIECHOWSKI, Piotr		0:21:56.21	04:23min/km
31	Bieg 5 km	M/27	[97] MULAWKA, Jakub		0:21:58.74	04:23min/km
32	Bieg 5 km	K/5	[338] NAWRAT, Beata		0:21:59.28	04:23min/km
33	Bieg 5 km	M/28	[120] ZAGÓRNY, Marek		0:22:00.39	04:24min/km
34	Bieg 5 km	M/29	[342] SIKORA, Piotr		0:22:02.47	04:24min/km
35	Bieg 5 km	M/30	[159] WOJNAR, Mateusz		0:22:03.62	04:24min/km
36	Bieg 5 km	M/31	[347] IHAS, Grzegorz		0:22:15.49	04:27min/km
37	Bieg 5 km	M/32	[61] BRYTAN, Kamil		0:22:15.76	04:27min/km
38	Bieg 5 km	M/33	[107] STEKLA, Maksymilian		0:22:18.40	04:27min/km
39	Przejazd wózkami inwalidzkimi 5 km	M/1	[278] STAWIARSKI, Szymon		0:22:22.08	04:28min/km
40	Bieg 5 km	K/6	[55] WISEŁKA, Anna		0:22:29.72	04:29min/km
41	Bieg 5 km	M/34	[346] SZOŁDRA, Adrian		0:22:32.93	04:30min/km
42	Bieg 5 km	K/7	[279] TOMICA, Agata	NIEZRZESZONA	0:22:33.93	04:30min/km
43	Bieg 5 km	K/8	[36] PIEKUNKO, Anna		0:22:35.00	04:31min/km
44	Bieg 5 km	M/35	[72] GÓRNIAK, Kamil		0:22:39.72	04:31min/km
45	Bieg 5 km	M/36	[95] MIKLAR, Rafał		0:22:40.45	04:32min/km
46	Bieg 5 km	M/37	[110] SZCZYRBA, Patryk		0:22:41.12	04:32min/km
47	Bieg 5 km	M/38	[155] HERCZYK, Jacek		0:22:41.18	04:32min/km
48	Bieg 5 km	K/9	[21] KLIMEK, Aleksandra	TOMICA COACHING	0:22:41.88	04:32min/km
49	Bieg 5 km	M/39	[119] WITECKI, Rafał		0:22:46.27	04:33min/km
50	Bieg 5 km	K/10	[48] SZCZĘSNA, Justyna		0:22:54.10	04:34min/km
51	Bieg 5 km	M/40	[118] WIŚNIEWSKI, Marek	CIĄGLE W RUCHU	0:22:57.49	04:35min/km
52	Bieg 5 km	M/41	[121] ŻUR, Stanisław	STRUMET	0:22:59.26	04:35min/km
53	Bieg 5 km	K/11	[44] SETNICKA, Katarzyna		0:23:07.20	04:37min/km
54	Bieg 5 km	K/12	[2] BRZUSKA, Adrianna		0:23:08.44	04:37min/km
55	Bieg 5 km	M/42	[111] ŚLIWKA, Mieczysław		0:23:16.62	04:39min/km
56	Bieg 5 km	K/13	[53] WANTULOK, Natalia		0:23:17.56	04:39min/km

57	Przejazd wózkami inwalidzkimi 5 km	K/1	[275] FRĄCKOWIAK, Ewa		0:23:21.36	04:40min/km
58	Bieg 5 km	M/43	[115] TWARDZIK, Pascal	31 DNI NA	0:23:22.33	04:40min/km
59	Bieg 5 km	M/44	[116] TWARDZIK, Wojciech	31 DNI NA	0:23:22.72	04:40min/km
60	Bieg 5 km	M/45	[156] RASZKA, Janusz		0:23:29.03	04:41min/km
61	Bieg 5 km	M/46	[336] KLIMOWSKI, Daniel		0:23:40.31	04:44min/km
62	Bieg 5 km	M/47	[104] SIEWKO, Piotr	STRUMET	0:23:41.83	04:44min/km
63	Bieg 5 km	M/48	[113] TOCHOWICZ, Bartosz		0:23:47.28	04:45min/km
64	Bieg 5 km	M/49	[87] KUCZERA, Daniel		0:23:48.14	04:45min/km
65	Bieg 5 km	M/50	[112] ŚLIWKA, Piotr		0:23:53.42	04:46min/km
66	Bieg 5 km	M/51	[348] GASZCZYK, Maciej		0:23:57.97	04:47min/km
67	Bieg 5 km	K/14	[169] ŻWAK, Emilia		0:24:02.76	04:48min/km
68	Bieg 5 km	M/52	[350] SKOWRON, Rafał		0:24:05.17	04:49min/km
69	Bieg 5 km	M/53	[75] JANCZYK, Grzegorz		0:24:13.21	04:50min/km
70	Bieg 5 km	M/54	[327] SIEKIERKA, Rafał		0:24:22.71	04:52min/km
71	Bieg 5 km	K/15	[11] GLOS, Magdalena		0:24:23.01	04:52min/km
72	Bieg 5 km	M/55	[58] HERZYK, Arkadiusz	STRUMET	0:24:28.42	04:53min/km
73	Bieg 5 km	K/16	[54] WENGLORZ, Karolina		0:24:40.00	04:56min/km
74	Bieg 5 km	M/56	[114] TOMECKI, Krzysztof		0:24:47.77	04:57min/km
75	Bieg 5 km	K/17	[22] KLUZ, Anna		0:24:47.82	04:57min/km
76	Bieg 5 km	M/57	[93] MULAWKA, Filip		0:24:48.87	04:57min/km
77	Bieg 5 km	K/18	[33] NOWICKA, Aneta		0:24:50.19	04:58min/km
78	Bieg 5 km	K/19	[6] DYBCZYŃSKA, Dorota		0:24:51.28	04:58min/km
79	Bieg 5 km	M/58	[65] ĆWIKŁA, Zbigniew		0:24:51.95	04:58min/km
80	Bieg 5 km	K/20	[9] GABRYŚ, Katarzyna		0:24:54.81	04:58min/km
81	Bieg 5 km	K/21	[14] HOLEKSA, Angelika	REKLAMA KORZON	0:24:55.37	04:59min/km
82	Bieg 5 km	K/22	[4] CIEŚLAR, Barbara	SKOCZÓW BIEGA	0:25:06.81	05:01min/km
83	Bieg 5 km	M/59	[321] KUSY, Rafał	PBRUN	0:25:09.66	05:01min/km
84	Bieg 5 km	M/60	[328] SCHAB, Pawel	OLZA CIESZYN	0:25:19.17	05:03min/km
85	Bieg 5 km	M/61	[316] KORZEŃ, Tomasz		0:25:20.02	05:04min/km
86	Bieg 5 km	M/62	[218] TOMICZEK, Barbara		0:25:22.45	05:04min/km

87	Bieg 5 km	M/63	[80] KARASIEWICZ, Krzysztof		0:25:30.56	05:06min/km
88	Bieg 5 km	K/23	[17] KANIA, Katarzyna		0:25:32.78	05:06min/km
89	Bieg 5 km	K/24	[25] KRZAK, Natalia		0:25:38.50	05:07min/km
90	Bieg 5 km	K/25	[324] ŁUKOSZ, Agnieszka	NIEZRZESZONA	0:25:43.91	05:08min/km
91	Bieg 5 km	K/26	[301] HOJOŁ, Marcelina		0:26:10.18	05:14min/km
92	Bieg 5 km	M/64	[73] HELLER, Ireneusz		0:26:12.00	05:14min/km
93	Bieg 5 km	M/65	[89] KURAN, Krzysztof		0:26:15.52	05:15min/km
94	Bieg 5 km	K/27	[3] BRZUSKA, Katarzyna		0:26:21.69	05:16min/km
95	Bieg 5 km	K/28	[49] SZCZUDŁO, Beata		0:26:23.74	05:16min/km
96	Bieg 5 km	M/66	[90] LESNIK, Iwo		0:26:41.49	05:20min/km
97	Bieg 5 km	M/67	[280] HEINRICH, Mateusz	JUVO	0:26:46.43	05:21min/km
98	Bieg 5 km	K/29	[8] FRĄCKOWIAK, Edyta		0:26:46.95	05:21min/km
99	Bieg 5 km	M/68	[281] MATLOCH, Marcel		0:26:48.94	05:21min/km
100	Bieg 5 km	K/30	[16] JUREWICZ, Julia		0:26:54.89	05:22min/km
101	Bieg 5 km	K/31	[354] SZKLORZ, Paulina		0:26:58.82	05:23min/km
102	Bieg 5 km	K/32	[343] SIKORA, Sylwia		0:27:06.13	05:25min/km
103	Bieg 5 km	K/33	[50] TOMECKA, Ewa	FIZJOTEAM SFPS	0:27:10.04	05:26min/km
104	Bieg 5 km	K/34	[325] KĘPIŃSKA, Marta		0:27:11.33	05:26min/km
105	Bieg 5 km	K/35	[47] SZADKOWSKA, Magda		0:27:21.80	05:28min/km
106	Bieg 5 km	K/36	[43] SERAFIN, Agnieszka		0:27:28.23	05:29min/km
107	Bieg 5 km	M/69	[274] CHWASTEK, Paweł		0:27:33.62	05:30min/km
108	Bieg 5 km	K/37	[355] BUSSLER, Zuzanna		0:27:33.77	05:30min/km
109	Bieg 5 km	M/70	[103] ROCHNA, Andrzej		0:27:37.22	05:31min/km
110	Bieg 5 km	M/71	[76] JASIŃSKI, Janusz		0:27:42.05	05:32min/km
111	Bieg 5 km	M/72	[312] PUKACZ, Piotr		0:27:47.35	05:33min/km
112	Bieg 5 km	K/38	[304] SKIBIAK, Izabella		0:27:57.77	05:35min/km
113	Bieg 5 km	M/73	[66] FRĄCKOWIAK, Bartosz		0:28:03.72	05:36min/km
114	Bieg 5 km	K/39	[314] ŚLUCZKA, Kinga		0:28:04.48	05:36min/km
115	Bieg 5 km	M/74	[320] ŚLIWKA, Piotr		0:28:07.33	05:37min/km
116	Bieg 5 km	M/75	[81] KASPEROWICZ, Tomasz		0:28:14.64	05:38min/km
117	Bieg 5 km	M/76	[67] GAŚSIOROWSKI, Jan		0:28:17.83	05:39min/km
118	Bieg 5 km	K/40	[5] CZUDEK, Aleksandra		0:28:19.21	05:39min/km

119	Bieg 5 km	K/41	[307]	PASTERNA, Agata		0:28:20.60	05:40min/km
120	Bieg 5 km	M/77	[330]	JAWORSKI, Franciszek		0:28:26.07	05:41min/km
121	Bieg 5 km	K/42	[329]	JAWORSKA, Monika		0:28:26.70	05:41min/km
122	Bieg 5 km	K/43	[45]	SKIBA, Ewelina		0:28:28.95	05:41min/km
123	Bieg 5 km	K/44	[12]	GÓRNIAK, Patrycja		0:28:29.08	05:41min/km
124	Bieg 5 km	K/45	[1]	DONOCIK, Bogusława	ZMARZŁY JEJ UDA BO BIEGAŁA W MROZIE	0:28:30.04	05:42min/km
125	Bieg 5 km	K/46	[7]	DZIENDZIEL, Bernadeta	DIEHL TEAM	0:28:31.58	05:42min/km
126	Bieg 5 km	K/47	[56]	ZAORSKA-GAŃCZARCZYK, Mirosława		0:28:33.98	05:42min/km
127	Bieg 5 km	K/48	[35]	PAWLUS-TOMASZEK, Jolanta		0:28:35.84	05:43min/km
128	Bieg 5 km	M/78	[68]	GIECEK, Marcin	DIEHL TEAM	0:28:39.38	05:43min/km
129	Bieg 5 km	M/79	[100]	PILCH, Michal		0:28:43.67	05:44min/km
130	Bieg 5 km	K/49	[37]	PILCH, Paulina		0:28:44.88	05:44min/km
131	Bieg 5 km	K/50	[28]	LEBIODA, Krystyna	ZABIEGANE	0:28:48.16	05:45min/km
132	Przejazd wózkami inwalidzkimi 5 km	M/2	[276]	GRUSZKA, Marek		0:28:49.39	05:45min/km
133	Bieg 5 km	K/51	[10]	GAWRON, Anita		0:29:05.29	05:49min/km
134	Bieg 5 km	M/80	[59]	BASZCZYŃSKI, Sebastian		0:29:08.20	05:49min/km
135	Bieg 5 km	M/81	[101]	PŁASZCZYK, Grzegorz		0:29:15.64	05:51min/km
136	Bieg 5 km	K/52	[39]	PODBIOŁ, Julia	STAJNIA SPEŁNIONE MARZENIE	0:29:36.94	05:55min/km
137	Bieg 5 km	M/82	[74]	JEDZOK, Jerzy		0:29:42.25	05:56min/km
138	Bieg 5 km	M/83	[78]	KALETA, Przemysław		0:29:42.35	05:56min/km
139	Bieg 5 km	M/84	[283]	MURACH, Wojtek		0:29:46.54	05:57min/km
140	Bieg 5 km	K/53	[19]	KĘDZIERSKA, Biana		0:29:51.93	05:58min/km
141	Przejazd wózkami inwalidzkimi 5 km	K/2	[272]	MIESZEK, Nikoleta		0:29:53.38	05:58min/km
142	Bieg 5 km	M/85	[339]	KĘDZIERSKI, Tadeusz		0:29:56.39	05:59min/km
143	Przejazd wózkami	M/3	[40]	WITOSZEK, Antoni		0:30:00.08	06:00min/km

	inwalidzkimi 5 km				
144	Bieg 5 km	M/86	[305] RYBICKI, Adam		0:30:01.83 06:00min/km
145	Bieg 5 km	M/87	[310] KŁAPSIAK, Adam		0:30:02.79 06:00min/km
146	Bieg 5 km	M/88	[106] STAROŃ, Michał	STRUMET	0:30:06.34 06:01min/km
147	Bieg 5 km	M/89	[315] ŚLUCZKA, Adam	NIEZRZESZONY	0:30:08.29 06:01min/km
148	Bieg 5 km	K/54	[319] LABER, Aleksandra		0:30:10.21 06:02min/km
149	Bieg 5 km	K/55	[317] KIECOŃ, Zofia		0:30:11.02 06:02min/km
150	Bieg 5 km	M/90	[82] KIECOŃ, Michał		0:30:11.52 06:02min/km
151	Bieg 5 km	M/91	[318] BAŁ, Michał	CZARNECKI RUN TEAM	0:30:12.90 06:02min/km
152	Bieg 5 km	K/56	[27] KUSTWAN-PIETRASZEK, Barbara		0:30:21.50 06:04min/km
153	Bieg 5 km	K/57	[20] KĘDZIERSKA, Gabriela		0:30:22.35 06:04min/km
154	Bieg 5 km	K/58	[349] KOŁEK, Aneta		0:30:46.91 06:09min/km
155	Bieg 5 km	K/59	[13] HERCZYK, Wiktoria		0:30:59.97 06:12min/km
156	Bieg 5 km	K/60	[51] TOMICZEK, Olga		0:31:00.51 06:12min/km
157	Bieg 5 km	K/61	[31] MATUSZEK- SZAFRANEK, Magdalena		0:31:01.16 06:12min/km
158	Bieg 5 km	K/62	[46] SWACZYNA, Michalina	TEAM MCDONALD'S	0:31:30.23 06:18min/km
159	Bieg 5 km	K/63	[32] MAZUR, Daria		0:33:18.14 06:39min/km
160	Bieg 5 km	K/64	[52] TUCKA, Paulina	STAJNIA SPEŁNIONE MARZENIE	0:33:39.49 06:43min/km
161	Przejazd wózkami inwalidzkimi 5 km	K/3	[326] PAWLICZEK, Melania		0:33:44.17 06:44min/km
162	Bieg 5 km	M/92	[84] PILCH, Roman		0:33:58.46 06:47min/km
163	Nordic Walking 5 km	M/1	[270] ZIELIŃSKI, Szczepan	WKB MARATOŃCZYK WŁOCŁAWEK	0:34:12.40 06:50min/km
164	Nordic Walking 5 km	M/2	[244] DĘDYS, Eugeniusz	NIEZRZESZONY	0:34:13.95 06:50min/km
165	Nordic Walking 5 km	K/1	[176] NIEDERLIŃSKA, Gabriela		0:34:25.76 06:53min/km
166	Bieg 5 km	K/65	[144] LEWICKA, Magdalena		0:34:36.25 06:55min/km
167	Bieg 5 km	K/66	[26] KUCZERA, Barbara		0:34:59.03 06:59min/km
168	Bieg 5 km	K/67	[42] ROCHNA, Angelika		0:35:11.67 07:02min/km

169	Bieg 5 km	M/93	[94] MIKLAR, Jakub		0:35:14.01	07:02min/km
170	Bieg 5 km	K/68	[352] PAWLICZEK, Milena		0:35:16.24	07:03min/km
171	Bieg 5 km	M/94	[71] GOJOWY, Michał		0:35:20.16	07:04min/km
172	Nordic Walking 5 km	K/2	[232] WOLNY, Ania	KAJ MY SOM?	0:35:28.48	07:05min/km
173	Nordic Walking 5 km	K/3	[148] JANICZEK, Katarzyna		0:35:33.01	07:06min/km
174	Bieg 5 km	K/69	[34] PAPAJ, Arleta		0:35:42.83	07:08min/km
175	Bieg 5 km	K/70	[332] PISAREK, Danuta	STAJNIA SPEŁNIONE MARZENIE	0:35:50.30	07:10min/km
176	Bieg 5 km	M/95	[154] MAZUR, Łukasz		0:36:40.49	07:20min/km
177	Bieg 5 km	K/71	[138] BALCAR-MAZUR, Kinga		0:36:40.86	07:20min/km
178	Nordic Walking 5 km	M/3	[249] MARCINIAK, Dariusz	KWA STARE WUJE-STARA IWICZNA	0:37:08.52	07:25min/km
179	Przejazd wózkami inwalidzkimi 5 km	M/4	[277] PLINTA, Dariusz		0:37:35.32	07:31min/km
180	Nordic Walking 5 km	K/4	[135] CIEŚLAR, Honorata		0:37:37.76	07:31min/km
181	Nordic Walking 5 km	K/5	[187] POŁOK-LATUSEK, Marzena		0:37:39.59	07:31min/km
182	Bieg 5 km	M/96	[146] KOCUR, Łukasz		0:37:57.07	07:35min/km
183	Bieg 5 km	K/72	[335] NIKŚCIN, Maja	STAJNIA SPEŁNIONE MARZENIE	0:38:20.02	07:40min/km
184	Bieg 5 km	K/73	[333] ROTTERMUND, Nina	STAJNIA SPEŁNIONE MARZENIE	0:38:28.97	07:41min/km
185	Bieg 5 km	K/74	[331] JANIK, Ilona	STAJNIA SPEŁNIONE MARZENIE	0:38:29.15	07:41min/km
186	Nordic Walking 5 km	K/6	[178] OGIERMAN, Aneta		0:38:48.94	07:45min/km
187	Bieg 5 km	K/75	[38] PLINTA, Danuta		0:39:09.54	07:49min/km
188	Nordic Walking 5 km	K/7	[208] STAWIARSKA, Iwona		0:39:45.68	07:57min/km
189	Nordic Walking 5 km	K/8	[132] BUZEK, Agnieszka		0:39:47.36	07:57min/km
190	Nordic Walking 5 km	K/9	[164] MACURA, Sabina		0:40:02.25	08:00min/km

191	Nordic Walking 5 km	M/4	[200] CHARBEK, Rafał		0:40:18.67	08:03min/km
192	Bieg 5 km	K/76	[15] JABŁOŃSKA, Elżbieta	TEAM MCDONALD'S	0:40:40.69	08:08min/km
193	Bieg 5 km	K/77	[23] KONIECZNA, Aneta	TEAM MCDONALD'S	0:40:40.69	08:08min/km
194	Bieg 5 km	M/97	[92] MAZIARZ, Adam	TEAM MCDONALD'S	0:40:41.94	08:08min/km
195	Nordic Walking 5 km	K/10	[140] DUTKA, Bożena		0:40:44.39	08:08min/km
196	Bieg 5 km	M/98	[98] PAPAJ, Marcin		0:40:59.99	08:12min/km
197	Nordic Walking 5 km	K/11	[230] WITOSZEK, Karolina		0:41:12.65	08:14min/km
198	Nordic Walking 5 km	K/12	[313] DYDA, Daria		0:41:52.80	08:22min/km
199	Nordic Walking 5 km	K/13	[311] SIKORA, Monika		0:41:54.96	08:23min/km
200	Nordic Walking 5 km	K/14	[224] WELET, Marzena		0:42:23.74	08:28min/km
201	Nordic Walking 5 km	K/15	[204] SOŁTYSIK, Danuta		0:42:53.20	08:34min/km
202	Nordic Walking 5 km	K/16	[223] WANTULOK, Edyta		0:43:13.46	08:38min/km
203	Nordic Walking 5 km	K/17	[129] BIENIEK, Ewa		0:43:19.97	08:40min/km
204	Nordic Walking 5 km	K/18	[134] CHRAPEK, Irena		0:43:28.41	08:41min/km
205	Nordic Walking 5 km	K/19	[124] BARANOWSKA, Marta		0:43:32.88	08:42min/km
206	Nordic Walking 5 km	M/5	[271] ŻMUDKA, Grzegorz		0:43:53.23	08:46min/km
207	Nordic Walking 5 km	M/6	[256] OLMA, Tomek		0:44:03.40	08:48min/km
208	Nordic Walking 5 km	K/20	[133] BYRT, Katarzyna	PAWLO TEAM	0:44:04.32	08:48min/km
209	Nordic Walking 5 km	K/21	[220] TRELA, Anna		0:44:45.59	08:57min/km

210	Przejazd wózkami inwalidzkimi 5 km	K/4	[273] PAPIERZ, Maria		0:44:45.93	08:57min/km
211	Nordic Walking 5 km	K/22	[149] JANUSZEWSKA, Katarzyna	BOBOLKI	0:44:52.77	08:58min/km
212	Nordic Walking 5 km	K/23	[130] BRODA, Małgorzata		0:44:53.48	08:58min/km
213	Nordic Walking 5 km	K/24	[185] PODŻORSKA, Leokadia		0:45:09.16	09:01min/km
214	Nordic Walking 5 km	M/7	[356] DUTKA, Michał		0:45:29.61	09:05min/km
215	Nordic Walking 5 km	K/25	[163] KUŚKA, Joanna		0:45:30.20	09:06min/km
216	Nordic Walking 5 km	K/26	[191] PUCHALIK, Dagmara Puchalik		0:45:31.87	09:06min/km
217	Nordic Walking 5 km	K/27	[151] JONCZY, Ela		0:45:40.57	09:08min/km
218	Nordic Walking 5 km	K/28	[141] DŹWIGAŁA, Magdalena		0:45:43.49	09:08min/km
219	Nordic Walking 5 km	K/29	[323] GORZYLANY, Mariola		0:45:51.42	09:10min/km
220	Nordic Walking 5 km	K/30	[195] RYCKO, Justyna		0:45:56.95	09:11min/km
221	Nordic Walking 5 km	K/31	[158] KRUŻOŁEK, Magdalena		0:45:58.08	09:11min/km
222	Nordic Walking 5 km	M/8	[242] BYRT, Krzysztof	PAWLO TEAM	0:46:06.16	09:13min/km
223	Nordic Walking 5 km	K/32	[192] RAJ, Kinga		0:46:25.79	09:17min/km
224	Nordic Walking 5 km	M/9	[243] CZYŻ, Bronisław	PAWLO TEAM	0:46:26.77	09:17min/km
225	Nordic Walking 5 km	K/33	[126] BASZCZYŃSKA, Agnieszka		0:46:33.85	09:18min/km

226	Nordic Walking 5 km	K/34	[194] RYCKO, Jadwiga		0:46:35.45	09:19min/km
227	Nordic Walking 5 km	K/35	[221] WANTULOK, Agnieszka		0:46:43.72	09:20min/km
228	Nordic Walking 5 km	M/10	[251] MILANIUK, Tadeusz		0:46:58.47	09:23min/km
229	Nordic Walking 5 km	K/36	[216] SZTURC, Bożena		0:48:03.69	09:36min/km
230	Nordic Walking 5 km	M/11	[262] SZTURC, Roman		0:48:04.52	09:36min/km
231	Nordic Walking 5 km	K/37	[160] KUČERKA, Katarzyna		0:48:07.14	09:37min/km
232	Bieg 5 km	K/78	[41] RAKOWSKA KUBIK, Monika		0:48:28.56	09:41min/km
233	Nordic Walking 5 km	K/38	[123] ARUSHANYAN, Maria		0:48:42.55	09:44min/km
234	Nordic Walking 5 km	K/39	[197] SAURAIŚ, Małgorzata		0:48:59.28	09:47min/km
235	Nordic Walking 5 km	K/40	[162] KUPKA, Kamila		0:49:00.96	09:48min/km
236	Nordic Walking 5 km	K/41	[172] MIKLAR, Małgorzata		0:49:04.16	09:48min/km
237	Nordic Walking 5 km	K/42	[139] DRUKAŁA, Aneta		0:49:08.53	09:49min/km
238	Nordic Walking 5 km	M/12	[241] BIEDRAWA, Piotr		0:49:12.80	09:50min/km
239	Nordic Walking 5 km	K/43	[128] BIEDRAWA, Anna	FIZJOTEAM SFPS	0:49:12.93	09:50min/km
240	Nordic Walking 5 km	K/44	[186] POLOCZEK, Katarzyna		0:49:19.58	09:51min/km
241	Nordic Walking 5 km	K/45	[334] POLOCZEK, Małgorzata		0:49:19.67	09:51min/km
242	Nordic Walking 5 km	K/46	[239] ŻMUDKA, Alina		0:49:32.04	09:54min/km
243	Nordic Walking 5 km	K/47	[240] ŻMUDKA, Patrycja		0:49:32.34	09:54min/km

244	Nordic Walking 5 km	M/13	[263] TOMICZEK, Krzysztof	PAWLO TEAM	0:49:34.36	09:54min/km
245	Nordic Walking 5 km	M/14	[266] WISEŁKA, Krzysztof	PAWLO TEAM (PAWEŁ ZAWADA) NIEPOWTARZALNY BIEG	0:49:34.99	09:55min/km
246	Nordic Walking 5 km	K/48	[179] ORMANIEC, Karolina		0:49:45.68	09:57min/km
247	Nordic Walking 5 km	K/49	[233] WÓJCIK-RUDNICKA, Agnieszka		0:50:06.60	10:01min/km
248	Nordic Walking 5 km	K/50	[165] MADZIA, Beata		0:50:19.58	10:03min/km
249	Nordic Walking 5 km	K/51	[236] ZRĄBKOWSKA, Gabriela		0:50:21.91	10:04min/km
250	Nordic Walking 5 km	K/52	[222] WANTUŁOK, Danuta		0:51:00.34	10:12min/km
251	Nordic Walking 5 km	K/53	[322] OLMA, Grazyna		0:51:04.41	10:12min/km
252	Nordic Walking 5 km	K/54	[219] TOMICZEK, Sylwia	PAWLO TEAM	0:51:04.41	10:12min/km
253	Nordic Walking 5 km	K/55	[174] MITREGA, Sylwia	PAWLO TEAM	0:51:06.19	10:13min/km
254	Nordic Walking 5 km	K/56	[150] JASIŃSKA, Krystyna		0:51:09.59	10:13min/km
255	Nordic Walking 5 km	K/57	[142] FILIPCZAK, Jolanta		0:51:10.76	10:14min/km
256	Nordic Walking 5 km	K/58	[168] MARKUZEL, Renata		0:51:25.68	10:17min/km
257	Nordic Walking 5 km	K/59	[353] KLAIN, Joanna		0:51:26.59	10:17min/km
258	Nordic Walking 5 km	K/60	[147] HAPKA, Katarzyna		0:51:26.64	10:17min/km
259	Nordic Walking 5 km	K/61	[217] TOCHOWICZ, Aleksandra		0:51:29.73	10:17min/km
260	Nordic Walking 5 km	K/62	[237] ŻEBROWSKA, Ula		0:51:41.15	10:20min/km

261	Nordic Walking 5 km	K/63	[238] ŻŁOCH, Patrycja		0:51:42.29	10:20min/km
262	Nordic Walking 5 km	K/64	[188] PORĘBSKA, Anna		0:51:45.91	10:21min/km
263	Nordic Walking 5 km	M/15	[265] WISEŁKA, Bartek	PAWLO TEAM (PAWEŁ ZAWADA) NIEPOWTARZALNY BIEG	0:52:11.89	10:26min/km
264	Nordic Walking 5 km	M/16	[252] MITRĘGA, Arkadiusz	PAWLO TEAM	0:52:12.18	10:26min/km
265	Nordic Walking 5 km	M/17	[253] MITRĘGA, Bartosz	PAWLO TEAM	0:52:14.01	10:26min/km
266	Nordic Walking 5 km	K/65	[136] CINAL-HANZEL, Anna		0:53:08.12	10:37min/km
267	Nordic Walking 5 km	K/66	[193] ROHNKA, Ewelina		0:53:09.54	10:37min/km
268	Nordic Walking 5 km	K/67	[122] ADAMASZEK-MAŚŁANKA, Wirginia		0:53:10.48	10:38min/km
269	Nordic Walking 5 km	K/68	[234] WYSŁYCH, Martyna		0:53:10.89	10:38min/km
270	Nordic Walking 5 km	K/69	[211] SYGUT, Iwona		0:53:12.27	10:38min/km
271	Nordic Walking 5 km	K/70	[161] KUGLARZ, Aleksandra		0:53:12.70	10:38min/km
272	Nordic Walking 5 km	K/71	[209] STRZELEC, Beata		0:53:17.72	10:39min/km
273	Nordic Walking 5 km	M/18	[254] MŁYNARSKI, Krzysztof		0:53:23.02	10:40min/km
274	Nordic Walking 5 km	K/72	[153] KOPAJCZYK, Paulina		0:53:23.95	10:40min/km
275	Nordic Walking 5 km	K/73	[231] WOJCIECH, Anna		0:53:24.71	10:40min/km
276	Przejazd wózkami inwalidzkimi 5 km	M/5	[157] CICHY, Tomasz		0:53:25.25	10:41min/km

277	Nordic Walking 5 km	K/74	[125] BARON, Agnieszka	NIEZRZESZONA	0:53:30.40	10:42min/km
278	Nordic Walking 5 km	K/75	[184] PLOTNIKOVA, Antonina		0:53:54.25	10:46min/km
279	Nordic Walking 5 km	K/76	[145] GREŃ, Łucja	PAWLO TEAM	0:55:11.94	11:02min/km
280	Nordic Walking 5 km	K/77	[175] MOC, Aleksandra	PAWLO TEAM	0:55:13.46	11:02min/km
281	Nordic Walking 5 km	K/78	[166] MAŁYJUREK, Ewa	PAWLO TEAM	0:55:15.03	11:03min/km
282	Nordic Walking 5 km	K/79	[226] WISEŁKA, Józefa		0:55:15.04	11:03min/km
283	Nordic Walking 5 km	M/19	[250] MILANIUK, Janusz		0:56:04.98	11:13min/km
284	Nordic Walking 5 km	K/80	[229] WITEK, Urszula		0:56:23.69	11:16min/km
285	Nordic Walking 5 km	K/81	[131] BUJOK, Joanna		0:56:24.70	11:16min/km
286	Nordic Walking 5 km	K/82	[180] PALADIYCHUK, Monika		0:56:39.40	11:19min/km
287	Nordic Walking 5 km	K/83	[202] SOBIK, Grażyna		0:56:39.96	11:20min/km
288	Nordic Walking 5 km	K/84	[189] PORĘBSKA, Beata		0:56:41.84	11:20min/km
289	Nordic Walking 5 km	M/20	[261] SZAREK, Nikodem		0:56:42.90	11:20min/km
290	Nordic Walking 5 km	K/85	[214] SZOŁTYS, Aleksandra		0:56:42.95	11:20min/km
291	Nordic Walking 5 km	K/86	[190] PORĘBSKA, Lilianna		0:56:43.07	11:20min/km
292	Nordic Walking 5 km	K/87	[203] SOBÓL, Sylwia		0:56:43.43	11:20min/km
293	Nordic Walking 5 km	K/88	[340] WYWIOŁ, Ewa		0:56:46.38	11:21min/km

294	Nordic Walking 5 km	K/89	[199] SIDZINA, Marzanna		0:56:48.59	11:21min/km
295	Nordic Walking 5 km	K/90	[198] SIDZINA, Agnieszka		0:56:49.17	11:21min/km
296	Nordic Walking 5 km	K/91	[143] FRANK - SZAREK, Izabela		0:56:49.71	11:21min/km
297	Nordic Walking 5 km	K/92	[212] SZAREK, Nika		0:56:50.44	11:22min/km
298	Nordic Walking 5 km	M/21	[259] SMOŁKA, Mateusz	PAWŁO TEAM (PAWEŁ ZAWADA) NIEPOWTARZALNY BIEG	0:57:46.96	11:33min/km
299	Nordic Walking 5 km	K/93	[201] SMOŁKA, Joanna	PAWŁO TEAM (PAWEŁ ZAWADA) NIEPOWTARZALNY BIEG	0:57:52.08	11:34min/km
300	Nordic Walking 5 km	K/94	[167] MAŁYJUREK, Julia	PAWŁO TEAM	0:58:38.48	11:43min/km
301	Nordic Walking 5 km	M/22	[248] MAŁYJUREK, Tomasz	PAWŁO TEAM	0:58:39.42	11:43min/km
302	Nordic Walking 5 km	K/95	[228] WISEŁKA, Paulina	PAWŁO TEAM (PAWEŁ ZAWADA) NIEPOWTARZALNY BIEG	0:58:51.14	11:46min/km
303	Nordic Walking 5 km	K/96	[235] ZAWADA, Iwona	PAWŁO TEAM	0:58:52.98	11:46min/km
304	Nordic Walking 5 km	K/97	[152] KĘDZIOR, Maria	PAWŁO TEAM (PAWEŁ ZAWADA) NIEPOWTARZALNY BIEG	0:58:55.62	11:47min/km
305	Nordic Walking 5 km	M/23	[247] KĘDZIOR, Henryk	PAWŁO TEAM (PAWEŁ ZAWADA) NIEPOWTARZALNY BIEG	0:58:56.28	11:47min/km
306	Nordic Walking 5 km	M/24	[308] PASTERNY, Borys	PAWŁO TEAM (PAWEŁ ZAWADA) NIEPOWTARZALNY BIEG	0:58:57.30	11:47min/km
307	Nordic Walking 5 km	K/98	[137] CZYŻ, Krystyna	PAWŁO TEAM	0:58:57.72	11:47min/km
308	Nordic Walking 5 km	M/25	[268] ZAWADA, Paweł	PAWŁO TEAM	0:58:58.61	11:47min/km
309	Nordic Walking 5 km	M/26	[267] ZAWADA, Michał	PAWŁO TEAM	0:58:58.98	11:47min/km
310	Nordic Walking 5 km	M/27	[269] ZAWADA, Władysław	PAWŁO TEAM	0:58:59.34	11:47min/km

311	Nordic Walking 5 km	M/28	[344] GAJDZICA, Zenon	1:00:28.39	12:05min/km
312	Nordic Walking 5 km	M/29	[359] TROJAK, Kamil	1:01:40.95	12:20min/km
313	Nordic Walking 5 km	M/30	[358] TROJAK, Przemysław	1:01:43.29	12:20min/km
314	Nordic Walking 5 km	K/99	[357] TROJAN, Weronika	1:01:44.33	12:20min/km
315	Nordic Walking 5 km	K/100	[127] BEŁZA-GAJDZICA, Magdalena	1:02:44.46	12:32min/km
316	Nordic Walking 5 km	K/101	[285] TABERSKA, Natalia	1:02:55.86	12:35min/km
317	Nordic Walking 5 km	K/102	[284] MURACH, Laura	1:02:57.40	12:35min/km
318	Nordic Walking 5 km	K/103	[57] TABERSKA, Martyna	1:02:58.97	12:35min/km
319	Nordic Walking 5 km	K/104	[360] TABERSKA, Mirosława	1:03:00.33	12:36min/km
320	Nordic Walking 5 km	K/105	[206] STANIEK, Kinga	1:03:49.57	12:45min/km
321	Nordic Walking 5 km	M/31	[260] STANIEK, Mateusz	1:04:03.35	12:48min/km
322	Nordic Walking 5 km	K/106	[177] NIEMIEC, Krystyna	1:04:19.32	12:51min/km
323	Nordic Walking 5 km	K/107	[170] MATLOCH, Marlena	1:04:21.68	12:52min/km
324	Nordic Walking 5 km	M/32	[246] KALETA, Filip	1:05:50.09	13:10min/km
	Nordic Walking 5 km	K/	[205] STANIEK, Anna	DNS	
	Nordic Walking 5 km	K/	[207] STANIEK, Magdalena	DNS	
	Nordic Walking 5 km	M/	[264] WANTULOK, Artur	DNS	

Przejazd wózkami inwalidzkimi 5 km	K/	[171] MIESZEK, Klaudia		DNS
Nordic Walking 5 km	M/	[245] GABALSKI, Jonatan		DNS
Nordic Walking 5 km	K/	[173] MILANIUK, Maria		DNS
Nordic Walking 5 km	K/	[210] STUDNICKA, Renata		DNS
Nordic Walking 5 km	K/	[213] SZELA, Renata		DNS
Nordic Walking 5 km	K/	[215] SZOŁTYS, Kinga		DNS
Nordic Walking 5 km	K/	[225] WIEJA, Grażyna		DNS
Nordic Walking 5 km	K/	[227] WISEŁKA, Monika	PAWLO TEAM	DNS
Nordic Walking 5 km	M/	[255] NIEMIEC, Michał		DNS