

Liga Północy Nordic Walking - Giżycko NW 5 km



Wyniki OPEN Giżycko 2025-04-12

| Msc open | Nr start | Nazwisko, imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | Msc NPS | Wynik netto | Tempo min/km | Kara min |
|----------|----------|----------------------------|-------------------------------------|---------------------------------|--------|------|---------|---------|---------|-------------|--------------|-------------|
| 1. | 24 | Kowalak Robert | Relays World Cup 2024 Tirano, Italy | Walka Kostrzyn | 1984 | M40 | 1. | 1. | | 00:31:22 | 06:16 | Warning |
| 2. | 20 | Filipiak Przemek | Police | Ekspedycja Nordic Team Szczecin | 1981 | M40 | 2. | 2. | | 00:32:26 | 06:29 | Warning |
| 3. | 27 | Dąbrowska Magdalena | Szczecin | Ekspedycja Nordic Team Szczecin | 1978 | K40 | 1. | 1. | | 00:32:36 | 06:31 | Warning |
| 4. | 22 | Człapski Krzysztof | Warszawa | NW CZŁAPSKI TEAM | 1963 | M60 | 1. | 3. | | 00:33:00 | 06:36 | |
| 5. | 113 | Pytlak Artur | Knurów | Rawimex | 1971 | M50 | | 4. | 1. | 00:33:34 | 06:42 | |
| 6. | 64 | Gromek Łukasz | ŁYSE | NW CZŁAPSKI TEAM | 1988 | M18 | 1. | 5. | | 00:33:35 | 06:43 | |
| 7. | 43 | Nawrocki Grzegorz | Gdynia | WłóczyKije Gdynia | 1983 | M40 | 3. | 6. | | 00:35:35 | 07:07 | |
| 8. | 18 | Stańczak Edward | Malbork | LKS ZANTYR SZTUM | 1968 | M50 | 1. | 7. | | 00:35:39 | 07:07 | |
| 9. | 54 | Chyczewska Kamila | Działdowo | Step by Step | 1981 | K40 | 2. | 2. | | 00:36:20 | 07:16 | |
| 10. | 32 | Brygała Agata | Gdańsk | ESJA TEAM | 1999 | K18 | 1. | 3. | | 00:36:32 | 07:18 | |
| 11. | 19 | Kownacki Bartłomiej | Malbork | LKS ZANTYR SZTUM | 1977 | M40 | 4. | 8. | | 00:36:43 | 07:20 | |
| 12. | 37 | Neumann Kamila | Gdynia | WłóczyKije Gdynia | 1983 | K40 | 3. | 4. | | 00:37:20 | 07:28 | 2xPGC |
| 13. | 55 | Chyczewski Karol | Działdowo | Step by Step | 1979 | M40 | 5. | 9. | | 00:37:23 | 07:28 | Yellow Card |
| 14. | 45 | Daniszewska Ewelina | Giżycko | | 1986 | K18 | 2. | 5. | | 00:37:29 | 07:29 | |
| 15. | 3 | Jurczyk Anna | Przęsocin | Ekspedycja Nordic Team Szczecin | 1987 | K18 | 3. | 6. | | 00:37:32 | 07:30 | 1xPGC |
| 16. | 35 | Pisarek Wiesława | Chodzież | PATY CZAKI CHODZIEŻ | 1973 | K50 | 1. | 7. | | 00:37:37 | 07:31 | |
| 17. | 8 | Anackowski Mirosław | Sztum | LKS ZANTYR SZTUM | 1956 | M60 | 2. | 10. | | 00:37:52 | 07:34 | |
| 18. | 112 | Piskorski Stanisław | Giżycko | GKSN "Kormoran" Giżycko | 1955 | M70 | | 11. | 2. | 00:37:59 | 07:35 | |
| 19. | 31 | Rusinowicz Andrzej | Piła | KS NORDIC WALKING PIŁA | 1944 | M75+ | 1. | 12. | | 00:37:59 | 07:35 | |
| 20. | 91 | Jakubowski Zbigniew | Białystok | | 1949 | M75+ | 2. | 13. | | 00:38:03 | 07:36 | |
| 21. | 57 | Gołdowska Bożena | Ełk | Nordic Walking Ełk Mazury | 1973 | K50 | 2. | 8. | | 00:38:20 | 07:40 | |
| 22. | 42 | Manthey Marcin | Gdańsk | ESJA TEAM | 1961 | M60 | 3. | 14. | | 00:38:24 | 07:40 | |
| 23. | 16 | Chlebowska Justyna | Grudziądz | Tuptusie Grudziądz | 1980 | K40 | 4. | 9. | | 00:38:26 | 07:41 | |
| 24. | 58 | Rochon Hanna | Działdowo | Step by Step | 1977 | K40 | 5. | 10. | | 00:38:34 | 07:42 | Yellow Card |
| 25. | 44 | Wyrzucki Sebastian | GDYNIA | WłóczyKije Gdynia | 1974 | M50 | 2. | 15. | | 00:38:36 | 07:43 | |
| 26. | 36 | Świstek-Olszewska Patrycja | Wieliszew | Kijkowa Brać Wieliszew | 1996 | K18 | 4. | 11. | | 00:38:49 | 07:45 | |
| 27. | 66 | Szymański Stefan | Kieźliny | XV KOŁO PZERII DYWITY | 1947 | M75+ | 3. | 16. | | 00:38:50 | 07:46 | |
| 28. | 23 | Szpilman Janusz | Gdynia | WłóczyKije Gdynia | 1967 | M50 | 3. | 17. | | 00:38:56 | 07:47 | |



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|----------|----------|----------------------------|----------------------|---------------------------|--------|------|---------|---------|---------|-----------------|--------------|----------------|
| 29. | 41 | Kostecki Wiesław | Nowy Dwór Mazowiecki | NW CZŁAPSKI TEAM | 1955 | M70 | 1. | 18. | | 00:39:07 | 07:49 | Yellow Card |
| 30. | 4 | Lewandowski Roman | Kwidzyn | LKS ZANTYR SZTUM | 1955 | M70 | 2. | 19. | | 00:39:07 | 07:49 | |
| 31. | 73 | KOLENKIEWICZ DARIUSZ | ELBLĄG | | 1960 | M60 | 4. | 20. | | 00:39:09 | 07:49 | Warning |
| 32. | 110 | Łęcki Jan | Gdynia | WłóczyKije Gdynia | 1988 | M18 | | 21. | 3. | 00:39:14 | 07:50 | |
| 33. | 63 | Grajewska Aleksandra | Elk | Nordic Walking Elk Mazury | 1986 | K18 | 5. | 12. | | 00:39:21 | 07:52 | |
| 34. | 85 | KASZUBOWSKA LUIZA | Gdynia | WłóczyKije Gdynia | 1976 | K40 | 6. | 13. | | 00:39:26 | 07:53 | |
| 35. | 65 | Konieczna Lucyna | Gdynia | WłóczyKije Gdynia | 1966 | K50 | 3. | 14. | | 00:39:32 | 07:54 | |
| 36. | 60 | Bednarowicz Anna | Elk | Nordic Walking Elk Mazury | 1979 | K40 | 7. | 15. | | 00:39:36 | 07:55 | |
| 37. | 79 | Donoch Marzena | Biała | Nordic Walking Team Kikół | 1973 | K50 | 4. | 16. | | 00:39:43 | 07:56 | 2xWarning(YC) |
| 38. | 88 | Gretkowska Zuzanna | Kwidzyn | LKS ZANTYR SZTUM | 2011 | K10 | 1. | 17. | | 00:39:45 | 07:57 | |
| 39. | 62 | Kuc-Piotrowska Beata | Elk | Nordic Walking Elk Mazury | 1983 | K40 | 8. | 18. | | 00:39:51 | 07:58 | |
| 40. | 5 | Halik-Lewandowska Jadwiga | Kwidzyn | LKS ZANTYR SZTUM | 1957 | K60 | 1. | 19. | | 00:40:17 | 08:03 | |
| 41. | 56 | Chyczewski Maciej | Działdowo | Step by Step | 2001 | M18 | 2. | 22. | | 00:40:21 | 08:04 | 3xWarning (YC) |
| 42. | 114 | Pietrzyk Anna | Kalisz Pomorski | KaliszAnka | 1967 | K50 | | 20. | 1. | 00:40:26 | 08:05 | |
| 43. | 9 | Olszewski Ryszard | Sztum | LKS ZANTYR SZTUM | 1952 | M70 | 3. | 23. | | 00:40:35 | 08:07 | Warning |
| 44. | 71 | Nadolna Małgorzata Nadolna | Kikół | Nordic Walking Team Kikół | 1982 | K40 | 9. | 21. | | 00:41:02 | 08:12 | |
| 45. | 75 | Nowatkowski Krzysztof | Kikół | Nordic Walking Team Kikół | 1965 | M60 | 5. | 24. | | 00:41:43 | 08:20 | |
| 46. | 33 | RZEPECKI SŁAWOMIR | Maków Mazowiecki | | 1972 | M50 | 4. | 25. | | 00:42:00 | 08:24 | |
| 47. | 78 | Ałtyn Dariusz | Lipno | Nordic Walking Team Kikół | 1974 | M50 | 5. | 26. | | 00:42:08 | 08:25 | |
| 48. | 34 | LANGMESSER REGINA | Sztum | LKS ZANTYR SZTUM | 1968 | K50 | 5. | 22. | | 00:42:20 | 08:28 | |
| 49. | 72 | Orylska Orylska | Kikół | Nordic Walking Team Kikół | 1989 | K18 | 6. | 23. | | 00:42:31 | 08:30 | |
| 50. | 59 | Zalewski Darek | Białystok | | 1967 | M50 | 6. | 27. | | 00:42:36 | 08:31 | |
| 51. | 25 | Kołpak Jan | Sztum | LKS ZANTYR SZTUM | 1948 | M75+ | 4. | 28. | | 00:42:46 | 08:33 | |
| 52. | 68 | Cybulko Agata | Elk | Nordic Walking Elk Mazury | 1965 | K60 | 2. | 24. | | 00:42:55 | 08:35 | |
| 53. | 38 | Jabłońska Anna | Gdynia | WłóczyKije Gdynia | 1975 | K50 | 6. | 25. | | 00:43:02 | 08:36 | |
| 54. | 61 | Widz Katarzyna | kwidzyn | aktywni przez las | 1970 | K50 | 7. | 26. | | 00:43:22 | 08:40 | Warning |
| 55. | 7 | Anackowska Krystyna | Sztum | LKS ZANTYR SZTUM | 1958 | K60 | 3. | 27. | | 00:43:38 | 08:43 | |
| 56. | 70 | Krakowski Przemysław | Kikół | Nordic Walking Team Kikół | 1979 | M40 | 6. | 29. | | 00:44:36 | 08:55 | |
| 57. | 39 | Gospodarek Krzysztof | Gdynia | WłóczyKije Gdynia | 1964 | M60 | 6. | 30. | | 00:44:50 | 08:58 | |
| 58. | 77 | Umińska Ewa | Grudziądz | Tuptusie Grudziądz | 1972 | K50 | 8. | 28. | | 00:44:55 | 08:59 | |
| 59. | 84 | Wojciechowski Kamil | Giżycko | Giżycko | 1977 | M40 | 7. | 31. | | 00:45:09 | 09:01 | Warning |
| 60. | 69 | Krakowska Donata | Kikół | Nordic Walking Team Kikół | 1977 | K40 | 10. | 29. | | 00:45:29 | 09:05 | |



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|----------|----------|----------------------------------|-------------|---------------------------|--------|------|---------|---------|---------|-----------------|--------------|----------|
| 61. | 117 | Sosnowicz Dariusz | Giżycko | | 1977 | M40 | | 32. | 4. | 00:45:53 | 09:10 | |
| 62. | 10 | Walasek Paweł | Sztum | LKS ZANTYR SZTUM | 1959 | M60 | 7. | 33. | | 00:45:55 | 09:11 | |
| 63. | 15 | Wiśniewska Aleksandra | Grudziądz | Tuptusie Grudziądz | 1971 | K50 | 9. | 30. | | 00:46:05 | 09:13 | |
| 64. | 501 | Olszewski Marcin | Giżycko | | 1998 | M18 | | 34. | 5. | 00:46:08 | 09:13 | |
| 65. | 13 | Koszyńska Katarzyna | Grudziądz | Tuptusie Grudziądz | 1983 | K40 | 11. | 31. | | 00:46:11 | 09:14 | |
| 66. | 1 | Jankowska Danuta | Olsztyn | | 1948 | K75+ | 1. | 32. | | 00:46:20 | 09:16 | |
| 67. | 119 | Kazimierczuk Katarzyna | Giżycko | | 1992 | K18 | | 33. | 2. | 00:46:26 | 09:17 | |
| 68. | 116 | Gasiul Grażyna | Giżycko | | 1976 | K40 | | 34. | 3. | 00:46:30 | 09:18 | |
| 69. | 67 | Szymańska Lucyna | Kieźliny | | 1950 | K75+ | 2. | 35. | | 00:46:42 | 09:20 | |
| 70. | 74 | Nowatkowska Renata | Kikół | Nordic Walking Team Kikół | 1972 | K50 | 10. | 36. | | 00:46:52 | 09:22 | |
| 71. | 83 | Michalkiewicz Marta | Giżycko | Giżycko | 1978 | K40 | 12. | 37. | | 00:47:02 | 09:24 | |
| 72. | 30 | Pankiewicz-Dmowska Cecylia | Gowino | | 1948 | K75+ | 3. | 38. | | 00:47:08 | 09:25 | |
| 73. | 53 | Miedzianowska - Konopka Wioletta | Giżycko | Giżycko | 1987 | K18 | 7. | 39. | | 00:47:15 | 09:27 | |
| 74. | 14 | Jaranowska Monika | Grudziądz | Tuptusie Grudziądz | 1979 | K40 | 13. | 40. | | 00:47:39 | 09:31 | |
| 75. | 76 | Sadowska Gosia | Kikół | Nordic Walking Team Kikół | 1976 | K40 | 14. | 41. | | 00:47:44 | 09:32 | |
| 76. | 6 | Kucio Hanna | Sztum | LKS ZANTYR SZTUM | 1962 | K60 | 4. | 42. | | 00:47:45 | 09:33 | |
| 77. | 86 | Gąsewicz Marta | Giżycko | | 1985 | K40 | 15. | 43. | | 00:47:47 | 09:33 | |
| 78. | 92 | Gąsiewicz Amelia | Giżycko | | 2017 | K1 | 1. | 44. | | 00:47:48 | 09:33 | |
| 79. | 49 | Krzywicka Danuta | Giżycko | Giżycko | 1956 | K60 | 5. | 45. | | 00:47:51 | 09:34 | |
| 80. | 28 | Kaczmarczyk Franciszek | Rumia | | 1940 | M75+ | 5. | 35. | | 00:48:09 | 09:37 | |
| 81. | 40 | Gospodarek Ewa | Gdynia | WłóczyKije Gdynia | 1966 | K50 | 11. | 46. | | 00:48:46 | 09:45 | |
| 82. | 11 | Gruszka Barbara | sztum | LKS ZANTYR SZTUM | 1947 | K75+ | 4. | 47. | | 00:50:03 | 10:00 | |
| 83. | 90 | Wiśniewski Mateusz | Lubin | | 2013 | M10 | 1. | 36. | | 00:50:08 | 10:01 | |
| 84. | 29 | Owczarzak Ewa | Wejherowo | | 1960 | K60 | 6. | 48. | | 00:50:45 | 10:09 | |
| 85. | 51 | Napieracz Iwona | Giżycko | Giżycko | 1956 | K60 | 7. | 49. | | 00:51:08 | 10:13 | |
| 86. | 2 | Kulczycki JAN | Gdańsk | NW CZŁAPSKI TEAM | 1950 | M75+ | 6. | 37. | | 00:52:29 | 10:29 | |
| 87. | 21 | Owczarek Henryka | Poznań | Zielone Groszki | 1946 | K75+ | 5. | 50. | | 00:52:40 | 10:32 | |
| 88. | 80 | Ilnicki Leszek | Giżycko | Giżycko | 1967 | M50 | 7. | 38. | | 00:53:32 | 10:42 | |
| 89. | 12 | Krawczykowska Barbara | Sztum | LKS ZANTYR SZTUM | 1956 | K60 | 8. | 51. | | 00:53:59 | 10:47 | |
| 90. | 52 | Żelisko Jagoda | Giżycko | Giżycko | 1983 | K40 | 16. | 52. | | 00:55:20 | 11:04 | |
| 91. | 46 | ŁUCKO LESZEK | Giżycko | Giżycko | 1973 | M50 | 8. | 39. | | 00:56:01 | 11:12 | |
| 92. | 115 | Połubiejko Piotr | Giżycko | | 1983 | M40 | | 40. | 6. | 00:57:20 | 11:28 | |



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|----------|----------|------------------|-------------|------------------|--------|------|---------|---------|---------|-----------------|--------------|----------|
| 93. | 82 | Należyty Ryszard | Giżycko | Giżycko | 1959 | M60 | 8. | 41. | | 00:58:54 | 11:46 | |
| 94. | 118 | Gontarz Rafał | Giżycko | | 2002 | M18 | | 42. | 7. | 00:59:03 | 11:48 | |
| 95. | 26 | Lipińska Regina | Sztum | LKS ZANTYR SZTUM | 1943 | K75+ | 6. | 53. | | 00:59:25 | 11:53 | |

Liczba zawodników: 95

