

# **VI PIONA GWIDONA**

## **Świerklaniec 2025-08-31**

### **Wyniki**

| Miej | Nr | Nazwisko i Imię | Rok | Klub | Miasto | min/km | km/h | Brutto | Netto |
|------|----|-----------------|-----|------|--------|--------|------|--------|-------|
|------|----|-----------------|-----|------|--------|--------|------|--------|-------|

### **Marsz Nordic Walking 5km**

|                |     |                          |      |                                        |                      |       |      |       |              |
|----------------|-----|--------------------------|------|----------------------------------------|----------------------|-------|------|-------|--------------|
| <b>Kobiety</b> |     |                          |      |                                        |                      |       |      |       |              |
| 1.             | 70  | Kołodziej, Joanna        | 1968 | Malinowe Gwiazdy                       | Ruda Śląska          | 6:41  | 8.96 | 34:20 | <b>33:28</b> |
| 2.             | 89  | Kuśkowska, Halina        | 1976 | Drużyna SMA                            | Olkusz               | 6:57  | 8.62 | 35:41 | <b>34:48</b> |
| 3.             | 198 | Misiorowska, Mariola     | 1970 |                                        | Sączów               | 7:44  | 7.75 | 40:00 | <b>38:42</b> |
| 4.             | 56  | Horoba, Ewa              | 1961 | Najlepsze kijki w mieście              | Gliwice              | 7:56  | 7.55 | 40:37 | <b>39:44</b> |
| 5.             | 101 | Małka, Irena             | 1956 | NORDIC SPORT 2021                      | Gliwice              | 8:15  | 7.27 | 42:10 | <b>41:16</b> |
| 6.             | 173 | Szołtysek, Patrycja      | 1975 | Stowarzyszenie Rowerowe Świętochłowice | Świętochłowice       | 8:23  | 7.14 | 42:54 | <b>42:00</b> |
| 7.             | 144 | Sierzyńska, Sabina       | 1980 |                                        | CZELADŹ              | 8:43  | 6.87 | 44:32 | <b>43:38</b> |
| 8.             | 34  | Domin, Krystyna          | 1955 | MKteam                                 | Siemianowice         | 8:56  | 6.71 | 45:58 | <b>44:41</b> |
| 9.             | 77  | Kowalik, Wanda           | 1945 |                                        | Świętochłowice       | 9:11  | 6.52 | 47:15 | <b>45:58</b> |
| 10.            | 12  | Biela, Lucyna            | 1960 |                                        | Czerwionka-Leszczyny | 9:20  | 6.42 | 47:59 | <b>46:42</b> |
| 11.            | 57  | Husak, Aneta             | 1975 |                                        | Piekary Śląskie      | 9:26  | 6.35 | 48:32 | <b>47:13</b> |
| 12.            | 187 | Zaradna-Szymańska, Iwona | 1956 | MK team                                | Siemianowice Śląskie | 9:35  | 6.25 | 49:14 | <b>47:57</b> |
| 13.            | 47  | Gromala-Sarna, Irena     | 1975 |                                        | Chorzów              | 9:40  | 6.19 | 49:18 | <b>48:25</b> |
| 14.            | 138 | Roleder, Aleksandra      | 1969 |                                        | Chorzów              | 9:40  | 6.19 | 49:19 | <b>48:25</b> |
| 15.            | 53  | Hetmańczyk-Nowak, Monika | 1977 | UFOKI Świerklaniec                     | Orzech               | 10:05 | 5.94 | 51:49 | <b>50:29</b> |
| 16.            | 124 | Olech-Cofała, Joanna     | 1978 | UFOKI Świerklaniec                     | Świerklaniec         | 10:05 | 5.94 | 51:49 | <b>50:29</b> |
| 17.            | 80  | Koźmińska, Dominika      | 2010 |                                        | Bobrowniki           | 10:08 | 5.91 | 52:03 | <b>50:45</b> |
| 18.            | 79  | Koźmińska, Magdalena     | 1979 |                                        | Bobrowniki           | 10:44 | 5.58 | 55:02 | <b>53:43</b> |

|                  |     |                   |      |                          |           |      |      |       |              |
|------------------|-----|-------------------|------|--------------------------|-----------|------|------|-------|--------------|
| <b>Mężczyźni</b> |     |                   |      |                          |           |      |      |       |              |
| 1.               | 102 | Małka, Marian     | 1959 | NORDIC SPORT 2021        | Gliwice   | 6:14 | 9.62 | 31:33 | <b>31:11</b> |
| 2.               | 142 | Sadowski, Tomasz  | 1977 | Czeladzki Duch Harpagana | Sosnowiec | 6:28 | 9.26 | 32:28 | <b>32:24</b> |
| 3.               | 26  | Cyrus, Bogdan     | 1970 | NORDIC SPORT 2021        | Strzebiń  | 6:30 | 9.20 | 32:39 | <b>32:35</b> |
| 4.               | 188 | Zawadzki, Zygmunt | 1953 | Cidry z kijami           | Bytom     | 6:59 | 8.57 | 35:03 | <b>35:00</b> |

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|-------------|-----------|------------------------|------------|----------------------|----------------------|---------------|-------------|---------------|--------------|
| 5.          | 146       | Sierzyński, Sebastian  | 1979       |                      | CZELADŹ              | 7:06          | 8.44        | 35:37         | <b>35:32</b> |
| 6.          | 145       | Sierzyński, Jan        | 2011       |                      | CZELADŹ              | 7:09          | 8.37        | 35:52         | <b>35:49</b> |
| 7.          | 139       | Ryś, Artur             | 1982       | STS Biegaton Mikołów | Mikołów              | 7:25          | 8.08        | 37:32         | <b>37:07</b> |
| 8.          | 189       | Zieliński, Manfred     | 1967       | Lecymy Durś          | Piekary Śląskie      | 7:29          | 8.01        | 37:31         | <b>37:26</b> |
| 9.          | 5         | Babczyński, Leszek     | 1977       |                      | Czerwionka-Leszczyny | 7:37          | 7.87        | 38:11         | <b>38:06</b> |
| 10.         | 179       | Walter, Janusz         | 1960       | Malinowe Gwiazdy     | Mikołów              | 7:44          | 7.74        | 39:10         | <b>38:45</b> |
| 11.         | 14        | Breguła, Henryk        | 1955       | NORDICUS Strzybnica  | Tarnowskie Góry      | 8:05          | 7.41        | 40:33         | <b>40:27</b> |
| 12.         | 93        | Laszczyca, Piotr       | 1986       | Lecymy Durś          | Piekary Śląskie      | 8:06          | 7.39        | 40:39         | <b>40:35</b> |
| 13.         | 9         | Badura, Jakub          | 2015       |                      | PYSKOWICE            | 8:21          | 7.17        | 42:15         | <b>41:49</b> |
| 14.         | 4         | Babczyński, Janusz     | 1972       |                      | Czerwionka-Leszczyny | 8:35          | 6.97        | 43:24         | <b>43:00</b> |
| 15.         | 164       | suchon, krzysztof      | 1965       |                      | PYSKOWICE            | 8:47          | 6.82        | 44:23         | <b>43:56</b> |
| 16.         | 78        | Kozłowski, Łukasz      | 1978       |                      | Nakło Śląskie        | 9:49          | 6.10        | 49:32         | <b>49:08</b> |

Number of records: 34