



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-09-09
Miejsce: Hajnówka
Dystans: 5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	USS Jola	568	TKKF KRZNA BIAŁA PODLASKA	K55-59	1		00:34:01.85		6:48	8.8 (100%)
2	JENDRUCHNIEWICZ Katarzyna	188	FUNDACJA 'W TE PĘDY'	K30-39	1		00:34:14.35	+00:00:12 (0.6%)	6:51	8.8 (100%)
3	BORKOWSKA Lidia	47	FACE NORDIC WALKING TEAM	K50-54	1		00:34:52.20	+00:00:50 (2.4%)	6:58	8.6 (97.7%)
4	ZAŃKO Katarzyna	599	KS METRACO POLKOWICE	K40-44	1		00:34:57.90	+00:00:56 (2.7%)	6:59	8.6 (97.7%)
5	POLEWCZAK Aneta	430	CLLEO ZAWIERCIE	K45-49	1		00:35:26.45	+00:01:24 (4.0%)	7:05	8.5 (96.6%)
6	BRANCZEWSKA Ewa	54	NW WERWA MŁAWA	K30-39	2		00:35:27.40	+00:01:25 (4.0%)	7:05	8.5 (96.6%)
7	JÓŹWIAK Marianna	191	WTW WŁOCŁAWEK	K40-44	2		00:35:29.45	+00:01:27 (4.1%)	7:05	8.5 (96.6%)
8	NACZK Wiktoria	370	DYNAMIC	K-Junior	1		00:35:33.40	+00:01:31 (4.3%)	7:06	8.4 (95.5%)
9	LESIŃSKA Marzenna	300	KS METRACO POLKOWICE	K50-54	2		00:35:37.05	+00:01:35 (4.5%)	7:07	8.4 (95.5%)
10	PARTYKA Teresa	410	WESOŁY BORSUK TEAM	K55-59	2		00:35:41.45	+00:01:39 (4.7%)	7:08	8.4 (95.5%)
11	KREZMER Marzena	269	CLLEO ZAWIERCIE	K30-39	3		00:35:55.60	+00:01:53 (5.3%)	7:11	8.4 (95.5%)
12	REJMAN Dorota	560	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K30-39	4		00:35:56.35	+00:01:54 (5.3%)	7:11	8.3 (94.3%)
13	KOWALCZYK Edyta	259	KS METRACO POLKOWICE	K45-49	2		00:36:06.45	+00:02:04 (5.8%)	7:13	8.3 (94.3%)
14	SAKOWSKA Krystyna	466	PASJA NORDIC WALKING	K40-44	3		00:36:09.50	+00:02:07 (5.9%)	7:13	8.3 (94.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	RAKUĆ Angelika	445	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1		00:36:19.90	+00:02:18 (6.3%)	7:16	8.3 (94.3%)
16	DOLNA Ewelina	360	KSK ŻYJ AKTYWNIE	K30-39	5		00:36:25.85	+00:02:24 (6.6%)	7:17	8.2 (93.2%)
17	STYGA Krystyna	512	KKNW	K55-59	3		00:36:28.15	+00:02:26 (6.7%)	7:17	8.2 (93.2%)
18	MARCINKOWSKA Agnieszka	332	UNIA MIAST	K-Dzieci	1		00:36:37.30	+00:02:35 (7.1%)	7:19	8.2 (93.2%)
19	NOWALIŃSKA Anastazja	386	FACE NORDIC WALKING TEAM	K-Junior	2		00:36:48.00	+00:02:46 (7.5%)	7:21	8.2 (93.2%)
20	LINCZUK Julia	1049		K-Junior	3		00:36:48.70	+00:02:46 (7.6%)	7:21	8.1 (92.0%)
21	GAŁAŚ Joanna	122	PASJA NORDIC WALKING	K18-29	2		00:36:58.95	+00:02:57 (8.0%)	7:23	8.1 (92.0%)
22	BRĄGIEL Krystyna	642		K60-64	1		00:37:03.30	+00:03:01 (8.2%)	7:24	8.1 (92.0%)
23	KANIEWSKA Beata	208	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	3		00:37:10.05	+00:03:08 (8.4%)	7:26	8.1 (92.0%)
24	SZENDZIELORZ Ilona	517	FABRIKANORDIKA	K60-64	2		00:37:10.70	+00:03:08 (8.5%)	7:26	8.1 (92.0%)
25	ROMAŃCZUK Agnieszka	449	FACE NORDIC WALKING TEAM	K45-49	4		00:37:19.35	+00:03:17 (8.8%)	7:27	8 (90.9%)
26	SITKO Małgorzata	475	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	5		00:37:20.75	+00:03:18 (8.9%)	7:28	8 (90.9%)
27	PILECKA PRĄDZYŃSKA Anna	421	PENDOLINO	K60-64	3		00:37:25.60	+00:03:23 (9.1%)	7:29	8 (90.9%)
28	KARASIŃSKA Alicja	668	NOVI SIEDLCE	K45-49	6		00:37:25.90	+00:03:24 (9.1%)	7:29	8 (90.9%)
29	KRYSZCZUK Marzena	275	FACE NORDIC WALKING TEAM	K45-49	7		00:37:27.85	+00:03:26 (9.2%)	7:29	8 (90.9%)
30	MANDZIUK Anna	329	TKKF KRZNA BIAŁA PODLASKA	K18-29	3		00:37:28.00	+00:03:26 (9.2%)	7:29	8 (90.9%)
31	STOLARSKA Joanna	509	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Junior	4		00:37:31.80	+00:03:29 (9.3%)	7:30	8 (90.9%)
32	FIGURSKA Dominika	114	FACE NORDIC WALKING TEAM	K18-29	4		00:37:35.95	+00:03:34 (9.5%)	7:31	8 (90.9%)
33	WAWRZYNIAK Anna	576	FACE NORDIC WALKING TEAM	K40-44	4		00:37:36.60	+00:03:34 (9.5%)	7:31	8 (90.9%)
34	MACZKOWSKA Zofia	321	LKS ZANTYR SZTUM	K-Dzieci	2		00:37:37.95	+00:03:36 (9.6%)	7:31	8 (90.9%)
35	GWAREK Anita	157	PASJA NORDIC WALKING	K45-49	8		00:37:52.35	+00:03:50 (10.1%)	7:34	7.9 (89.8%)
36	DANA Kazimiera	87	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	4		00:37:56.05	+00:03:54 (10.3%)	7:35	7.9 (89.8%)
37	SZYNKIEWICZ Katarzyna	535		K40-44	5		00:37:56.35	+00:03:54 (10.3%)	7:35	7.9 (89.8%)

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38	DZIUBA Alina	110	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	9		00:37:57.45	+00:03:55 (10.3%)	7:35	7.9 (89.8%)
39	DĘBSKA Małgorzata	631	SANTANDER CONSUMER BANK	K30-39	6		00:37:58.45	+00:03:56 (10.4%)	7:35	7.9 (89.8%)
40	ONISZCZUK Iwona	1159		K18-29	5		00:38:02.45	+00:04:00 (10.5%)	7:36	7.9 (89.8%)
41	MALKIEWICZ Małgorzata	643	KSK ŻYJ AKTYWNIE	K50-54	3		00:38:09.85	+00:04:08 (10.8%)	7:38	7.9 (89.8%)
42	DAWIDZIUK Ewa	92		K30-39	7		00:38:17.80	+00:04:15 (11.1%)	7:39	7.8 (88.6%)
43	CYBUL Ewa	77	CHODZĘ Z SERCEM	K55-59	4		00:38:19.25	+00:04:17 (11.2%)	7:39	7.8 (88.6%)
44	GŁOMBICA Ewa	135	WESOŁY BORSUK TEAM	K30-39	8		00:38:20.35	+00:04:18 (11.2%)	7:40	7.8 (88.6%)
45	SZYMCZYK Magdalena	534	DYNAMIC	K30-39	9		00:38:25.50	+00:04:23 (11.4%)	7:41	7.8 (88.6%)
45	GIERSZEWSKA Magdlena	644	KSK ŻYJ AKTYWNIE	K40-44	6		00:38:25.50	+00:04:23 (11.4%)	7:41	7.8 (88.6%)
47	FOJCIK Gabriela	116	RYBNICKI KLUB NORDIC WALKING	K50-54	4		00:38:31.70	+00:04:29 (11.7%)	7:42	7.8 (88.6%)
48	MARKHEVICH Halina	654		K50-54	5		00:38:34.25	+00:04:32 (11.8%)	7:42	7.8 (88.6%)
49	JURCZYŃSKA Bożena	200	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	5		00:38:34.30	+00:04:32 (11.8%)	7:43	7.8 (88.6%)
50	ADAMSKA Anna	11	CHODZĘ Z SERCEM	K-Dzieci	3		00:38:36.55	+00:04:34 (11.9%)	7:43	7.8 (88.6%)
51	TARASIUK Joanna	1158		K18-29	6		00:38:40.80	+00:04:38 (12.0%)	7:44	7.8 (88.6%)
52	BARUCH Henryka	616	DĄBROWA NORDIC TEAM	K65-69	1		00:38:41.10	+00:04:39 (12.0%)	7:44	7.8 (88.6%)
53	KUPIBIDA Bogusława	285	SILESIA NORDIC TEAM	K55-59	6		00:38:44.50	+00:04:42 (12.2%)	7:44	7.7 (87.5%)
54	SZYCKO Oliwia	529	DWA KIJE SŁUPSK	K-Dzieci	4		00:38:46.45	+00:04:44 (12.2%)	7:45	7.7 (87.5%)
55	KWAŚNA Małgorzata	289	CHODZĘ Z SERCEM	K45-49	10		00:38:49.20	+00:04:47 (12.3%)	7:46	7.7 (87.5%)
56	NAZARUK Anna	371		K18-29	7		00:38:51.65	+00:04:49 (12.4%)	7:46	7.7 (87.5%)
57	KARPIUK Julita	661		K18-29	8		00:38:52.80	+00:04:50 (12.5%)	7:46	7.7 (87.5%)
58	KHARYTANIUK Anastasiya	227	PROWERTEL	K-Dzieci	5		00:38:55.95	+00:04:54 (12.6%)	7:47	7.7 (87.5%)
59	DANILUK Krystyna	91	POWIAT HAJNOWSKI	K45-49	11		00:39:02.10	+00:05:00 (12.8%)	7:48	7.7 (87.5%)
60	ZAGALSKA Aldona	665	NOWI SIEDLCE	K40-44	7		00:39:05.65	+00:05:03 (13.0%)	7:49	7.7 (87.5%)

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61	HISZPAŃSKA Katarzyna	165	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	9		00:39:06.40	+00:05:04 (13.0%)	7:49	7.7 (87.5%)
62	WARUSZEWSKA Maja	572		K-Dzieci	6		00:39:15.95	+00:05:14 (13.3%)	7:51	7.6 (86.4%)
63	GÓRSKA Violetta	139	GOSIR OSIELSKO	K50-54	6		00:39:28.65	+00:05:26 (13.8%)	7:53	7.6 (86.4%)
64	CHOLEWKA Jolanta	70	MARSZ PO ZDROWIE POZNAŃ	K60-64	5		00:39:34.90	+00:05:33 (14.0%)	7:55	7.6 (86.4%)
65	TUZIMEK Agata	557		K30-39	10		00:39:35.05	+00:05:33 (14.0%)	7:55	7.6 (86.4%)
66	KORZENIOWSKA Aldona	253	CHODZĘ Z SERCEM	K45-49	12		00:39:35.85	+00:05:34 (14.1%)	7:55	7.6 (86.4%)
67	KARWOWSKA Anna	212	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	1		00:39:41.45	+00:05:39 (14.3%)	7:56	7.6 (86.4%)
68	KLEWEK Irena	236	CHODZĘ Z SERCEM	K55-59	7		00:39:47.30	+00:05:45 (14.5%)	7:57	7.5 (85.2%)
69	OLEŚ Elżbieta	393	NW WERWA MŁAWA	K65-69	2		00:39:52.90	+00:05:51 (14.7%)	7:58	7.5 (85.2%)
70	BORKOWSKA Małgorzata	48		K45-49	13		00:39:53.60	+00:05:51 (14.7%)	7:58	7.5 (85.2%)
71	MATLEWSKA Aga	340	FACE NORDIC WALKING TEAM	K40-44	8		00:40:02.40	+00:06:00 (15.0%)	8:00	7.5 (85.2%)
72	ANGIELCZYK Małgorzata	24	MARSZ PO ZDROWIE POZNAŃ	K65-69	3		00:40:02.45	+00:06:00 (15.0%)	8:00	7.5 (85.2%)
73	WOROCH Jolanta	593	DOPIEWO	K50-54	7		00:40:06.45	+00:06:04 (15.2%)	8:01	7.5 (85.2%)
74	ZIELINKIEWICZ Wiktoria	600	KLUB NW PATYCZAKI GRUDZIĄDZ	K-Dzieci	7		00:40:12.05	+00:06:10 (15.3%)	8:02	7.5 (85.2%)
75	PIETRUSZKIEWICZ Anna	419		K40-44	9		00:40:12.75	+00:06:10 (15.4%)	8:02	7.5 (85.2%)
76	JURCZUK Eugenia	195	POWIAT HAJNOWSKI	K60-64	6		00:40:17.45	+00:06:15 (15.5%)	8:03	7.4 (84.1%)
77	NIECHWIEJCZYK Kinga	378	UNIA MIAST	K-Dzieci	8		00:40:17.70	+00:06:15 (15.5%)	8:03	7.4 (84.1%)
78	KOZŁOWSKA Maja	264		K-Dzieci	9		00:40:18.95	+00:06:17 (15.6%)	8:03	7.4 (84.1%)
79	OPALA Julia	395	GRUDZIĄDZKI KLUB TURYSTYCZNY MIŁOŚNIKÓW NORDIC WALKING PATYCZAKI	K-Junior	5		00:40:28.15	+00:06:26 (15.9%)	8:05	7.4 (84.1%)
80	KUREK Monika	623	SANTANDER CONSUMER BANK	K40-44	10		00:40:34.20	+00:06:32 (16.1%)	8:06	7.4 (84.1%)
81	MARCINKOWSKA Renata	333	FACE NORDIC WALKING TEAM	K65-69	4		00:40:35.20	+00:06:33 (16.2%)	8:07	7.4 (84.1%)
82	DMITRIUK Paulina	1068		K-Dzieci	10		00:40:36.30	+00:06:34 (16.2%)	8:07	7.4 (84.1%)
83	WAWEREK Renata	575	AKTYWNI Z PASJĄ	K45-49	14		00:40:40.20	+00:06:38 (16.3%)	8:08	7.4 (84.1%)

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84	LESIUK Mirosława	302	AKTYWNI Z PASJĄ	K60-64	7		00:40:43.05	+00:06:41 (16.4%)	8:08	7.4 (84.1%)
85	LENCZEWSKA Anna	296		K30-39	11		00:40:43.50	+00:06:41 (16.4%)	8:08	7.4 (84.1%)
86	DZIEDZIK Patrycja	109		K-Junior	6		00:40:44.65	+00:06:42 (16.5%)	8:08	7.4 (84.1%)
87	WIESZOŁEK Ewelina	586		K30-39	12		00:40:45.50	+00:06:43 (16.5%)	8:09	7.4 (84.1%)
88	DZIEDIEWICZ Natalia	108		K30-39	13		00:40:46.00	+00:06:44 (16.5%)	8:09	7.4 (84.1%)
89	ŚLUSARCZYK Karolina	544	WESOŁY BORSUK TEAM	K-Dzieci	11		00:40:48.40	+00:06:46 (16.6%)	8:09	7.3 (83.0%)
90	HANUS Joanna	161		K- Niepełnosprawni(B)	2		00:40:48.50	+00:06:46 (16.6%)	8:09	7.3 (83.0%)
91	KSIĄŻEK Dominika	280	FUNDACJA 'W TE PĘDY'	K18-29	10		00:40:53.80	+00:06:51 (16.8%)	8:10	7.3 (83.0%)
92	SZYMAŃSKA Lucyna	531	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	1		00:41:01.60	+00:06:59 (17.1%)	8:12	7.3 (83.0%)
93	BURNA Iweta	65	FACE NORDIC WALKING TEAM	K40-44	11		00:41:02.45	+00:07:00 (17.1%)	8:12	7.3 (83.0%)
94	LEWCZUK Weronika	1130		K-Junior	7		00:41:05.00	+00:07:03 (17.2%)	8:13	7.3 (83.0%)
94	LEMBERG Sandra	1129		K-Junior	8		00:41:05.00	+00:07:03 (17.2%)	8:13	7.3 (83.0%)
96	ROMANIUK Regina	1157		K18-29	11		00:41:09.10	+00:07:07 (17.3%)	8:14	7.3 (83.0%)
97	PIOTROWSKA Joanna	548	PASJA NORDIC WALKING	K45-49	15		00:41:12.15	+00:07:10 (17.4%)	8:14	7.3 (83.0%)
98	SZYBUT Weronika	528		K-Dzieci	12		00:41:19.05	+00:07:17 (17.6%)	8:15	7.3 (83.0%)
99	KOŁPAK Irena	243	LKS ZANTYR SZTUM	K65-69	5		00:41:22.15	+00:07:20 (17.7%)	8:16	7.3 (83.0%)
100	BOŻKO Urszula	52	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K- Niepełnosprawni(B)	3		00:41:27.55	+00:07:25 (17.9%)	8:17	7.2 (81.8%)
101	WARPAS Barbara	628	SANTANDER CONSUMER BANK	K30-39	14		00:41:28.15	+00:07:26 (17.9%)	8:17	7.2 (81.8%)
102	MARCINIUK Katarzyna	330	CHODZĘ Z SERCEM	K45-49	16		00:41:30.65	+00:07:28 (18.0%)	8:18	7.2 (81.8%)
103	GUL-BOGACZ Jolanta	155	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	12		00:41:33.10	+00:07:31 (18.1%)	8:18	7.2 (81.8%)
104	KREFT Jolanta	270	UNIA MIAST	K50-54	8		00:41:36.25	+00:07:34 (18.2%)	8:19	7.2 (81.8%)
105	PRYCZYMICZ Róża	1067		K-Dzieci	13		00:41:37.25	+00:07:35 (18.2%)	8:19	7.2 (81.8%)
106	ZAKRZEWSKA Martyna	1156		K18-29	12		00:41:39.10	+00:07:37 (18.3%)	8:19	7.2 (81.8%)

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107	PARFENIUK Oliwia	1005		K-Junior	9		00:41:39.55	+00:07:37 (18.3%)	8:19	7.2 (81.8%)
108	DMITRUK Natalia	1001		K-Junior	10		00:41:41.50	+00:07:39 (18.4%)	8:20	7.2 (81.8%)
109	MALISZEWSKA Marianna	326		K- Niepełnosprawni(B)	4		00:41:41.60	+00:07:39 (18.4%)	8:20	7.2 (81.8%)
110	KRIWOPUST Irina	272		K40-44	13		00:41:44.35	+00:07:42 (18.5%)	8:21	7.2 (81.8%)
111	ŚWIC Agnieszka	1033		K-Junior	11		00:41:45.05	+00:07:43 (18.5%)	8:21	7.2 (81.8%)
112	HOMONIEC Ewa	168	SANTANDER CONSUMER BANK	K40-44	14		00:41:45.45	+00:07:43 (18.5%)	8:21	7.2 (81.8%)
113	ŚWIĆ Joanna	545	CHODZĘ Z SERCEM	K45-49	17		00:41:48.55	+00:07:46 (18.6%)	8:21	7.2 (81.8%)
114	GRABOWSKA Bożena	140	LKS ZANTYR SZTUM	K45-49	18		00:41:48.70	+00:07:46 (18.6%)	8:21	7.2 (81.8%)
115	ŁAPIŃSKA Ewa	1004		K-Junior	12		00:41:55.25	+00:07:53 (18.8%)	8:23	7.2 (81.8%)
116	GIEMZA Barbara	131		K45-49	19		00:41:56.65	+00:07:54 (18.9%)	8:23	7.2 (81.8%)
117	KORCZ Marzena	250		K30-39	15		00:41:56.95	+00:07:55 (18.9%)	8:23	7.2 (81.8%)
118	CHOINKA Bożena	640	SANTANDER CONSUMER BANK	K45-49	20		00:41:57.90	+00:07:56 (18.9%)	8:23	7.1 (80.7%)
119	POLKOWSKA Katarzyna	433		K50-54	9		00:41:58.30	+00:07:56 (18.9%)	8:23	7.1 (80.7%)
120	BOROWIK Karolina	1023		K-Junior	13		00:42:00.70	+00:07:58 (19.0%)	8:24	7.1 (80.7%)
121	CHARKIEWICZ Urszula	659		K18-29	13		00:42:01.35	+00:07:59 (19.0%)	8:24	7.1 (80.7%)
121	JAKONIUK Emily	179	POWIAT HAJNOWSKI	K30-39	16		00:42:01.35	+00:07:59 (19.0%)	8:24	7.1 (80.7%)
123	ADAMSKA Marzena	7	SANTANDER CONSUMER BANK	K30-39	17		00:42:01.50	+00:07:59 (19.0%)	8:24	7.1 (80.7%)
124	KUZICH Volha	286	NORDIC BREST	K18-29	14		00:42:03.45	+00:08:01 (19.1%)	8:24	7.1 (80.7%)
125	MUDER Gabriela	369	PUKS JEDYNKA ŁOSICE	K-Dzieci	14		00:42:06.15	+00:08:04 (19.2%)	8:25	7.1 (80.7%)
126	GROCHOWSKA-WYRĘBAK Arleta	682		K40-44	15		00:42:06.80	+00:08:04 (19.2%)	8:25	7.1 (80.7%)
127	KOSICKA Beata	254	BRAK	K45-49	21		00:42:08.25	+00:08:06 (19.2%)	8:25	7.1 (80.7%)
128	BARDON Monika	1045		K18-29	15		00:42:08.70	+00:08:06 (19.3%)	8:25	7.1 (80.7%)
129	UKLEJEWSKA Agnieszka	562	GOSIR OSIELSKO	K30-39	18		00:42:12.05	+00:08:10 (19.4%)	8:26	7.1 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	SZOSTEK Anna	522	FACE NORDIC WALKING TEAM	K30-39	19		00:42:13.45	+00:08:11 (19.4%)	8:26	7.1 (80.7%)
131	LATO Agnieszka	677	WĘDRUJĄCE KIIJE	K45-49	22		00:42:16.10	+00:08:14 (19.5%)	8:27	7.1 (80.7%)
132	BRZAŃKAŁA Natalia	58	Z KIJKAMI NAM PO DRODZE	K18-29	16		00:42:16.75	+00:08:14 (19.5%)	8:27	7.1 (80.7%)
133	NOSALIK Katarzyna	383	UNIA MIAST	K30-39	20		00:42:17.65	+00:08:15 (19.5%)	8:27	7.1 (80.7%)
134	MAZERSKA Maria	342	LKS ZANTYR SZTUM	K65-69	6		00:42:18.75	+00:08:16 (19.6%)	8:27	7.1 (80.7%)
135	PANASIUK Grażyna	406		K30-39	21		00:42:19.45	+00:08:17 (19.6%)	8:27	7.1 (80.7%)
136	SAŁAGA Joanna	467	CHODZĘ Z SERCEM	K45-49	23		00:42:22.10	+00:08:20 (19.7%)	8:28	7.1 (80.7%)
137	NIEBRZEGOWSKA Helena	376	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	5		00:42:23.40	+00:08:21 (19.7%)	8:28	7.1 (80.7%)
138	SACHON Anna	1042		K-Junior	14		00:42:25.15	+00:08:23 (19.8%)	8:29	7.1 (80.7%)
139	JUSZCZAK Julia	1031		K-Junior	15		00:42:26.50	+00:08:24 (19.8%)	8:29	7.1 (80.7%)
140	SADOWSKA Weronika	462	POWIAT HAJNOWSKI	K-Dzieci	15		00:42:30.45	+00:08:28 (19.9%)	8:30	7.1 (80.7%)
141	ZINKIEWICZ Aleksandra	604		K-Junior	16		00:42:31.80	+00:08:29 (20.0%)	8:30	7.1 (80.7%)
142	WILCZEK Anna	587	SANTANDER CONSUMER BANK	K30-39	22		00:42:32.00	+00:08:30 (20.0%)	8:30	7.1 (80.7%)
143	PAWŁOWSKA Sara	414		K-Junior	17		00:42:32.90	+00:08:31 (20.0%)	8:30	7.1 (80.7%)
144	SZWARC Natalia	526		K-Junior	18		00:42:33.45	+00:08:31 (20.0%)	8:30	7.1 (80.7%)
144	ORZECHOWSKA Julia	398	CHODZĘ Z SERCEM	K-Junior	19		00:42:33.45	+00:08:31 (20.0%)	8:30	7.1 (80.7%)
146	RÓŻYCKA Beata	454	CHODZĘ Z SERCEM	K45-49	24		00:42:33.95	+00:08:32 (20.1%)	8:30	7 (79.5%)
147	STOLARSKA Magdalena	508	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	25		00:42:34.10	+00:08:32 (20.1%)	8:30	7 (79.5%)
148	KWIATKOWSKA Jadwiga	291	KS METRACO POLKOWICE	K65-69	7		00:42:36.25	+00:08:34 (20.1%)	8:31	7 (79.5%)
149	FRĄCZEK Luiza	118	POWIAT HAJNOWSKI	K40-44	16		00:42:37.25	+00:08:35 (20.2%)	8:31	7 (79.5%)
150	PLEWA Halina	428	POWIAT HAJNOWSKI	K55-59	8		00:42:38.55	+00:08:36 (20.2%)	8:31	7 (79.5%)
151	KOCZUR Dorota	242	KKNW	K60-64	8		00:42:40.10	+00:08:38 (20.2%)	8:32	7 (79.5%)
152	RAUS-KRUPA Małgorzata	447		K45-49	26		00:42:45.10	+00:08:43 (20.4%)	8:33	7 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	KOZŁOWSKA Elżbieta	265		K40-44	17		00:42:46.20	+00:08:44 (20.4%)	8:33	7 (79.5%)
154	NAZARUK Ola	372		K55-59	9		00:42:47.45	+00:08:45 (20.5%)	8:33	7 (79.5%)
155	MROWIEC Maria	367	UNIA MIAST	K70+	1		00:42:48.60	+00:08:46 (20.5%)	8:33	7 (79.5%)
156	KONDRACIUK Magdalena	244		K30-39	23		00:42:49.15	+00:08:47 (20.5%)	8:33	7 (79.5%)
157	PACYNA Helena	403	KS METRACO POLKOWICE	K65-69	8		00:42:49.40	+00:08:47 (20.5%)	8:34	7 (79.5%)
158	GRUSZKA Barbara	143	LKS ZANTYR SZTUM	K70+	2		00:42:52.10	+00:08:50 (20.6%)	8:34	7 (79.5%)
159	CIEŚLIŃSKA Wiesława	75	AKTYWNI Z PASJĄ	K55-59	10		00:43:00.95	+00:08:59 (20.9%)	8:36	7 (79.5%)
160	SOKÓLSKA Małgorzata	489	TKKF/KBBB	K55-59	11		00:43:02.10	+00:09:00 (20.9%)	8:36	7 (79.5%)
161	MISZCZUK Basia	1024		K-Junior	20		00:43:02.35	+00:09:00 (20.9%)	8:36	7 (79.5%)
162	FILIPOWICZ Natalia	1078		K-Dzieci	16		00:43:07.80	+00:09:05 (21.1%)	8:37	7 (79.5%)
163	MIKITIUK Beata	358	KIJOWA PARA	K45-49	27		00:43:09.30	+00:09:07 (21.1%)	8:37	7 (79.5%)
164	DRAŁUS Magdalena	102	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	17		00:43:10.90	+00:09:09 (21.2%)	8:38	6.9 (78.4%)
165	PAWŁOWSKA Gabriela	413	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	18		00:43:11.30	+00:09:09 (21.2%)	8:38	6.9 (78.4%)
165	SAMOJLIK Jagna	469		K-Dzieci	19		00:43:11.30	+00:09:09 (21.2%)	8:38	6.9 (78.4%)
167	SMARUJ-SADOWSKA Janina	484		K65-69	9		00:43:11.80	+00:09:09 (21.2%)	8:38	6.9 (78.4%)
168	SMURAHA Kanstantsina	485	PROWERTEL	K60-64	9		00:43:14.10	+00:09:12 (21.3%)	8:38	6.9 (78.4%)
169	PAJDOSZ Anna	404	CHODZĘ Z SERCEM	K50-54	10		00:43:16.45	+00:09:14 (21.4%)	8:39	6.9 (78.4%)
170	KAŻMIERCZAK Żanetta	215	GOSIR OSIELSKO	K40-44	18		00:43:16.75	+00:09:14 (21.4%)	8:39	6.9 (78.4%)
170	BIEGAJŁO Małgorzata	34		K45-49	28		00:43:16.75	+00:09:14 (21.4%)	8:39	6.9 (78.4%)
172	ĆWIKLIŃSKA Joanna	86		K- Niepełnosprawni(B)	6		00:43:19.00	+00:09:17 (21.4%)	8:39	6.9 (78.4%)
173	TROCHIMCZUK Anna	680	SANTANDER CONSUMER BANK	K30-39	24		00:43:19.55	+00:09:17 (21.5%)	8:40	6.9 (78.4%)
173	ŚLIWIŃSKA Ewa	540	KLUB NW PATYCZAKI GRUDZIĄDZ	K45-49	29		00:43:19.55	+00:09:17 (21.5%)	8:40	6.9 (78.4%)
175	GRZEGORZEWSKA Aneta	153	CHODZĘ Z SERCEM	K30-39	25		00:43:22.95	+00:09:21 (21.6%)	8:40	6.9 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	PRYCZYNICZ Anna	1061		K-Dzieci	20		00:43:23.75	+00:09:21 (21.6%)	8:40	6.9 (78.4%)
177	TRESZCZOTKO Maria	553		K70+	3		00:43:25.50	+00:09:23 (21.6%)	8:41	6.9 (78.4%)
178	KĘDYŚ Anna	221	HAJNÓWKA	K-Dzieci	21		00:43:26.60	+00:09:24 (21.7%)	8:41	6.9 (78.4%)
179	OGONOWSKA Edyta	391	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	12		00:43:27.55	+00:09:25 (21.7%)	8:41	6.9 (78.4%)
180	LASZCZYŃSKA Agata	292	SANTANDER CONSUMER BANK	K45-49	30		00:43:29.05	+00:09:27 (21.7%)	8:41	6.9 (78.4%)
181	CIEŚLIK-SZKLARSKA Agnieszka	689		K40-44	19		00:43:30.30	+00:09:28 (21.8%)	8:42	6.9 (78.4%)
182	KARHANIEWICZ Amelia	1069		K-Dzieci	22		00:43:33.55	+00:09:31 (21.9%)	8:42	6.9 (78.4%)
183	PANASIUK Paulina	1063		K-Dzieci	23		00:43:34.15	+00:09:32 (21.9%)	8:42	6.9 (78.4%)
184	GUZ Urszula	156	PUKS JEDYNKA ŁOSICE	K60-64	10		00:43:34.60	+00:09:32 (21.9%)	8:43	6.9 (78.4%)
185	MOROZ-KECZYŃSKA Ewa	645		K45-49	31		00:43:35.10	+00:09:33 (21.9%)	8:43	6.9 (78.4%)
186	ADAMCZYK-ŚMIERTKA Małgorzata	636	SANTANDER CONSUMER BANK	K30-39	26		00:43:36.75	+00:09:34 (22.0%)	8:43	6.9 (78.4%)
187	KOPACZ Elżbieta	247	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	20		00:43:37.25	+00:09:35 (22.0%)	8:43	6.9 (78.4%)
188	MIKOŁAJCZUK Agata	1177		K-Junior	21		00:43:39.35	+00:09:37 (22.0%)	8:43	6.9 (78.4%)
189	TOCZYŃSKA Natalia	550	CHODZĘ Z SERCEM	K18-29	17		00:43:39.50	+00:09:37 (22.1%)	8:44	6.9 (78.4%)
190	BRONOWICKA Magdalena	624	SANTANDER CONSUMER BANK	K40-44	21		00:43:41.05	+00:09:39 (22.1%)	8:44	6.9 (78.4%)
191	GRUSZEWSKA Gabriela	1176		K-Junior	22		00:43:41.60	+00:09:39 (22.1%)	8:44	6.9 (78.4%)
192	OSTROWIERCH Irena	401	SP ZOZ	K50-54	11		00:43:42.80	+00:09:40 (22.1%)	8:44	6.9 (78.4%)
193	BARTUSIK-URBAN Jadwiga	29	SANTANDER CONSUMER BANK	K45-49	32		00:43:47.55	+00:09:45 (22.3%)	8:45	6.9 (78.4%)
194	JURCZUK Aleksandra	1065		K-Dzieci	24		00:43:48.15	+00:09:46 (22.3%)	8:45	6.8 (77.3%)
195	KIERDELEWICZ Martyna	1066		K-Dzieci	25		00:43:48.90	+00:09:47 (22.3%)	8:45	6.8 (77.3%)
196	ŚLEDŹ Ewa	684	AKTYWNI Z PASJĄ	K- Niepełnosprawni(A)	2		00:43:52.15	+00:09:50 (22.4%)	8:46	6.8 (77.3%)
197	KONARSKA Agata	622	SANTANDER CONSUMER BANK	K30-39	27		00:43:52.75	+00:09:50 (22.4%)	8:46	6.8 (77.3%)
198	PIĄTEK Renata	687		K45-49	33		00:43:54.10	+00:09:52 (22.5%)	8:46	6.8 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	CYRA Grażyna	79		K60-64	11		00:43:57.40	+00:09:55 (22.6%)	8:47	6.8 (77.3%)
200	MOCZULSKA Monika	667		K40-44	22		00:43:59.20	+00:09:57 (22.6%)	8:47	6.8 (77.3%)
201	KARBIERUK Julia	1074		K-Junior	23		00:44:01.00	+00:09:59 (22.7%)	8:48	6.8 (77.3%)
202	KHARYTANIUK Ludmila	228	PROWERTEL	K45-49	34		00:44:02.60	+00:10:00 (22.7%)	8:48	6.8 (77.3%)
203	BIEDRYCKA Patrycja	1025		K18-29	18		00:44:02.70	+00:10:00 (22.7%)	8:48	6.8 (77.3%)
204	WIŚNIEWSKA Danuta	589	PASJA NORDIC WALKING	K55-59	13		00:44:02.75	+00:10:00 (22.7%)	8:48	6.8 (77.3%)
205	HOLECKA Beata	166		K50-54	12		00:44:03.55	+00:10:01 (22.8%)	8:48	6.8 (77.3%)
206	PANKIEWICZ-DMOWSKA Cecylia	409		K65-69	10		00:44:07.55	+00:10:05 (22.9%)	8:49	6.8 (77.3%)
207	ACKIEWICZ Marta	4		K30-39	28		00:44:07.65	+00:10:05 (22.9%)	8:49	6.8 (77.3%)
208	KIERDELEWICZ Irena	231		K30-39	29		00:44:08.20	+00:10:06 (22.9%)	8:49	6.8 (77.3%)
209	BOROWSKA Agnieszka	50		K40-44	23		00:44:11.10	+00:10:09 (23.0%)	8:50	6.8 (77.3%)
210	BIK Katarzyna	37	KS METRACO POLKOWICE	K-Junior	24		00:44:12.25	+00:10:10 (23.0%)	8:50	6.8 (77.3%)
211	ZIUZIA Halina	1119		K-Dzieci	26		00:44:13.00	+00:10:11 (23.0%)	8:50	6.8 (77.3%)
212	KLIMIUK Justyna	237		K-Junior	25		00:44:14.10	+00:10:12 (23.1%)	8:50	6.8 (77.3%)
213	WRZOSEK Ewa	594		K40-44	24		00:44:14.80	+00:10:12 (23.1%)	8:51	6.8 (77.3%)
214	ZIN-PARFIENIUK Ewa	605	POWIAT HAJNOWSKI	K30-39	30		00:44:15.25	+00:10:13 (23.1%)	8:51	6.8 (77.3%)
215	KĘDZIERSKA Barbara	224		K40-44	25		00:44:18.15	+00:10:16 (23.2%)	8:51	6.8 (77.3%)
216	JANKOWSKA-PLEWA Krystyna	182		K50-54	13		00:44:19.70	+00:10:17 (23.2%)	8:52	6.8 (77.3%)
217	PSZKIT Teresa	440	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	7		00:44:20.00	+00:10:18 (23.2%)	8:52	6.8 (77.3%)
218	RYCHLIK Magdalena	455	FUNDACJA 'W TE PĘDY'	K30-39	31		00:44:22.10	+00:10:20 (23.3%)	8:52	6.8 (77.3%)
219	TRESZCZOTKA Wioletta	552		K18-29	19		00:44:25.35	+00:10:23 (23.4%)	8:53	6.8 (77.3%)
220	GROBELNA Jadwiga	142	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	8		00:44:26.20	+00:10:24 (23.4%)	8:53	6.8 (77.3%)
221	LESIUK Maria	301	AKTYWNI Z PASJĄ	K-Dzieci	27		00:44:30.05	+00:10:28 (23.5%)	8:54	6.7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
222	LUBOWIDZKA Kornelia	1117		K-Dzieci	28		00:44:31.55	+00:10:29 (23.6%)	8:54	6.7 (76.1%)
223	HAJDUK Katarzyna	158	POWIAT HAJNOWSKI	K30-39	32		00:44:36.20	+00:10:34 (23.7%)	8:55	6.7 (76.1%)
224	PIÓRO Ewa	424	FUNDACJA 'W TE PĘDY'	K45-49	35		00:44:36.25	+00:10:34 (23.7%)	8:55	6.7 (76.1%)
225	SZEWCZYK Julia	521	FACE NORDIC WALKING TEAM	K-Junior	26		00:44:39.50	+00:10:37 (23.8%)	8:56	6.7 (76.1%)
226	OMELIANIUK Kinga	1202		K-Junior	27		00:44:40.20	+00:10:38 (23.8%)	8:56	6.7 (76.1%)
227	ŚRODA Karolina	1205		K-Junior	28		00:44:41.65	+00:10:39 (23.9%)	8:56	6.7 (76.1%)
228	ROSZCZENKO Magdalena	450		K18-29	20		00:44:41.85	+00:10:40 (23.9%)	8:56	6.7 (76.1%)
229	SZULC-DRABCZYK Urszula	525	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	9		00:44:42.50	+00:10:40 (23.9%)	8:56	6.7 (76.1%)
230	KOŚKO Krystyna	255	KLUB CHODZĄCYCH ROGACZY	K- Niepełnosprawni(A)	3		00:44:42.70	+00:10:40 (23.9%)	8:56	6.7 (76.1%)
231	PASZKOWSKA Agnieszka	411	LUBLIN CHODZI Z KIJKAMI	K30-39	33		00:44:43.15	+00:10:41 (23.9%)	8:56	6.7 (76.1%)
232	KĘDYŚ Magdalena	222		K18-29	21		00:44:44.20	+00:10:42 (23.9%)	8:56	6.7 (76.1%)
233	GAŁAŚ Bożena	121	PASJA NORDIC WALKING	K60-64	12		00:44:45.35	+00:10:43 (24.0%)	8:57	6.7 (76.1%)
234	SUJKOWKA Elżbieta	514		K55-59	14		00:44:48.45	+00:10:46 (24.1%)	8:57	6.7 (76.1%)
235	MUDER Iwona	368	PUKS JEDYNKA ŁOSICE	K40-44	26		00:44:49.70	+00:10:47 (24.1%)	8:57	6.7 (76.1%)
236	KOWALSKA Elwira	262		K18-29	22		00:44:50.80	+00:10:48 (24.1%)	8:58	6.7 (76.1%)
237	HINEBORG Bogumiła	164	KLUB NW PATY CZAKI GRUDZIĄDZ	K50-54	14		00:44:52.40	+00:10:50 (24.2%)	8:58	6.7 (76.1%)
238	URBAŃSKA Elżbieta	566	KLUB NW PATY CZAKI GRUDZIĄDZ	K60-64	13		00:44:53.40	+00:10:51 (24.2%)	8:58	6.7 (76.1%)
239	JAKUBOWSKA Edyta	180		K30-39	34		00:44:56.85	+00:10:55 (24.3%)	8:59	6.7 (76.1%)
240	PISZCZATOWSKA Elżbieta	427		K30-39	35		00:44:58.70	+00:10:56 (24.3%)	8:59	6.7 (76.1%)
241	SZREJDER Zofia	523	POWIAT HAJNOWSKI	K60-64	14		00:45:00.30	+00:10:58 (24.4%)	9:00	6.7 (76.1%)
242	WILCZYŃSKA Barbara	588	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	10		00:45:00.40	+00:10:58 (24.4%)	9:00	6.7 (76.1%)
243	LESZCZYŃSKA Kasia	303	GOSIR OSIELSKO	K55-59	15		00:45:02.15	+00:11:00 (24.4%)	9:00	6.7 (76.1%)
244	KAŻMIERCZAK Lena	217	GOSIR OSIELSKO	K-Dzieci	29		00:45:02.30	+00:11:00 (24.4%)	9:00	6.7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
245	CZWERENKO Alicja	84	LKS ZANTYR SZTUM	K55-59	16		00:45:06.95	+00:11:05 (24.6%)	9:01	6.6 (75.0%)
246	BIELAWSKA Dorota	35	SANTANDER CONSUMER BANK	K55-59	17		00:45:08.10	+00:11:06 (24.6%)	9:01	6.6 (75.0%)
247	STEFANIUK Weronika	503		K-Junior	29		00:45:08.45	+00:11:06 (24.6%)	9:01	6.6 (75.0%)
248	CHARKIEWICZ Oksana	66		K-Junior	30		00:45:09.00	+00:11:07 (24.6%)	9:01	6.6 (75.0%)
249	RYGOROWICZ Wiera	458	POWIAT HAJNOWSKI	K60-64	15		00:45:09.30	+00:11:07 (24.6%)	9:01	6.6 (75.0%)
250	SAKOWICZ Natalia	465		K-Junior	31		00:45:09.55	+00:11:07 (24.6%)	9:02	6.6 (75.0%)
251	MASALSKA Emilia	338		K-Junior	32		00:45:11.20	+00:11:09 (24.7%)	9:02	6.6 (75.0%)
252	SIEWIERENIUK Martyna	1091		K-Dzieci	30		00:45:14.65	+00:11:12 (24.8%)	9:03	6.6 (75.0%)
253	KULA Monika	282	CHODZĘ Z SERCEM	K40-44	27		00:45:20.55	+00:11:18 (24.9%)	9:04	6.6 (75.0%)
254	KMIECIK-ZEGARSKA Teresa	240	LKS ZANTYR SZTUM	K55-59	18		00:45:22.15	+00:11:20 (25.0%)	9:04	6.6 (75.0%)
255	ORZECH Agnieszka	621	SANTANDER CONSUMER BANK	K30-39	36		00:45:26.50	+00:11:24 (25.1%)	9:05	6.6 (75.0%)
256	WALESIUK Julia	1120		K-Dzieci	31		00:45:28.30	+00:11:26 (25.2%)	9:05	6.6 (75.0%)
257	KARANOS Celina	209		K50-54	15		00:45:29.90	+00:11:28 (25.2%)	9:06	6.6 (75.0%)
258	DUSZEŃKO Elwira	105	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	4		00:45:33.90	+00:11:32 (25.3%)	9:06	6.6 (75.0%)
259	BOJARCZUK Elżbieta	45	CHODZĘ Z SERCEM	K50-54	16		00:45:37.30	+00:11:35 (25.4%)	9:07	6.6 (75.0%)
260	RĘBICZ Grażyna	655	KKNW	K60-64	16		00:45:42.85	+00:11:41 (25.6%)	9:08	6.6 (75.0%)
261	KORCZ Aleksandra	1125		K-Junior	33		00:45:42.95	+00:11:41 (25.6%)	9:08	6.6 (75.0%)
262	SZYBUT Roma	527		K30-39	37		00:45:44.00	+00:11:42 (25.6%)	9:08	6.6 (75.0%)
263	SKIEPKO Edyta	478		K-Junior	34		00:45:46.50	+00:11:44 (25.7%)	9:09	6.6 (75.0%)
264	ACKIEWICZ Gabriela	3	POWIAT HAJNOWSKI	K-Dzieci	32		00:45:51.90	+00:11:50 (25.8%)	9:10	6.5 (73.9%)
265	ŁOBUZIŃSKA Urszula	1037		K-Junior	35		00:45:52.50	+00:11:50 (25.8%)	9:10	6.5 (73.9%)
266	IGNACIUK Julita	1048		K-Junior	36		00:45:52.65	+00:11:50 (25.8%)	9:10	6.5 (73.9%)
266	LECYK Jadwiga	294	CHODZĘ Z SERCEM	K60-64	17		00:45:52.65	+00:11:50 (25.8%)	9:10	6.5 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
268	OSTROWIERCH Nina	400		K-Junior	37		00:45:52.80	+00:11:50 (25.8%)	9:10	6.5 (73.9%)
269	KIERDELEWICZ Aleksandra	230	POWIAT HAJNOWSKI	K-Dzieci	33		00:45:53.15	+00:11:51 (25.8%)	9:10	6.5 (73.9%)
270	PIWOWARCZYK Weronika	1043		K-Junior	38		00:45:54.95	+00:11:53 (25.9%)	9:11	6.5 (73.9%)
271	GIERASINIUK Martyna	1044		K-Junior	39		00:45:55.00	+00:11:53 (25.9%)	9:11	6.5 (73.9%)
272	NIEWIADOMSKA Małgorzata	381		K40-44	28		00:45:57.20	+00:11:55 (25.9%)	9:11	6.5 (73.9%)
273	SHESHKA Alena	471		K30-39	38		00:45:57.90	+00:11:56 (26.0%)	9:11	6.5 (73.9%)
274	PRÓCHNICKA Marianna	439	CHODZĘ Z SERCEM	K60-64	18		00:45:59.10	+00:11:57 (26.0%)	9:11	6.5 (73.9%)
275	WITKOWSKA Żaneta	1178		K-Junior	40		00:46:00.20	+00:11:58 (26.0%)	9:12	6.5 (73.9%)
276	KOWALSKA Bronisława	261	UNIA MIAST	K50-54	17		00:46:04.25	+00:12:02 (26.1%)	9:12	6.5 (73.9%)
277	ADAMSKA Irena	9	POWIAT HAJNOWSKI	K60-64	19		00:46:05.20	+00:12:03 (26.2%)	9:13	6.5 (73.9%)
278	MALINOWSKA Grażyna	324	LKS ZANTYR SZTUM	K65-69	11		00:46:05.70	+00:12:03 (26.2%)	9:13	6.5 (73.9%)
279	MĘCZYŃSKA Katarzyna	348	FUNDACJA 'W TE PĘDY'	K40-44	29		00:46:06.90	+00:12:05 (26.2%)	9:13	6.5 (73.9%)
280	PROKOPIEC Bronisława	436	KKNW	K70+	4		00:46:07.20	+00:12:05 (26.2%)	9:13	6.5 (73.9%)
281	GĄSOWSKA Walentyna	130	POWIAT HAJNOWSKI	K40-44	30		00:46:09.05	+00:12:07 (26.3%)	9:13	6.5 (73.9%)
282	SAMOJLIK Justyna	468		K30-39	39		00:46:10.85	+00:12:09 (26.3%)	9:14	6.5 (73.9%)
283	PIÓRO Jadwiga	422	FUNDACJA 'W TE PĘDY'	K65-69	12		00:46:12.25	+00:12:10 (26.3%)	9:14	6.5 (73.9%)
284	MOTOCZYŃSKA Aleksandra	366	GOSIR OSIELSKO	K55-59	19		00:46:14.75	+00:12:12 (26.4%)	9:15	6.5 (73.9%)
285	ROZENBAJGIER Helena	451	KKNW	K70+	5		00:46:16.55	+00:12:14 (26.5%)	9:15	6.5 (73.9%)
286	WĘCKO Dorota	583		K30-39	40		00:46:22.30	+00:12:20 (26.6%)	9:16	6.5 (73.9%)
287	KAMIEŃSKA Emilia	1182		K-Junior	41		00:46:22.40	+00:12:20 (26.6%)	9:16	6.5 (73.9%)
288	GOTÓWKO Iwona	138		K50-54	18		00:46:24.10	+00:12:22 (26.7%)	9:16	6.5 (73.9%)
289	SOŁKIEWICZ Olga	491		K55-59	20		00:46:24.65	+00:12:22 (26.7%)	9:16	6.5 (73.9%)
290	ZAWIEJA Alicja	633	SANTANDER CONSUMER BANK	K40-44	31		00:46:27.15	+00:12:25 (26.7%)	9:17	6.5 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
291	CZUBASZEK Julka	83	WĘDRUJĄCE KIJE	K-Dzieci	34		00:46:28.50	+00:12:26 (26.8%)	9:17	6.5 (73.9%)
292	CHYREK Renata	73	GOSIR OSIELSKO	K55-59	21		00:46:29.05	+00:12:27 (26.8%)	9:17	6.5 (73.9%)
293	TARGOSZ Zdzisława	547		K55-59	22		00:46:30.70	+00:12:28 (26.8%)	9:18	6.4 (72.7%)
294	BACHMAT Magdalena	1087		K-Dzieci	35		00:46:33.70	+00:12:31 (26.9%)	9:18	6.4 (72.7%)
295	NIKONOWICZ Anna	382	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K- Niepełnosprawni(B)	11		00:46:35.15	+00:12:33 (27.0%)	9:19	6.4 (72.7%)
296	JAKONIUK Wiktoria	1071		K-Dzieci	36		00:46:41.35	+00:12:39 (27.1%)	9:20	6.4 (72.7%)
297	KORCZ Marta	691		K-Dzieci	37		00:46:44.75	+00:12:42 (27.2%)	9:20	6.4 (72.7%)
298	KIEWEL Janina	232	CHODZĘ Z SERCEM	K60-64	20		00:46:47.50	+00:12:45 (27.3%)	9:21	6.4 (72.7%)
299	STASZCZAK Agnieszka	499	LUBLIN CHODZI Z KIJKAMI	K30-39	41		00:46:53.25	+00:12:51 (27.4%)	9:22	6.4 (72.7%)
300	JAŁOZA Ewa	181		K40-44	32		00:46:57.50	+00:12:55 (27.5%)	9:23	6.4 (72.7%)
301	FILINOWICZ Maria	115	UTW HAJNÓWKA	K65-69	13		00:46:59.05	+00:12:57 (27.6%)	9:23	6.4 (72.7%)
302	ORZECHOWSKA Katarzyna	1039		K-Junior	42		00:46:59.65	+00:12:57 (27.6%)	9:23	6.4 (72.7%)
303	OLEJNICKA Marcelina	1095		K-Dzieci	38		00:47:05.70	+00:13:03 (27.7%)	9:25	6.4 (72.7%)
304	WIĄCEK Krystyna	584	KKNW	K65-69	14		00:47:05.80	+00:13:03 (27.7%)	9:25	6.4 (72.7%)
305	NESTERUK Teresa	374	POWIAT HAJNOWSKI	K65-69	15		00:47:09.75	+00:13:07 (27.8%)	9:26	6.4 (72.7%)
306	KLIMIUK Amelia	1094		K-Dzieci	39		00:47:12.95	+00:13:11 (27.9%)	9:26	6.4 (72.7%)
307	BUDASZ Grażyna	619	PILSCY MIŁOŚNICY NORDIC WALKING	K55-59	23		00:47:13.65	+00:13:11 (27.9%)	9:26	6.4 (72.7%)
308	ANDRIEJUK Agnieszka	651		K40-44	33		00:47:19.70	+00:13:17 (28.1%)	9:28	6.3 (71.6%)
309	SKIEPKO Paulina	477	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K30-39	42		00:47:22.20	+00:13:20 (28.2%)	9:28	6.3 (71.6%)
310	DUTKOWSKA Wiktoria	1040		K-Junior	43		00:47:25.80	+00:13:23 (28.3%)	9:29	6.3 (71.6%)
311	SOKULSKA Stanisława	490	FUNDACJA 'W TE PĘDY'	K60-64	21		00:47:27.60	+00:13:25 (28.3%)	9:29	6.3 (71.6%)
312	MELNIK Renata	347	CHODZĘ Z SERCEM	K45-49	36		00:47:34.35	+00:13:32 (28.5%)	9:30	6.3 (71.6%)
313	ADAMSKA Liwia	8	POWIAT HAJNOWSKI	K-Dzieci	40		00:47:36.65	+00:13:34 (28.5%)	9:31	6.3 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
314	SKOWROŃSKA-GIZIEWICZ Edyta	480		K40-44	34		00:47:42.35	+00:13:40 (28.7%)	9:32	6.3 (71.6%)
315	ŁĘCZYCKA Agnieszka	314	POWIAT HAJNOWSKI	K30-39	43		00:47:43.10	+00:13:41 (28.7%)	9:32	6.3 (71.6%)
316	STACHULEC Natalia	1122		K-Dzieci	41		00:47:43.50	+00:13:41 (28.7%)	9:32	6.3 (71.6%)
317	TYSZKO Aleksandra	561		K-Dzieci	42		00:47:48.40	+00:13:46 (28.8%)	9:33	6.3 (71.6%)
318	KUPTTEL Magda	1170		K18-29	23		00:47:50.00	+00:13:48 (28.9%)	9:34	6.3 (71.6%)
319	BLAT Janina	40	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	22		00:47:58.15	+00:13:56 (29.1%)	9:35	6.3 (71.6%)
320	GAWRYLUK Barbara	127		K40-44	35		00:47:59.20	+00:13:57 (29.1%)	9:35	6.3 (71.6%)
321	LIPIŃSKA Regina	310	LKS ZANTYR SZTUM	K70+	6		00:48:00.65	+00:13:58 (29.1%)	9:36	6.2 (70.5%)
322	WECHTA Agnieszka	580	FOTO-STUDIO WECHTA	K40-44	36		00:48:02.65	+00:14:00 (29.2%)	9:36	6.2 (70.5%)
323	ŚLUSARCZYK Danuta	541	WESOŁY BORSUK TEAM	K65-69	16		00:48:04.95	+00:14:03 (29.2%)	9:36	6.2 (70.5%)
324	KAMIEŃSKA Maria	206		K50-54	19		00:48:07.80	+00:14:05 (29.3%)	9:37	6.2 (70.5%)
325	DUBOW Angelina	648		K18-29	24		00:48:15.70	+00:14:13 (29.5%)	9:39	6.2 (70.5%)
326	PUCHŁOWSKA Iwona	681	SANTANDER CONSUMER BANK	K40-44	37		00:48:21.45	+00:14:19 (29.6%)	9:40	6.2 (70.5%)
327	AMILUSIK Elżbieta	18		K40-44	38		00:48:22.55	+00:14:20 (29.7%)	9:40	6.2 (70.5%)
328	GINSZT Alina	133		K40-44	39		00:48:24.45	+00:14:22 (29.7%)	9:40	6.2 (70.5%)
329	OPALA Monika	396	GRUDZIĄDZKI KLUB TURYSTYCZNY MIŁOŚNIKÓW NORDIC WALKING PATYCZAKI	K40-44	40		00:48:28.35	+00:14:26 (29.8%)	9:41	6.2 (70.5%)
330	PROKOPOWICZ Małgorzata	438	CHODZĘ Z SERCEM	K- Niepełnosprawni(B)	12		00:48:30.25	+00:14:28 (29.8%)	9:42	6.2 (70.5%)
331	IWANIUK Justyna	177	POWIAT HAJNOWSKI	K30-39	44		00:48:33.00	+00:14:31 (29.9%)	9:42	6.2 (70.5%)
332	STEPANIUK Gabriela	505		K-Dzieci	43		00:48:33.75	+00:14:31 (29.9%)	9:42	6.2 (70.5%)
333	NICZYPORUK Irena	375	POWIAT HAJNOWSKI	K60-64	23		00:48:33.85	+00:14:32 (29.9%)	9:42	6.2 (70.5%)
334	KOT Adriana	257		K30-39	45		00:48:38.35	+00:14:36 (30.0%)	9:43	6.2 (70.5%)
335	AKSIEJUK Paulina	1169		K18-29	25		00:48:42.30	+00:14:40 (30.1%)	9:44	6.2 (70.5%)
336	NIECHWIEJCZYK Aleksandra	379	UNIA MIAST	K40-44	41		00:48:48.75	+00:14:46 (30.3%)	9:45	6.1 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
337	WAWRZYNIUK Elżbieta	578		K60-64	24		00:48:48.90	+00:14:47 (30.3%)	9:45	6.1 (69.3%)
338	STAWARZ Lucyna	502		K55-59	24		00:48:52.10	+00:14:50 (30.4%)	9:46	6.1 (69.3%)
339	KULIK Alicja	1114		K-Dzieci	44		00:48:53.15	+00:14:51 (30.4%)	9:46	6.1 (69.3%)
340	DRYWULSKA Amelia	1115		K-Dzieci	45		00:48:53.85	+00:14:52 (30.4%)	9:46	6.1 (69.3%)
341	TUPIEKA Urszula	635	SANTANDER CONSUMER BANK	K30-39	46		00:48:58.90	+00:14:57 (30.5%)	9:47	6.1 (69.3%)
342	GLENCNER Mariola	134		K30-39	47		00:48:59.10	+00:14:57 (30.5%)	9:47	6.1 (69.3%)
343	PETRUK Marzanna	415		K50-54	20		00:49:00.90	+00:14:59 (30.6%)	9:48	6.1 (69.3%)
344	MAZGAJ Małgorzata	344	SANTANDER CONSUMER BANK	K30-39	48		00:49:01.90	+00:15:00 (30.6%)	9:48	6.1 (69.3%)
345	ZIELINKIEWICZ Aleksandra	601	KLUB NW PATYCZAKI GRUDZIĄDZ	K30-39	49		00:49:03.25	+00:15:01 (30.6%)	9:48	6.1 (69.3%)
346	SACHARCZUK Sandra	1135		K-Dzieci	46		00:49:05.55	+00:15:03 (30.7%)	9:49	6.1 (69.3%)
347	TERECHOWICZ Maria	637	SANTANDER CONSUMER BANK	K30-39	50		00:49:06.90	+00:15:05 (30.7%)	9:49	6.1 (69.3%)
348	ŁAPIŃSKA Renia	313	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K60-64	25		00:49:07.40	+00:15:05 (30.7%)	9:49	6.1 (69.3%)
349	SOKOŁOWSKA Małgorzata	487	POWIAT HAJNOWSKI	K- Niepełnosprawni(B)	13		00:49:07.75	+00:15:05 (30.7%)	9:49	6.1 (69.3%)
350	KOTOWSKA Anna	258	AKTYWNI Z PASJĄ	K70+	7		00:49:12.45	+00:15:10 (30.8%)	9:50	6.1 (69.3%)
351	SACHARCZUK Zofia	1088		K-Dzieci	47		00:49:15.85	+00:15:14 (30.9%)	9:51	6.1 (69.3%)
352	JEDNOCZKO Patrycja	1082		K-Dzieci	48		00:49:18.30	+00:15:16 (31.0%)	9:51	6.1 (69.3%)
353	PRZYBYŁOWSKA Oliwia	1092		K-Dzieci	49		00:49:18.45	+00:15:16 (31.0%)	9:51	6.1 (69.3%)
354	CIEŚLIK Ewa	74	POWIAT HAJNOWSKI	K40-44	42		00:49:18.70	+00:15:16 (31.0%)	9:51	6.1 (69.3%)
355	JAROĆ Elwira	1032		K-Junior	44		00:49:23.95	+00:15:22 (31.1%)	9:52	6.1 (69.3%)
356	MACIEJUK Julia	1029		K-Junior	45		00:49:24.20	+00:15:22 (31.1%)	9:52	6.1 (69.3%)
357	MICHAŚ Justyna	625	SANTANDER CONSUMER BANK	K40-44	43		00:49:24.70	+00:15:22 (31.1%)	9:53	6.1 (69.3%)
358	BOROWIK Gabriela	1047		K-Junior	46		00:49:31.15	+00:15:29 (31.3%)	9:54	6.1 (69.3%)
359	TICHONIUK Marzena	549		K30-39	51		00:49:31.20	+00:15:29 (31.3%)	9:54	6.1 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
360	HAJDUK Natalia	159	POWIAT HAJNOWSKI	K-Dzieci	50		00:49:32.30	+00:15:30 (31.3%)	9:54	6.1 (69.3%)
361	HANUS Teresa	162		K- Niepełnosprawni(B)	14		00:49:34.10	+00:15:32 (31.3%)	9:54	6.1 (69.3%)
362	JÓŻWIK Patrycja	190		K-Dzieci	51		00:49:35.20	+00:15:33 (31.4%)	9:55	6.1 (69.3%)
363	BIELAWSKA Magda	1017		K-Junior	47		00:49:35.25	+00:15:33 (31.4%)	9:55	6.1 (69.3%)
364	SOKOŁOWSKA Zuzia	488	POWIAT HAJNOWSKI	K-Junior	48		00:49:35.50	+00:15:33 (31.4%)	9:55	6 (68.2%)
365	ABRAMCZUK Jolanta	1	HAJNÓWKA	K50-54	21		00:49:36.20	+00:15:34 (31.4%)	9:55	6 (68.2%)
366	LEWCZUK Natalia	1134		K-Junior	49		00:49:36.60	+00:15:34 (31.4%)	9:55	6 (68.2%)
367	MARCZUK Ula	1018		K-Junior	50		00:49:36.75	+00:15:34 (31.4%)	9:55	6 (68.2%)
368	IWANIUK Ewa	1133		K-Junior	51		00:49:37.50	+00:15:35 (31.4%)	9:55	6 (68.2%)
369	PIETRUSZKIEWICZ Urszula	420		K-Dzieci	52		00:49:39.35	+00:15:37 (31.5%)	9:56	6 (68.2%)
370	SAWICKA Izabela	1195		K-Junior	52		00:49:40.85	+00:15:39 (31.5%)	9:56	6 (68.2%)
371	BILKIEWICZ Julia	1196		K-Junior	53		00:49:40.95	+00:15:39 (31.5%)	9:56	6 (68.2%)
372	RUTA Joanna	686		K-Junior	54		00:49:47.05	+00:15:45 (31.6%)	9:57	6 (68.2%)
373	ABRAMCZUK Paulina	2	HAJNÓWKA	K18-29	26		00:49:50.00	+00:15:48 (31.7%)	9:58	6 (68.2%)
373	WACHOWICZ Teresa	570		K55-59	25		00:49:50.00	+00:15:48 (31.7%)	9:58	6 (68.2%)
375	STARUŃSKA Wiktoria	1206		K-Dzieci	53		00:49:56.85	+00:15:55 (31.9%)	9:59	6 (68.2%)
376	KĄLAMAJSKA Barbara	205	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	26		00:50:06.30	+00:16:04 (32.1%)	10:01	6 (68.2%)
377	MASALSKA Aleksandra	1201		K-Junior	55		00:50:07.70	+00:16:05 (32.1%)	10:01	6 (68.2%)
378	GOŁONKO Emilia	1197		K-Junior	56		00:50:08.20	+00:16:06 (32.1%)	10:01	6 (68.2%)
379	SIEMIACKA Patrycja	1036		K-Junior	57		00:50:09.45	+00:16:07 (32.2%)	10:01	6 (68.2%)
380	KĘDZIERSKA Mirosława	225		K65-69	17		00:50:17.00	+00:16:15 (32.3%)	10:03	6 (68.2%)
381	KASJANIUK Luiza	1154		K18-29	27		00:50:19.65	+00:16:17 (32.4%)	10:04	6 (68.2%)
382	SAPIESZKO Klaudia	1155		K18-29	28		00:50:20.20	+00:16:18 (32.4%)	10:04	6 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
383	BOGDANOWICZ Joanna	1093		K-Dzieci	54		00:50:28.25	+00:16:26 (32.6%)	10:05	5.9 (67.0%)
384	BOGDANOWICZ Joanna	43	SZKOŁA PODSTAWOWA NR 6 IM. HENRYKA SIENKIEWICZA	K-Dzieci	55		00:50:28.95	+00:16:27 (32.6%)	10:05	5.9 (67.0%)
385	TRUSIEWICZ Karolina	1026		K-Junior	58		00:50:31.00	+00:16:29 (32.6%)	10:06	5.9 (67.0%)
386	SAWCZUK Agnieszka	1027		K-Junior	59		00:50:32.70	+00:16:30 (32.7%)	10:06	5.9 (67.0%)
387	KLIMIUK Edyta	1142		K40-44	44		00:50:37.15	+00:16:35 (32.8%)	10:07	5.9 (67.0%)
388	ALEKSIEJUK Aneta	1216		K30-39	52		00:50:39.50	+00:16:37 (32.8%)	10:08	5.9 (67.0%)
389	KACZAN Olga	203	POWIAT HAJNOWSKI	K65-69	18		00:50:46.60	+00:16:44 (33.0%)	10:09	5.9 (67.0%)
390	LUTYCZ Irena	312	POWIAT HAJNOWSKI	K65-69	19		00:50:52.95	+00:16:51 (33.1%)	10:10	5.9 (67.0%)
391	KORCZ Magdalena	690		K-Dzieci	56		00:50:57.30	+00:16:55 (33.2%)	10:11	5.9 (67.0%)
392	PANASIUK-KACZUCH Agnieszka	239		K50-54	22		00:50:59.40	+00:16:57 (33.3%)	10:11	5.9 (67.0%)
393	OSIPIUK Ewelina	399		K18-29	29		00:51:05.65	+00:17:03 (33.4%)	10:13	5.9 (67.0%)
394	SOŁOŚCIUK Helena	492	POWIAT HAJNOWSKI	K65-69	20		00:51:05.70	+00:17:03 (33.4%)	10:13	5.9 (67.0%)
395	MAKSYMIUK Monika	323		K18-29	30		00:51:06.80	+00:17:04 (33.4%)	10:13	5.9 (67.0%)
396	PLIS Natalia	1034		K-Junior	60		00:51:10.20	+00:17:08 (33.5%)	10:14	5.9 (67.0%)
397	PIEKARSKA Martyna	1035		K-Junior	61		00:51:12.40	+00:17:10 (33.5%)	10:14	5.9 (67.0%)
398	LESZCZYŃSKA Iwona	304		K40-44	45		00:51:16.10	+00:17:14 (33.6%)	10:15	5.9 (67.0%)
399	CHWICEWSKA-ARENDT Izabela	71		K40-44	46		00:51:17.55	+00:17:15 (33.7%)	10:15	5.8 (65.9%)
400	PATEJUK Julia	1022		K-Junior	62		00:51:22.00	+00:17:20 (33.7%)	10:16	5.8 (65.9%)
401	KENDYŚ Martyna	1019		K-Junior	63		00:51:22.55	+00:17:20 (33.8%)	10:16	5.8 (65.9%)
402	TOKAJCZUK Julita	1140		K30-39	53		00:51:23.30	+00:17:21 (33.8%)	10:16	5.8 (65.9%)
403	MAŁYS Ilona	657	SANTANDER CONSUMER BANK	K30-39	54		00:51:24.40	+00:17:22 (33.8%)	10:16	5.8 (65.9%)
404	TOKAJUK Maja	1058		K-Dzieci	57		00:51:25.55	+00:17:23 (33.8%)	10:17	5.8 (65.9%)
405	OKSENTOWICZ Dominika	1057		K-Dzieci	58		00:51:26.00	+00:17:24 (33.8%)	10:17	5.8 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
406	ŁĘCZYCKA Magdalena	315	POWIAT HAJNOWSKI	K-Dzieci	59		00:51:41.90	+00:17:40 (34.2%)	10:20	5.8 (65.9%)
407	STRYGANEK Walentyna	511	POWIAT HAJNOWSKI	K60-64	27		00:51:42.05	+00:17:40 (34.2%)	10:20	5.8 (65.9%)
408	SZYŁO Małgorzata	1021		K-Junior	64		00:51:43.20	+00:17:41 (34.2%)	10:20	5.8 (65.9%)
409	WIŚNIEWSKA Jolanta	666		K60-64	28		00:51:45.65	+00:17:43 (34.3%)	10:21	5.8 (65.9%)
410	MICHAŁOWSKA Agata	1020		K-Junior	65		00:51:46.25	+00:17:44 (34.3%)	10:21	5.8 (65.9%)
411	ARCIUCH Tamara	693	SANTANDER CONSUMER BANK	K40-44	47		00:51:47.75	+00:17:45 (34.3%)	10:21	5.8 (65.9%)
412	SZEKALSKA Julia	1053		K-Dzieci	60		00:51:48.65	+00:17:46 (34.3%)	10:21	5.8 (65.9%)
413	NIKOŁAJUK Emilia	1072		K-Dzieci	61		00:51:50.00	+00:17:48 (34.3%)	10:22	5.8 (65.9%)
414	LESIAK Ewa	299	SANTANDER CONSUMER BANK	K30-39	55		00:51:56.45	+00:17:54 (34.5%)	10:23	5.8 (65.9%)
415	KRAŚKO Natalia	1051		K-Dzieci	62		00:51:58.50	+00:17:56 (34.5%)	10:23	5.8 (65.9%)
416	WIŚNIEWSKA Klaudia	1198		K18-29	31		00:52:00.40	+00:17:58 (34.6%)	10:24	5.8 (65.9%)
417	CISNOWSKA Angelika	1030		K-Junior	66		00:52:03.55	+00:18:01 (34.6%)	10:24	5.8 (65.9%)
418	HUDYKA Ewelina	1166		K18-29	32		00:52:03.85	+00:18:02 (34.6%)	10:24	5.8 (65.9%)
419	PIĄTKOWSKA Małgorzata	417	KS METRACO POLKOWICE	K65-69	21		00:52:05.80	+00:18:03 (34.7%)	10:25	5.8 (65.9%)
420	OMIELIANIUK Patrycja	1164		K18-29	33		00:52:12.20	+00:18:10 (34.8%)	10:26	5.7 (64.8%)
421	TARARUJ Paulina	1165		K18-29	34		00:52:19.05	+00:18:17 (35.0%)	10:27	5.7 (64.8%)
422	FIEDORUK Antonina	113	UTW HAJNÓWKA	K60-64	29		00:52:22.90	+00:18:21 (35.0%)	10:28	5.7 (64.8%)
423	BAGROWSKA Ala	26	UTW HAJNÓWKA	K60-64	30		00:52:23.40	+00:18:21 (35.0%)	10:28	5.7 (64.8%)
424	WEREMIUK Nadzieja	581	UTW HAJNÓWKA	K60-64	31		00:52:25.05	+00:18:23 (35.1%)	10:29	5.7 (64.8%)
425	BISZCZUK Nina	39	POWIAT HAJNOWSKI	K60-64	32		00:52:25.30	+00:18:23 (35.1%)	10:29	5.7 (64.8%)
426	AMILUSIK Magdalena	17		K18-29	35		00:52:28.40	+00:18:26 (35.1%)	10:29	5.7 (64.8%)
427	MICHALCZYK Lidia	352		K45-49	37		00:52:45.70	+00:18:43 (35.5%)	10:33	5.7 (64.8%)
428	CYBULSKA Ewa	78	CHODZĘ Z SERCEM	K55-59	26		00:52:51.35	+00:18:49 (35.6%)	10:34	5.7 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
429	MARGAŃSKA Stanisława	336	KKNW	K70+	8		00:53:01.95	+00:19:00 (35.8%)	10:36	5.7 (64.8%)
430	RYBACZEK Izabela	1162		K18-29	36		00:53:07.70	+00:19:05 (35.9%)	10:37	5.6 (63.6%)
431	MICHALAK Elżbieta	350	CHODZĘ Z SERCEM	K55-59	27		00:53:20.55	+00:19:18 (36.2%)	10:40	5.6 (63.6%)
432	KINDZIUK Barbara	1209		K18-29	37		00:53:26.45	+00:19:24 (36.3%)	10:41	5.6 (63.6%)
433	ANDREJCZYK Halina	20	POWIAT HAJNOWSKI	K70+	9		00:53:30.10	+00:19:28 (36.4%)	10:42	5.6 (63.6%)
434	GRYKA Ula	152		K30-39	56		00:53:32.30	+00:19:30 (36.4%)	10:42	5.6 (63.6%)
435	GARBACKA Cecylia	124	KKNW	K65-69	22		00:53:42.00	+00:19:40 (36.6%)	10:44	5.6 (63.6%)
436	OLESZCZUK Helena	1153		K50-54	23		00:53:46.90	+00:19:45 (36.7%)	10:45	5.6 (63.6%)
437	DĄBROWSKA Jadwiga	93	POWIAT HAJNOWSKI	K55-59	28		00:53:48.45	+00:19:46 (36.8%)	10:45	5.6 (63.6%)
438	HORNOSTAJ Irena	169	POWIAT HAJNOWSKI	K55-59	29		00:53:49.50	+00:19:47 (36.8%)	10:46	5.6 (63.6%)
439	LEWCZUK Alina	308	POWIAT HAJNOWSKI	K50-54	24		00:53:49.85	+00:19:48 (36.8%)	10:46	5.6 (63.6%)
440	JERZYK Irena	189	POWIAT HAJNOWSKI	K55-59	30		00:53:50.55	+00:19:48 (36.8%)	10:46	5.6 (63.6%)
441	KURYŁO Maria	148		K55-59	31		00:53:50.75	+00:19:48 (36.8%)	10:46	5.6 (63.6%)
442	ZAŃ Jolanta	598	SANTANDER CONSUMER BANK	K30-39	57		00:53:51.55	+00:19:49 (36.8%)	10:46	5.6 (63.6%)
443	GOŁONKO Magda	1160		K18-29	38		00:53:56.25	+00:19:54 (36.9%)	10:47	5.6 (63.6%)
444	NIEWIADOMSKA Natalia	1163		K18-29	39		00:53:56.30	+00:19:54 (36.9%)	10:47	5.6 (63.6%)
445	NAZARUK Lidia	373	POWIAT HAJNOWSKI	K70+	10		00:54:01.80	+00:19:59 (37.0%)	10:48	5.6 (63.6%)
446	BLASSAT Uta	647		K70+	11		00:54:02.70	+00:20:00 (37.0%)	10:48	5.6 (63.6%)
447	TROCHIMIUK Leontyna	554	POWIAT HAJNOWSKI	K70+	12		00:54:07.55	+00:20:05 (37.1%)	10:49	5.5 (62.5%)
448	WORONIECKA Zofia	1097		K-Dzieci	63		00:54:10.35	+00:20:08 (37.2%)	10:50	5.5 (62.5%)
449	SKORUK Antonina	163		K70+	13		00:54:18.95	+00:20:17 (37.3%)	10:51	5.5 (62.5%)
450	DMITRUK Anna	97		K40-44	48		00:54:24.50	+00:20:22 (37.5%)	10:52	5.5 (62.5%)
451	RABECKA Maria	443		K70+	14		00:54:39.05	+00:20:37 (37.7%)	10:55	5.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
452	KALINOWSKA Danuta	204	UTW HAJNÓWKA	K65-69	23		00:54:43.75	+00:20:41 (37.8%)	10:56	5.5 (62.5%)
453	CZYŻEWSKA Halina	85	POWIAT HAJNOWSKI	K70+	15		00:54:50.75	+00:20:48 (38.0%)	10:58	5.5 (62.5%)
454	CIEŚLIK Maria	1090		K-Dzieci	64		00:54:58.25	+00:20:56 (38.1%)	10:59	5.5 (62.5%)
455	NOWALIŃSKA Marysia	387	FACE NORDIC WALKING TEAM	K-Dzieci	65		00:54:59.40	+00:20:57 (38.1%)	10:59	5.5 (62.5%)
456	WASILUK Magdalena	1102		K-Dzieci	66		00:55:00.60	+00:20:58 (38.1%)	11:00	5.5 (62.5%)
457	GŁOWACKA Natalia	1099		K-Dzieci	67		00:55:01.30	+00:20:59 (38.2%)	11:00	5.5 (62.5%)
458	KONOPKA Maria	245	PKS JEDYNKA ŁOSICE	K65-69	24		00:55:06.95	+00:21:05 (38.3%)	11:01	5.4 (61.4%)
459	KACPRZAK Nina	202	POWIAT HAJNOWSKI	K65-69	25		00:55:29.00	+00:21:27 (38.7%)	11:05	5.4 (61.4%)
460	WERESZCZUK Agnieszka	582	PUKS JEDYNKA ŁOSICE	K55-59	32		00:55:31.15	+00:21:29 (38.7%)	11:06	5.4 (61.4%)
461	CHMIELEWSKA Ela	67	POWIAT HAJNOWSKI	K65-69	26		00:56:01.50	+00:21:59 (39.3%)	11:12	5.4 (61.4%)
462	SZPILKO Mirosława	1204		K40-44	49		00:56:17.45	+00:22:15 (39.5%)	11:15	5.3 (60.2%)
463	BOJKO-PIETROCZUK Bogusława	1203		K45-49	38		00:56:18.15	+00:22:16 (39.6%)	11:15	5.3 (60.2%)
464	ŁYSAKOWSKA Katarzyna	317	POWIAT HAJNOWSKI	K30-39	58		00:56:18.55	+00:22:16 (39.6%)	11:15	5.3 (60.2%)
465	GARUSTOWICZ Emilia	126		K30-39	59		00:56:20.45	+00:22:18 (39.6%)	11:16	5.3 (60.2%)
466	GRYGOLUK Irena	1038		K45-49	39		00:56:22.20	+00:22:20 (39.6%)	11:16	5.3 (60.2%)
467	HORYZA Edyta	641	SANTANDER CONSUMER BANK	K40-44	50		00:56:26.15	+00:22:24 (39.7%)	11:17	5.3 (60.2%)
468	BOBKIEWICZ Aleksandra	42	POWIAT HAJNOWSKI	K70+	16		00:56:36.00	+00:22:34 (39.9%)	11:19	5.3 (60.2%)
469	PAWLUCZUK Grażyna	412		K55-59	33		00:57:01.15	+00:22:59 (40.3%)	11:24	5.3 (60.2%)
470	MARKIEWICZ Bożena	337		K45-49	40		00:57:03.40	+00:23:01 (40.4%)	11:24	5.3 (60.2%)
471	STAWARZ Jolanta	501		K50-54	25		00:57:03.55	+00:23:01 (40.4%)	11:24	5.3 (60.2%)
472	WRZOSEK Weronika	595		K-Dzieci	68		00:57:05.30	+00:23:03 (40.4%)	11:25	5.3 (60.2%)
473	WRZOSEK Julia	596		K-Junior	67		00:57:06.15	+00:23:04 (40.4%)	11:25	5.3 (60.2%)
474	BUJEK Barbara	60		K30-39	60		00:57:20.30	+00:23:18 (40.6%)	11:28	5.2 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
475	BOROWIK Anna	49		K30-39	61		00:57:33.70	+00:23:31 (40.9%)	11:30	5.2 (59.1%)
476	KULOK Karolina	639	SANTANDER CONSUMER BANK	K18-29	40		00:57:35.15	+00:23:33 (40.9%)	11:31	5.2 (59.1%)
477	KINDZIUK Ewelina	233	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K18-29	41		00:57:39.85	+00:23:38 (41.0%)	11:31	5.2 (59.1%)
478	NAWROCKA Danuta	613	DĄBROWA NORDIC TEAM	K70+	17		00:57:52.50	+00:23:50 (41.2%)	11:34	5.2 (59.1%)
479	KENDYŚ Justyna	218		K18-29	42		00:58:05.60	+00:24:03 (41.4%)	11:37	5.2 (59.1%)
480	RYBKA Teresa	653		K- Niepełnosprawni(B)	15		00:58:10.40	+00:24:08 (41.5%)	11:38	5.2 (59.1%)
481	NOWAK Urszula	1138		K30-39	62		00:58:50.35	+00:24:48 (42.2%)	11:46	5.1 (58.0%)
482	BOGDANOWICZ Iwona	1139		K40-44	51		00:58:54.85	+00:24:53 (42.2%)	11:47	5.1 (58.0%)
483	SASIN Monika	638	SANTANDER CONSUMER BANK	K18-29	43		00:59:02.25	+00:25:00 (42.4%)	11:48	5.1 (58.0%)
484	JURCZUK Dorota	199		K-Dzieci	69		00:59:07.35	+00:25:05 (42.4%)	11:49	5.1 (58.0%)
485	LEŚKO Weronika	1212		K-Junior	68		00:59:37.65	+00:25:35 (42.9%)	11:55	5 (56.8%)
486	DUDEK-TARNOWSKA Iwona	630	SANTANDER CONSUMER BANK	K55-59	34		00:59:50.90	+00:25:49 (43.1%)	11:58	5 (56.8%)
487	MICHAŁOWSKA Krystyna	354	POWIAT HAJNOWSKI	K40-44	52		00:59:59.00	+00:25:57 (43.3%)	11:59	5 (56.8%)
488	KIŚLAK Krystyna	1214		K50-54	26		01:00:11.40	+00:26:09 (43.5%)	12:02	5 (56.8%)
489	BLICHARZ Gosia	41		K18-29	44		01:01:24.35	+00:27:22 (44.6%)	12:17	4.9 (55.7%)
490	GRYCIUK Karolina	146		K18-29	45		01:01:26.70	+00:27:24 (44.6%)	12:17	4.9 (55.7%)
491	TARCZYŃSKA Helena	674	WĘDRUJĄCE KIIJE	K- Niepełnosprawni(B)	16		01:01:49.65	+00:27:47 (45.0%)	12:22	4.9 (55.7%)
492	BUJEK Aleksandra	61		K-Dzieci	70		01:02:02.35	+00:28:00 (45.1%)	12:24	4.8 (54.5%)
493	KRYSZTOFIAK Maja	277		K-Dzieci	71		01:02:12.70	+00:28:10 (45.3%)	12:26	4.8 (54.5%)
494	KOPYŚĆ Paula	249	AKTYWNI Z PASJĄ	K-Junior	69		01:02:25.10	+00:28:23 (45.5%)	12:29	4.8 (54.5%)
495	LEONIUK Amelka	298	POWIAT HAJNOWSKI	K-Dzieci	72		01:02:49.45	+00:28:47 (45.8%)	12:33	4.8 (54.5%)
496	LEONIUK Ewa	297	POWIAT HAJNOWSKI	K30-39	63		01:02:51.85	+00:28:50 (45.9%)	12:34	4.8 (54.5%)
497	OWERCZUK Agnieszka	1009		K-Junior	70		01:03:18.35	+00:29:16 (46.2%)	12:39	4.7 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
498	KRAŚKO Katarzyna	1010		K-Junior	71		01:03:18.60	+00:29:16 (46.2%)	12:39	4.7 (53.4%)
499	SADOWSKA Julia	461	POWIAT HAJNOWSKI	K-Dzieci	73		01:04:53.35	+00:30:51 (47.6%)	12:58	4.6 (52.3%)
500	SADOWSKA Barbara	460	POWIAT HAJNOWSKI	K30-39	64		01:04:54.15	+00:30:52 (47.6%)	12:58	4.6 (52.3%)
501	WASIAK Aleksandra	1213		K-Dzieci	74		01:10:28.50	+00:36:26 (51.7%)	14:05	4.3 (48.9%)
502	WASIAK Krystyna	1217		K40-44	53		01:10:30.10	+00:36:28 (51.7%)	14:06	4.3 (48.9%)
503	JAŁOŻA Grażyna	1215		K40-44	54		01:10:47.15	+00:36:45 (51.9%)	14:09	4.2 (47.7%)
504	SZERENOS Aleksandra	519		K-Dzieci	75		01:20:45.95	+00:46:44 (57.9%)	16:09	3.7 (42.0%)
505	SZERENOS Julia	520		K-Dzieci	76		01:21:01.45	+00:46:59 (58.0%)	16:12	3.7 (42.0%)
506	SZERENOS Joanna	518		K30-39	65		01:21:04.90	+00:47:03 (58.0%)	16:13	3.7 (42.0%)
507	SZOTA Marta	1199		K-Junior	72		01:22:46.00	+00:48:44 (58.9%)	16:33	3.6 (40.9%)
508	MIRONCZUK- CHODAKOWSKA Iwona	361		K30-39	66		02:00:24.00	+01:26:22 (71.7%)	24:04	2.5 (28.4%)
509	SOBOTKA Wiktoria	486		K-Junior	73		02:03:42.40	+01:29:40 (72.5%)	24:44	2.4 (27.3%)
510	FRANKOWICZ Ewelina	1003		K-Junior	74		02:06:25.75	+01:32:23 (73.1%)	25:17	2.4 (27.3%)
511	WIERTEL Natalia	1175		K-Junior	75		02:08:34.75	+01:34:32 (73.5%)	25:42	2.3 (26.1%)
512	IWACIK Roksana	1194		K-Junior	76		02:08:44.50	+01:34:42 (73.6%)	25:44	2.3 (26.1%)
DQ	IWANIUK Julia	172	LO Z DNJB W HAJNÓWCE	K-Junior		1	00:38:46.15 DQ		-	- (0.0%)
DQ	IWANIUK Halina	174	ZESPÓŁ SZKÓŁ Z DNJB W HAJNÓWCE	K50-54		1	00:40:12.85 DQ		-	- (0.0%)
DQ	PANASIUK Joanna	407	POWIAT HAJNOWSKI	K30-39		1	00:48:03.10 DQ		-	- (0.0%)
DQ	ONISKIEWICZ Ola	394	POWIAT HAJNOWSKI	K-Dzieci		1	00:49:36.05 DQ		-	- (0.0%)
DNC	KĘDZIERSKA Edyta	223	PFNW	K40-44			00:39:10.80		-	- (0.0%)