IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017

Organizator: PFNW
Data: 2017-04-08
Miejsce: Jastrowie
Dystans: 42.195 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	**MICHALEC Marcin**	**232**	KKB MOSIR KROSNO	M18-29	1			00:00:01	00:30:16	01:05:30	01:40:40	02:15:18	02:48:58	03:23:19	03:58:54	**04:34:23.55**	**04:34:25.45**		6:30	9.2 (100%)
2	**DZIEDIEWICH Andrzej**	**233**		M30-39	1			00:00:02	00:30:15	01:05:28	01:40:37	02:15:17	02:49:55	03:27:26	04:06:12	**04:44:57.15**	**04:44:59.50**	+00:10:33 (3.7%)	6:45	8.9 (96.7%)
3	**NIEPOKÓJ Radosław**	**47**	OSP WROCANKA	M18-29	2	2		00:00:02	00:30:58	01:06:48	01:42:44	02:18:36	02:54:57	03:32:14	04:10:15	**04:48:34.45**	**04:48:36.65**	+00:14:10 (4.9%)	6:50	8.8 (95.7%)
4	**DEPKA-PRĄDZYŃSKI Olgierd**	**15**	BIEGAMYRAZEM	M55-59	1			00:00:07	00:33:28	01:10:10	01:45:21	02:21:06	02:57:51	03:36:03	04:13:50	**04:51:32.35**	**04:51:39.60**	+00:17:08 (5.9%)	6:54	8.7 (94.6%)
5	**KORDOWSKI Piotr**	**31**	DYNAMIC	M40-49	1			00:00:03	00:30:15	01:05:27	01:40:41	02:17:00	02:54:45	03:34:26	04:15:31	**04:56:23.95**	**04:56:27.55**	+00:22:00 (7.4%)	7:01	8.5 (92.4%)
6	**MICHALSKI Andrzej**	**43**		M55-59	2			00:00:06	00:33:30	01:10:15	01:45:53	02:22:36	03:00:07	03:38:30	04:17:10	**04:56:32.90**	**04:56:39.45**	+00:22:09 (7.5%)	7:01	8.5 (92.4%)
7	**NIECHWIEJCZYK Piotr**	**46**	OPEL ACTIVE TEAM	M40-49	2			00:00:04	00:32:36	01:09:06	01:45:53	02:22:35	03:00:08	03:38:33	04:17:26	**04:56:36.55**	**04:56:40.65**	+00:22:13 (7.5%)	7:01	8.5 (92.4%)
8	**CZŁONKOWSKI Krzysztof**	**13**	OLIMPIJCZYK SZCZEKOCINY	M40-49	3			00:00:04	00:33:34	01:10:19	01:47:40	02:25:49	03:05:44	03:44:50	04:24:13	**05:02:00.80**	**05:02:04.90**	+00:27:37 (9.1%)	7:09	8.4 (91.3%)
9	**NALEPKA Jerzy**	**234**	FACE NORDIC WALKING TEAM	M65+	1			00:00:09	00:34:20	01:12:57	01:52:02	02:30:48	03:09:47	03:49:35	04:29:28	**05:09:47.40**	**05:09:57.10**	+00:35:23 (11.4%)	7:20	8.2 (89.1%)
10	**PUSZKIEL Leszek**	**58**	GREEN TEAM	M60-64	1			00:00:08	00:32:51	01:09:57	01:47:23	02:26:22	03:06:51	03:47:38	04:29:44	**05:11:54.70**	**05:12:03.65**	+00:37:31 (12.0%)	7:23	8.1 (88.0%)
11	**PIOTROWSKI Michał**	**55**	FACE NORDIC WALKING TEAM	M30-39	2			00:00:03	00:33:44	01:11:52	01:50:10	02:28:35	03:08:04	03:49:45	04:31:24	**05:13:17.40**	**05:13:20.50**	+00:38:53 (12.4%)	7:25	8.1 (88.0%)
12	**BOGACKI Sławek**	**4**	ENERGA NW TEAM	M40-49	4			00:00:04	00:33:33	01:10:34	01:48:35	02:27:51	03:07:49	03:48:46	04:31:48	**05:14:22.90**	**05:14:27.25**	+00:39:59 (12.7%)	7:26	8.1 (88.0%)
13	**WIŚNIEWSKI Jacek**	**87**	UKS SIEDLESZCZANY	M50-54	1			00:00:05	00:33:32	01:10:18	01:47:40	02:25:49	03:05:46	03:47:48	04:30:14	**05:15:20.15**	**05:15:26.00**	+00:40:56 (13.0%)	7:28	8 (87.0%)
14	**GAJEWSKI Eugeniusz**	**18**	KS METRACO POLKOWICE	M60-64	2			00:00:08	00:32:31	01:09:01	01:46:26	02:26:16	03:07:52	03:50:06	04:33:25	**05:17:05.35**	**05:17:13.70**	+00:42:41 (13.5%)	7:30	8 (87.0%)
15	**ŚWISŁOCKI Bogdan**	**80**	FACE NORDIC WALKING TEAM	M55-59	3			00:00:07	00:33:42	01:11:41	01:50:05	02:29:11	03:09:48	03:52:21	04:35:16	**05:17:50.00**	**05:17:57.10**	+00:43:26 (13.7%)	7:31	8 (87.0%)
16	**MITURA-ZIELONKA Paweł**	**44**	RYBNICKI KLUB NORDIC WALKING	M30-39	3			00:00:02	00:35:25	01:13:35	01:50:53	02:29:43	03:10:26	03:52:15	04:34:56	**05:18:20.45**	**05:18:23.25**	+00:43:56 (13.8%)	7:32	8 (87.0%)
17	**PASIKOWSKA Mariola**	**50**	POSITIVE ENERGY	K30-39	1			00:01:32	00:33:59	01:13:08	01:53:03	02:33:41	03:14:44	03:56:40	04:39:33	**05:22:22.60**	**05:23:54.95**	+00:47:59 (14.9%)	7:38	7.9 (85.9%)
18	**SŁOMIAN Leszek**	**67**	UNIA MIAST	M55-59	4			00:00:04	00:34:17	01:12:37	01:51:56	02:31:17	03:12:00	03:54:14	04:40:13	**05:23:44.90**	**05:23:49.85**	+00:49:21 (15.2%)	7:40	7.8 (84.8%)
19	**RADWAN Piotr**	**231**	KKB DYSTANS KRAKÓW	M50-54	2	1		00:00:13	00:36:12	01:16:53	01:57:52	02:38:54	03:21:05	04:03:08	04:44:45	**05:26:18.65**	**05:26:31.70**	+00:51:55 (15.9%)	7:43	7.8 (84.8%)
20	**SZCZEBAK Jacek**	**76**	UNIA MIAST	M40-49	5			00:00:04	00:34:16	01:13:30	01:53:45	02:34:52	03:16:19	03:58:38	04:42:08	**05:26:24.85**	**05:26:29.60**	+00:52:01 (15.9%)	7:44	7.8 (84.8%)
21	**SPYCHAŁA Marzena**	**68**	WESOŁY BORSUK TEAM	K40-49	1			00:01:32	00:35:18	01:15:26	01:56:02	02:36:54	03:18:15	04:00:53	04:43:59	**05:27:15.50**	**05:28:47.90**	+00:52:51 (16.2%)	7:45	7.7 (83.7%)
22	**MAKOWSKI Jan**	**41**	RYBNICKI KLUB NORDIC WALKING	M55-59	5			00:00:05	00:33:42	01:12:48	01:53:17	02:35:11	03:16:44	04:01:23	04:45:22	**05:29:07.70**	**05:29:13.25**	+00:54:44 (16.6%)	7:47	7.7 (83.7%)
23	**ŁUKASZEWICZ Joanna**	**37**	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:01:33	00:35:21	01:15:54	01:56:27	02:38:09	03:20:54	04:03:40	04:46:59	**05:29:47.25**	**05:31:20.30**	+00:55:23 (16.8%)	7:48	7.7 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
24	**STOPA Joanna**	**73**	BŁĘKITNI DZIEMIANY	K18-29	1			00:01:32	00:37:03	01:18:34	01:59:55	02:41:49	03:23:59	04:05:52	04:47:53	**05:30:43.80**	**05:32:16.15**	+00:56:20 (17.0%)	7:50	7.7 (83.7%)
25	**FOLWARSKI Andrzej**	**17**	FACE NORDIC WALKING TEAM	M55-59	6			00:00:07	00:35:04	01:14:58	01:55:49	02:37:31	03:20:07	04:04:27	04:49:07	**05:31:18.80**	**05:31:26.55**	+00:56:55 (17.2%)	7:51	7.6 (82.6%)
26	**KACZMARCZYK-PIASECKA Renata**	**27**	CZARNE PANTERY	K40-49	3			00:01:34	00:38:02	01:20:01	02:00:58	02:42:06	03:23:28	04:05:17	04:48:09	**05:31:29.90**	**05:33:04.40**	+00:57:06 (17.2%)	7:51	7.6 (82.6%)
27	**STĘPIEŃ Lucyna**	**71**	KS METRACO POLKOWICE	K60-64	1			00:01:39	00:36:20	01:17:07	01:58:23	02:40:13	03:22:52	04:05:46	04:49:22	**05:32:44.95**	**05:34:24.35**	+00:58:21 (17.5%)	7:53	7.6 (82.6%)
28	**ZAGAJA Janusz**	**90**	WESOŁY BORSUK TEAM	M60-64	3			00:00:08	00:33:50	01:12:46	01:53:10	02:33:40	03:16:07	03:59:59	04:46:08	**05:33:02.70**	**05:33:11.45**	+00:58:39 (17.6%)	7:53	7.6 (82.6%)
29	**KOŁODZIEJ Joanna**	**30**	FABRIKANORDIKA	K40-49	4			00:01:33	00:36:33	01:17:30	01:58:17	02:40:02	03:22:10	04:05:48	04:50:04	**05:33:50.85**	**05:35:24.60**	+00:59:27 (17.8%)	7:54	7.6 (82.6%)
30	**WESOŁOWSKI Wojciech**	**85**	NORDIC TEAM GNIEZNO	M65+	2			00:00:10	00:35:47	01:16:39	01:57:28	02:38:59	03:23:02	04:08:27	04:52:07	**05:34:42.05**	**05:34:52.55**	+01:00:18 (18.0%)	7:55	7.6 (82.6%)
31	**BOCZAR Beata**	**3**	GREEN TEAM ZIELONA GÓRA	K50-54	1			00:01:33	00:36:53	01:17:52	01:59:46	02:41:53	03:24:26	04:07:33	04:51:46	**05:35:36.50**	**05:37:09.75**	+01:01:12 (18.2%)	7:57	7.5 (81.5%)
32	**SKRYCKA Katarzyna**	**66**	KS METRACO POLKOWICE	K30-39	2			00:01:33	00:35:48	01:15:47	01:56:09	02:37:27	03:20:41	04:03:39	04:49:23	**05:36:14.50**	**05:37:47.65**	+01:01:50 (18.4%)	7:58	7.5 (81.5%)
33	**DZIADEK Remigiusz**	**16**		M50-54	3			00:00:10	00:34:39	01:14:16	01:54:23	02:36:08	03:19:55	04:06:37	04:53:55	**05:37:47.15**	**05:37:57.20**	+01:03:23 (18.8%)	8:00	7.5 (81.5%)
34	**REJMAN Dorota**	**61**	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K30-39	3			00:01:35	00:36:27	01:17:16	01:58:49	02:41:24	03:24:55	04:09:31	04:54:55	**05:38:55.25**	**05:40:30.50**	+01:04:31 (19.0%)	8:01	7.5 (81.5%)
35	**WITKOWSKA Maria**	**88**	UNIA MIAST	K60-64	2			00:01:40	00:37:24	01:19:57	02:01:46	02:44:17	03:27:19	04:11:05	04:55:48	**05:41:20.90**	**05:43:01.70**	+01:06:57 (19.6%)	8:05	7.4 (80.4%)
36	**MORAWSKI Bartosz**	**93**	KS IDMAR	M30-39	4			00:00:03	00:34:13	01:14:07	01:54:34	02:35:16	03:19:21	04:06:06	04:53:53	**05:41:52.65**	**05:41:55.75**	+01:07:29 (19.7%)	8:06	7.4 (80.4%)
37	**WOLNIEWICZ Katarzyna**	**89**	FABRIKANORDIKA	K40-49	5	1		00:01:34	00:37:34	01:19:26	02:01:02	02:43:20	03:27:09	04:11:47	04:57:02	**05:43:00.35**	**05:44:34.55**	+01:08:36 (20.0%)	8:07	7.4 (80.4%)
38	**STEFANICKI Marek**	**69**		M55-59	7			00:00:08	00:35:40	01:15:55	01:57:01	02:38:54	03:23:01	04:08:32	04:56:23	**05:44:27.95**	**05:44:36.30**	+01:10:04 (20.3%)	8:09	7.4 (80.4%)
39	**TOMCZYK Edward**	**82**	MARSZ PO ZDROWIE POZNAŃ	M65+	3			00:00:08	00:35:49	01:16:43	01:57:39	02:39:30	03:25:52	04:12:19	05:01:03	**05:45:52.15**	**05:46:00.95**	+01:11:28 (20.7%)	8:11	7.3 (79.3%)
40	**KOWALSKI Marek**	**34**	UNIA MIAST	M50-54	4			00:00:08	00:38:59	01:21:21	02:03:20	02:45:49	03:29:58	04:15:16	05:01:28	**05:47:29.65**	**05:47:37.70**	+01:13:06 (21.0%)	8:14	7.3 (79.3%)
41	**ŁOPATKIEWICZ Beata**	**97**		K50-54	2			00:01:33	00:36:54	01:18:41	02:01:33	02:45:00	03:30:30	04:15:47	05:01:27	**05:47:56.60**	**05:49:30.30**	+01:13:33 (21.1%)	8:14	7.3 (79.3%)
42	**BUCZKOWSKA Wiesława**	**7**	FOREST POLE WALKERS	K60-64	3			00:01:37	00:38:02	01:20:13	02:03:15	02:47:10	03:31:26	04:16:35	05:02:31	**05:48:50.35**	**05:50:28.30**	+01:14:26 (21.3%)	8:15	7.3 (79.3%)
43	**SZCZODROWSKI Krzysztof**	**78**	FACE NORDIC WALKING TEAM	M50-54	5			00:00:04	00:36:18	01:18:52	02:02:27	02:47:23	03:32:40	04:18:03	05:04:02	**05:50:21.85**	**05:50:26.20**	+01:15:58 (21.7%)	8:18	7.2 (78.3%)
44	**RESEMAN Sylwia**	**62**	FACE NORDIC WALKING TEAM	K40-49	6			00:01:38	00:38:54	01:22:27	02:05:43	02:49:19	03:34:12	04:19:06	05:05:34	**05:51:38.75**	**05:53:17.40**	+01:17:15 (22.0%)	8:19	7.2 (78.3%)
45	**SZCZEPAŃSKA Anna**	**77**	SUCHA GÓRA	K40-49	7			00:01:38	00:38:56	01:22:48	02:06:49	02:50:50	03:35:35	04:21:02	05:06:52	**05:51:59.40**	**05:53:37.55**	+01:17:35 (22.0%)	8:20	7.2 (78.3%)
46	**PIERNICKA Krystyna**	**54**		K55-59	1	1		00:01:35	00:37:36	01:19:49	02:02:36	02:47:13	03:31:49	04:18:37	05:05:51	**05:53:55.35**	**05:55:31.25**	+01:19:31 (22.5%)	8:23	7.2 (78.3%)
47	**KRYSZCZUK Krzysztof**	**36**	LUKI TEAM SIEDLCE	M50-54	6			00:00:11	00:39:27	01:23:43	02:07:17	02:52:32	03:37:57	04:24:21	05:09:33	**05:53:56.45**	**05:54:08.10**	+01:19:32 (22.5%)	8:23	7.2 (78.3%)
48	**ANTCZAK-KRETKOWSKA Maria**	**94**		K55-59	2			00:01:37	00:38:50	01:22:45	02:06:39	02:51:46	03:38:22	04:24:47	05:10:58	**05:56:06.70**	**05:57:44.35**	+01:21:43 (22.9%)	8:26	7.1 (77.2%)
49	**WEŻGOWIEC Jacek**	**86**		M50-54	7			00:00:11	00:35:00	01:16:39	02:00:01	02:44:55	03:31:08	04:19:31	05:08:14	**05:56:18.50**	**05:56:30.15**	+01:21:54 (23.0%)	8:26	7.1 (77.2%)
50	**HINC Iwona**	**23**	FACE NORDIC WALKING TEAM	K40-49	8	1		00:01:37	00:37:35	01:20:33	02:04:16	02:49:16	03:34:31	04:20:52	05:08:28	**05:56:42.35**	**05:58:19.50**	+01:22:18 (23.1%)	8:27	7.1 (77.2%)
51	**MARCINKOWSKI Wojciech**	**42**	UNIA MIAST	M40-49	6			00:00:05	00:39:22	01:23:44	02:07:22	02:53:07	03:40:26	04:27:59	05:14:04	**05:57:50.15**	**05:57:55.40**	+01:23:26 (23.3%)	8:28	7.1 (77.2%)
52	**KARASIEWICZ Irena**	**91**	FACE NORDIC WALKING TEAM	K50-54	3			00:01:36	00:38:27	01:21:48	02:06:18	02:51:52	03:37:53	04:24:44	05:11:57	**05:58:42.90**	**06:00:19.85**	+01:24:19 (23.5%)	8:30	7.1 (77.2%)
53	**BORKOWSKI Witold**	**6**	SAINT-GOBAIN SQUAD	M40-49	7			00:00:05	00:39:07	01:22:03	02:05:01	02:49:18	03:36:21	04:23:32	05:12:49	**06:01:17.20**	**06:01:23.15**	+01:26:53 (24.1%)	8:33	7 (76.1%)
54	**SZYMAŃSKI Jacek**	**79**		M50-54	8			00:00:07	00:39:00	01:22:05	02:04:55	02:49:18	03:35:46	04:23:17	05:12:50	**06:01:18.45**	**06:01:25.70**	+01:26:54 (24.1%)	8:33	7 (76.1%)
55	**KOBIELA Daria**	**28**	'BŁĘKITNI' NW DZIEMIANY	K18-29	2			00:01:32	00:38:59	01:22:35	02:06:06	02:50:26	03:35:37	04:23:49	05:14:06	**06:01:30.35**	**06:03:03.30**	+01:27:06 (24.1%)	8:34	7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
56	**PIĄTKOWSKI Józef**	**53**	KS METRACO POLKOWICE	M65+	4			00:00:10	00:37:39	01:20:51	02:05:02	02:50:42	03:37:17	04:25:06	05:13:56	**06:02:41.05**	**06:02:51.70**	+01:28:17 (24.3%)	8:35	7 (76.1%)
57	**REJ Anna**	**60**		K30-39	4			00:01:38	00:40:06	01:27:01	02:13:08	02:58:16	03:43:53	04:29:00	05:15:33	**06:02:53.60**	**06:04:32.25**	+01:28:30 (24.4%)	8:35	7 (76.1%)
58	**STILLER Karol**	**72**	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:00:03	00:40:28	01:24:01	02:07:30	02:51:56	03:37:02	04:25:19	05:15:33	**06:02:59.55**	**06:03:02.80**	+01:28:36 (24.4%)	8:36	7 (76.1%)
59	**WACHOWIAK Sylwia**	**83**	DYNAMIC	K40-49	9			00:01:36	00:38:36	01:22:46	02:07:41	02:53:42	03:40:49	04:30:04	05:18:27	**06:04:03.70**	**06:05:40.35**	+01:29:40 (24.6%)	8:37	7 (76.1%)
60	**ROSOŁEK Elżbieta**	**63**	GREEN TEAM ZIELONA GÓRA	K50-54	4			00:01:35	00:39:24	01:23:12	02:05:55	02:50:15	03:39:27	04:27:18	05:16:52	**06:06:06.85**	**06:07:42.10**	+01:31:43 (25.1%)	8:40	6.9 (75.0%)
61	**CZYCZ Emilia**	**14**	GREEN TEAM ZIELONA GÓRA	K65+	1			00:01:40	00:38:08	01:21:39	02:06:41	02:54:43	03:42:11	04:31:21	05:19:41	**06:08:19.50**	**06:09:59.70**	+01:33:55 (25.5%)	8:43	6.9 (75.0%)
62	**SULEJA Joanna**	**75**	SZWLA STARGARD	K55-59	3			00:01:37	00:38:14	01:21:44	02:06:46	02:54:47	03:42:15	04:31:25	05:19:45	**06:08:21.55**	**06:09:59.40**	+01:33:58 (25.5%)	8:43	6.9 (75.0%)
63	**KOTULA Jakub**	**32**	UNIA MIAST	M30-39	6			00:00:02	00:38:43	01:22:49	02:07:09	02:52:53	03:39:47	04:29:53	05:20:18	**06:08:32.25**	**06:08:35.05**	+01:34:08 (25.5%)	8:44	6.9 (75.0%)
64	**BOROWSKI Marcin**	**235**	FACE NORDIC WALKING TEAM/KB KATORŻNIK MUROWANA GOŚLINA	M30-39	7	1		00:00:03	00:38:45	01:22:05	02:07:02	02:52:20	03:39:52	04:29:53	05:19:47	**06:08:44.40**	**06:08:48.30**	+01:34:20 (25.6%)	8:44	6.9 (75.0%)
65	**WAŁECKA Krystyna**	**92**	FACE NORDIC WALKING TEAM	K60-64	4	1		00:01:37	00:38:58	01:22:51	02:07:50	02:54:50	03:42:53	04:31:31	05:21:06	**06:13:23.20**	**06:15:00.45**	+01:38:59 (26.5%)	8:50	6.8 (73.9%)
66	**GRYGIEL Monika**	**21**	FACE NORDIC WALKING TEAM	K30-39	5			00:01:34	00:37:32	01:21:37	02:06:19	02:53:00	03:41:51	04:30:48	05:21:08	**06:13:25.80**	**06:15:00.60**	+01:39:02 (26.5%)	8:50	6.8 (73.9%)
67	**RACZYŃSKA Aleksandra**	**59**	STADION ŚLĄSKI	K65+	2			00:01:39	00:38:08	01:22:25	02:08:38	02:56:30	03:44:50	04:35:21	05:24:30	**06:13:52.85**	**06:15:32.40**	+01:39:29 (26.6%)	8:51	6.8 (73.9%)
68	**JASOŃ Grażyna**	**99**		K55-59	4			00:01:39	00:40:03	01:27:14	02:14:32	03:02:44	03:50:38	04:38:39	05:27:17	**06:14:36.65**	**06:16:15.85**	+01:40:13 (26.8%)	8:52	6.8 (73.9%)
69	**KRETKOWSKI Waldemar**	**95**		M55-59	8	1		00:00:09	00:41:11	01:28:00	02:14:48	03:01:40	03:48:52	04:36:30	05:26:01	**06:15:21.40**	**06:15:30.90**	+01:40:57 (26.9%)	8:53	6.7 (72.8%)
70	**STRZELECKI Sebastian**	**74**	SAILING TEAM FERAJNA	M40-49	8			00:00:05	00:40:45	01:26:44	02:12:47	03:00:23	03:47:58	04:38:01	05:29:52	**06:19:57.50**	**06:20:02.75**	+01:45:33 (27.8%)	9:00	6.7 (72.8%)
71	**NOWAK Bartłomiej**	**49**	SAILING TEAM FERAJNA	M40-49	9			00:00:06	00:40:48	01:26:45	02:12:47	03:00:31	03:50:45	04:41:56	05:32:38	**06:20:22.20**	**06:20:28.35**	+01:45:58 (27.9%)	9:00	6.7 (72.8%)
72	**GERLE-KOTULA Anna**	**19**	UNIA MIAST	K30-39	6			00:01:33	00:40:55	01:27:37	02:15:08	03:03:19	03:52:31	04:42:56	05:33:59	**06:24:01.40**	**06:25:35.30**	+01:49:37 (28.5%)	9:06	6.6 (71.7%)
73	**NOWAK Maciej**	**48**	PILSCY MIŁOŚNICY NORDIC WALKING	M40-49	10			00:00:06	00:42:17	01:30:08	02:18:21	03:06:57	03:56:08	04:44:35	05:34:29	**06:24:06.90**	**06:24:13.50**	+01:49:43 (28.6%)	9:06	6.6 (71.7%)
74	**MADAJCZAK Jarosław**	**40**		M40-49	11			00:00:07	00:42:51	01:30:58	02:23:43	03:12:01	04:01:46	04:51:56	05:39:44	**06:27:28.70**	**06:27:36.45**	+01:53:05 (29.2%)	9:10	6.5 (70.7%)
75	**POSTEK Danuta**	**98**	MARSZ PO ZDROWIE	K50-54	5			00:01:35	00:39:48	01:25:08	02:11:09	02:59:01	03:47:56	04:41:02	05:34:24	**06:27:59.25**	**06:29:34.70**	+01:53:35 (29.3%)	9:11	6.5 (70.7%)
76	**CHOLEWKA Jolanta**	**10**	MARSZ PO ZDROWIE POZNAŃ	K60-64	5			00:01:35	00:40:08	01:26:47	02:14:04	03:03:11	03:53:18	04:45:04	05:37:26	**06:31:04.10**	**06:32:39.35**	+01:56:40 (29.8%)	9:16	6.5 (70.7%)
77	**CEGŁA Zbyszko**	**8**	-	M60-64	4			00:00:10	00:40:59	01:27:05	02:14:27	03:03:29	03:52:59	04:42:54	05:37:14	**06:33:08.50**	**06:33:19.25**	+01:58:44 (30.2%)	9:18	6.4 (69.6%)
78	**KOZŁOWSKA Agnieszka**	**35**	DYNAMIC	K40-49	10			00:01:36	00:42:39	01:28:34	02:15:53	03:05:01	03:56:30	04:48:46	05:41:43	**06:34:07.35**	**06:35:43.40**	+01:59:43 (30.4%)	9:20	6.4 (69.6%)
79	**HAJNUS Wojciech**	**22**	DYNAMIC	M50-54	9			00:00:06	00:41:23	01:28:04	02:14:53	03:03:30	03:54:58	04:47:36	05:41:29	**06:34:15.00**	**06:34:21.65**	+01:59:51 (30.4%)	9:20	6.4 (69.6%)
80	**THOMALLA Bogdan**	**81**	SILESIA NORDIC TEAM	M65+	5			00:00:14	00:40:53	01:27:47	02:17:45	03:05:28	03:59:54	04:51:08	05:48:16	**06:36:50.50**	**06:37:04.50**	+02:02:26 (30.9%)	9:24	6.4 (69.6%)
81	**SERAFIN Anna**	**65**	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY NORDIC WALKING	K30-39	7			00:01:34	00:43:15	01:29:48	02:17:40	03:05:57	03:57:20	04:50:06	05:46:07	**06:44:24.10**	**06:45:58.80**	+02:10:00 (32.1%)	9:34	6.3 (68.5%)
82	**KOLEBUK Kazimierz**	**29**	TRZCIANKA.BIEGA	M65+	6			00:00:09	00:42:07	01:30:23	02:18:53	03:09:26	04:01:49	04:57:27	05:53:02	**06:48:04.25**	**06:48:13.45**	+02:13:40 (32.8%)	9:40	6.2 (67.4%)
83	**JASIŃSKA Małgorzata**	**25**	FAMILY PARK	K50-54	6			00:01:36	00:40:06	01:27:03	02:13:12	03:01:24	03:53:29	04:48:28	05:50:15	**06:49:47.70**	**06:51:24.15**	+02:15:24 (33.0%)	9:42	6.2 (67.4%)
84	**PERLIK Wiesław**	**52**	GOSIR OSIELSKO	M60-64	5			00:00:11	00:39:23	01:23:28	02:08:39	02:57:37	03:52:52	04:47:59	05:51:39	**06:51:11.85**	**06:51:23.80**	+02:16:48 (33.3%)	9:44	6.2 (67.4%)
85	**BONZEL Dorota**	**5**	KLUB SZALONEJ DOROTKI	K30-39	8			00:01:33	00:44:10	01:32:48	02:22:08	03:13:12	04:06:13	05:01:47	05:58:36	**06:56:31.50**	**06:58:05.05**	+02:22:07 (34.1%)	9:52	6.1 (66.3%)
86	**CERANOWSKA Aga**	**9**	PSEUDOBIEGACZKI	K40-49	11	1		00:01:38	00:44:22	01:34:24	02:26:02	03:18:56	04:14:15	05:11:36	06:07:02	**07:01:43.30**	**07:03:22.20**	+02:27:19 (34.9%)	9:59	6 (65.2%)
87	**BŁASZCZYK Katarzyna**	**96**	KIJANKI POZNAŃ	K40-49	12			00:01:40	00:44:13	01:33:27	02:25:31	03:18:56	04:14:16	05:11:36	06:07:09	**07:02:39.75**	**07:04:19.75**	+02:28:16 (35.1%)	10:00	6 (65.2%)
88	**MAĆKOWIAK Aleksandra**	**39**	FACE NORDIC WALKING TEAM	K30-39	9			00:01:34	00:42:09	01:29:52	02:24:59	03:17:50	04:09:24	05:04:33	06:05:53	**07:03:03.95**	**07:04:38.75**	+02:28:40 (35.1%)	10:01	6 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
89	**MAĆKOWIAK Krystyna**	**38**	FACE NORDIC WALKING TEAM	K60-64	6			00:01:36	00:42:06	01:30:41	02:21:13	03:14:10	04:10:24	05:07:59	06:08:09	**07:07:46.70**	**07:09:23.00**	+02:33:23 (35.9%)	10:08	5.9 (64.1%)
	BANASZKIEWICZ Katarzyna	**2**	PILSCY MIŁOŚNICY NW	K40-49				DNF	00:35:47 DNF	01:17:24 DNF	01:59:31 DNF	02:43:07 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 90 wynik(ów)