



# KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT  
INTELEKTUALNE SERWISY SPORTOWE

**Organizator:** PFNW  
**Data:** 2016-06-11  
**Miejsce:** Kolbuszowa  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                | Numer | Klub                                      | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 2.5km    | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|-------------------------------------------|-----------|------|----------------|-----------------|----------------|----------|----------------------|-----------------------|---------------------|-----------------|----------------|
| 1   | DEŁĄG Jakub             | 331   | ENERGYLIFE TEAM/ FACE NORDIC WALKING TEAM | M18-29    | 1    |                |                 | 00:00:50       | 00:14:36 | 00:29:44.80          | 00:30:35.40           |                     | 5:57            | 10.1<br>(100%) |
| 2   | ZARĘBSKI<br>Michał      | 596   | VIKING NORDIC TEAM CZĘSTOCHOWA            | M30-39    | 1    |                |                 | 00:01:34       | 00:14:41 | 00:30:12.40          | 00:31:46.40           | +00:00:27<br>(1.5%) | 6:02            | 9.9<br>(98.0%) |
| 3   | LUBIATOWSKI<br>Ireneusz | 434   | KS METRACO POLKOWICE                      | M50-54    | 1    |                |                 | 00:02:58       | 00:15:04 | 00:30:33.10          | 00:33:31.10           | +00:00:48<br>(2.6%) | 6:06            | 9.8<br>(97.0%) |
| 4   | CZŁAPSKI<br>Krzysztof   | 264   | ENERGYLIFE/ NW CIECHANÓW                  | M50-54    | 2    |                |                 | 00:02:57       | 00:15:07 | 00:30:50.75          | 00:33:47.95           | +00:01:05<br>(3.6%) | 6:10            | 9.7<br>(96.0%) |
| 5   | NIECHWIEJCZYK<br>Piotr  | 66    | UNIA MIAST                                | M40-44    | 1    |                |                 | 00:01:58       | 00:15:30 | 00:31:00.45          | 00:32:59.00           | +00:01:15<br>(4.1%) | 6:12            | 9.7<br>(96.0%) |
| 6   | GAJEWSKI<br>Eugeniusz   | 354   | KS METRACO POLKOWICE                      | M55-59    | 1    |                |                 | 00:03:33       | 00:15:25 | 00:31:02.85          | 00:34:36.05           | +00:01:18<br>(4.2%) | 6:12            | 9.7<br>(96.0%) |
| 7   | WINNICKI<br>Robert      | 255   | BIESZCZADZKI KLUB NW                      | M40-44    | 2    |                |                 | 00:01:59       | 00:15:29 | 00:31:03.20          | 00:33:02.55           | +00:01:18<br>(4.2%) | 6:12            | 9.7<br>(96.0%) |
| 8   | WOROCH Roman            | 572   | KS METRACO POLKOWICE                      | M55-59    | 2    |                |                 | 00:03:34       | 00:15:23 | 00:31:05.00          | 00:34:39.15           | +00:01:20<br>(4.3%) | 6:13            | 9.7<br>(96.0%) |
| 9   | BIŁEK Artur             | 65    | UNIA MIAST                                | M30-39    | 2    |                |                 | 00:01:34       | 00:15:20 | 00:31:09.70          | 00:32:44.45           | +00:01:24<br>(4.5%) | 6:14            | 9.6<br>(95.0%) |
| 10  | KOLASA<br>Wojciech      | 392   | EPOKA NORDICA ŁÓDŹ                        | M40-44    | 3    |                |                 | 00:01:58       | 00:15:31 | 00:31:13.30          | 00:33:11.85           | +00:01:28<br>(4.7%) | 6:14            | 9.6<br>(95.0%) |
| 11  | KONIK Jacek             | 399   | BIESZCZADZKI KLUB NORDIC WALKING          | M40-44    | 4    |                |                 | 00:01:59       | 00:15:33 | 00:31:25.65          | 00:33:25.60           | +00:01:40<br>(5.3%) | 6:17            | 9.5<br>(94.1%) |
| 12  | WITCZUK Łukasz          | 700   | FACE NORDIC WALKING TEAM                  | M30-39    | 3    |                |                 | 00:01:34       | 00:15:37 | 00:31:31.55          | 00:33:05.85           | +00:01:46<br>(5.6%) | 6:18            | 9.5<br>(94.1%) |
| 13  | GRZĄDZIEL<br>Darek      | 364   | BIESZCZADZKI KLUB NORDIC WALKING          | M45-49    | 1    |                |                 | 00:02:23       | 00:15:42 | 00:31:46.65          | 00:34:10.25           | +00:02:01<br>(6.4%) | 6:21            | 9.4<br>(93.1%) |
| 14  | ROŻYNEK Miron           | 268   | KS METRACO POLKOWICE                      | M50-54    | 3    |                |                 | 00:02:58       | 00:15:47 | 00:31:56.50          | 00:34:54.55           | +00:02:11<br>(6.9%) | 6:23            | 9.4<br>(93.1%) |
| 15  | WETOSZKA Piotr          | 282   | FACE NORDIC WALKING TEAM                  | M30-39    | 4    |                |                 | 00:01:34       | 00:15:49 | 00:32:04.95          | 00:33:39.05           | +00:02:20<br>(7.3%) | 6:25            | 9.4<br>(93.1%) |
| 16  | SCHRÖDER Karol          | 508   | SILESIA NORDIC TEAM                       | M40-44    | 5    |                |                 | 00:01:59       | 00:15:30 | 00:32:13.95          | 00:34:13.10           | +00:02:29<br>(7.7%) | 6:26            | 9.3<br>(92.1%) |
| 17  | LESIŃSKI<br>Grzegorz    | 431   | KS METRACO POLKOWICE                      | M50-54    | 4    |                |                 | 00:02:58       | 00:15:46 | 00:32:27.70          | 00:35:26.15           | +00:02:42<br>(8.4%) | 6:29            | 9.2<br>(91.1%) |

| Msc | Zawodnik              | Numer | Klub                             | Kategoria         | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|----------------------------------|-------------------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 18  | MICHALSKI Andrzej     | 279   | FACE NORDIC WALKING TEAM         | M55-59            | 3           |              | 00:03:32    | 00:16:01 | 00:32:31.45    | 00:36:04.35     | +00:02:46 (8.5%)  | 6:30         | 9.2 (91.1%) |
| 19  | GŁOWA Michał          | 358   | WESOŁY BORSUK TEAM               | M-Jun.            | 1           |              | 00:00:33    | 00:16:22 | 00:32:33.40    | 00:33:06.55     | +00:02:48 (8.6%)  | 6:30         | 9.2 (91.1%) |
| 20  | KNITTER Tomasz        | 389   | BŁĘKITNI NW DZIEMIANY            | M-Jun.            | 2           |              | 00:00:32    | 00:16:22 | 00:32:34.05    | 00:33:06.65     | +00:02:49 (8.7%)  | 6:30         | 9.2 (91.1%) |
| 21  | STĘPNIEWSKI Paweł     | 523   | VIKING NORDIC TEAM CZĘSTOCHOWA   | M18-29            | 2           |              | 00:00:50    | 00:16:04 | 00:32:37.00    | 00:33:27.75     | +00:02:52 (8.8%)  | 6:31         | 9.2 (91.1%) |
| 22  | MARCINKOWSKI Jakub    | 446   | UNIA MIAST                       | M-Jun.            | 3           |              | 00:00:32    | 00:16:23 | 00:32:39.45    | 00:33:11.90     | +00:02:54 (8.9%)  | 6:31         | 9.2 (91.1%) |
| 23  | CIEŚLUK Roman         | 61    | EPOKA NORDICA ŁÓDŹ               | M55-59            | 4           |              | 00:03:35    | 00:16:17 | 00:32:43.10    | 00:36:18.45     | +00:02:58 (9.1%)  | 6:32         | 9.2 (91.1%) |
| 24  | HAŁAS Marcin          | 292   | FACE NORDIC WALKING TEAM         | M30-39            | 5           |              | 00:01:34    | 00:16:12 | 00:32:47.05    | 00:34:21.15     | +00:03:02 (9.3%)  | 6:33         | 9.2 (91.1%) |
| 25  | ZALISKA Oksana        | 598   | DĄBROWA NORDIC TEAM              | K60-64            | 1           |              | 00:09:46    | 00:16:26 | 00:32:56.85    | 00:42:43.55     | +00:03:12 (9.7%)  | 6:35         | 9.1 (90.1%) |
| 26  | KRYŚ Artur            | 410   | KS METRACO POLKOWICE             | M45-49            | 2           |              | 00:02:22    | 00:16:13 | 00:33:03.00    | 00:35:25.25     | +00:03:18 (10.0%) | 6:36         | 9.1 (90.1%) |
| 27  | SŁOMIAN Leszek        | 513   | UNIA MIAST                       | M55-59            | 5           |              | 00:03:34    | 00:16:29 | 00:33:07.45    | 00:36:41.45     | +00:03:22 (10.2%) | 6:37         | 9.1 (90.1%) |
| 28  | SKWIRUT Jerzy         | 512   | SOKÓŁ RYMANÓW                    | M-Niepełnosprawni | 1           |              | 00:03:33    | 00:16:23 | 00:33:19.55    | 00:36:52.85     | +00:03:34 (10.7%) | 6:39         | 9 (89.1%)   |
| 29  | WOLEK Waldemar        | 571   | NORDIC TEAM GNIEZNO              | M40-44            | 6           |              | 00:01:58    | 00:16:17 | 00:33:20.50    | 00:35:18.70     | +00:03:35 (10.8%) | 6:40         | 9 (89.1%)   |
| 30  | PASIERB Marek         | 473   |                                  | M60-64            | 1           |              | 00:04:01    | 00:16:26 | 00:33:21.50    | 00:37:22.50     | +00:03:36 (10.8%) | 6:40         | 9 (89.1%)   |
| 31  | FELIS Paweł           | 345   |                                  | M45-49            | 3           |              | 00:02:23    | 00:16:28 | 00:33:26.55    | 00:35:49.75     | +00:03:41 (11.1%) | 6:41         | 9 (89.1%)   |
| 32  | BARTYŃSKI Zdzisław    | 305   | WOLNY STRZELEC                   | M45-49            | 4           |              | 00:02:23    | 00:16:31 | 00:33:33.05    | 00:35:56.05     | +00:03:48 (11.3%) | 6:42         | 8.9 (88.1%) |
| 33  | ORZECH Artur          | 467   | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49            | 5           |              | 00:02:26    | 00:16:50 | 00:33:35.35    | 00:36:01.35     | +00:03:50 (11.4%) | 6:43         | 8.9 (88.1%) |
| 34  | MANDZIUK Marek        | 280   | KBBB / TKKF                      | M45-49            | 6           |              | 00:02:25    | 00:16:35 | 00:33:42.45    | 00:36:07.45     | +00:03:57 (11.8%) | 6:44         | 8.9 (88.1%) |
| 35  | RAKUĆ Jakub           | 492   | RUCH PO ZDROWIE WŁOCŁAWEK        | M18-29            | 3           |              | 00:00:50    | 00:16:31 | 00:33:43.00    | 00:34:33.60     | +00:03:58 (11.8%) | 6:44         | 8.9 (88.1%) |
| 36  | PANAŚ Artur           | 471   |                                  | M45-49            | 7           |              | 00:02:24    | 00:16:53 | 00:33:44.35    | 00:36:08.50     | +00:03:59 (11.8%) | 6:44         | 8.9 (88.1%) |
| 37  | FLIS Marek            | 697   | GREEN TEAM ZIELONA GÓRA          | M55-59            | 6           |              | 00:03:34    | 00:16:32 | 00:33:46.85    | 00:37:21.45     | +00:04:02 (11.9%) | 6:45         | 8.9 (88.1%) |
| 38  | JENCZELEWSKI Grzegorz | 378   | ENERGYLIFE TEAM                  | M45-49            | 8           |              | 00:02:22    | 00:16:28 | 00:33:48.75    | 00:36:11.30     | +00:04:03 (12.0%) | 6:45         | 8.9 (88.1%) |
| 39  | KOŁODZIEJCZAK Beata   | 294   | SOCHO TEAM                       | K40-44            | 1           |              | 00:07:26    | 00:16:51 | 00:33:50.25    | 00:41:16.95     | +00:04:05 (12.1%) | 6:46         | 8.9 (88.1%) |
| 40  | WILK Tadeusz          | 599   | DĄBROWA NORDIC TEAM              | M60-64            | 2           |              | 00:04:01    | 00:16:37 | 00:33:53.90    | 00:37:54.90     | +00:04:09 (12.2%) | 6:46         | 8.9 (88.1%) |
| 41  | PUZIO Marek           | 488   | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49            | 9           |              | 00:02:26    | 00:17:23 | 00:33:57.95    | 00:36:24.20     | +00:04:13 (12.4%) | 6:47         | 8.8 (87.1%) |
| 42  | KUŚMIEREK Mateusz     | 419   | BŁĘKITNI NW DZIEMIANY            | M-Dzieci          | 1           |              | 00:00:06    | 00:17:08 | 00:34:00.95    | 00:34:07.80     | +00:04:16 (12.6%) | 6:48         | 8.8 (87.1%) |

| Msc | Zawodnik               | Numer | Klub                             | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|----------------------------------|-----------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
|     |                        |       |                                  |           |      |             |              |             |          |                |                 |                   |              |             |
| 43  | ZMACZYŃSKI Bogusław    | 586   | KS METRACO POLKOWICE             | M60-64    | 3    |             |              | 00:04:00    | 00:17:00 | 00:34:02.00    | 00:38:02.75     | +00:04:17 (12.6%) | 6:48         | 8.8 (87.1%) |
| 44  | KUSTAL Marcin          | 418   | VIKING NORDIC TEAM CZĘSTOCHOWA   | M30-39    | 6    |             |              | 00:01:34    | 00:17:12 | 00:34:02.30    | 00:35:36.75     | +00:04:17 (12.6%) | 6:48         | 8.8 (87.1%) |
| 45  | WIERZBIŃSKI Piotr      | 275   | KLUB SPORTU PL                   | M40-44    | 7    |             |              | 00:01:58    | 00:16:57 | 00:34:04.15    | 00:36:02.15     | +00:04:19 (12.7%) | 6:48         | 8.8 (87.1%) |
| 46  | GNUS Dawid             | 602   | KBBB / TKKF                      | M-Dzieci  | 2    |             |              | 00:00:08    | 00:17:08 | 00:34:08.70    | 00:34:16.80     | +00:04:23 (12.9%) | 6:49         | 8.8 (87.1%) |
| 47  | BUKOWIEC Jacek         | 316   |                                  | M45-49    | 10   |             |              | 00:02:24    | 00:16:58 | 00:34:14.25    | 00:36:38.95     | +00:04:29 (13.1%) | 6:50         | 8.8 (87.1%) |
| 48  | BREWKA Joachim         | 64    | UNIA MIAST                       | M50-54    | 5    |             |              | 00:02:57    | 00:17:01 | 00:34:15.80    | 00:37:13.55     | +00:04:31 (13.2%) | 6:51         | 8.8 (87.1%) |
| 49  | GRYGOROWICZ Bogdan     | 363   | KS METRACO POLKOWICE             | M65-69    | 1    |             |              | 00:04:17    | 00:17:18 | 00:34:17.65    | 00:38:35.45     | +00:04:32 (13.3%) | 6:51         | 8.7 (86.1%) |
| 50  | ZARZYCKI Zdzisław      | 581   |                                  | M55-59    | 7    |             |              | 00:03:35    | 00:17:01 | 00:34:28.75    | 00:38:03.90     | +00:04:43 (13.7%) | 6:53         | 8.7 (86.1%) |
| 51  | SOBKOWSKI Janusz       | 518   | SILESIA NORDIC TEAM              | M60-64    | 4    |             |              | 00:04:00    | 00:16:59 | 00:34:31.70    | 00:38:31.95     | +00:04:46 (13.8%) | 6:54         | 8.7 (86.1%) |
| 52  | RATECKI Marcin         | 694   | NORDIC WALKING TEAM GDAŃSK       | M40-44    | 8    |             |              | 00:01:58    | 00:17:10 | 00:34:31.75    | 00:36:30.55     | +00:04:46 (13.9%) | 6:54         | 8.7 (86.1%) |
| 53  | WOŹNIAK Klaudia        | 573   | UNIA MIAST                       | K-Jun.    | 1    |             |              | 00:05:42    | 00:16:55 | 00:34:33.80    | 00:40:16.60     | +00:04:49 (13.9%) | 6:54         | 8.7 (86.1%) |
| 54  | MOTOCZYŃSKI Krzysztof  | 454   | GOSIR OSIELSKO                   | M60-64    | 5    |             |              | 00:04:01    | 00:17:02 | 00:34:36.90    | 00:38:38.20     | +00:04:52 (14.1%) | 6:55         | 8.7 (86.1%) |
| 55  | PARTYKA Teresa         | 592   | WESOŁY BORSUK TEAM               | K55-59    | 1    |             |              | 00:09:13    | 00:17:25 | 00:34:37.65    | 00:43:51.35     | +00:04:52 (14.1%) | 6:55         | 8.7 (86.1%) |
| 56  | SZPILMAN Katarzyna     | 542   | FACE NORDIC WALKING TEAM         | K45-49    | 1    |             |              | 00:08:08    | 00:17:16 | 00:34:39.95    | 00:42:48.35     | +00:04:55 (14.2%) | 6:56         | 8.7 (86.1%) |
| 57  | DRAPAŁA Jan            | 334   | KOLBUSZOWSKI KLUB NORDIC WALKING | M40-44    | 9    |             |              | 00:02:25    | 00:16:57 | 00:34:41.85    | 00:37:07.80     | +00:04:57 (14.3%) | 6:56         | 8.6 (85.1%) |
| 58  | WALORYSZAK Andrzej     | 221   | ORTOPEDIA OTWOCK XIV             | M60-64    | 6    |             |              | 00:04:00    | 00:17:18 | 00:34:42.95    | 00:38:43.35     | +00:04:58 (14.3%) | 6:56         | 8.6 (85.1%) |
| 59  | GAPIŃSKI Leszek        | 591   | WESOŁY BORSUK TEAM               | M55-59    | 8    |             |              | 00:03:34    | 00:16:59 | 00:34:43.10    | 00:38:17.70     | +00:04:58 (14.3%) | 6:56         | 8.6 (85.1%) |
| 60  | ADAMUS Marian          | 693   | SILESIA NORDIC TEAM              | M65-69    | 2    |             |              | 00:04:16    | 00:17:20 | 00:34:45.80    | 00:39:02.45     | +00:05:01 (14.4%) | 6:57         | 8.6 (85.1%) |
| 61  | ŚLEWIŃSKA Edyta        | 344   | BŁĘKITNI NW DZIEMIANY            | K-Jun.    | 2    |             |              | 00:05:42    | 00:17:13 | 00:34:47.85    | 00:40:30.00     | +00:05:03 (14.5%) | 6:57         | 8.6 (85.1%) |
| 62  | GAPIŃSKA Janina        | 589   | WESOŁY BORSUK TEAM               | K55-59    | 2    |             |              | 00:09:13    | 00:17:26 | 00:34:50.90    | 00:44:04.75     | +00:05:06 (14.6%) | 6:58         | 8.6 (85.1%) |
| 63  | DANA Andrzej           | 328   | KLUB NW 'PATYCZAKI' GRUDZIĄDZ    | M65-69    | 3    |             |              | 00:04:17    | 00:17:21 | 00:34:56.55    | 00:39:13.95     | +00:05:11 (14.9%) | 6:59         | 8.6 (85.1%) |
| 64  | GIERLASIŃSKI Krzysztof | 262   |                                  | M55-59    | 9    |             |              | 00:03:32    | 00:17:30 | 00:35:01.80    | 00:38:34.75     | +00:05:17 (15.1%) | 7:00         | 8.6 (85.1%) |
| 65  | KORDOWSKI Jakub        | 69    | UPOJENI WIATREM                  | M-Jun.    | 4    | 1           |              | 00:00:35    | 00:17:33 | 00:35:02.75    | 00:35:37.75     | +00:05:17 (15.1%) | 7:00         | 8.6 (85.1%) |
| 66  | BĄK Zbigniew           | 661   | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49    | 11   |             |              | 00:02:25    | 00:17:34 | 00:35:05.00    | 00:37:30.45     | +00:05:20 (15.2%) | 7:01         | 8.6 (85.1%) |
| 67  | URBANIAK Marian        | 555   |                                  | M55-59    | 10   |             |              | 00:03:33    | 00:17:29 | 00:35:05.80    | 00:38:39.40     | +00:05:21 (15.2%) | 7:01         | 8.5 (84.2%) |
| 68  | ROSADZIŃSKI Sławomir   | 500   |                                  | M45-49    | 12   |             |              | 00:02:22    | 00:17:20 | 00:35:05.90    | 00:37:28.45     | +00:05:21 (15.2%) | 7:01         | 8.5 (84.2%) |

| Msc | Zawodnik            | Numer | Klub                                                        | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|-------------------------------------------------------------|-----------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
|     |                     |       |                                                             |           |      |             |              |             |          |                |                 |                   |              |             |
| 69  | LENAR Grzegorz      | 428   | ULKS'SOKOŁY'                                                | M-Jun.    | 5    |             |              | 00:00:32    | 00:17:03 | 00:35:10.90    | 00:35:43.45     | +00:05:26 (15.4%) | 7:02         | 8.5 (84.2%) |
| 70  | KWAŚNY Tomasz       | 423   | CHODZĘ Z SERCEM                                             | M50-54    | 6    |             |              | 00:02:58    | 00:17:26 | 00:35:12.75    | 00:38:11.30     | +00:05:27 (15.5%) | 7:02         | 8.5 (84.2%) |
| 71  | LESIŃSKA Marzenna   | 430   | KS METRACO POLKOWICE                                        | K50-54    | 1    |             |              | 00:08:42    | 00:17:38 | 00:35:13.30    | 00:43:56.20     | +00:05:28 (15.5%) | 7:02         | 8.5 (84.2%) |
| 72  | ZAŃKO Katarzyna     | 274   |                                                             | K40-44    | 2    |             |              | 00:07:27    | 00:17:19 | 00:35:14.40    | 00:42:41.60     | +00:05:29 (15.6%) | 7:02         | 8.5 (84.2%) |
| 73  | SITKO Maciej        | 510   | KOLBUSZOWSKI KLUB NORDIC WALKING                            | M-Dzieci  | 3    |             |              | 00:00:06    | 00:17:20 | 00:35:14.95    | 00:35:21.60     | +00:05:30 (15.6%) | 7:03         | 8.5 (84.2%) |
| 74  | DUDEK Edward        | 337   | KS METRACO POLKOWICE                                        | M65-69    | 4    |             |              | 00:04:18    | 00:17:21 | 00:35:16.10    | 00:39:35.00     | +00:05:31 (15.7%) | 7:03         | 8.5 (84.2%) |
| 75  | TRONIARZ Stanisław  | 548   |                                                             | M60-64    | 7    |             |              | 00:04:01    | 00:17:19 | 00:35:18.60    | 00:39:19.90     | +00:05:33 (15.8%) | 7:03         | 8.5 (84.2%) |
| 76  | RACHWAŁSKA Joanna   | 490   |                                                             | K18-29    | 1    |             |              | 00:06:14    | 00:17:37 | 00:35:25.35    | 00:41:40.25     | +00:05:40 (16.0%) | 7:05         | 8.5 (84.2%) |
| 77  | GĘBKA Tomasz        | 63    |                                                             | M50-54    | 7    |             |              | 00:02:58    | 00:17:31 | 00:35:29.00    | 00:38:27.45     | +00:05:44 (16.2%) | 7:05         | 8.5 (84.2%) |
| 78  | BROŻBAR Beata       | 314   | ULKS'SOKOŁY'                                                | K-Jun.    | 3    |             |              | 00:05:45    | 00:17:35 | 00:35:30.10    | 00:41:15.10     | +00:05:45 (16.2%) | 7:06         | 8.5 (84.2%) |
| 79  | SZCZEPAŃSKI Rafał   | 300   | OPEL ACTIVE TEAM                                            | M40-44    | 10   |             |              | 00:02:00    | 00:17:37 | 00:35:32.05    | 00:37:32.45     | +00:05:47 (16.3%) | 7:06         | 8.4 (83.2%) |
| 80  | SKIERŚ Albert       | 511   | ZAMACH W SMOLEŃSKU RAZY DWA                                 | M45-49    | 13   | 1           |              | 00:02:22    | 00:17:24 | 00:35:33.90    | 00:37:56.25     | +00:05:49 (16.4%) | 7:06         | 8.4 (83.2%) |
| 81  | GOŁĘBIEWSKI Andrzej | 267   | KLUB NW 'PATYCZAKI' GRUDZIĄDZ                               | M55-59    | 11   | 1           |              | 00:03:33    | 00:17:25 | 00:35:34.00    | 00:39:07.95     | +00:05:49 (16.4%) | 7:06         | 8.4 (83.2%) |
| 82  | JAROSZ Cezary       | 375   | ORLIK NIWISKA                                               | M18-29    | 4    |             |              | 00:00:51    | 00:17:54 | 00:35:35.55    | 00:36:26.85     | +00:05:50 (16.4%) | 7:07         | 8.4 (83.2%) |
| 83  | RAKUĆ Angelika      | 493   | RUCH PO ZDROWIE WŁOCŁAWEK                                   | K18-29    | 2    |             |              | 00:06:14    | 00:17:46 | 00:35:36.10    | 00:41:50.55     | +00:05:51 (16.4%) | 7:07         | 8.4 (83.2%) |
| 84  | REJMAN Filip        | 497   | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | M-Jun.    | 6    |             |              | 00:00:33    | 00:16:49 | 00:35:41.20    | 00:36:14.35     | +00:05:56 (16.6%) | 7:08         | 8.4 (83.2%) |
| 85  | SUROWIEC Sebastian  | 625   |                                                             | M-Jun.    | 7    |             |              | 00:00:33    | 00:17:55 | 00:35:41.60    | 00:36:14.95     | +00:05:56 (16.7%) | 7:08         | 8.4 (83.2%) |
| 86  | JAWORSKI Zbigniew   | 376   | WŁÓCZYKIJE SKOCZÓW                                          | M65-69    | 5    |             |              | 00:04:18    | 00:17:36 | 00:35:42.55    | 00:40:01.15     | +00:05:57 (16.7%) | 7:08         | 8.4 (83.2%) |
| 87  | KONIK Zuzanna       | 395   | BIESZCZADZKI KLUB NORDIC WALKING                            | K-Jun.    | 4    |             |              | 00:05:43    | 00:17:44 | 00:35:43.40    | 00:41:26.80     | +00:05:58 (16.7%) | 7:08         | 8.4 (83.2%) |
| 88  | RĘDZINIAK Marzena   | 499   | KLUBSPORTU.PL                                               | K30-39    | 1    |             |              | 00:06:48    | 00:17:40 | 00:35:44.20    | 00:42:33.05     | +00:05:59 (16.8%) | 7:09         | 8.4 (83.2%) |
| 89  | WROŃSKI Włodzimierz | 575   | PASJA NORDIC WALKING                                        | M60-64    | 8    |             |              | 00:04:00    | 00:17:41 | 00:35:46.05    | 00:39:46.15     | +00:06:01 (16.8%) | 7:09         | 8.4 (83.2%) |
| 90  | BALICKA Maria       | 303   |                                                             | K-Dzieci  | 1    |             |              | 00:05:12    | 00:17:30 | 00:35:46.95    | 00:40:59.05     | +00:06:02 (16.9%) | 7:09         | 8.4 (83.2%) |
| 91  | RECZULSKA Katarzyna | 494   | VIKING NORDIC TEAM CZĘSTOCHOWA                              | K45-49    | 2    |             |              | 00:08:09    | 00:17:47 | 00:35:47.95    | 00:43:57.80     | +00:06:03 (16.9%) | 7:09         | 8.4 (83.2%) |
| 92  | KOSTRUBIEC Tomasz   | 402   | MDK SZCZEBRZESZYN                                           | M45-49    | 14   |             |              | 00:02:23    | 00:17:20 | 00:35:48.20    | 00:38:12.00     | +00:06:03 (16.9%) | 7:09         | 8.4 (83.2%) |
| 93  | SZNAJDER Zenon      | 540   | UNIA MIAST                                                  | M60-64    | 9    |             |              | 00:04:00    | 00:17:31 | 00:35:48.65    | 00:39:49.10     | +00:06:03 (16.9%) | 7:09         | 8.4 (83.2%) |
| 94  | WIADERSKI Wojciech  | 653   |                                                             | M65-69    | 6    |             |              | 00:04:17    | 00:17:47 | 00:35:50.45    | 00:40:08.15     | +00:06:05 (17.0%) | 7:10         | 8.4 (83.2%) |

| Msc | Zawodnik                     | Numer | Klub                                                        | Kategoria         | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|-------|-------------------------------------------------------------|-------------------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 95  | MARCINKOWSKI Wojciech        | 68    | UNIA MIAST                                                  | M45-49            | 15   |             |              | 00:02:23    | 00:17:36 | 00:35:52.25    | 00:38:16.05     | +00:06:07 (17.1%) | 7:10         | 8.4 (83.2%) |
| 96  | SĄCZAWA Sławomir             | 507   |                                                             | M40-44            | 11   |             |              | 00:02:00    | 00:17:27 | 00:35:53.20    | 00:37:53.75     | +00:06:08 (17.1%) | 7:10         | 8.4 (83.2%) |
| 97  | FRĄSZCZAK Katarzyna          | 352   | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | K-Niepełnosprawni | 1    |             |              | 00:06:48    | 00:17:45 | 00:35:53.85    | 00:42:41.95     | +00:06:09 (17.1%) | 7:10         | 8.4 (83.2%) |
| 98  | KANIECKA Zofia               | 385   | NW CIECHANÓW                                                | K60-64            | 2    |             |              | 00:09:47    | 00:17:46 | 00:35:54.55    | 00:45:41.55     | +00:06:09 (17.2%) | 7:10         | 8.4 (83.2%) |
| 99  | BALICKI Mirosław             | 289   |                                                             | M45-49            | 16   |             |              | 00:02:23    | 00:17:29 | 00:36:02.35    | 00:38:25.55     | +00:06:17 (17.5%) | 7:12         | 8.3 (82.2%) |
| 100 | WAWRZYNIAK Anna              | 563   | FACE NORDIC WALKING TEAM                                    | K40-44            | 3    |             |              | 00:07:26    | 00:17:47 | 00:36:04.10    | 00:43:30.80     | +00:06:19 (17.5%) | 7:12         | 8.3 (82.2%) |
| 101 | BIK Przemysław               | 313   | KS METRACO POLKOWICE                                        | M-Dzieci          | 4    |             |              | 00:00:07    | 00:17:18 | 00:36:04.85    | 00:36:12.65     | +00:06:20 (17.6%) | 7:13         | 8.3 (82.2%) |
| 102 | KONIK Aleksandra             | 398   | BIESZCZADZKI KLUB NORDIC WALKING                            | K40-44            | 4    |             |              | 00:07:28    | 00:18:03 | 00:36:05.95    | 00:43:34.30     | +00:06:21 (17.6%) | 7:13         | 8.3 (82.2%) |
| 103 | GŁADKOWSKA Małgorzata        | 698   | SILESIA NORDIC TEAM                                         | K55-59            | 3    |             |              | 00:09:16    | 00:17:46 | 00:36:09.10    | 00:45:25.25     | +00:06:24 (17.7%) | 7:13         | 8.3 (82.2%) |
| 104 | DZIEŃ Bartosz                | 342   | ULKS'SOKOŁY'                                                | M-Jun.            | 8    |             |              | 00:00:33    | 00:17:49 | 00:36:09.25    | 00:36:42.90     | +00:06:24 (17.7%) | 7:13         | 8.3 (82.2%) |
| 105 | MALCZYK Anna                 | 163   | DĄBROWA NORDIC TEAM                                         | K30-39            | 2    |             |              | 00:06:48    | 00:18:03 | 00:36:09.90    | 00:42:58.10     | +00:06:25 (17.7%) | 7:14         | 8.3 (82.2%) |
| 106 | KOWALSKI Marek               | 67    | UNIA MIAST                                                  | M50-54            | 8    |             |              | 00:02:59    | 00:18:07 | 00:36:11.85    | 00:39:11.40     | +00:06:27 (17.8%) | 7:14         | 8.3 (82.2%) |
| 107 | FELIS Stanisław              | 346   |                                                             | M-Jun.            | 9    |             |              | 00:00:32    | 00:18:02 | 00:36:12.20    | 00:36:44.45     | +00:06:27 (17.8%) | 7:14         | 8.3 (82.2%) |
| 108 | STYGA Krystyna               | 529   | KOLBUSZOWSKI KLUB NORDIC WALKING                            | K50-54            | 2    |             |              | 00:08:11    | 00:17:55 | 00:36:14.00    | 00:44:25.00     | +00:06:29 (17.9%) | 7:14         | 8.3 (82.2%) |
| 109 | SELWA Andrzej                | 595   |                                                             | M40-44            | 12   |             |              | 00:02:00    | 00:18:07 | 00:36:14.75    | 00:38:15.40     | +00:06:29 (17.9%) | 7:15         | 8.3 (82.2%) |
| 110 | KNITTER Agata                | 388   | BŁĘKITNI NW DZIEMIANY                                       | K-Jun.            | 5    |             |              | 00:05:42    | 00:18:04 | 00:36:14.80    | 00:41:57.60     | +00:06:30 (17.9%) | 7:15         | 8.3 (82.2%) |
| 111 | MOŻYSZEK Piotr               | 456   | FORMA NA PIĄTKĘ NW PABIANICE                                | M55-59            | 12   |             |              | 00:03:33    | 00:17:56 | 00:36:18.15    | 00:39:51.35     | +00:06:33 (18.1%) | 7:15         | 8.3 (82.2%) |
| 112 | KORDOWSKA Bogusława          | 70    | UPOJENI WIATREM                                             | K40-44            | 5    |             |              | 00:07:28    | 00:18:05 | 00:36:19.95    | 00:43:48.30     | +00:06:35 (18.1%) | 7:16         | 8.3 (82.2%) |
| 113 | TRONIAK Grażyna              | 271   |                                                             | K60-64            | 3    |             |              | 00:09:46    | 00:17:55 | 00:36:20.45    | 00:46:07.30     | +00:06:35 (18.1%) | 7:16         | 8.3 (82.2%) |
| 114 | OLEKSYK Małgorzata           | 464   | BIESZCZADZKI KLUB NORDIC WALKING                            | K50-54            | 3    |             |              | 00:08:42    | 00:18:05 | 00:36:21.30    | 00:45:03.50     | +00:06:36 (18.2%) | 7:16         | 8.3 (82.2%) |
| 115 | PAWŁOWSKA-WOŹNIAK Małgorzata | 477   | UNIA MIAST                                                  | K30-39            | 3    |             |              | 00:06:48    | 00:17:53 | 00:36:24.55    | 00:43:12.65     | +00:06:39 (18.3%) | 7:16         | 8.2 (81.2%) |
| 116 | WÓJTOWICZ Aleksandra         | 574   | SZKOLNY KLUB NORDIC WALKING                                 | K-Jun.            | 6    |             |              | 00:05:44    | 00:18:04 | 00:36:32.00    | 00:42:16.65     | +00:06:47 (18.6%) | 7:18         | 8.2 (81.2%) |
| 117 | STOLARSKA Joanna             | 525   | VIKING NORDIC TEAM CZĘSTOCHOWA                              | K-Jun.            | 7    |             |              | 00:05:43    | 00:17:57 | 00:36:33.20    | 00:42:17.05     | +00:06:48 (18.6%) | 7:18         | 8.2 (81.2%) |
| 118 | SZYMURA Kazimierz            | 545   | RYBNICKI KLUB NORDIC WALKING                                | M-Niepełnosprawni | 2    |             |              | 00:04:39    | 00:18:08 | 00:36:34.75    | 00:41:14.25     | +00:06:49 (18.7%) | 7:19         | 8.2 (81.2%) |
| 119 | STRZĘPKA Krzysztof           | 528   | KOLBUSZOWSKI KLUB NORDIC WALKING                            | M45-49            | 17   |             |              | 00:02:25    | 00:18:13 | 00:36:39.25    | 00:39:04.35     | +00:06:54 (18.8%) | 7:19         | 8.2 (81.2%) |

| Msc | Zawodnik               | Numer | Klub                             | Kategoria         | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 120 | SOWA Jan               | 519   | UNIA MIAST                       | M70+              | 1    |             |              | 00:04:38    | 00:18:07 | 00:36:42.40    | 00:41:21.05     | +00:06:57 (19.0%) | 7:20         | 8.2 (81.2%) |
| 121 | JÓZWIAK Marianna       | 382   | WTW.WŁOCŁAWEK                    | K40-44            | 6    |             |              | 00:07:27    | 00:17:58 | 00:36:42.45    | 00:44:09.95     | +00:06:57 (19.0%) | 7:20         | 8.2 (81.2%) |
| 122 | MARCINKOWSKA Agnieszka | 445   | UNIA MIAST                       | K-Dzieci          | 2    |             |              | 00:05:12    | 00:18:06 | 00:36:43.85    | 00:41:56.05     | +00:06:59 (19.0%) | 7:20         | 8.2 (81.2%) |
| 123 | GUZOWSKI Maciej        | 367   | KLUB NW 'WŁÓCZYKIJE'             | M-Niepełnosprawni | 3    |             |              | 00:00:51    | 00:18:23 | 00:36:44.95    | 00:37:36.15     | +00:07:00 (19.1%) | 7:21         | 8.2 (81.2%) |
| 124 | WASILEWSKI Sławomir    | 562   | PASJA NORDIC WALKING             | M70+              | 2    | 1           |              | 00:04:39    | 00:18:18 | 00:36:52.75    | 00:41:31.80     | +00:07:07 (19.3%) | 7:22         | 8.1 (80.2%) |
| 125 | JÓZWIAK Łukasz         | 381   | WTW.WŁOCŁAWEK                    | M-Niepełnosprawni | 4    |             |              | 00:02:25    | 00:18:22 | 00:37:02.50    | 00:39:28.15     | +00:07:17 (19.7%) | 7:24         | 8.1 (80.2%) |
| 126 | URBANEK Renata         | 263   | DZIKIE ŻYCIE                     | K30-39            | 4    |             |              | 00:06:49    | 00:18:26 | 00:37:03.70    | 00:43:53.45     | +00:07:18 (19.7%) | 7:24         | 8.1 (80.2%) |
| 127 | SŁOMIŃSKA Marta        | 514   | BŁĘKITNI NW DZIEMIANY            | K-Jun.            | 8    |             |              | 00:05:42    | 00:18:33 | 00:37:10.70    | 00:42:53.30     | +00:07:25 (20.0%) | 7:26         | 8.1 (80.2%) |
| 128 | GRZYB Izabela          | 365   | VIKING NORDIC TEAM CZĘSTOCHOWA   | K30-39            | 5    |             |              | 00:06:49    | 00:18:19 | 00:37:12.10    | 00:44:01.10     | +00:07:27 (20.0%) | 7:26         | 8.1 (80.2%) |
| 129 | WARCHALSKA Teresa      | 561   | UNIA MIAST                       | K65-69            | 1    |             |              | 00:09:49    | 00:18:59 | 00:37:12.50    | 00:47:02.35     | +00:07:27 (20.1%) | 7:26         | 8.1 (80.2%) |
| 130 | FELIS Beata            | 347   |                                  | K45-49            | 3    |             |              | 00:08:10    | 00:18:36 | 00:37:13.60    | 00:45:23.75     | +00:07:28 (20.1%) | 7:26         | 8.1 (80.2%) |
| 131 | GAŁAŚ Jonna            | 655   | PASJA NW                         | K18-29            | 3    |             |              | 00:06:14    | 00:18:14 | 00:37:13.65    | 00:43:28.40     | +00:07:28 (20.1%) | 7:26         | 8.1 (80.2%) |
| 132 | KUSAJ Tomasz           | 417   | NORDIC ZAWADA                    | M50-54            | 9    |             |              | 00:03:00    | 00:18:32 | 00:37:15.15    | 00:40:15.80     | +00:07:30 (20.1%) | 7:27         | 8.1 (80.2%) |
| 133 | JANUS Adrian           | 626   |                                  | M-Jun.            | 10   |             |              | 00:00:34    | 00:18:02 | 00:37:17.20    | 00:37:51.60     | +00:07:32 (20.2%) | 7:27         | 8 (79.2%)   |
| 134 | SZEMBERSKI Paweł       | 535   |                                  | M40-44            | 13   |             |              | 00:01:58    | 00:18:24 | 00:37:18.55    | 00:39:16.95     | +00:07:33 (20.3%) | 7:27         | 8 (79.2%)   |
| 134 | KOZŁOWSKA Julia        | 406   | FACE NORDIC WALKING TEAM         | K-Dzieci          | 3    |             |              | 00:05:12    | 00:18:50 | 00:37:18.55    | 00:42:31.25     | +00:07:33 (20.3%) | 7:27         | 8 (79.2%)   |
| 136 | BIELIŃSKA-RUS Jagoda   | 104   |                                  | K40-44            | 7    |             |              | 00:07:27    | 00:17:48 | 00:37:20.20    | 00:44:47.65     | +00:07:35 (20.3%) | 7:28         | 8 (79.2%)   |
| 137 | DANA Kazimiera         | 329   | KLUB NW 'PATYCZAKI' GRUDZIĄDZ    | K60-64            | 4    |             |              | 00:09:47    | 00:18:47 | 00:37:23.30    | 00:47:10.95     | +00:07:38 (20.4%) | 7:28         | 8 (79.2%)   |
| 138 | DZIUBA Alina           | 343   | KOLBUSZOWSKI KLUB NORDIC WALKING | K45-49            | 4    |             |              | 00:08:09    | 00:18:21 | 00:37:26.05    | 00:45:35.25     | +00:07:41 (20.5%) | 7:29         | 8 (79.2%)   |
| 139 | PIATCZYC Wacław        | 478   |                                  | M-Niepełnosprawni | 5    |             |              | 00:03:35    | 00:18:09 | 00:37:30.35    | 00:41:05.95     | +00:07:45 (20.7%) | 7:30         | 8 (79.2%)   |
| 140 | KOZŁOWSKA Jagoda       | 405   | FACE NORDIC WALKING TEAM         | K-Dzieci          | 4    |             |              | 00:05:13    | 00:18:35 | 00:37:33.40    | 00:42:46.65     | +00:07:48 (20.8%) | 7:30         | 8 (79.2%)   |
| 141 | KUPIBIDA Bogusława     | 414   | SILESIA NORDIC TEAM              | K55-59            | 4    |             |              | 00:09:16    | 00:18:35 | 00:37:37.45    | 00:46:53.80     | +00:07:52 (20.9%) | 7:31         | 8 (79.2%)   |
| 142 | ZAŁĘSKA-MAGDA Edyta    | 578   | SZKOLNY KLUB NORDIC WALKING      | K45-49            | 5    |             |              | 00:08:08    | 00:18:27 | 00:37:40.95    | 00:45:49.10     | +00:07:56 (21.1%) | 7:32         | 8 (79.2%)   |
| 143 | DĄBROWSKI Andrzej      | 330   | MARSZ PO ZDROWIE                 | M65-69            | 7    | 1           |              | 00:04:19    | 00:18:42 | 00:37:41.90    | 00:42:01.55     | +00:07:57 (21.1%) | 7:32         | 8 (79.2%)   |
| 144 | SZENDZIELORZ Ilona     | 536   | FABRIKANORDIKA                   | K55-59            | 5    |             |              | 00:09:15    | 00:18:53 | 00:37:42.65    | 00:46:57.95     | +00:07:57 (21.1%) | 7:32         | 8 (79.2%)   |
| 145 | PYTLAK Adam            | 668   | KOLBUSZOWSKI KLUB NORDIC WALKING | M50-54            | 10   |             |              | 00:02:59    | 00:18:46 | 00:37:47.20    | 00:40:46.45     | +00:08:02 (21.3%) | 7:33         | 7.9 (78.2%) |

| Msc | Zawodnik             | Numer | Klub                              | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-----------------------------------|-----------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
|     |                      |       |                                   |           |      |             |              |             |          |                |                 |                   |              |             |
| 146 | FILUSZ Alfred        | 349   | N/Z                               | M45-49    | 18   |             |              | 00:02:22    | 00:18:47 | 00:37:50.40    | 00:40:13.35     | +00:08:05 (21.4%) | 7:34         | 7.9 (78.2%) |
| 147 | MANDZIUK Marta       | 281   | KBBB / TKKF                       | K40-44    | 8    |             |              | 00:07:31    | 00:19:01 | 00:37:54.75    | 00:45:26.05     | +00:08:09 (21.5%) | 7:35         | 7.9 (78.2%) |
| 148 | SUDOŁ Karol          | 610   |                                   | M-Dzieci  | 5    |             |              | 00:00:08    | 00:18:50 | 00:38:00.75    | 00:38:08.95     | +00:08:15 (21.7%) | 7:36         | 7.9 (78.2%) |
| 149 | KURYŁO Kamil         | 416   | SKS MEDYK RZESZÓW NW              | M18-29    | 5    |             |              | 00:00:51    | 00:18:53 | 00:38:02.05    | 00:38:53.40     | +00:08:17 (21.8%) | 7:36         | 7.9 (78.2%) |
| 150 | DZIUBA Alicja        | 632   |                                   | K-Jun.    | 9    |             |              | 00:05:47    | 00:19:09 | 00:38:02.45    | 00:43:50.25     | +00:08:17 (21.8%) | 7:36         | 7.9 (78.2%) |
| 151 | SZCZĘCH Monika       | 532   | SZKOLNY KLUB NORDIC WALKING       | K-Jun.    | 10   |             |              | 00:05:43    | 00:18:29 | 00:38:02.80    | 00:43:46.70     | +00:08:18 (21.8%) | 7:36         | 7.9 (78.2%) |
| 152 | SMAROŃ Aleksandra    | 515   | SZKOLNY KLUB NORDIC WALKING       | K-Jun.    | 11   |             |              | 00:05:43    | 00:18:47 | 00:38:04.45    | 00:43:47.85     | +00:08:19 (21.9%) | 7:36         | 7.9 (78.2%) |
| 153 | WESOŁOWSKI Karol     | 673   | KOLBUSZOWSKI KLUB NORDIC WALKING  | M18-29    | 6    | 1           |              | 00:00:51    | 00:19:12 | 00:38:06.60    | 00:38:58.15     | +00:08:21 (21.9%) | 7:37         | 7.9 (78.2%) |
| 154 | KOLASA Maciej        | 391   | EPOKA NORDICA ŁÓDŹ                | M-Dzieci  | 6    |             |              | 00:00:07    | 00:19:31 | 00:38:09.05    | 00:38:16.60     | +00:08:24 (22.0%) | 7:37         | 7.9 (78.2%) |
| 155 | CHMURA Jarosław      | 321   | TKKF „, SOKÓŁ " GŁOGÓW MAŁOPOLSKI | M30-39    | 7    |             |              | 00:01:34    | 00:18:38 | 00:38:11.15    | 00:39:45.60     | +00:08:26 (22.1%) | 7:38         | 7.9 (78.2%) |
| 156 | MARKOWICZ Gabriela   | 449   |                                   | K-Jun.    | 12   |             |              | 00:05:44    | 00:18:29 | 00:38:11.65    | 00:43:55.65     | +00:08:26 (22.1%) | 7:38         | 7.9 (78.2%) |
| 157 | REIZER Piotr         | 496   |                                   | M45-49    | 19   |             |              | 00:02:24    | 00:18:58 | 00:38:12.80    | 00:40:36.90     | +00:08:28 (22.2%) | 7:38         | 7.9 (78.2%) |
| 158 | FIGURSKA Dominika    | 348   | FACE NORDIC WALKING TEAM          | K18-29    | 4    |             |              | 00:06:15    | 00:18:52 | 00:38:13.00    | 00:44:28.80     | +00:08:28 (22.2%) | 7:38         | 7.8 (77.2%) |
| 159 | JONDERKO Julia       | 379   | WŁÓCZYKIJE SKOCZÓW                | K40-44    | 9    |             |              | 00:07:31    | 00:18:58 | 00:38:16.05    | 00:45:47.15     | +00:08:31 (22.3%) | 7:39         | 7.8 (77.2%) |
| 160 | DZIEMIŃSKI Jan       | 341   | BŁĘKITNI NW DZIEMIANY             | M-Dzieci  | 7    |             |              | 00:00:07    | 00:18:54 | 00:38:19.90    | 00:38:27.05     | +00:08:35 (22.4%) | 7:40         | 7.8 (77.2%) |
| 161 | ŻARKOWSKA Klaudia    | 60    |                                   | K-Jun.    | 13   |             |              | 00:05:46    | 00:19:17 | 00:38:20.35    | 00:44:06.95     | +00:08:35 (22.4%) | 7:40         | 7.8 (77.2%) |
| 162 | SZELIGA Anna         | 533   |                                   | K30-39    | 6    | 1           |              | 00:06:50    | 00:19:06 | 00:38:26.50    | 00:45:17.05     | +00:08:41 (22.6%) | 7:41         | 7.8 (77.2%) |
| 163 | STOCHLA Beata        | 524   | SZKOLNY KLUB NORDIC WALKING       | K-Jun.    | 14   |             |              | 00:05:43    | 00:18:51 | 00:38:29.30    | 00:44:12.70     | +00:08:44 (22.7%) | 7:41         | 7.8 (77.2%) |
| 164 | PIWODA Ewa           | 482   | ULKS'SOKOŁY'                      | K-Jun.    | 15   |             |              | 00:05:44    | 00:19:10 | 00:38:29.35    | 00:44:14.05     | +00:08:44 (22.7%) | 7:42         | 7.8 (77.2%) |
| 165 | KOSTRUBIEC Agnieszka | 401   | MDK SZCZEBRZESZYN                 | K30-39    | 7    |             |              | 00:06:48    | 00:18:48 | 00:38:30.55    | 00:45:18.90     | +00:08:45 (22.8%) | 7:42         | 7.8 (77.2%) |
| 166 | BAJEK Mateusz        | 635   |                                   | M-Jun.    | 11   |             |              | 00:00:31    | 00:18:25 | 00:38:32.45    | 00:39:04.40     | +00:08:47 (22.8%) | 7:42         | 7.8 (77.2%) |
| 167 | KORZENIOWSKA Aldona  | 400   | CHODZĘ Z SERCEM                   | K45-49    | 6    |             |              | 00:08:09    | 00:19:17 | 00:38:36.55    | 00:46:45.95     | +00:08:51 (23.0%) | 7:43         | 7.8 (77.2%) |
| 168 | GRUDNOWSKA Dominika  | 361   | BŁĘKITNI NW DZIEMIANY             | K-Dzieci  | 5    |             |              | 00:05:12    | 00:19:01 | 00:38:40.05    | 00:43:52.05     | +00:08:55 (23.1%) | 7:44         | 7.8 (77.2%) |
| 169 | MAŁODOBRY Wioletta   | 440   | KOLBUSZOWSKI KLUB NORDIC WALKING  | K40-44    | 10   |             |              | 00:07:31    | 00:19:11 | 00:38:45.45    | 00:46:16.50     | +00:09:00 (23.2%) | 7:45         | 7.7 (76.2%) |
| 170 | CEPIELIK Barbara     | 318   | KKNW                              | K-Jun.    | 16   |             |              | 00:05:48    | 00:19:26 | 00:38:46.00    | 00:44:34.40     | +00:09:01 (23.3%) | 7:45         | 7.7 (76.2%) |
| 171 | DRAUS Czesława       | 335   | KLUBSPORTU.PL                     | K55-59    | 6    |             |              | 00:09:15    | 00:19:11 | 00:38:48.15    | 00:48:03.45     | +00:09:03 (23.3%) | 7:45         | 7.7 (76.2%) |

| Msc | Zawodnik             | Numer | Klub                             | Kategoria         | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 172 | LUBERA Teresa        | 433   | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Niepełnosprawni | 2    |             |              | 00:08:43    | 00:19:07 | 00:38:49.05    | 00:47:32.30     | +00:09:04 (23.4%) | 7:45         | 7.7 (76.2%) |
| 173 | ZAŁĘSKI Wojciech     | 580   |                                  | M50-54            | 11   |             |              | 00:02:59    | 00:19:27 | 00:38:51.40    | 00:41:51.35     | +00:09:06 (23.4%) | 7:46         | 7.7 (76.2%) |
| 174 | PAWŁOWICZ Alina Ewa  | 475   |                                  | K55-59            | 7    |             |              | 00:09:14    | 00:19:20 | 00:38:52.85    | 00:48:07.15     | +00:09:08 (23.5%) | 7:46         | 7.7 (76.2%) |
| 175 | SITARZ Aneta         | 639   |                                  | K-Jun.            | 17   |             |              | 00:05:47    | 00:19:23 | 00:38:55.25    | 00:44:42.80     | +00:09:10 (23.6%) | 7:47         | 7.7 (76.2%) |
| 176 | PIĄTKOWSKI Józef     | 479   | KS METRACO POLKOWICE             | M70+              | 3    |             |              | 00:04:39    | 00:18:59 | 00:38:55.60    | 00:43:35.55     | +00:09:10 (23.6%) | 7:47         | 7.7 (76.2%) |
| 177 | FRYC Jan             | 353   | KOLBUSZOWSKI KLUB NORDIC WALKING | M55-59            | 13   |             |              | 00:03:34    | 00:19:12 | 00:39:00.85    | 00:42:35.55     | +00:09:16 (23.8%) | 7:48         | 7.7 (76.2%) |
| 178 | PIETRZYK Piotr       | 57    | AWF WARSZAWA                     | M18-29            | 7    |             |              | 00:00:51    | 00:18:57 | 00:39:01.25    | 00:39:53.20     | +00:09:16 (23.8%) | 7:48         | 7.7 (76.2%) |
| 179 | SZYMCZYK Magdalena   | 544   | FACE NORDIC WALKING TEAM         | K30-39            | 8    |             |              | 00:06:49    | 00:19:19 | 00:39:02.15    | 00:45:52.05     | +00:09:17 (23.8%) | 7:48         | 7.7 (76.2%) |
| 180 | KĘDZIERSKA Edyta     | 622   |                                  | K40-44            | 11   |             |              | 00:07:30    | 00:19:49 | 00:39:02.85    | 00:46:32.90     | +00:09:18 (23.8%) | 7:48         | 7.7 (76.2%) |
| 181 | SOBCZYK Rafał        | 516   | KLUBSPORTU.PL                    | M40-44            | 14   |             |              | 00:01:58    | 00:19:02 | 00:39:05.05    | 00:41:03.80     | +00:09:20 (23.9%) | 7:49         | 7.7 (76.2%) |
| 182 | GDOWIK Weronika      | 629   |                                  | K-Jun.            | 18   |             |              | 00:05:49    | 00:19:59 | 00:39:05.45    | 00:44:55.35     | +00:09:20 (23.9%) | 7:49         | 7.7 (76.2%) |
| 183 | PIPIRO Grażyna       | 481   | UNIA MIAST                       | K55-59            | 8    |             |              | 00:09:15    | 00:19:30 | 00:39:06.30    | 00:48:21.65     | +00:09:21 (23.9%) | 7:49         | 7.7 (76.2%) |
| 184 | TRĘTOWICZ Aleksandra | 547   | KKNW/FACE NORDIC WALKING TEAM    | K-Jun.            | 19   |             |              | 00:05:44    | 00:19:39 | 00:39:12.10    | 00:44:56.55     | +00:09:27 (24.1%) | 7:50         | 7.7 (76.2%) |
| 185 | LEŚNIEWSKI Wiktor    | 620   |                                  | M-Dzieci          | 8    |             |              | 00:00:08    | 00:19:22 | 00:39:12.90    | 00:39:21.30     | +00:09:28 (24.1%) | 7:50         | 7.6 (75.2%) |
| 186 | WACŁAW Andrzej       | 556   | SKS MEDYK RZESZÓW NW             | M55-59            | 14   |             |              | 00:03:34    | 00:19:34 | 00:39:13.40    | 00:42:47.70     | +00:09:28 (24.2%) | 7:50         | 7.6 (75.2%) |
| 187 | NOWAK Bartłomiej     | 460   | SAILING TEAM FERAJNA             | M40-44            | 15   |             |              | 00:01:59    | 00:19:41 | 00:39:13.80    | 00:41:13.35     | +00:09:29 (24.2%) | 7:50         | 7.6 (75.2%) |
| 188 | OSAK Beata           | 469   | CHODZĘ Z SERCEM                  | K40-44            | 12   |             |              | 00:07:28    | 00:19:45 | 00:39:15.60    | 00:46:44.45     | +00:09:30 (24.2%) | 7:51         | 7.6 (75.2%) |
| 189 | STARZEC Maksymilian  | 520   | KKNW                             | M65-69            | 8    |             |              | 00:04:19    | 00:19:38 | 00:39:23.50    | 00:43:42.85     | +00:09:38 (24.5%) | 7:52         | 7.6 (75.2%) |
| 190 | NIEMCZYK Monika      | 633   |                                  | K-Jun.            | 20   |             |              | 00:05:49    | 00:19:59 | 00:39:26.75    | 00:45:16.15     | +00:09:41 (24.6%) | 7:53         | 7.6 (75.2%) |
| 191 | FLEJSZAR Zbigniew    | 351   |                                  | M45-49            | 20   |             |              | 00:02:24    | 00:19:06 | 00:39:29.75    | 00:41:54.35     | +00:09:44 (24.7%) | 7:54         | 7.6 (75.2%) |
| 192 | WALESZKO Andrzej     | 557   |                                  | M45-49            | 21   |             |              | 00:02:28    | 00:19:37 | 00:39:32.75    | 00:42:00.95     | +00:09:47 (24.8%) | 7:54         | 7.6 (75.2%) |
| 193 | SUDOŁ Andrzej        | 664   | KOLBUSZOWSKI KLUB NORDIC WALKING | M50-54            | 12   |             |              | 00:02:59    | 00:19:47 | 00:39:35.45    | 00:42:35.20     | +00:09:50 (24.9%) | 7:55         | 7.6 (75.2%) |
| 194 | KABACIŃSKI Maciej    | 384   | FACE NORDIC WALKING TEAM         | M45-49            | 22   |             |              | 00:02:26    | 00:19:43 | 00:39:35.80    | 00:42:02.05     | +00:09:51 (24.9%) | 7:55         | 7.6 (75.2%) |
| 195 | BARTYZEL Marcin      | 306   | SKS MEDYK RZESZÓW NW             | M45-49            | 23   |             |              | 00:02:24    | 00:19:32 | 00:39:38.05    | 00:42:02.35     | +00:09:53 (24.9%) | 7:55         | 7.6 (75.2%) |
| 196 | MICHALAK Elżbieta    | 451   | CHODZĘ Z SERCEM                  | K50-54            | 4    |             |              | 00:08:43    | 00:19:47 | 00:39:41.80    | 00:48:25.20     | +00:09:57 (25.1%) | 7:56         | 7.6 (75.2%) |
| 197 | STARZYŃSKA Ewa       | 521   | KS METRACO POLKOWICE             | K60-64            | 5    |             |              | 00:09:48    | 00:19:55 | 00:39:43.55    | 00:49:32.20     | +00:09:58 (25.1%) | 7:56         | 7.6 (75.2%) |

| Msc | Zawodnik                  | Numer | Klub                             | Kategoria         | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 198 | LACHOWSKA Ewa             | 259   | BIESZCZADZKI KLUB NORDIC WALKING | K55-59            | 9    |             |              | 00:09:16    | 00:19:41 | 00:39:43.70    | 00:49:00.05     | +00:09:58 (25.1%) | 7:56         | 7.6 (75.2%) |
| 199 | ROMANIUK Grzegorz         | 502   | KOLBUSZOWSKI KLUB NORDIC WALKING | M-Niepełnosprawni | 6    |             |              | 00:02:59    | 00:20:43 | 00:39:45.85    | 00:42:44.85     | +00:10:01 (25.2%) | 7:57         | 7.5 (74.3%) |
| 200 | KUŁAK Klaudia             | 644   |                                  | K-Jun.            | 21   |             |              | 00:05:47    | 00:19:29 | 00:39:46.30    | 00:45:33.45     | +00:10:01 (25.2%) | 7:57         | 7.5 (74.3%) |
| 201 | CHMURA Magdalena          | 320   | TKKF „ SOKÓŁ ” GŁOGÓW MAŁOPOLSKI | K30-39            | 9    |             |              | 00:06:48    | 00:19:39 | 00:39:54.30    | 00:46:43.10     | +00:10:09 (25.5%) | 7:59         | 7.5 (74.3%) |
| 202 | ŁAGODA Paweł              | 611   |                                  | M-Dzieci          | 9    |             |              | 00:00:08    | 00:18:43 | 00:39:54.90    | 00:40:03.35     | +00:10:10 (25.5%) | 7:59         | 7.5 (74.3%) |
| 203 | KWAŚNA Małgorzata         | 422   | CHODZĘ Z SERCEM                  | K45-49            | 7    |             |              | 00:08:08    | 00:19:46 | 00:39:55.85    | 00:48:04.50     | +00:10:11 (25.5%) | 7:59         | 7.5 (74.3%) |
| 204 | HANUS Joanna              | 368   |                                  | K-Niepełnosprawni | 3    |             |              | 00:06:51    | 00:20:14 | 00:39:58.95    | 00:46:50.10     | +00:10:14 (25.6%) | 7:59         | 7.5 (74.3%) |
| 205 | SUDOŁ Irena               | 530   | WŁÓCZYKIJE SKOCZÓW               | K50-54            | 5    |             |              | 00:08:44    | 00:19:48 | 00:39:59.35    | 00:48:44.00     | +00:10:14 (25.6%) | 8:00         | 7.5 (74.3%) |
| 206 | SZEMBERSKA Małgorzata     | 534   | KLUBSPORTU.PL                    | K40-44            | 13   |             |              | 00:07:27    | 00:19:58 | 00:40:03.20    | 00:47:31.15     | +00:10:18 (25.7%) | 8:00         | 7.5 (74.3%) |
| 207 | GWAREK Anita              | 696   | PASJA NORDIC WALKING             | K45-49            | 8    |             |              | 00:08:14    | 00:20:09 | 00:40:04.60    | 00:48:18.75     | +00:10:19 (25.8%) | 8:00         | 7.5 (74.3%) |
| 208 | OBREBSKA Wioletta         | 463   | CHODZĘ Z SERCEM                  | K40-44            | 14   |             |              | 00:07:30    | 00:19:59 | 00:40:04.80    | 00:47:35.05     | +00:10:20 (25.8%) | 8:01         | 7.5 (74.3%) |
| 209 | GŁOWIŚ Szymon             | 649   |                                  | M-Jun.            | 12   |             |              | 00:00:33    | 00:20:31 | 00:40:05.20    | 00:40:38.50     | +00:10:20 (25.8%) | 8:01         | 7.5 (74.3%) |
| 210 | JABŁOŃSKI Dominik         | 613   |                                  | M-Dzieci          | 10   |             |              | 00:00:09    | 00:19:27 | 00:40:05.30    | 00:40:14.30     | +00:10:20 (25.8%) | 8:01         | 7.5 (74.3%) |
| 211 | SALACH Konrad             | 619   |                                  | M-Dzieci          | 11   |             |              | 00:00:09    | 00:20:12 | 00:40:06.35    | 00:40:15.35     | +00:10:21 (25.8%) | 8:01         | 7.5 (74.3%) |
| 212 | JANKOWSKI Andrzej         | 374   | MK TEAM SPORT W WIELKIM MIEŚCIE  | M60-64            | 10   |             |              | 00:04:17    | 00:20:06 | 00:40:08.05    | 00:44:25.45     | +00:10:23 (25.9%) | 8:01         | 7.5 (74.3%) |
| 213 | KUBICKA Danuta            | 413   | KS METRACO POLKOWICE             | K65-69            | 2    |             |              | 00:10:23    | 00:19:52 | 00:40:09.05    | 00:50:32.95     | +00:10:24 (25.9%) | 8:01         | 7.5 (74.3%) |
| 214 | GUZIOR Agnieszka          | 366   | KLUBSPORTU.PL                    | K40-44            | 15   |             |              | 00:07:28    | 00:19:59 | 00:40:10.15    | 00:47:38.40     | +00:10:25 (25.9%) | 8:02         | 7.5 (74.3%) |
| 215 | POKRYWKA Joanna           | 486   | SKS MEDYK RZESZÓW NW             | K18-29            | 5    |             |              | 00:06:17    | 00:20:18 | 00:40:16.90    | 00:46:34.25     | +00:10:32 (26.2%) | 8:03         | 7.4 (73.3%) |
| 216 | JAKUBCZYK Irmína          | 370   |                                  | K-Dzieci          | 6    |             |              | 00:05:15    | 00:19:29 | 00:40:17.55    | 00:45:32.60     | +00:10:32 (26.2%) | 8:03         | 7.4 (73.3%) |
| 217 | ALEKSANDRA Płotczyk       | 301   | SKS MEDYK RZESZÓW NW             | K18-29            | 6    |             |              | 00:06:16    | 00:20:18 | 00:40:17.75    | 00:46:34.20     | +00:10:32 (26.2%) | 8:03         | 7.4 (73.3%) |
| 218 | CHRAPEK Daria             | 322   | GIMNAZJUM W RUDZICY              | K-Jun.            | 22   |             |              | 00:05:45    | 00:19:47 | 00:40:19.55    | 00:46:04.90     | +00:10:34 (26.2%) | 8:03         | 7.4 (73.3%) |
| 219 | WĘGLARZ Elżbieta          | 565   | KLUB NW 'WŁÓCZYKIJE'             | K60-64            | 6    |             |              | 00:09:49    | 00:20:05 | 00:40:19.85    | 00:50:09.70     | +00:10:35 (26.2%) | 8:04         | 7.4 (73.3%) |
| 220 | CAG-SOBCZYK Edyta         | 317   | KLUBSPORTU.PL                    | K40-44            | 16   |             |              | 00:07:27    | 00:20:03 | 00:40:22.25    | 00:47:50.20     | +00:10:37 (26.3%) | 8:04         | 7.4 (73.3%) |
| 221 | ZIOŁO-KSIAZKIEWICZ Maryla | 585   |                                  | K60-64            | 7    |             |              | 00:09:48    | 00:20:22 | 00:40:25.15    | 00:50:14.10     | +00:10:40 (26.4%) | 8:05         | 7.4 (73.3%) |
| 222 | POSŁUSZNY Kamil           | 642   |                                  | M-Jun.            | 13   |             |              | 00:00:31    | 00:20:22 | 00:40:28.90    | 00:41:00.85     | +00:10:44 (26.5%) | 8:05         | 7.4 (73.3%) |

| Msc | Zawodnik                       | Numer | Klub                                        | Kategoria             | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 2.5km    | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------|---------------------------------------------|-----------------------|------|----------------|-----------------|----------------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 223 | KUDEJ Zbigniew                 | 594   | KOLBUSZOWSKI KLUB NORDIC WALKING            | M50-54                | 13   |                |                 | 00:02:59       | 00:19:45 | 00:40:33.40          | 00:43:32.65           | +00:10:48<br>(26.7%) | 8:06            | 7.4<br>(73.3%) |
| 224 | SAŁAK Maria                    | 504   | FACE NORDIC WALKING TEAM / NW RELAKS ZAGÓRZ | K60-64                | 8    |                |                 | 00:09:47       | 00:20:12 | 00:40:34.30          | 00:50:21.45           | +00:10:49<br>(26.7%) | 8:06            | 7.4<br>(73.3%) |
| 225 | KRUDYSZ-<br>STARZEC<br>Jadwiga | 409   | KOLBUSZOWSKI KLUB NORDIC WALKING            | K60-64                | 9    |                |                 | 00:09:49       | 00:20:05 | 00:40:36.80          | 00:50:26.55           | +00:10:52<br>(26.8%) | 8:07            | 7.4<br>(73.3%) |
| 226 | CZACHOR<br>Patrycja            | 324   |                                             | K-Jun.                | 23   |                |                 | 00:05:45       | 00:19:27 | 00:40:37.30          | 00:46:23.25           | +00:10:52<br>(26.8%) | 8:07            | 7.4<br>(73.3%) |
| 227 | NOWALIŃSKI<br>Piotrek          | 462   | FACE NORDIC WALKING TEAM                    | M-<br>Niepełnosprawni | 7    |                |                 | 00:02:25       | 00:19:51 | 00:40:43.95          | 00:43:09.15           | +00:10:59<br>(27.0%) | 8:08            | 7.4<br>(73.3%) |
| 228 | WIESZOŁEK<br>Ewelina           | 568   | N/Z                                         | K30-39                | 10   |                |                 | 00:06:48       | 00:20:51 | 00:40:55.10          | 00:47:43.90           | +00:11:10<br>(27.3%) | 8:11            | 7.3<br>(72.3%) |
| 229 | BUMBAŁA<br>Grażyna             | 62    | UNIA MIAST                                  | K30-39                | 11   |                |                 | 00:06:52       | 00:20:20 | 00:40:55.70          | 00:47:48.50           | +00:11:10<br>(27.3%) | 8:11            | 7.3<br>(72.3%) |
| 230 | MARCZYK Jerzy<br>Paweł         | 447   | FACE NORDIC WALKING TEAM                    | M55-59                | 15   |                |                 | 00:03:36       | 00:20:12 | 00:40:56.45          | 00:44:32.70           | +00:11:11<br>(27.3%) | 8:11            | 7.3<br>(72.3%) |
| 231 | BANASZAK<br>Agata              | 304   | GREEN TEAM ZIELONA GÓRA                     | K18-29                | 7    |                |                 | 00:06:15       | 00:20:28 | 00:40:56.90          | 00:47:12.25           | +00:11:12<br>(27.4%) | 8:11            | 7.3<br>(72.3%) |
| 232 | STRACH Jan                     | 527   | WŁÓCZYKIJE SKOCZÓW                          | M-<br>Niepełnosprawni | 8    |                |                 | 00:04:01       | 00:20:40 | 00:40:59.25          | 00:45:01.00           | +00:11:14<br>(27.4%) | 8:12            | 7.3<br>(72.3%) |
| 233 | MATWIEJCZUK<br>Ewa             | 450   | MDK SZCZEBRZESZYN                           | K50-54                | 6    |                |                 | 00:08:42       | 00:20:30 | 00:41:03.65          | 00:49:46.50           | +00:11:18<br>(27.6%) | 8:12            | 7.3<br>(72.3%) |
| 234 | BĄCAL Wiktoria                 | 310   | ULKS'SOKOŁY'                                | K-Jun.                | 24   |                |                 | 00:05:47       | 00:19:43 | 00:41:09.65          | 00:46:56.85           | +00:11:24<br>(27.7%) | 8:13            | 7.3<br>(72.3%) |
| 235 | SZAŁAJ Anna                    | 531   | KS METRACO POLKOWICE                        | K-<br>Niepełnosprawni | 4    |                |                 | 00:09:47       | 00:20:29 | 00:41:11.55          | 00:50:59.05           | +00:11:26<br>(27.8%) | 8:14            | 7.3<br>(72.3%) |
| 236 | SZEWCZYK<br>Genowefa           | 538   | NW RELAKS ZAGÓRZ                            | K60-64                | 10   |                |                 | 00:09:47       | 00:20:24 | 00:41:14.20          | 00:51:02.00           | +00:11:29<br>(27.9%) | 8:15            | 7.3<br>(72.3%) |
| 237 | ŚRODA<br>Małgorzata            | 676   | KOLBUSZOWSKI KLUB NORDIC WALKING            | K50-54                | 7    |                |                 | 00:08:44       | 00:20:32 | 00:41:16.80          | 00:50:01.45           | +00:11:32<br>(27.9%) | 8:15            | 7.3<br>(72.3%) |
| 238 | TRAWKA<br>Wiesława             | 261   | AKTYWNY DYNÓW                               | K45-49                | 9    |                |                 | 00:08:11       | 00:20:49 | 00:41:23.95          | 00:49:35.20           | +00:11:39<br>(28.1%) | 8:16            | 7.2<br>(71.3%) |
| 239 | MOTYKA Monika                  | 455   | SKS MEDYK RZESZÓW NW                        | K18-29                | 8    |                |                 | 00:06:16       | 00:20:38 | 00:41:27.10          | 00:47:43.50           | +00:11:42<br>(28.2%) | 8:17            | 7.2<br>(71.3%) |
| 240 | ZAKRZEWSKA<br>Henryka          | 577   | NORDIC TEAM GNIEZNO                         | K70+                  | 1    |                |                 | 00:11:08       | 00:20:34 | 00:41:30.45          | 00:52:39.25           | +00:11:45<br>(28.3%) | 8:18            | 7.2<br>(71.3%) |
| 241 | REIZER<br>Agnieszka            | 495   |                                             | K45-49                | 10   |                |                 | 00:08:09       | 00:21:17 | 00:41:32.45          | 00:49:42.10           | +00:11:47<br>(28.4%) | 8:18            | 7.2<br>(71.3%) |
| 242 | WALESZKO Anna                  | 558   |                                             | K45-49                | 11   | Tak            |                 | 00:08:12       | 00:20:57 | 00:41:32.90          | 00:49:45.25           | +00:11:48<br>(28.4%) | 8:18            | 7.2<br>(71.3%) |
| 243 | WIDELAK Halina                 | 662   | KOLBUSZOWSKI KLUB NORDIC WALKING            | K45-49                | 12   |                |                 | 00:08:13       | 00:21:03 | 00:41:36.00          | 00:49:49.35           | +00:11:51<br>(28.5%) | 8:19            | 7.2<br>(71.3%) |
| 244 | ŁAKOMY Sylwia                  | 435   |                                             | K-Dzieci              | 7    |                |                 | 00:05:13       | 00:20:15 | 00:41:36.80          | 00:46:50.25           | +00:11:52<br>(28.5%) | 8:19            | 7.2<br>(71.3%) |
| 245 | GRUDNOWSKA<br>Wiktoria         | 360   | BŁĘKITNI NW DZIEMIANY                       | K-Dzieci              | 8    |                |                 | 00:05:12       | 00:20:17 | 00:41:40.25          | 00:46:52.85           | +00:11:55<br>(28.6%) | 8:20            | 7.2<br>(71.3%) |
| 246 | GRUDNOWSKI<br>Norbert          | 362   | BŁĘKITNI NW DZIEMIANY                       | M-Dzieci              | 12   |                |                 | 00:00:07       | 00:19:34 | 00:41:42.70          | 00:41:49.85           | +00:11:57<br>(28.7%) | 8:20            | 7.2<br>(71.3%) |
| 247 | TONIA Karolina                 | 272   | ULKS'SOKOŁY'                                | K-Dzieci              | 9    |                |                 | 00:05:15       | 00:20:53 | 00:41:43.00          | 00:46:58.35           | +00:11:58<br>(28.7%) | 8:20            | 7.2<br>(71.3%) |

| Msc | Zawodnik              | Numer | Klub                             | Kategoria          | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|----------------------------------|--------------------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 248 | BIAŁEK Ola            | 614   |                                  | K-Dzieci           | 10   |             |              | 00:05:14    | 00:21:36 | 00:41:43.35    | 00:46:57.50     | +00:11:58 (28.7%) | 8:20         | 7.2 (71.3%) |
| 249 | ZAWADZKI Paweł        | 582   |                                  | M40-44             | 16   |             |              | 00:02:00    | 00:20:51 | 00:41:43.55    | 00:43:44.10     | +00:11:58 (28.7%) | 8:20         | 7.2 (71.3%) |
| 249 | ZIEMNIAK Angelika     | 273   | ULKS'SOKOŁY'                     | K-Dzieci           | 11   |             |              | 00:05:14    | 00:20:54 | 00:41:43.55    | 00:46:58.20     | +00:11:58 (28.7%) | 8:20         | 7.2 (71.3%) |
| 251 | FLEJSZAR Anna         | 350   |                                  | K45-49             | 13   |             |              | 00:08:08    | 00:21:22 | 00:41:49.00    | 00:49:57.90     | +00:12:04 (28.9%) | 8:21         | 7.2 (71.3%) |
| 252 | KONIK Wiktoria        | 397   | BIESZCZADZKI KLUB NORDIC WALKING | K-Dzieci           | 12   |             |              | 00:05:17    | 00:20:40 | 00:41:52.40    | 00:47:09.40     | +00:12:07 (29.0%) | 8:22         | 7.2 (71.3%) |
| 253 | KARCZEWSKI Krzysztof  | 387   | RUCH PO ZDROWIE WŁOCŁAWEK        | M30-39             | 8    |             |              | 00:01:35    | 00:20:37 | 00:41:54.20    | 00:43:29.30     | +00:12:09 (29.0%) | 8:22         | 7.2 (71.3%) |
| 254 | LEWANDOWSKI Jakub     | 607   |                                  | M-Dzieci           | 13   |             |              | 00:00:09    | 00:20:18 | 00:41:54.75    | 00:42:04.05     | +00:12:09 (29.0%) | 8:23         | 7.2 (71.3%) |
| 255 | PIPIRO Grzegorz       | 480   | UNIA MIAST                       | M- Niepełnosprawni | 9    |             |              | 00:03:33    | 00:20:35 | 00:41:55.80    | 00:45:29.50     | +00:12:11 (29.1%) | 8:23         | 7.2 (71.3%) |
| 256 | MAKSOŃ Jolanta        | 439   | KLUBSPORTU.PL                    | K30-39             | 12   |             |              | 00:06:50    | 00:20:35 | 00:41:58.10    | 00:48:48.25     | +00:12:13 (29.1%) | 8:23         | 7.1 (70.3%) |
| 257 | MACIĄG Emilia         | 616   |                                  | K-Dzieci           | 13   |             |              | 00:05:14    | 00:20:57 | 00:41:59.80    | 00:47:14.65     | +00:12:15 (29.2%) | 8:24         | 7.1 (70.3%) |
| 258 | TRZCINIECKA Janina    | 549   | NW RELAKS ZAGÓRZ                 | K55-59             | 10   |             |              | 00:09:14    | 00:20:52 | 00:42:01.95    | 00:51:16.70     | +00:12:17 (29.2%) | 8:24         | 7.1 (70.3%) |
| 259 | LIS Danuta            | 432   |                                  | K45-49             | 14   |             |              | 00:08:13    | 00:21:07 | 00:42:03.25    | 00:50:17.05     | +00:12:18 (29.3%) | 8:24         | 7.1 (70.3%) |
| 260 | CZAKIERT Olga         | 325   | VIKING NORDIC TEAM CZĘSTOCHOWA   | K18-29             | 9    |             |              | 00:06:16    | 00:21:13 | 00:42:06.45    | 00:48:22.90     | +00:12:21 (29.4%) | 8:25         | 7.1 (70.3%) |
| 261 | MAZURKIEWICZ Tomasz   | 630   |                                  | M-Jun.             | 14   |             |              | 00:00:34    | 00:20:31 | 00:42:07.00    | 00:42:41.05     | +00:12:22 (29.4%) | 8:25         | 7.1 (70.3%) |
| 262 | WINCZEWSKA Anna       | 570   | RUCH PO ZDROWIE WŁOCŁAWEK        | K50-54             | 8    |             |              | 00:08:43    | 00:21:07 | 00:42:10.95    | 00:50:54.75     | +00:12:26 (29.5%) | 8:26         | 7.1 (70.3%) |
| 263 | DYLEWSKI Andrzej      | 593   | DĄBROWA NORDIC TEAM              | M60-64             | 11   |             |              | 00:04:00    | 00:20:52 | 00:42:20.20    | 00:46:20.90     | +00:12:35 (29.7%) | 8:28         | 7.1 (70.3%) |
| 264 | RZESZUTKO Magdalena   | 297   |                                  | K18-29             | 10   |             |              | 00:06:15    | 00:20:59 | 00:42:20.65    | 00:48:36.20     | +00:12:35 (29.8%) | 8:28         | 7.1 (70.3%) |
| 265 | MARCINIUK Katarzyna   | 443   | CHODZĘ Z SERCEM                  | K40-44             | 17   |             |              | 00:07:31    | 00:21:19 | 00:42:27.40    | 00:49:59.35     | +00:12:42 (29.9%) | 8:29         | 7.1 (70.3%) |
| 266 | SAWIC Beata           | 506   | MDK SZCZEBRZESZYN                | K45-49             | 15   |             |              | 00:08:09    | 00:21:06 | 00:42:29.60    | 00:50:38.85     | +00:12:44 (30.0%) | 8:29         | 7.1 (70.3%) |
| 267 | KUŚMIEREK Beata       | 420   | BŁĘKITNI NW DZIEMIANY            | K40-44             | 18   |             |              | 00:07:27    | 00:21:10 | 00:42:30.70    | 00:49:58.15     | +00:12:45 (30.0%) | 8:30         | 7.1 (70.3%) |
| 268 | BRUSKA Mariola        | 315   | BŁĘKITNI NW DZIEMIANY            | K45-49             | 16   |             |              | 00:08:11    | 00:21:14 | 00:42:32.15    | 00:50:43.20     | +00:12:47 (30.1%) | 8:30         | 7.1 (70.3%) |
| 269 | MIELEWCZYK Aleksandra | 452   |                                  | K55-59             | 11   | 1           |              | 00:09:14    | 00:21:07 | 00:42:43.60    | 00:51:58.25     | +00:12:58 (30.4%) | 8:32         | 7 (69.3%)   |
| 270 | SKIBA Karolina        | 617   |                                  | K-Dzieci           | 14   |             |              | 00:05:13    | 00:21:45 | 00:42:45.05    | 00:47:58.40     | +00:13:00 (30.4%) | 8:33         | 7 (69.3%)   |
| 271 | ZIĘBA Julia           | 584   | UNIA MIAST                       | K70+               | 2    |             |              | 00:11:08    | 00:21:11 | 00:42:49.45    | 00:53:57.55     | +00:13:04 (30.5%) | 8:33         | 7 (69.3%)   |
| 272 | LASOCIŃSKA Ewa        | 424   | KLUB NW 'WŁÓCZYKIJE'             | K70+               | 3    |             |              | 00:11:08    | 00:21:18 | 00:42:58.50    | 00:54:06.50     | +00:13:13 (30.8%) | 8:35         | 7 (69.3%)   |
| 273 | MYTYCH Elżbieta       | 458   | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44             | 19   |             |              | 00:07:31    | 00:21:24 | 00:43:03.25    | 00:50:34.25     | +00:13:18 (30.9%) | 8:36         | 7 (69.3%)   |

| Msc | Zawodnik             | Numer | Klub                                                        | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 2.5km    | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|-------------------------------------------------------------|-----------|------|----------------|-----------------|----------------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 274 | PACYNA Helena        | 470   | KS METRACO POLKOWICE                                        | K65-69    | 3    |                |                 | 00:10:24       | 00:21:41 | 00:43:03.65          | 00:53:27.95           | +00:13:18<br>(30.9%) | 8:36            | 7<br>(69.3%)   |
| 275 | APANASOWICZ Danuta   | 302   | NW RELAKS ZAGÓRZ                                            | K65-69    | 4    |                |                 | 00:10:25       | 00:21:42 | 00:43:03.75          | 00:53:29.35           | +00:13:18<br>(30.9%) | 8:36            | 7<br>(69.3%)   |
| 276 | ROMANIUK Krysia      | 623   |                                                             | K50-54    | 9    |                |                 | 00:08:42       | 00:21:30 | 00:43:08.05          | 00:51:50.60           | +00:13:23<br>(31.0%) | 8:37            | 7<br>(69.3%)   |
| 277 | WIĘCŁAW Oliwia       | 569   |                                                             | K-Dzieci  | 15   |                |                 | 00:05:13       | 00:20:46 | 00:43:09.55          | 00:48:22.70           | +00:13:24<br>(31.1%) | 8:37            | 7<br>(69.3%)   |
| 278 | PAWŁOWSKA Gabriela   | 476   |                                                             | K-Dzieci  | 16   |                |                 | 00:05:14       | 00:20:41 | 00:43:10.20          | 00:48:24.35           | +00:13:25<br>(31.1%) | 8:38            | 6.9<br>(68.3%) |
| 279 | TYLUTKI Andrzej      | 551   | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | M45-49    | 24   |                |                 | 00:02:26       | 00:21:50 | 00:43:10.80          | 00:45:37.45           | +00:13:26<br>(31.1%) | 8:38            | 6.9<br>(68.3%) |
| 280 | DRAŁUS Magdalena     | 333   |                                                             | K-Dzieci  | 17   |                |                 | 00:05:14       | 00:20:53 | 00:43:11.10          | 00:48:25.25           | +00:13:26<br>(31.1%) | 8:38            | 6.9<br>(68.3%) |
| 281 | SYSIK Tomasz         | 692   | LEGIA RUN KLUB                                              | M30-39    | 9    |                |                 | 00:01:35       | 00:21:32 | 00:43:14.85          | 00:44:50.65           | +00:13:30<br>(31.2%) | 8:39            | 6.9<br>(68.3%) |
| 282 | SZNAJDER Teresa      | 539   | UNIA MIAST                                                  | K60-64    | 11   |                |                 | 00:09:47       | 00:20:58 | 00:43:19.50          | 00:53:07.45           | +00:13:34<br>(31.3%) | 8:40            | 6.9<br>(68.3%) |
| 283 | WĄSOWICZ Andrzej     | 564   |                                                             | M70+      | 4    |                |                 | 00:04:39       | 00:21:25 | 00:43:21.25          | 00:48:00.50           | +00:13:36<br>(31.4%) | 8:40            | 6.9<br>(68.3%) |
| 284 | KUŹNIARSKI Jacek     | 421   | FACE NORDIC WALKING TEAM                                    | M45-49    | 25   |                |                 | 00:02:24       | 00:21:26 | 00:43:27.85          | 00:45:51.85           | +00:13:43<br>(31.6%) | 8:41            | 6.9<br>(68.3%) |
| 285 | PODUBNY Krystyna     | 484   | KLUB NW 'WŁÓCZYKIJE'                                        | K60-64    | 12   |                |                 | 00:09:50       | 00:21:53 | 00:43:30.10          | 00:53:20.15           | +00:13:45<br>(31.6%) | 8:42            | 6.9<br>(68.3%) |
| 286 | WIĄCEK Bożena        | 567   | KKNW                                                        | K50-54    | 10   |                |                 | 00:08:43       | 00:21:54 | 00:43:33.50          | 00:52:17.25           | +00:13:48<br>(31.7%) | 8:42            | 6.9<br>(68.3%) |
| 287 | OGONOWSKA Edyta      | 266   | KLUB NW 'PATYCZAKI' GRUDZIĄDZ                               | K50-54    | 11   |                |                 | 00:08:44       | 00:21:44 | 00:43:36.15          | 00:52:20.25           | +00:13:51<br>(31.8%) | 8:43            | 6.9<br>(68.3%) |
| 287 | WALORYSZAK Barbara   | 560   |                                                             | K60-64    | 13   |                |                 | 00:09:50       | 00:22:11 | 00:43:36.15          | 00:53:26.95           | +00:13:51<br>(31.8%) | 8:43            | 6.9<br>(68.3%) |
| 289 | PAWLINA Halina       | 474   | KOLBUSZOWSKI KLUB NORDIC WALKING                            | K45-49    | 17   |                |                 | 00:08:10       | 00:21:56 | 00:43:37.75          | 00:51:48.25           | +00:13:52<br>(31.8%) | 8:43            | 6.9<br>(68.3%) |
| 290 | ŚLUSARCZYK Karolina  | 657   | WESOŁY BORSUK TEAM                                          | K-Dzieci  | 18   |                |                 | 00:05:15       | 00:21:38 | 00:43:49.15          | 00:49:04.30           | +00:14:04<br>(32.1%) | 8:45            | 6.8<br>(67.3%) |
| 291 | LECHOWSKA Julia      | 425   |                                                             | K-Dzieci  | 19   |                |                 | 00:05:14       | 00:20:55 | 00:43:50.75          | 00:49:05.25           | +00:14:05<br>(32.2%) | 8:46            | 6.8<br>(67.3%) |
| 292 | KOWALCZYK Joanna     | 142   | SANTANDER CONSUMER BANK                                     | K40-44    | 20   |                |                 | 00:07:29       | 00:22:18 | 00:43:54.75          | 00:51:24.35           | +00:14:09<br>(32.3%) | 8:47            | 6.8<br>(67.3%) |
| 293 | STEFAŃSKA Małgorzata | 299   | KLUB NW 'WŁÓCZYKIJE'                                        | K40-44    | 21   |                |                 | 00:07:29       | 00:22:25 | 00:43:56.25          | 00:51:25.50           | +00:14:11<br>(32.3%) | 8:47            | 6.8<br>(67.3%) |
| 294 | DYPA Barbara         | 340   | NK KOLBUSZOWA                                               | K55-59    | 12   |                |                 | 00:09:17       | 00:23:03 | 00:43:58.60          | 00:53:16.15           | +00:14:13<br>(32.4%) | 8:47            | 6.8<br>(67.3%) |
| 295 | DZIEDZIEWICZ Natalia | 699   |                                                             | K30-39    | 13   |                |                 | 00:06:49       | 00:21:41 | 00:44:01.65          | 00:50:51.40           | +00:14:16<br>(32.4%) | 8:48            | 6.8<br>(67.3%) |
| 296 | MICEK Joanna         | 645   |                                                             | K-Jun.    | 25   |                |                 | 00:05:45       | 00:21:04 | 00:44:03.20          | 00:49:48.75           | +00:14:18<br>(32.5%) | 8:48            | 6.8<br>(67.3%) |
| 297 | ŁOMNICKA-GUT Ewa     | 436   | NW RELAKS ZAGÓRZ                                            | K65-69    | 5    |                |                 | 00:10:25       | 00:22:07 | 00:44:03.25          | 00:54:28.30           | +00:14:18<br>(32.5%) | 8:48            | 6.8<br>(67.3%) |
| 298 | KOŁODZIEJ Zofia      | 394   | KLUB NW 'WŁÓCZYKIJE'                                        | K60-64    | 14   |                |                 | 00:09:18       | 00:22:24 | 00:44:08.10          | 00:53:26.55           | +00:14:23<br>(32.6%) | 8:49            | 6.8<br>(67.3%) |
| 299 | KOCZUR Dorota        | 390   | KOLBUSZOWSKI KLUB NORDIC WALKING                            | K60-64    | 15   |                |                 | 00:09:48       | 00:22:03 | 00:44:18.90          | 00:54:07.85           | +00:14:34<br>(32.9%) | 8:51            | 6.8<br>(67.3%) |

| Msc | Zawodnik               | Numer | Klub                             | Kategoria         | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km    | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|----------------|-----------------|-------------------|--------------|-------------|
| 300 | HOŁDYS Wiktor          | 270   | KROKODYLE                        | M40-44            | 17   |             |              | 00:02:01    | 00:21:46 | 00:44:25.40    | 00:46:26.75     | +00:14:40 (33.0%) | 8:53         | 6.8 (67.3%) |
| 301 | KOLBUSZ Janina         | 393   | KS METRACO POLKOWICE             | K65-69            | 6    |             |              | 00:10:24    | 00:21:56 | 00:44:28.20    | 00:54:52.50     | +00:14:43 (33.1%) | 8:53         | 6.7 (66.3%) |
| 302 | ZASADZIŃSKA-MAKUCH Ewa | 656   |                                  | K45-49            | 18   |             |              | 00:08:12    | 00:22:24 | 00:44:28.35    | 00:52:40.75     | +00:14:43 (33.1%) | 8:53         | 6.7 (66.3%) |
| 303 | RAGAN Danuta           | 663   | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54            | 12   |             |              | 00:08:45    | 00:21:47 | 00:44:29.80    | 00:53:14.85     | +00:14:45 (33.1%) | 8:53         | 6.7 (66.3%) |
| 304 | CZARNIK Katarzyna      | 116   | SANTANDER CONSUMER BANK          | K30-39            | 14   |             |              | 00:06:51    | 00:23:16 | 00:44:31.60    | 00:51:22.85     | +00:14:46 (33.2%) | 8:54         | 6.7 (66.3%) |
| 305 | PACOCZA Kinga          | 681   | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Jun.            | 26   |             |              | 00:05:46    | 00:22:13 | 00:44:32.00    | 00:50:18.60     | +00:14:47 (33.2%) | 8:54         | 6.7 (66.3%) |
| 306 | CETNARSKA Victoria     | 680   | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Jun.            | 27   |             |              | 00:05:45    | 00:22:14 | 00:44:33.05    | 00:50:18.90     | +00:14:48 (33.2%) | 8:54         | 6.7 (66.3%) |
| 307 | WIADERSKA Grażyna      | 652   |                                  | K65-69            | 7    |             |              | 00:10:25    | 00:22:07 | 00:44:33.50    | 00:54:59.15     | +00:14:48 (33.2%) | 8:54         | 6.7 (66.3%) |
| 308 | SIMKO Ludmiła          | 509   | KLUB NW 'WŁÓCZYKIJE'             | K60-64            | 16   |             |              | 00:09:49    | 00:22:23 | 00:44:36.00    | 00:54:25.85     | +00:14:51 (33.3%) | 8:55         | 6.7 (66.3%) |
| 309 | CEPIELIK Marta         | 691   | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54            | 13   |             |              | 00:08:43    | 00:22:23 | 00:44:36.60    | 00:53:20.45     | +00:14:51 (33.3%) | 8:55         | 6.7 (66.3%) |
| 310 | WĘGLARZ Adam           | 606   |                                  | M-Dzieci          | 14   |             |              | 00:00:09    | 00:22:11 | 00:44:38.65    | 00:44:48.45     | +00:14:53 (33.4%) | 8:55         | 6.7 (66.3%) |
| 311 | OFIARA Paulina         | 671   | KOLBUSZOWSKI KLUB NORDIC WALKING | K30-39            | 15   |             |              | 00:07:29    | 00:22:28 | 00:44:41.50    | 00:52:10.65     | +00:14:56 (33.4%) | 8:56         | 6.7 (66.3%) |
| 312 | MIERZEJEWSKA Monika    | 669   | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44            | 22   |             |              | 00:07:30    | 00:22:27 | 00:44:43.10    | 00:52:13.25     | +00:14:58 (33.5%) | 8:56         | 6.7 (66.3%) |
| 313 | KRZYŚCIN Mirosława     | 411   | SANTANDER CONSUMER BANK          | K40-44            | 23   |             |              | 00:07:29    | 00:22:14 | 00:44:44.45    | 00:52:14.00     | +00:14:59 (33.5%) | 8:57         | 6.7 (66.3%) |
| 314 | MOCZARSKI Adam         | 453   |                                  | M70+              | 5    |             |              | 00:04:40    | 00:21:52 | 00:44:47.35    | 00:49:28.15     | +00:15:02 (33.6%) | 8:57         | 6.7 (66.3%) |
| 315 | KONIK Mikołaj          | 396   | BIESZCZADZKI KLUB NORDIC WALKING | M-Dzieci          | 15   |             |              | 00:00:06    | 00:22:11 | 00:44:48.20    | 00:44:54.95     | +00:15:03 (33.6%) | 8:57         | 6.7 (66.3%) |
| 316 | SZCZUREK Agnieszka     | 670   | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44            | 24   |             |              | 00:07:30    | 00:22:27 | 00:44:48.85    | 00:52:19.35     | +00:15:04 (33.6%) | 8:57         | 6.7 (66.3%) |
| 317 | CHYŁEK Justyna         | 276   | SANTANDER CONSUMER BANK          | K30-39            | 16   |             |              | 00:06:52    | 00:22:53 | 00:44:53.40    | 00:51:45.55     | +00:15:08 (33.7%) | 8:58         | 6.7 (66.3%) |
| 318 | BOGUS Maria            | 59    |                                  | K55-59            | 13   |             |              | 00:09:16    | 00:22:37 | 00:44:56.20    | 00:54:12.70     | +00:15:11 (33.8%) | 8:59         | 6.7 (66.3%) |
| 319 | URBAN Irena            | 552   | KLUB NW 'WŁÓCZYKIJE'             | K60-64            | 17   | 1           |              | 00:09:50    | 00:22:27 | 00:44:57.30    | 00:54:47.85     | +00:15:12 (33.8%) | 8:59         | 6.7 (66.3%) |
| 320 | SZULC-DRABCZYK Urszula | 543   | KS METRACO POLKOWICE             | K-Niepełnosprawni | 5    |             |              | 00:09:48    | 00:22:28 | 00:45:01.35    | 00:54:50.00     | +00:15:16 (33.9%) | 9:00         | 6.7 (66.3%) |
| 321 | BARTYŃSKA Lidia        | 665   | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54            | 14   |             |              | 00:08:44    | 00:22:37 | 00:45:11.25    | 00:53:56.05     | +00:15:26 (34.2%) | 9:02         | 6.6 (65.3%) |
| 322 | SURMIAK Ryszard        | 56    | RZESZOWSKI KLUB MORSOW 'SOPELEK' | M70+              | 6    |             |              | 00:04:39    | 00:22:31 | 00:45:12.70    | 00:49:51.75     | +00:15:27 (34.2%) | 9:02         | 6.6 (65.3%) |
| 323 | KREMPA Magdalena       | 408   | KREMPACHY                        | K18-29            | 11   |             |              | 00:06:15    | 00:22:38 | 00:45:22.30    | 00:51:38.15     | +00:15:37 (34.4%) | 9:04         | 6.6 (65.3%) |
| 324 | JÓZEFA Turzyńska       | 380   | BŁĘKITNI NW DZIEMIANY            | K65-69            | 8    |             |              | 00:10:26    | 00:22:38 | 00:45:24.10    | 00:55:50.55     | +00:15:39 (34.5%) | 9:04         | 6.6 (65.3%) |

| Msc | Zawodnik             | Numer | Klub                             | Kategoria             | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 2.5km    | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|----------------------------------|-----------------------|------|----------------|-----------------|----------------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 325 | MACHAJEK Krzysztof   | 437   | KS METRACO POLKOWICE             | M-<br>Niepełnosprawni | 10   |                |                 | 00:04:02       | 00:23:04 | 00:45:29.20          | 00:49:31.70           | +00:15:44<br>(34.6%) | 9:05            | 6.6<br>(65.3%) |
| 326 | MARCINIUK Weronika   | 444   | CHODZĘ Z SERCEM                  | K18-29                | 12   |                |                 | 00:06:15       | 00:22:50 | 00:45:37.25          | 00:51:52.45           | +00:15:52<br>(34.8%) | 9:07            | 6.6<br>(65.3%) |
| 327 | KRZYŚCIN Rafał       | 412   | SANTANDER CONSUMER BANK          | M45-49                | 26   |                |                 | 00:02:27       | 00:23:17 | 00:45:39.20          | 00:48:06.25           | +00:15:54<br>(34.8%) | 9:07            | 6.6<br>(65.3%) |
| 328 | OPALIŃSKA Maria      | 466   | KOLBUSZOWSKI KLUB NORDIC WALKING | K-<br>Niepełnosprawni | 6    |                |                 | 00:06:49       | 00:22:39 | 00:45:40.80          | 00:52:30.20           | +00:15:56<br>(34.9%) | 9:08            | 6.6<br>(65.3%) |
| 329 | PROKOP Agnieszka     | 183   | SANTANDER CONSUMER BANK          | K30-39                | 17   |                |                 | 00:06:50       | 00:23:35 | 00:45:50.20          | 00:52:40.90           | +00:16:05<br>(35.1%) | 9:10            | 6.5<br>(64.4%) |
| 330 | BOGUS Piotr          | 58    |                                  | M50-54                | 14   | 1              |                 | 00:03:00       | 00:22:55 | 00:45:51.80          | 00:48:52.40           | +00:16:07<br>(35.1%) | 9:10            | 6.5<br>(64.4%) |
| 331 | PALUCH Jadwiga       | 296   |                                  | K65-69                | 9    |                |                 | 00:10:24       | 00:22:47 | 00:45:54.30          | 00:56:18.65           | +00:16:09<br>(35.2%) | 9:10            | 6.5<br>(64.4%) |
| 332 | SZCZUBIAŁ Krystyna   | 695   | DĄBROWA NORDIC TEAM              | K70+                  | 4    |                |                 | 00:11:08       | 00:22:45 | 00:45:56.20          | 00:57:05.10           | +00:16:11<br>(35.2%) | 9:11            | 6.5<br>(64.4%) |
| 333 | SITARZ Natalia       | 650   |                                  | K-Jun.                | 28   |                |                 | 00:05:50       | 00:23:43 | 00:46:00.70          | 00:51:51.50           | +00:16:15<br>(35.3%) | 9:12            | 6.5<br>(64.4%) |
| 334 | STĘPIEŃ Anna         | 233   | SANTANDER CONSUMER BANK          | K40-44                | 25   |                |                 | 00:07:31       | 00:22:59 | 00:46:00.80          | 00:53:32.75           | +00:16:16<br>(35.4%) | 9:12            | 6.5<br>(64.4%) |
| 335 | PACYNA Jolanta       | 638   |                                  | K-Jun.                | 29   |                |                 | 00:05:49       | 00:23:51 | 00:46:00.85          | 00:51:50.25           | +00:16:16<br>(35.4%) | 9:12            | 6.5<br>(64.4%) |
| 336 | WĄSIK Kamila         | 637   |                                  | K-Jun.                | 30   |                |                 | 00:05:49       | 00:23:51 | 00:46:03.05          | 00:51:53.00           | +00:16:18<br>(35.4%) | 9:12            | 6.5<br>(64.4%) |
| 337 | WOŁOWIEC Gabriela    | 636   |                                  | K-Jun.                | 31   |                |                 | 00:05:48       | 00:23:45 | 00:46:03.40          | 00:51:51.80           | +00:16:18<br>(35.4%) | 9:12            | 6.5<br>(64.4%) |
| 338 | CUDO Kasia           | 640   |                                  | K-Jun.                | 32   |                |                 | 00:05:48       | 00:23:44 | 00:46:04.95          | 00:51:53.10           | +00:16:20<br>(35.4%) | 9:13            | 6.5<br>(64.4%) |
| 339 | BIELECKA Emma        | 312   | MDK SZCZEBRZESZYN                | K50-54                | 15   |                |                 | 00:08:42       | 00:23:23 | 00:46:09.20          | 00:54:51.85           | +00:16:24<br>(35.5%) | 9:13            | 6.5<br>(64.4%) |
| 340 | ROZENBAJGIER Helena  | 501   | KOLBUSZOWSKI KLUB NORDIC WALKING | K70+                  | 5    | 1              |                 | 00:11:07       | 00:22:56 | 00:46:10.45          | 00:57:18.35           | +00:16:25<br>(35.6%) | 9:14            | 6.5<br>(64.4%) |
| 341 | PACYK Małgorzata     | 295   |                                  | K70+                  | 6    |                |                 | 00:11:08       | 00:22:47 | 00:46:16.05          | 00:57:24.05           | +00:16:31<br>(35.7%) | 9:15            | 6.5<br>(64.4%) |
| 342 | WIĄCEK Krystyna      | 566   | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69                | 10   |                |                 | 00:10:25       | 00:22:25 | 00:46:25.95          | 00:56:51.85           | +00:16:41<br>(35.9%) | 9:17            | 6.5<br>(64.4%) |
| 343 | NIEZGODA Emilia      | 687   | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci              | 20   |                |                 | 00:05:13       | 00:22:07 | 00:46:34.30          | 00:51:47.80           | +00:16:49<br>(36.1%) | 9:18            | 6.4<br>(63.4%) |
| 344 | CYBRUCH Kamilla      | 323   | BIESZCZADZKI KLUB NORDIC WALKING | K55-59                | 14   |                |                 | 00:09:14       | 00:23:29 | 00:46:47.70          | 00:56:02.15           | +00:17:02<br>(36.4%) | 9:21            | 6.4<br>(63.4%) |
| 345 | GAWROŃSKA Małgorzata | 355   | GAWRONY                          | K-<br>Niepełnosprawni | 7    |                |                 | 00:09:15       | 00:23:35 | 00:46:49.55          | 00:56:04.95           | +00:17:04<br>(36.5%) | 9:21            | 6.4<br>(63.4%) |
| 346 | KOŚMIDER Violetta    | 631   |                                  | K-Jun.                | 33   |                |                 | 00:05:49       | 00:23:33 | 00:47:11.10          | 00:53:01.00           | +00:17:26<br>(37.0%) | 9:26            | 6.4<br>(63.4%) |
| 347 | PROKOPIEC Bronisława | 487   | KOLBUSZOWSKI KLUB NORDIC WALKING | K70+                  | 7    |                |                 | 00:11:08       | 00:23:23 | 00:47:17.60          | 00:58:26.30           | +00:17:32<br>(37.1%) | 9:27            | 6.3<br>(62.4%) |
| 348 | ZAŁĘSKI Karol        | 579   |                                  | M70+                  | 7    |                |                 | 00:04:40       | 00:23:57 | 00:47:25.50          | 00:52:05.65           | +00:17:40<br>(37.3%) | 9:29            | 6.3<br>(62.4%) |
| 349 | PACYNA Monika        | 293   |                                  | K-Dzieci              | 21   |                |                 | 00:05:12       | 00:22:18 | 00:47:26.05          | 00:52:38.70           | +00:17:41<br>(37.3%) | 9:29            | 6.3<br>(62.4%) |
| 350 | LECYK Jadwiga        | 426   | CHODZĘ Z SERCEM                  | K60-64                | 18   |                |                 | 00:09:50       | 00:23:38 | 00:47:30.35          | 00:57:20.70           | +00:17:45<br>(37.4%) | 9:30            | 6.3<br>(62.4%) |

| Msc | Zawodnik                    | Numer      | Klub                             | Kategoria             | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | 2.5km    | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|------------|----------------------------------|-----------------------|------|----------------|-----------------|----------------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 351 | <b>SOBKOWSKA Teresa</b>     | <b>517</b> | SILESIA NORDIC TEAM              | K60-64                | 19   | 1              |                 | 00:09:48       | 00:24:10 | <b>00:47:31.50</b>   | <b>00:57:19.85</b>    | +00:17:46<br>(37.4%) | 9:30            | 6.3<br>(62.4%) |
| 352 | <b>MACIĄG Andrzej</b>       | <b>438</b> |                                  | M65-69                | 9    |                |                 | 00:04:19       | 00:24:10 | <b>00:47:44.40</b>   | <b>00:52:03.45</b>    | +00:17:59<br>(37.7%) | 9:32            | 6.3<br>(62.4%) |
| 353 | <b>KREMPA Danuta</b>        | <b>407</b> | KREMPACHY                        | K45-49                | 19   |                |                 | 00:08:10       | 00:24:05 | <b>00:47:55.95</b>   | <b>00:56:05.95</b>    | +00:18:11<br>(37.9%) | 9:35            | 6.3<br>(62.4%) |
| 354 | <b>TURCZYK Ewelina</b>      | <b>660</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci              | 22   |                |                 | 00:05:14       | 00:24:01 | <b>00:48:08.70</b>   | <b>00:53:23.50</b>    | +00:18:23<br>(38.2%) | 9:37            | 6.2<br>(61.4%) |
| 355 | <b>REMBISZ Grażyna</b>      | <b>498</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64                | 20   |                |                 | 00:09:48       | 00:24:03 | <b>00:48:12.75</b>   | <b>00:58:01.65</b>    | +00:18:27<br>(38.3%) | 9:38            | 6.2<br>(61.4%) |
| 356 | <b>WALESZKO Adam</b>        | <b>559</b> |                                  | M-Dzieci              | 16   |                |                 | 00:00:08       | 00:23:28 | <b>00:48:53.85</b>   | <b>00:49:02.55</b>    | +00:19:09<br>(39.2%) | 9:46            | 6.1<br>(60.4%) |
| 357 | <b>KUCZYŃSKA Oliwia</b>     | <b>643</b> |                                  | K-Jun.                | 34   |                |                 | 00:05:46       | 00:24:17 | <b>00:48:55.80</b>   | <b>00:54:42.65</b>    | +00:19:11<br>(39.2%) | 9:47            | 6.1<br>(60.4%) |
| 358 | <b>STAPOR Ewa</b>           | <b>646</b> |                                  | K-Jun.                | 35   |                |                 | 00:05:45       | 00:24:18 | <b>00:48:56.60</b>   | <b>00:54:42.45</b>    | +00:19:11<br>(39.2%) | 9:47            | 6.1<br>(60.4%) |
| 359 | <b>NOWAK Mateusz</b>        | <b>461</b> |                                  | M-Dzieci              | 17   |                |                 | 00:00:07       | 00:24:48 | <b>00:48:57.10</b>   | <b>00:49:05.05</b>    | +00:19:12<br>(39.2%) | 9:47            | 6.1<br>(60.4%) |
| 360 | <b>ORZECHOWSKI Grzegorz</b> | <b>468</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | M-<br>Niepełnosprawni | 11   |                |                 | 00:01:35       | 00:23:36 | <b>00:49:30.25</b>   | <b>00:51:05.65</b>    | +00:19:45<br>(39.9%) | 9:54            | 6.1<br>(60.4%) |
| 361 | <b>ŻUBRYD Renata</b>        | <b>587</b> | NW RELAKS ZAGÓRZ                 | K65-69                | 11   | 1              |                 | 00:10:25       | 00:24:41 | <b>00:49:33.80</b>   | <b>00:59:59.65</b>    | +00:19:49<br>(40.0%) | 9:54            | 6.1<br>(60.4%) |
| 362 | <b>STOPA Gerard</b>         | <b>526</b> | BŁĘKITNI NW DZIEMIANY            | M65-69                | 10   |                |                 | 00:04:18       | 00:24:54 | <b>00:49:44.50</b>   | <b>00:54:02.80</b>    | +00:19:59<br>(40.2%) | 9:56            | 6<br>(59.4%)   |
| 363 | <b>CHMIELOWIEC Zygmunt</b>  | <b>319</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | M65-69                | 11   |                |                 | 00:04:17       | 00:24:55 | <b>00:49:51.60</b>   | <b>00:54:09.40</b>    | +00:20:06<br>(40.3%) | 9:58            | 6<br>(59.4%)   |
| 364 | <b>DROP Mieczysław</b>      | <b>336</b> |                                  | M70+                  | 8    |                |                 | 00:04:39       | 00:25:54 | <b>00:50:44.40</b>   | <b>00:55:24.35</b>    | +00:20:59<br>(41.4%) | 10:09           | 5.9<br>(58.4%) |
| 365 | <b>STAUBACH Mirosława</b>   | <b>522</b> | BŁĘKITNI NW DZIEMIANY            | K55-59                | 15   |                |                 | 00:09:14       | 00:25:02 | <b>00:50:51.25</b>   | <b>01:00:05.75</b>    | +00:21:06<br>(41.5%) | 10:10           | 5.9<br>(58.4%) |
| 366 | <b>SARAMA Kamila</b>        | <b>658</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci              | 23   |                |                 | 00:05:15       | 00:25:52 | <b>00:50:56.30</b>   | <b>00:56:12.00</b>    | +00:21:11<br>(41.6%) | 10:11           | 5.9<br>(58.4%) |
| 367 | <b>WIKTOR Martyna</b>       | <b>659</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci              | 24   |                |                 | 00:05:16       | 00:25:52 | <b>00:50:56.60</b>   | <b>00:56:12.85</b>    | +00:21:11<br>(41.6%) | 10:11           | 5.9<br>(58.4%) |
| 368 | <b>HANUS Teresa</b>         | <b>369</b> |                                  | K-<br>Niepełnosprawni | 8    |                |                 | 00:10:25       | 00:25:28 | <b>00:50:58.15</b>   | <b>01:01:23.40</b>    | +00:21:13<br>(41.6%) | 10:11           | 5.9<br>(58.4%) |
| 369 | <b>MARGAŃSKA Stanisława</b> | <b>448</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K70+                  | 8    |                |                 | 00:11:08       | 00:25:15 | <b>00:51:18.85</b>   | <b>01:02:27.75</b>    | +00:21:34<br>(42.0%) | 10:15           | 5.8<br>(57.4%) |
| 370 | <b>TOMASZEWSKA Diana</b>    | <b>654</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K30-39                | 18   |                |                 | 00:06:52       | 00:25:51 | <b>00:52:14.00</b>   | <b>00:59:06.15</b>    | +00:22:29<br>(43.1%) | 10:26           | 5.7<br>(56.4%) |
| 371 | <b>CZAJA-POPERA Halina</b>  | <b>115</b> | SANTANDER CONSUMER BANK          | K30-39                | 19   |                |                 | 00:06:52       | 00:25:43 | <b>00:53:25.50</b>   | <b>01:00:18.45</b>    | +00:23:40<br>(44.3%) | 10:41           | 5.6<br>(55.4%) |
| 372 | <b>ŻEBRACKA Beata</b>       | <b>231</b> | SANTANDER CONSUMER BANK          | K30-39                | 20   |                |                 | 00:06:52       | 00:25:44 | <b>00:53:26.25</b>   | <b>01:00:18.30</b>    | +00:23:41<br>(44.3%) | 10:41           | 5.6<br>(55.4%) |
| 373 | <b>MUSKUS Kazimierz</b>     | <b>457</b> | KLUB NW 'WŁÓCZYKIJE'             | M65-69                | 12   |                |                 | 00:04:19       | 00:25:43 | <b>00:53:39.50</b>   | <b>00:57:59.20</b>    | +00:23:54<br>(44.6%) | 10:44           | 5.6<br>(55.4%) |
| 374 | <b>KAPROŃ Jan</b>           | <b>386</b> | NW NOWA DĘBA                     | M65-69                | 13   |                |                 | 00:04:18       | 00:25:45 | <b>00:53:40.20</b>   | <b>00:57:58.80</b>    | +00:23:55<br>(44.6%) | 10:44           | 5.6<br>(55.4%) |
| 375 | <b>MAREK Monika</b>         | <b>265</b> | NW NOWA DĘBA                     | K-<br>Niepełnosprawni | 9    |                |                 | 00:06:49       | 00:27:05 | <b>00:53:54.60</b>   | <b>01:00:44.45</b>    | +00:24:09<br>(44.8%) | 10:47           | 5.6<br>(55.4%) |
| 376 | <b>KUPIEC Alicja</b>        | <b>252</b> | MDK SZCZEBRZESZYN                | K65-69                | 12   |                |                 | 00:10:24       | 00:26:27 | <b>00:54:07.75</b>   | <b>01:04:32.65</b>    | +00:24:22<br>(45.0%) | 10:49           | 5.5<br>(54.5%) |

| Msc | Zawodnik                      | Numer      | Klub                             | Kategoria         | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km       | Czas netto 5km        | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|-------------|-----------------------|--------------------|-------------------|--------------|-------------|
| 377 | <b>SAMULAK Bożena</b>         | <b>505</b> | MDK SZCZEBRZESZYN                | K65-69            | 13   |             |              | 00:10:25    | 00:26:25    | <b>00:54:07.85</b>    | <b>01:04:32.95</b> | +00:24:23 (45.0%) | 10:49        | 5.5 (54.5%) |
| 378 | <b>STARZEC Patryk</b>         | <b>603</b> |                                  | M-Dzieci          | 18   |             |              | 00:00:10    | 00:26:19    | <b>00:54:42.20</b>    | <b>00:54:52.75</b> | +00:24:57 (45.6%) | 10:56        | 5.5 (54.5%) |
| 379 | <b>ŻUJEWSKA Barbara</b>       | <b>253</b> |                                  | K60-64            | 21   |             |              | 00:09:47    | 00:26:38    | <b>00:54:44.80</b>    | <b>01:04:32.60</b> | +00:25:00 (45.7%) | 10:57        | 5.5 (54.5%) |
| 380 | <b>NOWROTEK Roman</b>         | <b>588</b> | WESOŁY BORSUK TEAM               | M65-69            | 14   |             |              | 00:04:16    | 00:17:22    |                       |                    | +00:02:45         | 6:56         | 8.6 (85.1%) |
| 381 | <b>NOWOTARSKA-DÓL Maria</b>   | <b>678</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64            | 22   |             |              | 00:10:26    | 00:32:01    |                       |                    | +00:17:25         | 12:48        | 4.7 (46.5%) |
| 382 | <b>BURAKOWSKA Ewa</b>         | <b>679</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69            | 14   |             |              | 00:10:27    | 00:32:02    |                       |                    | +00:17:26         | 12:48        | 4.7 (46.5%) |
| 383 | <b>KABACIŃSKA Anna</b>        | <b>383</b> | FACE NORDIC WALKING TEAM         | K45-49            | 20   |             |              | 00:08:10    |             |                       |                    |                   |              | (0.0%)      |
| DQ  | <b>MATRAJ Paweł</b>           | <b>667</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | M40-44            |      |             | Tak          | DQ          | 00:17:24 DQ | <b>00:35:25.40 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>URBAN Robert</b>           | <b>553</b> | KNW                              | M40-44            |      |             | Tak          | DQ          | 00:19:35 DQ | <b>00:39:10.00 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>ŚRODA Jerzy</b>            | <b>677</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | M55-59            |      |             | Tak          | DQ          | 00:19:34 DQ | <b>00:39:41.50 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>HAŁDAŚ Bogdan</b>          | <b>624</b> |                                  | M50-54            |      |             | Tak          | DQ          | 00:19:44 DQ | <b>00:40:05.50 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>URBAN Iwona</b>            | <b>554</b> | KNW                              | K45-49            |      |             | Tak          | DQ          | 00:19:46 DQ | <b>00:40:05.50 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>ŚWIĆ Joanna</b>            | <b>546</b> | CHODZĘ Z SERCEM                  | K40-44            |      | 1           | Tak          | DQ          | 00:20:48 DQ | <b>00:41:50.20 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>PRUSAK Edyta</b>           | <b>269</b> | KROKODYLE                        | K40-44            |      |             | Tak          | DQ          | 00:22:03 DQ | <b>00:44:08.00 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>DUL-KOBYLARZ Magdalena</b> | <b>277</b> | SANTANDER CONSUMER BANK          | K30-39            |      |             | Tak          | DQ          | 00:22:54 DQ | <b>00:44:54.85 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>KOSTRUBIEC Bronisława</b>  | <b>404</b> | MDK SZCZEBRZESZYN                | K65-69            |      |             | Tak          | DQ          | 00:23:04 DQ | <b>00:47:31.35 DQ</b> | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>KURDZIEL Czesław</b>       | <b>415</b> | NW NOWA DĘBA                     | M65-69            |      |             | Tak          | DQ          | DQ          | <b>DQ</b>             | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>CZEKAŃSKI Krzysztof</b>    | <b>327</b> | UKS SIEDLESZCZANY                | M60-64            |      |             | Tak          | DQ          | DQ          | <b>DQ</b>             | <b>DQ</b>          |                   | -            | - (0.0%)    |
| DQ  | <b>JEDNAC Artur</b>           | <b>377</b> | KLUB NW 'WŁÓCZYKIJE'             | M-Niepełnosprawni |      |             | Tak          | DQ          | DQ          | <b>DQ</b>             | <b>DQ</b>          |                   | -            | - (0.0%)    |

Znaleziono 395 wynik(ów)