



Organizator:
Data:
Miejsce:
Dystans:

PFNW
2016-04-23
Osielesko
42.195 km

OSIELSKO - III MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	MICHAŁEC Marcin	48	KKB MOSIR KROSNO	M18-29	1			00:00:05	00:26:31	00:52:59	01:19:27	01:45:46	02:12:46	02:40:34	03:08:44	03:37:41	04:07:07	04:35:40.70	04:35:46.45		6:31	9.2 (100%)
2	KORDOWSKI I Piotr	34	UPOJENI WIATREM	M40-49	1			00:00:09	00:28:05	00:56:27	01:24:52	01:54:13	02:23:33	02:52:55	03:22:02	03:51:42	04:21:12	04:50:49.25	04:50:58.25	+00:15:08 (5.2%)	6:53	8.7 (94.6%)
3	NIECHWIEJCZYK Piotr	51	OPEL ACTIVE TEAM	M40-49	2			00:00:08	00:28:39	00:57:23	01:26:25	01:55:28	02:24:39	02:53:47	03:23:04	03:52:31	04:21:58	04:51:26.95	04:51:34.95	+00:15:46 (5.4%)	6:54	8.7 (94.6%)
4	BIK Stanisław	4	KS METRACO POLKOWICE	M50-59	1			00:00:12	00:30:09	00:59:02	01:27:53	01:56:43	02:27:06	02:56:32	03:26:55	03:57:42	04:28:40	04:59:05.75	04:59:17.85	+00:23:25 (7.8%)	7:05	8.5 (92.4%)
5	ŻYWIĆKI Marcin	91	BŁĘKITNI DZIEMIANY	M30-39	1			00:00:07	00:30:10	00:59:37	01:29:12	01:58:41	02:28:15	02:57:59	03:28:11	03:58:43	04:29:22	04:59:40.85	04:59:48.10	+00:24:00 (8.0%)	7:06	8.4 (91.3%)
6	STUPNOWICZ Przemek	73	EPOKA NORDICA ŁÓDŹ	M18-29	2			00:00:16	00:30:05	01:00:05	01:29:34	01:59:33	02:29:41	02:59:51	03:29:53	03:59:47	04:30:07	05:00:12.05	05:00:28.25	+00:24:31 (8.2%)	7:06	8.4 (91.3%)
7	WIŚNIEWSKI Jacek	86	UKS SIEDLESZCZANY	M50-59	2			00:00:14	00:29:08	00:58:35	01:27:33	01:56:32	02:26:02	02:55:39	03:25:53	03:57:39	04:30:22	05:02:24.50	05:02:38.50	+00:26:43 (8.8%)	7:09	8.4 (91.3%)
8	CZŁONKOWSKI Krzysztof	11	OLIMPIJCZYK SZCZECOCINY	M40-49	3			00:00:10	00:30:42	01:00:55	01:31:14	02:01:21	02:32:07	03:02:46	03:32:56	04:03:22	04:33:49	05:02:42.15	05:02:52.70	+00:27:01 (8.9%)	7:10	8.4 (91.3%)
9	KANIGOWSKI Grzegorz	27		M30-39	2			00:00:06	00:28:41	00:57:24	01:26:14	01:55:39	02:25:09	02:56:00	03:27:00	03:58:41	04:31:08	05:02:50.50	05:02:57.10	+00:27:09 (9.0%)	7:10	8.4 (91.3%)
10	PUSZKIEL Leszek	58	GREEN TEAM	M50-59	3			00:00:14	00:29:40	00:58:35	01:27:31	01:56:31	02:26:25	02:56:36	03:27:09	03:58:18	04:31:18	05:02:52.90	05:03:07.45	+00:27:12 (9.0%)	7:10	8.4 (91.3%)
11	BOGACKI Sławek	6	ENERGA NW TEAM	M40-49	4			00:00:06	00:28:20	00:56:44	01:25:37	01:55:19	02:25:17	02:56:20	03:27:49	03:59:43	04:31:57	05:03:15.70	05:03:21.95	+00:27:35 (9.1%)	7:11	8.3 (90.2%)
12	RACZYŃSKI Kazimierz	60	PASIEKAZPASJA.PL / FACE NORDIC WALKING TEAM	M40-49	5			00:00:08	00:28:37	00:57:22	01:26:11	01:55:45	02:25:53	02:56:19	03:27:35	03:59:58	04:32:46	05:04:50.40	05:04:58.50	+00:29:09 (9.6%)	7:13	8.3 (90.2%)
13	DOŁĘGOWSKI Marek	14	BKS MANIAK WOLIN	M40-49	6			00:00:06	00:28:07	00:56:50	01:26:44	01:57:22	02:28:36	03:00:44	03:31:44	04:05:07	04:39:39	05:12:21.45	05:12:28.05	+00:36:40 (11.7%)	7:24	8.1 (88.0%)
14	MITURA-ZIELONKA Paweł	50	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M30-39	3			00:00:07	00:30:20	01:00:14	01:29:27	01:59:05	02:29:27	03:00:02	03:32:30	04:07:10	04:40:23	05:12:50.70	05:12:58.00	+00:37:10 (11.9%)	7:24	8.1 (88.0%)
15	STEFANICKI Marek	67	WŁÓCZYKIJE	M50-59	4			00:00:11	00:30:10	00:59:50	01:29:39	01:59:38	02:30:12	03:01:49	03:33:50	04:07:15	04:40:57	05:13:43.55	05:13:55.45	+00:38:02 (12.1%)	7:26	8.1 (88.0%)
16	WESOŁOWSKI Wojciech	84	NIEZRZESZONY	M60-64	1			00:00:12	00:30:16	01:00:28	01:30:44	02:01:26	02:32:08	03:03:23	03:35:11	04:07:31	04:40:37	05:14:09.05	05:14:21.50	+00:38:28 (12.2%)	7:26	8.1 (88.0%)
17	KACORZYK Władysław	26	SILESIA NORDIC TEAM	M50-59	5			00:00:11	00:31:03	01:02:24	01:33:49	02:05:14	02:36:22	03:08:12	03:39:39	04:11:22	04:43:13	05:14:56.75	05:15:08.20	+00:39:16 (12.5%)	7:27	8 (87.0%)
18	SŁOMIAN Leszek	64	STADION ŚLASKI	M50-59	6			00:00:14	00:30:27	01:00:52	01:31:20	02:02:25	02:33:48	03:06:02	03:39:21	04:12:23	04:45:41	05:17:58.90	05:18:13.80	+00:42:18 (13.3%)	7:32	8 (87.0%)
19	LENZ Andrzej	39	ALTOM	M50-59	7			00:00:09	00:30:19	01:00:30	01:30:46	02:01:28	02:32:10	03:03:25	03:35:27	04:08:52	04:44:28	05:18:08.25	05:18:17.45	+00:42:27 (13.3%)	7:32	8 (87.0%)
20	SPYCHAŁA Marzena	66	WESOŁY BORSUK TEAM	K40-49	1			00:02:37	00:30:25	01:01:37	01:32:29	02:03:44	02:35:15	03:07:17	03:39:04	04:11:41	04:45:15	05:19:02.05	05:21:39.95	+00:43:21 (13.6%)	7:33	7.9 (85.9%)
21	BAJER Piotr	3	FACE NW TEAM	M50-59	8			00:00:11	00:31:04	01:02:25	01:33:50	02:05:14	02:36:23	03:08:13	03:39:39	04:11:23	04:44:15	05:19:06.95	05:19:18.00	+00:43:26 (13.6%)	7:33	7.9 (85.9%)
22	NOWROTEK Monika	52	WESOŁY BORSUK TEAM	K18-29	1			00:02:36	00:29:26	01:00:14	01:30:54	02:01:31	02:33:35	03:06:40	03:39:05	04:12:10	04:47:38	05:19:23.95	05:22:00.30	+00:43:43 (13.7%)	7:34	7.9 (85.9%)
23	DENCIKOWSKI Marek	13	KB BIAŁA BIEGA	M40-49	7			00:00:11	00:29:28	00:58:50	01:29:11	02:01:05	02:32:44	03:04:56	03:38:04	04:12:48	04:47:04	05:19:27.80	05:19:39.25	+00:43:47 (13.7%)	7:34	7.9 (85.9%)
24	SZCZĘBAK Jacek	74	TARNÓW	M40-49	8			00:00:08	00:29:37	00:59:31	01:29:44	02:00:35	02:31:51	03:03:57	03:36:44	04:10:49	04:45:21	05:19:30.90	05:19:39.50	+00:43:50 (13.7%)	7:34	7.9 (85.9%)
25	WARUSZEWSKI Karol	83	BIEGAJĄCY TCZEW	M40-49	9			00:00:07	00:30:36	01:00:57	01:31:15	02:01:23	02:32:12	03:04:17	03:37:31	04:11:08	04:46:34	05:21:24.75	05:21:32.30	+00:45:44 (14.2%)	7:36	7.9 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
																		42.195km	42.195km			
26	DZIADEK Remigiusz	15		M50-59	9			00:00:12	00:30:00	00:59:55	01:30:06	02:01:12	02:33:03	03:06:01	03:39:48	04:14:51	04:48:50	05:21:25.15	05:21:38.00	+00:45:44 (14.2%)	7:37	7.9 (85.9%)
27	STOPA Joanna	70	BŁĘKITNI DZIEMIANY	K18-29	2			00:02:36	00:30:26	01:01:38	01:32:56	02:04:35	02:36:49	03:09:06	03:41:25	04:14:21	04:48:24	05:22:50.00	05:25:26.10	+00:47:09 (14.6%)	7:39	7.8 (84.8%)
28	SOBKOWSKI Janusz	65	SILESIA NORDIC TEAM	M60-64	2			00:00:15	00:30:36	01:01:57	01:33:30	02:05:09	02:37:36	03:10:38	03:44:03	04:16:29	04:49:59	05:22:52.80	05:23:08.25	+00:47:12 (14.6%)	7:39	7.8 (84.8%)
29	OLSCHIMKE-MARMUROWICZ Barbara	53	SILESIA NORDIC TEAM	K40-49	2			00:02:39	00:30:59	01:01:46	01:32:54	02:04:32	02:36:47	03:09:10	03:42:01	04:15:34	04:49:43	05:24:23.00	05:27:02.40	+00:48:42 (15.0%)	7:41	7.8 (84.8%)
30	ŚLUSARCYK Marcin	77	WESOŁY BORSUK TEAM	M30-39	4			00:00:06	00:31:05	01:02:12	01:32:55	02:03:59	02:36:36	03:10:17	03:44:02	04:18:08	04:53:05	05:27:34.40	05:27:40.85	+00:51:53 (15.8%)	7:45	7.7 (83.7%)
31	STĘPIEŃ Lucyna	96	KS METRACO POLKOWICE	K50-59	1			00:02:42	00:30:57	01:01:42	01:32:44	02:04:23	02:36:22	03:09:05	03:42:45	04:17:47	04:53:06	05:27:58.65	05:30:40.65	+00:52:17 (15.9%)	7:46	7.7 (83.7%)
32	ZAMRZYCKI Leszek	90		M50-59	10			00:00:10	00:31:02	01:02:09	01:32:52	02:03:57	02:36:33	03:10:09	03:43:49	04:19:08	04:54:46	05:28:35.50	05:28:45.95	+00:52:54 (16.1%)	7:47	7.7 (83.7%)
33	FOLWARSKI Andrzej	17	FACE NORDIC WALKING TEAM	M50-59	11			00:00:12	00:30:53	01:02:01	01:33:25	02:05:35	02:39:08	03:13:03	03:47:17	04:22:07	04:56:25	05:29:43.80	05:29:56.35	+00:54:03 (16.4%)	7:48	7.7 (83.7%)
34	ŁOPATKIEWICZ Beata	42		K50-59	2			00:02:40	00:30:57	01:01:43	01:32:45	02:04:40	02:37:51	03:11:15	03:45:57	04:20:50	04:56:28	05:31:55.35	05:34:35.45	+00:56:14 (16.9%)	7:51	7.6 (82.6%)
35	ZAGAJA Janusz	89	WESOŁY BORSUK TEAM	M60-64	3			00:00:11	00:30:05	01:00:14	01:30:31	02:01:28	02:33:18	03:07:01	03:42:49	04:17:42	04:55:44	05:33:51.50	05:34:03.40	+00:58:10 (17.4%)	7:54	7.6 (82.6%)
36	JANCZYK Małgorzata	21	EPOKA NORDICA ŁÓDŹ	K30-39	1			00:02:37	00:31:17	01:02:58	01:35:00	02:06:23	02:38:14	03:10:53	03:46:01	04:23:44	05:00:37	05:34:35.55	05:37:13.45	+00:58:54 (17.6%)	7:55	7.6 (82.6%)
37	JANKOWSKA Katarzyna	22	MOSIR/GIMNAZJUM	K50-59	3			00:02:39	00:32:53	01:05:07	01:37:56	02:10:41	02:43:51	03:17:21	03:51:25	04:26:11	05:01:29	05:36:14.10	05:38:53.85	+01:00:33 (18.0%)	7:58	7.5 (81.5%)
38	KUBICKI Bernard	36	KLUB SPORTOWY POLKOWICE	M65+	1			00:00:10	00:32:42	01:04:33	01:37:04	02:10:05	02:43:41	03:17:23	03:52:18	04:26:45	05:01:07	05:36:21.50	05:36:31.50	+01:00:40 (18.0%)	7:58	7.5 (81.5%)
39	STĘPCZYŃSKA Angelika	68	GOSIR OSIELSKO	K30-39	2			00:02:36	00:31:43	01:03:38	01:35:42	02:08:09	02:41:30	03:16:32	03:51:53	04:26:33	05:00:56	05:36:59.10	05:39:36.05	+01:01:18 (18.2%)	7:59	7.5 (81.5%)
40	KARASIEWICZ Irena	28	FACE NW TEAM	K50-59	4			00:02:39	00:33:03	01:06:19	01:39:40	02:13:15	02:46:58	03:20:30	03:55:00	04:29:21	05:03:53	05:38:29.95	05:41:08.95	+01:02:49 (18.6%)	8:01	7.5 (81.5%)
41	ŁUKASZEWICZ Joanna	43	GREEN TEAM	K40-49	3			00:02:39	00:32:19	01:04:36	01:37:05	02:10:05	02:43:51	03:18:14	03:53:41	04:29:25	05:04:38	05:39:27.45	05:42:07.25	+01:03:46 (18.8%)	8:02	7.5 (81.5%)
42	ŁABĘCKI Edward	40	MOSIR RYPIN	M65+	2			00:00:14	00:32:53	01:05:42	01:39:25	02:12:33	02:47:36	03:21:47	03:56:14	04:31:30	05:06:11	05:40:54.80	05:41:09.30	+01:05:14 (19.1%)	8:04	7.4 (80.4%)
43	REJMAN Dorota	61	UKS SIEDLESZCZANY/FACE NORDIC WALKING TEAM	K30-39	3			00:02:36	00:31:45	01:03:27	01:35:22	02:08:00	02:41:31	03:16:32	03:51:10	04:26:33	05:01:18	05:41:17.85	05:43:54.20	+01:05:37 (19.2%)	8:05	7.4 (80.4%)
44	DANA Andrzej	93	PATYCZAKI	M65+	3			00:00:15	00:31:48	01:04:21	01:36:35	02:09:11	02:43:14	03:18:17	03:53:44	04:30:18	05:07:49	05:42:39.70	05:42:55.50	+01:06:59 (19.5%)	8:07	7.4 (80.4%)
45	KOWALCZYK Mariusz	35	GREEN TEAM ZIELONA GÓRA	M50-59	12			00:00:13	00:30:22	01:00:42	01:31:12	02:02:54	02:36:18	03:11:20	03:48:22	04:26:06	05:05:27	05:44:02.10	05:44:15.10	+01:08:21 (19.9%)	8:09	7.4 (80.4%)
46	SZCZODROWSKI Krzysztof	75		M50-59	13			00:00:10	00:31:30	01:03:40	01:36:36	02:09:48	02:44:27	03:20:18	03:56:05	04:31:49	05:08:08	05:44:29.75	05:44:39.75	+01:08:49 (20.0%)	8:09	7.4 (80.4%)
47	JÓZWIAK Marianna	24	WTWWŁOCLÁWEK	K40-49	4			00:02:37	00:32:20	01:04:30	01:37:05	02:10:30	02:45:00	03:20:09	03:55:34	04:32:21	05:08:07	05:44:45.10	05:47:22.85	+01:09:04 (20.0%)	8:10	7.3 (79.3%)
48	KLIMCZEWSKI Marek	31	FOREVER YOUNG ŁÓDŹ	M50-59	14			00:00:08	00:31:31	01:03:00	01:34:11	02:05:52	02:38:23	03:12:36	03:48:59	04:26:19	05:04:29	05:45:25.05	05:45:33.55	+01:09:44 (20.2%)	8:11	7.3 (79.3%)
49	ŚLIWKA Wanda	76	FACE NORDIC WALKING TEAM	K50-59	5			00:02:42	00:32:41	01:04:34	01:36:53	02:10:14	02:44:37	03:20:09	03:54:36	04:29:48	05:07:54	05:46:17.85	05:49:00.60	+01:10:37 (20.4%)	8:12	7.3 (79.3%)
50	WITKOWSKA Maria	87	STADION ŚLĄSKI	K60-64	1			00:02:44	00:33:38	01:07:42	01:41:25	02:15:38	02:50:40	03:25:26	03:59:47	04:36:11	05:11:51	05:46:54.75	05:49:39.35	+01:11:14 (20.5%)	8:13	7.3 (79.3%)
51	JÓZWIAK Łukasz	25	WTWWŁOCLÁWEK	M40-49	10			00:00:09	00:32:37	01:04:55	01:37:38	02:10:59	02:45:58	03:21:04	03:57:20	04:33:54	05:10:00	05:47:13.35	05:47:22.70	+01:11:32 (20.6%)	8:13	7.3 (79.3%)
52	KUPIBIDA Bogusława	38	SILESIA NORDIC TEAM	K50-59	6			00:02:40	00:34:09	01:07:51	01:41:27	02:15:02	02:49:34	03:24:15	03:59:28	04:36:25	05:12:12	05:47:28.55	05:50:09.30	+01:11:47 (20.7%)	8:14	7.3 (79.3%)
53	PRAWUCKI Krzysztof	57	JEZIORKI AKTYWNA WIEŚ	M30-39	5			00:00:05	00:33:11	01:05:58	01:38:39	02:12:31	02:47:30	03:23:24	03:59:42	04:36:00	05:12:11	05:48:43.15	05:48:48.95	+01:13:02 (20.9%)	8:15	7.3 (79.3%)
54	WOLNIEWICZ Katarzyna	88	FABRIKANORDIKA	K40-49	5			00:02:39	00:33:28	01:06:25	01:39:36	02:13:19	02:47:35	03:22:29	03:58:14	04:34:37	05:11:42	05:48:50.75	05:51:30.60	+01:13:10 (21.0%)	8:15	7.3 (79.3%)
55	GRYGIEL Monika	20	FACE NORDIC WALKING TEAM	K30-39	4			00:02:37	00:32:30	01:05:39	01:39:24	02:13:36	02:48:17	03:23:46	03:59:50	04:36:55	05:13:05	05:48:54.05	05:51:31.20	+01:13:13 (21.0%)	8:16	7.3 (79.3%)
56	MANDZIUK Marta	44	PSW / KBBB	K40-49	6			00:02:40	00:32:55	01:06:15	01:40:01	02:14:24	02:48:58	03:23:56	03:59:55	04:37:06	05:14:03	05:50:05.05	05:52:45.50	+01:14:24 (21.3%)	8:17	7.2 (78.3%)
57	STEPNIAK Bogdan	69		M50-59	15			00:00:12	00:32:36	01:04:53	01:37:36	02:10:28	02:45:50	03:21:02	03:57:59	04:37:17	05:15:39	05:51:20.65	05:51:33.05	+01:15:39 (21.5%)	8:19	7.2 (78.3%)
58	JASINSKI Marian	23	K.S ELBLASKIE WŁÓCZY- KIJE	M65+	4			00:00:13	00:32:22	01:05:12	01:39:06	02:13:52	02:50:43	03:27:35	04:04:11	04:40:27	05:16:57	05:52:59.25	05:53:12.70	+01:17:18 (21.9%)	8:21	7.2 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
																		42.195km	42.195km			
59	PIERNICKA Krystyna	56		K50-59	7			00:02:42	00:32:42	01:04:36	01:37:04	02:10:32	02:45:57	03:23:05	04:00:28	04:38:01	05:16:04	05:53:32.00	05:56:14.60	+01:17:51 (22.0%)	8:22	7.2 (78.3%)
60	ROZENBERG Marina	63		K60-64	2			00:02:43	00:34:48	01:09:27	01:44:04	02:19:12	02:54:51	03:30:02	04:06:12	04:42:31	05:18:38	05:54:59.90	05:57:43.45	+01:19:19 (22.3%)	8:24	7.1 (77.2%)
61	MANDZIUK Marek	45	KBBB SEKCJA NW	M40-49	11			00:00:19	00:35:16	01:08:36	01:42:23	02:16:44	02:51:17	03:26:07	04:02:17	04:39:25	05:17:16	05:56:50.00	05:57:09.00	+01:21:09 (22.7%)	8:27	7.1 (77.2%)
62	BUCKZOWSKA Wiesława	7	CHODZEZKJAMI.PL	K60-64	3			00:02:44	00:33:28	01:06:49	01:40:38	02:15:08	02:50:19	03:26:54	04:04:17	04:42:51	05:20:30	05:57:20.20	06:00:04.85	+01:21:39 (22.9%)	8:28	7.1 (77.2%)
63	KULKA Maciej	37	FACE NORDIC WALKING TEAM	M50-59	16			00:00:15	00:37:30	01:14:08	01:49:09	02:23:55	02:59:08	03:33:58	04:09:35	04:44:56	05:21:20	05:57:34.80	05:57:50.75	+01:21:54 (22.9%)	8:28	7.1 (77.2%)
64	KARCZEWSKA Violetta	29	GOSIR OSIELSKO	K40-49	7			00:02:38	00:34:56	01:09:37	01:44:21	02:19:19	02:55:18	03:31:14	04:08:01	04:45:28	05:23:32	05:59:29.10	06:02:07.15	+01:23:48 (23.3%)	8:31	7 (76.1%)
65	CZYCZ Emilia	12	GREEN TEAM ZIELONA GORA	K65+	1			00:02:45	00:33:21	01:06:39	01:40:38	02:15:35	02:50:35	03:26:11	04:04:01	04:42:49	05:21:59	05:59:52.00	06:02:37.20	+01:24:11 (23.4%)	8:31	7 (76.1%)
66	WAŁECKA Krystyna	82	FACE NORDIC WALKING TEAM	K60-64	4			00:02:40	00:34:53	01:09:36	01:44:19	02:19:18	02:55:17	03:31:14	04:08:01	04:45:28	05:23:21	05:59:56.80	06:02:37.45	+01:24:16 (23.4%)	8:31	7 (76.1%)
67	ŁABUS Izabela	41	FABRIKANORDIKA	K18-29	3			00:02:36	00:32:20	01:05:19	01:39:00	02:13:14	02:48:24	03:24:21	04:03:21	04:44:29	05:23:19	05:59:57.90	06:02:33.95	+01:24:17 (23.4%)	8:31	7 (76.1%)
68	MARCINKOWSKI Wojciech	47	NORDIC WALKING LUBLINIEC	M40-49	12			00:00:10	00:34:05	01:08:48	01:43:51	02:19:34	02:56:03	03:33:14	04:11:19	04:49:38	05:26:13	06:00:21.00	06:00:31.00	+01:24:40 (23.5%)	8:32	7 (76.1%)
69	RACZYŃSKA Aleksandra	59	STADION ŚLĄSKI	K65+	2			00:02:43	00:33:31	01:07:36	01:42:12	02:17:13	02:52:50	03:29:17	04:06:46	04:44:40	05:23:36	06:01:34.85	06:04:17.95	+01:25:54 (23.8%)	8:34	7 (76.1%)
70	THIEL Jerzy	78	POSEJDON MORSY KOSZALIN	M50-59	17			00:00:13	00:33:14	01:06:34	01:40:06	02:15:17	02:50:41	03:27:46	04:06:36	04:44:53	05:24:17	06:01:46.90	06:02:00.85	+01:26:06 (23.8%)	8:34	7 (76.1%)
71	PASZKIEWICZ-KĘSIĄK Anita	55	FOREVER YOUNG ŁÓDŹ	K60-64	5			00:02:43	00:35:01	01:10:00	01:44:52	02:20:12	02:56:11	03:32:49	04:09:36	04:47:07	05:24:49	06:02:24.95	06:05:08.70	+01:26:44 (23.9%)	8:35	7 (76.1%)
72	DANA Kazimiera	94	PATYCZAKI	K60-64	6			00:02:42	00:33:21	01:07:22	01:42:00	02:17:14	02:53:00	03:30:32	04:09:10	04:47:35	05:25:45	06:03:20.15	06:06:02.50	+01:27:39 (24.1%)	8:36	7 (76.1%)
73	PIĄTKOWSKI Józef	97	KS METRACO POLKOWICE	M65+	5			00:00:11	00:34:19	01:08:35	01:43:48	02:19:17	02:54:45	03:31:17	04:08:47	04:47:53	05:27:05	06:05:36.60	06:05:47.65	+01:29:55 (24.6%)	8:39	6.9 (75.0%)
74	WACHOWIAK Sylwia	81	SAILING TEAM FERAJNA	K40-49	8			00:02:39	00:35:25	01:11:25	01:48:09	02:26:34	03:03:43	03:40:48	04:18:36	04:56:00	05:34:01	06:11:09.65	06:13:48.65	+01:35:28 (25.7%)	8:47	6.8 (73.9%)
75	PACZUSKA Małgorzata	54	FOREVER YOUNG ŁÓDŹ	K50-59	8			00:02:43	00:34:54	01:09:30	01:44:35	02:20:01	02:56:11	03:32:49	04:10:13	04:50:09	05:30:01	06:11:20.55	06:14:04.25	+01:35:39 (25.8%)	8:47	6.8 (73.9%)
76	CICHOŃ Aneta	9	FABRIKA NORDIKA	K30-39	5			00:02:36	00:31:18	01:03:48	01:37:37	02:12:54	02:48:22	03:25:23	04:04:55	04:48:06	05:30:19	06:11:25.75	06:14:02.70	+01:35:45 (25.8%)	8:48	6.8 (73.9%)
77	TYLUTKI Agnieszka	80	UKS SIEDLESZCZANY	K40-49	9			00:02:38	00:32:55	01:07:22	01:42:47	02:19:13	02:57:20	03:35:52	04:18:03	04:59:15	05:40:01	06:18:21.65	06:21:00.20	+01:42:40 (27.1%)	8:57	6.7 (72.8%)
78	Mikoś Artur	49	RTS	M40-49	13			00:00:09	00:34:20	01:08:35	01:43:49	02:19:41	02:58:22	03:38:40	04:19:37	05:01:52	05:43:08	06:22:08.65	06:22:18.40	+01:46:27 (27.9%)	9:03	6.6 (71.7%)
79	STRZELECKI Sebastian	71	SAILING TEAM FERAJNA	M40-49	14			00:00:06	00:36:35	01:13:10	01:49:30	02:26:12	03:03:28	03:41:26	04:21:10	05:01:15	05:42:20	06:24:01.70	06:24:08.35	+01:48:21 (28.2%)	9:06	6.6 (71.7%)
80	THOMALLA Bogdan	79	SILESIA NORDIC TEAM	M65+	6			00:00:18	00:36:12	01:12:48	01:49:53	02:26:58	03:05:24	03:45:26	04:26:06	05:08:21	05:47:21	06:27:23.95	06:27:42.20	+01:51:43 (28.8%)	9:10	6.5 (70.7%)
81	ADAMIEC Bożena	1	SKW	K30-39	6			00:02:38	00:40:10	01:19:13	01:57:53	02:36:00	03:14:36	03:53:13	04:31:36	05:11:05	05:51:02	06:30:46.20	06:33:25.15	+01:55:05 (29.5%)	9:15	6.5 (70.7%)
82	ROSIŃSKA Dorota	62		K50-59	9			00:02:41	00:36:55	01:14:21	01:52:24	02:30:37	03:09:50	03:50:18	04:31:51	05:13:47	05:54:56	06:35:07.45	06:37:49.00	+01:59:26 (30.2%)	9:21	6.4 (69.6%)
83	STUPNOWICZ Joanna	72	FOREVER YOUNG ŁÓDŹ	K40-49	10			00:02:40	00:35:43	01:12:28	01:53:19	02:32:21	03:21:11	04:15:39	05:07:03	06:00:30	06:45:22			+02:38:15	10:40	5.6 (60.9%)
	GRZELAK Jakub	92	GOSIR OSIELSKO	M18-29			DNF	00:36:00 DNF	01:11:03 DNF	01:46:55 DNF	02:24:40 DNF	03:05:31 DNF	03:48:38 DNF	04:32:34 DNF	05:20:19 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	FELIS Paweł	16		M40-49			DNF	00:31:49 DNF	01:03:42 DNF	01:35:06 DNF	02:06:41 DNF	02:38:59 DNF	03:11:55 DNF	03:47:58 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZULC Alicja	98		K30-39			DNF	00:32:22 DNF	01:05:30 DNF	01:38:06 DNF	02:11:35 DNF	02:46:04 DNF	03:23:19 DNF	04:02:40 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ANTOSZEWSKI Piotr	2	DĄBROWA NORDIC TEAM	M40-49			DNF	00:30:48 DNF	01:01:57 DNF	01:32:41 DNF	02:03:24 DNF	02:35:20 DNF	03:08:30 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BOCZAR Beata	5	GREEN TEAM ZIELONA GÓRA	K50-59			DNF	00:31:40 DNF	01:03:44 DNF	01:36:21 DNF	02:09:24 DNF	02:43:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	CEGŁA Zbyszko	8	NIEZRZESZONY	M60-64			DNF	00:34:09 DNF	01:08:44 DNF	01:43:39 DNF	02:19:10 DNF	02:55:43 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GLINIECKA Katarzyna	19		K40-49			DNF	00:33:25 DNF	01:08:11 DNF	01:45:07 DNF	02:24:57 DNF	03:12:11 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	FORNAL Lech	95		M60-64			DNF	00:50:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)