

OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Osielsko
Data: 2019-08-10
Miejsce: Osielsko
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SZARSZUNOWICZ Mariusz	245	KRAM TEAM	M40-44	1	1		00:29:25.15		5:53	10.2 (100%)
2	BIELAWSKI Leszek	8	SONSIEDZI TEAM	M40-44	2			00:30:15.15	+00:00:50 (2.8%)	6:03	9.9 (97.1%)
3	ZARĘBSKI Michał	289	NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:30:16.30	+00:00:51 (2.8%)	6:03	9.9 (97.1%)
4	KOŁEK Patryk	100	KABEX PODKOWA JANÓW	M-Jun.	1			00:30:17.15	+00:00:52 (2.9%)	6:03	9.9 (97.1%)
5	RAJEWSKI Sebastian	210	KS IDMAR RACING TEAM	M45-49	1			00:30:18.65	+00:00:53 (2.9%)	6:03	9.9 (97.1%)
6	BRZozowski Piotr	186	EKSPEDYCJA NORDIC TEAM SZCZECIN	M30-39	2			00:30:26.55	+00:01:01 (3.4%)	6:05	9.9 (97.1%)
7	TOPOLNICKI Konrad	263	CKZIU MECHANIK NYSA	M18-29	1			00:30:36.95	+00:01:11 (3.9%)	6:07	9.8 (96.1%)
8	POLEWCZAK Mariusz	189	CLLEOZAWIERCIE	M45-49	2			00:30:38.75	+00:01:13 (4.0%)	6:07	9.8 (96.1%)
9	TRZCIŃSKI Franciszek	265	WOPR / SPORT I REKREACJA START (CHEŁKMNO)	M50-54	1			00:30:42.15	+00:01:17 (4.2%)	6:08	9.8 (96.1%)
10	RYCHLIK Grzegorz	220	FUNDACJA W TE PĘDY	M30-39	3			00:30:46.95	+00:01:21 (4.4%)	6:09	9.7 (95.1%)
11	GRODZKI Ireneusz	65		M45-49	3			00:30:48.90	+00:01:23 (4.5%)	6:09	9.7 (95.1%)
12	BIŃCZYK Dariusz	10	KABEX PODKOWA JANÓW / SMS EFEKT CZĘSTOCHOWA	M30-39	4			00:30:50.10	+00:01:24 (4.6%)	6:10	9.7 (95.1%)
13	SOKOŁOWSKI Marek	352	PTG SOKÓŁ RYMANÓW	M50-54	2			00:30:55.55	+00:01:30 (4.9%)	6:11	9.7 (95.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
14	STĘPAK Piotr	241	LUX TORPEDA MAŁOPOLSKA	M18-29	2			00:31:01.70	+00:01:36 (5.2%)	6:12	9.7 (95.1%)
15	WOROCH Roman	285	KS METRACO POLKOWICE	M60-64	1			00:31:02.50	+00:01:37 (5.2%)	6:12	9.7 (95.1%)
16	GAJEWSKI Eugeniusz	50		M60-64	2			00:31:13.60	+00:01:48 (5.8%)	6:14	9.6 (94.1%)
17	DĘBSKI Bartłomiej	38	NORDIC TEAM CZĘSTOCHOWA	M40-44	3			00:31:14.65	+00:01:49 (5.8%)	6:15	9.6 (94.1%)
18	WITUCKI Jacek	283		M45-49	4			00:31:18.25	+00:01:53 (6.0%)	6:15	9.6 (94.1%)
19	RECZULSKI Mariusz	211	SMS EFEKT CZĘSTOCHOWA	M50-54	3			00:31:22.15	+00:01:57 (6.2%)	6:16	9.6 (94.1%)
20	SPYCHAŁA Lesław	235	CKZIU MECHANIK NYSA	M50-54	4			00:31:22.30	+00:01:57 (6.2%)	6:16	9.6 (94.1%)
21	ROŻYNEK Miron	218	KS METRACO POLKOWICE	M55-59	1			00:31:39.80	+00:02:14 (7.1%)	6:20	9.5 (93.1%)
22	MĘCZYŃSKI Sylwester	152	FUNDACJA W TE PĘDY	M40-44	4			00:31:57.95	+00:02:32 (8.0%)	6:23	9.4 (92.2%)
23	GARBOWSKI Piotr	52	PODKARPACIE-PRZEMYŚL	M- Niepełnosprawni(B)	1			00:32:02.55	+00:02:37 (8.2%)	6:24	9.4 (92.2%)
24	BORKOWSKI Dariusz	13		M50-54	5			00:32:07.55	+00:02:42 (8.4%)	6:25	9.3 (91.2%)
25	RADECKI Artur	206	K.S. CHODZACY BIAŁYSTOK	M55-59	2			00:32:12.95	+00:02:47 (8.7%)	6:26	9.3 (91.2%)
26	KOP Wiesław	105	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	3			00:32:13.65	+00:02:48 (8.7%)	6:26	9.3 (91.2%)
27	FRĄCKOWIAK Roman	46	KS METRACO POLKOWICE	M50-54	6			00:32:40.45	+00:03:15 (10.0%)	6:32	9.2 (90.2%)
28	OLSZAŃSKI Karol	175	FEAR THE RETURN	M40-44	5	1		00:32:40.60	+00:03:15 (10.0%)	6:32	9.2 (90.2%)
29	FRĄCKOWIAK Mateusz	47	KS METRACO POLKOWICE	M-Jun.	2			00:32:42.85	+00:03:17 (10.1%)	6:32	9.2 (90.2%)
30	PODGÓRSKI Szymon	188	CKZIU MECHANIK NYSA	M-Jun.	3			00:32:43.55	+00:03:18 (10.1%)	6:32	9.2 (90.2%)
31	KNITTER Michał	331	KLUB BŁĘKITNI NW DZIEMIANY	M-Jun.	4	1		00:32:49.25	+00:03:24 (10.4%)	6:33	9.1 (89.2%)
32	ŻYWICKI Marcin	336	KLUB BŁĘKITNI NW DZIEMIANY	M40-44	6			00:32:50.55	+00:03:25 (10.4%)	6:34	9.1 (89.2%)
33	KUBIAK Przemysław	123	KS IDMAR RACING TEAM	M45-49	5			00:33:00.50	+00:03:35 (10.9%)	6:36	9.1 (89.2%)
34	BARTOSIEWICZ Łukasz	4	NWPL / LUKI TEAM GDAŃSK	M30-39	5			00:33:01.40	+00:03:36 (10.9%)	6:36	9.1 (89.2%)
35	MĘCZYŃSKI Michał	153	FUNDACJA W TE PĘDY	M-Jun.	5	1		00:33:08.85	+00:03:43 (11.2%)	6:37	9 (88.2%)
36	LIPIŃSKI Karol	395	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-44	7			00:33:13.35	+00:03:48 (11.4%)	6:38	9 (88.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
37	SZYMSKA Małgorzata	256		K30-39	1			00:33:17.70	+00:03:52 (11.6%)	6:39	9 (88.2%)
38	JASIŁEK Przemysław	80		M40-44	8			00:33:20.85	+00:03:55 (11.8%)	6:40	9 (88.2%)
39	SKWIRUT Jerzy	227	PODKARPACIE-PRZEMYŚL	M- Niepełnosprawni(A)	1			00:33:24.35	+00:03:59 (11.9%)	6:41	9 (88.2%)
39	DUSZEŃKO Zygmunt	42	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	2			00:33:24.35	+00:03:59 (11.9%)	6:40	9 (88.2%)
41	TUZIMEK Jakub	267		M-Jun.	6	1		00:33:24.90	+00:03:59 (12.0%)	6:41	9 (88.2%)
42	ZDANUK Artur	400	EKSPEDYCJA NORDIC TEAM SZCZECIN	M45-49	6			00:33:30.35	+00:04:05 (12.2%)	6:42	9 (88.2%)
43	BUŁAKOWSKI Bohdan	23	PASJA NORDIC WALKING	M65-69	1			00:33:30.60	+00:04:05 (12.2%)	6:42	9 (88.2%)
44	OKRZESIK- FRĄCKOWIAK Izabela	172	KS METRACO POLKOWICE	K50-54	1			00:33:31.80	+00:04:06 (12.3%)	6:42	8.9 (87.3%)
45	KRAJEWSKA Hanna	115	MARSZ PO ZDROWIE	K-Jun.	1	1		00:33:32.75	+00:04:07 (12.3%)	6:42	8.9 (87.3%)
46	MOTUL Anna	363	NW POLAND/NW BEŁCHATÓW	K50-54	2			00:33:37.85	+00:04:12 (12.5%)	6:43	8.9 (87.3%)
47	BUDYNEK Karol	17	TEAM FIRANKARNIA	M50-54	7			00:33:43.60	+00:04:18 (12.8%)	6:44	8.9 (87.3%)
48	DEMBOWSKI Ryszard	308	GOSIR OSIELSKO	M65-69	2			00:33:44.20	+00:04:19 (12.8%)	6:44	8.9 (87.3%)
49	SŁOMIAN Leszek	228	STADION ŚLĄSKI	M55-59	4			00:33:44.30	+00:04:19 (12.8%)	6:44	8.9 (87.3%)
50	MAŚLANKA Iwona	150	MARSZ PO ZDROWIE	K45-49	1			00:33:48.75	+00:04:23 (13.0%)	6:45	8.9 (87.3%)
51	POLISZCZUK Piotr	190	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	3			00:33:53.85	+00:04:28 (13.2%)	6:46	8.8 (86.3%)
52	OLEKSYK Małgorzata	174	KLUB BIEGACZA USTRZYKI DOLNE, BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1			00:33:57.45	+00:04:32 (13.4%)	6:47	8.8 (86.3%)
53	JÓŹWIAK Marianna	88	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:34:02.00	+00:04:36 (13.6%)	6:48	8.8 (86.3%)
54	POSŁUSZNY Paweł	193	WALK & RUN TEAM OBORNIKI	M-Jun.	7			00:34:04.20	+00:04:39 (13.7%)	6:48	8.8 (86.3%)
55	GĄGÓŁ Krzysztof	54		M40-44	9			00:34:07.90	+00:04:42 (13.8%)	6:49	8.8 (86.3%)
56	MATECKI Ryszard	151	KS METRACO POLKOWICE	M70+	1			00:34:09.40	+00:04:44 (13.9%)	6:50	8.8 (86.3%)
57	WIŚNIEWSKI Sławomir	280	FLUGGER TEAM	M45-49	7			00:34:12.10	+00:04:46 (14.0%)	6:50	8.8 (86.3%)
58	BREWKA Joachim	14	UNIA MIAST	M55-59	5			00:34:16.65	+00:04:51 (14.2%)	6:51	8.8 (86.3%)
59	SZYMAŃSKI Stefan	255	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	2			00:34:21.25	+00:04:56 (14.4%)	6:52	8.7 (85.3%)

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60	HOLWEK Jarosław	76	ZDROWOPIJ.PL	M55-59	6			00:34:22.20	+00:04:57 (14.4%)	6:52	8.7 (85.3%)
61	CZEKAJŁO Franciszek	30	REMI	M65-69	3			00:34:25.85	+00:05:00 (14.6%)	6:53	8.7 (85.3%)
62	NACZK Wiktoria	160	LĘBORSKIE LWY	K-Jun.	2			00:34:28.60	+00:05:03 (14.7%)	6:53	8.7 (85.3%)
63	ADAMUS Marian	303	SILESIA NORDIC TEAM	M70+	3			00:34:29.45	+00:05:04 (14.7%)	6:53	8.7 (85.3%)
64	CUDAK Zbigniew	28	NORDIC TEAM CZĘSTOCHOWA	M50-54	8			00:34:30.55	+00:05:05 (14.7%)	6:54	8.7 (85.3%)
65	REMISZ Włodzimierz	213	TEAM FIRANKARNIA	M40-44	10			00:34:31.60	+00:05:06 (14.8%)	6:54	8.7 (85.3%)
66	TOMCZYK Edward	262	MARSZ PO ZDROWIE	M70+	4			00:34:34.05	+00:05:08 (14.9%)	6:54	8.7 (85.3%)
67	JENDRUCHNIEWICZ Katarzyna	83	FUNDACJA W TE PĘDY	K30-39	2			00:34:34.15	+00:05:09 (14.9%)	6:54	8.7 (85.3%)
68	TRZCIŃSKI Eugeniusz	264		M60-64	3			00:34:38.95	+00:05:13 (15.1%)	6:55	8.7 (85.3%)
69	DUDEK Edward	41	KS METRACO POLKOWICE	M65-69	4			00:34:39.35	+00:05:14 (15.1%)	6:56	8.7 (85.3%)
70	STEMPNIAK Krzysztof	517	KS SOKÓŁ GAŚAWA	M45-49	8			00:34:39.45	+00:05:14 (15.1%)	6:56	8.7 (85.3%)
71	WOŁK Beata	284	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	1			00:34:40.65	+00:05:15 (15.2%)	6:56	8.6 (84.3%)
72	STACHOWICZ Marcin	339	KLUB BŁĘKITNI NW DZIEMIANY	M30-39	6			00:34:41.25	+00:05:16 (15.2%)	6:56	8.6 (84.3%)
73	BUCZKOWSKI Jerzy	16	KS SOKÓŁ GAŚAWA	M65-69	5			00:34:41.60	+00:05:16 (15.2%)	6:56	8.6 (84.3%)
74	GRUSZKA Michał	490	UNIA MIAST	M-Jun.	8			00:34:42.95	+00:05:17 (15.3%)	6:56	8.6 (84.3%)
75	ŁUKASIEWICZ Joanna	379	GREEN TEAM ZIELONA GÓRA	K45-49	3			00:34:43.40	+00:05:18 (15.3%)	6:56	8.6 (84.3%)
76	FRAĆKOWIAK Krzysztof	48	NOWI SIEDLCE	M45-49	9			00:34:45.15	+00:05:20 (15.3%)	6:57	8.6 (84.3%)
77	PUSZKARSKA Małgorzata	200	GOSADI NORDIC TEAM	K40-44	2			00:34:48.10	+00:05:22 (15.5%)	6:57	8.6 (84.3%)
78	SZYMANOWSKA Anna	251	LĘBORSKIE LWY	K-Niepełnosprawni(A)	1			00:34:49.10	+00:05:23 (15.5%)	6:57	8.6 (84.3%)
79	GAŁĄZKA Paweł	349	MUSZKIETEROWIE	M-Niepełnosprawni(A)	4			00:34:49.25	+00:05:24 (15.5%)	6:57	8.6 (84.3%)
80	KAŻMIERCZAK Sebastian	306	GOSIR OSIELSKO	M45-49	10			00:34:49.55	+00:05:24 (15.5%)	6:57	8.6 (84.3%)
81	BUJNICKI Marcin	21	NORDIC WALKING PASŁĘK	M40-44	11			00:34:58.00	+00:05:32 (15.9%)	6:59	8.6 (84.3%)
82	ŚLUSARCZYK Marcin	258	WESOŁY BORSUK TEAM	M40-44	12			00:35:01.15	+00:05:36 (16.0%)	7:00	8.6 (84.3%)

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83	SZCZUDLIK Małgorzata	246	KIJKOWE TRZEMESZNO	K30-39	3			00:35:03.00	+00:05:37 (16.1%)	7:00	8.6 (84.3%)
84	SOBICZEWSKA Ewa	233	NOWI SIEDLCE	K40-44	3			00:35:03.15	+00:05:38 (16.1%)	7:00	8.6 (84.3%)
85	OKNIŃSKI Krzysztof	171	NOWI SIEDLCE	M45-49	11			00:35:03.60	+00:05:38 (16.1%)	7:00	8.6 (84.3%)
86	RAJEK Tomasz	208	NORDIC TEAM CZĘSTOCHOWA	M50-54	9			00:35:07.50	+00:05:42 (16.2%)	7:01	8.5 (83.3%)
87	GAPIŃSKI Leszek	356	CKZIU MECHANIK NYSA	M60-64	4			00:35:13.40	+00:05:48 (16.5%)	7:02	8.5 (83.3%)
88	ZAWISŁA Stanisław	362	MARSZ PO ZDROWIE	M65-69	6			00:35:15.85	+00:05:50 (16.6%)	7:03	8.5 (83.3%)
89	WARCHALSKA Teresa	274	STADION ŚLĄSKI	K65-69	1			00:35:17.65	+00:05:52 (16.6%)	7:03	8.5 (83.3%)
90	GRUSZKA Michał	66	UNIA MIAST	M40-44	13			00:35:17.95	+00:05:52 (16.7%)	7:03	8.5 (83.3%)
91	KUBAT Janusz	120	NORDIC TEAM CZĘSTOCHOWA	M45-49	12			00:35:18.30	+00:05:53 (16.7%)	7:03	8.5 (83.3%)
92	TUZIMEK Agata	266	STADION ŚLĄSKI	K30-39	4			00:35:19.25	+00:05:54 (16.7%)	7:03	8.5 (83.3%)
93	PASIŃSKA-SKOWRON Sylwia	392	PRUSZYŃSKI SPORT TEAM	K40-44	4			00:35:24.35	+00:05:59 (16.9%)	7:05	8.5 (83.3%)
94	OLEJNICZAK Aleksandra	173	KIJKOWE TRZEMESZNO	K-Dzieci	1			00:35:29.00	+00:06:03 (17.1%)	7:05	8.5 (83.3%)
95	WITUCKA Karolina	282		K-Dzieci	2			00:35:31.40	+00:06:06 (17.2%)	7:06	8.4 (82.4%)
96	ZIELIŃSKA Jolanta	292	GOSIR OSIELSKO	K55-59	2			00:35:35.70	+00:06:10 (17.4%)	7:07	8.4 (82.4%)
97	WROŃSKI Włodzimierz	287	PASJA NORDIC WALKING	M65-69	7			00:35:38.05	+00:06:12 (17.4%)	7:07	8.4 (82.4%)
98	LIPIŃSKA Karolina	396	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	5			00:35:41.90	+00:06:16 (17.6%)	7:08	8.4 (82.4%)
99	BOJANOWSKI Marcin	12	WALK & RUN TEAM OBORNIKI	M30-39	7			00:35:43.50	+00:06:18 (17.7%)	7:08	8.4 (82.4%)
100	LAL Małgorzata	133	PYRZYCE BIEGAJĄ	K45-49	4			00:35:46.25	+00:06:21 (17.8%)	7:09	8.4 (82.4%)
101	SŁOWIŃSKA Alicja	229	NOWI SIEDLCE	K50-54	3			00:35:46.85	+00:06:21 (17.8%)	7:09	8.4 (82.4%)
102	GAPIŃSKA Janina	357	CKZIU NYSA MECHANIK	K60-64	1			00:35:50.25	+00:06:25 (17.9%)	7:10	8.4 (82.4%)
103	KAMIŃSKI Paweł	301	GOSIR OSIELSKO	M30-39	8			00:35:53.05	+00:06:27 (18.0%)	7:10	8.4 (82.4%)
104	GRYGOROWICZ Bogdan	69	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	2			00:36:00.00	+00:06:34 (18.3%)	7:12	8.3 (81.4%)
105	PIĄTEK Dariusz	183	POLIPACK TEAM GWE	M- Niepełnosprawni(A)	5			00:36:05.15	+00:06:40 (18.5%)	7:13	8.3 (81.4%)

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106	BUGAŁA Alicja	19	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:36:06.00	+00:06:40 (18.5%)	7:13	8.3 (81.4%)
107	STAŃCZAK Grażyna	237	FACE NORDIC TEAM	K65-69	2			00:36:06.35	+00:06:41 (18.5%)	7:13	8.3 (81.4%)
108	CZMOCH Marian	32	PUKS JEDYNKA	M65-69	8			00:36:07.75	+00:06:42 (18.6%)	7:13	8.3 (81.4%)
109	KUSA Piotr	130		M30-39	9			00:36:14.40	+00:06:49 (18.8%)	7:14	8.3 (81.4%)
110	SAMOJŁO Sławomir	380		M55-59	7	1		00:36:17.10	+00:06:51 (18.9%)	7:15	8.3 (81.4%)
111	SZENDZIELORZ Ilona	248	STADION ŚLĄSKI	K60-64	2			00:36:17.35	+00:06:52 (18.9%)	7:15	8.3 (81.4%)
112	STOLTMANN Helena	334	KLUB BŁĘKITNI NW DZIEMIANY	K55-59	3			00:36:18.65	+00:06:53 (19.0%)	7:15	8.3 (81.4%)
112	MIŚKOWICZ Anna	156	CKZIU MECHANIK NYSA	K60-64	3			00:36:18.65	+00:06:53 (19.0%)	7:15	8.3 (81.4%)
114	MALINOWSKA Monika	422	LKS ZANTYR SZTUM	K30-39	6	1		00:36:27.60	+00:07:02 (19.3%)	7:17	8.2 (80.4%)
115	GIBAS Joanna	25	NW BAŻANT ELBLĄG	K30-39	7			00:36:29.00	+00:07:03 (19.4%)	7:17	8.2 (80.4%)
116	KOBIELA Daria	96	KABEX PODKOWA JANÓW	K30-39	8			00:36:29.35	+00:07:04 (19.4%)	7:18	8.2 (80.4%)
117	KUPIBIDA Bogusława	129	SILESIA NORDIC TEAM	K60-64	4			00:36:31.45	+00:07:06 (19.5%)	7:18	8.2 (80.4%)
118	SKIERŚ Albert	369	ZAMACH W SMOLEŃSKU	M45-49	13			00:36:35.15	+00:07:10 (19.6%)	7:19	8.2 (80.4%)
119	KAMIŃSKA Beata	91	NORDIC TEAM CZĘSTOCHOWA	K50-54	4			00:36:37.35	+00:07:12 (19.7%)	7:19	8.2 (80.4%)
120	SZYMAŃSKI Michał	254	TORUŃ - IDZIEMY BEZ RYZYKA	M55-59	8			00:36:40.60	+00:07:15 (19.8%)	7:20	8.2 (80.4%)
121	KOŁPAK Jan	101	LKS ZANTYR SZTUM	M70+	5			00:36:44.45	+00:07:19 (19.9%)	7:21	8.2 (80.4%)
122	WIŚNIEWSKI Kazimierz	281	PASJA NORDIC WALKING	M60-64	5			00:36:45.60	+00:07:20 (20.0%)	7:21	8.2 (80.4%)
123	GÓZDŹ Aleksandra	62	FACE NORDIC WALKING TEAM	K40-44	5			00:36:47.60	+00:07:22 (20.0%)	7:21	8.2 (80.4%)
124	SIERACKA Katarzyna	372	LESZNO :)	K55-59	4			00:36:47.85	+00:07:22 (20.1%)	7:21	8.2 (80.4%)
125	WOROCH Jolanta	286	KS METRACO POLKOWICE	K50-54	5			00:36:48.15	+00:07:23 (20.1%)	7:21	8.2 (80.4%)
126	MISZCZAK Sylwia	586	NEW4 YOU TEAM	K30-39	9			00:36:50.55	+00:07:25 (20.1%)	7:22	8.1 (79.4%)
127	KŁOS Lidia	95	SPORT I REKREACJA START CHEŁMNO	K45-49	5			00:36:50.85	+00:07:25 (20.2%)	7:22	8.1 (79.4%)
128	SMARSZCZ Grażyna	230	LĘBORSKIE LWY	K60-64	5			00:36:51.15	+00:07:26 (20.2%)	7:22	8.1 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	POZNAŃSKI Wiesław	195		M60-64	6			00:36:51.55	+00:07:26 (20.2%)	7:22	8.1 (79.4%)
130	KOZIARZ Roman	112	STADION ŚLĄSKI	M60-64	7			00:36:54.25	+00:07:29 (20.3%)	7:22	8.1 (79.4%)
131	KUŹMICZ Magdalena	132	POLIPACK TEAM GWE	K30-39	10			00:36:56.65	+00:07:31 (20.4%)	7:23	8.1 (79.4%)
132	PIETRUSEWICZ Joanna	185	PASJA NORDIC WALKING	K45-49	6			00:36:57.20	+00:07:32 (20.4%)	7:23	8.1 (79.4%)
133	CIESIELSKI Krzysztof	27	FAST WALKER	M60-64	8			00:36:58.00	+00:07:32 (20.4%)	7:23	8.1 (79.4%)
134	GRYGOROWICZ Teresa	68	KS METRACO POLKOWICE	K65-69	3			00:37:08.05	+00:07:42 (20.8%)	7:25	8.1 (79.4%)
135	GROCHAŁA Michał	64		M30-39	10	1		00:37:11.10	+00:07:45 (20.9%)	7:26	8.1 (79.4%)
136	BUGAŁA Anna	18	NORDIC TEAM CZĘSTOCHOWA	K40-44	6			00:37:12.15	+00:07:47 (20.9%)	7:26	8.1 (79.4%)
137	GIZIEWSKI Michał	57		M18-29	3			00:37:14.35	+00:07:49 (21.0%)	7:26	8.1 (79.4%)
138	RADZIEJOWSKI Bogusław	207	NORDIC TEAM CZĘSTOCHOWA	M55-59	9			00:37:17.00	+00:07:51 (21.1%)	7:27	8 (78.4%)
139	SZYCKO Oliwia	249		K-Dzieci	3			00:37:17.90	+00:07:52 (21.1%)	7:27	8 (78.4%)
140	STANECKI Marcin	519		M40-44	14			00:37:18.35	+00:07:53 (21.1%)	7:27	8 (78.4%)
141	SULECKA Gabriela	244		K- Niepełnosprawni(A)	2			00:37:18.70	+00:07:53 (21.2%)	7:27	8 (78.4%)
142	STAŃCZAK Ryszard	236	FACE NORDIC TEAM	M70+	6	1		00:37:20.35	+00:07:55 (21.2%)	7:28	8 (78.4%)
143	GRZYWOCZ Bernard	390		M70+	7			00:37:25.00	+00:07:59 (21.4%)	7:29	8 (78.4%)
144	WAWRZY尼亚K Anna	277	POLIPACK TEAM GWE	K45-49	7			00:37:27.65	+00:08:02 (21.5%)	7:29	8 (78.4%)
145	PINIS Agnieszka	187	NORDIC TEAM CZĘSTOCHOWA	K40-44	7			00:37:29.90	+00:08:04 (21.5%)	7:30	8 (78.4%)
146	GAWOR Renata	53	NORDIC TEAM CZĘSTOCHOWA	K50-54	6			00:37:30.70	+00:08:05 (21.6%)	7:30	8 (78.4%)
147	KOLCZYŃSKI Jan	99	SKRWILNO	M-Jun.	9			00:37:30.95	+00:08:05 (21.6%)	7:30	8 (78.4%)
148	DANA Kazimiera	33	KLUB NW PATYCZAKI – GRUDZIĄDZ	K65-69	4			00:37:36.95	+00:08:11 (21.8%)	7:31	8 (78.4%)
149	KONIK Katarzyna	104	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	11			00:37:37.85	+00:08:12 (21.8%)	7:31	8 (78.4%)
150	BARTOSIEWICZ Włodzimierz	5	FACE NORDIC WALKING TEAM	M65-69	9			00:37:40.90	+00:08:15 (21.9%)	7:32	8 (78.4%)
151	WALESZKO Andrzej	271	PASJA NORDIC WALKING	M45-49	14			00:37:44.70	+00:08:19 (22.1%)	7:32	8 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	BOGAJSKI Krzysztof	11		M55-59	10			00:37:45.15	+00:08:20 (22.1%)	7:33	7.9 (77.5%)
153	STEMPNIAK Anna	481		K45-49	8			00:37:45.40	+00:08:20 (22.1%)	7:33	7.9 (77.5%)
154	JANIK Maciej	79	ZASAPANI HYDRO	M30-39	11			00:37:49.10	+00:08:23 (22.2%)	7:33	7.9 (77.5%)
155	PRACKI Zbigniew	197	SERCE NORDICA WŁOCŁAWEK	M50-54	10			00:37:50.80	+00:08:25 (22.3%)	7:34	7.9 (77.5%)
156	MARCINIAK Hanna	148	SERCE NORDICA WŁOCŁAWEK	K55-59	5			00:37:53.55	+00:08:28 (22.4%)	7:34	7.9 (77.5%)
157	JAWORSKA Daria	82	WESOŁY BORSUK TEAM	K-Dzieci	4			00:37:53.95	+00:08:28 (22.4%)	7:34	7.9 (77.5%)
158	STANECKA Małgorzata	398		K40-44	8			00:37:54.35	+00:08:29 (22.4%)	7:35	7.9 (77.5%)
159	MOTOCZYŃSKI Krzysztof	158	GOSIR OSIELSKO	M60-64	9			00:37:54.65	+00:08:29 (22.4%)	7:35	7.9 (77.5%)
160	BUJNICKA Magdalena	20	NORDIC WALKING PASŁĘK	K-Jun.	4			00:37:55.95	+00:08:30 (22.4%)	7:35	7.9 (77.5%)
161	ŚLUSARCZYK Grzegorz	259	WESOŁY BORSUK TEAM	M45-49	15	1		00:37:56.15	+00:08:31 (22.5%)	7:35	7.9 (77.5%)
162	JĘDRYCZEK Weronika	85	RUNNERSKI.PL	K30-39	12			00:37:56.45	+00:08:31 (22.5%)	7:35	7.9 (77.5%)
163	SZYCKO Radosław	250		M40-44	15			00:37:56.55	+00:08:31 (22.5%)	7:35	7.9 (77.5%)
164	WAWRZYNIAK Igor	276	POLIPACK TEAM GWE	M-Dzieci	1			00:37:56.75	+00:08:31 (22.5%)	7:35	7.9 (77.5%)
165	PYRA Jan	202	SPORT I REKREACJA START CHEŁMNO	M65-69	10			00:37:57.60	+00:08:32 (22.5%)	7:35	7.9 (77.5%)
166	GOŁĘBIEWSKI Andrzej	60	KLUB NW PATYCZAKI – GRUDZIĄDZ	M60-64	10			00:37:59.20	+00:08:34 (22.6%)	7:36	7.9 (77.5%)
167	BARCZYK Jolanta	3	NORDIC TEAM CZĘSTOCHOWA	K55-59	6			00:38:00.20	+00:08:35 (22.6%)	7:36	7.9 (77.5%)
168	NIETRZEBKA Aleksandra	165	MIĘDZYBORÓW	K18-29	1			00:38:01.35	+00:08:36 (22.6%)	7:36	7.9 (77.5%)
169	PERLIKOWSKI Piotr	182		M50-54	11			00:38:05.15	+00:08:40 (22.8%)	7:37	7.9 (77.5%)
170	KUCZYŃSKA Anna	125	NORDIC WALKING KIEKRZ	K55-59	7			00:38:07.70	+00:08:42 (22.8%)	7:37	7.9 (77.5%)
171	MIKUSINSKA Jola	155	FEAR THE RETURN	K45-49	9			00:38:07.75	+00:08:42 (22.8%)	7:37	7.9 (77.5%)
172	RADECKA Grażyna	205	K.S. CHODZACY BIAŁYSTOK	K45-49	10			00:38:07.90	+00:08:42 (22.8%)	7:37	7.9 (77.5%)
173	LUZAK Jadwiga	389		K55-59	8			00:38:08.55	+00:08:43 (22.9%)	7:37	7.9 (77.5%)
174	ROSAK Kajetan	589		M-Jun.	10			00:38:11.00	+00:08:45 (23.0%)	7:38	7.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
175	DAROSZEWSKA Krystyna	34	SERCE NORDICA WŁOCŁAWEK	K60-64	6			00:38:16.80	+00:08:51 (23.1%)	7:39	7.8 (76.5%)
176	KOWALCZYK Magdalena	111		K30-39	13			00:38:18.35	+00:08:53 (23.2%)	7:39	7.8 (76.5%)
177	WALAWKO Mirosław	269		M65-69	11			00:38:28.70	+00:09:03 (23.5%)	7:41	7.8 (76.5%)
178	ŁUKASIK Michał	143	TORUŃ - IDZIEMY BEZ RYZYKA	M60-64	11			00:38:32.80	+00:09:07 (23.7%)	7:42	7.8 (76.5%)
179	JÓŻWIAK Łukasz	87	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:38:39.95	+00:09:14 (23.9%)	7:44	7.8 (76.5%)
180	STANECKA Zuzanna	399		K-Jun.	5			00:38:41.35	+00:09:16 (24.0%)	7:44	7.8 (76.5%)
181	WALESZKO Anna	272	PASJA NORDIC WALKING	K45-49	11			00:38:47.90	+00:09:22 (24.2%)	7:45	7.7 (75.5%)
182	NIKODEMSKA Bogna	167	KIJKOWA KCYNIA	K30-39	14			00:38:59.45	+00:09:34 (24.5%)	7:48	7.7 (75.5%)
183	DĄBROWSKI Andrzej	36	MARSZ PO ZDROWIE	M70+	8			00:39:05.05	+00:09:39 (24.7%)	7:49	7.7 (75.5%)
184	WARDECKA-HOŁTYN Justyna	275		K30-39	15			00:39:05.50	+00:09:40 (24.7%)	7:49	7.7 (75.5%)
185	GRZYWOCZ Irena	72		K65-69	5			00:39:08.75	+00:09:43 (24.8%)	7:49	7.7 (75.5%)
186	GRABOWSKA Bożena	1010	ZANTYR SZTUM	K45-49	12			00:39:14.90	+00:09:49 (25.0%)	7:51	7.6 (74.5%)
187	WALESZKO Adam	273	PASJA NORDIC WALKING	M-Jun.	11			00:39:15.95	+00:09:50 (25.1%)	7:51	7.6 (74.5%)
188	KNITTER Agata	329	KLUB BŁĘKITNI NW DZIEMIANY	K-Jun.	6			00:39:16.20	+00:09:51 (25.1%)	7:51	7.6 (74.5%)
189	PONKA Barbara	350	POLIPACK TEAM GWE	K45-49	13			00:39:19.65	+00:09:54 (25.2%)	7:52	7.6 (74.5%)
190	KUBAT Monika	121	NORDIC TEAM CZĘSTOCHOWA	K45-49	14			00:39:27.85	+00:10:02 (25.5%)	7:53	7.6 (74.5%)
191	STEJUK Aleksandra	584	AMS TRIATHLON	K40-44	9			00:39:28.55	+00:10:03 (25.5%)	7:53	7.6 (74.5%)
192	PIECZARA Iwona	184		K45-49	15			00:39:30.85	+00:10:05 (25.5%)	7:54	7.6 (74.5%)
193	KĘSY Wiesław	93	MY Z PODWÓRKA	M60-64	12			00:39:35.10	+00:10:09 (25.7%)	7:55	7.6 (74.5%)
194	GDAŃSKA Aneta	56	PARAKULOS KOWAL	K45-49	16			00:39:35.15	+00:10:10 (25.7%)	7:55	7.6 (74.5%)
195	MALINOWSKI Paweł	147		M18-29	4			00:39:35.45	+00:10:10 (25.7%)	7:55	7.6 (74.5%)
196	KWIATKOWSKA Agnieszka	321	GOSIR OSIELSKO	K30-39	16			00:39:36.85	+00:10:11 (25.7%)	7:55	7.6 (74.5%)
197	GĄSEWICZ-FILIPIAK Agnieszka	55	NORDICUS STRZYBNICA	K40-44	10			00:39:41.90	+00:10:16 (25.9%)	7:56	7.6 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
198	WRZEŚNIAK Barbara	288	PARAKULOS KOWAL	K50-54	7			00:39:43.90	+00:10:18 (26.0%)	7:56	7.6 (74.5%)
199	BADZIĄG Waldemar	2	ELITE TEAM	M50-54	12			00:39:44.00	+00:10:18 (26.0%)	7:56	7.6 (74.5%)
200	LEWANDOWSKI Szymon	138		M-Dzieci	2			00:39:47.20	+00:10:22 (26.1%)	7:57	7.5 (73.5%)
201	ŚLUSARCZYK Karolina	260	WESOŁY BORSUK TEAM	K-Jun.	7			00:39:50.20	+00:10:25 (26.2%)	7:58	7.5 (73.5%)
202	NIEŚŁONY Ryszard	164	STADION ŚLĄSKI	M55-59	11			00:39:52.60	+00:10:27 (26.2%)	7:58	7.5 (73.5%)
203	LEWANDOWSKI Sławomir	139	GOSIR OSIELSKO	M-Dzieci	3			00:39:53.70	+00:10:28 (26.3%)	7:58	7.5 (73.5%)
204	GÓRECKA Iwona	61	STADION ŚLĄSKI	K50-54	8			00:39:55.60	+00:10:30 (26.3%)	7:59	7.5 (73.5%)
205	GRZEMPA Karolina	318	GOSIR OSIELSKO	K30-39	17			00:39:56.15	+00:10:31 (26.3%)	7:59	7.5 (73.5%)
206	GAPIŃSKI Jakub	355	CKZIU NYSA MECHANIK	M-Dzieci	4			00:39:58.00	+00:10:32 (26.4%)	7:59	7.5 (73.5%)
207	KOLARSKA Nadia	97	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	5			00:39:58.85	+00:10:33 (26.4%)	7:59	7.5 (73.5%)
208	NIECHWIEJCZYK Kinga	163	UNIA MIAST	K-Jun.	8			00:40:01.50	+00:10:36 (26.5%)	8:00	7.5 (73.5%)
209	DYBEŁ Agnieszka	44	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	3			00:40:03.45	+00:10:38 (26.6%)	8:00	7.5 (73.5%)
210	LEŻNICKA-BUDYNEK Agnieszka	142	TEAM FIRANKARNIA	K50-54	9			00:40:16.50	+00:10:51 (27.0%)	8:03	7.5 (73.5%)
211	JAKIMIAN Piotr	358	LUCI TIM SIEDLCE	M55-59	12			00:40:18.50	+00:10:53 (27.0%)	8:03	7.4 (72.5%)
212	CZERNIECKA Krystyna	31	SPORT I REKREACJA START CHEŁMNO	K60-64	7	1		00:40:21.75	+00:10:56 (27.1%)	8:04	7.4 (72.5%)
213		297						00:40:23.35	+00:10:58 (27.2%)	8:04	7.4 (72.5%)
214	KOWALSKA-BARTNIK Agnieszka	296		K40-44	11			00:40:24.55	+00:10:59 (27.2%)	8:05	7.4 (72.5%)
215	NAJDER Jacek	161	INPOWER	M40-44	16			00:40:26.15	+00:11:01 (27.2%)	8:05	7.4 (72.5%)
216	RURAŃSKI Jerzy	219	STADION ŚLĄSKI	M70+	9	1		00:40:31.70	+00:11:06 (27.4%)	8:06	7.4 (72.5%)
217	NOWAK Ewa	168	STADION ŚLĄSKI	K50-54	10			00:40:32.95	+00:11:07 (27.4%)	8:06	7.4 (72.5%)
218	SŁOWIK Kacper	549	GOSIR OSIELSKO	M-Jun.	12			00:40:36.15	+00:11:11 (27.5%)	8:07	7.4 (72.5%)
219	PSZCZÓŁKOWSKA Agnieszka	199	SERCE NORDICA WŁOCŁAWEK	K45-49	17			00:40:45.35	+00:11:20 (27.8%)	8:09	7.4 (72.5%)
220	KORDYŚ Alicja	135	KIJKOWA KCYNIA	K30-39	18			00:40:46.60	+00:11:21 (27.9%)	8:09	7.4 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
221	SZYMAŃSKA Anna	252	TORUŃ - IDZIEMY BEZ RYZYKA	K55-59	9			00:40:48.70	+00:11:23 (27.9%)	8:09	7.3 (71.6%)
222	OWCZAREK Magdalena	177	MIĘDZYBORÓW	K50-54	11			00:40:49.00	+00:11:23 (27.9%)	8:09	7.3 (71.6%)
223	ŻERO Beata	386	696243413	K40-44	12	1		00:40:49.80	+00:11:24 (27.9%)	8:10	7.3 (71.6%)
224	KOZIARZ Jadwiga	113	STADION ŚLĄSKI	K55-59	10			00:40:50.70	+00:11:25 (28.0%)	8:10	7.3 (71.6%)
225	STOLARSKA Magdalena	391	NORDIC TEAM CZĘSTOCHOWA	K50-54	12			00:41:04.05	+00:11:38 (28.4%)	8:12	7.3 (71.6%)
226	WOJCIECHOWSKA Iwona	1006	GOSIR OSIELSKO	K45-49	18			00:41:06.00	+00:11:40 (28.4%)	8:13	7.3 (71.6%)
227	RACZYŃSKA Aleksandra	204	STADION ŚLĄSKI	K70+	1			00:41:06.75	+00:11:41 (28.4%)	8:13	7.3 (71.6%)
228	ANGIELCZYK Małgorzata	354	MARSZ PO ZDROWIE	K65-69	6			00:41:12.80	+00:11:47 (28.6%)	8:14	7.3 (71.6%)
229	ROSIŃSKA Wiesława	217	PARAKULOS KOWAL	K40-44	13			00:41:13.55	+00:11:48 (28.6%)	8:14	7.3 (71.6%)
230	SZYMAŃSKA Lucyna	253	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	K- Niepełnosprawni(A)	4			00:41:15.30	+00:11:50 (28.7%)	8:15	7.3 (71.6%)
231	MACIUSZONEK Małgorzata	146	NORDIC WALKING PASŁĘK	K50-54	13			00:41:16.60	+00:11:51 (28.7%)	8:15	7.3 (71.6%)
232	KARCZMARSKI Krzysztof	92	IPA RADOM	M60-64	13			00:41:22.25	+00:11:57 (28.9%)	8:16	7.3 (71.6%)
233	SŁOWIK Amelia	579	GOSIR OSIELSKO	K-Jun.	9			00:41:24.95	+00:11:59 (29.0%)	8:17	7.2 (70.6%)
234	JANIK Bogusław	78	STADION ŚLĄSKI	M55-59	13			00:41:33.05	+00:12:07 (29.2%)	8:18	7.2 (70.6%)
235	KOTEWICZ Mariola	109	AVOCADO WELLNESS CLUB	K50-54	14			00:41:41.90	+00:12:16 (29.4%)	8:20	7.2 (70.6%)
236	SZYBUT Weronika	377		K-Dzieci	6			00:41:42.20	+00:12:17 (29.5%)	8:20	7.2 (70.6%)
237	STANECKI Maciej	397		M- Niepełnosprawni(B)	4			00:41:43.35	+00:12:18 (29.5%)	8:20	7.2 (70.6%)
238	HANUS Joanna	300	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:41:45.30	+00:12:20 (29.5%)	8:21	7.2 (70.6%)
239	KOMOROWSKA Hanna	102	KIJKOWA KCYNIA	K30-39	19	1		00:41:47.90	+00:12:22 (29.6%)	8:21	7.2 (70.6%)
240	KOTEWICZ Sławomir	108	AVOCADO WELLNESS CLUB	M50-54	13			00:41:51.65	+00:12:26 (29.7%)	8:22	7.2 (70.6%)
241	MIKOŁAJCZYK Arkadiusz	154	PREDATORS WAŁBRZYCH	M50-54	14			00:41:51.90	+00:12:26 (29.7%)	8:22	7.2 (70.6%)
242	CHYREK Renata	176	GOSIR OSIELSKO	K55-59	11			00:41:57.10	+00:12:31 (29.9%)	8:23	7.2 (70.6%)
243	GIERLACH Wojciech	312	TRISPACE/TREK	M-Dzieci	5			00:42:09.60	+00:12:44 (30.2%)	8:25	7.1 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
244	NOWICKA Izabela	304		K40-44	14			00:42:13.95	+00:12:48 (30.3%)	8:26	7.1 (69.6%)
245	WIERZCHOSŁAWSKI Marcel	278	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Dzieci	6			00:42:19.10	+00:12:53 (30.5%)	8:27	7.1 (69.6%)
246	NOWAKOWSKA Irena	169	AVOCADO WELLNESS CLUB	K70+	2			00:42:20.15	+00:12:55 (30.5%)	8:28	7.1 (69.6%)
247	LEŚNIEWSKA Magdalena	134	KIJKOWA KCYNIA	K45-49	19			00:42:26.95	+00:13:01 (30.7%)	8:29	7.1 (69.6%)
248	ŚLIWIŃSKA Ewa	257	KLUB NW PATYCZAKI – GRUDZIĄDZ	K50-54	15			00:42:29.30	+00:13:04 (30.8%)	8:29	7.1 (69.6%)
249	POŁOWIEC Alina	191	KIJKOWA KCYNIA	K50-54	16			00:42:29.90	+00:13:04 (30.8%)	8:30	7.1 (69.6%)
250	GUTOWSKI Paweł	73	WESOŁY BORSUK TEAM	M- Niepełnosprawni(B)	5			00:42:29.95	+00:13:04 (30.8%)	8:30	7.1 (69.6%)
251	BAZELA Henryka	6	PARAKULOS KOWAL	K60-64	8			00:42:35.25	+00:13:10 (30.9%)	8:31	7 (68.6%)
252	KAWALERSKA Anna	348	GOSIR OSIELSKO	K45-49	20			00:42:41.75	+00:13:16 (31.1%)	8:32	7 (68.6%)
253	DĄBEK Ilona	35		K50-54	17			00:42:43.25	+00:13:18 (31.1%)	8:32	7 (68.6%)
254	PAJĘCKI Adam	179	PARAKULOS KOWAL	M60-64	14			00:42:56.55	+00:13:31 (31.5%)	8:35	7 (68.6%)
255	BRODZIŃSKA Ewelina	15	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	2			00:42:56.70	+00:13:31 (31.5%)	8:35	7 (68.6%)
256	KNITTER Zofia	332	KLUB BŁĘKITNI NW DZIEMIANY	K-Dzieci	7			00:42:56.80	+00:13:31 (31.5%)	8:35	7 (68.6%)
257	SAPA Dariusz	223	BYDGOSKIE ŻÓŁWIE	M50-54	15			00:42:58.80	+00:13:33 (31.6%)	8:35	7 (68.6%)
258	KULCZYCKI Jan	127		M65-69	12			00:43:02.95	+00:13:37 (31.7%)	8:36	7 (68.6%)
259	PERLIK Wiesław	181		M65-69	13			00:43:04.30	+00:13:39 (31.7%)	8:36	7 (68.6%)
260	SYROCZYŃSKA Hanna	497	SERCE NORDICA WŁOCŁAWEK	K50-54	18			00:43:08.85	+00:13:43 (31.8%)	8:37	7 (68.6%)
261	HINEBORG Bogumiła	75	KLUB NW PATYCZAKI – GRUDZIĄDZ	K50-54	19			00:43:10.10	+00:13:44 (31.9%)	8:38	6.9 (67.6%)
262	PUCHOWSKA Alicja	1001	GOSIR OSIELSKO	K40-44	15			00:43:10.90	+00:13:45 (31.9%)	8:38	6.9 (67.6%)
263	ŚCIESIŃSKI Henryk	323	GOSIR OSIELSKO	M70+	10	1		00:43:11.30	+00:13:46 (31.9%)	8:38	6.9 (67.6%)
264	GRYGIEL Teresa	67	MARSZ PO ZDROWIE	K60-64	9			00:43:12.25	+00:13:47 (31.9%)	8:38	6.9 (67.6%)
265	ŻYWICKA Irena	335	KLUB BŁĘKITNI NW DZIEMIANY	K60-64	10			00:43:13.40	+00:13:48 (31.9%)	8:38	6.9 (67.6%)
266	KONIECKA Urszula	307	GOSIR OSIELSKO	K65-69	7			00:43:16.80	+00:13:51 (32.0%)	8:39	6.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
267	BIELAWSKA Elwira	7	SONSIEDZI TEAM	K40-44	16			00:43:17.55	+00:13:52 (32.0%)	8:39	6.9 (67.6%)
268	ŚWISŁOCKA Ewa	261	FACE NORDIC WALKING TEAM	K50-54	20			00:43:18.40	+00:13:53 (32.1%)	8:39	6.9 (67.6%)
269	JANIK Marzenna	77	STADION ŚLĄSKI	K55-59	12			00:43:19.45	+00:13:54 (32.1%)	8:40	6.9 (67.6%)
270	SAPA Stefania	224	BYDGOSKIE ŻÓŁWIE	K50-54	21			00:43:25.05	+00:13:59 (32.2%)	8:41	6.9 (67.6%)
271	KAWALERSKI Krzysztof	346	GOSIR OSIELSKO	M45-49	16			00:43:25.20	+00:14:00 (32.2%)	8:41	6.9 (67.6%)
272	DUSZEŃKO Elwira	43	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	5			00:43:28.90	+00:14:03 (32.3%)	8:41	6.9 (67.6%)
273	PACYNA Helena	178	KS METRACO POLKOWICE	K70+	3	1		00:43:34.00	+00:14:08 (32.5%)	8:42	6.9 (67.6%)
274	NIEWIADOMSKA Zofia	166	SERCE NORDICA WŁOCŁAWEK	K55-59	13			00:43:35.85	+00:14:10 (32.5%)	8:43	6.9 (67.6%)
275	KRUCZKOWSKA Małgorzata	1004	GOSIR OSIELSKO	K50-54	22			00:43:37.80	+00:14:12 (32.6%)	8:43	6.9 (67.6%)
276	KIEDROWSKI Włodzimierz	94		M70+	11			00:43:48.50	+00:14:23 (32.8%)	8:45	6.8 (66.7%)
277	SMARUJ-SADOWSKA Janina	231		K65-69	8			00:43:51.30	+00:14:26 (32.9%)	8:46	6.8 (66.7%)
278	PUSZKARSKI Adam	201	GOSADI NORDIC TEAM	M-Dzieci	7			00:43:51.80	+00:14:26 (32.9%)	8:46	6.8 (66.7%)
279	KĘDZIERSKA Edyta	345		K45-49	21			00:43:52.50	+00:14:27 (32.9%)	8:46	6.8 (66.7%)
280	SŁOWIK Przemysław	553	GOSIR OSIELSKO	M40-44	17			00:43:58.35	+00:14:33 (33.1%)	8:47	6.8 (66.7%)
281	SNOPKOWSKA Emilia	232	PARAKULOS KOWAL	K30-39	20			00:44:02.75	+00:14:37 (33.2%)	8:48	6.8 (66.7%)
282	MOTOCZYŃSKA Aleksandra	157	GOSIR OSIELSKO	K60-64	11			00:44:05.70	+00:14:40 (33.3%)	8:49	6.8 (66.7%)
283	REZMER Maria	214		K60-64	12			00:44:12.80	+00:14:47 (33.5%)	8:50	6.8 (66.7%)
284	GROBELNA Jadwiga	63	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	3			00:44:16.70	+00:14:51 (33.6%)	8:51	6.8 (66.7%)
285	TARCZYŃSKI Waldemar	368		M60-64	15			00:44:19.45	+00:14:54 (33.6%)	8:52	6.8 (66.7%)
286	DRAPIEWSKA Beata	39		K45-49	22	1		00:44:21.70	+00:14:56 (33.7%)	8:52	6.8 (66.7%)
287	SROCZYŃSKA Aldona	393	POLONIA BYDGOSZCZ	K55-59	14			00:44:24.00	+00:14:58 (33.7%)	8:52	6.8 (66.7%)
288	HENNIG Barbara	74	SPORT I REKREACJA START CHEŁMNO	K50-54	23			00:44:27.40	+00:15:02 (33.8%)	8:53	6.7 (65.7%)
289	JAROCH Elżbieta	302	GOSIR OSIELSKO	K60-64	13			00:44:28.85	+00:15:03 (33.9%)	8:53	6.7 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
290	KRAWCZYKOWSKA Barbara	117	LKS ZANTYR SZTUM	K60-64	14			00:44:32.90	+00:15:07 (34.0%)	8:54	6.7 (65.7%)
291	RAJEWSKA Beata	209	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	17			00:44:34.25	+00:15:09 (34.0%)	8:54	6.7 (65.7%)
292	GAJEWSKA Aleksandra	49		K60-64	15			00:44:34.40	+00:15:09 (34.0%)	8:55	6.7 (65.7%)
293	ZARĘBSKI Maciej	290	NORDIC TEAM CZĘSTOCHOWA	M-Dzieci	8			00:44:34.50	+00:15:09 (34.0%)	8:54	6.7 (65.7%)
294	MASALSKA Ludmiła	298	GOSIR OSIELSKO	K65-69	9			00:44:35.05	+00:15:09 (34.0%)	8:55	6.7 (65.7%)
295	POSŁUSZNY Kamil	194	WALK & RUN TEAM OBORNIKI	M-Dzieci	9			00:44:39.90	+00:15:14 (34.1%)	8:56	6.7 (65.7%)
296	PANKIEWICZ-DMOWSKA Cecylia	180	FACE NORDIC WALKING TEAM	K70+	4			00:44:43.65	+00:15:18 (34.2%)	8:56	6.7 (65.7%)
297	BUKOWSKA Justyna	22		K30-39	21			00:44:44.60	+00:15:19 (34.2%)	8:57	6.7 (65.7%)
298	STAWNIAK Wanda	240		K65-69	10			00:44:50.15	+00:15:25 (34.4%)	8:58	6.7 (65.7%)
299	OGONOWSKA Edyta	170	KLUB NW PATYCZAKI – GRUDZIĄDZ	K55-59	15			00:44:50.20	+00:15:25 (34.4%)	8:58	6.7 (65.7%)
300	KUCZYŃSKI Włodzimierz	126	NORDIC WALKING KIEKRZ	M60-64	16			00:44:52.30	+00:15:27 (34.4%)	8:58	6.7 (65.7%)
301	MALINOWSKA Grażyna	405	LKS ZANTYR SZTUM	K70+	5			00:44:53.15	+00:15:28 (34.5%)	8:58	6.7 (65.7%)
302	PRACKA Katarzyna	196	SERCE NORDICA WŁOCŁAWEK	K50-54	24			00:45:02.65	+00:15:37 (34.7%)	9:00	6.7 (65.7%)
303	ŁUKASIK Elżbieta	144	TORUŃ - IDZIEMY BEZ RYZYKA	K60-64	16			00:45:29.25	+00:16:04 (35.3%)	9:05	6.6 (64.7%)
304	JASIŃSKA Krystyna	81	PARAKULOS KOWAL	K65-69	11			00:45:29.65	+00:16:04 (35.3%)	9:06	6.6 (64.7%)
305	RYCHLIK Fabian	221	FUNDACJA W TE PĘDY	M-Dzieci	10			00:45:33.60	+00:16:08 (35.4%)	9:06	6.6 (64.7%)
306	NOWAKOWSKA Ewa	311	GOSIR OSIELSKO	K60-64	17			00:45:50.95	+00:16:25 (35.8%)	9:10	6.5 (63.7%)
307	CHYLEWSKA-KĘSY Danuta	26	MY Z PODWÓRKA	K60-64	18			00:45:56.35	+00:16:31 (36.0%)	9:11	6.5 (63.7%)
308	GRZEMPA Krystyna	320	GOSIR OSIELSKO	K60-64	19			00:45:57.80	+00:16:32 (36.0%)	9:11	6.5 (63.7%)
309	SZYFER Ola	1002	GOSIR OSIELSKO	K55-59	16			00:45:59.25	+00:16:34 (36.0%)	9:12	6.5 (63.7%)
310	MÓRAWSKA Zdzisława	159	TORUŃ - IDZIEMY BEZ RYZYKA	K50-54	25			00:46:12.50	+00:16:47 (36.3%)	9:14	6.5 (63.7%)
311	KOMOROWSKI Filip	103		M-Dzieci	11			00:46:14.30	+00:16:49 (36.4%)	9:14	6.5 (63.7%)
312	JURECZKO-GRZEBIELA Ewa	89	NORDICUS STRZYBNICA	K45-49	23			00:46:17.65	+00:16:52 (36.5%)	9:15	6.5 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto	Różn	Tempo min/km	Tempo km/h
								5km			
313	BONIEWICZ Alina	305	GOSIR OSIELSKO	K70+	6			00:46:20.55	+00:16:55 (36.5%)	9:16	6.5 (63.7%)
314	BRZEZIŃSKI Jan	24	OLIMPIA OSOWA	M-Dzieci	12			00:46:21.05	+00:16:55 (36.5%)	9:16	6.5 (63.7%)
315	LEWANDOWSKI Kacper	140	GOSIR OSIELSKO	M-Dzieci	13			00:46:23.95	+00:16:58 (36.6%)	9:16	6.5 (63.7%)
316	NAJDER Mateusz	162	INPOWER	M-Dzieci	14			00:46:26.45	+00:17:01 (36.7%)	9:17	6.5 (63.7%)
317	WOJCIECHOWSKI Przemysław	1007	GOSIR OSIELSKO	M45-49	17			00:47:01.95	+00:17:36 (37.4%)	9:24	6.4 (62.7%)
318	REZMER Mieczysław	215		M60-64	17			00:47:10.80	+00:17:45 (37.6%)	9:26	6.4 (62.7%)
319	STAROSZ Andrzej	239		M60-64	18			00:47:13.75	+00:17:48 (37.7%)	9:26	6.4 (62.7%)
320	ZIELIŃSKA Julia	293	GMINA PRUSZCZ	K-Dzieci	8			00:47:20.50	+00:17:55 (37.9%)	9:28	6.3 (61.8%)
321	ZIELIŃSKA Wioletta	294	GMINA PRUSZCZ	K45-49	24			00:47:21.80	+00:17:56 (37.9%)	9:28	6.3 (61.8%)
322	KUCHARKO Justyna	124	GMINA PRUSZCZ	K30-39	22			00:47:21.90	+00:17:56 (37.9%)	9:28	6.3 (61.8%)
323	GAJEK Agnieszka	387	GOSIR OSIELSKO	K40-44	18			00:47:25.90	+00:18:00 (38.0%)	9:29	6.3 (61.8%)
324	BONIEWICZ Konrad	310	GOSIR OSIELSKO	M70+	12			00:47:26.95	+00:18:01 (38.0%)	9:29	6.3 (61.8%)
325	MAKOWSKA Justyna	388	GOSIR OSIELSKO	K40-44	19			00:47:27.95	+00:18:02 (38.0%)	9:29	6.3 (61.8%)
326	BIERNAT Lucyna	9	FACE NORDIC WALKING TEAM	K40-44	20			00:47:57.75	+00:18:32 (38.7%)	9:35	6.3 (61.8%)
327	ZDEB Katarzyna	291	FACE NORDIC WALKING TEAM	K40-44	21			00:47:58.15	+00:18:33 (38.7%)	9:35	6.3 (61.8%)
328	SŁOWIK Sylwia	575	GOSIR OSIELSKO	K40-44	22			00:47:58.25	+00:18:33 (38.7%)	9:35	6.3 (61.8%)
329	DROP Mieczysław	40	KS SOKÓŁ GAŚAWA	M70+	13			00:48:08.25	+00:18:43 (38.9%)	9:37	6.2 (60.8%)
330	LEWANDOWSKI Jacek	137	STADION ŚLĄSKI	M- Niepełnosprawni(B)	6			00:48:22.45	+00:18:57 (39.2%)	9:40	6.2 (60.8%)
331	ZASADA Grzegorz	347	GOSIR OSIELSKO	M45-49	18			00:48:44.35	+00:19:19 (39.6%)	9:44	6.2 (60.8%)
332	STAROSZ Danuta	238		K55-59	17			00:49:08.20	+00:19:43 (40.1%)	9:49	6.1 (59.8%)
332	SUCHECKA Bożenna	243		K70+	7			00:49:08.20	+00:19:43 (40.1%)	9:49	6.1 (59.8%)
334	HANUS Teresa	327	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	4			00:49:34.70	+00:20:09 (40.7%)	9:55	6.1 (59.8%)
335	LIPIŃSKA Regina	425		K70+	8			00:49:38.55	+00:20:13 (40.7%)	9:55	6 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
336	POŁUBIAK Sylwia	192		K30-39	23			00:50:08.80	+00:20:43 (41.3%)	10:01	6 (58.8%)
337	SOKULSKA Stanisława	234	FUNDACJA W TE PĘDY	K65-69	12			00:50:25.40	+00:21:00 (41.7%)	10:05	6 (58.8%)
338	KORCZYŃSKA Regina	328	GOSIR OSIELSKO	K60-64	20			00:50:35.10	+00:21:09 (41.8%)	10:07	5.9 (57.8%)
339	JASIULEWICZ Jolanta	433		K65-69	13			00:50:46.80	+00:21:21 (42.1%)	10:09	5.9 (57.8%)
340	REDA Alicja	212	AVOCADO WELLNESS CLUB	K55-59	18			00:50:50.05	+00:21:24 (42.1%)	10:10	5.9 (57.8%)
341	BANACH URBAŃSKA Marta	314	STOCKMEIER	K45-49	25			00:51:00.90	+00:21:35 (42.3%)	10:12	5.9 (57.8%)
342	WYCISKO Romuald	394	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	7			00:51:02.85	+00:21:37 (42.4%)	10:12	5.9 (57.8%)
343	KOLBUSZ Janina	98	KS METRACO POLKOWICE	K70+	9			00:51:31.15	+00:22:06 (42.9%)	10:18	5.8 (56.9%)
344	RUCIŃSKA Alina	385		K70+	10			00:51:40.15	+00:22:15 (43.1%)	10:20	5.8 (56.9%)
345	LESZCZYŃSKA Lucyna	317	GOSIR OSIELSKO	K40-44	23			00:52:05.50	+00:22:40 (43.5%)	10:25	5.8 (56.9%)
346	LESZCZYŃSKI Bartosz	326	GOSIR OSIELSKO	M40-44	18			00:52:37.90	+00:23:12 (44.1%)	10:31	5.7 (55.9%)
347	SŁOWIK Błażej	520	GOSIR OSIELSKO	M-Dzieci	15			00:52:42.55	+00:23:17 (44.2%)	10:32	5.7 (55.9%)
348	GRZEBIELA Artur	71	NORDICUS STRZYNICA	M40-44	19			00:52:53.00	+00:23:27 (44.4%)	10:34	5.7 (55.9%)
349	GÓRCZYCKI Piotr	1008	GOSIR OSIELSKO	M45-49	19			00:53:07.90	+00:23:42 (44.6%)	10:37	5.6 (54.9%)
350	LEWANDOWSKI Krzysztof	141	GOSIR OSIELSKO	M-Dzieci	16			00:53:09.15	+00:23:44 (44.7%)	10:37	5.6 (54.9%)
351	KAŁAMAJSKA Barbara	90	KLUBNW PATYCZAKI GRUDZIĄDZ	K60-64	21			00:53:10.40	+00:23:45 (44.7%)	10:38	5.6 (54.9%)
352	NOWAKOWSKI Tomasz	315	GOSIR OSIELSKO	M60-64	19			00:53:32.45	+00:24:07 (45.1%)	10:42	5.6 (54.9%)
353	CHWALISZEWSKI Michał	1005	GOSIR OSIELSKO	M70+	14			00:54:04.95	+00:24:39 (45.6%)	10:48	5.5 (53.9%)
354	KOZŁOWSKA Agnieszka	1003	GOSIR OSIELSKO	K40-44	24			00:55:42.20	+00:26:17 (47.2%)	11:08	5.4 (52.9%)
355	SPRUTA Henryka	316	GOSIR OSIELSKO	K60-64	22			00:56:06.45	+00:26:41 (47.6%)	11:13	5.3 (52.0%)
356	URBAŃSKI Radosław	313	STOCKMEIER	M45-49	20			00:56:30.40	+00:27:05 (47.9%)	11:18	5.3 (52.0%)
357	GORCZYCKA Anna	319	GOSIR OSIELSKO	K40-44	25			00:56:39.15	+00:27:14 (48.1%)	11:19	5.3 (52.0%)
358	GÓRSKI Piotr	1009	GOSIR OSIELSKO	M55-59	14			00:59:37.60	+00:30:12 (50.7%)	11:55	5 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
359	ŚCIESIŃSKA Justyna	322	GOSIR OSIELSKO	K45-49	26			01:02:07.00	+00:32:41 (52.6%)	12:25	4.8 (47.1%)
360	SUMARA Bernardyna	325	GOSIR OSIELSKO	K70+	11			01:02:07.75	+00:32:42 (52.6%)	12:25	4.8 (47.1%)
361	ŚCIESIŃSKI Sławomir	324	GOSIR OSIELSKO	M45-49	21			01:02:08.35	+00:32:43 (52.7%)	12:25	4.8 (47.1%)
362	ŚCIESIŃSKA Victoria	370		K-Dzieci	9			01:02:47.30	+00:33:22 (53.1%)	12:33	4.8 (47.1%)
363	ŚCIESIŃSKA Wioleta	371		K30-39	24			01:02:47.90	+00:33:22 (53.2%)	12:33	4.8 (47.1%)
DQ	MACHNIK Janusz	145	CLLEOZAWIERCIE	M45-49			1	DQ		-	- (0.0%)

Znaleziono 364 wynik(ów)