



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

V MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

Mistrzostwa Polski Nordic Walking w Maratonie
PFNW; Urząd Miasta i Gminy Jastrowie
2018-04-07
Jastrowie
42.195 km

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
1	NIECHWIEJCZYK Piotr	60	NWPL / UNIA MIAST	M40-49	1			00:30:44	01:05:41	01:40:53	02:16:32	02:53:06	03:31:09	04:10:28	04:50:27.95		6:52	8.7 (100%)
2	CZŁONKOWSKI Krzysztof	13	OLIMPIJCZYK SZCZECOCINY	M40-49	2			00:31:09	01:06:17	01:42:04	02:18:17	02:55:31	03:34:12	04:13:22	04:52:35.30	+00:02:07 (0.7%)	6:56	8.7 (100%)
3	DZIEDZIEWICZ Andrzej	300		M30-39	1			00:30:42	01:05:38	01:40:51	02:16:29	02:52:26	03:30:44	04:12:17	04:54:38.15	+00:04:10 (1.4%)	6:58	8.6 (98.9%)
4	ROSAK Marcin	73	RUNNERSKI.PL	M40-49	3			00:31:18	01:06:34	01:42:32	02:19:30	02:56:54	03:35:44	04:15:56	04:56:53.05	+00:06:25 (2.2%)	7:02	8.5 (97.7%)
5	ROGAŁSKI Piotr	72	GDYNIA MOJE MIASTO	M40-49	4			00:31:31	01:07:49	01:44:35	02:21:57	03:00:13	03:39:33	04:20:11	05:00:37.25	+00:10:09 (3.4%)	7:07	8.4 (96.6%)
6	KORDOWSKI Piotr	38	NOWA HUTA TEAM	M40-49	5			00:30:48	01:05:45	01:41:18	02:18:37	02:59:14	03:40:28	04:22:32	05:03:50.25	+00:13:22 (4.4%)	7:12	8.3 (95.4%)
7	KOZŁOWSKI Piotr	43		M40-49	6			00:33:37	01:11:24	01:49:59	02:29:51	03:09:46	03:50:23	04:32:19	05:14:20.05	+00:23:52 (7.6%)	7:26	8.1 (93.1%)
8	PUSZKIEL Leszek	69	GREEN TEAM ZIELONA GÓRA	M60-64	1			00:31:17	01:08:32	01:47:16	02:28:08	03:09:39	03:51:28	04:33:02	05:15:55.40	+00:25:27 (8.1%)	7:29	8 (92.0%)
9	ŻACZEK Władysław	97	ANDRESPOLAKTYWNIE	M55-59	1			00:33:06	01:11:25	01:49:33	02:28:56	03:09:25	03:51:31	04:35:07	05:18:26.45	+00:27:58 (8.8%)	7:32	8 (92.0%)
10	HAŁAS Marcin	23		M30-39	2			00:35:32	01:15:13	01:54:42	02:34:40	03:15:26	03:56:19	04:37:15	05:18:57.80	+00:28:29 (8.9%)	7:33	7.9 (90.8%)
11	MARCZAK Krzysztof	52	NWPL/NW BEŁCHATÓW	M60-64	2			00:33:07	01:11:25	01:49:34	02:28:57	03:09:25	03:51:27	04:35:08	05:19:08.20	+00:28:40 (9.0%)	7:33	7.9 (90.8%)
12	MŁYŃSKI Krzysztof	59	POZYTYWNI DOBRE MIASTO	M40-49	7			00:35:34	01:15:56	01:55:41	02:36:21	03:17:17	03:58:48	04:40:54	05:23:13.85	+00:32:45 (10.1%)	7:39	7.8 (89.7%)
13	PASIKOWSKA Mariola	65	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:33:29	01:12:04	01:51:49	02:32:39	03:15:08	03:59:31	04:42:36	05:23:42.80	+00:33:14 (10.3%)	7:40	7.8 (89.7%)
14	PUCHTIJ Eugenia	299	SCANDINITA	K40-49	1			00:35:05	01:15:02	01:55:10	02:36:05	03:18:09	03:59:50	04:41:13	05:23:43.70	+00:33:15 (10.3%)	7:40	7.8 (89.7%)
15	KARPIŃSKI Sebastian	32	POLNORD	M30-39	3			00:34:48	01:13:15	01:52:47	02:33:22	03:14:52	03:57:54	04:42:33	05:25:01.60	+00:34:33 (10.6%)	7:42	7.8 (89.7%)
16	KLIMSIK Sebastian	35	SALLER NORDIC WALKING TEAM	M30-39	4			00:36:17	01:16:47	01:57:37	02:38:51	03:20:32	04:01:22	04:42:34	05:25:16.50	+00:34:48 (10.7%)	7:42	7.8 (89.7%)
17	SPYCHAŁA Marzena	78	WESOŁY BORSUK TEAM	K40-49	2			00:35:12	01:15:08	01:55:46	02:37:30	03:19:11	04:00:10	04:43:23	05:26:21.30	+00:35:53 (11.0%)	7:44	7.8 (89.7%)
18	WOJTOWICZ Tomasz	298	NW POLAND	M18-29	1			00:30:46	01:05:44	01:43:48	02:25:47	03:10:24	03:57:13	04:43:05	05:26:23.75	+00:35:55 (11.0%)	7:44	7.8 (89.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						kartki	kartki	4.68km	10.04km	15.4km	20.76km	26.12km	31.48km	36.84km	42.195km	netto			
19	CELIŃSKI Tomasz	10	TUPTUŚ OTWOCK	M50-54	1			00:36:02	01:16:50	01:58:29	02:43:45	03:26:05	04:08:36	04:51:02	05:30:17.35	+00:39:49 (12.1%)	7:49	7.7 (88.5%)	
20	NIEDŹWIECKA Katarzyna	61	FACE NORDIC WALKING TEAM	K40-49	3			00:36:35	01:17:59	01:59:55	02:40:52	03:22:48	04:05:22	04:49:21	05:32:31.60	+00:42:03 (12.6%)	7:52	7.6 (87.4%)	
21	REJMAN Dorota	297	FACE NORDIC WALKING TEAM UKS SIEDLESZCZANY	K30-39	2			00:35:16	01:15:51	01:57:08	02:39:08	03:22:41	04:05:47	04:50:25	05:34:11.90	+00:43:43 (13.1%)	7:55	7.6 (87.4%)	
22	JASIUKIEWICZ Jacek	27	POZYTYWNI DOBRE MIASTO	M50-54	2			00:34:54	01:15:10	01:56:01	02:37:45	03:20:06	04:04:26	04:50:01	05:34:34.85	+00:44:06 (13.2%)	7:55	7.6 (87.4%)	
23	SKRYCKA Katarzyna	77		K30-39	3			00:36:05	01:17:20	01:58:49	02:40:29	03:22:38	04:05:45	04:50:23	05:35:12.70	+00:44:44 (13.3%)	7:56	7.6 (87.4%)	
24	ŚWISŁOCKI Bogdan	87	FACE NORDIC WALKING TEAM	M55-59	2			00:34:14	01:13:49	01:54:47	02:36:48	03:21:17	04:05:46	04:51:35	05:35:42.55	+00:45:14 (13.5%)	7:57	7.5 (86.2%)	
25	FOLWARSKI Andrzej	19	FACE NORDIC WALKING TEAM	M55-59	3			00:35:58	01:16:24	01:57:04	02:38:54	03:21:51	04:06:13	04:51:52	05:35:47.85	+00:45:19 (13.5%)	7:57	7.5 (86.2%)	
26	WOLNIEWICZ Katarzyna	93	UNIA MIAST	K40-49	4			00:36:26	01:17:37	01:59:29	02:40:51	03:22:57	04:06:27	04:50:58	05:35:52.25	+00:45:24 (13.5%)	7:57	7.5 (86.2%)	
27	STĘPIEŃ Lucyna	81	KS METRACO POLKOWICE	K60-64	1			00:35:27	01:16:26	01:58:33	02:41:00	03:24:01	04:07:40	04:51:54	05:35:55.50	+00:45:27 (13.5%)	7:57	7.5 (86.2%)	
28	WESOŁOWSKI Wojciech	91	NORDIC TEAM GNIEZNO	M65+	1			00:35:03	01:15:16	01:56:12	02:38:50	03:22:53	04:06:59	04:52:08	05:37:02.40	+00:46:34 (13.8%)	7:59	7.5 (86.2%)	
29	ŻAMOJCIN Marek	98	NORDICLUB SZCZECIN	M55-59	4			00:36:23	01:18:03	02:00:34	02:42:45	03:26:02	04:09:59	04:54:48	05:39:20.70	+00:48:52 (14.4%)	8:02	7.5 (86.2%)	
30	KOWALSKI Marek	42	UNIA MIAST	M50-54	3			00:36:08	01:17:02	01:59:00	02:41:55	03:25:53	04:12:06	04:56:22	05:39:31.45	+00:49:03 (14.4%)	8:02	7.5 (86.2%)	
31	ZAGAJA Janusz	94	WESOŁY BORSUK TEAM	M60-64	3			00:34:43	01:13:28	01:53:13	02:34:05	03:16:33	04:02:08	04:51:48	05:40:07.50	+00:49:39 (14.6%)	8:03	7.4 (85.1%)	
32	JANKOWSKI Marcin	26	NORDIC WALKING PASŁĘK	M40-49	8			00:36:42	01:17:16	01:58:47	02:41:33	03:25:37	04:10:00	04:56:17	05:40:23.45	+00:49:55 (14.7%)	8:03	7.4 (85.1%)	
33	CHUDZIŃSKI Andrzej	12	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65+	2			00:36:41	01:17:19	01:58:49	02:41:36	03:25:38	04:09:58	04:56:42	05:41:35.70	+00:51:07 (15.0%)	8:05	7.4 (85.1%)	
34	KOWALCZUK Robert	40	ELITE TEAM	M50-54	4			00:40:01	01:23:04	02:07:36	02:49:25	03:30:57	04:13:47	04:57:36	05:42:13.95	+00:51:46 (15.1%)	8:06	7.4 (85.1%)	
35	MIKOŁAJCZAK Jan	57		M60-64	4			00:33:17	01:12:46	01:53:20	02:36:53	03:21:31	04:08:30	04:56:44	05:42:41.55	+00:52:13 (15.2%)	8:07	7.4 (85.1%)	
36	MARKOWSKA Halina	53	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	2			00:36:55	01:19:32	02:02:34	02:45:42	03:28:44	04:12:10	04:56:46	05:43:02.45	+00:52:34 (15.3%)	8:07	7.4 (85.1%)	
37	ADAMUS Marian	1	SILESIA NORDIC TEAM	M65+	3			00:34:49	01:15:19	01:57:18	02:39:52	03:25:12	04:12:13	04:57:32	05:43:23.90	+00:52:55 (15.4%)	8:08	7.4 (85.1%)	
38	BOCZAR Beata	5	GREEN TEAM ZIELONA GÓRA	K50-54	1			00:36:06	01:17:29	01:59:23	02:42:18	03:26:35	04:12:28	04:58:07	05:43:56.70	+00:53:28 (15.5%)	8:09	7.4 (85.1%)	
39	KUBIAK Tomasz	46	SALLER NORDIC WALKING TEAM	M40-49	9			00:32:47	01:10:23	01:48:37	02:29:09	03:14:21	04:02:01	04:57:06	05:44:20.90	+00:53:52 (15.6%)	8:09	7.4 (85.1%)	
40	SZCZEBAK Jacek	85	UNIA MIAST	M40-49	10			00:36:25	01:17:40	01:59:52	02:42:48	03:25:52	04:11:18	04:58:20	05:47:04.70	+00:56:36 (16.3%)	8:13	7.3 (83.9%)	
41	MARONDEL Katarzyna	54	SILESIA NORDIC TEAM	K30-39	4			00:36:28	01:17:42	01:59:30	02:42:29	03:27:04	04:13:03	05:00:18	05:47:56.55	+00:57:28 (16.5%)	8:14	7.3 (83.9%)	
42	STOPA Joanna	82	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:36:35	01:18:00	01:59:55	02:42:44	03:27:27	04:12:57	04:59:55	05:47:57.15	+00:57:29 (16.5%)	8:14	7.3 (83.9%)	
43	MILACHOWSKI Sebastian	58		M30-39	5			00:39:04	01:23:59	02:07:42	02:52:47	03:37:02	04:21:16	05:04:52	05:48:35.00	+00:58:07 (16.7%)	8:15	7.3 (83.9%)	
44	KRYSZCZUK Krzysztof	45	NOWI SIEDLCE/NW WSCHÓD	M50-54	5			00:36:45	01:17:18	01:58:59	02:42:14	03:27:06	04:14:54	05:05:07	05:52:05.20	+01:01:37 (17.5%)	8:20	7.2 (82.8%)	
45	BEM Małgorzata	2	POZYTYWNI DOBRE MIASTO	K40-49	5			00:37:50	01:20:36	02:03:09	02:47:19	03:31:42	04:17:48	05:05:32	05:52:42.55	+01:02:14 (17.6%)	8:21	7.2 (82.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						kartki	kartki	4.68km	10.04km	15.4km	20.76km	26.12km	31.48km	36.84km	42.195km			
46	NOWAK Maciej	64	PILSCY MIŁOŚNICY NORDIC WALKING	M40-49	11			00:39:05	01:23:55	02:08:22	02:53:45	03:38:13	04:23:16	05:09:25	05:53:30.20	+01:03:02 (17.8%)	8:22	7.2 (82.8%)
47	LIGĘZA Janusz	50		M55-59	5			00:39:37	01:24:10	02:08:34	02:53:18	03:37:42	04:23:06	05:09:09	05:53:36.15	+01:03:08 (17.9%)	8:22	7.2 (82.8%)
48	HINC Iwona	24	FACE NORDIC WALKING TEAM	K40-49	6			00:37:10	01:20:10	02:03:47	02:48:14	03:32:50	04:19:10	05:06:02	05:53:59.35	+01:03:31 (17.9%)	8:23	7.2 (82.8%)
49	RESEMAN Sylwia	71	FACE NORDIC WALKING TEAM	K40-49	7			00:39:31	01:22:25	02:06:10	02:50:32	03:35:55	04:22:11	05:09:30	05:56:55.80	+01:06:27 (18.6%)	8:27	7.1 (81.6%)
50	STRZELECKA Małgorzata	83	SAILING TEAM FERAJNA	K40-49	8			00:38:43	01:23:26	02:08:08	02:54:19	03:40:05	04:26:27	05:12:51	05:58:15.95	+01:07:48 (18.9%)	8:29	7.1 (81.6%)
51	GRĄDZKA-MOŻYSZEK Aleksandra	22	FORMA NA PIĄTKĘ NW	K50-54	2			00:39:25	01:23:30	02:08:02	02:53:42	03:39:56	04:26:32	05:12:52	05:58:19.65	+01:07:51 (18.9%)	8:29	7.1 (81.6%)
52	RACŁAWSKI Jan	70	AMATOR	M60-64	5			00:36:03	01:16:50	01:58:58	02:43:46	03:30:51	04:20:16	05:10:14	05:59:33.80	+01:09:05 (19.2%)	8:31	7 (80.5%)
53	MICHAŁOWSKA Sylwia	56	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K40-49	9			00:36:55	01:19:32	02:02:34	02:45:56	03:32:39	04:21:45	05:10:10	05:59:36.85	+01:09:08 (19.2%)	8:31	7 (80.5%)
54	KOWALCZYK Mariusz	41	GREEN TEAM ZIELONA GÓRA	M50-54	6			00:35:49	01:16:28	01:59:03	02:43:37	03:31:03	04:19:21	05:09:56	05:59:51.70	+01:09:23 (19.3%)	8:31	7 (80.5%)
55	KARASIEWICZ Irena	31	FACE NORDIC WALKING TEAM	K55-59	1			00:38:27	01:22:47	02:07:17	02:52:51	03:39:09	04:25:51	05:12:22	06:00:40.75	+01:10:12 (19.5%)	8:32	7 (80.5%)
56	STĘPAK Piotr	80	ZG REJON NW WINNING TEAM	M18-29	2			00:33:30	01:11:28	01:50:04	02:30:07	03:15:56	04:07:20	05:00:15	06:01:50.05	+01:11:22 (19.7%)	8:34	7 (80.5%)
57	JÓŻWIAK Marianna	28	SERCE NORDICA WŁOCLAWEK	K40-49	10			00:36:35	01:18:20	02:01:13	02:46:53	03:35:02	04:24:16	05:13:53	06:02:43.25	+01:12:15 (19.9%)	8:35	7 (80.5%)
58	MAŚLANKA Andrzej	55	TTC MPEC TARNÓW	M55-59	6			00:38:48	01:23:23	02:08:07	02:53:50	03:39:51	04:26:22	05:14:45	06:03:05.50	+01:12:37 (20.0%)	8:36	7 (80.5%)
59	KUTNIEWSKA Maria	49	FACE NORDIC WALKING TEAM	K60-64	3			00:42:43	01:29:37	02:16:01	03:02:50	03:49:47	04:35:12	05:22:25	06:08:08.50	+01:17:40 (21.1%)	8:43	6.9 (79.3%)
60	JAJTNER Ilona	25		K30-39	5			00:39:05	01:23:50	02:09:18	02:55:27	03:42:37	04:30:27	05:19:39	06:08:32.45	+01:18:04 (21.2%)	8:43	6.9 (79.3%)
61	PIERNICKA Krystyna	67		K60-64	4			00:37:33	01:20:52	02:05:36	02:52:04	03:40:58	04:32:06	05:22:13	06:10:23.05	+01:19:55 (21.6%)	8:46	6.8 (78.2%)
62	PYTEC Anna	100		K30-39	6			00:37:27	01:20:54	02:05:31	02:51:37	03:40:30	04:31:21	05:22:06	06:10:54.75	+01:20:26 (21.7%)	8:47	6.8 (78.2%)
63	KOTULA Jakub	39	UNIA MIAST	M30-39	6			00:38:15	01:22:26	02:07:30	02:54:08	03:42:08	04:32:03	05:22:03	06:11:05.65	+01:20:37 (21.7%)	8:47	6.8 (78.2%)
64	WIŚNIEWSKI Roman	92		M60-64	6			00:39:20	01:24:26	02:10:04	02:56:35	03:45:19	04:35:27	05:25:49	06:14:48.70	+01:24:20 (22.5%)	8:52	6.8 (78.2%)
65	TOMCZYK Edward	90	MARSZ PO ZDROWIE POZNAŃ	M65+	4			00:35:00	01:15:13	01:57:34	02:45:25	03:34:51	04:26:45	05:21:47	06:15:25.50	+01:24:57 (22.6%)	8:53	6.7 (77.0%)
66	KRAJEWSKI Wojciech	44		M40-49	12			00:39:19	01:24:26	02:10:01	02:56:54	03:45:14	04:35:22	05:25:43	06:15:37.65	+01:25:09 (22.7%)	8:54	6.7 (77.0%)
67	GERLE-KOTULA Anna	20	UNIA MIAST	K30-39	7			00:39:47	01:25:38	02:12:53	03:00:47	03:49:26	04:38:35	05:27:38	06:16:32.05	+01:26:04 (22.9%)	8:55	6.7 (77.0%)
68	CZYCZ Emilia	14	GREEN TEAM ZIELONA GÓRA	K65+	1			00:39:10	01:25:21	02:12:55	03:01:03	03:49:21	04:38:37	05:27:39	06:16:33.95	+01:26:06 (22.9%)	8:55	6.7 (77.0%)
69	KIEDRZYN Beata	33		K55-59	2			00:38:51	01:22:48	02:10:09	02:58:45	03:48:33	04:37:58	05:28:12	06:16:53.00	+01:26:25 (22.9%)	8:55	6.7 (77.0%)
70	DYMKOWSKI Krzysztof	18	CZARNE PANTERY PIŁA	M40-49	13			00:39:07	01:23:39	02:08:45	02:55:53	03:43:11	04:33:21	05:25:39	06:17:34.75	+01:27:06 (23.1%)	8:56	6.7 (77.0%)
71	STRZELECKI Sebastian 'Kaszana'	84	SAILING TEAM FERAJNA	M40-49	14			00:39:00	01:24:00	02:10:35	02:59:09	03:48:38	04:38:20	05:27:56	06:18:22.35	+01:27:54 (23.2%)	8:57	6.7 (77.0%)
72	KUKLIŃSKI Arkadiusz	47		M18-29	3			00:40:50	01:23:38	02:08:16	02:54:41	03:42:21	04:32:44	05:26:17	06:18:47.15	+01:28:19 (23.3%)	8:58	6.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Różn	Tempo min/km	Tempo km/h
73	DREGIER Michał	17	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M40-49	15			00:38:19	01:20:56	02:05:30	02:52:45	03:41:19	04:33:00	05:26:14	06:19:07.45	+01:28:39 (23.4%)	8:59	6.7 (77.0%)
74	ZAWISŁA Stanisław	96	MARSZ PO ZDROWIE	M65+	5			00:39:47	01:24:58	02:10:11	02:57:01	03:46:11	04:36:32	05:29:20	06:19:17.60	+01:28:49 (23.4%)	8:59	6.7 (77.0%)
75	STEFĄNSKI Andrzej	79	FACE NORDIC WALKING TEAM	M50-54	7			00:38:30	01:21:59	02:06:54	02:53:10	03:42:20	04:35:06	05:28:23	06:24:04.15	+01:33:36 (24.4%)	9:06	6.6 (75.9%)
76	ZAWADZKA Maria	95	KS METRACO POLKOWICE	K65+	2			00:42:20	01:29:37	02:16:10	03:03:27	03:51:46	04:40:57	05:31:53	06:24:06.10	+01:33:38 (24.4%)	9:06	6.6 (75.9%)
77	ROSOLEK Elżbieta	74	GREEN TEAM ZIELONA GÓRA	K50-54	3			00:39:25	01:23:29	02:08:00	02:55:09	03:44:57	04:40:07	05:40:14	06:31:47.90	+01:41:19 (25.9%)	9:17	6.5 (74.7%)
78	TOMASZEWSKA Mariola	89	FACE NORDIC WALKING TEAM	K50-54	4			00:42:40	01:29:35	02:16:02	03:02:51	03:52:45	04:45:39	05:40:36	06:33:38.10	+01:43:10 (26.2%)	9:19	6.4 (73.6%)
79	POSTEK Danuta	68	MARSZ PO ZDROWIE	K55-59	3			00:39:39	01:25:32	02:12:52	03:00:57	03:49:18	04:39:35	05:37:09	06:34:20.20	+01:43:52 (26.3%)	9:20	6.4 (73.6%)
80	CHOLEWKA Jolanta	11	MARSZ PO ZDROWIE POZNAŃ	K60-64	5			00:39:50	01:26:05	02:14:14	03:03:16	03:55:01	04:46:52	05:40:36	06:35:25.65	+01:44:57 (26.5%)	9:22	6.4 (73.6%)
81	KOLEBUK Kazimierz	37	CHODZĘ BO LUBIĘ	M65+	6			00:41:47	01:30:03	02:18:15	03:07:53	04:00:10	04:52:19	05:46:03	06:39:53.95	+01:49:26 (27.4%)	9:28	6.3 (72.4%)
82	NIETRZEBKA Aleksandra	62		K18-29	2			00:38:35	01:24:46	02:12:32	03:02:47	03:55:36	04:51:26	05:48:41	06:48:37.65	+01:58:09 (28.9%)	9:40	6.2 (71.3%)
83	NIETRZEBKA Paweł	63		M30-39	7			00:40:03	01:26:11	02:13:58	03:04:12	03:57:02	04:52:51	05:50:06	06:50:02.20	+01:59:34 (29.2%)	9:43	6.2 (71.3%)
84	ROZMUS Jolanta	75	FACE NORDIC WALKING TEAM	K65+	3			00:42:46	01:31:56	02:22:50	03:13:37	04:05:18	05:00:18	05:55:24	06:51:55.20	+02:01:27 (29.5%)	9:45	6.1 (70.1%)
85	GLISZCZYŃSKI Mirosław	21	TARNOGÓRSKIE ŁAZĘGI	M60-64	7			00:38:45	01:23:01	02:08:30	02:59:44	03:51:10	04:50:31	05:50:26	06:52:38.35	+02:02:10 (29.6%)	9:46	6.1 (70.1%)
86	KLAK Joanna	34		K30-39	8			00:42:37	01:30:56	02:19:11	03:09:04	04:02:19	04:59:58	05:59:00	06:53:49.10	+02:03:21 (29.8%)	9:48	6.1 (70.1%)
87	THOMALLA Bogdan	88	TOMCHEM OBR	M65+	7			00:39:10	01:22:51	02:14:16	03:06:36	04:03:39	05:00:21	05:59:28	06:58:41.20	+02:08:13 (30.6%)	9:55	6 (69.0%)
88	KULESZA Wojtek	48	POZYTYWNI DOBRE MIASTO	M40-49	16			00:39:18	01:24:49	02:12:15	03:04:04	04:01:20	05:01:19	06:08:13	07:06:14.15	+02:15:46 (31.9%)	10:06	5.9 (67.8%)
89	PIECZEK Aleksandra	66	WIECZÓRNE BIEGANIE W SZCZECINIE	K30-39	9			00:42:58	01:34:03	02:25:07	03:19:43	04:16:03	05:16:10	06:13:47	07:06:49.55	+02:16:21 (31.9%)	10:06	5.9 (67.8%)
90	SZEWCZYK Agnieszka	86	FACE NORDIC WALKING TEAM	K40-49	11			00:42:56	01:32:31	02:25:13	03:19:42	04:16:06	05:16:09	06:13:59	07:12:56.35	+02:22:28 (32.9%)	10:15	5.8 (66.7%)
	DEPKA PRĄDZYŃSKI Olgierd	16	BIEGAMYRAZEM.PL	M60-64				00:31:07 DNF	01:06:15 DNF	01:42:02 DNF	02:18:15 DNF	02:55:30 DNF	03:34:10 DNF	DNF	DNF		-	- (0.0%)
	KNITTER Tomasz	36	BŁĘKITNI NW DZIEMIANY	M18-29				00:31:35 DNF	01:08:48 DNF	01:50:18 DNF	02:38:03 DNF	03:23:46 DNF	04:07:43 DNF	DNF	DNF		-	- (0.0%)
	MARCINKOWSKI Wojciech	51	UNIA MIAST	M40-49				00:39:38 DNF	01:25:55 DNF	02:12:33 DNF	03:00:36 DNF	03:51:03 DNF	04:45:06 DNF	DNF	DNF		-	- (0.0%)
	BORKOWSKI Witold	7	SAINT-GOBAIN SQUAD	M40-49				00:40:53 DNF	01:25:49 DNF	02:10:21 DNF	02:57:22 DNF	03:48:53 DNF	DNF	DNF	DNF		-	- (0.0%)
	X X	99						04:01:56 DNF	04:48:30 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BIĄŁKOWSKA Ewa	3	SUPER GRUPA NORDIC WALKING ŚRODA WLKP	K40-49				04:02:05 DNF	05:12:27 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JÓŹWIAK Łukasz	29	SERCE NORDICA WŁOCŁAWEK	M50-54				00:37:24 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)