



LEGNICA - MISTRZOSTWA EUROPY - NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-10-08
Miejsce: Legnica
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Disabled	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	399	M30-39	1				00:02:15	00:14:26	00:29:22.10	00:31:37.45		5:52	10.2
2	BOGDAN Cyrus	217	M45-49	1				00:02:59	00:14:18	00:29:24.10	00:32:23.95	+00:00:02	5:52	10.2
3	SCHOLZ Wolfgang	380	M40-44	1				00:02:41	00:14:29	00:29:36.55	00:32:17.75	+00:00:14	5:55	10.1
4	KLICZKA Kamil	290	M45-49	2				00:03:00	00:14:36	00:29:55.65	00:32:55.75	+00:00:33	5:59	10
5	DEŁĄG Jakub	231	M18-29	1				00:01:57	00:14:52	00:30:10.05	00:32:07.55	+00:00:47	6:02	9.9
6	KORDOWSKI Piotr	299	M45-49	3				00:03:00	00:15:04	00:30:26.10	00:33:26.65	+00:01:04	6:05	9.9
7	WALENDZIAK Ryszard	206	M40-44	2		1		00:02:43	00:14:57	00:30:36.90	00:33:20.20	+00:01:14	6:07	9.8
8	NIECHWIEJCZYK Piotr	348	M40-44	3				00:02:41	00:15:08	00:30:37.90	00:33:19.10	+00:01:15	6:07	9.8
9	WOROCH Roman	445	M55-59	1				00:03:52	00:15:10	00:30:47.65	00:34:40.40	+00:01:25	6:09	9.7
10	GAJEWSKI Eugeniusz	247	M55-59	2				00:03:52	00:15:13	00:30:58.55	00:34:51.30	+00:01:36	6:11	9.7
11	MICHALSKI Andrzej	340	M55-59	3				00:03:54	00:15:19	00:31:02.10	00:34:56.45	+00:01:40	6:12	9.7
12	KUBIAK Tomasz	310	M40-44	4				00:02:41	00:15:11	00:31:11.30	00:33:52.65	+00:01:49	6:14	9.6
13	ROŻYNEK Miron	374	M50-54	1				00:03:24	00:15:32	00:31:16.65	00:34:41.60	+00:01:54	6:15	9.6
14	PUSZKIEL Leszek	363	M55-59	4		1		00:03:52	00:15:16	00:31:17.05	00:35:09.60	+00:01:54	6:15	9.6
15	HELWICH Stefan	266	M60-64	1				00:04:28	00:15:32	00:31:20.70	00:35:49.10	+00:01:58	6:16	9.6
16	BOGACKI Sławek	216	M40-44	5				00:02:40	00:15:38	00:31:44.40	00:34:25.35	+00:02:22	6:21	9.4
17	SŁOMIAN Leszek	385	M55-59	5				00:03:53	00:15:42	00:31:58.85	00:35:52.60	+00:02:36	6:23	9.4
18	GŁOWA Michał	254	M-Jun.	1				00:01:42	00:15:47	00:32:01.20	00:33:43.55	+00:02:39	6:24	9.4
19	WOJTASIŃSKI Daniel	443	M30-39	2				00:02:15	00:15:34	00:32:05.50	00:34:21.15	+00:02:43	6:25	9.3
20	BIK Stanisław	213	M50-54	2				00:03:25	00:15:54	00:32:08.85	00:35:34.35	+00:02:46	6:25	9.3
21	CZŁAPSKI Krzysztof	462	M50-54	3				00:03:24	00:15:47	00:32:17.20	00:35:42.15	+00:02:55	6:27	9.3
22	WOLEK Waldemar	444	M40-44	6				00:02:42	00:15:51	00:32:23.95	00:35:06.15	+00:03:01	6:28	9.3
23	ROSIŃSKI Michał	373	M-Disabled	1	1			00:02:15	00:15:59	00:32:34.45	00:34:50.40	+00:03:12	6:31	9.2
24	MIELCAREK Leszek	341	M60-64	2				00:04:27	00:16:03	00:32:36.55	00:37:03.90	+00:03:14	6:31	9.2
25	KŁACZYŃSKA Danuta	292	K40-44	1				00:08:16	00:16:10	00:32:36.60	00:40:52.90	+00:03:14	6:31	9.2
26	ZAUNER Johann	456	M50-54	4		1		00:03:24	00:15:56	00:32:41.05	00:36:05.45	+00:03:18	6:32	9.2
27	ÜBELLEITNER Manfred	432	M50-54	5				00:03:24	00:16:04	00:32:49.55	00:36:14.25	+00:03:27	6:34	9.1

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Disabled	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	ADAMUS Marian	203	M65-69	1				00:05:02	00:16:14	00:32:56.95	00:37:58.95	+00:03:34	6:35	9.1
29	KROMSKI Pawel	306	M45-49	4				00:03:01	00:16:12	00:33:00.10	00:36:01.35	+00:03:38	6:36	9.1
30	GRAML Günther	259	M55-59	6				00:03:00	00:16:17	00:33:02.10	00:36:02.65	+00:03:40	6:36	9.1
31	JĘDRASIAK Renata	281	K50-54	1		1		00:09:16	00:16:27	00:33:02.85	00:42:18.95	+00:03:40	6:36	9.1
32	ZYGMUNT Gracjan	460	M-Jun.	2				00:01:42	00:16:33	00:33:04.60	00:34:46.70	+00:03:42	6:36	9.1
33	KACPRZAK Paweł	283	M-Jun.	3				00:01:42	00:16:38	00:33:05.30	00:34:47.45	+00:03:43	6:37	9.1
34	TOMCZYK Edward	427	M65-69	2				00:05:03	00:16:29	00:33:13.05	00:38:16.50	+00:03:50	6:38	9
35	SMUL Andrzej	388	M60-64	3		1		00:04:27	00:16:06	00:33:16.05	00:37:43.80	+00:03:53	6:39	9
36	SKRYCKA Katarzyna	384	K30-39	1				00:07:38	00:16:44	00:33:18.40	00:40:57.10	+00:03:56	6:39	9
37	HOŁUBKA Mariusz	268	M40-44	7				00:02:41	00:16:29	00:33:21.70	00:36:03.65	+00:03:59	6:40	9
38	GAPIŃSKI Leszek	251	M55-59	7				00:03:53	00:16:44	00:33:27.00	00:37:20.45	+00:04:04	6:41	9
39	DRAPIKOWSKI Marek	236	M55-59	8				00:03:55	00:16:37	00:33:34.75	00:37:30.30	+00:04:12	6:43	8.9
40	GAŁĘZA Maciej	248	M40-44	8				00:02:43	00:16:23	00:33:37.40	00:36:20.90	+00:04:15	6:43	8.9
41	PUSZKIEL Adrian	362	M18-29	2				00:01:57	00:15:59	00:33:41.85	00:35:39.50	+00:04:19	6:44	8.9
42	CIERZNIIEWSKI Dariusz	225	M50-54	6				00:03:25	00:16:28	00:33:44.50	00:37:10.30	+00:04:22	6:45	8.9
43	MACIEJEWSKI Robert	333	M30-39	3				00:02:15	00:16:37	00:33:45.30	00:36:00.65	+00:04:23	6:45	8.9
44	PARTYKA Teresa	358	K55-59	1				00:09:36	00:16:40	00:33:45.50	00:43:22.45	+00:04:23	6:45	8.9
45	KASPRZYK Lilianna	287	K55-59	2				00:09:37	00:16:50	00:33:46.60	00:43:23.85	+00:04:24	6:45	8.9
46	ZMACZYŃSKI Bogusław	459	M60-64	4				00:04:29	00:16:39	00:33:47.85	00:38:16.85	+00:04:25	6:45	8.9
47	BORKOWSKA Lidia	218	K45-49	1				00:08:40	00:16:49	00:33:48.30	00:42:28.95	+00:04:26	6:45	8.9
48	WYSOCKI Paweł	449	M18-29	3				00:01:58	00:16:45	00:33:48.85	00:35:47.10	+00:04:26	6:45	8.9
49	SIKORA Bronisław	382	M60-64	5				00:04:28	00:16:40	00:33:49.35	00:38:17.75	+00:04:27	6:45	8.9
50	BASSO Daniela	209	K55-59	3				00:09:38	00:16:50	00:33:51.70	00:43:30.45	+00:04:29	6:46	8.9
51	WILCZAK Kaja	474	K-Jun.	1				00:06:29	00:16:49	00:33:52.90	00:40:22.85	+00:04:30	6:46	8.9
52	KOWALCZYK Tadeusz	302	M-Disabled	2	1			00:04:30	00:16:45	00:33:54.55	00:38:24.95	+00:04:32	6:46	8.8
53	GRYGOROWICZ Bogdan	463	M65-69	3				00:05:03	00:16:39	00:33:56.70	00:38:59.85	+00:04:34	6:47	8.8
54	SPYCHAŁA Marzena	392	K45-49	2				00:08:40	00:16:47	00:34:02.40	00:42:42.80	+00:04:40	6:48	8.8
55	OLEKSYK Malgorzta	354	K50-54	2				00:09:16	00:16:40	00:34:03.45	00:43:19.70	+00:04:41	6:48	8.8
56	ŁUKASZEWICZ Joanna	331	K45-49	3				00:08:40	00:16:52	00:34:09.90	00:42:50.30	+00:04:47	6:50	8.8
57	ZAŃKO Katarzyna	455	K40-44	2				00:08:15	00:16:46	00:34:10.15	00:42:25.55	+00:04:48	6:50	8.8
58	DUDEK Edward	238	M65-69	4				00:05:02	00:16:42	00:34:14.60	00:39:17.55	+00:04:52	6:51	8.8
59	LESIŃSKA Marzena	323	K50-54	3				00:09:15	00:17:08	00:34:24.95	00:43:40.60	+00:05:02	6:53	8.7
60	CHAMIELEC Bogusław	222	M45-49	5				00:03:02	00:17:14	00:34:34.20	00:37:36.30	+00:05:12	6:54	8.7
61	WIERCHANOWSKI Bogdan	436	M55-59	9		1		00:03:54	00:17:20	00:34:40.05	00:38:34.25	+00:05:17	6:56	8.7
62	CHUDZIŃSKI Andrzej	468	M65-69	5		1		00:05:03	00:17:15	00:34:49.10	00:39:52.55	+00:05:27	6:57	8.6
63	KOŁODZIEJCZAK Beata	294	K40-44	3				00:08:15	00:17:09	00:34:49.25	00:43:04.65	+00:05:27	6:57	8.6
64	WESOŁOWSKI Wojciech	343	M60-64	6				00:04:29	00:17:11	00:34:49.65	00:39:18.65	+00:05:27	6:57	8.6
65	NETKOWSKI Wojciech	347	M55-59	10				00:03:54	00:17:03	00:34:53.60	00:38:47.85	+00:05:31	6:58	8.6
66	RAKOWIECKI Zbigniew	368	M50-54	7				00:03:26	00:17:17	00:34:54.15	00:38:20.75	+00:05:32	6:58	8.6
67	PUSZKIEL Jan	364	M55-59	11				00:03:52	00:17:19	00:34:57.20	00:38:50.15	+00:05:35	6:59	8.6
68	SCHNEIDER Helmut	379	M70+	1				00:05:30	00:17:23	00:34:57.35	00:40:27.85	+00:05:35	6:59	8.6
69	JERNEJ Anna Maria	280	K55-59	4				00:09:39	00:17:11	00:35:03.10	00:44:42.25	+00:05:41	7:00	8.6
70	RYBAŁTOWSK Paweł	376	M70+	2				00:05:30	00:17:38	00:35:03.40	00:40:34.05	+00:05:41	7:00	8.6
71	ROMANOWSKI Marcin	484	M30-39	4				00:02:16	00:17:15	00:35:05.50	00:37:22.10	+00:05:43	7:01	8.5

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72	KUCZYK Jarosław	314	M55-59	12				00:03:54	00:17:16	00:35:11.85	00:39:06.65	+00:05:49	7:02	8.5
73	MIKOŁAJCZAK Jan	342	M-Disabled	3	1			00:04:29	00:17:19	00:35:17.15	00:39:46.70	+00:05:55	7:03	8.5
74	ŚLUSARCZYK Marcin	416	M30-39	5				00:02:15	00:17:15	00:35:19.00	00:37:34.55	+00:05:56	7:03	8.5
75	SŁOWIK Dariusz	386	M30-39	6				00:02:16	00:17:28	00:35:23.75	00:37:40.50	+00:06:01	7:04	8.5
76	KWAPIS Mariusz	483	M18-29	4				00:01:57	00:17:17	00:35:30.50	00:37:27.90	+00:06:08	7:06	8.5
77	KURZAWSKA Jolanta	316	K65-69	1				00:10:29	00:17:41	00:35:34.25	00:46:03.80	+00:06:12	7:06	8.4
78	MALCZYK Anna	335	K30-39	2				00:07:38	00:17:54	00:35:35.10	00:43:13.65	+00:06:13	7:07	8.4
79	NOWROTEK Roman	351	M65-69	6				00:05:02	00:17:18	00:35:37.30	00:40:39.80	+00:06:15	7:07	8.4
80	BIK Przemysław	214	M-Child	1				00:01:21	00:16:56	00:35:40.35	00:37:01.80	+00:06:18	7:08	8.4
81	GAPIŃSKA Janina	250	K55-59	5				00:09:37	00:17:42	00:35:44.80	00:45:22.05	+00:06:22	7:09	8.4
82	KOWALCZYK Edyta	482	K45-49	4				00:08:42	00:17:41	00:35:52.90	00:44:35.50	+00:06:30	7:10	8.4
83	TOMASIK Marta	426	K30-39	3				00:07:40	00:17:54	00:35:53.60	00:43:33.95	+00:06:31	7:10	8.4
84	JANECKI Dariusz	278	M55-59	13				00:03:54	00:17:37	00:35:55.05	00:39:49.30	+00:06:32	7:11	8.4
85	STOLARSKA Joanna	400	K-Jun.	2				00:06:30	00:17:43	00:36:00.65	00:42:30.95	+00:06:38	7:12	8.3
86	CZYCZ Kazimierz	230	M60-64	7				00:04:30	00:17:51	00:36:02.30	00:40:32.40	+00:06:40	7:12	8.3
87	LASOTA Karolina	322	K18-29	1				00:06:57	00:17:52	00:36:10.30	00:43:08.00	+00:06:48	7:14	8.3
88	SULECKA Gabriela	405	K-Disabled	1	1			00:09:38	00:17:51	00:36:10.60	00:45:48.75	+00:06:48	7:14	8.3
89	KOPCZYŃSKI Jakub	297	M18-29	5				00:01:58	00:17:43	00:36:12.05	00:38:10.90	+00:06:49	7:14	8.3
90	ŻOŁNO Magdalena	461	K50-54	4				00:09:16	00:17:53	00:36:12.20	00:45:28.95	+00:06:50	7:14	8.3
91	STECYK Marcin	395	M18-29	6				00:01:58	00:17:45	00:36:14.35	00:38:12.60	+00:06:52	7:14	8.3
92	JANECKA Agnieszka	277	K40-44	4				00:08:16	00:17:45	00:36:18.85	00:44:35.70	+00:06:56	7:15	8.3
93	MORAWSKI Jarosław	345	M40-44	9				00:02:42	00:17:53	00:36:20.10	00:39:02.80	+00:06:58	7:16	8.3
94	CZYCZ Emilia	229	K65-69	2				00:10:30	00:17:58	00:36:20.75	00:46:51.45	+00:06:58	7:16	8.3
95	STYGA Krystyna	403	K50-54	5				00:09:15	00:18:01	00:36:21.55	00:45:37.35	+00:06:59	7:16	8.2
96	TUCZYŃSKA Barbara	430	K30-39	4		1		00:07:40	00:17:56	00:36:21.90	00:44:02.50	+00:06:59	7:16	8.2
97	DONIGIEWICZ Janusz	234	M60-64	8				00:04:27	00:17:56	00:36:23.40	00:40:51.20	+00:07:01	7:16	8.2
98	KOTULA Jakub	300	M30-39	7				00:02:15	00:17:55	00:36:24.55	00:38:40.15	+00:07:02	7:17	8.2
99	SYKISZ Maksym	409	M30-39	8		1		00:02:16	00:18:01	00:36:25.55	00:38:41.65	+00:07:03	7:17	8.2
100	TRATTNIG Claudia	429	K40-44	5				00:08:18	00:18:04	00:36:26.20	00:44:44.95	+00:07:04	7:17	8.2
101	WILDAUER Ingo	439	M55-59	14				00:03:53	00:18:08	00:36:33.70	00:40:26.85	+00:07:11	7:18	8.2
102	SOWA Jan	391	M70+	3				00:05:30	00:18:10	00:36:34.15	00:42:04.50	+00:07:12	7:18	8.2
103	KONASZCZUK Agnieszka	295	K30-39	5		1		00:07:39	00:18:00	00:36:46.65	00:44:25.65	+00:07:24	7:21	8.2
104	ŁOPIŃSKI Aleksy	329	M65-69	7				00:05:02	00:18:30	00:36:51.30	00:41:53.35	+00:07:29	7:22	8.1
105	GALĘZA Marta	249	K30-39	6				00:07:41	00:18:40	00:36:58.55	00:44:39.90	+00:07:36	7:23	8.1
106	CIESIELSKI Krzysztof	226	M60-64	9				00:04:27	00:18:23	00:37:01.75	00:41:29.30	+00:07:39	7:24	8.1
107	NIEDL Margot	350	K45-49	5				00:08:41	00:18:11	00:37:03.50	00:45:45.35	+00:07:41	7:24	8.1
108	WIERZCHOSŁAWSKI Mateusz	438	M18-29	7				00:01:57	00:18:22	00:37:07.80	00:39:05.25	+00:07:45	7:25	8.1
109	WALENDZIAK Jan	457	M-Child	2				00:01:21	00:17:13	00:37:10.30	00:38:31.65	+00:07:48	7:26	8.1
110	KORDOWSKA Bogusława	298	K40-44	6				00:08:16	00:18:43	00:37:11.10	00:45:27.15	+00:07:49	7:26	8.1
111	KRZYŻANOWSKI Wojciech	309	M45-49	6				00:03:01	00:18:21	00:37:16.75	00:40:17.85	+00:07:54	7:27	8.1
112	PIKSA Kazimierz	473	M65-69	8				00:05:04	00:18:33	00:37:18.80	00:42:23.20	+00:07:56	7:27	8
113	ŚLUSARCZYK Andrzej	417	M65-69	9				00:05:03	00:18:43	00:37:19.65	00:42:22.70	+00:07:57	7:27	8
114	ŻUCHOWICZ Elżbieta	472	K55-59	6				00:09:38	00:18:29	00:37:25.10	00:47:03.80	+00:08:03	7:29	8
115	TIPPMANN Ronny	425	M40-44	10				00:02:41	00:18:02	00:37:28.25	00:40:10.20	+00:08:06	7:29	8

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Disabled	Żół. kartki	Czer. kartki	Czas startu	Start_All	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									2.5km	5km	5km			
116	PTAŚ Jolanta	477	K45-49	6				00:08:41	00:18:42	00:37:33.40	00:46:14.65	+00:08:11	7:30	8
117	FIGURSKA Dominika	241	K18-29	2				00:06:57	00:18:41	00:37:37.25	00:44:35.20	+00:08:15	7:31	8
118	WIERZCHOSŁAWSKA Agnieszka	437	K18-29	3				00:06:58	00:18:34	00:37:37.75	00:44:36.65	+00:08:15	7:31	8
119	RUDOLF Natalia	375	K30-39	7				00:07:39	00:18:38	00:37:41.50	00:45:21.20	+00:08:19	7:32	8
120	LASOTA Dorota	321	K45-49	7				00:08:41	00:18:41	00:37:43.05	00:46:24.20	+00:08:20	7:32	8
121	ILLITSCH Ewald	270	M60-64	10				00:05:03	00:18:44	00:37:43.15	00:42:46.45	+00:08:21	7:32	8
122	RIZZI Giorgio	370	M60-64	11				00:04:27	00:18:35	00:37:44.75	00:42:12.40	+00:08:22	7:33	7.9
123	STARZYŃSKA Ewa	393	K60-64	1				00:10:05	00:18:53	00:37:55.85	00:48:01.75	+00:08:33	7:35	7.9
124	STERN Delia	397	K-Jun.	3				00:06:06	00:19:15	00:37:56.90	00:44:03.45	+00:08:34	7:35	7.9
125	GOGÓŁ Jolanta	255	K50-54	6				00:09:17	00:18:43	00:37:57.10	00:47:14.65	+00:08:35	7:35	7.9
126	OLENDRZYŃSKI Mateusz	355	M-Disabled	4	1	2		00:01:43	00:18:52	00:37:57.35	00:39:40.45	+00:08:35	7:35	7.9
127	SIERACKA Katarzyna	381	K50-54	7				00:09:17	00:18:53	00:37:57.60	00:47:15.05	+00:08:35	7:35	7.9
128	BAJ Danuta	207	K55-59	7				00:09:17	00:18:57	00:37:59.90	00:47:17.70	+00:08:37	7:36	7.9
129	KUCZYK Jolanta	313	K50-54	8				00:09:17	00:18:56	00:38:02.00	00:47:19.15	+00:08:39	7:36	7.9
130	GABERT Beata	244	K45-49	8				00:08:41	00:19:07	00:38:03.40	00:46:45.00	+00:08:41	7:36	7.9
131	DROZD Maria	237	K45-49	9				00:08:40	00:19:02	00:38:04.05	00:46:45.00	+00:08:41	7:37	7.9
132	SUSKA Danuta	407	K-Disabled	2	1			00:10:29	00:18:52	00:38:08.65	00:48:38.20	+00:08:46	7:37	7.9
133	AGARWAL Ritu	320	K40-44	7				00:08:15	00:19:06	00:38:09.60	00:46:25.05	+00:08:47	7:38	7.9
134	MAJCHERCZYK Krzysztof	478	M60-64	12				00:04:28	00:18:56	00:38:16.40	00:42:44.80	+00:08:54	7:39	7.8
135	KUBIAK Dorian	311	M-Child	3		1		00:01:21	00:18:54	00:38:18.50	00:39:40.00	+00:08:56	7:39	7.8
136	GWAREK Anita	264	K45-49	10				00:08:42	00:19:02	00:38:29.50	00:47:12.20	+00:09:07	7:42	7.8
137	DOMIN Krystyna	233	K60-64	2				00:10:05	00:19:10	00:38:29.65	00:48:35.15	+00:09:07	7:42	7.8
138	KOWALCZYK Joanna	303	K40-44	8				00:08:17	00:19:08	00:38:32.50	00:46:49.75	+00:09:10	7:42	7.8
139	FASOLA Raffaella	240	K45-49	11				00:07:40	00:19:10	00:38:32.60	00:46:13.50	+00:09:10	7:42	7.8
140	STRZELECKA Małgorzata	401	K40-44	9				00:08:15	00:19:26	00:38:32.90	00:46:48.85	+00:09:10	7:42	7.8
141	MAŃKOWSKA Dorota	336	K50-54	9				00:09:18	00:19:07	00:38:36.00	00:47:54.75	+00:09:13	7:43	7.8
142	CHARCZUK Zenon	223	M55-59	15				00:03:54	00:19:18	00:38:40.65	00:42:35.25	+00:09:18	7:44	7.8
143	GERLE-KOTULA Anna	253	K30-39	8				00:07:39	00:19:18	00:38:45.60	00:46:24.70	+00:09:23	7:45	7.7
144	JANIAK Jarosław	467	M-Disabled	5	1			00:03:56	00:17:53	00:38:47.65	00:42:43.65	+00:09:25	7:45	7.7
145	ŚLUSARCZYK Grzegorz	418	M40-44	11				00:02:43	00:19:21	00:38:51.40	00:41:34.40	+00:09:29	7:46	7.7
146	PAKMUR Anna	357	K50-54	10		1		00:09:16	00:19:05	00:39:04.85	00:48:21.70	+00:09:42	7:49	7.7
147	BANASZAK Agata	208	K18-29	4				00:06:58	00:19:27	00:39:09.40	00:46:07.45	+00:09:47	7:49	7.7
148	WORONKO-ZACZYŃSKA Janina	446	K70+	1				00:10:56	00:18:57	00:39:10.35	00:50:06.60	+00:09:48	7:50	7.7
149	TIAN Qinghua	424	M30-39	9				00:02:16	00:19:25	00:39:19.45	00:41:35.55	+00:09:57	7:51	7.6
150	SZYJKA Izabela	415	K30-39	9				00:07:39	00:19:17	00:39:22.80	00:47:02.50	+00:10:00	7:52	7.6
151	THOMALLA Bogdan	423	M70+	4				00:05:32	00:20:07	00:39:30.50	00:45:02.90	+00:10:08	7:54	7.6
152	BABUSKA Mariola	205	K50-54	11				00:09:18	00:19:36	00:39:39.00	00:48:57.25	+00:10:16	7:55	7.6
153	RACZYŃSKA Aleksandra	365	K70+	2				00:10:56	00:19:27	00:39:41.15	00:50:37.60	+00:10:19	7:56	7.6
154	KLIMCZAK Piotr	291	M-Disabled	6	1			00:01:42	00:19:23	00:39:45.40	00:41:27.80	+00:10:23	7:57	7.5
155	BŁASZCZYK Monika	215	K30-39	10				00:07:39	00:19:19	00:39:48.00	00:47:27.85	+00:10:25	7:57	7.5
156	MARCZYK Jerzy	337	M55-59	16				00:03:55	00:19:37	00:39:49.30	00:43:44.45	+00:10:27	7:57	7.5
157	RADKA Iwona	366	K45-49	12				00:08:41	00:19:43	00:39:51.60	00:48:33.40	+00:10:29	7:58	7.5
158	MOŹDŻEŃ Barbara	346	K55-59	8				00:09:38	00:19:26	00:39:53.10	00:49:31.35	+00:10:31	7:58	7.5
159	ZAKRZEWSKA Henryka	454	K70+	3				00:10:57	00:19:38	00:39:57.20	00:50:54.70	+00:10:35	7:59	7.5

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Disabled	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
160	CZARNECKA Maria	228	K-Disabled	3	1			00:09:39	00:19:40	00:39:57.60	00:49:36.65	+00:10:35	7:59	7.5
161	MĄDRY Zdzisław	338	M60-64	13		1		00:05:02	00:19:29	00:40:05.00	00:45:07.20	+00:10:42	8:01	7.5
162	KARPIŃSKI Rafał	286	M40-44	12				00:02:41	00:19:55	00:40:06.15	00:42:48.10	+00:10:44	8:01	7.5
163	KOWALCZYK-LACHOWSKA Marta	304	K30-39	11				00:07:40	00:19:24	00:40:07.40	00:47:47.70	+00:10:45	8:01	7.5
164	BIELAWSKI Zdzisław	211	M60-64	14				00:04:31	00:20:03	00:40:10.80	00:44:42.15	+00:10:48	8:02	7.5
165	OMARSKA Grażyna	356	K55-59	9				00:09:38	00:19:56	00:40:11.45	00:49:49.80	+00:10:49	8:02	7.5
166	CIEŚLIK Magdalena	227	K30-39	12				00:07:40	00:20:11	00:40:13.00	00:47:53.35	+00:10:50	8:02	7.5
167	GASYNA Joanna	252	K30-39	13				00:07:41	00:20:11	00:40:18.90	00:48:00.55	+00:10:56	8:03	7.4
168	SZAŁAJ Anna	411	K60-64	3				00:10:04	00:20:10	00:40:29.40	00:50:33.85	+00:11:07	8:05	7.4
169	BERNASIEWICZ Józef	210	M55-59	17				00:04:01	00:20:32	00:40:32.45	00:44:34.05	+00:11:10	8:06	7.4
170	URBAN Jacek	433	M65-69	10				00:05:02	00:20:11	00:40:33.05	00:45:35.85	+00:11:10	8:06	7.4
171	STRZELECKI Sebastian 'Kaszana'	402	M40-44	13				00:02:42	00:20:12	00:40:35.95	00:43:18.75	+00:11:13	8:07	7.4
172	REMISZEWSKI Adam	369	M70+	5				00:05:31	00:20:03	00:40:41.25	00:46:12.40	+00:11:19	8:08	7.4
173	TRYBEK Wanda	476	K70+	4				00:10:56	00:20:31	00:40:49.00	00:51:45.70	+00:11:26	8:09	7.3
174	LEWANDOWSKA Małgorzata	324	K40-44	10				00:08:16	00:20:08	00:40:51.60	00:49:08.40	+00:11:29	8:10	7.3
175	KRAMER Leszek	305	M70+	6				00:05:32	00:20:13	00:40:54.10	00:46:26.25	+00:11:32	8:10	7.3
176	HOŁDA Jolanta	267	K60-64	4				00:10:05	00:20:25	00:40:54.90	00:51:00.75	+00:11:32	8:11	7.3
177	ZAGRAJEK Katarzyna	453	K40-44	11				00:08:16	00:20:26	00:41:01.05	00:49:17.90	+00:11:38	8:12	7.3
178	GORZELA Izabela	256	K30-39	14				00:07:40	00:20:28	00:41:08.20	00:48:48.60	+00:11:46	8:13	7.3
179	TATARYNOWICZ Namysław	422	M30-39	10				00:02:17	00:20:09	00:41:08.50	00:43:25.95	+00:11:46	8:13	7.3
180	SAWINIEC Piotr	378	M30-39	11				00:02:17	00:20:18	00:41:16.05	00:43:33.40	+00:11:53	8:15	7.3
181	SULMA Edyta	406	K40-44	12				00:08:17	00:20:38	00:41:19.05	00:49:36.75	+00:11:56	8:15	7.3
182	TRATTNIG Manfred	428	M45-49	7				00:03:01	00:20:22	00:41:20.75	00:44:22.00	+00:11:58	8:16	7.3
183	WÓJCIK Henryk	448	M70+	7				00:05:32	00:20:39	00:41:24.10	00:46:56.50	+00:12:02	8:16	7.2
184	JAGODZIŃSKI Andrzej	274	M55-59	18				00:03:55	00:20:27	00:41:24.70	00:45:20.15	+00:12:02	8:17	7.2
185	HAUSNER Dariusz	479	M45-49	8				00:03:03	00:20:14	00:41:34.60	00:44:38.05	+00:12:12	8:19	7.2
186	SŁOWIK Adam	387	M-Disabled	7	1			00:01:21	00:20:12	00:41:34.85	00:42:56.30	+00:12:12	8:19	7.2
187	PACYNA Helena	481	K65-69	3				00:10:31	00:20:46	00:41:37.95	00:52:09.85	+00:12:15	8:19	7.2
188	ADAMEK Klaudiusz	201	M-Disabled	8	1	1		00:01:44	00:20:33	00:41:44.60	00:43:28.70	+00:12:22	8:20	7.2
188	KRÓL Władysław	307	M60-64	15				00:04:29	00:20:46	00:41:44.60	00:46:14.20	+00:12:22	8:21	7.2
190	ARTYMICZ Maria	204	K60-64	5				00:10:04	00:20:25	00:41:44.65	00:51:48.75	+00:12:22	8:20	7.2
191	SOJA Jolanta	389	K55-59	10				00:09:38	00:20:42	00:41:51.60	00:51:29.85	+00:12:29	8:22	7.2
192	SUDOŁ Irena	404	K50-54	12				00:09:16	00:20:45	00:41:57.40	00:51:14.05	+00:12:35	8:23	7.1
193	NIECHWIEJCZYK Kinga	349	K-Child	1				00:06:05	00:20:48	00:41:59.00	00:48:04.65	+00:12:36	8:23	7.1
194	GROBELNA Jadwiga	262	K60-64	6				00:10:04	00:20:33	00:42:01.60	00:52:06.40	+00:12:39	8:24	7.1
195	KULESZA Monika	315	K40-44	13				00:08:18	00:21:01	00:42:08.40	00:50:27.35	+00:12:46	8:25	7.1
196	HARTMAN Jadwiga	265	K60-64	7				00:10:05	00:21:06	00:42:15.30	00:52:20.55	+00:12:53	8:27	7.1
197	KAPECKI Kazimierz	285	M-Disabled	9	1			00:05:03	00:20:54	00:42:17.90	00:47:21.80	+00:12:55	8:27	7.1
198	LIPOWSKI Zdzisław	327	M70+	8				00:05:31	00:20:47	00:42:26.60	00:47:57.75	+00:13:04	8:29	7.1
199	ROMANIUK Grzegorz	371	M50-54	8				00:03:26	00:20:26	00:42:29.05	00:45:55.60	+00:13:06	8:29	7.1
200	LIKOWSKA Lidia	326	K40-44	14				00:08:18	00:21:05	00:42:33.55	00:50:51.85	+00:13:11	8:30	7.1
201	KUBIE Dominik	312	M-Disabled	10	1			00:01:42	00:20:58	00:42:41.60	00:44:24.55	+00:13:19	8:32	7
202	WIŚNIEWSKI Krystian	440	M-Disabled	11	1			00:01:22	00:20:42	00:42:43.25	00:44:05.50	+00:13:21	8:32	7

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Disabled	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
203	ŚWIRNIAK Krystyna	420	K60-64	8				00:10:04	00:21:23	00:42:50.45	00:52:54.85	+00:13:28	8:34	7
204	LUDWICZAK Oskar	328	M-Disabled	12	1			00:01:21	00:20:44	00:43:03.50	00:44:25.25	+00:13:41	8:36	7
205	ZŁAKOWSKA Korina	458	K40-44	15				00:08:16	00:21:17	00:43:18.50	00:51:34.80	+00:13:56	8:39	6.9
206	WÓJCIK Irena	447	K70+	5				00:10:57	00:21:37	00:43:21.65	00:54:19.15	+00:13:59	8:40	6.9
207	YANG Liqiang	450	M50-54	9				00:03:00	00:21:07	00:43:22.95	00:46:23.50	+00:14:00	8:40	6.9
208	GWÓZDŹ Danuta	308	K60-64	9				00:10:06	00:21:21	00:43:25.75	00:53:32.05	+00:14:03	8:41	6.9
209	GABIS Elżbieta	245	K55-59	11				00:09:40	00:21:27	00:43:27.35	00:53:07.65	+00:14:05	8:41	6.9
210	BŁĘDOWSKA Agata	470	K30-39	15				00:07:43	00:22:13	00:43:52.20	00:51:35.50	+00:14:30	8:46	6.8
211	WOJNAROWSKA Małgorzata	442	K30-39	16				00:07:41	00:21:59	00:43:58.15	00:51:39.25	+00:14:36	8:47	6.8
212	KOLBUSZ Janina	293	K65-69	4		1		00:10:31	00:21:50	00:44:01.25	00:54:32.25	+00:14:39	8:48	6.8
213	KULBAS-LEŚNA Aleksandra	471	K30-39	17				00:07:42	00:22:15	00:44:03.20	00:51:45.55	+00:14:41	8:48	6.8
214	PUSTELNIK Elżbieta	361	K30-39	18				00:07:41	00:21:40	00:44:09.15	00:51:50.90	+00:14:47	8:49	6.8
215	BOSEK Grzegorz	220	M-Disabled	13	1			00:07:45	00:22:23	00:44:11.10	00:51:56.10	+00:14:49	8:50	6.8
216	BOSEK Ewa	219	K-Disabled	4	1			00:07:46	00:22:23	00:44:11.30	00:51:57.45	+00:14:49	8:50	6.8
217	JAGODZŃSKA Bożena	275	K55-59	12				00:09:37	00:21:45	00:44:12.80	00:53:50.40	+00:14:50	8:50	6.8
218	SOKOŁOWSKA Weronika	390	K18-29	5				00:06:59	00:21:46	00:44:15.20	00:51:14.90	+00:14:53	8:51	6.8
219	KOWALCZYK Magdalena	301	K18-29	6				00:06:58	00:22:10	00:44:15.85	00:51:14.40	+00:14:53	8:51	6.8
220	TABOŁA Marta	485	K30-39	19				00:07:43	00:21:58	00:44:25.35	00:52:08.70	+00:15:03	8:53	6.8
221	SZAŁAJ Aleksandra	410	K30-39	20		1		00:07:41	00:21:58	00:44:29.10	00:52:10.85	+00:15:07	8:53	6.7
222	ŚLUSARCZYK Karolina	419	K-Child	2				00:06:05	00:21:37	00:44:42.80	00:50:48.30	+00:15:20	8:56	6.7
223	GORZELA Marcin	257	M40-44	14				00:02:43	00:22:08	00:44:50.30	00:47:33.40	+00:15:28	8:58	6.7
224	MIKITIUK Beata	344	K40-44	16				00:08:17	00:22:36	00:44:50.50	00:53:08.05	+00:15:28	8:58	6.7
225	GAJEWSKA Aleksandra	246	K55-59	13				00:09:39	00:22:14	00:44:56.40	00:54:35.65	+00:15:34	8:59	6.7
226	ZABŁOTNA Katarzyna	451	K40-44	17				00:08:17	00:22:26	00:44:59.00	00:53:16.85	+00:15:36	8:59	6.7
227	ROMANIUK Krystyna	372	K50-54	13				00:09:16	00:22:22	00:44:59.90	00:54:16.85	+00:15:37	9:00	6.7
228	ŁUCZYSZYN Stanisława	330	K65-69	5				00:10:30	00:21:58	00:45:15.40	00:55:45.45	+00:15:53	9:03	6.6
229	SUPERNAT Jan	464	M70+	9				00:05:30	00:22:21	00:45:23.45	00:50:53.80	+00:16:01	9:04	6.6
230	KONOPIŃSKA Daria	296	K30-39	21				00:07:41	00:22:35	00:45:34.15	00:53:15.35	+00:16:12	9:06	6.6
231	PIERZCHAŁA Izabela	359	K30-39	22				00:07:39	00:22:37	00:45:35.65	00:53:15.45	+00:16:13	9:07	6.6
232	PLEBAŃCZYK Anna	360	K30-39	23				00:07:42	00:22:51	00:45:36.90	00:53:19.60	+00:16:14	9:07	6.6
233	CHOLEWA Maria	224	K65-69	6				00:10:29	00:22:42	00:45:41.35	00:56:11.20	+00:16:19	9:08	6.6
234	WLAZLO Elżbieta	441	K70+	6		1		00:10:57	00:22:30	00:45:41.90	00:56:39.40	+00:16:19	9:08	6.6
235	GÓRAL Paula	258	K-Disabled	5	1			00:06:05	00:21:37	00:45:48.35	00:51:54.20	+00:16:26	9:09	6.5
236	MACHAJEK Krzysztof	332	M60-64	16				00:04:30	00:22:36	00:46:03.80	00:50:33.85	+00:16:41	9:12	6.5
237	TYSIAK Czesława	431	K70+	7				00:10:56	00:22:30	00:46:20.00	00:57:16.75	+00:16:57	9:16	6.5
238	GRYGOROWICZ Teresa	269	K60-64	10				00:10:05	00:22:44	00:46:24.55	00:56:30.45	+00:17:02	9:17	6.5
239	FOLLHER Jagoda	242	K-Disabled	6	1			00:06:05	00:21:40	00:47:37.00	00:53:42.65	+00:18:14	9:31	6.3
240	LOBERT-SUPERNAT Ewa	465	K60-64	11				00:10:05	00:23:24	00:47:38.60	00:57:43.90	+00:18:16	9:31	6.3
241	FRAGER Anton	243	M65-69	11				00:05:31	00:23:23	00:47:48.25	00:53:19.90	+00:18:26	9:33	6.3
242	BIJAK Ewa	212	K65-69	7				00:10:30	00:23:26	00:47:50.80	00:58:21.70	+00:18:28	9:34	6.3
243	KAPECKA Krystyna	284	K65-69	8				00:10:30	00:23:27	00:47:51.65	00:58:22.55	+00:18:29	9:34	6.3
244	TYLUTKI Andrzej	469	M45-49	9				00:03:02	00:24:11	00:48:34.90	00:51:37.15	+00:19:12	9:43	6.2
245	DORUCH Ewa	480	K55-59	14				00:08:42	00:23:54	00:48:54.85	00:57:37.55	+00:19:32	9:47	6.1
246	TATARYNOWICZ Eugeniusz	421	M70+	10		1		00:05:31	00:24:24	00:49:26.20	00:54:57.25	+00:20:04	9:53	6.1

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Disabled	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	WIDAWSKI Andrzej	435	M45-49	10				00:03:55	00:25:41	00:51:53.70	00:55:49.55	+00:22:31	10:22	5.8
248	JANYST Barbara	279	K60-64	12				00:10:06	00:24:28			+00:10:03	9:47	6.1
249	JANCZAK-NALEWAJ Krystyna	276	M65-69	12				00:10:06	00:24:28			+00:10:02	9:47	6.1
250	OLEJCZYK Renata	353	K45-49	13				00:08:41	00:26:12			+00:11:46	10:28	5.7
DQ	GRASSL Johann	260	M60-64				1	DQ	00:16:33 DQ	00:33:28.80 DQ DQ			-	-
DQ	SIWAK Piotr	383	M55-59				1	DQ	00:15:11 DQ	00:33:37.70 DQ DQ			-	-
DQ	MAJCHERCZYK Wacław	475	M70+				1	DQ	00:19:59 DQ	00:39:49.10 DQ DQ			-	-
DQ	ZACZYŃSKA Anna	452	K30-39				1	DQ	00:15:39 DQ	DQ	DQ		-	-
DQ	GRIMM Dirk	261	M30-39				1	DQ	DQ	DQ	DQ		-	-
DQ	RZEPKA Artur	377	M-Disabled		1		1	DQ	DQ	DQ	DQ		-	-
DQ	LICKIEWICZ Ewa	325	K40-44				1	DQ	DQ	DQ	DQ		-	-

Znaleziono 257 wynik(ów)