



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Wydarzenie:

OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR
POLSKI NORDIC WALKING

Organizator:

PFNW

Data:

2017-08-05

Miejsce:

Osielsko

Dystans:

5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PIETRZYK Angelika	299	RTB TRACKER PODKOWA JANÓW	K-Junior	1			00:09:08	00:32:15.10	00:41:23.45		6:27	9.3 (100%)
2	MIELECKA Agnieszka	245	KS SOKÓŁ GAŚAWA	K45-49	1			00:11:12	00:32:37.80	00:43:50.75	+00:00:22 (1.2%)	6:31	9.2 (98.9%)
3	KOMAR Beata	159	FACE NORDIC WALKING TEAM	K45-49	2			00:11:13	00:33:43.90	00:44:57.05	+00:01:28 (4.4%)	6:44	8.9 (95.7%)
4	ZAŃKO Katarzyna	443	KS METRACO POLKOWICE	K40-44	1			00:10:44	00:33:52.25	00:44:36.25	+00:01:37 (4.8%)	6:46	8.9 (95.7%)
5	POLEWCZAK Aneta	306	CLLEO ZAWIERCIE	K45-49	3			00:11:14	00:33:57.95	00:45:12.50	+00:01:42 (5.0%)	6:47	8.8 (94.6%)
6	OKRZESIK-FRĄCKOWIAK Izabela	280	ZS ROSKO	K45-49	4			00:11:13	00:34:06.25	00:45:19.90	+00:01:51 (5.4%)	6:49	8.8 (94.6%)
7	BORKOWSKA Lidia	26	FACE NORDIC WALKING TEAM	K50-54	1			00:11:45	00:34:25.50	00:46:11.40	+00:02:10 (6.3%)	6:53	8.7 (93.5%)
8	TRĘSCIŃSKA Justyna	403	RTB TRACKER PODKOWA JANÓW	K-Dzieci	1			00:08:43	00:34:30.50	00:43:13.60	+00:02:15 (6.5%)	6:54	8.7 (93.5%)
9	JÓŹWIAK Marianna	129	WTW WŁOCŁAWEK	K40-44	2			00:10:44	00:34:38.00	00:45:22.60	+00:02:22 (6.9%)	6:55	8.7 (93.5%)
10	BRANCZEWSKA Ewa	30	NW WERWA MŁAWA	K30-39	1			00:10:13	00:34:51.95	00:45:05.35	+00:02:36 (7.5%)	6:58	8.6 (92.5%)
11	KREZMER Marzena	175	CLLEO ZAWIERCIE	K30-39	2			00:10:14	00:35:10.20	00:45:24.55	+00:02:55 (8.3%)	7:02	8.5 (91.4%)
12	LESIŃSKA Marzena	209	KS METRACO POLKOWICE	K50-54	2			00:11:42	00:35:11.45	00:46:53.75	+00:02:56 (8.4%)	7:02	8.5 (91.4%)
13	NACZK Wiktoria	262	DYNAMIC	K-Junior	2			00:09:07	00:35:22.80	00:44:30.45	+00:03:07 (8.8%)	7:04	8.5 (91.4%)
14	SZYMSKA Małgorzata	384	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	3			00:10:13	00:35:29.30	00:45:42.95	+00:03:14 (9.1%)	7:05	8.5 (91.4%)
15	RAKUĆ Angelika	321	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:09:41	00:35:30.55	00:45:11.70	+00:03:15 (9.2%)	7:06	8.5 (91.4%)
16	STOLARSKA Joanna	355	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Junior	3			00:09:10	00:35:36.20	00:44:46.70	+00:03:21 (9.4%)	7:07	8.4 (90.3%)
17	SAKOWSKA Krystyna	331	PASJA NORDIC WALKING	K40-44	3			00:10:45	00:35:40.05	00:46:25.85	+00:03:24 (9.6%)	7:08	8.4 (90.3%)
18	PARTYKA Teresa	290	WESOŁY BORSUK TEAM	K55-59	1			00:12:14	00:35:47.35	00:48:02.00	+00:03:32 (9.9%)	7:09	8.4 (90.3%)
19	SULIKOWSKA Agnieszka	363	PASJA NORDIC WALKING	K30-39	4			00:10:17	00:35:50.35	00:46:07.50	+00:03:35 (10.0%)	7:10	8.4 (90.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
20	KOWALCZYK Edyta	164	KS METRACO POLKOWICE	K45-49	5			00:11:16	00:36:00.70	00:47:17.30	+00:03:45 (10.4%)	7:12	8.3 (89.2%)
21	RECZULSKA Katarzyna	323	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA /RTB TRACKER LKS PODKOWA JANÓW	K45-49	6			00:11:16	00:36:10.95	00:47:27.40	+00:03:55 (10.9%)	7:14	8.3 (89.2%)
22	NOWALIŃSKA Anastazja	275	FACE NORDIC WALKING TEAM	K-Junior	4			00:09:09	00:36:12.05	00:45:21.65	+00:03:56 (10.9%)	7:14	8.3 (89.2%)
23	GAŁAŚ Joanna	88	PASJA NORDIC WALKING	K18-29	2			00:09:42	00:36:25.00	00:46:07.00	+00:04:09 (11.4%)	7:17	8.2 (88.2%)
23	FIGURSKA Dominika	81	FACE NORDIC WALKING TEAM	K18-29	3			00:09:42	00:36:25.00	00:46:07.00	+00:04:09 (11.4%)	7:17	8.2 (88.2%)
25	NIETRZEBKA Aleksandra	265	GRUPA NW CZŁAPSKI WARSZAWA	K18-29	4			00:09:40	00:36:34.00	00:46:14.70	+00:04:18 (11.8%)	7:18	8.2 (88.2%)
26	KANIEWSKA Beata	138	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	7			00:11:17	00:36:37.80	00:47:55.10	+00:04:22 (12.0%)	7:19	8.2 (88.2%)
27	STYGA Krystyna	362	KKNW	K55-59	2			00:12:14	00:36:38.40	00:48:53.05	+00:04:23 (12.0%)	7:19	8.2 (88.2%)
28	KUPIBIDA Bogusława	197	SILESIA NORDIC TEAM	K55-59	3	1		00:12:15	00:36:40.55	00:48:55.85	+00:04:25 (12.1%)	7:20	8.2 (88.2%)
29	BRAĞIEL Krystyna	32		K60-64	1			00:12:52	00:36:49.65	00:49:41.85	+00:04:34 (12.4%)	7:21	8.1 (87.1%)
30	MARCINKOWSKA Agnieszka	233	UNIA MIAST	K-Dzieci	2			00:08:42	00:36:52.05	00:45:34.70	+00:04:36 (12.5%)	7:22	8.1 (87.1%)
31	SZENDZIELORZ Ilona	368	FABRIKANORDIKA	K60-64	2			00:12:48	00:36:52.30	00:49:41.05	+00:04:37 (12.5%)	7:22	8.1 (87.1%)
32	KRĘCKA Irena	177	FACE NORDIC WALKING TEAM	K50-54	3			00:11:37	00:36:52.85	00:48:30.15	+00:04:37 (12.6%)	7:22	8.1 (87.1%)
33	WARCHALSKA Teresa Alicja	414	UNIA MIAST	K65-69	1			00:13:33	00:36:52.95	00:50:26.35	+00:04:37 (12.6%)	7:22	8.1 (87.1%)
34	BARUCH Henryka	13	DĄBROWA NORDIC TEAM	K65-69	2			00:13:32	00:36:53.45	00:50:25.80	+00:04:38 (12.6%)	7:22	8.1 (87.1%)
35	STRZELECKA Małgorzata	360	SAILING TEAMFERAJNA	K45-49	8			00:11:14	00:36:59.60	00:48:13.60	+00:04:44 (12.8%)	7:23	8.1 (87.1%)
36	WIERZCHOSŁAWSKA Agnieszka	425		K18-29	5			00:09:41	00:37:03.70	00:46:45.55	+00:04:48 (13.0%)	7:24	8.1 (87.1%)
37	WAWRZYNIAK Anna	419	FACE NORDIC WALKING TEAM	K40-44	4			00:10:43	00:37:08.80	00:47:52.70	+00:04:53 (13.2%)	7:25	8.1 (87.1%)
38	MARONDEL Katarzyna	236	SILESIA NORDIC TEAM	K30-39	5			00:10:14	00:37:09.30	00:47:24.05	+00:04:54 (13.2%)	7:26	8.1 (87.1%)
39	ZIELIŃSKA Jolanta	449	GOSIR OSIELSKO	K55-59	4			00:12:19	00:37:10.95	00:49:30.60	+00:04:55 (13.3%)	7:26	8.1 (87.1%)
40	MORYS Agnieszka	254	FABRIKANORDIKA	K30-39	6			00:10:15	00:37:12.45	00:47:27.55	+00:04:57 (13.3%)	7:26	8.1 (87.1%)
41	PILECKA PRĄDZYŃSKA Anna	515	PENDOLINO	K60-64	3			00:12:48	00:37:18.20	00:50:06.55	+00:05:03 (13.5%)	7:27	8 (86.0%)
42	GRZEMPA Karolina	112	STOWARZYSZENIE 'JESTEM AKTYWNA'	K30-39	7			00:10:19	00:37:20.05	00:47:39.95	+00:05:04 (13.6%)	7:28	8 (86.0%)
43	CHOLEWIŃSKA Longina	47	HERNIK TEAM	K50-54	4			00:11:41	00:37:22.00	00:49:03.65	+00:05:06 (13.7%)	7:28	8 (86.0%)
44	MALKIEWICZ Małgorzata	228	KSK ŻYJ AKTYWNIE KOŁCZYĞŁOWY	K50-54	5			00:11:43	00:37:27.85	00:49:10.85	+00:05:12 (13.9%)	7:29	8 (86.0%)
45	GRYGOROWICZ Teresa	109	KS METRACO POLKOWICE	K65-69	3			00:13:32	00:37:29.65	00:51:02.10	+00:05:14 (14.0%)	7:30	8 (86.0%)
46	GRZYWOCZ Irena	114		K65-69	4			00:13:34	00:37:30.10	00:51:04.10	+00:05:15 (14.0%)	7:30	8 (86.0%)
47	GWAREK Anita	116	PASJA NORDIC WALKING	K45-49	9			00:11:15	00:37:32.65	00:48:48.35	+00:05:17 (14.1%)	7:30	8 (86.0%)
48	SZYNKIEWICZ Katarzyna	385		K40-44	5			00:10:44	00:37:43.70	00:48:28.55	+00:05:28 (14.5%)	7:32	8 (86.0%)

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49	KARASIŃSKA Alicja	139	NOWI SIEDLCE	K45-49	10			00:11:14	00:37:44.20	00:48:58.50	+00:05:29 (14.5%)	7:32	8 (86.0%)
50	GŁOMBICA Ewa	99	WESOŁY BORSUK TEAM	K30-39	8			00:10:16	00:37:48.10	00:48:04.70	+00:05:33 (14.7%)	7:33	7.9 (84.9%)
51	EWERTOWSKA Ewa	80	NORDIC WALKING KIEKRZ	K45-49	11			00:11:15	00:37:55.10	00:49:10.20	+00:05:40 (14.9%)	7:35	7.9 (84.9%)
52	BORYCHOWSKA Marlena	450	HERKULES	K18-29	6			00:09:46	00:38:01.95	00:47:48.00	+00:05:46 (15.2%)	7:36	7.9 (84.9%)
53	NOWAK Aleksandra	269	TEAM CZYŚCIK	K18-29	7			00:09:44	00:38:02.10	00:47:46.25	+00:05:47 (15.2%)	7:36	7.9 (84.9%)
54	MACZKOWSKA Zofia	223	LKS ZANTYR	K-Dzieci	3			00:08:43	00:38:09.60	00:46:52.90	+00:05:54 (15.5%)	7:37	7.9 (84.9%)
55	KWAŚNA Małgorzata	203	CHODZĘ Z SERCEM	K45-49	12			00:11:12	00:38:18.95	00:49:31.90	+00:06:03 (15.8%)	7:39	7.8 (83.9%)
56	GIERSZEWSKA Magdalena	96	KSK ŻYJ AKTYWNIĘ KOŁCZYGŁOWY	K40-44	6			00:10:46	00:38:20.90	00:49:07.20	+00:06:05 (15.9%)	7:40	7.8 (83.9%)
57	FOJCIK Gabriela	82	RYBNICKI KLUB NORDIC WALKING	K50-54	6			00:11:42	00:38:23.05	00:50:05.45	+00:06:07 (16.0%)	7:40	7.8 (83.9%)
58	SZALECKA Grażyna	366	LKS ZANTYR	K65-69	5			00:13:36	00:38:32.45	00:52:09.35	+00:06:17 (16.3%)	7:42	7.8 (83.9%)
59	STRELCZUK Małgorzata	358	PIEKARY ŚLĄSKIE KOMAR	K- Niepełnosprawni(B)	1			00:19:26	00:38:44.80	00:58:11.30	+00:06:29 (16.8%)	7:45	7.7 (82.8%)
60	ŚWIERCZYŃSKA Joanna	394	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K45-49	13			00:11:19	00:38:44.90	00:50:03.90	+00:06:29 (16.8%)	7:44	7.7 (82.8%)
61	WALCZAK Maria	467	KS SOKÓŁ GAŚAWA	K30-39	9			00:10:13	00:38:47.45	00:49:01.40	+00:06:32 (16.9%)	7:45	7.7 (82.8%)
62	CHOLEWKA Jolanta	49	MARSZ PO ZDROWIE POZNAŃ	K60-64	4			00:12:47	00:38:50.15	00:51:37.75	+00:06:35 (17.0%)	7:46	7.7 (82.8%)
63	SPYCHAŁA-KARAPULKA Arleta	349	MARSZ PO ZDROWIE POZNAŃ	K45-49	14			00:11:16	00:38:55.30	00:50:11.30	+00:06:40 (17.1%)	7:47	7.7 (82.8%)
64	KOCHOWICZ Malwina	155	SUMMER ISLAND	K18-29	8			00:09:41	00:38:59.65	00:48:41.15	+00:06:44 (17.3%)	7:48	7.7 (82.8%)
65	HISZPAŃSKA Katarzyna	122	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	9			00:09:42	00:39:00.15	00:48:42.20	+00:06:45 (17.3%)	7:48	7.7 (82.8%)
66	KUTNIEWSKA Maria	202	FACE NORDIC WALKING TEAM	K55-59	5			00:12:16	00:39:04.55	00:51:20.65	+00:06:49 (17.5%)	7:48	7.7 (82.8%)
67	CIAŻYŃSKA Dorota	56	KS SOKÓŁ GAŚAWA	K45-49	15			00:11:14	00:39:09.30	00:50:24.20	+00:06:54 (17.6%)	7:50	7.7 (82.8%)
68	ZIELINKIEWICZ Wiktoria	448	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	4			00:08:45	00:39:09.40	00:47:55.20	+00:06:54 (17.6%)	7:50	7.7 (82.8%)
69	GÓRSKA Violetta	104	GOSIR OSIELSKO	K50-54	7			00:11:42	00:39:19.25	00:51:02.05	+00:07:04 (18.0%)	7:52	7.6 (81.7%)
70	DADOS Julia	62	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Junior	5	1		00:09:11	00:39:23.95	00:48:35.05	+00:07:08 (18.1%)	7:52	7.6 (81.7%)
71	OLEŚ Elżbieta	282	NW WERWA MŁAWA	K65-69	6			00:13:32	00:39:26.30	00:52:58.60	+00:07:11 (18.2%)	7:53	7.6 (81.7%)
72	SZYCKO Oliwia	378	DWA KIJE SŁUPSK	K-Dzieci	5			00:08:42	00:39:27.95	00:48:10.30	+00:07:12 (18.3%)	7:53	7.6 (81.7%)
73	BYSTRZYŃSKA Emilia	42		K30-39	10			00:10:17	00:39:28.40	00:49:46.20	+00:07:13 (18.3%)	7:53	7.6 (81.7%)
74	KUCZYŃSKA Anna	190	NORDIC WALKING KIEKRZ	K55-59	6			00:12:17	00:39:30.85	00:51:47.90	+00:07:15 (18.4%)	7:54	7.6 (81.7%)
75	MATLEWSKA Agnieszka	238	FACE NORDIC WALKING TEAM	K40-44	7			00:10:44	00:39:32.90	00:50:17.75	+00:07:17 (18.4%)	7:54	7.6 (81.7%)
76	KACZMAREK Zofia	132	TEAM CZYŚCIK	K55-59	7			00:12:18	00:39:33.50	00:51:51.65	+00:07:18 (18.5%)	7:54	7.6 (81.7%)
77	ŚLUSARCZYK Karolina	393	WESOŁY BORSUK TEAM	K-Dzieci	6			00:08:42	00:39:33.70	00:48:16.15	+00:07:18 (18.5%)	7:54	7.6 (81.7%)

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78	ROZMARYNOWSKA Karolina	326	SUMMER ISLAND	K-Junior	6			00:09:08	00:39:34.70	00:48:43.40	+00:07:19 (18.5%)	7:55	7.6 (81.7%)
79	PODSIADŁY Marlena	305	SANTANDER CONSUMER BANK	K55-59	8			00:12:17	00:39:35.70	00:51:53.15	+00:07:20 (18.5%)	7:55	7.6 (81.7%)
80	MARCINKOWSKA Renata	232	FACE NORDIC WALKING TEAM	K65-69	7			00:13:34	00:39:36.50	00:53:11.25	+00:07:21 (18.6%)	7:55	7.6 (81.7%)
81	JASOŃ Grażyna	466	DYNAMIC	K55-59	9			00:12:21	00:39:38.35	00:51:59.60	+00:07:23 (18.6%)	7:55	7.6 (81.7%)
82	KOZŁOWSKA Julia	171	DYNAMIC	K-Junior	7			00:09:08	00:39:39.00	00:48:47.45	+00:07:23 (18.7%)	7:55	7.6 (81.7%)
83	KUCHARSKA Monika	187		K40-44	8			00:10:47	00:39:40.30	00:50:27.70	+00:07:25 (18.7%)	7:56	7.6 (81.7%)
84	MIKOŁAJCZAK Małgorzata	249	AZS WROCŁAW	K- Niepełnosprawni(B)	2			00:19:24	00:39:43.60	00:59:08.10	+00:07:28 (18.8%)	7:56	7.6 (81.7%)
85	LABUDDA Katarzyna	205		K30-39	11			00:10:15	00:39:44.20	00:49:59.70	+00:07:29 (18.8%)	7:56	7.6 (81.7%)
86	RAJEWSKA Beata	318	PILSCY MIŁOŚNICY NORDIC WALKING	K40-44	9			00:10:48	00:39:44.95	00:50:33.40	+00:07:29 (18.9%)	7:57	7.5 (80.6%)
87	NAZAREWICZ Barbara	263	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	8			00:13:33	00:39:46.65	00:53:19.85	+00:07:31 (18.9%)	7:57	7.5 (80.6%)
88	ANGIELCZYK Małgorzata	473	MARSZ PO ZDROWIE POZNAŃ	K65-69	9			00:13:33	00:39:51.20	00:53:25.15	+00:07:36 (19.1%)	7:58	7.5 (80.6%)
89	LEWANDOWSKA Anna	215	SANTANDER CONSUMER BANK	K30-39	12			00:10:17	00:39:51.35	00:50:08.50	+00:07:36 (19.1%)	7:58	7.5 (80.6%)
90	GRZEMPA Róża	111	STOWARZYSZENIE 'JESTEM AKTYWNA'	K30-39	13			00:10:19	00:39:51.60	00:50:10.70	+00:07:36 (19.1%)	7:58	7.5 (80.6%)
91	KOSIŃSKA Maria	163	MOSIR RYPIN	K60-64	5			00:12:48	00:40:00.00	00:52:48.65	+00:07:44 (19.4%)	8:00	7.5 (80.6%)
92	KULIG Bożena	194	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	6			00:12:49	00:40:00.70	00:52:49.90	+00:07:45 (19.4%)	8:00	7.5 (80.6%)
93	KOZIOŁ Magdalena	167		K18-29	10			00:09:43	00:40:03.35	00:49:46.45	+00:07:48 (19.5%)	8:00	7.5 (80.6%)
94	BRZOZOWSKA Agnieszka	37	AMATOR TEAM	K30-39	14			00:10:13	00:40:06.95	00:50:20.75	+00:07:51 (19.6%)	8:01	7.5 (80.6%)
95	KAMIŃSKA Iwona	136	MOS ZATOKA BRANIEWO	K45-49	16			00:11:18	00:40:07.95	00:51:26.25	+00:07:52 (19.6%)	8:01	7.5 (80.6%)
96	ADAMIAK Małgorzata	3	OMEGA ŁÓDŹ	K- Niepełnosprawni(B)	3	1		00:19:24	00:40:08.40	00:59:33.20	+00:07:53 (19.7%)	8:01	7.5 (80.6%)
97	KOSICKA Beata	162	NORDIC WALKING KIEKRZ	K45-49	17			00:11:15	00:40:19.35	00:51:34.65	+00:08:04 (20.0%)	8:03	7.4 (79.6%)
98	MARCINIAK Hanna	231	WTW WŁOCŁAWEK	K55-59	10			00:12:19	00:40:20.70	00:52:39.75	+00:08:05 (20.1%)	8:04	7.4 (79.6%)
99	KOZŁOWSKA Natalia	170	GOSIR OSIELSKO	K-Junior	8			00:09:09	00:40:27.80	00:49:37.15	+00:08:12 (20.3%)	8:05	7.4 (79.6%)
100	MLEJNEK-DYLEWSKA Teresa	252		K30-39	15	1		00:10:16	00:40:31.80	00:50:48.10	+00:08:16 (20.4%)	8:06	7.4 (79.6%)
101	WOROCH Jolanta	436	DOPIEWO	K50-54	8			00:11:42	00:40:35.65	00:52:18.55	+00:08:20 (20.6%)	8:07	7.4 (79.6%)
102	WIKTORZAK Elżbieta	427	UNIA MIAST	K55-59	11			00:12:19	00:40:36.55	00:52:55.90	+00:08:21 (20.6%)	8:07	7.4 (79.6%)
103	HANUS Joanna	119		K- Niepełnosprawni(B)	4			00:15:11	00:40:40.35	00:55:51.50	+00:08:25 (20.7%)	8:08	7.4 (79.6%)
104	BURNA Iweta	41	FACE NORDIC WALKING TEAM	K40-44	10			00:10:45	00:40:47.30	00:51:32.85	+00:08:32 (20.9%)	8:09	7.4 (79.6%)
105	KUBIAK Anna	186	KS SOKÓŁ GAŚAWA	K50-54	9			00:11:41	00:40:48.30	00:52:29.95	+00:08:33 (21.0%)	8:09	7.4 (79.6%)
105	WYCISŁO Agata	440	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K- Niepełnosprawni(B)	5			00:15:12	00:40:48.30	00:56:00.80	+00:08:33 (21.0%)	8:09	7.4 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	JASIK Beata	126	WESOLY BORSUK TEAM	K30-39	16			00:10:15	00:40:52.40	00:51:08.25	+00:08:37 (21.1%)	8:10	7.3 (78.5%)
108	KRUSZONA Ewa	180	SANTANDER CONSUMER BANK	K45-49	18			00:11:18	00:40:59.85	00:52:17.90	+00:08:44 (21.3%)	8:11	7.3 (78.5%)
109	PANCEK Hanna	288	TADMAX	K60-64	7			00:12:50	00:41:05.70	00:53:55.85	+00:08:50 (21.5%)	8:13	7.3 (78.5%)
110	SZPALERSKA Mira	372	LKS ZANTYR	K65-69	10			00:13:34	00:41:16.85	00:54:51.55	+00:09:01 (21.9%)	8:15	7.3 (78.5%)
111	STOLARSKA Magdalena	356	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	19	1		00:11:17	00:41:19.95	00:52:37.05	+00:09:04 (22.0%)	8:16	7.3 (78.5%)
112	SZYMAŃSKA Lucyna	381	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	1			00:15:11	00:41:20.90	00:56:32.70	+00:09:05 (22.0%)	8:16	7.3 (78.5%)
113	KANIEWSKA Alicja	137	SUMMER ISLAND	K30-39	17			00:10:20	00:41:23.75	00:51:44.00	+00:09:08 (22.1%)	8:16	7.2 (77.4%)
114	BABIŃSKA Anna	8	DYNAMIC	K40-44	11			00:10:45	00:41:29.40	00:52:14.85	+00:09:14 (22.3%)	8:17	7.2 (77.4%)
115	LIPIŃSKA Justyna	411		K40-44	12			00:10:48	00:41:30.50	00:52:18.55	+00:09:15 (22.3%)	8:18	7.2 (77.4%)
116	MALISZEWSKA Marianna	226		K- Niepełnosprawni(B)	6			00:15:14	00:41:31.45	00:56:46.10	+00:09:16 (22.3%)	8:18	7.2 (77.4%)
117	NIECHWIEJCZYK Kinga	264	UNIA MIAST	K-Dzieci	7			00:08:43	00:41:38.00	00:50:21.10	+00:09:22 (22.5%)	8:19	7.2 (77.4%)
118	KREFT Jolanta	176	UNIA MIAST	K50-54	10			00:11:46	00:41:40.90	00:53:27.05	+00:09:25 (22.6%)	8:20	7.2 (77.4%)
119	BIK Katarzyna	19	KS METRACO POLKOWICE	K-Junior	9			00:09:09	00:41:41.05	00:50:50.15	+00:09:25 (22.6%)	8:20	7.2 (77.4%)
120	WYRZYKOWSKA Ewa	442		K50-54	11			00:11:42	00:41:42.95	00:53:25.00	+00:09:27 (22.7%)	8:20	7.2 (77.4%)
121	BAŁDYGA Iwona	10		K18-29	11			00:09:43	00:41:44.50	00:51:27.50	+00:09:29 (22.7%)	8:20	7.2 (77.4%)
122	GONCIARZ Katarzyna	482		K- Niepełnosprawni(B)	7			00:15:13	00:41:45.35	00:56:58.55	+00:09:30 (22.8%)	8:21	7.2 (77.4%)
123	PODOLSKA- SZACHEWICZ Julita	303		K30-39	18			00:10:19	00:41:47.15	00:52:07.05	+00:09:32 (22.8%)	8:21	7.2 (77.4%)
124	SZEWCZYK Julia	460	FACE NORDIC WALKING TEAM	K-Junior	10			00:09:08	00:41:51.85	00:51:00.70	+00:09:36 (23.0%)	8:22	7.2 (77.4%)
125	KRAWCZYKOWSKA Barbara	174	LKS ZANTYR	K60-64	8			00:12:49	00:41:52.05	00:54:41.10	+00:09:36 (23.0%)	8:22	7.2 (77.4%)
126	ROZMARYNOWSKA Beata	325	SUMMER ISLAND	K40-44	13			00:10:47	00:41:53.00	00:52:40.15	+00:09:37 (23.0%)	8:22	7.2 (77.4%)
127	KROJNIAK Maria	178	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Junior	11			00:09:10	00:41:53.30	00:51:03.70	+00:09:38 (23.0%)	8:22	7.2 (77.4%)
128	KLEMENS Karolina	150	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Junior	12			00:09:09	00:41:53.70	00:51:03.65	+00:09:38 (23.0%)	8:22	7.2 (77.4%)
129	KUJAWA Iwona	191		K30-39	19			00:10:22	00:41:56.20	00:52:18.25	+00:09:41 (23.1%)	8:23	7.2 (77.4%)
130	JARZĘBOWSKA Beata	125		K18-29	12			00:09:44	00:42:01.60	00:51:46.30	+00:09:46 (23.3%)	8:24	7.1 (76.3%)
131	ADAMSKA Marzena	5	SANTANDER CONSUMER BANK	K30-39	20			00:10:18	00:42:02.75	00:52:21.10	+00:09:47 (23.3%)	8:24	7.1 (76.3%)
132	WAGNER-KOZIOŁ Grażyna	412		K50-54	12			00:11:43	00:42:04.00	00:53:47.85	+00:09:48 (23.3%)	8:24	7.1 (76.3%)
133	DROŻYŃSKA Marlena	75	GOSIR OSIELSKO	K50-54	13			00:11:45	00:42:10.40	00:53:56.15	+00:09:55 (23.5%)	8:26	7.1 (76.3%)
134	WĘGLEWSKA Agnieszka	423	DYNAMIC	K18-29	13			00:09:41	00:42:32.65	00:52:13.80	+00:10:17 (24.2%)	8:30	7.1 (76.3%)
135	MAZERSKA Maria	240	LKS ZANTYR	K65-69	11			00:13:35	00:42:38.25	00:56:13.60	+00:10:23 (24.4%)	8:31	7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
136	SMARUJ-SADOWSKA Janina	345		K65-69	12			00:13:36	00:42:40.45	00:56:16.85	+00:10:25 (24.4%)	8:32	7 (75.3%)
137	MROWIEC Maria	257	UNIA MIAST	K70+	1			00:14:19	00:42:46.05	00:57:05.45	+00:10:30 (24.6%)	8:33	7 (75.3%)
138	ŁOBEJKO Justyna	220	SUMMER ISLAND	K30-39	21			00:10:21	00:42:48.75	00:53:10.00	+00:10:33 (24.7%)	8:33	7 (75.3%)
139	KOCZUR Dorota	156	KKNW	K60-64	9			00:12:52	00:42:49.20	00:55:41.80	+00:10:34 (24.7%)	8:33	7 (75.3%)
140	DĄBEK Iлона	63		K50-54	14			00:11:45	00:42:59.00	00:54:44.05	+00:10:43 (25.0%)	8:35	7 (75.3%)
141	JAGŁA Maria	184	GOSIR OSIELSKO	K60-64	10			00:12:49	00:43:00.55	00:55:50.35	+00:10:45 (25.0%)	8:36	7 (75.3%)
142	KONIECKA Urszula	461	STOWARZYSZENIE 'JESTEM AKTYWNA'	K65-69	13			00:12:50	00:43:02.20	00:55:52.80	+00:10:47 (25.1%)	8:36	7 (75.3%)
143	WĄSOWSKA Monika	421	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	22			00:10:22	00:43:10.75	00:53:33.60	+00:10:55 (25.3%)	8:38	6.9 (74.2%)
144	GŁOMBICA Wiktoria	98	WESOŁY BORSUK TEAM	K-Junior	13			00:09:10	00:43:14.65	00:52:25.30	+00:10:59 (25.4%)	8:39	6.9 (74.2%)
145	GROBELNA Jadwiga	105	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	8			00:15:12	00:43:16.00	00:58:28.00	+00:11:00 (25.5%)	8:39	6.9 (74.2%)
146	ORŁOWSKA Marzena	479		K- Niepełnosprawni(B)	9			00:15:12	00:43:17.75	00:58:30.40	+00:11:02 (25.5%)	8:39	6.9 (74.2%)
147	MATUSZCZAK Iwona	470	GOSIR OSIELSKO	K45-49	20			00:11:13	00:43:18.60	00:54:32.30	+00:11:03 (25.5%)	8:39	6.9 (74.2%)
148	SZYBUT Weronika	377		K-Dzieci	8			00:08:43	00:43:20.60	00:52:04.35	+00:11:05 (25.6%)	8:40	6.9 (74.2%)
149	ŚLIWIŃSKA Ewa	389	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K45-49	21			00:11:17	00:43:20.70	00:54:38.55	+00:11:05 (25.6%)	8:40	6.9 (74.2%)
150	UKLEJEWSKA Agnieszka	407	GOSIR OSIELSKO	K30-39	23			00:10:18	00:43:24.55	00:53:42.60	+00:11:09 (25.7%)	8:40	6.9 (74.2%)
151	SŁOWIK Amelia	342	GOSIR OSIELSKO	K-Dzieci	9			00:08:44	00:43:29.00	00:52:13.40	+00:11:13 (25.8%)	8:41	6.9 (74.2%)
152	PRZYBYŁAK Dorota	316	FACE NORDIC WALKING TEAM	K65-69	14			00:13:37	00:43:29.25	00:57:06.85	+00:11:14 (25.8%)	8:41	6.9 (74.2%)
153	KURLENDА Wiktoria	199	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	10			00:16:56	00:43:33.10	01:00:29.60	+00:11:18 (25.9%)	8:42	6.9 (74.2%)
154	WIŚNIEWSKA Danuta	428	PASJA NORDIC WALKING	K55-59	12			00:12:16	00:43:37.05	00:55:53.30	+00:11:21 (26.1%)	8:43	6.9 (74.2%)
155	PACYNA Helena	286	KLUB SPORTOWY MATRACO POLKOWIC3	K65-69	15			00:13:35	00:43:41.05	00:57:16.55	+00:11:25 (26.2%)	8:44	6.9 (74.2%)
156	DUSZEŃKO Elwira	77	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:15:11	00:43:41.90	00:58:53.70	+00:11:26 (26.2%)	8:44	6.9 (74.2%)
157	AŁADOWICZ Anna	7	GOSIR OSIELSKO	K30-39	24			00:10:20	00:43:47.70	00:54:08.60	+00:11:32 (26.4%)	8:45	6.8 (73.1%)
158	KRALSKA Anna	173	WTW WŁOCŁAWEK	K- Niepełnosprawni(A)	3			00:15:13	00:43:48.05	00:59:01.85	+00:11:32 (26.4%)	8:45	6.8 (73.1%)
159	DREGER Joanna	73	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	25			00:10:18	00:43:48.80	00:54:07.40	+00:11:33 (26.4%)	8:45	6.8 (73.1%)
160	KOZŁOWSKA Agnieszka	463	DYNAMIC	K40-44	14			00:10:46	00:43:51.00	00:54:37.55	+00:11:35 (26.5%)	8:46	6.8 (73.1%)
161	KOZŁOWSKA Agnieszka	169	GOSIR OSIELSKO	K40-44	15			00:10:47	00:43:54.60	00:54:42.05	+00:11:39 (26.6%)	8:47	6.8 (73.1%)
162	KOWALINA Izabela	484		K45-49	22			00:28:37	00:43:55.95	01:12:33.35	+00:11:40 (26.6%)	8:47	6.8 (73.1%)
163	BIERNAT Lucyna	18	FACE NORDIC WALKING TEAM	K40-44	16			00:10:43	00:43:58.45	00:54:42.00	+00:11:43 (26.7%)	8:47	6.8 (73.1%)
164	KUCZMA Martyna	188		K-Junior	14			00:09:09	00:44:00.35	00:53:10.30	+00:11:45 (26.7%)	8:48	6.8 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. Mkat	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
165	MIKITUK Beata	247	KIJOWA PARA	K45-49	23		00:11:19	00:44:08.00	00:55:27.95	+00:11:52 (26.9%)	8:49	6.8 (73.1%)
166	MOTOCZYŃSKA Aleksandra	255	GOSIR OSIELSKO	K55-59	13		00:12:17	00:44:09.25	00:56:26.60	+00:11:54 (27.0%)	8:49	6.8 (73.1%)
167	SZEWCZYK Bożena	369	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	16		00:13:37	00:44:11.45	00:57:48.90	+00:11:56 (27.0%)	8:50	6.8 (73.1%)
168	PANKIEWICZ-DMOWSKA Cecylia	289		K65-69	17		00:13:35	00:44:11.55	00:57:47.25	+00:11:56 (27.0%)	8:50	6.8 (73.1%)
169	SYNAKIEWICZ Magdalena	365		K30-39	26		00:10:17	00:44:13.70	00:54:30.70	+00:11:58 (27.1%)	8:50	6.8 (73.1%)
170	PRACKA Katarzyna	310	WTW WŁOCŁAWEK	K45-49	24		00:11:19	00:44:15.35	00:55:34.90	+00:12:00 (27.1%)	8:51	6.8 (73.1%)
171	ZARACH Karolina	11	ZARACH TEAM	K30-39	27		00:10:19	00:44:18.40	00:54:37.50	+00:12:03 (27.2%)	8:51	6.8 (73.1%)
172	WECHTA Agnieszka	161	KS METRACO POLKOWICE	K40-44	17		00:10:46	00:44:20.80	00:55:07.45	+00:12:05 (27.3%)	8:52	6.8 (73.1%)
173	KLEMENS Natalia	151	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Dzieci	10		00:08:44	00:44:22.30	00:53:06.65	+00:12:07 (27.3%)	8:52	6.8 (73.1%)
174	PERLIK Ewa	293	TADMAX	K60-64	11		00:12:51	00:44:29.85	00:57:21.50	+00:12:14 (27.5%)	8:54	6.7 (72.0%)
175	SZYBUT Roma	376		K30-39	28		00:10:14	00:44:34.55	00:54:48.80	+00:12:19 (27.6%)	8:54	6.7 (72.0%)
176	PRUSKA-KĘDZIOR Anna	314	FACE NORDIC WALKING TEAM	K65-69	18		00:13:36	00:44:34.75	00:58:11.10	+00:12:19 (27.7%)	8:55	6.7 (72.0%)
177	KIESZEK Karolina	148	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K70+	2		00:14:17	00:44:40.50	00:58:58.40	+00:12:25 (27.8%)	8:56	6.7 (72.0%)
178	HINEBORG Bogumiła	121	NW PATYCZAKI GRUDZIĄDZ	K50-54	15		00:11:45	00:44:44.35	00:56:29.65	+00:12:29 (27.9%)	8:56	6.7 (72.0%)
179	CHMURZYŃSKA Ewa	46	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	11		00:19:24	00:44:50.60	01:04:15.50	+00:12:35 (28.1%)	8:58	6.7 (72.0%)
180	GABIS Elżbieta	85	WESOŁY BORSUK TEAM	K55-59	14		00:12:16	00:45:00.45	00:57:17.30	+00:12:45 (28.3%)	9:00	6.7 (72.0%)
181	WASILUK Helena	418		K70+	3		00:14:18	00:45:05.90	00:59:24.45	+00:12:50 (28.5%)	9:01	6.7 (72.0%)
182	POŁOŃSKA Joanna	452	GOSIR OSIELSKO	K30-39	29		00:10:15	00:45:08.75	00:55:24.15	+00:12:53 (28.6%)	9:01	6.6 (71.0%)
183	CHYREK Renata	55	GOSIR OSIELSKO	K55-59	15		00:11:44	00:45:13.40	00:56:57.40	+00:12:58 (28.7%)	9:02	6.6 (71.0%)
184	TARAPATA Justyna	396		K18-29	14		00:09:44	00:45:23.80	00:55:07.95	+00:13:08 (29.0%)	9:04	6.6 (71.0%)
185	MALINOWSKA Grażyna	225	LKS ZANTYR	K65-69	19		00:13:34	00:45:24.35	00:58:58.35	+00:13:09 (29.0%)	9:04	6.6 (71.0%)
186	SZPANOWSKA Marta	373		K18-29	15		00:09:43	00:45:24.85	00:55:08.55	+00:13:09 (29.0%)	9:05	6.6 (71.0%)
187	LESZCZYŃSKA Kazimiera	210	GOSIR OSIELSKO	K55-59	16		00:12:21	00:45:25.20	00:57:46.25	+00:13:10 (29.0%)	9:05	6.6 (71.0%)
188	BŁASZCZYK Katarzyna	22	KIJANKI POZNAŃ	K45-49	25		00:11:20	00:45:33.25	00:56:53.65	+00:13:18 (29.2%)	9:06	6.6 (71.0%)
189	WSZOŁEK Janina	437	STOWARZYSZENIE 'JESTEM AKTYWNA'	K55-59	17		00:12:20	00:45:43.55	00:58:03.60	+00:13:28 (29.5%)	9:08	6.6 (71.0%)
190	KMIECIK-ZEGARSKA Teresa	154	LKS ZANTYR	K55-59	18		00:12:15	00:45:45.75	00:58:01.70	+00:13:30 (29.5%)	9:09	6.6 (71.0%)
191	TAPER Ewa	395	STOWARZYSZENIE 'JESTEM AKTYWNA'	K60-64	12		00:12:49	00:45:53.25	00:58:42.95	+00:13:38 (29.7%)	9:10	6.5 (69.9%)
192	SZAROLETA Zofia	367	FACE NORDIC WALKING TEAM	K70+	4		00:14:19	00:45:55.35	01:00:14.70	+00:13:40 (29.8%)	9:11	6.5 (69.9%)
193	KĘDZIERSKA Edyta	145		K40-44	18		00:08:46	00:45:57.25	00:54:43.30	+00:13:42 (29.8%)	9:11	6.5 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
194	STASIAK Ewa	90	STOWARZYSZENIE 'JESTEM AKTYWNA'	K60-64	13			00:12:51	00:45:58.85	00:58:50.15	+00:13:43 (29.9%)	9:11	6.5 (69.9%)
195	PIECZKA Monika	298	FACE NORDIC WALKING TEAM	K30-39	30			00:10:18	00:46:06.85	00:56:25.40	+00:13:51 (30.1%)	9:13	6.5 (69.9%)
196	TOPOLSKA Sylwia	401		K- Niepełnosprawni(B)	12			00:15:13	00:46:12.35	01:01:25.85	+00:13:57 (30.2%)	9:14	6.5 (69.9%)
197	RAPACKA Anna	322		K18-29	16			00:09:44	00:46:24.40	00:56:08.95	+00:14:09 (30.5%)	9:16	6.5 (69.9%)
198	NOWAKOWSKA Ewa	270	GOSIR OSIELSKO	K55-59	19			00:12:18	00:46:28.95	00:58:47.10	+00:14:13 (30.6%)	9:17	6.5 (69.9%)
199	SŁOWIK Sylwia	339	GOSIR OSIELSKO	K40-44	19			00:10:49	00:46:37.00	00:57:26.05	+00:14:21 (30.8%)	9:19	6.4 (68.8%)
200	RUTECKA Monika	330	UWM OLSZTYN	K18-29	17			00:09:45	00:46:51.60	00:56:36.90	+00:14:36 (31.2%)	9:22	6.4 (68.8%)
201	STAROSZ Danuta	351		K55-59	20			00:11:44	00:46:56.60	00:58:40.60	+00:14:41 (31.3%)	9:23	6.4 (68.8%)
202	GIERSENDORF Monika	464	FACE NORDIC WALKING TEAM / KB KATORŻNIK MUROWNA GOŚLINA	K45-49	26			00:11:16	00:47:06.45	00:58:23.40	+00:14:51 (31.5%)	9:25	6.4 (68.8%)
203	KRYGIEL Irena	182	GOSIR OSIELSKO	K50-54	16			00:11:44	00:47:29.20	00:59:13.90	+00:15:14 (32.1%)	9:29	6.3 (67.7%)
204	HANDZE Danuta	35	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	14			00:12:51	00:47:33.25	01:00:24.90	+00:15:18 (32.2%)	9:30	6.3 (67.7%)
205	ŚLUSARCZYK Danuta	391	WESOŁY BORSUK TEAM	K65-69	20			00:13:33	00:47:33.30	01:01:06.45	+00:15:18 (32.2%)	9:30	6.3 (67.7%)
206	KIWIAŁO Maria	36	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K70+	5			00:14:19	00:47:36.40	01:01:55.90	+00:15:21 (32.3%)	9:31	6.3 (67.7%)
207	KUKOWSKA Marta	192		K18-29	18			00:09:45	00:47:40.80	00:57:26.35	+00:15:25 (32.4%)	9:32	6.3 (67.7%)
208	KIEDROWICZ Paulina	146		K18-29	19			00:09:43	00:47:42.65	00:57:26.05	+00:15:27 (32.4%)	9:32	6.3 (67.7%)
209	PROKOPIEC Bronisława	312	KKNW	K70+	6			00:14:18	00:47:47.20	01:02:05.30	+00:15:32 (32.5%)	9:33	6.3 (67.7%)
210	SZOBER Karolina	371	GOSIR OSIELSKO	K30-39	31			00:10:21	00:47:59.00	00:58:20.85	+00:15:43 (32.8%)	9:35	6.3 (67.7%)
211	KOLARSKA Nadia	157	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	11			00:08:43	00:48:01.60	00:56:45.40	+00:15:46 (32.8%)	9:36	6.2 (66.7%)
212	MYLER Georgina	261	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	13			00:19:29	00:48:28.25	01:07:57.90	+00:16:13 (33.5%)	9:41	6.2 (66.7%)
213	CZWERENKO Alicja	61	LKS ZANTYR	K55-59	21			00:12:17	00:48:51.35	01:01:08.80	+00:16:36 (34.0%)	9:46	6.1 (65.6%)
214	GOŁĘBIEWSKA Karolina	101		K18-29	20	1		00:09:42	00:49:04.00	00:58:46.35	+00:16:48 (34.3%)	9:48	6.1 (65.6%)
215	UTRATA Halina	410	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	15			00:12:50	00:49:23.15	01:02:13.30	+00:17:08 (34.7%)	9:52	6.1 (65.6%)
216	PIECHOWICZ Lidia	297	RAZEM NA SZLAKU POZNAŃ	K- Niepełnosprawni(B)	14			00:19:26	00:49:27.20	01:08:53.30	+00:17:12 (34.8%)	9:53	6.1 (65.6%)
217	RUCIŃSKA Walia	329	GOSIR OSIELSKO	K70+	7			00:14:20	00:50:07.40	01:04:27.90	+00:17:52 (35.7%)	10:01	6 (64.5%)
218	STRZELECKA Antonina	361	SAILING TEAMFERAJNA	K-Dzieci	12			00:08:45	00:50:27.85	00:59:12.95	+00:18:12 (36.1%)	10:05	5.9 (63.4%)
219	NOWALIŃSKA Marysia	276	FACE NORDIC WALKING TEAM	K-Dzieci	13			00:08:44	00:50:28.50	00:59:12.80	+00:18:13 (36.1%)	10:05	5.9 (63.4%)
220	CHEŁMICKA Magdalena	45	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	15	1		00:19:28	00:51:02.50	01:10:30.70	+00:18:47 (36.8%)	10:12	5.9 (63.4%)
221	STRZELCZYK Urszula	359		K55-59	22			00:12:18	00:51:05.75	01:03:24.20	+00:18:50 (36.9%)	10:13	5.9 (63.4%)
222	BUKOLT Barbara	485	GOSIR OSIELSKO	K60-64	16			00:12:47	00:51:19.70	01:04:07.40	+00:19:04 (37.2%)	10:16	5.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	ŻYGOWSKA Teresa	454	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	16			00:19:28	00:51:53.50	01:11:21.75	+00:19:38 (37.8%)	10:22	5.8 (62.4%)
224	KAŻMIERCZAK Żanetta	142	GOSIR OSIELSKO	K40-44	20			00:11:46	00:51:58.70	01:03:45.50	+00:19:43 (38.0%)	10:23	5.8 (62.4%)
225	LEPERT Róża	208	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	17			00:19:29	00:52:13.55	01:11:43.05	+00:19:58 (38.2%)	10:26	5.7 (61.3%)
226	WOLNA Urszula	434	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	17			00:12:52	00:52:20.05	01:05:12.45	+00:20:04 (38.4%)	10:28	5.7 (61.3%)
227	ŚCIESIŃSKA Justyna	388	GOSIR OSIELSKO	K45-49	27			00:11:19	00:52:25.90	01:03:45.20	+00:20:10 (38.5%)	10:29	5.7 (61.3%)
228	MILACHOWSKA Agnieszka	250		K30-39	32			00:10:16	00:52:28.25	01:02:44.55	+00:20:13 (38.5%)	10:29	5.7 (61.3%)
229	HANUS Teresa	120		K- Niepełnosprawni(B)	18			00:15:12	00:52:38.70	01:07:51.20	+00:20:23 (38.7%)	10:31	5.7 (61.3%)
230	PRUS Sabina	313		K65-69	21	1		00:12:48	00:52:54.65	01:05:42.80	+00:20:39 (39.0%)	10:34	5.7 (61.3%)
231	DORACZYŃSKA Danuta	71	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	19			00:19:26	01:01:55.15	01:21:21.80	+00:29:40 (47.9%)	12:23	4.8 (51.6%)
232	BORZESZKOWSKA Małgorzata	28		K50-54	17			00:16:05	01:02:03.40	01:18:08.75	+00:29:48 (48.0%)	12:24	4.8 (51.6%)
233	BĄCZYŃSKA Grażyna	14	GOSIR OSIELSKO	K60-64	18			00:11:20	01:04:25.45	01:15:46.35	+00:32:10 (49.9%)	12:53	4.7 (50.5%)
234	MISTEREK Krystyna	251	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	20			00:19:27	01:07:04.60	01:26:31.90	+00:34:49 (51.9%)	13:24	4.5 (48.4%)
235	GÓRNA Urszula	102	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	21			00:19:27	01:07:14.30	01:26:41.50	+00:34:59 (52.0%)	13:26	4.5 (48.4%)
236	HOŁOWICKA Teresa	123	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	22			00:19:28	01:07:14.70	01:26:43.15	+00:34:59 (52.0%)	13:27	4.5 (48.4%)
237	MUSIAŁ Patrycja	260	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	23			00:18:33	01:10:16.20	01:28:50.05	+00:38:01 (54.1%)	14:03	4.3 (46.2%)
DQ	GRZEMPA Krystyna	113	STOWARZYSZENIE 'JESTEM AKTYWNA'	K60-64			1	DQ	00:49:13.65 DQ	DQ		-	- (0.0%)
	KOZŁOWSKA Jagoda	172	DYNAMIC	K-Dzieci				DNF	DNF	DNF		-	- (0.0%)

Znaleziono 239 wynik(ów)