



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

B4SPORT

Event: OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR
POLSKI NORDIC WALKING
Organiser: PFNW
Date: 2017-08-05
Place: Osielsko
Distance: 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	STILLER Karol	354	KING&QUEEN	M30-39	1		00:03:00	00:29:11.35	00:32:11.65		5:50	10.3 (100%)
2	DEŁĄG Jakub	65	FACE NORDIC WALKING TEAM / LUKI TEAM	M18-29	1		00:01:16	00:29:59.85	00:31:16.50	+00:00:48 (2.7%)	6:00	10 (97.1%)
3	ZARĘBSKI Michał	444	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2		00:03:00	00:30:05.60	00:33:06.50	+00:00:54 (3.0%)	6:01	10 (97.1%)
4	RAJEWSKI Sebastian	319	PILSCY MIŁOŚNICY NORDIC WALKING	M45-49	1		00:04:10	00:30:22.35	00:34:32.65	+00:01:11 (3.9%)	6:04	9.9 (96.1%)
5	DORS Łukasz	72	RTB TRACKER PODKOWA JANÓW	M-Junior	1		00:00:32	00:30:23.35	00:30:55.35	+00:01:12 (3.9%)	6:04	9.9 (96.1%)
6	WOROCH Roman	435	KS METRACO POLKOWICE	M55-59	1		00:05:22	00:30:24.25	00:35:46.80	+00:01:12 (4.0%)	6:04	9.9 (96.1%)
7	CYRUS Bogdan	235	SILESIA NORDIC TEAM	M45-49	2	1	00:04:10	00:30:31.45	00:34:41.75	+00:01:20 (4.4%)	6:06	9.8 (95.1%)
8	POLEWCZAK Mariusz	307	CLLEO ZAWIERCIE	M45-49	3		00:04:11	00:30:33.20	00:34:45.00	+00:01:21 (4.5%)	6:06	9.8 (95.1%)
9	LASKOWSKI Mirosław	206	LKS MILANÓW	M45-49	4		00:04:10	00:30:43.35	00:34:54.30	+00:01:32 (5.0%)	6:08	9.8 (95.1%)
10	RECZULSKI Mariusz	324	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA /RTB TRACKER LKS PODKOWA JANÓW	M50-54	1		00:04:46	00:30:58.75	00:35:45.05	+00:01:47 (5.8%)	6:11	9.7 (94.2%)
11	TRZCIŃSKI Franciszek	405	SPORT I REKREACJA START (CHEŁMNO)	M50-54	2		00:04:44	00:30:59.35	00:35:44.10	+00:01:48 (5.8%)	6:12	9.7 (94.2%)
12	MACHNIK Janusz	222	CLLEO ZAWIERCIE	M40-44	1		00:03:35	00:31:13.85	00:34:49.40	+00:02:02 (6.5%)	6:14	9.6 (93.2%)
13	BRZOZOWSKI Piotr	475	AKTYWNI POSTOMINO	M30-39	3		00:03:02	00:31:15.90	00:34:17.95	+00:02:04 (6.6%)	6:15	9.6 (93.2%)
14	BIŃCZYK Dariusz	21	ZABIEGANI CZĘSTOCHOWA	M30-39	4		00:03:02	00:31:21.30	00:34:24.05	+00:02:09 (6.9%)	6:16	9.6 (93.2%)
14	ROŻYNEK Miron	328	KS METRACO POLKOWICE	M50-54	3		00:04:44	00:31:21.30	00:36:05.50	+00:02:09 (6.9%)	6:16	9.6 (93.2%)
16	KOLEK Patryk	158	RTB TRACKER PODKOWA JANÓW	M-Junior	2		00:00:31	00:31:29.05	00:32:00.20	+00:02:17 (7.3%)	6:17	9.5 (92.2%)
17	RAKUĆ Jakub	320	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	2		00:01:16	00:31:31.25	00:32:47.70	+00:02:19 (7.4%)	6:18	9.5 (92.2%)
18	HAŁAS Marcin	118		M30-39	5		00:03:01	00:31:38.95	00:34:40.60	+00:02:27 (7.8%)	6:19	9.5 (92.2%)
19	FRĄCKOWIAK Roman	84	ZS ROSKO	M45-49	5		00:04:12	00:31:40.55	00:35:53.35	+00:02:29 (7.9%)	6:20	9.5 (92.2%)
20	KRYŚ Artur	183	KS METRACO POLKOWICE	M45-49	6		00:04:09	00:31:43.05	00:35:53.00	+00:02:31 (8.0%)	6:20	9.5 (92.2%)

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
21	CZŁAPSKI Krzysztof	472	NW CIECHANÓW	M50-54	4		00:04:42	00:31:50.60	00:36:33.35	+00:02:39 (8.3%)	6:22	9.4 (91.3%)
22	PĘKALA Wiktor	294	RTB TRACKER PODKOWA JANÓW	M-Dzieci	1		00:00:03	00:32:02.40	00:32:06.20	+00:02:51 (8.9%)	6:24	9.4 (91.3%)
23	GRODZKI Ireneusz	106		M45-49	7		00:04:11	00:32:02.65	00:36:13.85	+00:02:51 (8.9%)	6:24	9.4 (91.3%)
24	KUSTAL Marcin	201	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	6		00:03:02	00:32:10.95	00:35:13.85	+00:02:59 (9.3%)	6:26	9.3 (90.3%)
25	CYRAN Ryszard	478	LUCA TEAM	M30-39	7		00:03:01	00:32:11.05	00:35:12.95	+00:02:59 (9.3%)	6:26	9.3 (90.3%)
26	WOLEK Waldemar	433	NORDIC TEAM GNIEZNO	M40-44	2		00:03:34	00:32:18.05	00:35:52.70	+00:03:06 (9.6%)	6:27	9.3 (90.3%)
27	CHAMIELEC Bogusław	44	A EMERYT BIEGA	M50-54	5		00:04:42	00:32:19.85	00:37:02.75	+00:03:08 (9.7%)	6:28	9.3 (90.3%)
28	GAJEWSKI Eugeniusz	86	KS METRACO POLKOWICE	M60-64	1		00:05:53	00:32:21.95	00:38:15.55	+00:03:10 (9.8%)	6:28	9.3 (90.3%)
29	GASZ David	92		M-Junior	3	1	00:00:31	00:32:24.20	00:32:55.60	+00:03:12 (9.9%)	6:28	9.3 (90.3%)
30	SŁOMIAN Leszek	338	UNIA MIAST	M55-59	2		00:05:22	00:32:37.05	00:37:59.40	+00:03:25 (10.5%)	6:31	9.2 (89.3%)
31	STAWICKI Kacper	352	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Junior	4	2	00:00:31	00:32:37.30	00:33:09.20	+00:03:25 (10.5%)	6:31	9.2 (89.3%)
32	SANIUK Edward	332		M65-69	1		00:06:32	00:32:40.15	00:39:12.35	+00:03:28 (10.7%)	6:32	9.2 (89.3%)
33	MATECKI Ryszard	237	KS METRACO POLKOWICE	M65-69	2	1	00:06:34	00:32:42.70	00:39:17.00	+00:03:31 (10.8%)	6:32	9.2 (89.3%)
34	WASIELEWSKI Mirosław	416	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M55-59	3		00:05:23	00:32:48.25	00:38:11.40	+00:03:36 (11.0%)	6:33	9.1 (88.3%)
35	CHYRA Wiktor	54	UNIA MIAST	M-Junior	5		00:00:34	00:32:58.30	00:33:32.30	+00:03:46 (11.5%)	6:35	9.1 (88.3%)
36	GŁOWA Michał	100	UNIA MIAST	M-Junior	6		00:00:33	00:32:58.45	00:33:32.00	+00:03:47 (11.5%)	6:35	9.1 (88.3%)
37	TRZCIŃSKI Eugeniusz	404	SPORT I REKREACJA START (CHELMNO)	M60-64	2		00:05:53	00:33:01.95	00:38:55.85	+00:03:50 (11.6%)	6:36	9.1 (88.3%)
38	WARDACH Jan	456	WIGOR OSIR ZAMOŚĆ	M65-69	3		00:06:29	00:33:05.05	00:39:34.85	+00:03:53 (11.8%)	6:37	9.1 (88.3%)
39	KLARKOWSKI Bogdan	149	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	3		00:05:54	00:33:10.45	00:39:04.45	+00:03:59 (12.0%)	6:38	9 (87.4%)
40	ADAMUS Marian	6	SILESIA NORDIC TEAM	M65-69	4		00:06:31	00:33:14.95	00:39:46.05	+00:04:03 (12.2%)	6:39	9 (87.4%)
41	SPYCHAŁA Lesław	348	WESOŁY BORSUK TEAM	M50-54	6		00:04:44	00:33:23.20	00:38:07.25	+00:04:11 (12.6%)	6:40	9 (87.4%)
42	DUSZEŃKO Damian	79	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1		00:08:20	00:33:23.45	00:41:43.70	+00:04:12 (12.6%)	6:40	9 (87.4%)
43	DUSZEŃKO Zygmunt	78	KS METRACO POLKOWICE	M55-59	4		00:05:23	00:33:24.45	00:38:48.20	+00:04:13 (12.6%)	6:41	9 (87.4%)
44	SKWIRUT Jerzy	337	SOKÓŁ RYMANÓW	M- Niepełnosprawni(B)	2		00:08:14	00:33:31.10	00:41:46.05	+00:04:19 (12.9%)	6:42	8.9 (86.4%)
45	LENZ Andrzej	207		M50-54	7		00:04:43	00:33:31.70	00:38:14.90	+00:04:20 (12.9%)	6:42	9 (87.4%)
46	SYKISZ Maksym	488	LESZNO :)	M- Niepełnosprawni(A)	1		00:08:19	00:33:33.55	00:41:52.55	+00:04:22 (13.0%)	6:42	8.9 (86.4%)
47	KRYCH Włodzimierz	181	GOSIR OSIELSKO	M55-59	5	1	00:05:23	00:33:41.90	00:39:05.80	+00:04:30 (13.4%)	6:44	8.9 (86.4%)
48	FRĄCKOWIAK Mateusz	83	ZS ROSKO	M-Junior	7		00:00:33	00:33:42.75	00:34:16.45	+00:04:31 (13.4%)	6:44	8.9 (86.4%)
49	MARCINKOWSKI Jakub	234	UNIA MIAST	M-Junior	8		00:00:34	00:33:42.95	00:34:17.50	+00:04:31 (13.4%)	6:44	8.9 (86.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
50	KROMSKI Paweł	179	NORDIC WALKING KIEKRZ	M50-54	8			00:04:44	00:33:54.00	00:38:38.85	+00:04:42 (13.9%)	6:46	8.8 (85.4%)
51	GAŁĄZKA Paweł	89		M- Niepełnosprawni(A)	2	1		00:08:15	00:33:58.90	00:42:13.95	+00:04:47 (14.1%)	6:47	8.8 (85.4%)
52	BROKOS Piotr	33	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M30-39	8			00:02:59	00:33:59.50	00:36:59.40	+00:04:48 (14.1%)	6:48	8.8 (85.4%)
53	SCHRÖDER Karol	334	SILESIA NORDIC TEAM	M40-44	3			00:03:36	00:34:01.10	00:37:37.60	+00:04:49 (14.2%)	6:48	8.8 (85.4%)
54	MANDZIUK Marek	457	TKKF KRZNA BIAŁA PODLASKA	M45-49	8			00:04:11	00:34:03.25	00:38:14.35	+00:04:51 (14.3%)	6:48	8.8 (85.4%)
55	POLISZCZUK Piotr	308	PIERNIKI NA CHODZIE	M55-59	6			00:05:22	00:34:04.35	00:39:26.70	+00:04:53 (14.3%)	6:48	8.8 (85.4%)
56	CUDAK Zbigniew	60	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	9			00:04:13	00:34:11.00	00:38:24.50	+00:04:59 (14.6%)	6:50	8.8 (85.4%)
57	STANISŁAWSKI Jan	465	MARSZ PO ZDROWIE POZNAŃ	M55-59	7			00:05:23	00:34:11.25	00:39:34.90	+00:04:59 (14.6%)	6:50	8.8 (85.4%)
58	TOMCZYK Edward	400	MARSZ PO ZDROWIE POZNAŃ	M65-69	5			00:06:30	00:34:22.10	00:40:52.15	+00:05:10 (15.1%)	6:52	8.7 (84.5%)
59	GRYGOROWICZ Bogdan	110	KS METRACO POLKOWICE	M65-69	6			00:06:30	00:34:25.00	00:40:55.40	+00:05:13 (15.2%)	6:53	8.7 (84.5%)
60	CHOLEWIŃSKI Wojciech	48	HERNIK TEAM	M50-54	9			00:04:43	00:34:25.75	00:39:09.60	+00:05:14 (15.2%)	6:53	8.7 (84.5%)
61	NOWAKOWSKI Dominik	271	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Junior	9	2		00:00:32	00:34:26.35	00:34:58.50	+00:05:15 (15.2%)	6:53	8.7 (84.5%)
62	BARTOSIEWICZ Łukasz	12	FACE NORDIC WALKING TEAM / LUKI TEAM	M30-39	9			00:03:03	00:34:37.80	00:37:41.00	+00:05:26 (15.7%)	6:55	8.7 (84.5%)
63	GAPIŃSKI Leszek	91	WESOŁY BORSUK TEAM	M60-64	4			00:05:55	00:34:44.75	00:40:40.60	+00:05:33 (16.0%)	6:57	8.6 (83.5%)
64	GRUSZKA Michał	108	UNIA MIAST	M-Dzieci	2			00:00:05	00:34:48.65	00:34:54.55	+00:05:37 (16.1%)	6:57	8.6 (83.5%)
65	SZYMAŃSKI Stefan	382	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:07:13	00:35:13.65	00:42:26.90	+00:06:02 (17.1%)	7:02	8.5 (82.5%)
66	STOLARSKI Michał	357	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	10			00:04:12	00:35:14.20	00:39:26.30	+00:06:02 (17.2%)	7:02	8.5 (82.5%)
67	MIKOŁAJCZAK Jan	248	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	3			00:08:14	00:35:17.65	00:43:32.50	+00:06:06 (17.3%)	7:03	8.5 (82.5%)
68	KUBAT Janusz	185	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	11			00:04:13	00:35:31.15	00:39:44.15	+00:06:19 (17.8%)	7:06	8.4 (81.6%)
69	BURDANOWSKI Andrzej	40	GOSIR OSIELSKO	M- Niepełnosprawni(A)	4			00:08:17	00:35:32.95	00:43:49.95	+00:06:21 (17.9%)	7:06	8.4 (81.6%)
70	PINTAK Artur	302	WESOŁY BORSUK TEAM	M30-39	10			00:03:04	00:35:37.70	00:38:41.95	+00:06:26 (18.1%)	7:07	8.4 (81.6%)
71	ŚLUSARCZYK Andrzej	390	WESOŁY BORSUK TEAM	M65-69	7			00:06:29	00:35:38.65	00:42:08.30	+00:06:27 (18.1%)	7:07	8.4 (81.6%)
72	LEŚNIEWSKI Piotr	214	POZNAŃ	M- Niepełnosprawni(B)	3			00:18:27	00:35:40.05	00:54:07.35	+00:06:28 (18.2%)	7:08	8.4 (81.6%)
73	OLEŚ Józef	283	NW WERWA MŁAWA	M- Niepełnosprawni(A)	5			00:08:15	00:35:40.90	00:43:56.40	+00:06:29 (18.2%)	7:08	8.4 (81.6%)
74	BIK Przemysław	20	KS METRACO POLKOWICE	M-Junior	10			00:00:35	00:35:41.00	00:36:16.20	+00:06:29 (18.2%)	7:08	8.4 (81.6%)
75	MAZURKIEWICZ Kacper	241	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Junior	11			00:00:32	00:35:41.05	00:36:13.80	+00:06:29 (18.2%)	7:08	8.4 (81.6%)
76	KADECKI Piotr	134	KSIR SPORTICO BIAŁOŚLIWIE	M30-39	11			00:03:02	00:35:42.05	00:38:44.40	+00:06:30 (18.2%)	7:08	8.4 (81.6%)
77	CHUDZIŃSKI Andrzej	52	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	M65-69	8			00:06:31	00:35:44.70	00:42:16.50	+00:06:33 (18.3%)	7:09	8.4 (81.6%)
78	WECHTA Paweł	476	KS METRACO POLKOWICE	M45-49	12			00:04:11	00:35:44.85	00:39:56.80	+00:06:33 (18.3%)	7:09	8.4 (81.6%)

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
79	KAZMIERCZAK Sebastian	143	GOSIR OSIELSKO	M40-44	4		00:03:33	00:35:47.90	00:39:21.75	+00:06:36 (18.5%)	7:09	8.4 (81.6%)
80	WUJEK Tomasz	438	MARSZ PO ZDROWIE POZNAŃ	M- Niepełnosprawni(B)	4		00:08:16	00:35:58.60	00:44:15.15	+00:06:47 (18.9%)	7:11	8.3 (80.6%)
81	WOJCIECHOWSKI Marek	431	NORDIC TEAM GNIEZNO	M55-59	8		00:05:23	00:36:00.00	00:41:23.20	+00:06:48 (18.9%)	7:12	8.3 (80.6%)
82	TRELIŃSKI Jakub	117	FACE NORDIC WALKING TEAM	M18-29	3		00:01:18	00:36:01.25	00:37:19.25	+00:06:49 (19.0%)	7:12	8.3 (80.6%)
83	JÓŻWIAK Łukasz	130	WTW WŁOCŁAWEK	M- Niepełnosprawni(A)	6		00:08:17	00:36:01.40	00:44:18.65	+00:06:50 (19.0%)	7:12	8.3 (80.6%)
84	OLENDRZYŃSKI Mateusz	281	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	5		00:16:55	00:36:04.45	00:52:59.55	+00:06:53 (19.1%)	7:12	8.3 (80.6%)
85	SKWARSKI Marek	336	DYNAMIC	M50-54	10		00:04:46	00:36:05.45	00:40:52.40	+00:06:54 (19.1%)	7:13	8.3 (80.6%)
86	BOJANOWSKI Marcin	24		M30-39	12		00:03:03	00:36:05.60	00:39:09.30	+00:06:54 (19.1%)	7:13	8.3 (80.6%)
87	SINGER Adam	335		M- Niepełnosprawni(B)	6		00:08:15	00:36:07.30	00:44:22.75	+00:06:55 (19.2%)	7:13	8.3 (80.6%)
88	DOMBRZAŁSKI Ryszard	70	WTW WŁOCŁAWEK	M65-69	9		00:06:29	00:36:08.35	00:42:37.35	+00:06:57 (19.2%)	7:13	8.3 (80.6%)
89	GRUSZKA Michał	107	UNIA MIAST	M40-44	5		00:03:33	00:36:22.80	00:39:56.25	+00:07:11 (19.8%)	7:16	8.2 (79.6%)
90	MOTOCZYŃSKI Krzysztof	256	GOSIR OSIELSKO	M60-64	5		00:05:54	00:36:24.95	00:42:19.75	+00:07:13 (19.8%)	7:17	8.2 (79.6%)
91	BUCZKOWSKI Jerzy	39	KS SOKÓŁ GAŚAWA	M65-69	10		00:06:31	00:36:26.35	00:42:57.95	+00:07:15 (19.9%)	7:17	8.2 (79.6%)
92	NOWALIŃSKI Piotrek	277	FACE NORDIC WALKING TEAM	M- Niepełnosprawni(A)	7		00:08:16	00:36:48.45	00:45:04.55	+00:07:37 (20.7%)	7:21	8.2 (79.6%)
93	MIKITIUK Tomasz	246	KIJOWA PARA	M45-49	13		00:04:13	00:36:54.10	00:41:07.20	+00:07:42 (20.9%)	7:22	8.1 (78.6%)
94	SZYMAŃSKI Władysław	383	OMEGA ŁÓDŹ	M- Niepełnosprawni(B)	7		00:18:27	00:36:59.65	00:55:27.50	+00:07:48 (21.1%)	7:24	8.1 (78.6%)
95	CIESIELSKI Krzysztof	59	FAST WALKER	M60-64	6		00:05:54	00:37:02.50	00:42:57.40	+00:07:51 (21.2%)	7:24	8.1 (78.6%)
96	URBAŃSKI Stefan	409	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	9		00:05:23	00:37:03.45	00:42:27.40	+00:07:52 (21.2%)	7:24	8.1 (78.6%)
97	WIERZCHOSŁAWSKI Mateusz	426		M18-29	4		00:01:17	00:37:03.50	00:38:20.90	+00:07:52 (21.2%)	7:24	8.1 (78.6%)
98	BIELIŃSKI Andrzej	17	FACE NORDIC WALKING TEAM	M30-39	13		00:03:04	00:37:13.00	00:40:17.50	+00:08:01 (21.6%)	7:26	8.1 (78.6%)
99	BRZOZOWSKI Przemysław	38	AMATOR TEAM	M30-39	14		00:03:00	00:37:15.80	00:40:16.65	+00:08:04 (21.7%)	7:27	8.1 (78.6%)
100	KUSIAK Włodzimierz	200		M65-69	11		00:06:30	00:37:23.35	00:43:54.25	+00:08:12 (21.9%)	7:28	8 (77.7%)
101	KWAŚNY Tomasz	204	CHODZĘ Z SERCEM	M50-54	11		00:04:47	00:37:24.15	00:42:11.30	+00:08:12 (22.0%)	7:28	8 (77.7%)
102	WASILEWSKI Sławomir	417	PASJA NORDIC WALKIG	M70+	2		00:07:13	00:37:29.40	00:44:43.20	+00:08:18 (22.1%)	7:30	8 (77.7%)
103	PODOLSKI Mirosław	304	LKS ZANTYR	M60-64	7		00:05:54	00:37:32.45	00:43:26.45	+00:08:21 (22.2%)	7:30	8 (77.7%)
104	SZYCKO Radosław	379	DWA KIJE SŁUPSK	M40-44	6		00:03:34	00:37:34.35	00:41:08.45	+00:08:23 (22.3%)	7:30	8 (77.7%)
105	NIETRZEBKA Paweł	266	GRUPA NW CZŁĄPSKI WARSZAWA	M18-29	5		00:01:16	00:37:38.90	00:38:55.65	+00:08:27 (22.5%)	7:31	8 (77.7%)
106	GRZYWOCZ Bernard	115		M65-69	12		00:06:34	00:37:40.75	00:44:15.15	+00:08:29 (22.5%)	7:32	8 (77.7%)
107	ŚMIECHOWSKI Dominik	474		M-Junior	12	1	00:00:32	00:37:41.20	00:38:13.95	+00:08:29 (22.5%)	7:32	8 (77.7%)

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
108	BADOWSKI Krzysztof	9	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	8		00:18:27	00:37:44.55	00:56:11.80	+00:08:33 (22.7%)	7:32	8 (77.7%)
109	BOSEK Grzegorz	29	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	9		00:18:32	00:37:52.10	00:56:24.55	+00:08:40 (22.9%)	7:34	7.9 (76.7%)
110	MROZEK Mariusz	258	SANTANDER CONSUMER BANK	M30-39	15		00:03:05	00:37:52.95	00:40:58.20	+00:08:41 (22.9%)	7:34	7.9 (76.7%)
111	ZAWADA Łukasz	446	NORDIC WALKING LUCA TEAM	M40-44	7		00:03:33	00:37:54.85	00:41:28.25	+00:08:43 (23.0%)	7:35	7.9 (76.7%)
112	ŚLUSARCZYK Grzegorz	392	WESOŁY BORSUK TEAM	M40-44	8		00:03:33	00:38:01.35	00:41:34.60	+00:08:50 (23.2%)	7:36	7.9 (76.7%)
113	WIŚNIEWSKI Kazimierz	429	PASJA NORDIC WALKING	M60-64	8		00:05:55	00:38:05.80	00:44:01.55	+00:08:54 (23.4%)	7:37	7.9 (76.7%)
114	ŚCIBISZ Bogdan	387	KS METRACO POLKOWICE	M70+	3		00:07:14	00:38:31.40	00:45:45.40	+00:09:20 (24.2%)	7:42	7.8 (75.7%)
115	ADAMOWICZ Andrzej	4		M70+	4		00:07:13	00:38:32.85	00:45:46.05	+00:09:21 (24.3%)	7:42	7.8 (75.7%)
116	MATUSZCZAK Tomasz	471	GOSIR OSIELSKO	M- Niepełnosprawni(B)	10		00:08:16	00:38:34.30	00:46:50.50	+00:09:22 (24.3%)	7:42	7.8 (75.7%)
117	KLIMCZAK Piotr	152	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	11	1	00:16:57	00:38:41.10	00:55:38.25	+00:09:29 (24.5%)	7:44	7.8 (75.7%)
118	WOSIK Tomasz	487		M40-44	9		00:03:36	00:38:49.95	00:42:26.65	+00:09:38 (24.8%)	7:46	7.7 (74.8%)
119	NOWIŃSKI Jarosław	279	GÓRZYSKOWO TEAM	M30-39	16		00:03:01	00:38:53.90	00:41:55.05	+00:09:42 (25.0%)	7:46	7.7 (74.8%)
120	WIERZBICKI Waldemar	424		M65-69	13		00:06:33	00:38:57.50	00:45:31.35	+00:09:46 (25.1%)	7:47	7.7 (74.8%)
121	MEŻYDŁO Tomasz	480		M- Niepełnosprawni(B)	12		00:08:18	00:39:05.10	00:47:23.80	+00:09:53 (25.3%)	7:49	7.7 (74.8%)
122	WITKOWSKI Wojciech	430		M18-29	6		00:01:18	00:39:12.40	00:40:30.75	+00:10:01 (25.6%)	7:50	7.7 (74.8%)
123	KURASZ Marian	198	SUMMER ISLAND	M60-64	9		00:05:56	00:39:12.55	00:45:08.75	+00:10:01 (25.6%)	7:50	7.7 (74.8%)
124	BORUCKI Marcin	27	GOSIR OSIELSKO	M40-44	10		00:03:34	00:39:15.25	00:42:49.95	+00:10:03 (25.6%)	7:51	7.6 (73.8%)
125	JANUSIK Krzysztof	124	JUTRZENKA CZĘSTOCHOWA	M- Niepełnosprawni(B)	13		00:20:09	00:39:15.55	00:59:25.40	+00:10:04 (25.7%)	7:51	7.6 (73.8%)
126	MAŁKIEWICZ Jacek	229		M55-59	10		00:05:25	00:39:16.00	00:44:41.25	+00:10:04 (25.7%)	7:51	7.6 (73.8%)
127	PRZYBYŁAK Stanisław	315	FACE NORDIC WALKING TEAM	M70+	5		00:07:13	00:39:26.90	00:46:40.75	+00:10:15 (26.0%)	7:53	7.6 (73.8%)
128	DUSZEŃKO Jakub	76	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	14		00:08:22	00:39:27.45	00:47:50.40	+00:10:16 (26.0%)	7:53	7.6 (73.8%)
129	PIASECKI Robert	295	CZARNE PANTERY	M-Dzieci	3		00:00:04	00:39:35.60	00:39:39.70	+00:10:24 (26.3%)	7:55	7.6 (73.8%)
130	KŁOPOTOWSKI Ryszard	153	LKS ZANTYR	M50-54	12		00:04:45	00:39:36.40	00:44:21.70	+00:10:25 (26.3%)	7:55	7.6 (73.8%)
131	ZAWISŁA Stanisław	447	MARSZ PO ZDROWIE POZNAŃ	M65-69	14		00:06:29	00:39:42.90	00:46:12.00	+00:10:31 (26.5%)	7:56	7.6 (73.8%)
132	ŻOŁNOWSKI Edward	453		M60-64	10		00:05:57	00:39:44.45	00:45:41.90	+00:10:33 (26.6%)	7:56	7.6 (73.8%)
133	PRACKI Zbigniew Wojciech	311	WTW WŁOCŁAWEK	M50-54	13		00:04:45	00:39:44.55	00:44:30.40	+00:10:33 (26.6%)	7:57	7.5 (72.8%)
134	KADECKI Konrad	135	KSIR SPORTICO BIAŁOŚLIWIE	M-Dzieci	4		00:00:05	00:39:50.05	00:39:55.60	+00:10:38 (26.7%)	7:58	7.5 (72.8%)
135	MANKOWSKI Lech	230	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	11		00:05:54	00:39:52.10	00:45:46.75	+00:10:40 (26.8%)	7:58	7.5 (72.8%)
136	CETERA Janusz	43	EKSPEDYCJA NORDIC WALKING	M- Niepełnosprawni(B)	15		00:08:17	00:40:03.45	00:48:21.35	+00:10:52 (27.1%)	8:00	7.5 (72.8%)

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
137	PIDUCH Jan	296	FACE NORDIC WALKING TEAM	M65-69	15		00:06:33	00:40:04.20	00:46:37.20	+00:10:52 (27.2%)	8:00	7.5 (72.8%)
138	LEWANDOWSKI Piotr	216	SANTANDER CONSUMER BANK	M30-39	17		00:03:02	00:40:07.50	00:43:09.80	+00:10:56 (27.3%)	8:01	7.5 (72.8%)
139	ZARZECKI Dariusz	445	IKS MORENA	M- Niepełnosprawni(B)	16		00:18:31	00:40:12.80	00:58:44.45	+00:11:01 (27.4%)	8:02	7.5 (72.8%)
140	ROZMARYNOWSKI Adrian	327	SUMMER ISLAND	M-Junior	13		00:00:34	00:40:13.30	00:40:47.80	+00:11:01 (27.4%)	8:02	7.5 (72.8%)
141	MĄDRY Zdzisław	242	JUTRZENKA CZĘSTOCHOWA	M- Niepełnosprawni(B)	17		00:18:30	00:40:14.45	00:58:44.85	+00:11:03 (27.5%)	8:02	7.5 (72.8%)
142	PAKOSZ Piotr	287		M65-69	16		00:06:35	00:40:15.25	00:46:50.55	+00:11:03 (27.5%)	8:03	7.5 (72.8%)
143	JASZCZERSKI Daniel	128	SUMMER ISLAND	M30-39	18		00:03:03	00:40:19.35	00:43:22.70	+00:11:08 (27.6%)	8:03	7.4 (71.8%)
144	GIZIEWSKI Michał	97	UWM OLSZTYN	M18-29	7		00:01:18	00:40:19.45	00:41:37.90	+00:11:08 (27.6%)	8:03	7.4 (71.8%)
145	TURCZYK Sławomir	406	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M- Niepełnosprawni(B)	18		00:08:18	00:40:21.40	00:48:40.25	+00:11:10 (27.7%)	8:04	7.4 (71.8%)
146	NOSKIEWICZ Robert	267		M40-44	11		00:03:34	00:40:21.75	00:43:55.80	+00:11:10 (27.7%)	8:04	7.4 (71.8%)
147	URBAN Jacek	468	„AZYMUT”	M65-69	17		00:06:32	00:40:26.30	00:46:58.55	+00:11:14 (27.8%)	8:05	7.4 (71.8%)
148	WAWRZYNIAK Igor	420	FACE NORDIC WALKING TEAM	M-Dzieci	5		00:00:06	00:40:27.30	00:40:33.30	+00:11:15 (27.8%)	8:05	7.4 (71.8%)
149	LEWANDOWSKI Ryszard	217		M65-69	18		00:06:33	00:40:39.65	00:47:13.15	+00:11:28 (28.2%)	8:08	7.4 (71.8%)
150	SŁOWIK Kacper	341	GOSIR OSIELSKO	M-Junior	14		00:00:32	00:41:02.10	00:41:34.20	+00:11:50 (28.9%)	8:12	7.3 (70.9%)
151	WESNER Harald	422	SANTANDER CONSUMER BANK	M60-64	12		00:05:56	00:41:10.00	00:47:06.30	+00:11:58 (29.1%)	8:14	7.3 (70.9%)
152	MATLEWSKI Radosław	239	FACE NORDIC WALKING TEAM	M40-44	12		00:03:35	00:41:10.05	00:44:45.95	+00:11:58 (29.1%)	8:14	7.3 (70.9%)
153	LUDWICZAK Oskar	218	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	19		00:16:55	00:41:16.20	00:58:11.95	+00:12:04 (29.3%)	8:15	7.3 (70.9%)
154	KOZIOŁ Piotr	168		M50-54	14		00:04:47	00:41:18.60	00:46:05.75	+00:12:07 (29.3%)	8:15	7.3 (70.9%)
155	KRYSZCZUK Kacper	469	FACE NORDIC WALKING TEAM	M18-29	8		00:01:17	00:41:22.55	00:42:39.90	+00:12:11 (29.5%)	8:16	7.3 (70.9%)
156	CICHY Łukasz	58	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	20		00:20:10	00:41:23.80	01:01:34.10	+00:12:12 (29.5%)	8:16	7.2 (69.9%)
157	KATAFIASZ Bartosz	141	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	21		00:18:31	00:41:25.90	00:59:57.80	+00:12:14 (29.5%)	8:17	7.2 (69.9%)
158	BIAŁEK Jacek	16	OMEGA ŁÓDŹ	M- Niepełnosprawni(B)	22		00:18:27	00:41:31.45	00:59:59.05	+00:12:20 (29.7%)	8:18	7.2 (69.9%)
159	KULCZYCKI Jan	193		M65-69	19		00:06:31	00:41:38.80	00:48:10.70	+00:12:27 (29.9%)	8:19	7.2 (69.9%)
160	ŁASIŃSKI Jarosław	219	AMATOR TEAM	M30-39	19		00:03:00	00:41:39.40	00:44:39.60	+00:12:28 (29.9%)	8:19	7.2 (69.9%)
161	BONIEWICZ Arkadiusz	481		M- Niepełnosprawni(B)	23		00:08:19	00:41:48.35	00:50:07.95	+00:12:37 (30.2%)	8:21	7.2 (69.9%)
162	KARCZMARSKI Krzysztof	140	IPA RADOM	M60-64	13		00:05:55	00:41:59.75	00:47:55.30	+00:12:48 (30.5%)	8:24	7.1 (68.9%)
163	SOĆKO Piotr	347	OKS WARMIA I MAZURY	M- Niepełnosprawni(B)	24		00:18:31	00:42:07.90	01:00:39.00	+00:12:56 (30.7%)	8:25	7.1 (68.9%)
164	BOBER Czesław	23	MARSZ PO ZDROWIE POZNAŃ	M70+	6		00:07:14	00:42:17.45	00:49:32.30	+00:13:06 (31.0%)	8:27	7.1 (68.9%)
165	LEWANDOWSKI Sławek	458	GOSIR OSIELSKO	M-Dzieci	6		00:00:04	00:42:23.80	00:42:28.25	+00:13:12 (31.2%)	8:28	7.1 (68.9%)

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
166	WYCISŁO Romuald	439	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	25		00:08:21	00:42:52.05	00:51:13.10	+00:13:40 (31.9%)	8:34	7 (68.0%)
167	MALISZEWSKI Marek	227		M- Niepełnosprawni(B)	26		00:08:20	00:42:58.15	00:51:18.55	+00:13:46 (32.1%)	8:35	7 (68.0%)
168	KIEDROWSKI Włodzimierz	147		M70+	7		00:07:12	00:43:03.85	00:50:16.50	+00:13:52 (32.2%)	8:36	7 (68.0%)
169	SZUST Filip	375	GOSIR OSIELSKO	M-Junior	15		00:00:32	00:43:11.45	00:43:44.20	+00:14:00 (32.4%)	8:38	6.9 (67.0%)
170	KUPER Mariusz	196	GÓRZYSKOWO TEAM	M30-39	20		00:03:01	00:43:21.70	00:46:23.25	+00:14:10 (32.7%)	8:40	6.9 (67.0%)
171	STAROSZ Andrzej	350		M55-59	11		00:05:25	00:43:25.00	00:48:50.25	+00:14:13 (32.8%)	8:41	6.9 (67.0%)
172	SŁOWIK Adam	2	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	27		00:16:55	00:43:32.45	01:00:28.25	+00:14:21 (33.0%)	8:42	6.9 (67.0%)
173	SURMIAK Ryszard	364	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	8		00:07:15	00:43:39.20	00:50:54.75	+00:14:27 (33.1%)	8:43	6.9 (67.0%)
174	KOWALCZYK Robert Mateusz	165		M18-29	9		00:01:17	00:43:53.65	00:45:11.35	+00:14:42 (33.5%)	8:46	6.8 (66.0%)
175	KIEŁBIŃSKI Wojciech	483		M45-49	14		00:28:38	00:43:54.50	01:12:33.10	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
176	DOBROWOLSKI Patryk	68		M-Dzieci	7		00:00:05	00:44:03.25	00:44:08.30	+00:14:51 (33.7%)	8:48	6.8 (66.0%)
177	GIERSZENDORF Roman	93	FACE NORDIC WALKING TEAM / KB KATORZNIK MUROWANA GOŚLINA	M45-49	15		00:04:11	00:44:29.70	00:48:41.60	+00:15:18 (34.4%)	8:54	6.7 (65.0%)
178	KUCZYŃSKI Włodzimierz	189	NORDIC WALKING KIEKRZ	M55-59	12		00:05:25	00:44:31.65	00:49:57.55	+00:15:20 (34.4%)	8:54	6.7 (65.0%)
179	SZLIBEN Damian	370	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	28	1	00:18:28	00:44:47.10	01:03:15.65	+00:15:35 (34.8%)	8:57	6.7 (65.0%)
180	KULKA Maciej	195	FACE NORDIC WALKING TEAM	M50-54	15		00:04:49	00:44:50.40	00:49:39.80	+00:15:39 (34.9%)	8:58	6.7 (65.0%)
181	GÓRSKI Piotr	477	GOSIR OSIELSKO	M50-54	16		00:04:46	00:44:55.05	00:49:41.30	+00:15:43 (35.0%)	8:59	6.7 (65.0%)
182	SAPA Dariusz	333	BYDGOSKIE ŻÓŁWIE	M50-54	17		00:04:48	00:44:55.70	00:49:44.10	+00:15:44 (35.0%)	8:59	6.7 (65.0%)
183	JÓŹWIAK Dominik	131	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	29		00:08:18	00:45:02.60	00:53:20.60	+00:15:51 (35.2%)	9:00	6.7 (65.0%)
184	GIERSZENDORF Paweł	94	FACE NORDIC WALKING TEAM / KB KATORZNIK MUROWANA GOŚLINA	M-Junior	16		00:00:33	00:45:24.00	00:45:57.90	+00:16:12 (35.7%)	9:04	6.6 (64.1%)
185	LEWANDOWSKI Szymon	459	GOSIR OSIELSKO	M-Dzieci	8		00:00:04	00:46:32.15	00:46:36.75	+00:17:20 (37.3%)	9:18	6.4 (62.1%)
186	GIERSZENDORF Borys	95	FACE NORDIC WALKING TEAM / KB KATORZNIK MUROWANA GOŚLINA	M-Dzieci	9		00:00:05	00:47:22.30	00:47:27.50	+00:18:10 (38.4%)	9:28	6.3 (61.2%)
187	NOWAKOWSKI Tomasz	272	GOSIR OSIELSKO	M55-59	13		00:05:24	00:47:25.45	00:52:49.90	+00:18:14 (38.5%)	9:29	6.3 (61.2%)
188	NOSKIEWICZ Krzysztof	268		M-Dzieci	10		00:00:04	00:47:38.55	00:47:43.50	+00:18:27 (38.7%)	9:31	6.3 (61.2%)
189	POŁOŃSKI Andrzej	451	GOSIR OSIELSKO	M30-39	21		00:03:05	00:48:23.55	00:51:28.85	+00:19:12 (39.7%)	9:40	6.2 (60.2%)
190	MUSIAŁ Przemysław	259	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	30		00:16:56	00:48:55.60	01:05:51.95	+00:19:44 (40.3%)	9:47	6.1 (59.2%)
191	MACHAJEK Krzysztof	221	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	8		00:08:20	00:49:05.40	00:57:25.80	+00:19:54 (40.5%)	9:49	6.1 (59.2%)
192	DOMAGALSKI Robert	69	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	31		00:20:11	00:50:45.50	01:10:57.15	+00:21:34 (42.5%)	10:09	5.9 (57.3%)
193	SŁOWIK Przemysław	340	GOSIR OSIELSKO	M40-44	13		00:03:35	00:50:55.45	00:54:30.90	+00:21:44 (42.7%)	10:11	5.9 (57.3%)
194	LESZCZYŃSKI Bartosz	462	GOSIR OSIELSKO	M-Dzieci	11		00:00:06	00:51:30.60	00:51:37.20	+00:22:19 (43.3%)	10:18	5.8 (56.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
195	POŁOŃSKI Szymon	486	GOSIR OSIELSKO	M-Dzieci	12			00:00:05	00:51:32.10	00:51:37.65	+00:22:20 (43.4%)	10:18	5.8 (56.3%)
196	DEBNER Wojciech	64	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	32			00:19:27	00:51:51.05	01:11:18.35	+00:22:39 (43.7%)	10:22	5.8 (56.3%)
197	DROP Mieczysław	74		M70+	9			00:07:15	00:51:54.25	00:59:09.40	+00:22:42 (43.8%)	10:22	5.8 (56.3%)
198	PIKULSKI Michał	300	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	33			00:18:29	00:51:54.30	01:10:23.65	+00:22:42 (43.8%)	10:22	5.8 (56.3%)
199	LESZCZYŃSKI Benedykt	212	GOSIR OSIELSKO	M55-59	14			00:05:56	00:52:49.80	00:58:46.30	+00:23:38 (44.7%)	10:34	5.7 (55.3%)
200	SŁOWIK Błażej	343	GOSIR OSIELSKO	M-Dzieci	13			00:00:06	00:54:28.90	00:54:35.60	+00:25:17 (46.4%)	10:53	5.5 (53.4%)
201	BOJKE Olgierd	25		M55-59	15			00:16:06	01:02:03.35	01:18:10.15	+00:32:52 (53.0%)	12:24	4.8 (46.6%)
202	TOBOLSKI Michał	397	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	34			00:18:34	01:10:16.75	01:28:51.40	+00:41:05 (58.5%)	14:03	4.3 (41.7%)
203	ŻYGOWSKI Leszek	455	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	35			00:19:25	01:14:07.05	01:33:32.70	+00:44:55 (60.6%)	14:49	4 (38.8%)
204	CICHOWSKI Wiesław	57	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Niepełnosprawni(A)	9			00:08:19	01:34:23.90	01:42:43.35	+01:05:12 (69.1%)	18:52	3.2 (31.1%)
DQ	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69			1	DQ	00:33:59.40 DQ	DQ		-	- (0.0%)
DQ	RACZEK Zbigniew	317	KAROLINKA CHORZÓW	M-Niepełnosprawni(B)			1	DQ	00:38:32.40 DQ	DQ		-	- (0.0%)
	GÓRNY Zenobiusz	441	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)				DNF	DNF	DNF		-	- (0.0%)
	MICHALSKI Andrzej	243	WESOŁY BORSUK TEAM	M55-59				DNF	DNF	DNF		-	- (0.0%)
	SŁYSZ Arkadiusz	344	GOSIR OSIELSKO	M40-44		1		DNF	DNF	DNF		-	- (0.0%)
	MIECH Wiesław	244	SYRENKA WARSZAWA	M-Niepełnosprawni(B)				DNF	DNF	DNF		-	- (0.0%)

Total 210 results.