

SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: FINAŁ PUCHARU POMORZA NORDIC WALKING
Organizator: Polska Federacja Nordic Walking
Data: 2018-09-02
Miejsce: Szczecin
Dystans: 5 km

HERKULES
www.herkules.org.pl

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	**RAJEWSKI Sebastian**	**116**	KS IDMAR RACING TEAM	M45-49	1			00:09:31	00:19:39	**00:29:53.26**		5:58	10 (100%)
2	**WOROCH Roman**	**171**	KSMETRACOPOLKOWICE	M60-64	1			00:10:07	00:20:22	**00:30:34.87**	+00:00:41 (2.3%)	6:07	9.8 (98.0%)
3	**DOŁĘGOWSKI Marek**	**290**		M45-49	2			00:09:46	00:20:21	**00:30:35.45**	+00:00:42 (2.3%)	6:07	9.8 (98.0%)
4	**ROŻYNEK Miron**	**118**	KS METRACO POLKOWICE	M55-59	1			00:10:06	00:20:24	**00:30:45.45**	+00:00:52 (2.8%)	6:09	9.8 (98.0%)
5	**GRODZKI Ireneusz**	**40**		M45-49	3			00:09:47	00:20:22	**00:30:50.38**	+00:00:57 (3.1%)	6:10	9.7 (97.0%)
6	**TOPOREK Rafał**	**147**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	1			00:10:11	00:20:35	**00:31:01.38**	+00:01:08 (3.7%)	6:12	9.7 (97.0%)
7	**KUŹMICZ Adam**	**78**	NWPL/NORDIC WALKING PASŁĘK	M30-39	1			00:10:07	00:20:35	**00:31:02.26**	+00:01:08 (3.7%)	6:12	9.7 (97.0%)
8	**BRZOZOWSKI Piotr**	**185**	NWPL/AKTYWNI POSTOMINO	M30-39	2			00:10:11	00:20:33	**00:31:02.35**	+00:01:09 (3.7%)	6:12	9.7 (97.0%)
9	**SCHRÖDER Karol**	**128**	SILESIA NORDIC TEAM	M40-44	1			00:10:04	00:20:49	**00:31:50.48**	+00:01:57 (6.1%)	6:22	9.4 (94.0%)
10	**FRĄCKOWIAK Roman**	**30**	KS METRACO POLKOWICE	M50-54	1			00:10:37	00:21:24	**00:32:01.16**	+00:02:07 (6.7%)	6:24	9.4 (94.0%)
11	**TRZCIŃSKI Franciszek**	**151**	SPORT I REKREACJA START (CHEŁMNO)	M50-54	2			00:10:27	00:21:15	**00:32:01.46**	+00:02:08 (6.7%)	6:24	9.4 (94.0%)
12	**LIPIŃSKI Karol**	**86**	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-44	2			00:10:17	00:21:18	**00:32:11.57**	+00:02:18 (7.2%)	6:26	9.3 (93.0%)
13	**KOPCZEWSKI Dariusz**	**67**	FACE NORDIC WALKING TEAM	M50-54	3			00:10:39	00:21:33	**00:32:28.04**	+00:02:34 (7.9%)	6:29	9.2 (92.0%)
14	**SZYMSKA Małgorzata**	**145**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	1			00:10:30	00:21:34	**00:32:43.31**	+00:02:50 (8.7%)	6:32	9.2 (92.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	**KOP Wiesław**	**66**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	2			00:10:36	00:21:51	**00:33:01.29**	+00:03:08 (9.5%)	6:36	9.1 (91.0%)
16	**TRZCIŃSKI Eugeniusz**	**150**	SPORT I REKREACJA START (CHEŁMNO)	M60-64	2			00:10:47	00:21:55	**00:33:01.31**	+00:03:08 (9.5%)	6:36	9.1 (91.0%)
17	**SANIUK Edward**	**127**	FACE NORDIC WALKING TEAM	M65-69	1			00:11:00	00:22:09	**00:33:10.18**	+00:03:16 (9.9%)	6:38	9 (90.0%)
18	**KĘDZIERSKA Agnieszka**	**295**	KIJKOWE TRZEMESZNO	K40-44	1			00:10:55	00:22:09	**00:33:19.47**	+00:03:26 (10.3%)	6:39	9 (90.0%)
19	**KOLBERG Kamila**	**64**	KIJKOWE TRZEMESZNO	K30-39	2			00:11:04	00:22:25	**00:33:36.50**	+00:03:43 (11.1%)	6:43	8.9 (89.0%)
20	**JASIŁEK Przemysław**	**49**		M40-44	3			00:11:02	00:22:22	**00:33:46.83**	+00:03:53 (11.5%)	6:45	8.9 (89.0%)
21	**PRADUŃ Michał**	**115**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	2			00:11:02	00:22:33	**00:33:49.61**	+00:03:56 (11.6%)	6:46	8.9 (89.0%)
22	**SULIKOWSKA Agnieszka**	**138**	PASJA NORDIC WALKING	K30-39	3			00:11:05	00:22:31	**00:34:05.49**	+00:04:12 (12.3%)	6:49	8.8 (88.0%)
23	**POLISZCZUK Piotr**	**112**	PIERNIKI NA CHODZIE	M-Niepełnosprawni(A)	1			00:10:58	00:22:32	**00:34:07.03**	+00:04:13 (12.4%)	6:49	8.8 (88.0%)
24	**ZDANUK Artur**	**183**	EKSPEDYCJA NORDIC TEAM SZCZECIN	M45-49	4			00:10:47	00:22:28	**00:34:11.36**	+00:04:18 (12.6%)	6:50	8.8 (88.0%)
25	**SZYMAŃSKI Stefan**	**144**	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	M70+	1			00:11:01	00:22:43	**00:34:12.18**	+00:04:18 (12.6%)	6:50	8.8 (88.0%)
26	**KUBIAK Jakub**	**71**	KLUB SPORTOWY SOKÓŁ GĄSAWA	M-Jun.	1			00:10:55	00:22:40	**00:34:25.44**	+00:04:32 (13.2%)	6:53	8.7 (87.0%)
27	**SPYCHAŁA Marzena**	**132**	CKZIU NYSA MECHANIK	K45-49	1			00:11:17	00:22:51	**00:34:26.41**	+00:04:33 (13.2%)	6:53	8.7 (87.0%)
28	**TOMCZYK Edward**	**146**	MARSZ PO ZDROWIE POZNAŃ	M70+	2			00:11:06	00:22:43	**00:34:31.68**	+00:04:38 (13.4%)	6:54	8.7 (87.0%)
29	**OKRZESIK-FRĄCKOWIAK Izabela**	**104**	KS METRACO POLKOWICE	K50-54	1			00:11:22	00:23:06	**00:34:36.14**	+00:04:42 (13.6%)	6:55	8.7 (87.0%)
30	**JÓŹWIAK Marianna**	**52**	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:11:23	00:23:05	**00:34:47.42**	+00:04:54 (14.1%)	6:57	8.6 (86.0%)
31	**BUCZKOWSKI Jerzy**	**10**	KS SOKÓŁ GĄSAWA	M65-69	2			00:11:23	00:23:08	**00:34:51.40**	+00:04:58 (14.3%)	6:58	8.6 (86.0%)
32	**KUŚMIEREK Mateusz**	**77**	BŁĘKITNI NW DZIEMIANY	M-Jun.	2			00:10:55	00:22:52	**00:34:57.36**	+00:05:04 (14.5%)	6:59	8.6 (86.0%)
33	**SZYCKO Oliwia**	**142**		K-Dzieci	1			00:11:25	00:23:14	**00:35:06.69**	+00:05:13 (14.9%)	7:01	8.5 (85.0%)
34	**KOCZOROWSKA Patrycja**	**62**	KS SOKOL GASAWA	K-Dzieci	2			00:11:36	00:23:16	**00:35:16.36**	+00:05:23 (15.3%)	7:03	8.5 (85.0%)
35	**GŁADZIK Aleksander**	**35**	KOMPAS TEAM	M30-39	3			00:11:38	00:23:32	**00:35:26.24**	+00:05:32 (15.7%)	7:05	8.5 (85.0%)
36	**KŁOS Lidia**	**60**	SPORT I REKREACJA START CHEŁMNO	K40-44	2			00:11:37	00:23:37	**00:35:43.21**	+00:05:49 (16.3%)	7:08	8.4 (84.0%)
37	**MOŻDŻEŃ Barbara**	**100**	NIEZRZESZONA	K55-59	1			00:11:35	00:23:37	**00:35:45.02**	+00:05:51 (16.4%)	7:09	8.4 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	**STOLTMAN Helena**	**136**	BŁĘKITNI NW DZIEMIANY	K55-59	2			00:11:37	00:23:40	**00:35:51.75**	+00:05:58 (16.7%)	7:10	8.4 (84.0%)
39	**LIPIŃSKA Karolina**	**85**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	4			00:11:33	00:23:50	**00:35:57.56**	+00:06:04 (16.9%)	7:11	8.3 (83.0%)
40	**WOŁK Beata**	**170**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	3			00:11:55	00:24:09	**00:35:58.86**	+00:06:05 (16.9%)	7:11	8.3 (83.0%)
41	**WILD Ewa**	**294**		K40-44	4			00:12:05	00:24:10	**00:36:01.18**	+00:06:07 (17.0%)	7:12	8.3 (83.0%)
42	**NACZK Wiktoria**	**101**	KREATIV-SPORT DYNAMIC	K-Jun.	1			00:12:12	00:24:22	**00:36:09.90**	+00:06:16 (17.4%)	7:14	8.3 (83.0%)
43	**BOJANOWSKI Marcin**	**4**		M30-39	4			00:11:28	00:23:38	**00:36:10.61**	+00:06:17 (17.4%)	7:14	8.3 (83.0%)
44	**GOŁEBIEWSKI Andrzej**	**36**	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-64	3			00:11:43	00:23:59	**00:36:12.28**	+00:06:19 (17.4%)	7:14	8.3 (83.0%)
45	**RYBICKI Janusz**	**124**		M65-69	3			00:11:51	00:24:05	**00:36:13.29**	+00:06:20 (17.5%)	7:14	8.3 (83.0%)
46	**ZWIERZCHOWSKA Żaneta**	**187**	SPORT I REKREACJA START CHEŁMNO	K45-49	3			00:11:59	00:24:04	**00:36:17.95**	+00:06:24 (17.7%)	7:15	8.3 (83.0%)
47	**GŁADKOWSKA Iryna**	**34**		K40-44	5			00:11:51	00:24:04	**00:36:20.85**	+00:06:27 (17.8%)	7:16	8.3 (83.0%)
48	**WIERZCHOSŁAWSKA Agnieszka**	**164**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K18-29	1			00:11:55	00:24:12	**00:36:27.21**	+00:06:33 (18.0%)	7:17	8.2 (82.0%)
49	**SULECKA Gabriela**	**137**		K-Niepełnosprawni(A)	1			00:12:03	00:24:19	**00:36:28.76**	+00:06:35 (18.1%)	7:17	8.2 (82.0%)
50	**TOPOREK Aleksandra**	**148**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-Niepełnosprawni(B)	1			00:12:04	00:24:19	**00:36:32.17**	+00:06:38 (18.2%)	7:18	8.2 (82.0%)
51	**GRYGOROWICZ Teresa**	**42**	KS METRACO POLKOWICE	K65-69	1			00:11:50	00:24:07	**00:36:36.10**	+00:06:42 (18.3%)	7:19	8.2 (82.0%)
52	**RUTKOWSKI Witold**	**122**		M45-49	5			00:12:12	00:24:41	**00:36:36.34**	+00:06:43 (18.4%)	7:19	8.2 (82.0%)
53	**WALECKA Romualda**	**159**	SPORT I REKREACJA START CHEŁMNO	K60-64	1			00:11:58	00:24:14	**00:36:40.77**	+00:06:47 (18.5%)	7:20	8.2 (82.0%)
54	**URBAŃSKI Stefan**	**155**	NW PATYCZAKI GRUDZIĄDZ	M55-59	3			00:11:49	00:24:15	**00:36:41.07**	+00:06:47 (18.5%)	7:20	8.2 (82.0%)
55	**GRYGOROWICZ Bogdan**	**43**	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	3			00:11:52	00:24:24	**00:36:50.25**	+00:06:56 (18.9%)	7:22	8.1 (81.0%)
56	**DANA Kazimiera**	**22**	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	2			00:12:03	00:24:32	**00:36:51.95**	+00:06:58 (18.9%)	7:22	8.1 (81.0%)
57	**SAMOJŁO Sławomir**	**126**		M55-59	4			00:11:51	00:24:19	**00:36:54.30**	+00:07:01 (19.0%)	7:22	8.1 (81.0%)
58	**KUPIBIDA Bogusława**	**76**	SILESIA NORDIC TEAM	K55-59	3			00:12:16	00:24:42	**00:37:02.81**	+00:07:09 (19.3%)	7:24	8.1 (81.0%)
59	**MAKOCKA Halina**	**90**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-64	2			00:12:12	00:24:40	**00:37:18.34**	+00:07:25 (19.9%)	7:27	8 (80.0%)
60	**URBAŃSKA Ewa**	**154**		K40-44	6			00:12:02	00:24:38	**00:37:18.66**	+00:07:25 (19.9%)	7:27	8 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
61	**SIEMIĄTKOWSKA Janina**	**129**	SPORT I REKREACJA START CHEŁMNO	K50-54	2			00:12:17	00:24:49	**00:37:21.11**	+00:07:27 (20.0%)	7:28	8 (80.0%)
62	**KUŹMICZ Magdalena**	**79**		K30-39	5			00:12:14	00:24:49	**00:37:26.14**	+00:07:32 (20.2%)	7:29	8 (80.0%)
63	**KRAWCZYK Dorota**	**69**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	3			00:12:18	00:24:53	**00:37:38.76**	+00:07:45 (20.6%)	7:31	8 (80.0%)
64	**MIKSZA Szymon**	**98**		M-Jun.	3			00:12:09	00:25:00	**00:37:41.30**	+00:07:48 (20.7%)	7:32	8 (80.0%)
65	**WILD Arek**	**293**		M50-54	4			00:12:12	00:25:05	**00:37:43.55**	+00:07:50 (20.8%)	7:32	8 (80.0%)
66	**SZOPINSKA Barbara**	**140**	SPORT I REKREACJA START CHEŁMNO	K55-59	4			00:12:27	00:25:04	**00:37:44.87**	+00:07:51 (20.8%)	7:32	8 (80.0%)
67	**PRACKI Zbigniew**	**114**	SERCE NORDICA WŁOCŁAWEK	M50-54	5			00:12:20	00:25:11	**00:37:50.44**	+00:07:57 (21.0%)	7:34	7.9 (79.0%)
68	**CZAPSKI Marian**	**21**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	M-Niepełnosprawni(B)	4			00:12:45	00:25:16	**00:38:02.51**	+00:08:09 (21.4%)	7:36	7.9 (79.0%)
69	**KOCZOROWSKA Monika**	**61**	KS SOKOL GASAWA	K30-39	6			00:12:26	00:25:20	**00:38:05.99**	+00:08:12 (21.6%)	7:37	7.9 (79.0%)
70	**WIERZCHOSLAWSKI Mateusz**	**163**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M18-29	1			00:12:35	00:25:24	**00:38:07.19**	+00:08:13 (21.6%)	7:37	7.9 (79.0%)
71	**JÓŹWIAK Łukasz**	**53**	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)	2			00:12:25	00:25:15	**00:38:07.57**	+00:08:14 (21.6%)	7:37	7.9 (79.0%)
72	**DARGAS Sandra**	**25**	BŁĘKITNI NW DZIEMIANY	K-Dzieci	3			00:11:59	00:25:04	**00:38:20.18**	+00:08:26 (22.0%)	7:40	7.8 (78.0%)
73	**KIESZKOWSKA Barbara**	**59**		K30-39	7			00:12:23	00:25:22	**00:38:36.14**	+00:08:42 (22.6%)	7:43	7.8 (78.0%)
74	**WOŹNIAK Iwona**	**172**		K40-44	7			00:12:17	00:25:21	**00:38:40.24**	+00:08:46 (22.7%)	7:44	7.8 (78.0%)
75	**WALCZAK Grzegorz**	**157**	OCTOPUS SUCHY LAS	M45-49	6			00:12:52	00:26:04	**00:38:45.12**	+00:08:51 (22.9%)	7:45	7.7 (77.0%)
76	**WYCISŁO Agata**	**175**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-Niepełnosprawni(B)	2			00:12:39	00:25:58	**00:38:45.22**	+00:08:51 (22.9%)	7:45	7.7 (77.0%)
77	**ANGIELCZYK Małgorzata**	**1**	MARSZ PO ZDROWIE POZNAŃ	K65-69	3			00:12:41	00:25:45	**00:38:45.27**	+00:08:52 (22.9%)	7:45	7.7 (77.0%)
78	**PIĄTKOWSKI Józef**	**110**	KS METRACO POLKOWICE	M70+	3			00:12:49	00:25:56	**00:38:49.19**	+00:08:55 (23.0%)	7:45	7.7 (77.0%)
79	**WAWRZYNIAK Anna**	**161**	FACE NORDIC WALKING TEAM	K45-49	4			00:12:46	00:25:51	**00:38:49.90**	+00:08:56 (23.0%)	7:46	7.7 (77.0%)
80	**GÓRSKA Dorota**	**37**		K50-54	3			00:12:50	00:25:50	**00:38:52.37**	+00:08:59 (23.1%)	7:46	7.7 (77.0%)
81	**PILIMON Krzysztof**	**6**		M65-69	4			00:12:47	00:26:01	**00:38:54.09**	+00:09:00 (23.2%)	7:46	7.7 (77.0%)
82	**GRZEGORCZYK Ela**	**45**		K60-64	4			00:12:52	00:25:58	**00:39:03.80**	+00:09:10 (23.5%)	7:48	7.7 (77.0%)
83	**BUJNICKA Magdalena**	**13**	NORDIC WALKING PASŁĘK	K-Dzieci	4			00:12:31	00:26:00	**00:39:09.50**	+00:09:16 (23.7%)	7:50	7.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
84	**MILKOWSKI Mariusz**	**99**		M-Niepełnosprawni(A)	3			00:12:44	00:25:55	**00:39:14.57**	+00:09:21 (23.8%)	7:51	7.6 (76.0%)
85	**BOJKO Iwona**	**5**	KLUB SPORTOWY SOKÓŁ GĄSAWA	K50-54	4			00:13:03	00:26:10	**00:39:19.30**	+00:09:26 (24.0%)	7:52	7.6 (76.0%)
86	**SZYCKO Radosław**	**141**		M40-44	4			00:12:37	00:25:53	**00:39:19.51**	+00:09:26 (24.0%)	7:52	7.6 (76.0%)
87	**TURZYŃSKA - STOPA Maria**	**152**	BŁĘKITNI NW DZIEMIANY	K60-64	5			00:12:57	00:26:08	**00:39:22.24**	+00:09:28 (24.1%)	7:52	7.6 (76.0%)
88	**RUTKOWSKA Justyna**	**121**		K40-44	8			00:12:55	00:26:07	**00:39:25.15**	+00:09:31 (24.2%)	7:53	7.6 (76.0%)
89	**RUDAWSKI Maciej**	**119**		M30-39	5			00:12:48	00:26:04	**00:39:26.93**	+00:09:33 (24.2%)	7:53	7.6 (76.0%)
90	**URBAN Jacek**	**153**	LESZNO :)	M65-69	5			00:12:58	00:26:20	**00:39:28.11**	+00:09:34 (24.3%)	7:53	7.6 (76.0%)
91	**GRZEGORCZYK Leszek**	**44**	DOBRY TEAM ECOPOL	M70+	4			00:12:50	00:25:57	**00:39:31.77**	+00:09:38 (24.4%)	7:54	7.6 (76.0%)
92	**KWIATKOWSKA Małgorzata**	**289**		K55-59	5			00:13:28	00:26:40	**00:39:33.24**	+00:09:39 (24.4%)	7:54	7.6 (76.0%)
93	**WAWRZYNIAK Igor**	**162**	FACE NORDIC WALKING TEAM	M-Dzieci	1			00:12:26	00:25:48	**00:39:34.64**	+00:09:41 (24.5%)	7:55	7.6 (76.0%)
94	**KUC Joanna**	**73**	INDYWIDUALNIE	K50-54	5			00:12:53	00:26:18	**00:39:43.36**	+00:09:50 (24.8%)	7:56	7.6 (76.0%)
95	**WYSOCKA Bernadeta**	**176**	BŁĘKITNI NW DZIEMIANY	K45-49	5			00:13:02	00:26:23	**00:39:47.44**	+00:09:54 (24.9%)	7:57	7.5 (75.0%)
96	**SZYMAŃSKA Lucyna**	**143**	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	K-Niepełnosprawni(A)	2			00:13:04	00:26:27	**00:39:48.56**	+00:09:55 (24.9%)	7:57	7.5 (75.0%)
97	**KUBIAK Wojciech**	**72**	KLUB SPORTOWY SOKÓŁ GASAWA	M55-59	5			00:13:00	00:26:30	**00:39:52.26**	+00:09:59 (25.0%)	7:58	7.5 (75.0%)
98	**GRZELAK Beata**	**46**	SPORT I REKRRACJA START (CHEŁMNO)	K40-44	9			00:13:16	00:26:29	**00:39:52.63**	+00:09:59 (25.1%)	7:58	7.5 (75.0%)
99	**WALENT Marta**	**160**		K18-29	2			00:12:56	00:26:24	**00:40:02.76**	+00:10:09 (25.4%)	8:00	7.5 (75.0%)
100	**FRĘŚKO Ewelina**	**32**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	8			00:12:53	00:26:41	**00:40:03.54**	+00:10:10 (25.4%)	8:00	7.5 (75.0%)
101	**MIKSZA Adam**	**96**		M40-44	5			00:13:05	00:26:38	**00:40:03.78**	+00:10:10 (25.4%)	8:00	7.5 (75.0%)
102	**KUBIAK Anna**	**70**	KLUB SPORTOWY SOKÓŁ GASAWA	K55-59	6			00:13:13	00:26:42	**00:40:18.26**	+00:10:24 (25.8%)	8:03	7.4 (74.0%)
103	**DAROSZEWSKA Krystyna**	**26**	SERCE NORDICA WŁOCŁAWEK	K60-64	6			00:13:24	00:26:52	**00:40:22.17**	+00:10:28 (26.0%)	8:04	7.4 (74.0%)
104	**LEGOCKA-WALCZAK Kinga**	**82**	OCTOPUS SUCHY LAS	K40-44	10			00:13:07	00:27:09	**00:40:31.92**	+00:10:38 (26.3%)	8:06	7.4 (74.0%)
105	**STOLTMAN Adam**	**134**	NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	2			00:12:45	00:26:32	**00:40:35.75**	+00:10:42 (26.4%)	8:07	7.4 (74.0%)
106	**KONDZIOŁA Maria**	**65**		K65-69	4			00:13:16	00:26:57	**00:40:38.70**	+00:10:45 (26.5%)	8:07	7.4 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	**SYRUĆ Agata**	**139**		K40-44	11			00:13:22	00:27:03	**00:40:41.11**	+00:10:47 (26.5%)	8:08	7.4 (74.0%)
108	**LATAŃSKA-WALENT Małgorzata**	**81**		K50-54	6			00:13:16	00:27:04	**00:40:50.13**	+00:10:56 (26.8%)	8:10	7.3 (73.0%)
109	**PIECHA Elżbieta**	**111**	KLUB ZDROWEGO STYLU ŻYCIA	K55-59	7			00:13:26	00:27:16	**00:40:55.09**	+00:11:01 (27.0%)	8:11	7.3 (73.0%)
110	**KWIATKOWSKI Roman**	**80**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	M-Niepełnosprawni(B)	5			00:13:08	00:26:45	**00:40:56.07**	+00:11:02 (27.0%)	8:11	7.3 (73.0%)
111	**KOCZOROWSKI Kacper**	**63**	KS SOKOL GASAWA	M-Dzieci	3			00:13:12	00:27:27	**00:40:56.75**	+00:11:03 (27.0%)	8:11	7.3 (73.0%)
112	**MARCHIEL Jelena**	**91**		K50-54	7			00:13:25	00:27:08	**00:40:59.58**	+00:11:06 (27.1%)	8:11	7.3 (73.0%)
113	**BOROWSKA Magdalena**	**8**		K40-44	12			00:13:26	00:27:09	**00:41:00.65**	+00:11:07 (27.1%)	8:12	7.3 (73.0%)
114	**PAWLIK Danuta**	**51**		K45-49	6			00:13:34	00:27:18	**00:41:04.25**	+00:11:10 (27.2%)	8:12	7.3 (73.0%)
115	**KAMAĆ Kalina**	**55**		K-Dzieci	5			00:12:40	00:26:29	**00:41:15.90**	+00:11:22 (27.6%)	8:15	7.3 (73.0%)
116	**CETERA Janusz**	**15**	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-Niepełnosprawni(B)	6			00:13:35	00:27:31	**00:41:19.18**	+00:11:25 (27.7%)	8:15	7.3 (73.0%)
117	**OLSZYŃSKA Marzena**	**105**	WILKI KOSZALIN	K50-54	8			00:13:30	00:27:26	**00:41:24.32**	+00:11:31 (27.8%)	8:16	7.2 (72.0%)
118	**SZYSZKO Łucja**	**283**	BIOMASZYNA	K-Dzieci	6			00:13:30	00:28:02	**00:41:25.51**	+00:11:32 (27.9%)	8:17	7.2 (72.0%)
119	**KUCHALSKA Marta**	**74**	SCTP	K40-44	13			00:13:27	00:27:20	**00:41:25.74**	+00:11:32 (27.9%)	8:17	7.2 (72.0%)
120	**STAWNIAK Wanda**	**133**		K65-69	5			00:13:15	00:27:19	**00:41:27.16**	+00:11:33 (27.9%)	8:17	7.2 (72.0%)
121	**GRYGIEL Teresa**	**41**	MARSZ PO ZDROWIE POZNAŃ	K55-59	8			00:13:32	00:27:26	**00:41:37.34**	+00:11:44 (28.2%)	8:19	7.2 (72.0%)
122	**WYCISŁO Damian**	**174**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M18-29	2			00:13:31	00:27:39	**00:41:40.47**	+00:11:47 (28.3%)	8:20	7.2 (72.0%)
123	**OWCZAREK Henryka**	**107**	MARSZ PO ZDROWIE POZNAŃ	K70+	1			00:13:48	00:27:46	**00:41:44.37**	+00:11:51 (28.4%)	8:21	7.2 (72.0%)
124	**CYRA Grażyna**	**19**	NW ZIELONY DWÓR	K60-64	7			00:13:42	00:27:41	**00:41:45.04**	+00:11:51 (28.4%)	8:21	7.2 (72.0%)
125	**PANKIEWICZ-DMOWSKA Cecylia**	**109**		K70+	2			00:13:48	00:27:45	**00:41:47.85**	+00:11:54 (28.5%)	8:21	7.2 (72.0%)
126	**KĄCIK Agnieszka**	**281**		K40-44	14			00:13:44	00:27:34	**00:41:52.09**	+00:11:58 (28.6%)	8:22	7.2 (72.0%)
127	**KARYŃ Anita**	**268**	TURILUS	K30-39	9			00:13:38	00:27:47	**00:41:54.31**	+00:12:01 (28.7%)	8:22	7.2 (72.0%)
128	**BRODA Dariusz**	**9**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	M-Niepełnosprawni(B)	7			00:13:28	00:27:34	**00:42:02.74**	+00:12:09 (28.9%)	8:24	7.1 (71.0%)
129	**WINCEWICZ Ewa**	**165**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	10			00:13:53	00:28:17	**00:42:23.37**	+00:12:30 (29.5%)	8:28	7.1 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	**BUDA Agnieszka**	**11**	SANTANDER CONSUMER BANK S.A.	K18-29	3			00:13:56	00:28:00	**00:42:29.40**	+00:12:36 (29.7%)	8:29	7.1 (71.0%)
131	**WŁADKOWSKA Agnieszka**	**167**		K40-44	15			00:13:20	00:28:22	**00:42:49.20**	+00:12:55 (30.2%)	8:33	7 (70.0%)
132	**WYSOCKI Gabriel**	**177**	BŁĘKITNI NW DZIEMIANY	M-Dzieci	4			00:13:46	00:28:13	**00:43:12.15**	+00:13:18 (30.8%)	8:38	6.9 (69.0%)
133	**MIKSZA Maja**	**97**		K-Dzieci	7			00:14:13	00:29:00	**00:43:12.33**	+00:13:19 (30.8%)	8:38	6.9 (69.0%)
134	**KULCZYCKI Jan**	**75**		M65-69	6			00:13:59	00:28:52	**00:43:17.59**	+00:13:24 (31.0%)	8:39	6.9 (69.0%)
135	**MIKSZA Kasia**	**95**		K40-44	16			00:14:13	00:29:00	**00:43:21.18**	+00:13:27 (31.1%)	8:40	6.9 (69.0%)
136	**KAMORA Barbara**	**280**		K55-59	9			00:14:36	00:28:54	**00:43:27.46**	+00:13:34 (31.2%)	8:41	6.9 (69.0%)
137	**ŻYWICKA Irena**	**188**	BŁĘKITNI NW DZIEMIANY	K60-64	8			00:14:52	00:29:24	**00:43:36.10**	+00:13:42 (31.5%)	8:43	6.9 (69.0%)
138	**CHACHUŁA Sylwia**	**16**		K30-39	11	1		00:14:27	00:29:15	**00:43:49.46**	+00:13:56 (31.8%)	8:46	6.8 (68.0%)
139	**DARGAS Małgorzata**	**23**	BŁĘKITNI NW DZIEMIANY	K40-44	17			00:13:59	00:28:56	**00:43:52.56**	+00:13:59 (31.9%)	8:46	6.8 (68.0%)
140	**JANIAK Grażyna**	**47**		K45-49	7			00:14:10	00:28:59	**00:44:03.25**	+00:14:09 (32.2%)	8:48	6.8 (68.0%)
141	**ORŁOWSKI Marcin**	**106**		M18-29	3			00:14:11	00:29:07	**00:44:13.01**	+00:14:19 (32.4%)	8:50	6.8 (68.0%)
142	**WIŚNIEWSKA Mariola**	**166**	LESZNO :)	K55-59	10			00:14:39	00:29:34	**00:44:13.98**	+00:14:20 (32.4%)	8:50	6.8 (68.0%)
143	**ŚMIAŁEK Martyna**	**298**	CKS SZCZECIN	K-Jun.	2			00:14:39	00:29:22	**00:44:16.17**	+00:14:22 (32.5%)	8:51	6.8 (68.0%)
144	**ROMAŃSKA Natalia**	**297**	CKS SZCZECIN	K-Dzieci	8			00:13:48	00:29:00	**00:44:16.18**	+00:14:22 (32.5%)	8:51	6.8 (68.0%)
145	**DARGAS Marta**	**24**	BŁĘKITNI NW DZIEMIANY	K-Dzieci	9			00:14:35	00:29:57	**00:44:44.77**	+00:14:51 (33.2%)	8:57	6.7 (67.0%)
146	**OGONOWSKA Edyta**	**103**	KLUB NW PATYCZAKI - GRUDZIĄDZ	K55-59	11			00:14:44	00:29:56	**00:44:55.82**	+00:15:02 (33.5%)	8:59	6.7 (67.0%)
147	**CHRAPEK Urszula**	**17**	KS RUDZICA	K30-39	12			00:14:43	00:30:04	**00:44:57.52**	+00:15:04 (33.5%)	8:59	6.7 (67.0%)
148	**GROBELNA Jadwiga**	**39**	KSMETRACO POLKOWICE	K-Niepełnosprawni(B)	3			00:14:43	00:29:52	**00:45:08.16**	+00:15:14 (33.8%)	9:01	6.6 (66.0%)
149	**PRACKA Katarzyna**	**113**	SERCE NORDICA WŁOCŁAWEK	K50-54	9			00:15:00	00:30:30	**00:45:19.63**	+00:15:26 (34.1%)	9:04	6.6 (66.0%)
150	**CICHOŃ Krystyna**	**18**	DOM SENIORA TURKUS	K60-64	9			00:14:51	00:30:06	**00:45:20.57**	+00:15:27 (34.1%)	9:04	6.6 (66.0%)
151	**WALCZAK Henryk**	**156**	OCTOPUS SUCHY LAS	M70+	5			00:14:35	00:30:02	**00:45:36.89**	+00:15:43 (34.5%)	9:07	6.6 (66.0%)
152	**RYGIELSKA Kinga**	**125**		K30-39	13			00:14:44	00:30:03	**00:45:51.89**	+00:15:58 (34.8%)	9:10	6.5 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	**PALIWODA Janusz**	**108**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	M-Niepełnosprawni(B)	8			00:15:27	00:30:42	**00:45:53.03**	+00:15:59 (34.9%)	9:10	6.5 (65.0%)
154	**KAPŁUN Beata**	**57**		K50-54	10			00:15:51	00:30:51	**00:45:53.95**	+00:16:00 (34.9%)	9:10	6.5 (65.0%)
155	**SŁOMKOWSKA Halina**	**130**	KLUB SENIORA TURKUS	K65-69	6			00:15:10	00:30:38	**00:45:57.43**	+00:16:04 (35.0%)	9:11	6.5 (65.0%)
156	**JERECZEK Grażyna**	**292**	BŁĘKITNI NW DZIEMIANY	K55-59	12			00:15:12	00:30:42	**00:46:14.33**	+00:16:21 (35.4%)	9:15	6.5 (65.0%)
157	**LEHMAN Teresa**	**29**	BŁĘKITNI NW DZIEMIANY	K55-59	13			00:15:12	00:30:42	**00:46:15.19**	+00:16:21 (35.4%)	9:15	6.5 (65.0%)
158	**SWJATECKI Jerzy**	**287**		M70+	6			00:15:12	00:30:44	**00:46:24.92**	+00:16:31 (35.6%)	9:17	6.5 (65.0%)
159	**STOLTMAN Aleksander**	**135**	NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	5			00:15:14	00:30:33	**00:46:26.70**	+00:16:33 (35.6%)	9:17	6.5 (65.0%)
160	**BORKOWSKA Celina**	**7**	KLUB SENIORA TURKUS	K70+	3			00:16:00	00:31:11	**00:47:10.92**	+00:17:17 (36.7%)	9:26	6.4 (64.0%)
161	**KAMIŃSKA Krystyna**	**56**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	K-Niepełnosprawni(B)	4			00:15:06	00:31:03	**00:48:01.86**	+00:18:08 (37.8%)	9:36	6.2 (62.0%)
162	**BUDZIEWSKA Stefania**	**12**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	K-Niepełnosprawni(B)	5			00:15:06	00:31:03	**00:48:01.89**	+00:18:08 (37.8%)	9:36	6.2 (62.0%)
163	**FABISZEWSKA Irena**	**288**		K70+	4			00:16:08	00:32:32	**00:49:04.61**	+00:19:11 (39.1%)	9:49	6.1 (61.0%)
164	**CYRA Zbigniew**	**20**	NW ZIELONY DWÓR	M65-69	7			00:15:50	00:32:09	**00:49:08.57**	+00:19:15 (39.2%)	9:49	6.1 (61.0%)
165	**WOJTKOWIAK Genia**	**299**	KLUB SENIORA TURKUS	K70+	5			00:16:23	00:32:43	**00:49:15.41**	+00:19:22 (39.3%)	9:51	6.1 (61.0%)
166	**WYCISŁO Romuald**	**173**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	9			00:16:13	00:33:04	**00:49:39.93**	+00:19:46 (39.8%)	9:56	6 (60.0%)
167	**DWORACZYK Krystyna**	**28**		K70+	6			00:17:12	00:33:41	**00:50:09.82**	+00:20:16 (40.4%)	10:02	6 (60.0%)
168	**MARCINIAK Jadwiga**	**92**	DOM SENIORA TURKUS	K65-69	7			00:17:01	00:34:05	**00:50:29.37**	+00:20:36 (40.8%)	10:05	5.9 (59.0%)
169	**DROP Mieczysław**	**27**		M70+	7			00:17:09	00:34:07	**00:50:39.63**	+00:20:46 (41.0%)	10:08	5.9 (59.0%)
170	**WALCZAK Jerzy**	**158**	OCTOPUS SUCHY LAS	M55-59	6			00:16:28	00:33:56	**00:51:14.19**	+00:21:20 (41.7%)	10:14	5.9 (59.0%)
171	**JANKOWSKA Marianna**	**48**	DOM SENIORA TURKUS	K65-69	8			00:17:02	00:34:09	**00:51:33.23**	+00:21:39 (42.0%)	10:18	5.8 (58.0%)
172	**ZALEWSKA Natalia**	**182**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	K-Niepełnosprawni(B)	6			00:16:37	00:34:08	**00:51:57.36**	+00:22:04 (42.5%)	10:23	5.8 (58.0%)
173	**ŁOŚKO Iwona**	**88**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	K-Niepełnosprawni(B)	7			00:16:36	00:34:08	**00:51:58.36**	+00:22:05 (42.5%)	10:23	5.8 (58.0%)
174	**LESZCZYŃSKA Marta**	**83**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	K-Niepełnosprawni(B)	8			00:17:24	00:35:26	**00:53:37.50**	+00:23:44 (44.3%)	10:43	5.6 (56.0%)
175	**GRADOŃ Krzysztof**	**38**		M65-69	8			00:17:30	00:35:34	**00:54:07.18**	+00:24:13 (44.8%)	10:49	5.5 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	**KARYŃ Jan**	**286**	TURKUS	M-Dzieci	6			00:16:59	00:34:59	**00:55:17.74**	+00:25:24 (45.9%)	11:03	5.4 (54.0%)
177	**MADEJSKI Marek**	**89**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	M-Niepełnosprawni(B)	10			00:18:38	00:38:34	**00:57:59.19**	+00:28:05 (48.5%)	11:35	5.2 (52.0%)
178	**ZAGZAJEŁ Tomasz**	**184**		M45-49	7			00:18:39	00:38:33	**00:58:04.97**	+00:28:11 (48.5%)	11:37	5.2 (52.0%)
179	**JAHNZ Maciej**	**284**	SOS	M30-39	6			00:18:37	00:38:31	**00:58:16.58**	+00:28:23 (48.7%)	11:39	5.1 (51.0%)
180	**TREDER Jadwiga**	**149**	KLUB SENIORA TURKUS	K70+	7			00:19:47	00:40:02	**01:00:27.76**	+00:30:34 (50.6%)	12:05	5 (50.0%)
181	**ZIELIŃSKA Elżbieta**	**186**	KLUB SENIORA TURKUS	K70+	8			00:19:45	00:40:38	**01:01:44.94**	+00:31:51 (51.6%)	12:21	4.9 (49.0%)
182	**RYSIEWICZ Jadwiga**	**189**	KLUB SENIORA TURKUS	K70+	9			00:21:10	00:43:49	**01:05:25.39**	+00:35:32 (54.3%)	13:05	4.6 (46.0%)
183	**RUTA Wanda**	**120**	KLUB SENIORA TURKUS	K70+	10			00:21:10	00:43:50	**01:05:26.56**	+00:35:33 (54.3%)	13:05	4.6 (46.0%)
184	**ROMAN Anna**	**117**	DOM SENIORA TURKUS	K70+	11			00:19:19	00:39:07	**01:06:38.96**	+00:36:45 (55.2%)	13:19	4.5 (45.0%)
185	**ZAGORCÓW Aleksandra**	**300**	KLUB SENIORA TURKUS	K18-29	4			00:18:07	00:37:37	**01:08:17.94**	+00:38:24 (56.2%)	13:39	4.4 (44.0%)
186	**MARCZAK Edyta**	**93**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	K-Niepełnosprawni(B)	9			00:22:18	00:45:22	**01:09:07.06**	+00:39:13 (56.8%)	13:49	4.3 (43.0%)
187	**LIPSKA Dorota**	**285**		K30-39	14			00:22:20	00:45:27	**01:09:11.66**	+00:39:18 (56.8%)	13:50	4.3 (43.0%)
188	**WOŁCZYŃSKA Stanisława**	**169**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	K-Niepełnosprawni(B)	10			00:22:19	00:45:29	**01:09:13.65**	+00:39:20 (56.8%)	13:50	4.3 (43.0%)
189	**SZULENDAK Wanda**	**190**	KLUB SENIORA TURKUS	K60-64	10			00:18:33	00:37:37	**01:14:31.34**	+00:44:38 (59.9%)	14:54	4 (40.0%)
190	**ZALEJSKA Zofia**	**181**	KLUB SENIORA TURKUS	K70+	12			00:23:59	00:49:29	**01:14:33.22**	+00:44:39 (59.9%)	14:54	4 (40.0%)
191	**WOJTAN Dorota**	**168**	ŚRODOWISKOWY DOM SAMOPOMOCY W KĘPICACH	K-Niepełnosprawni(B)	11			00:17:26	00:35:29		+00:15:50	10:41	5.6 (56.0%)

Znaleziono 191 wynik(ów)