

BIEG CHARYTATYWNY DLA PAWŁA

B4SPORT

Organizator: Life+ Joanna Maciejewska-Błachewicz
Data: 2018-01-07
Miejsce: BYDGOSZCZ
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	TUCZYŃSKI Sylwester Leon	263	BYDGOSKIE OKONIE	M-OPEN	1	00:17:44.85		3:33	16.9 (100%)
2	KRYSKE Bartosz	324	SPÓJNIA BIAŁE BŁOTA	M-OPEN	2	00:17:51.60	+00:00:06 (0.6%)	3:34	16.8 (99.4%)
3	JAGODZIŃSKI Mateusz	60	BYDGOSKIE OKONIE	M-OPEN	3	00:17:53.00	+00:00:08 (0.8%)	3:34	16.8 (99.4%)
4	MRUK Tomasz	151	CZARNE STOPY.SM	M-OPEN	4	00:18:05.45	+00:00:20 (1.9%)	3:37	16.6 (98.2%)
5	TUCHOLSKI Bartłomiej	262	BYDGOSKIE OKONIE	M-OPEN	5	00:18:34.80	+00:00:49 (4.5%)	3:43	16.1 (95.3%)
6	FLOREK Paweł	37	RUNADDICTS	M-OPEN	6	00:18:43.70	+00:00:58 (5.2%)	3:44	16 (94.7%)
7	STACHOWICZ Wiesław	316	BRZOZA BIEGA	M-OPEN	7	00:19:03.15	+00:01:18 (6.8%)	3:48	15.7 (92.9%)
8	SZLINGER Jakub	252	TEAM KUCYKI	M-OPEN	8	00:19:16.20	+00:01:31 (7.9%)	3:51	15.6 (92.3%)
9	SZCZEPANIAK Cezary	139		M-OPEN	9	00:19:35.10	+00:01:50 (9.4%)	3:55	15.3 (90.5%)
10	RETECKI Krzysztof	209	BOGMAR / PRESTO OSTROMECKO	M-OPEN	10	00:19:57.60	+00:02:12 (11.1%)	3:59	15 (88.8%)
11	WYSOCKI Rafał	23		M-OPEN	11	00:20:02.60	+00:02:17 (11.5%)	4:00	15 (88.8%)
12	KUŁAKOWSKI Krzysztof	217	RUNPASJA	M-OPEN	12	00:20:03.75	+00:02:18 (11.5%)	4:00	15 (88.8%)
13	ŚRUBA Patryk	327		M-OPEN	13	00:20:05.50	+00:02:20 (11.7%)	4:01	14.9 (88.2%)
14	PEŻYŃSKI Piotr	185		M-OPEN	14	00:20:07.55	+00:02:22 (11.8%)	4:01	14.9 (88.2%)
15	NAGORZYSKI Arkadiusz	154	BIEGAM WSPIERAM MOTYWUJĘ	M-OPEN	15	00:20:12.85	+00:02:28 (12.2%)	4:02	14.8 (87.6%)
16	WILK Łukasz	273	RUNADDICTS	M-OPEN	16	00:20:18.90	+00:02:34 (12.6%)	4:03	14.8 (87.6%)
17	KOWALSKI Jacek	6		M-OPEN	17	00:20:27.00	+00:02:42 (13.2%)	4:05	14.7 (87.0%)
18	STALKA Jakub	351		M-OPEN	18	00:20:30.40	+00:02:45 (13.5%)	4:06	14.6 (86.4%)
19	KRYSKE Mariusz	353		M-OPEN	19	00:20:31.50	+00:02:46 (13.5%)	4:06	14.6 (86.4%)
20	DRABJEWSKI Paweł	30	TKKF WODNIK WIĘCBORK	M-OPEN	20	00:21:03.90	+00:03:19 (15.7%)	4:12	14.2 (84.0%)
21	KRZEMIŃSKI Bartosz	322		M-OPEN	21	00:21:13.30	+00:03:28 (16.4%)	4:14	14.1 (83.4%)
22	PĘKAŁA Aleksandra	323		K-OPEN	1	00:21:18.15	+00:03:33 (16.7%)	4:15	14.1 (83.4%)
23	WŁODARCZYK Wojciech	275	CZARNE STOPY.SM	M-OPEN	22	00:21:34.70	+00:03:49 (17.8%)	4:18	13.9 (82.2%)
24	KACZMAREK Sebastian	74	TEAM KUCYKI	M-OPEN	23	00:21:42.05	+00:03:57 (18.2%)	4:20	13.8 (81.7%)
25	NAGOW Michał	155	RUN BYDGOSZCZ	M-OPEN	24	00:21:46.20	+00:04:01 (18.5%)	4:21	13.8 (81.7%)
26	GRACZ Adam	346		M-OPEN	25	00:21:47.25	+00:04:02 (18.5%)	4:21	13.8 (81.7%)
27	LASKOWSKI Jakub	332		Dz14	1	00:21:54.55	+00:04:09 (19.0%)	4:22	13.7 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5km	Różn		
28	KRZYŻANOWSKI Robert	159		M-OPEN	26	00:21:56.10	+00:04:11 (19.1%)	4:23	13.7 (81.1%)
29	SZYSZKA Radosław	256	POLONIA BYDGOSZCZ	M-OPEN	27	00:21:56.95	+00:04:12 (19.1%)	4:23	13.7 (81.1%)
30	SOBCZAK Michał	236		M-OPEN	28	00:21:59.55	+00:04:14 (19.3%)	4:24	13.6 (80.5%)
31	KUPCZYK Tomasz	112		M-OPEN	29	00:22:05.05	+00:04:20 (19.6%)	4:25	13.6 (80.5%)
32	KOŚCIELAK Maciej	67		M-OPEN	30	00:22:05.15	+00:04:20 (19.6%)	4:25	13.6 (80.5%)
33	MUĆKO Bartek	152		Dz14	2	00:22:07.10	+00:04:22 (19.8%)	4:25	13.6 (80.5%)
34	LEWICKI Konrad	125	ŻANDARMI Z BYDGOSZCZY	M-OPEN	31	00:22:23.00	+00:04:38 (20.7%)	4:28	13.4 (79.3%)
35	SZESZUŁA Michał	251	NIGHT RUNNERS	M-OPEN	32	00:22:23.80	+00:04:38 (20.8%)	4:28	13.4 (79.3%)
36	SOBCZAK Marcin	235	CZARNE STOPY.SM	M-OPEN	33	00:22:29.00	+00:04:44 (21.1%)	4:29	13.3 (78.7%)
37	KOWALCZYK Rafał	255		M-OPEN	34	00:22:35.80	+00:04:50 (21.5%)	4:31	13.3 (78.7%)
38	HARENZA-BŁOCHOWIAK Sonia	57		K-OPEN	2	00:22:37.05	+00:04:52 (21.5%)	4:31	13.3 (78.7%)
39	KLATECKI Adam	88		M-OPEN	35	00:22:44.90	+00:05:00 (22.0%)	4:33	13.2 (78.1%)
40	KADOW Ryszard	329		M-OPEN	36	00:22:51.45	+00:05:06 (22.4%)	4:34	13.1 (77.5%)
41	ŁOBOCKI Krzysztof	130		M-OPEN	37	00:22:57.75	+00:05:12 (22.7%)	4:35	13.1 (77.5%)
42	SZOPA Krzysztof	341		M-OPEN	38	00:23:06.50	+00:05:21 (23.2%)	4:37	13 (76.9%)
43	KLAWCZYŃSKI Zbigniew	89	KLUB HDK 'LOGISTYCY' BYDGOSZCZ	M-OPEN	39	00:23:07.20	+00:05:22 (23.2%)	4:37	13 (76.9%)
44	GÓRSKI Marcin	388		M-OPEN	40	00:23:09.80	+00:05:24 (23.4%)	4:38	12.9 (76.3%)
45	SZCZĘSNY Arkadiusz	250	DYNAMO SKARPA	M-OPEN	41	00:23:11.50	+00:05:26 (23.5%)	4:38	12.9 (76.3%)
46	JENZIOŁOWSKI Jacek	70	RUNPASJA	M-OPEN	42	00:23:15.95	+00:05:31 (23.7%)	4:39	12.9 (76.3%)
47	SIUDA Sebastian	228		M-OPEN	43	00:23:18.05	+00:05:33 (23.8%)	4:39	12.9 (76.3%)
48	NOWAKOWSKA Angelina	342		K-OPEN	3	00:23:21.55	+00:05:36 (24.0%)	4:40	12.8 (75.7%)
49	PACZKOWSKI Mirosław	177	CB 163	M-OPEN	44	00:23:22.90	+00:05:38 (24.1%)	4:40	12.8 (75.7%)
50	GOLON Marlena	376	RUN PASJA	K-OPEN	4	00:23:23.70	+00:05:38 (24.1%)	4:40	12.8 (75.7%)
51	ZUCHOWSKI Dariusz	111		M-OPEN	45	00:23:25.90	+00:05:41 (24.3%)	4:41	12.8 (75.7%)
52	CZELIŃSKI Leszek	24		M-OPEN	46	00:23:26.20	+00:05:41 (24.3%)	4:41	12.8 (75.7%)
53	QUAAS Łukasz	200	RUN PASJA	M-OPEN	47	00:23:27.55	+00:05:42 (24.3%)	4:41	12.8 (75.7%)
54	BRUNKE Tomasz	326		M-OPEN	48	00:23:34.20	+00:05:49 (24.7%)	4:43	12.7 (75.1%)
55	BUGAJSKI Jakub	72		M-OPEN	49	00:23:42.30	+00:05:57 (25.1%)	4:44	12.7 (75.1%)
56	ZUPA Wojciech	290	SISU-OWB TEAM	M-OPEN	50	00:23:42.85	+00:05:58 (25.2%)	4:44	12.6 (74.6%)
57	GABRYCH Maciej	45	CZARNE STOPY.SM	M-OPEN	51	00:23:44.35	+00:05:59 (25.2%)	4:45	12.6 (74.6%)
58	KRYGIER Stanisław	369		M-OPEN	52	00:23:52.95	+00:06:08 (25.7%)	4:46	12.6 (74.6%)
59	LEMAŃCZYK Zygmunt	266		M-OPEN	53	00:23:53.75	+00:06:08 (25.7%)	4:46	12.6 (74.6%)
60	SMAZYK Ewelina	253		K-OPEN	5	00:23:54.45	+00:06:09 (25.8%)	4:46	12.6 (74.6%)
60	JURCZAK Robert	21		M-OPEN	54	00:23:54.45	+00:06:09 (25.8%)	4:47	12.5 (74.0%)
62	GŁOWSKI Dariusz	49		M-OPEN	55	00:23:56.45	+00:06:11 (25.9%)	4:47	12.5 (74.0%)
63	PNIEWSKI Maciej	194	AGROLOK SPORT TEAM	M-OPEN	56	00:23:56.55	+00:06:11 (25.9%)	4:47	12.5 (74.0%)
64	NOWAK Jakub	166		Dz14	3	00:23:59.70	+00:06:14 (26.0%)	4:48	12.5 (74.0%)
65	STACHOWSKI Michał	238		M-OPEN	57	00:23:59.85	+00:06:15 (26.0%)	4:48	12.5 (74.0%)
66	RADULSKI Tomasz	203	ROZBIEGANA KRUSZWICA	M-OPEN	58	00:24:12.15	+00:06:27 (26.7%)	4:50	12.4 (73.4%)
67	LEWANDOWSKI Maciej	355		M-OPEN	59	00:24:13.05	+00:06:28 (26.7%)	4:50	12.4 (73.4%)
68	WIŚNIEWSKA Anna	310		K-OPEN	6	00:24:15.55	+00:06:30 (26.8%)	4:51	12.4 (73.4%)
69	KRUKOWSKI Rafał	249		M-OPEN	60	00:24:17.90	+00:06:33 (27.0%)	4:51	12.3 (72.8%)
70	SMARUJ Artur	216		M-OPEN	61	00:24:18.60	+00:06:33 (27.0%)	4:51	12.3 (72.8%)
71	JAKIELSKI Leon	301		M-OPEN	62	00:24:21.20	+00:06:36 (27.1%)	4:52	12.3 (72.8%)

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72	JENERALSKI Maciej	193		M-OPEN	63	00:24:24.70	+00:06:39 (27.3%)	4:53	12.3 (72.8%)
73	WALUSIAK Miłosz	269		M-OPEN	64	00:24:25.00	+00:06:40 (27.3%)	4:53	12.3 (72.8%)
74	WYBRANOWSKI Arkadiusz	114		M-OPEN	65	00:24:25.75	+00:06:40 (27.4%)	4:53	12.3 (72.8%)
75	PIĄTEK Justyna	186	APLITT	K-OPEN	7	00:24:27.20	+00:06:42 (27.4%)	4:53	12.3 (72.8%)
76	PAWŁOWSKI Radostaw	359		M-OPEN	66	00:24:31.60	+00:06:46 (27.6%)	4:54	12.2 (72.2%)
77	REPCZYŃSKI Tomek	208		M-OPEN	67	00:24:35.05	+00:06:50 (27.8%)	4:55	12.2 (72.2%)
78	KĘDZIERSKI Arkadiusz	84		M-OPEN	68	00:24:40.85	+00:06:56 (28.1%)	4:56	12.2 (72.2%)
79	PAWLACZYK Lukasz	180		M-OPEN	69	00:24:42.05	+00:06:57 (28.2%)	4:56	12.1 (71.6%)
80	PRIEWE Paweł	198	DYNAMO SKARPA	M-OPEN	70	00:24:43.65	+00:06:58 (28.2%)	4:56	12.1 (71.6%)
81	NOWICKI Sławomir	169	CZARNE STOPY.SM	M-OPEN	71	00:24:51.10	+00:07:06 (28.6%)	4:58	12.1 (71.6%)
82	NALBORSKI Maciej	157	CROSS FORDON	M-OPEN	72	00:24:52.40	+00:07:07 (28.6%)	4:58	12.1 (71.6%)
83	TARCZYŃSKA Marta	259	TEAM KUCYKI	K-OPEN	8	00:24:52.90	+00:07:08 (28.7%)	4:58	12.1 (71.6%)
84	KOWAL Michał	103		M-OPEN	73	00:24:55.00	+00:07:10 (28.8%)	4:59	12 (71.0%)
85	STAROŃ Marcin	239	CROSS FORDON	M-OPEN	74	00:24:55.20	+00:07:10 (28.8%)	4:59	12 (71.0%)
86	SKRZYNIARZ Hubert	231	INDYVIDUAL TEAM	M-OPEN	75	00:25:02.05	+00:07:17 (29.1%)	5:00	12 (71.0%)
87	KORPAL Emil	391		M-OPEN	76	00:25:08.40	+00:07:23 (29.4%)	5:01	11.9 (70.4%)
88	GRZESIAK Magdalena	52	CROSS FORDON	K-OPEN	9	00:25:08.75	+00:07:23 (29.4%)	5:01	11.9 (70.4%)
89	STEMPKA Agnieszka	246	POŚREDNICTWO HANDLOWE AGNIESZKA STEMPKA	K-OPEN	10	00:25:09.10	+00:07:24 (29.4%)	5:02	11.9 (70.4%)
90	JANIKOWSKA Awa	63	CZARNE STOPY.SM	K-OPEN	11	00:25:11.50	+00:07:26 (29.6%)	5:02	11.9 (70.4%)
91	ŻYWICA Adam	294	BRZOZA BIEGA	M-OPEN	77	00:25:14.40	+00:07:29 (29.7%)	5:03	11.9 (70.4%)
92	KLISZEWSKI Damian	90	NOKIA BYDGOSZCZ	M-OPEN	78	00:25:22.00	+00:07:37 (30.0%)	5:04	11.8 (69.8%)
93	WOJCIECHOWSKI Andrzej	309		M-OPEN	79	00:25:34.25	+00:07:49 (30.6%)	5:07	11.7 (69.2%)
94	ZYGMUNT Robert	291	RUN PASJA	M-OPEN	80	00:25:35.60	+00:07:50 (30.7%)	5:07	11.7 (69.2%)
95	WÓDCZAK Marta	280	CROSS FORDON	K-OPEN	12	00:25:38.60	+00:07:53 (30.8%)	5:07	11.7 (69.2%)
96	JARACZ Kamil	64	CROSS FORDON	M-OPEN	81	00:25:38.95	+00:07:54 (30.8%)	5:07	11.7 (69.2%)
97	KREFTA Dagmara	108		K-OPEN	13	00:25:39.00	+00:07:54 (30.8%)	5:07	11.7 (69.2%)
98	ŁEPEK Teresa	129	V_RUNNER	K-OPEN	14	00:25:40.20	+00:07:55 (30.9%)	5:08	11.7 (69.2%)
99	MĄCZEWSKA Marzena	142	V_RUNNER	K-OPEN	15	00:25:40.70	+00:07:55 (30.9%)	5:08	11.7 (69.2%)
100	FABIŃSKI Marcin	34	V_RUNNER	M-OPEN	82	00:25:40.75	+00:07:55 (30.9%)	5:08	11.7 (69.2%)
101	BĄCZKOWSKI Sławomir	5	V_RUNNER	M-OPEN	83	00:25:40.95	+00:07:56 (30.9%)	5:08	11.7 (69.2%)
102	KOCHAŃSKA Anna	350		K-OPEN	16	00:25:47.95	+00:08:03 (31.2%)	5:09	11.6 (68.6%)
103	ZGÓRSKI Maciej	318		M-OPEN	84	00:25:53.45	+00:08:08 (31.5%)	5:10	11.6 (68.6%)
104	RACIBORSKI Grzegorz	201	TASAK TEAM	M-OPEN	85	00:26:01.20	+00:08:16 (31.8%)	5:12	11.5 (68.0%)
105	KISZKA Marcin	86	RUN PASJA	M-OPEN	86	00:26:01.45	+00:08:16 (31.8%)	5:12	11.5 (68.0%)
106	POTRZEBOWSKA Agata	196	DEAF	K-OPEN	17	00:26:01.85	+00:08:17 (31.8%)	5:12	11.5 (68.0%)
107	BRZOZOWSKI Marcin	363		M-OPEN	87	00:26:03.50	+00:08:18 (31.9%)	5:12	11.5 (68.0%)
108	SZPUNAK Tomasz	241		M-OPEN	88	00:26:03.80	+00:08:18 (31.9%)	5:12	11.5 (68.0%)
109	LEWANDOWSKI Adam	122	TEAM KUCYKI	M-OPEN	89	00:26:04.90	+00:08:20 (32.0%)	5:13	11.5 (68.0%)
110	KUŹMIŃSKA Maryla	38	BYDGOSZCZ BIEGA	K-OPEN	18	00:26:22.60	+00:08:37 (32.7%)	5:16	11.4 (67.5%)
111	STEFAŃSKI Mateusz	242		M-OPEN	90	00:26:23.40	+00:08:38 (32.7%)	5:16	11.4 (67.5%)
112	GAŚIĄREK Tomasz	314	BRZOZA BIEGA	M-OPEN	91	00:26:23.45	+00:08:38 (32.8%)	5:16	11.4 (67.5%)
113	BARANOWSKI Mariusz	7		M-OPEN	92	00:26:23.75	+00:08:38 (32.8%)	5:16	11.4 (67.5%)
114		339				00:26:24.20	+00:08:39 (32.8%)	5:16	11.4 (67.5%)
115	GEBLER Maciej	81	GARDENFLORA	M-OPEN	93	00:26:27.65	+00:08:42 (32.9%)	5:17	11.3 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
116	WALIGÓRA Kacper	371		Dz1	1	00:26:29.95	+00:08:45 (33.0%)	5:18	11.3 (66.9%)
117	WALIGÓRA Karolina	372		K-OPEN	19	00:26:30.10	+00:08:45 (33.0%)	5:18	11.3 (66.9%)
118	ZAMURO Mateusz	340		M-OPEN	94	00:26:30.45	+00:08:45 (33.0%)	5:18	11.3 (66.9%)
119	FOJUTOWSKI Jan	39	MKS 63	Dz1	2	00:26:33.95	+00:08:49 (33.2%)	5:18	11.3 (66.9%)
120	POTRZEBOWSKI Marek	197	DEAF	M-OPEN	95	00:26:34.80	+00:08:49 (33.2%)	5:19	11.3 (66.9%)
121	LACHOWSKI Rafał	102		M-OPEN	96	00:26:36.20	+00:08:51 (33.3%)	5:19	11.3 (66.9%)
122	JUREK Karolina	73		K-OPEN	20	00:26:38.30	+00:08:53 (33.4%)	5:19	11.3 (66.9%)
123	RADECKI Krzysztof	202		M-OPEN	97	00:26:39.45	+00:08:54 (33.4%)	5:19	11.3 (66.9%)
124	KLISZEWSKI Piotr	91	GWIAZDA BYDGOSZCZ	Dz1	3	00:26:41.90	+00:08:57 (33.5%)	5:20	11.2 (66.3%)
125	SZABLIŃSKA Honorata	393		K-OPEN	21	00:26:42.60	+00:08:57 (33.6%)	5:20	11.2 (66.3%)
126	ADAMCZYK Agnieszka	92		K-OPEN	22	00:26:51.85	+00:09:07 (33.9%)	5:22	11.2 (66.3%)
127	MROZIK Aleksandra	51		K-OPEN	23	00:26:52.00	+00:09:07 (33.9%)	5:22	11.2 (66.3%)
128	JAKIELSKA Marta	300		K-OPEN	24	00:26:52.70	+00:09:07 (34.0%)	5:22	11.2 (66.3%)
129	KRYSTOFIŃSKA Aneta	109	AQUA ANETA	K-OPEN	25	00:26:52.75	+00:09:07 (34.0%)	5:22	11.2 (66.3%)
130	BUDZIAK Bartosz	15		M-OPEN	98	00:26:53.20	+00:09:08 (34.0%)	5:22	11.2 (66.3%)
131	GRACZYK Przemysław	50		M-OPEN	99	00:26:53.70	+00:09:08 (34.0%)	5:22	11.2 (66.3%)
132	FARBICKA-ŻYWICA Paulina	35	BRZOZA BIEGA	K-OPEN	26	00:26:59.05	+00:09:14 (34.2%)	5:23	11.1 (65.7%)
133	RYBAK Radosław	215		M-OPEN	100	00:27:06.70	+00:09:21 (34.5%)	5:25	11.1 (65.7%)
134	RENC Patryk	207	SERCE TYBETU	M-OPEN	101	00:27:07.60	+00:09:22 (34.6%)	5:25	11.1 (65.7%)
135	SIERANT Mariusz	367				00:27:08.40	+00:09:23 (34.6%)	5:25	11.1 (65.7%)
136	MARCINIAK Paula	136		K-OPEN	27	00:27:12.05	+00:09:27 (34.8%)	5:26	11 (65.1%)
137	SERGIEL Damian	225	SISU-OWB TEAM	M-OPEN	102	00:27:13.20	+00:09:28 (34.8%)	5:26	11 (65.1%)
138	DOMEK Aleksander	104		M-OPEN	103	00:27:13.25	+00:09:28 (34.8%)	5:26	11 (65.1%)
139	BĄBOLEWSKI Łukasz	297		M-OPEN	104	00:27:13.55	+00:09:28 (34.8%)	5:26	11 (65.1%)
140	HELSTAJN Anna	58		K-OPEN	28	00:27:18.40	+00:09:33 (35.0%)	5:27	11 (65.1%)
141	GUŹDZIOŁ Jarek	55		M-OPEN	105	00:27:20.60	+00:09:35 (35.1%)	5:28	11 (65.1%)
142	TOŃSKA Aleksandra	335		K-OPEN	29	00:27:21.05	+00:09:36 (35.1%)	5:28	11 (65.1%)
143	CIERZNIIEWSKI Mirosław	267		M-OPEN	106	00:27:23.20	+00:09:38 (35.2%)	5:28	11 (65.1%)
144	BRZOZOWSKI Jarek	365		M-OPEN	107	00:27:26.05	+00:09:41 (35.3%)	5:29	10.9 (64.5%)
145	TOMKIEWICZ Martyna	261		K-OPEN	30	00:27:28.35	+00:09:43 (35.4%)	5:29	10.9 (64.5%)
146	STACHOWICZ Karol	237		M-OPEN	108	00:27:30.25	+00:09:45 (35.5%)	5:30	10.9 (64.5%)
147	JABŁOŃSKI Daniel	389		M-OPEN	109	00:27:33.20	+00:09:48 (35.6%)	5:30	10.9 (64.5%)
148	NALEWALSKA Justyna	158	SERCE TYBETU	K-OPEN	31	00:27:33.85	+00:09:49 (35.6%)	5:30	10.9 (64.5%)
149	NAPOLNA Patrycja	373		K-OPEN	32	00:27:34.50	+00:09:49 (35.6%)	5:31	10.9 (64.5%)
150	KOWNACKA Klaudia	398		K-OPEN	33	00:27:37.50	+00:09:52 (35.8%)	5:31	10.9 (64.5%)
151	LEWANDOWSKI Daniel	56		M-OPEN	110	00:27:40.60	+00:09:55 (35.9%)	5:32	10.8 (63.9%)
152	KAJKO Wiktoria	320		K-OPEN	34	00:27:41.80	+00:09:56 (35.9%)	5:32	10.8 (63.9%)
153	PEŻYŃSKA Anna	184		K-OPEN	35	00:27:42.10	+00:09:57 (35.9%)	5:32	10.8 (63.9%)
154	CHRZAŚCZ Michał	315	SISU-OWB TEAM	M-OPEN	111	00:27:43.55	+00:09:58 (36.0%)	5:32	10.8 (63.9%)
155	DULIŃSKI Bartosz	32	GLKS OSIELSKO	Dz14	4	00:27:45.35	+00:10:00 (36.1%)	5:33	10.8 (63.9%)
156	DULIŃSKA Dorota	31	ZS19 TEAM	K-OPEN	36	00:27:46.45	+00:10:01 (36.1%)	5:33	10.8 (63.9%)
157	GAZELA Jacek	354				00:27:47.20	+00:10:02 (36.1%)	5:33	10.8 (63.9%)
158	GAWĘCKI Marcin	46	SISU-OWB TEAM	M-OPEN	112	00:27:48.95	+00:10:04 (36.2%)	5:33	10.8 (63.9%)
159	NUNZEK Agnieszka	170		K-OPEN	37	00:27:52.20	+00:10:07 (36.3%)	5:34	10.8 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	BIERNACKA Anna	296		K-OPEN	38	00:27:53.90	+00:10:09 (36.4%)	5:34	10.8 (63.9%)
161	DĘBSKI Jan	28	SOŁTYS	M-OPEN	113	00:27:55.85	+00:10:11 (36.5%)	5:35	10.7 (63.3%)
162	CISZEWSKA Emilia	299		K-OPEN	39	00:27:55.95	+00:10:11 (36.5%)	5:35	10.7 (63.3%)
163	BRZOZOWSKI Piotr	364		M-OPEN	114	00:28:06.15	+00:10:21 (36.8%)	5:37	10.7 (63.3%)
164	BRĄGIEL Jakub	132	AKTYWNEKUJAWY	M-OPEN	115	00:28:11.90	+00:10:27 (37.1%)	5:38	10.6 (62.7%)
165	KOWNACKI Krzysztof	399		M-OPEN	116	00:28:13.05	+00:10:28 (37.1%)	5:38	10.6 (62.7%)
166	POL Arkadiusz	143		M-OPEN	117	00:28:13.35	+00:10:28 (37.1%)	5:38	10.6 (62.7%)
167	KNIEĆ Zosia	95		K-OPEN	40	00:28:13.60	+00:10:28 (37.1%)	5:38	10.6 (62.7%)
167	KNIEĆ Robert	94		M-OPEN	118	00:28:13.60	+00:10:28 (37.1%)	5:38	10.6 (62.7%)
169	PIETKUN Ryszard	188		M-OPEN	119	00:28:13.90	+00:10:29 (37.1%)	5:38	10.6 (62.7%)
170	ZWIENKA Paulina	370		K-OPEN	41	00:28:23.55	+00:10:38 (37.5%)	5:40	10.6 (62.7%)
171	CHMIELEWSKI Marcin	356		M-OPEN	120	00:28:26.25	+00:10:41 (37.6%)	5:41	10.5 (62.1%)
172	KOPROWICZ Adam	99		M-OPEN	121	00:28:28.70	+00:10:43 (37.7%)	5:41	10.5 (62.1%)
173	CZYŻEWSKA Anna	26		K-OPEN	42	00:28:28.75	+00:10:43 (37.7%)	5:41	10.5 (62.1%)
174	KOPROWICZ Kasia	98		K-OPEN	43	00:28:29.30	+00:10:44 (37.7%)	5:41	10.5 (62.1%)
175	LUBIEJEWSKA Wioletta	127		K-OPEN	44	00:28:29.45	+00:10:44 (37.7%)	5:42	10.5 (62.1%)
176	KOMAJDA Jarosław	387	SOLECCY BIEGACZE	M-OPEN	122	00:28:30.75	+00:10:45 (37.8%)	5:42	10.5 (62.1%)
177	ROZEN Maciej	212		M-OPEN	123	00:28:31.45	+00:10:46 (37.8%)	5:42	10.5 (62.1%)
178	WORZAŁA Michał	277		M-OPEN	124	00:28:33.65	+00:10:48 (37.9%)	5:42	10.5 (62.1%)
179	STEFAŃSKI Damian	352		M-OPEN	125	00:28:37.15	+00:10:52 (38.0%)	5:43	10.5 (62.1%)
180	FRASZ Kuba	42		Dz14	5	00:28:49.85	+00:11:05 (38.4%)	5:46	10.4 (61.5%)
181	MARIAŃSKA Emilia	137		K-OPEN	45	00:28:54.70	+00:11:09 (38.6%)	5:47	10.4 (61.5%)
182	WITOSŁAWSKI Tomasz	274	DYNAMO SKARPA	M-OPEN	126	00:29:06.25	+00:11:21 (39.0%)	5:49	10.3 (60.9%)
183	KUŁAK Anna	65		K-OPEN	46	00:29:06.45	+00:11:21 (39.0%)	5:49	10.3 (60.9%)
184	FRASZ Jacek	334		M-OPEN	127	00:29:08.25	+00:11:23 (39.1%)	5:49	10.3 (60.9%)
185	WYPORKIEWICZ Jerzy	303				00:29:22.85	+00:11:38 (39.6%)	5:52	10.2 (60.4%)
186	WARDĘCKI Tomasz	305		M-OPEN	128	00:29:24.85	+00:11:40 (39.7%)	5:53	10.2 (60.4%)
187	NITKA Adam	161		M-OPEN	129	00:29:27.35	+00:11:42 (39.7%)	5:53	10.2 (60.4%)
188	NADOLSKA Wiktoria	153		K-OPEN	47	00:29:30.40	+00:11:45 (39.9%)	5:54	10.2 (60.4%)
189	MAZUR Dawid	140		M-OPEN	130	00:29:30.95	+00:11:46 (39.9%)	5:54	10.2 (60.4%)
190	LEWANDOWSKI Krystian	59		M-OPEN	131	00:29:33.45	+00:11:48 (40.0%)	5:54	10.2 (60.4%)
191	NOWAK Mariola	163		K-OPEN	48	00:29:33.80	+00:11:48 (40.0%)	5:54	10.1 (59.8%)
192	TOBIASZ Paweł	131		M-OPEN	132	00:29:35.35	+00:11:50 (40.0%)	5:55	10.1 (59.8%)
193	OLKOWSKI Jakub	175		Dz1	4	00:29:36.60	+00:11:51 (40.1%)	5:55	10.1 (59.8%)
194	JARZYŃSKI Maciej	361		M-OPEN	133	00:29:37.95	+00:11:53 (40.1%)	5:55	10.1 (59.8%)
195	JAWORSKA Monika	66	BIEGAJĄCE CIACHA	K-OPEN	49	00:29:38.25	+00:11:53 (40.1%)	5:55	10.1 (59.8%)
196	WOŹNICKI Michał	278		M-OPEN	134	00:29:46.95	+00:12:02 (40.4%)	5:57	10.1 (59.8%)
197	KAMIŃSKI Jakub	124		Dz1	5	00:29:54.75	+00:12:09 (40.7%)	5:59	10 (59.2%)
198	KUBOWICZ Piotr	101		M-OPEN	135	00:29:55.05	+00:12:10 (40.7%)	5:59	10 (59.2%)
199	GUMIENNY Maciej	54		M-OPEN	136	00:29:58.45	+00:12:13 (40.8%)	5:59	10 (59.2%)
200	SKOMRA Katarzyna	230	FLORKA TEAM	K-OPEN	50	00:30:00.55	+00:12:15 (40.9%)	6:00	10 (59.2%)
201	WOŹNICKI Tomasz	279		M-OPEN	137	00:30:00.75	+00:12:15 (40.9%)	6:00	10 (59.2%)
202	NOWICKI Andrzej	168		M-OPEN	138	00:30:04.15	+00:12:19 (41.0%)	6:00	10 (59.2%)
203	NOWICKA Tatiana	167		K-OPEN	51	00:30:04.60	+00:12:19 (41.0%)	6:00	10 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	SZUBIŃSKA Dominika	336		K-OPEN	52	00:30:04.70	+00:12:19 (41.0%)	6:01	10 (59.2%)
205	DRZEWIECKA Ewelina	374		K-OPEN	53	00:30:05.60	+00:12:20 (41.0%)	6:01	10 (59.2%)
206	BRZYKCY Tomek	10	BIEGAM JAK DZIKI	M-OPEN	139	00:30:05.80	+00:12:20 (41.0%)	6:01	10 (59.2%)
207	BRZYKCY Kamil	12		Dz14	6	00:30:05.95	+00:12:21 (41.0%)	6:01	10 (59.2%)
208	SŁONINA Marcin	233		M-OPEN	140	00:30:06.40	+00:12:21 (41.1%)	6:01	10 (59.2%)
209	WERESZCZUK Kacper	345		M-OPEN	141	00:30:11.60	+00:12:26 (41.2%)	6:02	9.9 (58.6%)
210	KWIATKOWSKA Lucyna	313		K-OPEN	54	00:30:16.80	+00:12:31 (41.4%)	6:03	9.9 (58.6%)
211	WUDNIAK Marcin	156		M-OPEN	142	00:30:20.30	+00:12:35 (41.5%)	6:04	9.9 (58.6%)
212	GACHOWSKI Edward	113		M-OPEN	143	00:30:23.00	+00:12:38 (41.6%)	6:04	9.9 (58.6%)
213	LEWANDOWSKI Piotr	123		M-OPEN	144	00:30:23.25	+00:12:38 (41.6%)	6:04	9.9 (58.6%)
214	BRZYKCY Wojciech	11	BIEGAM JAK DZIKI	M-OPEN	145	00:30:24.85	+00:12:40 (41.6%)	6:05	9.9 (58.6%)
215	GRZYWACZ Karolina	53		K-OPEN	55	00:30:25.90	+00:12:41 (41.7%)	6:05	9.9 (58.6%)
216	SZTEJKA Jolanta	254	BENEFITKSO	K-OPEN	56	00:30:28.05	+00:12:43 (41.7%)	6:05	9.8 (58.0%)
217	FILARECKA Edyta	385		K-OPEN	57	00:30:35.90	+00:12:51 (42.0%)	6:07	9.8 (58.0%)
218	SŁOMSKA Monika	232	BRAK	K-OPEN	58	00:30:36.25	+00:12:51 (42.0%)	6:07	9.8 (58.0%)
219	JAŹDŹEWSKI Jarosław	69	WSHE	M-OPEN	146	00:30:37.85	+00:12:53 (42.1%)	6:07	9.8 (58.0%)
220	MAN Beata	135		K-OPEN	59	00:30:39.55	+00:12:54 (42.1%)	6:07	9.8 (58.0%)
221	SAŁASIŃSKA Marta	223		K-OPEN	60	00:30:42.30	+00:12:57 (42.2%)	6:08	9.8 (58.0%)
222	BRĄGIEL Anna	87		K-OPEN	61	00:30:51.90	+00:13:07 (42.5%)	6:10	9.7 (57.4%)
223	WRUK Justyna	283		K-OPEN	62	00:30:55.10	+00:13:10 (42.6%)	6:11	9.7 (57.4%)
224	CHWIAŁKOWSKA Joanna	22		K-OPEN	63	00:30:55.15	+00:13:10 (42.6%)	6:11	9.7 (57.4%)
225	RADZIEJEWSKA Grażyna	204		K-OPEN	64	00:31:07.05	+00:13:22 (43.0%)	6:13	9.6 (56.8%)
226	NOWACKA Emilia	360		K-OPEN	65	00:31:07.25	+00:13:22 (43.0%)	6:13	9.6 (56.8%)
227	TRZCIŃSKI Franciszek	325	SPORT I REKREACJA START	M-OPEN	147	00:31:13.05	+00:13:28 (43.1%)	6:14	9.6 (56.8%)
228	RADOMSKI Marcin	331	BIEGAM W SWETSZE	M-OPEN	148	00:31:13.45	+00:13:28 (43.2%)	6:14	9.6 (56.8%)
229	JELONEK Angelika	357		K-OPEN	66	00:31:14.00	+00:13:29 (43.2%)	6:14	9.6 (56.8%)
230	MAŁECKA Izabela	134		K-OPEN	67	00:31:23.15	+00:13:38 (43.5%)	6:16	9.6 (56.8%)
231	OŹGA Agnieszka	176		K-OPEN	68	00:31:24.90	+00:13:40 (43.5%)	6:17	9.5 (56.2%)
232	GUŹDZIOŁ Roksana	195		Dz1	6	00:31:34.35	+00:13:49 (43.8%)	6:18	9.5 (56.2%)
233	PIÓRKOWSKA Aga	191		K-OPEN	69	00:31:35.00	+00:13:50 (43.8%)	6:19	9.5 (56.2%)
234	PESTKA Anna	349				00:31:38.55	+00:13:53 (43.9%)	6:19	9.5 (56.2%)
235		302				00:31:40.10	+00:13:55 (44.0%)	6:20	9.5 (56.2%)
236	ZACH Aneta	285	TKKF WODNIK WIĘCBORK	K-OPEN	70	00:31:41.40	+00:13:56 (44.0%)	6:20	9.5 (56.2%)
236	RUTA Joanna	214	TKKF WODNIK WIĘCBORK	K-OPEN	71	00:31:41.40	+00:13:56 (44.0%)	6:20	9.5 (56.2%)
238	ZACH Sebastian	286	TKKF WODNIK WIĘCBORK	M-OPEN	149	00:31:42.05	+00:13:57 (44.0%)	6:20	9.5 (56.2%)
239	MEJGER Angelika	199	TKKF WODNIK WIĘCBORK	K-OPEN	72	00:31:42.25	+00:13:57 (44.0%)	6:20	9.5 (56.2%)
239	MEJGIER Karol	386		M-OPEN	150	00:31:42.25	+00:13:57 (44.0%)	6:20	9.5 (56.2%)
241	DRABJEWSKA Anna	29	TKKF WODNIK WIĘCBORK	K-OPEN	73	00:31:42.40	+00:13:57 (44.0%)	6:20	9.5 (56.2%)
242	RASSALSKA-KAUSA Jola	206		K-OPEN	74	00:31:46.85	+00:14:02 (44.2%)	6:21	9.4 (55.6%)
243	BEDNAREK Grażyna	321		K-OPEN	75	00:31:48.05	+00:14:03 (44.2%)	6:21	9.4 (55.6%)
244	KAWA Ewa	338		K-OPEN	76	00:31:48.10	+00:14:03 (44.2%)	6:21	9.4 (55.6%)
245	ZATOŃ Bożena	1		K-OPEN	77	00:31:49.55	+00:14:04 (44.2%)	6:22	9.4 (55.6%)
246	JAŹDŹEWSKA Alicja	68	WSHE	K-OPEN	78	00:31:53.05	+00:14:08 (44.3%)	6:22	9.4 (55.6%)
247	MARIAŃSKA Magdalena	138		K-OPEN	79	00:31:53.85	+00:14:09 (44.4%)	6:22	9.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
248	MIELECKA Agnieszka	145	KS IDMAR RACING TEAM	Nordic Walking K	1	00:31:54.80	+00:14:09 (44.4%)	6:23	9.4 (55.6%)
249	OKRĘGLICKA Barbara	295		K-OPEN	80	00:31:55.35	+00:14:10 (44.4%)	6:23	9.4 (55.6%)
250	STUDZIŃSKI Robert	348		M-OPEN	151	00:31:56.30	+00:14:11 (44.4%)	6:23	9.4 (55.6%)
251	STUDZIŃSKA Magda	347		K-OPEN	81	00:31:56.35	+00:14:11 (44.4%)	6:23	9.4 (55.6%)
252	ŚLĘZAK Rafał	257		M-OPEN	152	00:31:58.20	+00:14:13 (44.5%)	6:23	9.4 (55.6%)
253	PLISZCZYŃSKI Mirosław	379		M-OPEN	153	00:31:59.70	+00:14:14 (44.5%)	6:24	9.4 (55.6%)
254	PEŁCZYŃSKA Katarzyna	181	FIRE HOUSE	K-OPEN	82	00:32:00.10	+00:14:15 (44.5%)	6:24	9.4 (55.6%)
255	PLISZCZYŃSKA Joanna	378		K-OPEN	83	00:32:01.60	+00:14:16 (44.6%)	6:24	9.4 (55.6%)
256	NAGÓRKA Anita	192		K-OPEN	84	00:32:01.75	+00:14:16 (44.6%)	6:24	9.4 (55.6%)
257	REPCZYŃSKA Justyna	381		K-OPEN	85	00:32:05.15	+00:14:20 (44.7%)	6:25	9.3 (55.0%)
258	WAWRZYŃIAK Zuzanna	271		K-OPEN	86	00:32:05.40	+00:14:20 (44.7%)	6:25	9.3 (55.0%)
259	KRUPIŃSKA Mirosława	382				00:32:05.95	+00:14:21 (44.7%)	6:25	9.3 (55.0%)
260	LASKOWSKA-NOWICKA Justyna	116		K-OPEN	87	00:32:07.90	+00:14:23 (44.8%)	6:25	9.3 (55.0%)
261	SZYMANEK Monika	227		K-OPEN	88	00:32:10.45	+00:14:25 (44.8%)	6:26	9.3 (55.0%)
262	ALEKSANDRA Alicja	222		K-OPEN	89	00:32:10.50	+00:14:25 (44.8%)	6:26	9.3 (55.0%)
263	MALCZEWSKA Mirka	133	SPORT FAKTORY	K-OPEN	90	00:32:13.75	+00:14:28 (44.9%)	6:26	9.3 (55.0%)
264	SZCZEPANEK-KOZIŃSKA Justyna	307	BYDGOSKIE ŻÓŁWIE	K-OPEN	91	00:32:15.70	+00:14:30 (45.0%)	6:27	9.3 (55.0%)
265	TYKWIŃSKA Agnieszka	190		K-OPEN	92	00:32:17.05	+00:14:32 (45.0%)	6:27	9.3 (55.0%)
266	STASIAK Renata	240		K-OPEN	93	00:32:19.10	+00:14:34 (45.1%)	6:27	9.3 (55.0%)
267	NIEMCZYK Ula	160		K-OPEN	94	00:32:19.70	+00:14:34 (45.1%)	6:27	9.3 (55.0%)
268	ASTUKIEWICZ Tomasz	3		M-OPEN	154	00:32:21.60	+00:14:36 (45.2%)	6:28	9.3 (55.0%)
269	SAJKO Filip	221		M-OPEN	155	00:32:22.00	+00:14:37 (45.2%)	6:28	9.3 (55.0%)
270	LEMIASZKO Paulina	358		K-OPEN	95	00:32:29.05	+00:14:44 (45.4%)	6:29	9.2 (54.4%)
271	KRASIŃSKA Karolina	187		K-OPEN	96	00:32:31.55	+00:14:46 (45.4%)	6:30	9.2 (54.4%)
272	DUDEK Zofia	377		K-OPEN	97	00:32:40.75	+00:14:55 (45.7%)	6:32	9.2 (54.4%)
273	WOŹNIACKA Beata	78	POMÓZMY JEŻOM	K-OPEN	98	00:32:44.35	+00:14:59 (45.8%)	6:32	9.2 (54.4%)
274	BACZYŃSKI Michał	19		M-OPEN	156	00:32:52.55	+00:15:07 (46.0%)	6:34	9.1 (53.8%)
275	LUBOŃSKA Kinga	128		K-OPEN	99	00:33:02.70	+00:15:17 (46.3%)	6:36	9.1 (53.8%)
276	CIESIELSKI Łukasz	306		M-OPEN	157	00:33:05.10	+00:15:20 (46.4%)	6:37	9.1 (53.8%)
277	URBACZEWSKI Adrian	311		M-OPEN	158	00:33:05.15	+00:15:20 (46.4%)	6:37	9.1 (53.8%)
278	ROGAŁA Rafał	210		M-OPEN	159	00:33:06.35	+00:15:21 (46.4%)	6:37	9.1 (53.8%)
279	ROZEN Julita	213		K-OPEN	100	00:33:07.95	+00:15:23 (46.4%)	6:37	9.1 (53.8%)
280	KOWALCZYK Violetta	126		K-OPEN	101	00:33:15.55	+00:15:30 (46.6%)	6:39	9 (53.3%)
281	CYBUL Anna	304		K-OPEN	102	00:33:17.10	+00:15:32 (46.7%)	6:39	9 (53.3%)
282	KRAJEWSKA Katarzyna	106		K-OPEN	103	00:33:20.40	+00:15:35 (46.8%)	6:40	9 (53.3%)
283	PILARSKA Beata	288		K-OPEN	104	00:33:24.75	+00:15:39 (46.9%)	6:41	9 (53.3%)
284	PAŁUCZAK Kasia	178	-	K-OPEN	105	00:33:26.65	+00:15:41 (46.9%)	6:41	9 (53.3%)
285	JĘDRYCZKA Dorota	71		K-OPEN	106	00:33:29.40	+00:15:44 (47.0%)	6:42	9 (53.3%)
286	ŻURAWSKA Marta	293		K-OPEN	107	00:33:29.45	+00:15:44 (47.0%)	6:42	9 (53.3%)
287	CISZEWSKA Emilia	298		K-OPEN	108	00:33:29.60	+00:15:44 (47.0%)	6:41	9 (53.3%)
288	CHROMIŃSKA Paulina	20		K-OPEN	109	00:33:31.15	+00:15:46 (47.1%)	6:42	9 (53.3%)
289	OLKOWSKA Aleksandra	173		Dz1	7	00:33:31.90	+00:15:47 (47.1%)	6:42	8.9 (52.7%)
290	OLKOWSKI Henryk	174		M-OPEN	160	00:33:36.00	+00:15:51 (47.2%)	6:43	8.9 (52.7%)
291	NOWAK Tomasz	164		M-OPEN	161	00:33:38.55	+00:15:53 (47.2%)	6:43	8.9 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
292	MISUN-NOWAK Katarzyna	148		K-OPEN	110	00:33:41.20	+00:15:56 (47.3%)	6:44	8.9 (52.7%)
293	LEWANDOWSKA Sylwia	119		K-OPEN	111	00:33:44.00	+00:15:59 (47.4%)	6:44	8.9 (52.7%)
294	LEWANDOWSKI Maciej	121		M-OPEN	162	00:33:44.55	+00:15:59 (47.4%)	6:45	8.9 (52.7%)
295	KACZMAREK Agnieszka	150		K-OPEN	112	00:33:45.85	+00:16:01 (47.4%)	6:45	8.9 (52.7%)
296	ZUPA Martyna	289	SISU-OWB TEAM	K-OPEN	113	00:33:46.65	+00:16:01 (47.5%)	6:45	8.9 (52.7%)
297	STĘPKOWSKA Izabela	248		K-OPEN	114	00:33:53.50	+00:16:08 (47.6%)	6:46	8.8 (52.1%)
298	MOCZULSKA Hanna	18		K-OPEN	115	00:33:54.00	+00:16:09 (47.6%)	6:46	8.8 (52.1%)
299	LEWANDOWSKA Beata	118		K-OPEN	116	00:33:55.20	+00:16:10 (47.7%)	6:47	8.8 (52.1%)
300	KAŻMIERSKI Krzysztof	82	WSHE	M-OPEN	163	00:33:55.50	+00:16:10 (47.7%)	6:47	8.8 (52.1%)
301	ŻYŁA Kamila	319		K-OPEN	117	00:33:56.05	+00:16:11 (47.7%)	6:47	8.8 (52.1%)
302	SZYMAŃSKA Halina	375		K-OPEN	118	00:33:56.40	+00:16:11 (47.7%)	6:47	8.8 (52.1%)
303	PAWLICKI Kacper	333		Dz14	7	00:33:57.10	+00:16:12 (47.7%)	6:47	8.8 (52.1%)
304	STASZCZYŚYŃ Kacper	317		Dz14	8	00:34:09.20	+00:16:24 (48.0%)	6:49	8.8 (52.1%)
305	KĘDZIERSKA Agnieszka	83	KIJKOWE TRZEMESZNO	Nordic Walking K	2	00:34:10.00	+00:16:25 (48.1%)	6:50	8.8 (52.1%)
306	KACZMAREK Maciej	75		Dz14	9	00:34:11.55	+00:16:26 (48.1%)	6:50	8.8 (52.1%)
307	LIS Marta	383		K-OPEN	119	00:34:15.70	+00:16:30 (48.2%)	6:51	8.8 (52.1%)
308	KONDRUCIUK Jakub	272		Dz14	10	00:34:16.70	+00:16:31 (48.2%)	6:51	8.8 (52.1%)
309	JUCLEWSKA Magdalena	384		K-OPEN	120	00:34:17.75	+00:16:32 (48.3%)	6:51	8.7 (51.5%)
310	KOLBERG Kamila	96	KIJKOWE TRZEMESZNO	Nordic Walking K	3	00:34:40.90	+00:16:56 (48.8%)	6:56	8.6 (50.9%)
311	KOZAKOWSKA Małgorzata	105	KS SOKÓŁ GAŚAWA	Nordic Walking K	4	00:34:47.75	+00:17:02 (49.0%)	6:57	8.6 (50.9%)
312	TABISZ Monika	40		K-OPEN	121	00:34:48.35	+00:17:03 (49.0%)	6:57	8.6 (50.9%)
313	LEWANDOWSKI Michał	120		M-OPEN	164	00:34:51.65	+00:17:06 (49.1%)	6:58	8.6 (50.9%)
314	SZYMAŃSKI Zbigniew	380		M-OPEN	165	00:34:55.45	+00:17:10 (49.2%)	6:59	8.6 (50.9%)
315	WYDRZYŃSKA Katarzyna	284		K-OPEN	122	00:34:59.80	+00:17:14 (49.3%)	7:00	8.6 (50.9%)
316	JENERALSKI Stanisław	220		Dz1	8	00:35:00.15	+00:17:15 (49.3%)	7:00	8.6 (50.9%)
317	JENERALSKA Katarzyna	264		K-OPEN	123	00:35:08.95	+00:17:24 (49.5%)	7:01	8.5 (50.3%)
318	MISUN Mariola	146		K-OPEN	124	00:35:43.70	+00:17:58 (50.3%)	7:08	8.4 (49.7%)
319	NOWAK Aleksandra	165	CZYŚCIK TEAM	Nordic Walking K	5	00:36:32.65	+00:18:47 (51.4%)	7:18	8.2 (48.5%)
320	BUCZKOWSKI Jerzy	344		M-OPEN	166	00:36:38.20	+00:18:53 (51.6%)	7:19	8.2 (48.5%)
321	KWIATKOWSKA Elżbieta	115		Nordic Walking K	6	00:36:41.95	+00:18:57 (51.6%)	7:20	8.2 (48.5%)
322	ZŁOTKOWSKI Maciej	308		Dz1	9	00:36:46.55	+00:19:01 (51.7%)	7:21	8.2 (48.5%)
323	DĘBEK Lena	400		Dz1	10	00:36:51.85	+00:19:07 (51.9%)	7:22	8.1 (47.9%)
324	BRZOZOWSKA Iwona	9		Nordic Walking K	7	00:36:59.95	+00:19:15 (52.0%)	7:24	8.1 (47.9%)
325	JAGOS Olimpia	61		K-OPEN	125	00:37:11.75	+00:19:26 (52.3%)	7:26	8.1 (47.9%)
326	KORALEWSKA Milena	100		K-OPEN	126	00:37:12.65	+00:19:27 (52.3%)	7:26	8.1 (47.9%)
327	STEMPKA Magdalena	247		Dz1	11	00:37:15.15	+00:19:30 (52.4%)	7:27	8.1 (47.9%)
328	JÓŹWIAK Alicja	337		Dz1	12	00:37:15.45	+00:19:30 (52.4%)	7:27	8.1 (47.9%)
329	SIKORSKA Paulina	62		Nordic Walking K	8	00:37:20.90	+00:19:36 (52.5%)	7:28	8 (47.3%)
330	KŁOS Lidia	93		Nordic Walking K	9	00:37:39.45	+00:19:54 (52.9%)	7:32	8 (47.3%)
331	WALECKA Romualda	268	SPORT I REKREACJA 'START'	Nordic Walking K	10	00:37:42.40	+00:19:57 (52.9%)	7:32	8 (47.3%)
332	SZYBCZYŃKA Katarzyna	343		Nordic Walking K	11	00:38:30.15	+00:20:45 (53.9%)	7:42	7.8 (46.2%)
333	KUBOWICZ-KAMIŃSKA Hanna	117	BYDGOSZCZ NA START!	K-OPEN	127	00:38:45.50	+00:21:00 (54.2%)	7:45	7.7 (45.6%)
334	FEDEROWICZ Anna	276		K-OPEN	128	00:38:46.10	+00:21:01 (54.2%)	7:45	7.7 (45.6%)
335	KACZMAREK Zofia	77	CZYŚCIK TEAM	Nordic Walking K	12	00:39:02.85	+00:21:18 (54.5%)	7:48	7.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
336	SOBAŃSKA Agnieszka	366		K-OPEN	129	00:39:21.65	+00:21:36 (54.9%)	7:52	7.6 (45.0%)
337	SAPA Dariusz	224	BYDGOSKIE ŻÓŁWIE	M-OPEN	167	00:40:02.15	+00:22:17 (55.7%)	8:00	7.5 (44.4%)
338	STELMACH Dariusz	243		M-OPEN	168	00:40:09.35	+00:22:24 (55.8%)	8:01	7.5 (44.4%)
339	SIEMIĄTKOWSKA Janina	226	SPORT I REKREACJA 'START'	Nordic Walking K	13	00:40:10.80	+00:22:25 (55.8%)	8:02	7.5 (44.4%)
340	KACZMAREK Jarosław	76	CZYŚCIK TEAM	M-OPEN	169	00:40:12.45	+00:22:27 (55.9%)	8:02	7.5 (44.4%)
341	APPEL Jerzy	2	GOSIR OSIELSKO	M-OPEN	170	00:40:21.60	+00:22:36 (56.0%)	8:04	7.4 (43.8%)
342	FIJOR Arleta	36	CZYŚCIK TEAM	Nordic Walking K	14	00:40:28.20	+00:22:43 (56.1%)	8:05	7.4 (43.8%)
343	WARDECKA-HOŁTYN Justyna	270		Nordic Walking K	15	00:40:28.90	+00:22:44 (56.2%)	8:05	7.4 (43.8%)
344	SZYTTENHOLM Gabriel	265		Dz1	13	00:40:50.70	+00:23:05 (56.5%)	8:10	7.3 (43.2%)
345	GAŚSIOROWSKA Dorota	47		K-OPEN	130	00:40:53.00	+00:23:08 (56.6%)	8:10	7.3 (43.2%)
346	STAROŃ Monika	362		K-OPEN	131	00:41:00.20	+00:23:15 (56.7%)	8:12	7.3 (43.2%)
347	MICHAŁOWSKA Joanna	144	SPORT I REKREACJA 'START'	Nordic Walking K	16	00:41:13.00	+00:23:28 (56.9%)	8:14	7.3 (43.2%)
348	CENDROWSKA Teresa	17	SPORT I REKREACJA 'START'	Nordic Walking K	17	00:41:22.25	+00:23:37 (57.1%)	8:16	7.3 (43.2%)
349	MOCZULSKA Alicja	149	RRRR	Nordic Walking K	18	00:41:43.30	+00:23:58 (57.5%)	8:20	7.2 (42.6%)
350	KONDRATOWICZ Agnieszka	97		Nordic Walking K	19	00:42:14.65	+00:24:29 (58.0%)	8:27	7.1 (42.0%)
351	STELMACH Katarzyna	245	SK KIJEWO KRÓLEWSKIE	Dz1	14	00:42:19.55	+00:24:34 (58.1%)	8:27	7.1 (42.0%)
352	MISUN Jan	147		M-OPEN	171	00:42:39.40	+00:24:54 (58.4%)	8:32	7 (41.4%)
353	STELMACH Anita	244		Nordic Walking K	20	00:42:40.90	+00:24:56 (58.4%)	8:32	7 (41.4%)
354	RAFALAK Marlena	107		K-OPEN	132	00:43:33.80	+00:25:48 (59.3%)	8:42	6.9 (40.8%)
355	ROGOWSKA Beata	211		Nordic Walking K	21	00:43:35.55	+00:25:50 (59.3%)	8:43	6.9 (40.8%)
356	FRYDRYCHOWICZ Filip	392		M-OPEN	172	00:43:39.20	+00:25:54 (59.3%)	8:43	6.9 (40.8%)
357	KORPAL Paulina	394		Dz1	15	00:43:41.90	+00:25:57 (59.4%)	8:44	6.9 (40.8%)
358	TRĘBIŃSKA Jolanta	328		K-OPEN	133	00:44:01.35	+00:26:16 (59.7%)	8:48	6.8 (40.2%)
359	PANCEK Hanna	179	TADMAX	Nordic Walking K	22	00:44:46.70	+00:27:01 (60.4%)	8:57	6.7 (39.6%)
360	SMARUJ-SADOWSKA Janina	234		Nordic Walking K	23	00:44:50.50	+00:27:05 (60.4%)	8:58	6.7 (39.6%)
361	PERLIK Wiesław	182	TADMAX	M-OPEN	173	00:44:50.55	+00:27:05 (60.4%)	8:58	6.7 (39.6%)
362	DZIASZYK Beata	33		Nordic Walking K	24	00:45:03.25	+00:27:18 (60.6%)	9:00	6.7 (39.6%)
363	BAGIŃSKA Danuta	4		Nordic Walking K	25	00:45:03.45	+00:27:18 (60.6%)	9:00	6.7 (39.6%)
364	BURZYŃSKA Renata	16		Nordic Walking K	26	00:45:05.25	+00:27:20 (60.6%)	9:01	6.7 (39.6%)
365	KUBALA Bogumiła	110		Nordic Walking K	27	00:45:29.20	+00:27:44 (61.0%)	9:05	6.6 (39.1%)
366	OLKOWSKA Anna	172		Nordic Walking K	28	00:45:29.25	+00:27:44 (61.0%)	9:05	6.6 (39.1%)
367	RAMIAN Edyta	205		Nordic Walking K	29	00:45:29.30	+00:27:44 (61.0%)	9:05	6.6 (39.1%)
368	NITKA Beata	162		K-OPEN	134	00:45:32.20	+00:27:47 (61.0%)	9:06	6.6 (39.1%)
369	CZYŻ Małgorzata	25		Nordic Walking K	30	00:46:09.40	+00:28:24 (61.5%)	9:13	6.5 (38.5%)
370	IŻYCKI-HERMAN Tomasz	396		M-OPEN	174	00:47:44.25	+00:29:59 (62.8%)	9:32	6.3 (37.3%)
371	RAFALSKI Mirosław	85		M-OPEN	175	00:49:08.85	+00:31:24 (63.9%)	9:49	6.1 (36.1%)
372	KAMIŃSKI Zbigniew	80		M-OPEN	176	00:49:14.10	+00:31:29 (64.0%)	9:50	6.1 (36.1%)
373	OLEJNICZAK Iwona	171		Nordic Walking K	31	00:49:14.65	+00:31:29 (64.0%)	9:51	6.1 (36.1%)
374	KARŁOWSKA Renata	390		K-OPEN	135	00:49:19.65	+00:31:34 (64.0%)	9:52	6.1 (36.1%)
375	WIELICZKO Renata	258		K-OPEN	136	00:49:26.15	+00:31:41 (64.1%)	9:53	6.1 (36.1%)
376	GRYŃ Justyna	260		K-OPEN	137	00:49:27.85	+00:31:43 (64.1%)	9:53	6.1 (36.1%)
377	ANDRUSZKIEWICZ Dorota	287		K-OPEN	138	00:49:27.95	+00:31:43 (64.1%)	9:53	6.1 (36.1%)
378	IGNATOWICZ Joanna	292		K-OPEN	139	00:49:28.45	+00:31:43 (64.1%)	9:53	6.1 (36.1%)
379	IŻYCKA-HERMAN Aldona	397		K-OPEN	140	00:49:28.95	+00:31:44 (64.1%)	9:53	6.1 (36.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
380	DĘBSKA Urszula	27		K-OPEN	141	00:49:44.40	+00:31:59 (64.3%)	9:57	6 (35.5%)
381	SIWKOWSKA Elżbieta	229		Nordic Walking K	32	00:51:37.30	+00:33:52 (65.6%)	10:19	5.8 (34.3%)
382	BOSAK Hanna	8		Nordic Walking K	33	00:51:37.60	+00:33:52 (65.6%)	10:19	5.8 (34.3%)
383	FRĄCZEK Małgorzata	43		Nordic Walking K	34	00:51:40.25	+00:33:55 (65.7%)	10:20	5.8 (34.3%)
384	KAMIŃSKA Małgorzata	79		Nordic Walking K	35	00:51:42.75	+00:33:57 (65.7%)	10:20	5.8 (34.3%)
385	BRZYKCY Longina	13		Nordic Walking K	36	00:51:55.90	+00:34:11 (65.8%)	10:23	5.8 (34.3%)
386	KORPAL Amelia	395		Dz1	16	00:52:04.70	+00:34:19 (65.9%)	10:25	5.8 (34.3%)
387	WYSOCKA Izabela	41		Nordic Walking K	37	00:56:24.10	+00:38:39 (68.5%)	11:16	5.3 (31.4%)
388	BRZYKCY Kazimierz	14		M-OPEN	177				(0.0%)
389	KRUGER Ewa	368		K-OPEN	142				(0.0%)

Znaleziono 389 wynik(ów)