



CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-06-19
Miejsce: Czaplonek
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DOŁĘGOWSKI Marek	786	BKS MANIAK WOLIN	M45-49	1			00:05:42	00:15:44	00:32:23.65	00:38:06.50		6:28	9.3 (100%)
2	RAJEWSKI Sebastian	732	JEZIORKI - AKTYWNA WIEŚ	M45-49	2			00:06:15	00:16:08	00:32:56.90	00:39:12.40	+00:00:33 (1.7%)	6:35	9.1 (97.8%)
3	KNITTER Tomasz	673	BŁĘKITNI NW DZIEMIANY	M-Jun.	1			00:04:36	00:16:37	00:33:41.10	00:38:17.60	+00:01:17 (3.8%)	6:44	8.9 (95.7%)
4	BRZOZOWSKI Piotr	788	AKTYWNI POSTOMINO	M30-39	1			00:05:08	00:16:42	00:34:06.35	00:39:15.10	+00:01:42 (5.0%)	6:49	8.8 (94.6%)
5	NACZK Leonard	783		M40-44	1			00:05:43	00:16:48	00:34:09.30	00:39:52.70	+00:01:45 (5.2%)	6:49	8.8 (94.6%)
6	GŁOWA Michał	642	WESOŁY BORSUK TEAM	M-Jun.	2			00:04:37	00:16:45	00:34:18.45	00:38:55.70	+00:01:54 (5.6%)	6:51	8.7 (93.5%)
7	LESIŃSKI Grzegorz	695	KS METRACO POLKOWICE	M50-54	1			00:06:36	00:16:56	00:34:32.95	00:41:09.00	+00:02:09 (6.2%)	6:54	8.7 (93.5%)
8	RAKUĆ Jakub	733	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:05:08	00:16:55	00:34:55.40	00:40:03.80	+00:02:31 (7.2%)	6:59	8.6 (92.5%)
9	KOPCZEWSKI Dariusz	678		M50-54	2			00:06:37	00:17:28	00:35:08.20	00:41:45.35	+00:02:44 (7.8%)	7:01	8.5 (91.4%)
10	GRYGOROWICZ Bogdan	780	KS METRACO POLKOWICE	M65-69	1			00:08:18	00:17:36	00:35:46.35	00:44:04.70	+00:03:22 (9.4%)	7:09	8.4 (90.3%)
11	FRAĆKOWIAK Roman	632	ZS ROSKO	M45-49	3			00:06:15	00:17:36	00:35:46.50	00:42:02.30	+00:03:22 (9.5%)	7:09	8.4 (90.3%)
12	SZUDARSKI Edward	748	DWA KIJE SŁUPSK	M55-59	1			00:06:59	00:17:34	00:35:48.10	00:42:47.70	+00:03:24 (9.5%)	7:09	8.4 (90.3%)
13	NACZK Wiktoria	714		K-Jun.	1			00:09:14	00:17:56	00:35:51.50	00:45:05.50	+00:03:27 (9.7%)	7:10	8.4 (90.3%)
14	KLARKOWSKI Bogdan	670	K S ELBLĄSKIE WŁÓCZY-KIJE	M60-64	1			00:07:39	00:17:52	00:35:52.90	00:43:32.20	+00:03:29 (9.7%)	7:10	8.4 (90.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	WYSOCKI Marcin	763	BŁĘKITNI NW DZIEMIANY	M-Jun.	3			00:04:36	00:17:33	00:35:53.55	00:40:30.05	+00:03:29 (9.7%)	7:10	8.4 (90.3%)
16	KOMAR Beata	677	FACE NORDIC WALKING TEAM	K45-49	1			00:11:08	00:17:49	00:36:08.45	00:47:17.00	+00:03:44 (10.4%)	7:13	8.3 (89.2%)
17	BOJAN Miro	790		M60-64	2			00:07:39	00:17:59	00:36:11.10	00:43:50.55	+00:03:47 (10.5%)	7:14	8.3 (89.2%)
18	KAZIÓW Ryszard	665	DWA KIJE SŁUPSK	M60-64	3			00:07:38	00:17:52	00:36:11.15	00:43:49.65	+00:03:47 (10.5%)	7:14	8.3 (89.2%)
19	SZPILMAN Katarzyna	747	FACE NORDIC WALKING TEAM	K45-49	2			00:11:08	00:17:48	00:36:12.90	00:47:21.00	+00:03:49 (10.6%)	7:14	8.3 (89.2%)
20	CHUDZIŃSKI Andrzej	615	K S ELBLĄSKIE WŁÓCZY-KIJE	M65-69	2			00:08:18	00:17:36	00:36:21.45	00:44:40.15	+00:03:57 (10.9%)	7:16	8.2 (88.2%)
21	ŚLEWIŃSKA Edyta	751	BŁĘKITNI NW DZIEMIANY	K-Jun.	2			00:09:14	00:17:55	00:36:26.40	00:45:40.60	+00:04:02 (11.1%)	7:17	8.2 (88.2%)
22	MOTOCZYŃSKI Krzysztof	793	GOSIR OSIELSKO	M60-64	4			00:07:40	00:17:52	00:36:27.70	00:44:07.75	+00:04:04 (11.2%)	7:17	8.2 (88.2%)
23	DANA Andrzej	621	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	3			00:08:19	00:17:58	00:36:35.00	00:44:54.50	+00:04:11 (11.5%)	7:19	8.2 (88.2%)
24	LESIŃSKA Marzenna	694	KS METRACO POLKOWICE	K50-54	1			00:11:41	00:18:14	00:36:40.75	00:48:22.70	+00:04:17 (11.7%)	7:20	8.2 (88.2%)
25	RUDNIK Janina Ewa	739	DWA KIJE SŁUPSK	K30-39	1			00:10:02	00:17:53	00:36:41.60	00:46:44.40	+00:04:17 (11.7%)	7:20	8.2 (88.2%)
26	KUŚMIEREC Mateusz	688	BŁĘKITNI NW DZIEMIANY	M-Dzieci	1			00:04:05	00:18:13	00:36:45.15	00:40:51.10	+00:04:21 (11.9%)	7:21	8.2 (88.2%)
27	JANCAZAK Oliwer	778	KS METRACO POLKOWICE	M-Dzieci	2			00:04:06	00:18:17	00:36:46.10	00:40:52.30	+00:04:22 (11.9%)	7:21	8.2 (88.2%)
28	STĘPIEŃ Andrzej	742	LKS ZANTYR	M18-29	2			00:05:08	00:17:57	00:36:49.05	00:41:57.45	+00:04:25 (12.0%)	7:21	8.1 (87.1%)
29	KOŁPAK Jan	792	LKS ZANTYR	M65-69	4			00:08:19	00:18:04	00:36:53.05	00:45:12.60	+00:04:29 (12.2%)	7:22	8.1 (87.1%)
30	GOŁĘBIEWSKI Andrzej	644	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	2			00:06:59	00:18:02	00:36:55.45	00:43:54.90	+00:04:31 (12.3%)	7:23	8.1 (87.1%)
31	ANTONIEWICZ-BARTCZAK Łukasz	601	CHODZEZKIJAMI.PL	M-Niepełnosprawni	1			00:05:09	00:18:13	00:36:56.90	00:42:06.30	+00:04:33 (12.3%)	7:23	8.1 (87.1%)
32	SWYSTUN Sławomir Piotr	745	PENDOLINO, MORSY GDYŃSKIE	M60-64	5			00:07:38	00:17:58	00:36:59.95	00:44:38.85	+00:04:36 (12.4%)	7:24	8.1 (87.1%)
33	SZUDARSKI Marek	749	DWA KIJE SŁUPSK	M18-29	3			00:05:08	00:18:06	00:37:00.70	00:42:09.55	+00:04:37 (12.5%)	7:24	8.1 (87.1%)
34	ROSADZIŃSKI Sławomir	735		M45-49	4			00:06:15	00:18:13	00:37:10.05	00:43:25.50	+00:04:46 (12.8%)	7:26	8.1 (87.1%)
35	JANECKI Dariusz	655	JEZIORKI - AKTYWNA WIEŚ	M55-59	3			00:07:00	00:18:06	00:37:22.20	00:44:22.20	+00:04:58 (13.3%)	7:28	8 (86.0%)
36	OKRZESIK-FRĄCKOWIAK Izabela	719		K45-49	3			00:11:09	00:18:21	00:37:26.30	00:48:35.30	+00:05:02 (13.5%)	7:29	8 (86.0%)
37	STOLTMANN Helena	743	BŁĘKITNI NW DZIEMIANY	K55-59	1			00:12:11	00:18:29	00:37:30.95	00:49:42.60	+00:05:07 (13.7%)	7:30	8 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	KAMELSKI Piotr	662	SŁAWNO	M40-44	2			00:05:43	00:18:28	00:37:31.40	00:43:14.65	+00:05:07 (13.7%)	7:30	8 (86.0%)
39	DUDEK Edward	785	KS METRACO POLKOWICE	M65-69	5			00:08:19	00:18:19	00:37:42.25	00:46:01.25	+00:05:18 (14.1%)	7:32	8 (86.0%)
40	SZPILMAN Marta	779	FACE NORDIC WALKING TEAM	K18-29	1			00:09:29	00:18:15	00:37:43.75	00:47:12.75	+00:05:20 (14.1%)	7:32	8 (86.0%)
41	WILKOŁEK-SZUDARSKA Saturnina	757	DWA KIJE SŁUPSK	K55-59	2			00:12:11	00:18:27	00:37:47.20	00:49:58.30	+00:05:23 (14.3%)	7:33	7.9 (84.9%)
42	RAKUĆ Angelika	734	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:09:28	00:18:31	00:37:47.75	00:47:16.70	+00:05:24 (14.3%)	7:33	7.9 (84.9%)
43	GOLIK Piotr	787	JEZIORKI - AKTYWNA WIEŚ	M50-54	3			00:06:36	00:19:01	00:38:02.55	00:44:39.15	+00:05:38 (14.8%)	7:36	7.9 (84.9%)
44	DOLNA Ewelina	627	AKTYWNE KOŁCZYGŁOWY	K30-39	2			00:10:03	00:18:57	00:38:03.20	00:48:06.30	+00:05:39 (14.9%)	7:36	7.9 (84.9%)
45	BŁASZCZYK Karolina	609	CHODZEKIJAMI.PL	K30-39	3			00:10:03	00:18:46	00:38:11.50	00:48:15.25	+00:05:47 (15.2%)	7:38	7.9 (84.9%)
46	JÓŹWIAK Marianna	659	WTW.WŁOCŁAWEK	K40-44	1			00:10:41	00:18:44	00:38:11.55	00:48:53.20	+00:05:47 (15.2%)	7:38	7.9 (84.9%)
47	LESZCZYSZYN Krystyna	696		K60-64	1			00:12:28	00:18:47	00:38:16.10	00:50:44.45	+00:05:52 (15.3%)	7:39	7.8 (83.9%)
48	NOWROTEK Roman	717	WESOŁY BORSUK TEAM	M65-69	6			00:08:19	00:18:10	00:38:20.45	00:46:39.60	+00:05:56 (15.5%)	7:40	7.8 (83.9%)
49	ŁOPIŃSKI Aleksy	698	CZARNE PANTERY	M65-69	7			00:08:18	00:19:14	00:38:24.70	00:46:42.95	+00:06:01 (15.7%)	7:40	7.8 (83.9%)
50	WAWRZYŃIAK Anna	753	FACE NORDIC WALKING TEAM	K40-44	2			00:10:40	00:18:57	00:38:28.40	00:49:09.30	+00:06:04 (15.8%)	7:41	7.8 (83.9%)
51	LIPKO Grzegorz	697	LIPKO TEAM	M55-59	4			00:07:00	00:18:52	00:38:34.15	00:45:34.45	+00:06:10 (16.0%)	7:42	7.8 (83.9%)
52	WOJTACHNIO Edyta	760	FACE NORDIC WALKING TEAM	K45-49	4			00:11:08	00:18:31	00:38:36.90	00:49:45.15	+00:06:13 (16.1%)	7:43	7.8 (83.9%)
53	KORNIOWSKA Magdalena	775		K30-39	4			00:10:04	00:18:57	00:38:42.20	00:48:46.75	+00:06:18 (16.3%)	7:44	7.8 (83.9%)
54	SULECKA Gabriela	744		K- Niepełnosprawni	1			00:12:11	00:19:07	00:38:44.75	00:50:55.80	+00:06:21 (16.4%)	7:44	7.7 (82.8%)
55	JÓŹWIAK Łukasz	658	WTW.WŁOCŁAWEK	M- Niepełnosprawni	2			00:06:15	00:19:09	00:38:48.50	00:45:04.20	+00:06:24 (16.5%)	7:45	7.7 (82.8%)
56	PILECKA-PRĄDZYŃSKA Anna	726	PENDOLINO, MORSY GDYŃSKIE	K60-64	2			00:12:27	00:18:58	00:38:50.50	00:51:18.40	+00:06:26 (16.6%)	7:46	7.7 (82.8%)
57	FRAĆKOWIAK Mateusz	631	ZS ROSKO	M-Jun.	4			00:04:36	00:18:12	00:39:00.45	00:43:37.15	+00:06:36 (17.0%)	7:48	7.7 (82.8%)
58	BARTOSIEWICZ Włodzimierz	604	FACE NORDIC WALKING TEAM	M60-64	6			00:07:39	00:18:49	00:39:01.80	00:46:40.80	+00:06:38 (17.0%)	7:48	7.7 (82.8%)
59	POTORSKI Jacek	729	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M40-44	3			00:05:43	00:19:17	00:39:09.15	00:44:52.75	+00:06:45 (17.3%)	7:49	7.7 (82.8%)
60	PODOLSKI Mirosław	728	LKS ZANTYR	M60-64	7			00:07:39	00:19:04	00:39:13.00	00:46:52.20	+00:06:49 (17.4%)	7:50	7.6 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	DANA Kazimiera	620	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:12:28	00:19:17	00:39:13.35	00:51:42.00	+00:06:49 (17.4%)	7:50	7.6 (81.7%)
62	GIERSZEWSKA Magdalena	641	AKTYWNE KOŁCZYGŁOWY	K40-44	3			00:10:43	00:19:54	00:39:47.70	00:50:31.00	+00:07:24 (18.6%)	7:57	7.5 (80.6%)
63	KĘDZIERSKA Edyta	773		K40-44	4			00:10:42	00:19:53	00:39:57.65	00:50:40.35	+00:07:34 (18.9%)	7:59	7.5 (80.6%)
64	KLOSKA Kazimierz	671	BYTOWSKIE MORSY	M70+	1			00:08:19	00:19:54	00:40:00.60	00:48:20.45	+00:07:36 (19.0%)	8:00	7.5 (80.6%)
65	PIĄTKOWSKI Józef	723	KS METRACO POLKOWICE	M70+	2			00:08:22	00:20:01	00:40:05.40	00:48:27.80	+00:07:41 (19.2%)	8:01	7.5 (80.6%)
66	KOZŁOWSKA Julia	679	FACE NORDIC WALKING TEAM	K-Dzieci	1			00:08:56	00:19:34	00:40:07.25	00:49:03.80	+00:07:43 (19.3%)	8:01	7.5 (80.6%)
67	LANGMESSER Kinga	692	LKS ZANTYR	K18-29	3			00:09:28	00:19:31	00:40:11.75	00:49:40.70	+00:07:48 (19.4%)	8:02	7.5 (80.6%)
68	KURCZYK Zbyszek	687	K. Z. SŁAWNO	M-Dzieci	3			00:04:06	00:19:41	00:40:17.70	00:44:24.55	+00:07:54 (19.6%)	8:03	7.4 (79.6%)
69	GRZYWOCZ Bernard	650		M65-69	8			00:08:20	00:20:05	00:40:20.70	00:48:41.25	+00:07:57 (19.7%)	8:04	7.4 (79.6%)
70	KURCZYK Michał	686	K. Z. SŁAWNO	M-Dzieci	4			00:04:06	00:19:54	00:40:28.75	00:44:35.00	+00:08:05 (20.0%)	8:05	7.4 (79.6%)
71	SPYCHAŁA-KARAPULKA Arleta	791	MARSZ PO ZDROWIE	K40-44	5			00:10:41	00:19:59	00:40:29.20	00:51:10.55	+00:08:05 (20.0%)	8:05	7.4 (79.6%)
72	NOWAK Jakub	716	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Dzieci	5			00:04:06	00:19:53	00:40:29.90	00:44:36.40	+00:08:06 (20.0%)	8:06	7.4 (79.6%)
73	KRAWCZYK Dorota	681	CZARNE PANTERY	K55-59	3			00:12:13	00:19:50	00:40:32.80	00:52:46.50	+00:08:09 (20.1%)	8:06	7.4 (79.6%)
74	GIERSZEWSKI Arkadiusz	782		M30-39	2			00:05:09	00:20:06	00:40:42.70	00:45:52.40	+00:08:19 (20.4%)	8:08	7.4 (79.6%)
75	KORNIOWSKI Dariusz	774		M40-44	4			00:05:44	00:19:17	00:40:50.15	00:46:34.40	+00:08:26 (20.7%)	8:10	7.3 (78.5%)
75	JANECKA Agnieszka	654	JEZIORKI - AKTYWNA WIEŚ	K40-44	6			00:10:40	00:19:41	00:40:50.15	00:51:31.05	+00:08:26 (20.7%)	8:10	7.3 (78.5%)
77	LABUDDA Katarzyna	690		K30-39	5			00:10:03	00:19:59	00:40:58.10	00:51:01.40	+00:08:34 (20.9%)	8:11	7.3 (78.5%)
78	ŻAMOJCIN Małgorzata	766		K55-59	4			00:12:12	00:20:24	00:41:00.25	00:53:13.00	+00:08:36 (21.0%)	8:12	7.3 (78.5%)
79	GABERT Beata	637	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	5			00:11:08	00:20:03	00:41:00.35	00:52:08.65	+00:08:36 (21.0%)	8:12	7.3 (78.5%)
80	ZIELIŃSKI Andrzej	765		M60-64	8			00:07:39	00:19:57	00:41:01.90	00:48:41.85	+00:08:38 (21.1%)	8:12	7.3 (78.5%)
81	BONZEL Dorota	611	JEZIORKI - AKTYWNA WIEŚ	K30-39	6			00:10:03	00:20:05	00:41:02.00	00:51:05.75	+00:08:38 (21.1%)	8:12	7.3 (78.5%)
82	KNITTER Agata	674	BŁĘKITNI NW DZIEMIANY	K-Jun.	3			00:09:14	00:20:21	00:41:08.35	00:50:22.45	+00:08:44 (21.3%)	8:13	7.3 (78.5%)
83	JASOŃ Grażyna	657	CZARNE PANTERY	K50-54	2			00:11:43	00:20:04	00:41:14.90	00:52:57.90	+00:08:51 (21.5%)	8:14	7.3 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	GRZYWOCZ Irena	649		K65-69	1			00:12:41	00:20:11	00:41:17.20	00:53:59.05	+00:08:53 (21.5%)	8:15	7.3 (78.5%)
85	GRUDNOWSKA Dominika	646	BŁĘKITNI NW DZIEMIANY	K-Dzieci	2			00:08:56	00:20:00	00:41:26.50	00:50:22.75	+00:09:02 (21.8%)	8:17	7.2 (77.4%)
86	FOLWARSKA Małgorzata	630	FACE NORDIC WALKING TEAM	K55-59	5			00:12:13	00:20:45	00:41:28.35	00:53:41.90	+00:09:04 (21.9%)	8:17	7.2 (77.4%)
87	KULIG Bożena	684	K S ELBLĄSKIE WŁÓCZY-KIJE	K60-64	4			00:12:29	00:20:37	00:41:30.95	00:54:00.10	+00:09:07 (22.0%)	8:18	7.2 (77.4%)
88	CIBOROWSKA-LIPKO Bożena	616	LIPKO TEAM	K55-59	6			00:12:11	00:20:35	00:41:32.75	00:53:43.95	+00:09:09 (22.0%)	8:18	7.2 (77.4%)
89	KABACIŃSKI Maciej	661	FACE NORDIC WALKING TEAM	M45-49	5			00:06:16	00:20:36	00:41:34.05	00:47:50.35	+00:09:10 (22.1%)	8:18	7.2 (77.4%)
90	MIKITIUK Tomasz	712	KIJOWA PARA	M45-49	6			00:06:16	00:20:46	00:41:34.20	00:47:50.50	+00:09:10 (22.1%)	8:18	7.2 (77.4%)
91	ŁOZIŃSKA Wioletta	699		K45-49	6			00:11:14	00:20:36	00:41:35.05	00:52:49.85	+00:09:11 (22.1%)	8:19	7.2 (77.4%)
92	BARTON Krystyna	603		K55-59	7			00:12:11	00:20:39	00:41:35.45	00:53:47.15	+00:09:11 (22.1%)	8:19	7.2 (77.4%)
93	PAKMUR Anna	721		K50-54	3			00:11:41	00:20:29	00:41:39.40	00:53:21.15	+00:09:15 (22.2%)	8:20	7.2 (77.4%)
93	KOZŁOWSKA Jagoda	680	FACE NORDIC WALKING TEAM	K-Dzieci	3			00:08:56	00:20:37	00:41:39.40	00:50:35.95	+00:09:15 (22.2%)	8:19	7.2 (77.4%)
95	DE VOS Sabina	777		K30-39	7			00:10:05	00:20:29	00:41:40.90	00:51:46.35	+00:09:17 (22.3%)	8:20	7.2 (77.4%)
96	KURCZYK Elżbieta	685	K. Z. SŁAWNO	K40-44	7			00:10:42	00:21:07	00:41:56.45	00:52:38.45	+00:09:32 (22.8%)	8:23	7.2 (77.4%)
97	SZULECKA Monika	750	PENDOLINO	K45-49	7			00:11:11	00:21:03	00:42:00.00	00:53:11.40	+00:09:36 (22.9%)	8:24	7.1 (76.3%)
98	KŁOPOTOWSKI Ryszard	672	LKS ZANTYR	M50-54	4			00:06:36	00:20:24	00:42:03.50	00:48:40.35	+00:09:39 (23.0%)	8:24	7.1 (76.3%)
99	MECH Katarzyna	708		K30-39	8			00:10:04	00:20:32	00:42:09.95	00:52:14.05	+00:09:46 (23.2%)	8:26	7.1 (76.3%)
100	RADOMSKA Weronika	730	BŁĘKITNI NW DZIEMIANY	K-Jun.	4			00:09:15	00:20:37	00:42:36.85	00:51:52.00	+00:10:13 (24.0%)	8:31	7 (75.3%)
101	RAJEWSKA Beata	731	JEZIORKI - AKTYWNA WIEŚ	K40-44	8			00:10:41	00:21:20	00:42:41.00	00:53:22.70	+00:10:17 (24.1%)	8:32	7 (75.3%)
102	BELA Jakub	606		M-Dzieci	6			00:04:06	00:20:51	00:42:43.25	00:46:50.05	+00:10:19 (24.2%)	8:32	7 (75.3%)
103	JANKOWSKA-GONDEK Danuta	656	ALS SZCZECIN	K65-69	2			00:12:42	00:21:13	00:43:07.55	00:55:50.00	+00:10:43 (24.9%)	8:37	7 (75.3%)
104	SZPALERSKA Mirosława	746		K65-69	3			00:12:41	00:21:01	00:43:07.75	00:55:49.05	+00:10:44 (24.9%)	8:37	7 (75.3%)
105	BANACH-MAZUR Paulina	602		K30-39	9			00:10:04	00:21:18	00:43:37.10	00:53:41.45	+00:11:13 (25.7%)	8:43	6.9 (74.2%)
106	FRUBA Karina	635	DWA KIJE SŁUPSK	K- Niepełnosprawni	2			00:10:02	00:21:50	00:43:56.35	00:53:59.25	+00:11:32 (26.3%)	8:47	6.8 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	KAZIÓW Krystyna	664	DWA KIJE SŁUPSK	K60-64	5			00:12:29	00:21:36	00:44:00.80	00:56:30.20	+00:11:37 (26.4%)	8:48	6.8 (73.1%)
108	DARGAS Małgorzata	622	BŁĘKITNI NW DZIEMIANY	K40-44	9			00:10:41	00:21:47	00:44:13.95	00:54:55.10	+00:11:50 (26.8%)	8:50	6.8 (73.1%)
109	CYRA Grażyna	618		K60-64	6			00:12:28	00:21:50	00:44:19.25	00:56:48.20	+00:11:55 (26.9%)	8:52	6.8 (73.1%)
110	ROSZMAN Agata	738	PENDOLINO	K30-39	10			00:10:03	00:21:23	00:44:27.95	00:54:31.45	+00:12:04 (27.1%)	8:53	6.7 (72.0%)
111	HALEJCIO Małgorzata	652	ALS SZCZECIN	K45-49	8			00:11:09	00:22:20	00:44:31.00	00:55:40.05	+00:12:07 (27.2%)	8:54	6.7 (72.0%)
112	ZIELIŃSKA Elżbieta	764		K60-64	7			00:12:28	00:22:06	00:44:32.30	00:57:00.65	+00:12:08 (27.3%)	8:54	6.7 (72.0%)
113	LACHOWICZ Joanna	691	K. Z. SŁAWNO	K30-39	11			00:10:03	00:21:49	00:44:38.20	00:54:41.80	+00:12:14 (27.4%)	8:55	6.7 (72.0%)
114	DZIADEK Agnieszka	629	PENDOLINO	K-Jun.	5			00:09:14	00:21:49	00:44:41.95	00:53:56.85	+00:12:18 (27.5%)	8:56	6.7 (72.0%)
115	MĄDRY Janusz	707	'NASZA WIEŚ'	M65-69	9			00:08:18	00:22:01	00:44:44.05	00:53:02.65	+00:12:20 (27.6%)	8:56	6.7 (72.0%)
116	SOLAK Ewa	741	CZARNE PANTERY	K55-59	8			00:12:12	00:22:19	00:45:11.40	00:57:24.20	+00:12:47 (28.3%)	9:02	6.6 (71.0%)
117	GRUDNOWSKA Wiktoria	643	BŁĘKITNI NW DZIEMIANY	M-Dzieci	7			00:08:56	00:21:10	00:45:14.70	00:54:11.60	+00:12:51 (28.4%)	9:03	6.6 (71.0%)
118	DARGAS Sandra	623	BŁĘKITNI NW DZIEMIANY	K-Dzieci	4			00:08:56	00:21:08	00:45:15.00	00:54:11.60	+00:12:51 (28.4%)	9:03	6.6 (71.0%)
119	WRZASK Tomasz	762		M45-49	7			00:06:16	00:22:43	00:45:15.45	00:51:31.85	+00:12:51 (28.4%)	9:03	6.6 (71.0%)
120	KĄCKOWSKI Marek	667	JEZIORKI - AKTYWNA WIEŚ	M- Niepełnosprawni	3			00:07:40	00:22:37	00:45:17.50	00:52:58.15	+00:12:53 (28.5%)	9:03	6.6 (71.0%)
121	ROSZMAN Adrianna	736	PENDOLINO	K-Dzieci	5			00:08:57	00:22:26	00:45:17.75	00:54:14.85	+00:12:54 (28.5%)	9:03	6.6 (71.0%)
122	NAGÓRSKI Zenon	784	TORNADO KOŁCZEWO	M55-59	5			00:06:59	00:21:53	00:45:20.95	00:52:20.45	+00:12:57 (28.6%)	9:04	6.6 (71.0%)
123	KĄCKOWSKA Beata	666	JEZIORKI - AKTYWNA WIEŚ	K40-44	10			00:10:42	00:22:29	00:45:24.55	00:56:07.10	+00:13:00 (28.7%)	9:05	6.6 (71.0%)
124	DARGAS Marta	624	BŁĘKITNI NW DZIEMIANY	K-Dzieci	6			00:08:57	00:22:26	00:45:24.85	00:54:22.00	+00:13:01 (28.7%)	9:05	6.6 (71.0%)
125	DEMSKA Halina	626	ZANTYR SZTUM	K65-69	4			00:12:42	00:22:31	00:45:37.00	00:58:19.00	+00:13:13 (29.0%)	9:07	6.6 (71.0%)
126	OGONOWSKA Edyta	718	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	4			00:11:41	00:22:36	00:45:55.55	00:57:37.15	+00:13:31 (29.5%)	9:11	6.5 (69.9%)
127	MIELEWCZYK Aleksandra	710		K55-59	9			00:12:11	00:22:41	00:46:02.80	00:58:14.45	+00:13:39 (29.6%)	9:12	6.5 (69.9%)
128	GRUSZKA Barbara	648	LKS ZANTYR	K65-69	5			00:12:42	00:22:37	00:46:03.10	00:58:45.50	+00:13:39 (29.7%)	9:12	6.5 (69.9%)
129	JAKIEL-MAINIERI Sabina	653	CZARNE PANTERY	K45-49	9			00:11:10	00:23:16	00:46:03.45	00:57:13.60	+00:13:39 (29.7%)	9:12	6.5 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	KIMLIŃSKA-HOŁOJUCH Krystyna	669	ALS SZCZECIN	K60-64	8			00:12:29	00:22:38	00:46:05.05	00:58:34.90	+00:13:41 (29.7%)	9:13	6.5 (69.9%)
131	KABACIŃSKA Anna	660	FACE NORDIC WALKING TEAM	K45-49	10			00:11:10	00:21:16	00:46:05.55	00:57:16.05	+00:13:41 (29.7%)	9:13	6.5 (69.9%)
132	PANKIEWICZ-DMOWSKA Cecylia	722		K65-69	6			00:12:43	00:22:46	00:46:11.75	00:58:55.15	+00:13:48 (29.9%)	9:14	6.5 (69.9%)
133	GIERSZENDORF Paweł	639	FACE NORDIC WALKING TEAM	M-Jun.	5			00:04:36	00:23:45	00:46:12.70	00:50:49.65	+00:13:49 (29.9%)	9:14	6.5 (69.9%)
134	ŁUKOJC Bernardetta	701	BELFERKIJKI TEAM	K45-49	11			00:11:09	00:22:48	00:46:19.80	00:57:29.40	+00:13:56 (30.1%)	9:16	6.5 (69.9%)
135	WIADERSKA Grażyna	756		K65-69	7			00:12:41	00:22:42	00:46:22.95	00:59:04.45	+00:13:59 (30.2%)	9:16	6.5 (69.9%)
136	WOJTASZAK Maria	761	NASZA WIEŚ	K40-44	11			00:10:42	00:23:22	00:46:23.85	00:57:06.40	+00:14:00 (30.2%)	9:16	6.5 (69.9%)
137	MATYASIK Wiktoria	705	ZS WIELEŃ	K-Jun.	6			00:09:14	00:21:50	00:46:35.20	00:55:50.00	+00:14:11 (30.5%)	9:19	6.4 (68.8%)
138	GRUDNOWSKI Norbert	647	BŁĘKITNI NW DZIEMIANY	M-Dzieci	8			00:04:06	00:22:39	00:47:03.60	00:51:10.00	+00:14:39 (31.2%)	9:24	6.4 (68.8%)
139	MĄDRA Eleonora	706	'NASZA WIEŚ'	K- Niepełnosprawni	3			00:12:11	00:23:09	00:47:16.00	00:59:27.05	+00:14:52 (31.5%)	9:27	6.3 (67.7%)
140	WAWRZYŃIAK Igor	754	FACE NORDIC WALKING TEAM	M-Dzieci	9			00:04:06	00:22:40	00:47:19.20	00:51:26.05	+00:14:55 (31.5%)	9:28	6.3 (67.7%)
141	FRELICH Barbara	634	NASZA WIEŚ	K55-59	10			00:12:12	00:23:42	00:47:23.00	00:59:35.60	+00:14:59 (31.6%)	9:28	6.3 (67.7%)
142	TOKARSKA Joanna	770	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K30-39	12			00:10:05	00:23:42	00:47:58.65	00:58:03.75	+00:15:35 (32.5%)	9:35	6.3 (67.7%)
143	DASZKIEWICZ Jadwiga	625	NASZA WIEŚ	K60-64	9			00:12:30	00:23:32	00:48:06.40	01:00:36.40	+00:15:42 (32.7%)	9:37	6.2 (66.7%)
144	PILARSKA Teresa	724	NASZA WIEŚ	K60-64	10			00:12:29	00:23:34	00:48:08.45	01:00:37.55	+00:15:44 (32.7%)	9:37	6.2 (66.7%)
145	KIEŁPIŃSKA Maria	668	NASZA WIEŚ	K55-59	11			00:12:11	00:23:57	00:48:23.45	01:00:35.25	+00:15:59 (33.1%)	9:40	6.2 (66.7%)
146	KWIATKOWSKA Izabela	689	RUCH PO ZDROWIE WŁOCŁAWEK	K30-39	13			00:10:04	00:23:37	00:48:25.95	00:58:30.30	+00:16:02 (33.1%)	9:41	6.2 (66.7%)
147	MALINOWSKA Grażyna	704	LKS ZANTYR	K65-69	8			00:12:42	00:23:36	00:48:31.20	01:01:13.30	+00:16:07 (33.2%)	9:42	6.2 (66.7%)
148	BŁASZCZYK Katarzyna	608	KIJANKI POZNAŃ	K45-49	12			00:11:10	00:24:05	00:48:39.60	00:59:50.50	+00:16:15 (33.4%)	9:44	6.2 (66.7%)
149	MAJEWSKA Natalia	703		K-Dzieci	7			00:08:57	00:24:04	00:49:28.65	00:58:26.35	+00:17:05 (34.5%)	9:53	6.1 (65.6%)
150	BUDASZ Grażyna	772	JEZIORKI - AKTYWNA WIEŚ	K60-64	11			00:12:30	00:24:05	00:49:42.55	01:02:12.75	+00:17:18 (34.8%)	9:56	6 (64.5%)
151	MICHALAK Stefania	709	NASZA WIEŚ	K50-54	5			00:11:41	00:24:24	00:49:47.65	01:01:29.50	+00:17:24 (34.9%)	9:57	6 (64.5%)
152	BARTOSIEWICZ Grażyna	605	FACE NORDIC WALKING TEAM	K60-64	12			00:12:29	00:24:32	00:50:05.45	01:02:35.20	+00:17:41 (35.3%)	10:01	6 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	BUDASZ Krzysztof	771	JEZIORKI - AKTYWNA WIEŚ	M60-64	9			00:07:39	00:24:24	00:50:21.65	00:58:00.80	+00:17:58 (35.7%)	10:04	6 (64.5%)
154	MATUSZAK Ksawera	789	NASZA WIEŚ	K- Niepełnosprawni	4			00:11:11	00:24:28	00:50:26.80	01:01:38.40	+00:18:03 (35.8%)	10:05	5.9 (63.4%)
155	MIKITUUK Beata	711	KIJOWA PARA	K40-44	12			00:10:44	00:26:02	00:51:01.40	01:01:45.40	+00:18:37 (36.5%)	10:12	5.9 (63.4%)
156	ROSZMAN Mikołaj	737	PENDOLINO	M-Dzieci	10			00:04:07	00:24:36	00:51:05.55	00:55:13.15	+00:18:41 (36.6%)	10:13	5.9 (63.4%)
157	FUTERSKA Jadwiga	636	-	K55-59	12			00:12:13	00:24:46	00:51:11.75	01:03:25.40	+00:18:48 (36.7%)	10:14	5.9 (63.4%)
158	MAJEWSKA Anna	781		K30-39	14			00:10:04	00:24:17	00:51:31.00	01:01:35.65	+00:19:07 (37.1%)	10:18	5.8 (62.4%)
159	ORLIKOWSKA Barbara	720	'NASZA WIEŚ'	K55-59	13			00:12:14	00:25:04	00:53:11.10	01:05:25.75	+00:20:47 (39.1%)	10:38	5.6 (60.2%)
160	NOWACKI Eugeniusz	715	BMM PANCERNY	M55-59	6			00:07:00	00:27:32	00:53:39.65	01:00:40.55	+00:21:16 (39.6%)	10:44	5.6 (60.2%)
161	BŁASZCZYK Łukasz	607	KIJANKI POZNAŃ	M40-44	5			00:05:44	00:26:31	00:53:55.00	00:59:39.50	+00:21:31 (39.9%)	10:47	5.6 (60.2%)
162	WIŚNIEWSKA Grażyna	759	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	14			00:12:12	00:26:53	00:54:39.00	01:06:51.45	+00:22:15 (40.7%)	10:55	5.5 (59.1%)
163	MOCZARSKI Adam	713	FACE NORDIC WALKING TEAM	M70+	3			00:08:23	00:26:36	00:54:48.55	01:03:12.20	+00:22:24 (40.9%)	10:57	5.5 (59.1%)
164	CYRA Zbigniew	619		M65-69	10			00:08:18	00:26:43	00:55:00.55	01:03:19.20	+00:22:36 (41.1%)	11:00	5.5 (59.1%)
165	BOBOWIK-KOWALIK Aleksandra	610	SYRENA GOĆŁAW	K45-49	13			00:11:15	00:26:52	00:56:23.75	01:07:39.20	+00:24:00 (42.6%)	11:16	5.3 (57.0%)
166	CHUDZIŃSKA Grażyna	614	ELBLĄSKIE WŁÓCZY-KIJE	K65-69	9			00:12:43	00:28:40	00:59:42.90	01:12:26.10	+00:27:19 (45.8%)	11:56	5 (53.8%)
167	GIERSZENDORF Roman	638	FACE NORDIC WALKING TEAM	M40-44	6			00:05:44	00:27:16	01:01:48.70	01:07:32.80	+00:29:25 (47.6%)	12:21	4.9 (52.7%)
168	CICHOWSKI Wiesław	617	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M- Niepełnosprawni	4			00:08:21	00:29:45	01:02:38.00	01:10:59.50	+00:30:14 (48.3%)	12:31	4.8 (51.6%)
169	GIERSZENDORF Borys	640	FACE NORDIC WALKING TEAM	M-Dzieci	11			00:04:07	00:29:10	01:03:25.10	01:07:32.80	+00:31:01 (48.9%)	12:41	4.7 (50.5%)
DQ	URANTÓWKA Henryk	794		M65-69				DQ	DQ	DQ	DQ		-	- (0.0%)

Znaleziono 170 wynik(ów)