



# CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-06-14  
**Miejsce:** Czaplnek  
**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	<b>BRZozowski Piotr</b>	<b>88</b>	AKTYWNI POSTOMONO	M 30-39	1			00:04:11	00:16:20	<b>00:33:33</b>	<b>00:37:44</b>		6:42	8.9 (100%)
2	<b>DZIADEK Remigiusz</b>	<b>63</b>	UKS NEPTUN ROKITY	M 45-49	1			00:04:47	00:16:26	<b>00:33:49</b>	<b>00:38:36</b>	+00:00:16 (0.8%)	6:45	8.9 (100%)
3	<b>LESIŃSKI Grzegorz</b>	<b>76</b>		M 45-49	2			00:04:48	00:16:32	<b>00:33:55</b>	<b>00:38:43</b>	+00:00:22 (1.1%)	6:47	8.8 (98.9%)
4	<b>LUBAWIŃSKI Jerzy</b>	<b>41</b>	K.B.SPRINT ŚWIDWIN	M Niepełnosprawni	1			00:05:46	00:16:39	<b>00:34:19</b>	<b>00:40:05</b>	+00:00:46 (2.2%)	6:51	8.7 (97.8%)
5	<b>GAJEWSKI Eugeniusz</b>	<b>74</b>	GORZÓWPRZYSTAŃ	M 55-59	1			00:05:46	00:16:55	<b>00:34:38</b>	<b>00:40:24</b>	+00:01:05 (3.1%)	6:55	8.7 (97.8%)
6	<b>ŻUCHOWICZ Robert</b>	<b>39</b>	DĄBROWA NORDIC TEAM	M 55-59	2			00:05:46	00:16:58	<b>00:34:41</b>	<b>00:40:27</b>	+00:01:08 (3.3%)	6:56	8.6 (96.6%)
7	<b>ĆWIKLIŃSKI Krystian</b>	<b>8</b>	THE BEST - MY IDZIEMY I CZEŚĆ	M Junior	1			00:03:36	00:16:54	<b>00:34:46</b>	<b>00:38:22</b>	+00:01:13 (3.5%)	6:57	8.6 (96.6%)
8	<b>WASIELEWSKI Mirosław</b>	<b>5</b>	KS ELBLĄSKIE WŁÓCZY-KIJE	M 50-54	1			00:05:13	00:17:05	<b>00:34:52</b>	<b>00:40:05</b>	+00:01:19 (3.8%)	6:58	8.6 (96.6%)
9	<b>STANISŁAWSKI Jan</b>	<b>75</b>	AKTYWNI 50	M 55-59	3			00:05:47	00:17:03	<b>00:35:03</b>	<b>00:40:50</b>	+00:01:30 (4.3%)	7:00	8.6 (96.6%)
10	<b>KLARKOWSKI Bogdan</b>	<b>1</b>	KS ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	1			00:06:35	00:17:36	<b>00:35:35</b>	<b>00:42:10</b>	+00:02:02 (5.7%)	7:07	8.4 (94.4%)
11	<b>RACZYŃSKI Grzegorz</b>	<b>114</b>	GIMNAZJUM SPORTOWE NR 1	M Junior	2			00:03:37	00:17:50	<b>00:35:36</b>	<b>00:39:13</b>	+00:02:03 (5.8%)	7:07	8.4 (94.4%)
12	<b>ANDRZEJEWSKI Mieczysław</b>	<b>53</b>	AKTYWNI 55	M 55-59	4			00:05:47	00:17:04	<b>00:35:40</b>	<b>00:41:27</b>	+00:02:07 (5.9%)	7:08	8.4 (94.4%)
13	<b>MARCINIAK Emil</b>	<b>9</b>	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1			00:03:37	00:17:26	<b>00:35:48</b>	<b>00:39:25</b>	+00:02:15 (6.3%)	7:09	8.4 (94.4%)
14	<b>RAKUĆ Jakub</b>	<b>102</b>	RUCH PO ZDROWIE	M 18-29	2			00:03:37	00:17:49	<b>00:36:17</b>	<b>00:39:54</b>	+00:02:44 (7.5%)	7:15	8.3 (93.3%)

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	<b>SZUDARSKI Edward</b>	<b>89</b>	DWA KIJE SŁUPSK	M 55-59	5			00:05:45	00:17:52	<b>00:36:30</b>	<b>00:42:15</b>	+00:02:57 (8.1%)	7:18	8.2 (92.1%)
16	<b>BARTOSIEWICZ Łukasz</b>	<b>100</b>		M 30-39	2			00:04:11	00:17:55	<b>00:36:49</b>	<b>00:41:00</b>	+00:03:16 (8.9%)	7:21	8.1 (91.0%)
17	<b>CHUDZIŃSKI Andrzej</b>	<b>4</b>	KS ELBLĄSKIE WŁÓCZY-KIJE	M 65-69	1			00:07:24	00:18:15	<b>00:36:58</b>	<b>00:44:22</b>	+00:03:25 (9.2%)	7:23	8.1 (91.0%)
18	<b>SZPILMAN Marta</b>	<b>37</b>	IFON TEAM	K 18-29	1			00:08:58	00:18:14	<b>00:37:21</b>	<b>00:46:19</b>	+00:03:48 (10.2%)	7:28	8 (89.9%)
18	<b>BRYL Michał</b>	<b>23</b>	KS ELBLĄSKIE WŁÓCZY-KIJE	M Niepełnosprawni	2			00:03:38	00:18:15	<b>00:37:21</b>	<b>00:40:59</b>	+00:03:48 (10.2%)	7:28	8 (89.9%)
20	<b>DANA Andrzej</b>	<b>82</b>	KLUB NW PATYCZAKI	M 65-69	2			00:07:24	00:18:27	<b>00:37:22</b>	<b>00:44:46</b>	+00:03:49 (10.2%)	7:28	8 (89.9%)
21	<b>SWYSTUN Sławomir Piotr</b>	<b>96</b>	MORSY GDYŃSKIE	M 60-64	2			00:06:36	00:18:22	<b>00:37:24</b>	<b>00:44:00</b>	+00:03:51 (10.3%)	7:28	8 (89.9%)
22	<b>KOŁPAK Jan</b>	<b>62</b>	LKS ZANTYR	M 65-69	3			00:07:25	00:18:30	<b>00:37:29</b>	<b>00:44:54</b>	+00:03:56 (10.5%)	7:29	8 (89.9%)
23	<b>PODOLSKI Mirosław</b>	<b>64</b>	LKS ZANTYR SZTUM	M 60-64	3			00:06:36	00:18:24	<b>00:37:33</b>	<b>00:44:09</b>	+00:04:00 (10.7%)	7:30	8 (89.9%)
24	<b>LESIŃSKA Marzenna</b>	<b>77</b>		K 50-54	1			00:11:16	00:18:51	<b>00:37:39</b>	<b>00:48:55</b>	+00:04:06 (10.9%)	7:31	8 (89.9%)
25	<b>ROSADZIŃSKI Sławomir</b>	<b>112</b>		M 45-49	3			00:04:47	00:18:30	<b>00:37:45</b>	<b>00:42:32</b>	+00:04:12 (11.1%)	7:33	7.9 (88.8%)
26	<b>GOŁĘBIEWSKI Andrzej</b>	<b>87</b>	KLUB SZUWAREK	M 55-59	6			00:05:45	00:18:15	<b>00:37:49</b>	<b>00:43:34</b>	+00:04:16 (11.3%)	7:33	7.9 (88.8%)
27	<b>LISS Jarosław</b>	<b>33</b>		M 18-29	3			00:03:38	00:18:16	<b>00:37:59</b>	<b>00:41:37</b>	+00:04:26 (11.7%)	7:35	7.9 (88.8%)
28	<b>MARKOWSKA Halina</b>	<b>2</b>	KS ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	1			00:12:08	00:18:34	<b>00:38:01</b>	<b>00:50:09</b>	+00:04:28 (11.7%)	7:36	7.9 (88.8%)
29	<b>GROCHOWALSKI Mikołaj</b>	<b>20</b>	BAWILAND	M Dzieci	1			00:02:55	00:19:23	<b>00:38:13</b>	<b>00:41:08</b>	+00:04:40 (12.2%)	7:38	7.8 (87.6%)
30	<b>PIATCZYC Michał</b>	<b>57</b>		M Dzieci	2			00:02:55	00:19:24	<b>00:38:27</b>	<b>00:41:22</b>	+00:04:54 (12.7%)	7:41	7.8 (87.6%)
31	<b>RAKUĆ Angelika</b>	<b>101</b>	RUCH PO ZDROWIE	K 18-29	2			00:08:58	00:19:16	<b>00:38:38</b>	<b>00:47:36</b>	+00:05:05 (13.2%)	7:43	7.8 (87.6%)
32	<b>WILKOŁEK-SZUDARSKA Saturnina</b>	<b>91</b>	DWA KIJE SŁUPSK	K 55-59	2			00:12:08	00:18:52	<b>00:38:48</b>	<b>00:50:56</b>	+00:05:15 (13.5%)	7:45	7.7 (86.5%)
33	<b>SZUDARSKI Marek</b>	<b>90</b>	DWA KIJE SŁUPSK	M 18-29	4			00:03:36	00:19:09	<b>00:39:02</b>	<b>00:42:38</b>	+00:05:29 (14.0%)	7:48	7.7 (86.5%)
34	<b>JÓŹWIAK Marianna</b>	<b>14</b>	WTW WŁOCLAWEK	K 40-44	1			00:09:59	00:19:05	<b>00:39:04</b>	<b>00:49:03</b>	+00:05:31 (14.1%)	7:48	7.7 (86.5%)
35	<b>SZPILMAN Katarzyna</b>	<b>36</b>	GDYNIA MOJE MIASTO	K 45-49	1			00:10:28	00:19:20	<b>00:39:10</b>	<b>00:49:38</b>	+00:05:37 (14.3%)	7:50	7.7 (86.5%)
36	<b>BAREJA Adam</b>	<b>113</b>		M 30-39	3			00:04:11	00:19:03	<b>00:39:22</b>	<b>00:43:33</b>	+00:05:49 (14.8%)	7:52	7.6 (85.4%)
37	<b>KARCZEWSKA Marzena</b>	<b>107</b>	RUCH PO ZDROWIE	K 30-39	1			00:09:29	00:19:18	<b>00:39:26</b>	<b>00:48:55</b>	+00:05:53 (14.9%)	7:53	7.6 (85.4%)

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38	<b>LESZCZYSZYN Krystyna</b>	<b>12</b>		K 55-59	3			00:12:08	00:19:22	<b>00:39:31</b>	<b>00:51:39</b>	+00:05:58 (15.1%)	7:54	7.6 (85.4%)
39	<b>BONEK Bronisław</b>	<b>6</b>	THE BEST - MY IDZIEMY I CZEŚĆ	M 70+	1			00:07:25	00:19:34	<b>00:39:38</b>	<b>00:47:03</b>	+00:06:05 (15.3%)	7:55	7.6 (85.4%)
40	<b>ŚWIERCZYŃSKA Joanna</b>	<b>3</b>	KS ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	2			00:10:28	00:19:39	<b>00:39:42</b>	<b>00:50:10</b>	+00:06:09 (15.5%)	7:56	7.6 (85.4%)
41	<b>SULECKA Gabriela</b>	<b>78</b>		K Niepełnosprawni	1			00:12:10	00:19:35	<b>00:39:58</b>	<b>00:52:08</b>	+00:06:25 (16.1%)	7:59	7.5 (84.3%)
42	<b>WIADERSKI Wojciech</b>	<b>55</b>		M 65-69	4			00:07:23	00:19:45	<b>00:40:03</b>	<b>00:47:26</b>	+00:06:30 (16.2%)	8:00	7.5 (84.3%)
43	<b>PILECKA- PRĄDZYŃSKA Anna</b>	<b>97</b>	CHODZĘZKIJKAMI	K 60-64	1			00:12:49	00:19:39	<b>00:40:21</b>	<b>00:53:10</b>	+00:06:48 (16.9%)	8:04	7.4 (83.1%)
43	<b>KURCZYK Elżbieta</b>	<b>30</b>		K 30-39	2			00:09:28	00:20:15	<b>00:40:21</b>	<b>00:49:49</b>	+00:06:48 (16.9%)	8:04	7.4 (83.1%)
45	<b>ZIELIŃSKI Andrzej</b>	<b>98</b>		M 60-64	4			00:06:35	00:19:45	<b>00:40:22</b>	<b>00:46:57</b>	+00:06:49 (16.9%)	8:04	7.4 (83.1%)
46	<b>ŻUCHOWICZ Elżbieta</b>	<b>40</b>	DĄBROWA NORDIC TEAM	K 55-59	4			00:12:09	00:19:30	<b>00:40:24</b>	<b>00:52:33</b>	+00:06:51 (17.0%)	8:04	7.4 (83.1%)
47	<b>SKIERS Albert</b>	<b>73</b>	ZAMACH W SMOLEŃSKU	M 45-49	4			00:04:47	00:19:39	<b>00:40:39</b>	<b>00:45:26</b>	+00:07:06 (17.5%)	8:07	7.4 (83.1%)
48	<b>JASON Grażyna</b>	<b>16</b>	CZARNE PANTERY	K 50-54	2			00:11:15	00:20:25	<b>00:41:04</b>	<b>00:52:19</b>	+00:07:31 (18.3%)	8:12	7.3 (82.0%)
49	<b>DANA Kazimiera</b>	<b>81</b>	KLUB NW PATYCZAKI	K 60-64	2			00:12:51	00:20:24	<b>00:41:05</b>	<b>00:53:56</b>	+00:07:32 (18.3%)	8:13	7.3 (82.0%)
50	<b>KOLBERG Kamila</b>	<b>49</b>	FUNDACJANASZA WIEŚ	K 30-39	3			00:09:28	00:20:31	<b>00:41:12</b>	<b>00:50:40</b>	+00:07:39 (18.6%)	8:14	7.3 (82.0%)
51	<b>PIATCZYC Barbara</b>	<b>58</b>		K 50-54	3			00:11:16	00:20:28	<b>00:41:18</b>	<b>00:52:34</b>	+00:07:45 (18.8%)	8:15	7.3 (82.0%)
52	<b>BRYL Zdzisław</b>	<b>24</b>	KS ELBLĄSKIE WŁÓCZY-KIJE	M 45-49	5			00:04:48	00:19:59	<b>00:41:44</b>	<b>00:46:32</b>	+00:08:11 (19.6%)	8:20	7.2 (80.9%)
53	<b>ROZWARSKA Małgorzata</b>	<b>13</b>	THE BEST - MY IDZIEMY I CZEŚĆ	K 18-29	3			00:08:59	00:21:11	<b>00:41:56</b>	<b>00:50:55</b>	+00:08:23 (20.0%)	8:23	7.2 (80.9%)
54	<b>KŁOPOTOWSKI Ryszard</b>	<b>69</b>	LKS ZANTYR SZTUM	M 50-54	2			00:05:13	00:20:03	<b>00:42:00</b>	<b>00:47:13</b>	+00:08:27 (20.1%)	8:24	7.1 (79.8%)
55	<b>CZAJA Aneta</b>	<b>17</b>	JEZIORKI AKTYWNA WIEŚ	K 30-39	4			00:09:29	00:20:44	<b>00:42:06</b>	<b>00:51:35</b>	+00:08:33 (20.3%)	8:25	7.1 (79.8%)
56	<b>KOŁPAK Irena</b>	<b>59</b>	LKS ZANTYR	K 60-64	3			00:12:49	00:21:06	<b>00:42:29</b>	<b>00:55:18</b>	+00:08:56 (21.0%)	8:29	7.1 (79.8%)
57	<b>ROMANOWSKA Agata</b>	<b>34</b>		K Dzieci	1			00:08:19	00:20:22	<b>00:42:30</b>	<b>00:50:49</b>	+00:08:57 (21.1%)	8:30	7.1 (79.8%)
58	<b>SŁAWSKA Patrycja</b>	<b>35</b>		K Dzieci	2			00:08:19	00:21:22	<b>00:42:34</b>	<b>00:50:53</b>	+00:09:01 (21.2%)	8:30	7 (78.7%)
59	<b>NOWAKOWSKI Rafał</b>	<b>18</b>	JEZIORKI - AKTYWNA WIEŚ	M 30-39	4			00:04:12	00:21:00	<b>00:42:53</b>	<b>00:47:05</b>	+00:09:20 (21.8%)	8:34	7 (78.7%)
60	<b>KOSSIŃSKA-BUCIOR Teresa</b>	<b>83</b>	ŁEBA MORS POLAND	K 55-59	5			00:12:09	00:20:55	<b>00:42:57</b>	<b>00:55:06</b>	+00:09:24 (21.9%)	8:35	7 (78.7%)

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61	<b>MAĆZKA Maria</b>	<b>80</b>		K 65-69	1			00:13:22	00:20:54	<b>00:42:59</b>	<b>00:56:21</b>	+00:09:26 (21.9%)	8:35	7 (78.7%)
61	<b>PRUSZKIEWICZ Kinga</b>	<b>103</b>	RUCH PO ZDROWIE	K Junior	1			00:08:58	00:20:57	<b>00:42:59</b>	<b>00:51:57</b>	+00:09:26 (21.9%)	8:35	7 (78.7%)
61	<b>KĄCKOWSKA Beata</b>	<b>21</b>	JEZIORKI - AKTYWNA WIEŚ	K 40-44	2			00:09:59	00:21:13	<b>00:42:59</b>	<b>00:52:58</b>	+00:09:26 (21.9%)	8:35	7 (78.7%)
64	<b>KRAWCZYKOWSKA Barbara</b>	<b>65</b>	LKS ZANTYR SZTUM	K 55-59	6			00:12:09	00:21:25	<b>00:43:01</b>	<b>00:55:10</b>	+00:09:28 (22.0%)	8:36	7 (78.7%)
65	<b>ZIELIŃSKA Elżbieta</b>	<b>99</b>		K 55-59	7			00:12:10	00:21:20	<b>00:43:03</b>	<b>00:55:13</b>	+00:09:30 (22.1%)	8:36	7 (78.7%)
66	<b>PODLEWSKA Alicja</b>	<b>61</b>	LKS ZANTYR SZTUM	K 45-49	3			00:10:28	00:21:34	<b>00:43:15</b>	<b>00:53:43</b>	+00:09:42 (22.4%)	8:39	6.9 (77.5%)
67	<b>PIATCZYC Wacław</b>	<b>56</b>		M 50-54	3			00:05:14	00:20:43	<b>00:43:36</b>	<b>00:48:50</b>	+00:10:03 (23.1%)	8:43	6.9 (77.5%)
68	<b>MAZERSKA Maria</b>	<b>68</b>	LKS ZANTYR SZTUM	K 65-69	2			00:13:23	00:21:34	<b>00:43:50</b>	<b>00:57:13</b>	+00:10:17 (23.5%)	8:46	6.8 (76.4%)
69	<b>ŻYTO Agnieszka</b>	<b>28</b>		K 40-44	3			00:09:59	00:21:39	<b>00:43:56</b>	<b>00:53:55</b>	+00:10:23 (23.6%)	8:47	6.8 (76.4%)
70	<b>PRZYBYŁ Marianna</b>	<b>15</b>	CZARNE PANTERY	K 60-64	4			00:12:51	00:21:48	<b>00:44:08</b>	<b>00:56:59</b>	+00:10:35 (24.0%)	8:49	6.8 (76.4%)
71	<b>MĄDRY Janusz</b>	<b>51</b>	FUNDACJANASZA WIEŚ	M 65-69	5			00:07:23	00:21:37	<b>00:44:16</b>	<b>00:51:39</b>	+00:10:43 (24.2%)	8:51	6.8 (76.4%)
72	<b>ŁOZIŃSKA Wioletta</b>	<b>7</b>		K 45-49	4			00:10:29	00:21:37	<b>00:44:17</b>	<b>00:54:46</b>	+00:10:44 (24.2%)	8:51	6.8 (76.4%)
72	<b>KARCZEWSKI Krzysztof</b>	<b>108</b>	RUCH PO ZDROWIE	M 30-39	5			00:04:12	00:21:56	<b>00:44:17</b>	<b>00:48:29</b>	+00:10:44 (24.2%)	8:51	6.8 (76.4%)
74	<b>FRUBA Karina</b>	<b>93</b>	DWA KIJE SŁUPSK	K Niepełnosprawni	2			00:09:29	00:21:30	<b>00:44:32</b>	<b>00:54:01</b>	+00:10:59 (24.7%)	8:54	6.7 (75.3%)
75	<b>MOCZARSKI Adam</b>	<b>85</b>	ŻABI KRUK	M Niepełnosprawni	3			00:07:24	00:22:27	<b>00:45:41</b>	<b>00:53:05</b>	+00:12:08 (26.6%)	9:08	6.6 (74.2%)
76	<b>DEMSKA Halina</b>	<b>72</b>	LKS ZANTYR SZTUM	K 60-64	5			00:12:50	00:22:48	<b>00:45:53</b>	<b>00:58:43</b>	+00:12:20 (26.9%)	9:10	6.5 (73.0%)
77	<b>PILARSKI Andrzej</b>	<b>52</b>	FUNDACJANASZA WIES	M 65-69	6			00:07:23	00:22:44	<b>00:46:07</b>	<b>00:53:30</b>	+00:12:34 (27.2%)	9:13	6.5 (73.0%)
78	<b>OGONOWSKA Edyta</b>	<b>86</b>	KLUB NW PATYCZAKI	K 50-54	4			00:11:15	00:22:52	<b>00:46:20</b>	<b>00:57:35</b>	+00:12:47 (27.6%)	9:16	6.5 (73.0%)
79	<b>WYRWA Ewa</b>	<b>109</b>	RUCH PO ZDROWIE	K 55-59	8			00:12:12	00:22:21	<b>00:46:23</b>	<b>00:58:35</b>	+00:12:50 (27.7%)	9:16	6.5 (73.0%)
80	<b>MĄDRA Eleonora Krystyna</b>	<b>47</b>	FUNDACJANASZA WIEŚ	K Niepełnosprawni	3			00:12:12	00:22:52	<b>00:46:28</b>	<b>00:58:40</b>	+00:12:55 (27.8%)	9:17	6.5 (73.0%)
81	<b>SMACZYŃSKA Krystyna</b>	<b>38</b>	DĄBROWA NORDIC TEAM	K 70+	1			00:13:22	00:22:44	<b>00:46:29</b>	<b>00:59:51</b>	+00:12:56 (27.8%)	9:17	6.5 (73.0%)
82	<b>KURCZYK Zbyszek</b>	<b>32</b>		M Dzieci	3			00:02:54	00:21:53	<b>00:46:52</b>	<b>00:49:46</b>	+00:13:19 (28.4%)	9:22	6.4 (71.9%)
83	<b>GRUSZKA Barbara</b>	<b>71</b>		K 65-69	3			00:13:24	00:22:53	<b>00:46:59</b>	<b>01:00:23</b>	+00:13:26 (28.6%)	9:23	6.4 (71.9%)

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
84	<b>DASZKIEWICZ Jadwiga</b>	<b>50</b>	FUNDACJANASZA WIEŚ	K 55-59	9			00:12:11	00:22:57	<b>00:47:48</b>	<b>00:59:59</b>	+00:14:15 (29.8%)	9:33	6.3 (70.8%)
85	<b>SZMAJDA Agnieszka</b>	<b>105</b>	RUCH PO ZDROWIE	K 40-44	4			00:10:00	00:23:52	<b>00:47:55</b>	<b>00:57:55</b>	+00:14:22 (30.0%)	9:35	6.3 (70.8%)
86	<b>ZIÓLKOWSKA Anna</b>	<b>106</b>	RUCH PO ZDROWIE	K 40-44	5			00:10:00	00:23:49	<b>00:47:59</b>	<b>00:57:59</b>	+00:14:26 (30.1%)	9:35	6.3 (70.8%)
87	<b>PILARSKA Teresa</b>	<b>42</b>	FUNDACJANASZA WIEŚ	K 60-64	6			00:12:49	00:23:49	<b>00:48:30</b>	<b>01:01:19</b>	+00:14:57 (30.8%)	9:42	6.2 (69.7%)
88	<b>MICHALAK Stefania</b>	<b>43</b>	FUNDACJANASZA WIEŚ	K 50-54	5			00:11:15	00:23:56	<b>00:49:05</b>	<b>01:00:20</b>	+00:15:32 (31.6%)	9:49	6.1 (68.5%)
89	<b>ORLIKOWSKA Barbara</b>	<b>46</b>	FUNDACJANASZA WIES	K 55-59	10			00:12:11	00:23:49	<b>00:49:09</b>	<b>01:01:20</b>	+00:15:36 (31.7%)	9:49	6.1 (68.5%)
90	<b>WOJTACHA Aleksandra</b>	<b>11</b>		K Junior	2			00:08:20	00:22:43	<b>00:49:11</b>	<b>00:57:31</b>	+00:15:38 (31.8%)	9:50	6.1 (68.5%)
91	<b>DONEJGRODZKA Sandra</b>	<b>10</b>		K Dzieci	3			00:08:19	00:24:08	<b>00:49:13</b>	<b>00:57:32</b>	+00:15:40 (31.8%)	9:50	6.1 (68.5%)
92	<b>NUREK Magdalena</b>	<b>27</b>		K Dzieci	4			00:08:21	00:23:38	<b>00:49:25</b>	<b>00:57:46</b>	+00:15:52 (32.1%)	9:53	6.1 (68.5%)
93	<b>WIADERSKA Grażyna</b>	<b>54</b>		K 60-64	7			00:12:50	00:24:09	<b>00:49:43</b>	<b>01:02:33</b>	+00:16:10 (32.5%)	9:56	6 (67.4%)
94	<b>BUCIOR Wojciech</b>	<b>84</b>	ŁEBA MORS POLAND	M 55-59	7			00:05:47	00:26:11	<b>00:50:55</b>	<b>00:56:42</b>	+00:17:22 (34.1%)	10:11	5.9 (66.3%)
95	<b>LIPIŃSKA Regina</b>	<b>67</b>	LKS ZANTYR	K 70+	2			00:13:23	00:25:46	<b>00:51:57</b>	<b>01:05:20</b>	+00:18:24 (35.4%)	10:23	5.8 (65.2%)
96	<b>KOSMAŁA Małgorzata</b>	<b>70</b>	LKS ZANTYR	K 60-64	8			00:12:50	00:25:42	<b>00:52:01</b>	<b>01:04:51</b>	+00:18:28 (35.5%)	10:24	5.8 (65.2%)
97	<b>KURCZYK Michał</b>	<b>31</b>		M Dzieci	4			00:02:54	00:24:45	<b>00:52:36</b>	<b>00:55:30</b>	+00:19:03 (36.2%)	10:31	5.7 (64.0%)
98	<b>PŁOTALSKA Maria</b>	<b>45</b>	FUNDACJANASZA WIEŚ	K 55-59	11			00:12:13	00:26:39	<b>00:52:52</b>	<b>01:05:05</b>	+00:19:19 (36.5%)	10:34	5.7 (64.0%)
99	<b>PRUSZKIEWICZ Jadwiga</b>	<b>104</b>	RUCH PO ZDROWIE	K 60-64	9			00:12:51	00:25:57	<b>00:53:15</b>	<b>01:06:06</b>	+00:19:42 (37.0%)	10:39	5.6 (62.9%)
100	<b>BUDASZ Krzysztof</b>	<b>19</b>	JEZIORKI - AKTYWNA WIEŚ	M 60-64	5			00:06:36	00:26:42	<b>00:53:19</b>	<b>00:59:55</b>	+00:19:46 (37.1%)	10:39	5.6 (62.9%)
101	<b>BOROWICZ Gabriela</b>	<b>95</b>		K 50-54	6			00:11:16	00:25:24	<b>00:53:26</b>	<b>01:04:42</b>	+00:19:53 (37.2%)	10:41	5.6 (62.9%)
102	<b>MAJEWSKA Anna</b>	<b>25</b>		K 30-39	5			00:09:28	00:25:27	<b>00:54:06</b>	<b>01:03:34</b>	+00:20:33 (38.0%)	10:49	5.5 (61.8%)
103	<b>GAWALSKA Urszula</b>	<b>44</b>	FUNDACJANASZA WIEŚ	K 55-59	12			00:12:10	00:26:24	<b>00:54:42</b>	<b>01:06:52</b>	+00:21:09 (38.7%)	10:56	5.5 (61.8%)
104	<b>ŻYTO Jakub</b>	<b>29</b>		M Dzieci	5			00:02:54	00:26:24	<b>00:54:50</b>	<b>00:57:44</b>	+00:21:17 (38.8%)	10:58	5.5 (61.8%)
105	<b>MAJEWSKA Natalia</b>	<b>26</b>		K Dzieci	5			00:08:20	00:26:36	<b>00:54:57</b>	<b>01:03:17</b>	+00:21:24 (38.9%)	10:59	5.5 (61.8%)
106	<b>MATUSZAK Ksawera</b>	<b>48</b>	FUNDACJANASZA WIES	K 45-49	5			00:10:29	00:27:13	<b>00:56:22</b>	<b>01:06:51</b>	+00:22:49 (40.5%)	11:16	5.3 (59.6%)

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	<b>PŁAZA Beata</b>	<b>66</b>		K 55-59	13			00:12:11	00:28:08	<b>00:57:22</b>	<b>01:09:33</b>	+00:23:49 (41.5%)	11:28	5.2 (58.4%)
108	<b>OGIERMAN Jolanta</b>	<b>94</b>	NIE NALEŻĘ	K 55-59	14			00:12:11	00:28:11	<b>00:57:26</b>	<b>01:09:37</b>	+00:23:53 (41.6%)	11:29	5.2 (58.4%)
109	<b>CICHOWSKI Wiesław</b>	<b>92</b>	KLUB NW PATYCZAKI	M Niepełnosprawni	4			00:06:38	00:28:06	<b>00:57:50</b>	<b>01:04:28</b>	+00:24:17 (42.0%)	11:34	5.2 (58.4%)
110	<b>KĄCKOWSKI Marek</b>	<b>22</b>	JEZIORKI - AKTYWNA WIEŚ	M 60-64	6			00:06:38	00:26:38	<b>00:57:51</b>	<b>01:04:29</b>	+00:24:18 (42.0%)	11:34	5.2 (58.4%)
DQ	<b>PRZYMUSIŃSKI Piotr</b>	<b>79</b>	NZ	M 60-64				DQ	00:18:25 DQ	<b>2015-06-14</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 111 wynik(ów)