



CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-06-14
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 | BRZozowski Piotr | 88 | AKTYWNI POSTOMONO | M 30-39 | 1 | | | 00:04:11 | 00:16:20 | 00:33:33 | 00:37:44 | | 6:42 | 8.9 (100%) |
| 2 | DZIADEK Remigiusz | 63 | UKS NEPTUN ROKITY | M 45-49 | 1 | | | 00:04:47 | 00:16:26 | 00:33:49 | 00:38:36 | +00:00:16 (0.8%) | 6:45 | 8.9 (100%) |
| 3 | LESIŃSKI Grzegorz | 76 | | M 45-49 | 2 | | | 00:04:48 | 00:16:32 | 00:33:55 | 00:38:43 | +00:00:22 (1.1%) | 6:47 | 8.8 (98.9%) |
| 4 | LUBAWIŃSKI Jerzy | 41 | K.B.SPRINT ŚWIDWIN | M Niepełnosprawni | 1 | | | 00:05:46 | 00:16:39 | 00:34:19 | 00:40:05 | +00:00:46 (2.2%) | 6:51 | 8.7 (97.8%) |
| 5 | GAJEWSKI Eugeniusz | 74 | GORZÓWPRZYSTAŃ | M 55-59 | 1 | | | 00:05:46 | 00:16:55 | 00:34:38 | 00:40:24 | +00:01:05 (3.1%) | 6:55 | 8.7 (97.8%) |
| 6 | ŻUCHOWICZ Robert | 39 | DĄBROWA NORDIC TEAM | M 55-59 | 2 | | | 00:05:46 | 00:16:58 | 00:34:41 | 00:40:27 | +00:01:08 (3.3%) | 6:56 | 8.6 (96.6%) |
| 7 | ĆWIKLIŃSKI Krystian | 8 | THE BEST - MY IDZIEMY I CZEŚĆ | M Junior | 1 | | | 00:03:36 | 00:16:54 | 00:34:46 | 00:38:22 | +00:01:13 (3.5%) | 6:57 | 8.6 (96.6%) |
| 8 | WASIELEWSKI Mirosław | 5 | KS ELBLĄSKIE WŁÓCZY-KIJE | M 50-54 | 1 | | | 00:05:13 | 00:17:05 | 00:34:52 | 00:40:05 | +00:01:19 (3.8%) | 6:58 | 8.6 (96.6%) |
| 9 | STANISŁAWSKI Jan | 75 | AKTYWNI 50 | M 55-59 | 3 | | | 00:05:47 | 00:17:03 | 00:35:03 | 00:40:50 | +00:01:30 (4.3%) | 7:00 | 8.6 (96.6%) |
| 10 | KLARKOWSKI Bogdan | 1 | KS ELBLĄSKIE WŁÓCZY-KIJE | M 60-64 | 1 | | | 00:06:35 | 00:17:36 | 00:35:35 | 00:42:10 | +00:02:02 (5.7%) | 7:07 | 8.4 (94.4%) |
| 11 | RACZYŃSKI Grzegorz | 114 | GIMNAZJUM SPORTOWE NR 1 | M Junior | 2 | | | 00:03:37 | 00:17:50 | 00:35:36 | 00:39:13 | +00:02:03 (5.8%) | 7:07 | 8.4 (94.4%) |
| 12 | ANDRZEJEWSKI Mieczysław | 53 | AKTYWNI 55 | M 55-59 | 4 | | | 00:05:47 | 00:17:04 | 00:35:40 | 00:41:27 | +00:02:07 (5.9%) | 7:08 | 8.4 (94.4%) |
| 13 | MARCINIAK Emil | 9 | THE BEST - MY IDZIEMY I CZEŚĆ | M 18-29 | 1 | | | 00:03:37 | 00:17:26 | 00:35:48 | 00:39:25 | +00:02:15 (6.3%) | 7:09 | 8.4 (94.4%) |
| 14 | RAKUĆ Jakub | 102 | RUCH PO ZDROWIE | M 18-29 | 2 | | | 00:03:37 | 00:17:49 | 00:36:17 | 00:39:54 | +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 | SZUDARSKI Edward | 89 | DWA KIJE SŁUPSK | M 55-59 | 5 | | | 00:05:45 | 00:17:52 | 00:36:30 | 00:42:15 | +00:02:57 (8.1%) | 7:18 | 8.2 (92.1%) |
| 16 | BARTOSIEWICZ Łukasz | 100 | | M 30-39 | 2 | | | 00:04:11 | 00:17:55 | 00:36:49 | 00:41:00 | +00:03:16 (8.9%) | 7:21 | 8.1 (91.0%) |
| 17 | CHUDZIŃSKI Andrzej | 4 | KS ELBLĄSKIE WŁÓCZY-KIJE | M 65-69 | 1 | | | 00:07:24 | 00:18:15 | 00:36:58 | 00:44:22 | +00:03:25 (9.2%) | 7:23 | 8.1 (91.0%) |
| 18 | SZPILMAN Marta | 37 | IFON TEAM | K 18-29 | 1 | | | 00:08:58 | 00:18:14 | 00:37:21 | 00:46:19 | +00:03:48 (10.2%) | 7:28 | 8 (89.9%) |
| 18 | BRYL Michał | 23 | KS ELBLĄSKIE WŁÓCZY-KIJE | M Niepełnosprawni | 2 | | | 00:03:38 | 00:18:15 | 00:37:21 | 00:40:59 | +00:03:48 (10.2%) | 7:28 | 8 (89.9%) |
| 20 | DANA Andrzej | 82 | KLUB NW PATYCZAKI | M 65-69 | 2 | | | 00:07:24 | 00:18:27 | 00:37:22 | 00:44:46 | +00:03:49 (10.2%) | 7:28 | 8 (89.9%) |
| 21 | SWYSTUN Sławomir Piotr | 96 | MORSY GDYŃSKIE | M 60-64 | 2 | | | 00:06:36 | 00:18:22 | 00:37:24 | 00:44:00 | +00:03:51 (10.3%) | 7:28 | 8 (89.9%) |
| 22 | KOŁPAK Jan | 62 | LKS ZANTYR | M 65-69 | 3 | | | 00:07:25 | 00:18:30 | 00:37:29 | 00:44:54 | +00:03:56 (10.5%) | 7:29 | 8 (89.9%) |
| 23 | PODOLSKI Mirosław | 64 | LKS ZANTYR SZTUM | M 60-64 | 3 | | | 00:06:36 | 00:18:24 | 00:37:33 | 00:44:09 | +00:04:00 (10.7%) | 7:30 | 8 (89.9%) |
| 24 | LESIŃSKA Marzenna | 77 | | K 50-54 | 1 | | | 00:11:16 | 00:18:51 | 00:37:39 | 00:48:55 | +00:04:06 (10.9%) | 7:31 | 8 (89.9%) |
| 25 | ROSADZIŃSKI Sławomir | 112 | | M 45-49 | 3 | | | 00:04:47 | 00:18:30 | 00:37:45 | 00:42:32 | +00:04:12 (11.1%) | 7:33 | 7.9 (88.8%) |
| 26 | GOŁĘBIEWSKI Andrzej | 87 | KLUB SZUWAREK | M 55-59 | 6 | | | 00:05:45 | 00:18:15 | 00:37:49 | 00:43:34 | +00:04:16 (11.3%) | 7:33 | 7.9 (88.8%) |
| 27 | LISS Jarosław | 33 | | M 18-29 | 3 | | | 00:03:38 | 00:18:16 | 00:37:59 | 00:41:37 | +00:04:26 (11.7%) | 7:35 | 7.9 (88.8%) |
| 28 | MARKOWSKA Halina | 2 | KS ELBLĄSKIE WŁÓCZY-KIJE | K 55-59 | 1 | | | 00:12:08 | 00:18:34 | 00:38:01 | 00:50:09 | +00:04:28 (11.7%) | 7:36 | 7.9 (88.8%) |
| 29 | GROCHOWALSKI Mikołaj | 20 | BAWILAND | M Dzieci | 1 | | | 00:02:55 | 00:19:23 | 00:38:13 | 00:41:08 | +00:04:40 (12.2%) | 7:38 | 7.8 (87.6%) |
| 30 | PIATCZYC Michał | 57 | | M Dzieci | 2 | | | 00:02:55 | 00:19:24 | 00:38:27 | 00:41:22 | +00:04:54 (12.7%) | 7:41 | 7.8 (87.6%) |
| 31 | RAKUĆ Angelika | 101 | RUCH PO ZDROWIE | K 18-29 | 2 | | | 00:08:58 | 00:19:16 | 00:38:38 | 00:47:36 | +00:05:05 (13.2%) | 7:43 | 7.8 (87.6%) |
| 32 | WILKOŁEK-SZUDARSKA Saturnina | 91 | DWA KIJE SŁUPSK | K 55-59 | 2 | | | 00:12:08 | 00:18:52 | 00:38:48 | 00:50:56 | +00:05:15 (13.5%) | 7:45 | 7.7 (86.5%) |
| 33 | SZUDARSKI Marek | 90 | DWA KIJE SŁUPSK | M 18-29 | 4 | | | 00:03:36 | 00:19:09 | 00:39:02 | 00:42:38 | +00:05:29 (14.0%) | 7:48 | 7.7 (86.5%) |
| 34 | JÓŹWIAK Marianna | 14 | WTW WŁOCLAWEK | K 40-44 | 1 | | | 00:09:59 | 00:19:05 | 00:39:04 | 00:49:03 | +00:05:31 (14.1%) | 7:48 | 7.7 (86.5%) |
| 35 | SZPILMAN Katarzyna | 36 | GDYNIA MOJE MIASTO | K 45-49 | 1 | | | 00:10:28 | 00:19:20 | 00:39:10 | 00:49:38 | +00:05:37 (14.3%) | 7:50 | 7.7 (86.5%) |
| 36 | BAREJA Adam | 113 | | M 30-39 | 3 | | | 00:04:11 | 00:19:03 | 00:39:22 | 00:43:33 | +00:05:49 (14.8%) | 7:52 | 7.6 (85.4%) |
| 37 | KARCZEWSKA Marzena | 107 | RUCH PO ZDROWIE | K 30-39 | 1 | | | 00:09:29 | 00:19:18 | 00:39:26 | 00:48:55 | +00:05:53 (14.9%) | 7:53 | 7.6 (85.4%) |

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

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|-----|--------------------------------|------------|-------------------------|-------------------|------|-------------|--------------|-------------|----------|-----------------|-----------------|-------------------|--------------|-------------|
| 61 | MAĆZKA Maria | 80 | | K 65-69 | 1 | | | 00:13:22 | 00:20:54 | 00:42:59 | 00:56:21 | +00:09:26 (21.9%) | 8:35 | 7 (78.7%) |
| 61 | PRUSZKIEWICZ Kinga | 103 | RUCH PO ZDROWIE | K Junior | 1 | | | 00:08:58 | 00:20:57 | 00:42:59 | 00:51:57 | +00:09:26 (21.9%) | 8:35 | 7 (78.7%) |
| 61 | KĄCKOWSKA Beata | 21 | JEZIORKI - AKTYWNA WIEŚ | K 40-44 | 2 | | | 00:09:59 | 00:21:13 | 00:42:59 | 00:52:58 | +00:09:26 (21.9%) | 8:35 | 7 (78.7%) |
| 64 | KRAWCZYKOWSKA Barbara | 65 | LKS ZANTYR SZTUM | K 55-59 | 6 | | | 00:12:09 | 00:21:25 | 00:43:01 | 00:55:10 | +00:09:28 (22.0%) | 8:36 | 7 (78.7%) |
| 65 | ZIELIŃSKA Elżbieta | 99 | | K 55-59 | 7 | | | 00:12:10 | 00:21:20 | 00:43:03 | 00:55:13 | +00:09:30 (22.1%) | 8:36 | 7 (78.7%) |
| 66 | PODLEWSKA Alicja | 61 | LKS ZANTYR SZTUM | K 45-49 | 3 | | | 00:10:28 | 00:21:34 | 00:43:15 | 00:53:43 | +00:09:42 (22.4%) | 8:39 | 6.9 (77.5%) |
| 67 | PIATCZYC Wacław | 56 | | M 50-54 | 3 | | | 00:05:14 | 00:20:43 | 00:43:36 | 00:48:50 | +00:10:03 (23.1%) | 8:43 | 6.9 (77.5%) |
| 68 | MAZERSKA Maria | 68 | LKS ZANTYR SZTUM | K 65-69 | 2 | | | 00:13:23 | 00:21:34 | 00:43:50 | 00:57:13 | +00:10:17 (23.5%) | 8:46 | 6.8 (76.4%) |
| 69 | ŻYTO Agnieszka | 28 | | K 40-44 | 3 | | | 00:09:59 | 00:21:39 | 00:43:56 | 00:53:55 | +00:10:23 (23.6%) | 8:47 | 6.8 (76.4%) |
| 70 | PRZYBYŁ Marianna | 15 | CZARNE PANTERY | K 60-64 | 4 | | | 00:12:51 | 00:21:48 | 00:44:08 | 00:56:59 | +00:10:35 (24.0%) | 8:49 | 6.8 (76.4%) |
| 71 | MĄDRY Janusz | 51 | FUNDACJANASZA WIEŚ | M 65-69 | 5 | | | 00:07:23 | 00:21:37 | 00:44:16 | 00:51:39 | +00:10:43 (24.2%) | 8:51 | 6.8 (76.4%) |
| 72 | ŁOZIŃSKA Wioletta | 7 | | K 45-49 | 4 | | | 00:10:29 | 00:21:37 | 00:44:17 | 00:54:46 | +00:10:44 (24.2%) | 8:51 | 6.8 (76.4%) |
| 72 | KARCZEWSKI Krzysztof | 108 | RUCH PO ZDROWIE | M 30-39 | 5 | | | 00:04:12 | 00:21:56 | 00:44:17 | 00:48:29 | +00:10:44 (24.2%) | 8:51 | 6.8 (76.4%) |
| 74 | FRUBA Karina | 93 | DWA KIJE SŁUPSK | K Niepełnosprawni | 2 | | | 00:09:29 | 00:21:30 | 00:44:32 | 00:54:01 | +00:10:59 (24.7%) | 8:54 | 6.7 (75.3%) |
| 75 | MOCZARSKI Adam | 85 | ŻABI KRUK | M Niepełnosprawni | 3 | | | 00:07:24 | 00:22:27 | 00:45:41 | 00:53:05 | +00:12:08 (26.6%) | 9:08 | 6.6 (74.2%) |
| 76 | DEMSKA Halina | 72 | LKS ZANTYR SZTUM | K 60-64 | 5 | | | 00:12:50 | 00:22:48 | 00:45:53 | 00:58:43 | +00:12:20 (26.9%) | 9:10 | 6.5 (73.0%) |
| 77 | PILARSKI Andrzej | 52 | FUNDACJANASZA WIES | M 65-69 | 6 | | | 00:07:23 | 00:22:44 | 00:46:07 | 00:53:30 | +00:12:34 (27.2%) | 9:13 | 6.5 (73.0%) |
| 78 | OGONOWSKA Edyta | 86 | KLUB NW PATYCZAKI | K 50-54 | 4 | | | 00:11:15 | 00:22:52 | 00:46:20 | 00:57:35 | +00:12:47 (27.6%) | 9:16 | 6.5 (73.0%) |
| 79 | WYRWA Ewa | 109 | RUCH PO ZDROWIE | K 55-59 | 8 | | | 00:12:12 | 00:22:21 | 00:46:23 | 00:58:35 | +00:12:50 (27.7%) | 9:16 | 6.5 (73.0%) |
| 80 | MĄDRA Eleonora Krystyna | 47 | FUNDACJANASZA WIEŚ | K Niepełnosprawni | 3 | | | 00:12:12 | 00:22:52 | 00:46:28 | 00:58:40 | +00:12:55 (27.8%) | 9:17 | 6.5 (73.0%) |
| 81 | SMACZYŃSKA Krystyna | 38 | DĄBROWA NORDIC TEAM | K 70+ | 1 | | | 00:13:22 | 00:22:44 | 00:46:29 | 00:59:51 | +00:12:56 (27.8%) | 9:17 | 6.5 (73.0%) |
| 82 | KURCZYK Zbyszek | 32 | | M Dzieci | 3 | | | 00:02:54 | 00:21:53 | 00:46:52 | 00:49:46 | +00:13:19 (28.4%) | 9:22 | 6.4 (71.9%) |
| 83 | GRUSZKA Barbara | 71 | | K 65-69 | 3 | | | 00:13:24 | 00:22:53 | 00:46:59 | 01:00:23 | +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 | DASZKIEWICZ Jadwiga | 50 | FUNDACJANASZA WIEŚ | K 55-59 | 9 | | | 00:12:11 | 00:22:57 | 00:47:48 | 00:59:59 | +00:14:15 (29.8%) | 9:33 | 6.3 (70.8%) |
| 85 | SZMAJDA Agnieszka | 105 | RUCH PO ZDROWIE | K 40-44 | 4 | | | 00:10:00 | 00:23:52 | 00:47:55 | 00:57:55 | +00:14:22 (30.0%) | 9:35 | 6.3 (70.8%) |
| 86 | ZIÓŁKOWSKA Anna | 106 | RUCH PO ZDROWIE | K 40-44 | 5 | | | 00:10:00 | 00:23:49 | 00:47:59 | 00:57:59 | +00:14:26 (30.1%) | 9:35 | 6.3 (70.8%) |
| 87 | PILARSKA Teresa | 42 | FUNDACJANASZA WIEŚ | K 60-64 | 6 | | | 00:12:49 | 00:23:49 | 00:48:30 | 01:01:19 | +00:14:57 (30.8%) | 9:42 | 6.2 (69.7%) |
| 88 | MICHALAK Stefania | 43 | FUNDACJANASZA WIEŚ | K 50-54 | 5 | | | 00:11:15 | 00:23:56 | 00:49:05 | 01:00:20 | +00:15:32 (31.6%) | 9:49 | 6.1 (68.5%) |
| 89 | ORLIKOWSKA Barbara | 46 | FUNDACJANASZA WIES | K 55-59 | 10 | | | 00:12:11 | 00:23:49 | 00:49:09 | 01:01:20 | +00:15:36 (31.7%) | 9:49 | 6.1 (68.5%) |
| 90 | WOJTACHA Aleksandra | 11 | | K Junior | 2 | | | 00:08:20 | 00:22:43 | 00:49:11 | 00:57:31 | +00:15:38 (31.8%) | 9:50 | 6.1 (68.5%) |
| 91 | DONEJGRODZKA Sandra | 10 | | K Dzieci | 3 | | | 00:08:19 | 00:24:08 | 00:49:13 | 00:57:32 | +00:15:40 (31.8%) | 9:50 | 6.1 (68.5%) |
| 92 | NUREK Magdalena | 27 | | K Dzieci | 4 | | | 00:08:21 | 00:23:38 | 00:49:25 | 00:57:46 | +00:15:52 (32.1%) | 9:53 | 6.1 (68.5%) |
| 93 | WIADERSKA Grażyna | 54 | | K 60-64 | 7 | | | 00:12:50 | 00:24:09 | 00:49:43 | 01:02:33 | +00:16:10 (32.5%) | 9:56 | 6 (67.4%) |
| 94 | BUCIOR Wojciech | 84 | ŁEBA MORS POLAND | M 55-59 | 7 | | | 00:05:47 | 00:26:11 | 00:50:55 | 00:56:42 | +00:17:22 (34.1%) | 10:11 | 5.9 (66.3%) |
| 95 | LIPIŃSKA Regina | 67 | LKS ZANTYR | K 70+ | 2 | | | 00:13:23 | 00:25:46 | 00:51:57 | 01:05:20 | +00:18:24 (35.4%) | 10:23 | 5.8 (65.2%) |
| 96 | KOSMAŁA Małgorzata | 70 | LKS ZANTYR | K 60-64 | 8 | | | 00:12:50 | 00:25:42 | 00:52:01 | 01:04:51 | +00:18:28 (35.5%) | 10:24 | 5.8 (65.2%) |
| 97 | KURCZYK Michał | 31 | | M Dzieci | 4 | | | 00:02:54 | 00:24:45 | 00:52:36 | 00:55:30 | +00:19:03 (36.2%) | 10:31 | 5.7 (64.0%) |
| 98 | PŁOTALSKA Maria | 45 | FUNDACJANASZA WIEŚ | K 55-59 | 11 | | | 00:12:13 | 00:26:39 | 00:52:52 | 01:05:05 | +00:19:19 (36.5%) | 10:34 | 5.7 (64.0%) |
| 99 | PRUSZKIEWICZ Jadwiga | 104 | RUCH PO ZDROWIE | K 60-64 | 9 | | | 00:12:51 | 00:25:57 | 00:53:15 | 01:06:06 | +00:19:42 (37.0%) | 10:39 | 5.6 (62.9%) |
| 100 | BUDASZ Krzysztof | 19 | JEZIORKI - AKTYWNA WIEŚ | M 60-64 | 5 | | | 00:06:36 | 00:26:42 | 00:53:19 | 00:59:55 | +00:19:46 (37.1%) | 10:39 | 5.6 (62.9%) |
| 101 | BOROWICZ Gabriela | 95 | | K 50-54 | 6 | | | 00:11:16 | 00:25:24 | 00:53:26 | 01:04:42 | +00:19:53 (37.2%) | 10:41 | 5.6 (62.9%) |
| 102 | MAJEWSKA Anna | 25 | | K 30-39 | 5 | | | 00:09:28 | 00:25:27 | 00:54:06 | 01:03:34 | +00:20:33 (38.0%) | 10:49 | 5.5 (61.8%) |
| 103 | GAWALSKA Urszula | 44 | FUNDACJANASZA WIEŚ | K 55-59 | 12 | | | 00:12:10 | 00:26:24 | 00:54:42 | 01:06:52 | +00:21:09 (38.7%) | 10:56 | 5.5 (61.8%) |
| 104 | ŻYTO Jakub | 29 | | M Dzieci | 5 | | | 00:02:54 | 00:26:24 | 00:54:50 | 00:57:44 | +00:21:17 (38.8%) | 10:58 | 5.5 (61.8%) |
| 105 | MAJEWSKA Natalia | 26 | | K Dzieci | 5 | | | 00:08:20 | 00:26:36 | 00:54:57 | 01:03:17 | +00:21:24 (38.9%) | 10:59 | 5.5 (61.8%) |
| 106 | MATUSZAK Ksawera | 48 | FUNDACJANASZA WIES | K 45-49 | 5 | | | 00:10:29 | 00:27:13 | 00:56:22 | 01:06:51 | +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 | PŁAZA Beata | 66 | | K 55-59 | 13 | | | 00:12:11 | 00:28:08 | 00:57:22 | 01:09:33 | +00:23:49 (41.5%) | 11:28 | 5.2 (58.4%) |
| 108 | OGIERMAN Jolanta | 94 | NIE NALEŻĘ | K 55-59 | 14 | | | 00:12:11 | 00:28:11 | 00:57:26 | 01:09:37 | +00:23:53 (41.6%) | 11:29 | 5.2 (58.4%) |
| 109 | CICHOWSKI Wiesław | 92 | KLUB NW PATYCZAKI | M Niepełnosprawni | 4 | | | 00:06:38 | 00:28:06 | 00:57:50 | 01:04:28 | +00:24:17 (42.0%) | 11:34 | 5.2 (58.4%) |
| 110 | KĄCKOWSKI Marek | 22 | JEZIORKI - AKTYWNA WIEŚ | M 60-64 | 6 | | | 00:06:38 | 00:26:38 | 00:57:51 | 01:04:29 | +00:24:18 (42.0%) | 11:34 | 5.2 (58.4%) |
| DQ | PRZYMUSIŃSKI Piotr | 79 | NZ | M 60-64 | | | | DQ | 00:18:25 DQ | 2015-06-14 DQ | DQ | | - | - (0.0%) |

Znaleziono 111 wynik(ów)