

# ELBLĄG - FINAŁ PUCHARU EUROPY / PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-09-19  
**Miejsce:** Elbląg  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ROGALSKI Piotr</b>	<b>598</b>	GDYNIA MOJE MIASTO	M 40-49	1			01:30:09	00:32:10	<b>01:04:41.50</b>	<b>02:34:51.10</b>		6:28	9.3 (100%)
2	<b>BIŁEK Artur</b>	<b>512</b>	NW LUBLINIEC	M 30-39	1			01:30:07	00:32:15	<b>01:04:41.80</b>	<b>02:34:49.45</b>	+00:00:00 (0.0%)	6:28	9.3 (100%)
3	<b>STILLER Karol</b>	<b>613</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			01:30:07	00:32:17	<b>01:05:10.15</b>	<b>02:35:17.40</b>	+00:00:28 (0.7%)	6:31	9.2 (98.9%)
4	<b>SIWAK Piotr</b>	<b>601</b>	KGHM METRACO POLKOWICE	M 50-59	1			01:33:01	00:32:28	<b>01:05:48.15</b>	<b>02:38:49.30</b>	+00:01:06 (1.7%)	6:34	9.1 (97.8%)
5	<b>WOROCH Roman</b>	<b>640</b>	KGHM METRACO POLKOWICE	M 50-59	2			01:33:00	00:32:30	<b>01:05:52.45</b>	<b>02:38:53.05</b>	+00:01:10 (1.8%)	6:35	9.1 (97.8%)
6	<b>CYRUS Bogdan</b>	<b>523</b>	SILESIA NORDIC TEAM	M 40-49	2			01:30:09	00:32:24	<b>01:06:55.65</b>	<b>02:37:04.75</b>	+00:02:14 (3.3%)	6:41	9 (96.8%)
7	<b>ZACZYŃSKA Anna</b>	<b>571</b>	KGHM METRACO POLKOWICE	K 30-39	1			01:35:42	00:33:12	<b>01:07:32.40</b>	<b>02:43:15.15</b>	+00:02:50 (4.2%)	6:45	8.9 (95.7%)
8	<b>NIEDBAŁ Adam</b>	<b>580</b>	SILESIA NORDIC TEAM	M 30-39	3			01:30:07	00:33:41	<b>01:07:36.10</b>	<b>02:37:43.85</b>	+00:02:54 (4.3%)	6:45	8.9 (95.7%)
9	<b>PSUT Robert</b>	<b>591</b>	FOREVER YOUNG ŁÓDŹ	M 18-29	1			01:30:05	00:34:26	<b>01:09:00.95</b>	<b>02:39:06.85</b>	+00:04:19 (6.3%)	6:54	8.7 (93.5%)
10	<b>ĆWIKLIŃSKI Dawid</b>	<b>525</b>	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	2	1		01:30:11	00:34:42	<b>01:09:09.75</b>	<b>02:39:21.45</b>	+00:04:28 (6.5%)	6:55	8.7 (93.5%)
11	<b>NOWROTEK Monika</b>	<b>581</b>	WESOŁY BORSUK TEAM	K 18-29	1			01:35:41	00:34:07	<b>01:09:11.80</b>	<b>02:44:53.05</b>	+00:04:30 (6.5%)	6:55	8.7 (93.5%)
12	<b>ANACZKOWSKI Mirosław</b>	<b>501</b>	LKS ZANTYR SZTUM	M 50-59	3			01:33:01	00:33:34	<b>01:09:22.40</b>	<b>02:42:23.80</b>	+00:04:40 (6.7%)	6:56	8.6 (92.5%)
13	<b>BARCIKOWSKI Łukasz</b>	<b>650</b>		M 18-29	3			01:30:06	00:35:12	<b>01:09:26.30</b>	<b>02:39:32.40</b>	+00:04:44 (6.8%)	6:56	8.6 (92.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
14	<b>NIECHWIEJCZYK Piotr</b>	<b>579</b>	OPEL ACTIVE TEAM	M 30-39	4			01:30:07	00:34:48	<b>01:09:30.50</b>	<b>02:39:38.15</b>	+00:04:49 (6.9%)	6:57	8.6 (92.5%)
15	<b>DENCIKOWSKI Marek</b>	<b>529</b>	KB BIAŁA BIEGA	M 40-49	3			01:30:12	00:34:44	<b>01:09:50.90</b>	<b>02:40:03.55</b>	+00:05:09 (7.4%)	6:59	8.6 (92.5%)
16	<b>RACZYŃSKI Kazimierz</b>	<b>595</b>	PTTK KOSZALIN	M 30-39	5			01:30:08	00:34:54	<b>01:09:59.05</b>	<b>02:40:07.30</b>	+00:05:17 (7.6%)	6:59	8.6 (92.5%)
17	<b>LIPKO Adrianna</b>	<b>566</b>	PENDOLINO	K 18-29	2			01:35:41	00:34:12	<b>01:10:10.10</b>	<b>02:45:51.35</b>	+00:05:28 (7.8%)	7:01	8.6 (92.5%)
18	<b>BREWKA Joachim</b>	<b>517</b>	NW LUBLINIEC	M 50-59	4			01:33:00	00:34:16	<b>01:10:12.75</b>	<b>02:43:13.20</b>	+00:05:31 (7.9%)	7:01	8.5 (91.4%)
19	<b>STEFAŃSKI Andrzej</b>	<b>611</b>	MARATOŃCZYK-ELBLĄG	M 50-59	5			01:33:03	00:34:52	<b>01:10:13.15</b>	<b>02:43:16.40</b>	+00:05:31 (7.9%)	7:01	8.5 (91.4%)
20	<b>SPYCHAŁA Marzena</b>	<b>607</b>	WESOŁY BORSUK TEAM	K 40-49	1			01:35:45	00:35:01	<b>01:10:39.70</b>	<b>02:46:25.60</b>	+00:05:58 (8.4%)	7:04	8.5 (91.4%)
21	<b>FELIS Paweł</b>	<b>532</b>		M 40-49	4			01:30:09	00:35:08	<b>01:10:46.20</b>	<b>02:40:55.85</b>	+00:06:04 (8.6%)	7:04	8.5 (91.4%)
22	<b>JĘDRASIAK Renata</b>	<b>542</b>	KGHM METRACO POLKOWICE	K 50-59	1			01:38:20	00:34:52	<b>01:11:07.90</b>	<b>02:49:28.40</b>	+00:06:26 (9.1%)	7:06	8.4 (90.3%)
23	<b>PARAFINIUK Krzysztofa</b>	<b>585</b>	LKS ZANTYR	K 30-39	2			01:35:43	00:35:49	<b>01:11:31.50</b>	<b>02:47:14.95</b>	+00:06:50 (9.6%)	7:09	8.4 (90.3%)
24	<b>PANEWICZ- KOSNO Karolina</b>	<b>584</b>	SILESIA NORDIC TEAM	K 30-39	3			01:35:44	00:35:12	<b>01:11:32.55</b>	<b>02:47:17.45</b>	+00:06:51 (9.6%)	7:09	8.4 (90.3%)
25	<b>KULIG Henryk</b>	<b>560</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 60-69	1			01:33:03	00:35:33	<b>01:11:40.10</b>	<b>02:44:43.50</b>	+00:06:58 (9.7%)	7:10	8.4 (90.3%)
26	<b>KOLENKIEWICZ Dariusz</b>	<b>551</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 50-59	6			01:33:01	00:35:13	<b>01:11:42.15</b>	<b>02:44:44.00</b>	+00:07:00 (9.8%)	7:10	8.4 (90.3%)
27	<b>STATTMANN Peter</b>	<b>609</b>	ASKÖ-VILLACH	M 50-59	7			01:30:13	00:35:32	<b>01:11:52.60</b>	<b>02:42:06.15</b>	+00:07:11 (10.0%)	7:11	8.3 (89.2%)
28	<b>BOCZAR Beata</b>	<b>516</b>	GREEN TEAM	K 50-59	2			01:38:20	00:35:31	<b>01:12:15.45</b>	<b>02:50:35.95</b>	+00:07:33 (10.5%)	7:13	8.3 (89.2%)
29	<b>ANTOSZEWSKI Piotr</b>	<b>503</b>	DĄBROWA NORDIC TEAM	M 40-49	5			01:30:09	00:35:59	<b>01:12:19.75</b>	<b>02:42:29.05</b>	+00:07:38 (10.6%)	7:14	8.3 (89.2%)
30	<b>SMUL Andrzej</b>	<b>604</b>	GREEN TEAM	M 50-59	8			01:33:02	00:35:35	<b>01:12:23.35</b>	<b>02:45:26.00</b>	+00:07:41 (10.6%)	7:14	8.3 (89.2%)
31	<b>ŚWISŁOCKI Bogdan</b>	<b>631</b>		M 50-59	9			01:33:02	00:36:02	<b>01:12:24.30</b>	<b>02:45:26.90</b>	+00:07:42 (10.7%)	7:14	8.3 (89.2%)
32	<b>PUSZKIEL Adrian</b>	<b>599</b>	GREEN TEAM	M 18-29	4			01:30:06	00:36:29	<b>01:12:39.75</b>	<b>02:42:46.50</b>	+00:07:58 (11.0%)	7:16	8.3 (89.2%)
33	<b>BOJAN Miro</b>	<b>646</b>		M 60-69	2			01:33:05	00:36:16	<b>01:12:49.05</b>	<b>02:45:54.15</b>	+00:08:07 (11.2%)	7:16	8.2 (88.2%)
34	<b>GRUSZKA Michał</b>	<b>536</b>	NW LUBLINIEC	M 40-49	6			01:30:10	00:35:57	<b>01:12:52.45</b>	<b>02:43:02.65</b>	+00:08:10 (11.2%)	7:17	8.2 (88.2%)
35	<b>REJ Anna</b>	<b>597</b>		K 30-39	4			01:35:43	00:35:56	<b>01:13:17.55</b>	<b>02:49:00.95</b>	+00:08:36 (11.7%)	7:19	8.2 (88.2%)
36	<b>KURZAWSKA Jolanta</b>	<b>562</b>	KGHM METRACO POLKOWICE	K 60-69	1			01:38:23	00:36:16	<b>01:13:35.35</b>	<b>02:51:58.50</b>	+00:08:53 (12.1%)	7:21	8.2 (88.2%)

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37	<b>WARCZALSKA Teresa</b>	<b>635</b>	STADION ŚLĄSKI	K 60-69	2			01:38:22	00:36:28	<b>01:13:36.60</b>	<b>02:51:59.15</b>	+00:08:55 (12.1%)	7:21	8.2 (88.2%)
38	<b>SZCZEBAK Jacek</b>	<b>619</b>	TARNÓW	M 40-49	7			01:30:10	00:36:33	<b>01:13:45.55</b>	<b>02:43:56.40</b>	+00:09:04 (12.3%)	7:22	8.1 (87.1%)
39	<b>KALISZ Krzysztof</b>	<b>545</b>	KGHM METRAKO P-CE	M 60-69	3			01:33:04	00:36:17	<b>01:14:05.05</b>	<b>02:47:09.50</b>	+00:09:23 (12.7%)	7:24	8.1 (87.1%)
40	<b>KUBICKI Bernard</b>	<b>558</b>	KGHM METRACO POLKOWICE	M 60-69	4			01:33:04	00:36:16	<b>01:14:09.25</b>	<b>02:47:13.45</b>	+00:09:27 (12.8%)	7:24	8.1 (87.1%)
41	<b>KOSICKI Dariusz</b>	<b>555</b>	NW KIEKRZ	M 40-49	8			01:30:12	00:37:22	<b>01:14:54.15</b>	<b>02:45:06.80</b>	+00:10:12 (13.6%)	7:29	8 (86.0%)
42	<b>ŚLUSARCZYK Andrzej</b>	<b>628</b>	WESOŁY BORSUK TEAM	M 60-69	5			01:33:03	00:37:06	<b>01:15:00.65</b>	<b>02:48:04.45</b>	+00:10:19 (13.8%)	7:30	8 (86.0%)
43	<b>KOŁPAK Jan</b>	<b>552</b>	LKS ZANTYR	M 60-69	6			01:33:04	00:36:19	<b>01:15:10.15</b>	<b>02:48:14.60</b>	+00:10:28 (13.9%)	7:31	8 (86.0%)
44	<b>MOTOCZYŃSKI Krzysztof</b>	<b>575</b>	GOSIR OSIELSKO	M 60-69	7			01:33:05	00:36:50	<b>01:15:15.25</b>	<b>02:48:20.50</b>	+00:10:33 (14.0%)	7:31	8 (86.0%)
45	<b>KULEWICZ Cezary</b>	<b>559</b>		M 50-59	10			01:33:00	00:36:51	<b>01:15:23.15</b>	<b>02:48:23.90</b>	+00:10:41 (14.2%)	7:32	8 (86.0%)
46	<b>LEWANDOWSKI Robert</b>	<b>647</b>	GOSIR OSIELSKO	M 30-39	6			01:30:13	00:37:06	<b>01:15:48.35</b>	<b>02:46:01.90</b>	+00:11:06 (14.7%)	7:34	7.9 (84.9%)
47	<b>ŚLUSARCZYK Grzegorz</b>	<b>629</b>	WESOŁY BORSUK TEAM	M 40-49	9			01:30:12	00:37:54	<b>01:15:54.40</b>	<b>02:46:06.45</b>	+00:11:12 (14.8%)	7:35	7.9 (84.9%)
48	<b>WOŹNIAK Bartłomiej</b>	<b>642</b>	PODWÓJNY UŚMIECH	M 30-39	7			01:30:08	00:37:32	<b>01:15:56.35</b>	<b>02:46:04.70</b>	+00:11:14 (14.8%)	7:35	7.9 (84.9%)
49	<b>JANKOWSKI Marcin</b>	<b>539</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 30-39	8			01:30:08	00:37:27	<b>01:16:32.00</b>	<b>02:46:40.45</b>	+00:11:50 (15.5%)	7:39	7.8 (83.9%)
50	<b>BALCERAK-KOLASA Joanna</b>	<b>505</b>	FIZJO-PLUS TEAM	K 40-49	2			01:35:45	00:38:15	<b>01:16:40.10</b>	<b>02:52:26.00</b>	+00:11:58 (15.6%)	7:40	7.8 (83.9%)
51	<b>PASIŃSKA - SKOWRON Sylwia</b>	<b>586</b>	SILESIA NORDIC TEAM	K 30-39	5			01:35:42	00:38:03	<b>01:16:42.65</b>	<b>02:52:25.55</b>	+00:12:01 (15.7%)	7:40	7.8 (83.9%)
52	<b>SZNAJDER Zenon</b>	<b>623</b>	DABROWA NORDIC TEAM	M 60-69	8			01:33:06	00:38:21	<b>01:17:02.20</b>	<b>02:50:08.35</b>	+00:12:20 (16.0%)	7:42	7.8 (83.9%)
53	<b>KORDECKA Henryka</b>	<b>553</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 50-59	3			01:38:23	00:38:41	<b>01:17:25.75</b>	<b>02:55:49.10</b>	+00:12:44 (16.5%)	7:44	7.7 (82.8%)
54	<b>BYTNIIEWSKI Mieczysław</b>	<b>518</b>	BIAŁA BIEGA	M 70+	1			01:33:07	00:39:12	<b>01:17:25.95</b>	<b>02:50:33.50</b>	+00:12:44 (16.5%)	7:44	7.7 (82.8%)
55	<b>RECZULSKI Mikołaj</b>	<b>596</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 18-29	5			01:30:07	00:38:25	<b>01:17:29.65</b>	<b>02:47:37.00</b>	+00:12:48 (16.5%)	7:45	7.7 (82.8%)
56	<b>KUREK Edward</b>	<b>561</b>	MOSIR CZELADZ	M 70+	2			01:33:06	00:38:23	<b>01:17:34.85</b>	<b>02:50:41.25</b>	+00:12:53 (16.6%)	7:45	7.7 (82.8%)
57	<b>PIERNICKA Krystyna</b>	<b>630</b>		K 50-59	4			01:38:21	00:38:03	<b>01:18:09.50</b>	<b>02:56:31.35</b>	+00:13:28 (17.2%)	7:49	7.7 (82.8%)
58	<b>OLECH Anna</b>	<b>582</b>		K 30-39	6			01:35:44	00:38:43	<b>01:18:15.50</b>	<b>02:53:59.50</b>	+00:13:34 (17.3%)	7:49	7.7 (82.8%)
59	<b>APPEL Jerzy</b>	<b>504</b>	GOSIR OSIELSKO	M 60-69	9			01:33:05	00:38:30	<b>01:18:22.00</b>	<b>02:51:27.05</b>	+00:13:40 (17.5%)	7:50	7.7 (82.8%)

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60	<b>NAMSOŁEK Feliks</b>	<b>576</b>		M 70+	3			01:33:05	00:38:42	<b>01:18:25.65</b>	<b>02:51:31.60</b>	+00:13:44 (17.5%)	7:50	7.6 (81.7%)
61	<b>MARONDEL Katarzyna</b>	<b>570</b>	SILESIA NORDIC TEAM	K 18-29	3			01:35:42	00:38:27	<b>01:18:44.00</b>	<b>02:54:26.15</b>	+00:14:02 (17.8%)	7:52	7.6 (81.7%)
62	<b>BARCIKOWSKA Wioletta</b>	<b>509</b>		K 40-49	3			01:35:44	00:39:21	<b>01:18:50.80</b>	<b>02:54:35.30</b>	+00:14:09 (18.0%)	7:53	7.6 (81.7%)
63	<b>WIŚNIEWSKA Iwona</b>	<b>636</b>	SANTORINI TAWERNA GRECKA ELBLĄG	K 50-59	5			01:38:21	00:38:22	<b>01:18:53.85</b>	<b>02:57:15.65</b>	+00:14:12 (18.0%)	7:53	7.6 (81.7%)
64	<b>JARZYŃSKA Małgorzata</b>	<b>540</b>		K 50-59	6			01:38:21	00:38:59	<b>01:19:24.05</b>	<b>02:57:45.25</b>	+00:14:42 (18.5%)	7:56	7.6 (81.7%)
65	<b>PLANKO Oton</b>	<b>506</b>		M 60-69	10			01:33:07	00:38:57	<b>01:20:13.35</b>	<b>02:53:21.15</b>	+00:15:31 (19.4%)	8:01	7.5 (80.6%)
66	<b>DAWIDCZYK Daria</b>	<b>528</b>		K 18-29	4			01:35:44	00:39:39	<b>01:20:51.80</b>	<b>02:56:36.10</b>	+00:16:10 (20.0%)	8:05	7.4 (79.6%)
67	<b>ŚCIBISZ Bogdan</b>	<b>627</b>	TKKF SATURN CZELADZ	M 70+	4			01:33:07	00:38:30	<b>01:21:10.80</b>	<b>02:54:18.00</b>	+00:16:29 (20.3%)	8:07	7.4 (79.6%)
68	<b>ADAMOWSKI Jacek</b>	<b>500</b>	ZAKĄTEK GLIWICE21	M 30-39	9			01:30:09	00:40:34	<b>01:21:37.75</b>	<b>02:51:47.15</b>	+00:16:56 (20.7%)	8:09	7.3 (78.5%)
69	<b>WAŁECKA Krystyna</b>	<b>634</b>		K 60-69	3			01:38:23	00:39:48	<b>01:21:55.75</b>	<b>03:00:19.00</b>	+00:17:14 (21.0%)	8:11	7.3 (78.5%)
70	<b>BEDNAREK Krzysztof</b>	<b>510</b>	ZAKĄTEK DANKOWO	M 30-39	10			01:30:10	00:40:52	<b>01:21:56.95</b>	<b>02:52:07.80</b>	+00:17:15 (21.1%)	8:11	7.3 (78.5%)
71	<b>TRUCHAN-BAJER Bożena</b>	<b>632</b>		K 50-59	7			01:38:22	00:40:34	<b>01:22:03.20</b>	<b>03:00:25.65</b>	+00:17:21 (21.2%)	8:12	7.3 (78.5%)
72	<b>DĘBSKI Sławomir</b>	<b>530</b>	FAMA	M 50-59	11			01:33:02	00:40:48	<b>01:22:52.75</b>	<b>02:55:54.75</b>	+00:18:11 (21.9%)	8:17	7.2 (77.4%)
73	<b>MAKOWSKI Andrzej</b>	<b>569</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 50-59	12			01:33:01	00:40:41	<b>01:23:17.45</b>	<b>02:56:18.90</b>	+00:18:35 (22.3%)	8:19	7.2 (77.4%)
74	<b>RACZYŃSKA Aleksandra</b>	<b>594</b>	STADION ŚLĄSKI	K 70+	1			01:38:27	00:41:40	<b>01:23:54.30</b>	<b>03:02:21.35</b>	+00:19:12 (22.9%)	8:23	7.2 (77.4%)
75	<b>PAWŁOW Dorota</b>	<b>587</b>	SANTORINI TAWERNA GRECKA ELBLĄG	K 40-49	4			01:35:45	00:41:01	<b>01:23:57.00</b>	<b>02:59:42.60</b>	+00:19:15 (22.9%)	8:23	7.1 (76.3%)
76	<b>TURZYŃSKA-STOPA Maria</b>	<b>633</b>	BŁĘKITNI NW DZIEMIANY	K 50-59	8			01:38:21	00:41:51	<b>01:24:16.55</b>	<b>03:02:38.40</b>	+00:19:35 (23.2%)	8:25	7.1 (76.3%)
77	<b>SZEWCZYK Marek</b>	<b>622</b>		M 50-59	13			01:33:03	00:41:03	<b>01:24:27.85</b>	<b>02:57:31.55</b>	+00:19:46 (23.4%)	8:26	7.1 (76.3%)
78	<b>NAZAREWICZ Barbara</b>	<b>578</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-69	4			01:38:24	00:42:13	<b>01:24:39.60</b>	<b>03:03:03.75</b>	+00:19:58 (23.6%)	8:27	7.1 (76.3%)
79	<b>PUDLIK Karolina</b>	<b>592</b>	ZAKĄTEK DANKOWO	K 40-49	5			01:35:46	00:42:07	<b>01:24:42.20</b>	<b>03:00:28.95</b>	+00:20:00 (23.6%)	8:28	7.1 (76.3%)
80	<b>WORONKO - ZACZYŃSKA Janina</b>	<b>641</b>	KGHM METRACO POLKOWICE	K 60-69	5			01:38:25	00:41:44	<b>01:24:42.65</b>	<b>03:03:08.35</b>	+00:20:01 (23.6%)	8:28	7.1 (76.3%)
81	<b>SYNAK Leszek</b>	<b>617</b>		M 50-59	14			01:33:02	00:41:56	<b>01:25:17.40</b>	<b>02:58:19.40</b>	+00:20:35 (24.2%)	8:31	7 (75.3%)
82	<b>WYŁUPSKA Krystyna</b>	<b>643</b>	PATYCZAKI	K 60-69	6			01:38:23	00:41:51	<b>01:25:19.50</b>	<b>03:03:42.55</b>	+00:20:38 (24.2%)	8:31	7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
83	<b>SZYMANOWSKA-PAWLAK Ewa</b>	<b>626</b>	GOSIR OSIELSKO	K 40-49	6			01:35:47	00:42:18	<b>01:25:25.55</b>	<b>03:01:12.65</b>	+00:20:44 (24.3%)	8:32	7 (75.3%)
84	<b>CYBULSKI Ryszard</b>	<b>522</b>		M 60-69	11			01:33:06	00:42:15	<b>01:25:31.25</b>	<b>02:58:37.85</b>	+00:20:49 (24.4%)	8:33	7 (75.3%)
85	<b>KIESZEK Karolina</b>	<b>548</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	2			01:38:27	00:42:43	<b>01:25:34.90</b>	<b>03:04:02.50</b>	+00:20:53 (24.4%)	8:33	7 (75.3%)
86	<b>ANTKOWIAK Remigiusz</b>	<b>502</b>	FACE NW TEAM	M 30-39	11			01:30:11	00:42:38	<b>01:25:35.40</b>	<b>02:55:46.65</b>	+00:20:53 (24.4%)	8:33	7 (75.3%)
87	<b>GLINIECKA Katarzyna</b>	<b>534</b>		K 40-49	7			01:35:46	00:42:29	<b>01:26:18.20</b>	<b>03:02:04.30</b>	+00:21:36 (25.0%)	8:37	7 (75.3%)
88	<b>GOJLIK Danuta</b>	<b>535</b>		K 50-59	9			01:38:22	00:43:06	<b>01:26:18.45</b>	<b>03:04:40.85</b>	+00:21:36 (25.0%)	8:37	7 (75.3%)
89	<b>KODYRA Kazimiera</b>	<b>550</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-69	7			01:38:25	00:42:47	<b>01:26:26.05</b>	<b>03:04:51.45</b>	+00:21:44 (25.2%)	8:38	6.9 (74.2%)
90	<b>DASZKIEWICZ Justyna</b>	<b>527</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 30-39	7			01:35:47	00:42:51	<b>01:27:31.65</b>	<b>03:03:18.90</b>	+00:22:50 (26.1%)	8:45	6.9 (74.2%)
91	<b>STRYJEWSKA Łucja</b>	<b>614</b>		K 60-69	8			01:38:24	00:43:19	<b>01:27:49.15</b>	<b>03:06:13.15</b>	+00:23:07 (26.3%)	8:46	6.8 (73.1%)
92	<b>KRUK Hanna</b>	<b>557</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 40-49	8			01:35:47	00:44:18	<b>01:28:34.05</b>	<b>03:04:21.60</b>	+00:23:52 (27.0%)	8:51	6.8 (73.1%)
93	<b>MICHALAK Grzegorz</b>	<b>572</b>		M 18-29	6			01:30:06	00:44:11	<b>01:29:09.00</b>	<b>02:59:15.30</b>	+00:24:27 (27.4%)	8:54	6.7 (72.0%)
94	<b>LEHMANN Teresa</b>	<b>563</b>	BŁĘKITNI NW DZIEMIANY	K 50-59	10			01:38:21	00:44:09	<b>01:29:29.70</b>	<b>03:07:51.00</b>	+00:24:48 (27.7%)	8:57	6.7 (72.0%)
95	<b>PIEKARSKA Magdalena</b>	<b>588</b>	GOSIR OSIELSKO	K 18-29	5			01:35:41	00:42:55	<b>01:29:37.00</b>	<b>03:05:18.55</b>	+00:24:55 (27.8%)	8:57	6.7 (72.0%)
96	<b>SMARUJ - SADOWSKA Janina</b>	<b>603</b>		K 60-69	9			01:38:24	00:43:35	<b>01:29:44.05</b>	<b>03:08:08.85</b>	+00:25:02 (27.9%)	8:58	6.7 (72.0%)
97	<b>CHRAPEK Urszula</b>	<b>519</b>	RUDZICA	K 18-29	6			01:35:42	00:44:08	<b>01:30:35.05</b>	<b>03:06:17.20</b>	+00:25:53 (28.6%)	9:03	6.6 (71.0%)
98	<b>SZEWCZYK Agnieszka</b>	<b>620</b>		K 40-49	9			01:35:46	00:44:07	<b>01:30:39.65</b>	<b>03:06:26.30</b>	+00:25:58 (28.6%)	9:04	6.6 (71.0%)
99	<b>OTTA Anna</b>	<b>583</b>		K 30-39	8			01:35:44	00:46:47	<b>01:31:36.50</b>	<b>03:07:20.80</b>	+00:26:55 (29.4%)	9:09	6.6 (71.0%)
100	<b>SYNAK Mirosława</b>	<b>618</b>		K 50-59	11			01:38:20	00:44:51	<b>01:32:13.10</b>	<b>03:10:33.30</b>	+00:27:31 (29.8%)	9:13	6.5 (69.9%)
101	<b>BŁAJSZCZAK Lidia</b>	<b>514</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-69	10			01:38:26	00:44:57	<b>01:32:26.70</b>	<b>03:10:53.30</b>	+00:27:45 (30.0%)	9:14	6.5 (69.9%)
102	<b>SYNAK Joanna</b>	<b>616</b>		K 18-29	7			01:35:42	00:45:37	<b>01:32:36.95</b>	<b>03:08:19.10</b>	+00:27:55 (30.2%)	9:15	6.5 (69.9%)
103	<b>JÓŹWIAK Dominik</b>	<b>543</b>	WTW WŁOCLAWEK	M 18-29	7			01:30:07	00:46:01	<b>01:33:44.00</b>	<b>03:03:51.05</b>	+00:29:02 (31.0%)	9:22	6.4 (68.8%)
104	<b>SZEWCZYK Bożena</b>	<b>621</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-69	11			01:38:26	00:45:40	<b>01:33:47.75</b>	<b>03:12:14.05</b>	+00:29:06 (31.0%)	9:22	6.4 (68.8%)
105	<b>GRZESZCZUK Dorota</b>	<b>537</b>		K 30-39	9			01:35:45	00:46:47	<b>01:34:06.45</b>	<b>03:09:51.85</b>	+00:29:24 (31.3%)	9:24	6.4 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
106	<b>CHERMANTOWICZ Hanna</b>	<b>639</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-69	12			01:38:26	00:47:47	<b>01:35:23.45</b>	<b>03:13:49.45</b>	+00:30:41 (32.2%)	9:32	6.3 (67.7%)
107	<b>GĘBSKA Elżbieta</b>	<b>533</b>	DĄBROWA NORDIC TEAM	K 50-59	12			01:38:21	00:47:05	<b>01:36:03.30</b>	<b>03:14:24.70</b>	+00:31:21 (32.7%)	9:36	6.2 (66.7%)
108	<b>MLAKER Martina</b>	<b>513</b>		K 40-49	10			01:35:49	00:46:40	<b>01:36:36.45</b>	<b>03:12:26.25</b>	+00:31:54 (33.0%)	9:39	6.2 (66.7%)
109	<b>MERVAR Jozica</b>	<b>507</b>		K 50-59	13			01:35:48	00:46:37	<b>01:36:37.10</b>	<b>03:12:25.50</b>	+00:31:55 (33.0%)	9:39	6.2 (66.7%)
110	<b>KIWIAŁO Maria</b>	<b>549</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	3			01:38:28	00:47:43	<b>01:37:33.30</b>	<b>03:16:01.90</b>	+00:32:51 (33.7%)	9:45	6.2 (66.7%)
111	<b>LEWANDOWSKA Małgorzata</b>	<b>565</b>		K 40-49	11			01:35:44	00:49:02	<b>01:37:43.95</b>	<b>03:13:28.90</b>	+00:33:02 (33.8%)	9:46	6.1 (65.6%)
112	<b>GOTH Walter</b>	<b>648</b>		M 70+	5			01:33:08	00:49:59	<b>01:39:17.40</b>	<b>03:12:25.50</b>	+00:34:35 (34.8%)	9:55	6 (64.5%)
113	<b>JANEZ Lipec</b>	<b>649</b>		M 60-69	12			01:33:09	00:49:58	<b>01:39:17.45</b>	<b>03:12:26.55</b>	+00:34:35 (34.8%)	9:55	6 (64.5%)
114	<b>SMACZYŃSKA Krystyna</b>	<b>645</b>		K 70+	4			01:38:26	00:50:06	<b>01:40:14.40</b>	<b>03:18:40.85</b>	+00:35:32 (35.5%)	10:01	6 (64.5%)
115	<b>SOBKOWSKA Teresa</b>	<b>605</b>		K 60-69	13			01:38:24	00:50:09	<b>01:40:31.95</b>	<b>03:18:56.75</b>	+00:35:50 (35.7%)	10:03	6 (64.5%)
116	<b>WOJTASIŃSKA Agnieszka</b>	<b>638</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 30-39	10			01:35:48	00:48:19	<b>01:41:49.25</b>	<b>03:17:37.65</b>	+00:37:07 (36.5%)	10:10	5.9 (63.4%)
117	<b>ZIMOCH Regina</b>	<b>612</b>		K 40-49	12			01:35:49	00:51:51	<b>01:47:04.20</b>	<b>03:22:53.40</b>	+00:42:22 (39.6%)	10:42	5.6 (60.2%)
118	<b>KASPRZYK Tatiana</b>	<b>606</b>		K 40-49	13			01:35:50	00:51:56	<b>01:47:07.45</b>	<b>03:22:57.75</b>	+00:42:25 (39.6%)	10:42	5.6 (60.2%)
119	<b>BOBROWSKI Cezary</b>	<b>515</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M 40-49	10			01:30:10	00:51:30	<b>01:47:22.70</b>	<b>03:17:33.05</b>	+00:42:41 (39.8%)	10:44	5.6 (60.2%)
120	<b>BARCIKOWSKA Agnieszka</b>	<b>508</b>		K 18-29	8			01:35:42	00:52:01	<b>01:48:23.00</b>	<b>03:24:05.85</b>	+00:43:41 (40.3%)	10:50	5.5 (59.1%)
121	<b>NAWROCKA Danuta</b>	<b>577</b>	DĄBROWA NORDIC TEAM	K 70+	5			01:38:28	00:55:03	<b>01:50:44.25</b>	<b>03:29:12.40</b>	+00:46:02 (41.6%)	11:04	5.4 (58.1%)
122	<b>MICHALAK Teresa</b>	<b>573</b>		K 60-69	14			03:21:38						(0.0%)
DQ	<b>CIEŚLAK Roman</b>	<b>521</b>	FOREVER YOUNG ŁÓDŹ	M 50-59			1	DQ	00:34:26 DQ	<b>2015-09-19 DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 123 wynik(ów)