

ELBLĄG - FINAŁ PUCHARU EUROPY / PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT
WIELKOPOLSKIE STOWOZYSTWO

Organizator: PFNW
Data: 2015-09-19
Miejsce: Elbląg
Dystans: 21.1 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 0.55km | 1.1km | 6.1km | 11.1km | 16.1km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------------|-----------|------|-------------|--------------|-------------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 1 | SKIBA Krzysztof | 744 | KGHM METRACO POLKOWICE | M 50-59 | 1 | | | 00:00:15 | 00:03:00 | 00:06:03 | 00:37:49 | 01:09:56 | 01:43:07 | 02:16:55.85 | 02:17:11.15 | | 6:29 | 9.2 (100%) |
| 2 | KOLASA Wojciech | 720 | FIZJO-PLUS TEAM | M 40-49 | 1 | | | 00:00:09 | 00:03:20 | 00:06:40 | 00:40:26 | 01:14:10 | 01:47:53 | 02:21:40.95 | 02:21:50.90 | +00:04:45 (3.4%) | 6:42 | 8.9 (96.7%) |
| 3 | DIEDIEWICZ Andrzej | 704 | KGHM METRECO POLKOWICE | M 30-39 | 1 | | | 00:00:08 | 00:03:18 | 00:06:38 | 00:40:26 | 01:14:03 | 01:47:53 | 02:21:45.85 | 02:21:53.95 | +00:04:50 (3.4%) | 6:43 | 8.9 (96.7%) |
| 4 | NALEPKA Jerzy | 731 | PITBULL WALKING - SANOK | M 60+ | 1 | | | 00:00:14 | 00:03:26 | 00:06:43 | 00:40:25 | 01:14:19 | 01:48:39 | 02:23:05.55 | 02:23:19.55 | +00:06:09 (4.3%) | 6:46 | 8.8 (95.7%) |
| 5 | LUBIATOWSKI Ireneusz | 729 | KGHM METRACO POLKOWICE | M 40-49 | 2 | | | 00:00:09 | 00:03:38 | 00:07:01 | 00:41:06 | 01:14:41 | 01:48:22 | 02:23:11.90 | 02:23:21.55 | +00:06:16 (4.4%) | 6:47 | 8.8 (95.7%) |
| 6 | STUPNOWICZ Przemek | 752 | FOREVER YOUNG ŁÓDŹ | M 18-29 | 1 | | | 00:00:05 | 00:03:32 | 00:06:51 | 00:41:24 | 01:16:24 | 01:50:14 | 02:24:34.10 | 02:24:39.85 | +00:07:38 (5.3%) | 6:51 | 8.8 (95.7%) |
| 7 | KORDOWSKI Piotr | 724 | UPOJENI WIATREM | M 40-49 | 3 | | | 00:00:10 | 00:03:20 | 00:06:35 | 00:39:52 | 01:13:56 | 01:48:23 | 02:25:04.35 | 02:25:14.60 | +00:08:08 (5.6%) | 6:52 | 8.7 (94.6%) |
| 8 | BIK Stanisław | 701 | KGHM METRACO POLKOWICE | M 50-59 | 2 | | | 00:00:12 | 00:03:26 | 00:06:49 | 00:40:36 | 01:14:30 | 01:49:09 | 02:25:35.70 | 02:25:48.40 | +00:08:39 (6.0%) | 6:54 | 8.7 (94.6%) |
| 9 | PIOTROWSKI Michał | 737 | PENDOLINO | M 30-39 | 2 | | | 00:00:07 | 00:03:24 | 00:06:41 | 00:40:34 | 01:14:37 | 01:50:12 | 02:27:05.10 | 02:27:12.40 | +00:10:09 (6.9%) | 6:58 | 8.6 (93.5%) |
| 10 | BOGACKI Sławek | 702 | ENERGA NW TEAM | M 40-49 | 4 | | | 00:00:09 | 00:03:19 | 00:06:38 | 00:40:24 | 01:14:17 | 01:50:06 | 02:27:27.05 | 02:27:36.55 | +00:10:31 (7.1%) | 6:59 | 8.6 (93.5%) |
| 11 | ZAGAJA Janusz | 765 | KS METRACO POLKOWICE | M 60+ | 2 | | | 00:00:16 | 00:03:23 | 00:06:43 | 00:40:48 | 01:15:17 | 01:50:49 | 02:28:40.10 | 02:28:56.25 | +00:11:44 (7.9%) | 7:02 | 8.5 (92.4%) |
| 12 | WRÓBEL Łukasz | 762 | KB BIAŁA BIEGA | M 30-39 | 3 | | | 00:00:07 | 00:03:18 | 00:06:41 | 00:41:07 | 01:16:21 | 01:52:11 | 02:29:02.90 | 02:29:10.35 | +00:12:07 (8.1%) | 7:03 | 8.5 (92.4%) |
| 13 | PIETRZYK Jarosław | 736 | REGATTA NORDIC TEAM CZĘSTOCHOWA | M 30-39 | 4 | | | 00:00:06 | 00:03:30 | 00:07:03 | 00:42:19 | 01:17:01 | 01:52:32 | 02:30:29.80 | 02:30:36.35 | +00:13:33 (9.0%) | 7:07 | 8.4 (91.3%) |
| 14 | LENZ Andrzej | 728 | DĄBROWA NORDIC TEAM | M 50-59 | 3 | | | 00:00:11 | 00:03:37 | 00:07:03 | 00:42:05 | 01:17:34 | 01:53:44 | 02:31:00.10 | 02:31:12.05 | +00:14:04 (9.3%) | 7:09 | 8.4 (91.3%) |
| 15 | KOŁODZIEJCZAK Beata | 721 | SOCHO TEAM | K 40-49 | 1 | | | 00:00:19 | 00:03:28 | 00:06:58 | 00:42:33 | 01:18:30 | 01:55:14 | 02:32:29.95 | 02:32:49.25 | +00:15:34 (10.2%) | 7:13 | 8.3 (90.2%) |
| 16 | WIKIERA Marek | 759 | | M 40-49 | 5 | | | 00:00:10 | 00:03:36 | 00:07:06 | 00:42:51 | 01:19:28 | 01:56:45 | 02:34:20.25 | 02:34:30.70 | +00:17:24 (11.3%) | 7:18 | 8.2 (89.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-----------------------------|-----------|------|-------------|--------------|-------------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | 0.55km | 1.1km | 6.1km | 11.1km | 16.1km | | | | | |
| 17 | KACZKOWSKI Zbigniew | 717 | MARSZPOZDROWIE | M 30-39 | 5 | | | 00:00:07 | 00:03:31 | 00:07:01 | 00:42:34 | 01:18:56 | 01:56:26 | 02:34:33.90 | 02:34:41.05 | +00:17:38 (11.4%) | 7:19 | 8.2 (89.1%) |
| 17 | BAJER Piotr | 700 | BRAN-FROM TEAM | M 50-59 | 4 | | | 00:00:12 | 00:03:40 | 00:07:18 | 00:43:35 | 01:19:56 | 01:57:06 | 02:34:33.90 | 02:34:45.90 | +00:17:38 (11.4%) | 7:19 | 8.2 (89.1%) |
| 19 | SOBKOWSKI Janusz | 746 | SILESIA NORDIC TEAM | M 60+ | 3 | | | 00:00:16 | 00:03:27 | 00:06:56 | 00:42:36 | 01:19:20 | 01:57:28 | 02:34:36.15 | 02:34:52.75 | +00:17:40 (11.4%) | 7:19 | 8.2 (89.1%) |
| 20 | KACORZYK Władysław | 716 | SILESIA NORDIC TEAM | M 50-59 | 5 | | | 00:00:13 | 00:03:42 | 00:07:22 | 00:43:55 | 01:20:59 | 01:58:27 | 02:34:57.20 | 02:35:10.50 | +00:18:01 (11.6%) | 7:20 | 8.2 (89.1%) |
| 21 | KOWALCZYK Mariusz | 725 | GREEN TEAM ZIELONA GÓRA | M 40-49 | 6 | | | 00:00:09 | 00:03:33 | 00:07:06 | 00:43:29 | 01:19:58 | 01:57:08 | 02:35:11.60 | 02:35:20.85 | +00:18:15 (11.8%) | 7:21 | 8.2 (89.1%) |
| 22 | ŚLUSARCZYK Marcin | 755 | WESOŁY BORSUK TEAM | M 30-39 | 6 | | | 00:00:08 | 00:03:36 | 00:07:05 | 00:42:35 | 01:18:40 | 01:56:46 | 02:35:13.90 | 02:35:21.95 | +00:18:18 (11.8%) | 7:21 | 8.2 (89.1%) |
| 23 | WARUSZEWSKI Karol | 757 | BIEGAJĄCY TCZEW | M 30-39 | 7 | | | 00:00:06 | 00:03:21 | 00:06:44 | 00:41:28 | 01:16:37 | 01:53:28 | 02:35:55.50 | 02:36:02.20 | +00:18:59 (12.2%) | 7:23 | 8.1 (88.0%) |
| 24 | DREWA Marian | 705 | | M 50-59 | 6 | | | 00:00:13 | 00:03:37 | 00:07:13 | 00:42:57 | 01:19:21 | 01:56:39 | 02:36:43.35 | 02:36:56.75 | +00:19:47 (12.6%) | 7:25 | 8.1 (88.0%) |
| 25 | SORN Łukasz | 747 | CHODZEKIJAMI | M 18-29 | 2 | | | 00:00:06 | 00:03:43 | 00:07:26 | 00:44:46 | 01:22:06 | 01:59:35 | 02:36:44.20 | 02:36:50.35 | +00:19:48 (12.6%) | 7:25 | 8.1 (88.0%) |
| 26 | WYSOCKI Paweł | 763 | | M 18-29 | 3 | | | 00:00:06 | 00:03:35 | 00:07:13 | 00:43:39 | 01:21:12 | 01:59:06 | 02:36:46.45 | 02:36:52.55 | +00:19:50 (12.7%) | 7:25 | 8.1 (88.0%) |
| 27 | STOPA Joanna | 749 | BŁĘKITNI NW DZIEMIANY | K 18-29 | 1 | | | 00:00:16 | 00:03:38 | 00:07:20 | 00:44:33 | 01:21:58 | 01:59:26 | 02:37:04.55 | 02:37:20.90 | +00:20:08 (12.8%) | 7:26 | 8.1 (88.0%) |
| 28 | DUBAJ Grzegorz | 707 | ELBLĄSKIE WŁÓCZY-KIJE | M 50-59 | 7 | | | 00:00:13 | 00:03:39 | 00:07:16 | 00:43:13 | 01:20:34 | 01:58:55 | 02:37:59.85 | 02:38:13.65 | +00:21:04 (13.3%) | 7:29 | 8 (87.0%) |
| 29 | JANCZYK Małgorzata | 711 | FOREVER YOUNG ŁÓDŹ | K 30-39 | 1 | | | 00:00:19 | 00:03:40 | 00:07:19 | 00:44:47 | 01:22:12 | 02:00:28 | 02:38:03.40 | 02:38:22.60 | +00:21:07 (13.4%) | 7:29 | 8 (87.0%) |
| 30 | WOJCIECHOWSKI Tadeusz | 761 | DĄBROWA NORDIC TEAM | M 60+ | 4 | | | 00:00:14 | 00:03:39 | 00:07:19 | 00:44:09 | 01:21:59 | 01:59:47 | 02:38:10.95 | 02:38:25.10 | +00:21:15 (13.4%) | 7:29 | 8 (87.0%) |
| 31 | WESOŁOWSKI Wojciech | 758 | | M 60+ | 5 | | | 00:00:14 | 00:03:40 | 00:07:20 | 00:44:10 | 01:22:13 | 02:00:34 | 02:38:22.95 | 02:38:37.65 | +00:21:27 (13.5%) | 7:30 | 8 (87.0%) |
| 32 | MÓL Wioletta | 730 | SILESIA NORDIC TEAM | K 40-49 | 2 | | | 00:00:20 | 00:03:37 | 00:07:17 | 00:45:05 | 01:22:38 | 02:01:34 | 02:41:16.10 | 02:41:36.35 | +00:24:20 (15.1%) | 7:38 | 7.9 (85.9%) |
| 33 | STĘPIEŃ Lucyna | 748 | KGHM METRACO POLKOWICE | K 50-59 | 1 | | | 00:00:22 | 00:03:42 | 00:07:21 | 00:45:04 | 01:23:20 | 02:02:17 | 02:41:54.80 | 02:42:16.85 | +00:24:58 (15.4%) | 7:40 | 7.8 (84.8%) |
| 34 | KARASIEWICZ Irena | 718 | BRAN-FROM TEAM | K 50-59 | 2 | | | 00:00:23 | 00:03:43 | 00:07:25 | 00:45:31 | 01:24:20 | 02:03:21 | 02:42:17.60 | 02:42:40.70 | +00:25:21 (15.6%) | 7:41 | 7.8 (84.8%) |
| 35 | KOWALSKA Amelia | 726 | | K 40-49 | 3 | | | 00:00:19 | 00:03:48 | 00:07:34 | 00:45:12 | 01:24:04 | 02:03:26 | 02:43:22.05 | 02:43:41.90 | +00:26:26 (16.2%) | 7:44 | 7.7 (83.7%) |
| 36 | ÖSTERREICHER Christine | 734 | ASKÖ-VILLACH | K 40-49 | 4 | | | 00:00:20 | 00:03:41 | 00:07:19 | 00:44:57 | 01:23:31 | 02:03:22 | 02:43:47.35 | 02:44:08.10 | +00:26:51 (16.4%) | 7:45 | 7.7 (83.7%) |
| 37 | KOMAJDA Jarek | 722 | GOSIR OSIELSKO | M 50-59 | 8 | | | 00:00:12 | 00:03:50 | 00:07:39 | 00:46:47 | 01:25:48 | 02:05:10 | 02:45:12.65 | 02:45:25.15 | +00:28:16 (17.1%) | 7:49 | 7.7 (83.7%) |
| 38 | JASIŃSKI Marian | 714 | ELBLĄSKIE WŁÓCZY-KIJE | M 60+ | 6 | | | 00:00:15 | 00:03:45 | 00:07:25 | 00:45:05 | 01:23:56 | 02:04:08 | 02:45:19.15 | 02:45:34.30 | +00:28:23 (17.2%) | 7:50 | 7.7 (83.7%) |
| 39 | SARNOWSKA Wanda | 743 | GREEN TEAM | K 50-59 | 3 | | | 00:00:24 | 00:03:45 | 00:07:29 | 00:45:29 | 01:24:03 | 02:03:12 | 02:45:19.25 | 02:45:43.80 | +00:28:23 (17.2%) | 7:50 | 7.7 (83.7%) |
| 40 | STĘPCZYŃSKA Angelika | 764 | THE BEST MY IDZIEMY I CZEŚĆ | K 30-39 | 2 | | | 00:00:18 | 00:03:47 | 00:07:33 | 00:45:44 | 01:24:13 | 02:03:43 | 02:45:25.00 | 02:45:43.60 | +00:28:29 (17.2%) | 7:50 | 7.7 (83.7%) |
| 41 | RUSZKOWSKA Bożena | 742 | ELBLĄSKIE WŁÓCZY-KIJE | K 60+ | 1 | | | 00:00:24 | 00:03:58 | 00:07:51 | 00:47:02 | 01:25:41 | 02:05:12 | 02:45:47.45 | 02:46:11.85 | +00:28:51 (17.4%) | 7:51 | 7.6 (82.6%) |
| 42 | KACHEL Anna | 715 | ELBLĄSKIE-WŁÓCZY-KIJE | K 50-59 | 4 | | | 00:00:23 | 00:03:58 | 00:07:51 | 00:47:03 | 01:25:41 | 02:05:12 | 02:45:58.50 | 02:46:22.45 | +00:29:02 (17.5%) | 7:51 | 7.6 (82.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h | |
|-----|------------------------------------|------------|------------------------|-----------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------------|--------------------|--------------------|-------------------|------------|-------------|
| | | | | | | | | startu | 0.55km | 1.1km | 6.1km | 11.1km | | | | | | 16.1km |
| 43 | SZCZODROWSKI Krzysztof | 753 | | M 50-59 | 9 | | | 00:00:10 | 00:03:32 | 00:07:07 | 00:44:40 | 01:24:00 | 02:04:56 | 02:46:24.10 | 02:46:34.85 | +00:29:28 (17.7%) | 7:53 | 7.6 (82.6%) |
| 44 | SZULC Alicja | 754 | MOSIR MŁAWA | K 30-39 | 3 | | | 00:00:19 | 00:03:44 | 00:07:27 | 00:45:42 | 01:25:16 | 02:05:30 | 02:48:11.10 | 02:48:30.35 | +00:31:15 (18.6%) | 7:58 | 7.5 (81.5%) |
| 45 | KLIMCZEWSKI Marek | 719 | FOREVER YOUNG ŁÓDŹ | M 50-59 | 10 | | | 00:00:12 | 00:03:33 | 00:06:59 | 00:43:13 | 01:21:38 | 02:03:01 | 02:48:17.70 | 02:48:30.40 | +00:31:21 (18.6%) | 7:58 | 7.5 (81.5%) |
| 46 | CZYCZ Emilia | 703 | GREEN TEAM | K 60+ | 2 | | | 00:00:23 | 00:03:53 | 00:07:42 | 00:46:34 | 01:25:31 | 02:07:36 | 02:51:34.65 | 02:51:58.30 | +00:34:38 (20.2%) | 8:07 | 7.4 (80.4%) |
| 47 | GÓRSKA Weronika | 710 | GOSIR OSIELSKO | K 18-29 | 2 | | | 00:00:16 | 00:03:55 | 00:07:50 | 00:47:54 | 01:28:51 | 02:09:52 | 02:51:44.90 | 02:52:01.35 | +00:34:49 (20.3%) | 8:08 | 7.4 (80.4%) |
| 48 | JANKOWSKA Katarzyna | 712 | MOSIR | K 50-59 | 5 | | | 00:00:24 | 00:04:12 | 00:08:18 | 00:48:42 | 01:29:34 | 02:10:44 | 02:52:04.75 | 02:52:28.75 | +00:35:08 (20.4%) | 8:09 | 7.4 (80.4%) |
| 49 | WITKOWSKA Maria | 760 | STADION ŚLĄSKI | K 60+ | 3 | | | 00:00:25 | 00:03:55 | 00:07:48 | 00:47:51 | 01:28:44 | 02:10:12 | 02:52:23.10 | 02:52:48.45 | +00:35:27 (20.6%) | 8:10 | 7.3 (79.3%) |
| 50 | PYZIK-KAPSZEWICZ Angelika | 738 | LKS ZANTYR | K 18-29 | 3 | | | 00:00:17 | 00:04:01 | 00:07:53 | 00:47:57 | 01:29:10 | 02:10:01 | 02:52:27.45 | 02:52:45.15 | +00:35:31 (20.6%) | 8:10 | 7.3 (79.3%) |
| 51 | ROZENBERG Marina | 741 | | K 50-59 | 6 | | | 00:00:22 | 00:04:06 | 00:08:14 | 00:49:54 | 01:30:56 | 02:12:37 | 02:55:18.25 | 02:55:41.15 | +00:38:22 (21.9%) | 8:18 | 7.2 (78.3%) |
| 52 | PALUSZEK-UFNALEWSKA Eugenia | 771 | ELBLĄSKIE WŁÓCZY-KIJE | K 40-49 | 5 | | | 00:00:22 | 00:04:16 | 00:08:26 | 00:50:05 | 01:30:58 | 02:12:52 | 02:55:25.15 | 02:55:47.80 | +00:38:29 (21.9%) | 8:18 | 7.2 (78.3%) |
| 53 | STĘPKOWSKI Andrzej | 770 | | M 40-49 | 7 | | | 00:00:11 | 00:04:12 | 00:08:19 | 00:49:57 | 01:32:02 | 02:14:30 | 02:57:52.45 | 02:58:04.35 | +00:40:56 (23.0%) | 8:25 | 7.1 (77.2%) |
| 54 | ROSADZIŃSKA Natalia | 740 | UMP | K 18-29 | 4 | 1 | | 00:00:17 | 00:04:00 | 00:08:03 | 00:50:09 | 01:32:24 | 02:14:26 | 02:58:11.20 | 02:58:29.10 | +00:41:15 (23.2%) | 8:26 | 7.1 (77.2%) |
| 55 | ZDRZAŁEK Małgorzata | 767 | STADION ŚLĄSKI | K 40-49 | 6 | | | 00:00:20 | 00:04:09 | 00:08:19 | 00:51:01 | 01:32:45 | 02:15:07 | 02:59:17.40 | 02:59:38.20 | +00:42:21 (23.6%) | 8:29 | 7.1 (77.2%) |
| 56 | KUCYPERA Dagmara | 727 | DĄBROWA NORDIC TEAM | K 40-49 | 7 | | | 00:00:21 | 00:04:04 | 00:08:14 | 00:50:58 | 01:33:06 | 02:15:59 | 02:59:46.00 | 03:00:07.85 | +00:42:50 (23.8%) | 8:31 | 7 (76.1%) |
| 57 | NESSEL Katarzyna | 732 | PATYCZAKI | K 40-49 | 8 | | | 00:00:21 | 00:04:17 | 00:08:26 | 00:51:16 | 01:33:07 | 02:16:00 | 03:02:49.65 | 03:03:11.10 | +00:45:53 (25.1%) | 8:39 | 6.9 (75.0%) |
| 58 | PARYS Andrzej | 769 | EL AKTYWNI | M 60+ | 7 | | | 00:00:15 | 00:04:04 | 00:08:08 | 00:50:54 | 01:34:38 | 02:18:53 | 03:03:18.65 | 03:03:34.50 | +00:46:22 (25.3%) | 8:41 | 6.9 (75.0%) |
| 59 | JARONIEK-BEDYK Wiesława | 713 | FOREVER YOUNG ŁÓDŹ | K 60+ | 4 | | | 00:00:25 | 00:04:01 | 00:08:00 | 00:49:57 | 01:33:35 | 02:18:31 | 03:03:40.65 | 03:04:06.05 | +00:46:44 (25.5%) | 8:42 | 6.9 (75.0%) |
| 60 | ZAWADZKA Maria | 766 | KGHM METRACO POLKOWICE | K 60+ | 5 | 1 | | 00:00:26 | 00:04:03 | 00:08:19 | 00:52:46 | 01:37:05 | 02:20:51 | 03:06:12.35 | 03:06:39.20 | +00:49:16 (26.5%) | 8:49 | 6.8 (73.9%) |
| 61 | GODZIŃSKI Paweł | 709 | | M 30-39 | 8 | | | 00:00:08 | 00:03:50 | 00:07:51 | 00:49:30 | 01:32:12 | 02:18:25 | 03:07:36.85 | 03:07:44.85 | +00:50:41 (27.0%) | 8:53 | 6.7 (72.8%) |
| 62 | DROZDOWSKI Krzysztof | 706 | | M 50-59 | 11 | 1 | | 00:00:14 | 00:04:10 | 00:08:23 | 00:52:27 | 01:37:07 | 02:22:36 | 03:11:03.10 | 03:11:17.30 | +00:54:07 (28.3%) | 9:03 | 6.6 (71.7%) |
| 63 | ZIAJKO Szymon | 768 | | M 30-39 | 9 | | | 00:00:10 | 00:04:05 | 00:08:33 | 00:53:37 | 01:39:02 | 02:25:10 | 03:12:30.60 | 03:12:41.55 | +00:55:34 (28.9%) | 9:07 | 6.6 (71.7%) |
| 64 | GIBAS Sławomir | 708 | | M 30-39 | 10 | | | 00:00:08 | 00:04:06 | 00:08:36 | 00:53:50 | 01:39:06 | 02:25:13 | 03:12:33.30 | 03:12:42.00 | +00:55:37 (28.9%) | 9:07 | 6.6 (71.7%) |
| 65 | STUPNOWICZ Joanna | 751 | FOREVER YOUNG ŁÓDŹ | K 40-49 | 9 | | | 00:00:20 | 00:04:20 | 00:08:40 | 00:53:06 | 01:38:27 | 02:25:37 | 03:13:16.80 | 03:13:37.45 | +00:56:20 (29.2%) | 9:09 | 6.5 (70.7%) |
| 66 | UKLEJEWSKA Agnieszka | 756 | GOSIR OSIELSKO | K 30-39 | 4 | | | 00:00:18 | 00:04:09 | 00:08:20 | 00:52:32 | 01:38:02 | 02:24:50 | 03:15:11.85 | 03:15:30.60 | +00:58:16 (29.9%) | 9:15 | 6.5 (70.7%) |
| 67 | KORDALSKA Agata | 723 | PATYCZAKI | K 40-49 | 10 | | | 00:00:22 | 00:04:17 | 00:08:37 | 00:54:03 | 01:40:26 | 02:28:03 | 03:15:12.65 | 03:15:34.70 | +00:58:16 (29.9%) | 9:15 | 6.5 (70.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 0.55km | 1.1km | 6.1km | 11.1km | 16.1km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------|-----------|------|-------------|--------------|-------------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 68 | STRZELECKI Sebastian | 750 | SAILING TEAM FERAJNA | M 40-49 | 8 | | | 00:00:08 | 00:04:29 | 00:08:54 | 00:54:43 | 01:41:15 | 02:27:57 | 03:17:13.10 | 03:17:22.00 | +01:00:17 (30.6%) | 9:20 | 6.4 (69.6%) |
| 69 | NOWAK Bartłomiej | 733 | SAILING TEAM FERAJNA | M 40-49 | 9 | | | 00:00:11 | 00:04:23 | 00:08:50 | 00:54:41 | 01:41:08 | 02:27:52 | 03:17:14.55 | 03:17:25.80 | +01:00:18 (30.6%) | 9:20 | 6.4 (69.6%) |

Znaleziono 69 wynik(ów)