

# ELBLĄG - FINAŁ PUCHARU EUROPY / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT  
INTELEKTUALNE DZIAŁANIE SPORTOWE

**Organizator:** PFNW  
**Data:** 2015-09-19  
**Miejsce:** Elbląg  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>OSIŃSKI Michał</b>	<b>237</b>	FOREVER YOUN ŁÓDŹ	M 18-29	1			01:41:50	<b>00:30:22.00</b>	<b>02:12:12.35</b>		6:04	9.9 (100%)
2	<b>RECZULSKI Mariusz</b>	<b>277</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 45-49	1			01:45:58	<b>00:31:32.95</b>	<b>02:17:31.50</b>	+00:01:10 (3.7%)	6:18	9.5 (96.0%)
3	<b>KARASIŃSKI Maciej</b>	<b>136</b>		M 45-49	2			01:45:57	<b>00:31:35.70</b>	<b>02:17:33.20</b>	+00:01:13 (3.9%)	6:19	9.5 (96.0%)
4	<b>ROŻYNEK Miron</b>	<b>282</b>	KGHM METRACO POLKOWICE	M 50-54	1			01:46:41	<b>00:32:06.85</b>	<b>02:18:48.25</b>	+00:01:44 (5.4%)	6:25	9.3 (93.9%)
5	<b>BRZozowski Piotr</b>	<b>38</b>		M 30-39	1			01:43:31	<b>00:32:24.55</b>	<b>02:15:55.70</b>	+00:02:02 (6.3%)	6:28	9.3 (93.9%)
6	<b>CZŁAPSKI Krzysztof</b>	<b>54</b>	NW CIECHANÓW	M 50-54	2			01:46:39	<b>00:32:31.85</b>	<b>02:19:11.65</b>	+00:02:09 (6.7%)	6:30	9.2 (92.9%)
7	<b>WALENDZIAK Ryszard</b>	<b>345</b>	22. BAZA LOTNICTWA TAKTYCZNEGO W MALBORKU POCHODZĘ Z MALBORKA	M 40-44	1			01:45:04	<b>00:32:40.55</b>	<b>02:17:45.15</b>	+00:02:18 (7.1%)	6:32	9.2 (92.9%)
8	<b>KUŚMIEREK Patryk</b>	<b>177</b>	BŁĘKITNI NW DZIEMIANY	M Junior	1			01:40:27	<b>00:32:40.65</b>	<b>02:13:08.45</b>	+00:02:18 (7.1%)	6:32	9.2 (92.9%)
9	<b>KUCHTA Rafał</b>	<b>172</b>	SILESIA NORDIC TEAM	M 45-49	3			01:45:57	<b>00:32:41.65</b>	<b>02:18:39.35</b>	+00:02:19 (7.1%)	6:32	9.2 (92.9%)
10	<b>KNITTER Tomek</b>	<b>149</b>	BŁĘKITNI NW DZIEMIANY	M Junior	2			01:40:28	<b>00:32:44.75</b>	<b>02:13:12.90</b>	+00:02:22 (7.3%)	6:32	9.2 (92.9%)
11	<b>JASTRZĘBSKI Adam</b>	<b>125</b>		M 18-29	2			01:41:50	<b>00:32:59.00</b>	<b>02:14:49.20</b>	+00:02:37 (7.9%)	6:35	9.1 (91.9%)
12	<b>HAŁAS Marcin</b>	<b>116</b>	MOSIR CZECHOWICE-DZIEDZICE ROZBIEGAMY TO MIASTO	M 30-39	2			01:43:30	<b>00:33:04.05</b>	<b>02:16:34.10</b>	+00:02:42 (8.2%)	6:36	9.1 (91.9%)
13	<b>UKLEJEWSKI Kacper</b>	<b>337</b>	GOSIR OSIELSKO	M Junior	3			01:40:26	<b>00:33:16.45</b>	<b>02:13:43.20</b>	+00:02:54 (8.7%)	6:39	9 (90.9%)
13	<b>GAJEWSKI Eugeniusz</b>	<b>92</b>	GORZÓWPRZYSTAŃ	M 55-59	1			01:47:31	<b>00:33:16.45</b>	<b>02:20:48.10</b>	+00:02:54 (8.7%)	6:39	9 (90.9%)
15	<b>SCHRÖDER Karol</b>	<b>285</b>	SILESIA NORDIC TEAM	M 40-44	2			01:45:03	<b>00:33:18.25</b>	<b>02:18:21.65</b>	+00:02:56 (8.8%)	6:39	9 (90.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>MARCINIAK Emil</b>	<b>205</b>	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	3			01:41:49	<b>00:33:22.05</b>	<b>02:15:11.95</b>	+00:03:00 (9.0%)	6:40	9 (90.9%)
17	<b>WASIELEWSKI Mirosław</b>	<b>353</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 50-54	3			01:46:40	<b>00:33:39.40</b>	<b>02:20:19.90</b>	+00:03:17 (9.8%)	6:43	8.9 (89.9%)
18	<b>KLARKOWSKI Bogdan</b>	<b>144</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	1			01:48:21	<b>00:33:43.20</b>	<b>02:22:04.45</b>	+00:03:21 (9.9%)	6:44	8.9 (89.9%)
19	<b>SŁOMIAN Leszek</b>	<b>297</b>	STADION ŚLĄSKI	M 50-54	4	1		01:46:41	<b>00:33:52.35</b>	<b>02:20:34.05</b>	+00:03:30 (10.4%)	6:46	8.9 (89.9%)
20	<b>SKWIRUT Jerzy</b>	<b>295</b>	FINISZ RYMANÓW	M Niepełnosprawni	1			01:46:40	<b>00:33:56.40</b>	<b>02:20:36.75</b>	+00:03:34 (10.5%)	6:47	8.8 (88.9%)
21	<b>SZUDARSKI Edward</b>	<b>321</b>	DWA KIJE SŁUPSK	M 55-59	2			01:47:31	<b>00:34:37.00</b>	<b>02:22:08.75</b>	+00:04:15 (12.3%)	6:55	8.7 (87.9%)
22	<b>GRYGOROWICZ Bogdan</b>	<b>112</b>	KGHM METRACO POLKOWICE	M 65-69	1			01:49:04	<b>00:34:39.90</b>	<b>02:23:44.55</b>	+00:04:17 (12.4%)	6:56	8.7 (87.9%)
23	<b>KNITTER Michał</b>	<b>148</b>	BŁĘKITNI NW DZIEMIANY	M Dzieci	1			01:39:49	<b>00:34:53.75</b>	<b>02:14:42.90</b>	+00:04:31 (13.0%)	6:58	8.6 (86.9%)
24	<b>WYSOCKI Marcin</b>	<b>377</b>	BŁĘKITNI NW DZIEMIANY	M Dzieci	2			01:39:47	<b>00:34:54.85</b>	<b>02:14:42.65</b>	+00:04:32 (13.0%)	6:59	8.6 (86.9%)
25	<b>MARCINKOWSKI Jakub</b>	<b>207</b>	NORDIC WALKING LUBLINIEC	M Junior	4			01:40:27	<b>00:34:59.55</b>	<b>02:15:27.20</b>	+00:04:37 (13.2%)	7:00	8.6 (86.9%)
26	<b>ĆWIKLIŃSKI Krystian</b>	<b>55</b>	THE BEST - MY IDZIEMY I CZEŚĆ	M Junior	5			01:40:27	<b>00:35:01.25</b>	<b>02:15:28.30</b>	+00:04:39 (13.3%)	7:00	8.6 (86.9%)
27	<b>RATECKI Marcin</b>	<b>275</b>	NORDIC WALKING TEAM GDAŃSK	M 40-44	3			01:45:04	<b>00:35:02.70</b>	<b>02:20:06.90</b>	+00:04:40 (13.3%)	7:00	8.6 (86.9%)
28	<b>ŻUCHOWICZ Robert</b>	<b>386</b>	DĄBROWA NORDIC TEAM	M 55-59	3			01:47:31	<b>00:35:13.90</b>	<b>02:22:45.55</b>	+00:04:51 (13.8%)	7:02	8.5 (85.9%)
29	<b>BARTOSIEWICZ Łukasz</b>	<b>11</b>	LUKI TEAM	M 30-39	3			01:43:31	<b>00:35:27.00</b>	<b>02:18:58.80</b>	+00:05:05 (14.3%)	7:05	8.5 (85.9%)
30	<b>GAPIŃSKI Leszek</b>	<b>95</b>	WESOŁY BORSUK TEAM	M 55-59	4			01:47:33	<b>00:35:31.65</b>	<b>02:23:04.85</b>	+00:05:09 (14.5%)	7:06	8.4 (84.8%)
31	<b>CHUDZIŃSKI Andrzej</b>	<b>49</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 65-69	2			01:49:03	<b>00:35:33.80</b>	<b>02:24:37.60</b>	+00:05:11 (14.6%)	7:06	8.4 (84.8%)
32	<b>TOFIL Adriana</b>	<b>332</b>		K 30-39	1			01:53:34	<b>00:35:34.75</b>	<b>02:29:09.55</b>	+00:05:12 (14.7%)	7:07	8.4 (84.8%)
33	<b>RAKUĆ Jakub</b>	<b>272</b>	RUCH PO ZDROWIE WŁOCLAWEK	M 18-29	4			01:41:49	<b>00:35:39.90</b>	<b>02:17:29.35</b>	+00:05:17 (14.9%)	7:08	8.4 (84.8%)
34	<b>DANA Andrzej</b>	<b>56</b>	KLUB NW PATYCZAKI	M 65-69	3			01:49:07	<b>00:35:44.25</b>	<b>02:24:51.35</b>	+00:05:22 (15.0%)	7:08	8.4 (84.8%)
35	<b>UKLEJEWSKI Przemek</b>	<b>338</b>	GOSIR OSIELSKO	M 40-44	4			01:45:02	<b>00:35:44.45</b>	<b>02:20:47.10</b>	+00:05:22 (15.0%)	7:09	8.4 (84.8%)
36	<b>PIATCZYC Michał</b>	<b>252</b>	NIE ZRZESZONY	M Dzieci	3			01:39:48	<b>00:35:47.00</b>	<b>02:15:35.65</b>	+00:05:25 (15.1%)	7:09	8.4 (84.8%)
37	<b>KUŚMIEREK Mateusz</b>	<b>176</b>	BŁĘKITNI NW DZIEMIANY	M Dzieci	4			01:39:48	<b>00:35:47.20</b>	<b>02:15:35.65</b>	+00:05:25 (15.1%)	7:09	8.4 (84.8%)
38	<b>FELIS Stanisław</b>	<b>85</b>		M Dzieci	5			01:39:47	<b>00:35:51.15</b>	<b>02:15:39.05</b>	+00:05:29 (15.3%)	7:10	8.4 (84.8%)
39	<b>ROSADZIŃSKI Sławomir</b>	<b>280</b>		M 45-49	4			01:45:57	<b>00:35:52.45</b>	<b>02:21:50.10</b>	+00:05:30 (15.4%)	7:10	8.4 (84.8%)
40	<b>LESIŃSKA Marzenna</b>	<b>181</b>	KGHM METRACO POLKOWICE	K 50-54	1			01:56:42	<b>00:36:02.20</b>	<b>02:32:44.45</b>	+00:05:40 (15.7%)	7:12	8.3 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
41	<b>JENDRUCHNIEWICZ Katarzyna</b>	<b>126</b>		K 30-39	2			01:53:35	<b>00:36:03.85</b>	<b>02:29:39.00</b>	+00:05:41 (15.8%)	7:12	8.3 (83.8%)
42	<b>SZPILMAN Marta</b>	<b>320</b>	IFON TEAM	K 18-29	1			01:52:35	<b>00:36:06.85</b>	<b>02:28:41.90</b>	+00:05:44 (15.9%)	7:13	8.3 (83.8%)
43	<b>KĘDZIERSKI Arkadiusz</b>	<b>142</b>		M 30-39	4			01:43:30	<b>00:36:08.30</b>	<b>02:19:39.15</b>	+00:05:46 (16.0%)	7:13	8.3 (83.8%)
44	<b>GAPIŃSKA Janina</b>	<b>94</b>	WESOŁY BORSUK TEAM	K 55-59	1			01:57:30	<b>00:36:14.20</b>	<b>02:33:44.45</b>	+00:05:52 (16.2%)	7:14	8.3 (83.8%)
45	<b>WALENDZIAK Alicja</b>	<b>342</b>	POCHODZĘ Z MALBORKA	K 30-39	3			01:53:35	<b>00:36:15.15</b>	<b>02:29:50.75</b>	+00:05:53 (16.2%)	7:15	8.3 (83.8%)
46	<b>SOBIŚ Marcin</b>	<b>300</b>	22. BAZA LOTNICTWA TAKTYCZNEGO W MALBORKUPOCHODZĘ Z MALBORKA	M 30-39	5			01:43:31	<b>00:36:17.00</b>	<b>02:19:48.75</b>	+00:05:55 (16.3%)	7:15	8.3 (83.8%)
47	<b>SOWA Jan</b>	<b>303</b>	NZ	M 65-69	4			01:49:03	<b>00:36:26.10</b>	<b>02:25:29.75</b>	+00:06:04 (16.7%)	7:17	8.2 (82.8%)
48	<b>WIŚNIEWSKI Rafał</b>	<b>369</b>		M 30-39	6			01:43:31	<b>00:36:27.95</b>	<b>02:19:59.35</b>	+00:06:05 (16.7%)	7:17	8.2 (82.8%)
49	<b>CIEŚLAK Iwona</b>	<b>52</b>	SANTORINI TAWERNA GRECKA	K 40-44	1			01:54:29	<b>00:36:28.60</b>	<b>02:30:58.30</b>	+00:06:06 (16.8%)	7:17	8.2 (82.8%)
50	<b>MARKOWSKA Halina</b>	<b>208</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	2			01:57:29	<b>00:36:29.05</b>	<b>02:33:58.10</b>	+00:06:07 (16.8%)	7:17	8.2 (82.8%)
51	<b>PODOLSKI Mirosław</b>	<b>261</b>	LKS ZANTYR SZTUM	M 60-64	2			01:48:21	<b>00:36:36.75</b>	<b>02:24:57.80</b>	+00:06:14 (17.1%)	7:19	8.2 (82.8%)
52	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>234</b>	SILESIA NORDIC TEAN	K 40-44	2			01:54:29	<b>00:36:45.30</b>	<b>02:31:15.15</b>	+00:06:23 (17.4%)	7:21	8.2 (82.8%)
53	<b>GŁADKOWSKA Małgorzata</b>	<b>99</b>	KGHM METRACO POLKOWICE	K 50-54	2			01:56:42	<b>00:36:45.80</b>	<b>02:33:28.25</b>	+00:06:23 (17.4%)	7:21	8.2 (82.8%)
54	<b>ŚWIERCZYŃSKA Joanna</b>	<b>327</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	1			01:55:34	<b>00:36:51.30</b>	<b>02:32:26.10</b>	+00:06:29 (17.6%)	7:22	8.1 (81.8%)
55	<b>NOWROTEK Roman</b>	<b>227</b>	WESOŁE BORSUKI TEAM	M 65-69	5			01:49:04	<b>00:36:52.50</b>	<b>02:25:56.55</b>	+00:06:30 (17.6%)	7:22	8.1 (81.8%)
56	<b>RAKUĆ Angelika</b>	<b>271</b>	RUCH PO ZDROWIE WŁOCLAWEK	K 18-29	2			01:52:34	<b>00:36:53.65</b>	<b>02:29:28.20</b>	+00:06:31 (17.7%)	7:22	8.1 (81.8%)
57	<b>WOŹNIAK Klaudia</b>	<b>374</b>	PODWÓJNY UŚMIECH	K Junior	1			01:51:45	<b>00:36:56.00</b>	<b>02:28:41.50</b>	+00:06:34 (17.8%)	7:23	8.1 (81.8%)
58	<b>SZPILMAN Katarzyna</b>	<b>319</b>	GDYNIA MOJE MIASTO	K 45-49	2			01:55:34	<b>00:36:56.15</b>	<b>02:32:30.65</b>	+00:06:34 (17.8%)	7:23	8.1 (81.8%)
59	<b>KOWALSKI Wawrzyniec</b>	<b>164</b>	UNIWERSYTET II WIEKU W MIEJSKIEJ GÓRCIE	M 50-54	5			01:46:42	<b>00:36:58.90</b>	<b>02:23:41.05</b>	+00:06:36 (17.9%)	7:23	8.1 (81.8%)
60	<b>BURDANOWSKI Andrzej</b>	<b>41</b>	GOSIR OSIELSKO	M 30-39	7			01:43:32	<b>00:37:00.30</b>	<b>02:20:32.60</b>	+00:06:38 (17.9%)	7:24	8.1 (81.8%)
61	<b>BOGDAN Witold</b>	<b>28</b>	NW CIECHANÓW	M 65-69	6			01:49:04	<b>00:37:02.70</b>	<b>02:26:07.60</b>	+00:06:40 (18.0%)	7:24	8.1 (81.8%)
62	<b>JÓZWIAK Marianna</b>	<b>129</b>	WTW WŁOCLAWEK	K 40-44	3			01:54:28	<b>00:37:06.00</b>	<b>02:31:34.60</b>	+00:06:44 (18.1%)	7:25	8.1 (81.8%)
63	<b>BRYL Michał</b>	<b>36</b>	ELBLĄSKIE WŁÓCZY-KIJE	M Niepełnosprawni	2			01:41:50	<b>00:37:10.45</b>	<b>02:19:00.85</b>	+00:06:48 (18.3%)	7:26	8.1 (81.8%)
64	<b>BŁASZCZYK Karolina</b>	<b>21</b>		K 30-39	4			01:53:36	<b>00:37:12.00</b>	<b>02:30:48.40</b>	+00:06:50 (18.4%)	7:26	8.1 (81.8%)
65	<b>KĘDZIERSKA Agnieszka</b>	<b>140</b>		K 30-39	5			01:53:36	<b>00:37:17.90</b>	<b>02:30:54.80</b>	+00:06:55 (18.6%)	7:27	8 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
66	<b>DOMAŃSKA Beata</b>	<b>68</b>		K 30-39	6			01:53:37	<b>00:37:20.95</b>	<b>02:30:57.95</b>	+00:06:58 (18.7%)	7:28	8 (80.8%)
67	<b>KOPEĆ Dorota</b>	<b>155</b>	BŁĘKITNI NW DZIEMIANY	K 18-29	3			01:52:35	<b>00:37:25.60</b>	<b>02:30:01.15</b>	+00:07:03 (18.9%)	7:29	8 (80.8%)
68	<b>GRALA Łukasz</b>	<b>396</b>	22. BAZA LOTNICTWA TAKTYCZNEGO W MALBORKU POCHODZĘ Z MALBORKA	M 30-39	8			01:43:32	<b>00:37:25.65</b>	<b>02:20:58.15</b>	+00:07:03 (18.9%)	7:29	8 (80.8%)
69	<b>GOŁĘBIEWSKI Andrzej</b>	<b>100</b>	KLUB SZUWAREK	M 55-59	5			01:47:32	<b>00:37:27.30</b>	<b>02:24:59.70</b>	+00:07:05 (18.9%)	7:29	8 (80.8%)
70	<b>ŚLEWIŃSKA Edyta</b>	<b>325</b>	BŁĘKITNI NW DZIEMIANY	K Dzieci	1			01:50:58	<b>00:37:28.75</b>	<b>02:28:27.15</b>	+00:07:06 (19.0%)	7:29	8 (80.8%)
71	<b>LEWANDOWSKA Joanna</b>	<b>187</b>	GOSIR OSIELSKO	K 30-39	7			01:53:41	<b>00:37:30.25</b>	<b>02:31:11.35</b>	+00:07:08 (19.0%)	7:30	8 (80.8%)
72	<b>KANIECKA Zofia</b>	<b>133</b>	NW CIECHANÓW	K 60-64	1			01:58:19	<b>00:37:37.15</b>	<b>02:35:56.85</b>	+00:07:15 (19.3%)	7:31	8 (80.8%)
73	<b>SZUDARSKI Marek</b>	<b>322</b>	DWA KIJE SŁUPSK	M Niepełnosprawni	3			01:41:50	<b>00:37:40.15</b>	<b>02:19:30.70</b>	+00:07:18 (19.4%)	7:32	8 (80.8%)
74	<b>WILKOŁEK-SZUDARSKA Saturnina</b>	<b>365</b>	DWA KIJE SŁUPSK	K Niepełnosprawni	1			01:57:29	<b>00:37:41.90</b>	<b>02:35:11.25</b>	+00:07:19 (19.4%)	7:32	8 (80.8%)
75	<b>KĘDZIERSKA Edyta</b>	<b>141</b>	POLSKA FEDERACJA NORDIC WALKING	K 40-44	4			01:54:28	<b>00:37:42.45</b>	<b>02:32:11.40</b>	+00:07:20 (19.5%)	7:32	8 (80.8%)
76	<b>DOMBRZALSKI Ryszard</b>	<b>69</b>	WTW WŁOCLAWEK	M 65-69	7			01:49:05	<b>00:37:42.95</b>	<b>02:26:48.20</b>	+00:07:20 (19.5%)	7:32	8 (80.8%)
77	<b>GÓRSKI Jacek</b>	<b>104</b>	GOSIR OSIELSKO	M 45-49	5			01:45:58	<b>00:37:48.25</b>	<b>02:23:46.85</b>	+00:07:26 (19.7%)	7:33	7.9 (79.8%)
78	<b>GROCHOWALSKI Mikołaj</b>	<b>110</b>	BAWILAND	M Dzieci	6			01:39:48	<b>00:37:49.00</b>	<b>02:17:37.05</b>	+00:07:27 (19.7%)	7:33	7.9 (79.8%)
79	<b>JÓŻWIAK Łukasz</b>	<b>128</b>	WTW WŁOCLAWEK	M Niepełnosprawni	4			01:45:58	<b>00:37:50.45</b>	<b>02:23:49.00</b>	+00:07:28 (19.8%)	7:34	7.9 (79.8%)
80	<b>BIK Przemysław</b>	<b>388</b>		M Dzieci	7			01:39:48	<b>00:37:50.60</b>	<b>02:17:39.45</b>	+00:07:28 (19.8%)	7:34	7.9 (79.8%)
81	<b>WIADERSKI Wojciech</b>	<b>359</b>		M 65-69	8			01:49:05	<b>00:37:50.90</b>	<b>02:26:56.40</b>	+00:07:28 (19.8%)	7:34	7.9 (79.8%)
82	<b>GRABSKI Grzegorz</b>	<b>105</b>	-	M 50-54	6			01:46:42	<b>00:37:52.70</b>	<b>02:24:34.95</b>	+00:07:30 (19.8%)	7:34	7.9 (79.8%)
83	<b>WAWRZY尼亚K Anna</b>	<b>355</b>		K 40-44	5			01:54:29	<b>00:37:56.10</b>	<b>02:32:25.30</b>	+00:07:34 (20.0%)	7:35	7.9 (79.8%)
84	<b>RE CZULSKA Katarzyna</b>	<b>276</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 45-49	3			01:55:35	<b>00:37:59.45</b>	<b>02:33:35.15</b>	+00:07:37 (20.1%)	7:36	7.9 (79.8%)
85	<b>KORDOWSKI Jakub</b>	<b>157</b>		M Junior	6			01:40:28	<b>00:38:00.10</b>	<b>02:18:28.75</b>	+00:07:38 (20.1%)	7:36	7.9 (79.8%)
86	<b>KUPIBIDA Bogusława</b>	<b>175</b>	SILESIA NORDIC TEAM	K 55-59	3			01:57:30	<b>00:38:02.55</b>	<b>02:35:33.45</b>	+00:07:40 (20.2%)	7:36	7.9 (79.8%)
87	<b>FELIS Beata</b>	<b>84</b>		K 45-49	4			01:55:35	<b>00:38:03.70</b>	<b>02:33:39.35</b>	+00:07:41 (20.2%)	7:36	7.9 (79.8%)
88	<b>KŁOPOTOWSKI Ryszard</b>	<b>146</b>	LKS ZANTYR SZTUM	M 50-54	7			01:46:42	<b>00:38:05.70</b>	<b>02:24:48.15</b>	+00:07:43 (20.3%)	7:37	7.9 (79.8%)
89	<b>KOLBERG Kamila</b>	<b>152</b>		K 30-39	8			01:53:36	<b>00:38:08.05</b>	<b>02:31:44.85</b>	+00:07:46 (20.4%)	7:37	7.9 (79.8%)
90	<b>THOMALLA Bogdan</b>	<b>330</b>	SILESIA NORDIC TEAM	M 70+	1			01:50:07	<b>00:38:09.05</b>	<b>02:28:16.35</b>	+00:07:47 (20.4%)	7:37	7.9 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
91	<b>GOTOWSKI Rafał</b>	<b>101</b>	UNIWERSYTET KAZIMIERZA WIELKIEGO	M 40-44	5			01:45:05	<b>00:38:10.95</b>	<b>02:23:16.45</b>	+00:07:48 (20.5%)	7:38	7.9 (79.8%)
92	<b>KAPTEINA Robert</b>	<b>134</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 40-44	6			01:45:04	<b>00:38:12.85</b>	<b>02:23:17.60</b>	+00:07:50 (20.5%)	7:38	7.8 (78.8%)
93	<b>ŻUCHOWICZ Elżbieta</b>	<b>385</b>	DĄBROWA NORDIC TEAM	K 55-59	4			01:57:29	<b>00:38:17.00</b>	<b>02:35:46.00</b>	+00:07:55 (20.7%)	7:39	7.8 (78.8%)
94	<b>CZERWIŃSKI Adam</b>	<b>403</b>		M 55-59	6			01:47:36	<b>00:38:19.50</b>	<b>02:25:55.85</b>	+00:07:57 (20.8%)	7:39	7.8 (78.8%)
95	<b>LEŚNIAK Łukasz</b>	<b>185</b>	NORDIC SPORT	M 30-39	9			01:43:34	<b>00:38:21.75</b>	<b>02:21:56.70</b>	+00:07:59 (20.8%)	7:40	7.8 (78.8%)
96	<b>SULECKA Gabriela</b>	<b>314</b>		K Niepełnosprawni	2			01:57:30	<b>00:38:23.90</b>	<b>02:35:54.05</b>	+00:08:01 (20.9%)	7:40	7.8 (78.8%)
97	<b>BIAŁK Roman</b>	<b>17</b>		M 60-64	3			01:48:21	<b>00:38:26.45</b>	<b>02:26:48.25</b>	+00:08:04 (21.0%)	7:41	7.8 (78.8%)
98	<b>KNITTER Agata</b>	<b>147</b>	BŁĘKITNI NW DZIEMIANY	K Dzieci	2			01:50:57	<b>00:38:28.30</b>	<b>02:29:26.15</b>	+00:08:06 (21.1%)	7:41	7.8 (78.8%)
99	<b>OLECH Marcin</b>	<b>231</b>		M 40-44	7			01:45:03	<b>00:38:30.30</b>	<b>02:23:33.75</b>	+00:08:08 (21.1%)	7:42	7.8 (78.8%)
100	<b>DANA Kazimiera</b>	<b>57</b>	KLUB NW PATYCZAKI	K 60-64	2			01:58:20	<b>00:38:31.70</b>	<b>02:36:52.15</b>	+00:08:09 (21.2%)	7:42	7.8 (78.8%)
101	<b>FILUSZ Alfred</b>	<b>88</b>		M 45-49	6			01:45:59	<b>00:38:34.55</b>	<b>02:24:33.70</b>	+00:08:12 (21.3%)	7:42	7.8 (78.8%)
102	<b>GRZESZCZAK Andrzej</b>	<b>113</b>	KGHM METRACO POLKOWICE	M 55-59	7	1		01:47:32	<b>00:38:37.95</b>	<b>02:26:10.30</b>	+00:08:15 (21.4%)	7:43	7.8 (78.8%)
103	<b>SŁOMIŃSKA Marta</b>	<b>298</b>	BŁĘKITNI NW DZIEMIANY	K Junior	2			01:51:45	<b>00:38:39.95</b>	<b>02:30:25.60</b>	+00:08:17 (21.5%)	7:44	7.8 (78.8%)
104	<b>MATKIEWICZ Piotr</b>	<b>394</b>		M 18-29	5			01:41:51	<b>00:38:45.35</b>	<b>02:20:36.45</b>	+00:08:23 (21.6%)	7:45	7.7 (77.8%)
105	<b>UKLEJEWSKA Oliwia</b>	<b>336</b>	GOSIR OSIELSKO	K Dzieci	3			01:50:56	<b>00:38:50.00</b>	<b>02:29:46.95</b>	+00:08:28 (21.8%)	7:46	7.7 (77.8%)
106	<b>BONEK Bronisław</b>	<b>31</b>	THE BEST - MY IDZIEMY I CZEŚĆ	M 70+	2			01:50:07	<b>00:38:53.90</b>	<b>02:29:01.75</b>	+00:08:31 (21.9%)	7:46	7.7 (77.8%)
107	<b>SIKORSKI Kazimierz</b>	<b>291</b>	WTW WŁOCŁAWEK	M 65-69	9			01:49:06	<b>00:39:04.75</b>	<b>02:28:11.15</b>	+00:08:42 (22.3%)	7:49	7.7 (77.8%)
108	<b>LANGMESSER Regina</b>	<b>180</b>	LKS ZANTYR	K 45-49	5			01:55:35	<b>00:39:11.95</b>	<b>02:34:47.45</b>	+00:08:49 (22.5%)	7:50	7.7 (77.8%)
109	<b>FARON Monika</b>	<b>82</b>	KOBIETA	K 30-39	9			01:53:38	<b>00:39:15.15</b>	<b>02:32:53.75</b>	+00:08:53 (22.6%)	7:51	7.6 (76.8%)
110	<b>PIATCZYC Wacław</b>	<b>253</b>	NIE ZRZESZONY	M Niepełnosprawni	5			01:46:40	<b>00:39:20.20</b>	<b>02:26:00.80</b>	+00:08:58 (22.8%)	7:52	7.6 (76.8%)
111	<b>PADIAS Paweł</b>	<b>243</b>		M 55-59	8			01:47:34	<b>00:39:21.05</b>	<b>02:26:55.15</b>	+00:08:59 (22.8%)	7:52	7.6 (76.8%)
112	<b>GRIGORIEWA Renata</b>	<b>395</b>		K Junior	3			01:51:46	<b>00:39:23.60</b>	<b>02:31:09.95</b>	+00:09:01 (22.9%)	7:52	7.6 (76.8%)
113	<b>SPYCHAŁA Michalina</b>	<b>305</b>	WESOŁY BORSUK TEAM	K Junior	4			01:51:45	<b>00:39:24.35</b>	<b>02:31:10.10</b>	+00:09:02 (22.9%)	7:53	7.6 (76.8%)
114	<b>KUSIEWICZ Piotr</b>	<b>399</b>	GOSIR OSIELSKO	M Dzieci	8			01:39:50	<b>00:39:25.65</b>	<b>02:19:16.05</b>	+00:09:03 (23.0%)	7:53	7.6 (76.8%)
115	<b>WALENDZIAK Jan</b>	<b>343</b>	POCHODZĘ Z MALBORKA	M Dzieci	9			01:39:51	<b>00:39:26.50</b>	<b>02:19:17.95</b>	+00:09:04 (23.0%)	7:53	7.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
116	<b>PAWŁOWSKA- WOŹNIAK</b> Małgorzata	<b>249</b>	PODWÓJNY UŚMIECH	K 30-39	10			01:53:34	<b>00:39:32.95</b>	<b>02:33:07.45</b>	+00:09:10 (23.2%)	7:54	7.6 (76.8%)
117	<b>SYSIK Tomasz</b>	<b>315</b>		M 30-39	10			01:43:34	<b>00:39:35.15</b>	<b>02:23:09.40</b>	+00:09:13 (23.3%)	7:55	7.6 (76.8%)
118	<b>ZIELIŃSKA Jolanta</b>	<b>382</b>	GOSIR OSIELSKO	K 50-54	3			01:56:47	<b>00:39:35.20</b>	<b>02:36:22.35</b>	+00:09:13 (23.3%)	7:55	7.6 (76.8%)
119	<b>WARUSZEWSKA Emilia</b>	<b>351</b>	GIM 3 TCZEW	K Dzieci	4			01:50:59	<b>00:39:35.75</b>	<b>02:30:35.15</b>	+00:09:13 (23.3%)	7:55	7.6 (76.8%)
120	<b>PACZUSKA Małgorzata</b>	<b>242</b>	FOREVER YOUNG ŁÓDŹ	K 55-59	5			01:57:37	<b>00:39:37.05</b>	<b>02:37:14.85</b>	+00:09:15 (23.4%)	7:55	7.6 (76.8%)
121	<b>DŁUGOŁĘCKI Mariusz</b>	<b>67</b>	DABROWA NORDIC TEAM	M 40-44	8	1		01:45:05	<b>00:39:47.50</b>	<b>02:24:52.75</b>	+00:09:25 (23.7%)	7:57	7.5 (75.8%)
122	<b>STAŃCZYK Bożena</b>	<b>307</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	6			01:57:34	<b>00:39:55.20</b>	<b>02:37:30.05</b>	+00:09:33 (23.9%)	7:59	7.5 (75.8%)
123	<b>BIEGAŁA Magdalena</b>	<b>18</b>	SANTORINI TAWERNA GRECKA	K 30-39	11			01:53:36	<b>00:39:55.90</b>	<b>02:33:32.35</b>	+00:09:33 (24.0%)	7:59	7.5 (75.8%)
124	<b>KOŁPAK Irena</b>	<b>154</b>	LKS ZANTYR SZTUM	K 60-64	3			01:58:20	<b>00:39:56.65</b>	<b>02:38:17.10</b>	+00:09:34 (24.0%)	7:59	7.5 (75.8%)
125	<b>ROSZAK Andrzej</b>	<b>387</b>		M 30-39	11			01:43:30	<b>00:39:57.35</b>	<b>02:23:27.60</b>	+00:09:35 (24.0%)	7:59	7.5 (75.8%)
126	<b>KORDOWSKA Bogusława</b>	<b>156</b>	UPOJENI WIATREM	K 40-44	6			01:54:30	<b>00:39:57.60</b>	<b>02:34:28.15</b>	+00:09:35 (24.0%)	7:59	7.5 (75.8%)
127	<b>LEWANDOWSKI Łukasz</b>	<b>189</b>	GOSIR OSIELSKO	M Dzieci	10			01:39:50	<b>00:39:59.00</b>	<b>02:19:49.75</b>	+00:09:37 (24.1%)	7:59	7.5 (75.8%)
128	<b>OZIEMKIEWICZ Piotr</b>	<b>241</b>	PUKS SALWATOR	M Dzieci	11			01:39:48	<b>00:40:03.10</b>	<b>02:19:51.95</b>	+00:09:41 (24.2%)	8:00	7.5 (75.8%)
129	<b>OKUPSKI Ryszard</b>	<b>230</b>	NIEZRZESZONY	M 65-69	10			01:49:06	<b>00:40:03.95</b>	<b>02:29:10.05</b>	+00:09:41 (24.2%)	8:00	7.5 (75.8%)
130	<b>CHOJNACKA Ewa</b>	<b>46</b>	FOREVER YOUNG	K 65-69	1			01:59:19	<b>00:40:04.50</b>	<b>02:39:24.40</b>	+00:09:42 (24.2%)	8:01	7.5 (75.8%)
131	<b>KULIG Bożena</b>	<b>174</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	4			01:58:19	<b>00:40:05.95</b>	<b>02:38:25.40</b>	+00:09:43 (24.3%)	8:01	7.5 (75.8%)
132	<b>KUCHARZEWSKI Igor</b>	<b>22</b>		M Dzieci	12			01:39:49	<b>00:40:06.95</b>	<b>02:19:56.40</b>	+00:09:44 (24.3%)	8:01	7.5 (75.8%)
133	<b>BOBER-OGON Betina</b>	<b>23</b>	SILESIA NORDIC TEAM	K 18-29	4			01:52:34	<b>00:40:09.35</b>	<b>02:32:44.00</b>	+00:09:47 (24.4%)	8:02	7.5 (75.8%)
134	<b>SOBIESKA Alina</b>	<b>299</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 50-54	4			01:56:45	<b>00:40:13.80</b>	<b>02:36:59.00</b>	+00:09:51 (24.5%)	8:02	7.5 (75.8%)
135	<b>PIATCZYC Barbara</b>	<b>251</b>	NIE ZRZESZONA	K 50-54	5			01:56:43	<b>00:40:14.10</b>	<b>02:36:57.35</b>	+00:09:52 (24.5%)	8:02	7.5 (75.8%)
136	<b>BRANCZEWSKA Ewa</b>	<b>33</b>	MOSIR MŁAWA	K 30-39	12			01:53:37	<b>00:40:15.30</b>	<b>02:33:53.15</b>	+00:09:53 (24.6%)	8:03	7.5 (75.8%)
137	<b>DZIEMIŃSKI Jan</b>	<b>80</b>	BŁĘKITNI NW DZIEMIANY	M Dzieci	13			01:39:48	<b>00:40:17.25</b>	<b>02:20:05.25</b>	+00:09:55 (24.6%)	8:03	7.4 (74.7%)
138	<b>KUBICKA Danuta</b>	<b>171</b>	KGHM METRACO POLKOWICE	K 60-64	5			01:58:20	<b>00:40:18.45</b>	<b>02:38:38.80</b>	+00:09:56 (24.7%)	8:03	7.4 (74.7%)
139	<b>SOBOL Paulina</b>	<b>408</b>	ELBLĄSKIE WŁÓCZYKIJE	K 18-29	5			01:52:36	<b>00:40:21.45</b>	<b>02:32:58.15</b>	+00:09:59 (24.8%)	8:04	7.4 (74.7%)
140	<b>POTOCKI Mikołaj</b>	<b>263</b>	NIE ZRZESZONY	M Junior	7			01:40:27	<b>00:40:22.40</b>	<b>02:20:49.45</b>	+00:10:00 (24.8%)	8:04	7.4 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
141	<b>HADRYK Elżbieta</b>	<b>115</b>		K 30-39	13			01:53:35	<b>00:40:23.15</b>	<b>02:33:58.25</b>	+00:10:01 (24.8%)	8:04	7.4 (74.7%)
142	<b>LABUDDA Katarzyna</b>	<b>178</b>	WEJHEROWO	K 30-39	14			01:53:36	<b>00:40:23.50</b>	<b>02:33:59.65</b>	+00:10:01 (24.8%)	8:04	7.4 (74.7%)
143	<b>KOSIŃSKA Maria</b>	<b>162</b>	MOSIR	K 55-59	7			01:57:32	<b>00:40:26.85</b>	<b>02:37:59.45</b>	+00:10:04 (24.9%)	8:05	7.4 (74.7%)
144	<b>BOGDAN Grażyna</b>	<b>27</b>	NW CIECHANÓW	K 60-64	6			01:58:21	<b>00:40:30.65</b>	<b>02:38:52.35</b>	+00:10:08 (25.0%)	8:06	7.4 (74.7%)
145	<b>MALISZEWSKA Marianna</b>	<b>202</b>		K Niepełnosprawni	3			01:56:44	<b>00:40:30.90</b>	<b>02:37:14.90</b>	+00:10:08 (25.0%)	8:06	7.4 (74.7%)
146	<b>KORYZNA Jonas</b>	<b>159</b>	LITHUANIAN NORDIC WALKING ASSOCIATION	M 60-64	4			01:48:20	<b>00:40:33.70</b>	<b>02:28:54.35</b>	+00:10:11 (25.1%)	8:06	7.4 (74.7%)
147	<b>STOLTMANN Helena</b>	<b>311</b>	BŁĘKITNI NW DZIEMIANY	K 55-59	8	1		01:57:29	<b>00:40:40.15</b>	<b>02:38:10.00</b>	+00:10:18 (25.3%)	8:08	7.4 (74.7%)
148	<b>DZIEMIŃSKA Magdalena</b>	<b>79</b>	BŁĘKITNI NW DZIEMIANY	K 30-39	15			01:53:34	<b>00:40:41.65</b>	<b>02:34:16.00</b>	+00:10:19 (25.4%)	8:08	7.4 (74.7%)
149	<b>PIĄTKOWSKI Józef</b>	<b>254</b>	KGHM METRACO POLKOWICE	M 70+	3			01:50:07	<b>00:40:43.60</b>	<b>02:30:51.45</b>	+00:10:21 (25.4%)	8:08	7.4 (74.7%)
150	<b>DANOWSKA Barbara</b>	<b>400</b>		K 50-54	6			01:56:45	<b>00:40:45.70</b>	<b>02:37:31.40</b>	+00:10:23 (25.5%)	8:09	7.4 (74.7%)
151	<b>MAJEWSKA Joanna</b>	<b>198</b>		K 55-59	9			01:57:32	<b>00:40:49.70</b>	<b>02:38:21.70</b>	+00:10:27 (25.6%)	8:09	7.3 (73.7%)
152	<b>PIOTROWSKA Joanna</b>	<b>259</b>	PFNW	K 40-44	7			01:54:34	<b>00:40:50.75</b>	<b>02:35:25.65</b>	+00:10:28 (25.7%)	8:10	7.3 (73.7%)
153	<b>MECH Katarzyna</b>	<b>213</b>		K 30-39	16			01:53:38	<b>00:40:57.85</b>	<b>02:34:36.70</b>	+00:10:35 (25.9%)	8:11	7.3 (73.7%)
154	<b>CISEK Jerzy</b>	<b>53</b>	WTW WŁOCŁAWEK	M 65-69	11			01:49:07	<b>00:40:58.65</b>	<b>02:30:06.05</b>	+00:10:36 (25.9%)	8:11	7.3 (73.7%)
155	<b>SZWAJKOWSKA Olga</b>	<b>324</b>	MOSIR	K 18-29	6			01:53:35	<b>00:41:17.45</b>	<b>02:34:53.30</b>	+00:10:55 (26.5%)	8:15	7.3 (73.7%)
156	<b>URBAN Zdzisława</b>	<b>5</b>		K 70+	1			02:00:18	<b>00:41:17.70</b>	<b>02:41:36.00</b>	+00:10:55 (26.5%)	8:15	7.3 (73.7%)
157	<b>BARTOSIEWICZ Włodzimierz</b>	<b>12</b>	LUKI TEAM	M 60-64	5			01:48:20	<b>00:41:18.95</b>	<b>02:29:39.50</b>	+00:10:56 (26.5%)	8:15	7.3 (73.7%)
158	<b>BELOKON Alexander</b>	<b>14</b>	VESTA-NW	M 55-59	9			01:47:34	<b>00:41:19.40</b>	<b>02:28:54.15</b>	+00:10:57 (26.5%)	8:16	7.3 (73.7%)
159	<b>PODSIADŁY Marlena</b>	<b>262</b>	ZAKĄTEK DANKOWO	K 55-59	10			01:57:32	<b>00:41:19.95</b>	<b>02:38:52.60</b>	+00:10:57 (26.5%)	8:16	7.3 (73.7%)
160	<b>PIOTRKIEWICZ Anna</b>	<b>258</b>		M 40-44	9			01:54:33	<b>00:41:25.80</b>	<b>02:35:59.10</b>	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
161	<b>KRAWCZYKOWSKA Barbara</b>	<b>167</b>	LKS ZANTYR SZTUM	K 55-59	11			01:57:31	<b>00:41:26.60</b>	<b>02:38:57.80</b>	+00:11:04 (26.7%)	8:17	7.2 (72.7%)
162	<b>PRZECIŃSKA Izabela</b>	<b>266</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 40-44	8			01:54:31	<b>00:41:35.25</b>	<b>02:36:06.45</b>	+00:11:13 (27.0%)	8:19	7.2 (72.7%)
163	<b>FIGURSKA Dominika</b>	<b>87</b>		K 18-29	7			01:52:35	<b>00:41:35.75</b>	<b>02:34:11.35</b>	+00:11:13 (27.0%)	8:19	7.2 (72.7%)
164	<b>MILEWSKI Łukasz</b>	<b>216</b>		M 18-29	6			01:41:50	<b>00:41:39.85</b>	<b>02:23:30.65</b>	+00:11:17 (27.1%)	8:20	7.2 (72.7%)
165	<b>UTRATA Mirosław</b>	<b>340</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 55-59	10			01:47:34	<b>00:41:43.25</b>	<b>02:29:17.35</b>	+00:11:21 (27.2%)	8:20	7.2 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
166	<b>TOFIL Emilia</b>	<b>333</b>	SP 40	K Dzieci	5			01:50:57	<b>00:41:45.30</b>	<b>02:32:42.55</b>	+00:11:23 (27.3%)	8:21	7.2 (72.7%)
167	<b>WIESZOŁEK Ewelina</b>	<b>362</b>		K 30-39	17			01:53:37	<b>00:41:47.70</b>	<b>02:35:25.65</b>	+00:11:25 (27.3%)	8:21	7.2 (72.7%)
168	<b>SIEMIONEK Jolanta</b>	<b>288</b>	AKTYWNI Z PASJĄ ŁUKÓW	K Niepełnosprawni	4			01:57:33	<b>00:41:48.20</b>	<b>02:39:21.40</b>	+00:11:26 (27.4%)	8:21	7.2 (72.7%)
169	<b>MAZERSKA Maria</b>	<b>210</b>	LKS ZANTYR SZTUM	K 65-69	2			01:59:20	<b>00:41:55.00</b>	<b>02:41:15.95</b>	+00:11:33 (27.6%)	8:23	7.2 (72.7%)
170	<b>WIERESZKO-CZYŻ Regina</b>	<b>361</b>		K 55-59	12			01:57:31	<b>00:42:00.45</b>	<b>02:39:31.90</b>	+00:11:38 (27.7%)	8:24	7.1 (71.7%)
171	<b>ŁYSAKOWSKI Marian</b>	<b>196</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	6	1		01:48:21	<b>00:42:01.90</b>	<b>02:30:23.45</b>	+00:11:39 (27.8%)	8:24	7.1 (71.7%)
172	<b>KUCZEWSKA Karolina</b>	<b>391</b>		K Dzieci	6			01:50:58	<b>00:42:13.75</b>	<b>02:33:11.75</b>	+00:11:51 (28.1%)	8:26	7.1 (71.7%)
173	<b>HARTMANN Jolanta</b>	<b>118</b>	PATYCZAKI	K 50-54	7			01:56:43	<b>00:42:16.95</b>	<b>02:39:00.35</b>	+00:11:54 (28.2%)	8:27	7.1 (71.7%)
174	<b>DAWID Anna</b>	<b>62</b>	NIEZŁE SZPRYCHY	K 40-44	9			01:54:32	<b>00:42:17.50</b>	<b>02:36:50.45</b>	+00:11:55 (28.2%)	8:27	7.1 (71.7%)
175	<b>OMARSKA Grażyna</b>	<b>235</b>	PASJA NORDIC WALKING	K 55-59	13			01:57:32	<b>00:42:18.85</b>	<b>02:39:51.15</b>	+00:11:56 (28.2%)	8:27	7.1 (71.7%)
176	<b>WALESZKO Andrzej</b>	<b>347</b>		M 40-44	10			01:45:04	<b>00:42:20.30</b>	<b>02:27:24.35</b>	+00:11:58 (28.3%)	8:28	7.1 (71.7%)
177	<b>OZIEMKIEWICZ Magdalena</b>	<b>240</b>	PUKS SALWATOR	K Dzieci	7	1		01:50:57	<b>00:42:24.20</b>	<b>02:33:21.55</b>	+00:12:02 (28.4%)	8:28	7.1 (71.7%)
178	<b>GROCHOWALSKA Jadwiga</b>	<b>108</b>	BAWILAND	K Niepełnosprawni	5			01:56:44	<b>00:42:34.40</b>	<b>02:39:18.70</b>	+00:12:12 (28.7%)	8:30	7 (70.7%)
179	<b>DARGAS Małgorzata</b>	<b>58</b>	BŁĘKITNI NW DZIEMIANY	K 40-44	10			01:54:29	<b>00:42:35.70</b>	<b>02:37:05.50</b>	+00:12:13 (28.7%)	8:31	7 (70.7%)
180	<b>MAĆZKA Maria</b>	<b>211</b>		K 65-69	3			01:59:19	<b>00:42:36.70</b>	<b>02:41:56.30</b>	+00:12:14 (28.7%)	8:31	7 (70.7%)
181	<b>WAWIROWICZ Anita</b>	<b>354</b>		K 30-39	18			01:53:37	<b>00:42:44.55</b>	<b>02:36:22.50</b>	+00:12:22 (29.0%)	8:33	7 (70.7%)
182	<b>PRZEDWOJEWSKA Róża</b>	<b>267</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	4			01:59:20	<b>00:42:52.65</b>	<b>02:42:13.30</b>	+00:12:30 (29.2%)	8:34	7 (70.7%)
183	<b>MALISZEWSKI Marek</b>	<b>203</b>		M Niepełnosprawni	6			01:47:35	<b>00:42:56.95</b>	<b>02:30:32.30</b>	+00:12:34 (29.3%)	8:35	7 (70.7%)
184	<b>MARCINIAK Hanna</b>	<b>206</b>	WTW WŁOCLAWEK	K 50-54	8			01:56:46	<b>00:43:03.10</b>	<b>02:39:49.55</b>	+00:12:41 (29.5%)	8:36	7 (70.7%)
185	<b>KASZUBSKI Janusz</b>	<b>402</b>	ZAKĄTEK DANKOWO	M 60-64	7			01:48:21	<b>00:43:06.50</b>	<b>02:31:28.45</b>	+00:12:44 (29.6%)	8:37	7 (70.7%)
185	<b>ZAKRZEWSKA Henryka</b>	<b>380</b>		K 65-69	5			01:59:19	<b>00:43:06.50</b>	<b>02:42:26.10</b>	+00:12:44 (29.6%)	8:37	7 (70.7%)
187	<b>FRĄTCZAK Zdzisław</b>	<b>90</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	8			01:48:21	<b>00:43:06.70</b>	<b>02:31:27.85</b>	+00:12:44 (29.6%)	8:37	7 (70.7%)
188	<b>WILGORSKA Bożena</b>	<b>364</b>		K 55-59	14			01:57:38	<b>00:43:13.60</b>	<b>02:40:52.30</b>	+00:12:51 (29.8%)	8:38	6.9 (69.7%)
189	<b>KAPTUR Marcelina</b>	<b>135</b>		K 18-29	8			01:52:36	<b>00:43:13.80</b>	<b>02:35:50.10</b>	+00:12:51 (29.8%)	8:38	6.9 (69.7%)
190	<b>WALENDZIAK Milena</b>	<b>344</b>	POCHODZĘ Z MALBORKA	K Dzieci	8			01:50:58	<b>00:43:13.95</b>	<b>02:34:12.60</b>	+00:12:51 (29.8%)	8:38	6.9 (69.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
191	<b>SZNAJDER Teresa</b>	<b>318</b>	ZSE-U W RYBNIKU	K 60-64	7			01:58:21	<b>00:43:20.55</b>	<b>02:41:41.75</b>	+00:12:58 (29.9%)	8:40	6.9 (69.7%)
192	<b>RATAJCZAK Jerzy</b>	<b>274</b>		M 70+	4			01:50:06	<b>00:43:21.00</b>	<b>02:33:27.75</b>	+00:12:59 (30.0%)	8:40	6.9 (69.7%)
193	<b>MOCZARSKI Adam</b>	<b>218</b>	ŻABI KRUK	M Niepełnosprawni	7			01:49:04	<b>00:43:22.75</b>	<b>02:32:27.45</b>	+00:13:00 (30.0%)	8:40	6.9 (69.7%)
194	<b>DARGAS Sandra</b>	<b>60</b>	BŁĘKITNI NW DZIEMIANY	K Dzieci	9			01:50:58	<b>00:43:35.30</b>	<b>02:34:33.70</b>	+00:13:13 (30.3%)	8:43	6.9 (69.7%)
195	<b>GÓRSKA Wioletta</b>	<b>103</b>	GOSIR OSIELSKO	K 45-49	6			01:55:36	<b>00:43:37.95</b>	<b>02:39:14.45</b>	+00:13:15 (30.4%)	8:43	6.9 (69.7%)
196	<b>KOCIŃSKI Leszek</b>	<b>150</b>	WTW WŁOCLAWEK	M 65-69	12			01:49:08	<b>00:43:39.60</b>	<b>02:32:48.05</b>	+00:13:17 (30.4%)	8:44	6.9 (69.7%)
197	<b>WOŹNIKOWSKI Tomasz</b>	<b>375</b>		M 65-69	13			01:49:05	<b>00:43:43.15</b>	<b>02:32:48.50</b>	+00:13:21 (30.5%)	8:44	6.9 (69.7%)
198	<b>POTOCKI Rafał</b>	<b>264</b>	NIE ZRZESZONY	M Dzieci	14			01:39:49	<b>00:43:47.05</b>	<b>02:23:36.60</b>	+00:13:25 (30.6%)	8:45	6.9 (69.7%)
199	<b>ROSZAK Adrian</b>	<b>151</b>		M Dzieci	15			01:39:48	<b>00:43:48.25</b>	<b>02:23:36.80</b>	+00:13:26 (30.7%)	8:45	6.8 (68.7%)
200	<b>DĘBECKA Anna</b>	<b>65</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 40-44	11			01:54:32	<b>00:43:55.20</b>	<b>02:38:27.50</b>	+00:13:33 (30.9%)	8:47	6.8 (68.7%)
201	<b>MALYCHINA Larisa</b>	<b>204</b>	VESTA-NW	K 45-49	7			01:54:35	<b>00:43:56.80</b>	<b>02:38:32.10</b>	+00:13:34 (30.9%)	8:47	6.8 (68.7%)
202	<b>DYBOWSKA Henryka</b>	<b>76</b>	RUCH PO ZDROWIE WŁOCLAWEK	K 50-54	9			01:56:43	<b>00:43:56.95</b>	<b>02:40:40.70</b>	+00:13:34 (30.9%)	8:47	6.8 (68.7%)
203	<b>NABAKOWSKA Barbara</b>	<b>222</b>		K 55-59	15			01:57:34	<b>00:44:01.20</b>	<b>02:41:35.20</b>	+00:13:39 (31.0%)	8:48	6.8 (68.7%)
204	<b>LEWANDOWSKA Krystyna</b>	<b>188</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	8			01:58:26	<b>00:44:01.30</b>	<b>02:42:27.85</b>	+00:13:39 (31.0%)	8:48	6.8 (68.7%)
205	<b>ADAMOWICZ Ewa</b>	<b>1</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	6			01:59:21	<b>00:44:09.10</b>	<b>02:43:30.85</b>	+00:13:47 (31.2%)	8:49	6.8 (68.7%)
206	<b>KUCHARZEWSKI Andrzej</b>	<b>61</b>		M 50-54	8			01:46:39	<b>00:44:12.70</b>	<b>02:30:52.45</b>	+00:13:50 (31.3%)	8:50	6.8 (68.7%)
207	<b>OGONOWSKA Edyta</b>	<b>228</b>	KLUB NW PATYCZAKI	K 50-54	10			01:56:43	<b>00:44:15.20</b>	<b>02:40:58.60</b>	+00:13:53 (31.4%)	8:51	6.8 (68.7%)
208	<b>SOKOŁOWSKA Weronika</b>	<b>301</b>		K 18-29	9			01:52:35	<b>00:44:23.05</b>	<b>02:36:58.65</b>	+00:14:01 (31.6%)	8:52	6.8 (68.7%)
209	<b>ZIĘBA Julia</b>	<b>383</b>	KLUB NW STADION SŁĄSKI	K 70+	2			02:00:18	<b>00:44:24.35</b>	<b>02:44:42.70</b>	+00:14:02 (31.6%)	8:52	6.8 (68.7%)
210	<b>LIU Xiao</b>	<b>194</b>	CHINA NORDIC WALKING ASSOCIATION	K 30-39	19			01:53:38	<b>00:44:27.90</b>	<b>02:38:06.75</b>	+00:14:05 (31.7%)	8:53	6.7 (67.7%)
211	<b>SIEMIONEK Adam</b>	<b>286</b>		M Niepełnosprawni	8			01:47:34	<b>00:44:29.85</b>	<b>02:32:03.95</b>	+00:14:07 (31.8%)	8:53	6.7 (67.7%)
212	<b>STRZELECKA Małgorzata</b>	<b>313</b>	SAILING TEAM FERAJNA	K 40-44	12			01:54:32	<b>00:44:31.05</b>	<b>02:39:03.60</b>	+00:14:09 (31.8%)	8:54	6.7 (67.7%)
213	<b>OLEŚ Elżbieta</b>	<b>233</b>	MOSIR MŁAWA	K 65-69	7			01:59:20	<b>00:44:31.80</b>	<b>02:43:52.75</b>	+00:14:09 (31.8%)	8:54	6.7 (67.7%)
214	<b>LADA Krystyna</b>	<b>179</b>		K 60-64	9			01:58:22	<b>00:44:32.60</b>	<b>02:42:55.00</b>	+00:14:10 (31.8%)	8:54	6.7 (67.7%)
215	<b>BONIEWICZ Konrad</b>	<b>397</b>	GOSIR OSIELSKO	M 70+	5			01:50:07	<b>00:44:33.25</b>	<b>02:34:40.90</b>	+00:14:11 (31.8%)	8:54	6.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
216	<b>MAĆZKOWSKA Danuta</b>	<b>212</b>		K 55-59	16			01:57:35	<b>00:44:33.80</b>	<b>02:42:09.45</b>	+00:14:11 (31.9%)	8:54	6.7 (67.7%)
217	<b>NAWROTEK Urszula</b>	<b>389</b>	WESOŁE BORSUKI TEAM	K 50-54	11			01:56:44	<b>00:44:36.95</b>	<b>02:41:21.85</b>	+00:14:14 (31.9%)	8:55	6.7 (67.7%)
218	<b>PARSZUTO Gabriela</b>	<b>247</b>		K 55-59	17			01:57:35	<b>00:44:43.15</b>	<b>02:42:18.50</b>	+00:14:21 (32.1%)	8:56	6.7 (67.7%)
219	<b>OSSOWSKA-BAŃKA Justyna</b>	<b>238</b>		K 30-39	20			01:53:42	<b>00:44:48.60</b>	<b>02:38:31.05</b>	+00:14:26 (32.2%)	8:57	6.7 (67.7%)
220	<b>KOLBUSZ Janina</b>	<b>153</b>	KGHM METRACO POLKOWICE	K 65-69	8			01:59:20	<b>00:44:50.40</b>	<b>02:44:10.65</b>	+00:14:28 (32.3%)	8:58	6.7 (67.7%)
221	<b>GULBICKA Teresa</b>	<b>114</b>		K 55-59	18			01:57:31	<b>00:44:54.70</b>	<b>02:42:26.40</b>	+00:14:32 (32.4%)	8:59	6.7 (67.7%)
222	<b>ANTKOWIAK Anna</b>	<b>7</b>	FACE NW TEAM	K 30-39	21			01:53:39	<b>00:44:57.25</b>	<b>02:38:37.05</b>	+00:14:35 (32.4%)	8:59	6.7 (67.7%)
223	<b>LEWANDOWSKA Anna</b>	<b>186</b>	ZAKĄTEK DANKOWO	K 30-39	22			01:53:33	<b>00:44:58.30</b>	<b>02:38:32.25</b>	+00:14:36 (32.5%)	8:59	6.7 (67.7%)
224	<b>NIEWIADOMSKI Oliwier</b>	<b>407</b>		M Dzieci	16			01:39:50	<b>00:44:59.35</b>	<b>02:24:50.15</b>	+00:14:37 (32.5%)	9:00	6.7 (67.7%)
225	<b>KULESZA-BRUNKA Dorota</b>	<b>173</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 50-54	12			01:56:46	<b>00:44:59.85</b>	<b>02:41:45.90</b>	+00:14:37 (32.5%)	8:59	6.7 (67.7%)
226	<b>TOMPOROWSKA Jolanta</b>	<b>334</b>	FAMA	K 45-49	8			01:55:39	<b>00:45:02.45</b>	<b>02:40:41.45</b>	+00:14:40 (32.6%)	9:00	6.7 (67.7%)
227	<b>WINCZEWSKA Anna</b>	<b>366</b>	RUCH PO ZDROWIE WŁOCLAWEK	K 45-49	9			01:55:37	<b>00:45:03.65</b>	<b>02:40:40.80</b>	+00:14:41 (32.6%)	9:00	6.7 (67.7%)
228	<b>WALESZKO Anna</b>	<b>348</b>		K 40-44	13			01:54:30	<b>00:45:05.85</b>	<b>02:39:36.35</b>	+00:14:43 (32.7%)	9:01	6.7 (67.7%)
229	<b>SIEMIONEK Kamila</b>	<b>289</b>	SZKOŁA PODSTAWOWA NR 5	K Dzieci	10			01:50:59	<b>00:45:08.95</b>	<b>02:36:08.15</b>	+00:14:46 (32.7%)	9:01	6.6 (66.7%)
230	<b>BLACHOWSKA Monika</b>	<b>20</b>		K 30-39	23			01:53:40	<b>00:45:10.95</b>	<b>02:38:51.25</b>	+00:14:48 (32.8%)	9:02	6.6 (66.7%)
231	<b>NOWICKA Hanna</b>	<b>226</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	10			01:58:25	<b>00:45:18.10</b>	<b>02:43:43.60</b>	+00:14:56 (33.0%)	9:03	6.6 (66.7%)
232	<b>LESZCZYŃSKA Kazimiera</b>	<b>183</b>	GOSIR OSIELSKO	K 55-59	19			01:57:34	<b>00:45:21.10</b>	<b>02:42:55.90</b>	+00:14:59 (33.0%)	9:04	6.6 (66.7%)
233	<b>SŁOMCZYŃSKI Andrzej</b>	<b>296</b>		M 60-64	9			01:47:33	<b>00:45:21.95</b>	<b>02:32:54.95</b>	+00:14:59 (33.1%)	9:04	6.6 (66.7%)
234	<b>AGEJCZYK Tomasz</b>	<b>2</b>	MOSIR ELBLĄG	M 30-39	12			01:43:35	<b>00:45:33.10</b>	<b>02:29:08.75</b>	+00:15:11 (33.3%)	9:06	6.6 (66.7%)
235	<b>GARBACZEWSKA Natalia</b>	<b>97</b>		K Junior	5			01:51:47	<b>00:45:47.40</b>	<b>02:37:34.65</b>	+00:15:25 (33.7%)	9:09	6.6 (66.7%)
236	<b>KOZAKIEWICZ Wiesława</b>	<b>165</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	11			01:58:23	<b>00:45:54.95</b>	<b>02:44:18.05</b>	+00:15:32 (33.9%)	9:11	6.5 (65.7%)
237	<b>JASIŃSKA Bogumiła</b>	<b>124</b>	KLUB SPORTOWY ELBLASKIE WLOCZY-KIJE	K 60-64	12			01:58:24	<b>00:45:58.50</b>	<b>02:44:23.05</b>	+00:15:36 (33.9%)	9:11	6.5 (65.7%)
238	<b>JADANOWSKA Halina</b>	<b>122</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	13			01:58:24	<b>00:46:08.45</b>	<b>02:44:32.50</b>	+00:15:46 (34.2%)	9:13	6.5 (65.7%)
239	<b>RATAJCZAK Danuta</b>	<b>273</b>		K Niepełnosprawni	6			01:59:21	<b>00:46:14.50</b>	<b>02:45:36.10</b>	+00:15:52 (34.3%)	9:15	6.5 (65.7%)
240	<b>SZULC-DRABCZYK Urszula</b>	<b>323</b>	KGHM METRACO POLKOWICE	K Niepełnosprawni	7			01:58:21	<b>00:46:14.85</b>	<b>02:44:36.50</b>	+00:15:52 (34.3%)	9:15	6.5 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
241	<b>OSTROWSKA Halina</b>	<b>239</b>	WTW WŁOCŁAWEK	K 55-59	20			01:57:35	<b>00:46:17.65</b>	<b>02:43:52.75</b>	+00:15:55 (34.4%)	9:15	6.5 (65.7%)
242	<b>SPYCHAŁA Bożena</b>	<b>304</b>		K 55-59	21			01:57:33	<b>00:46:22.15</b>	<b>02:43:55.55</b>	+00:16:00 (34.5%)	9:16	6.5 (65.7%)
243	<b>MIELEWCZYK Aleksandra</b>	<b>215</b>		K 50-54	13			01:56:42	<b>00:46:22.75</b>	<b>02:43:04.90</b>	+00:16:00 (34.5%)	9:16	6.5 (65.7%)
244	<b>WIKIERA Joanna</b>	<b>363</b>		K 40-44	14			01:54:30	<b>00:46:32.50</b>	<b>02:41:03.25</b>	+00:16:10 (34.8%)	9:18	6.4 (64.6%)
245	<b>YANG Liqiang</b>	<b>378</b>	CHINA NORDIC WALKING ASSOCIATION	M 50-54	9			01:46:40	<b>00:46:33.80</b>	<b>02:33:14.10</b>	+00:16:11 (34.8%)	9:18	6.4 (64.6%)
246	<b>KARCZEWSKI Krzysztof</b>	<b>137</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M 30-39	13			01:43:30	<b>00:46:40.50</b>	<b>02:30:10.80</b>	+00:16:18 (34.9%)	9:20	6.4 (64.6%)
247	<b>TECŁAW Elżbieta</b>	<b>329</b>	PUKS SALWATOR	K 55-59	22			01:57:38	<b>00:46:43.20</b>	<b>02:44:21.80</b>	+00:16:21 (35.0%)	9:20	6.4 (64.6%)
248	<b>KASZUBSKA Ewa</b>	<b>244</b>		K 60-64	14			01:58:22	<b>00:46:44.35</b>	<b>02:45:06.95</b>	+00:16:22 (35.0%)	9:20	6.4 (64.6%)
249	<b>WIADERSKA Grażyna</b>	<b>358</b>		K 60-64	15			01:58:19	<b>00:46:44.55</b>	<b>02:45:04.30</b>	+00:16:22 (35.0%)	9:21	6.4 (64.6%)
250	<b>MAKOWSKA Lena</b>	<b>200</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	23			01:57:32	<b>00:46:47.05</b>	<b>02:44:19.95</b>	+00:16:25 (35.1%)	9:21	6.4 (64.6%)
251	<b>KOSMOWSKA Barbara</b>	<b>163</b>		K 55-59	24			01:57:36	<b>00:46:49.65</b>	<b>02:44:25.90</b>	+00:16:27 (35.2%)	9:21	6.4 (64.6%)
252	<b>LEWCZUK Marta</b>	<b>192</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 18-29	10			01:52:36	<b>00:46:53.00</b>	<b>02:39:29.15</b>	+00:16:31 (35.2%)	9:22	6.4 (64.6%)
253	<b>MAKEEVA Marina</b>	<b>199</b>	VESTA-NW	K 55-59	25			01:57:40	<b>00:46:53.55</b>	<b>02:44:34.10</b>	+00:16:31 (35.2%)	9:22	6.4 (64.6%)
254	<b>SIROTINA Larisa</b>	<b>292</b>	VESTA-NW	K 50-54	14			01:57:39	<b>00:46:54.15</b>	<b>02:44:33.85</b>	+00:16:32 (35.3%)	9:22	6.4 (64.6%)
255	<b>KOSICKA Beata</b>	<b>161</b>	NW KIEKRZ	K 45-49	10			01:56:48	<b>00:47:04.80</b>	<b>02:43:52.95</b>	+00:16:42 (35.5%)	9:24	6.4 (64.6%)
256	<b>HE Ximin</b>	<b>120</b>	CHINA NORDIC WALKING ASSOCIATION	K 55-59	26			01:57:30	<b>00:47:15.10</b>	<b>02:44:45.70</b>	+00:16:53 (35.7%)	9:27	6.3 (63.6%)
257	<b>DEPUTAT Jerzy</b>	<b>63</b>		M 65-69	14			01:49:06	<b>00:47:23.80</b>	<b>02:36:30.25</b>	+00:17:01 (35.9%)	9:28	6.3 (63.6%)
258	<b>MACHAJEK Krzysztof</b>	<b>197</b>	KGHM METRACO	M Niepełnosprawni	9			01:48:22	<b>00:47:24.45</b>	<b>02:35:46.70</b>	+00:17:02 (35.9%)	9:28	6.3 (63.6%)
259	<b>DUBAJ Adriana</b>	<b>73</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 50-54	15			01:56:45	<b>00:47:27.95</b>	<b>02:44:13.65</b>	+00:17:05 (36.0%)	9:29	6.3 (63.6%)
260	<b>SZCZUBIAŁ Krystyna</b>	<b>317</b>	DĄBROWA NORDIC TEAM	K 70+	3			02:00:19	<b>00:47:28.20</b>	<b>02:47:47.55</b>	+00:17:06 (36.0%)	9:29	6.3 (63.6%)
261	<b>BUTKIEWICZ Anna</b>	<b>42</b>		K 40-44	15			01:55:36	<b>00:47:37.80</b>	<b>02:43:14.25</b>	+00:17:15 (36.2%)	9:31	6.3 (63.6%)
262	<b>KUMPIŃ Izabela</b>	<b>392</b>		K 40-44	16			01:53:34	<b>00:47:58.25</b>	<b>02:41:32.25</b>	+00:17:36 (36.7%)	9:35	6.3 (63.6%)
263	<b>BOJARCZUK Małgorzata</b>	<b>29</b>	ZAKĄTEK DANKOWO	K 40-44	17			01:54:31	<b>00:48:00.95</b>	<b>02:42:32.35</b>	+00:17:38 (36.8%)	9:36	6.2 (62.6%)
264	<b>CHENG Xiuli</b>	<b>44</b>	CHINA NORDIC WALKING ASSOCIATION	K 55-59	27			01:57:30	<b>00:48:02.70</b>	<b>02:45:33.45</b>	+00:17:40 (36.8%)	9:36	6.2 (62.6%)
265	<b>DOWIEDCZYK Aneta</b>	<b>70</b>	NORDIC SPORT	K 40-44	18			01:53:39	<b>00:48:08.50</b>	<b>02:41:48.05</b>	+00:17:46 (36.9%)	9:37	6.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
266	<b>MUZIŃSKA Maria</b>	<b>221</b>		K 60-64	16			01:58:24	<b>00:48:10.85</b>	<b>02:46:35.80</b>	+00:17:48 (37.0%)	9:38	6.2 (62.6%)
267	<b>BONIEWICZ Alina</b>	<b>398</b>	GOSIR OSIELSKO	K 65-69	9			01:59:22	<b>00:48:14.35</b>	<b>02:47:36.70</b>	+00:17:52 (37.0%)	9:38	6.2 (62.6%)
268	<b>WIECZOREK Danuta</b>	<b>360</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	17			01:58:29	<b>00:48:25.80</b>	<b>02:46:55.25</b>	+00:18:03 (37.3%)	9:41	6.2 (62.6%)
269	<b>WAGNER Hanna</b>	<b>341</b>	PUKS SALWATOR	K 65-69	10			01:59:24	<b>00:48:33.25</b>	<b>02:47:57.30</b>	+00:18:11 (37.5%)	9:42	6.2 (62.6%)
270	<b>KAŹMIERCZAK Żanetta</b>	<b>139</b>	GOSIR OSIELSKO	K 30-39	24			01:53:39	<b>00:48:50.25</b>	<b>02:42:29.70</b>	+00:18:28 (37.8%)	9:46	6.1 (61.6%)
271	<b>STASIŁOWICZ Krystyna</b>	<b>310</b>	PUKS SALWATOR	K 65-69	11			01:59:22	<b>00:48:50.40</b>	<b>02:48:13.25</b>	+00:18:28 (37.8%)	9:46	6.1 (61.6%)
272	<b>KRALSKA Anna</b>	<b>166</b>	WTW WŁOCŁAWEK	K 60-64	18			01:58:27	<b>00:48:55.05</b>	<b>02:47:22.55</b>	+00:18:33 (37.9%)	9:47	6.1 (61.6%)
273	<b>KAMIŃSKI Henryk</b>	<b>132</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 70+	6			01:50:08	<b>00:48:56.20</b>	<b>02:39:04.65</b>	+00:18:34 (37.9%)	9:47	6.1 (61.6%)
274	<b>WOLNA Urszula</b>	<b>373</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	19			01:58:26	<b>00:49:08.55</b>	<b>02:47:35.10</b>	+00:18:46 (38.2%)	9:49	6.1 (61.6%)
275	<b>BRYL Jolanta</b>	<b>35</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	11			01:55:36	<b>00:49:11.95</b>	<b>02:44:48.45</b>	+00:18:49 (38.3%)	9:50	6.1 (61.6%)
276	<b>DĘBECKI Przemysław</b>	<b>66</b>	ELBLĄSKIE WŁÓCZY-KIJE	M Dzieci	17			01:39:52	<b>00:49:14.75</b>	<b>02:29:06.95</b>	+00:18:52 (38.3%)	9:50	6.1 (61.6%)
277	<b>OPALIŃSKA Krystyna</b>	<b>236</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	4			02:00:19	<b>00:49:28.70</b>	<b>02:49:48.25</b>	+00:19:06 (38.6%)	9:53	6.1 (61.6%)
278	<b>FELIŃSKA Zofia</b>	<b>83</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	5			02:00:18	<b>00:49:29.35</b>	<b>02:49:48.25</b>	+00:19:07 (38.6%)	9:54	6.1 (61.6%)
279	<b>PRACKA Katarzyna</b>	<b>265</b>	WTW WŁOCŁAWEK	K 45-49	12			01:55:37	<b>00:49:30.50</b>	<b>02:45:08.15</b>	+00:19:08 (38.7%)	9:54	6.1 (61.6%)
280	<b>STRÓŻEWSKA Mirela</b>	<b>312</b>		K 50-54	16			01:56:44	<b>00:49:31.80</b>	<b>02:46:16.30</b>	+00:19:09 (38.7%)	9:54	6.1 (61.6%)
281	<b>OLEK Mirek</b>	<b>232</b>	GOSIR OSIELSKO	M 55-59	11			01:47:32	<b>00:49:36.50</b>	<b>02:37:09.35</b>	+00:19:14 (38.8%)	9:55	6 (60.6%)
282	<b>RONG Xiao</b>	<b>279</b>	CHINA NORDIC WALKING ASSOCIATION	K 45-49	13			01:55:34	<b>00:50:03.60</b>	<b>02:45:38.25</b>	+00:19:41 (39.3%)	10:00	6 (60.6%)
283	<b>CHODNICKA Maria</b>	<b>45</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	28			01:57:33	<b>00:50:19.65</b>	<b>02:47:53.45</b>	+00:19:57 (39.7%)	10:04	6 (60.6%)
284	<b>GROBELNA Jadwiga</b>	<b>107</b>	KGHM METRACO POLKOWICE	K Niepełnosprawni	8			01:58:22	<b>00:50:25.65</b>	<b>02:48:48.55</b>	+00:20:03 (39.8%)	10:05	5.9 (59.6%)
285	<b>ULATOWSKA Danuta</b>	<b>339</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	20			01:58:21	<b>00:50:40.55</b>	<b>02:49:02.10</b>	+00:20:18 (40.1%)	10:08	5.9 (59.6%)
286	<b>LEWARTOWSKA Marzena</b>	<b>191</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	14			01:55:39	<b>00:50:47.65</b>	<b>02:46:27.35</b>	+00:20:25 (40.2%)	10:09	5.9 (59.6%)
287	<b>JABŁONOWSKA Anita</b>	<b>121</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 40-44	19			01:54:33	<b>00:50:59.15</b>	<b>02:45:32.30</b>	+00:20:37 (40.4%)	10:11	5.9 (59.6%)
288	<b>GARBACZEWSKA Jolanta</b>	<b>96</b>		K 30-39	25			01:53:40	<b>00:51:04.15</b>	<b>02:44:44.75</b>	+00:20:42 (40.5%)	10:12	5.9 (59.6%)
289	<b>MICHAJŁOWA Irina</b>	<b>214</b>	VESTA-NW	K 60-64	21			01:58:27	<b>00:51:16.65</b>	<b>02:49:44.60</b>	+00:20:54 (40.8%)	10:15	5.8 (58.6%)
290	<b>SZUBER Kacper</b>	<b>143</b>		M Dzieci	18			01:57:36	<b>00:51:18.55</b>	<b>02:48:55.45</b>	+00:20:56 (40.8%)	10:15	5.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	<b>WIŚNIEWSKI Jerzy</b>	<b>368</b>		M 60-64	10			01:48:22	<b>00:51:28.75</b>	<b>02:39:51.30</b>	+00:21:06 (41.0%)	10:17	5.8 (58.6%)
292	<b>KAŹMIERCZAK Lena</b>	<b>138</b>	GOSIR OSIELSKO	K Dzieci	11			01:50:58	<b>00:51:30.40</b>	<b>02:42:29.05</b>	+00:21:08 (41.0%)	10:18	5.8 (58.6%)
293	<b>BIERNACKA Danuta</b>	<b>19</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	22			01:57:36	<b>00:51:35.50</b>	<b>02:49:11.60</b>	+00:21:13 (41.1%)	10:19	5.8 (58.6%)
294	<b>DĘBECKA Aleksandra</b>	<b>64</b>	ELBLĄSKIE WŁÓCZY-KIJE	K Dzieci	12			01:51:00	<b>00:51:44.00</b>	<b>02:42:44.00</b>	+00:21:22 (41.3%)	10:20	5.8 (58.6%)
295	<b>JAKUSIK Anna</b>	<b>123</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	15			01:55:38	<b>00:51:49.80</b>	<b>02:47:27.85</b>	+00:21:27 (41.4%)	10:21	5.8 (58.6%)
296	<b>PRZYBOROWSKA Ewa</b>	<b>268</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	29			01:57:38	<b>00:51:56.35</b>	<b>02:49:34.50</b>	+00:21:34 (41.5%)	10:23	5.8 (58.6%)
297	<b>DROP Mieczysław</b>	<b>71</b>		M 70+	7			01:50:09	<b>00:52:15.75</b>	<b>02:42:25.15</b>	+00:21:53 (41.9%)	10:27	5.7 (57.6%)
298	<b>DUDEK Maria</b>	<b>75</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	6			02:00:20	<b>00:52:34.35</b>	<b>02:52:54.50</b>	+00:22:12 (42.2%)	10:30	5.7 (57.6%)
299	<b>ZINIEWICZ Anna</b>	<b>384</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	7			02:00:20	<b>00:52:35.05</b>	<b>02:52:55.15</b>	+00:22:13 (42.3%)	10:31	5.7 (57.6%)
300	<b>MIŁOSZEWSKA Teresa</b>	<b>217</b>		K 55-59	30			01:57:36	<b>00:52:42.80</b>	<b>02:50:19.45</b>	+00:22:20 (42.4%)	10:32	5.7 (57.6%)
301	<b>BAI Yuling</b>	<b>9</b>	CHINA NORDIC WALKING ASSOCIATION	K 65-69	12			01:58:22	<b>00:53:13.05</b>	<b>02:51:35.45</b>	+00:22:51 (42.9%)	10:38	5.6 (56.6%)
302	<b>BRANCZEWSKI Wojciech</b>	<b>34</b>	MOSIR MŁAWA	M Niepełnosprawni	10			01:43:33	<b>00:53:13.30</b>	<b>02:36:46.65</b>	+00:22:51 (42.9%)	10:38	5.6 (56.6%)
303	<b>PERZYŃSKA Danuta</b>	<b>250</b>		K 65-69	13			01:58:31	<b>00:53:24.45</b>	<b>02:51:55.45</b>	+00:23:02 (43.1%)	10:40	5.6 (56.6%)
304	<b>BOBROWSKA Jolanta</b>	<b>24</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K 45-49	16			01:55:40	<b>00:53:26.05</b>	<b>02:49:06.75</b>	+00:23:04 (43.2%)	10:41	5.6 (56.6%)
305	<b>BĘLCZYŃSKA Bożena</b>	<b>16</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	23			01:58:30	<b>00:53:27.65</b>	<b>02:51:57.70</b>	+00:23:05 (43.2%)	10:41	5.6 (56.6%)
306	<b>LEWCZUK Mirosława</b>	<b>193</b>	PUKS SALWATOR	K 60-64	24			01:58:23	<b>00:53:32.05</b>	<b>02:51:55.40</b>	+00:23:10 (43.3%)	10:42	5.6 (56.6%)
307	<b>KALIŃSKA Barbara</b>	<b>130</b>		K 60-64	25			01:58:23	<b>00:53:43.20</b>	<b>02:52:07.05</b>	+00:23:21 (43.5%)	10:44	5.6 (56.6%)
308	<b>WOJTASIK Aldona</b>	<b>370</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	26			01:58:25	<b>00:53:45.90</b>	<b>02:52:10.90</b>	+00:23:23 (43.5%)	10:45	5.6 (56.6%)
309	<b>BAO Lizhen</b>	<b>10</b>	CHINA NORDIC WALKING ASSOCIATION	K 60-64	27			01:58:20	<b>00:54:02.55</b>	<b>02:52:23.15</b>	+00:23:40 (43.8%)	10:48	5.6 (56.6%)
310	<b>CHUDZIŃSKA Grażyna</b>	<b>48</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	28			01:58:25	<b>00:54:07.80</b>	<b>02:52:33.40</b>	+00:23:45 (43.9%)	10:49	5.5 (55.6%)
311	<b>PAŚKO Maksymilian</b>	<b>735</b>		M 30-39	14			02:01:42	<b>00:55:51.60</b>	<b>02:57:34.00</b>	+00:25:29 (45.6%)	11:10	5.4 (54.5%)
312	<b>GOTH Toni</b>	<b>739</b>		K 70+	8			02:00:20	<b>00:56:09.95</b>	<b>02:56:30.85</b>	+00:25:47 (45.9%)	11:14	5.3 (53.5%)
313	<b>BOJKE Olgierd</b>	<b>30</b>	PFNW	M 50-54	10			02:00:59	<b>00:56:13.50</b>	<b>02:57:13.05</b>	+00:25:51 (46.0%)	11:14	5.3 (53.5%)
314	<b>SIKORSKA Elżbieta</b>	<b>290</b>	WTW WŁOCŁAWEK	K 65-69	14			01:59:22	<b>00:56:16.60</b>	<b>02:55:39.25</b>	+00:25:54 (46.0%)	11:15	5.3 (53.5%)
315	<b>PIEROWSKA Halina</b>	<b>255</b>	WTW WŁOCŁAWEK	K 65-69	15			01:59:23	<b>00:56:17.65</b>	<b>02:55:41.20</b>	+00:25:55 (46.1%)	11:15	5.3 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	<b>RODOWICZ Krystyna</b>	<b>278</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	9			02:00:19	<b>00:56:28.55</b>	<b>02:56:47.95</b>	+00:26:06 (46.2%)	11:17	5.3 (53.5%)
317	<b>GRIGORENKO Ludmiła</b>	<b>106</b>	VESTA-NW	K 60-64	29			01:58:28	<b>00:56:28.65</b>	<b>02:54:57.10</b>	+00:26:06 (46.2%)	11:17	5.3 (53.5%)
318	<b>CICHOCKI Wiesław</b>	<b>51</b>	KLUB NW PATYCZAKI	M Niepełnosprawni	11			01:48:20	<b>00:58:01.00</b>	<b>02:46:21.00</b>	+00:27:39 (47.7%)	11:36	5.2 (52.5%)
319	<b>WALESZKO Adam</b>	<b>346</b>		M Dzieci	19			01:39:50	<b>00:58:39.30</b>	<b>02:38:29.80</b>	+00:28:17 (48.2%)	11:43	5.1 (51.5%)
320	<b>LEWANDOWSKI Nataniel</b>	<b>190</b>	ZAJĄTEK DANKOWO	M Dzieci	20			01:39:50	<b>00:58:41.85</b>	<b>02:38:32.30</b>	+00:28:19 (48.3%)	11:44	5.1 (51.5%)
321	<b>KRUPIŃSKI Ryszard</b>	<b>169</b>	ELBLĄSKIE WŁÓCZY-KIJE	M 70+	8			01:50:09	<b>00:58:48.80</b>	<b>02:48:58.00</b>	+00:28:26 (48.4%)	11:45	5.1 (51.5%)
322	<b>KRUPIŃSKA Elżbieta</b>	<b>168</b>	ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	16			01:59:21	<b>00:59:03.15</b>	<b>02:58:24.65</b>	+00:28:41 (48.6%)	11:48	5.1 (51.5%)
323	<b>PIEROWSKI Stanisław</b>	<b>256</b>	WTW WŁOCŁAWEK	M 65-69	15			01:49:07	<b>01:00:25.05</b>	<b>02:49:33.00</b>	+00:30:03 (49.7%)	12:05	5 (50.5%)
324	<b>DARGAS Marta</b>	<b>59</b>	BŁĘKITNI NW DZIEMIANY	K Dzieci	13			01:50:59	<b>01:01:26.60</b>	<b>02:52:26.00</b>	+00:31:04 (50.6%)	12:17	4.9 (49.5%)
325	<b>WĄSICKA Czesława</b>	<b>356</b>	WŁÓCZYBUTY	K 60-64	30			01:58:24	<b>01:04:01.75</b>	<b>03:02:26.00</b>	+00:33:39 (52.6%)	12:48	4.7 (47.5%)
326	<b>RUTKOWSKA Elżbieta</b>	<b>284</b>	WTW WŁOCŁAWEK	K 45-49	17			01:55:38	<b>01:04:12.70</b>	<b>02:59:51.40</b>	+00:33:50 (52.7%)	12:50	4.7 (47.5%)
327	<b>MORAWSKA Teresa</b>	<b>219</b>	WTW WŁOCŁAWEK	K 60-64	31			01:58:28	<b>01:07:18.25</b>	<b>03:05:46.70</b>	+00:36:56 (54.9%)	13:27	4.5 (45.5%)
328	<b>WĄSICKI Andrzej</b>	<b>357</b>	WŁÓCZYBUTY	M 60-64	11			01:48:19	<b>01:13:42.80</b>	<b>03:02:02.50</b>	+00:43:20 (58.8%)	14:44	4.1 (41.4%)
329	<b>GARBECKA Aleksandra</b>	<b>98</b>	NIEZŁE SZPRYCHY	K 30-39	26			01:53:38					(0.0%)
330	<b>SIŁKA Roman</b>	<b>390</b>		M 50-54	11			02:31:08					(0.0%)
331	<b>BORZESZKOWSKA Małgorzata</b>	<b>32</b>	PFNW	K 50-54	17			02:57:13					(0.0%)
332	<b>ANASZKO Artur</b>	<b>3</b>		M Dzieci	21			03:25:52					(0.0%)
DQ	<b>WOJTASIŃSKI Daniel</b>	<b>371</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39			1	DQ	<b>2015-09-19 DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>WAN Yong</b>	<b>350</b>	CHINA NORDIC WALKING ASSOCIATION	M Niepełnosprawni			1	DQ	<b>2015-09-19 DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>FENG Jichang</b>	<b>86</b>	CHINA NORDIC WALKING ASSOCIATION	M 65-69			1	DQ	<b>2015-09-19 DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>TOFIL Adrian</b>	<b>331</b>		M 30-39				DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>RÓŻALSKI Robert</b>	<b>283</b>		M 18-29				DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 337 wynik(ów)