

ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Organiser: PFNW
Date: 2016-08-27
Place: Elbląg
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	KLICZKA Kamil	449	PUSZCZYK BUKOWY	M40-49	1			00:13:11	00:31:32	01:04:09.40	01:17:21.05		6:25	9.4 (100%)
2	BIŁEK Artur	406	UNIA MIAST	M30-39	1			00:12:47	00:31:25	01:04:41.85	01:17:29.30	+00:00:32 (0.8%)	6:28	9.3 (98.9%)
3	DEPKA PRĄDZYNSKI Olgierd	418	PENDOLINO	M50-59	1			00:13:42	00:32:18	01:05:12.15	01:18:54.75	+00:01:02 (1.6%)	6:31	9.2 (97.9%)
4	KARASIŃSKI Maciej	447	K.S. METRACO POLKOWICE	M40-49	2			00:13:10	00:32:19	01:05:25.50	01:18:36.30	+00:01:16 (1.9%)	6:32	9.2 (97.9%)
5	SIWAK Piotr	506	KS.METRACO POLKOWICE	M50-59	2			00:13:44	00:32:39	01:05:46.85	01:19:31.80	+00:01:37 (2.5%)	6:34	9.1 (96.8%)
6	RECZULSKI Mariusz	503	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	3			00:13:44	00:32:44	01:05:51.65	01:19:36.50	+00:01:42 (2.6%)	6:35	9.1 (96.8%)
7	WOJTASIŃSKI Daniel	540	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:12:46	00:31:52	01:05:59.95	01:18:46.45	+00:01:50 (2.8%)	6:36	9.1 (96.8%)
8	PIOTROWSKI Michał	496	FACE NORDIC WALKING TEAM	M30-39	3			00:12:46	00:32:39	01:06:20.90	01:19:06.95	+00:02:11 (3.3%)	6:38	9 (95.7%)
9	PUSZKIEL Adrian	501	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:12:44	00:32:40	01:06:42.60	01:19:27.55	+00:02:33 (3.8%)	6:40	9 (95.7%)
10	NIECHWIEJCZYK Piotr	486	UNIA MIAST	M40-49	3			00:13:10	00:33:14	01:07:24.10	01:20:34.65	+00:03:14 (4.8%)	6:44	8.9 (94.7%)
11	PUSZKIEL Leszek	500	GREEN TEAM ZIELONA GÓRA	M50-59	4			00:13:41	00:32:54	01:07:56.00	01:21:37.00	+00:03:46 (5.6%)	6:47	8.8 (93.6%)
12	HAŁAS Marcin	434	FACE NORDIC WALKING TEAM	M30-39	4			00:12:47	00:34:11	01:08:51.30	01:21:38.30	+00:04:41 (6.8%)	6:53	8.7 (92.6%)
13	KŁACZYŃSKA Danuta	450		K40-49	1			00:16:18	00:34:08	01:08:53.65	01:25:12.45	+00:04:44 (6.9%)	6:53	8.7 (92.6%)
14	GRZEGORCZYK Marcin	624	FACE NORDIC WALKING TEAM	M18-29	2			00:12:45	00:34:30	01:09:13.20	01:21:58.90	+00:05:03 (7.3%)	6:55	8.7 (92.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	PASIKOWSKA Mariola	492	VIKING NORDICK TEAM CZĘSTOCHOWA	K30-39	1			00:15:31	00:35:08	01:10:15.10	01:25:46.75	+00:06:05 (8.7%)	7:01	8.5 (90.4%)
16	KUŚMIEREK Patryk	469	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:12:45	00:34:14	01:10:19.55	01:23:04.75	+00:06:10 (8.8%)	7:01	8.5 (90.4%)
17	MATECKI Ryszard	479	KS METRACO POLKOWICE	M60-69	1			00:14:12	00:35:23	01:10:27.25	01:24:40.15	+00:06:17 (8.9%)	7:02	8.5 (90.4%)
18	ROSZMAN Maciej	505	PENDOLINO	M30-39	5			00:12:46	00:34:16	01:10:33.10	01:23:19.30	+00:06:23 (9.1%)	7:03	8.5 (90.4%)
19	JĘDRASIAK Renata	440	KS METRACO POLKOWICE	K50-59	1			00:16:48	00:35:09	01:10:34.00	01:27:22.70	+00:06:24 (9.1%)	7:03	8.5 (90.4%)
20	CYRUS Bogdan	623	SILESIA NORDIC TEAM	M40-49	4			00:13:14	00:33:51	01:10:50.40	01:24:04.75	+00:06:40 (9.4%)	7:05	8.5 (90.4%)
21	ŚWISŁOCKI Bogdan	528	FACE NORDIC WALKING TEAM	M50-59	5			00:13:41	00:35:24	01:10:54.05	01:24:35.95	+00:06:44 (9.5%)	7:05	8.5 (90.4%)
22	KULIG Henryk	466	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-69	2			00:14:12	00:35:22	01:10:56.40	01:25:08.65	+00:06:46 (9.6%)	7:05	8.5 (90.4%)
23	KUŚMIEREK Jan	468	BŁĘKITNI NW DZIEMIANY	M40-49	5			00:13:10	00:35:01	01:10:58.20	01:24:08.85	+00:06:48 (9.6%)	7:05	8.5 (90.4%)
24	KĘPA Andrzej	448	SKI FAMILY TEAM	M60-69	3			00:14:12	00:35:46	01:11:03.85	01:25:16.30	+00:06:54 (9.7%)	7:06	8.4 (89.4%)
25	KOCIMSKI Jan	452	KM AKTYWNI SOCHACZEW	M60-69	4			00:14:12	00:35:25	01:11:05.15	01:25:17.30	+00:06:55 (9.7%)	7:06	8.4 (89.4%)
26	CIEŚLAK Roman	414	EPOKA NORDICA ŁÓDŹ	M50-59	6			00:13:43	00:34:25	01:11:14.00	01:24:57.45	+00:07:04 (9.9%)	7:07	8.4 (89.4%)
27	SPYCHAŁA Marzena	512	WESOŁY BORSUK TEAM	K40-49	2			00:16:18	00:35:20	01:11:24.45	01:27:42.60	+00:07:15 (10.2%)	7:08	8.4 (89.4%)
28	LIPKO Adrianna	474	PENDOLINO	K18-29	1			00:15:20	00:35:36	01:11:45.05	01:27:05.05	+00:07:35 (10.6%)	7:10	8.4 (89.4%)
29	PARAFINIUK Krzysztofa	491		K30-39	2			00:15:33	00:35:29	01:12:12.40	01:27:45.70	+00:08:02 (11.1%)	7:13	8.3 (88.3%)
30	STAWNIAK Karol	513	KS METRACO POLKOWICE	M60-69	5			00:14:12	00:36:16	01:13:02.40	01:27:15.30	+00:08:52 (12.2%)	7:18	8.2 (87.2%)
31	SOBKOWSKI Janusz	510	SILESIA NORDIC TEAM	M60-69	6			00:14:14	00:36:21	01:13:26.55	01:27:40.95	+00:09:17 (12.6%)	7:20	8.2 (87.2%)
32	KOWALSKI Marek	460	UNIA MIAST	M50-59	7			00:13:42	00:36:32	01:13:35.65	01:27:18.45	+00:09:26 (12.8%)	7:21	8.2 (87.2%)
33	ŁUKASZEWICZ Joanna	476	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:16:18	00:36:32	01:13:40.80	01:29:59.60	+00:09:31 (12.9%)	7:22	8.1 (86.2%)
34	BAJER Piotr	402	FACE NW TEAM	M50-59	8			00:13:40	00:36:49	01:13:45.65	01:27:26.30	+00:09:36 (13.0%)	7:22	8.1 (86.2%)
35	MELZER Hanna	480		K40-49	4			00:16:21	00:36:29	01:13:46.85	01:30:08.15	+00:09:37 (13.0%)	7:22	8.1 (86.2%)
36	BOCZAR Beata	407	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:16:48	00:36:33	01:14:18.70	01:31:06.80	+00:10:09 (13.7%)	7:25	8.1 (86.2%)
37	SKRYCKA Katarzyna	507	K.S. METRACO POLKOWICE	K30-39	3			00:15:31	00:36:42	01:14:34.65	01:30:06.10	+00:10:25 (14.0%)	7:27	8 (85.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	WALORYSZAK Andrzej	533	MORSY RADZYMIN	M60-69	7			00:14:13	00:36:48	01:14:35.10	01:28:48.40	+00:10:25 (14.0%)	7:27	8 (85.1%)
39	ŚLUSARCZYK Marcin	525	WESOŁY BORSUK TEAM	M30-39	6			00:12:47	00:36:45	01:14:48.50	01:27:36.30	+00:10:39 (14.2%)	7:28	8 (85.1%)
40	BALCERAK-KOLASA Joanna	403	EPOKA NORDICA ŁÓDŹ	K40-49	5			00:16:19	00:36:36	01:14:51.55	01:31:11.00	+00:10:42 (14.3%)	7:29	8 (85.1%)
41	KOZŁOWSKA Sabina	461	DĄBROWA NORDIC TEAM	K30-39	4			00:15:31	00:36:45	01:14:55.00	01:30:26.65	+00:10:45 (14.4%)	7:29	8 (85.1%)
42	KOŁODZIEJ Joanna	454	FABRIKANORDIKA	K40-49	6			00:16:19	00:37:16	01:15:04.25	01:31:23.75	+00:10:54 (14.5%)	7:30	8 (85.1%)
43	JONDERKO Grzegorz	441	WŁÓCZYKIJE SKOCZÓW	M40-49	6			00:13:11	00:36:50	01:15:05.95	01:28:17.30	+00:10:56 (14.6%)	7:30	8 (85.1%)
44	MIERNICKI Mariusz	482		M50-59	9			00:13:43	00:36:55	01:15:17.40	01:29:01.10	+00:11:07 (14.8%)	7:31	8 (85.1%)
45	KOWALCZUK Robert	625	FACE NORDIC WALKING TEAM	M50-59	10			00:13:41	00:36:10	01:15:35.75	01:29:16.75	+00:11:26 (15.1%)	7:33	7.9 (84.0%)
46	KOLARSKA Agnieszka	453	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	5			00:15:32	00:37:28	01:15:45.95	01:31:18.20	+00:11:36 (15.3%)	7:34	7.9 (84.0%)
47	JANKOWSKI Marcin	437	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-49	7			00:13:14	00:37:01	01:15:48.60	01:29:02.80	+00:11:39 (15.4%)	7:34	7.9 (84.0%)
48	KALISZ Krzysztof	446	KS METRACO POLKOWICE	M60-69	8			00:14:13	00:37:36	01:16:43.00	01:30:56.95	+00:12:33 (16.4%)	7:40	7.8 (83.0%)
49	BYTNIOWSKI Mieczysław	411	BIAŁA BIEGA	M70+	1			00:14:15	00:38:00	01:16:45.60	01:31:00.85	+00:12:36 (16.4%)	7:40	7.8 (83.0%)
50	GEMBALA Violetta	427	AMATOR	K50-59	3			00:16:49	00:38:01	01:16:48.90	01:33:38.60	+00:12:39 (16.5%)	7:40	7.8 (83.0%)
51	DREGER Michał	421	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-49	8			00:13:13	00:37:38	01:16:52.20	01:30:05.30	+00:12:42 (16.5%)	7:41	7.8 (83.0%)
52	JASIUKIEWICZ Jacek	439	GRUPA NORDIC WALKING-DOBRE MIASTO	M40-49	9			00:13:12	00:38:01	01:16:53.30	01:30:05.30	+00:12:43 (16.6%)	7:41	7.8 (83.0%)
53	NETKOWSKI Wojciech	485	PASJA NORDIC WALKING	M50-59	11			00:13:41	00:37:50	01:17:07.75	01:30:49.35	+00:12:58 (16.8%)	7:42	7.8 (83.0%)
54	DUSIEL Ewa	422	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	7			00:16:19	00:38:05	01:17:14.50	01:33:33.55	+00:13:05 (16.9%)	7:43	7.8 (83.0%)
55	KOWALCZYK Edyta	459	KS METRACO POLKOWICE	K40-49	8			00:16:19	00:38:55	01:17:31.80	01:33:51.60	+00:13:22 (17.2%)	7:45	7.7 (81.9%)
56	CZYCZ Kazimierz	549	GREEN TEAM	M60-69	9			00:14:14	00:37:07	01:17:56.40	01:32:10.95	+00:13:46 (17.7%)	7:47	7.7 (81.9%)
57	ZACHARCZUK Zofia	544	FACE NORDIC WALKING TEAM	K50-59	4			00:16:48	00:37:59	01:18:03.45	01:34:52.00	+00:13:54 (17.8%)	7:48	7.7 (81.9%)
58	MARCINKOWSKI Wojciech	478	UNIA MIAST	M40-49	10			00:13:11	00:38:05	01:18:12.35	01:31:24.05	+00:14:02 (18.0%)	7:49	7.7 (81.9%)
59	KALBARCZYK Michał	443	MICHALKALBARCZYK.COM	M30-39	7			00:12:47	00:38:30	01:18:23.35	01:31:11.00	+00:14:13 (18.2%)	7:50	7.7 (81.9%)
60	BOROWIK Bożena	408	GRUPA NORDIC WALKING-DOBRE MIASTO	K40-49	9			00:16:22	00:38:34	01:18:42.30	01:35:04.30	+00:14:32 (18.5%)	7:52	7.6 (80.9%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
61	KULEWICZ Cezary	465		M50-59	12			00:13:41	00:39:03	01:18:50.50	01:32:32.10	+00:14:41 (18.6%)	7:53	7.6 (80.9%)
62	ROSZMAN Joanna	504	PENDOLINO	K50-59	5			00:16:47	00:38:05	01:19:08.60	01:35:56.50	+00:14:59 (18.9%)	7:54	7.6 (80.9%)
63	ŚLUSARCZYK Andrzej	527	WESOŁY BORSUK TAEM	M60-69	10			00:14:12	00:38:10	01:19:08.90	01:33:20.90	+00:14:59 (18.9%)	7:54	7.6 (80.9%)
64	ŚLUSARCZYK Grzegorz	526	WESOŁY BORSUK TEAM	M40-49	11			00:13:11	00:39:01	01:19:20.10	01:32:32.05	+00:15:10 (19.1%)	7:56	7.6 (80.9%)
65	BUJNICKI Marcin	410		M40-49	12			00:13:13	00:38:55	01:19:39.75	01:32:52.80	+00:15:30 (19.5%)	7:57	7.5 (79.8%)
65	CZAJKA Urszula	416		K60-69	1			00:17:22	00:39:11	01:19:39.75	01:37:01.85	+00:15:30 (19.5%)	7:57	7.5 (79.8%)
67	KUPIBIDA Bogusława	467	SILESIA NORDIC TEAM	K50-59	6			00:16:48	00:39:25	01:19:45.65	01:36:33.85	+00:15:36 (19.6%)	7:58	7.5 (79.8%)
68	SOBAŃSKA Grażyna	509		K60-69	2			00:17:21	00:39:25	01:19:52.50	01:37:14.40	+00:15:43 (19.7%)	7:59	7.5 (79.8%)
69	OLECH Marcin	487	CHODZEKIJAMI.PL	M40-49	13			00:13:14	00:39:35	01:20:00.35	01:33:14.55	+00:15:50 (19.8%)	8:00	7.5 (79.8%)
70	ŁABUS Izabela	475	FABRIKANORDIKA	K18-29	2			00:15:19	00:39:40	01:20:06.50	01:35:26.10	+00:15:57 (19.9%)	8:00	7.5 (79.8%)
71	OLECH Anna	488	CHODZEKIJAMI.PL	K40-49	10			00:16:23	00:39:41	01:20:15.15	01:36:38.85	+00:16:05 (20.1%)	8:01	7.5 (79.8%)
72	PASIŃSKA - SKOWRON Sylwia	493	PRUSZYŃSKI NORDIC WALKING	K30-39	6			00:15:32	00:39:15	01:20:15.20	01:35:47.60	+00:16:05 (20.1%)	8:01	7.5 (79.8%)
73	DOBROWOLSKA-ŚWIĄTEK Elżbieta	420		K50-59	7			00:16:49	00:40:30	01:20:25.75	01:37:15.15	+00:16:16 (20.2%)	8:02	7.5 (79.8%)
74	DOBROWOLSKA Anna	419		K50-59	8			00:16:49	00:40:31	01:20:30.55	01:37:19.80	+00:16:21 (20.3%)	8:03	7.5 (79.8%)
75	KALINOWSKA Jolanta	444	WESOŁY BORSUK	K40-49	11			00:16:23	00:39:51	01:20:33.45	01:36:57.25	+00:16:24 (20.4%)	8:03	7.4 (78.7%)
76	BIAŁOWAŚ Karolina	404		K18-29	3			00:15:20	00:39:58	01:20:39.55	01:36:00.45	+00:16:30 (20.5%)	8:04	7.4 (78.7%)
77	HINC Iwona	435	FACE NORDIC WALKING TEAM	K40-49	12			00:16:23	00:40:36	01:20:51.20	01:37:14.70	+00:16:41 (20.7%)	8:05	7.4 (78.7%)
78	UHRYN Ewa	531	GRUPA NORDIC WALKING- DOBRE MIASTO	K40-49	13			00:16:24	00:39:41	01:21:14.40	01:37:38.90	+00:17:04 (21.0%)	8:07	7.4 (78.7%)
79	WIŚNIEWSKI Roman	538		M60-69	11			00:14:14	00:39:55	01:21:15.90	01:35:30.15	+00:17:06 (21.1%)	8:07	7.4 (78.7%)
80	CHYRA Janusz	413	UNIA MIAST	M40-49	14			00:13:13	00:40:11	01:21:17.30	01:34:30.50	+00:17:07 (21.1%)	8:07	7.4 (78.7%)
81	JARZYŃSKA Małgorzata	438	HIFI ARTE	K50-59	9			00:16:49	00:39:38	01:21:19.15	01:38:08.25	+00:17:09 (21.1%)	8:07	7.4 (78.7%)
82	ŻUCHOWICZ Elżbieta	545	DĄBROWA NORDIC TEAM	K50-59	10			00:16:49	00:41:18	01:21:26.30	01:38:15.95	+00:17:16 (21.2%)	8:08	7.4 (78.7%)
83	WORONKO-ZACZYŃSKA Janina	541	KS METRACO POLKOWICE	K70+	1			00:17:23	00:40:25	01:21:26.35	01:38:49.85	+00:17:16 (21.2%)	8:08	7.4 (78.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
84	WAŁECKA Krystyna	534	FACE NORDIC WALKING TEAM	K60-69	3			00:17:21	00:39:59	01:21:29.60	01:38:50.90	+00:17:20 (21.3%)	8:08	7.4 (78.7%)
85	ŚCIBISZ Bogdan	523	DĄBROWA NORDIC TEAM	M70+	2			00:14:15	00:39:18	01:21:30.90	01:35:46.15	+00:17:21 (21.3%)	8:09	7.4 (78.7%)
86	RACZYŃSKA Aleksandra	502	UNIA MIAST	K70+	2			00:17:23	00:40:52	01:21:35.20	01:38:58.25	+00:17:25 (21.4%)	8:09	7.4 (78.7%)
87	ŚLEWIŃSKA Magdalena	524	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:15:20	00:40:06	01:22:05.35	01:37:26.10	+00:17:55 (21.8%)	8:12	7.3 (77.7%)
88	KOZŁOWSKA Agnieszka	621	FACE NORDIC WALKING TEAM	K40-49	14			00:16:21	00:41:25	01:22:09.95	01:38:31.65	+00:18:00 (21.9%)	8:13	7.3 (77.7%)
89	NAMSOŁEK Feliks	484	NIE ZRZESZONY	M70+	3			00:14:15	00:39:58	01:22:10.70	01:36:25.90	+00:18:01 (21.9%)	8:13	7.3 (77.7%)
90	UHRYN Marcin	532	GRUPA NORDIC WALKING- DOBRE MIASTO	M40-49	15			00:13:12	00:40:08	01:22:14.40	01:35:26.60	+00:18:04 (22.0%)	8:13	7.3 (77.7%)
91	KNOP Malgorzata	451	GREEN TEAM	K30-39	7			00:15:33	00:40:11	01:22:18.90	01:37:52.70	+00:18:09 (22.1%)	8:13	7.3 (77.7%)
92	GODZIŃSKI Paweł	430		M30-39	8			00:12:47	00:40:09	01:22:22.20	01:35:09.95	+00:18:12 (22.1%)	8:14	7.3 (77.7%)
93	POSTEK Danuta	497	MARSZ PO ZDROWIE	K50-59	11			00:16:50	00:41:14	01:22:36.95	01:39:27.85	+00:18:27 (22.3%)	8:15	7.3 (77.7%)
94	FARON Monika	426	FACE NORDIC WALKING TEAM	K30-39	8			00:15:34	00:40:24	01:22:40.05	01:38:14.20	+00:18:30 (22.4%)	8:16	7.3 (77.7%)
95	WIŚNIEWSKI Kazimierz	539	Z GÓRKI	M60-69	12			00:14:13	00:41:15	01:22:47.90	01:37:01.00	+00:18:38 (22.5%)	8:16	7.2 (76.6%)
96	JARYSZ Agnieszka	550	FACE NORDIC WALKING TEAM	K30-39	9			00:15:32	00:42:14	01:23:24.15	01:38:56.45	+00:19:14 (23.1%)	8:20	7.2 (76.6%)
97	BIŃCZYK Jacek	622		M40-49	16			00:13:44	00:41:32	01:23:28.10	01:37:12.35	+00:19:18 (23.1%)	8:20	7.2 (76.6%)
98	KOSIŃSKA Maria	455	MOSIR RYPIN	K60-69	4			00:17:20	00:40:27	01:23:34.95	01:40:55.75	+00:19:25 (23.2%)	8:21	7.2 (76.6%)
99	GLINIECKA Katarzyna	429		K40-49	15			00:16:25	00:40:41	01:23:39.45	01:40:04.75	+00:19:30 (23.3%)	8:21	7.2 (76.6%)
100	CZERWIŃSKA Wanda	417	GRUPA NORDIC WALKING-DOBRE MIASTO	K60-69	5			00:17:22	00:41:27	01:23:40.10	01:41:02.15	+00:19:30 (23.3%)	8:22	7.2 (76.6%)
101	PIOTRKIEWICZ Anna	495		K40-49	16			00:16:21	00:42:03	01:24:03.00	01:40:24.80	+00:19:53 (23.7%)	8:24	7.1 (75.5%)
102	DZIEMIŃSKA Magdalena	424	BŁĘKITNI NW DZIEMIANY	K30-39	10			00:15:33	00:42:06	01:24:11.50	01:39:44.90	+00:20:02 (23.8%)	8:25	7.1 (75.5%)
103	WROŃSKA Wiesława	542	BŁĘKITNI NW DZIEMIANY	K40-49	17			00:16:22	00:41:26	01:24:22.35	01:40:45.30	+00:20:12 (24.0%)	8:26	7.1 (75.5%)
104	KOTULA Jakub	458		M30-39	9			00:12:46	00:40:17	01:24:22.55	01:37:09.35	+00:20:13 (24.0%)	8:26	7.1 (75.5%)
105	MOJSIEJCZUK Ryszard	483	VIKING NORDIC TEAM CZESTOCHOWA	M70+	4			00:14:16	00:41:22	01:24:27.95	01:38:43.95	+00:20:18 (24.0%)	8:26	7.1 (75.5%)
106	STEFAŃSKI Andrzej	514	FACE NORDIC WALKING TEAM	M50-59	13			00:13:42	00:41:44	01:24:39.90	01:38:22.40	+00:20:30 (24.2%)	8:28	7.1 (75.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
107	TRUCHAN BAJER Bożena	529	FACE NW TEAM	K50-59	12			00:16:51	00:41:04	01:25:01.10	01:41:52.55	+00:20:51 (24.5%)	8:30	7.1 (75.5%)
108	HADRYK Elżbieta	432		K30-39	11			00:16:20	00:41:53	01:25:34.25	01:41:54.25	+00:21:24 (25.0%)	8:33	7 (74.5%)
109	CYBULSKI Ryszard	415		M60-69	13			00:14:26	00:41:45	01:25:40.35	01:40:06.55	+00:21:30 (25.1%)	8:34	7 (74.5%)
110	OMARSKA Grazyna	489	PASJA NORDIC WALKING	K50-59	13			00:16:51	00:42:26	01:26:07.75	01:42:58.75	+00:21:58 (25.5%)	8:36	7 (74.5%)
111	GERLE-KOTULA Anna	428		K30-39	12			00:15:33	00:43:22	01:26:58.75	01:42:31.95	+00:22:49 (26.2%)	8:41	6.9 (73.4%)
112	THOMALA Bogdan	546	SILESIA NORDIC TEAM	M70+	5			00:14:17	00:41:21	01:26:59.45	01:41:16.95	+00:22:50 (26.2%)	8:41	6.9 (73.4%)
113	TURZYŃSKA-STOPA Maria	530	BŁĘKITNI NW DZIEMIANY	K60-69	6			00:17:21	00:42:37	01:27:05.65	01:44:27.10	+00:22:56 (26.3%)	8:42	6.9 (73.4%)
114	BIAŁOWAŚ Iwona	405		K50-59	14			00:16:50	00:43:25	01:28:19.50	01:45:09.90	+00:24:10 (27.4%)	8:49	6.8 (72.3%)
115	OTTA Anna	490		K40-49	18			00:16:20	00:44:21	01:28:21.05	01:44:41.45	+00:24:11 (27.4%)	8:50	6.8 (72.3%)
116	SYNAK Leszek	516		M50-59	14			00:13:45	00:43:18	01:28:50.90	01:42:36.80	+00:24:41 (27.8%)	8:53	6.8 (72.3%)
117	LINKA Renata	472		K40-49	19			00:16:22	00:44:11	01:29:19.75	01:45:42.40	+00:25:10 (28.2%)	8:56	6.7 (71.3%)
118	WASIELA Beata	535	FACE NORDIC WALKING TEAM	K40-49	20			00:16:24	00:43:59	01:29:55.55	01:46:20.10	+00:25:46 (28.7%)	8:59	6.7 (71.3%)
119	KOSSOWSKI Marian	457	MARYSIN	M50-59	15			00:13:41	00:44:41	01:29:59.25	01:43:41.10	+00:25:49 (28.7%)	9:00	6.7 (71.3%)
120	LEHMANN Teresa	470	BŁĘKITNI NW DZIEMIANY	K50-59	15			00:16:50	00:44:33	01:30:29.60	01:47:20.00	+00:26:20 (29.1%)	9:03	6.6 (70.2%)
121	FAJNAS Ryszard	425	FACE NORDIC WALKING TEAM	M50-59	16			00:13:42	00:43:45	01:30:50.70	01:44:33.50	+00:26:41 (29.4%)	9:05	6.6 (70.2%)
122	SYNAK Joanna	518		K18-29	5			00:15:21	00:44:27	01:30:59.60	01:46:20.80	+00:26:50 (29.5%)	9:05	6.6 (70.2%)
123	SMARUJ - SADOWSKA Janina	508		K60-69	7			00:17:23	00:44:37	01:31:08.05	01:48:31.25	+00:26:58 (29.6%)	9:06	6.6 (70.2%)
124	KRZYNOWEK Krystyna	462	GRUPA NORDIC WALKING-DOBRE MIASTO	K60-69	8			00:17:22	00:45:30	01:31:08.60	01:48:31.35	+00:26:59 (29.6%)	9:06	6.6 (70.2%)
125	SZEWCZYK Agnieszka	521	FACE NORDIC WALKING TEAM	K40-49	21			00:16:25	00:43:58	01:31:45.75	01:48:11.00	+00:27:36 (30.1%)	9:10	6.5 (69.1%)
126	SYNAK Mirosława	517		K50-59	16			00:16:51	00:44:53	01:32:10.35	01:49:02.25	+00:28:00 (30.4%)	9:13	6.5 (69.1%)
127	KRZYŚCIN Rafał	464	SANTANDER CONSUMER BANK	M40-49	17			00:13:14	00:46:10	01:32:19.85	01:45:34.75	+00:28:10 (30.5%)	9:14	6.5 (69.1%)
128	SZYMANOWSKA-PAWLAK Ewa	522	GOSIR OSIELSKO	K50-59	17			00:16:50	00:44:53	01:32:58.30	01:49:48.45	+00:28:48 (31.0%)	9:17	6.5 (69.1%)
129	KRZYŚCIN Mirosława	463	SANTANDER CONSUMER BANK	K40-49	22			00:16:20	00:45:43	01:33:28.10	01:49:48.90	+00:29:18 (31.4%)	9:20	6.4 (68.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
130	CHRAPEK Urszula	412	KS RUDZICA	K18-29	6			00:15:20	00:46:32	01:34:09.60	01:49:29.70	+00:30:00 (31.9%)	9:24	6.4 (68.1%)
131	LEWANDOWSKA Małgorzata	471		K40-49	23			00:16:20	00:46:49	01:34:12.80	01:50:33.60	+00:30:03 (31.9%)	9:25	6.4 (68.1%)
132	DYLEWSKA Barbara	423	DABROWA NORDIC TEAM.	K60-69	9			00:17:22	00:47:04	01:36:55.20	01:54:17.70	+00:32:45 (33.8%)	9:41	6.2 (66.0%)
133	SOBOCIŃSKA Ewa	511	MOSIR	K70+	3			00:17:22	00:47:50	01:37:16.70	01:54:39.60	+00:33:07 (34.0%)	9:43	6.2 (66.0%)
134	JÓZWIAK Dominik	442	WTW.WŁOCŁAWEK	M18-29	4			00:12:45	00:48:21	01:38:38.65	01:51:24.00	+00:34:29 (35.0%)	9:51	6.1 (64.9%)
135	PROKOP Anna	499		K40-49	24			00:16:22	00:49:14	01:38:58.70	01:55:21.65	+00:34:49 (35.2%)	9:53	6.1 (64.9%)
136	SYNAK Maria	519		K50-59	18			00:16:52	00:48:45	01:39:09.45	01:56:01.80	+00:35:00 (35.3%)	9:54	6.1 (64.9%)
137	LIPIŃSKA Urszula	473	FACE NORDIC WALKING TEAM	K40-49	25			00:16:24	00:48:37	01:39:15.80	01:55:40.30	+00:35:06 (35.4%)	9:55	6 (63.8%)
138	SZEWCZYK Marek	520	FACE NORDIC WALKING TEAM	M50-59	17			00:13:43	00:41:58	01:41:15.70	01:54:59.45	+00:37:06 (36.6%)	10:07	5.9 (62.8%)
139	PIEKARSKA Magdalena	494	GOSIR OSIELSKO	K18-29	7			00:15:20	00:49:55	01:42:30.15	01:57:50.45	+00:38:20 (37.4%)	10:15	5.9 (62.8%)
140	NAWROCKA Danuta	547	DĄBROWA NORDIC TEAM	K70+	4			00:17:24	00:57:58	01:58:02.70	02:15:26.95	+00:53:53 (45.7%)	11:48	5.1 (54.3%)
141	DILMAŃSKI Artur	548	ELBLĄG	M40-49	18			00:13:13	00:42:00			+00:10:27	8:24	7.1 (75.5%)
DQ	APPEL Jerzy	401	GOSIR OSIELSKO	M70+			1	DQ	00:45:53 DQ	DQ	DQ	-	-	- (0.0%)

Total 142 results.