

ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
INTELEKTUALNE SPORTOWE

Organizator: PFNW
Data: 2016-08-27
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	STILLER Karol	360	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:19:24	00:30:34.10	00:49:58.10		6:06	9.8 (100%)
2	ZARĘBSKI Michał	296	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:19:21	00:30:54.10	00:50:16.00	+00:00:20 (1.1%)	6:11	9.7 (99.0%)
3	DEŁĄG Jakub	45	FACE NORDIC WALKING TEAM/ ENERGYLIFETEAMNW	M18-29	1			00:18:53	00:31:02.35	00:49:55.95	+00:00:28 (1.5%)	6:12	9.7 (99.0%)
4	GEMBALA Eugeniusz	66	DĄBROWA NORDIC TEAM	M55-59	1			00:21:37	00:31:40.95	00:53:18.50	+00:01:06 (3.5%)	6:20	9.5 (96.9%)
5	WOROCH Roman	290	KS METRACO POLKOWICE	M55-59	2			00:21:36	00:31:43.50	00:53:20.25	+00:01:09 (3.6%)	6:20	9.5 (96.9%)
6	WITCZAK Łukasz	348	FACE NORDIC WALKING TEAM	M30-39	3			00:19:23	00:31:56.65	00:51:20.00	+00:01:22 (4.3%)	6:23	9.4 (95.9%)
7	BRZOZOWSKI Piotr	341	FACE NORDIC WALKING TEAM	M30-39	4			00:19:22	00:32:08.75	00:51:31.30	+00:01:34 (4.9%)	6:25	9.3 (94.9%)
8	WASIELEWSKI Mirosław	312	ELBLĄSKIE - WŁÓCZYKIJE	M50-54	1			00:21:05	00:32:32.65	00:53:38.00	+00:01:58 (6.1%)	6:30	9.2 (93.9%)
9	GAJEWSKI Eugeniusz	61	KS METRACO POLKOWICE	M55-59	3			00:21:41	00:32:35.10	00:54:16.80	+00:02:01 (6.2%)	6:31	9.2 (93.9%)
10	CZŁĄPSKI Krzysztof	331	ENERGYLIFE	M50-54	2			00:21:04	00:32:50.00	00:53:54.90	+00:02:15 (6.9%)	6:34	9.1 (92.9%)
11	GŁOWA Michał	74	WESOŁY BORSUK TEAM	M-Jun.	1			00:18:33	00:33:03.75	00:51:37.00	+00:02:29 (7.5%)	6:36	9.1 (92.9%)
12	KNITTER Tomasz	115	BŁĘKITNI NW DZIEMIANY	M-Jun.	2			00:18:32	00:33:06.60	00:51:39.05	+00:02:32 (7.7%)	6:37	9.1 (92.9%)
13	WAŁĘDZIAK Ryszard	355	POCHODZĘ Z MALBORKA	M40-44	1			00:20:05	00:33:10.90	00:53:16.60	+00:02:36 (7.9%)	6:38	9 (91.8%)
14	WOLEK Waldemar	288	NORDIC TEAM GNIEZNO	M40-44	2			00:20:05	00:33:19.95	00:53:25.50	+00:02:45 (8.3%)	6:40	9 (91.8%)
15	MARCINKOWSKI Jakub	150	UNIA MIAST	M-Jun.	3			00:18:34	00:33:24.10	00:51:58.10	+00:02:50 (8.5%)	6:40	9 (91.8%)

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16	SŁOMIAN Leszek	216	UNIA MIAST	M55-59	4			00:21:37	00:33:25.20	00:55:03.05	+00:02:51 (8.5%)	6:41	9 (91.8%)
17	SZYMAŃSKI Zbigniew	362		M55-59	5			00:21:38	00:33:33.10	00:55:11.25	+00:02:59 (8.9%)	6:42	8.9 (90.8%)
18	RAKUĆ Jakub	198	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	2			00:18:53	00:33:38.95	00:52:32.30	+00:03:04 (9.2%)	6:43	8.9 (90.8%)
19	KLARKOWSKI Bogdan	112	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	1			00:22:05	00:33:48.95	00:55:54.20	+00:03:14 (9.6%)	6:45	8.9 (90.8%)
20	ZALISKO Oksana	295	DĄBROWA NORDIC TEAM	K60-64	1			00:28:45	00:33:50.40	01:02:35.55	+00:03:16 (9.7%)	6:46	8.9 (90.8%)
21	DZIADEK Remigiusz	50	PENDOLINO	M50-54	3			00:21:06	00:33:53.95	00:55:00.65	+00:03:19 (9.8%)	6:46	8.8 (89.8%)
22	JENCZELEWSKI Grzegorz	100	ENERGYLIFE / EUROPOL GAZ	M45-49	1			00:20:31	00:34:01.15	00:54:33.00	+00:03:27 (10.1%)	6:48	8.8 (89.8%)
23	SCHRÓDER Karol	350	SILESIA NORDIC TEAM	M40-44	3			00:20:05	00:34:09.60	00:54:14.70	+00:03:35 (10.5%)	6:49	8.8 (89.8%)
24	STĘPNIEWSKI Paweł	227	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:18:54	00:34:13.60	00:53:07.70	+00:03:39 (10.7%)	6:50	8.8 (89.8%)
25	BARTOSIEWICZ Łukasz	10	FACE NORDIC WALKING TEAM	M30-39	5			00:19:24	00:34:14.90	00:53:38.90	+00:03:40 (10.7%)	6:50	8.8 (89.8%)
26	GRYGOROWICZ Bogdan	336	KS METRACO POLKOWICE	M65-69	1			00:22:31	00:34:15.75	00:56:47.45	+00:03:41 (10.8%)	6:51	8.8 (89.8%)
27	ADAMUS Marian	3	SILESIA NORDIC TEAM	M65-69	2			00:22:30	00:34:34.35	00:57:04.65	+00:04:00 (11.6%)	6:54	8.7 (88.8%)
28	BREWKA Joachim	24	UNIA MIAST	M50-54	4			00:21:05	00:34:35.20	00:55:40.65	+00:04:01 (11.6%)	6:55	8.7 (88.8%)
29	WILK Tadeusz	278	DĄBROWA NORDIC TEAM	M60-64	2			00:22:04	00:34:43.70	00:56:48.10	+00:04:09 (12.0%)	6:56	8.6 (87.8%)
30	TOPOREK Rafal	254	TEAM DEAF	M- Niepełnosprawni	1			00:19:21	00:34:46.85	00:54:08.80	+00:04:12 (12.1%)	6:57	8.6 (87.8%)
31	DUBAJ Grzegorz	47	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M55-59	6			00:21:38	00:34:50.45	00:56:29.25	+00:04:16 (12.3%)	6:58	8.6 (87.8%)
32	SZPILMAN Katarzyna	243	FACE NORDIC WALKING TEAM	K45-49	1			00:26:50	00:34:54.10	01:01:44.25	+00:04:20 (12.4%)	6:58	8.6 (87.8%)
33	ZMACZYŃSKI Bogusław	299	K.S. METRACO POLKOWICE	M60-64	3			00:22:06	00:34:56.50	00:57:02.70	+00:04:22 (12.5%)	6:59	8.6 (87.8%)
34	KOMAR Beata	120	FACE NORDIC WALKING TEAM	K45-49	2			00:26:48	00:34:57.00	01:01:45.80	+00:04:22 (12.5%)	6:59	8.6 (87.8%)
35	KOŁODZIEJCZAK Beata	322	SOCHO TEAM	K40-44	1			00:25:59	00:35:00.40	01:01:00.10	+00:04:26 (12.7%)	7:00	8.6 (87.8%)
36	KRYŚ Artur	130	KS METRACO POLKOWICE	M45-49	2			00:20:31	00:35:02.40	00:55:34.10	+00:04:28 (12.8%)	7:00	8.6 (87.8%)
37	STASIAK Paweł	223	PARKRUN GDYNIA	M-Jun.	4			00:18:32	00:35:04.05	00:53:36.60	+00:04:29 (12.8%)	7:00	8.6 (87.8%)
38	SKWIRUT Jerzy	212	SOKÓŁ RYMANÓW	M- Niepełnosprawni	2			00:21:36	00:35:14.65	00:56:50.90	+00:04:40 (13.3%)	7:02	8.5 (86.7%)
39	CHUDZIŃSKI Andrzej	36	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65-69	3			00:22:31	00:35:17.70	00:57:48.85	+00:04:43 (13.4%)	7:03	8.5 (86.7%)
40	FELIS Paweł	337		M45-49	3			00:20:32	00:35:20.55	00:55:52.80	+00:04:46 (13.5%)	7:04	8.5 (86.7%)

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41	PARTYKA Teresa	182	WESOŁY BORSUK TEAM	K55-59	1			00:27:49	00:35:24.70	01:03:14.25	+00:04:50 (13.7%)	7:05	8.5 (86.7%)
42	FLIS Marek	59	GREEN TEAM ZIELONA GÓRA	M55-59	7			00:21:37	00:35:38.35	00:57:15.35	+00:05:04 (14.2%)	7:07	8.4 (85.7%)
43	SZUDARSKI Edward	244	DWA KIJE SŁUPSK	M55-59	8			00:21:37	00:35:38.50	00:57:16.05	+00:05:04 (14.2%)	7:07	8.4 (85.7%)
44	RATECKI Marcin	334	NORDIC WALKING TEAM GDAŃSK	M40-44	4			00:20:05	00:35:44.60	00:55:50.40	+00:05:10 (14.5%)	7:09	8.4 (85.7%)
45	GAPIŃSKI Leszek	65	WESOŁY BORSUK TEAM	M55-59	9			00:21:39	00:35:47.55	00:57:26.95	+00:05:13 (14.6%)	7:09	8.4 (85.7%)
46	MIELCAREK Leszek	326	WESOŁY BORSUK TEAM	M60-64	4			00:22:05	00:35:53.95	00:57:59.00	+00:05:19 (14.8%)	7:10	8.4 (85.7%)
47	KASPRZYK Lilianna	109	METRACO POLKOWICE	K55-59	2			00:27:50	00:35:54.05	01:03:44.25	+00:05:19 (14.9%)	7:10	8.4 (85.7%)
48	WAŁĘDZIAK Alicja	358	POCHODZĘ Z MALBORKA	K30-39	1			00:24:51	00:35:54.85	01:00:45.90	+00:05:20 (14.9%)	7:10	8.4 (85.7%)
49	ZAŃKO Katarzyna	317	KS METRACO POLKOWICE	K40-44	2			00:25:59	00:35:59.00	01:01:58.85	+00:05:24 (15.0%)	7:11	8.3 (84.7%)
50	KARBOWSKI Paweł	344		M30-39	6			00:19:21	00:36:05.30	00:55:27.20	+00:05:31 (15.3%)	7:13	8.3 (84.7%)
51	DANA Andrzej	43	KLUB NW 'PATCZAKI' GRUDZIĄDZ	M65-69	4			00:22:32	00:36:07.00	00:58:39.00	+00:05:32 (15.4%)	7:13	8.3 (84.7%)
52	GNUS Dawid	213		M-Dzieci	1			00:18:13	00:36:08.85	00:54:22.15	+00:05:34 (15.4%)	7:13	8.3 (84.7%)
53	SZYMAŃSKI Stefan	248	KS METRACO POLKOWICE	M65-69	5			00:22:31	00:36:09.45	00:58:41.00	+00:05:35 (15.5%)	7:14	8.3 (84.7%)
54	BORKOWSKA Lidia	351	FACE NORDIC WALKING	K45-49	3			00:26:51	00:36:11.85	01:03:03.05	+00:05:37 (15.6%)	7:14	8.3 (84.7%)
55	KOŁOSZ-PERZ Monika	118	FACE NORDIC WALKING TEAM	K40-44	3			00:25:59	00:36:14.90	01:02:13.95	+00:05:40 (15.7%)	7:14	8.3 (84.7%)
56	KAPTEINA Robert	108	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-44	5			00:20:06	00:36:15.00	00:56:21.40	+00:05:40 (15.7%)	7:15	8.3 (84.7%)
57	MALCZYK Anna	147	DĄBROWA NORDIC TEAM	K30-39	2			00:24:50	00:36:16.50	01:01:06.55	+00:05:42 (15.7%)	7:15	8.3 (84.7%)
58	SZPILMAN Marta	321	FACE NORDIC WALKING TEAM	K18-29	1			00:24:15	00:36:18.20	01:00:33.90	+00:05:44 (15.8%)	7:15	8.3 (84.7%)
59	GAPIŃSKA Janina	64	WESOŁY BORSUK TEAM	K55-59	3			00:27:49	00:36:25.40	01:04:15.30	+00:05:51 (16.1%)	7:17	8.2 (83.7%)
60	MOTOCZYŃSKI Krzysztof	161	GOSIR OSIELSKO	M60-64	5			00:22:05	00:36:26.25	00:58:31.80	+00:05:52 (16.1%)	7:17	8.2 (83.7%)
61	GAŁĄZKA Paweł	319	NORDIC TEAM GNIEZNO	M-Niepełnosprawni	3			00:21:06	00:36:27.15	00:57:33.80	+00:05:53 (16.1%)	7:17	8.2 (83.7%)
62	WOŹNIAK Klaudia	327	UNIA MIASTO	K-Jun.	1			00:23:47	00:36:34.95	01:00:22.05	+00:06:00 (16.4%)	7:19	8.2 (83.7%)
63	NACZK Wiktoria	164		K-Jun.	2			00:23:46	00:36:35.40	01:00:22.15	+00:06:01 (16.5%)	7:19	8.2 (83.7%)
64	RAKUĆ Angelika	199	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:24:16	00:36:42.25	01:00:58.50	+00:06:08 (16.7%)	7:20	8.2 (83.7%)

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65	KANIECKA Zofia	107	NW CIECHANÓW	K60-64	2			00:28:45	00:36:43.70	01:05:28.85	+00:06:09 (16.8%)	7:20	8.2 (83.7%)
66	ANTONIEWICZ-BARTCZAK Łukasz	4	ELITE TEAM	M- Niepełnosprawni	4			00:19:22	00:36:43.80	00:56:06.75	+00:06:09 (16.8%)	7:20	8.2 (83.7%)
67	CIEŚLAK-ZABŁOCKA Iwona	333	ELBLĄSKIE - WŁÓCZYKIJE	K40-44	4			00:26:00	00:36:44.00	01:02:44.50	+00:06:09 (16.8%)	7:20	8.2 (83.7%)
68	KUŚMIEREK Mateusz	134	BŁĘKITNI NW DZIEMIANY	M-Dzieci	2			00:18:13	00:36:47.80	00:55:00.90	+00:06:13 (16.9%)	7:21	8.2 (83.7%)
69	DUDEK Edward	48	KS METRACO POLKOWICE	M65-69	6			00:22:33	00:36:48.45	00:59:21.45	+00:06:14 (17.0%)	7:21	8.2 (83.7%)
70	GRABSKI Grzegorz	80		M50-54	5			00:21:06	00:36:50.30	00:57:56.35	+00:06:16 (17.0%)	7:22	8.1 (82.7%)
71	STĘPIEŃ Andrzej	226	LKS ZANTYR	M18-29	4			00:18:53	00:36:53.15	00:55:47.10	+00:06:19 (17.1%)	7:22	8.1 (82.7%)
72	MACIEJEWSKI Tomasz	145	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-44	6			00:20:04	00:36:54.90	00:56:59.75	+00:06:20 (17.2%)	7:23	8.1 (82.7%)
73	BALICKA Maria	6		K-Dzieci	1			00:23:16	00:36:59.55	01:00:15.55	+00:06:25 (17.4%)	7:23	8.1 (82.7%)
74	LESINSKA Marzenna	140	KS METRACO POLKOWICE	K50-54	1			00:27:09	00:37:04.80	01:04:13.80	+00:06:30 (17.6%)	7:24	8.1 (82.7%)
75	FRĄSZCZAK Katarzyna	311	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K- Niepełnosprawni	1			00:24:49	00:37:15.30	01:02:04.80	+00:06:41 (17.9%)	7:27	8.1 (82.7%)
76	RACHWALSKA Joanna	197		K18-29	3			00:24:15	00:37:15.90	01:01:31.70	+00:06:41 (18.0%)	7:27	8.1 (82.7%)
77	GOŁĘBIEWSKI Andrzej	76	KLUB NW 'PATCZAKI' GRUDZIĄDZ	M55-59	10			00:21:39	00:37:19.35	00:58:58.35	+00:06:45 (18.1%)	7:27	8 (81.6%)
78	MIKOŁAJCZAK Jan	158	KS METRACO POLKOWICE	M- Niepełnosprawni	5			00:22:05	00:37:20.50	00:59:26.40	+00:06:46 (18.1%)	7:28	8 (81.6%)
79	JÓŹWIAK Marianna	102	WTW.WŁOCŁAWEK	K40-44	5			00:25:59	00:37:24.45	01:03:24.25	+00:06:50 (18.3%)	7:29	8 (81.6%)
80	ŚLEWIŃSKA Edyta	249	BŁĘKITNI NW DZIEMIANY	K-Jun.	3			00:23:47	00:37:29.05	01:01:16.20	+00:06:54 (18.5%)	7:29	8 (81.6%)
81	STOLTMANN Helena	228	BŁĘKITNI NW DZIEMIANY	K55-59	4			00:27:50	00:37:33.55	01:05:24.35	+00:06:59 (18.6%)	7:30	8 (81.6%)
82	JÓŹWIAK Łukasz	103	WTW.WŁOCŁAWEK	M- Niepełnosprawni	6			00:20:32	00:37:35.05	00:58:07.60	+00:07:00 (18.7%)	7:31	8 (81.6%)
82	JAWORSKI Zbigniew	99	WŁÓCZYKIJE SKOCZÓW	M65-69	7			00:22:30	00:37:35.05	01:00:05.15	+00:07:00 (18.7%)	7:31	8 (81.6%)
84	BIK Przemysław	17	KS METRACO POLKOWICE	M-Dzieci	3			00:18:14	00:37:35.40	00:55:50.05	+00:07:01 (18.7%)	7:31	8 (81.6%)
85	PILECKA PRĄDZYŃSKA Anna	189	PENDOLINO	K60-64	3			00:28:45	00:37:36.45	01:06:21.75	+00:07:02 (18.7%)	7:31	8 (81.6%)
86	MARCINKOWSKA Agnieszka	149	UNIA MIAST	K-Dzieci	2			00:23:16	00:37:38.65	01:00:54.85	+00:07:04 (18.8%)	7:31	8 (81.6%)
87	WOJTACHNIO Edyta	286	FACE NORDIC WALKING TEAM	K45-49	4			00:26:49	00:37:39.85	01:04:29.00	+00:07:05 (18.8%)	7:32	8 (81.6%)

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88	WILKOŁEK-SZUDARSKA Saturnina	279	DWA KIJE SŁUPSK	K55-59	5			00:27:49	00:37:42.40	01:05:32.10	+00:07:08 (18.9%)	7:32	8 (81.6%)
89	RECZULSKA Katarzyna	202	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	5			00:26:50	00:37:43.30	01:04:34.00	+00:07:09 (19.0%)	7:32	8 (81.6%)
90	PAWŁOSKA-WOŹNIAK Małgorzata	328	UNIA MIASTO	K30-39	3			00:24:49	00:37:43.85	01:02:33.45	+00:07:09 (19.0%)	7:32	8 (81.6%)
91	FELIS Stanisław	56		M-Jun.	5			00:18:33	00:37:46.70	00:56:20.20	+00:07:12 (19.1%)	7:33	7.9 (80.6%)
92	SZUDARSKI Marek	245	DWA KIJE SŁUPSK	M-Niepełnosprawni	7			00:18:54	00:37:49.30	00:56:43.85	+00:07:15 (19.2%)	7:33	7.9 (80.6%)
93	GIERSZEWSKI Arkadiusz	71		M30-39	7			00:19:24	00:37:49.45	00:57:14.05	+00:07:15 (19.2%)	7:34	7.9 (80.6%)
94	GŁADKOWSKA Małgorzata	73	SILESIA NORDIC TEAM	K55-59	6			00:27:50	00:37:50.05	01:05:40.40	+00:07:15 (19.2%)	7:34	7.9 (80.6%)
95	WRÓŃSKI Włodzimierz	291	PASJA NORDIC WALKING	M60-64	6			00:22:05	00:37:50.70	00:59:55.70	+00:07:16 (19.2%)	7:34	7.9 (80.6%)
96	SOWA Jan	219	UNIA MIAST	M70+	1			00:22:53	00:37:51.20	01:00:44.80	+00:07:17 (19.2%)	7:34	7.9 (80.6%)
97	OLSZEWSKI Piotr	175		M30-39	8			00:19:25	00:37:53.40	00:57:18.80	+00:07:19 (19.3%)	7:34	7.9 (80.6%)
98	PIĄTKOWSKI Kazimierz	315		M60-64	7			00:22:09	00:37:56.95	01:00:06.15	+00:07:22 (19.4%)	7:35	7.9 (80.6%)
99	NOWROTEK Roman	172	WESOŁY BORSUK TEAM	M65-69	8			00:22:31	00:38:00.00	01:00:31.20	+00:07:25 (19.6%)	7:36	7.9 (80.6%)
100	KOZŁOWSKA Julia	126	FACE NORDIC WALKING TEAM	K-Dzieci	3			00:23:17	00:38:00.85	01:01:18.65	+00:07:26 (19.6%)	7:36	7.9 (80.6%)
101	GAŁAŚ Joanna	63	PASJA NW	K18-29	4			00:24:15	00:38:02.85	01:02:18.05	+00:07:28 (19.7%)	7:36	7.9 (80.6%)
102	KORDOWSKA Bogusława	121	UPOJENI WIATREM	K40-44	6			00:26:00	00:38:05.95	01:04:06.65	+00:07:31 (19.8%)	7:37	7.9 (80.6%)
103	SULECKA Gabriela	234		K-Niepełnosprawni	2			00:27:51	00:38:06.50	01:05:57.90	+00:07:32 (19.8%)	7:37	7.9 (80.6%)
104	WAWRZY尼亚K Anna	269	FACE NORDIC WALKING TEAM	K40-44	7			00:25:59	00:38:13.20	01:04:12.25	+00:07:39 (20.0%)	7:38	7.8 (79.6%)
105	CIESIELSKI Krzysztof	41	NORDIC TEAM GNIEZNO	M60-64	8			00:22:05	00:38:14.20	01:00:19.75	+00:07:40 (20.1%)	7:38	7.8 (79.6%)
106	BARTOSIEWICZ Włodzimierz	11	FACE NORDIC WALKING TEAM	M60-64	9			00:22:06	00:38:18.45	01:00:25.30	+00:07:44 (20.2%)	7:39	7.8 (79.6%)
107	GIBAS Sławomir	70	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M30-39	9			00:19:23	00:38:21.05	00:57:44.30	+00:07:46 (20.3%)	7:40	7.8 (79.6%)
108	WASILEWSKI Sławomir	268	PASJA NORDIC WALKING	M70+	2			00:22:54	00:38:22.95	01:01:17.10	+00:07:48 (20.4%)	7:40	7.8 (79.6%)
109	WARCZALSKA Teresa	264	UNIA MIAST	K65-69	1			00:29:12	00:38:24.00	01:07:36.60	+00:07:49 (20.4%)	7:40	7.8 (79.6%)
110	PIATCZYC Michał	186		M-Jun.	6			00:18:33	00:38:24.15	00:56:57.65	+00:07:50 (20.4%)	7:40	7.8 (79.6%)
111	SZENDZIELORZ Ilona	239	FABRIKANORDIKA	K55-59	7			00:27:51	00:38:31.60	01:06:23.00	+00:07:57 (20.7%)	7:42	7.8 (79.6%)

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
112	BARUCH Henryka	13	DĄBROWA NORDIC TEAM	K65-69	2			00:29:13	00:38:33.05	01:07:46.90	+00:07:58 (20.7%)	7:42	7.8 (79.6%)
113	PADIAS Paweł	178		M60-64	10			00:22:08	00:38:40.20	01:00:48.85	+00:08:06 (21.0%)	7:44	7.8 (79.6%)
114	JAROSZ Adrianna	96	AKADEMOS	K18-29	5			00:26:01	00:38:47.10	01:04:48.25	+00:08:13 (21.2%)	7:45	7.7 (78.6%)
115	BRZUSTEWICZ Aleksandra	29	LKS ZANTYR SZTUM	K40-44	8			00:25:59	00:38:48.00	01:04:47.10	+00:08:13 (21.2%)	7:45	7.7 (78.6%)
116	WAWRZYNIAK Patryk	271	FACE NORDIC WALKING TEAM	M-Jun.	7			00:18:32	00:38:48.35	00:57:20.90	+00:08:14 (21.2%)	7:45	7.7 (78.6%)
117	FELIS Beata	338		K45-49	6			00:26:50	00:38:50.30	01:05:41.15	+00:08:16 (21.3%)	7:46	7.7 (78.6%)
118	WOJEWSKA Natalia	285	ELITE TEAM	K18-29	6			00:24:17	00:38:50.75	01:03:07.75	+00:08:16 (21.3%)	7:46	7.7 (78.6%)
119	SŁOMIŃSKA Marta	217	BŁĘKITNI NW DZIEMIANY	K-Jun.	4			00:23:48	00:38:54.80	01:02:42.80	+00:08:20 (21.4%)	7:46	7.7 (78.6%)
120	ROSZMAN Zenon	207	PENDOLINO	M55-59	11			00:21:38	00:38:55.95	01:00:34.30	+00:08:21 (21.5%)	7:47	7.7 (78.6%)
121	WAŁĘDZIAK Jan	356	POCHODZĘ Z MALBORKA	M-Dzieci	4			00:18:13	00:39:11.30	00:57:25.20	+00:08:37 (22.0%)	7:50	7.7 (78.6%)
122	DAWIDCZYK Daria	310		K18-29	7			00:24:52	00:39:13.95	01:04:06.70	+00:08:39 (22.1%)	7:50	7.6 (77.6%)
123	DANA Kazimiera	42	KLUB NW 'PATCZAKI' GRUDZIĄDZ	K60-64	4			00:28:46	00:39:15.00	01:08:01.60	+00:08:40 (22.1%)	7:51	7.6 (77.6%)
124	PIATCZYC Wacław	184		M-Niepełnosprawni	8			00:21:41	00:39:15.40	01:00:56.60	+00:08:41 (22.1%)	7:51	7.6 (77.6%)
125	KŁOSKA Kazimierz	113	BYTOWSKIE MORSY	M70+	3			00:22:56	00:39:19.35	01:02:15.55	+00:08:45 (22.3%)	7:51	7.6 (77.6%)
126	SZNAJDER Zenon	242	UNIA MIAST	M60-64	11			00:22:07	00:39:29.85	01:01:36.85	+00:08:55 (22.6%)	7:53	7.6 (77.6%)
127	KUMPIŃ Jarosław	309		M45-49	4			00:20:32	00:39:32.35	01:00:04.95	+00:08:58 (22.7%)	7:54	7.6 (77.6%)
128	WIŚNIEWSKA Iwona	282	KLUB SPORTOWY 'ELBŁĄSKIE WŁÓCZY-KIJE'	K50-54	2			00:27:08	00:39:42.20	01:06:51.00	+00:09:08 (23.0%)	7:56	7.6 (77.6%)
129	SPYCHAŁA-KARAPULKA Arleta	220	MARSZ PO ZDROWIE	K40-44	9			00:26:01	00:39:42.95	01:05:44.10	+00:09:08 (23.0%)	7:56	7.6 (77.6%)
130	STRZELECKA Małgorzata	231	SAILING TEAM FERAJNA	K40-44	10			00:26:01	00:39:51.70	01:05:53.55	+00:09:17 (23.3%)	7:58	7.5 (76.5%)
131	GIBAS Joanna	69	KLUB SPORTOWY 'ELBŁĄSKIE WŁÓCZY-KIJE'	K30-39	4			00:24:51	00:39:54.00	01:04:45.50	+00:09:19 (23.4%)	7:58	7.5 (76.5%)
132	LANGMESSER Kinga	139	LKS ZANTYR	K18-29	8			00:24:16	00:39:55.60	01:04:12.10	+00:09:21 (23.4%)	7:59	7.5 (76.5%)
133	JONDERKO Julia	101	WŁÓCZYKIJE SKOCZÓW	K40-44	11			00:26:02	00:39:59.75	01:06:01.75	+00:09:25 (23.6%)	7:59	7.5 (76.5%)
134	SOBOL Paulina	218	WŁÓCZYKIJE	K30-39	5			00:24:49	00:40:01.95	01:04:51.45	+00:09:27 (23.6%)	8:00	7.5 (76.5%)
135	TOWARNICKA Izabela	257	TEAM DEAF	K-Niepełnosprawni	3			00:26:05	00:40:05.55	01:06:11.45	+00:09:31 (23.8%)	8:01	7.5 (76.5%)

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
136	JASIŃSKI Marian	97	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M65-69	9			00:22:32	00:40:07.75	01:02:40.40	+00:09:33 (23.8%)	8:01	7.5 (76.5%)
137	STRYJEWSKA Łucja	230		K65-69	3			00:29:15	00:40:07.95	01:09:23.25	+00:09:33 (23.8%)	8:01	7.5 (76.5%)
138	KUBICKA Danuta	340	KS METRACO POLKOWICE	K65-69	4			00:29:12	00:40:08.80	01:09:21.05	+00:09:34 (23.9%)	8:01	7.5 (76.5%)
139	KOZŁOWSKA Jagoda	125	FACE NORDIC WALKING TEAM	K-Dzieci	4			00:23:17	00:40:10.00	01:03:27.90	+00:09:35 (23.9%)	8:02	7.5 (76.5%)
140	JURCZYŃSKA Bożena	104	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	8			00:27:52	00:40:10.90	01:08:03.55	+00:09:36 (23.9%)	8:02	7.5 (76.5%)
141	BERTEL Alicja	16	FACE NORDIC WALKING TEAM	K30-39	6			00:24:54	00:40:11.75	01:05:06.50	+00:09:37 (24.0%)	8:02	7.5 (76.5%)
142	KNITTER Agata	114	BŁĘKITNI NW DZIEMIANY	K-Jun.	5			00:23:47	00:40:16.25	01:04:04.20	+00:09:42 (24.1%)	8:03	7.4 (75.5%)
143	PAKMUR Anna	179		K50-54	3			00:27:10	00:40:18.10	01:07:28.25	+00:09:44 (24.2%)	8:03	7.4 (75.5%)
144	NOWAK Bartłomiej	170	SAILING TEAM FERAJNA	M40-44	7			00:20:04	00:40:32.80	01:00:37.65	+00:09:58 (24.6%)	8:06	7.4 (75.5%)
145	BALICKI Mirosław	7		M45-49	5			00:20:31	00:40:33.40	01:01:05.10	+00:09:59 (24.6%)	8:06	7.4 (75.5%)
146	MICHALAK Elżbieta	154	CHODZĘ Z SERCEM	K50-54	4			00:27:08	00:40:33.75	01:07:41.90	+00:09:59 (24.6%)	8:06	7.4 (75.5%)
147	KABACIŃSKI Maciej	105	FACE NORDIC WALKING TEAM	M45-49	6			00:20:33	00:40:42.20	01:01:15.20	+00:10:08 (24.9%)	8:08	7.4 (75.5%)
148	TOPOREK Aleksandra	255	TEAM DEAF	K-Niepełnosprawni	4			00:26:49	00:40:44.70	01:07:33.85	+00:10:10 (25.0%)	8:08	7.4 (75.5%)
149	PIATCZYC Barbara	185		K50-54	5			00:27:09	00:40:50.40	01:07:59.50	+00:10:16 (25.2%)	8:10	7.3 (74.5%)
150	NOWAK Jakub	167	KLUB NW ' PATYCZAKI ' GRUDZIĄDZ	M-Dzieci	5			00:18:13	00:40:50.45	00:59:03.45	+00:10:16 (25.2%)	8:10	7.3 (74.5%)
151	WARUSZEWSKA Maja	265	SP 11 TCZEW	K-Dzieci	5			00:23:17	00:40:59.80	01:04:17.25	+00:10:25 (25.4%)	8:12	7.3 (74.5%)
152	BANASZAK Agata	9	GREEN TEAM ZIELONA GÓRA	K18-29	9			00:24:16	00:41:10.00	01:05:26.40	+00:10:35 (25.7%)	8:14	7.3 (74.5%)
153	STARZYŃSKA Ewa	222	KS METRACO POLKOWICE	K60-64	5			00:28:50	00:41:13.10	01:10:03.50	+00:10:39 (25.8%)	8:14	7.3 (74.5%)
154	KRUŻYCKA Aleksandra	129	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	12			00:26:02	00:41:13.80	01:07:16.50	+00:10:39 (25.9%)	8:14	7.3 (74.5%)
155	HISAMUTDINOVA Vera	92	ORGANIZACJA 'VESTA'	K60-64	6			00:28:47	00:41:15.55	01:10:02.90	+00:10:41 (25.9%)	8:15	7.3 (74.5%)
156	PIĄTKOWSKI Józef	339	K S METRACO POLKOWICE	M70+	4			00:22:55	00:41:16.20	01:04:11.65	+00:10:42 (25.9%)	8:15	7.3 (74.5%)
157	FILUSZ Alfred	58	N/Z	M45-49	7			00:20:34	00:41:16.40	01:01:50.75	+00:10:42 (25.9%)	8:15	7.3 (74.5%)
158	STAŃCZYK Bożena	221	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K55-59	9			00:27:52	00:41:18.00	01:09:10.80	+00:10:43 (26.0%)	8:15	7.3 (74.5%)
159	URBAN Zdzisława	261		K70+	1			00:29:36	00:41:18.55	01:10:55.00	+00:10:44 (26.0%)	8:15	7.3 (74.5%)
160	ROSZMAN Paweł	208	PENDOLINO	M18-29	5			00:18:54	00:41:21.20	01:00:15.75	+00:10:47 (26.1%)	8:16	7.3 (74.5%)

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
161	LABUDDA Katarzyna	137		K30-39	7			00:24:51	00:41:23.30	01:06:14.70	+00:10:49 (26.1%)	8:16	7.2 (73.5%)
162	LEBIODA Ryszard	353		M50-54	6			00:21:07	00:41:31.90	01:02:38.90	+00:10:57 (26.4%)	8:18	7.2 (73.5%)
163	PIPIRO Grażyna	191	UNIA MIAST	K55-59	10			00:27:52	00:41:32.00	01:09:24.50	+00:10:57 (26.4%)	8:18	7.2 (73.5%)
164	WAWRZYNIAK Igor	270	FACE NORDIC WALKING TEAM	M-Dzieci	6			00:18:15	00:41:35.55	00:59:51.45	+00:11:01 (26.5%)	8:19	7.2 (73.5%)
165	KOLASA Maciej	325	EPOKA NORDICA ŁÓDŹ	M-Dzieci	7			00:18:13	00:41:39.40	00:59:53.25	+00:11:05 (26.6%)	8:20	7.2 (73.5%)
166	WIĘCKIEWICZ Mirosław	276		M50-54	7			00:21:06	00:41:43.30	01:02:49.55	+00:11:09 (26.7%)	8:20	7.2 (73.5%)
167	SZYMAŃSKA Halina	361		K55-59	11			00:27:55	00:41:48.10	01:09:43.95	+00:11:14 (26.9%)	8:21	7.2 (73.5%)
168	NIEWIADOWSKI Oliwier	346		M-Dzieci	8			00:18:15	00:41:48.35	01:00:03.55	+00:11:14 (26.9%)	8:21	7.2 (73.5%)
169	MAJEWSKA Joanna	307		K55-59	12			00:27:50	00:41:50.40	01:09:41.20	+00:11:16 (26.9%)	8:22	7.2 (73.5%)
170	SELWA Milena	211	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K30-39	8			00:24:54	00:41:51.80	01:06:45.90	+00:11:17 (27.0%)	8:22	7.2 (73.5%)
171	WIESZOŁEK Ewelina	275	N/Z	K30-39	9			00:24:53	00:41:55.55	01:06:48.90	+00:11:21 (27.1%)	8:23	7.2 (73.5%)
172	KUMPIŃ Izabela	133		K40-44	13			00:26:03	00:41:58.85	01:08:02.50	+00:11:24 (27.2%)	8:23	7.1 (72.4%)
173	ADAMOWICZ Andrzej	2		M70+	5			00:22:54	00:42:01.10	01:04:55.45	+00:11:27 (27.3%)	8:24	7.1 (72.4%)
174	STRACH Jan	229	WŁÓCZYKIJE SKOCZÓW	M-Niepełnosprawni	9			00:22:07	00:42:05.55	01:04:13.10	+00:11:31 (27.4%)	8:25	7.1 (72.4%)
175	DAWID Anna	44	NIEZŁE SZPRYCHY	K40-44	14			00:26:00	00:42:05.90	01:08:06.10	+00:11:31 (27.4%)	8:25	7.1 (72.4%)
176	WARUSZEWSKA Emilia	266	GIM 3 TCZEW	K-Jun.	6			00:23:47	00:42:13.00	01:06:00.80	+00:11:38 (27.6%)	8:26	7.1 (72.4%)
177	CZUBIŃSKA Magdalena	332		K40-44	15			00:26:05	00:42:13.60	01:08:18.60	+00:11:39 (27.6%)	8:26	7.1 (72.4%)
178	KUTNIEWSKA Maria	135	FACENORDIC WALKING TEAM	K55-59	13			00:27:54	00:42:27.25	01:10:22.00	+00:11:53 (28.0%)	8:29	7.1 (72.4%)
179	GWAREK Anita	88	PASJA NORDIC WALKING	K45-49	7			00:26:51	00:42:41.05	01:09:32.15	+00:12:06 (28.4%)	8:32	7 (71.4%)
180	MARCZYK Jerzy Paweł	151	FACE NORDIC WALKING TEAM	M55-59	12			00:21:40	00:42:41.45	01:04:22.20	+00:12:07 (28.4%)	8:32	7 (71.4%)
181	NAZAREWICZ Barbara	165	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	5			00:29:13	00:42:43.90	01:11:57.20	+00:12:09 (28.5%)	8:32	7 (71.4%)
182	SZAŁACIŃSKI Grzegorz	235	WESOŁY BORSUK	M50-54	8			00:21:06	00:42:48.35	01:03:54.45	+00:12:14 (28.6%)	8:33	7 (71.4%)
183	MAJEWSKI Adam	306		M55-59	13			00:21:37	00:42:51.05	01:04:28.75	+00:12:16 (28.7%)	8:34	7 (71.4%)
183	JASIUKIEWICZ Weronika	98	GRUPA NORDIC WALKING-DOBRE MIASTO	K50-54	6			00:27:10	00:42:51.05	01:10:01.80	+00:12:16 (28.7%)	8:34	7 (71.4%)

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
185	MIELEWCZYK Justyna	156		K30-39	10			00:24:54	00:42:51.15	01:07:45.90	+00:12:17 (28.7%)	8:34	7 (71.4%)
186	BURY Liliana	31		K30-39	11			00:24:54	00:42:51.95	01:07:46.15	+00:12:17 (28.7%)	8:34	7 (71.4%)
187	ASEEV Vladimir	5	ORGANIZACJA 'VESTA'	M60-64	12			00:22:06	00:42:54.70	01:05:01.10	+00:12:20 (28.8%)	8:35	7 (71.4%)
188	WINCZEWSKA Anna	280	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	7			00:27:08	00:42:56.35	01:10:04.55	+00:12:22 (28.8%)	8:35	7 (71.4%)
189	FRĄTCZAK Zdzisław	60	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	13			00:22:09	00:42:56.80	01:05:06.00	+00:12:22 (28.8%)	8:35	7 (71.4%)
190	ROZBICKA Iwona	209		K- Niepełnosprawni	5			00:24:54	00:43:04.05	01:07:58.65	+00:12:29 (29.0%)	8:36	7 (71.4%)
191	SZAŁAJ Anna	236	K.S.METRACO POLKOWICE	K- Niepełnosprawni	6			00:28:45	00:43:08.80	01:11:54.70	+00:12:34 (29.2%)	8:37	7 (71.4%)
192	ZIAJKO Szymon	297	KLUB SPOROTWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M30-39	10			00:19:22	00:43:17.85	01:02:40.45	+00:12:43 (29.4%)	8:39	6.9 (70.4%)
193	NOWALIŃSKI Piotrek	320	FACE NORDIC WALKING TEAM	M- Niepełnosprawni	10			00:20:33	00:43:18.55	01:03:52.10	+00:12:44 (29.4%)	8:39	6.9 (70.4%)
194	BOREK Marta	22	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	16			00:26:01	00:43:25.70	01:09:27.15	+00:12:51 (29.6%)	8:41	6.9 (70.4%)
195	ROSZKOWSKI Jarosław	204	KURZĘTNIK	M30-39	11			00:19:24	00:43:30.70	01:02:55.20	+00:12:56 (29.7%)	8:42	6.9 (70.4%)
196	PACYNA Helena	177	KS METRACO POLKOWICE	K65-69	6			00:29:16	00:43:35.65	01:12:52.30	+00:13:01 (29.9%)	8:43	6.9 (70.4%)
197	ZAKRZEWSKA Henryka	294	NORDIC TEAM GNIEZNO	K70+	2			00:29:37	00:43:36.75	01:13:13.85	+00:13:02 (29.9%)	8:43	6.9 (70.4%)
198	SROKA Mirosław	314		M60-64	14			00:22:07	00:43:39.55	01:05:47.30	+00:13:05 (30.0%)	8:44	6.9 (70.4%)
199	ŚLIWIŃSKA Edyta	250	TEAM DEAF	K- Niepełnosprawni	7			00:26:52	00:43:41.70	01:10:33.95	+00:13:07 (30.0%)	8:44	6.9 (70.4%)
200	SUDOŁ Irena	233	WŁÓCZYKIJE SKOCZÓW	K50-54	8			00:27:10	00:43:44.30	01:10:55.15	+00:13:10 (30.1%)	8:45	6.9 (70.4%)
201	GÓRKA Mirosława	343		K60-64	7			00:28:49	00:43:45.35	01:12:34.40	+00:13:11 (30.1%)	8:45	6.9 (70.4%)
202	BOHUSZEWICZ Mariola	20	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K30-39	12			00:24:53	00:43:45.40	01:08:38.60	+00:13:11 (30.1%)	8:45	6.9 (70.4%)
203	NOWROTEK Urszula	171	WESOŁY BORSUK TEAM	K50-54	9			00:27:08	00:43:46.75	01:10:54.95	+00:13:12 (30.2%)	8:45	6.9 (70.4%)
203	ADAMOWICZ Ewa	1	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	7			00:29:10	00:43:46.75	01:12:57.65	+00:13:12 (30.2%)	8:45	6.9 (70.4%)
205	CHLEWIŃSKA Iwona	34	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	8			00:28:46	00:43:47.55	01:12:34.30	+00:13:13 (30.2%)	8:45	6.8 (69.4%)
206	WAŁĘDZIAK Milena	357	POCHODZĘ Z MALBORKA	K-Dzieci	6			00:23:16	00:43:51.35	01:07:08.15	+00:13:17 (30.3%)	8:46	6.8 (69.4%)
207	KAPTUR Marcelina	352		K18-29	10			00:24:17	00:43:52.30	01:08:09.50	+00:13:18 (30.3%)	8:46	6.8 (69.4%)
208	BANACH-MAZUR Paulina	8	ELITE TEAM	K30-39	13			00:24:50	00:43:54.30	01:08:45.10	+00:13:20 (30.4%)	8:47	6.8 (69.4%)

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
209	WIKTORZAK Elżbieta	277	UNIA MIAST	K55-59	14			00:27:51	00:43:57.05	01:11:48.75	+00:13:22 (30.4%)	8:47	6.8 (69.4%)
210	MIELEWCZYK Aleksandra	157		K55-59	15			00:27:52	00:44:01.15	01:11:53.45	+00:13:27 (30.6%)	8:48	6.8 (69.4%)
211	PIPIRO Grzegorz	190	UNIA MIAST	M-Niepełnosprawni	11			00:21:38	00:44:02.10	01:05:40.90	+00:13:28 (30.6%)	8:48	6.8 (69.4%)
212	TOMASZEWSKI Ryszard	252	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M65-69	10			00:22:33	00:44:08.20	01:06:41.40	+00:13:34 (30.7%)	8:49	6.8 (69.4%)
212	GROBELNA Jadwiga	81	KS.METRACO POLKOWICE	K-Niepełnosprawni	8			00:28:45	00:44:08.20	01:12:54.10	+00:13:34 (30.7%)	8:49	6.8 (69.4%)
214	KODYRA Kazimiera	116	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	8			00:29:15	00:44:10.15	01:13:25.35	+00:13:36 (30.8%)	8:50	6.8 (69.4%)
215	SŁOMCZYŃSKA GUSTEK Aleksandra	214	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K30-39	14			00:24:50	00:44:15.75	01:09:06.55	+00:13:41 (30.9%)	8:51	6.8 (69.4%)
216	KWIATKOWSKA Jadwiga	136	KS METRACO POLKOWICE	K65-69	9			00:29:14	00:44:18.80	01:13:32.80	+00:13:44 (31.0%)	8:51	6.8 (69.4%)
217	SZCZYPEK Ela	238	DWA KIJE SŁUPSK	K60-64	9			00:28:51	00:44:20.10	01:13:11.30	+00:13:46 (31.1%)	8:52	6.8 (69.4%)
218	MACIEJEWSKA Anetta	144	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	17			00:26:03	00:44:21.20	01:10:24.25	+00:13:47 (31.1%)	8:52	6.8 (69.4%)
219	DZIEMIŃSKI Jan	51	BŁĘKITNI NW DZIEMIANY	M-Dzieci	9			00:18:15	00:44:21.70	01:02:37.00	+00:13:47 (31.1%)	8:52	6.8 (69.4%)
220	MALISZEWSKI Marek	148		M-Niepełnosprawni	12			00:22:08	00:44:22.70	01:06:31.00	+00:13:48 (31.1%)	8:52	6.8 (69.4%)
221	KOWALSKI Wincenty	335		M65-69	11			00:22:31	00:44:24.75	01:06:56.60	+00:13:50 (31.2%)	8:53	6.8 (69.4%)
222	NIESTRYJEWSKA Elżbieta	166		K65-69	10			00:29:16	00:44:25.25	01:13:41.25	+00:13:51 (31.2%)	8:53	6.8 (69.4%)
223	LEWANDOWSKA Krystyna	141	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	10			00:28:50	00:44:36.75	01:13:26.85	+00:14:02 (31.5%)	8:55	6.7 (68.4%)
224	SZNAJDER Teresa	241	UNIA MIAST	K60-64	11			00:28:50	00:44:42.00	01:13:32.55	+00:14:07 (31.6%)	8:56	6.7 (68.4%)
225	KRUK Hanna	128	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	18			00:26:04	00:44:42.35	01:10:46.45	+00:14:08 (31.6%)	8:56	6.7 (68.4%)
226	RATAJCZAK Jerzy	200	NIEZRZESZONY	M70+	6			00:22:55	00:44:43.85	01:07:38.95	+00:14:09 (31.7%)	8:56	6.7 (68.4%)
226	ŻYWICKA Irena	300	BŁĘKITNI NW DZIEMIANY	K55-59	16			00:27:55	00:44:43.85	01:12:39.35	+00:14:09 (31.7%)	8:56	6.7 (68.4%)
228	MROWIEC Maria	162	UNIA MIAST	K70+	3			00:29:38	00:44:45.85	01:14:24.75	+00:14:11 (31.7%)	8:57	6.7 (68.4%)
229	ŁYSAKOWSKI Marian	142	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M65-69	12			00:22:32	00:44:47.75	01:07:20.70	+00:14:13 (31.8%)	8:57	6.7 (68.4%)
230	KOSMOWSKA Barbara	122		K55-59	17			00:27:51	00:44:51.55	01:12:43.50	+00:14:17 (31.9%)	8:58	6.7 (68.4%)
231	CHMIELEWSKI Józef	347	MOSIR RYPIN	M70+	7			00:22:55	00:45:03.20	01:07:58.25	+00:14:29 (32.2%)	9:00	6.7 (68.4%)

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
232	ZIĘBA Julia	298	UNIA MIAST	K70+	4			00:29:37	00:45:05.75	01:14:43.15	+00:14:31 (32.2%)	9:01	6.7 (68.4%)
233	MIŁKOWSKA Jolanta	160	TEAM DEAF	K-Niepełnosprawni	9			00:26:49	00:45:06.60	01:11:56.30	+00:14:32 (32.2%)	9:01	6.6 (67.3%)
234	TOPOREK Paulina	256		K-Dzieci	7			00:23:17	00:45:15.20	01:08:32.45	+00:14:41 (32.5%)	9:03	6.6 (67.3%)
235	SZEWczyk Bożena	240	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	11			00:29:15	00:45:15.50	01:14:30.80	+00:14:41 (32.5%)	9:03	6.6 (67.3%)
236	WALORYSZAK Barbara	263	MORSY RADZYMIN	K60-64	12			00:28:51	00:45:16.90	01:14:08.25	+00:14:42 (32.5%)	9:03	6.6 (67.3%)
237	SZYMAŃSKA Lucyna	247	K S METRACO POLKOWICE	K-Niepełnosprawni	10			00:29:17	00:45:27.75	01:14:44.80	+00:14:53 (32.8%)	9:05	6.6 (67.3%)
238	HINC Hubert	91	FACE NORDIC WALKING TEAM	M-Dzieci	10			00:18:16	00:45:29.85	01:03:46.10	+00:14:55 (32.8%)	9:06	6.6 (67.3%)
239	GRUDNOWSKI Sebastian	85	BŁĘKITNI NW DZIEMIANY	M-Dzieci	11			00:18:14	00:45:31.80	01:03:46.40	+00:14:57 (32.9%)	9:06	6.6 (67.3%)
240	BOMBAŁA Katarzyna	323		K30-39	15			00:24:52	00:45:33.60	01:10:25.80	+00:14:59 (32.9%)	9:06	6.6 (67.3%)
240	KOZŁOWSKA Ewa	124	FACE NORDIC WALKING TEAM	K45-49	8			00:26:52	00:45:33.60	01:12:26.00	+00:14:59 (32.9%)	9:06	6.6 (67.3%)
242	LADA Krystyna	138	GRUPA NORDIC WALKING-DOBRE MIASTO	K60-64	13			00:28:47	00:45:38.10	01:14:25.90	+00:15:04 (33.0%)	9:07	6.6 (67.3%)
243	SZULC-DRABCZYK Urszula	246	KS METRACO POLKOWICE	K-Niepełnosprawni	11			00:28:46	00:45:43.15	01:14:29.15	+00:15:09 (33.1%)	9:08	6.6 (67.3%)
244	MICHALSKA Ewa	155	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K50-54	10			00:27:11	00:46:05.45	01:13:16.90	+00:15:31 (33.7%)	9:13	6.5 (66.3%)
245	WYSOCKA Monika	543		K40-44	19			00:26:02	00:46:20.90	01:12:23.10	+00:15:46 (34.0%)	9:16	6.5 (66.3%)
246	WASIELA Nikodem	267	FACE NORDIC WALKING TEAM	M-Dzieci	12			00:18:14	00:46:38.75	01:04:53.20	+00:16:04 (34.5%)	9:19	6.4 (65.3%)
247	WIADERSKA Grażyna	313		K65-69	12			00:29:13	00:46:40.70	01:15:54.25	+00:16:06 (34.5%)	9:20	6.4 (65.3%)
248	KIESZEK Karolina	111	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	5			00:29:38	00:46:43.50	01:16:22.05	+00:16:09 (34.6%)	9:20	6.4 (65.3%)
249	KOLBUSZ Janina	117	KS.METRACO POLKOWICE	K65-69	13			00:29:13	00:46:49.50	01:16:02.70	+00:16:15 (34.7%)	9:21	6.4 (65.3%)
250	ĆWIKLIŃSKA Joanna	359		K30-39	16			00:24:55	00:46:51.15	01:11:46.40	+00:16:17 (34.8%)	9:22	6.4 (65.3%)
251	KOZAKIEWICZ Wiesława	123	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	14			00:28:49	00:46:52.15	01:15:41.20	+00:16:18 (34.8%)	9:22	6.4 (65.3%)
252	SEJMICKA Maja	318		K-Dzieci	8			00:23:18	00:46:54.70	01:10:13.25	+00:16:20 (34.8%)	9:23	6.4 (65.3%)
253	ROSZMAN Mikołaj	205	PENDOLINO	M-Dzieci	13			00:18:16	00:47:01.85	01:05:17.90	+00:16:27 (35.0%)	9:24	6.4 (65.3%)
254	PANKIEWICZ-DMOWSKA Cecylia	181		K65-69	14			00:29:17	00:47:05.55	01:16:23.50	+00:16:31 (35.1%)	9:25	6.4 (65.3%)
255	PROKOP Aleksandra	194		K-Jun.	7			00:23:48	00:47:08.35	01:10:57.25	+00:16:34 (35.2%)	9:25	6.4 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
									netto 5km	brutto 5km			
256	PRZYBYLSKA Elżbieta	196	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	15			00:29:14	00:47:10.20	01:16:24.70	+00:16:36 (35.2%)	9:26	6.4 (65.3%)
257	SZCZUBIAŁ Krystyna	237	DĄBROWA NORDIC TEAM	K70+	6			00:29:38	00:47:15.50	01:16:53.85	+00:16:41 (35.3%)	9:27	6.3 (64.3%)
258	UTRATA Mirosław	262	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M55-59	14			00:21:39	00:47:23.35	01:09:03.10	+00:16:49 (35.5%)	9:28	6.3 (64.3%)
259	BŁAJSZCZAK Lidia	19	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	15			00:28:53	00:47:26.50	01:16:19.75	+00:16:52 (35.6%)	9:29	6.3 (64.3%)
260	BRUSKA Mariola	25	BŁĘKITNI NW DZIEMIANY	K45-49	9			00:26:51	00:47:30.65	01:14:22.10	+00:16:56 (35.7%)	9:30	6.3 (64.3%)
261	GIAQUINTA Claudia	67	ITALY	K40-44	20			00:26:03	00:47:33.90	01:13:37.05	+00:16:59 (35.7%)	9:30	6.3 (64.3%)
262	NOWAK Beata	169	SAILING TEAM FERAJNA	K45-49	10			00:26:52	00:47:42.45	01:14:34.95	+00:17:08 (35.9%)	9:32	6.3 (64.3%)
263	SŁOMCZYŃSKI Adam	215	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	15			00:22:10	00:47:43.25	01:09:53.50	+00:17:09 (35.9%)	9:32	6.3 (64.3%)
264	SEJMICKA Maria	210	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	16			00:28:47	00:47:43.95	01:16:31.35	+00:17:09 (36.0%)	9:32	6.3 (64.3%)
265	WAŚOWSKA Monika	274		K30-39	17			00:24:53	00:47:54.00	01:12:47.80	+00:17:19 (36.2%)	9:34	6.3 (64.3%)
266	PELLOWSKA Edyta	183	KLUB SPORTOWY 'ELBLASKIE WŁÓCZY-KIJE'	K60-64	17			00:28:48	00:47:55.80	01:16:44.00	+00:17:21 (36.2%)	9:35	6.3 (64.3%)
267	OGONOWSKA Edyta	173	KLUB NW 'PATCZAKI' GRUDZIĄDZ	K50-54	11			00:27:10	00:48:04.95	01:15:14.95	+00:17:30 (36.4%)	9:36	6.2 (63.3%)
268	FAŁKOWSKA Maria	54	MOSIR	K70+	7			00:29:36	00:48:36.60	01:18:12.80	+00:18:02 (37.1%)	9:43	6.2 (63.3%)
269	BUTTNER Anna	32	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	18			00:28:46	00:48:51.50	01:17:38.15	+00:18:17 (37.4%)	9:46	6.1 (62.2%)
270	KAMIŃSKI Henryka	330	ELBLĄSKIE - WŁÓCZYKIJE	M70+	8			00:22:54	00:48:53.50	01:11:47.70	+00:18:19 (37.5%)	9:46	6.1 (62.2%)
271	TYLUTKI Andrzej	260	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M45-49	8			00:20:33	00:48:57.70	01:09:31.10	+00:18:23 (37.6%)	9:47	6.1 (62.2%)
272	GÓRECKA Antonina	78	GRUPA NORDIC WALKING-DOBRE MIASTO	K65-69	16			00:29:16	00:49:07.10	01:18:23.45	+00:18:33 (37.8%)	9:49	6.1 (62.2%)
273	JAKUSIK Anna	95	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K45-49	11			00:26:49	00:49:13.80	01:16:03.65	+00:18:39 (37.9%)	9:50	6.1 (62.2%)
274	MACHAJEK Krzysztof	143	KS METRACO POLKOWICE	M-Niepełnosprawni	13			00:22:07	00:49:18.75	01:11:26.35	+00:18:44 (38.0%)	9:51	6.1 (62.2%)
275	BARTOSIEWICZ Grażyna	12	FACE NORDIC WALKING TEAM	K60-64	19			00:28:47	00:49:22.95	01:18:10.25	+00:18:48 (38.1%)	9:52	6.1 (62.2%)
276	RATAJCZAK Danuta	201	NIEZRZESZONA	K65-69	17			00:29:15	00:49:28.60	01:18:44.45	+00:18:54 (38.2%)	9:53	6.1 (62.2%)
277	KOSSOWSKA Anna	456	MARYSIN	K55-59	18			00:27:55	00:49:32.45	01:17:28.35	+00:18:58 (38.3%)	9:54	6.1 (62.2%)
278	PAKUSZEWSKA Jolanta	180		K55-59	19			00:27:54	00:49:50.40	01:17:44.90	+00:19:16 (38.7%)	9:58	6 (61.2%)
279	WIŚNIEWSKA Danuta	283		K55-59	20			00:27:53	00:49:54.70	01:17:48.15	+00:19:20 (38.8%)	9:59	6 (61.2%)
280	MUZIŃSKA Maria	163	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	20			00:28:53	00:49:55.10	01:18:48.75	+00:19:21 (38.8%)	9:59	6 (61.2%)

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
281	TOKARSKA Joanna	354	KLUB NW 'PATYCZAKI ' GRUDZIĄDZ	K30-39	18			00:24:52	00:50:13.70	01:15:06.20	+00:19:39 (39.1%)	10:02	6 (61.2%)
282	ŚLUSARCZYK Karolina	251	WESOŁY BORSUK TEAM	K-Dzieci	9			00:23:17	00:50:29.55	01:13:46.60	+00:19:55 (39.5%)	10:05	5.9 (60.2%)
283	JABŁONOWSKA Anita	93	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	21			00:26:04	00:50:38.35	01:16:42.35	+00:20:04 (39.6%)	10:07	5.9 (60.2%)
284	BORZESZKOWSKA Małgorzata	23		K50-54	12			00:27:11	00:50:43.70	01:17:55.20	+00:20:09 (39.7%)	10:08	5.9 (60.2%)
285	STEPURA Larisa	225	ORGANIZACJA 'VESTA'	K60-64	21			00:28:49	00:50:47.20	01:19:36.95	+00:20:13 (39.8%)	10:09	5.9 (60.2%)
286	FELIŃSKA Zofia	55	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	8			00:29:36	00:50:58.90	01:20:35.40	+00:20:24 (40.0%)	10:11	5.9 (60.2%)
287	GOTOWSKA Aleksandra	77	GIMNAZJUM W PAKOŚCI	K-Jun.	8			00:23:48	00:51:01.75	01:14:50.35	+00:20:27 (40.1%)	10:12	5.9 (60.2%)
288	PIEKARSKA Jolanta	187		K60-64	22			00:28:49	00:51:50.50	01:20:39.90	+00:21:16 (41.0%)	10:22	5.8 (59.2%)
289	HANDZE Danuta	89	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	23			00:28:54	00:52:02.05	01:20:56.35	+00:21:27 (41.3%)	10:24	5.8 (59.2%)
290	WIŚNIEWSKA Teresa	281	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	24			00:28:53	00:52:03.65	01:20:56.90	+00:21:29 (41.3%)	10:24	5.8 (59.2%)
291	WOLNA Urszula	289	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	25			00:28:52	00:52:08.25	01:21:00.70	+00:21:34 (41.4%)	10:25	5.8 (59.2%)
292	MICHAJŁOWA Irina	153	ORGANIZACJA 'VESTA'	K60-64	26			00:28:49	00:52:14.35	01:21:03.55	+00:21:40 (41.5%)	10:26	5.7 (58.2%)
293	KUŚ Elżbieta	342		K55-59	21			00:27:55	00:52:15.45	01:20:10.50	+00:21:41 (41.5%)	10:27	5.7 (58.2%)
294	WIŚNIEWSKA Grażyna	284	RUCH PO ZDROWIE WŁOCLAWEK	K55-59	22			00:27:53	00:52:19.10	01:20:12.85	+00:21:45 (41.6%)	10:27	5.7 (58.2%)
295	POSTEK Dawid	349	PENDOLINO	M-Dzieci	14			00:18:15	00:52:19.80	01:10:35.10	+00:21:45 (41.6%)	10:28	5.7 (58.2%)
296	WOJTASIK Aldona	287	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	27			00:28:48	00:52:24.70	01:21:12.75	+00:21:50 (41.7%)	10:28	5.7 (58.2%)
297	MOSKA Waldemar	364		M50-54	9			00:13:44	00:52:36.00	01:06:20.00	+00:22:01 (41.9%)	10:31	5.7 (58.2%)
298	BIERNACKA Danuta	308		K60-64	28			00:27:54	00:52:41.60	01:20:35.65	+00:22:07 (42.0%)	10:32	5.7 (58.2%)
299	NIEWACHOWSKA Klaudia	345		K-Dzieci	10			00:23:16	00:53:12.85	01:16:29.45	+00:22:38 (42.6%)	10:38	5.6 (57.1%)
300	BLUM Dorota	18	DZIARSKIE TEAM	K30-39	19			00:26:04	00:53:17.05	01:19:21.55	+00:22:42 (42.6%)	10:39	5.6 (57.1%)
301	DUDEK Maria	49	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	9			00:29:37	00:53:23.80	01:23:01.40	+00:22:49 (42.8%)	10:40	5.6 (57.1%)
302	STAUBACH Mirosława	224	BŁĘKITNI NW DZIEMIANY	K55-59	23			00:27:53	00:53:31.00	01:21:24.15	+00:22:56 (42.9%)	10:42	5.6 (57.1%)
303	RADKIEWICZ Iwona	329	ELBLĄSKIE - WŁÓCZYKIJE	K65-69	18			00:29:14	00:53:39.15	01:22:53.55	+00:23:05 (43.0%)	10:43	5.6 (57.1%)
304	JADANOWSKA Halina	94	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	29			00:28:51	00:53:39.55	01:22:31.20	+00:23:05 (43.0%)	10:44	5.6 (57.1%)

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
305	BEŁCZYŃSKA Bożena	14	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	30			00:28:54	00:53:58.50	01:22:53.40	+00:23:24 (43.4%)	10:47	5.6 (57.1%)
306	STRZELECKA Antonina	232	SAILING TEAM FERAJNA	K-Dzieci	11			00:23:17	00:54:34.80	01:17:52.70	+00:24:00 (44.0%)	10:55	5.5 (56.1%)
307	DROP Mieczysław	46		M70+	9			00:22:56	00:54:55.90	01:17:52.70	+00:24:21 (44.4%)	10:59	5.5 (56.1%)
308	GOTOWSKI Rafał	363	UKW BYDGOSZCZ	M40-44	8			00:20:06	00:55:13.60	01:15:20.05	+00:24:39 (44.6%)	11:02	5.4 (55.1%)
309	CICHOWSKI Wiesław	40	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M- Niepełnosprawni	14			00:22:09	00:56:48.40	01:18:58.05	+00:26:14 (46.2%)	11:21	5.3 (54.1%)
310	TURZYŃSKA Małgorzata	259	BŁĘKITNI NW DZIEMIANY	K55-59	24			00:27:10	00:57:27.85	01:24:38.45	+00:26:53 (46.8%)	11:29	5.2 (53.1%)
311	RODOWICZ Krystyna	203	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	10			00:29:37	00:57:36.95	01:27:14.30	+00:27:02 (46.9%)	11:31	5.2 (53.1%)
312	KALUGINA Ludmila	106	ORGANIZACJA 'VESTA'	K70+	11			00:29:36	00:57:52.85	01:27:28.85	+00:27:18 (47.2%)	11:34	5.2 (53.1%)
313	CHUDZIŃSKA Grażyna	35	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	19			00:29:17	00:59:51.85	01:29:09.80	+00:29:17 (48.9%)	11:58	5 (51.0%)
314	PERZYŃSKA Danuta	324		K65-69	20			00:29:17	00:59:55.05	01:29:12.50	+00:29:20 (49.0%)	11:59	5 (51.0%)
315	BUĆKO Krystyna	30		K60-64	31			00:28:52	01:00:36.30	01:29:28.70	+00:30:02 (49.6%)	12:07	5 (51.0%)
316	KĘDZIERSKA Edyta	110		K40-44	22			01:16:51					(0.0%)
DQ	CHYRA Wiktor	39	UNIA MIAST	M-Dzieci					00:42:10.95 DQ	DQ		-	- (0.0%)
DQ	SANIUK Edward	316		M65-69					DQ	DQ		-	- (0.0%)
DQ	TOMCZYK Edward	253	MARSZ PO ZDROWIE	M65-69					DQ	DQ		-	- (0.0%)

Znaleziono 319 wynik(ów)