

ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
ORGANIZACJA GOSPODARSTWA

Wydarzenie: ELBLĄG - PUCHAR POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-06-24
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	208	KING&QUEEN	M30-39	1			00:01:17	00:30:17.75	00:31:35.05		6:03	9.9 (100%)
2	WOROCH Roman	261	KS METRACO POLKOWICE	M55-59	1			00:03:01	00:31:39.20	00:34:40.85	+00:01:21 (4.3%)	6:19	9.5 (96.0%)
3	KNITTER Tomasz	100	BŁĘKITNI DZIEMIANY	M18-29	1			00:00:50	00:31:52.30	00:32:43.25	+00:01:34 (4.9%)	6:22	9.4 (94.9%)
4	BRZOZOWSKI Piotr	285	AKTYWNI POSTOMINO	M30-39	2			00:01:17	00:32:00.60	00:33:18.05	+00:01:42 (5.4%)	6:24	9.4 (94.9%)
5	TRZCIŃSKI Franciszek	237	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1			00:02:35	00:32:04.15	00:34:39.85	+00:01:46 (5.5%)	6:24	9.4 (94.9%)
6	GAJEWSKI Eugeniusz	57	KS METRACO POLKOWICE	M60-64	1			00:03:26	00:32:11.85	00:35:38.00	+00:01:54 (5.9%)	6:26	9.3 (93.9%)
7	KRYŚ Artur	116	KS METRACO POLKOWICE	M45-49	1			00:02:05	00:32:17.95	00:34:23.10	+00:02:00 (6.2%)	6:27	9.3 (93.9%)
8	HAŁAS Marcin	79		M30-39	3			00:01:17	00:32:20.45	00:33:37.50	+00:02:02 (6.3%)	6:28	9.3 (93.9%)
9	POLEWCZAK Mariusz	179	CLLEO ZAWIERCIE	M45-49	2			00:02:05	00:32:23.45	00:34:29.20	+00:02:05 (6.5%)	6:28	9.3 (93.9%)
10	RAKUĆ Jakub	184	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	2			00:00:51	00:32:35.30	00:33:26.35	+00:02:17 (7.0%)	6:31	9.2 (92.9%)
11	ROŻYNEK Miron	190	KS METRACO POLKOWICE	M50-54	2			00:02:34	00:32:46.20	00:35:21.05	+00:02:28 (7.6%)	6:33	9.2 (92.9%)
12	SANIUK Edward	193	KS METRACO POLKOWICE	M65-69	1			00:03:59	00:33:05.25	00:37:04.35	+00:02:47 (8.4%)	6:37	9.1 (91.9%)
13	MATECKI Ryszard	142	KS METRACO POLKOWICE	M65-69	2			00:03:58	00:33:06.30	00:37:05.05	+00:02:48 (8.5%)	6:37	9.1 (91.9%)
14	MACHNIK Janusz	131	CLLEO ZAWIERCIE	M40-44	1			00:01:42	00:33:10.50	00:34:52.65	+00:02:52 (8.7%)	6:38	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
15	CHAMIELEC Bogusław	30	A EMERYT BIEGA	M50-54	3			00:02:34	00:33:26.00	00:36:00.55	+00:03:08 (9.4%)	6:41	9 (90.9%)
16	SŁOMIAN Leszek	199	UNIA MIAST	M55-59	2			00:03:01	00:33:29.30	00:36:30.50	+00:03:11 (9.5%)	6:41	9 (90.9%)
17	SPYCHAŁA Lesław	204	WESOŁY BORSUK TEAM	M50-54	4			00:02:35	00:33:30.50	00:36:05.80	+00:03:12 (9.6%)	6:42	9 (90.9%)
18	BREWKA Joachim	21	UNIA MIAST	M50-54	5			00:02:34	00:33:42.20	00:36:16.75	+00:03:24 (10.1%)	6:44	8.9 (89.9%)
19	KLARKOWSKI Bogdan	98	ELBLĄSKIE WŁÓCZY-KIJE	M60-64	2			00:03:25	00:33:49.55	00:37:15.45	+00:03:31 (10.4%)	6:46	8.9 (89.9%)
20	LENZ Andrzej	269		M50-54	6			00:02:34	00:33:50.70	00:36:25.25	+00:03:32 (10.5%)	6:46	8.9 (89.9%)
20	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69	3			00:03:59	00:33:50.70	00:37:49.80	+00:03:32 (10.5%)	6:46	8.9 (89.9%)
22	GŁOWA Michał	66	UNIA MIAST	M-Jun.	1			00:00:25	00:34:00.55	00:34:25.85	+00:03:42 (10.9%)	6:48	8.8 (88.9%)
23	TRZCIŃSKI Eugeniusz	236	SPORT I REKREACJA START (CHEŁMNO)	M60-64	3	1		00:03:26	00:34:04.55	00:37:31.25	+00:03:46 (11.1%)	6:49	8.8 (88.9%)
24	TOMCZYK Edward	234	MARSZ PO ZDROWIE POZNAŃ	M65-69	4			00:03:58	00:34:12.55	00:38:10.65	+00:03:54 (11.4%)	6:50	8.8 (88.9%)
25	ADAMUS Marian	4	SILESIA NORDIC TEAM	M65-69	5			00:03:58	00:34:16.65	00:38:14.85	+00:03:58 (11.6%)	6:51	8.8 (88.9%)
26	GRYGOROWICZ Bogdan	77	KS METRACO POLKOWICE	M65-69	6	1		00:03:59	00:34:24.85	00:38:23.90	+00:04:07 (12.0%)	6:52	8.7 (87.9%)
27	DUSZEŃKO Damian	52	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:05:12	00:34:26.55	00:39:39.25	+00:04:08 (12.0%)	6:53	8.7 (87.9%)
28	GIERSZEWSKI Arkadiusz	63		M30-39	4			00:01:17	00:34:28.60	00:35:45.95	+00:04:10 (12.1%)	6:53	8.7 (87.9%)
29	RĘBOWSKI Tomasz	189	NORDIC WALKING PASŁĘK	M30-39	5			00:01:17	00:34:47.35	00:36:05.25	+00:04:29 (12.9%)	6:57	8.6 (86.9%)
30	SKWIRUT Jerzy	198	SOKÓŁ RYMANÓW	M- Niepełnosprawni(B)	2			00:05:11	00:34:51.75	00:40:03.00	+00:04:34 (13.1%)	6:58	8.6 (86.9%)
31	SCHRÖDER Karol	195	SILESIA NORDIC TEAM	M40-44	2			00:01:43	00:34:56.85	00:36:40.55	+00:04:39 (13.3%)	6:59	8.6 (86.9%)
32	DUSZEŃKO Zygmunt	53	KS METRACO POLKOWICE	M55-59	3			00:03:02	00:35:28.85	00:38:31.05	+00:05:11 (14.6%)	7:05	8.5 (85.9%)
33	ZAŃKO Katarzyna	265	KS METRACO POLKOWICE	K40-44	1	1		00:07:18	00:35:45.40	00:43:03.50	+00:05:27 (15.3%)	7:09	8.4 (84.8%)
34	MARCINKOWSKI Jakub	141	UNIA MIAST	M-Jun.	2			00:00:25	00:35:47.00	00:36:12.50	+00:05:29 (15.3%)	7:09	8.4 (84.8%)
34	BARTOSIEWICZ Łukasz	5	FACE NORDIC WALKING TEAM / LUKI TEAM	M30-39	6			00:01:17	00:35:47.00	00:37:04.85	+00:05:29 (15.3%)	7:09	8.4 (84.8%)
36	SZYMAŃSKI Stefan	226	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:04:32	00:35:47.95	00:40:20.00	+00:05:30 (15.4%)	7:09	8.4 (84.8%)
37	WOJTACHNIO Edyta	259	FACE NORDIC WALKING TEAM	K45-49	1			00:07:52	00:35:51.40	00:43:43.50	+00:05:33 (15.5%)	7:10	8.4 (84.8%)

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
38	MIKOŁAJCZAK Jan	150	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:05:11	00:35:55.25	00:41:06.35	+00:05:37 (15.7%)	7:11	8.4 (84.8%)
39	GAŁĄZKA Paweł	270		M-Niepełnosprawni(A)	2			00:05:11	00:35:56.50	00:41:07.95	+00:05:38 (15.7%)	7:11	8.3 (83.8%)
40	GRUSZKA Michał	74	UNIA MIAST	M40-44	3			00:01:41	00:35:57.55	00:37:39.40	+00:05:39 (15.7%)	7:11	8.3 (83.8%)
41	POLEWCZAK Aneta	178	CLLEO ZAWIERCIE	K45-49	2			00:07:52	00:35:58.35	00:43:51.30	+00:05:40 (15.8%)	7:11	8.3 (83.8%)
42	POLISZCZUK Piotr	180	PIERNIKI NA CHODZIE	M55-59	4			00:03:01	00:35:58.55	00:38:59.55	+00:05:40 (15.8%)	7:11	8.3 (83.8%)
43	GAPIŃSKI Leszek	59	WESOŁY BORSUK TEAM	M60-64	4			00:03:26	00:35:59.80	00:39:26.00	+00:05:42 (15.8%)	7:12	8.3 (83.8%)
44	NACZK Wiktoria	158	DYNAMIC	K-Jun.	1			00:06:07	00:36:03.90	00:42:11.15	+00:05:46 (16.0%)	7:12	8.3 (83.8%)
45	JÓŹWIAK Marianna	86	WTW WŁOCLAWEK	K40-44	2			00:07:18	00:36:06.80	00:43:25.55	+00:05:49 (16.1%)	7:13	8.3 (83.8%)
46	RAKUĆ Angelika	185	RUCH PO ZDROWIE WŁOCLAWEK	K18-29	1			00:06:27	00:36:19.95	00:42:47.05	+00:06:02 (16.6%)	7:16	8.3 (83.8%)
47	BIK Przemysław	10	KS METRACO POLKOWICE	M-Jun.	3			00:00:25	00:36:20.05	00:36:45.70	+00:06:02 (16.6%)	7:16	8.3 (83.8%)
48	LESIŃSKA Marzenna	127	KS METRACO POLKOWICE	K50-54	1			00:08:18	00:36:22.85	00:44:40.90	+00:06:05 (16.7%)	7:16	8.2 (82.8%)
49	GIBAS Sławek	60	NORDIC WALKING PASŁĘK	M30-39	7	1		00:01:18	00:36:30.80	00:37:49.40	+00:06:13 (17.0%)	7:18	8.2 (82.8%)
50	SZARSZUNOWICZ Mariusz	213	NORDIC WALKING PASŁĘK	M30-39	8			00:01:19	00:36:33.40	00:37:52.65	+00:06:15 (17.1%)	7:18	8.2 (82.8%)
51	BRANCZEWSKA Ewa	18	NW WERWA MŁAWA	K30-39	1			00:06:51	00:36:36.40	00:43:27.90	+00:06:18 (17.2%)	7:19	8.2 (82.8%)
52	GOŁĘBIEWSKI Andrzej	67	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M60-64	5			00:03:26	00:36:36.55	00:40:02.75	+00:06:18 (17.2%)	7:19	8.2 (82.8%)
53	SALAŁON Grzegorz	192	CHODZEZKIJAMI - TEAM DWA KUJE LĘBORK	M50-54	7	1		00:02:35	00:36:41.50	00:39:17.10	+00:06:23 (17.4%)	7:20	8.2 (82.8%)
54	STOLARSKI Michał	282	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	3			00:02:06	00:36:43.20	00:38:49.25	+00:06:25 (17.5%)	7:20	8.2 (82.8%)
55	BOROWIK Bożena	16	GRUPA NORDIC WALKING - DOBRE MIASTO	K50-54	2			00:08:18	00:36:43.55	00:45:01.55	+00:06:25 (17.5%)	7:20	8.2 (82.8%)
56	KREZMER Marzena	113	CLLEO ZAWIERCIE	K30-39	2			00:06:51	00:36:49.80	00:43:41.30	+00:06:32 (17.7%)	7:22	8.1 (81.8%)
57	BUJNICKI Marcin	27	NORDIC WALKING PASŁĘK	M40-44	4			00:01:41	00:36:50.35	00:38:32.20	+00:06:32 (17.8%)	7:22	8.1 (81.8%)
58	GRUSZKA Michał	75	UNIA MIAST	M-Dzieci	1			00:00:03	00:36:52.55	00:36:56.25	+00:06:34 (17.8%)	7:22	8.1 (81.8%)
59	ŚLUSARCZYK Andrzej	230	WESOŁY BORSUK TEAM	M65-69	7			00:03:58	00:36:54.05	00:40:52.65	+00:06:36 (17.9%)	7:22	8.1 (81.8%)
60	SŁOMIŃSKA Marta	200	BŁĘKITNI DZIEMIANY	K18-29	2			00:06:26	00:36:56.90	00:43:23.85	+00:06:39 (18.0%)	7:23	8.1 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									5km	5km			
61	MARCINKOWSKA Agnieszka	140	UNIA MIAST	K-Dzieci	1			00:05:34	00:36:59.45	00:42:33.75	+00:06:41 (18.1%)	7:23	8.1 (81.8%)
62	NOWALIŃSKA Anastazja	165	FACE NORDIC WALKING TEAM	K-Jun.	2			00:06:07	00:36:59.55	00:43:07.10	+00:06:41 (18.1%)	7:24	8.1 (81.8%)
63	STOLARSKA Joanna	209	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:06:07	00:37:00.00	00:43:07.15	+00:06:42 (18.1%)	7:24	8.1 (81.8%)
64	OLEŚ Józef	170	NW WERWA MŁAWA	M-Niepełnosprawni(A)	3			00:05:11	00:37:05.30	00:42:17.20	+00:06:47 (18.3%)	7:25	8.1 (81.8%)
65	SZENDZIELORZ Ilona	214	FABRIKANORDIKA	K60-64	1			00:09:15	00:37:18.90	00:46:34.05	+00:07:01 (18.8%)	7:27	8 (80.8%)
66	GIBAS Asia	61	NORDIC WALKING PASŁĘK	K30-39	3			00:06:53	00:37:21.30	00:44:14.45	+00:07:03 (18.9%)	7:28	8 (80.8%)
67	SZYMANOWSKA Anna	223	LĘBORSKIE KIJE	K55-59	1			00:08:41	00:37:21.65	00:46:03.00	+00:07:03 (18.9%)	7:28	8 (80.8%)
68	PILECKA PRADZYŃSKA Anna	177	PENDOLINO	K60-64	2			00:09:14	00:37:22.25	00:46:36.35	+00:07:04 (18.9%)	7:28	8 (80.8%)
69	NIEWIŃSKA Beata	162	ELITE TEAM	K50-54	3			00:08:17	00:37:22.85	00:45:40.50	+00:07:05 (19.0%)	7:28	8 (80.8%)
70	SZYCKO Radek	221	DWA KIJE SŁUPSK	M40-44	5			00:01:43	00:37:29.50	00:39:12.50	+00:07:11 (19.2%)	7:29	8 (80.8%)
71	LORENS Kazimierz	129	CLLEO ZAWIERCIE	M60-64	6			00:03:27	00:37:32.60	00:40:59.85	+00:07:14 (19.3%)	7:30	8 (80.8%)
72	KANIOWSKA Beata	91	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	3			00:07:54	00:37:34.35	00:45:28.85	+00:07:16 (19.4%)	7:30	8 (80.8%)
73	KOWALCZYK Edyta	106	KS METRACO POLKOWICE	K45-49	4			00:07:52	00:37:34.85	00:45:26.95	+00:07:17 (19.4%)	7:30	8 (80.8%)
74	DOMAŃSKA Beata	46	ELITE TEAM CHODZIEZKIJAMI	K40-44	3			00:07:18	00:37:37.70	00:44:55.85	+00:07:19 (19.5%)	7:31	8 (80.8%)
75	SAKOWSKA Krystyna	191	PASJA NORDIC WALKING	K40-44	4			00:07:21	00:37:41.90	00:45:03.40	+00:07:24 (19.6%)	7:32	8 (80.8%)
76	SZYMANOWSKI Eugeniusz	224	LĘBORSKIE KIJE	M55-59	5			00:03:01	00:37:45.00	00:40:46.15	+00:07:27 (19.7%)	7:33	7.9 (79.8%)
77	SZYNKIEWICZ Katarzyna	227		K40-44	5			00:07:19	00:37:51.70	00:45:10.90	+00:07:33 (20.0%)	7:34	7.9 (79.8%)
78	KUPIBIDA Bogusława	119	SILESIA NORDIC TEAM	K55-59	2			00:08:42	00:37:52.10	00:46:34.95	+00:07:34 (20.0%)	7:34	7.9 (79.8%)
79	GAPIŃSKA Janina	58	WESOŁY BORSUK TEAM	K55-59	3			00:08:41	00:37:52.75	00:46:34.40	+00:07:35 (20.0%)	7:34	7.9 (79.8%)
80	BRYL Michał	23	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M-Niepełnosprawni(A)	4			00:05:12	00:37:55.55	00:43:07.55	+00:07:37 (20.1%)	7:35	7.9 (79.8%)
81	BARUCH Henryka	273		K65-69	1			00:09:42	00:38:01.05	00:47:43.05	+00:07:43 (20.3%)	7:36	7.9 (79.8%)
82	MORYS Agnieszka	152	FABRIKANORDIKA	K30-39	4	1		00:06:50	00:38:04.60	00:44:55.45	+00:07:46 (20.4%)	7:37	7.9 (79.8%)
83	JÓŹWIAK Łukasz	87	WTW WŁOCLAWEK	M-Niepełnosprawni(A)	5			00:05:12	00:38:07.50	00:43:20.20	+00:07:49 (20.5%)	7:37	7.9 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									5km	5km			
84	GŁUSZAK Marcin	65		M30-39	9	1		00:01:18	00:38:11.45	00:39:29.80	+00:07:53 (20.7%)	7:38	7.9 (79.8%)
85	GRYGOROWICZ Teresa	76	KS METRACO POLKOWICE	K65-69	2			00:09:44	00:38:13.70	00:47:58.65	+00:07:55 (20.8%)	7:38	7.8 (78.8%)
86	DAWIDCZYK Daria	44		K18-29	3			00:06:27	00:38:29.75	00:44:56.85	+00:08:12 (21.3%)	7:41	7.8 (78.8%)
87	DANA Kazimiera	41	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:09:15	00:38:30.30	00:47:46.15	+00:08:12 (21.3%)	7:42	7.8 (78.8%)
88	BARTOSIEWICZ Włodzimierz	6	FACE NORDIC WALKING TEAM	M60-64	7			00:03:27	00:38:32.00	00:41:59.05	+00:08:14 (21.4%)	7:42	7.8 (78.8%)
89	WASILEWSKI Sławomir	246	PASJA NORDIC WALKING	M70+	2			00:04:32	00:38:32.90	00:43:05.20	+00:08:15 (21.4%)	7:42	7.8 (78.8%)
90	MIKITIUK Tomasz	148	KIJOWA PARA	M45-49	4			00:02:05	00:38:36.25	00:40:41.35	+00:08:18 (21.5%)	7:43	7.8 (78.8%)
91	MARCINIAK Aneta	138	FACE NORDIC WALKING TEAM	K40-44	6			00:07:19	00:38:39.45	00:45:58.65	+00:08:21 (21.6%)	7:43	7.8 (78.8%)
92	FOJCIK Gabriela	55	RYBNICKI KLUB NORDIC WALKING	K50-54	4			00:08:17	00:38:41.10	00:46:58.35	+00:08:23 (21.7%)	7:44	7.8 (78.8%)
93	WIADERSKI Wojciech	250		M65-69	8			00:04:01	00:38:45.55	00:42:46.90	+00:08:27 (21.8%)	7:45	7.7 (77.8%)
94	TOPOREK Aleksandra	271		K- Niepełnosprawni(B)	1			00:10:40	00:38:46.75	00:49:27.55	+00:08:29 (21.9%)	7:45	7.7 (77.8%)
95	STAŃCZAK Grażyna	206		K60-64	4			00:09:15	00:38:54.20	00:48:09.35	+00:08:36 (22.1%)	7:46	7.7 (77.8%)
96	GIERSZEWSKA Magdalena	62	KSK ŻYJ AKTYWNIE KOŁCZYGLÓWY	K40-44	7			00:07:20	00:38:54.40	00:46:15.05	+00:08:36 (22.1%)	7:47	7.7 (77.8%)
97	ŚCIBISZ Bogdan	229	KS METRACO POLKOWICE	M70+	3			00:04:31	00:38:58.30	00:43:30.05	+00:08:40 (22.3%)	7:47	7.7 (77.8%)
98	ZIELIŃSKA Jolanta	266	GOSIR OSIELSKO	K55-59	4			00:08:43	00:39:00.85	00:47:44.80	+00:08:43 (22.3%)	7:48	7.7 (77.8%)
99	BRAĞIEL Krystyna	20		K60-64	5			00:09:16	00:39:02.15	00:48:18.20	+00:08:44 (22.4%)	7:48	7.7 (77.8%)
100	GWAREK Anita	78	PASJA NORDIC WALKING	K45-49	5			00:07:52	00:39:06.30	00:46:58.45	+00:08:48 (22.5%)	7:49	7.7 (77.8%)
101	LELIWA Leszek	126	NIEZRZESZONY	M70+	4			00:04:30	00:39:08.25	00:43:38.90	+00:08:50 (22.6%)	7:49	7.7 (77.8%)
102	SZYCKO Oliwia	222	DWA KIJE SŁUPSK	K-Dzieci	2			00:05:33	00:39:09.10	00:44:43.05	+00:08:51 (22.6%)	7:50	7.7 (77.8%)
103	DUSZEŃKO Jakub	51		M- Niepełnosprawni(B)	3			00:05:13	00:39:10.05	00:44:23.90	+00:08:52 (22.7%)	7:50	7.7 (77.8%)
104	KRĘCKA Irena	114	FACE NORDIC WALKING TEAM	K50-54	5			00:08:17	00:39:12.55	00:47:29.80	+00:08:54 (22.7%)	7:50	7.7 (77.8%)
105	MALKIEWICZ Małgorzata	136	KSK ŻYJ AKTYWNIE KOŁCZYGLÓWY	K50-54	6			00:08:17	00:39:13.35	00:47:30.60	+00:08:55 (22.8%)	7:50	7.6 (76.8%)
106	LEBIODA Ryszard	125	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M50-54	8			00:02:37	00:39:21.70	00:41:58.90	+00:09:03 (23.0%)	7:52	7.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									5km	5km			
107	LUCHKOVA Maria	130		K-Dzieci	3	1		00:05:34	00:39:36.45	00:45:11.20	+00:09:18 (23.5%)	7:55	7.6 (76.8%)
108	KUSIAK Włodzimierz	120	TEAM ELLITE	M65-69	9			00:04:00	00:39:38.25	00:43:38.35	+00:09:20 (23.6%)	7:55	7.6 (76.8%)
109	STAŃCZYK Bożena	207	ELBLĄSKIE WŁÓCZY-KIJE	K55-59	5			00:08:42	00:39:38.35	00:48:20.55	+00:09:20 (23.6%)	7:55	7.6 (76.8%)
110	SMARSZCZ Grażyna	201		K55-59	6			00:08:41	00:39:43.80	00:48:25.75	+00:09:26 (23.7%)	7:56	7.6 (76.8%)
111	SZALECKA Grażyna	212	LKS ZANTYR SZTUM	K65-69	3			00:09:44	00:39:45.00	00:49:29.00	+00:09:27 (23.8%)	7:57	7.5 (75.8%)
112	WIŚNIEWSKI Kazimierz	257	PASJA NORDIC WALKING	M60-64	8			00:03:27	00:39:47.95	00:43:15.60	+00:09:30 (23.9%)	7:57	7.5 (75.8%)
113	UKLEJEWSKI Przemysław	241	GOSIR OSIELSKO	M40-44	6	1		00:01:41	00:39:48.75	00:41:30.05	+00:09:31 (23.9%)	7:57	7.5 (75.8%)
114	UHRYN Marcin	239	GRUPA NORDIC WALKING - DOBRE MIASTO	M40-44	7			00:01:42	00:39:54.85	00:41:37.55	+00:09:37 (24.1%)	7:59	7.5 (75.8%)
115	MILKOWSKI Mariusz	272		M- Niepełnosprawni(A)	6			00:05:11	00:40:01.90	00:45:13.65	+00:09:44 (24.3%)	8:00	7.5 (75.8%)
116	SZKLARSKI Jarosław	215		M40-44	8			00:01:42	00:40:04.05	00:41:46.30	+00:09:46 (24.4%)	8:00	7.5 (75.8%)
117	MATLEWSKA Agnieszka	143	FACE NORDIC WALKING TEAM	K40-44	8			00:07:20	00:40:05.95	00:47:26.00	+00:09:48 (24.4%)	8:01	7.5 (75.8%)
118	BURDANOWSKI Andrzej	28	GOSIR OSIELSKO	M- Niepełnosprawni(A)	7			00:01:18	00:40:09.25	00:41:27.95	+00:09:51 (24.6%)	8:01	7.5 (75.8%)
119	ADAMOWICZ Andrzej	2		M70+	5			00:04:33	00:40:14.40	00:44:47.45	+00:09:56 (24.7%)	8:02	7.5 (75.8%)
120	KOWALINA Izabela	107		K45-49	6			00:07:52	00:40:16.20	00:48:09.00	+00:09:58 (24.8%)	8:03	7.4 (74.7%)
121	OLECH Marcin	167	ELITE TEAM CHODZEZKIJAMI	M45-49	5			00:02:05	00:40:19.90	00:42:25.80	+00:10:02 (24.9%)	8:04	7.4 (74.7%)
122	CHOLEWKA Jolanta	32	MARSZ PO ZDROWIE POZNAŃ	K60-64	6			00:09:14	00:40:20.50	00:49:35.05	+00:10:02 (24.9%)	8:04	7.4 (74.7%)
123	WIERZBICKI Waldemar	251		M65-69	10			00:04:00	00:40:28.50	00:44:28.55	+00:10:10 (25.1%)	8:05	7.4 (74.7%)
124	LABUDDA Katarzyna	124		K30-39	5			00:06:51	00:40:32.30	00:47:23.35	+00:10:14 (25.3%)	8:06	7.4 (74.7%)
125	DANA Andrzej	42	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	11			00:03:57	00:40:32.60	00:44:30.45	+00:10:14 (25.3%)	8:06	7.4 (74.7%)
126	MIELEWCZYK Justyna	145		K30-39	6			00:06:52	00:40:34.35	00:47:26.65	+00:10:16 (25.3%)	8:06	7.4 (74.7%)
127	OLEŚ Elżbieta	169	NW WERWA MŁAWA	K65-69	4	1		00:09:41	00:40:41.70	00:50:23.45	+00:10:23 (25.6%)	8:08	7.4 (74.7%)
128	WIĘCKIEWICZ Mirosław	253		M50-54	9			00:02:36	00:40:41.90	00:43:18.00	+00:10:24 (25.6%)	8:08	7.4 (74.7%)
129	BURY Liliana	29		K- Niepełnosprawni(A)	1			00:10:42	00:40:42.60	00:51:25.45	+00:10:24 (25.6%)	8:08	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
130	STAŃCZUK Sylwia	280	HEGEZMANN TRANSPORTE GROUP	K30-39	7			00:06:50	00:40:46.45	00:47:37.40	+00:10:28 (25.7%)	8:09	7.4 (74.7%)
131	LIPIŃSKA Iwona	128	ELITE TEAM	K40-44	9			00:07:19	00:40:46.90	00:48:06.40	+00:10:29 (25.7%)	8:09	7.4 (74.7%)
132	KĘDZIERSKA Edyta	97	PFNW	K40-44	10			00:01:20	00:40:53.25	00:42:14.00	+00:10:35 (25.9%)	8:10	7.3 (73.7%)
133	URBAN Zdzisława	242		K70+	1			00:10:09	00:41:01.70	00:51:11.45	+00:10:43 (26.2%)	8:12	7.3 (73.7%)
134	MOSKA Owidiusz	153	AWFIS GDAŃSK	M30-39	10			00:01:18	00:41:01.75	00:42:20.15	+00:10:44 (26.2%)	8:12	7.3 (73.7%)
135	FILUSZ Alfred	277		M45-49	6			00:02:05	00:41:01.95	00:43:07.05	+00:10:44 (26.2%)	8:12	7.3 (73.7%)
136	WOROCH Jolanta	262	DOPIEWO	K50-54	7			00:08:18	00:41:02.30	00:49:20.35	+00:10:44 (26.2%)	8:12	7.3 (73.7%)
137	OLECH Mateusz	168	ELITE TEAM CHODZEEKIJAMI	M-Dzieci	2			00:00:03	00:41:06.20	00:41:09.25	+00:10:48 (26.3%)	8:13	7.3 (73.7%)
138	TURCZYK Sławomir	238	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M- Niepełnosprawni(B)	4			00:05:13	00:41:08.75	00:46:22.45	+00:10:51 (26.4%)	8:13	7.3 (73.7%)
139	KOZIOŁ Piotr	111		M50-54	10			00:02:36	00:41:10.40	00:43:46.60	+00:10:52 (26.4%)	8:14	7.3 (73.7%)
140	FRAŤCZAK Zdzisław	56	ELBLĄSKIE WŁÓCZY-KIJE	M60-64	9			00:03:29	00:41:10.80	00:44:39.85	+00:10:53 (26.4%)	8:14	7.3 (73.7%)
141	GÓRKA Mirosława	70	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	7			00:09:16	00:41:12.20	00:50:28.50	+00:10:54 (26.5%)	8:14	7.3 (73.7%)
142	MANKOWSKI Lech	137	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	10			00:03:27	00:41:13.40	00:44:41.10	+00:10:55 (26.5%)	8:14	7.3 (73.7%)
143	BUJNICKA Magdalena	26	NORDIC WALKING PASŁĘK	K-Dzieci	4			00:05:35	00:41:25.85	00:47:01.35	+00:11:08 (26.9%)	8:17	7.2 (72.7%)
144	NIECHWIEJCZYK Kinga	160	UNIA MIAST	K-Dzieci	5			00:05:33	00:41:29.15	00:47:02.80	+00:11:11 (27.0%)	8:17	7.2 (72.7%)
145	NAZAREWICZ Barbara	159	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	5			00:09:41	00:41:30.25	00:51:12.15	+00:11:12 (27.0%)	8:18	7.2 (72.7%)
146	DZIEDIEWICZ Natalia	267		K30-39	8			00:06:51	00:41:32.75	00:48:24.70	+00:11:15 (27.1%)	8:18	7.2 (72.7%)
147	SZYMAŃSKA Lucyna	225	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	2			00:10:40	00:41:46.55	00:52:26.55	+00:11:28 (27.5%)	8:21	7.2 (72.7%)
148	GÓRSKA Violetta	71	GOSIR OSIELSKO	K50-54	8			00:08:18	00:41:50.70	00:50:08.75	+00:11:32 (27.6%)	8:22	7.2 (72.7%)
149	WINCZEWSKA Anna	255	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	9			00:08:18	00:41:53.10	00:50:12.00	+00:11:35 (27.7%)	8:22	7.2 (72.7%)
150	MARCINKOWSKA Renata	139	FACE NORDIC WALKING TEAM	K65-69	6			00:09:42	00:42:06.45	00:51:48.95	+00:11:48 (28.1%)	8:25	7.1 (71.7%)
151	WIESZOŁEK Ewelina	252		K30-39	9			00:06:50	00:42:14.95	00:49:04.95	+00:11:57 (28.3%)	8:26	7.1 (71.7%)
152	SZPALERSKA Mira	216		K65-69	7			00:09:41	00:42:18.05	00:51:59.45	+00:12:00 (28.4%)	8:27	7.1 (71.7%)

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
153	BEDNAREK Zbigniew	9	SANTANDER CONSUMER BANK S.A.	M30-39	11			00:01:19	00:42:19.50	00:43:39.00	+00:12:01 (28.4%)	8:28	7.1 (71.7%)
154	SIKORRA Janina	197	'ORŁY'WICKO	K65-69	8			00:09:45	00:42:22.15	00:52:07.95	+00:12:04 (28.5%)	8:28	7.1 (71.7%)
155	UTRATA Mirosław	244	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M55-59	6			00:03:02	00:42:23.00	00:45:25.05	+00:12:05 (28.5%)	8:28	7.1 (71.7%)
156	WIKTORZAK Elżbieta	254	UNIA MIAST	K55-59	7			00:08:43	00:42:25.35	00:51:09.05	+00:12:07 (28.6%)	8:29	7.1 (71.7%)
157	KOWALSKA Izabela	108	SALWATOR ELBLĄG	K30-39	10			00:06:50	00:42:26.10	00:49:16.35	+00:12:08 (28.6%)	8:29	7.1 (71.7%)
158	KAMIŃSKA Iwona	90	FACE NORDIC WALKING TEAM	K45-49	7			00:07:53	00:42:28.55	00:50:22.30	+00:12:10 (28.7%)	8:29	7.1 (71.7%)
159	PRZEDWOJEWSKA Róża	182	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	9			00:09:43	00:42:39.85	00:52:23.10	+00:12:22 (29.0%)	8:32	7 (70.7%)
160	HOŁUB Sebastian	81	SANTANDER CONSUMER BANK S.A.	M30-39	12			00:01:19	00:42:41.55	00:44:01.40	+00:12:23 (29.0%)	8:32	7 (70.7%)
161	JANKOWSKA Beata	85	NORDIC WALKING PASŁĘK	K40-44	11			00:07:18	00:42:45.05	00:50:03.60	+00:12:27 (29.1%)	8:33	7 (70.7%)
162	KOZIOŁ Magdalena	110		K18-29	4			00:06:27	00:42:46.35	00:49:13.95	+00:12:28 (29.2%)	8:33	7 (70.7%)
163	CYRA Grażyna	38		K60-64	8			00:09:17	00:42:57.15	00:52:14.45	+00:12:39 (29.5%)	8:35	7 (70.7%)
164	TOMASZEWSKI Ryszard	233	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M70+	6			00:04:00	00:42:57.20	00:46:57.45	+00:12:39 (29.5%)	8:35	7 (70.7%)
165	KOSMOWSKA Barbara	104		K55-59	8			00:08:42	00:43:00.15	00:51:42.40	+00:12:42 (29.5%)	8:36	7 (70.7%)
166	NIESTRYJEWSKA Elżbieta	161		K70+	2			00:10:08	00:43:12.60	00:53:21.45	+00:12:54 (29.9%)	8:38	6.9 (69.7%)
167	KODYRA Kazimiera	101	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	10			00:09:42	00:43:18.60	00:53:01.35	+00:13:00 (30.0%)	8:39	6.9 (69.7%)
168	ŚLUSARCZYK Karolina	232	WESOŁY BORSUK TEAM	K-Dzieci	6			00:05:34	00:43:21.15	00:48:55.55	+00:13:03 (30.1%)	8:40	6.9 (69.7%)
169	KARPIŃSKA Katarzyna	92		K18-29	5			00:06:27	00:43:22.10	00:49:49.80	+00:13:04 (30.1%)	8:40	6.9 (69.7%)
170	SZYNKIEWICZ Maja	228		K-Dzieci	7			00:05:34	00:43:22.45	00:48:56.85	+00:13:04 (30.2%)	8:40	6.9 (69.7%)
171	OZIEMKIEWICZ Magdalena	172	SALWATOR ELBLĄG	K-Dzieci	8			00:05:34	00:43:24.55	00:48:59.00	+00:13:06 (30.2%)	8:41	6.9 (69.7%)
172	KRUK Hanna	115	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K45-49	8			00:07:54	00:43:24.80	00:51:19.00	+00:13:07 (30.2%)	8:41	6.9 (69.7%)
173	STOLARSKA Magdalena	284	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	9			00:07:52	00:43:26.65	00:51:19.40	+00:13:08 (30.3%)	8:41	6.9 (69.7%)
174	ADAMOWICZ Ewa	3	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	3			00:10:08	00:43:32.40	00:53:41.00	+00:13:14 (30.4%)	8:42	6.9 (69.7%)
175	UKLEJEWSKA Agnieszka	240	GOSIR OSIELSKO	K30-39	11			00:06:50	00:43:42.95	00:50:32.95	+00:13:25 (30.7%)	8:44	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
176	MAZERSKA Maria	144	LKS ZANTYR SZTUM	K65-69	11			00:09:45	00:43:49.35	00:53:34.80	+00:13:31 (30.9%)	8:45	6.8 (68.7%)
177	WAGNER-KOZIOŁ Grażyna	245		K50-54	10			00:08:19	00:43:49.40	00:52:09.00	+00:13:31 (30.9%)	8:46	6.8 (68.7%)
178	MALISZEWSKA Marianna	134		K- Niepełnosprawni(B)	2			00:10:40	00:44:02.25	00:54:43.10	+00:13:44 (31.2%)	8:48	6.8 (68.7%)
179	PIETRASIK Dominika	176		K30-39	12			00:06:50	00:44:04.95	00:50:55.15	+00:13:47 (31.3%)	8:49	6.8 (68.7%)
180	MROWIEC Maria	157	UNIA MIAST	K70+	4			00:10:09	00:44:06.50	00:54:16.30	+00:13:48 (31.3%)	8:49	6.8 (68.7%)
181	KŁOPOTOWSKI Ryszard	99	LKS ZANTYR SZTUM	M50-54	11			00:02:36	00:44:11.10	00:46:47.50	+00:13:53 (31.4%)	8:50	6.8 (68.7%)
182	BIK Katarzyna	11	KS METRACO POLKOWICE	K-Jun.	4			00:06:07	00:44:14.50	00:50:22.45	+00:13:56 (31.5%)	8:51	6.8 (68.7%)
183	SMARUJ-SADOWSKA Janina	202		K65-69	12			00:09:43	00:44:14.75	00:53:58.35	+00:13:57 (31.5%)	8:51	6.8 (68.7%)
184	MILEWSKA Wiesława	151	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	10			00:07:53	00:44:26.20	00:52:19.25	+00:14:08 (31.8%)	8:53	6.8 (68.7%)
185	KRAWCZYKOWSKA Barbara	112	LKS ZANTYR SZTUM	K60-64	9			00:09:15	00:44:28.55	00:53:43.80	+00:14:10 (31.9%)	8:53	6.7 (67.7%)
186	KOSSOWSKA Anna	105	PASJA NORDIC WALKING	K55-59	9			00:08:44	00:44:33.75	00:53:18.00	+00:14:16 (32.0%)	8:54	6.7 (67.7%)
187	CIEŚLIK-SZKLARSKA Agnieszka	36		K40-44	12			00:07:20	00:44:38.35	00:51:58.40	+00:14:20 (32.1%)	8:55	6.7 (67.7%)
188	KULCZYCKI Jan	117		M65-69	12			00:04:00	00:44:53.85	00:48:54.05	+00:14:36 (32.5%)	8:58	6.7 (67.7%)
189	DASZKIEWICZ Justyna	43	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	13			00:07:18	00:44:59.45	00:52:18.15	+00:14:41 (32.7%)	9:00	6.7 (67.7%)
190	DUSZEŃKO Elwira	50	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	3			00:10:40	00:44:59.65	00:55:39.65	+00:14:41 (32.7%)	8:59	6.7 (67.7%)
191	KASZLUGA Katarzyna	93		K18-29	6			00:06:27	00:45:01.95	00:51:29.30	+00:14:44 (32.7%)	9:00	6.7 (67.7%)
192	MALISZEWSKI Marek	135		M- Niepełnosprawni(B)	5			00:05:13	00:45:03.50	00:50:16.50	+00:14:45 (32.8%)	9:00	6.7 (67.7%)
193	SAR Agnieszka	194	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	14			00:07:20	00:45:07.40	00:52:27.80	+00:14:49 (32.9%)	9:01	6.6 (66.7%)
194	RĘBOWSKA Agnieszka	186	NORDIC WALKING PASŁĘK	K- Niepełnosprawni(A)	4			00:10:41	00:45:08.30	00:55:49.35	+00:14:50 (32.9%)	9:01	6.6 (66.7%)
195	HINC Hubert	80	FACE NORDIC WALKING TEAM	M-Dzieci	3			00:00:03	00:45:09.80	00:45:12.95	+00:14:52 (32.9%)	9:01	6.6 (66.7%)
196	PANKIEWICZ Bartosz	173		M-Dzieci	4			00:00:02	00:45:10.05	00:45:12.75	+00:14:52 (32.9%)	9:02	6.6 (66.7%)
197	MIKITIUK Beata	149	KIJOWA PARA	K45-49	11			00:07:55	00:45:27.20	00:53:22.25	+00:15:09 (33.3%)	9:05	6.6 (66.7%)
198	GRUSZKA Barbara	73	LKS ZANTYR SZTUM	K70+	5			00:10:11	00:45:30.40	00:55:41.50	+00:15:12 (33.4%)	9:06	6.6 (66.7%)

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
199	JÓŹWIAK Dominik	88	WTW WŁOCŁAWEK	M-Niepełnosprawni(B)	6			00:05:12	00:45:37.50	00:50:49.95	+00:15:19 (33.6%)	9:07	6.6 (66.7%)
200	WYSOCKA Monika	263	NORDIC WALKING PASŁĘK	K40-44	15			00:07:21	00:45:50.65	00:53:11.70	+00:15:32 (33.9%)	9:10	6.5 (65.7%)
201	MICHALSKA Irena	275		K65-69	13			00:09:44	00:46:01.90	00:55:45.90	+00:15:44 (34.2%)	9:12	6.5 (65.7%)
202	SZYBUT Weronika	220		K-Dzieci	9			00:05:34	00:46:06.45	00:51:40.85	+00:15:48 (34.3%)	9:13	6.5 (65.7%)
203	GROBELNA Jadwiga	72	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	3			00:10:40	00:46:16.45	00:56:56.90	+00:15:58 (34.5%)	9:15	6.5 (65.7%)
204	BASISTA Andrzej	8		M55-59	7			00:03:02	00:46:17.25	00:49:19.45	+00:15:59 (34.5%)	9:15	6.5 (65.7%)
205	PROKOP Aleksandra	181	STOKROTKI	K-Jun.	5			00:06:08	00:46:38.85	00:52:46.95	+00:16:21 (35.1%)	9:19	6.4 (64.6%)
206	WIŚNIEWSKA Danuta	256	PASJA NORDIC WALKING	K55-59	10			00:08:42	00:46:55.60	00:55:37.95	+00:16:37 (35.4%)	9:23	6.4 (64.6%)
207	PANKIEWICZ-DMOWSKA Cecylia	174		K65-69	14			00:09:46	00:47:02.65	00:56:49.35	+00:16:44 (35.6%)	9:24	6.4 (64.6%)
208	SURMIAK Ryszard	211	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	7			00:04:31	00:47:06.80	00:51:38.65	+00:16:49 (35.7%)	9:25	6.4 (64.6%)
209	ZAJĄCZKOWSKA Jadwiga	264	KS METRACO POLKOWICE	K40-44	16			00:07:19	00:47:12.50	00:54:32.45	+00:16:54 (35.8%)	9:26	6.4 (64.6%)
210	MOTOCZYŃSKA Aleksandra	154	GOSIR OSIELSKO	K55-59	11			00:08:44	00:47:29.70	00:56:14.30	+00:17:11 (36.2%)	9:30	6.3 (63.6%)
211	ŚLIWIŃSKA Ewa	258	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K45-49	12			00:07:54	00:47:31.20	00:55:25.30	+00:17:13 (36.2%)	9:30	6.3 (63.6%)
212	HOMONIEC Ewa	82	SANTANDER CONSUMER BANK S.A.	K40-44	17	1		00:07:21	00:47:35.60	00:54:56.75	+00:17:17 (36.3%)	9:31	6.3 (63.6%)
213	DOBROWOLSKI Patryk	45		M-Dzieci	5			00:00:03	00:47:45.70	00:47:49.65	+00:17:27 (36.6%)	9:33	6.3 (63.6%)
214	HINEBORG Bogumiła	155	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	11			00:08:19	00:48:20.60	00:56:40.10	+00:18:02 (37.3%)	9:40	6.2 (62.6%)
215	WIADERSKA Grażyna	249		K65-69	15			00:09:42	00:48:33.85	00:58:16.50	+00:18:16 (37.6%)	9:42	6.2 (62.6%)
216	ŚLUSARCZYK Danuta	231	WESOŁY BORSUK TEAM	K65-69	16			00:09:44	00:48:33.95	00:58:18.25	+00:18:16 (37.6%)	9:42	6.2 (62.6%)
217	BŁĄŻEJEWSKA Kinga	14	SANTANDER CONSUMER BANK S.A.	K-Dzieci	10			00:01:45	00:48:36.30	00:50:21.40	+00:18:18 (37.7%)	9:43	6.2 (62.6%)
217	MALINOWSKA Grażyna	133	LKS ZANTYR SZTUM	K65-69	17			00:09:43	00:48:36.30	00:58:19.55	+00:18:18 (37.7%)	9:43	6.2 (62.6%)
219	SZYBUT Roma	219		K30-39	13			00:06:50	00:48:36.65	00:55:27.25	+00:18:18 (37.7%)	9:43	6.2 (62.6%)
220	BŁĄŻEJEWSKI Jarosław	13	SANTANDER CONSUMER BANK S.A.	M40-44	9			00:01:44	00:48:36.85	00:50:21.15	+00:18:19 (37.7%)	9:43	6.2 (62.6%)
221	UTRATA Halina	243	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	10			00:09:16	00:48:40.75	00:57:57.50	+00:18:23 (37.8%)	9:44	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
222	OGONOWSKA Edyta	166	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K55-59	12			00:08:42	00:48:41.85	00:57:24.65	+00:18:24 (37.8%)	9:44	6.2 (62.6%)
223	BARTOSIEWICZ Grażyna	7	FACE NORDIC WALKING TEAM	K60-64	11			00:09:17	00:48:52.75	00:58:10.70	+00:18:35 (38.0%)	9:46	6.1 (61.6%)
224	KOPCZYŃSKA Irena	102		K60-64	12			00:09:17	00:48:53.30	00:58:10.75	+00:18:35 (38.0%)	9:46	6.1 (61.6%)
225	TOPOLSKA Sylwia	235		K-Niepełnosprawni(B)	4			00:10:42	00:49:30.30	01:00:12.45	+00:19:12 (38.8%)	9:54	6.1 (61.6%)
226	KUŚ Elżbieta	122		K-Niepełnosprawni(B)	5			00:10:41	00:49:55.45	01:00:37.00	+00:19:37 (39.3%)	9:59	6 (60.6%)
227	MADEJ Jan	380		M70+	8			00:04:31	00:50:03.10	00:54:34.55	+00:19:45 (39.5%)	10:00	6 (60.6%)
228	OPALIŃSKA Krystyna	171	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	6			00:10:08	00:50:11.10	01:00:19.95	+00:19:53 (39.6%)	10:02	6 (60.6%)
229	KUŚ Maria	121		K-Niepełnosprawni(B)	6			00:10:41	00:50:42.85	01:01:24.25	+00:20:25 (40.3%)	10:08	5.9 (59.6%)
230	BRANCZEWSKI Rafał	19	NW WERWA MŁAWA	M-Dzieci	6			00:00:03	00:50:47.45	00:50:51.15	+00:20:29 (40.4%)	10:09	5.9 (59.6%)
231	SZUBER Kacper	217	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M-Dzieci	7			00:00:03	00:50:54.85	00:50:58.20	+00:20:37 (40.5%)	10:11	5.9 (59.6%)
232	MIKHAILOVA Irina	147		K60-64	13			00:09:16	00:51:18.75	01:00:35.40	+00:21:01 (41.0%)	10:15	5.8 (58.6%)
233	KOWALSKI Szymon	109	SALWATOR ELBLĄG	M-Dzieci	8			00:00:02	00:51:24.40	00:51:27.35	+00:21:06 (41.1%)	10:17	5.8 (58.6%)
234	GOTOWSKA Aleksandra	69	CHOMIKI PAKOŚĆ	K-Jun.	6			00:06:08	00:51:34.90	00:57:42.95	+00:21:17 (41.3%)	10:18	5.8 (58.6%)
235	DUDZIK Irena	278	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	14			00:09:16	00:52:19.90	01:01:36.65	+00:22:02 (42.1%)	10:28	5.7 (57.6%)
236	SZCZODROWSKA Krystyna	276	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K65-69	18			00:09:42	00:52:57.30	01:02:39.95	+00:22:39 (42.8%)	10:35	5.7 (57.6%)
237	HVOROSTUHINA Nadezda	83		K65-69	19			00:09:44	00:52:59.15	01:02:43.90	+00:22:41 (42.8%)	10:35	5.7 (57.6%)
238	BORZESZKOWSKA Małgorzata	17		K50-54	12			00:11:19	00:53:18.50	01:04:37.55	+00:23:00 (43.2%)	10:39	5.6 (56.6%)
239	CYRA Zbigniew	39		M65-69	13			00:03:58	00:53:21.70	00:57:20.65	+00:23:03 (43.2%)	10:40	5.6 (56.6%)
240	DROP Mieczysław	47		M70+	9			00:04:33	00:53:25.15	00:57:59.00	+00:23:07 (43.3%)	10:41	5.6 (56.6%)
241	KORDEK Radosław	103	SANTANDER CONSUMER BANK S.A.	M30-39	13			00:01:19	00:53:36.65	00:54:56.20	+00:23:18 (43.5%)	10:43	5.6 (56.6%)
242	PRZYBOROWSKA Ewa	183	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	15			00:09:17	00:53:44.00	01:03:01.80	+00:23:26 (43.6%)	10:44	5.6 (56.6%)
243	MIKHAILOVA Margarita	146		K70+	7			00:10:09	00:53:54.05	01:04:03.80	+00:23:36 (43.8%)	10:46	5.6 (56.6%)
244	CHEBYKINA Elena	31		K55-59	13			00:08:44	00:55:43.30	01:04:28.15	+00:25:25 (45.6%)	11:08	5.4 (54.5%)

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
245	GOTOWSKI Rafał	281	CHOMIKI PAKOŚĆ	M40-44	10			00:01:42	00:56:17.00	00:57:59.45	+00:25:59 (46.2%)	11:15	5.3 (53.5%)
246	DINDAROVA Gallia	37		K55-59	14			00:08:43	00:56:37.35	01:05:21.00	+00:26:19 (46.5%)	11:19	5.3 (53.5%)
247	STRZELCZYK Urszula	210		K55-59	15			00:08:43	00:56:59.05	01:05:42.40	+00:26:41 (46.8%)	11:23	5.3 (53.5%)
248	WRÓBLEWSKI Witold	283		M55-59	8			00:11:18	00:57:00.80	01:08:19.25	+00:26:43 (46.9%)	11:24	5.3 (53.5%)
249	PAŚKO Maksymilian	175	PFNW	M40-44	11			00:11:18	00:57:02.20	01:08:21.05	+00:26:44 (46.9%)	11:24	5.3 (53.5%)
250	BOJKE Olgierd	15		M55-59	9			00:11:19	00:57:07.75	01:08:26.75	+00:26:50 (47.0%)	11:25	5.3 (53.5%)
251	KALUGINA Liudmila	89		K70+	8			00:10:10	00:59:03.15	01:09:14.10	+00:28:45 (48.7%)	11:48	5.1 (51.5%)
252	KALAMAJSKA Barbara	279	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	16			00:09:16	00:59:44.95	01:09:01.85	+00:29:27 (49.3%)	11:57	5 (50.5%)
253	CICHOWSKI Wiesław	35	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M- Niepełnosprawni(A)	8			00:05:13	01:02:23.65	01:07:37.60	+00:32:05 (51.4%)	12:28	4.8 (48.5%)
DQ	MOTOCZYŃSKI Krzysztof	156	GOSIR OSIELSKO	M60-64			1	DQ	00:36:38.20 DQ	DQ		-	- (0.0%)

Znaleziono 254 wynik(ów)