



# ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT  
ORGANIZACJA I PROMOCJA SPORTU

**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	<b>STILLER Karol</b>	<b>208</b>	KING&QUEEN	M30-39	1			00:01:17	<b>00:30:17.75</b>	<b>00:31:35.05</b>		6:03	9.9 (100%)
2	<b>WOROCH Roman</b>	<b>261</b>	KS METRACO POLKOWICE	M55-59	1			00:03:01	<b>00:31:39.20</b>	<b>00:34:40.85</b>	+00:01:21 (4.3%)	6:19	9.5 (96.0%)
3	<b>KNITTER Tomasz</b>	<b>100</b>	BŁĘKITNI DZIEMIANY	M18-29	1			00:00:50	<b>00:31:52.30</b>	<b>00:32:43.25</b>	+00:01:34 (4.9%)	6:22	9.4 (94.9%)
4	<b>BRZOZOWSKI Piotr</b>	<b>285</b>	AKTYWNI POSTOMINO	M30-39	2			00:01:17	<b>00:32:00.60</b>	<b>00:33:18.05</b>	+00:01:42 (5.4%)	6:24	9.4 (94.9%)
5	<b>TRZCIŃSKI Franciszek</b>	<b>237</b>	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1			00:02:35	<b>00:32:04.15</b>	<b>00:34:39.85</b>	+00:01:46 (5.5%)	6:24	9.4 (94.9%)
6	<b>GAJEWSKI Eugeniusz</b>	<b>57</b>	KS METRACO POLKOWICE	M60-64	1			00:03:26	<b>00:32:11.85</b>	<b>00:35:38.00</b>	+00:01:54 (5.9%)	6:26	9.3 (93.9%)
7	<b>KRYŚ Artur</b>	<b>116</b>	KS METRACO POLKOWICE	M45-49	1			00:02:05	<b>00:32:17.95</b>	<b>00:34:23.10</b>	+00:02:00 (6.2%)	6:27	9.3 (93.9%)
8	<b>HAŁAS Marcin</b>	<b>79</b>		M30-39	3			00:01:17	<b>00:32:20.45</b>	<b>00:33:37.50</b>	+00:02:02 (6.3%)	6:28	9.3 (93.9%)
9	<b>POLEWCZAK Mariusz</b>	<b>179</b>	CLLEO ZAWIERCIE	M45-49	2			00:02:05	<b>00:32:23.45</b>	<b>00:34:29.20</b>	+00:02:05 (6.5%)	6:28	9.3 (93.9%)
10	<b>RAKUĆ Jakub</b>	<b>184</b>	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	2			00:00:51	<b>00:32:35.30</b>	<b>00:33:26.35</b>	+00:02:17 (7.0%)	6:31	9.2 (92.9%)
11	<b>ROŻYNEK Miron</b>	<b>190</b>	KS METRACO POLKOWICE	M50-54	2			00:02:34	<b>00:32:46.20</b>	<b>00:35:21.05</b>	+00:02:28 (7.6%)	6:33	9.2 (92.9%)
12	<b>SANIUK Edward</b>	<b>193</b>	KS METRACO POLKOWICE	M65-69	1			00:03:59	<b>00:33:05.25</b>	<b>00:37:04.35</b>	+00:02:47 (8.4%)	6:37	9.1 (91.9%)
13	<b>MATECKI Ryszard</b>	<b>142</b>	KS METRACO POLKOWICE	M65-69	2			00:03:58	<b>00:33:06.30</b>	<b>00:37:05.05</b>	+00:02:48 (8.5%)	6:37	9.1 (91.9%)
14	<b>MACHNIK Janusz</b>	<b>131</b>	CLLEO ZAWIERCIE	M40-44	1			00:01:42	<b>00:33:10.50</b>	<b>00:34:52.65</b>	+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	<b>CHAMIELEC Bogusław</b>	<b>30</b>	A EMERYT BIEGA	M50-54	3			00:02:34	<b>00:33:26.00</b>	<b>00:36:00.55</b>	+00:03:08 (9.4%)	6:41	9 (90.9%)
16	<b>SŁOMIAN Leszek</b>	<b>199</b>	UNIA MIAST	M55-59	2			00:03:01	<b>00:33:29.30</b>	<b>00:36:30.50</b>	+00:03:11 (9.5%)	6:41	9 (90.9%)
17	<b>SPYCHAŁA Lesław</b>	<b>204</b>	WESOŁY BORSUK TEAM	M50-54	4			00:02:35	<b>00:33:30.50</b>	<b>00:36:05.80</b>	+00:03:12 (9.6%)	6:42	9 (90.9%)
18	<b>BREWKA Joachim</b>	<b>21</b>	UNIA MIAST	M50-54	5			00:02:34	<b>00:33:42.20</b>	<b>00:36:16.75</b>	+00:03:24 (10.1%)	6:44	8.9 (89.9%)
19	<b>KLARKOWSKI Bogdan</b>	<b>98</b>	ELBLĄSKIE WŁÓCZY-KIJE	M60-64	2			00:03:25	<b>00:33:49.55</b>	<b>00:37:15.45</b>	+00:03:31 (10.4%)	6:46	8.9 (89.9%)
20	<b>LENZ Andrzej</b>	<b>269</b>		M50-54	6			00:02:34	<b>00:33:50.70</b>	<b>00:36:25.25</b>	+00:03:32 (10.5%)	6:46	8.9 (89.9%)
20	<b>ADAMCZYK Adam</b>	<b>1</b>	PASJA NORDIC WALKING	M65-69	3			00:03:59	<b>00:33:50.70</b>	<b>00:37:49.80</b>	+00:03:32 (10.5%)	6:46	8.9 (89.9%)
22	<b>GŁOWA Michał</b>	<b>66</b>	UNIA MIAST	M-Jun.	1			00:00:25	<b>00:34:00.55</b>	<b>00:34:25.85</b>	+00:03:42 (10.9%)	6:48	8.8 (88.9%)
23	<b>TRZCIŃSKI Eugeniusz</b>	<b>236</b>	SPORT I REKREACJA START (CHEŁMNO)	M60-64	3	1		00:03:26	<b>00:34:04.55</b>	<b>00:37:31.25</b>	+00:03:46 (11.1%)	6:49	8.8 (88.9%)
24	<b>TOMCZYK Edward</b>	<b>234</b>	MARSZ PO ZDROWIE POZNAŃ	M65-69	4			00:03:58	<b>00:34:12.55</b>	<b>00:38:10.65</b>	+00:03:54 (11.4%)	6:50	8.8 (88.9%)
25	<b>ADAMUS Marian</b>	<b>4</b>	SILESIA NORDIC TEAM	M65-69	5			00:03:58	<b>00:34:16.65</b>	<b>00:38:14.85</b>	+00:03:58 (11.6%)	6:51	8.8 (88.9%)
26	<b>GRYGOROWICZ Bogdan</b>	<b>77</b>	KS METRACO POLKOWICE	M65-69	6	1		00:03:59	<b>00:34:24.85</b>	<b>00:38:23.90</b>	+00:04:07 (12.0%)	6:52	8.7 (87.9%)
27	<b>DUSZEŃKO Damian</b>	<b>52</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:05:12	<b>00:34:26.55</b>	<b>00:39:39.25</b>	+00:04:08 (12.0%)	6:53	8.7 (87.9%)
28	<b>GIERSZEWSKI Arkadiusz</b>	<b>63</b>		M30-39	4			00:01:17	<b>00:34:28.60</b>	<b>00:35:45.95</b>	+00:04:10 (12.1%)	6:53	8.7 (87.9%)
29	<b>RĘBOWSKI Tomasz</b>	<b>189</b>	NORDIC WALKING PASŁĘK	M30-39	5			00:01:17	<b>00:34:47.35</b>	<b>00:36:05.25</b>	+00:04:29 (12.9%)	6:57	8.6 (86.9%)
30	<b>SKWIRUT Jerzy</b>	<b>198</b>	SOKÓŁ RYMANÓW	M- Niepełnosprawni(B)	2			00:05:11	<b>00:34:51.75</b>	<b>00:40:03.00</b>	+00:04:34 (13.1%)	6:58	8.6 (86.9%)
31	<b>SCHRÖDER Karol</b>	<b>195</b>	SILESIA NORDIC TEAM	M40-44	2			00:01:43	<b>00:34:56.85</b>	<b>00:36:40.55</b>	+00:04:39 (13.3%)	6:59	8.6 (86.9%)
32	<b>DUSZEŃKO Zygmunt</b>	<b>53</b>	KS METRACO POLKOWICE	M55-59	3			00:03:02	<b>00:35:28.85</b>	<b>00:38:31.05</b>	+00:05:11 (14.6%)	7:05	8.5 (85.9%)
33	<b>ZAŃKO Katarzyna</b>	<b>265</b>	KS METRACO POLKOWICE	K40-44	1	1		00:07:18	<b>00:35:45.40</b>	<b>00:43:03.50</b>	+00:05:27 (15.3%)	7:09	8.4 (84.8%)
34	<b>MARCINKOWSKI Jakub</b>	<b>141</b>	UNIA MIAST	M-Jun.	2			00:00:25	<b>00:35:47.00</b>	<b>00:36:12.50</b>	+00:05:29 (15.3%)	7:09	8.4 (84.8%)
34	<b>BARTOSIEWICZ Łukasz</b>	<b>5</b>	FACE NORDIC WALKING TEAM / LUKI TEAM	M30-39	6			00:01:17	<b>00:35:47.00</b>	<b>00:37:04.85</b>	+00:05:29 (15.3%)	7:09	8.4 (84.8%)
36	<b>SZYMAŃSKI Stefan</b>	<b>226</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:04:32	<b>00:35:47.95</b>	<b>00:40:20.00</b>	+00:05:30 (15.4%)	7:09	8.4 (84.8%)
37	<b>WOJTACHNIO Edyta</b>	<b>259</b>	FACE NORDIC WALKING TEAM	K45-49	1			00:07:52	<b>00:35:51.40</b>	<b>00:43:43.50</b>	+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	<b>MIKOŁAJCZAK Jan</b>	<b>150</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:05:11	<b>00:35:55.25</b>	<b>00:41:06.35</b>	+00:05:37 (15.7%)	7:11	8.4 (84.8%)
39	<b>GAŁĄZKA Paweł</b>	<b>270</b>		M-Niepełnosprawni(A)	2			00:05:11	<b>00:35:56.50</b>	<b>00:41:07.95</b>	+00:05:38 (15.7%)	7:11	8.3 (83.8%)
40	<b>GRUSZKA Michał</b>	<b>74</b>	UNIA MIAST	M40-44	3			00:01:41	<b>00:35:57.55</b>	<b>00:37:39.40</b>	+00:05:39 (15.7%)	7:11	8.3 (83.8%)
41	<b>POLEWCZAK Aneta</b>	<b>178</b>	CLLEO ZAWIERCIE	K45-49	2			00:07:52	<b>00:35:58.35</b>	<b>00:43:51.30</b>	+00:05:40 (15.8%)	7:11	8.3 (83.8%)
42	<b>POLISZCZUK Piotr</b>	<b>180</b>	PIERNIKI NA CHODZIE	M55-59	4			00:03:01	<b>00:35:58.55</b>	<b>00:38:59.55</b>	+00:05:40 (15.8%)	7:11	8.3 (83.8%)
43	<b>GAPIŃSKI Leszek</b>	<b>59</b>	WESOŁY BORSUK TEAM	M60-64	4			00:03:26	<b>00:35:59.80</b>	<b>00:39:26.00</b>	+00:05:42 (15.8%)	7:12	8.3 (83.8%)
44	<b>NACZK Wiktoria</b>	<b>158</b>	DYNAMIC	K-Jun.	1			00:06:07	<b>00:36:03.90</b>	<b>00:42:11.15</b>	+00:05:46 (16.0%)	7:12	8.3 (83.8%)
45	<b>JÓŻWIAK Marianna</b>	<b>86</b>	WTW WŁOCŁAWEK	K40-44	2			00:07:18	<b>00:36:06.80</b>	<b>00:43:25.55</b>	+00:05:49 (16.1%)	7:13	8.3 (83.8%)
46	<b>RAKUĆ Angelika</b>	<b>185</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:06:27	<b>00:36:19.95</b>	<b>00:42:47.05</b>	+00:06:02 (16.6%)	7:16	8.3 (83.8%)
47	<b>BIK Przemysław</b>	<b>10</b>	KS METRACO POLKOWICE	M-Jun.	3			00:00:25	<b>00:36:20.05</b>	<b>00:36:45.70</b>	+00:06:02 (16.6%)	7:16	8.3 (83.8%)
48	<b>LESIŃSKA Marzenna</b>	<b>127</b>	KS METRACO POLKOWICE	K50-54	1			00:08:18	<b>00:36:22.85</b>	<b>00:44:40.90</b>	+00:06:05 (16.7%)	7:16	8.2 (82.8%)
49	<b>GIBAS Sławek</b>	<b>60</b>	NORDIC WALKING PASŁĘK	M30-39	7	1		00:01:18	<b>00:36:30.80</b>	<b>00:37:49.40</b>	+00:06:13 (17.0%)	7:18	8.2 (82.8%)
50	<b>SZARSZUNOWICZ Mariusz</b>	<b>213</b>	NORDIC WALKING PASŁĘK	M30-39	8			00:01:19	<b>00:36:33.40</b>	<b>00:37:52.65</b>	+00:06:15 (17.1%)	7:18	8.2 (82.8%)
51	<b>BRANCZEWSKA Ewa</b>	<b>18</b>	NW WERWA MŁAWA	K30-39	1			00:06:51	<b>00:36:36.40</b>	<b>00:43:27.90</b>	+00:06:18 (17.2%)	7:19	8.2 (82.8%)
52	<b>GOŁĘBIEWSKI Andrzej</b>	<b>67</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M60-64	5			00:03:26	<b>00:36:36.55</b>	<b>00:40:02.75</b>	+00:06:18 (17.2%)	7:19	8.2 (82.8%)
53	<b>SALAŁON Grzegorz</b>	<b>192</b>	CHODZEZKIJAMI - TEAM DWA KUJE LĘBORK	M50-54	7	1		00:02:35	<b>00:36:41.50</b>	<b>00:39:17.10</b>	+00:06:23 (17.4%)	7:20	8.2 (82.8%)
54	<b>STOLARSKI Michał</b>	<b>282</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	3			00:02:06	<b>00:36:43.20</b>	<b>00:38:49.25</b>	+00:06:25 (17.5%)	7:20	8.2 (82.8%)
55	<b>BOROWIK Bożena</b>	<b>16</b>	GRUPA NORDIC WALKING - DOBRE MIASTO	K50-54	2			00:08:18	<b>00:36:43.55</b>	<b>00:45:01.55</b>	+00:06:25 (17.5%)	7:20	8.2 (82.8%)
56	<b>KREZMER Marzena</b>	<b>113</b>	CLLEO ZAWIERCIE	K30-39	2			00:06:51	<b>00:36:49.80</b>	<b>00:43:41.30</b>	+00:06:32 (17.7%)	7:22	8.1 (81.8%)
57	<b>BUJNICKI Marcin</b>	<b>27</b>	NORDIC WALKING PASŁĘK	M40-44	4			00:01:41	<b>00:36:50.35</b>	<b>00:38:32.20</b>	+00:06:32 (17.8%)	7:22	8.1 (81.8%)
58	<b>GRUSZKA Michał</b>	<b>75</b>	UNIA MIAST	M-Dzieci	1			00:00:03	<b>00:36:52.55</b>	<b>00:36:56.25</b>	+00:06:34 (17.8%)	7:22	8.1 (81.8%)
59	<b>ŚLUSARCZYK Andrzej</b>	<b>230</b>	WESOŁY BORSUK TEAM	M65-69	7			00:03:58	<b>00:36:54.05</b>	<b>00:40:52.65</b>	+00:06:36 (17.9%)	7:22	8.1 (81.8%)
60	<b>SŁOMIŃSKA Marta</b>	<b>200</b>	BŁĘKITNI DZIEMIANY	K18-29	2			00:06:26	<b>00:36:56.90</b>	<b>00:43:23.85</b>	+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	<b>MARCINKOWSKA Agnieszka</b>	<b>140</b>	UNIA MIAST	K-Dzieci	1			00:05:34	<b>00:36:59.45</b>	<b>00:42:33.75</b>	+00:06:41 (18.1%)	7:23	8.1 (81.8%)
62	<b>NOWALIŃSKA Anastazja</b>	<b>165</b>	FACE NORDIC WALKING TEAM	K-Jun.	2			00:06:07	<b>00:36:59.55</b>	<b>00:43:07.10</b>	+00:06:41 (18.1%)	7:24	8.1 (81.8%)
63	<b>STOLARSKA Joanna</b>	<b>209</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:06:07	<b>00:37:00.00</b>	<b>00:43:07.15</b>	+00:06:42 (18.1%)	7:24	8.1 (81.8%)
64	<b>OLEŚ Józef</b>	<b>170</b>	NW WERWA MŁAWA	M-Niepełnosprawni(A)	3			00:05:11	<b>00:37:05.30</b>	<b>00:42:17.20</b>	+00:06:47 (18.3%)	7:25	8.1 (81.8%)
65	<b>SZENDZIELORZ Ilona</b>	<b>214</b>	FABRIKANORDIKA	K60-64	1			00:09:15	<b>00:37:18.90</b>	<b>00:46:34.05</b>	+00:07:01 (18.8%)	7:27	8 (80.8%)
66	<b>GIBAS Asia</b>	<b>61</b>	NORDIC WALKING PASŁĘK	K30-39	3			00:06:53	<b>00:37:21.30</b>	<b>00:44:14.45</b>	+00:07:03 (18.9%)	7:28	8 (80.8%)
67	<b>SZYMANOWSKA Anna</b>	<b>223</b>	LĘBORSKIE KIJE	K55-59	1			00:08:41	<b>00:37:21.65</b>	<b>00:46:03.00</b>	+00:07:03 (18.9%)	7:28	8 (80.8%)
68	<b>PILECKA PRADZYŃSKA Anna</b>	<b>177</b>	PENDOLINO	K60-64	2			00:09:14	<b>00:37:22.25</b>	<b>00:46:36.35</b>	+00:07:04 (18.9%)	7:28	8 (80.8%)
69	<b>NIEWIŃSKA Beata</b>	<b>162</b>	ELITE TEAM	K50-54	3			00:08:17	<b>00:37:22.85</b>	<b>00:45:40.50</b>	+00:07:05 (19.0%)	7:28	8 (80.8%)
70	<b>SZYCKO Radek</b>	<b>221</b>	DWA KIJE SŁUPSK	M40-44	5			00:01:43	<b>00:37:29.50</b>	<b>00:39:12.50</b>	+00:07:11 (19.2%)	7:29	8 (80.8%)
71	<b>LORENS Kazimierz</b>	<b>129</b>	CLLEO ZAWIERCIE	M60-64	6			00:03:27	<b>00:37:32.60</b>	<b>00:40:59.85</b>	+00:07:14 (19.3%)	7:30	8 (80.8%)
72	<b>KANIOWSKA Beata</b>	<b>91</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	3			00:07:54	<b>00:37:34.35</b>	<b>00:45:28.85</b>	+00:07:16 (19.4%)	7:30	8 (80.8%)
73	<b>KOWALCZYK Edyta</b>	<b>106</b>	KS METRACO POLKOWICE	K45-49	4			00:07:52	<b>00:37:34.85</b>	<b>00:45:26.95</b>	+00:07:17 (19.4%)	7:30	8 (80.8%)
74	<b>DOMAŃSKA Beata</b>	<b>46</b>	ELITE TEAM CHODZIEZKIJAMI	K40-44	3			00:07:18	<b>00:37:37.70</b>	<b>00:44:55.85</b>	+00:07:19 (19.5%)	7:31	8 (80.8%)
75	<b>SAKOWSKA Krystyna</b>	<b>191</b>	PASJA NORDIC WALKING	K40-44	4			00:07:21	<b>00:37:41.90</b>	<b>00:45:03.40</b>	+00:07:24 (19.6%)	7:32	8 (80.8%)
76	<b>SZYMANOWSKI Eugeniusz</b>	<b>224</b>	LĘBORSKIE KIJE	M55-59	5			00:03:01	<b>00:37:45.00</b>	<b>00:40:46.15</b>	+00:07:27 (19.7%)	7:33	7.9 (79.8%)
77	<b>SZYNKIEWICZ Katarzyna</b>	<b>227</b>		K40-44	5			00:07:19	<b>00:37:51.70</b>	<b>00:45:10.90</b>	+00:07:33 (20.0%)	7:34	7.9 (79.8%)
78	<b>KUPIBIDA Bogusława</b>	<b>119</b>	SILESIA NORDIC TEAM	K55-59	2			00:08:42	<b>00:37:52.10</b>	<b>00:46:34.95</b>	+00:07:34 (20.0%)	7:34	7.9 (79.8%)
79	<b>GAPIŃSKA Janina</b>	<b>58</b>	WESOŁY BORSUK TEAM	K55-59	3			00:08:41	<b>00:37:52.75</b>	<b>00:46:34.40</b>	+00:07:35 (20.0%)	7:34	7.9 (79.8%)
80	<b>BRYL Michał</b>	<b>23</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M-Niepełnosprawni(A)	4			00:05:12	<b>00:37:55.55</b>	<b>00:43:07.55</b>	+00:07:37 (20.1%)	7:35	7.9 (79.8%)
81	<b>BARUCH Henryka</b>	<b>273</b>		K65-69	1			00:09:42	<b>00:38:01.05</b>	<b>00:47:43.05</b>	+00:07:43 (20.3%)	7:36	7.9 (79.8%)
82	<b>MORYS Agnieszka</b>	<b>152</b>	FABRIKANORDIKA	K30-39	4	1		00:06:50	<b>00:38:04.60</b>	<b>00:44:55.45</b>	+00:07:46 (20.4%)	7:37	7.9 (79.8%)
83	<b>JÓŹWIAK Łukasz</b>	<b>87</b>	WTW WŁOCLAWEK	M-Niepełnosprawni(A)	5			00:05:12	<b>00:38:07.50</b>	<b>00:43:20.20</b>	+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	<b>GŁUSZAK Marcin</b>	<b>65</b>		M30-39	9	1		00:01:18	<b>00:38:11.45</b>	<b>00:39:29.80</b>	+00:07:53 (20.7%)	7:38	7.9 (79.8%)
85	<b>GRYGOROWICZ Teresa</b>	<b>76</b>	KS METRACO POLKOWICE	K65-69	2			00:09:44	<b>00:38:13.70</b>	<b>00:47:58.65</b>	+00:07:55 (20.8%)	7:38	7.8 (78.8%)
86	<b>DAWIDCZYK Daria</b>	<b>44</b>		K18-29	3			00:06:27	<b>00:38:29.75</b>	<b>00:44:56.85</b>	+00:08:12 (21.3%)	7:41	7.8 (78.8%)
87	<b>DANA Kazimiera</b>	<b>41</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:09:15	<b>00:38:30.30</b>	<b>00:47:46.15</b>	+00:08:12 (21.3%)	7:42	7.8 (78.8%)
88	<b>BARTOSIEWICZ Włodzimierz</b>	<b>6</b>	FACE NORDIC WALKING TEAM	M60-64	7			00:03:27	<b>00:38:32.00</b>	<b>00:41:59.05</b>	+00:08:14 (21.4%)	7:42	7.8 (78.8%)
89	<b>WASILEWSKI Sławomir</b>	<b>246</b>	PASJA NORDIC WALKING	M70+	2			00:04:32	<b>00:38:32.90</b>	<b>00:43:05.20</b>	+00:08:15 (21.4%)	7:42	7.8 (78.8%)
90	<b>MIKITIUK Tomasz</b>	<b>148</b>	KIJOWA PARA	M45-49	4			00:02:05	<b>00:38:36.25</b>	<b>00:40:41.35</b>	+00:08:18 (21.5%)	7:43	7.8 (78.8%)
91	<b>MARCINIAK Aneta</b>	<b>138</b>	FACE NORDIC WALKING TEAM	K40-44	6			00:07:19	<b>00:38:39.45</b>	<b>00:45:58.65</b>	+00:08:21 (21.6%)	7:43	7.8 (78.8%)
92	<b>FOJCIK Gabriela</b>	<b>55</b>	RYBNICKI KLUB NORDIC WALKING	K50-54	4			00:08:17	<b>00:38:41.10</b>	<b>00:46:58.35</b>	+00:08:23 (21.7%)	7:44	7.8 (78.8%)
93	<b>WIADERSKI Wojciech</b>	<b>250</b>		M65-69	8			00:04:01	<b>00:38:45.55</b>	<b>00:42:46.90</b>	+00:08:27 (21.8%)	7:45	7.7 (77.8%)
94	<b>TOPOREK Aleksandra</b>	<b>271</b>		K- Niepełnosprawni(B)	1			00:10:40	<b>00:38:46.75</b>	<b>00:49:27.55</b>	+00:08:29 (21.9%)	7:45	7.7 (77.8%)
95	<b>STAŃCZAK Grażyna</b>	<b>206</b>		K60-64	4			00:09:15	<b>00:38:54.20</b>	<b>00:48:09.35</b>	+00:08:36 (22.1%)	7:46	7.7 (77.8%)
96	<b>GIERSZEWSKA Magdalena</b>	<b>62</b>	KSK ŻYJ AKTYWNIE KOŁCZYGLÓWY	K40-44	7			00:07:20	<b>00:38:54.40</b>	<b>00:46:15.05</b>	+00:08:36 (22.1%)	7:47	7.7 (77.8%)
97	<b>ŚCIBISZ Bogdan</b>	<b>229</b>	KS METRACO POLKOWICE	M70+	3			00:04:31	<b>00:38:58.30</b>	<b>00:43:30.05</b>	+00:08:40 (22.3%)	7:47	7.7 (77.8%)
98	<b>ZIELIŃSKA Jolanta</b>	<b>266</b>	GOSIR OSIELSKO	K55-59	4			00:08:43	<b>00:39:00.85</b>	<b>00:47:44.80</b>	+00:08:43 (22.3%)	7:48	7.7 (77.8%)
99	<b>BRAĞIEL Krystyna</b>	<b>20</b>		K60-64	5			00:09:16	<b>00:39:02.15</b>	<b>00:48:18.20</b>	+00:08:44 (22.4%)	7:48	7.7 (77.8%)
100	<b>GWAREK Anita</b>	<b>78</b>	PASJA NORDIC WALKING	K45-49	5			00:07:52	<b>00:39:06.30</b>	<b>00:46:58.45</b>	+00:08:48 (22.5%)	7:49	7.7 (77.8%)
101	<b>LELIWA Leszek</b>	<b>126</b>	NIEZRZESZONY	M70+	4			00:04:30	<b>00:39:08.25</b>	<b>00:43:38.90</b>	+00:08:50 (22.6%)	7:49	7.7 (77.8%)
102	<b>SZYCKO Oliwia</b>	<b>222</b>	DWA KIJE SŁUPSK	K-Dzieci	2			00:05:33	<b>00:39:09.10</b>	<b>00:44:43.05</b>	+00:08:51 (22.6%)	7:50	7.7 (77.8%)
103	<b>DUSZEŃKO Jakub</b>	<b>51</b>		M- Niepełnosprawni(B)	3			00:05:13	<b>00:39:10.05</b>	<b>00:44:23.90</b>	+00:08:52 (22.7%)	7:50	7.7 (77.8%)
104	<b>KRĘCKA Irena</b>	<b>114</b>	FACE NORDIC WALKING TEAM	K50-54	5			00:08:17	<b>00:39:12.55</b>	<b>00:47:29.80</b>	+00:08:54 (22.7%)	7:50	7.7 (77.8%)
105	<b>MALKIEWICZ Małgorzata</b>	<b>136</b>	KSK ŻYJ AKTYWNIE KOŁCZYGLÓWY	K50-54	6			00:08:17	<b>00:39:13.35</b>	<b>00:47:30.60</b>	+00:08:55 (22.8%)	7:50	7.6 (76.8%)
106	<b>LEBIODA Ryszard</b>	<b>125</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M50-54	8			00:02:37	<b>00:39:21.70</b>	<b>00:41:58.90</b>	+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	<b>LUCHKOVA Maria</b>	<b>130</b>		K-Dzieci	3	1		00:05:34	<b>00:39:36.45</b>	<b>00:45:11.20</b>	+00:09:18 (23.5%)	7:55	7.6 (76.8%)
108	<b>KUSIAK Włodzimierz</b>	<b>120</b>	TEAM ELLITE	M65-69	9			00:04:00	<b>00:39:38.25</b>	<b>00:43:38.35</b>	+00:09:20 (23.6%)	7:55	7.6 (76.8%)
109	<b>STAŃCZYK Bożena</b>	<b>207</b>	ELBLĄSKIE WŁÓCZY-KIJE	K55-59	5			00:08:42	<b>00:39:38.35</b>	<b>00:48:20.55</b>	+00:09:20 (23.6%)	7:55	7.6 (76.8%)
110	<b>SMARSZCZ Grażyna</b>	<b>201</b>		K55-59	6			00:08:41	<b>00:39:43.80</b>	<b>00:48:25.75</b>	+00:09:26 (23.7%)	7:56	7.6 (76.8%)
111	<b>SZALECKA Grażyna</b>	<b>212</b>	LKS ZANTYR SZTUM	K65-69	3			00:09:44	<b>00:39:45.00</b>	<b>00:49:29.00</b>	+00:09:27 (23.8%)	7:57	7.5 (75.8%)
112	<b>WIŚNIEWSKI Kazimierz</b>	<b>257</b>	PASJA NORDIC WALKING	M60-64	8			00:03:27	<b>00:39:47.95</b>	<b>00:43:15.60</b>	+00:09:30 (23.9%)	7:57	7.5 (75.8%)
113	<b>UKLEJEWSKI Przemysław</b>	<b>241</b>	GOSIR OSIELSKO	M40-44	6	1		00:01:41	<b>00:39:48.75</b>	<b>00:41:30.05</b>	+00:09:31 (23.9%)	7:57	7.5 (75.8%)
114	<b>UHRYN Marcin</b>	<b>239</b>	GRUPA NORDIC WALKING - DOBRE MIASTO	M40-44	7			00:01:42	<b>00:39:54.85</b>	<b>00:41:37.55</b>	+00:09:37 (24.1%)	7:59	7.5 (75.8%)
115	<b>MILKOWSKI Mariusz</b>	<b>272</b>		M- Niepełnosprawni(A)	6			00:05:11	<b>00:40:01.90</b>	<b>00:45:13.65</b>	+00:09:44 (24.3%)	8:00	7.5 (75.8%)
116	<b>SZKLARSKI Jarosław</b>	<b>215</b>		M40-44	8			00:01:42	<b>00:40:04.05</b>	<b>00:41:46.30</b>	+00:09:46 (24.4%)	8:00	7.5 (75.8%)
117	<b>MATLEWSKA Agnieszka</b>	<b>143</b>	FACE NORDIC WALKING TEAM	K40-44	8			00:07:20	<b>00:40:05.95</b>	<b>00:47:26.00</b>	+00:09:48 (24.4%)	8:01	7.5 (75.8%)
118	<b>BURDANOWSKI Andrzej</b>	<b>28</b>	GOSIR OSIELSKO	M- Niepełnosprawni(A)	7			00:01:18	<b>00:40:09.25</b>	<b>00:41:27.95</b>	+00:09:51 (24.6%)	8:01	7.5 (75.8%)
119	<b>ADAMOWICZ Andrzej</b>	<b>2</b>		M70+	5			00:04:33	<b>00:40:14.40</b>	<b>00:44:47.45</b>	+00:09:56 (24.7%)	8:02	7.5 (75.8%)
120	<b>KOWALINA Izabela</b>	<b>107</b>		K45-49	6			00:07:52	<b>00:40:16.20</b>	<b>00:48:09.00</b>	+00:09:58 (24.8%)	8:03	7.4 (74.7%)
121	<b>OLECH Marcin</b>	<b>167</b>	ELITE TEAM CHODZEZKIJAMI	M45-49	5			00:02:05	<b>00:40:19.90</b>	<b>00:42:25.80</b>	+00:10:02 (24.9%)	8:04	7.4 (74.7%)
122	<b>CHOLEWKA Jolanta</b>	<b>32</b>	MARSZ PO ZDROWIE POZNAŃ	K60-64	6			00:09:14	<b>00:40:20.50</b>	<b>00:49:35.05</b>	+00:10:02 (24.9%)	8:04	7.4 (74.7%)
123	<b>WIERZBICKI Waldemar</b>	<b>251</b>		M65-69	10			00:04:00	<b>00:40:28.50</b>	<b>00:44:28.55</b>	+00:10:10 (25.1%)	8:05	7.4 (74.7%)
124	<b>LABUDDA Katarzyna</b>	<b>124</b>		K30-39	5			00:06:51	<b>00:40:32.30</b>	<b>00:47:23.35</b>	+00:10:14 (25.3%)	8:06	7.4 (74.7%)
125	<b>DANA Andrzej</b>	<b>42</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	11			00:03:57	<b>00:40:32.60</b>	<b>00:44:30.45</b>	+00:10:14 (25.3%)	8:06	7.4 (74.7%)
126	<b>MIELEWCZYK Justyna</b>	<b>145</b>		K30-39	6			00:06:52	<b>00:40:34.35</b>	<b>00:47:26.65</b>	+00:10:16 (25.3%)	8:06	7.4 (74.7%)
127	<b>OLEŚ Elżbieta</b>	<b>169</b>	NW WERWA MŁAWA	K65-69	4	1		00:09:41	<b>00:40:41.70</b>	<b>00:50:23.45</b>	+00:10:23 (25.6%)	8:08	7.4 (74.7%)
128	<b>WIĘCKIEWICZ Mirosław</b>	<b>253</b>		M50-54	9			00:02:36	<b>00:40:41.90</b>	<b>00:43:18.00</b>	+00:10:24 (25.6%)	8:08	7.4 (74.7%)
129	<b>BURY Liliana</b>	<b>29</b>		K- Niepełnosprawni(A)	1			00:10:42	<b>00:40:42.60</b>	<b>00:51:25.45</b>	+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	<b>STAŃCZUK Sylwia</b>	<b>280</b>	HEGEZMANN TRANSPORTE GROUP	K30-39	7			00:06:50	<b>00:40:46.45</b>	<b>00:47:37.40</b>	+00:10:28 (25.7%)	8:09	7.4 (74.7%)
131	<b>LIPIŃSKA Iwona</b>	<b>128</b>	ELITE TEAM	K40-44	9			00:07:19	<b>00:40:46.90</b>	<b>00:48:06.40</b>	+00:10:29 (25.7%)	8:09	7.4 (74.7%)
132	<b>KĘDZIERSKA Edyta</b>	<b>97</b>	PFNW	K40-44	10			00:01:20	<b>00:40:53.25</b>	<b>00:42:14.00</b>	+00:10:35 (25.9%)	8:10	7.3 (73.7%)
133	<b>URBAN Zdzisława</b>	<b>242</b>		K70+	1			00:10:09	<b>00:41:01.70</b>	<b>00:51:11.45</b>	+00:10:43 (26.2%)	8:12	7.3 (73.7%)
134	<b>MOSKA Owidusz</b>	<b>153</b>	AWFIS GDAŃSK	M30-39	10			00:01:18	<b>00:41:01.75</b>	<b>00:42:20.15</b>	+00:10:44 (26.2%)	8:12	7.3 (73.7%)
135	<b>FILUSZ Alfred</b>	<b>277</b>		M45-49	6			00:02:05	<b>00:41:01.95</b>	<b>00:43:07.05</b>	+00:10:44 (26.2%)	8:12	7.3 (73.7%)
136	<b>WOROCH Jolanta</b>	<b>262</b>	DOPIEWO	K50-54	7			00:08:18	<b>00:41:02.30</b>	<b>00:49:20.35</b>	+00:10:44 (26.2%)	8:12	7.3 (73.7%)
137	<b>OLECH Mateusz</b>	<b>168</b>	ELITE TEAM CHODZEEKIJAMI	M-Dzieci	2			00:00:03	<b>00:41:06.20</b>	<b>00:41:09.25</b>	+00:10:48 (26.3%)	8:13	7.3 (73.7%)
138	<b>TURCZYK Sławomir</b>	<b>238</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M- Niepełnosprawni(B)	4			00:05:13	<b>00:41:08.75</b>	<b>00:46:22.45</b>	+00:10:51 (26.4%)	8:13	7.3 (73.7%)
139	<b>KOZIOŁ Piotr</b>	<b>111</b>		M50-54	10			00:02:36	<b>00:41:10.40</b>	<b>00:43:46.60</b>	+00:10:52 (26.4%)	8:14	7.3 (73.7%)
140	<b>FRAŤCZAK Zdzisław</b>	<b>56</b>	ELBLĄSKIE WŁÓCZY-KIJE	M60-64	9			00:03:29	<b>00:41:10.80</b>	<b>00:44:39.85</b>	+00:10:53 (26.4%)	8:14	7.3 (73.7%)
141	<b>GÓRKA Mirosława</b>	<b>70</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	7			00:09:16	<b>00:41:12.20</b>	<b>00:50:28.50</b>	+00:10:54 (26.5%)	8:14	7.3 (73.7%)
142	<b>MANKOWSKI Lech</b>	<b>137</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	10			00:03:27	<b>00:41:13.40</b>	<b>00:44:41.10</b>	+00:10:55 (26.5%)	8:14	7.3 (73.7%)
143	<b>BUJNICKA Magdalena</b>	<b>26</b>	NORDIC WALKING PASŁĘK	K-Dzieci	4			00:05:35	<b>00:41:25.85</b>	<b>00:47:01.35</b>	+00:11:08 (26.9%)	8:17	7.2 (72.7%)
144	<b>NIECHWIEJCZYK Kinga</b>	<b>160</b>	UNIA MIAST	K-Dzieci	5			00:05:33	<b>00:41:29.15</b>	<b>00:47:02.80</b>	+00:11:11 (27.0%)	8:17	7.2 (72.7%)
145	<b>NAZAREWICZ Barbara</b>	<b>159</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	5			00:09:41	<b>00:41:30.25</b>	<b>00:51:12.15</b>	+00:11:12 (27.0%)	8:18	7.2 (72.7%)
146	<b>DZIEDIEWICZ Natalia</b>	<b>267</b>		K30-39	8			00:06:51	<b>00:41:32.75</b>	<b>00:48:24.70</b>	+00:11:15 (27.1%)	8:18	7.2 (72.7%)
147	<b>SZYMAŃSKA Lucyna</b>	<b>225</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	2			00:10:40	<b>00:41:46.55</b>	<b>00:52:26.55</b>	+00:11:28 (27.5%)	8:21	7.2 (72.7%)
148	<b>GÓRSKA Violetta</b>	<b>71</b>	GOSIR OSIELSKO	K50-54	8			00:08:18	<b>00:41:50.70</b>	<b>00:50:08.75</b>	+00:11:32 (27.6%)	8:22	7.2 (72.7%)
149	<b>WINCZEWSKA Anna</b>	<b>255</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	9			00:08:18	<b>00:41:53.10</b>	<b>00:50:12.00</b>	+00:11:35 (27.7%)	8:22	7.2 (72.7%)
150	<b>MARCINKOWSKA Renata</b>	<b>139</b>	FACE NORDIC WALKING TEAM	K65-69	6			00:09:42	<b>00:42:06.45</b>	<b>00:51:48.95</b>	+00:11:48 (28.1%)	8:25	7.1 (71.7%)
151	<b>WIESZOŁEK Ewelina</b>	<b>252</b>		K30-39	9			00:06:50	<b>00:42:14.95</b>	<b>00:49:04.95</b>	+00:11:57 (28.3%)	8:26	7.1 (71.7%)
152	<b>SZPALERSKA Mira</b>	<b>216</b>		K65-69	7			00:09:41	<b>00:42:18.05</b>	<b>00:51:59.45</b>	+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	<b>BEDNAREK Zbigniew</b>	<b>9</b>	SANTANDER CONSUMER BANK S.A.	M30-39	11			00:01:19	<b>00:42:19.50</b>	<b>00:43:39.00</b>	+00:12:01 (28.4%)	8:28	7.1 (71.7%)
154	<b>SIKORRA Janina</b>	<b>197</b>	'ORŁY'WICKO	K65-69	8			00:09:45	<b>00:42:22.15</b>	<b>00:52:07.95</b>	+00:12:04 (28.5%)	8:28	7.1 (71.7%)
155	<b>UTRATA Mirosław</b>	<b>244</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M55-59	6			00:03:02	<b>00:42:23.00</b>	<b>00:45:25.05</b>	+00:12:05 (28.5%)	8:28	7.1 (71.7%)
156	<b>WIKTORZAK Elżbieta</b>	<b>254</b>	UNIA MIAST	K55-59	7			00:08:43	<b>00:42:25.35</b>	<b>00:51:09.05</b>	+00:12:07 (28.6%)	8:29	7.1 (71.7%)
157	<b>KOWALSKA Izabela</b>	<b>108</b>	SALWATOR ELBLĄG	K30-39	10			00:06:50	<b>00:42:26.10</b>	<b>00:49:16.35</b>	+00:12:08 (28.6%)	8:29	7.1 (71.7%)
158	<b>KAMIŃSKA Iwona</b>	<b>90</b>	FACE NORDIC WALKING TEAM	K45-49	7			00:07:53	<b>00:42:28.55</b>	<b>00:50:22.30</b>	+00:12:10 (28.7%)	8:29	7.1 (71.7%)
159	<b>PRZEDWOJEWSKA Róża</b>	<b>182</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	9			00:09:43	<b>00:42:39.85</b>	<b>00:52:23.10</b>	+00:12:22 (29.0%)	8:32	7 (70.7%)
160	<b>HOŁUB Sebastian</b>	<b>81</b>	SANTANDER CONSUMER BANK S.A.	M30-39	12			00:01:19	<b>00:42:41.55</b>	<b>00:44:01.40</b>	+00:12:23 (29.0%)	8:32	7 (70.7%)
161	<b>JANKOWSKA Beata</b>	<b>85</b>	NORDIC WALKING PASŁĘK	K40-44	11			00:07:18	<b>00:42:45.05</b>	<b>00:50:03.60</b>	+00:12:27 (29.1%)	8:33	7 (70.7%)
162	<b>KOZIOŁ Magdalena</b>	<b>110</b>		K18-29	4			00:06:27	<b>00:42:46.35</b>	<b>00:49:13.95</b>	+00:12:28 (29.2%)	8:33	7 (70.7%)
163	<b>CYRA Grażyna</b>	<b>38</b>		K60-64	8			00:09:17	<b>00:42:57.15</b>	<b>00:52:14.45</b>	+00:12:39 (29.5%)	8:35	7 (70.7%)
164	<b>TOMASZEWSKI Ryszard</b>	<b>233</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M70+	6			00:04:00	<b>00:42:57.20</b>	<b>00:46:57.45</b>	+00:12:39 (29.5%)	8:35	7 (70.7%)
165	<b>KOSMOWSKA Barbara</b>	<b>104</b>		K55-59	8			00:08:42	<b>00:43:00.15</b>	<b>00:51:42.40</b>	+00:12:42 (29.5%)	8:36	7 (70.7%)
166	<b>NIESTRYJEWSKA Elżbieta</b>	<b>161</b>		K70+	2			00:10:08	<b>00:43:12.60</b>	<b>00:53:21.45</b>	+00:12:54 (29.9%)	8:38	6.9 (69.7%)
167	<b>KODYRA Kazimiera</b>	<b>101</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	10			00:09:42	<b>00:43:18.60</b>	<b>00:53:01.35</b>	+00:13:00 (30.0%)	8:39	6.9 (69.7%)
168	<b>ŚLUSARCZYK Karolina</b>	<b>232</b>	WESOŁY BORSUK TEAM	K-Dzieci	6			00:05:34	<b>00:43:21.15</b>	<b>00:48:55.55</b>	+00:13:03 (30.1%)	8:40	6.9 (69.7%)
169	<b>KARPIŃSKA Katarzyna</b>	<b>92</b>		K18-29	5			00:06:27	<b>00:43:22.10</b>	<b>00:49:49.80</b>	+00:13:04 (30.1%)	8:40	6.9 (69.7%)
170	<b>SZYNKIEWICZ Maja</b>	<b>228</b>		K-Dzieci	7			00:05:34	<b>00:43:22.45</b>	<b>00:48:56.85</b>	+00:13:04 (30.2%)	8:40	6.9 (69.7%)
171	<b>OZIEMKIEWICZ Magdalena</b>	<b>172</b>	SALWATOR ELBLĄG	K-Dzieci	8			00:05:34	<b>00:43:24.55</b>	<b>00:48:59.00</b>	+00:13:06 (30.2%)	8:41	6.9 (69.7%)
172	<b>KRUK Hanna</b>	<b>115</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K45-49	8			00:07:54	<b>00:43:24.80</b>	<b>00:51:19.00</b>	+00:13:07 (30.2%)	8:41	6.9 (69.7%)
173	<b>STOLARSKA Magdalena</b>	<b>284</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	9			00:07:52	<b>00:43:26.65</b>	<b>00:51:19.40</b>	+00:13:08 (30.3%)	8:41	6.9 (69.7%)
174	<b>ADAMOWICZ Ewa</b>	<b>3</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	3			00:10:08	<b>00:43:32.40</b>	<b>00:53:41.00</b>	+00:13:14 (30.4%)	8:42	6.9 (69.7%)
175	<b>UKLEJEWSKA Agnieszka</b>	<b>240</b>	GOSIR OSIELSKO	K30-39	11			00:06:50	<b>00:43:42.95</b>	<b>00:50:32.95</b>	+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	<b>MAZERSKA Maria</b>	<b>144</b>	LKS ZANTYR SZTUM	K65-69	11			00:09:45	<b>00:43:49.35</b>	<b>00:53:34.80</b>	+00:13:31 (30.9%)	8:45	6.8 (68.7%)
177	<b>WAGNER-KOZIOŁ Grażyna</b>	<b>245</b>		K50-54	10			00:08:19	<b>00:43:49.40</b>	<b>00:52:09.00</b>	+00:13:31 (30.9%)	8:46	6.8 (68.7%)
178	<b>MALISZEWSKA Marianna</b>	<b>134</b>		K- Niepełnosprawni(B)	2			00:10:40	<b>00:44:02.25</b>	<b>00:54:43.10</b>	+00:13:44 (31.2%)	8:48	6.8 (68.7%)
179	<b>PIETRASIK Dominika</b>	<b>176</b>		K30-39	12			00:06:50	<b>00:44:04.95</b>	<b>00:50:55.15</b>	+00:13:47 (31.3%)	8:49	6.8 (68.7%)
180	<b>MROWIEC Maria</b>	<b>157</b>	UNIA MIAST	K70+	4			00:10:09	<b>00:44:06.50</b>	<b>00:54:16.30</b>	+00:13:48 (31.3%)	8:49	6.8 (68.7%)
181	<b>KŁOPOTOWSKI Ryszard</b>	<b>99</b>	LKS ZANTYR SZTUM	M50-54	11			00:02:36	<b>00:44:11.10</b>	<b>00:46:47.50</b>	+00:13:53 (31.4%)	8:50	6.8 (68.7%)
182	<b>BIK Katarzyna</b>	<b>11</b>	KS METRACO POLKOWICE	K-Jun.	4			00:06:07	<b>00:44:14.50</b>	<b>00:50:22.45</b>	+00:13:56 (31.5%)	8:51	6.8 (68.7%)
183	<b>SMARUJ-SADOWSKA Janina</b>	<b>202</b>		K65-69	12			00:09:43	<b>00:44:14.75</b>	<b>00:53:58.35</b>	+00:13:57 (31.5%)	8:51	6.8 (68.7%)
184	<b>MILEWSKA Wiesława</b>	<b>151</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	10			00:07:53	<b>00:44:26.20</b>	<b>00:52:19.25</b>	+00:14:08 (31.8%)	8:53	6.8 (68.7%)
185	<b>KRAWCZYKOWSKA Barbara</b>	<b>112</b>	LKS ZANTYR SZTUM	K60-64	9			00:09:15	<b>00:44:28.55</b>	<b>00:53:43.80</b>	+00:14:10 (31.9%)	8:53	6.7 (67.7%)
186	<b>KOSSOWSKA Anna</b>	<b>105</b>	PASJA NORDIC WALKING	K55-59	9			00:08:44	<b>00:44:33.75</b>	<b>00:53:18.00</b>	+00:14:16 (32.0%)	8:54	6.7 (67.7%)
187	<b>CIEŚLIK-SZKLARSKA Agnieszka</b>	<b>36</b>		K40-44	12			00:07:20	<b>00:44:38.35</b>	<b>00:51:58.40</b>	+00:14:20 (32.1%)	8:55	6.7 (67.7%)
188	<b>KULCZYCKI Jan</b>	<b>117</b>		M65-69	12			00:04:00	<b>00:44:53.85</b>	<b>00:48:54.05</b>	+00:14:36 (32.5%)	8:58	6.7 (67.7%)
189	<b>DASZKIEWICZ Justyna</b>	<b>43</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	13			00:07:18	<b>00:44:59.45</b>	<b>00:52:18.15</b>	+00:14:41 (32.7%)	9:00	6.7 (67.7%)
190	<b>DUSZEŃKO Elwira</b>	<b>50</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	3			00:10:40	<b>00:44:59.65</b>	<b>00:55:39.65</b>	+00:14:41 (32.7%)	8:59	6.7 (67.7%)
191	<b>KASZLUGA Katarzyna</b>	<b>93</b>		K18-29	6			00:06:27	<b>00:45:01.95</b>	<b>00:51:29.30</b>	+00:14:44 (32.7%)	9:00	6.7 (67.7%)
192	<b>MALISZEWSKI Marek</b>	<b>135</b>		M- Niepełnosprawni(B)	5			00:05:13	<b>00:45:03.50</b>	<b>00:50:16.50</b>	+00:14:45 (32.8%)	9:00	6.7 (67.7%)
193	<b>SAR Agnieszka</b>	<b>194</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	14			00:07:20	<b>00:45:07.40</b>	<b>00:52:27.80</b>	+00:14:49 (32.9%)	9:01	6.6 (66.7%)
194	<b>RĘBOWSKA Agnieszka</b>	<b>186</b>	NORDIC WALKING PASŁĘK	K- Niepełnosprawni(A)	4			00:10:41	<b>00:45:08.30</b>	<b>00:55:49.35</b>	+00:14:50 (32.9%)	9:01	6.6 (66.7%)
195	<b>HINC Hubert</b>	<b>80</b>	FACE NORDIC WALKING TEAM	M-Dzieci	3			00:00:03	<b>00:45:09.80</b>	<b>00:45:12.95</b>	+00:14:52 (32.9%)	9:01	6.6 (66.7%)
196	<b>PANKIEWICZ Bartosz</b>	<b>173</b>		M-Dzieci	4			00:00:02	<b>00:45:10.05</b>	<b>00:45:12.75</b>	+00:14:52 (32.9%)	9:02	6.6 (66.7%)
197	<b>MIKITIUK Beata</b>	<b>149</b>	KIJOWA PARA	K45-49	11			00:07:55	<b>00:45:27.20</b>	<b>00:53:22.25</b>	+00:15:09 (33.3%)	9:05	6.6 (66.7%)
198	<b>GRUSZKA Barbara</b>	<b>73</b>	LKS ZANTYR SZTUM	K70+	5			00:10:11	<b>00:45:30.40</b>	<b>00:55:41.50</b>	+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	<b>JÓŻWIAK Dominik</b>	<b>88</b>	WTW WŁOCŁAWEK	M-Niepełnosprawni(B)	6			00:05:12	<b>00:45:37.50</b>	<b>00:50:49.95</b>	+00:15:19 (33.6%)	9:07	6.6 (66.7%)
200	<b>WYSOCKA Monika</b>	<b>263</b>	NORDIC WALKING PASŁĘK	K40-44	15			00:07:21	<b>00:45:50.65</b>	<b>00:53:11.70</b>	+00:15:32 (33.9%)	9:10	6.5 (65.7%)
201	<b>MICHALSKA Irena</b>	<b>275</b>		K65-69	13			00:09:44	<b>00:46:01.90</b>	<b>00:55:45.90</b>	+00:15:44 (34.2%)	9:12	6.5 (65.7%)
202	<b>SZYBUT Weronika</b>	<b>220</b>		K-Dzieci	9			00:05:34	<b>00:46:06.45</b>	<b>00:51:40.85</b>	+00:15:48 (34.3%)	9:13	6.5 (65.7%)
203	<b>GROBELNA Jadwiga</b>	<b>72</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	3			00:10:40	<b>00:46:16.45</b>	<b>00:56:56.90</b>	+00:15:58 (34.5%)	9:15	6.5 (65.7%)
204	<b>BASISTA Andrzej</b>	<b>8</b>		M55-59	7			00:03:02	<b>00:46:17.25</b>	<b>00:49:19.45</b>	+00:15:59 (34.5%)	9:15	6.5 (65.7%)
205	<b>PROKOP Aleksandra</b>	<b>181</b>	STOKROTKI	K-Jun.	5			00:06:08	<b>00:46:38.85</b>	<b>00:52:46.95</b>	+00:16:21 (35.1%)	9:19	6.4 (64.6%)
206	<b>WIŚNIEWSKA Danuta</b>	<b>256</b>	PASJA NORDIC WALKING	K55-59	10			00:08:42	<b>00:46:55.60</b>	<b>00:55:37.95</b>	+00:16:37 (35.4%)	9:23	6.4 (64.6%)
207	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>174</b>		K65-69	14			00:09:46	<b>00:47:02.65</b>	<b>00:56:49.35</b>	+00:16:44 (35.6%)	9:24	6.4 (64.6%)
208	<b>SURMIAK Ryszard</b>	<b>211</b>	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	7			00:04:31	<b>00:47:06.80</b>	<b>00:51:38.65</b>	+00:16:49 (35.7%)	9:25	6.4 (64.6%)
209	<b>ZAJĄCZKOWSKA Jadwiga</b>	<b>264</b>	KS METRACO POLKOWICE	K40-44	16			00:07:19	<b>00:47:12.50</b>	<b>00:54:32.45</b>	+00:16:54 (35.8%)	9:26	6.4 (64.6%)
210	<b>MOTOCZYŃSKA Aleksandra</b>	<b>154</b>	GOSIR OSIELSKO	K55-59	11			00:08:44	<b>00:47:29.70</b>	<b>00:56:14.30</b>	+00:17:11 (36.2%)	9:30	6.3 (63.6%)
211	<b>ŚLIWIŃSKA Ewa</b>	<b>258</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K45-49	12			00:07:54	<b>00:47:31.20</b>	<b>00:55:25.30</b>	+00:17:13 (36.2%)	9:30	6.3 (63.6%)
212	<b>HOMONIEC Ewa</b>	<b>82</b>	SANTANDER CONSUMER BANK S.A.	K40-44	17	1		00:07:21	<b>00:47:35.60</b>	<b>00:54:56.75</b>	+00:17:17 (36.3%)	9:31	6.3 (63.6%)
213	<b>DOBROWOLSKI Patryk</b>	<b>45</b>		M-Dzieci	5			00:00:03	<b>00:47:45.70</b>	<b>00:47:49.65</b>	+00:17:27 (36.6%)	9:33	6.3 (63.6%)
214	<b>HINEBORG Bogumiła</b>	<b>155</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	11			00:08:19	<b>00:48:20.60</b>	<b>00:56:40.10</b>	+00:18:02 (37.3%)	9:40	6.2 (62.6%)
215	<b>WIADERSKA Grażyna</b>	<b>249</b>		K65-69	15			00:09:42	<b>00:48:33.85</b>	<b>00:58:16.50</b>	+00:18:16 (37.6%)	9:42	6.2 (62.6%)
216	<b>ŚLUSARCZYK Danuta</b>	<b>231</b>	WESOŁY BORSUK TEAM	K65-69	16			00:09:44	<b>00:48:33.95</b>	<b>00:58:18.25</b>	+00:18:16 (37.6%)	9:42	6.2 (62.6%)
217	<b>BŁĄŻEJEWSKA Kinga</b>	<b>14</b>	SANTANDER CONSUMER BANK S.A.	K-Dzieci	10			00:01:45	<b>00:48:36.30</b>	<b>00:50:21.40</b>	+00:18:18 (37.7%)	9:43	6.2 (62.6%)
217	<b>MALINOWSKA Grażyna</b>	<b>133</b>	LKS ZANTYR SZTUM	K65-69	17			00:09:43	<b>00:48:36.30</b>	<b>00:58:19.55</b>	+00:18:18 (37.7%)	9:43	6.2 (62.6%)
219	<b>SZYBUT Roma</b>	<b>219</b>		K30-39	13			00:06:50	<b>00:48:36.65</b>	<b>00:55:27.25</b>	+00:18:18 (37.7%)	9:43	6.2 (62.6%)
220	<b>BŁĄŻEJEWSKI Jarosław</b>	<b>13</b>	SANTANDER CONSUMER BANK S.A.	M40-44	9			00:01:44	<b>00:48:36.85</b>	<b>00:50:21.15</b>	+00:18:19 (37.7%)	9:43	6.2 (62.6%)
221	<b>UTRATA Halina</b>	<b>243</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	10			00:09:16	<b>00:48:40.75</b>	<b>00:57:57.50</b>	+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	<b>OGONOWSKA Edyta</b>	<b>166</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K55-59	12			00:08:42	<b>00:48:41.85</b>	<b>00:57:24.65</b>	+00:18:24 (37.8%)	9:44	6.2 (62.6%)
223	<b>BARTOSIEWICZ Grażyna</b>	<b>7</b>	FACE NORDIC WALKING TEAM	K60-64	11			00:09:17	<b>00:48:52.75</b>	<b>00:58:10.70</b>	+00:18:35 (38.0%)	9:46	6.1 (61.6%)
224	<b>KOPCZYŃSKA Irena</b>	<b>102</b>		K60-64	12			00:09:17	<b>00:48:53.30</b>	<b>00:58:10.75</b>	+00:18:35 (38.0%)	9:46	6.1 (61.6%)
225	<b>TOPOLSKA Sylwia</b>	<b>235</b>		K-Niepełnosprawni(B)	4			00:10:42	<b>00:49:30.30</b>	<b>01:00:12.45</b>	+00:19:12 (38.8%)	9:54	6.1 (61.6%)
226	<b>KUŚ Elżbieta</b>	<b>122</b>		K-Niepełnosprawni(B)	5			00:10:41	<b>00:49:55.45</b>	<b>01:00:37.00</b>	+00:19:37 (39.3%)	9:59	6 (60.6%)
227	<b>MADEJ Jan</b>	<b>380</b>		M70+	8			00:04:31	<b>00:50:03.10</b>	<b>00:54:34.55</b>	+00:19:45 (39.5%)	10:00	6 (60.6%)
228	<b>OPALIŃSKA Krystyna</b>	<b>171</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K70+	6			00:10:08	<b>00:50:11.10</b>	<b>01:00:19.95</b>	+00:19:53 (39.6%)	10:02	6 (60.6%)
229	<b>KUŚ Maria</b>	<b>121</b>		K-Niepełnosprawni(B)	6			00:10:41	<b>00:50:42.85</b>	<b>01:01:24.25</b>	+00:20:25 (40.3%)	10:08	5.9 (59.6%)
230	<b>BRANCZEWSKI Rafał</b>	<b>19</b>	NW WERWA MŁAWA	M-Dzieci	6			00:00:03	<b>00:50:47.45</b>	<b>00:50:51.15</b>	+00:20:29 (40.4%)	10:09	5.9 (59.6%)
231	<b>SZUBER Kacper</b>	<b>217</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M-Dzieci	7			00:00:03	<b>00:50:54.85</b>	<b>00:50:58.20</b>	+00:20:37 (40.5%)	10:11	5.9 (59.6%)
232	<b>MIKHAILOVA Irina</b>	<b>147</b>		K60-64	13			00:09:16	<b>00:51:18.75</b>	<b>01:00:35.40</b>	+00:21:01 (41.0%)	10:15	5.8 (58.6%)
233	<b>KOWALSKI Szymon</b>	<b>109</b>	SALWATOR ELBLĄG	M-Dzieci	8			00:00:02	<b>00:51:24.40</b>	<b>00:51:27.35</b>	+00:21:06 (41.1%)	10:17	5.8 (58.6%)
234	<b>GOTOWSKA Aleksandra</b>	<b>69</b>	CHOMIKI PAKOŚĆ	K-Jun.	6			00:06:08	<b>00:51:34.90</b>	<b>00:57:42.95</b>	+00:21:17 (41.3%)	10:18	5.8 (58.6%)
235	<b>DUDZIK Irena</b>	<b>278</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	14			00:09:16	<b>00:52:19.90</b>	<b>01:01:36.65</b>	+00:22:02 (42.1%)	10:28	5.7 (57.6%)
236	<b>SZCZODROWSKA Krystyna</b>	<b>276</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K65-69	18			00:09:42	<b>00:52:57.30</b>	<b>01:02:39.95</b>	+00:22:39 (42.8%)	10:35	5.7 (57.6%)
237	<b>HVOROSTUHINA Nadezda</b>	<b>83</b>		K65-69	19			00:09:44	<b>00:52:59.15</b>	<b>01:02:43.90</b>	+00:22:41 (42.8%)	10:35	5.7 (57.6%)
238	<b>BORZESZKOWSKA Małgorzata</b>	<b>17</b>		K50-54	12			00:11:19	<b>00:53:18.50</b>	<b>01:04:37.55</b>	+00:23:00 (43.2%)	10:39	5.6 (56.6%)
239	<b>CYRA Zbigniew</b>	<b>39</b>		M65-69	13			00:03:58	<b>00:53:21.70</b>	<b>00:57:20.65</b>	+00:23:03 (43.2%)	10:40	5.6 (56.6%)
240	<b>DROP Mieczysław</b>	<b>47</b>		M70+	9			00:04:33	<b>00:53:25.15</b>	<b>00:57:59.00</b>	+00:23:07 (43.3%)	10:41	5.6 (56.6%)
241	<b>KORDEK Radosław</b>	<b>103</b>	SANTANDER CONSUMER BANK S.A.	M30-39	13			00:01:19	<b>00:53:36.65</b>	<b>00:54:56.20</b>	+00:23:18 (43.5%)	10:43	5.6 (56.6%)
242	<b>PRZYBOROWSKA Ewa</b>	<b>183</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	15			00:09:17	<b>00:53:44.00</b>	<b>01:03:01.80</b>	+00:23:26 (43.6%)	10:44	5.6 (56.6%)
243	<b>MIKHAILOVA Margarita</b>	<b>146</b>		K70+	7			00:10:09	<b>00:53:54.05</b>	<b>01:04:03.80</b>	+00:23:36 (43.8%)	10:46	5.6 (56.6%)
244	<b>CHEBYKINA Elena</b>	<b>31</b>		K55-59	13			00:08:44	<b>00:55:43.30</b>	<b>01:04:28.15</b>	+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	<b>GOTOWSKI Rafał</b>	<b>281</b>	CHOMIKI PAKOŚĆ	M40-44	10			00:01:42	<b>00:56:17.00</b>	<b>00:57:59.45</b>	+00:25:59 (46.2%)	11:15	5.3 (53.5%)
246	<b>DINDAROVA Gallia</b>	<b>37</b>		K55-59	14			00:08:43	<b>00:56:37.35</b>	<b>01:05:21.00</b>	+00:26:19 (46.5%)	11:19	5.3 (53.5%)
247	<b>STRZELCZYK Urszula</b>	<b>210</b>		K55-59	15			00:08:43	<b>00:56:59.05</b>	<b>01:05:42.40</b>	+00:26:41 (46.8%)	11:23	5.3 (53.5%)
248	<b>WRÓBLEWSKI Witold</b>	<b>283</b>		M55-59	8			00:11:18	<b>00:57:00.80</b>	<b>01:08:19.25</b>	+00:26:43 (46.9%)	11:24	5.3 (53.5%)
249	<b>PAŚKO Maksymilian</b>	<b>175</b>	PFNW	M40-44	11			00:11:18	<b>00:57:02.20</b>	<b>01:08:21.05</b>	+00:26:44 (46.9%)	11:24	5.3 (53.5%)
250	<b>BOJKE Olgierd</b>	<b>15</b>		M55-59	9			00:11:19	<b>00:57:07.75</b>	<b>01:08:26.75</b>	+00:26:50 (47.0%)	11:25	5.3 (53.5%)
251	<b>KALUGINA Liudmila</b>	<b>89</b>		K70+	8			00:10:10	<b>00:59:03.15</b>	<b>01:09:14.10</b>	+00:28:45 (48.7%)	11:48	5.1 (51.5%)
252	<b>KALAMAJSKA Barbara</b>	<b>279</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	16			00:09:16	<b>00:59:44.95</b>	<b>01:09:01.85</b>	+00:29:27 (49.3%)	11:57	5 (50.5%)
253	<b>CICHOWSKI Wiesław</b>	<b>35</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M- Niepełnosprawni(A)	8			00:05:13	<b>01:02:23.65</b>	<b>01:07:37.60</b>	+00:32:05 (51.4%)	12:28	4.8 (48.5%)
DQ	<b>MOTOCZYŃSKI Krzysztof</b>	<b>156</b>	GOSIR OSIELSKO	M60-64			1	DQ	<b>00:36:38.20</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 254 wynik(ów)