



ENEA POLISH NORDIC WALKING CUP - MIELNO - 5KM - 10/2

B4SPORT

Event: Polish Nordic Walking Cup 10/2
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2022-05-01
Place: Mielno
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5.25km	Gap	Pace min/km	Pace km/h
1	WITUCKI Jacek	232		M50-54	1			00:32:10.95		6:07	9.8 (100%)
2	STĘPAK Piotr	203		M18-29	1			00:32:55.70	+00:00:44 (2.3%)	6:16	9.6 (98.0%)
3	WOJTOWICZ Tomasz	235	LUKI TEAM POLSKA	M30-39	1			00:33:27.00	+00:01:16 (3.8%)	6:22	9.4 (95.9%)
4	WILUSZ Erwina	230	VINGBERG POLSKA- PTG' SOKÓŁ' RYMANÓW	K30-39	1			00:34:09.95	+00:01:59 (5.8%)	6:30	9.2 (93.9%)
5	OLSZAŃSKI Karol	170	FEAR THE RETURN	M45-49	1			00:34:17.50	+00:02:06 (6.2%)	6:31	9.2 (93.9%)
6	ROŻYNEK Miron	191	KGHM METRACO	M55-59	1			00:34:24.40	+00:02:13 (6.5%)	6:33	9.2 (93.9%)
7	BRZozowski Piotr	90	AKTYWNI POSTOMINO	M30-39	2			00:34:28.25	+00:02:17 (6.6%)	6:33	9.1 (92.9%)
8	FRĄCKOWIAK Roman	104	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	2			00:34:35.60	+00:02:24 (7.0%)	6:35	9.1 (92.9%)
9	LUDWICZAK Dariusz	153	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:34:36.40	+00:02:25 (7.0%)	6:35	9.1 (92.9%)
10	SKIBA Krzysztof	198	KGHM METRACO	M60-64	1			00:34:47.80	+00:02:36 (7.5%)	6:37	9.1 (92.9%)
11	WOROCH Roman	236	KGHM METRACO	M60-64	2			00:35:07.25	+00:02:56 (8.4%)	6:41	9 (91.8%)
12	KOPCZEWSKI Dariusz	135		M55-59	2			00:35:15.00	+00:03:04 (8.7%)	6:42	8.9 (90.8%)
13	GAJEWSKI Eugeniusz	105	KGHM METRACO	M65-69	1			00:35:26.85	+00:03:15 (9.2%)	6:44	8.9 (90.8%)
14	KOWALAK Robert	138	PARKRUN JEZIORO SWARZĘDZKIE	M30-39	3			00:35:27.10	+00:03:16 (9.2%)	6:45	8.9 (90.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time		Pace min/km	Pace km/h
								5.25km	Gap		
15	MISZTAL Grzegorz	161	MASZYCANKA MASZYCE	M30-39	4			00:35:33.20	+00:03:22 (9.5%)	6:46	8.9 (90.8%)
16	PARZYBUT Jan	175	POSTĘP PNIEWY TEAM	M55-59	3			00:35:38.35	+00:03:27 (9.7%)	6:47	8.8 (89.8%)
17	HELWICH Stefan	118	KGHM METRACO	M65-69	2			00:35:44.50	+00:03:33 (10.0%)	6:48	8.8 (89.8%)
18	MAŚLANKA Jacek	158		M55-59	4			00:35:45.85	+00:03:34 (10.0%)	6:48	8.8 (89.8%)
19	ZACZYŃSKA-SKIBA Anna	243	KGHM METRACO	K40-44	1			00:35:51.95	+00:03:41 (10.3%)	6:49	8.8 (89.8%)
20	BREWKA Joachim	87	NORDIC SPORT 2021	M55-59	5			00:36:18.30	+00:04:07 (11.4%)	6:54	8.7 (88.8%)
21	BIELECKA Zuzanna	86	NW CZŁAPSKI TEAM	K40-44	2			00:36:23.10	+00:04:12 (11.6%)	6:55	8.7 (88.8%)
22	WOJTASIŃSKI Daniel	233	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:36:24.40	+00:04:13 (11.6%)	6:56	8.7 (88.8%)
23	MARCZAK Tomasz	155	NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:36:37.65	+00:04:26 (12.1%)	6:58	8.6 (87.8%)
24	WOJTCZAK Urszula	234	CZAPELKI	K40-44	3			00:36:38.40	+00:04:27 (12.2%)	6:58	8.6 (87.8%)
25	SANIUK Edward	195	FACE NORDIC WALKING TEAM	M70-74	1			00:36:49.75	+00:04:38 (12.6%)	7:00	8.6 (87.8%)
26	NOSAL Marek	60		M50-54	4			00:36:53.90	+00:04:42 (12.8%)	7:01	8.5 (86.7%)
27	MICHAŁOWSKI Łukasz	246	AWF POZNAŃ	M30-39	5	1		00:37:18.75	+00:05:07 (13.7%)	7:06	8.4 (85.7%)
28	KLAWCZYŃSKI Marcin	132	AKTYWNIE W PNIEWACH	M30-39	6			00:37:25.40	+00:05:14 (14.0%)	7:07	8.4 (85.7%)
29	BIBKO Martin	85	SPEEDBAR	M45-49	2			00:37:25.80	+00:05:14 (14.0%)	7:07	8.4 (85.7%)
30	KARPIENIA Ewa	248	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:37:31.55	+00:05:20 (14.2%)	7:08	8.4 (85.7%)
31	MAŚLANKA Iwona	157	MARSZ PO ZDROWIE	K50-54	2			00:37:34.85	+00:05:23 (14.4%)	7:09	8.4 (85.7%)
32	ŚLUSARCZYK Marcin	216	WESOŁY BORSUK TEAM	M40-44	2	1		00:37:44.70	+00:05:33 (14.7%)	7:11	8.3 (84.7%)
33	GIERSZEWSKI Arkadiusz	108	BŁĘKITNI DZIEMIANY	M40-44	3			00:37:45.10	+00:05:34 (14.8%)	7:11	8.3 (84.7%)
34	TUZIMEK Adam	227	KUR-TEAM	M-Jun.	1			00:37:52.30	+00:05:41 (15.0%)	7:12	8.3 (84.7%)
35	OKRZESIK-FRĄCKOWIAK Izabela	168	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:37:52.95	+00:05:42 (15.0%)	7:12	8.3 (84.7%)
36	KRYŚ Artur	146	NIEZRZESZONY	M50-54	5			00:37:56.85	+00:05:45 (15.2%)	7:13	8.3 (84.7%)
37	GORTAT Bogumił	61		M40-44	4	1		00:38:01.60	+00:05:50 (15.4%)	7:14	8.3 (84.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time		Pace min/km	Pace km/h
								5.25km	Gap		
38	MATECKI Ryszard	159	KGHM METRACO	M70-74	2			00:38:12.25	+00:06:01 (15.8%)	7:16	8.2 (83.7%)
39	STANISŁAWSKI Jan	200	MARSZ PO ZDROWIE	M60-64	3			00:38:21.25	+00:06:10 (16.1%)	7:18	8.2 (83.7%)
40	SZPILMAN Katarzyna	208	ESJA TEAM	K50-54	4			00:38:22.95	+00:06:12 (16.2%)	7:18	8.2 (83.7%)
41	NOWAK Wiesław	166	UKS SKOCZEK SKOKI	M60-64	4			00:38:48.65	+00:06:37 (17.1%)	7:23	8.1 (82.7%)
42	LASZKIEWICZ Waldemar	150		M50-54	6	1		00:39:07.65	+00:06:56 (17.7%)	7:27	8.1 (82.7%)
43	PASIŃSKA-SKOWRON Sylwia	59	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	1			00:39:17.60	+00:07:06 (18.1%)	7:28	8 (81.6%)
44	PLEWIŃSKI Rafał	179	NORDIC TEAM CZĘSTOCHOWA	M30-39	7			00:39:25.35	+00:07:14 (18.4%)	7:30	8 (81.6%)
45	GRUSZKA Michał	114	NORDIC SPORT 2021	M18-29	3			00:39:27.85	+00:07:16 (18.5%)	7:30	8 (81.6%)
46	GĄGÓŁ Krzysztof	107	KGHM METRACO	M40-44	5			00:39:28.80	+00:07:17 (18.5%)	7:31	8 (81.6%)
47	KOSMAŁA Aneta	136	NORDIC SPORT 2021	K40-44	4			00:39:40.20	+00:07:29 (18.9%)	7:33	7.9 (80.6%)
48	POKŁADOWSKA Joanna	183	WYCHODZĘ Z KIJAMI	K45-49	2			00:39:51.50	+00:07:40 (19.3%)	7:35	7.9 (80.6%)
49	SZYMAŃSKI Stefan	213	XV KOŁO PZERII W DYWITACH	M75-79	1			00:39:56.60	+00:07:45 (19.4%)	7:36	7.9 (80.6%)
50	DUSZEŃKO Zygmunt	102	KGHM METRACO	M- Niepełnosprawni(A)	1			00:39:58.10	+00:07:47 (19.5%)	7:36	7.9 (80.6%)
51	ŚLUSARCZYK Jerzy	214	AZS AWF KRAKÓW MASTERS	M60-64	5			00:40:01.60	+00:07:50 (19.6%)	7:37	7.9 (80.6%)
52	KUŁAKOWSKA Halina	250	KATOWICKI NORDIC WALKING	K45-49	3			00:40:03.10	+00:07:52 (19.6%)	7:37	7.9 (80.6%)
53	ZAWADZKI Krzysztof	244	WETERAN	M65-69	3			00:40:08.15	+00:07:57 (19.8%)	7:38	7.8 (79.6%)
54	WALCZAK Grzegorz	228		M45-49	3			00:40:16.25	+00:08:05 (20.1%)	7:40	7.8 (79.6%)
55	JÓŹWIAK Marianna	123	SERCE NORDICA WŁOCLAWEK	K45-49	4			00:40:23.30	+00:08:12 (20.3%)	7:41	7.8 (79.6%)
56	WÓJCIK Jacek	238	STĘSZEW TEAM	M55-59	6			00:40:36.40	+00:08:25 (20.7%)	7:44	7.8 (79.6%)
57	GUTOWSKA Magda	117	PAUL TEAM	K45-49	5			00:40:36.50	+00:08:25 (20.7%)	7:44	7.8 (79.6%)
58	ZIELIŃSKA Jolanta	245	SERCE NORDICA WŁOCLAWEK	K60-64	1			00:40:41.30	+00:08:30 (20.9%)	7:44	7.7 (78.6%)
59	GRYGOROWICZ Bogdan	115	KGHM METRACO	M- Niepełnosprawni(B)	1			00:40:44.00	+00:08:33 (21.0%)	7:45	7.7 (78.6%)
60	PANKIEWICZ Ewelina	172	NORDIC SPORT 2021	K30-39	2			00:40:49.40	+00:08:38 (21.2%)	7:46	7.7 (78.6%)

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								5.25km	Gap		
61	ŚLUSARCZYK Grażyna	215	AZS AFW KRAKÓW MASTERS	K55-59	1			00:41:01.90	+00:08:50 (21.6%)	7:48	7.7 (78.6%)
62	KRAWCZYK Dorota	142		K60-64	2			00:41:02.85	+00:08:51 (21.6%)	7:48	7.7 (78.6%)
63	JANKOWSKI Grzegorz	121	STĘSZEW TEAM	M60-64	6			00:41:04.45	+00:08:53 (21.6%)	7:49	7.7 (78.6%)
64	RUSINOWICZ Andrzej	192		M75-79	2	1		00:41:04.55	+00:08:53 (21.7%)	7:49	7.7 (78.6%)
65	WITUCKA Karolina	231		K-Jun.	1			00:41:06.00	+00:08:55 (21.7%)	7:49	7.7 (78.6%)
66	PYSZCZAK Piotr	189	KUR-TEAM	M45-49	4			00:41:08.95	+00:08:58 (21.8%)	7:50	7.7 (78.6%)
67	CZMOCH Marian	96	PUKS JEDYNKA	M70-74	3			00:41:13.70	+00:09:02 (21.9%)	7:51	7.6 (77.6%)
68	KRĘCKA Irena	143		K55-59	2			00:41:17.45	+00:09:06 (22.1%)	7:51	7.6 (77.6%)
69	MICHALSKI Łukasz	160		M40-44	6	2		00:41:24.35	+00:09:13 (22.3%)	7:53	7.6 (77.6%)
70	DUSIEL Ewa	100	NORDIC TEAM CZĘSTOCHOWA	K55-59	3			00:41:28.65	+00:09:17 (22.4%)	7:53	7.6 (77.6%)
71	ŚLUSARCZYK Grzegorz	217	WESOŁY BORSUK TEAM	M45-49	5			00:41:36.90	+00:09:25 (22.7%)	7:55	7.6 (77.6%)
72	CIESIELSKI Krzysztof	92	FAST WALKER	M- Niepełnosprawni(B)	2			00:41:43.85	+00:09:32 (22.9%)	7:56	7.6 (77.6%)
73	KOWALCZYK Edyta	139	NIEZRZESZONA	K50-54	5			00:41:52.00	+00:09:41 (23.1%)	7:58	7.5 (76.5%)
74	CZEKRYSZEW Andrzej	95	SERCE NORDICA WŁOCLAWEK	M- Niepełnosprawni(A)	2			00:41:59.65	+00:09:48 (23.4%)	7:59	7.5 (76.5%)
75	GAŁKOWSKA Elżbieta	106	KGHM METRACO	K65-69	1			00:42:00.60	+00:09:49 (23.4%)	8:00	7.5 (76.5%)
76	BERCZYŃSKI Henryk	84	NADLEŚNICTWO OKONEK	M65-69	4			00:42:02.05	+00:09:51 (23.4%)	8:00	7.5 (76.5%)
77	SULEJA Joanna	41	SKL	K60-64	3			00:42:03.80	+00:09:52 (23.5%)	8:00	7.5 (76.5%)
78	GRUSZKA Michał	113	NORDIC SPORT 2021	M45-49	6			00:42:16.55	+00:10:05 (23.9%)	8:03	7.5 (76.5%)
79	MARKOWSKA Władysława	156	UNIWERSYTET TRZECIEGO WIEKU GOLENIÓW	K65-69	2			00:42:29.95	+00:10:19 (24.3%)	8:05	7.4 (75.5%)
80	KOTUSIEWICZ Maria	247		K60-64	4			00:42:30.85	+00:10:19 (24.3%)	8:05	7.4 (75.5%)
81	KASPEREK Edyta	127	NW CZŁAPSKI TEAM	K45-49	6			00:42:33.95	+00:10:23 (24.4%)	8:06	7.4 (75.5%)
82	KUTA Marta	148	KUR-TEAM	K55-59	4			00:42:40.80	+00:10:29 (24.6%)	8:07	7.4 (75.5%)
83	DAROSZEWSKA Krystyna	97	SERCE NORDICA WŁOCLAWEK	K60-64	5			00:42:45.15	+00:10:34 (24.7%)	8:08	7.4 (75.5%)

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84	NIEDŹWIECKA Małgorzata	163	NORDIC TEAM CZĘSTOCHOWA	K65-69	3	1		00:42:47.80	+00:10:36 (24.8%)	8:08	7.4 (75.5%)
85	TUZIMEK Agata	225	KUR-TEAM	K30-39	3			00:42:50.00	+00:10:39 (24.9%)	8:09	7.4 (75.5%)
86	KOWACZ Agata	137	SPEEDBAR	K40-44	5			00:42:57.20	+00:10:46 (25.1%)	8:10	7.3 (74.5%)
87	KIEŁBASA Marlena	130		K30-39	4			00:43:05.25	+00:10:54 (25.3%)	8:12	7.3 (74.5%)
88	SAPUŁA Wiktoria	196	NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:43:07.55	+00:10:56 (25.4%)	8:12	7.3 (74.5%)
89	LEGOCKA - WALCZAK Kinga	151		K45-49	7			00:43:17.65	+00:11:06 (25.7%)	8:14	7.3 (74.5%)
90	SZYBUT Weronika	211	POTĘGA NORDICA	K-Dzieci	1			00:43:26.35	+00:11:15 (25.9%)	8:16	7.3 (74.5%)
91	KRIGER Roman	144	MAPEI POLSKA	M60-64	7			00:43:29.75	+00:11:18 (26.0%)	8:16	7.2 (73.5%)
92	JÓŹWIAK Łukasz	124	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:43:47.15	+00:11:36 (26.5%)	8:20	7.2 (73.5%)
93	NIEZABITOWSKA Renata	165	KUR-TEAM	K50-54	6			00:43:59.20	+00:11:48 (26.8%)	8:22	7.2 (73.5%)
94	WÓJCIK Marzena	239	NW CZŁAPSKI TEAM	K45-49	8			00:44:02.55	+00:11:51 (26.9%)	8:23	7.2 (73.5%)
95	PRACKI Zbigniew	184	SERCE NORDICA WŁOCŁAWEK	M55-59	7			00:44:04.00	+00:11:53 (27.0%)	8:23	7.1 (72.4%)
96	DOBOSZ Anna	98	NW CZŁAPSKI TEAM	K50-54	7			00:44:04.85	+00:11:53 (27.0%)	8:23	7.1 (72.4%)
97	PARCHIMOWICZ Janusz	174		M65-69	5			00:44:14.35	+00:12:03 (27.3%)	8:25	7.1 (72.4%)
98	PLUTO-PRĄDZYŃSKA Klaudia	180	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	1			00:44:20.60	+00:12:09 (27.4%)	8:26	7.1 (72.4%)
99	PIETRZYK Anna	178	KLUB OLIMPIJCZYKA IM. I. SZEWIŃSKIEJ W KALISZU POMORSKIM	K- Niepełnosprawni(A)	1			00:44:21.25	+00:12:10 (27.4%)	8:26	7.1 (72.4%)
100	KAROLEWSKA Katarzyna	126	PIERNIKI TORUŃ	K45-49	9			00:44:26.30	+00:12:15 (27.6%)	8:27	7.1 (72.4%)
101	ŚLUSARCZYK Karolina	220	WESOŁY BORSUK TEAM	K18-29	2			00:44:30.50	+00:12:19 (27.7%)	8:28	7.1 (72.4%)
102	WYPYCH Aneta	242	NW CZŁAPSKI TEAM	K50-54	8			00:44:32.85	+00:12:21 (27.8%)	8:28	7.1 (72.4%)
103	WANDTKE Antoni	229		M70-74	4			00:44:34.05	+00:12:23 (27.8%)	8:29	7.1 (72.4%)
104	KACZMAREK Martyna	125	MARSZ PO ZDROWIE	K- Niepełnosprawni(B)	2			00:44:58.20	+00:12:47 (28.4%)	8:33	7 (71.4%)
105	ŚLUSARCZYK Andrzej	221	WESOŁY BORSUK TEAM	M70-74	5			00:45:03.55	+00:12:52 (28.6%)	8:34	7 (71.4%)
106	GRYGOROWICZ Teresa	116	KGHM METRACO	K70-74	1			00:45:08.20	+00:12:57 (28.7%)	8:35	7 (71.4%)

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								5.25km	Gap		
107	KOCOŃ Sylwia	133		K40-44	6			00:45:10.70	+00:12:59 (28.8%)	8:36	7 (71.4%)
108	KUTA Dariusz	149	KUR-TEAM	M55-59	8			00:45:18.00	+00:13:07 (29.0%)	8:37	7 (71.4%)
109	NOWAKOWSKA Sylwia	167		K40-44	7			00:45:55.15	+00:13:44 (29.9%)	8:44	6.9 (70.4%)
110	KOZIOŁ Magdalena	140		K30-39	5			00:46:21.50	+00:14:10 (30.6%)	8:49	6.8 (69.4%)
111	JASIŃSKA Dorota	122	NORDIC SPORT 2021	K40-44	8			00:46:46.90	+00:14:35 (31.2%)	8:54	6.7 (68.4%)
112	PIĄTEK Władysława	176	SKL	K60-64	6			00:46:50.65	+00:14:39 (31.3%)	8:55	6.7 (68.4%)
113	RZYMCZYK Konrad	194	UNIwersytet Trzeciego wieku Goleniów	M65-69	6			00:46:59.65	+00:14:48 (31.5%)	8:56	6.7 (68.4%)
114	SZNAJDER Zenon	206		M70-74	6			00:47:05.10	+00:14:54 (31.7%)	8:58	6.7 (68.4%)
115	THOMALLA Bogdan	224	EKIPA NA KIJACH	M80+	1			00:47:09.50	+00:14:58 (31.8%)	8:58	6.7 (68.4%)
116	OLSZAŃSKA Jolka	169	FEAR THE RETURN	K45-49	10			00:47:09.80	+00:14:58 (31.8%)	8:58	6.7 (68.4%)
117	PIĄTKOWSKI Józef	177	KGHM METRACO	M75-79	3			00:47:17.50	+00:15:06 (31.9%)	9:00	6.7 (68.4%)
118	SOBCZYK Józef	199	UNIwersytet Trzeciego wieku Goleniów	M75-79	4			00:47:30.25	+00:15:19 (32.3%)	9:02	6.6 (67.3%)
119	NERC Dorota	162		K60-64	7			00:47:54.55	+00:15:43 (32.8%)	9:07	6.6 (67.3%)
120	NIEWINOWSKA Monika	164		K45-49	11	1		00:48:11.65	+00:16:00 (33.2%)	9:10	6.5 (66.3%)
121	BASZKIEWICZ Janusz	81	UNIwersytet Trzeciego wieku Goleniów	M70-74	7			00:48:43.40	+00:16:32 (33.9%)	9:16	6.5 (66.3%)
122	KACZMAREK Maja	13	IGOŚĆ	K40-44	9			00:49:00.65	+00:16:49 (34.3%)	9:20	6.4 (65.3%)
123	MACKO Michał	154	WYCHODZĘ Z KIJAMI	M-Dzieci	1			00:49:14.10	+00:17:03 (34.6%)	9:22	6.4 (65.3%)
124	BAZKIEWICZ Barbara	82	UNIwersytet Trzeciego wieku Goleniów	K65-69	4			00:49:19.55	+00:17:08 (34.8%)	9:23	6.4 (65.3%)
125	SZYMAŃSKA Lucyna	212	XV KOŁO PZERII W DYWITACH	K70-74	2			00:49:25.40	+00:17:14 (34.9%)	9:24	6.4 (65.3%)
126	REHLIS Aleksander	190	WYCHODZĘ Z KIJAMI	M30-39	8			00:49:29.85	+00:17:18 (35.0%)	9:25	6.4 (65.3%)
127	PŁUCHOWSKA Bernadetta	181	KUR-TEAM	K18-29	3			00:49:32.35	+00:17:21 (35.0%)	9:26	6.4 (65.3%)
128	SZNAJDER Teresa	207		K65-69	5			00:49:56.75	+00:17:45 (35.6%)	9:30	6.3 (64.3%)
129	PRZYBORKIEWICZ Gosia	185	PIERNIKI TORUN	K- Niepełnosprawni(A)	2			00:49:59.15	+00:17:48 (35.6%)	9:31	6.3 (64.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time		Pace min/km	Pace km/h
								5.25km	Gap		
130	SZYBUT Roma	210	POTĘGA NORDICA	K30-39	6			00:50:00.90	+00:17:49 (35.7%)	9:31	6.3 (64.3%)
131	PYSZCZAK Joanna	188	KUR-TEAM	K45-49	12			00:50:15.10	+00:18:04 (36.0%)	9:34	6.3 (64.3%)
132	WORONKO-ZACZYŃSKA Janina	237	KGHM METRACO	K75-79	1			00:50:33.65	+00:18:22 (36.3%)	9:37	6.2 (63.3%)
133	DUSZEŃKO Elwira	101	KGHM METRACO	K- Niepełnosprawni(A)	3			00:51:37.45	+00:19:26 (37.7%)	9:49	6.1 (62.2%)
134	BRZEZIŃSKA Czesława	89	UNIwersytet Trzeciego Wieku Goleniów	K65-69	6			00:53:01.95	+00:20:51 (39.3%)	10:05	5.9 (60.2%)
135	GOLECKA Agnieszka	110		K45-49	13			00:53:05.75	+00:20:54 (39.4%)	10:06	5.9 (60.2%)
136	PRZYBYLSKI Waldemar	187	UNIwersytet Trzeciego Wieku Goleniów	M80+	2			00:53:37.65	+00:21:26 (40.0%)	10:12	5.9 (60.2%)
137	ŚLUSARCZYK Danuta	219	Wesoły Borsuk Team	K70-74	3			00:53:38.05	+00:21:27 (40.0%)	10:12	5.9 (60.2%)
138	PANKIEWICZ-DMOWSKA Cecylia	173		K70-74	4			00:53:44.55	+00:21:33 (40.1%)	10:14	5.9 (60.2%)
139	LEWANDOWSKA Helena	152	UNIwersytet Trzeciego Wieku Goleniów	K70-74	5			00:53:54.70	+00:21:43 (40.3%)	10:16	5.8 (59.2%)
140	JANISZEWSKA Grazyna	119	UNIwersytet Trzeciego Wieku Goleniów	K65-69	7			00:54:00.10	+00:21:49 (40.4%)	10:17	5.8 (59.2%)
141	KOŁODZIEJSKA Janina	134	UNIwersytet Trzeciego Wieku Goleniów	K75-79	2			00:54:20.60	+00:22:09 (40.8%)	10:20	5.8 (59.2%)
142	JANISZEWSKI Eugeniusz	120	UNIwersytet Trzeciego Wieku Goleniów	M70-74	8			00:54:28.00	+00:22:17 (40.9%)	10:22	5.8 (59.2%)
143	ŚMIGIELSKA Jolanta	222	UNIwersytet Trzeciego Wieku Goleniów	K65-69	8			00:54:40.50	+00:22:29 (41.1%)	10:24	5.8 (59.2%)
144	WROŃSKA Wanda	240	UNIwersytet Trzeciego Wieku Goleniów	K70-74	6			00:56:02.00	+00:23:51 (42.6%)	10:40	5.6 (57.1%)
145	STASIAK Agnieszka	201	KUR-TEAM	K50-54	9			00:56:35.85	+00:24:24 (43.1%)	10:46	5.6 (57.1%)
146	SZUSTER Alicja	209	UNIwersytet Trzeciego Wieku Goleniów	K60-64	8			00:56:47.00	+00:24:36 (43.3%)	10:48	5.5 (56.1%)
147	CHABROS TARKOWSKA Magdalena	91	KUR-TEAM	K45-49	14			00:56:56.90	+00:24:45 (43.5%)	10:50	5.5 (56.1%)
148	STASZEWSKA Teresa	202	UNIwersytet Trzeciego Wieku Goleniów	K75-79	3			00:58:03.80	+00:25:52 (44.6%)	11:03	5.4 (55.1%)
149	ŚWIĄTEK Danuta	223	UNIwersytet Trzeciego Wieku Goleniów	K70-74	7			00:58:05.25	+00:25:54 (44.6%)	11:03	5.4 (55.1%)
150	KINDUR Regimont	131	UNIwersytet Trzeciego Wieku Goleniów	M80+	3			00:58:17.75	+00:26:06 (44.8%)	11:06	5.4 (55.1%)
151	KUBINOWSKA Zofia	147	UNIwersytet Trzeciego Wieku Goleniów	K65-69	9			00:58:32.85	+00:26:21 (45.0%)	11:08	5.4 (55.1%)
152	ŚLUSARCZYK Błażej	218	Wesoły Borsuk Team	M-Dzieci	2			00:58:34.35	+00:26:23 (45.1%)	11:09	5.4 (55.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5.25km	Gap	Pace min/km	Pace km/h
153	CZARNACKA Łucja	94	UNIwersytet TRZECIEGO WIEKU GOLENIÓW	K75-79	4			00:59:07.10	+00:26:56 (45.6%)	11:15	5.3 (54.1%)
154	KOŻLUK Alicja	141	UNIwersytet TRZECIEGO WIEKU GOLENIÓW	K75-79	5			00:59:09.50	+00:26:58 (45.6%)	11:16	5.3 (54.1%)
155	PRZYBYLSKA Halina	186	UNIwersytet TRZECIEGO WIEKU GOLENIÓW	K75-79	6			00:59:11.70	+00:27:00 (45.6%)	11:16	5.3 (54.1%)
156	WROŃSKA Michalina	241	UNIwersytet TRZECIEGO WIEKU GOLENIÓW	K70-74	8			00:59:25.75	+00:27:14 (45.8%)	11:19	5.3 (54.1%)
157	DROSTEK Małgorzata	99		K70-74	9			01:02:06.90	+00:29:55 (48.2%)	11:49	5.1 (52.0%)
158	GRAJEK Jadwiga	109	UNIwersytet TRZECIEGO WIEKU GOLENIÓW	K80+	1			01:02:10.55	+00:29:59 (48.2%)	11:50	5.1 (52.0%)
159	SIPOWICZ Jerzunia	197	UNIwersytet TRZECIEGO WIEKU GOLENIÓW	K70-74	10			01:02:26.25	+00:30:15 (48.5%)	11:53	5 (51.0%)
160	BRUSKA Agnieszka	88	UNIwersytet TRZECIEGO WIEKU GOLENIÓW	K70-74	11			01:02:48.15	+00:30:37 (48.8%)	11:57	5 (51.0%)
161	SIPOWICZ Lech	193	UNIwersytet TRZECIEGO WIEKU GOLENIÓW	M75-79	5			01:08:53.15	+00:36:42 (53.3%)	13:07	4.6 (46.9%)
DQ	GÓRAL Andrzej	111	SOLID SECURITY BYDGOSZCZ	M- Niepełnosprawni(A)			1	00:39:56.90 DQ		0:00	7.9 (80.6%)
DQ	CYRUS Bogdan	93	SILESIA NORDIC TEAM	M50-54			1	DQ			(0.0%)

Total 163 results.