



# ENEA POLISH NORDIC WALKING CUP - MUROWANA GOŚLINA - 5KM - 10/5

B4SPORT

**Wydarzenie:** ENEA POLISH NORDIC WALKING CUP 5/10  
MUROWANA GOŚLINA  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-07-16  
**Miejsce:** Murowana Goślina  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	196		M50-54	1			00:14:08	00:29:09.40		5:49	10.3 (100%)
2	CYRUS Bogdan	97	SILESIA NORDIC TEAM	M50-54	2			00:14:09	00:29:39.15	+00:00:29 (1.7%)	5:55	10.1 (98.1%)
3	WOJTOWICZ Tomasz	198	LUKI TEAM POLSKA	M30-39	1			00:14:27	00:30:25.40	+00:01:16 (4.2%)	6:05	9.9 (96.1%)
4	SKIBA Krzysztof	171	KGHM METRACO	M60-64	1			00:15:26	00:31:08.05	+00:01:58 (6.4%)	6:13	9.6 (93.2%)
5	ROŻYNEK Miron	163	KGHM METRACO	M55-59	1			00:15:23	00:31:15.70	+00:02:06 (6.7%)	6:15	9.6 (93.2%)
6	WILUSZ Erwina	194	VINGBERG POLSKA- PTG 'SOKÓŁ' RYMANÓW	K30-39	1			00:15:20	00:31:16.05	+00:02:06 (6.8%)	6:15	9.6 (93.2%)
7	WOROCH Roman	199	KGHM METRACO	M60-64	2			00:15:45	00:31:42.70	+00:02:33 (8.1%)	6:20	9.5 (92.2%)
8	KOWALAK Robert	122	MARSZ PO ZDROWIE	M30-39	2			00:15:34	00:31:50.40	+00:02:41 (8.4%)	6:22	9.4 (91.3%)
9	FRĄCKOWIAK Roman	106	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:15:25	00:31:56.35	+00:02:46 (8.7%)	6:23	9.4 (91.3%)
10	OLSZAŃSKI Karol	143	FEAR THE RETURN	M45-49	1			00:15:31	00:31:56.55	+00:02:47 (8.7%)	6:23	9.4 (91.3%)
11	LUDWICZAK Dariusz	129	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	4			00:15:56	00:32:01.85	+00:02:52 (9.0%)	6:24	9.4 (91.3%)
12	BIBKO Martin	86	SPEEDBAR	M45-49	2			00:15:51	00:32:16.40	+00:03:07 (9.7%)	6:27	9.3 (90.3%)
13	MAŚLANKA Jacek	135		M55-59	2			00:15:56	00:32:16.60	+00:03:07 (9.7%)	6:27	9.3 (90.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps 2,5km 2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
14	<b>MISZTAL Grzegorz</b>	<b>211</b>	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	M30-39	3			00:16:09	<b>00:32:36.85</b>	+00:03:27 (10.6%)	6:31	9.2 (89.3%)
15	<b>HELWICH Stefan</b>	<b>116</b>	KGHM MERTACO	M65-69	1			00:16:20	<b>00:32:52.25</b>	+00:03:42 (11.3%)	6:34	9.1 (88.3%)
16	<b>ZACZYŃSKA-SKIBA Anna</b>	<b>203</b>	KGHM METRACO	K40-44	1			00:16:06	<b>00:32:52.50</b>	+00:03:43 (11.3%)	6:34	9.1 (88.3%)
17	<b>PARZYBUT Jan</b>	<b>145</b>	POSTĘP PNIEWY TEAM	M55-59	3			00:16:18	<b>00:32:54.60</b>	+00:03:45 (11.4%)	6:34	9.1 (88.3%)
18	<b>NOSAL Marek</b>	<b>139</b>		M50-54	5			00:16:26	<b>00:33:04.25</b>	+00:03:54 (11.8%)	6:36	9.1 (88.3%)
19	<b>GUDZIO Maciej</b>	<b>114</b>	NORDIC WALKING KIEKRZ POLAND	M55-59	4			00:16:26	<b>00:33:15.90</b>	+00:04:06 (12.4%)	6:39	9 (87.4%)
20	<b>BIELECKA Zuzanna</b>	<b>87</b>	NW CZŁAPSKI TEAM	K40-44	2			00:16:11	<b>00:33:19.70</b>	+00:04:10 (12.5%)	6:39	9 (87.4%)
21	<b>BRZozowski Piotr</b>	<b>208</b>	AKTYWNI POSTOMINO	M30-39	4			00:16:08	<b>00:33:20.40</b>	+00:04:11 (12.5%)	6:40	9 (87.4%)
22	<b>KARPIENIA Ewa</b>	<b>119</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:16:32	<b>00:33:27.80</b>	+00:04:18 (12.9%)	6:41	9 (87.4%)
23	<b>WOJTASIŃSKI Daniel</b>	<b>197</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:16:28	<b>00:33:29.75</b>	+00:04:20 (13.0%)	6:41	9 (87.4%)
24	<b>BREWKA Joachim</b>	<b>89</b>	NORDIC SPORT 2021	M55-59	5			00:16:40	<b>00:33:36.00</b>	+00:04:26 (13.2%)	6:43	8.9 (86.4%)
25	<b>CHYRA Janusz</b>	<b>94</b>	NORDIC SPORT 2021	M45-49	3			00:16:35	<b>00:33:52.25</b>	+00:04:42 (13.9%)	6:46	8.9 (86.4%)
26	<b>LUDWICZAK Andżelika</b>	<b>130</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:17:00	<b>00:34:10.10</b>	+00:05:00 (14.7%)	6:50	8.8 (85.4%)
27	<b>MAŚLANKA Iwona</b>	<b>134</b>	MARSZ PO ZDROWIE	K50-54	2			00:16:49	<b>00:34:19.00</b>	+00:05:09 (15.0%)	6:51	8.7 (84.5%)
28	<b>RAJEK Magdalena</b>	<b>35</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:17:05	<b>00:34:19.10</b>	+00:05:09 (15.0%)	6:51	8.7 (84.5%)
29	<b>STANISŁAWSKI Jan</b>	<b>173</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	3			00:16:48	<b>00:34:19.85</b>	+00:05:10 (15.1%)	6:51	8.7 (84.5%)
30	<b>POTRZEBOWSKI Marek</b>	<b>153</b>	DEAF	M- Niepełnosprawni(B)	1			00:17:03	<b>00:34:28.00</b>	+00:05:18 (15.4%)	6:53	8.7 (84.5%)
31	<b>ŚLUSARCZYK Marcin</b>	<b>182</b>	WESOŁY BORSUK TEAM	M40-44	2			00:16:59	<b>00:34:29.45</b>	+00:05:20 (15.5%)	6:53	8.7 (84.5%)
32	<b>KLAWCZYŃSKI Marcin</b>	<b>120</b>	AKTYWNI W PNIEWACH	M30-39	5			00:17:13	<b>00:34:33.00</b>	+00:05:23 (15.6%)	6:54	8.7 (84.5%)
33	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>140</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:17:02	<b>00:34:35.55</b>	+00:05:26 (15.7%)	6:55	8.7 (84.5%)
34	<b>MARCZAK Tomasz</b>	<b>133</b>	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:16:21	<b>00:34:44.40</b>	+00:05:35 (16.1%)	6:56	8.6 (83.5%)
35	<b>CIEŚLUK Marcin</b>	<b>96</b>	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	1			00:17:27	<b>00:34:54.15</b>	+00:05:44 (16.5%)	6:58	8.6 (83.5%)
36	<b>JÓŻWIAK Marianna</b>	<b>117</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	3			00:17:17	<b>00:34:55.50</b>	+00:05:46 (16.5%)	6:59	8.6 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps 2,5km 2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
37	<b>KRIGER Roman</b>	<b>125</b>	MAPEI POLSKA	M60-64	4			00:17:10	<b>00:34:56.40</b>	+00:05:47 (16.6%)	6:59	8.6 (83.5%)
38	<b>GRUSZKA Michał</b>	<b>111</b>	NORDIC SPORT 2021	M18-29	2			00:17:14	<b>00:34:58.15</b>	+00:05:48 (16.6%)	6:59	8.6 (83.5%)
39	<b>KRUGIOŁKA Grzegorz</b>	<b>126</b>	AKTYWNI W PNIEWACH	M40-44	3			00:17:13	<b>00:35:04.75</b>	+00:05:55 (16.9%)	7:00	8.6 (83.5%)
40	<b>PUSZKARSKA Małgorzata</b>	<b>159</b>	GOSADI NORDIC TEAM	K45-49	4			00:17:11	<b>00:35:12.35</b>	+00:06:02 (17.2%)	7:02	8.5 (82.5%)
41	<b>OLEJNICZAK Aleksandra</b>	<b>141</b>	KIJKOWE TRZEMESZNO	K-Jun.	1			00:17:39	<b>00:35:12.50</b>	+00:06:03 (17.2%)	7:02	8.5 (82.5%)
42	<b>BOJANOWSKI Marcin</b>	<b>88</b>	NORDIC WALKING KIEKRZ POLAND	M40-44	4			00:17:17	<b>00:35:50.25</b>	+00:06:40 (18.6%)	7:10	8.4 (81.6%)
43	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>146</b>	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	5			00:17:40	<b>00:35:54.00</b>	+00:06:44 (18.8%)	7:10	8.4 (81.6%)
44	<b>DUSZEŃKO Zygmunt</b>	<b>101</b>	KGHM METRACO	M- Niepełnosprawni(A)	2			00:17:59	<b>00:35:56.40</b>	+00:06:47 (18.9%)	7:11	8.3 (80.6%)
45	<b>RUDAWSKI Maciej</b>	<b>164</b>	MARSZ PO ZDROWIE	M30-39	6			00:17:42	<b>00:35:58.95</b>	+00:06:49 (19.0%)	7:11	8.3 (80.6%)
46	<b>GRUSZKA Michał</b>	<b>110</b>	NORDIC SPORT 2021	M45-49	4			00:17:47	<b>00:36:02.35</b>	+00:06:52 (19.1%)	7:12	8.3 (80.6%)
47	<b>SZYMAŃSKI Stefan</b>	<b>181</b>	XV KOŁO PZERII W DYWITACH	M75-79	1			00:17:40	<b>00:36:07.15</b>	+00:06:57 (19.3%)	7:13	8.3 (80.6%)
48	<b>POTRZEBOWSKA Agata</b>	<b>152</b>	DEAF I ŁĄCZA NAS PASJE	K- Niepełnosprawni(B)	1			00:18:00	<b>00:36:08.30</b>	+00:06:58 (19.3%)	7:13	8.3 (80.6%)
49	<b>ZAWADZKI Krzysztof</b>	<b>204</b>	WETERAN	M- Niepełnosprawni(B)	2			00:17:59	<b>00:36:13.20</b>	+00:07:03 (19.5%)	7:14	8.3 (80.6%)
50	<b>GUTOWSKA Magda</b>	<b>115</b>	PAUL TEAM	K45-49	6			00:18:04	<b>00:36:30.05</b>	+00:07:20 (20.1%)	7:18	8.2 (79.6%)
51	<b>ŚLUSARCZYK Grzegorz</b>	<b>183</b>	WESOŁY BORSUK TEAM	M45-49	5			00:17:51	<b>00:36:41.55</b>	+00:07:32 (20.5%)	7:20	8.2 (79.6%)
52	<b>ZDRZAŁEK Alicja</b>	<b>205</b>	NORDIC SPORT 2021	K40-44	3			00:17:56	<b>00:36:42.30</b>	+00:07:32 (20.6%)	7:20	8.2 (79.6%)
53	<b>WITUCKA Karolina</b>	<b>195</b>		K-Jun.	2			00:18:20	<b>00:36:49.45</b>	+00:07:40 (20.8%)	7:21	8.1 (78.6%)
54	<b>RYBAŁTOWSKI Paweł</b>	<b>166</b>	OBORYGENI	M75-79	2			00:18:34	<b>00:37:21.60</b>	+00:08:12 (22.0%)	7:28	8 (77.7%)
55	<b>RUSINOWICZ Andrzej</b>	<b>165</b>	NIEZRZESZONY PIŁA	M75-79	3			00:18:36	<b>00:37:28.25</b>	+00:08:18 (22.2%)	7:29	8 (77.7%)
56	<b>GRYGOROWICZ Bogdan</b>	<b>112</b>	KGHM METRACO	M- Niepełnosprawni(B)	3			00:18:45	<b>00:37:35.65</b>	+00:08:26 (22.4%)	7:31	8 (77.7%)
57	<b>CZMOCH Marian</b>	<b>99</b>	PUKS JEDYNKA	M70-74	1			00:18:38	<b>00:37:38.65</b>	+00:08:29 (22.5%)	7:31	8 (77.7%)
58	<b>PANKIEWICZ Ewelina</b>	<b>144</b>	NORDIC SPORT 2021	K30-39	2			00:18:40	<b>00:37:39.80</b>	+00:08:30 (22.6%)	7:31	8 (77.7%)
59	<b>CZEKRYSEW Andrzej</b>	<b>98</b>	SERCE NORDICA WŁOCLAWEK	M- Niepełnosprawni(A)	3			00:18:43	<b>00:37:42.70</b>	+00:08:33 (22.7%)	7:32	8 (77.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps 2,5km 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
60	<b>GAŁKOWSKA Elżbieta</b>	<b>107</b>	KGHM METRACO	K65-69	1			00:18:46	<b>00:37:43.35</b>	+00:08:33 (22.7%)	7:32	8 (77.7%)
61	<b>BUDNY Sławomir</b>	<b>90</b>		M-Niepełnosprawni(B)	4			00:18:53	<b>00:37:46.30</b>	+00:08:36 (22.8%)	7:33	7.9 (76.7%)
62	<b>ŚLUSARCZYK Andrzej</b>	<b>184</b>	WESOŁY BORSUK TEAM	M70-74	2			00:18:47	<b>00:37:48.95</b>	+00:08:39 (22.9%)	7:33	7.9 (76.7%)
63	<b>MIŚKOWICZ Anna</b>	<b>136</b>	MORAWIEC TRANSPORT	K60-64	1			00:18:52	<b>00:37:56.85</b>	+00:08:47 (23.2%)	7:35	7.9 (76.7%)
64	<b>BERCZYŃSKI Henryk</b>	<b>84</b>	NADLEŚNICTWO OKONEK	M65-69	2			00:18:43	<b>00:37:59.10</b>	+00:08:49 (23.2%)	7:35	7.9 (76.7%)
65	<b>SAJNA Bogusław</b>	<b>168</b>	ZIELONY LAS	M65-69	3			00:19:07	<b>00:38:04.55</b>	+00:08:55 (23.4%)	7:36	7.9 (76.7%)
66	<b>SZULC MIKOŁAJCZAK Marzena</b>	<b>177</b>	NW WĄGROWIEC	K30-39	3			00:18:48	<b>00:38:08.60</b>	+00:08:59 (23.6%)	7:37	7.9 (76.7%)
67	<b>WALCZAK Grzegorz</b>	<b>189</b>		M45-49	6			00:18:13	<b>00:38:11.75</b>	+00:09:02 (23.7%)	7:38	7.9 (76.7%)
68	<b>KRĘCKA Irena</b>	<b>124</b>	FACE NORDIC WALKING TEAM	K55-59	1			00:19:16	<b>00:38:12.80</b>	+00:09:03 (23.7%)	7:38	7.9 (76.7%)
69	<b>BARANOWSKA-BERNAT Asia</b>	<b>82</b>	ROXKIJE ROKIETNICA	K40-44	4			00:19:00	<b>00:38:18.05</b>	+00:09:08 (23.9%)	7:39	7.8 (75.7%)
70	<b>NIEDŹWIECKA Małgorzata</b>	<b>138</b>	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			00:18:48	<b>00:38:18.45</b>	+00:09:09 (23.9%)	7:39	7.8 (75.7%)
71	<b>FRANCZAK Dariusz</b>	<b>105</b>	NW CZŁAPSKI TEAM	M55-59	6			00:19:15	<b>00:38:22.30</b>	+00:09:12 (24.0%)	7:40	7.8 (75.7%)
72	<b>DAROSZEWSKA Krystyna</b>	<b>100</b>	SERCE NORDICA WŁOCLAWEK	K60-64	2			00:19:00	<b>00:38:25.45</b>	+00:09:16 (24.1%)	7:41	7.8 (75.7%)
73	<b>CIESIELSKI Krzysztof</b>	<b>95</b>	FAST WALKER	M65-69	4			00:19:06	<b>00:38:28.75</b>	+00:09:19 (24.2%)	7:41	7.8 (75.7%)
74	<b>LEGOCKA - WALCZAK Kinga</b>	<b>128</b>		K45-49	7			00:19:11	<b>00:38:33.90</b>	+00:09:24 (24.4%)	7:42	7.8 (75.7%)
75	<b>SAPUŁA Wiktoria</b>	<b>169</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:19:04	<b>00:38:39.00</b>	+00:09:29 (24.6%)	7:43	7.8 (75.7%)
76	<b>PRACKI Zbigniew</b>	<b>155</b>	SERCE NORDICA WŁOCLAWEK	M55-59	7			00:19:27	<b>00:38:50.05</b>	+00:09:40 (24.9%)	7:46	7.7 (74.8%)
77	<b>ŚLUSARCZYK Karolina</b>	<b>187</b>	WESOŁY BORSUK TEAM	K18-29	2			00:19:19	<b>00:38:56.10</b>	+00:09:46 (25.1%)	7:47	7.7 (74.8%)
78	<b>WANDTKE Antoni</b>	<b>190</b>		M70-74	3			00:19:24	<b>00:39:19.55</b>	+00:10:10 (25.9%)	7:51	7.6 (73.8%)
79	<b>PLUTO-PRADZYŃSKA Anna</b>	<b>150</b>	SERCE NORDICA WŁOCLAWEK	K30-39	4			00:19:36	<b>00:39:20.00</b>	+00:10:10 (25.9%)	7:52	7.6 (73.8%)
80	<b>WIERZCHOSŁAWSKI Marcel</b>	<b>192</b>	SERCE NORDICA WŁOCLAWEK	M-Jun.	1			00:19:45	<b>00:39:21.50</b>	+00:10:12 (25.9%)	7:52	7.6 (73.8%)
81	<b>PUSZKARSKI Adam</b>	<b>160</b>	GOSADI NORDIC TEAM	M-Dzieci	1			00:19:33	<b>00:39:31.90</b>	+00:10:22 (26.2%)	7:54	7.6 (73.8%)
82	<b>DYBEŁ Agnieszka</b>	<b>104</b>	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	1			00:19:30	<b>00:39:41.85</b>	+00:10:32 (26.6%)	7:56	7.6 (73.8%)

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83	<b>SAJNA Maria</b>	<b>167</b>	ZIELONY LAS	K60-64	3			00:19:57	<b>00:39:57.40</b>	+00:10:48 (27.0%)	7:59	7.5 (72.8%)
84	<b>JÓZWIAK Łukasz</b>	<b>118</b>	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(B)	5			00:20:01	<b>00:40:12.55</b>	+00:11:03 (27.5%)	8:02	7.5 (72.8%)
85	<b>PIETRZYK Anna</b>	<b>148</b>	KLUB OLIMPIJCZYKA IM.IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	K-Niepełnosprawni(A)	2			00:19:51	<b>00:40:13.30</b>	+00:11:03 (27.5%)	8:02	7.5 (72.8%)
86	<b>BERGER Tadeusz</b>	<b>85</b>	MARSZ PO ZDROWIE	M65-69	5			00:19:54	<b>00:40:19.45</b>	+00:11:10 (27.7%)	8:03	7.4 (71.8%)
87	<b>GRYGOROWICZ Teresa</b>	<b>113</b>	KGHM METRACO	K70-74	1			00:20:09	<b>00:40:27.55</b>	+00:11:18 (27.9%)	8:05	7.4 (71.8%)
88	<b>JAKUBOWSKI Zbigniew</b>	<b>210</b>		M70-74	4			00:19:53	<b>00:40:29.65</b>	+00:11:20 (28.0%)	8:05	7.4 (71.8%)
89	<b>PRZYSTARZ Anna</b>	<b>158</b>	OBORYGENI	K50-54	4			00:20:34	<b>00:40:41.40</b>	+00:11:32 (28.3%)	8:08	7.4 (71.8%)
90	<b>SEROWKA Lidia</b>	<b>170</b>		K50-54	5			00:20:08	<b>00:40:48.30</b>	+00:11:38 (28.5%)	8:09	7.4 (71.8%)
91	<b>PLUTO-PRĄDZYŃSKA Klaudia</b>	<b>149</b>	SERCE NORDICA WŁOCLAWEK	K-Niepełnosprawni(B)	2			00:20:18	<b>00:40:48.60</b>	+00:11:39 (28.6%)	8:09	7.4 (71.8%)
92	<b>KOZIOŁ Magdalena</b>	<b>123</b>		K30-39	5			00:20:15	<b>00:41:12.30</b>	+00:12:02 (29.2%)	8:14	7.3 (70.9%)
93	<b>SZYBUT Weronika</b>	<b>179</b>	POTĘGA NORDICA	K-Dzieci	1			00:20:44	<b>00:41:37.10</b>	+00:12:27 (29.9%)	8:19	7.2 (69.9%)
94	<b>SZYMAŃSKA Lucyna</b>	<b>180</b>	XV KOŁO PZERII W DYWITACH	K70-74	2			00:20:28	<b>00:41:38.25</b>	+00:12:28 (30.0%)	8:19	7.2 (69.9%)
95	<b>THOMALLA Bogdan</b>	<b>188</b>	EKIPA NA KIJACH	M80+	1			00:20:36	<b>00:41:49.15</b>	+00:12:39 (30.3%)	8:21	7.2 (69.9%)
96	<b>BUDNY Franciszek</b>	<b>91</b>		M-Dzieci	2			00:21:02	<b>00:41:54.95</b>	+00:12:45 (30.4%)	8:22	7.2 (69.9%)
97	<b>PLUTO-PRĄDZYŃSKI Kacper</b>	<b>151</b>	SERCE NORDICA WŁOCLAWEK	M-Dzieci	3			00:21:02	<b>00:42:03.25</b>	+00:12:53 (30.7%)	8:24	7.1 (68.9%)
98	<b>BUDNY Stanisław</b>	<b>92</b>		M-Jun.	2			00:21:12	<b>00:42:26.90</b>	+00:13:17 (31.3%)	8:29	7.1 (68.9%)
99	<b>LACHNIK Grazyna</b>	<b>127</b>		K50-54	6			00:21:21	<b>00:42:41.05</b>	+00:13:31 (31.7%)	8:32	7 (68.0%)
100	<b>SZNAJDER Teresa</b>	<b>175</b>		K65-69	3			00:21:18	<b>00:43:10.05</b>	+00:14:00 (32.5%)	8:38	6.9 (67.0%)
101	<b>ŚWITAŁA Magdalena</b>	<b>207</b>		K40-44	5			00:21:33	<b>00:43:11.75</b>	+00:14:02 (32.5%)	8:38	6.9 (67.0%)
102	<b>SZNAJDER Zenon</b>	<b>176</b>		M70-74	5			00:20:57	<b>00:43:12.50</b>	+00:14:03 (32.5%)	8:38	6.9 (67.0%)
103	<b>MANTAJ Monika</b>	<b>132</b>	NAMASTE OBORNIKI	K40-44	6			00:22:15	<b>00:43:21.10</b>	+00:14:11 (32.7%)	8:40	6.9 (67.0%)
104	<b>ZACHCIAŁ Liliana</b>	<b>202</b>	NAMASTE OBORNIKI	K30-39	6			00:22:16	<b>00:43:41.35</b>	+00:14:31 (33.3%)	8:44	6.9 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps 2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
105	<b>PIĄTKOWSKI Józef</b>	<b>147</b>	KGHM METRACO	M75-79	4			00:21:34	<b>00:43:43.20</b>	+00:14:33 (33.3%)	8:44	6.9 (67.0%)
106	<b>SOWIŃSKA Grażyna</b>	<b>172</b>	MARSZ PO ZDROWIE	K65-69	4			00:21:05	<b>00:44:01.65</b>	+00:14:52 (33.8%)	8:48	6.8 (66.0%)
107	<b>CHWIAŁKOWSKA Iwona</b>	<b>93</b>	NAMASTE OBORNIKI	K50-54	7			00:22:22	<b>00:44:21.35</b>	+00:15:11 (34.3%)	8:52	6.8 (66.0%)
108	<b>MŁODOŻYŃSKA Karolina</b>	<b>137</b>	NAMASTE OBORNIKI	K45-49	8			00:22:22	<b>00:44:22.40</b>	+00:15:13 (34.3%)	8:52	6.8 (66.0%)
109	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>200</b>	KGHM METRACO	K75-79	1			00:22:08	<b>00:44:26.45</b>	+00:15:17 (34.4%)	8:53	6.8 (66.0%)
110	<b>WILK Iwona</b>	<b>193</b>	NORDIC SPORT 2021	K45-49	9			00:22:13	<b>00:44:34.70</b>	+00:15:25 (34.6%)	8:54	6.7 (65.0%)
111	<b>GOLECKA Agnieszka</b>	<b>108</b>		K45-49	10			00:22:19	<b>00:45:06.45</b>	+00:15:57 (35.4%)	9:01	6.7 (65.0%)
112	<b>DUSZEŃKO Elwira</b>	<b>102</b>	KGHM METRACO	K- Niepełnosprawni(A)	3			00:22:41	<b>00:45:51.55</b>	+00:16:42 (36.4%)	9:10	6.5 (63.1%)
113	<b>SZYBUT Roma</b>	<b>178</b>	POTĘGA NORDICA	K30-39	7			00:23:03	<b>00:46:46.50</b>	+00:17:37 (37.7%)	9:21	6.4 (62.1%)
114	<b>ŚLUSARCZYK Danuta</b>	<b>186</b>	WESOŁY BORSUK TEAM	K70-74	3			00:23:10	<b>00:46:49.45</b>	+00:17:40 (37.7%)	9:21	6.4 (62.1%)
115	<b>PRACKA Katarzyna</b>	<b>154</b>	SERCE NORDICA WŁOCLĄWEK	K50-54	8			00:23:39	<b>00:47:09.40</b>	+00:18:00 (38.2%)	9:25	6.4 (62.1%)
116	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>206</b>		K70-74	4			00:23:11	<b>00:47:28.95</b>	+00:18:19 (38.6%)	9:29	6.3 (61.2%)
117	<b>KOSTKIEWICZ Iwona</b>	<b>121</b>		K45-49	11			00:23:56	<b>00:48:04.10</b>	+00:18:54 (39.3%)	9:36	6.2 (60.2%)
118	<b>STRZYŻEWSKA Marzena</b>	<b>174</b>	CIASTKI.PZ	K45-49	12			00:24:15	<b>00:48:11.05</b>	+00:19:01 (39.5%)	9:38	6.2 (60.2%)
119	<b>BARTEK Sonia</b>	<b>83</b>		K- Niepełnosprawni(A)	4			00:24:22	<b>00:49:19.40</b>	+00:20:10 (40.9%)	9:51	6.1 (59.2%)
120	<b>PRZYBORKIEWICZ Gosia</b>	<b>156</b>	PIERNIK TORUŃ	K- Niepełnosprawni(A)	5			00:25:10	<b>00:51:35.50</b>	+00:22:26 (43.5%)	10:19	5.8 (56.3%)
121	<b>PRZYBORKIEWICZ Maja</b>	<b>157</b>	PIERNIK TORUŃ	K-Dzieci	2			00:25:13	<b>00:51:35.55</b>	+00:22:26 (43.5%)	10:19	5.8 (56.3%)
122	<b>ŚLUSARCZYK Błażej</b>	<b>185</b>	WESOŁY BORSUK TEAM	M-Dzieci	4			00:24:07	<b>00:52:59.00</b>	+00:23:49 (45.0%)	10:35	5.7 (55.3%)
123	<b>WAWRZYŃIAK Krystyna</b>	<b>191</b>	MARSZ PO ZDROWIE	K70-74	5			00:25:25	<b>00:53:30.95</b>	+00:24:21 (45.5%)	10:42	5.6 (54.4%)
124	<b>ANGIELCZYK Małgorzata</b>	<b>81</b>	MARSZ PO ZDROWIE	K70-74	6			00:25:29	<b>00:53:33.10</b>	+00:24:23 (45.6%)	10:42	5.6 (54.4%)

Znaleziono 124 wynik(ów)