



ENEA POLISH NORDIC WALKING CUP - WĄGROWIEC - 5KM - 10/6

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 6/10
WĄGROWIEC
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-07-17
Miejsce: Wągrowiec
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	221		M50-54	1			00:14:37	00:29:32.10		5:54	10.2 (100%)
2	MARCZAK Tomasz	149	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:37	00:29:43.50	+00:00:11 (0.6%)	5:56	10.1 (99.0%)
3	CYRUS Bogdan	234	SILESIA NORDIC TEAM	M50-54	2			00:14:41	00:29:48.05	+00:00:15 (0.9%)	5:57	10.1 (99.0%)
4	WOJTOWICZ Tomasz	235	ZT POLSKA	M30-39	1			00:14:41	00:30:09.35	+00:00:37 (2.1%)	6:01	10 (98.0%)
5	SKIBA Krzysztof	196	KGHM METRACO	M60-64	1			00:15:38	00:31:25.20	+00:01:53 (6.0%)	6:17	9.5 (93.1%)
6	WILUSZ Erwina	237	VINGBERG POLSKA PTG	K30-39	1			00:15:26	00:31:26.45	+00:01:54 (6.1%)	6:17	9.5 (93.1%)
7	ROŻYNEK Miron	189	KGHM METRACO	M55-59	1			00:15:31	00:31:33.50	+00:02:01 (6.4%)	6:18	9.5 (93.1%)
8	LUDWICZAK Dariusz	144	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:15:43	00:31:42.90	+00:02:10 (6.9%)	6:20	9.5 (93.1%)
9	WOROCH Roman	224	KGHM METRACO	M60-64	2			00:15:47	00:31:47.15	+00:02:15 (7.1%)	6:21	9.4 (92.2%)
10	OLSZAŃSKI Karol	165	FEAR THE RETURN	M45-49	1			00:15:36	00:32:00.90	+00:02:28 (7.7%)	6:24	9.4 (92.2%)
11	BIBKO Martin	85	SPEEDBAR	M45-49	2			00:15:45	00:32:23.90	+00:02:51 (8.8%)	6:28	9.3 (91.2%)
12	HELWICH Stefan	122	KGHM METRACO	M65-69	1			00:16:13	00:32:27.40	+00:02:55 (9.0%)	6:29	9.2 (90.2%)
13	MAŚLANKA Jacek	152	EKSPEDYCJA NORDIC TEAM SZCZECIN	M55-59	2	1		00:16:00	00:32:27.60	+00:02:55 (9.0%)	6:29	9.2 (90.2%)
14	BRZOZOWSKI Piotr	239	AKTYWNI POSTOMINO	M30-39	2			00:15:54	00:32:33.35	+00:03:01 (9.3%)	6:30	9.2 (90.2%)

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		
15	FRĄCKOWIAK Roman	109	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	4			00:16:00	00:32:36.50	+00:03:04 (9.4%)	6:31	9.2 (90.2%)
16	ZACZYŃSKA-SKIBA Anna	230	KGHM METRACO	K40-44	1			00:16:19	00:32:59.60	+00:03:27 (10.5%)	6:35	9.1 (89.2%)
17	GAJEWSKI Eugeniusz	111	KGHM METRACO	M65-69	2			00:16:14	00:33:08.10	+00:03:36 (10.9%)	6:37	9.1 (89.2%)
18	WOJTASIŃSKI Daniel	223	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:16:08	00:33:14.70	+00:03:42 (11.2%)	6:38	9 (88.2%)
19	PARZYBUT Jan	169	POSTĘP PNIEWY TEAM	M55-59	3			00:16:36	00:33:14.85	+00:03:42 (11.2%)	6:38	9 (88.2%)
20	BREWKA Joachim	90	NORDIC SPORT 2021	M55-59	4	1		00:16:38	00:33:19.75	+00:03:47 (11.4%)	6:39	9 (88.2%)
21	BIELECKA Zuzanna	86	NW CZŁAPSKI TEAM	K40-44	2			00:16:26	00:33:34.05	+00:04:01 (12.0%)	6:42	8.9 (87.3%)
22	NOSAL Marek	159		M50-54	5	1		00:16:43	00:33:37.05	+00:04:04 (12.1%)	6:43	8.9 (87.3%)
23	MISZTAL Grzegorz	154	MASZYCANKA MASZYCE	M30-39	3			00:16:30	00:33:46.65	+00:04:14 (12.6%)	6:45	8.9 (87.3%)
24	STACHOWICZ Joanna	199	BŁĘKITNI DZIEMIANY	K30-39	2			00:16:39	00:33:51.50	+00:04:19 (12.8%)	6:46	8.9 (87.3%)
25	LUDWICZAK Andżelika	145	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:16:53	00:34:01.80	+00:04:29 (13.2%)	6:48	8.8 (86.3%)
26	ŚLUSARCZYK Marcin	207	WESOŁY BORSUK TEAM	M40-44	2			00:16:42	00:34:12.00	+00:04:39 (13.6%)	6:50	8.8 (86.3%)
27	KARPIENIA Ewa	128	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:16:48	00:34:13.50	+00:04:41 (13.7%)	6:50	8.8 (86.3%)
28	WOJTCZAK Urszula	242	CZAPELKI	K40-44	3			00:16:59	00:34:15.50	+00:04:43 (13.8%)	6:51	8.8 (86.3%)
29	STANISŁAWSKI Jan	200	NORDIC WALKING KIEKRZ POLAND	M60-64	3			00:16:52	00:34:23.00	+00:04:50 (14.1%)	6:52	8.7 (85.3%)
30	GIERSZEWSKI Arkadiusz	113	BŁĘKITNI DZIEMIANY	M40-44	3			00:17:07	00:34:27.75	+00:04:55 (14.3%)	6:53	8.7 (85.3%)
31	KRUGIOŁKA Grzegorz	138	AKTYWNIE W PNIEWACH	M40-44	4			00:17:07	00:34:28.45	+00:04:56 (14.3%)	6:53	8.7 (85.3%)
32	MAŚLANKA Iwona	151	MARSZ PO ZDROWIE	K50-54	2			00:16:55	00:34:31.95	+00:04:59 (14.5%)	6:54	8.7 (85.3%)
33	KLAWCZYŃSKI Marcin	129		M30-39	4			00:17:02	00:34:32.05	+00:04:59 (14.5%)	6:54	8.7 (85.3%)
34	POTRZEBOWSKI Marek	178	DEAF I #B3K, ŁĄCZA NAS PASJE	M-Niepełnosprawni(B)	1			00:17:17	00:34:47.00	+00:05:14 (15.1%)	6:57	8.6 (84.3%)
35	CIEŚLUK Marcin	98	NORDIC TEAM CZĘSTOCHOWA	M-Niepełnosprawni(A)	1			00:17:15	00:34:51.10	+00:05:19 (15.3%)	6:58	8.6 (84.3%)
36	RAJEK Magdalena	233	NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:17:27	00:34:59.65	+00:05:27 (15.6%)	6:59	8.6 (84.3%)
37	OKRZESIK-FRĄCKOWIAK Izabela	163	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:17:13	00:35:05.85	+00:05:33 (15.8%)	7:01	8.6 (84.3%)

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		
38	KWECZKA-JANECZEK Anna	140	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			00:17:02	00:35:06.10	+00:05:34 (15.9%)	7:01	8.5 (83.3%)
39	GRUSZKA Michał	117	NORDIC SPORT 2021	M18-29	2			00:17:10	00:35:10.95	+00:05:38 (16.1%)	7:02	8.5 (83.3%)
40	PUSZKARSKA Małgorzata	184	GOSADI NORDIC TEAM	K45-49	3			00:17:25	00:35:15.20	+00:05:43 (16.2%)	7:03	8.5 (83.3%)
41	NOWAK Wiesław	160	UKS 'SKOCZEK' SKOKI	M60-64	4			00:17:15	00:35:17.05	+00:05:44 (16.3%)	7:03	8.5 (83.3%)
42	KOP Wiesław	130	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	5			00:17:20	00:35:18.40	+00:05:46 (16.3%)	7:03	8.5 (83.3%)
43	JÓŹWIAK Marianna	125	SERCE NORDICA WŁOCŁAWEK	K45-49	4			00:17:27	00:35:22.30	+00:05:50 (16.5%)	7:04	8.5 (83.3%)
44	KROMSKI Paweł	137	NORDIC WALKING KIEKRZ POLAND	M55-59	6			00:17:25	00:35:29.30	+00:05:57 (16.8%)	7:05	8.5 (83.3%)
45	JANY Katarzyna	123	NORDIC WALKING LUBASZ	K30-39	3			00:17:41	00:35:29.35	+00:05:57 (16.8%)	7:05	8.5 (83.3%)
46	KRIGER Roman	136	MAPEI POLSKA	M60-64	5			00:17:20	00:35:37.10	+00:06:05 (17.1%)	7:07	8.4 (82.4%)
47	DUSZEŃKO Zygmunt	103	KGHM METRACO	M- Niepełnosprawni(A)	2			00:17:51	00:35:44.10	+00:06:12 (17.3%)	7:08	8.4 (82.4%)
48	PASIŃSKA-SKOWRON Sylwia	170	PRUSZYŃSKI SPORT TEAM- MASZYCANKA MASZYCE	K45-49	5			00:17:51	00:36:06.80	+00:06:34 (18.2%)	7:13	8.3 (81.4%)
49	GRUSZKA Michał	116	NORDIC SPORT 2021	M45-49	3			00:17:57	00:36:27.05	+00:06:54 (19.0%)	7:17	8.2 (80.4%)
50	ZDRZAŁEK Alicja	232	NORDIC SPORT 2021	K40-44	5			00:17:48	00:36:31.30	+00:06:59 (19.1%)	7:18	8.2 (80.4%)
51	SZYMAŃSKI Stefan	206	XV KOŁO PZERII W DYWITACH	M75-79	1			00:18:04	00:36:32.05	+00:06:59 (19.2%)	7:18	8.2 (80.4%)
52	ZAWADZKI Krzysztof	231	WETERAN	M- Niepełnosprawni(B)	2			00:18:11	00:36:46.90	+00:07:14 (19.7%)	7:21	8.2 (80.4%)
53	GUTOWSKA Magda	120		K45-49	6	1		00:18:09	00:36:51.65	+00:07:19 (19.9%)	7:22	8.1 (79.4%)
54	CZŁAPSKI Krzysztof	100	NW CZŁAPSKI TEAM	M55-59	7			00:18:43	00:36:55.40	+00:07:23 (20.0%)	7:23	8.1 (79.4%)
55	RUDAWSKI Maciej	190	MARSZ PO ZDROWIE	M30-39	5			00:18:07	00:37:00.55	+00:07:28 (20.2%)	7:24	8.1 (79.4%)
56	POTRZEBOWSKA Agata	177	DEAF I #B3K, ŁĄCZA NAS PASJE	K- Niepełnosprawni(B)	1			00:18:23	00:37:04.15	+00:07:32 (20.3%)	7:24	8.1 (79.4%)
57	WALCZAK Grzegorz	215		M45-49	4			00:18:17	00:37:05.65	+00:07:33 (20.4%)	7:25	8.1 (79.4%)
58	DYLEWICZ Weronika	106	EKSTREMUM	K18-29	1			00:18:17	00:37:10.85	+00:07:38 (20.6%)	7:26	8.1 (79.4%)
59	GOŁĘBIEWSKI Edward	115	MARSZ PO ZDROWIE	M70-74	1			00:18:19	00:37:11.95	+00:07:39 (20.6%)	7:26	8.1 (79.4%)
60	RYCHLEWSKA-SŁODOWA Danuta	193	NORDIC WALKING LUBASZ	K40-44	6			00:18:15	00:37:12.25	+00:07:40 (20.6%)	7:26	8.1 (79.4%)

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61	WITUCKA Karolina	220		K-Jun.	1			00:18:22	00:37:18.15	+00:07:46 (20.8%)	7:27	8 (78.4%)
62	RUSINOWICZ Andrzej	191	NIEZRZESZONY PIŁA	M75-79	2			00:18:31	00:37:25.90	+00:07:53 (21.1%)	7:29	8 (78.4%)
63	CZEKRYSEW Andrzej	99	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:18:31	00:37:27.95	+00:07:55 (21.2%)	7:29	8 (78.4%)
64	NOWAK Agata	161	NORDIC WALKING KIEKRZ POLAND	K40-44	7	1		00:18:11	00:37:28.40	+00:07:56 (21.2%)	7:29	8 (78.4%)
65	PANKIEWICZ Ewelina	167	NORDIC SPORT 2021	K30-39	4			00:18:32	00:37:40.15	+00:08:08 (21.6%)	7:32	8 (78.4%)
66	MÍSKOWICZ Anna	155	MORAWIEC TRANSPORT	K60-64	1			00:18:46	00:37:46.80	+00:08:14 (21.8%)	7:33	7.9 (77.5%)
67	ŚLUSARCZYK Grzegorz	208	WESOŁY BORSUK TEAM	M45-49	5			00:18:37	00:37:51.40	+00:08:19 (22.0%)	7:34	7.9 (77.5%)
68	KRĘCKA Irena	135	FACE NORDIC WALKING TEAM	K55-59	1			00:18:47	00:37:51.50	+00:08:19 (22.0%)	7:34	7.9 (77.5%)
69	GRYGOROWICZ Bogdan	118	KGHM METRACO	M- Niepełnosprawni(B)	3			00:18:49	00:37:52.05	+00:08:19 (22.0%)	7:34	7.9 (77.5%)
70	KRAWCZYK Dorota	238		K60-64	2			00:18:42	00:37:58.15	+00:08:26 (22.2%)	7:35	7.9 (77.5%)
71	PRZYBYLSKA Kinga	183	NORDIC WALKING KIEKRZ POLAND	K55-59	2			00:18:59	00:38:04.00	+00:08:31 (22.4%)	7:36	7.9 (77.5%)
72	CZMOCH Marian	101	PUKS JEDYNKA	M70-74	2			00:18:51	00:38:09.85	+00:08:37 (22.6%)	7:37	7.9 (77.5%)
73	GAŁKOWSKA Elżbieta	112	KGHM METRACO	K65-69	1			00:19:00	00:38:17.95	+00:08:45 (22.9%)	7:39	7.8 (76.5%)
74	SOWIŃSKA Alicja	198	NORDIC WALKING LUBASZ	K30-39	5			00:18:50	00:38:31.05	+00:08:58 (23.3%)	7:42	7.8 (76.5%)
75	PUSZKARSKI Adam	185	GOSADI NORDIC TEAM	M-Dzieci	1			00:18:32	00:38:32.50	+00:09:00 (23.4%)	7:42	7.8 (76.5%)
76	SZULC-MIKOŁAJCZAK Marzena	202	NW WĄGROWIEC	K30-39	6			00:19:01	00:38:33.65	+00:09:01 (23.4%)	7:42	7.8 (76.5%)
77	LEGOCKA - WALCZAK Kinga	142		K45-49	7			00:19:06	00:38:34.15	+00:09:02 (23.4%)	7:42	7.8 (76.5%)
78	CIESIELSKI Krzysztof	97	FAST WALKER	M65-69	3			00:19:08	00:38:34.35	+00:09:02 (23.4%)	7:42	7.8 (76.5%)
79	EWERTOWSKA Ewa	107	NORDIC WALKING KIEKRZ POLAND	K50-54	4			00:19:06	00:38:41.05	+00:09:08 (23.7%)	7:44	7.8 (76.5%)
80	WNEK Ewa	222	KGHM METRACO	K65-69	2			00:18:59	00:38:41.30	+00:09:09 (23.7%)	7:44	7.8 (76.5%)
81	BUCZKOWSKI Jerzy	91	KS SOKÓŁ GAŚAWA	M70-74	3			00:19:03	00:38:45.50	+00:09:13 (23.8%)	7:45	7.7 (75.5%)
82	NIEDŹWIECKA Małgorzata	158	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			00:19:05	00:39:05.30	+00:09:33 (24.4%)	7:49	7.7 (75.5%)
83	FRANCZAK Dariusz	108	NW CZŁAPSKI TEAM	M55-59	8			00:19:42	00:39:06.05	+00:09:33 (24.5%)	7:49	7.7 (75.5%)

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									5km	Różn		
84	LENARTOWICZ Stanisław	143		M60-64	6			00:19:26	00:39:07.55	+00:09:35 (24.5%)	7:49	7.7 (75.5%)
85	BUDNY Franciszek	93		M-Dzieci	2			00:18:59	00:39:07.60	+00:09:35 (24.5%)	7:49	7.7 (75.5%)
86	BERCZYŃSKI Henryk	83	NADLEŚNICTWO OKONEK	M65-69	4			00:19:15	00:39:12.40	+00:09:40 (24.7%)	7:50	7.7 (75.5%)
87	WIERZCHOSŁAWSKI Marcel	218	SERCE NORDICA WŁOCLAWEK	M-Jun.	1			00:19:51	00:39:12.95	+00:09:40 (24.7%)	7:50	7.7 (75.5%)
88	ŚLUSARCZYK Karolina	212	WESOŁY BORSUK TEAM	K18-29	2			00:19:01	00:39:13.05	+00:09:40 (24.7%)	7:50	7.6 (74.5%)
89	SZYBUT Weronika	204	POTĘGA NORDICA	K-Dzieci	1			00:19:32	00:39:14.00	+00:09:41 (24.7%)	7:50	7.6 (74.5%)
90	NOWAK Irena	240	KKS "SKOCZEK" SKOKI	K55-59	3			00:19:31	00:39:14.10	+00:09:42 (24.7%)	7:50	7.6 (74.5%)
91	WANDTKE Antoni	216		M70-74	4			00:19:43	00:39:16.90	+00:09:44 (24.8%)	7:51	7.6 (74.5%)
92	PLUTO-PRĄDZYŃSKA Anna	175	SERCE NORDICA WŁOCLAWEK	K30-39	7			00:19:46	00:39:18.00	+00:09:45 (24.8%)	7:51	7.6 (74.5%)
93	ŚLUSARCZYK Andrzej	209	WESOŁY BORSUK TEAM	M70-74	5			00:20:12	00:39:18.60	+00:09:46 (24.9%)	7:51	7.6 (74.5%)
94	PRACKI Zbigniew	180	SERCE NORDICA WŁOCLAWEK	M55-59	9			00:19:47	00:39:34.80	+00:10:02 (25.4%)	7:54	7.6 (74.5%)
95	DYBEŁ Agnieszka	105	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	1			00:19:32	00:39:36.70	+00:10:04 (25.4%)	7:55	7.6 (74.5%)
96	DAROSZEWSKA Krystyna	102	SERCE NORDICA WŁOCLAWEK	K60-64	3			00:19:34	00:39:37.35	+00:10:05 (25.5%)	7:55	7.6 (74.5%)
97	BUDNY Sławomir	92		M-Niepełnosprawni(B)	4			00:19:34	00:39:51.35	+00:10:19 (25.9%)	7:58	7.5 (73.5%)
98	ROJTEK Waldemar	187		M50-54	6			00:19:16	00:39:55.65	+00:10:23 (26.0%)	7:59	7.5 (73.5%)
99	STAWNIAK Karol	245	KGHM METRACO	M70-74	6			00:19:56	00:40:01.55	+00:10:29 (26.2%)	8:00	7.5 (73.5%)
100	PIETRZAK Dorota	172	NORDIC WALKING KIEKRZ POLAND	K50-54	5			00:19:46	00:40:05.05	+00:10:32 (26.3%)	8:01	7.5 (73.5%)
101	JAKUBOWSKI Zbigniew	236		M70-74	7			00:19:47	00:40:06.10	+00:10:34 (26.3%)	8:01	7.5 (73.5%)
102	POLCYN Julia	244	NORDIC WALKING LUBASZ	K18-29	3			00:19:47	00:40:11.45	+00:10:39 (26.5%)	8:02	7.5 (73.5%)
103	JÓŹWIAK Łukasz	126	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(B)	5			00:19:56	00:40:19.00	+00:10:46 (26.7%)	8:03	7.4 (72.5%)
104	GRYGOROWICZ Teresa	119	KGHM METRACO	K70-74	1			00:19:52	00:40:22.35	+00:10:50 (26.8%)	8:04	7.4 (72.5%)
105	REMISZEWSKI Adam	186	UTW OLEŚNICA	M75-79	3	1		00:19:45	00:40:28.55	+00:10:56 (27.0%)	8:05	7.4 (72.5%)
106	SKRZYPCZAK Maciej	197	BIEGAJĄCY WĄGROWIEC	M40-44	5	1		00:19:41	00:40:33.00	+00:11:00 (27.2%)	8:06	7.4 (72.5%)

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		
107	PIETRZYK Anna	173	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	K- Niepełnosprawni(A)	2			00:19:56	00:40:44.65	+00:11:12 (27.5%)	8:08	7.4 (72.5%)
108	KRACZKOWSKA Jusi	134		K45-49	8			00:20:16	00:41:01.75	+00:11:29 (28.0%)	8:12	7.3 (71.6%)
109	TURZYŃSKA-STOPA Maria	214	BŁĘKITNI DZIEMIANY	K65-69	4			00:20:17	00:41:03.30	+00:11:31 (28.1%)	8:12	7.3 (71.6%)
110	WIECZOREK Karina	217	CHODZĘBOLUBIĘ SZAMOCIN	K45-49	9			00:20:33	00:41:12.90	+00:11:40 (28.3%)	8:14	7.3 (71.6%)
111	PLUTO-PRĄDZYŃSKA Klaudia	174	SERCE NORDICA WŁOCLAWEK	K- Niepełnosprawni(B)	2			00:20:53	00:41:14.60	+00:11:42 (28.4%)	8:14	7.3 (71.6%)
112	SIEDLECKA Weronika	243	AKTYWNY MARGONIN	K30-39	8			00:20:14	00:41:15.60	+00:11:43 (28.4%)	8:15	7.3 (71.6%)
113	MACKO Michał	146	WYCHODZĘ Z KIJAMI	M-Dzieci	3			00:19:56	00:41:23.90	+00:11:51 (28.7%)	8:16	7.2 (70.6%)
114	THOMALLA Bogdan	213	EKIPA NA KIJACH	M80+	1			00:20:43	00:41:47.55	+00:12:15 (29.3%)	8:21	7.2 (70.6%)
115	NOWAKOWSKA Sylwia	162		K40-44	8			00:20:33	00:41:53.05	+00:12:20 (29.5%)	8:22	7.2 (70.6%)
116	SAPUŁA Wiktoria	194	NORDIC TEAM CZĘSTOCHOWA	K18-29	4			00:20:40	00:42:19.60	+00:12:47 (30.2%)	8:27	7.1 (69.6%)
117	MANTAJ Monika	147	NAMASTE OBORNIKI	K40-44	9			00:21:29	00:42:23.15	+00:12:51 (30.3%)	8:28	7.1 (69.6%)
118	SZYMAŃSKA Lucyna	205	XV KOŁO PZERII W DYWITACH	K70-74	2			00:20:34	00:42:26.65	+00:12:54 (30.4%)	8:29	7.1 (69.6%)
119	CHWIAŁKOWSKA Iwona	95	NAMASTE OBORNIKI	K50-54	6			00:21:32	00:42:40.80	+00:13:08 (30.8%)	8:32	7 (68.6%)
120	ROMANOWSKI Zbigniew	188		M45-49	6			00:21:17	00:42:44.50	+00:13:12 (30.9%)	8:32	7 (68.6%)
121	MAZUR Honorata	153		K45-49	10			00:20:49	00:43:04.50	+00:13:32 (31.4%)	8:36	7 (68.6%)
122	NERC Dorota	157		K60-64	4			00:21:14	00:43:06.65	+00:13:34 (31.5%)	8:37	7 (68.6%)
123	ZACHCIAŁ Liliana	229	NAMASTE OBORNIKI	K30-39	9			00:21:44	00:43:08.30	+00:13:36 (31.5%)	8:37	7 (68.6%)
124	KOWALSKI Mirosław	133	GRYF N, W	M65-69	5			00:20:46	00:43:13.25	+00:13:41 (31.7%)	8:38	6.9 (67.6%)
125	ANGIELCZYK Małgorzata	81	MARSZ PO ZDROWIE	K70-74	3			00:21:20	00:43:22.60	+00:13:50 (31.9%)	8:40	6.9 (67.6%)
126	BRONIECKA Małgorzata	241		K40-44	10			00:21:33	00:43:25.25	+00:13:53 (32.0%)	8:41	6.9 (67.6%)
127	PRZYBORKIEWICZ Gosia	182	PIERNIKI TORUŃ	M- Niepełnosprawni(A)	4			00:21:41	00:43:31.00	+00:13:58 (32.1%)	8:42	6.9 (67.6%)
128	MŁODOŻYŃSKA Karolina	156	NAMASTE OBORNIKI	K45-49	11			00:21:48	00:43:39.75	+00:14:07 (32.4%)	8:43	6.9 (67.6%)
129	STENCEL Anna	201	NAMASTE OBORNIKI	K45-49	12			00:21:50	00:43:40.10	+00:14:08 (32.4%)	8:44	6.9 (67.6%)

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		
130	LACHNIK Grazyna	141		K50-54	7			00:22:05	00:44:07.60	+00:14:35 (33.1%)	8:49	6.8 (66.7%)
131	WORONKO-ZACZYŃSKA Janina	225	KGHM METRACO	K75-79	1			00:21:58	00:44:23.90	+00:14:51 (33.5%)	8:52	6.8 (66.7%)
132	ŚWITAŁA Magdalena	246		K40-44	11			00:21:43	00:44:32.05	+00:14:59 (33.7%)	8:54	6.7 (65.7%)
133	GOLECKA Agnieszka	114		K45-49	13			00:22:23	00:44:45.20	+00:15:13 (34.0%)	8:57	6.7 (65.7%)
134	WILK Iwona	219	NORDIC SPORT 2021	K45-49	14			00:23:05	00:45:54.95	+00:16:22 (35.7%)	9:10	6.5 (63.7%)
135	PACHOWICZ Monika	166	AKTYWNY MARGONIN	K30-39	10			00:23:32	00:45:57.05	+00:16:24 (35.7%)	9:11	6.5 (63.7%)
136	GAJEWSKA Aleksandra	110	MIASTO GORZÓW WIELKOPOLSKI	K60-64	5			00:22:52	00:46:19.65	+00:16:47 (36.2%)	9:15	6.5 (63.7%)
137	BUDNY Stanisław	94		M-Jun.	2			00:23:37	00:46:21.90	+00:16:49 (36.3%)	9:16	6.5 (63.7%)
138	BARTEK Sonia	82	BRAK	K- Niepełnosprawni(A)	3			00:23:20	00:46:29.10	+00:16:57 (36.5%)	9:17	6.5 (63.7%)
139	BLASZKA Michał	87	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	5			00:22:52	00:46:32.30	+00:17:00 (36.5%)	9:18	6.4 (62.7%)
140	PANKIEWICZ-DMOWSKA Cecylia	168		K70-74	4			00:22:19	00:46:32.50	+00:17:00 (36.5%)	9:18	6.4 (62.7%)
141	BLASZKA Ryszard	88	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	6			00:22:53	00:46:34.45	+00:17:02 (36.6%)	9:18	6.4 (62.7%)
142	DUSZEŃKO Elwira	104	KGHM METRACO	K- Niepełnosprawni(A)	4			00:22:50	00:47:00.80	+00:17:28 (37.2%)	9:24	6.4 (62.7%)
143	PLUTO-PRADZYŃSKI Kacper	176	SERCE NORDICA WŁOCLĄWEK	M-Dzieci	4			00:21:23	00:47:37.60	+00:18:05 (38.0%)	9:31	6.3 (61.8%)
144	PIĄTKOWSKI Józef	171	KGHM METRACO	M75-79	4			00:21:41	00:47:48.95	+00:18:16 (38.2%)	9:33	6.3 (61.8%)
145	WÓJCIK Henryk	227	UTW OLEŚNICA	M80+	2			00:23:40	00:47:53.25	+00:18:21 (38.3%)	9:34	6.3 (61.8%)
146	PRACKA Katarzyna	179	SERCE NORDICA WŁOCLĄWEK	K50-54	8			00:23:53	00:48:00.20	+00:18:28 (38.5%)	9:36	6.3 (61.8%)
147	KOSTKIEWICZ Iwona	132		K45-49	15			00:23:53	00:48:02.95	+00:18:30 (38.5%)	9:36	6.2 (60.8%)
148	SZYBUT Roma	203	POTĘGA NORDICA	K30-39	11			00:23:56	00:48:43.85	+00:19:11 (39.4%)	9:44	6.2 (60.8%)
149	ŚLUSARCZYK Danuta	211	WESOŁY BORSUK TEAM	K70-74	5			00:23:56	00:49:03.90	+00:19:31 (39.8%)	9:48	6.1 (59.8%)
150	DZIUBA-JANKOWSKA Małgorzata	13		K55-59	4			00:24:16	00:49:11.40	+00:19:39 (40.0%)	9:50	6.1 (59.8%)
151	JEZIERSKA Magdalena	124	WĄGROWIECKIE TOWARZYSTWO ' AMAZONEK '	K- Niepełnosprawni(B)	3			00:24:16	00:49:11.45	+00:19:39 (40.0%)	9:50	6.1 (59.8%)

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
152	MARIA Kolińska	150		K- Niepełnosprawni(B)	4			00:25:41	00:50:42.80	+00:21:10 (41.8%)	10:08	5.9 (57.8%)
153	ŚLUSARCZYK Błażej	210	WESOŁY BORSUK TEAM	M-Dzieci	5			00:26:50	00:52:57.40	+00:23:25 (44.2%)	10:35	5.7 (55.9%)
154	PRZYBORKIEWICZ Maja	181	PIERNIKI TORUŃ	K-Dzieci	2			00:26:44	00:54:29.65	+00:24:57 (45.8%)	10:53	5.5 (53.9%)
DQ	MARCINIAK Anna	148	AKTYWNA KCYNIA	K40-44			1	00:18:45 DQ	00:38:06.35 DQ		0:00	7.9 (77.5%)

Znaleziono 155 wynik(ów)