



# ENEA POLISH NW CUP - KOLBUSZOWA - 5KM - 6/6

B4SPORT

**Wydarzenie:** ENEA POLISH NORDIC WALKING CUP 6/6  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Miasto Kolbuszowa  
**Data:** 2023-10-07  
**Miejsce:** Kolbuszowa  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	173	K.S. VICTORIA POTĘGOWO	M50-54	1			00:14:23	00:28:50.00		5:46	10.4 (100%)
2	MARCZAK Tomasz	103	K.S. VICTORIA POTĘGOWO	M18-29	1			00:14:29	00:29:26.86	+00:00:36 (2.1%)	5:53	10.2 (98.1%)
3	STĘPAK Piotr	143	K.S. VICTORIA POTĘGOWO	M18-29	2			00:14:33	00:29:28.48	+00:00:38 (2.2%)	5:53	10.2 (98.1%)
4	MICHALEC Marcin	110	KKB MOSIR KROSNO	M30-39	1	1		00:14:29	00:29:36.22	+00:00:46 (2.6%)	5:55	10.1 (97.1%)
5	WOJTOWICZ Tomasz	174	K.S. VICTORIA POTĘGOWO	M30-39	2			00:14:33	00:30:06.48	+00:01:16 (4.2%)	6:01	10 (96.2%)
6	SOSNOWSKA Agnieszka	140	K.S. VICTORIA POTĘGOWO	K30-39	1			00:15:10	00:30:16.95	+00:01:26 (4.8%)	6:03	9.9 (95.2%)
7	ZDANOWICZ Arkadiusz	178	K.S. VICTORIA POTĘGOWO	M45-49	1			00:14:41	00:30:18.93	+00:01:28 (4.9%)	6:03	9.9 (95.2%)
8	ROŻYNEK Miron	131	KGHM METRACO POLKOWICE	M60-64	1			00:15:12	00:30:45.00	+00:01:55 (6.2%)	6:09	9.8 (94.2%)
9	KABATA Jarosław	86	NORDIC SPORT 2021	M50-54	2	1		00:14:50	00:31:01.68	+00:02:11 (7.1%)	6:12	9.7 (93.3%)
10	KUBISZYN Małgorzata	187	K.S. VICTORIA POTĘGOWO	K30-39	2			00:15:13	00:31:04.73	+00:02:14 (7.2%)	6:12	9.7 (93.3%)
11	WILUSZ Erwina	172	K.S. VICTORIA POTĘGOWO	K30-39	3	1		00:15:36	00:31:40.78	+00:02:50 (9.0%)	6:20	9.5 (91.3%)
12	DERUS Jakub	65	KATOWICKI NORDIC WALKING	M40-44	1			00:15:28	00:31:47.50	+00:02:57 (9.3%)	6:21	9.4 (90.4%)
13	FRĄCKOWIAK Roman	68	NORDIC SPORT 2021	M55-59	1			00:15:52	00:32:38.23	+00:03:48 (11.7%)	6:31	9.2 (88.5%)
14	BIELECKA Zuzanna	5	K.S. VICTORIA POTĘGOWO	K40-44	1			00:16:04	00:32:48.48	+00:03:58 (12.1%)	6:33	9.1 (87.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
15	<b>MAŚLANKA Iwona</b>	<b>106</b>	NORDIC SPORT 2021	K50-54	1	1		00:16:15	<b>00:33:06.55</b>	+00:04:16 (12.9%)	6:37	9.1 (87.5%)
16	<b>MICHALSKI Andrzej</b>	<b>183</b>	PŁOMIEŃ ZMIENNICA	M60-64	2	1		00:16:03	<b>00:33:09.55</b>	+00:04:19 (13.0%)	6:37	9 (86.5%)
17	<b>HELWICH Stefan</b>	<b>81</b>	KGHM METRACO POLKOWICE	M65-69	1			00:16:39	<b>00:33:11.03</b>	+00:04:21 (13.1%)	6:38	9 (86.5%)
18	<b>PASIERB Marek</b>	<b>118</b>	K.S. VICTORIA POTĘGOWO	M65-69	2			00:16:39	<b>00:33:11.78</b>	+00:04:21 (13.1%)	6:38	9 (86.5%)
19	<b>KRAKOWSKI Jerzy Piotr</b>	<b>192</b>	PTG SOKÓŁ 1893 MIELEC	M60-64	3			00:16:34	<b>00:33:29.00</b>	+00:04:39 (13.9%)	6:41	9 (86.5%)
20	<b>STEFANIAK Krzysztof</b>	<b>142</b>	KATOWICKI NORDIC WALKING	M65-69	3			00:16:39	<b>00:33:34.72</b>	+00:04:44 (14.1%)	6:42	8.9 (85.6%)
21	<b>HAŁAS Marcin</b>	<b>77</b>	PRUSZYŃSKI SPORT TEAM	M30-39	3			00:16:12	<b>00:33:38.90</b>	+00:04:48 (14.3%)	6:43	8.9 (85.6%)
22	<b>KNAPCZYK-KANIA Gabriela</b>	<b>91</b>	WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO	K45-49	1	1		00:16:37	<b>00:33:41.81</b>	+00:04:51 (14.4%)	6:44	8.9 (85.6%)
23	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>113</b>	NORDIC SPORT 2021	K55-59	1			00:16:44	<b>00:33:47.61</b>	+00:04:57 (14.7%)	6:45	8.9 (85.6%)
24	<b>KĘDZIA Henryk</b>	<b>88</b>	KS ESTEKA	M60-64	4			00:16:56	<b>00:34:02.92</b>	+00:05:12 (15.3%)	6:48	8.8 (84.6%)
25	<b>BREWKA Joachim</b>	<b>56</b>	NORDIC SPORT 2021	M55-59	2			00:17:02	<b>00:34:16.34</b>	+00:05:26 (15.9%)	6:51	8.8 (84.6%)
26	<b>PUKSZTA Krzysiek</b>	<b>126</b>	WESOŁY BORSUK TEAM	M40-44	2	1		00:16:51	<b>00:34:39.20</b>	+00:05:49 (16.8%)	6:55	8.7 (83.7%)
27	<b>HRYCIUK Waldemar</b>	<b>83</b>	K.S. VICTORIA POTĘGOWO	M65-69	4			00:16:49	<b>00:34:41.34</b>	+00:05:51 (16.9%)	6:56	8.6 (82.7%)
28	<b>WOJTKIEWICZ Jarosław</b>	<b>186</b>		M55-59	3			00:16:59	<b>00:34:44.85</b>	+00:05:54 (17.0%)	6:56	8.6 (82.7%)
29	<b>STOLARCZYK Zenon</b>	<b>144</b>	OBORYGENI	M70-74	1			00:17:55	<b>00:34:50.18</b>	+00:06:00 (17.2%)	6:58	8.6 (82.7%)
30	<b>PYTLAK Adam</b>	<b>127</b>	KKNW KOLBUSZOWA	M55-59	4			00:17:10	<b>00:34:50.94</b>	+00:06:00 (17.3%)	6:58	8.6 (82.7%)
31	<b>SŁOWIK Jan</b>	<b>138</b>	WYBIEGAMY W PRZYSZŁOŚĆ	M- Niepełnosprawni(A)	1			00:17:11	<b>00:34:54.28</b>	+00:06:04 (17.4%)	6:58	8.6 (82.7%)
32	<b>GRUSZKA Michał</b>	<b>74</b>	NORDIC SPORT 2021	M45-49	2			00:17:13	<b>00:34:55.75</b>	+00:06:05 (17.5%)	6:59	8.6 (82.7%)
33	<b>DUSZEŃKO Zygmunt</b>	<b>190</b>	KGHM METRACO POLKOWICE	M- Niepełnosprawni(A)	2			00:17:13	<b>00:34:58.41</b>	+00:06:08 (17.6%)	6:59	8.6 (82.7%)
34	<b>POLAK Łukasz</b>	<b>124</b>	OBORYGENI	M40-44	3			00:17:06	<b>00:34:59.92</b>	+00:06:09 (17.6%)	6:59	8.6 (82.7%)
35	<b>CHYRA Janusz</b>	<b>61</b>	NORDIC SPORT 2021	M45-49	3			00:17:16	<b>00:35:02.20</b>	+00:06:12 (17.7%)	7:00	8.6 (82.7%)
36	<b>SZCZĘŚNIAK Zbigniew</b>	<b>149</b>	NORDIC TEAM CZĘSTOCHOWA	M60-64	5			00:17:34	<b>00:35:27.10</b>	+00:06:37 (18.7%)	7:05	8.5 (81.7%)
37	<b>GIEŁBAGA Aneta</b>	<b>72</b>	ACTIVE TEAM KOZŁÓW	K45-49	2			00:12:20	<b>00:35:29.89</b>	+00:06:39 (18.8%)	7:05	8.5 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
38	<b>SZPUNAR Mariusz</b>	<b>154</b>	Z NURTEM SAWY NW KLUB	M50-54	3			00:17:31	<b>00:35:45.23</b>	+00:06:55 (19.4%)	7:09	8.4 (80.8%)
39	<b>SOBEK Mateusz</b>	<b>139</b>	LEJDIS OF NORDIC	M30-39	4			00:17:28	<b>00:35:51.53</b>	+00:07:01 (19.6%)	7:10	8.4 (80.8%)
40	<b>HRYCIUK Teresa</b>	<b>82</b>	K.S. VICTORIA POTĘGOWO	K60-64	1			00:17:32	<b>00:35:56.71</b>	+00:07:06 (19.8%)	7:11	8.3 (79.8%)
41	<b>WOŚ Anna</b>	<b>175</b>	LEJDIS OF NORDIC	K40-44	2			00:17:48	<b>00:35:57.46</b>	+00:07:07 (19.8%)	7:11	8.3 (79.8%)
42	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>119</b>	PRUSZYŃSKI SPORT TEAM	K45-49	3			00:17:42	<b>00:35:57.89</b>	+00:07:07 (19.8%)	7:11	8.3 (79.8%)
43	<b>BARTYŃSKI Zdzisław</b>	<b>53</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59	5			00:17:38	<b>00:36:35.71</b>	+00:07:45 (21.2%)	7:19	8.2 (78.8%)
44	<b>PASIERB Wojtek</b>	<b>117</b>	LEJDIS OF NORDIC	M55-59	6			00:18:03	<b>00:36:41.00</b>	+00:07:51 (21.4%)	7:20	8.2 (78.8%)
45	<b>ŚLUSARCZYK Grzegorz</b>	<b>162</b>	WESOŁY BORSUK TEAM	M45-49	4	1		00:18:07	<b>00:36:43.01</b>	+00:07:53 (21.5%)	7:20	8.2 (78.8%)
46	<b>ADAMCZYK Bogdan</b>	<b>51</b>	BASZTA BYTÓW	M50-54	4			00:17:53	<b>00:37:01.78</b>	+00:08:11 (22.1%)	7:24	8.1 (77.9%)
47	<b>LACHNIK Hubert</b>	<b>100</b>		M70-74	2			00:18:27	<b>00:37:07.52</b>	+00:08:17 (22.3%)	7:25	8.1 (77.9%)
48	<b>MIŚKOWICZ Anna</b>	<b>111</b>	PRUSZYŃSKI SPORT TEAM	K65-69	1			00:18:23	<b>00:37:09.51</b>	+00:08:19 (22.4%)	7:25	8.1 (77.9%)
49	<b>GRYGOROWICZ Bogdan</b>	<b>76</b>	KGHM METRACO POLKOWICE	M- Niepełnosprawni(B)	1	1		00:18:38	<b>00:37:17.35</b>	+00:08:27 (22.7%)	7:27	8 (76.9%)
50	<b>BUDNY Sławomir</b>	<b>57</b>		M- Niepełnosprawni(B)	2			00:18:37	<b>00:37:18.02</b>	+00:08:28 (22.7%)	7:27	8 (76.9%)
51	<b>STYGA Krystyna</b>	<b>146</b>		K60-64	2			00:18:25	<b>00:37:25.08</b>	+00:08:35 (22.9%)	7:29	8 (76.9%)
52	<b>WIĘCŁAW Tomasz</b>	<b>168</b>	LEJDIS OF NORDIC	M45-49	5			00:18:03	<b>00:37:33.00</b>	+00:08:43 (23.2%)	7:30	8 (76.9%)
53	<b>BUDNY Franciszek</b>	<b>58</b>		M-Dzieci	1			00:18:27	<b>00:37:34.63</b>	+00:08:44 (23.3%)	7:30	8 (76.9%)
54	<b>SZYBUT Weronika</b>	<b>157</b>	POTĘGA NORDICA	K-Jun.	1			00:18:46	<b>00:37:51.56</b>	+00:09:01 (23.8%)	7:34	7.9 (76.0%)
55	<b>CZMOCH Marian</b>	<b>64</b>	NORDIC SPORT 2021	M70-74	3			00:18:30	<b>00:37:53.52</b>	+00:09:03 (23.9%)	7:34	7.9 (76.0%)
56	<b>CZARNOTA Andrzej</b>	<b>62</b>	Z NURTEM SAWY NW KLUB	M65-69	5			00:18:58	<b>00:38:02.06</b>	+00:09:12 (24.2%)	7:36	7.9 (76.0%)
57	<b>PELC Krzysztof</b>	<b>120</b>	LEJDIS OF NORDIC	M55-59	7			00:18:37	<b>00:38:02.95</b>	+00:09:12 (24.2%)	7:36	7.9 (76.0%)
58	<b>URBAN Robert</b>	<b>166</b>	KKNW KOLBUSZOWA	M50-54	5			00:18:38	<b>00:38:08.00</b>	+00:09:18 (24.4%)	7:37	7.9 (76.0%)
59	<b>GŁADYSZ Katarzyna</b>	<b>73</b>	LEJDIS OF NORDIC	K45-49	4			00:18:49	<b>00:38:12.62</b>	+00:09:22 (24.5%)	7:38	7.9 (76.0%)
60	<b>RUSINOWICZ Andrzej</b>	<b>133</b>	FABRYKA NORDICA TRZCIANKA	M75-79	1			00:18:56	<b>00:38:15.73</b>	+00:09:25 (24.6%)	7:39	7.8 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
61	<b>ŚLUSARCZYK Andrzej</b>	<b>160</b>	WESOŁY BORSUK TEAM	M70-74	4			00:18:46	<b>00:38:19.79</b>	+00:09:29 (24.8%)	7:39	7.8 (75.0%)
62	<b>MAJEWSKI Jan</b>	<b>102</b>	GORZYCE CHODZI Z KIJKAMI	M70-74	5			00:18:40	<b>00:38:22.39</b>	+00:09:32 (24.9%)	7:40	7.8 (75.0%)
63	<b>TWARDOWSKI Mikołaj</b>	<b>164</b>	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	2			00:18:49	<b>00:38:22.84</b>	+00:09:32 (24.9%)	7:40	7.8 (75.0%)
64	<b>ZAJĄC Joanna</b>	<b>193</b>	SPORTNG HORYNIEC ZDRÓJ	K- Niepełnosprawni(A)	1			00:19:00	<b>00:38:28.71</b>	+00:09:38 (25.1%)	7:41	7.8 (75.0%)
65	<b>ZDRZAŁEK Alicja</b>	<b>180</b>	NORDIC SPORT 2021	K40-44	3			00:19:51	<b>00:38:41.10</b>	+00:09:51 (25.5%)	7:44	7.8 (75.0%)
66	<b>SELWA Andrzej</b>	<b>135</b>		M45-49	6			00:19:43	<b>00:38:43.04</b>	+00:09:53 (25.5%)	7:44	7.7 (74.0%)
67	<b>JAKUBOWSKI Zbigniew</b>	<b>84</b>		M70-74	6			00:19:08	<b>00:38:49.91</b>	+00:09:59 (25.7%)	7:45	7.7 (74.0%)
68	<b>SZUKAŁA Rafał</b>	<b>155</b>	ACTIVE TEAM KOZŁÓW	M45-49	7			00:19:22	<b>00:38:51.15</b>	+00:10:01 (25.8%)	7:46	7.7 (74.0%)
69	<b>PANKIEWICZ Ewelina</b>	<b>185</b>		K30-39	4			00:19:12	<b>00:39:09.48</b>	+00:10:19 (26.4%)	7:49	7.7 (74.0%)
70	<b>GANCARZ Zbigniew</b>	<b>70</b>	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	3			00:19:29	<b>00:39:32.96</b>	+00:10:42 (27.1%)	7:54	7.6 (73.1%)
71	<b>FRYC Jan</b>	<b>69</b>	KKNW KOLBUSZOWA	M60-64	6			00:20:14	<b>00:39:33.71</b>	+00:10:43 (27.1%)	7:54	7.6 (73.1%)
72	<b>SAPUŁA Wiktoria</b>	<b>182</b>	K.S. VICTORIA POTĘGOWO	K18-29	1			00:19:20	<b>00:39:37.12</b>	+00:10:47 (27.2%)	7:55	7.6 (73.1%)
73	<b>KURDZIEL Anna</b>	<b>98</b>	KKNW KOLBUSZOWA	K40-44	4			00:19:51	<b>00:39:50.94</b>	+00:11:00 (27.6%)	7:58	7.5 (72.1%)
74	<b>URBAN Iwona</b>	<b>165</b>	KKNW KOLBUSZOWA	K50-54	2			00:19:40	<b>00:39:53.93</b>	+00:11:03 (27.7%)	7:58	7.5 (72.1%)
75	<b>WILK Iwona</b>	<b>171</b>	NORDIC SPORT 2021	K45-49	5			00:20:04	<b>00:40:00.01</b>	+00:11:10 (27.9%)	8:00	7.5 (72.1%)
76	<b>KRAKOWSKI Igor</b>	<b>95</b>	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	3			00:19:39	<b>00:40:03.20</b>	+00:11:13 (28.0%)	8:00	7.5 (72.1%)
77	<b>LACHNIK Grazyna</b>	<b>99</b>		K50-54	3			00:19:48	<b>00:40:08.09</b>	+00:11:18 (28.2%)	8:01	7.5 (72.1%)
78	<b>HANUS Joanna</b>	<b>78</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:19:54	<b>00:40:13.64</b>	+00:11:23 (28.3%)	8:02	7.5 (72.1%)
79	<b>GRYGOROWICZ Teresa</b>	<b>75</b>	KGHM METRACO POLKOWICE	K70-74	1			00:19:52	<b>00:40:30.74</b>	+00:11:40 (28.8%)	8:06	7.4 (71.2%)
80	<b>PODORSKI Roman</b>	<b>122</b>	STG TARNÓW	M80+	1			00:20:12	<b>00:40:49.87</b>	+00:11:59 (29.4%)	8:09	7.3 (70.2%)
81	<b>ZUBER Krystyna</b>	<b>181</b>	KKNW KOLBUSZOWA	K65-69	2			00:20:34	<b>00:40:53.11</b>	+00:12:03 (29.5%)	8:10	7.3 (70.2%)
82	<b>ZDANOWICZ Marta</b>	<b>179</b>		K45-49	6			00:19:43	<b>00:41:01.42</b>	+00:12:11 (29.7%)	8:12	7.3 (70.2%)
83	<b>WRÓBEL Halina</b>	<b>176</b>	KKNW KOLBUSZOWA	K60-64	3			00:20:14	<b>00:41:07.11</b>	+00:12:17 (29.9%)	8:13	7.3 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
84	<b>KISAŁA Marcin</b>	<b>89</b>	LEJDIS OF NORDIC	M50-54	6			00:20:49	<b>00:41:36.93</b>	+00:12:46 (30.7%)	8:19	7.2 (69.2%)
85	<b>THOMALLA Bogdan</b>	<b>163</b>	NORDIC SPORT 2021	M80+	2			00:15:54	<b>00:41:43.00</b>	+00:12:53 (30.9%)	8:20	7.2 (69.2%)
86	<b>KRÓL Grażyna</b>	<b>96</b>	KKNW KOLBUSZOWA	K70-74	2			00:20:32	<b>00:41:57.66</b>	+00:13:07 (31.3%)	8:23	7.2 (69.2%)
87	<b>SZNAJDER Zenon</b>	<b>152</b>		M70-74	7			00:20:16	<b>00:42:08.61</b>	+00:13:18 (31.6%)	8:25	7.1 (68.3%)
88	<b>SZNAJDER Teresa</b>	<b>153</b>		K65-69	3			00:20:58	<b>00:42:12.01</b>	+00:13:22 (31.7%)	8:26	7.1 (68.3%)
89	<b>SUDOŁ Maria</b>	<b>147</b>	KKNW KOLBUSZOWA	K65-69	4			00:20:58	<b>00:42:18.14</b>	+00:13:28 (31.8%)	8:27	7.1 (68.3%)
90	<b>ADAMOWICZ Andrzej</b>	<b>52</b>		M75-79	2			00:20:53	<b>00:42:41.78</b>	+00:13:51 (32.5%)	8:32	7 (67.3%)
91	<b>BUDNY Stanisław</b>	<b>59</b>		M-Jun.	1			00:21:30	<b>00:42:47.85</b>	+00:13:57 (32.6%)	8:33	7 (67.3%)
92	<b>MARCINEK Filip</b>	<b>188</b>		M-Dzieci	4			00:20:32	<b>00:43:07.54</b>	+00:14:17 (33.1%)	8:37	7 (67.3%)
93	<b>PIĄTKOWSKI Józef</b>	<b>121</b>	KGHM METRACO POLKOWICE	M75-79	3			00:19:10	<b>00:43:08.00</b>	+00:14:18 (33.2%)	8:37	7 (67.3%)
94	<b>DUSZEŃKO Elwira</b>	<b>189</b>	KGHM METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:21:28	<b>00:43:20.62</b>	+00:14:30 (33.5%)	8:40	6.9 (66.3%)
95	<b>BOGACZ-GUL Jolanta</b>	<b>55</b>	KKNW KOLBUSZOWA	K45-49	7			00:22:00	<b>00:43:45.33</b>	+00:14:55 (34.1%)	8:45	6.9 (66.3%)
96	<b>KISAŁA Agnieszka</b>	<b>90</b>	LEJDIS OF NORDIC	K40-44	5			00:21:19	<b>00:43:48.44</b>	+00:14:58 (34.2%)	8:45	6.8 (65.4%)
97	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>116</b>		K75-79	1			00:21:55	<b>00:44:08.55</b>	+00:15:18 (34.7%)	8:49	6.8 (65.4%)
98	<b>WIKTOR Irena</b>	<b>169</b>	KLUB SPORTOWY ISKRA MIELEC	K- Niepełnosprawni(A)	3			00:21:18	<b>00:44:08.74</b>	+00:15:18 (34.7%)	8:49	6.8 (65.4%)
99	<b>NOWORYTA Jacek</b>	<b>112</b>		M80+	3			00:22:15	<b>00:45:01.54</b>	+00:16:11 (36.0%)	9:00	6.7 (64.4%)
100	<b>SAJDAK Stanisław</b>	<b>134</b>	KKNW KOLBUSZOWA	M75-79	4			00:22:19	<b>00:45:16.43</b>	+00:16:26 (36.3%)	9:03	6.6 (63.5%)
101	<b>KOZAK Teresa</b>	<b>94</b>	KKNW KOLBUSZOWA	K65-69	5			00:22:04	<b>00:45:42.15</b>	+00:16:52 (36.9%)	9:08	6.6 (63.5%)
102	<b>SKOWROŃSKA Elżbieta</b>	<b>137</b>	KKNW KOLBUSZOWA	K70-74	3			00:23:16	<b>00:46:13.41</b>	+00:17:23 (37.6%)	9:14	6.5 (62.5%)
103	<b>KOŁODZIEJ Halina</b>	<b>93</b>	KKNW KOLBUSZOWA	K70-74	4			00:23:18	<b>00:46:37.44</b>	+00:17:47 (38.2%)	9:19	6.4 (61.5%)
104	<b>KOCZUR Dorota</b>	<b>92</b>	KKNW KOLBUSZOWA	K70-74	5			00:23:26	<b>00:47:10.12</b>	+00:18:20 (38.9%)	9:26	6.4 (61.5%)
105	<b>ŚLUSARCZYK Błażej</b>	<b>161</b>	WESOŁY BORSUK TEAM	M-Dzieci	5			00:24:18	<b>00:47:12.00</b>	+00:18:22 (38.9%)	9:26	6.4 (61.5%)
106	<b>WYDERKA Ewa</b>	<b>177</b>		K45-49	8			00:23:26	<b>00:47:41.35</b>	+00:18:51 (39.5%)	9:32	6.3 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>JUREK Ewa</b>	<b>85</b>		K- Niepełnosprawni(B)	2			00:23:44	<b>00:48:15.40</b>	+00:19:25 (40.3%)	9:39	6.2 (59.6%)
108	<b>STUDNICKI Ryszard</b>	<b>145</b>	KKNW KOLBUSZOWA	M75-79	5			00:25:15	<b>00:50:58.34</b>	+00:22:08 (43.4%)	10:11	5.9 (56.7%)
109	<b>WIKTOR Dawid</b>	<b>170</b>	KLUB SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	4			00:25:56	<b>00:51:59.40</b>	+00:23:09 (44.5%)	10:23	5.8 (55.8%)
110	<b>LUBERA Ludmiła</b>	<b>101</b>	KKNW KOLBUSZOWA	K70-74	6			00:27:25	<b>00:52:26.73</b>	+00:23:36 (45.0%)	10:29	5.7 (54.8%)
111	<b>ROMANIUK Krystyna</b>	<b>130</b>	KKNW KOLBUSZOWA	K60-64	4			00:25:21	<b>00:52:35.19</b>	+00:23:45 (45.2%)	10:31	5.7 (54.8%)
112	<b>HANUS Teresa</b>	<b>79</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	3			00:26:40	<b>00:54:27.89</b>	+00:25:37 (47.1%)	10:53	5.5 (52.9%)
113	<b>ORZECOWSKI Grzegorz</b>	<b>115</b>	KKNW KOLBUSZOWA	M- Niepełnosprawni(B)	5			00:28:31	<b>00:57:14.50</b>	+00:28:24 (49.6%)	11:26	5.2 (50.0%)
114	<b>SZYBUT Milena</b>	<b>158</b>	POTĘGA NORDICA	K-Dzieci	1			00:26:29	<b>00:57:20.62</b>	+00:28:30 (49.7%)	11:28	5.2 (50.0%)
115	<b>ROMANIUK Grzegorz</b>	<b>129</b>	KKNW KOLBUSZOWA	M60-64	7			00:23:19	<b>00:59:28.83</b>	+00:30:38 (51.5%)	11:53	5 (48.1%)
DQ	<b>KANIA Adam</b>	<b>191</b>		M55-59			1	00:17:34 DQ	<b>DQ</b>			(0.0%)
DNC	<b>CHODOROWSKA Zenona</b>	<b>60</b>	KKNW KOLBUSZOWA	K70-74				00:32:32				(0.0%)
DNC	<b>MARGAŃSKA Stanisława</b>	<b>104</b>	KKNW KOLBUSZOWA	K18-29				00:35:09				(0.0%)
DNC	<b>GARBACKA Cecylia</b>	<b>184</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70-74				00:35:36				(0.0%)
DNC	<b>RĘBIŚ Grażyna</b>	<b>128</b>	KKNW KOLBUSZOWA	K65-69				00:36:16				(0.0%)

Znaleziono 120 wynik(ów)