



ENEA POLISH NW CUP - POTĘGOWO - 5KM - 1/6

B4SPORT

Wydarzenie: Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-05-13
Miejsce: Potęgowo
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	WOJTOWICZ Tomasz	205	K.S. VICTORIA POTĘGOWO	M30-39	1			00:14:56	00:30:31.10		6:06	9.8 (100%)
2	KUŹMICZ Adam	128	POLIPACK TEAM GWE	M40-44	1			00:15:11	00:31:01.45	+00:00:30 (1.6%)	6:12	9.7 (99.0%)
3	WETOSZKA Piotr	197	K.S. VICTORIA POTĘGOWO	M30-39	2			00:15:16	00:31:16.05	+00:00:44 (2.4%)	6:15	9.6 (98.0%)
4	SZAMOTULSKI Henryk	184		M45-49	1	1		00:15:25	00:31:28.30	+00:00:57 (3.0%)	6:17	9.5 (96.9%)
5	STĘPAK Piotr	182	K.S. VICTORIA POTĘGOWO	M18-29	1	1		00:15:32	00:31:31.60	+00:01:00 (3.2%)	6:18	9.5 (96.9%)
6	ROSAK Marcin	168	K.S. VICTORIA POTĘGOWO	M45-49	2			00:15:29	00:31:32.75	+00:01:01 (3.3%)	6:18	9.5 (96.9%)
7	KABATA Jarosław	109	NORDIC SPORT 2021	M50-54	1			00:15:41	00:32:34.60	+00:02:03 (6.3%)	6:30	9.2 (93.9%)
8	WILUSZ Erwina	200	K.S. VICTORIA POTĘGOWO	K30-39	1			00:16:18	00:33:03.95	+00:02:32 (7.7%)	6:36	9.1 (92.9%)
9	ZABŁOCKI Karol	207	FIRE WINGS NW TEAM	M30-39	3			00:16:23	00:33:23.70	+00:02:52 (8.6%)	6:40	9 (91.8%)
10	ROŻYNEK Miron	169	KGHM METRACO POLKOWICE	M60-64	1			00:16:26	00:33:23.90	+00:02:52 (8.6%)	6:40	9 (91.8%)
11	GŁOGOWSKI Wojciech	91	KGHM METRACO POLKOWICE	M-Jun.	1			00:16:24	00:33:37.05	+00:03:05 (9.2%)	6:43	8.9 (90.8%)
12	ZDANOWICZ Arkadiusz	209	K.S. VICTORIA POTĘGOWO	M45-49	3			00:16:27	00:33:58.20	+00:03:27 (10.2%)	6:47	8.8 (89.8%)
13	HAŁAS Marcin	213	PRUSZYŃSKI SPORT TEAM	M30-39	4			00:16:39	00:34:01.75	+00:03:30 (10.3%)	6:48	8.8 (89.8%)
14	MAŚLANKA Jacek	147		M60-64	2			00:16:47	00:34:02.40	+00:03:31 (10.3%)	6:48	8.8 (89.8%)

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	FRAĆKOWIAK Roman	86	NORDIC SPORT 2021	M55-59	1			00:16:34	00:34:15.60	+00:03:44 (10.9%)	6:51	8.8 (89.8%)
16	BIELECKA Zuzanna	76	K.S. VICTORIA POTĘGOWO	K40-44	1			00:16:38	00:34:16.10	+00:03:45 (10.9%)	6:51	8.8 (89.8%)
17	HELWICH Stefan	102	KGHM METRACO POLKOWICE	M65-69	1			00:16:54	00:34:17.85	+00:03:46 (11.0%)	6:51	8.8 (89.8%)
18	RADZIMSKI Karol	166	NIEZRZESZONY	M65-69	2	1		00:16:56	00:34:19.75	+00:03:48 (11.1%)	6:51	8.7 (88.8%)
19	MALICKI Hubert	143	NORDIC SPORT 2021	M45-49	4			00:16:55	00:34:46.60	+00:04:15 (12.2%)	6:57	8.6 (87.8%)
20	LUDWICZAK Andżelika	139	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:16:57	00:34:47.35	+00:04:16 (12.3%)	6:57	8.6 (87.8%)
21	STEFANIAK Krzysztof	178	KATOWICKI NORDIC WALKING	M65-69	3			00:17:20	00:35:30.60	+00:04:59 (14.1%)	7:06	8.5 (86.7%)
22	BREWKA Joachim	80	NORDIC SPORT 2021	M55-59	2			00:17:47	00:35:51.90	+00:05:20 (14.9%)	7:10	8.4 (85.7%)
23	MAŚLANKA Iwona	146	NORDIC SPORT 2021	K50-54	1	1		00:17:34	00:35:58.70	+00:05:27 (15.2%)	7:11	8.3 (84.7%)
24	JUREK Adam	108	KGHM METRACO POLKOWICE	M60-64	3			00:17:35	00:36:00.80	+00:05:29 (15.3%)	7:12	8.3 (84.7%)
25	KOŁODZIEJ Joanna	214	PRUSZYŃSKI SPORT TEAM	K55-59	1			00:17:51	00:36:12.65	+00:05:41 (15.7%)	7:14	8.3 (84.7%)
26	WIELGAT Łukasz	198		M30-39	5			00:18:04	00:36:16.60	+00:05:45 (15.9%)	7:15	8.3 (84.7%)
27	OKRZESIK-FRAĆKOWIAK Izabela	155	NORDIC SPORT 2021	K55-59	2			00:18:02	00:36:17.30	+00:05:46 (15.9%)	7:15	8.3 (84.7%)
28	SANIUK Edward	171	FACE NORDIC WALKING TEAM	M70-74	1	1		00:18:09	00:36:20.40	+00:05:49 (16.0%)	7:16	8.3 (84.7%)
29	HRYCIUK Waldemar	104	K.S. VICTORIA POTĘGOWO	M65-69	4			00:17:49	00:36:32.50	+00:06:01 (16.5%)	7:18	8.2 (83.7%)
30	KARPIENIA Ewa	111	K.S. VICTORIA POTĘGOWO	K50-54	2			00:18:09	00:36:36.05	+00:06:04 (16.6%)	7:19	8.2 (83.7%)
31	MISZTAL Grzegorz	149	PRUSZYŃSKI SPORT TEAM	M30-39	6			00:17:33	00:36:36.65	+00:06:05 (16.6%)	7:19	8.2 (83.7%)
32	OLSZAŃSKI Karol	156	PRUSZYŃSKI SPORT TEAM	M45-49	5			00:17:29	00:36:41.35	+00:06:10 (16.8%)	7:20	8.2 (83.7%)
33	NACZK Wiktoria	39	POLIPACK TEAM GWE	K18-29	1	1		00:18:23	00:37:07.45	+00:06:36 (17.8%)	7:25	8.1 (82.7%)
34	GIERSZEWSKI Arkadiusz	90	BŁĘKITNI DZIEMIANY	M45-49	6			00:18:18	00:37:11.95	+00:06:40 (18.0%)	7:26	8.1 (82.7%)
35	BECZEK Magdalena	75	POLIPACK TEAM GWE	K30-39	2	1		00:18:17	00:37:20.60	+00:06:49 (18.3%)	7:28	8 (81.6%)
36	IGIELSKI Sławomir	105		M65-69	5			00:18:22	00:37:31.95	+00:07:00 (18.7%)	7:30	8 (81.6%)
37	STACHOWICZ Joanna	177	K.S. VICTORIA POTĘGOWO	K30-39	3			00:18:30	00:37:39.55	+00:07:08 (19.0%)	7:31	8 (81.6%)

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
38	PASIERB Marek	159	K.S. VICTORIA POTEGOWO	M65-69	6			00:18:17	00:37:40.85	+00:07:09 (19.0%)	7:32	8 (81.6%)
39	ZDRZAŁEK Alicja	211	NORDIC SPORT 2021	K40-44	2			00:18:35	00:37:54.60	+00:07:23 (19.5%)	7:34	7.9 (80.6%)
40	SZYMAŃSKI Stefan	192	XV KOŁO PZERIIW DYWITACH	M75-79	1			00:18:35	00:37:57.00	+00:07:25 (19.6%)	7:35	7.9 (80.6%)
41	WITUCKA Karolina	203	K.S. VICTORIA POTĘGOWO	K-Jun.	1			00:18:44	00:38:00.95	+00:07:29 (19.7%)	7:36	7.9 (80.6%)
42	LACHNIK Hubert	132		M70-74	2			00:19:00	00:38:13.25	+00:07:42 (20.2%)	7:38	7.8 (79.6%)
43	LEJKOWSKA Mirela	135	POLIPACK TEAM GWE	K40-44	3			00:18:57	00:38:22.35	+00:07:51 (20.5%)	7:40	7.8 (79.6%)
44	CZMOCH Marian	82	NORDIC SPORT 2021	M70-74	3			00:19:00	00:38:30.05	+00:07:58 (20.7%)	7:42	7.8 (79.6%)
45	HARENDĄ Dawid	101	KOLARSKI KLUB SPORTOWIEC PIŁA	M-Dzieci	1			00:19:36	00:38:37.15	+00:08:06 (21.0%)	7:43	7.8 (79.6%)
46	LEWICKI Szymon	231		M-Jun.	2	1		00:19:43	00:38:37.55	+00:08:06 (21.0%)	7:43	7.8 (79.6%)
47	SZYBUT Weronika	190	POTĘGA NORDICA	K-Jun.	2			00:19:04	00:38:42.25	+00:08:11 (21.1%)	7:44	7.8 (79.6%)
48	KASPRZAK Tadeusz	112	TURBO KIJE	M- Niepełnosprawni(A)	1			00:19:11	00:38:42.55	+00:08:11 (21.2%)	7:44	7.8 (79.6%)
49	MIŚKOWICZ Anna	150		K65-69	1			00:19:15	00:38:43.30	+00:08:12 (21.2%)	7:44	7.7 (78.6%)
50	HRYCIUK Teresa	103	K.S. VICTORIA POTĘGOWO	K60-64	1			00:18:42	00:38:44.65	+00:08:13 (21.2%)	7:44	7.7 (78.6%)
51	PASIŃSKA-SKOWRON Sylwia	160	PRUSZYŃSKI SPORT TEAM	K45-49	2	1		00:18:55	00:38:47.55	+00:08:16 (21.3%)	7:45	7.7 (78.6%)
52	PODSIADŁY Stanisław	163	K.S. VICTORIA POTĘGOWO	M65-69	7			00:19:10	00:38:49.95	+00:08:18 (21.4%)	7:45	7.7 (78.6%)
53	RUSINOWICZ Andrzej	170	FABRYKA NORDIKA TRZCIANKA	M75-79	2			00:18:56	00:38:50.60	+00:08:19 (21.4%)	7:46	7.7 (78.6%)
54	MARCZAK Tomasz	145	K.S. VICTORIA POTĘGOWO	M18-29	2			00:19:26	00:38:53.80	+00:08:22 (21.5%)	7:46	7.7 (78.6%)
55	KRAWCZYK Dorota	124	FABRYKA NORDICA TRZCIANKA	K65-69	2			00:19:12	00:39:02.00	+00:08:30 (21.8%)	7:48	7.7 (78.6%)
56	SZCZĘŚNIAK Zbigniew	185	NORDIC TEAM CZĘSTOCHOWA	M60-64	4			00:19:06	00:39:14.55	+00:08:43 (22.2%)	7:50	7.6 (77.6%)
57	KOŁPAK Jan	116	LKS ZANTYR SZTUM	M75-79	3			00:19:26	00:39:14.60	+00:08:43 (22.2%)	7:50	7.6 (77.6%)
58	STOLTMANN Helena	183	K.S. VICTORIA POTĘGOWO	K60-64	2			00:19:17	00:39:17.30	+00:08:46 (22.3%)	7:51	7.6 (77.6%)
59	OLSZEWSKI Ryszard	157	LKS ZANTYR SZTUM	M70-74	4			00:19:18	00:39:21.55	+00:08:50 (22.5%)	7:52	7.6 (77.6%)
60	ROMANOWSKA Eliza	167	KGHM METRACO POLKOWICE	K-Dzieci	1			00:19:11	00:39:21.85	+00:08:50 (22.5%)	7:52	7.6 (77.6%)

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
61	GRETKOWSKA Zuzanna	93	LKS ZANTYR SZTUM	K-Dzieci	2			00:19:12	00:39:22.60	+00:08:51 (22.5%)	7:52	7.6 (77.6%)
62	KUŹMICZ Dominik	130	POLIPACK TEAM GWE	M-Jun.	3			00:20:11	00:39:24.45	+00:08:53 (22.6%)	7:52	7.6 (77.6%)
63	GRUSZKA Michał	94	NORDIC SPORT 2021	M45-49	7			00:19:27	00:39:26.05	+00:08:54 (22.6%)	7:53	7.6 (77.6%)
64	ADAMCZYK Bogdan	72	BASZTA BYTÓW	M50-54	2			00:19:19	00:39:34.95	+00:09:03 (22.9%)	7:54	7.6 (77.6%)
65	HALIK-LEWANDOWSKA Jadwiga	99	LKS ZANTYR SZTUM	K65-69	3			00:19:37	00:39:52.80	+00:09:21 (23.5%)	7:58	7.5 (76.5%)
66	KASPEREK Edyta	224	NW CZŁAPSKI TEAM	K45-49	3			00:19:39	00:39:53.95	+00:09:22 (23.5%)	7:58	7.5 (76.5%)
67	GAŁKOWSKA Elżbieta	87		K65-69	4			00:19:47	00:39:54.60	+00:09:23 (23.5%)	7:58	7.5 (76.5%)
68	SZMAJDA Filip	242		M-Dzieci	2			00:19:44	00:39:55.85	+00:09:24 (23.6%)	7:59	7.5 (76.5%)
69	KUŹMICZ Magdalena	129	POLIPACK TEAM GWE	K40-44	4			00:19:49	00:39:56.05	+00:09:24 (23.6%)	7:59	7.5 (76.5%)
70	KOZŁOWSKI Dominik	123	SP SKÓROWO	M-Jun.	4			00:19:42	00:40:01.20	+00:09:30 (23.7%)	8:00	7.5 (76.5%)
71	LEWANDOWSKI Roman	136	LKS ZANTYR SZTUM	M65-69	8			00:19:53	00:40:17.90	+00:09:46 (24.3%)	8:03	7.4 (75.5%)
72	DEPCZYŃSKI Rafał	84	ACTIVE FAMILY PASŁĘK	M50-54	3	1		00:19:43	00:40:19.90	+00:09:48 (24.3%)	8:03	7.4 (75.5%)
73	ANTOSIAK Simonetta	221		K-Jun.	3			00:19:35	00:40:43.85	+00:10:12 (25.1%)	8:08	7.4 (75.5%)
74	PANKIEWICZ Ewelina	215		K30-39	4			00:19:52	00:40:46.45	+00:10:15 (25.2%)	8:09	7.4 (75.5%)
75	WIRKUS Paweł	202		M60-64	5			00:20:01	00:40:53.45	+00:10:22 (25.4%)	8:10	7.3 (74.5%)
76	KOTUSIEWICZ Maria	118		K60-64	3			00:20:01	00:41:02.65	+00:10:31 (25.6%)	8:12	7.3 (74.5%)
77	BOETCHER Patrycja	243		K-Jun.	4			00:19:52	00:41:04.45	+00:10:33 (25.7%)	8:12	7.3 (74.5%)
78	SERÓWKA Lidia	173	KIJO MANIACY CHODZIEŻ	K-Niepełnosprawni(A)	1	1		00:20:08	00:41:07.65	+00:10:36 (25.8%)	8:13	7.3 (74.5%)
79	ŁOPIŃSKI Aleksy	141	FABRYKA NORDICA TRZCIANKA	M75-79	4			00:20:23	00:41:12.75	+00:10:41 (25.9%)	8:14	7.3 (74.5%)
80	JAROTEK Konrad	233		M-Dzieci	3			00:20:12	00:41:22.45	+00:10:51 (26.2%)	8:16	7.3 (74.5%)
81	KWIDZIŃSKI Paweł	226		M-Jun.	5			00:20:21	00:41:24.70	+00:10:53 (26.3%)	8:16	7.2 (73.5%)
82	WESOŁOWSKA Milena	210		K-Dzieci	3			00:20:23	00:41:27.45	+00:10:56 (26.4%)	8:17	7.2 (73.5%)
83	GRYGOROWICZ Bogdan	97	KGHM METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:20:13	00:41:34.15	+00:11:03 (26.6%)	8:18	7.2 (73.5%)

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
84	WILK Iwona	199	NORDIC SPORT 2021	K45-49	4			00:20:45	00:41:35.50	+00:11:04 (26.6%)	8:19	7.2 (73.5%)
85	ZWIERZ Andrzej	212	ACTIVE FAMILY PASŁĘK	M65-69	9			00:20:33	00:41:54.90	+00:11:23 (27.2%)	8:22	7.2 (73.5%)
86	BIESIADA Celina	77		K30-39	5			00:20:41	00:41:57.05	+00:11:25 (27.3%)	8:23	7.2 (73.5%)
87	TECŁAW Barbara	193		K50-54	3			00:20:59	00:42:03.80	+00:11:32 (27.4%)	8:24	7.1 (72.4%)
88	WANDTKE Antoni	196		M70-74	5			00:20:44	00:42:17.35	+00:11:46 (27.8%)	8:27	7.1 (72.4%)
89	GRYGOROWICZ Teresa	96	KGHM METRACO POLKOWICE	K70-74	1			00:21:04	00:42:31.60	+00:12:00 (28.2%)	8:30	7.1 (72.4%)
90	SAPUŁA Wiktoria	172	K.S. VICTORIA POTĘGOWO	K18-29	2			00:21:20	00:42:31.70	+00:12:00 (28.2%)	8:30	7.1 (72.4%)
90	WNĘK Ewa	204	KGHM MERTACO POLKOWICE	K65-69	5	1		00:20:48	00:42:31.70	+00:12:00 (28.2%)	8:30	7.1 (72.4%)
92	LEWICKI Alan	240		M-Dzieci	4			00:20:52	00:42:33.20	+00:12:02 (28.3%)	8:30	7.1 (72.4%)
93	PIETRZYK Anna	162		K- Niepełnosprawni(A)	2			00:20:27	00:42:43.55	+00:12:12 (28.6%)	8:32	7 (71.4%)
94	KISIELEWICZ Zofia	113	KGHM METRACO POLKOWICE	K-Jun.	5			00:19:34	00:42:50.05	+00:12:18 (28.8%)	8:34	7 (71.4%)
95	HARENDA Joanna	228		K50-54	4			00:21:23	00:43:03.95	+00:12:32 (29.1%)	8:36	7 (71.4%)
96	GAPSKI Kamil	88	K.S. VICTORIA POTĘGOWO	M30-39	7			00:21:04	00:43:18.65	+00:12:47 (29.5%)	8:39	6.9 (70.4%)
97	DOBOSZ Anna	223	NW CZŁAPSKI TEAM	K50-54	5			00:21:25	00:43:20.85	+00:12:49 (29.6%)	8:40	6.9 (70.4%)
98	HAŃCZYK Abigail	100		K18-29	3			00:21:31	00:43:28.10	+00:12:57 (29.8%)	8:41	6.9 (70.4%)
99	KOWALSKI Mirosław	120	GRYF NORDIC WALKING	M65-69	10	1		00:21:06	00:43:28.75	+00:12:57 (29.8%)	8:41	6.9 (70.4%)
100	MAŃKOWSKA Kaja	144		K18-29	4			00:21:38	00:43:36.50	+00:13:05 (30.0%)	8:43	6.9 (70.4%)
101	SIEMASZKO Magdalena	237	K.S. VICTORIA POTĘGOWO	K30-39	6			00:21:28	00:43:41.35	+00:13:10 (30.1%)	8:44	6.9 (70.4%)
102	JAKUBOWSKI Zbigniew	107		M70-74	6			00:21:17	00:43:45.50	+00:13:14 (30.3%)	8:45	6.9 (70.4%)
103	GRABOWSKA Bożena	92	LKS ZANTYR SZTUM	K50-54	6			00:21:32	00:43:55.60	+00:13:24 (30.5%)	8:47	6.8 (69.4%)
104	SZNAJDER Teresa	187		K65-69	6			00:21:37	00:43:57.60	+00:13:26 (30.6%)	8:47	6.8 (69.4%)
105	KOSTRZEWA Elżbieta	225		K50-54	7			00:21:58	00:43:59.65	+00:13:28 (30.6%)	8:47	6.8 (69.4%)
106	BARTKOWSKI Jan	74	NORDIC WALKING TEAM DZIAŁDOWO	M60-64	6			00:20:35	00:44:03.75	+00:13:32 (30.7%)	8:48	6.8 (69.4%)

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
107	WALO Zbigniew	195	X	M-Niepełnosprawni(A)	2			00:21:41	00:44:13.50	+00:13:42 (31.0%)	8:50	6.8 (69.4%)
108	LACHNIK Grazyna	133		K50-54	8			00:21:40	00:44:20.85	+00:13:49 (31.2%)	8:52	6.8 (69.4%)
109	PIĄTKOWSKI Józef	161	KGHM METRACO POLKOWICE	M75-79	5			00:22:12	00:44:35.05	+00:14:03 (31.5%)	8:55	6.7 (68.4%)
110	KLOCEK Jagoda	115	KGHM METRACO POLKOWICE	K-Jun.	6			00:21:24	00:44:36.95	+00:14:05 (31.6%)	8:55	6.7 (68.4%)
111	JUREK Łucja	219		K-Dzieci	4			00:21:40	00:44:53.25	+00:14:22 (32.0%)	8:58	6.7 (68.4%)
112	THOMALLA Bogdan	194	NORDIC SPORT 2021	M80+	1			00:22:16	00:45:03.05	+00:14:31 (32.3%)	9:00	6.7 (68.4%)
113	RYNKOWSKI Piotr	232		M-Jun.	6			00:21:52	00:45:12.30	+00:14:41 (32.5%)	9:02	6.6 (67.3%)
114	KOPANAJKO Igor	239	K.S. VICTORIA POTĘGOWO	M-Jun.	7			00:21:50	00:45:14.25	+00:14:43 (32.5%)	9:02	6.6 (67.3%)
115	KACZMARCZYK Franciszek	110		M80+	2			00:22:27	00:45:31.70	+00:15:00 (33.0%)	9:06	6.6 (67.3%)
116	ŁOSIAK Małgorzata	142		K50-54	9			00:22:12	00:45:32.35	+00:15:01 (33.0%)	9:06	6.6 (67.3%)
117	DZIEDZIEWICZ Andrzej	246		M40-44	2			00:22:07	00:45:35.15	+00:15:04 (33.1%)	9:07	6.6 (67.3%)
118	LITWIN Dawid	138	K.S. VICTORIA POTĘGOWO	M30-39	8			00:22:24	00:45:49.95	+00:15:18 (33.4%)	9:09	6.5 (66.3%)
119	MIKOŁAJCZYK Aleksander	241		M-Dzieci	5			00:21:55	00:46:10.35	+00:15:39 (33.9%)	9:14	6.5 (66.3%)
120	SKOWROŃSKA-ŁOPIŃSKA Genowefa	175	FABRYKA NORDICA TRZCIANKA	K70-74	2			00:22:08	00:46:26.50	+00:15:55 (34.3%)	9:17	6.5 (66.3%)
121	ZAWADZKA Monika	227		K-Jun.	7			00:22:50	00:46:31.65	+00:16:00 (34.4%)	9:18	6.4 (65.3%)
122	KOZŁOWSKA Wiktoria	122	SP SKÓROWO	K-Jun.	8			00:22:50	00:46:31.80	+00:16:00 (34.4%)	9:18	6.4 (65.3%)
123	SAJNÓG Weronika	216		K30-39	7			00:23:24	00:46:51.85	+00:16:20 (34.9%)	9:22	6.4 (65.3%)
124	FRANCUZ Beata	217		K30-39	8			00:23:22	00:46:51.95	+00:16:20 (34.9%)	9:22	6.4 (65.3%)
125	MAZUR Michał	148		M50-54	4			00:22:44	00:47:11.05	+00:16:39 (35.3%)	9:26	6.4 (65.3%)
126	WORONKO-ZACZYŃSKA Janina	206	KGHM METRACO POLKOWICE	K75-79	1			00:22:57	00:47:15.10	+00:16:44 (35.4%)	9:27	6.3 (64.3%)
127	SZCZEPAŃSKA Oliwia	114	KGHM METRACO POLKOWICE	K-Jun.	9			00:22:47	00:47:18.35	+00:16:47 (35.5%)	9:27	6.3 (64.3%)
128	NOWORYTA Jacek	154		M80+	3			00:23:39	00:47:39.45	+00:17:08 (36.0%)	9:31	6.3 (64.3%)
129	KUŹMICZ Szymon	131	POLIPACK TEAM GWE	M-Dzieci	6			00:22:41	00:47:40.70	+00:17:09 (36.0%)	9:32	6.3 (64.3%)

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
130	WOJCIECHOWSKI Denis	234		M-Dzieci	7			00:22:58	00:48:06.10	+00:17:35 (36.6%)	9:37	6.2 (63.3%)
131	SZNAJDER Zenon	188		M70-74	7			00:23:47	00:48:08.10	+00:17:37 (36.6%)	9:37	6.2 (63.3%)
132	MIKULSKA Milena	119		K-Dzieci	5			00:24:06	00:48:17.35	+00:17:46 (36.8%)	9:39	6.2 (63.3%)
133	GRULKOWSKA Renata	229		K65-69	7			00:23:48	00:48:27.95	+00:17:56 (37.0%)	9:41	6.2 (63.3%)
134	SŁOMIŃSKA Martyna	176	SP SKÓROWO	K-Jun.	10			00:23:26	00:48:28.55	+00:17:57 (37.0%)	9:41	6.2 (63.3%)
135	PRZYBYLSKA Halina	165		K65-69	8			00:23:49	00:48:35.30	+00:18:04 (37.2%)	9:43	6.2 (63.3%)
136	GRUSZKA Barbara	95	LKS ZANTYRSZTUM	K75-79	2			00:24:13	00:49:20.80	+00:18:49 (38.2%)	9:52	6.1 (62.2%)
137	STEFAŃSKA Agnieszka	179		K40-44	5			00:24:01	00:49:36.30	+00:19:05 (38.5%)	9:55	6 (61.2%)
138	SZYBUT Roma	189	POTĘGA NORDICA	K40-44	6			00:24:03	00:49:38.25	+00:19:07 (38.5%)	9:55	6 (61.2%)
139	NAJDA Marianna	152	LKS ZANTYR SZTUM	K70-74	3			00:23:52	00:49:39.80	+00:19:08 (38.5%)	9:55	6 (61.2%)
140	STEFAŃSKA Eliza	180		K-Dzieci	6			00:24:05	00:50:22.05	+00:19:50 (39.4%)	10:04	6 (61.2%)
141	MARCZEWSKA Julia	218		K-Dzieci	7			00:24:10	00:50:23.65	+00:19:52 (39.4%)	10:04	6 (61.2%)
142	PANKIEWICZ-DMOWSKA Cecylia	158	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	3			00:24:34	00:50:41.70	+00:20:10 (39.8%)	10:08	5.9 (60.2%)
143	KRAWCZYKOWSKA Barbara	125	LKS ZANTYR SZTUM	K65-69	9			00:24:34	00:51:12.35	+00:20:41 (40.4%)	10:14	5.9 (60.2%)
144	POKOJSKA Maria	164	LKS ZANTYR SZTUM	K70-74	4			00:25:40	00:51:37.50	+00:21:06 (40.9%)	10:19	5.8 (59.2%)
145	JASIŃSKA Amelia	220		K-Dzieci	8			00:24:25	00:51:37.55	+00:21:06 (40.9%)	10:19	5.8 (59.2%)
146	SIEMASZKO Wojciech	236	K.S. VICTORIA POTĘGOWO	M-Jun.	8			00:24:49	00:51:42.70	+00:21:11 (41.0%)	10:20	5.8 (59.2%)
147	TOPCZEWSKA Nikola	222		K-Dzieci	9			00:24:38	00:52:15.25	+00:21:44 (41.6%)	10:27	5.7 (58.2%)
148	ŁASZCZ Ewa	32	FABRYKA NORDICA TRZCIANKA	K- Niepełnosprawni(A)	3			00:26:26	00:54:32.40	+00:24:01 (44.0%)	10:54	5.5 (56.1%)
149	KOWALCZYK Oliwia	244		K-Dzieci	10	1		00:27:38	00:55:26.55	+00:24:55 (45.0%)	11:05	5.4 (55.1%)
150	KUNDERA Maja	245		K-Dzieci	11			00:27:28	00:56:06.55	+00:25:35 (45.6%)	11:13	5.3 (54.1%)
151	MAZUREK Julia	238	K.S. VICTORIA POTĘGOWO	K-Dzieci	12			00:26:14	00:57:21.05	+00:26:49 (46.8%)	11:28	5.2 (53.1%)
152	JACENKO Julia	106	KGHM METRACO POLKOWICE	K-Dzieci	13			00:26:48	00:57:39.05	+00:27:07 (47.1%)	11:31	5.2 (53.1%)

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
153	LECH Krystyna	134	LKS ZANTYR SZTUM	K75-79	4			00:28:58	00:58:29.25	+00:27:58 (47.8%)	11:41	5.1 (52.0%)
153	LIPIŃSKA Regina	137	LKS ZANTYR SZTUM	K80+	1			00:28:56	00:58:29.25	+00:27:58 (47.8%)	11:41	5.1 (52.0%)
155	MLECZAK Eugeniusz	151		M80+	4			00:29:08	00:59:28.80	+00:28:57 (48.7%)	11:53	5 (51.0%)
156	KUCHTA Beata	126		K40-44	7			00:32:54	01:04:33.35	+00:34:02 (52.7%)	12:54	4.6 (46.9%)
157	BRYLOWSKA Martyna	235		K-Dzieci	14			00:30:15		+00:15:19	12:06	5 (51.0%)
DQ	GÓRECKA Jolanta	230		K40-44			1	00:23:47 DQ	00:49:06.60 DQ		0:00	6.1 (62.2%)
DQ	KOP Wiesław	117	FABRYKA NORDICA TRZCIANKA	M60-64			1	DQ	DQ			(0.0%)

Znaleziono 159 wynik(ów)