



# ENEА POLISH NW CUP - WĄGROWIEC - 5KM - 3/6

B4SPORT

**Wydarzenie:** ENEA Polish Nordic Walking Cup 3/6  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2023-07-16  
**Miejsce:** Wągrowiec  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik            | Numer | Klub                            | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------|-------|---------------------------------|-----------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|-----------------|
| 1   | WITUCKI Jacek       | 173   | K.S. VICTORIA POTĘGOWO          | M50-54    | 1    |                |                 | 00:14:14 | 00:29:16.25          |                      | 5:51            | 10.3<br>(100%)  |
| 2   | ORDZOWIAŁY Piotr    | 101   | PRUSZYŃSKI SPORT TEAM           | M55-59    | 1    |                |                 | 00:14:14 | 00:29:34.25          | +00:00:18<br>(1.0%)  | 5:54            | 10.1<br>(98.1%) |
| 3   | WOJTOWICZ Tomasz    | 174   | K.S. VICTORIA POTĘGOWO          | M30-39    | 1    |                |                 | 00:14:45 | 00:30:24.50          | +00:01:08<br>(3.7%)  | 6:04            | 9.9<br>(96.1%)  |
| 4   | KABATA Jarosław     | 56    | NORDIC SPORT 2021               | M50-54    | 2    |                |                 | 00:14:52 | 00:30:39.55          | +00:01:23<br>(4.5%)  | 6:07            | 9.8<br>(95.1%)  |
| 5   | STĘPAK Piotr        | 140   | K.S. VICTORIA POTĘGOWO          | M18-29    | 1    |                |                 | 00:15:05 | 00:31:10.10          | +00:01:53<br>(6.1%)  | 6:14            | 9.6<br>(93.2%)  |
| 6   | ZDANOWICZ Arkadiusz | 179   | K.S. VICTORIA POTĘGOWO          | M45-49    | 1    |                |                 | 00:15:38 | 00:32:02.55          | +00:02:46<br>(8.6%)  | 6:24            | 9.4<br>(91.3%)  |
| 7   | RAJEWSKI Sebastian  | 116   | NW CZŁAPSKI TEAM                | M50-54    | 3    |                |                 | 00:15:40 | 00:32:03.45          | +00:02:47<br>(8.7%)  | 6:24            | 9.4<br>(91.3%)  |
| 8   | KOWALAK Robert      | 70    | NORDIC SPORT 2021               | M30-39    | 2    |                |                 | 00:15:42 | 00:32:34.45          | +00:03:18<br>(10.1%) | 6:30            | 9.2<br>(89.3%)  |
| 9   | DERUS Jakub         | 25    | KATOWICKI NORDIC WALKING        | M40-44    | 1    |                |                 | 00:15:54 | 00:32:46.40          | +00:03:30<br>(10.7%) | 6:33            | 9.2<br>(89.3%)  |
| 10  | BIELECKA Zuzanna    | 7     | K.S. VICTORIA POTĘGOWO          | K40-44    | 1    |                |                 | 00:16:12 | 00:33:00.70          | +00:03:44<br>(11.3%) | 6:36            | 9.1<br>(88.3%)  |
| 11  | HAŁAS Marcin        | 47    | PRUSZYŃSKI SPORT TEAM           | M30-39    | 3    |                |                 | 00:16:20 | 00:33:27.30          | +00:04:11<br>(12.5%) | 6:41            | 9<br>(87.4%)    |
| 12  | FRAĆKOWIAK Roman    | 36    | NORDIC SPORT 2021               | M55-59    | 2    |                |                 | 00:16:29 | 00:33:38.50          | +00:04:22<br>(13.0%) | 6:43            | 8.9<br>(86.4%)  |
| 13  | BREWKA Joachim      | 13    | NORDIC SPORT 2021               | M55-59    | 3    |                |                 | 00:16:37 | 00:33:58.90          | +00:04:42<br>(13.9%) | 6:47            | 8.8<br>(85.4%)  |
| 14  | LUDWICZAK Andżelika | 81    | EKSPEDYCJA NORDIC TEAM SZCZECIN | K45-49    | 1    |                |                 | 00:16:40 | 00:34:09.30          | +00:04:53<br>(14.3%) | 6:49            | 8.8<br>(85.4%)  |

| Msc | Zawodnik                           | Numer      | Klub                            | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------------|------------|---------------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 15  | <b>HELWICH Stefan</b>              | <b>49</b>  | KGHM METRACO POLKOWICE          | M65-69                   | 1    |                |                 | 00:17:12 | <b>00:34:34.05</b>   | +00:05:17<br>(15.3%) | 6:54            | 8.7<br>(84.5%) |
| 16  | <b>MAŚLANKA Iwona</b>              | <b>88</b>  | NORDIC SPORT 2021               | K50-54                   | 1    |                |                 | 00:16:55 | <b>00:34:44.10</b>   | +00:05:27<br>(15.7%) | 6:56            | 8.6<br>(83.5%) |
| 17  | <b>RADZIMSKI Karol</b>             | <b>184</b> |                                 | M65-69                   | 2    |                |                 | 00:17:13 | <b>00:34:44.35</b>   | +00:05:28<br>(15.7%) | 6:56            | 8.6<br>(83.5%) |
| 18  | <b>KARPIENIA Ewa</b>               | <b>61</b>  | K.S. VICTORIA POTĘGOWO          | K50-54                   | 2    |                |                 | 00:17:15 | <b>00:35:02.80</b>   | +00:05:46<br>(16.5%) | 7:00            | 8.6<br>(83.5%) |
| 19  | <b>STANISŁAWSKI Jan</b>            | <b>137</b> | NORDIC WALKING KIEKRZ POLAND    | M65-69                   | 3    |                |                 | 00:17:17 | <b>00:35:07.80</b>   | +00:05:51<br>(16.7%) | 7:01            | 8.5<br>(82.5%) |
| 20  | <b>OKRZESIK-FRĄCKOWIAK Izabela</b> | <b>98</b>  | NORDIC SPORT 2021               | K55-59                   | 1    |                |                 | 00:17:26 | <b>00:35:22.05</b>   | +00:06:05<br>(17.2%) | 7:04            | 8.5<br>(82.5%) |
| 21  | <b>RUDAWSKI Maciej</b>             | <b>124</b> | NORDIC SPORT 2021               | M40-44                   | 2    |                |                 | 00:17:16 | <b>00:35:29.95</b>   | +00:06:13<br>(17.5%) | 7:05            | 8.5<br>(82.5%) |
| 22  | <b>OLSZAŃSKI Karol</b>             | <b>99</b>  | PRUSZYŃSKI SPORT TEAM           | M45-49                   | 2    |                |                 | 00:17:20 | <b>00:35:33.35</b>   | +00:06:17<br>(17.7%) | 7:06            | 8.4<br>(81.6%) |
| 23  | <b>GORZEL Łukasz</b>               | <b>40</b>  |                                 | M30-39                   | 4    |                |                 | 00:17:36 | <b>00:35:50.15</b>   | +00:06:33<br>(18.3%) | 7:10            | 8.4<br>(81.6%) |
| 24  | <b>MARCZAK Tomasz</b>              | <b>86</b>  | K.S. VICTORIA POTĘGOWO          | M18-29                   | 2    |                |                 | 00:18:09 | <b>00:35:54.40</b>   | +00:06:38<br>(18.5%) | 7:10            | 8.4<br>(81.6%) |
| 25  | <b>POLAK Łukasz</b>                | <b>110</b> | OBORYGENI                       | M40-44                   | 3    |                |                 | 00:17:51 | <b>00:36:01.35</b>   | +00:06:45<br>(18.7%) | 7:12            | 8.3<br>(80.6%) |
| 26  | <b>KUSA Piotr</b>                  | <b>75</b>  | LIFE BALANCE PLACE              | M40-44                   | 4    |                |                 | 00:17:39 | <b>00:36:17.60</b>   | +00:07:01<br>(19.3%) | 7:15            | 8.3<br>(80.6%) |
| 27  | <b>KNAPCZYK-KANIA Gabriela</b>     | <b>66</b>  | WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO | K45-49                   | 2    |                |                 | 00:17:59 | <b>00:36:20.95</b>   | +00:07:04<br>(19.5%) | 7:16            | 8.3<br>(80.6%) |
| 28  | <b>JANY Katarzyna</b>              | <b>53</b>  | NORDIC WALKING LUBASZ           | K30-39                   | 1    |                |                 | 00:18:00 | <b>00:36:45.65</b>   | +00:07:29<br>(20.4%) | 7:21            | 8.2<br>(79.6%) |
| 29  | <b>BOJANOWSKI Marcin</b>           | <b>12</b>  | NORDIC WALKING KIEKRZ POLAND    | M40-44                   | 5    |                |                 | 00:17:47 | <b>00:36:46.45</b>   | +00:07:30<br>(20.4%) | 7:21            | 8.2<br>(79.6%) |
| 30  | <b>STRABEL Wojciech</b>            | <b>142</b> | NORDIC WALKING - ŚREM           | M65-69                   | 4    |                |                 | 00:18:13 | <b>00:37:03.90</b>   | +00:07:47<br>(21.0%) | 7:24            | 8.1<br>(78.6%) |
| 31  | <b>JASZKIEWICZ Kazimierz</b>       | <b>54</b>  | CHEŁKOWO :)                     | M65-69                   | 5    | 2              |                 | 00:18:15 | <b>00:37:06.25</b>   | +00:07:50<br>(21.1%) | 7:25            | 8.1<br>(78.6%) |
| 32  | <b>DUSZEŃKO Zygmunt</b>            | <b>30</b>  | KGHM METRACO POLKOWICE          | M-<br>Niepełnosprawni(A) | 1    |                |                 | 00:18:40 | <b>00:37:06.85</b>   | +00:07:50<br>(21.1%) | 7:25            | 8.1<br>(78.6%) |
| 33  | <b>SZCZEŚNIAK Zbigniew</b>         | <b>149</b> | NORDIC TEAM CZĘSTOCHOWA         | M60-64                   | 1    |                |                 | 00:18:10 | <b>00:37:09.40</b>   | +00:07:53<br>(21.2%) | 7:25            | 8.1<br>(78.6%) |
| 34  | <b>ZAWADZKI Krzysztof</b>          | <b>187</b> | NW CZŁAPSKI TEAM                | M-<br>Niepełnosprawni(B) | 1    | 1              |                 | 00:18:19 | <b>00:37:09.70</b>   | +00:07:53<br>(21.2%) | 7:25            | 8.1<br>(78.6%) |
| 35  | <b>KACPERSKI Jarosław</b>          | <b>57</b>  |                                 | M-<br>Niepełnosprawni(A) | 2    |                |                 | 00:18:40 | <b>00:37:14.75</b>   | +00:07:58<br>(21.4%) | 7:26            | 8.1<br>(78.6%) |
| 36  | <b>PODSIADŁY Stanisław</b>         | <b>108</b> | K.S. VICTORIA POTĘGOWO          | M65-69                   | 6    |                |                 | 00:18:18 | <b>00:37:15.00</b>   | +00:07:58<br>(21.4%) | 7:27            | 8.1<br>(78.6%) |
| 37  | <b>GOŁĘBIEWSKI Edward</b>          | <b>39</b>  | MARSZ PO ZDROWIE                | M70-74                   | 1    |                |                 | 00:18:38 | <b>00:37:16.30</b>   | +00:08:00<br>(21.5%) | 7:27            | 8.1<br>(78.6%) |

| Msc | Zawodnik                         | Numer      | Klub                          | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|------------|-------------------------------|-----------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 38  | <b>CHRZANOWSKA Daria</b>         | <b>20</b>  | WROCLAWSKIE STOWARZYSZENIE NW | K30-39    | 2    |                |                 | 00:18:06 | <b>00:37:17.00</b>   | +00:08:00<br>(21.5%) | 7:27            | 8<br>(77.7%)   |
| 39  | <b>MATECKI Ryszard</b>           | <b>89</b>  | KGHM METRACO POLKOWICE        | M70-74    | 2    |                |                 | 00:18:39 | <b>00:37:17.05</b>   | +00:08:00<br>(21.5%) | 7:27            | 8<br>(77.7%)   |
| 40  | <b>BIESZKE Pawel</b>             | <b>8</b>   |                               | M60-64    | 2    |                |                 | 00:18:15 | <b>00:37:23.95</b>   | +00:08:07<br>(21.7%) | 7:28            | 8<br>(77.7%)   |
| 41  | <b>TOMCZYK Edward</b>            | <b>163</b> | ZIELONE GROSZKI POZNAŃ        | M75-79    | 1    |                |                 | 00:18:15 | <b>00:37:31.75</b>   | +00:08:15<br>(22.0%) | 7:30            | 8<br>(77.7%)   |
| 42  | <b>LACHNIK Hubert</b>            | <b>78</b>  |                               | M70-74    | 3    |                |                 | 00:18:38 | <b>00:37:37.90</b>   | +00:08:21<br>(22.2%) | 7:31            | 8<br>(77.7%)   |
| 43  | <b>GRUSZKA Michał</b>            | <b>43</b>  | NORDIC SPORT 2021             | M45-49    | 3    |                |                 | 00:18:33 | <b>00:37:38.95</b>   | +00:08:22<br>(22.3%) | 7:31            | 8<br>(77.7%)   |
| 44  | <b>PASIŃSKA-SKOWRON Sylwia</b>   | <b>105</b> | PRUSZYŃSKI SPORT TEAM         | K45-49    | 3    |                |                 | 00:18:20 | <b>00:37:39.00</b>   | +00:08:22<br>(22.3%) | 7:31            | 8<br>(77.7%)   |
| 45  | <b>WITUCKA Karolina</b>          | <b>172</b> | K.S. VICTORIA POTĘGOWO        | K-Jun.    | 1    |                |                 | 00:18:39 | <b>00:37:57.70</b>   | +00:08:41<br>(22.9%) | 7:35            | 7.9<br>(76.7%) |
| 46  | <b>WECHTA Paweł</b>              | <b>168</b> | KGHM METRACO POLKOWICE        | M50-54    | 4    |                |                 | 00:18:44 | <b>00:38:02.75</b>   | +00:08:46<br>(23.1%) | 7:36            | 7.9<br>(76.7%) |
| 47  | <b>KRZYK Mateusz</b>             | <b>73</b>  |                               | M30-39    | 5    | 1              |                 | 00:18:35 | <b>00:38:07.35</b>   | +00:08:51<br>(23.2%) | 7:37            | 7.9<br>(76.7%) |
| 48  | <b>FEDORSKI Paweł</b>            | <b>34</b>  |                               | M45-49    | 4    |                |                 | 00:18:58 | <b>00:38:09.20</b>   | +00:08:52<br>(23.3%) | 7:37            | 7.9<br>(76.7%) |
| 49  | <b>STACHOWSKA Agnieszka</b>      | <b>136</b> | SZURAJĄCE ZAJĄCE              | K30-39    | 3    |                |                 | 00:18:53 | <b>00:38:10.40</b>   | +00:08:54<br>(23.3%) | 7:38            | 7.9<br>(76.7%) |
| 50  | <b>ZDRZAŁEK Alicja</b>           | <b>180</b> | NORDIC SPORT 2021             | K40-44    | 2    |                |                 | 00:18:36 | <b>00:38:10.85</b>   | +00:08:54<br>(23.3%) | 7:38            | 7.9<br>(76.7%) |
| 51  | <b>STOLARCZYK Zenon</b>          | <b>141</b> | OBORYGENI                     | M70-74    | 4    |                |                 | 00:18:44 | <b>00:38:12.25</b>   | +00:08:56<br>(23.4%) | 7:38            | 7.9<br>(76.7%) |
| 52  | <b>RUSINOWICZ Andrzej</b>        | <b>125</b> | FABRYKA NORDICA TRZCIANKA     | M75-79    | 2    |                |                 | 00:18:45 | <b>00:38:16.65</b>   | +00:09:00<br>(23.5%) | 7:39            | 7.8<br>(75.7%) |
| 53  | <b>ŚLUSARCZYK Grzegorz</b>       | <b>158</b> | WESOŁY BORSUK TEAM            | M45-49    | 5    |                |                 | 00:18:55 | <b>00:38:19.60</b>   | +00:09:03<br>(23.6%) | 7:39            | 7.8<br>(75.7%) |
| 54  | <b>RYCHLEWSKA-SŁODOWA Danuta</b> | <b>126</b> | NORDIC WALKING LUBASZ         | K45-49    | 4    |                |                 | 00:19:04 | <b>00:38:23.30</b>   | +00:09:07<br>(23.8%) | 7:40            | 7.8<br>(75.7%) |
| 55  | <b>BŁAŻEJEWSKI Mikołaj</b>       | <b>11</b>  | PTTK WĄGROWIEC                | M65-69    | 7    |                |                 | 00:18:02 | <b>00:38:24.05</b>   | +00:09:07<br>(23.8%) | 7:40            | 7.8<br>(75.7%) |
| 56  | <b>CZMOCH Marian</b>             | <b>24</b>  | NORDIC SPORT 2021             | M70-74    | 5    |                |                 | 00:18:54 | <b>00:38:33.40</b>   | +00:09:17<br>(24.1%) | 7:42            | 7.8<br>(75.7%) |
| 57  | <b>KACZMAREK Martyna</b>         | <b>59</b>  | NORDIC WALKING KIEKRZ POLAND  | K-Jun.    | 2    |                |                 | 00:19:07 | <b>00:38:38.55</b>   | +00:09:22<br>(24.3%) | 7:43            | 7.8<br>(75.7%) |
| 58  | <b>KRUGIOŁKA Grzegorz</b>        | <b>72</b>  | NORDIC SPORT 2021             | M40-44    | 6    |                |                 | 00:19:17 | <b>00:38:41.30</b>   | +00:09:25<br>(24.3%) | 7:44            | 7.8<br>(75.7%) |
| 58  | <b>MIŚKOWICZ Anna</b>            | <b>91</b>  |                               | K65-69    | 1    |                |                 | 00:18:59 | <b>00:38:41.30</b>   | +00:09:25<br>(24.3%) | 7:44            | 7.8<br>(75.7%) |
| 60  | <b>SIERACKA Katarzyna</b>        | <b>132</b> | NORDIC WALKING KIEKRZ POLAND  | K60-64    | 1    |                |                 | 00:18:52 | <b>00:38:51.85</b>   | +00:09:35<br>(24.7%) | 7:46            | 7.7<br>(74.8%) |

| Msc | Zawodnik                         | Numer      | Klub                       | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|------------|----------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 61  | <b>OPACZEWSKA Maria</b>          | <b>100</b> | MARSZ PO ZDROWIE           | K50-54                   | 3    |                |                 | 00:19:11 | <b>00:38:53.30</b>   | +00:09:37<br>(24.7%) | 7:46            | 7.7<br>(74.8%) |
| 62  | <b>NOWAK Wiesław</b>             | <b>96</b>  | UKS 'SKOCZEK'SKOKI         | M60-64                   | 3    |                |                 | 00:17:50 | <b>00:39:02.95</b>   | +00:09:46<br>(25.0%) | 7:48            | 7.7<br>(74.8%) |
| 63  | <b>MRUK Paulina</b>              | <b>93</b>  |                            | K30-39                   | 4    | 1              |                 | 00:18:41 | <b>00:39:08.50</b>   | +00:09:52<br>(25.2%) | 7:49            | 7.7<br>(74.8%) |
| 64  | <b>SZYBUT Weronika</b>           | <b>156</b> | POTĘGA NORDICA             | K-Jun.                   | 3    |                |                 | 00:18:47 | <b>00:39:08.75</b>   | +00:09:52<br>(25.2%) | 7:49            | 7.7<br>(74.8%) |
| 65  | <b>SZENDZIELORZ Ilona</b>        | <b>150</b> | PRUSZYŃSKI SPORT TEAM      | K65-69                   | 2    |                |                 | 00:19:12 | <b>00:39:09.25</b>   | +00:09:53<br>(25.2%) | 7:49            | 7.7<br>(74.8%) |
| 66  | <b>STRABEL Elżbieta</b>          | <b>143</b> | NORDIC WALKING - ŚREM      | K65-69                   | 3    |                |                 | 00:19:31 | <b>00:39:09.35</b>   | +00:09:53<br>(25.2%) | 7:49            | 7.7<br>(74.8%) |
| 67  | <b>ADAMCZYK Bogdan</b>           | <b>1</b>   | BASZTA BYTÓW               | M50-54                   | 5    | 1              |                 | 00:18:59 | <b>00:39:12.40</b>   | +00:09:56<br>(25.3%) | 7:50            | 7.7<br>(74.8%) |
| 68  | <b>POSTEK Danuta</b>             | <b>113</b> | ZIELONE GROSZKI POZNAŃ     | K60-64                   | 2    |                |                 | 00:19:20 | <b>00:39:14.20</b>   | +00:09:57<br>(25.4%) | 7:50            | 7.6<br>(73.8%) |
| 69  | <b>GAŁKOWSKA Elżbieta</b>        | <b>37</b>  |                            | K65-69                   | 4    |                |                 | 00:19:15 | <b>00:39:14.70</b>   | +00:09:58<br>(25.4%) | 7:50            | 7.6<br>(73.8%) |
| 70  | <b>POLAK Marcel</b>              | <b>111</b> | OBORYGENI                  | M-Dzieci                 | 1    |                |                 | 00:19:39 | <b>00:39:22.55</b>   | +00:10:06<br>(25.7%) | 7:52            | 7.6<br>(73.8%) |
| 71  | <b>BUDNY Franciszek</b>          | <b>17</b>  |                            | M-Dzieci                 | 2    |                |                 | 00:19:40 | <b>00:39:25.75</b>   | +00:10:09<br>(25.8%) | 7:53            | 7.6<br>(73.8%) |
| 72  | <b>BUDNY Sławomir</b>            | <b>16</b>  |                            | M-<br>Niepełnosprawni(B) | 2    | 1              |                 | 00:18:58 | <b>00:39:26.10</b>   | +00:10:09<br>(25.8%) | 7:53            | 7.6<br>(73.8%) |
| 73  | <b>FEDORSKA Anna</b>             | <b>33</b>  |                            | K40-44                   | 3    |                |                 | 00:19:16 | <b>00:39:26.40</b>   | +00:10:10<br>(25.8%) | 7:53            | 7.6<br>(73.8%) |
| 74  | <b>LEWANDOWSKI Bartłomiej</b>    | <b>79</b>  | TSK ORZEŁ OSIEK            | M18-29                   | 3    |                |                 | 00:19:38 | <b>00:39:27.50</b>   | +00:10:11<br>(25.8%) | 7:53            | 7.6<br>(73.8%) |
| 75  | <b>ROMANOWSKI Zbigniew</b>       | <b>122</b> |                            | M50-54                   | 6    |                |                 | 00:19:17 | <b>00:39:29.20</b>   | +00:10:12<br>(25.9%) | 7:53            | 7.6<br>(73.8%) |
| 76  | <b>ŻBIKOWSKI Ryszard</b>         | <b>182</b> | TORUŃ - IDZIEMY BEZ RYZYKA | M65-69                   | 8    |                |                 | 00:19:25 | <b>00:39:35.55</b>   | +00:10:19<br>(26.1%) | 7:55            | 7.6<br>(73.8%) |
| 77  | <b>ŁOPIŃSKI Aleksy</b>           | <b>82</b>  | NORDICA FABRYKA TRZCIANKA  | M75-79                   | 3    |                |                 | 00:19:52 | <b>00:39:55.35</b>   | +00:10:39<br>(26.7%) | 7:59            | 7.5<br>(72.8%) |
| 78  | <b>SZEWczyk Hanna</b>            | <b>151</b> | TORUŃ - IDZIEMY BEZ RYZYKA | K60-64                   | 3    |                |                 | 00:19:28 | <b>00:39:56.55</b>   | +00:10:40<br>(26.7%) | 7:59            | 7.5<br>(72.8%) |
| 79  | <b>GRYGOROWICZ Bogdan</b>        | <b>45</b>  | KGHM METRACO POLKOWICE     | M-<br>Niepełnosprawni(B) | 3    |                |                 | 00:19:28 | <b>00:40:00.80</b>   | +00:10:44<br>(26.8%) | 8:00            | 7.5<br>(72.8%) |
| 80  | <b>FEDORSKI Cyprian</b>          | <b>35</b>  |                            | M-Dzieci                 | 3    |                |                 | 00:19:41 | <b>00:40:04.25</b>   | +00:10:48<br>(27.0%) | 8:00            | 7.5<br>(72.8%) |
| 81  | <b>CIESIELSKI Krzysztof</b>      | <b>22</b>  | FAST WALKER                | M-<br>Niepełnosprawni(A) | 3    | 1              |                 | 00:19:48 | <b>00:40:06.85</b>   | +00:10:50<br>(27.0%) | 8:01            | 7.5<br>(72.8%) |
| 82  | <b>SERÓWKA Lidia</b>             | <b>131</b> | KIJOMANIACY CHODZIEŻ       | K-<br>Niepełnosprawni(A) | 1    |                |                 | 00:19:30 | <b>00:40:13.40</b>   | +00:10:57<br>(27.2%) | 8:02            | 7.5<br>(72.8%) |
| 83  | <b>SZULC-MIKOŁAJCZAK Marzena</b> | <b>154</b> | NW WĄGROWIEC               | K30-39                   | 5    |                |                 | 00:19:46 | <b>00:40:16.05</b>   | +00:10:59<br>(27.3%) | 8:03            | 7.5<br>(72.8%) |

| Msc | Zawodnik                        | Numer      | Klub                       | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|------------|----------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 84  | <b>BROTKIEWICZ Mariusz</b>      | <b>14</b>  | SKS                        | M45-49                   | 6    |                |                 | 00:19:43 | <b>00:40:20.85</b>   | +00:11:04<br>(27.5%) | 8:04            | 7.4<br>(71.8%) |
| 85  | <b>ZIEGLER Barbara</b>          | <b>181</b> | LESZNO :)                  | K70-74                   | 1    |                |                 | 00:20:01 | <b>00:40:25.10</b>   | +00:11:08<br>(27.6%) | 8:05            | 7.4<br>(71.8%) |
| 85  | <b>STAWNIAK Karol</b>           | <b>239</b> | KGHM METRACO POLKOWICE     | M75-79                   | 4    |                |                 | 00:19:23 | <b>00:40:25.10</b>   | +00:11:08<br>(27.6%) | 8:05            | 7.4<br>(71.8%) |
| 87  | <b>MATYJA Anna</b>              | <b>90</b>  | #ŚREMCHODZI                | K50-54                   | 4    |                |                 | 00:19:52 | <b>00:40:27.35</b>   | +00:11:11<br>(27.6%) | 8:05            | 7.4<br>(71.8%) |
| 88  | <b>ROGATKA Jacek</b>            | <b>120</b> |                            | M30-39                   | 6    |                |                 | 00:20:23 | <b>00:40:30.80</b>   | +00:11:14<br>(27.8%) | 8:06            | 7.4<br>(71.8%) |
| 89  | <b>PANKIEWICZ Ewelina</b>       | <b>103</b> |                            | K30-39                   | 6    |                |                 | 00:19:43 | <b>00:40:34.20</b>   | +00:11:17<br>(27.9%) | 8:06            | 7.4<br>(71.8%) |
| 90  | <b>BUCZKOWSKI Jerzy</b>         | <b>15</b>  | KS SOKÓŁ GAŚAWA            | M70-74                   | 6    |                |                 | 00:20:01 | <b>00:40:45.55</b>   | +00:11:29<br>(28.2%) | 8:09            | 7.4<br>(71.8%) |
| 91  | <b>BACHANEK Katarzyna</b>       | <b>5</b>   | TORUŃ - IDZIEMY BEZ RYZYKA | K55-59                   | 2    |                |                 | 00:20:06 | <b>00:40:55.55</b>   | +00:11:39<br>(28.5%) | 8:11            | 7.3<br>(70.9%) |
| 92  | <b>WANDTKE Antoni</b>           | <b>165</b> |                            | M70-74                   | 7    |                |                 | 00:20:15 | <b>00:41:04.95</b>   | +00:11:48<br>(28.8%) | 8:12            | 7.3<br>(70.9%) |
| 93  | <b>WILK Iwona</b>               | <b>171</b> | NORDIC SPORT 2021          | K45-49                   | 5    |                |                 | 00:20:25 | <b>00:41:08.20</b>   | +00:11:51<br>(28.8%) | 8:13            | 7.3<br>(70.9%) |
| 94  | <b>KOMANOWSKA-DRZAZGA Lilla</b> | <b>67</b>  | AMATOR                     | K55-59                   | 3    |                |                 | 00:20:11 | <b>00:41:17.95</b>   | +00:12:01<br>(29.1%) | 8:15            | 7.3<br>(70.9%) |
| 95  | <b>JAKUBOWSKI Zbigniew</b>      | <b>51</b>  |                            | M70-74                   | 8    |                |                 | 00:20:17 | <b>00:41:24.35</b>   | +00:12:08<br>(29.3%) | 8:16            | 7.2<br>(69.9%) |
| 96  | <b>KISIELEWICZ Zofia</b>        | <b>63</b>  | KGHM METRACO POLKOWICE     | K-Jun.                   | 4    |                |                 | 00:19:40 | <b>00:41:30.30</b>   | +00:12:14<br>(29.5%) | 8:18            | 7.2<br>(69.9%) |
| 97  | <b>NIESPOREK Ewa</b>            | <b>94</b>  | TORUŃ - IDZIEMY BEZ RYZYKA | K65-69                   | 5    |                |                 | 00:20:09 | <b>00:41:30.40</b>   | +00:12:14<br>(29.5%) | 8:18            | 7.2<br>(69.9%) |
| 98  | <b>NOWAK Irena</b>              | <b>97</b>  | UKS SKOCZEK                | K55-59                   | 4    |                |                 | 00:20:23 | <b>00:41:31.25</b>   | +00:12:15<br>(29.5%) | 8:18            | 7.2<br>(69.9%) |
| 99  | <b>KAMIŃSKA-SOKÓŁ Marzena</b>   | <b>186</b> | NORDIC WALKING LUBASZ      | K50-54                   | 5    |                |                 | 00:20:34 | <b>00:41:40.10</b>   | +00:12:23<br>(29.8%) | 8:20            | 7.2<br>(69.9%) |
| 100 | <b>SZCZEŚNIAK Zofia</b>         | <b>148</b> | NORDIC WALKING - ŚREM      | K65-69                   | 6    |                |                 | 00:20:23 | <b>00:41:41.90</b>   | +00:12:25<br>(29.8%) | 8:20            | 7.2<br>(69.9%) |
| 101 | <b>RĄCZKA Beata</b>             | <b>117</b> | NORDIC WALKING LUBASZ      | K50-54                   | 6    |                |                 | 00:20:43 | <b>00:41:50.60</b>   | +00:12:34<br>(30.0%) | 8:22            | 7.2<br>(69.9%) |
| 102 | <b>POTRZEBOWSKI Marek</b>       | <b>115</b> | DEAF I LIFE BALANCE PLACE  | M-<br>Niepełnosprawni(B) | 4    |                |                 | 00:17:23 | <b>00:41:53.35</b>   | +00:12:37<br>(30.1%) | 8:22            | 7.2<br>(69.9%) |
| 103 | <b>GRZEŚKOWIAK Danuta</b>       | <b>46</b>  | GRODZISKI KLUB BIEGACZA    | K60-64                   | 4    |                |                 | 00:20:44 | <b>00:42:04.75</b>   | +00:12:48<br>(30.4%) | 8:24            | 7.1<br>(68.9%) |
| 104 | <b>ŚLUSARCZYK Andrzej</b>       | <b>157</b> | WESOŁY BORSUK TEAM         | M70-74                   | 9    |                |                 | 00:20:34 | <b>00:42:08.30</b>   | +00:12:52<br>(30.5%) | 8:25            | 7.1<br>(68.9%) |
| 105 | <b>POLAK Paweł</b>              | <b>109</b> |                            | M-<br>Niepełnosprawni(B) | 5    |                |                 | 00:20:21 | <b>00:42:11.10</b>   | +00:12:54<br>(30.6%) | 8:26            | 7.1<br>(68.9%) |
| 106 | <b>KUSA Karolina</b>            | <b>76</b>  | LIFE BALANCE PLACE         | K40-44                   | 4    |                |                 | 00:21:00 | <b>00:42:13.50</b>   | +00:12:57<br>(30.7%) | 8:26            | 7.1<br>(68.9%) |

| Msc | Zawodnik             | Numer | Klub                      | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|---------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 107 | WIATR Tomasz         | 170   |                           | M50-54                   | 7    | 1              |                 | 00:20:34 | <b>00:42:15.15</b>   | +00:12:58<br>(30.7%) | 8:27            | 7.1<br>(68.9%) |
| 108 | GORZEL Małgorzata    | 41    |                           | K50-54                   | 7    |                |                 | 00:20:54 | <b>00:42:15.30</b>   | +00:12:59<br>(30.7%) | 8:27            | 7.1<br>(68.9%) |
| 109 | ROZCZYŃSKA Kwiryna   | 123   | MARSZ PO ZDROWIE          | K55-59                   | 5    |                |                 | 00:20:32 | <b>00:42:17.70</b>   | +00:13:01<br>(30.8%) | 8:27            | 7.1<br>(68.9%) |
| 110 | SKRZYPCZAK Maciej    | 134   | BIEGAJĄCY WĄGROWIEC       | M40-44                   | 7    | 1              |                 | 00:20:38 | <b>00:42:19.10</b>   | +00:13:02<br>(30.8%) | 8:27            | 7.1<br>(68.9%) |
| 111 | BUDNY Stanisław      | 18    |                           | M-Jun.                   | 1    |                |                 | 00:20:00 | <b>00:42:22.10</b>   | +00:13:05<br>(30.9%) | 8:28            | 7.1<br>(68.9%) |
| 112 | CARLSSON Agnieszka   | 19    |                           | K-<br>Niepełnosprawni(A) | 2    |                |                 | 00:20:36 | <b>00:42:26.15</b>   | +00:13:09<br>(31.0%) | 8:29            | 7.1<br>(68.9%) |
| 113 | WESOŁOWSKA-NOWAK Ewa | 169   |                           | K40-44                   | 5    |                |                 | 00:21:14 | <b>00:42:39.45</b>   | +00:13:23<br>(31.4%) | 8:31            | 7<br>(68.0%)   |
| 114 | POLCYN Julia         | 112   | NORDIC WALKING LUBASZ     | K18-29                   | 1    |                |                 | 00:20:29 | <b>00:42:52.10</b>   | +00:13:35<br>(31.7%) | 8:34            | 7<br>(68.0%)   |
| 115 | GRYGOROWICZ Teresa   | 44    | KGHM METRACO POLKOWICE    | K70-74                   | 2    |                |                 | 00:20:50 | <b>00:42:55.15</b>   | +00:13:38<br>(31.8%) | 8:35            | 7<br>(68.0%)   |
| 116 | ADAMOWICZ Andrzej    | 3     |                           | M75-79                   | 5    | 1              |                 | 00:21:17 | <b>00:42:58.70</b>   | +00:13:42<br>(31.9%) | 8:35            | 7<br>(68.0%)   |
| 117 | KLOCEK Jagoda        | 65    | KGHM METRACO POLKOWICE    | K-Jun.                   | 5    |                |                 | 00:20:52 | <b>00:42:59.55</b>   | +00:13:43<br>(31.9%) | 8:35            | 7<br>(68.0%)   |
| 118 | ZAWISŁA Stanisław    | 178   | MARSZ PO ZDROWIE          | M70-74                   | 10   |                |                 | 00:20:41 | <b>00:43:02.65</b>   | +00:13:46<br>(32.0%) | 8:36            | 7<br>(68.0%)   |
| 119 | DUDEK Agnieszka      | 28    | MARSZ PO ZDROWIE          | K45-49                   | 6    |                |                 | 00:21:30 | <b>00:43:32.20</b>   | +00:14:15<br>(32.8%) | 8:42            | 6.9<br>(67.0%) |
| 120 | NOWACKA-JUSKA Beata  | 95    |                           | K60-64                   | 5    |                |                 | 00:21:41 | <b>00:43:43.15</b>   | +00:14:26<br>(33.0%) | 8:44            | 6.9<br>(67.0%) |
| 121 | LACHNIK Grazyna      | 77    |                           | K50-54                   | 8    |                |                 | 00:21:49 | <b>00:43:48.25</b>   | +00:14:32<br>(33.2%) | 8:45            | 6.8<br>(66.0%) |
| 122 | SARNOWSKA Aniela     | 130   | KGHM METRACO POLKOWICE    | K-Jun.                   | 6    |                |                 | 00:21:33 | <b>00:44:00.25</b>   | +00:14:44<br>(33.5%) | 8:48            | 6.8<br>(66.0%) |
| 123 | KLEWENHAGEN Maria    | 64    | NORDIC WALKING LUBASZ     | K60-64                   | 6    |                |                 | 00:21:25 | <b>00:44:05.40</b>   | +00:14:49<br>(33.6%) | 8:49            | 6.8<br>(66.0%) |
| 124 | REMISZEWSKI Adam     | 119   | UTW OLEŚNICA              | M75-79                   | 6    | 1              |                 | 00:21:21 | <b>00:44:09.55</b>   | +00:14:53<br>(33.7%) | 8:49            | 6.8<br>(66.0%) |
| 125 | POTRZEBOWSKA Agata   | 114   | DEAF I LIFE BALANCE PLACE | K-<br>Niepełnosprawni(B) | 1    |                |                 | 00:19:09 | <b>00:44:25.25</b>   | +00:15:09<br>(34.1%) | 8:53            | 6.8<br>(66.0%) |
| 126 | THOMALLA Bogdan      | 161   | NORDIC SPORT 2021         | M80+                     | 1    |                |                 | 00:22:15 | <b>00:44:36.10</b>   | +00:15:19<br>(34.4%) | 8:55            | 6.7<br>(65.0%) |
| 127 | CISZEWSKA Kasia      | 23    |                           | K30-39                   | 7    | 1              |                 | 00:21:49 | <b>00:44:37.90</b>   | +00:15:21<br>(34.4%) | 8:55            | 6.7<br>(65.0%) |
| 127 | DRACHEM Paulina      | 189   |                           | K30-39                   | 7    |                |                 | 00:21:38 | <b>00:44:37.90</b>   | +00:15:21<br>(34.4%) | 8:55            | 6.7<br>(65.0%) |
| 129 | MANTAJ Monika        | 84    |                           | K40-44                   | 6    |                |                 | 00:22:12 | <b>00:44:38.30</b>   | +00:15:22<br>(34.4%) | 8:55            | 6.7<br>(65.0%) |

| Msc | Zawodnik                          | Numer      | Klub                            | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km    | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|------------|---------------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 130 | <b>KACZMARCZYK Franciszek</b>     | <b>58</b>  | BANK SPÓŁDZIELCZY RUMIA         | M80+                     | 2    |                |                 | 00:22:17 | <b>00:44:40.80</b>   | +00:15:24<br>(34.5%) | 8:56            | 6.7<br>(65.0%) |
| 131 | <b>CHWIAŁKOWSKA Iwona</b>         | <b>21</b>  | CZAROWNICE                      | K50-54                   | 9    |                |                 | 00:22:14 | <b>00:44:49.50</b>   | +00:15:33<br>(34.7%) | 8:57            | 6.7<br>(65.0%) |
| 132 | <b>LISTWAN Klaudia</b>            | <b>80</b>  | KGHM METRACO POLKOWICE          | K-<br>Niepełnosprawni(B) | 2    |                |                 | 00:21:57 | <b>00:45:18.05</b>   | +00:16:01<br>(35.4%) | 9:03            | 6.6<br>(64.1%) |
| 133 | <b>SZNAJDER Teresa</b>            | <b>152</b> |                                 | K65-69                   | 7    |                |                 | 00:22:07 | <b>00:45:22.70</b>   | +00:16:06<br>(35.5%) | 9:04            | 6.6<br>(64.1%) |
| 134 | <b>KONKEL Dominik</b>             | <b>68</b>  | KGHM METRACO POLKOWICE          | M-Jun.                   | 2    | 1              |                 | 00:20:31 | <b>00:45:25.30</b>   | +00:16:09<br>(35.6%) | 9:05            | 6.6<br>(64.1%) |
| 135 | <b>ANGIELCZYK Małgorzata</b>      | <b>4</b>   | ZIELONE GROSZKI POZNAŃ          | K70-74                   | 3    | 1              |                 | 00:22:21 | <b>00:45:25.65</b>   | +00:16:09<br>(35.6%) | 9:05            | 6.6<br>(64.1%) |
| 136 | <b>HAWRYLINKA Estera</b>          | <b>48</b>  |                                 | K40-44                   | 7    |                |                 | 00:22:37 | <b>00:45:29.50</b>   | +00:16:13<br>(35.7%) | 9:05            | 6.6<br>(64.1%) |
| 137 | <b>SOWIŃSKA Grażyna</b>           | <b>135</b> | MARSZ PO ZDROWIE                | K65-69                   | 8    |                |                 | 00:22:14 | <b>00:45:38.35</b>   | +00:16:22<br>(35.9%) | 9:07            | 6.6<br>(64.1%) |
| 138 | <b>PIĄTKOWSKI Józef</b>           | <b>107</b> | KGHM METRACO POLKOWICE          | M75-79                   | 7    |                |                 | 00:22:23 | <b>00:45:41.65</b>   | +00:16:25<br>(35.9%) | 9:08            | 6.6<br>(64.1%) |
| 139 | <b>SZAŁAJ Anna</b>                | <b>144</b> | KGHM METRACO POLKOWICE          | K-<br>Niepełnosprawni(B) | 3    |                |                 | 00:22:51 | <b>00:45:47.95</b>   | +00:16:31<br>(36.1%) | 9:09            | 6.6<br>(64.1%) |
| 140 | <b>DUSZEŃKO Elwira</b>            | <b>31</b>  | KGHM METRACO POLKOWICE          | K-<br>Niepełnosprawni(A) | 3    |                |                 | 00:22:34 | <b>00:46:04.00</b>   | +00:16:47<br>(36.5%) | 9:12            | 6.5<br>(63.1%) |
| 141 | <b>SZCZEPANIAK Julita</b>         | <b>145</b> |                                 | K40-44                   | 8    |                |                 | 00:22:33 | <b>00:46:11.90</b>   | +00:16:55<br>(36.6%) | 9:14            | 6.5<br>(63.1%) |
| 142 | <b>SZCZEPAŃSKA Lena</b>           | <b>146</b> | KGHM METRACO POLKOWICE          | K-Dzieci                 | 1    |                |                 | 00:22:01 | <b>00:46:14.00</b>   | +00:16:57<br>(36.7%) | 9:14            | 6.5<br>(63.1%) |
| 143 | <b>JANAS Judyta</b>               | <b>52</b>  |                                 | K50-54                   | 10   |                |                 | 00:23:26 | <b>00:46:14.90</b>   | +00:16:58<br>(36.7%) | 9:14            | 6.5<br>(63.1%) |
| 144 | <b>SZNAJDER Zenon</b>             | <b>153</b> |                                 | M70-74                   | 11   |                |                 | 00:22:08 | <b>00:46:31.30</b>   | +00:17:15<br>(37.1%) | 9:18            | 6.4<br>(62.1%) |
| 145 | <b>STENCEL Anna</b>               | <b>139</b> | CZAROWNICE                      | K45-49                   | 7    |                |                 | 00:23:09 | <b>00:46:39.10</b>   | +00:17:22<br>(37.3%) | 9:19            | 6.4<br>(62.1%) |
| 146 | <b>MŁODOŻYŃSKA Karolina</b>       | <b>92</b>  | CZAROWNICE                      | K50-54                   | 11   |                |                 | 00:23:07 | <b>00:46:39.85</b>   | +00:17:23<br>(37.3%) | 9:19            | 6.4<br>(62.1%) |
| 147 | <b>MARTYŃSKA Violetta</b>         | <b>87</b>  |                                 | K-<br>Niepełnosprawni(A) | 4    | 2              |                 | 00:23:32 | <b>00:47:34.00</b>   | +00:18:17<br>(38.5%) | 9:30            | 6.3<br>(61.2%) |
| 148 | <b>MARCINKIEWICZ Sy.wia</b>       | <b>85</b>  |                                 | K45-49                   | 8    |                |                 | 00:23:23 | <b>00:48:02.90</b>   | +00:18:46<br>(39.1%) | 9:36            | 6.2<br>(60.2%) |
| 149 | <b>SZYBUT Roma</b>                | <b>155</b> | POTĘGA NORDICA                  | K40-44                   | 9    |                |                 | 00:23:47 | <b>00:48:10.80</b>   | +00:18:54<br>(39.2%) | 9:38            | 6.2<br>(60.2%) |
| 150 | <b>PANKIEWICZ-DMOWSKA Cecylia</b> | <b>104</b> | WEJHEROWSKI KLUB NORDIC WALKING | K75-79                   | 1    |                |                 | 00:23:26 | <b>00:48:18.35</b>   | +00:19:02<br>(39.4%) | 9:39            | 6.2<br>(60.2%) |
| 151 | <b>ADAMCZYK Iwona</b>             | <b>2</b>   | BASZTA BYTÓW                    | K40-44                   | 10   |                |                 | 00:24:30 | <b>00:48:30.10</b>   | +00:19:13<br>(39.6%) | 9:42            | 6.2<br>(60.2%) |
| 152 | <b>KAMIŃSKA Agnieszka</b>         | <b>60</b>  |                                 | K40-44                   | 11   | 1              |                 | 00:23:31 | <b>00:48:32.65</b>   | +00:19:16<br>(39.7%) | 9:42            | 6.2<br>(60.2%) |

| Msc | Zawodnik                   | Numer      | Klub                      | Kategoria                | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.5km           | Czas<br>netto<br>5km      | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|------------|---------------------------|--------------------------|------|----------------|-----------------|-----------------|---------------------------|----------------------|-----------------|----------------|
| 153 | <b>GRACZYK Mirosława</b>   | <b>42</b>  | MARSZ PO ZDROWIE          | K65-69                   | 9    |                |                 | 00:23:28        | <b>00:48:35.05</b>        | +00:19:18<br>(39.8%) | 9:43            | 6.2<br>(60.2%) |
| 154 | <b>WÓJCIK Henryk</b>       | <b>176</b> | UTW OLEŚNICA              | M80+                     | 3    |                |                 | 00:23:46        | <b>00:48:36.55</b>        | +00:19:20<br>(39.8%) | 9:43            | 6.2<br>(60.2%) |
| 155 | <b>WALLOCH Karolina</b>    | <b>164</b> |                           | K30-39                   | 9    |                |                 | 00:23:53        | <b>00:48:38.20</b>        | +00:19:21<br>(39.8%) | 9:43            | 6.2<br>(60.2%) |
| 156 | <b>WECHMANN Sylwia</b>     | <b>167</b> |                           | K40-44                   | 12   |                |                 | 00:23:38        | <b>00:48:49.65</b>        | +00:19:33<br>(40.1%) | 9:45            | 6.1<br>(59.2%) |
| 157 | <b>ROMANOWSKA Eliza</b>    | <b>188</b> | KGHM METRACO POLKOWICE    | K-Dzieci                 | 2    |                |                 | 00:23:30        | <b>00:48:55.75</b>        | +00:19:39<br>(40.2%) | 9:47            | 6.1<br>(59.2%) |
| 158 | <b>JUREK Ewa</b>           | <b>55</b>  |                           | K-<br>Niepełnosprawni(B) | 4    |                |                 | 00:24:27        | <b>00:49:35.40</b>        | +00:20:19<br>(41.0%) | 9:55            | 6.1<br>(59.2%) |
| 159 | <b>WÓJCIK Irena</b>        | <b>177</b> | UTW OLEŚNICA              | K75-79                   | 2    | 1              |                 | 00:24:42        | <b>00:50:18.10</b>        | +00:21:01<br>(41.8%) | 10:03           | 6<br>(58.3%)   |
| 160 | <b>OWCZAREK Henryka</b>    | <b>102</b> | ZIELONE GROSZKI POZNAŃ    | K75-79                   | 3    |                |                 | 00:25:08        | <b>00:50:33.30</b>        | +00:21:17<br>(42.1%) | 10:06           | 5.9<br>(57.3%) |
| 161 | <b>TOBYS Alicja</b>        | <b>162</b> |                           | K65-69                   | 10   |                |                 | 00:25:46        | <b>00:51:09.45</b>        | +00:21:53<br>(42.8%) | 10:13           | 5.9<br>(57.3%) |
| 162 | <b>KASPRZAK Anna</b>       | <b>62</b>  |                           | K30-39                   | 10   | 1              |                 | 00:25:17        | <b>00:52:26.20</b>        | +00:23:09<br>(44.2%) | 10:29           | 5.7<br>(55.3%) |
| 163 | <b>WAWRZYNIAK Krystyna</b> | <b>166</b> | MARSZ PO ZDROWIE          | K70-74                   | 4    |                |                 | 00:26:56        | <b>00:55:46.90</b>        | +00:26:30<br>(47.5%) | 11:09           | 5.4<br>(52.4%) |
| 164 | <b>JACENKO Julia</b>       | <b>50</b>  | KGHM METRACO POLKOWICE    | K-Dzieci                 | 3    | 1              |                 | 00:27:20        | <b>00:58:25.10</b>        | +00:29:08<br>(49.9%) | 11:41           | 5.1<br>(49.5%) |
| DQ  | <b>STEFANIAK Krzysztof</b> | <b>138</b> | KATOWICKI NORDIC WALKING  | M65-69                   |      |                | 1               | 00:17:36<br>DQ  | <b>00:36:17.40<br/>DQ</b> |                      | 0:00            | 8.3<br>(80.6%) |
| DQ  | <b>RĄCZKA Grzegorz</b>     | <b>118</b> | NORDIC WALKING LUBASZ     | M50-54                   |      |                | 1               | 00:17:51<br>DQ  | <b>00:40:15.05<br/>DQ</b> |                      | 0:00            | 7.5<br>(72.8%) |
| DQ  | <b>KANIA Adam</b>          | <b>183</b> |                           | M55-59                   |      |                | 1               | 00:20:13<br>DQ  | <b>DQ</b>                 |                      |                 | (0.0%)         |
| DNC | <b>KORZEC Anna</b>         | <b>69</b>  |                           | K50-54                   |      |                |                 | 00:29:44        |                           |                      |                 | (0.0%)         |
|     | <b>ŁASZCZ Ewa</b>          | <b>185</b> | NORDICA FABRYKA TRZCIANKA | K-<br>Niepełnosprawni(A) |      |                |                 | 00:24:53<br>DNF | <b>DNF</b>                |                      | -               | - (0.0%)       |

Znaleziono 169 wynik(ów)