



# FINAŁ ENEA POLISH NORDIC WALKING CUP - POTĘGOWO - 5KM - 10/10

B4SPORT

**Wydarzenie:** FINAŁ ENEA POLISH NORDIC WALKING CUP  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-10-01  
**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	WITUCKI Jacek	189		M50-54	1			00:14:13	00:29:11.70		5:50	10.3 (100%)
2	MARCZAK Tomasz	100	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:14:34	00:29:40.90	+00:00:29 (1.6%)	5:56	10.1 (98.1%)
3	ORDZOWIAŁY Piotr	116	NIWAOSIELEC	M55-59	1			00:14:31	00:29:50.09	+00:00:38 (2.1%)	5:58	10.1 (98.1%)
4	WOJTOWICZ Tomasz	192	K.B. ATHLETIC ZRĘCIN / NSZZ SOLIDARNOŚĆ W GAP	M30-39	1			00:14:33	00:30:21.45	+00:01:09 (3.8%)	6:04	9.9 (96.1%)
5	CYRUS Bogdan	20	SILESIA NORDIC TEAM	M50-54	2			00:14:41	00:30:23.41	+00:01:11 (3.9%)	6:04	9.9 (96.1%)
6	WOROCH Roman	193	KGHM METRACO	M60-64	1			00:16:10	00:32:12.58	+00:03:00 (9.4%)	6:26	9.3 (90.3%)
7	POLKOWSKI Piotr	266	NW CZŁAPSKI TEAM	M30-39	2			00:15:43	00:32:18.67	+00:03:06 (9.6%)	6:27	9.3 (90.3%)
8	FRAĆKOWIAK Roman	39	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:15:49	00:32:21.35	+00:03:09 (9.8%)	6:28	9.3 (90.3%)
9	ROŻYNEK Miron	139	KGHM METRACO	M55-59	2			00:16:04	00:32:21.98	+00:03:10 (9.8%)	6:28	9.3 (90.3%)
10	BRZOZOWSKI Piotr	258	AKTYWNI POSTOMINO	M30-39	3			00:15:59	00:32:23.02	+00:03:11 (9.8%)	6:28	9.3 (90.3%)
11	ZDANOWICZ Arkadiusz	196	R. D. B. KRYSIUK MIŃSK MAZ.	M40-44	1			00:16:10	00:32:23.06	+00:03:11 (9.8%)	6:28	9.3 (90.3%)
12	HELWICH Stefan	53	KGHM METRACO	M65-69	1			00:16:17	00:32:32.85	+00:03:21 (10.3%)	6:30	9.2 (89.3%)
13	OLSZAŃSKI Karol	115	FEAR THE RETURN	M45-49	1			00:16:03	00:32:33.04	+00:03:21 (10.3%)	6:30	9.2 (89.3%)

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		
14	<b>WOJTASIŃSKI Daniel</b>	<b>191</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:16:04	<b>00:32:45.22</b>	+00:03:33 (10.9%)	6:33	9.2 (89.3%)
15	<b>MAŚLANKA Jacek</b>	<b>101</b>		M55-59	3			00:16:18	<b>00:32:48.47</b>	+00:03:36 (11.0%)	6:33	9.1 (88.3%)
16	<b>WILUSZ Erwina</b>	<b>186</b>	PTG'SOKÓŁ' RYMANÓW	K30-39	1			00:16:38	<b>00:33:04.26</b>	+00:03:52 (11.7%)	6:36	9.1 (88.3%)
17	<b>MISZTAL Grzegorz</b>	<b>107</b>	MASZYCANKA MASZYCE	M30-39	4			00:16:02	<b>00:33:04.46</b>	+00:03:52 (11.7%)	6:36	9.1 (88.3%)
18	<b>BREWKA Joachim</b>	<b>16</b>	NORDIC SPORT 2021	M55-59	4			00:16:45	<b>00:33:34.65</b>	+00:04:22 (13.1%)	6:42	8.9 (86.4%)
19	<b>BIELECKA Zuzanna</b>	<b>7</b>	NW CZŁAPSKI TEAM	K40-44	1			00:16:46	<b>00:33:42.98</b>	+00:04:31 (13.4%)	6:44	8.9 (86.4%)
20	<b>PARZYBUT Jan</b>	<b>120</b>	POSTĘP PNIEWY TEAM	M55-59	5			00:16:43	<b>00:33:47.39</b>	+00:04:35 (13.6%)	6:45	8.9 (86.4%)
21	<b>KARPIENIA Ewa</b>	<b>66</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:16:54	<b>00:33:54.58</b>	+00:04:42 (13.9%)	6:46	8.8 (85.4%)
22	<b>GAJEWSKI Eugeniusz</b>	<b>41</b>	KGHM METRACO	M65-69	2			00:16:41	<b>00:33:56.96</b>	+00:04:45 (14.0%)	6:47	8.8 (85.4%)
23	<b>RAKOWIECKI Zbigniew</b>	<b>134</b>	POLIPACK TEAM GWE	M60-64	2			00:16:50	<b>00:34:05.48</b>	+00:04:53 (14.4%)	6:49	8.8 (85.4%)
24	<b>MAŚLANKA Iwona</b>	<b>102</b>	MARSZ PO ZDROWIE	K50-54	2			00:16:54	<b>00:34:09.60</b>	+00:04:57 (14.5%)	6:49	8.8 (85.4%)
25	<b>CZŁAPSKI Krzysztof</b>	<b>268</b>	NW CZŁAPSKI TEAM	M55-59	6			00:16:45	<b>00:34:10.49</b>	+00:04:58 (14.6%)	6:50	8.8 (85.4%)
26	<b>GUTOWSKA Magda</b>	<b>50</b>	PAUL TEAM	K45-49	1			00:16:54	<b>00:34:10.76</b>	+00:04:59 (14.6%)	6:50	8.8 (85.4%)
27	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>114</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:16:57	<b>00:34:11.12</b>	+00:04:59 (14.6%)	6:50	8.8 (85.4%)
28	<b>GŁOGOWSKI Wojciech</b>	<b>45</b>	KGHM METRACO	M-Jun.	1			00:16:51	<b>00:34:15.64</b>	+00:05:03 (14.8%)	6:51	8.8 (85.4%)
29	<b>BIBKO Martin</b>	<b>6</b>	SPEEDBAR	M45-49	2			00:16:30	<b>00:34:19.57</b>	+00:05:07 (14.9%)	6:51	8.7 (84.5%)
30	<b>KABATA Jarosław</b>	<b>63</b>	NORDIC SPORT 2021	M50-54	4			00:16:43	<b>00:34:25.42</b>	+00:05:13 (15.2%)	6:53	8.7 (84.5%)
31	<b>RAJEK Magdalena</b>	<b>262</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:17:10	<b>00:34:38.02</b>	+00:05:26 (15.7%)	6:55	8.7 (84.5%)
32	<b>JĘDRASIAK Renata</b>	<b>59</b>	KGHM METRACO	K55-59	1			00:17:00	<b>00:34:47.57</b>	+00:05:35 (16.1%)	6:57	8.6 (83.5%)
33	<b>CHYRA Janusz</b>	<b>17</b>	NORDIC SPORT 2021	M45-49	3			00:17:21	<b>00:34:53.94</b>	+00:05:42 (16.3%)	6:58	8.6 (83.5%)
34	<b>JÓŹWIAK Marianna</b>	<b>60</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	3			00:17:12	<b>00:34:55.17</b>	+00:05:43 (16.4%)	6:59	8.6 (83.5%)
35	<b>GIERSZEWSKI Arkadiusz</b>	<b>44</b>	BŁĘKITNI DZIEMIANY	M40-44	3			00:17:00	<b>00:34:59.42</b>	+00:05:47 (16.6%)	6:59	8.6 (83.5%)
36	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>121</b>	PRUSZYŃSKI SPORT TEAM	K45-49	4			00:17:11	<b>00:35:02.66</b>	+00:05:50 (16.7%)	7:00	8.6 (83.5%)

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37	<b>KONKOL Andrzej</b>	<b>74</b>	KREATIVSPORT LĘBORK	M65-69	3			00:17:24	<b>00:35:04.77</b>	+00:05:53 (16.8%)	7:00	8.6 (83.5%)
38	<b>KLAWCZYŃSKI Marcin</b>	<b>69</b>	AKTYWNI W PNIEWACH	M30-39	5			00:17:00	<b>00:35:20.56</b>	+00:06:08 (17.4%)	7:04	8.5 (82.5%)
39	<b>SANIUK Edward</b>	<b>144</b>		M70-74	1			00:17:49	<b>00:35:33.86</b>	+00:06:22 (17.9%)	7:06	8.4 (81.6%)
40	<b>FRANCZAK Małgorzata</b>	<b>267</b>	NW CZŁAPSKI TEAM	K18-29	1			00:18:55	<b>00:35:53.00</b>	+00:06:41 (18.6%)	7:10	8.4 (81.6%)
41	<b>ZDRZAŁEK Alicja</b>	<b>198</b>	NORDIC SPORT 2021	K40-44	2			00:17:31	<b>00:36:01.16</b>	+00:06:49 (18.9%)	7:12	8.3 (80.6%)
42	<b>KRIGER Roman</b>	<b>86</b>	MAPEI POLSKA	M60-64	3			00:17:43	<b>00:36:08.45</b>	+00:06:56 (19.2%)	7:13	8.3 (80.6%)
43	<b>KUREK Aleksander</b>	<b>91</b>	KGHM METRACO	M-Dzieci	1			00:17:46	<b>00:36:08.74</b>	+00:06:57 (19.2%)	7:13	8.3 (80.6%)
44	<b>KOWACZ Agata</b>	<b>78</b>	SPEEDBAR	K40-44	3			00:17:49	<b>00:36:11.27</b>	+00:06:59 (19.3%)	7:14	8.3 (80.6%)
45	<b>GORTAT Bogumił</b>	<b>46</b>	NORDA ACTIVE TEAM	M40-44	4			00:17:47	<b>00:36:27.20</b>	+00:07:15 (19.9%)	7:17	8.2 (79.6%)
46	<b>SZYMAŃSKI Stefan</b>	<b>169</b>	XV KOŁO PZERII W DYWITACH	M75-79	1			00:17:55	<b>00:36:32.23</b>	+00:07:20 (20.1%)	7:18	8.2 (79.6%)
47	<b>DUSZEŃKO Zygmunt</b>	<b>32</b>	KGHM METRACO	M- Niepełnosprawni(A)	1			00:18:17	<b>00:36:35.83</b>	+00:07:24 (20.2%)	7:19	8.2 (79.6%)
48	<b>PLEWIŃSKI Rafał</b>	<b>125</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:18:11	<b>00:36:40.66</b>	+00:07:28 (20.4%)	7:20	8.2 (79.6%)
49	<b>ŚLUSARCZYK Grzegorz</b>	<b>172</b>	WESOŁY BORSUK TEAM	M45-49	4			00:18:06	<b>00:36:43.04</b>	+00:07:31 (20.5%)	7:20	8.2 (79.6%)
50	<b>BECZEK Magdalena</b>	<b>4</b>	POLIPACK TEAM GWE	K30-39	2			00:18:14	<b>00:36:44.48</b>	+00:07:32 (20.5%)	7:20	8.2 (79.6%)
51	<b>ZAWADZKI Krzysztof</b>	<b>195</b>	WETERAN	M- Niepełnosprawni(B)	1			00:18:19	<b>00:36:47.32</b>	+00:07:35 (20.6%)	7:21	8.2 (79.6%)
52	<b>ŚLUSARCZYK Andrzej</b>	<b>171</b>	WESOŁY BORSUK TEAM	M70-74	2			00:18:33	<b>00:37:07.94</b>	+00:07:56 (21.4%)	7:25	8.1 (78.6%)
53	<b>WITUCKA Karolina</b>	<b>188</b>		K-Jun.	1			00:18:29	<b>00:37:19.78</b>	+00:08:08 (21.8%)	7:27	8 (77.7%)
54	<b>RUSINOWICZ Andrzej</b>	<b>140</b>	NIEZRZESZONY	M75-79	2			00:18:18	<b>00:37:20.82</b>	+00:08:09 (21.8%)	7:28	8 (77.7%)
55	<b>PANKIEWICZ Ewelina</b>	<b>118</b>	NORDIC SPORT 2021	K30-39	3			00:18:34	<b>00:37:31.26</b>	+00:08:19 (22.2%)	7:30	8 (77.7%)
56	<b>HAREŃDA Dawid</b>	<b>52</b>	NIEZRZESZONY	M-Dzieci	2			00:18:42	<b>00:37:42.73</b>	+00:08:31 (22.6%)	7:32	8 (77.7%)
57	<b>PLUTO-PRĄDZYŃSKA Anna</b>	<b>126</b>	SERCE NORDICA WŁOCŁAWEK	K30-39	4			00:18:50	<b>00:37:55.62</b>	+00:08:43 (23.0%)	7:35	7.9 (76.7%)
58	<b>SZYMANOWSKA Anna</b>	<b>167</b>	LĘBORSKIE LWY	K60-64	1			00:18:53	<b>00:38:02.15</b>	+00:08:50 (23.2%)	7:36	7.9 (76.7%)
59	<b>WICZKOWSKI Aleksander</b>	<b>183</b>		M-Dzieci	3			00:18:23	<b>00:38:06.35</b>	+00:08:54 (23.4%)	7:37	7.9 (76.7%)

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									netto 5km	Różn		
60	<b>CZEKRYSEW Andrzej</b>	<b>23</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	2			00:18:44	<b>00:38:09.07</b>	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
61	<b>GRUSZKA Michał</b>	<b>47</b>	NORDIC SPORT 2021	M45-49	5			00:18:50	<b>00:38:09.45</b>	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
62	<b>CZMOCH Marian</b>	<b>24</b>	PUKS JEDYNKA	M70-74	3			00:18:34	<b>00:38:09.71</b>	+00:08:58 (23.5%)	7:37	7.9 (76.7%)
63	<b>SAPUŁA Wiktoria</b>	<b>145</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:19:02	<b>00:38:16.72</b>	+00:09:05 (23.7%)	7:39	7.8 (75.7%)
64	<b>BERCZYŃSKI Henryk</b>	<b>5</b>	NADLEŚNICTWO OKONEK	M65-69	4			00:19:03	<b>00:38:30.77</b>	+00:09:19 (24.2%)	7:42	7.8 (75.7%)
65	<b>GAŁKOWSKA Elżbieta</b>	<b>42</b>	KGHM METRACO	K65-69	1			00:19:04	<b>00:38:31.20</b>	+00:09:19 (24.2%)	7:42	7.8 (75.7%)
66	<b>WNEK Ewa</b>	<b>190</b>	KGHM METRACO	K65-69	2			00:19:04	<b>00:38:32.66</b>	+00:09:20 (24.3%)	7:42	7.8 (75.7%)
67	<b>MIODOŃSKA Iwona</b>	<b>106</b>		K30-39	5			00:18:54	<b>00:38:35.57</b>	+00:09:23 (24.4%)	7:43	7.8 (75.7%)
68	<b>ŚLUSARCZYK Marcin</b>	<b>170</b>	WESOŁY BORSUK TEAM	M40-44	5			00:17:28	<b>00:38:35.87</b>	+00:09:24 (24.4%)	7:43	7.8 (75.7%)
69	<b>KOWALSKI Iwo</b>	<b>81</b>		M-Dzieci	4			00:18:13	<b>00:38:36.70</b>	+00:09:25 (24.4%)	7:43	7.8 (75.7%)
70	<b>NIEDŹWIECKA Małgorzata</b>	<b>109</b>	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			00:19:18	<b>00:38:38.41</b>	+00:09:26 (24.4%)	7:43	7.8 (75.7%)
71	<b>ŁĘCKI Jan</b>	<b>96</b>	WŁÓCZYKIJE GDYNIA	M- Niepełnosprawni(A)	3			00:19:11	<b>00:38:38.52</b>	+00:09:26 (24.4%)	7:43	7.8 (75.7%)
72	<b>KOTUSIEWICZ Maria</b>	<b>76</b>		K60-64	2			00:19:07	<b>00:38:43.47</b>	+00:09:31 (24.6%)	7:44	7.7 (74.8%)
73	<b>SZYBUT Weronika</b>	<b>166</b>	POTĘGA NORDICA	K-Dzieci	1			00:19:37	<b>00:38:43.71</b>	+00:09:32 (24.6%)	7:44	7.7 (74.8%)
74	<b>KASPEREK Edyta</b>	<b>67</b>	NW CZŁAPSKI TEAM	K45-49	5			00:19:13	<b>00:38:51.46</b>	+00:09:39 (24.9%)	7:46	7.7 (74.8%)
75	<b>KRĘCKA Irena</b>	<b>265</b>		K55-59	2			00:19:16	<b>00:38:52.40</b>	+00:09:40 (24.9%)	7:46	7.7 (74.8%)
76	<b>KOCOŃ Sylwia</b>	<b>71</b>		K40-44	4			00:19:32	<b>00:39:11.06</b>	+00:09:59 (25.5%)	7:50	7.7 (74.8%)
77	<b>KISIELEWICZ Zofia</b>	<b>68</b>	KGHM METRACO	K-Jun.	2			00:19:12	<b>00:39:17.86</b>	+00:10:06 (25.7%)	7:51	7.6 (73.8%)
78	<b>ANTOSIAK Simonetta</b>	<b>263</b>		K-Jun.	3			00:19:18	<b>00:39:20.47</b>	+00:10:08 (25.8%)	7:52	7.6 (73.8%)
79	<b>MROCZEK Bartosz</b>	<b>204</b>		M18-29	2			00:19:14	<b>00:39:28.99</b>	+00:10:17 (26.1%)	7:53	7.6 (73.8%)
80	<b>SERÓWKA Lidia</b>	<b>259</b>	DAJ RADOŚĆ	K- Niepełnosprawni(A)	1			00:19:36	<b>00:39:32.92</b>	+00:10:21 (26.2%)	7:54	7.6 (73.8%)
81	<b>ZWIERZ Andrzej</b>	<b>200</b>	ACTIVE FAMILY PASŁĘK	M65-69	5			00:19:35	<b>00:39:34.66</b>	+00:10:22 (26.2%)	7:54	7.6 (73.8%)
82	<b>SKRZĄTEK Lucyna</b>	<b>148</b>	NORDIC SPORT 2021	K50-54	4			00:19:26	<b>00:39:43.10</b>	+00:10:31 (26.5%)	7:56	7.6 (73.8%)

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83	<b>WANDTKE Antoni</b>	<b>181</b>		M70-74	4			00:19:35	<b>00:39:45.27</b>	+00:10:33 (26.6%)	7:57	7.5 (72.8%)
84	<b>ROMANOWSKA Eliza</b>	<b>138</b>	KGHM METRACO	K-Dzieci	2			00:19:43	<b>00:39:57.04</b>	+00:10:45 (26.9%)	7:59	7.5 (72.8%)
85	<b>SERÓWKA Zuzanna</b>	<b>146</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-Dzieci	3			00:19:43	<b>00:39:57.78</b>	+00:10:46 (26.9%)	7:59	7.5 (72.8%)
86	<b>DYBEŁ Agnieszka</b>	<b>34</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	2			00:19:45	<b>00:40:15.30</b>	+00:11:03 (27.5%)	8:03	7.5 (72.8%)
87	<b>CHODORSKA Oliwia</b>	<b>54</b>	KGHM METRACO	K-Jun.	4			00:19:47	<b>00:40:16.59</b>	+00:11:04 (27.5%)	8:03	7.5 (72.8%)
88	<b>PLUTO-PRĄDZYŃSKA Klaudia</b>	<b>127</b>	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	1			00:19:58	<b>00:40:17.42</b>	+00:11:05 (27.5%)	8:03	7.4 (71.8%)
89	<b>ŚLUSARCZYK Karolina</b>	<b>175</b>	WESOŁY BORSUK TEAM	K18-29	3			00:20:00	<b>00:40:22.22</b>	+00:11:10 (27.7%)	8:04	7.4 (71.8%)
90	<b>FRANCZAK Dariusz</b>	<b>38</b>	NW CZŁAPSKI TEAM	M55-59	7			00:20:05	<b>00:40:22.82</b>	+00:11:11 (27.7%)	8:04	7.4 (71.8%)
91	<b>PRACKI Zbigniew</b>	<b>130</b>	SERCE NORDICA WŁOCŁAWEK	M55-59	8			00:20:07	<b>00:40:24.74</b>	+00:11:13 (27.8%)	8:04	7.4 (71.8%)
92	<b>BOETCHER Patrycja</b>	<b>13</b>		K-Dzieci	4			00:19:42	<b>00:40:28.59</b>	+00:11:16 (27.9%)	8:05	7.4 (71.8%)
93	<b>KOZIOŁ Magdalena</b>	<b>82</b>		K30-39	6			00:20:24	<b>00:40:33.43</b>	+00:11:21 (28.0%)	8:06	7.4 (71.8%)
94	<b>GRYGOROWICZ Teresa</b>	<b>48</b>	KGHM METRACO	K70-74	1			00:20:07	<b>00:40:40.04</b>	+00:11:28 (28.2%)	8:08	7.4 (71.8%)
95	<b>JABŁOŃSKI Filip</b>	<b>56</b>		M-Dzieci	5			00:19:20	<b>00:40:40.81</b>	+00:11:29 (28.2%)	8:08	7.4 (71.8%)
96	<b>BIKIWSKI Marek</b>	<b>9</b>	LĘBORSKIE LWY	M- Niepełnosprawni(A)	4			00:20:10	<b>00:40:41.99</b>	+00:11:30 (28.3%)	8:08	7.4 (71.8%)
97	<b>GRYGOROWICZ Bogdan</b>	<b>49</b>	KGHM METRACO	M- Niepełnosprawni(B)	2			00:20:07	<b>00:40:43.81</b>	+00:11:32 (28.3%)	8:08	7.4 (71.8%)
98	<b>SZNAJDER Zenon</b>	<b>162</b>		M70-74	5			00:19:51	<b>00:40:58.66</b>	+00:11:46 (28.8%)	8:11	7.3 (70.9%)
99	<b>BIESIADA Celina</b>	<b>8</b>		K30-39	7			00:20:16	<b>00:40:59.17</b>	+00:11:47 (28.8%)	8:11	7.3 (70.9%)
100	<b>DOMAGAŁA Julia</b>	<b>29</b>		K-Dzieci	5			00:19:48	<b>00:41:03.43</b>	+00:11:51 (28.9%)	8:12	7.3 (70.9%)
101	<b>DEPCZYŃSKI Rafał</b>	<b>26</b>	ACTIVE FAMILY PASŁĘK	M50-54	5			00:20:34	<b>00:41:16.47</b>	+00:12:04 (29.3%)	8:15	7.3 (70.9%)
102	<b>BIKOWSKA Gabriela</b>	<b>10</b>	LĘBORSKIE LWY	K- Niepełnosprawni(A)	3			00:20:17	<b>00:41:21.30</b>	+00:12:09 (29.4%)	8:16	7.3 (70.9%)
103	<b>JAKUBOWSKI Zbigniew</b>	<b>201</b>		M70-74	6			00:20:06	<b>00:41:21.33</b>	+00:12:09 (29.4%)	8:16	7.3 (70.9%)
104	<b>OWSIANA Katarzyna</b>	<b>117</b>		K-Dzieci	6			00:20:44	<b>00:41:23.50</b>	+00:12:11 (29.5%)	8:16	7.2 (69.9%)
105	<b>SZAŁAJ Anna</b>	<b>157</b>	METRACO RUDNA	K- Niepełnosprawni(B)	2			00:20:26	<b>00:41:24.16</b>	+00:12:12 (29.5%)	8:16	7.2 (69.9%)

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
106	<b>BŁOCH Lena</b>	<b>12</b>		K-Dzieci	7			00:21:12	<b>00:41:24.87</b>	+00:12:13 (29.5%)	8:16	7.2 (69.9%)
107	<b>UKLEJA Justyna</b>	<b>179</b>	POTĘGA NORDICA	K30-39	8			00:20:34	<b>00:41:32.40</b>	+00:12:20 (29.7%)	8:18	7.2 (69.9%)
108	<b>SOŁOBODOWSKA Pola</b>	<b>153</b>		K-Dzieci	8			00:20:54	<b>00:41:35.32</b>	+00:12:23 (29.8%)	8:19	7.2 (69.9%)
109	<b>LEWICKI Szymon</b>	<b>202</b>		M-Dzieci	6			00:21:02	<b>00:41:36.35</b>	+00:12:24 (29.8%)	8:19	7.2 (69.9%)
110	<b>STEFAŃSK Ksawery</b>	<b>154</b>		M-Dzieci	7			00:21:04	<b>00:41:36.84</b>	+00:12:25 (29.8%)	8:19	7.2 (69.9%)
111	<b>LIPKA Agata</b>	<b>92</b>		K-Dzieci	9			00:21:15	<b>00:41:41.06</b>	+00:12:29 (30.0%)	8:20	7.2 (69.9%)
112	<b>ZDANOWICZ Marta</b>	<b>197</b>		K45-49	6			00:20:26	<b>00:41:44.55</b>	+00:12:32 (30.1%)	8:20	7.2 (69.9%)
113	<b>KOGUT Laura</b>	<b>73</b>		K-Jun.	5			00:20:19	<b>00:41:47.47</b>	+00:12:35 (30.1%)	8:21	7.2 (69.9%)
114	<b>KRYMSKA Sylwia</b>	<b>87</b>		K50-54	5			00:20:46	<b>00:41:52.59</b>	+00:12:40 (30.3%)	8:22	7.2 (69.9%)
115	<b>DOBOSZ Anna</b>	<b>28</b>	NW CZŁAPSKI TEAM	K50-54	6			00:20:57	<b>00:41:55.17</b>	+00:12:43 (30.4%)	8:23	7.2 (69.9%)
116	<b>WOŹNIAKOWSKA Anna</b>	<b>251</b>		K45-49	7			00:20:48	<b>00:42:03.73</b>	+00:12:52 (30.6%)	8:24	7.1 (68.9%)
117	<b>BŁASZAK Maksymilian</b>	<b>11</b>	KGHM METRACO	M-Jun.	2			00:20:28	<b>00:42:03.74</b>	+00:12:52 (30.6%)	8:24	7.1 (68.9%)
118	<b>SZYMAŃSKA Lucyna</b>	<b>168</b>	XV KOŁO PZERII W DYWITACH	K70-74	2			00:20:37	<b>00:42:06.35</b>	+00:12:54 (30.7%)	8:25	7.1 (68.9%)
119	<b>WILK Iwona</b>	<b>185</b>	NORDIC SPORT 2021	K45-49	8			00:21:06	<b>00:42:09.38</b>	+00:12:57 (30.7%)	8:25	7.1 (68.9%)
120	<b>CZEKAJ Nadia</b>	<b>21</b>		K-Dzieci	10			00:21:28	<b>00:42:10.99</b>	+00:12:59 (30.8%)	8:26	7.1 (68.9%)
121	<b>KAKOL Roksana</b>	<b>65</b>		K-Jun.	6			00:21:21	<b>00:42:11.38</b>	+00:12:59 (30.8%)	8:26	7.1 (68.9%)
122	<b>THOMALLA Bogdan</b>	<b>177</b>	EKIPA NA KIJACH	M80+	1			00:20:52	<b>00:42:18.90</b>	+00:13:07 (31.0%)	8:27	7.1 (68.9%)
123	<b>DEPCZYŃSKI Adam</b>	<b>27</b>	ACTIVE FAMILY PASŁĘK	M-Jun.	3			00:20:52	<b>00:42:28.31</b>	+00:13:16 (31.3%)	8:29	7.1 (68.9%)
124	<b>KOTUSIEWICZ Grzegorz</b>	<b>77</b>		M60-64	4			00:20:30	<b>00:42:29.34</b>	+00:13:17 (31.3%)	8:29	7.1 (68.9%)
125	<b>LUBAŃSKI Tomasz</b>	<b>94</b>	SERCE NORDICA WŁOCŁAWEK	M60-64	5			00:20:50	<b>00:42:33.85</b>	+00:13:22 (31.4%)	8:30	7.1 (68.9%)
126	<b>NERC Dorota</b>	<b>108</b>		K60-64	3			00:21:05	<b>00:42:38.05</b>	+00:13:26 (31.5%)	8:31	7 (68.0%)
127	<b>KOGUT Filip</b>	<b>72</b>		M-Dzieci	8			00:21:22	<b>00:42:43.68</b>	+00:13:31 (31.7%)	8:32	7 (68.0%)
128	<b>SZMAJDA Filip</b>	<b>159</b>		M-Dzieci	9			00:21:36	<b>00:42:47.62</b>	+00:13:35 (31.8%)	8:33	7 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	<b>HAJNUS Wojciech</b>	<b>51</b>		M55-59	9			00:21:05	<b>00:42:55.29</b>	+00:13:43 (32.0%)	8:35	7 (68.0%)
130	<b>GAPSKI Kamil</b>	<b>43</b>	KS POTĘGOWO	M30-39	7			00:20:45	<b>00:43:10.53</b>	+00:13:58 (32.4%)	8:38	6.9 (67.0%)
131	<b>ADAMOWICZ Andrzej</b>	<b>1</b>		M75-79	3			00:21:05	<b>00:43:11.23</b>	+00:13:59 (32.4%)	8:38	6.9 (67.0%)
132	<b>WESOŁOWSKA Milena</b>	<b>182</b>		K-Dzieci	11			00:21:18	<b>00:43:15.79</b>	+00:14:04 (32.5%)	8:39	6.9 (67.0%)
133	<b>KLOCEK Jagoda</b>	<b>70</b>	KGHM METRACO	K-Jun.	7			00:20:25	<b>00:43:19.43</b>	+00:14:07 (32.6%)	8:39	6.9 (67.0%)
134	<b>KUREK Aleksandra</b>	<b>90</b>	KGHM METRACO	K30-39	9			00:21:21	<b>00:43:23.79</b>	+00:14:12 (32.7%)	8:40	6.9 (67.0%)
135	<b>MIKOŁAJCZYK Aleksander</b>	<b>104</b>		M-Dzieci	10			00:21:37	<b>00:43:23.88</b>	+00:14:12 (32.7%)	8:40	6.9 (67.0%)
136	<b>SZNAJDER Teresa</b>	<b>161</b>		K65-69	4			00:21:43	<b>00:43:28.63</b>	+00:14:16 (32.8%)	8:41	6.9 (67.0%)
137	<b>PLUTO-PRĄDZYŃSKI Kacper</b>	<b>128</b>	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	11			00:22:15	<b>00:43:37.45</b>	+00:14:25 (33.1%)	8:43	6.9 (67.0%)
138	<b>PRZYBORKIEWICZ Gosia</b>	<b>131</b>	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	4			00:21:34	<b>00:43:40.51</b>	+00:14:28 (33.2%)	8:44	6.9 (67.0%)
139	<b>KOZŁOWSKI Dominik</b>	<b>85</b>	SP SKÓROWO	M-Dzieci	12			00:21:16	<b>00:43:41.16</b>	+00:14:29 (33.2%)	8:44	6.9 (67.0%)
140	<b>UKLEJA Monika</b>	<b>178</b>		K30-39	10			00:21:31	<b>00:43:41.99</b>	+00:14:30 (33.2%)	8:44	6.9 (67.0%)
141	<b>NOWICKA Zuzanna</b>	<b>111</b>	POTĘGA NORDICA	K-Dzieci	12			00:21:30	<b>00:43:55.14</b>	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
142	<b>BARAN Aleksander</b>	<b>3</b>		M-Dzieci	13			00:21:46	<b>00:43:55.19</b>	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
143	<b>PIĄTKOWSKI Józef</b>	<b>122</b>	KGHM METRACO	M75-79	4			00:21:44	<b>00:44:10.36</b>	+00:14:58 (33.9%)	8:50	6.8 (66.0%)
144	<b>HORNIAC Amanda</b>	<b>55</b>	KGHM METRACO	K-Dzieci	13			00:21:52	<b>00:44:21.45</b>	+00:15:09 (34.2%)	8:52	6.8 (66.0%)
145	<b>TĘCZA Igor</b>	<b>176</b>		M-Dzieci	14			00:23:03	<b>00:44:35.45</b>	+00:15:23 (34.5%)	8:55	6.7 (65.0%)
146	<b>RUSZAŁA Martyna</b>	<b>141</b>		K-Dzieci	14			00:22:17	<b>00:44:37.11</b>	+00:15:25 (34.6%)	8:55	6.7 (65.0%)
147	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>194</b>	KGHM METRACO	K75-79	1			00:22:15	<b>00:44:41.35</b>	+00:15:29 (34.7%)	8:56	6.7 (65.0%)
148	<b>KOWALSKA Danuta</b>	<b>79</b>		K45-49	9			00:21:40	<b>00:44:49.88</b>	+00:15:38 (34.9%)	8:57	6.7 (65.0%)
149	<b>PIENIAK Michał</b>	<b>123</b>		M-Dzieci	15			00:21:23	<b>00:44:52.02</b>	+00:15:40 (34.9%)	8:58	6.7 (65.0%)
150	<b>REIKOWSKA Natalia</b>	<b>136</b>		K-Dzieci	15			00:21:59	<b>00:44:54.78</b>	+00:15:43 (35.0%)	8:58	6.7 (65.0%)
151	<b>SZYBUT Roma</b>	<b>165</b>	POTĘGA NORDICA	K30-39	11			00:22:10	<b>00:44:55.80</b>	+00:15:44 (35.0%)	8:59	6.7 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>119</b>		K70-74	3			00:22:12	<b>00:45:02.69</b>	+00:15:50 (35.2%)	9:00	6.7 (65.0%)
153	<b>GABRYSZ Patrycja</b>	<b>40</b>	KGHM METRACO	K-Jun.	8			00:21:56	<b>00:45:31.53</b>	+00:16:19 (35.9%)	9:06	6.6 (64.1%)
154	<b>DYGULSKA Aleksandra</b>	<b>35</b>		K-Dzieci	16			00:23:37	<b>00:45:37.25</b>	+00:16:25 (36.0%)	9:07	6.6 (64.1%)
155	<b>PUTON Olga</b>	<b>133</b>		K-Dzieci	17			00:22:36	<b>00:45:46.03</b>	+00:16:34 (36.2%)	9:09	6.6 (64.1%)
156	<b>CIESIELCZYK Tymoteusz</b>	<b>19</b>	POTĘGA NORDICA	M-Dzieci	16			00:21:52	<b>00:45:53.53</b>	+00:16:41 (36.4%)	9:10	6.5 (63.1%)
157	<b>STEFAŃSKA Eliza</b>	<b>156</b>		K-Dzieci	18			00:22:29	<b>00:45:56.59</b>	+00:16:44 (36.5%)	9:11	6.5 (63.1%)
158	<b>JAKUBOWSKA Zuzanna</b>	<b>57</b>		K-Dzieci	19			00:22:13	<b>00:46:00.91</b>	+00:16:49 (36.6%)	9:12	6.5 (63.1%)
159	<b>KOZŁOWSKA Wiktoria</b>	<b>84</b>	SP SKÓROWO	K-Jun.	9			00:22:31	<b>00:46:04.91</b>	+00:16:53 (36.6%)	9:12	6.5 (63.1%)
160	<b>SŁOWIK Stanisław</b>	<b>149</b>	KGHM METRACO	M-Dzieci	17			00:23:05	<b>00:46:05.55</b>	+00:16:53 (36.7%)	9:13	6.5 (63.1%)
161	<b>KOZŁOWSKA Magda</b>	<b>83</b>	SP SKÓROWO	K-Dzieci	20			00:22:31	<b>00:46:06.25</b>	+00:16:54 (36.7%)	9:13	6.5 (63.1%)
162	<b>RZECZYCKA Jolanta</b>	<b>142</b>	POTĘGA NORDICA	K60-64	4			00:22:29	<b>00:46:11.26</b>	+00:16:59 (36.8%)	9:14	6.5 (63.1%)
163	<b>LIS Natalia</b>	<b>93</b>		K-Dzieci	21			00:23:25	<b>00:46:32.51</b>	+00:17:20 (37.3%)	9:18	6.4 (62.1%)
164	<b>MILEWSKI Paweł</b>	<b>206</b>	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	5			00:22:48	<b>00:46:34.78</b>	+00:17:23 (37.3%)	9:18	6.4 (62.1%)
165	<b>WYROSTKIEWICZ Sylwia</b>	<b>269</b>	POTĘGA NORDICA	K45-49	10			00:23:16	<b>00:46:36.68</b>	+00:17:24 (37.4%)	9:19	6.4 (62.1%)
166	<b>DUSZEŃKO Elwira</b>	<b>31</b>	KGHM METRACO	K- Niepełnosprawni(A)	5			00:22:46	<b>00:46:38.29</b>	+00:17:26 (37.4%)	9:19	6.4 (62.1%)
167	<b>JUREK Łucja</b>	<b>62</b>		K-Dzieci	22			00:23:40	<b>00:46:45.05</b>	+00:17:33 (37.6%)	9:21	6.4 (62.1%)
168	<b>MATYJASZCZYK Milena</b>	<b>103</b>		K-Dzieci	23			00:23:43	<b>00:46:49.33</b>	+00:17:37 (37.6%)	9:21	6.4 (62.1%)
169	<b>CIESIELCZYK Katarzyna</b>	<b>18</b>	POTĘGA NORDICA	K30-39	12			00:22:39	<b>00:46:52.10</b>	+00:17:40 (37.7%)	9:22	6.4 (62.1%)
170	<b>ŚLUSARCZYK Błażej</b>	<b>173</b>	WESOŁY BORSUK TEAM	M-Dzieci	18			00:23:23	<b>00:46:57.65</b>	+00:17:45 (37.8%)	9:23	6.4 (62.1%)
171	<b>DWORNICKA Anna</b>	<b>33</b>	POTĘGA NORDICA	K40-44	5			00:23:55	<b>00:47:22.87</b>	+00:18:11 (38.4%)	9:28	6.3 (61.2%)
172	<b>NOWICKA Agnieszka</b>	<b>110</b>	POTĘGA NORDICA	K40-44	6			00:23:56	<b>00:47:23.04</b>	+00:18:11 (38.4%)	9:28	6.3 (61.2%)
173	<b>MARCHEWKA Julia</b>	<b>99</b>		K-Dzieci	24			00:23:36	<b>00:47:29.79</b>	+00:18:18 (38.5%)	9:29	6.3 (61.2%)
174	<b>WIRKUS Danuta</b>	<b>187</b>		K55-59	3			00:23:40	<b>00:47:31.64</b>	+00:18:19 (38.6%)	9:30	6.3 (61.2%)



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
175	<b>URBANOWICZ Bartosz</b>	<b>180</b>		M-Dzieci	19			00:23:59	<b>00:47:54.86</b>	+00:18:43 (39.1%)	9:34	6.3 (61.2%)
176	<b>MAJEWSKA Zuzanna</b>	<b>97</b>		K-Dzieci	25			00:23:07	<b>00:47:55.93</b>	+00:18:44 (39.1%)	9:35	6.3 (61.2%)
177	<b>MIKULSKA Milena</b>	<b>105</b>		K-Dzieci	26			00:23:28	<b>00:47:56.48</b>	+00:18:44 (39.1%)	9:35	6.3 (61.2%)
178	<b>SZMAJDA Oliwia</b>	<b>160</b>		K-Dzieci	27			00:23:55	<b>00:48:15.31</b>	+00:19:03 (39.5%)	9:39	6.2 (60.2%)
179	<b>AMBROZIAK Gabriela</b>	<b>2</b>		K-Dzieci	28			00:23:56	<b>00:48:41.28</b>	+00:19:29 (40.0%)	9:44	6.2 (60.2%)
180	<b>BOYKE Aleksander</b>	<b>15</b>		M-Dzieci	20			00:24:12	<b>00:49:18.65</b>	+00:20:06 (40.8%)	9:51	6.1 (59.2%)
181	<b>ŚLUSARCZYK Danuta</b>	<b>174</b>	WESOŁY BORSUK TEAM	K70-74	4			00:23:53	<b>00:49:24.00</b>	+00:20:12 (40.9%)	9:52	6.1 (59.2%)
182	<b>KULCZYCKI Jan</b>	<b>88</b>		M70-74	7			00:26:09	<b>00:51:42.49</b>	+00:22:30 (43.5%)	10:20	5.8 (56.3%)
183	<b>PRZYBORKIEWICZ Maja</b>	<b>132</b>	PIERNIKI TORUŃ	K-Dzieci	29			00:25:05	<b>00:51:56.48</b>	+00:22:44 (43.8%)	10:23	5.8 (56.3%)
184	<b>MAŁECKA Nadia</b>	<b>98</b>		K-Dzieci	30			00:25:35	<b>00:53:27.56</b>	+00:24:15 (45.4%)	10:41	5.6 (54.4%)
185	<b>KASIŃSKI Andrzej</b>	<b>210</b>	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	6			00:25:49	<b>00:53:45.16</b>	+00:24:33 (45.7%)	10:45	5.6 (54.4%)
186	<b>GAŁKA Robert</b>	<b>208</b>	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	7			00:26:47	<b>00:54:14.34</b>	+00:25:02 (46.2%)	10:50	5.5 (53.4%)
187	<b>DAJNOWICZ Ewa</b>	<b>209</b>	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	6			00:27:00	<b>00:54:52.08</b>	+00:25:40 (46.8%)	10:58	5.5 (53.4%)
188	<b>CAPLIŃSKA Wioletta</b>	<b>257</b>	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	7			00:27:01	<b>00:54:53.03</b>	+00:25:41 (46.8%)	10:58	5.5 (53.4%)
189	<b>STEFAŃSKA Agnieszka</b>	<b>155</b>		K40-44	7			00:27:26	<b>00:55:36.18</b>	+00:26:24 (47.5%)	11:07	5.4 (52.4%)
190	<b>MLECZAK Eugeniusz</b>	<b>203</b>		M80+	2			00:27:33	<b>00:55:45.01</b>	+00:26:33 (47.6%)	11:09	5.4 (52.4%)
191	<b>KĄKOL Katarzyna</b>	<b>229</b>		K30-39	13			00:27:35	<b>00:56:05.53</b>	+00:26:53 (48.0%)	11:13	5.3 (51.5%)
192	<b>RASZEWSKA-BIDA Zofia</b>	<b>135</b>		K-Dzieci	31			00:25:51	<b>00:56:26.36</b>	+00:27:14 (48.3%)	11:17	5.3 (51.5%)
193	<b>ZAWADZKA Judyta</b>	<b>270</b>	POTĘGA NORDICA	K30-39	14			00:28:49	<b>00:59:00.29</b>	+00:29:48 (50.5%)	11:48	5.1 (49.5%)
194	<b>PŁATEK Małgorzata</b>	<b>205</b>	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	8			00:28:54	<b>00:59:07.00</b>	+00:29:55 (50.6%)	11:49	5.1 (49.5%)
195	<b>SZTANDERA Szymon</b>	<b>164</b>	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	8			00:28:36		+00:14:23	11:26	5.2 (50.5%)
196	<b>CZAPIEWSKA Agata</b>	<b>256</b>	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	9			00:29:45		+00:15:32	11:54	5 (48.5%)
197		<b>264</b>						00:38:31		+00:24:18	15:24	3.9 (37.9%)
198	<b>KOS Krzysztof</b>	<b>75</b>	GMINA POTĘGOWO	M30-39	8		1					(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	<b>WILKOWSKI Paweł</b>	<b>261</b>		M40-44	6							(0.0%)
200	<b>MANDYS Krzysztof</b>	<b>207</b>	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	9							(0.0%)

Znaleziono 200 wynik(ów)