



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

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

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

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									netto 5km	Różn		
83	WANDTKE Antoni	181		M70-74	4			00:19:35	00:39:45.27	+00:10:33 (26.6%)	7:57	7.5 (72.8%)
84	ROMANOWSKA Eliza	138	KGHM METRACO	K-Dzieci	2			00:19:43	00:39:57.04	+00:10:45 (26.9%)	7:59	7.5 (72.8%)
85	SERÓWKA Zuzanna	146	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-Dzieci	3			00:19:43	00:39:57.78	+00:10:46 (26.9%)	7:59	7.5 (72.8%)
86	DYBEŁ Agnieszka	34	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	2			00:19:45	00:40:15.30	+00:11:03 (27.5%)	8:03	7.5 (72.8%)
87	CHODORSKA Oliwia	54	KGHM METRACO	K-Jun.	4			00:19:47	00:40:16.59	+00:11:04 (27.5%)	8:03	7.5 (72.8%)
88	PLUTO-PRĄDZYŃSKA Klaudia	127	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	1			00:19:58	00:40:17.42	+00:11:05 (27.5%)	8:03	7.4 (71.8%)
89	ŚLUSARCZYK Karolina	175	WESOŁY BORSUK TEAM	K18-29	3			00:20:00	00:40:22.22	+00:11:10 (27.7%)	8:04	7.4 (71.8%)
90	FRANCZAK Dariusz	38	NW CZŁAPSKI TEAM	M55-59	7			00:20:05	00:40:22.82	+00:11:11 (27.7%)	8:04	7.4 (71.8%)
91	PRACKI Zbigniew	130	SERCE NORDICA WŁOCŁAWEK	M55-59	8			00:20:07	00:40:24.74	+00:11:13 (27.8%)	8:04	7.4 (71.8%)
92	BOETCHER Patrycja	13		K-Dzieci	4			00:19:42	00:40:28.59	+00:11:16 (27.9%)	8:05	7.4 (71.8%)
93	KOZIOŁ Magdalena	82		K30-39	6			00:20:24	00:40:33.43	+00:11:21 (28.0%)	8:06	7.4 (71.8%)
94	GRYGOROWICZ Teresa	48	KGHM METRACO	K70-74	1			00:20:07	00:40:40.04	+00:11:28 (28.2%)	8:08	7.4 (71.8%)
95	JABŁOŃSKI Filip	56		M-Dzieci	5			00:19:20	00:40:40.81	+00:11:29 (28.2%)	8:08	7.4 (71.8%)
96	BIKIWSKI Marek	9	LĘBORSKIE LWY	M- Niepełnosprawni(A)	4			00:20:10	00:40:41.99	+00:11:30 (28.3%)	8:08	7.4 (71.8%)
97	GRYGOROWICZ Bogdan	49	KGHM METRACO	M- Niepełnosprawni(B)	2			00:20:07	00:40:43.81	+00:11:32 (28.3%)	8:08	7.4 (71.8%)
98	SZNAJDER Zenon	162		M70-74	5			00:19:51	00:40:58.66	+00:11:46 (28.8%)	8:11	7.3 (70.9%)
99	BIESIADA Celina	8		K30-39	7			00:20:16	00:40:59.17	+00:11:47 (28.8%)	8:11	7.3 (70.9%)
100	DOMAGAŁA Julia	29		K-Dzieci	5			00:19:48	00:41:03.43	+00:11:51 (28.9%)	8:12	7.3 (70.9%)
101	DEPCZYŃSKI Rafał	26	ACTIVE FAMILY PASŁĘK	M50-54	5			00:20:34	00:41:16.47	+00:12:04 (29.3%)	8:15	7.3 (70.9%)
102	BIKOWSKA Gabriela	10	LĘBORSKIE LWY	K- Niepełnosprawni(A)	3			00:20:17	00:41:21.30	+00:12:09 (29.4%)	8:16	7.3 (70.9%)
103	JAKUBOWSKI Zbigniew	201		M70-74	6			00:20:06	00:41:21.33	+00:12:09 (29.4%)	8:16	7.3 (70.9%)
104	OWSIANA Katarzyna	117		K-Dzieci	6			00:20:44	00:41:23.50	+00:12:11 (29.5%)	8:16	7.2 (69.9%)
105	SZAŁAJ Anna	157	METRACO RUDNA	K- Niepełnosprawni(B)	2			00:20:26	00:41:24.16	+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	BŁOCH Lena	12		K-Dzieci	7			00:21:12	00:41:24.87	+00:12:13 (29.5%)	8:16	7.2 (69.9%)
107	UKLEJA Justyna	179	POTĘGA NORDICA	K30-39	8			00:20:34	00:41:32.40	+00:12:20 (29.7%)	8:18	7.2 (69.9%)
108	SOŁOBODOWSKA Pola	153		K-Dzieci	8			00:20:54	00:41:35.32	+00:12:23 (29.8%)	8:19	7.2 (69.9%)
109	LEWICKI Szymon	202		M-Dzieci	6			00:21:02	00:41:36.35	+00:12:24 (29.8%)	8:19	7.2 (69.9%)
110	STEFAŃSK Ksawery	154		M-Dzieci	7			00:21:04	00:41:36.84	+00:12:25 (29.8%)	8:19	7.2 (69.9%)
111	LIPKA Agata	92		K-Dzieci	9			00:21:15	00:41:41.06	+00:12:29 (30.0%)	8:20	7.2 (69.9%)
112	ZDANOWICZ Marta	197		K45-49	6			00:20:26	00:41:44.55	+00:12:32 (30.1%)	8:20	7.2 (69.9%)
113	KOGUT Laura	73		K-Jun.	5			00:20:19	00:41:47.47	+00:12:35 (30.1%)	8:21	7.2 (69.9%)
114	KRYMSKA Sylwia	87		K50-54	5			00:20:46	00:41:52.59	+00:12:40 (30.3%)	8:22	7.2 (69.9%)
115	DOBOSZ Anna	28	NW CZŁAPSKI TEAM	K50-54	6			00:20:57	00:41:55.17	+00:12:43 (30.4%)	8:23	7.2 (69.9%)
116	WOŹNIAKOWSKA Anna	251		K45-49	7			00:20:48	00:42:03.73	+00:12:52 (30.6%)	8:24	7.1 (68.9%)
117	BŁASZAK Maksymilian	11	KGHM METRACO	M-Jun.	2			00:20:28	00:42:03.74	+00:12:52 (30.6%)	8:24	7.1 (68.9%)
118	SZYMAŃSKA Lucyna	168	XV KOŁO PZERII W DYWITACH	K70-74	2			00:20:37	00:42:06.35	+00:12:54 (30.7%)	8:25	7.1 (68.9%)
119	WILK Iwona	185	NORDIC SPORT 2021	K45-49	8			00:21:06	00:42:09.38	+00:12:57 (30.7%)	8:25	7.1 (68.9%)
120	CZEKAJ Nadia	21		K-Dzieci	10			00:21:28	00:42:10.99	+00:12:59 (30.8%)	8:26	7.1 (68.9%)
121	KAKOL Roksana	65		K-Jun.	6			00:21:21	00:42:11.38	+00:12:59 (30.8%)	8:26	7.1 (68.9%)
122	THOMALLA Bogdan	177	EKIPA NA KIJACH	M80+	1			00:20:52	00:42:18.90	+00:13:07 (31.0%)	8:27	7.1 (68.9%)
123	DEPCZYŃSKI Adam	27	ACTIVE FAMILY PASŁĘK	M-Jun.	3			00:20:52	00:42:28.31	+00:13:16 (31.3%)	8:29	7.1 (68.9%)
124	KOTUSIEWICZ Grzegorz	77		M60-64	4			00:20:30	00:42:29.34	+00:13:17 (31.3%)	8:29	7.1 (68.9%)
125	LUBAŃSKI Tomasz	94	SERCE NORDICA WŁOCŁAWEK	M60-64	5			00:20:50	00:42:33.85	+00:13:22 (31.4%)	8:30	7.1 (68.9%)
126	NERC Dorota	108		K60-64	3			00:21:05	00:42:38.05	+00:13:26 (31.5%)	8:31	7 (68.0%)
127	KOGUT Filip	72		M-Dzieci	8			00:21:22	00:42:43.68	+00:13:31 (31.7%)	8:32	7 (68.0%)
128	SZMAJDA Filip	159		M-Dzieci	9			00:21:36	00:42:47.62	+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	HAJNUS Wojciech	51		M55-59	9			00:21:05	00:42:55.29	+00:13:43 (32.0%)	8:35	7 (68.0%)
130	GAPSKI Kamil	43	KS POTĘGOWO	M30-39	7			00:20:45	00:43:10.53	+00:13:58 (32.4%)	8:38	6.9 (67.0%)
131	ADAMOWICZ Andrzej	1		M75-79	3			00:21:05	00:43:11.23	+00:13:59 (32.4%)	8:38	6.9 (67.0%)
132	WESOŁOWSKA Milena	182		K-Dzieci	11			00:21:18	00:43:15.79	+00:14:04 (32.5%)	8:39	6.9 (67.0%)
133	KLOCEK Jagoda	70	KGHM METRACO	K-Jun.	7			00:20:25	00:43:19.43	+00:14:07 (32.6%)	8:39	6.9 (67.0%)
134	KUREK Aleksandra	90	KGHM METRACO	K30-39	9			00:21:21	00:43:23.79	+00:14:12 (32.7%)	8:40	6.9 (67.0%)
135	MIKOŁAJCZYK Aleksander	104		M-Dzieci	10			00:21:37	00:43:23.88	+00:14:12 (32.7%)	8:40	6.9 (67.0%)
136	SZNAJDER Teresa	161		K65-69	4			00:21:43	00:43:28.63	+00:14:16 (32.8%)	8:41	6.9 (67.0%)
137	PLUTO-PRĄDZYŃSKI Kacper	128	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	11			00:22:15	00:43:37.45	+00:14:25 (33.1%)	8:43	6.9 (67.0%)
138	PRZYBORKIEWICZ Gosia	131	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	4			00:21:34	00:43:40.51	+00:14:28 (33.2%)	8:44	6.9 (67.0%)
139	KOZŁOWSKI Dominik	85	SP SKÓROWO	M-Dzieci	12			00:21:16	00:43:41.16	+00:14:29 (33.2%)	8:44	6.9 (67.0%)
140	UKLEJA Monika	178		K30-39	10			00:21:31	00:43:41.99	+00:14:30 (33.2%)	8:44	6.9 (67.0%)
141	NOWICKA Zuzanna	111	POTĘGA NORDICA	K-Dzieci	12			00:21:30	00:43:55.14	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
142	BARAN Aleksander	3		M-Dzieci	13			00:21:46	00:43:55.19	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
143	PIĄTKOWSKI Józef	122	KGHM METRACO	M75-79	4			00:21:44	00:44:10.36	+00:14:58 (33.9%)	8:50	6.8 (66.0%)
144	HORNIAC Amanda	55	KGHM METRACO	K-Dzieci	13			00:21:52	00:44:21.45	+00:15:09 (34.2%)	8:52	6.8 (66.0%)
145	TĘCZA Igor	176		M-Dzieci	14			00:23:03	00:44:35.45	+00:15:23 (34.5%)	8:55	6.7 (65.0%)
146	RUSZAŁA Martyna	141		K-Dzieci	14			00:22:17	00:44:37.11	+00:15:25 (34.6%)	8:55	6.7 (65.0%)
147	WORONKO-ZACZYŃSKA Janina	194	KGHM METRACO	K75-79	1			00:22:15	00:44:41.35	+00:15:29 (34.7%)	8:56	6.7 (65.0%)
148	KOWALSKA Danuta	79		K45-49	9			00:21:40	00:44:49.88	+00:15:38 (34.9%)	8:57	6.7 (65.0%)
149	PIENIAK Michał	123		M-Dzieci	15			00:21:23	00:44:52.02	+00:15:40 (34.9%)	8:58	6.7 (65.0%)
150	REIKOWSKA Natalia	136		K-Dzieci	15			00:21:59	00:44:54.78	+00:15:43 (35.0%)	8:58	6.7 (65.0%)
151	SZYBUT Roma	165	POTĘGA NORDICA	K30-39	11			00:22:10	00:44:55.80	+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	PANKIEWICZ-DMOWSKA Cecylia	119		K70-74	3			00:22:12	00:45:02.69	+00:15:50 (35.2%)	9:00	6.7 (65.0%)
153	GABRYSZ Patrycja	40	KGHM METRACO	K-Jun.	8			00:21:56	00:45:31.53	+00:16:19 (35.9%)	9:06	6.6 (64.1%)
154	DYGULSKA Aleksandra	35		K-Dzieci	16			00:23:37	00:45:37.25	+00:16:25 (36.0%)	9:07	6.6 (64.1%)
155	PUTON Olga	133		K-Dzieci	17			00:22:36	00:45:46.03	+00:16:34 (36.2%)	9:09	6.6 (64.1%)
156	CIESIELCZYK Tymoteusz	19	POTĘGA NORDICA	M-Dzieci	16			00:21:52	00:45:53.53	+00:16:41 (36.4%)	9:10	6.5 (63.1%)
157	STEFAŃSKA Eliza	156		K-Dzieci	18			00:22:29	00:45:56.59	+00:16:44 (36.5%)	9:11	6.5 (63.1%)
158	JAKUBOWSKA Zuzanna	57		K-Dzieci	19			00:22:13	00:46:00.91	+00:16:49 (36.6%)	9:12	6.5 (63.1%)
159	KOZŁOWSKA Wiktoria	84	SP SKÓROWO	K-Jun.	9			00:22:31	00:46:04.91	+00:16:53 (36.6%)	9:12	6.5 (63.1%)
160	SŁOWIK Stanisław	149	KGHM METRACO	M-Dzieci	17			00:23:05	00:46:05.55	+00:16:53 (36.7%)	9:13	6.5 (63.1%)
161	KOZŁOWSKA Magda	83	SP SKÓROWO	K-Dzieci	20			00:22:31	00:46:06.25	+00:16:54 (36.7%)	9:13	6.5 (63.1%)
162	RZECZYCKA Jolanta	142	POTĘGA NORDICA	K60-64	4			00:22:29	00:46:11.26	+00:16:59 (36.8%)	9:14	6.5 (63.1%)
163	LIS Natalia	93		K-Dzieci	21			00:23:25	00:46:32.51	+00:17:20 (37.3%)	9:18	6.4 (62.1%)
164	MILEWSKI Paweł	206	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	5			00:22:48	00:46:34.78	+00:17:23 (37.3%)	9:18	6.4 (62.1%)
165	WYROSTKIEWICZ Sylwia	269	POTĘGA NORDICA	K45-49	10			00:23:16	00:46:36.68	+00:17:24 (37.4%)	9:19	6.4 (62.1%)
166	DUSZEŃKO Elwira	31	KGHM METRACO	K- Niepełnosprawni(A)	5			00:22:46	00:46:38.29	+00:17:26 (37.4%)	9:19	6.4 (62.1%)
167	JUREK Łucja	62		K-Dzieci	22			00:23:40	00:46:45.05	+00:17:33 (37.6%)	9:21	6.4 (62.1%)
168	MATYJASZCZYK Milena	103		K-Dzieci	23			00:23:43	00:46:49.33	+00:17:37 (37.6%)	9:21	6.4 (62.1%)
169	CIESIELCZYK Katarzyna	18	POTĘGA NORDICA	K30-39	12			00:22:39	00:46:52.10	+00:17:40 (37.7%)	9:22	6.4 (62.1%)
170	ŚLUSARCZYK Błażej	173	WESOŁY BORSUK TEAM	M-Dzieci	18			00:23:23	00:46:57.65	+00:17:45 (37.8%)	9:23	6.4 (62.1%)
171	DWORNICKA Anna	33	POTĘGA NORDICA	K40-44	5			00:23:55	00:47:22.87	+00:18:11 (38.4%)	9:28	6.3 (61.2%)
172	NOWICKA Agnieszka	110	POTĘGA NORDICA	K40-44	6			00:23:56	00:47:23.04	+00:18:11 (38.4%)	9:28	6.3 (61.2%)
173	MARCHEWKA Julia	99		K-Dzieci	24			00:23:36	00:47:29.79	+00:18:18 (38.5%)	9:29	6.3 (61.2%)
174	WIRKUS Danuta	187		K55-59	3			00:23:40	00:47:31.64	+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	URBANOWICZ Bartosz	180		M-Dzieci	19			00:23:59	00:47:54.86	+00:18:43 (39.1%)	9:34	6.3 (61.2%)
176	MAJEWSKA Zuzanna	97		K-Dzieci	25			00:23:07	00:47:55.93	+00:18:44 (39.1%)	9:35	6.3 (61.2%)
177	MIKULSKA Milena	105		K-Dzieci	26			00:23:28	00:47:56.48	+00:18:44 (39.1%)	9:35	6.3 (61.2%)
178	SZMAJDA Oliwia	160		K-Dzieci	27			00:23:55	00:48:15.31	+00:19:03 (39.5%)	9:39	6.2 (60.2%)
179	AMBROZIAK Gabriela	2		K-Dzieci	28			00:23:56	00:48:41.28	+00:19:29 (40.0%)	9:44	6.2 (60.2%)
180	BOYKE Aleksander	15		M-Dzieci	20			00:24:12	00:49:18.65	+00:20:06 (40.8%)	9:51	6.1 (59.2%)
181	ŚLUSARCZYK Danuta	174	WESOŁY BORSUK TEAM	K70-74	4			00:23:53	00:49:24.00	+00:20:12 (40.9%)	9:52	6.1 (59.2%)
182	KULCZYCKI Jan	88		M70-74	7			00:26:09	00:51:42.49	+00:22:30 (43.5%)	10:20	5.8 (56.3%)
183	PRZYBORKIEWICZ Maja	132	PIERNIKI TORUŃ	K-Dzieci	29			00:25:05	00:51:56.48	+00:22:44 (43.8%)	10:23	5.8 (56.3%)
184	MAŁECKA Nadia	98		K-Dzieci	30			00:25:35	00:53:27.56	+00:24:15 (45.4%)	10:41	5.6 (54.4%)
185	KASIŃSKI Andrzej	210	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	6			00:25:49	00:53:45.16	+00:24:33 (45.7%)	10:45	5.6 (54.4%)
186	GAŁKA Robert	208	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	7			00:26:47	00:54:14.34	+00:25:02 (46.2%)	10:50	5.5 (53.4%)
187	DAJNOWICZ Ewa	209	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	6			00:27:00	00:54:52.08	+00:25:40 (46.8%)	10:58	5.5 (53.4%)
188	CAPLIŃSKA Wioletta	257	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	7			00:27:01	00:54:53.03	+00:25:41 (46.8%)	10:58	5.5 (53.4%)
189	STEFAŃSKA Agnieszka	155		K40-44	7			00:27:26	00:55:36.18	+00:26:24 (47.5%)	11:07	5.4 (52.4%)
190	MLECZAK Eugeniusz	203		M80+	2			00:27:33	00:55:45.01	+00:26:33 (47.6%)	11:09	5.4 (52.4%)
191	KĄKOL Katarzyna	229		K30-39	13			00:27:35	00:56:05.53	+00:26:53 (48.0%)	11:13	5.3 (51.5%)
192	RASZEWSKA-BIDA Zofia	135		K-Dzieci	31			00:25:51	00:56:26.36	+00:27:14 (48.3%)	11:17	5.3 (51.5%)
193	ZAWADZKA Judyta	270	POTĘGA NORDICA	K30-39	14			00:28:49	00:59:00.29	+00:29:48 (50.5%)	11:48	5.1 (49.5%)
194	PŁATEK Małgorzata	205	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	8			00:28:54	00:59:07.00	+00:29:55 (50.6%)	11:49	5.1 (49.5%)
195	SZTANDERA Szymon	164	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	8			00:28:36		+00:14:23	11:26	5.2 (50.5%)
196	CZAPIEWSKA Agata	256	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	9			00:29:45		+00:15:32	11:54	5 (48.5%)
197		264						00:38:31		+00:24:18	15:24	3.9 (37.9%)
198	KOS Krzysztof	75	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	WILKOWSKI Paweł	261		M40-44	6							(0.0%)
200	MANDYS Krzysztof	207	ŚDS POTĘGOWO	M- Niepełnosprawni(A)	9							(0.0%)

Znaleziono 200 wynik(ów)