

GDAŃSK - PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-10-03
Miejsce: Gdańsk
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	OSIŃSKI Michał	188	FOREVER YOUNG	M 18-29	1			01:35:46	00:29:19.45	02:05:05.80		5:51	10.2 (100%)
2	KARASIŃSKI Maciej	101		M 45-49	1			01:38:25	00:30:48.85	02:09:14.65	+00:01:29 (4.8%)	6:09	9.7 (95.1%)
3	KUCHTA Rafał	133	SILESIA NORDIC TEAM	M 45-49	2			01:38:25	00:30:50.40	02:09:15.85	+00:01:30 (4.9%)	6:10	9.7 (95.1%)
4	RECZULSKI Mariusz	224	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 45-49	3			01:38:25	00:30:51.35	02:09:16.75	+00:01:31 (5.0%)	6:10	9.7 (95.1%)
5	HAŁAS Marcin	86	MOSIR CZECHOWICE-DZIEDZICE	M 30-39	1			01:36:59	00:31:24.20	02:08:23.60	+00:02:04 (6.6%)	6:16	9.6 (94.1%)
6	BRZOZOWSKI Piotr	350	AKTYWNI POSTOMINO	M 30-39	2			01:36:59	00:31:28.85	02:08:28.25	+00:02:09 (6.9%)	6:17	9.5 (93.1%)
7	WOJTASIŃSKI Daniel	298	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	3			01:36:59	00:31:28.90	02:08:28.45	+00:02:09 (6.9%)	6:17	9.5 (93.1%)
8	ROŻYNEK Miron	227	KS METRACO POLKOWICE	M 50-54	1			01:39:24	00:31:53.10	02:11:17.80	+00:02:33 (8.0%)	6:22	9.4 (92.2%)
9	WASIELEWSKI Mirosław	286	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 50-54	2			01:39:25	00:32:24.10	02:11:49.30	+00:03:04 (9.5%)	6:28	9.3 (91.2%)
10	KNITTER Tomek	118	BŁĘKITNI NW DZIEMIANY	M Junior	1			01:35:04	00:32:27.15	02:07:31.45	+00:03:07 (9.6%)	6:29	9.2 (90.2%)
11	KRYCH Włodzimierz	129	GOSIR OSIELSKO	M 50-54	3			01:39:25	00:32:29.65	02:11:54.90	+00:03:10 (9.8%)	6:29	9.2 (90.2%)
12	GAJEWSKI Eugeniusz	62	GORZÓWPRZYSTAŃ	M 55-59	1			01:40:20	00:32:33.85	02:12:54.10	+00:03:14 (9.9%)	6:30	9.2 (90.2%)
13	UKLEJEWSKI Kacper	277	GOSIR OSIELSKO	M Junior	2			01:35:02	00:32:36.75	02:07:39.55	+00:03:17 (10.1%)	6:31	9.2 (90.2%)
14	ĆWIKLIŃSKI Krystian	39	THE BEST - MY IDZIEMY I CZEŚĆ	M Junior	3			01:35:03	00:32:37.05	02:07:40.10	+00:03:17 (10.1%)	6:31	9.2 (90.2%)

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15	MIELCAREK Leszek	170	SILESIA NORDIC TEAM	M 60-64	1			01:41:21	00:32:40.40	02:14:01.95	+00:03:20 (10.3%)	6:32	9.2 (90.2%)
16	ZALISKO Oksana	312	DĄBROWA NORDIC TEAM	K 55-59	1			01:50:19	00:32:49.60	02:23:09.20	+00:03:30 (10.7%)	6:34	9.1 (89.2%)
17	DUBAJ Grzegorz	50	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 55-59	2			01:40:22	00:32:50.15	02:13:12.85	+00:03:30 (10.7%)	6:34	9.1 (89.2%)
18	SKWIRUT Jerzy	239	FINISZ RYMANÓW	M Niepełnosprawni	1			01:39:24	00:32:52.10	02:12:16.55	+00:03:32 (10.8%)	6:34	9.1 (89.2%)
19	SCHRÖDER Karol	230	SILESIA NORDIC TEAM	M 40-44	1			01:37:44	00:33:15.35	02:10:59.50	+00:03:55 (11.8%)	6:39	9 (88.2%)
20	KUŚMIEREK Patryk	142	BŁĘKITNI NW DZIEMIANY	M Junior	4			01:35:03	00:33:22.75	02:08:26.45	+00:04:03 (12.1%)	6:40	9 (88.2%)
21	GRYGOROWICZ Bogdan	81	KGHM METRACO POLKOWICE	M 65-69	1			01:42:03	00:33:24.15	02:15:27.25	+00:04:04 (12.2%)	6:40	9 (88.2%)
22	KLARKOWSKI Bogdan	113	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	2			01:41:21	00:33:25.65	02:14:47.10	+00:04:06 (12.3%)	6:41	9 (88.2%)
23	SZUDARSKI Edward	263	DWA KIJE SŁUPSK	M 55-59	3			01:40:20	00:33:27.90	02:13:48.80	+00:04:08 (12.4%)	6:41	9 (88.2%)
24	MARCINKOWSKI Jakub	161	NORDIC WALKING LUBLINIEC	M Junior	5			01:35:02	00:33:43.35	02:08:46.00	+00:04:23 (13.0%)	6:44	8.9 (87.3%)
25	RATECKI Marcin	220	NORDIC WALKING TEAM GDAŃSK	M 40-44	2			01:37:43	00:34:03.15	02:11:46.90	+00:04:43 (13.9%)	6:48	8.8 (86.3%)
26	SŁOMIAN Leszek	240	KLUB NW STADION ŚLĄSKI	M 50-54	4			01:39:24	00:34:03.80	02:13:28.20	+00:04:44 (13.9%)	6:48	8.8 (86.3%)
27	KAZIÓW Ryszard	105	STOPA SŁUPSK	M Niepełnosprawni	2			01:41:22	00:34:04.00	02:15:26.35	+00:04:44 (13.9%)	6:48	8.8 (86.3%)
28	KNITTER Michał	117	BŁĘKITNI NW DZIEMIANY	M Dzieci	1			01:33:33	00:34:05.35	02:07:38.75	+00:04:45 (14.0%)	6:49	8.8 (86.3%)
29	JASTRZĘBSKI Adam	89		M 18-29	2			01:35:46	00:34:06.25	02:09:52.25	+00:04:46 (14.0%)	6:49	8.8 (86.3%)
30	WYSOCKI Marcin	310	BŁĘKITNI NW DZIEMIANY	M Dzieci	2			01:33:32	00:34:07.40	02:07:40.25	+00:04:47 (14.1%)	6:49	8.8 (86.3%)
31	CHUDZIŃSKI Andrzej	32	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 65-69	2			01:42:02	00:34:22.70	02:16:25.05	+00:05:03 (14.7%)	6:52	8.7 (85.3%)
32	BARTOSIEWICZ Łukasz	5	LUKI TEAM	M 30-39	4			01:37:00	00:34:23.25	02:11:23.30	+00:05:03 (14.7%)	6:52	8.7 (85.3%)
33	ROSADZIŃSKI Sławomir	225		M 45-49	4			01:38:26	00:34:23.40	02:12:49.50	+00:05:03 (14.7%)	6:52	8.7 (85.3%)
34	DANA Andrzej	40	KLUB NW PATYCZAKI	M 65-69	3			01:42:03	00:34:29.10	02:16:32.70	+00:05:09 (15.0%)	6:53	8.7 (85.3%)
35	LESIŃSKA Marzenna	146	KS METRACO POLKOWICE	K 50-54	1			01:49:34	00:34:32.60	02:24:07.55	+00:05:13 (15.1%)	6:54	8.7 (85.3%)
36	UKLEJEWSKI Przemek	278	GOSIR OSIELSKO	M 40-44	3			01:37:43	00:34:38.45	02:12:22.00	+00:05:19 (15.3%)	6:55	8.7 (85.3%)
37	GAŁĄZKA Paweł	64	NORDIC TEAM GNIEZNO	M Niepełnosprawni	3			01:39:27	00:34:40.90	02:14:07.95	+00:05:21 (15.4%)	6:56	8.7 (85.3%)

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38	ADAMUS Marian	1	SILESIA NORDIC TEAM	M 65-69	4			01:42:03	00:34:41.30	02:16:44.60	+00:05:21 (15.5%)	6:56	8.6 (84.3%)
39	KOŁOSZ-PERZ Monika	123		K 30-39	1			01:46:22	00:34:49.85	02:21:12.60	+00:05:30 (15.8%)	6:58	8.6 (84.3%)
40	GAPIŃSKI Leszek	66	WESOŁY BORSUK TEAM	M 55-59	4			01:40:21	00:34:50.25	02:15:11.45	+00:05:30 (15.8%)	6:58	8.6 (84.3%)
41	GAPIŃSKA Janina	65	WESOŁY BORSUK TEAM	K 55-59	2			01:50:18	00:35:06.05	02:25:24.90	+00:05:46 (16.5%)	7:01	8.5 (83.3%)
42	NOWROTEK Roman	181	WESOŁY BORSUK TEAM	M 65-69	5			01:42:03	00:35:18.15	02:17:21.90	+00:05:58 (16.9%)	7:03	8.5 (83.3%)
43	SOWA Jan	245	NZ	M 65-69	6			01:42:02	00:35:20.50	02:17:23.00	+00:06:01 (17.0%)	7:04	8.5 (83.3%)
44	MARKOWSKA Halina	162	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	3			01:50:19	00:35:23.55	02:25:43.15	+00:06:04 (17.1%)	7:04	8.5 (83.3%)
45	BURDANOWSKI Andrzej	27	GOSIR OSIELSKO	M 30-39	5			01:37:00	00:35:25.05	02:12:25.05	+00:06:05 (17.2%)	7:05	8.5 (83.3%)
46	RAKUĆ Jakub	217	RUCH PO ZDROWIE WŁOCŁAWEK	M 18-29	3			01:35:46	00:35:26.20	02:11:12.30	+00:06:06 (17.2%)	7:05	8.5 (83.3%)
46	GŁADKOWSKA Małgorzata	67	KS METRACO POLKOWICE	K 50-54	2			01:49:35	00:35:26.20	02:25:01.55	+00:06:06 (17.2%)	7:05	8.5 (83.3%)
48	SZPILMAN Katarzyna	261	GDYNIA MOJE MIASTO	K 45-49	1			01:48:39	00:35:27.40	02:24:06.65	+00:06:07 (17.3%)	7:05	8.5 (83.3%)
49	PIATCZYC Michał	196	NIEZRZESZONY	M Dzieci	3			01:33:33	00:35:27.50	02:09:00.60	+00:06:08 (17.3%)	7:05	8.5 (83.3%)
50	WOŹNIAK Klaudia	300	PODWÓJNY UŚMIECH	K Junior	1			01:44:28	00:35:33.00	02:20:01.80	+00:06:13 (17.5%)	7:06	8.4 (82.4%)
51	FELIS Stanisław	58		M Dzieci	4			01:33:32	00:35:34.75	02:09:07.45	+00:06:15 (17.6%)	7:07	8.4 (82.4%)
52	CIEŚLAK Iwona	36	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 40-44	1			01:47:07	00:35:35.00	02:22:42.35	+00:06:15 (17.6%)	7:07	8.4 (82.4%)
53	BŁASZCZYK Karolina	12		K 30-39	2			01:46:24	00:35:39.65	02:22:03.90	+00:06:20 (17.8%)	7:07	8.4 (82.4%)
54	JENDRUCHNIEWICZ Katarzyna	90		K 30-39	3			01:46:22	00:35:39.70	02:22:01.70	+00:06:20 (17.8%)	7:07	8.4 (82.4%)
55	JÓŹWIAK Marianna	92	WTW WŁOCŁAWEK	K 40-44	2			01:47:05	00:35:41.30	02:22:47.15	+00:06:21 (17.8%)	7:08	8.4 (82.4%)
56	KUSIEWICZ Piotr	140	GOSIR OSIELSKO	M Dzieci	5			01:33:33	00:35:48.30	02:09:21.75	+00:06:28 (18.1%)	7:09	8.4 (82.4%)
57	WIECH Monika	353	PFNW	K 30-39	4			01:46:22	00:35:48.65	02:22:10.65	+00:06:29 (18.1%)	7:09	8.4 (82.4%)
58	ŚLEWIŃSKA Edyta	270	BŁĘKITNI NW DZIEMIANY	K Dzieci	1			01:43:50	00:35:50.10	02:19:41.00	+00:06:30 (18.2%)	7:10	8.4 (82.4%)
59	ŚWIERCZYŃSKA Joanna	274	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	2			01:48:39	00:35:54.55	02:24:34.50	+00:06:35 (18.3%)	7:11	8.4 (82.4%)
60	WROŃSKI Piotr W.	302	CHODZĘ DLA ZDROWIA	M 60-64	3			01:41:22	00:35:57.90	02:17:20.10	+00:06:38 (18.5%)	7:11	8.3 (81.4%)

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61	RAKUĆ Angelika	216	RUCH PO ZDROWIE WŁOCŁAWEK	K 18-29	1			01:45:27	00:35:59.85	02:21:27.15	+00:06:40 (18.5%)	7:12	8.3 (81.4%)
62	MROCZEK Wioleta	175	NW CIECHANÓW	K 18-29	2			01:45:27	00:36:01.05	02:21:28.75	+00:06:41 (18.6%)	7:12	8.3 (81.4%)
63	RANOSZEK Maciek	337	WYBRZEŻE GDAŃSK	M Junior	6			01:35:05	00:36:04.20	02:11:09.75	+00:06:44 (18.7%)	7:12	8.3 (81.4%)
64	GOŁĘBIEWSKI Andrzej	68	KLUB SZUWAREK	M 55-59	5			01:40:20	00:36:06.05	02:16:26.95	+00:06:46 (18.8%)	7:13	8.3 (81.4%)
65	DOMBRZALSKI Ryszard	44	WTW WŁOCŁAWEK	M 65-69	7			01:42:03	00:36:09.45	02:18:13.35	+00:06:50 (18.9%)	7:14	8.3 (81.4%)
66	RE CZULSKA Katarzyna	223	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 45-49	3			01:48:39	00:36:14.05	02:24:53.60	+00:06:54 (19.1%)	7:14	8.3 (81.4%)
67	WILKOŁEK-SZUDARSKA Saturnina	292	DWA KIJE SŁUPSK	K Niepełnosprawni	1			01:50:20	00:36:16.65	02:26:36.90	+00:06:57 (19.2%)	7:15	8.3 (81.4%)
68	STOLARSKA Joanna	250	REGATTA NORDIC TEAM	K Dzieci	2			01:43:51	00:36:17.00	02:20:08.35	+00:06:57 (19.2%)	7:15	8.3 (81.4%)
69	JAKUBIK Karol	333	WYBRZEŻE GDAŃSK	M Junior	7			01:35:09	00:36:17.60	02:11:26.65	+00:06:58 (19.2%)	7:15	8.3 (81.4%)
70	KNITTER Agata	116	BŁĘKITNI NW DZIEMIANY	K Dzieci	3			01:43:52	00:36:17.70	02:20:09.85	+00:06:58 (19.2%)	7:15	8.3 (81.4%)
71	POGORZELSKI Adam	209		M 40-44	4			01:37:47	00:36:17.90	02:14:05.45	+00:06:58 (19.2%)	7:15	8.3 (81.4%)
72	MAMROT Mateusz	330	WYBRZEŻE GDAŃSK	M Junior	8			01:35:03	00:36:24.05	02:11:27.70	+00:07:04 (19.4%)	7:16	8.2 (80.4%)
73	GÓRSKI Jacek	71	GOSIR OSIELSKO	M 45-49	5			01:38:26	00:36:29.50	02:14:55.75	+00:07:10 (19.6%)	7:17	8.2 (80.4%)
74	KAPTEINA Robert	97	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 40-44	5			01:37:46	00:36:40.40	02:14:26.60	+00:07:20 (20.0%)	7:20	8.2 (80.4%)
75	POTOCKI Mikołaj	210		M Junior	9			01:35:05	00:36:46.65	02:11:51.70	+00:07:27 (20.3%)	7:21	8.2 (80.4%)
76	BYSTREK Gabriel	347	WYBRZEŻE GDAŃSK	M Junior	10			01:35:05	00:36:48.25	02:11:53.75	+00:07:28 (20.3%)	7:21	8.2 (80.4%)
77	GROCHOWALSKI Mikołaj	78	BAWILAND	M Dzieci	6			01:33:32	00:36:51.70	02:10:24.30	+00:07:32 (20.4%)	7:22	8.1 (79.4%)
78	KANIECKA Zofia	96	NW CIECHANÓW	K 60-64	1			01:51:14	00:36:52.15	02:28:06.20	+00:07:32 (20.5%)	7:22	8.1 (79.4%)
79	OLSZEWSKI Adrian	344	WYBRZEŻE GDAŃSK	M Junior	11			01:35:12	00:36:57.35	02:12:10.05	+00:07:37 (20.7%)	7:23	8.1 (79.4%)
80	KĘDZIERSKA Edyta	111	PFNW	K 40-44	3			01:47:06	00:36:58.50	02:24:04.55	+00:07:39 (20.7%)	7:23	8.1 (79.4%)
81	IGNACZEWSKI Mateusz	342	WYBRZEŻE GDAŃSK	M Junior	12			01:35:07	00:36:58.95	02:12:06.20	+00:07:39 (20.7%)	7:23	8.1 (79.4%)
82	DUDEK Edward	51	KS METRACO POLKOWICE	M 65-69	8			01:42:05	00:36:59.25	02:19:04.95	+00:07:39 (20.7%)	7:23	8.1 (79.4%)
83	GRZYB Izabela	83	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 30-39	5			01:46:22	00:37:03.80	02:23:25.80	+00:07:44 (20.9%)	7:24	8.1 (79.4%)

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84	SZUDARSKI Marek	264	DWA KIJE SŁUPSK	M Niepełnosprawni	4			01:35:46	00:37:04.80	02:12:51.75	+00:07:45 (20.9%)	7:25	8.1 (79.4%)
85	ŻUCHOWICZ Elżbieta	316	DĄBROWA NORDIC TEAM	K 55-59	4			01:50:19	00:37:06.85	02:27:26.35	+00:07:47 (21.0%)	7:25	8.1 (79.4%)
86	BIK Przemysław	9	KS METRACO POLKOWICE	M Dzieci	7			01:33:33	00:37:07.45	02:10:41.40	+00:07:48 (21.0%)	7:25	8.1 (79.4%)
87	KŁOPOTOWSKI Ryszard	115	LKS ZANTYR SZTUM	M 50-54	5			01:39:25	00:37:12.10	02:16:37.35	+00:07:52 (21.2%)	7:26	8.1 (79.4%)
88	PAWŁOWSKA-WOŹNIAK Małgorzata	194	PODWÓJNY UŚMIECH	K 30-39	6			01:46:22	00:37:13.40	02:23:36.10	+00:07:53 (21.2%)	7:26	8.1 (79.4%)
89	BOGDAN Witold	17	NW CIECHANÓW	M 65-69	9			01:42:03	00:37:16.05	02:19:19.35	+00:07:56 (21.3%)	7:27	8.1 (79.4%)
90	WAWRZY尼亚K Anna	287	Z KIJAMI PRZEZ ŚWIAT	K 40-44	4			01:47:06	00:37:16.90	02:24:23.65	+00:07:57 (21.3%)	7:27	8 (78.4%)
91	ŚCIESIŃSKI Sławomir	269	GOSIR OSIELSKO	M 40-44	6			01:37:44	00:37:19.20	02:15:03.75	+00:07:59 (21.4%)	7:27	8 (78.4%)
92	SANIUK Edward	349		M 65-69	10			01:28:22	00:37:19.55	02:05:42.00	+00:08:00 (21.4%)	7:28	8 (78.4%)
93	KUPIBIDA Bogusława	139	SILESIA NORDIC TEAM	K 55-59	5			01:50:19	00:37:19.65	02:27:39.15	+00:08:00 (21.4%)	7:28	8 (78.4%)
94	SULECKA Gabriela	253		K Niepełnosprawni	2			01:50:19	00:37:20.00	02:27:39.55	+00:08:00 (21.5%)	7:28	8 (78.4%)
95	ZDANOWICZ Kacper	338	WYBRZEŻE GDAŃSK	M Junior	13			01:35:04	00:37:23.25	02:12:28.10	+00:08:03 (21.6%)	7:28	8 (78.4%)
96	FELIS Beata	57		K 45-49	4			01:48:39	00:37:24.15	02:26:03.75	+00:08:04 (21.6%)	7:28	8 (78.4%)
97	WIADERSKI Wojciech	289		M 65-69	11			01:42:06	00:37:24.95	02:19:31.65	+00:08:05 (21.6%)	7:29	8 (78.4%)
98	MALINOWSKI Patryk	328	WYBRZEŻE GDAŃSK	M Junior	14			01:35:04	00:37:27.30	02:12:31.55	+00:08:07 (21.7%)	7:29	8 (78.4%)
99	BIAŁK Roman	8		M 60-64	4			01:41:21	00:37:29.75	02:18:51.45	+00:08:10 (21.8%)	7:30	8 (78.4%)
100	THOMALLA Bogdan	275	SILESIA NORDIC TEAM	M 70+	1			01:42:54	00:37:35.20	02:20:29.45	+00:08:15 (22.0%)	7:31	8 (78.4%)
101	BONEK Bronisław	19	THE BEST - MY IDZIEMY I CZEŚĆ	M 70+	2			01:42:54	00:37:35.75	02:20:30.10	+00:08:16 (22.0%)	7:31	8 (78.4%)
102	LISZKA Jerzy	152		M 50-54	6			01:39:25	00:37:39.70	02:17:05.55	+00:08:20 (22.1%)	7:32	8 (78.4%)
103	JÓŹWIAK Łukasz	91	WTW WŁOCŁAWEK	M Niepełnosprawni	5			01:38:27	00:37:40.90	02:16:08.10	+00:08:21 (22.2%)	7:32	8 (78.4%)
104	WENDERSKI Oliwier	340	WYBRZEŻE GDAŃSK	M Junior	15			01:35:08	00:37:46.45	02:12:55.15	+00:08:27 (22.4%)	7:33	7.9 (77.5%)
105	LANGMESSER Regina	144	LKS ZANTYR SZTUM	K 45-49	5			01:48:40	00:37:46.55	02:26:27.10	+00:08:27 (22.4%)	7:33	7.9 (77.5%)
106	PIATCZYC Wacław	197	NIEZRZESZONY	M Niepełnosprawni	6			01:39:27	00:37:47.00	02:17:14.15	+00:08:27 (22.4%)	7:33	7.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
106	NETKOWSKI Wojciech	178		M 55-59	6			01:40:25	00:37:47.00	02:18:12.15	+00:08:27 (22.4%)	7:33	7.9 (77.5%)
108	OLECH Marcin	183		M 40-44	7			01:37:44	00:37:47.90	02:15:32.75	+00:08:28 (22.4%)	7:33	7.9 (77.5%)
109	DANA Kazimiera	41	KLUB NW PATYCZAKI	K 60-64	2			01:51:14	00:37:50.55	02:29:05.05	+00:08:31 (22.5%)	7:34	7.9 (77.5%)
110	LIPIEC Dariusz	151		M 70+	3			01:42:55	00:37:55.35	02:20:50.45	+00:08:35 (22.7%)	7:35	7.9 (77.5%)
111	KAMIŃSKI Kamil	339	WYBRZEŻE GDAŃSK	M Junior	16			01:35:07	00:38:10.65	02:13:17.65	+00:08:51 (23.2%)	7:38	7.9 (77.5%)
112	GRUSZKA Michał	80	NW LUBLINIEC	M Dzieci	8			01:33:34	00:38:11.10	02:11:45.75	+00:08:51 (23.2%)	7:38	7.9 (77.5%)
113	BRANCZEWSKA Ewa	24	MOSIR MŁAWA	K 30-39	7			01:46:25	00:38:14.05	02:24:39.45	+00:08:54 (23.3%)	7:38	7.8 (76.5%)
114	SŁOMIŃSKA Marta	241	BŁĘKITNI NW DZIEMIANY	K Junior	2			01:44:28	00:38:16.85	02:22:45.65	+00:08:57 (23.4%)	7:39	7.8 (76.5%)
115	KARASIŃSKA Alicja	99		K 45-49	6			01:48:39	00:38:23.10	02:27:02.95	+00:09:03 (23.6%)	7:40	7.8 (76.5%)
116	MARCINKOWSKA Agnieszka	160	NORDIC WALKING LUBLINIEC	K Dzieci	4			01:43:50	00:38:24.25	02:22:14.55	+00:09:04 (23.6%)	7:40	7.8 (76.5%)
117	FILUSZ Alfred	59		M 45-49	6			01:38:26	00:38:27.65	02:16:53.90	+00:09:08 (23.8%)	7:41	7.8 (76.5%)
118	WARUSZEWSKA Emilia	285	GIM 3 TCZEW	K Dzieci	5			01:43:52	00:38:28.45	02:22:21.00	+00:09:09 (23.8%)	7:41	7.8 (76.5%)
119	KULIG Bożena	136	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	3			01:51:14	00:38:31.80	02:29:46.60	+00:09:12 (23.9%)	7:42	7.8 (76.5%)
120	ZIELIŃSKA Jolanta	314	GOSIR OSIELSKO	K 50-54	3			01:49:37	00:38:32.15	02:28:09.75	+00:09:12 (23.9%)	7:42	7.8 (76.5%)
121	SPYCHAŁA Michalina	246	WESOŁY BORSUK TEAM	K Junior	3			01:44:29	00:38:33.35	02:23:02.85	+00:09:13 (23.9%)	7:42	7.8 (76.5%)
122	BARTOSIEWICZ Włodzimierz	6	LUKI TEAM	M 60-64	5			01:41:23	00:38:34.55	02:19:57.55	+00:09:15 (24.0%)	7:42	7.8 (76.5%)
123	PLUTA Bożena	205	CHODZĘBOLUBIE	K 60-64	4			01:41:23	00:38:41.10	02:20:04.35	+00:09:21 (24.2%)	7:44	7.8 (76.5%)
124	ZEMEŁKA Jakub	331	WYBRZEŻE GDAŃSK	M Junior	17			01:35:06	00:38:44.00	02:13:50.15	+00:09:24 (24.3%)	7:44	7.7 (75.5%)
125	KUBICKA Danuta	132	KS METRACO POLKOWICE	K 60-64	5			01:51:16	00:38:53.45	02:30:09.90	+00:09:34 (24.6%)	7:46	7.7 (75.5%)
126	BOBKOWSKA Joanna	14		K Dzieci	6			01:43:53	00:38:53.70	02:22:46.75	+00:09:34 (24.6%)	7:46	7.7 (75.5%)
127	PIOTRKIEWICZ Anna	203		K 40-44	5			01:47:06	00:38:54.70	02:26:01.35	+00:09:35 (24.6%)	7:47	7.7 (75.5%)
128	KOŁPAK Irena	124	LKS ZANTYR SZTUM	K 60-64	6			01:51:14	00:38:55.65	02:30:10.55	+00:09:36 (24.7%)	7:47	7.7 (75.5%)
129	SZCZĘSNY Kacper	336	WYBRZEŻE GDAŃSK	M Junior	18			01:35:04	00:38:57.15	02:14:01.65	+00:09:37 (24.7%)	7:47	7.7 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	GRZESZCZAK Andrzej	82	KGHM METRACO POLKOWICE	M 55-59	7			01:40:20	00:38:58.45	02:19:18.70	+00:09:39 (24.8%)	7:47	7.7 (75.5%)
131	STRYJEWSKA Łucja	252		K 65-69	1			01:52:05	00:38:59.10	02:31:04.55	+00:09:39 (24.8%)	7:47	7.7 (75.5%)
132	CHOJNACKI Mateusz	346	WYBRZEŻE GDAŃSK	M Junior	19			01:35:11	00:39:00.05	02:14:11.20	+00:09:40 (24.8%)	7:48	7.7 (75.5%)
133	BOBER-OGON Betina	13	SILESIA NORDIC TEAM	K 18-29	3			01:45:27	00:39:00.10	02:24:27.35	+00:09:40 (24.8%)	7:48	7.7 (75.5%)
134	CHOJNACKA Ewa	28	FOREVER YOUNG	K 65-69	2			01:52:01	00:39:04.40	02:31:05.50	+00:09:44 (25.0%)	7:48	7.7 (75.5%)
135	MECH Katarzyna	168		K 30-39	8			01:46:25	00:39:08.10	02:25:33.15	+00:09:48 (25.1%)	7:49	7.7 (75.5%)
135	WYSOCKA Bernadeta	309	BŁĘKITNI NW DZIEMIANY	K 40-44	6			01:47:05	00:39:08.10	02:26:14.05	+00:09:48 (25.1%)	7:49	7.7 (75.5%)
137	CISEK Jerzy	37	WTW WŁOCŁAWEK	M 65-69	12			01:42:08	00:39:08.40	02:21:16.45	+00:09:48 (25.1%)	7:49	7.7 (75.5%)
138	URBAN Zdzisława	279		K 70+	1			01:52:37	00:39:10.80	02:31:47.95	+00:09:51 (25.2%)	7:50	7.7 (75.5%)
139	RADOMSKA Weronika	215	BŁĘKITNI NW DZIEMIANY	K Junior	4			01:44:30	00:39:16.80	02:23:46.95	+00:09:57 (25.3%)	7:51	7.6 (74.5%)
140	KOSIŃSKA Maria	126	MOSIR RYPIN	K 55-59	6			01:50:21	00:39:24.55	02:29:46.30	+00:10:05 (25.6%)	7:53	7.6 (74.5%)
141	PIATCZYC Barbara	195	NIEZRZESZONA	K 50-54	4			01:49:35	00:39:28.30	02:29:04.10	+00:10:08 (25.7%)	7:53	7.6 (74.5%)
142	WANDYCZ Sylwia	284	KS METRACO POLKOWICE	K 30-39	9			01:46:26	00:39:30.80	02:25:56.90	+00:10:11 (25.8%)	7:54	7.6 (74.5%)
143	WALESZKO Andrzej	281		M 40-44	8			01:37:45	00:39:31.20	02:17:16.90	+00:10:11 (25.8%)	7:54	7.6 (74.5%)
144	MATYJA Anna	163		K 45-49	7			01:48:40	00:39:31.60	02:28:12.05	+00:10:12 (25.8%)	7:54	7.6 (74.5%)
145	CHOŁODECKA Marta	30		K Dzieci	7			01:43:50	00:39:35.35	02:23:25.40	+00:10:15 (25.9%)	7:55	7.6 (74.5%)
146	PIĄTKOWSKI Józef	198	KS METRACO POLKOWICE	M 70+	4			01:42:56	00:39:41.15	02:22:37.40	+00:10:21 (26.1%)	7:56	7.6 (74.5%)
147	CIENNIK Kalina	35		K 45-49	8			01:48:43	00:39:41.80	02:28:25.00	+00:10:22 (26.1%)	7:56	7.6 (74.5%)
148	MAZERSKA Maria	164	LKS ZANTYR SZTUM	K 65-69	3			01:52:04	00:39:44.15	02:31:48.70	+00:10:24 (26.2%)	7:56	7.6 (74.5%)
149	ŚLEWIŃSKA Magdalena	271	BŁĘKITNI NW DZIEMIANY	K 18-29	4			01:45:28	00:39:44.20	02:25:12.70	+00:10:24 (26.2%)	7:56	7.6 (74.5%)
150	KĄTNIK Leszek	109	DZIADKOWY KLUB SPORTOWY	M 60-64	6			01:51:19	00:39:45.00	02:31:04.25	+00:10:25 (26.2%)	7:57	7.5 (73.5%)
151	KAPTUR Marcelina	98		K 18-29	5			01:45:29	00:39:46.60	02:25:15.75	+00:10:27 (26.3%)	7:57	7.5 (73.5%)
152	RUCIŃSKI Janusz	332	WYBRZEŻE GDAŃSK	M 18-29	4			01:35:06	00:39:52.10	02:14:58.70	+00:10:32 (26.4%)	7:58	7.5 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	LENARTOWICZ Barbara	145	FOREVER YOUNG	K 45-49	9			01:48:40	00:39:59.45	02:28:39.65	+00:10:40 (26.7%)	7:59	7.5 (73.5%)
154	KUŚMIEREK Mateusz	141	BŁĘKITNI NW DZIEMIANY	M Dzieci	9			01:33:33	00:40:08.60	02:13:42.20	+00:10:49 (27.0%)	8:01	7.5 (73.5%)
155	GOTOWSKI Rafał	69	UNIwersytet KAZIMIERZA WIELKIEGO	M 40-44	9			01:37:44	00:40:10.05	02:17:54.75	+00:10:50 (27.0%)	8:02	7.5 (73.5%)
156	PIECZONKA Patryk	327	WYBRZEŻE GDAŃSK	M Junior	20			01:35:10	00:40:10.30	02:15:20.35	+00:10:50 (27.0%)	8:02	7.5 (73.5%)
157	WOLIŃSKI Jakub	334	WYBRZEŻE GDAŃSK	M Junior	21			01:35:06	00:40:14.65	02:15:21.25	+00:10:55 (27.1%)	8:03	7.5 (73.5%)
158	KRAWCZYKOWSKA Barbara	128	LKS ZANTYR SZTUM	K 55-59	7			01:50:21	00:40:17.00	02:30:38.35	+00:10:57 (27.2%)	8:03	7.4 (72.5%)
159	FOLWARSKA Małgorzata	61		K 55-59	8			01:50:22	00:40:25.30	02:30:47.55	+00:11:05 (27.5%)	8:05	7.4 (72.5%)
160	ZAWADZKI Andrzej	313	KS METRACO POLKOWICE	M 55-59	8			01:40:21	00:40:27.00	02:20:48.70	+00:11:07 (27.5%)	8:05	7.4 (72.5%)
161	RATOWSKI Piotr	222	NW CIECHANÓW	M Dzieci	10			01:33:35	00:40:28.95	02:14:04.10	+00:11:09 (27.6%)	8:05	7.4 (72.5%)
162	PIOTROWSKA Joanna	204	PFNW	K 40-44	7			01:47:08	00:40:33.30	02:27:41.70	+00:11:13 (27.7%)	8:06	7.4 (72.5%)
163	KISIEL Justyna	112	PASJA NORDIC WALKING	K 30-39	10			01:46:23	00:40:33.35	02:26:56.35	+00:11:13 (27.7%)	8:06	7.4 (72.5%)
164	WIESZOŁEK Ewelina	290		K 30-39	11			01:46:28	00:40:36.65	02:27:05.50	+00:11:17 (27.8%)	8:07	7.4 (72.5%)
165	SIEMIOŃEK Jolanta	233	AKTYWNI Z PASJĄ ŁUKÓW	K Niepełnosprawni	3			01:50:21	00:40:37.45	02:30:58.45	+00:11:18 (27.8%)	8:07	7.4 (72.5%)
166	GRUSZKA Ilona	79	NW LUBLINIEC	K 40-44	8			01:47:08	00:40:39.85	02:27:48.35	+00:11:20 (27.9%)	8:08	7.4 (72.5%)
167	PRZEDWOJEWSKA Róża	214	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	4			01:52:01	00:40:45.60	02:32:47.40	+00:11:26 (28.1%)	8:09	7.4 (72.5%)
168	SIEMIOŃEK Kamila	234	SZKOŁA PODSTAWOWA NR 5	K Dzieci	8			01:43:51	00:40:45.95	02:24:37.20	+00:11:26 (28.1%)	8:09	7.4 (72.5%)
169	NABAKOWSKA Barbara	176		K 55-59	9			01:50:20	00:40:55.65	02:31:16.35	+00:11:36 (28.4%)	8:11	7.3 (71.6%)
170	CHOJNICKA Zofia	29		K 70+	2			01:52:36	00:40:57.70	02:33:34.55	+00:11:38 (28.4%)	8:11	7.3 (71.6%)
171	ŚCIESIŃSKA Justyna	268	GOSIR OSIELSKO	K 40-44	9			01:47:09	00:41:00.10	02:28:09.85	+00:11:40 (28.5%)	8:12	7.3 (71.6%)
172	WROŃSKI Paweł	301	CHODZĘ DLA ZDROWIA	M 30-39	6			01:37:00	00:41:02.00	02:18:02.00	+00:11:42 (28.5%)	8:12	7.3 (71.6%)
173	KULESZA-BRUNKA Dorota	135	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 50-54	5			01:49:37	00:41:09.10	02:30:46.60	+00:11:49 (28.7%)	8:13	7.3 (71.6%)
174	BOGDAN Grażyna	16	NW CIECHANÓW	K 60-64	7			01:51:13	00:41:09.55	02:32:23.45	+00:11:50 (28.8%)	8:14	7.3 (71.6%)
175	GALIKOWSKA Marta	63	FACE NORDIC WALKING TEAM	K Dzieci	9			01:43:53	00:41:10.00	02:25:03.65	+00:11:50 (28.8%)	8:14	7.3 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	JAROSZ Adrianna	321	AKADEMUS	K 18-29	6			01:45:29	00:41:14.15	02:26:44.10	+00:11:54 (28.9%)	8:15	7.3 (71.6%)
177	KUMPIŃ Izabela	138	PFNW	K 40-44	10			01:47:11	00:41:14.90	02:28:26.25	+00:11:55 (28.9%)	8:15	7.3 (71.6%)
178	MIĄSKOWSKA Katarzyna	169		K 50-54	6			01:49:37	00:41:22.65	02:31:00.40	+00:12:03 (29.1%)	8:16	7.2 (70.6%)
179	OMARSKA Grażyna	186	PASJA NORDIC WALKING	K 55-59	10			01:50:22	00:41:27.35	02:31:49.80	+00:12:07 (29.3%)	8:17	7.2 (70.6%)
180	GWAREK Anita	85	PASJA NORDIC WALKING	K 40-44	11			01:47:08	00:41:29.05	02:28:37.50	+00:12:09 (29.3%)	8:17	7.2 (70.6%)
181	RATAJCZAK Jerzy	219		M 70+	5			01:42:55	00:41:31.80	02:24:27.05	+00:12:12 (29.4%)	8:18	7.2 (70.6%)
182	SZAMBELAN Karolina	255		K 30-39	12			01:46:24	00:41:31.85	02:27:56.45	+00:12:12 (29.4%)	8:18	7.2 (70.6%)
183	MAĆZKA Maria	165		K 65-69	5			01:52:00	00:41:32.30	02:33:33.15	+00:12:12 (29.4%)	8:18	7.2 (70.6%)
184	ZAKRZEWSKA Henryka	311		K 65-69	6			01:52:01	00:41:33.30	02:33:34.45	+00:12:13 (29.4%)	8:18	7.2 (70.6%)
185	KAZIÓW Krystyna	104		K 60-64	8			01:51:15	00:41:33.85	02:32:49.50	+00:12:14 (29.4%)	8:18	7.2 (70.6%)
186	CYRA Grażyna	38		K 60-64	9			01:51:16	00:41:35.85	02:32:51.90	+00:12:16 (29.5%)	8:19	7.2 (70.6%)
187	GROCHOWALSKA Jadwiga	76	BAWILAND	K Niepełnosprawni	4			01:49:37	00:41:40.40	02:31:17.40	+00:12:20 (29.6%)	8:20	7.2 (70.6%)
188	OLEŚ Elżbieta	185	MOSIR MŁAWA	K 65-69	7			01:52:04	00:41:47.40	02:33:51.80	+00:12:27 (29.8%)	8:21	7.2 (70.6%)
189	DRABCZYK Franciszek	45	KS METRACO POLKOWICE	M 60-64	7			01:41:23	00:41:51.15	02:23:14.80	+00:12:31 (29.9%)	8:22	7.2 (70.6%)
190	BONIEWICZ Konrad	21	GOSIR OSIELSKO	M 70+	6			01:42:55	00:41:52.55	02:24:48.50	+00:12:33 (30.0%)	8:22	7.2 (70.6%)
191	ŚCIESIŃSKI Henryk	325	GOSIR OSIELSKO	M 70+	7			01:42:54	00:41:53.05	02:24:47.90	+00:12:33 (30.0%)	8:22	7.2 (70.6%)
192	KODYRA Kazimiera	120	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	8			01:52:02	00:41:57.65	02:33:59.70	+00:12:38 (30.1%)	8:23	7.2 (70.6%)
193	SZNAJDER Teresa	260	ZSE-U W RYBNIKU	K 60-64	10			01:51:15	00:41:58.90	02:33:13.90	+00:12:39 (30.2%)	8:23	7.1 (69.6%)
194	PILECKI Gustaw	201	GOSIR OSIELSKO	M 65-69	13			01:42:04	00:41:59.80	02:24:04.60	+00:12:40 (30.2%)	8:24	7.1 (69.6%)
195	NOWAKOWSKI Tomasz	180	GOSIR OSIELSKO	M Niepełnosprawni	7			01:40:23	00:42:00.80	02:22:24.15	+00:12:41 (30.2%)	8:24	7.1 (69.6%)
196	SIEMIONEK Adam	231		M Niepełnosprawni	8			01:40:22	00:42:01.85	02:22:24.00	+00:12:42 (30.2%)	8:24	7.1 (69.6%)
197	WALESZKO Anna	282		K 40-44	12			01:47:07	00:42:18.90	02:29:26.45	+00:12:59 (30.7%)	8:27	7.1 (69.6%)
198	GÓRSKI Piotr	72	GOSIR OSIELSKO	M 50-54	7			01:39:26	00:42:24.30	02:21:50.50	+00:13:04 (30.8%)	8:28	7.1 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	MAÇZKOWSKA Danuta	166		K 55-59	11			01:50:22	00:42:25.60	02:32:47.60	+00:13:06 (30.9%)	8:29	7.1 (69.6%)
200	RATOWSKA Beata	221	NW CIECHANÓW	K 30-39	13			01:46:27	00:42:32.20	02:28:59.25	+00:13:12 (31.1%)	8:30	7.1 (69.6%)
201	STOLTMANN Helena	251	BŁĘKITNI NW DZIEMIANY	K 55-59	12			01:50:20	00:42:34.90	02:32:55.45	+00:13:15 (31.1%)	8:31	7 (68.6%)
202	TOMPOROWSKA Jolanta	351		K 45-49	10			01:48:43	00:42:36.05	02:31:19.90	+00:13:16 (31.2%)	8:31	7 (68.6%)
203	ZWOLAKIEWICZ Tomasz	329	WYBRZEŻE GDAŃSK	M Junior	22			01:35:08	00:42:36.35	02:17:44.60	+00:13:16 (31.2%)	8:31	7 (68.6%)
204	KOCIŃSKI Leszek	119	WTW WŁOCŁAWEK	M 65-69	14			01:42:04	00:42:38.10	02:24:42.80	+00:13:18 (31.2%)	8:31	7 (68.6%)
205	ANTOSZEWSKA Katarzyna	4		K 30-39	14			01:46:27	00:42:50.10	02:29:17.25	+00:13:30 (31.5%)	8:34	7 (68.6%)
206	LORENC Jan	155	KLUB NW PATYCZAKI	M 65-69	15			01:42:06	00:43:07.25	02:25:13.65	+00:13:47 (32.0%)	8:37	7 (68.6%)
207	GÓRSKA Wioletta	70	GOSIR OSIELSKO	K 45-49	11			01:48:41	00:43:10.00	02:31:51.95	+00:13:50 (32.1%)	8:38	6.9 (67.6%)
208	KACZMAREK Sylwia	93		K 40-44	13			01:47:09	00:43:10.70	02:30:20.10	+00:13:51 (32.1%)	8:38	6.9 (67.6%)
209	DREWA Zygmunt	47		M 70+	8			01:42:57	00:43:15.65	02:26:12.75	+00:13:56 (32.2%)	8:39	6.9 (67.6%)
210	WIŚNIEWSKA Iwona	296	WTW WŁOCŁAWEK	K 30-39	15			01:46:28	00:43:16.05	02:29:44.75	+00:13:56 (32.2%)	8:39	6.9 (67.6%)
211	NALEPKA Urszula	177		K 45-49	12			01:48:41	00:43:27.80	02:32:09.15	+00:14:08 (32.5%)	8:41	6.9 (67.6%)
212	ANTKOWIAK Anna	2		K 30-39	16			01:46:27	00:43:51.45	02:30:19.35	+00:14:32 (33.1%)	8:46	6.8 (66.7%)
212	PIŁAT Beata	202		K 40-44	14			01:47:11	00:43:51.45	02:31:03.05	+00:14:32 (33.1%)	8:46	6.8 (66.7%)
214	ZIĘBA Julia	315	KLUB NW STADION ŚLĄSKI	K 70+	3			01:52:36	00:44:02.40	02:36:38.90	+00:14:42 (33.4%)	8:48	6.8 (66.7%)
215	OSTROWSKA Halina	189	WTW WŁOCŁAWEK	K 55-59	13			01:50:23	00:44:06.90	02:34:30.35	+00:14:47 (33.5%)	8:49	6.8 (66.7%)
216	MAKOSA Magdalena	167	DĄBROWA NORDIC TEAM	K 18-29	7			01:45:28	00:44:07.90	02:29:36.85	+00:14:48 (33.6%)	8:49	6.8 (66.7%)
217	KACZYŃSKA Joanna	94		K 30-39	17			01:46:27	00:44:08.70	02:30:36.45	+00:14:49 (33.6%)	8:49	6.8 (66.7%)
218	SOKOŁOWSKA Weronika	243		K 18-29	8			01:45:28	00:44:09.60	02:29:37.75	+00:14:50 (33.6%)	8:49	6.8 (66.7%)
219	KOLBUSZ Janina	122	KGHM METRACO POLKOWICE	K 65-69	9			01:52:02	00:44:15.35	02:36:18.00	+00:14:55 (33.7%)	8:51	6.8 (66.7%)
220	OGONOWSKA Edyta	182	KLUB NW PATYCZAKI	K 50-54	7			01:49:36	00:44:15.40	02:33:51.65	+00:14:55 (33.7%)	8:51	6.8 (66.7%)
221	GRABOWSKA Agnieszka	73	MOSIR RYPIN	K Niepełnosprawni	5			01:50:23	00:44:18.40	02:34:41.95	+00:14:58 (33.8%)	8:51	6.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	STAWICKA Iwona	249	AWFIS	K 30-39	18			01:46:26	00:44:26.20	02:30:52.45	+00:15:06 (34.0%)	8:53	6.8 (66.7%)
223	BLACHOWSKA Monika	10		K 30-39	19			01:46:23	00:44:27.10	02:30:50.95	+00:15:07 (34.0%)	8:53	6.7 (65.7%)
224	ŻYWICA Zuzanna	318	WTW WŁOCŁAWEK	K 55-59	14			01:50:24	00:44:36.95	02:35:01.20	+00:15:17 (34.3%)	8:55	6.7 (65.7%)
225	KOLASIŃSKA Patrycja	121	FOREVER YOUNG	K 40-44	15			01:47:06	00:44:37.55	02:31:44.15	+00:15:18 (34.3%)	8:55	6.7 (65.7%)
226	STAN Jadwiga	248		K 60-64	11			01:51:16	00:44:39.85	02:35:56.20	+00:15:20 (34.3%)	8:56	6.7 (65.7%)
227	SZULC-DRABCZYK Urszula	265	KS METRACO POLKOWICE	K Niepełnosprawni	6			01:51:18	00:44:40.95	02:35:58.95	+00:15:21 (34.4%)	8:56	6.7 (65.7%)
228	RUPIŃSKI Kamil	228	SP NR 80 W GDAŃSKU	M Dzieci	11			01:33:34	00:44:45.95	02:18:20.30	+00:15:26 (34.5%)	8:57	6.7 (65.7%)
229	WINCZEWSKA Anna	293	RUCH PO ZDROWIE WŁOCŁAWEK	K 45-49	13			01:49:38	00:44:49.70	02:34:28.60	+00:15:30 (34.6%)	8:58	6.7 (65.7%)
230	DYBOWSKA Henryka	53	RUCH PO ZDROWIE WŁOCŁAWEK	K 50-54	8			01:49:36	00:44:49.85	02:34:26.40	+00:15:30 (34.6%)	8:58	6.7 (65.7%)
231	POTOCKI Rafał	211		M Dzieci	12			01:33:35	00:44:53.00	02:18:28.55	+00:15:33 (34.7%)	8:58	6.7 (65.7%)
232	PUCHAJDA Michał	326	WYBRZEŻE GDAŃSK	M Junior	23			01:35:14	00:44:59.70	02:20:14.35	+00:15:40 (34.8%)	9:00	6.7 (65.7%)
233	JUSIEL Damian	343	WYBRZEŻE GDAŃSK	M Junior	24			01:35:11	00:45:04.20	02:20:16.15	+00:15:44 (34.9%)	9:01	6.7 (65.7%)
234	WRÓBLEWSKA Jowita	304	GOSIR OSIELSKO	K 30-39	20			01:47:07	00:45:09.60	02:32:17.15	+00:15:50 (35.1%)	9:02	6.6 (64.7%)
235	MOCZARSKI Adam	173	ŻABI KRUK	M Niepełnosprawni	9			01:42:04	00:45:13.00	02:27:17.40	+00:15:53 (35.1%)	9:02	6.6 (64.7%)
235	PANKIEWICZ-DMOWSKA Cecylia	191	WEJHEROWSKI KLUB N.W.	K 65-69	10			01:52:04	00:45:13.00	02:37:17.25	+00:15:53 (35.1%)	9:02	6.6 (64.7%)
237	MACHAJEK Krzysztof	156	KS METRACO POLKOWICE	M Niepełnosprawni	10			01:41:24	00:45:17.20	02:26:42.10	+00:15:57 (35.2%)	9:03	6.6 (64.7%)
238	KAŻMIERCZAK Żanetta	108	GOSIR OSIELSKO	K 30-39	21			01:46:23	00:45:20.85	02:31:44.50	+00:16:01 (35.3%)	9:04	6.6 (64.7%)
239	MOCHOWA Barbara	359		K 60-64	12			01:51:20	00:45:21.10	02:36:41.50	+00:16:01 (35.3%)	9:04	6.6 (64.7%)
240	BOBKOWSKA Zofia	15		K 60-64	13			01:51:18	00:45:24.50	02:36:43.10	+00:16:05 (35.4%)	9:05	6.6 (64.7%)
241	FĄLKOWSKA Maria	56	MOSIR RYPIN	K 65-69	11			01:52:03	00:45:29.95	02:37:33.80	+00:16:10 (35.6%)	9:06	6.6 (64.7%)
242	BONIEWICZ Alina	20	GOSIR OSIELSKO	K 65-69	12			01:52:02	00:45:30.05	02:37:32.85	+00:16:10 (35.6%)	9:06	6.6 (64.7%)
243	MIELEWCZYK Aleksandra	171		K 50-54	9			01:49:35	00:45:52.90	02:35:28.85	+00:16:33 (36.1%)	9:10	6.5 (63.7%)
244	KWIATKOWSKA Izabela	143	RUCH PO ZDROWIE WŁOCŁAWEK	K 30-39	22			01:46:26	00:46:03.95	02:32:30.00	+00:16:44 (36.3%)	9:12	6.5 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	KRALSKA Anna	127	WTW WŁOCŁAWEK	K 60-64	14			01:51:18	00:46:04.75	02:37:22.80	+00:16:45 (36.4%)	9:12	6.5 (63.7%)
246	SZCZUBIAŁ Krystyna	258	DĄBROWA NORDIC TEAM	K 70+	4			01:52:36	00:46:06.90	02:38:43.45	+00:16:47 (36.4%)	9:13	6.5 (63.7%)
247	BENKOWSKI Alan	341	WYBRZEŻE GDAŃSK	M Junior	25			01:35:13	00:46:12.00	02:21:25.60	+00:16:52 (36.5%)	9:14	6.5 (63.7%)
248	MACIEJEWSKI Adrian	335	WYBRZEŻE GDAŃSK	M Junior	26			01:35:11	00:46:14.95	02:21:26.75	+00:16:55 (36.6%)	9:15	6.5 (63.7%)
249	ZAJĄC Sebastian	345	WYBRZEŻE GDAŃSK	M Junior	27			01:35:09	00:46:17.95	02:21:27.70	+00:16:58 (36.7%)	9:15	6.5 (63.7%)
250	ŚLUSARCZYK Karolina	273	WESOŁY BORSUK TEAM	K Dzieci	10			01:43:50	00:46:18.60	02:30:09.40	+00:16:59 (36.7%)	9:15	6.5 (63.7%)
251	SZPILMAN Marta	262	IFON TEAM	K 18-29	9			01:45:27	00:46:21.50	02:31:48.75	+00:17:02 (36.7%)	9:16	6.5 (63.7%)
252	WIADERSKA Grażyna	288		K 60-64	15			01:51:17	00:46:28.40	02:37:45.65	+00:17:08 (36.9%)	9:17	6.5 (63.7%)
253	JANKOWSKA Małgorzata	88		K 40-44	16			01:47:10	00:47:04.75	02:34:15.60	+00:17:45 (37.7%)	9:25	6.4 (62.7%)
254	ŻUCHOWICZ Robert	317	DĄBROWA NORDIC TEAM	M 55-59	9			01:40:20	00:47:08.00	02:27:28.10	+00:17:48 (37.8%)	9:25	6.4 (62.7%)
255	WINIARSKA Wiesława	295	MOSIR RYPIN	K 55-59	15			01:50:22	00:47:17.25	02:37:39.55	+00:17:57 (38.0%)	9:27	6.3 (61.8%)
256	NOWALIŃSKI Piotr	355		M Niepełnosprawni	11			01:38:26	00:47:48.60	02:26:15.35	+00:18:29 (38.7%)	9:33	6.3 (61.8%)
257	SOKOŁOWSKA Dorota	242		K 50-54	10			01:48:42	00:47:48.65	02:36:30.95	+00:18:29 (38.7%)	9:33	6.3 (61.8%)
258	KAŻMIERCZAK Lena	107	GOSIR OSIELSKO	K Dzieci	11			01:43:51	00:47:50.80	02:31:42.75	+00:18:31 (38.7%)	9:34	6.3 (61.8%)
259	LESZCZYŃSKA Kazimiera	148	GOSIR OSIELSKO	K 55-59	16			01:43:52	00:47:56.00	02:31:48.90	+00:18:36 (38.8%)	9:35	6.3 (61.8%)
259	KOSIK Magdalena	125		K 30-39	23			01:46:28	00:47:56.00	02:34:24.20	+00:18:36 (38.8%)	9:35	6.3 (61.8%)
261	GRABOWSKI Adam	74	MOSIR RYPIN	M Niepełnosprawni	12			01:41:24	00:48:01.35	02:29:25.50	+00:18:41 (38.9%)	9:36	6.2 (60.8%)
262	OSSAK Zofia	356		K Dzieci	12			01:43:52	00:48:04.90	02:31:57.05	+00:18:45 (39.0%)	9:37	6.2 (60.8%)
263	MIROŚLAW Olek	172	GOSIR OSIELSKO	M 55-59	10			01:40:21	00:48:08.40	02:28:30.20	+00:18:48 (39.1%)	9:37	6.2 (60.8%)
264	MALINOWSKA Grażyna	157	LKS ZANTYR SZTUM	K 65-69	13			01:52:03	00:48:09.35	02:40:12.75	+00:18:49 (39.1%)	9:37	6.2 (60.8%)
265	RACZAK Grzegorz	358		M 55-59	11			01:40:24	00:48:12.00	02:28:36.30	+00:18:52 (39.2%)	9:38	6.2 (60.8%)
266	RATKOWSKI Wojciech	357		M 60-64	8			01:40:24	00:48:12.65	02:28:36.80	+00:18:53 (39.2%)	9:38	6.2 (60.8%)
267	ŚMIEJEWSKA Dorota	348	AKADEMIA NORDIC WALKING	K 18-29	10			01:45:28	00:48:44.45	02:34:13.00	+00:19:25 (39.8%)	9:45	6.2 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	DROP Mieczysław	48		M 70+	9			01:42:58	00:48:49.35	02:31:47.55	+00:19:29 (39.9%)	9:45	6.1 (59.8%)
269	PANASIUK Janina	190		K 55-59	17			01:50:25	00:48:50.15	02:39:15.50	+00:19:30 (40.0%)	9:46	6.1 (59.8%)
270	WOLNA Urszula	299	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	16			01:51:19	00:48:50.70	02:40:09.85	+00:19:31 (40.0%)	9:46	6.1 (59.8%)
271	PRACKA Katarzyna	212	WTW WŁOCŁAWEK	K 45-49	14			01:48:42	00:49:04.25	02:37:46.65	+00:19:44 (40.2%)	9:48	6.1 (59.8%)
272	PANKIEWICZ Bartosz	192	WEJHEROWSKI KLUB N.W.	M Dzieci	13			01:33:36	00:49:04.50	02:22:41.20	+00:19:45 (40.2%)	9:49	6.1 (59.8%)
273	OLECH Mateusz	184		M Dzieci	14			01:33:35	00:49:05.30	02:22:41.25	+00:19:45 (40.3%)	9:49	6.1 (59.8%)
274	GROBELNA Jadwiga	75	KGHM METRACO POLKOWICE	K Niepełnosprawni	7			01:51:17	00:49:07.05	02:40:24.45	+00:19:47 (40.3%)	9:49	6.1 (59.8%)
275	BLUM Dorota	11	FACE NORDIC WALKING TEAM	K 30-39	24			01:46:23	00:49:13.85	02:35:37.45	+00:19:54 (40.4%)	9:50	6.1 (59.8%)
276	LITWIN Alicja	153		K 30-39	25			01:46:25	00:49:15.55	02:35:40.60	+00:19:56 (40.5%)	9:51	6.1 (59.8%)
277	LITWIN Karolina	154		K 30-39	26			01:46:24	00:49:16.55	02:35:40.95	+00:19:57 (40.5%)	9:51	6.1 (59.8%)
278	LEWANDOWSKA-SOBIECH Donata	352		K 45-49	15			01:48:44	00:49:38.55	02:38:22.95	+00:20:19 (40.9%)	9:55	6 (58.8%)
279	PRUSZKIEWICZ Jadwiga	213	RUCH PO ZDROWIE WŁOCŁAWEK	K 60-64	17			01:51:16	00:49:39.95	02:40:56.00	+00:20:20 (41.0%)	9:56	6 (58.8%)
280	KOWALCZYK Małgorzata	322	GEEN TEAM	K 50-54	11			01:49:39	00:50:07.70	02:39:46.75	+00:20:48 (41.5%)	10:01	6 (58.8%)
281	RATAJCZAK Danuta	218		K 65-69	14			01:52:06	00:50:12.75	02:42:18.95	+00:20:53 (41.6%)	10:02	6 (58.8%)
282	DUDZIŃSKI Jan	320		M 70+	10			01:42:55	00:50:16.10	02:33:11.50	+00:20:56 (41.7%)	10:03	6 (58.8%)
283	PIEROWSKA Halina	199	WTW WŁOCŁAWEK	K 65-69	15			01:52:06	00:50:16.75	02:42:23.25	+00:20:57 (41.7%)	10:03	6 (58.8%)
284	ŚLUSARCZYK Danuta	272	WESOŁY BORSUK TEAM	K 60-64	18			01:51:19	00:50:30.25	02:41:49.35	+00:21:10 (41.9%)	10:06	5.9 (57.8%)
285	KALIŃSKA Barbara	95		K 60-64	19			01:51:16	00:51:05.35	02:42:22.30	+00:21:45 (42.6%)	10:13	5.9 (57.8%)
286	BRANCZEWSKI Wojciech	25	MOSIR MŁAWA	M Niepełnosprawni	13			01:37:01	00:51:10.55	02:28:11.65	+00:21:51 (42.7%)	10:14	5.9 (57.8%)
287	GIZLER Arleta	324	GOSIR OSIELSKO	K 50-54	12			01:49:35	00:51:15.85	02:40:51.30	+00:21:56 (42.8%)	10:15	5.9 (57.8%)
288	WRÓBLEWSKA Leokadia	305	GOSIR OSIELSKO	K 65-69	16			01:52:02	00:51:46.40	02:43:48.60	+00:22:26 (43.4%)	10:21	5.8 (56.9%)
289	DZIAŁOCHA Zygmunt	55		M 65-69	16			01:42:08	00:51:53.55	02:34:02.05	+00:22:34 (43.5%)	10:22	5.8 (56.9%)
290	NOWAKOWSKA Ewa	179	GOSIR OSIELSKO	K Niepełnosprawni	8			01:50:23	00:51:59.15	02:42:22.35	+00:22:39 (43.6%)	10:23	5.8 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	WRÓBEL Andrzej	303	UTW SOPOT	M 65-69	17			01:42:07	00:51:59.85	02:34:07.25	+00:22:40 (43.6%)	10:24	5.8 (56.9%)
292	KRYGIEL Irena	130	GOSIR OSIELSKO	K 50-54	13			01:49:38	00:52:46.80	02:42:25.65	+00:23:27 (44.4%)	10:33	5.7 (55.9%)
293	OSINIAK Elżbieta	187		K 65-69	17			01:52:03	00:54:11.15	02:46:14.35	+00:24:51 (45.9%)	10:50	5.5 (53.9%)
294	WALESZKO Adam	280		M Dzieci	15			01:33:34	00:54:22.95	02:27:57.80	+00:25:03 (46.1%)	10:52	5.5 (53.9%)
295	KAŹMIERCZAK Barbara	106	GOSIR OSIELSKO	K 70+	5			01:52:05	00:55:16.40	02:47:21.95	+00:25:56 (46.9%)	11:03	5.4 (52.9%)
296	KUJAWA Oralia	134	GOSIR OSIELSKO	K 65-69	18			01:52:07	00:55:26.30	02:47:33.55	+00:26:06 (47.1%)	11:05	5.4 (52.9%)
297	SIKORSKA Elżbieta	235	WTW WŁOCŁAWEK	K 65-69	19			01:52:08	00:55:40.35	02:47:48.80	+00:26:20 (47.3%)	11:08	5.4 (52.9%)
298	SUMARA Bernardyna	254	GOSIR OSIELSKO	K 70+	6			01:52:37	00:55:52.00	02:48:29.65	+00:26:32 (47.5%)	11:10	5.4 (52.9%)
299	PIEROWSKI Stanisław	200	WTW WŁOCŁAWEK	M 65-69	18			01:42:05	00:56:28.30	02:38:34.05	+00:27:08 (48.1%)	11:17	5.3 (52.0%)
300	WRÓBLEWSKI Józef	306	GOSIR OSIELSKO	M 70+	11			01:42:56	00:56:45.00	02:39:41.20	+00:27:25 (48.3%)	11:21	5.3 (52.0%)
301	CICHOCKI Wiesław	34	KLUB NW PATYCZAKI	M Niepełnosprawni	14			01:41:22	00:57:15.50	02:38:38.15	+00:27:56 (48.8%)	11:27	5.2 (51.0%)
302	BORZESZKOWSKA Małgorzata	23	PFNW	K 50-54	14			01:54:00	00:57:47.20	02:51:48.00	+00:28:27 (49.3%)	11:33	5.2 (51.0%)
303	WOŹNIAK Igor	319	PODWÓJNY UŚMIECH	M Dzieci	16			01:33:33	00:57:55.85	02:31:29.80	+00:28:36 (49.4%)	11:35	5.2 (51.0%)
304	RUTKOWSKA Elżbieta	229	WTW WŁOCŁAWEK	K 45-49	16			01:48:43	00:59:11.80	02:47:55.35	+00:29:52 (50.5%)	11:50	5.1 (50.0%)
305	CHWALISZEWSKI Michał	33	GOSIR OSIELSKO	M 65-69	19			01:42:07	01:02:08.95	02:44:16.50	+00:32:49 (52.8%)	12:25	4.8 (47.1%)
306	KĘDRA Barbara	110		K 30-39	27			01:46:30	01:04:52.30	02:51:22.65	+00:35:32 (54.8%)	12:58	4.6 (45.1%)
307	MORAWSKA Teresa	174	WTW WŁOCŁAWEK	K 60-64	20			01:51:20	01:04:56.80	02:56:17.15	+00:35:37 (54.8%)	12:59	4.6 (45.1%)
308	BOJKE Olgierd	18	PFNW	M 50-54	8			01:54:02	01:08:29.80	03:02:32.45	+00:39:10 (57.2%)	13:42	4.4 (43.1%)
309	PAŚKO Maksymilian	360	PFNW	M 30-39	7			01:54:02	01:08:30.20	03:02:32.55	+00:39:10 (57.2%)	13:42	4.4 (43.1%)
310	KĘDZIERSKI Jerzy	323		M 65-69	20			01:42:06	01:10:11.15	02:52:17.50	+00:40:51 (58.2%)	14:02	4.3 (42.2%)
DQ	PODOLSKI Mirosław	207	LKS ZANTYR SZTUM	M 60-64				DQ	2015-10-03 DQ	DQ		-	- (0.0%)
DQ	LESIŃSKI Grzegorz	147	KS METRACO POLKOWICE	M 45-49				DQ	DQ	DQ		-	- (0.0%)
	SIŁKA Roman	236	PFNW	M 50-54				DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
	UKLEJEWSKA Oliwia	276	GOSIR OSIELSKO	K Dzieci				DNF	DNF	DNF		-	- (0.0%)

Znaleziono 314 wynik(ów)