



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 10 KM

B4SPORT
INTELEKTUALNY SPÓRTYW

Organizator: PFNW
Data: 2016-09-10
Miejsce: Hajnówka
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BIŁEK Artur	790	UNIA MIAST	M30-39	1			00:00:50	00:31:27	01:03:50.40	01:04:41.35		6:23	9.4 (100%)
2	KARASIŃSKI Maciej	858	KS METRACO POLKOWICE	M40-49	1			00:01:03	00:31:47	01:05:00.30	01:06:03.70	+00:01:09 (1.8%)	6:30	9.2 (97.9%)
3	NIECHWIEJCZYK Piotr	732	UNIA MIAST	M40-49	2			00:01:03	00:31:55	01:05:15.15	01:06:18.55	+00:01:24 (2.2%)	6:31	9.2 (97.9%)
4	WOJTASIŃSKI Daniel	778	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:00:50	00:32:07	01:05:26.90	01:06:17.80	+00:01:36 (2.5%)	6:32	9.2 (97.9%)
5	SIWAK Piotr	792	KS METRACO POLKOWICE	M50-59	1	1		00:01:22	00:32:13	01:05:35.10	01:06:58.05	+00:01:44 (2.7%)	6:33	9.1 (96.8%)
6	RECZULSKI Mariusz	748	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:01:24	00:32:11	01:05:42.95	01:07:07.45	+00:01:52 (2.9%)	6:34	9.1 (96.8%)
7	CYRUS Bogdan	800	SILESIA NORDIC TEAM	M40-49	3	1		00:01:04	00:31:55	01:05:52.75	01:06:56.75	+00:02:02 (3.1%)	6:35	9.1 (96.8%)
8	PUSZKIEL Leszek	746	GREEN TEAM ZIELONA GÓRA	M50-59	3			00:01:21	00:32:28	01:07:00.45	01:08:21.60	+00:03:10 (4.7%)	6:42	9 (95.7%)
9	KUŚMIEREK Patryk	717	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:00:39	00:33:15	01:07:07.95	01:07:47.50	+00:03:17 (4.9%)	6:42	8.9 (94.7%)
10	WITCZUK Łukasz	620	FACE NORDIC WALKING TEAM	M30-39	3			00:00:51	00:32:38	01:07:15.10	01:08:06.90	+00:03:24 (5.1%)	6:43	8.9 (94.7%)
11	PUSZKIEL Adrian	747	GREEN TEAM ZIELONA GÓRA	M18-29	2			00:00:39	00:33:31	01:07:55.30	01:08:34.55	+00:04:04 (6.0%)	6:47	8.8 (93.6%)
12	ROSZMAN Maciej	750	PENDOLINO	M30-39	4			00:00:50	00:33:57	01:08:57.05	01:09:47.95	+00:05:06 (7.4%)	6:53	8.7 (92.6%)
13	MATECKI Ryszard	728	KS METRACO POLKOWICE	M60-69	1			00:01:53	00:34:37	01:09:06.10	01:10:59.75	+00:05:15 (7.6%)	6:54	8.7 (92.6%)
14	CIEŚLAK Roman	664	EPOKA NORDICA ŁÓDŹ	M50-59	4			00:01:23	00:33:59	01:09:33.80	01:10:57.05	+00:05:43 (8.2%)	6:57	8.6 (91.5%)
15	JĘDRASIAK Renata	691	KS METRACO POLKOWICE	K50-59	1			00:04:09	00:34:25	01:09:46.65	01:13:56.05	+00:05:56 (8.5%)	6:58	8.6 (91.5%)
16	KUŚMIEREK Jan	716	BŁĘKITNI NW DZIEMIANY	M40-49	4			00:01:03	00:34:37	01:09:55.55	01:10:58.70	+00:06:05 (8.7%)	6:59	8.6 (91.5%)
17	STOPA Joanna	763	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:03:04	00:35:49	01:10:59.25	01:14:03.60	+00:07:08 (10.1%)	7:05	8.5 (90.4%)

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18	KULIG Henryk	712	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-69	2			00:01:53	00:34:48	01:11:02.90	01:12:56.00	+00:07:12 (10.1%)	7:06	8.4 (89.4%)
19	PSUT Robert	745	EPOKA NORDICA ŁÓDŹ	M18-29	3			00:00:40	00:35:08	01:11:17.05	01:11:57.05	+00:07:26 (10.4%)	7:07	8.4 (89.4%)
20	STACHOWICZ Marcin	759	BŁĘKITNI NW DZIEMIANY	M18-29	4			00:00:39	00:35:35	01:11:25.80	01:12:05.40	+00:07:35 (10.6%)	7:08	8.4 (89.4%)
21	LIPKO Adrianna	722	PENDOLINO	K18-29	2			00:03:04	00:35:31	01:11:56.35	01:15:00.95	+00:08:05 (11.3%)	7:11	8.3 (88.3%)
22	SPYCHAŁA Marzena	758	WESOŁY BORSUK TEAM	K40-49	1			00:03:41	00:35:21	01:12:00.55	01:15:42.20	+00:08:10 (11.3%)	7:12	8.3 (88.3%)
23	GAJEWSKI Tomasz	678	MONTEBIANCO	M40-49	5			00:01:04	00:35:24	01:12:07.20	01:13:11.95	+00:08:16 (11.5%)	7:12	8.3 (88.3%)
24	KUSTAL Marcin	715	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:00:51	00:35:01	01:12:12.50	01:13:04.20	+00:08:22 (11.6%)	7:13	8.3 (88.3%)
25	SMUL Andrzej	856	GREEN TEAM ZIELONA GÓRA	M60-69	3			00:01:53	00:34:39	01:12:31.95	01:14:25.20	+00:08:41 (12.0%)	7:15	8.3 (88.3%)
26	ŁUKASZEWICZ Joanna	725	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:03:41	00:35:51	01:12:43.70	01:16:25.45	+00:08:53 (12.2%)	7:16	8.2 (87.2%)
27	KOWALSKI Marek	707	UNIA MIAST	M50-59	5			00:01:24	00:36:24	01:13:10.45	01:14:34.70	+00:09:20 (12.8%)	7:19	8.2 (87.2%)
28	SOBKOWSKI Janusz	755	SILESIA NORDIC TEAM	M60-69	4			00:01:55	00:35:48	01:13:15.60	01:15:11.10	+00:09:25 (12.9%)	7:19	8.2 (87.2%)
29	STAWNIAK Karol	761	KS METRACO POLKOWICE	M60-69	5			00:01:52	00:35:32	01:13:18.00	01:15:10.90	+00:09:27 (12.9%)	7:19	8.2 (87.2%)
30	JONDERKO Grzegorz	692	WŁÓCZYKIJE SKOCZÓW	M40-49	6			00:01:04	00:36:11	01:13:26.60	01:14:31.00	+00:09:36 (13.1%)	7:20	8.2 (87.2%)
31	KOZŁOWSKA Sabina	709	DĄBROWA NORDIC TEAM	K30-39	1			00:03:16	00:35:48	01:13:44.25	01:17:00.95	+00:09:53 (13.4%)	7:22	8.1 (86.2%)
32	KOLARSKA Agnieszka	698	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:03:17	00:36:18	01:13:59.70	01:17:16.70	+00:10:09 (13.7%)	7:23	8.1 (86.2%)
33	BOCZAR Beata	658	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:04:09	00:35:50	01:14:00.95	01:18:10.05	+00:10:10 (13.7%)	7:24	8.1 (86.2%)
34	BALCERAK-KOLASA Joanna	655	EPOKA NORDICA ŁÓDŹ	K40-49	3			00:03:42	00:36:10	01:14:09.95	01:17:52.45	+00:10:19 (13.9%)	7:25	8.1 (86.2%)
35	KALISZ Krzysztof	695	KS METRACO POLKOWICE	M60-69	6			00:01:53	00:36:03	01:14:22.25	01:16:16.20	+00:10:31 (14.2%)	7:26	8.1 (86.2%)
36	IWANIUK Włodzimierz	683		M50-59	6			00:01:24	00:37:04	01:14:36.20	01:16:01.00	+00:10:45 (14.4%)	7:27	8 (85.1%)
37	DREGER Michał	670	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-49	7			00:01:04	00:36:42	01:14:43.15	01:15:47.80	+00:10:52 (14.6%)	7:28	8 (85.1%)
38	DUSIEL Ewa	672	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:03:43	00:37:01	01:15:33.20	01:19:16.30	+00:11:42 (15.5%)	7:33	7.9 (84.0%)
39	NETKOWSKI Wojciech	731	PASJA NORDIC WALKING	M50-59	7			00:01:22	00:36:52	01:15:33.65	01:16:55.70	+00:11:43 (15.5%)	7:33	7.9 (84.0%)
40	ŚLUSARCZYK Andrzej	770	WESOŁY BORSUK TEAM	M60-69	7	1		00:01:54	00:37:19	01:15:41.35	01:17:35.95	+00:11:50 (15.7%)	7:34	7.9 (84.0%)
41	CZYCZ Kazimierz	666	GREEN TEAM ZIELONA GÓRA	M60-69	8			00:01:53	00:36:05	01:15:44.85	01:17:38.55	+00:11:54 (15.7%)	7:34	7.9 (84.0%)
42	BYTNIEWSKI Mieczysław	659	BIAŁA BIEGA	M70+	1			00:02:10	00:38:05	01:16:12.15	01:18:22.25	+00:12:21 (16.2%)	7:37	7.9 (84.0%)
43	SPERCZYŃSKI Andrzej	794	FABRIKANORDIKA	M40-49	8			00:01:06	00:37:18	01:16:57.25	01:18:03.60	+00:13:06 (17.0%)	7:41	7.8 (83.0%)

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44	MARCINKOWSKI Wojciech	727	UNIA MIAST	M40-49	9			00:01:03	00:37:43	01:17:02.60	01:18:06.30	+00:13:12 (17.1%)	7:42	7.8 (83.0%)
45	PASIŃSKA-SKOWRON Sylwia	736	PRUSZYŃSKI NORDIC WALKING TEAM	K30-39	3			00:03:17	00:37:45	01:17:11.20	01:20:28.20	+00:13:20 (17.3%)	7:43	7.8 (83.0%)
46	ŚLUSARCZYK Grzegorz	769	WESOŁY BORSUK TEAM	M40-49	10			00:01:04	00:38:45	01:17:15.65	01:18:19.65	+00:13:25 (17.4%)	7:43	7.8 (83.0%)
47	ŁABUS Izabela	723	FABRIKANORDIKA	K18-29	3			00:03:05	00:37:43	01:17:19.20	01:20:24.35	+00:13:28 (17.4%)	7:43	7.8 (83.0%)
48	ŁOPUSIEWICZ Dorota	724	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:03:04	00:38:26	01:17:25.80	01:20:30.15	+00:13:35 (17.6%)	7:44	7.7 (81.9%)
49	POZNAŃSKI Wiesław	744	KS AMATOR NW	M50-59	8	1		00:01:21	00:37:44	01:17:30.45	01:18:51.75	+00:13:40 (17.6%)	7:45	7.7 (81.9%)
50	UHRYN Marcin	774	GRUPA NW DOBRE MIASTO	M40-49	11			00:01:05	00:37:56	01:17:31.85	01:18:37.20	+00:13:41 (17.7%)	7:45	7.7 (81.9%)
51	KOWALCZYK Edyta	799	KS METRACO POLKOWICE	K40-49	5			00:03:42	00:38:09	01:17:33.70	01:21:16.20	+00:13:43 (17.7%)	7:45	7.7 (81.9%)
52	SOBAŃSKA Grażyna	791		K60-69	1			00:07:18	00:38:30	01:17:37.00	01:24:55.85	+00:13:46 (17.7%)	7:45	7.7 (81.9%)
53	MARCHWICKI Przemysław	726	NORCIC WALKING KIEKRZ	M60-69	9			00:01:25	00:38:31	01:17:43.85	01:19:09.45	+00:13:53 (17.9%)	7:46	7.7 (81.9%)
54	ROSZMAN Joanna	751	PENDOLINO	K50-59	3			00:04:09	00:37:56	01:18:22.30	01:22:31.65	+00:14:31 (18.5%)	7:50	7.7 (81.9%)
55	JARZYŃSKA Małgorzata	690	HIFI ARTE	K50-59	4			00:04:09	00:38:49	01:18:35.00	01:22:44.95	+00:14:44 (18.8%)	7:51	7.6 (80.9%)
56	KUPIBIDA Bogusława	714	SILESIA NORDIC TEAM	K50-59	5			00:04:10	00:39:38	01:18:36.10	01:22:46.80	+00:14:45 (18.8%)	7:51	7.6 (80.9%)
57	DOBROWOLSKA-ŚWIĄTEK Elżbieta	669		K50-59	6			00:04:10	00:39:28	01:18:58.25	01:23:08.25	+00:15:07 (19.2%)	7:53	7.6 (80.9%)
58	DOBROWOLSKA Anna	668		K50-59	7			00:04:10	00:39:27	01:18:58.50	01:23:09.00	+00:15:08 (19.2%)	7:53	7.6 (80.9%)
59	BIAŁOWAŚ Karolina	656		K18-29	5			00:03:05	00:39:54	01:19:04.55	01:22:09.80	+00:15:14 (19.3%)	7:54	7.6 (80.9%)
60	ROMANIUK Joanna	749	KIJ-FANI POWIAT HAJNOWSKI	K40-49	6			00:03:47	00:39:18	01:19:38.65	01:23:25.75	+00:15:48 (19.8%)	7:57	7.5 (79.8%)
61	UHRYN Ewa	773	GRUPA NW DOBRE MIASTO	K40-49	7			00:03:44	00:39:41	01:19:45.80	01:23:30.00	+00:15:55 (20.0%)	7:58	7.5 (79.8%)
62	WROŃSKA Wiesława	780	BŁĘKITNI NW DZIEMIANY	K40-49	8			00:03:46	00:39:38	01:19:48.80	01:23:35.20	+00:15:58 (20.0%)	7:58	7.5 (79.8%)
63	SITKO Małgorzata	752	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	9			00:03:42	00:38:40	01:19:50.10	01:23:32.65	+00:15:59 (20.0%)	7:59	7.5 (79.8%)
64	ZWOLAN Witold	783		M40-49	12			00:01:55	00:39:54	01:19:50.15	01:21:45.65	+00:15:59 (20.0%)	7:59	7.5 (79.8%)
65	STAWARZ Wiesław	760		M50-59	9			00:01:23	00:39:21	01:19:58.40	01:21:22.25	+00:16:08 (20.2%)	7:59	7.5 (79.8%)
66	WAŁECKA Krystyna	776	FACE NORDIC WALKING TEAM	K60-69	2			00:07:18	00:39:01	01:20:15.00	01:27:33.20	+00:16:24 (20.4%)	8:01	7.5 (79.8%)
67	KOSIŃSKA Maria	702	MOSIR RYPIN	K60-69	3			00:07:17	00:39:12	01:20:23.60	01:27:41.15	+00:16:33 (20.6%)	8:02	7.5 (79.8%)
68	RACZYŃSKA Aleksandra	682	UNIA MIAST	K70+	1			00:07:23	00:39:25	01:20:27.45	01:27:50.80	+00:16:37 (20.7%)	8:02	7.5 (79.8%)
69	CHYRA Janusz	662	UNIA MIAST	M40-49	13			00:01:05	00:38:53	01:20:45.95	01:21:51.35	+00:16:55 (21.0%)	8:04	7.4 (78.7%)

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70	IWANIUK Halina	684	ZESPÓŁ SZKÓŁ Z DODATKOWĄ NAUKĄ JĘZYKA BIAŁORUSKIEGO W HAJNÓWCE	K40-49	10			00:03:45	00:40:52	01:21:09.15	01:24:55.00	+00:17:18 (21.3%)	8:07	7.4 (78.7%)
71	JURCZYŃSKA Bożena	694	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	8			00:04:11	00:38:44	01:21:17.70	01:25:29.10	+00:17:27 (21.5%)	8:07	7.4 (78.7%)
72	KOTULA Jakub	706	UNIA MIAST	M30-39	6			00:00:52	00:39:37	01:21:34.70	01:22:26.80	+00:17:44 (21.7%)	8:09	7.4 (78.7%)
73	FRĄCZEK Luiza	676		K40-49	11			00:03:47	00:41:24	01:21:43.40	01:25:30.65	+00:17:53 (21.9%)	8:10	7.3 (77.7%)
74	POSTEK Danuta	743	MARSZ PO ZDROWIE	K50-59	9			00:04:10	00:40:56	01:21:52.00	01:26:02.85	+00:18:01 (22.0%)	8:11	7.3 (77.7%)
75	STEFAŃSKI Andrzej	762	FACE NORDIC WALKING TEAM	M50-59	10			00:01:21	00:40:27	01:22:01.40	01:23:23.15	+00:18:11 (22.2%)	8:12	7.3 (77.7%)
76	DZIEMIŃSKA Magdalena	674	BŁĘKITNI NW DZIEMIANY	K30-39	4			00:03:18	00:40:33	01:22:17.30	01:25:35.50	+00:18:26 (22.4%)	8:13	7.3 (77.7%)
77	ŚCIBISZ Bogdan	767	DĄBROWA NORDIC TEAM	M70+	2			00:02:08	00:40:56	01:22:20.90	01:24:29.85	+00:18:30 (22.5%)	8:14	7.3 (77.7%)
78	WIŚNIEWSKI Kazimierz	777	ZGÓRKI	M60-69	10			00:01:54	00:41:06	01:22:23.80	01:24:18.30	+00:18:33 (22.5%)	8:14	7.3 (77.7%)
79	MOJSIEJCZUK Ryszard	729	VIKING NORDIC TEAM CZĘSTOCHOWA	M70+	3			00:02:09	00:40:52	01:22:28.50	01:24:37.80	+00:18:38 (22.6%)	8:14	7.3 (77.7%)
80	WYSOCKA Bernadeta	781	BŁĘKITNI NW DZIEMIANY	K40-49	12			00:03:44	00:40:12	01:22:29.30	01:26:13.70	+00:18:38 (22.6%)	8:14	7.3 (77.7%)
81	WORONKO-ZACZYŃSKA Janina	779	KS METRACO POLKOWICE	K70+	2			00:07:24	00:39:34	01:23:08.20	01:30:32.20	+00:19:17 (23.2%)	8:18	7.2 (76.6%)
82	SZEWczyk Marek	764	FACE NORDIC WALKING TEAM	M50-59	11			00:01:22	00:40:49	01:23:21.50	01:24:44.15	+00:19:31 (23.4%)	8:20	7.2 (76.6%)
83	TURZYŃSKA-STOPA Maria	772	BŁĘKITNI NW DZIEMIANY	K60-69	4			00:07:17	00:40:56	01:23:38.80	01:30:56.55	+00:19:48 (23.7%)	8:21	7.2 (76.6%)
84	KOŚCIUCZUK Agnieszka	705		K30-39	5			00:03:18	00:40:26	01:23:42.65	01:27:01.30	+00:19:52 (23.7%)	8:22	7.2 (76.6%)
85	OMARSKA Grażyna	735	PASJA NORDIC WALKING	K50-59	10			00:04:12	00:41:33	01:23:45.25	01:27:57.55	+00:19:54 (23.8%)	8:22	7.2 (76.6%)
86	KOZŁOWSKA Agnieszka	793	FACE NORDIC WALKING TEAM	K40-49	13			00:03:43	00:40:43	01:24:07.15	01:27:50.80	+00:20:16 (24.1%)	8:24	7.1 (75.5%)
87	KULIK Sławomir	713		M50-59	12			00:01:25	00:40:03	01:24:14.20	01:25:39.50	+00:20:23 (24.2%)	8:25	7.1 (75.5%)
88	BIAŁOWĄS Iwona	657		K50-59	11			00:04:11	00:41:39	01:24:16.50	01:28:27.90	+00:20:26 (24.2%)	8:25	7.1 (75.5%)
89	DUDZICZ Barbara	671		K30-39	6			00:03:21	00:42:43	01:24:56.60	01:28:18.25	+00:21:06 (24.8%)	8:29	7.1 (75.5%)
90	ACKIEWICZ Marta	651	POWIAT HAJNOWSKI	K30-39	7			00:03:18	00:42:26	01:24:58.90	01:28:17.80	+00:21:08 (24.9%)	8:29	7.1 (75.5%)
91	JABŁOŃSKA Małgorzata	686	POWIAT HAJNOWSKI	K40-49	14			00:03:47	00:42:16	01:25:00.85	01:28:48.80	+00:21:10 (24.9%)	8:30	7.1 (75.5%)
92	KORCZ Marzena	701	POWIAT HAJNOWSKI	K30-39	8			00:03:20	00:42:45	01:25:25.30	01:28:45.95	+00:21:34 (25.3%)	8:32	7 (74.5%)
93	GRYC Halina	681		K40-49	15			00:03:45	00:41:48	01:25:33.65	01:29:19.40	+00:21:43 (25.4%)	8:33	7 (74.5%)
94	CZMOCH Marian	798	PUKS JEDYNKA ŁOSICE	M60-69	11			00:01:54	00:40:27	01:26:00.55	01:27:55.20	+00:22:10 (25.8%)	8:36	7 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
95	GERLE-KOTULA Anna	679	UNIA MIAST	K30-39	9			00:03:17	00:43:42	01:26:00.95	01:29:18.65	+00:22:10 (25.8%)	8:36	7 (74.5%)
96	PIETRUSZKIEWICZ Anna	739		K40-49	16			00:03:48	00:42:14	01:26:16.80	01:30:04.80	+00:22:26 (26.0%)	8:37	7 (74.5%)
97	LINKA Renata	720		K40-49	17			00:03:43	00:42:40	01:26:19.35	01:30:03.05	+00:22:28 (26.0%)	8:38	6.9 (73.4%)
98	IWANIUK-SAWCZUK Alina	685	POWIAT HAJNOWSKI	K40-49	18			00:04:09	00:42:08	01:26:26.30	01:30:36.05	+00:22:35 (26.1%)	8:38	6.9 (73.4%)
99	KONDRACIUK Magdalena	700	POWIAT HAJNOWSKI	K30-39	10			00:03:20	00:42:55	01:26:48.40	01:30:09.20	+00:22:58 (26.5%)	8:40	6.9 (73.4%)
100	KOSSOWSKI Marian	704	MARYSIN	M50-59	13			00:01:23	00:41:49	01:26:50.25	01:28:13.25	+00:22:59 (26.5%)	8:41	6.9 (73.4%)
101	PLEWA Halina	741	POWIAT HAJNOWSKI	K50-59	12			00:07:19	00:43:09	01:27:17.20	01:34:36.90	+00:23:26 (26.9%)	8:43	6.9 (73.4%)
102	LEHMANN Teresa	719	BŁĘKITNI NW DZIEMIANY	K50-59	13			00:04:11	00:42:45	01:27:31.10	01:31:42.95	+00:23:40 (27.1%)	8:45	6.9 (73.4%)
103	FAJNAS Ryszard	675	FACE NORDIC WALKING TEAM	M50-59	14			00:01:21	00:43:29	01:27:54.10	01:29:15.60	+00:24:03 (27.4%)	8:47	6.8 (72.3%)
104	ZIELIŃSKA Barbara	853	PUKS JEDYNKA ŁOSICE	K50-59	14			00:04:13	00:44:13	01:27:59.35	01:32:13.10	+00:24:08 (27.4%)	8:48	6.8 (72.3%)
105	CZARNECKA Maria	796		K50-59	15			00:07:18	00:43:12	01:28:11.40	01:35:29.75	+00:24:21 (27.6%)	8:49	6.8 (72.3%)
106	WIERESZKO Regina	855	GRUPA NW DOBRE MIASTO	K50-59	16			00:04:12	00:43:22	01:28:31.25	01:32:43.55	+00:24:40 (27.9%)	8:51	6.8 (72.3%)
107	SMARUJ-SADOWSKA Janina	754		K60-69	5			00:07:19	00:43:02	01:28:39.95	01:35:59.40	+00:24:49 (28.0%)	8:52	6.8 (72.3%)
108	SZEWczyk Agnieszka	765	FACE NORDIC WALKING TEAM	K40-49	19			00:03:45	00:43:02	01:28:56.65	01:32:42.05	+00:25:06 (28.2%)	8:53	6.7 (71.3%)
109	KIERDELEWICZ Irena	696	POWIAT HAJNOWSKI	K30-39	11			00:03:18	00:44:17	01:29:29.25	01:32:47.75	+00:25:38 (28.7%)	8:56	6.7 (71.3%)
110	KRZYNOWEK Krystyna	854	GRUPA NW DOBRE MIASTO	K60-69	6			00:07:18	00:43:10	01:29:42.20	01:37:00.85	+00:25:51 (28.8%)	8:58	6.7 (71.3%)
111	CIEŚLIK Ewa	665		K40-49	20			00:03:43	00:44:03	01:29:49.15	01:33:33.05	+00:25:58 (28.9%)	8:59	6.7 (71.3%)
112	KOSSOWSKA Anna	703	MARYSIN	K50-59	17			00:04:12	00:44:22	01:30:37.60	01:34:50.30	+00:26:47 (29.6%)	9:03	6.6 (70.2%)
113	KRZYŚCIN Rafał	711	SANTANDER CONSUMER BANK	M40-49	14			00:01:05	00:45:54	01:31:51.20	01:32:56.60	+00:28:00 (30.5%)	9:11	6.5 (69.1%)
114	DYLEWSKA Barbara	673	DĄBROWA NORDIC TEAM	K60-69	7			00:07:19	00:45:37	01:32:05.45	01:39:25.15	+00:28:15 (30.7%)	9:12	6.5 (69.1%)
115	LIPIŃSKA Urszula	721	FACE NORDIC WALKING TEAM	K40-49	21			00:03:46	00:46:12	01:34:14.20	01:38:00.60	+00:30:23 (32.3%)	9:25	6.4 (68.1%)
116	KRZYŚCIN Mirosława	710	SANTANDER CONSUMER BANK	K40-49	22			00:03:45	00:45:00	01:34:39.00	01:38:24.10	+00:30:48 (32.6%)	9:27	6.3 (67.0%)
117	KOŁODZIŃSKA Agnieszka	699		K30-39	12			00:03:19	00:46:08	01:34:47.15	01:38:07.05	+00:30:56 (32.6%)	9:28	6.3 (67.0%)
118	GLENCNER Mariola	680	POWIAT HAJNOWSKI	K30-39	13			00:03:20	00:46:04	01:35:04.15	01:38:24.20	+00:31:13 (32.8%)	9:30	6.3 (67.0%)
119	MUDER Iwona	730	PUKS JEDYNKA ŁOSICE	K40-49	23			00:03:48	00:46:32	01:35:30.25	01:39:19.00	+00:31:39 (33.2%)	9:33	6.3 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
120	NOWAK Jan	734	WARSZAWA CHOSZCZÓWKA	M70+	4			00:02:09	00:46:37	01:36:35.15	01:38:44.90	+00:32:44 (33.9%)	9:39	6.2 (66.0%)
121	CIELMA Teresa	663	POWIAT HAJNOWSKI	K50-59	18			00:04:11	00:47:21	01:37:31.75	01:41:43.30	+00:33:41 (34.5%)	9:45	6.2 (66.0%)
122	PIEKARSKA Magdalena	738	GOSIR OSIELSKO	K18-29	6			00:03:05	00:47:33	01:37:44.55	01:40:49.80	+00:33:54 (34.7%)	9:46	6.1 (64.9%)
123	PETRUK Marzanna	737		K50-59	19			00:04:13	00:47:38	01:37:50.85	01:42:04.15	+00:34:00 (34.8%)	9:47	6.1 (64.9%)
124	JÓZWIAK Dominik	693	WTW.WŁOCŁAWEK	M18-29	5			00:00:40	00:48:03	01:38:24.50	01:39:05.10	+00:34:34 (35.1%)	9:50	6.1 (64.9%)
125	ALEKSIEJUK Monika	652	KIJ-FANI POWIAT HAJNOWSKI	K30-39	14			00:03:18	00:47:18	01:39:24.80	01:42:43.30	+00:35:34 (35.8%)	9:56	6 (63.8%)
126	JARYSZ Agnieszka	689	FACE NORDIC WALKING TEAM	K30-39	15			00:03:17	00:50:29	01:39:47.45	01:43:05.05	+00:35:57 (36.0%)	9:58	6 (63.8%)
127	SOKOŁOWSKI Janusz	757		M60-69	12			00:01:56	00:50:53	01:41:50.35	01:43:46.45	+00:37:59 (37.3%)	10:11	5.9 (62.8%)
128	CHOMCZYK Zbigniew	661		M60-69	13			00:01:55	00:51:23	01:48:08.85	01:50:04.80	+00:44:18 (41.0%)	10:48	5.5 (58.5%)
129	SOKOŁOWSKA Jolanta	756		K50-59	20			00:04:14	00:54:06	01:49:58.75	01:54:12.80	+00:46:08 (42.0%)	10:59	5.5 (58.5%)
130	WAKULUK Anna	775		K60-69	8			00:04:14	00:54:07	01:50:02.45	01:54:17.40	+00:46:12 (42.0%)	11:00	5.5 (58.5%)
131	CHOMCZYK Irena	660		K60-69	9	1		00:04:15	00:54:10	01:50:04.80	01:54:19.85	+00:46:14 (42.0%)	11:00	5.5 (58.5%)
132	NAWROCKA Danuta	795	DĄBROWA NORDIC TEAM	K70+	3			00:07:24	00:55:21	01:50:21.65	01:57:46.15	+00:46:31 (42.2%)	11:02	5.4 (57.4%)

Znaleziono 132 wynik(ów)