



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5 KM

B4SPORT
INTELEKTUALNE SPÓŁNE SPRAWY

Organizator: PFNW
Data: 2016-09-10
Miejsce: Hajnówka
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	STILLER Karol	828	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:04:01	00:29:57.20	00:33:59.10		5:59	10 (100%)
2	DEŁĄG Jakub	105	FACE NORDIC WALKING TEAM/ ENERGY LIFE TEAM	M18-29	1			00:03:46	00:30:58.25	00:34:44.45	+00:01:01 (3.3%)	6:11	9.7 (97.0%)
3	WOROCH Roman	630	KS METRACO POLKOWICE	M55-59	1			00:05:56	00:31:16.50	00:37:13.30	+00:01:19 (4.2%)	6:15	9.6 (96.0%)
4	BRZozowski Piotr	913	AKTYWNI POSTOMINO/FACE NORDIC WALKING TEAM	M30-39	2			00:04:02	00:32:09.20	00:36:11.40	+00:02:12 (6.8%)	6:25	9.3 (93.0%)
5	MIELCAREK Leszek	358	WESOŁY BORSUK TEAM	M60-64	1			00:06:26	00:32:21.00	00:38:47.20	+00:02:23 (7.4%)	6:28	9.3 (93.0%)
6	ROŻYNEK Miron	471		M50-54	1			00:05:33	00:32:25.95	00:37:59.15	+00:02:28 (7.6%)	6:29	9.2 (92.0%)
7	LESIŃSKI Grzegorz	313	KS METRACO POLKOWICE	M50-54	2			00:05:30	00:32:36.65	00:38:06.80	+00:02:39 (8.1%)	6:31	9.2 (92.0%)
8	STĘPNIEWSKI Paweł	522	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:03:46	00:32:43.20	00:36:29.30	+00:02:46 (8.5%)	6:32	9.2 (92.0%)
9	JENCZELEWSKI Grzegorz	212	NW EUROPOL GAZ	M45-49	1			00:05:03	00:32:46.45	00:37:50.30	+00:02:49 (8.6%)	6:33	9.2 (92.0%)
10	KARPIUK Łukasz	241		M18-29	3	1		00:03:48	00:32:50.45	00:36:39.10	+00:02:53 (8.8%)	6:34	9.1 (91.0%)
11	KNITTER Tomasz	259	BŁĘKITNI NW DZIEMIANY	M-Jun.	1			00:17:36	00:32:50.90	00:50:27.45	+00:02:53 (8.8%)	6:34	9.1 (91.0%)
12	WASIELEWSKI Mirosław	597	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M50-54	3			00:05:30	00:32:51.90	00:38:22.70	+00:02:54 (8.9%)	6:34	9.1 (91.0%)
13	GAJEWSKI Eugeniusz	140	KS METRACO POLKOWICE	M55-59	2			00:05:56	00:32:58.95	00:38:55.15	+00:03:01 (9.2%)	6:35	9.1 (91.0%)
14	WOLEK Waldemar	624	NORDIC TEAM GNIEZNO	M40-44	1			00:04:37	00:33:11.50	00:37:48.95	+00:03:14 (9.8%)	6:38	9 (90.0%)
15	SŁOMIAN Leszek	504	UNIA MIAST	M55-59	3			00:05:57	00:33:12.10	00:39:09.75	+00:03:14 (9.8%)	6:38	9 (90.0%)
16	RAKUĆ Jakub	456	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	4			00:03:46	00:33:16.20	00:37:02.90	+00:03:19 (10.0%)	6:39	9 (90.0%)

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
17	OSTROWIERCH Tarasij	933	SP ZOZ HAJNÓWKA	M60-64	2	1		00:06:25	00:33:20.05	00:39:46.00	+00:03:22 (10.1%)	6:40	9 (90.0%)
18	ŻALISKO Oksana	210	DĄBROWA NORDIC TEAM	K60-64	1			00:14:13	00:33:29.80	00:47:43.60	+00:03:32 (10.6%)	6:42	9 (90.0%)
19	JAGIEŁA Paweł	200	KBBB / TKKF	M18-29	5			00:03:46	00:33:31.50	00:37:17.90	+00:03:34 (10.7%)	6:42	9 (90.0%)
20	MARCINKOWSKI Jakub	347	UNIA MIAST	M-Jun.	2			00:17:36	00:33:32.00	00:51:08.40	+00:03:34 (10.7%)	6:42	8.9 (89.0%)
21	ZARĘBSKI Michał	645	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:04:02	00:33:33.40	00:37:35.50	+00:03:36 (10.7%)	6:42	8.9 (89.0%)
22	KLARKOWSKI Bogdan	253	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	3			00:06:27	00:33:34.65	00:40:01.75	+00:03:37 (10.8%)	6:42	8.9 (89.0%)
23	GŁOWA Michał	161	WESOŁY BORSUK TEAM	M-Jun.	3			00:17:36	00:33:43.00	00:51:19.75	+00:03:45 (11.2%)	6:44	8.9 (89.0%)
24	SKWIRUT Jerzy	501	SOKÓŁ RYMANÓW	M-Niepełnosprawni	1			00:05:56	00:33:57.90	00:39:54.50	+00:04:00 (11.8%)	6:47	8.8 (88.0%)
25	ADAMUS Marian	6	SILESIA NORDIC TEAM	M65-69	1			00:06:48	00:34:02.80	00:40:51.60	+00:04:05 (12.0%)	6:48	8.8 (88.0%)
26	GRYGOROWICZ Bogdan	180	KS METRACO POLKOWICE	M65-69	2			00:06:49	00:34:18.60	00:41:08.10	+00:04:21 (12.7%)	6:51	8.7 (87.0%)
27	CHUDZIŃSKI Andrzej	84	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M65-69	3			00:06:48	00:34:23.60	00:41:12.10	+00:04:26 (12.9%)	6:52	8.7 (87.0%)
28	WILK Tadeusz	134	DĄBROWA NORDIC TEAM	M60-64	4			00:06:26	00:34:25.75	00:40:51.90	+00:04:28 (13.0%)	6:53	8.7 (87.0%)
29	SCHRÖDER Karol	489	SILESIA NORDIC TEAM	M40-44	2			00:04:38	00:34:30.20	00:39:08.35	+00:04:33 (13.2%)	6:54	8.7 (87.0%)
30	KRYŚ Artur	291	KS METRACO POLKOWICE	M45-49	2			00:05:04	00:34:33.75	00:39:37.75	+00:04:36 (13.3%)	6:54	8.7 (87.0%)
31	GAŁĄZKA Paweł	891	NORDIC DECOFLOR GNIEZNO	M-Niepełnosprawni	2			00:05:31	00:34:37.55	00:40:09.20	+00:04:40 (13.5%)	6:55	8.7 (87.0%)
32	BREWKA Joachim	67	UNIA MIAST	M50-54	4			00:05:30	00:34:38.15	00:40:08.30	+00:04:40 (13.5%)	6:55	8.7 (87.0%)
33	ZMACZYŃSKI Bogusław	463	KS METRACO POLKOWICE	M60-64	5			00:06:27	00:34:39.15	00:41:06.25	+00:04:41 (13.6%)	6:55	8.7 (87.0%)
34	GAPIŃSKI Leszek	144	WESOŁY BORSUK TEAM	M55-59	4			00:05:57	00:34:42.65	00:40:40.30	+00:04:45 (13.7%)	6:56	8.6 (86.0%)
35	FELIS Paweł	127		M45-49	3			00:05:04	00:34:50.70	00:39:55.30	+00:04:53 (14.0%)	6:58	8.6 (86.0%)
36	RATECKI Marcin	458	NORDIC WALKING TEAM GDAŃSK	M40-44	3			00:04:38	00:34:51.80	00:39:30.70	+00:04:54 (14.1%)	6:58	8.6 (86.0%)
37	BORKOWSKA Lidia	895	FACE NORDIC WALKING TEAM	K45-49	1			00:11:18	00:34:53.85	00:46:12.35	+00:04:56 (14.2%)	6:58	8.6 (86.0%)
38	JENDRUCHNIEWICZ Katarzyna	879	FUNDACJA „W TE PĘDY”	K30-39	1			00:08:48	00:35:00.05	00:43:48.60	+00:05:02 (14.4%)	7:00	8.6 (86.0%)
39	SZPILMAN Katarzyna	545	FACE NORDIC WALKING TEAM	K45-49	2			00:11:19	00:35:04.05	00:46:23.05	+00:05:06 (14.6%)	7:00	8.6 (86.0%)
40	KOT Anatol	275	RKB	M55-59	5	1		00:05:58	00:35:04.50	00:41:02.85	+00:05:07 (14.6%)	7:00	8.6 (86.0%)
41	BIK Przemysław	51	KS METRACO POLKOWICE	M-Dzieci	1			00:16:38	00:35:13.90	00:51:51.95	+00:05:16 (15.0%)	7:02	8.5 (85.0%)

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42	ZAŃKO Katarzyna	644	KS METRACO POLKOWICE	K40-44	1			00:10:21	00:35:14.45	00:45:35.90	+00:05:17 (15.0%)	7:02	8.5 (85.0%)
43	PARTYKA Teresa	421	WESOŁY BORSUK TEAM	K55-59	1			00:13:06	00:35:22.20	00:48:28.30	+00:05:25 (15.3%)	7:04	8.5 (85.0%)
44	KASPRZYK Liliana	884	KS METRACO POLKOWICE	K55-59	2			00:13:06	00:35:25.40	00:48:32.05	+00:05:28 (15.4%)	7:05	8.5 (85.0%)
45	KWAŚNY Tomasz	302	CHODŻĘ Z SERCEM	M50-54	5			00:05:32	00:35:34.50	00:41:07.00	+00:05:37 (15.8%)	7:07	8.4 (84.0%)
46	KUŚMIEREK Mateusz	298	BŁĘKITNI NW DZIEMIANY	M-Dzieci	2			00:16:34	00:35:41.40	00:52:15.75	+00:05:44 (16.1%)	7:08	8.4 (84.0%)
47	LESIŃSKA Marzenna	312	KS METRACO POLKOWICE	K50-54	1			00:12:04	00:35:42.40	00:47:46.75	+00:05:45 (16.1%)	7:08	8.4 (84.0%)
48	WOŹNIAK Klaudia	632	UNIA MIAST	K-Jun.	1			00:18:46	00:35:46.00	00:54:32.60	+00:05:48 (16.3%)	7:09	8.4 (84.0%)
49	STOLARSKA Joanna	523	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	2			00:18:45	00:35:46.60	00:54:32.50	+00:05:49 (16.3%)	7:09	8.4 (84.0%)
50	GAPIŃSKA Janina	143	WESOŁY BORSUK TEAM	K55-59	3			00:13:06	00:35:55.85	00:49:02.75	+00:05:58 (16.6%)	7:11	8.3 (83.0%)
51	DANA Andrzej	100	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	4			00:06:48	00:36:02.15	00:42:50.85	+00:06:04 (16.9%)	7:12	8.3 (83.0%)
52	MALCZYK Anna	339	DĄBROWA NORDIC TEAM	K30-39	2			00:08:48	00:36:07.75	00:44:56.60	+00:06:10 (17.1%)	7:13	8.3 (83.0%)
53	KAPTEINA Robert	233	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-44	4			00:04:37	00:36:10.50	00:40:47.95	+00:06:13 (17.2%)	7:14	8.3 (83.0%)
54	SZPILMAN Marta	546	FACE NORDIC WALKING TEAM	K18-29	1			00:07:51	00:36:11.90	00:44:03.55	+00:06:14 (17.3%)	7:14	8.3 (83.0%)
55	BALICKA Maria	34		K-Dzieci	1			00:21:02	00:36:12.95	00:57:15.40	+00:06:15 (17.3%)	7:14	8.3 (83.0%)
56	SITKO Maciej	498	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	3			00:16:35	00:36:13.45	00:52:48.45	+00:06:16 (17.3%)	7:14	8.3 (83.0%)
57	RECZULSKA Katarzyna	459	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	3			00:12:03	00:36:17.50	00:48:21.10	+00:06:20 (17.5%)	7:15	8.3 (83.0%)
58	MOTOCZYŃSKI Krzysztof	366	GOSIR OSIELSKO	M60-64	6			00:06:27	00:36:18.60	00:42:46.20	+00:06:21 (17.5%)	7:15	8.3 (83.0%)
59	WRÓŃSKI Włodzimierz	634	PASJA NORDIC WALKING	M60-64	7			00:06:26	00:36:21.30	00:42:47.80	+00:06:24 (17.6%)	7:16	8.3 (83.0%)
60	ŚLEWIŃSKA Edyta	559	BŁĘKITNI NW DZIEMIANY	K-Jun.	3			00:18:47	00:36:23.45	00:55:10.95	+00:06:26 (17.7%)	7:16	8.2 (82.0%)
61	JÓŹWIAK Marianna	217	WTW.WŁOCLAWEK	K40-44	2			00:10:21	00:36:26.90	00:46:48.80	+00:06:29 (17.8%)	7:17	8.2 (82.0%)
62	DUDEK Edward	116	KS METRACO POLKOWICE	M65-69	5			00:06:51	00:36:27.10	00:43:18.90	+00:06:29 (17.8%)	7:17	8.2 (82.0%)
63	RAKUĆ Angelika	457	RUCH PO ZDROWIE WŁOCLAWEK	K18-29	2			00:07:51	00:36:28.10	00:44:20.05	+00:06:30 (17.9%)	7:17	8.2 (82.0%)
64	STYGA Krystyna	530	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	2			00:12:02	00:36:31.80	00:48:33.80	+00:06:34 (18.0%)	7:18	8.2 (82.0%)
65	ROSADZIŃSKI Sławomir	465		M45-49	4			00:05:04	00:36:34.30	00:41:38.75	+00:06:37 (18.1%)	7:18	8.2 (82.0%)
66	KANIECKA Zofia	231	NW CIECHANÓW	K60-64	2			00:14:13	00:36:35.90	00:50:49.80	+00:06:38 (18.2%)	7:19	8.2 (82.0%)

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67	PAWŁOWSKA-WOŹNIAK Małgorzata	113	UNIA MIAST	K30-39	3			00:08:48	00:36:51.35	00:45:39.35	+00:06:54 (18.7%)	7:22	8.1 (81.0%)
68	FRĄSZCZAK Katarzyna	136	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K-Niepełnosprawni	1			00:08:55	00:36:52.20	00:45:47.45	+00:06:55 (18.8%)	7:22	8.1 (81.0%)
69	WAWRZYNIAK Anna	601	FACE NORDIC WALKING TEAM	K40-44	3			00:10:21	00:36:55.50	00:47:16.70	+00:06:58 (18.9%)	7:23	8.1 (81.0%)
70	ROMANIUK Grzegorz	916	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	6			00:05:34	00:36:55.80	00:42:30.05	+00:06:58 (18.9%)	7:23	8.1 (81.0%)
71	FELIS Stanisław	129		M-Jun.	4			00:17:37	00:36:56.05	00:54:33.20	+00:06:58 (18.9%)	7:23	8.1 (81.0%)
72	GOŁĘBIEWSKI Andrzej	167	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	6			00:05:57	00:36:57.80	00:42:55.05	+00:07:00 (19.0%)	7:23	8.1 (81.0%)
73	MARCINKOWSKA Agnieszka	346	UNIA MIAST	K-Dzieci	2			00:21:02	00:36:59.25	00:58:02.05	+00:07:02 (19.0%)	7:24	8.1 (81.0%)
74	ARTEMIUK Eugeniusz	31		M50-54	7			00:05:31	00:36:59.70	00:42:31.35	+00:07:02 (19.0%)	7:24	8.1 (81.0%)
75	ADAMCZYK Łukasz	896	LUKI TEAM	M30-39	4			00:04:02	00:37:05.10	00:41:07.90	+00:07:07 (19.2%)	7:25	8.1 (81.0%)
76	DZIUBA Alina	123	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	4			00:11:18	00:37:08.50	00:48:27.20	+00:07:11 (19.4%)	7:25	8.1 (81.0%)
77	GŁADZIKOWSKI Grzegorz	160	AKTYWNI Z PASJĄ ŁUKÓW	M65-69	6			00:06:49	00:37:11.15	00:44:00.55	+00:07:13 (19.4%)	7:26	8.1 (81.0%)
78	JÓZWIAK Łukasz	218	WTW.WŁOCŁAWEK	M-Niepełnosprawni	3			00:05:05	00:37:12.10	00:42:17.15	+00:07:14 (19.5%)	7:26	8.1 (81.0%)
78	DEJDA Piotr	104	FACE NORDIC WALKING TEAM	M45-49	5			00:05:05	00:37:12.10	00:42:17.45	+00:07:14 (19.5%)	7:26	8.1 (81.0%)
80	SŁOMIŃSKA Marta	505	BŁĘKITNI NW DZIEMIANY	K-Jun.	4			00:18:45	00:37:13.10	00:55:58.90	+00:07:15 (19.5%)	7:26	8.1 (81.0%)
81	GNUS Dawid	165	KBBB / TKKF	M-Dzieci	4			00:16:34	00:37:14.85	00:53:49.80	+00:07:17 (19.6%)	7:27	8.1 (81.0%)
82	GIERSZEWSKI Arkadiusz	157		M30-39	5			00:04:05	00:37:16.00	00:41:21.80	+00:07:18 (19.6%)	7:27	8.1 (81.0%)
83	WARCZALSKA Teresa	590	UNIA MIAST	K65-69	1			00:14:43	00:37:20.30	00:52:04.20	+00:07:23 (19.8%)	7:28	8 (80.0%)
84	GAŁAŚ Joanna	142	PASJA NW	K18-29	3			00:07:52	00:37:23.10	00:45:15.35	+00:07:25 (19.9%)	7:28	8 (80.0%)
85	FELIS Beata	128		K45-49	5			00:11:22	00:37:24.80	00:48:46.90	+00:07:27 (19.9%)	7:28	8 (80.0%)
86	STOLTMANN Helena	524	BŁĘKITNI NW DZIEMIANY	K55-59	4			00:13:06	00:37:34.60	00:50:41.40	+00:07:37 (20.3%)	7:31	8 (80.0%)
87	SULECKA Gabriela	535		K-Niepełnosprawni	2			00:13:07	00:37:34.85	00:50:42.15	+00:07:37 (20.3%)	7:31	8 (80.0%)
88	STOLARSKI Michał	937	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	6			00:05:06	00:37:38.05	00:42:44.35	+00:07:40 (20.4%)	7:31	8 (80.0%)
89	WARUSZEWSKA Emilia	594	BIEGAJĄCY TCZEW	K-Jun.	5			00:18:47	00:37:46.55	00:56:34.10	+00:07:49 (20.7%)	7:33	7.9 (79.0%)
90	KORDOWSKA Bogusława	269	UPOJENI WIATREM	K40-44	4			00:10:22	00:37:54.65	00:48:16.70	+00:07:57 (21.0%)	7:34	7.9 (79.0%)

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91	BOROWSKA-STANČZUK Karolina	61	FACE NORDIC WALKING TEAM	K30-39	4			00:08:49	00:38:00.65	00:46:50.10	+00:08:03 (21.2%)	7:36	7.9 (79.0%)
92	KNITTER Agata	258	BŁĘKITNI NW DZIEMIANY	K-Jun.	6			00:18:47	00:38:13.15	00:57:00.30	+00:08:15 (21.6%)	7:38	7.8 (78.0%)
93	URBAN Robert	935	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	5			00:04:38	00:38:17.15	00:42:55.40	+00:08:19 (21.8%)	7:39	7.8 (78.0%)
94	JONDERKO Julia	214	WŁÓCZYKIJE SKOCZÓW	K40-44	5			00:10:24	00:38:18.10	00:48:42.70	+00:08:20 (21.8%)	7:39	7.8 (78.0%)
95	WILKANIEC Krzysztof	610	HAJNÓWKA BIEGA	M30-39	6			00:04:02	00:38:19.10	00:42:21.90	+00:08:21 (21.8%)	7:39	7.8 (78.0%)
96	SZENDZIELORZ Ilona	540	FABRIKANORDIKA	K55-59	5	1		00:13:08	00:38:19.50	00:51:27.85	+00:08:22 (21.8%)	7:39	7.8 (78.0%)
97	DANA Kazimiera	99	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:14:14	00:38:21.35	00:52:35.85	+00:08:24 (21.9%)	7:40	7.8 (78.0%)
98	SZNAJDER Zenon	543	UNIA MIAST	M60-64	8			00:06:29	00:38:21.85	00:44:51.05	+00:08:24 (21.9%)	7:40	7.8 (78.0%)
99	BARUCH Henryka	39	DĄBROWA NORDIC TEAM	K65-69	2			00:14:48	00:38:23.30	00:53:11.60	+00:08:26 (22.0%)	7:40	7.8 (78.0%)
100	KARPIUK Wiesław	240		M40-44	6			00:04:37	00:38:27.15	00:43:04.70	+00:08:29 (22.1%)	7:41	7.8 (78.0%)
101	SZYMCZYK Magdalena	903	FACE NORDIC WALKING TEAM	K30-39	5			00:08:49	00:38:30.10	00:47:19.75	+00:08:32 (22.2%)	7:42	7.8 (78.0%)
102	DOMAGAŁA Jakub	921	SANTANDER CONSUMER BANK	M-Dzieci	5			00:16:34	00:38:35.50	00:55:09.95	+00:08:38 (22.4%)	7:43	7.8 (78.0%)
103	ROSZMAN Zenon	469	PENDOLINO	M55-59	7			00:05:56	00:38:36.10	00:44:32.60	+00:08:38 (22.4%)	7:43	7.8 (78.0%)
104	KARASIŃSKA Alicja	918		K45-49	6			00:11:20	00:38:39.30	00:49:59.35	+00:08:42 (22.5%)	7:43	7.8 (78.0%)
105	KOZŁOWSKA Julia	286	FACE NORDIC WALKING TEAM	K-Dzieci	3			00:21:03	00:38:39.80	00:59:43.30	+00:08:42 (22.5%)	7:44	7.8 (78.0%)
106	SUCHOCKI Hubert	531		M-Jun.	5			00:17:37	00:38:46.55	00:56:24.00	+00:08:49 (22.8%)	7:45	7.7 (77.0%)
107	NOWICKI Bogdan	391		M50-54	8			00:05:30	00:38:46.60	00:44:17.05	+00:08:49 (22.8%)	7:45	7.7 (77.0%)
108	MORDAŃ Paweł	363		M-Jun.	6			00:17:37	00:38:47.00	00:56:24.35	+00:08:49 (22.8%)	7:45	7.7 (77.0%)
109	DZIEMIŃSKI Jan	122	BŁĘKITNI NW DZIEMIANY	M-Dzieci	6			00:16:35	00:38:47.90	00:55:23.70	+00:08:50 (22.8%)	7:45	7.7 (77.0%)
110	NOWROTEK Roman	392	WESOŁY BORSUK TEAM	M65-69	7			00:06:49	00:38:57.35	00:45:46.85	+00:09:00 (23.1%)	7:47	7.7 (77.0%)
111	GWAREK Anita	187	PASJA NORDIC WALKING	K45-49	7			00:11:19	00:38:57.80	00:50:17.40	+00:09:00 (23.1%)	7:47	7.7 (77.0%)
112	SZCZYGIELSKI Paweł	538	FACE NORDIC WALKING TEAM	M-Niepełnosprawni	4			00:23:25	00:39:02.45	01:02:27.45	+00:09:05 (23.3%)	7:48	7.7 (77.0%)
113	DZIUBA Alicja	124	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	7			00:18:48	00:39:02.75	00:57:51.00	+00:09:05 (23.3%)	7:48	7.7 (77.0%)
114	GRZYB Izabela	185	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	6			00:08:49	00:39:05.55	00:47:54.70	+00:09:08 (23.4%)	7:49	7.7 (77.0%)
115	PROKOPIUK Aleksander	442		M70+	1			00:07:07	00:39:09.55	00:46:17.10	+00:09:12 (23.5%)	7:50	7.7 (77.0%)

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
116	TCHÓRZEWSKI Jerzy	571		M70+	2			00:07:07	00:39:10.00	00:46:17.20	+00:09:12 (23.5%)	7:50	7.7 (77.0%)
117	WASILEWSKI Sławomir	598	PASJA NORDIC WALKING	M70+	3			00:07:06	00:39:10.75	00:46:17.00	+00:09:13 (23.5%)	7:50	7.7 (77.0%)
118	CZYŻEWSKI Włodzimierz	98	GRUPA NORDIC WALKING PŁOŃSK	M55-59	8	1		00:05:58	00:39:14.50	00:45:12.90	+00:09:17 (23.7%)	7:50	7.6 (76.0%)
119	PAKMUR Anna	418		K50-54	3			00:12:05	00:39:14.60	00:51:20.40	+00:09:17 (23.7%)	7:51	7.6 (76.0%)
120	MICHALAK Elżbieta	909	CHODZĘ Z SERCEM	K50-54	4			00:12:02	00:39:14.65	00:51:16.65	+00:09:17 (23.7%)	7:50	7.6 (76.0%)
121	MELLEROWICZ Kajetan	355	POWIAT HAJNOWSKI	M30-39	7			00:04:04	00:39:17.90	00:43:21.95	+00:09:20 (23.8%)	7:51	7.6 (76.0%)
122	ANDROSIUK Tomasz	18	HAJNÓWKA BIEGA	M30-39	8			00:04:03	00:39:20.70	00:43:23.85	+00:09:23 (23.9%)	7:52	7.6 (76.0%)
123	STRZELECKA Małgorzata	529	SAILING TEAM FERAJNA	K40-44	6			00:10:26	00:39:21.60	00:49:47.70	+00:09:24 (23.9%)	7:52	7.6 (76.0%)
124	KIENDYŚ Sebastian	249		M-Jun.	7			00:17:38	00:39:23.05	00:57:01.15	+00:09:25 (23.9%)	7:52	7.6 (76.0%)
125	KWAŚNA Małgorzata	300	CHODZĘ Z SERCEM	K45-49	8			00:11:21	00:39:25.90	00:50:47.65	+00:09:28 (24.0%)	7:53	7.6 (76.0%)
126	OLENDRZYŃSKI Mateusz	397	SOSWNR1	M-Niepełnosprawni	5			00:23:19	00:39:29.60	01:02:49.40	+00:09:32 (24.2%)	7:54	7.6 (76.0%)
127	PERKOWSKI Tomasz	427	SANTANDER CONSUMER BANK	M45-49	7			00:05:33	00:39:31.70	00:45:05.40	+00:09:34 (24.2%)	7:54	7.6 (76.0%)
128	BALICKI Mirosław	35		M45-49	8			00:05:04	00:39:34.40	00:44:38.40	+00:09:37 (24.3%)	7:54	7.6 (76.0%)
129	BIAŁOWĄS Ryszard	46		M50-54	9			00:05:30	00:39:36.15	00:45:07.10	+00:09:38 (24.4%)	7:55	7.6 (76.0%)
130	CHOMCZUK Jan	81	POWIAT HAJNOWSKI	M40-44	7			00:04:39	00:39:39.40	00:44:18.70	+00:09:42 (24.5%)	7:55	7.6 (76.0%)
131	CIMIRSKI Mateusz	87	POWIAT HAJNOWSKI	M18-29	6	1		00:03:49	00:39:44.45	00:43:34.00	+00:09:47 (24.6%)	7:57	7.5 (75.0%)
132	PIĄTKOWSKI Józef	430	KS METRACO POLKOWICE	M70+	4	1		00:07:06	00:39:52.45	00:46:58.75	+00:09:55 (24.9%)	7:58	7.5 (75.0%)
133	FRYC Jan	138		M55-59	9			00:05:58	00:39:53.75	00:45:52.40	+00:09:56 (24.9%)	7:58	7.5 (75.0%)
134	PIPIRO Grażyna	436	UNIA MIAST	K55-59	6			00:13:09	00:39:54.50	00:53:04.40	+00:09:57 (24.9%)	7:59	7.5 (75.0%)
135	DANILUK Mirosław	102	POWIAT HAJNOWSKI	M45-49	9			00:23:21	00:39:59.65	01:03:21.55	+00:10:02 (25.1%)	8:00	7.5 (75.0%)
136	KABACIŃSKI Maciej	481	FACE NORDIC WALKING TEAM	M45-49	10			00:05:31	00:40:01.95	00:45:33.40	+00:10:04 (25.2%)	8:00	7.5 (75.0%)
137	RZEPKA Artur	897		M50-54	10			00:05:32	00:40:02.60	00:45:35.10	+00:10:05 (25.2%)	8:00	7.5 (75.0%)
138	ALEKSIEJUK Robert	8		M45-49	11			00:06:27	00:40:05.00	00:46:32.70	+00:10:07 (25.3%)	8:01	7.5 (75.0%)
139	KANIAK Zbigniew	229	GRUPA NORDIC WALKING PŁOŃSK	M60-64	9			00:06:29	00:40:07.95	00:46:37.90	+00:10:10 (25.4%)	8:01	7.5 (75.0%)
140	KULIG Bożena	295	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	4			00:14:14	00:40:08.55	00:54:22.60	+00:10:11 (25.4%)	8:01	7.5 (75.0%)

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
141	PRYCZYNICZ Róża	447		K-Dzieci	4			00:21:04	00:40:10.05	01:01:14.15	+00:10:12 (25.4%)	8:02	7.5 (75.0%)
142	STARZYŃSKA Ewa	516	KS METRACO POLKOWICE	K60-64	5			00:14:21	00:40:10.50	00:54:32.00	+00:10:13 (25.4%)	8:02	7.5 (75.0%)
143	ADAMOWICZ Andrzej	1		M70+	5			00:07:06	00:40:12.20	00:47:19.05	+00:10:15 (25.5%)	8:02	7.5 (75.0%)
144	KARPIUK Małgorzata	242		K-Dzieci	5			00:21:07	00:40:12.50	01:01:20.45	+00:10:15 (25.5%)	8:02	7.5 (75.0%)
145	NOWAK Bartłomiej	382	SAILING TEAM FERAJNA	M40-44	8			00:05:07	00:40:21.10	00:45:28.95	+00:10:23 (25.8%)	8:04	7.4 (74.0%)
146	URBAN Iwona	584	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Niepełnosprawni	3			00:11:24	00:40:24.65	00:51:49.40	+00:10:27 (25.9%)	8:05	7.4 (74.0%)
147	MICHAŁOWSKI Mateusz	357		M-Dzieci	7			00:16:39	00:40:24.95	00:57:04.55	+00:10:27 (25.9%)	8:05	7.4 (74.0%)
148	STAŃCZYK Bożena	515	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K55-59	7			00:13:08	00:40:26.00	00:53:34.95	+00:10:28 (25.9%)	8:05	7.4 (74.0%)
149	IWANIUK Michał	198	SZKOŁA PODSTAWOWA NR 2 W HAJNÓWCE	M-Dzieci	8			00:16:38	00:40:27.60	00:57:05.65	+00:10:30 (26.0%)	8:05	7.4 (74.0%)
150	PROKOP Beata	348	BIAŁOŁĘKA NW TEAM	K50-54	5			00:12:05	00:40:28.65	00:52:33.75	+00:10:31 (26.0%)	8:05	7.4 (74.0%)
151	KOZŁOWSKA Jagoda	285	FACE NORDIC WALKING TEAM	K-Dzieci	6			00:21:03	00:40:30.25	01:01:33.60	+00:10:33 (26.0%)	8:06	7.4 (74.0%)
152	BANASZAK Agata	36	GREEN TEAM ZIELONA GÓRA	K18-29	4			00:07:52	00:40:32.35	00:48:24.75	+00:10:35 (26.1%)	8:06	7.4 (74.0%)
153	DOMAN Łukasz	109	SOSWNR1	M-Niepełnosprawni	6			00:23:20	00:40:34.70	01:03:55.20	+00:10:37 (26.2%)	8:07	7.4 (74.0%)
154	KARCZMARSKI Krzysztof	236	NIEZRZESZONY	M55-59	10			00:06:00	00:40:35.60	00:46:35.90	+00:10:38 (26.2%)	8:07	7.4 (74.0%)
155	HAŁDAŚ Bogdan	914	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	11			00:05:33	00:40:43.05	00:46:16.25	+00:10:45 (26.4%)	8:08	7.4 (74.0%)
156	MAŁODOBRY Wioletta	341	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	7			00:10:23	00:40:43.60	00:51:07.55	+00:10:46 (26.5%)	8:08	7.4 (74.0%)
157	ANDREJUK Mirosław	16	POWIAT HAJNOWSKI	M40-44	9			00:05:04	00:40:43.70	00:45:48.50	+00:10:46 (26.5%)	8:08	7.4 (74.0%)
158	LEMBERG Sandra	308	POWIAT HAJNOWSKI	K-Jun.	8			00:18:49	00:40:48.60	00:59:38.50	+00:10:51 (26.6%)	8:09	7.3 (73.0%)
159	WOŁEJKO Roman	626	SANTANDER CONSUMER BANK	M40-44	10			00:04:38	00:40:48.75	00:45:26.75	+00:10:51 (26.6%)	8:09	7.4 (74.0%)
160	MAKAREWICZ Agnieszka	338	SANTANDER CONSUMER BANK	K40-44	8			00:10:25	00:40:53.90	00:51:19.40	+00:10:56 (26.8%)	8:10	7.3 (73.0%)
161	NOWALIŃSKI Piotrek	388	FACE NORDIC WALKING TEAM	M-Niepełnosprawni	7			00:05:05	00:40:54.50	00:46:00.00	+00:10:57 (26.8%)	8:11	7.3 (73.0%)
162	KUCHARSKA Barbara	294	SANTANDER CONSUMER BANK	K30-39	7			00:08:50	00:40:55.05	00:49:45.45	+00:10:57 (26.8%)	8:11	7.3 (73.0%)
163	TROFIMIUK Piotr	580		M30-39	9			00:03:49	00:40:55.55	00:44:44.80	+00:10:58 (26.8%)	8:11	7.3 (73.0%)
164	KUŹNIARSKI Jacek	299	LUKI TEAM	M45-49	12			00:05:07	00:40:56.80	00:46:04.15	+00:10:59 (26.8%)	8:11	7.3 (73.0%)
165	SADOWSKI Marcin	480		M30-39	10			00:21:12	00:40:58.95	01:02:11.25	+00:11:01 (26.9%)	8:11	7.3 (73.0%)

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
166	SADOWSKA Weronika	478	POWIAT HAJNOWSKI	K-Dzieci	7			00:21:10	00:40:59.55	01:02:10.05	+00:11:02 (26.9%)	8:12	7.3 (73.0%)
167	WASILUK Magdalena	600	POWIAT HAJNOWSKI	K-Dzieci	8			00:21:11	00:41:00.90	01:02:12.20	+00:11:03 (27.0%)	8:12	7.3 (73.0%)
168	WINCZEWSKA Anna	611	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	6			00:12:04	00:41:02.65	00:53:06.80	+00:11:05 (27.0%)	8:12	7.3 (73.0%)
169	KOŚCIUCZUK Jakub	273		M-Dzieci	9			00:16:35	00:41:07.10	00:57:42.80	+00:11:09 (27.2%)	8:13	7.3 (73.0%)
170	MARCZYK Jerzy Paweł	350	FACE NORDIC WALKING TEAM	M55-59	11			00:05:57	00:41:07.40	00:47:04.90	+00:11:10 (27.2%)	8:13	7.3 (73.0%)
171	WALESZKO Andrzej	586		M45-49	13			00:05:07	00:41:07.50	00:46:14.50	+00:11:10 (27.2%)	8:13	7.3 (73.0%)
172	SAWICKI Maksymilian	488	KIJ-FANI POWIAT HAJNOWSKI	M-Dzieci	10			00:16:43	00:41:14.95	00:57:58.35	+00:11:17 (27.4%)	8:15	7.3 (73.0%)
173	WYSOCKI Gabriel	637	BŁĘKITNI NW DZIEMIANY	M-Dzieci	11			00:16:35	00:41:16.10	00:57:51.20	+00:11:18 (27.4%)	8:15	7.3 (73.0%)
174	DZIEDZIK Patrycja	121		K-Jun.	9			00:28:07	00:41:20.65	01:09:28.10	+00:11:23 (27.6%)	8:16	7.3 (73.0%)
175	IWANIUK Julia	197	ZESPÓŁ SZKÓŁ Z DODATKOWĄ NAUKĄ JĘZYKA BIAŁORUSKIEGO W HAJNÓWCE	K-Jun.	10			00:18:53	00:41:22.50	01:00:16.10	+00:11:25 (27.6%)	8:16	7.2 (72.0%)
176	STRACH Jan	526	WŁÓCZYKIJE SKOCZÓW	M-Niepełnosprawni	8			00:06:28	00:41:23.05	00:47:51.45	+00:11:25 (27.6%)	8:16	7.2 (72.0%)
177	GINSZT Alina	158	POWIAT HAJNOWSKI	K40-44	9			00:10:23	00:41:23.20	00:51:46.30	+00:11:26 (27.6%)	8:16	7.2 (72.0%)
178	SMYK Albert	507		M-Dzieci	12			00:16:36	00:41:24.85	00:58:01.35	+00:11:27 (27.7%)	8:17	7.2 (72.0%)
179	NOWROTEK Urszula	393	WESOŁY BORSUK TEAM	K50-54	7			00:12:06	00:41:25.60	00:53:32.40	+00:11:28 (27.7%)	8:17	7.2 (72.0%)
180	NAZAREWICZ Barbara	372	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	3			00:14:44	00:41:26.70	00:56:11.35	+00:11:29 (27.7%)	8:17	7.2 (72.0%)
181	LASOTA Zofia	319		K-Jun.	11			00:18:57	00:41:28.70	01:00:25.70	+00:11:31 (27.8%)	8:17	7.2 (72.0%)
182	DRABCZYK Franciszek	111	KS METRACO POLKOWICE	M60-64	10			00:06:26	00:41:33.00	00:47:59.70	+00:11:35 (27.9%)	8:18	7.2 (72.0%)
183	SUDOŁ Irena	533	WŁÓCZYKIJE SKOCZÓW	K50-54	8			00:12:04	00:41:33.40	00:53:37.95	+00:11:36 (27.9%)	8:18	7.2 (72.0%)
184	MARCZUK Monika	536	BIAŁOŁĘKA NW TEAM	K40-44	10			00:10:27	00:41:34.95	00:52:02.20	+00:11:37 (28.0%)	8:19	7.2 (72.0%)
185	KANIEWSKA Matylda	232		K-Jun.	12			00:18:51	00:41:35.20	01:00:26.60	+00:11:38 (28.0%)	8:19	7.2 (72.0%)
186	KUŚMIEREK Beata	297	BŁĘKITNI NW DZIEMIANY	K40-44	11			00:10:21	00:41:36.90	00:51:58.35	+00:11:39 (28.0%)	8:19	7.2 (72.0%)
187	SAKOWSKA Krystyna	502	BIAŁOŁĘKA NW TEAM	K40-44	12			00:10:26	00:41:37.40	00:52:04.05	+00:11:40 (28.0%)	8:19	7.2 (72.0%)
188	SOŁTYSIAK Sylwia	510	KBBB / TKKF	K30-39	8			00:08:49	00:41:38.05	00:50:27.85	+00:11:40 (28.1%)	8:19	7.2 (72.0%)
189	WARPAS Radosław	786	SANTANDER CONSUMER BANK	M30-39	11			00:06:50	00:41:40.25	00:48:30.50	+00:11:43 (28.1%)	8:20	7.2 (72.0%)
189	JAKONIUK Łukasz	205	KIJ-FANI POWIAT HAJNOWSKI	M-Dzieci	13			00:16:38	00:41:40.25	00:58:19.20	+00:11:43 (28.1%)	8:20	7.2 (72.0%)

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
191	KECZYŃSKI Mikołaj	245	POWIAT HAJNOWSKI	M-Dzieci	14			00:16:38	00:41:40.30	00:58:19.00	+00:11:43 (28.1%)	8:20	7.2 (72.0%)
192	SZAŁAJ Anna	883	KS METRACO POLKOWICE	K-Niepełnosprawni	4			00:14:14	00:41:40.45	00:55:55.20	+00:11:43 (28.1%)	8:20	7.2 (72.0%)
193	WARUSZEWSKA Maja	593	BIEGAJĄCY TCZEW	K-Dzieci	9			00:21:05	00:41:40.80	01:02:46.00	+00:11:43 (28.1%)	8:20	7.2 (72.0%)
194	ANDRZEJUK Bartosz	26	POWIAT HAJNOWSKI	M-Dzieci	15			00:16:37	00:41:41.05	00:58:18.50	+00:11:43 (28.1%)	8:20	7.2 (72.0%)
195	GRUDNOWSKA Dominika	175	BŁĘKITNI NW DZIEMIANY	K-Dzieci	10			00:21:02	00:41:42.45	01:02:45.20	+00:11:45 (28.2%)	8:20	7.2 (72.0%)
196	KARCZEWSKI Krzysztof	235	RUCH PO ZDROWIE WŁOCLAWEK	M30-39	12			00:04:04	00:41:43.40	00:45:47.95	+00:11:46 (28.2%)	8:20	7.2 (72.0%)
197	SACHARUK Anna	476		K-Dzieci	11			00:18:50	00:41:51.50	01:00:42.30	+00:11:54 (28.4%)	8:22	7.2 (72.0%)
198	MILEWSKA Wiesława	359	RUCH PO ZDROWIE WŁOCLAWEK	K45-49	9			00:11:20	00:41:52.05	00:53:12.20	+00:11:54 (28.5%)	8:22	7.2 (72.0%)
199	ŁUKSZA Wiktoria	332	POWIAT HAJNOWSKI	K-Dzieci	12			00:21:09	00:41:52.20	01:03:01.40	+00:11:55 (28.5%)	8:22	7.2 (72.0%)
200	SROCYŃSKA Maria	513	KLUB UNIA MIAST JASTRZĘBIE ZDRÓJ	K60-64	6			00:14:15	00:41:53.70	00:56:09.60	+00:11:56 (28.5%)	8:22	7.2 (72.0%)
201	ROMANIUK Regina	462	POWIAT HAJNOWSKI	K18-29	5			00:07:51	00:41:55.55	00:49:47.10	+00:11:58 (28.6%)	8:23	7.2 (72.0%)
202	SELWESIUK Julia	490	POWIAT HAJNOWSKI	K-Dzieci	13			00:21:09	00:41:57.75	01:03:07.40	+00:12:00 (28.6%)	8:23	7.1 (71.0%)
203	KRUŻYCKA Aleksandra	80	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	13			00:10:31	00:41:58.00	00:52:29.85	+00:12:00 (28.6%)	8:23	7.1 (71.0%)
204	DOMAGAŁA Julia	920	SANTANDER CONSUMER BANK	K-Dzieci	14			00:21:20	00:42:00.35	01:03:20.70	+00:12:03 (28.7%)	8:24	7.1 (71.0%)
205	LEWCZUK Weronika	318		K-Jun.	13			00:18:52	00:42:00.40	01:00:52.65	+00:12:03 (28.7%)	8:24	7.1 (71.0%)
206	WIKTORZAK Elżbieta	607	UNIA MIAST	K55-59	8			00:13:24	00:42:02.05	00:55:26.10	+00:12:04 (28.7%)	8:24	7.1 (71.0%)
207	WALESZKO Anna	587		K45-49	10			00:11:22	00:42:02.85	00:53:25.35	+00:12:05 (28.8%)	8:24	7.1 (71.0%)
208	ŁYSAKOWSKI Marian	335	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M65-69	8			00:06:51	00:42:07.00	00:48:58.90	+00:12:09 (28.9%)	8:25	7.1 (71.0%)
209	SZNAJDER Teresa	542	UNIA MIAST	K60-64	7			00:14:16	00:42:11.30	00:56:28.20	+00:12:14 (29.0%)	8:26	7.1 (71.0%)
210	CHARKIEWICZ Urszula Ewa	74	POWIAT HAJNOWSKI	K18-29	6			00:07:52	00:42:13.45	00:50:06.35	+00:12:16 (29.1%)	8:26	7.1 (71.0%)
211	PYTLAK Urszula	454	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	9			00:12:06	00:42:14.20	00:54:20.20	+00:12:17 (29.1%)	8:26	7.1 (71.0%)
212	LISIEWICZ Piotr	320	POWIAT HAJNOWSKI	M30-39	13			00:04:06	00:42:15.05	00:46:21.50	+00:12:17 (29.1%)	8:27	7.1 (71.0%)
213	FALKOWSKI Maciej	126	POWIAT HAJNOWSKI	M18-29	7			00:03:47	00:42:15.90	00:46:03.05	+00:12:18 (29.1%)	8:27	7.1 (71.0%)
214	ZAKRZEWSKA Martyna Marta	641	POWIAT HAJNOWSKI	K18-29	7			00:07:51	00:42:16.30	00:50:07.40	+00:12:19 (29.1%)	8:27	7.1 (71.0%)
215	PROKOPIUK Diana	443		K18-29	8			00:07:57	00:42:17.05	00:50:14.10	+00:12:19 (29.2%)	8:27	7.1 (71.0%)

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
216	WIŚNIEWSKA Teresa	614	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	8			00:14:14	00:42:17.65	00:56:32.15	+00:12:20 (29.2%)	8:27	7.1 (71.0%)
217	SIEMIONEK Jolanta	892	ŁUKÓW	K-Niepełnosprawni	5			00:13:07	00:42:18.20	00:55:25.70	+00:12:21 (29.2%)	8:27	7.1 (71.0%)
218	SZWARC Barbara	552		K18-29	9			00:08:00	00:42:19.10	00:50:19.10	+00:12:21 (29.2%)	8:27	7.1 (71.0%)
219	ALEKSIEJUK Adrian	10		M18-29	8			00:23:26	00:42:19.20	01:05:45.80	+00:12:22 (29.2%)	8:27	7.1 (71.0%)
220	WIERZCHOLSKA Sylwia	606	FACE NORDIC WALKING TEAM	K40-44	14			00:10:22	00:42:19.45	00:52:42.30	+00:12:22 (29.2%)	8:28	7.1 (71.0%)
221	LASOTA Małgorzata	304	POWIAT HAJNOWSKI	K-Jun.	14			00:18:57	00:42:23.15	01:01:20.70	+00:12:25 (29.3%)	8:28	7.1 (71.0%)
222	TARCZYŃSKI Bogdan	569	AKTYWNI Z PASJĄ ŁUKÓW	M65-69	9			00:06:50	00:42:23.40	00:49:13.75	+00:12:26 (29.3%)	8:28	7.1 (71.0%)
223	SZAL Marzena	589	BIAŁOŁĘKA NW TEAM	K30-39	9			00:08:56	00:42:24.60	00:51:21.25	+00:12:27 (29.4%)	8:29	7.1 (71.0%)
224	OMELJANIUK Patrycja	401	POWIAT HAJNOWSKI	K-Jun.	15			00:18:54	00:42:25.55	01:01:20.05	+00:12:28 (29.4%)	8:29	7.1 (71.0%)
225	OSTAPCZUK Maja	413		K-Jun.	16			00:28:11	00:42:25.70	01:10:37.40	+00:12:28 (29.4%)	8:29	7.1 (71.0%)
226	JURCZAK Krzysztof	219	POWIAT HAJNOWSKI	M30-39	14			00:04:07	00:42:26.20	00:46:33.50	+00:12:29 (29.4%)	8:29	7.1 (71.0%)
227	ŻYWICKA Irena	878	BŁĘKITNI NW DZIEMIANY	K55-59	9			00:13:10	00:42:26.55	00:55:36.55	+00:12:29 (29.4%)	8:29	7.1 (71.0%)
228	PACYNA Helena	417	KS METRACO POLKOWICE	K65-69	4			00:14:53	00:42:28.25	00:57:21.35	+00:12:31 (29.5%)	8:29	7.1 (71.0%)
229	ŻUKOWSKA Kinga	876		K18-29	10			00:07:53	00:42:28.45	00:50:21.95	+00:12:31 (29.5%)	8:29	7.1 (71.0%)
230	KICZKAJŁO Patryk	248		M-Jun.	8			00:28:09	00:42:29.40	01:10:39.00	+00:12:32 (29.5%)	8:30	7.1 (71.0%)
231	KWIATKOWSKA Jadwiga	303	KS METRACO POLKOWICE	K65-69	5			00:14:47	00:42:32.70	00:57:20.40	+00:12:35 (29.6%)	8:30	7.1 (71.0%)
232	DOMAGAŁA Justyna	108		K30-39	10			00:08:53	00:42:35.40	00:51:29.20	+00:12:38 (29.7%)	8:31	7 (70.0%)
233	ZAKRZEWSKA Henryka	642	NORDIC TEAM GNIEZNO	K70+	1			00:15:20	00:42:37.25	00:57:58.10	+00:12:40 (29.7%)	8:31	7 (70.0%)
234	KODYRA Kazimiera	262	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	6			00:14:46	00:42:39.05	00:57:25.60	+00:12:41 (29.8%)	8:31	7 (70.0%)
235	PIÓREK Joanna	936		K40-44	15			00:10:27	00:42:42.15	00:53:09.15	+00:12:44 (29.9%)	8:32	7 (70.0%)
236	TOMCZAK Klaudia	577	MONTEBIANCO	K30-39	11			00:08:50	00:42:43.45	00:51:33.70	+00:12:46 (29.9%)	8:32	7 (70.0%)
237	NOWACZYK Izabela	381	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K45-49	11			00:11:21	00:42:46.20	00:54:08.00	+00:12:49 (30.0%)	8:33	7 (70.0%)
238	PONIATOWSKI Heronim	438		M60-64	11			00:06:26	00:42:48.65	00:49:15.40	+00:12:51 (30.0%)	8:33	7 (70.0%)
238	TARGOSZ Zdzisława	570		K55-59	10			00:13:08	00:42:48.65	00:55:56.85	+00:12:51 (30.0%)	8:33	7 (70.0%)
240	SOŁKIEWICZ Olga	509		K55-59	11			00:13:07	00:42:49.85	00:55:57.30	+00:12:52 (30.1%)	8:34	7 (70.0%)

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
241	GRUDNOWSKI Norbert	177	BŁĘKITNI NW DZIEMIANY	M-Dzieci	16			00:16:34	00:42:50.10	00:59:24.55	+00:12:52 (30.1%)	8:34	7 (70.0%)
242	ŚLESICKA-GESCIAK Maria	917		K40-44	16			00:10:30	00:42:51.05	00:53:21.45	+00:12:53 (30.1%)	8:34	7 (70.0%)
243	JANCZEWSKI Robert	208	NORDIC WALKING KIEKRZ	M55-59	12			00:05:59	00:42:51.95	00:48:51.20	+00:12:54 (30.1%)	8:34	7 (70.0%)
244	GROMOTOWICZ Maciej	174	POWIAT HAJNOWSKI	M-Dzieci	17			00:16:40	00:42:53.65	00:59:34.50	+00:12:56 (30.2%)	8:34	7 (70.0%)
245	GROBELNA Jadwiga	172	KS METRACO POLKOWICE	K-Niepełnosprawni	6			00:14:15	00:42:55.25	00:57:10.45	+00:12:58 (30.2%)	8:35	7 (70.0%)
246	KOSICKA Beata	272	NORDIC WALKING KIEKRZ	K45-49	12			00:11:23	00:42:57.10	00:54:21.00	+00:12:59 (30.3%)	8:35	7 (70.0%)
247	CHMIELEWSKI Maciej	77	POWIAT HAJNOWSKI	M-Dzieci	18			00:16:36	00:43:01.60	00:59:37.90	+00:13:04 (30.4%)	8:36	7 (70.0%)
248	SIEMIONEK Adam	155	ŁUKÓW	M55-59	13			00:05:59	00:43:04.60	00:49:04.00	+00:13:07 (30.5%)	8:37	7 (70.0%)
249	ŚWIDERSKI Marek	563	POWIAT HAJNOWSKI	M18-29	9			00:23:21	00:43:09.10	01:06:30.15	+00:13:11 (30.6%)	8:37	7 (70.0%)
250	ANDROSIUK Małgorzata	19		K18-29	11			00:07:52	00:43:09.70	00:51:02.30	+00:13:12 (30.6%)	8:38	6.9 (69.0%)
251	BARAN Karolina	37		K18-29	12			00:07:55	00:43:10.50	00:51:05.55	+00:13:13 (30.6%)	8:38	6.9 (69.0%)
252	MROWIEC Maria	369	UNIA MIAST	K70+	2			00:15:21	00:43:11.10	00:58:32.75	+00:13:13 (30.6%)	8:38	6.9 (69.0%)
253	GAŚOWSKA Angelika	152	POWIAT HAJNOWSKI	K-Jun.	17			00:18:53	00:43:12.85	01:02:06.75	+00:13:15 (30.7%)	8:38	6.9 (69.0%)
254	SAWICKA Urszula	487	KIJ-FANI POWIAT HAJNOWSKI	K40-44	17			00:10:27	00:43:16.75	00:53:44.30	+00:13:19 (30.8%)	8:39	6.9 (69.0%)
255	CHILIMONIUK Aleksandra	75	POWIAT HAJNOWSKI	K-Jun.	18			00:18:59	00:43:17.50	01:02:16.95	+00:13:20 (30.8%)	8:39	6.9 (69.0%)
256	CZMAK Leszek	95	POWIAT HAJNOWSKI	M45-49	14			00:05:06	00:43:21.55	00:48:27.75	+00:13:24 (30.9%)	8:40	6.9 (69.0%)
257	TOKAJUK Adam	574	POWIAT HAJNOWSKI	M40-44	11			00:05:06	00:43:21.75	00:48:28.10	+00:13:24 (30.9%)	8:40	6.9 (69.0%)
258	PIPIRO Grzegorz	740	UNIA MIAST	M-Niepełnosprawni	9			00:06:00	00:43:24.05	00:49:24.45	+00:13:26 (31.0%)	8:40	6.9 (69.0%)
259	JUSZCZAK Julia	221		K-Jun.	19			00:24:07	00:43:25.70	01:07:33.50	+00:13:28 (31.0%)	8:41	6.9 (69.0%)
260	KORYCIŃSKA Danuta	270		K-Niepełnosprawni	7			00:14:34	00:43:26.80	00:58:01.35	+00:13:29 (31.1%)	8:41	6.9 (69.0%)
261	GRUDNOWSKA Wiktoria	176	BŁĘKITNI NW DZIEMIANY	K-Dzieci	15			00:21:05	00:43:27.35	01:04:32.65	+00:13:30 (31.1%)	8:41	6.9 (69.0%)
262	WRÓBLEWSKA-MARCINKOWSKA Katarzyna	636	UNIA MIAST	K45-49	13			00:11:19	00:43:30.05	00:54:49.30	+00:13:32 (31.1%)	8:42	6.9 (69.0%)
263	WOŁKOWYCKI Romuald	629	BIAŁOWIEŻA WALK	M40-44	12			00:06:53	00:43:32.10	00:50:25.60	+00:13:34 (31.2%)	8:42	6.9 (69.0%)
264	WORONIECKA Zofia	631	POWIAT HAJNOWSKI	K-Dzieci	16			00:21:13	00:43:32.90	01:04:46.10	+00:13:35 (31.2%)	8:42	6.9 (69.0%)
265	GAWRYLUK Małgorzata	150		K-Dzieci	17			00:28:10	00:43:33.55	01:11:44.30	+00:13:36 (31.2%)	8:42	6.9 (69.0%)

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
266	MOROZ-KĘCZYŃSKA Ewa	888		K45-49	14			00:11:23	00:43:36.20	00:55:00.10	+00:13:39 (31.3%)	8:43	6.9 (69.0%)
267	KINDZIUK Ewelina	250	POWIAT HAJNOWSKI	K18-29	13			00:23:21	00:43:40.10	01:07:01.65	+00:13:42 (31.4%)	8:44	6.9 (69.0%)
268	EUGENIA Artemiuk	30	ELBLĄSKIE WŁÓCZYKIJE	K55-59	12			00:13:18	00:43:44.15	00:57:02.70	+00:13:46 (31.5%)	8:44	6.9 (69.0%)
269	ŁAPIŃSKI Mateusz	327		M18-29	10			00:03:47	00:43:44.50	00:47:32.35	+00:13:47 (31.5%)	8:45	6.9 (69.0%)
270	KORCZ Julia	268		K-Jun.	20			00:18:50	00:43:44.75	01:02:35.45	+00:13:47 (31.5%)	8:45	6.9 (69.0%)
271	UTRATA Mirosław	585	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M55-59	14			00:06:01	00:43:45.00	00:49:46.00	+00:13:47 (31.5%)	8:45	6.9 (69.0%)
272	GOLONKO Damian	166		M-Dzieci	19			00:16:42	00:43:45.40	01:00:27.40	+00:13:48 (31.5%)	8:45	6.9 (69.0%)
273	SUCHODOŁA Aleksander	532		M-Dzieci	20			00:16:42	00:43:45.50	01:00:28.45	+00:13:48 (31.5%)	8:45	6.9 (69.0%)
274	MROCZKOWSKI Mateusz	368	KIJ-FANI POWIAT HAJNOWSKI	M-Dzieci	21			00:16:43	00:43:46.75	01:00:30.10	+00:13:49 (31.6%)	8:45	6.9 (69.0%)
274	GINSZT Zofia	159	POWIAT HAJNOWSKI	K-Dzieci	18			00:21:14	00:43:46.75	01:05:01.50	+00:13:49 (31.6%)	8:45	6.9 (69.0%)
276	ROSZMAN Mikołaj	467	PENDOLINO	M-Dzieci	22			00:16:44	00:43:47.65	01:00:31.70	+00:13:50 (31.6%)	8:45	6.9 (69.0%)
277	GAWRYLUK Magdalena	147		K-Dzieci	19			00:21:08	00:43:48.45	01:04:56.70	+00:13:51 (31.6%)	8:45	6.8 (68.0%)
278	SZEWCZYK Bożena	541	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	7			00:14:19	00:43:49.25	00:58:08.90	+00:13:52 (31.6%)	8:45	6.8 (68.0%)
279	KRYZEL Dorota	292	BŁĘKITNI NW DZIEMIANY	K50-54	10			00:12:03	00:43:50.35	00:55:53.90	+00:13:53 (31.7%)	8:46	6.8 (68.0%)
280	PRYCZYNICZ Anna	446		K-Dzieci	20			00:21:05	00:43:50.50	01:04:56.30	+00:13:53 (31.7%)	8:46	6.8 (68.0%)
281	ZIÓLKOWSKI Jan	927	SANTANDER CONSUMER BANK	M-Dzieci	23			00:16:45	00:43:53.20	01:00:38.35	+00:13:56 (31.7%)	8:46	6.8 (68.0%)
282	ROSZMAN Agata	468	PENDOLINO	K30-39	12			00:08:52	00:43:54.40	00:52:47.20	+00:13:57 (31.8%)	8:47	6.8 (68.0%)
283	MATUSZEK Maciek	928	SANTANDER CONSUMER BANK	M-Dzieci	24			00:16:45	00:43:54.50	01:00:40.15	+00:13:57 (31.8%)	8:47	6.8 (68.0%)
284	ZIĘBA Julia	871	UNIA MIAST	K70+	3			00:15:23	00:43:57.00	00:59:20.45	+00:13:59 (31.8%)	8:47	6.8 (68.0%)
285	KOCZUR Dorota	261	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	9			00:14:15	00:43:58.80	00:58:14.70	+00:14:01 (31.9%)	8:47	6.8 (68.0%)
286	ŚWIĆ Agnieszka	562		K-Jun.	21			00:28:12	00:44:02.30	01:12:15.15	+00:14:05 (32.0%)	8:48	6.8 (68.0%)
287	JOROĆ Elwira	215		K-Jun.	22			00:28:12	00:44:03.80	01:12:16.10	+00:14:06 (32.0%)	8:48	6.8 (68.0%)
288	KRZYŻEWSKA Aneta	293	SANTANDER CONSUMER BANK	K40-44	18			00:10:25	00:44:09.20	00:54:34.45	+00:14:12 (32.2%)	8:49	6.8 (68.0%)
289	BARTUSIK-URBAN Jagoda	38	SANTANDER CONSUMER BANK	K40-44	19			00:10:23	00:44:09.80	00:54:32.90	+00:14:12 (32.2%)	8:49	6.8 (68.0%)
290	WIŚNIEWSKA Iwona	618	WTW.WŁOCŁAWEK	K30-39	13			00:08:56	00:44:12.75	00:53:09.65	+00:14:15 (32.3%)	8:50	6.8 (68.0%)

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
291	LESZCZYŃSKA Martyna	314	SANTANDER CONSUMER BANK	K18-29	14			00:08:00	00:44:13.30	00:52:14.15	+00:14:16 (32.3%)	8:50	6.8 (68.0%)
292	GŁOWACKA Natalia	163	POWIAT HAJNOWSKI	K-Dzieci	21			00:21:14	00:44:15.50	01:05:30.30	+00:14:18 (32.3%)	8:51	6.8 (68.0%)
293	WOŁKOWYCKI Michał	628	BIAŁOWIEŻA WALK	M-Dzieci	25			00:16:36	00:44:16.30	01:00:53.20	+00:14:19 (32.3%)	8:51	6.8 (68.0%)
294	WARPAS Barbara	785	SANTANDER CONSUMER BANK	K30-39	14			00:10:29	00:44:18.15	00:54:47.60	+00:14:20 (32.4%)	8:51	6.8 (68.0%)
294	ZIELIŃSKA Patrycja	647		K-Jun.	23			00:18:52	00:44:18.15	01:03:10.45	+00:14:20 (32.4%)	8:51	6.8 (68.0%)
296	ŁUKSZA Patryk	333		M-Dzieci	26			00:16:40	00:44:21.10	01:01:01.60	+00:14:23 (32.5%)	8:52	6.8 (68.0%)
297	BOŻKO Urszula	65	POWIAT HAJNOWSKI	K30-39	15			00:23:23	00:44:21.85	01:07:45.25	+00:14:24 (32.5%)	8:52	6.8 (68.0%)
298	LUBOWICKA Kornelia	321	POWIAT HAJNOWSKI	K-Dzieci	22			00:21:17	00:44:25.55	01:05:42.65	+00:14:28 (32.6%)	8:53	6.8 (68.0%)
299	FRĄTCZAK Zdzisław	137	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	12			00:06:29	00:44:25.85	00:50:55.75	+00:14:28 (32.6%)	8:53	6.8 (68.0%)
300	WITKOWSKI Paweł	621	SANTANDER CONSUMER BANK	M40-44	13			00:04:38	00:44:26.55	00:49:05.00	+00:14:29 (32.6%)	8:53	6.7 (67.0%)
301	LUDWICZAK Oskar	323	SOSWNR1	M-Niepełnosprawni	10			00:23:20	00:44:27.50	01:07:47.80	+00:14:30 (32.6%)	8:53	6.7 (67.0%)
302	WIŚNIEWSKI Krystian	619	SOSWNR1	M-Niepełnosprawni	11			00:23:19	00:44:28.15	01:07:47.75	+00:14:30 (32.6%)	8:53	6.7 (67.0%)
303	GABIEC Adrian	591		M-Dzieci	27			00:19:08	00:44:28.55	01:03:36.80	+00:14:31 (32.7%)	8:53	6.7 (67.0%)
304	NAZARUK Izabela	374	POWIAT HAJNOWSKI	K-Dzieci	23			00:21:16	00:44:28.65	01:05:45.00	+00:14:31 (32.7%)	8:53	6.7 (67.0%)
305	NOWICKA Hanna	389	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	10			00:14:17	00:44:30.10	00:58:47.55	+00:14:32 (32.7%)	8:54	6.7 (67.0%)
306	MOSKWIAK Michał	365	POWIAT HAJNOWSKI	M30-39	15			00:04:04	00:44:35.25	00:48:40.15	+00:14:38 (32.8%)	8:55	6.7 (67.0%)
307	SZATKOWSKA Katarzyna	537		K30-39	16			00:08:53	00:44:35.30	00:53:28.40	+00:14:38 (32.8%)	8:55	6.7 (67.0%)
308	NIKONOWICZ Anna	380	POWIAT HAJNOWSKI	K30-39	17			00:23:22	00:44:38.15	01:08:00.90	+00:14:40 (32.9%)	8:55	6.7 (67.0%)
309	BOŻKO Paweł	64	POWIAT HAJNOWSKI	M30-39	16			00:23:24	00:44:38.70	01:08:02.95	+00:14:41 (32.9%)	8:55	6.7 (67.0%)
310	NOWICKI Jan	564		M-Jun.	9			00:17:37	00:44:40.50	01:02:18.45	+00:14:43 (33.0%)	8:56	6.7 (67.0%)
311	PANASIUK Paulina	419		K-Dzieci	24			00:21:07	00:44:44.10	01:05:51.50	+00:14:46 (33.0%)	8:56	6.7 (67.0%)
312	KIESZEK Karolina	62	ELBLĄSKIE WŁÓCZYKIJE	K70+	4			00:15:23	00:44:44.90	01:00:08.10	+00:14:47 (33.1%)	8:57	6.7 (67.0%)
313	SŁOWIK Adam	506	SOSWNR1	M-Niepełnosprawni	12			00:23:20	00:44:47.15	01:08:07.60	+00:14:49 (33.1%)	8:57	6.7 (67.0%)
314	JANKOWSKA- PLEWA Krystyna	209		K50-54	11			00:12:07	00:44:55.25	00:57:02.75	+00:14:58 (33.3%)	8:59	6.7 (67.0%)
315	SIDORUK Irena	491	POWIAT HAJNOWSKI	K55-59	13			00:13:19	00:44:56.25	00:58:15.60	+00:14:59 (33.3%)	8:59	6.7 (67.0%)

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
316	SŁOMCZYŃSKI Adam	503	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	13			00:06:29	00:44:56.60	00:51:26.05	+00:14:59 (33.4%)	8:59	6.7 (67.0%)
316	ROMANIUK Krystyna	915	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	12			00:12:06	00:44:56.60	00:57:03.50	+00:14:59 (33.4%)	8:59	6.7 (67.0%)
318	TRĘTOWICZ Beata	120	FACE NORDIC WALKING TEAM	K40-44	20			00:10:31	00:44:59.50	00:55:31.35	+00:15:02 (33.4%)	9:00	6.7 (67.0%)
319	PSZKIT Teresa	452	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	11			00:14:15	00:44:59.55	00:59:14.95	+00:15:02 (33.4%)	8:59	6.7 (67.0%)
320	NOWAK Danuta	385	SANTANDER CONSUMER BANK	K45-49	15			00:11:22	00:45:00.15	00:56:23.10	+00:15:02 (33.4%)	9:00	6.7 (67.0%)
321	ORLIKOWSKI Kamil	407	BŁĘKITNY TOWARZYSZ DZIEMIANY	M18-29	11			00:03:47	00:45:01.25	00:48:48.55	+00:15:04 (33.5%)	9:00	6.7 (67.0%)
322	GĄSOWSKA Walentyna	151	POWIAT HAJNOWSKI	K40-44	21			00:10:23	00:45:03.00	00:55:26.60	+00:15:05 (33.5%)	9:00	6.7 (67.0%)
323	LASOTA Karolina	305		K-Jun.	24			00:24:22	00:45:03.15	01:09:25.55	+00:15:05 (33.5%)	9:00	6.7 (67.0%)
324	NIECHWIEJCZYK Kinga	376	UNIA MIAST	K-Dzieci	25			00:21:03	00:45:04.20	01:06:08.05	+00:15:07 (33.5%)	9:01	6.7 (67.0%)
325	PIETRUCZUK Beata	433		K18-29	15			00:24:06	00:45:04.70	01:09:11.50	+00:15:07 (33.6%)	9:01	6.7 (67.0%)
326	KOT Ewa	276		K-Jun.	25			00:18:51	00:45:05.65	01:03:56.80	+00:15:08 (33.6%)	9:01	6.7 (67.0%)
327	FIEDOROWICZ Beata	371	BIAŁOŁĘKA NW TEAM	K30-39	18			00:08:58	00:45:07.40	00:54:05.60	+00:15:10 (33.6%)	9:01	6.6 (66.0%)
327	ZIELIŃSKI Kacper	649		M-Dzieci	28			00:16:37	00:45:07.40	01:01:44.85	+00:15:10 (33.6%)	9:01	6.6 (66.0%)
329	ONOPIUK Mateusz	406	POWIAT HAJNOWSKI	M-Dzieci	29			00:16:38	00:45:07.45	01:01:45.50	+00:15:10 (33.6%)	9:01	6.6 (66.0%)
330	FIEDORUK Antonina	131	POWIAT HAJNOWSKI	K60-64	12			00:14:16	00:45:08.90	00:59:25.60	+00:15:11 (33.7%)	9:01	6.6 (66.0%)
331	IWANIUK Marta	889		K18-29	16			00:07:57	00:45:10.70	00:53:08.55	+00:15:13 (33.7%)	9:02	6.6 (66.0%)
332	KACPRZAK Henryk	224	NIESTOWARZYSZONY	M-Niepełnosprawni	13			00:06:50	00:45:11.65	00:52:02.60	+00:15:14 (33.7%)	9:02	6.6 (66.0%)
333	WASILEWSKI Kamil	599	POWIAT HAJNOWSKI	M18-29	12			00:03:49	00:45:17.20	00:49:06.35	+00:15:20 (33.9%)	9:03	6.6 (66.0%)
334	KORYCIŃSKI Jan	271		M-Niepełnosprawni	14			00:06:52	00:45:19.45	00:52:11.90	+00:15:22 (33.9%)	9:03	6.6 (66.0%)
335	NOWICKA Karolina	390		K18-29	17			00:08:51	00:45:21.55	00:54:12.55	+00:15:24 (34.0%)	9:04	6.6 (66.0%)
336	ŁOBUZIŃSKA Urszula	330		K-Jun.	26			00:19:00	00:45:22.70	01:04:23.40	+00:15:25 (34.0%)	9:04	6.6 (66.0%)
337	MACKIEWICZ Aleksandra	337		K-Jun.	27			00:18:59	00:45:23.60	01:04:23.00	+00:15:26 (34.0%)	9:04	6.6 (66.0%)
338	KOZAKIEWICZ Wiesława	282	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	13			00:14:20	00:45:26.85	00:59:46.85	+00:15:29 (34.1%)	9:05	6.6 (66.0%)
339	SADOWSKA Barbara	477		K30-39	19			00:21:13	00:45:28.70	01:06:41.85	+00:15:31 (34.1%)	9:05	6.6 (66.0%)
340	SZULC-DRABCZYK Urszula	548	KS METRACO POLKOWICE	K-Niepełnosprawni	8			00:14:22	00:45:29.00	00:59:51.15	+00:15:31 (34.1%)	9:05	6.6 (66.0%)

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
341	IWANIUK Ewa	196		K-Dzieci	26			00:21:18	00:45:32.15	01:06:50.50	+00:15:34 (34.2%)	9:06	6.6 (66.0%)
342	KOLBUSZ Janina	264	KS METRACO POLKOWICE	K65-69	8			00:14:45	00:45:33.00	01:00:18.45	+00:15:35 (34.2%)	9:06	6.6 (66.0%)
343	GRABOWSKA Jolanta	170	SANTANDER CONSUMER BANK	K30-39	20			00:08:55	00:45:36.60	00:54:31.70	+00:15:39 (34.3%)	9:07	6.6 (66.0%)
344	STACHULEC Natalia	514		K-Dzieci	27			00:21:13	00:45:37.70	01:06:51.60	+00:15:40 (34.4%)	9:07	6.6 (66.0%)
345	GWOŹDZIK Artur	188		M-Dzieci	30			00:16:36	00:45:42.80	01:02:19.60	+00:15:45 (34.5%)	9:08	6.6 (66.0%)
346	WILCZYŃSKA Barbara	608	AKTYWNI Z PASJĄ ŁUKÓW	K-Niepełnosprawni	9			00:14:29	00:45:45.20	01:00:15.05	+00:15:48 (34.5%)	9:09	6.6 (66.0%)
347	KIRYLUK Wiktoria	251	POWIAT HAJNOWSKI	K-Dzieci	28			00:21:16	00:45:46.30	01:07:03.20	+00:15:49 (34.6%)	9:09	6.6 (66.0%)
348	GRABOWSKA Agnieszka	169	MOSIR RYPIN	K-Niepełnosprawni	10			00:14:25	00:45:47.45	01:00:13.15	+00:15:50 (34.6%)	9:09	6.6 (66.0%)
349	WIRKUS Anna	612	BŁĘKITNI NW DZIEMIANY	K60-64	14			00:14:28	00:45:47.90	01:00:16.65	+00:15:50 (34.6%)	9:09	6.6 (66.0%)
350	KLIMIUK Justyna	255		K-Jun.	28			00:18:55	00:45:48.05	01:04:43.35	+00:15:50 (34.6%)	9:09	6.6 (66.0%)
351	ROMEŃCZUK Justyna	464		K-Jun.	29			00:18:53	00:45:48.25	01:04:42.15	+00:15:51 (34.6%)	9:09	6.5 (65.0%)
352	ZAJĄCZKOWSKA Jadwiga	640	KS METRACO POLKOWICE	K40-44	22			00:10:26	00:45:50.20	00:56:16.60	+00:15:53 (34.7%)	9:10	6.5 (65.0%)
353	MOCZARSKI Adam	362	FACE NORDIC WALKING TEAM	M70+	6			00:07:06	00:45:52.45	00:52:58.65	+00:15:55 (34.7%)	9:10	6.5 (65.0%)
354	ŁAPIŃSKA Ewa	326		K-Jun.	30			00:18:48	00:45:53.30	01:04:42.15	+00:15:56 (34.7%)	9:10	6.5 (65.0%)
355	ŚLUSARCZYK Karolina	560	WESOŁY BORSUK TEAM	K-Dzieci	29			00:21:04	00:45:53.45	01:06:58.15	+00:15:56 (34.7%)	9:10	6.5 (65.0%)
356	PTASZYŃSKA Weronika	453		K-Jun.	31			00:18:47	00:45:54.80	01:04:42.75	+00:15:57 (34.8%)	9:11	6.5 (65.0%)
357	WORONIECKA Natalia	906		K-Jun.	32			00:18:57	00:45:56.50	01:04:54.35	+00:15:59 (34.8%)	9:11	6.5 (65.0%)
358	NOWAK Beata	383	SAILING TEAM FERAJNA	K45-49	16			00:11:20	00:46:00.20	00:57:21.15	+00:16:03 (34.9%)	9:12	6.5 (65.0%)
359	WISIŃSKA Eufemia	613	BŁĘKITNI NW DZIEMIANY	K65-69	9			00:14:37	00:46:00.50	01:00:38.40	+00:16:03 (34.9%)	9:12	6.5 (65.0%)
360	GRYGORUK Andrzej	181	POWIAT HAJNOWSKI	M45-49	15			00:19:06	00:46:01.10	01:05:07.50	+00:16:03 (34.9%)	9:12	6.5 (65.0%)
361	OGONOWSKA Edyta	394	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	13			00:12:03	00:46:02.10	00:58:05.65	+00:16:04 (34.9%)	9:12	6.5 (65.0%)
362	SZCZUBIAŁ Krystyna	893	DĄBROWA NORDIC TEAM	K70+	5			00:15:22	00:46:04.70	01:01:27.25	+00:16:07 (35.0%)	9:13	6.5 (65.0%)
363	PRZYBYŁOWSKA Małgorzata	450	POWIAT HAJNOWSKI	K30-39	21			00:08:54	00:46:08.40	00:55:02.45	+00:16:11 (35.1%)	9:13	6.5 (65.0%)
364	TELENTEJUK Anna	572	POWIAT HAJNOWSKI	K60-64	15			00:14:18	00:46:09.05	01:00:27.25	+00:16:11 (35.1%)	9:13	6.5 (65.0%)
365	FALKOWSKI Krystian	125		M18-29	13			00:03:47	00:46:10.45	00:49:58.30	+00:16:13 (35.1%)	9:14	6.5 (65.0%)

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
366	BUDZIŃSKI Borys	70		M18-29	14			00:03:47	00:46:12.50	00:50:00.25	+00:16:15 (35.2%)	9:14	6.5 (65.0%)
367	MACHAJEK Krzysztof	336	KS METRACO POLKOWICE	M-Niepełnosprawni	15			00:06:30	00:46:12.85	00:52:43.60	+00:16:15 (35.2%)	9:14	6.5 (65.0%)
368	KORA Aleksandra	267	POWIAT HAJNOWSKI	K-Dzieci	30			00:21:16	00:46:13.00	01:07:29.35	+00:16:15 (35.2%)	9:14	6.5 (65.0%)
369	RYGOROWICZ Wiera	475		K60-64	16			00:14:16	00:46:14.25	01:00:30.30	+00:16:17 (35.2%)	9:14	6.5 (65.0%)
370	WOLANOWSKI Łukasz	623		M18-29	15			00:03:48	00:46:14.80	00:50:03.45	+00:16:17 (35.2%)	9:15	6.5 (65.0%)
371	ALSZTYNIUK Dominik	12		M-Dzieci	31			00:16:44	00:46:15.75	01:02:59.75	+00:16:18 (35.3%)	9:15	6.5 (65.0%)
372	ANDREJUK Jakub	17		M-Dzieci	32			00:16:40	00:46:19.60	01:03:00.20	+00:16:22 (35.3%)	9:16	6.5 (65.0%)
373	ANDROSIUK Rafał	22	POWIAT HAJNOWSKI	M-Dzieci	33			00:16:41	00:46:21.70	01:03:02.80	+00:16:24 (35.4%)	9:16	6.5 (65.0%)
374	SAWCZUK Natalia	486		K-Jun.	33			00:18:56	00:46:21.80	01:05:18.00	+00:16:24 (35.4%)	9:16	6.5 (65.0%)
375	ZABORSKA Karolina	639		K-Jun.	34			00:18:59	00:46:22.30	01:05:21.60	+00:16:25 (35.4%)	9:16	6.5 (65.0%)
376	BURDON Monika	71		K-Jun.	35			00:18:58	00:46:23.05	01:05:21.40	+00:16:25 (35.4%)	9:16	6.5 (65.0%)
377	SOBCZYK Irena	508	SANTANDER CONSUMER BANK	K30-39	22			00:08:51	00:46:24.65	00:55:16.00	+00:16:27 (35.5%)	9:17	6.5 (65.0%)
378	TRĘTOWICZ Aleksandra	578	FACE NORDIC WALKING TEAM	K-Jun.	36			00:07:56	00:46:39.00	00:54:35.40	+00:16:41 (35.8%)	9:19	6.4 (64.0%)
379	LECYK Jadwiga	908	CHODŻĘ Z SERCEM	K60-64	17			00:14:17	00:46:39.50	01:00:57.30	+00:16:42 (35.8%)	9:20	6.4 (64.0%)
380	SZWED Amelia	553		K-Jun.	37			00:18:51	00:46:41.10	01:05:32.10	+00:16:43 (35.8%)	9:20	6.4 (64.0%)
381	SZTYLER Ewa	547		K18-29	18			00:07:57	00:46:44.35	00:54:41.60	+00:16:47 (35.9%)	9:20	6.4 (64.0%)
382	OKUNIEWSKA Jolanta	395		K50-54	14			00:12:09	00:46:46.70	00:58:56.10	+00:16:49 (36.0%)	9:21	6.4 (64.0%)
383	KOŚKO Krystyna	274		K50-54	15			00:12:08	00:46:47.05	00:58:55.85	+00:16:49 (36.0%)	9:21	6.4 (64.0%)
384	RYBKA Marian	473	NIEZRZESZONY	M70+	7			00:07:07	00:46:48.55	00:53:55.60	+00:16:51 (36.0%)	9:21	6.4 (64.0%)
385	ANACIK Agnieszka	13		K-Jun.	38			00:23:33	00:46:50.35	01:10:24.30	+00:16:53 (36.1%)	9:22	6.4 (64.0%)
386	KOWALSKA Elwira	279		K-Jun.	39			00:23:33	00:46:50.70	01:10:24.15	+00:16:53 (36.1%)	9:22	6.4 (64.0%)
387	HOPPE Elżbieta	192	BŁĘKITNI NW DZIEMIANY	K50-54	16			00:12:10	00:46:55.15	00:59:05.15	+00:16:57 (36.2%)	9:23	6.4 (64.0%)
388	CZEPIEL Cyryl	92		M-Dzieci	34			00:16:41	00:46:55.35	01:03:37.20	+00:16:58 (36.2%)	9:23	6.4 (64.0%)
389	ZIENIEWICZ Adam	650	POWIAT HAJNOWSKI	K-Dzieci	31			00:16:40	00:46:55.85	01:03:36.55	+00:16:58 (36.2%)	9:23	6.4 (64.0%)
390	RĘBISZ Grażyna	461	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	18			00:14:16	00:46:55.95	01:01:12.15	+00:16:58 (36.2%)	9:23	6.4 (64.0%)

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
391	ANTONIUK Antonina	29	POWIAT HAJNOWSKI	K-Dzieci	32			00:21:15	00:46:58.20	01:08:13.55	+00:17:01 (36.2%)	9:23	6.4 (64.0%)
392	SUJKOWSKA Elżbieta	534	PUKS 'JEDYNKA' ŁOSICE	K55-59	14			00:13:10	00:46:59.80	01:00:10.05	+00:17:02 (36.3%)	9:24	6.4 (64.0%)
393	KRASUCKA Urszula	287	AKTYWNI Z PASJĄ ŁUKÓW	K-Niepełnosprawni	11			00:14:52	00:47:00.80	01:01:52.80	+00:17:03 (36.3%)	9:24	6.4 (64.0%)
394	JANUSZKIEWICZ Wioletta	880		K40-44	23			00:10:28	00:47:03.20	00:57:31.20	+00:17:06 (36.3%)	9:24	6.4 (64.0%)
395	WRÓBEL Aleksandra	635		K-Jun.	40			00:19:03	00:47:05.80	01:06:09.10	+00:17:08 (36.4%)	9:25	6.4 (64.0%)
396	PERYT Elżbieta	428	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	10			00:14:48	00:47:08.25	01:01:57.15	+00:17:11 (36.5%)	9:25	6.4 (64.0%)
397	MNICH Iwona	361	SANTANDER CONSUMER BANK	K50-54	17			00:13:11	00:47:08.85	01:00:19.95	+00:17:11 (36.5%)	9:25	6.4 (64.0%)
398	SPISAK-SPISACKA Renata	512	NORDIC WALKING KIEKRZ	K50-54	18			00:13:12	00:47:09.35	01:00:21.50	+00:17:12 (36.5%)	9:25	6.4 (64.0%)
399	RADZIKOWSKA Agnieszka	907		K30-39	23			00:08:59	00:47:11.40	00:56:10.75	+00:17:14 (36.5%)	9:26	6.4 (64.0%)
400	KANIAK Małgorzata	230	GRUPA NORDIC WALKING PŁOŃSK	K55-59	15			00:13:10	00:47:15.80	01:00:26.60	+00:17:18 (36.6%)	9:27	6.3 (63.0%)
401	PLIS Natalia	437		K-Jun.	41			00:18:58	00:47:18.65	01:06:17.60	+00:17:21 (36.7%)	9:27	6.3 (63.0%)
402	GŁOWACKA Nikola	162	POWIAT HAJNOWSKI	K-Dzieci	33			00:21:17	00:47:19.05	01:08:36.95	+00:17:21 (36.7%)	9:27	6.3 (63.0%)
403	KĘDYŚ Justyna	246		K-Jun.	42			00:19:01	00:47:22.00	01:06:23.00	+00:17:24 (36.8%)	9:28	6.3 (63.0%)
404	TARASIUK Natalia	567		K-Jun.	43			00:18:49	00:47:28.90	01:06:18.10	+00:17:31 (36.9%)	9:29	6.3 (63.0%)
405	BIEDRYCKA Patrycja	47		K-Jun.	44			00:18:50	00:47:29.80	01:06:20.10	+00:17:32 (36.9%)	9:30	6.3 (63.0%)
406	ROSZCZENKO Magdalena	466		K-Jun.	45			00:18:48	00:47:29.85	01:06:17.95	+00:17:32 (36.9%)	9:29	6.3 (63.0%)
407	ŚLESICKA-GRACZYK Teresa	558	BIĄŁOŁĘKA NW TEAM	K-Niepełnosprawni	12			00:10:28	00:47:34.40	00:58:03.00	+00:17:37 (37.0%)	9:31	6.3 (63.0%)
408	PROKOPIEC Bronisława	441	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	6			00:15:19	00:47:35.10	01:02:55.00	+00:17:37 (37.1%)	9:31	6.3 (63.0%)
409	GAWRYŁUK Barbara	149		K30-39	24			00:08:53	00:47:37.85	00:56:31.70	+00:17:40 (37.1%)	9:31	6.3 (63.0%)
410	PIETRUSZKIEWICZ Urszula	434		K-Dzieci	34			00:21:07	00:47:40.10	01:08:47.25	+00:17:42 (37.2%)	9:32	6.3 (63.0%)
411	GUZ Urszula	186	PUKS 'JEDYNKA' ŁOSICE	K60-64	19			00:14:23	00:47:40.35	01:02:04.20	+00:17:43 (37.2%)	9:32	6.3 (63.0%)
412	TARARUJ Paulina	565	POWIAT HAJNOWSKI	K-Jun.	46			00:18:55	00:47:44.30	01:06:40.20	+00:17:47 (37.3%)	9:33	6.3 (63.0%)
413	CIUPAK Anastazja	88	SANTANDER CONSUMER BANK	K40-44	24			00:10:24	00:47:49.25	00:58:13.75	+00:17:52 (37.4%)	9:33	6.3 (63.0%)
414	CIUPAK Kamila	89	SANTANDER CONSUMER BANK	K40-44	25			00:10:24	00:47:49.85	00:58:14.35	+00:17:52 (37.4%)	9:34	6.3 (63.0%)
415	DUDKOWSKA Wiktoria	117		K-Dzieci	35			00:21:10	00:47:50.90	01:09:01.50	+00:17:53 (37.4%)	9:34	6.3 (63.0%)

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
416	SIEWIERYNIUK Martyna	497		K-Dzieci	36			00:21:11	00:47:53.10	01:09:04.70	+00:17:55 (37.4%)	9:34	6.3 (63.0%)
417	SZUMOWSKA Anna	550		K18-29	19			00:07:56	00:47:54.00	00:55:50.25	+00:17:56 (37.5%)	9:34	6.3 (63.0%)
418	BUDNA Halina	68	POWIAT HAJNOWSKI	K60-64	20			00:14:18	00:47:57.30	01:02:15.70	+00:18:00 (37.5%)	9:35	6.3 (63.0%)
419	GŁOWACKA Aleksandra	164		K-Jun.	47			00:18:50	00:47:57.85	01:06:48.05	+00:18:00 (37.6%)	9:35	6.3 (63.0%)
420	GRABOWSKI Adam	171	MOSIR RYPIN	M-Niepełnosprawni	16			00:06:28	00:47:59.35	00:54:28.00	+00:18:02 (37.6%)	9:36	6.3 (63.0%)
421	GRYC Maja	178		K-Jun.	48			00:19:04	00:48:00.85	01:07:05.80	+00:18:03 (37.6%)	9:36	6.2 (62.0%)
422	KRAŚKO Katarzyna	288		K-Jun.	49			00:18:49	00:48:06.70	01:06:56.15	+00:18:09 (37.7%)	9:37	6.2 (62.0%)
423	SAPIOŁKO Sara	483		K-Jun.	50			00:18:46	00:48:08.50	01:06:55.40	+00:18:11 (37.8%)	9:37	6.2 (62.0%)
424	WIĄCEK Krystyna	604	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	11			00:14:51	00:48:10.90	01:03:02.00	+00:18:13 (37.8%)	9:38	6.2 (62.0%)
425	JARZĄBEK Eryk	919		M-Dzieci	35			00:14:45	00:48:13.60	01:02:59.30	+00:18:16 (37.9%)	9:38	6.2 (62.0%)
426	CZABAN Mieczysław	90	POWIAT HAJNOWSKI	M65-69	10			00:06:51	00:48:14.80	00:55:06.55	+00:18:17 (37.9%)	9:39	6.2 (62.0%)
427	BOROWIK Gabriela	59		K-Jun.	51			00:18:48	00:48:15.75	01:07:04.65	+00:18:18 (37.9%)	9:39	6.2 (62.0%)
428	KASJANIUK Luiza	243	POWIAT HAJNOWSKI	K18-29	20			00:07:52	00:48:17.35	00:56:09.50	+00:18:20 (38.0%)	9:39	6.2 (62.0%)
429	KIERDELEWICZ Aleksandra	900		K-Dzieci	37			00:21:08	00:48:17.95	01:09:26.50	+00:18:20 (38.0%)	9:39	6.2 (62.0%)
430	CHMIELOWIEC Zygmunt	78	KOLBUSZOWSKI KLUB NORDIC WALKING	M65-69	11			00:06:50	00:48:20.60	00:55:10.90	+00:18:23 (38.0%)	9:40	6.2 (62.0%)
431	OLIFERUK Rafał	399		M-Jun.	10			00:18:45	00:48:21.65	01:07:07.45	+00:18:24 (38.1%)	9:40	6.2 (62.0%)
432	WIŚNIEWSKA Danuta	615		K55-59	16			00:13:09	00:48:22.25	01:01:31.80	+00:18:25 (38.1%)	9:40	6.2 (62.0%)
433	WACHOWICZ Teresa	902		K55-59	17			00:13:14	00:48:25.40	01:01:39.95	+00:18:28 (38.1%)	9:41	6.2 (62.0%)
434	LEWCZUK Natalia	317		K-Dzieci	38			00:21:17	00:48:25.85	01:09:43.30	+00:18:28 (38.2%)	9:41	6.2 (62.0%)
435	ORZECH Agnieszka	408	SANTANDER CONSUMER BANK	K30-39	25			00:08:56	00:48:32.00	00:57:28.05	+00:18:34 (38.3%)	9:42	6.2 (62.0%)
435	ROSZMAN Adrianna	470	PENDOLINO	K-Dzieci	39			00:21:04	00:48:32.00	01:09:36.80	+00:18:34 (38.3%)	9:42	6.2 (62.0%)
437	CHOCHOLSKA Wiktoria	79		K-Jun.	52			00:19:00	00:48:36.60	01:07:37.15	+00:18:39 (38.4%)	9:43	6.2 (62.0%)
437	OLEJNICKA Marcelina	396	POWIAT HAJNOWSKI	K-Dzieci	40			00:21:15	00:48:36.60	01:09:52.50	+00:18:39 (38.4%)	9:43	6.2 (62.0%)
439	BOGDANOWICZ Filip	56	POWIAT HAJNOWSKI	M-Dzieci	36			00:16:43	00:48:36.70	01:05:20.55	+00:18:39 (38.4%)	9:43	6.2 (62.0%)
440	FILINOWICZ Maria	132	UTW HAJNÓWKA	K65-69	12			00:14:37	00:48:36.75	01:03:13.80	+00:18:39 (38.4%)	9:43	6.2 (62.0%)

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
441	ANDRZEJUK Martyna	25	POWIAT HAJNOWSKI	K-Dzieci	41			00:21:13	00:48:37.50	01:09:51.45	+00:18:40 (38.4%)	9:43	6.2 (62.0%)
442	KOZACZUK Marek	281	POWIAT HAJNOWSKI	M30-39	17			00:04:06	00:48:38.90	00:52:45.00	+00:18:41 (38.4%)	9:43	6.2 (62.0%)
443	GARBARCZYK Elżbieta	145	AKTYWNI Z PASJĄ ŁUKÓW	K55-59	18			00:13:19	00:48:42.65	01:02:02.45	+00:18:45 (38.5%)	9:44	6.2 (62.0%)
444	NOWAKOWSKA Danuta	387	NORDIC WALKING KIEKRZ	K60-64	21			00:14:24	00:48:48.75	01:03:13.05	+00:18:51 (38.6%)	9:45	6.1 (61.0%)
445	ZINIEWICZ Małgorzata	872	POWIAT HAJNOWSKI	K45-49	17			00:16:45	00:48:49.10	01:05:34.90	+00:18:51 (38.6%)	9:45	6.1 (61.0%)
446	DĄBROWSKA Jadwiga	103		K55-59	19			00:13:23	00:48:50.05	01:02:13.45	+00:18:52 (38.7%)	9:46	6.1 (61.0%)
447	DOMEŃSKA Wiktoria	110		K-Jun.	53			00:18:58	00:48:51.25	01:07:49.65	+00:18:54 (38.7%)	9:46	6.1 (61.0%)
448	ADAMSKA Irena	3	POWIAT HAJNOWSKI	K60-64	22			00:14:22	00:48:51.45	01:03:14.10	+00:18:54 (38.7%)	9:46	6.1 (61.0%)
449	OWERCZUK Olga	415		K-Jun.	54			00:19:02	00:48:52.30	01:07:54.70	+00:18:55 (38.7%)	9:46	6.1 (61.0%)
450	PAWLUCZUK Grażyna	424	POWIAT HAJNOWSKI	K55-59	20			00:12:08	00:48:52.75	01:01:01.00	+00:18:55 (38.7%)	9:46	6.1 (61.0%)
451	STAWARZ Jolanta	518	POWIAT HAJNOWSKI	K45-49	18			00:12:07	00:48:53.10	01:01:00.95	+00:18:55 (38.7%)	9:46	6.1 (61.0%)
452	ALEKSIEJUK Katarzyna	11		K-Dzieci	42			00:21:09	00:48:56.75	01:10:06.35	+00:18:59 (38.8%)	9:47	6.1 (61.0%)
453	MROCKOWSKA Emilia	367	KIJ-FANI POWIAT HAJNOWSKI	K30-39	26			00:08:56	00:48:59.35	00:57:55.35	+00:19:02 (38.9%)	9:47	6.1 (61.0%)
454	SOKOŁOWSKA Zuzanna	280		K-Dzieci	43			00:21:08	00:49:00.75	01:10:09.60	+00:19:03 (38.9%)	9:48	6.1 (61.0%)
455	FRANCZEK Paweł	135	SOSWNR1	M-Niepełnosprawni	17			00:23:20	00:49:06.50	01:12:26.50	+00:19:09 (39.0%)	9:49	6.1 (61.0%)
456	PANAFIAŃCZUK Zenobiusz	910		M60-64	14			00:06:28	00:49:08.30	00:55:36.80	+00:19:11 (39.0%)	9:49	6.1 (61.0%)
457	TOKAJUK Marcel	575		M-Dzieci	37			00:16:39	00:49:16.25	01:05:56.10	+00:19:19 (39.2%)	9:51	6.1 (61.0%)
458	BIELIŃSKA-SYCH Wiesława	898		K-Niepełnosprawni	13			00:23:21	00:49:16.55	01:12:37.75	+00:19:19 (39.2%)	9:51	6.1 (61.0%)
459	ONISZCZUK Katarzyna	403	POWIAT HAJNOWSKI	K18-29	21			00:07:54	00:49:17.90	00:57:12.00	+00:19:20 (39.2%)	9:51	6.1 (61.0%)
460	KULIK Alicja	296	POWIAT HAJNOWSKI	K-Dzieci	44			00:21:19	00:49:18.85	01:10:38.55	+00:19:21 (39.3%)	9:51	6.1 (61.0%)
461	ŁAPIŃSKA Renia	325	POWIAT HAJNOWSKI	K60-64	23			00:23:25	00:49:22.65	01:12:48.05	+00:19:25 (39.3%)	9:52	6.1 (61.0%)
462	HAPONIUK Elżbieta	191	POWIAT HAJNOWSKI	K30-39	27			00:08:54	00:49:22.80	00:58:17.60	+00:19:25 (39.3%)	9:52	6.1 (61.0%)
463	JAKONIUK Bartosz	203	POWIAT HAJNOWSKI	K-Dzieci	45			00:16:42	00:49:23.20	01:06:06.00	+00:19:26 (39.3%)	9:52	6.1 (61.0%)
464	ANDREJUK Agnieszka	15	POWIAT HAJNOWSKI	K40-44	26			00:23:24	00:49:23.75	01:12:48.15	+00:19:26 (39.4%)	9:52	6.1 (61.0%)
465	ORZECHOWSKA Marta	410	POWIAT HAJNOWSKI	K18-29	22			00:07:53	00:49:25.10	00:57:18.60	+00:19:27 (39.4%)	9:53	6.1 (61.0%)

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
466	MASALSKA Emilia	352		K-Jun.	55			00:18:57	00:49:28.55	01:08:26.10	+00:19:31 (39.5%)	9:53	6.1 (61.0%)
467	BEREŻNIAK Magdalena	43		K-Jun.	56			00:18:56	00:49:29.00	01:08:25.60	+00:19:31 (39.5%)	9:53	6.1 (61.0%)
468	BEREŻNIAK Agata	42		K-Jun.	57			00:18:55	00:49:30.20	01:08:25.80	+00:19:33 (39.5%)	9:54	6.1 (61.0%)
469	WARCHAŁOWSKI Bruno	923	SANTANDER CONSUMER BANK	M-Dzieci	38			00:13:14	00:49:36.40	01:02:51.15	+00:19:39 (39.6%)	9:55	6 (60.0%)
470	PIÓRO Jadwiga	435	W TE PĘDY	K65-69	13			00:14:46	00:49:37.75	01:04:24.50	+00:19:40 (39.6%)	9:55	6 (60.0%)
471	MŁODZIANOWSKA Eugenia	360		K50-54	19			00:13:10	00:49:37.95	01:02:48.80	+00:19:40 (39.6%)	9:55	6 (60.0%)
472	ZALEWSKA Nina	643		K60-64	24			00:13:08	00:49:38.55	01:02:46.95	+00:19:41 (39.7%)	9:55	6 (60.0%)
473	BEBKO Danuta	881		K55-59	21			00:13:12	00:49:40.05	01:02:52.15	+00:19:42 (39.7%)	9:56	6 (60.0%)
474	MAZUR Martyna	354		K-Jun.	58			00:19:05	00:49:40.40	01:08:46.05	+00:19:43 (39.7%)	9:56	6 (60.0%)
475	KOZŁOWSKA Maja	284		K-Dzieci	46			00:21:12	00:49:47.00	01:10:59.95	+00:19:49 (39.8%)	9:57	6 (60.0%)
476	KOTOWSKA Anna	278	AKTYWNI Z PASJĄ ŁUKÓW	K-Niepełnosprawni	14			00:15:21	00:49:49.95	01:05:11.55	+00:19:52 (39.9%)	9:58	6 (60.0%)
477	MAJEWSKA-IWANIUK Mirosława	890		K45-49	19			00:11:23	00:49:50.15	01:01:13.85	+00:19:52 (39.9%)	9:58	6 (60.0%)
478	STAWARZ Lucyna	519		K50-54	20			00:12:07	00:49:55.30	01:02:03.00	+00:19:58 (40.0%)	9:59	6 (60.0%)
479	PENZIN Wiktoria	425	POWIAT HAJNOWSKI	K-Dzieci	47			00:21:11	00:49:55.35	01:11:06.65	+00:19:58 (40.0%)	9:59	6 (60.0%)
480	JAKONIUK Joanna	202	KIJ-FANI POWIAT HAJNOWSKI	K45-49	20			00:11:23	00:49:56.05	01:01:19.05	+00:19:58 (40.0%)	9:59	6 (60.0%)
481	TROJSZCZAK-ZWOLAN Ewa	581		K40-44	27			00:08:58	00:50:03.40	00:59:02.35	+00:20:06 (40.2%)	10:00	6 (60.0%)
482	ONISKIEWICZ Ola	887	POWIAT HAJNOWSKI	K-Dzieci	48			00:21:06	00:50:03.45	01:11:09.85	+00:20:06 (40.2%)	10:00	6 (60.0%)
483	WIŚNIEWSKA Grażyna	616	RUCH PO ZDROWIE WŁOCLAWEK	K55-59	22			00:13:22	00:50:08.20	01:03:30.30	+00:20:11 (40.3%)	10:01	6 (60.0%)
484	BISZCZUK Nina	52	POWIAT HAJNOWSKI	K55-59	23			00:13:23	00:50:09.75	01:03:33.20	+00:20:12 (40.3%)	10:02	6 (60.0%)
485	LEWCZUK Łukasz	315		M18-29	16			00:03:50	00:50:11.90	00:54:02.05	+00:20:14 (40.3%)	10:02	6 (60.0%)
486	KACPRZAK Zofia	225	NIESTOWARZYSZONA	K65-69	14			00:14:49	00:50:22.60	01:05:12.45	+00:20:25 (40.5%)	10:04	6 (60.0%)
487	KUREK Monika	932	SANTANDER CONSUMER BANK	K40-44	28			00:13:15	00:50:26.15	01:03:41.75	+00:20:28 (40.6%)	10:05	5.9 (59.0%)
488	WALESZKO Adam	588		M-Dzieci	39			00:16:39	00:50:27.55	01:07:07.20	+00:20:30 (40.6%)	10:05	5.9 (59.0%)
489	KOZIEŁ Anna	283	POWIAT HAJNOWSKI	K18-29	23			00:07:54	00:50:29.00	00:58:23.30	+00:20:31 (40.7%)	10:05	5.9 (59.0%)
490	BIERNACKA Danuta	50	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	25			00:14:15	00:50:36.75	01:04:52.05	+00:20:39 (40.8%)	10:07	5.9 (59.0%)

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
491	GRYGOROWICZ Teresa	885	KS METRACO POLKOWICE	K60-64	26			00:14:23	00:50:37.75	01:05:01.00	+00:20:40 (40.8%)	10:07	5.9 (59.0%)
492	WOJTKOWSKI Kamil	622	POWIAT HAJNOWSKI	M-Jun.	11			00:18:46	00:50:38.00	01:09:24.75	+00:20:40 (40.8%)	10:07	5.9 (59.0%)
493	DUBKOWICZ Anna	115		K55-59	24			00:13:21	00:50:57.40	01:04:19.30	+00:21:00 (41.2%)	10:11	5.9 (59.0%)
494	SKOWROŃSKA-GIZIEWICZ Edyta	500		K40-44	29			00:10:25	00:50:57.85	01:01:23.30	+00:21:00 (41.2%)	10:11	5.9 (59.0%)
495	STOPA Gerard	525	BŁĘKITNI NW DZIEMIANY	M65-69	12			00:06:51	00:50:58.45	00:57:49.60	+00:21:01 (41.2%)	10:11	5.9 (59.0%)
496	BOGDANOWICZ Joanna	55	POWIAT HAJNOWSKI	K-Dzieci	49			00:21:15	00:50:58.65	01:12:14.55	+00:21:01 (41.2%)	10:11	5.9 (59.0%)
497	HAJDUK Natalia	189	HAJDUCZKI	K-Dzieci	50			00:21:06	00:50:59.15	01:12:05.25	+00:21:01 (41.3%)	10:11	5.9 (59.0%)
498	MOSIEJ Sonia	364		K18-29	24			00:07:58	00:51:04.20	00:59:02.40	+00:21:07 (41.3%)	10:12	5.9 (59.0%)
499	CZYKWIN Edyta	96		K18-29	25			00:07:59	00:51:04.40	00:59:03.50	+00:21:07 (41.4%)	10:12	5.9 (59.0%)
500	JADANOWSKA Halina	199	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	27			00:14:49	00:51:04.70	01:05:54.25	+00:21:07 (41.4%)	10:13	5.9 (59.0%)
501	ANDREJCZYK Halina	14	UTW HAJNÓWKA	K70+	7			00:15:20	00:51:14.30	01:06:34.50	+00:21:17 (41.5%)	10:14	5.9 (59.0%)
502	DANIELS Teresa	101	BŁĘKITNI NW DZIEMIANY	K65-69	15			00:14:49	00:51:15.00	01:06:04.55	+00:21:17 (41.6%)	10:15	5.9 (59.0%)
503	MARKIEWICZ Bożena	351	POWIAT HAJNOWSKI	K45-49	21			00:11:21	00:51:20.45	01:02:41.70	+00:21:23 (41.7%)	10:16	5.8 (58.0%)
504	GIERASIMIUK Bartosz	156		M-Jun.	12			00:17:39	00:51:20.70	01:08:59.95	+00:21:23 (41.7%)	10:16	5.8 (58.0%)
505	WOLNA Urszula	625	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	28			00:14:32	00:51:21.65	01:05:54.35	+00:21:24 (41.7%)	10:16	5.8 (58.0%)
506	ANDROSIUK Iza	21		K-Jun.	59			00:18:52	00:51:22.40	01:10:15.30	+00:21:25 (41.7%)	10:16	5.8 (58.0%)
507	ALEKSIEJUK Małgorzata	9	KIJ-FANI POWIAT HAJNOWSKI	K-Dzieci	51			00:21:10	00:51:26.05	01:12:36.55	+00:21:28 (41.8%)	10:17	5.8 (58.0%)
508	GARBARCZYK Andrzej	146	AKTYWNI Z PASJĄ ŁUKÓW	M-Niepełnosprawni	18			00:06:00	00:51:27.75	00:57:28.55	+00:21:30 (41.8%)	10:17	5.8 (58.0%)
509	ORZECZOWSKA Katarzyna	411		K-Jun.	60			00:19:05	00:51:32.25	01:10:37.70	+00:21:35 (41.9%)	10:18	5.8 (58.0%)
510	ANDRZEJUK Irena	27		K55-59	25			00:13:20	00:51:38.05	01:04:58.35	+00:21:40 (42.0%)	10:19	5.8 (58.0%)
511	ZIELIŃSKA Edyta	648	SANTANDER CONSUMER BANK	K40-44	30			00:12:05	00:51:39.10	01:03:44.35	+00:21:41 (42.0%)	10:19	5.8 (58.0%)
512	TARCZYŃSKA Helena	568	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	16			00:14:52	00:51:40.30	01:06:32.75	+00:21:43 (42.0%)	10:20	5.8 (58.0%)
513	SIEMIENIUK Dawid	494	POWIAT HAJNOWSKI	M-Jun.	13			00:17:38	00:51:42.30	01:09:21.20	+00:21:45 (42.1%)	10:20	5.8 (58.0%)
514	GAJKOWSKA Danuta	141		K55-59	26			00:13:21	00:51:43.25	01:05:04.45	+00:21:46 (42.1%)	10:20	5.8 (58.0%)
515	OLESZCZUK Aleksander	398		M-Jun.	14			00:17:38	00:51:44.80	01:09:22.95	+00:21:47 (42.1%)	10:20	5.8 (58.0%)

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
516	PĘDZICH Małgorzata	429	SANTANDER CONSUMER BANK	K45-49	22			00:11:19	00:51:45.60	01:03:04.95	+00:21:48 (42.1%)	10:21	5.8 (58.0%)
517	STAUBACH Mirosława	517	BŁĘKITNI NW DZIEMIANY	K55-59	27			00:13:09	00:51:46.45	01:04:55.60	+00:21:49 (42.1%)	10:21	5.8 (58.0%)
518	PROKOPIUK Julia	445		K-Jun.	61			00:18:56	00:51:46.80	01:10:43.60	+00:21:49 (42.2%)	10:21	5.8 (58.0%)
519	BACHMAT Magdalena	33	POWIAT HAJNOWSKI	K-Dzieci	52			00:21:14	00:51:50.95	01:13:05.90	+00:21:53 (42.2%)	10:22	5.8 (58.0%)
520	SZEKALSKA Julia	539	POWIAT HAJNOWSKI	K-Dzieci	53			00:21:12	00:51:51.25	01:13:03.55	+00:21:54 (42.2%)	10:22	5.8 (58.0%)
521	ŚLUSARCZYK Danuta	561	WESOŁY BORSUK TEAM	K60-64	29			00:14:18	00:51:54.85	01:06:13.65	+00:21:57 (42.3%)	10:23	5.8 (58.0%)
522	KONDRATIUK Dominika	265		K18-29	26			00:07:54	00:51:55.80	00:59:50.10	+00:21:58 (42.3%)	10:23	5.8 (58.0%)
523	ALEKSIEJUK Witold	7		M55-59	15			00:05:59	00:51:55.90	00:57:55.10	+00:21:58 (42.3%)	10:23	5.8 (58.0%)
524	SZYMAŃCZUK Anna	554	POWIAT HAJNOWSKI	K65-69	17			00:14:43	00:51:59.40	01:06:43.25	+00:22:02 (42.4%)	10:24	5.8 (58.0%)
525	HUDYKA Ewelina	194	POWIAT HAJNOWSKI	K-Jun.	62			00:18:54	00:51:59.50	01:10:54.15	+00:22:02 (42.4%)	10:24	5.8 (58.0%)
526	TYLUTKI Andrzej	582	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M45-49	16			00:05:32	00:51:59.85	00:57:32.15	+00:22:02 (42.4%)	10:24	5.8 (58.0%)
527	SZYMAŃSKA Michalina	555	POWIAT HAJNOWSKI	K-Dzieci	54			00:21:15	00:52:01.30	01:13:17.10	+00:22:04 (42.4%)	10:24	5.8 (58.0%)
528	TROCHIMIUK Leontyna	579	POWIAT HAJNOWSKI	K70+	8			00:15:20	00:52:05.90	01:07:26.00	+00:22:08 (42.5%)	10:25	5.8 (58.0%)
529	KOT Adrianna	277		K18-29	27			00:08:00	00:52:24.25	01:00:24.30	+00:22:27 (42.8%)	10:28	5.7 (57.0%)
530	STEPANIUK Gabriela	521		K-Dzieci	55			00:07:59	00:52:25.50	01:00:24.80	+00:22:28 (42.9%)	10:29	5.7 (57.0%)
531	STRZELECKA Antonina	528	SAILING TEAM FERAJNA	K-Dzieci	56			00:21:04	00:52:31.00	01:13:35.60	+00:22:33 (43.0%)	10:30	5.7 (57.0%)
532	BIELAWSKA Dorota	48	SANTANDER CONSUMER BANK	K55-59	28			00:13:13	00:52:35.65	01:05:49.20	+00:22:38 (43.0%)	10:31	5.7 (57.0%)
533	PANTERA Renata	420	SANTANDER CONSUMER BANK	K50-54	21			00:13:13	00:52:36.15	01:05:49.60	+00:22:38 (43.1%)	10:31	5.7 (57.0%)
534	WAWRZYNIUK Elżbieta	602	SIEDLCE	K60-64	30			00:14:21	00:52:59.55	01:07:20.55	+00:23:02 (43.5%)	10:35	5.7 (57.0%)
535	CHMIELEWSKA Elżbieta	76	POWIAT HAJNOWSKI	K60-64	31			00:14:20	00:53:00.05	01:07:20.60	+00:23:02 (43.5%)	10:36	5.7 (57.0%)
536	SŁABUSZEWSKA Lena	930	SANTANDER CONSUMER BANK	K-Dzieci	57			00:21:22	00:53:09.95	01:14:32.70	+00:23:12 (43.7%)	10:38	5.6 (56.0%)
537	JERZYK Irena	213		K55-59	29			00:13:23	00:53:14.80	01:06:37.80	+00:23:17 (43.7%)	10:38	5.6 (56.0%)
538	KABACIŃSKA Anna	356	FACE NORDIC WALKING TEAM	K45-49	23			00:11:21	00:53:15.40	01:04:36.50	+00:23:18 (43.8%)	10:39	5.6 (56.0%)
539	HORNOSTAJ Irena	193	POWIAT HAJNOWSKI	K55-59	30			00:13:20	00:53:17.95	01:06:38.70	+00:23:20 (43.8%)	10:39	5.6 (56.0%)
540	PASTWA Iwona	422	BŁĘKITNI NW DZIEMIANY	K40-44	31			00:10:22	00:53:21.30	01:03:43.65	+00:23:24 (43.9%)	10:40	5.6 (56.0%)

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
541	WERESZCZUK Agnieszka	912	PUKS 'JEDYNKA' ŁOSICE	K55-59	31			00:13:22	00:53:21.90	01:06:44.40	+00:23:24 (43.9%)	10:40	5.6 (56.0%)
542	LECHOCIŃSKI Tomasz	307	POWIAT HAJNOWSKI	M40-44	14			00:19:05	00:53:27.40	01:12:33.20	+00:23:30 (44.0%)	10:41	5.6 (56.0%)
543	GRYGORUK Irena	182		K45-49	24			00:19:04	00:53:30.45	01:12:34.90	+00:23:33 (44.0%)	10:42	5.6 (56.0%)
544	CHUDZIŃSKA Grażyna	83	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	18			00:14:52	00:53:31.50	01:08:23.95	+00:23:34 (44.0%)	10:42	5.6 (56.0%)
545	PIETROCZUK Natalia	432		K-Dzieci	58			00:21:13	00:53:54.50	01:15:08.45	+00:23:57 (44.4%)	10:47	5.6 (56.0%)
546	BOROWSKA Marta	60	SANTANDER CONSUMER BANK	K45-49	25			00:08:57	00:54:09.35	01:03:06.45	+00:24:12 (44.7%)	10:49	5.5 (55.0%)
547	GRABOWSKA Joanna	905	PASJA NORDIC WALKING	K30-39	28			00:21:20	00:54:18.75	01:15:39.20	+00:24:21 (44.9%)	10:51	5.5 (55.0%)
548	JÓŻWIK Patrycja	904		K-Dzieci	59			00:21:19	00:54:19.10	01:15:38.40	+00:24:21 (44.9%)	10:51	5.5 (55.0%)
549	GRZEŚKIEWICZ Beata	184		K18-29	28			00:23:31	00:54:19.85	01:17:51.15	+00:24:22 (44.9%)	10:52	5.5 (55.0%)
550	ADAMSKI Dariusz	5	SANTANDER CONSUMER BANK	M50-54	12			00:22:13	00:54:35.55	01:16:49.40	+00:24:38 (45.1%)	10:55	5.5 (55.0%)
551	POTENTAS Gabriela	439		K-Jun.	63			00:19:01	00:54:50.65	01:13:52.35	+00:24:53 (45.4%)	10:58	5.5 (55.0%)
552	DROP Mieczysław	112		M70+	8			00:07:08	00:54:53.20	01:02:01.50	+00:24:56 (45.4%)	10:58	5.5 (55.0%)
553	PASTWA Oliwia	423	BŁĘKITNI NW DZIEMIANY	K-Dzieci	60			00:21:06	00:55:04.40	01:16:10.70	+00:25:07 (45.6%)	11:00	5.4 (54.0%)
554	NIKOŁAJUK Emilia	379		K-Dzieci	61			00:21:03	00:55:07.65	01:16:11.00	+00:25:10 (45.7%)	11:01	5.4 (54.0%)
555	PRZYBYŁOWSKA Olivia	451	POWIAT HAJNOWSKI	K-Dzieci	62			00:21:13	00:55:14.15	01:16:27.15	+00:25:16 (45.8%)	11:02	5.4 (54.0%)
556	ŻURAWSKA Teresa	877	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	32			00:14:18	00:55:22.75	01:09:41.70	+00:25:25 (45.9%)	11:04	5.4 (54.0%)
557	FISZEROWICZ Monika	133	SANTANDER CONSUMER BANK	K40-44	32			00:12:02	00:55:30.50	01:07:33.30	+00:25:33 (46.0%)	11:06	5.4 (54.0%)
558	STRYGANEK Walentyna	527	POWIAT HAJNOWSKI	K60-64	33			00:14:22	00:55:32.45	01:09:55.15	+00:25:35 (46.1%)	11:06	5.4 (54.0%)
559	CELIŃSKA Sylwia	45	SANTANDER CONSUMER BANK	K40-44	33			00:12:05	00:55:36.85	01:07:42.60	+00:25:39 (46.1%)	11:07	5.4 (54.0%)
560	WEREMIUK Olga	603	POWIAT HAJNOWSKI	K-Dzieci	63			00:21:18	00:55:36.90	01:16:55.45	+00:25:39 (46.1%)	11:07	5.4 (54.0%)
561	DUDZICZ Nina	901		K-Dzieci	64			00:21:09	00:55:37.30	01:16:46.95	+00:25:40 (46.1%)	11:07	5.4 (54.0%)
562	ANDROSIUK Aleksandra	899		K-Dzieci	65			00:21:08	00:55:38.55	01:16:47.40	+00:25:41 (46.2%)	11:07	5.4 (54.0%)
563	ADAMSKA Liwia	4	POWIAT HAJNOWSKI	K-Dzieci	66			00:21:07	00:55:40.95	01:16:48.10	+00:25:43 (46.2%)	11:08	5.4 (54.0%)
564	KAKOWSKA Weronika	226	POWIAT HAJNOWSKI	K70+	9			00:15:22	00:55:43.45	01:11:05.75	+00:25:46 (46.2%)	11:08	5.4 (54.0%)
565	NAZARUK Lidia	373	UTW HAJNÓWKA	K70+	10			00:15:21	00:55:46.55	01:11:07.65	+00:25:49 (46.3%)	11:09	5.4 (54.0%)

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
566	RUSZCZUK Agnieszka	472	POWIAT HAJNOWSKI	K30-39	29			00:21:21	00:55:53.15	01:17:15.00	+00:25:55 (46.4%)	11:10	5.4 (54.0%)
567	SADOWSKA-KOT Monika	479		K40-44	34			00:21:20	00:55:53.55	01:17:13.85	+00:25:56 (46.4%)	11:10	5.4 (54.0%)
568	NOWAK Urszula	384	POWIAT HAJNOWSKI	K30-39	30			00:21:19	00:55:54.35	01:17:13.35	+00:25:57 (46.4%)	11:10	5.4 (54.0%)
569	ONISZCZUK Piotr	404	POWIAT HAJNOWSKI	M30-39	18			00:21:21	00:55:54.50	01:17:15.90	+00:25:57 (46.4%)	11:10	5.4 (54.0%)
570	SKIEPKO Edyta	499		K-Jun.	64			00:19:04	00:55:55.90	01:15:00.20	+00:25:58 (46.4%)	11:11	5.4 (54.0%)
571	TICHONIUK Aleksandra	573		K-Jun.	65			00:19:03	00:55:56.85	01:15:00.20	+00:25:59 (46.5%)	11:11	5.4 (54.0%)
572	BURSY-SŁABUSZEWSKA Krystyna	72	SANTANDER CONSUMER BANK	K30-39	31			00:22:09	00:56:14.90	01:18:24.05	+00:26:17 (46.7%)	11:15	5.3 (53.0%)
573	CHOMCZUK Anna	82	POWIAT HAJNOWSKI	K40-44	35			00:10:33	00:56:17.65	01:06:51.20	+00:26:20 (46.8%)	11:15	5.3 (53.0%)
574	MUDA Magdalena	370		K40-44	36			00:10:30	00:56:31.80	01:07:02.30	+00:26:34 (47.0%)	11:18	5.3 (53.0%)
575	DŁUGOSZ Dominika	107		K-Jun.	66			00:19:02	00:56:33.15	01:15:35.85	+00:26:35 (47.0%)	11:18	5.3 (53.0%)
576	ZEMBROWSKA Paulina	646		K-Jun.	67			00:19:03	00:56:33.45	01:15:36.70	+00:26:36 (47.0%)	11:18	5.3 (53.0%)
577	GROMOTOWICZ Klaudia	173		K-Jun.	68			00:19:01	00:56:35.45	01:15:37.05	+00:26:38 (47.1%)	11:19	5.3 (53.0%)
578	KONOPKA Marianna	266		K65-69	19			00:14:51	00:56:36.00	01:11:27.35	+00:26:38 (47.1%)	11:19	5.3 (53.0%)
579	CZABAN Władysława	91	POWIAT HAJNOWSKI	K60-64	34			00:14:23	00:56:37.70	01:11:01.15	+00:26:40 (47.1%)	11:19	5.3 (53.0%)
580	ŁĘCZYCKA Magdalena	329		K-Dzieci	67			00:23:27	00:56:41.05	01:20:08.75	+00:26:43 (47.2%)	11:20	5.3 (53.0%)
581	NESTERUK Teresa	375	POWIAT HAJNOWSKI	K60-64	35			00:14:26	00:56:54.10	01:11:20.20	+00:26:56 (47.4%)	11:22	5.3 (53.0%)
582	REDUCH Zofia	460	UTW HAJNÓWKA	K65-69	20			00:14:48	00:57:09.15	01:11:57.60	+00:27:11 (47.6%)	11:25	5.2 (52.0%)
583	ANDRZEJUK Katarzyna	24	POWIAT HAJNOWSKI	K30-39	32			00:08:51	00:57:09.60	01:06:01.50	+00:27:12 (47.6%)	11:26	5.2 (52.0%)
584	CZYŻEWSKA Halina	97	UTW HAJNÓWKA	K65-69	21			00:14:47	00:57:11.75	01:11:59.45	+00:27:14 (47.6%)	11:26	5.2 (52.0%)
585	STEPANIUK Andżelina	520	POWIAT HAJNOWSKI	K18-29	29			00:07:54	00:57:16.25	01:05:10.85	+00:27:19 (47.7%)	11:27	5.2 (52.0%)
586	WIERZBA Angelika	605	POWIAT HAJNOWSKI	K18-29	30			00:07:55	00:57:17.50	01:05:13.15	+00:27:20 (47.7%)	11:27	5.2 (52.0%)
587	PYŻANOWSKA Wioleta	455	POWIAT HAJNOWSKI	K18-29	31			00:07:55	00:57:18.30	01:05:14.25	+00:27:21 (47.7%)	11:27	5.2 (52.0%)
588	ORZECHOWSKA Joanna	409	POWIAT HAJNOWSKI	K18-29	32			00:07:53	00:57:19.20	01:05:12.40	+00:27:22 (47.7%)	11:27	5.2 (52.0%)
589	KALINOWSKA Danuta	227		K65-69	22			00:14:50	00:57:34.90	01:12:25.05	+00:27:37 (48.0%)	11:31	5.2 (52.0%)
590	BOGDANOWICZ Iwona	54	POWIAT HAJNOWSKI	K30-39	33			00:08:53	00:57:35.00	01:06:28.20	+00:27:37 (48.0%)	11:31	5.2 (52.0%)

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
591	LUTYCZ Irena	324	POWIAT HAJNOWSKI	K60-64	36			00:14:21	00:57:38.85	01:12:00.55	+00:27:41 (48.0%)	11:31	5.2 (52.0%)
592	GRYCIUK Karolina	179		K-Jun.	69			00:28:08	00:57:39.45	01:25:47.60	+00:27:42 (48.0%)	11:31	5.2 (52.0%)
593	SZUMIKOWSKA Natalia	549		K-Jun.	70			00:28:08	00:57:40.30	01:25:48.85	+00:27:43 (48.1%)	11:32	5.2 (52.0%)
594	BLICHARZ Małgorzata	53		K-Jun.	71			00:28:09	00:57:40.55	01:25:49.80	+00:27:43 (48.1%)	11:32	5.2 (52.0%)
595	PANAFIAŃCZUK Jadwiga	911		K60-64	37			00:14:31	00:57:48.85	01:12:20.05	+00:27:51 (48.2%)	11:33	5.2 (52.0%)
596	SIEMIENIUK Elżbieta	493	POWIAT HAJNOWSKI	K18-29	33			00:07:57	00:57:58.75	01:05:55.95	+00:28:01 (48.3%)	11:35	5.2 (52.0%)
597	RYBKA Teresa	474	NIEZRZESZONA	K60-64	38			00:14:21	00:58:02.80	01:12:24.70	+00:28:05 (48.4%)	11:36	5.2 (52.0%)
598	TYSZKO Aleksandra	583		K-Dzieci	68			00:21:07	00:59:01.10	01:20:08.45	+00:29:03 (49.2%)	11:48	5.1 (51.0%)
599	SŁABUSZEWSKI Karol	931	SANTANDER CONSUMER BANK	M-Dzieci	40			00:22:15	00:59:43.20	01:21:58.20	+00:29:46 (49.8%)	11:56	5 (50.0%)
600	BURSY-SŁABUSZEWSKI Sebastian	73	SANTANDER CONSUMER BANK	M30-39	19			00:22:16	00:59:44.25	01:22:00.80	+00:29:47 (49.9%)	11:56	5 (50.0%)
601	IWANIUK Justyna	195	POWIAT HAJNOWSKI	K30-39	34			00:08:51	00:59:54.40	01:08:46.05	+00:29:57 (50.0%)	11:59	5 (50.0%)
602	ŁYSAKOWSKA Katarzyna	334	POWIAT HAJNOWSKI	K30-39	35			00:08:51	00:59:54.55	01:08:46.50	+00:29:57 (50.0%)	11:59	5 (50.0%)
603	DOBRZAŃSKA Oliwia	929	SANTANDER CONSUMER BANK	K-Dzieci	69			00:22:10	01:00:00.55	01:22:11.25	+00:30:03 (50.1%)	12:00	5 (50.0%)
604	KARDASZ Natalia	237		K-Jun.	72			00:23:30	01:00:09.00	01:23:39.05	+00:30:11 (50.2%)	12:01	5 (50.0%)
605	PIETROCZUK Anna	431		K40-44	37			00:23:26	01:00:13.25	01:23:39.35	+00:30:16 (50.3%)	12:02	5 (50.0%)
606	NOWAK Małgorzata	386	SANTANDER CONSUMER BANK	K30-39	36			00:22:10	01:00:13.30	01:22:23.70	+00:30:16 (50.3%)	12:02	5 (50.0%)
607	ŚLĄSKI Paweł	557		M18-29	17			00:23:28	01:00:17.95	01:23:46.85	+00:30:20 (50.3%)	12:03	5 (50.0%)
608	KARDASZ Monika	238		K40-44	38			00:23:29	01:00:18.80	01:23:48.70	+00:30:21 (50.3%)	12:03	5 (50.0%)
609	ONOPIUK Natalia	405		K-Jun.	73			00:18:53	01:00:59.45	01:19:53.05	+00:31:02 (50.9%)	12:12	4.9 (49.0%)
610	OWERCZUK Agnieszka	414		K-Jun.	74			00:18:52	01:01:05.30	01:19:57.70	+00:31:08 (51.0%)	12:13	4.9 (49.0%)
611	MANCEWICZ Daniela	342	POWIAT HAJNOWSKI	K60-64	39			00:14:20	01:02:05.10	01:16:25.90	+00:32:07 (51.8%)	12:25	4.8 (48.0%)
612	KRYSZTOFIAK Maja	290		K-Dzieci	70			00:21:08	01:02:21.40	01:23:29.50	+00:32:24 (52.0%)	12:28	4.8 (48.0%)
613	BERNATEK Katarzyna	44	SANTANDER CONSUMER BANK	K30-39	37			00:22:11	01:03:03.55	01:25:15.25	+00:33:06 (52.5%)	12:36	4.8 (48.0%)
613	JĘDROSZ Zuzana	924	SANTANDER CONSUMER BANK	K-Dzieci	71			00:22:11	01:03:03.55	01:25:14.90	+00:33:06 (52.5%)	12:36	4.8 (48.0%)
615		894						00:23:31	01:04:25.90	01:27:57.40	+00:34:28 (53.5%)	12:53	4.7 (47.0%)

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
616	LEONIUK Ewa	309		K30-39	38			00:23:30	01:04:26.35	01:27:57.05	+00:34:29 (53.5%)	12:53	4.7 (47.0%)
617	KIŚLAK Krystyna	252		K45-49	26			00:23:27	01:05:16.25	01:28:43.90	+00:35:19 (54.1%)	13:03	4.6 (46.0%)
618	JĄŁOZA Grażyna	207		K40-44	39			00:23:32	01:05:20.80	01:28:53.65	+00:35:23 (54.2%)	13:04	4.6 (46.0%)
619	ŁĘCZYCKA Agnieszka	328		K30-39	39			00:23:28	01:05:21.05	01:28:49.20	+00:35:23 (54.2%)	13:04	4.6 (46.0%)
620	WASIAK Aleksander	595		M-Dzieci	41			00:23:27	01:05:22.75	01:28:49.80	+00:35:25 (54.2%)	13:04	4.6 (46.0%)
621	WOŁĘJKO Anna	627	SANTANDER CONSUMER BANK	K40-44	40			00:22:13	01:05:23.05	01:27:36.80	+00:35:25 (54.2%)	13:04	4.6 (46.0%)
622	WOŁĘJKO Jan	922	SANTANDER CONSUMER BANK	M-Dzieci	42			00:22:13	01:05:24.20	01:27:37.25	+00:35:27 (54.2%)	13:04	4.6 (46.0%)
623	HAJDUK Katarzyna	190	POWIAT HAJNOWSKI	K30-39	40			00:08:58	01:14:32.70	01:23:31.00	+00:44:35 (59.8%)	14:54	4 (40.0%)
624	BOROWIK Anna	58		K30-39	41			00:08:57	01:14:34.80	01:23:32.20	+00:44:37 (59.8%)	14:55	4 (40.0%)
625	ZIÓŁKOWSKA Monika	873	SANTANDER CONSUMER BANK	K40-44	41			00:22:11	01:20:49.10	01:43:00.20	+00:50:51 (62.9%)	16:09	3.7 (37.0%)
626	ZIÓŁKOWSKI Stanisław	926	SANTANDER CONSUMER BANK	M-Dzieci	43			00:22:09	01:20:50.15	01:42:59.95	+00:50:52 (62.9%)	16:10	3.7 (37.0%)
627	BEDNARZ Ania	41	SANTANDER CONSUMER BANK	K30-39	42			00:10:32	01:24:46.00	01:35:18.60	+00:54:48 (64.7%)	16:57	3.5 (35.0%)
628	BEDNARZ Oliwier	934	SANTANDER CONSUMER BANK	M-Dzieci	44			00:10:31	01:26:51.50	01:37:22.75	+00:56:54 (65.5%)	17:22	3.5 (35.0%)
629	ZIÓŁKOWSKI Witold	874	SANTANDER CONSUMER BANK	M40-44	15			00:22:12	01:29:55.20	01:52:07.35	+00:59:58 (66.7%)	17:59	3.3 (33.0%)
630	ZIÓŁKOWSKA Maria	925	SANTANDER CONSUMER BANK	K-Dzieci	72			00:22:10	01:29:59.35	01:52:09.35	+01:00:02 (66.7%)	17:59	3.3 (33.0%)
631	PRZYBYŁA Gabriel	449		M-Dzieci	45			00:16:46					(0.0%)
632	OMELIANIUK Kinga	400		K-Jun.	75			00:19:01					(0.0%)
633	CHYRA Maksymilian	86		M-Jun.	15			00:19:07					(0.0%)
634	WÓJCIK Mirosław	633	SANTANDER CONSUMER BANK	M40-44	16			00:22:13					(0.0%)
DQ	SOKOŁOWSKA Małgorzata	938		K50-54			1	DQ	00:51:50.80 DQ	DQ		-	- (0.0%)

Znaleziono 635 wynik(ów)