



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: Polska Federacja Nordic Walking
Data: 2018-09-08
Miejsce: Hajnówka
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RAJEWSKI Sebastian	387	KS IDMAR RACING TEAM	M45-49	1		00:30:25.22		6:05	9.9 (100%)
2	ZARĘBSKI Michał	675	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1		00:30:26.55	+00:00:01 (0.1%)	6:05	9.9 (100%)
3	ROŻYNEK Miron	395	KS METRACO POLKOWICE	M55-59	1		00:30:56.86	+00:00:31 (1.7%)	6:11	9.7 (98.0%)
4	WOROCH Roman	744	KS METRACO POLKOWICE	M60-64	1		00:31:02.12	+00:00:36 (2.0%)	6:12	9.7 (98.0%)
5	TOPOLNICKI Konrad	495	CKZIU NYSA MECHANIK	M-Junior	1		00:31:17.79	+00:00:52 (2.8%)	6:15	9.6 (97.0%)
6	TOPOREK Rafał	497	NWPL/LUKI TEAM	M- Niepełnosprawni(B)	1		00:31:19.03	+00:00:53 (2.9%)	6:15	9.6 (97.0%)
7	BIŃCZYK Dariusz	36	ZABIEGANI CZĘSTOCHOWA	M30-39	2		00:31:19.69	+00:00:54 (2.9%)	6:16	9.6 (97.0%)
8	WOJTASIŃSKI Daniel	742	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	1		00:31:39.25	+00:01:14 (3.9%)	6:19	9.5 (96.0%)
9	DĘBSKI Bartłomiej	82	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	2		00:31:59.36	+00:01:34 (4.9%)	6:23	9.4 (94.9%)
10	JAGIEŁA Paweł	164	NOWI SIEDLCE/NW WSCHÓD	M18-29	1		00:32:11.08	+00:01:45 (5.5%)	6:26	9.3 (93.9%)
11	FRAĆKOWIAK Roman	106	KS METRACO POLKOWICE	M50-54	1		00:32:16.22	+00:01:51 (5.7%)	6:27	9.3 (93.9%)
12	CYRUS Bogdan	776	SILESIA NORDIC TEAM	M45-49	2		00:32:26.12	+00:02:00 (6.2%)	6:29	9.2 (92.9%)
13	WIERZBIŃSKI Piotr	777	KLUB SPORTU PL	M45-49	3		00:32:31.77	+00:02:06 (6.5%)	6:30	9.2 (92.9%)
14	SCHRÖDER Karol	422	SILESIA NORDIC TEAM	M40-44	3		00:32:33.69	+00:02:08 (6.6%)	6:30	9.2 (92.9%)

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15	SANIUK Edward	419	FACE NORDIC WALKING TEAM	M65-69	1		00:32:35.28	+00:02:10 (6.7%)	6:31	9.2 (92.9%)
16	BRZozowski Piotr	783	NW PL /AKTYWNI POSTOMINO	M30-39	3		00:32:37.84	+00:02:12 (6.8%)	6:31	9.2 (92.9%)
17	KOP Wiesław	228	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	2		00:33:05.69	+00:02:40 (8.1%)	6:37	9.1 (91.9%)
18	SŁOMIAN Leszek	434	UNIA MIAST	M55-59	3		00:33:06.99	+00:02:41 (8.1%)	6:37	9.1 (91.9%)
19	SKWIRUT Jerzy	433	PTG SOKÓŁ RYMANÓW	M- Niepełnosprawni(B)	2		00:33:07.60	+00:02:42 (8.2%)	6:37	9.1 (91.9%)
20	TRZCIŃSKI Eugeniusz	701	SPORT I REKREACJA START (CHEŁMNO)	M60-64	2		00:33:08.83	+00:02:43 (8.2%)	6:37	9.1 (91.9%)
21	GARBOWSKI Piotr	110	PRZEMYSKI KLUB PODKARPACIE	M- Niepełnosprawni(B)	3		00:33:10.05	+00:02:44 (8.3%)	6:38	9 (90.9%)
22	BARTOSIEWICZ Łukasz	28	NWPL/LUKI TEAM	M30-39	4		00:33:25.60	+00:03:00 (9.0%)	6:41	9 (90.9%)
23	KRAJEWSKA Hanna	248	MARSZ PO ZDROWIE POZNAŃ	K-Junior	1		00:33:38.72	+00:03:13 (9.6%)	6:43	8.9 (89.9%)
24	RADECKI Artur	385	PASJA NORDIC WALKING	M55-59	4		00:33:40.35	+00:03:15 (9.7%)	6:44	8.9 (89.9%)
25	BREWKA Joachim	54	UNIA MIAST	M50-54	2		00:33:43.68	+00:03:18 (9.8%)	6:44	8.9 (89.9%)
26	POLISZCZUK Piotr	362	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	1		00:33:44.13	+00:03:18 (9.8%)	6:44	8.9 (89.9%)
27	ADAMUS Marian	6	SILESIA NORDIC TEAM	M65-69	2		00:33:57.87	+00:03:32 (10.4%)	6:47	8.8 (88.9%)
28	ŁUKASZEWICZ Joanna	288	GREEN TEAM ZIELONA GÓRA	K45-49	1		00:34:12.08	+00:03:46 (11.1%)	6:50	8.8 (88.9%)
29	POZNAŃSKI Wiesław	366		M60-64	3		00:34:14.26	+00:03:49 (11.1%)	6:50	8.8 (88.9%)
30	GAPIŃSKI Leszek	109	WESOŁY BORSUK TEAM	M60-64	4		00:34:17.24	+00:03:52 (11.3%)	6:51	8.8 (88.9%)
31	KUZICH Ihar	266		M40-44	4		00:34:17.28	+00:03:52 (11.3%)	6:51	8.8 (88.9%)
32	SZYMAŃSKI Stefan	478	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1		00:34:17.75	+00:03:52 (11.3%)	6:51	8.8 (88.9%)
33	OKRZESIK-FRĄCKOWIAK Izabela	336	KS METRACO POLKOWICE	K50-54	1		00:34:25.23	+00:04:00 (11.6%)	6:53	8.7 (87.9%)
34	RÓŻYCKI Artur	397	BIAŁA BIEGA	M45-49	4		00:34:26.77	+00:04:01 (11.7%)	6:53	8.7 (87.9%)
35	USS Jola	707	NOWI SIEDLCE/NW WSCHÓD	K55-59	1		00:34:33.80	+00:04:08 (12.0%)	6:54	8.7 (87.9%)
36	WALORYSZAK Andrzej	715	MORSY RADZYMIN	M60-64	5		00:34:35.02	+00:04:09 (12.0%)	6:55	8.7 (87.9%)
37	GAŁĄZKA Paweł	793	MUSZKIETEROWIE	M- Niepełnosprawni(A)	2		00:34:42.07	+00:04:16 (12.3%)	6:56	8.6 (86.9%)

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38	JÓŻWIAK Marianna	177	SERCE NORDICA WŁOCŁAWEK	K45-49	2		00:34:44.79	+00:04:19 (12.5%)	6:57	8.6 (86.9%)
39	SULIKOWSKA Agnieszka	453	PASJA NORDIC WALKING	K30-39	1		00:34:49.79	+00:04:24 (12.7%)	6:58	8.6 (86.9%)
40	REJMENTOWSKA Sylwia	388	PASJA NORDIC WALKING	K40-44	1		00:34:53.37	+00:04:28 (12.8%)	6:58	8.6 (86.9%)
41	PRADUŃ Michał	367	NOWI SIEDLCE/NW WSCHÓD	M- Niepełnosprawni(B)	4		00:34:54.13	+00:04:28 (12.8%)	6:58	8.6 (86.9%)
42	GODZIŃSKI Paweł	128	BAŻANT NWTEAM	M30-39	5		00:34:55.01	+00:04:29 (12.9%)	6:59	8.6 (86.9%)
43	KORYTOWSKA Agnieszka	232		K30-39	2		00:34:57.19	+00:04:31 (13.0%)	6:59	8.6 (86.9%)
44	DUSIEL Ewa	92	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-54	2		00:34:58.50	+00:04:33 (13.0%)	6:59	8.6 (86.9%)
45	MANDZIUK Magdalena	295	NOWI SIEDLCE/NW WSCHÓD	K-Junior	2		00:35:00.18	+00:04:34 (13.1%)	7:00	8.6 (86.9%)
46	MARCINKOWSKA Agnieszka	297	UNIA MIAST	K-Junior	3		00:35:01.12	+00:04:35 (13.1%)	7:00	8.6 (86.9%)
47	STOLARSKA Joanna	446	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Junior	4		00:35:05.93	+00:04:40 (13.3%)	7:01	8.5 (85.9%)
48	MIKICIUK Jakub	311	NOWI SIEDLCE/NW WSCHÓD	M-Junior	2		00:35:07.21	+00:04:41 (13.4%)	7:01	8.5 (85.9%)
49	SZYMANOWSKA Anna	474	ELIT TEAMLĘBORK	K55-59	2		00:35:07.51	+00:04:42 (13.4%)	7:01	8.5 (85.9%)
50	IDKOWIAK Magdalena	158	KS IDMAR RACING TEAM	K40-44	2		00:35:11.37	+00:04:46 (13.6%)	7:02	8.5 (85.9%)
51	PUSZKARSKA Małgorzata	378		K40-44	3		00:35:17.47	+00:04:52 (13.8%)	7:03	8.5 (85.9%)
52	TOMCZYK Edward	494	MARSZ PO ZDROWIE POZNAŃ	M70+	2		00:35:20.52	+00:04:55 (13.9%)	7:04	8.5 (85.9%)
53	GRUSZKA Michał	140	UNIA MIAST	M-Junior	3		00:35:23.82	+00:04:58 (14.1%)	7:04	8.5 (85.9%)
54	KUBAT Janusz	254	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	5		00:35:29.42	+00:05:04 (14.3%)	7:05	8.5 (85.9%)
55	SZYMANOWSKI Eugeniusz	475	LĘBORSKIE KIJE	M60-64	6		00:35:33.05	+00:05:07 (14.4%)	7:06	8.4 (84.8%)
56	ZARZYCKI Zdzisław	760		M60-64	7		00:35:35.03	+00:05:09 (14.5%)	7:07	8.4 (84.8%)
57	KĘDZIERSKI Bartosz	204	NOWI SIEDLCE/NW WSCHÓD	M-Dzieci	1		00:35:41.03	+00:05:15 (14.8%)	7:08	8.4 (84.8%)
58	ŻYTKOWSKI Andrzej	794	TKKF BIAŁA PODLASKA	M55-59	5		00:35:41.17	+00:05:15 (14.8%)	7:08	8.4 (84.8%)
59	GRYGOROWICZ Bogdan	144	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	5		00:35:41.22	+00:05:16 (14.8%)	7:08	8.4 (84.8%)
60	WROŃSKI Włodzimierz	748	PASJA NORDIC WALKING	M65-69	3		00:35:45.27	+00:05:20 (14.9%)	7:09	8.4 (84.8%)

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61	STOŃ Tadeusz	449	STEP BY STEP NW TEAM	M60-64	8		00:35:47.54	+00:05:22 (15.0%)	7:09	8.4 (84.8%)
62	BERLIŃSKI Dariusz	32	PASJA NORDIC WALKING	M50-54	3		00:35:51.70	+00:05:26 (15.2%)	7:10	8.4 (84.8%)
63	WÓJCIK Mirosław	746	SANTANDER CONSUMER BANK	M40-44	5		00:35:56.04	+00:05:30 (15.3%)	7:11	8.3 (83.8%)
64	STOLARSKI Michał	448	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	6		00:35:57.68	+00:05:32 (15.4%)	7:11	8.3 (83.8%)
65	ROMAŃCZUK Agnieszka	393	NOWI SIEDLCE/NW WSCHÓD	K45-49	3		00:35:59.74	+00:05:34 (15.5%)	7:12	8.3 (83.8%)
66	KOT Anatol	238	POWIAT HAJNÓWKA	M55-59	6		00:36:00.66	+00:05:35 (15.5%)	7:12	8.3 (83.8%)
67	GODZIŃSKA Dorota	127	BAŻANT NWTEAM	K30-39	3		00:36:03.20	+00:05:37 (15.6%)	7:12	8.3 (83.8%)
68	PREKURAT Marzena	368	NOWI SIEDLCE/NW WSCHÓD	K50-54	3		00:36:04.42	+00:05:39 (15.7%)	7:12	8.3 (83.8%)
69	GAPIŃSKA Janina	108	WESOŁY BORSUK TEAM	K60-64	1		00:36:05.79	+00:05:40 (15.7%)	7:13	8.3 (83.8%)
70	WILD Ewa	730		K40-44	4		00:36:10.87	+00:05:45 (15.9%)	7:14	8.3 (83.8%)
71	BONDAR Inna	42		K55-59	3		00:36:13.30	+00:05:48 (16.0%)	7:14	8.3 (83.8%)
72	KSIĄŻEK Tomasz	19	NOWI SIEDLCE/NW WSCHÓD	M18-29	2		00:36:21.74	+00:05:56 (16.3%)	7:16	8.2 (82.8%)
73	KĘDZIERSKI Sławomir	639		M40-44	6		00:36:22.77	+00:05:57 (16.4%)	7:16	8.2 (82.8%)
74	MIKICIUK Krzysztof	310	NOWI SIEDLCE/NW WSCHÓD	M45-49	7		00:36:26.92	+00:06:01 (16.5%)	7:17	8.2 (82.8%)
75	ARTEMIUK Eugeniusz	22		M55-59	7		00:36:28.92	+00:06:03 (16.6%)	7:17	8.2 (82.8%)
76	DAWIDZIUK Ewa	78		K30-39	4		00:36:31.15	+00:06:05 (16.7%)	7:18	8.2 (82.8%)
77	WIERZCHOSŁAWSKA Agnieszka	725		K18-29	1		00:36:32.67	+00:06:07 (16.8%)	7:18	8.2 (82.8%)
78	KOLARSKA Agnieszka	219	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	5		00:36:34.89	+00:06:09 (16.8%)	7:19	8.2 (82.8%)
79	DOLBAK Maryna	83	NORDIC BREST	K45-49	4		00:36:36.73	+00:06:11 (16.9%)	7:19	8.2 (82.8%)
80	KWAŚNY Tomasz	270	CHODZĘ Z SERCEM	M50-54	4		00:36:37.53	+00:06:12 (16.9%)	7:19	8.2 (82.8%)
81	PIETRUSEWICZ Joanna	354		K40-44	5		00:36:39.94	+00:06:14 (17.0%)	7:20	8.2 (82.8%)
82	BORKOWSKI Leszek	45	NOWI SIEDLCE/NW WSCHÓD	M50-54	5		00:36:41.52	+00:06:16 (17.1%)	7:20	8.2 (82.8%)
83	WILD Arek	729		M50-54	6		00:36:48.10	+00:06:22 (17.3%)	7:21	8.1 (81.8%)

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84	WIERZCHOSŁAWSKI Mateusz	726	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M18-29	3		00:36:49.81	+00:06:24 (17.4%)	7:22	8.1 (81.8%)
85	RUSIŃSKA Edyta	400	AVOCADO WELLNESS CLUB	K45-49	5		00:36:50.23	+00:06:25 (17.4%)	7:22	8.1 (81.8%)
86	GRUSZKA Michał	139	UNIA MIAST	M40-44	7		00:36:50.85	+00:06:25 (17.4%)	7:22	8.1 (81.8%)
87	MAZURCZAK Jakub	303	NOWI SIEDLCE/NW WSCHÓD	M45-49	8		00:36:51.34	+00:06:26 (17.5%)	7:22	8.1 (81.8%)
88	TOPOREK Aleksandra	498	NWPL/LUKI TEAM	K- Niepełnosprawni(B)	1		00:36:51.76	+00:06:26 (17.5%)	7:22	8.1 (81.8%)
89	MUSIATOWICZ Aleksandra	319		K45-49	6		00:36:54.08	+00:06:28 (17.6%)	7:22	8.1 (81.8%)
90	MALINOWSKA Monika	292	LKS ZANTYR SZTUM	K30-39	6		00:36:58.33	+00:06:33 (17.7%)	7:23	8.1 (81.8%)
91	WASILEWSKI Sławomir	718	PASJA NORDIC WALKING	M70+	3		00:36:58.55	+00:06:33 (17.7%)	7:23	8.1 (81.8%)
92	MAZURCZAK Grażyna	304	NOWI SIEDLCE/NW WSCHÓD	K45-49	7		00:36:59.28	+00:06:34 (17.8%)	7:23	8.1 (81.8%)
93	SULECKA Gabriela	452		K- Niepełnosprawni(A)	1		00:37:00.85	+00:06:35 (17.8%)	7:24	8.1 (81.8%)
94	PRYCZYNICZ Róża	370	POWIAT HAJNÓWKA	K-Junior	5		00:37:06.40	+00:06:41 (18.0%)	7:25	8.1 (81.8%)
95	GRYGOROWICZ Teresa	143	KS METRACO POLKOWICE	K65-69	1		00:37:06.71	+00:06:41 (18.0%)	7:25	8.1 (81.8%)
96	BARTOSIEWICZ Włodzimierz	27	FACE NORDIC WALKING TEAM	M60-64	9		00:37:11.08	+00:06:45 (18.2%)	7:26	8.1 (81.8%)
97	IVANCHUK Stanislav	443	NORDIC FIT HANNOVER	M55-59	8		00:37:11.26	+00:06:46 (18.2%)	7:26	8.1 (81.8%)
98	IWANIUK Michał	161		M-Junior	4		00:37:15.81	+00:06:50 (18.4%)	7:27	8.1 (81.8%)
99	SZEMBERSKI Paweł	457	KLUBSPORTU.PL	M40-44	8		00:37:17.61	+00:06:52 (18.4%)	7:27	8 (80.8%)
100	OKNIŃSKI Krzysztof	335	NOWI SIEDLCE/NW WSCHÓD	M45-49	9		00:37:22.15	+00:06:56 (18.6%)	7:28	8 (80.8%)
101	GOŁĘBIEWSKI Andrzej	130	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-64	10		00:37:26.74	+00:07:01 (18.8%)	7:29	8 (80.8%)
102	RĘDZINIAK Marzena	389	KLUBSPORTU.PL	K30-39	7		00:37:32.07	+00:07:06 (19.0%)	7:30	8 (80.8%)
103	KUPIBIDA Bogusława	263	SILESIA NORDIC TEAM	K55-59	4		00:37:32.70	+00:07:07 (19.0%)	7:30	8 (80.8%)
104	WIŚNIEWSKI Kazimierz	736	PASJA NORDIC WALKING	M60-64	11		00:37:33.15	+00:07:07 (19.0%)	7:30	8 (80.8%)
105	JEDYNAK Kasia	173	PASJA NORDIC WALKING	K-Dzieci	1		00:37:33.32	+00:07:08 (19.0%)	7:30	8 (80.8%)
106	NIKITIUK Anna	328	POWIAT HAJNÓWKA	K30-39	8		00:37:34.69	+00:07:09 (19.0%)	7:30	8 (80.8%)

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107	ŻUKOWICZ Anna	772	KLUBSPORTU.PL	K-Dzieci	2		00:37:36.49	+00:07:11 (19.1%)	7:31	8 (80.8%)
108	SZOSTAK Wiola	464	STEP BY STEP NW TEAM	K30-39	9		00:37:40.14	+00:07:14 (19.2%)	7:32	8 (80.8%)
109	WOŁK Beata	743	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	6		00:37:48.38	+00:07:23 (19.5%)	7:33	7.9 (79.8%)
110	DANA Kazimiera	74	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	2		00:37:51.39	+00:07:26 (19.6%)	7:34	7.9 (79.8%)
111	MACZKOWSKA Zofia	290	LKS ZANTYR SZTUM	K-Junior	6		00:37:58.19	+00:07:32 (19.9%)	7:35	7.9 (79.8%)
112	CZMOCH Marian	71		M65-69	4		00:37:59.60	+00:07:34 (19.9%)	7:35	7.9 (79.8%)
113	DZIEDZIK Patrycja	98		K18-29	2		00:38:04.26	+00:07:39 (20.1%)	7:36	7.9 (79.8%)
114	SZENDZIELORZ Ilona	458	STADION ŚLĄSKI	K60-64	2		00:38:04.61	+00:07:39 (20.1%)	7:36	7.9 (79.8%)
115	MOLENDĄ Magdalena	312	KS IDMAR RACING TEAM	K30-39	10		00:38:06.65	+00:07:41 (20.2%)	7:37	7.9 (79.8%)
116	CHLEWICKI Krystian	64	KLUB NW PATYCZAKI - GRUDZIĄDZ	M65-69	5		00:38:12.71	+00:07:47 (20.4%)	7:38	7.8 (78.8%)
117	WOJTALA Małgorzata	741	KLUBSPORTU.PL	K45-49	8		00:38:18.76	+00:07:53 (20.6%)	7:39	7.8 (78.8%)
118	SADOWSKI Tomasz	414		M-Niepełnosprawni(B)	6		00:38:19.43	+00:07:54 (20.6%)	7:40	7.8 (78.8%)
119	SACHARUK Jerzy	619		M45-49	10		00:38:24.47	+00:07:59 (20.8%)	7:41	7.8 (78.8%)
120	ZHALKOUSKAYA Yuliya	762		K30-39	11		00:38:25.70	+00:08:00 (20.8%)	7:41	7.8 (78.8%)
121	BORKOWSKA Małgorzata	44	NOWI SIEDLCE/NW WSCHÓD	K45-49	9		00:38:29.36	+00:08:04 (21.0%)	7:41	7.8 (78.8%)
122	JÓŹWIAK Łukasz	178	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)	3		00:38:32.37	+00:08:07 (21.1%)	7:42	7.8 (78.8%)
123	KOŹŁOWSKA Maja	245		K-Dzieci	3		00:38:32.98	+00:08:07 (21.1%)	7:42	7.8 (78.8%)
124	KIENDYŚ Sebastian	207	POWIAT HAJNÓWKA	M18-29	4		00:38:33.73	+00:08:08 (21.1%)	7:42	7.8 (78.8%)
125	GODZIŃSKA Paulina	126	BAŻANT NWTEAM	K-Dzieci	4		00:38:36.35	+00:08:11 (21.2%)	7:43	7.8 (78.8%)
126	KOSTUJ Marcin	236	AZS SUM	M18-29	5		00:38:41.32	+00:08:16 (21.4%)	7:44	7.8 (78.8%)
127	IWANIUK Julia	160		K-Junior	7		00:38:43.10	+00:08:17 (21.4%)	7:44	7.7 (77.8%)
128	JURCZYŃSKA Bożena	186	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	5		00:38:44.76	+00:08:19 (21.5%)	7:45	7.7 (77.8%)
129	DANILUK Mirosław	76		M-Niepełnosprawni(B)	7		00:38:44.85	+00:08:19 (21.5%)	7:45	7.7 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	KORYTOWSKI Jakub	233		M-Dzieci	2		00:38:56.60	+00:08:31 (21.9%)	7:47	7.7 (77.8%)
131	ALEKSIEJUK Robert	15		M45-49	11		00:38:59.09	+00:08:33 (22.0%)	7:47	7.7 (77.8%)
132	JAKOWIECKA Karolina	167	PASJA NORDIC WALKING	K40-44	7		00:38:59.77	+00:08:34 (22.0%)	7:47	7.7 (77.8%)
133	BUJNICKA Magdalena	59	NORDIC WALKING PASŁĘK	K-Dzieci	5		00:39:08.18	+00:08:42 (22.3%)	7:49	7.7 (77.8%)
134	DZIAKIEWICZ Iwona	97		K50-54	4		00:39:10.10	+00:08:44 (22.3%)	7:50	7.7 (77.8%)
135	GÓRECKA Iwona	132	UNIA MIAST	K50-54	5		00:39:11.12	+00:08:45 (22.4%)	7:50	7.7 (77.8%)
136	ADAMOWICZ Andrzej	2		M70+	4		00:39:16.10	+00:08:50 (22.5%)	7:51	7.6 (76.8%)
137	HANUS Joanna	151	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2		00:39:17.07	+00:08:51 (22.6%)	7:51	7.6 (76.8%)
138	ŻUKOWICZ Bartłomiej	771	KLUBSPORTU.PL	M45-49	12		00:39:21.36	+00:08:56 (22.7%)	7:52	7.6 (76.8%)
139	BURACZYŃSKI Marcin	60	AKTYWNI Z PASJĄ	M- Niepełnosprawni(B)	8		00:39:22.13	+00:08:56 (22.7%)	7:52	7.6 (76.8%)
140	KAZBIERUK Julia	199		K18-29	3		00:39:24.52	+00:08:59 (22.8%)	7:52	7.6 (76.8%)
141	KWAŚNA Małgorzata	269	CHODZĘ Z SERCEM	K50-54	6		00:39:28.35	+00:09:03 (22.9%)	7:53	7.6 (76.8%)
142	SZNAJDER Zenon	462	UNIA MIAST	M65-69	6		00:39:29.01	+00:09:03 (23.0%)	7:53	7.6 (76.8%)
143	DĄBROWSKI Andrzej	80	MARSZ PO ZDROWIE POZNAŃ	M65-69	7		00:39:30.61	+00:09:05 (23.0%)	7:54	7.6 (76.8%)
144	ZIELIŃSKI Ryszard	766		M60-64	12		00:39:30.68	+00:09:05 (23.0%)	7:54	7.6 (76.8%)
145	ANGIELCZYK Małgorzata	21	MARSZ PO ZDROWIE POZNAŃ	K65-69	3		00:39:32.66	+00:09:07 (23.1%)	7:54	7.6 (76.8%)
146	HISZPAŃSKA Katarzyna	153	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	4		00:39:35.23	+00:09:10 (23.2%)	7:55	7.6 (76.8%)
147	SOBCZYK Rafał	437	KLUBSPORTU.PL	M45-49	13		00:39:35.84	+00:09:10 (23.2%)	7:55	7.6 (76.8%)
148	ŚWIĘTOCHOWSKI Radosław	796		M-Junior	5		00:39:42.28	+00:09:17 (23.4%)	7:56	7.6 (76.8%)
149	SMYK Albert	436		M-Junior	6		00:39:46.03	+00:09:20 (23.5%)	7:57	7.5 (75.8%)
150	KARPIUK Wiesław	198	POWIAT HAJNÓWKA	M40-44	9		00:39:46.94	+00:09:21 (23.5%)	7:57	7.5 (75.8%)
151	KONSTANCIAK Piotr	227	SANTANDER CONSUMER BANK	M40-44	10		00:39:47.41	+00:09:22 (23.5%)	7:57	7.5 (75.8%)
152	PIWOWARCZYK Elżbieta	359		K50-54	7		00:39:52.97	+00:09:27 (23.7%)	7:58	7.5 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	WYCISŁO Agata	753	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-Niepełnosprawni(B)	3		00:39:56.63	+00:09:31 (23.8%)	7:59	7.5 (75.8%)
154	FALKOWSKI Maciej	101	POWIAT HAJNÓWKA	M18-29	6		00:39:58.95	+00:09:33 (23.9%)	7:59	7.5 (75.8%)
155	SIARHEI Aren	779	SOKÓŁ	M60-64	13		00:39:59.34	+00:09:34 (23.9%)	7:59	7.5 (75.8%)
156	SZYMAŃSKA Lucyna	476	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	2		00:40:01.78	+00:09:36 (24.0%)	8:00	7.5 (75.8%)
157	TOMCZAK Klaudia	493	MONTE BIANKO	K30-39	12		00:40:01.82	+00:09:36 (24.0%)	8:00	7.5 (75.8%)
158	PIELACH Tomasz	352	SANTANDER CONSUMER BANK	M45-49	14		00:40:02.16	+00:09:36 (24.0%)	8:00	7.5 (75.8%)
159	KULIK Sławomir	261	RADA MIASTA HAJNÓWKA	M55-59	9		00:40:03.41	+00:09:38 (24.1%)	8:00	7.5 (75.8%)
160	BAL Agnieszka	25	KABEX PODKOWA JANÓW	K30-39	13		00:40:04.13	+00:09:38 (24.1%)	8:00	7.5 (75.8%)
161	SACHARUK Anna	408	POWIAT HAJNÓWKA	K-Junior	8		00:40:06.74	+00:09:41 (24.2%)	8:01	7.5 (75.8%)
162	PIPIRO Grażyna	792	UNIA MIAST	K60-64	3		00:40:07.24	+00:09:42 (24.2%)	8:01	7.5 (75.8%)
163	KUBIT Wiesław	255		M50-54	7		00:40:07.43	+00:09:42 (24.2%)	8:01	7.5 (75.8%)
164	WALESZKO Andrzej	711		M45-49	15		00:40:09.01	+00:09:43 (24.2%)	8:01	7.5 (75.8%)
165	ZIELIŃSKA Violetta	763		K45-49	10		00:40:13.34	+00:09:48 (24.4%)	8:02	7.5 (75.8%)
166	NIEPOGODA Gabriela	326	POWIAT HAJNÓWKA	K-Junior	9		00:40:16.15	+00:09:50 (24.5%)	8:03	7.5 (75.8%)
167	DANILUK Natalia	75	POWIAT HAJNÓWKA	K-Junior	10		00:40:16.20	+00:09:50 (24.5%)	8:03	7.5 (75.8%)
168	SZNAJDER Teresa	461	UNIA MIAST	K60-64	4		00:40:17.44	+00:09:52 (24.5%)	8:03	7.4 (74.7%)
169	KARCZMARSKI Krzysztof	196	IPA RADOM	M60-64	14		00:40:18.22	+00:09:52 (24.5%)	8:03	7.4 (74.7%)
170	WALESZKO Anna	713		K45-49	11		00:40:19.65	+00:09:54 (24.6%)	8:03	7.4 (74.7%)
171	GWOŹDZIK Artur	149		M-Junior	7		00:40:20.58	+00:09:55 (24.6%)	8:04	7.4 (74.7%)
172	PYKA Aleksandra	380	UNIA MIAST	K-Dzieci	6		00:40:20.69	+00:09:55 (24.6%)	8:04	7.4 (74.7%)
173	SAMOJLIK Jagna	416		K-Dzieci	7		00:40:20.95	+00:09:55 (24.6%)	8:04	7.4 (74.7%)
174	WYSOCKA Sandra	755		K18-29	5		00:40:26.01	+00:10:00 (24.8%)	8:05	7.4 (74.7%)
175	MICHAŁOWSKI Piotr	309	AVOCADO WELLNESS CLUB	M45-49	16		00:40:26.57	+00:10:01 (24.8%)	8:05	7.4 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	ŚLUSARCZYK Karolina	480	WESOŁY BORSUK TEAM	K-Junior	11		00:40:27.23	+00:10:02 (24.8%)	8:05	7.4 (74.7%)
177	NIECHWIEJCZYK Kinga	324	UNIA MIAST	K-Junior	12		00:40:29.62	+00:10:04 (24.9%)	8:05	7.4 (74.7%)
178	RACZYŃSKA Aleksandra	382	UNIA MIAST	K70+	1		00:40:31.10	+00:10:05 (24.9%)	8:06	7.4 (74.7%)
179	KĘDZIERSKA Barbara	203		K40-44	8		00:40:33.05	+00:10:07 (25.0%)	8:06	7.4 (74.7%)
180	DAROSZEWSKA Krystyna	77	SERCE NORDICA WŁOCŁAWEK	K60-64	5		00:40:33.75	+00:10:08 (25.0%)	8:06	7.4 (74.7%)
181	KOZŁOWSKI Wojciech	246		M40-44	11		00:40:34.71	+00:10:09 (25.0%)	8:07	7.4 (74.7%)
182	POLKOWSKA Katarzyna	363	NOWI SIEDLCE/NW WSCHÓD	K50-54	8		00:40:35.78	+00:10:10 (25.1%)	8:07	7.4 (74.7%)
183	KOŁODZIŃSKI Tomasz	223		M-Dzieci	3		00:40:37.23	+00:10:12 (25.1%)	8:07	7.4 (74.7%)
184	RYCHLIK Fabian	402	NOWI SIEDLCE/NW WSCHÓD	M-Dzieci	4		00:40:38.80	+00:10:13 (25.2%)	8:07	7.4 (74.7%)
185	ALEKSIEJUK Wiktor	10		M55-59	10		00:40:43.57	+00:10:18 (25.3%)	8:08	7.4 (74.7%)
186	KREFT Jolanta	249	UNIA MIAST	K50-54	9		00:40:45.72	+00:10:20 (25.4%)	8:09	7.4 (74.7%)
187	SZŁĄZAK Dariusz	460	UNIA MIAST	M50-54	8		00:40:45.97	+00:10:20 (25.4%)	8:09	7.4 (74.7%)
188	WALORYSZAK Barbara	714	MORSY RADZYMIN	K60-64	6		00:40:48.65	+00:10:23 (25.5%)	8:09	7.4 (74.7%)
189	KONDRACIUK Magdalena	224		K30-39	14		00:40:50.37	+00:10:25 (25.5%)	8:10	7.3 (73.7%)
190	BUJEK Adam	58		M40-44	12		00:40:51.31	+00:10:26 (25.5%)	8:10	7.3 (73.7%)
191	WIKTORZAK Elżbieta	727	UNIA MIAST	K55-59	6		00:40:51.62	+00:10:26 (25.6%)	8:10	7.3 (73.7%)
192	WASZKIEWICZ Julia	719		K-Dzieci	8		00:40:56.31	+00:10:31 (25.7%)	8:11	7.3 (73.7%)
193	ZIELIŃSKA Barbara	764		K60-64	7		00:40:57.76	+00:10:32 (25.7%)	8:11	7.3 (73.7%)
194	KOL Bartłomiej	699		M-Junior	8		00:40:58.61	+00:10:33 (25.8%)	8:11	7.3 (73.7%)
195	WAWRESZUK Sebastian	721	POWIAT HAJNÓWKA	M-Junior	9		00:40:59.32	+00:10:34 (25.8%)	8:12	7.3 (73.7%)
196	KSIĄŻEK Danuta	253	CHODŻĘ Z SERCEM	K60-64	8		00:41:03.33	+00:10:38 (25.9%)	8:12	7.3 (73.7%)
197	KOZŁOWSKI Kacper	247		M-Junior	10		00:41:06.64	+00:10:41 (26.0%)	8:13	7.3 (73.7%)
198	STOLARSKA Magdalena	447	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	12		00:41:06.96	+00:10:41 (26.0%)	8:13	7.3 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	CHARKIEWICZ Urszula	62		K18-29	6		00:41:08.34	+00:10:43 (26.1%)	8:13	7.3 (73.7%)
200	KWIATKOWSKA Jadwiga	271	KS METRACO POLKOWICE	K70+	2		00:41:11.38	+00:10:46 (26.1%)	8:14	7.3 (73.7%)
201	GRYGORUK Daniel	774		M30-39	6		00:41:11.83	+00:10:46 (26.2%)	8:14	7.3 (73.7%)
202	KULIK Adam	260	NIEZRZESZONY	M55-59	11		00:41:11.95	+00:10:46 (26.2%)	8:14	7.3 (73.7%)
203	BOŻKO Urszula	50		K- Niepełnosprawni(B)	4		00:41:12.95	+00:10:47 (26.2%)	8:14	7.3 (73.7%)
204	KOZŁOWSKA Elżbieta	244		K40-44	9		00:41:24.84	+00:10:59 (26.5%)	8:17	7.2 (72.7%)
205	CYBUL Ewa	68	CHODZĘ Z SERCEM	K55-59	7		00:41:27.71	+00:11:02 (26.6%)	8:17	7.2 (72.7%)
206	SIŁUSZYK Elżbieta	426	CHODZĘ Z SERCEM	K30-39	15		00:41:28.53	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
207	MICHALAK Elżbieta	305	NW CHODZĘ Z SERCEM - NW WSCHÓD	K55-59	8		00:41:28.82	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
208	DUDZICZ Barbara	90		K30-39	16		00:41:29.05	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
209	PONIATOWSKI Hieronim	364		M60-64	15		00:41:30.77	+00:11:05 (26.7%)	8:18	7.2 (72.7%)
210	NOWICKI Bogdan	333	POWIAT HAJNÓWKA	M50-54	9		00:41:34.44	+00:11:09 (26.8%)	8:18	7.2 (72.7%)
211	ŁUKASIEWICZ Łukasz	287	POWIAT HAJNÓWKA	M30-39	7		00:41:36.54	+00:11:11 (26.9%)	8:19	7.2 (72.7%)
212	HAJDUK Natalia	150	HAJDUKI	K-Dzieci	9		00:41:37.13	+00:11:11 (26.9%)	8:19	7.2 (72.7%)
213	BARGIEŁ Joanna	26	AZS SUM	K18-29	7		00:41:37.98	+00:11:12 (26.9%)	8:19	7.2 (72.7%)
214	LESIUK Mirosława	275	AKTYWNI Z PASJĄ	K60-64	9		00:41:38.91	+00:11:13 (27.0%)	8:19	7.2 (72.7%)
215	ŚWIĆ Agnieszka	482	POWIAT HAJNÓWKA	K-Junior	13		00:41:39.19	+00:11:13 (27.0%)	8:20	7.2 (72.7%)
216	GROMOTOWICZ Maciej	138		M-Junior	11		00:41:42.21	+00:11:16 (27.1%)	8:20	7.2 (72.7%)
217	GŁADZIKOWSKI Grzegorz	123	WĘDRUJĄCE KIJE ŁUKÓW	M65-69	8		00:41:43.47	+00:11:18 (27.1%)	8:20	7.2 (72.7%)
218	KUZICH Volha	267		K18-29	8		00:41:45.07	+00:11:19 (27.1%)	8:21	7.2 (72.7%)
219	RAJEWSKA Beata	386		K40-44	10		00:41:46.24	+00:11:21 (27.2%)	8:21	7.2 (72.7%)
220	GARDZIELEWSKA Elżbieta	111	KLUB NW PATYCZAKI - GRUDZIĄDZ	K60-64	10		00:41:48.34	+00:11:23 (27.2%)	8:21	7.2 (72.7%)
221	LATO Agnieszka	273	WĘDRUJĄCE KIJE ŁUKÓW	K45-49	13		00:41:49.06	+00:11:23 (27.3%)	8:21	7.2 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
222	BARTOSZEWICZ Julita	29		K-Dzieci	10		00:41:54.30	+00:11:29 (27.4%)	8:23	7.2 (72.7%)
223	KULCZYCKI Jan	258		M65-69	9		00:41:55.31	+00:11:30 (27.4%)	8:23	7.2 (72.7%)
224	NIESLONY Ryszard	327	STADION ŚLĄSKI	M55-59	12		00:41:57.57	+00:11:32 (27.5%)	8:23	7.2 (72.7%)
225	WYSOCKA Martyna	754		K-Dzieci	11		00:41:58.10	+00:11:32 (27.5%)	8:23	7.1 (71.7%)
226	KONDRACIUK Marta	225		K-Dzieci	12		00:41:58.32	+00:11:33 (27.5%)	8:23	7.1 (71.7%)
227	SZWARC Barbara	473		K- Niepełnosprawni(B)	5		00:42:00.10	+00:11:34 (27.6%)	8:24	7.1 (71.7%)
228	BURNECKI Bartosz	61	POWIAT HAJNÓWKA	M-Dzieci	5		00:42:03.37	+00:11:38 (27.7%)	8:24	7.1 (71.7%)
229	SZEMBERSKA Małgorzata	456	KLUBSPORTU.PL	K40-44	11		00:42:04.02	+00:11:38 (27.7%)	8:24	7.1 (71.7%)
230	WOROCH Jolanta	745	DOPIEWO	K50-54	10		00:42:06.62	+00:11:41 (27.8%)	8:25	7.1 (71.7%)
231	GRAF Jędrzej	134		M-Dzieci	6		00:42:08.98	+00:11:43 (27.8%)	8:25	7.1 (71.7%)
232	KIERDELEWICZ Martyna	211	POWIAT HAJNÓWKA	K-Junior	14		00:42:11.16	+00:11:45 (27.9%)	8:26	7.1 (71.7%)
233	SZOSTEK Anna	465	NOWI SIEDLCE/NW WSCHÓD	K30-39	17		00:42:13.21	+00:11:47 (27.9%)	8:26	7.1 (71.7%)
234	KORCZ Marzena	229	NAREW	K30-39	18		00:42:13.71	+00:11:48 (28.0%)	8:26	7.1 (71.7%)
235	ŚLEDŹ Ewa	479	AKTYWNI Z PASJĄ	K- Niepełnosprawni(A)	3		00:42:18.63	+00:11:53 (28.1%)	8:27	7.1 (71.7%)
236	RUSINOWICZ Anna	399		K-Dzieci	13		00:42:23.78	+00:11:58 (28.2%)	8:28	7.1 (71.7%)
237	PYKA Tomasz	379	UNIA MIAST	M40-44	13		00:42:28.89	+00:12:03 (28.4%)	8:29	7.1 (71.7%)
238	KORZENIOW Aldona	689	CHODZĘ Z SERCEM	K50-54	11		00:42:30.88	+00:12:05 (28.4%)	8:30	7.1 (71.7%)
239	RÓŻYCKA Beata	396	CHODZĘ Z SERCEM	K45-49	14		00:42:31.45	+00:12:06 (28.5%)	8:30	7.1 (71.7%)
240	PIPIRO Grzegorz	358	UNIA MIAST	M- Niepełnosprawni(B)	9		00:42:32.39	+00:12:07 (28.5%)	8:30	7.1 (71.7%)
241	KOWALCZYK Alicja	500		K70+	3		00:42:36.18	+00:12:10 (28.6%)	8:31	7 (70.7%)
242	MARCINIUK Katarzyna	296	CHODZĘ Z SERCEM	K45-49	15		00:42:38.53	+00:12:13 (28.7%)	8:31	7 (70.7%)
243	JURCZUK Aleksandra	182	POWIAT HAJNÓWKA	K-Junior	15		00:42:39.45	+00:12:14 (28.7%)	8:32	7 (70.7%)
244	NOWAK Danuta	331	SANTANDER CONSUMER BANK	K45-49	16		00:42:40.98	+00:12:15 (28.7%)	8:32	7 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
245	OWCZAREK Henryka	342	MARSZ PO ZDROWIE POZNAŃ	K70+	4		00:42:41.33	+00:12:16 (28.7%)	8:32	7 (70.7%)
246	SZCZEŚNIAK Teresa	455	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	4		00:42:41.51	+00:12:16 (28.7%)	8:32	7 (70.7%)
247	KITKA Wojciech	215		M45-49	17		00:42:41.90	+00:12:16 (28.8%)	8:32	7 (70.7%)
248	SZŁĄZAK Beata	459	UNIA MIAST	K45-49	17		00:42:42.28	+00:12:17 (28.8%)	8:32	7 (70.7%)
249	KIERDELEWICZ Gabriela	212	POWIAT HAJNÓWKA	K-Dzieci	14		00:42:42.70	+00:12:17 (28.8%)	8:32	7 (70.7%)
250	ROMANCZUK Barbara	390	POWIAT HAJNÓWKA	K40-44	12		00:42:47.05	+00:12:21 (28.9%)	8:33	7 (70.7%)
251	PACYNA Helena	344	KS METRACO POLKOWICE	K65-69	5		00:42:47.88	+00:12:22 (28.9%)	8:33	7 (70.7%)
252	WIERTEL Natalia	724	POWIAT HAJNÓWKA	K18-29	9		00:42:47.99	+00:12:22 (28.9%)	8:33	7 (70.7%)
253	CIEŚLIŃSKA Wiesława	67	AKTYWNI Z PASJĄ	K55-59	9		00:42:49.44	+00:12:24 (29.0%)	8:34	7 (70.7%)
254	DĘBSKA Marta	81	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-44	13		00:42:49.66	+00:12:24 (29.0%)	8:33	7 (70.7%)
255	LUBOWICKA Nikola	282	POWIAT HAJNÓWKA	K-Junior	16		00:42:50.30	+00:12:25 (29.0%)	8:34	7 (70.7%)
256	MAZUR Barbara	802	CHODZE Z SERCEM	K65-69	6		00:42:51.12	+00:12:25 (29.0%)	8:34	7 (70.7%)
257	KIENDYŚ Gabriela	206	POWIAT HAJNÓWKA	K-Junior	17		00:42:51.53	+00:12:26 (29.0%)	8:34	7 (70.7%)
258	OWCZARCZUK Edward	723	WIKTORIA BIAŁYSTOK	M- Niepełnosprawni(B)	10		00:42:52.43	+00:12:27 (29.0%)	8:34	7 (70.7%)
259	JURCZUK Eugenia	181	POWIAT HAJNÓWKA	K60-64	11		00:42:54.14	+00:12:28 (29.1%)	8:34	7 (70.7%)
260	PROKOPIUK Aleksander	369		M70+	5		00:42:55.79	+00:12:30 (29.1%)	8:35	7 (70.7%)
261	WITEK Lech	737		M70+	6		00:42:58.73	+00:12:33 (29.2%)	8:35	7 (70.7%)
262	KICZKAJŁO Dawid	205	POWIAT HAJNÓWKA	M18-29	7		00:43:02.02	+00:12:36 (29.3%)	8:36	7 (70.7%)
263	KLUIJ Jadwiga	217		K60-64	12		00:43:06.88	+00:12:41 (29.4%)	8:37	7 (70.7%)
264	BARTUSIK-URBAN Jadwiga	30	SANTANDER CONSUMER BANK	K45-49	18		00:43:08.01	+00:12:42 (29.5%)	8:37	7 (70.7%)
265	RZEPKO Anna	404		K30-39	19		00:43:11.20	+00:12:45 (29.6%)	8:38	6.9 (69.7%)
266	KARANOS Celina	195		K50-54	12		00:43:15.92	+00:12:50 (29.7%)	8:39	6.9 (69.7%)
267	PASZKOWSKI Piotr	347	SANTANDER CONSUMER BANK	M18-29	8		00:43:20.98	+00:12:55 (29.8%)	8:40	6.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
268	WÓJCIKIEWICZ Tobiasz	747	SANTANDER CONSUMER BANK	M18-29	9		00:43:21.10	+00:12:55 (29.8%)	8:40	6.9 (69.7%)
269	SADLOS Helena	409	LKS ZANTYR SZTUM	K65-69	7		00:43:22.99	+00:12:57 (29.9%)	8:40	6.9 (69.7%)
270	VALIUSHKA Halina	708		K50-54	13		00:43:23.06	+00:12:57 (29.9%)	8:40	6.9 (69.7%)
271	GRUSZKA Barbara	141	LKS ZANTYR SZTUM	K70+	5		00:43:24.30	+00:12:59 (29.9%)	8:40	6.9 (69.7%)
272	ZOŃ Agnieszka	769	PASJA NORDIC WALKING	K30-39	20		00:43:24.35	+00:12:59 (29.9%)	8:40	6.9 (69.7%)
273	GAWRYLUK Andrzej	113		M-Junior	12		00:43:26.18	+00:13:00 (30.0%)	8:41	6.9 (69.7%)
274	ANDRZEJUK Bartosz	20		M-Junior	13		00:43:27.69	+00:13:02 (30.0%)	8:41	6.9 (69.7%)
275	ŚWIDERSKI Marek	483		M-Niepełnosprawni(A)	4		00:43:30.24	+00:13:05 (30.1%)	8:42	6.9 (69.7%)
276	GUZ Urszula	148		K60-64	13		00:43:40.22	+00:13:15 (30.3%)	8:44	6.9 (69.7%)
277	KORCZ Marta	230	NAREW	K-Dzieci	15		00:43:42.96	+00:13:17 (30.4%)	8:44	6.9 (69.7%)
278	WALESZKO Adam	712		M-Junior	14		00:43:43.64	+00:13:18 (30.4%)	8:44	6.9 (69.7%)
279	JURCZUK Łukasz	183		M-Junior	15		00:43:46.00	+00:13:20 (30.5%)	8:45	6.9 (69.7%)
280	LECYK Jadwiga	775	CHODZĘ Z SERCEM	K60-64	14		00:43:46.28	+00:13:21 (30.5%)	8:45	6.9 (69.7%)
281	CZEPIEL Cyryl	70		M-Junior	16		00:43:47.57	+00:13:22 (30.5%)	8:45	6.8 (68.7%)
282	SIDORUK Irena	423	UTW HAJNÓWKA	K60-64	15		00:43:48.43	+00:13:23 (30.6%)	8:45	6.8 (68.7%)
283	JANUSZKIEWICZ Wioletta	170	POWIAT HAJNÓWKA	K45-49	19		00:43:53.03	+00:13:27 (30.7%)	8:46	6.8 (68.7%)
284	DOLBAK Dzianis	84	NORDIC BREST	M-Dzieci	7		00:43:56.95	+00:13:31 (30.8%)	8:47	6.8 (68.7%)
285	KOLBUSZ Janina	221	KS METRACO POLKOWICE	K65-69	8		00:43:58.01	+00:13:32 (30.8%)	8:47	6.8 (68.7%)
286	KULA Monika	257	CHODZĘ Z SERCEM	K40-44	14		00:44:01.72	+00:13:36 (30.9%)	8:48	6.8 (68.7%)
287	KINDZIUK Ewelina	213		K-Niepełnosprawni(B)	6		00:44:03.80	+00:13:38 (31.0%)	8:48	6.8 (68.7%)
288	SZOKAŁO-JEFIMIUK Bożena	463	POWIAT HAJNÓWKA	K40-44	15		00:44:05.06	+00:13:39 (31.0%)	8:49	6.8 (68.7%)
289	IGNACIUK Julita	159	POWIAT HAJNÓWKA	K-Junior	18		00:44:05.11	+00:13:39 (31.0%)	8:49	6.8 (68.7%)
290	ZINCZUK Julia	767	HAJNÓWKA	K-Junior	19		00:44:05.69	+00:13:40 (31.0%)	8:49	6.8 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
291	KUŹNIARSKI Jacek	268	NOWI SIEDLCE/NW WSCHÓD	M45-49	18		00:44:06.72	+00:13:41 (31.0%)	8:49	6.8 (68.7%)
292	PANKIEWICZ-DMOWSKA Cecylia	345		K70+	6		00:44:09.62	+00:13:44 (31.1%)	8:50	6.8 (68.7%)
293	JANKOWSKA-PLEWA Krystyna	168		K50-54	14		00:44:10.12	+00:13:44 (31.1%)	8:50	6.8 (68.7%)
294	GRAF Katarzyna	135		K40-44	16		00:44:11.03	+00:13:45 (31.2%)	8:50	6.8 (68.7%)
295	KOŁODZIŃSKA Agnieszka	222		K30-39	21		00:44:13.81	+00:13:48 (31.2%)	8:50	6.8 (68.7%)
296	MALINOWSKA Grażyna	294	LKS ZANTYR SZTUM	K65-69	9		00:44:19.67	+00:13:54 (31.4%)	8:51	6.8 (68.7%)
297	KIERDELEWICZ Aleksandra	208		K-Dzieci	16		00:44:21.14	+00:13:55 (31.4%)	8:52	6.8 (68.7%)
298	FAŁDYGA Joanna	102	PASJA NORDIC WALKING	K40-44	17		00:44:21.44	+00:13:56 (31.4%)	8:52	6.8 (68.7%)
299	KOLARSKA Nadia	220	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	17		00:44:27.55	+00:14:02 (31.6%)	8:53	6.7 (67.7%)
300	PINIS Gabriela	357	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	18		00:44:27.89	+00:14:02 (31.6%)	8:53	6.7 (67.7%)
301	GROBELNA Jadwiga	137	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	7		00:44:31.64	+00:14:06 (31.7%)	8:54	6.7 (67.7%)
302	PIETRUSZKIEWICZ Anna	355	HAJNÓWKA	K40-44	18		00:44:33.18	+00:14:07 (31.7%)	8:54	6.7 (67.7%)
303	ZARĘBSKI Maciej	661	VIKING NORDIC TEAM CZĘSTOCHOWA	M-Dzieci	8		00:44:34.09	+00:14:08 (31.7%)	8:54	6.7 (67.7%)
304	FIEDORUK Antonina	103		K65-69	10		00:44:35.46	+00:14:10 (31.8%)	8:55	6.7 (67.7%)
305	BOŹKO Paweł	51		M- Niepełnosprawni(B)	11		00:44:38.66	+00:14:13 (31.9%)	8:55	6.7 (67.7%)
306	MOROŃ Piotr	314	UNIA MIAST	M45-49	19		00:44:39.12	+00:14:13 (31.9%)	8:56	6.7 (67.7%)
307	SZREJDER Zofia	468	POWIAT HAJNÓWKA	K60-64	16		00:44:46.25	+00:14:21 (32.1%)	8:57	6.7 (67.7%)
308	SIEWIERENIUK Martyna	425		K-Dzieci	19		00:44:48.35	+00:14:23 (32.1%)	8:57	6.7 (67.7%)
309	PIETRUSZKIEWICZ Ula	356		K-Dzieci	20		00:44:49.18	+00:14:23 (32.1%)	8:57	6.7 (67.7%)
310	KALINOWSKA Gabriela	191		K-Dzieci	21		00:44:54.59	+00:14:29 (32.3%)	8:58	6.7 (67.7%)
311	PRYCZYNICZ Maksymilian	371		M-Dzieci	9		00:44:54.82	+00:14:29 (32.3%)	8:59	6.7 (67.7%)
312	TOKAJUK Maja	492	POWIAT HAJNÓWKA	K-Dzieci	22		00:44:57.67	+00:14:32 (32.3%)	8:59	6.7 (67.7%)
313	ŁOBUZIŃSKA Ula	286	POWIAT HAJNÓWKA	K-Junior	20		00:45:00.51	+00:14:35 (32.4%)	9:00	6.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
314	GOTÓWKO Iwona	131		K50-54	15		00:45:00.88	+00:14:35 (32.4%)	9:00	6.7 (67.7%)
315	MALINOWSKA Eugenia	293		K60-64	17		00:45:01.51	+00:14:36 (32.4%)	9:00	6.7 (67.7%)
316	ONISKIEWICZ Ola	340		K-Dzieci	23		00:45:07.13	+00:14:41 (32.6%)	9:01	6.6 (66.7%)
317	BORECZKO Kornelia	43	POWIAT HAJNÓWKA	K18-29	10		00:45:08.49	+00:14:43 (32.6%)	9:01	6.6 (66.7%)
318	NIEPLA Roman	325	LKS ZANTYR SZTUM	M70+	7		00:45:08.81	+00:14:43 (32.6%)	9:01	6.6 (66.7%)
319	DUDZICZ Nina	91		K-Dzieci	24		00:45:08.98	+00:14:43 (32.6%)	9:01	6.6 (66.7%)
320	PRZYBYŁOWSKA Olivia	373	HAJNÓWKA	K-Dzieci	25		00:45:08.99	+00:14:43 (32.6%)	9:01	6.6 (66.7%)
321	KOŚCIUCZUK Jakub	237		M-Junior	17		00:45:10.16	+00:14:44 (32.7%)	9:02	6.6 (66.7%)
322	ULEZŁO Katarzyna	705	POWIAT HAJNÓWKA	K18-29	11		00:45:10.55	+00:14:45 (32.7%)	9:02	6.6 (66.7%)
323	MARCZEWSKI Kamil	299	AZS SUM	M18-29	10		00:45:14.15	+00:14:48 (32.8%)	9:02	6.6 (66.7%)
324	DZIENISZEWSKA Alina	99		K40-44	19		00:45:15.10	+00:14:49 (32.8%)	9:03	6.6 (66.7%)
325	OGONOWSKA Edyta	334	KLUB NW PATYCZAKI - GRUDZIĄDZ	K55-59	10		00:45:24.02	+00:14:58 (33.0%)	9:04	6.6 (66.7%)
326	SACHA Krzysztof	406	AZS SUM	M18-29	11		00:45:24.06	+00:14:58 (33.0%)	9:04	6.6 (66.7%)
327	TICHONIUK Marzena	490		K30-39	22		00:45:25.20	+00:14:59 (33.0%)	9:05	6.6 (66.7%)
328	AKSZTYNIUK Janina	8		K30-39	23		00:45:28.90	+00:15:03 (33.1%)	9:05	6.6 (66.7%)
329	TELENTEJUK Anna	488	UTW HAJNÓWKA	K60-64	18		00:45:28.90	+00:15:03 (33.1%)	9:05	6.6 (66.7%)
330	RYGOROWICZ Wiera	403	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	8		00:45:29.87	+00:15:04 (33.1%)	9:06	6.6 (66.7%)
331	ADAMSKA Irena	5	POWIAT HAJNÓWKA	K60-64	19		00:45:30.85	+00:15:05 (33.2%)	9:06	6.6 (66.7%)
332	WITOMSKA Kamila	739	POWIAT HAJNÓWKA	K-Junior	21		00:45:41.98	+00:15:16 (33.4%)	9:08	6.6 (66.7%)
333	MUDER Iwona	176	PUKS JEDYNKA ŁOSICE	K40-44	20		00:45:42.60	+00:15:17 (33.4%)	9:08	6.6 (66.7%)
334	SAJEWICZ Magda	415	POWIAT HAJNÓWKA	K-Junior	22		00:45:42.98	+00:15:17 (33.5%)	9:08	6.6 (66.7%)
335	ŁAPIUK Aleksandra	285		K-Junior	23		00:45:43.50	+00:15:18 (33.5%)	9:08	6.6 (66.7%)
336	FILIPIUK Martyna	105	POWIAT HAJNÓWKA	K-Junior	24		00:45:46.81	+00:15:21 (33.6%)	9:09	6.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
337	SKIEPKO Paulina	430		K30-39	24		00:45:49.34	+00:15:24 (33.6%)	9:09	6.5 (65.7%)
338	MADOŃ Tomasz	291	AKTYWNI Z PASJĄ	M45-49	20		00:45:49.46	+00:15:24 (33.6%)	9:09	6.5 (65.7%)
339	ADAMCZYK-ŚMIERTKA Małgorzata	1	SANTANDER CONSUMER BANK	K30-39	25		00:45:50.68	+00:15:25 (33.6%)	9:10	6.5 (65.7%)
340	ŁAPIŃSKA Renia	284		K60-64	20		00:45:53.01	+00:15:27 (33.7%)	9:10	6.5 (65.7%)
341	KONARSKA Agata	557		K30-39	26		00:45:54.27	+00:15:29 (33.7%)	9:11	6.5 (65.7%)
342	KAMIEŃSKI Krzysztof	194		M55-59	13		00:45:54.95	+00:15:29 (33.7%)	9:11	6.5 (65.7%)
343	LITWIN Klaudia	281	POWIAT HAJNÓWKA	K-Junior	25		00:45:55.13	+00:15:29 (33.8%)	9:11	6.5 (65.7%)
344	LESIŃSKA Krystyna	274	LKS ZANTYR SZTUM	K65-69	11		00:45:55.47	+00:15:30 (33.8%)	9:11	6.5 (65.7%)
345	TYSZKO Aleksandra	704		K-Dzieci	26		00:45:59.70	+00:15:34 (33.9%)	9:11	6.5 (65.7%)
346	WILCZYŃSKA Barbara	728	AKTYWNI Z PASJĄ	K65-69	12		00:46:00.71	+00:15:35 (33.9%)	9:12	6.5 (65.7%)
347	BACH Joanna	23		K45-49	20		00:46:05.21	+00:15:39 (34.0%)	9:13	6.5 (65.7%)
348	CZEMPIK Kornelia	69	UNIA MIAST	K50-54	16		00:46:10.54	+00:15:45 (34.1%)	9:14	6.5 (65.7%)
349	SACHARCZUK Zofia	407		K-Dzieci	27		00:46:11.02	+00:15:45 (34.1%)	9:14	6.5 (65.7%)
350	JAKONIUK Bartosz	166	POWIAT HAJNÓWKA	M-Dzieci	10		00:46:13.60	+00:15:48 (34.2%)	9:14	6.5 (65.7%)
351	SUPRUN Patrycja	454		K-Dzieci	28		00:46:13.71	+00:15:48 (34.2%)	9:14	6.5 (65.7%)
352	ŁAPIŃSKA Patrycja	283	POWIAT HAJNÓWKA	K-Junior	26		00:46:13.91	+00:15:48 (34.2%)	9:14	6.5 (65.7%)
353	GĄSOWSKA Walentyna Katarzyna	116	POWIAT HAJNÓWKA	K45-49	21		00:46:17.22	+00:15:52 (34.3%)	9:15	6.5 (65.7%)
354	MARCZUK Urszula	300	POWIAT HAJNÓWKA	K-Junior	27		00:46:18.93	+00:15:53 (34.3%)	9:15	6.5 (65.7%)
355	TARGOSZ Zdzisława	487		K55-59	11		00:46:20.91	+00:15:55 (34.4%)	9:16	6.5 (65.7%)
356	SOŁKIEWICZ Olga	439		K55-59	12		00:46:21.76	+00:15:56 (34.4%)	9:16	6.5 (65.7%)
357	PRZYBYŁOWSKA Małgorzata	374	Hajnówka	K30-39	27		00:46:21.91	+00:15:56 (34.4%)	9:16	6.5 (65.7%)
358	TRUSIEWICZ Karolina	499	POWIAT HAJNÓWKA	K-Junior	28		00:46:25.15	+00:15:59 (34.5%)	9:17	6.5 (65.7%)
359	MICHAŁOWSKA Małgorzata	298		K45-49	22		00:46:31.17	+00:16:05 (34.6%)	9:18	6.4 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
360	BAGROWSKA Alla	24	UTW HAJNÓWKA	K65-69	13		00:46:34.23	+00:16:09 (34.7%)	9:18	6.4 (64.6%)
361	FILINOWICZ Maria	104	UTW HAJNÓWKA	K70+	7		00:46:54.77	+00:16:29 (35.2%)	9:23	6.4 (64.6%)
362	KUŚNIERZ Klara	265		K-Dzieci	29		00:46:59.10	+00:16:33 (35.3%)	9:23	6.4 (64.6%)
363	GŁOWACKA Natalia	124		K-Dzieci	30		00:47:03.75	+00:16:38 (35.4%)	9:24	6.4 (64.6%)
364	KITKA Cezary	216		M-Dzieci	11		00:47:04.49	+00:16:39 (35.4%)	9:25	6.4 (64.6%)
365	ZDANOWSKA Agnieszka	761	POWIAT HAJNÓWKA	K18-29	12		00:47:07.60	+00:16:42 (35.4%)	9:25	6.4 (64.6%)
366	GLENCNER Mariola	122		K40-44	21		00:47:11.09	+00:16:45 (35.5%)	9:26	6.4 (64.6%)
367	SZWARC Konrad	472		M-Junior	18		00:47:15.01	+00:16:49 (35.6%)	9:27	6.3 (63.6%)
368	ŚLUSARCZYK Danuta	481	WESOŁY BORSUK TEAM	K65-69	14		00:47:15.71	+00:16:50 (35.6%)	9:27	6.3 (63.6%)
369	ACKIEWICZ Gabriela	791	POWIAT HAJNÓWKA	K-Dzieci	31		00:47:29.19	+00:17:03 (35.9%)	9:30	6.3 (63.6%)
370	KIERDELEWICZ Aleksandra	210		K-Dzieci	32		00:47:30.53	+00:17:05 (36.0%)	9:30	6.3 (63.6%)
371	KĘDZIERSKA Mirosława	202	ZBUCKI RUCH	K70+	8		00:47:34.44	+00:17:09 (36.1%)	9:31	6.3 (63.6%)
372	MORDAŃ Elżbieta	313	POWIAT HAJNÓWKA	K40-44	22		00:47:35.42	+00:17:10 (36.1%)	9:31	6.3 (63.6%)
373	PRZYBYŁA Gabriel	372		M-Junior	19		00:47:35.51	+00:17:10 (36.1%)	9:31	6.3 (63.6%)
374	MROWIEC Maria	317	UNIA MIAST	K70+	9		00:47:41.67	+00:17:16 (36.2%)	9:32	6.3 (63.6%)
375	LECYK Mieczysław	801	CHODZE Z SERCEM	M60-64	16		00:47:43.67	+00:17:18 (36.3%)	9:32	6.3 (63.6%)
376	BIELAWSKA Dorota	33	SANTANDER CONSUMER BANK	K55-59	13		00:47:45.29	+00:17:20 (36.3%)	9:33	6.3 (63.6%)
377	GRZEŚKIEWICZ Beata	147		K-Niepełnosprawni(B)	9		00:47:47.39	+00:17:22 (36.3%)	9:33	6.3 (63.6%)
378	NIKONOWICZ Anna	329		K-Niepełnosprawni(B)	10		00:47:47.87	+00:17:22 (36.4%)	9:33	6.3 (63.6%)
379	KOWALSKA Bronisława	242	UNIA MIAST	K50-54	17		00:47:49.46	+00:17:24 (36.4%)	9:34	6.3 (63.6%)
380	WIŚNIEWSKA Danuta	733	PASJA NORDIC WALKING	K55-59	14		00:47:51.22	+00:17:26 (36.4%)	9:34	6.3 (63.6%)
381	NESTERUK Teresa	321	UTW HAJNÓWKA	K65-69	15		00:48:01.14	+00:17:35 (36.6%)	9:36	6.2 (62.6%)
382	BUDNA Halina	56		K65-69	16		00:48:01.15	+00:17:35 (36.6%)	9:36	6.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
383	DANILOVICH Aliaksander	778	SOKÓŁ	M60-64	17		00:48:05.63	+00:17:40 (36.7%)	9:37	6.2 (62.6%)
384	KORCZ Aleksandra	231		K-Junior	29		00:48:05.85	+00:17:40 (36.8%)	9:37	6.2 (62.6%)
385	DROP Mieczysław	86		M70+	8		00:48:08.05	+00:17:42 (36.8%)	9:37	6.2 (62.6%)
386	IWANIUK Ewa	163		K-Junior	30		00:48:08.57	+00:17:43 (36.8%)	9:37	6.2 (62.6%)
387	KURYŁO Maria	264	POWIAT HAJNÓWKA	K55-59	15		00:48:11.64	+00:17:46 (36.9%)	9:38	6.2 (62.6%)
388	BOGDANOWICZ Joanna	39		K-Dzieci	33		00:48:14.83	+00:17:49 (36.9%)	9:39	6.2 (62.6%)
389	SIENKIEWICZ Natalia	424	POWIAT HAJNÓWKA	K-Junior	31		00:48:16.67	+00:17:51 (37.0%)	9:39	6.2 (62.6%)
390	GAWRYLUK Barbara	115		K40-44	23		00:48:17.95	+00:17:52 (37.0%)	9:39	6.2 (62.6%)
391	WRZOSEK Ewa	749		K40-44	24		00:48:18.19	+00:17:52 (37.0%)	9:39	6.2 (62.6%)
392	MOROŃ Michalina	315	UNIA MIAST	K45-49	23		00:48:18.84	+00:17:53 (37.0%)	9:39	6.2 (62.6%)
393	ROMANIUK Małgorzata	392		K-Dzieci	34		00:48:25.94	+00:18:00 (37.2%)	9:41	6.2 (62.6%)
394	JAKIMIUK Aleksandra	165		K-Dzieci	35		00:48:26.66	+00:18:01 (37.2%)	9:41	6.2 (62.6%)
395	IWANIUK Aleksandra	162		K-Dzieci	36		00:48:26.71	+00:18:01 (37.2%)	9:41	6.2 (62.6%)
396	BILKIEWICZ Julia	35	POWIAT HAJNÓWKA	K-Junior	32		00:48:29.59	+00:18:04 (37.3%)	9:42	6.2 (62.6%)
397	SKIBA Edyta	428	POWIAT HAJNÓWKA	K-Junior	33		00:48:29.67	+00:18:04 (37.3%)	9:42	6.2 (62.6%)
398	WAWRZYNIUK Elżbieta	722		K60-64	21		00:48:31.73	+00:18:06 (37.3%)	9:42	6.2 (62.6%)
399	BELTER Teresa	31	POWIAT HAJNÓWKA	K65-69	17		00:48:33.85	+00:18:08 (37.4%)	9:42	6.2 (62.6%)
400	PLEWA Aleksandra	361		K-Dzieci	37		00:48:34.14	+00:18:08 (37.4%)	9:42	6.2 (62.6%)
401	PIĄTKOWSKA Małgorzata	350	KS METRACO POLKOWICE	K70+	10		00:48:46.79	+00:18:21 (37.6%)	9:45	6.1 (61.6%)
402	URBANOWICZ Beata	706	SANTANDER CONSUMER BANK	K40-44	25		00:48:48.60	+00:18:23 (37.7%)	9:45	6.1 (61.6%)
403	SZYMAŃSKI Mirosław	477	SANTANDER CONSUMER BANK	M45-49	21		00:48:58.45	+00:18:33 (37.9%)	9:47	6.1 (61.6%)
404	KONDRACIUK Maciej	226		M-Dzieci	12		00:49:00.66	+00:18:35 (37.9%)	9:48	6.1 (61.6%)
405	STRYGANEK Walentyna	450	UTW HAJNÓWKA	K60-64	22		00:49:03.23	+00:18:38 (38.0%)	9:48	6.1 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
406	TARCZYŃSKI Bogdan	486	WĘDRUJĄCE KIJE ŁUKÓW	M70+	9		00:49:09.99	+00:18:44 (38.1%)	9:50	6.1 (61.6%)
407	WYCISŁO Romuald	752	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	12		00:49:10.77	+00:18:45 (38.1%)	9:50	6.1 (61.6%)
408	RYBKA Marian	401	NIEZRZESZONY	M70+	10		00:49:10.81	+00:18:45 (38.1%)	9:50	6.1 (61.6%)
409	ANDREJCZYK Halina	16	UTW HAJNÓWKA	K70+	11		00:49:13.73	+00:18:48 (38.2%)	9:50	6.1 (61.6%)
410	LESIUK Maria	276	AKTYWNI Z PASJĄ	K-Dzieci	38		00:49:27.74	+00:19:02 (38.5%)	9:53	6.1 (61.6%)
411	JÓŹWIAK Dominik	179	SERCE NORDICA WŁOCŁAWEK	M18-29	12		00:49:30.10	+00:19:04 (38.5%)	9:54	6.1 (61.6%)
412	JANUSIEWICZ Patrycja	169	POWIAT HAJNÓWKA	K18-29	13		00:49:40.16	+00:19:14 (38.8%)	9:56	6 (60.6%)
413	DUBOW Angelina	88	POWIAT HAJNÓWKA	K18-29	14		00:49:46.35	+00:19:21 (38.9%)	9:57	6 (60.6%)
414	TUPIEKA Urszula	702	SANTANDER CONSUMER BANK	K30-39	28		00:49:59.21	+00:19:33 (39.1%)	9:59	6 (60.6%)
415	TERECHOWICZ Maria	489	SANTANDER CONSUMER BANK	K30-39	29		00:50:01.00	+00:19:35 (39.2%)	10:00	6 (60.6%)
416	BISZCZUK Nina	37	UTW HAJNÓWKA	K60-64	23		00:50:16.44	+00:19:51 (39.5%)	10:03	6 (60.6%)
417	POSKROBKO Elwira	365	POWIAT HAJNÓWKA	K30-39	30		00:50:26.71	+00:20:01 (39.7%)	10:05	5.9 (59.6%)
418	ŻWAŃSKA Joanna	773	POWIAT HAJNÓWKA	K30-39	31		00:50:26.76	+00:20:01 (39.7%)	10:05	5.9 (59.6%)
419	KOTOWSKA Anna	239	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	11		00:50:32.27	+00:20:07 (39.8%)	10:06	5.9 (59.6%)
420	DŹWILEWSKA Kamila	100	POWIAT HAJNÓWKA	K-Junior	34		00:50:46.12	+00:20:20 (40.1%)	10:09	5.9 (59.6%)
421	SŁUCHOCKI Dawid	435		M- Niepełnosprawni(B)	13		00:50:47.56	+00:20:22 (40.1%)	10:09	5.9 (59.6%)
422	CHRZANOWSKA Katarzyna	797		K45-49	24		00:50:49.51	+00:20:24 (40.1%)	10:10	5.9 (59.6%)
423	RUSAKOW Wiktoria	398		K-Dzieci	39		00:50:53.55	+00:20:28 (40.2%)	10:10	5.9 (59.6%)
424	PERYT Elżbieta	349	WĘDRUJĄCE KIJE ŁUKÓW	K65-69	18		00:51:01.22	+00:20:36 (40.4%)	10:12	5.9 (59.6%)
425	WRZOSEK Weronika	750		K-Dzieci	40		00:51:09.15	+00:20:43 (40.5%)	10:13	5.9 (59.6%)
426	GAWRYLUK Magda	114		K-Dzieci	41		00:51:09.84	+00:20:44 (40.5%)	10:14	5.9 (59.6%)
427	DUTKOWSKA Wiktoria	93	POWIAT HAJNÓWKA	K-Junior	35		00:51:10.34	+00:20:45 (40.6%)	10:14	5.9 (59.6%)
428	SOŁOŚCIUK Helena	440	UTW HAJNÓWKA	K70+	12		00:51:15.80	+00:20:50 (40.7%)	10:15	5.9 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
429	KACPRZAK Nina	188	UTW HAJNÓWKA	K65-69	19		00:51:41.75	+00:21:16 (41.2%)	10:20	5.8 (58.6%)
430	ANDROSIUK Izabela	18	POWIAT HAJNÓWKA	K-Junior	36		00:51:44.91	+00:21:19 (41.2%)	10:21	5.8 (58.6%)
431	MSCICHOWSKA Anna	318		K- Niepełnosprawni(B)	12		00:51:48.17	+00:21:22 (41.3%)	10:21	5.8 (58.6%)
432	STAROŃSKA Wiktoria	444	POWIAT HAJNÓWKA	K-Dzieci	42		00:51:51.62	+00:21:26 (41.3%)	10:22	5.8 (58.6%)
433	ALEKSIEJUK Angelika	13	POWIAT HAJNÓWKA	K-Dzieci	43		00:51:54.38	+00:21:29 (41.4%)	10:23	5.8 (58.6%)
434	ALEKSIEJUK Aneta	11	POWIAT HAJNÓWKA	K30-39	32		00:51:56.93	+00:21:31 (41.4%)	10:23	5.8 (58.6%)
435	STELMACH Maria	445	UTW HAJNÓWKA	K65-69	20		00:51:56.94	+00:21:31 (41.4%)	10:23	5.8 (58.6%)
436	CZYŻEWSKA Halina	73	UTW HAJNÓWKA	K70+	13		00:51:58.11	+00:21:32 (41.5%)	10:23	5.8 (58.6%)
437	ANDREJUK Agnieszka	17		K40-44	26		00:51:59.10	+00:21:33 (41.5%)	10:23	5.8 (58.6%)
438	ZIELIŃSKA Adriana	765		K- Niepełnosprawni(B)	13		00:52:01.58	+00:21:36 (41.5%)	10:24	5.8 (58.6%)
439	SACHARUK Sandra	506		K-Dzieci	44		00:52:06.58	+00:21:41 (41.6%)	10:25	5.8 (58.6%)
440	SADOWSKA Weronika	410		K-Dzieci	45		00:52:17.51	+00:21:52 (41.8%)	10:27	5.7 (57.6%)
441	MASALSKA Aleksandra	302	POWIAT HAJNÓWKA	K-Junior	37		00:52:17.76	+00:21:52 (41.8%)	10:27	5.7 (57.6%)
442	GOLONKO Emilia	129	POWIAT HAJNÓWKA	K-Junior	38		00:52:17.94	+00:21:52 (41.8%)	10:27	5.7 (57.6%)
443	KOT Małgorzata	629		K-Dzieci	46		00:52:19.05	+00:21:53 (41.9%)	10:27	5.7 (57.6%)
444	KOSIERKIEWICZ Adam	235		M50-54	10		00:52:38.14	+00:22:12 (42.2%)	10:31	5.7 (57.6%)
445	TOMASZEWSKA Nikola	34		K-Dzieci	47		00:52:50.69	+00:22:25 (42.4%)	10:34	5.7 (57.6%)
446	BUJEK Aleksandra	57		K-Dzieci	48		00:52:52.73	+00:22:27 (42.5%)	10:34	5.7 (57.6%)
447	BOGDANOWICZ Filip	40		M-Dzieci	13		00:52:53.12	+00:22:27 (42.5%)	10:34	5.7 (57.6%)
448	KACZOCH Adam	190	SZKOŁA NR 2	M-Dzieci	14		00:52:54.49	+00:22:29 (42.5%)	10:35	5.7 (57.6%)
449	KACZOCH Jan	189	SZKOŁA NR 2	M-Dzieci	15		00:52:55.12	+00:22:29 (42.5%)	10:35	5.7 (57.6%)
450	GĄSOWSKA Angelika	118	POWIAT HAJNÓWKA	K18-29	15		00:52:56.32	+00:22:31 (42.5%)	10:35	5.7 (57.6%)
451	WIŚNIEWSKA Klaudia	734	POWIAT HAJNÓWKA	K18-29	16		00:52:56.54	+00:22:31 (42.5%)	10:35	5.7 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
452	HUDYKA Ewelina	156	POWIAT HAJNÓWKA	K18-29	17		00:52:58.35	+00:22:33 (42.6%)	10:35	5.7 (57.6%)
453	OMIELIANIUK Patrycja	339	POWIAT HAJNÓWKA	K18-29	18		00:52:58.80	+00:22:33 (42.6%)	10:35	5.7 (57.6%)
454	TARARUJ Paulina	484	POWIAT HAJNÓWKA	K18-29	19		00:52:59.58	+00:22:34 (42.6%)	10:35	5.7 (57.6%)
455	HANUS Teresa	152		K-Niepełnosprawni(B)	14		00:53:00.43	+00:22:35 (42.6%)	10:36	5.7 (57.6%)
456	SIEGIEŃ Zuzanna	627		K-Dzieci	49		00:53:10.98	+00:22:45 (42.8%)	10:38	5.6 (56.6%)
457	HORNOSTAJ Irena	154	POWIAT HAJNÓWKA	K55-59	16		00:53:32.67	+00:23:07 (43.2%)	10:42	5.6 (56.6%)
458	DUBKOWICZ Anna	87	POWIAT HAJNÓWKA	K55-59	17		00:53:33.57	+00:23:08 (43.2%)	10:42	5.6 (56.6%)
459	WASIAK Aleksander	716	POWIAT HAJNÓWKA	M-Dzieci	16		00:53:34.08	+00:23:08 (43.2%)	10:43	5.6 (56.6%)
460	WASIAK Krystyna	717	POWIAT HAJNÓWKA	K40-44	27		00:53:34.83	+00:23:09 (43.2%)	10:43	5.6 (56.6%)
461	RADECKA Krystyna	384	PASJA NORDIC WALKING	K70+	14		00:53:40.99	+00:23:15 (43.3%)	10:44	5.6 (56.6%)
462	LEWCZUK-LUTYCZ Irena	280	UTW HAJNÓWKA	K65-69	21		00:53:48.15	+00:23:22 (43.5%)	10:45	5.6 (56.6%)
463	SAWCZUK Natalia	420	POWIAT HAJNÓWKA	K-Junior	39		00:53:48.49	+00:23:23 (43.5%)	10:45	5.6 (56.6%)
464	SAWCZUK Agnieszka	421	POWIAT HAJNÓWKA	K-Junior	40		00:53:49.25	+00:23:24 (43.5%)	10:45	5.6 (56.6%)
465	OSTASZEWSKA Natalia	341	POWIAT HAJNÓWKA	K-Junior	41		00:53:49.44	+00:23:24 (43.5%)	10:45	5.6 (56.6%)
466	BOROWIK Anna	46		K30-39	33		00:53:58.15	+00:23:32 (43.6%)	10:47	5.6 (56.6%)
467	TICHONIUK Aleksandra	491	POWIAT HAJNÓWKA	K-Junior	42		00:54:08.20	+00:23:42 (43.8%)	10:49	5.5 (55.6%)
468	SKIEPKO Edyta	429		K-Junior	43		00:54:08.27	+00:23:43 (43.8%)	10:49	5.5 (55.6%)
469	JERZYK Irena	175	POWIAT HAJNÓWKA	K60-64	24		00:54:17.14	+00:23:51 (44.0%)	10:51	5.5 (55.6%)
470	KORCZ Magdalena	642		K-Dzieci	50		00:54:37.24	+00:24:12 (44.3%)	10:55	5.5 (55.6%)
471	RZEPKO Oliwia	405		K-Dzieci	51		00:54:39.55	+00:24:14 (44.3%)	10:55	5.5 (55.6%)
472	BOBKIEWICZ Aleksandra	38	UTW HAJNÓWKA	K70+	15		00:54:46.99	+00:24:21 (44.5%)	10:57	5.5 (55.6%)
473	NAZARUK Lidia	320	UTW HAJNÓWKA	K70+	16		00:54:47.47	+00:24:22 (44.5%)	10:57	5.5 (55.6%)
474	RABECKA Maria	381		K70+	17		00:55:03.97	+00:24:38 (44.8%)	11:00	5.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
475	TARCZYŃSKA Helena	485	WĘDRUJĄCE KIJE ŁUKÓW	K65-69	22		00:55:17.59	+00:24:52 (45.0%)	11:03	5.4 (54.5%)
476	ALEKSIEJUK Witold	9	POWIAT HAJNÓWKA	M- Niepełnosprawni(B)	14		00:55:41.18	+00:25:15 (45.4%)	11:08	5.4 (54.5%)
477	MOŻAJEW Maria	316	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	15		00:55:41.47	+00:25:16 (45.4%)	11:08	5.4 (54.5%)
478	PATEJUK Julia	348	POWIAT HAJNÓWKA	K-Junior	44		00:55:44.27	+00:25:19 (45.4%)	11:08	5.4 (54.5%)
479	KENDYŚ Martyna	200	POWIAT HAJNÓWKA	K-Junior	45		00:55:45.50	+00:25:20 (45.4%)	11:09	5.4 (54.5%)
480	JURCZUK Dorota	184		K-Dzieci	52		00:55:45.71	+00:25:20 (45.4%)	11:09	5.4 (54.5%)
481	ALEKSIEJUK Katarzyna	14	POWIAT HAJNÓWKA	K-Junior	46		00:55:47.17	+00:25:21 (45.5%)	11:09	5.4 (54.5%)
482	WRZOSEK Julia	751		K-Junior	47		00:55:47.88	+00:25:22 (45.5%)	11:09	5.4 (54.5%)
483	BOROWIK Gabriela	47	POWIAT HAJNÓWKA	K-Junior	48		00:55:48.25	+00:25:23 (45.5%)	11:09	5.4 (54.5%)
484	HRYNKIEWICZ Alina	155		K60-64	25		00:55:58.19	+00:25:32 (45.6%)	11:11	5.4 (54.5%)
485	JERZYK Halina	174		K60-64	26		00:55:58.38	+00:25:33 (45.7%)	11:11	5.4 (54.5%)
486	SOŁOWIANIUK Urszula	441	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	16		00:56:11.74	+00:25:46 (45.9%)	11:14	5.3 (53.5%)
487	KOWALCZUK Irena	240	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	17		00:56:12.86	+00:25:47 (45.9%)	11:14	5.3 (53.5%)
488	STUDZIŃSKI Jarosław	451	POWIAT HAJNÓWKA	M- Niepełnosprawni(B)	15		00:56:51.44	+00:26:26 (46.5%)	11:22	5.3 (53.5%)
489	ZAJKOWSKA Nina	757	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	18		00:56:51.98	+00:26:26 (46.5%)	11:22	5.3 (53.5%)
490	BOŁTROMIUK Zenaida	41	POWIAT HAJNÓWKA	K55-59	18		00:56:57.91	+00:26:32 (46.6%)	11:23	5.3 (53.5%)
491	KABASA Leszek	187	POWIAT HAJNÓWKA	M45-49	22		00:57:22.46	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
492	BÓJKO-PIETROCZUK Bogusława	53	POWIAT HAJNÓWKA	K45-49	25		00:57:22.54	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
493	LECHOCIŃSKI Tomasz	565		M40-44	14		00:57:22.78	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
494	SZPILKO Mirosława	466	POWIAT HAJNÓWKA	K40-44	28		00:57:23.05	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
495	GRYGORUK Irena	145	POWIAT HAJNÓWKA	K45-49	26		00:57:23.85	+00:26:58 (47.0%)	11:28	5.2 (52.5%)
496	SAMOJLIK Tymoteusz	417		M-Dzieci	17		00:57:32.99	+00:27:07 (47.1%)	11:30	5.2 (52.5%)
497	SAMOJLIK Tomasz	418		M40-44	15		00:57:46.96	+00:27:21 (47.4%)	11:33	5.2 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
498	KRYSZTOFIAK Maja	252		K-Dzieci	53		00:57:51.26	+00:27:26 (47.4%)	11:34	5.2 (52.5%)
499	GARUSTOWICZ Emilia	112		K30-39	34		00:58:45.41	+00:28:20 (48.2%)	11:45	5.1 (51.5%)
500	RACZYŃSKA Anna	383	WĘDRUJĄCE KIJE ŁUKÓW	K65-69	23		01:00:37.01	+00:30:11 (49.8%)	12:07	4.9 (49.5%)
501	KIŚLAK Krystyna	214	POWIAT HAJNOWSKI	K50-54	18		01:01:17.88	+00:30:52 (50.4%)	12:15	4.9 (49.5%)
502	KRUSZEWSKA Elżbieta	251	KLUB NW PATYCZAKI - GRUDZIĄDZ	K70+	18		01:01:50.38	+00:31:25 (50.8%)	12:22	4.9 (49.5%)
503	KOSIERKIEWICZ Małgorzata	234		K50-54	19		01:02:14.77	+00:31:49 (51.1%)	12:27	4.8 (48.5%)
504	GIERASIMIUK Weronika	119	SZKOŁA NR 3	K-Dzieci	54		01:02:35.44	+00:32:10 (51.4%)	12:31	4.8 (48.5%)
505	KAŁAMAJSKA Barbara	192	KLUB NW PATYCZAKI - GRUDZIĄDZ	K60-64	27		01:02:47.22	+00:32:22 (51.5%)	12:33	4.8 (48.5%)
506	DZIADZEVICH Natallia	96		K30-39	35		01:03:21.33	+00:32:56 (52.0%)	12:40	4.7 (47.5%)
507	BUCZKOWSKA Hanna	55	KLUB NW PATYCZAKI - GRUDZIĄDZ	K50-54	20		01:03:49.60	+00:33:24 (52.3%)	12:46	4.7 (47.5%)
508	SADOWSKA Julia	412		K-Dzieci	55		01:05:58.54	+00:35:33 (53.9%)	13:11	4.5 (45.5%)
509	SADOWSKA Barbara	411	POWIAT HAJNÓWKA	K30-39	36		01:05:58.67	+00:35:33 (53.9%)	13:11	4.5 (45.5%)
510	NIŻNIK-KNIGA Krystyna	330		K65-69	24		01:06:38.52	+00:36:13 (54.4%)	13:19	4.5 (45.5%)
511	CHMIELEWSKA Ela	65		K65-69	25		01:06:38.65	+00:36:13 (54.4%)	13:19	4.5 (45.5%)
512	WOJDA Teodora	740		K-Niepełnosprawni(B)	19		01:09:55.90	+00:39:30 (56.5%)	13:59	4.3 (43.4%)
513	GIŻYŃSKA Hanna	121		K-Niepełnosprawni(B)	20		01:09:57.51	+00:39:32 (56.5%)	13:59	4.3 (43.4%)
514	KOBUS Monika	218		K30-39	37		01:09:58.12	+00:39:32 (56.5%)	13:59	4.3 (43.4%)
515	PUC Agnieszka	377	RAKKAR	K40-44	29		01:10:02.43	+00:39:37 (56.6%)	14:00	4.3 (43.4%)
516	KARDASZ Natalia	197	POWIAT HAJNÓWKA	K18-29	20		01:12:15.72	+00:41:50 (57.9%)	14:27	4.2 (42.4%)
517	KOZIOŁ Walentyna	243		K-Niepełnosprawni(B)	21		01:13:18.08	+00:42:52 (58.5%)	14:39	4.1 (41.4%)
518	JASIONOWSKA Maria	172		K-Niepełnosprawni(A)	4		01:13:19.38	+00:42:54 (58.5%)	14:40	4.1 (41.4%)
519	WIŚNIEWSKA Magdalena	732		K40-44	30		01:13:35.58	+00:43:10 (58.7%)	14:43	4.1 (41.4%)
520	SZUPILUK Anna	470		K18-29	21		01:13:36.42	+00:43:11 (58.7%)	14:43	4.1 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
521	GIŻYŃSKA Barbara	120		K- Niepełnosprawni(B)	22		01:13:37.16	+00:43:11 (58.7%)	14:43	4.1 (41.4%)
522	GODLEWSKA Jadwiga	125		K- Niepełnosprawni(B)	23		01:13:37.72	+00:43:12 (58.7%)	14:43	4.1 (41.4%)
523	ŻEMBROWSKA Martyna	770	POWIAT HAJNÓWKA	K-Junior	49					(0.0%)
524	ZINKIEWICZ Aleksandra	768		K-Junior	50					(0.0%)
525	TOPOLSKI Dominik	496	POWIAT HAJNÓWKA	M-Junior	20					(0.0%)
DQ	PIĄTKOWSKI Józef	351	KS METRACO POLKOWICE	M70+		1	00:36:57.83 DQ		-	- (0.0%)

Znaleziono 526 wynik(ów)