

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

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>ŻUKOWICZ Anna</b>	<b>772</b>	KLUBSPORTU.PL	K-Dzieci	2		<b>00:37:36.49</b>	+00:07:11 (19.1%)	7:31	8 (80.8%)
108	<b>SZOSTAK Wiola</b>	<b>464</b>	STEP BY STEP NW TEAM	K30-39	9		<b>00:37:40.14</b>	+00:07:14 (19.2%)	7:32	8 (80.8%)
109	<b>WOŁK Beata</b>	<b>743</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	6		<b>00:37:48.38</b>	+00:07:23 (19.5%)	7:33	7.9 (79.8%)
110	<b>DANA Kazimiera</b>	<b>74</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	2		<b>00:37:51.39</b>	+00:07:26 (19.6%)	7:34	7.9 (79.8%)
111	<b>MACZKOWSKA Zofia</b>	<b>290</b>	LKS ZANTYR SZTUM	K-Junior	6		<b>00:37:58.19</b>	+00:07:32 (19.9%)	7:35	7.9 (79.8%)
112	<b>CZMOCH Marian</b>	<b>71</b>		M65-69	4		<b>00:37:59.60</b>	+00:07:34 (19.9%)	7:35	7.9 (79.8%)
113	<b>DZIEDZIK Patrycja</b>	<b>98</b>		K18-29	2		<b>00:38:04.26</b>	+00:07:39 (20.1%)	7:36	7.9 (79.8%)
114	<b>SZENDZIELORZ Ilona</b>	<b>458</b>	STADION ŚLĄSKI	K60-64	2		<b>00:38:04.61</b>	+00:07:39 (20.1%)	7:36	7.9 (79.8%)
115	<b>MOLENDĄ Magdalena</b>	<b>312</b>	KS IDMAR RACING TEAM	K30-39	10		<b>00:38:06.65</b>	+00:07:41 (20.2%)	7:37	7.9 (79.8%)
116	<b>CHLEWICKI Krystian</b>	<b>64</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	M65-69	5		<b>00:38:12.71</b>	+00:07:47 (20.4%)	7:38	7.8 (78.8%)
117	<b>WOJTALA Małgorzata</b>	<b>741</b>	KLUBSPORTU.PL	K45-49	8		<b>00:38:18.76</b>	+00:07:53 (20.6%)	7:39	7.8 (78.8%)
118	<b>SADOWSKI Tomasz</b>	<b>414</b>		M-Niepełnosprawni(B)	6		<b>00:38:19.43</b>	+00:07:54 (20.6%)	7:40	7.8 (78.8%)
119	<b>SACHARUK Jerzy</b>	<b>619</b>		M45-49	10		<b>00:38:24.47</b>	+00:07:59 (20.8%)	7:41	7.8 (78.8%)
120	<b>ZHALKOUSKAYA Yuliya</b>	<b>762</b>		K30-39	11		<b>00:38:25.70</b>	+00:08:00 (20.8%)	7:41	7.8 (78.8%)
121	<b>BORKOWSKA Małgorzata</b>	<b>44</b>	NOWI SIEDLCE/NW WSCHÓD	K45-49	9		<b>00:38:29.36</b>	+00:08:04 (21.0%)	7:41	7.8 (78.8%)
122	<b>JÓŹWIĄK Łukasz</b>	<b>178</b>	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)	3		<b>00:38:32.37</b>	+00:08:07 (21.1%)	7:42	7.8 (78.8%)
123	<b>KOŹŁOWSKA Maja</b>	<b>245</b>		K-Dzieci	3		<b>00:38:32.98</b>	+00:08:07 (21.1%)	7:42	7.8 (78.8%)
124	<b>KIENDYŚ Sebastian</b>	<b>207</b>	POWIAT HAJNÓWKA	M18-29	4		<b>00:38:33.73</b>	+00:08:08 (21.1%)	7:42	7.8 (78.8%)
125	<b>GODZIŃSKA Paulina</b>	<b>126</b>	BAŻANT NWTEAM	K-Dzieci	4		<b>00:38:36.35</b>	+00:08:11 (21.2%)	7:43	7.8 (78.8%)
126	<b>KOSTUJ Marcin</b>	<b>236</b>	AZS SUM	M18-29	5		<b>00:38:41.32</b>	+00:08:16 (21.4%)	7:44	7.8 (78.8%)
127	<b>IWANIUK Julia</b>	<b>160</b>		K-Junior	7		<b>00:38:43.10</b>	+00:08:17 (21.4%)	7:44	7.7 (77.8%)
128	<b>JURCZYŃSKA Bożena</b>	<b>186</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	5		<b>00:38:44.76</b>	+00:08:19 (21.5%)	7:45	7.7 (77.8%)
129	<b>DANILUK Mirosław</b>	<b>76</b>		M-Niepełnosprawni(B)	7		<b>00:38:44.85</b>	+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	CHODŻĘ 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	<b>WYCISŁO Agata</b>	<b>753</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-Niepełnosprawni(B)	3		<b>00:39:56.63</b>	+00:09:31 (23.8%)	7:59	7.5 (75.8%)
154	<b>FALKOWSKI Maciej</b>	<b>101</b>	POWIAT HAJNÓWKA	M18-29	6		<b>00:39:58.95</b>	+00:09:33 (23.9%)	7:59	7.5 (75.8%)
155	<b>SIARHEI Aren</b>	<b>779</b>	SOKÓŁ	M60-64	13		<b>00:39:59.34</b>	+00:09:34 (23.9%)	7:59	7.5 (75.8%)
156	<b>SZYMAŃSKA Lucyna</b>	<b>476</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	2		<b>00:40:01.78</b>	+00:09:36 (24.0%)	8:00	7.5 (75.8%)
157	<b>TOMCZAK Klaudia</b>	<b>493</b>	MONTE BIANCO	K30-39	12		<b>00:40:01.82</b>	+00:09:36 (24.0%)	8:00	7.5 (75.8%)
158	<b>PIELACH Tomasz</b>	<b>352</b>	SANTANDER CONSUMER BANK	M45-49	14		<b>00:40:02.16</b>	+00:09:36 (24.0%)	8:00	7.5 (75.8%)
159	<b>KULIK Sławomir</b>	<b>261</b>	RADA MIASTA HAJNÓWKA	M55-59	9		<b>00:40:03.41</b>	+00:09:38 (24.1%)	8:00	7.5 (75.8%)
160	<b>BAL Agnieszka</b>	<b>25</b>	KABEX PODKOWA JANÓW	K30-39	13		<b>00:40:04.13</b>	+00:09:38 (24.1%)	8:00	7.5 (75.8%)
161	<b>SACHARUK Anna</b>	<b>408</b>	POWIAT HAJNÓWKA	K-Junior	8		<b>00:40:06.74</b>	+00:09:41 (24.2%)	8:01	7.5 (75.8%)
162	<b>PIPIRO Grażyna</b>	<b>792</b>	UNIA MIAST	K60-64	3		<b>00:40:07.24</b>	+00:09:42 (24.2%)	8:01	7.5 (75.8%)
163	<b>KUBIT Wiesław</b>	<b>255</b>		M50-54	7		<b>00:40:07.43</b>	+00:09:42 (24.2%)	8:01	7.5 (75.8%)
164	<b>WALESZKO Andrzej</b>	<b>711</b>		M45-49	15		<b>00:40:09.01</b>	+00:09:43 (24.2%)	8:01	7.5 (75.8%)
165	<b>ZIELIŃSKA Violetta</b>	<b>763</b>		K45-49	10		<b>00:40:13.34</b>	+00:09:48 (24.4%)	8:02	7.5 (75.8%)
166	<b>NIEPOGODA Gabriela</b>	<b>326</b>	POWIAT HAJNÓWKA	K-Junior	9		<b>00:40:16.15</b>	+00:09:50 (24.5%)	8:03	7.5 (75.8%)
167	<b>DANILUK Natalia</b>	<b>75</b>	POWIAT HAJNÓWKA	K-Junior	10		<b>00:40:16.20</b>	+00:09:50 (24.5%)	8:03	7.5 (75.8%)
168	<b>SZNAJDER Teresa</b>	<b>461</b>	UNIA MIAST	K60-64	4		<b>00:40:17.44</b>	+00:09:52 (24.5%)	8:03	7.4 (74.7%)
169	<b>KARCZMARSKI Krzysztof</b>	<b>196</b>	IPA RADOM	M60-64	14		<b>00:40:18.22</b>	+00:09:52 (24.5%)	8:03	7.4 (74.7%)
170	<b>WALESZKO Anna</b>	<b>713</b>		K45-49	11		<b>00:40:19.65</b>	+00:09:54 (24.6%)	8:03	7.4 (74.7%)
171	<b>GWOŹDZIK Artur</b>	<b>149</b>		M-Junior	7		<b>00:40:20.58</b>	+00:09:55 (24.6%)	8:04	7.4 (74.7%)
172	<b>PYKA Aleksandra</b>	<b>380</b>	UNIA MIAST	K-Dzieci	6		<b>00:40:20.69</b>	+00:09:55 (24.6%)	8:04	7.4 (74.7%)
173	<b>SAMOJLIK Jagna</b>	<b>416</b>		K-Dzieci	7		<b>00:40:20.95</b>	+00:09:55 (24.6%)	8:04	7.4 (74.7%)
174	<b>WYSOCKA Sandra</b>	<b>755</b>		K18-29	5		<b>00:40:26.01</b>	+00:10:00 (24.8%)	8:05	7.4 (74.7%)
175	<b>MICHAŁOWSKI Piotr</b>	<b>309</b>	AVOCADO WELLNESS CLUB	M45-49	16		<b>00:40:26.57</b>	+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	<b>ŚLUSARCZYK Karolina</b>	<b>480</b>	WESOŁY BORSUK TEAM	K-Junior	11		<b>00:40:27.23</b>	+00:10:02 (24.8%)	8:05	7.4 (74.7%)
177	<b>NIECHWIEJCZYK Kinga</b>	<b>324</b>	UNIA MIAST	K-Junior	12		<b>00:40:29.62</b>	+00:10:04 (24.9%)	8:05	7.4 (74.7%)
178	<b>RACZYŃSKA Aleksandra</b>	<b>382</b>	UNIA MIAST	K70+	1		<b>00:40:31.10</b>	+00:10:05 (24.9%)	8:06	7.4 (74.7%)
179	<b>KĘDZIERSKA Barbara</b>	<b>203</b>		K40-44	8		<b>00:40:33.05</b>	+00:10:07 (25.0%)	8:06	7.4 (74.7%)
180	<b>DAROSZEWSKA Krystyna</b>	<b>77</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	5		<b>00:40:33.75</b>	+00:10:08 (25.0%)	8:06	7.4 (74.7%)
181	<b>KOZŁOWSKI Wojciech</b>	<b>246</b>		M40-44	11		<b>00:40:34.71</b>	+00:10:09 (25.0%)	8:07	7.4 (74.7%)
182	<b>POLKOWSKA Katarzyna</b>	<b>363</b>	NOWI SIEDLCE/NW WSCHÓD	K50-54	8		<b>00:40:35.78</b>	+00:10:10 (25.1%)	8:07	7.4 (74.7%)
183	<b>KOŁODZIŃSKI Tomasz</b>	<b>223</b>		M-Dzieci	3		<b>00:40:37.23</b>	+00:10:12 (25.1%)	8:07	7.4 (74.7%)
184	<b>RYCHLIK Fabian</b>	<b>402</b>	NOWI SIEDLCE/NW WSCHÓD	M-Dzieci	4		<b>00:40:38.80</b>	+00:10:13 (25.2%)	8:07	7.4 (74.7%)
185	<b>ALEKSIEJUK Wiktor</b>	<b>10</b>		M55-59	10		<b>00:40:43.57</b>	+00:10:18 (25.3%)	8:08	7.4 (74.7%)
186	<b>KREFT Jolanta</b>	<b>249</b>	UNIA MIAST	K50-54	9		<b>00:40:45.72</b>	+00:10:20 (25.4%)	8:09	7.4 (74.7%)
187	<b>SZŁĄZAK Dariusz</b>	<b>460</b>	UNIA MIAST	M50-54	8		<b>00:40:45.97</b>	+00:10:20 (25.4%)	8:09	7.4 (74.7%)
188	<b>WALORYSZAK Barbara</b>	<b>714</b>	MORSY RADZYMIN	K60-64	6		<b>00:40:48.65</b>	+00:10:23 (25.5%)	8:09	7.4 (74.7%)
189	<b>KONDRACIUK Magdalena</b>	<b>224</b>		K30-39	14		<b>00:40:50.37</b>	+00:10:25 (25.5%)	8:10	7.3 (73.7%)
190	<b>BUJEK Adam</b>	<b>58</b>		M40-44	12		<b>00:40:51.31</b>	+00:10:26 (25.5%)	8:10	7.3 (73.7%)
191	<b>WIKTORZAK Elżbieta</b>	<b>727</b>	UNIA MIAST	K55-59	6		<b>00:40:51.62</b>	+00:10:26 (25.6%)	8:10	7.3 (73.7%)
192	<b>WASZKIEWICZ Julia</b>	<b>719</b>		K-Dzieci	8		<b>00:40:56.31</b>	+00:10:31 (25.7%)	8:11	7.3 (73.7%)
193	<b>ZIELIŃSKA Barbara</b>	<b>764</b>		K60-64	7		<b>00:40:57.76</b>	+00:10:32 (25.7%)	8:11	7.3 (73.7%)
194	<b>KOL Bartłomiej</b>	<b>699</b>		M-Junior	8		<b>00:40:58.61</b>	+00:10:33 (25.8%)	8:11	7.3 (73.7%)
195	<b>WAWRESZUK Sebastian</b>	<b>721</b>	POWIAT HAJNÓWKA	M-Junior	9		<b>00:40:59.32</b>	+00:10:34 (25.8%)	8:12	7.3 (73.7%)
196	<b>KSIĄŻEK Danuta</b>	<b>253</b>	CHODŻĘ Z SERCEM	K60-64	8		<b>00:41:03.33</b>	+00:10:38 (25.9%)	8:12	7.3 (73.7%)
197	<b>KOZŁOWSKI Kacper</b>	<b>247</b>		M-Junior	10		<b>00:41:06.64</b>	+00:10:41 (26.0%)	8:13	7.3 (73.7%)
198	<b>STOLARSKA Magdalena</b>	<b>447</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	12		<b>00:41:06.96</b>	+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	<b>CHARKIEWICZ Urszula</b>	<b>62</b>		K18-29	6		<b>00:41:08.34</b>	+00:10:43 (26.1%)	8:13	7.3 (73.7%)
200	<b>KWIATKOWSKA Jadwiga</b>	<b>271</b>	KS METRACO POLKOWICE	K70+	2		<b>00:41:11.38</b>	+00:10:46 (26.1%)	8:14	7.3 (73.7%)
201	<b>GRYGORUK Daniel</b>	<b>774</b>		M30-39	6		<b>00:41:11.83</b>	+00:10:46 (26.2%)	8:14	7.3 (73.7%)
202	<b>KULIK Adam</b>	<b>260</b>	NIEZRZESZONY	M55-59	11		<b>00:41:11.95</b>	+00:10:46 (26.2%)	8:14	7.3 (73.7%)
203	<b>BOŻKO Urszula</b>	<b>50</b>		K- Niepełnosprawni(B)	4		<b>00:41:12.95</b>	+00:10:47 (26.2%)	8:14	7.3 (73.7%)
204	<b>KOZŁOWSKA Elżbieta</b>	<b>244</b>		K40-44	9		<b>00:41:24.84</b>	+00:10:59 (26.5%)	8:17	7.2 (72.7%)
205	<b>CYBUL Ewa</b>	<b>68</b>	CHODZĘ Z SERCEM	K55-59	7		<b>00:41:27.71</b>	+00:11:02 (26.6%)	8:17	7.2 (72.7%)
206	<b>SIŁUSZYK Elżbieta</b>	<b>426</b>	CHODZĘ Z SERCEM	K30-39	15		<b>00:41:28.53</b>	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
207	<b>MICHALAK Elżbieta</b>	<b>305</b>	NW CHODZĘ Z SERCEM - NW WSCHÓD	K55-59	8		<b>00:41:28.82</b>	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
208	<b>DUDZICZ Barbara</b>	<b>90</b>		K30-39	16		<b>00:41:29.05</b>	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
209	<b>PONIATOWSKI Hieronim</b>	<b>364</b>		M60-64	15		<b>00:41:30.77</b>	+00:11:05 (26.7%)	8:18	7.2 (72.7%)
210	<b>NOWICKI Bogdan</b>	<b>333</b>	POWIAT HAJNÓWKA	M50-54	9		<b>00:41:34.44</b>	+00:11:09 (26.8%)	8:18	7.2 (72.7%)
211	<b>ŁUKASIEWICZ Łukasz</b>	<b>287</b>	POWIAT HAJNÓWKA	M30-39	7		<b>00:41:36.54</b>	+00:11:11 (26.9%)	8:19	7.2 (72.7%)
212	<b>HAJDUK Natalia</b>	<b>150</b>	HAJDUKI	K-Dzieci	9		<b>00:41:37.13</b>	+00:11:11 (26.9%)	8:19	7.2 (72.7%)
213	<b>BARGIEŁ Joanna</b>	<b>26</b>	AZS SUM	K18-29	7		<b>00:41:37.98</b>	+00:11:12 (26.9%)	8:19	7.2 (72.7%)
214	<b>LESIUK Mirosława</b>	<b>275</b>	AKTYWNI Z PASJĄ	K60-64	9		<b>00:41:38.91</b>	+00:11:13 (27.0%)	8:19	7.2 (72.7%)
215	<b>ŚWIĆ Agnieszka</b>	<b>482</b>	POWIAT HAJNÓWKA	K-Junior	13		<b>00:41:39.19</b>	+00:11:13 (27.0%)	8:20	7.2 (72.7%)
216	<b>GROMOTOWICZ Maciej</b>	<b>138</b>		M-Junior	11		<b>00:41:42.21</b>	+00:11:16 (27.1%)	8:20	7.2 (72.7%)
217	<b>GŁADZIKOWSKI Grzegorz</b>	<b>123</b>	WĘDRUJĄCE KIJE ŁUKÓW	M65-69	8		<b>00:41:43.47</b>	+00:11:18 (27.1%)	8:20	7.2 (72.7%)
218	<b>KUZICH Volha</b>	<b>267</b>		K18-29	8		<b>00:41:45.07</b>	+00:11:19 (27.1%)	8:21	7.2 (72.7%)
219	<b>RAJEWSKA Beata</b>	<b>386</b>		K40-44	10		<b>00:41:46.24</b>	+00:11:21 (27.2%)	8:21	7.2 (72.7%)
220	<b>GARDZIELEWSKA Elżbieta</b>	<b>111</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K60-64	10		<b>00:41:48.34</b>	+00:11:23 (27.2%)	8:21	7.2 (72.7%)
221	<b>LATO Agnieszka</b>	<b>273</b>	WĘDRUJĄCE KIJE ŁUKÓW	K45-49	13		<b>00:41:49.06</b>	+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	<b>BARTOSZEWICZ Julita</b>	<b>29</b>		K-Dzieci	10		<b>00:41:54.30</b>	+00:11:29 (27.4%)	8:23	7.2 (72.7%)
223	<b>KULCZYCKI Jan</b>	<b>258</b>		M65-69	9		<b>00:41:55.31</b>	+00:11:30 (27.4%)	8:23	7.2 (72.7%)
224	<b>NIESLONY Ryszard</b>	<b>327</b>	STADION ŚLĄSKI	M55-59	12		<b>00:41:57.57</b>	+00:11:32 (27.5%)	8:23	7.2 (72.7%)
225	<b>WYSOCKA Martyna</b>	<b>754</b>		K-Dzieci	11		<b>00:41:58.10</b>	+00:11:32 (27.5%)	8:23	7.1 (71.7%)
226	<b>KONDRACIUK Marta</b>	<b>225</b>		K-Dzieci	12		<b>00:41:58.32</b>	+00:11:33 (27.5%)	8:23	7.1 (71.7%)
227	<b>SZWARC Barbara</b>	<b>473</b>		K-Niepełnosprawni(B)	5		<b>00:42:00.10</b>	+00:11:34 (27.6%)	8:24	7.1 (71.7%)
228	<b>BURNECKI Bartosz</b>	<b>61</b>	POWIAT HAJNÓWKA	M-Dzieci	5		<b>00:42:03.37</b>	+00:11:38 (27.7%)	8:24	7.1 (71.7%)
229	<b>SZEMBERSKA Małgorzata</b>	<b>456</b>	KLUBSPORTU.PL	K40-44	11		<b>00:42:04.02</b>	+00:11:38 (27.7%)	8:24	7.1 (71.7%)
230	<b>WOROCH Jolanta</b>	<b>745</b>	DOPIEWO	K50-54	10		<b>00:42:06.62</b>	+00:11:41 (27.8%)	8:25	7.1 (71.7%)
231	<b>GRAF Jędrzej</b>	<b>134</b>		M-Dzieci	6		<b>00:42:08.98</b>	+00:11:43 (27.8%)	8:25	7.1 (71.7%)
232	<b>KIERDELEWICZ Martyna</b>	<b>211</b>	POWIAT HAJNÓWKA	K-Junior	14		<b>00:42:11.16</b>	+00:11:45 (27.9%)	8:26	7.1 (71.7%)
233	<b>SZOSTEK Anna</b>	<b>465</b>	NOWI SIEDLCE/NW WSCHÓD	K30-39	17		<b>00:42:13.21</b>	+00:11:47 (27.9%)	8:26	7.1 (71.7%)
234	<b>KORCZ Marzena</b>	<b>229</b>	NAREW	K30-39	18		<b>00:42:13.71</b>	+00:11:48 (28.0%)	8:26	7.1 (71.7%)
235	<b>ŚLEDŹ Ewa</b>	<b>479</b>	AKTYWNI Z PASJĄ	K-Niepełnosprawni(A)	3		<b>00:42:18.63</b>	+00:11:53 (28.1%)	8:27	7.1 (71.7%)
236	<b>RUSINOWICZ Anna</b>	<b>399</b>		K-Dzieci	13		<b>00:42:23.78</b>	+00:11:58 (28.2%)	8:28	7.1 (71.7%)
237	<b>PYKA Tomasz</b>	<b>379</b>	UNIA MIAST	M40-44	13		<b>00:42:28.89</b>	+00:12:03 (28.4%)	8:29	7.1 (71.7%)
238	<b>KORZENIOW Aldona</b>	<b>689</b>	CHODZĘ Z SERCEM	K50-54	11		<b>00:42:30.88</b>	+00:12:05 (28.4%)	8:30	7.1 (71.7%)
239	<b>RÓŻYCKA Beata</b>	<b>396</b>	CHODZĘ Z SERCEM	K45-49	14		<b>00:42:31.45</b>	+00:12:06 (28.5%)	8:30	7.1 (71.7%)
240	<b>PIPIRO Grzegorz</b>	<b>358</b>	UNIA MIAST	M-Niepełnosprawni(B)	9		<b>00:42:32.39</b>	+00:12:07 (28.5%)	8:30	7.1 (71.7%)
241	<b>KOWALCZYK Alicja</b>	<b>500</b>		K70+	3		<b>00:42:36.18</b>	+00:12:10 (28.6%)	8:31	7 (70.7%)
242	<b>MARCINIUK Katarzyna</b>	<b>296</b>	CHODZĘ Z SERCEM	K45-49	15		<b>00:42:38.53</b>	+00:12:13 (28.7%)	8:31	7 (70.7%)
243	<b>JURCZUK Aleksandra</b>	<b>182</b>	POWIAT HAJNÓWKA	K-Junior	15		<b>00:42:39.45</b>	+00:12:14 (28.7%)	8:32	7 (70.7%)
244	<b>NOWAK Danuta</b>	<b>331</b>	SANTANDER CONSUMER BANK	K45-49	16		<b>00:42:40.98</b>	+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	<b>OWCZAREK Henryka</b>	<b>342</b>	MARSZ PO ZDROWIE POZNAŃ	K70+	4		<b>00:42:41.33</b>	+00:12:16 (28.7%)	8:32	7 (70.7%)
246	<b>SZCZEŚNIAK Teresa</b>	<b>455</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	4		<b>00:42:41.51</b>	+00:12:16 (28.7%)	8:32	7 (70.7%)
247	<b>KITKA Wojciech</b>	<b>215</b>		M45-49	17		<b>00:42:41.90</b>	+00:12:16 (28.8%)	8:32	7 (70.7%)
248	<b>SZŁĄZAK Beata</b>	<b>459</b>	UNIA MIAST	K45-49	17		<b>00:42:42.28</b>	+00:12:17 (28.8%)	8:32	7 (70.7%)
249	<b>KIERDELEWICZ Gabriela</b>	<b>212</b>	POWIAT HAJNÓWKA	K-Dzieci	14		<b>00:42:42.70</b>	+00:12:17 (28.8%)	8:32	7 (70.7%)
250	<b>ROMANCZUK Barbara</b>	<b>390</b>	POWIAT HAJNÓWKA	K40-44	12		<b>00:42:47.05</b>	+00:12:21 (28.9%)	8:33	7 (70.7%)
251	<b>PACYNA Helena</b>	<b>344</b>	KS METRACO POLKOWICE	K65-69	5		<b>00:42:47.88</b>	+00:12:22 (28.9%)	8:33	7 (70.7%)
252	<b>WIERTEL Natalia</b>	<b>724</b>	POWIAT HAJNÓWKA	K18-29	9		<b>00:42:47.99</b>	+00:12:22 (28.9%)	8:33	7 (70.7%)
253	<b>CIEŚLIŃSKA Wiesława</b>	<b>67</b>	AKTYWNI Z PASJĄ	K55-59	9		<b>00:42:49.44</b>	+00:12:24 (29.0%)	8:34	7 (70.7%)
254	<b>DĘBSKA Marta</b>	<b>81</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-44	13		<b>00:42:49.66</b>	+00:12:24 (29.0%)	8:33	7 (70.7%)
255	<b>LUBOWICKA Nikola</b>	<b>282</b>	POWIAT HAJNÓWKA	K-Junior	16		<b>00:42:50.30</b>	+00:12:25 (29.0%)	8:34	7 (70.7%)
256	<b>MAZUR Barbara</b>	<b>802</b>	CHODZE Z SERCEM	K65-69	6		<b>00:42:51.12</b>	+00:12:25 (29.0%)	8:34	7 (70.7%)
257	<b>KIENDYŚ Gabriela</b>	<b>206</b>	POWIAT HAJNÓWKA	K-Junior	17		<b>00:42:51.53</b>	+00:12:26 (29.0%)	8:34	7 (70.7%)
258	<b>OWCZARCZUK Edward</b>	<b>723</b>	WIKTORIA BIAŁYSTOK	M- Niepełnosprawni(B)	10		<b>00:42:52.43</b>	+00:12:27 (29.0%)	8:34	7 (70.7%)
259	<b>JURCZUK Eugenia</b>	<b>181</b>	POWIAT HAJNÓWKA	K60-64	11		<b>00:42:54.14</b>	+00:12:28 (29.1%)	8:34	7 (70.7%)
260	<b>PROKOPIUK Aleksander</b>	<b>369</b>		M70+	5		<b>00:42:55.79</b>	+00:12:30 (29.1%)	8:35	7 (70.7%)
261	<b>WITEK Lech</b>	<b>737</b>		M70+	6		<b>00:42:58.73</b>	+00:12:33 (29.2%)	8:35	7 (70.7%)
262	<b>KICZKAJŁO Dawid</b>	<b>205</b>	POWIAT HAJNÓWKA	M18-29	7		<b>00:43:02.02</b>	+00:12:36 (29.3%)	8:36	7 (70.7%)
263	<b>KLUIJ Jadwiga</b>	<b>217</b>		K60-64	12		<b>00:43:06.88</b>	+00:12:41 (29.4%)	8:37	7 (70.7%)
264	<b>BARTUSIK-URBAN Jadwiga</b>	<b>30</b>	SANTANDER CONSUMER BANK	K45-49	18		<b>00:43:08.01</b>	+00:12:42 (29.5%)	8:37	7 (70.7%)
265	<b>RZEPKO Anna</b>	<b>404</b>		K30-39	19		<b>00:43:11.20</b>	+00:12:45 (29.6%)	8:38	6.9 (69.7%)
266	<b>KARANOS Celina</b>	<b>195</b>		K50-54	12		<b>00:43:15.92</b>	+00:12:50 (29.7%)	8:39	6.9 (69.7%)
267	<b>PASZKOWSKI Piotr</b>	<b>347</b>	SANTANDER CONSUMER BANK	M18-29	8		<b>00:43:20.98</b>	+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	<b>WÓJCIKIEWICZ Tobiasz</b>	<b>747</b>	SANTANDER CONSUMER BANK	M18-29	9		<b>00:43:21.10</b>	+00:12:55 (29.8%)	8:40	6.9 (69.7%)
269	<b>SADLOS Helena</b>	<b>409</b>	LKS ZANTYR SZTUM	K65-69	7		<b>00:43:22.99</b>	+00:12:57 (29.9%)	8:40	6.9 (69.7%)
270	<b>VALIUSHKA Halina</b>	<b>708</b>		K50-54	13		<b>00:43:23.06</b>	+00:12:57 (29.9%)	8:40	6.9 (69.7%)
271	<b>GRUSZKA Barbara</b>	<b>141</b>	LKS ZANTYR SZTUM	K70+	5		<b>00:43:24.30</b>	+00:12:59 (29.9%)	8:40	6.9 (69.7%)
272	<b>ZOŃ Agnieszka</b>	<b>769</b>	PASJA NORDIC WALKING	K30-39	20		<b>00:43:24.35</b>	+00:12:59 (29.9%)	8:40	6.9 (69.7%)
273	<b>GAWRYLUK Andrzej</b>	<b>113</b>		M-Junior	12		<b>00:43:26.18</b>	+00:13:00 (30.0%)	8:41	6.9 (69.7%)
274	<b>ANDRZEJUK Bartosz</b>	<b>20</b>		M-Junior	13		<b>00:43:27.69</b>	+00:13:02 (30.0%)	8:41	6.9 (69.7%)
275	<b>ŚWIDERSKI Marek</b>	<b>483</b>		M- Niepełnosprawni(A)	4		<b>00:43:30.24</b>	+00:13:05 (30.1%)	8:42	6.9 (69.7%)
276	<b>GUZ Urszula</b>	<b>148</b>		K60-64	13		<b>00:43:40.22</b>	+00:13:15 (30.3%)	8:44	6.9 (69.7%)
277	<b>KORCZ Marta</b>	<b>230</b>	NAREW	K-Dzieci	15		<b>00:43:42.96</b>	+00:13:17 (30.4%)	8:44	6.9 (69.7%)
278	<b>WALESZKO Adam</b>	<b>712</b>		M-Junior	14		<b>00:43:43.64</b>	+00:13:18 (30.4%)	8:44	6.9 (69.7%)
279	<b>JURCZUK Łukasz</b>	<b>183</b>		M-Junior	15		<b>00:43:46.00</b>	+00:13:20 (30.5%)	8:45	6.9 (69.7%)
280	<b>LECYK Jadwiga</b>	<b>775</b>	CHODZĘ Z SERCEM	K60-64	14		<b>00:43:46.28</b>	+00:13:21 (30.5%)	8:45	6.9 (69.7%)
281	<b>CZEPIEL Cyryl</b>	<b>70</b>		M-Junior	16		<b>00:43:47.57</b>	+00:13:22 (30.5%)	8:45	6.8 (68.7%)
282	<b>SIDORUK Irena</b>	<b>423</b>	UTW HAJNÓWKA	K60-64	15		<b>00:43:48.43</b>	+00:13:23 (30.6%)	8:45	6.8 (68.7%)
283	<b>JANUSZKIEWICZ Wioletta</b>	<b>170</b>	POWIAT HAJNÓWKA	K45-49	19		<b>00:43:53.03</b>	+00:13:27 (30.7%)	8:46	6.8 (68.7%)
284	<b>DOLBAK Dzianis</b>	<b>84</b>	NORDIC BREST	M-Dzieci	7		<b>00:43:56.95</b>	+00:13:31 (30.8%)	8:47	6.8 (68.7%)
285	<b>KOLBUSZ Janina</b>	<b>221</b>	KS METRACO POLKOWICE	K65-69	8		<b>00:43:58.01</b>	+00:13:32 (30.8%)	8:47	6.8 (68.7%)
286	<b>KULA Monika</b>	<b>257</b>	CHODZĘ Z SERCEM	K40-44	14		<b>00:44:01.72</b>	+00:13:36 (30.9%)	8:48	6.8 (68.7%)
287	<b>KINDZIUK Ewelina</b>	<b>213</b>		K- Niepełnosprawni(B)	6		<b>00:44:03.80</b>	+00:13:38 (31.0%)	8:48	6.8 (68.7%)
288	<b>SZOKAŁO-JEFIMIUK Bożena</b>	<b>463</b>	POWIAT HAJNÓWKA	K40-44	15		<b>00:44:05.06</b>	+00:13:39 (31.0%)	8:49	6.8 (68.7%)
289	<b>IGNACIUK Julita</b>	<b>159</b>	POWIAT HAJNÓWKA	K-Junior	18		<b>00:44:05.11</b>	+00:13:39 (31.0%)	8:49	6.8 (68.7%)
290	<b>ZINCZUK Julia</b>	<b>767</b>	HAJNÓWKA	K-Junior	19		<b>00:44:05.69</b>	+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	<b>KUŹNIARSKI Jacek</b>	<b>268</b>	NOWI SIEDLCE/NW WSCHÓD	M45-49	18		<b>00:44:06.72</b>	+00:13:41 (31.0%)	8:49	6.8 (68.7%)
292	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>345</b>		K70+	6		<b>00:44:09.62</b>	+00:13:44 (31.1%)	8:50	6.8 (68.7%)
293	<b>JANKOWSKA-PLEWA Krystyna</b>	<b>168</b>		K50-54	14		<b>00:44:10.12</b>	+00:13:44 (31.1%)	8:50	6.8 (68.7%)
294	<b>GRAF Katarzyna</b>	<b>135</b>		K40-44	16		<b>00:44:11.03</b>	+00:13:45 (31.2%)	8:50	6.8 (68.7%)
295	<b>KOŁODZIŃSKA Agnieszka</b>	<b>222</b>		K30-39	21		<b>00:44:13.81</b>	+00:13:48 (31.2%)	8:50	6.8 (68.7%)
296	<b>MALINOWSKA Grażyna</b>	<b>294</b>	LKS ZANTYR SZTUM	K65-69	9		<b>00:44:19.67</b>	+00:13:54 (31.4%)	8:51	6.8 (68.7%)
297	<b>KIERDELEWICZ Aleksandra</b>	<b>208</b>		K-Dzieci	16		<b>00:44:21.14</b>	+00:13:55 (31.4%)	8:52	6.8 (68.7%)
298	<b>FAŁDYGA Joanna</b>	<b>102</b>	PASJA NORDIC WALKING	K40-44	17		<b>00:44:21.44</b>	+00:13:56 (31.4%)	8:52	6.8 (68.7%)
299	<b>KOLARSKA Nadia</b>	<b>220</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	17		<b>00:44:27.55</b>	+00:14:02 (31.6%)	8:53	6.7 (67.7%)
300	<b>PINIS Gabriela</b>	<b>357</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	18		<b>00:44:27.89</b>	+00:14:02 (31.6%)	8:53	6.7 (67.7%)
301	<b>GROBELNA Jadwiga</b>	<b>137</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	7		<b>00:44:31.64</b>	+00:14:06 (31.7%)	8:54	6.7 (67.7%)
302	<b>PIETRUSZKIEWICZ Anna</b>	<b>355</b>	HAJNÓWKA	K40-44	18		<b>00:44:33.18</b>	+00:14:07 (31.7%)	8:54	6.7 (67.7%)
303	<b>ZARĘBSKI Maciej</b>	<b>661</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M-Dzieci	8		<b>00:44:34.09</b>	+00:14:08 (31.7%)	8:54	6.7 (67.7%)
304	<b>FIEDORUK Antonina</b>	<b>103</b>		K65-69	10		<b>00:44:35.46</b>	+00:14:10 (31.8%)	8:55	6.7 (67.7%)
305	<b>BOŹKO Paweł</b>	<b>51</b>		M- Niepełnosprawni(B)	11		<b>00:44:38.66</b>	+00:14:13 (31.9%)	8:55	6.7 (67.7%)
306	<b>MOROŃ Piotr</b>	<b>314</b>	UNIA MIAST	M45-49	19		<b>00:44:39.12</b>	+00:14:13 (31.9%)	8:56	6.7 (67.7%)
307	<b>SZREJDER Zofia</b>	<b>468</b>	POWIAT HAJNÓWKA	K60-64	16		<b>00:44:46.25</b>	+00:14:21 (32.1%)	8:57	6.7 (67.7%)
308	<b>SIEWIERENIUK Martyna</b>	<b>425</b>		K-Dzieci	19		<b>00:44:48.35</b>	+00:14:23 (32.1%)	8:57	6.7 (67.7%)
309	<b>PIETRUSZKIEWICZ Ula</b>	<b>356</b>		K-Dzieci	20		<b>00:44:49.18</b>	+00:14:23 (32.1%)	8:57	6.7 (67.7%)
310	<b>KALINOWSKA Gabriela</b>	<b>191</b>		K-Dzieci	21		<b>00:44:54.59</b>	+00:14:29 (32.3%)	8:58	6.7 (67.7%)
311	<b>PRYCZYNICZ Maksymilian</b>	<b>371</b>		M-Dzieci	9		<b>00:44:54.82</b>	+00:14:29 (32.3%)	8:59	6.7 (67.7%)
312	<b>TOKAJUK Maja</b>	<b>492</b>	POWIAT HAJNÓWKA	K-Dzieci	22		<b>00:44:57.67</b>	+00:14:32 (32.3%)	8:59	6.7 (67.7%)
313	<b>ŁOBUZIŃSKA Ula</b>	<b>286</b>	POWIAT HAJNÓWKA	K-Junior	20		<b>00:45:00.51</b>	+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	<b>GOTÓWKO Iwona</b>	<b>131</b>		K50-54	15		<b>00:45:00.88</b>	+00:14:35 (32.4%)	9:00	6.7 (67.7%)
315	<b>MALINOWSKA Eugenia</b>	<b>293</b>		K60-64	17		<b>00:45:01.51</b>	+00:14:36 (32.4%)	9:00	6.7 (67.7%)
316	<b>ONISKIEWICZ Ola</b>	<b>340</b>		K-Dzieci	23		<b>00:45:07.13</b>	+00:14:41 (32.6%)	9:01	6.6 (66.7%)
317	<b>BORECZKO Kornelia</b>	<b>43</b>	POWIAT HAJNÓWKA	K18-29	10		<b>00:45:08.49</b>	+00:14:43 (32.6%)	9:01	6.6 (66.7%)
318	<b>NIEPLA Roman</b>	<b>325</b>	LKS ZANTYR SZTUM	M70+	7		<b>00:45:08.81</b>	+00:14:43 (32.6%)	9:01	6.6 (66.7%)
319	<b>DUDZICZ Nina</b>	<b>91</b>		K-Dzieci	24		<b>00:45:08.98</b>	+00:14:43 (32.6%)	9:01	6.6 (66.7%)
320	<b>PRZYBYŁOWSKA Olivia</b>	<b>373</b>	HAJNÓWKA	K-Dzieci	25		<b>00:45:08.99</b>	+00:14:43 (32.6%)	9:01	6.6 (66.7%)
321	<b>KOŚCIUCZUK Jakub</b>	<b>237</b>		M-Junior	17		<b>00:45:10.16</b>	+00:14:44 (32.7%)	9:02	6.6 (66.7%)
322	<b>ULEZŁO Katarzyna</b>	<b>705</b>	POWIAT HAJNÓWKA	K18-29	11		<b>00:45:10.55</b>	+00:14:45 (32.7%)	9:02	6.6 (66.7%)
323	<b>MARCZEWSKI Kamil</b>	<b>299</b>	AZS SUM	M18-29	10		<b>00:45:14.15</b>	+00:14:48 (32.8%)	9:02	6.6 (66.7%)
324	<b>DZIENISZEWSKA Alina</b>	<b>99</b>		K40-44	19		<b>00:45:15.10</b>	+00:14:49 (32.8%)	9:03	6.6 (66.7%)
325	<b>OGONOWSKA Edyta</b>	<b>334</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K55-59	10		<b>00:45:24.02</b>	+00:14:58 (33.0%)	9:04	6.6 (66.7%)
326	<b>SACHA Krzysztof</b>	<b>406</b>	AZS SUM	M18-29	11		<b>00:45:24.06</b>	+00:14:58 (33.0%)	9:04	6.6 (66.7%)
327	<b>TICHONIUK Marzena</b>	<b>490</b>		K30-39	22		<b>00:45:25.20</b>	+00:14:59 (33.0%)	9:05	6.6 (66.7%)
328	<b>AKSZTYNIUK Janina</b>	<b>8</b>		K30-39	23		<b>00:45:28.90</b>	+00:15:03 (33.1%)	9:05	6.6 (66.7%)
329	<b>TELENTEJUK Anna</b>	<b>488</b>	UTW HAJNÓWKA	K60-64	18		<b>00:45:28.90</b>	+00:15:03 (33.1%)	9:05	6.6 (66.7%)
330	<b>RYGOROWICZ Wiera</b>	<b>403</b>	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	8		<b>00:45:29.87</b>	+00:15:04 (33.1%)	9:06	6.6 (66.7%)
331	<b>ADAMSKA Irena</b>	<b>5</b>	POWIAT HAJNÓWKA	K60-64	19		<b>00:45:30.85</b>	+00:15:05 (33.2%)	9:06	6.6 (66.7%)
332	<b>WITOMSKA Kamila</b>	<b>739</b>	POWIAT HAJNÓWKA	K-Junior	21		<b>00:45:41.98</b>	+00:15:16 (33.4%)	9:08	6.6 (66.7%)
333	<b>MUDER Iwona</b>	<b>176</b>	PUKS JEDYNKA ŁOSICE	K40-44	20		<b>00:45:42.60</b>	+00:15:17 (33.4%)	9:08	6.6 (66.7%)
334	<b>SAJEWICZ Magda</b>	<b>415</b>	POWIAT HAJNÓWKA	K-Junior	22		<b>00:45:42.98</b>	+00:15:17 (33.5%)	9:08	6.6 (66.7%)
335	<b>ŁAPIUK Aleksandra</b>	<b>285</b>		K-Junior	23		<b>00:45:43.50</b>	+00:15:18 (33.5%)	9:08	6.6 (66.7%)
336	<b>FILIPIUK Martyna</b>	<b>105</b>	POWIAT HAJNÓWKA	K-Junior	24		<b>00:45:46.81</b>	+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	<b>SKIEPKO Paulina</b>	<b>430</b>		K30-39	24		<b>00:45:49.34</b>	+00:15:24 (33.6%)	9:09	6.5 (65.7%)
338	<b>MADOŃ Tomasz</b>	<b>291</b>	AKTYWNI Z PASJĄ	M45-49	20		<b>00:45:49.46</b>	+00:15:24 (33.6%)	9:09	6.5 (65.7%)
339	<b>ADAMCZYK-ŚMIERTKA Małgorzata</b>	<b>1</b>	SANTANDER CONSUMER BANK	K30-39	25		<b>00:45:50.68</b>	+00:15:25 (33.6%)	9:10	6.5 (65.7%)
340	<b>ŁAPIŃSKA Renia</b>	<b>284</b>		K60-64	20		<b>00:45:53.01</b>	+00:15:27 (33.7%)	9:10	6.5 (65.7%)
341	<b>KONARSKA Agata</b>	<b>557</b>		K30-39	26		<b>00:45:54.27</b>	+00:15:29 (33.7%)	9:11	6.5 (65.7%)
342	<b>KAMIEŃSKI Krzysztof</b>	<b>194</b>		M55-59	13		<b>00:45:54.95</b>	+00:15:29 (33.7%)	9:11	6.5 (65.7%)
343	<b>LITWIN Klaudia</b>	<b>281</b>	POWIAT HAJNÓWKA	K-Junior	25		<b>00:45:55.13</b>	+00:15:29 (33.8%)	9:11	6.5 (65.7%)
344	<b>LESIŃSKA Krystyna</b>	<b>274</b>	LKS ZANTYR SZTUM	K65-69	11		<b>00:45:55.47</b>	+00:15:30 (33.8%)	9:11	6.5 (65.7%)
345	<b>TYSZKO Aleksandra</b>	<b>704</b>		K-Dzieci	26		<b>00:45:59.70</b>	+00:15:34 (33.9%)	9:11	6.5 (65.7%)
346	<b>WILCZYŃSKA Barbara</b>	<b>728</b>	AKTYWNI Z PASJĄ	K65-69	12		<b>00:46:00.71</b>	+00:15:35 (33.9%)	9:12	6.5 (65.7%)
347	<b>BACH Joanna</b>	<b>23</b>		K45-49	20		<b>00:46:05.21</b>	+00:15:39 (34.0%)	9:13	6.5 (65.7%)
348	<b>CZEMPIK Kornelia</b>	<b>69</b>	UNIA MIAST	K50-54	16		<b>00:46:10.54</b>	+00:15:45 (34.1%)	9:14	6.5 (65.7%)
349	<b>SACHARCZUK Zofia</b>	<b>407</b>		K-Dzieci	27		<b>00:46:11.02</b>	+00:15:45 (34.1%)	9:14	6.5 (65.7%)
350	<b>JAKONIUK Bartosz</b>	<b>166</b>	POWIAT HAJNÓWKA	M-Dzieci	10		<b>00:46:13.60</b>	+00:15:48 (34.2%)	9:14	6.5 (65.7%)
351	<b>SUPRUN Patrycja</b>	<b>454</b>		K-Dzieci	28		<b>00:46:13.71</b>	+00:15:48 (34.2%)	9:14	6.5 (65.7%)
352	<b>ŁAPIŃSKA Patrycja</b>	<b>283</b>	POWIAT HAJNÓWKA	K-Junior	26		<b>00:46:13.91</b>	+00:15:48 (34.2%)	9:14	6.5 (65.7%)
353	<b>GĄSOWSKA Walentyna Katarzyna</b>	<b>116</b>	POWIAT HAJNÓWKA	K45-49	21		<b>00:46:17.22</b>	+00:15:52 (34.3%)	9:15	6.5 (65.7%)
354	<b>MARCZUK Urszula</b>	<b>300</b>	POWIAT HAJNÓWKA	K-Junior	27		<b>00:46:18.93</b>	+00:15:53 (34.3%)	9:15	6.5 (65.7%)
355	<b>TARGOSZ Zdzisława</b>	<b>487</b>		K55-59	11		<b>00:46:20.91</b>	+00:15:55 (34.4%)	9:16	6.5 (65.7%)
356	<b>SOŁKIEWICZ Olga</b>	<b>439</b>		K55-59	12		<b>00:46:21.76</b>	+00:15:56 (34.4%)	9:16	6.5 (65.7%)
357	<b>PRZYBYŁOWSKA Małgorzata</b>	<b>374</b>	Hajnówka	K30-39	27		<b>00:46:21.91</b>	+00:15:56 (34.4%)	9:16	6.5 (65.7%)
358	<b>TRUSIEWICZ Karolina</b>	<b>499</b>	POWIAT HAJNÓWKA	K-Junior	28		<b>00:46:25.15</b>	+00:15:59 (34.5%)	9:17	6.5 (65.7%)
359	<b>MICHAŁOWSKA Małgorzata</b>	<b>298</b>		K45-49	22		<b>00:46:31.17</b>	+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	<b>BAGROWSKA Alla</b>	<b>24</b>	UTW HAJNÓWKA	K65-69	13		<b>00:46:34.23</b>	+00:16:09 (34.7%)	9:18	6.4 (64.6%)
361	<b>FILINOWICZ Maria</b>	<b>104</b>	UTW HAJNÓWKA	K70+	7		<b>00:46:54.77</b>	+00:16:29 (35.2%)	9:23	6.4 (64.6%)
362	<b>KUŚNIERZ Klara</b>	<b>265</b>		K-Dzieci	29		<b>00:46:59.10</b>	+00:16:33 (35.3%)	9:23	6.4 (64.6%)
363	<b>GŁOWACKA Natalia</b>	<b>124</b>		K-Dzieci	30		<b>00:47:03.75</b>	+00:16:38 (35.4%)	9:24	6.4 (64.6%)
364	<b>KITKA Cezary</b>	<b>216</b>		M-Dzieci	11		<b>00:47:04.49</b>	+00:16:39 (35.4%)	9:25	6.4 (64.6%)
365	<b>ZDANOWSKA Agnieszka</b>	<b>761</b>	POWIAT HAJNÓWKA	K18-29	12		<b>00:47:07.60</b>	+00:16:42 (35.4%)	9:25	6.4 (64.6%)
366	<b>GLENCNER Mariola</b>	<b>122</b>		K40-44	21		<b>00:47:11.09</b>	+00:16:45 (35.5%)	9:26	6.4 (64.6%)
367	<b>SZWARC Konrad</b>	<b>472</b>		M-Junior	18		<b>00:47:15.01</b>	+00:16:49 (35.6%)	9:27	6.3 (63.6%)
368	<b>ŚLUSARCZYK Danuta</b>	<b>481</b>	WESOŁY BORSUK TEAM	K65-69	14		<b>00:47:15.71</b>	+00:16:50 (35.6%)	9:27	6.3 (63.6%)
369	<b>ACKIEWICZ Gabriela</b>	<b>791</b>	POWIAT HAJNÓWKA	K-Dzieci	31		<b>00:47:29.19</b>	+00:17:03 (35.9%)	9:30	6.3 (63.6%)
370	<b>KIERDELEWICZ Aleksandra</b>	<b>210</b>		K-Dzieci	32		<b>00:47:30.53</b>	+00:17:05 (36.0%)	9:30	6.3 (63.6%)
371	<b>KĘDZIERSKA Mirosława</b>	<b>202</b>	ZBUCKI RUCH	K70+	8		<b>00:47:34.44</b>	+00:17:09 (36.1%)	9:31	6.3 (63.6%)
372	<b>MORDAŃ Elżbieta</b>	<b>313</b>	POWIAT HAJNÓWKA	K40-44	22		<b>00:47:35.42</b>	+00:17:10 (36.1%)	9:31	6.3 (63.6%)
373	<b>PRZYBYŁA Gabriel</b>	<b>372</b>		M-Junior	19		<b>00:47:35.51</b>	+00:17:10 (36.1%)	9:31	6.3 (63.6%)
374	<b>MROWIEC Maria</b>	<b>317</b>	UNIA MIAST	K70+	9		<b>00:47:41.67</b>	+00:17:16 (36.2%)	9:32	6.3 (63.6%)
375	<b>LECYK Mieczysław</b>	<b>801</b>	CHODZE Z SERCEM	M60-64	16		<b>00:47:43.67</b>	+00:17:18 (36.3%)	9:32	6.3 (63.6%)
376	<b>BIELAWSKA Dorota</b>	<b>33</b>	SANTANDER CONSUMER BANK	K55-59	13		<b>00:47:45.29</b>	+00:17:20 (36.3%)	9:33	6.3 (63.6%)
377	<b>GRZEŚKIEWICZ Beata</b>	<b>147</b>		K- Niepełnosprawni(B)	9		<b>00:47:47.39</b>	+00:17:22 (36.3%)	9:33	6.3 (63.6%)
378	<b>NIKONOWICZ Anna</b>	<b>329</b>		K- Niepełnosprawni(B)	10		<b>00:47:47.87</b>	+00:17:22 (36.4%)	9:33	6.3 (63.6%)
379	<b>KOWALSKA Bronisława</b>	<b>242</b>	UNIA MIAST	K50-54	17		<b>00:47:49.46</b>	+00:17:24 (36.4%)	9:34	6.3 (63.6%)
380	<b>WIŚNIEWSKA Danuta</b>	<b>733</b>	PASJA NORDIC WALKING	K55-59	14		<b>00:47:51.22</b>	+00:17:26 (36.4%)	9:34	6.3 (63.6%)
381	<b>NESTERUK Teresa</b>	<b>321</b>	UTW HAJNÓWKA	K65-69	15		<b>00:48:01.14</b>	+00:17:35 (36.6%)	9:36	6.2 (62.6%)
382	<b>BUDNA Halina</b>	<b>56</b>		K65-69	16		<b>00:48:01.15</b>	+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	<b>DANILOVICH Aliaksander</b>	<b>778</b>	SOKÓŁ	M60-64	17		<b>00:48:05.63</b>	+00:17:40 (36.7%)	9:37	6.2 (62.6%)
384	<b>KORCZ Aleksandra</b>	<b>231</b>		K-Junior	29		<b>00:48:05.85</b>	+00:17:40 (36.8%)	9:37	6.2 (62.6%)
385	<b>DROP Mieczysław</b>	<b>86</b>		M70+	8		<b>00:48:08.05</b>	+00:17:42 (36.8%)	9:37	6.2 (62.6%)
386	<b>IWANIUK Ewa</b>	<b>163</b>		K-Junior	30		<b>00:48:08.57</b>	+00:17:43 (36.8%)	9:37	6.2 (62.6%)
387	<b>KURYŁO Maria</b>	<b>264</b>	POWIAT HAJNÓWKA	K55-59	15		<b>00:48:11.64</b>	+00:17:46 (36.9%)	9:38	6.2 (62.6%)
388	<b>BOGDANOWICZ Joanna</b>	<b>39</b>		K-Dzieci	33		<b>00:48:14.83</b>	+00:17:49 (36.9%)	9:39	6.2 (62.6%)
389	<b>SIENKIEWICZ Natalia</b>	<b>424</b>	POWIAT HAJNÓWKA	K-Junior	31		<b>00:48:16.67</b>	+00:17:51 (37.0%)	9:39	6.2 (62.6%)
390	<b>GAWRYLUK Barbara</b>	<b>115</b>		K40-44	23		<b>00:48:17.95</b>	+00:17:52 (37.0%)	9:39	6.2 (62.6%)
391	<b>WRZOSEK Ewa</b>	<b>749</b>		K40-44	24		<b>00:48:18.19</b>	+00:17:52 (37.0%)	9:39	6.2 (62.6%)
392	<b>MOROŃ Michalina</b>	<b>315</b>	UNIA MIAST	K45-49	23		<b>00:48:18.84</b>	+00:17:53 (37.0%)	9:39	6.2 (62.6%)
393	<b>ROMANIUK Małgorzata</b>	<b>392</b>		K-Dzieci	34		<b>00:48:25.94</b>	+00:18:00 (37.2%)	9:41	6.2 (62.6%)
394	<b>JAKIMIUK Aleksandra</b>	<b>165</b>		K-Dzieci	35		<b>00:48:26.66</b>	+00:18:01 (37.2%)	9:41	6.2 (62.6%)
395	<b>IWANIUK Aleksandra</b>	<b>162</b>		K-Dzieci	36		<b>00:48:26.71</b>	+00:18:01 (37.2%)	9:41	6.2 (62.6%)
396	<b>BILKIEWICZ Julia</b>	<b>35</b>	POWIAT HAJNÓWKA	K-Junior	32		<b>00:48:29.59</b>	+00:18:04 (37.3%)	9:42	6.2 (62.6%)
397	<b>SKIBA Edyta</b>	<b>428</b>	POWIAT HAJNÓWKA	K-Junior	33		<b>00:48:29.67</b>	+00:18:04 (37.3%)	9:42	6.2 (62.6%)
398	<b>WAWRZYNIUK Elżbieta</b>	<b>722</b>		K60-64	21		<b>00:48:31.73</b>	+00:18:06 (37.3%)	9:42	6.2 (62.6%)
399	<b>BELTER Teresa</b>	<b>31</b>	POWIAT HAJNÓWKA	K65-69	17		<b>00:48:33.85</b>	+00:18:08 (37.4%)	9:42	6.2 (62.6%)
400	<b>PLEWA Aleksandra</b>	<b>361</b>		K-Dzieci	37		<b>00:48:34.14</b>	+00:18:08 (37.4%)	9:42	6.2 (62.6%)
401	<b>PIĄTKOWSKA Małgorzata</b>	<b>350</b>	KS METRACO POLKOWICE	K70+	10		<b>00:48:46.79</b>	+00:18:21 (37.6%)	9:45	6.1 (61.6%)
402	<b>URBANOWICZ Beata</b>	<b>706</b>	SANTANDER CONSUMER BANK	K40-44	25		<b>00:48:48.60</b>	+00:18:23 (37.7%)	9:45	6.1 (61.6%)
403	<b>SZYMAŃSKI Mirosław</b>	<b>477</b>	SANTANDER CONSUMER BANK	M45-49	21		<b>00:48:58.45</b>	+00:18:33 (37.9%)	9:47	6.1 (61.6%)
404	<b>KONDRACIUK Maciej</b>	<b>226</b>		M-Dzieci	12		<b>00:49:00.66</b>	+00:18:35 (37.9%)	9:48	6.1 (61.6%)
405	<b>STRYGANEK Walentyna</b>	<b>450</b>	UTW HAJNÓWKA	K60-64	22		<b>00:49:03.23</b>	+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	<b>TARCZYŃSKI Bogdan</b>	<b>486</b>	WĘDRUJĄCE KIJE ŁUKÓW	M70+	9		<b>00:49:09.99</b>	+00:18:44 (38.1%)	9:50	6.1 (61.6%)
407	<b>WYCISŁO Romuald</b>	<b>752</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	12		<b>00:49:10.77</b>	+00:18:45 (38.1%)	9:50	6.1 (61.6%)
408	<b>RYBKA Marian</b>	<b>401</b>	NIEZRZESZONY	M70+	10		<b>00:49:10.81</b>	+00:18:45 (38.1%)	9:50	6.1 (61.6%)
409	<b>ANDREJCZYK Halina</b>	<b>16</b>	UTW HAJNÓWKA	K70+	11		<b>00:49:13.73</b>	+00:18:48 (38.2%)	9:50	6.1 (61.6%)
410	<b>LESIUK Maria</b>	<b>276</b>	AKTYWNI Z PASJĄ	K-Dzieci	38		<b>00:49:27.74</b>	+00:19:02 (38.5%)	9:53	6.1 (61.6%)
411	<b>JÓŹWIAK Dominik</b>	<b>179</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	12		<b>00:49:30.10</b>	+00:19:04 (38.5%)	9:54	6.1 (61.6%)
412	<b>JANUSIEWICZ Patrycja</b>	<b>169</b>	POWIAT HAJNÓWKA	K18-29	13		<b>00:49:40.16</b>	+00:19:14 (38.8%)	9:56	6 (60.6%)
413	<b>DUBOW Angelina</b>	<b>88</b>	POWIAT HAJNÓWKA	K18-29	14		<b>00:49:46.35</b>	+00:19:21 (38.9%)	9:57	6 (60.6%)
414	<b>TUPIEKA Urszula</b>	<b>702</b>	SANTANDER CONSUMER BANK	K30-39	28		<b>00:49:59.21</b>	+00:19:33 (39.1%)	9:59	6 (60.6%)
415	<b>TERECHOWICZ Maria</b>	<b>489</b>	SANTANDER CONSUMER BANK	K30-39	29		<b>00:50:01.00</b>	+00:19:35 (39.2%)	10:00	6 (60.6%)
416	<b>BISZCZUK Nina</b>	<b>37</b>	UTW HAJNÓWKA	K60-64	23		<b>00:50:16.44</b>	+00:19:51 (39.5%)	10:03	6 (60.6%)
417	<b>POSKROBKO Elwira</b>	<b>365</b>	POWIAT HAJNÓWKA	K30-39	30		<b>00:50:26.71</b>	+00:20:01 (39.7%)	10:05	5.9 (59.6%)
418	<b>ŻWAŃSKA Joanna</b>	<b>773</b>	POWIAT HAJNÓWKA	K30-39	31		<b>00:50:26.76</b>	+00:20:01 (39.7%)	10:05	5.9 (59.6%)
419	<b>KOTOWSKA Anna</b>	<b>239</b>	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	11		<b>00:50:32.27</b>	+00:20:07 (39.8%)	10:06	5.9 (59.6%)
420	<b>DŹWILEWSKA Kamila</b>	<b>100</b>	POWIAT HAJNÓWKA	K-Junior	34		<b>00:50:46.12</b>	+00:20:20 (40.1%)	10:09	5.9 (59.6%)
421	<b>SŁUCHOCKI Dawid</b>	<b>435</b>		M- Niepełnosprawni(B)	13		<b>00:50:47.56</b>	+00:20:22 (40.1%)	10:09	5.9 (59.6%)
422	<b>CHRZANOWSKA Katarzyna</b>	<b>797</b>		K45-49	24		<b>00:50:49.51</b>	+00:20:24 (40.1%)	10:10	5.9 (59.6%)
423	<b>RUSAKOW Wiktoria</b>	<b>398</b>		K-Dzieci	39		<b>00:50:53.55</b>	+00:20:28 (40.2%)	10:10	5.9 (59.6%)
424	<b>PERYT Elżbieta</b>	<b>349</b>	WĘDRUJĄCE KIJE ŁUKÓW	K65-69	18		<b>00:51:01.22</b>	+00:20:36 (40.4%)	10:12	5.9 (59.6%)
425	<b>WRZOSEK Weronika</b>	<b>750</b>		K-Dzieci	40		<b>00:51:09.15</b>	+00:20:43 (40.5%)	10:13	5.9 (59.6%)
426	<b>GAWRYLUK Magda</b>	<b>114</b>		K-Dzieci	41		<b>00:51:09.84</b>	+00:20:44 (40.5%)	10:14	5.9 (59.6%)
427	<b>DUTKOWSKA Wiktoria</b>	<b>93</b>	POWIAT HAJNÓWKA	K-Junior	35		<b>00:51:10.34</b>	+00:20:45 (40.6%)	10:14	5.9 (59.6%)
428	<b>SOŁOŚCIUK Helena</b>	<b>440</b>	UTW HAJNÓWKA	K70+	12		<b>00:51:15.80</b>	+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	<b>KACPRZAK Nina</b>	<b>188</b>	UTW HAJNÓWKA	K65-69	19		<b>00:51:41.75</b>	+00:21:16 (41.2%)	10:20	5.8 (58.6%)
430	<b>ANDROSIUK Izabela</b>	<b>18</b>	POWIAT HAJNÓWKA	K-Junior	36		<b>00:51:44.91</b>	+00:21:19 (41.2%)	10:21	5.8 (58.6%)
431	<b>MSCICHOWSKA Anna</b>	<b>318</b>		K- Niepełnosprawni(B)	12		<b>00:51:48.17</b>	+00:21:22 (41.3%)	10:21	5.8 (58.6%)
432	<b>STAROŃSKA Wiktoria</b>	<b>444</b>	POWIAT HAJNÓWKA	K-Dzieci	42		<b>00:51:51.62</b>	+00:21:26 (41.3%)	10:22	5.8 (58.6%)
433	<b>ALEKSIEJUK Angelika</b>	<b>13</b>	POWIAT HAJNÓWKA	K-Dzieci	43		<b>00:51:54.38</b>	+00:21:29 (41.4%)	10:23	5.8 (58.6%)
434	<b>ALEKSIEJUK Aneta</b>	<b>11</b>	POWIAT HAJNÓWKA	K30-39	32		<b>00:51:56.93</b>	+00:21:31 (41.4%)	10:23	5.8 (58.6%)
435	<b>STELMACH Maria</b>	<b>445</b>	UTW HAJNÓWKA	K65-69	20		<b>00:51:56.94</b>	+00:21:31 (41.4%)	10:23	5.8 (58.6%)
436	<b>CZYŻEWSKA Halina</b>	<b>73</b>	UTW HAJNÓWKA	K70+	13		<b>00:51:58.11</b>	+00:21:32 (41.5%)	10:23	5.8 (58.6%)
437	<b>ANDREJUK Agnieszka</b>	<b>17</b>		K40-44	26		<b>00:51:59.10</b>	+00:21:33 (41.5%)	10:23	5.8 (58.6%)
438	<b>ZIELIŃSKA Adriana</b>	<b>765</b>		K- Niepełnosprawni(B)	13		<b>00:52:01.58</b>	+00:21:36 (41.5%)	10:24	5.8 (58.6%)
439	<b>SACHARUK Sandra</b>	<b>506</b>		K-Dzieci	44		<b>00:52:06.58</b>	+00:21:41 (41.6%)	10:25	5.8 (58.6%)
440	<b>SADOWSKA Weronika</b>	<b>410</b>		K-Dzieci	45		<b>00:52:17.51</b>	+00:21:52 (41.8%)	10:27	5.7 (57.6%)
441	<b>MASALSKA Aleksandra</b>	<b>302</b>	POWIAT HAJNÓWKA	K-Junior	37		<b>00:52:17.76</b>	+00:21:52 (41.8%)	10:27	5.7 (57.6%)
442	<b>GOLONKO Emilia</b>	<b>129</b>	POWIAT HAJNÓWKA	K-Junior	38		<b>00:52:17.94</b>	+00:21:52 (41.8%)	10:27	5.7 (57.6%)
443	<b>KOT Małgorzata</b>	<b>629</b>		K-Dzieci	46		<b>00:52:19.05</b>	+00:21:53 (41.9%)	10:27	5.7 (57.6%)
444	<b>KOSIERKIEWICZ Adam</b>	<b>235</b>		M50-54	10		<b>00:52:38.14</b>	+00:22:12 (42.2%)	10:31	5.7 (57.6%)
445	<b>TOMASZEWSKA Nikola</b>	<b>34</b>		K-Dzieci	47		<b>00:52:50.69</b>	+00:22:25 (42.4%)	10:34	5.7 (57.6%)
446	<b>BUJEK Aleksandra</b>	<b>57</b>		K-Dzieci	48		<b>00:52:52.73</b>	+00:22:27 (42.5%)	10:34	5.7 (57.6%)
447	<b>BOGDANOWICZ Filip</b>	<b>40</b>		M-Dzieci	13		<b>00:52:53.12</b>	+00:22:27 (42.5%)	10:34	5.7 (57.6%)
448	<b>KACZOCH Adam</b>	<b>190</b>	SZKOŁA NR 2	M-Dzieci	14		<b>00:52:54.49</b>	+00:22:29 (42.5%)	10:35	5.7 (57.6%)
449	<b>KACZOCH Jan</b>	<b>189</b>	SZKOŁA NR 2	M-Dzieci	15		<b>00:52:55.12</b>	+00:22:29 (42.5%)	10:35	5.7 (57.6%)
450	<b>GĄSOWSKA Angelika</b>	<b>118</b>	POWIAT HAJNÓWKA	K18-29	15		<b>00:52:56.32</b>	+00:22:31 (42.5%)	10:35	5.7 (57.6%)
451	<b>WIŚNIEWSKA Klaudia</b>	<b>734</b>	POWIAT HAJNÓWKA	K18-29	16		<b>00:52:56.54</b>	+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	<b>HUDYKA Ewelina</b>	<b>156</b>	POWIAT HAJNÓWKA	K18-29	17		<b>00:52:58.35</b>	+00:22:33 (42.6%)	10:35	5.7 (57.6%)
453	<b>OMIELIANIUK Patrycja</b>	<b>339</b>	POWIAT HAJNÓWKA	K18-29	18		<b>00:52:58.80</b>	+00:22:33 (42.6%)	10:35	5.7 (57.6%)
454	<b>TARARUJ Paulina</b>	<b>484</b>	POWIAT HAJNÓWKA	K18-29	19		<b>00:52:59.58</b>	+00:22:34 (42.6%)	10:35	5.7 (57.6%)
455	<b>HANUS Teresa</b>	<b>152</b>		K- Niepełnosprawni(B)	14		<b>00:53:00.43</b>	+00:22:35 (42.6%)	10:36	5.7 (57.6%)
456	<b>SIEGIEŃ Zuzanna</b>	<b>627</b>		K-Dzieci	49		<b>00:53:10.98</b>	+00:22:45 (42.8%)	10:38	5.6 (56.6%)
457	<b>HORNOSTAJ Irena</b>	<b>154</b>	POWIAT HAJNÓWKA	K55-59	16		<b>00:53:32.67</b>	+00:23:07 (43.2%)	10:42	5.6 (56.6%)
458	<b>DUBKOWICZ Anna</b>	<b>87</b>	POWIAT HAJNÓWKA	K55-59	17		<b>00:53:33.57</b>	+00:23:08 (43.2%)	10:42	5.6 (56.6%)
459	<b>WASIAK Aleksander</b>	<b>716</b>	POWIAT HAJNÓWKA	M-Dzieci	16		<b>00:53:34.08</b>	+00:23:08 (43.2%)	10:43	5.6 (56.6%)
460	<b>WASIAK Krystyna</b>	<b>717</b>	POWIAT HAJNÓWKA	K40-44	27		<b>00:53:34.83</b>	+00:23:09 (43.2%)	10:43	5.6 (56.6%)
461	<b>RADECKA Krystyna</b>	<b>384</b>	PASJA NORDIC WALKING	K70+	14		<b>00:53:40.99</b>	+00:23:15 (43.3%)	10:44	5.6 (56.6%)
462	<b>LEWCZUK-LUTYCZ Irena</b>	<b>280</b>	UTW HAJNÓWKA	K65-69	21		<b>00:53:48.15</b>	+00:23:22 (43.5%)	10:45	5.6 (56.6%)
463	<b>SAWCZUK Natalia</b>	<b>420</b>	POWIAT HAJNÓWKA	K-Junior	39		<b>00:53:48.49</b>	+00:23:23 (43.5%)	10:45	5.6 (56.6%)
464	<b>SAWCZUK Agnieszka</b>	<b>421</b>	POWIAT HAJNÓWKA	K-Junior	40		<b>00:53:49.25</b>	+00:23:24 (43.5%)	10:45	5.6 (56.6%)
465	<b>OSTASZEWSKA Natalia</b>	<b>341</b>	POWIAT HAJNÓWKA	K-Junior	41		<b>00:53:49.44</b>	+00:23:24 (43.5%)	10:45	5.6 (56.6%)
466	<b>BOROWIK Anna</b>	<b>46</b>		K30-39	33		<b>00:53:58.15</b>	+00:23:32 (43.6%)	10:47	5.6 (56.6%)
467	<b>TICHONIUK Aleksandra</b>	<b>491</b>	POWIAT HAJNÓWKA	K-Junior	42		<b>00:54:08.20</b>	+00:23:42 (43.8%)	10:49	5.5 (55.6%)
468	<b>SKIEPKO Edyta</b>	<b>429</b>		K-Junior	43		<b>00:54:08.27</b>	+00:23:43 (43.8%)	10:49	5.5 (55.6%)
469	<b>JERZYK Irena</b>	<b>175</b>	POWIAT HAJNÓWKA	K60-64	24		<b>00:54:17.14</b>	+00:23:51 (44.0%)	10:51	5.5 (55.6%)
470	<b>KORCZ Magdalena</b>	<b>642</b>		K-Dzieci	50		<b>00:54:37.24</b>	+00:24:12 (44.3%)	10:55	5.5 (55.6%)
471	<b>RZEPKO Oliwia</b>	<b>405</b>		K-Dzieci	51		<b>00:54:39.55</b>	+00:24:14 (44.3%)	10:55	5.5 (55.6%)
472	<b>BOBKIEWICZ Aleksandra</b>	<b>38</b>	UTW HAJNÓWKA	K70+	15		<b>00:54:46.99</b>	+00:24:21 (44.5%)	10:57	5.5 (55.6%)
473	<b>NAZARUK Lidia</b>	<b>320</b>	UTW HAJNÓWKA	K70+	16		<b>00:54:47.47</b>	+00:24:22 (44.5%)	10:57	5.5 (55.6%)
474	<b>RABECKA Maria</b>	<b>381</b>		K70+	17		<b>00:55:03.97</b>	+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	<b>TARCZYŃSKA Helena</b>	<b>485</b>	WĘDRUJĄCE KIJE ŁUKÓW	K65-69	22		<b>00:55:17.59</b>	+00:24:52 (45.0%)	11:03	5.4 (54.5%)
476	<b>ALEKSIEJUK Witold</b>	<b>9</b>	POWIAT HAJNÓWKA	M- Niepełnosprawni(B)	14		<b>00:55:41.18</b>	+00:25:15 (45.4%)	11:08	5.4 (54.5%)
477	<b>MOŻAJEW Maria</b>	<b>316</b>	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	15		<b>00:55:41.47</b>	+00:25:16 (45.4%)	11:08	5.4 (54.5%)
478	<b>PATEJUK Julia</b>	<b>348</b>	POWIAT HAJNÓWKA	K-Junior	44		<b>00:55:44.27</b>	+00:25:19 (45.4%)	11:08	5.4 (54.5%)
479	<b>KENDYŚ Martyna</b>	<b>200</b>	POWIAT HAJNÓWKA	K-Junior	45		<b>00:55:45.50</b>	+00:25:20 (45.4%)	11:09	5.4 (54.5%)
480	<b>JURCZUK Dorota</b>	<b>184</b>	POWIAT HAJNÓWKA	K-Dzieci	52		<b>00:55:45.71</b>	+00:25:20 (45.4%)	11:09	5.4 (54.5%)
481	<b>ALEKSIEJUK Katarzyna</b>	<b>14</b>	POWIAT HAJNÓWKA	K-Junior	46		<b>00:55:47.17</b>	+00:25:21 (45.5%)	11:09	5.4 (54.5%)
482	<b>WRZOSEK Julia</b>	<b>751</b>	POWIAT HAJNÓWKA	K-Junior	47		<b>00:55:47.88</b>	+00:25:22 (45.5%)	11:09	5.4 (54.5%)
483	<b>BOROWIK Gabriela</b>	<b>47</b>	POWIAT HAJNÓWKA	K-Junior	48		<b>00:55:48.25</b>	+00:25:23 (45.5%)	11:09	5.4 (54.5%)
484	<b>HRYNKIEWICZ Alina</b>	<b>155</b>	POWIAT HAJNÓWKA	K60-64	25		<b>00:55:58.19</b>	+00:25:32 (45.6%)	11:11	5.4 (54.5%)
485	<b>JERZYK Halina</b>	<b>174</b>	POWIAT HAJNÓWKA	K60-64	26		<b>00:55:58.38</b>	+00:25:33 (45.7%)	11:11	5.4 (54.5%)
486	<b>SOŁOWIANIUK Urszula</b>	<b>441</b>	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	16		<b>00:56:11.74</b>	+00:25:46 (45.9%)	11:14	5.3 (53.5%)
487	<b>KOWALCZUK Irena</b>	<b>240</b>	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	17		<b>00:56:12.86</b>	+00:25:47 (45.9%)	11:14	5.3 (53.5%)
488	<b>STUDZIŃSKI Jarosław</b>	<b>451</b>	POWIAT HAJNÓWKA	M- Niepełnosprawni(B)	15		<b>00:56:51.44</b>	+00:26:26 (46.5%)	11:22	5.3 (53.5%)
489	<b>ZAJKOWSKA Nina</b>	<b>757</b>	POWIAT HAJNÓWKA	K- Niepełnosprawni(B)	18		<b>00:56:51.98</b>	+00:26:26 (46.5%)	11:22	5.3 (53.5%)
490	<b>BOŁTROMIUK Zenaida</b>	<b>41</b>	POWIAT HAJNÓWKA	K55-59	18		<b>00:56:57.91</b>	+00:26:32 (46.6%)	11:23	5.3 (53.5%)
491	<b>KABASA Leszek</b>	<b>187</b>	POWIAT HAJNÓWKA	M45-49	22		<b>00:57:22.46</b>	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
492	<b>BÓJKO-PIETROCZUK Bogusława</b>	<b>53</b>	POWIAT HAJNÓWKA	K45-49	25		<b>00:57:22.54</b>	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
493	<b>LECHOCIŃSKI Tomasz</b>	<b>565</b>	POWIAT HAJNÓWKA	M40-44	14		<b>00:57:22.78</b>	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
494	<b>SZPILKO Mirosława</b>	<b>466</b>	POWIAT HAJNÓWKA	K40-44	28		<b>00:57:23.05</b>	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
495	<b>GRYGORUK Irena</b>	<b>145</b>	POWIAT HAJNÓWKA	K45-49	26		<b>00:57:23.85</b>	+00:26:58 (47.0%)	11:28	5.2 (52.5%)
496	<b>SAMOJLIK Tymoteusz</b>	<b>417</b>	POWIAT HAJNÓWKA	M-Dzieci	17		<b>00:57:32.99</b>	+00:27:07 (47.1%)	11:30	5.2 (52.5%)
497	<b>SAMOJLIK Tomasz</b>	<b>418</b>	POWIAT HAJNÓWKA	M40-44	15		<b>00:57:46.96</b>	+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	<b>KRYSZTOFIAK Maja</b>	<b>252</b>		K-Dzieci	53		<b>00:57:51.26</b>	+00:27:26 (47.4%)	11:34	5.2 (52.5%)
499	<b>GARUSTOWICZ Emilia</b>	<b>112</b>		K30-39	34		<b>00:58:45.41</b>	+00:28:20 (48.2%)	11:45	5.1 (51.5%)
500	<b>RACZYŃSKA Anna</b>	<b>383</b>	WĘDRUJĄCE KIJE ŁUKÓW	K65-69	23		<b>01:00:37.01</b>	+00:30:11 (49.8%)	12:07	4.9 (49.5%)
501	<b>KIŚLAK Krystyna</b>	<b>214</b>	POWIAT HAJNOWSKI	K50-54	18		<b>01:01:17.88</b>	+00:30:52 (50.4%)	12:15	4.9 (49.5%)
502	<b>KRUSZEWSKA Elżbieta</b>	<b>251</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K70+	18		<b>01:01:50.38</b>	+00:31:25 (50.8%)	12:22	4.9 (49.5%)
503	<b>KOSIERKIEWICZ Małgorzata</b>	<b>234</b>		K50-54	19		<b>01:02:14.77</b>	+00:31:49 (51.1%)	12:27	4.8 (48.5%)
504	<b>GIERASIMIUK Weronika</b>	<b>119</b>	SZKOŁA NR 3	K-Dzieci	54		<b>01:02:35.44</b>	+00:32:10 (51.4%)	12:31	4.8 (48.5%)
505	<b>KAŁAMAJSKA Barbara</b>	<b>192</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K60-64	27		<b>01:02:47.22</b>	+00:32:22 (51.5%)	12:33	4.8 (48.5%)
506	<b>DZIADZEVICH Natallia</b>	<b>96</b>		K30-39	35		<b>01:03:21.33</b>	+00:32:56 (52.0%)	12:40	4.7 (47.5%)
507	<b>BUCZKOWSKA Hanna</b>	<b>55</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K50-54	20		<b>01:03:49.60</b>	+00:33:24 (52.3%)	12:46	4.7 (47.5%)
508	<b>SADOWSKA Julia</b>	<b>412</b>		K-Dzieci	55		<b>01:05:58.54</b>	+00:35:33 (53.9%)	13:11	4.5 (45.5%)
509	<b>SADOWSKA Barbara</b>	<b>411</b>	POWIAT HAJNÓWKA	K30-39	36		<b>01:05:58.67</b>	+00:35:33 (53.9%)	13:11	4.5 (45.5%)
510	<b>NIŻNIK-KNIGA Krystyna</b>	<b>330</b>		K65-69	24		<b>01:06:38.52</b>	+00:36:13 (54.4%)	13:19	4.5 (45.5%)
511	<b>CHMIELEWSKA Ela</b>	<b>65</b>		K65-69	25		<b>01:06:38.65</b>	+00:36:13 (54.4%)	13:19	4.5 (45.5%)
512	<b>WOJDA Teodora</b>	<b>740</b>		K-Niepełnosprawni(B)	19		<b>01:09:55.90</b>	+00:39:30 (56.5%)	13:59	4.3 (43.4%)
513	<b>GIŻYŃSKA Hanna</b>	<b>121</b>		K-Niepełnosprawni(B)	20		<b>01:09:57.51</b>	+00:39:32 (56.5%)	13:59	4.3 (43.4%)
514	<b>KOBUS Monika</b>	<b>218</b>		K30-39	37		<b>01:09:58.12</b>	+00:39:32 (56.5%)	13:59	4.3 (43.4%)
515	<b>PUC Agnieszka</b>	<b>377</b>	RAKKAR	K40-44	29		<b>01:10:02.43</b>	+00:39:37 (56.6%)	14:00	4.3 (43.4%)
516	<b>KARDASZ Natalia</b>	<b>197</b>	POWIAT HAJNÓWKA	K18-29	20		<b>01:12:15.72</b>	+00:41:50 (57.9%)	14:27	4.2 (42.4%)
517	<b>KOZIOŁ Walentyna</b>	<b>243</b>		K-Niepełnosprawni(B)	21		<b>01:13:18.08</b>	+00:42:52 (58.5%)	14:39	4.1 (41.4%)
518	<b>JASIONOWSKA Maria</b>	<b>172</b>		K-Niepełnosprawni(A)	4		<b>01:13:19.38</b>	+00:42:54 (58.5%)	14:40	4.1 (41.4%)
519	<b>WIŚNIEWSKA Magdalena</b>	<b>732</b>		K40-44	30		<b>01:13:35.58</b>	+00:43:10 (58.7%)	14:43	4.1 (41.4%)
520	<b>SZUPILUK Anna</b>	<b>470</b>		K18-29	21		<b>01:13:36.42</b>	+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	<b>GIŻYŃSKA Barbara</b>	<b>120</b>		K-Niepełnosprawni(B)	22		<b>01:13:37.16</b>	+00:43:11 (58.7%)	14:43	4.1 (41.4%)
522	<b>GODLEWSKA Jadwiga</b>	<b>125</b>		K-Niepełnosprawni(B)	23		<b>01:13:37.72</b>	+00:43:12 (58.7%)	14:43	4.1 (41.4%)
523	<b>ŻEMBROWSKA Martyna</b>	<b>770</b>	POWIAT HAJNÓWKA	K-Junior	49					(0.0%)
524	<b>ZINKIEWICZ Aleksandra</b>	<b>768</b>		K-Junior	50					(0.0%)
525	<b>TOPOLSKI Dominik</b>	<b>496</b>	POWIAT HAJNÓWKA	M-Junior	20					(0.0%)
DQ	<b>PIĄTKOWSKI Józef</b>	<b>351</b>	KS METRACO POLKOWICE	M70+		1	<b>00:36:57.83</b> <b>DQ</b>		-	- (0.0%)

Znaleziono 526 wynik(ów)