

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-09-09
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	STILLER Karol	507	KING&QUEEN	M30-39	1		00:29:37.05		5:55	10.1 (100%)
2	DEŁĄG Jakub	96	FACE NORDIC WALKING TEAM/ LUKI TEAM SIEDLCE	M18-29	1		00:30:15.05	+00:00:38 (2.1%)	6:03	9.9 (98.0%)
3	WOROCH Roman	592	KS METRACO POLKOWICE	M55-59	1		00:31:14.00	+00:01:36 (5.2%)	6:14	9.6 (95.0%)
4	POLEWCZAK Mariusz	431	CLLEO ZAWIERCIE	M45-49	1		00:31:30.55	+00:01:53 (6.0%)	6:18	9.5 (94.1%)
5	TRZCIŃSKI Franciszek	555	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1		00:31:44.05	+00:02:07 (6.7%)	6:20	9.5 (94.1%)
6	ROŻYNEK Miron	452	KS METRACO POLKOWICE	M50-54	2		00:31:49.50	+00:02:12 (6.9%)	6:22	9.4 (93.1%)
7	KARPIUK Łukasz	664		M18-29	2		00:31:52.60	+00:02:15 (7.1%)	6:22	9.4 (93.1%)
8	KRYŚ Artur	278	KS METRACO POLKOWICE	M45-49	2		00:31:55.35	+00:02:18 (7.2%)	6:23	9.4 (93.1%)
9	JAGIEŁA Paweł	178	TKKF KRZNA BIAŁA PODLASKA	M18-29	3		00:31:56.40	+00:02:19 (7.3%)	6:23	9.4 (93.1%)
10	HAŁAS Marcin	160		M30-39	2		00:32:06.65	+00:02:29 (7.8%)	6:25	9.3 (92.1%)
11	GAJEWSKI Eugeniusz	119	KS METRACO POLKOWICE	M60-64	1		00:32:30.15	+00:02:53 (8.9%)	6:30	9.2 (91.1%)
12	RAKUĆ Jakub	444	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	4		00:32:39.30	+00:03:02 (9.3%)	6:32	9.2 (91.1%)
13	MACHNIK Janusz	319	CLLEO ZAWIERCIE	M40-44	1		00:32:45.30	+00:03:08 (9.6%)	6:33	9.2 (91.1%)
14	SŁOMIAN Leszek	482	UNIA MIAST	M55-59	2		00:32:59.05	+00:03:22 (10.2%)	6:35	9.1 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	GŁOWA Michał	136	UNIA MIAST	M-Junior	1		00:33:08.60	+00:03:31 (10.6%)	6:37	9 (89.1%)
16	CHYRA Wiktor	72	UNIA MIAST	M-Junior	2		00:33:09.65	+00:03:32 (10.7%)	6:38	9 (89.1%)
17	TRZCIŃSKI Eugeniusz	556	SPORT I REKREACJA START (CHEŁMNO)	M60-64	2		00:33:15.80	+00:03:38 (11.0%)	6:39	9 (89.1%)
18	MATECKI Ryszard	339	KS METRACO POLKOWICE	M65-69	1		00:33:17.65	+00:03:40 (11.0%)	6:39	9 (89.1%)
19	SPYCHAŁA Lesław	497	WESOŁY BORSUK TEAM	M50-54	3		00:33:23.05	+00:03:46 (11.3%)	6:40	9 (89.1%)
20	SCHRÖDER Karol	470	SILESIA NORDIC TEAM	M40-44	2		00:33:26.75	+00:03:49 (11.4%)	6:41	9 (89.1%)
21	LENZ Andrzej	618		M50-54	4		00:33:30.95	+00:03:53 (11.6%)	6:42	9 (89.1%)
22	KLARKOWSKI Bogdan	614	ELBLASKIE WŁÓCZYKIJE	M60-64	3		00:33:32.30	+00:03:55 (11.7%)	6:42	8.9 (88.1%)
23	ADAMUS Marian	12	SILESIA NORDIC TEAM	M65-69	2		00:33:33.20	+00:03:56 (11.7%)	6:42	8.9 (88.1%)
24	BREWKA Joachim	57	UNIA MIAST	M50-54	5		00:33:38.95	+00:04:01 (12.0%)	6:43	8.9 (88.1%)
25	MARCINKOWSKI Jakub	334	UNIA MIAST	M-Junior	3		00:33:41.55	+00:04:04 (12.1%)	6:44	8.9 (88.1%)
26	BARTYŃSKI Zdzisław	30	KKNW	M50-54	6		00:33:58.05	+00:04:21 (12.8%)	6:47	8.8 (87.1%)
27	SKWIRUT Jerzy	481	SOKÓŁ RYMANÓW	M- Niepełnosprawni(B)	1		00:33:59.95	+00:04:22 (12.9%)	6:48	8.8 (87.1%)
28	DUSZEŃKO Zygmunt	106	KS METRACO POLKOWICE	M55-59	3		00:34:00.95	+00:04:23 (12.9%)	6:48	8.8 (87.1%)
29	USS Jola	568	TKKF KRZNA BIAŁA PODLASKA	K55-59	1		00:34:01.85	+00:04:24 (13.0%)	6:48	8.8 (87.1%)
30	GĄŁĄZKA Paweł	617		M- Niepełnosprawni(A)	1		00:34:03.05	+00:04:26 (13.0%)	6:48	8.8 (87.1%)
31	DMOWSKI Marek	98	UNIA MIAST	M45-49	3		00:34:04.55	+00:04:27 (13.1%)	6:49	8.8 (87.1%)
32	KRIWOPUST Andrzej	271		M-Junior	4		00:34:13.00	+00:04:35 (13.4%)	6:50	8.8 (87.1%)
33	JENDRUCHNIEWICZ Katarzyna	188	FUNDACJA 'W TE PĘDY'	K30-39	1		00:34:14.35	+00:04:37 (13.5%)	6:51	8.8 (87.1%)
34	PASIKOWSKI Marcin	658	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3		00:34:19.60	+00:04:42 (13.7%)	6:52	8.7 (86.1%)
35	FOJCIK Piotr	117	RYBNICKI KLUB NORDIC WALKING	M50-54	7		00:34:23.85	+00:04:46 (13.9%)	6:52	8.7 (86.1%)
36	KUBAT Janusz	281	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	4		00:34:34.95	+00:04:57 (14.4%)	6:55	8.7 (86.1%)
37	CUDAK Zbigniew	76	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	5		00:34:42.85	+00:05:05 (14.7%)	6:56	8.6 (85.1%)

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38	HOLWEK Jarosław	167		M50-54	8		00:34:49.45	+00:05:12 (15.0%)	6:58	8.6 (85.1%)
39	GAPIŃSKI Leszek	123	WESOŁY BORSUK TEAM	M60-64	4		00:34:51.00	+00:05:13 (15.0%)	6:58	8.6 (85.1%)
40	MELNIK Łukasz	346	CHODZĘ Z SERCEM	M-Junior	5		00:34:51.35	+00:05:14 (15.0%)	6:58	8.6 (85.1%)
41	BORKOWSKA Lidia	47	FACE NORDIC WALKING TEAM	K50-54	1		00:34:52.20	+00:05:15 (15.1%)	6:58	8.6 (85.1%)
42	ZAŃKO Katarzyna	599	KS METRACO POLKOWICE	K40-44	1		00:34:57.90	+00:05:20 (15.3%)	6:59	8.6 (85.1%)
43	MIKOŁAJCZAK Jan	359	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	2		00:34:59.50	+00:05:22 (15.4%)	7:00	8.6 (85.1%)
44	MAŁYS Krzysztof	656	SANTANDER CONSUMER BANK	M30-39	4		00:35:07.85	+00:05:30 (15.7%)	7:01	8.5 (84.2%)
45	POLISZCZUK Piotr	432	PIERNIKI NA CHODZIE	M55-59	4		00:35:09.15	+00:05:32 (15.7%)	7:01	8.5 (84.2%)
46	BIK Przemysław	38	KS METRACO POLKOWICE	M-Junior	6		00:35:11.90	+00:05:34 (15.9%)	7:02	8.5 (84.2%)
47	GRYGOROWICZ Bogdan	150	KS METRACO POLKOWICE	M65-69	3		00:35:13.30	+00:05:36 (15.9%)	7:02	8.5 (84.2%)
48	SITKO Maciej	476	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Junior	7		00:35:13.90	+00:05:36 (15.9%)	7:02	8.5 (84.2%)
49	SZYMAŃSKI Stefan	533	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1		00:35:26.35	+00:05:49 (16.4%)	7:05	8.5 (84.2%)
50	POLEWCZAK Aneta	430	CLLEO ZAWIERCIE	K45-49	1		00:35:26.45	+00:05:49 (16.4%)	7:05	8.5 (84.2%)
51	BRANCZEWSKA Ewa	54	NW WERWA MŁAWA	K30-39	2		00:35:27.40	+00:05:50 (16.5%)	7:05	8.5 (84.2%)
52	JÓŹWIAK Marianna	191	WTW WŁOCŁAWEK	K40-44	2		00:35:29.45	+00:05:52 (16.5%)	7:05	8.5 (84.2%)
53	GRUSZKA Michał	145	UNIA MIAST	M-Dzieci	1		00:35:33.10	+00:05:56 (16.7%)	7:06	8.4 (83.2%)
54	NACZK Wiktoria	370	DYNAMIC	K-Junior	1		00:35:33.40	+00:05:56 (16.7%)	7:06	8.4 (83.2%)
55	IWANIUK Włodzimierz	175		M50-54	9		00:35:34.10	+00:05:57 (16.7%)	7:06	8.4 (83.2%)
56	LESIŃSKA Marzenna	300	KS METRACO POLKOWICE	K50-54	2		00:35:37.05	+00:06:00 (16.8%)	7:07	8.4 (83.2%)
57	STOLARSKI Michał	510	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	6		00:35:40.65	+00:06:03 (17.0%)	7:08	8.4 (83.2%)
58	PARTYKA Teresa	410	WESOŁY BORSUK TEAM	K55-59	2		00:35:41.45	+00:06:04 (17.0%)	7:08	8.4 (83.2%)
59	GALIK Jerzy	120	MARSZ PO ZDROWIE POZNAŃ	M50-54	10		00:35:52.90	+00:06:15 (17.5%)	7:10	8.4 (83.2%)
60	KREZMER Marzena	269	CLLEO ZAWIERCIE	K30-39	3		00:35:55.60	+00:06:18 (17.6%)	7:11	8.4 (83.2%)

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61	REJMAN Dorota	560	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K30-39	4		00:35:56.35	+00:06:19 (17.6%)	7:11	8.3 (82.2%)
62	GRUSZKA Michał	144	UNIA MIAST	M40-44	3		00:35:59.70	+00:06:22 (17.7%)	7:12	8.3 (82.2%)
63	OLEŚ Józef	392	NW WERWA MŁAWA	M- Niepełnosprawni(A)	3		00:35:59.80	+00:06:22 (17.7%)	7:11	8.3 (82.2%)
64	KOWALCZYK Edyta	259	KS METRACO POLKOWICE	K45-49	2		00:36:06.45	+00:06:29 (18.0%)	7:13	8.3 (82.2%)
65	SAKOWSKA Krystyna	466	PASJA NORDIC WALKING	K40-44	3		00:36:09.50	+00:06:32 (18.1%)	7:13	8.3 (82.2%)
66	KWAŚNY Tomasz	290	CHODZĘ Z SERCEM	M50-54	11		00:36:17.65	+00:06:40 (18.4%)	7:15	8.3 (82.2%)
67	RAKUĆ Angelika	445	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1		00:36:19.90	+00:06:42 (18.5%)	7:16	8.3 (82.2%)
68	GOŁĘBIEWSKI Andrzej	137	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	5		00:36:22.30	+00:06:45 (18.6%)	7:16	8.2 (81.2%)
69	DOLNA Ewelina	360	KSK ŻYJ AKTYWNIE	K30-39	5		00:36:25.85	+00:06:48 (18.7%)	7:17	8.2 (81.2%)
70	BEDNARZ Krzysztof	627	SANTANDER CONSUMER BANK	M30-39	5		00:36:27.05	+00:06:50 (18.7%)	7:17	8.2 (81.2%)
71	STYGA Krystyna	512	KKNW	K55-59	3		00:36:28.15	+00:06:51 (18.8%)	7:17	8.2 (81.2%)
72	ŚLUSARCZYK Andrzej	542	WESOŁY BORSUK TEAM	M65-69	4		00:36:29.50	+00:06:52 (18.8%)	7:17	8.2 (81.2%)
73	WECHTA Paweł	579	KS METRACO POLKOWICE	M45-49	7		00:36:37.25	+00:07:00 (19.1%)	7:19	8.2 (81.2%)
74	MARCINKOWSKA Agnieszka	332	UNIA MIAST	K-Dzieci	1		00:36:37.30	+00:07:00 (19.1%)	7:19	8.2 (81.2%)
75	NOWALIŃSKA Anastazja	386	FACE NORDIC WALKING TEAM	K-Junior	2		00:36:48.00	+00:07:10 (19.5%)	7:21	8.2 (81.2%)
76	MIKITIUK Tomasz	357	KIJOWA PARA	M45-49	8		00:36:48.25	+00:07:11 (19.5%)	7:21	8.2 (81.2%)
77	LINCZUK Julia	1049		K-Junior	3		00:36:48.70	+00:07:11 (19.5%)	7:21	8.1 (80.2%)
78	BURDANOWSKI Andrzej	64	GOSIR OSIELSKO	M- Niepełnosprawni(A)	4		00:36:51.35	+00:07:14 (19.6%)	7:22	8.1 (80.2%)
79	SZANIAWSKI Mariusz	516	AKTYWNI Z PASJĄ	M- Niepełnosprawni(B)	2		00:36:57.90	+00:07:20 (19.9%)	7:23	8.1 (80.2%)
80	DUSZEŃKO Jakub	107	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	3		00:36:58.00	+00:07:20 (19.9%)	7:23	8.1 (80.2%)
81	GALAŚ Joanna	122	PASJA NORDIC WALKING	K18-29	2		00:36:58.95	+00:07:21 (19.9%)	7:23	8.1 (80.2%)
82	CZMOCH Marian	82	PUKS JEDYNKA ŁOSICE	M65-69	5		00:37:00.20	+00:07:23 (20.0%)	7:24	8.1 (80.2%)
83	BRAĞIEL Krystyna	642		K60-64	1		00:37:03.30	+00:07:26 (20.1%)	7:24	8.1 (80.2%)

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84	KANIEWSKA Beata	208	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	3		00:37:10.05	+00:07:33 (20.3%)	7:26	8.1 (80.2%)
85	SZENDZIELORZ Ilona	517	FABRIKANORDIKA	K60-64	2		00:37:10.70	+00:07:33 (20.3%)	7:26	8.1 (80.2%)
86	WASILEWSKI Sławomir	574	PASJA NORDIC WALKING	M70+	2		00:37:11.80	+00:07:34 (20.4%)	7:26	8.1 (80.2%)
87	KAŻMIERCZAK Sebastian	216	GOSIR OSIELSKO	M40-44	4		00:37:12.95	+00:07:35 (20.4%)	7:26	8.1 (80.2%)
88	KIENDYŚ Sebastian	229		M-Junior	8		00:37:18.10	+00:07:41 (20.6%)	7:27	8 (79.2%)
89	ROMAŃCZUK Agnieszka	449	FACE NORDIC WALKING TEAM	K45-49	4		00:37:19.35	+00:07:42 (20.6%)	7:27	8 (79.2%)
90	SITKO Małgorzata	475	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	5		00:37:20.75	+00:07:43 (20.7%)	7:28	8 (79.2%)
91	KOT Anatol	256	RKB HAJNÓWKA	M55-59	5		00:37:21.85	+00:07:44 (20.7%)	7:28	8 (79.2%)
92	PILECKA PRĄDZYŃSKA Anna	421	PENDOLINO	K60-64	3		00:37:25.60	+00:07:48 (20.9%)	7:29	8 (79.2%)
93	KARASIŃSKA Alicja	668	NOVI SIEDLCE	K45-49	6		00:37:25.90	+00:07:48 (20.9%)	7:29	8 (79.2%)
94	KRYSZCZUK Marzena	275	FACE NORDIC WALKING TEAM	K45-49	7		00:37:27.85	+00:07:50 (20.9%)	7:29	8 (79.2%)
95	MANDZIUK Anna	329	TKKF KRZNA BIAŁA PODLASKA	K18-29	3		00:37:28.00	+00:07:50 (20.9%)	7:29	8 (79.2%)
96	SZYCKO Radek	530	DWA KIJE SŁUPSK	M40-44	5		00:37:29.25	+00:07:52 (21.0%)	7:29	8 (79.2%)
97	JÓŻWIAK Łukasz	193	WTW WŁOCŁAWEK	M- Niepełnosprawni(A)	5		00:37:29.85	+00:07:52 (21.0%)	7:29	8 (79.2%)
98	KRAWCZUK Szymon	268		M-Junior	9		00:37:31.75	+00:07:54 (21.1%)	7:30	8 (79.2%)
99	STOLARSKA Joanna	509	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Junior	4		00:37:31.80	+00:07:54 (21.1%)	7:30	8 (79.2%)
100	FIGURSKA Dominika	114	FACE NORDIC WALKING TEAM	K18-29	4		00:37:35.95	+00:07:58 (21.2%)	7:31	8 (79.2%)
101	WAWRZYŃSKI Anna	576	FACE NORDIC WALKING TEAM	K40-44	4		00:37:36.60	+00:07:59 (21.3%)	7:31	8 (79.2%)
102	MACZKOWSKA Zofia	321	LKS ZANTYR SZTUM	K-Dzieci	2		00:37:37.95	+00:08:00 (21.3%)	7:31	8 (79.2%)
103	BIELIŃSKI Andrzej	36		M30-39	6		00:37:43.20	+00:08:06 (21.5%)	7:32	8 (79.2%)
104	GŁADZIKOWSKI Grzegorz	676	WEDRUJĄCE KIJE	M65-69	6		00:37:43.25	+00:08:06 (21.5%)	7:32	8 (79.2%)
105	OPALA Sebastian	397	GRUDZIĄDZKI KLUB TURYSTYCZNY MIŁOŚNIKÓW NORDIC WALKING PATYCZAKI	M40-44	6		00:37:49.45	+00:08:12 (21.7%)	7:33	7.9 (78.2%)
106	GWAREK Anita	157	PASJA NORDIC WALKING	K45-49	8		00:37:52.35	+00:08:15 (21.8%)	7:34	7.9 (78.2%)

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107	URBAŃSKI Stefan	567	KLUB NW PATYCZAKI GRUDZIĄDZ	M55-59	6		00:37:52.95	+00:08:15 (21.8%)	7:34	7.9 (78.2%)
108	DANA Andrzej	88	KLUB NW PATYCZAKI GRUDZIĄDZ	M65-69	7		00:37:53.30	+00:08:16 (21.8%)	7:34	7.9 (78.2%)
109	KĘDZIERSKI Bartosz	226	NOWI SIEDLCE	M-Dzieci	2		00:37:53.85	+00:08:16 (21.8%)	7:34	7.9 (78.2%)
110	DANA Kazimiera	87	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	4		00:37:56.05	+00:08:19 (21.9%)	7:35	7.9 (78.2%)
111	SZYNKIEWICZ Katarzyna	535		K40-44	5		00:37:56.35	+00:08:19 (21.9%)	7:35	7.9 (78.2%)
112	DZIUBA Alina	110	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	9		00:37:57.45	+00:08:20 (22.0%)	7:35	7.9 (78.2%)
113	DĘBSKA Małgorzata	631	SANTANDER CONSUMER BANK	K30-39	6		00:37:58.45	+00:08:21 (22.0%)	7:35	7.9 (78.2%)
114	ONISZCZUK Iwona	1159		K18-29	5		00:38:02.45	+00:08:25 (22.1%)	7:36	7.9 (78.2%)
115	DEJDA Piotr	95	FACE NORDIC WALKING TEAM	M45-49	9		00:38:04.30	+00:08:27 (22.2%)	7:36	7.9 (78.2%)
116	MALKIEWICZ Małgorzata	643	KSK ŻYJ AKTYWNIE	K50-54	3		00:38:09.85	+00:08:32 (22.4%)	7:38	7.9 (78.2%)
117	SZKLARSKI Jarosław	688		M40-44	7		00:38:09.95	+00:08:32 (22.4%)	7:38	7.9 (78.2%)
118	LORENS Kazimierz	311	CLLEO ZAWIERCIE	M60-64	6		00:38:11.50	+00:08:34 (22.5%)	7:38	7.9 (78.2%)
119	ZIELIŃSKI Ryszard	603	PUKS JEDYNKA ŁOSICE	M60-64	7		00:38:11.80	+00:08:34 (22.5%)	7:38	7.9 (78.2%)
120	WIŚNIEWSKI Kazimierz	590	PASJA NORDIC WALKING	M60-64	8		00:38:11.90	+00:08:34 (22.5%)	7:38	7.9 (78.2%)
121	DANILUK Mirosław	90	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	M- Niepełnosprawni(B)	4		00:38:13.65	+00:08:36 (22.5%)	7:38	7.8 (77.2%)
122	DAWIDZIUK Ewa	92		K30-39	7		00:38:17.80	+00:08:40 (22.7%)	7:39	7.8 (77.2%)
123	CYBUL Ewa	77	CHODZĘ Z SERCEM	K55-59	4		00:38:19.25	+00:08:42 (22.7%)	7:39	7.8 (77.2%)
124	GAWRYLUK Andrzej	129		M-Dzieci	3		00:38:19.90	+00:08:42 (22.7%)	7:40	7.8 (77.2%)
125	GŁOMBICA Ewa	135	WESOŁY BORSUK TEAM	K30-39	8		00:38:20.35	+00:08:43 (22.7%)	7:40	7.8 (77.2%)
126	IWANIUK Michał	173		M-Dzieci	4		00:38:20.85	+00:08:43 (22.8%)	7:40	7.8 (77.2%)
127	SMYK Albert	1104		M-Dzieci	5		00:38:22.70	+00:08:45 (22.8%)	7:40	7.8 (77.2%)
128	KOŚCIERCZUK Jakub	1105		M-Dzieci	6		00:38:23.65	+00:08:46 (22.9%)	7:40	7.8 (77.2%)
129	BURACZYŃSKI Marcin	63	AKTYWNI Z PASJĄ	M- Niepełnosprawni(B)	5		00:38:23.70	+00:08:46 (22.9%)	7:40	7.8 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	SZYMCZYK Magdalena	534	DYNAMIC	K30-39	9		00:38:25.50	+00:08:48 (22.9%)	7:41	7.8 (77.2%)
130	GIERSZEWSKA Magdlena	644	KSK ŻYJ AKTYWNIE	K40-44	6		00:38:25.50	+00:08:48 (22.9%)	7:41	7.8 (77.2%)
132	ADAMOWICZ Andrzej	6		M70+	3		00:38:27.35	+00:08:50 (23.0%)	7:41	7.8 (77.2%)
133	FOJCIK Gabriela	116	RYBNICKI KLUB NORDIC WALKING	K50-54	4		00:38:31.70	+00:08:54 (23.1%)	7:42	7.8 (77.2%)
134	MARKHEVICH Halina	654		K50-54	5		00:38:34.25	+00:08:57 (23.2%)	7:42	7.8 (77.2%)
135	JURCZYŃSKA Bożena	200	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	5		00:38:34.30	+00:08:57 (23.2%)	7:43	7.8 (77.2%)
136	PIÓRO Robert	426	FUNDACJA 'W TE PĘDY'	M18-29	5		00:38:36.15	+00:08:59 (23.3%)	7:43	7.8 (77.2%)
137	SACHARUK Jerzy	660		M45-49	10		00:38:36.20	+00:08:59 (23.3%)	7:43	7.8 (77.2%)
138	JASICZEK Jarek	186	WESOŁY BORSUK TEAM	M45-49	11		00:38:36.30	+00:08:59 (23.3%)	7:43	7.8 (77.2%)
139	ADAMSKA Anna	11	CHODZĘ Z SERCEM	K-Dzieci	3		00:38:36.55	+00:08:59 (23.3%)	7:43	7.8 (77.2%)
140	DĄBROWSKI Andrzej	94	MARSZ PO ZDROWIE POZNAŃ	M65-69	8		00:38:37.05	+00:09:00 (23.3%)	7:43	7.8 (77.2%)
141	PIÓRO Michał	425	FUNDACJA 'W TE PĘDY'	M18-29	6		00:38:39.65	+00:09:02 (23.4%)	7:43	7.8 (77.2%)
142	KULIK Sławomir	284	POWIAT HAJNOWSKI EMERYT TEAM	M55-59	7		00:38:40.75	+00:09:03 (23.4%)	7:44	7.8 (77.2%)
143	TARASIUK Joanna	1158		K18-29	6		00:38:40.80	+00:09:03 (23.4%)	7:44	7.8 (77.2%)
144	BARUCH Henryka	616	DĄBROWA NORDIC TEAM	K65-69	1		00:38:41.10	+00:09:04 (23.4%)	7:44	7.8 (77.2%)
145	KUPIBIDA Bogusława	285	SILESIA NORDIC TEAM	K55-59	6		00:38:44.50	+00:09:07 (23.6%)	7:44	7.7 (76.2%)
146	SZYCKO Oliwia	529	DWA KIJE SŁUPSK	K-Dzieci	4		00:38:46.45	+00:09:09 (23.6%)	7:45	7.7 (76.2%)
147	CZUBASZEK Wojciech	673	WEDRUJĄCE KIJE	M40-44	8		00:38:48.30	+00:09:11 (23.7%)	7:45	7.7 (76.2%)
148	KWAŚNA Małgorzata	289	CHODZĘ Z SERCEM	K45-49	10		00:38:49.20	+00:09:12 (23.7%)	7:46	7.7 (76.2%)
149	JURCZUK Mariusz	198		M40-44	9		00:38:51.60	+00:09:14 (23.8%)	7:46	7.7 (76.2%)
150	NAZARUK Anna	371		K18-29	7		00:38:51.65	+00:09:14 (23.8%)	7:46	7.7 (76.2%)
151	KARPIUK Julita	661		K18-29	8		00:38:52.80	+00:09:15 (23.8%)	7:46	7.7 (76.2%)
152	LELIWA Leszek	295	PATYCZAKI	M70+	4		00:38:54.60	+00:09:17 (23.9%)	7:47	7.7 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	KHARYTANIUK Anastasiya	227	PROWERTEL	K-Dzieci	5		00:38:55.95	+00:09:18 (23.9%)	7:47	7.7 (76.2%)
154	SADOWSKI Tomasz	463	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	M- Niepełnosprawni(B)	6		00:39:01.00	+00:09:23 (24.1%)	7:48	7.7 (76.2%)
155	DANILUK Krystyna	91	POWIAT HAJNOWSKI	K45-49	11		00:39:02.10	+00:09:25 (24.1%)	7:48	7.7 (76.2%)
156	WIERZBICKI Waldemar	585		M65-69	9		00:39:04.85	+00:09:27 (24.2%)	7:49	7.7 (76.2%)
157	ZAGALSKA Aldona	665	NOWI SIEDLCE	K40-44	7		00:39:05.65	+00:09:28 (24.2%)	7:49	7.7 (76.2%)
158	HISZPAŃSKA Katarzyna	165	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	9		00:39:06.40	+00:09:29 (24.3%)	7:49	7.7 (76.2%)
159	ŚLUSARCZYK Grzegorz	543	WESOŁY BORSUK TEAM	M40-44	10		00:39:06.60	+00:09:29 (24.3%)	7:49	7.7 (76.2%)
160	FILUSZ Alfred	683		M45-49	12		00:39:07.60	+00:09:30 (24.3%)	7:49	7.7 (76.2%)
161	SZYNKIEWICZ Artur	537		M45-49	13		00:39:15.05	+00:09:38 (24.5%)	7:51	7.6 (75.2%)
162	WARUSZEWSKA Maja	572		K-Dzieci	6		00:39:15.95	+00:09:38 (24.6%)	7:51	7.6 (75.2%)
163	MATLEWSKI Radek	341	FACE NORDIC WALKING TEAM	M40-44	11		00:39:23.00	+00:09:45 (24.8%)	7:52	7.6 (75.2%)
164	ALEKSIEJUK Robert	15	POWIAT HAJNOWSKI	M45-49	14		00:39:25.45	+00:09:48 (24.9%)	7:53	7.6 (75.2%)
165	KACZOCH Jaś	650		M-Dzieci	7		00:39:25.50	+00:09:48 (24.9%)	7:53	7.6 (75.2%)
166	GÓRSKA Violetta	139	GOSIR OSIELSKO	K50-54	6		00:39:28.65	+00:09:51 (25.0%)	7:53	7.6 (75.2%)
167	CHOLEWKA Jolanta	70	MARSZ PO ZDROWIE POZNAŃ	K60-64	5		00:39:34.90	+00:09:57 (25.2%)	7:55	7.6 (75.2%)
168	TUZIMEK Agata	557		K30-39	10		00:39:35.05	+00:09:58 (25.2%)	7:55	7.6 (75.2%)
169	KORZENIOWSKA Aldona	253	CHODZĘ Z SERCEM	K45-49	12		00:39:35.85	+00:09:58 (25.2%)	7:55	7.6 (75.2%)
170	WAWRZY尼亚K Igor	577	FACE NORDIC WALKING TEAM	M-Dzieci	8		00:39:40.30	+00:10:03 (25.3%)	7:56	7.6 (75.2%)
171	KARWOWSKA Anna	212	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	1		00:39:41.45	+00:10:04 (25.4%)	7:56	7.6 (75.2%)
172	KLEWEK Irena	236	CHODZĘ Z SERCEM	K55-59	7		00:39:47.30	+00:10:10 (25.6%)	7:57	7.5 (74.3%)
173	FALKOWSKI Maciej	111	POWIAT HAJNOWSKI	M18-29	7		00:39:49.95	+00:10:12 (25.6%)	7:58	7.5 (74.3%)
174	OLEŚ Elżbieta	393	NW WERWA MŁAWA	K65-69	2		00:39:52.90	+00:10:15 (25.7%)	7:58	7.5 (74.3%)
175	BORKOWSKA Małgorzata	48		K45-49	13		00:39:53.60	+00:10:16 (25.8%)	7:58	7.5 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	SHESHKO Andrzej	506		M-Junior	10		00:39:59.45	+00:10:22 (25.9%)	7:59	7.5 (74.3%)
177	MATLEWSKA Aga	340	FACE NORDIC WALKING TEAM	K40-44	8		00:40:02.40	+00:10:25 (26.0%)	8:00	7.5 (74.3%)
178	ANGIELCZYK Małgorzata	24	MARSZ PO ZDROWIE POZNAŃ	K65-69	3		00:40:02.45	+00:10:25 (26.0%)	8:00	7.5 (74.3%)
179	WOROCH Jolanta	593	DOPIEWO	K50-54	7		00:40:06.45	+00:10:29 (26.2%)	8:01	7.5 (74.3%)
180	MARCZUK Maciej	1186		M18-29	8		00:40:09.50	+00:10:32 (26.2%)	8:01	7.5 (74.3%)
181	ZIELINKIEWICZ Wiktoria	600	KLUB NW PATYCZAKI GRUDZIĄDZ	K-Dzieci	7		00:40:12.05	+00:10:35 (26.3%)	8:02	7.5 (74.3%)
182	PIETRUSZKIEWICZ Anna	419		K40-44	9		00:40:12.75	+00:10:35 (26.3%)	8:02	7.5 (74.3%)
183	JURCZUK Eugenia	195	POWIAT HAJNOWSKI	K60-64	6		00:40:17.45	+00:10:40 (26.5%)	8:03	7.4 (73.3%)
184	NIECHWIEJCZYK Kinga	378	UNIA MIAST	K-Dzieci	8		00:40:17.70	+00:10:40 (26.5%)	8:03	7.4 (73.3%)
185	KOZŁOWSKA Maja	264		K-Dzieci	9		00:40:18.95	+00:10:41 (26.5%)	8:03	7.4 (73.3%)
186	ALEKSIEJUK Wiktor	16		M50-54	12		00:40:24.55	+00:10:47 (26.7%)	8:05	7.4 (73.3%)
187	PAJDOSZ Maciej	405	CHODZĘ Z SERCEM	M-Junior	11		00:40:25.70	+00:10:48 (26.7%)	8:05	7.4 (73.3%)
188	ANDREJUK Mirosław	21	POWIAT HAJNOWSKI	M45-49	15		00:40:27.35	+00:10:50 (26.8%)	8:05	7.4 (73.3%)
189	OPALA Julia	395	GRUDZIĄDZKI KLUB TURYSTYCZNY MIŁOŚNIKÓW NORDIC WALKING PATYCZAKI	K-Junior	5		00:40:28.15	+00:10:51 (26.8%)	8:05	7.4 (73.3%)
190	KUREK Monika	623	SANTANDER CONSUMER BANK	K40-44	10		00:40:34.20	+00:10:57 (27.0%)	8:06	7.4 (73.3%)
191	KRYSZCZUK Kacper	276	FACE NORDIC WALKING TEAM	M18-29	9		00:40:34.85	+00:10:57 (27.0%)	8:07	7.4 (73.3%)
192	MARCINKOWSKA Renata	333	FACE NORDIC WALKING TEAM	K65-69	4		00:40:35.20	+00:10:58 (27.0%)	8:07	7.4 (73.3%)
193	DMITRIUK Paulina	1068		K-Dzieci	10		00:40:36.30	+00:10:59 (27.1%)	8:07	7.4 (73.3%)
194	WAWEREK Renata	575	AKTYWNI Z PASJĄ	K45-49	14		00:40:40.20	+00:11:03 (27.2%)	8:08	7.4 (73.3%)
195	LESIUK Mirosława	302	AKTYWNI Z PASJĄ	K60-64	7		00:40:43.05	+00:11:06 (27.3%)	8:08	7.4 (73.3%)
196	LENCZEWSKA Anna	296		K30-39	11		00:40:43.50	+00:11:06 (27.3%)	8:08	7.4 (73.3%)
197	DZIEDZIK Patrycja	109		K-Junior	6		00:40:44.65	+00:11:07 (27.3%)	8:08	7.4 (73.3%)
198	WIESZOŁEK Ewelina	586		K30-39	12		00:40:45.50	+00:11:08 (27.3%)	8:09	7.4 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	BAŃKA Andrzej	28	KKNW	M40-44	12		00:40:45.60	+00:11:08 (27.3%)	8:09	7.4 (73.3%)
200	DZIEDIEWICZ Natalia	108		K30-39	13		00:40:46.00	+00:11:08 (27.3%)	8:09	7.4 (73.3%)
201	ŚLUSARCZYK Karolina	544	WESOŁY BORSUK TEAM	K-Dzieci	11		00:40:48.40	+00:11:11 (27.4%)	8:09	7.3 (72.3%)
202	HANUS Joanna	161		K- Niepełnosprawni(B)	2		00:40:48.50	+00:11:11 (27.4%)	8:09	7.3 (72.3%)
203	WALESZKO Andrzej	678		M45-49	16		00:40:53.65	+00:11:16 (27.6%)	8:10	7.3 (72.3%)
204	KSIĄŻEK Dominika	280	FUNDACJA 'W TE PĘDY'	K18-29	10		00:40:53.80	+00:11:16 (27.6%)	8:10	7.3 (72.3%)
205	KOZŁOWSKI Wojciech	266		M40-44	13		00:40:54.45	+00:11:17 (27.6%)	8:11	7.3 (72.3%)
206	ZAWIEJA Przemysław	634	SANTANDER CONSUMER BANK	M30-39	7		00:40:54.85	+00:11:17 (27.6%)	8:10	7.3 (72.3%)
207	KOZŁOWSKI Kacper	267		M-Junior	12		00:40:55.25	+00:11:18 (27.6%)	8:11	7.3 (72.3%)
208	SZYMAŃSKA Lucyna	531	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	1		00:41:01.60	+00:11:24 (27.8%)	8:12	7.3 (72.3%)
209	GOLONKO Grzegorz	1064		M-Dzieci	9		00:41:02.35	+00:11:25 (27.8%)	8:12	7.3 (72.3%)
210	BURNA Iweta	65	FACE NORDIC WALKING TEAM	K40-44	11		00:41:02.45	+00:11:25 (27.8%)	8:12	7.3 (72.3%)
211	KILP Karol	1016		M-Junior	13		00:41:03.00	+00:11:25 (27.9%)	8:12	7.3 (72.3%)
212	KECZYŃSKI Kacper	1011		M-Junior	14		00:41:03.80	+00:11:26 (27.9%)	8:12	7.3 (72.3%)
213	LEWCZUK Weronika	1130		K-Junior	7		00:41:05.00	+00:11:27 (27.9%)	8:13	7.3 (72.3%)
213	LEMBERG Sandra	1129		K-Junior	8		00:41:05.00	+00:11:27 (27.9%)	8:13	7.3 (72.3%)
215	UKLEJEWSKI Przemek	564	GOSIR OSIELSKO	M40-44	14		00:41:06.30	+00:11:29 (27.9%)	8:13	7.3 (72.3%)
216	ROMANIUK Regina	1157		K18-29	11		00:41:09.10	+00:11:32 (28.0%)	8:14	7.3 (72.3%)
217	PIOTROWSKA Joanna	548	PASJA NORDIC WALKING	K45-49	15		00:41:12.15	+00:11:35 (28.1%)	8:14	7.3 (72.3%)
218	WARPAS Radosław	629	SANTANDER CONSUMER BANK	M30-39	8		00:41:12.50	+00:11:35 (28.1%)	8:14	7.3 (72.3%)
219	NOWICKI Bogdan	389	POWIAT HAJNOWSKI	M50-54	13		00:41:13.25	+00:11:36 (28.1%)	8:14	7.3 (72.3%)
220	SZYBUT Weronika	528		K-Dzieci	12		00:41:19.05	+00:11:42 (28.3%)	8:15	7.3 (72.3%)
221	WACHOWIAK Alex	569	POWIAT HAJNOWSKI	M-Junior	15		00:41:19.85	+00:11:42 (28.3%)	8:16	7.3 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
222	KOŁPAK Irena	243	LKS ZANTYR SZTUM	K65-69	5		00:41:22.15	+00:11:45 (28.4%)	8:16	7.3 (72.3%)
223	PROKOPIUK Aleksander	437		M70+	5		00:41:25.75	+00:11:48 (28.5%)	8:17	7.2 (71.3%)
224	BOŻKO Urszula	52	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K- Niepełnosprawni(B)	3		00:41:27.55	+00:11:50 (28.6%)	8:17	7.2 (71.3%)
225	PIĄTEK Waldemar	416		M45-49	17		00:41:28.05	+00:11:51 (28.6%)	8:17	7.2 (71.3%)
226	WARPAS Barbara	628	SANTANDER CONSUMER BANK	K30-39	14		00:41:28.15	+00:11:51 (28.6%)	8:17	7.2 (71.3%)
227	MARCINIUK Katarzyna	330	CHODZĘ Z SERCEM	K45-49	16		00:41:30.65	+00:11:53 (28.7%)	8:18	7.2 (71.3%)
228	GUL-BOGACZ Jolanta	155	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	12		00:41:33.10	+00:11:56 (28.7%)	8:18	7.2 (71.3%)
229	JURCZAK Krzysztof	194	POWIAT HAJNOWSKI	M- Niepełnosprawni(B)	7		00:41:33.60	+00:11:56 (28.7%)	8:18	7.2 (71.3%)
230	KREFT Jolanta	270	UNIA MIAST	K50-54	8		00:41:36.25	+00:11:59 (28.8%)	8:19	7.2 (71.3%)
231	PRYCZYMICZ Róża	1067		K-Dzieci	13		00:41:37.25	+00:12:00 (28.8%)	8:19	7.2 (71.3%)
232	ZAKRZEWSKA Martyna	1156		K18-29	12		00:41:39.10	+00:12:02 (28.9%)	8:19	7.2 (71.3%)
233	PARFENIUK Oliwia	1005		K-Junior	9		00:41:39.55	+00:12:02 (28.9%)	8:19	7.2 (71.3%)
234	PAWŁOWSKI Sławomir	662	HAJNÓWKA BIEGA	M50-54	14		00:41:40.70	+00:12:03 (28.9%)	8:20	7.2 (71.3%)
235	DMITRUK Natalia	1001		K-Junior	10		00:41:41.50	+00:12:04 (29.0%)	8:20	7.2 (71.3%)
236	MALISZEWSKA Marianna	326		K- Niepełnosprawni(B)	4		00:41:41.60	+00:12:04 (29.0%)	8:20	7.2 (71.3%)
237	KRIWOPUST Irina	272		K40-44	13		00:41:44.35	+00:12:07 (29.0%)	8:21	7.2 (71.3%)
238	ŚWIC Agnieszka	1033		K-Junior	11		00:41:45.05	+00:12:08 (29.1%)	8:21	7.2 (71.3%)
239	HOMONIEC Ewa	168	SANTANDER CONSUMER BANK	K40-44	14		00:41:45.45	+00:12:08 (29.1%)	8:21	7.2 (71.3%)
240	ŚWIĆ Joanna	545	CHODZĘ Z SERCEM	K45-49	17		00:41:48.55	+00:12:11 (29.2%)	8:21	7.2 (71.3%)
241	GRABOWSKA Bożena	140	LKS ZANTYR SZTUM	K45-49	18		00:41:48.70	+00:12:11 (29.2%)	8:21	7.2 (71.3%)
242	DRABCZYK Franciszek	101	KS METRACO POLKOWICE	M60-64	9		00:41:49.30	+00:12:12 (29.2%)	8:22	7.2 (71.3%)
243	ŁAPIŃSKA Ewa	1004		K-Junior	12		00:41:55.25	+00:12:18 (29.3%)	8:23	7.2 (71.3%)
244	GIEMZA Barbara	131		K45-49	19		00:41:56.65	+00:12:19 (29.4%)	8:23	7.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
245	KORCZ Marzena	250		K30-39	15		00:41:56.95	+00:12:19 (29.4%)	8:23	7.2 (71.3%)
246	PONIATOWSKI Hieronim	434		M60-64	10		00:41:57.30	+00:12:20 (29.4%)	8:23	7.2 (71.3%)
247	CHOINKA Bożena	640	SANTANDER CONSUMER BANK	K45-49	20		00:41:57.90	+00:12:20 (29.4%)	8:23	7.1 (70.3%)
248	POLKOWSKA Katarzyna	433		K50-54	9		00:41:58.30	+00:12:21 (29.4%)	8:23	7.1 (70.3%)
249	KUŹNIARSKI Jacek	288	FACE NORDIC WALKING TEAM	M45-49	18		00:41:58.60	+00:12:21 (29.4%)	8:23	7.1 (70.3%)
250	MĘCZYŃSKI Mikołaj	349	FUNDACJA 'W TE PĘDY'	M-Dzieci	10		00:41:59.20	+00:12:22 (29.5%)	8:23	7.1 (70.3%)
251	BOROWIK Karolina	1023		K-Junior	13		00:42:00.70	+00:12:23 (29.5%)	8:24	7.1 (70.3%)
252	CHARKIEWICZ Urszula	659		K18-29	13		00:42:01.35	+00:12:24 (29.5%)	8:24	7.1 (70.3%)
252	JAKONIUK Emily	179	POWIAT HAJNOWSKI	K30-39	16		00:42:01.35	+00:12:24 (29.5%)	8:24	7.1 (70.3%)
254	ADAMSKA Marzena	7	SANTANDER CONSUMER BANK	K30-39	17		00:42:01.50	+00:12:24 (29.5%)	8:24	7.1 (70.3%)
255	KOPACZ Marek	248	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	15		00:42:01.70	+00:12:24 (29.5%)	8:24	7.1 (70.3%)
256	KUZICH Volha	286	NORDIC BREST	K18-29	14		00:42:03.45	+00:12:26 (29.6%)	8:24	7.1 (70.3%)
257	MUDER Gabriela	369	PUKS JEDYNKA ŁOSICE	K-Dzieci	14		00:42:06.15	+00:12:29 (29.7%)	8:25	7.1 (70.3%)
258	GROCHOWSKA-WYRĘBAK Arleta	682		K40-44	15		00:42:06.80	+00:12:29 (29.7%)	8:25	7.1 (70.3%)
259	KOSICKA Beata	254	BRAK	K45-49	21		00:42:08.25	+00:12:31 (29.7%)	8:25	7.1 (70.3%)
260	BARDON Monika	1045		K18-29	15		00:42:08.70	+00:12:31 (29.7%)	8:25	7.1 (70.3%)
261	UKLEJEWSKA Agnieszka	562	GOSIR OSIELSKO	K30-39	18		00:42:12.05	+00:12:35 (29.8%)	8:26	7.1 (70.3%)
262	SZOSTEK Anna	522	FACE NORDIC WALKING TEAM	K30-39	19		00:42:13.45	+00:12:36 (29.9%)	8:26	7.1 (70.3%)
263	LATO Agnieszka	677	WĘDRUJĄCE KIIJE	K45-49	22		00:42:16.10	+00:12:39 (29.9%)	8:27	7.1 (70.3%)
264	BRZAŃKAŁA Natalia	58	Z KIJKAMI NAM PO DRODZE	K18-29	16		00:42:16.75	+00:12:39 (29.9%)	8:27	7.1 (70.3%)
265	NOSALIK Katarzyna	383	UNIA MIAST	K30-39	20		00:42:17.65	+00:12:40 (30.0%)	8:27	7.1 (70.3%)
266	ALEKSIEJCZUK Daniel	1146		M-Dzieci	11		00:42:18.55	+00:12:41 (30.0%)	8:27	7.1 (70.3%)
267	MAZERSKA Maria	342	LKS ZANTYR SZTUM	K65-69	6		00:42:18.75	+00:12:41 (30.0%)	8:27	7.1 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
268	PANASIUK Grażyna	406		K30-39	21		00:42:19.45	+00:12:42 (30.0%)	8:27	7.1 (70.3%)
269	KULCZYCKI Jan	283		M65-69	10		00:42:21.05	+00:12:44 (30.1%)	8:28	7.1 (70.3%)
270	SAŁAGA Joanna	467	CHODZĘ Z SERCEM	K45-49	23		00:42:22.10	+00:12:45 (30.1%)	8:28	7.1 (70.3%)
271	NIEBRZEGOWSKA Helena	376	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	5		00:42:23.40	+00:12:46 (30.1%)	8:28	7.1 (70.3%)
272	OCHRYCIUK Anatol	390	UNIwersytet TRZECIEGO WIEKU HAJNÓWKA	M65-69	11		00:42:24.45	+00:12:47 (30.2%)	8:28	7.1 (70.3%)
273	SACHON Anna	1042		K-Junior	14		00:42:25.15	+00:12:48 (30.2%)	8:29	7.1 (70.3%)
274	JUSZCZAK Julia	1031		K-Junior	15		00:42:26.50	+00:12:49 (30.2%)	8:29	7.1 (70.3%)
275	SADOWSKA Weronika	462	POWIAT HAJNOWSKI	K-Dzieci	15		00:42:30.45	+00:12:53 (30.3%)	8:30	7.1 (70.3%)
276	ZINKIEWICZ Aleksandra	604		K-Junior	16		00:42:31.80	+00:12:54 (30.4%)	8:30	7.1 (70.3%)
277	WILCZEK Anna	587	SANTANDER CONSUMER BANK	K30-39	22		00:42:32.00	+00:12:54 (30.4%)	8:30	7.1 (70.3%)
278	PAWŁOWSKA Sara	414		K-Junior	17		00:42:32.90	+00:12:55 (30.4%)	8:30	7.1 (70.3%)
279	MALISZEWSKI Marek	327		M- Niepełnosprawni(B)	8		00:42:33.45	+00:12:56 (30.4%)	8:30	7 (69.3%)
279	SZWARC Natalia	526		K-Junior	18		00:42:33.45	+00:12:56 (30.4%)	8:30	7.1 (70.3%)
279	ORZECZOWSKA Julia	398	CHODZĘ Z SERCEM	K-Junior	19		00:42:33.45	+00:12:56 (30.4%)	8:30	7.1 (70.3%)
282	RÓŻYCKA Beata	454	CHODZĘ Z SERCEM	K45-49	24		00:42:33.95	+00:12:56 (30.4%)	8:30	7 (69.3%)
283	STOLARSKA Magdalena	508	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	25		00:42:34.10	+00:12:57 (30.4%)	8:30	7 (69.3%)
284	GROMOTOWICZ Maciej	1128		M-Junior	16		00:42:34.15	+00:12:57 (30.4%)	8:30	7 (69.3%)
285	KWIATKOWSKA Jadwiga	291	KS METRACO POLKOWICE	K65-69	7		00:42:36.25	+00:12:59 (30.5%)	8:31	7 (69.3%)
286	FRAŃCZEK Luiza	118	POWIAT HAJNOWSKI	K40-44	16		00:42:37.25	+00:13:00 (30.5%)	8:31	7 (69.3%)
287	BIEGAJŁO Piotr	33		M45-49	19		00:42:38.15	+00:13:01 (30.5%)	8:31	7 (69.3%)
288	PLEWA Halina	428	POWIAT HAJNOWSKI	K55-59	8		00:42:38.55	+00:13:01 (30.5%)	8:31	7 (69.3%)
289	KOCZUR Dorota	242	KKNW	K60-64	8		00:42:40.10	+00:13:03 (30.6%)	8:32	7 (69.3%)
290	RAUS-KRUPA Małgorzata	447		K45-49	26		00:42:45.10	+00:13:08 (30.7%)	8:33	7 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
291	KOZŁOWSKA Elżbieta	265		K40-44	17		00:42:46.20	+00:13:09 (30.8%)	8:33	7 (69.3%)
292	NAZARUK Ola	372		K55-59	9		00:42:47.45	+00:13:10 (30.8%)	8:33	7 (69.3%)
293	MROWIEC Maria	367	UNIA MIAST	K70+	1		00:42:48.60	+00:13:11 (30.8%)	8:33	7 (69.3%)
294	KONDRACIUK Magdalena	244		K30-39	23		00:42:49.15	+00:13:12 (30.8%)	8:33	7 (69.3%)
295	PACYNA Helena	403	KS METRACO POLKOWICE	K65-69	8		00:42:49.40	+00:13:12 (30.8%)	8:34	7 (69.3%)
296	TOKAJCZUK Antoni	1137		M-Dzieci	12		00:42:50.35	+00:13:13 (30.9%)	8:34	7 (69.3%)
297	GRUSZKA Barbara	143	LKS ZANTYR SZTUM	K70+	2		00:42:52.10	+00:13:15 (30.9%)	8:34	7 (69.3%)
298	ŁUKASIEWICZ Łukasz	365		M30-39	9		00:42:56.95	+00:13:19 (31.0%)	8:35	7 (69.3%)
299	KONSTANCIAK Piotr	632	SANTANDER CONSUMER BANK	M40-44	16		00:42:57.05	+00:13:20 (31.0%)	8:35	7 (69.3%)
300	SZYMAŃSKI Mirosław	532	SANTANDER CONSUMER BANK	M45-49	20		00:42:58.80	+00:13:21 (31.1%)	8:35	7 (69.3%)
301	CIEŚLIŃSKA Wiesława	75	AKTYWNI Z PASJĄ	K55-59	10		00:43:00.95	+00:13:23 (31.1%)	8:36	7 (69.3%)
302	SOKÓLSKA Małgorzata	489	TKKF/KBBB	K55-59	11		00:43:02.10	+00:13:25 (31.2%)	8:36	7 (69.3%)
303	MISZCZUK Basia	1024		K-Junior	20		00:43:02.35	+00:13:25 (31.2%)	8:36	7 (69.3%)
304	ZIELINKIEWICZ Fabian	602	KLUB NW PATYCZAKI GRUDZIĄDZ	M30-39	10		00:43:06.55	+00:13:29 (31.3%)	8:37	7 (69.3%)
305	FILIPOWICZ Natalia	1078		K-Dzieci	16		00:43:07.80	+00:13:30 (31.3%)	8:37	7 (69.3%)
306	MIKITIUK Beata	358	KIJOWA PARA	K45-49	27		00:43:09.30	+00:13:32 (31.4%)	8:37	7 (69.3%)
307	DRAŁUS Magdalena	102	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	17		00:43:10.90	+00:13:33 (31.4%)	8:38	6.9 (68.3%)
308	PAWŁOWSKA Gabriela	413	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	18		00:43:11.30	+00:13:34 (31.4%)	8:38	6.9 (68.3%)
308	SAMOJLIK Jagna	469		K-Dzieci	19		00:43:11.30	+00:13:34 (31.4%)	8:38	6.9 (68.3%)
310	SMARUJ-SADOWSKA Janina	484		K65-69	9		00:43:11.80	+00:13:34 (31.4%)	8:38	6.9 (68.3%)
311	KĘDYŚ Gabriel	220	SPNR6 HAJNÓWKA	M-Dzieci	13		00:43:14.00	+00:13:36 (31.5%)	8:38	6.9 (68.3%)
312	SMURAHA Kanstantsina	485	PROWERTEL	K60-64	9		00:43:14.10	+00:13:37 (31.5%)	8:38	6.9 (68.3%)
313	PAJDOSZ Anna	404	CHODZĘ Z SERCEM	K50-54	10		00:43:16.45	+00:13:39 (31.6%)	8:39	6.9 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
314	KAŹMIERCZAK Żanetta	215	GOSIR OSIELSKO	K40-44	18		00:43:16.75	+00:13:39 (31.6%)	8:39	6.9 (68.3%)
314	BIEGAJŁO Małgorzata	34		K45-49	28		00:43:16.75	+00:13:39 (31.6%)	8:39	6.9 (68.3%)
316	ĆWIKLIŃSKA Joanna	86		K- Niepełnosprawni(B)	6		00:43:19.00	+00:13:41 (31.6%)	8:39	6.9 (68.3%)
317	TROCHIMCZUK Anna	680	SANTANDER CONSUMER BANK	K30-39	24		00:43:19.55	+00:13:42 (31.6%)	8:40	6.9 (68.3%)
317	ŚLIWIŃSKA Ewa	540	KLUB NW PATYCZAKI GRUDZIĄDZ	K45-49	29		00:43:19.55	+00:13:42 (31.6%)	8:40	6.9 (68.3%)
319	GRZEGORZEWSKA Aneta	153	CHODZĘ Z SERCEM	K30-39	25		00:43:22.95	+00:13:45 (31.7%)	8:40	6.9 (68.3%)
320	PRYCZYNICZ Anna	1061		K-Dzieci	20		00:43:23.75	+00:13:46 (31.8%)	8:40	6.9 (68.3%)
321	TULIŃSKI Wiktor	1052		M-Dzieci	14		00:43:25.05	+00:13:48 (31.8%)	8:41	6.9 (68.3%)
322	TRESZCZOTKO Maria	553		K70+	3		00:43:25.50	+00:13:48 (31.8%)	8:41	6.9 (68.3%)
323	KĘDYŚ Anna	221	HAJNÓWKA	K-Dzieci	21		00:43:26.60	+00:13:49 (31.8%)	8:41	6.9 (68.3%)
324	OGONOWSKA Edyta	391	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	12		00:43:27.55	+00:13:50 (31.8%)	8:41	6.9 (68.3%)
325	LASZCZYŃSKA Agata	292	SANTANDER CONSUMER BANK	K45-49	30		00:43:29.05	+00:13:52 (31.9%)	8:41	6.9 (68.3%)
326	CIEŚLIK-SZKLARSKA Agnieszka	689		K40-44	19		00:43:30.30	+00:13:53 (31.9%)	8:42	6.9 (68.3%)
327	KARHANIEWICZ Amelia	1069		K-Dzieci	22		00:43:33.55	+00:13:56 (32.0%)	8:42	6.9 (68.3%)
328	PANASIUK Paulina	1063		K-Dzieci	23		00:43:34.15	+00:13:57 (32.0%)	8:42	6.9 (68.3%)
329	GUZ Urszula	156	PUKS JEDYNKA ŁOSICE	K60-64	10		00:43:34.60	+00:13:57 (32.0%)	8:43	6.9 (68.3%)
330	MOROZ-KECZYŃSKA Ewa	645		K45-49	31		00:43:35.10	+00:13:58 (32.0%)	8:43	6.9 (68.3%)
331	MORDAŃ Michał	1100		M-Dzieci	15		00:43:35.60	+00:13:58 (32.1%)	8:43	6.9 (68.3%)
332	ADAMCZYK-ŚMIERTKA Małgorzata	636	SANTANDER CONSUMER BANK	K30-39	26		00:43:36.75	+00:13:59 (32.1%)	8:43	6.9 (68.3%)
333	KOPACZ Elżbieta	247	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	20		00:43:37.25	+00:14:00 (32.1%)	8:43	6.9 (68.3%)
334	MIKOŁAJCZUK Agata	1177		K-Junior	21		00:43:39.35	+00:14:02 (32.2%)	8:43	6.9 (68.3%)
335	TOCZYŃSKA Natalia	550	CHODZĘ Z SERCEM	K18-29	17		00:43:39.50	+00:14:02 (32.2%)	8:44	6.9 (68.3%)
336	BRONOWICKA Magdalena	624	SANTANDER CONSUMER BANK	K40-44	21		00:43:41.05	+00:14:04 (32.2%)	8:44	6.9 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
337	GRUSZEWSKA Gabriela	1176		K-Junior	22		00:43:41.60	+00:14:04 (32.2%)	8:44	6.9 (68.3%)
338	OSTROWIERCH Irena	401	SP ZOZ	K50-54	11		00:43:42.80	+00:14:05 (32.2%)	8:44	6.9 (68.3%)
339	BARTUSIK-URBAN Jadwiga	29	SANTANDER CONSUMER BANK	K45-49	32		00:43:47.55	+00:14:10 (32.4%)	8:45	6.9 (68.3%)
340	JURCZUK Aleksandra	1065		K-Dzieci	24		00:43:48.15	+00:14:11 (32.4%)	8:45	6.8 (67.3%)
341	KIERDELEWICZ Martyna	1066		K-Dzieci	25		00:43:48.90	+00:14:11 (32.4%)	8:45	6.8 (67.3%)
342	ŚLEDŹ Ewa	684	AKTYWNI Z PASJĄ	K- Niepełnosprawni(A)	2		00:43:52.15	+00:14:15 (32.5%)	8:46	6.8 (67.3%)
343	KONARSKA Agata	622	SANTANDER CONSUMER BANK	K30-39	27		00:43:52.75	+00:14:15 (32.5%)	8:46	6.8 (67.3%)
344	PIĄTEK Renata	687		K45-49	33		00:43:54.10	+00:14:17 (32.5%)	8:46	6.8 (67.3%)
345	BARUCH Włodzimierz	615	DĄBROWA NORDIC TEAM	M65-69	12		00:43:57.15	+00:14:20 (32.6%)	8:47	6.8 (67.3%)
346	CYRA Grażyna	79		K60-64	11		00:43:57.40	+00:14:20 (32.6%)	8:47	6.8 (67.3%)
347	MOCZULSKA Monika	667		K40-44	22		00:43:59.20	+00:14:22 (32.7%)	8:47	6.8 (67.3%)
348	KARBIERUK Julia	1074		K-Junior	23		00:44:01.00	+00:14:23 (32.7%)	8:48	6.8 (67.3%)
349	KHARYTANIUK Ludmila	228	PROWERTEL	K45-49	34		00:44:02.60	+00:14:25 (32.8%)	8:48	6.8 (67.3%)
350	BIEDRYCKA Patrycja	1025		K18-29	18		00:44:02.70	+00:14:25 (32.8%)	8:48	6.8 (67.3%)
351	WIŚNIEWSKA Danuta	589	PASJA NORDIC WALKING	K55-59	13		00:44:02.75	+00:14:25 (32.8%)	8:48	6.8 (67.3%)
352	HOLECKA Beata	166		K50-54	12		00:44:03.55	+00:14:26 (32.8%)	8:48	6.8 (67.3%)
353	MARCZYK Jerzy Paweł	335	FACE NORDIC WALKING TEAM	M55-59	8		00:44:05.35	+00:14:28 (32.8%)	8:49	6.8 (67.3%)
354	PANKIEWICZ-DMOWSKA Cecylia	409		K65-69	10		00:44:07.55	+00:14:30 (32.9%)	8:49	6.8 (67.3%)
355	PANASIUK Filip	408	POWIAT HAJNOWSKI	M-Dzieci	16		00:44:07.60	+00:14:30 (32.9%)	8:49	6.8 (67.3%)
356	ACKIEWICZ Marta	4		K30-39	28		00:44:07.65	+00:14:30 (32.9%)	8:49	6.8 (67.3%)
357	KIERDELEWICZ Irena	231		K30-39	29		00:44:08.20	+00:14:31 (32.9%)	8:49	6.8 (67.3%)
358	BOROWSKA Agnieszka	50		K40-44	23		00:44:11.10	+00:14:34 (33.0%)	8:50	6.8 (67.3%)
359	WITEK Lech	591		M70+	6		00:44:12.00	+00:14:34 (33.0%)	8:50	6.8 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
360	BIK Katarzyna	37	KS METRACO POLKOWICE	K-Junior	24		00:44:12.25	+00:14:35 (33.0%)	8:50	6.8 (67.3%)
361	ZIUZIA Halina	1119		K-Dzieci	26		00:44:13.00	+00:14:35 (33.0%)	8:50	6.8 (67.3%)
362	KLIMIUK Justyna	237		K-Junior	25		00:44:14.10	+00:14:37 (33.0%)	8:50	6.8 (67.3%)
363	WRZOSEK Ewa	594		K40-44	24		00:44:14.80	+00:14:37 (33.1%)	8:51	6.8 (67.3%)
364	ZIN-PARFIENIUK Ewa	605	POWIAT HAJNOWSKI	K30-39	30		00:44:15.25	+00:14:38 (33.1%)	8:51	6.8 (67.3%)
365	KĘDZIERSKA Barbara	224		K40-44	25		00:44:18.15	+00:14:41 (33.1%)	8:51	6.8 (67.3%)
366	JANKOWSKA-PLEWA Krystyna	182		K50-54	13		00:44:19.70	+00:14:42 (33.2%)	8:52	6.8 (67.3%)
367	PSZKIT Teresa	440	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	7		00:44:20.00	+00:14:42 (33.2%)	8:52	6.8 (67.3%)
368	CHMIELEWSKI Maciek	68	POWIAT HAJNOWSKI	M-Dzieci	17		00:44:21.35	+00:14:44 (33.2%)	8:52	6.8 (67.3%)
369	RYCHLIK Magdalena	455	FUNDACJA 'W TE PĘDY'	K30-39	31		00:44:22.10	+00:14:45 (33.2%)	8:52	6.8 (67.3%)
370	KICZAJŁO Dawid	1187		M-Junior	17		00:44:24.10	+00:14:47 (33.3%)	8:52	6.8 (67.3%)
371	TRESZCZOTKA Wioletta	552		K18-29	19		00:44:25.35	+00:14:48 (33.3%)	8:53	6.8 (67.3%)
372	GROBELNA Jadwiga	142	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	8		00:44:26.20	+00:14:49 (33.3%)	8:53	6.8 (67.3%)
373	LESIUK Maria	301	AKTYWNI Z PASJĄ	K-Dzieci	27		00:44:30.05	+00:14:53 (33.4%)	8:54	6.7 (66.3%)
374	LUBOWIDZKA Kornelia	1117		K-Dzieci	28		00:44:31.55	+00:14:54 (33.5%)	8:54	6.7 (66.3%)
375	HAJDUK Katarzyna	158	POWIAT HAJNOWSKI	K30-39	32		00:44:36.20	+00:14:59 (33.6%)	8:55	6.7 (66.3%)
376	PIÓRO Ewa	424	FUNDACJA 'W TE PĘDY'	K45-49	35		00:44:36.25	+00:14:59 (33.6%)	8:55	6.7 (66.3%)
377	ZABROCKI Gabriel	1184		M18-29	10		00:44:36.70	+00:14:59 (33.6%)	8:55	6.7 (66.3%)
378	SZEWCZYK Julia	521	FACE NORDIC WALKING TEAM	K-Junior	26		00:44:39.50	+00:15:02 (33.7%)	8:56	6.7 (66.3%)
379	OMELIANIUK Kinga	1202		K-Junior	27		00:44:40.20	+00:15:03 (33.7%)	8:56	6.7 (66.3%)
380	ŚRODA Karolina	1205		K-Junior	28		00:44:41.65	+00:15:04 (33.7%)	8:56	6.7 (66.3%)
381	ROSZCZENKO Magdalena	450		K18-29	20		00:44:41.85	+00:15:04 (33.7%)	8:56	6.7 (66.3%)
382	BOŻKO Paweł	53	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	M- Niepełnosprawni(B)	9		00:44:42.20	+00:15:05 (33.7%)	8:56	6.7 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
383	SZULC-DRABCZYK Urszula	525	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	9		00:44:42.50	+00:15:05 (33.8%)	8:56	6.7 (66.3%)
384	KOŚKO Krystyna	255	KLUB CHODZĄCYCH ROGACZY	K- Niepełnosprawni(A)	3		00:44:42.70	+00:15:05 (33.8%)	8:56	6.7 (66.3%)
385	PASZKOWSKA Agnieszka	411	LUBLIN CHODZI Z KIJKAMI	K30-39	33		00:44:43.15	+00:15:06 (33.8%)	8:56	6.7 (66.3%)
386	WALESZKO Adam	679		M-Dzieci	18		00:44:44.00	+00:15:06 (33.8%)	8:56	6.7 (66.3%)
387	KĘDYŚ Magdalena	222		K18-29	21		00:44:44.20	+00:15:07 (33.8%)	8:56	6.7 (66.3%)
388	GAŁAŚ Bożena	121	PASJA NORDIC WALKING	K60-64	12		00:44:45.35	+00:15:08 (33.8%)	8:57	6.7 (66.3%)
389	SUJKOWKA Elżbieta	514		K55-59	14		00:44:48.45	+00:15:11 (33.9%)	8:57	6.7 (66.3%)
390	MUDER Iwona	368	PUKS JEDYNKA ŁOSICE	K40-44	26		00:44:49.70	+00:15:12 (33.9%)	8:57	6.7 (66.3%)
391	SAMOSIUK Szymon	1185		M18-29	11		00:44:50.25	+00:15:13 (33.9%)	8:58	6.7 (66.3%)
392	KOWALSKA Elwira	262		K18-29	22		00:44:50.80	+00:15:13 (34.0%)	8:58	6.7 (66.3%)
393	HINEBORG Bogumiła	164	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	14		00:44:52.40	+00:15:15 (34.0%)	8:58	6.7 (66.3%)
394	SURMIAK Ryszard	515	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	7		00:44:52.95	+00:15:15 (34.0%)	8:58	6.7 (66.3%)
395	URBAŃSKA Elżbieta	566	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	13		00:44:53.40	+00:15:16 (34.0%)	8:58	6.7 (66.3%)
396	JAKUBOWSKA Edyta	180		K30-39	34		00:44:56.85	+00:15:19 (34.1%)	8:59	6.7 (66.3%)
397	MICHAŁOWSKI Mateusz	356	POWIAT HAJNOWSKI	M-Junior	18		00:44:58.30	+00:15:21 (34.1%)	8:59	6.7 (66.3%)
398	PISZCZATOWSKA Elżbieta	427		K30-39	35		00:44:58.70	+00:15:21 (34.2%)	8:59	6.7 (66.3%)
399	SZREJDER Zofia	523	POWIAT HAJNOWSKI	K60-64	14		00:45:00.30	+00:15:23 (34.2%)	9:00	6.7 (66.3%)
400	WILCZYŃSKA Barbara	588	AKTYWNI Z PASJĄ	K- Niepełnosprawni(B)	10		00:45:00.40	+00:15:23 (34.2%)	9:00	6.7 (66.3%)
401	LESZCZYŃSKA Kasia	303	GOSIR OSIELSKO	K55-59	15		00:45:02.15	+00:15:25 (34.2%)	9:00	6.7 (66.3%)
402	KAŻMIERCZAK Lena	217	GOSIR OSIELSKO	K-Dzieci	29		00:45:02.30	+00:15:25 (34.2%)	9:00	6.7 (66.3%)
403	ANDRZEJUK Bartosz	23	PUBLICZNE GIMNAZJUM NR 2 W HAJNÓWCE	M-Junior	19		00:45:03.80	+00:15:26 (34.3%)	9:00	6.7 (66.3%)
404	CZWERENKO Alicja	84	LKS ZANTYR SZTUM	K55-59	16		00:45:06.95	+00:15:29 (34.4%)	9:01	6.6 (65.3%)
405	BIELAWSKA Dorota	35	SANTANDER CONSUMER BANK	K55-59	17		00:45:08.10	+00:15:31 (34.4%)	9:01	6.6 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
406	ARENDE Marcel	25		M-Dzieci	19		00:45:08.30	+00:15:31 (34.4%)	9:01	6.6 (65.3%)
407	STEFANIUK Weronika	503		K-Junior	29		00:45:08.45	+00:15:31 (34.4%)	9:01	6.6 (65.3%)
408	CHARKIEWICZ Oksana	66		K-Junior	30		00:45:09.00	+00:15:31 (34.4%)	9:01	6.6 (65.3%)
409	RYGOROWICZ Wiera	458	POWIAT HAJNOWSKI	K60-64	15		00:45:09.30	+00:15:32 (34.4%)	9:01	6.6 (65.3%)
410	SAKOWICZ Natalia	465		K-Junior	31		00:45:09.55	+00:15:32 (34.4%)	9:02	6.6 (65.3%)
411	MASALSKA Emilia	338		K-Junior	32		00:45:11.20	+00:15:34 (34.5%)	9:02	6.6 (65.3%)
412	DOBROWOLSKI Patryk	99		M-Dzieci	20		00:45:12.35	+00:15:35 (34.5%)	9:02	6.6 (65.3%)
413	SIEWIERENIUK Martyna	1091		K-Dzieci	30		00:45:14.65	+00:15:37 (34.5%)	9:03	6.6 (65.3%)
414	KULA Monika	282	CHODZĘ Z SERCEM	K40-44	27		00:45:20.55	+00:15:43 (34.7%)	9:04	6.6 (65.3%)
415	KMIECIK-ZEGARSKA Teresa	240	LKS ZANTYR SZTUM	K55-59	18		00:45:22.15	+00:15:45 (34.7%)	9:04	6.6 (65.3%)
416	KRUPA Grzegorz	273		M45-49	21		00:45:22.80	+00:15:45 (34.7%)	9:04	6.6 (65.3%)
417	ORZECH Agnieszka	621	SANTANDER CONSUMER BANK	K30-39	36		00:45:26.50	+00:15:49 (34.8%)	9:05	6.6 (65.3%)
418	KASPRZYKOWSKI Bartłomiej	692	SANTANDER CONSUMER BANK	M40-44	17		00:45:27.05	+00:15:50 (34.8%)	9:05	6.6 (65.3%)
419	WALESIUK Julia	1120		K-Dzieci	31		00:45:28.30	+00:15:51 (34.9%)	9:05	6.6 (65.3%)
420	MADOŃ Tomasz	322	AKTYWNI Z PASJĄ	M45-49	22		00:45:28.95	+00:15:51 (34.9%)	9:05	6.6 (65.3%)
421	KARANOS Celina	209		K50-54	15		00:45:29.90	+00:15:52 (34.9%)	9:06	6.6 (65.3%)
422	JURCZUK Łukasz	197		M-Dzieci	21		00:45:33.20	+00:15:56 (35.0%)	9:06	6.6 (65.3%)
423	GABIEC Adrian	1123		M-Dzieci	22		00:45:33.50	+00:15:56 (35.0%)	9:06	6.6 (65.3%)
424	DUSZEŃKO Elwira	105	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	4		00:45:33.90	+00:15:56 (35.0%)	9:06	6.6 (65.3%)
425	CZEPIEL Cyryl	81		M-Dzieci	23		00:45:35.50	+00:15:58 (35.0%)	9:07	6.6 (65.3%)
426	GARBACKI Józef	125	KKNW	M70+	8		00:45:36.35	+00:15:59 (35.1%)	9:07	6.6 (65.3%)
427	ZIENIEWICZ Adam	1121		M-Dzieci	24		00:45:36.55	+00:15:59 (35.1%)	9:07	6.6 (65.3%)
428	BOJARCZUK Elżbieta	45	CHODZĘ Z SERCEM	K50-54	16		00:45:37.30	+00:16:00 (35.1%)	9:07	6.6 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
429	BOGDANOWICZ Filip	44	SZKOŁA PODSTAWOWA NR 6 IM. HENRYKA SIENKIEWICZA	M-Dzieci	25		00:45:39.80	+00:16:02 (35.1%)	9:08	6.6 (65.3%)
430	BOGDANOWICZ Filip	1145		M-Dzieci	26		00:45:40.60	+00:16:03 (35.2%)	9:08	6.6 (65.3%)
431	STULGIS Łukasz	694		M-Junior	20		00:45:41.30	+00:16:04 (35.2%)	9:08	6.6 (65.3%)
432	RĘBICZ Grażyna	655	KKNW	K60-64	16		00:45:42.85	+00:16:05 (35.2%)	9:08	6.6 (65.3%)
433	KORCZ Aleksandra	1125		K-Junior	33		00:45:42.95	+00:16:05 (35.2%)	9:08	6.6 (65.3%)
434	SZYBUT Roma	527		K30-39	37		00:45:44.00	+00:16:06 (35.2%)	9:08	6.6 (65.3%)
435	SKIEPKO Edyta	478		K-Junior	34		00:45:46.50	+00:16:09 (35.3%)	9:09	6.6 (65.3%)
436	ACKIEWICZ Gabriela	3	POWIAT HAJNOWSKI	K-Dzieci	32		00:45:51.90	+00:16:14 (35.4%)	9:10	6.5 (64.4%)
437	ŁOBUZIŃSKA Urszula	1037		K-Junior	35		00:45:52.50	+00:16:15 (35.4%)	9:10	6.5 (64.4%)
438	IGNACIUK Julita	1048		K-Junior	36		00:45:52.65	+00:16:15 (35.4%)	9:10	6.5 (64.4%)
438	LECYK Jadwiga	294	CHODZĘ Z SERCEM	K60-64	17		00:45:52.65	+00:16:15 (35.4%)	9:10	6.5 (64.4%)
440	OSTROWIERCH Nina	400		K-Junior	37		00:45:52.80	+00:16:15 (35.4%)	9:10	6.5 (64.4%)
441	KIERDELEWICZ Aleksandra	230	POWIAT HAJNOWSKI	K-Dzieci	33		00:45:53.15	+00:16:16 (35.5%)	9:10	6.5 (64.4%)
442	PIWOWARCZYK Weronika	1043		K-Junior	38		00:45:54.95	+00:16:17 (35.5%)	9:11	6.5 (64.4%)
443	GIERASINIUK Martyna	1044		K-Junior	39		00:45:55.00	+00:16:17 (35.5%)	9:11	6.5 (64.4%)
444	NIEWIADOMSKA Małgorzata	381		K40-44	28		00:45:57.20	+00:16:20 (35.5%)	9:11	6.5 (64.4%)
445	SHESHKA Alena	471		K30-39	38		00:45:57.90	+00:16:20 (35.6%)	9:11	6.5 (64.4%)
446	PRÓCHNICKA Marianna	439	CHODZĘ Z SERCEM	K60-64	18		00:45:59.10	+00:16:22 (35.6%)	9:11	6.5 (64.4%)
447	BORZYM Arkadiusz	626		M50-54	15		00:46:00.15	+00:16:23 (35.6%)	9:12	6.5 (64.4%)
448	WITKOWSKA Żaneta	1178		K-Junior	40		00:46:00.20	+00:16:23 (35.6%)	9:12	6.5 (64.4%)
449	KOWALSKA Bronisława	261	UNIA MIAST	K50-54	17		00:46:04.25	+00:16:27 (35.7%)	9:12	6.5 (64.4%)
450	ADAMSKA Irena	9	POWIAT HAJNOWSKI	K60-64	19		00:46:05.20	+00:16:28 (35.7%)	9:13	6.5 (64.4%)
451	MALINOWSKA Grażyna	324	LKS ZANTYR SZTUM	K65-69	11		00:46:05.70	+00:16:28 (35.7%)	9:13	6.5 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
452	MĘCZYŃSKA Katarzyna	348	FUNDACJA 'W TE PĘDY'	K40-44	29		00:46:06.90	+00:16:29 (35.8%)	9:13	6.5 (64.4%)
453	PROKOPIEC Bronisława	436	KKNW	K70+	4		00:46:07.20	+00:16:30 (35.8%)	9:13	6.5 (64.4%)
454	GĄSOWSKA Walentyna	130	POWIAT HAJNOWSKI	K40-44	30		00:46:09.05	+00:16:32 (35.8%)	9:13	6.5 (64.4%)
455	SAMOJLIK Justyna	468		K30-39	39		00:46:10.85	+00:16:33 (35.9%)	9:14	6.5 (64.4%)
456	MARKOWSKI Adam	1007		M-Junior	21		00:46:11.70	+00:16:34 (35.9%)	9:14	6.5 (64.4%)
457	DANILOVICH Aliaksandr	89		M55-59	9		00:46:12.20	+00:16:35 (35.9%)	9:14	6.5 (64.4%)
458	PIÓRO Jadwiga	422	FUNDACJA 'W TE PĘDY'	K65-69	12		00:46:12.25	+00:16:35 (35.9%)	9:14	6.5 (64.4%)
459	BUDASZ Krzysztof	620	JEZIORKI	M60-64	11		00:46:13.80	+00:16:36 (35.9%)	9:14	6.5 (64.4%)
460	MOTOCZYŃSKA Aleksandra	366	GOSIR OSIELSKO	K55-59	19		00:46:14.75	+00:16:37 (36.0%)	9:15	6.5 (64.4%)
461	ROZENBAJGIER Helena	451	KKNW	K70+	5		00:46:16.55	+00:16:39 (36.0%)	9:15	6.5 (64.4%)
462	WĘCKO Dorota	583		K30-39	40		00:46:22.30	+00:16:45 (36.1%)	9:16	6.5 (64.4%)
463	KAMIEŃSKA Emilia	1182		K-Junior	41		00:46:22.40	+00:16:45 (36.1%)	9:16	6.5 (64.4%)
464	JÓŻWIAK Dominik	192	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	10		00:46:23.60	+00:16:46 (36.2%)	9:16	6.5 (64.4%)
465	GOTÓWKO Iwona	138		K50-54	18		00:46:24.10	+00:16:47 (36.2%)	9:16	6.5 (64.4%)
466	SOŁKIEWICZ Olga	491		K55-59	20		00:46:24.65	+00:16:47 (36.2%)	9:16	6.5 (64.4%)
467	ZAWIEJA Alicja	633	SANTANDER CONSUMER BANK	K40-44	31		00:46:27.15	+00:16:50 (36.2%)	9:17	6.5 (64.4%)
468	CZUBASZEK Julka	83	WĘDRUJĄCE KIIJE	K-Dzieci	34		00:46:28.50	+00:16:51 (36.3%)	9:17	6.5 (64.4%)
469	CHYREK Renata	73	GOSIR OSIELSKO	K55-59	21		00:46:29.05	+00:16:52 (36.3%)	9:17	6.5 (64.4%)
470	TARGOSZ Zdzisława	547		K55-59	22		00:46:30.70	+00:16:53 (36.3%)	9:18	6.4 (63.4%)
471	NISIEPIUK Gabriel	1143		M-Dzieci	27		00:46:32.90	+00:16:55 (36.4%)	9:18	6.4 (63.4%)
472	BACHMAT Magdalena	1087		K-Dzieci	35		00:46:33.70	+00:16:56 (36.4%)	9:18	6.4 (63.4%)
473	NIKONOWICZ Anna	382	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K- Niepełnosprawni(B)	11		00:46:35.15	+00:16:58 (36.4%)	9:19	6.4 (63.4%)
474	JAKONIUK Wiktoria	1071		K-Dzieci	36		00:46:41.35	+00:17:04 (36.6%)	9:20	6.4 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
475	LEWCZUK Łukasz	309		M18-29	12		00:46:43.95	+00:17:06 (36.6%)	9:20	6.4 (63.4%)
476	KORCZ Marta	691		K-Dzieci	37		00:46:44.75	+00:17:07 (36.6%)	9:20	6.4 (63.4%)
477	KIEWEL Janina	232	CHODZĘ Z SERCEM	K60-64	20		00:46:47.50	+00:17:10 (36.7%)	9:21	6.4 (63.4%)
478	STASZCZAK Agnieszka	499	LUBLIN CHODZI Z KIJKAMI	K30-39	41		00:46:53.25	+00:17:16 (36.8%)	9:22	6.4 (63.4%)
479	SZWARC Konrad	1103		M-Dzieci	28		00:46:54.90	+00:17:17 (36.9%)	9:23	6.4 (63.4%)
480	JAŁOZA Ewa	181		K40-44	32		00:46:57.50	+00:17:20 (36.9%)	9:23	6.4 (63.4%)
481	FILINOWICZ Maria	115	UTW HAJNÓWKA	K65-69	13		00:46:59.05	+00:17:22 (37.0%)	9:23	6.4 (63.4%)
482	ORZECZOWSKA Katarzyna	1039		K-Junior	42		00:46:59.65	+00:17:22 (37.0%)	9:23	6.4 (63.4%)
483	OLEJNICKA Marcelina	1095		K-Dzieci	38		00:47:05.70	+00:17:28 (37.1%)	9:25	6.4 (63.4%)
484	WIĄCEK Krystyna	584	KKNW	K65-69	14		00:47:05.80	+00:17:28 (37.1%)	9:25	6.4 (63.4%)
485	NESTERUK Teresa	374	POWIAT HAJNOWSKI	K65-69	15		00:47:09.75	+00:17:32 (37.2%)	9:26	6.4 (63.4%)
486	KLIMIUK Amelia	1094		K-Dzieci	39		00:47:12.95	+00:17:35 (37.3%)	9:26	6.4 (63.4%)
487	BUDASZ Grażyna	619	PILSCY MIŁOŚNICY NORDIC WALKING	K55-59	23		00:47:13.65	+00:17:36 (37.3%)	9:26	6.4 (63.4%)
488	ANDRIEJUK Agnieszka	651		K40-44	33		00:47:19.70	+00:17:42 (37.4%)	9:28	6.3 (62.4%)
489	SKIEPKO Paulina	477	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K30-39	42		00:47:22.20	+00:17:45 (37.5%)	9:28	6.3 (62.4%)
490	KOZACZUK Marek	263	POWIAT HAJNOWSKI	M- Niepełnosprawni(B)	11		00:47:24.65	+00:17:47 (37.5%)	9:29	6.3 (62.4%)
491	DUTKOWSKA Wiktoria	1040		K-Junior	43		00:47:25.80	+00:17:48 (37.6%)	9:29	6.3 (62.4%)
492	SOKULSKA Stanisława	490	FUNDACJA 'W TE PĘDY'	K60-64	21		00:47:27.60	+00:17:50 (37.6%)	9:29	6.3 (62.4%)
493	MELNIK Renata	347	CHODZĘ Z SERCEM	K45-49	36		00:47:34.35	+00:17:57 (37.7%)	9:30	6.3 (62.4%)
494	ADAMSKA Liwia	8	POWIAT HAJNOWSKI	K-Dzieci	40		00:47:36.65	+00:17:59 (37.8%)	9:31	6.3 (62.4%)
495	SKOWROŃSKA-GIZIEWICZ Edyta	480		K40-44	34		00:47:42.35	+00:18:05 (37.9%)	9:32	6.3 (62.4%)
496	ŁĘCZYCKA Agnieszka	314	POWIAT HAJNOWSKI	K30-39	43		00:47:43.10	+00:18:06 (37.9%)	9:32	6.3 (62.4%)
497	STACHULEC Natalia	1122		K-Dzieci	41		00:47:43.50	+00:18:06 (37.9%)	9:32	6.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
498	TYSZKO Aleksandra	561		K-Dzieci	42		00:47:48.40	+00:18:11 (38.0%)	9:33	6.3 (62.4%)
499	WILK Hubert	672	KKNW	M-Junior	22		00:47:49.45	+00:18:12 (38.1%)	9:33	6.3 (62.4%)
500	KUPTEL Magda	1170		K18-29	23		00:47:50.00	+00:18:12 (38.1%)	9:34	6.3 (62.4%)
501	BLAT Janina	40	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	22		00:47:58.15	+00:18:21 (38.3%)	9:35	6.3 (62.4%)
502	GOTOWSKI Rafał	725		M40-44	18		00:47:58.45	+00:18:21 (38.3%)	9:35	6.3 (62.4%)
503	GAWRYLUK Barbara	127		K40-44	35		00:47:59.20	+00:18:22 (38.3%)	9:35	6.3 (62.4%)
504	LIPIŃSKA Regina	310	LKS ZANTYR SZTUM	K70+	6		00:48:00.65	+00:18:23 (38.3%)	9:36	6.2 (61.4%)
505	WECHTA Agnieszka	580	FOTO-STUDIO WECHTA	K40-44	36		00:48:02.65	+00:18:25 (38.4%)	9:36	6.2 (61.4%)
506	ŚLUSARCZYK Danuta	541	WESOŁY BORSUK TEAM	K65-69	16		00:48:04.95	+00:18:27 (38.4%)	9:36	6.2 (61.4%)
507	KAMIEŃSKA Maria	206		K50-54	19		00:48:07.80	+00:18:30 (38.5%)	9:37	6.2 (61.4%)
508	PUSTE Puste	59					00:48:09.50	+00:18:32 (38.5%)	9:37	6.2 (61.4%)
509	RYCHLIK Fabian	457	FUNDACJA 'W TE PEŁDY'	M-Dzieci	29		00:48:10.10	+00:18:33 (38.5%)	9:38	6.2 (61.4%)
510	DUBOW Angelina	648		K18-29	24		00:48:15.70	+00:18:38 (38.6%)	9:39	6.2 (61.4%)
511	MACHAJEK Krzysztof	318	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	6		00:48:19.25	+00:18:42 (38.7%)	9:39	6.2 (61.4%)
512	PUCHŁOWSKA Iwona	681	SANTANDER CONSUMER BANK	K40-44	37		00:48:21.45	+00:18:44 (38.8%)	9:40	6.2 (61.4%)
513	AMILUSIK Elżbieta	18		K40-44	38		00:48:22.55	+00:18:45 (38.8%)	9:40	6.2 (61.4%)
514	GINSZT Alina	133		K40-44	39		00:48:24.45	+00:18:47 (38.8%)	9:40	6.2 (61.4%)
515	OPALA Monika	396	GRUDZIĄDZKI KLUB TURYSTYCZNY MIŁOŚNIKÓW NORDIC WALKING PATYCZAKI	K40-44	40		00:48:28.35	+00:18:51 (38.9%)	9:41	6.2 (61.4%)
516	IWANIUK Piotr	176	POWIAT HAJNOWSKI	M30-39	11		00:48:29.05	+00:18:52 (38.9%)	9:41	6.2 (61.4%)
517	PROKOPOWICZ Małgorzata	438	CHODZĘ Z SERCEM	K- Niepełnosprawni(B)	12		00:48:30.25	+00:18:53 (38.9%)	9:42	6.2 (61.4%)
518	IWANIUK Justyna	177	POWIAT HAJNOWSKI	K30-39	44		00:48:33.00	+00:18:55 (39.0%)	9:42	6.2 (61.4%)
519	STEPANIUK Gabriela	505		K-Dzieci	43		00:48:33.75	+00:18:56 (39.0%)	9:42	6.2 (61.4%)
520	NICZYPORUK Irena	375	POWIAT HAJNOWSKI	K60-64	23		00:48:33.85	+00:18:56 (39.0%)	9:42	6.2 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
521	KOT Adriana	257		K30-39	45		00:48:38.35	+00:19:01 (39.1%)	9:43	6.2 (61.4%)
522	KONOPKA Eugeniusz	246	PUKS JEDYNKA ŁOSICE	M65-69	13		00:48:39.00	+00:19:01 (39.1%)	9:43	6.2 (61.4%)
523	AKSIEJUK Paulina	1169		K18-29	25		00:48:42.30	+00:19:05 (39.2%)	9:44	6.2 (61.4%)
524	NIECHWIEJCZYK Aleksandra	379	UNIA MIAST	K40-44	41		00:48:48.75	+00:19:11 (39.3%)	9:45	6.1 (60.4%)
525	WAWRZYNIUK Elżbieta	578		K60-64	24		00:48:48.90	+00:19:11 (39.3%)	9:45	6.1 (60.4%)
526	TOMASZEWSKI Karol	551	KKNW	M-Dzieci	30		00:48:51.50	+00:19:14 (39.4%)	9:46	6.1 (60.4%)
527	STAWARZ Lucyna	502		K55-59	24		00:48:52.10	+00:19:15 (39.4%)	9:46	6.1 (60.4%)
528	KULIK Alicja	1114		K-Dzieci	44		00:48:53.15	+00:19:16 (39.4%)	9:46	6.1 (60.4%)
529	DRYWULSKA Amelia	1115		K-Dzieci	45		00:48:53.85	+00:19:16 (39.4%)	9:46	6.1 (60.4%)
530	TUPIEKA Urszula	635	SANTANDER CONSUMER BANK	K30-39	46		00:48:58.90	+00:19:21 (39.5%)	9:47	6.1 (60.4%)
531	GLENCNER Mariola	134		K30-39	47		00:48:59.10	+00:19:22 (39.5%)	9:47	6.1 (60.4%)
532	PETRUK Marzanna	415		K50-54	20		00:49:00.90	+00:19:23 (39.6%)	9:48	6.1 (60.4%)
533	MAZGAJ Małgorzata	344	SANTANDER CONSUMER BANK	K30-39	48		00:49:01.90	+00:19:24 (39.6%)	9:48	6.1 (60.4%)
534	ZIELINKIEWICZ Aleksandra	601	KLUB NW PATYCZAKI GRUDZIĄDZ	K30-39	49		00:49:03.25	+00:19:26 (39.6%)	9:48	6.1 (60.4%)
535	PANASIUK Jakub	1113		M-Dzieci	31		00:49:03.65	+00:19:26 (39.6%)	9:48	6.1 (60.4%)
536	SACHARCZUK Sandra	1135		K-Dzieci	46		00:49:05.55	+00:19:28 (39.7%)	9:49	6.1 (60.4%)
537	TERECHOWICZ Maria	637	SANTANDER CONSUMER BANK	K30-39	50		00:49:06.90	+00:19:29 (39.7%)	9:49	6.1 (60.4%)
538	ŁAPIŃSKA Renia	313	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K60-64	25		00:49:07.40	+00:19:30 (39.7%)	9:49	6.1 (60.4%)
539	SOKOŁOWSKA Małgorzata	487	POWIAT HAJNOWSKI	K- Niepełnosprawni(B)	13		00:49:07.75	+00:19:30 (39.7%)	9:49	6.1 (60.4%)
540	KOTOWSKA Anna	258	AKTYWNI Z PASJĄ	K70+	7		00:49:12.45	+00:19:35 (39.8%)	9:50	6.1 (60.4%)
541	CYRA Zbigniew	80		M65-69	14		00:49:13.95	+00:19:36 (39.8%)	9:50	6.1 (60.4%)
542	SACHARCZUK Zofia	1088		K-Dzieci	47		00:49:15.85	+00:19:38 (39.9%)	9:51	6.1 (60.4%)
543	JEDNOCZKO Patrycja	1082		K-Dzieci	48		00:49:18.30	+00:19:41 (39.9%)	9:51	6.1 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
544	PRZYBYŁOWSKA Oliwia	1092		K-Dzieci	49		00:49:18.45	+00:19:41 (39.9%)	9:51	6.1 (60.4%)
545	CIEŚLIK Ewa	74	POWIAT HAJNOWSKI	K40-44	42		00:49:18.70	+00:19:41 (39.9%)	9:51	6.1 (60.4%)
546	JAROĆ Elwira	1032		K-Junior	44		00:49:23.95	+00:19:46 (40.0%)	9:52	6.1 (60.4%)
547	MACIEJUK Julia	1029		K-Junior	45		00:49:24.20	+00:19:47 (40.0%)	9:52	6.1 (60.4%)
548	MICHAŚ Justyna	625	SANTANDER CONSUMER BANK	K40-44	43		00:49:24.70	+00:19:47 (40.1%)	9:53	6.1 (60.4%)
549	TARCZYŃSKI Bogdan	675	WĘDRUJĄCE KIJJE	M- Niepełnosprawni(B)	12		00:49:27.85	+00:19:50 (40.1%)	9:53	6.1 (60.4%)
550	BOROWIK Gabriela	1047		K-Junior	46		00:49:31.15	+00:19:54 (40.2%)	9:54	6.1 (60.4%)
551	TICHONIUK Marzena	549		K30-39	51		00:49:31.20	+00:19:54 (40.2%)	9:54	6.1 (60.4%)
552	HAJDUK Natalia	159	POWIAT HAJNOWSKI	K-Dzieci	50		00:49:32.30	+00:19:55 (40.2%)	9:54	6.1 (60.4%)
553	HANUS Teresa	162		K- Niepełnosprawni(B)	14		00:49:34.10	+00:19:57 (40.2%)	9:54	6.1 (60.4%)
554	JÓŻWIK Patrycja	190		K-Dzieci	51		00:49:35.20	+00:19:58 (40.3%)	9:55	6.1 (60.4%)
555	BIELAWSKA Magda	1017		K-Junior	47		00:49:35.25	+00:19:58 (40.3%)	9:55	6.1 (60.4%)
556	SOKOŁOWSKA Zuzia	488	POWIAT HAJNOWSKI	K-Junior	48		00:49:35.50	+00:19:58 (40.3%)	9:55	6 (59.4%)
557	ABRAMCZUK Jolanta	1	HAJNÓWKA	K50-54	21		00:49:36.20	+00:19:59 (40.3%)	9:55	6 (59.4%)
558	LEWCZUK Natalia	1134		K-Junior	49		00:49:36.60	+00:19:59 (40.3%)	9:55	6 (59.4%)
559	MARCZUK Ula	1018		K-Junior	50		00:49:36.75	+00:19:59 (40.3%)	9:55	6 (59.4%)
560	IWANIUK Ewa	1133		K-Junior	51		00:49:37.50	+00:20:00 (40.3%)	9:55	6 (59.4%)
561	PIETRUSZKIEWICZ Urszula	420		K-Dzieci	52		00:49:39.35	+00:20:02 (40.4%)	9:56	6 (59.4%)
562	SAWICKA Izabela	1195		K-Junior	52		00:49:40.85	+00:20:03 (40.4%)	9:56	6 (59.4%)
563	BILKIEWICZ Julia	1196		K-Junior	53		00:49:40.95	+00:20:03 (40.4%)	9:56	6 (59.4%)
564	JAŁOZA Mikołaj	1086		M-Dzieci	32		00:49:41.25	+00:20:04 (40.4%)	9:56	6 (59.4%)
565	RUTA Joanna	686		K-Junior	54		00:49:47.05	+00:20:10 (40.5%)	9:57	6 (59.4%)
566	SŁUCHOCKI Dawid	483	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	M- Niepełnosprawni(B)	13		00:49:47.10	+00:20:10 (40.5%)	9:57	6 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
567	ABRAMCZUK Paulina	2	HAJNÓWKA	K18-29	26		00:49:50.00	+00:20:12 (40.6%)	9:58	6 (59.4%)
567	WACHOWICZ Teresa	570		K55-59	25		00:49:50.00	+00:20:12 (40.6%)	9:58	6 (59.4%)
569	STARUŃSKA Wiktoria	1206		K-Dzieci	53		00:49:56.85	+00:20:19 (40.7%)	9:59	6 (59.4%)
570	KĄLAMAJSKA Barbara	205	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	26		00:50:06.30	+00:20:29 (40.9%)	10:01	6 (59.4%)
571	MASALSKA Aleksandra	1201		K-Junior	55		00:50:07.70	+00:20:30 (40.9%)	10:01	6 (59.4%)
572	KAMIŃSKI Krzysztof	207		M55-59	10		00:50:08.00	+00:20:30 (40.9%)	10:01	6 (59.4%)
573	GOLONKO Emilia	1197		K-Junior	56		00:50:08.20	+00:20:31 (40.9%)	10:01	6 (59.4%)
574	SIEMIACKA Patrycja	1036		K-Junior	57		00:50:09.45	+00:20:32 (41.0%)	10:01	6 (59.4%)
575	KĘDZIERSKA Mirosława	225		K65-69	17		00:50:17.00	+00:20:39 (41.1%)	10:03	6 (59.4%)
576	RYBKA Marian	652		M70+	9		00:50:17.60	+00:20:40 (41.1%)	10:03	6 (59.4%)
577	KASJANIUK Luiza	1154		K18-29	27		00:50:19.65	+00:20:42 (41.2%)	10:04	6 (59.4%)
578	SAPIESZKO Klaudia	1155		K18-29	28		00:50:20.20	+00:20:43 (41.2%)	10:04	6 (59.4%)
579	SADOWSKI Marcin	464	POWIAT HAJNOWSKI	M30-39	12		00:50:25.85	+00:20:48 (41.3%)	10:05	5.9 (58.4%)
580	BOGDANOWICZ Joanna	1093		K-Dzieci	54		00:50:28.25	+00:20:51 (41.3%)	10:05	5.9 (58.4%)
581	BOGDANOWICZ Joanna	43	SZKOŁA PODSTAWOWA NR 6 IM. HENRYKA SIENKIEWICZA	K-Dzieci	55		00:50:28.95	+00:20:51 (41.3%)	10:05	5.9 (58.4%)
582	TRUSIEWICZ Karolina	1026		K-Junior	58		00:50:31.00	+00:20:53 (41.4%)	10:06	5.9 (58.4%)
583	SAWCZUK Agnieszka	1027		K-Junior	59		00:50:32.70	+00:20:55 (41.4%)	10:06	5.9 (58.4%)
584	KLIMIUK Edyta	1142		K40-44	44		00:50:37.15	+00:21:00 (41.5%)	10:07	5.9 (58.4%)
585	ALEKSIEJUK Aneta	1216		K30-39	52		00:50:39.50	+00:21:02 (41.5%)	10:08	5.9 (58.4%)
586	KACZAN Olga	203	POWIAT HAJNOWSKI	K65-69	18		00:50:46.60	+00:21:09 (41.7%)	10:09	5.9 (58.4%)
587	LUTYCZ Irena	312	POWIAT HAJNOWSKI	K65-69	19		00:50:52.95	+00:21:15 (41.8%)	10:10	5.9 (58.4%)
588	KORCZ Magdalena	690		K-Dzieci	56		00:50:57.30	+00:21:20 (41.9%)	10:11	5.9 (58.4%)
589	BRANCZEWSKI Wojciech	55	NW WERWA MŁAWA	M- Niepełnosprawni(A)	7		00:50:58.10	+00:21:21 (41.9%)	10:11	5.9 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
590	PANASIUK-KACZOCH Agnieszka	239		K50-54	22		00:50:59.40	+00:21:22 (41.9%)	10:11	5.9 (58.4%)
591	OSIPIUK Ewelina	399		K18-29	29		00:51:05.65	+00:21:28 (42.0%)	10:13	5.9 (58.4%)
592	SOŁOŚCIUK Helena	492	POWIAT HAJNOWSKI	K65-69	20		00:51:05.70	+00:21:28 (42.0%)	10:13	5.9 (58.4%)
593	MAKSYMIOUK Monika	323		K18-29	30		00:51:06.80	+00:21:29 (42.1%)	10:13	5.9 (58.4%)
594	PLIS Natalia	1034		K-Junior	60		00:51:10.20	+00:21:33 (42.1%)	10:14	5.9 (58.4%)
595	PIEKARSKA Martyna	1035		K-Junior	61		00:51:12.40	+00:21:35 (42.2%)	10:14	5.9 (58.4%)
596	LESZCZYŃSKA Iwona	304		K40-44	45		00:51:16.10	+00:21:39 (42.2%)	10:15	5.9 (58.4%)
597	CHWICEWSKA-ARENDRT Izabela	71		K40-44	46		00:51:17.55	+00:21:40 (42.3%)	10:15	5.8 (57.4%)
598	PATEJUK Julia	1022		K-Junior	62		00:51:22.00	+00:21:44 (42.3%)	10:16	5.8 (57.4%)
599	KENDYŚ Martyna	1019		K-Junior	63		00:51:22.55	+00:21:45 (42.4%)	10:16	5.8 (57.4%)
600	TOKAJCZUK Julita	1140		K30-39	53		00:51:23.30	+00:21:46 (42.4%)	10:16	5.8 (57.4%)
601	MAŁYS Ilona	657	SANTANDER CONSUMER BANK	K30-39	54		00:51:24.40	+00:21:47 (42.4%)	10:16	5.8 (57.4%)
602	ONISZCZUK Piotr	1141		M40-44	19		00:51:24.45	+00:21:47 (42.4%)	10:16	5.8 (57.4%)
603	TOKAJUK Maja	1058		K-Dzieci	57		00:51:25.55	+00:21:48 (42.4%)	10:17	5.8 (57.4%)
604	OKSENTOWICZ Dominika	1057		K-Dzieci	58		00:51:26.00	+00:21:48 (42.4%)	10:17	5.8 (57.4%)
605	ŁĘCZYCKA Magdalena	315	POWIAT HAJNOWSKI	K-Dzieci	59		00:51:41.90	+00:22:04 (42.7%)	10:20	5.8 (57.4%)
606	STRYGANEK Walentyna	511	POWIAT HAJNOWSKI	K60-64	27		00:51:42.05	+00:22:05 (42.7%)	10:20	5.8 (57.4%)
607	SZYŁO Małgorzata	1021		K-Junior	64		00:51:43.20	+00:22:06 (42.7%)	10:20	5.8 (57.4%)
608	WIŚNIEWSKA Jolanta	666		K60-64	28		00:51:45.65	+00:22:08 (42.8%)	10:21	5.8 (57.4%)
609	MICHAŁOWSKA Agata	1020		K-Junior	65		00:51:46.25	+00:22:09 (42.8%)	10:21	5.8 (57.4%)
610	ARCIUCH Tamara	693	SANTANDER CONSUMER BANK	K40-44	47		00:51:47.75	+00:22:10 (42.8%)	10:21	5.8 (57.4%)
611	SZEKALSKA Julia	1053		K-Dzieci	60		00:51:48.65	+00:22:11 (42.8%)	10:21	5.8 (57.4%)
612	NIKOŁAJUK Emilia	1072		K-Dzieci	61		00:51:50.00	+00:22:12 (42.9%)	10:22	5.8 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
613	LESIAK Ewa	299	SANTANDER CONSUMER BANK	K30-39	55		00:51:56.45	+00:22:19 (43.0%)	10:23	5.8 (57.4%)
614	KRAŚKO Natalia	1051		K-Dzieci	62		00:51:58.50	+00:22:21 (43.0%)	10:23	5.8 (57.4%)
615	WIŚNIEWSKA Klaudia	1198		K18-29	31		00:52:00.40	+00:22:23 (43.1%)	10:24	5.8 (57.4%)
616	CISNOWSKA Angelika	1030		K-Junior	66		00:52:03.55	+00:22:26 (43.1%)	10:24	5.8 (57.4%)
617	HUDYKA Ewelina	1166		K18-29	32		00:52:03.85	+00:22:26 (43.1%)	10:24	5.8 (57.4%)
618	PIĄTKOWSKA Małgorzata	417	KS METRACO POLKOWICE	K65-69	21		00:52:05.80	+00:22:28 (43.1%)	10:25	5.8 (57.4%)
619	LESZCZYŃSKI Filip	306		M-Dzieci	33		00:52:06.65	+00:22:29 (43.2%)	10:25	5.8 (57.4%)
620	OMIELIANIUK Patrycja	1164		K18-29	33		00:52:12.20	+00:22:35 (43.3%)	10:26	5.7 (56.4%)
621	ONOPIUK Mateusz	1126		M-Junior	23		00:52:15.60	+00:22:38 (43.3%)	10:27	5.7 (56.4%)
622	TARARUJ Paulina	1165		K18-29	34		00:52:19.05	+00:22:42 (43.4%)	10:27	5.7 (56.4%)
623	FIEDORUK Antonina	113	UTW HAJNÓWKA	K60-64	29		00:52:22.90	+00:22:45 (43.5%)	10:28	5.7 (56.4%)
624	BAGROWSKA Ala	26	UTW HAJNÓWKA	K60-64	30		00:52:23.40	+00:22:46 (43.5%)	10:28	5.7 (56.4%)
625	ANDRIEJUK Gabriel	685		M-Dzieci	34		00:52:23.60	+00:22:46 (43.5%)	10:28	5.7 (56.4%)
626	JAKONIUK Bartosz	1098		M-Dzieci	35		00:52:24.15	+00:22:47 (43.5%)	10:29	5.7 (56.4%)
627	WEREMIUK Nadzieja	581	UTW HAJNÓWKA	K60-64	31		00:52:25.05	+00:22:48 (43.5%)	10:29	5.7 (56.4%)
628	BISZCZUK Nina	39	POWIAT HAJNOWSKI	K60-64	32		00:52:25.30	+00:22:48 (43.5%)	10:29	5.7 (56.4%)
629	AMILUSIK Magdalena	17		K18-29	35		00:52:28.40	+00:22:51 (43.6%)	10:29	5.7 (56.4%)
630	KECZYŃSKI Mikołaj	1127		M-Dzieci	36		00:52:29.30	+00:22:52 (43.6%)	10:30	5.7 (56.4%)
631	MICHALCZYK Lidia	352		K45-49	37		00:52:45.70	+00:23:08 (43.9%)	10:33	5.7 (56.4%)
632	CYBULSKA Ewa	78	CHODZĘ Z SERCEM	K55-59	26		00:52:51.35	+00:23:14 (44.0%)	10:34	5.7 (56.4%)
633	MARGAŃSKA Stanisława	336	KKNW	K70+	8		00:53:01.95	+00:23:24 (44.2%)	10:36	5.7 (56.4%)
634	RYBACZEK Izabela	1162		K18-29	36		00:53:07.70	+00:23:30 (44.3%)	10:37	5.6 (55.4%)
635	ALEKSIEJUK Witold	14	POWIAT HAJNOWSKI	M60-64	12		00:53:08.30	+00:23:31 (44.3%)	10:37	5.6 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
636	MICHALAK Elżbieta	350	CHODZĘ Z SERCEM	K55-59	27		00:53:20.55	+00:23:43 (44.5%)	10:40	5.6 (55.4%)
637	BRANCZEWSKI Rafał	56	NW WERWA MŁAWA	M-Dzieci	37		00:53:21.75	+00:23:44 (44.5%)	10:40	5.6 (55.4%)
638	NIEBRZEGOWSKI Grzegorz	377	AKTYWNI Z PASJĄ	M- Niepełnosprawni(B)	14		00:53:21.95	+00:23:44 (44.5%)	10:40	5.6 (55.4%)
639	KINDZIUK Barbara	1209		K18-29	37		00:53:26.45	+00:23:49 (44.6%)	10:41	5.6 (55.4%)
640	ANDREJCZYK Halina	20	POWIAT HAJNOWSKI	K70+	9		00:53:30.10	+00:23:53 (44.6%)	10:42	5.6 (55.4%)
641	SIOMKO Łukasz	1152		M-Dzieci	38		00:53:31.70	+00:23:54 (44.7%)	10:42	5.6 (55.4%)
642	GRYKA Ula	152		K30-39	56		00:53:32.30	+00:23:55 (44.7%)	10:42	5.6 (55.4%)
643	DROP Mieczysław	103		M70+	10		00:53:37.30	+00:24:00 (44.8%)	10:43	5.6 (55.4%)
644	GARBACKA Cecylia	124	KKNW	K65-69	22		00:53:42.00	+00:24:04 (44.8%)	10:44	5.6 (55.4%)
645	OLESZCZUK Helena	1153		K50-54	23		00:53:46.90	+00:24:09 (44.9%)	10:45	5.6 (55.4%)
646	DĄBROWSKA Jadwiga	93	POWIAT HAJNOWSKI	K55-59	28		00:53:48.45	+00:24:11 (45.0%)	10:45	5.6 (55.4%)
647	HORNOSTAJ Irena	169	POWIAT HAJNOWSKI	K55-59	29		00:53:49.50	+00:24:12 (45.0%)	10:46	5.6 (55.4%)
648	LEWCZUK Alina	308	POWIAT HAJNOWSKI	K50-54	24		00:53:49.85	+00:24:12 (45.0%)	10:46	5.6 (55.4%)
649	JERZYK Irena	189	POWIAT HAJNOWSKI	K55-59	30		00:53:50.55	+00:24:13 (45.0%)	10:46	5.6 (55.4%)
650	KURYŁO Maria	148		K55-59	31		00:53:50.75	+00:24:13 (45.0%)	10:46	5.6 (55.4%)
651	ZAŃ Jolanta	598	SANTANDER CONSUMER BANK	K30-39	57		00:53:51.55	+00:24:14 (45.0%)	10:46	5.6 (55.4%)
652	GOLONKO Magda	1160		K18-29	38		00:53:56.25	+00:24:19 (45.1%)	10:47	5.6 (55.4%)
653	NIEWIADOMSKA Natalia	1163		K18-29	39		00:53:56.30	+00:24:19 (45.1%)	10:47	5.6 (55.4%)
654	NAZARUK Lidia	373	POWIAT HAJNOWSKI	K70+	10		00:54:01.80	+00:24:24 (45.2%)	10:48	5.6 (55.4%)
655	BLASSAT Uta	647		K70+	11		00:54:02.70	+00:24:25 (45.2%)	10:48	5.6 (55.4%)
656	TROCHIMIUK Leontyna	554	POWIAT HAJNOWSKI	K70+	12		00:54:07.55	+00:24:30 (45.3%)	10:49	5.5 (54.5%)
657	WORONIECKA Zofia	1097		K-Dzieci	63		00:54:10.35	+00:24:33 (45.3%)	10:50	5.5 (54.5%)
658	SKORUK Antonina	163		K70+	13		00:54:18.95	+00:24:41 (45.5%)	10:51	5.5 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
659	DMITRUK Anna	97		K40-44	48		00:54:24.50	+00:24:47 (45.6%)	10:52	5.5 (54.5%)
660	RABECKA Maria	443		K70+	14		00:54:39.05	+00:25:02 (45.8%)	10:55	5.5 (54.5%)
661	MAZERSKI Ryszard	343	LKS ZANTYR SZTUM	M65-69	15		00:54:39.95	+00:25:02 (45.8%)	10:55	5.5 (54.5%)
662	KALINOWSKA Danuta	204	UTW HAJNÓWKA	K65-69	23		00:54:43.75	+00:25:06 (45.9%)	10:56	5.5 (54.5%)
663	CZYŻEWSKA Halina	85	POWIAT HAJNOWSKI	K70+	15		00:54:50.75	+00:25:13 (46.0%)	10:58	5.5 (54.5%)
664	CIEŚLIK Maria	1090		K-Dzieci	64		00:54:58.25	+00:25:21 (46.1%)	10:59	5.5 (54.5%)
665	NOWALIŃSKA Marysia	387	FACE NORDIC WALKING TEAM	K-Dzieci	65		00:54:59.40	+00:25:22 (46.1%)	10:59	5.5 (54.5%)
666	NIECIECKI Karol	380	POWIAT HAJNOWSKI	M55-59	11		00:54:59.80	+00:25:22 (46.1%)	11:00	5.5 (54.5%)
667	WASILUK Magdalena	1102		K-Dzieci	66		00:55:00.60	+00:25:23 (46.2%)	11:00	5.5 (54.5%)
668	GŁOWACKA Natalia	1099		K-Dzieci	67		00:55:01.30	+00:25:24 (46.2%)	11:00	5.5 (54.5%)
669	KONOPKA Maria	245	PKS JEDYNKA ŁOSICE	K65-69	24		00:55:06.95	+00:25:29 (46.3%)	11:01	5.4 (53.5%)
670	KACPRZAK Nina	202	POWIAT HAJNOWSKI	K65-69	25		00:55:29.00	+00:25:51 (46.6%)	11:05	5.4 (53.5%)
671	WERESZCZUK Agnieszka	582	PUKS JEDYNKA ŁOSICE	K55-59	32		00:55:31.15	+00:25:54 (46.7%)	11:06	5.4 (53.5%)
672	CHMIELEWSKA Ela	67	POWIAT HAJNOWSKI	K65-69	26		00:56:01.50	+00:26:24 (47.1%)	11:12	5.4 (53.5%)
673	JĘDRZEJCZAK Bartosz	1056		M-Dzieci	39		00:56:01.85	+00:26:24 (47.1%)	11:12	5.4 (53.5%)
674	KABASA Leszek	201	POWIAT HAJNOWSKI	M45-49	23		00:56:12.90	+00:26:35 (47.3%)	11:14	5.3 (52.5%)
675	SZPILKO Mirosława	1204		K40-44	49		00:56:17.45	+00:26:40 (47.4%)	11:15	5.3 (52.5%)
676	BOJKO-PIETROCZUK Bogusława	1203		K45-49	38		00:56:18.15	+00:26:41 (47.4%)	11:15	5.3 (52.5%)
677	ŁYSAKOWSKA Katarzyna	317	POWIAT HAJNOWSKI	K30-39	58		00:56:18.55	+00:26:41 (47.4%)	11:15	5.3 (52.5%)
678	TUZIMEK Adam	558		M-Dzieci	40		00:56:18.65	+00:26:41 (47.4%)	11:15	5.3 (52.5%)
679	GARUSTOWICZ Emilia	126		K30-39	59		00:56:20.45	+00:26:43 (47.4%)	11:16	5.3 (52.5%)
680	GRYGOLUK Irena	1038		K45-49	39		00:56:22.20	+00:26:45 (47.5%)	11:16	5.3 (52.5%)
681	NOWALIŃSKI Piotrek	388	FACE NORDIC WALKING TEAM	M- Niepełnosprawni(A)	8		00:56:25.55	+00:26:48 (47.5%)	11:17	5.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
682	HORYZA Edyta	641	SANTANDER CONSUMER BANK	K40-44	50		00:56:26.15	+00:26:49 (47.5%)	11:17	5.3 (52.5%)
683	BOBKIEWICZ Aleksandra	42	POWIAT HAJNOWSKI	K70+	16		00:56:36.00	+00:26:58 (47.7%)	11:19	5.3 (52.5%)
684	PAWLUCZUK Grażyna	412		K55-59	33		00:57:01.15	+00:27:24 (48.1%)	11:24	5.3 (52.5%)
685	MARKIEWICZ Bożena	337		K45-49	40		00:57:03.40	+00:27:26 (48.1%)	11:24	5.3 (52.5%)
686	STAWARZ Jolanta	501		K50-54	25		00:57:03.55	+00:27:26 (48.1%)	11:24	5.3 (52.5%)
687	WRZOSEK Weronika	595		K-Dzieci	68		00:57:05.30	+00:27:28 (48.1%)	11:25	5.3 (52.5%)
688	WRZOSEK Julia	596		K-Junior	67		00:57:06.15	+00:27:29 (48.1%)	11:25	5.3 (52.5%)
689	BUJEK Barbara	60		K30-39	60		00:57:20.30	+00:27:43 (48.3%)	11:28	5.2 (51.5%)
690	PRZYBYŁA Gabriel	1070		M-Dzieci	41		00:57:26.30	+00:27:49 (48.4%)	11:29	5.2 (51.5%)
691	BOROWIK Anna	49		K30-39	61		00:57:33.70	+00:27:56 (48.5%)	11:30	5.2 (51.5%)
692	KULOK Karolina	639	SANTANDER CONSUMER BANK	K18-29	40		00:57:35.15	+00:27:58 (48.6%)	11:31	5.2 (51.5%)
693	KINDZIUK Ewelina	233	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	K18-29	41		00:57:39.85	+00:28:02 (48.6%)	11:31	5.2 (51.5%)
694	KONDRACIUK Maciej	474		M-Dzieci	42		00:57:42.75	+00:28:05 (48.7%)	11:32	5.2 (51.5%)
695	NAWROCKA Danuta	613	DĄBROWA NORDIC TEAM	K70+	17		00:57:52.50	+00:28:15 (48.8%)	11:34	5.2 (51.5%)
696	KLIMOWICZ Jakub	1190		M-Junior	24		00:57:58.50	+00:28:21 (48.9%)	11:35	5.2 (51.5%)
697	KENDYŚ Justyna	218		K18-29	42		00:58:05.60	+00:28:28 (49.0%)	11:37	5.2 (51.5%)
698	RYBKA Teresa	653		K- Niepełnosprawni(B)	15		00:58:10.40	+00:28:33 (49.1%)	11:38	5.2 (51.5%)
699	KRYSIUK Rafał	1200		M-Junior	25		00:58:26.25	+00:28:49 (49.3%)	11:41	5.1 (50.5%)
700	NOWAK Urszula	1138		K30-39	62		00:58:50.35	+00:29:13 (49.7%)	11:46	5.1 (50.5%)
701	BOGDANOWICZ Iwona	1139		K40-44	51		00:58:54.85	+00:29:17 (49.7%)	11:47	5.1 (50.5%)
702	SASIN Monika	638	SANTANDER CONSUMER BANK	K18-29	43		00:59:02.25	+00:29:25 (49.8%)	11:48	5.1 (50.5%)
703	JURCZUK Dorota	199		K-Dzieci	69		00:59:07.35	+00:29:30 (49.9%)	11:49	5.1 (50.5%)
704	LEŚKO Weronika	1212		K-Junior	68		00:59:37.65	+00:30:00 (50.3%)	11:55	5 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
705	DUDEK-TARNOWSKA Iwona	630	SANTANDER CONSUMER BANK	K55-59	34		00:59:50.90	+00:30:13 (50.5%)	11:58	5 (49.5%)
706	NOWAK Mateusz	385	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	43		00:59:58.45	+00:30:21 (50.6%)	11:59	5 (49.5%)
707	MICHAŁOWSKA Krystyna	354	POWIAT HAJNOWSKI	K40-44	52		00:59:59.00	+00:30:21 (50.6%)	11:59	5 (49.5%)
708	KIŚLAK Krystyna	1214		K50-54	26		01:00:11.40	+00:30:34 (50.8%)	12:02	5 (49.5%)
709	ŁUKASZUK Bartosz	1012		M-Junior	26		01:00:13.20	+00:30:36 (50.8%)	12:02	5 (49.5%)
710	WILUK Szymon	1015		M-Junior	27		01:00:15.65	+00:30:38 (50.9%)	12:03	5 (49.5%)
711	ŚLĄSKI Paweł	1211		M18-29	13		01:00:17.55	+00:30:40 (50.9%)	12:03	5 (49.5%)
712	ZAREMBSKI Mateusz	1002		M-Junior	28		01:00:46.50	+00:31:09 (51.3%)	12:09	4.9 (48.5%)
713	ŚWIDERSKI Marek	546	WARSZTAT TERAPII ZAJĘCIOWEJ POWIAT HAJNOWSKI	M- Niepełnosprawni(B)	15		01:00:47.00	+00:31:09 (51.3%)	12:09	4.9 (48.5%)
714	BLICHARZ Gosia	41		K18-29	44		01:01:24.35	+00:31:47 (51.8%)	12:17	4.9 (48.5%)
715	GRYCIUK Karolina	146		K18-29	45		01:01:26.70	+00:31:49 (51.8%)	12:17	4.9 (48.5%)
716	TARCZYŃSKA Helena	674	WĘDRUJĄCE KIIJE	K- Niepełnosprawni(B)	16		01:01:49.65	+00:32:12 (52.1%)	12:22	4.9 (48.5%)
717	BUJEK Aleksandra	61		K-Dzieci	70		01:02:02.35	+00:32:25 (52.3%)	12:24	4.8 (47.5%)
718	KRYSZTOFIAK Maja	277		K-Dzieci	71		01:02:12.70	+00:32:35 (52.4%)	12:26	4.8 (47.5%)
719	KOPYŚĆ Paula	249	AKTYWNI Z PASJĄ	K-Junior	69		01:02:25.10	+00:32:48 (52.5%)	12:29	4.8 (47.5%)
720	LEONIUK Amelka	298	POWIAT HAJNOWSKI	K-Dzieci	72		01:02:49.45	+00:33:12 (52.9%)	12:33	4.8 (47.5%)
721	LEONIUK Ewa	297	POWIAT HAJNOWSKI	K30-39	63		01:02:51.85	+00:33:14 (52.9%)	12:34	4.8 (47.5%)
722	OWERCZUK Agnieszka	1009		K-Junior	70		01:03:18.35	+00:33:41 (53.2%)	12:39	4.7 (46.5%)
723	KRAŚKO Katarzyna	1010		K-Junior	71		01:03:18.60	+00:33:41 (53.2%)	12:39	4.7 (46.5%)
724	KACZOCH Adam	649		M-Dzieci	44		01:04:52.75	+00:35:15 (54.3%)	12:58	4.6 (45.5%)
725	SADOWSKA Julia	461	POWIAT HAJNOWSKI	K-Dzieci	73		01:04:53.35	+00:35:16 (54.4%)	12:58	4.6 (45.5%)
726	SADOWSKA Barbara	460	POWIAT HAJNOWSKI	K30-39	64		01:04:54.15	+00:35:17 (54.4%)	12:58	4.6 (45.5%)
727	BLASSAT Walter	646		M70+	11		01:04:57.00	+00:35:19 (54.4%)	12:59	4.6 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
728	RYGOROWICZ Eugeniusz	459	POWIAT HAJNOWSKI	M70+	12		01:08:10.40	+00:38:33 (56.6%)	13:38	4.4 (43.6%)
729	WASIAK Aleksandra	1213		K-Dzieci	74		01:10:28.50	+00:40:51 (58.0%)	14:05	4.3 (42.6%)
730	WASIAK Krystyna	1217		K40-44	53		01:10:30.10	+00:40:53 (58.0%)	14:06	4.3 (42.6%)
731	JAŁOŻA Grażyna	1215		K40-44	54		01:10:47.15	+00:41:10 (58.2%)	14:09	4.2 (41.6%)
732	SZERENOS Aleksandra	519		K-Dzieci	75		01:20:45.95	+00:51:08 (63.3%)	16:09	3.7 (36.6%)
733	SZERENOS Julia	520		K-Dzieci	76		01:21:01.45	+00:51:24 (63.4%)	16:12	3.7 (36.6%)
734	SZERENOS Joanna	518		K30-39	65		01:21:04.90	+00:51:27 (63.5%)	16:13	3.7 (36.6%)
735	SZOTA Marta	1199		K-Junior	72		01:22:46.00	+00:53:08 (64.2%)	16:33	3.6 (35.6%)
736	MIROŃCZUK- CHODAKOWSKA Iwona	361		K30-39	66		02:00:24.00	+01:30:46 (75.4%)	24:04	2.5 (24.8%)
737	SOBOTKA Wiktoria	486		K-Junior	73		02:03:42.40	+01:34:05 (76.1%)	24:44	2.4 (23.8%)
738	FRANKOWICZ Ewelina	1003		K-Junior	74		02:06:25.75	+01:36:48 (76.6%)	25:17	2.4 (23.8%)
739	WIERTEL Natalia	1175		K-Junior	75		02:08:34.75	+01:38:57 (77.0%)	25:42	2.3 (22.8%)
740	IWACIK Roksana	1194		K-Junior	76		02:08:44.50	+01:39:07 (77.0%)	25:44	2.3 (22.8%)
741	WASZCZUK Mateusz	1189		M-Junior	29		02:18:02.50	+01:48:25 (78.5%)	27:36	2.2 (21.8%)
742	BORNECKI Bartosz	1054		M-Dzieci	45		02:19:34.00	+01:49:56 (78.8%)	27:54	2.1 (20.8%)
743	LECHOCIŃSKI Tomasz	293		M40-44	20		02:27:17.95	+01:57:40 (79.9%)	29:27	2 (19.8%)
744	WERPACHOWSKI Bogdan	663		M50-54	16					(0.0%)
DQ	ADAMCZYK Adam	5	PASJA NORDIC WALKING	M65-69		1	00:33:30.50 DQ		-	- (0.0%)
DQ	IWANIUK Julia	172	LO Z DNJB W HAJNÓWCE	K-Junior		1	00:38:46.15 DQ		-	- (0.0%)
DQ	IWANIUK Halina	174	ZESPÓL SZKÓŁ Z DNJB W HAJNÓWCE	K50-54		1	00:40:12.85 DQ		-	- (0.0%)
DQ	ŚCIBISZ Bogdan	538	KS METRACO POLKOWICE	M70+		1	00:47:33.90 DQ		-	- (0.0%)
DQ	PANASIUK Joanna	407	POWIAT HAJNOWSKI	K30-39		1	00:48:03.10 DQ		-	- (0.0%)
DQ	ONISKIEWICZ Ola	394	POWIAT HAJNOWSKI	K-Dzieci		1	00:49:36.05 DQ		-	- (0.0%)
DNC	KĘDZIERSKA Edyta	223	PFNW	K40-44			00:39:10.80		-	- (0.0%)

Znaleziono 751 wynik(ów)