



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: Mężczyźni

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

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---|-----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 15 | SANIUK Edward | 419 | FACE NORDIC WALKING TEAM | M65-69 | 1 | | 00:32:35.28 | +00:02:10 (6.7%) | 6:31 | 9.2 (92.9%) |
| 16 | BRZozowski Piotr | 783 | NW PL /AKTYWNI POSTOMINO | M30-39 | 3 | | 00:32:37.84 | +00:02:12 (6.8%) | 6:31 | 9.2 (92.9%) |
| 17 | KOP Wiesław | 228 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | M55-59 | 2 | | 00:33:05.69 | +00:02:40 (8.1%) | 6:37 | 9.1 (91.9%) |
| 18 | SŁOMIAN Leszek | 434 | UNIA MIAST | M55-59 | 3 | | 00:33:06.99 | +00:02:41 (8.1%) | 6:37 | 9.1 (91.9%) |
| 19 | SKWIRUT Jerzy | 433 | PTG SOKÓŁ RYMANÓW | M- Niepełnosprawni(B) | 2 | | 00:33:07.60 | +00:02:42 (8.2%) | 6:37 | 9.1 (91.9%) |
| 20 | TRZCIŃSKI Eugeniusz | 701 | SPORT I REKREACJA START (CHEŁMNO) | M60-64 | 2 | | 00:33:08.83 | +00:02:43 (8.2%) | 6:37 | 9.1 (91.9%) |
| 21 | GARBOWSKI Piotr | 110 | PRZEMYSKI KLUB PODKARPACIE | M- Niepełnosprawni(B) | 3 | | 00:33:10.05 | +00:02:44 (8.3%) | 6:38 | 9 (90.9%) |
| 22 | BARTOSIEWICZ Łukasz | 28 | NWPL/LUKI TEAM | M30-39 | 4 | | 00:33:25.60 | +00:03:00 (9.0%) | 6:41 | 9 (90.9%) |
| 23 | RADECKI Artur | 385 | PASJA NORDIC WALKING | M55-59 | 4 | | 00:33:40.35 | +00:03:15 (9.7%) | 6:44 | 8.9 (89.9%) |
| 24 | BREWKA Joachim | 54 | UNIA MIAST | M50-54 | 2 | | 00:33:43.68 | +00:03:18 (9.8%) | 6:44 | 8.9 (89.9%) |
| 25 | POLISZCZUK Piotr | 362 | PIERNIKI NA CHODZIE | M- Niepełnosprawni(A) | 1 | | 00:33:44.13 | +00:03:18 (9.8%) | 6:44 | 8.9 (89.9%) |
| 26 | ADAMUS Marian | 6 | SILESIA NORDIC TEAM | M65-69 | 2 | | 00:33:57.87 | +00:03:32 (10.4%) | 6:47 | 8.8 (88.9%) |
| 27 | POZNAŃSKI Wiesław | 366 | | M60-64 | 3 | | 00:34:14.26 | +00:03:49 (11.1%) | 6:50 | 8.8 (88.9%) |
| 28 | GAPIŃSKI Leszek | 109 | WESOŁY BORSUK TEAM | M60-64 | 4 | | 00:34:17.24 | +00:03:52 (11.3%) | 6:51 | 8.8 (88.9%) |
| 29 | KUZICH Ihar | 266 | | M40-44 | 4 | | 00:34:17.28 | +00:03:52 (11.3%) | 6:51 | 8.8 (88.9%) |
| 30 | SZYMAŃSKI Stefan | 478 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH | M70+ | 1 | | 00:34:17.75 | +00:03:52 (11.3%) | 6:51 | 8.8 (88.9%) |
| 31 | RÓŻYCKI Artur | 397 | BIAŁA BIEGA | M45-49 | 4 | | 00:34:26.77 | +00:04:01 (11.7%) | 6:53 | 8.7 (87.9%) |
| 32 | WALORYSZAK Andrzej | 715 | MORSY RADZYMIN | M60-64 | 5 | | 00:34:35.02 | +00:04:09 (12.0%) | 6:55 | 8.7 (87.9%) |
| 33 | GAŁĄZKA Paweł | 793 | MUSZKIETEROWIE | M- Niepełnosprawni(A) | 2 | | 00:34:42.07 | +00:04:16 (12.3%) | 6:56 | 8.6 (86.9%) |
| 34 | PRADUŃ Michał | 367 | NOWI SIEDLCE/NW WSCHÓD | M- Niepełnosprawni(B) | 4 | | 00:34:54.13 | +00:04:28 (12.8%) | 6:58 | 8.6 (86.9%) |
| 35 | GODZIŃSKI Paweł | 128 | BAŻANT NWTEAM | M30-39 | 5 | | 00:34:55.01 | +00:04:29 (12.9%) | 6:59 | 8.6 (86.9%) |
| 36 | MIKICIUK Jakub | 311 | NOWI SIEDLCE/NW WSCHÓD | M-Junior | 2 | | 00:35:07.21 | +00:04:41 (13.4%) | 7:01 | 8.5 (85.9%) |
| 37 | TOMCZYK Edward | 494 | MARSZ PO ZDROWIE POZNAŃ | M70+ | 2 | | 00:35:20.52 | +00:04:55 (13.9%) | 7:04 | 8.5 (85.9%) |
| 38 | GRUSZKA Michał | 140 | UNIA MIAST | M-Junior | 3 | | 00:35:23.82 | +00:04:58 (14.1%) | 7:04 | 8.5 (85.9%) |

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| 39 | KUBAT Janusz | 254 | VIKING NORDIC TEAM CZĘSTOCHOWA | M45-49 | 5 | | 00:35:29.42 | +00:05:04 (14.3%) | 7:05 | 8.5 (85.9%) |
| 40 | SZYMANOWSKI Eugeniusz | 475 | LĘBORSKIE KIJE | M60-64 | 6 | | 00:35:33.05 | +00:05:07 (14.4%) | 7:06 | 8.4 (84.8%) |
| 41 | ZARZYCKI Zdzisław | 760 | | M60-64 | 7 | | 00:35:35.03 | +00:05:09 (14.5%) | 7:07 | 8.4 (84.8%) |
| 42 | KĘDZIERSKI Bartosz | 204 | NOWI SIEDLCE/NW WSCHÓD | M-Dzieci | 1 | | 00:35:41.03 | +00:05:15 (14.8%) | 7:08 | 8.4 (84.8%) |
| 43 | ŻYTKOWSKI Andrzej | 794 | TKKF BIAŁA PODLASKA | M55-59 | 5 | | 00:35:41.17 | +00:05:15 (14.8%) | 7:08 | 8.4 (84.8%) |
| 44 | GRYGOROWICZ Bogdan | 144 | KS METRACO POLKOWICE | M-Niepełnosprawni(B) | 5 | | 00:35:41.22 | +00:05:16 (14.8%) | 7:08 | 8.4 (84.8%) |
| 45 | WRÓŃSKI Włodzimierz | 748 | PASJA NORDIC WALKING | M65-69 | 3 | | 00:35:45.27 | +00:05:20 (14.9%) | 7:09 | 8.4 (84.8%) |
| 46 | STOŃ Tadeusz | 449 | STEP BY STEP NW TEAM | M60-64 | 8 | | 00:35:47.54 | +00:05:22 (15.0%) | 7:09 | 8.4 (84.8%) |
| 47 | BERLIŃSKI Dariusz | 32 | PASJA NORDIC WALKING | M50-54 | 3 | | 00:35:51.70 | +00:05:26 (15.2%) | 7:10 | 8.4 (84.8%) |
| 48 | WÓJCIK Mirosław | 746 | SANTANDER CONSUMER BANK | M40-44 | 5 | | 00:35:56.04 | +00:05:30 (15.3%) | 7:11 | 8.3 (83.8%) |
| 49 | STOLARSKI Michał | 448 | VIKING NORDIC TEAM CZĘSTOCHOWA | M45-49 | 6 | | 00:35:57.68 | +00:05:32 (15.4%) | 7:11 | 8.3 (83.8%) |
| 50 | KOT Anatol | 238 | POWIAT HAJNÓWKA | M55-59 | 6 | | 00:36:00.66 | +00:05:35 (15.5%) | 7:12 | 8.3 (83.8%) |
| 51 | KSIĄŻEK Tomasz | 19 | NOWI SIEDLCE/NW WSCHÓD | M18-29 | 2 | | 00:36:21.74 | +00:05:56 (16.3%) | 7:16 | 8.2 (82.8%) |
| 52 | KĘDZIERSKI Sławomir | 639 | | M40-44 | 6 | | 00:36:22.77 | +00:05:57 (16.4%) | 7:16 | 8.2 (82.8%) |
| 53 | MIKICIUK Krzysztof | 310 | NOWI SIEDLCE/NW WSCHÓD | M45-49 | 7 | | 00:36:26.92 | +00:06:01 (16.5%) | 7:17 | 8.2 (82.8%) |
| 54 | ARTEMIUK Eugeniusz | 22 | | M55-59 | 7 | | 00:36:28.92 | +00:06:03 (16.6%) | 7:17 | 8.2 (82.8%) |
| 55 | KWAŚNY Tomasz | 270 | CHODZĘ Z SERCEM | M50-54 | 4 | | 00:36:37.53 | +00:06:12 (16.9%) | 7:19 | 8.2 (82.8%) |
| 56 | BORKOWSKI Leszek | 45 | NOWI SIEDLCE/NW WSCHÓD | M50-54 | 5 | | 00:36:41.52 | +00:06:16 (17.1%) | 7:20 | 8.2 (82.8%) |
| 57 | WILD Arek | 729 | | M50-54 | 6 | | 00:36:48.10 | +00:06:22 (17.3%) | 7:21 | 8.1 (81.8%) |
| 58 | WIERZCHOSŁAWSKI Mateusz | 726 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | M18-29 | 3 | | 00:36:49.81 | +00:06:24 (17.4%) | 7:22 | 8.1 (81.8%) |
| 59 | GRUSZKA Michał | 139 | UNIA MIAST | M40-44 | 7 | | 00:36:50.85 | +00:06:25 (17.4%) | 7:22 | 8.1 (81.8%) |
| 60 | MAZURCZAK Jakub | 303 | NOWI SIEDLCE/NW WSCHÓD | M45-49 | 8 | | 00:36:51.34 | +00:06:26 (17.5%) | 7:22 | 8.1 (81.8%) |
| 61 | WASILEWSKI Sławomir | 718 | PASJA NORDIC WALKING | M70+ | 3 | | 00:36:58.55 | +00:06:33 (17.7%) | 7:23 | 8.1 (81.8%) |

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|-----|---------------------------------|------------|-------------------------------|-----------------------|------|--------------|--------------------|-------------------|--------------|-------------|
| 62 | BARTOSIEWICZ Włodzimierz | 27 | FACE NORDIC WALKING TEAM | M60-64 | 9 | | 00:37:11.08 | +00:06:45 (18.2%) | 7:26 | 8.1 (81.8%) |
| 63 | IVANCHUK Stanislav | 443 | NORDIC FIT HANNOVER | M55-59 | 8 | | 00:37:11.26 | +00:06:46 (18.2%) | 7:26 | 8.1 (81.8%) |
| 64 | IWANIUK Michał | 161 | | M-Junior | 4 | | 00:37:15.81 | +00:06:50 (18.4%) | 7:27 | 8.1 (81.8%) |
| 65 | SZEMBERSKI Paweł | 457 | KLUBSPORTU.PL | M40-44 | 8 | | 00:37:17.61 | +00:06:52 (18.4%) | 7:27 | 8 (80.8%) |
| 66 | OKNIŃSKI Krzysztof | 335 | NOWI SIEDLCE/NW WSCHÓD | M45-49 | 9 | | 00:37:22.15 | +00:06:56 (18.6%) | 7:28 | 8 (80.8%) |
| 67 | GOŁĘBIEWSKI Andrzej | 130 | KLUB NW PATYCZAKI - GRUDZIĄDZ | M60-64 | 10 | | 00:37:26.74 | +00:07:01 (18.8%) | 7:29 | 8 (80.8%) |
| 68 | WIŚNIEWSKI Kazimierz | 736 | PASJA NORDIC WALKING | M60-64 | 11 | | 00:37:33.15 | +00:07:07 (19.0%) | 7:30 | 8 (80.8%) |
| 69 | CZMOCH Marian | 71 | | M65-69 | 4 | | 00:37:59.60 | +00:07:34 (19.9%) | 7:35 | 7.9 (79.8%) |
| 70 | CHLEWICKI Krystian | 64 | KLUB NW PATYCZAKI - GRUDZIĄDZ | M65-69 | 5 | | 00:38:12.71 | +00:07:47 (20.4%) | 7:38 | 7.8 (78.8%) |
| 71 | SADOWSKI Tomasz | 414 | | M- Niepełnosprawni(B) | 6 | | 00:38:19.43 | +00:07:54 (20.6%) | 7:40 | 7.8 (78.8%) |
| 72 | SACHARUK Jerzy | 619 | | M45-49 | 10 | | 00:38:24.47 | +00:07:59 (20.8%) | 7:41 | 7.8 (78.8%) |
| 73 | JÓŹWIAK Łukasz | 178 | SERCE NORDICA WŁOCLAWEK | M- Niepełnosprawni(A) | 3 | | 00:38:32.37 | +00:08:07 (21.1%) | 7:42 | 7.8 (78.8%) |
| 74 | KIENDYŚ Sebastian | 207 | POWIAT HAJNÓWKA | M18-29 | 4 | | 00:38:33.73 | +00:08:08 (21.1%) | 7:42 | 7.8 (78.8%) |
| 75 | KOSTUJ Marcin | 236 | AZS SUM | M18-29 | 5 | | 00:38:41.32 | +00:08:16 (21.4%) | 7:44 | 7.8 (78.8%) |
| 76 | DANILUK Mirosław | 76 | | M- Niepełnosprawni(B) | 7 | | 00:38:44.85 | +00:08:19 (21.5%) | 7:45 | 7.7 (77.8%) |
| 77 | KORYTOWSKI Jakub | 233 | | M-Dzieci | 2 | | 00:38:56.60 | +00:08:31 (21.9%) | 7:47 | 7.7 (77.8%) |
| 78 | ALEKSIEJUK Robert | 15 | | M45-49 | 11 | | 00:38:59.09 | +00:08:33 (22.0%) | 7:47 | 7.7 (77.8%) |
| 79 | ADAMOWICZ Andrzej | 2 | | M70+ | 4 | | 00:39:16.10 | +00:08:50 (22.5%) | 7:51 | 7.6 (76.8%) |
| 80 | ŻUKOWICZ Bartłomiej | 771 | KLUBSPORTU.PL | M45-49 | 12 | | 00:39:21.36 | +00:08:56 (22.7%) | 7:52 | 7.6 (76.8%) |
| 81 | 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%) |
| 82 | SZNAJDER Zenon | 462 | UNIA MIAST | M65-69 | 6 | | 00:39:29.01 | +00:09:03 (23.0%) | 7:53 | 7.6 (76.8%) |
| 83 | 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%) |
| 84 | ZIELIŃSKI Ryszard | 766 | | M60-64 | 12 | | 00:39:30.68 | +00:09:05 (23.0%) | 7:54 | 7.6 (76.8%) |

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|-----|-------------------------------|------------|-------------------------|-----------|------|--------------|--------------------|-------------------|--------------|-------------|
| 85 | SOBCZYK Rafał | 437 | KLUBSPORTU.PL | M45-49 | 13 | | 00:39:35.84 | +00:09:10 (23.2%) | 7:55 | 7.6 (76.8%) |
| 86 | ŚWIĘTOCHOWSKI Radosław | 796 | | M-Junior | 5 | | 00:39:42.28 | +00:09:17 (23.4%) | 7:56 | 7.6 (76.8%) |
| 87 | SMYK Albert | 436 | | M-Junior | 6 | | 00:39:46.03 | +00:09:20 (23.5%) | 7:57 | 7.5 (75.8%) |
| 88 | KARPIUK Wiesław | 198 | POWIAT HAJNÓWKA | M40-44 | 9 | | 00:39:46.94 | +00:09:21 (23.5%) | 7:57 | 7.5 (75.8%) |
| 89 | KONSTANCIAK Piotr | 227 | SANTANDER CONSUMER BANK | M40-44 | 10 | | 00:39:47.41 | +00:09:22 (23.5%) | 7:57 | 7.5 (75.8%) |
| 90 | FALKOWSKI Maciej | 101 | POWIAT HAJNÓWKA | M18-29 | 6 | | 00:39:58.95 | +00:09:33 (23.9%) | 7:59 | 7.5 (75.8%) |
| 91 | SIARHEI Aren | 779 | SOKÓŁ | M60-64 | 13 | | 00:39:59.34 | +00:09:34 (23.9%) | 7:59 | 7.5 (75.8%) |
| 92 | PIELACH Tomasz | 352 | SANTANDER CONSUMER BANK | M45-49 | 14 | | 00:40:02.16 | +00:09:36 (24.0%) | 8:00 | 7.5 (75.8%) |
| 93 | KULIK Sławomir | 261 | RADA MIASTA HAJNÓWKA | M55-59 | 9 | | 00:40:03.41 | +00:09:38 (24.1%) | 8:00 | 7.5 (75.8%) |
| 94 | KUBIT Wiesław | 255 | | M50-54 | 7 | | 00:40:07.43 | +00:09:42 (24.2%) | 8:01 | 7.5 (75.8%) |
| 95 | WALESZKO Andrzej | 711 | | M45-49 | 15 | | 00:40:09.01 | +00:09:43 (24.2%) | 8:01 | 7.5 (75.8%) |
| 96 | KARCZMARSKI Krzysztof | 196 | IPA RADOM | M60-64 | 14 | | 00:40:18.22 | +00:09:52 (24.5%) | 8:03 | 7.4 (74.7%) |
| 97 | GWOŹDZIK Artur | 149 | | M-Junior | 7 | | 00:40:20.58 | +00:09:55 (24.6%) | 8:04 | 7.4 (74.7%) |
| 98 | MICHAŁOWSKI Piotr | 309 | AVOCADO WELLNESS CLUB | M45-49 | 16 | | 00:40:26.57 | +00:10:01 (24.8%) | 8:05 | 7.4 (74.7%) |
| 99 | KOZŁOWSKI Wojciech | 246 | | M40-44 | 11 | | 00:40:34.71 | +00:10:09 (25.0%) | 8:07 | 7.4 (74.7%) |
| 100 | KOŁODZIŃSKI Tomasz | 223 | | M-Dzieci | 3 | | 00:40:37.23 | +00:10:12 (25.1%) | 8:07 | 7.4 (74.7%) |
| 101 | RYCHLIK Fabian | 402 | NOWI SIEDLCE/NW WSCHÓD | M-Dzieci | 4 | | 00:40:38.80 | +00:10:13 (25.2%) | 8:07 | 7.4 (74.7%) |
| 102 | ALEKSIEJUK Wiktor | 10 | | M55-59 | 10 | | 00:40:43.57 | +00:10:18 (25.3%) | 8:08 | 7.4 (74.7%) |
| 103 | SZŁĄZAK Dariusz | 460 | UNIA MIAST | M50-54 | 8 | | 00:40:45.97 | +00:10:20 (25.4%) | 8:09 | 7.4 (74.7%) |
| 104 | BUJEK Adam | 58 | | M40-44 | 12 | | 00:40:51.31 | +00:10:26 (25.5%) | 8:10 | 7.3 (73.7%) |
| 105 | KOL Bartłomiej | 699 | | M-Junior | 8 | | 00:40:58.61 | +00:10:33 (25.8%) | 8:11 | 7.3 (73.7%) |
| 106 | WAWRESZUK Sebastian | 721 | POWIAT HAJNÓWKA | M-Junior | 9 | | 00:40:59.32 | +00:10:34 (25.8%) | 8:12 | 7.3 (73.7%) |
| 107 | KOZŁOWSKI Kacper | 247 | | M-Junior | 10 | | 00:41:06.64 | +00:10:41 (26.0%) | 8:13 | 7.3 (73.7%) |

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|-----|------------------------------|------------|-------------------------|--------------------------|------|--------------|--------------------|----------------------|--------------|----------------|
| 108 | GRYGORUK Daniel | 774 | | M30-39 | 6 | | 00:41:11.83 | +00:10:46 (26.2%) | 8:14 | 7.3 (73.7%) |
| 109 | KULIK Adam | 260 | NIEZRZESZONY | M55-59 | 11 | | 00:41:11.95 | +00:10:46 (26.2%) | 8:14 | 7.3 (73.7%) |
| 110 | PONIATOWSKI Hieronim | 364 | | M60-64 | 15 | | 00:41:30.77 | +00:11:05 (26.7%) | 8:18 | 7.2 (72.7%) |
| 111 | NOWICKI Bogdan | 333 | POWIAT HAJNÓWKA | M50-54 | 9 | | 00:41:34.44 | +00:11:09 (26.8%) | 8:18 | 7.2 (72.7%) |
| 112 | ŁUKASIEWICZ Łukasz | 287 | POWIAT HAJNÓWKA | M30-39 | 7 | | 00:41:36.54 | +00:11:11 (26.9%) | 8:19 | 7.2 (72.7%) |
| 113 | GROMOTOWICZ Maciej | 138 | | M-Junior | 11 | | 00:41:42.21 | +00:11:16 (27.1%) | 8:20 | 7.2 (72.7%) |
| 114 | GŁADZIKOWSKI Grzegorz | 123 | WĘDRUJĄCE KIJE ŁUKÓW | M65-69 | 8 | | 00:41:43.47 | +00:11:18 (27.1%) | 8:20 | 7.2 (72.7%) |
| 115 | KULCZYCKI Jan | 258 | | M65-69 | 9 | | 00:41:55.31 | +00:11:30 (27.4%) | 8:23 | 7.2 (72.7%) |
| 116 | NIESLONY Ryszard | 327 | STADION ŚLĄSKI | M55-59 | 12 | | 00:41:57.57 | +00:11:32 (27.5%) | 8:23 | 7.2 (72.7%) |
| 117 | BURNECKI Bartosz | 61 | POWIAT HAJNÓWKA | M-Dzieci | 5 | | 00:42:03.37 | +00:11:38 (27.7%) | 8:24 | 7.1 (71.7%) |
| 118 | GRAF Jędrzej | 134 | | M-Dzieci | 6 | | 00:42:08.98 | +00:11:43 (27.8%) | 8:25 | 7.1 (71.7%) |
| 119 | PYKA Tomasz | 379 | UNIA MIAST | M40-44 | 13 | | 00:42:28.89 | +00:12:03 (28.4%) | 8:29 | 7.1 (71.7%) |
| 120 | PIPIRO Grzegorz | 358 | UNIA MIAST | M- Niepełnosprawni(B) | 9 | | 00:42:32.39 | +00:12:07 (28.5%) | 8:30 | 7.1 (71.7%) |
| 121 | KITKA Wojciech | 215 | | M45-49 | 17 | | 00:42:41.90 | +00:12:16 (28.8%) | 8:32 | 7 (70.7%) |
| 122 | OWCZARCZUK Edward | 723 | WIKTORIA BIAŁYSTOK | M- Niepełnosprawni(B) | 10 | | 00:42:52.43 | +00:12:27 (29.0%) | 8:34 | 7 (70.7%) |
| 123 | PROKOPIUK Aleksander | 369 | | M70+ | 5 | | 00:42:55.79 | +00:12:30 (29.1%) | 8:35 | 7 (70.7%) |
| 124 | WITEK Lech | 737 | | M70+ | 6 | | 00:42:58.73 | +00:12:33 (29.2%) | 8:35 | 7 (70.7%) |
| 125 | KICZKAJŁO Dawid | 205 | POWIAT HAJNÓWKA | M18-29 | 7 | | 00:43:02.02 | +00:12:36 (29.3%) | 8:36 | 7 (70.7%) |
| 126 | PASZKOWSKI Piotr | 347 | SANTANDER CONSUMER BANK | M18-29 | 8 | | 00:43:20.98 | +00:12:55 (29.8%) | 8:40 | 6.9 (69.7%) |
| 127 | WÓJCIKIEWICZ Tobiasz | 747 | SANTANDER CONSUMER BANK | M18-29 | 9 | | 00:43:21.10 | +00:12:55 (29.8%) | 8:40 | 6.9 (69.7%) |
| 128 | GAWRYLUK Andrzej | 113 | | M-Junior | 12 | | 00:43:26.18 | +00:13:00 (30.0%) | 8:41 | 6.9 (69.7%) |
| 129 | ANDRZEJUK Bartosz | 20 | | M-Junior | 13 | | 00:43:27.69 | +00:13:02 (30.0%) | 8:41 | 6.9 (69.7%) |
| 130 | ŚWIDERSKI Marek | 483 | | M- Niepełnosprawni(A) | 4 | | 00:43:30.24 | +00:13:05 (30.1%) | 8:42 | 6.9 (69.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|--------------------------------|----------------------|------|--------------|----------------|-------------------|--------------|-------------|
| 131 | WALESZKO Adam | 712 | | M-Junior | 14 | | 00:43:43.64 | +00:13:18 (30.4%) | 8:44 | 6.9 (69.7%) |
| 132 | JURCZUK Łukasz | 183 | | M-Junior | 15 | | 00:43:46.00 | +00:13:20 (30.5%) | 8:45 | 6.9 (69.7%) |
| 133 | CZEPIEL Cyryl | 70 | | M-Junior | 16 | | 00:43:47.57 | +00:13:22 (30.5%) | 8:45 | 6.8 (68.7%) |
| 134 | DOLBAK Dżianis | 84 | NORDIC BREST | M-Dzieci | 7 | | 00:43:56.95 | +00:13:31 (30.8%) | 8:47 | 6.8 (68.7%) |
| 135 | KUŹNIARSKI Jacek | 268 | NOWI SIEDLCE/NW WSCHÓD | M45-49 | 18 | | 00:44:06.72 | +00:13:41 (31.0%) | 8:49 | 6.8 (68.7%) |
| 136 | ZARĘBSKI Maciej | 661 | VIKING NORDIC TEAM CZĘSTOCHOWA | M-Dzieci | 8 | | 00:44:34.09 | +00:14:08 (31.7%) | 8:54 | 6.7 (67.7%) |
| 137 | BOŹKO Paweł | 51 | | M-Niepełnosprawni(B) | 11 | | 00:44:38.66 | +00:14:13 (31.9%) | 8:55 | 6.7 (67.7%) |
| 138 | MOROŃ Piotr | 314 | UNIA MIAST | M45-49 | 19 | | 00:44:39.12 | +00:14:13 (31.9%) | 8:56 | 6.7 (67.7%) |
| 139 | PRYZYNICZ Maksymilian | 371 | | M-Dzieci | 9 | | 00:44:54.82 | +00:14:29 (32.3%) | 8:59 | 6.7 (67.7%) |
| 140 | NIEPLA Roman | 325 | LKS ZANTYR SZTUM | M70+ | 7 | | 00:45:08.81 | +00:14:43 (32.6%) | 9:01 | 6.6 (66.7%) |
| 141 | KOŚCIUCZUK Jakub | 237 | | M-Junior | 17 | | 00:45:10.16 | +00:14:44 (32.7%) | 9:02 | 6.6 (66.7%) |
| 142 | MARCEWSKI Kamil | 299 | AZS SUM | M18-29 | 10 | | 00:45:14.15 | +00:14:48 (32.8%) | 9:02 | 6.6 (66.7%) |
| 143 | SACHA Krzysztof | 406 | AZS SUM | M18-29 | 11 | | 00:45:24.06 | +00:14:58 (33.0%) | 9:04 | 6.6 (66.7%) |
| 144 | MADOŃ Tomasz | 291 | AKTYWNI Z PASJĄ | M45-49 | 20 | | 00:45:49.46 | +00:15:24 (33.6%) | 9:09 | 6.5 (65.7%) |
| 145 | KAMIEŃSKI Krzysztof | 194 | | M55-59 | 13 | | 00:45:54.95 | +00:15:29 (33.7%) | 9:11 | 6.5 (65.7%) |
| 146 | JAKONIUK Bartosz | 166 | POWIAT HAJNÓWKA | M-Dzieci | 10 | | 00:46:13.60 | +00:15:48 (34.2%) | 9:14 | 6.5 (65.7%) |
| 147 | KITKA Cezary | 216 | | M-Dzieci | 11 | | 00:47:04.49 | +00:16:39 (35.4%) | 9:25 | 6.4 (64.6%) |
| 148 | SZWARC Konrad | 472 | | M-Junior | 18 | | 00:47:15.01 | +00:16:49 (35.6%) | 9:27 | 6.3 (63.6%) |
| 149 | PRZYBYŁA Gabriel | 372 | | M-Junior | 19 | | 00:47:35.51 | +00:17:10 (36.1%) | 9:31 | 6.3 (63.6%) |
| 150 | LECYK Mieczysław | 801 | CHODZE Z SERCEM | M60-64 | 16 | | 00:47:43.67 | +00:17:18 (36.3%) | 9:32 | 6.3 (63.6%) |
| 151 | DANILOVICH Aliaksander | 778 | SOKÓŁ | M60-64 | 17 | | 00:48:05.63 | +00:17:40 (36.7%) | 9:37 | 6.2 (62.6%) |
| 152 | DROP Mieczysław | 86 | | M70+ | 8 | | 00:48:08.05 | +00:17:42 (36.8%) | 9:37 | 6.2 (62.6%) |
| 153 | SZYMAŃSKI Mirosław | 477 | SANTANDER CONSUMER BANK | M45-49 | 21 | | 00:48:58.45 | +00:18:33 (37.9%) | 9:47 | 6.1 (61.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|-----------------------------|----------------------|------|--------------|-------------------|-------------------|--------------|-------------|
| 154 | KONDRACIUK Maciej | 226 | | M-Dzieci | 12 | | 00:49:00.66 | +00:18:35 (37.9%) | 9:48 | 6.1 (61.6%) |
| 155 | TARCZYŃSKI Bogdan | 486 | WĘDRUJĄCE KIJE ŁUKÓW | M70+ | 9 | | 00:49:09.99 | +00:18:44 (38.1%) | 9:50 | 6.1 (61.6%) |
| 156 | WYCISŁO Romuald | 752 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | M-Niepełnosprawni(B) | 12 | | 00:49:10.77 | +00:18:45 (38.1%) | 9:50 | 6.1 (61.6%) |
| 157 | RYBKA Marian | 401 | NIEZRZESZONY | M70+ | 10 | | 00:49:10.81 | +00:18:45 (38.1%) | 9:50 | 6.1 (61.6%) |
| 158 | JÓŹWIAK Dominik | 179 | SERCE NORDICA WŁOCŁAWEK | M18-29 | 12 | | 00:49:30.10 | +00:19:04 (38.5%) | 9:54 | 6.1 (61.6%) |
| 159 | SŁUCHOCKI Dawid | 435 | | M-Niepełnosprawni(B) | 13 | | 00:50:47.56 | +00:20:22 (40.1%) | 10:09 | 5.9 (59.6%) |
| 160 | KOSIERKIEWICZ Adam | 235 | | M50-54 | 10 | | 00:52:38.14 | +00:22:12 (42.2%) | 10:31 | 5.7 (57.6%) |
| 161 | BOGDANOWICZ Filip | 40 | | M-Dzieci | 13 | | 00:52:53.12 | +00:22:27 (42.5%) | 10:34 | 5.7 (57.6%) |
| 162 | KACZOCH Adam | 190 | SZKOŁA NR 2 | M-Dzieci | 14 | | 00:52:54.49 | +00:22:29 (42.5%) | 10:35 | 5.7 (57.6%) |
| 163 | KACZOCH Jan | 189 | SZKOŁA NR 2 | M-Dzieci | 15 | | 00:52:55.12 | +00:22:29 (42.5%) | 10:35 | 5.7 (57.6%) |
| 164 | WASIAK Aleksander | 716 | POWIAT HAJNÓWKA | M-Dzieci | 16 | | 00:53:34.08 | +00:23:08 (43.2%) | 10:43 | 5.6 (56.6%) |
| 165 | ALEKSIEJUK Witold | 9 | POWIAT HAJNÓWKA | M-Niepełnosprawni(B) | 14 | | 00:55:41.18 | +00:25:15 (45.4%) | 11:08 | 5.4 (54.5%) |
| 166 | STUDZIŃSKI Jarosław | 451 | POWIAT HAJNÓWKA | M-Niepełnosprawni(B) | 15 | | 00:56:51.44 | +00:26:26 (46.5%) | 11:22 | 5.3 (53.5%) |
| 167 | KABASA Leszek | 187 | POWIAT HAJNÓWKA | M45-49 | 22 | | 00:57:22.46 | +00:26:57 (47.0%) | 11:28 | 5.2 (52.5%) |
| 168 | LECHOCIŃSKI Tomasz | 565 | | M40-44 | 14 | | 00:57:22.78 | +00:26:57 (47.0%) | 11:28 | 5.2 (52.5%) |
| 169 | SAMOJLIK Tymoteusz | 417 | | M-Dzieci | 17 | | 00:57:32.99 | +00:27:07 (47.1%) | 11:30 | 5.2 (52.5%) |
| 170 | SAMOJLIK Tomasz | 418 | | M40-44 | 15 | | 00:57:46.96 | +00:27:21 (47.4%) | 11:33 | 5.2 (52.5%) |
| 171 | TOPOLSKI Dominik | 496 | POWIAT HAJNÓWKA | M-Junior | 20 | | | | | (0.0%) |
| DQ | PIĄTKOWSKI Józef | 351 | KS METRACO POLKOWICE | M70+ | | 1 | 00:36:57.83 DQ | | - | - (0.0%) |

Znaleziono 172 wynik(ów)