

# HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-09-12  
**Miejsce:** Hajnówka  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BIŁEK Artur</b>	<b>606</b>	NW LUBLINIEC	M 30-39	1			01:29:45	00:31:24	<b>01:02:32</b>	<b>02:32:17</b>		6:15	9.6 (100%)
2	<b>SIWAK Piotr</b>	<b>694</b>	KGHM METRACO POLKOWICE	M 50-59	1			01:32:09	00:31:05	<b>01:02:58</b>	<b>02:35:07</b>	+00:00:26 (0.7%)	6:17	9.5 (99.0%)
3	<b>CYRUS Bogdan</b>	<b>616</b>	SILESIA NORDIC TEAM	M 40-49	1			01:29:45	00:31:12	<b>01:03:13</b>	<b>02:32:58</b>	+00:00:41 (1.1%)	6:19	9.5 (99.0%)
4	<b>WOROCH Roman</b>	<b>732</b>	KGHM METRACO POLKOWICE	M 50-59	2			01:32:09	00:31:09	<b>01:03:26</b>	<b>02:35:35</b>	+00:00:54 (1.4%)	6:20	9.5 (99.0%)
5	<b>CIEŚLAK Roman</b>	<b>615</b>	FOREVER YOUNG ŁÓDŹ	M 50-59	3			01:32:09	00:31:44	<b>01:04:48</b>	<b>02:36:57</b>	+00:02:16 (3.5%)	6:28	9.3 (96.9%)
6	<b>PUSZKIEL Leszek</b>	<b>687</b>	GREEN TEAM	M 50-59	4			01:32:08	00:32:06	<b>01:05:24</b>	<b>02:37:32</b>	+00:02:52 (4.4%)	6:32	9.2 (95.8%)
7	<b>NIEDBAŁ Adam</b>	<b>672</b>	SILESIA NORDIC TEAM	M 30-39	2			01:29:45	00:32:54	<b>01:05:29</b>	<b>02:35:14</b>	+00:02:57 (4.5%)	6:32	9.2 (95.8%)
8	<b>WETOSZKA Piotr</b>	<b>748</b>	BIAŁA BIEGA	M 18-29	1			01:29:43	00:32:59	<b>01:06:11</b>	<b>02:35:54</b>	+00:03:39 (5.5%)	6:37	9.1 (94.8%)
9	<b>NOWROTEK Monika</b>	<b>674</b>	WESOŁY BORSUK TEAM	K 18-29	1			01:34:35	00:33:00	<b>01:06:49</b>	<b>02:41:24</b>	+00:04:17 (6.4%)	6:40	9 (93.8%)
10	<b>NIECHWIEJCZYK Piotr</b>	<b>671</b>	OPEL ACTIVE TEAM	M 30-39	3			01:29:44	00:33:47	<b>01:07:23</b>	<b>02:37:07</b>	+00:04:51 (7.2%)	6:44	8.9 (92.7%)
11	<b>PSUT Robert</b>	<b>684</b>	FOREVER YOUNG ŁÓDŹ	M 18-29	2			01:29:42	00:33:45	<b>01:07:44</b>	<b>02:37:26</b>	+00:05:12 (7.7%)	6:46	8.9 (92.7%)
12	<b>JEZERSKI Jan</b>	<b>633</b>	TRUCHT TARCHOMI TEAM	M 50-59	5			01:32:10	00:33:38	<b>01:07:59</b>	<b>02:40:09</b>	+00:05:27 (8.0%)	6:47	8.8 (91.7%)
13	<b>SPYCHAŁA Marzena</b>	<b>701</b>	WESOŁY BORSUK TEAM	K 40-49	1			01:34:38	00:33:53	<b>01:08:05</b>	<b>02:42:43</b>	+00:05:33 (8.2%)	6:48	8.8 (91.7%)
14	<b>BREWKA Joachim</b>	<b>610</b>	NW LUBLINIEC	M 50-59	6			01:32:08	00:33:31	<b>01:08:11</b>	<b>02:40:19</b>	+00:05:39 (8.3%)	6:49	8.8 (91.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	LIPKO Adrianna	656	PENDOLINO	K 18-29	2			01:34:35	00:33:34	01:08:21	02:42:56	+00:05:49 (8.5%)	6:50	8.8 (91.7%)
16	RACZYŃSKI Kazimierz	689	PTTK KOSZALIN	M 30-39	4			01:29:45	00:34:27	01:08:28	02:38:13	+00:05:56 (8.7%)	6:50	8.8 (91.7%)
17	STĘPNIEWSKI Paweł	704	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 18-29	3			01:29:44	00:33:46	01:08:58	02:38:42	+00:06:26 (9.3%)	6:53	8.7 (90.6%)
18	DENCIKOWSKI Marek	619	KB BIAŁA BIEGA	M 40-49	2			01:29:48	00:34:31	01:08:59	02:38:47	+00:06:27 (9.4%)	6:53	8.7 (90.6%)
19	FELIS Paweł	623		M 40-49	3			01:29:47	00:34:35	01:09:00	02:38:47	+00:06:28 (9.4%)	6:54	8.7 (90.6%)
20	JĘDRASIAK Renata	745	KGHM METRACO POLKOWICE	K 50-59	1			01:36:43	00:34:33	01:09:04	02:45:47	+00:06:32 (9.5%)	6:54	8.7 (90.6%)
21	KULIG Henryk	652	K.S.ELBLĄSKIE WŁÓCZY-KIJE	M 60-69	1			01:32:12	00:34:26	01:09:12	02:41:24	+00:06:40 (9.6%)	6:55	8.7 (90.6%)
22	SZCZEBAK Jacek	708	TARNÓW	M 40-49	4			01:29:47	00:34:31	01:09:15	02:39:02	+00:06:43 (9.7%)	6:55	8.7 (90.6%)
23	ROŻYK Magdalena	691	PENDOLINO/OKNOBUR	K 40-49	2			01:34:41	00:33:54	01:09:29	02:44:10	+00:06:57 (10.0%)	6:56	8.6 (89.6%)
24	KOLENKIEWICZ Dariusz	640	K.S.ELBLĄSKIE WŁÓCZY-KIJE	M 50-59	7			01:32:10	00:34:10	01:09:31	02:41:41	+00:06:59 (10.0%)	6:57	8.6 (89.6%)
25	DADYKIN Sergii	741		M 30-39	5			01:29:46	00:34:47	01:09:43	02:39:29	+00:07:11 (10.3%)	6:58	8.6 (89.6%)
26	ANTOSZEWSKI Piotr	601	DĄBROWA NORDIC TEAM	M 40-49	5			01:29:48	00:34:50	01:09:57	02:39:45	+00:07:25 (10.6%)	6:59	8.6 (89.6%)
27	REJ Anna	690		K 30-39	1			01:34:36	00:34:36	01:10:03	02:44:39	+00:07:31 (10.7%)	7:00	8.6 (89.6%)
28	TĘPIŃSKI Leszek	718		M 40-49	6			01:29:48	00:35:09	01:10:31	02:40:19	+00:07:59 (11.3%)	7:03	8.5 (88.5%)
29	BILIK Wojciech	605	SAMOTNI WĘDROWCY	M 40-49	7			01:29:47	00:35:43	01:10:34	02:40:21	+00:08:02 (11.4%)	7:03	8.5 (88.5%)
30	KOŁPAK Jan	641	LKS ZANTYR	M 60-69	2			01:32:12	00:34:30	01:10:38	02:42:50	+00:08:06 (11.5%)	7:03	8.5 (88.5%)
31	PANCEWICZ -KOSNO Karolina	675	SILESIA NORDIC TEAM	K 30-39	2			01:34:36	00:34:09	01:10:48	02:45:24	+00:08:16 (11.7%)	7:04	8.5 (88.5%)
32	WALORYSZAK Andrzej	725	ORTOPEDIA OTWOCK XIV	M 60-69	3			01:32:13	00:35:33	01:11:06	02:43:19	+00:08:34 (12.0%)	7:06	8.4 (87.5%)
33	GRUSZKA Michał	627	NW LUBLINIEC	M 40-49	8			01:29:48	00:35:07	01:11:13	02:41:01	+00:08:41 (12.2%)	7:07	8.4 (87.5%)
34	ŚWIĄTEK Joanna	717	MARSZPOZDROWIE	K 30-39	3			01:34:37	00:35:20	01:11:18	02:45:55	+00:08:46 (12.3%)	7:07	8.4 (87.5%)
35	BOCZAR Beata	609	GREEN TEAM	K 50-59	2			01:36:43	00:35:15	01:11:20	02:48:03	+00:08:48 (12.3%)	7:08	8.4 (87.5%)
36	KURZAWSKA Jolanta	655	KGHM METRACO POLKOWICE	K 60-69	1			01:36:50	00:35:10	01:11:27	02:48:17	+00:08:55 (12.5%)	7:08	8.4 (87.5%)
37	ŚLUSARCZYK Andrzej	715	WESOŁY BORSUK TEAM	M 60-69	4			01:32:12	00:35:37	01:11:29	02:43:41	+00:08:57 (12.5%)	7:08	8.4 (87.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>ADAMUS Marian</b>	<b>742</b>	SILESIA NORDIC TEAM	M 60-69	5			01:32:12	00:35:04	<b>01:11:45</b>	<b>02:43:57</b>	+00:09:13 (12.8%)	7:10	8.4 (87.5%)
39	<b>WOŹNIAK Bartłomiej</b>	<b>734</b>	PODWÓJNY UŚMIECH	M 30-39	6			01:29:45	00:36:07	<b>01:13:02</b>	<b>02:42:47</b>	+00:10:30 (14.4%)	7:18	8.2 (85.4%)
40	<b>KRZANOWSKI Bartłomiej</b>	<b>650</b>	SAMOTNI WĘDROWCY	M 40-49	9			01:29:49	00:36:25	<b>01:13:05</b>	<b>02:42:54</b>	+00:10:33 (14.4%)	7:18	8.2 (85.4%)
41	<b>WARCHALSKA Teresa</b>	<b>727</b>	STADION ŚLĄSKI	K 60-69	2			01:36:51	00:36:10	<b>01:13:08</b>	<b>02:49:59</b>	+00:10:36 (14.5%)	7:18	8.2 (85.4%)
42	<b>PASIŃSKA - SKOWRON Sylwia</b>	<b>677</b>	SILESIA NORDIC TEAM	K 30-39	4			01:34:37	00:36:08	<b>01:13:22</b>	<b>02:47:59</b>	+00:10:50 (14.8%)	7:20	8.2 (85.4%)
43	<b>BALCERAK-KOLASA Joanna</b>	<b>603</b>		K 40-49	3			01:34:38	00:36:17	<b>01:13:32</b>	<b>02:48:10</b>	+00:11:00 (15.0%)	7:21	8.2 (85.4%)
44	<b>ŚLUSARCZYK Grzegorz</b>	<b>716</b>	WESOŁY BORSUK TEAM	M 40-49	10			01:29:46	00:37:00	<b>01:13:45</b>	<b>02:43:31</b>	+00:11:13 (15.2%)	7:22	8.1 (84.4%)
45	<b>MOTOCZYŃSKI Krzysztof</b>	<b>667</b>	GOSIR OSIELSKO	M 60-69	6			01:32:13	00:35:56	<b>01:14:02</b>	<b>02:46:15</b>	+00:11:30 (15.5%)	7:24	8.1 (84.4%)
46	<b>ŁUKASZEWICZ Joanna</b>	<b>659</b>	GREEN TEAM ZIELONA GORA	K 40-49	4			01:34:38	00:36:39	<b>01:14:36</b>	<b>02:49:14</b>	+00:12:04 (16.2%)	7:27	8 (83.3%)
47	<b>MARCINKOWSKI Wojciech</b>	<b>662</b>	NORDIC WALKING LUBLINIEC	M 40-49	11			01:29:47	00:37:02	<b>01:15:00</b>	<b>02:44:47</b>	+00:12:28 (16.6%)	7:30	8 (83.3%)
48	<b>KRZESAK-JUREK Ewa</b>	<b>651</b>	KIJEMWLENISTWO	K 30-39	5			01:34:38	00:37:52	<b>01:15:16</b>	<b>02:49:54</b>	+00:12:44 (16.9%)	7:31	8 (83.3%)
49	<b>SZNAJDER Zenon</b>	<b>710</b>		M 60-69	7			01:32:13	00:37:41	<b>01:15:29</b>	<b>02:47:42</b>	+00:12:57 (17.2%)	7:32	7.9 (82.3%)
50	<b>RUSZKOWSKA Bożena</b>	<b>692</b>	K.S.ELBŁĄSKIE WŁÓCZY-KIJE	K 60-69	3			01:36:50	00:37:39	<b>01:15:44</b>	<b>02:52:34</b>	+00:13:12 (17.4%)	7:34	7.9 (82.3%)
51	<b>ŁABISZ Beata</b>	<b>658</b>	NORDIC ACTIVE TARNOBRZEG	K 40-49	5			01:34:41	00:37:09	<b>01:16:04</b>	<b>02:50:45</b>	+00:13:32 (17.8%)	7:36	7.9 (82.3%)
52	<b>PUSZKIEL Adrian</b>	<b>686</b>	GREEN TEAM	M 18-29	4			01:29:44	00:40:07	<b>01:16:17</b>	<b>02:46:01</b>	+00:13:45 (18.0%)	7:37	7.9 (82.3%)
53	<b>KNOP Małgorzata</b>	<b>639</b>	GREEN TEAM	K 30-39	6			01:34:36	00:38:17	<b>01:16:46</b>	<b>02:51:22</b>	+00:14:14 (18.5%)	7:40	7.8 (81.3%)
54	<b>JARZYŃSKA Małgorzata</b>	<b>630</b>		K 50-59	3			01:36:43	00:37:49	<b>01:16:48</b>	<b>02:53:31</b>	+00:14:16 (18.6%)	7:40	7.8 (81.3%)
55	<b>POZNAŃSKI Wiesław</b>	<b>682</b>	AMATOR	M 50-59	8			01:32:08	00:38:58	<b>01:17:49</b>	<b>02:49:57</b>	+00:15:17 (19.6%)	7:46	7.7 (80.2%)
56	<b>TRUCHAN-BAJER Bożena</b>	<b>721</b>		K 50-59	4			01:36:44	00:38:05	<b>01:18:00</b>	<b>02:54:44</b>	+00:15:28 (19.8%)	7:48	7.7 (80.2%)
56	<b>KOŚCIUCZUK Agnieszka</b>	<b>644</b>		K 30-39	7			01:34:36	00:38:42	<b>01:18:00</b>	<b>02:52:36</b>	+00:15:28 (19.8%)	7:48	7.7 (80.2%)
58	<b>KULIK Sławomir</b>	<b>653</b>		M 50-59	9			01:32:11	00:37:13	<b>01:18:15</b>	<b>02:50:26</b>	+00:15:43 (20.1%)	7:49	7.7 (80.2%)
59	<b>MAJCHROWSKA Izabela</b>	<b>660</b>	FOREVER YOUNG ŁÓDŹ	K 30-39	8			01:34:36	00:38:44	<b>01:18:21</b>	<b>02:52:57</b>	+00:15:49 (20.2%)	7:50	7.7 (80.2%)
60	<b>LISIKIEWICZ Agnieszka</b>	<b>657</b>	GREEN TEAM	K 40-49	6			01:34:39	00:36:32	<b>01:18:49</b>	<b>02:53:28</b>	+00:16:17 (20.7%)	7:52	7.6 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>ALEKSIEJUK Robert</b>	<b>608</b>	UTW HAJNÓWKA	M 40-49	12			01:29:50	00:40:06	<b>01:19:44</b>	<b>02:49:34</b>	+00:17:12 (21.6%)	7:58	7.5 (78.1%)
62	<b>WAŁECKA Krystyna</b>	<b>726</b>		K 60-69	4			01:36:49	00:38:55	<b>01:19:51</b>	<b>02:56:40</b>	+00:17:19 (21.7%)	7:59	7.5 (78.1%)
63	<b>JUREK Tomasz</b>	<b>635</b>	KIJEMWLENISTWO	M 30-39	7			01:29:46	00:42:47	<b>01:20:09</b>	<b>02:49:55</b>	+00:17:37 (22.0%)	8:00	7.5 (78.1%)
64	<b>GRYC Halina</b>	<b>628</b>		K 40-49	7			01:34:44	00:39:55	<b>01:20:43</b>	<b>02:55:27</b>	+00:18:11 (22.5%)	8:04	7.4 (77.1%)
65	<b>SZYMAŃSKA Anna</b>	<b>713</b>	CHOSZCZÓWKA	K 40-49	8			01:34:39	00:40:35	<b>01:20:50</b>	<b>02:55:29</b>	+00:18:18 (22.6%)	8:05	7.4 (77.1%)
66	<b>SZYMANOWSKA-PAWLAK Ewa</b>	<b>712</b>	GOSIR OSIELSKO	K 40-49	9			01:34:44	00:40:16	<b>01:20:54</b>	<b>02:55:38</b>	+00:18:22 (22.7%)	8:05	7.4 (77.1%)
67	<b>KORCZAK Katarzyna</b>	<b>206</b>	NORDIC ACTIV	K 40-49	10			01:34:42	00:40:26	<b>01:21:04</b>	<b>02:55:46</b>	+00:18:32 (22.9%)	8:06	7.4 (77.1%)
68	<b>RACZYŃSKA Aleksandra</b>	<b>688</b>	STADION ŚLĄSKI	K 70+	1			01:36:51	00:40:50	<b>01:21:21</b>	<b>02:58:12</b>	+00:18:49 (23.1%)	8:08	7.4 (77.1%)
69	<b>PRZYBYLSKA Maria</b>	<b>683</b>		K 50-59	5			01:36:47	00:40:56	<b>01:21:25</b>	<b>02:58:12</b>	+00:18:53 (23.2%)	8:08	7.4 (77.1%)
70	<b>WORONKO - ZACZYŃSKA Janina</b>	<b>733</b>	KGHM METRACO POLKOWICE	K 60-69	5			01:36:49	00:40:40	<b>01:22:30</b>	<b>02:59:19</b>	+00:19:58 (24.2%)	8:15	7.3 (76.0%)
71	<b>PIEKARSKA Magdalena</b>	<b>679</b>	GOSIR OSIELSKO	K 18-29	3			01:34:35	00:40:37	<b>01:22:40</b>	<b>02:57:15</b>	+00:20:08 (24.4%)	8:16	7.3 (76.0%)
72	<b>POCH Hector</b>	<b>743</b>		M 50-59	10			01:32:18	00:39:59	<b>01:22:57</b>	<b>02:55:15</b>	+00:20:25 (24.6%)	8:17	7.2 (75.0%)
73	<b>WYŁUPSKA Krystyna</b>	<b>735</b>	PATYCZAKI	K 60-69	6			01:36:49	00:41:31	<b>01:23:06</b>	<b>02:59:55</b>	+00:20:34 (24.7%)	8:18	7.2 (75.0%)
74	<b>SZPALERSKA Mirosława</b>	<b>711</b>	LKS ZANTYR	K 60-69	7			01:36:48	00:41:38	<b>01:23:52</b>	<b>03:00:40</b>	+00:21:20 (25.4%)	8:23	7.2 (75.0%)
75	<b>WACH Elżbieta</b>	<b>722</b>	DĄBROWA NORDIC TEAM	K 60-69	8			01:36:50	00:41:45	<b>01:24:06</b>	<b>03:00:56</b>	+00:21:34 (25.6%)	8:24	7.1 (74.0%)
76	<b>KENDYŚ Mariusz</b>	<b>707</b>		M 18-29	5			01:29:45	00:41:45	<b>01:24:22</b>	<b>02:54:07</b>	+00:21:50 (25.9%)	8:26	7.1 (74.0%)
77	<b>SYNAK Leszek</b>	<b>705</b>		M 50-59	11			01:32:10	00:41:38	<b>01:24:42</b>	<b>02:56:52</b>	+00:22:10 (26.2%)	8:28	7.1 (74.0%)
77	<b>PLEWA Halina</b>	<b>680</b>	HAJNÓWKA BIEGA	K 50-59	6			01:36:44	00:42:32	<b>01:24:42</b>	<b>03:01:26</b>	+00:22:10 (26.2%)	8:28	7.1 (74.0%)
79	<b>SMARUJ - SADOWSKA Janina</b>	<b>696</b>		K 60-69	9			01:36:51	00:41:50	<b>01:24:57</b>	<b>03:01:48</b>	+00:22:25 (26.4%)	8:29	7.1 (74.0%)
80	<b>KOSSOWSKI Marian</b>	<b>643</b>		M 50-59	12			01:32:11	00:42:11	<b>01:25:07</b>	<b>02:57:18</b>	+00:22:35 (26.5%)	8:30	7 (72.9%)
81	<b>JEZIERSKA Danuta</b>	<b>632</b>		K 50-59	7			01:36:44	00:42:04	<b>01:25:19</b>	<b>03:02:03</b>	+00:22:47 (26.7%)	8:31	7 (72.9%)
82	<b>CZERKA Ryszard</b>	<b>750</b>		M 50-59	13			01:32:11	00:41:11	<b>01:25:35</b>	<b>02:57:46</b>	+00:23:03 (26.9%)	8:33	7 (72.9%)
83	<b>CZYCZ Kazimierz</b>	<b>617</b>	GREEN TEAM	M 60-69	8			01:32:17	00:44:50	<b>01:25:41</b>	<b>02:57:58</b>	+00:23:09 (27.0%)	8:34	7 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	<b>STEFANIAK Bożena</b>	<b>703</b>		K 50-59	8			01:36:47	00:42:22	<b>01:26:58</b>	<b>03:03:45</b>	+00:24:26 (28.1%)	8:41	6.9 (71.9%)
85	<b>WACH Jacek</b>	<b>723</b>	DĄBROWA NORDIC TEAM	M 60-69	9			01:32:14	00:43:09	<b>01:27:12</b>	<b>02:59:26</b>	+00:24:40 (28.3%)	8:43	6.9 (71.9%)
86	<b>ŻUCHNIEWSKA Barbara</b>	<b>739</b>		K 40-49	11			01:34:43	00:43:47	<b>01:27:14</b>	<b>03:01:57</b>	+00:24:42 (28.3%)	8:43	6.9 (71.9%)
87	<b>BAKUN Zenaida</b>	<b>602</b>	UTW HAJNÓWKA	K 60-69	10			01:36:48	00:42:58	<b>01:28:06</b>	<b>03:04:54</b>	+00:25:34 (29.0%)	8:48	6.8 (70.8%)
88	<b>WASILEWSKI Cezary</b>	<b>729</b>	TURBIKE TEAM	M 40-49	13			01:29:49	00:42:21	<b>01:28:11</b>	<b>02:58:00</b>	+00:25:39 (29.1%)	8:49	6.8 (70.8%)
89	<b>CHRAPEK Urszula</b>	<b>614</b>		K 18-29	4			01:34:36	00:43:25	<b>01:28:16</b>	<b>03:02:52</b>	+00:25:44 (29.2%)	8:49	6.8 (70.8%)
90	<b>KŁOPOCIŃSKA Małgorzata</b>	<b>638</b>		K 50-59	9			01:36:45	00:44:19	<b>01:28:20</b>	<b>03:05:05</b>	+00:25:48 (29.2%)	8:50	6.8 (70.8%)
91	<b>KOSSOWSKA Anna</b>	<b>642</b>		K 50-59	10			01:36:46	00:44:21	<b>01:28:25</b>	<b>03:05:11</b>	+00:25:53 (29.3%)	8:50	6.8 (70.8%)
92	<b>SZCZEŚNIAK Ewa</b>	<b>709</b>	CHOSZCZÓWKA	K 40-49	12			01:34:40	00:44:13	<b>01:28:33</b>	<b>03:03:13</b>	+00:26:01 (29.4%)	8:51	6.8 (70.8%)
93	<b>JEREMICZ-LOPATA Małgorzata</b>	<b>631</b>	KIM	K 50-59	11			01:36:44	00:43:30	<b>01:28:37</b>	<b>03:05:21</b>	+00:26:05 (29.4%)	8:51	6.8 (70.8%)
94	<b>DYLEWSKA Barbara</b>	<b>622</b>	DĄBROWA NORDIC TEAM	K 60-69	11			01:36:50	00:44:22	<b>01:28:47</b>	<b>03:05:37</b>	+00:26:15 (29.6%)	8:52	6.8 (70.8%)
95	<b>WAWER Elżbieta</b>	<b>730</b>	SO-WA TEAM	K 40-49	13			01:34:42	00:44:26	<b>01:29:00</b>	<b>03:03:42</b>	+00:26:28 (29.7%)	8:54	6.7 (69.8%)
96	<b>JÓŹWIAK Dominik</b>	<b>634</b>	WTW WŁOCŁAWEK	M 18-29	6			01:29:43	00:45:55	<b>01:29:57</b>	<b>02:59:40</b>	+00:27:25 (30.5%)	8:59	6.7 (69.8%)
97	<b>BORYSIAK Barbara</b>	<b>746</b>		K 40-49	14			01:34:41	00:45:08	<b>01:30:21</b>	<b>03:05:02</b>	+00:27:49 (30.8%)	9:02	6.6 (68.8%)
98	<b>SYNAK Mirosława</b>	<b>706</b>		K 50-59	12			01:36:45	00:43:27	<b>01:30:52</b>	<b>03:07:37</b>	+00:28:20 (31.2%)	9:05	6.6 (68.8%)
99	<b>GLENCNER Mariola</b>	<b>626</b>		K 30-39	9			01:34:37	00:45:17	<b>01:31:04</b>	<b>03:05:41</b>	+00:28:32 (31.3%)	9:06	6.6 (68.8%)
100	<b>SZWARCBERG Graciela</b>	<b>744</b>		K 50-59	13			01:36:47	00:46:08	<b>01:32:31</b>	<b>03:09:18</b>	+00:29:59 (32.4%)	9:15	6.5 (67.7%)
101	<b>ZAREMBA Jakub</b>	<b>749</b>		M 30-39	8			02:02:23	00:46:20	<b>01:32:36</b>	<b>03:34:59</b>	+00:30:04 (32.5%)	9:15	6.5 (67.7%)
102	<b>KOŁTUNIAK Urszula</b>	<b>747</b>		K 50-59	14			01:36:46	00:46:25	<b>01:34:35</b>	<b>03:11:21</b>	+00:32:03 (33.9%)	9:27	6.3 (65.6%)
103	<b>SMACZYŃSKA Krystyna</b>	<b>695</b>	DĄBROWA NORDIC TEAM	K 70+	2			01:36:52	00:48:13	<b>01:35:34</b>	<b>03:12:26</b>	+00:33:02 (34.6%)	9:33	6.3 (65.6%)
104	<b>SOBKOWSKA Teresa</b>	<b>697</b>		K 60-69	12			01:36:51	00:47:17	<b>01:35:48</b>	<b>03:12:39</b>	+00:33:16 (34.7%)	9:34	6.3 (65.6%)
105	<b>PETRUK Marzanna</b>	<b>678</b>		K 50-59	15			01:36:49	00:47:17	<b>01:35:50</b>	<b>03:12:39</b>	+00:33:18 (34.7%)	9:35	6.3 (65.6%)
106	<b>SOKÓŁ Małgorzata</b>	<b>700</b>	SO-WA TEAM	K 40-49	15			01:34:43	00:48:21	<b>01:38:44</b>	<b>03:13:27</b>	+00:36:12 (36.7%)	9:52	6.1 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	<b>MROCZKOWSKA Emilia</b>	<b>668</b>	STOWARZYSZENIE AIL OMEGA W CZEREMSZE - KIJ- FANKI	K 30-39	10			01:34:40	00:48:45	<b>01:39:38</b>	<b>03:14:18</b>	+00:37:06 (37.2%)	9:57	6 (62.5%)
108	<b>JANOWICZ Anna</b>	<b>629</b>	STOWARZYSZENIE AIL OMEGA W CZEREMSZE - KIJ- FANKI	K 40-49	16			01:34:40	00:49:06	<b>01:40:09</b>	<b>03:14:49</b>	+00:37:37 (37.6%)	10:00	6 (62.5%)
109	<b>ZWOLAN Witold</b>	<b>738</b>		M 40-49	14			01:29:50	00:53:32	<b>01:41:37</b>	<b>03:11:27</b>	+00:39:05 (38.5%)	10:09	5.9 (61.5%)
110	<b>NAWROCKA Danuta</b>	<b>670</b>	DĄBROWA NORDIC TEAM	K 70+	3			01:36:52	00:52:03	<b>01:42:55</b>	<b>03:19:47</b>	+00:40:23 (39.2%)	10:17	5.8 (60.4%)
111	<b>SOKOŁOWSKI Janusz</b>	<b>699</b>		M 60-69	10			01:32:15	00:52:45	<b>01:43:31</b>	<b>03:15:46</b>	+00:40:59 (39.6%)	10:21	5.8 (60.4%)
112	<b>CHOMCZYK Zbigniew</b>	<b>613</b>		M 60-69	11			01:32:15	00:53:03	<b>01:46:29</b>	<b>03:18:44</b>	+00:43:57 (41.3%)	10:38	5.6 (58.3%)
113	<b>WAKULUK Anna</b>	<b>724</b>		K 50-59	16			01:36:47	00:54:56	<b>01:55:37</b>	<b>03:32:24</b>	+00:53:05 (45.9%)	11:33	5.2 (54.2%)
114	<b>CHOMCZYK Irena</b>	<b>612</b>		K 60-69	13			01:36:48	00:55:02	<b>01:55:39</b>	<b>03:32:27</b>	+00:53:07 (45.9%)	11:33	5.2 (54.2%)
114	<b>SOKOŁOWSKA Jolanta</b>	<b>698</b>		K 50-59	17			01:36:46	00:55:03	<b>01:55:39</b>	<b>03:32:25</b>	+00:53:07 (45.9%)	11:33	5.2 (54.2%)
DQ	<b>DOMINSKI Jacek</b>	<b>620</b>	CHOSZCZÓWKA	M 50-59			1	DQ	00:34:17 DQ	<b>2015-09-12 DQ</b>	<b>DQ</b>	-	- (0.0%)	
DQ	<b>BYTNIIEWSKI Mieczysław</b>	<b>611</b>	BIAŁA BIEGA	M 70+			1	DQ	00:37:12 DQ	<b>2015-09-12 DQ</b>	<b>DQ</b>	-	- (0.0%)	
DQ	<b>KALISZ Krzysztof</b>	<b>636</b>	KGHM METRACO POLKOWICE	M 60-69			1	DQ	00:36:44 DQ	<b>2015-09-12 DQ</b>	<b>DQ</b>	-	- (0.0%)	
DQ	<b>ŚCIBISZ Bogdan</b>	<b>714</b>	DĄBROWA NORDIC TEAM	M 70+			1	DQ	00:37:09 DQ	<b>DQ</b>	<b>DQ</b>	-	- (0.0%)	
	<b>WASILEWSKA Iwona</b>	<b>728</b>	TURBIKE TEAM	K 40-49				DNF	00:53:07 DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	

Znaleziono 120 wynik(ów)