

HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Event: PUCHAR POLSKI NORDIC WALKING 2019
Organiser: Hajnówka
Date: 2019-09-14
Place: Hajnówka
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	RAJEWSKI Sebastian	739	KS IDMAR RACING TEAM	M45-49	1			00:30:37.57		6:07	9.8 (100%)
2	WITUCKI Jacek	451		M45-49	2			00:31:20.97	+00:00:43 (2.3%)	6:16	9.6 (98.0%)
3	DĘBSKI Bartłomiej	65	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:31:40.36	+00:01:02 (3.3%)	6:20	9.5 (96.9%)
4	TOPOLNICKI Konrad	423	CKZIU MECHANIK NYSA	M18-29	1	1		00:31:42.72	+00:01:05 (3.4%)	6:20	9.5 (96.9%)
5	WOROCH Roman	452	KS METRACO POLKOWICE	M60-64	1			00:32:03.45	+00:01:25 (4.5%)	6:24	9.4 (95.9%)
6	ROŻYNEK Miron	347	KS METRACO POLKOWICE	M55-59	1			00:32:08.89	+00:01:31 (4.7%)	6:25	9.3 (94.9%)
7	SIROTKINA Tetiana	654	UNWF	K40-44	1			00:32:28.38	+00:01:50 (5.7%)	6:29	9.2 (93.9%)
8	BORKOWSKI Dariusz	650	NOWI SIEDLCE	M50-54	1			00:32:34.36	+00:01:56 (6.0%)	6:31	9.2 (93.9%)
9	SPYCHAŁA Lesław	375	CKZIU MECHANIK NYSA	M50-54	2			00:32:50.10	+00:02:12 (6.7%)	6:34	9.1 (92.9%)
10	DANIELSKI Waldemar	60		M55-59	2			00:33:11.44	+00:02:33 (7.7%)	6:38	9 (91.8%)
11	ZIELIŃSKI Szczepan	96	SERCE NORDICA WŁOCLAWEK	M45-49	3			00:33:22.37	+00:02:44 (8.2%)	6:40	9 (91.8%)
12	WIŚNIEWSKI Sławomir	446	FLUGGER TEAM	M45-49	4			00:33:23.60	+00:02:46 (8.3%)	6:40	9 (91.8%)
13	SKWIRUT Jerzy	713	PODKARPACIE PRZEMYŚL	M- Niepełnosprawni(A)	1			00:33:46.87	+00:03:09 (9.3%)	6:45	8.9 (90.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
14	KUBIAK Przemysław	215	KS IDMAR RACING TEAM	M45-49	5			00:33:47.39	+00:03:09 (9.4%)	6:45	8.9 (90.8%)
15	RADECKI Artur	338	K.S. CHODZACY BIAŁYSTOK	M55-59	3			00:33:59.09	+00:03:21 (9.9%)	6:47	8.8 (89.8%)
16	RÓŻYCKI Artur	348	TKKF KRZNA BIAŁA PODLASKA	M45-49	6			00:34:01.61	+00:03:24 (10.0%)	6:48	8.8 (89.8%)
17	HOLWEK Jarosław	133	ZDROWOPIJ.PL	M55-59	4			00:34:03.89	+00:03:26 (10.1%)	6:48	8.8 (89.8%)
18	FRAĆKOWIAK Krzysztof	93	NOWI SIEDLCE	M45-49	7			00:34:12.58	+00:03:35 (10.5%)	6:50	8.8 (89.8%)
19	BREWKA Joachim	34	UNIA MIAST	M55-59	5			00:34:25.36	+00:03:47 (11.0%)	6:53	8.7 (88.8%)
20	STACHOWICZ Marcin	376	BŁĘKITNI NW DZIEMIANY	M30-39	1			00:34:27.36	+00:03:49 (11.1%)	6:53	8.7 (88.8%)
21	OLEKSYK Małgorzata	294	KLUB BIEGACZA USTRZYKI DOLNE, BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1			00:34:29.63	+00:03:52 (11.2%)	6:54	8.7 (88.8%)
22	OKNIŃSKI Krzysztof	800	NOWI SIEDLCE	M45-49	8			00:34:32.12	+00:03:54 (11.3%)	6:54	8.7 (88.8%)
23	KUŚMIEREK Mateusz	223	BŁĘKITNI NW DZIEMIANY	M-Jun.	1	2		00:34:32.81	+00:03:55 (11.3%)	6:54	8.7 (88.8%)
24	PODGÓRSKI Szymon	319	CKZIU MECHANIK NYSA	M-Jun.	2			00:34:32.96	+00:03:55 (11.4%)	6:54	8.7 (88.8%)
25	KNITTER Michał	478	BŁĘKITNI NW DZIEMIANY	M-Jun.	3			00:34:33.07	+00:03:55 (11.4%)	6:54	8.7 (88.8%)
26	DUSZEŃKO Zygmunt	76	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	2			00:34:38.41	+00:04:00 (11.6%)	6:55	8.7 (88.8%)
27	JÓŻWIAK Marianna	158	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:34:44.39	+00:04:06 (11.8%)	6:57	8.6 (87.8%)
28	BEDNARZ Krzysztof	732	SANTANDER CONSUMER BANK	M30-39	2			00:34:46.30	+00:04:08 (11.9%)	6:57	8.6 (87.8%)
29	GRUSZKA Michał	125	UNIA MIAST	M-Jun.	4			00:34:46.49	+00:04:08 (11.9%)	6:57	8.6 (87.8%)
30	KUZICH Ihar	795	BRZESKIE LICEUM OBWODOWE	M40-44	2			00:34:47.33	+00:04:09 (12.0%)	6:57	8.6 (87.8%)
31	SZYMAŃSKI Stefan	403	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	1			00:34:54.09	+00:04:16 (12.2%)	6:58	8.6 (87.8%)
32	RAJEK Tomasz	341	NORDIC TEAM CZĘSTOCHOWA	M50-54	3			00:34:57.98	+00:04:20 (12.4%)	6:59	8.6 (87.8%)
33	POLISZCZUK Piotr	321	PIERNIKI NA CHODZIE	M-Niepełnosprawni(A)	3			00:35:01.55	+00:04:23 (12.6%)	7:00	8.6 (87.8%)
34	GODZIŃSKA Dorota	105	BAŻANT NW ELBLĄG	K30-39	1			00:35:04.61	+00:04:27 (12.7%)	7:01	8.6 (87.8%)
35	BUCZKOWSKI Jerzy	36	KS SOKÓŁ GAŚAWA	M65-69	1			00:35:18.79	+00:04:41 (13.3%)	7:03	8.5 (86.7%)
36	WROŃSKI Włodzimierz	454	PASJA NORDIC WALKING	M65-69	2			00:35:20.12	+00:04:42 (13.3%)	7:04	8.5 (86.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
37	TOMCZYK Edward	422	MARSZ PO ZDROWIE	M70+	2			00:35:21.02	+00:04:43 (13.4%)	7:04	8.5 (86.7%)
38	SZCZUDLIK Małgorzata	391	KIJKOWE TRZEMESZNO	K30-39	2			00:35:21.66	+00:04:44 (13.4%)	7:04	8.5 (86.7%)
39	DUDEK Edward	72	KS METRACO POLKOWICE	M65-69	3	1		00:35:25.90	+00:04:48 (13.6%)	7:05	8.5 (86.7%)
40	TUZIMEK Agata	686	STADION ŚLĄSKI	K30-39	3			00:35:26.58	+00:04:49 (13.6%)	7:05	8.5 (86.7%)
41	REJMENTOWSKA Sylwia	342	PASJA NORDIC WALKING	K40-44	2			00:35:29.54	+00:04:51 (13.7%)	7:05	8.5 (86.7%)
42	FABIJAŃCZUK Paweł	85	NW CZŁAPKI TEAM	M40-44	3			00:35:35.28	+00:04:57 (13.9%)	7:07	8.4 (85.7%)
43	USS Jola	784	LUXTORPEDA MAŁOPOLSKA	K55-59	2			00:35:37.83	+00:05:00 (14.0%)	7:07	8.4 (85.7%)
44	CZMOCH Marian	55	PUKS JEDYNKA	M65-69	4			00:35:40.68	+00:05:03 (14.2%)	7:08	8.4 (85.7%)
45	ABRAMCHIK Aleksandra	1	BRZESKIE LICEUM OBWODOWE IMIENIA P. M. MASZEROWA	K-Jun.	1			00:35:41.17	+00:05:03 (14.2%)	7:08	8.4 (85.7%)
46	MALINOWSKA Monika	712	LKS ZANTYR SZTUM	K30-39	4			00:35:41.36	+00:05:03 (14.2%)	7:08	8.4 (85.7%)
47	BUGAŁA Alicja	38	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	2			00:35:44.19	+00:05:06 (14.3%)	7:08	8.4 (85.7%)
48	GAŁĄZKA Paweł	764	MUSZKIETEROWIE	M-Niepełnosprawni(A)	4			00:35:45.48	+00:05:07 (14.4%)	7:09	8.4 (85.7%)
49	STOLARSKA Joanna	787	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:35:47.17	+00:05:09 (14.4%)	7:09	8.4 (85.7%)
50	GRUSZKA Michał	124	UNIA MIAST	M40-44	4			00:35:47.76	+00:05:10 (14.4%)	7:09	8.4 (85.7%)
51	REJOWSKA Agnieszka	343	NOWI SIEDLCE	K30-39	5			00:35:49.53	+00:05:11 (14.5%)	7:09	8.4 (85.7%)
52	KUBAT Janusz	212	NORDIC TEAM CZĘSTOCHOWA	M45-49	9			00:35:52.08	+00:05:14 (14.6%)	7:10	8.4 (85.7%)
53	KOŁPAK Jan	187	LKS ZANTYR SZTUM	M70+	3			00:35:54.65	+00:05:17 (14.7%)	7:11	8.4 (85.7%)
54	KWAŚNY Tomasz	230	CHODZĘ Z SERCEM	M50-54	4			00:35:55.43	+00:05:17 (14.7%)	7:11	8.4 (85.7%)
55	SŁOWIŃSKA Alicja	368	NOWI SIEDLCE	K50-54	1			00:35:57.92	+00:05:20 (14.8%)	7:11	8.3 (84.7%)
56	ZIELIŃSKA Jolanta	463	GOSIR OSIELSKO	K55-59	3			00:35:58.86	+00:05:21 (14.9%)	7:11	8.3 (84.7%)
57	JANKOWSKI Mateusz	147	POLIPACK TEAM GWE	M18-29	2			00:36:03.99	+00:05:26 (15.1%)	7:12	8.3 (84.7%)
58	PUSZKARSKA Małgorzata	332	GOSADI NORDIC TEAM	K40-44	3			00:36:11.04	+00:05:33 (15.4%)	7:14	8.3 (84.7%)
59	TOPOLNICKI Mariusz	796	CKZIU MECHANIK NYSA	M45-49	10			00:36:16.70	+00:05:39 (15.6%)	7:15	8.3 (84.7%)

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60	PIĄTEK Dariusz	312	POLIPACK TEAM GWE	M-Niepełnosprawni(A)	5			00:36:17.59	+00:05:40 (15.6%)	7:15	8.3 (84.7%)
61	WASILEWSKI Sławomir	437	PASJA NORDIC WALKING	M70+	4			00:36:19.87	+00:05:42 (15.7%)	7:16	8.3 (84.7%)
62	WITUCKA Karolina	450		K-Dzieci	1			00:36:20.17	+00:05:42 (15.7%)	7:16	8.3 (84.7%)
63	ŚWIDERSK Janusz	154	K.S. CHODZACY BIAŁYSTOK	M60-64	2			00:36:21.15	+00:05:43 (15.8%)	7:16	8.3 (84.7%)
64	STAŃCZAK Grażyna	378	FACE NORDIC WALKING TEAM	K65-69	1			00:36:36.24	+00:05:58 (16.3%)	7:19	8.2 (83.7%)
65	ŻYTKOWSKI Andrzej	472	TKKF KRZNA BIAŁA PODLASKA	M55-59	6	1		00:36:37.92	+00:06:00 (16.4%)	7:19	8.2 (83.7%)
66	ROMAŃCZUK Agnieszka	345	NOWI SIEDLCE	K45-49	2			00:36:43.25	+00:06:05 (16.6%)	7:20	8.2 (83.7%)
67	GOŁĘBIEWSKI Andrzej	113	KLUB NW PATYCZAKI - GRUDZĄDZ	M60-64	3			00:36:47.74	+00:06:10 (16.8%)	7:21	8.2 (83.7%)
68	KOZIARZ Roman	199	STADION ŚLĄSKI	M60-64	4			00:36:48.52	+00:06:10 (16.8%)	7:21	8.2 (83.7%)
69	WALESZKO Andrzej	434	PASJA NORDIC WALKING	M45-49	11	1		00:36:51.18	+00:06:13 (16.9%)	7:22	8.1 (82.7%)
70	KITKA Krzysztof	174	PULAWY	M55-59	7			00:36:52.88	+00:06:15 (17.0%)	7:22	8.1 (82.7%)
71	ŚLUSARCZYK Marcin	707	WESOŁY BORSUK TEAM	M40-44	5			00:36:53.64	+00:06:16 (17.0%)	7:22	8.1 (82.7%)
72	ILCZUK Marek	136	NOWI SIEDLCE	M30-39	3			00:36:54.26	+00:06:16 (17.0%)	7:22	8.1 (82.7%)
73	WAWRZYNIAK Igor	439	POLIPACK TEAM GWE	M-Dzieci	1			00:36:55.54	+00:06:17 (17.1%)	7:23	8.1 (82.7%)
74	KAMIŃSKA Beata	166	NORDIC TEAM CZĘSTOCHOWA	K50-54	2			00:36:56.64	+00:06:19 (17.1%)	7:23	8.1 (82.7%)
75	MACKIEWICZ Albert	798	AKTYWNY KODENŃ	M-Dzieci	2			00:36:58.59	+00:06:21 (17.2%)	7:23	8.1 (82.7%)
76	SAMOJŁO Sławomir	356		M55-59	8			00:37:06.54	+00:06:28 (17.5%)	7:25	8.1 (82.7%)
77	DARGAS Sandra	475	BŁĘKITNI NW DZIEMIANY	K-Dzieci	2			00:37:10.43	+00:06:32 (17.6%)	7:26	8.1 (82.7%)
78	STOLTMANN Helena	382	BŁĘKITNI NW DZIEMIANY	K55-59	4			00:37:12.97	+00:06:35 (17.7%)	7:26	8.1 (82.7%)
79	PIETRUSEWICZ Joanna	314	PASJA NORDIC WALKING	K45-49	3			00:37:16.13	+00:06:38 (17.8%)	7:27	8.1 (82.7%)
80	GRYGOROWICZ Teresa	126	KS METRACO POLKOWICE	K65-69	2			00:37:26.54	+00:06:48 (18.2%)	7:29	8 (81.6%)
81	ZIELIŃSKA Iwona	419	SERCE NORDICA WŁOCŁAWEK	K50-54	3			00:37:28.84	+00:06:51 (18.3%)	7:29	8 (81.6%)
82	SZENDZIELORZ Ilona	393	STADION ŚLĄSKI	K60-64	1			00:37:29.11	+00:06:51 (18.3%)	7:29	8 (81.6%)

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83	DANA Kazimiera	59	KLUB NW PATYCZAKI - GRUDZĄDZ	K65-69	3			00:37:30.33	+00:06:52 (18.3%)	7:30	8 (81.6%)
84	SULECKA Gabriela	387		K-Niepełnosprawni(A)	1			00:37:32.11	+00:06:54 (18.4%)	7:30	8 (81.6%)
85	WAWRZYNIAK Anna	440	POLIPACK TEAM GWE	K45-49	4			00:37:33.25	+00:06:55 (18.4%)	7:30	8 (81.6%)
86	IWANIUK Michał	138	II LO Z DNJB W HAJNÓWCE	M-Jun.	5			00:37:35.58	+00:06:58 (18.5%)	7:31	8 (81.6%)
87	PINIS Agnieszka	317	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			00:37:42.71	+00:07:05 (18.8%)	7:32	8 (81.6%)
88	RADZIEJOWSKI Bogusław	339	NORDIC TEAM CZĘSTOCHOWA	M55-59	9			00:37:44.99	+00:07:07 (18.9%)	7:33	7.9 (80.6%)
89	OLSZEWSKI Ryszard	296	LKS ZANTYR SZTUM	M65-69	5			00:37:46.11	+00:07:08 (18.9%)	7:33	7.9 (80.6%)
90	KUPIBIDA Bogusława	220	SILESIA NORDIC TEAM	K60-64	2			00:37:50.83	+00:07:13 (19.1%)	7:34	7.9 (80.6%)
91	BUGAŁA Anna	37	NORDIC TEAM CZĘSTOCHOWA	K40-44	5			00:37:51.44	+00:07:13 (19.1%)	7:34	7.9 (80.6%)
92	SŁOMIŃSKA Marta	640	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:37:55.41	+00:07:17 (19.2%)	7:35	7.9 (80.6%)
93	WOROCH Jolanta	453	KS METRACO POLKOWICE	K50-54	4	1		00:37:55.68	+00:07:18 (19.3%)	7:35	7.9 (80.6%)
94	ABLEWICZ Mateusz	489		M-Jun.	6			00:37:56.93	+00:07:19 (19.3%)	7:35	7.9 (80.6%)
95	GROCHAL Krzysztof	120		M55-59	10			00:37:57.82	+00:07:20 (19.3%)	7:35	7.9 (80.6%)
96	ŚWIĘTOCHOWSKI Radosław	409	II LO Z DNJB W HAJNÓWCE	M-Jun.	7			00:38:00.37	+00:07:22 (19.4%)	7:36	7.9 (80.6%)
97	BERKOWSKA Marzena	25	POSITIVE NORDIC WALKING TEAM	K40-44	6			00:38:01.58	+00:07:24 (19.5%)	7:36	7.9 (80.6%)
98	SZYMCZYK Magdalena	646	NOWI SIEDLCE	K30-39	6			00:38:04.46	+00:07:26 (19.6%)	7:37	7.9 (80.6%)
99	BURNECKI Bartosz	41	SP3 HAJNÓWKA	M-Dzieci	3			00:38:09.45	+00:07:31 (19.7%)	7:37	7.9 (80.6%)
100	STAŃCZAK Ryszard	379	FACE NORDIC WALKING TEAM	M70+	5			00:38:09.88	+00:07:32 (19.8%)	7:37	7.9 (80.6%)
101	WIŚNIEWSKI Kazimierz	447	PASJA NORDIC WALKING	M60-64	5			00:38:10.04	+00:07:32 (19.8%)	7:38	7.9 (80.6%)
102	DANDYK Michał	782	UNIA MIAST	M18-29	3			00:38:12.56	+00:07:34 (19.8%)	7:38	7.9 (80.6%)
103	MIKUSINSKA Jola	269	FEAR THE RETURN	K45-49	5			00:38:14.26	+00:07:36 (19.9%)	7:38	7.8 (79.6%)
104	MOTOCZYŃSKI Krzysztof	275	GOSIR OSIELSKO	M60-64	6			00:38:15.27	+00:07:37 (19.9%)	7:39	7.8 (79.6%)
105	SONDEJ Izabela	789	POWIAT HAJNOWSKI	K30-39	7			00:38:18.39	+00:07:40 (20.0%)	7:39	7.8 (79.6%)

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								5km			
106	KOSECKA Katarzyna	194	FORMA NA PIĄTKĘ NW	K50-54	5			00:38:18.57	+00:07:40 (20.1%)	7:39	7.8 (79.6%)
107	ŚCIBIOR Robert	689		M45-49	12			00:38:19.70	+00:07:42 (20.1%)	7:40	7.8 (79.6%)
108	OMELIANIUK Krzysztof	298	SP3 HAJNÓWKA	M-Jun.	8			00:38:20.76	+00:07:43 (20.1%)	7:40	7.8 (79.6%)
109	GOLONKO Grzegorz	110	SP3 HAJNÓWKA	M-Jun.	9			00:38:20.77	+00:07:43 (20.1%)	7:40	7.8 (79.6%)
110	KOLARSKA Nadia	183	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	3			00:38:22.54	+00:07:44 (20.2%)	7:40	7.8 (79.6%)
111	KWIDZIŃSKA Emilia	231	POLIPACK TEAM GWE	K18-29	2			00:38:28.44	+00:07:50 (20.4%)	7:41	7.8 (79.6%)
112	ŚLUSARCZYK Grzegorz	706	WESOŁY BORSUK TEAM	M45-49	13			00:38:30.68	+00:07:53 (20.5%)	7:42	7.8 (79.6%)
113	GRYGOROWICZ Bogdan	127	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:38:38.87	+00:08:01 (20.8%)	7:43	7.8 (79.6%)
114	WALESZKO Anna	435	PASJA NORDIC WALKING	K45-49	6			00:38:40.03	+00:08:02 (20.8%)	7:44	7.8 (79.6%)
115	GARBOWSKI Piotr	714	PODKARPACIE PRZEMYŚL	M-Niepełnosprawni(B)	2			00:38:42.47	+00:08:04 (20.9%)	7:44	7.8 (79.6%)
116	MADEJSKI Roman	250	ROXKIJE ROKIETNICA	M65-69	6			00:38:51.23	+00:08:13 (21.2%)	7:46	7.7 (78.6%)
117	DAROSZEWSKA Krystyna	61	SERCE NORDICA WŁOCLAWEK	K60-64	3			00:38:53.93	+00:08:16 (21.3%)	7:46	7.7 (78.6%)
118	ADAWIDZIUK Ewa	700	JNDYW	K40-44	7			00:38:59.22	+00:08:21 (21.4%)	7:47	7.7 (78.6%)
119	RADYGINA Darya	684	BRZESKIE LICEUM	K-Jun.	4			00:39:00.42	+00:08:22 (21.5%)	7:48	7.7 (78.6%)
120	DZIEDZIK Patrycja	81		K18-29	3			00:39:01.51	+00:08:23 (21.5%)	7:48	7.7 (78.6%)
121	KOT Antoli	759	RKB HAJNÓWKA	M60-64	7			00:39:01.72	+00:08:24 (21.5%)	7:48	7.7 (78.6%)
122	SMYK Albert	369	ZSZ HAJNÓWKA	M-Jun.	10			00:39:03.58	+00:08:26 (21.6%)	7:48	7.7 (78.6%)
123	PONKA Barbara	324	POLIPACK TEAM GWE	K45-49	7			00:39:04.89	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
124	BORKOWSKA Karolina	620	NOWI SIEDLCE	K18-29	4			00:39:06.06	+00:08:28 (21.7%)	7:49	7.7 (78.6%)
125	MARCINIAK Hanna	257	SERCE NORDICA WŁOCLAWEK	K55-59	5			00:39:09.09	+00:08:31 (21.8%)	7:49	7.7 (78.6%)
126	STAWARZ Wiesław	762		M55-59	11			00:39:12.83	+00:08:35 (21.9%)	7:50	7.6 (77.6%)
127	BARCZYK Jolanta	21	NORDIC TEAM CZĘSTOCHOWA	K55-59	6			00:39:14.82	+00:08:37 (22.0%)	7:51	7.6 (77.6%)
128	JAWORSKA Daria	150	WESOŁY BORSUK TEAM	K-Dzieci	4			00:39:17.73	+00:08:40 (22.1%)	7:51	7.6 (77.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
129	JÓŻWIAK Łukasz	157	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(B)	3			00:39:17.97	+00:08:40 (22.1%)	7:51	7.6 (77.6%)
130	SACZKO Eugeniusz	676		M55-59	12			00:39:20.82	+00:08:43 (22.2%)	7:52	7.6 (77.6%)
131	KOSHEL Sofia	195	BRZESKIE LICEUM OBWODOWE IMIENIA P. M. MASZEROWA	K-Jun.	5			00:39:22.26	+00:08:44 (22.2%)	7:52	7.6 (77.6%)
132	KOŚCIUCZUK Jakub	196	II LO Z DNJB W HAJNÓWCE	M-Jun.	11			00:39:22.36	+00:08:44 (22.2%)	7:52	7.6 (77.6%)
133	WESOŁOWSKI Marek	442	PASJA NORDIC WALKING	M50-54	5			00:39:22.36	+00:08:44 (22.2%)	7:52	7.6 (77.6%)
134	DANILUK Mirosław	750		M-Niepełnosprawni(B)	4			00:39:24.22	+00:08:46 (22.3%)	7:52	7.6 (77.6%)
135	SZYMCZAK Krystian	404	ZSZ HAJNÓWKA	M-Jun.	12			00:39:24.93	+00:08:47 (22.3%)	7:53	7.6 (77.6%)
136	PRACKI Zbigniew	327	SERCE NORDICA WŁOCŁAWEK	M50-54	6			00:39:25.04	+00:08:47 (22.3%)	7:53	7.6 (77.6%)
137	SADOWSKI Tomasz	747		M18-29	4		B	00:39:25.88	+00:08:48 (22.3%)	7:53	7.6 (77.6%)
138	GRYGORUK Daniel	128		M30-39	4			00:39:31.25	+00:08:53 (22.5%)	7:54	7.6 (77.6%)
139	GRABOWSKA Bożena	117	LKS ZANTYR SZTUM	K45-49	8			00:39:32.00	+00:08:54 (22.5%)	7:54	7.6 (77.6%)
140	DUDZICZ Barbara	73		K30-39	8			00:39:32.66	+00:08:55 (22.6%)	7:54	7.6 (77.6%)
141	ZERA Dominik	461	I LICEUM OGÓLNOKSZTAŁCĄCE W HAJNÓWCE	M-Jun.	13			00:39:33.23	+00:08:55 (22.6%)	7:54	7.6 (77.6%)
142	KISLIAK Viktor	768		M55-59	13			00:39:37.26	+00:08:59 (22.7%)	7:55	7.6 (77.6%)
143	KŁANIECKI Piotr	703	ROXKIJE ROKIETNICA	M55-59	14			00:39:38.09	+00:09:00 (22.7%)	7:55	7.6 (77.6%)
144	NIESŁONY Ryszard	281	STADION ŚLĄSKI	M55-59	15			00:39:41.70	+00:09:04 (22.8%)	7:56	7.6 (77.6%)
145	BORKOWSKA Małgorzata	629	NOWI SIEDLCE	K50-54	6			00:39:43.69	+00:09:06 (22.9%)	7:56	7.6 (77.6%)
146	WYSOCKA Martyna	458		K-Dzieci	5			00:39:45.56	+00:09:07 (23.0%)	7:57	7.5 (76.5%)
147	GÓRECKA Iwona	115	STADION ŚLĄSKI	K50-54	7			00:39:46.45	+00:09:08 (23.0%)	7:57	7.5 (76.5%)
148	GRZĘDZIŃSKI Radosław	129	ZSZ HAJNÓWKA	M-Jun.	14			00:39:47.02	+00:09:09 (23.0%)	7:57	7.5 (76.5%)
149	DĄBROWSKI Andrzej	64	MARSZ PO ZDROWIE	M70+	6			00:39:48.57	+00:09:11 (23.1%)	7:57	7.5 (76.5%)
150	KLIMUK Olga	667		K30-39	9			00:39:50.29	+00:09:12 (23.1%)	7:58	7.5 (76.5%)
151	ALEKSIEJUK Wiktor	4		M55-59	16			00:39:52.30	+00:09:14 (23.2%)	7:58	7.5 (76.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
152	KWAŚNA Małgorzata	229	CHODZĘ Z SERCEM	K50-54	8			00:39:54.95	+00:09:17 (23.3%)	7:59	7.5 (76.5%)
153	KOŻUCHOWSKA Lidia	205	NOWI SIEDLCE	K60-64	4			00:39:55.50	+00:09:17 (23.3%)	7:59	7.5 (76.5%)
154	SIDARUK Siarhei	767		M50-54	7			00:39:58.33	+00:09:20 (23.4%)	7:59	7.5 (76.5%)
155	TEUBERT Piotr	417	ROXKIJE ROKIETNICA	M45-49	14			00:39:59.72	+00:09:22 (23.4%)	8:00	7.5 (76.5%)
156	TULIŃSKI Wiktor	426	SP3 HAJNÓWKA	M-Dzieci	4			00:40:01.02	+00:09:23 (23.5%)	8:00	7.5 (76.5%)
157	KARPIUK Kamil	170	ZSZ HAJNÓWKA	M-Jun.	15			00:40:03.86	+00:09:26 (23.6%)	8:00	7.5 (76.5%)
158	KARKENAU Tsimur	770		M18-29	5			00:40:06.88	+00:09:29 (23.7%)	8:01	7.5 (76.5%)
159	HABETS Viktor	771		M55-59	17			00:40:10.17	+00:09:32 (23.8%)	8:02	7.5 (76.5%)
160	PINIS Gabriela	316	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	6			00:40:10.59	+00:09:33 (23.8%)	8:02	7.5 (76.5%)
161	GROMOTOWICZ Maciej	122		M-Jun.	16			00:40:11.09	+00:09:33 (23.8%)	8:02	7.5 (76.5%)
162	KOZIARZ Jadwiga	200	STADION ŚLĄSKI	K55-59	7			00:40:11.34	+00:09:33 (23.8%)	8:02	7.5 (76.5%)
163	PODNIESIŃSKA Małgorzata	320		K30-39	10			00:40:11.42	+00:09:33 (23.8%)	8:02	7.5 (76.5%)
164	WALESZKO Adam	436	PASJA NORDIC WALKING	M-Jun.	17			00:40:12.42	+00:09:34 (23.8%)	8:02	7.5 (76.5%)
165	KOŁPAK Irena	188	LKS ZANTYR SZTUM	K65-69	4			00:40:12.74	+00:09:35 (23.8%)	8:02	7.5 (76.5%)
166	ZIELIŃSKI Ryszard	464	PUKS JEDYNKA	M60-64	8			00:40:17.37	+00:09:39 (24.0%)	8:03	7.4 (75.5%)
167	SZUMA Kasia	398		K30-39	11			00:40:19.90	+00:09:42 (24.1%)	8:04	7.4 (75.5%)
168	PRYCZYNICZ Maksymilian	680		M-Dzieci	5			00:40:21.21	+00:09:43 (24.1%)	8:04	7.4 (75.5%)
169	GOŁAWSKI Wojciech	112		M-Dzieci	6			00:40:22.89	+00:09:45 (24.2%)	8:04	7.4 (75.5%)
170	HAJDUK Natalia	131	POWIAT HAJNOWSKI	K-Dzieci	7			00:40:24.09	+00:09:46 (24.2%)	8:04	7.4 (75.5%)
171	ADAMOWICZ Andrzej	3		M70+	7			00:40:24.63	+00:09:47 (24.2%)	8:05	7.4 (75.5%)
172	KOZŁOWSKA Elżbieta	202		K40-44	8			00:40:29.27	+00:09:51 (24.4%)	8:05	7.4 (75.5%)
173	RURAŃSKI Jerzy	349	STADION ŚLĄSKI	M70+	8			00:40:34.84	+00:09:57 (24.5%)	8:07	7.4 (75.5%)
174	DYBEŁ Agnieszka	80	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	2			00:40:37.72	+00:10:00 (24.6%)	8:07	7.4 (75.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
175	ŚLUSARCZYK Karolina	406	WESOŁY BORSUK TEAM	K-Jun.	6			00:40:37.78	+00:10:00 (24.6%)	8:07	7.4 (75.5%)
176	KUBAT Monika	213	NORDIC TEAM CZĘSTOCHOWA	K45-49	9			00:40:38.82	+00:10:01 (24.7%)	8:07	7.4 (75.5%)
177	SZYMAŃSKA Lucyna	402	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	K-Niepełnosprawni(A)	3			00:40:39.09	+00:10:01 (24.7%)	8:07	7.4 (75.5%)
178	GOŁAWSKA Gabriela	111		K-Dzieci	8			00:40:41.96	+00:10:04 (24.8%)	8:08	7.4 (75.5%)
179	GROCHAL Ewa	121		K55-59	8			00:40:46.49	+00:10:08 (24.9%)	8:09	7.4 (75.5%)
180	CHARKIEWICZ Urszula	44		K18-29	5			00:40:46.89	+00:10:09 (24.9%)	8:09	7.4 (75.5%)
181	FALKOWSKI Maciej	86	POWIAT HAJNOWSKI	M30-39	5			00:40:48.27	+00:10:10 (24.9%)	8:09	7.3 (74.5%)
182	NOWAKOWSKA Małgorzata	191	NOWI SIEDLCE	K55-59	9			00:40:48.28	+00:10:10 (24.9%)	8:09	7.4 (75.5%)
183	CITKO Joanna	51		K50-54	9			00:40:48.61	+00:10:11 (25.0%)	8:09	7.3 (74.5%)
184	SAPA Dariusz	357	BYDGOSKIE ŻÓŁWIE	M50-54	8			00:40:50.43	+00:10:12 (25.0%)	8:10	7.3 (74.5%)
185	NOWAK Ewa	285	STADION ŚLĄSKI	K50-54	10			00:40:50.95	+00:10:13 (25.0%)	8:10	7.3 (74.5%)
186	BURACZYŃSKI Marcin	40	AKTYWNI Z PASJĄ ŁUKÓW	M-Niepełnosprawni(B)	5			00:40:51.38	+00:10:13 (25.0%)	8:10	7.3 (74.5%)
187	KORSAKOWSKA Barbara	192		K50-54	11			00:40:56.41	+00:10:18 (25.2%)	8:11	7.3 (74.5%)
188	BORKOWSKA Lidia	31	NOWI SIEDLCE	K-Niepełnosprawni(B)	1			00:40:59.54	+00:10:21 (25.3%)	8:11	7.3 (74.5%)
189	RACZYŃSKA Aleksandra	337	STADION ŚLĄSKI	K70+	1			00:41:00.21	+00:10:22 (25.3%)	8:12	7.3 (74.5%)
190	ŁUKASIEWICZ Łukasz	248		M30-39	6			00:41:00.92	+00:10:23 (25.3%)	8:12	7.3 (74.5%)
191	GOLAK-WEGIERA Katarzyna	106	ROXKIJE ROKIETNICA	K45-49	10			00:41:02.02	+00:10:24 (25.4%)	8:12	7.3 (74.5%)
192	ROSIAK Bogusława	346		K45-49	11			00:41:04.94	+00:10:27 (25.5%)	8:13	7.3 (74.5%)
193	BIEGAJŁO Piotr	26	ZDROWOPIJ.PL	M50-54	9			00:41:08.75	+00:10:31 (25.6%)	8:13	7.3 (74.5%)
194	ANGIELCZYK Małgorzata	19	MARSZ PO ZDROWIE	K65-69	5			00:41:10.05	+00:10:32 (25.6%)	8:14	7.3 (74.5%)
195	TEUBERT Anna	416	ROXKIJE ROKIETNICA	K45-49	12			00:41:10.25	+00:10:32 (25.6%)	8:14	7.3 (74.5%)
196	KŁANIECKA Bożena	182	ROXKIJE ROKIETNICA	K60-64	5			00:41:14.58	+00:10:37 (25.7%)	8:15	7.3 (74.5%)
197	GAWRYLUK Andrzej	98		M-Jun.	18			00:41:19.52	+00:10:41 (25.9%)	8:15	7.3 (74.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
198	KOZŁOWSKI Kacper	204		M-Jun.	19			00:41:24.14	+00:10:46 (26.0%)	8:16	7.2 (73.5%)
199	MALINOWSKI Paweł	255		M18-29	6			00:41:24.29	+00:10:46 (26.0%)	8:17	7.2 (73.5%)
200	DUDZICZ Nina	74		K-Jun.	7			00:41:25.67	+00:10:48 (26.1%)	8:17	7.2 (73.5%)
201	GARLEJ-KITKA Patrycja	94		K30-39	12			00:41:28.98	+00:10:51 (26.2%)	8:17	7.2 (73.5%)
202	FILIPIUK Katarzyna	88		K18-29	6			00:41:33.31	+00:10:55 (26.3%)	8:18	7.2 (73.5%)
203	ALEKSIEJUK Robert	779		M50-54	10			00:41:35.36	+00:10:57 (26.4%)	8:19	7.2 (73.5%)
204	SZYMAŃSKI Mirosław	735	SANTANDER CONSUMER BANK	M45-49	15			00:41:37.00	+00:10:59 (26.4%)	8:19	7.2 (73.5%)
205	ANISIMAVA Tatsiana	769		K18-29	7			00:41:37.65	+00:11:00 (26.4%)	8:19	7.2 (73.5%)
206	KITKA Marzena	175	PUŁAWY	K55-59	10			00:41:41.89	+00:11:04 (26.6%)	8:20	7.2 (73.5%)
207	ALSZTYNIUK Dominik	10		M-Jun.	20			00:41:44.31	+00:11:06 (26.6%)	8:21	7.2 (73.5%)
208	RYBAK Mateusz	351		M-Dzieci	7			00:41:49.43	+00:11:11 (26.8%)	8:21	7.2 (73.5%)
209	RYBAK Mateusz	297		M-Dzieci	8			00:41:49.53	+00:11:11 (26.8%)	8:21	7.2 (73.5%)
210	NOWAK Norbert	286	ZSZ HAJNÓWKA	M-Jun.	21			00:41:50.37	+00:11:12 (26.8%)	8:22	7.2 (73.5%)
211	KARCZMARSKI Krzysztof	169	IPA RADOM	M60-64	9			00:41:52.02	+00:11:14 (26.8%)	8:22	7.2 (73.5%)
212	KOŁODZIŃSKI Tomasz	186		M-Dzieci	9			00:41:52.77	+00:11:15 (26.9%)	8:22	7.2 (73.5%)
213	NASHKEVICH Alihksandr	772		M40-44	6			00:41:52.78	+00:11:15 (26.9%)	8:22	7.2 (73.5%)
214	WASZKIEWICZ Julia	438	SP3 HAJNÓWKA	K-Dzieci	9			00:41:55.26	+00:11:17 (26.9%)	8:23	7.2 (73.5%)
215	ZIELINSKA Barbara	462	PUKS JEDYNKA	K60-64	6			00:41:55.49	+00:11:17 (26.9%)	8:23	7.2 (73.5%)
216	OWCZAREK Magdalena	303	MIĘDZYBORÓW	K50-54	12			00:41:55.57	+00:11:17 (27.0%)	8:23	7.2 (73.5%)
217	STOLARSKA Magdalena	788	NORDIC TEAM CZĘSTOCHOWA	K50-54	13			00:41:56.27	+00:11:18 (27.0%)	8:23	7.2 (73.5%)
218	KLEWEK Irena	179	CHODZĘ Z SERCEM	K60-64	7			00:41:59.01	+00:11:21 (27.1%)	8:23	7.1 (72.4%)
219	SUPRUN Patrycja	389	POWIAT HAJNOWSKI	K-Dzieci	10			00:42:00.44	+00:11:22 (27.1%)	8:24	7.1 (72.4%)
220	NIKICIUK Weronika	283	I LICEUM OGÓLNOKSZTAŁCĄCE W HAJNÓWCE	K-Jun.	8			00:42:03.14	+00:11:25 (27.2%)	8:24	7.1 (72.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
221	KOZŁOWSKA Maja	201						00:42:04.45	+00:11:26 (27.2%)	8:24	7.1 (72.4%)
222	DOLBAK Dzignis	780	NORDIC BREST					00:42:04.47	+00:11:26 (27.2%)	8:24	7.1 (72.4%)
223	NOWICKI Bogdan	288	POWIAT HAJNOWSKI					00:42:06.31	+00:11:28 (27.3%)	8:25	7.1 (72.4%)
224	DZEDZEVICH Natalia	776						00:42:09.20	+00:11:31 (27.3%)	8:25	7.1 (72.4%)
225	ZOŃ Agnieszka	467	PASJA NORDIC WALKING					00:42:10.63	+00:11:33 (27.4%)	8:26	7.1 (72.4%)
226	KALINOWSKA Aleksandra	742	I LO HAJNÓWKA					00:42:10.69	+00:11:33 (27.4%)	8:26	7.1 (72.4%)
227	POLKOWSKA Katarzyna	322	NOWI SIEDLCE					00:42:13.53	+00:11:35 (27.5%)	8:26	7.1 (72.4%)
228	JASIŃSKA Dorota	149						00:42:14.43	+00:11:36 (27.5%)	8:26	7.1 (72.4%)
229	OCHNIO Jolanta	289	AKTYWNI Z PASJĄ ŁUKÓW					00:42:15.22	+00:11:37 (27.5%)	8:27	7.1 (72.4%)
230	WECHTA Paweł	687	KS METRACO POLKOWICE					00:42:15.51	+00:11:37 (27.5%)	8:27	7.1 (72.4%)
231	RYBAK Justyna	350						00:42:20.31	+00:11:42 (27.7%)	8:28	7.1 (72.4%)
232	JAŁOZA Michał	142	II LO Z DNJB W HAJNÓWCE					00:42:28.82	+00:11:51 (27.9%)	8:29	7.1 (72.4%)
233	NIKOŁAJUK Mateusz	284	SP3 HAJNÓWKA					00:42:34.01	+00:11:56 (28.1%)	8:30	7 (71.4%)
234	ANDREJUK Jakub	12	II LO Z DNJB W HAJNÓWCE					00:42:37.71	+00:12:00 (28.2%)	8:31	7 (71.4%)
235	SOŁKIEWICZ Olga	374						00:42:38.37	+00:12:00 (28.2%)	8:31	7 (71.4%)
236	HANUS Joanna	704	PASJONAUCI KROSNO					00:42:42.56	+00:12:04 (28.3%)	8:32	7 (71.4%)
237	KNITTER Zofia	474	BŁĘKITNI NW DZIEMIANY					00:42:47.21	+00:12:09 (28.4%)	8:33	7 (71.4%)
238	FILIPIUK Zofia	90	SP3 HAJNÓWKA					00:42:51.05	+00:12:13 (28.5%)	8:34	7 (71.4%)
239	KULIK Natalia	218	SP3 HAJNÓWKA					00:42:51.92	+00:12:14 (28.6%)	8:34	7 (71.4%)
240	KOZŁOWSKI Wojciech	203						00:42:53.37	+00:12:15 (28.6%)	8:34	7 (71.4%)
241	ŻUKOWSKA Patrycja	493						00:43:00.63	+00:12:23 (28.8%)	8:36	7 (71.4%)
242	BRODZIŃSKA Ewelina	35	SERCE NORDICA WŁOCŁAWEK					00:43:01.86	+00:12:24 (28.8%)	8:36	7 (71.4%)
243	JAKIMIUK Magdalena	495						00:43:02.91	+00:12:25 (28.9%)	8:36	7 (71.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
244	SZPAKOWICZ Bartosz	757		M-Niepełnosprawni(B)	6			00:43:03.03	+00:12:25 (28.9%)	8:36	7 (71.4%)
245	DYBACKI Tomasz	79		M18-29	7			00:43:05.51	+00:12:27 (28.9%)	8:37	7 (71.4%)
246	KUŹNIARSKI Jacek	228	NOWI SIEDLCE	M45-49	17			00:43:06.22	+00:12:28 (28.9%)	8:37	7 (71.4%)
247	CHRAPEK Urszula	295	NORDUM	K30-39	15			00:43:08.45	+00:12:30 (29.0%)	8:37	7 (71.4%)
248	ONISKIEWICZ Aleksandra	720		K-Dzieci	14			00:43:10.56	+00:12:32 (29.1%)	8:38	6.9 (70.4%)
249	DROZD Mirosław	69		M-Niepełnosprawni(A)	6			00:43:13.57	+00:12:36 (29.1%)	8:38	6.9 (70.4%)
250	FAŁDYGA Joanna	729	PASJA NORDIC WALKING	K40-44	10			00:43:17.13	+00:12:39 (29.2%)	8:39	6.9 (70.4%)
251	SZWARC Konrad	400	ZSZ HAJNÓWKA	M-Jun.	24			00:43:17.75	+00:12:40 (29.3%)	8:39	6.9 (70.4%)
252	GOLONKO Łukasz	109	SP3 HAJNÓWKA	M-Dzieci	12			00:43:17.90	+00:12:40 (29.3%)	8:39	6.9 (70.4%)
253	WYSOCKI Gabriel	479	BŁĘKITNI NW DZIEMIANY	M-Dzieci	13			00:43:22.50	+00:12:44 (29.4%)	8:40	6.9 (70.4%)
254	KUZICH Volha	794	BRZESKIE LICEUM OBWODOWE	K18-29	9			00:43:24.12	+00:12:46 (29.4%)	8:40	6.9 (70.4%)
255	MALINOWSKA Eugenia	254	UTW HAJNÓWKA	K60-64	8			00:43:24.71	+00:12:47 (29.5%)	8:41	6.9 (70.4%)
256	CIEŚLIŃSKA Wiesława	50	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	9			00:43:25.81	+00:12:48 (29.5%)	8:41	6.9 (70.4%)
257	LIPIŃSKA Marta	766		K30-39	16			00:43:29.81	+00:12:52 (29.6%)	8:41	6.9 (70.4%)
258	BAŃKOWSKI Kacper	20	SP3 HAJNÓWKA	M-Dzieci	14			00:43:36.58	+00:12:59 (29.8%)	8:43	6.9 (70.4%)
259	SAPA Stefania	358	BYDGOSKIE ŻÓŁWIE	K50-54	15			00:43:36.78	+00:12:59 (29.8%)	8:43	6.9 (70.4%)
260	WYSOCKA Agnieszka	459		K40-44	11			00:43:42.99	+00:13:05 (29.9%)	8:44	6.9 (70.4%)
261	CHIRKO Oliwia	45	SP3 HAJNÓWKA	K-Dzieci	15			00:43:46.46	+00:13:08 (30.0%)	8:45	6.9 (70.4%)
262	SZCZĘŚNIAK Teresa	786	KLUB NW PATYCZAKI - GRUDZĄDZ	K65-69	6			00:43:47.23	+00:13:09 (30.1%)	8:45	6.9 (70.4%)
263	LESIUK Mirosława	236	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	10			00:43:47.62	+00:13:10 (30.1%)	8:45	6.8 (69.4%)
264	MASALSKA Karolina	261		K30-39	17			00:43:47.99	+00:13:10 (30.1%)	8:45	6.8 (69.4%)
265	IWANIUK Halina	721	KOŁO GOSPODYŃ WIEJSKICH	K50-54	16			00:43:49.06	+00:13:11 (30.1%)	8:45	6.8 (69.4%)
266	JAŁOZA Wioletta	485		K-Jun.	13			00:43:56.04	+00:13:18 (30.3%)	8:47	6.8 (69.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
267	PONIATOWSKI Hieronim	323		M65-69	7			00:43:58.21	+00:13:20 (30.3%)	8:47	6.8 (69.4%)
268	BRZEZIŃSKI Jan	765	OLIMPIA OSOWA	M-Dzieci	15			00:43:58.25	+00:13:20 (30.3%)	8:47	6.8 (69.4%)
269	LUBOWICKA Nikola	244	II LO Z DNJB W HAJNÓWCE	K-Jun.	14			00:44:00.72	+00:13:23 (30.4%)	8:48	6.8 (69.4%)
270	RAJEWSKA Beata	740	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	12			00:44:02.45	+00:13:24 (30.5%)	8:48	6.8 (69.4%)
271	IGNACIUK Weronika	487		K-Jun.	15			00:44:03.56	+00:13:25 (30.5%)	8:48	6.8 (69.4%)
272	MAZERSKA Maria	264	LKS ZANTYR SZTUM	K70+	2			00:44:05.29	+00:13:27 (30.5%)	8:49	6.8 (69.4%)
273	SIMONIUK Małgorzata	366	II LO Z DNJB W HAJNÓWCE	K-Jun.	16			00:44:05.67	+00:13:28 (30.5%)	8:49	6.8 (69.4%)
274	PANKIEWICZ-DMOWSKA Cecylia	309	FACE NORDIC WALKING TEAM	K70+	3			00:44:08.43	+00:13:30 (30.6%)	8:49	6.8 (69.4%)
275	GRUSZKA Iwona	681	UNIA MIAST	K45-49	13			00:44:10.75	+00:13:33 (30.7%)	8:50	6.8 (69.4%)
276	SUJKOWSKA Elżbieta	386	PUKS JEDYNKA	K55-59	12			00:44:11.56	+00:13:33 (30.7%)	8:50	6.8 (69.4%)
277	GOLONKO Daria	108	SP3 HAJNÓWKA	K-Dzieci	16			00:44:17.63	+00:13:40 (30.9%)	8:51	6.8 (69.4%)
278	KULIK Sławomir	217	POWIAT HAJNOWSKI	M60-64	10			00:44:17.87	+00:13:40 (30.9%)	8:51	6.8 (69.4%)
279	GRUSZKA Barbara	123	LKS ZANTYR SZTUM	K70+	4			00:44:20.14	+00:13:42 (30.9%)	8:52	6.8 (69.4%)
280	DARGAS Małgorzata	480	BŁĘKITNI NW DZIEMIANY	K40-44	13			00:44:20.80	+00:13:43 (30.9%)	8:52	6.8 (69.4%)
281	ALSZTYNIUK Janina	9		K30-39	18			00:44:20.88	+00:13:43 (30.9%)	8:52	6.8 (69.4%)
282	GROBELNA Jadwiga	119	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	4			00:44:27.01	+00:13:49 (31.1%)	8:53	6.7 (68.4%)
283	BORTNICZUK Barbara	728		K70+	5			00:44:28.30	+00:13:50 (31.1%)	8:53	6.7 (68.4%)
284	ZIN-PARFIENIUK Ewa	465		K30-39	19			00:44:28.65	+00:13:51 (31.1%)	8:53	6.7 (68.4%)
285	JURCZUK Eugenia	159	POWIAT HAJNOWSKI	K65-69	7			00:44:32.00	+00:13:54 (31.2%)	8:54	6.7 (68.4%)
286	KARANOS Celina	167		K55-59	13			00:44:32.07	+00:13:54 (31.2%)	8:54	6.7 (68.4%)
287	TICHONIUK Piotr	420		M-Jun.	25			00:44:33.71	+00:13:56 (31.3%)	8:54	6.7 (68.4%)
288	ŚWIĄTKOWSKA Adrianna	793		K18-29	10			00:44:36.07	+00:13:58 (31.3%)	8:55	6.7 (68.4%)
289	SIEWIERENIUK Martyna	364		K-Dzieci	17			00:44:39.59	+00:14:02 (31.4%)	8:55	6.7 (68.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
290	ŻYWICKA Irena	473	BŁĘKITNI NW DZIEMIANY	K60-64	11			00:44:40.94	+00:14:03 (31.5%)	8:56	6.7 (68.4%)
291	MOTOCZYŃSKA Aleksandra	274	GOSIR OSIELSKO	K60-64	12			00:44:43.46	+00:14:05 (31.5%)	8:56	6.7 (68.4%)
292	BORECZKO Kornelia	30		K18-29	11			00:44:44.04	+00:14:06 (31.5%)	8:56	6.7 (68.4%)
293	ŚWIĆ Agnieszka	407	II LO Z DNJB W HAJNÓWCE	K-Jun.	17			00:44:49.36	+00:14:11 (31.7%)	8:57	6.7 (68.4%)
294	OKSENTOWICZ Dominika	293	SP3 HAJNÓWKA	K-Dzieci	18			00:44:50.14	+00:14:12 (31.7%)	8:58	6.7 (68.4%)
295	TOKAJUK Maja	421	SP3 HAJNÓWKA	K-Dzieci	19			00:44:50.98	+00:14:13 (31.7%)	8:58	6.7 (68.4%)
296	MURZYN Anna	277	LIDER GRODZISK MAZOWIECKI	K45-49	14			00:44:54.84	+00:14:17 (31.8%)	8:59	6.7 (68.4%)
297	KUŚNIERZ Agnieszka	226		K30-39	20			00:44:57.34	+00:14:19 (31.9%)	8:59	6.7 (68.4%)
298	JANKOWSKA Krystyna	785		K55-59	14			00:44:58.25	+00:14:20 (31.9%)	8:59	6.7 (68.4%)
299	GRYC Halina	775		K45-49	15			00:45:00.82	+00:14:23 (32.0%)	9:00	6.7 (68.4%)
300	ULEZŁO Katarzyna	431		K18-29	12			00:45:00.99	+00:14:23 (32.0%)	9:00	6.7 (68.4%)
301	GUZ Urszula	130	PUKS JEDYNKA	K65-69	8			00:45:07.32	+00:14:29 (32.1%)	9:01	6.6 (67.3%)
302	DAWID Gabriela	62		K-Dzieci	20			00:45:09.48	+00:14:31 (32.2%)	9:01	6.6 (67.3%)
303	ŚWIDERSKI Marek	746		M- Niepełnosprawni(B)	7			00:45:21.51	+00:14:43 (32.5%)	9:04	6.6 (67.3%)
304	SAWICKI Erwin	361	I LICEUM OGÓLNOKSZTAŁCĄCE W HAJNÓWCE	M-Jun.	26			00:45:22.19	+00:14:44 (32.5%)	9:04	6.6 (67.3%)
305	SZWARC Patryk	399	ZSZ HAJNÓWKA	M-Jun.	27			00:45:22.27	+00:14:44 (32.5%)	9:04	6.6 (67.3%)
306	PYTKO Jakub	336	I LICEUM OGÓLNOKSZTAŁCĄCE W HAJNÓWCE	M-Jun.	28			00:45:22.51	+00:14:44 (32.5%)	9:04	6.6 (67.3%)
307	LASOTA Zofia	233	II LO Z DNJB W HAJNÓWCE	K18-29	13			00:45:26.41	+00:14:48 (32.6%)	9:05	6.6 (67.3%)
308	KOWALCZUK Barbara	711		K40-44	14			00:45:26.92	+00:14:49 (32.6%)	9:05	6.6 (67.3%)
309	CHOCHOLSKA Wiktoria	47	ZSZ HAJNÓWKA	K-Jun.	18			00:45:29.85	+00:14:52 (32.7%)	9:06	6.6 (67.3%)
310	TELLOS Justyna	413	HAJNÓWKA BIEGA	K30-39	21			00:45:32.34	+00:14:54 (32.7%)	9:06	6.6 (67.3%)
311	KOŁODZIŃSKA Agnieszka	185		K30-39	22			00:45:33.85	+00:14:56 (32.8%)	9:06	6.6 (67.3%)
312	PANASIUK Joanna	305		K30-39	23			00:45:36.68	+00:14:59 (32.9%)	9:07	6.6 (67.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
313	MÓRAWSKA Zdzisława	276	TORUŃ IDZIEMY BEZ RYZYKA	K50-54	17			00:45:37.52	+00:14:59 (32.9%)	9:07	6.6 (67.3%)
314	WRÓBLEWSKA Anna	455	ROXKIJE ROKIETNICA	K40-44	15			00:45:37.78	+00:15:00 (32.9%)	9:07	6.6 (67.3%)
315	STEPANIUK Gabriela	761		K-Dzieci	21			00:45:39.34	+00:15:01 (32.9%)	9:08	6.6 (67.3%)
316	KOLBUSZ Janina	184	KS METRACO POLKOWICE	K70+	6			00:45:39.56	+00:15:01 (32.9%)	9:07	6.6 (67.3%)
317	SACHARUK Sandra	777		K-Dzieci	22			00:45:39.72	+00:15:02 (32.9%)	9:08	6.6 (67.3%)
318	CZUCZWARA Hanna	760	RKB HAJNÓWKA	K60-64	13			00:45:42.96	+00:15:05 (33.0%)	9:08	6.6 (67.3%)
319	KUBICKI Filip	490		M-Jun.	29			00:45:45.96	+00:15:08 (33.1%)	9:09	6.6 (67.3%)
320	NIEBRZEGOWSKA Helena	278	AKTYWNI Z PASJĄ ŁUKÓW	K-Niepełnosprawni(A)	5			00:45:46.08	+00:15:08 (33.1%)	9:09	6.6 (67.3%)
321	KRAWCZYKOWSKA Barbara	208	LKS ZANTYR SZTUM	K60-64	14			00:45:46.56	+00:15:08 (33.1%)	9:09	6.6 (67.3%)
322	DROZD Lucyna	70		K55-59	15			00:45:53.69	+00:15:16 (33.3%)	9:10	6.5 (66.3%)
323	KUNICKA Renata	219	NORDIC TEAM CZĘSTOCHOWA	K45-49	16			00:45:54.29	+00:15:16 (33.3%)	9:10	6.5 (66.3%)
324	TYSZKO Aleksandra	430		K-Dzieci	23			00:45:55.35	+00:15:17 (33.3%)	9:11	6.5 (66.3%)
325	ADAMCZYK-ŚMIERTKA Małgorzata	2	SANTANDER CONSUMER BANK	K30-39	24			00:45:56.11	+00:15:18 (33.3%)	9:11	6.5 (66.3%)
326	BOGDANOWICZ Joanna	29		K-Jun.	19			00:45:56.50	+00:15:18 (33.3%)	9:11	6.5 (66.3%)
327	ZARZYCKA Paulina	734	SANTANDER CONSUMER BANK	K30-39	25			00:45:56.66	+00:15:19 (33.3%)	9:11	6.5 (66.3%)
328	ŁOBUZIŃSKA Urszula	246	II LO Z DNJB W HAJNÓWCE	K-Jun.	20			00:45:59.37	+00:15:21 (33.4%)	9:11	6.5 (66.3%)
329	TARGOSZ Zdzisława	410	NIEZRZESZONA	K55-59	16			00:46:06.32	+00:15:28 (33.6%)	9:13	6.5 (66.3%)
330	TUSZYŃSKA Anna	427	LIDER GRODZISK MAZOWIECKI	K-Niepełnosprawni(A)	6			00:46:11.31	+00:15:33 (33.7%)	9:14	6.5 (66.3%)
331	JAKONIUK Bartosz	139		M-Jun.	30			00:46:12.61	+00:15:35 (33.7%)	9:14	6.5 (66.3%)
332	PROKOPIUK Aleksander	494	RKB HAJNÓWKA	M70+	9			00:46:12.81	+00:15:35 (33.7%)	9:14	6.5 (66.3%)
333	OGONOWSKA Edyta	291	KLUB NW PATYCZAKI - GRUDZĄDZ	K55-59	17			00:46:13.01	+00:15:35 (33.7%)	9:14	6.5 (66.3%)
334	TCHÓRZEWSKI Jerzy	671	PUKS-JEDYNKA	M70+	10			00:46:14.38	+00:15:36 (33.8%)	9:15	6.5 (66.3%)
335	FIRS-DANKLEWSKA Emilia	710		K40-44	16			00:46:14.93	+00:15:37 (33.8%)	9:15	6.5 (66.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
336	PIWOWARCZYK Monika	318		K40-44				00:46:17.46	+00:15:39 (33.8%)	9:15	6.5 (66.3%)
337	BOŻKO Paweł	748		M-Niepełnosprawni(B)	8			00:46:19.90	+00:15:42 (33.9%)	9:16	6.5 (66.3%)
338	IWANIUK Aleksandra	719		K-Dzieci	24			00:46:23.99	+00:15:46 (34.0%)	9:16	6.5 (66.3%)
339	PANASIUK Paulina	308	SP3 HAJNÓWKA	K-Jun.	21			00:46:26.95	+00:15:49 (34.1%)	9:17	6.5 (66.3%)
340	BOROWIK Karolina	32	II LO Z DNJB W HAJNÓWCE	K-Jun.	22			00:46:30.25	+00:15:52 (34.1%)	9:18	6.5 (66.3%)
341	NIEPOGODA Gabriela	280	II LO Z DNJB W HAJNÓWCE	K-Jun.	23			00:46:32.19	+00:15:54 (34.2%)	9:18	6.4 (65.3%)
342	BOŻKO Urszula	749		K-Niepełnosprawni(B)	5			00:46:32.49	+00:15:54 (34.2%)	9:18	6.4 (65.3%)
343	BIEGLUK Maria	27	SP3 HAJNÓWKA	K-Jun.	24			00:46:32.73	+00:15:55 (34.2%)	9:18	6.4 (65.3%)
344	TARGOSZ Ewelina	411		K30-39	26			00:46:33.60	+00:15:56 (34.2%)	9:18	6.4 (65.3%)
345	KLIMIUK Amelia	180		K-Jun.	25			00:46:35.90	+00:15:58 (34.3%)	9:19	6.4 (65.3%)
346	KIENDYŚ Weronika	172	II LO Z DNJB W HAJNÓWCE	K-Jun.	26			00:46:42.13	+00:16:04 (34.4%)	9:20	6.4 (65.3%)
347	STACHULEC Natalia	377	I LICEUM OGÓLNOKSZTAŁCĄCE W HAJNÓWCE	K-Jun.	27			00:46:44.80	+00:16:07 (34.5%)	9:21	6.4 (65.3%)
348	JAKONIUK Wiktoria	141	SP3 HAJNÓWKA	K-Dzieci	25			00:46:46.43	+00:16:08 (34.5%)	9:21	6.4 (65.3%)
349	KALINOWSKA Patrycja	743	I LO HAJNÓWKA	K-Jun.	28			00:46:47.92	+00:16:10 (34.6%)	9:21	6.4 (65.3%)
350	WILCZYŃSKA Barbara	444	AKTYWNI Z PASJĄ ŁUKÓW	K-Niepełnosprawni(A)	7			00:46:51.27	+00:16:13 (34.6%)	9:22	6.4 (65.3%)
351	RADYGINA Irina	682	BRZESKIE LICEUM OBWODOWE	K40-44	18			00:47:00.03	+00:16:22 (34.8%)	9:24	6.4 (65.3%)
352	PRACKA Katarzyna	326	SERCE NORDICA WŁOCŁAWEK	K50-54	18			00:47:02.85	+00:16:25 (34.9%)	9:24	6.4 (65.3%)
353	DOLBAK Maryna	783	NORDIC BREST	K45-49	17			00:47:03.69	+00:16:26 (34.9%)	9:24	6.4 (65.3%)
354	SACZKO Helena	677		K55-59	18			00:47:05.35	+00:16:27 (35.0%)	9:25	6.4 (65.3%)
355	CZABAJ Aleksandra	53	II LO Z DNJB W HAJNÓWCE	K-Jun.	29			00:47:08.18	+00:16:30 (35.0%)	9:25	6.4 (65.3%)
356	STEFANEK Teresa	738	SANTANDER CONSUMER BANK	K45-49	18			00:47:10.67	+00:16:33 (35.1%)	9:26	6.4 (65.3%)
357	BUSZKO Helena	42	NIEZRZESZONA	K60-64	15			00:47:10.73	+00:16:33 (35.1%)	9:26	6.4 (65.3%)
358	GŁOWACKA Natalia	102	SZKOŁA PODSTAWOWA NR 4 IM. HENRYKA SIENKIEWICZA W HAJNÓWCE	K-Jun.	30			00:47:14.07	+00:16:36 (35.2%)	9:26	6.4 (65.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
359	KARANOS Martyna	168	POWIAT HAJNOWSKI	K-Dzieci	26			00:47:21.51	+00:16:43 (35.3%)	9:28	6.3 (64.3%)
360	DZIUBONOS Anna	83		K-Dzieci	27			00:47:21.63	+00:16:44 (35.3%)	9:28	6.3 (64.3%)
361	KITKA Cezary	177		M-Dzieci	16			00:47:26.21	+00:16:48 (35.4%)	9:29	6.3 (64.3%)
362	JAKUBOWSKA Katarzyna	773		K40-44	19			00:47:26.77	+00:16:49 (35.5%)	9:29	6.3 (64.3%)
363	SZULIŃSKA Martyna	397	ZSZ HAJNÓWKA	K-Jun.	31			00:47:32.85	+00:16:55 (35.6%)	9:30	6.3 (64.3%)
364	RYGOROWICZ Wiera	708		K-Niepełnosprawni(B)	6			00:47:33.76	+00:16:56 (35.6%)	9:30	6.3 (64.3%)
365	ANDRZEJCZYK Ewa	16	ZSZ HAJNÓWKA	K-Jun.	32			00:47:33.96	+00:16:56 (35.6%)	9:30	6.3 (64.3%)
366	SZREJDER Zofia	717	UTW HAJNÓWKA	K60-64	16			00:47:35.38	+00:16:57 (35.6%)	9:31	6.3 (64.3%)
367	LEWANDOWSKI Jacek	239	STADION ŚLĄSKI	M-Niepełnosprawni(B)	9			00:47:36.38	+00:16:58 (35.7%)	9:31	6.3 (64.3%)
368	NIKOLOWICZ Anna	745		K-Niepełnosprawni(B)	7			00:47:41.72	+00:17:04 (35.8%)	9:32	6.3 (64.3%)
369	PRYCZYNICZ Olaf	329		M-Dzieci	17			00:47:42.19	+00:17:04 (35.8%)	9:32	6.3 (64.3%)
370	ŁECZYCKA Magda	245	POWIAT HAJNOWSKI	K-Dzieci	28			00:47:46.66	+00:17:09 (35.9%)	9:33	6.3 (64.3%)
371	ANDROSIUK Rafał	15	ZSZ HAJNÓWKA	M-Jun.	31			00:47:58.64	+00:17:21 (36.2%)	9:35	6.3 (64.3%)
372	ŁUKSZA Patryk	249	ZSZ HAJNÓWKA	M-Jun.	32			00:47:59.64	+00:17:22 (36.2%)	9:36	6.3 (64.3%)
373	KRASOWSKI Mateusz	206	ZSZ HAJNÓWKA	M-Jun.	33			00:48:04.34	+00:17:26 (36.3%)	9:36	6.2 (63.3%)
374	PETRUK Marzena	715		K55-59	19			00:48:07.10	+00:17:29 (36.4%)	9:37	6.2 (63.3%)
375	MUDER Iwona	670	PUKS-JEDYNKA	K45-49	19			00:48:18.05	+00:17:40 (36.6%)	9:39	6.2 (63.3%)
376	ALEKSIEJUK Katarzyna	8		K-Jun.	33			00:48:23.67	+00:17:46 (36.7%)	9:40	6.2 (63.3%)
377	TULIŃSKA Marcelina	425	SP3 HAJNÓWKA	K-Dzieci	29			00:48:23.97	+00:17:46 (36.7%)	9:40	6.2 (63.3%)
378	WRZOSEK Julia	457		K-Jun.	34			00:48:25.43	+00:17:47 (36.8%)	9:41	6.2 (63.3%)
379	BAGROWSKA Alia	716	UTW HAJNÓWKA	K65-69	9			00:48:25.76	+00:17:48 (36.8%)	9:41	6.2 (63.3%)
380	SOKOŁOWSKI Janusz	372		M65-69	8			00:48:28.64	+00:17:51 (36.8%)	9:41	6.2 (63.3%)
381	KAMIEŃSKI Krzysztof	165	K.S. CHODZACY BIAŁYSTOK	M55-59	18			00:48:29.97	+00:17:52 (36.9%)	9:42	6.2 (63.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
382	SOKOŁOWSKA Jolanta	371		K60-64	17			00:48:31.34	+00:17:53 (36.9%)	9:42	6.2 (63.3%)
383	CZABAJ Igor	54	SP3 HAJNÓWKA	M-Dzieci	18			00:48:32.94	+00:17:55 (36.9%)	9:42	6.2 (63.3%)
384	KUŚNIERZ Karina	225		K-Dzieci	30			00:48:33.65	+00:17:56 (36.9%)	9:42	6.2 (63.3%)
385	RYBKA Marian	352	NIEZRZESZONY	M70+	11			00:48:40.72	+00:18:03 (37.1%)	9:44	6.2 (63.3%)
386	DĄBROWSKA Jadwiga	63		K60-64	18			00:48:43.84	+00:18:06 (37.2%)	9:44	6.2 (63.3%)
387	OMELIANIUK Bartosz	299	SP3 HAJNÓWKA	M-Dzieci	19			00:48:44.19	+00:18:06 (37.2%)	9:44	6.2 (63.3%)
388	DARGAS Marta	476	BŁĘKITNI NW DZIEMIANY	K-Dzieci	31			00:48:44.65	+00:18:07 (37.2%)	9:45	6.2 (63.3%)
389	KONARSKA Agata	189	SANTANDER CONSUMER BANK	K40-44	20			00:48:47.45	+00:18:09 (37.2%)	9:45	6.1 (62.2%)
390	KACZOCH Jan	161	SZKOŁA PODSTAWOWA NR 2	M-Dzieci	20			00:48:54.08	+00:18:16 (37.4%)	9:46	6.1 (62.2%)
391	KACZOCH Adam	162	SZKOŁA PODSTAWOWA NR 3	M-Dzieci	21			00:48:54.74	+00:18:17 (37.4%)	9:47	6.1 (62.2%)
392	TERECHOWICZ Maria	415	SANTANDER CONSUMER BANK	K30-39	27			00:48:54.85	+00:18:17 (37.4%)	9:47	6.1 (62.2%)
393	TELLOS Oskar	414	HAJNÓWKA BIEGA	M-Dzieci	22			00:48:55.20	+00:18:17 (37.4%)	9:47	6.1 (62.2%)
394	CHOMCZYK Zbigniew	48	NIEZRZESZONY	M60-64	11			00:49:01.30	+00:18:23 (37.5%)	9:48	6.1 (62.2%)
395	STAWARZ Lucyna	763		K55-59	20			00:49:03.21	+00:18:25 (37.6%)	9:48	6.1 (62.2%)
396	KRUK Kamil	209	SP3 HAJNÓWKA	M-Jun.	34			00:49:06.63	+00:18:29 (37.6%)	9:49	6.1 (62.2%)
397	JELIŃSKI Olaf	151	SP3 HAJNÓWKA	M-Dzieci	23			00:49:06.82	+00:18:29 (37.6%)	9:49	6.1 (62.2%)
398	GOLONKO Magda	107	ZSZ HAJNÓWKA	K18-29	14			00:49:12.97	+00:18:35 (37.8%)	9:50	6.1 (62.2%)
399	SZPAKOWICZ Martyna	396	ZSZ HAJNÓWKA	K18-29	15			00:49:15.49	+00:18:37 (37.8%)	9:51	6.1 (62.2%)
400	KRYSIUK Kacper	799	NOWI SIEDLCE	M18-29	8			00:49:15.80	+00:18:38 (37.8%)	9:51	6.1 (62.2%)
401	SZADUJA-MILKO Urszula	685	SZKOŁA DUBINY HAJNÓWKA	K40-44	21			00:49:22.52	+00:18:44 (38.0%)	9:52	6.1 (62.2%)
402	HANUS Teresa	705	PAJONAUCI KROSNO	K-Niepełnosprawni(B)	8			00:49:32.20	+00:18:54 (38.2%)	9:54	6.1 (62.2%)
403	FILINOWICZ Maria	87	UTW HAJNÓWKA	K70+	7			00:49:46.85	+00:19:09 (38.5%)	9:57	6 (61.2%)
404	CZWERENKO Alicja	56	LKS ZANTYR SZTUM	K55-59	21			00:49:48.26	+00:19:10 (38.5%)	9:57	6 (61.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
405	BIELAWSKA Dorota	75	SANTANDER CONSUMER BANK	K60-64	19			00:49:57.41	+00:19:19 (38.7%)	9:59	6 (61.2%)
406	BIERNINCZYK Cbetnaha	43	NORDIC BREST	K55-59	22			00:50:04.67	+00:19:27 (38.8%)	10:01	6 (61.2%)
407	STULGIS Emilia	668		K30-39	28			00:50:04.93	+00:19:27 (38.8%)	10:01	6 (61.2%)
408	GAWRYLUK Barbara	97		K40-44	22			00:50:07.07	+00:19:29 (38.9%)	10:01	6 (61.2%)
409	DROP Mieczysław	68	KS SOKÓŁ GAŚAWA	M70+	12			00:50:07.27	+00:19:29 (38.9%)	10:01	6 (61.2%)
410	WRZOSEK Ewa	726		K40-44	23			00:50:08.48	+00:19:30 (38.9%)	10:01	6 (61.2%)
411	GAŚOWSKA Walentyna	100	HAJNÓWKA	K45-49	20			00:50:09.52	+00:19:31 (38.9%)	10:02	6 (61.2%)
412	TROCHIMIUK Elżbieta	496		K55-59	23			00:50:10.76	+00:19:33 (39.0%)	10:02	6 (61.2%)
413	GIERASIMIUK Weronika	101	SP3 HAJNÓWKA	K-Dzieci	32			00:50:13.33	+00:19:35 (39.0%)	10:02	6 (61.2%)
414	KOZACZEK Anna	197	NIEZRZESZONA	K50-54	19			00:50:16.88	+00:19:39 (39.1%)	10:03	6 (61.2%)
415	PIETRUCZUK Natalia	313	ZSZ HAJNÓWKA	K18-29	16			00:50:59.42	+00:20:21 (39.9%)	10:11	5.9 (60.2%)
416	DMITRUK Natalia	66	II LO Z DNJB W HAJNÓWCE	K18-29	17			00:51:01.51	+00:20:23 (40.0%)	10:12	5.9 (60.2%)
417	PATEJUK Julia	311	II LO Z DNJB W HAJNÓWCE	K18-29	18			00:51:03.94	+00:20:26 (40.0%)	10:12	5.9 (60.2%)
418	CZYŻEWSKA Natalia	58	II LO Z DNJB W HAJNÓWCE	K-Jun.	35			00:51:07.59	+00:20:30 (40.1%)	10:13	5.9 (60.2%)
419	ONOPIUK Mateusz	300	ZSZ HAJNÓWKA	M-Jun.	35			00:51:10.74	+00:20:33 (40.2%)	10:14	5.9 (60.2%)
420	ANDRZEJUK Bartosz	17	POWIAT HAJNOWSKI	M-Jun.	36			00:51:10.97	+00:20:33 (40.2%)	10:14	5.9 (60.2%)
421	KRUTEL Magdalena	210	ZSZ HAJNÓWKA	K18-29	19			00:51:12.79	+00:20:35 (40.2%)	10:14	5.9 (60.2%)
422	GRZEŚLIEWICZ Beata	753		K-Niepełnosprawni(B)	9			00:51:14.58	+00:20:37 (40.2%)	10:14	5.9 (60.2%)
423	SKIEPKO Paulina	756		K30-39	29			00:51:16.86	+00:20:39 (40.3%)	10:15	5.8 (59.2%)
424	WAWRZYNIUK Ela	441		K60-64	20			00:51:17.04	+00:20:39 (40.3%)	10:15	5.8 (59.2%)
425	FILIPIUK Martyna	89	ZSZ HAJNÓWKA	K18-29	20			00:51:29.74	+00:20:52 (40.5%)	10:17	5.8 (59.2%)
426	WITOMSKA Kamila	449	ZSZ HAJNÓWKA	K-Jun.	36			00:51:30.93	+00:20:53 (40.5%)	10:18	5.8 (59.2%)
427	JERZYK Irena	153	POWIAT HAJNOWSKI	K60-64	21			00:51:39.42	+00:21:01 (40.7%)	10:19	5.8 (59.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
428	KUCZKO Blanka	216		K-Dzieci	33			00:51:45.42	+00:21:07 (40.8%)	10:21	5.8 (59.2%)
429	JAKIMIUK Aleksandra	718		K-Dzieci	34			00:51:47.25	+00:21:09 (40.9%)	10:21	5.8 (59.2%)
430	RADYBIN Akim	683	BRZESKIE LICEUM	M-Dzieci	24			00:51:54.30	+00:21:16 (41.0%)	10:23	5.8 (59.2%)
431	ADAMIK Agata	492		K-Dzieci	35			00:51:55.39	+00:21:17 (41.0%)	10:23	5.8 (59.2%)
432	KOT Małgorzata	488		K-Jun.	37			00:51:57.25	+00:21:19 (41.1%)	10:23	5.8 (59.2%)
433	PROKOPCZUK Patrycja	486		K-Jun.	38			00:51:57.36	+00:21:19 (41.1%)	10:23	5.8 (59.2%)
434	SADOWSKA Weronika	354		K-Dzieci	36			00:51:58.53	+00:21:20 (41.1%)	10:23	5.8 (59.2%)
435	GRUCHOT Katarzyna	791	SANTANDER CONSUMER BANK	K40-44	24			00:51:59.08	+00:21:21 (41.1%)	10:23	5.8 (59.2%)
436	SUCHODOŁA Dominika	385	ZSZ HAJNÓWKA	K-Jun.	39			00:52:02.83	+00:21:25 (41.2%)	10:24	5.8 (59.2%)
437	OWŁASIUK Magdalena	304	ZSZ HAJNÓWKA	K18-29	21			00:52:03.31	+00:21:25 (41.2%)	10:24	5.8 (59.2%)
438	DUTKOWSKA Wiktoria	78	ZSZ HAJNÓWKA	K-Jun.	40			00:52:07.62	+00:21:30 (41.2%)	10:25	5.8 (59.2%)
439	KNITTER Anna	481	BŁĘKITNI NW DZIEMIANY	K45-49	21			00:52:17.39	+00:21:39 (41.4%)	10:27	5.7 (58.2%)
440	HORNOSTAJ Irena	134	POWIAT HAJNOWSKI	K60-64	22			00:52:18.16	+00:21:40 (41.4%)	10:27	5.7 (58.2%)
441	DUBKOWICZ Anna	71	POWIAT HAJNOWSKI	K60-64	23			00:52:19.54	+00:21:41 (41.5%)	10:28	5.7 (58.2%)
442	BELTER Teresa	23	POWIAT HAJNOWSKI	K65-69	10			00:52:21.11	+00:21:43 (41.5%)	10:28	5.7 (58.2%)
443	GOTÓWKO Iwona	114	NIEZRZESZONA	K50-54	20			00:52:23.44	+00:21:45 (41.5%)	10:28	5.7 (58.2%)
444	LEWCZUK Alina	240	POWIAT HAJNOWSKI	K55-59	24			00:52:24.65	+00:21:47 (41.6%)	10:28	5.7 (58.2%)
445	KURYŁO Maria	222	POWIAT HAJNOWSKI	K60-64	24			00:52:26.08	+00:21:48 (41.6%)	10:29	5.7 (58.2%)
446	LIPIŃSKA-BEDNARZ Anna	733	SANTANDER CONSUMER BANK	K30-39	30			00:52:31.30	+00:21:53 (41.7%)	10:30	5.7 (58.2%)
447	BEDNARZ Oliver	737	SANTANDER CONSUMER BANK	M-Dzieci	25			00:52:32.64	+00:21:55 (41.7%)	10:30	5.7 (58.2%)
448	GRĄDZIEL Maja	118	II LO Z DNJB W HAJNÓWCE	K-Jun.	41			00:52:35.14	+00:21:57 (41.8%)	10:31	5.7 (58.2%)
449	MAZURUK Aneta	679		K45-49	22			00:52:35.84	+00:21:58 (41.8%)	10:31	5.7 (58.2%)
450	KORYGA Jowita	678		K30-39	31			00:52:38.84	+00:22:01 (41.8%)	10:31	5.7 (58.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
451	SZEKALSKA Julia	392	SP3 HAJNÓWKA	K-Dzieci	37			00:52:55.10	+00:22:17 (42.1%)	10:35	5.7 (58.2%)
452	KRAŚKO Natalia	207	SP3 HAJNÓWKA	K-Dzieci	38			00:52:57.51	+00:22:19 (42.2%)	10:35	5.7 (58.2%)
453	WRZOSEK Weronika	456		K-Dzieci	39			00:52:58.94	+00:22:21 (42.2%)	10:35	5.7 (58.2%)
454	WECHTA Agnieszka	688	STOWARZYSZENIE AKTYWNI ZAGŁĘBIA MIEDZIOWEGO	K40-44	25			00:52:59.56	+00:22:21 (42.2%)	10:35	5.7 (58.2%)
455	GAWRYLUK Magda	99		K-Dzieci	40			00:53:00.88	+00:22:23 (42.2%)	10:36	5.7 (58.2%)
456	PANFILUK Katarzyna	143		K40-44	26			00:53:02.23	+00:22:24 (42.3%)	10:36	5.7 (58.2%)
457	PIETRUSZKIEWICZ Anna	315		K40-44	27			00:53:04.30	+00:22:26 (42.3%)	10:36	5.7 (58.2%)
458	ZINCZUK Julia	310	I LICEUM OGÓLNOKSZTAŁCĄCE W HAJNÓWCE	K18-29	22			00:53:23.70	+00:22:46 (42.6%)	10:40	5.6 (57.1%)
459	WAKULUK Anna	433	NIEZRZESZONY	K60-64	25			00:53:27.82	+00:22:50 (42.7%)	10:41	5.6 (57.1%)
460	BOCZKO Justyna	28	ZSZ HAJNÓWKA	K18-29	23			00:53:27.85	+00:22:50 (42.7%)	10:41	5.6 (57.1%)
461	MOŻAJEW Maria	232		K- Niepełnosprawni(A)	8			00:53:31.50	+00:22:53 (42.8%)	10:42	5.6 (57.1%)
462	STACHOWICZ Joanna	643	NW BŁĘKITNI DZIEMIANY	K18-29	24			00:53:32.01	+00:22:54 (42.8%)	10:42	5.6 (57.1%)
463	SOŁOWIANIUK Urszula	365		K- Niepełnosprawni(A)	9			00:53:35.93	+00:22:58 (42.9%)	10:43	5.6 (57.1%)
464	KOWALCZUK Irena	491		K50-54	21			00:53:36.36	+00:22:58 (42.9%)	10:43	5.6 (57.1%)
465	CZYŻEWSKI Mirosław	484		M- Niepełnosprawni(A)	7			00:53:38.98	+00:23:01 (42.9%)	10:43	5.6 (57.1%)
466	ŻAK Małgorzata	736	SANTANDER CONSUMER BANK	K30-39	32			00:53:50.90	+00:23:13 (43.1%)	10:46	5.6 (57.1%)
467	ORZECH Agnieszka	301	SANTANDER CONSUMER BANK	K30-39	33			00:53:51.39	+00:23:13 (43.1%)	10:46	5.6 (57.1%)
468	KITKA Wojciech	176		M45-49	18			00:53:52.99	+00:23:15 (43.2%)	10:46	5.6 (57.1%)
469	PASZKO Zofia	723	KOŁO GOSPODYŃ WIEJSKICH	K60-64	26			00:53:53.24	+00:23:15 (43.2%)	10:46	5.6 (57.1%)
470	BARTOSZUK Alina	724	KOŁO GOSPODYŃ WIEJSKICH	K60-64	27			00:54:09.27	+00:23:31 (43.4%)	10:49	5.5 (56.1%)
471	ANDROSIUK Izabela	14	II LO Z DNJB W HAJNÓWCE	K18-29	25			00:54:19.86	+00:23:42 (43.6%)	10:52	5.5 (56.1%)
472	STUDZIŃSKI Jarosław	523		M- Niepełnosprawni(A)	8			00:54:21.71	+00:23:44 (43.7%)	10:52	5.5 (56.1%)
473	PLIS Halina	722	KOŁO GOSPODYŃ WIEJSKICH	K55-59	25			00:54:24.38	+00:23:46 (43.7%)	10:53	5.5 (56.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
474	JAKONIUK Monika	140	SP3 HAJNÓWKA	K-Dzieci	41			00:54:24.52	+00:23:46 (43.7%)	10:52	5.5 (56.1%)
475	LUBOWICKA Anna	243	SP3 HAJNÓWKA	K-Dzieci	42			00:54:25.14	+00:23:47 (43.7%)	10:53	5.5 (56.1%)
476	IWACIK Roksana	137	ZSZ HAJNÓWKA	K18-29	26			00:54:25.20	+00:23:47 (43.7%)	10:53	5.5 (56.1%)
477	ŁUKASIEWICZ Alina	13	KOŁO GOSPODYŃ WIEJSKICH	K55-59	26			00:54:39.27	+00:24:01 (44.0%)	10:55	5.5 (56.1%)
478	KAŁAMAJSKA Barbara	163	KLUB NW PATYCZAKI - GRUDZĄDZ	K60-64	28			00:54:39.92	+00:24:02 (44.0%)	10:56	5.5 (56.1%)
479	KRYSZTOFIAK Maja	211		K-Dzieci	43			00:54:54.71	+00:24:17 (44.2%)	10:59	5.5 (56.1%)
480	URYNOWICZ Andżelika	432	I LICEUM OGÓLNOKSZTAŁCĄCE W HAJNÓWCE	K-Jun.	42			00:55:05.70	+00:24:28 (44.4%)	11:01	5.4 (55.1%)
481		483						00:55:14.56	+00:24:36 (44.6%)	11:03	5.4 (55.1%)
482	MASALSKA Aleksandra	262	ZSZ HAJNÓWKA	K18-29	27			00:55:14.75	+00:24:37 (44.6%)	11:02	5.4 (55.1%)
483	ZIELIŃSKA Adrianna	751		K-Niepełnosprawni(B)	10			00:55:19.08	+00:24:41 (44.6%)	11:03	5.4 (55.1%)
484	ANDREJUK Agnieszka	755		K45-49	23			00:55:20.45	+00:24:42 (44.7%)	11:04	5.4 (55.1%)
485	BOBKIEWICZ Aleksandra	709	UTW HAJNÓWKA	K-Niepełnosprawni(B)	11			00:55:35.36	+00:24:57 (44.9%)	11:07	5.4 (55.1%)
486	GIERASIMIUK Dominika	499		K-Dzieci	44			00:55:41.04	+00:25:03 (45.0%)	11:08	5.4 (55.1%)
487	SAWCZUK Agnieszka	359	II LO Z DNJB W HAJNÓWCE	K18-29	28			00:55:54.35	+00:25:16 (45.2%)	11:11	5.4 (55.1%)
488	LEWCZUK Natalia	241	II LO Z DNJB W HAJNÓWCE	K-Jun.	43			00:56:06.01	+00:25:28 (45.4%)	11:13	5.3 (54.1%)
489	KORCZ Aleksandra	190	II LO Z DNJB W HAJNÓWCE	K-Jun.	44			00:56:07.00	+00:25:29 (45.4%)	11:13	5.3 (54.1%)
490	MARCIWIAK Zofia	497		K-Dzieci	45			00:56:11.40	+00:25:33 (45.5%)	11:14	5.3 (54.1%)
491	SŁABIŃSKA Sylwia	535		K-Dzieci	46			00:56:14.67	+00:25:37 (45.5%)	11:15	5.3 (54.1%)
492	JĘDRZEJCZAK Bartosz	155	SP3 HAJNÓWKA	M-Dzieci	26			00:56:15.51	+00:25:37 (45.6%)	11:15	5.3 (54.1%)
493	JARMOC Maria	498		K-Dzieci	47			00:56:19.75	+00:25:42 (45.6%)	11:16	5.3 (54.1%)
494	SAWCZUK Natalia	360	II LO Z DNJB W HAJNÓWCE	K-Jun.	45			00:56:30.85	+00:25:53 (45.8%)	11:18	5.3 (54.1%)
495	KNITTER Agata	477	BŁĘKITNI NW DZIEMIANY	K-Jun.	46			00:56:35.67	+00:25:58 (45.9%)	11:19	5.3 (54.1%)
496	BOWTRUCZUK Jan	33	SP3 HAJNÓWKA	M-Dzieci	27			00:56:56.91	+00:26:19 (46.2%)	11:23	5.3 (54.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
497	KITKA Adam	178		M-Dzieci	28			00:57:34.60	+00:26:57 (46.8%)	11:31	5.2 (53.1%)
498	BEREZOWIEC Raisa	702		K55-59	27			00:57:41.70	+00:27:04 (46.9%)	11:32	5.2 (53.1%)
499	BARANOWSKA Irena	701		K60-64	29			00:57:42.04	+00:27:04 (46.9%)	11:32	5.2 (53.1%)
500	SZATYŁOWICZ Łukasz	752		M- Niepełnosprawni(B)	10			00:57:47.04	+00:27:09 (47.0%)	11:33	5.2 (53.1%)
501	SZATYŁOWICZ Danuta	754		K- Niepełnosprawni(B)	12			00:57:48.07	+00:27:10 (47.0%)	11:33	5.2 (53.1%)
502	BÓJKO-PIETROCZUK Bogusława	744	ZSZ HAJNÓWKA	K45-49	24			00:58:28.29	+00:27:50 (47.6%)	11:41	5.1 (52.0%)
503	KOBASZ Leszek	666	SP3 HAJNÓWKA	M45-49	19			00:58:29.66	+00:27:52 (47.6%)	11:42	5.1 (52.0%)
504	GRYGORUK Irena	500	II LO Z DNJB W HAJNÓWCE	K45-49	25			00:58:30.40	+00:27:52 (47.7%)	11:42	5.1 (52.0%)
505	SZUMIŃSKA Anna	673		K65-69	11			00:58:32.61	+00:27:55 (47.7%)	11:42	5.1 (52.0%)
506	LECHOCIŃSKI Tomasz	234		M40-44	8			00:58:32.80	+00:27:55 (47.7%)	11:42	5.1 (52.0%)
507	JERZYK Halina	152	POWIAT HAJNOWSKI	K- Niepełnosprawni(A)	10			00:59:02.59	+00:28:25 (48.1%)	11:48	5.1 (52.0%)
508	HRYNKIEWICZ Alina	135		K60-64	30			00:59:05.63	+00:28:28 (48.2%)	11:49	5.1 (52.0%)
509	STOPA Gerard	482	BŁĘKITNI NW DZIEMIANY	M65-69	9			00:59:58.37	+00:29:20 (48.9%)	11:59	5 (51.0%)
510	PUC Hubert	331	RAKKAR	M-Dzieci	29			01:00:27.01	+00:29:49 (49.3%)	12:05	5 (51.0%)
511	PUC Agnieszka	330	RAKKAR	K45-49	26			01:00:28.58	+00:29:51 (49.4%)	12:05	5 (51.0%)
512	PUSZKARSKI Adam	333	GOSADI NORDIC TEAM	M-Dzieci	30			01:01:06.90	+00:30:29 (49.9%)	12:13	4.9 (50.0%)
513	PIENIĄŻCZAK Ewa	792	SANTANDER CONSUMER BANK	K45-49	27			01:01:33.02	+00:30:55 (50.2%)	12:18	4.9 (50.0%)
514	TICHONIUK Marzena	418	POWIAT HAJNOWSKI	K30-39	34			01:01:36.64	+00:30:59 (50.3%)	12:19	4.9 (50.0%)
515	GARUSTOWICZ Emilia	95		K30-39	35			01:01:39.28	+00:31:01 (50.3%)	12:19	4.9 (50.0%)
516	STAROŃSKA Wiktoria	694		K-Dzieci	48			01:02:06.01	+00:31:28 (50.7%)	12:25	4.8 (49.0%)
517	ALEKSIEJUK Adrian	690		M- Niepełnosprawni(B)	11			01:02:09.64	+00:31:32 (50.7%)	12:26	4.8 (49.0%)
518	LEONIUK Ewa	697		K30-39	36			01:02:11.07	+00:31:33 (50.7%)	12:26	4.8 (49.0%)
519	LEOMIUK Emilia	699		K-Dzieci	49			01:02:11.65	+00:31:34 (50.8%)	12:26	4.8 (49.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
520	ALEKSIEJUK Aneta	696		K40-44	28			01:02:19.92	+00:31:42 (50.9%)	12:28	4.8 (49.0%)
521	ALEKSIEJUK Angelika	691		K-Dzieci	50			01:02:20.30	+00:31:42 (50.9%)	12:28	4.8 (49.0%)
522	JĄŁOZE Grażyna	695		K40-44	29			01:02:28.12	+00:31:50 (51.0%)	12:29	4.8 (49.0%)
523	GODLEWSKA Emilia	698		K40-44	30			01:02:29.43	+00:31:51 (51.0%)	12:30	4.8 (49.0%)
524	SIEGIEŃ Zuzanna	362		K-Dzieci	51			01:05:04.89	+00:34:27 (52.9%)	13:01	4.6 (46.9%)
525	SUPRUN Wiktoria	388		K-Dzieci	52			01:05:07.07	+00:34:29 (53.0%)	13:01	4.6 (46.9%)
526	ALEKSIEJUK Witold	524		M-Niepełnosprawni(A)	9			01:05:12.51	+00:34:34 (53.0%)	13:02	4.6 (46.9%)
527	ALSZTYNIUK Nikola	11		K-Dzieci	53			01:05:13.97	+00:34:36 (53.1%)	13:02	4.6 (46.9%)
528	DANILUK Krystyna	534		K45-49	28			01:05:37.73	+00:35:00 (53.3%)	13:07	4.6 (46.9%)
529	MIROWCZUK Monika	384		K40-44	31			01:06:03.01	+00:35:25 (53.6%)	13:12	4.5 (45.9%)
530	RASZKIEWICZ Angelika	271		K-Niepełnosprawni(A)	11			01:06:03.83	+00:35:26 (53.6%)	13:12	4.5 (45.9%)
531	CHMIELEWSKA Ela	672		K65-69	12			01:06:36.66	+00:35:59 (54.0%)	13:19	4.5 (45.9%)
532	HENSLER Halina	132		K70+	8			01:14:33.31	+00:43:55 (58.9%)	14:54	4 (40.8%)
533	LIPIŃSKA Alicja	242		K60-64	31			01:16:15.83	+00:45:38 (59.8%)	15:15	3.9 (39.8%)
534	MACIEJUK Ewa	675		K40-44	32			01:20:03.03	+00:49:25 (61.7%)	16:00	3.7 (37.8%)
535	TEKIELI Barbara	674		K65-69	13			01:20:05.11	+00:49:27 (61.8%)	16:01	3.7 (37.8%)

Total 535 results.