ENEA POLISH NORDIC WALKING CUP - SĘDZISZÓW MAŁOPOLSKI - 5KM - 7/10

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 7/10 SĘDZISZÓW MAŁOPOLSKI
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-07-30
Miejsce: SĘDZISZÓW MAŁOPOLSKI
Dystans: 5 km

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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.7km 1.7km	3.4km 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	**WITUCKI Jacek**	**167**		M50-54	1			00:09:35	00:19:49	**00:30:21.55**		6:04	9.9 (100%)
2	**WOJTOWICZ Tomasz**	**220**	LT POLAND	M30-39	1			00:09:37	00:19:54	**00:30:52.15**	+00:00:30 (1.7%)	6:10	9.7 (98.0%)
3	**CYRUS Bogdan**	**69**	SILESIA NORDIC TEAM	M50-54	2			00:09:54	00:20:53	**00:31:49.10**	+00:01:27 (4.6%)	6:21	9.4 (94.9%)
4	**MARCZAK Tomasz**	**109**	NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:10:22	00:21:16	**00:32:16.30**	+00:01:54 (5.9%)	6:27	9.3 (93.9%)
5	**WILUSZ Erwina**	**166**	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	K30-39	1			00:10:31	00:21:30	**00:32:41.20**	+00:02:19 (7.1%)	6:32	9.2 (92.9%)
6	**SOKOŁOWSKI Marek**	**140**	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	M55-59	1			00:10:47	00:21:49	**00:33:03.55**	+00:02:42 (8.2%)	6:36	9.1 (91.9%)
7	**ZACZYŃSKA-SKIBA Anna**	**170**	KGHM METRACO	K40-44	1			00:10:47	00:21:50	**00:33:15.65**	+00:02:54 (8.7%)	6:39	9 (90.9%)
8	**SKIBA Krzysztof**	**136**	KGHM METRACO	M60-64	1			00:10:30	00:21:25	**00:33:16.30**	+00:02:54 (8.8%)	6:39	9 (90.9%)
9	**OLSZAŃSKI Karol**	**118**	FEAR THE RETURN	M45-49	1	1		00:10:40	00:22:00	**00:33:38.70**	+00:03:17 (9.8%)	6:43	8.9 (89.9%)
10	**PARZYBUT Jan**	**122**	POSTĘP PNIEWY TEAM	M55-59	2			00:11:01	00:22:19	**00:33:41.20**	+00:03:19 (9.9%)	6:44	8.9 (89.9%)
11	**BREWKA Joachim**	**65**	NORDIC SPORT 2021	M55-59	3			00:11:01	00:22:19	**00:33:41.50**	+00:03:19 (9.9%)	6:44	8.9 (89.9%)
12	**FRĄCKOWIAK Roman**	**80**	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3			00:10:45	00:22:16	**00:33:47.75**	+00:03:26 (10.2%)	6:45	8.9 (89.9%)
13	**MISZTAL Grzegorz**	**208**	MASZYCANKA MASZYCE	M30-39	2			00:10:44	00:22:14	**00:33:48.90**	+00:03:27 (10.2%)	6:45	8.9 (89.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.7km 1.7km	3.4km 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
14	**NOSAL Marek**	**115**		M50-54	4			00:11:17	00:22:39	**00:34:18.90**	+00:03:57 (11.5%)	6:51	8.7 (87.9%)
15	**BIELECKA Zuzanna**	**64**	NW CZŁAPSKI TEAM	K40-44	2			00:10:56	00:22:28	**00:34:23.75**	+00:04:02 (11.7%)	6:52	8.7 (87.9%)
16	**GAJEWSKI Eugeniusz**	**81**	KGHM METRACO	M65-69	1			00:11:06	00:22:40	**00:34:26.30**	+00:04:04 (11.8%)	6:53	8.7 (87.9%)
17	**HAŁAS Marcin**	**91**		M30-39	3			00:11:01	00:22:35	**00:34:42.30**	+00:04:20 (12.5%)	6:56	8.6 (86.9%)
18	**WOJTASIŃSKI Daniel**	**169**	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:11:15	00:23:07	**00:35:07.70**	+00:04:46 (13.6%)	7:01	8.5 (85.9%)
19	**KARPIENIA Ewa**	**97**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:11:14	00:23:07	**00:35:07.90**	+00:04:46 (13.6%)	7:01	8.5 (85.9%)
20	**KLAWCZYŃSKI Marcin**	**98**	AKTYWNIE W PNIEWACH	M30-39	4			00:11:03	00:22:45	**00:35:11.60**	+00:04:50 (13.7%)	7:02	8.5 (85.9%)
21	**STĘPAK Piotr**	**143**		M18-29	2			00:11:16	00:23:08	**00:35:13.00**	+00:04:51 (13.8%)	7:02	8.5 (85.9%)
22	**KRAKOWSKI Jerzy Piotr**	**104**	PTG SOKÓŁ 1893 MIELEC	M55-59	4			00:11:21	00:23:16	**00:35:13.05**	+00:04:51 (13.8%)	7:02	8.5 (85.9%)
23	**MAŚLANKA Iwona**	**110**	MARSZ PO ZDROWIE	K50-54	2			00:11:21	00:23:19	**00:35:27.45**	+00:05:05 (14.4%)	7:05	8.5 (85.9%)
24	**ŚLUSARCZYK Marcin**	**152**	WESOŁY BORSUK TEAM	M40-44	2			00:11:28	00:23:31	**00:35:29.15**	+00:05:07 (14.4%)	7:05	8.5 (85.9%)
25	**PASIERB Marek**	**123**	PTG SOKÓŁ 1893 MIELEC	M65-69	2			00:11:17	00:23:26	**00:35:29.95**	+00:05:08 (14.5%)	7:05	8.5 (85.9%)
26	**PINIS Agnieszka**	**126**	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:11:33	00:23:37	**00:35:51.50**	+00:05:29 (15.3%)	7:10	8.4 (84.8%)
27	**OKRZESIK-FRĄCKOWIAK Izabela**	**116**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:11:28	00:23:38	**00:35:58.00**	+00:05:36 (15.6%)	7:11	8.3 (83.8%)
28	**CIEŚLUK Marcin**	**68**	NORDIC TEAM CZĘSTOCHOWA	M-Niepełnosprawni(A)	1			00:11:53	00:23:52	**00:35:59.00**	+00:05:37 (15.6%)	7:11	8.3 (83.8%)
29	**BIBKO Martin**	**63**	SPEEDBAR	M45-49	2			00:11:34	00:23:55	**00:36:28.20**	+00:06:06 (16.8%)	7:17	8.2 (82.8%)
30	**SIWAK Piotr**	**209**	KGHM METRACO	M60-64	2			00:11:42	00:24:02	**00:36:31.85**	+00:06:10 (16.9%)	7:18	8.2 (82.8%)
31	**JĘDRASIAK Renata**	**210**	KGHM METRACO	K55-59	1			00:11:47	00:24:10	**00:36:32.45**	+00:06:10 (16.9%)	7:18	8.2 (82.8%)
32	**KOSMALA Aneta**	**100**	NORDIC SPORT 2021	K40-44	3			00:11:45	00:24:01	**00:36:33.15**	+00:06:11 (16.9%)	7:18	8.2 (82.8%)
33	**JÓŹWIAK Marianna**	**95**	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:11:43	00:24:04	**00:36:33.45**	+00:06:11 (17.0%)	7:18	8.2 (82.8%)
34	**PASIŃSKA-SKOWRON Sylwia**	**124**	MASZYCANKA MASZYCE	K45-49	3			00:11:47	00:24:14	**00:36:49.35**	+00:06:27 (17.6%)	7:21	8.1 (81.8%)
35	**ZDRZAŁEK Alicja**	**172**	NORDIC SPORT 2021	K40-44	4			00:11:47	00:24:12	**00:36:54.20**	+00:06:32 (17.7%)	7:22	8.1 (81.8%)
36	**KRIGER Roman**	**106**	MAPEI POLSKA	M60-64	3			00:11:59	00:24:29	**00:36:56.75**	+00:06:35 (17.8%)	7:23	8.1 (81.8%)

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37	**DUSZEŃKO Zygmunt**	**76**	KGHM METRACO	M-Niepełnosprawni(A)	2			00:12:06	00:24:23	**00:37:00.75**	+00:06:39 (18.0%)	7:24	8.1 (81.8%)
38	**GRUSZKA Michał**	**85**	NORDIC SPORT 2021	M45-49	3			00:11:44	00:24:23	**00:37:18.35**	+00:06:56 (18.6%)	7:27	8 (80.8%)
39	**BALIŚ Andrzej**	**62**		M30-39	5			00:12:09	00:24:50	**00:37:23.25**	+00:07:01 (18.8%)	7:28	8 (80.8%)
40	**GRUSZKA Michał**	**86**	NORDIC SPORT 2021	M18-29	3	1		00:11:34	00:24:20	**00:37:28.80**	+00:07:07 (19.0%)	7:29	8 (80.8%)
41	**KOWALCZYK Tadeusz**	**103**	LUX TORPEDA MAŁOPOLSKA	M65-69	3			00:11:52	00:24:36	**00:37:40.05**	+00:07:18 (19.4%)	7:32	8 (80.8%)
42	**KOWACZ Agata**	**101**	SPEEDBAR	K40-44	5			00:12:11	00:25:00	**00:37:55.50**	+00:07:33 (19.9%)	7:35	7.9 (79.8%)
43	**WALCZAK Grzegorz**	**160**		M45-49	4			00:12:09	00:25:02	**00:37:58.20**	+00:07:36 (20.0%)	7:35	7.9 (79.8%)
44	**SZYMAŃSKI Stefan**	**151**	XV KOŁO PZERII W DYWITACH	M75-79	1			00:12:36	00:25:12	**00:38:05.85**	+00:07:44 (20.3%)	7:37	7.9 (79.8%)
45	**TRZCINIECKI Wojciech**	**159**		M40-44	3			00:12:08	00:25:08	**00:38:06.75**	+00:07:45 (20.3%)	7:37	7.9 (79.8%)
46	**GUTOWSKA Magda**	**89**	PAUL TEAM	K45-49	4			00:12:07	00:25:04	**00:38:13.35**	+00:07:51 (20.6%)	7:38	7.8 (78.8%)
47	**ŚLUSARCZYK Grzegorz**	**154**	WESOŁY BORSUK TEAM	M45-49	5			00:12:23	00:25:17	**00:38:13.90**	+00:07:52 (20.6%)	7:38	7.8 (78.8%)
48	**STYSA Krystyna**	**217**	KKNW KOLBUSZOWA	K60-64	1			00:12:24	00:25:12	**00:38:14.15**	+00:07:52 (20.6%)	7:38	7.8 (78.8%)
49	**CZARNOTA Andrzej**	**70**	Z NURTEM SAWY NORDIC WALKING KLUB	M65-69	4			00:12:31	00:25:21	**00:38:30.65**	+00:08:09 (21.2%)	7:42	7.8 (78.8%)
50	**ZAWADZKI Krzysztof**	**171**	WETERAN	M-Niepełnosprawni(B)	1			00:12:35	00:25:31	**00:38:38.85**	+00:08:17 (21.4%)	7:43	7.8 (78.8%)
51	**SZPUNAR Mariusz**	**147**	Z NURTEM SAWY NORDIC WALKING KLUB	M50-54	5			00:12:19	00:25:26	**00:38:40.40**	+00:08:18 (21.5%)	7:44	7.8 (78.8%)
52	**WILK Andrzej**	**164**	NIEZRZESZONY	M60-64	4			00:12:31	00:25:38	**00:38:51.75**	+00:08:30 (21.9%)	7:46	7.7 (77.8%)
53	**CZEKRYSZEW Andrzej**	**72**	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)	3			00:12:42	00:25:49	**00:39:13.00**	+00:08:51 (22.6%)	7:50	7.6 (76.8%)
54	**SONDEJ Wiesław**	**141**	PTG SOKÓŁ 1893 RZESZÓW	M60-64	5			00:12:34	00:25:41	**00:39:16.40**	+00:08:54 (22.7%)	7:51	7.6 (76.8%)
55	**GAŁKOWSKA Elżbieta**	**82**	KGHM METRACO	K65-69	1			00:12:56	00:25:59	**00:39:25.40**	+00:09:03 (23.0%)	7:53	7.6 (76.8%)
56	**CZMOCH Marian**	**73**	PUKS JEDYNKA	M70-74	1			00:12:56	00:26:24	**00:39:38.05**	+00:09:16 (23.4%)	7:55	7.6 (76.8%)
57	**NIEDŹWIECKA Małgorzata**	**113**	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			00:13:02	00:26:17	**00:39:53.95**	+00:09:32 (23.9%)	7:58	7.5 (75.8%)
58	**WNEK Ewa**	**168**	KGHM METRACO	K65-69	3			00:12:56	00:26:22	**00:39:55.65**	+00:09:34 (24.0%)	7:59	7.5 (75.8%)
59	**PLUTO-PRĄDZYŃSKA Anna**	**128**	SERCE NORDICA WŁOCŁAWEK	K30-39	2			00:13:05	00:26:23	**00:39:56.20**	+00:09:34 (24.0%)	7:59	7.5 (75.8%)

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60	**ŚLUSARCZYK Andrzej**	**155**	WESOŁY BORSUK TEAM	M70-74	2			00:12:55	00:26:23	**00:39:57.45**	+00:09:35 (24.0%)	7:59	7.5 (75.8%)
61	**LEGOCKA - WALCZAK Kinga**	**107**		K45-49	5			00:12:57	00:26:30	**00:40:02.90**	+00:09:41 (24.2%)	8:00	7.5 (75.8%)
62	**GRYGOROWICZ Bogdan**	**88**	KGHM METRACO	M-Niepełnosprawni(B)	2			00:12:57	00:26:23	**00:40:14.80**	+00:09:53 (24.6%)	8:02	7.5 (75.8%)
63	**ŚLUSARCZYK Karolina**	**157**	WESOŁY BORSUK TEAM	K18-29	1	1		00:12:59	00:26:46	**00:40:25.40**	+00:10:03 (24.9%)	8:05	7.4 (74.7%)
64	**SKIBA Zenon**	**137**	CHODZĘ BO LUBIĘ ROPCZYCE	M65-69	5	1		00:12:58	00:26:24	**00:40:29.85**	+00:10:08 (25.0%)	8:05	7.4 (74.7%)
65	**SKRZĄTEK Lucyna**	**138**	NORDIC SPORT 2021	K50-54	4			00:13:19	00:26:54	**00:40:33.95**	+00:10:12 (25.2%)	8:06	7.4 (74.7%)
66	**DAROSZEWSKA Krystyna**	**74**	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:13:15	00:26:46	**00:40:35.60**	+00:10:14 (25.2%)	8:07	7.4 (74.7%)
67	**CHOMNICKA Beata**	**67**	LUX TORPEDA MAŁOPOLSKA	K50-54	5			00:13:08	00:26:47	**00:40:46.65**	+00:10:25 (25.5%)	8:09	7.4 (74.7%)
68	**HANUS Joanna**	**92**	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	1			00:12:56	00:26:50	**00:40:51.65**	+00:10:30 (25.7%)	8:10	7.3 (73.7%)
69	**SAPUŁA Wiktoria**	**135**	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:12:53	00:26:49	**00:40:58.10**	+00:10:36 (25.9%)	8:11	7.3 (73.7%)
70	**DYBEŁ Agnieszka**	**77**	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	1			00:13:06	00:27:02	**00:41:00.35**	+00:10:38 (26.0%)	8:12	7.3 (73.7%)
71	**PRACKI Zbigniew**	**131**	SERCE NORDICA WŁOCŁAWEK	M55-59	5			00:13:22	00:27:12	**00:41:11.35**	+00:10:49 (26.3%)	8:14	7.3 (73.7%)
72	**SZYBUT Weronika**	**149**	POTĘGA NORDICA	K-Dzieci	1			00:13:43	00:27:31	**00:41:14.40**	+00:10:52 (26.4%)	8:14	7.3 (73.7%)
73	**FRANCZAK Dariusz**	**79**	NW CZŁAPSKI TEAM	M55-59	6			00:13:23	00:27:11	**00:41:15.50**	+00:10:53 (26.4%)	8:15	7.3 (73.7%)
74	**SŁOWIK Jan**	**139**	WYBIEGAMY W PRZYSZŁOŚĆ	M-Niepełnosprawni(A)	4			00:11:59	00:24:36	**00:41:24.20**	+00:11:02 (26.7%)	8:16	7.2 (72.7%)
75	**FALGER Jan**	**78**		M18-29	4	1		00:13:25	00:27:24	**00:41:30.05**	+00:11:08 (26.8%)	8:18	7.2 (72.7%)
76	**KOWALCZYK Joanna**	**102**	LUX TORPEDA MAŁOPOLSKA	K45-49	6			00:13:23	00:27:17	**00:41:30.45**	+00:11:08 (26.9%)	8:18	7.2 (72.7%)
77	**JAKUBOWSKI Zbigniew**	**93**		M70-74	3	1		00:13:29	00:27:47	**00:41:44.70**	+00:11:23 (27.3%)	8:20	7.2 (72.7%)
78	**MAJEWSKI Jan**	**108**	GORZYCE CHODZI Z KIJKAMI	M70-74	4	1		00:13:27	00:27:46	**00:41:45.35**	+00:11:23 (27.3%)	8:21	7.2 (72.7%)
79	**JÓŹWIAK Łukasz**	**96**	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(B)	3			00:13:42	00:27:51	**00:41:53.30**	+00:11:31 (27.5%)	8:22	7.2 (72.7%)
80	**CZARNOTA Wanda**	**71**	Z NURTEM SAWY NORDIC WALKING KLUB	K60-64	3			00:13:43	00:27:53	**00:42:19.45**	+00:11:57 (28.3%)	8:27	7.1 (71.7%)
81	**GRYGOROWICZ Teresa**	**87**	KGHM METRACO	K70-74	1			00:13:27	00:27:41	**00:42:20.00**	+00:11:58 (28.3%)	8:28	7.1 (71.7%)
82	**PLUTO-PRĄDZYŃSKA Klaudia**	**127**	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(B)	2			00:13:31	00:27:50	**00:42:25.65**	+00:12:04 (28.4%)	8:29	7.1 (71.7%)

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83	**NIEPOKÓJ Kornelia**	**114**		K18-29	3			00:13:39	00:28:07	**00:42:54.90**	+00:12:33 (29.3%)	8:34	7 (70.7%)
84	**PRZYSTARZ Anna**	**132**	OBORYGENI	K50-54	6			00:14:10	00:28:58	**00:43:06.00**	+00:12:44 (29.6%)	8:37	7 (70.7%)
85	**THOMALLA Bogdan**	**158**	EKIPA NA KIJACH	M80+	1			00:13:39	00:28:19	**00:43:13.15**	+00:12:51 (29.8%)	8:38	6.9 (69.7%)
86	**ADAMOWICZ Andrzej**	**61**		M75-79	2			00:13:59	00:28:33	**00:43:32.60**	+00:13:11 (30.3%)	8:42	6.9 (69.7%)
87	**PAPROCKA Lucyna**	**121**	ARIDA SILVA ATHLETICA	K45-49	7			00:13:58	00:28:57	**00:43:33.20**	+00:13:11 (30.3%)	8:42	6.9 (69.7%)
88	**KRAKOWSKI Igor**	**105**	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	1			00:14:03	00:28:36	**00:43:50.20**	+00:13:28 (30.7%)	8:46	6.8 (68.7%)
89	**GANCARZ Zbigniew**	**83**	KLUB SPORTOWY ISKRA MIELEC	M-Niepełnosprawni(B)	4			00:14:28	00:29:03	**00:43:58.50**	+00:13:36 (31.0%)	8:47	6.8 (68.7%)
90	**GUL-BOGACZ Jolanta**	**218**	KKNW KOLBUSZOWA	K45-49	8			00:14:55	00:29:15	**00:44:00.20**	+00:13:38 (31.0%)	8:48	6.8 (68.7%)
91	**SZYMAŃSKA Lucyna**	**150**	XV KOŁO PZERII W DYWITACH	K70-74	2			00:13:50	00:28:50	**00:44:37.90**	+00:14:16 (32.0%)	8:55	6.7 (67.7%)
92	**SZNAJDER Zenon**	**146**		M70-74	5			00:14:02	00:29:25	**00:45:05.70**	+00:14:44 (32.7%)	9:01	6.7 (67.7%)
93	**NERC Dorota**	**112**		K60-64	4	1		00:14:07	00:29:22	**00:45:05.85**	+00:14:44 (32.7%)	9:01	6.7 (67.7%)
94	**KRÓL Grażyna**	**212**	KKNW KOLBUSZOWA	K65-69	4			00:15:07	00:30:27	**00:45:30.65**	+00:15:09 (33.3%)	9:06	6.6 (66.7%)
95	**WILK Iwona**	**165**	NORDIC SPORT 2021	K45-49	9			00:14:47	00:30:10	**00:45:36.80**	+00:15:15 (33.4%)	9:07	6.6 (66.7%)
96	**SZNAJDER Teresa**	**145**		K65-69	5			00:14:55	00:30:18	**00:45:52.50**	+00:15:30 (33.8%)	9:10	6.5 (65.7%)
97	**JEDYNAK Stanisław**	**94**	ŻBIKI NORDIC WALKING	M75-79	3			00:14:48	00:30:13	**00:46:04.30**	+00:15:42 (34.1%)	9:12	6.5 (65.7%)
98	**GOLECKA Agnieszka**	**84**		K45-49	10			00:14:57	00:30:37	**00:46:08.85**	+00:15:47 (34.2%)	9:13	6.5 (65.7%)
99	**SUDOŁ Maria**	**215**	KKNW KOLBUSZOWA	K65-69	6			00:14:51	00:30:10	**00:46:11.45**	+00:15:49 (34.3%)	9:14	6.5 (65.7%)
100	**WIKTOR Irena**	**161**	KLUB SPORTOWY ISKRA MIELEC	K65-69	7			00:15:13	00:30:50	**00:47:28.85**	+00:17:07 (36.1%)	9:29	6.3 (63.6%)
101	**ŚLUSARCZYK Danuta**	**156**	WESOŁY BORSUK TEAM	K70-74	3			00:15:18	00:31:32	**00:48:08.55**	+00:17:47 (36.9%)	9:37	6.2 (62.6%)
102	**KOŁODZIEJ Halina**	**99**	KOLBUSZOWSKI KLUB NORDIC WALKING	K70-74	4			00:15:29	00:31:59	**00:48:24.05**	+00:18:02 (37.3%)	9:40	6.2 (62.6%)
103	**WIKTOR Patrycja**	**163**		K40-44	6			00:15:25	00:31:46	**00:48:36.80**	+00:18:15 (37.5%)	9:43	6.2 (62.6%)
104	**DUSZEŃKO Elwira**	**75**	KGHM METRACO	K-Niepełnosprawni(A)	2			00:15:28	00:32:05	**00:48:49.60**	+00:18:28 (37.8%)	9:45	6.1 (61.6%)
105	**SZYBUT Roma**	**148**	POTĘGA NORDICA	K30-39	3			00:15:36	00:31:58	**00:48:49.75**	+00:18:28 (37.8%)	9:45	6.1 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.7km 1.7km	3.4km 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
106	**KOZAK Teresa**	**211**	KKNW KOLBUSZOWA	K60-64	5			00:15:31	00:32:06	**00:48:57.35**	+00:18:35 (38.0%)	9:47	6.1 (61.6%)
107	**PRACKA Katarzyna**	**130**	SERCE NORDICA WŁOCŁAWEK	K50-54	7			00:16:34	00:33:18	**00:49:18.30**	+00:18:56 (38.4%)	9:51	6.1 (61.6%)
108	**STUDNICKI Ryszard**	**144**	KOLBUSZOWSKI KLUB NORDIC WALKING	M75-79	4			00:16:04	00:32:32	**00:49:40.85**	+00:19:19 (38.9%)	9:56	6 (60.6%)
109	**ŚLUSARCZYK Błażej**	**153**	WESOŁY BORSUK TEAM	M-Dzieci	2			00:16:30	00:33:39	**00:50:12.95**	+00:19:51 (39.5%)	10:02	6 (60.6%)
110	**PANKIEWICZ-DMOWSKA Cecylia**	**120**		K70-74	5			00:16:24	00:34:11	**00:51:39.10**	+00:21:17 (41.2%)	10:19	5.8 (58.6%)
111	**JEDYNAK Katarzyna**	**49**		K-Jun.	1			00:17:26	00:35:11	**00:53:59.05**	+00:23:37 (43.8%)	10:47	5.6 (56.6%)
112	**BRZOZOWSKA Urszula**	**66**	ŻBIKI NORDIC WALKING	K65-69	8			00:17:19	00:35:46	**00:54:15.00**	+00:23:53 (44.0%)	10:51	5.5 (55.6%)
113	**MAZON Czesława**	**214**	KKNW KOLBUSZOWA	K65-69	9			00:17:57	00:36:21	**00:54:41.90**	+00:24:20 (44.5%)	10:56	5.5 (55.6%)
114	**KOCZUR Dorota**	**219**	KKNW KOLBUSZOWA	K65-69	10			00:16:45	00:35:02	**00:54:44.80**	+00:24:23 (44.5%)	10:56	5.5 (55.6%)
115	**WIKTOR Dawid**	**162**	KLUB SPORTOWY ISKRA MIELEC	M-Niepełnosprawni(B)	5			00:17:24	00:36:29	**00:56:05.60**	+00:25:44 (45.9%)	11:13	5.3 (53.5%)
116	**PIĄTKOWSKI Józef**	**125**	KGHM METRACO	M75-79	5			00:17:32	00:37:02	**00:56:29.85**	+00:26:08 (46.3%)	11:17	5.3 (53.5%)
117	**ORZECHOWSKI Grzegorz**	**216**	KKNW KOLBUSZOWA	M40-44	4			00:17:41	00:36:33	**00:56:41.10**	+00:26:19 (46.4%)	11:20	5.3 (53.5%)
118	**ROMANIUK Grzegorz**	**213**	KKNW KOLBUSZOWA	M55-59	7	1		00:20:48	00:45:13	**00:59:15.55**	+00:28:54 (48.8%)	11:51	5.1 (51.5%)

Znaleziono 118 wynik(ów)