



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 5 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING
Organizator: Polska Federacja Nordic Walking
Data: 2018-06-02
Miejsce: Kolbuszowa
Dystans: 5 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZARĘBSKI Michał	344	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:15:11	00:30:54.65		6:11	9.7 (100%)
2	WOROCH Roman	338	KS METRACO POLKOWICE	M60-64	1			00:15:21	00:30:59.30	+00:00:04 (0.3%)	6:12	9.7 (100%)
3	RAJEWSKI Sebastian	224	KS IDMAR RACING TEAM	M45-49	1			00:15:16	00:30:59.90	+00:00:05 (0.3%)	6:12	9.7 (100%)
4	DEŁĄG Jakub	386	NORDIC WALKING POLAND /LUKI TEAM SIEDLCE	M18-29	1			00:15:22	00:31:11.45	+00:00:16 (0.9%)	6:14	9.6 (99.0%)
5	CYRUS Bogdan	32	SILESIA NORDIC TEAM	M45-49	2			00:15:25	00:31:35.80	+00:00:41 (2.2%)	6:19	9.5 (97.9%)
6	BIŃCZYK Dariusz	353	ZABIEGANI CZESTOCHOWA	M30-39	2			00:15:37	00:31:52.15	+00:00:57 (3.0%)	6:22	9.4 (96.9%)
7	GRZĘDZIEL Dariusz	414	BIESZCZADZKI KLUB NW	M45-49	3			00:15:38	00:32:08.55	+00:01:13 (3.8%)	6:25	9.3 (95.9%)
8	KONIK Jacek	115	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1			00:15:55	00:32:08.80	+00:01:14 (3.8%)	6:25	9.3 (95.9%)
9	ROŻYNEK Miron	235	KS METRACO POLKOWICE	M55-59	1			00:15:52	00:32:26.85	+00:01:32 (4.7%)	6:29	9.2 (94.8%)
10	TOPOLNICKI Konrad	303	CKZIU NYSA MECHANIK	M-Jun.	1			00:15:58	00:32:30.65	+00:01:36 (4.9%)	6:30	9.2 (94.8%)
11	TRZCIŃSKI Franciszek	309	SPORT I REKREACJA START CHEŁMNO	M50-54	1			00:16:08	00:32:33.45	+00:01:38 (5.1%)	6:30	9.2 (94.8%)
12	WOJTASIŃSKI Daniel	337	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:16:05	00:32:33.95	+00:01:39 (5.1%)	6:30	9.2 (94.8%)
13	JAGIEŁA Paweł	95	TKKF KRZNA BIAŁA PODLASKA	M18-29	2			00:16:15	00:32:55.30	+00:02:00 (6.1%)	6:35	9.1 (93.8%)
14	ZALISKO Oksana	343	KS METRACO POLKOWICE	K60-64	1			00:16:03	00:32:58.25	+00:02:03 (6.2%)	6:35	9.1 (93.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	JACHIMOWICZ Renata	385	LUKI TEAM SIEDLCE	K50-54	1			00:16:26	00:32:58.45	+00:02:03 (6.3%)	6:35	9.1 (93.8%)
16	CHYRA Wiktor	31	UNIA MIAST	M-Jun.	2			00:15:58	00:32:58.85	+00:02:04 (6.3%)	6:35	9.1 (93.8%)
17	SCHRÖDER Karol	248	SILESIA NORDIC TEAM	M40-44	3			00:16:04	00:33:01.30	+00:02:06 (6.4%)	6:36	9.1 (93.8%)
18	PUZIO Marek	213	US KOLBUSZOWA	M50-54	2			00:16:49	00:33:31.05	+00:02:36 (7.8%)	6:42	9 (92.8%)
19	DĘBSKI Bartłomiej	38	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	4			00:16:21	00:33:32.20	+00:02:37 (7.8%)	6:42	8.9 (91.8%)
20	BARTOSIEWICZ Łukasz	10	NWPL / LUKI TEAM	M30-39	3			00:16:23	00:33:41.15	+00:02:46 (8.2%)	6:44	8.9 (91.8%)
21	BARTYŃSKI Zdzisław	11	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	3			00:16:38	00:33:45.75	+00:02:51 (8.4%)	6:45	8.9 (91.8%)
22	SŁOMIAN Leszek	261	UNIA MIAST	M55-59	2			00:16:33	00:33:46.05	+00:02:51 (8.5%)	6:45	8.9 (91.8%)
23	SANIUK Edward	247	FACE NORDIC WALKING TEAM	M65-69	1			00:16:42	00:33:46.90	+00:02:52 (8.5%)	6:45	8.9 (91.8%)
24	FRĄCKOWIAK Mateusz	58	KS METRACO POLKOWICE	M-Jun.	3			00:16:16	00:34:02.50	+00:03:07 (9.2%)	6:48	8.8 (90.7%)
25	TRZCIŃSKI Eugeniusz	308	SPORT I REKREACJA START CHEŁMNO	M60-64	2			00:16:35	00:34:05.65	+00:03:11 (9.3%)	6:49	8.8 (90.7%)
26	SKWIRUT Jerzy	260	SOKÓŁ RYMANÓW	M-Niepełnosprawni(B)	1			00:16:53	00:34:12.80	+00:03:18 (9.7%)	6:50	8.8 (90.7%)
27	SOKOŁOWSKI Marek	264	PTG SOKÓŁ RYMANÓW	M50-54	4			00:16:48	00:34:14.85	+00:03:20 (9.7%)	6:51	8.8 (90.7%)
28	ADAMUS Marian	1	SILESIA NORDIC TEAM	M65-69	2			00:16:55	00:34:26.35	+00:03:31 (10.2%)	6:53	8.7 (89.7%)
29	PASIERB Marek	600		M60-64	3			00:17:11	00:34:31.15	+00:03:36 (10.5%)	6:54	8.7 (89.7%)
30	OLEKSYK Małgorzata	183	MKS HALICZ KLUB BIEGACZA, BK NORDIC WALKING USTRZYKI DOLNE	K55-59	1			00:16:58	00:34:40.25	+00:03:45 (10.8%)	6:56	8.7 (89.7%)
31	UFEL Marcin	313	TKKF SATURN CZELADŹ	M40-44	5			00:16:43	00:34:40.50	+00:03:45 (10.9%)	6:56	8.6 (88.7%)
32	OKRZESIK-FRĄCKOWIAK Izabela	181	KS METRACO POLKOWICE	K50-54	2			00:16:56	00:34:45.45	+00:03:50 (11.1%)	6:57	8.6 (88.7%)
33	BIEGA Mariusz	15	SANOK SKI TEAM	M45-49	4			00:17:05	00:34:45.55	+00:03:50 (11.1%)	6:57	8.6 (88.7%)
34	FRĄCKOWIAK Roman	57	KS METRACO POLKOWICE	M50-54	5			00:16:53	00:34:48.95	+00:03:54 (11.2%)	6:57	8.6 (88.7%)
35	BREWKA Joachim	20	UNIA MIAST	M50-54	6			00:17:20	00:34:52.55	+00:03:57 (11.4%)	6:58	8.6 (88.7%)
36	DUSZEŃKO Zygmunt	48	KS METRACO POLKOWICE	M55-59	3			00:17:11	00:34:55.15	+00:04:00 (11.5%)	6:59	8.6 (88.7%)
37	SZYMAŃSKI Stefan	292	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	M70+	1			00:17:01	00:34:55.25	+00:04:00 (11.5%)	6:59	8.6 (88.7%)

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									5km			
38	GARBOWSKI Piotr	509	PRZEMYŚL	M- Niepełnosprawni(B)	2			00:17:22	00:34:56.75	+00:04:02 (11.5%)	6:59	8.6 (88.7%)
39	KUBAT Janusz	128	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	5			00:17:10	00:35:04.60	+00:04:09 (11.9%)	7:00	8.6 (88.7%)
40	PANAŚ Artur	190	ZAMCZYSKO TEAM	M45-49	6			00:17:20	00:35:05.50	+00:04:10 (11.9%)	7:01	8.6 (88.7%)
41	USS Jola	320	TKKF KRZNA BIAŁA PODLASKA	K55-59	2			00:17:10	00:35:08.50	+00:04:13 (12.0%)	7:01	8.5 (87.6%)
42	MOTYL Anna	382	NW POLAND/NWBĘŁCHATÓW	K50-54	3			00:17:01	00:35:11.35	+00:04:16 (12.2%)	7:02	8.5 (87.6%)
43	FURMAN Marian	60		M60-64	4			00:17:10	00:35:12.80	+00:04:18 (12.2%)	7:02	8.5 (87.6%)
44	GIERLASIŃSKI Krzysztof	69	NWG PRZYSZŁOŚĆ	M55-59	4			00:17:34	00:35:31.55	+00:04:36 (13.0%)	7:06	8.4 (86.6%)
45	ŁOPATKIEWICZ Beata	387		K50-54	4			00:17:35	00:35:32.60	+00:04:37 (13.0%)	7:06	8.4 (86.6%)
46	JACHIMOWICZ Mirosław	390	NORDIC WALKING POLAND /LUKI TEAM SIEDLCE	M55-59	5			00:17:35	00:35:34.50	+00:04:39 (13.1%)	7:07	8.4 (86.6%)
47	JÓŹWIAK Marianna	100	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:17:36	00:35:35.05	+00:04:40 (13.1%)	7:07	8.4 (86.6%)
48	DANIELEWICZ Anna	37		K40-44	1			00:17:37	00:35:39.20	+00:04:44 (13.3%)	7:07	8.4 (86.6%)
49	TOMCZYK Edward	299	MARSZ PO ZDROWIE POZNAŃ	M70+	2			00:17:14	00:35:40.35	+00:04:45 (13.3%)	7:08	8.4 (86.6%)
50	IDKOWIAK Magdalena	370	KS IDMAR RACING TEAM	K40-44	2			00:17:39	00:35:41.80	+00:04:47 (13.4%)	7:08	8.4 (86.6%)
51	KOLARSKA Agnieszka	109	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:17:39	00:35:42.00	+00:04:47 (13.4%)	7:08	8.4 (86.6%)
52	ŁUKASZKIEWICZ Joanna	368	GREEN TEAM ZIELONA GÓRA	K45-49	2			00:17:35	00:35:43.00	+00:04:48 (13.5%)	7:08	8.4 (86.6%)
53	DUDEK Jan	44		M55-59	6			00:17:25	00:35:46.40	+00:04:51 (13.6%)	7:09	8.4 (86.6%)
54	GAŁĄZKA Paweł	380	MUSZKIETEROWIE	M- Niepełnosprawni(A)	1			00:17:36	00:35:49.45	+00:04:54 (13.7%)	7:10	8.4 (86.6%)
55	SULIKOWSKA Agnieszka	245	PASJA NORDIC WALKING	K30-39	2			00:17:43	00:35:53.25	+00:04:58 (13.9%)	7:10	8.4 (86.6%)
56	SZCZYGIELSKI Paweł	280	NWPL / LUKI TEAM	M- Niepełnosprawni(B)	3			00:17:36	00:35:55.00	+00:05:00 (13.9%)	7:11	8.4 (86.6%)
57	MARCINKOWSKA Agnieszka	157	UNIA MIAST	K-Jun.	1			00:17:30	00:36:06.05	+00:05:11 (14.4%)	7:13	8.3 (85.6%)
58	KORYTOWSKA Agnieszka	119	NW WERWA MŁAWA	K30-39	3			00:17:51	00:36:06.80	+00:05:12 (14.4%)	7:13	8.3 (85.6%)
59	LENAR Grzegorz	140	'SOKOŁY'	M-Jun.	4			00:17:57	00:36:08.65	+00:05:14 (14.5%)	7:13	8.3 (85.6%)
60	DZIEŃ Bartosz	54	'SOKOŁY'	M-Jun.	5			00:17:58	00:36:08.75	+00:05:14 (14.5%)	7:13	8.3 (85.6%)

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61	KWAŚNY Tomasz	133	CHODZĘ Z SERCEM	M50-54	7			00:18:03	00:36:19.90	+00:05:25 (14.9%)	7:15	8.3 (85.6%)
62	GRYGOROWICZ Bogdan	77	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	4			00:17:47	00:36:22.05	+00:05:27 (15.0%)	7:16	8.2 (84.5%)
63	UFEL Marcelina	312	TKKF SATURN CZELADŹ	K-Jun.	2			00:17:47	00:36:22.10	+00:05:27 (15.0%)	7:16	8.2 (84.5%)
64	GŁOMBICA Ewa	192	WESOŁY BORSUK TEAM	K30-39	4			00:17:59	00:36:29.85	+00:05:35 (15.3%)	7:18	8.2 (84.5%)
65	MARCINKOWSKI Jakub	158	UNIA MIAST	M18-29	3			00:17:58	00:36:31.75	+00:05:37 (15.4%)	7:18	8.2 (84.5%)
66	DUSIEL Ewa	47	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-54	5			00:17:54	00:36:40.10	+00:05:45 (15.7%)	7:20	8.2 (84.5%)
67	MIKICIUK Krzysztof	168	NOWI SIEDLCE /NW WSCHÓD	M45-49	7			00:17:53	00:36:40.20	+00:05:45 (15.7%)	7:20	8.2 (84.5%)
68	WRÓŃSKI Włodzimierz	341	PASJA NORDIC WALKING	M65-69	3			00:18:03	00:36:40.50	+00:05:45 (15.7%)	7:20	8.2 (84.5%)
69	PRADUŃ Michał	208		M- Niepełnosprawni(B)	5			00:17:55	00:36:49.70	+00:05:55 (16.1%)	7:21	8.1 (83.5%)
70	WILK Tadeusz	373	TKKF SATURN CZELADŹ	M- Niepełnosprawni(A)	2			00:17:48	00:36:49.80	+00:05:55 (16.1%)	7:22	8.1 (83.5%)
71	KONIK Aleksandra	116	BIESZCZADZKI KLUB NORDIC WALKING	K40-44	3			00:18:04	00:36:52.40	+00:05:57 (16.2%)	7:22	8.1 (83.5%)
72	KONIK Zuzanna	117	BIESZCZADZKI KLUB NORDIC WALKING	K18-29	1			00:18:05	00:36:52.50	+00:05:57 (16.2%)	7:22	8.1 (83.5%)
73	PYTLAK Adam	84	KKNW	M50-54	8			00:17:53	00:37:01.75	+00:06:07 (16.5%)	7:24	8.1 (83.5%)
74	MIKICIUK Jakub	169	NOWI SIEDLCE /NW WSCHÓD	M-Jun.	6			00:17:53	00:37:04.55	+00:06:09 (16.6%)	7:25	8.1 (83.5%)
75	ZYGŁOWICZ Zbigniew	511		M- Niepełnosprawni(B)	6			00:18:11	00:37:07.70	+00:06:13 (16.7%)	7:25	8.1 (83.5%)
76	TUZIMEK Agata	311		K30-39	5			00:18:16	00:37:09.40	+00:06:14 (16.8%)	7:26	8.1 (83.5%)
77	PASIŃSKA- SKOWROM Sylwia	381	PRUSZYŃSKI SPORT TEAM	K40-44	4			00:18:03	00:37:09.85	+00:06:15 (16.8%)	7:25	8.1 (83.5%)
78	GAŁAŚ Joanna	62	PASJA NORDIC WALKING	K18-29	2			00:18:08	00:37:11.00	+00:06:16 (16.9%)	7:26	8.1 (83.5%)
79	ROMANIUK Grzegorz	231		M- Niepełnosprawni(A)	3			00:18:46	00:37:12.05	+00:06:17 (16.9%)	7:26	8.1 (83.5%)
80	STYGA Krystyna	273	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	3			00:18:27	00:37:12.70	+00:06:18 (16.9%)	7:26	8.1 (83.5%)
81	GRUSZKA Michał	75	UNIA MIAST	M40-44	6			00:18:20	00:37:17.35	+00:06:22 (17.1%)	7:27	8 (82.5%)
82	URBANIAK Marian	318		M55-59	7			00:18:26	00:37:22.05	+00:06:27 (17.3%)	7:28	8 (82.5%)
83	PREKURAT Marzena	209	NOWI SIEDLCE /NW WSCHÓD	K50-54	6			00:18:26	00:37:23.90	+00:06:29 (17.3%)	7:28	8 (82.5%)

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84	RĘDZINIAK Marzena	229	KLUBSPORTU.PL	K30-39	6			00:18:10	00:37:27.85	+00:06:33 (17.5%)	7:29	8 (82.5%)
85	ROMAŃCZUK Agnieszka	232	NOWI SIEDLCE /NW WSCHÓD	K45-49	3			00:18:14	00:37:31.05	+00:06:36 (17.6%)	7:30	8 (82.5%)
86	GUZOWSKI Maciej	81	WŁÓCZYKIJE LEŻAJSK	M- Niepełnosprawni(B)	7			00:18:36	00:37:32.85	+00:06:38 (17.7%)	7:30	8 (82.5%)
87	WIERZCHOSŁAWSKI Mateusz	354	AZS UKW BYDGOSZCZ	M18-29	4			00:18:22	00:37:36.05	+00:06:41 (17.8%)	7:31	8 (82.5%)
88	STOLARSKA Joanna	351	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:18:34	00:37:38.50	+00:06:43 (17.9%)	7:31	8 (82.5%)
89	KRZANOWSKA Małgorzata	124	SAMOTNI WĘDROWCY	K45-49	4			00:18:25	00:37:41.30	+00:06:46 (18.0%)	7:32	8 (82.5%)
90	KWIECIEŃ Weronika	135		K-Jun.	4			00:18:53	00:37:48.20	+00:06:53 (18.2%)	7:33	7.9 (81.4%)
91	HARAF Wiesław	87	BRAK	M55-59	8			00:18:39	00:37:51.90	+00:06:57 (18.4%)	7:34	7.9 (81.4%)
92	KUPIBIDA Bogusława	131	SILESIA NORDIC TEAM	K55-59	4			00:18:41	00:37:56.40	+00:07:01 (18.5%)	7:35	7.9 (81.4%)
93	FIGURSKA Dominika	56	FACE NORDIC WALKING TEAM	K18-29	3			00:18:39	00:37:56.90	+00:07:02 (18.5%)	7:35	7.9 (81.4%)
94	BARTOSIEWICZ Włodzimierz	9	FACE NORDIC WALKING TEAM	M60-64	5			00:18:31	00:38:02.10	+00:07:07 (18.7%)	7:36	7.9 (81.4%)
95	KOWALCZYK Edyta	122	KS METRACO POLKOWICE	K45-49	5			00:18:30	00:38:02.95	+00:07:08 (18.8%)	7:36	7.9 (81.4%)
96	ŚCIBIOR Robert	456		M45-49	8			00:18:34	00:38:03.10	+00:07:08 (18.8%)	7:36	7.9 (81.4%)
97	FRYC Jan	59	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59	9			00:18:46	00:38:05.95	+00:07:11 (18.9%)	7:37	7.9 (81.4%)
98	SULECKA Gabriela	278		K- Niepełnosprawni(A)	1			00:18:59	00:38:27.60	+00:07:32 (19.6%)	7:41	7.8 (80.4%)
99	TOPOLEWICZ Grzegorz	301		M30-39	4			00:19:04	00:38:27.65	+00:07:33 (19.6%)	7:41	7.8 (80.4%)
100	GRYGOROWICZ Teresa	76	KS METRACO POLKOWICE	K65-69	1			00:18:57	00:38:34.80	+00:07:40 (19.9%)	7:43	7.8 (80.4%)
101	PYRA Dominik	217		M- Niepełnosprawni(B)	8			00:18:33	00:38:39.10	+00:07:44 (20.0%)	7:43	7.8 (80.4%)
102	KARCZMARSKI Krzysztof	104	IPA RADOM	M60-64	6			00:19:07	00:38:40.90	+00:07:46 (20.1%)	7:44	7.8 (80.4%)
103	KARASIŃSKA Alicja	103	NOWI SIEDLCE /NW WSCHÓD	K45-49	6			00:19:01	00:38:47.10	+00:07:52 (20.3%)	7:45	7.7 (79.4%)
104	SITKO Małgorzata	254	KKNW	K45-49	7			00:19:07	00:38:50.70	+00:07:56 (20.4%)	7:46	7.7 (79.4%)
105	SOBCZYK Rafał	262	KLUBSPORTU.PL	M45-49	9			00:18:54	00:38:51.40	+00:07:56 (20.4%)	7:46	7.7 (79.4%)
106	PIĄTKOWSKI Józef	199	KS METRACO POLKOWICE	M70+	3			00:19:15	00:38:53.15	+00:07:58 (20.5%)	7:46	7.7 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	SAKOWSKA Krystyna	350	PASJA NORDIC WALKING	K40-44	5			00:18:50	00:38:56.25	+00:08:01 (20.6%)	7:47	7.7 (79.4%)
108	SZEMBERSKI Paweł	282	KLUBSPORTU.PL	M40-44	7			00:19:30	00:38:56.55	+00:08:01 (20.6%)	7:47	7.7 (79.4%)
109	ŻUKOWICZ Elżbieta	378	KS METRACO POLKOWICE	K55-59	5			00:18:51	00:39:02.75	+00:08:08 (20.8%)	7:48	7.7 (79.4%)
110	WIERZCHOSŁAWSKA Agnieszka	352	AZS UKW BYDGOSZCZ	K18-29	4			00:19:04	00:39:05.25	+00:08:10 (20.9%)	7:49	7.7 (79.4%)
111	MAJCHERCZYK Krzysztof	148	MOSIR TTKF SATURN CZELADŹ	M65-69	4			00:19:26	00:39:10.00	+00:08:15 (21.1%)	7:50	7.7 (79.4%)
112	PIETRUSEWICZ Joanna	202	AVOCADO WELLNESS CLUB	K40-44	6			00:19:11	00:39:10.70	+00:08:16 (21.1%)	7:50	7.7 (79.4%)
113	WALCZAK Grzegorz	322	OCTOPUS SUCHY LAS	M45-49	10			00:19:28	00:39:12.05	+00:08:17 (21.1%)	7:50	7.7 (79.4%)
114	BOGACZ Mariusz	16		M45-49	11			00:19:36	00:39:12.80	+00:08:18 (21.2%)	7:50	7.6 (78.4%)
115	TONIA Jakub	300	'SOKOŁY'	M-Dzieci	1			00:19:04	00:39:24.30	+00:08:29 (21.6%)	7:52	7.6 (78.4%)
116	JĘDRASZKO Jacek	99		M-Dzieci	2			00:19:04	00:39:25.25	+00:08:30 (21.6%)	7:53	7.6 (78.4%)
117	ŚWIRSZCZ Tomasz	296	LUBELSKIE ZNORDIC	M60-64	7			00:19:01	00:39:31.25	+00:08:36 (21.8%)	7:54	7.6 (78.4%)
118	OLEKSAK Marek	182	WYDRY GALICJA	M45-49	12			00:19:34	00:39:33.85	+00:08:39 (21.9%)	7:54	7.6 (78.4%)
119	MAŁODOBRY Andrzej	154	KKNW	M45-49	13			00:19:12	00:39:36.20	+00:08:41 (21.9%)	7:55	7.6 (78.4%)
120	TOPÓR Małgorzata	304		K55-59	6			00:19:26	00:39:42.10	+00:08:47 (22.1%)	7:56	7.6 (78.4%)
121	KWAŚNA Małgorzata	132	CHODZĘ Z SERCEM	K50-54	7			00:19:33	00:39:42.25	+00:08:47 (22.1%)	7:56	7.6 (78.4%)
122	SZNAJDER Zenon	287	UNIA MIAST	M65-69	5			00:19:55	00:39:45.25	+00:08:50 (22.2%)	7:57	7.5 (77.3%)
123	PAWELEC Sylwia	574	SKS MEDAK	K18-29	5			00:19:37	00:39:45.90	+00:08:51 (22.3%)	7:57	7.5 (77.3%)
124	ADAMOWICZ Andrzej	53		M70+	4			00:19:45	00:39:50.20	+00:08:55 (22.4%)	7:58	7.5 (77.3%)
125	JURCZYŃSKA Bożena	101	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	7			00:19:30	00:39:54.35	+00:08:59 (22.5%)	7:58	7.5 (77.3%)
126	BARAN Jadwiga	578		K18-29	6			00:19:58	00:39:58.70	+00:09:04 (22.7%)	7:59	7.5 (77.3%)
127	WACŁAW Andrzej	582	SKS MEDYK	M60-64	8			00:19:47	00:39:59.25	+00:09:04 (22.7%)	7:59	7.5 (77.3%)
128	KOSTUJ Marcin	366	AZS SUM	M18-29	5			00:19:51	00:40:08.45	+00:09:13 (23.0%)	8:01	7.5 (77.3%)
129	MIELNICZEK Kazimierz	167		M55-59	10			00:19:54	00:40:09.20	+00:09:14 (23.0%)	8:01	7.5 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	ANGIELCZYK Małgorzata	3	MARSZ PO ZDROWIE POZNAŃ	K65-69	2			00:19:50	00:40:10.95	+00:09:16 (23.1%)	8:02	7.5 (77.3%)
131	GUL Monika	78		K30-39	7			00:19:48	00:40:12.00	+00:09:17 (23.1%)	8:02	7.5 (77.3%)
132	WEGIERA Grzegorz	324		M40-44	8			00:19:57	00:40:13.75	+00:09:19 (23.2%)	8:02	7.5 (77.3%)
133	WIESZOŁEK Ewelina	61	UNIA MIAST	K30-39	8			00:20:20	00:40:16.95	+00:09:22 (23.3%)	8:03	7.4 (76.3%)
134	LUBERA Teresa	143	KOLBUSZOWSKI KLUB NORDIC WALKING	K- Niepełnosprawni(A)	2			00:19:45	00:40:24.50	+00:09:29 (23.5%)	8:05	7.4 (76.3%)
135	URBAŃSKA Małgorzata	319		K30-39	9			00:19:59	00:40:26.65	+00:09:32 (23.6%)	8:05	7.4 (76.3%)
136	HEMSKI Paweł	88		M- Niepełnosprawni(B)	9			00:19:51	00:40:27.40	+00:09:32 (23.6%)	8:05	7.4 (76.3%)
137	MAŁODOBRY Wioletta	153	KKNW	K45-49	8			00:20:00	00:40:30.25	+00:09:35 (23.7%)	8:06	7.4 (76.3%)
138	BAŃKA Andrzej	6	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	9			00:19:58	00:40:35.00	+00:09:40 (23.8%)	8:07	7.4 (76.3%)
139	MAJCHERCZYK Wacław	147	MOSIR TKKF SATURN CZELADŹ	M70+	5			00:20:03	00:40:39.60	+00:09:44 (24.0%)	8:08	7.4 (76.3%)
140	STARZEC Maksymilian	265	KOLBUSZOWSKI KLUB NORDIC WALKING	M65-69	6			00:20:05	00:40:42.05	+00:09:47 (24.1%)	8:08	7.4 (76.3%)
141	MALINOWSKI Paweł	151	AZS-AWF KRAKÓW	M18-29	6			00:19:52	00:40:43.15	+00:09:48 (24.1%)	8:08	7.4 (76.3%)
142	DZIAKIEWICZ Iwona	52		K50-54	8			00:20:11	00:40:43.75	+00:09:49 (24.1%)	8:08	7.4 (76.3%)
143	MICEK Ewelina	164		K30-39	10			00:20:12	00:40:52.70	+00:09:58 (24.4%)	8:10	7.3 (75.3%)
144	DOBRZYŃSKA Lucyna	369		K50-54	9			00:20:22	00:40:57.45	+00:10:02 (24.5%)	8:11	7.3 (75.3%)
145	SUDOŁ Andrzej	274	US KOLBUSZOWA	M55-59	11			00:19:29	00:40:57.90	+00:10:03 (24.5%)	8:11	7.3 (75.3%)
146	BUJNICKA Magdalena	25	NORDIC WALKING PASŁĘK	K-Dzieci	1			00:20:10	00:41:00.85	+00:10:06 (24.6%)	8:12	7.3 (75.3%)
147	WILK Paulina	331	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	5			00:19:08	00:41:09.20	+00:10:14 (24.9%)	8:14	7.3 (75.3%)
148	HISZPAŃSKA Katarzyna	89	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	7			00:20:03	00:41:10.10	+00:10:15 (24.9%)	8:14	7.3 (75.3%)
149	GÓRECKA Iwona	379	UNIA MIAST	K50-54	10			00:20:26	00:41:13.75	+00:10:19 (25.0%)	8:14	7.3 (75.3%)
150	HANUS Joanna	86		K- Niepełnosprawni(B)	1			00:20:37	00:41:17.15	+00:10:22 (25.1%)	8:15	7.3 (75.3%)
151	NIECHWIEJCZYK Kinga	178	UNIA MIAST	K-Jun.	6			00:20:02	00:41:24.45	+00:10:29 (25.3%)	8:17	7.2 (74.2%)
152	PYTLAK Urszula	371	KKNW	K50-54	11			00:20:04	00:41:24.85	+00:10:30 (25.4%)	8:17	7.2 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	FEJDASZ Józef	55		M65-69	7			00:20:39	00:41:50.25	+00:10:55 (26.1%)	8:22	7.2 (74.2%)
154	RAK Maciej	225	'SOKOŁY'	M-Dzieci	3			00:20:52	00:41:51.75	+00:10:57 (26.2%)	8:22	7.2 (74.2%)
155	SZEWCZYK Klaudia	285	'SOKOŁY'	K-Jun.	7			00:20:49	00:41:53.20	+00:10:58 (26.2%)	8:22	7.2 (74.2%)
156	ZIEMNIAK Andżelika	345	'SOKOŁY'	K-Dzieci	2			00:21:03	00:41:53.55	+00:10:58 (26.2%)	8:22	7.2 (74.2%)
157	KRZANOWSKI Kacper	125	FACE NORDIC WALKING TEAM / JAROSŁAWSKIE WŁÓCZYKIJE	M-Dzieci	4			00:19:32	00:41:54.75	+00:11:00 (26.2%)	8:23	7.2 (74.2%)
158	ŚLUSARCZYK Karolina	293	WESOŁY BORSUK TEAM	K-Jun.	8			00:20:14	00:41:58.00	+00:11:03 (26.3%)	8:23	7.1 (73.2%)
158	RZESZUTKO Magdalena	569	SKS MEDYK	K30-39	11			00:20:38	00:41:58.00	+00:11:03 (26.3%)	8:23	7.1 (73.2%)
160	SOKOŁOWSKA Aneta	263	PTG SOKÓŁ RYMANÓW	K18-29	8			00:21:27	00:42:00.20	+00:11:05 (26.4%)	8:24	7.1 (73.2%)
161	DZIEKAN Stanisław	583		M-Dzieci	5			00:20:21	00:42:02.80	+00:11:08 (26.5%)	8:24	7.1 (73.2%)
162	REMBISZ Oliwia	227	KKNW	K-Dzieci	3			00:20:39	00:42:04.90	+00:11:10 (26.5%)	8:25	7.1 (73.2%)
163	WOJDA Angelika	335	CKZIU NYSA MECHANIK	K18-29	9			00:21:08	00:42:09.15	+00:11:14 (26.7%)	8:25	7.1 (73.2%)
164	BAŃKA Mateusz	5		M-Jun.	7			00:20:28	00:42:25.20	+00:11:30 (27.1%)	8:29	7.1 (73.2%)
165	MAJKOWSKI Waldemar	150	SANTANDER CONSUMER BANK	M30-39	5			00:21:11	00:42:27.00	+00:11:32 (27.2%)	8:29	7.1 (73.2%)
166	GUL-BOGACZ Jolanta	79	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	7			00:21:55	00:42:29.20	+00:11:34 (27.2%)	8:29	7.1 (73.2%)
167	JABŁOŃSKI Daniel	359		M- Niepełnosprawni(B)	10			00:20:51	00:42:31.90	+00:11:37 (27.3%)	8:30	7.1 (73.2%)
168	SZYMAŃSKA Lucyna	290	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	K- Niepełnosprawni(A)	3			00:20:39	00:42:33.85	+00:11:39 (27.4%)	8:30	7 (72.2%)
169	KUBIŚ Anna	129	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	9			00:20:31	00:42:39.90	+00:11:45 (27.5%)	8:32	7 (72.2%)
170	KURDA Aleksandra	579		K18-29	10			00:21:45	00:42:40.15	+00:11:45 (27.6%)	8:32	7 (72.2%)
171	PYKA Aleksandra	216	UNIA MIAST	K-Dzieci	4			00:20:43	00:42:43.85	+00:11:49 (27.7%)	8:32	7 (72.2%)
172	KOŁODZIEJ Zofia	113	KLUB NW 'WŁÓCZYKIJE'	K60-64	2			00:20:51	00:42:43.90	+00:11:49 (27.7%)	8:32	7 (72.2%)
173	SZNAJDER Teresa	286	UNIA MIAST	K60-64	3			00:21:07	00:42:44.10	+00:11:49 (27.7%)	8:32	7 (72.2%)
174	SZEMBERSKA Małgorzata	281	KLUBSPORTU.PL	K40-44	8			00:21:12	00:42:45.70	+00:11:51 (27.7%)	8:33	7 (72.2%)
175	CZECH Tomasz	36	ZKN 'SOKÓŁ' ZAGÓRZ	M30-39	6			00:20:44	00:42:49.15	+00:11:54 (27.8%)	8:33	7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	DRAUS Czesława	41	KLUBSPORTU.PL	K55-59	8			00:21:02	00:42:49.45	+00:11:54 (27.8%)	8:33	7 (72.2%)
177	SZEWCZYK Genowefa	284	NW RELAKS ZAGÓRZ	K65-69	3			00:21:00	00:42:52.00	+00:11:57 (27.9%)	8:34	7 (72.2%)
178	PYKA Tomasz	215	UNIA MIAST	M40-44	10			00:21:05	00:42:52.40	+00:11:57 (27.9%)	8:34	7 (72.2%)
179	MILKOWSKI Mariusz	170		M-Niepełnosprawni(A)	4			00:21:24	00:42:57.20	+00:12:02 (28.0%)	8:35	7 (72.2%)
180	GOLAK-WEGIERA Katarzyna	71		K45-49	9			00:21:15	00:42:58.30	+00:12:03 (28.1%)	8:35	7 (72.2%)
181	STOLARSKA Magdalena	587	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	10			00:21:17	00:43:01.10	+00:12:06 (28.1%)	8:36	7 (72.2%)
182	TRZCINIECKA Janina	307	NW RELAKS ZAGÓRZ	K60-64	4			00:21:08	00:43:03.70	+00:12:09 (28.2%)	8:36	7 (72.2%)
183	KASPRZYKOWSKI Bartłomiej	459		M40-44	11			00:20:46	00:43:06.10	+00:12:11 (28.3%)	8:37	7 (72.2%)
184	MAMROŁ Wiktoria	156	SANTANDER CONSUMER BANK	K-Dzieci	5			00:21:24	00:43:08.00	+00:12:13 (28.3%)	8:37	7 (72.2%)
185	RACZYŃSKA Aleksandra	222	UNIA MIAST	K70+	1			00:21:11	00:43:12.80	+00:12:18 (28.5%)	8:38	6.9 (71.1%)
186	SUDOŁ Maria	228	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	5			00:21:21	00:43:16.25	+00:12:21 (28.6%)	8:39	6.9 (71.1%)
187	DUSZKIEWICZ Robert	50		M-Jun.	8			00:21:16	00:43:16.45	+00:12:21 (28.6%)	8:39	6.9 (71.1%)
188	SUDOŁ Maciej	276		M-Dzieci	6			00:22:14	00:43:20.20	+00:12:25 (28.7%)	8:40	6.9 (71.1%)
189	MICEK Seweryn	165		M-Dzieci	7			00:21:17	00:43:23.55	+00:12:28 (28.8%)	8:40	6.9 (71.1%)
190	KULCZYCKI Jan	130		M65-69	8			00:21:38	00:43:25.15	+00:12:30 (28.8%)	8:41	6.9 (71.1%)
191	ROZMUS Kacper	234		M-Dzieci	8			00:20:38	00:43:27.80	+00:12:33 (28.9%)	8:41	6.9 (71.1%)
192	BAJOR Aneta	4		K-Niepełnosprawni(B)	2			00:21:37	00:43:29.15	+00:12:34 (28.9%)	8:41	6.9 (71.1%)
193	PAWŁOWSKA Gabriela	194		K-Jun.	10			00:21:18	00:43:39.70	+00:12:45 (29.2%)	8:44	6.9 (71.1%)
194	DRAŁUS Magdalena	39		K-Jun.	11			00:21:17	00:43:40.65	+00:12:46 (29.2%)	8:44	6.9 (71.1%)
195	POLKOWSKA Katarzyna	207	NOWI SIEDLCE /NW WSCHÓD	K50-54	12			00:21:34	00:43:49.60	+00:12:54 (29.5%)	8:46	6.8 (70.1%)
196	WILK Maksymilan	332		M-Dzieci	9			00:21:15	00:43:49.75	+00:12:55 (29.5%)	8:46	6.8 (70.1%)
197	SAŁAK Maria	246	NW RELAKS ZAGÓRZ	K65-69	4			00:21:30	00:43:50.50	+00:12:55 (29.5%)	8:46	6.8 (70.1%)
198	TRĘTOWICZ Aleksandra	306	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	11			00:22:37	00:43:55.65	+00:13:01 (29.6%)	8:47	6.8 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	BRÓZA Emilia	21		K-Jun.	12			00:22:21	00:43:56.60	+00:13:01 (29.7%)	8:47	6.8 (70.1%)
200	BOCZA Martyna	576	SKS MEDYK	K18-29	12			00:21:32	00:43:59.05	+00:13:04 (29.7%)	8:47	6.8 (70.1%)
201	MAREK Antoni	159	KOLBUSZOWSKI KLUB NORDIC WALKING	M70+	6			00:21:47	00:43:59.20	+00:13:04 (29.7%)	8:47	6.8 (70.1%)
202	SOKOŁOWSKA Monika	575	SKS MEDYK	K18-29	13			00:21:31	00:43:59.60	+00:13:04 (29.7%)	8:47	6.8 (70.1%)
203	SKIBA Karolina	256		K-Jun.	13			00:22:21	00:44:01.40	+00:13:06 (29.8%)	8:48	6.8 (70.1%)
204	KWIATKOWSKA Jadwiga	134	KS METRACO POLKOWICE	K70+	2			00:21:08	00:44:03.50	+00:13:08 (29.8%)	8:48	6.8 (70.1%)
205	WIĘCŁAW Oliwia	328		K-Jun.	14			00:21:33	00:44:03.55	+00:13:08 (29.8%)	8:48	6.8 (70.1%)
206	CEBULA Ola	26		K-Dzieci	6			00:21:23	00:44:03.75	+00:13:09 (29.8%)	8:48	6.8 (70.1%)
207	SIMKO Ludmiła	252	KLUB NW 'WŁÓCZYKIJE'	K65-69	5			00:21:45	00:44:04.10	+00:13:09 (29.9%)	8:48	6.8 (70.1%)
208	LECHOWSKA Julia	138		K-Jun.	15			00:21:34	00:44:04.20	+00:13:09 (29.9%)	8:49	6.8 (70.1%)
209	MARZĘCIAK Karolina	571	SKS	K18-29	14			00:22:27	00:44:08.50	+00:13:13 (30.0%)	8:49	6.8 (70.1%)
210	PACYNA Helena	189	KS METRACO POLKOWICE	K65-69	6			00:22:10	00:44:19.25	+00:13:24 (30.3%)	8:51	6.8 (70.1%)
211	MROWIEC Maria	173	UNIA MIAST	K70+	3			00:21:57	00:44:19.75	+00:13:25 (30.3%)	8:52	6.8 (70.1%)
212	LENART Elżbieta	141	KKNW	K50-54	13			00:21:50	00:44:20.85	+00:13:26 (30.3%)	8:52	6.8 (70.1%)
213	KOPACZ Elżbieta	118	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	9			00:22:03	00:44:27.00	+00:13:32 (30.5%)	8:53	6.7 (69.1%)
214	SENEFFI Anna	589		K45-49	11			00:23:40	00:44:36.25	+00:13:41 (30.7%)	8:55	6.7 (69.1%)
215	KORZĘPA Karolina	121		K-Dzieci	7			00:21:42	00:44:49.95	+00:13:55 (31.1%)	8:58	6.7 (69.1%)
216	OZIMEK Nely	187		K-Dzieci	8			00:21:43	00:44:51.30	+00:13:56 (31.1%)	8:58	6.7 (69.1%)
217	WALCZAK Henryk	321	OCTOPUS SUCHY LAS	M70+	7			00:21:46	00:44:54.40	+00:13:59 (31.2%)	8:58	6.7 (69.1%)
218	GŁOWACKA Renata	364		K30-39	12			00:22:23	00:45:09.95	+00:14:15 (31.6%)	9:02	6.6 (68.0%)
219	TUTRO Natalia	310	SANTANDER CONSUMER BANK	K18-29	15			00:23:00	00:45:10.10	+00:14:15 (31.6%)	9:02	6.6 (68.0%)
220	WAL Magdalena	572	SKS MEDYK	K18-29	16			00:22:29	00:45:15.25	+00:14:20 (31.7%)	9:03	6.6 (68.0%)
221	RAK Gabriella	577	SKS MEDYK	K18-29	17			00:22:29	00:45:15.55	+00:14:20 (31.7%)	9:03	6.6 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
222	KRÓLIKOWSKA-ŁOSKOT Danuta	428	UNIA MIAST	K60-64	6			00:22:24	00:45:23.70	+00:14:29 (31.9%)	9:04	6.6 (68.0%)
223	WRÓBEL Halina	342	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	9			00:22:26	00:45:30.55	+00:14:35 (32.1%)	9:06	6.6 (68.0%)
224	JEZIORO Renata	590	SANTANDER CONSUMER BANK	K30-39	13			00:23:00	00:45:30.65	+00:14:36 (32.1%)	9:06	6.6 (68.0%)
225	NYLEC Urszula	179	SANTANDER CONSUMER BANK	K30-39	14			00:23:01	00:45:32.15	+00:14:37 (32.1%)	9:06	6.6 (68.0%)
226	PROKOP Agnieszka	210	SANTANDER CONSUMER BANK	K30-39	15			00:23:09	00:45:34.50	+00:14:39 (32.2%)	9:06	6.6 (68.0%)
227	PERET Wojciech	195	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	10			00:21:51	00:45:35.25	+00:14:40 (32.2%)	9:07	6.6 (68.0%)
228	KICIŃSKA Dominika	107		K-Jun.	16			00:22:22	00:45:35.50	+00:14:40 (32.2%)	9:07	6.6 (68.0%)
229	URBAN Bartosz	389		M18-29	7			00:22:49	00:45:45.10	+00:14:50 (32.4%)	9:09	6.6 (68.0%)
230	WIĄCEK Bożena	326	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	14			00:22:31	00:45:45.50	+00:14:50 (32.4%)	9:09	6.6 (68.0%)
231	KOCZUR Dorota	108	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	7			00:22:28	00:45:47.80	+00:14:53 (32.5%)	9:09	6.6 (68.0%)
232	DUSZEŃKO Elwira	49	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	4			00:22:26	00:45:49.20	+00:14:54 (32.5%)	9:09	6.5 (67.0%)
233	MICEK Natalia	573	SKS MEDYK	K18-29	18			00:22:32	00:45:52.95	+00:14:58 (32.6%)	9:10	6.5 (67.0%)
234	GNIEWEK Mateusz	70		M- Niepełnosprawni(B)	11			00:22:43	00:46:00.05	+00:15:05 (32.8%)	9:12	6.5 (67.0%)
235	KRZANOWSKI Filip	126	FACE NORDIC WALKING TEAM / JAROSŁAWSKIE WŁÓCZYKIJE	M-Dzieci	11			00:22:14	00:46:18.15	+00:15:23 (33.2%)	9:15	6.5 (67.0%)
236	GUNIA Anna	80		K- Niepełnosprawni(A)	5			00:22:50	00:46:20.10	+00:15:25 (33.3%)	9:16	6.5 (67.0%)
237	HOŁÓWKA Elżbieta	91		K- Niepełnosprawni(B)	3			00:22:51	00:46:22.65	+00:15:28 (33.3%)	9:16	6.5 (67.0%)
238	ALEKSANDROVA Anna	2	KS METRACO POLKOWICE	K70+	4			00:23:05	00:46:46.15	+00:15:51 (33.9%)	9:21	6.4 (66.0%)
239	ŚMIESZEK Tomasz	295		M- Niepełnosprawni(B)	12			00:23:20	00:46:55.05	+00:16:00 (34.1%)	9:23	6.4 (66.0%)
240	SITARZ Ewelina	253		K-Jun.	17			00:24:14	00:47:17.10	+00:16:22 (34.6%)	9:27	6.3 (64.9%)
241	HALAT Alicja	83		K-Jun.	18			00:23:23	00:47:18.30	+00:16:23 (34.7%)	9:27	6.3 (64.9%)
242	PANKIEWICZ-DMOWSKA Cecylia	191		K70+	5			00:23:22	00:47:19.55	+00:16:24 (34.7%)	9:27	6.3 (64.9%)
243	ROZENBAJGIER Helena	233	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	6			00:23:20	00:47:20.65	+00:16:26 (34.7%)	9:28	6.3 (64.9%)
244	PACYNA Monika	588		K-Dzieci	9			00:22:46	00:47:22.70	+00:16:28 (34.8%)	9:28	6.3 (64.9%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
245	TOMASZEWSKI Karol	298	KKNW		M-Dzieci	12			00:23:30	00:47:25.85	+00:16:31 (34.8%)	9:29	6.3 (64.9%)
246	CZACHOR Paweł	33	KKNW		M-Dzieci	13			00:23:57	00:47:31.55	+00:16:36 (35.0%)	9:30	6.3 (64.9%)
247	WIATRAK Piotr	361			M30-39	7			00:23:21	00:47:33.05	+00:16:38 (35.0%)	9:30	6.3 (64.9%)
248	PAWLINA Halina	193	KKNW		K45-49	12			00:23:41	00:47:46.05	+00:16:51 (35.3%)	9:33	6.3 (64.9%)
249	TWARDOWSKA Dorota	479			K40-44	10			00:23:58	00:48:00.75	+00:17:06 (35.6%)	9:36	6.2 (63.9%)
250	RÓWIŃSKA Joanna	239	SANTANDER CONSUMER BANK		K30-39	16			00:24:53	00:48:01.20	+00:17:06 (35.6%)	9:36	6.2 (63.9%)
251	RÓWIŃSKA Zuzanna	240	SANTANDER CONSUMER BANK		K-Dzieci	10			00:24:53	00:48:02.95	+00:17:08 (35.7%)	9:36	6.2 (63.9%)
252	GAWROŃSKA Małgorzata	67	GAWRONY		K-Niepełnosprawni(A)	6			00:23:37	00:48:11.50	+00:17:16 (35.9%)	9:38	6.2 (63.9%)
253	RÓG Danuta	237	KOLBUSZOWSKI KLUB NORDIC WALKING		K65-69	8			00:23:52	00:48:25.65	+00:17:31 (36.2%)	9:41	6.2 (63.9%)
254	STĄPOR Lucyna	267	KKNW		K50-54	15			00:24:06	00:48:25.90	+00:17:31 (36.2%)	9:41	6.2 (63.9%)
255	KONIK Mikołaj	114	BIESZCZADZKI KLUB NORDIC WALKING		M-Dzieci	14			00:19:06	00:48:26.00	+00:17:31 (36.2%)	9:41	6.2 (63.9%)
256	JANCZYK Barbara	97	NW TEAM NOWA DĘBA		K65-69	9			00:23:53	00:48:31.95	+00:17:37 (36.3%)	9:42	6.2 (63.9%)
257	WILK Hubert	330	KOLBUSZOWSKI KLUB NORDIC WALKING		M-Jun.	9			00:23:52	00:48:37.30	+00:17:42 (36.4%)	9:43	6.2 (63.9%)
258	GRZYWNA Katarzyna	581	SKS MEDYK		K18-29	19			00:24:53	00:48:39.45	+00:17:44 (36.5%)	9:44	6.2 (63.9%)
259	MAZAN Gabriela	162			K-Dzieci	11			00:26:11	00:49:01.95	+00:18:07 (37.0%)	9:48	6.1 (62.9%)
260	RĄCZKA Mateusz	226			M-Niepełnosprawni(B)	13			00:23:18	00:49:02.00	+00:18:07 (37.0%)	9:48	6.1 (62.9%)
261	GROBELNA Jadwiga	74	KS METRACO POLKOWICE		K-Niepełnosprawni(B)	4			00:23:55	00:49:05.00	+00:18:10 (37.0%)	9:49	6.1 (62.9%)
262	KOCHANOWICZ Gabriella	585			K-Dzieci	12			00:22:46	00:49:45.20	+00:18:50 (37.9%)	9:57	6 (61.9%)
263	WIĄCEK Krystyna	325	KOLBUSZOWSKI KLUB NORDIC WALKING		K65-69	10			00:23:48	00:49:46.40	+00:18:51 (37.9%)	9:57	6 (61.9%)
264	KOLARSKA Nadia	110	VIKING NORDIC TEAM CZĘSTOCHOWA		K-Dzieci	13			00:24:07	00:49:53.50	+00:18:58 (38.0%)	9:58	6 (61.9%)
265	ZARĘBSKI Maciej	565	VIKING NORDIC TEAM CZĘSTOCHOWA		M-Dzieci	15			00:24:19	00:50:01.35	+00:19:06 (38.2%)	10:00	6 (61.9%)
266	ŚLUSARCZYK Danuta	294	WESOŁY BORSUK TEAM		K65-69	11			00:24:24	00:50:03.65	+00:19:09 (38.3%)	10:00	6 (61.9%)
267	ŁOMNICKA-GUT Ewa	144	NW RELAKS ZAGÓRZ		K70+	7			00:26:01	00:50:05.25	+00:19:10 (38.3%)	10:01	6 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
268	STĘPIEŃ Anna	272	SANTANDER CONSUMER BANK	K40-44	11			00:25:09	00:50:05.35	+00:19:10 (38.3%)	10:01	6 (61.9%)
269	PROKOPIEC Bronisława	212	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	8			00:25:09	00:50:14.90	+00:19:20 (38.5%)	10:03	6 (61.9%)
270	JÓŹWIAK Dominik	358	SERCE NORDICA WŁOCŁAWEK	M18-29	8			00:25:18	00:50:16.10	+00:19:21 (38.5%)	10:03	6 (61.9%)
271	CHOJNACKA Agnieszka	30	SANTANDER CONSUMER BANK	K30-39	17			00:24:45	00:50:23.40	+00:19:28 (38.7%)	10:04	6 (61.9%)
272	MAJKOWSKI Szymon	149	SANTANDER CONSUMER BANK	M-Dzieci	16			00:26:36	00:50:28.80	+00:19:34 (38.8%)	10:05	5.9 (60.8%)
273	PIĄTKOWSKA Małgorzata	198	KS METRACO POLKOWICE	K70+	9			00:24:57	00:50:30.85	+00:19:36 (38.8%)	10:06	5.9 (60.8%)
274	MUSKUS Kazimierz	174	KLUB NW 'WŁÓCZYKIJE'	M70+	8			00:24:50	00:50:54.60	+00:19:59 (39.3%)	10:10	5.9 (60.8%)
275	SZYMAŃSKA Emmanuela	291		K65-69	12			00:25:06	00:50:54.65	+00:20:00 (39.3%)	10:10	5.9 (60.8%)
276	CZACHOR Elżbieta	34	KKNW	K55-59	10			00:25:44	00:51:06.90	+00:20:12 (39.5%)	10:13	5.9 (60.8%)
277	DYPA Barbara	51	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	11			00:25:28	00:51:25.95	+00:20:31 (39.9%)	10:17	5.8 (59.8%)
278	TOMASZEWSKA Diana	297	KKNW	K40-44	12			00:25:26	00:51:39.55	+00:20:44 (40.2%)	10:20	5.8 (59.8%)
279	RYCHLIK Fabian	241	FUNDACJA 'W TE PĘDY'	M-Dzieci	17			00:24:50	00:51:44.70	+00:20:50 (40.3%)	10:20	5.8 (59.8%)
280	STĘPIEŃ Alicja	570	SKS MEDYK	K18-29	20			00:24:53	00:51:45.35	+00:20:50 (40.3%)	10:21	5.8 (59.8%)
281	SITO Agata	355		K50-54	16			00:25:29	00:52:04.75	+00:21:10 (40.6%)	10:25	5.8 (59.8%)
282	ZUBER Katarzyna	347		K-Dzieci	14			00:26:19	00:52:05.20	+00:21:10 (40.7%)	10:25	5.8 (59.8%)
283	GNIEWEK Mariola	356		K40-44	13			00:25:31	00:52:05.65	+00:21:11 (40.7%)	10:25	5.8 (59.8%)
284	PODGÓRSKA Julia	206		K-Dzieci	15			00:26:14	00:52:10.50	+00:21:15 (40.8%)	10:26	5.7 (58.8%)
285	OPALIŃSKI Albert	185		M-Dzieci	18			00:24:59	00:52:15.20	+00:21:20 (40.8%)	10:27	5.7 (58.8%)
286	IZDEBSKA Anna	94	SANTANDER CONSUMER BANK	K40-44	14			00:25:25	00:52:15.30	+00:21:20 (40.8%)	10:27	5.7 (58.8%)
287	POPEK Jolanta	567		K40-44	15			00:27:59	00:52:58.85	+00:22:04 (41.7%)	10:35	5.7 (58.8%)
288	PACYKOWSKA Blanka	188	SANTANDER CONSUMER BANK	K-Jun.	19			00:26:20	00:53:07.85	+00:22:13 (41.8%)	10:37	5.6 (57.7%)
289	MACIĄG Wiktoria	145		K-Dzieci	16			00:24:00	00:53:24.30	+00:22:29 (42.1%)	10:40	5.6 (57.7%)
290	SUKIENNIK Alicja	277		K-Dzieci	17			00:25:23	00:53:27.95	+00:22:33 (42.2%)	10:41	5.6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
290	HALAT Nadia	82		K-Dzieci	18			00:25:28	00:53:27.95	+00:22:33 (42.2%)	10:41	5.6 (57.7%)
292	KORYTOWSKI Jakub	120	NW WERWA MŁAWA	M-Dzieci	19			00:19:25	00:53:51.35	+00:22:56 (42.6%)	10:46	5.6 (57.7%)
293	DROP Mieczysław	42		M70+	9			00:27:04	00:53:54.95	+00:23:00 (42.7%)	10:47	5.6 (57.7%)
294	SZOSTAK Edyta	288	SANTANDER CONSUMER BANK	K30-39	18			00:25:43	00:53:57.50	+00:23:02 (42.7%)	10:47	5.6 (57.7%)
295	SZOSTAK Julia	289	SANTANDER CONSUMER BANK	K-Dzieci	19			00:25:45	00:53:57.75	+00:23:03 (42.7%)	10:47	5.6 (57.7%)
296	ŻUBRYD Renata	349	NW RELAKS ZAGÓRZ	K70+	10			00:26:22	00:53:58.80	+00:23:04 (42.7%)	10:47	5.6 (57.7%)
297	WOJDA Alicja	336		K-Dzieci	20			00:26:18	00:54:02.95	+00:23:08 (42.8%)	10:48	5.6 (57.7%)
298	JANCZYK Ryszard	96	NW TEAM NOWA DĘBA	M70+	10			00:34:48	00:54:11.70	+00:23:17 (43.0%)	10:50	5.5 (56.7%)
299	PIASTA Stanisław	197	SANTANDER CONSUMER BANK	M-Dzieci	20			00:26:43	00:54:16.05	+00:23:21 (43.0%)	10:51	5.5 (56.7%)
300	PIASTA Tomasz	196	SANTANDER CONSUMER BANK	M30-39	8			00:26:44	00:54:16.20	+00:23:21 (43.0%)	10:51	5.5 (56.7%)
301	MATUŁA Jakub	365		M-Jun.	10			00:24:13	00:54:16.80	+00:23:22 (43.1%)	10:51	5.5 (56.7%)
302	DUDZIŃSKI Szymon	46	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	21			00:24:13	00:54:17.20	+00:23:22 (43.1%)	10:51	5.5 (56.7%)
303	MAMROŁ Anna	155	SANTANDER CONSUMER BANK	K18-29	21			00:25:04	00:54:21.00	+00:23:26 (43.1%)	10:52	5.5 (56.7%)
304	ORZECHOWSKI Grzegorz	186	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Niepełnosprawni(A)	5			00:25:35	00:54:58.45	+00:24:03 (43.8%)	10:59	5.5 (56.7%)
305	RÓD Natalia	236		K-Dzieci	21			00:26:17	00:55:08.25	+00:24:13 (43.9%)	11:01	5.4 (55.7%)
305	BIAŁEK Julia	14		K-Dzieci	22			00:26:19	00:55:08.25	+00:24:13 (43.9%)	11:01	5.4 (55.7%)
307	RÓG Ola	238		K-Jun.	20			00:26:32	00:55:24.70	+00:24:30 (44.2%)	11:05	5.4 (55.7%)
308	GARBACKA Celina	64	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	13			00:27:06	00:55:58.20	+00:25:03 (44.8%)	11:11	5.4 (55.7%)
309	SIENIAWSKA-MAJKOWSKA Ewelina	251	SANTANDER CONSUMER BANK	K30-39	19			00:28:11	00:56:34.80	+00:25:40 (45.4%)	11:19	5.3 (54.6%)
310	MYĆKA Małgorzata	175	SANTANDER CONSUMER BANK	K30-39	20			00:28:12	00:56:36.45	+00:25:41 (45.4%)	11:19	5.3 (54.6%)
311	MARGAŃSKA Stanisława	160	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	11			00:28:46	00:57:17.30	+00:26:22 (46.0%)	11:27	5.2 (53.6%)
312	TOPOLEWICZ Edward	302		M70+	11			00:28:53	00:57:25.25	+00:26:30 (46.2%)	11:29	5.2 (53.6%)
313	BARŁOWSKA Małgorzata	7	SANTANDER CONSUMER BANK	K40-44	16			00:28:45	00:58:02.20	+00:27:07 (46.7%)	11:36	5.2 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
314	NYLEC Dawid	180	SANTANDER CONSUMER BANK	M30-39	9			00:28:32	00:58:12.50	+00:27:17 (46.9%)	11:38	5.2 (53.6%)
315	BARŁOWSKI Wojciech	8	SANTANDER CONSUMER BANK	M40-44	12			00:28:33	00:58:13.65	+00:27:19 (46.9%)	11:38	5.2 (53.6%)
316	KĘDZIERSKA Edyta	106		K40-44	17			00:28:09	01:01:29.05	+00:30:34 (49.7%)	12:17	4.9 (50.5%)
317	LASOCIŃSKA Ewa	136	KLUB NW 'WŁÓCZYKIJĘ'	K70+	12			00:21:07	01:10:38.85	+00:39:44 (56.2%)	14:07	4.2 (43.3%)
318	TRĘTOWICZ Beata	305	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	13			00:22:05	01:12:36.05	+00:41:41 (57.4%)	14:31	4.1 (42.3%)
319	SERAFIN Cyprian	250		M- Niepełnosprawni(B)	14			00:25:44		+00:10:34	10:17	5.8 (59.8%)
320	MAJEWSKA Małgorzata	362		K30-39	21			00:26:10		+00:11:00	10:28	5.7 (58.8%)
321	GARBACKI Józef	65	KOLBUSZOWSKI KLUB NORDIC WALKING	M70+	12			00:28:50		+00:13:40	11:32	5.2 (53.6%)
322	SKIBA Patrycja	257		K- Niepełnosprawni(B)	5			00:29:03		+00:13:52	11:37	5.2 (53.6%)
323	MAZUR Natalia	163		K-Jun.	21							(0.0%)
324	MIŚTURA Karol	171		M-Dzieci	22							(0.0%)
325	MOCZARSKI Adam	172	FOR	M- Niepełnosprawni(B)	15							(0.0%)
326	MICHALCZYK Szymon	385		M-Dzieci	23							(0.0%)
	SITARZ Urszula	363		K50-54				00:30:41 DNF	DNF		-	- (0.0%)
	LIPA Alicja	142	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69				00:31:00 DNF	DNF		-	- (0.0%)
	CHMIELOWIEC Marek	360		M60-64				00:31:03 DNF	DNF		-	- (0.0%)
	CHODOROWSKA Zenona	29	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69				00:31:04 DNF	DNF		-	- (0.0%)
	PLIS Hubert	203		M- Niepełnosprawni(B)				DNF	DNF		-	- (0.0%)

Znaleziono 331 wynik(ów)