



INWA NW EUROPEAN CHAMPIONSHIPS - 5KM

B4SPORT

Wydarzenie: INWA Nordic Walking European Championships 2023
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-09-02
Miejsce: Jedlińsk
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	275	POLSKA	M18-34	1			00:28:20.15		5:40	10.6 (100%)
2	ALVAREZ BORRAS Ramon	164	CLUB ATLETISMO MARATHON CREVILLEN	M40-44	1			00:29:14.25	+00:00:54 (3.1%)	5:50	10.3 (97.2%)
3	ORDZOWIAŁY Piotr	263	POLSKA	M55-59	1	1		00:29:35.60	+00:01:15 (4.2%)	5:55	10.1 (95.3%)
4	STĘPAK Piotr	306	POLAND	M18-34	2	1		00:29:57.45	+00:01:37 (5.4%)	5:59	10 (94.3%)
5	NIEPOKÓJ Radosław	257	K.S VIKTORIA POTĘGOWO	M35-39	1	1		00:30:05.10	+00:01:44 (5.8%)	6:01	10 (94.3%)
6	SZAMOTULSKI Henryk	312		M45-49	1			00:30:27.35	+00:02:07 (7.0%)	6:05	9.9 (93.4%)
7	KUŹMICZ Adam	236	POLIPACK TEAM GWE	M40-44	2			00:30:54.60	+00:02:34 (8.3%)	6:10	9.7 (91.5%)
8	CYRUS Bogdan	182		M50-54	1	1		00:30:59.80	+00:02:39 (8.6%)	6:11	9.7 (91.5%)
9	SOSNOWSKA Agnieszka	301	POLSKA	K35-39	1			00:31:36.65	+00:03:16 (10.4%)	6:19	9.5 (89.6%)
10	ROŻYNEK Miron	287		M60-64	1			00:31:38.30	+00:03:18 (10.4%)	6:19	9.5 (89.6%)
11	ROMANOWSKI Daniel	285		M18-34	3			00:31:40.85	+00:03:20 (10.6%)	6:20	9.5 (89.6%)
12	ZDANOWICZ Arkadiusz	286	POLSKA	M45-49	2			00:32:06.40	+00:03:46 (11.7%)	6:25	9.3 (87.7%)
13	KUBISZYN Małgorzata	233	K.S. VICTORIA POTĘGOWO	K35-39	2			00:32:16.25	+00:03:56 (12.2%)	6:27	9.3 (87.7%)
14	NOSAL Marek	259		M50-54	2			00:32:26.50	+00:04:06 (12.7%)	6:29	9.2 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto		Tempo min/km	Tempo km/h
								5km	Różn		
15	WILUSZ Erwina	337	POLSKA	K35-39	3			00:32:41.70	+00:04:21 (13.3%)	6:32	9.2 (86.8%)
16	KABATA Jarosław	215	POLSKA	M50-54	3			00:32:48.45	+00:04:28 (13.6%)	6:33	9.1 (85.8%)
17	WOJTASIŃSKI Daniel	341	NORDIC TEAM CZĘSTOCHOWA	M45-49	3			00:32:49.25	+00:04:29 (13.7%)	6:33	9.1 (85.8%)
18	MAŁKA Marian	245		M60-64	2			00:32:59.95	+00:04:39 (14.1%)	6:35	9.1 (85.8%)
19	JAGIEŁA Paweł	212		M18-34	4			00:33:03.60	+00:04:43 (14.3%)	6:36	9.1 (85.8%)
20	ZABŁOCKI Karol	344	FIRE WINGS NW TEAM	M35-39	2			00:33:08.90	+00:04:48 (14.5%)	6:37	9.1 (85.8%)
21	PACYNA Piotr	186		M40-44	3	2		00:33:14.00	+00:04:53 (14.7%)	6:38	9 (84.9%)
22	PYTLAK Artur	279	RAWIMEX	M50-54	4			00:33:15.70	+00:04:55 (14.8%)	6:39	9 (84.9%)
23	LUDWICZAK Andżelika	241	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:33:18.20	+00:04:58 (14.9%)	6:39	9 (84.9%)
24	HAŁAS Marcin	205		M35-39	3			00:33:21.95	+00:05:01 (15.1%)	6:40	9 (84.9%)
25	FRAĆKOWIAK Roman	193	NORDIC SPORT 2021	M55-59	2			00:33:22.00	+00:05:01 (15.1%)	6:40	9 (84.9%)
26	BIELECKA Zuzanna	169	K.S. VICTORIA POTĘGOWO	K40-44	1			00:33:47.70	+00:05:27 (16.2%)	6:45	8.9 (84.0%)
27	ZALISKO Oksana	345	KARPAATIJA	K65-69	1			00:34:01.75	+00:05:41 (16.7%)	6:48	8.8 (83.0%)
28	TEREŠTŠENKOV Aleksei	329	U-CLUB	M60-64	3			00:34:09.20	+00:05:49 (17.0%)	6:49	8.8 (83.0%)
29	BREWKA Joachim	175	NORDIC SPORT 2021	M55-59	3	2		00:34:13.95	+00:05:53 (17.2%)	6:50	8.8 (83.0%)
30	PUKSZTA Krzysiek	277	WESOŁY BORSUK TEAM	M40-44	4			00:34:19.45	+00:05:59 (17.4%)	6:51	8.7 (82.1%)
31	KARPIENIA Ewa	218	K.S. VICTORIA POTĘGOWO	K50-54	1			00:34:20.90	+00:06:00 (17.5%)	6:52	8.7 (82.1%)
32	MAŚLANKA Iwona	248	NORDIC SPORT 2021	K50-54	2			00:34:21.75	+00:06:01 (17.5%)	6:52	8.7 (82.1%)
33	KRAKOWSKI Jerzy Piotr	231	PTG SOKÓŁ 1893 MIELEC	M60-64	4			00:34:25.80	+00:06:05 (17.7%)	6:53	8.7 (82.1%)
34	RAGOZINA Tetiana	276	KARPATIA	K55-59	1			00:34:34.15	+00:06:14 (18.0%)	6:54	8.7 (82.1%)
35	SOKOŁOWSKI Marek	300	PTG SOKÓŁ RYMANÓW	M55-59	4			00:34:38.30	+00:06:18 (18.2%)	6:55	8.7 (82.1%)
36	HELWICH Stefan	208	KGHMMETRACOPOLKOWICE	M65-69	1			00:34:39.15	+00:06:19 (18.2%)	6:55	8.7 (82.1%)
37	RADZIMSKI Karol	281		M65-69	2			00:34:40.50	+00:06:20 (18.3%)	6:56	8.7 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto		Tempo min/km	Tempo km/h
								5km	Różn		
38	SANIUK Edward	292	FACE NORDIC WALKING TEAM	M70-74	1			00:34:40.90	+00:06:20 (18.3%)	6:56	8.7 (82.1%)
39	KNAPCZYK-KANIA Gabriela	223	PRUSZYŃSKI SPORT TEAM, WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO	K45-49	2			00:34:42.95	+00:06:22 (18.4%)	6:56	8.6 (81.1%)
40	POSIKATA Joanna	274		K45-49	3			00:34:44.20	+00:06:24 (18.4%)	6:56	8.6 (81.1%)
41	GRABEREC Ivan	200		M55-59	5			00:34:44.55	+00:06:24 (18.4%)	6:56	8.6 (81.1%)
42	LABUS Marzena	238	POLSKA	K35-39	4			00:34:54.50	+00:06:34 (18.8%)	6:58	8.6 (81.1%)
43	HRYCIUK Teresa	209	KS VICTORIA POTĘGOWO	K60-64	1			00:35:02.10	+00:06:41 (19.1%)	7:00	8.6 (81.1%)
44	KONIK Mikołaj	225	BIESZCZADZKI KLUB NORDIC WALKING	M14-17	1	2		00:35:07.05	+00:06:46 (19.3%)	7:01	8.5 (80.2%)
45	SITTEK Agnieszka	297	CHODZĘ W KATO	K40-44	2			00:35:07.75	+00:06:47 (19.3%)	7:01	8.5 (80.2%)
46	BASSO Daniela	168	NORDIC WALKING COMO	K60-64	2			00:35:10.95	+00:06:50 (19.5%)	7:02	8.5 (80.2%)
47	STEFANIAK Krzysztof	305	KATOWICKI NORDIC WALKING	M65-69	3			00:35:13.70	+00:06:53 (19.6%)	7:02	8.5 (80.2%)
48	ADAMCZYK Adam	61	K.S. VICTORIA POTĘGOWO	M70-74	2			00:35:14.40	+00:06:54 (19.6%)	7:02	8.5 (80.2%)
49	CHRUŚCIEL-ORGANISTA Żanetta	69	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:35:20.05	+00:06:59 (19.8%)	7:04	8.5 (80.2%)
50	OŠTRIČ Igor	264		M60-64	5			00:35:32.65	+00:07:12 (20.3%)	7:06	8.4 (79.2%)
51	OKRZESIK-FRĄCKOWIAK Izabela	260	NORDIC SPORT 2021	K55-59	2			00:35:34.90	+00:07:14 (20.4%)	7:06	8.4 (79.2%)
52	DĄBROWSKA Magdalena	185	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	4	1		00:35:37.60	+00:07:17 (20.5%)	7:07	8.4 (79.2%)
53	MALICKI Hubert	244		M45-49	4			00:35:43.45	+00:07:23 (20.7%)	7:08	8.4 (79.2%)
54	SAWICKA Marta	295	K.S. VICTORIA POTĘGOWO	K50-54	4			00:35:44.65	+00:07:24 (20.7%)	7:08	8.4 (79.2%)
55	HRYCIUK Waldemar	210	KS VICTORIA POTĘGOWO	M65-69	4			00:35:55.75	+00:07:35 (21.1%)	7:11	8.4 (79.2%)
56	KRAJEWSKA Hanna	230	KS KIJOMANIACY CHODZIEŻ	K18-34	1	1		00:36:04.70	+00:07:44 (21.5%)	7:12	8.3 (78.3%)
57	MIHELAC Juraj	252		M40-44	5			00:36:27.30	+00:08:07 (22.3%)	7:17	8.2 (77.4%)
58	OLEJNIK Przemek	261		M50-54	5			00:36:48.70	+00:08:28 (23.0%)	7:21	8.2 (77.4%)
59	KOSOWICZ Piotr	228	UNIwersytet RZESZOWSKI	M18-34	5	1		00:37:00.10	+00:08:39 (23.4%)	7:24	8.1 (76.4%)
60	LACHNIK Hubert	240		M70-74	3			00:37:00.30	+00:08:40 (23.4%)	7:24	8.1 (76.4%)

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61	SZPUNAR Mariusz	318	Z NURTEM SAWY NW CLUB	M50-54	6			00:37:10.15	+00:08:50 (23.8%)	7:26	8.1 (76.4%)
62	WITUCKA Karolina	339	K.S. VICTORIA POTĘGOWO	K14-17	1			00:37:15.60	+00:08:55 (24.0%)	7:27	8.1 (76.4%)
63	ŚLUSARCZYK Grzegorz	325	WESOŁY BORSUK TEAM	M45-49	5			00:37:25.60	+00:09:05 (24.3%)	7:29	8 (75.5%)
64	PODSIADŁY Stanisław	270	K.S. VICTORIA POTĘGOWO	M65-69	5			00:37:34.55	+00:09:14 (24.6%)	7:30	8 (75.5%)
65	MUSULIN Stjepan	256		M55-59	6			00:37:35.45	+00:09:15 (24.6%)	7:31	8 (75.5%)
66	STRUSKA Milena	310	TUPTUŚ OTWOCK	K40-44	3			00:37:39.25	+00:09:19 (24.7%)	7:31	8 (75.5%)
67	CZARNOTA Andrzej	183	Z NURTEM SAWY NW KLUB	M65-69	6			00:37:39.55	+00:09:19 (24.8%)	7:31	8 (75.5%)
68	TOMCZYK Edward	333	ZIELONE GROSZKI POZNAŃ	M75-79	1			00:37:47.60	+00:09:27 (25.0%)	7:33	7.9 (74.5%)
69	HARENDA Dawid	207		M8-13	1			00:37:50.65	+00:09:30 (25.1%)	7:34	7.9 (74.5%)
70	ŻYTKOWSKI Andrzej	313	POLSKA	M60-64	6			00:38:01.70	+00:09:41 (25.5%)	7:36	7.9 (74.5%)
71	STANKIEWICZ Wojciech	303	WKZ KOZIENICE BBL	M60-64	7			00:38:01.85	+00:09:41 (25.5%)	7:36	7.9 (74.5%)
72	BREW CZYŃSKI Marcin	174	NW CZĘLAPSKI TEAM	M35-39	4			00:38:06.10	+00:09:45 (25.6%)	7:37	7.9 (74.5%)
73	GRYGOROWICZ Bogdan	204	KGHM METRACO POLKOWICE	M70-74	4			00:38:16.65	+00:09:56 (26.0%)	7:39	7.8 (73.6%)
74	SPUNGIS Andris	302		M75-79	2			00:38:19.45	+00:09:59 (26.1%)	7:39	7.8 (73.6%)
75	RUSINOWICZ Andrzej	288	FABRYKA NORDICA TRZCIANKA	M75-79	3			00:38:21.60	+00:10:01 (26.1%)	7:40	7.8 (73.6%)
76	POLAK Łukasz	271	OBORYGENI	M40-44	6			00:38:24.60	+00:10:04 (26.2%)	7:40	7.8 (73.6%)
77	KUŹMICZ Dominik	237	POLIPACK TEAM GWE	M14-17	2			00:38:29.30	+00:10:09 (26.4%)	7:41	7.8 (73.6%)
78	BRUNOVIČ-ČONDIČ Melita	176		K45-49	5	1		00:38:34.50	+00:10:14 (26.5%)	7:42	7.8 (73.6%)
79	PUSTUŁ Julia	278		K18-34	2	1		00:38:42.10	+00:10:21 (26.8%)	7:44	7.8 (73.6%)
80	FILIPOWICZ Krzysztof	190	SYMPATYK „WILKI”	M60-64	8			00:38:43.25	+00:10:23 (26.8%)	7:44	7.7 (72.6%)
81	SZENDZIELORZ Ilona	316	MALINOWE GWIAZDY	K65-69	2			00:38:43.80	+00:10:23 (26.8%)	7:44	7.7 (72.6%)
82	GAŁKOWSKA Elżbieta	195		K65-69	3			00:38:44.60	+00:10:24 (26.9%)	7:44	7.7 (72.6%)
83	JAWORSKA Edyta	214		K45-49	6			00:38:46.20	+00:10:26 (26.9%)	7:45	7.7 (72.6%)

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84	SZEWCZYK Hanna	317	TORUŃ-IDZIEMY BEZ RYZYKA	K60-64	3			00:38:48.10	+00:10:27 (27.0%)	7:45	7.7 (72.6%)
85	SZYBUT Weronika	320	POTĘGA NORDICA	K14-17	2			00:38:49.75	+00:10:29 (27.0%)	7:45	7.7 (72.6%)
86	SKRZAŃTEK Lucyna	57		K50-54	5			00:38:50.85	+00:10:30 (27.1%)	7:46	7.7 (72.6%)
87	VUKIĆEVIĆ Daniel	334		M18-34	6			00:38:59.60	+00:10:39 (27.3%)	7:47	7.7 (72.6%)
88	ROMANOWSKA Eliza	284	KGHM METRACO POLKOWICE	K8-13	1			00:39:13.65	+00:10:53 (27.8%)	7:50	7.6 (71.7%)
89	POLAK Marcel	272	OBORYGENI	M8-13	2			00:39:17.80	+00:10:57 (27.9%)	7:51	7.6 (71.7%)
90	RZEPECKI Sławomir	291		M50-54	7			00:39:21.40	+00:11:01 (28.0%)	7:52	7.6 (71.7%)
91	BUDNY Franciszek	177		M8-13	3			00:39:35.30	+00:11:15 (28.4%)	7:55	7.6 (71.7%)
92	GABRYCHOWICZ Bartosz	194	UNIWERSYTET RZESZOWSKI	M18-34	7			00:39:40.35	+00:11:20 (28.6%)	7:56	7.6 (71.7%)
93	LUTEK Karolina	242		K45-49	7			00:39:40.80	+00:11:20 (28.6%)	7:56	7.6 (71.7%)
94	KELLER Iwona	219	NW CZĘLPSKI TEAM	K60-64	4			00:39:41.95	+00:11:21 (28.6%)	7:56	7.6 (71.7%)
95	KUŁAKOWSKA Halina	342	DRUŻYNA SMA	K45-49	8			00:39:45.80	+00:11:25 (28.7%)	7:57	7.5 (70.8%)
96	KISIELEWICZ Zofia	220	KGHM METRACO POLKOWICE	K14-17	3			00:39:46.60	+00:11:26 (28.8%)	7:57	7.5 (70.8%)
97	KOŁODZIEJ Rafał	224	UNIWERSYTET RZESZOWSKI	M18-34	8	1		00:39:46.75	+00:11:26 (28.8%)	7:57	7.5 (70.8%)
98	SOKAČ Vesna	299		K60-64	5			00:39:49.25	+00:11:29 (28.8%)	7:57	7.5 (70.8%)
99	ŠIRKAITĖ Monika	296	LIETUVOS ŠIAURIETIŠKOJO ĖJIMO ASOCIACIJA	K18-34	3			00:39:51.55	+00:11:31 (28.9%)	7:58	7.5 (70.8%)
100	WIŚNIEWSKI Julian	338	NW CZĘLPSKI TEAM	M8-13	4			00:40:13.80	+00:11:53 (29.6%)	8:02	7.5 (70.8%)
101	BOSNA VUKIĆEVIČ Lada	173		K55-59	3			00:40:14.75	+00:11:54 (29.6%)	8:02	7.5 (70.8%)
102	STIPAN Katarina	308		K40-44	4			00:40:39.35	+00:12:19 (30.3%)	8:07	7.4 (69.8%)
103	FILIPOWICZ Teresa	191	'WILKI'	K55-59	4			00:40:55.25	+00:12:35 (30.8%)	8:11	7.3 (68.9%)
104	NOSAL Bronisław	258		M75-79	4			00:41:02.95	+00:12:42 (31.0%)	8:12	7.3 (68.9%)
105	PLICHCIŃSKA Małgorzata	268	EKONOMIK MOKOTÓW	K45-49	9			00:41:16.45	+00:12:56 (31.3%)	8:15	7.3 (68.9%)
106	KLOCEK Jagoda	222	KGHM METRACO POLKOWICE	K14-17	4	1		00:41:16.80	+00:12:56 (31.4%)	8:15	7.3 (68.9%)

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107	HANUS Joanna	206	PASJONAUCI KROSNO	K35-39	5			00:41:33.25	+00:13:13 (31.8%)	8:18	7.2 (67.9%)
108	JANKOWSKI Oskar	213	KGHM METRACO POLKOWICE	M14-17	3			00:41:33.80	+00:13:13 (31.8%)	8:18	7.2 (67.9%)
109	RAUKŠTIENĖ Aurelija	282	LIETUVOS ŠIAURIETIŠKOJO ĖJIMO ASOCIACIJA	K35-39	6			00:41:38.40	+00:13:18 (32.0%)	8:19	7.2 (67.9%)
110	GRYGOROWICZ Teresa	203	KGHM METRACO POLKOWICE	K70-74	1			00:41:41.35	+00:13:21 (32.0%)	8:20	7.2 (67.9%)
111	STARZYK Radosław	304		M18-34	9			00:41:42.90	+00:13:22 (32.1%)	8:20	7.2 (67.9%)
112	BARTOSZEK Mateusz	167	UNIWERSYTETRZESZOWSKI	M18-34	10			00:41:44.65	+00:13:24 (32.1%)	8:20	7.2 (67.9%)
113	BUDNY Stanisław	178		M14-17	4			00:41:45.80	+00:13:25 (32.2%)	8:21	7.2 (67.9%)
114	RIZZI Giorgio	283	NORDIC WALKING COMO	M65-69	7			00:41:52.80	+00:13:32 (32.3%)	8:22	7.2 (67.9%)
115	TARNAWSKA Liliana	328		K18-34	4			00:41:52.90	+00:13:32 (32.3%)	8:22	7.2 (67.9%)
116	ZDANOWICZ Marta	346		K45-49	10			00:41:53.20	+00:13:33 (32.4%)	8:22	7.2 (67.9%)
117	DURDEVIČ Ivana	189		K18-34	5			00:41:58.95	+00:13:38 (32.5%)	8:23	7.1 (67.0%)
118	LACHNIK Grazyna	239		K50-54	6			00:41:59.05	+00:13:38 (32.5%)	8:23	7.1 (67.0%)
119	KULIEŠIENĖ Ieva	235		K18-34	6			00:42:07.05	+00:13:46 (32.7%)	8:25	7.1 (67.0%)
120	CZARNOTA Wanda	184	Z NURTEM SAWY NW KLUB	K60-64	6			00:42:09.65	+00:13:49 (32.8%)	8:25	7.1 (67.0%)
121	DOLATOWSKA Elżbieta	187	K.S. VICTORIA POTĘGOWO	K60-64	7			00:42:10.75	+00:13:50 (32.8%)	8:26	7.1 (67.0%)
122	RZEPECKI Wiesław	290		M65-69	8			00:42:14.90	+00:13:54 (32.9%)	8:26	7.1 (67.0%)
123	THOMALLA Bogdan	331	NORDIC SPORT 2021	M+80	1			00:42:15.25	+00:13:55 (32.9%)	8:27	7.1 (67.0%)
124	TOCZKO Jarosław	332		M55-59	7	1		00:42:21.90	+00:14:01 (33.1%)	8:28	7.1 (67.0%)
125	MATUSZAK Sandra	249	KGHM METRACO POLKOWICE	K14-17	5			00:42:29.55	+00:14:09 (33.3%)	8:29	7.1 (67.0%)
126	PODORSKI Roman	269	STG TARNÓW	M+80	2			00:42:31.40	+00:14:11 (33.4%)	8:30	7.1 (67.0%)
127	KLOCEK Anna	221		K18-34	7			00:42:33.90	+00:14:13 (33.4%)	8:30	7.1 (67.0%)
128	ADAMOWICZ Andrzej	163		M75-79	5			00:42:38.95	+00:14:18 (33.6%)	8:31	7 (66.0%)
129	KONKIEL Dominik	226	KGHM METRACO POLKOWICE	M14-17	5			00:42:53.60	+00:14:33 (33.9%)	8:34	7 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	GOLECKA Agnieszka	199		K45-49	11			00:42:58.40	+00:14:38 (34.1%)	8:35	7 (66.0%)
131	SŁOWIK Stanisław	349	KGHM METRACO POLKOWICE	M8-13	5			00:43:08.65	+00:14:48 (34.3%)	8:37	7 (66.0%)
132	KRAKOWSKI Igor	232	PTG SOKÓŁ 1893 MIELEC	M8-13	6			00:43:11.25	+00:14:51 (34.4%)	8:38	6.9 (65.1%)
133	KARCZMARSKI Krzysztof	216		M65-69	9			00:43:14.90	+00:14:54 (34.5%)	8:38	6.9 (65.1%)
134	KOWALSKI Mirosław	229	GRYF NORDIC WALKING	M65-69	10			00:43:16.75	+00:14:56 (34.5%)	8:39	6.9 (65.1%)
135	MISIUK Jagoda	253	UNIWERSYTET RZESZOWSKI	K18-34	8			00:43:36.80	+00:15:16 (35.0%)	8:43	6.9 (65.1%)
136	STOLARCZYK Justyna	309	POZYTYWNI DOBRE MIASTO	K50-54	7			00:43:40.95	+00:15:20 (35.1%)	8:44	6.9 (65.1%)
137	ŁUCZAJ Beata	243		K50-54	8			00:43:59.25	+00:15:39 (35.6%)	8:47	6.8 (64.2%)
138	PIĄTKOWSKI Józef	311	KGHM METRACO POLKOWICE	M75-79	6			00:44:09.55	+00:15:49 (35.8%)	8:49	6.8 (64.2%)
139	SARNOWSKA Aniela	293	KGHM METRACO POLKOWICE	K14-17	6			00:44:15.75	+00:15:55 (36.0%)	8:51	6.8 (64.2%)
140	CWIRKO-GODYCKI Wojciech	350	KGHM METRACO POLKOWICE	M8-13	7			00:44:15.85	+00:15:55 (36.0%)	8:51	6.8 (64.2%)
141	BŁĄDEK Jolanta	172	ZAWSZE MŁODZI NORDIC WALKING ŁÓDŹ	K75-79	1			00:44:17.55	+00:15:57 (36.0%)	8:51	6.8 (64.2%)
142	BARTOSZEK Aleksandra	166		K18-34	9			00:45:05.50	+00:16:45 (37.2%)	9:01	6.7 (63.2%)
143	ANGIELCZYK Małgorzata	165	ZIELONE GROSZKI POZNAN	K70-74	2			00:45:12.85	+00:16:52 (37.3%)	9:02	6.6 (62.3%)
144	ORCZYK Michał	262	UNIWERSYTET RZESZOWSKI	M18-34	11			00:45:41.95	+00:17:21 (38.0%)	9:08	6.6 (62.3%)
145	WORONKO-ZACZYŃSKA Janina	343	KGHM METRACO POLKOWICE	K75-79	2			00:45:42.35	+00:17:22 (38.0%)	9:08	6.6 (62.3%)
146	MAZUR Michał	250		M50-54	8			00:45:45.20	+00:17:25 (38.1%)	9:09	6.6 (62.3%)
147	BŁĄDEK Witold	171	ZAWSZE MŁODZI NORDIC WALKING ŁÓDŹ	M75-79	7			00:45:47.40	+00:17:27 (38.1%)	9:09	6.6 (62.3%)
148	PANKIEWICZ-DMOWSKA Cecylia	266	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	3			00:45:55.15	+00:17:35 (38.3%)	9:11	6.5 (61.3%)
149	ADAMIUK Julia	162		K18-34	10			00:46:16.65	+00:17:56 (38.8%)	9:15	6.5 (61.3%)
150	GLAC Agata	198	UNIWERSYTET RZESZOWSKI	K18-34	11			00:46:17.05	+00:17:56 (38.8%)	9:15	6.5 (61.3%)
151	CHOJECKA Małgorzata	180		K45-49	12	2		00:46:56.10	+00:18:35 (39.6%)	9:23	6.4 (60.4%)
152	SZAWAN Rafał	314		M18-34	12			00:47:27.55	+00:19:07 (40.3%)	9:29	6.3 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	RADZIK Jakub	280		M18-34	13			00:47:29.80	+00:19:09 (40.3%)	9:29	6.3 (59.4%)
154	TEREŠTŠENKOVA Veera	330	U-CLUB	K60-64	8			00:48:02.30	+00:19:42 (41.0%)	9:36	6.2 (58.5%)
155	SARNOWSKI Marcel	294	KGHM METRACO POLKOWICE	M14-17	6			00:48:18.50	+00:19:58 (41.3%)	9:39	6.2 (58.5%)
156	KOPEĆ Karolina	227		K18-34	12			00:48:35.50	+00:20:15 (41.7%)	9:43	6.2 (58.5%)
157	BISKUP Marta	170		K18-34	13			00:48:37.15	+00:20:17 (41.7%)	9:43	6.2 (58.5%)
158	GRODZKI Mikołaj	202		M18-34	14			00:48:40.60	+00:20:20 (41.8%)	9:44	6.2 (58.5%)
159	BUSZKO Jerzy	179		M18-34	15			00:48:40.95	+00:20:20 (41.8%)	9:44	6.2 (58.5%)
160	GASIŃSKA Halina	196	GRUPA WILKI	K65-69	4			00:48:44.00	+00:20:23 (41.9%)	9:44	6.2 (58.5%)
161	LISTWAN Klaudia	348	KGHM METRACO POLKOWICE	K14-17	7			00:48:49.55	+00:20:29 (42.0%)	9:45	6.1 (57.5%)
162	OWCZAREK Henryka	265	ZIELONE GROSZKI POZNAŃ	K75-79	4			00:49:10.20	+00:20:50 (42.4%)	9:50	6.1 (57.5%)
163	WAZ Dorota	335	UNIWERSYTET RZESZOWSKI	K18-34	14			00:50:24.85	+00:22:04 (43.8%)	10:04	6 (56.6%)
164	PELCZAR Rafał	267		M18-34	16			00:50:34.90	+00:22:14 (44.0%)	10:06	5.9 (55.7%)
165	SZYBUT Roma	319	POTĘGA NORDICA	K40-44	5			00:50:42.50	+00:22:22 (44.1%)	10:08	5.9 (55.7%)
166	MROWIEC Maria	255	UTW BYTOM	K+80	1			00:50:50.35	+00:22:30 (44.3%)	10:10	5.9 (55.7%)
167	GASIŃSKI Janusz	197		M65-69	11			00:51:07.00	+00:22:46 (44.6%)	10:13	5.9 (55.7%)
168	JACENKO Julia	211	KGHM METRACO POLKOWICE	K8-13	2			00:51:36.65	+00:23:16 (45.1%)	10:19	5.8 (54.7%)
169	ŚLUSARCZYK Błażej	326	WESOŁY BORSUK TEAM	M8-13	8			00:52:00.15	+00:23:40 (45.5%)	10:24	5.8 (54.7%)
170	SZYBUT Milena	321	POTĘGA NORDICA	K8-13	3			00:52:36.85	+00:24:16 (46.1%)	10:31	5.7 (53.8%)

Znaleziono 170 wynik(ów)