



IV GÓRSKIE OTWARTE MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - 5KM - 3/6

B4SPORT

Wydarzenie: IV Otwarte Górskie Mistrzostwa Polski Nordic Walking - 5km i 10km
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2024-07-06
Miejsce: Polanica-Zdrój
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	MARCZAK Tomasz	149	K.S. VICTORIA POTĘGOWO	M18-29	1			00:32:04.10		6:24	9.4 (100%)
2	STĘPAK Piotr	190	K.S. VICTORIA POTĘGOWO	M30-39	1			00:32:17.30	+00:00:13 (0.7%)	6:27	9.3 (98.9%)
3	CYRUS Bogdan	83		M50-54	1	1		00:32:52.85	+00:00:48 (2.5%)	6:34	9.1 (96.8%)
4	ORDZOWIAŁY Piotr	161		M55-59	1			00:33:15.65	+00:01:11 (3.6%)	6:39	9 (95.7%)
5	ZDANOWICZ Arkadiusz	221	K.S. VICTORIA POTĘGOWO	M45-49	1			00:33:29.90	+00:01:25 (4.3%)	6:41	9 (95.7%)
6	ROMANOWSKI Daniel	176	KATOWICKI NORDIC WALKING	M18-29	2			00:34:47.05	+00:02:42 (7.8%)	6:57	8.6 (91.5%)
7	KARPIENIA Ewa	120	K.S. VICTORIA POTĘGOWO	K55-59	1	1		00:36:08.45	+00:04:04 (11.3%)	7:13	8.3 (88.3%)
8	LUDWICZAK Andżelika	145	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:36:09.95	+00:04:05 (11.3%)	7:13	8.3 (88.3%)
9	MAŁKA Marian	228	NORDIC SPORT 2021	M65-69	1			00:36:13.10	+00:04:09 (11.5%)	7:14	8.3 (88.3%)
10	DĄBROWSKA Magdalena	87	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	2			00:36:18.00	+00:04:13 (11.7%)	7:15	8.3 (88.3%)
11	KRAWĘTEK Agnieszka	246	NW BĘŁCHATÓW	K50-54	1			00:36:31.95	+00:04:27 (12.2%)	7:18	8.2 (87.2%)
12	ŚLUSARCZYK Marcin	202	WESOŁY BORSUK TEAM	M45-49	2			00:36:43.40	+00:04:39 (12.7%)	7:20	8.2 (87.2%)
13	FRAĆKOWIAK Roman	100	NORDIC SPORT 2021	M55-59	2			00:36:47.30	+00:04:43 (12.8%)	7:21	8.2 (87.2%)

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14	MROZIŃSKI Tadeusz	156	NORDIC SPORT 2021	M55-59	3			00:36:59.50	+00:04:55 (13.3%)	7:23	8.1 (86.2%)
15	JUREK Adam	116	KGHM METRACO	M60-64	1			00:37:11.05	+00:05:06 (13.8%)	7:26	8.1 (86.2%)
16	GUDZIO Maciej	107	NORDIC WALKING KIEKRZ POLAND	M55-59	4			00:37:18.45	+00:05:14 (14.0%)	7:27	8 (85.1%)
17	RECZULSKI Mariusz	175	SMS EFEKT CZĘSTOCHOWA	M55-59	5	1		00:37:19.30	+00:05:15 (14.1%)	7:27	8 (85.1%)
18	PYTLAK Artur	174	RAWIMEX	M- Niepełnosprawni(A)	1			00:37:20.75	+00:05:16 (14.1%)	7:28	8 (85.1%)
19	PASIERB Marek	162	K.S. VICTORIA POTĘGOWO	M70-74	1			00:37:56.05	+00:05:51 (15.5%)	7:35	7.9 (84.0%)
20	DANIELSKI Waldemar	86	K.S. VICTORIA POTĘGOWO	M60-64	2			00:38:07.50	+00:06:03 (15.9%)	7:37	7.9 (84.0%)
21	DUSZEŃKO Zygmunt	96		M- Niepełnosprawni(A)	2			00:38:11.45	+00:06:07 (16.0%)	7:38	7.9 (84.0%)
22	DUDZIEC Tomasz	95	ZWINNE PATYCZAKI	M30-39	2			00:38:18.85	+00:06:14 (16.3%)	7:39	7.8 (83.0%)
23	MAŚLANKA Iwona	150	NORDIC SPORT 2021	K50-54	2			00:38:23.10	+00:06:19 (16.5%)	7:40	7.8 (83.0%)
24	PUKSZTA Krzysztof	173	WESOŁY BORSUK TEAM	M40-44	1			00:38:35.35	+00:06:31 (16.9%)	7:43	7.8 (83.0%)
25	KRAKOWSKI Jerzy Piotr	136	PTG SOKÓŁ 1893 MIELEC	M60-64	3			00:38:38.05	+00:06:33 (17.0%)	7:43	7.8 (83.0%)
26	STRABEL Wojciech	194	NORDIC WALKING - ŚREM	M- Niepełnosprawni(A)	3			00:39:01.90	+00:06:57 (17.8%)	7:48	7.7 (81.9%)
27	MATECKI Ryszard	151	KGHM METRACO	M75-79	1			00:39:07.60	+00:07:03 (18.0%)	7:49	7.7 (81.9%)
28	LIPIECKA Małgorzata	143	OBORYGENI	K45-49	3			00:39:16.00	+00:07:11 (18.3%)	7:51	7.6 (80.9%)
29	BICAN Tomas	227		M40-44	2			00:39:34.30	+00:07:30 (19.0%)	7:54	7.6 (80.9%)
30	STANISŁAWSKI Jan	185	NORDIC WALKING KIEKRZ POLAND	M65-69	2			00:39:36.05	+00:07:31 (19.0%)	7:55	7.6 (80.9%)
31	SONDEL Mieczysław	181		M65-69	3			00:39:38.55	+00:07:34 (19.1%)	7:55	7.6 (80.9%)
32	BIELECKA Zuzanna	79	K.S. VICTORIA POTĘGOWO	K40-44	1			00:39:44.20	+00:07:40 (19.3%)	7:56	7.6 (80.9%)
33	LACHNIK Hubert	142	NORDIC SPORT 2021	M70-74	2			00:39:49.35	+00:07:45 (19.5%)	7:57	7.5 (79.8%)
34	GOŁUCH Aleksandra	103		K30-39	1			00:39:50.50	+00:07:46 (19.5%)	7:58	7.5 (79.8%)
35	STĘPIEŃ Artur	191	BOLAĆE PISZCZELE GRUPA NORDIC WALKING BEŁCHATÓW	M50-54	2			00:39:57.85	+00:07:53 (19.8%)	7:59	7.5 (79.8%)
36	KRAWCZYK Sebastian	27		M40-44	3	1		00:40:10.70	+00:08:06 (20.2%)	8:02	7.5 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
37	OLSZAŃSKI Karol	160	OPEN SPORT TEAM	M45-49	3			00:40:43.10	+00:08:39 (21.2%)	8:08	7.4 (78.7%)
38	OKRZESIK-FRĄCKOWIAK Izabela	158	NORDIC SPORT 2021	K55-59	2			00:40:48.90	+00:08:44 (21.4%)	8:09	7.4 (78.7%)
39	KOWALCZYK Tadeusz	133	NORDIC SPORT 2021	M70-74	3			00:40:52.05	+00:08:47 (21.5%)	8:10	7.3 (77.7%)
40	KLUBA Andrzej	126		M65-69	4			00:40:56.40	+00:08:52 (21.7%)	8:11	7.3 (77.7%)
41	KOWACZ Agata	131	NORDIC SPORT 2021	K40-44	2			00:40:58.00	+00:08:53 (21.7%)	8:11	7.3 (77.7%)
42	CZEKAŃSKI Damian	84	WESOŁY BORSUK TEAM	M30-39	3			00:40:58.35	+00:08:54 (21.7%)	8:11	7.3 (77.7%)
43	POLAK Łukasz	168	OBORYGENI	M40-44	4			00:41:11.80	+00:09:07 (22.2%)	8:14	7.3 (77.7%)
44	DEREŃ Janusz	89		M65-69	5			00:41:25.55	+00:09:21 (22.6%)	8:17	7.2 (76.6%)
45	ZAWADZKI Krzysztof	236	CZŁAPSKI TEAM	M- Niepełnosprawni(B)	1			00:41:27.30	+00:09:23 (22.6%)	8:17	7.2 (76.6%)
46	PODSIADŁY Stanisław	167	K.S. VICTORIA POTĘGOWO	M65-69	6			00:41:27.60	+00:09:23 (22.7%)	8:17	7.2 (76.6%)
47	GRUSZKA Michał	104	NORDIC SPORT 2021	M45-49	4			00:41:37.15	+00:09:33 (22.9%)	8:19	7.2 (76.6%)
48	SZYBUT Weronika	200	POTĘGA NORDICA	K-Jun.	1			00:41:40.15	+00:09:36 (23.0%)	8:20	7.2 (76.6%)
49	KRAWCZYK Piotr	138		M30-39	4			00:41:49.15	+00:09:45 (23.3%)	8:21	7.2 (76.6%)
50	CZMOCH Marian	85	NORDIC SPORT 2021	M70-74	4			00:42:00.90	+00:09:56 (23.7%)	8:24	7.1 (75.5%)
51	SZCZYGIĘŁ Adriana	196	OPEN SPORT TEAM	K40-44	3			00:42:08.05	+00:10:03 (23.9%)	8:25	7.1 (75.5%)
52	RUSINOWICZ Andrzej	177		M80+	1			00:42:13.50	+00:10:09 (24.1%)	8:26	7.1 (75.5%)
53	ZBYRYT Halina	220	AKTYWNA NOWA RUDA	K50-54	3			00:42:23.55	+00:10:19 (24.4%)	8:28	7.1 (75.5%)
54	LUCH Katarzyna	144	ZWINNE PATYCZAKI	K40-44	4			00:42:32.60	+00:10:28 (24.6%)	8:30	7.1 (75.5%)
55	ŁAZORKO Antoni	146	SMS EFEKT CZĘSTOCHOWA	M70-74	5			00:42:33.85	+00:10:29 (24.7%)	8:30	7.1 (75.5%)
56	MIŚKOWICZ Anna	155	NORDIC SPORT 2021	K65-69	1			00:42:35.45	+00:10:31 (24.7%)	8:31	7 (74.5%)
57	KANIA Adam	119	NORDIC SPORT 2021	M60-64	4			00:42:40.70	+00:10:36 (24.9%)	8:32	7 (74.5%)
58	KUŁAKOWSKA Halina	141	DRUŻYNA SMA	K45-49	4			00:42:41.60	+00:10:37 (24.9%)	8:32	7 (74.5%)
59	WÓJCIK Barbara	217	KLUB SPORTOWY NORDIC WALKING BEŁCHATÓW	K65-69	2			00:42:42.30	+00:10:38 (24.9%)	8:32	7 (74.5%)

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60	KRAKOWSKI Igor	137	PTG SOKÓŁ 1893 MIELEC	M-Dzieci	1			00:42:48.30	+00:10:44 (25.1%)	8:33	7 (74.5%)
61	OLEJNIK Marzena	40		K55-59	3			00:43:03.15	+00:10:59 (25.5%)	8:36	7 (74.5%)
62	PINTAK Artur	166		M45-49	5			00:43:10.30	+00:11:06 (25.7%)	8:38	6.9 (73.4%)
63	WROŃSKI Vlodi	218	K.S. VICTORIA POTĘGOWO	M70-74	6			00:43:20.50	+00:11:16 (26.0%)	8:40	6.9 (73.4%)
64	KOWAL Mariusz	132		M45-49	6			00:43:28.35	+00:11:24 (26.2%)	8:41	6.9 (73.4%)
65	STOJANOWSKA Dorota	192		K50-54	4			00:43:38.55	+00:11:34 (26.5%)	8:43	6.9 (73.4%)
66	KUCZYŃSKA Anna	140	NORDIC TEAM OBORNIKI	K60-64	1			00:43:40.55	+00:11:36 (26.6%)	8:44	6.9 (73.4%)
67	STANIEC Stanisław	184		M70-74	7			00:43:46.10	+00:11:42 (26.7%)	8:45	6.9 (73.4%)
68	STACHOWIAK Magdalena	182	NORDIC WALKING KIEKRZ POLAND	K45-49	5			00:43:50.40	+00:11:46 (26.9%)	8:46	6.8 (72.3%)
69	GRYGOROWICZ Bogdan	106	KGHM METRACO	M- Niepełnosprawni(B)	2			00:43:54.80	+00:11:50 (27.0%)	8:46	6.8 (72.3%)
70		219						00:44:02.95	+00:11:58 (27.2%)	8:48	6.8 (72.3%)
71	WITUCKA Karolina	212	K.S. VICTORIA POTĘGOWO	K-Jun.	2			00:44:03.90	+00:11:59 (27.2%)	8:48	6.8 (72.3%)
72	PRZYBYLSKA Kinga	171	NORDIC WALKING KIEKRZ POLAND	K55-59	4			00:44:04.20	+00:12:00 (27.2%)	8:48	6.8 (72.3%)
73	ŻELICHOWSKI Mikołaj	245	KGHM METRACO	M-Dzieci	2			00:44:04.25	+00:12:00 (27.2%)	8:48	6.8 (72.3%)
74	STANASZEK Daniel	183	KGHM METRACO	M-Jun.	1			00:44:18.60	+00:12:14 (27.6%)	8:51	6.8 (72.3%)
75	DUDZIEC Agnieszka	94	ZWINNE PATYCZAKI	K30-39	2			00:44:39.75	+00:12:35 (28.2%)	8:55	6.7 (71.3%)
76	GAJEK Halina	101	WESOŁY BORSUK TEAM	K50-54	5			00:44:42.05	+00:12:37 (28.3%)	8:56	6.7 (71.3%)
77	PIETRZYK Anna	165	KALISZANKA	K- Niepełnosprawni(A)	1			00:44:58.55	+00:12:54 (28.7%)	8:59	6.7 (71.3%)
78	RYBAŁTOWSKI Paweł	178	OBORYGENI	M80+	2			00:45:13.60	+00:13:09 (29.1%)	9:02	6.6 (70.2%)
79	BUDNY Sławomir	80	KALISIA NORDIC TEAM	M- Niepełnosprawni(B)	3			00:45:15.70	+00:13:11 (29.1%)	9:03	6.6 (70.2%)
80	KASZUBA Edward	122	WKB PIAST WROCŁAW	M80+	3			00:45:27.30	+00:13:23 (29.5%)	9:05	6.6 (70.2%)
81	MALINIAK Aleksandra	147	OBORYGENI	K-Jun.	3			00:45:31.80	+00:13:27 (29.6%)	9:06	6.6 (70.2%)
82	JAKUBOWSKI Zbigniew	112		M75-79	2			00:45:34.25	+00:13:30 (29.6%)	9:06	6.6 (70.2%)

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83	STOKŁOSA Zuzanna	193		K18-29	1			00:45:41.35	+00:13:37 (29.8%)	9:08	6.6 (70.2%)
84	PIETRZAK Dorota	229	NORDIC WALKING KIEKRZ POLAND	K50-54	6			00:45:41.80	+00:13:37 (29.8%)	9:08	6.6 (70.2%)
85	WNEK Ewa	215		K65-69	3			00:46:00.50	+00:13:56 (30.3%)	9:12	6.5 (69.1%)
86	KOWALCZYK Joanna	134	NORDIC SPORT 2021	K50-54	7			00:46:04.00	+00:13:59 (30.4%)	9:12	6.5 (69.1%)
87	JAŚKOWSKI Patryk	115	NORDIC SPORT 2021	M40-44	5			00:46:07.40	+00:14:03 (30.5%)	9:13	6.5 (69.1%)
88	ŚWIERCZYŃSKI Marcin	206	KS NW BEŁCHATÓW	M80+	4			00:46:27.15	+00:14:23 (31.0%)	9:17	6.5 (69.1%)
89	MATUSZAK Sandra	152	KGHM METRACO	K-Jun.	4			00:46:29.00	+00:14:24 (31.0%)	9:17	6.5 (69.1%)
90	DOBROWOLSKI Robert	92	SPORTOWI EMERYCI JELENIA GORA	K65-69	4			00:46:29.40	+00:14:25 (31.0%)	9:17	6.5 (69.1%)
91	PRĘDKI Barbara	170		K18-29	2			00:46:43.75	+00:14:39 (31.4%)	9:20	6.4 (68.1%)
92	KARPIŃSKI Jerzy	121		M- Niepełnosprawni(B)	4			00:46:46.65	+00:14:42 (31.4%)	9:21	6.4 (68.1%)
93	HANUS Joanna	108	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:46:53.80	+00:14:49 (31.6%)	9:22	6.4 (68.1%)
94	STELMASZCZYK Beata	189		K55-59	5			00:47:01.75	+00:14:57 (31.8%)	9:24	6.4 (68.1%)
95	DĄBROWSKI Andrzej	88	MARSZ PO ZDROWIE	M75-79	3			00:47:04.55	+00:15:00 (31.9%)	9:24	6.4 (68.1%)
96	WILK Iwona	210	NORDIC SPORT 2021	K50-54	8			00:47:07.00	+00:15:02 (31.9%)	9:25	6.4 (68.1%)
97	DOLATOWSKA Elżbieta	93	K.S. VICTORIA POTĘGOWO	K60-64	2			00:47:22.60	+00:15:18 (32.3%)	9:28	6.3 (67.0%)
98	JAŚKIEWICZ Tamara	114	KARKONOSZE	K40-44	5			00:47:43.65	+00:15:39 (32.8%)	9:32	6.3 (67.0%)
99	ZDANOWICZ Marta	222	K.S. VICTORIA POTĘGOWO	K45-49	6			00:47:44.65	+00:15:40 (32.8%)	9:32	6.3 (67.0%)
100	STONCEL Barbara	233	PREDATORS WAŁBRZYCH	K- Niepełnosprawni(A)	2			00:48:02.45	+00:15:58 (33.2%)	9:36	6.2 (66.0%)
101	KOZŁOWSKI Jerzy	135	ZWINNE PATYCZAKI	M65-69	7			00:48:02.90	+00:15:58 (33.3%)	9:36	6.2 (66.0%)
102	KONOPSKI Wojciech	129	LUBIĘ CHODZIĆ LUBAŃ	M- Niepełnosprawni(A)	4			00:48:08.20	+00:16:04 (33.4%)	9:37	6.2 (66.0%)
103	THOMALLA Bogdan	207	NORDIC SPORT 2021	M80+	5			00:48:19.75	+00:16:15 (33.6%)	9:39	6.2 (66.0%)
104	DYBEŁ Agnieszka	14	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	3			00:48:47.70	+00:16:43 (34.3%)	9:45	6.1 (64.9%)
105	JASIK Beata	113		K45-49	7			00:49:15.55	+00:17:11 (34.9%)	9:51	6.1 (64.9%)

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106	KONOPKA Maria	128		K40-44	6			00:49:34.75	+00:17:30 (35.3%)	9:54	6.1 (64.9%)
107	POLAK Marcel	169	OBORYGENI	M-Jun.	2			00:49:38.60	+00:17:34 (35.4%)	9:55	6 (63.8%)
108	STECZKO Katarzyna	188	NATMAP WALKING TEAM	K50-54	9			00:50:18.20	+00:18:14 (36.3%)	10:03	6 (63.8%)
109	STATNIK Tomasz	186	SUCHY LAS - BIEDRUSKO	M70-74	8			00:50:18.95	+00:18:14 (36.3%)	10:03	6 (63.8%)
110	PIÓRKOWSKA Elżbieta	247		K65-69	5			00:50:25.65	+00:18:21 (36.4%)	10:05	6 (63.8%)
111	GRUSZKA Ilona	105	NORDIC SPORT 2021	K- Niepełnosprawni(A)	4			00:50:40.15	+00:18:36 (36.7%)	10:08	5.9 (62.8%)
112	BUDNY Stanisław	81	KALISIA NORDIC TEAM	M-Jun.	3			00:50:43.45	+00:18:39 (36.8%)	10:08	5.9 (62.8%)
113	REMISZEWSKI Adam	237	UTW OLEŚNICA	M75-79	4			00:50:45.45	+00:18:41 (36.8%)	10:09	5.9 (62.8%)
114	ADAMOWICZ Andrzej	77		M75-79	5			00:50:49.05	+00:18:44 (36.9%)	10:09	5.9 (62.8%)
115	GÓRSKI Henryk	239		M75-79	6			00:50:49.85	+00:18:45 (36.9%)	10:09	5.9 (62.8%)
116	ŚLUSARZ Beata	205		K- Niepełnosprawni(A)	5			00:50:52.65	+00:18:48 (37.0%)	10:10	5.9 (62.8%)
117	STATNIK Genowefa	187	SUCHY LAS - BIEDRUSKO	K70-74	1			00:51:34.45	+00:19:30 (37.8%)	10:18	5.8 (61.7%)
118	MAŁKA Irena	148	NORDIC SPORT 2021	K65-69	6			00:51:39.80	+00:19:35 (37.9%)	10:19	5.8 (61.7%)
119	ŚLUSARCZYK Andrzej	203	WESOŁY BORSUK TEAM	M70-74	9			00:51:42.70	+00:19:38 (38.0%)	10:20	5.8 (61.7%)
120	DZIEDZIC Julia	97		K18-29	3			00:51:59.20	+00:19:55 (38.3%)	10:23	5.8 (61.7%)
121	SZAŁAJ Anna	195	KGHM METRACO	K- Niepełnosprawni(B)	2			00:52:00.35	+00:19:56 (38.3%)	10:24	5.8 (61.7%)
122	DEREŃ Jolanta	90		K65-69	7			00:52:08.05	+00:20:03 (38.5%)	10:25	5.8 (61.7%)
123	KŁOCEK Jacek	125	KGHM METRACO	M18-29	3			00:52:11.10	+00:20:07 (38.5%)	10:26	5.7 (60.6%)
124	MĘDRAK Alicja	154		K65-69	8			00:52:17.80	+00:20:13 (38.7%)	10:27	5.7 (60.6%)
125	WŁODARCZYK Małgorzata	214		K50-54	10			00:52:33.90	+00:20:29 (39.0%)	10:30	5.7 (60.6%)
126	WALCZAK Paweł	1	NORDIC WALKING KIEKRZ POLAND	M50-54	3			00:52:43.35	+00:20:39 (39.2%)	10:32	5.7 (60.6%)
127	KIERNICKI Stanisław	124	ACTEAM WROCŁAW	M- Niepełnosprawni(A)	5			00:52:46.30	+00:20:42 (39.2%)	10:33	5.7 (60.6%)
128	BERESKA Maksymilian	234	NORDIC SPORT 2021	M-Jun.	4			00:52:55.65	+00:20:51 (39.4%)	10:35	5.7 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	DUBAJ Leon	242	WKB- PIAST WROCŁAW	M80+	6			00:53:09.65	+00:21:05 (39.7%)	10:37	5.6 (59.6%)
130	ARTYMICZ Maria	78		K65-69	9			00:53:19.25	+00:21:15 (39.9%)	10:39	5.6 (59.6%)
131	WIDERA Wiktoria	209	KGHM METRACO	K-Dzieci	1			00:53:20.25	+00:21:16 (39.9%)	10:40	5.6 (59.6%)
132	KONKEL Dominik	127	KGHM METRACO	M-Jun.	5			00:53:26.80	+00:21:22 (40.0%)	10:41	5.6 (59.6%)
133	FIEDLER-MALINIAK Urszula	99	OBORYGENI	K40-44	7			00:53:33.80	+00:21:29 (40.1%)	10:42	5.6 (59.6%)
134	WORONKO-ZACZYŃSKA Janina	216	KGHM METRACO	K75-79	1			00:53:40.00	+00:21:35 (40.2%)	10:44	5.6 (59.6%)
135	DOBROWOLSKA Bożena	91	SPORTOWI EMERYCIJELEŃ GÓRA	K70-74	2			00:53:54.55	+00:21:50 (40.5%)	10:46	5.6 (59.6%)
136	GAPSKI Jan	102	KGHM METRACO	M-Dzieci	3			00:53:59.05	+00:21:54 (40.6%)	10:47	5.6 (59.6%)
137	ŻELICHOWSKA Julia	243	KGHM METRACO	K-Dzieci	2			00:54:05.10	+00:22:01 (40.7%)	10:49	5.5 (58.5%)
138	PAWLACZYK Marian	164	WKB PIAST	M80+	7			00:54:14.20	+00:22:10 (40.9%)	10:50	5.5 (58.5%)
139	MĘDRAK Józef	153		M70-74	10			00:55:20.30	+00:23:16 (42.1%)	11:04	5.4 (57.4%)
140	ŚLUSARCZYK Błażej	204	WESOŁY BORSUK TEAM	M-Dzieci	4			00:55:22.15	+00:23:18 (42.1%)	11:04	5.4 (57.4%)
141	WITEK Ewa	232		K18-29	4			00:56:20.50	+00:24:16 (43.1%)	11:16	5.3 (56.4%)
142	SAWICKI Michał	179	INDYWIDUALNY	M80+	8			00:56:43.85	+00:24:39 (43.5%)	11:20	5.3 (56.4%)
143	NERC Dorota	157		K65-69	10			00:57:03.50	+00:24:59 (43.8%)	11:24	5.3 (56.4%)
144	FRAŃCZYK Lucyna	231		K60-64	3			00:58:07.40	+00:26:03 (44.8%)	11:37	5.2 (55.3%)
145	SZYBUT Roma	199	POTĘGA NORDICA	K50-54	11			00:58:39.15	+00:26:35 (45.3%)	11:43	5.1 (54.3%)
146	WÓJCIK Henryk	240	UTW OLEŚNICA	K80+	1			01:00:41.00	+00:28:36 (47.2%)	12:08	4.9 (52.1%)
147	GÓRSKA Małgorzata	238		K70-74	3			01:02:48.10	+00:30:44 (48.9%)	12:33	4.8 (51.1%)
148	HANUS Teresa	109	PASJONAUCI KROSNO	K75-79	2			01:02:55.75	+00:30:51 (49.0%)	12:35	4.8 (51.1%)
149	WINIARSKI Robert	211		M55-59	6			01:04:00.70	+00:31:56 (49.9%)	12:48	4.7 (50.0%)
150	JACENKO Julia	244	KGHM METRACO	K-Dzieci	3			01:05:53.45	+00:33:49 (51.3%)	13:10	4.6 (48.9%)
151	SZYBUT Milena	201	POTĘGA NORDICA	K-Dzieci	4			01:07:02.50	+00:34:58 (52.2%)	13:24	4.5 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	KIELMAN Jakub	123	KGHM METRACO	M-Dzieci	5			01:07:25.10	+00:35:21 (52.4%)	13:29	4.4 (46.8%)
DQ	ADAMCZYK Adam	76	K.S. VICTORIA POTĘGOWO	M75-79			1	00:38:57.50 DQ		0:00	7.7 (81.9%)
DQ	KACPERSKI Jarosław	117	NIEZESZONY	M- Niepełnosprawni(A)			1	00:39:04.05 DQ		0:00	7.7 (81.9%)
	KRAWIEC Lena	139	KGHM METRACO	K-Jun.				DNF		-	- (0.0%)
	WITUCKI Jacek	213	K.S. VICTORIA POTĘGOWO	M50-54				DNF		-	- (0.0%)
	PATER Zbigniew	163	WKB PIAST WROCŁAW	M80+				DNF		-	- (0.0%)

Znaleziono 157 wynik(ów)