



IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017

B4SPORT

Organizator: PFW
Data: 2017-04-08
Miejsce: Jastrowie
Dystans: 42.195 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	MICHAŁEC Marcin	232	KKB MOSIR KROSNO	M18-29	1			00:00:01	00:30:16	01:05:30	01:40:40	02:15:18	02:48:58	03:23:19	03:58:54	04:34:23.55	04:34:25.45		6:30	9.2 (100%)
2	DZIEDIEWICH Andrzej	233		M30-39	1			00:00:02	00:30:15	01:05:28	01:40:37	02:15:17	02:49:55	03:27:26	04:06:12	04:44:57.15	04:44:59.50	+00:10:33 (3.7%)	6:45	8.9 (96.7%)
3	NIEPOKÓJ Radosław	47	OSP WROCANKA	M18-29	2	2		00:00:02	00:30:58	01:06:48	01:42:44	02:18:36	02:54:57	03:32:14	04:10:15	04:48:34.45	04:48:36.65	+00:14:10 (4.9%)	6:50	8.8 (95.7%)
4	DEPKA-PRADZYŃSKI Olgierd	15	BIEGAMYRAZEM	M55-59	1			00:00:07	00:33:28	01:10:10	01:45:21	02:21:06	02:57:51	03:36:03	04:13:50	04:51:32.35	04:51:39.60	+00:17:08 (5.9%)	6:54	8.7 (94.6%)
5	KORDOWSKI Piotr	31	DYNAMIC	M40-49	1			00:00:03	00:30:15	01:05:27	01:40:41	02:17:00	02:54:45	03:34:26	04:15:31	04:56:23.95	04:56:27.55	+00:22:00 (7.4%)	7:01	8.5 (92.4%)
6	MICHALSKI Andrzej	43		M55-59	2			00:00:06	00:33:30	01:10:15	01:45:53	02:22:36	03:00:07	03:38:30	04:17:10	04:56:32.90	04:56:39.45	+00:22:09 (7.5%)	7:01	8.5 (92.4%)
7	NIECHWIEJCZYK Piotr	46	OPEL ACTIVE TEAM	M40-49	2			00:00:04	00:32:36	01:09:06	01:45:53	02:22:35	03:00:08	03:38:33	04:17:26	04:56:36.55	04:56:40.65	+00:22:13 (7.5%)	7:01	8.5 (92.4%)
8	CZŁONKOWSKI Krzysztof	13	OLIMPIJCZYK SZCZEKOCINY	M40-49	3			00:00:04	00:33:34	01:10:19	01:47:40	02:25:49	03:05:44	03:44:50	04:24:13	05:02:00.80	05:02:04.90	+00:27:37 (9.1%)	7:09	8.4 (91.3%)
9	NALEPKA Jerzy	234	FACE NORDIC WALKING TEAM	M65+	1			00:00:09	00:34:20	01:12:57	01:52:02	02:30:48	03:09:47	03:49:35	04:29:28	05:09:47.40	05:09:57.10	+00:35:23 (11.4%)	7:20	8.2 (89.1%)
10	PUSZKIEL Leszek	58	GREEN TEAM	M60-64	1			00:00:08	00:32:51	01:09:57	01:47:23	02:26:22	03:06:51	03:47:38	04:29:44	05:11:54.70	05:12:03.65	+00:37:31 (12.0%)	7:23	8.1 (88.0%)
11	PIOTROWSKI Michał	55	FACE NORDIC WALKING TEAM	M30-39	2			00:00:03	00:33:44	01:11:52	01:50:10	02:28:35	03:08:04	03:49:45	04:31:24	05:13:17.40	05:13:20.50	+00:38:53 (12.4%)	7:25	8.1 (88.0%)
12	BOGACKI Sławek	4	ENERGA NW TEAM	M40-49	4			00:00:04	00:33:33	01:10:34	01:48:35	02:27:51	03:07:49	03:48:46	04:31:48	05:14:22.90	05:14:27.25	+00:39:59 (12.7%)	7:26	8.1 (88.0%)
13	WIŚNIEWSKI Jacek	87	UKS SIEDLESZCZANY	M50-54	1			00:00:05	00:33:32	01:10:18	01:47:40	02:25:49	03:05:46	03:47:48	04:30:14	05:15:20.15	05:15:26.00	+00:40:56 (13.0%)	7:28	8 (87.0%)
14	GAJEWSKI Eugeniusz	18	KS METRACO POLKOWICE	M60-64	2			00:00:08	00:32:31	01:09:01	01:46:26	02:26:16	03:07:52	03:50:06	04:33:25	05:17:05.35	05:17:13.70	+00:42:41 (13.5%)	7:30	8 (87.0%)
15	ŚWIŚŁOCKI Bogdan	80	FACE NORDIC WALKING TEAM	M55-59	3			00:00:07	00:33:42	01:11:41	01:50:05	02:29:11	03:09:48	03:52:21	04:35:16	05:17:50.00	05:17:57.10	+00:43:26 (13.7%)	7:31	8 (87.0%)
16	MITURA-ZIELONKA Paweł	44	RYBNICKI KLUB NORDIC WALKING	M30-39	3			00:00:02	00:35:25	01:13:35	01:50:53	02:29:43	03:10:26	03:52:15	04:34:56	05:18:20.45	05:18:23.25	+00:43:56 (13.8%)	7:32	8 (87.0%)
17	PASIKOWSKA Mariola	50	POSITIVE ENERGY	K30-39	1			00:01:32	00:33:59	01:13:08	01:53:03	02:33:41	03:14:44	03:56:40	04:39:33	05:22:22.60	05:23:54.95	+00:47:59 (14.9%)	7:38	7.9 (85.9%)
18	SŁOMIAN Leszek	67	UNIA MIAST	M55-59	4			00:00:04	00:34:17	01:12:37	01:51:56	02:31:17	03:12:00	03:54:14	04:40:13	05:23:44.90	05:23:49.85	+00:49:21 (15.2%)	7:40	7.8 (84.8%)
19	RADWAN Piotr	231	KKB DYSTANS KRAKÓW	M50-54	2	1		00:00:13	00:36:12	01:16:53	01:57:52	02:38:54	03:21:05	04:03:08	04:44:45	05:26:18.65	05:26:31.70	+00:51:55 (15.9%)	7:43	7.8 (84.8%)
20	SZCZEBAK Jacek	76	UNIA MIAST	M40-49	5			00:00:04	00:34:16	01:13:30	01:53:45	02:34:52	03:16:19	03:58:38	04:42:08	05:26:24.85	05:26:29.60	+00:52:01 (15.9%)	7:44	7.8 (84.8%)
21	SPYCHAŁA Marzena	68	WESOŁY BORSUK TEAM	K40-49	1			00:01:32	00:35:18	01:15:26	01:56:02	02:36:54	03:18:15	04:00:53	04:43:59	05:27:15.50	05:28:47.90	+00:52:51 (16.2%)	7:45	7.7 (83.7%)
22	MAKOWSKI Jan	41	RYBNICKI KLUB NORDIC WALKING	M55-59	5			00:00:05	00:33:42	01:12:48	01:53:17	02:35:11	03:16:44	04:01:23	04:45:22	05:29:07.70	05:29:13.25	+00:54:44 (16.6%)	7:47	7.7 (83.7%)
23	ŁUKASZEWICZ Joanna	37	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:01:33	00:35:21	01:15:54	01:56:27	02:38:09	03:20:54	04:03:40	04:46:59	05:29:47.25	05:31:20.30	+00:55:23 (16.8%)	7:48	7.7 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas startu	Start All 4.68km	Start All 10.04km	Start All 15.4km	Start All 20.76km	Start All 26.12km	Start All 31.48km	Start All 36.84km	Czas		Różn	Tempo min/km	Tempo km/h
																netto 42.195km	brutto 42.195km			
24	STOPA Joanna	73	BŁĘKITNI DZIEMIANY	K18-29	1			00:01:32	00:37:03	01:18:34	01:59:55	02:41:49	03:23:59	04:05:52	04:47:53	05:30:43.80	05:32:16.15	+00:56:20 (17.0%)	7:50	7.7 (83.7%)
25	FOLWARSKI Andrzej	17	FACE NORDIC WALKING TEAM	M55-59	6			00:00:07	00:35:04	01:14:58	01:55:49	02:37:31	03:20:07	04:04:27	04:49:07	05:31:18.80	05:31:26.55	+00:56:55 (17.2%)	7:51	7.6 (82.6%)
26	KACZMARCZYK-PIASECKA Renata	27	CZARNE PANTERY	K40-49	3			00:01:34	00:38:02	01:20:01	02:00:58	02:42:06	03:23:28	04:05:17	04:48:09	05:31:29.90	05:33:04.40	+00:57:06 (17.2%)	7:51	7.6 (82.6%)
27	STĘPIEŃ Lucyna	71	KS METRACO POLKOWICE	K60-64	1			00:01:39	00:36:20	01:17:07	01:58:23	02:40:13	03:22:52	04:05:46	04:49:22	05:32:44.95	05:34:24.35	+00:58:21 (17.5%)	7:53	7.6 (82.6%)
28	ZAGAJA Janusz	90	WESOŁY BORSUK TEAM	M60-64	3			00:00:08	00:33:50	01:12:46	01:53:10	02:33:40	03:16:07	03:59:59	04:46:08	05:33:02.70	05:33:11.45	+00:58:39 (17.6%)	7:53	7.6 (82.6%)
29	KOŁODZIEJ Joanna	30	FABRIKANORDIKA	K40-49	4			00:01:33	00:36:33	01:17:30	01:58:17	02:40:02	03:22:10	04:05:48	04:50:04	05:33:50.85	05:35:24.60	+00:59:27 (17.8%)	7:54	7.6 (82.6%)
30	WESOŁOWSKI Wojciech	85	NORDIC TEAM GNIEZNO	M65+	2			00:00:10	00:35:47	01:16:39	01:57:28	02:38:59	03:23:02	04:08:27	04:52:07	05:34:42.05	05:34:52.55	+01:00:18 (18.0%)	7:55	7.6 (82.6%)
31	BOCZAR Beata	3	GREEN TEAM ZIELONA GÓRA	K50-54	1			00:01:33	00:36:53	01:17:52	01:59:46	02:41:53	03:24:26	04:07:33	04:51:46	05:35:36.50	05:37:09.75	+01:01:12 (18.2%)	7:57	7.5 (81.5%)
32	SKRYCKA Katarzyna	66	KS METRACO POLKOWICE	K30-39	2			00:01:33	00:35:48	01:15:47	01:56:09	02:37:27	03:20:41	04:03:39	04:49:23	05:36:14.50	05:37:47.65	+01:01:50 (18.4%)	7:58	7.5 (81.5%)
33	DZIADEK Remigiusz	16		M50-54	3			00:00:10	00:34:39	01:14:16	01:54:23	02:36:08	03:19:55	04:06:37	04:53:55	05:37:47.15	05:37:57.20	+01:03:23 (18.8%)	8:00	7.5 (81.5%)
34	REJMAN Dorota	61	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K30-39	3			00:01:35	00:36:27	01:17:16	01:58:49	02:41:24	03:24:55	04:09:31	04:54:55	05:38:55.25	05:40:30.50	+01:04:31 (19.0%)	8:01	7.5 (81.5%)
35	WITKOWSKA Maria	88	UNIA MIAST	K60-64	2			00:01:40	00:37:24	01:19:57	02:01:46	02:44:17	03:27:19	04:11:05	04:55:48	05:41:20.90	05:43:01.70	+01:06:57 (19.6%)	8:05	7.4 (80.4%)
36	MORAWSKI Bartosz	93	KS IDMAR	M30-39	4			00:00:03	00:34:13	01:14:07	01:54:34	02:35:16	03:19:21	04:06:06	04:53:53	05:41:52.65	05:41:55.75	+01:07:29 (19.7%)	8:06	7.4 (80.4%)
37	WOLNIEWICZ Katarzyna	89	FABRIKANORDIKA	K40-49	5	1		00:01:34	00:37:34	01:19:26	02:01:02	02:43:20	03:27:09	04:11:47	04:57:02	05:43:00.35	05:44:34.55	+01:08:36 (20.0%)	8:07	7.4 (80.4%)
38	STEFANICKI Marek	69		M55-59	7			00:00:08	00:35:40	01:15:55	01:57:01	02:38:54	03:23:01	04:08:32	04:56:23	05:44:27.95	05:44:36.30	+01:10:04 (20.3%)	8:09	7.4 (80.4%)
39	TOMCZYK Edward	82	MARSZ PO ZDROWIE POZNAŃ	M65+	3			00:00:08	00:35:49	01:16:43	01:57:39	02:39:30	03:25:52	04:12:19	05:01:03	05:45:52.15	05:46:00.95	+01:11:28 (20.7%)	8:11	7.3 (79.3%)
40	KOWALSKI Marek	34	UNIA MIAST	M50-54	4			00:00:08	00:38:59	01:21:21	02:03:20	02:45:49	03:29:58	04:15:16	05:01:28	05:47:29.65	05:47:37.70	+01:13:06 (21.0%)	8:14	7.3 (79.3%)
41	ŁOPATKIEWICZ Beata	97		K50-54	2			00:01:33	00:36:54	01:18:41	02:01:33	02:45:00	03:30:30	04:15:47	05:01:27	05:47:56.60	05:49:30.30	+01:13:33 (21.1%)	8:14	7.3 (79.3%)
42	BUCZKOWSKA Wiesława	7	FOREST POLE WALKERS	K60-64	3			00:01:37	00:38:02	01:20:13	02:03:15	02:47:10	03:31:26	04:16:35	05:02:31	05:48:50.35	05:50:28.30	+01:14:26 (21.3%)	8:15	7.3 (79.3%)
43	SZCZODROWSKI Krzysztof	78	FACE NORDIC WALKING TEAM	M50-54	5			00:00:04	00:36:18	01:18:52	02:02:27	02:47:23	03:32:40	04:18:03	05:04:02	05:50:21.85	05:50:26.20	+01:15:58 (21.7%)	8:18	7.2 (78.3%)
44	RESEMAN Sylwia	62	FACE NORDIC WALKING TEAM	K40-49	6			00:01:38	00:38:54	01:22:27	02:05:43	02:49:19	03:34:12	04:19:06	05:05:34	05:51:38.75	05:53:17.40	+01:17:15 (22.0%)	8:19	7.2 (78.3%)
45	SZCZEPAŃSKA Anna	77	SUCHA GÓRA	K40-49	7			00:01:38	00:38:56	01:22:48	02:06:49	02:50:50	03:35:35	04:21:02	05:06:52	05:51:59.40	05:53:37.55	+01:17:35 (22.0%)	8:20	7.2 (78.3%)
46	PIERNICKA Krystyna	54		K55-59	1	1		00:01:35	00:37:36	01:19:49	02:02:36	02:47:13	03:31:49	04:18:37	05:05:51	05:53:55.35	05:55:31.25	+01:19:31 (22.5%)	8:23	7.2 (78.3%)
47	KRYSZCZUK Krzysztof	36	LUKI TEAM SIEDLCE	M50-54	6			00:00:11	00:39:27	01:23:43	02:07:17	02:52:32	03:37:57	04:24:21	05:09:33	05:53:56.45	05:54:08.10	+01:19:32 (22.5%)	8:23	7.2 (78.3%)
48	ANTCZAK-KRETKOWSKA Maria	94		K55-59	2			00:01:37	00:38:50	01:22:45	02:06:39	02:51:46	03:38:22	04:24:47	05:10:58	05:56:06.70	05:57:44.35	+01:21:43 (22.9%)	8:26	7.1 (77.2%)
49	WEŹGOWIEC Jacek	86		M50-54	7			00:00:11	00:35:00	01:16:39	02:00:01	02:44:55	03:31:08	04:19:31	05:08:14	05:56:18.50	05:56:30.15	+01:21:54 (23.0%)	8:26	7.1 (77.2%)
50	HINC Iwona	23	FACE NORDIC WALKING TEAM	K40-49	8	1		00:01:37	00:37:35	01:20:33	02:04:16	02:49:16	03:34:31	04:20:52	05:08:28	05:56:42.35	05:58:19.50	+01:22:18 (23.1%)	8:27	7.1 (77.2%)
51	MARCINKOWSKI Wojciech	42	UNIA MIAST	M40-49	6			00:00:05	00:39:22	01:23:44	02:07:22	02:53:07	03:40:26	04:27:59	05:14:04	05:57:50.15	05:57:55.40	+01:23:26 (23.3%)	8:28	7.1 (77.2%)
52	KARASIEWICZ Irena	91	FACE NORDIC WALKING TEAM	K50-54	3			00:01:36	00:38:27	01:21:48	02:06:18	02:51:52	03:37:53	04:24:44	05:11:57	05:58:42.90	06:00:19.85	+01:24:19 (23.5%)	8:30	7.1 (77.2%)
53	BORKOWSKI Witold	6	SAINT-GOBAIN SQUAD	M40-49	7			00:00:05	00:39:07	01:22:03	02:05:01	02:49:18	03:36:21	04:23:32	05:12:49	06:01:17.20	06:01:23.15	+01:26:53 (24.1%)	8:33	7 (76.1%)
54	SZYMAŃSKI Jacek	79		M50-54	8			00:00:07	00:39:00	01:22:05	02:04:55	02:49:18	03:35:46	04:23:17	05:12:50	06:01:18.45	06:01:25.70	+01:26:54 (24.1%)	8:33	7 (76.1%)
55	KOBIELA Daria	28	'BŁĘKITNI' NW DZIEMIANY	K18-29	2			00:01:32	00:38:59	01:22:35	02:06:06	02:50:26	03:35:37	04:23:49	05:14:06	06:01:30.35	06:03:03.30	+01:27:06 (24.1%)	8:34	7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas		Różn	Tempo min/km	Tempo km/h
																netto 42.195km	brutto 42.195km			
56	PIĄTKOWSKI Józef	53	KS METRACO POLKOWICE	M65+	4			00:00:10	00:37:39	01:20:51	02:05:02	02:50:42	03:37:17	04:25:06	05:13:56	06:02:41.05	06:02:51.70	+01:28:17 (24.3%)	8:35	7 (76.1%)
57	REJ Anna	60		K30-39	4			00:01:38	00:40:06	01:27:01	02:13:08	02:58:16	03:43:53	04:29:00	05:15:33	06:02:53.60	06:04:32.25	+01:28:30 (24.4%)	8:35	7 (76.1%)
58	STILLER Karol	72	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:00:03	00:40:28	01:24:01	02:07:30	02:51:56	03:37:02	04:25:19	05:15:33	06:02:59.55	06:03:02.80	+01:28:36 (24.4%)	8:36	7 (76.1%)
59	WACHOWIAK Sylwia	83	DYNAMIC	K40-49	9			00:01:36	00:38:36	01:22:46	02:07:41	02:53:42	03:40:49	04:30:04	05:18:27	06:04:03.70	06:05:40.35	+01:29:40 (24.6%)	8:37	7 (76.1%)
60	ROSOŁEK Elżbieta	63	GREEN TEAM ZIELONA GÓRA	K50-54	4			00:01:35	00:39:24	01:23:12	02:05:55	02:50:15	03:39:27	04:27:18	05:16:52	06:06:06.85	06:07:42.10	+01:31:43 (25.1%)	8:40	6.9 (75.0%)
61	CZYCZ Emilia	14	GREEN TEAM ZIELONA GÓRA	K65+	1			00:01:40	00:38:08	01:21:39	02:06:41	02:54:43	03:42:11	04:31:21	05:19:41	06:08:19.50	06:09:59.70	+01:33:55 (25.5%)	8:43	6.9 (75.0%)
62	SULEJA Joanna	75	SZWLA STARGARD	K55-59	3			00:01:37	00:38:14	01:21:44	02:06:46	02:54:47	03:42:15	04:31:25	05:19:45	06:08:21.55	06:09:59.40	+01:33:58 (25.5%)	8:43	6.9 (75.0%)
63	KOTULA Jakub	32	UNIA MIAST	M30-39	6			00:00:02	00:38:43	01:22:49	02:07:09	02:52:53	03:39:47	04:29:53	05:20:18	06:08:32.25	06:08:35.05	+01:34:08 (25.5%)	8:44	6.9 (75.0%)
64	BOROWSKI Marcin	235	FACE NORDIC WALKING TEAM/KB KATORŻNIK MUROWANA GOŚLINA	M30-39	7	1		00:00:03	00:38:45	01:22:05	02:07:02	02:52:20	03:39:52	04:29:53	05:19:47	06:08:44.40	06:08:48.30	+01:34:20 (25.6%)	8:44	6.9 (75.0%)
65	WAŁECKA Krystyna	92	FACE NORDIC WALKING TEAM	K60-64	4	1		00:01:37	00:38:58	01:22:51	02:07:50	02:54:50	03:42:53	04:31:31	05:21:06	06:13:23.20	06:15:00.45	+01:38:59 (26.5%)	8:50	6.8 (73.9%)
66	GRYGIEL Monika	21	FACE NORDIC WALKING TEAM	K30-39	5			00:01:34	00:37:32	01:21:37	02:06:19	02:53:00	03:41:51	04:30:48	05:21:08	06:13:25.80	06:15:00.60	+01:39:02 (26.5%)	8:50	6.8 (73.9%)
67	RACZYŃSKA Aleksandra	59	STADION ŚLĄSKI	K65+	2			00:01:39	00:38:08	01:22:25	02:08:38	02:56:30	03:44:50	04:35:21	05:24:30	06:13:52.85	06:15:32.40	+01:39:29 (26.6%)	8:51	6.8 (73.9%)
68	JASOŃ Grażyna	99		K55-59	4			00:01:39	00:40:03	01:27:14	02:14:32	03:02:44	03:50:38	04:38:39	05:27:17	06:14:36.65	06:16:15.85	+01:40:13 (26.8%)	8:52	6.8 (73.9%)
69	KRETKOWSKI Waldemar	95		M55-59	8	1		00:00:09	00:41:11	01:28:00	02:14:48	03:01:40	03:48:52	04:36:30	05:26:01	06:15:21.40	06:15:30.90	+01:40:57 (26.9%)	8:53	6.7 (72.8%)
70	STRZELECKI Sebastian	74	SAILING TEAM FERAJNA	M40-49	8			00:00:05	00:40:45	01:26:44	02:12:47	03:00:23	03:47:58	04:38:01	05:29:52	06:19:57.50	06:20:02.75	+01:45:33 (27.8%)	9:00	6.7 (72.8%)
71	NOWAK Bartłomiej	49	SAILING TEAM FERAJNA	M40-49	9			00:00:06	00:40:48	01:26:45	02:12:47	03:00:31	03:50:45	04:41:56	05:32:38	06:20:22.20	06:20:28.35	+01:45:58 (27.9%)	9:00	6.7 (72.8%)
72	GERLE-KOTULA Anna	19	UNIA MIAST	K30-39	6			00:01:33	00:40:55	01:27:37	02:15:08	03:03:19	03:52:31	04:42:56	05:33:59	06:24:01.40	06:25:35.30	+01:49:37 (28.5%)	9:06	6.6 (71.7%)
73	NOWAK Maciej	48	PILSCY MIŁOŚNICY NORDIC WALKING	M40-49	10			00:00:06	00:42:17	01:30:08	02:18:21	03:06:57	03:56:08	04:44:35	05:34:29	06:24:06.90	06:24:13.50	+01:49:43 (28.6%)	9:06	6.6 (71.7%)
74	MADAJCZAK Jarosław	40		M40-49	11			00:00:07	00:42:51	01:30:58	02:23:43	03:12:01	04:01:46	04:51:56	05:39:44	06:27:28.70	06:27:36.45	+01:53:05 (29.2%)	9:10	6.5 (70.7%)
75	POSTEK Danuta	98	MARSZ PO ZDROWIE	K50-54	5			00:01:35	00:39:48	01:25:08	02:11:09	02:59:01	03:47:56	04:41:02	05:34:24	06:27:59.25	06:29:34.70	+01:53:35 (29.3%)	9:11	6.5 (70.7%)
76	CHOLEWKA Jolanta	10	MARSZ PO ZDROWIE POZNAŃ	K60-64	5			00:01:35	00:40:08	01:26:47	02:14:04	03:03:11	03:53:18	04:45:04	05:37:26	06:31:04.10	06:32:39.35	+01:56:40 (29.8%)	9:16	6.5 (70.7%)
77	CEGŁA Zbyszko	8	-	M60-64	4			00:00:10	00:40:59	01:27:05	02:14:27	03:03:29	03:52:59	04:42:54	05:37:14	06:33:08.50	06:33:19.25	+01:58:44 (30.2%)	9:18	6.4 (69.6%)
78	KOZŁOWSKA Agnieszka	35	DYNAMIC	K40-49	10			00:01:36	00:42:39	01:28:34	02:15:53	03:05:01	03:56:30	04:48:46	05:41:43	06:34:07.35	06:35:43.40	+01:59:43 (30.4%)	9:20	6.4 (69.6%)
79	HAJNUS Wojciech	22	DYNAMIC	M50-54	9			00:00:06	00:41:23	01:28:04	02:14:53	03:03:30	03:54:58	04:47:36	05:41:29	06:34:15.00	06:34:21.65	+01:59:51 (30.4%)	9:20	6.4 (69.6%)
80	THOMALLA Bogdan	81	SILESIA NORDIC TEAM	M65+	5			00:00:14	00:40:53	01:27:47	02:17:45	03:05:28	03:59:54	04:51:08	05:48:16	06:36:50.50	06:37:04.50	+02:02:26 (30.9%)	9:24	6.4 (69.6%)
81	SERAFIN Anna	65	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY NORDIC WALKING	K30-39	7			00:01:34	00:43:15	01:29:48	02:17:40	03:05:57	03:57:20	04:50:06	05:46:07	06:44:24.10	06:45:58.80	+02:10:00 (32.1%)	9:34	6.3 (68.5%)
82	KOLEBUK Kazimierz	29	TRZCIANKA.BIEGA	M65+	6			00:00:09	00:42:07	01:30:23	02:18:53	03:09:26	04:01:49	04:57:27	05:53:02	06:48:04.25	06:48:13.45	+02:13:40 (32.8%)	9:40	6.2 (67.4%)
83	JASIŃSKA Małgorzata	25	FAMILY PARK	K50-54	6			00:01:36	00:40:06	01:27:03	02:13:12	03:01:24	03:53:29	04:48:28	05:50:15	06:49:47.70	06:51:24.15	+02:15:24 (33.0%)	9:42	6.2 (67.4%)
84	PERLIK Wiesław	52	GOSIR OSIELSKO	M60-64	5			00:00:11	00:39:23	01:23:28	02:08:39	02:57:37	03:52:52	04:47:59	05:51:39	06:51:11.85	06:51:23.80	+02:16:48 (33.3%)	9:44	6.2 (67.4%)
85	BONZEL Dorota	5	KLUB SZALONEJ DOROTKI	K30-39	8			00:01:33	00:44:10	01:32:48	02:22:08	03:13:12	04:06:13	05:01:47	05:58:36	06:56:31.50	06:58:05.05	+02:22:07 (34.1%)	9:52	6.1 (66.3%)
86	CERANOWSKA Aga	9	PSEUDOBIEGACZKI	K40-49	11	1		00:01:38	00:44:22	01:34:24	02:26:02	03:18:56	04:14:15	05:11:36	06:07:02	07:01:43.30	07:03:22.20	+02:27:19 (34.9%)	9:59	6 (65.2%)
87	BŁASZCZYK Katarzyna	96	KIJANKI POZNAŃ	K40-49	12			00:01:40	00:44:13	01:33:27	02:25:31	03:18:56	04:14:16	05:11:36	06:07:09	07:02:39.75	07:04:19.75	+02:28:16 (35.1%)	10:00	6 (65.2%)
88	MAĆKOWIAK Aleksandra	39	FACE NORDIC WALKING TEAM	K30-39	9			00:01:34	00:42:09	01:29:52	02:24:59	03:17:50	04:09:24	05:04:33	06:05:53	07:03:03.95	07:04:38.75	+02:28:40 (35.1%)	10:01	6 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Start_All 42.195km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
89	MAĆKOWIAK Krystyna	38	FACE NORDIC WALKING TEAM	K60-64	6			00:01:36	00:42:06	01:30:41	02:21:13	03:14:10	04:10:24	05:07:59	06:08:09	07:07:46.70	07:09:23.00	+02:33:23 (35.9%)	10:08	5.9 (64.1%)	
	BANASZKIEWICZ Katarzyna	2	PILSCY MIŁOŚNICY NW	K40-49				DNF	00:35:47 DNF	01:17:24 DNF	01:59:31 DNF	02:43:07 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)	

Znaleziono 90 wynik(ów)