



JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-06-26
Miejsce: Jarosławiec
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KNITTER Tomasz	53	BŁĘKITNI NW DZIEMIANY	M-Jun.	1			00:04:22	00:19:07	00:38:38.65	00:43:01.40		7:43	7.8 (100%)
2	GŁOWA Michał	34	WESOŁY BORSUK TEAM	M-Jun.	2			00:04:23	00:19:13	00:38:52.25	00:43:15.65	+00:00:13 (0.6%)	7:46	7.7 (98.7%)
3	KOPCZEWSKI Dariusz	56		M50-54	1			00:06:10	00:19:48	00:39:44.95	00:45:55.15	+00:01:06 (2.8%)	7:57	7.5 (96.2%)
4	RAJEWSKI Sebastian	103	JEZIORKI - AKTYWNA WIEŚ	M45-49	1			00:05:47	00:19:44	00:39:48.10	00:45:36.05	+00:01:09 (2.9%)	7:57	7.5 (96.2%)
5	LESIŃSKI Grzegorz	65	KS METRACO POLKOWICE	M50-54	2			00:06:10	00:19:33	00:40:06.30	00:46:16.70	+00:01:27 (3.6%)	8:01	7.5 (96.2%)
6	RAKUĆ Jakub	105	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:04:48	00:20:40	00:41:29.70	00:46:17.80	+00:02:51 (6.9%)	8:17	7.2 (92.3%)
7	NACZK Leonard	86		M40-44	1			00:05:23	00:21:30	00:41:50.95	00:47:13.95	+00:03:12 (7.7%)	8:22	7.2 (92.3%)
8	WYSOCKI Marcin	254	BŁĘKITNI NW DZIEMIANY	M-Jun.	3			00:04:22	00:20:33	00:41:53.90	00:46:16.20	+00:03:15 (7.8%)	8:22	7.2 (92.3%)
9	BOJAN Miro	9		M60-64	1			00:06:57	00:21:13	00:41:56.40	00:48:54.30	+00:03:17 (7.9%)	8:23	7.2 (92.3%)
10	KOWALCZUK Robert	58	FACE NORDIC WALKING TEAM	M50-54	3			00:06:10	00:21:03	00:42:06.75	00:48:16.95	+00:03:28 (8.2%)	8:25	7.1 (91.0%)
11	SZUDARSKI Edward	125	DWA KIJE SŁUPSK	M55-59	1			00:06:29	00:21:16	00:42:15.95	00:48:45.55	+00:03:37 (8.6%)	8:27	7.1 (91.0%)
12	GRYGOROWICZ Bogdan	263	KS METRACO POLKOWICE	M65-69	1			00:07:33	00:21:28	00:42:27.10	00:50:00.55	+00:03:48 (9.0%)	8:29	7.1 (91.0%)
13	NACZK Wiktoria	87		K-Jun.	1			00:08:34	00:21:27	00:42:34.60	00:51:08.60	+00:03:55 (9.2%)	8:30	7 (89.7%)
14	ŚLEWIŃSKA Edyta	133	BŁĘKITNI NW DZIEMIANY	K-Jun.	2			00:08:33	00:21:26	00:42:37.80	00:51:11.65	+00:03:59 (9.3%)	8:31	7 (89.7%)

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15	DANA Andrzej	275	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	2			00:07:33	00:21:37	00:43:15.55	00:50:49.40	+00:04:36 (10.7%)	8:39	6.9 (88.5%)
16	KAZIÓW Ryszard	50	DWA KIJE SŁUPSK	M60-64	2			00:06:58	00:21:34	00:43:15.80	00:50:14.05	+00:04:37 (10.7%)	8:39	6.9 (88.5%)
17	LESIŃSKA Marzenna	247	KS METRACO POLKOWICE	K50-54	1			00:10:25	00:22:01	00:43:18.90	00:53:44.05	+00:04:40 (10.8%)	8:39	6.9 (88.5%)
18	GOŁĘBIEWSKI Andrzej	35	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	2			00:06:30	00:21:42	00:43:30.30	00:50:00.40	+00:04:51 (11.2%)	8:42	6.9 (88.5%)
19	SWYSTUN Sławomir Piotr	120	PENDOLINO, MORSY GDYŃSKIE	M60-64	3			00:06:57	00:21:41	00:43:30.40	00:50:28.15	+00:04:51 (11.2%)	8:42	6.9 (88.5%)
20	SZPILMAN Marta	124	FACE NORDIC WALKING TEAM	K18-29	1			00:08:51	00:22:11	00:43:31.75	00:52:23.55	+00:04:53 (11.2%)	8:42	6.9 (88.5%)
21	KOMAR Beata	55	FACE NORDIC WALKING TEAM	K45-49	1			00:10:05	00:22:23	00:43:35.45	00:53:40.80	+00:04:56 (11.3%)	8:43	6.9 (88.5%)
22	SZPILMAN Katarzyna	123	FACE NORDIC WALKING TEAM	K45-49	2			00:10:05	00:22:24	00:43:36.15	00:53:41.80	+00:04:57 (11.4%)	8:43	6.9 (88.5%)
23	KAMELSKI Piotr	47	SŁAWNO	M40-44	2			00:05:23	00:22:30	00:43:52.10	00:49:15.25	+00:05:13 (11.9%)	8:46	6.8 (87.2%)
24	ANTONIEWICZ-BARTCZAK Łukasz	1	ELITE TEAM	M- Niepełnosprawni	1			00:04:49	00:22:05	00:43:56.85	00:48:46.05	+00:05:18 (12.1%)	8:47	6.8 (87.2%)
25	WILKOŁEK-SZUDARSKA Saturnina	144	DWA KIJE SŁUPSK	K55-59	1			00:10:45	00:22:01	00:44:02.45	00:54:48.05	+00:05:23 (12.3%)	8:48	6.8 (87.2%)
26	SMARSZCZ Wiesław	115		M55-59	3			00:06:30	00:21:58	00:44:02.80	00:50:33.35	+00:05:24 (12.3%)	8:48	6.8 (87.2%)
27	KUŚMIEREK Mateusz	61	BŁĘKITNI NW DZIEMIANY	M-Dzieci	1			00:03:50	00:21:49	00:44:05.55	00:47:56.40	+00:05:26 (12.4%)	8:49	6.8 (87.2%)
28	JANCZAK Oliwier	262	KS METRACO POLKOWICE	M-Dzieci	2			00:03:51	00:21:56	00:44:05.75	00:47:57.40	+00:05:27 (12.4%)	8:49	6.8 (87.2%)
29	SZUDARSKI Marek	126	DWA KIJE SŁUPSK	M18-29	2			00:04:48	00:21:59	00:44:09.50	00:48:57.80	+00:05:30 (12.5%)	8:49	6.8 (87.2%)
30	KNITTER Agata	54	BŁĘKITNI NW DZIEMIANY	K-Jun.	3			00:08:33	00:22:06	00:44:15.40	00:52:49.35	+00:05:36 (12.7%)	8:51	6.8 (87.2%)
31	SŁOMIŃSKA Marta	266	BŁĘKITNI NW DZIEMIANY	K-Jun.	4			00:08:33	00:22:16	00:44:15.70	00:52:49.35	+00:05:37 (12.7%)	8:51	6.8 (87.2%)
32	WOJTACHNIO Edyta	251	FACE NORDIC WALKING TEAM	K45-49	3			00:10:05	00:22:34	00:44:24.00	00:54:29.55	+00:05:45 (13.0%)	8:52	6.8 (87.2%)
33	RUDNIK Janina Ewa	110	DWA KIJE SŁUPSK	K30-39	1			00:09:18	00:22:15	00:44:24.50	00:53:43.35	+00:05:45 (13.0%)	8:53	6.8 (87.2%)
34	SZYMANOWSKI Eugeniusz	132		M55-59	4			00:06:29	00:22:31	00:44:32.65	00:51:02.50	+00:05:54 (13.2%)	8:54	6.7 (85.9%)
35	STOLTMANN Helena	118	BŁĘKITNI NW DZIEMIANY	K55-59	2			00:10:46	00:22:15	00:44:36.85	00:55:23.20	+00:05:58 (13.4%)	8:55	6.7 (85.9%)
36	SCHMIDTKE Piotr	112		M40-44	3			00:05:24	00:22:33	00:44:43.25	00:50:07.90	+00:06:04 (13.6%)	8:56	6.7 (85.9%)
37	SZYMANOWSKA Anna	131		K55-59	3			00:10:46	00:22:34	00:44:44.85	00:55:30.85	+00:06:06 (13.6%)	8:56	6.7 (85.9%)

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38	WAWRZY尼亚K Anna	138	FACE NORDIC WALKING TEAM	K40-44	1			00:09:35	00:22:42	00:44:49.95	00:54:24.95	+00:06:11 (13.8%)	8:57	6.7 (85.9%)
39	DOLNIA Ewelina	271	AKTYWNE KOŁCZYGŁOWY	K30-39	2			00:09:19	00:22:27	00:45:03.20	00:54:23.05	+00:06:24 (14.2%)	9:00	6.7 (85.9%)
40	ZIELIŃSKI Andrzej	256		M60-64	4			00:06:58	00:22:35	00:45:08.95	00:52:07.65	+00:06:30 (14.4%)	9:01	6.6 (84.6%)
41	JANECKI Dariusz	42	JEZIORKI - AKTYWNA WIEŚ	M55-59	5			00:06:30	00:22:14	00:45:10.10	00:51:40.20	+00:06:31 (14.4%)	9:02	6.6 (84.6%)
42	BŁASZCZYK Karolina	8	CHODZEEKIJAMI.PL	K30-39	3			00:09:19	00:22:39	00:45:15.50	00:54:34.95	+00:06:36 (14.6%)	9:03	6.6 (84.6%)
43	ROMANOWSKA Wiktoria	82		K-Jun.	5			00:08:34	00:22:17	00:45:17.35	00:53:52.15	+00:06:38 (14.7%)	9:03	6.6 (84.6%)
44	NOWROTEK Roman	91	WESOŁY BORSUK TEAM	M65-69	3			00:07:33	00:22:24	00:45:45.65	00:53:19.00	+00:07:07 (15.6%)	9:09	6.6 (84.6%)
45	PIESIK Marcin	97	STOWARZYSZENIE PIECZA	M18-29	3			00:04:23	00:23:18	00:45:51.55	00:50:14.95	+00:07:12 (15.7%)	9:10	6.5 (83.3%)
46	JÓŹWIAK Marianna	45	WTW.WŁOCŁAWEK	K40-44	2			00:09:35	00:22:55	00:45:52.95	00:55:28.45	+00:07:14 (15.8%)	9:10	6.5 (83.3%)
47	SULECKA Gabriela	119		K- Niepełnosprawni	1			00:10:46	00:22:55	00:45:53.85	00:56:40.35	+00:07:15 (15.8%)	9:10	6.5 (83.3%)
48	KURCZYK Zbyszek	268	KZ SŁAWNO	M-Dzieci	3			00:03:50	00:22:48	00:46:00.00	00:49:50.80	+00:07:21 (16.0%)	9:12	6.5 (83.3%)
49	NOWAK Jakub	90	NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	4			00:03:50	00:22:52	00:46:03.25	00:49:54.15	+00:07:24 (16.1%)	9:12	6.5 (83.3%)
50	RAKUĆ Angelika	106	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:08:52	00:23:08	00:46:04.45	00:54:56.65	+00:07:25 (16.1%)	9:12	6.5 (83.3%)
51	BARTOSIEWICZ Włodzimierz	264	FACE NORDIC WALKING TEAM	M60-64	5			00:06:58	00:22:42	00:46:12.25	00:53:10.45	+00:07:33 (16.4%)	9:14	6.5 (83.3%)
52	LESZCZYSZYN Krystyna	66		K60-64	1			00:11:33	00:23:10	00:46:14.35	00:57:47.85	+00:07:35 (16.4%)	9:14	6.5 (83.3%)
53	GIERSZEWSKA Magdalena	273	AKTYWNE KOŁCZYGŁOWY	K40-44	3			00:09:36	00:23:31	00:46:17.00	00:55:53.30	+00:07:38 (16.5%)	9:15	6.5 (83.3%)
54	ŁOZIŃSKA Wioletta	70		K45-49	4			00:10:06	00:23:12	00:46:22.30	00:56:28.80	+00:07:43 (16.7%)	9:16	6.5 (83.3%)
55	PILECKA-PRĄDZYŃSKA Anna	248	PENDOLINO	K60-64	2			00:11:33	00:23:11	00:46:22.60	00:57:56.55	+00:07:43 (16.7%)	9:16	6.5 (83.3%)
56	JÓŹWIAK Łukasz	44	WTW.WŁOCŁAWEK	M- Niepełnosprawni	2			00:05:48	00:23:30	00:46:22.90	00:52:11.40	+00:07:44 (16.7%)	9:16	6.5 (83.3%)
57	KLOSKA Kazimierz	51	BYTOWSKIE MORSY	M70+	1			00:07:34	00:23:09	00:46:28.25	00:54:03.00	+00:07:49 (16.8%)	9:17	6.5 (83.3%)
58	DANA Kazimiera	274	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:11:34	00:23:19	00:46:59.35	00:58:34.05	+00:08:20 (17.8%)	9:24	6.4 (82.1%)
59	GUL Karina	272	AKTYWNE KOŁCZYGŁOWY	K- Niepełnosprawni	2			00:09:20	00:23:46	00:47:06.80	00:56:26.90	+00:08:28 (18.0%)	9:25	6.4 (82.1%)
60	LABUDDA Katarzyna	63		K30-39	4			00:09:19	00:23:41	00:47:17.95	00:56:37.15	+00:08:39 (18.3%)	9:27	6.3 (80.8%)

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61	GRUDNOWSKA Dominika	37	BŁĘKITNI NW DZIEMIANY	K-Dzieci	1			00:08:13	00:23:18	00:47:33.45	00:55:47.05	+00:08:54 (18.7%)	9:30	6.3 (80.8%)
62	GIERSEWSKI Arkadiusz	279		M30-39	1			00:04:48	00:24:21	00:47:43.90	00:52:32.80	+00:09:05 (19.0%)	9:32	6.3 (80.8%)
63	SPYCHAŁA-KARAPULKA Arleta	117	MARSZ PO ZDROWIE	K40-44	4			00:09:35	00:23:54	00:48:05.25	00:57:40.55	+00:09:26 (19.6%)	9:37	6.2 (79.5%)
64	ROMANOWSKA Agata	280		K-Dzieci	2			00:08:13	00:23:39	00:48:07.25	00:56:20.65	+00:09:28 (19.7%)	9:37	6.2 (79.5%)
65	PIĄTKOWSKI Józef	96	KS METRACO POLKOWICE	M70+	2			00:07:34	00:23:47	00:48:10.80	00:55:45.65	+00:09:32 (19.8%)	9:38	6.2 (79.5%)
66	MACZKOWSKA Zofia	249	LKS ZANTYR	K-Dzieci	3			00:08:14	00:24:08	00:48:11.70	00:56:25.85	+00:09:33 (19.8%)	9:38	6.2 (79.5%)
67	KŁOPOTOWSKI Ryszard	52	LKS ZANTYR	M50-54	4			00:06:10	00:24:47	00:48:11.80	00:54:22.40	+00:09:33 (19.8%)	9:38	6.2 (79.5%)
68	MIKITIUK Tomasz	259	KIJOWA PARA	M45-49	2			00:05:49	00:24:12	00:48:19.25	00:54:08.45	+00:09:40 (20.0%)	9:39	6.2 (79.5%)
69	DOMAŃSKA Beata	21		K30-39	5			00:09:21	00:24:09	00:48:23.55	00:57:45.40	+00:09:44 (20.1%)	9:40	6.2 (79.5%)
70	BARTON Krystyna	4		K55-59	4			00:10:46	00:24:00	00:48:23.65	00:59:10.30	+00:09:45 (20.1%)	9:40	6.2 (79.5%)
71	JABŁOŃSKI Janusz	41	STOWARZYSZENIE PIECZA	M45-49	3			00:05:48	00:24:55	00:48:39.05	00:54:28.00	+00:10:00 (20.6%)	9:44	6.2 (79.5%)
72	SZYCKO Radek	129	DWA KIJE SŁUPSK	M40-44	4			00:05:22	00:24:48	00:48:43.90	00:54:06.70	+00:10:05 (20.7%)	9:44	6.2 (79.5%)
73	SIKORRA Janina	113	NORDIC WALKING 'ORŁY' WICKO	K65-69	1			00:11:47	00:24:41	00:48:50.35	01:00:38.15	+00:10:11 (20.9%)	9:46	6.1 (78.2%)
74	FOLWARSKA Małgorzata	26	FACE NORDIC WALKING TEAM	K55-59	5			00:10:47	00:24:10	00:48:56.10	00:59:43.45	+00:10:17 (21.0%)	9:47	6.1 (78.2%)
75	SZALECKA Grażyna	250	LKS ZANTYR	K60-64	4			00:11:35	00:24:53	00:49:07.50	01:00:42.60	+00:10:28 (21.3%)	9:49	6.1 (78.2%)
76	KABACIŃSKI Maciej	46	FACE NORDIC WALKING TEAM	M45-49	4			00:05:49	00:24:53	00:49:22.35	00:55:11.60	+00:10:43 (21.7%)	9:52	6.1 (78.2%)
77	ŻAMOJCIN Małgorzata	258		K55-59	6			00:10:47	00:25:00	00:49:35.55	01:00:22.75	+00:10:56 (22.1%)	9:55	6.1 (78.2%)
78	KUBACKI Zbigniew	128	STOWARZYSZENIE PIECZA	M-Jun.	4			00:04:23	00:24:58	00:49:57.05	00:54:20.85	+00:11:18 (22.6%)	9:59	6 (76.9%)
79	MULLER Jakub	83	STOWARZYSZENIE PIECZA	M-Jun.	5			00:04:22	00:24:59	00:49:58.75	00:54:21.35	+00:11:20 (22.7%)	9:59	6 (76.9%)
80	BANACH-MAZUR Paulina	3		K30-39	6			00:09:22	00:25:50	00:50:05.25	00:59:27.80	+00:11:26 (22.8%)	10:01	6 (76.9%)
81	SMARSZCZ Grażyna	116		K55-59	7			00:10:46	00:25:27	00:50:13.00	01:00:59.20	+00:11:34 (23.0%)	10:02	6 (76.9%)
82	BONZEL Dorota	10	JEZIORKI - AKTYWNA WIEŚ	K30-39	7			00:09:19	00:25:00	00:50:20.20	00:59:39.45	+00:11:41 (23.2%)	10:04	6 (76.9%)
83	WRZASK Tomasz	270		M45-49	5			00:05:49	00:25:28	00:50:21.80	00:56:11.20	+00:11:43 (23.3%)	10:04	6 (76.9%)

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84	SZWAGRZYK Krystyna	127	STOWARZYSZENIE PIECZA	K45-49	5			00:10:05	00:25:23	00:50:27.70	01:00:33.05	+00:11:49 (23.4%)	10:05	5.9 (75.6%)
85	FRUBA Karina	27	DWA KIJE SŁUPSK	K- Niepełnosprawni	3			00:09:20	00:25:11	00:50:55.20	01:00:15.60	+00:12:16 (24.1%)	10:11	5.9 (75.6%)
86	KRAWCZYKOWSKA Barbara	59	LKS ZANTYR	K60-64	5			00:11:35	00:25:56	00:50:58.65	01:02:34.20	+00:12:20 (24.2%)	10:11	5.9 (75.6%)
87	JAROSZ Adrianna	269	AKADEMOS	K18-29	3			00:08:52	00:25:45	00:50:58.75	00:59:50.85	+00:12:20 (24.2%)	10:11	5.9 (75.6%)
88	DARGAS Małgorzata	20	BŁĘKITNI NW DZIEMIANY	K40-44	5			00:09:35	00:25:54	00:50:59.05	01:00:34.20	+00:12:20 (24.2%)	10:11	5.9 (75.6%)
89	ROSZMAN Agata	109	PENDOLINO	K30-39	8			00:09:20	00:25:50	00:51:10.90	01:00:31.35	+00:12:32 (24.5%)	10:14	5.9 (75.6%)
90	ZIELIŃSKI Łukasz	257		M30-39	2			00:04:48	00:25:44	00:51:24.00	00:56:12.45	+00:12:45 (24.8%)	10:16	5.8 (74.4%)
91	MECH Katarzyna	78		K30-39	9			00:09:19	00:25:47	00:51:24.20	01:00:43.30	+00:12:45 (24.8%)	10:16	5.8 (74.4%)
92	CYRA Grażyna	16		K60-64	6			00:11:34	00:25:41	00:51:25.10	01:02:59.15	+00:12:46 (24.8%)	10:17	5.8 (74.4%)
93	PODLEWSKA Alicja	98	LKS ZANTYR	K50-54	2			00:10:24	00:26:35	00:51:25.20	01:01:50.05	+00:12:46 (24.8%)	10:17	5.8 (74.4%)
94	MALKIEWICZ Małgorzata	76	AKTYWNE KOŁCZYGŁOWY	K50-54	3			00:10:25	00:26:36	00:51:31.30	01:01:57.25	+00:12:52 (25.0%)	10:18	5.8 (74.4%)
95	DARGAS Sandra	19	BŁĘKITNI NW DZIEMIANY	K-Dzieci	4			00:08:14	00:26:06	00:51:41.90	00:59:56.65	+00:13:03 (25.3%)	10:20	5.8 (74.4%)
96	BURY Liliana	13		K30-39	10			00:09:21	00:26:19	00:51:49.65	01:01:11.35	+00:13:11 (25.4%)	10:22	5.8 (74.4%)
97	MIELEWCZYK Justyna	80		K30-39	11			00:09:21	00:26:19	00:51:50.00	01:01:11.15	+00:13:11 (25.4%)	10:22	5.8 (74.4%)
98	SYNAKIEWICZ Magdalena	121	ES-TEAM	K30-39	12			00:09:20	00:26:23	00:52:03.40	01:01:24.05	+00:13:24 (25.8%)	10:24	5.8 (74.4%)
99	RAJEWSKA Beata	102	JEZIORKI - AKTYWNA WIEŚ	K40-44	6			00:09:36	00:26:17	00:52:05.60	01:01:41.95	+00:13:26 (25.8%)	10:25	5.8 (74.4%)
100	DUZOWSKA Kamila	23	STOWARZYSZENIE PIECZA	K-Jun.	6			00:08:36	00:26:14	00:52:13.75	01:00:50.15	+00:13:35 (26.0%)	10:26	5.7 (73.1%)
101	SZYCKO Oliwia	130	DWA KIJE SŁUPSK	K-Dzieci	5			00:08:13	00:26:08	00:52:44.10	01:00:57.35	+00:14:05 (26.7%)	10:32	5.7 (73.1%)
102	KAZIÓW Krystyna	49	DWA KIJE SŁUPSK	K60-64	7			00:11:33	00:26:33	00:52:45.25	01:04:19.05	+00:14:06 (26.7%)	10:33	5.7 (73.1%)
103	SZPALERSKA Mirosława	122		K65-69	2			00:11:48	00:26:27	00:53:03.40	01:04:51.45	+00:14:24 (27.2%)	10:36	5.7 (73.1%)
104	FRYSKE Jarosław	28	STOWARZYSZENIE PIECZA	M40-44	5			00:05:24	00:27:08	00:53:06.05	00:58:30.70	+00:14:27 (27.2%)	10:37	5.6 (71.8%)
105	KUBACKA Ewelina	77	STOWARZYSZENIE PIECZA	K-Jun.	7			00:08:34	00:26:21	00:53:18.35	01:01:52.95	+00:14:39 (27.5%)	10:39	5.6 (71.8%)
106	WALASEK Julitta	72		K40-44	7			00:10:06	00:26:57	00:53:24.90	01:03:31.40	+00:14:46 (27.7%)	10:41	5.6 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	MIELEWCZYK Aleksandra	79		K55-59	8			00:10:45	00:27:27	00:53:34.75	01:04:20.45	+00:14:56 (27.9%)	10:43	5.6 (71.8%)
108	ZIELIŃSKA Elżbieta	255		K60-64	8			00:11:34	00:27:28	00:53:45.20	01:05:19.45	+00:15:06 (28.1%)	10:45	5.6 (71.8%)
109	WIRKUS Anna	146	BŁĘKITNI NW DZIEMIANY	K60-64	9			00:11:35	00:27:29	00:53:47.20	01:05:22.75	+00:15:08 (28.2%)	10:45	5.6 (71.8%)
110	ROSZMAN Adrianna	107	PENDOLINO	K-Dzieci	6			00:08:13	00:26:29	00:53:50.50	01:02:03.65	+00:15:11 (28.2%)	10:46	5.6 (71.8%)
111	MULLER Adam	85	STOWARZYSZENIE PIECZA	M45-49	6			00:05:48	00:26:53	00:53:56.80	00:59:45.35	+00:15:18 (28.4%)	10:47	5.6 (71.8%)
112	KATAFIASZ Radosław	48	STOWARZYSZENIE PIECZA	M18-29	4			00:04:48	00:26:08	00:54:12.00	00:59:00.40	+00:15:33 (28.7%)	10:50	5.5 (70.5%)
113	MAĆKOWSKA Danuta	71	NW PATYCZAKI GRUDZIĄDZ	K55-59	9			00:10:47	00:28:08	00:54:48.30	01:05:35.75	+00:16:09 (29.5%)	10:57	5.5 (70.5%)
114	MAĆKOWIAK Aleksandra	277		K30-39	13			00:09:19	00:27:58	00:54:52.40	01:04:12.20	+00:16:13 (29.6%)	10:58	5.5 (70.5%)
115	OGONOWSKA Edyta	92	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	4			00:10:24	00:27:45	00:55:09.30	01:05:34.10	+00:16:30 (29.9%)	11:02	5.4 (69.2%)
116	CIRÓG Ewa	261	AKTYWNI POSTOMINO	K60-64	10			00:11:35	00:27:57	00:55:25.40	01:07:01.15	+00:16:46 (30.3%)	11:05	5.4 (69.2%)
117	DZIADEK Agnieszka	24	PENDOLINO	K-Jun.	8			00:08:34	00:27:15	00:55:30.65	01:04:05.45	+00:16:52 (30.4%)	11:06	5.4 (69.2%)
118	WIADERSKA Grażyna	141		K65-69	3			00:11:47	00:28:25	00:55:31.00	01:07:18.95	+00:16:52 (30.4%)	11:06	5.4 (69.2%)
119	GRUSZKA Barbara	39	LKS ZANTYR	K65-69	4			00:11:49	00:28:24	00:55:31.30	01:07:20.30	+00:16:52 (30.4%)	11:06	5.4 (69.2%)
120	MAZERSKA Maria	99	LKS ZANTYR	K65-69	5			00:11:49	00:28:51	00:55:39.90	01:07:29.15	+00:17:01 (30.6%)	11:08	5.4 (69.2%)
121	WENEK Maja	140	MKS FIGHTER	K-Dzieci	7			00:08:13	00:27:24	00:55:44.70	01:03:58.15	+00:17:06 (30.7%)	11:09	5.4 (69.2%)
122	WYSOCKI Gabriel	253	BŁĘKITNI NW DZIEMIANY	M-Dzieci	5			00:03:52	00:26:44	00:55:56.25	00:59:48.70	+00:17:17 (30.9%)	11:11	5.4 (69.2%)
123	KURCZYK Michał	267	KZ SŁAWNO	M-Dzieci	6			00:03:50	00:26:47	00:55:57.30	00:59:47.65	+00:17:18 (30.9%)	11:11	5.4 (69.2%)
124	GIERSZENDORF Roman	33	FACE NORDIC WALKING TEAM	M40-44	6			00:05:24	00:28:39	00:56:13.95	01:01:38.70	+00:17:35 (31.3%)	11:14	5.3 (67.9%)
125	MIKITIUK Beata	260	KIJOWA PARA	K40-44	8			00:09:36	00:28:55	00:56:44.15	01:06:20.55	+00:18:05 (31.9%)	11:20	5.3 (67.9%)
126	PANKIEWICZ-DMOWSKA Cecylia	95		K65-69	6			00:11:48	00:28:43	00:56:49.90	01:08:38.05	+00:18:11 (32.0%)	11:22	5.3 (67.9%)
127	TOKARSKA Joanna	134	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K30-39	14			00:09:20	00:28:27	00:57:10.75	01:06:31.70	+00:18:32 (32.4%)	11:26	5.2 (66.7%)
128	KWIATKOWSKA Izabela	62	RUCH PO ZDROWIE WŁOCŁAWEK	K30-39	15			00:09:22	00:28:32	00:57:29.70	01:06:52.20	+00:18:51 (32.8%)	11:30	5.2 (66.7%)
129	ATTA Saamer	2	STOWARZYSZENIE PIECZA	M-Dzieci	7			00:03:51	00:28:46	00:57:47.85	01:01:39.25	+00:19:09 (33.1%)	11:33	5.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	WAWRZY尼亚K Igor	139	FACE NORDIC WALKING TEAM	M-Dzieci	8			00:03:51	00:28:15	00:58:09.70	01:02:01.35	+00:19:31 (33.6%)	11:38	5.2 (66.7%)
131	MALINOWSKA Grażyna	75	LKS ZANTYR	K65-69	7			00:11:49	00:29:08	00:58:20.20	01:10:09.40	+00:19:41 (33.8%)	11:40	5.1 (65.4%)
132	GRUDNOWSKA Wiktoria	36	BŁĘKITNI NW DZIEMIANY	K-Dzieci	8			00:08:14	00:28:40	00:59:47.40	01:08:01.55	+00:21:08 (35.4%)	11:57	5 (64.1%)
133	BUDASZ Grażyna	11	JEZIORKI - AKTYWNA WIEŚ	K60-64	11			00:11:35	00:29:39	00:59:47.50	01:11:23.45	+00:21:08 (35.4%)	11:57	5 (64.1%)
134	BARTOSIEWICZ Grażyna	265	FACE NORDIC WALKING TEAM	K60-64	12			00:11:34	00:29:52	01:00:08.10	01:11:42.95	+00:21:29 (35.7%)	12:01	5 (64.1%)
135	ROSZMAN Mikołaj	108	PENDOLINO	M-Dzieci	9			00:03:52	00:29:58	01:00:45.70	01:04:37.80	+00:22:07 (36.4%)	12:09	4.9 (62.8%)
136	MULLER Bogumiła	84	STOWARZYSZENIE PIECZA	K50-54	5			00:10:25	00:31:11	01:00:46.60	01:11:12.35	+00:22:07 (36.4%)	12:09	4.9 (62.8%)
137	BŁASZCZYK Katarzyna	6	KIJANKI POZNAŃ	K45-49	6			00:10:06	00:31:02	01:01:11.00	01:11:17.80	+00:22:32 (36.8%)	12:14	4.9 (62.8%)
138	JEZERSKI Przemysław	43	STOWARZYSZENIE PIECZA	M-Dzieci	10			00:03:53	00:30:52	01:02:08.50	01:06:02.05	+00:23:29 (37.8%)	12:25	4.8 (61.5%)
139	MOCZARSKI Adam	81	FACE NORDIC WALKING TEAM	M70+	3			00:07:35	00:29:06	01:02:15.80	01:09:50.80	+00:23:37 (37.9%)	12:27	4.8 (61.5%)
140	DUZOWSKA Anna	22	STOWARZYSZENIE PIECZA	K-Jun.	9			00:08:35	00:30:48	01:02:53.75	01:11:29.30	+00:24:15 (38.6%)	12:34	4.8 (61.5%)
141	RAKAŁOWICZ Weronika	104	STOWARZYSZENIE PIECZA	K-Jun.	10			00:08:34	00:30:49	01:02:54.35	01:11:29.00	+00:24:15 (38.6%)	12:35	4.8 (61.5%)
142	CYRA Zbigniew	17		M65-69	4			00:07:33	00:32:12	01:04:02.55	01:11:36.50	+00:25:23 (39.7%)	12:48	4.7 (60.3%)
143	BUDASZ Krzysztof	12	JEZIORKI - AKTYWNA WIEŚ	M60-64	6			00:06:59	00:31:03	01:04:24.50	01:11:23.60	+00:25:45 (40.0%)	12:52	4.7 (60.3%)
144	SAPOR Anna	111		K30-39	16			00:09:21	00:32:17	01:05:23.00	01:14:44.00	+00:26:44 (40.9%)	13:04	4.6 (59.0%)
145	CICHOWSKI Wiesław	276	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M- Niepełnosprawni	3			00:06:59	00:32:54	01:07:44.75	01:14:44.00	+00:29:06 (43.0%)	13:33	4.4 (56.4%)
146	DARGAS Marta	18	BŁĘKITNI NW DZIEMIANY	K-Dzieci	9			00:08:14	00:32:41	01:08:14.45	01:16:28.75	+00:29:35 (43.4%)	13:38	4.4 (56.4%)
147	BŁASZCZYK Łukasz	7	KIJANKI POZNAŃ	M40-44	7			00:05:24	00:34:38	01:09:59.20	01:15:24.15	+00:31:20 (44.8%)	14:00	4.3 (55.1%)
148	GIERSZENDORF Paweł	31	FACE NORDIC WALKING TEAM	M-Jun.	6			00:04:22	00:37:32	01:17:16.80	01:21:39.70	+00:38:38 (50.0%)	15:27	3.9 (50.0%)
149	GIERSZENDORF Borys	32	FACE NORDIC WALKING TEAM	M-Dzieci	11			00:03:52	00:38:02	01:17:47.00	01:21:39.65	+00:39:08 (50.3%)	15:33	3.9 (50.0%)
	WITKOWSKI Ignacy	149	STOWARZYSZENIE PIECZA	M-Dzieci				DNF	00:30:58 DNF	DNF	DNF		-	- (0.0%)
	WITKOWSKA Lucyna	147	STOWARZYSZENIE PIECZA	K30-39				DNF	00:40:14 DNF	DNF	DNF		-	- (0.0%)
	LIS Agata	68	STOWARZYSZENIE PIECZA	K-Jun.				DNF	00:42:41 DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
	WITKOWSKI Michał	148	STOWARZYSZENIE PIECZA	M30-39				DNF	00:43:08 DNF	DNF	DNF	-	-	(0.0%)
	WITKOWSKI Jan	150	STOWARZYSZENIE PIECZA	M-Dzieci				DNF	00:44:38 DNF	DNF	DNF	-	-	(0.0%)
	FRYSKE Celina	29	STOWARZYSZENIE PIECZA	K40-44				DNF	00:46:16 DNF	DNF	DNF	-	-	(0.0%)
	LIS Maciej	67	STOWARZYSZENIE PIECZA	M40-44				DNF	00:49:09 DNF	DNF	DNF	-	-	(0.0%)
	FRYSKE Sandra	30	STOWARZYSZENIE PIECZA	K-Dzieci				DNF	DNF	DNF	DNF	-	-	(0.0%)
	LIS Katarzyna	69	STOWARZYSZENIE PIECZA	K-Dzieci				DNF	DNF	DNF	DNF	-	-	(0.0%)
	STELMACH Elżbieta	278	DWA KIJE SŁUPSK	K50-54				DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 159 wynik(ów)