

JASTROWIE - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5.36KM

B4SPORT

Organizator: PFNW
Data: 2016-04-16
Miejsce: Jastrowie
Dystans: 5.36 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
1	WOROCH Roman	271.	KS METRACO POLKOWICE	M55-59	1			00:08:32	00:31:25	00:33:59.20	00:42:31.25		6:20	9.5 (100%)
2	RAJEWSKI Sebastian	127.	JEZIORKI AKTYWNA WIES	M45-49	1			00:07:16	00:31:46	00:34:17.30	00:41:34.15	+00:00:18 (0.9%)	6:23	9.4 (98.9%)
3	BRZOZOWSKI Piotr	269.	AKTYWNI POSTOMINO	M30-39	1			00:05:30	00:32:09	00:34:42.75	00:40:13.00	+00:00:43 (2.1%)	6:28	9.3 (97.9%)
4	WALENDZIAK Ryszard	286.	POCHODZE Z MALBORKA	M40-44	1			00:06:21	00:32:40	00:34:59.75	00:41:21.60	+00:01:00 (2.9%)	6:31	9.2 (96.8%)
5	SCHRÖDER Karol	134.	SILESIA NORDIC TEAM	M40-44	2			00:06:21	00:32:39	00:35:00.70	00:41:21.75	+00:01:01 (2.9%)	6:31	9.2 (96.8%)
6	GAJEWSKI Eugeniusz	39.	KS METRACO POLKOWICE	M55-59	2			00:08:31	00:32:29	00:35:09.55	00:43:41.25	+00:01:10 (3.3%)	6:33	9.1 (95.8%)
7	MIELECKA Agnieszka	96.	KS SOKÓŁ GASAWA	K45-49	1			00:15:58	00:32:49	00:35:26.65	00:51:25.40	+00:01:27 (4.1%)	6:36	9.1 (95.8%)
8	WOLEK Waldemar	259.	NORDIC TEAM GNIEZNO	M40-44	3			00:06:20	00:33:11	00:35:52.25	00:42:13.20	+00:01:53 (5.3%)	6:41	9 (94.7%)
9	LENZ Andrzej	86.	ALTOM GNIEZNO	M50-54	1			00:07:57	00:33:39	00:36:20.45	00:44:18.15	+00:02:21 (6.5%)	6:46	8.8 (92.6%)
10	KRYŚ Artur	264.	KS METRACO POLKOWICE	M45-49	2			00:07:17	00:34:02	00:36:46.00	00:44:03.15	+00:02:46 (7.6%)	6:51	8.7 (91.6%)
11	BARTOSIEWICZ Łukasz	6.	LUKI TEAM	M30-39	2			00:05:30	00:34:05	00:36:46.10	00:42:17.05	+00:02:46 (7.6%)	6:51	8.7 (91.6%)
12	ANDRZEJEWSKI Mieczysław	3.		M55-59	3			00:08:32	00:34:36	00:37:29.65	00:46:02.00	+00:03:30 (9.4%)	6:59	8.6 (90.5%)
13	KŁACZYŃSKA Danuta	67.		K40-44	1			00:14:54	00:34:57	00:37:39.10	00:52:33.25	+00:03:39 (9.7%)	7:01	8.5 (89.5%)
14	FRAĆKOWIAK Roman	36.	ZS ROSKO	M45-49	3			00:07:17	00:34:59	00:37:43.10	00:45:01.05	+00:03:43 (9.9%)	7:02	8.5 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
15	CHUDZIŃSKI Andrzej	22.	K S ELBLASKIE WŁÓCZY-KIJE	M65-69	1			00:10:19	00:35:00	00:37:43.60	00:48:03.55	+00:03:44 (9.9%)	7:02	8.5 (89.5%)
16	SIKORA Antoni	137.	KS SOKÓŁ GASAWA	M65-69	2			00:10:18	00:35:03	00:37:46.85	00:48:05.65	+00:03:47 (10.0%)	7:02	8.5 (89.5%)
17	KOŁOSZ-PERZ Monika	70.	FACE NORDIC WALKING TEAM	K40-44	2			00:14:54	00:35:00	00:37:51.05	00:52:45.15	+00:03:51 (10.2%)	7:03	8.5 (89.5%)
18	ROSADZIŃSKI Sławomir	131.		M45-49	4			00:07:16	00:35:02	00:37:54.35	00:45:10.95	+00:03:55 (10.3%)	7:04	8.5 (89.5%)
19	TOMCZYK Edward	252.		M65-69	3			00:10:18	00:35:08	00:37:55.00	00:48:13.75	+00:03:55 (10.4%)	7:04	8.5 (89.5%)
20	GĄŁĄZKA Paweł	40.	NORDIC TEAM GNIEZNO	M- Niepełnosprawni	1			00:07:57	00:35:05	00:37:55.40	00:45:53.05	+00:03:56 (10.4%)	7:04	8.5 (89.5%)
21	RAKUĆ Jakub	128.	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:05:30	00:35:14	00:38:02.40	00:43:32.85	+00:04:03 (10.7%)	7:05	8.5 (89.5%)
22	GRYGOROWICZ Bogdan	50.	KS METRACO POLKOWICE	M65-69	4			00:10:18	00:35:07	00:38:11.90	00:48:30.15	+00:04:12 (11.0%)	7:07	8.4 (88.4%)
23	PIATCZYC Michał	112.		M-Jun.	1			00:04:14	00:35:52	00:38:46.40	00:43:01.05	+00:04:47 (12.3%)	7:14	8.3 (87.4%)
24	STEMPNIAK Bogdan	142.		M- Niepełnosprawni	2			00:07:58	00:35:57	00:38:50.95	00:46:49.25	+00:04:51 (12.5%)	7:14	8.3 (87.4%)
25	MOTOCZYŃSKI Krzysztof	101.	GOSIR OSIELSKO	M60-64	1			00:09:28	00:35:57	00:38:55.45	00:48:23.50	+00:04:56 (12.7%)	7:15	8.3 (87.4%)
26	NOWROTEK Roman	105.	WESOŁY BORSUK TEAM	M65-69	5			00:10:19	00:35:54	00:39:04.60	00:49:23.65	+00:05:05 (13.0%)	7:17	8.2 (86.3%)
27	DUDEK Edward	265.	KS METRACO POLKOWICE	M65-69	6			00:10:21	00:36:21	00:39:19.30	00:49:40.30	+00:05:20 (13.6%)	7:20	8.2 (86.3%)
28	PRZYMUSIŃSKI Piotr	125.	N/Z	M60-64	2			00:09:28	00:36:38	00:39:32.35	00:49:00.35	+00:05:33 (14.0%)	7:22	8.1 (85.3%)
29	OKRZESIK-FRĄCKOWIAK Izabela	106.		K45-49	2			00:16:00	00:36:35	00:39:35.95	00:55:36.75	+00:05:36 (14.2%)	7:23	8.1 (85.3%)
30	RAKUĆ Angelika	129.	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:12:44	00:36:49	00:39:37.85	00:52:22.25	+00:05:38 (14.2%)	7:23	8.1 (85.3%)
31	FRĄCKOWIAK Mateusz	37.	ZS ROSKO	M-Jun.	2			00:04:15	00:36:43	00:39:38.00	00:43:53.60	+00:05:38 (14.2%)	7:23	8.1 (85.3%)
32	WIADERSKI Wojciech	256.	N/Z	M65-69	7			00:10:22	00:36:42	00:39:38.45	00:50:00.55	+00:05:39 (14.3%)	7:23	8.1 (85.3%)
33	ROCHATKA Joanna	282.	MARSZ PO ZDROWIE	K45-49	3			00:15:58	00:36:37	00:39:39.60	00:55:38.35	+00:05:40 (14.3%)	7:24	8.1 (85.3%)
34	BOJAN Miro	275.		M60-64	3			00:09:29	00:36:46	00:39:41.15	00:49:10.65	+00:05:41 (14.4%)	7:24	8.1 (85.3%)
35	WALENDZIAK Jan	285.	POCHODZE Z MALBORKA	M-Dzieci	1			00:04:14	00:37:05	00:39:47.55	00:44:01.60	+00:05:48 (14.6%)	7:25	8.1 (85.3%)
36	PIEŃKOS Lidia	116.		K40-44	3			00:14:54	00:36:51	00:39:50.55	00:54:45.15	+00:05:51 (14.7%)	7:26	8.1 (85.3%)
37	KRAKOWIAK Małgorzata	73.	UKS GIMNAZJON SUCHY LAS	K50-54	1			00:16:38	00:36:57	00:39:56.80	00:56:34.90	+00:05:57 (14.9%)	7:27	8.1 (85.3%)

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										netto 5.36km	brutto 5.36km			
38	JÓŻWIAK Marianna	55.	WTW.WŁOCŁAWEK	K40-44	4			00:14:54	00:37:02	00:40:03.25	00:54:57.25	+00:06:04 (15.1%)	7:28	8 (84.2%)
39	LESZCZYSZYN Krystyna	87.		K60-64	1			00:18:17	00:37:18	00:40:15.05	00:58:32.10	+00:06:15 (15.6%)	7:30	8 (84.2%)
40	KADECKI Piotr	59.	KSIR SPORTICO BIAŁOSLIWIE	M30-39	3	1		00:05:30	00:37:09	00:40:15.85	00:45:46.30	+00:06:16 (15.6%)	7:30	8 (84.2%)
41	SULECKA Gabriela	144.		K- Niepełnosprawni	1			00:17:32	00:37:18	00:40:18.55	00:57:51.00	+00:06:19 (15.7%)	7:31	8 (84.2%)
42	SKOWROŃSKA Dominika	139.	MARSZ PO ZDROWIE	K-Jun.	1			00:12:44	00:37:34	00:40:21.85	00:53:06.25	+00:06:22 (15.8%)	7:31	8 (84.2%)
43	PISZCZ Martyna	8.		K-Jun.	2			00:12:44	00:37:34	00:40:25.10	00:53:09.50	+00:06:25 (15.9%)	7:32	8 (84.2%)
44	CHODOR Bogusław	20.		M60-64	4			00:09:29	00:37:33	00:40:34.45	00:50:03.50	+00:06:35 (16.2%)	7:34	7.9 (83.2%)
45	KUPIBIDA Bogusława	81.	SILESIA NORDIC TEAM	K55-59	1			00:17:32	00:37:28	00:40:35.60	00:58:08.15	+00:06:36 (16.3%)	7:34	7.9 (83.2%)
46	KORNIOWSKA Magdalena	266.		K30-39	1			00:13:58	00:37:30	00:40:38.95	00:54:37.15	+00:06:39 (16.4%)	7:35	7.9 (83.2%)
47	JÓŻWIAK Łukasz	54.	WTW.WŁOCŁAWEK	M- Niepełnosprawni	3			00:07:18	00:37:48	00:40:45.30	00:48:03.35	+00:06:46 (16.6%)	7:36	7.9 (83.2%)
48	KUSZA Jolanta	82.	UKS GIMNAZJON SUCHY LAS	K50-54	2			00:16:38	00:37:46	00:40:47.40	00:57:25.75	+00:06:48 (16.7%)	7:36	7.9 (83.2%)
49	WOJCIECHOWSKA Katarzyna	258.	PLESZEWSKIE WŁÓCZYKIJE	K40-44	5			00:14:55	00:37:56	00:40:52.90	00:55:48.85	+00:06:53 (16.9%)	7:37	7.9 (83.2%)
50	KRYGIER Mirosława	75.	KS SOKÓŁ GASAWA	K50-54	3			00:16:38	00:37:59	00:40:57.00	00:57:35.05	+00:06:57 (17.0%)	7:38	7.9 (83.2%)
51	URANTÓWKA Henryk	253.	NIEZRZESZONY	M65-69	8	1		00:10:19	00:38:07	00:41:06.20	00:51:25.85	+00:07:07 (17.3%)	7:40	7.8 (82.1%)
52	SZENDZIELORZ Ilona	147.	FABRIKANORDIKA	K55-59	2	1		00:17:33	00:38:00	00:41:08.95	00:58:42.60	+00:07:09 (17.4%)	7:40	7.8 (82.1%)
53	BUCZKOWSKI Jerzy	14.	KS SOKÓŁ GAŚAWA	M65-69	9			00:10:17	00:38:10	00:41:09.05	00:51:27.00	+00:07:09 (17.4%)	7:40	7.8 (82.1%)
54	KAŻMIERCZAK Małgorzata	62.	PLESZEWSKIE WŁÓCZYKIJE	K40-44	6			00:14:55	00:38:08	00:41:09.85	00:56:05.40	+00:07:10 (17.4%)	7:40	7.8 (82.1%)
55	KUSZA Henryk	17.	UKS GIMNAZJON SUCHY LAS	M55-59	4			00:08:32	00:38:05	00:41:10.45	00:49:42.70	+00:07:11 (17.5%)	7:40	7.8 (82.1%)
56	KĘDZIERSKA Edyta	65.	POLSKA FEDERACJA NORDIC WALKING	K40-44	7			00:14:53	00:38:13	00:41:17.70	00:56:11.50	+00:07:18 (17.7%)	7:42	7.8 (82.1%)
57	PADIAS Paweł	274.		M60-64	5			00:09:28	00:38:12	00:41:19.45	00:50:48.10	+00:07:20 (17.8%)	7:42	7.8 (82.1%)
58	FALKOWSKI Piotr	33.	UKS GIMNAZJON SUCHY LAS	M50-54	2			00:07:58	00:38:24	00:41:29.70	00:49:27.85	+00:07:30 (18.1%)	7:44	7.8 (82.1%)
59	KOZŁOWSKA Julia	72.	FACE NORDIC WALKING TEAM	K-Dzieci	1			00:11:55	00:38:30	00:41:34.00	00:53:29.50	+00:07:34 (18.2%)	7:45	7.7 (81.1%)
60	CHŁODNICKI Marek	18.	MARSZ PO ZDROWIE	M60-64	6			00:09:28	00:38:39	00:41:51.75	00:51:20.35	+00:07:52 (18.8%)	7:48	7.7 (81.1%)

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										netto 5.36km	brutto 5.36km			
61	BARTOSIEWICZ Włodzimierz	7.	LUKI TEAM	M60-64	7			00:09:29	00:38:46	00:41:53.10	00:51:22.35	+00:07:53 (18.9%)	7:48	7.7 (81.1%)
62	GIBAS Joanna	44.		K30-39	2	1		00:13:56	00:38:53	00:42:04.90	00:56:01.85	+00:08:05 (19.2%)	7:51	7.6 (80.0%)
63	FOT Krzysztof	281.	MARSZ PO ZDROWIE	M50-54	3			00:00:13	00:39:03	00:42:05.55	00:42:19.20	+00:08:06 (19.3%)	7:51	7.6 (80.0%)
64	MATYJA Anna	94.		K45-49	4			00:15:58	00:39:00	00:42:09.85	00:58:08.75	+00:08:10 (19.4%)	7:52	7.6 (80.0%)
65	KUCYJ-HADRYŚ Sabina	79.	PLESZEWSKIE WŁÓCZYKIJE	K30-39	3			00:13:53	00:39:09	00:42:10.55	00:56:04.45	+00:08:11 (19.4%)	7:52	7.6 (80.0%)
66	PIATCZYC Barbara	111.		K50-54	4			00:16:37	00:39:01	00:42:13.85	00:58:51.10	+00:08:14 (19.5%)	7:52	7.6 (80.0%)
67	ZABRZESKA Hanna	261.	UKS GIMNAZJON SUCHY LAS	K55-59	3			00:17:34	00:39:09	00:42:20.00	00:59:54.05	+00:08:20 (19.7%)	7:53	7.6 (80.0%)
68	PIDUCH Jan	115.	MSICS-POZMANO	M65-69	10			00:10:20	00:39:08	00:42:20.65	00:52:40.65	+00:08:21 (19.7%)	7:53	7.6 (80.0%)
69	KRAWCZYK Dorota	74.	CZARNE PANTERY	K55-59	4			00:17:32	00:39:14	00:42:25.65	00:59:58.30	+00:08:26 (19.9%)	7:55	7.6 (80.0%)
70	SIERADZKI Roman	136.	CZARNE PANTERY	M65-69	11			00:10:19	00:39:19	00:42:28.00	00:52:47.00	+00:08:28 (20.0%)	7:55	7.6 (80.0%)
71	JAWORSKA Joanna	53.	CZARNE PANTERY	K30-39	4			00:13:56	00:39:15	00:42:29.40	00:56:25.55	+00:08:30 (20.0%)	7:55	7.6 (80.0%)
72	JASON Grażyna	52.	CZARNE PANTERY	K50-54	5			00:16:37	00:39:29	00:42:40.70	00:59:17.95	+00:08:41 (20.4%)	7:57	7.5 (78.9%)
73	PIOSIK Agnieszka	117.	KSIR SPORTICO BIAŁOSLIWIE	K40-44	8			00:14:58	00:39:38	00:42:44.30	00:57:42.75	+00:08:45 (20.5%)	7:58	7.5 (78.9%)
74	MULKOWSKA Mariola	103.	UKS GIMNAZJON SUCHY LAS	K60-64	2			00:18:17	00:39:53	00:42:58.70	01:01:15.90	+00:08:59 (20.9%)	8:00	7.5 (78.9%)
75	KULIG Bożena	80.	K S ELBLASKIE WŁÓCZY-KIJE	K60-64	3			00:18:17	00:39:52	00:43:02.10	01:01:19.95	+00:09:02 (21.0%)	8:01	7.5 (78.9%)
76	GIERSZEWSKI Arkadiusz	268.		M30-39	4			00:05:31	00:39:50	00:43:06.35	00:48:37.75	+00:09:07 (21.2%)	8:02	7.5 (78.9%)
77	PIĄTKOWSKI Józef	114.	KS METRACO POLKOWICE	M70+	1			00:10:59	00:39:51	00:43:07.50	00:54:07.25	+00:09:08 (21.2%)	8:02	7.5 (78.9%)
78	OLSZEWSKA Bożena	107.		K30-39	5			00:13:54	00:39:44	00:43:08.00	00:57:02.25	+00:09:08 (21.2%)	8:02	7.5 (78.9%)
79	PIATCZYC Wacław	110.		M- Niepełnosprawni	4			00:08:33	00:40:08	00:43:22.20	00:51:55.45	+00:09:23 (21.6%)	8:05	7.4 (77.9%)
80	STARZYŃSKA Ewa	141.	KS METRACO POLKOWICE	K60-64	4			00:18:18	00:40:14	00:43:23.75	01:01:41.75	+00:09:24 (21.7%)	8:05	7.4 (77.9%)
81	KIETRYS Grażyna	66.	MARSZ PO ZDROWIE	K55-59	5			00:17:32	00:40:07	00:43:24.85	01:00:57.60	+00:09:25 (21.7%)	8:06	7.4 (77.9%)
82	KABACIŃSKI Maciej	57.	FACE NORDIC WALKING TEAM	M45-49	5			00:07:17	00:40:21	00:43:34.65	00:50:52.10	+00:09:35 (22.0%)	8:07	7.4 (77.9%)
83	PIATCZYC Justyna	113.		K30-39	6			00:13:58	00:40:10	00:43:35.35	00:57:33.55	+00:09:36 (22.0%)	8:07	7.4 (77.9%)

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84	WALCZAK Maria	254.	KS SOKÓŁ GASAWA	K30-39	7			00:13:56	00:40:24	00:43:35.60	00:57:31.65	+00:09:36 (22.0%)	8:07	7.4 (77.9%)
85	SIERADZKA Barbara	135.	CZARNE PANTERY	K60-64	5			00:18:17	00:40:17	00:43:37.25	01:01:54.80	+00:09:38 (22.1%)	8:08	7.4 (77.9%)
86	KRYŚKIEWICZ Janina	77.		K55-59	6			00:17:35	00:40:29	00:43:39.35	01:01:14.45	+00:09:40 (22.1%)	8:08	7.4 (77.9%)
87	ZWOLENKIEWICZ Joanna	263.	KS SOKÓŁ GASAWA	K40-44	9			00:14:55	00:40:22	00:43:41.15	00:58:36.80	+00:09:41 (22.2%)	8:08	7.4 (77.9%)
88	WOROCH Jolanta	270.		K50-54	6			00:16:37	00:40:26	00:43:42.20	01:00:19.70	+00:09:43 (22.2%)	8:09	7.4 (77.9%)
89	ROSPENDA Agnieszka	132.	KB KATORŻNIK MUROWANA GOSLINA	K30-39	8			00:13:54	00:40:37	00:43:47.80	00:57:42.70	+00:09:48 (22.4%)	8:10	7.3 (76.8%)
90	BARTCZAK Beata	5.	KSIR SPORTICO BIAŁOSLIWIE	K40-44	10			00:14:57	00:40:35	00:43:49.70	00:58:47.20	+00:09:50 (22.5%)	8:10	7.3 (76.8%)
91	ADAMEK-BOBER Anna	1.	MARSZ PO ZDROWIE	K65-69	1			00:19:00	00:40:34	00:43:50.60	01:02:51.10	+00:09:51 (22.5%)	8:10	7.3 (76.8%)
92	PRZYBYŁ Marianna	124.	CZARNE PANTERY	K60-64	6			00:18:19	00:40:32	00:43:51.55	01:02:11.35	+00:09:52 (22.5%)	8:11	7.3 (76.8%)
93	WALENDZIAK Milena	93.	POCHODZE Z MALBORKA	K-Dzieci	2			00:11:54	00:40:56	00:43:55.40	00:55:49.65	+00:09:56 (22.6%)	8:11	7.3 (76.8%)
94	PRZYBYLSKA Aneta	123.	CZARNE PANTERY	K30-39	9			00:13:57	00:40:49	00:43:55.55	00:57:52.95	+00:09:56 (22.6%)	8:11	7.3 (76.8%)
95	FENGIER Eugeniusz	34.	PLESZEWSKIE WŁÓCZYKIJE	M55-59	5			00:08:33	00:40:43	00:43:59.60	00:52:32.65	+00:10:00 (22.7%)	8:12	7.3 (76.8%)
96	KOZŁOWSKA Jagoda	71.	FACE NORDIC WALKING TEAM	K-Dzieci	3			00:11:54	00:40:58	00:43:59.80	00:55:53.95	+00:10:00 (22.8%)	8:12	7.3 (76.8%)
97	CIEMNA Julita	25.	KS SOKÓŁ GASAWA	K30-39	10			00:13:53	00:40:58	00:44:15.80	00:58:09.55	+00:10:16 (23.2%)	8:15	7.3 (76.8%)
98	PRZYBYLAK Stanisław	120.	MSICS-POZNAŃ	M70+	2			00:11:00	00:40:43	00:44:16.25	00:55:16.55	+00:10:17 (23.2%)	8:15	7.3 (76.8%)
99	NOWAKOWSKA Sylwia	104.		K30-39	11			00:13:55	00:41:04	00:44:22.90	00:58:18.65	+00:10:23 (23.4%)	8:16	7.2 (75.8%)
100	MIELCAREK Joanna	95.	NORDIC TEAM GNIEZNO	K45-49	5			00:15:59	00:41:33	00:44:46.90	01:00:46.75	+00:10:47 (24.1%)	8:21	7.2 (75.8%)
101	KRYSZAK Joanna	76.	NORDIC TEAM GNIEZNO	K30-39	12			00:13:58	00:41:36	00:44:57.50	00:58:55.50	+00:10:58 (24.4%)	8:23	7.2 (75.8%)
102	SZOT Magdalena	148.		K18-29	2			00:12:45	00:41:43	00:45:00.80	00:57:46.25	+00:11:01 (24.5%)	8:23	7.1 (74.7%)
103	RATAJCZYK Joanna	130.	KS SOKÓŁ GASAWA	K30-39	13			00:13:56	00:41:44	00:45:01.65	00:58:58.40	+00:11:02 (24.5%)	8:24	7.1 (74.7%)
104	SOLAK Ewa	140.		K55-59	7			00:17:33	00:41:33	00:45:05.40	01:02:38.75	+00:11:06 (24.6%)	8:24	7.1 (74.7%)
105	KOCZOROWSKA Monika	68.	KS SOKÓŁ GASAWA	K30-39	14			00:13:58	00:41:59	00:45:09.60	00:59:08.45	+00:11:10 (24.7%)	8:25	7.1 (74.7%)
106	SPYCHAŁA-KARAPULKA Arleta	272.	MARSZ PO ZDROWIE	K40-44	11			00:14:54	00:41:54	00:45:10.40	01:00:05.20	+00:11:11 (24.8%)	8:25	7.1 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
107	CHODOR Maria	19.		K60-64	7			00:18:18	00:41:54	00:45:17.60	01:03:36.10	+00:11:18 (25.0%)	8:27	7.1 (74.7%)
108	GAWŁOWSKA Małgorzata	41.	CZARNE PANTERY	K40-44	12			00:14:54	00:41:55	00:45:18.05	01:00:12.80	+00:11:18 (25.0%)	8:27	7.1 (74.7%)
109	KSIĄŻKIEWICZ Maciej	78.	KS SOKÓŁ GAŚAWA	M40-44	4			00:06:21	00:42:03	00:45:22.95	00:51:44.05	+00:11:23 (25.1%)	8:28	7.1 (74.7%)
110	RYCHLEWSKA Wioletta	133.	KS SOKÓŁ GASAWA	K30-39	15			00:13:57	00:42:06	00:45:24.00	00:59:21.90	+00:11:24 (25.1%)	8:28	7.1 (74.7%)
111	MOCZARSKI Adam	100.	FACE NORDIC WALKING TEAM	M70+	3			00:11:00	00:41:44	00:45:31.00	00:56:31.00	+00:11:31 (25.3%)	8:29	7.1 (74.7%)
112	PRZYBYLSKA Małgorzata	122.	KSIR SPORTICO BIAŁOSLIWIE	K30-39	16			00:13:54	00:42:13	00:45:31.20	00:59:25.90	+00:11:32 (25.3%)	8:29	7.1 (74.7%)
113	ZAKRZEWSKA Henryka	262.	NORDIC TEAM GNIEZNO	K70+	1			00:19:02	00:42:11	00:45:32.10	01:04:34.60	+00:11:32 (25.4%)	8:29	7.1 (74.7%)
114	DZIEMIAŃCZYK Alina	32.		K55-59	8			00:17:35	00:42:17	00:45:39.65	01:03:15.15	+00:11:40 (25.6%)	8:31	7 (73.7%)
115	WINCZEWSKA Anna	257.	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	7			00:16:38	00:42:20	00:45:45.25	01:02:23.90	+00:11:46 (25.7%)	8:32	7 (73.7%)
116	RAJEWSKA Beata	126.	JEZIORKI AKTYWNA WIES	K40-44	13			00:14:55	00:42:38	00:45:59.75	01:00:55.45	+00:12:00 (26.1%)	8:34	7 (73.7%)
117	KĄCKOWSKA Beata	63.	JEZIORKI AKTYWNA WIES	K40-44	14			00:14:54	00:42:37	00:45:59.95	01:00:54.90	+00:12:00 (26.1%)	8:34	7 (73.7%)
117	KOCZOROWSKA Patrycja	69.	KS SOKÓŁ GASAWA	K-Dzieci	4			00:11:55	00:42:44	00:45:59.95	00:57:55.85	+00:12:00 (26.1%)	8:34	7 (73.7%)
119	SZOT Krystyna	108.		K50-54	8	1		00:16:37	00:42:36	00:46:08.55	01:02:46.25	+00:12:09 (26.3%)	8:36	7 (73.7%)
120	CHOLEWKA Jolanta	21.	MARSZ PO ZDROWIE	K60-64	8			00:18:19	00:43:00	00:46:34.80	01:04:53.85	+00:12:35 (27.0%)	8:41	6.9 (72.6%)
121	KABACIŃSKA Anna	56.	FACE NORDIC WALKING TEAM	K45-49	6			00:16:00	00:43:31	00:46:39.55	01:02:40.35	+00:12:40 (27.2%)	8:42	6.9 (72.6%)
122	SMOLARSKI Andrzej	91.		M45-49	6	1		00:07:17	00:43:18	00:46:39.75	00:53:57.50	+00:12:40 (27.2%)	8:42	6.9 (72.6%)
123	MIKUŁA Paulina	97.	KS SOKÓŁ GASAWA	K18-29	3			00:12:46	00:43:20	00:46:45.05	00:59:31.40	+00:12:45 (27.3%)	8:43	6.9 (72.6%)
124	SZYBCZYŃSKA Katarzyna	150.	KS SOKÓŁ GASAWA	K45-49	7			00:15:59	00:43:33	00:46:48.20	01:02:47.40	+00:12:49 (27.4%)	8:43	6.9 (72.6%)
125	KAWCZYŃSKA Teresa	61.	KS SOKÓŁ GASAWA	K55-59	9			00:17:33	00:43:17	00:46:52.60	01:04:25.75	+00:12:53 (27.5%)	8:44	6.9 (72.6%)
126	PACYNA Helena	109.	KS METRACO POLKOWICE	K65-69	2			00:19:00	00:43:24	00:46:56.50	01:05:56.75	+00:12:57 (27.6%)	8:45	6.9 (72.6%)
127	CZAJA Aneta	26.	JEZIORKI AKTYWNA WIES	K30-39	17			00:13:56	00:43:36	00:46:57.45	01:00:54.30	+00:12:58 (27.6%)	8:45	6.8 (71.6%)
128	KOSMOWSKA Barbara	273.		K55-59	10			00:17:33	00:43:28	00:46:59.10	01:04:32.45	+00:12:59 (27.7%)	8:45	6.8 (71.6%)
129	GAWŁOWSKA Nadia	42.	CZARNE PANTERY	K-Dzieci	5			00:11:55	00:44:05	00:47:29.50	00:59:25.10	+00:13:30 (28.4%)	8:51	6.8 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
130	BABICZ Łucja	4.	KSIR SPORTICO BIAŁOSLIWIE	K30-39	18			00:13:56	00:44:11	00:47:49.55	01:01:45.60	+00:13:50 (28.9%)	8:55	6.7 (70.5%)
131	DYBOWSKA Henryka	31.	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	11			00:17:34	00:44:14	00:47:53.90	01:05:28.30	+00:13:54 (29.0%)	8:56	6.7 (70.5%)
132	GACZKOWSKA-KSIAŻKIEWICZ Magdalena	38.	KS SOKÓŁ GAŚAWA	K30-39	19	1		00:13:57	00:44:36	00:47:58.65	01:01:56.10	+00:13:59 (29.2%)	8:57	6.7 (70.5%)
133	KĄCKOWSKI Marek	64.	JEZIORKI AKTYWNA WIES	M60-64	8			00:09:30	00:44:26	00:47:58.85	00:57:29.65	+00:13:59 (29.2%)	8:57	6.7 (70.5%)
134	ANDRZEJEWSKA Bogusława	2.		K55-59	12			00:17:34	00:44:30	00:48:02.15	01:05:37.05	+00:14:02 (29.2%)	8:57	6.7 (70.5%)
135	PRZYBYŁAK Dorota	121.		K-Niepełnosprawni	2			00:19:01	00:44:31	00:48:04.15	01:07:05.60	+00:14:04 (29.3%)	8:58	6.7 (70.5%)
136	KARCZEWSKI Krzysztof	60.	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	5			00:05:30	00:44:40	00:48:05.20	00:53:35.65	+00:14:06 (29.3%)	8:58	6.7 (70.5%)
137	BLACHOWSKA Monika	9.		K30-39	20			00:13:54	00:44:37	00:48:07.10	01:02:01.15	+00:14:07 (29.4%)	8:58	6.7 (70.5%)
138	LEBIODA Renata	85.		K40-44	15			00:14:56	00:44:35	00:48:09.10	01:03:05.65	+00:14:09 (29.4%)	8:58	6.7 (70.5%)
139	BEDNAREK Elżbieta	267.		K55-59	13			00:17:34	00:44:28	00:48:09.25	01:05:43.85	+00:14:10 (29.4%)	8:58	6.7 (70.5%)
140	GAWŁOWSKI Andrzej	43.	CZARNE PANTERY	M-Dzieci	2			00:04:14	00:45:02	00:48:21.65	00:52:36.30	+00:14:22 (29.7%)	9:01	6.6 (69.5%)
141	OSIÓW Martyna	279.		K-Dzieci	6			00:11:56	00:45:00	00:48:26.55	01:00:22.65	+00:14:27 (29.8%)	9:02	6.6 (69.5%)
142	GRABOWSKA Agnieszka	47.	MOSIR	K-Niepełnosprawni	3			00:18:20	00:44:51	00:48:29.25	01:06:49.40	+00:14:30 (29.9%)	9:02	6.6 (69.5%)
143	WYRWA Ewa	260.	RUCH PO ZDROWIE WŁOCŁAWEK	K60-64	9	1		00:18:18	00:44:58	00:48:45.25	01:07:03.60	+00:14:46 (30.3%)	9:05	6.6 (69.5%)
144	TOMCZAK Agnieszka	251.	KB KATORŻNIK MUROWANA GOSLINA	K30-39	21			00:13:55	00:45:03	00:48:46.75	01:02:42.15	+00:14:47 (30.3%)	9:06	6.6 (69.5%)
145	SZULC-DRABCZYK Urszula	149.	KS METRACO POLKOWICE	K-Niepełnosprawni	4			00:18:18	00:45:18	00:48:53.45	01:07:12.10	+00:14:54 (30.5%)	9:07	6.6 (69.5%)
146	KOLBUSZ Janina	30.	KS METRACO POLKOWICE	K65-69	3			00:19:00	00:45:20	00:49:01.80	01:08:01.85	+00:15:02 (30.7%)	9:08	6.6 (69.5%)
147	CZYŻYCKA Beata	29.		K40-44	16			00:14:58	00:45:41	00:49:19.15	01:04:17.70	+00:15:19 (31.1%)	9:12	6.5 (68.4%)
148	PISZCZ Elwira	118.		K45-49	8			00:16:01	00:45:44	00:49:25.30	01:05:26.95	+00:15:26 (31.2%)	9:13	6.5 (68.4%)
149	PROJS Sabina	119.		K45-49	9			00:14:56	00:45:54	00:49:26.90	01:04:23.60	+00:15:27 (31.3%)	9:13	6.5 (68.4%)
150	GROBELNA Jadwiga	49.	KS METRACO POLKOWICE	K-Niepełnosprawni	5			00:18:18	00:45:48	00:49:27.55	01:07:46.15	+00:15:28 (31.3%)	9:13	6.5 (68.4%)
151	MILEWSKA Wiesława	99.	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	10	1		00:16:00	00:45:51	00:49:29.90	01:05:30.35	+00:15:30 (31.3%)	9:14	6.5 (68.4%)
152	SZAROLETA Zofia	145.		K70+	2			00:19:01	00:45:36	00:49:34.25	01:08:36.10	+00:15:35 (31.4%)	9:15	6.5 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
153	WIADERSKA Grażyna	255.		K65-69	4	1		00:18:59	00:45:55	00:49:44.15	01:08:43.80	+00:15:44 (31.7%)	9:16	6.5 (68.4%)
154	MACHAJEK Krzysztof	90.	KS METRACO POLKOWICE	M- Niepełnosprawni	5			00:09:29	00:46:28	00:50:28.00	00:59:57.40	+00:16:28 (32.7%)	9:24	6.4 (67.4%)
155	BŁASZCZYK Katarzyna	11.	KIJANKI POZNAŃ	K45-49	11			00:16:01	00:46:52	00:50:32.05	01:06:33.60	+00:16:32 (32.7%)	9:25	6.4 (67.4%)
156	BUDASZ Grażyna	15.	JEZIORKI AKTYWNA WIES	K60-64	10			00:18:19	00:47:25	00:51:19.40	01:09:39.05	+00:17:20 (33.8%)	9:34	6.3 (66.3%)
157	BUDASZ Krzysztof	16.	JEZIORKI AKTYWNA WIES	M60-64	9			00:09:30	00:47:29	00:51:24.45	01:00:54.85	+00:17:25 (33.9%)	9:35	6.3 (66.3%)
158	IWAŃSKA Aleksandra	277.		K-Dzieci	7			00:11:55	00:47:51	00:51:46.40	01:03:41.40	+00:17:47 (34.4%)	9:39	6.2 (65.3%)
159	DROŹDŹEWSKA Daria	278.		K-Dzieci	8	1		00:11:55	00:48:06	00:52:02.05	01:03:57.35	+00:18:02 (34.7%)	9:42	6.2 (65.3%)
160	GIERSZENDORF Paweł	46.	FACE NORDIC WALKING TEAM	M-Jun.	3			00:04:14	00:49:06	00:52:30.95	00:56:45.50	+00:18:31 (35.3%)	9:47	6.1 (64.2%)
161	MADECKA Regina	92.		K50-54	9			00:16:39	00:49:22	00:53:19.20	01:09:58.75	+00:19:20 (36.3%)	9:56	6 (63.2%)
162	KUZIOR Monika	83.		K18-29	4			00:12:45	00:49:49	00:53:30.45	01:06:15.95	+00:19:31 (36.5%)	9:58	6 (63.2%)
163	GIERSZENDORF Roman	45.	FACE NORDIC WALKING TEAM	M40-44	5			00:06:21	00:50:12	00:54:04.75	01:00:26.45	+00:20:05 (37.2%)	10:05	5.9 (62.1%)
164	KUZIOR Teresa	84.		K65-69	5	1		00:19:01	00:51:12	00:55:16.15	01:14:17.40	+00:21:16 (38.5%)	10:18	5.8 (61.1%)
165	STRZELECKA Antonina	143.	SAILING TEAM FERAJNA	K-Dzieci	9			00:11:54	00:51:49	00:55:50.95	01:07:45.35	+00:21:51 (39.1%)	10:25	5.8 (61.1%)
166	CZYŻEWSKA Teresa	28.		K55-59	14	1		00:17:35	00:52:36	00:56:39.95	01:14:15.50	+00:22:40 (40.0%)	10:34	5.7 (60.0%)
167	HAWETO Janina	51.		K55-59	15			00:17:35	00:52:36	00:56:40.70	01:14:16.40	+00:22:41 (40.0%)	10:34	5.7 (60.0%)
168	BŁASZCZYK Łukasz	10.	KIJANKI POZNAŃ	M40-44	6			00:06:21	00:52:27	00:56:41.65	01:03:03.55	+00:22:42 (40.1%)	10:34	5.7 (60.0%)
169	GRABOWSKI Adam	48.	MOSIR	M- Niepełnosprawni	6			00:09:28	00:52:32	00:56:44.95	01:06:13.05	+00:22:45 (40.1%)	10:35	5.7 (60.0%)
170	SYPIOŁ Zygmunt	12.	MARSZ PO ZDROWIE	M70+	4			00:11:00	00:53:53	00:58:16.15	01:09:16.15	+00:24:16 (41.7%)	10:52	5.5 (57.9%)
171	CHWALISZEWSKA Barbara	23.	GOSIR OSIELSKO	K65-69	6	1		00:19:01	00:53:55	00:58:17.70	01:17:19.20	+00:24:18 (41.7%)	10:52	5.5 (57.9%)
172	ZARACH Beata	284.	PFNW/DZIARSKIE TEAM	K30-39	22	1		00:13:59	00:54:49	00:59:18.50	01:13:17.90	+00:25:19 (42.7%)	11:03	5.4 (56.8%)
173	MILACHOWSKA Agnieszka	98.		K30-39	23			00:13:55	00:55:40	00:59:58.95	01:13:54.10	+00:25:59 (43.3%)	11:11	5.4 (56.8%)
174	BRĄSZKIEWICZ Teresa	13.		K55-59	16			00:17:34	00:56:49	01:01:24.30	01:18:58.40	+00:27:25 (44.7%)	11:27	5.2 (54.7%)
175	CHWALISZEWSKI Michał	24.	GOSIR OSIELSKO	M65-69	12			00:10:21	00:58:30	01:03:03.70	01:13:24.70	+00:29:04 (46.1%)	11:45	5.1 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
DQ	GÓRA Wiktoria	276.		K-Dzieci	1			DQ	00:48:06 DQ	DQ	DQ		-	- (0.0%)
DQ	OSIÓW Aleksandra	280.		K18-29	1			DQ	DQ	DQ	DQ		-	- (0.0%)

Znaleziono 177 wynik(ów)