

KOLBUSZOWA - PUCHAR EUROPY NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-06-06
Miejsce: Kolbuszowa
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	OSIŃSKI Michał	209	FOREVER YOUNG ŁÓDŹ	M18-29	1			00:02:04	00:30:12	00:32:16		6:02	9.9 (100%)
2	ROŻYNEK Miron	251	KGHM METRACO	M50-54	1			00:04:40	00:31:56	00:36:36	+00:01:44 (5.4%)	6:23	9.4 (94.9%)
3	KUCHTA Rafał	141	SILESIA NORDIC TEAM	M45-49	1			00:04:10	00:32:16	00:36:26	+00:02:04 (6.4%)	6:27	9.3 (93.9%)
4	GARBAT Ryszard	56		M50-54	2			00:04:39	00:32:18	00:36:57	+00:02:06 (6.5%)	6:27	9.3 (93.9%)
5	GARBAT Michał	55		M-Jun.	1			00:01:15	00:32:29	00:33:44	+00:02:17 (7.0%)	6:29	9.2 (92.9%)
6	UKLEJEWSKI Kacper	311	GOSIR NORDIC DEVELOPMENT OSIELSKO	M-Jun.	2			00:01:12	00:32:33	00:33:45	+00:02:21 (7.2%)	6:30	9.2 (92.9%)
7	REZULSKI Mariusz	240	REGATTA NORDIC TEAM CZĘSTOCHOWA	M45-49	2			00:04:11	00:32:48	00:36:59	+00:02:36 (7.9%)	6:33	9.1 (91.9%)
8	SCHRÖDER Karol	259	SILESIA NORDIC TEAM	M40-44	1			00:03:32	00:32:53	00:36:25	+00:02:41 (8.2%)	6:34	9.1 (91.9%)
9	LESIŃSKI Grzegorz	151		M45-49	3			00:04:10	00:32:56	00:37:06	+00:02:44 (8.3%)	6:35	9.1 (91.9%)
10	FLIS Marek	377	GREEN TEAM	M50-54	3			00:04:39	00:32:59	00:37:38	+00:02:47 (8.4%)	6:35	9.1 (91.9%)
11	RATECKI Marcin		NORDIC WALKING TEAM GDAŃSK	M40-44	2			00:03:32	00:33:00	00:36:32	+00:02:48 (8.5%)	6:36	9.1 (91.9%)
12	SKWIRUT Jerzy	267	FINISH RYMANÓW	M50-54	4			00:04:39	00:33:06	00:37:45	+00:02:54 (8.8%)	6:37	9.1 (91.9%)
13	WOJTASIŃSKI Daniel	331	REGATTA NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:02:51	00:33:09	00:36:00	+00:02:57 (8.9%)	6:37	9 (90.9%)
14	WETOSZKA Piotr	316	KB BIAŁA BIEGA	M18-29	2			00:02:05	00:33:13	00:35:18	+00:03:01 (9.1%)	6:38	9 (90.9%)

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15	BASARA Ryszard	7	ZABIEGANI ROPCZYCE	M30-39	2			00:02:51	00:33:20	00:36:11	+00:03:08 (9.4%)	6:40	9 (90.9%)
15	HAŁAS Marcin	75	MOSIR CZECHOWICE-DZIEDZICE	M30-39	3			00:02:51	00:33:20	00:36:11	+00:03:08 (9.4%)	6:40	9 (90.9%)
17	PODSADOWSKI Zbigniew	465		M40-44	3			00:03:33	00:33:26	00:36:59	+00:03:14 (9.7%)	6:41	9 (90.9%)
18	PODSTAWKA Józef	228		M45-49	4			00:04:13	00:33:33	00:37:46	+00:03:21 (10.0%)	6:42	8.9 (89.9%)
19	ZALISKO Oksana	386	DABROWA NORDIC TEAM	K55-59	1			00:13:26	00:33:41	00:47:07	+00:03:29 (10.3%)	6:44	8.9 (89.9%)
20	GRZĄDZIEL Dariusz	71		M45-49	5			00:04:11	00:33:50	00:38:01	+00:03:38 (10.7%)	6:46	8.9 (89.9%)
21	BĄCZKOWSKI Krzysztof	461	KLUBSPORTU.PL	M18-29	3			00:02:05	00:33:54	00:35:59	+00:03:42 (10.9%)	6:46	8.8 (88.9%)
22	BARTYŃSKI Zdzisław	6		M45-49	6			00:04:12	00:34:02	00:38:14	+00:03:50 (11.3%)	6:48	8.8 (88.9%)
23	BUKOWIEC Jacek	25		M45-49	7			00:04:13	00:34:20	00:38:33	+00:04:08 (12.0%)	6:52	8.7 (87.9%)
24	ZIĘTEK Sylwia	343	SILESIA NORDIC TEAM	K30-39	1			00:10:37	00:34:36	00:45:13	+00:04:24 (12.7%)	6:55	8.7 (87.9%)
25	SZUREK Joanna	297		K30-39	2			00:10:38	00:34:39	00:45:17	+00:04:27 (12.8%)	6:55	8.7 (87.9%)
26	WILK Marek	324	GIMNAZJUM	M-Jun.	3			00:01:12	00:34:41	00:35:53	+00:04:29 (12.9%)	6:56	8.6 (86.9%)
27	KONIK Jacek	477		M40-44	4			00:03:33	00:34:42	00:38:15	+00:04:30 (13.0%)	6:56	8.6 (86.9%)
28	WILCZAK Kaja	321	TKKF CZELADZ	K-Dzieci	1			00:08:10	00:34:56	00:43:06	+00:04:44 (13.5%)	6:59	8.6 (86.9%)
29	BIAŁEK Wojciech	15	LO KOLBUSZOWA	M-Jun.	4			00:01:14	00:34:59	00:36:13	+00:04:47 (13.7%)	6:59	8.6 (86.9%)
29	GRYGOROWICZ Bogdan	70	KGHM METRACO	M65-69	1			00:06:55	00:34:59	00:41:54	+00:04:47 (13.7%)	6:59	8.6 (86.9%)
31	RAKUĆ Jakub	237	RUCH PO ZDROWIE	M18-29	4			00:02:04	00:35:08	00:37:12	+00:04:56 (14.0%)	7:01	8.5 (85.9%)
32	PIECH Krzysztof	223	AWF BIAŁA PODLASKA	M50-54	5			00:04:41	00:35:13	00:39:54	+00:05:01 (14.2%)	7:02	8.5 (85.9%)
33	PANAŚ Artur	214		M40-44	5			00:03:32	00:35:27	00:38:59	+00:05:15 (14.8%)	7:05	8.5 (85.9%)
34	ŻUCHOWICZ Robert	433	DĄBROWA NORDIC TEAM	M55-59	1			00:05:20	00:35:30	00:40:50	+00:05:18 (14.9%)	7:06	8.5 (85.9%)
35	KOZAK Katarzyna	387		K-Jun.	1			00:09:19	00:35:33	00:44:52	+00:05:21 (15.0%)	7:06	8.4 (84.8%)
36	SŁOMIAN Leszek	268		M50-54	6			00:04:40	00:35:36	00:40:16	+00:05:24 (15.2%)	7:07	8.4 (84.8%)
37	JENDRUCHNIEWICZ Katarzyna	469		K30-39	3			00:10:35	00:35:55	00:46:30	+00:05:43 (15.9%)	7:11	8.4 (84.8%)

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38	SOWA Jan	274	NZ	M65-69	2			00:06:56	00:35:56	00:42:52	+00:05:44 (16.0%)	7:11	8.3 (83.8%)
39	PASIERB Marek	219		M60-64	1			00:06:20	00:35:57	00:42:17	+00:05:45 (16.0%)	7:11	8.3 (83.8%)
40	SĄCZAWA Sławomir	396	SKS MEDYK RZESZÓW	M40-44	6			00:03:35	00:36:00	00:39:35	+00:05:48 (16.1%)	7:12	8.3 (83.8%)
41	GARBAT Łukasz	54		M18-29	5			00:02:06	00:36:01	00:38:07	+00:05:49 (16.1%)	7:12	8.3 (83.8%)
42	SZCZYPKOWSKA Mirosława	434	DĄBROWA NORDIC TEAM	K50-54	1			00:13:00	00:36:02	00:49:02	+00:05:50 (16.2%)	7:12	8.3 (83.8%)
43	NITKA Dariusz	200	JASŁO	M18-29	6			00:02:04	00:36:08	00:38:12	+00:05:56 (16.4%)	7:13	8.3 (83.8%)
44	MARKOWICZ Gabriela	174	SZKOLNY KLUB NORDIC WALKING	K-Jun.	2			00:09:21	00:36:20	00:45:41	+00:06:08 (16.9%)	7:16	8.3 (83.8%)
45	UKLEJEWSKI Przemysław	379	GOSIR NORDIC DEVELOPMENT OSIELSKO	M40-44	7			00:03:32	00:36:26	00:39:58	+00:06:14 (17.1%)	7:17	8.2 (82.8%)
46	ROSADZIŃSKI Sławomir	248		M45-49	8			00:04:10	00:36:31	00:40:41	+00:06:19 (17.3%)	7:18	8.2 (82.8%)
47	WROŃSKI Piotr	337	CHODŻĘ DLA ZDROWIA	M60-64	2			00:06:19	00:36:35	00:42:54	+00:06:23 (17.4%)	7:19	8.2 (82.8%)
48	RĘDZINIAK Marzena	244	KLUBSPORTU.PL	K30-39	4			00:10:37	00:36:38	00:47:15	+00:06:26 (17.6%)	7:19	8.2 (82.8%)
49	KUCIŃSKI Aleksander	449		M55-59	2			00:05:22	00:36:50	00:42:12	+00:06:38 (18.0%)	7:22	8.1 (81.8%)
50	GROCHOWALSKI Mikołaj	69	BAWILAND	M-Dzieci	1			00:00:01	00:37:01	00:37:02	+00:06:49 (18.4%)	7:24	8.1 (81.8%)
51	BOGDAN Witold	20		M65-69	3			00:06:56	00:37:03	00:43:59	+00:06:51 (18.5%)	7:24	8.1 (81.8%)
52	GŁADZIKOWSKI Grzegorz	472	AKTYWNI Z PASJĄ ŁUKÓW	M60-64	3			00:06:19	00:37:05	00:43:24	+00:06:53 (18.6%)	7:25	8.1 (81.8%)
53	GŁOWIŚ Szymon	64	GIMNAZJUM	M-Jun.	5			00:01:12	00:37:08	00:38:20	+00:06:56 (18.7%)	7:25	8.1 (81.8%)
54	JÓŹWIAK Marianna	90	WTW WŁOCŁAWEK	K40-44	1			00:11:52	00:37:09	00:49:01	+00:06:57 (18.7%)	7:25	8.1 (81.8%)
55	JANUS Adrian	87	GIMNAZJUM	M-Jun.	6			00:01:12	00:37:10	00:38:22	+00:06:58 (18.7%)	7:26	8.1 (81.8%)
55	GRZYB Izabela	73	REGATTA NORDIC TEAM CZĘSTOCHOWA	K30-39	5			00:10:37	00:37:10	00:47:47	+00:06:58 (18.7%)	7:26	8.1 (81.8%)
57	KORDOWSKI Jakub	116	UPOJENI WIATREM	M-Jun.	7			00:01:14	00:37:12	00:38:26	+00:07:00 (18.8%)	7:26	8.1 (81.8%)
58	SUROWIEC Sebastian	286	GIMNAZJUM	M-Jun.	8			00:01:13	00:37:13	00:38:26	+00:07:01 (18.9%)	7:26	8.1 (81.8%)
58	KUPIBIDA Bogusława	144	SILESIA NORDIC TEAM	K55-59	2			00:13:28	00:37:13	00:50:41	+00:07:01 (18.9%)	7:26	8.1 (81.8%)
60	KOZIOŁ Władysław	123	NW - NOWA DĘBA	M65-69	4			00:06:55	00:37:15	00:44:10	+00:07:03 (18.9%)	7:27	8.1 (81.8%)

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61	KOSTRUBIEC Tomasz	121	MDK SZCZEBRZESZYN	M40-44	8			00:03:32	00:37:23	00:40:55	+00:07:11 (19.2%)	7:28	8 (80.8%)
62	RECZULSKA Katarzyna	239	REGATTA NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:12:28	00:37:25	00:49:53	+00:07:13 (19.3%)	7:29	8 (80.8%)
62	STYGA Krystyna	452	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	2			00:12:59	00:37:25	00:50:24	+00:07:13 (19.3%)	7:29	8 (80.8%)
64	RAKUĆ Angelika	236	RUCH PO ZDROWIE	K18-29	1			00:10:00	00:37:27	00:47:27	+00:07:15 (19.4%)	7:29	8 (80.8%)
65	URBANIAK Marian	479	GOSIR	M55-59	3			00:05:20	00:37:30	00:42:50	+00:07:18 (19.5%)	7:30	8 (80.8%)
66	FELIS Stanisław	47		M-Dzieci	2			00:00:03	00:37:31	00:37:34	+00:07:19 (19.5%)	7:30	8 (80.8%)
67	BROŻBAR Beata	23	ULKS SOKOŁY	K-Jun.	3			00:09:25	00:37:35	00:47:00	+00:07:23 (19.6%)	7:31	8 (80.8%)
68	ZAŁĘSKA-MAGDA Edyta	340	SZKOLNY KLUB NORDIC WALKING	K45-49	2			00:12:25	00:37:41	00:50:06	+00:07:29 (19.9%)	7:32	8 (80.8%)
69	SUGALSKA Małgorzata	285	MOSIR	K45-49	3			00:12:24	00:37:52	00:50:16	+00:07:40 (20.2%)	7:34	7.9 (79.8%)
70	BEDNARZ Małgorzata	10	MDK SZCZEBRZESZYN	K30-39	6			00:10:35	00:38:01	00:48:36	+00:07:49 (20.6%)	7:36	7.9 (79.8%)
71	GŁADKOWSKA Małgorzata	62	KGHM METRACO POLKOWICE	K50-54	3			00:12:59	00:38:03	00:51:02	+00:07:51 (20.6%)	7:36	7.9 (79.8%)
72	FELIS Beata	194		K45-49	4			00:12:27	00:38:07	00:50:34	+00:07:55 (20.8%)	7:37	7.9 (79.8%)
73	KĘDZIERSKA Edyta	102	PFNW	K40-44	2			00:11:56	00:38:08	00:50:04	+00:07:56 (20.8%)	7:37	7.9 (79.8%)
74	JÓŹWIAK Łukasz	89	WTW WŁOCŁAWEK	M45-49	9			00:04:13	00:38:09	00:42:22	+00:07:57 (20.8%)	7:37	7.9 (79.8%)
75	BOBER - OGON Betina	19	SILESIA NORDIC TEAM	K18-29	2			00:10:01	00:38:15	00:48:16	+00:08:03 (21.0%)	7:39	7.8 (78.8%)
75	ŻUCHOWICZ Elżbieta	400	NORDIC TEAM	K55-59	3			00:13:27	00:38:15	00:51:42	+00:08:03 (21.0%)	7:39	7.8 (78.8%)
77	ŻYLIŃSKI Grzegorz	371	SPORTUR GMINA ŁAŃCUT	M50-54	7			00:04:41	00:38:17	00:42:58	+00:08:05 (21.1%)	7:39	7.8 (78.8%)
77	MACEDOŃSKA Mieczysława	159		K65-69	1			00:15:16	00:38:17	00:53:33	+00:08:05 (21.1%)	7:39	7.8 (78.8%)
79	SZEMBERSKA Małgorzata	291	KLUB SPORTU.PL RZESZÓW	K40-44	3			00:11:53	00:38:19	00:50:12	+00:08:07 (21.2%)	7:39	7.8 (78.8%)
80	PIPIRO Grażyna	439	UKS ZSZ JEDYNKA	K55-59	4			00:13:28	00:38:20	00:51:48	+00:08:08 (21.2%)	7:40	7.8 (78.8%)
81	KRÓLICKA Aleksandra	126	FINISZ RYMANÓW	K18-29	3			00:09:59	00:38:21	00:48:20	+00:08:09 (21.3%)	7:40	7.8 (78.8%)
82	KOSTRUBIEC Agnieszka	119	MDK SZCZEBRZESZYN	K30-39	7			00:10:35	00:38:23	00:48:58	+00:08:11 (21.3%)	7:40	7.8 (78.8%)
82	KRÓLICKA Iwona	127	FINISZ RYMANÓW	K45-49	5			00:12:26	00:38:23	00:50:49	+00:08:11 (21.3%)	7:40	7.8 (78.8%)

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84	BARTYZEL Marcin	388	SKS MEDYK RZESZÓW	M40-44	9			00:03:34	00:38:28	00:42:02	+00:08:16 (21.5%)	7:41	7.8 (78.8%)
85	TRĘTOWICZ Aleksandra	304	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	4			00:09:21	00:38:30	00:47:51	+00:08:18 (21.6%)	7:42	7.8 (78.8%)
86	DĄBROWSKI Andrzej	500		M65-69	5			00:06:55	00:38:31	00:45:26	+00:08:19 (21.6%)	7:42	7.8 (78.8%)
86	WIADERSKI Wojciech	381		M65-69	6			00:07:00	00:38:31	00:45:31	+00:08:19 (21.6%)	7:42	7.8 (78.8%)
88	NIEWIŃSKA Beata	197		K50-54	4			00:12:59	00:38:35	00:51:34	+00:08:23 (21.7%)	7:43	7.8 (78.8%)
89	OLSZÓWKA Kornelia	205	GIMNAZJUM	K-Jun.	5			00:09:20	00:38:42	00:48:02	+00:08:30 (22.0%)	7:44	7.8 (78.8%)
90	CHOŁODECKA Marta	32		K-Dzieci	2			00:08:13	00:38:43	00:46:56	+00:08:31 (22.0%)	7:44	7.7 (77.8%)
90	CZACHOR Justyna	38	GIMNAZJUM	K-Jun.	6			00:09:20	00:38:43	00:48:03	+00:08:31 (22.0%)	7:44	7.7 (77.8%)
92	NADOLSKA Halina	191	MOSIR RYPIN	K45-49	6			00:12:25	00:38:44	00:51:09	+00:08:32 (22.0%)	7:44	7.7 (77.8%)
93	GÓRSKI Jacek	376	GOSIR NORDIC DEVELOPMENT OSIELSKO	M45-49	10			00:04:11	00:38:47	00:42:58	+00:08:35 (22.1%)	7:45	7.7 (77.8%)
94	LENAR Grzegorz	149	ULKS SOKOŁY	M-Dzieci	3			00:00:05	00:38:50	00:38:55	+00:08:38 (22.2%)	7:46	7.7 (77.8%)
95	DZIUBA Alicja	45	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K30-39	8			00:10:36	00:38:54	00:49:30	+00:08:42 (22.4%)	7:46	7.7 (77.8%)
96	GUZIOR Agnieszka	74	KLUB SPORTU.PL	K40-44	4			00:11:53	00:39:03	00:50:56	+00:08:51 (22.7%)	7:48	7.7 (77.8%)
97	DUDKA Filip	42		M-Jun.	9			00:01:15	00:39:14	00:40:29	+00:09:02 (23.0%)	7:50	7.6 (76.8%)
97	MAJCHERCZYK Krzysztof	163	TKKF CZELADZ	M60-64	4			00:06:20	00:39:14	00:45:34	+00:09:02 (23.0%)	7:50	7.6 (76.8%)
99	JABŁOŃSKA Justyna	80	GREEN TEAM	K30-39	9			00:10:36	00:39:15	00:49:51	+00:09:03 (23.1%)	7:51	7.6 (76.8%)
100	URBAŃSKA Małgorzata	464		K30-39	10			00:10:36	00:39:18	00:49:54	+00:09:06 (23.2%)	7:51	7.6 (76.8%)
101	BAJEK Mateusz	5	GIMNAZJUM	M-Jun.	10			00:01:14	00:39:19	00:40:33	+00:09:07 (23.2%)	7:51	7.6 (76.8%)
102	MATWIEJCZUK Ewa	177		K45-49	7			00:12:25	00:39:22	00:51:47	+00:09:10 (23.3%)	7:52	7.6 (76.8%)
103	GOTOWSKI Rafał	66	UNIWERSYTET KAZIMIERZA WIELKIEGO	M40-44	10			00:03:33	00:39:24	00:42:57	+00:09:12 (23.4%)	7:52	7.6 (76.8%)
104	MAJCHERCZYK Wacław	164	TKKF CZELADZ	M70+	1			00:07:28	00:39:25	00:46:53	+00:09:13 (23.4%)	7:53	7.6 (76.8%)
104	CHOJNACKA Ewa	31	CIECHANÓW NW	K65-69	2			00:15:18	00:39:25	00:54:43	+00:09:13 (23.4%)	7:53	7.6 (76.8%)
106	WŁADYKA Agata	329		K50-54	5			00:12:59	00:39:27	00:52:26	+00:09:15 (23.4%)	7:53	7.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	SOBCZYK Rafał	272	KLUB SPORTU.PL	M40-44	11			00:03:35	00:39:29	00:43:04	+00:09:17 (23.5%)	7:53	7.6 (76.8%)
108	STYGA Monika	283	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	4			00:10:00	00:39:31	00:49:31	+00:09:19 (23.6%)	7:54	7.6 (76.8%)
108	KOSIOROWSKA Anna	118	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	5			00:10:01	00:39:31	00:49:32	+00:09:19 (23.6%)	7:54	7.6 (76.8%)
110	CAŁKA Szymon	27	GIMNAZJUM	M-Jun.	11			00:01:14	00:39:33	00:40:47	+00:09:21 (23.6%)	7:54	7.6 (76.8%)
111	AUGUSTYN Rafał	3	GIMNAZJUM	M-Jun.	12			00:01:13	00:39:34	00:40:47	+00:09:22 (23.7%)	7:54	7.6 (76.8%)
112	GRZESZCZAK Andrzej	72	NZ	M55-59	4			00:05:22	00:39:37	00:44:59	+00:09:25 (23.8%)	7:55	7.6 (76.8%)
113	ŚLUSARZ Kornelia	299	GIMNAZJUM	K-Jun.	7			00:09:19	00:39:41	00:49:00	+00:09:29 (23.9%)	7:56	7.6 (76.8%)
114	SMAROŃ Aleksandra	269	SZKOLNY KLUB NORDIC WALKING	K-Jun.	8			00:09:20	00:39:43	00:49:03	+00:09:31 (24.0%)	7:56	7.6 (76.8%)
115	KANIECKA Zofia	94	CIECHANÓW NW	K60-64	1			00:14:43	00:39:44	00:54:27	+00:09:32 (24.0%)	7:56	7.6 (76.8%)
116	CETNARSKA Aneta	29	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	6			00:10:00	00:39:49	00:49:49	+00:09:37 (24.2%)	7:57	7.5 (75.8%)
117	KABAŁA Angelika	91	GIMNAZJUM	K-Jun.	9			00:09:21	00:39:50	00:49:11	+00:09:38 (24.2%)	7:58	7.5 (75.8%)
117	KOSIŃSKA Maria	117	MOSIR RYPIN	K55-59	5			00:13:26	00:39:50	00:53:16	+00:09:38 (24.2%)	7:58	7.5 (75.8%)
119	NITKA Andrzej	199		M55-59	5			00:05:22	00:39:51	00:45:13	+00:09:39 (24.2%)	7:58	7.5 (75.8%)
120	WACLAW Andrzej	394	SKS MEDYK RZESZÓW	M55-59	6			00:05:20	00:39:52	00:45:12	+00:09:40 (24.2%)	7:58	7.5 (75.8%)
121	WÓJTOWICZ Aleksandra	335	SZKOLNY KLUB NORDIC WALKING	K-Jun.	10			00:09:25	00:39:57	00:49:22	+00:09:45 (24.4%)	7:59	7.5 (75.8%)
121	CETNARSKA-CZYŻ Izabela	28	FINISZ RYMANÓW	K40-44	5			00:11:55	00:39:57	00:51:52	+00:09:45 (24.4%)	7:59	7.5 (75.8%)
123	MATYJA Anna	178		K45-49	8			00:12:28	00:39:58	00:52:26	+00:09:46 (24.4%)	7:59	7.5 (75.8%)
124	ŻAROWSKA Klaudia	349	GIMNAZJUM	K-Jun.	11			00:09:24	00:39:59	00:49:23	+00:09:47 (24.5%)	7:59	7.5 (75.8%)
125	PANEK Katarzyna	217	FERDYNANDTEAM	K18-29	7			00:10:00	00:40:01	00:50:01	+00:09:49 (24.5%)	8:00	7.5 (75.8%)
126	ZUBA Nikola	346	GIMNAZJUM	K-Dzieci	3			00:08:12	00:40:02	00:48:14	+00:09:50 (24.6%)	8:00	7.5 (75.8%)
126	PTAŚ Jolanta	235	TKKF MOSIR CZELADZ	K45-49	9			00:12:25	00:40:02	00:52:27	+00:09:50 (24.6%)	8:00	7.5 (75.8%)
128	JADACH Sandra	83	SZKOŁA PODSTAWOWA	K-Dzieci	4			00:08:13	00:40:05	00:48:18	+00:09:53 (24.7%)	8:01	7.5 (75.8%)
129	BUKOWIEC Elżbieta	459		K45-49	10			00:12:26	00:40:06	00:52:32	+00:09:54 (24.7%)	8:01	7.5 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	SZELIGA Anna	290		K30-39	11			00:10:40	00:40:07	00:50:47	+00:09:55 (24.7%)	8:01	7.5 (75.8%)
130	WOJDON Grażyna	330	KLUB SPORTU.PL	K45-49	11			00:12:27	00:40:07	00:52:34	+00:09:55 (24.7%)	8:01	7.5 (75.8%)
132	FLEJSZAR Zbigniew	49		M45-49	11			00:04:12	00:40:08	00:44:20	+00:09:56 (24.8%)	8:01	7.5 (75.8%)
133	FLEJSZAR Anna	48		K45-49	12			00:12:26	00:40:10	00:52:36	+00:09:58 (24.8%)	8:02	7.5 (75.8%)
134	STOCHLA Beata	281	SZKOLNY KLUB NORDIC WALKING	K-Jun.	12			00:09:21	00:40:12	00:49:33	+00:10:00 (24.9%)	8:02	7.5 (75.8%)
135	KUDEJ Zbigniew	143	KLUB NORDIC WALKING KOLBUSZOWA	M45-49	12			00:04:12	00:40:19	00:44:31	+00:10:07 (25.1%)	8:03	7.4 (74.7%)
135	KRZANOWSKA Małgorzata	129	SAMOTNI WĘDROWCY	K40-44	6			00:11:52	00:40:19	00:52:11	+00:10:07 (25.1%)	8:03	7.4 (74.7%)
137	SITKO Maciej	264	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	4			00:00:03	00:40:24	00:40:27	+00:10:12 (25.2%)	8:04	7.4 (74.7%)
138	KOSTRUBIEC Wojciech	122	MDK SZCZEBRZESZYN	M-Dzieci	5			00:00:05	00:40:27	00:40:32	+00:10:15 (25.3%)	8:05	7.4 (74.7%)
139	GARBAT Bożena	53		K45-49	13			00:12:29	00:40:39	00:53:08	+00:10:27 (25.7%)	8:07	7.4 (74.7%)
140	PANEK Piotr	466		M18-29	7			00:02:04	00:40:40	00:42:44	+00:10:28 (25.7%)	8:08	7.4 (74.7%)
140	KISAŁA Agnieszka	462	SPORTUR GMINA ŁAŃCUT	K30-39	12			00:10:38	00:40:40	00:51:18	+00:10:28 (25.7%)	8:08	7.4 (74.7%)
140	REIZER Agnieszka	241		K40-44	7			00:11:55	00:40:40	00:52:35	+00:10:28 (25.7%)	8:08	7.4 (74.7%)
143	SZWED Małgorzata	460	KLUBSPORTU.PL	K30-39	13			00:10:40	00:40:47	00:51:27	+00:10:35 (26.0%)	8:09	7.4 (74.7%)
144	FEJDASZ Józef	451		M60-64	5			00:06:20	00:40:48	00:47:08	+00:10:36 (26.0%)	8:09	7.4 (74.7%)
145	HAŁDAŚ Bogdan	76	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	M50-54	8			00:04:11	00:40:51	00:45:02	+00:10:39 (26.1%)	8:10	7.3 (73.7%)
145	STARZEC Maksymilian	278	KOLBUSZOWSKI KLUB NORDIC WALKING	M60-64	6			00:06:21	00:40:51	00:47:12	+00:10:39 (26.1%)	8:10	7.3 (73.7%)
145	TRYBEK Wanda	307	TKKF MOSIR CZELADZ	K70+	1			00:16:08	00:40:51	00:56:59	+00:10:39 (26.1%)	8:10	7.3 (73.7%)
148	REIZER Piotr	463		M45-49	13			00:04:11	00:40:54	00:45:05	+00:10:42 (26.2%)	8:10	7.3 (73.7%)
149	POCZĄTEK Patryk	226	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	6			00:00:05	00:40:55	00:41:00	+00:10:43 (26.2%)	8:11	7.3 (73.7%)
150	ANTKIEWICZ Natalia	2	SZKOŁA PODSTAWOWA	K-Dzieci	5			00:08:13	00:40:57	00:49:10	+00:10:45 (26.3%)	8:11	7.3 (73.7%)
150	MĄCZKA Maria	183		K65-69	3			00:15:16	00:40:57	00:56:13	+00:10:45 (26.3%)	8:11	7.3 (73.7%)
152	SNOPKOWSKI Tomasz	270	SZKOŁA PODSTAWOWA	M-Dzieci	7			00:00:04	00:40:59	00:41:03	+00:10:47 (26.3%)	8:11	7.3 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
152	JAKUBCZYK Irmina	84	SZKOŁA PODSTAWOWA	K-Dzieci	6			00:08:13	00:40:59	00:49:12	+00:10:47 (26.3%)	8:11	7.3 (73.7%)
154	WOLWOWICZ Emilia	332	SZKOLNY KLUB NORDIC WALKING	K-Jun.	13			00:09:21	00:41:04	00:50:25	+00:10:52 (26.5%)	8:12	7.3 (73.7%)
155	CAG-SOBCZYK Edyta	26	KLUB SPORTU.PL	K40-44	8			00:11:55	00:41:05	00:53:00	+00:10:53 (26.5%)	8:13	7.3 (73.7%)
156	SELWA Andrzej	260		M40-44	12			00:03:34	00:41:09	00:44:43	+00:10:57 (26.6%)	8:13	7.3 (73.7%)
157	ŚWIĄTEK Izabela	300	GIMNAZJUM	K-Jun.	14			00:09:20	00:41:12	00:50:32	+00:11:00 (26.7%)	8:14	7.3 (73.7%)
158	DYLEWSKI Andrzej	450	DABROWA NORDIC TEAM	M60-64	7			00:06:20	00:41:24	00:47:44	+00:11:12 (27.1%)	8:16	7.2 (72.7%)
158	MAŁODOBRY Wioletta	167	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	9			00:11:56	00:41:24	00:53:20	+00:11:12 (27.1%)	8:16	7.2 (72.7%)
160	HAŁKA Stanisław	77	NW	M65-69	7			00:06:57	00:41:28	00:48:25	+00:11:16 (27.2%)	8:17	7.2 (72.7%)
161	ŻYLIŃSKA Agnieszka	370	SPORTUR GMINA ŁAŃCUT	K45-49	14			00:12:27	00:41:30	00:53:57	+00:11:18 (27.2%)	8:18	7.2 (72.7%)
162	PIPIRO Grzegorz	440	UKS ZSZ JEDYNKA	M55-59	7			00:05:22	00:41:34	00:46:56	+00:11:22 (27.3%)	8:18	7.2 (72.7%)
163	MUSKUS Kaziu	443	WŁÓCZYKIJ LEŻAJSK	M65-69	8			00:06:57	00:41:36	00:48:33	+00:11:24 (27.4%)	8:19	7.2 (72.7%)
164	TARCZYŃSKI Bogdan	303	AKTYWNI Z PASJĄ ŁUKÓW	M65-69	9			00:06:57	00:41:37	00:48:34	+00:11:25 (27.4%)	8:19	7.2 (72.7%)
164	SAWIC Beata	257	MDK SZCZEBRZESZYN	K45-49	15			00:12:26	00:41:37	00:54:03	+00:11:25 (27.4%)	8:19	7.2 (72.7%)
166	MAJCHER Sylwia	165	GIMNAZJUM	K-Jun.	15			00:09:24	00:41:39	00:51:03	+00:11:27 (27.5%)	8:19	7.2 (72.7%)
167	NERC Dorota	193		K55-59	6			00:13:27	00:41:43	00:55:10	+00:11:31 (27.6%)	8:20	7.2 (72.7%)
168	WAWEREK Renata	313	IND.	K45-49	16			00:12:30	00:41:47	00:54:17	+00:11:35 (27.7%)	8:21	7.2 (72.7%)
169	TRĘTOWICZ Beata	305	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	10			00:11:53	00:41:49	00:53:42	+00:11:37 (27.8%)	8:21	7.2 (72.7%)
170	WĄSOWICZ Andrzej	314	NW NOWA DĘBA	M70+	2			00:07:29	00:41:50	00:49:19	+00:11:38 (27.8%)	8:22	7.2 (72.7%)
170	OMARSKA Grażyna	206	PASJA NORDIC WALKING	K55-59	7			00:13:27	00:41:50	00:55:17	+00:11:38 (27.8%)	8:22	7.2 (72.7%)
172	PAWLIKOWSKA Renata	474	IND.	K45-49	17			00:12:29	00:41:51	00:54:20	+00:11:39 (27.8%)	8:22	7.2 (72.7%)
173	PŁOTCZYK Aleksandra	392	SKS MEDYK RZESZÓW	K18-29	8			00:10:02	00:41:52	00:51:54	+00:11:40 (27.9%)	8:22	7.2 (72.7%)
174	PACYNA Helena	212	METRACO KGHM POLKOWICE	K65-69	4			00:15:17	00:41:56	00:57:13	+00:11:44 (28.0%)	8:23	7.2 (72.7%)
175	STARUCHOWICZ Katarzyna	277	KLUB BIEGACZA BIAŁA BIEGA	K30-39	14			00:10:36	00:42:04	00:52:40	+00:11:52 (28.2%)	8:24	7.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	SUDOŁ Karol	284	SZKOŁA PODSTAWOWA	M-Dzieci	8			00:00:05	00:42:12	00:42:17	+00:12:00 (28.4%)	8:26	7.1 (71.7%)
177	JEZUIT Mikołaj	88	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	9			00:00:03	00:42:13	00:42:16	+00:12:01 (28.5%)	8:26	7.1 (71.7%)
178	KLUZ Anna	105		K40-44	11			00:11:54	00:42:17	00:54:11	+00:12:05 (28.6%)	8:27	7.1 (71.7%)
179	KONIK Weronika	476		K40-44	12			00:11:57	00:42:21	00:54:18	+00:12:09 (28.7%)	8:28	7.1 (71.7%)
180	NIEMCZYK Urszula	196	FINISZ RYMANÓW	K30-39	15			00:10:37	00:42:24	00:53:01	+00:12:12 (28.8%)	8:28	7.1 (71.7%)
180	WENC Irena	315		K50-54	6			00:13:01	00:42:24	00:55:25	+00:12:12 (28.8%)	8:28	7.1 (71.7%)
182	KURDZIEL Czesław	145	NW - NOWA DĘBA	M65-69	10			00:06:57	00:42:25	00:49:22	+00:12:13 (28.8%)	8:29	7.1 (71.7%)
183	SĄŁAK Maria	254		K60-64	2			00:14:43	00:42:26	00:57:09	+00:12:14 (28.8%)	8:29	7.1 (71.7%)
184	ROMANIUK Grzegorz	246	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	M50-54	9			00:04:40	00:42:31	00:47:11	+00:12:19 (29.0%)	8:30	7.1 (71.7%)
185	HARAF Wiesław	79		M50-54	10			00:04:39	00:42:32	00:47:11	+00:12:20 (29.0%)	8:30	7.1 (71.7%)
186	RZEDKA Wojciech	253	GIMNAZJUM	M-Jun.	13			00:01:14	00:42:33	00:43:47	+00:12:21 (29.0%)	8:30	7.1 (71.7%)
187	PAWLINA Halina	220		K45-49	18			00:12:30	00:42:36	00:55:06	+00:12:24 (29.1%)	8:31	7 (70.7%)
188	ZIOŁO-KSIĄŻKIEWICZ Maria	344		K60-64	3			00:14:45	00:42:40	00:57:25	+00:12:28 (29.2%)	8:32	7 (70.7%)
189	SIEMIOEK Kamila	470		K-Dzieci	7			00:08:16	00:42:43	00:50:59	+00:12:31 (29.3%)	8:32	7 (70.7%)
190	MOMOT Aleksandra	453	MDK SZCZEBRZESZYN	K50-54	7			00:13:01	00:42:44	00:55:45	+00:12:32 (29.3%)	8:32	7 (70.7%)
191	PLIS Emila	225	GIMNAZJUM	K-Jun.	16			00:09:23	00:42:46	00:52:09	+00:12:34 (29.4%)	8:33	7 (70.7%)
192	MAZURKIEWICZ Tomasz	180	GIMNAZJUM	M-Jun.	14			00:01:12	00:42:47	00:43:59	+00:12:35 (29.4%)	8:33	7 (70.7%)
193	PAŃKO Agnieszka	218	ULKS SOKOŁY	K-Jun.	17			00:09:26	00:42:50	00:52:16	+00:12:38 (29.5%)	8:34	7 (70.7%)
193	PIWODA Ewa	224	ULKS SOKOŁY	K-Jun.	18			00:09:26	00:42:50	00:52:16	+00:12:38 (29.5%)	8:34	7 (70.7%)
195	JANUSZ Wiktoria	86	SZKOŁA PODSTAWOWA	K-Dzieci	8			00:08:11	00:42:53	00:51:04	+00:12:41 (29.6%)	8:34	7 (70.7%)
196	SIEMIOEK Jolanta	471	AKTYWNI Z PASJA	K55-59	8			00:13:30	00:42:55	00:56:25	+00:12:43 (29.6%)	8:35	7 (70.7%)
197	LESZCZYŃSKI Benedykt			M55-59	8			00:12:27	00:42:57	00:55:24	+00:12:45 (29.7%)	8:35	7 (70.7%)
198	KARCZEWSKI Krzysztof	98	RUCH PO ZDROWIE	M30-39	4			00:02:53	00:42:59	00:45:52	+00:12:47 (29.7%)	8:35	7 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	MOTYKA Monika	391	SKS MEDYK RZESZÓW	K18-29	9			00:10:02	00:43:00	00:53:02	+00:12:48 (29.8%)	8:36	7 (70.7%)
200	ROGALIŃSKA Alicja	245	SZKOŁA PODSTAWOWA	K-Dzieci	9			00:08:11	00:43:01	00:51:12	+00:12:49 (29.8%)	8:36	7 (70.7%)
200	GŁOWIŚ Gabriela	63	SZKOŁA PODSTAWOWA	K-Dzieci	10			00:08:12	00:43:01	00:51:13	+00:12:49 (29.8%)	8:36	7 (70.7%)
202	SAŁEK Claudia	255	SZKOLNY KLUB NORDIC WALKING	K-Jun.	19			00:09:23	00:43:05	00:52:28	+00:12:53 (29.9%)	8:37	7 (70.7%)
202	ROZMUS Weronika	250	GIMNAZJUM	K-Jun.	20			00:09:27	00:43:05	00:52:32	+00:12:53 (29.9%)	8:37	7 (70.7%)
204	OPALIŃSKA Monika	207	GIMNAZJUM	K-Jun.	21			00:09:27	00:43:06	00:52:33	+00:12:54 (29.9%)	8:37	7 (70.7%)
205	AUGUSTYN Sara	4	SZKOŁA PODSTAWOWA	K-Dzieci	11			00:08:16	00:43:07	00:51:23	+00:12:55 (30.0%)	8:37	7 (70.7%)
205	WILK Zofia	325	TKKF CZELADZ	K55-59	9			00:13:29	00:43:07	00:56:36	+00:12:55 (30.0%)	8:37	7 (70.7%)
207	PODUBNY Krystyna	445	WŁÓCZYKIJ LEŻAJSK	K60-64	4			00:14:45	00:43:08	00:57:53	+00:12:56 (30.0%)	8:37	7 (70.7%)
208	PACYNA Jolanta	213	GIMNAZJUM	K-Jun.	22			00:09:27	00:43:09	00:52:36	+00:12:57 (30.0%)	8:37	7 (70.7%)
209	DZIEŃ Bartłomiej	44	ULKS SOKOŁY	M-Dzieci	10			00:00:05	00:43:12	00:43:17	+00:13:00 (30.1%)	8:38	6.9 (69.7%)
209	BĄCAL Wiktoria	8	ULKS SOKOŁY	K-Jun.	23			00:09:26	00:43:12	00:52:38	+00:13:00 (30.1%)	8:38	6.9 (69.7%)
211	ADAMCZYK Karolina	1	SZKOLNY KLUB NORDIC WALKING	K-Jun.	24			00:09:21	00:43:13	00:52:34	+00:13:01 (30.1%)	8:38	6.9 (69.7%)
212	SITARZ Natalia	262	GIMNAZJUM	K-Jun.	25			00:09:28	00:43:14	00:52:42	+00:13:02 (30.1%)	8:38	6.9 (69.7%)
213	MAKSOŃ Jolanta	166	KLUB SPORTU.PL	K30-39	16			00:10:40	00:43:20	00:54:00	+00:13:08 (30.3%)	8:40	6.9 (69.7%)
214	SZNAJDER Teresa	294	ZSE-U W RYBNIKU	K60-64	5			00:14:44	00:43:22	00:58:06	+00:13:10 (30.4%)	8:40	6.9 (69.7%)
215	WARZOCHA Tomasz	448	KOLBUSZOWSKI NORDIC WALKING	M30-39	5			00:02:52	00:43:34	00:46:26	+00:13:22 (30.7%)	8:42	6.9 (69.7%)
215	MAZUR Agata	181	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	17			00:10:36	00:43:34	00:54:10	+00:13:22 (30.7%)	8:42	6.9 (69.7%)
215	ZAKRZEWSKA Henryka	435	KING-KROK	K65-69	5			00:15:16	00:43:34	00:58:50	+00:13:22 (30.7%)	8:42	6.9 (69.7%)
218	KAŹMIERCZAK Żanetta	101	GOSIR NORDIC DEVELOPMENT OSIELSKO	K30-39	18			00:10:39	00:43:35	00:54:14	+00:13:23 (30.7%)	8:43	6.9 (69.7%)
219	ZAJĄC Monika	339	KLUBSPORTU.PL	K40-44	13			00:11:54	00:43:43	00:55:37	+00:13:31 (30.9%)	8:44	6.9 (69.7%)
220	LENART Elżbieta	147	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	8			00:13:01	00:43:44	00:56:45	+00:13:32 (30.9%)	8:44	6.9 (69.7%)
221	GUZOWSKI Maciej	447	WŁÓCZYKIJ LEŻAJSK	M18-29	8			00:02:05	00:43:45	00:45:50	+00:13:33 (31.0%)	8:45	6.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
221	SOLETA Krzysztof	382	KK	M40-44	13			00:03:34	00:43:45	00:47:19	+00:13:33 (31.0%)	8:45	6.9 (69.7%)
221	MARGAŃSKA Joanna	171	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K18-29	10			00:10:01	00:43:45	00:53:46	+00:13:33 (31.0%)	8:45	6.9 (69.7%)
224	MOCZARSKI Adam	188	ŻABI KRUK	M65-69	11			00:06:56	00:43:50	00:50:46	+00:13:38 (31.1%)	8:46	6.8 (68.7%)
225	ROMANIUK Krystyna	247	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K50-54	9			00:13:00	00:43:51	00:56:51	+00:13:39 (31.1%)	8:46	6.8 (68.7%)
226	GROMADA Magdalena	389	SKS MEDYK RZESZÓW	K18-29	11			00:09:59	00:43:53	00:53:52	+00:13:41 (31.2%)	8:46	6.8 (68.7%)
227	MUSZYŃSKI Wojciech	190	KOLBUSZOWSKI KLUB NORDIC WALKING	M30-39	6			00:02:52	00:43:59	00:46:51	+00:13:47 (31.3%)	8:47	6.8 (68.7%)
227	LASOCIŃSKA Ewa	441	WŁÓCZYKIJ LEŻAJSK	K65-69	6			00:15:17	00:43:59	00:59:16	+00:13:47 (31.3%)	8:47	6.8 (68.7%)
229	KOPACZ Elżbieta	114	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	19			00:10:41	00:44:15	00:54:56	+00:14:03 (31.8%)	8:51	6.8 (68.7%)
229	KIERGIELEWICZ Teodora	103	AKTYWNI Z PASJĄ	K60-64	6			00:14:47	00:44:15	00:59:02	+00:14:03 (31.8%)	8:51	6.8 (68.7%)
231	OLEK Mirosław	455	GOSIR OSIELSKO	M55-59	9			00:05:21	00:44:21	00:49:42	+00:14:09 (31.9%)	8:52	6.8 (68.7%)
232	LESZCZYŃSKA Kazimiera	152	GOSIR NORDIC DEVELOPMENT OSIELSKO	K55-59	10			00:13:29	00:44:24	00:57:53	+00:14:12 (32.0%)	8:52	6.8 (68.7%)
233	WEŁNICKA Lidia	583	GOSIR NORDIC DEVELOPMENT OSIELSKO	K45-49	19			00:39:35	00:44:34	01:24:09	+00:14:22 (32.2%)	8:54	6.7 (67.7%)
234	KAPROŃ Maria	96	NW - NOWA DĘBA	K60-64	7			00:14:44	00:44:39	00:59:23	+00:14:27 (32.4%)	8:55	6.7 (67.7%)
235	BERESZKO Anna	13	TKKF CZELADZ	K60-64	8			00:14:44	00:44:42	00:59:26	+00:14:30 (32.4%)	8:56	6.7 (67.7%)
236	WÓJCICKA Julia	334	GIMNAZJUM	K-Jun.	26			00:09:25	00:44:48	00:54:13	+00:14:36 (32.6%)	8:57	6.7 (67.7%)
237	GROCHOWALSKA Jadwiga	67	BAWILAND	K50-54	10			00:13:01	00:44:50	00:57:51	+00:14:38 (32.6%)	8:58	6.7 (67.7%)
238	MACIEJAK Monika	162		K30-39	20			00:10:39	00:44:53	00:55:32	+00:14:41 (32.7%)	8:58	6.7 (67.7%)
239	WROŃSKI Dawid	336	TKKF MOSIR CZELADZ	M18-29	9			00:02:04	00:45:06	00:47:10	+00:14:54 (33.0%)	9:01	6.7 (67.7%)
240	ŁAKOMY Sylwia	157	SZKOŁA PODSTAWOWA	K-Dzieci	12			00:08:13	00:45:10	00:53:23	+00:14:58 (33.1%)	9:02	6.6 (66.7%)
241	OLSZOWY Danuta	204	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	11			00:13:03	00:45:19	00:58:22	+00:15:07 (33.4%)	9:03	6.6 (66.7%)
241	KRASUCKA Urszula	125	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	7			00:15:20	00:45:19	01:00:39	+00:15:07 (33.4%)	9:03	6.6 (66.7%)
243	MARONDEL Jan	175		M60-64	8			00:06:21	00:45:25	00:51:46	+00:15:13 (33.5%)	9:05	6.6 (66.7%)
244	GÓRSKA Violetta	375		K45-49	20			00:05:20	00:45:32	00:50:52	+00:15:20 (33.7%)	9:06	6.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	KAPROŃ Jan	95	NW - NOWA DĘBA	M65-69	12			00:06:56	00:45:33	00:52:29	+00:15:21 (33.7%)	9:06	6.6 (66.7%)
245	CZACHOR Edyta	36	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	12			00:10:02	00:45:33	00:55:35	+00:15:21 (33.7%)	9:06	6.6 (66.7%)
247	STEFAŃSKA Małgorzata	444	WŁÓCZYKIJ LEŻAJSK	K40-44	14			00:11:53	00:45:34	00:57:27	+00:15:22 (33.7%)	9:06	6.6 (66.7%)
247	KOLBUSZ Janina	108	KGHM METRACO POLKOWICE	K65-69	8			00:15:18	00:45:34	01:00:52	+00:15:22 (33.7%)	9:06	6.6 (66.7%)
249	RUSIN Katarzyna	252	GIMNAZJUM	K-Jun.	27			00:09:29	00:45:36	00:55:05	+00:15:24 (33.8%)	9:07	6.6 (66.7%)
250	SOBCZYK Karolina	271	GIMNAZJUM	K-Jun.	28			00:09:28	00:45:37	00:55:05	+00:15:25 (33.8%)	9:07	6.6 (66.7%)
250	KOSTRUBIEC Bronisława	120	MDK SZCZEBRZESZYN	K65-69	9			00:15:17	00:45:37	01:00:54	+00:15:25 (33.8%)	9:07	6.6 (66.7%)
252	BAK Weronika	9	GIMNAZJUM	K-Jun.	29			00:09:27	00:45:38	00:55:05	+00:15:26 (33.8%)	9:07	6.6 (66.7%)
253	WINIARSKA Magdalena	326		K30-39	21			00:10:39	00:45:47	00:56:26	+00:15:35 (34.0%)	9:09	6.6 (66.7%)
254	KAŻMIERCZAK Lena	100	GOSIR NORDIC DEVELOPMENT OSIELSKO	K-Dzieci	13			00:08:16	00:45:52	00:54:08	+00:15:40 (34.2%)	9:10	6.5 (65.7%)
255	MUSZYŃSKA Gabriela	189	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	14			00:08:14	00:45:56	00:54:10	+00:15:44 (34.3%)	9:11	6.5 (65.7%)
256	ZYGMUNT Joanna	347	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	15			00:11:54	00:45:59	00:57:53	+00:15:47 (34.3%)	9:11	6.5 (65.7%)
257	SZULC-DRABCZYK Urszula	295	KGHM METRACO POLKOWICE	K60-64	9			00:14:45	00:46:01	01:00:46	+00:15:49 (34.4%)	9:12	6.5 (65.7%)
258	WIĘCŁAW Oliwia	319	SZKOŁA PODSTAWOWA	K-Dzieci	15			00:08:12	00:46:04	00:54:16	+00:15:52 (34.4%)	9:12	6.5 (65.7%)
258	GRECKA STEFIUK Anna	437		K55-59	11			00:13:30	00:46:04	00:59:34	+00:15:52 (34.4%)	9:12	6.5 (65.7%)
258	JANCZYK Barbara	456	NW - NOWA DĘBA	K60-64	10			00:14:47	00:46:04	01:00:51	+00:15:52 (34.4%)	9:12	6.5 (65.7%)
261	PAWŁOWSKA Gabriela	221	SZKOŁA PODSTAWOWA	K-Dzieci	16			00:08:10	00:46:07	00:54:17	+00:15:55 (34.5%)	9:13	6.5 (65.7%)
262	KRASNICKA Leonarda	124	KGHM METRACO POLKOWICE	K55-59	12			00:13:28	00:46:10	00:59:38	+00:15:58 (34.6%)	9:14	6.5 (65.7%)
263	KUSKOWSKA Beata	478		K30-39	22			00:10:42	00:46:12	00:56:54	+00:16:00 (34.6%)	9:14	6.5 (65.7%)
264	CIEŚLA Jadwiga	34		K30-39	23			00:10:37	00:46:15	00:56:52	+00:16:03 (34.7%)	9:15	6.5 (65.7%)
264	STRZĘPA Halina	282		K30-39	24			00:10:38	00:46:15	00:56:53	+00:16:03 (34.7%)	9:15	6.5 (65.7%)
266	ZIELIŃSKA Beata	342	NORDIC ACTIVE	K40-44	16			00:11:56	00:46:21	00:58:17	+00:16:09 (34.8%)	9:16	6.5 (65.7%)
267	PODSADOWSKA Wioletta	227	AMBASADOR FESTIWALU BIEGÓW W KRYNICY	K45-49	21			00:12:25	00:46:23	00:58:48	+00:16:11 (34.9%)	9:16	6.5 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
267	WIĄCEK Bożena	318	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	22			00:12:29	00:46:23	00:58:52	+00:16:11 (34.9%)	9:16	6.5 (65.7%)
269	ROZENBAJGIER Helena	249	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	10			00:15:19	00:46:32	01:01:51	+00:16:20 (35.1%)	9:18	6.4 (64.6%)
270	BIGUS Małgorzata	17	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K55-59	13			00:13:02	00:46:35	00:59:37	+00:16:23 (35.2%)	9:19	6.4 (64.6%)
271	PERYT Elżbieta	222	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	11			00:15:21	00:46:38	01:01:59	+00:16:26 (35.2%)	9:19	6.4 (64.6%)
272	DRAŁUS Magdalena	40	SZKOŁA PODSTAWOWA	K-Dzieci	17			00:08:15	00:46:46	00:55:01	+00:16:34 (35.4%)	9:21	6.4 (64.6%)
272	JADACH Patrycja	82		K-Jun.	30			00:09:20	00:46:46	00:56:06	+00:16:34 (35.4%)	9:21	6.4 (64.6%)
274	BALICKI Michał	378		M-Dzieci	11			00:00:02	00:46:48	00:46:50	+00:16:36 (35.5%)	9:21	6.4 (64.6%)
275	URBAN Irena	442	WŁÓCZYKIJ LEŻAJSK	K60-64	11			00:14:46	00:46:52	01:01:38	+00:16:40 (35.6%)	9:22	6.4 (64.6%)
276	KUCZYŃSKA Oliwia	142	SZKOŁA PODSTAWOWA	K-Dzieci	18			00:08:11	00:46:53	00:55:04	+00:16:41 (35.6%)	9:22	6.4 (64.6%)
277	STĄPOR Ewa	395		K-Dzieci	19			00:08:11	00:46:54	00:55:05	+00:16:42 (35.6%)	9:22	6.4 (64.6%)
278	MAZUR Natalia	436		K-Dzieci	20			01:07:59	00:46:56	01:54:55	+00:16:44 (35.7%)	9:23	6.4 (64.6%)
279	TYLUTKA Wiktoria	308	SZKOŁA PODSTAWOWA	K-Dzieci	21			00:08:14	00:47:00	00:55:14	+00:16:48 (35.7%)	9:24	6.4 (64.6%)
280	PACYK Małgorzata	211	MDK SZCZEBRZESZYN	K70+	2			00:16:08	00:47:05	01:03:13	+00:16:53 (35.9%)	9:25	6.4 (64.6%)
281	MACIĄG Emilia	398		K-Dzieci	22			00:08:13	00:47:06	00:55:19	+00:16:54 (35.9%)	9:25	6.4 (64.6%)
281	WIADERSKA Grażyna	380		K60-64	12			00:14:46	00:47:06	01:01:52	+00:16:54 (35.9%)	9:25	6.4 (64.6%)
283	GAWROŃSKA Małgorzata	57	GAWRONY	K55-59	14			00:13:29	00:47:21	01:00:50	+00:17:09 (36.2%)	9:28	6.3 (63.6%)
284	KOCZUR Dorota	106	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	13			00:14:45	00:47:31	01:02:16	+00:17:19 (36.4%)	9:30	6.3 (63.6%)
284	TARA Janina	301		K65-69	12			00:15:19	00:47:31	01:02:50	+00:17:19 (36.4%)	9:30	6.3 (63.6%)
286	RĘBISZ Grażyna	243	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	14			00:14:44	00:47:33	01:02:17	+00:17:21 (36.5%)	9:30	6.3 (63.6%)
287	KONEFAŁ Renata	112	SZKOLNY KLUB NORDIC WALKING	K40-44	17			00:11:55	00:47:39	00:59:34	+00:17:27 (36.6%)	9:31	6.3 (63.6%)
288	MAZUREK Julia	179	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	23			00:08:13	00:47:41	00:55:54	+00:17:29 (36.7%)	9:32	6.3 (63.6%)
289	WITUSIK Michał	328		M-Dzieci	12			00:00:01	00:47:43	00:47:44	+00:17:31 (36.7%)	9:32	6.3 (63.6%)
289	ZYGMUNT Justyna	348	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	31			00:09:26	00:47:43	00:57:09	+00:17:31 (36.7%)	9:32	6.3 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	MAZUR Paulina	182	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	32			00:09:22	00:47:48	00:57:10	+00:17:36 (36.8%)	9:33	6.3 (63.6%)
292	KUBIŚ Eliza	140	SZKOŁA PODSTAWOWA	K-Dzieci	24			00:08:15	00:48:03	00:56:18	+00:17:51 (37.1%)	9:36	6.2 (62.6%)
293	GIL Radosław	61	SZKOŁA PODSTAWOWA	M-Dzieci	13			00:00:06	00:48:05	00:48:11	+00:17:53 (37.2%)	9:37	6.2 (62.6%)
294	PIOTROWSKA Krystyna	372		K65-69	13			00:15:20	00:48:07	01:03:27	+00:17:55 (37.2%)	9:37	6.2 (62.6%)
295	KASPRZYK Krystyna	99		K70+	3			00:16:07	00:48:11	01:04:18	+00:17:59 (37.3%)	9:38	6.2 (62.6%)
296	KODYRA Maria	107	SZKOLNY KLUB NORDIC WALKING	K-Jun.	33			00:09:24	00:48:49	00:58:13	+00:18:37 (38.1%)	9:45	6.1 (61.6%)
297	TARCZYŃSKA Helena	302	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	15			00:14:46	00:48:57	01:03:43	+00:18:45 (38.3%)	9:47	6.1 (61.6%)
297	TOMIŃSKA Maria	457	NW - NOWA DĘBA	K70+	4			00:16:09	00:48:57	01:05:06	+00:18:45 (38.3%)	9:47	6.1 (61.6%)
299	ŁAKOMY Julia	156	SZKOŁA PODSTAWOWA	K-Dzieci	25			00:08:14	00:49:00	00:57:14	+00:18:48 (38.4%)	9:48	6.1 (61.6%)
300	SKOWROŃSKA Anna	266	GIMNAZJUM	K-Jun.	34			00:09:24	00:49:02	00:58:26	+00:18:50 (38.4%)	9:48	6.1 (61.6%)
300	GIELAROWSKA Patrycja	60	GIMNAZJUM	K-Jun.	35			00:09:24	00:49:02	00:58:26	+00:18:50 (38.4%)	9:48	6.1 (61.6%)
302	BIESIADECKA Aleksandra	16	GIMNAZJUM	K-Jun.	36			00:09:22	00:49:04	00:58:26	+00:18:52 (38.5%)	9:48	6.1 (61.6%)
303	MARCINIAK Mirosława	168	FUNDACJA MARCINIAK	K50-54	12			00:13:04	00:49:13	01:02:17	+00:19:01 (38.6%)	9:50	6.1 (61.6%)
304	GDOWIK Weronika	59	GIMNAZJUM	K-Jun.	37			00:09:23	00:49:23	00:58:46	+00:19:11 (38.8%)	9:52	6.1 (61.6%)
305	WOŁOWIEC Gabriela	333	GIMNAZJUM	K-Jun.	38			00:09:22	00:49:24	00:58:46	+00:19:12 (38.9%)	9:52	6.1 (61.6%)
306	JABŁOŃSKI Dominik	81	SZKOŁA PODSTAWOWA	M-Dzieci	14			00:00:07	00:49:30	00:49:37	+00:19:18 (39.0%)	9:54	6.1 (61.6%)
307	WILK Hubert	323	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	15			00:00:04	00:49:31	00:49:35	+00:19:19 (39.0%)	9:54	6.1 (61.6%)
308	NIEZGODA Emilia	198	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	26			00:08:13	00:49:55	00:58:08	+00:19:43 (39.5%)	9:59	6 (60.6%)
309	DZIUBA Julia	46	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	27			00:08:14	00:49:56	00:58:10	+00:19:44 (39.5%)	9:59	6 (60.6%)
310	MICEK Seweryn	186	SZKOŁA PODSTAWOWA	M-Dzieci	16			00:00:02	00:49:58	00:50:00	+00:19:46 (39.6%)	9:59	6 (60.6%)
310	PANEK Agnieszka	216	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K50-54	13			00:13:02	00:49:58	01:03:00	+00:19:46 (39.6%)	9:59	6 (60.6%)
312	KIWAK Wiktor	438		M-Dzieci	17			00:00:04	00:50:07	00:50:11	+00:19:55 (39.7%)	10:01	6 (60.6%)
313	MAREK Monika	169	NW - NOWA DĘBA	K30-39	25			00:14:47	00:50:08	01:04:55	+00:19:56 (39.8%)	10:01	6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	WIĄCEK Adam	317	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	18			00:00:04	00:50:12	00:50:16	+00:20:00 (39.8%)	10:02	6 (60.6%)
314	GARBARCZYK Elżbieta	52	AKTYWNI Z PASJĄ ŁUKÓW	K55-59	15			00:13:31	00:50:12	01:03:43	+00:20:00 (39.8%)	10:02	6 (60.6%)
316	MARGAŃSKA Stanisława	173	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	5			00:16:07	00:50:44	01:06:51	+00:20:32 (40.5%)	10:08	5.9 (59.6%)
317	KACHLIK Małgorzata	92		K65-69	14			00:15:18	00:50:46	01:06:04	+00:20:34 (40.5%)	10:09	5.9 (59.6%)
318	MARGAŃSKA Anna	170	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K18-29	13			00:12:59	00:51:02	01:04:01	+00:20:50 (40.8%)	10:12	5.9 (59.6%)
319	URBANIAK-DUDKA Joanna	312		K45-49	23			00:12:28	00:51:26	01:03:54	+00:21:14 (41.3%)	10:17	5.8 (58.6%)
320	PIOTROWSKA Joanna	373		K40-44	18			00:11:57	00:51:30	01:03:27	+00:21:18 (41.4%)	10:18	5.8 (58.6%)
321	STARZEC Patryk	279	SZKOŁA PODSTAWOWA	M-Dzieci	19			00:00:03	00:51:35	00:51:38	+00:21:23 (41.5%)	10:19	5.8 (58.6%)
322	CIEŚLAK Iwona	33	IND.	K45-49	24			00:12:29	00:51:55	01:04:24	+00:21:43 (41.8%)	10:23	5.8 (58.6%)
323	CETNARSKI Łukasz	30		M30-39	7			00:02:52	00:51:56	00:54:48	+00:21:44 (41.8%)	10:23	5.8 (58.6%)
324	LENAR Barbara	148		K65-69	15			00:15:19	00:51:58	01:07:17	+00:21:46 (41.9%)	10:23	5.8 (58.6%)
325	NOWAK Mateusz	202	SZKOŁA PODSTAWOWA	M-Dzieci	20			00:00:06	00:52:12	00:52:18	+00:22:00 (42.1%)	10:26	5.7 (57.6%)
326	PSZENICZNY-PIECUCH Karolina	232		K30-39	26			00:10:40	00:52:17	01:02:57	+00:22:05 (42.2%)	10:27	5.7 (57.6%)
327	KRUDYSZ-STARZEC Jadwiga	128	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	16			00:14:48	00:52:43	01:07:31	+00:22:31 (42.7%)	10:32	5.7 (57.6%)
328	YVETT Lediffon	454		K60-64	17			00:14:47	00:52:44	01:07:31	+00:22:32 (42.7%)	10:32	5.7 (57.6%)
329	DUDZIŃSKI Szymon	43	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	21			00:00:02	00:53:06	00:53:08	+00:22:54 (43.1%)	10:37	5.6 (56.6%)
330	GROCHOWALSKI Marek	68	BAWILAND	M50-54	11			00:04:40	00:53:11	00:57:51	+00:22:59 (43.2%)	10:38	5.6 (56.6%)
331	GARBARCZYK Andrzej	473	AKTYWNI Z PASJĄ ŁUKÓW	M55-59	10			00:05:21	00:53:19	00:58:40	+00:23:07 (43.4%)	10:39	5.6 (56.6%)
332	TYLUTKI Andrzej	309	NORDIC ACTIVE	M45-49	14			00:04:14	00:53:29	00:57:43	+00:23:17 (43.5%)	10:41	5.6 (56.6%)
333	KONEFAŁ Dariusz	111	NORDIC ACTIVE	M45-49	15			00:04:15	00:53:34	00:57:49	+00:23:22 (43.6%)	10:42	5.6 (56.6%)
334	PACYNA Monika	475		K-Dzieci	28			00:08:17	00:54:04	01:02:21	+00:23:52 (44.1%)	10:48	5.5 (55.6%)
334	MARGAŃSKA Maria	172	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K50-54	14			00:13:02	00:54:04	01:07:06	+00:23:52 (44.1%)	10:48	5.5 (55.6%)
334	WIKTOR Bożena	320		K50-54	15			00:13:02	00:54:04	01:07:06	+00:23:52 (44.1%)	10:48	5.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	JANCZYK Ryszard	85	NW - NOWA DĘBA	M65-69	13			00:06:59	00:59:37	01:06:36	+00:29:25 (49.3%)	11:55	5 (50.5%)
338	KWIEK Ryszard	146	NW - NOWA DĘBA	M65-69	14			00:06:57	00:59:39	01:06:36	+00:29:27 (49.4%)	11:55	5 (50.5%)
339	SARNOWSKA Krystyna	256	AKTYWNI Z PASJĄ ŁUKÓW	K70+	6			00:16:08	01:04:47	01:20:55	+00:34:35 (53.4%)	12:57	4.6 (46.5%)
340	BUJAK Julia	24	SZKOŁA PODSTAWOWA	K-Dzieci	29			00:08:15					(0.0%)
341	BOJKE Olgierd	21	PFNW	M50-54	12			00:21:00					(0.0%)
DQ	DRAUS Czesława	41	KLUBSPORTU.PL	K55-59				DQ	DQ	DQ		-	- (0.0%)

Znaleziono 342 wynik(ów)