



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

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

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

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

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
84	<b>BARTYZEL Marcin</b>	<b>388</b>	SKS MEDYK RZESZÓW	M40-44	9			00:03:34	<b>00:38:28</b>	<b>00:42:02</b>	+00:08:16 (21.5%)	7:41	7.8 (78.8%)
85	<b>TRĘTOWICZ Aleksandra</b>	<b>304</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	4			00:09:21	<b>00:38:30</b>	<b>00:47:51</b>	+00:08:18 (21.6%)	7:42	7.8 (78.8%)
86	<b>DĄBROWSKI Andrzej</b>	<b>500</b>		M65-69	5			00:06:55	<b>00:38:31</b>	<b>00:45:26</b>	+00:08:19 (21.6%)	7:42	7.8 (78.8%)
86	<b>WIADERSKI Wojciech</b>	<b>381</b>		M65-69	6			00:07:00	<b>00:38:31</b>	<b>00:45:31</b>	+00:08:19 (21.6%)	7:42	7.8 (78.8%)
88	<b>NIEWIŃSKA Beata</b>	<b>197</b>		K50-54	4			00:12:59	<b>00:38:35</b>	<b>00:51:34</b>	+00:08:23 (21.7%)	7:43	7.8 (78.8%)
89	<b>OLSZÓWKA Kornelia</b>	<b>205</b>	GIMNAZJUM	K-Jun.	5			00:09:20	<b>00:38:42</b>	<b>00:48:02</b>	+00:08:30 (22.0%)	7:44	7.8 (78.8%)
90	<b>CHOŁODECKA Marta</b>	<b>32</b>		K-Dzieci	2			00:08:13	<b>00:38:43</b>	<b>00:46:56</b>	+00:08:31 (22.0%)	7:44	7.7 (77.8%)
90	<b>CZACHOR Justyna</b>	<b>38</b>	GIMNAZJUM	K-Jun.	6			00:09:20	<b>00:38:43</b>	<b>00:48:03</b>	+00:08:31 (22.0%)	7:44	7.7 (77.8%)
92	<b>NADOLSKA Halina</b>	<b>191</b>	MOSIR RYPIN	K45-49	6			00:12:25	<b>00:38:44</b>	<b>00:51:09</b>	+00:08:32 (22.0%)	7:44	7.7 (77.8%)
93	<b>GÓRSKI Jacek</b>	<b>376</b>	GOSIR NORDIC DEVELOPMENT OSIELSKO	M45-49	10			00:04:11	<b>00:38:47</b>	<b>00:42:58</b>	+00:08:35 (22.1%)	7:45	7.7 (77.8%)
94	<b>LENAR Grzegorz</b>	<b>149</b>	ULKS SOKOŁY	M-Dzieci	3			00:00:05	<b>00:38:50</b>	<b>00:38:55</b>	+00:08:38 (22.2%)	7:46	7.7 (77.8%)
95	<b>DZIUBA Alicja</b>	<b>45</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K30-39	8			00:10:36	<b>00:38:54</b>	<b>00:49:30</b>	+00:08:42 (22.4%)	7:46	7.7 (77.8%)
96	<b>GUZIOR Agnieszka</b>	<b>74</b>	KLUB SPORTU.PL	K40-44	4			00:11:53	<b>00:39:03</b>	<b>00:50:56</b>	+00:08:51 (22.7%)	7:48	7.7 (77.8%)
97	<b>DUDKA Filip</b>	<b>42</b>		M-Jun.	9			00:01:15	<b>00:39:14</b>	<b>00:40:29</b>	+00:09:02 (23.0%)	7:50	7.6 (76.8%)
97	<b>MAJCHERCZYK Krzysztof</b>	<b>163</b>	TKKF CZELADZ	M60-64	4			00:06:20	<b>00:39:14</b>	<b>00:45:34</b>	+00:09:02 (23.0%)	7:50	7.6 (76.8%)
99	<b>JABŁOŃSKA Justyna</b>	<b>80</b>	GREEN TEAM	K30-39	9			00:10:36	<b>00:39:15</b>	<b>00:49:51</b>	+00:09:03 (23.1%)	7:51	7.6 (76.8%)
100	<b>URBAŃSKA Małgorzata</b>	<b>464</b>		K30-39	10			00:10:36	<b>00:39:18</b>	<b>00:49:54</b>	+00:09:06 (23.2%)	7:51	7.6 (76.8%)
101	<b>BAJEK Mateusz</b>	<b>5</b>	GIMNAZJUM	M-Jun.	10			00:01:14	<b>00:39:19</b>	<b>00:40:33</b>	+00:09:07 (23.2%)	7:51	7.6 (76.8%)
102	<b>MATWIEJCZUK Ewa</b>	<b>177</b>		K45-49	7			00:12:25	<b>00:39:22</b>	<b>00:51:47</b>	+00:09:10 (23.3%)	7:52	7.6 (76.8%)
103	<b>GOTOWSKI Rafał</b>	<b>66</b>	UNIWERSYTET KAZIMIERZA WIELKIEGO	M40-44	10			00:03:33	<b>00:39:24</b>	<b>00:42:57</b>	+00:09:12 (23.4%)	7:52	7.6 (76.8%)
104	<b>MAJCHERCZYK Wacław</b>	<b>164</b>	TKKF CZELADZ	M70+	1			00:07:28	<b>00:39:25</b>	<b>00:46:53</b>	+00:09:13 (23.4%)	7:53	7.6 (76.8%)
104	<b>CHOJNACKA Ewa</b>	<b>31</b>	CIECHANÓW NW	K65-69	2			00:15:18	<b>00:39:25</b>	<b>00:54:43</b>	+00:09:13 (23.4%)	7:53	7.6 (76.8%)
106	<b>WŁADYKA Agata</b>	<b>329</b>		K50-54	5			00:12:59	<b>00:39:27</b>	<b>00:52:26</b>	+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	<b>SOBCZYK Rafał</b>	<b>272</b>	KLUB SPORTU.PL	M40-44	11			00:03:35	<b>00:39:29</b>	<b>00:43:04</b>	+00:09:17 (23.5%)	7:53	7.6 (76.8%)
108	<b>STYGA Monika</b>	<b>283</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	4			00:10:00	<b>00:39:31</b>	<b>00:49:31</b>	+00:09:19 (23.6%)	7:54	7.6 (76.8%)
108	<b>KOSIOROWSKA Anna</b>	<b>118</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	5			00:10:01	<b>00:39:31</b>	<b>00:49:32</b>	+00:09:19 (23.6%)	7:54	7.6 (76.8%)
110	<b>CAŁKA Szymon</b>	<b>27</b>	GIMNAZJUM	M-Jun.	11			00:01:14	<b>00:39:33</b>	<b>00:40:47</b>	+00:09:21 (23.6%)	7:54	7.6 (76.8%)
111	<b>AUGUSTYN Rafał</b>	<b>3</b>	GIMNAZJUM	M-Jun.	12			00:01:13	<b>00:39:34</b>	<b>00:40:47</b>	+00:09:22 (23.7%)	7:54	7.6 (76.8%)
112	<b>GRZESZCZAK Andrzej</b>	<b>72</b>	NZ	M55-59	4			00:05:22	<b>00:39:37</b>	<b>00:44:59</b>	+00:09:25 (23.8%)	7:55	7.6 (76.8%)
113	<b>ŚLUSARZ Kornelia</b>	<b>299</b>	GIMNAZJUM	K-Jun.	7			00:09:19	<b>00:39:41</b>	<b>00:49:00</b>	+00:09:29 (23.9%)	7:56	7.6 (76.8%)
114	<b>SMAROŃ Aleksandra</b>	<b>269</b>	SZKOLNY KLUB NORDIC WALKING	K-Jun.	8			00:09:20	<b>00:39:43</b>	<b>00:49:03</b>	+00:09:31 (24.0%)	7:56	7.6 (76.8%)
115	<b>KANIECKA Zofia</b>	<b>94</b>	CIECHANÓW NW	K60-64	1			00:14:43	<b>00:39:44</b>	<b>00:54:27</b>	+00:09:32 (24.0%)	7:56	7.6 (76.8%)
116	<b>CETNARSKA Aneta</b>	<b>29</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	6			00:10:00	<b>00:39:49</b>	<b>00:49:49</b>	+00:09:37 (24.2%)	7:57	7.5 (75.8%)
117	<b>KABAŁA Angelika</b>	<b>91</b>	GIMNAZJUM	K-Jun.	9			00:09:21	<b>00:39:50</b>	<b>00:49:11</b>	+00:09:38 (24.2%)	7:58	7.5 (75.8%)
117	<b>KOSIŃSKA Maria</b>	<b>117</b>	MOSIR RYPIN	K55-59	5			00:13:26	<b>00:39:50</b>	<b>00:53:16</b>	+00:09:38 (24.2%)	7:58	7.5 (75.8%)
119	<b>NITKA Andrzej</b>	<b>199</b>		M55-59	5			00:05:22	<b>00:39:51</b>	<b>00:45:13</b>	+00:09:39 (24.2%)	7:58	7.5 (75.8%)
120	<b>WACLAW Andrzej</b>	<b>394</b>	SKS MEDYK RZESZÓW	M55-59	6			00:05:20	<b>00:39:52</b>	<b>00:45:12</b>	+00:09:40 (24.2%)	7:58	7.5 (75.8%)
121	<b>WÓJTOWICZ Aleksandra</b>	<b>335</b>	SZKOLNY KLUB NORDIC WALKING	K-Jun.	10			00:09:25	<b>00:39:57</b>	<b>00:49:22</b>	+00:09:45 (24.4%)	7:59	7.5 (75.8%)
121	<b>CETNARSKA-CZYŻ Izabela</b>	<b>28</b>	FINISZ RYMANÓW	K40-44	5			00:11:55	<b>00:39:57</b>	<b>00:51:52</b>	+00:09:45 (24.4%)	7:59	7.5 (75.8%)
123	<b>MATYJA Anna</b>	<b>178</b>		K45-49	8			00:12:28	<b>00:39:58</b>	<b>00:52:26</b>	+00:09:46 (24.4%)	7:59	7.5 (75.8%)
124	<b>ŻAROWSKA Klaudia</b>	<b>349</b>	GIMNAZJUM	K-Jun.	11			00:09:24	<b>00:39:59</b>	<b>00:49:23</b>	+00:09:47 (24.5%)	7:59	7.5 (75.8%)
125	<b>PANEK Katarzyna</b>	<b>217</b>	FERDYNANDTEAM	K18-29	7			00:10:00	<b>00:40:01</b>	<b>00:50:01</b>	+00:09:49 (24.5%)	8:00	7.5 (75.8%)
126	<b>ZUBA Nikola</b>	<b>346</b>	GIMNAZJUM	K-Dzieci	3			00:08:12	<b>00:40:02</b>	<b>00:48:14</b>	+00:09:50 (24.6%)	8:00	7.5 (75.8%)
126	<b>PTAŚ Jolanta</b>	<b>235</b>	TKKF MOSIR CZELADZ	K45-49	9			00:12:25	<b>00:40:02</b>	<b>00:52:27</b>	+00:09:50 (24.6%)	8:00	7.5 (75.8%)
128	<b>JADACH Sandra</b>	<b>83</b>	SZKOŁA PODSTAWOWA	K-Dzieci	4			00:08:13	<b>00:40:05</b>	<b>00:48:18</b>	+00:09:53 (24.7%)	8:01	7.5 (75.8%)
129	<b>BUKOWIEC Elżbieta</b>	<b>459</b>		K45-49	10			00:12:26	<b>00:40:06</b>	<b>00:52:32</b>	+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	<b>SZELIGA Anna</b>	<b>290</b>		K30-39	11			00:10:40	<b>00:40:07</b>	<b>00:50:47</b>	+00:09:55 (24.7%)	8:01	7.5 (75.8%)
130	<b>WOJDON Grażyna</b>	<b>330</b>	KLUB SPORTU.PL	K45-49	11			00:12:27	<b>00:40:07</b>	<b>00:52:34</b>	+00:09:55 (24.7%)	8:01	7.5 (75.8%)
132	<b>FLEJSZAR Zbigniew</b>	<b>49</b>		M45-49	11			00:04:12	<b>00:40:08</b>	<b>00:44:20</b>	+00:09:56 (24.8%)	8:01	7.5 (75.8%)
133	<b>FLEJSZAR Anna</b>	<b>48</b>		K45-49	12			00:12:26	<b>00:40:10</b>	<b>00:52:36</b>	+00:09:58 (24.8%)	8:02	7.5 (75.8%)
134	<b>STOCHLA Beata</b>	<b>281</b>	SZKOLNY KLUB NORDIC WALKING	K-Jun.	12			00:09:21	<b>00:40:12</b>	<b>00:49:33</b>	+00:10:00 (24.9%)	8:02	7.5 (75.8%)
135	<b>KUDEJ Zbigniew</b>	<b>143</b>	KLUB NORDIC WALKING KOLBUSZOWA	M45-49	12			00:04:12	<b>00:40:19</b>	<b>00:44:31</b>	+00:10:07 (25.1%)	8:03	7.4 (74.7%)
135	<b>KRZANOWSKA Małgorzata</b>	<b>129</b>	SAMOTNI WĘDROWCY	K40-44	6			00:11:52	<b>00:40:19</b>	<b>00:52:11</b>	+00:10:07 (25.1%)	8:03	7.4 (74.7%)
137	<b>SITKO Maciej</b>	<b>264</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	4			00:00:03	<b>00:40:24</b>	<b>00:40:27</b>	+00:10:12 (25.2%)	8:04	7.4 (74.7%)
138	<b>KOSTRUBIEC Wojciech</b>	<b>122</b>	MDK SZCZEBRZESZYN	M-Dzieci	5			00:00:05	<b>00:40:27</b>	<b>00:40:32</b>	+00:10:15 (25.3%)	8:05	7.4 (74.7%)
139	<b>GARBAT Bożena</b>	<b>53</b>		K45-49	13			00:12:29	<b>00:40:39</b>	<b>00:53:08</b>	+00:10:27 (25.7%)	8:07	7.4 (74.7%)
140	<b>PANEK Piotr</b>	<b>466</b>		M18-29	7			00:02:04	<b>00:40:40</b>	<b>00:42:44</b>	+00:10:28 (25.7%)	8:08	7.4 (74.7%)
140	<b>KISAŁA Agnieszka</b>	<b>462</b>	SPORTUR GMINA ŁAŃCUT	K30-39	12			00:10:38	<b>00:40:40</b>	<b>00:51:18</b>	+00:10:28 (25.7%)	8:08	7.4 (74.7%)
140	<b>REIZER Agnieszka</b>	<b>241</b>		K40-44	7			00:11:55	<b>00:40:40</b>	<b>00:52:35</b>	+00:10:28 (25.7%)	8:08	7.4 (74.7%)
143	<b>SZWED Małgorzata</b>	<b>460</b>	KLUBSPORTU.PL	K30-39	13			00:10:40	<b>00:40:47</b>	<b>00:51:27</b>	+00:10:35 (26.0%)	8:09	7.4 (74.7%)
144	<b>FEJDASZ Józef</b>	<b>451</b>		M60-64	5			00:06:20	<b>00:40:48</b>	<b>00:47:08</b>	+00:10:36 (26.0%)	8:09	7.4 (74.7%)
145	<b>HAŁDAŚ Bogdan</b>	<b>76</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	M50-54	8			00:04:11	<b>00:40:51</b>	<b>00:45:02</b>	+00:10:39 (26.1%)	8:10	7.3 (73.7%)
145	<b>STARZEC Maksymilian</b>	<b>278</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M60-64	6			00:06:21	<b>00:40:51</b>	<b>00:47:12</b>	+00:10:39 (26.1%)	8:10	7.3 (73.7%)
145	<b>TRYBEK Wanda</b>	<b>307</b>	TKKF MOSIR CZELADZ	K70+	1			00:16:08	<b>00:40:51</b>	<b>00:56:59</b>	+00:10:39 (26.1%)	8:10	7.3 (73.7%)
148	<b>REIZER Piotr</b>	<b>463</b>		M45-49	13			00:04:11	<b>00:40:54</b>	<b>00:45:05</b>	+00:10:42 (26.2%)	8:10	7.3 (73.7%)
149	<b>POCZĄTEK Patryk</b>	<b>226</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	6			00:00:05	<b>00:40:55</b>	<b>00:41:00</b>	+00:10:43 (26.2%)	8:11	7.3 (73.7%)
150	<b>ANTKIEWICZ Natalia</b>	<b>2</b>	SZKOŁA PODSTAWOWA	K-Dzieci	5			00:08:13	<b>00:40:57</b>	<b>00:49:10</b>	+00:10:45 (26.3%)	8:11	7.3 (73.7%)
150	<b>MĄCZKA Maria</b>	<b>183</b>		K65-69	3			00:15:16	<b>00:40:57</b>	<b>00:56:13</b>	+00:10:45 (26.3%)	8:11	7.3 (73.7%)
152	<b>SNOPKOWSKI Tomasz</b>	<b>270</b>	SZKOŁA PODSTAWOWA	M-Dzieci	7			00:00:04	<b>00:40:59</b>	<b>00:41:03</b>	+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	<b>JAKUBCZYK Irmina</b>	<b>84</b>	SZKOŁA PODSTAWOWA	K-Dzieci	6			00:08:13	<b>00:40:59</b>	<b>00:49:12</b>	+00:10:47 (26.3%)	8:11	7.3 (73.7%)
154	<b>WOLWOWICZ Emilia</b>	<b>332</b>	SZKOLNY KLUB NORDIC WALKING	K-Jun.	13			00:09:21	<b>00:41:04</b>	<b>00:50:25</b>	+00:10:52 (26.5%)	8:12	7.3 (73.7%)
155	<b>CAG-SOBCZYK Edyta</b>	<b>26</b>	KLUB SPORTU.PL	K40-44	8			00:11:55	<b>00:41:05</b>	<b>00:53:00</b>	+00:10:53 (26.5%)	8:13	7.3 (73.7%)
156	<b>SELWA Andrzej</b>	<b>260</b>		M40-44	12			00:03:34	<b>00:41:09</b>	<b>00:44:43</b>	+00:10:57 (26.6%)	8:13	7.3 (73.7%)
157	<b>ŚWIĄTEK Izabela</b>	<b>300</b>	GIMNAZJUM	K-Jun.	14			00:09:20	<b>00:41:12</b>	<b>00:50:32</b>	+00:11:00 (26.7%)	8:14	7.3 (73.7%)
158	<b>DYLEWSKI Andrzej</b>	<b>450</b>	DABROWA NORDIC TEAM	M60-64	7			00:06:20	<b>00:41:24</b>	<b>00:47:44</b>	+00:11:12 (27.1%)	8:16	7.2 (72.7%)
158	<b>MAŁODOBRY Wioletta</b>	<b>167</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	9			00:11:56	<b>00:41:24</b>	<b>00:53:20</b>	+00:11:12 (27.1%)	8:16	7.2 (72.7%)
160	<b>HAŁKA Stanisław</b>	<b>77</b>	NW	M65-69	7			00:06:57	<b>00:41:28</b>	<b>00:48:25</b>	+00:11:16 (27.2%)	8:17	7.2 (72.7%)
161	<b>ŻYLIŃSKA Agnieszka</b>	<b>370</b>	SPORTUR GMINA ŁAŃCUT	K45-49	14			00:12:27	<b>00:41:30</b>	<b>00:53:57</b>	+00:11:18 (27.2%)	8:18	7.2 (72.7%)
162	<b>PIPIRO Grzegorz</b>	<b>440</b>	UKS ZSZ JEDYNKA	M55-59	7			00:05:22	<b>00:41:34</b>	<b>00:46:56</b>	+00:11:22 (27.3%)	8:18	7.2 (72.7%)
163	<b>MUSKUS Kaziu</b>	<b>443</b>	WŁÓCZYKIJ LEŻAJSK	M65-69	8			00:06:57	<b>00:41:36</b>	<b>00:48:33</b>	+00:11:24 (27.4%)	8:19	7.2 (72.7%)
164	<b>TARCZYŃSKI Bogdan</b>	<b>303</b>	AKTYWNI Z PASJĄ ŁUKÓW	M65-69	9			00:06:57	<b>00:41:37</b>	<b>00:48:34</b>	+00:11:25 (27.4%)	8:19	7.2 (72.7%)
164	<b>SAWIC Beata</b>	<b>257</b>	MDK SZCZEBRZESZYN	K45-49	15			00:12:26	<b>00:41:37</b>	<b>00:54:03</b>	+00:11:25 (27.4%)	8:19	7.2 (72.7%)
166	<b>MAJCHER Sylwia</b>	<b>165</b>	GIMNAZJUM	K-Jun.	15			00:09:24	<b>00:41:39</b>	<b>00:51:03</b>	+00:11:27 (27.5%)	8:19	7.2 (72.7%)
167	<b>NERC Dorota</b>	<b>193</b>		K55-59	6			00:13:27	<b>00:41:43</b>	<b>00:55:10</b>	+00:11:31 (27.6%)	8:20	7.2 (72.7%)
168	<b>WAWEREK Renata</b>	<b>313</b>	IND.	K45-49	16			00:12:30	<b>00:41:47</b>	<b>00:54:17</b>	+00:11:35 (27.7%)	8:21	7.2 (72.7%)
169	<b>TRĘTOWICZ Beata</b>	<b>305</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	10			00:11:53	<b>00:41:49</b>	<b>00:53:42</b>	+00:11:37 (27.8%)	8:21	7.2 (72.7%)
170	<b>WĄSOWICZ Andrzej</b>	<b>314</b>	NW NOWA DĘBA	M70+	2			00:07:29	<b>00:41:50</b>	<b>00:49:19</b>	+00:11:38 (27.8%)	8:22	7.2 (72.7%)
170	<b>OMARSKA Grażyna</b>	<b>206</b>	PASJA NORDIC WALKING	K55-59	7			00:13:27	<b>00:41:50</b>	<b>00:55:17</b>	+00:11:38 (27.8%)	8:22	7.2 (72.7%)
172	<b>PAWLIKOWSKA Renata</b>	<b>474</b>	IND.	K45-49	17			00:12:29	<b>00:41:51</b>	<b>00:54:20</b>	+00:11:39 (27.8%)	8:22	7.2 (72.7%)
173	<b>PŁOTCZYK Aleksandra</b>	<b>392</b>	SKS MEDYK RZESZÓW	K18-29	8			00:10:02	<b>00:41:52</b>	<b>00:51:54</b>	+00:11:40 (27.9%)	8:22	7.2 (72.7%)
174	<b>PACYNA Helena</b>	<b>212</b>	METRACO KGHM POLKOWICE	K65-69	4			00:15:17	<b>00:41:56</b>	<b>00:57:13</b>	+00:11:44 (28.0%)	8:23	7.2 (72.7%)
175	<b>STARUCHOWICZ Katarzyna</b>	<b>277</b>	KLUB BIEGACZA BIAŁA BIEGA	K30-39	14			00:10:36	<b>00:42:04</b>	<b>00:52:40</b>	+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	<b>SUDOŁ Karol</b>	<b>284</b>	SZKOŁA PODSTAWOWA	M-Dzieci	8			00:00:05	<b>00:42:12</b>	<b>00:42:17</b>	+00:12:00 (28.4%)	8:26	7.1 (71.7%)
177	<b>JEZUIT Mikołaj</b>	<b>88</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	9			00:00:03	<b>00:42:13</b>	<b>00:42:16</b>	+00:12:01 (28.5%)	8:26	7.1 (71.7%)
178	<b>KLUZ Anna</b>	<b>105</b>		K40-44	11			00:11:54	<b>00:42:17</b>	<b>00:54:11</b>	+00:12:05 (28.6%)	8:27	7.1 (71.7%)
179	<b>KONIK Weronika</b>	<b>476</b>		K40-44	12			00:11:57	<b>00:42:21</b>	<b>00:54:18</b>	+00:12:09 (28.7%)	8:28	7.1 (71.7%)
180	<b>NIEMCZYK Urszula</b>	<b>196</b>	FINISZ RYMANÓW	K30-39	15			00:10:37	<b>00:42:24</b>	<b>00:53:01</b>	+00:12:12 (28.8%)	8:28	7.1 (71.7%)
180	<b>WENC Irena</b>	<b>315</b>		K50-54	6			00:13:01	<b>00:42:24</b>	<b>00:55:25</b>	+00:12:12 (28.8%)	8:28	7.1 (71.7%)
182	<b>KURDZIEL Czesław</b>	<b>145</b>	NW - NOWA DĘBA	M65-69	10			00:06:57	<b>00:42:25</b>	<b>00:49:22</b>	+00:12:13 (28.8%)	8:29	7.1 (71.7%)
183	<b>SĄŁAK Maria</b>	<b>254</b>		K60-64	2			00:14:43	<b>00:42:26</b>	<b>00:57:09</b>	+00:12:14 (28.8%)	8:29	7.1 (71.7%)
184	<b>ROMANIUK Grzegorz</b>	<b>246</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	M50-54	9			00:04:40	<b>00:42:31</b>	<b>00:47:11</b>	+00:12:19 (29.0%)	8:30	7.1 (71.7%)
185	<b>HARAF Wiesław</b>	<b>79</b>		M50-54	10			00:04:39	<b>00:42:32</b>	<b>00:47:11</b>	+00:12:20 (29.0%)	8:30	7.1 (71.7%)
186	<b>RZEDKA Wojciech</b>	<b>253</b>	GIMNAZJUM	M-Jun.	13			00:01:14	<b>00:42:33</b>	<b>00:43:47</b>	+00:12:21 (29.0%)	8:30	7.1 (71.7%)
187	<b>PAWLINA Halina</b>	<b>220</b>		K45-49	18			00:12:30	<b>00:42:36</b>	<b>00:55:06</b>	+00:12:24 (29.1%)	8:31	7 (70.7%)
188	<b>ZIOŁO-KSIĄŻKIEWICZ Maria</b>	<b>344</b>		K60-64	3			00:14:45	<b>00:42:40</b>	<b>00:57:25</b>	+00:12:28 (29.2%)	8:32	7 (70.7%)
189	<b>SIEMIOEK Kamila</b>	<b>470</b>		K-Dzieci	7			00:08:16	<b>00:42:43</b>	<b>00:50:59</b>	+00:12:31 (29.3%)	8:32	7 (70.7%)
190	<b>MOMOT Aleksandra</b>	<b>453</b>	MDK SZCZEBRZESZYN	K50-54	7			00:13:01	<b>00:42:44</b>	<b>00:55:45</b>	+00:12:32 (29.3%)	8:32	7 (70.7%)
191	<b>PLIS Emila</b>	<b>225</b>	GIMNAZJUM	K-Jun.	16			00:09:23	<b>00:42:46</b>	<b>00:52:09</b>	+00:12:34 (29.4%)	8:33	7 (70.7%)
192	<b>MAZURKIEWICZ Tomasz</b>	<b>180</b>	GIMNAZJUM	M-Jun.	14			00:01:12	<b>00:42:47</b>	<b>00:43:59</b>	+00:12:35 (29.4%)	8:33	7 (70.7%)
193	<b>PAŃKO Agnieszka</b>	<b>218</b>	ULKS SOKOŁY	K-Jun.	17			00:09:26	<b>00:42:50</b>	<b>00:52:16</b>	+00:12:38 (29.5%)	8:34	7 (70.7%)
193	<b>PIWODA Ewa</b>	<b>224</b>	ULKS SOKOŁY	K-Jun.	18			00:09:26	<b>00:42:50</b>	<b>00:52:16</b>	+00:12:38 (29.5%)	8:34	7 (70.7%)
195	<b>JANUSZ Wiktoria</b>	<b>86</b>	SZKOŁA PODSTAWOWA	K-Dzieci	8			00:08:11	<b>00:42:53</b>	<b>00:51:04</b>	+00:12:41 (29.6%)	8:34	7 (70.7%)
196	<b>SIEMIOEK Jolanta</b>	<b>471</b>	AKTYWNI Z PASJA	K55-59	8			00:13:30	<b>00:42:55</b>	<b>00:56:25</b>	+00:12:43 (29.6%)	8:35	7 (70.7%)
197	<b>LESZCZYŃSKI Benedykt</b>			M55-59	8			00:12:27	<b>00:42:57</b>	<b>00:55:24</b>	+00:12:45 (29.7%)	8:35	7 (70.7%)
198	<b>KARCZEWSKI Krzysztof</b>	<b>98</b>	RUCH PO ZDROWIE	M30-39	4			00:02:53	<b>00:42:59</b>	<b>00:45:52</b>	+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	<b>MOTYKA Monika</b>	<b>391</b>	SKS MEDYK RZESZÓW	K18-29	9			00:10:02	<b>00:43:00</b>	<b>00:53:02</b>	+00:12:48 (29.8%)	8:36	7 (70.7%)
200	<b>ROGALIŃSKA Alicja</b>	<b>245</b>	SZKOŁA PODSTAWOWA	K-Dzieci	9			00:08:11	<b>00:43:01</b>	<b>00:51:12</b>	+00:12:49 (29.8%)	8:36	7 (70.7%)
200	<b>GŁOWIŚ Gabriela</b>	<b>63</b>	SZKOŁA PODSTAWOWA	K-Dzieci	10			00:08:12	<b>00:43:01</b>	<b>00:51:13</b>	+00:12:49 (29.8%)	8:36	7 (70.7%)
202	<b>SAŁEK Claudia</b>	<b>255</b>	SZKOLNY KLUB NORDIC WALKING	K-Jun.	19			00:09:23	<b>00:43:05</b>	<b>00:52:28</b>	+00:12:53 (29.9%)	8:37	7 (70.7%)
202	<b>ROZMUS Weronika</b>	<b>250</b>	GIMNAZJUM	K-Jun.	20			00:09:27	<b>00:43:05</b>	<b>00:52:32</b>	+00:12:53 (29.9%)	8:37	7 (70.7%)
204	<b>OPALIŃSKA Monika</b>	<b>207</b>	GIMNAZJUM	K-Jun.	21			00:09:27	<b>00:43:06</b>	<b>00:52:33</b>	+00:12:54 (29.9%)	8:37	7 (70.7%)
205	<b>AUGUSTYN Sara</b>	<b>4</b>	SZKOŁA PODSTAWOWA	K-Dzieci	11			00:08:16	<b>00:43:07</b>	<b>00:51:23</b>	+00:12:55 (30.0%)	8:37	7 (70.7%)
205	<b>WILK Zofia</b>	<b>325</b>	TKKF CZELADZ	K55-59	9			00:13:29	<b>00:43:07</b>	<b>00:56:36</b>	+00:12:55 (30.0%)	8:37	7 (70.7%)
207	<b>PODUBNY Krystyna</b>	<b>445</b>	WŁÓCZYKIJ LEŻAJSK	K60-64	4			00:14:45	<b>00:43:08</b>	<b>00:57:53</b>	+00:12:56 (30.0%)	8:37	7 (70.7%)
208	<b>PACYNA Jolanta</b>	<b>213</b>	GIMNAZJUM	K-Jun.	22			00:09:27	<b>00:43:09</b>	<b>00:52:36</b>	+00:12:57 (30.0%)	8:37	7 (70.7%)
209	<b>DZIEŃ Bartłomiej</b>	<b>44</b>	ULKS SOKOŁY	M-Dzieci	10			00:00:05	<b>00:43:12</b>	<b>00:43:17</b>	+00:13:00 (30.1%)	8:38	6.9 (69.7%)
209	<b>BĄCAL Wiktoria</b>	<b>8</b>	ULKS SOKOŁY	K-Jun.	23			00:09:26	<b>00:43:12</b>	<b>00:52:38</b>	+00:13:00 (30.1%)	8:38	6.9 (69.7%)
211	<b>ADAMCZYK Karolina</b>	<b>1</b>	SZKOLNY KLUB NORDIC WALKING	K-Jun.	24			00:09:21	<b>00:43:13</b>	<b>00:52:34</b>	+00:13:01 (30.1%)	8:38	6.9 (69.7%)
212	<b>SITARZ Natalia</b>	<b>262</b>	GIMNAZJUM	K-Jun.	25			00:09:28	<b>00:43:14</b>	<b>00:52:42</b>	+00:13:02 (30.1%)	8:38	6.9 (69.7%)
213	<b>MAKSOŃ Jolanta</b>	<b>166</b>	KLUB SPORTU.PL	K30-39	16			00:10:40	<b>00:43:20</b>	<b>00:54:00</b>	+00:13:08 (30.3%)	8:40	6.9 (69.7%)
214	<b>SZNAJDER Teresa</b>	<b>294</b>	ZSE-U W RYBNIKU	K60-64	5			00:14:44	<b>00:43:22</b>	<b>00:58:06</b>	+00:13:10 (30.4%)	8:40	6.9 (69.7%)
215	<b>WARZOCHA Tomasz</b>	<b>448</b>	KOLBUSZOWSKI NORDIC WALKING	M30-39	5			00:02:52	<b>00:43:34</b>	<b>00:46:26</b>	+00:13:22 (30.7%)	8:42	6.9 (69.7%)
215	<b>MAZUR Agata</b>	<b>181</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	17			00:10:36	<b>00:43:34</b>	<b>00:54:10</b>	+00:13:22 (30.7%)	8:42	6.9 (69.7%)
215	<b>ZAKRZEWSKA Henryka</b>	<b>435</b>	KING-KROK	K65-69	5			00:15:16	<b>00:43:34</b>	<b>00:58:50</b>	+00:13:22 (30.7%)	8:42	6.9 (69.7%)
218	<b>KAŹMIERCZAK Żanetta</b>	<b>101</b>	GOSIR NORDIC DEVELOPMENT OSIELSKO	K30-39	18			00:10:39	<b>00:43:35</b>	<b>00:54:14</b>	+00:13:23 (30.7%)	8:43	6.9 (69.7%)
219	<b>ZAJĄC Monika</b>	<b>339</b>	KLUBSPORTU.PL	K40-44	13			00:11:54	<b>00:43:43</b>	<b>00:55:37</b>	+00:13:31 (30.9%)	8:44	6.9 (69.7%)
220	<b>LENART Elżbieta</b>	<b>147</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	8			00:13:01	<b>00:43:44</b>	<b>00:56:45</b>	+00:13:32 (30.9%)	8:44	6.9 (69.7%)
221	<b>GUZOWSKI Maciej</b>	<b>447</b>	WŁÓCZYKIJ LEŻAJSK	M18-29	8			00:02:05	<b>00:43:45</b>	<b>00:45:50</b>	+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	<b>SOLETA Krzysztof</b>	<b>382</b>	KK	M40-44	13			00:03:34	<b>00:43:45</b>	<b>00:47:19</b>	+00:13:33 (31.0%)	8:45	6.9 (69.7%)
221	<b>MARGAŃSKA Joanna</b>	<b>171</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K18-29	10			00:10:01	<b>00:43:45</b>	<b>00:53:46</b>	+00:13:33 (31.0%)	8:45	6.9 (69.7%)
224	<b>MOCZARSKI Adam</b>	<b>188</b>	ŻABI KRUK	M65-69	11			00:06:56	<b>00:43:50</b>	<b>00:50:46</b>	+00:13:38 (31.1%)	8:46	6.8 (68.7%)
225	<b>ROMANIUK Krystyna</b>	<b>247</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K50-54	9			00:13:00	<b>00:43:51</b>	<b>00:56:51</b>	+00:13:39 (31.1%)	8:46	6.8 (68.7%)
226	<b>GROMADA Magdalena</b>	<b>389</b>	SKS MEDYK RZESZÓW	K18-29	11			00:09:59	<b>00:43:53</b>	<b>00:53:52</b>	+00:13:41 (31.2%)	8:46	6.8 (68.7%)
227	<b>MUSZYŃSKI Wojciech</b>	<b>190</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M30-39	6			00:02:52	<b>00:43:59</b>	<b>00:46:51</b>	+00:13:47 (31.3%)	8:47	6.8 (68.7%)
227	<b>LASOCIŃSKA Ewa</b>	<b>441</b>	WŁÓCZYKIJ LEŻAJSK	K65-69	6			00:15:17	<b>00:43:59</b>	<b>00:59:16</b>	+00:13:47 (31.3%)	8:47	6.8 (68.7%)
229	<b>KOPACZ Elżbieta</b>	<b>114</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	19			00:10:41	<b>00:44:15</b>	<b>00:54:56</b>	+00:14:03 (31.8%)	8:51	6.8 (68.7%)
229	<b>KIERGIELEWICZ Teodora</b>	<b>103</b>	AKTYWNI Z PASJĄ	K60-64	6			00:14:47	<b>00:44:15</b>	<b>00:59:02</b>	+00:14:03 (31.8%)	8:51	6.8 (68.7%)
231	<b>OLEK Mirosław</b>	<b>455</b>	GOSIR OSIELSKO	M55-59	9			00:05:21	<b>00:44:21</b>	<b>00:49:42</b>	+00:14:09 (31.9%)	8:52	6.8 (68.7%)
232	<b>LESZCZYŃSKA Kazimiera</b>	<b>152</b>	GOSIR NORDIC DEVELOPMENT OSIELSKO	K55-59	10			00:13:29	<b>00:44:24</b>	<b>00:57:53</b>	+00:14:12 (32.0%)	8:52	6.8 (68.7%)
233	<b>WEŁNICKA Lidia</b>	<b>583</b>	GOSIR NORDIC DEVELOPMENT OSIELSKO	K45-49	19			00:39:35	<b>00:44:34</b>	<b>01:24:09</b>	+00:14:22 (32.2%)	8:54	6.7 (67.7%)
234	<b>KAPROŃ Maria</b>	<b>96</b>	NW - NOWA DĘBA	K60-64	7			00:14:44	<b>00:44:39</b>	<b>00:59:23</b>	+00:14:27 (32.4%)	8:55	6.7 (67.7%)
235	<b>BERESZKO Anna</b>	<b>13</b>	TKKF CZELADZ	K60-64	8			00:14:44	<b>00:44:42</b>	<b>00:59:26</b>	+00:14:30 (32.4%)	8:56	6.7 (67.7%)
236	<b>WÓJCICKA Julia</b>	<b>334</b>	GIMNAZJUM	K-Jun.	26			00:09:25	<b>00:44:48</b>	<b>00:54:13</b>	+00:14:36 (32.6%)	8:57	6.7 (67.7%)
237	<b>GROCHOWALSKA Jadwiga</b>	<b>67</b>	BAWILAND	K50-54	10			00:13:01	<b>00:44:50</b>	<b>00:57:51</b>	+00:14:38 (32.6%)	8:58	6.7 (67.7%)
238	<b>MACIEJAK Monika</b>	<b>162</b>		K30-39	20			00:10:39	<b>00:44:53</b>	<b>00:55:32</b>	+00:14:41 (32.7%)	8:58	6.7 (67.7%)
239	<b>WROŃSKI Dawid</b>	<b>336</b>	TKKF MOSIR CZELADZ	M18-29	9			00:02:04	<b>00:45:06</b>	<b>00:47:10</b>	+00:14:54 (33.0%)	9:01	6.7 (67.7%)
240	<b>ŁAKOMY Sylwia</b>	<b>157</b>	SZKOŁA PODSTAWOWA	K-Dzieci	12			00:08:13	<b>00:45:10</b>	<b>00:53:23</b>	+00:14:58 (33.1%)	9:02	6.6 (66.7%)
241	<b>OLSZOWY Danuta</b>	<b>204</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	11			00:13:03	<b>00:45:19</b>	<b>00:58:22</b>	+00:15:07 (33.4%)	9:03	6.6 (66.7%)
241	<b>KRASUCKA Urszula</b>	<b>125</b>	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	7			00:15:20	<b>00:45:19</b>	<b>01:00:39</b>	+00:15:07 (33.4%)	9:03	6.6 (66.7%)
243	<b>MARONDEL Jan</b>	<b>175</b>		M60-64	8			00:06:21	<b>00:45:25</b>	<b>00:51:46</b>	+00:15:13 (33.5%)	9:05	6.6 (66.7%)
244	<b>GÓRSKA Violetta</b>	<b>375</b>		K45-49	20			00:05:20	<b>00:45:32</b>	<b>00:50:52</b>	+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	<b>KAPROŃ Jan</b>	<b>95</b>	NW - NOWA DĘBA	M65-69	12			00:06:56	<b>00:45:33</b>	<b>00:52:29</b>	+00:15:21 (33.7%)	9:06	6.6 (66.7%)
245	<b>CZACHOR Edyta</b>	<b>36</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	12			00:10:02	<b>00:45:33</b>	<b>00:55:35</b>	+00:15:21 (33.7%)	9:06	6.6 (66.7%)
247	<b>STEFAŃSKA Małgorzata</b>	<b>444</b>	WŁÓCZYKIJ LEŻAJSK	K40-44	14			00:11:53	<b>00:45:34</b>	<b>00:57:27</b>	+00:15:22 (33.7%)	9:06	6.6 (66.7%)
247	<b>KOLBUSZ Janina</b>	<b>108</b>	KGHM METRACO POLKOWICE	K65-69	8			00:15:18	<b>00:45:34</b>	<b>01:00:52</b>	+00:15:22 (33.7%)	9:06	6.6 (66.7%)
249	<b>RUSIN Katarzyna</b>	<b>252</b>	GIMNAZJUM	K-Jun.	27			00:09:29	<b>00:45:36</b>	<b>00:55:05</b>	+00:15:24 (33.8%)	9:07	6.6 (66.7%)
250	<b>SOBCZYK Karolina</b>	<b>271</b>	GIMNAZJUM	K-Jun.	28			00:09:28	<b>00:45:37</b>	<b>00:55:05</b>	+00:15:25 (33.8%)	9:07	6.6 (66.7%)
250	<b>KOSTRUBIEC Bronisława</b>	<b>120</b>	MDK SZCZEBRZESZYN	K65-69	9			00:15:17	<b>00:45:37</b>	<b>01:00:54</b>	+00:15:25 (33.8%)	9:07	6.6 (66.7%)
252	<b>BAK Weronika</b>	<b>9</b>	GIMNAZJUM	K-Jun.	29			00:09:27	<b>00:45:38</b>	<b>00:55:05</b>	+00:15:26 (33.8%)	9:07	6.6 (66.7%)
253	<b>WINIARSKA Magdalena</b>	<b>326</b>		K30-39	21			00:10:39	<b>00:45:47</b>	<b>00:56:26</b>	+00:15:35 (34.0%)	9:09	6.6 (66.7%)
254	<b>KAŻMIERCZAK Lena</b>	<b>100</b>	GOSIR NORDIC DEVELOPMENT OSIELSKO	K-Dzieci	13			00:08:16	<b>00:45:52</b>	<b>00:54:08</b>	+00:15:40 (34.2%)	9:10	6.5 (65.7%)
255	<b>MUSZYŃSKA Gabriela</b>	<b>189</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	14			00:08:14	<b>00:45:56</b>	<b>00:54:10</b>	+00:15:44 (34.3%)	9:11	6.5 (65.7%)
256	<b>ZYGMUNT Joanna</b>	<b>347</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	15			00:11:54	<b>00:45:59</b>	<b>00:57:53</b>	+00:15:47 (34.3%)	9:11	6.5 (65.7%)
257	<b>SZULC-DRABCZYK Urszula</b>	<b>295</b>	KGHM METRACO POLKOWICE	K60-64	9			00:14:45	<b>00:46:01</b>	<b>01:00:46</b>	+00:15:49 (34.4%)	9:12	6.5 (65.7%)
258	<b>WIĘCŁAW Oliwia</b>	<b>319</b>	SZKOŁA PODSTAWOWA	K-Dzieci	15			00:08:12	<b>00:46:04</b>	<b>00:54:16</b>	+00:15:52 (34.4%)	9:12	6.5 (65.7%)
258	<b>GRECKA STEFIUK Anna</b>	<b>437</b>		K55-59	11			00:13:30	<b>00:46:04</b>	<b>00:59:34</b>	+00:15:52 (34.4%)	9:12	6.5 (65.7%)
258	<b>JANCZYK Barbara</b>	<b>456</b>	NW - NOWA DĘBA	K60-64	10			00:14:47	<b>00:46:04</b>	<b>01:00:51</b>	+00:15:52 (34.4%)	9:12	6.5 (65.7%)
261	<b>PAWŁOWSKA Gabriela</b>	<b>221</b>	SZKOŁA PODSTAWOWA	K-Dzieci	16			00:08:10	<b>00:46:07</b>	<b>00:54:17</b>	+00:15:55 (34.5%)	9:13	6.5 (65.7%)
262	<b>KRASNICKA Leonarda</b>	<b>124</b>	KGHM METRACO POLKOWICE	K55-59	12			00:13:28	<b>00:46:10</b>	<b>00:59:38</b>	+00:15:58 (34.6%)	9:14	6.5 (65.7%)
263	<b>KUSKOWSKA Beata</b>	<b>478</b>		K30-39	22			00:10:42	<b>00:46:12</b>	<b>00:56:54</b>	+00:16:00 (34.6%)	9:14	6.5 (65.7%)
264	<b>CIEŚLA Jadwiga</b>	<b>34</b>		K30-39	23			00:10:37	<b>00:46:15</b>	<b>00:56:52</b>	+00:16:03 (34.7%)	9:15	6.5 (65.7%)
264	<b>STRZEPA Halina</b>	<b>282</b>		K30-39	24			00:10:38	<b>00:46:15</b>	<b>00:56:53</b>	+00:16:03 (34.7%)	9:15	6.5 (65.7%)
266	<b>ZIELIŃSKA Beata</b>	<b>342</b>	NORDIC ACTIVE	K40-44	16			00:11:56	<b>00:46:21</b>	<b>00:58:17</b>	+00:16:09 (34.8%)	9:16	6.5 (65.7%)
267	<b>PODSADOWSKA Wioletta</b>	<b>227</b>	AMBASADOR FESTIWALU BIEGÓW W KRYNICY	K45-49	21			00:12:25	<b>00:46:23</b>	<b>00:58:48</b>	+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	<b>WIĄCEK Bożena</b>	<b>318</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	22			00:12:29	<b>00:46:23</b>	<b>00:58:52</b>	+00:16:11 (34.9%)	9:16	6.5 (65.7%)
269	<b>ROZENBAJGIER Helena</b>	<b>249</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	10			00:15:19	<b>00:46:32</b>	<b>01:01:51</b>	+00:16:20 (35.1%)	9:18	6.4 (64.6%)
270	<b>BIGUS Małgorzata</b>	<b>17</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K55-59	13			00:13:02	<b>00:46:35</b>	<b>00:59:37</b>	+00:16:23 (35.2%)	9:19	6.4 (64.6%)
271	<b>PERYT Elżbieta</b>	<b>222</b>	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	11			00:15:21	<b>00:46:38</b>	<b>01:01:59</b>	+00:16:26 (35.2%)	9:19	6.4 (64.6%)
272	<b>DRAŁUS Magdalena</b>	<b>40</b>	SZKOŁA PODSTAWOWA	K-Dzieci	17			00:08:15	<b>00:46:46</b>	<b>00:55:01</b>	+00:16:34 (35.4%)	9:21	6.4 (64.6%)
272	<b>JADACH Patrycja</b>	<b>82</b>		K-Jun.	30			00:09:20	<b>00:46:46</b>	<b>00:56:06</b>	+00:16:34 (35.4%)	9:21	6.4 (64.6%)
274	<b>BALICKI Michał</b>	<b>378</b>		M-Dzieci	11			00:00:02	<b>00:46:48</b>	<b>00:46:50</b>	+00:16:36 (35.5%)	9:21	6.4 (64.6%)
275	<b>URBAN Irena</b>	<b>442</b>	WŁÓCZYKIJ LEŻAJSK	K60-64	11			00:14:46	<b>00:46:52</b>	<b>01:01:38</b>	+00:16:40 (35.6%)	9:22	6.4 (64.6%)
276	<b>KUCZYŃSKA Oliwia</b>	<b>142</b>	SZKOŁA PODSTAWOWA	K-Dzieci	18			00:08:11	<b>00:46:53</b>	<b>00:55:04</b>	+00:16:41 (35.6%)	9:22	6.4 (64.6%)
277	<b>STĄPOR Ewa</b>	<b>395</b>		K-Dzieci	19			00:08:11	<b>00:46:54</b>	<b>00:55:05</b>	+00:16:42 (35.6%)	9:22	6.4 (64.6%)
278	<b>MAZUR Natalia</b>	<b>436</b>		K-Dzieci	20			01:07:59	<b>00:46:56</b>	<b>01:54:55</b>	+00:16:44 (35.7%)	9:23	6.4 (64.6%)
279	<b>TYLUTKA Wiktoria</b>	<b>308</b>	SZKOŁA PODSTAWOWA	K-Dzieci	21			00:08:14	<b>00:47:00</b>	<b>00:55:14</b>	+00:16:48 (35.7%)	9:24	6.4 (64.6%)
280	<b>PACYK Małgorzata</b>	<b>211</b>	MDK SZCZEBRZESZYN	K70+	2			00:16:08	<b>00:47:05</b>	<b>01:03:13</b>	+00:16:53 (35.9%)	9:25	6.4 (64.6%)
281	<b>MACIĄG Emilia</b>	<b>398</b>		K-Dzieci	22			00:08:13	<b>00:47:06</b>	<b>00:55:19</b>	+00:16:54 (35.9%)	9:25	6.4 (64.6%)
281	<b>WIADERSKA Grażyna</b>	<b>380</b>		K60-64	12			00:14:46	<b>00:47:06</b>	<b>01:01:52</b>	+00:16:54 (35.9%)	9:25	6.4 (64.6%)
283	<b>GAWROŃSKA Małgorzata</b>	<b>57</b>	GAWRONY	K55-59	14			00:13:29	<b>00:47:21</b>	<b>01:00:50</b>	+00:17:09 (36.2%)	9:28	6.3 (63.6%)
284	<b>KOCZUR Dorota</b>	<b>106</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	13			00:14:45	<b>00:47:31</b>	<b>01:02:16</b>	+00:17:19 (36.4%)	9:30	6.3 (63.6%)
284	<b>TARA Janina</b>	<b>301</b>		K65-69	12			00:15:19	<b>00:47:31</b>	<b>01:02:50</b>	+00:17:19 (36.4%)	9:30	6.3 (63.6%)
286	<b>RĘBISZ Grażyna</b>	<b>243</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	14			00:14:44	<b>00:47:33</b>	<b>01:02:17</b>	+00:17:21 (36.5%)	9:30	6.3 (63.6%)
287	<b>KONEFAŁ Renata</b>	<b>112</b>	SZKOLNY KLUB NORDIC WALKING	K40-44	17			00:11:55	<b>00:47:39</b>	<b>00:59:34</b>	+00:17:27 (36.6%)	9:31	6.3 (63.6%)
288	<b>MAZUREK Julia</b>	<b>179</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	23			00:08:13	<b>00:47:41</b>	<b>00:55:54</b>	+00:17:29 (36.7%)	9:32	6.3 (63.6%)
289	<b>WITUSIK Michał</b>	<b>328</b>		M-Dzieci	12			00:00:01	<b>00:47:43</b>	<b>00:47:44</b>	+00:17:31 (36.7%)	9:32	6.3 (63.6%)
289	<b>ZYGMUNT Justyna</b>	<b>348</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	31			00:09:26	<b>00:47:43</b>	<b>00:57:09</b>	+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	<b>MAZUR Paulina</b>	<b>182</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	32			00:09:22	<b>00:47:48</b>	<b>00:57:10</b>	+00:17:36 (36.8%)	9:33	6.3 (63.6%)
292	<b>KUBIŚ Eliza</b>	<b>140</b>	SZKOŁA PODSTAWOWA	K-Dzieci	24			00:08:15	<b>00:48:03</b>	<b>00:56:18</b>	+00:17:51 (37.1%)	9:36	6.2 (62.6%)
293	<b>GIL Radosław</b>	<b>61</b>	SZKOŁA PODSTAWOWA	M-Dzieci	13			00:00:06	<b>00:48:05</b>	<b>00:48:11</b>	+00:17:53 (37.2%)	9:37	6.2 (62.6%)
294	<b>PIOTROWSKA Krystyna</b>	<b>372</b>		K65-69	13			00:15:20	<b>00:48:07</b>	<b>01:03:27</b>	+00:17:55 (37.2%)	9:37	6.2 (62.6%)
295	<b>KASPRZYK Krystyna</b>	<b>99</b>		K70+	3			00:16:07	<b>00:48:11</b>	<b>01:04:18</b>	+00:17:59 (37.3%)	9:38	6.2 (62.6%)
296	<b>KODYRA Maria</b>	<b>107</b>	SZKOLNY KLUB NORDIC WALKING	K-Jun.	33			00:09:24	<b>00:48:49</b>	<b>00:58:13</b>	+00:18:37 (38.1%)	9:45	6.1 (61.6%)
297	<b>TARCZYŃSKA Helena</b>	<b>302</b>	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	15			00:14:46	<b>00:48:57</b>	<b>01:03:43</b>	+00:18:45 (38.3%)	9:47	6.1 (61.6%)
297	<b>TOMIŃSKA Maria</b>	<b>457</b>	NW - NOWA DĘBA	K70+	4			00:16:09	<b>00:48:57</b>	<b>01:05:06</b>	+00:18:45 (38.3%)	9:47	6.1 (61.6%)
299	<b>ŁAKOMY Julia</b>	<b>156</b>	SZKOŁA PODSTAWOWA	K-Dzieci	25			00:08:14	<b>00:49:00</b>	<b>00:57:14</b>	+00:18:48 (38.4%)	9:48	6.1 (61.6%)
300	<b>SKOWROŃSKA Anna</b>	<b>266</b>	GIMNAZJUM	K-Jun.	34			00:09:24	<b>00:49:02</b>	<b>00:58:26</b>	+00:18:50 (38.4%)	9:48	6.1 (61.6%)
300	<b>GIELAROWSKA Patrycja</b>	<b>60</b>	GIMNAZJUM	K-Jun.	35			00:09:24	<b>00:49:02</b>	<b>00:58:26</b>	+00:18:50 (38.4%)	9:48	6.1 (61.6%)
302	<b>BIESIADECKA Aleksandra</b>	<b>16</b>	GIMNAZJUM	K-Jun.	36			00:09:22	<b>00:49:04</b>	<b>00:58:26</b>	+00:18:52 (38.5%)	9:48	6.1 (61.6%)
303	<b>MARCINIAK Mirosława</b>	<b>168</b>	FUNDACJA MARCINIAK	K50-54	12			00:13:04	<b>00:49:13</b>	<b>01:02:17</b>	+00:19:01 (38.6%)	9:50	6.1 (61.6%)
304	<b>GDOWIK Weronika</b>	<b>59</b>	GIMNAZJUM	K-Jun.	37			00:09:23	<b>00:49:23</b>	<b>00:58:46</b>	+00:19:11 (38.8%)	9:52	6.1 (61.6%)
305	<b>WOŁOWIEC Gabriela</b>	<b>333</b>	GIMNAZJUM	K-Jun.	38			00:09:22	<b>00:49:24</b>	<b>00:58:46</b>	+00:19:12 (38.9%)	9:52	6.1 (61.6%)
306	<b>JABŁOŃSKI Dominik</b>	<b>81</b>	SZKOŁA PODSTAWOWA	M-Dzieci	14			00:00:07	<b>00:49:30</b>	<b>00:49:37</b>	+00:19:18 (39.0%)	9:54	6.1 (61.6%)
307	<b>WILK Hubert</b>	<b>323</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	15			00:00:04	<b>00:49:31</b>	<b>00:49:35</b>	+00:19:19 (39.0%)	9:54	6.1 (61.6%)
308	<b>NIEZGODA Emilia</b>	<b>198</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	26			00:08:13	<b>00:49:55</b>	<b>00:58:08</b>	+00:19:43 (39.5%)	9:59	6 (60.6%)
309	<b>DZIUBA Julia</b>	<b>46</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	27			00:08:14	<b>00:49:56</b>	<b>00:58:10</b>	+00:19:44 (39.5%)	9:59	6 (60.6%)
310	<b>MICEK Seweryn</b>	<b>186</b>	SZKOŁA PODSTAWOWA	M-Dzieci	16			00:00:02	<b>00:49:58</b>	<b>00:50:00</b>	+00:19:46 (39.6%)	9:59	6 (60.6%)
310	<b>PANEK Agnieszka</b>	<b>216</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K50-54	13			00:13:02	<b>00:49:58</b>	<b>01:03:00</b>	+00:19:46 (39.6%)	9:59	6 (60.6%)
312	<b>KIWAK Wiktor</b>	<b>438</b>		M-Dzieci	17			00:00:04	<b>00:50:07</b>	<b>00:50:11</b>	+00:19:55 (39.7%)	10:01	6 (60.6%)
313	<b>MAREK Monika</b>	<b>169</b>	NW - NOWA DĘBA	K30-39	25			00:14:47	<b>00:50:08</b>	<b>01:04:55</b>	+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	<b>WIĄCEK Adam</b>	<b>317</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	18			00:00:04	<b>00:50:12</b>	<b>00:50:16</b>	+00:20:00 (39.8%)	10:02	6 (60.6%)
314	<b>GARBARCZYK Elżbieta</b>	<b>52</b>	AKTYWNI Z PASJĄ ŁUKÓW	K55-59	15			00:13:31	<b>00:50:12</b>	<b>01:03:43</b>	+00:20:00 (39.8%)	10:02	6 (60.6%)
316	<b>MARGAŃSKA Stanisława</b>	<b>173</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	5			00:16:07	<b>00:50:44</b>	<b>01:06:51</b>	+00:20:32 (40.5%)	10:08	5.9 (59.6%)
317	<b>KACHLIK Małgorzata</b>	<b>92</b>		K65-69	14			00:15:18	<b>00:50:46</b>	<b>01:06:04</b>	+00:20:34 (40.5%)	10:09	5.9 (59.6%)
318	<b>MARGAŃSKA Anna</b>	<b>170</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K18-29	13			00:12:59	<b>00:51:02</b>	<b>01:04:01</b>	+00:20:50 (40.8%)	10:12	5.9 (59.6%)
319	<b>URBANIAK-DUDKA Joanna</b>	<b>312</b>		K45-49	23			00:12:28	<b>00:51:26</b>	<b>01:03:54</b>	+00:21:14 (41.3%)	10:17	5.8 (58.6%)
320	<b>PIOTROWSKA Joanna</b>	<b>373</b>		K40-44	18			00:11:57	<b>00:51:30</b>	<b>01:03:27</b>	+00:21:18 (41.4%)	10:18	5.8 (58.6%)
321	<b>STARZEC Patryk</b>	<b>279</b>	SZKOŁA PODSTAWOWA	M-Dzieci	19			00:00:03	<b>00:51:35</b>	<b>00:51:38</b>	+00:21:23 (41.5%)	10:19	5.8 (58.6%)
322	<b>CIEŚLAK Iwona</b>	<b>33</b>	IND.	K45-49	24			00:12:29	<b>00:51:55</b>	<b>01:04:24</b>	+00:21:43 (41.8%)	10:23	5.8 (58.6%)
323	<b>CETNARSKI Łukasz</b>	<b>30</b>		M30-39	7			00:02:52	<b>00:51:56</b>	<b>00:54:48</b>	+00:21:44 (41.8%)	10:23	5.8 (58.6%)
324	<b>LENAR Barbara</b>	<b>148</b>		K65-69	15			00:15:19	<b>00:51:58</b>	<b>01:07:17</b>	+00:21:46 (41.9%)	10:23	5.8 (58.6%)
325	<b>NOWAK Mateusz</b>	<b>202</b>	SZKOŁA PODSTAWOWA	M-Dzieci	20			00:00:06	<b>00:52:12</b>	<b>00:52:18</b>	+00:22:00 (42.1%)	10:26	5.7 (57.6%)
326	<b>PSZENICZNY-PIECUCH Karolina</b>	<b>232</b>		K30-39	26			00:10:40	<b>00:52:17</b>	<b>01:02:57</b>	+00:22:05 (42.2%)	10:27	5.7 (57.6%)
327	<b>KRUDYSZ-STARZEC Jadwiga</b>	<b>128</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	16			00:14:48	<b>00:52:43</b>	<b>01:07:31</b>	+00:22:31 (42.7%)	10:32	5.7 (57.6%)
328	<b>YVETT Lediffon</b>	<b>454</b>		K60-64	17			00:14:47	<b>00:52:44</b>	<b>01:07:31</b>	+00:22:32 (42.7%)	10:32	5.7 (57.6%)
329	<b>DUDZIŃSKI Szymon</b>	<b>43</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	21			00:00:02	<b>00:53:06</b>	<b>00:53:08</b>	+00:22:54 (43.1%)	10:37	5.6 (56.6%)
330	<b>GROCHOWALSKI Marek</b>	<b>68</b>	BAWILAND	M50-54	11			00:04:40	<b>00:53:11</b>	<b>00:57:51</b>	+00:22:59 (43.2%)	10:38	5.6 (56.6%)
331	<b>GARBARCZYK Andrzej</b>	<b>473</b>	AKTYWNI Z PASJĄ ŁUKÓW	M55-59	10			00:05:21	<b>00:53:19</b>	<b>00:58:40</b>	+00:23:07 (43.4%)	10:39	5.6 (56.6%)
332	<b>TYLUTKI Andrzej</b>	<b>309</b>	NORDIC ACTIVE	M45-49	14			00:04:14	<b>00:53:29</b>	<b>00:57:43</b>	+00:23:17 (43.5%)	10:41	5.6 (56.6%)
333	<b>KONEFAŁ Dariusz</b>	<b>111</b>	NORDIC ACTIVE	M45-49	15			00:04:15	<b>00:53:34</b>	<b>00:57:49</b>	+00:23:22 (43.6%)	10:42	5.6 (56.6%)
334	<b>PACYNA Monika</b>	<b>475</b>		K-Dzieci	28			00:08:17	<b>00:54:04</b>	<b>01:02:21</b>	+00:23:52 (44.1%)	10:48	5.5 (55.6%)
334	<b>MARGAŃSKA Maria</b>	<b>172</b>	FUNDACJA NA RZECZ KULTURY FIZYCZNEJ SPORTU	K50-54	14			00:13:02	<b>00:54:04</b>	<b>01:07:06</b>	+00:23:52 (44.1%)	10:48	5.5 (55.6%)
334	<b>WIKTOR Bożena</b>	<b>320</b>		K50-54	15			00:13:02	<b>00:54:04</b>	<b>01:07:06</b>	+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	<b>JANCZYK Ryszard</b>	<b>85</b>	NW - NOWA DĘBA	M65-69	13			00:06:59	<b>00:59:37</b>	<b>01:06:36</b>	+00:29:25 (49.3%)	11:55	5 (50.5%)
338	<b>KWIEK Ryszard</b>	<b>146</b>	NW - NOWA DĘBA	M65-69	14			00:06:57	<b>00:59:39</b>	<b>01:06:36</b>	+00:29:27 (49.4%)	11:55	5 (50.5%)
339	<b>SARNOWSKA Krystyna</b>	<b>256</b>	AKTYWNI Z PASJĄ ŁUKÓW	K70+	6			00:16:08	<b>01:04:47</b>	<b>01:20:55</b>	+00:34:35 (53.4%)	12:57	4.6 (46.5%)
340	<b>BUJAK Julia</b>	<b>24</b>	SZKOŁA PODSTAWOWA	K-Dzieci	29			00:08:15					(0.0%)
341	<b>BOJKE Olgierd</b>	<b>21</b>	PFNW	M50-54	12			00:21:00					(0.0%)
DQ	<b>DRAUS Czesława</b>	<b>41</b>	KLUBSPORTU.PL	K55-59				DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 342 wynik(ów)