



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFNW
Data: 2016-06-11
Miejsce: Kolbuszowa
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	166	KKB MOSIR KROSNO	M18-29	1			00:01:44	00:14:21	00:29:19	00:44:15	00:59:01.35	01:00:46.15		5:54	10.2 (100%)
2	SKOWRON Bartłomiej	33	VIKING	M18-29	2			00:01:44	00:14:39	00:29:59	00:45:22	01:00:51.30	01:02:35.65	+00:01:49 (3.0%)	6:05	9.9 (97.1%)
3	KARASIŃSKI Maciej	241	KS METRACO POLKOWICE	M40-49	1			00:02:50	00:14:55	00:30:19	00:46:18	01:02:15.15	01:05:05.50	+00:03:13 (5.2%)	6:13	9.6 (94.1%)
4	BIŁEK Artur	106	UNIA MIAST	M30-39	1			00:02:06	00:15:15	00:31:13	00:47:11	01:03:07.60	01:05:13.80	+00:04:06 (6.5%)	6:18	9.5 (93.1%)
5	CYRUS Bogdan	247	SILESIA NORDIC TEAM	M40-49	2			00:02:49	00:15:06	00:31:02	00:47:03	01:03:44.95	01:06:34.40	+00:04:43 (7.4%)	6:22	9.4 (92.2%)
6	PIOTROWSKI Michał	179	FACE NORDIC WALKING TEAM	M30-39	2			00:02:05	00:15:20	00:31:25	00:47:36	01:03:53.45	01:05:59.20	+00:04:52 (7.6%)	6:23	9.4 (92.2%)
7	SIEROŃ Jacek	193	TSA SANDOMIERZ	M50-59	1			00:03:33	00:15:39	00:31:53	00:48:14	01:04:07.70	01:07:41.00	+00:05:06 (8.0%)	6:24	9.4 (92.2%)
8	SIWAK Piotr	196	KS METRACO POLKOWICE	M50-59	2			00:03:31	00:15:40	00:31:54	00:48:15	01:04:12.05	01:07:43.20	+00:05:10 (8.1%)	6:25	9.3 (91.2%)
9	MICHAŁSKI Andrzej	167	FACE NORDIC WALKING TEAM	M50-59	3			00:03:33	00:15:40	00:31:53	00:48:15	01:04:22.35	01:07:56.25	+00:05:21 (8.3%)	6:26	9.3 (91.2%)
10	PUSZKIEL Adrian	187	GREEN TEAM ZIELONA GÓRA	M18-29	3			00:01:43	00:15:58	00:32:09	00:48:11	01:04:32.35	01:06:15.75	+00:05:31 (8.5%)	6:27	9.3 (91.2%)
11	NIECHWIEJCZYK Piotr	172	UNIA MIAST	M40-49	3			00:02:49	00:15:51	00:32:15	00:48:33	01:04:37.95	01:07:27.55	+00:05:36 (8.7%)	6:27	9.3 (91.2%)
12	WOJTASIŃSKI Daniel	227	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:02:05	00:15:40	00:31:54	00:48:14	01:04:58.30	01:07:03.85	+00:05:56 (9.2%)	6:29	9.2 (90.2%)
13	PUSZKIEL Leszek	186	GREEN TEAM ZIELONA GÓRA	M50-59	4			00:03:29	00:15:36	00:31:55	00:48:20	01:05:03.80	01:08:33.75	+00:06:02 (9.3%)	6:30	9.2 (90.2%)
14	RECZULSKI Mariusz	189	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:03:31	00:15:46	00:32:05	00:48:48	01:05:32.40	01:09:04.15	+00:06:31 (9.9%)	6:33	9.2 (90.2%)
15	KUŚMIEREK Patryk	151	BŁĘKITNI NW DZIEMIANY	M18-29	4			00:01:44	00:16:37	00:33:23	00:49:53	01:06:00.10	01:07:44.15	+00:06:58 (10.6%)	6:36	9.1 (89.2%)
16	LASKOWSKI Mirosław	251	AGRO CORN MILANÓW	M40-49	4			00:02:50	00:16:17	00:33:02	00:49:56	01:06:43.35	01:09:33.60	+00:07:42 (11.5%)	6:40	9 (88.2%)
17	CIEŚLAK Roman	114	EPOKA NORDICA ŁÓDŹ	M50-59	6			00:03:30	00:16:04	00:32:44	00:49:57	01:06:51.15	01:10:21.30	+00:07:49 (11.7%)	6:41	9 (88.2%)
18	BILIK Wojciech	105	SAMOTNI WĘDROWCY	M40-49	5			00:02:50	00:16:36	00:33:38	00:50:42	01:07:41.55	01:10:32.50	+00:08:40 (12.8%)	6:46	8.9 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
19	NIEDBAŁ Adam	173	SILESIA NORDIC TEAM	M40-49	6			00:02:52	00:16:38	00:33:45	00:50:53	01:07:49.10	01:10:42.05	+00:08:47 (13.0%)	6:47	8.8 (86.3%)
20	GONET Grzegorz	249	GONET TEAM	M40-49	7			00:02:51	00:16:44	00:33:54	00:51:13	01:08:14.40	01:11:06.25	+00:09:13 (13.5%)	6:49	8.8 (86.3%)
21	MACKIEWICZ Marcin	161	NW CIECHNÓW	M18-29	5	1		00:01:45	00:16:08	00:33:20	00:50:10	01:08:19.10	01:10:04.25	+00:09:17 (13.6%)	6:49	8.8 (86.3%)
22	WIERCHANOWSKI Bogdan	224	KS METRACO POLKOWICE	M50-59	7			00:03:31	00:16:35	00:34:03	00:51:27	01:08:45.45	01:12:17.05	+00:09:44 (14.2%)	6:52	8.7 (85.3%)
23	KUŚMIEREK Jan	152	BŁĘKITNI NW DZIEMIANY	M40-49	8			00:02:53	00:16:57	00:34:09	00:51:33	01:08:46.40	01:11:39.55	+00:09:45 (14.2%)	6:52	8.7 (85.3%)
24	LIPKO Adrianna	156	PENDOLINO	K18-29	1			00:05:15	00:16:59	00:34:32	00:51:53	01:09:04.40	01:14:19.50	+00:10:03 (14.6%)	6:54	8.7 (85.3%)
25	PSUT Robert	184	EPOKA NORDICA ŁÓDŹ	M18-29	6			00:01:43	00:16:35	00:33:53	00:51:26	01:09:18.30	01:11:01.65	+00:10:16 (14.8%)	6:55	8.7 (85.3%)
26	SZWICHTENBERG Wioleta	215	FACE NORDIC WALKING TEAM	K18-29	2			00:05:16	00:17:02	00:34:36	00:52:07	01:09:45.25	01:15:01.25	+00:10:43 (15.4%)	6:58	8.6 (84.3%)
27	PIETRASIEWICZ Maciej	178	DKSA	M18-29	7			00:01:45	00:17:05	00:34:37	00:52:06	01:09:48.95	01:11:34.35	+00:10:47 (15.5%)	6:58	8.6 (84.3%)
28	KRZANOWSKI Bartłomiej	147	SAMOTNI WĘDROWCY	M40-49	9			00:02:52	00:16:57	00:34:42	00:52:16	01:10:06.35	01:12:58.65	+00:11:05 (15.8%)	7:00	8.6 (84.3%)
29	NOWROTEK Monika	258	WESOŁY BORSUK TEAM	K18-29	3			00:05:14	00:16:34	00:34:04	00:51:50	01:10:08.75	01:15:23.25	+00:11:07 (15.9%)	7:00	8.6 (84.3%)
30	SOBKOWSKI Janusz	240	SILESIA NORDIC TEAM	M60-69	1			00:03:57	00:17:23	00:35:07	00:52:47	01:10:11.30	01:14:08.95	+00:11:09 (15.9%)	7:01	8.5 (83.3%)
31	STOPA Joanna	209	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:05:14	00:17:07	00:34:44	00:52:37	01:10:19.40	01:15:33.95	+00:11:18 (16.1%)	7:01	8.5 (83.3%)
32	STAWNIAK Karol	203	KS METRACO POLKOWICE	M60-69	2			00:03:56	00:17:18	00:34:48	00:52:23	01:10:21.90	01:14:18.85	+00:11:20 (16.1%)	7:02	8.5 (83.3%)
33	JĘDRASIAK Renata	132	KS METRACO POLKOWICE	K50-59	1			00:07:43	00:17:14	00:34:58	00:52:38	01:10:23.20	01:18:06.95	+00:11:21 (16.1%)	7:02	8.5 (83.3%)
34	SPYCHAŁA Marzena	237	WESOŁY BORSUK TEAM	K40-49	1			00:06:52	00:17:29	00:35:15	00:52:49	01:10:26.85	01:17:19.80	+00:11:25 (16.2%)	7:02	8.5 (83.3%)
35	BALCERAK-KOLASA Joanna	102	EPOKA NORDICA ŁÓDŹ	K40-49	2			00:06:52	00:17:30	00:35:17	00:52:59	01:10:27.90	01:17:20.10	+00:11:26 (16.2%)	7:02	8.5 (83.3%)
36	SMUL Andrzej	199	GREEN TEAM ZIELONA GÓRA	M60-69	3			00:03:57	00:17:16	00:34:47	00:52:32	01:10:33.50	01:14:31.35	+00:11:32 (16.3%)	7:03	8.5 (83.3%)
37	ŚLUSARCZYK Marcin	234	WESOŁY BORSUK TEAM	M30-39	4			00:02:06	00:17:16	00:35:13	00:53:10	01:11:04.65	01:13:11.50	+00:12:03 (17.0%)	7:06	8.4 (82.4%)
38	BOCZAR Beata	107	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:07:43	00:17:33	00:35:26	00:53:24	01:11:08.40	01:18:52.20	+00:12:07 (17.0%)	7:06	8.4 (82.4%)
39	SZCZEPAŃSKI Rafał	211	OPEL ACTIVE TEAM	M40-49	10			00:02:50	00:17:25	00:35:32	00:53:44	01:11:31.10	01:14:21.50	+00:12:29 (17.5%)	7:09	8.4 (82.4%)
40	BIEGA Mariusz	311	SANOK SKI TEAM	M40-49	11			00:02:53	00:17:12	00:35:15	00:53:30	01:11:33.35	01:14:27.30	+00:12:32 (17.5%)	7:09	8.4 (82.4%)
41	JONDERKO Grzegorz	133	WŁÓCZYKIJE SKOCZÓW	M40-49	12			00:02:52	00:17:14	00:35:19	00:53:32	01:11:49.05	01:14:41.70	+00:12:47 (17.8%)	7:10	8.4 (82.4%)
42	ŁUKASZEWICZ Joanna	160	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:06:53	00:17:36	00:35:45	00:53:57	01:11:52.45	01:18:45.45	+00:12:51 (17.9%)	7:11	8.3 (81.4%)
43	STYŚ Elżbieta	250		K40-49	4			00:06:52	00:17:38	00:35:47	00:53:59	01:11:58.70	01:18:51.45	+00:12:57 (18.0%)	7:11	8.3 (81.4%)
44	KRZANOWSKI Grzegorz	146	FACE NORDIC WALKING TEAM	M30-39	5			00:02:08	00:17:30	00:35:29	00:53:47	01:11:59.05	01:14:07.45	+00:12:57 (18.0%)	7:11	8.3 (81.4%)
45	ANTOSZEWSKI Piotr	101	DĄBROWA NORDIC TEAM	M40-49	13			00:02:52	00:17:51	00:36:00	00:54:02	01:12:02.65	01:14:55.50	+00:13:01 (18.1%)	7:12	8.3 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
												10km	10km			
46	KUBISZYN Wiesława	148		K40-49	5			00:06:53	00:17:35	00:35:57	00:54:13	01:12:13.85	01:19:07.50	+00:13:12 (18.3%)	7:13	8.3 (81.4%)
47	KUBISZYN Małgorzata	149		K30-39	1			00:06:23	00:17:41	00:35:50	00:54:00	01:12:15.65	01:18:39.20	+00:13:14 (18.3%)	7:13	8.3 (81.4%)
48	DEJDA Piotr	119	FACE NORDIC WALKING TEAM	M40-49	14			00:02:49	00:17:54	00:35:50	00:54:24	01:12:21.95	01:15:11.65	+00:13:20 (18.4%)	7:14	8.3 (81.4%)
49	ŚLUSARCZYK Andrzej	236	WESOŁY BORSUK TEAM	M60-69	4			00:03:57	00:17:53	00:36:04	00:54:36	01:12:51.50	01:16:48.65	+00:13:50 (19.0%)	7:17	8.2 (80.4%)
50	SZULC Alicja	214	NW WERWA MŁAWA	K30-39	2			00:06:25	00:17:51	00:36:11	00:54:39	01:13:10.80	01:19:36.70	+00:14:09 (19.3%)	7:19	8.2 (80.4%)
51	MIERZWA Mariusz	169	KLUBSPORTU.PL	M50-59	8			00:03:33	00:17:28	00:35:40	00:54:12	01:13:13.75	01:16:47.55	+00:14:12 (19.4%)	7:19	8.2 (80.4%)
52	PASIŃSKA-SKOWRON Sylwia	177	SILESIA NORDIC TEAM	K30-39	3			00:06:24	00:17:56	00:36:28	00:54:58	01:13:32.20	01:19:56.70	+00:14:30 (19.7%)	7:21	8.2 (80.4%)
53	MARCINKOWSKI Wojciech	165	UNIA MIAST	M40-49	15			00:02:51	00:18:02	00:36:55	00:55:35	01:13:44.70	01:16:36.10	+00:14:43 (20.0%)	7:22	8.1 (79.4%)
54	KOWALSKI Marek	143	UNIA MIAST	M50-59	9			00:03:31	00:18:37	00:37:07	00:55:26	01:13:47.20	01:17:19.15	+00:14:45 (20.0%)	7:22	8.1 (79.4%)
55	STACHOWICZ Marcin	201	BŁĘKITNI NW DZIEMIANY	M18-29	8			00:01:44	00:17:52	00:36:18	00:55:19	01:14:05.50	01:15:50.00	+00:15:04 (20.3%)	7:24	8.1 (79.4%)
56	SKRYCKA Katarzyna	197	KS METRACO POLKOWICE	K30-39	4			00:06:22	00:18:39	00:38:00	00:56:13	01:14:06.05	01:20:28.80	+00:15:04 (20.3%)	7:24	8.1 (79.4%)
57	DUSIEL Ewa	121	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:06:54	00:18:11	00:36:56	00:55:33	01:14:06.25	01:21:00.60	+00:15:04 (20.4%)	7:24	8.1 (79.4%)
58	MIERNICKI Mariusz	168		M50-59	10			00:03:34	00:18:12	00:36:42	00:55:34	01:14:09.20	01:17:44.10	+00:15:07 (20.4%)	7:25	8.1 (79.4%)
59	BYTNIIEWSKI Mieczysław	111	BIAŁA BIEGA	M70+	1	1		00:04:16	00:18:35	00:37:42	00:56:36	01:15:02.35	01:19:18.95	+00:16:01 (21.3%)	7:30	8 (78.4%)
60	KOZŁOWSKA Sabina	144	DĄBROWA NORDIC TEAM	K30-39	5			00:06:23	00:18:00	00:36:41	00:55:53	01:15:04.20	01:21:27.65	+00:16:02 (21.4%)	7:30	8 (78.4%)
61	ŁABUS Izabela	157	FABRIKANORDIKA	K18-29	5			00:05:15	00:18:22	00:36:55	00:55:49	01:15:05.40	01:20:21.30	+00:16:04 (21.4%)	7:30	8 (78.4%)
62	SITKO Małgorzata	195	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	7			00:06:54	00:18:12	00:36:44	00:55:54	01:15:11.00	01:22:05.15	+00:16:09 (21.5%)	7:31	8 (78.4%)
63	SZALWA-NIEZGODA Agnieszka	245	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	8			00:06:52	00:18:12	00:36:47	00:55:55	01:15:12.55	01:22:04.85	+00:16:11 (21.5%)	7:31	8 (78.4%)
64	RE CZULSKI Mikołaj	190	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	9			00:01:43	00:18:17	00:37:44	00:56:47	01:15:13.45	01:16:57.40	+00:16:12 (21.5%)	7:31	8 (78.4%)
65	CZYCZ Kazimierz	117	GREEN TEAM ZIELONA GÓRA	M60-69	5			00:03:59	00:18:21	00:37:13	00:56:08	01:15:24.65	01:19:24.30	+00:16:23 (21.7%)	7:32	8 (78.4%)
66	MOCZARSKI Mirosław	24	KLUB NW 'WŁÓCZYKJE'	M50-59	11			00:02:50	00:18:31	00:37:26	00:56:32	01:15:29.95	01:18:20.75	+00:16:28 (21.8%)	7:33	7.9 (77.5%)
67	ĆWIAKAŁA Halina	118	SAMOTNI WĘDROWCY	K40-49	9			00:06:55	00:18:31	00:37:34	00:56:50	01:15:52.15	01:22:47.85	+00:16:50 (22.2%)	7:35	7.9 (77.5%)
68	SOBAŃSKA Grażyna	200		K60-69	1			00:08:02	00:18:48	00:37:59	00:57:07	01:15:53.40	01:23:56.15	+00:16:52 (22.2%)	7:35	7.9 (77.5%)
69	POZNAŃSKI Wiesław	182	AMATOR	M50-59	12			00:03:33	00:19:18	00:38:32	00:57:34	01:15:58.65	01:19:31.65	+00:16:57 (22.3%)	7:35	7.9 (77.5%)
70	KRZANOWSKA Małgorzata	145	SAMOTNI WĘDROWCY	K40-49	10			00:06:55	00:18:31	00:37:35	00:56:51	01:16:03.25	01:22:59.10	+00:17:01 (22.4%)	7:36	7.9 (77.5%)
71	CHOCHLA (STYGA) Monika	112	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	6			00:05:14	00:18:11	00:37:10	00:56:44	01:16:06.25	01:21:20.75	+00:17:04 (22.4%)	7:36	7.9 (77.5%)
72	MAJDAN Grzegorz	162	DKSA	M18-29	10			00:01:45	00:18:20	00:37:26	00:56:47	01:16:07.60	01:17:52.75	+00:17:06 (22.5%)	7:36	7.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Tempo min/km	Tempo km/h	
												netto 10km	brutto 10km			Różn
73	WIEŃSKO Ryszard	223		M60-69	6			00:03:58	00:19:20	00:38:45	00:57:43	01:16:08.10	01:20:06.95	+00:17:06 (22.5%)	7:36	7.9 (77.5%)
74	MRO CZKOWSKI Janusz	171	EPOKA NORDICA ŁÓDŹ	M60-69	7			00:03:57	00:18:49	00:38:25	00:57:34	01:16:09.60	01:20:07.35	+00:17:08 (22.5%)	7:37	7.9 (77.5%)
75	POKRYWKA Bożena	485	KLUB NW 'WŁÓCZYKIJE'	K40-49	11			00:06:54	00:18:39	00:37:51	00:57:03	01:16:16.40	01:23:11.30	+00:17:15 (22.6%)	7:37	7.9 (77.5%)
76	ŚLUSARCZYK Grzegorz	235	WESOŁY BORSUK TEAM	M40-49	16			00:02:51	00:18:27	00:37:43	00:57:01	01:16:17.15	01:19:08.90	+00:17:15 (22.6%)	7:37	7.9 (77.5%)
77	SZCZEPAŃSKA Anna	210	FABRIKANORDIKA	K30-39	6			00:06:23	00:18:27	00:37:45	00:57:12	01:16:17.35	01:22:40.60	+00:17:16 (22.6%)	7:37	7.9 (77.5%)
78	KOWALCZYK Edyta	141	KS METRACO POLKOWICE	K40-49	12			00:06:52	00:18:51	00:38:27	00:57:37	01:16:19.75	01:23:12.05	+00:17:18 (22.7%)	7:38	7.9 (77.5%)
79	GRONALEWSKI Krzysztof	127	BŁĘKITNI NW DZIEMIANY	M30-39	6	1		00:02:06	00:19:24	00:38:23	00:57:38	01:16:32.05	01:18:38.70	+00:17:30 (22.9%)	7:39	7.8 (76.5%)
80	ŻUCHOWICZ Elżbieta	232	DĄBROWA NORDIC TEAM	K50-59	3			00:07:43	00:18:40	00:38:07	00:57:14	01:16:42.20	01:24:26.05	+00:17:40 (23.1%)	7:40	7.8 (76.5%)
81	JARZYŃSKA Małgorzata	131	HIFI ARTE	K50-59	4			00:07:44	00:19:03	00:38:26	00:57:46	01:17:07.35	01:24:52.00	+00:18:06 (23.5%)	7:42	7.8 (76.5%)
82	NETKOWSKI Wojciech	244	PASJA NORDIC WALKING	M50-59	13			00:03:32	00:19:00	00:38:32	00:57:55	01:17:14.75	01:20:47.15	+00:18:13 (23.6%)	7:43	7.8 (76.5%)
83	BOGACZ Grzegorz	108	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-49	17			00:02:52	00:18:12	00:38:00	00:57:44	01:17:36.00	01:20:28.35	+00:18:34 (23.9%)	7:45	7.7 (75.5%)
84	HAJNUS Wojciech	128		M50-59	14			00:03:30	00:18:59	00:38:30	00:58:10	01:17:42.10	01:21:12.40	+00:18:40 (24.0%)	7:46	7.7 (75.5%)
85	ADAMOWSKI Jacek	100	UNIA MIAST	M30-39	7			00:02:08	00:19:51	00:40:14	00:59:24	01:17:44.20	01:19:52.30	+00:18:42 (24.1%)	7:46	7.7 (75.5%)
86	ZACHARCZUK Zofia	230	FACE NORDIC WALKING TEAM	K50-59	5			00:07:44	00:19:12	00:38:41	00:58:15	01:17:55.30	01:25:39.90	+00:18:53 (24.3%)	7:47	7.7 (75.5%)
87	WAŁECKA Krystyna	222	FACE NORDIC WALKING TEAM	K60-69	2			00:08:03	00:19:09	00:38:39	00:58:24	01:18:11.20	01:26:14.95	+00:19:09 (24.5%)	7:49	7.7 (75.5%)
88	KOZŁOWSKA Agnieszka	243	FACE NORDIC WALKING TEAM	K40-49	13			00:06:53	00:19:02	00:38:27	00:58:20	01:18:18.30	01:25:12.05	+00:19:16 (24.6%)	7:49	7.7 (75.5%)
89	ŚCIBISZ Bogdan	239	DĄBROWA NORDIC TEAM	M70+	2			00:04:17	00:18:40	00:38:19	00:58:48	01:18:18.80	01:22:35.90	+00:19:17 (24.6%)	7:49	7.7 (75.5%)
90	RYKAŁA Irena	192		K30-39	7			00:06:22	00:19:03	00:38:45	00:58:31	01:18:26.55	01:24:49.50	+00:19:25 (24.8%)	7:50	7.6 (74.5%)
91	JURCZYŃSKA Bożena	135	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:07:45	00:19:14	00:39:04	00:58:54	01:18:31.70	01:26:16.90	+00:19:30 (24.8%)	7:51	7.6 (74.5%)
92	DZIUBAK Janusz	124	RYBNICKI KLUB NORDIC WALKING	M50-59	15			00:03:32	00:19:26	00:39:22	00:59:23	01:18:37.90	01:22:10.45	+00:19:36 (24.9%)	7:51	7.6 (74.5%)
93	SIMKO Zbigniew	194	KLUB NW 'WŁÓCZYKIJE'	M60-69	8			00:03:58	00:19:22	00:39:12	00:59:17	01:18:38.80	01:22:37.15	+00:19:37 (25.0%)	7:51	7.6 (74.5%)
94	STEFAŃSKI Andrzej	206	FACE NORDIC WALKING TEAM	M50-59	16			00:03:31	00:19:35	00:39:12	00:59:27	01:18:41.00	01:22:12.30	+00:19:39 (25.0%)	7:52	7.6 (74.5%)
95	STEC Anna	204	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K18-29	7			00:05:15	00:19:45	00:39:52	00:59:30	01:18:59.50	01:24:15.05	+00:19:58 (25.3%)	7:54	7.6 (74.5%)
96	WORONKO-ZACZYŃSKA Janina	228	KS METRACO POLKOWICE	K70+	1			00:08:04	00:19:29	00:39:04	00:59:04	01:19:13.60	01:27:18.40	+00:20:12 (25.5%)	7:55	7.6 (74.5%)
97	POSTEK Danuta	181	MARSZ PO ZDROWIE	K50-59	7			00:07:45	00:19:30	00:39:29	00:59:21	01:19:23.40	01:27:08.75	+00:20:22 (25.7%)	7:56	7.6 (74.5%)
98	ŚLEWIŃSKA Magdalena	216	BŁĘKITNI NW DZIEMIANY	K18-29	8			00:05:15	00:19:08	00:39:26	00:59:38	01:19:27.30	01:24:42.40	+00:20:25 (25.7%)	7:56	7.6 (74.5%)
99	TROJAN Elżbieta	218	KLUB NW 'WŁÓCZYKIJE'	K30-39	8			00:06:25	00:19:30	00:39:30	00:59:33	01:19:28.50	01:25:53.75	+00:20:27 (25.7%)	7:56	7.6 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
100	SZEWczyk Marek	213	FACE NORDIC WALKING TEAM	M50-59	17			00:03:33	00:19:34	00:39:13	00:59:30	01:19:36.80	01:23:10.40	+00:20:35 (25.9%)	7:57	7.5 (73.5%)
101	PACZUSKA Małgorzata	246	FOREVER YOUNG ŁÓDŹ	K50-59	8			00:07:45	00:19:26	00:39:11	00:59:26	01:19:40.20	01:27:26.05	+00:20:38 (25.9%)	7:58	7.5 (73.5%)
102	DZIEMIŃSKA Magdalena	123	BŁĘKITNI NW DZIEMIANY	K30-39	9			00:06:23	00:20:01	00:40:08	01:00:07	01:19:43.55	01:26:07.30	+00:20:42 (26.0%)	7:58	7.5 (73.5%)
103	WIŚNIEWSKI Kazimierz	226	ZGÓRKI	M60-69	9			00:03:59	00:19:33	00:39:32	00:59:46	01:19:44.90	01:23:44.65	+00:20:43 (26.0%)	7:58	7.5 (73.5%)
104	RACZYŃSKA Aleksandra	188	UNIA MIAST	K70+	2			00:08:03	00:19:29	00:39:17	00:59:31	01:19:52.20	01:27:55.85	+00:20:50 (26.1%)	7:59	7.5 (73.5%)
105	KOSIŃSKA Maria	137	MOSIR RYPIN	K60-69	3			00:08:03	00:19:25	00:39:26	00:59:45	01:19:54.05	01:27:57.35	+00:20:52 (26.1%)	7:59	7.5 (73.5%)
106	WROŃSKA Wiesława	229	BŁĘKITNI NW DZIEMIANY	K40-49	14			00:06:55	00:20:05	00:40:06	01:00:28	01:20:33.20	01:27:28.70	+00:21:31 (26.7%)	8:03	7.4 (72.5%)
107	CZECH Tomasz	326	SANOK SKI TEAM	M30-39	8			00:02:06	00:19:24	00:39:15	00:59:44	01:20:37.70	01:22:44.55	+00:21:36 (26.8%)	8:03	7.4 (72.5%)
108	BUBAŁA Grażyna	242	UNIA MIAST	K30-39	10			00:06:24	00:20:08	00:40:17	01:00:35	01:20:45.40	01:27:10.25	+00:21:44 (26.9%)	8:04	7.4 (72.5%)
109	BOROWSKI Marcin	109	FACE NORDIC WALKING TEAM	M30-39	9			00:02:07	00:20:03	00:40:30	01:00:50	01:20:49.25	01:22:56.65	+00:21:47 (27.0%)	8:04	7.4 (72.5%)
110	POCAŁUŃ Adam	483	SANOK SKI TEAM	M70+	3			00:04:16	00:19:44	00:40:27	01:00:51	01:20:49.30	01:25:06.15	+00:21:47 (27.0%)	8:05	7.4 (72.5%)
111	BRYL Janina	110		K50-59	9	1		00:07:47	00:19:58	00:40:11	01:00:42	01:21:03.35	01:28:50.75	+00:22:02 (27.2%)	8:06	7.4 (72.5%)
112	KUŹMA Elżbieta	153	KLUB NW 'WŁÓCZYKIJE'	K50-59	10			00:07:45	00:20:05	00:40:20	01:00:37	01:21:27.15	01:29:12.35	+00:22:25 (27.5%)	8:08	7.4 (72.5%)
113	OLENDEREK Zygmunt	175		M70+	4			00:04:17	00:19:35	00:39:59	01:00:40	01:21:39.50	01:25:57.00	+00:22:38 (27.7%)	8:10	7.3 (71.6%)
114	JANDZIŚ Ewa	256	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	11			00:06:27	00:20:05	00:40:37	01:01:24	01:21:44.90	01:28:12.05	+00:22:43 (27.8%)	8:10	7.3 (71.6%)
115	TURZYŃSKA-STOPA Maria	219	BŁĘKITNI NW DZIEMIANY	K60-69	4			00:08:02	00:19:56	00:40:13	01:00:43	01:21:46.00	01:29:48.45	+00:22:44 (27.8%)	8:10	7.3 (71.6%)
116	MOJSIEJCZUK Ryszard	170	VIKING NORDIC TEAM CZĘSTOCHOWA	M70+	5			00:04:17	00:20:10	00:40:49	01:01:29	01:21:46.55	01:26:04.05	+00:22:45 (27.8%)	8:10	7.3 (71.6%)
117	JANKOWSKA Wioletta	129	MK TEAM SPORT W WIELKIM MIESCIE	K40-49	15			00:06:53	00:19:59	00:40:31	01:01:07	01:21:53.50	01:28:47.15	+00:22:52 (27.9%)	8:11	7.3 (71.6%)
118	KOSSOWSKI Marian	139	MARYSIN	M50-59	18			00:03:31	00:20:14	00:41:15	01:02:04	01:22:51.15	01:26:22.15	+00:23:49 (28.8%)	8:17	7.2 (70.6%)
119	PŁASZCZYCA Rafał	180	NIEZRZESZONY	M40-49	18			00:02:51	00:20:10	00:40:42	01:01:49	01:23:14.40	01:26:05.40	+00:24:13 (29.1%)	8:19	7.2 (70.6%)
120	JAROSZ Anna	130	KLUB NW 'WŁÓCZYKIJE'	K60-69	5	1		00:08:03	00:20:01	00:40:48	01:01:57	01:23:29.85	01:31:33.30	+00:24:28 (29.3%)	8:21	7.2 (70.6%)
121	SZEWczyk Agnieszka	212	FACE NORDIC WALKING TEAM	K40-49	16			00:06:54	00:20:29	00:41:04	01:02:12	01:23:37.60	01:30:32.05	+00:24:36 (29.4%)	8:21	7.2 (70.6%)
122	MACH Alicja	254		K50-59	11			00:07:44	00:20:00	00:41:02	01:02:40	01:23:50.00	01:31:34.65	+00:24:48 (29.6%)	8:23	7.2 (70.6%)
123	KOTULA Jakub	140		M30-39	10			00:02:07	00:20:24	00:41:18	01:02:36	01:23:52.15	01:25:59.85	+00:24:50 (29.6%)	8:23	7.2 (70.6%)
124	WIŚNIEWSKA Tamara	225	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K50-59	12			00:07:46	00:21:19	00:42:13	01:03:10	01:24:06.00	01:31:52.20	+00:25:04 (29.8%)	8:24	7.1 (69.6%)
125	OMARSKA Grażyna	176	PASJA NORDIC WALKING	K50-59	13			00:07:47	00:20:45	00:41:46	01:03:04	01:24:33.45	01:32:20.80	+00:25:32 (30.2%)	8:27	7.1 (69.6%)
126	MIESZCZANIN Joanna	248	FABRIKANORDIKA	K30-39	12			00:06:25	00:20:29	00:41:24	01:02:55	01:24:40.55	01:31:05.65	+00:25:39 (30.3%)	8:28	7.1 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
127	TREȚOWICZ Beata	217	KKNW/FACE NORDIC WALKING TEAM	K40-49	17			00:06:55	00:20:57	00:42:28	01:04:00	01:25:26.85	01:32:21.90	+00:26:25 (30.9%)	8:32	7 (68.6%)
128	JANDZIŚ Wiesław	257	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-49	19			00:02:55	00:20:24	00:43:55	01:06:18	01:26:16.15	01:29:11.25	+00:27:14 (31.6%)	8:37	7 (68.6%)
129	KOSSOWSKA Anna	138	MARYSIN	K50-59	14			00:07:46	00:21:42	00:43:00	01:04:34	01:26:22.25	01:34:08.65	+00:27:20 (31.7%)	8:38	6.9 (67.6%)
130	MARCINKOWSKA Renata	164	FACE NORDIC WALKING TEAM	K60-69	6			00:08:04	00:21:23	00:43:02	01:04:41	01:26:39.15	01:34:44.05	+00:27:37 (31.9%)	8:40	6.9 (67.6%)
131	CHRAPEK Urszula	113	KS RUDZICA	K18-29	9			00:05:15	00:21:11	00:42:43	01:04:37	01:26:54.25	01:32:09.40	+00:27:52 (32.1%)	8:41	6.9 (67.6%)
132	SMARUJ-SADOWSKA Janina	198		K60-69	7			00:08:04	00:20:57	00:42:48	01:05:09	01:27:33.80	01:35:37.85	+00:28:32 (32.6%)	8:45	6.9 (67.6%)
133	GERLE-KOTULA Anna	126		K30-39	13			00:06:24	00:22:16	00:44:47	01:06:34	01:27:56.65	01:34:20.85	+00:28:55 (32.9%)	8:47	6.8 (66.7%)
134	RUBACHA Marek	191	EPOKA NORDICA ŁÓDŹ	M60-69	10			00:03:58	00:21:38	00:43:39	01:06:08	01:27:58.75	01:31:57.30	+00:28:57 (32.9%)	8:47	6.8 (66.7%)
135	STEFANIAK Bożena	205		K50-59	15			00:07:47	00:21:20	00:43:22	01:05:54	01:28:27.50	01:36:14.55	+00:29:26 (33.3%)	8:50	6.8 (66.7%)
136	RYSZKOWSKA Małgorzata	503	WŁÓCZYKIJE SKOCZÓW	K50-59	16			00:07:46	00:21:16	00:43:18	01:05:44	01:28:27.70	01:36:14.25	+00:29:26 (33.3%)	8:50	6.8 (66.7%)
137	LINKA Renata	154		K40-49	18			00:06:56	00:21:54	00:44:02	01:06:35	01:29:15.25	01:36:11.60	+00:30:13 (33.9%)	8:55	6.7 (65.7%)
138	DYLEWSKA Barbara	238	DĄBROWA NORDIC TEAM	K60-69	8			00:08:02	00:21:42	00:44:16	01:06:51	01:29:21.45	01:37:24.20	+00:30:20 (33.9%)	8:56	6.7 (65.7%)
139	JÓŹWIAK Dominik	134	WTW.WŁOCŁAWEK	M18-29	11			00:01:43	00:22:28	00:44:56	01:07:52	01:30:03.60	01:31:47.45	+00:31:02 (34.5%)	9:00	6.7 (65.7%)
140	LIPIŃSKA Urszula	155	FACE NORDIC WALKING TEAM	K40-49	19			00:06:54	00:23:04	00:46:21	01:09:24	01:32:27.95	01:39:22.70	+00:33:26 (36.2%)	9:14	6.5 (63.7%)
141	PSZENICZNY-PIECUCH Karolina	185		K30-39	14			00:06:26	00:26:01	00:52:34	01:18:04	01:42:53.45	01:49:19.65	+00:43:52 (42.6%)	10:17	5.8 (56.9%)
142	CICHOWICZ-SKAŁA Katarzyna	260		K30-39	15			00:06:28	00:30:01	01:00:32	01:30:52	01:59:51.35	02:06:19.50	+01:00:50 (50.8%)	11:59	5 (49.0%)
143	BARŁOWSKA Małgorzata	103	SANTANDER CONSUMER BANK	K40-49	20			00:06:27	00:30:02	01:00:32	01:30:52	01:59:51.55	02:06:19.10	+01:00:50 (50.8%)	11:59	5 (49.0%)
DQ	KURASZYŃSKA Dorota	150		K30-39			Tak	DQ	DQ	DQ	DQ	DQ	DQ	-	-	- (0.0%)
DQ	KALISZ Krzysztof	136	KS METRACO POLKOWICE	M60-69			Tak	DQ	DQ	DQ	DQ	DQ	DQ	-	-	- (0.0%)

Znaleziono 145 wynik(ów)