



# KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT  
POLSKIE STOWOZOWANIE NORDIC WALKING

**Wydarzenie:** KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-06-03  
**Miejsce:** Kolbuszowa  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHAŁEC Marcin</b>	<b>398</b>	KKS MOSIR KROSNO	M18-29	1			00:00:39	00:14:00	00:28:35	00:43:23	<b>00:57:56.25</b>	<b>00:58:35.85</b>		5:47	10.4 (100%)
2	<b>MICHALSKI Andrzej</b>	<b>385</b>	WESOŁY BORSUK TEAM	M50-59	1			00:01:32	00:15:17	00:30:38	00:46:20	<b>01:01:58.15</b>	<b>01:03:30.55</b>	+00:04:01 (6.5%)	6:11	9.7 (93.3%)
3	<b>KLICZKA Kamil</b>	<b>322</b>	SANPROBI SZCZECIN	M40-49	1			00:01:15	00:15:17	00:30:53	00:46:37	<b>01:02:13.45</b>	<b>01:03:29.35</b>	+00:04:17 (6.9%)	6:13	9.6 (92.3%)
4	<b>NIECHWIEJCZYK Piotr</b>	<b>337</b>	UNIA MIAST	M40-49	2			00:01:16	00:15:24	00:31:32	00:47:43	<b>01:03:36.80</b>	<b>01:04:53.00</b>	+00:05:40 (8.9%)	6:21	9.4 (90.4%)
5	<b>WOJTASIŃSKI Daniel</b>	<b>371</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:00:57	00:15:45	00:31:50	00:48:02	<b>01:03:57.65</b>	<b>01:04:55.00</b>	+00:06:01 (9.4%)	6:23	9.4 (90.4%)
6	<b>SIWAK Piotr</b>	<b>351</b>	KS METRACO POLKOWICE	M50-59	2			00:01:32	00:15:30	00:31:46	00:47:55	<b>01:04:18.30</b>	<b>01:05:50.85</b>	+00:06:22 (9.9%)	6:25	9.3 (89.4%)
7	<b>BIŁEK Artur</b>	<b>303</b>		M30-39	2			00:00:58	00:15:26	00:31:31	00:47:47	<b>01:04:20.45</b>	<b>01:05:18.55</b>	+00:06:24 (10.0%)	6:26	9.3 (89.4%)
8	<b>SIEROŃ Jacek</b>	<b>349</b>	TSA SANDOMIERZ	M50-59	3			00:01:32	00:15:30	00:31:46	00:48:08	<b>01:04:52.00</b>	<b>01:06:24.35</b>	+00:06:55 (10.7%)	6:29	9.2 (88.5%)
9	<b>ŚWISŁOCKI Bogdan</b>	<b>367</b>	FACE NORDIC WALKING TEAM	M50-59	4			00:01:33	00:16:09	00:33:18	00:50:36	<b>01:07:20.05</b>	<b>01:08:53.30</b>	+00:09:23 (14.0%)	6:44	8.9 (85.6%)
10	<b>HELWICH Stefan</b>	<b>318</b>	KS METRACO POLKOWICE	M60-69	1			00:01:59	00:16:06	00:33:03	00:50:18	<b>01:07:41.15</b>	<b>01:09:40.75</b>	+00:09:44 (14.4%)	6:46	8.9 (85.6%)
11	<b>SZARPAK Dominik</b>	<b>362</b>	AWF WARSZAWA	M18-29	2			00:00:40	00:16:57	00:34:02	00:51:23	<b>01:08:14.70</b>	<b>01:08:54.95</b>	+00:10:18 (15.1%)	6:49	8.8 (84.6%)
12	<b>BILIK Wojciech</b>	<b>302</b>	SAMOTNI WĘDROWCY	M40-49	3			00:01:17	00:16:41	00:33:56	00:51:26	<b>01:08:49.50</b>	<b>01:10:06.80</b>	+00:10:53 (15.8%)	6:52	8.7 (83.7%)
13	<b>MICHOŃ Rafał</b>	<b>334</b>	ŻUBRY NIEPOŁOMICE NW TEAM	M40-49	4			00:01:16	00:16:43	00:33:58	00:51:28	<b>01:08:51.20</b>	<b>01:10:07.55</b>	+00:10:54 (15.9%)	6:53	8.7 (83.7%)
14	<b>JĘDRASIAK Renata</b>	<b>320</b>	KS METRACO POLKOWICE	K50-59	1			00:03:42	00:17:01	00:34:24	00:51:37	<b>01:08:57.70</b>	<b>01:12:40.05</b>	+00:11:01 (16.0%)	6:53	8.7 (83.7%)
15	<b>SMUL Andrzej</b>	<b>354</b>	MARSZ PO ZDROWIE POZNAŃ	M60-69	2			00:01:58	00:16:48	00:34:06	00:51:50	<b>01:09:45.10</b>	<b>01:11:43.95</b>	+00:11:48 (16.9%)	6:58	8.6 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>KUBISZYN Małgorzata</b>	<b>330</b>	GRUPA KRESY NORDIC WALKING	K30-39	1			00:02:57	00:16:57	00:34:35	00:52:18	<b>01:09:48.45</b>	<b>01:12:46.00</b>	+00:11:52 (17.0%)	6:58	8.6 (82.7%)
17	<b>SPYCHAŁA Marzena</b>	<b>356</b>	WESOŁY BORSUK TEAM	K40-49	1			00:03:16	00:17:08	00:34:35	00:52:11	<b>01:09:50.25</b>	<b>01:13:07.05</b>	+00:11:54 (17.0%)	6:59	8.6 (82.7%)
18	<b>KOROBACH Sergej</b>	<b>324</b>		M30-39	3			00:00:56	00:17:19	00:35:14	00:52:54	<b>01:10:11.90</b>	<b>01:11:08.65</b>	+00:12:15 (17.5%)	7:01	8.5 (81.7%)
19	<b>KORYTOWSKA Agnieszka</b>	<b>325</b>		K30-39	2			00:02:57	00:16:59	00:34:36	00:52:27	<b>01:10:22.25</b>	<b>01:13:19.60</b>	+00:12:26 (17.7%)	7:02	8.5 (81.7%)
20	<b>SZPILMAN Katarzyna</b>	<b>365</b>	FACE NORDIC WALKING TEAM	K40-49	2			00:03:17	00:17:08	00:34:41	00:52:50	<b>01:11:07.95</b>	<b>01:14:24.95</b>	+00:13:11 (18.5%)	7:06	8.4 (80.8%)
21	<b>STYRC Bernard</b>	<b>357</b>	RYBNICKI KLUB NORDIC WALKING	M40-49	5			00:01:16	00:16:55	00:34:53	00:53:08	<b>01:11:30.80</b>	<b>01:12:47.45</b>	+00:13:34 (19.0%)	7:09	8.4 (80.8%)
22	<b>KOWALSKI Marek</b>	<b>326</b>	UNIA MIAST	M50-59	5			00:01:34	00:17:40	00:35:54	00:54:00	<b>01:11:43.60</b>	<b>01:13:18.15</b>	+00:13:47 (19.2%)	7:10	8.4 (80.8%)
23	<b>WIĘSKO Ryszard</b>	<b>369</b>	NIEZRZESZONY	M60-69	3			00:02:00	00:17:58	00:35:59	00:54:14	<b>01:12:12.70</b>	<b>01:14:13.05</b>	+00:14:16 (19.8%)	7:13	8.3 (79.8%)
24	<b>SKRYCKA Katarzyna</b>	<b>353</b>	KS METRACO POLKOWICE	K30-39	3			00:02:57	00:17:33	00:35:24	00:53:28	<b>01:12:15.05</b>	<b>01:15:12.05</b>	+00:14:18 (19.8%)	7:13	8.3 (79.8%)
25	<b>KRUK Zbigniew</b>	<b>328</b>	PRZEWORSKA GRUPA BIEGOWA	M30-39	4			00:00:57	00:17:24	00:35:48	00:54:18	<b>01:12:20.05</b>	<b>01:13:17.05</b>	+00:14:23 (19.9%)	7:14	8.3 (79.8%)
26	<b>NETKOWSKI Wojciech</b>	<b>336</b>	PASJA NORDIC WALKING	M50-59	6			00:01:34	00:17:55	00:36:10	00:54:05	<b>01:12:22.90</b>	<b>01:13:57.25</b>	+00:14:26 (20.0%)	7:14	8.3 (79.8%)
27	<b>WRÓŃSKI Włodzimierz</b>	<b>373</b>	PASJA NORDIC WALKING	M60-69	4			00:01:58	00:17:42	00:35:39	00:54:01	<b>01:12:31.20</b>	<b>01:14:29.90</b>	+00:14:34 (20.1%)	7:15	8.3 (79.8%)
28	<b>ŁUKASZEWICZ Joanna</b>	<b>332</b>	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:03:17	00:17:43	00:35:58	00:54:26	<b>01:12:31.90</b>	<b>01:15:48.95</b>	+00:14:35 (20.1%)	7:15	8.3 (79.8%)
29	<b>KOLARSKA Agnieszka</b>	<b>323</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	4			00:02:57	00:17:19	00:35:37	00:54:28	<b>01:12:49.15</b>	<b>01:15:46.15</b>	+00:14:52 (20.4%)	7:16	8.2 (78.8%)
30	<b>KUBISZYN Wiesława</b>	<b>329</b>	GRUPA KRESY NORDIC WALKING	K40-49	4			00:03:18	00:17:33	00:35:53	00:54:29	<b>01:12:57.40</b>	<b>01:16:15.45</b>	+00:15:01 (20.6%)	7:17	8.2 (78.8%)
31	<b>POZNAŃSKI Wiesław</b>	<b>344</b>	AMATOR NW	M60-69	5			00:01:58	00:18:03	00:36:29	00:55:04	<b>01:13:37.20</b>	<b>01:15:35.90</b>	+00:15:40 (21.3%)	7:21	8.2 (78.8%)
32	<b>HRYNDIO Jerzy</b>	<b>317</b>	FABRIKANORDIKA	M60-69	6			00:01:59	00:17:41	00:35:53	00:55:02	<b>01:13:41.80</b>	<b>01:15:41.45</b>	+00:15:45 (21.4%)	7:22	8.1 (77.9%)
33	<b>RYKAŁA Irena</b>	<b>347</b>	GRUPA KRESY NORDIC WALKING	K30-39	5			00:02:57	00:17:51	00:36:15	00:55:05	<b>01:13:56.00</b>	<b>01:16:53.00</b>	+00:15:59 (21.6%)	7:23	8.1 (77.9%)
34	<b>CZYCZ Kazimierz</b>	<b>309</b>	GREEN TEAM ZIELONA GÓRA	M60-69	7			00:01:59	00:18:11	00:36:27	00:55:09	<b>01:14:02.75</b>	<b>01:16:02.35</b>	+00:16:06 (21.8%)	7:24	8.1 (77.9%)
35	<b>ŚLUSARCZYK Marcin</b>	<b>366</b>	WESOŁY BORSUK TEAM	M30-39	5			00:00:57	00:18:02	00:36:26	00:55:19	<b>01:14:09.00</b>	<b>01:15:06.80</b>	+00:16:12 (21.9%)	7:24	8.1 (77.9%)
36	<b>DUSIEL Ewa</b>	<b>311</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	2			00:03:42	00:18:06	00:36:39	00:55:37	<b>01:14:36.65</b>	<b>01:18:18.85</b>	+00:16:40 (22.3%)	7:27	8 (76.9%)
37	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>340</b>	PRUSZYŃSKI NORDIC WALKING	K40-49	5			00:03:17	00:17:39	00:36:25	00:55:46	<b>01:14:38.40</b>	<b>01:17:56.25</b>	+00:16:42 (22.4%)	7:27	8 (76.9%)
38	<b>POKRYWKA Bożena</b>	<b>343</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K40-49	6			00:03:18	00:18:05	00:36:48	00:55:49	<b>01:15:13.30</b>	<b>01:18:31.30</b>	+00:17:17 (23.0%)	7:31	8 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
39	<b>CHARCZUK Zenon</b>	<b>305</b>	WESOŁY BORSUK TEAM	M60-69	8			00:02:00	00:18:25	00:37:22	00:56:25	<b>01:15:22.55</b>	<b>01:17:22.60</b>	+00:17:26 (23.1%)	7:32	8 (76.9%)
40	<b>PIĄTKOWSKI Józef</b>	<b>341</b>	KS METRACO POLKOWICE	M70+	1			00:02:15	00:19:03	00:38:26	00:57:38	<b>01:16:19.70</b>	<b>01:18:34.95</b>	+00:18:23 (24.1%)	7:37	7.9 (76.0%)
41	<b>BYTNIIEWSKI Mieczysław</b>	<b>304</b>	TKKF KRZNA	M70+	2			00:02:14	00:19:04	00:38:26	00:57:38	<b>01:16:25.65</b>	<b>01:18:40.05</b>	+00:18:29 (24.2%)	7:38	7.8 (75.0%)
42	<b>SOBAŃSKA Grażyna</b>	<b>355</b>		K60-69	1			00:04:05	00:19:00	00:38:21	00:57:44	<b>01:17:00.50</b>	<b>01:21:06.35</b>	+00:19:04 (24.8%)	7:42	7.8 (75.0%)
43	<b>SURIAK Michał</b>	<b>360</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:00:40	00:19:23	00:39:03	00:58:21	<b>01:17:25.80</b>	<b>01:18:06.00</b>	+00:19:29 (25.2%)	7:44	7.7 (74.0%)
44	<b>CHYRA Janusz</b>	<b>307</b>	UNIA MIAST	M40-49	6			00:01:17	00:19:00	00:38:21	00:57:41	<b>01:17:26.25</b>	<b>01:18:43.30</b>	+00:19:30 (25.2%)	7:44	7.7 (74.0%)
45	<b>POCAŁUŃ Adam</b>	<b>342</b>	RELAKS ZAGÓRZ	M70+	3			00:02:16	00:19:04	00:38:37	00:58:12	<b>01:17:40.95</b>	<b>01:19:57.10</b>	+00:19:44 (25.4%)	7:46	7.7 (74.0%)
46	<b>SITKO Małgorzata</b>	<b>350</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	7			00:03:18	00:18:13	00:37:32	00:57:56	<b>01:18:16.20</b>	<b>01:21:34.95</b>	+00:20:19 (26.0%)	7:49	7.7 (74.0%)
47	<b>SURIAK Ewelina</b>	<b>361</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:02:37	00:19:21	00:39:00	00:58:48	<b>01:18:56.25</b>	<b>01:21:33.25</b>	+00:21:00 (26.6%)	7:53	7.6 (73.1%)
48	<b>STYRC Lidia</b>	<b>358</b>	RYBNICKI KLUB NORDIC WALKING	K40-49	8			00:03:18	00:19:17	00:39:01	00:59:01	<b>01:18:57.90</b>	<b>01:22:16.50</b>	+00:21:01 (26.6%)	7:53	7.6 (73.1%)
49	<b>MOSKA Waldemar</b>	<b>381</b>	AWFIS GDAŃSK	M50-59	7			01:03:28	00:18:38	00:37:37	00:58:01	<b>01:19:01.40</b>	<b>02:22:29.65</b>	+00:21:05 (26.7%)	7:54	7.6 (73.1%)
50	<b>WIŚNIEWSKI Kazimierz</b>	<b>370</b>	PASJA NORDIC WALKING	M60-69	9			00:02:00	00:19:20	00:39:10	00:59:22	<b>01:19:02.40</b>	<b>01:21:03.25</b>	+00:21:06 (26.7%)	7:54	7.6 (73.1%)
51	<b>THOMALLA Bogdan</b>	<b>384</b>	SILESIA NORDIC TEAM	M70+	4			00:02:15	00:19:06	00:38:28	00:58:23	<b>01:19:15.15</b>	<b>01:21:30.35</b>	+00:21:18 (26.9%)	7:55	7.6 (73.1%)
52	<b>DUDZIK Henryk</b>	<b>310</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	8			00:01:35	00:19:54	00:39:55	00:59:49	<b>01:19:20.10</b>	<b>01:20:55.30</b>	+00:21:23 (27.0%)	7:56	7.6 (73.1%)
53	<b>WĘGRZYN Mirosława</b>	<b>395</b>	FABRIKANORDIKA	K40-49	9			00:03:20	00:19:44	00:39:45	00:59:46	<b>01:19:35.70</b>	<b>01:22:56.55</b>	+00:21:39 (27.2%)	7:57	7.5 (72.1%)
54	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>372</b>	KS METRACO POLKOWICE	K70+	1			00:04:06	00:19:19	00:39:18	00:59:26	<b>01:19:37.90</b>	<b>01:23:44.65</b>	+00:21:41 (27.2%)	7:57	7.5 (72.1%)
55	<b>SZALWA-NIEZGODA Agnieszka</b>	<b>382</b>	KKNW	K40-49	10			00:03:19	00:19:35	00:39:42	00:59:56	<b>01:19:47.30</b>	<b>01:23:06.70</b>	+00:21:51 (27.4%)	7:58	7.5 (72.1%)
56	<b>ŻUREK Grzegorz</b>	<b>380</b>		M40-49	7			00:01:18	00:20:09	00:40:08	00:59:42	<b>01:19:57.20</b>	<b>01:21:15.60</b>	+00:22:00 (27.5%)	7:59	7.5 (72.1%)
57	<b>SURDEJ Barbara</b>	<b>359</b>	RZESZOWSKI KLUB SPORTU	K50-59	3			00:03:42	00:19:27	00:39:34	00:59:48	<b>01:19:59.10</b>	<b>01:23:42.05</b>	+00:22:02 (27.6%)	8:00	7.5 (72.1%)
58	<b>TROJAN Elżbieta</b>	<b>368</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K30-39	6			00:02:58	00:19:48	00:40:02	01:00:13	<b>01:20:08.10</b>	<b>01:23:06.85</b>	+00:22:11 (27.7%)	8:00	7.5 (72.1%)
59	<b>RATKOWSKI Wojciech</b>	<b>379</b>	AWFIS GDAŃSK	M60-69	10			00:01:59	00:25:33	00:43:53	01:02:02	<b>01:20:08.55</b>	<b>01:22:07.55</b>	+00:22:12 (27.7%)	8:00	7.5 (72.1%)
60	<b>GRZESZCZAK Andrzej</b>	<b>316</b>	KS METRACO POLKOWICE	M50-59	9			00:01:33	00:19:26	00:39:54	01:00:06	<b>01:20:34.95</b>	<b>01:22:08.30</b>	+00:22:38 (28.1%)	8:03	7.4 (71.2%)
61	<b>DZIUBAK Janusz</b>	<b>313</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	10			00:01:33	00:19:21	00:39:39	01:00:14	<b>01:21:32.15</b>	<b>01:23:05.40</b>	+00:23:35 (28.9%)	8:09	7.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
62	<b>RACZYŃSKA Aleksandra</b>	<b>346</b>	UNIA MIAST	K70+	2			00:04:07	00:19:59	00:40:25	01:01:07	<b>01:21:38.85</b>	<b>01:25:46.15</b>	+00:23:42 (29.0%)	8:09	7.3 (70.2%)
63	<b>OMARSKA Grażyna</b>	<b>338</b>	PASJA NORDIC WALKING	K50-59	4			00:03:42	00:20:19	00:40:57	01:01:40	<b>01:22:13.40</b>	<b>01:25:56.30</b>	+00:24:17 (29.5%)	8:13	7.3 (70.2%)
64	<b>SINIKO Zbigniew</b>	<b>393</b>	NW „WŁÓCZYKIJE”	M60-69	11			00:02:00	00:19:33	00:40:05	01:01:03	<b>01:22:15.25</b>	<b>01:24:16.10</b>	+00:24:19 (29.6%)	8:13	7.3 (70.2%)
65	<b>SZEWCZYK Marek</b>	<b>364</b>	FACE NORDIC WALKING TEAM	M50-59	11			00:01:34	00:19:40	00:40:04	01:01:06	<b>01:22:19.30</b>	<b>01:23:53.60</b>	+00:24:23 (29.6%)	8:13	7.3 (70.2%)
66	<b>KUŻMA Ełżbieta</b>	<b>392</b>		K50-59	5			00:03:42	00:20:19	00:40:56	01:01:39	<b>01:22:31.35</b>	<b>01:26:13.95</b>	+00:24:35 (29.8%)	8:15	7.3 (70.2%)
67	<b>MICHOŃ Anna</b>	<b>333</b>	ŻUBRY NIEPOŁOMICE NW TEAM	K40-49	11			00:03:19	00:20:18	00:41:15	01:02:28	<b>01:23:43.45</b>	<b>01:27:03.25</b>	+00:25:47 (30.8%)	8:22	7.2 (69.2%)
68	<b>GRYGORIEVA Ludmyła</b>	<b>376</b>	DĄBROWA NORDIC TEAM	K60-69	2			00:04:06	00:20:00	00:40:53	01:02:33	<b>01:24:29.15</b>	<b>01:28:35.40</b>	+00:26:32 (31.4%)	8:26	7.1 (68.3%)
69	<b>KRZYŚCIN Rafał</b>	<b>375</b>	SANTANDER CONSUMER BANK S.A.	M40-49	8			00:01:18	00:21:02	00:42:05	01:03:40	<b>01:24:40.60</b>	<b>01:25:59.25</b>	+00:26:44 (31.6%)	8:28	7.1 (68.3%)
70	<b>JAROSZ Anna</b>	<b>319</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K60-69	3			00:04:05	00:21:10	00:42:52	01:04:43	<b>01:26:38.55</b>	<b>01:30:44.20</b>	+00:28:42 (33.1%)	8:39	6.9 (66.3%)
71	<b>KUBUSIAK Alicja</b>	<b>331</b>	SANTANDER CONSUMER BANK S.A.	K30-39	7			00:02:58	00:21:34	00:43:14	01:05:05	<b>01:27:03.85</b>	<b>01:30:02.15</b>	+00:29:07 (33.5%)	8:42	6.9 (66.3%)
72	<b>SZEWCZYK Agnieszka</b>	<b>363</b>	FACE NORDIC WALKING TEAM	K40-49	12			00:03:19	00:21:34	00:43:23	01:05:23	<b>01:27:12.15</b>	<b>01:30:31.85</b>	+00:29:15 (33.6%)	8:43	6.9 (66.3%)
73	<b>LATUSZEK Małgorzata</b>	<b>394</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K50-59	6			00:03:43	00:21:30	00:43:57	01:06:12	<b>01:29:00.15</b>	<b>01:32:43.20</b>	+00:31:03 (34.9%)	8:54	6.7 (64.4%)
74	<b>FRAŃCZEK Krystyna</b>	<b>314</b>		K60-69	4			00:04:06	00:21:56	00:44:39	01:07:05	<b>01:29:29.85</b>	<b>01:33:35.90</b>	+00:31:33 (35.3%)	8:56	6.7 (64.4%)
75	<b>ZAGÓRSKI Mariusz</b>	<b>497</b>		M40-49	9			00:01:17	00:22:48	00:45:41	01:08:03	<b>01:29:54.70</b>	<b>01:31:12.00</b>	+00:31:58 (35.6%)	8:59	6.7 (64.4%)
76	<b>CHRAPEK Urszula</b>	<b>306</b>	KS RUDZICA	K18-29	2			00:02:37	00:21:58	00:45:04	01:07:54	<b>01:30:06.75</b>	<b>01:32:44.10</b>	+00:32:10 (35.7%)	9:00	6.7 (64.4%)
77	<b>RYMARZ Magdalena</b>	<b>348</b>	SANTANDER CONSUMER BANK S.A.	K18-29	3			00:02:37	00:21:14	00:43:31	01:06:23	<b>01:30:09.05</b>	<b>01:32:46.45</b>	+00:32:12 (35.7%)	9:00	6.7 (64.4%)
78	<b>DYLEWSKA Barbara</b>	<b>312</b>	DĄBROWA NORDIC TEAM	K60-69	5			00:04:06	00:22:58	00:46:20	01:09:47	<b>01:33:16.50</b>	<b>01:37:23.25</b>	+00:35:20 (37.9%)	9:19	6.4 (61.5%)
79	<b>KRZYŚCIN Mirosława</b>	<b>374</b>	SANTANDER CONSUMER BANK S.A.	K40-49	13			00:03:20	00:22:34	00:45:39	01:10:11	<b>01:33:50.75</b>	<b>01:37:10.80</b>	+00:35:54 (38.3%)	9:23	6.4 (61.5%)
80	<b>ZAGÓRSKA Anna</b>	<b>498</b>		K30-39	8			00:02:57	00:22:54	00:46:01	01:10:33	<b>01:33:59.20</b>	<b>01:36:57.05</b>	+00:36:02 (38.4%)	9:24	6.4 (61.5%)
81	<b>CHYŁEK Justyna</b>	<b>397</b>	SANTANDER CONSUMER BANK S.A.	K30-39	9			00:02:58	00:26:05	00:52:52	01:19:38	<b>01:46:08.70</b>	<b>01:49:07.30</b>	+00:48:12 (45.4%)	10:36	5.7 (54.8%)
82	<b>SKOWRON Justyna</b>	<b>352</b>	SANTANDER CONSUMER BANK S.A.	K30-39	10			00:02:59	00:26:05	00:52:52	01:19:37	<b>01:46:09.65</b>	<b>01:49:08.85</b>	+00:48:13 (45.4%)	10:36	5.7 (54.8%)
83	<b>BARŁOWSKI Wojciech</b>	<b>396</b>	SANTANDER CONSUMER BANK S.A.	M40-49	10			00:01:18	00:26:14	00:54:39	01:22:12	<b>01:51:25.10</b>	<b>01:52:43.25</b>	+00:53:28 (48.0%)	11:08	5.4 (51.9%)
84	<b>BAŁOWSKA Małgorzata</b>	<b>301</b>	SANTANDER CONSUMER BANK S.A.	K40-49	14			00:03:00	00:30:18	00:59:53	01:29:18	<b>01:58:47.65</b>	<b>02:01:48.00</b>	+01:00:51 (51.2%)	11:52	5.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>CICHOWICZ-SKAŁA Katarzyna</b>	<b>308</b>	SANTANDER CONSUMER BANK S.A.	K30-39	11			00:03:00	00:30:17	00:59:52	01:29:18	<b>01:58:47.90</b>	<b>02:01:48.05</b>	+01:00:51 (51.2%)	11:52	5.1 (49.0%)

Znaleziono 85 wynik(ów)