



# KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 5 KM

B4SPORT

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-06-02  
**Miejsce:** Kolbuszowa  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. Mkat	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZARĘBSKI Michał	344	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1		00:15:11	<b>00:30:54.65</b>		6:11	9.7 (100%)
2	WOROCH Roman	338	KS METRACO POLKOWICE	M60-64	1		00:15:21	<b>00:30:59.30</b>	+00:00:04 (0.3%)	6:12	9.7 (100%)
3	RAJEWSKI Sebastian	224	KS IDMAR RACING TEAM	M45-49	1		00:15:16	<b>00:30:59.90</b>	+00:00:05 (0.3%)	6:12	9.7 (100%)
4	DEŁĄG Jakub	386	NORDIC WALKING POLAND /LUKI TEAM SIEDLCE	M18-29	1		00:15:22	<b>00:31:11.45</b>	+00:00:16 (0.9%)	6:14	9.6 (99.0%)
5	CYRUS Bogdan	32	SILESIA NORDIC TEAM	M45-49	2		00:15:25	<b>00:31:35.80</b>	+00:00:41 (2.2%)	6:19	9.5 (97.9%)
6	BIŃCZYK Dariusz	353	ZABIEGANI CZESTOCHOWA	M30-39	2		00:15:37	<b>00:31:52.15</b>	+00:00:57 (3.0%)	6:22	9.4 (96.9%)
7	GRZĘDZIEL Dariusz	414	BIESZCZADZKI KLUB NW	M45-49	3		00:15:38	<b>00:32:08.55</b>	+00:01:13 (3.8%)	6:25	9.3 (95.9%)
8	KONIK Jacek	115	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1		00:15:55	<b>00:32:08.80</b>	+00:01:14 (3.8%)	6:25	9.3 (95.9%)
9	ROŻYNEK Miron	235	KS METRACO POLKOWICE	M55-59	1		00:15:52	<b>00:32:26.85</b>	+00:01:32 (4.7%)	6:29	9.2 (94.8%)
10	TOPOLNICKI Konrad	303	CKZIU NYSA MECHANIK	M-Jun.	1		00:15:58	<b>00:32:30.65</b>	+00:01:36 (4.9%)	6:30	9.2 (94.8%)
11	TRZCIŃSKI Franciszek	309	SPORT I REKREACJA START CHEŁMNO	M50-54	1		00:16:08	<b>00:32:33.45</b>	+00:01:38 (5.1%)	6:30	9.2 (94.8%)
12	WOJTASIŃSKI Daniel	337	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	2		00:16:05	<b>00:32:33.95</b>	+00:01:39 (5.1%)	6:30	9.2 (94.8%)
13	JAGIEŁA Paweł	95	TKKF KRZNA BIAŁA PODLASKA	M18-29	2		00:16:15	<b>00:32:55.30</b>	+00:02:00 (6.1%)	6:35	9.1 (93.8%)
14	ZALISKO Oksana	343	KS METRACO POLKOWICE	K60-64	1		00:16:03	<b>00:32:58.25</b>	+00:02:03 (6.2%)	6:35	9.1 (93.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
15	<b>JACHIMOWICZ Renata</b>	<b>385</b>	LUKI TEAM SIEDLCE	K50-54	1			00:16:26	<b>00:32:58.45</b>	+00:02:03 (6.3%)	6:35	9.1 (93.8%)
16	<b>CHYRA Wiktor</b>	<b>31</b>	UNIA MIAST	M-Jun.	2			00:15:58	<b>00:32:58.85</b>	+00:02:04 (6.3%)	6:35	9.1 (93.8%)
17	<b>SCHRÖDER Karol</b>	<b>248</b>	SILESIA NORDIC TEAM	M40-44	3			00:16:04	<b>00:33:01.30</b>	+00:02:06 (6.4%)	6:36	9.1 (93.8%)
18	<b>PUZIO Marek</b>	<b>213</b>	US KOLBUSZOWA	M50-54	2			00:16:49	<b>00:33:31.05</b>	+00:02:36 (7.8%)	6:42	9 (92.8%)
19	<b>DĘBSKI Bartłomiej</b>	<b>38</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	4			00:16:21	<b>00:33:32.20</b>	+00:02:37 (7.8%)	6:42	8.9 (91.8%)
20	<b>BARTOSIEWICZ Łukasz</b>	<b>10</b>	NWPL / LUKI TEAM	M30-39	3			00:16:23	<b>00:33:41.15</b>	+00:02:46 (8.2%)	6:44	8.9 (91.8%)
21	<b>BARTYŃSKI Zdzisław</b>	<b>11</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	3			00:16:38	<b>00:33:45.75</b>	+00:02:51 (8.4%)	6:45	8.9 (91.8%)
22	<b>SŁOMIAN Leszek</b>	<b>261</b>	UNIA MIAST	M55-59	2			00:16:33	<b>00:33:46.05</b>	+00:02:51 (8.5%)	6:45	8.9 (91.8%)
23	<b>SANIUK Edward</b>	<b>247</b>	FACE NORDIC WALKING TEAM	M65-69	1			00:16:42	<b>00:33:46.90</b>	+00:02:52 (8.5%)	6:45	8.9 (91.8%)
24	<b>FRĄCKOWIAK Mateusz</b>	<b>58</b>	KS METRACO POLKOWICE	M-Jun.	3			00:16:16	<b>00:34:02.50</b>	+00:03:07 (9.2%)	6:48	8.8 (90.7%)
25	<b>TRZCIŃSKI Eugeniusz</b>	<b>308</b>	SPORT I REKREACJA START CHEŁMNO	M60-64	2			00:16:35	<b>00:34:05.65</b>	+00:03:11 (9.3%)	6:49	8.8 (90.7%)
26	<b>SKWIRUT Jerzy</b>	<b>260</b>	SOKÓŁ RYMANÓW	M-Niepełnosprawni(B)	1			00:16:53	<b>00:34:12.80</b>	+00:03:18 (9.7%)	6:50	8.8 (90.7%)
27	<b>SOKOŁOWSKI Marek</b>	<b>264</b>	PTG SOKÓŁ RYMANÓW	M50-54	4			00:16:48	<b>00:34:14.85</b>	+00:03:20 (9.7%)	6:51	8.8 (90.7%)
28	<b>ADAMUS Marian</b>	<b>1</b>	SILESIA NORDIC TEAM	M65-69	2			00:16:55	<b>00:34:26.35</b>	+00:03:31 (10.2%)	6:53	8.7 (89.7%)
29	<b>PASIERB Marek</b>	<b>600</b>		M60-64	3			00:17:11	<b>00:34:31.15</b>	+00:03:36 (10.5%)	6:54	8.7 (89.7%)
30	<b>OLEKSYK Małgorzata</b>	<b>183</b>	MKS HALICZ KLUB BIEGACZA, BK NORDIC WALKING USTRZYKI DOLNE	K55-59	1			00:16:58	<b>00:34:40.25</b>	+00:03:45 (10.8%)	6:56	8.7 (89.7%)
31	<b>UFEL Marcin</b>	<b>313</b>	TKKF SATURN CZELADŹ	M40-44	5			00:16:43	<b>00:34:40.50</b>	+00:03:45 (10.9%)	6:56	8.6 (88.7%)
32	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>181</b>	KS METRACO POLKOWICE	K50-54	2			00:16:56	<b>00:34:45.45</b>	+00:03:50 (11.1%)	6:57	8.6 (88.7%)
33	<b>BIEGA Mariusz</b>	<b>15</b>	SANOK SKI TEAM	M45-49	4			00:17:05	<b>00:34:45.55</b>	+00:03:50 (11.1%)	6:57	8.6 (88.7%)
34	<b>FRĄCKOWIAK Roman</b>	<b>57</b>	KS METRACO POLKOWICE	M50-54	5			00:16:53	<b>00:34:48.95</b>	+00:03:54 (11.2%)	6:57	8.6 (88.7%)
35	<b>BREWKA Joachim</b>	<b>20</b>	UNIA MIAST	M50-54	6			00:17:20	<b>00:34:52.55</b>	+00:03:57 (11.4%)	6:58	8.6 (88.7%)
36	<b>DUSZEŃKO Zygmunt</b>	<b>48</b>	KS METRACO POLKOWICE	M55-59	3			00:17:11	<b>00:34:55.15</b>	+00:04:00 (11.5%)	6:59	8.6 (88.7%)
37	<b>SZYMAŃSKI Stefan</b>	<b>292</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	M70+	1			00:17:01	<b>00:34:55.25</b>	+00:04:00 (11.5%)	6:59	8.6 (88.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
38	<b>GARBOWSKI Piotr</b>	<b>509</b>	PRZEMYŚL	M- Niepełnosprawni(B)	2			00:17:22	<b>00:34:56.75</b>	+00:04:02 (11.5%)	6:59	8.6 (88.7%)
39	<b>KUBAT Janusz</b>	<b>128</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	5			00:17:10	<b>00:35:04.60</b>	+00:04:09 (11.9%)	7:00	8.6 (88.7%)
40	<b>PANAŚ Artur</b>	<b>190</b>	ZAMCZYSKO TEAM	M45-49	6			00:17:20	<b>00:35:05.50</b>	+00:04:10 (11.9%)	7:01	8.6 (88.7%)
41	<b>USS Jola</b>	<b>320</b>	TKKF KRZNA BIAŁA PODLASKA	K55-59	2			00:17:10	<b>00:35:08.50</b>	+00:04:13 (12.0%)	7:01	8.5 (87.6%)
42	<b>MOTYL Anna</b>	<b>382</b>	NW POLAND/NWBĘŁCHATÓW	K50-54	3			00:17:01	<b>00:35:11.35</b>	+00:04:16 (12.2%)	7:02	8.5 (87.6%)
43	<b>FURMAN Marian</b>	<b>60</b>		M60-64	4			00:17:10	<b>00:35:12.80</b>	+00:04:18 (12.2%)	7:02	8.5 (87.6%)
44	<b>GIERLASIŃSKI Krzysztof</b>	<b>69</b>	NWG PRZYSZŁOŚĆ	M55-59	4			00:17:34	<b>00:35:31.55</b>	+00:04:36 (13.0%)	7:06	8.4 (86.6%)
45	<b>ŁOPATKIEWICZ Beata</b>	<b>387</b>		K50-54	4			00:17:35	<b>00:35:32.60</b>	+00:04:37 (13.0%)	7:06	8.4 (86.6%)
46	<b>JACHIMOWICZ Mirosław</b>	<b>390</b>	NORDIC WALKING POLAND /LUKI TEAM SIEDLCE	M55-59	5			00:17:35	<b>00:35:34.50</b>	+00:04:39 (13.1%)	7:07	8.4 (86.6%)
47	<b>JÓŹWIAK Marianna</b>	<b>100</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:17:36	<b>00:35:35.05</b>	+00:04:40 (13.1%)	7:07	8.4 (86.6%)
48	<b>DANIELEWICZ Anna</b>	<b>37</b>		K40-44	1			00:17:37	<b>00:35:39.20</b>	+00:04:44 (13.3%)	7:07	8.4 (86.6%)
49	<b>TOMCZYK Edward</b>	<b>299</b>	MARSZ PO ZDROWIE POZNAŃ	M70+	2			00:17:14	<b>00:35:40.35</b>	+00:04:45 (13.3%)	7:08	8.4 (86.6%)
50	<b>IDKOWIAK Magdalena</b>	<b>370</b>	KS IDMAR RACING TEAM	K40-44	2			00:17:39	<b>00:35:41.80</b>	+00:04:47 (13.4%)	7:08	8.4 (86.6%)
51	<b>KOLARSKA Agnieszka</b>	<b>109</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:17:39	<b>00:35:42.00</b>	+00:04:47 (13.4%)	7:08	8.4 (86.6%)
52	<b>ŁUKASZKIEWICZ Joanna</b>	<b>368</b>	GREEN TEAM ZIELONA GÓRA	K45-49	2			00:17:35	<b>00:35:43.00</b>	+00:04:48 (13.5%)	7:08	8.4 (86.6%)
53	<b>DUDEK Jan</b>	<b>44</b>		M55-59	6			00:17:25	<b>00:35:46.40</b>	+00:04:51 (13.6%)	7:09	8.4 (86.6%)
54	<b>GAŁĄZKA Paweł</b>	<b>380</b>	MUSZKIETEROWIE	M- Niepełnosprawni(A)	1			00:17:36	<b>00:35:49.45</b>	+00:04:54 (13.7%)	7:10	8.4 (86.6%)
55	<b>SULIKOWSKA Agnieszka</b>	<b>245</b>	PASJA NORDIC WALKING	K30-39	2			00:17:43	<b>00:35:53.25</b>	+00:04:58 (13.9%)	7:10	8.4 (86.6%)
56	<b>SZCZYGIELSKI Paweł</b>	<b>280</b>	NWPL / LUKI TEAM	M- Niepełnosprawni(B)	3			00:17:36	<b>00:35:55.00</b>	+00:05:00 (13.9%)	7:11	8.4 (86.6%)
57	<b>MARCINKOWSKA Agnieszka</b>	<b>157</b>	UNIA MIAST	K-Jun.	1			00:17:30	<b>00:36:06.05</b>	+00:05:11 (14.4%)	7:13	8.3 (85.6%)
58	<b>KORYTOWSKA Agnieszka</b>	<b>119</b>	NW WERWA MŁAWA	K30-39	3			00:17:51	<b>00:36:06.80</b>	+00:05:12 (14.4%)	7:13	8.3 (85.6%)
59	<b>LENAR Grzegorz</b>	<b>140</b>	'SOKOŁY'	M-Jun.	4			00:17:57	<b>00:36:08.65</b>	+00:05:14 (14.5%)	7:13	8.3 (85.6%)
60	<b>DZIEŃ Bartosz</b>	<b>54</b>	'SOKOŁY'	M-Jun.	5			00:17:58	<b>00:36:08.75</b>	+00:05:14 (14.5%)	7:13	8.3 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
61	<b>KWAŚNY Tomasz</b>	<b>133</b>	CHODZĘ Z SERCEM	M50-54	7			00:18:03	<b>00:36:19.90</b>	+00:05:25 (14.9%)	7:15	8.3 (85.6%)
62	<b>GRYGOROWICZ Bogdan</b>	<b>77</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	4			00:17:47	<b>00:36:22.05</b>	+00:05:27 (15.0%)	7:16	8.2 (84.5%)
63	<b>UFEL Marcelina</b>	<b>312</b>	TKKF SATURN CZELADŹ	K-Jun.	2			00:17:47	<b>00:36:22.10</b>	+00:05:27 (15.0%)	7:16	8.2 (84.5%)
64	<b>GŁOMBICA Ewa</b>	<b>192</b>	WESOŁY BORSUK TEAM	K30-39	4			00:17:59	<b>00:36:29.85</b>	+00:05:35 (15.3%)	7:18	8.2 (84.5%)
65	<b>MARCINKOWSKI Jakub</b>	<b>158</b>	UNIA MIAST	M18-29	3			00:17:58	<b>00:36:31.75</b>	+00:05:37 (15.4%)	7:18	8.2 (84.5%)
66	<b>DUSIEL Ewa</b>	<b>47</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-54	5			00:17:54	<b>00:36:40.10</b>	+00:05:45 (15.7%)	7:20	8.2 (84.5%)
67	<b>MIKICIUK Krzysztof</b>	<b>168</b>	NOWI SIEDLCE /NW WSCHÓD	M45-49	7			00:17:53	<b>00:36:40.20</b>	+00:05:45 (15.7%)	7:20	8.2 (84.5%)
68	<b>WRÓŃSKI Włodzimierz</b>	<b>341</b>	PASJA NORDIC WALKING	M65-69	3			00:18:03	<b>00:36:40.50</b>	+00:05:45 (15.7%)	7:20	8.2 (84.5%)
69	<b>PRADUŃ Michał</b>	<b>208</b>		M-Niepełnosprawni(B)	5			00:17:55	<b>00:36:49.70</b>	+00:05:55 (16.1%)	7:21	8.1 (83.5%)
70	<b>WILK Tadeusz</b>	<b>373</b>	TKKF SATURN CZELADŹ	M-Niepełnosprawni(A)	2			00:17:48	<b>00:36:49.80</b>	+00:05:55 (16.1%)	7:22	8.1 (83.5%)
71	<b>KONIK Aleksandra</b>	<b>116</b>	BIESZCZADZKI KLUB NORDIC WALKING	K40-44	3			00:18:04	<b>00:36:52.40</b>	+00:05:57 (16.2%)	7:22	8.1 (83.5%)
72	<b>KONIK Zuzanna</b>	<b>117</b>	BIESZCZADZKI KLUB NORDIC WALKING	K18-29	1			00:18:05	<b>00:36:52.50</b>	+00:05:57 (16.2%)	7:22	8.1 (83.5%)
73	<b>PYTLAK Adam</b>	<b>84</b>	KKNW	M50-54	8			00:17:53	<b>00:37:01.75</b>	+00:06:07 (16.5%)	7:24	8.1 (83.5%)
74	<b>MIKICIUK Jakub</b>	<b>169</b>	NOWI SIEDLCE /NW WSCHÓD	M-Jun.	6			00:17:53	<b>00:37:04.55</b>	+00:06:09 (16.6%)	7:25	8.1 (83.5%)
75	<b>ZYGŁOWICZ Zbigniew</b>	<b>511</b>		M-Niepełnosprawni(B)	6			00:18:11	<b>00:37:07.70</b>	+00:06:13 (16.7%)	7:25	8.1 (83.5%)
76	<b>TUZIMEK Agata</b>	<b>311</b>		K30-39	5			00:18:16	<b>00:37:09.40</b>	+00:06:14 (16.8%)	7:26	8.1 (83.5%)
77	<b>PASIŃSKA-SKOWROM Sylwia</b>	<b>381</b>	PRUSZYŃSKI SPORT TEAM	K40-44	4			00:18:03	<b>00:37:09.85</b>	+00:06:15 (16.8%)	7:25	8.1 (83.5%)
78	<b>GAŁAŚ Joanna</b>	<b>62</b>	PASJA NORDIC WALKING	K18-29	2			00:18:08	<b>00:37:11.00</b>	+00:06:16 (16.9%)	7:26	8.1 (83.5%)
79	<b>ROMANIUK Grzegorz</b>	<b>231</b>		M-Niepełnosprawni(A)	3			00:18:46	<b>00:37:12.05</b>	+00:06:17 (16.9%)	7:26	8.1 (83.5%)
80	<b>STYGA Krystyna</b>	<b>273</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	3			00:18:27	<b>00:37:12.70</b>	+00:06:18 (16.9%)	7:26	8.1 (83.5%)
81	<b>GRUSZKA Michał</b>	<b>75</b>	UNIA MIAST	M40-44	6			00:18:20	<b>00:37:17.35</b>	+00:06:22 (17.1%)	7:27	8 (82.5%)
82	<b>URBANIAK Marian</b>	<b>318</b>		M55-59	7			00:18:26	<b>00:37:22.05</b>	+00:06:27 (17.3%)	7:28	8 (82.5%)
83	<b>PREKURAT Marzena</b>	<b>209</b>	NOWI SIEDLCE /NW WSCHÓD	K50-54	6			00:18:26	<b>00:37:23.90</b>	+00:06:29 (17.3%)	7:28	8 (82.5%)

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									netto 5km	Różn		
84	<b>RĘDZINIAK Marzena</b>	<b>229</b>	KLUBSPORTU.PL	K30-39	6			00:18:10	<b>00:37:27.85</b>	+00:06:33 (17.5%)	7:29	8 (82.5%)
85	<b>ROMAŃCZUK Agnieszka</b>	<b>232</b>	NOWI SIEDLCE /NW WSCHÓD	K45-49	3			00:18:14	<b>00:37:31.05</b>	+00:06:36 (17.6%)	7:30	8 (82.5%)
86	<b>GUZOWSKI Maciej</b>	<b>81</b>	WŁÓCZYKIJE LEŻAJSK	M- Niepełnosprawni(B)	7			00:18:36	<b>00:37:32.85</b>	+00:06:38 (17.7%)	7:30	8 (82.5%)
87	<b>WIERZCHOSŁAWSKI Mateusz</b>	<b>354</b>	AZS UKW BYDGOSZCZ	M18-29	4			00:18:22	<b>00:37:36.05</b>	+00:06:41 (17.8%)	7:31	8 (82.5%)
88	<b>STOLARSKA Joanna</b>	<b>351</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:18:34	<b>00:37:38.50</b>	+00:06:43 (17.9%)	7:31	8 (82.5%)
89	<b>KRZANOWSKA Małgorzata</b>	<b>124</b>	SAMOTNI WĘDROWCY	K45-49	4			00:18:25	<b>00:37:41.30</b>	+00:06:46 (18.0%)	7:32	8 (82.5%)
90	<b>KWIECIEŃ Weronika</b>	<b>135</b>		K-Jun.	4			00:18:53	<b>00:37:48.20</b>	+00:06:53 (18.2%)	7:33	7.9 (81.4%)
91	<b>HARAF Wiesław</b>	<b>87</b>	BRAK	M55-59	8			00:18:39	<b>00:37:51.90</b>	+00:06:57 (18.4%)	7:34	7.9 (81.4%)
92	<b>KUPIBIDA Bogusława</b>	<b>131</b>	SILESIA NORDIC TEAM	K55-59	4			00:18:41	<b>00:37:56.40</b>	+00:07:01 (18.5%)	7:35	7.9 (81.4%)
93	<b>FIGURSKA Dominika</b>	<b>56</b>	FACE NORDIC WALKING TEAM	K18-29	3			00:18:39	<b>00:37:56.90</b>	+00:07:02 (18.5%)	7:35	7.9 (81.4%)
94	<b>BARTOSIEWICZ Włodzimierz</b>	<b>9</b>	FACE NORDIC WALKING TEAM	M60-64	5			00:18:31	<b>00:38:02.10</b>	+00:07:07 (18.7%)	7:36	7.9 (81.4%)
95	<b>KOWALCZYK Edyta</b>	<b>122</b>	KS METRACO POLKOWICE	K45-49	5			00:18:30	<b>00:38:02.95</b>	+00:07:08 (18.8%)	7:36	7.9 (81.4%)
96	<b>ŚCIBIOR Robert</b>	<b>456</b>		M45-49	8			00:18:34	<b>00:38:03.10</b>	+00:07:08 (18.8%)	7:36	7.9 (81.4%)
97	<b>FRYC Jan</b>	<b>59</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59	9			00:18:46	<b>00:38:05.95</b>	+00:07:11 (18.9%)	7:37	7.9 (81.4%)
98	<b>SULECKA Gabriela</b>	<b>278</b>		K- Niepełnosprawni(A)	1			00:18:59	<b>00:38:27.60</b>	+00:07:32 (19.6%)	7:41	7.8 (80.4%)
99	<b>TOPOLEWICZ Grzegorz</b>	<b>301</b>		M30-39	4			00:19:04	<b>00:38:27.65</b>	+00:07:33 (19.6%)	7:41	7.8 (80.4%)
100	<b>GRYGOROWICZ Teresa</b>	<b>76</b>	KS METRACO POLKOWICE	K65-69	1			00:18:57	<b>00:38:34.80</b>	+00:07:40 (19.9%)	7:43	7.8 (80.4%)
101	<b>PYRA Dominik</b>	<b>217</b>		M- Niepełnosprawni(B)	8			00:18:33	<b>00:38:39.10</b>	+00:07:44 (20.0%)	7:43	7.8 (80.4%)
102	<b>KARCZMARSKI Krzysztof</b>	<b>104</b>	IPA RADOM	M60-64	6			00:19:07	<b>00:38:40.90</b>	+00:07:46 (20.1%)	7:44	7.8 (80.4%)
103	<b>KARASIŃSKA Alicja</b>	<b>103</b>	NOWI SIEDLCE /NW WSCHÓD	K45-49	6			00:19:01	<b>00:38:47.10</b>	+00:07:52 (20.3%)	7:45	7.7 (79.4%)
104	<b>SITKO Małgorzata</b>	<b>254</b>	KKNW	K45-49	7			00:19:07	<b>00:38:50.70</b>	+00:07:56 (20.4%)	7:46	7.7 (79.4%)
105	<b>SOBCZYK Rafał</b>	<b>262</b>	KLUBSPORTU.PL	M45-49	9			00:18:54	<b>00:38:51.40</b>	+00:07:56 (20.4%)	7:46	7.7 (79.4%)
106	<b>PIĄTKOWSKI Józef</b>	<b>199</b>	KS METRACO POLKOWICE	M70+	3			00:19:15	<b>00:38:53.15</b>	+00:07:58 (20.5%)	7:46	7.7 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
107	<b>SAKOWSKA Krystyna</b>	<b>350</b>	PASJA NORDIC WALKING	K40-44	5			00:18:50	<b>00:38:56.25</b>	+00:08:01 (20.6%)	7:47	7.7 (79.4%)
108	<b>SZEMBERSKI Paweł</b>	<b>282</b>	KLUBSPORTU.PL	M40-44	7			00:19:30	<b>00:38:56.55</b>	+00:08:01 (20.6%)	7:47	7.7 (79.4%)
109	<b>ŻUKOWICZ Elżbieta</b>	<b>378</b>	KS METRACO POLKOWICE	K55-59	5			00:18:51	<b>00:39:02.75</b>	+00:08:08 (20.8%)	7:48	7.7 (79.4%)
110	<b>WIERZCHOSŁAWSKA Agnieszka</b>	<b>352</b>	AZS UKW BYDGOSZCZ	K18-29	4			00:19:04	<b>00:39:05.25</b>	+00:08:10 (20.9%)	7:49	7.7 (79.4%)
111	<b>MAJCHERCZYK Krzysztof</b>	<b>148</b>	MOSIR TTKF SATURN CZELADŹ	M65-69	4			00:19:26	<b>00:39:10.00</b>	+00:08:15 (21.1%)	7:50	7.7 (79.4%)
112	<b>PIETRUSEWICZ Joanna</b>	<b>202</b>	AVOCADO WELLNESS CLUB	K40-44	6			00:19:11	<b>00:39:10.70</b>	+00:08:16 (21.1%)	7:50	7.7 (79.4%)
113	<b>WALCZAK Grzegorz</b>	<b>322</b>	OCTOPUS SUCHY LAS	M45-49	10			00:19:28	<b>00:39:12.05</b>	+00:08:17 (21.1%)	7:50	7.7 (79.4%)
114	<b>BOGACZ Mariusz</b>	<b>16</b>		M45-49	11			00:19:36	<b>00:39:12.80</b>	+00:08:18 (21.2%)	7:50	7.6 (78.4%)
115	<b>TONIA Jakub</b>	<b>300</b>	'SOKOŁY'	M-Dzieci	1			00:19:04	<b>00:39:24.30</b>	+00:08:29 (21.6%)	7:52	7.6 (78.4%)
116	<b>JĘDRASZKO Jacek</b>	<b>99</b>		M-Dzieci	2			00:19:04	<b>00:39:25.25</b>	+00:08:30 (21.6%)	7:53	7.6 (78.4%)
117	<b>ŚWIRSZCZ Tomasz</b>	<b>296</b>	LUBELSKIE ZNORDIC	M60-64	7			00:19:01	<b>00:39:31.25</b>	+00:08:36 (21.8%)	7:54	7.6 (78.4%)
118	<b>OLEKSAK Marek</b>	<b>182</b>	WYDRY GALICJA	M45-49	12			00:19:34	<b>00:39:33.85</b>	+00:08:39 (21.9%)	7:54	7.6 (78.4%)
119	<b>MAŁODOBRY Andrzej</b>	<b>154</b>	KKNW	M45-49	13			00:19:12	<b>00:39:36.20</b>	+00:08:41 (21.9%)	7:55	7.6 (78.4%)
120	<b>TOPÓR Małgorzata</b>	<b>304</b>		K55-59	6			00:19:26	<b>00:39:42.10</b>	+00:08:47 (22.1%)	7:56	7.6 (78.4%)
121	<b>KWAŚNA Małgorzata</b>	<b>132</b>	CHODZĘ Z SERCEM	K50-54	7			00:19:33	<b>00:39:42.25</b>	+00:08:47 (22.1%)	7:56	7.6 (78.4%)
122	<b>SZNAJDER Zenon</b>	<b>287</b>	UNIA MIAST	M65-69	5			00:19:55	<b>00:39:45.25</b>	+00:08:50 (22.2%)	7:57	7.5 (77.3%)
123	<b>PAWELEC Sylwia</b>	<b>574</b>	SKS MEDAK	K18-29	5			00:19:37	<b>00:39:45.90</b>	+00:08:51 (22.3%)	7:57	7.5 (77.3%)
124	<b>ADAMOWICZ Andrzej</b>	<b>53</b>		M70+	4			00:19:45	<b>00:39:50.20</b>	+00:08:55 (22.4%)	7:58	7.5 (77.3%)
125	<b>JURCZYŃSKA Bożena</b>	<b>101</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	7			00:19:30	<b>00:39:54.35</b>	+00:08:59 (22.5%)	7:58	7.5 (77.3%)
126	<b>BARAN Jadwiga</b>	<b>578</b>		K18-29	6			00:19:58	<b>00:39:58.70</b>	+00:09:04 (22.7%)	7:59	7.5 (77.3%)
127	<b>WACŁAW Andrzej</b>	<b>582</b>	SKS MEDYK	M60-64	8			00:19:47	<b>00:39:59.25</b>	+00:09:04 (22.7%)	7:59	7.5 (77.3%)
128	<b>KOSTUJ Marcin</b>	<b>366</b>	AZS SUM	M18-29	5			00:19:51	<b>00:40:08.45</b>	+00:09:13 (23.0%)	8:01	7.5 (77.3%)
129	<b>MIELNICZEK Kazimierz</b>	<b>167</b>		M55-59	10			00:19:54	<b>00:40:09.20</b>	+00:09:14 (23.0%)	8:01	7.5 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
130	<b>ANGIELCZYK Małgorzata</b>	<b>3</b>	MARSZ PO ZDROWIE POZNAŃ	K65-69	2			00:19:50	<b>00:40:10.95</b>	+00:09:16 (23.1%)	8:02	7.5 (77.3%)
131	<b>GUL Monika</b>	<b>78</b>		K30-39	7			00:19:48	<b>00:40:12.00</b>	+00:09:17 (23.1%)	8:02	7.5 (77.3%)
132	<b>WEGIERA Grzegorz</b>	<b>324</b>		M40-44	8			00:19:57	<b>00:40:13.75</b>	+00:09:19 (23.2%)	8:02	7.5 (77.3%)
133	<b>WIESZOŁEK Ewelina</b>	<b>61</b>	UNIA MIAST	K30-39	8			00:20:20	<b>00:40:16.95</b>	+00:09:22 (23.3%)	8:03	7.4 (76.3%)
134	<b>LUBERA Teresa</b>	<b>143</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K- Niepełnosprawni(A)	2			00:19:45	<b>00:40:24.50</b>	+00:09:29 (23.5%)	8:05	7.4 (76.3%)
135	<b>URBAŃSKA Małgorzata</b>	<b>319</b>		K30-39	9			00:19:59	<b>00:40:26.65</b>	+00:09:32 (23.6%)	8:05	7.4 (76.3%)
136	<b>HEMSKI Paweł</b>	<b>88</b>		M- Niepełnosprawni(B)	9			00:19:51	<b>00:40:27.40</b>	+00:09:32 (23.6%)	8:05	7.4 (76.3%)
137	<b>MAŁODOBRY Wioletta</b>	<b>153</b>	KKNW	K45-49	8			00:20:00	<b>00:40:30.25</b>	+00:09:35 (23.7%)	8:06	7.4 (76.3%)
138	<b>BAŃKA Andrzej</b>	<b>6</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	9			00:19:58	<b>00:40:35.00</b>	+00:09:40 (23.8%)	8:07	7.4 (76.3%)
139	<b>MAJCHERCZYK Wacław</b>	<b>147</b>	MOSIR TKKF SATURN CZELADŹ	M70+	5			00:20:03	<b>00:40:39.60</b>	+00:09:44 (24.0%)	8:08	7.4 (76.3%)
140	<b>STARZEC Maksymilian</b>	<b>265</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M65-69	6			00:20:05	<b>00:40:42.05</b>	+00:09:47 (24.1%)	8:08	7.4 (76.3%)
141	<b>MALINOWSKI Paweł</b>	<b>151</b>	AZS-AWF KRAKÓW	M18-29	6			00:19:52	<b>00:40:43.15</b>	+00:09:48 (24.1%)	8:08	7.4 (76.3%)
142	<b>DZIAKIEWICZ Iwona</b>	<b>52</b>		K50-54	8			00:20:11	<b>00:40:43.75</b>	+00:09:49 (24.1%)	8:08	7.4 (76.3%)
143	<b>MICEK Ewelina</b>	<b>164</b>		K30-39	10			00:20:12	<b>00:40:52.70</b>	+00:09:58 (24.4%)	8:10	7.3 (75.3%)
144	<b>DOBRZYŃSKA Lucyna</b>	<b>369</b>		K50-54	9			00:20:22	<b>00:40:57.45</b>	+00:10:02 (24.5%)	8:11	7.3 (75.3%)
145	<b>SUDOŁ Andrzej</b>	<b>274</b>	US KOLBUSZOWA	M55-59	11			00:19:29	<b>00:40:57.90</b>	+00:10:03 (24.5%)	8:11	7.3 (75.3%)
146	<b>BUJNICKA Magdalena</b>	<b>25</b>	NORDIC WALKING PASŁĘK	K-Dzieci	1			00:20:10	<b>00:41:00.85</b>	+00:10:06 (24.6%)	8:12	7.3 (75.3%)
147	<b>WILK Paulina</b>	<b>331</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	5			00:19:08	<b>00:41:09.20</b>	+00:10:14 (24.9%)	8:14	7.3 (75.3%)
148	<b>HISZPAŃSKA Katarzyna</b>	<b>89</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	7			00:20:03	<b>00:41:10.10</b>	+00:10:15 (24.9%)	8:14	7.3 (75.3%)
149	<b>GÓRECKA Iwona</b>	<b>379</b>	UNIA MIAST	K50-54	10			00:20:26	<b>00:41:13.75</b>	+00:10:19 (25.0%)	8:14	7.3 (75.3%)
150	<b>HANUS Joanna</b>	<b>86</b>		K- Niepełnosprawni(B)	1			00:20:37	<b>00:41:17.15</b>	+00:10:22 (25.1%)	8:15	7.3 (75.3%)
151	<b>NIECHWIEJCZYK Kinga</b>	<b>178</b>	UNIA MIAST	K-Jun.	6			00:20:02	<b>00:41:24.45</b>	+00:10:29 (25.3%)	8:17	7.2 (74.2%)
152	<b>PYTLAK Urszula</b>	<b>371</b>	KKNW	K50-54	11			00:20:04	<b>00:41:24.85</b>	+00:10:30 (25.4%)	8:17	7.2 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
153	<b>FEJDASZ Józef</b>	<b>55</b>		M65-69	7			00:20:39	<b>00:41:50.25</b>	+00:10:55 (26.1%)	8:22	7.2 (74.2%)
154	<b>RAK Maciej</b>	<b>225</b>	'SOKOŁY'	M-Dzieci	3			00:20:52	<b>00:41:51.75</b>	+00:10:57 (26.2%)	8:22	7.2 (74.2%)
155	<b>SZEWCZYK Klaudia</b>	<b>285</b>	'SOKOŁY'	K-Jun.	7			00:20:49	<b>00:41:53.20</b>	+00:10:58 (26.2%)	8:22	7.2 (74.2%)
156	<b>ZIEMNIAK Andżelika</b>	<b>345</b>	'SOKOŁY'	K-Dzieci	2			00:21:03	<b>00:41:53.55</b>	+00:10:58 (26.2%)	8:22	7.2 (74.2%)
157	<b>KRZANOWSKI Kacper</b>	<b>125</b>	FACE NORDIC WALKING TEAM / JAROSŁAWSKIE WŁÓCZYKIJE	M-Dzieci	4			00:19:32	<b>00:41:54.75</b>	+00:11:00 (26.2%)	8:23	7.2 (74.2%)
158	<b>ŚLUSARCZYK Karolina</b>	<b>293</b>	WESOŁY BORSUK TEAM	K-Jun.	8			00:20:14	<b>00:41:58.00</b>	+00:11:03 (26.3%)	8:23	7.1 (73.2%)
158	<b>RZESZUTKO Magdalena</b>	<b>569</b>	SKS MEDYK	K30-39	11			00:20:38	<b>00:41:58.00</b>	+00:11:03 (26.3%)	8:23	7.1 (73.2%)
160	<b>SOKOŁOWSKA Aneta</b>	<b>263</b>	PTG SOKÓŁ RYMANÓW	K18-29	8			00:21:27	<b>00:42:00.20</b>	+00:11:05 (26.4%)	8:24	7.1 (73.2%)
161	<b>DZIEKAN Stanisław</b>	<b>583</b>		M-Dzieci	5			00:20:21	<b>00:42:02.80</b>	+00:11:08 (26.5%)	8:24	7.1 (73.2%)
162	<b>REMBISZ Oliwia</b>	<b>227</b>	KKNW	K-Dzieci	3			00:20:39	<b>00:42:04.90</b>	+00:11:10 (26.5%)	8:25	7.1 (73.2%)
163	<b>WOJDA Angelika</b>	<b>335</b>	CKZIU NYSA MECHANIK	K18-29	9			00:21:08	<b>00:42:09.15</b>	+00:11:14 (26.7%)	8:25	7.1 (73.2%)
164	<b>BAŃKA Mateusz</b>	<b>5</b>		M-Jun.	7			00:20:28	<b>00:42:25.20</b>	+00:11:30 (27.1%)	8:29	7.1 (73.2%)
165	<b>MAJKOWSKI Waldemar</b>	<b>150</b>	SANTANDER CONSUMER BANK	M30-39	5			00:21:11	<b>00:42:27.00</b>	+00:11:32 (27.2%)	8:29	7.1 (73.2%)
166	<b>GUL-BOGACZ Jolanta</b>	<b>79</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	7			00:21:55	<b>00:42:29.20</b>	+00:11:34 (27.2%)	8:29	7.1 (73.2%)
167	<b>JABŁOŃSKI Daniel</b>	<b>359</b>		M-Niepełnosprawni(B)	10			00:20:51	<b>00:42:31.90</b>	+00:11:37 (27.3%)	8:30	7.1 (73.2%)
168	<b>SZYMAŃSKA Lucyna</b>	<b>290</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	K-Niepełnosprawni(A)	3			00:20:39	<b>00:42:33.85</b>	+00:11:39 (27.4%)	8:30	7 (72.2%)
169	<b>KUBIŚ Anna</b>	<b>129</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	9			00:20:31	<b>00:42:39.90</b>	+00:11:45 (27.5%)	8:32	7 (72.2%)
170	<b>KURDA Aleksandra</b>	<b>579</b>		K18-29	10			00:21:45	<b>00:42:40.15</b>	+00:11:45 (27.6%)	8:32	7 (72.2%)
171	<b>PYKA Aleksandra</b>	<b>216</b>	UNIA MIAST	K-Dzieci	4			00:20:43	<b>00:42:43.85</b>	+00:11:49 (27.7%)	8:32	7 (72.2%)
172	<b>KOŁODZIEJ Zofia</b>	<b>113</b>	KLUB NW 'WŁÓCZYKIJE'	K60-64	2			00:20:51	<b>00:42:43.90</b>	+00:11:49 (27.7%)	8:32	7 (72.2%)
173	<b>SZNAJDER Teresa</b>	<b>286</b>	UNIA MIAST	K60-64	3			00:21:07	<b>00:42:44.10</b>	+00:11:49 (27.7%)	8:32	7 (72.2%)
174	<b>SZEMBERSKA Małgorzata</b>	<b>281</b>	KLUBSPORTU.PL	K40-44	8			00:21:12	<b>00:42:45.70</b>	+00:11:51 (27.7%)	8:33	7 (72.2%)
175	<b>CZECH Tomasz</b>	<b>36</b>	ZKN 'SOKÓŁ' ZAGÓRZ	M30-39	6			00:20:44	<b>00:42:49.15</b>	+00:11:54 (27.8%)	8:33	7 (72.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
176	<b>DRAUS Czesława</b>	<b>41</b>	KLUBSPORTU.PL	K55-59	8			00:21:02	<b>00:42:49.45</b>	+00:11:54 (27.8%)	8:33	7 (72.2%)
177	<b>SZEWczyk Genowefa</b>	<b>284</b>	NW RELAKS ZAGÓRZ	K65-69	3			00:21:00	<b>00:42:52.00</b>	+00:11:57 (27.9%)	8:34	7 (72.2%)
178	<b>PYKA Tomasz</b>	<b>215</b>	UNIA MIAST	M40-44	10			00:21:05	<b>00:42:52.40</b>	+00:11:57 (27.9%)	8:34	7 (72.2%)
179	<b>MILKOWSKI Mariusz</b>	<b>170</b>		M- Niepełnosprawni(A)	4			00:21:24	<b>00:42:57.20</b>	+00:12:02 (28.0%)	8:35	7 (72.2%)
180	<b>GOLAK-WEGIERA Katarzyna</b>	<b>71</b>		K45-49	9			00:21:15	<b>00:42:58.30</b>	+00:12:03 (28.1%)	8:35	7 (72.2%)
181	<b>STOLARSKA Magdalena</b>	<b>587</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	10			00:21:17	<b>00:43:01.10</b>	+00:12:06 (28.1%)	8:36	7 (72.2%)
182	<b>TRZCINIECKA Janina</b>	<b>307</b>	NW RELAKS ZAGÓRZ	K60-64	4			00:21:08	<b>00:43:03.70</b>	+00:12:09 (28.2%)	8:36	7 (72.2%)
183	<b>KASPRZYKOWSKI Bartłomiej</b>	<b>459</b>		M40-44	11			00:20:46	<b>00:43:06.10</b>	+00:12:11 (28.3%)	8:37	7 (72.2%)
184	<b>MAMROŁ Wiktoria</b>	<b>156</b>	SANTANDER CONSUMER BANK	K-Dzieci	5			00:21:24	<b>00:43:08.00</b>	+00:12:13 (28.3%)	8:37	7 (72.2%)
185	<b>RACZYŃSKA Aleksandra</b>	<b>222</b>	UNIA MIAST	K70+	1			00:21:11	<b>00:43:12.80</b>	+00:12:18 (28.5%)	8:38	6.9 (71.1%)
186	<b>SUDOŁ Maria</b>	<b>228</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	5			00:21:21	<b>00:43:16.25</b>	+00:12:21 (28.6%)	8:39	6.9 (71.1%)
187	<b>DUSZKIEWICZ Robert</b>	<b>50</b>		M-Jun.	8			00:21:16	<b>00:43:16.45</b>	+00:12:21 (28.6%)	8:39	6.9 (71.1%)
188	<b>SUDOŁ Maciej</b>	<b>276</b>		M-Dzieci	6			00:22:14	<b>00:43:20.20</b>	+00:12:25 (28.7%)	8:40	6.9 (71.1%)
189	<b>MICEK Seweryn</b>	<b>165</b>		M-Dzieci	7			00:21:17	<b>00:43:23.55</b>	+00:12:28 (28.8%)	8:40	6.9 (71.1%)
190	<b>KULCZYCKI Jan</b>	<b>130</b>		M65-69	8			00:21:38	<b>00:43:25.15</b>	+00:12:30 (28.8%)	8:41	6.9 (71.1%)
191	<b>ROZMUS Kacper</b>	<b>234</b>		M-Dzieci	8			00:20:38	<b>00:43:27.80</b>	+00:12:33 (28.9%)	8:41	6.9 (71.1%)
192	<b>BAJOR Aneta</b>	<b>4</b>		K- Niepełnosprawni(B)	2			00:21:37	<b>00:43:29.15</b>	+00:12:34 (28.9%)	8:41	6.9 (71.1%)
193	<b>PAWŁOWSKA Gabriela</b>	<b>194</b>		K-Jun.	10			00:21:18	<b>00:43:39.70</b>	+00:12:45 (29.2%)	8:44	6.9 (71.1%)
194	<b>DRAŁUS Magdalena</b>	<b>39</b>		K-Jun.	11			00:21:17	<b>00:43:40.65</b>	+00:12:46 (29.2%)	8:44	6.9 (71.1%)
195	<b>POLKOWSKA Katarzyna</b>	<b>207</b>	NOWI SIEDLCE /NW WSCHÓD	K50-54	12			00:21:34	<b>00:43:49.60</b>	+00:12:54 (29.5%)	8:46	6.8 (70.1%)
196	<b>WILK Maksymilian</b>	<b>332</b>		M-Dzieci	9			00:21:15	<b>00:43:49.75</b>	+00:12:55 (29.5%)	8:46	6.8 (70.1%)
197	<b>SALAŁAK Maria</b>	<b>246</b>	NW RELAKS ZAGÓRZ	K65-69	4			00:21:30	<b>00:43:50.50</b>	+00:12:55 (29.5%)	8:46	6.8 (70.1%)
198	<b>TRĘTOWICZ Aleksandra</b>	<b>306</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	11			00:22:37	<b>00:43:55.65</b>	+00:13:01 (29.6%)	8:47	6.8 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
199	<b>BRÓZA Emilia</b>	<b>21</b>			K-Jun.			00:22:21	<b>00:43:56.60</b>	+00:13:01 (29.7%)	8:47	6.8 (70.1%)
200	<b>BOCZA Martyna</b>	<b>576</b>	SKS MEDYK		K18-29			00:21:32	<b>00:43:59.05</b>	+00:13:04 (29.7%)	8:47	6.8 (70.1%)
201	<b>MAREK Antoni</b>	<b>159</b>	KOLBUSZOWSKI KLUB NORDIC WALKING		M70+			00:21:47	<b>00:43:59.20</b>	+00:13:04 (29.7%)	8:47	6.8 (70.1%)
202	<b>SOKOŁOWSKA Monika</b>	<b>575</b>	SKS MEDYK		K18-29			00:21:31	<b>00:43:59.60</b>	+00:13:04 (29.7%)	8:47	6.8 (70.1%)
203	<b>SKIBA Karolina</b>	<b>256</b>			K-Jun.			00:22:21	<b>00:44:01.40</b>	+00:13:06 (29.8%)	8:48	6.8 (70.1%)
204	<b>KWIATKOWSKA Jadwiga</b>	<b>134</b>	KS METRACO POLKOWICE		K70+			00:21:08	<b>00:44:03.50</b>	+00:13:08 (29.8%)	8:48	6.8 (70.1%)
205	<b>WIĘCŁAW Oliwia</b>	<b>328</b>			K-Jun.			00:21:33	<b>00:44:03.55</b>	+00:13:08 (29.8%)	8:48	6.8 (70.1%)
206	<b>CEBULA Ola</b>	<b>26</b>			K-Dzieci			00:21:23	<b>00:44:03.75</b>	+00:13:09 (29.8%)	8:48	6.8 (70.1%)
207	<b>SIMKO Ludmiła</b>	<b>252</b>	KLUB NW 'WŁÓCZYKIJE'		K65-69			00:21:45	<b>00:44:04.10</b>	+00:13:09 (29.9%)	8:48	6.8 (70.1%)
208	<b>LECHOWSKA Julia</b>	<b>138</b>			K-Jun.			00:21:34	<b>00:44:04.20</b>	+00:13:09 (29.9%)	8:49	6.8 (70.1%)
209	<b>MARZĘCIAK Karolina</b>	<b>571</b>	SKS		K18-29			00:22:27	<b>00:44:08.50</b>	+00:13:13 (30.0%)	8:49	6.8 (70.1%)
210	<b>PACYNA Helena</b>	<b>189</b>	KS METRACO POLKOWICE		K65-69			00:22:10	<b>00:44:19.25</b>	+00:13:24 (30.3%)	8:51	6.8 (70.1%)
211	<b>MROWIEC Maria</b>	<b>173</b>	UNIA MIAST		K70+			00:21:57	<b>00:44:19.75</b>	+00:13:25 (30.3%)	8:52	6.8 (70.1%)
212	<b>LENART Elżbieta</b>	<b>141</b>	KKNW		K50-54			00:21:50	<b>00:44:20.85</b>	+00:13:26 (30.3%)	8:52	6.8 (70.1%)
213	<b>KOPACZ Elżbieta</b>	<b>118</b>	KOLBUSZOWSKI KLUB NORDIC WALKING		K40-44			00:22:03	<b>00:44:27.00</b>	+00:13:32 (30.5%)	8:53	6.7 (69.1%)
214	<b>SENEFFI Anna</b>	<b>589</b>			K45-49			00:23:40	<b>00:44:36.25</b>	+00:13:41 (30.7%)	8:55	6.7 (69.1%)
215	<b>KORZĘPA Karolina</b>	<b>121</b>			K-Dzieci			00:21:42	<b>00:44:49.95</b>	+00:13:55 (31.1%)	8:58	6.7 (69.1%)
216	<b>OZIMEK Nely</b>	<b>187</b>			K-Dzieci			00:21:43	<b>00:44:51.30</b>	+00:13:56 (31.1%)	8:58	6.7 (69.1%)
217	<b>WALCZAK Henryk</b>	<b>321</b>	OCTOPUS SUCHY LAS		M70+			00:21:46	<b>00:44:54.40</b>	+00:13:59 (31.2%)	8:58	6.7 (69.1%)
218	<b>GŁOWACKA Renata</b>	<b>364</b>			K30-39			00:22:23	<b>00:45:09.95</b>	+00:14:15 (31.6%)	9:02	6.6 (68.0%)
219	<b>TUTRO Natalia</b>	<b>310</b>	SANTANDER CONSUMER BANK		K18-29			00:23:00	<b>00:45:10.10</b>	+00:14:15 (31.6%)	9:02	6.6 (68.0%)
220	<b>WAL Magdalena</b>	<b>572</b>	SKS MEDYK		K18-29			00:22:29	<b>00:45:15.25</b>	+00:14:20 (31.7%)	9:03	6.6 (68.0%)
221	<b>RAK Gabriella</b>	<b>577</b>	SKS MEDYK		K18-29			00:22:29	<b>00:45:15.55</b>	+00:14:20 (31.7%)	9:03	6.6 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
222	<b>KRÓLIKOWSKA-ŁOSKOT Danuta</b>	<b>428</b>	UNIA MIAST	K60-64	6			00:22:24	<b>00:45:23.70</b>	+00:14:29 (31.9%)	9:04	6.6 (68.0%)
223	<b>WRÓBEL Halina</b>	<b>342</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	9			00:22:26	<b>00:45:30.55</b>	+00:14:35 (32.1%)	9:06	6.6 (68.0%)
224	<b>JEZIORO Renata</b>	<b>590</b>	SANTANDER CONSUMER BANK	K30-39	13			00:23:00	<b>00:45:30.65</b>	+00:14:36 (32.1%)	9:06	6.6 (68.0%)
225	<b>NYLEC Urszula</b>	<b>179</b>	SANTANDER CONSUMER BANK	K30-39	14			00:23:01	<b>00:45:32.15</b>	+00:14:37 (32.1%)	9:06	6.6 (68.0%)
226	<b>PROKOP Agnieszka</b>	<b>210</b>	SANTANDER CONSUMER BANK	K30-39	15			00:23:09	<b>00:45:34.50</b>	+00:14:39 (32.2%)	9:06	6.6 (68.0%)
227	<b>PERET Wojciech</b>	<b>195</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	10			00:21:51	<b>00:45:35.25</b>	+00:14:40 (32.2%)	9:07	6.6 (68.0%)
228	<b>KICIŃSKA Dominika</b>	<b>107</b>		K-Jun.	16			00:22:22	<b>00:45:35.50</b>	+00:14:40 (32.2%)	9:07	6.6 (68.0%)
229	<b>URBAN Bartosz</b>	<b>389</b>		M18-29	7			00:22:49	<b>00:45:45.10</b>	+00:14:50 (32.4%)	9:09	6.6 (68.0%)
230	<b>WIĄCEK Bożena</b>	<b>326</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	14			00:22:31	<b>00:45:45.50</b>	+00:14:50 (32.4%)	9:09	6.6 (68.0%)
231	<b>KOCZUR Dorota</b>	<b>108</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	7			00:22:28	<b>00:45:47.80</b>	+00:14:53 (32.5%)	9:09	6.6 (68.0%)
232	<b>DUSZEŃKO Elwira</b>	<b>49</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	4			00:22:26	<b>00:45:49.20</b>	+00:14:54 (32.5%)	9:09	6.5 (67.0%)
233	<b>MICEK Natalia</b>	<b>573</b>	SKS MEDYK	K18-29	18			00:22:32	<b>00:45:52.95</b>	+00:14:58 (32.6%)	9:10	6.5 (67.0%)
234	<b>GNIEWEK Mateusz</b>	<b>70</b>		M-Niepełnosprawni(B)	11			00:22:43	<b>00:46:00.05</b>	+00:15:05 (32.8%)	9:12	6.5 (67.0%)
235	<b>KRZANOWSKI Filip</b>	<b>126</b>	FACE NORDIC WALKING TEAM / JAROSŁAWSKIE WŁÓCZYKIJE	M-Dzieci	11			00:22:14	<b>00:46:18.15</b>	+00:15:23 (33.2%)	9:15	6.5 (67.0%)
236	<b>GUNIA Anna</b>	<b>80</b>		K-Niepełnosprawni(A)	5			00:22:50	<b>00:46:20.10</b>	+00:15:25 (33.3%)	9:16	6.5 (67.0%)
237	<b>HOŁÓWKA Elżbieta</b>	<b>91</b>		K-Niepełnosprawni(B)	3			00:22:51	<b>00:46:22.65</b>	+00:15:28 (33.3%)	9:16	6.5 (67.0%)
238	<b>ALEKSANDROVA Anna</b>	<b>2</b>	KS METRACO POLKOWICE	K70+	4			00:23:05	<b>00:46:46.15</b>	+00:15:51 (33.9%)	9:21	6.4 (66.0%)
239	<b>ŚMIESZEK Tomasz</b>	<b>295</b>		M-Niepełnosprawni(B)	12			00:23:20	<b>00:46:55.05</b>	+00:16:00 (34.1%)	9:23	6.4 (66.0%)
240	<b>SITARZ Ewelina</b>	<b>253</b>		K-Jun.	17			00:24:14	<b>00:47:17.10</b>	+00:16:22 (34.6%)	9:27	6.3 (64.9%)
241	<b>HALAT Alicja</b>	<b>83</b>		K-Jun.	18			00:23:23	<b>00:47:18.30</b>	+00:16:23 (34.7%)	9:27	6.3 (64.9%)
242	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>191</b>		K70+	5			00:23:22	<b>00:47:19.55</b>	+00:16:24 (34.7%)	9:27	6.3 (64.9%)
243	<b>ROZENBAJGIER Helena</b>	<b>233</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	6			00:23:20	<b>00:47:20.65</b>	+00:16:26 (34.7%)	9:28	6.3 (64.9%)
244	<b>PACYNA Monika</b>	<b>588</b>		K-Dzieci	9			00:22:46	<b>00:47:22.70</b>	+00:16:28 (34.8%)	9:28	6.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
245	<b>TOMASZEWSKI Karol</b>	<b>298</b>	KKNW		M-Dzieci	12		00:23:30	<b>00:47:25.85</b>	+00:16:31 (34.8%)	9:29	6.3 (64.9%)
246	<b>CZACHOR Paweł</b>	<b>33</b>	KKNW		M-Dzieci	13		00:23:57	<b>00:47:31.55</b>	+00:16:36 (35.0%)	9:30	6.3 (64.9%)
247	<b>WIATRAK Piotr</b>	<b>361</b>			M30-39	7		00:23:21	<b>00:47:33.05</b>	+00:16:38 (35.0%)	9:30	6.3 (64.9%)
248	<b>PAWLINA Halina</b>	<b>193</b>	KKNW		K45-49	12		00:23:41	<b>00:47:46.05</b>	+00:16:51 (35.3%)	9:33	6.3 (64.9%)
249	<b>TWARDOWSKA Dorota</b>	<b>479</b>			K40-44	10		00:23:58	<b>00:48:00.75</b>	+00:17:06 (35.6%)	9:36	6.2 (63.9%)
250	<b>RÓWIŃSKA Joanna</b>	<b>239</b>	SANTANDER CONSUMER BANK		K30-39	16		00:24:53	<b>00:48:01.20</b>	+00:17:06 (35.6%)	9:36	6.2 (63.9%)
251	<b>RÓWIŃSKA Zuzanna</b>	<b>240</b>	SANTANDER CONSUMER BANK		K-Dzieci	10		00:24:53	<b>00:48:02.95</b>	+00:17:08 (35.7%)	9:36	6.2 (63.9%)
252	<b>GAWROŃSKA Małgorzata</b>	<b>67</b>	GAWRONY		K- Niepełnosprawni(A)	6		00:23:37	<b>00:48:11.50</b>	+00:17:16 (35.9%)	9:38	6.2 (63.9%)
253	<b>RÓG Danuta</b>	<b>237</b>	KOLBUSZOWSKI KLUB NORDIC WALKING		K65-69	8		00:23:52	<b>00:48:25.65</b>	+00:17:31 (36.2%)	9:41	6.2 (63.9%)
254	<b>STĄPOR Lucyna</b>	<b>267</b>	KKNW		K50-54	15		00:24:06	<b>00:48:25.90</b>	+00:17:31 (36.2%)	9:41	6.2 (63.9%)
255	<b>KONIK Mikołaj</b>	<b>114</b>	BIESZCZADZKI KLUB NORDIC WALKING		M-Dzieci	14		00:19:06	<b>00:48:26.00</b>	+00:17:31 (36.2%)	9:41	6.2 (63.9%)
256	<b>JANCZYK Barbara</b>	<b>97</b>	NW TEAM NOWA DĘBA		K65-69	9		00:23:53	<b>00:48:31.95</b>	+00:17:37 (36.3%)	9:42	6.2 (63.9%)
257	<b>WILK Hubert</b>	<b>330</b>	KOLBUSZOWSKI KLUB NORDIC WALKING		M-Jun.	9		00:23:52	<b>00:48:37.30</b>	+00:17:42 (36.4%)	9:43	6.2 (63.9%)
258	<b>GRZYWNA Katarzyna</b>	<b>581</b>	SKS MEDYK		K18-29	19		00:24:53	<b>00:48:39.45</b>	+00:17:44 (36.5%)	9:44	6.2 (63.9%)
259	<b>MAZAN Gabriela</b>	<b>162</b>			K-Dzieci	11		00:26:11	<b>00:49:01.95</b>	+00:18:07 (37.0%)	9:48	6.1 (62.9%)
260	<b>RĄCZKA Mateusz</b>	<b>226</b>			M- Niepełnosprawni(B)	13		00:23:18	<b>00:49:02.00</b>	+00:18:07 (37.0%)	9:48	6.1 (62.9%)
261	<b>GROBELNA Jadwiga</b>	<b>74</b>	KS METRACO POLKOWICE		K- Niepełnosprawni(B)	4		00:23:55	<b>00:49:05.00</b>	+00:18:10 (37.0%)	9:49	6.1 (62.9%)
262	<b>KOCHANOWICZ Gabriella</b>	<b>585</b>			K-Dzieci	12		00:22:46	<b>00:49:45.20</b>	+00:18:50 (37.9%)	9:57	6 (61.9%)
263	<b>WIĄCEK Krystyna</b>	<b>325</b>	KOLBUSZOWSKI KLUB NORDIC WALKING		K65-69	10		00:23:48	<b>00:49:46.40</b>	+00:18:51 (37.9%)	9:57	6 (61.9%)
264	<b>KOLARSKA Nadia</b>	<b>110</b>	VIKING NORDIC TEAM CZĘSTOCHOWA		K-Dzieci	13		00:24:07	<b>00:49:53.50</b>	+00:18:58 (38.0%)	9:58	6 (61.9%)
265	<b>ZARĘBSKI Maciej</b>	<b>565</b>	VIKING NORDIC TEAM CZĘSTOCHOWA		M-Dzieci	15		00:24:19	<b>00:50:01.35</b>	+00:19:06 (38.2%)	10:00	6 (61.9%)
266	<b>ŚLUSARCZYK Danuta</b>	<b>294</b>	WESOŁY BORSUK TEAM		K65-69	11		00:24:24	<b>00:50:03.65</b>	+00:19:09 (38.3%)	10:00	6 (61.9%)
267	<b>ŁOMNICKA-GUT Ewa</b>	<b>144</b>	NW RELAKS ZAGÓRZ		K70+	7		00:26:01	<b>00:50:05.25</b>	+00:19:10 (38.3%)	10:01	6 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
268	<b>STĘPIEŃ Anna</b>	<b>272</b>	SANTANDER CONSUMER BANK	K40-44	11			00:25:09	<b>00:50:05.35</b>	+00:19:10 (38.3%)	10:01	6 (61.9%)
269	<b>PROKOPIEC Bronisława</b>	<b>212</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	8			00:25:09	<b>00:50:14.90</b>	+00:19:20 (38.5%)	10:03	6 (61.9%)
270	<b>JÓŹWIAK Dominik</b>	<b>358</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	8			00:25:18	<b>00:50:16.10</b>	+00:19:21 (38.5%)	10:03	6 (61.9%)
271	<b>CHOJNACKA Agnieszka</b>	<b>30</b>	SANTANDER CONSUMER BANK	K30-39	17			00:24:45	<b>00:50:23.40</b>	+00:19:28 (38.7%)	10:04	6 (61.9%)
272	<b>MAJKOWSKI Szymon</b>	<b>149</b>	SANTANDER CONSUMER BANK	M-Dzieci	16			00:26:36	<b>00:50:28.80</b>	+00:19:34 (38.8%)	10:05	5.9 (60.8%)
273	<b>PIĄTKOWSKA Małgorzata</b>	<b>198</b>	KS METRACO POLKOWICE	K70+	9			00:24:57	<b>00:50:30.85</b>	+00:19:36 (38.8%)	10:06	5.9 (60.8%)
274	<b>MUSKUS Kazimierz</b>	<b>174</b>	KLUB NW 'WŁÓCZYKIJE'	M70+	8			00:24:50	<b>00:50:54.60</b>	+00:19:59 (39.3%)	10:10	5.9 (60.8%)
275	<b>SZYMAŃSKA Emmanuela</b>	<b>291</b>		K65-69	12			00:25:06	<b>00:50:54.65</b>	+00:20:00 (39.3%)	10:10	5.9 (60.8%)
276	<b>CZACHOR Elżbieta</b>	<b>34</b>	KKNW	K55-59	10			00:25:44	<b>00:51:06.90</b>	+00:20:12 (39.5%)	10:13	5.9 (60.8%)
277	<b>DYPA Barbara</b>	<b>51</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	11			00:25:28	<b>00:51:25.95</b>	+00:20:31 (39.9%)	10:17	5.8 (59.8%)
278	<b>TOMASZEWSKA Diana</b>	<b>297</b>	KKNW	K40-44	12			00:25:26	<b>00:51:39.55</b>	+00:20:44 (40.2%)	10:20	5.8 (59.8%)
279	<b>RYCHLIK Fabian</b>	<b>241</b>	FUNDACJA 'W TE PĘDY'	M-Dzieci	17			00:24:50	<b>00:51:44.70</b>	+00:20:50 (40.3%)	10:20	5.8 (59.8%)
280	<b>STĘPIEŃ Alicja</b>	<b>570</b>	SKS MEDYK	K18-29	20			00:24:53	<b>00:51:45.35</b>	+00:20:50 (40.3%)	10:21	5.8 (59.8%)
281	<b>SITO Agata</b>	<b>355</b>		K50-54	16			00:25:29	<b>00:52:04.75</b>	+00:21:10 (40.6%)	10:25	5.8 (59.8%)
282	<b>ZUBER Katarzyna</b>	<b>347</b>		K-Dzieci	14			00:26:19	<b>00:52:05.20</b>	+00:21:10 (40.7%)	10:25	5.8 (59.8%)
283	<b>GNIEWEK Mariola</b>	<b>356</b>		K40-44	13			00:25:31	<b>00:52:05.65</b>	+00:21:11 (40.7%)	10:25	5.8 (59.8%)
284	<b>PODGÓRSKA Julia</b>	<b>206</b>		K-Dzieci	15			00:26:14	<b>00:52:10.50</b>	+00:21:15 (40.8%)	10:26	5.7 (58.8%)
285	<b>OPALIŃSKI Albert</b>	<b>185</b>		M-Dzieci	18			00:24:59	<b>00:52:15.20</b>	+00:21:20 (40.8%)	10:27	5.7 (58.8%)
286	<b>IZDEBSKA Anna</b>	<b>94</b>	SANTANDER CONSUMER BANK	K40-44	14			00:25:25	<b>00:52:15.30</b>	+00:21:20 (40.8%)	10:27	5.7 (58.8%)
287	<b>POPEK Jolanta</b>	<b>567</b>		K40-44	15			00:27:59	<b>00:52:58.85</b>	+00:22:04 (41.7%)	10:35	5.7 (58.8%)
288	<b>PACYKOWSKA Blanka</b>	<b>188</b>	SANTANDER CONSUMER BANK	K-Jun.	19			00:26:20	<b>00:53:07.85</b>	+00:22:13 (41.8%)	10:37	5.6 (57.7%)
289	<b>MACIĄG Wiktoria</b>	<b>145</b>		K-Dzieci	16			00:24:00	<b>00:53:24.30</b>	+00:22:29 (42.1%)	10:40	5.6 (57.7%)
290	<b>SUKIENNIK Alicja</b>	<b>277</b>		K-Dzieci	17			00:25:23	<b>00:53:27.95</b>	+00:22:33 (42.2%)	10:41	5.6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
290	<b>HALAT Nadia</b>	<b>82</b>		K-Dzieci	18			00:25:28	<b>00:53:27.95</b>	+00:22:33 (42.2%)	10:41	5.6 (57.7%)
292	<b>KORYTOWSKI Jakub</b>	<b>120</b>	NW WERWA MŁAWA	M-Dzieci	19			00:19:25	<b>00:53:51.35</b>	+00:22:56 (42.6%)	10:46	5.6 (57.7%)
293	<b>DROP Mieczysław</b>	<b>42</b>		M70+	9			00:27:04	<b>00:53:54.95</b>	+00:23:00 (42.7%)	10:47	5.6 (57.7%)
294	<b>SZOSTAK Edyta</b>	<b>288</b>	SANTANDER CONSUMER BANK	K30-39	18			00:25:43	<b>00:53:57.50</b>	+00:23:02 (42.7%)	10:47	5.6 (57.7%)
295	<b>SZOSTAK Julia</b>	<b>289</b>	SANTANDER CONSUMER BANK	K-Dzieci	19			00:25:45	<b>00:53:57.75</b>	+00:23:03 (42.7%)	10:47	5.6 (57.7%)
296	<b>ŻUBRYD Renata</b>	<b>349</b>	NW RELAKS ZAGÓRZ	K70+	10			00:26:22	<b>00:53:58.80</b>	+00:23:04 (42.7%)	10:47	5.6 (57.7%)
297	<b>WOJDA Alicja</b>	<b>336</b>		K-Dzieci	20			00:26:18	<b>00:54:02.95</b>	+00:23:08 (42.8%)	10:48	5.6 (57.7%)
298	<b>JANCZYK Ryszard</b>	<b>96</b>	NW TEAM NOWA DĘBA	M70+	10			00:34:48	<b>00:54:11.70</b>	+00:23:17 (43.0%)	10:50	5.5 (56.7%)
299	<b>PIASTA Stanisław</b>	<b>197</b>	SANTANDER CONSUMER BANK	M-Dzieci	20			00:26:43	<b>00:54:16.05</b>	+00:23:21 (43.0%)	10:51	5.5 (56.7%)
300	<b>PIASTA Tomasz</b>	<b>196</b>	SANTANDER CONSUMER BANK	M30-39	8			00:26:44	<b>00:54:16.20</b>	+00:23:21 (43.0%)	10:51	5.5 (56.7%)
301	<b>MATUŁA Jakub</b>	<b>365</b>		M-Jun.	10			00:24:13	<b>00:54:16.80</b>	+00:23:22 (43.1%)	10:51	5.5 (56.7%)
302	<b>DUDZIŃSKI Szymon</b>	<b>46</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	21			00:24:13	<b>00:54:17.20</b>	+00:23:22 (43.1%)	10:51	5.5 (56.7%)
303	<b>MAMROŁ Anna</b>	<b>155</b>	SANTANDER CONSUMER BANK	K18-29	21			00:25:04	<b>00:54:21.00</b>	+00:23:26 (43.1%)	10:52	5.5 (56.7%)
304	<b>ORZECHOWSKI Grzegorz</b>	<b>186</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Niepełnosprawni(A)	5			00:25:35	<b>00:54:58.45</b>	+00:24:03 (43.8%)	10:59	5.5 (56.7%)
305	<b>RÓD Natalia</b>	<b>236</b>		K-Dzieci	21			00:26:17	<b>00:55:08.25</b>	+00:24:13 (43.9%)	11:01	5.4 (55.7%)
305	<b>BIAŁEK Julia</b>	<b>14</b>		K-Dzieci	22			00:26:19	<b>00:55:08.25</b>	+00:24:13 (43.9%)	11:01	5.4 (55.7%)
307	<b>RÓG Ola</b>	<b>238</b>		K-Jun.	20			00:26:32	<b>00:55:24.70</b>	+00:24:30 (44.2%)	11:05	5.4 (55.7%)
308	<b>GARBACKA Celina</b>	<b>64</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	13			00:27:06	<b>00:55:58.20</b>	+00:25:03 (44.8%)	11:11	5.4 (55.7%)
309	<b>SIENIAWSKA-MAJKOWSKA Ewelina</b>	<b>251</b>	SANTANDER CONSUMER BANK	K30-39	19			00:28:11	<b>00:56:34.80</b>	+00:25:40 (45.4%)	11:19	5.3 (54.6%)
310	<b>MYĆKA Małgorzata</b>	<b>175</b>	SANTANDER CONSUMER BANK	K30-39	20			00:28:12	<b>00:56:36.45</b>	+00:25:41 (45.4%)	11:19	5.3 (54.6%)
311	<b>MARGAŃSKA Stanisława</b>	<b>160</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	11			00:28:46	<b>00:57:17.30</b>	+00:26:22 (46.0%)	11:27	5.2 (53.6%)
312	<b>TOPOLEWICZ Edward</b>	<b>302</b>		M70+	11			00:28:53	<b>00:57:25.25</b>	+00:26:30 (46.2%)	11:29	5.2 (53.6%)
313	<b>BARŁOWSKA Małgorzata</b>	<b>7</b>	SANTANDER CONSUMER BANK	K40-44	16			00:28:45	<b>00:58:02.20</b>	+00:27:07 (46.7%)	11:36	5.2 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
314	<b>NYLEC Dawid</b>	<b>180</b>	SANTANDER CONSUMER BANK	M30-39	9			00:28:32	<b>00:58:12.50</b>	+00:27:17 (46.9%)	11:38	5.2 (53.6%)
315	<b>BARŁOWSKI Wojciech</b>	<b>8</b>	SANTANDER CONSUMER BANK	M40-44	12			00:28:33	<b>00:58:13.65</b>	+00:27:19 (46.9%)	11:38	5.2 (53.6%)
316	<b>KĘDZIERSKA Edyta</b>	<b>106</b>		K40-44	17			00:28:09	<b>01:01:29.05</b>	+00:30:34 (49.7%)	12:17	4.9 (50.5%)
317	<b>LASOCIŃSKA Ewa</b>	<b>136</b>	KLUB NW 'WŁÓCZYKIJE'	K70+	12			00:21:07	<b>01:10:38.85</b>	+00:39:44 (56.2%)	14:07	4.2 (43.3%)
318	<b>TRĘTOWICZ Beata</b>	<b>305</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	13			00:22:05	<b>01:12:36.05</b>	+00:41:41 (57.4%)	14:31	4.1 (42.3%)
319	<b>SERAFIN Cyprian</b>	<b>250</b>		M- Niepełnosprawni(B)	14			00:25:44		+00:10:34	10:17	5.8 (59.8%)
320	<b>MAJEWSKA Małgorzata</b>	<b>362</b>		K30-39	21			00:26:10		+00:11:00	10:28	5.7 (58.8%)
321	<b>GARBACKI Józef</b>	<b>65</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M70+	12			00:28:50		+00:13:40	11:32	5.2 (53.6%)
322	<b>SKIBA Patrycja</b>	<b>257</b>		K- Niepełnosprawni(B)	5			00:29:03		+00:13:52	11:37	5.2 (53.6%)
323	<b>MAZUR Natalia</b>	<b>163</b>		K-Jun.	21							(0.0%)
324	<b>MIŚTURA Karol</b>	<b>171</b>		M-Dzieci	22							(0.0%)
325	<b>MOCZARSKI Adam</b>	<b>172</b>	FOR	M- Niepełnosprawni(B)	15							(0.0%)
326	<b>MICHALCZYK Szymon</b>	<b>385</b>		M-Dzieci	23							(0.0%)
	<b>SITARZ Urszula</b>	<b>363</b>		K50-54				00:30:41 DNF	<b>DNF</b>		-	- (0.0%)
	<b>LIPA Alicja</b>	<b>142</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69				00:31:00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>CHMIELOWIEC Marek</b>	<b>360</b>		M60-64				00:31:03 DNF	<b>DNF</b>		-	- (0.0%)
	<b>CHODOROWSKA Zenona</b>	<b>29</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69				00:31:04 DNF	<b>DNF</b>		-	- (0.0%)
	<b>PLIS Hubert</b>	<b>203</b>		M- Niepełnosprawni(B)				DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 331 wynik(ów)