

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELLIGENT ENERGY SPORTS

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-01
Miejsce: Kolbuszowa
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RAJEWSKI Sebastian	166	KS IDMAR RACING TEAM	M45-49	1			00:15:05	00:30:55.94		6:11	9.7 (100%)
2	BIŃCZYK Dariusz	8	KABEX PODKOWA JANÓW	M30-39	1			00:15:20	00:31:05.03	+00:00:09 (0.5%)	6:13	9.7 (100%)
3	WOROCH Roman	229	KS METRACO POLKOWICE	M60-64	1			00:15:35	00:31:31.88	+00:00:35 (1.9%)	6:18	9.5 (97.9%)
4	ROŻYNEK Miron	173	KS METRACO POLKOWICE	M55-59	1			00:15:47	00:31:55.81	+00:00:59 (3.1%)	6:23	9.4 (96.9%)
5	WITUCKI Jacek	226		M45-49	2			00:15:41	00:31:57.49	+00:01:01 (3.2%)	6:23	9.4 (96.9%)
6	SOKOŁOWSKI Marek	184	PTG SOKÓŁ RYMANÓW	M50-54	1			00:16:06	00:32:02.81	+00:01:06 (3.5%)	6:24	9.4 (96.9%)
7	PODGÓRSKI Szymon	151	CKZIU NYSZA MECHANIK	M-Jun.	1			00:16:04	00:32:13.05	+00:01:17 (4.0%)	6:26	9.3 (95.9%)
8	DĘBSKI Bartłomiej	30	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:16:08	00:32:18.80	+00:01:22 (4.3%)	6:27	9.3 (95.9%)
9	RECZULSKI Mariusz	169	KABEX PODKOWA JANÓW	M50-54	2			00:16:05	00:32:25.55	+00:01:29 (4.6%)	6:29	9.2 (94.8%)
10	SPYCHAŁA Lesław	185	CKZIU NYSZA MECHANIK	M50-54	3			00:16:07	00:32:38.47	+00:01:42 (5.2%)	6:31	9.2 (94.8%)
11	ŻALISKO Oksana	255	KS METRACO POLKOWICE	K60-64	1			00:16:18	00:32:53.92	+00:01:57 (6.0%)	6:34	9.1 (93.8%)
12	OLSZAŃSKI Karol	130	FEAR THE RETURN	M40-44	2			00:16:12	00:33:06.00	+00:02:10 (6.5%)	6:37	9.1 (93.8%)
13	KOP Wiesław	83	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	2			00:16:22	00:33:07.90	+00:02:11 (6.6%)	6:37	9.1 (93.8%)
14	SŁOMIAN Leszek	182	STADION ŚLĄSKI	M55-59	3			00:16:29	00:33:16.12	+00:02:20 (7.0%)	6:39	9 (92.8%)
15	KUBIAK Przemysław	96	KS IDMAR RACING TEAM	M45-49	3			00:16:19	00:33:18.17	+00:02:22 (7.1%)	6:39	9 (92.8%)
16	DUSZEŃKO Zygmunt	35	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:16:34	00:33:47.77	+00:02:51 (8.5%)	6:45	8.9 (91.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
17	ZIELIŃSKI Szczepan	238	SERCE NORDICA WŁOCŁAWEK	M45-49	4			00:16:39	00:34:02.64	+00:03:06 (9.1%)	6:48	8.8 (90.7%)
18	SKWIRUT Jerzy	181	SOKÓŁ RYMANÓW	M- Niepełnosprawni(A)	2			00:16:46	00:34:04.68	+00:03:08 (9.2%)	6:48	8.8 (90.7%)
19	FRĄCKOWIAK Roman	37	KS METRACO POLKOWICE	M50-54	4			00:16:27	00:34:06.26	+00:03:10 (9.3%)	6:49	8.8 (90.7%)
20	KUŚMIEREK Mateusz	264	BŁĘKITNI DZIEMIANY	M-Jun.	2	2		00:16:42	00:34:07.75	+00:03:11 (9.4%)	6:49	8.8 (90.7%)
21	POLISZCZUK Piotr	157	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	3			00:16:45	00:34:13.42	+00:03:17 (9.6%)	6:50	8.8 (90.7%)
22	GAŁĄZKA Paweł	252	MUSZKIETEROWIE	M- Niepełnosprawni(A)	4			00:16:54	00:34:14.42	+00:03:18 (9.7%)	6:51	8.8 (90.7%)
23	WIŚNIEWSKI Sławomir	224	FLUGGER TEAM	M45-49	5			00:16:42	00:34:19.82	+00:03:23 (9.9%)	6:51	8.7 (89.7%)
24	JANIEC Jakub	65	PTG SOKÓŁ RYMANÓW	M-Jun.	3			00:16:46	00:34:20.95	+00:03:25 (9.9%)	6:52	8.7 (89.7%)
25	PASIERB Marek	139		M65-69	1			00:17:07	00:34:29.38	+00:03:33 (10.3%)	6:54	8.7 (89.7%)
26	ADAMCZYK Adam	301	PASJA NORDIC WALKING	M70+	1			00:17:25	00:34:36.87	+00:03:40 (10.6%)	6:55	8.7 (89.7%)
27	SZYMAŃSKI Stefan	202	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	M70+	2			00:17:22	00:34:37.22	+00:03:41 (10.7%)	6:55	8.7 (89.7%)
28	HOLWEK Jarosław	58	ZDROWOPIJ.PL	M55-59	4			00:16:58	00:34:43.46	+00:03:47 (10.9%)	6:56	8.6 (88.7%)
29	BARTYŃSKI Zdzisław	6	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	5	1		00:16:46	00:34:48.64	+00:03:52 (11.1%)	6:57	8.6 (88.7%)
30	BREWKA Joachim	11	UNIA MIAST	M55-59	5			00:17:17	00:34:49.14	+00:03:53 (11.2%)	6:58	8.6 (88.7%)
31	TOMCZYK Edward	208	MARSZ PO ZDROWIE	M70+	3			00:17:29	00:34:51.44	+00:03:55 (11.3%)	6:58	8.6 (88.7%)
32	OKRZESIK- FRĄCKOWIAK Izabela	128	KS METRACO POLKOWICE	K50-54	1			00:17:18	00:34:55.45	+00:03:59 (11.4%)	6:59	8.6 (88.7%)
33	GODZIŃSKA Dorota	44	BAŻANT NW ELBLĄG	K30-39	1			00:17:26	00:35:14.75	+00:04:18 (12.2%)	7:03	8.5 (87.6%)
34	OLEKSYK Małgorzata	129		K55-59	1			00:17:22	00:35:15.83	+00:04:19 (12.3%)	7:03	8.5 (87.6%)
35	DUDEK Edward	33	KS METRACO POLKOWICE	M65-69	2			00:17:40	00:35:16.88	+00:04:20 (12.3%)	7:03	8.5 (87.6%)
36	WROŃSKI Włodzimierz	231	PASJA NORDIC WALKING	M65-69	3			00:17:39	00:35:19.62	+00:04:23 (12.4%)	7:04	8.5 (87.6%)
37	PUSZKARSKA Małgorzata	160	GOSADI NORDIC TEAM	K40-44	1			00:17:30	00:35:21.15	+00:04:25 (12.5%)	7:04	8.5 (87.6%)
38	BUCZKOWSKI Jerzy	14	KS SOKÓŁ GAŚAWA	M65-69	4			00:17:40	00:35:25.00	+00:04:29 (12.7%)	7:05	8.5 (87.6%)
39	GRUSZKA Michał	50	UNIA MIAST	M-Jun.	4			00:17:27	00:35:28.04	+00:04:32 (12.8%)	7:05	8.5 (87.6%)
40	PIĄTEK Dariusz	143	POLIPACK TEAM GWE	M- Niepełnosprawni(A)	5			00:17:43	00:35:42.14	+00:04:46 (13.4%)	7:08	8.4 (86.6%)
41	TOPOLNICKI Mariusz	210	CKZIU NYSA MECHANIK	M45-49	6			00:17:40	00:35:46.08	+00:04:50 (13.5%)	7:09	8.4 (86.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
42	MARCINKOWSKA Agnieszka	108	UNIA MIAST	K-Jun.	1			00:17:34	00:35:51.55	+00:04:55 (13.7%)	7:10	8.4 (86.6%)
43	JÓZWIAK Marianna	73	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:17:46	00:35:58.64	+00:05:02 (14.0%)	7:11	8.3 (85.6%)
44	GRYGOROWICZ Bogdan	52	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:17:57	00:36:04.51	+00:05:08 (14.3%)	7:13	8.3 (85.6%)
45	PRADUŃ Michał	158	NOWI SIEDLCE	M-Niepełnosprawni(B)	2			00:17:54	00:36:06.13	+00:05:10 (14.3%)	7:13	8.3 (85.6%)
46	KUBAT Janusz	93	NORDIC TEAM CZĘSTOCHOWA	M45-49	7			00:17:42	00:36:10.22	+00:05:14 (14.5%)	7:14	8.3 (85.6%)
47	KOŁPAK Jan	82	LKS ZANTYR SZTUM	M70+	4			00:17:58	00:36:15.60	+00:05:19 (14.7%)	7:15	8.3 (85.6%)
48	WASILEWSKI Sławomir	221	PASJA NORDIC WALKING	M70+	5			00:18:08	00:36:17.09	+00:05:21 (14.8%)	7:15	8.3 (85.6%)
49	SAMOJŁO Sławomir	245		M55-59	6			00:17:53	00:36:18.81	+00:05:22 (14.8%)	7:15	8.3 (85.6%)
50	MALINOWSKA Monika	248	LKS ZANTYR SZTUM	K30-39	2			00:17:42	00:36:19.63	+00:05:23 (14.9%)	7:15	8.3 (85.6%)
51	GAŁAŚ Joanna	41	PASJA NORDIC WALKING	K18-29	1			00:17:57	00:36:20.51	+00:05:24 (14.9%)	7:16	8.3 (85.6%)
52	WOŁK Beata	228	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	2			00:18:04	00:36:23.77	+00:05:27 (15.0%)	7:16	8.2 (84.5%)
53	URBAN Robert	217	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	8			00:17:58	00:36:37.24	+00:05:41 (15.5%)	7:19	8.2 (84.5%)
54	KWAŚNY Tomasz	100	CHODZĘ Z SERCEM	M50-54	6			00:18:29	00:36:39.44	+00:05:43 (15.6%)	7:20	8.2 (84.5%)
55	KAMIŃSKA Beata	74	NORDIC TEAM CZĘSTOCHOWA	K50-54	2			00:18:19	00:36:45.66	+00:05:49 (15.9%)	7:21	8.2 (84.5%)
56	PIASTA Tomasz	141	KLUB SCB	M30-39	2			00:18:31	00:36:51.84	+00:05:55 (16.1%)	7:22	8.1 (83.5%)
57	BUGAŁA Alicja	16	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	2			00:18:13	00:36:54.86	+00:05:58 (16.2%)	7:22	8.1 (83.5%)
58	RĘDZINIAK Marzena	171	KLUBSPORTU.PL	K40-44	3			00:18:05	00:36:59.04	+00:06:03 (16.4%)	7:23	8.1 (83.5%)
59	WITUCKA Karolina	225		K-Dzieci	1			00:18:22	00:36:59.30	+00:06:03 (16.4%)	7:23	8.1 (83.5%)
60	CZMOCH Marian	26		M65-69	5	1		00:18:16	00:37:04.50	+00:06:08 (16.6%)	7:25	8.1 (83.5%)
61	KOZIARZ Roman	89	STADION ŚLĄSKI	M60-64	2			00:18:26	00:37:08.33	+00:06:12 (16.7%)	7:25	8.1 (83.5%)
62	GOŁĘBIEWSKI Andrzej	45	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	3			00:18:18	00:37:10.26	+00:06:14 (16.8%)	7:26	8.1 (83.5%)
63	RZUCIDŁO Jan	242	BBL	M65-69	6			00:18:14	00:37:13.21	+00:06:17 (16.9%)	7:26	8.1 (83.5%)
64	STYGA Krystyna	192		K55-59	2			00:18:23	00:37:15.63	+00:06:19 (17.0%)	7:27	8.1 (83.5%)
65	FRĄSZCZAK Katarzyna	39	UKS SIEDLESZCZANY	K-Niepełnosprawni(A)	1			00:18:29	00:37:16.05	+00:06:20 (17.0%)	7:27	8.1 (83.5%)
66	STAŃCZAK Grażyna	186	FACE NORDIC TEAM	K65-69	1			00:18:10	00:37:21.44	+00:06:25 (17.2%)	7:28	8 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
67	GRUSZKA Michał	49	UNIA MIAST	M40-44	3			00:18:03	00:37:21.85	+00:06:25 (17.2%)	7:28	8 (82.5%)
68	PIETRUSEWICZ Joanna	145	PASJA NORDIC WALKING	K45-49	2			00:18:31	00:37:24.24	+00:06:28 (17.3%)	7:28	8 (82.5%)
69	JUREK Kamila	251	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	3			00:18:29	00:37:26.75	+00:06:30 (17.4%)	7:29	8 (82.5%)
70	GIERLASIŃSKI Krzysztof	42	NWG PRZYSZŁOŚĆ	M55-59	7			00:18:15	00:37:27.30	+00:06:31 (17.4%)	7:29	8 (82.5%)
71	SELWA Andrzej	178		M45-49	9			00:19:28	00:37:28.48	+00:06:32 (17.5%)	7:29	8 (82.5%)
72	SZEMBERSKI Paweł	198	KLUBSPORTU.PL	M45-49	10			00:18:32	00:37:30.67	+00:06:34 (17.5%)	7:30	8 (82.5%)
73	ANTOŃ Bartłomiej	3	AZS ŚUM	M18-29	1			00:18:27	00:37:31.31	+00:06:35 (17.6%)	7:30	8 (82.5%)
74	SULECKA Gabriela	194		K- Niepełnosprawni(A)	2			00:18:31	00:37:31.63	+00:06:35 (17.6%)	7:30	8 (82.5%)
75	RECZULSKA Katarzyna	168	KABEX PODKOWA JANÓW/STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	K50-54	3			00:18:28	00:37:32.21	+00:06:36 (17.6%)	7:30	8 (82.5%)
76	SITKO Małgorzata	180	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	3	1		00:18:24	00:37:34.40	+00:06:38 (17.7%)	7:31	8 (82.5%)
77	BOGACZ Mariusz	9	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	11			00:18:49	00:37:38.03	+00:06:42 (17.8%)	7:31	8 (82.5%)
78	BEREŚ Marcin	7	AZS ŚUM	M18-29	2	1		00:18:25	00:37:38.06	+00:06:42 (17.8%)	7:31	8 (82.5%)
79	ŚLUSARCZYK Grzegorz	203	WESOŁY BORSUK TEAM	M45-49	12			00:18:44	00:37:46.73	+00:06:50 (18.1%)	7:33	7.9 (81.4%)
80	LACHOWSKA Ewa	101	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			00:18:55	00:37:49.33	+00:06:53 (18.2%)	7:33	7.9 (81.4%)
81	SZENDZIELORZ Ilona	199	STADION ŚLĄSKI	K60-64	3			00:18:54	00:37:49.78	+00:06:53 (18.2%)	7:34	7.9 (81.4%)
82	PINIS Agnieszka	147	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			00:18:26	00:37:50.32	+00:06:54 (18.3%)	7:34	7.9 (81.4%)
83	DAROSZEWSKA Krystyna	28	SERCE NORDICA WŁOCŁAWEK	K60-64	4			00:18:55	00:37:59.33	+00:07:03 (18.6%)	7:35	7.9 (81.4%)
84	GRYGOROWICZ Teresa	51	KS METRACO POLKOWICE	K65-69	2			00:18:38	00:38:06.94	+00:07:10 (18.8%)	7:37	7.9 (81.4%)
85	SOWIŃSKI Jan	253	AGROS ZAMOŚĆ	M65-69	7	1		00:18:43	00:38:07.04	+00:07:11 (18.8%)	7:37	7.9 (81.4%)
86	STAŃCZAK Ryszard	187	FACE NORDIC TEAM	M70+	6	1		00:18:47	00:38:09.37	+00:07:13 (18.9%)	7:37	7.9 (81.4%)
87	DANA Kazimiera	27	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:19:02	00:38:11.97	+00:07:16 (19.0%)	7:38	7.9 (81.4%)
88	BOGUSŁAWSKA Katarzyna	10	STADION ŚLĄSKI	K45-49	4			00:19:12	00:38:33.24	+00:07:37 (19.8%)	7:42	7.8 (80.4%)
89	JÓZWIAK Łukasz	72	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:19:07	00:38:33.89	+00:07:37 (19.8%)	7:42	7.8 (80.4%)
90	BUGAŁA Anna	15	NORDIC TEAM CZĘSTOCHOWA	K40-44	5			00:19:13	00:38:38.39	+00:07:42 (19.9%)	7:43	7.8 (80.4%)
91	KRAWCZYK Dorota	91	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	5			00:19:06	00:38:56.91	+00:08:00 (20.6%)	7:47	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		
92	PYKA Aleksandra	161	UNIA MIAST	K-Dzieci	2			00:18:54	00:38:58.06	+00:08:02 (20.6%)	7:47	7.7 (79.4%)
93	GODZIŃSKA Paulina	43	BAŻANT NW ELBLĄG	K-Dzieci	3			00:19:31	00:39:04.97	+00:08:09 (20.9%)	7:49	7.7 (79.4%)
94	WOROCH Jolanta	265	KS METRACO POLKOWICE	K50-54	4			00:19:22	00:39:05.98	+00:08:10 (20.9%)	7:49	7.7 (79.4%)
95	BARCZYK Jolanta	5	NORDIC TEAM CZĘSTOCHOWA	K55-59	3			00:19:29	00:39:08.56	+00:08:12 (21.0%)	7:49	7.7 (79.4%)
96	DĄBROWSKI Andrzej	29	MARSZ PO ZDROWIE	M70+	7			00:19:35	00:39:12.23	+00:08:16 (21.1%)	7:50	7.7 (79.4%)
97	ŚLUSARCZYK Karolina	205	WESOŁY BORSUK TEAM	K-Jun.	3			00:19:14	00:39:12.31	+00:08:16 (21.1%)	7:50	7.7 (79.4%)
98	MIKUSINSKA Jola	115	FEAR THE RETURN	K45-49	5	1		00:19:16	00:39:17.20	+00:08:21 (21.3%)	7:51	7.6 (78.4%)
99	SOBCZYK Rafał	183	KLUBSPORTU.PL	M45-49	13			00:19:45	00:39:29.57	+00:08:33 (21.7%)	7:54	7.6 (78.4%)
100	SURIAK Michał	195	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:19:40	00:39:32.15	+00:08:36 (21.8%)	7:54	7.6 (78.4%)
101	ŻUKOWICZ Anna	243		K-Dzieci	4			00:19:57	00:39:40.45	+00:08:44 (22.0%)	7:56	7.6 (78.4%)
102	LUBERA Teresa	105	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Niepełnosprawni(B)	1			00:19:27	00:39:42.37	+00:08:46 (22.1%)	7:56	7.6 (78.4%)
103	GÓRECKA Iwona	47	STADION ŚLĄSKI	K50-54	5	1		00:19:42	00:39:44.81	+00:08:48 (22.2%)	7:57	7.5 (77.3%)
104	ŻUKOWICZ Bartłomiej	244		M45-49	14	1		00:19:45	00:39:46.73	+00:08:50 (22.2%)	7:57	7.5 (77.3%)
105	FRYC Jan	40	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59	8	1		00:20:23	00:39:59.12	+00:09:03 (22.6%)	7:59	7.5 (77.3%)
106	PINIS Gabriela	146	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	5			00:19:50	00:40:02.71	+00:09:06 (22.8%)	8:00	7.5 (77.3%)
107	NIECHWIEJCZYK Kinga	121	UNIA MIAST	K-Jun.	4			00:19:48	00:40:11.05	+00:09:15 (23.0%)	8:02	7.5 (77.3%)
108	RADZIEJOWSKI Bogusław	164	NORDIC TEAM CZĘSTOCHOWA	M55-59	9			00:20:08	00:40:12.96	+00:09:17 (23.1%)	8:02	7.5 (77.3%)
109	SYPEK Karina	196	AZS ŚUM	K18-29	2			00:20:01	00:40:14.13	+00:09:18 (23.1%)	8:02	7.5 (77.3%)
110	WSZOŁEK Ewa	235	AZS ŚUM	K18-29	3			00:20:03	00:40:14.80	+00:09:18 (23.1%)	8:02	7.5 (77.3%)
111	KOLARSKA Nadia	80	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	6			00:20:44	00:40:18.76	+00:09:22 (23.3%)	8:03	7.4 (76.3%)
112	SZNAJDER Zenon	200	UNIA MIAST	M65-69	8			00:20:13	00:40:20.21	+00:09:24 (23.3%)	8:04	7.4 (76.3%)
113	WĘGLARZ Elżbieta	222	KLUB NW 'WŁÓCZYKIJE'	K65-69	4			00:19:43	00:40:24.80	+00:09:28 (23.5%)	8:05	7.4 (76.3%)
114	GOSPODARCZYK Alicja	46	AZS ŚUM	K18-29	4			00:20:09	00:40:31.58	+00:09:35 (23.7%)	8:06	7.4 (76.3%)
115	GUZIOR Agnieszka	56	KLUBSPORTU.PL	K45-49	6			00:20:05	00:40:35.69	+00:09:39 (23.8%)	8:07	7.4 (76.3%)
116	NOWAK Ewa	124	STADION ŚLĄSKI	K50-54	6			00:19:51	00:40:37.17	+00:09:41 (23.8%)	8:07	7.4 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
117	BAR Weronika	4	SOKOŁY	K-Dzieci	7			00:20:23	00:40:38.26	+00:09:42 (23.9%)	8:07	7.4 (76.3%)
118	PIĄTKOWSKI Józef	144	KS METRACO POLKOWICE	M70+	8			00:20:02	00:40:42.67	+00:09:46 (24.0%)	8:08	7.4 (76.3%)
119	KUBAT Monika	94	NORDIC TEAM CZĘSTOCHOWA	K45-49	7			00:20:09	00:40:45.91	+00:09:49 (24.1%)	8:09	7.4 (76.3%)
120	MALINOWSKI Paweł	107		M18-29	3			00:20:08	00:40:47.93	+00:09:51 (24.2%)	8:09	7.4 (76.3%)
121	STOLARSKA Magdalena	191	NORDIC TEAM CZĘSTOCHOWA	K50-54	7			00:20:03	00:40:51.88	+00:09:55 (24.3%)	8:10	7.3 (75.3%)
122	KWAŚNA Małgorzata	99	CHODZĘ Z SERCEM	K50-54	8			00:19:57	00:40:56.29	+00:10:00 (24.4%)	8:11	7.3 (75.3%)
123	SUDOŁ Andrzej	258		M55-59	10			00:20:24	00:41:02.66	+00:10:06 (24.6%)	8:12	7.3 (75.3%)
124	ROMANIUK Grzegorz	266		M55-59	11			00:22:06	00:41:03.32	+00:10:07 (24.7%)	8:12	7.3 (75.3%)
125	RAK Maciej	167	SOKOŁY	M-Jun.	5	1		00:20:32	00:41:07.02	+00:10:11 (24.8%)	8:13	7.3 (75.3%)
126	TONIA Jakub	209	SOKOŁY	M-Jun.	6	1		00:20:32	00:41:09.17	+00:10:13 (24.8%)	8:13	7.3 (75.3%)
127	BRYL Janina	13		K50-54	9			00:20:18	00:41:09.98	+00:10:14 (24.9%)	8:14	7.3 (75.3%)
128	FEJDASZ Józef	274		M65-69	9			00:20:20	00:41:27.16	+00:10:31 (25.4%)	8:17	7.2 (74.2%)
129	JAROSZ Anna	324	KLUB NW 'WŁÓCZYKIJE'	K60-64	6			00:20:31	00:41:27.53	+00:10:31 (25.4%)	8:17	7.2 (74.2%)
130	SUDOŁ Karol	259		M-Jun.	7			00:20:51	00:41:29.10	+00:10:33 (25.4%)	8:17	7.2 (74.2%)
131	ANGIELCZYK Małgorzata	2	MARSZ PO ZDROWIE	K65-69	5			00:20:28	00:41:29.52	+00:10:33 (25.4%)	8:18	7.2 (74.2%)
132	SZNAJDER Teresa	201	UNIA MIAST	K65-69	6			00:20:39	00:41:32.00	+00:10:36 (25.5%)	8:18	7.2 (74.2%)
133	POHL Marta	156	CKZIU NYSA MECHANIK	K18-29	5			00:20:39	00:41:37.20	+00:10:41 (25.7%)	8:19	7.2 (74.2%)
134	PODNIESIŃSKA Małgorzata	152	LUBLIN CHODZI Z KIJKAMI	K30-39	4			00:20:45	00:41:40.92	+00:10:44 (25.8%)	8:20	7.2 (74.2%)
135	KOZIARZ Jadwiga	90	STADION ŚLĄSKI	K55-59	4			00:20:23	00:41:41.46	+00:10:45 (25.8%)	8:20	7.2 (74.2%)
136	WRÓBEL Halina	232	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	5			00:20:42	00:41:43.99	+00:10:48 (25.9%)	8:20	7.2 (74.2%)
137	RURAŃSKI Jerzy	174	STADION ŚLĄSKI	M70+	9			00:20:20	00:41:45.64	+00:10:49 (25.9%)	8:21	7.2 (74.2%)
138	JANIK Bogusław	67	STADION ŚLĄSKI	M55-59	12			00:20:35	00:41:45.85	+00:10:49 (25.9%)	8:21	7.2 (74.2%)
139	PŁASZCZEWSKA Jolanta	148	STADION ŚLĄSKI	K50-54	10			00:20:38	00:41:54.52	+00:10:58 (26.2%)	8:22	7.2 (74.2%)
140	SUDOŁ Maria	193	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	7			00:20:22	00:42:03.69	+00:11:07 (26.5%)	8:24	7.1 (73.2%)
141	HANUS Joanna	263	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	2			00:21:01	00:42:09.66	+00:11:13 (26.6%)	8:26	7.1 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
142	DYBEŁ Agnieszka	36	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	3			00:20:56	00:42:12.86	+00:11:16 (26.7%)	8:26	7.1 (73.2%)
143	SZEMBERSKA Małgorzata	197	KLUBSPORTU.PL	K45-49	8			00:20:42	00:42:16.63	+00:11:20 (26.8%)	8:27	7.1 (73.2%)
144	KARCZMARSKI Krzysztof	75	IPA RADOM	M60-64	4			00:20:26	00:42:17.77	+00:11:21 (26.9%)	8:27	7.1 (73.2%)
145	CZARNIK Katarzyna	25	KLUB SCB	K40-44	6	1		00:20:58	00:42:35.24	+00:11:39 (27.4%)	8:31	7 (72.2%)
146	URBAN Iwona	218	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	9			00:21:01	00:42:44.56	+00:11:48 (27.6%)	8:33	7 (72.2%)
147	REMBISZ Oliwia	170	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	8			00:20:56	00:42:44.90	+00:11:48 (27.6%)	8:33	7 (72.2%)
148	LEBIODA Paweł	103	STADION ŚLĄSKI	M-Niepełnosprawni(B)	4			00:21:33	00:42:53.78	+00:11:57 (27.9%)	8:34	7 (72.2%)
149	ŻMIHORSKA Krystyna	241	NOWA DĘBA	K60-64	8			00:21:12	00:43:05.18	+00:12:09 (28.2%)	8:37	7 (72.2%)
150	GUL-BOGACZ Jolanta	54	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	7			00:21:32	00:43:15.33	+00:12:19 (28.5%)	8:39	6.9 (71.1%)
151	PACYNA Helena	137	KS METRACO POLKOWICE	K70+	1			00:21:35	00:43:26.05	+00:12:30 (28.8%)	8:41	6.9 (71.1%)
152	RACZYŃSKA Aleksandra	163	STADION ŚLĄSKI	K70+	2			00:21:23	00:43:32.73	+00:12:36 (29.0%)	8:42	6.9 (71.1%)
153	KOŁODZIEJ Zofia	81	KLUB NW 'WŁÓCZYKJE'	K60-64	9	1		00:21:10	00:43:36.32	+00:12:40 (29.1%)	8:43	6.9 (71.1%)
154	KOPACZ Elżbieta	84	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	8			00:21:31	00:43:50.31	+00:12:54 (29.4%)	8:46	6.8 (70.1%)
155	CZACHOR Paweł	24	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Jun.	8			00:21:12	00:43:56.90	+00:13:00 (29.6%)	8:47	6.8 (70.1%)
156	TOPOLNICKA Małgorzata	323	CKZIU NYSA MECHANIK	K45-49	10			00:21:40	00:43:56.99	+00:13:01 (29.6%)	8:47	6.8 (70.1%)
157	KOWALCZYK Joanna	88	KLUB SCB	K45-49	11	1		00:22:02	00:44:01.84	+00:13:05 (29.7%)	8:48	6.8 (70.1%)
158	NIESŁONY Ryszard	122	STADION ŚLĄSKI	M55-59	13			00:22:26	00:44:02.89	+00:13:06 (29.8%)	8:48	6.8 (70.1%)
159	JABŁOŃSKI Daniel	257		M-Niepełnosprawni(A)	6			00:21:43	00:44:16.25	+00:13:20 (30.1%)	8:51	6.8 (70.1%)
160	WRÓBEL Bogusław	233	KOLBUSZOWSKI KLUB NORDIC WALKING	M60-64	5			00:21:40	00:44:30.32	+00:13:34 (30.5%)	8:54	6.7 (69.1%)
161	WSZOŁEK Jakub	234	AZS ŚUM	M18-29	4			00:22:57	00:44:40.74	+00:13:44 (30.8%)	8:56	6.7 (69.1%)
162	KULIG Kazimierz	97	ESTEKA	M70+	10			00:21:33	00:44:55.71	+00:13:59 (31.2%)	8:59	6.7 (69.1%)
163	PYZIAK Małgorzata	269		K55-59	6			00:22:44	00:45:02.25	+00:14:06 (31.3%)	9:00	6.7 (69.1%)
164	KOWALCZYK Alicja	87		K70+	3			00:21:35	00:45:03.59	+00:14:07 (31.4%)	9:00	6.7 (69.1%)
165	SOVA Mariana	260	KARPATIYA	K18-29	6			00:19:05	00:45:06.72	+00:14:10 (31.4%)	9:01	6.6 (68.0%)
166	JANIK Marzenna	66	STADION ŚLĄSKI	K55-59	7			00:22:41	00:45:17.96	+00:14:22 (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		
167	MYSZKA Anielsa	120	KLUB SCB	K45-49	12			00:22:35	00:45:33.07	+00:14:37 (32.1%)	9:06	6.6 (68.0%)
168	PANKIEWICZ-DMOWSKA Cecylia	138	FACE NORDIC WALKING TEAM	K70+	4			00:22:27	00:45:34.02	+00:14:38 (32.1%)	9:06	6.6 (68.0%)
169	PAWLINA Halina	140	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	11			00:22:56	00:45:41.96	+00:14:46 (32.3%)	9:08	6.6 (68.0%)
170	KOCZUR Dorota	79	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	7			00:22:24	00:45:42.62	+00:14:46 (32.3%)	9:08	6.6 (68.0%)
171	SIMLAT Roman	179	KLUB SCB	M55-59	14			00:22:56	00:46:02.77	+00:15:06 (32.8%)	9:12	6.5 (67.0%)
172	GROBELNA Jadwiga	48	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	3			00:23:08	00:46:24.50	+00:15:28 (33.3%)	9:17	6.5 (67.0%)
173	JANISIEWICZ Anna	68		K30-39	5	1		00:22:34	00:46:37.38	+00:15:41 (33.7%)	9:19	6.4 (66.0%)
174	STĘPIEŃ Anna	190	KLUB SCB	K40-44	9	1		00:23:21	00:46:49.96	+00:15:54 (34.0%)	9:22	6.4 (66.0%)
175	ŚLUSARCZYK Danuta	204	WESOŁY BORSUK TEAM	K65-69	8			00:22:42	00:46:58.75	+00:16:02 (34.2%)	9:23	6.4 (66.0%)
176	OLSZOWY Danuta	131	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	12			00:23:02	00:47:08.76	+00:16:12 (34.4%)	9:25	6.4 (66.0%)
177	ROZENBAJGIER Helena	172	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	5			00:22:33	00:47:19.23	+00:16:23 (34.6%)	9:27	6.3 (64.9%)
178	OGONOWSKA Edyta	127	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	8			00:23:29	00:47:28.45	+00:16:32 (34.8%)	9:29	6.3 (64.9%)
179	PODSIADŁO Izabela	153	KLUB SCB	K30-39	6			00:24:09	00:47:29.92	+00:16:33 (34.9%)	9:30	6.3 (64.9%)
180	SACHA Krzysztof	175	AZS ŚUM	M18-29	5			00:22:58	00:47:32.23	+00:16:36 (34.9%)	9:30	6.3 (64.9%)
181	MARCZEWSKI Kamil	109	AZS ŚUM	M18-29	6			00:22:57	00:47:33.50	+00:16:37 (35.0%)	9:30	6.3 (64.9%)
182	CHOJNACKA Agnieszka	21	KLUB SCB	K30-39	7			00:24:15	00:47:37.64	+00:16:41 (35.1%)	9:31	6.3 (64.9%)
183	TWARÓG Agnieszka	214	KLUB SCB	K30-39	8			00:24:17	00:47:41.00	+00:16:45 (35.1%)	9:32	6.3 (64.9%)
184	PROKOP Agnieszka	159	KLUB SCB	K30-39	9			00:23:48	00:47:43.60	+00:16:47 (35.2%)	9:32	6.3 (64.9%)
185	JANCZYK Barbara	63	NW TEAM NOWA DĘBA	K65-69	9			00:23:29	00:47:43.60	+00:16:47 (35.2%)	9:32	6.3 (64.9%)
186	NYLEC Urszula	125	KLUB SCB	K30-39	10			00:23:47	00:47:43.85	+00:16:47 (35.2%)	9:32	6.3 (64.9%)
187	SAJ Elżbieta	247		K-Niepełnosprawni(B)	4			00:23:18	00:47:48.83	+00:16:52 (35.3%)	9:33	6.3 (64.9%)
188	KOZAK Teresa	246		K60-64	10			00:22:53	00:47:59.49	+00:17:03 (35.5%)	9:36	6.3 (64.9%)
189	IZDEBSKA Anna	60	KLUB SCB	K40-44	10			00:22:31	00:48:05.02	+00:17:09 (35.7%)	9:37	6.2 (63.9%)
190	GUNIA Anna	55		K-Niepełnosprawni(A)	4			00:24:32	00:48:09.15	+00:17:13 (35.8%)	9:38	6.2 (63.9%)
191	WIŚNIEWSKA-BLACHA Lilianna	271		K18-29	7			00:23:27	00:48:36.71	+00:17:40 (36.4%)	9:43	6.2 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
192	WYCZARSKA Amelia	237	SOKOŁY	K-Dzieci	9			00:22:50	00:48:43.39	+00:17:47 (36.5%)	9:44	6.2 (63.9%)
193	PIASTA Stanisław	142	KLUB SCB	M-Dzieci	1			00:24:06	00:48:52.11	+00:17:56 (36.7%)	9:46	6.1 (62.9%)
194	LEWANDOWSKI Jacek	104	STADION ŚLĄSKI	M-Niepełnosprawni(B)	5			00:23:48	00:49:09.25	+00:18:13 (37.1%)	9:50	6.1 (62.9%)
195	MOCZARSKI Adam	116	FACE NORDIC TEAM	M-Niepełnosprawni(B)	6			00:24:55	00:49:10.62	+00:18:14 (37.1%)	9:50	6.1 (62.9%)
196	PACYKOWSKA Blanka	136	KLUB SCB	K-Jun.	5			00:22:32	00:49:13.27	+00:18:17 (37.2%)	9:50	6.1 (62.9%)
197	DROZDOWICZ Małgorzata	32	KLUB SCB	K40-44	11			00:23:58	00:50:06.56	+00:19:10 (38.3%)	10:01	6 (61.9%)
198	URBAN Irena	215	KLUB NW 'WŁÓCZYKIJE'	K65-69	10			00:24:53	00:50:53.29	+00:19:57 (39.2%)	10:10	5.9 (60.8%)
199	CAG-SOBCZYK Edyta	18	KLUBSPORTU.PL	K45-49	13			00:25:49	00:50:55.93	+00:19:59 (39.3%)	10:11	5.9 (60.8%)
200	DROP Mieczysław	31	KS SOKÓŁ GAŚAWA	M70+	11			00:26:01	00:51:02.81	+00:20:06 (39.4%)	10:12	5.9 (60.8%)
201	KĘDZIORA Gabriela	77	SOKOŁY	K-Dzieci	10			00:24:42	00:51:23.07	+00:20:27 (39.8%)	10:16	5.8 (59.8%)
202	BROŻBAR Wioletta	12	SOKOŁY	K-Dzieci	11			00:24:43	00:51:24.03	+00:20:28 (39.8%)	10:16	5.8 (59.8%)
203	PODGÓRSKA Julia	150		K-Dzieci	12			00:27:24	00:51:32.77	+00:20:36 (40.0%)	10:18	5.8 (59.8%)
204	MAZAN Gabriela	112		K-Dzieci	13			00:27:25	00:51:32.81	+00:20:36 (40.0%)	10:18	5.8 (59.8%)
205	KUNA Magdalena	98		K-Dzieci	14			00:27:23	00:51:33.88	+00:20:37 (40.0%)	10:18	5.8 (59.8%)
206	WYCISŁO Romuald	236	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	7			00:25:42	00:51:44.56	+00:20:48 (40.2%)	10:21	5.8 (59.8%)
207	ZUBER Katarzyna	240		K-Dzieci	15			00:27:25	00:51:51.55	+00:20:55 (40.4%)	10:22	5.8 (59.8%)
208	ORZECHOWSKI Grzegorz	133	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Niepełnosprawni(A)	7			00:25:27	00:52:47.77	+00:21:51 (41.4%)	10:33	5.7 (58.8%)
209	TOMASZEWSKA Róża	206	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	16			00:25:14	00:53:24.85	+00:22:28 (42.1%)	10:41	5.6 (57.7%)
210	RĘDZINIAK Aleksandra	268	KLUBSPORTU.PL	K-Dzieci	17			00:27:12	00:53:55.01	+00:22:59 (42.6%)	10:47	5.6 (57.7%)
211	WOJTAS Kuba	267	SANTANDER CONSUMER BANK	M-Dzieci	2			00:26:08	00:54:14.01	+00:23:18 (43.0%)	10:50	5.5 (56.7%)
212	TOMASZEWSKA Diana	273		K40-44	12			00:26:31	00:54:29.46	+00:23:33 (43.2%)	10:54	5.5 (56.7%)
213	HANUS Teresa	262	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	5			00:27:21	00:54:47.60	+00:23:51 (43.5%)	10:57	5.5 (56.7%)
214	MUSKUS Kazimierz	117	KLUB NW 'WŁÓCZYKIJE'	M70+	12			00:26:23	00:54:57.38	+00:24:01 (43.7%)	10:59	5.5 (56.7%)
215	CZACHOR Elżbieta	23	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	9			00:27:44	00:55:29.34	+00:24:33 (44.3%)	11:05	5.4 (55.7%)
216	WIŚNIEWSKA Katarzyna	270		K50-54	13			00:26:17	00:55:30.03	+00:24:34 (44.3%)	11:06	5.4 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
217	MYĆKA Anita	119	KLUB SCB	K-Dzieci	18			00:27:44	00:56:00.82	+00:25:04 (44.8%)	11:12	5.4 (55.7%)
218	MYĆKA Małgorzata	118	KLUB SCB	K30-39	11			00:27:44	00:56:02.44	+00:25:06 (44.8%)	11:12	5.4 (55.7%)
219	CICHOWICZ-SKAŁA Katarzyna	22	KLUB SCB	K30-39	12			00:28:09	00:56:54.30	+00:25:58 (45.6%)	11:22	5.3 (54.6%)
220	DUL-KOBYLARZ Magdalena	34		K30-39	13			00:28:10	00:56:54.39	+00:25:58 (45.6%)	11:23	5.3 (54.6%)
221	SAJNÓG Marian	176	KLUB SCB	M55-59	15	1		00:28:30	01:02:14.85	+00:31:18 (50.3%)	12:27	4.8 (49.5%)
222	MAREK Monika	110	NW NOWA DĘBA	K-Niepełnosprawni(A)	5			00:36:11	01:10:22.87	+00:39:26 (56.1%)	14:04	4.3 (44.3%)
223	KOPACZ Marek	85	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	4			00:20:32		+00:05:26	8:12	7.3 (75.3%)
224	TOMASZEWSKI Karol	207	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Jun.	9			00:23:21		+00:08:15	9:20	6.4 (66.0%)
225	BRYK Magdalena	272		K-Niepełnosprawni(A)	6			00:25:39		+00:10:33	10:15	5.8 (59.8%)
226	JANCZYK Ryszard	62	NW TEAM NOWA DĘBA	M70+	13			00:36:20		+00:21:15	14:32	4.1 (42.3%)
DQ	BUŁAKOWSKI Bohdan	17	PASJA NORDIC WALKING	M65-69			1	00:18:15 DQ	00:35:31.31 DQ		0:00	8.4 (86.6%)
DQ	MATSEIKO Evhen	261	KARPATIYA	M30-39			1	00:19:27 DQ	00:37:05.10 DQ		0:00	8.1 (83.5%)
DQ	ZAPORA Henryk	254	AGROS ZAMOŚĆ	M65-69			1	00:19:11 DQ	00:40:05.88 DQ		0:00	7.5 (77.3%)
DQ	KĘDZIA Henryk	76	KS ESTEKA	M60-64			1	00:17:52 DQ	DQ		-	- (0.0%)
DQ	TOPOLNICKI Konrad	211	CKZIU NYSA MECHANIK	M18-29			1	DQ	DQ		-	- (0.0%)
DQ	RAJEK Tomasz	165	NORDIC TEAM CZĘSTOCHOWA	M50-54			1	DQ	DQ		-	- (0.0%)
	FRĄKOWIAK Mateusz	38	KS METRACO POLKOWICE	M-Jun.				DNF	DNF		-	- (0.0%)
	SAJNÓG Teresa	177	KLUB SCB	K60-64				DNF	DNF		-	- (0.0%)

Znaleziono 234 wynik(ów)