



# 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	<b>RAJEWSKI Sebastian</b>	<b>166</b>	KS IDMAR RACING TEAM	M45-49	1			00:15:05	<b>00:30:55.94</b>		6:11	9.7 (100%)
2	<b>BIŃCZYK Dariusz</b>	<b>8</b>	KABEX PODKOWA JANÓW	M30-39	1			00:15:20	<b>00:31:05.03</b>	+00:00:09 (0.5%)	6:13	9.7 (100%)
3	<b>WOROCH Roman</b>	<b>229</b>	KS METRACO POLKOWICE	M60-64	1			00:15:35	<b>00:31:31.88</b>	+00:00:35 (1.9%)	6:18	9.5 (97.9%)
4	<b>ROŻYNEK Miron</b>	<b>173</b>	KS METRACO POLKOWICE	M55-59	1			00:15:47	<b>00:31:55.81</b>	+00:00:59 (3.1%)	6:23	9.4 (96.9%)
5	<b>WITUCKI Jacek</b>	<b>226</b>		M45-49	2			00:15:41	<b>00:31:57.49</b>	+00:01:01 (3.2%)	6:23	9.4 (96.9%)
6	<b>SOKOŁOWSKI Marek</b>	<b>184</b>	PTG SOKÓŁ RYMANÓW	M50-54	1			00:16:06	<b>00:32:02.81</b>	+00:01:06 (3.5%)	6:24	9.4 (96.9%)
7	<b>PODGÓRSKI Szymon</b>	<b>151</b>	CKZIU NYSA MECHANIK	M-Jun.	1			00:16:04	<b>00:32:13.05</b>	+00:01:17 (4.0%)	6:26	9.3 (95.9%)
8	<b>DĘBSKI Bartłomiej</b>	<b>30</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:16:08	<b>00:32:18.80</b>	+00:01:22 (4.3%)	6:27	9.3 (95.9%)
9	<b>RECZULSKI Mariusz</b>	<b>169</b>	KABEX PODKOWA JANÓW	M50-54	2			00:16:05	<b>00:32:25.55</b>	+00:01:29 (4.6%)	6:29	9.2 (94.8%)
10	<b>SPYCHAŁA Lesław</b>	<b>185</b>	CKZIU NYSA MECHANIK	M50-54	3			00:16:07	<b>00:32:38.47</b>	+00:01:42 (5.2%)	6:31	9.2 (94.8%)
11	<b>ŻALISKO Oksana</b>	<b>255</b>	KS METRACO POLKOWICE	K60-64	1			00:16:18	<b>00:32:53.92</b>	+00:01:57 (6.0%)	6:34	9.1 (93.8%)
12	<b>OLSZAŃSKI Karol</b>	<b>130</b>	FEAR THE RETURN	M40-44	2			00:16:12	<b>00:33:06.00</b>	+00:02:10 (6.5%)	6:37	9.1 (93.8%)
13	<b>KOP Wiesław</b>	<b>83</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	2			00:16:22	<b>00:33:07.90</b>	+00:02:11 (6.6%)	6:37	9.1 (93.8%)
14	<b>SŁOMIAN Leszek</b>	<b>182</b>	STADION ŚLĄSKI	M55-59	3			00:16:29	<b>00:33:16.12</b>	+00:02:20 (7.0%)	6:39	9 (92.8%)
15	<b>KUBIAK Przemysław</b>	<b>96</b>	KS IDMAR RACING TEAM	M45-49	3			00:16:19	<b>00:33:18.17</b>	+00:02:22 (7.1%)	6:39	9 (92.8%)
16	<b>DUSZEŃKO Zygmunt</b>	<b>35</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:16:34	<b>00:33:47.77</b>	+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	<b>ZIELIŃSKI</b> Szczepan	238	SERCE NORDICA WŁOCŁAWEK	M45-49	4			00:16:39	<b>00:34:02.64</b>	+00:03:06 (9.1%)	6:48	8.8 (90.7%)
18	<b>SKWIRUT</b> Jerzy	181	SOKÓŁ RYMANÓW	M- Niepełnosprawni(A)	2			00:16:46	<b>00:34:04.68</b>	+00:03:08 (9.2%)	6:48	8.8 (90.7%)
19	<b>FRĄCKOWIAK</b> Roman	37	KS METRACO POLKOWICE	M50-54	4			00:16:27	<b>00:34:06.26</b>	+00:03:10 (9.3%)	6:49	8.8 (90.7%)
20	<b>KUŚMIEREK</b> Mateusz	264	BŁĘKITNI DZIEMIANY	M-Jun.	2	2		00:16:42	<b>00:34:07.75</b>	+00:03:11 (9.4%)	6:49	8.8 (90.7%)
21	<b>POLISZCZUK</b> Piotr	157	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	3			00:16:45	<b>00:34:13.42</b>	+00:03:17 (9.6%)	6:50	8.8 (90.7%)
22	<b>GAŁĄZKA</b> Paweł	252	MUSZKIETEROWIE	M- Niepełnosprawni(A)	4			00:16:54	<b>00:34:14.42</b>	+00:03:18 (9.7%)	6:51	8.8 (90.7%)
23	<b>WIŚNIEWSKI</b> Sławomir	224	FLUGGER TEAM	M45-49	5			00:16:42	<b>00:34:19.82</b>	+00:03:23 (9.9%)	6:51	8.7 (89.7%)
24	<b>JANIEC</b> Jakub	65	PTG SOKÓŁ RYMANÓW	M-Jun.	3			00:16:46	<b>00:34:20.95</b>	+00:03:25 (9.9%)	6:52	8.7 (89.7%)
25	<b>PASIERB</b> Marek	139		M65-69	1			00:17:07	<b>00:34:29.38</b>	+00:03:33 (10.3%)	6:54	8.7 (89.7%)
26	<b>ADAMCZYK</b> Adam	301	PASJA NORDIC WALKING	M70+	1			00:17:25	<b>00:34:36.87</b>	+00:03:40 (10.6%)	6:55	8.7 (89.7%)
27	<b>SZYMAŃSKI</b> Stefan	202	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	M70+	2			00:17:22	<b>00:34:37.22</b>	+00:03:41 (10.7%)	6:55	8.7 (89.7%)
28	<b>HOLWEK</b> Jarosław	58	ZDROWOPIJ.PL	M55-59	4			00:16:58	<b>00:34:43.46</b>	+00:03:47 (10.9%)	6:56	8.6 (88.7%)
29	<b>BARTYŃSKI</b> Zdzisław	6	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	5	1		00:16:46	<b>00:34:48.64</b>	+00:03:52 (11.1%)	6:57	8.6 (88.7%)
30	<b>BREWKA</b> Joachim	11	UNIA MIAST	M55-59	5			00:17:17	<b>00:34:49.14</b>	+00:03:53 (11.2%)	6:58	8.6 (88.7%)
31	<b>TOMCZYK</b> Edward	208	MARSZ PO ZDROWIE	M70+	3			00:17:29	<b>00:34:51.44</b>	+00:03:55 (11.3%)	6:58	8.6 (88.7%)
32	<b>OKRZESIK- FRĄCKOWIAK</b> Izabela	128	KS METRACO POLKOWICE	K50-54	1			00:17:18	<b>00:34:55.45</b>	+00:03:59 (11.4%)	6:59	8.6 (88.7%)
33	<b>GODZIŃSKA</b> Dorota	44	BAŻANT NW ELBLĄG	K30-39	1			00:17:26	<b>00:35:14.75</b>	+00:04:18 (12.2%)	7:03	8.5 (87.6%)
34	<b>OLEKSYK</b> Małgorzata	129		K55-59	1			00:17:22	<b>00:35:15.83</b>	+00:04:19 (12.3%)	7:03	8.5 (87.6%)
35	<b>DUDEK</b> Edward	33	KS METRACO POLKOWICE	M65-69	2			00:17:40	<b>00:35:16.88</b>	+00:04:20 (12.3%)	7:03	8.5 (87.6%)
36	<b>WROŃSKI</b> Włodzimierz	231	PASJA NORDIC WALKING	M65-69	3			00:17:39	<b>00:35:19.62</b>	+00:04:23 (12.4%)	7:04	8.5 (87.6%)
37	<b>PUSZKARSKA</b> Małgorzata	160	GOSADI NORDIC TEAM	K40-44	1			00:17:30	<b>00:35:21.15</b>	+00:04:25 (12.5%)	7:04	8.5 (87.6%)
38	<b>BUCZKOWSKI</b> Jerzy	14	KS SOKÓŁ GAŚAWA	M65-69	4			00:17:40	<b>00:35:25.00</b>	+00:04:29 (12.7%)	7:05	8.5 (87.6%)
39	<b>GRUSZKA</b> Michał	50	UNIA MIAST	M-Jun.	4			00:17:27	<b>00:35:28.04</b>	+00:04:32 (12.8%)	7:05	8.5 (87.6%)
40	<b>PIĄTEK</b> Dariusz	143	POLIPACK TEAM GWE	M- Niepełnosprawni(A)	5			00:17:43	<b>00:35:42.14</b>	+00:04:46 (13.4%)	7:08	8.4 (86.6%)
41	<b>TOPOLNICKI</b> Mariusz	210	CKZIU NYSA MECHANIK	M45-49	6			00:17:40	<b>00:35:46.08</b>	+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	<b>MARCINKOWSKA Agnieszka</b>	<b>108</b>	UNIA MIAST	K-Jun.	1			00:17:34	<b>00:35:51.55</b>	+00:04:55 (13.7%)	7:10	8.4 (86.6%)
43	<b>JÓZWIAK Marianna</b>	<b>73</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:17:46	<b>00:35:58.64</b>	+00:05:02 (14.0%)	7:11	8.3 (85.6%)
44	<b>GRYGOROWICZ Bogdan</b>	<b>52</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:17:57	<b>00:36:04.51</b>	+00:05:08 (14.3%)	7:13	8.3 (85.6%)
45	<b>PRADUŃ Michał</b>	<b>158</b>	NOWI SIEDLCE	M-Niepełnosprawni(B)	2			00:17:54	<b>00:36:06.13</b>	+00:05:10 (14.3%)	7:13	8.3 (85.6%)
46	<b>KUBAT Janusz</b>	<b>93</b>	NORDIC TEAM CZĘSTOCHOWA	M45-49	7			00:17:42	<b>00:36:10.22</b>	+00:05:14 (14.5%)	7:14	8.3 (85.6%)
47	<b>KOŁPAK Jan</b>	<b>82</b>	LKS ZANTYR SZTUM	M70+	4			00:17:58	<b>00:36:15.60</b>	+00:05:19 (14.7%)	7:15	8.3 (85.6%)
48	<b>WASILEWSKI Sławomir</b>	<b>221</b>	PASJA NORDIC WALKING	M70+	5			00:18:08	<b>00:36:17.09</b>	+00:05:21 (14.8%)	7:15	8.3 (85.6%)
49	<b>SAMOJŁO Sławomir</b>	<b>245</b>		M55-59	6			00:17:53	<b>00:36:18.81</b>	+00:05:22 (14.8%)	7:15	8.3 (85.6%)
50	<b>MALINOWSKA Monika</b>	<b>248</b>	LKS ZANTYR SZTUM	K30-39	2			00:17:42	<b>00:36:19.63</b>	+00:05:23 (14.9%)	7:15	8.3 (85.6%)
51	<b>GAŁAŚ Joanna</b>	<b>41</b>	PASJA NORDIC WALKING	K18-29	1			00:17:57	<b>00:36:20.51</b>	+00:05:24 (14.9%)	7:16	8.3 (85.6%)
52	<b>WOŁK Beata</b>	<b>228</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	2			00:18:04	<b>00:36:23.77</b>	+00:05:27 (15.0%)	7:16	8.2 (84.5%)
53	<b>URBAN Robert</b>	<b>217</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	8			00:17:58	<b>00:36:37.24</b>	+00:05:41 (15.5%)	7:19	8.2 (84.5%)
54	<b>KWAŚNY Tomasz</b>	<b>100</b>	CHODZĘ Z SERCEM	M50-54	6			00:18:29	<b>00:36:39.44</b>	+00:05:43 (15.6%)	7:20	8.2 (84.5%)
55	<b>KAMIŃSKA Beata</b>	<b>74</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	2			00:18:19	<b>00:36:45.66</b>	+00:05:49 (15.9%)	7:21	8.2 (84.5%)
56	<b>PIASTA Tomasz</b>	<b>141</b>	KLUB SCB	M30-39	2			00:18:31	<b>00:36:51.84</b>	+00:05:55 (16.1%)	7:22	8.1 (83.5%)
57	<b>BUGAŁA Alicja</b>	<b>16</b>	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	2			00:18:13	<b>00:36:54.86</b>	+00:05:58 (16.2%)	7:22	8.1 (83.5%)
58	<b>RĘDZINIAK Marzena</b>	<b>171</b>	KLUBSPORTU.PL	K40-44	3			00:18:05	<b>00:36:59.04</b>	+00:06:03 (16.4%)	7:23	8.1 (83.5%)
59	<b>WITUCKA Karolina</b>	<b>225</b>		K-Dzieci	1			00:18:22	<b>00:36:59.30</b>	+00:06:03 (16.4%)	7:23	8.1 (83.5%)
60	<b>CZMOCH Marian</b>	<b>26</b>		M65-69	5	1		00:18:16	<b>00:37:04.50</b>	+00:06:08 (16.6%)	7:25	8.1 (83.5%)
61	<b>KOZIARZ Roman</b>	<b>89</b>	STADION ŚLĄSKI	M60-64	2			00:18:26	<b>00:37:08.33</b>	+00:06:12 (16.7%)	7:25	8.1 (83.5%)
62	<b>GOŁĘBIEWSKI Andrzej</b>	<b>45</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	3			00:18:18	<b>00:37:10.26</b>	+00:06:14 (16.8%)	7:26	8.1 (83.5%)
63	<b>RZUCIDŁO Jan</b>	<b>242</b>	BBL	M65-69	6			00:18:14	<b>00:37:13.21</b>	+00:06:17 (16.9%)	7:26	8.1 (83.5%)
64	<b>STYGA Krystyna</b>	<b>192</b>		K55-59	2			00:18:23	<b>00:37:15.63</b>	+00:06:19 (17.0%)	7:27	8.1 (83.5%)
65	<b>FRĄSZCZAK Katarzyna</b>	<b>39</b>	UKS SIEDLESZCZANY	K-Niepełnosprawni(A)	1			00:18:29	<b>00:37:16.05</b>	+00:06:20 (17.0%)	7:27	8.1 (83.5%)
66	<b>STAŃCZAK Grażyna</b>	<b>186</b>	FACE NORDIC TEAM	K65-69	1			00:18:10	<b>00:37:21.44</b>	+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	<b>GRUSZKA Michał</b>	<b>49</b>	UNIA MIAST	M40-44	3			00:18:03	<b>00:37:21.85</b>	+00:06:25 (17.2%)	7:28	8 (82.5%)
68	<b>PIETRUSEWICZ Joanna</b>	<b>145</b>	PASJA NORDIC WALKING	K45-49	2			00:18:31	<b>00:37:24.24</b>	+00:06:28 (17.3%)	7:28	8 (82.5%)
69	<b>JUREK Kamila</b>	<b>251</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	3			00:18:29	<b>00:37:26.75</b>	+00:06:30 (17.4%)	7:29	8 (82.5%)
70	<b>GIERLASIŃSKI Krzysztof</b>	<b>42</b>	NWG PRZYSZŁOŚĆ	M55-59	7			00:18:15	<b>00:37:27.30</b>	+00:06:31 (17.4%)	7:29	8 (82.5%)
71	<b>SELWA Andrzej</b>	<b>178</b>		M45-49	9			00:19:28	<b>00:37:28.48</b>	+00:06:32 (17.5%)	7:29	8 (82.5%)
72	<b>SZEMBERSKI Paweł</b>	<b>198</b>	KLUBSPORTU.PL	M45-49	10			00:18:32	<b>00:37:30.67</b>	+00:06:34 (17.5%)	7:30	8 (82.5%)
73	<b>ANTOŃ Bartłomiej</b>	<b>3</b>	AZS ŚUM	M18-29	1			00:18:27	<b>00:37:31.31</b>	+00:06:35 (17.6%)	7:30	8 (82.5%)
74	<b>SULECKA Gabriela</b>	<b>194</b>		K- Niepełnosprawni(A)	2			00:18:31	<b>00:37:31.63</b>	+00:06:35 (17.6%)	7:30	8 (82.5%)
75	<b>RECZULSKA Katarzyna</b>	<b>168</b>	KABEX PODKOWA JANÓW/STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	K50-54	3			00:18:28	<b>00:37:32.21</b>	+00:06:36 (17.6%)	7:30	8 (82.5%)
76	<b>SITKO Małgorzata</b>	<b>180</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	3	1		00:18:24	<b>00:37:34.40</b>	+00:06:38 (17.7%)	7:31	8 (82.5%)
77	<b>BOGACZ Mariusz</b>	<b>9</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	11			00:18:49	<b>00:37:38.03</b>	+00:06:42 (17.8%)	7:31	8 (82.5%)
78	<b>BEREŚ Marcin</b>	<b>7</b>	AZS ŚUM	M18-29	2	1		00:18:25	<b>00:37:38.06</b>	+00:06:42 (17.8%)	7:31	8 (82.5%)
79	<b>ŚLUSARCZYK Grzegorz</b>	<b>203</b>	WESOŁY BORSUK TEAM	M45-49	12			00:18:44	<b>00:37:46.73</b>	+00:06:50 (18.1%)	7:33	7.9 (81.4%)
80	<b>LACHOWSKA Ewa</b>	<b>101</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			00:18:55	<b>00:37:49.33</b>	+00:06:53 (18.2%)	7:33	7.9 (81.4%)
81	<b>SZENDZIELORZ Ilona</b>	<b>199</b>	STADION ŚLĄSKI	K60-64	3			00:18:54	<b>00:37:49.78</b>	+00:06:53 (18.2%)	7:34	7.9 (81.4%)
82	<b>PINIS Agnieszka</b>	<b>147</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			00:18:26	<b>00:37:50.32</b>	+00:06:54 (18.3%)	7:34	7.9 (81.4%)
83	<b>DAROSZEWSKA Krystyna</b>	<b>28</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	4			00:18:55	<b>00:37:59.33</b>	+00:07:03 (18.6%)	7:35	7.9 (81.4%)
84	<b>GRYGOROWICZ Teresa</b>	<b>51</b>	KS METRACO POLKOWICE	K65-69	2			00:18:38	<b>00:38:06.94</b>	+00:07:10 (18.8%)	7:37	7.9 (81.4%)
85	<b>SOWIŃSKI Jan</b>	<b>253</b>	AGROS ZAMOŚĆ	M65-69	7	1		00:18:43	<b>00:38:07.04</b>	+00:07:11 (18.8%)	7:37	7.9 (81.4%)
86	<b>STAŃCZAK Ryszard</b>	<b>187</b>	FACE NORDIC TEAM	M70+	6	1		00:18:47	<b>00:38:09.37</b>	+00:07:13 (18.9%)	7:37	7.9 (81.4%)
87	<b>DANA Kazimiera</b>	<b>27</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:19:02	<b>00:38:11.97</b>	+00:07:16 (19.0%)	7:38	7.9 (81.4%)
88	<b>BOGUSŁAWSKA Katarzyna</b>	<b>10</b>	STADION ŚLĄSKI	K45-49	4			00:19:12	<b>00:38:33.24</b>	+00:07:37 (19.8%)	7:42	7.8 (80.4%)
89	<b>JÓZWIAK Łukasz</b>	<b>72</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:19:07	<b>00:38:33.89</b>	+00:07:37 (19.8%)	7:42	7.8 (80.4%)
90	<b>BUGAŁA Anna</b>	<b>15</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	5			00:19:13	<b>00:38:38.39</b>	+00:07:42 (19.9%)	7:43	7.8 (80.4%)
91	<b>KRAWCZYK Dorota</b>	<b>91</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	5			00:19:06	<b>00:38:56.91</b>	+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	<b>PYKA Aleksandra</b>	<b>161</b>	UNIA MIAST	K-Dzieci	2			00:18:54	<b>00:38:58.06</b>	+00:08:02 (20.6%)	7:47	7.7 (79.4%)
93	<b>GODZIŃSKA Paulina</b>	<b>43</b>	BAŻANT NW ELBLĄG	K-Dzieci	3			00:19:31	<b>00:39:04.97</b>	+00:08:09 (20.9%)	7:49	7.7 (79.4%)
94	<b>WOROCH Jolanta</b>	<b>265</b>	KS METRACO POLKOWICE	K50-54	4			00:19:22	<b>00:39:05.98</b>	+00:08:10 (20.9%)	7:49	7.7 (79.4%)
95	<b>BARCZYK Jolanta</b>	<b>5</b>	NORDIC TEAM CZĘSTOCHOWA	K55-59	3			00:19:29	<b>00:39:08.56</b>	+00:08:12 (21.0%)	7:49	7.7 (79.4%)
96	<b>DĄBROWSKI Andrzej</b>	<b>29</b>	MARSZ PO ZDROWIE	M70+	7			00:19:35	<b>00:39:12.23</b>	+00:08:16 (21.1%)	7:50	7.7 (79.4%)
97	<b>ŚLUSARCZYK Karolina</b>	<b>205</b>	WESOŁY BORSUK TEAM	K-Jun.	3			00:19:14	<b>00:39:12.31</b>	+00:08:16 (21.1%)	7:50	7.7 (79.4%)
98	<b>MIKUSINSKA Jola</b>	<b>115</b>	FEAR THE RETURN	K45-49	5	1		00:19:16	<b>00:39:17.20</b>	+00:08:21 (21.3%)	7:51	7.6 (78.4%)
99	<b>SOBCZYK Rafał</b>	<b>183</b>	KLUBSPORTU.PL	M45-49	13			00:19:45	<b>00:39:29.57</b>	+00:08:33 (21.7%)	7:54	7.6 (78.4%)
100	<b>SURIAK Michał</b>	<b>195</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:19:40	<b>00:39:32.15</b>	+00:08:36 (21.8%)	7:54	7.6 (78.4%)
101	<b>ŻUKOWICZ Anna</b>	<b>243</b>		K-Dzieci	4			00:19:57	<b>00:39:40.45</b>	+00:08:44 (22.0%)	7:56	7.6 (78.4%)
102	<b>LUBERA Teresa</b>	<b>105</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Niepełnosprawni(B)	1			00:19:27	<b>00:39:42.37</b>	+00:08:46 (22.1%)	7:56	7.6 (78.4%)
103	<b>GÓRECKA Iwona</b>	<b>47</b>	STADION ŚLĄSKI	K50-54	5	1		00:19:42	<b>00:39:44.81</b>	+00:08:48 (22.2%)	7:57	7.5 (77.3%)
104	<b>ŻUKOWICZ Bartłomiej</b>	<b>244</b>		M45-49	14	1		00:19:45	<b>00:39:46.73</b>	+00:08:50 (22.2%)	7:57	7.5 (77.3%)
105	<b>FRYC Jan</b>	<b>40</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59	8	1		00:20:23	<b>00:39:59.12</b>	+00:09:03 (22.6%)	7:59	7.5 (77.3%)
106	<b>PINIS Gabriela</b>	<b>146</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	5			00:19:50	<b>00:40:02.71</b>	+00:09:06 (22.8%)	8:00	7.5 (77.3%)
107	<b>NIECHWIEJCZYK Kinga</b>	<b>121</b>	UNIA MIAST	K-Jun.	4			00:19:48	<b>00:40:11.05</b>	+00:09:15 (23.0%)	8:02	7.5 (77.3%)
108	<b>RADZIEJOWSKI Bogusław</b>	<b>164</b>	NORDIC TEAM CZĘSTOCHOWA	M55-59	9			00:20:08	<b>00:40:12.96</b>	+00:09:17 (23.1%)	8:02	7.5 (77.3%)
109	<b>SYPEK Karina</b>	<b>196</b>	AZS ŚUM	K18-29	2			00:20:01	<b>00:40:14.13</b>	+00:09:18 (23.1%)	8:02	7.5 (77.3%)
110	<b>WSZOŁEK Ewa</b>	<b>235</b>	AZS ŚUM	K18-29	3			00:20:03	<b>00:40:14.80</b>	+00:09:18 (23.1%)	8:02	7.5 (77.3%)
111	<b>KOLARSKA Nadia</b>	<b>80</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	6			00:20:44	<b>00:40:18.76</b>	+00:09:22 (23.3%)	8:03	7.4 (76.3%)
112	<b>SZNAJDER Zenon</b>	<b>200</b>	UNIA MIAST	M65-69	8			00:20:13	<b>00:40:20.21</b>	+00:09:24 (23.3%)	8:04	7.4 (76.3%)
113	<b>WĘGLARZ Elżbieta</b>	<b>222</b>	KLUB NW 'WŁÓCZYKIJE'	K65-69	4			00:19:43	<b>00:40:24.80</b>	+00:09:28 (23.5%)	8:05	7.4 (76.3%)
114	<b>GOSPODARCZYK Alicja</b>	<b>46</b>	AZS ŚUM	K18-29	4			00:20:09	<b>00:40:31.58</b>	+00:09:35 (23.7%)	8:06	7.4 (76.3%)
115	<b>GUZIOR Agnieszka</b>	<b>56</b>	KLUBSPORTU.PL	K45-49	6			00:20:05	<b>00:40:35.69</b>	+00:09:39 (23.8%)	8:07	7.4 (76.3%)
116	<b>NOWAK Ewa</b>	<b>124</b>	STADION ŚLĄSKI	K50-54	6			00:19:51	<b>00:40:37.17</b>	+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	<b>BAR Weronika</b>	<b>4</b>	SOKOŁY	K-Dzieci	7			00:20:23	<b>00:40:38.26</b>	+00:09:42 (23.9%)	8:07	7.4 (76.3%)
118	<b>PIĄTKOWSKI Józef</b>	<b>144</b>	KS METRACO POLKOWICE	M70+	8			00:20:02	<b>00:40:42.67</b>	+00:09:46 (24.0%)	8:08	7.4 (76.3%)
119	<b>KUBAT Monika</b>	<b>94</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	7			00:20:09	<b>00:40:45.91</b>	+00:09:49 (24.1%)	8:09	7.4 (76.3%)
120	<b>MALINOWSKI Paweł</b>	<b>107</b>		M18-29	3			00:20:08	<b>00:40:47.93</b>	+00:09:51 (24.2%)	8:09	7.4 (76.3%)
121	<b>STOLARSKA Magdalena</b>	<b>191</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	7			00:20:03	<b>00:40:51.88</b>	+00:09:55 (24.3%)	8:10	7.3 (75.3%)
122	<b>KWAŚNA Małgorzata</b>	<b>99</b>	CHODZĘ Z SERCEM	K50-54	8			00:19:57	<b>00:40:56.29</b>	+00:10:00 (24.4%)	8:11	7.3 (75.3%)
123	<b>SUDOŁ Andrzej</b>	<b>258</b>		M55-59	10			00:20:24	<b>00:41:02.66</b>	+00:10:06 (24.6%)	8:12	7.3 (75.3%)
124	<b>ROMANIUK Grzegorz</b>	<b>266</b>		M55-59	11			00:22:06	<b>00:41:03.32</b>	+00:10:07 (24.7%)	8:12	7.3 (75.3%)
125	<b>RAK Maciej</b>	<b>167</b>	SOKOŁY	M-Jun.	5	1		00:20:32	<b>00:41:07.02</b>	+00:10:11 (24.8%)	8:13	7.3 (75.3%)
126	<b>TONIA Jakub</b>	<b>209</b>	SOKOŁY	M-Jun.	6	1		00:20:32	<b>00:41:09.17</b>	+00:10:13 (24.8%)	8:13	7.3 (75.3%)
127	<b>BRYL Janina</b>	<b>13</b>		K50-54	9			00:20:18	<b>00:41:09.98</b>	+00:10:14 (24.9%)	8:14	7.3 (75.3%)
128	<b>FEJDASZ Józef</b>	<b>274</b>		M65-69	9			00:20:20	<b>00:41:27.16</b>	+00:10:31 (25.4%)	8:17	7.2 (74.2%)
129	<b>JAROSZ Anna</b>	<b>324</b>	KLUB NW 'WŁÓCZYKIJE'	K60-64	6			00:20:31	<b>00:41:27.53</b>	+00:10:31 (25.4%)	8:17	7.2 (74.2%)
130	<b>SUDOŁ Karol</b>	<b>259</b>		M-Jun.	7			00:20:51	<b>00:41:29.10</b>	+00:10:33 (25.4%)	8:17	7.2 (74.2%)
131	<b>ANGIELCZYK Małgorzata</b>	<b>2</b>	MARSZ PO ZDROWIE	K65-69	5			00:20:28	<b>00:41:29.52</b>	+00:10:33 (25.4%)	8:18	7.2 (74.2%)
132	<b>SZNAJDER Teresa</b>	<b>201</b>	UNIA MIAST	K65-69	6			00:20:39	<b>00:41:32.00</b>	+00:10:36 (25.5%)	8:18	7.2 (74.2%)
133	<b>POHL Marta</b>	<b>156</b>	CKZIU NYSA MECHANIK	K18-29	5			00:20:39	<b>00:41:37.20</b>	+00:10:41 (25.7%)	8:19	7.2 (74.2%)
134	<b>PODNIESIŃSKA Małgorzata</b>	<b>152</b>	LUBLIN CHODZI Z KIJKAMI	K30-39	4			00:20:45	<b>00:41:40.92</b>	+00:10:44 (25.8%)	8:20	7.2 (74.2%)
135	<b>KOZIARZ Jadwiga</b>	<b>90</b>	STADION ŚLĄSKI	K55-59	4			00:20:23	<b>00:41:41.46</b>	+00:10:45 (25.8%)	8:20	7.2 (74.2%)
136	<b>WRÓBEL Halina</b>	<b>232</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	5			00:20:42	<b>00:41:43.99</b>	+00:10:48 (25.9%)	8:20	7.2 (74.2%)
137	<b>RURAŃSKI Jerzy</b>	<b>174</b>	STADION ŚLĄSKI	M70+	9			00:20:20	<b>00:41:45.64</b>	+00:10:49 (25.9%)	8:21	7.2 (74.2%)
138	<b>JANIK Bogusław</b>	<b>67</b>	STADION ŚLĄSKI	M55-59	12			00:20:35	<b>00:41:45.85</b>	+00:10:49 (25.9%)	8:21	7.2 (74.2%)
139	<b>PŁASZCZEWSKA Jolanta</b>	<b>148</b>	STADION ŚLĄSKI	K50-54	10			00:20:38	<b>00:41:54.52</b>	+00:10:58 (26.2%)	8:22	7.2 (74.2%)
140	<b>SUDOŁ Maria</b>	<b>193</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	7			00:20:22	<b>00:42:03.69</b>	+00:11:07 (26.5%)	8:24	7.1 (73.2%)
141	<b>HANUS Joanna</b>	<b>263</b>	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	2			00:21:01	<b>00:42:09.66</b>	+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	<b>DYBEŁ Agnieszka</b>	<b>36</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	3			00:20:56	<b>00:42:12.86</b>	+00:11:16 (26.7%)	8:26	7.1 (73.2%)
143	<b>SZEMBERSKA Małgorzata</b>	<b>197</b>	KLUBSPORTU.PL	K45-49	8			00:20:42	<b>00:42:16.63</b>	+00:11:20 (26.8%)	8:27	7.1 (73.2%)
144	<b>KARCZMARSKI Krzysztof</b>	<b>75</b>	IPA RADOM	M60-64	4			00:20:26	<b>00:42:17.77</b>	+00:11:21 (26.9%)	8:27	7.1 (73.2%)
145	<b>CZARNIK Katarzyna</b>	<b>25</b>	KLUB SCB	K40-44	6	1		00:20:58	<b>00:42:35.24</b>	+00:11:39 (27.4%)	8:31	7 (72.2%)
146	<b>URBAN Iwona</b>	<b>218</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	9			00:21:01	<b>00:42:44.56</b>	+00:11:48 (27.6%)	8:33	7 (72.2%)
147	<b>REMBISZ Oliwia</b>	<b>170</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	8			00:20:56	<b>00:42:44.90</b>	+00:11:48 (27.6%)	8:33	7 (72.2%)
148	<b>LEBIODA Paweł</b>	<b>103</b>	STADION ŚLĄSKI	M- Niepełnosprawni(B)	4			00:21:33	<b>00:42:53.78</b>	+00:11:57 (27.9%)	8:34	7 (72.2%)
149	<b>ŻMIHORSKA Krystyna</b>	<b>241</b>	NOWA DĘBA	K60-64	8			00:21:12	<b>00:43:05.18</b>	+00:12:09 (28.2%)	8:37	7 (72.2%)
150	<b>GUL-BOGACZ Jolanta</b>	<b>54</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	7			00:21:32	<b>00:43:15.33</b>	+00:12:19 (28.5%)	8:39	6.9 (71.1%)
151	<b>PACYNA Helena</b>	<b>137</b>	KS METRACO POLKOWICE	K70+	1			00:21:35	<b>00:43:26.05</b>	+00:12:30 (28.8%)	8:41	6.9 (71.1%)
152	<b>RACZYŃSKA Aleksandra</b>	<b>163</b>	STADION ŚLĄSKI	K70+	2			00:21:23	<b>00:43:32.73</b>	+00:12:36 (29.0%)	8:42	6.9 (71.1%)
153	<b>KOŁODZIEJ Zofia</b>	<b>81</b>	KLUB NW 'WŁÓCZYKJE'	K60-64	9	1		00:21:10	<b>00:43:36.32</b>	+00:12:40 (29.1%)	8:43	6.9 (71.1%)
154	<b>KOPACZ Elżbieta</b>	<b>84</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	8			00:21:31	<b>00:43:50.31</b>	+00:12:54 (29.4%)	8:46	6.8 (70.1%)
155	<b>CZACHOR Paweł</b>	<b>24</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Jun.	8			00:21:12	<b>00:43:56.90</b>	+00:13:00 (29.6%)	8:47	6.8 (70.1%)
156	<b>TOPOLNICKA Małgorzata</b>	<b>323</b>	CKZIU NYSA MECHANIK	K45-49	10			00:21:40	<b>00:43:56.99</b>	+00:13:01 (29.6%)	8:47	6.8 (70.1%)
157	<b>KOWALCZYK Joanna</b>	<b>88</b>	KLUB SCB	K45-49	11	1		00:22:02	<b>00:44:01.84</b>	+00:13:05 (29.7%)	8:48	6.8 (70.1%)
158	<b>NIESŁONY Ryszard</b>	<b>122</b>	STADION ŚLĄSKI	M55-59	13			00:22:26	<b>00:44:02.89</b>	+00:13:06 (29.8%)	8:48	6.8 (70.1%)
159	<b>JABŁOŃSKI Daniel</b>	<b>257</b>		M- Niepełnosprawni(A)	6			00:21:43	<b>00:44:16.25</b>	+00:13:20 (30.1%)	8:51	6.8 (70.1%)
160	<b>WRÓBEL Bogusław</b>	<b>233</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M60-64	5			00:21:40	<b>00:44:30.32</b>	+00:13:34 (30.5%)	8:54	6.7 (69.1%)
161	<b>WSZOŁEK Jakub</b>	<b>234</b>	AZS ŚUM	M18-29	4			00:22:57	<b>00:44:40.74</b>	+00:13:44 (30.8%)	8:56	6.7 (69.1%)
162	<b>KULIG Kazimierz</b>	<b>97</b>	ESTEKA	M70+	10			00:21:33	<b>00:44:55.71</b>	+00:13:59 (31.2%)	8:59	6.7 (69.1%)
163	<b>PYZIAK Małgorzata</b>	<b>269</b>		K55-59	6			00:22:44	<b>00:45:02.25</b>	+00:14:06 (31.3%)	9:00	6.7 (69.1%)
164	<b>KOWALCZYK Alicja</b>	<b>87</b>		K70+	3			00:21:35	<b>00:45:03.59</b>	+00:14:07 (31.4%)	9:00	6.7 (69.1%)
165	<b>SOVA Mariana</b>	<b>260</b>	KARPATIYA	K18-29	6			00:19:05	<b>00:45:06.72</b>	+00:14:10 (31.4%)	9:01	6.6 (68.0%)
166	<b>JANIK Marzenna</b>	<b>66</b>	STADION ŚLĄSKI	K55-59	7			00:22:41	<b>00:45:17.96</b>	+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	<b>MYSZKA Aniela</b>	<b>120</b>	KLUB SCB	K45-49	12			00:22:35	<b>00:45:33.07</b>	+00:14:37 (32.1%)	9:06	6.6 (68.0%)
168	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>138</b>	FACE NORDIC WALKING TEAM	K70+	4			00:22:27	<b>00:45:34.02</b>	+00:14:38 (32.1%)	9:06	6.6 (68.0%)
169	<b>PAWLINA Halina</b>	<b>140</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	11			00:22:56	<b>00:45:41.96</b>	+00:14:46 (32.3%)	9:08	6.6 (68.0%)
170	<b>KOCZUR Dorota</b>	<b>79</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	7			00:22:24	<b>00:45:42.62</b>	+00:14:46 (32.3%)	9:08	6.6 (68.0%)
171	<b>SIMLAT Roman</b>	<b>179</b>	KLUB SCB	M55-59	14			00:22:56	<b>00:46:02.77</b>	+00:15:06 (32.8%)	9:12	6.5 (67.0%)
172	<b>GROBELNA Jadwiga</b>	<b>48</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	3			00:23:08	<b>00:46:24.50</b>	+00:15:28 (33.3%)	9:17	6.5 (67.0%)
173	<b>JANISIEWICZ Anna</b>	<b>68</b>		K30-39	5	1		00:22:34	<b>00:46:37.38</b>	+00:15:41 (33.7%)	9:19	6.4 (66.0%)
174	<b>STĘPIEŃ Anna</b>	<b>190</b>	KLUB SCB	K40-44	9	1		00:23:21	<b>00:46:49.96</b>	+00:15:54 (34.0%)	9:22	6.4 (66.0%)
175	<b>ŚLUSARCZYK Danuta</b>	<b>204</b>	WESOŁY BORSUK TEAM	K65-69	8			00:22:42	<b>00:46:58.75</b>	+00:16:02 (34.2%)	9:23	6.4 (66.0%)
176	<b>OLSZOWY Danuta</b>	<b>131</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	12			00:23:02	<b>00:47:08.76</b>	+00:16:12 (34.4%)	9:25	6.4 (66.0%)
177	<b>ROZENBAJGIER Helena</b>	<b>172</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	5			00:22:33	<b>00:47:19.23</b>	+00:16:23 (34.6%)	9:27	6.3 (64.9%)
178	<b>OGONOWSKA Edyta</b>	<b>127</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	8			00:23:29	<b>00:47:28.45</b>	+00:16:32 (34.8%)	9:29	6.3 (64.9%)
179	<b>PODSIADŁO Izabela</b>	<b>153</b>	KLUB SCB	K30-39	6			00:24:09	<b>00:47:29.92</b>	+00:16:33 (34.9%)	9:30	6.3 (64.9%)
180	<b>SACHA Krzysztof</b>	<b>175</b>	AZS ŚUM	M18-29	5			00:22:58	<b>00:47:32.23</b>	+00:16:36 (34.9%)	9:30	6.3 (64.9%)
181	<b>MARCZEWSKI Kamil</b>	<b>109</b>	AZS ŚUM	M18-29	6			00:22:57	<b>00:47:33.50</b>	+00:16:37 (35.0%)	9:30	6.3 (64.9%)
182	<b>CHOJNACKA Agnieszka</b>	<b>21</b>	KLUB SCB	K30-39	7			00:24:15	<b>00:47:37.64</b>	+00:16:41 (35.1%)	9:31	6.3 (64.9%)
183	<b>TWARÓG Agnieszka</b>	<b>214</b>	KLUB SCB	K30-39	8			00:24:17	<b>00:47:41.00</b>	+00:16:45 (35.1%)	9:32	6.3 (64.9%)
184	<b>PROKOP Agnieszka</b>	<b>159</b>	KLUB SCB	K30-39	9			00:23:48	<b>00:47:43.60</b>	+00:16:47 (35.2%)	9:32	6.3 (64.9%)
185	<b>JANCZYK Barbara</b>	<b>63</b>	NW TEAM NOWA DĘBA	K65-69	9			00:23:29	<b>00:47:43.60</b>	+00:16:47 (35.2%)	9:32	6.3 (64.9%)
186	<b>NYLEC Urszula</b>	<b>125</b>	KLUB SCB	K30-39	10			00:23:47	<b>00:47:43.85</b>	+00:16:47 (35.2%)	9:32	6.3 (64.9%)
187	<b>SAJ Elżbieta</b>	<b>247</b>		K-Niepełnosprawni(B)	4			00:23:18	<b>00:47:48.83</b>	+00:16:52 (35.3%)	9:33	6.3 (64.9%)
188	<b>KOZAK Teresa</b>	<b>246</b>		K60-64	10			00:22:53	<b>00:47:59.49</b>	+00:17:03 (35.5%)	9:36	6.3 (64.9%)
189	<b>IZDEBSKA Anna</b>	<b>60</b>	KLUB SCB	K40-44	10			00:22:31	<b>00:48:05.02</b>	+00:17:09 (35.7%)	9:37	6.2 (63.9%)
190	<b>GUNIA Anna</b>	<b>55</b>		K-Niepełnosprawni(A)	4			00:24:32	<b>00:48:09.15</b>	+00:17:13 (35.8%)	9:38	6.2 (63.9%)
191	<b>WIŚNIEWSKA-BLACHA Lilianna</b>	<b>271</b>		K18-29	7			00:23:27	<b>00:48:36.71</b>	+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	<b>WYCZARSKA Amelia</b>	<b>237</b>	SOKOŁY	K-Dzieci	9			00:22:50	<b>00:48:43.39</b>	+00:17:47 (36.5%)	9:44	6.2 (63.9%)
193	<b>PIASTA Stanisław</b>	<b>142</b>	KLUB SCB	M-Dzieci	1			00:24:06	<b>00:48:52.11</b>	+00:17:56 (36.7%)	9:46	6.1 (62.9%)
194	<b>LEWANDOWSKI Jacek</b>	<b>104</b>	STADION ŚLĄSKI	M-Niepełnosprawni(B)	5			00:23:48	<b>00:49:09.25</b>	+00:18:13 (37.1%)	9:50	6.1 (62.9%)
195	<b>MOCZARSKI Adam</b>	<b>116</b>	FACE NORDIC TEAM	M-Niepełnosprawni(B)	6			00:24:55	<b>00:49:10.62</b>	+00:18:14 (37.1%)	9:50	6.1 (62.9%)
196	<b>PACYKOWSKA Blanka</b>	<b>136</b>	KLUB SCB	K-Jun.	5			00:22:32	<b>00:49:13.27</b>	+00:18:17 (37.2%)	9:50	6.1 (62.9%)
197	<b>DROZDOWICZ Małgorzata</b>	<b>32</b>	KLUB SCB	K40-44	11			00:23:58	<b>00:50:06.56</b>	+00:19:10 (38.3%)	10:01	6 (61.9%)
198	<b>URBAN Irena</b>	<b>215</b>	KLUB NW 'WŁÓCZYKIJE'	K65-69	10			00:24:53	<b>00:50:53.29</b>	+00:19:57 (39.2%)	10:10	5.9 (60.8%)
199	<b>CAG-SOBCZYK Edyta</b>	<b>18</b>	KLUBSPORTU.PL	K45-49	13			00:25:49	<b>00:50:55.93</b>	+00:19:59 (39.3%)	10:11	5.9 (60.8%)
200	<b>DROP Mieczysław</b>	<b>31</b>	KS SOKÓŁ GAŚAWA	M70+	11			00:26:01	<b>00:51:02.81</b>	+00:20:06 (39.4%)	10:12	5.9 (60.8%)
201	<b>KĘDZIORA Gabriela</b>	<b>77</b>	SOKOŁY	K-Dzieci	10			00:24:42	<b>00:51:23.07</b>	+00:20:27 (39.8%)	10:16	5.8 (59.8%)
202	<b>BROŻBAR Wioletta</b>	<b>12</b>	SOKOŁY	K-Dzieci	11			00:24:43	<b>00:51:24.03</b>	+00:20:28 (39.8%)	10:16	5.8 (59.8%)
203	<b>PODGÓRSKA Julia</b>	<b>150</b>		K-Dzieci	12			00:27:24	<b>00:51:32.77</b>	+00:20:36 (40.0%)	10:18	5.8 (59.8%)
204	<b>MAZAN Gabriela</b>	<b>112</b>		K-Dzieci	13			00:27:25	<b>00:51:32.81</b>	+00:20:36 (40.0%)	10:18	5.8 (59.8%)
205	<b>KUNA Magdalena</b>	<b>98</b>		K-Dzieci	14			00:27:23	<b>00:51:33.88</b>	+00:20:37 (40.0%)	10:18	5.8 (59.8%)
206	<b>WYCISŁO Romuald</b>	<b>236</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	7			00:25:42	<b>00:51:44.56</b>	+00:20:48 (40.2%)	10:21	5.8 (59.8%)
207	<b>ZUBER Katarzyna</b>	<b>240</b>		K-Dzieci	15			00:27:25	<b>00:51:51.55</b>	+00:20:55 (40.4%)	10:22	5.8 (59.8%)
208	<b>ORZECHOWSKI Grzegorz</b>	<b>133</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Niepełnosprawni(A)	7			00:25:27	<b>00:52:47.77</b>	+00:21:51 (41.4%)	10:33	5.7 (58.8%)
209	<b>TOMASZEWSKA Róża</b>	<b>206</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	16			00:25:14	<b>00:53:24.85</b>	+00:22:28 (42.1%)	10:41	5.6 (57.7%)
210	<b>RĘDZINIAK Aleksandra</b>	<b>268</b>	KLUBSPORTU.PL	K-Dzieci	17			00:27:12	<b>00:53:55.01</b>	+00:22:59 (42.6%)	10:47	5.6 (57.7%)
211	<b>WOJTAS Kuba</b>	<b>267</b>	SANTANDER CONSUMER BANK	M-Dzieci	2			00:26:08	<b>00:54:14.01</b>	+00:23:18 (43.0%)	10:50	5.5 (56.7%)
212	<b>TOMASZEWSKA Diana</b>	<b>273</b>		K40-44	12			00:26:31	<b>00:54:29.46</b>	+00:23:33 (43.2%)	10:54	5.5 (56.7%)
213	<b>HANUS Teresa</b>	<b>262</b>	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	5			00:27:21	<b>00:54:47.60</b>	+00:23:51 (43.5%)	10:57	5.5 (56.7%)
214	<b>MUSKUS Kazimierz</b>	<b>117</b>	KLUB NW 'WŁÓCZYKIJE'	M70+	12			00:26:23	<b>00:54:57.38</b>	+00:24:01 (43.7%)	10:59	5.5 (56.7%)
215	<b>CZACHOR Elżbieta</b>	<b>23</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	9			00:27:44	<b>00:55:29.34</b>	+00:24:33 (44.3%)	11:05	5.4 (55.7%)
216	<b>WIŚNIEWSKA Katarzyna</b>	<b>270</b>		K50-54	13			00:26:17	<b>00:55:30.03</b>	+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	<b>MYĆKA Anita</b>	<b>119</b>	KLUB SCB	K-Dzieci	18			00:27:44	<b>00:56:00.82</b>	+00:25:04 (44.8%)	11:12	5.4 (55.7%)
218	<b>MYĆKA Małgorzata</b>	<b>118</b>	KLUB SCB	K30-39	11			00:27:44	<b>00:56:02.44</b>	+00:25:06 (44.8%)	11:12	5.4 (55.7%)
219	<b>CICHOWICZ-SKAŁA Katarzyna</b>	<b>22</b>	KLUB SCB	K30-39	12			00:28:09	<b>00:56:54.30</b>	+00:25:58 (45.6%)	11:22	5.3 (54.6%)
220	<b>DUL-KOBYLARZ Magdalena</b>	<b>34</b>		K30-39	13			00:28:10	<b>00:56:54.39</b>	+00:25:58 (45.6%)	11:23	5.3 (54.6%)
221	<b>SAJNÓG Marian</b>	<b>176</b>	KLUB SCB	M55-59	15	1		00:28:30	<b>01:02:14.85</b>	+00:31:18 (50.3%)	12:27	4.8 (49.5%)
222	<b>MAREK Monika</b>	<b>110</b>	NW NOWA DĘBA	K-Niepełnosprawni(A)	5			00:36:11	<b>01:10:22.87</b>	+00:39:26 (56.1%)	14:04	4.3 (44.3%)
223	<b>KOPACZ Marek</b>	<b>85</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	4			00:20:32		+00:05:26	8:12	7.3 (75.3%)
224	<b>TOMASZEWSKI Karol</b>	<b>207</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Jun.	9			00:23:21		+00:08:15	9:20	6.4 (66.0%)
225	<b>BRYK Magdalena</b>	<b>272</b>		K-Niepełnosprawni(A)	6			00:25:39		+00:10:33	10:15	5.8 (59.8%)
226	<b>JANCZYK Ryszard</b>	<b>62</b>	NW TEAM NOWA DĘBA	M70+	13			00:36:20		+00:21:15	14:32	4.1 (42.3%)
DQ	<b>BUŁAKOWSKI Bohdan</b>	<b>17</b>	PASJA NORDIC WALKING	M65-69			1	00:18:15 DQ	<b>00:35:31.31 DQ</b>		0:00	8.4 (86.6%)
DQ	<b>MATSEIKO Evhen</b>	<b>261</b>	KARPATIYA	M30-39			1	00:19:27 DQ	<b>00:37:05.10 DQ</b>		0:00	8.1 (83.5%)
DQ	<b>ZAPORA Henryk</b>	<b>254</b>	AGROS ZAMOŚĆ	M65-69			1	00:19:11 DQ	<b>00:40:05.88 DQ</b>		0:00	7.5 (77.3%)
DQ	<b>KĘDZIA Henryk</b>	<b>76</b>	KS ESTEKA	M60-64			1	00:17:52 DQ	<b>DQ</b>		-	- (0.0%)
DQ	<b>TOPOLNICKI Konrad</b>	<b>211</b>	CKZIU NYSA MECHANIK	M18-29			1	DQ	<b>DQ</b>		-	- (0.0%)
DQ	<b>RAJEK Tomasz</b>	<b>165</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54			1	DQ	<b>DQ</b>		-	- (0.0%)
	<b>FRĄKOWIAK Mateusz</b>	<b>38</b>	KS METRACO POLKOWICE	M-Jun.				DNF	<b>DNF</b>		-	- (0.0%)
	<b>SAJNÓG Teresa</b>	<b>177</b>	KLUB SCB	K60-64				DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 234 wynik(ów)