

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
WIELKOPOLSKI ZWIĄZOK SPORTOWY

Organizator: PFNW
Data: 2016-06-11
Miejsce: Kolbuszowa
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DEŁĄG Jakub	331	ENERGYLIFE TEAM/ FACE NORDIC WALKING TEAM	M18-29	1			00:00:50	00:14:36	00:29:44.80	00:30:35.40		5:57	10.1 (100%)
2	ZARĘBSKI Michał	596	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:01:34	00:14:41	00:30:12.40	00:31:46.40	+00:00:27 (1.5%)	6:02	9.9 (98.0%)
3	LUBIATOWSKI Ireneusz	434	KS METRACO POLKOWICE	M50-54	1			00:02:58	00:15:04	00:30:33.10	00:33:31.10	+00:00:48 (2.6%)	6:06	9.8 (97.0%)
4	CZŁAPSKI Krzysztof	264	ENERGYLIFE/ NW CIECHANÓW	M50-54	2			00:02:57	00:15:07	00:30:50.75	00:33:47.95	+00:01:05 (3.6%)	6:10	9.7 (96.0%)
5	NIECHWIEJCZYK Piotr	66	UNIA MIAST	M40-44	1			00:01:58	00:15:30	00:31:00.45	00:32:59.00	+00:01:15 (4.1%)	6:12	9.7 (96.0%)
6	GAJEWSKI Eugeniusz	354	KS METRACO POLKOWICE	M55-59	1			00:03:33	00:15:25	00:31:02.85	00:34:36.05	+00:01:18 (4.2%)	6:12	9.7 (96.0%)
7	WINNICKI Robert	255	BIESZCZADZKI KLUB NW	M40-44	2			00:01:59	00:15:29	00:31:03.20	00:33:02.55	+00:01:18 (4.2%)	6:12	9.7 (96.0%)
8	WOROCH Roman	572	KS METRACO POLKOWICE	M55-59	2			00:03:34	00:15:23	00:31:05.00	00:34:39.15	+00:01:20 (4.3%)	6:13	9.7 (96.0%)
9	BIŁEK Artur	65	UNIA MIAST	M30-39	2			00:01:34	00:15:20	00:31:09.70	00:32:44.45	+00:01:24 (4.5%)	6:14	9.6 (95.0%)
10	KOLASA Wojciech	392	EPOKA NORDICA ŁÓDŹ	M40-44	3			00:01:58	00:15:31	00:31:13.30	00:33:11.85	+00:01:28 (4.7%)	6:14	9.6 (95.0%)
11	KONIK Jacek	399	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	4			00:01:59	00:15:33	00:31:25.65	00:33:25.60	+00:01:40 (5.3%)	6:17	9.5 (94.1%)
12	WITCZUK Łukasz	700	FACE NORDIC WALKING TEAM	M30-39	3			00:01:34	00:15:37	00:31:31.55	00:33:05.85	+00:01:46 (5.6%)	6:18	9.5 (94.1%)
13	GRZĄDZIEL Darek	364	BIESZCZADZKI KLUB NORDIC WALKING	M45-49	1			00:02:23	00:15:42	00:31:46.65	00:34:10.25	+00:02:01 (6.4%)	6:21	9.4 (93.1%)
14	ROŻYNEK Miron	268	KS METRACO POLKOWICE	M50-54	3			00:02:58	00:15:47	00:31:56.50	00:34:54.55	+00:02:11 (6.9%)	6:23	9.4 (93.1%)
15	WETOSZKA Piotr	282	FACE NORDIC WALKING TEAM	M30-39	4			00:01:34	00:15:49	00:32:04.95	00:33:39.05	+00:02:20 (7.3%)	6:25	9.4 (93.1%)
16	SCHRÖDER Karol	508	SILESIA NORDIC TEAM	M40-44	5			00:01:59	00:15:30	00:32:13.95	00:34:13.10	+00:02:29 (7.7%)	6:26	9.3 (92.1%)
17	LESIŃSKI Grzegorz	431	KS METRACO POLKOWICE	M50-54	4			00:02:58	00:15:46	00:32:27.70	00:35:26.15	+00:02:42 (8.4%)	6:29	9.2 (91.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
18	MICHALSKI Andrzej	279	FACE NORDIC WALKING TEAM	M55-59	3			00:03:32	00:16:01	00:32:31.45	00:36:04.35	+00:02:46 (8.5%)	6:30	9.2 (91.1%)
19	GŁOWA Michał	358	WESOŁY BORSUK TEAM	M-Jun.	1			00:00:33	00:16:22	00:32:33.40	00:33:06.55	+00:02:48 (8.6%)	6:30	9.2 (91.1%)
20	KNITTER Tomasz	389	BŁĘKITNI NW DZIEMIANY	M-Jun.	2			00:00:32	00:16:22	00:32:34.05	00:33:06.65	+00:02:49 (8.7%)	6:30	9.2 (91.1%)
21	STĘPNIEWSKI Paweł	523	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:00:50	00:16:04	00:32:37.00	00:33:27.75	+00:02:52 (8.8%)	6:31	9.2 (91.1%)
22	MARCINKOWSKI Jakub	446	UNIA MIAST	M-Jun.	3			00:00:32	00:16:23	00:32:39.45	00:33:11.90	+00:02:54 (8.9%)	6:31	9.2 (91.1%)
23	CIEŚLUK Roman	61	EPOKA NORDICA ŁÓDŹ	M55-59	4			00:03:35	00:16:17	00:32:43.10	00:36:18.45	+00:02:58 (9.1%)	6:32	9.2 (91.1%)
24	HAŁAS Marcin	292	FACE NORDIC WALKING TEAM	M30-39	5			00:01:34	00:16:12	00:32:47.05	00:34:21.15	+00:03:02 (9.3%)	6:33	9.2 (91.1%)
25	ZALISKA Oksana	598	DĄBROWA NORDIC TEAM	K60-64	1			00:09:46	00:16:26	00:32:56.85	00:42:43.55	+00:03:12 (9.7%)	6:35	9.1 (90.1%)
26	KRYŚ Artur	410	KS METRACO POLKOWICE	M45-49	2			00:02:22	00:16:13	00:33:03.00	00:35:25.25	+00:03:18 (10.0%)	6:36	9.1 (90.1%)
27	SŁOMIAN Leszek	513	UNIA MIAST	M55-59	5			00:03:34	00:16:29	00:33:07.45	00:36:41.45	+00:03:22 (10.2%)	6:37	9.1 (90.1%)
28	SKWIRUT Jerzy	512	SOKÓŁ RYMANÓW	M-Niepełnosprawni	1			00:03:33	00:16:23	00:33:19.55	00:36:52.85	+00:03:34 (10.7%)	6:39	9 (89.1%)
29	WOLEK Waldemar	571	NORDIC TEAM GNIEZNO	M40-44	6			00:01:58	00:16:17	00:33:20.50	00:35:18.70	+00:03:35 (10.8%)	6:40	9 (89.1%)
30	PASIERB Marek	473		M60-64	1			00:04:01	00:16:26	00:33:21.50	00:37:22.50	+00:03:36 (10.8%)	6:40	9 (89.1%)
31	FELIS Paweł	345		M45-49	3			00:02:23	00:16:28	00:33:26.55	00:35:49.75	+00:03:41 (11.1%)	6:41	9 (89.1%)
32	BARTYŃSKI Zdzisław	305	WOLNY STRZELEC	M45-49	4			00:02:23	00:16:31	00:33:33.05	00:35:56.05	+00:03:48 (11.3%)	6:42	8.9 (88.1%)
33	ORZECH Artur	467	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	5			00:02:26	00:16:50	00:33:35.35	00:36:01.35	+00:03:50 (11.4%)	6:43	8.9 (88.1%)
34	MANDZIUK Marek	280	KBBB / TKKF	M45-49	6			00:02:25	00:16:35	00:33:42.45	00:36:07.45	+00:03:57 (11.8%)	6:44	8.9 (88.1%)
35	RAKUĆ Jakub	492	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	3			00:00:50	00:16:31	00:33:43.00	00:34:33.60	+00:03:58 (11.8%)	6:44	8.9 (88.1%)
36	PANAŚ Artur	471		M45-49	7			00:02:24	00:16:53	00:33:44.35	00:36:08.50	+00:03:59 (11.8%)	6:44	8.9 (88.1%)
37	FLIS Marek	697	GREEN TEAM ZIELONA GÓRA	M55-59	6			00:03:34	00:16:32	00:33:46.85	00:37:21.45	+00:04:02 (11.9%)	6:45	8.9 (88.1%)
38	JENCZELEWSKI Grzegorz	378	ENERGYLIFE TEAM	M45-49	8			00:02:22	00:16:28	00:33:48.75	00:36:11.30	+00:04:03 (12.0%)	6:45	8.9 (88.1%)
39	KOŁODZIEJCZAK Beata	294	SOCHO TEAM	K40-44	1			00:07:26	00:16:51	00:33:50.25	00:41:16.95	+00:04:05 (12.1%)	6:46	8.9 (88.1%)
40	WILK Tadeusz	599	DĄBROWA NORDIC TEAM	M60-64	2			00:04:01	00:16:37	00:33:53.90	00:37:54.90	+00:04:09 (12.2%)	6:46	8.9 (88.1%)
41	PUZIO Marek	488	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	9			00:02:26	00:17:23	00:33:57.95	00:36:24.20	+00:04:13 (12.4%)	6:47	8.8 (87.1%)
42	KUŚMIEREK Mateusz	419	BŁĘKITNI NW DZIEMIANY	M-Dzieci	1			00:00:06	00:17:08	00:34:00.95	00:34:07.80	+00:04:16 (12.6%)	6:48	8.8 (87.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
43	ZMACZYŃSKI Bogusław	586	KS METRACO POLKOWICE	M60-64	3			00:04:00	00:17:00	00:34:02.00	00:38:02.75	+00:04:17 (12.6%)	6:48	8.8 (87.1%)
44	KUSTAL Marcin	418	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:01:34	00:17:12	00:34:02.30	00:35:36.75	+00:04:17 (12.6%)	6:48	8.8 (87.1%)
45	WIERZBIŃSKI Piotr	275	KLUB SPORTU PL	M40-44	7			00:01:58	00:16:57	00:34:04.15	00:36:02.15	+00:04:19 (12.7%)	6:48	8.8 (87.1%)
46	GNUS Dawid	602	KBBB / TKKF	M-Dzieci	2			00:00:08	00:17:08	00:34:08.70	00:34:16.80	+00:04:23 (12.9%)	6:49	8.8 (87.1%)
47	BUKOWIEC Jacek	316		M45-49	10			00:02:24	00:16:58	00:34:14.25	00:36:38.95	+00:04:29 (13.1%)	6:50	8.8 (87.1%)
48	BREWKA Joachim	64	UNIA MIAST	M50-54	5			00:02:57	00:17:01	00:34:15.80	00:37:13.55	+00:04:31 (13.2%)	6:51	8.8 (87.1%)
49	GRYGOROWICZ Bogdan	363	KS METRACO POLKOWICE	M65-69	1			00:04:17	00:17:18	00:34:17.65	00:38:35.45	+00:04:32 (13.3%)	6:51	8.7 (86.1%)
50	ZARZYCKI Zdzisław	581		M55-59	7			00:03:35	00:17:01	00:34:28.75	00:38:03.90	+00:04:43 (13.7%)	6:53	8.7 (86.1%)
51	SOBKOWSKI Janusz	518	SILESIA NORDIC TEAM	M60-64	4			00:04:00	00:16:59	00:34:31.70	00:38:31.95	+00:04:46 (13.8%)	6:54	8.7 (86.1%)
52	RATECKI Marcin	694	NORDIC WALKING TEAM GDAŃSK	M40-44	8			00:01:58	00:17:10	00:34:31.75	00:36:30.55	+00:04:46 (13.9%)	6:54	8.7 (86.1%)
53	WOŹNIAK Klaudia	573	UNIA MIAST	K-Jun.	1			00:05:42	00:16:55	00:34:33.80	00:40:16.60	+00:04:49 (13.9%)	6:54	8.7 (86.1%)
54	MOTOCZYŃSKI Krzysztof	454	GOSIR OSIELSKO	M60-64	5			00:04:01	00:17:02	00:34:36.90	00:38:38.20	+00:04:52 (14.1%)	6:55	8.7 (86.1%)
55	PARTYKA Teresa	592	WESOŁY BORSUK TEAM	K55-59	1			00:09:13	00:17:25	00:34:37.65	00:43:51.35	+00:04:52 (14.1%)	6:55	8.7 (86.1%)
56	SZPILMAN Katarzyna	542	FACE NORDIC WALKING TEAM	K45-49	1			00:08:08	00:17:16	00:34:39.95	00:42:48.35	+00:04:55 (14.2%)	6:56	8.7 (86.1%)
57	DRAPAŁA Jan	334	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	9			00:02:25	00:16:57	00:34:41.85	00:37:07.80	+00:04:57 (14.3%)	6:56	8.6 (85.1%)
58	WALORYSZAK Andrzej	221	ORTOPEDIA OTWOCK XIV	M60-64	6			00:04:00	00:17:18	00:34:42.95	00:38:43.35	+00:04:58 (14.3%)	6:56	8.6 (85.1%)
59	GAPIŃSKI Leszek	591	WESOŁY BORSUK TEAM	M55-59	8			00:03:34	00:16:59	00:34:43.10	00:38:17.70	+00:04:58 (14.3%)	6:56	8.6 (85.1%)
60	ADAMUS Marian	693	SILESIA NORDIC TEAM	M65-69	2			00:04:16	00:17:20	00:34:45.80	00:39:02.45	+00:05:01 (14.4%)	6:57	8.6 (85.1%)
61	ŚLEWIŃSKA Edyta	344	BŁĘKITNI NW DZIEMIANY	K-Jun.	2			00:05:42	00:17:13	00:34:47.85	00:40:30.00	+00:05:03 (14.5%)	6:57	8.6 (85.1%)
62	GAPIŃSKA Janina	589	WESOŁY BORSUK TEAM	K55-59	2			00:09:13	00:17:26	00:34:50.90	00:44:04.75	+00:05:06 (14.6%)	6:58	8.6 (85.1%)
63	DANA Andrzej	328	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	3			00:04:17	00:17:21	00:34:56.55	00:39:13.95	+00:05:11 (14.9%)	6:59	8.6 (85.1%)
64	GIERLASIŃSKI Krzysztof	262		M55-59	9			00:03:32	00:17:30	00:35:01.80	00:38:34.75	+00:05:17 (15.1%)	7:00	8.6 (85.1%)
65	KORDOWSKI Jakub	69	UPOJENI WIATREM	M-Jun.	4	1		00:00:35	00:17:33	00:35:02.75	00:35:37.75	+00:05:17 (15.1%)	7:00	8.6 (85.1%)
66	BĄK Zbigniew	661	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	11			00:02:25	00:17:34	00:35:05.00	00:37:30.45	+00:05:20 (15.2%)	7:01	8.6 (85.1%)
67	URBANIAK Marian	555		M55-59	10			00:03:33	00:17:29	00:35:05.80	00:38:39.40	+00:05:21 (15.2%)	7:01	8.5 (84.2%)
68	ROSADZIŃSKI Sławomir	500		M45-49	12			00:02:22	00:17:20	00:35:05.90	00:37:28.45	+00:05:21 (15.2%)	7:01	8.5 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
69	LENAR Grzegorz	428	ULKS'SOKOŁY'	M-Jun.	5			00:00:32	00:17:03	00:35:10.90	00:35:43.45	+00:05:26 (15.4%)	7:02	8.5 (84.2%)
70	KWAŚNY Tomasz	423	CHODZĘ Z SERCEM	M50-54	6			00:02:58	00:17:26	00:35:12.75	00:38:11.30	+00:05:27 (15.5%)	7:02	8.5 (84.2%)
71	LESIŃSKA Marzenna	430	KS METRACO POLKOWICE	K50-54	1			00:08:42	00:17:38	00:35:13.30	00:43:56.20	+00:05:28 (15.5%)	7:02	8.5 (84.2%)
72	ZAŃKO Katarzyna	274		K40-44	2			00:07:27	00:17:19	00:35:14.40	00:42:41.60	+00:05:29 (15.6%)	7:02	8.5 (84.2%)
73	SITKO Maciej	510	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	3			00:00:06	00:17:20	00:35:14.95	00:35:21.60	+00:05:30 (15.6%)	7:03	8.5 (84.2%)
74	DUDEK Edward	337	KS METRACO POLKOWICE	M65-69	4			00:04:18	00:17:21	00:35:16.10	00:39:35.00	+00:05:31 (15.7%)	7:03	8.5 (84.2%)
75	TRONIARZ Stanisław	548		M60-64	7			00:04:01	00:17:19	00:35:18.60	00:39:19.90	+00:05:33 (15.8%)	7:03	8.5 (84.2%)
76	RACHWALSKA Joanna	490		K18-29	1			00:06:14	00:17:37	00:35:25.35	00:41:40.25	+00:05:40 (16.0%)	7:05	8.5 (84.2%)
77	GĘBKA Tomasz	63		M50-54	7			00:02:58	00:17:31	00:35:29.00	00:38:27.45	+00:05:44 (16.2%)	7:05	8.5 (84.2%)
78	BROŻBAR Beata	314	ULKS'SOKOŁY'	K-Jun.	3			00:05:45	00:17:35	00:35:30.10	00:41:15.10	+00:05:45 (16.2%)	7:06	8.5 (84.2%)
79	SZCZEPAŃSKI Rafał	300	OPEL ACTIVE TEAM	M40-44	10			00:02:00	00:17:37	00:35:32.05	00:37:32.45	+00:05:47 (16.3%)	7:06	8.4 (83.2%)
80	SKIERŚ Albert	511	ZAMACH W SMOLEŃSKU RAZY DWA	M45-49	13	1		00:02:22	00:17:24	00:35:33.90	00:37:56.25	+00:05:49 (16.4%)	7:06	8.4 (83.2%)
81	GOŁĘBIEWSKI Andrzej	267	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	11	1		00:03:33	00:17:25	00:35:34.00	00:39:07.95	+00:05:49 (16.4%)	7:06	8.4 (83.2%)
82	JAROSZ Cezary	375	ORLIK NIWISKA	M18-29	4			00:00:51	00:17:54	00:35:35.55	00:36:26.85	+00:05:50 (16.4%)	7:07	8.4 (83.2%)
83	RAKUĆ Angelika	493	RUCH PO ZDROWIE WŁOCLAWEK	K18-29	2			00:06:14	00:17:46	00:35:36.10	00:41:50.55	+00:05:51 (16.4%)	7:07	8.4 (83.2%)
84	REJMAN Filip	497	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M-Jun.	6			00:00:33	00:16:49	00:35:41.20	00:36:14.35	+00:05:56 (16.6%)	7:08	8.4 (83.2%)
85	SUROWIEC Sebastian	625		M-Jun.	7			00:00:33	00:17:55	00:35:41.60	00:36:14.95	+00:05:56 (16.7%)	7:08	8.4 (83.2%)
86	JAWORSKI Zbigniew	376	WŁÓCZYKIJE SKOCZÓW	M65-69	5			00:04:18	00:17:36	00:35:42.55	00:40:01.15	+00:05:57 (16.7%)	7:08	8.4 (83.2%)
87	KONIK Zuzanna	395	BIESZCZADZKI KLUB NORDIC WALKING	K-Jun.	4			00:05:43	00:17:44	00:35:43.40	00:41:26.80	+00:05:58 (16.7%)	7:08	8.4 (83.2%)
88	RĘDZINIAK Marzena	499	KLUBSPORTU.PL	K30-39	1			00:06:48	00:17:40	00:35:44.20	00:42:33.05	+00:05:59 (16.8%)	7:09	8.4 (83.2%)
89	WROŃSKI Włodzimierz	575	PASJA NORDIC WALKING	M60-64	8			00:04:00	00:17:41	00:35:46.05	00:39:46.15	+00:06:01 (16.8%)	7:09	8.4 (83.2%)
90	BALICKA Maria	303		K-Dzieci	1			00:05:12	00:17:30	00:35:46.95	00:40:59.05	+00:06:02 (16.9%)	7:09	8.4 (83.2%)
91	RECZULSKA Katarzyna	494	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:08:09	00:17:47	00:35:47.95	00:43:57.80	+00:06:03 (16.9%)	7:09	8.4 (83.2%)
92	KOSTRUBIEC Tomasz	402	MDK SZCZEBRZESZYN	M45-49	14			00:02:23	00:17:20	00:35:48.20	00:38:12.00	+00:06:03 (16.9%)	7:09	8.4 (83.2%)
93	SZNAJDER Zenon	540	UNIA MIAST	M60-64	9			00:04:00	00:17:31	00:35:48.65	00:39:49.10	+00:06:03 (16.9%)	7:09	8.4 (83.2%)
94	WIADERSKI Wojciech	653		M65-69	6			00:04:17	00:17:47	00:35:50.45	00:40:08.15	+00:06:05 (17.0%)	7:10	8.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
95	MARCINKOWSKI Wojciech	68	UNIA MIAST	M45-49	15			00:02:23	00:17:36	00:35:52.25	00:38:16.05	+00:06:07 (17.1%)	7:10	8.4 (83.2%)
96	SĄCZAWA Sławomir	507		M40-44	11			00:02:00	00:17:27	00:35:53.20	00:37:53.75	+00:06:08 (17.1%)	7:10	8.4 (83.2%)
97	FRĄSZCZAK Katarzyna	352	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K-Niepełnosprawni	1			00:06:48	00:17:45	00:35:53.85	00:42:41.95	+00:06:09 (17.1%)	7:10	8.4 (83.2%)
98	KANIECKA Zofia	385	NW CIECHANÓW	K60-64	2			00:09:47	00:17:46	00:35:54.55	00:45:41.55	+00:06:09 (17.2%)	7:10	8.4 (83.2%)
99	BALICKI Mirosław	289		M45-49	16			00:02:23	00:17:29	00:36:02.35	00:38:25.55	+00:06:17 (17.5%)	7:12	8.3 (82.2%)
100	WAWRZY尼亚K Anna	563	FACE NORDIC WALKING TEAM	K40-44	3			00:07:26	00:17:47	00:36:04.10	00:43:30.80	+00:06:19 (17.5%)	7:12	8.3 (82.2%)
101	BIK Przemysław	313	KS METRACO POLKOWICE	M-Dzieci	4			00:00:07	00:17:18	00:36:04.85	00:36:12.65	+00:06:20 (17.6%)	7:13	8.3 (82.2%)
102	KONIK Aleksandra	398	BIESZCZADZKI KLUB NORDIC WALKING	K40-44	4			00:07:28	00:18:03	00:36:05.95	00:43:34.30	+00:06:21 (17.6%)	7:13	8.3 (82.2%)
103	GŁADKOWSKA Małgorzata	698	SILESIA NORDIC TEAM	K55-59	3			00:09:16	00:17:46	00:36:09.10	00:45:25.25	+00:06:24 (17.7%)	7:13	8.3 (82.2%)
104	DZIEŃ Bartosz	342	ULKS'SOKOŁY'	M-Jun.	8			00:00:33	00:17:49	00:36:09.25	00:36:42.90	+00:06:24 (17.7%)	7:13	8.3 (82.2%)
105	MALCZYK Anna	163	DĄBROWA NORDIC TEAM	K30-39	2			00:06:48	00:18:03	00:36:09.90	00:42:58.10	+00:06:25 (17.7%)	7:14	8.3 (82.2%)
106	KOWALSKI Marek	67	UNIA MIAST	M50-54	8			00:02:59	00:18:07	00:36:11.85	00:39:11.40	+00:06:27 (17.8%)	7:14	8.3 (82.2%)
107	FELIS Stanisław	346		M-Jun.	9			00:00:32	00:18:02	00:36:12.20	00:36:44.45	+00:06:27 (17.8%)	7:14	8.3 (82.2%)
108	STYGA Krystyna	529	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	2			00:08:11	00:17:55	00:36:14.00	00:44:25.00	+00:06:29 (17.9%)	7:14	8.3 (82.2%)
109	SELWA Andrzej	595		M40-44	12			00:02:00	00:18:07	00:36:14.75	00:38:15.40	+00:06:29 (17.9%)	7:15	8.3 (82.2%)
110	KNITTER Agata	388	BŁĘKITNI NW DZIEMIANY	K-Jun.	5			00:05:42	00:18:04	00:36:14.80	00:41:57.60	+00:06:30 (17.9%)	7:15	8.3 (82.2%)
111	MOŻYSZEK Piotr	456	FORMA NA PIĄTKĘ NW PABIANICE	M55-59	12			00:03:33	00:17:56	00:36:18.15	00:39:51.35	+00:06:33 (18.1%)	7:15	8.3 (82.2%)
112	KORDOWSKA Bogusława	70	UPOJENI WIATREM	K40-44	5			00:07:28	00:18:05	00:36:19.95	00:43:48.30	+00:06:35 (18.1%)	7:16	8.3 (82.2%)
113	TRONIARZ Grażyna	271		K60-64	3			00:09:46	00:17:55	00:36:20.45	00:46:07.30	+00:06:35 (18.1%)	7:16	8.3 (82.2%)
114	OLEKSYK Małgorzata	464	BIESZCZADZKI KLUB NORDIC WALKING	K50-54	3			00:08:42	00:18:05	00:36:21.30	00:45:03.50	+00:06:36 (18.2%)	7:16	8.3 (82.2%)
115	PAWŁOWSKA-WOŹNIAK Małgorzata	477	UNIA MIAST	K30-39	3			00:06:48	00:17:53	00:36:24.55	00:43:12.65	+00:06:39 (18.3%)	7:16	8.2 (81.2%)
116	WÓJTOWICZ Aleksandra	574	SZKOLNY KLUB NORDIC WALKING	K-Jun.	6			00:05:44	00:18:04	00:36:32.00	00:42:16.65	+00:06:47 (18.6%)	7:18	8.2 (81.2%)
117	STOLARSKA Joanna	525	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	7			00:05:43	00:17:57	00:36:33.20	00:42:17.05	+00:06:48 (18.6%)	7:18	8.2 (81.2%)
118	SZYMURA Kazimierz	545	RYBNICKI KLUB NORDIC WALKING	M-Niepełnosprawni	2			00:04:39	00:18:08	00:36:34.75	00:41:14.25	+00:06:49 (18.7%)	7:19	8.2 (81.2%)
119	STRZĘPKA Krzysztof	528	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	17			00:02:25	00:18:13	00:36:39.25	00:39:04.35	+00:06:54 (18.8%)	7:19	8.2 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
120	SOWA Jan	519	UNIA MIAST	M70+	1			00:04:38	00:18:07	00:36:42.40	00:41:21.05	+00:06:57 (19.0%)	7:20	8.2 (81.2%)
121	JÓŻWIAK Marianna	382	WTW.WŁOCŁAWEK	K40-44	6			00:07:27	00:17:58	00:36:42.45	00:44:09.95	+00:06:57 (19.0%)	7:20	8.2 (81.2%)
122	MARCINKOWSKA Agnieszka	445	UNIA MIAST	K-Dzieci	2			00:05:12	00:18:06	00:36:43.85	00:41:56.05	+00:06:59 (19.0%)	7:20	8.2 (81.2%)
123	GUZOWSKI Maciej	367	KLUB NW 'WŁÓCZYKIJE'	M-Niepełnosprawni	3			00:00:51	00:18:23	00:36:44.95	00:37:36.15	+00:07:00 (19.1%)	7:21	8.2 (81.2%)
124	WASILEWSKI Sławomir	562	PASJA NORDIC WALKING	M70+	2	1		00:04:39	00:18:18	00:36:52.75	00:41:31.80	+00:07:07 (19.3%)	7:22	8.1 (80.2%)
125	JÓŻWIAK Łukasz	381	WTW.WŁOCŁAWEK	M-Niepełnosprawni	4			00:02:25	00:18:22	00:37:02.50	00:39:28.15	+00:07:17 (19.7%)	7:24	8.1 (80.2%)
126	URBANEK Renata	263	DZIKIE ŻYCIE	K30-39	4			00:06:49	00:18:26	00:37:03.70	00:43:53.45	+00:07:18 (19.7%)	7:24	8.1 (80.2%)
127	SŁOMIŃSKA Marta	514	BŁĘKITNI NW DZIEMIANY	K-Jun.	8			00:05:42	00:18:33	00:37:10.70	00:42:53.30	+00:07:25 (20.0%)	7:26	8.1 (80.2%)
128	GRZYB Izabela	365	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	5			00:06:49	00:18:19	00:37:12.10	00:44:01.10	+00:07:27 (20.0%)	7:26	8.1 (80.2%)
129	WARCZALSKA Teresa	561	UNIA MIAST	K65-69	1			00:09:49	00:18:59	00:37:12.50	00:47:02.35	+00:07:27 (20.1%)	7:26	8.1 (80.2%)
130	FELIS Beata	347		K45-49	3			00:08:10	00:18:36	00:37:13.60	00:45:23.75	+00:07:28 (20.1%)	7:26	8.1 (80.2%)
131	GAŁAŚ Jonna	655	PASJA NW	K18-29	3			00:06:14	00:18:14	00:37:13.65	00:43:28.40	+00:07:28 (20.1%)	7:26	8.1 (80.2%)
132	KUSAJ Tomasz	417	NORDIC ZAWADA	M50-54	9			00:03:00	00:18:32	00:37:15.15	00:40:15.80	+00:07:30 (20.1%)	7:27	8.1 (80.2%)
133	JANUS Adrian	626		M-Jun.	10			00:00:34	00:18:02	00:37:17.20	00:37:51.60	+00:07:32 (20.2%)	7:27	8 (79.2%)
134	SZEMBERSKI Paweł	535		M40-44	13			00:01:58	00:18:24	00:37:18.55	00:39:16.95	+00:07:33 (20.3%)	7:27	8 (79.2%)
134	KOZŁOWSKA Julia	406	FACE NORDIC WALKING TEAM	K-Dzieci	3			00:05:12	00:18:50	00:37:18.55	00:42:31.25	+00:07:33 (20.3%)	7:27	8 (79.2%)
136	BIELIŃSKA-RUS Jagoda	104		K40-44	7			00:07:27	00:17:48	00:37:20.20	00:44:47.65	+00:07:35 (20.3%)	7:28	8 (79.2%)
137	DANA Kazimiera	329	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	4			00:09:47	00:18:47	00:37:23.30	00:47:10.95	+00:07:38 (20.4%)	7:28	8 (79.2%)
138	DZIUBA Alina	343	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	4			00:08:09	00:18:21	00:37:26.05	00:45:35.25	+00:07:41 (20.5%)	7:29	8 (79.2%)
139	PIATCZYC Wacław	478		M-Niepełnosprawni	5			00:03:35	00:18:09	00:37:30.35	00:41:05.95	+00:07:45 (20.7%)	7:30	8 (79.2%)
140	KOZŁOWSKA Jagoda	405	FACE NORDIC WALKING TEAM	K-Dzieci	4			00:05:13	00:18:35	00:37:33.40	00:42:46.65	+00:07:48 (20.8%)	7:30	8 (79.2%)
141	KUPIBIDA Bogusława	414	SILESIA NORDIC TEAM	K55-59	4			00:09:16	00:18:35	00:37:37.45	00:46:53.80	+00:07:52 (20.9%)	7:31	8 (79.2%)
142	ZAŁĘSKA-MAGDA Edyta	578	SZKOLNY KLUB NORDIC WALKING	K45-49	5			00:08:08	00:18:27	00:37:40.95	00:45:49.10	+00:07:56 (21.1%)	7:32	8 (79.2%)
143	DĄBROWSKI Andrzej	330	MARSZ PO ZDROWIE	M65-69	7	1		00:04:19	00:18:42	00:37:41.90	00:42:01.55	+00:07:57 (21.1%)	7:32	8 (79.2%)
144	SZENDZIELORZ Ilona	536	FABRIKANORDIKA	K55-59	5			00:09:15	00:18:53	00:37:42.65	00:46:57.95	+00:07:57 (21.1%)	7:32	8 (79.2%)
145	PYTLAK Adam	668	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	10			00:02:59	00:18:46	00:37:47.20	00:40:46.45	+00:08:02 (21.3%)	7:33	7.9 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
146	FILUSZ Alfred	349	N/Z	M45-49	18			00:02:22	00:18:47	00:37:50.40	00:40:13.35	+00:08:05 (21.4%)	7:34	7.9 (78.2%)
147	MANDZIUK Marta	281	KBBB / TKKF	K40-44	8			00:07:31	00:19:01	00:37:54.75	00:45:26.05	+00:08:09 (21.5%)	7:35	7.9 (78.2%)
148	SUDOŁ Karol	610		M-Dzieci	5			00:00:08	00:18:50	00:38:00.75	00:38:08.95	+00:08:15 (21.7%)	7:36	7.9 (78.2%)
149	KURYŁO Kamil	416	SKS MEDYK RZESZÓW NW	M18-29	5			00:00:51	00:18:53	00:38:02.05	00:38:53.40	+00:08:17 (21.8%)	7:36	7.9 (78.2%)
150	DZIUBA Alicja	632		K-Jun.	9			00:05:47	00:19:09	00:38:02.45	00:43:50.25	+00:08:17 (21.8%)	7:36	7.9 (78.2%)
151	SZCZĘCH Monika	532	SZKOLNY KLUB NORDIC WALKING	K-Jun.	10			00:05:43	00:18:29	00:38:02.80	00:43:46.70	+00:08:18 (21.8%)	7:36	7.9 (78.2%)
152	SMAROŃ Aleksandra	515	SZKOLNY KLUB NORDIC WALKING	K-Jun.	11			00:05:43	00:18:47	00:38:04.45	00:43:47.85	+00:08:19 (21.9%)	7:36	7.9 (78.2%)
153	WESOŁOWSKI Karol	673	KOLBUSZOWSKI KLUB NORDIC WALKING	M18-29	6	1		00:00:51	00:19:12	00:38:06.60	00:38:58.15	+00:08:21 (21.9%)	7:37	7.9 (78.2%)
154	KOLASA Maciej	391	EPOKA NORDICA ŁÓDŹ	M-Dzieci	6			00:00:07	00:19:31	00:38:09.05	00:38:16.60	+00:08:24 (22.0%)	7:37	7.9 (78.2%)
155	CHMURA Jarosław	321	TKKF „ SOKÓŁ ” GŁOGÓW MAŁOPOLSKI	M30-39	7			00:01:34	00:18:38	00:38:11.15	00:39:45.60	+00:08:26 (22.1%)	7:38	7.9 (78.2%)
156	MARKOWICZ Gabriela	449		K-Jun.	12			00:05:44	00:18:29	00:38:11.65	00:43:55.65	+00:08:26 (22.1%)	7:38	7.9 (78.2%)
157	REIZER Piotr	496		M45-49	19			00:02:24	00:18:58	00:38:12.80	00:40:36.90	+00:08:28 (22.2%)	7:38	7.9 (78.2%)
158	FIGURSKA Dominika	348	FACE NORDIC WALKING TEAM	K18-29	4			00:06:15	00:18:52	00:38:13.00	00:44:28.80	+00:08:28 (22.2%)	7:38	7.8 (77.2%)
159	JONDERKO Julia	379	WŁÓCZYKIJE SKOCZÓW	K40-44	9			00:07:31	00:18:58	00:38:16.05	00:45:47.15	+00:08:31 (22.3%)	7:39	7.8 (77.2%)
160	DZIEMIŃSKI Jan	341	BŁĘKITNI NW DZIEMIANY	M-Dzieci	7			00:00:07	00:18:54	00:38:19.90	00:38:27.05	+00:08:35 (22.4%)	7:40	7.8 (77.2%)
161	ŻARKOWSKA Klaudia	60		K-Jun.	13			00:05:46	00:19:17	00:38:20.35	00:44:06.95	+00:08:35 (22.4%)	7:40	7.8 (77.2%)
162	SZELIGA Anna	533		K30-39	6	1		00:06:50	00:19:06	00:38:26.50	00:45:17.05	+00:08:41 (22.6%)	7:41	7.8 (77.2%)
163	STOCHLA Beata	524	SZKOLNY KLUB NORDIC WALKING	K-Jun.	14			00:05:43	00:18:51	00:38:29.30	00:44:12.70	+00:08:44 (22.7%)	7:41	7.8 (77.2%)
164	PIWODA Ewa	482	ULKS'SOKOŁY'	K-Jun.	15			00:05:44	00:19:10	00:38:29.35	00:44:14.05	+00:08:44 (22.7%)	7:42	7.8 (77.2%)
165	KOSTRUBIEC Agnieszka	401	MDK SZCZEBRZESZYN	K30-39	7			00:06:48	00:18:48	00:38:30.55	00:45:18.90	+00:08:45 (22.8%)	7:42	7.8 (77.2%)
166	BAJEK Mateusz	635		M-Jun.	11			00:00:31	00:18:25	00:38:32.45	00:39:04.40	+00:08:47 (22.8%)	7:42	7.8 (77.2%)
167	KORZENIOWSKA Aldona	400	CHODZĘ Z SERCEM	K45-49	6			00:08:09	00:19:17	00:38:36.55	00:46:45.95	+00:08:51 (23.0%)	7:43	7.8 (77.2%)
168	GRUDNOWSKA Dominika	361	BŁĘKITNI NW DZIEMIANY	K-Dzieci	5			00:05:12	00:19:01	00:38:40.05	00:43:52.05	+00:08:55 (23.1%)	7:44	7.8 (77.2%)
169	MAŁODOBRY Wioletta	440	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	10			00:07:31	00:19:11	00:38:45.45	00:46:16.50	+00:09:00 (23.2%)	7:45	7.7 (76.2%)
170	CEPIELIK Barbara	318	KKNW	K-Jun.	16			00:05:48	00:19:26	00:38:46.00	00:44:34.40	+00:09:01 (23.3%)	7:45	7.7 (76.2%)
171	DRAUS Czesława	335	KLUBSPORTU.PL	K55-59	6			00:09:15	00:19:11	00:38:48.15	00:48:03.45	+00:09:03 (23.3%)	7:45	7.7 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
172	LUBERA Teresa	433	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Niepełnosprawni	2			00:08:43	00:19:07	00:38:49.05	00:47:32.30	+00:09:04 (23.4%)	7:45	7.7 (76.2%)
173	ZAŁĘSKI Wojciech	580		M50-54	11			00:02:59	00:19:27	00:38:51.40	00:41:51.35	+00:09:06 (23.4%)	7:46	7.7 (76.2%)
174	PAWŁOWICZ Alina Ewa	475		K55-59	7			00:09:14	00:19:20	00:38:52.85	00:48:07.15	+00:09:08 (23.5%)	7:46	7.7 (76.2%)
175	SITARZ Aneta	639		K-Jun.	17			00:05:47	00:19:23	00:38:55.25	00:44:42.80	+00:09:10 (23.6%)	7:47	7.7 (76.2%)
176	PIĄTKOWSKI Józef	479	KS METRACO POLKOWICE	M70+	3			00:04:39	00:18:59	00:38:55.60	00:43:35.55	+00:09:10 (23.6%)	7:47	7.7 (76.2%)
177	FRYC Jan	353	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59	13			00:03:34	00:19:12	00:39:00.85	00:42:35.55	+00:09:16 (23.8%)	7:48	7.7 (76.2%)
178	PIETRZYK Piotr	57	AWF WARSZAWA	M18-29	7			00:00:51	00:18:57	00:39:01.25	00:39:53.20	+00:09:16 (23.8%)	7:48	7.7 (76.2%)
179	SZYMCZYK Magdalena	544	FACE NORDIC WALKING TEAM	K30-39	8			00:06:49	00:19:19	00:39:02.15	00:45:52.05	+00:09:17 (23.8%)	7:48	7.7 (76.2%)
180	KĘDZIERSKA Edyta	622		K40-44	11			00:07:30	00:19:49	00:39:02.85	00:46:32.90	+00:09:18 (23.8%)	7:48	7.7 (76.2%)
181	SOBCZYK Rafał	516	KLUBSPORTU.PL	M40-44	14			00:01:58	00:19:02	00:39:05.05	00:41:03.80	+00:09:20 (23.9%)	7:49	7.7 (76.2%)
182	GADOWIK Weronika	629		K-Jun.	18			00:05:49	00:19:59	00:39:05.45	00:44:55.35	+00:09:20 (23.9%)	7:49	7.7 (76.2%)
183	PIPIRO Grażyna	481	UNIA MIAST	K55-59	8			00:09:15	00:19:30	00:39:06.30	00:48:21.65	+00:09:21 (23.9%)	7:49	7.7 (76.2%)
184	TRĘTOWICZ Aleksandra	547	KKNW/FACE NORDIC WALKING TEAM	K-Jun.	19			00:05:44	00:19:39	00:39:12.10	00:44:56.55	+00:09:27 (24.1%)	7:50	7.7 (76.2%)
185	LEŚNIEWSKI Wiktor	620		M-Dzieci	8			00:00:08	00:19:22	00:39:12.90	00:39:21.30	+00:09:28 (24.1%)	7:50	7.6 (75.2%)
186	WACŁAW Andrzej	556	SKS MEDYK RZESZÓW NW	M55-59	14			00:03:34	00:19:34	00:39:13.40	00:42:47.70	+00:09:28 (24.2%)	7:50	7.6 (75.2%)
187	NOWAK Bartłomiej	460	SAILING TEAM FERAJNA	M40-44	15			00:01:59	00:19:41	00:39:13.80	00:41:13.35	+00:09:29 (24.2%)	7:50	7.6 (75.2%)
188	OSAK Beata	469	CHODZĘ Z SERCEM	K40-44	12			00:07:28	00:19:45	00:39:15.60	00:46:44.45	+00:09:30 (24.2%)	7:51	7.6 (75.2%)
189	STARZEC Maksymilian	520	KKNW	M65-69	8			00:04:19	00:19:38	00:39:23.50	00:43:42.85	+00:09:38 (24.5%)	7:52	7.6 (75.2%)
190	NIEMCZYK Monika	633		K-Jun.	20			00:05:49	00:19:59	00:39:26.75	00:45:16.15	+00:09:41 (24.6%)	7:53	7.6 (75.2%)
191	FLEJSZAR Zbigniew	351		M45-49	20			00:02:24	00:19:06	00:39:29.75	00:41:54.35	+00:09:44 (24.7%)	7:54	7.6 (75.2%)
192	WALESZKO Andrzej	557		M45-49	21			00:02:28	00:19:37	00:39:32.75	00:42:00.95	+00:09:47 (24.8%)	7:54	7.6 (75.2%)
193	SUDOŁ Andrzej	664	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	12			00:02:59	00:19:47	00:39:35.45	00:42:35.20	+00:09:50 (24.9%)	7:55	7.6 (75.2%)
194	KABACIŃSKI Maciej	384	FACE NORDIC WALKING TEAM	M45-49	22			00:02:26	00:19:43	00:39:35.80	00:42:02.05	+00:09:51 (24.9%)	7:55	7.6 (75.2%)
195	BARTYZEL Marcin	306	SKS MEDYK RZESZÓW NW	M45-49	23			00:02:24	00:19:32	00:39:38.05	00:42:02.35	+00:09:53 (24.9%)	7:55	7.6 (75.2%)
196	MICHALAK Elżbieta	451	CHODZĘ Z SERCEM	K50-54	4			00:08:43	00:19:47	00:39:41.80	00:48:25.20	+00:09:57 (25.1%)	7:56	7.6 (75.2%)
197	STARZYŃSKA Ewa	521	KS METRACO POLKOWICE	K60-64	5			00:09:48	00:19:55	00:39:43.55	00:49:32.20	+00:09:58 (25.1%)	7:56	7.6 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
198	LACHOWSKA Ewa	259	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	9			00:09:16	00:19:41	00:39:43.70	00:49:00.05	+00:09:58 (25.1%)	7:56	7.6 (75.2%)
199	ROMANIUK Grzegorz	502	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Niepełnosprawni	6			00:02:59	00:20:43	00:39:45.85	00:42:44.85	+00:10:01 (25.2%)	7:57	7.5 (74.3%)
200	KUŁAK Klaudia	644		K-Jun.	21			00:05:47	00:19:29	00:39:46.30	00:45:33.45	+00:10:01 (25.2%)	7:57	7.5 (74.3%)
201	CHMURA Magdalena	320	TKKF „ SOKÓŁ ” GŁOGÓW MAŁOPOLSKI	K30-39	9			00:06:48	00:19:39	00:39:54.30	00:46:43.10	+00:10:09 (25.5%)	7:59	7.5 (74.3%)
202	ŁAGODA Paweł	611		M-Dzieci	9			00:00:08	00:18:43	00:39:54.90	00:40:03.35	+00:10:10 (25.5%)	7:59	7.5 (74.3%)
203	KWAŚNA Małgorzata	422	CHODZĘ Z SERCEM	K45-49	7			00:08:08	00:19:46	00:39:55.85	00:48:04.50	+00:10:11 (25.5%)	7:59	7.5 (74.3%)
204	HANUS Joanna	368		K-Niepełnosprawni	3			00:06:51	00:20:14	00:39:58.95	00:46:50.10	+00:10:14 (25.6%)	7:59	7.5 (74.3%)
205	SUDOŁ Irena	530	WŁÓCZYKIJE SKOCZÓW	K50-54	5			00:08:44	00:19:48	00:39:59.35	00:48:44.00	+00:10:14 (25.6%)	8:00	7.5 (74.3%)
206	SZEMBERSKA Małgorzata	534	KLUBSPORTU.PL	K40-44	13			00:07:27	00:19:58	00:40:03.20	00:47:31.15	+00:10:18 (25.7%)	8:00	7.5 (74.3%)
207	GWAREK Anita	696	PASJA NORDIC WALKING	K45-49	8			00:08:14	00:20:09	00:40:04.60	00:48:18.75	+00:10:19 (25.8%)	8:00	7.5 (74.3%)
208	OBREBSKA Wioletta	463	CHODZĘ Z SERCEM	K40-44	14			00:07:30	00:19:59	00:40:04.80	00:47:35.05	+00:10:20 (25.8%)	8:01	7.5 (74.3%)
209	GŁOWIŚ Szymon	649		M-Jun.	12			00:00:33	00:20:31	00:40:05.20	00:40:38.50	+00:10:20 (25.8%)	8:01	7.5 (74.3%)
210	JABŁOŃSKI Dominik	613		M-Dzieci	10			00:00:09	00:19:27	00:40:05.30	00:40:14.30	+00:10:20 (25.8%)	8:01	7.5 (74.3%)
211	SALACH Konrad	619		M-Dzieci	11			00:00:09	00:20:12	00:40:06.35	00:40:15.35	+00:10:21 (25.8%)	8:01	7.5 (74.3%)
212	JANKOWSKI Andrzej	374	MK TEAM SPORT W WIELKIM MIEŚCIE	M60-64	10			00:04:17	00:20:06	00:40:08.05	00:44:25.45	+00:10:23 (25.9%)	8:01	7.5 (74.3%)
213	KUBICKA Danuta	413	KS METRACO POLKOWICE	K65-69	2			00:10:23	00:19:52	00:40:09.05	00:50:32.95	+00:10:24 (25.9%)	8:01	7.5 (74.3%)
214	GUZIOR Agnieszka	366	KLUBSPORTU.PL	K40-44	15			00:07:28	00:19:59	00:40:10.15	00:47:38.40	+00:10:25 (25.9%)	8:02	7.5 (74.3%)
215	POKRYWKA Joanna	486	SKS MEDYK RZESZÓW NW	K18-29	5			00:06:17	00:20:18	00:40:16.90	00:46:34.25	+00:10:32 (26.2%)	8:03	7.4 (73.3%)
216	JAKUBCZYK Irmína	370		K-Dzieci	6			00:05:15	00:19:29	00:40:17.55	00:45:32.60	+00:10:32 (26.2%)	8:03	7.4 (73.3%)
217	ALEKSANDRA Płotczyk	301	SKS MEDYK RZESZÓW NW	K18-29	6			00:06:16	00:20:18	00:40:17.75	00:46:34.20	+00:10:32 (26.2%)	8:03	7.4 (73.3%)
218	CHRAPEK Daria	322	GIMNAZJUM W RUDZICY	K-Jun.	22			00:05:45	00:19:47	00:40:19.55	00:46:04.90	+00:10:34 (26.2%)	8:03	7.4 (73.3%)
219	WĘGLARZ Elżbieta	565	KLUB NW 'WŁÓCZYKIJE'	K60-64	6			00:09:49	00:20:05	00:40:19.85	00:50:09.70	+00:10:35 (26.2%)	8:04	7.4 (73.3%)
220	CAG-SOBCZYK Edyta	317	KLUBSPORTU.PL	K40-44	16			00:07:27	00:20:03	00:40:22.25	00:47:50.20	+00:10:37 (26.3%)	8:04	7.4 (73.3%)
221	ZIOŁO-KSIAZKIEWICZ Maryla	585		K60-64	7			00:09:48	00:20:22	00:40:25.15	00:50:14.10	+00:10:40 (26.4%)	8:05	7.4 (73.3%)
222	POSŁUSZNY Kamil	642		M-Jun.	13			00:00:31	00:20:22	00:40:28.90	00:41:00.85	+00:10:44 (26.5%)	8:05	7.4 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
223	KUDEJ Zbigniew	594	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	13			00:02:59	00:19:45	00:40:33.40	00:43:32.65	+00:10:48 (26.7%)	8:06	7.4 (73.3%)
224	SĄŁAK Maria	504	FACE NORDIC WALKING TEAM / NW RELAKS ZAGÓRZ	K60-64	8			00:09:47	00:20:12	00:40:34.30	00:50:21.45	+00:10:49 (26.7%)	8:06	7.4 (73.3%)
225	KRUDYSZ-STARZEC Jadwiga	409	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	9			00:09:49	00:20:05	00:40:36.80	00:50:26.55	+00:10:52 (26.8%)	8:07	7.4 (73.3%)
226	CZACHOR Patrycja	324		K-Jun.	23			00:05:45	00:19:27	00:40:37.30	00:46:23.25	+00:10:52 (26.8%)	8:07	7.4 (73.3%)
227	NOWALIŃSKI Piotr	462	FACE NORDIC WALKING TEAM	M-Niepełnosprawni	7			00:02:25	00:19:51	00:40:43.95	00:43:09.15	+00:10:59 (27.0%)	8:08	7.4 (73.3%)
228	WIESZOŁEK Ewelina	568	N/Z	K30-39	10			00:06:48	00:20:51	00:40:55.10	00:47:43.90	+00:11:10 (27.3%)	8:11	7.3 (72.3%)
229	BUMBAŁA Grażyna	62	UNIA MIAST	K30-39	11			00:06:52	00:20:20	00:40:55.70	00:47:48.50	+00:11:10 (27.3%)	8:11	7.3 (72.3%)
230	MARCZYK Jerzy Paweł	447	FACE NORDIC WALKING TEAM	M55-59	15			00:03:36	00:20:12	00:40:56.45	00:44:32.70	+00:11:11 (27.3%)	8:11	7.3 (72.3%)
231	BANASZAK Agata	304	GREEN TEAM ZIELONA GÓRA	K18-29	7			00:06:15	00:20:28	00:40:56.90	00:47:12.25	+00:11:12 (27.4%)	8:11	7.3 (72.3%)
232	STRACH Jan	527	WŁÓCZYKIJE SKOCZÓW	M-Niepełnosprawni	8			00:04:01	00:20:40	00:40:59.25	00:45:01.00	+00:11:14 (27.4%)	8:12	7.3 (72.3%)
233	MATWIEJCZUK Ewa	450	MDK SZCZEBRZESZYN	K50-54	6			00:08:42	00:20:30	00:41:03.65	00:49:46.50	+00:11:18 (27.6%)	8:12	7.3 (72.3%)
234	BĄCAL Wiktoria	310	ULKS'SOKOŁY'	K-Jun.	24			00:05:47	00:19:43	00:41:09.65	00:46:56.85	+00:11:24 (27.7%)	8:13	7.3 (72.3%)
235	SZAŁAJ Anna	531	KS METRACO POLKOWICE	K-Niepełnosprawni	4			00:09:47	00:20:29	00:41:11.55	00:50:59.05	+00:11:26 (27.8%)	8:14	7.3 (72.3%)
236	SZEWCZYK Genowefa	538	NW RELAKS ZAGÓRZ	K60-64	10			00:09:47	00:20:24	00:41:14.20	00:51:02.00	+00:11:29 (27.9%)	8:15	7.3 (72.3%)
237	ŚRODA Małgorzata	676	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	7			00:08:44	00:20:32	00:41:16.80	00:50:01.45	+00:11:32 (27.9%)	8:15	7.3 (72.3%)
238	TRAWKA Wiesława	261	AKTYWNY DYNÓW	K45-49	9			00:08:11	00:20:49	00:41:23.95	00:49:35.20	+00:11:39 (28.1%)	8:16	7.2 (71.3%)
239	MOTYKA Monika	455	SKS MEDYK RZESZÓW NW	K18-29	8			00:06:16	00:20:38	00:41:27.10	00:47:43.50	+00:11:42 (28.2%)	8:17	7.2 (71.3%)
240	ZAKRZEWSKA Henryka	577	NORDIC TEAM GNIEZNO	K70+	1			00:11:08	00:20:34	00:41:30.45	00:52:39.25	+00:11:45 (28.3%)	8:18	7.2 (71.3%)
241	REIZER Agnieszka	495		K45-49	10			00:08:09	00:21:17	00:41:32.45	00:49:42.10	+00:11:47 (28.4%)	8:18	7.2 (71.3%)
242	WALESZKO Anna	558		K45-49	11	Tak		00:08:12	00:20:57	00:41:32.90	00:49:45.25	+00:11:48 (28.4%)	8:18	7.2 (71.3%)
243	WIDELAK Halina	662	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	12			00:08:13	00:21:03	00:41:36.00	00:49:49.35	+00:11:51 (28.5%)	8:19	7.2 (71.3%)
244	ŁAKOMY Sylwia	435		K-Dzieci	7			00:05:13	00:20:15	00:41:36.80	00:46:50.25	+00:11:52 (28.5%)	8:19	7.2 (71.3%)
245	GRUDNOWSKA Wiktoria	360	BŁĘKITNI NW DZIEMIANY	K-Dzieci	8			00:05:12	00:20:17	00:41:40.25	00:46:52.85	+00:11:55 (28.6%)	8:20	7.2 (71.3%)
246	GRUDNOWSKI Norbert	362	BŁĘKITNI NW DZIEMIANY	M-Dzieci	12			00:00:07	00:19:34	00:41:42.70	00:41:49.85	+00:11:57 (28.7%)	8:20	7.2 (71.3%)
247	TONIA Karolina	272	ULKS'SOKOŁY'	K-Dzieci	9			00:05:15	00:20:53	00:41:43.00	00:46:58.35	+00:11:58 (28.7%)	8:20	7.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
248	BIAŁEK Ola	614		K-Dzieci	10			00:05:14	00:21:36	00:41:43.35	00:46:57.50	+00:11:58 (28.7%)	8:20	7.2 (71.3%)
249	ZAWADZKI Paweł	582		M40-44	16			00:02:00	00:20:51	00:41:43.55	00:43:44.10	+00:11:58 (28.7%)	8:20	7.2 (71.3%)
249	ZIEMNIAK Angelika	273	ULKS'SOKOŁY'	K-Dzieci	11			00:05:14	00:20:54	00:41:43.55	00:46:58.20	+00:11:58 (28.7%)	8:20	7.2 (71.3%)
251	FLEJSZAR Anna	350		K45-49	13			00:08:08	00:21:22	00:41:49.00	00:49:57.90	+00:12:04 (28.9%)	8:21	7.2 (71.3%)
252	KONIK Wiktoria	397	BIESZCZADZKI KLUB NORDIC WALKING	K-Dzieci	12			00:05:17	00:20:40	00:41:52.40	00:47:09.40	+00:12:07 (29.0%)	8:22	7.2 (71.3%)
253	KARCZEWSKI Krzysztof	387	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	8			00:01:35	00:20:37	00:41:54.20	00:43:29.30	+00:12:09 (29.0%)	8:22	7.2 (71.3%)
254	LEWANDOWSKI Jakub	607		M-Dzieci	13			00:00:09	00:20:18	00:41:54.75	00:42:04.05	+00:12:09 (29.0%)	8:23	7.2 (71.3%)
255	PIPIRO Grzegorz	480	UNIA MIAST	M-Niepełnosprawni	9			00:03:33	00:20:35	00:41:55.80	00:45:29.50	+00:12:11 (29.1%)	8:23	7.2 (71.3%)
256	MAKSOŃ Jolanta	439	KLUBSPORTU.PL	K30-39	12			00:06:50	00:20:35	00:41:58.10	00:48:48.25	+00:12:13 (29.1%)	8:23	7.1 (70.3%)
257	MACIĄG Emilia	616		K-Dzieci	13			00:05:14	00:20:57	00:41:59.80	00:47:14.65	+00:12:15 (29.2%)	8:24	7.1 (70.3%)
258	TRZCINIECKA Janina	549	NW RELAKS ZAGÓRZ	K55-59	10			00:09:14	00:20:52	00:42:01.95	00:51:16.70	+00:12:17 (29.2%)	8:24	7.1 (70.3%)
259	LIS Danuta	432		K45-49	14			00:08:13	00:21:07	00:42:03.25	00:50:17.05	+00:12:18 (29.3%)	8:24	7.1 (70.3%)
260	CZAKIERT Olga	325	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	9			00:06:16	00:21:13	00:42:06.45	00:48:22.90	+00:12:21 (29.4%)	8:25	7.1 (70.3%)
261	MAZURKIEWICZ Tomasz	630		M-Jun.	14			00:00:34	00:20:31	00:42:07.00	00:42:41.05	+00:12:22 (29.4%)	8:25	7.1 (70.3%)
262	WINCZEWSKA Anna	570	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	8			00:08:43	00:21:07	00:42:10.95	00:50:54.75	+00:12:26 (29.5%)	8:26	7.1 (70.3%)
263	DYLEWSKI Andrzej	593	DĄBROWA NORDIC TEAM	M60-64	11			00:04:00	00:20:52	00:42:20.20	00:46:20.90	+00:12:35 (29.7%)	8:28	7.1 (70.3%)
264	RZESZUTKO Magdalena	297		K18-29	10			00:06:15	00:20:59	00:42:20.65	00:48:36.20	+00:12:35 (29.8%)	8:28	7.1 (70.3%)
265	MARCINIUK Katarzyna	443	CHODZĘ Z SERCEM	K40-44	17			00:07:31	00:21:19	00:42:27.40	00:49:59.35	+00:12:42 (29.9%)	8:29	7.1 (70.3%)
266	SAWIC Beata	506	MDK SZCZEBRZESZYN	K45-49	15			00:08:09	00:21:06	00:42:29.60	00:50:38.85	+00:12:44 (30.0%)	8:29	7.1 (70.3%)
267	KUŚMIEREK Beata	420	BŁĘKITNI NW DZIEMIANY	K40-44	18			00:07:27	00:21:10	00:42:30.70	00:49:58.15	+00:12:45 (30.0%)	8:30	7.1 (70.3%)
268	BRUSKA Mariola	315	BŁĘKITNI NW DZIEMIANY	K45-49	16			00:08:11	00:21:14	00:42:32.15	00:50:43.20	+00:12:47 (30.1%)	8:30	7.1 (70.3%)
269	MIELEWCZYK Aleksandra	452		K55-59	11	1		00:09:14	00:21:07	00:42:43.60	00:51:58.25	+00:12:58 (30.4%)	8:32	7 (69.3%)
270	SKIBA Karolina	617		K-Dzieci	14			00:05:13	00:21:45	00:42:45.05	00:47:58.40	+00:13:00 (30.4%)	8:33	7 (69.3%)
271	ZIĘBA Julia	584	UNIA MIAST	K70+	2			00:11:08	00:21:11	00:42:49.45	00:53:57.55	+00:13:04 (30.5%)	8:33	7 (69.3%)
272	LASOCIŃSKA Ewa	424	KLUB NW 'WŁÓCZYKJE'	K70+	3			00:11:08	00:21:18	00:42:58.50	00:54:06.50	+00:13:13 (30.8%)	8:35	7 (69.3%)
273	MYTYCH Ełżbieta	458	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	19			00:07:31	00:21:24	00:43:03.25	00:50:34.25	+00:13:18 (30.9%)	8:36	7 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
274	PACYNA Helena	470	KS METRACO POLKOWICE	K65-69	3			00:10:24	00:21:41	00:43:03.65	00:53:27.95	+00:13:18 (30.9%)	8:36	7 (69.3%)
275	APANASOWICZ Danuta	302	NW RELAKS ZAGÓRZ	K65-69	4			00:10:25	00:21:42	00:43:03.75	00:53:29.35	+00:13:18 (30.9%)	8:36	7 (69.3%)
276	ROMANIUK Krysia	623		K50-54	9			00:08:42	00:21:30	00:43:08.05	00:51:50.60	+00:13:23 (31.0%)	8:37	7 (69.3%)
277	WIĘCŁAW Oliwia	569		K-Dzieci	15			00:05:13	00:20:46	00:43:09.55	00:48:22.70	+00:13:24 (31.1%)	8:37	7 (69.3%)
278	PAWŁOWSKA Gabriela	476		K-Dzieci	16			00:05:14	00:20:41	00:43:10.20	00:48:24.35	+00:13:25 (31.1%)	8:38	6.9 (68.3%)
279	TYLUTKI Andrzej	551	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M45-49	24			00:02:26	00:21:50	00:43:10.80	00:45:37.45	+00:13:26 (31.1%)	8:38	6.9 (68.3%)
280	DRAŁUS Magdalena	333		K-Dzieci	17			00:05:14	00:20:53	00:43:11.10	00:48:25.25	+00:13:26 (31.1%)	8:38	6.9 (68.3%)
281	SYSIK Tomasz	692	LEGIA RUN KLUB	M30-39	9			00:01:35	00:21:32	00:43:14.85	00:44:50.65	+00:13:30 (31.2%)	8:39	6.9 (68.3%)
282	SZNAJDER Teresa	539	UNIA MIAST	K60-64	11			00:09:47	00:20:58	00:43:19.50	00:53:07.45	+00:13:34 (31.3%)	8:40	6.9 (68.3%)
283	WĄSOWICZ Andrzej	564		M70+	4			00:04:39	00:21:25	00:43:21.25	00:48:00.50	+00:13:36 (31.4%)	8:40	6.9 (68.3%)
284	KUŹNIARSKI Jacek	421	FACE NORDIC WALKING TEAM	M45-49	25			00:02:24	00:21:26	00:43:27.85	00:45:51.85	+00:13:43 (31.6%)	8:41	6.9 (68.3%)
285	PODUBNY Krystyna	484	KLUB NW 'WŁÓCZYKIJE'	K60-64	12			00:09:50	00:21:53	00:43:30.10	00:53:20.15	+00:13:45 (31.6%)	8:42	6.9 (68.3%)
286	WIĄCEK Bożena	567	KKNW	K50-54	10			00:08:43	00:21:54	00:43:33.50	00:52:17.25	+00:13:48 (31.7%)	8:42	6.9 (68.3%)
287	OGONOWSKA Edyta	266	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	11			00:08:44	00:21:44	00:43:36.15	00:52:20.25	+00:13:51 (31.8%)	8:43	6.9 (68.3%)
287	WALORYSZAK Barbara	560		K60-64	13			00:09:50	00:22:11	00:43:36.15	00:53:26.95	+00:13:51 (31.8%)	8:43	6.9 (68.3%)
289	PAWLINA Halina	474	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	17			00:08:10	00:21:56	00:43:37.75	00:51:48.25	+00:13:52 (31.8%)	8:43	6.9 (68.3%)
290	ŚLUSARCZYK Karolina	657	WESOŁY BORSUK TEAM	K-Dzieci	18			00:05:15	00:21:38	00:43:49.15	00:49:04.30	+00:14:04 (32.1%)	8:45	6.8 (67.3%)
291	LECHOWSKA Julia	425		K-Dzieci	19			00:05:14	00:20:55	00:43:50.75	00:49:05.25	+00:14:05 (32.2%)	8:46	6.8 (67.3%)
292	KOWALCZYK Joanna	142	SANTANDER CONSUMER BANK	K40-44	20			00:07:29	00:22:18	00:43:54.75	00:51:24.35	+00:14:09 (32.3%)	8:47	6.8 (67.3%)
293	STEFAŃSKA Małgorzata	299	KLUB NW 'WŁÓCZYKIJE'	K40-44	21			00:07:29	00:22:25	00:43:56.25	00:51:25.50	+00:14:11 (32.3%)	8:47	6.8 (67.3%)
294	DYPA Barbara	340	NK KOLBUSZOWA	K55-59	12			00:09:17	00:23:03	00:43:58.60	00:53:16.15	+00:14:13 (32.4%)	8:47	6.8 (67.3%)
295	DZIEDZIEWICZ Natalia	699		K30-39	13			00:06:49	00:21:41	00:44:01.65	00:50:51.40	+00:14:16 (32.4%)	8:48	6.8 (67.3%)
296	MICEK Joanna	645		K-Jun.	25			00:05:45	00:21:04	00:44:03.20	00:49:48.75	+00:14:18 (32.5%)	8:48	6.8 (67.3%)
297	ŁOMNICKA-GUT Ewa	436	NW RELAKS ZAGÓRZ	K65-69	5			00:10:25	00:22:07	00:44:03.25	00:54:28.30	+00:14:18 (32.5%)	8:48	6.8 (67.3%)
298	KOŁODZIEJ Zofia	394	KLUB NW 'WŁÓCZYKIJE'	K60-64	14			00:09:18	00:22:24	00:44:08.10	00:53:26.55	+00:14:23 (32.6%)	8:49	6.8 (67.3%)
299	KOCZUR Dorota	390	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	15			00:09:48	00:22:03	00:44:18.90	00:54:07.85	+00:14:34 (32.9%)	8:51	6.8 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
300	HOŁDYS Wiktor	270	KROKODYLE	M40-44	17			00:02:01	00:21:46	00:44:25.40	00:46:26.75	+00:14:40 (33.0%)	8:53	6.8 (67.3%)
301	KOLBUSZ Janina	393	KS METRACO POLKOWICE	K65-69	6			00:10:24	00:21:56	00:44:28.20	00:54:52.50	+00:14:43 (33.1%)	8:53	6.7 (66.3%)
302	ZASADZIŃSKA-MAKUCH Ewa	656		K45-49	18			00:08:12	00:22:24	00:44:28.35	00:52:40.75	+00:14:43 (33.1%)	8:53	6.7 (66.3%)
303	RAGAN Danuta	663	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	12			00:08:45	00:21:47	00:44:29.80	00:53:14.85	+00:14:45 (33.1%)	8:53	6.7 (66.3%)
304	CZARNIK Katarzyna	116	SANTANDER CONSUMER BANK	K30-39	14			00:06:51	00:23:16	00:44:31.60	00:51:22.85	+00:14:46 (33.2%)	8:54	6.7 (66.3%)
305	PACOCZA Kinga	681	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	26			00:05:46	00:22:13	00:44:32.00	00:50:18.60	+00:14:47 (33.2%)	8:54	6.7 (66.3%)
306	CETNARSKA Victoria	680	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	27			00:05:45	00:22:14	00:44:33.05	00:50:18.90	+00:14:48 (33.2%)	8:54	6.7 (66.3%)
307	WIADERSKA Grażyna	652		K65-69	7			00:10:25	00:22:07	00:44:33.50	00:54:59.15	+00:14:48 (33.2%)	8:54	6.7 (66.3%)
308	SIMKO Ludmiła	509	KLUB NW 'WŁÓCZYKIJE'	K60-64	16			00:09:49	00:22:23	00:44:36.00	00:54:25.85	+00:14:51 (33.3%)	8:55	6.7 (66.3%)
309	CEPIELIK Marta	691	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	13			00:08:43	00:22:23	00:44:36.60	00:53:20.45	+00:14:51 (33.3%)	8:55	6.7 (66.3%)
310	WĘGLARZ Adam	606		M-Dzieci	14			00:00:09	00:22:11	00:44:38.65	00:44:48.45	+00:14:53 (33.4%)	8:55	6.7 (66.3%)
311	OFIARA Paulina	671	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	15			00:07:29	00:22:28	00:44:41.50	00:52:10.65	+00:14:56 (33.4%)	8:56	6.7 (66.3%)
312	MIERZEJEWSKA Monika	669	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	22			00:07:30	00:22:27	00:44:43.10	00:52:13.25	+00:14:58 (33.5%)	8:56	6.7 (66.3%)
313	KRZYŚCIN Mirosława	411	SANTANDER CONSUMER BANK	K40-44	23			00:07:29	00:22:14	00:44:44.45	00:52:14.00	+00:14:59 (33.5%)	8:57	6.7 (66.3%)
314	MOCZARSKI Adam	453		M70+	5			00:04:40	00:21:52	00:44:47.35	00:49:28.15	+00:15:02 (33.6%)	8:57	6.7 (66.3%)
315	KONIK Mikołaj	396	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	15			00:00:06	00:22:11	00:44:48.20	00:44:54.95	+00:15:03 (33.6%)	8:57	6.7 (66.3%)
316	SZCZUREK Agnieszka	670	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	24			00:07:30	00:22:27	00:44:48.85	00:52:19.35	+00:15:04 (33.6%)	8:57	6.7 (66.3%)
317	CHYŁEK Justyna	276	SANTANDER CONSUMER BANK	K30-39	16			00:06:52	00:22:53	00:44:53.40	00:51:45.55	+00:15:08 (33.7%)	8:58	6.7 (66.3%)
318	BOGUS Maria	59		K55-59	13			00:09:16	00:22:37	00:44:56.20	00:54:12.70	+00:15:11 (33.8%)	8:59	6.7 (66.3%)
319	URBAN Irena	552	KLUB NW 'WŁÓCZYKIJE'	K60-64	17	1		00:09:50	00:22:27	00:44:57.30	00:54:47.85	+00:15:12 (33.8%)	8:59	6.7 (66.3%)
320	SZULC-DRABCZYK Urszula	543	KS METRACO POLKOWICE	K-Niepełnosprawni	5			00:09:48	00:22:28	00:45:01.35	00:54:50.00	+00:15:16 (33.9%)	9:00	6.7 (66.3%)
321	BARTYŃSKA Lidia	665	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	14			00:08:44	00:22:37	00:45:11.25	00:53:56.05	+00:15:26 (34.2%)	9:02	6.6 (65.3%)
322	SURMIAK Ryszard	56	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	6			00:04:39	00:22:31	00:45:12.70	00:49:51.75	+00:15:27 (34.2%)	9:02	6.6 (65.3%)
323	KREMPA Magdalena	408	KREMPACHY	K18-29	11			00:06:15	00:22:38	00:45:22.30	00:51:38.15	+00:15:37 (34.4%)	9:04	6.6 (65.3%)
324	JÓZEFA Turzyńska	380	BŁĘKITNI NW DZIEMIANY	K65-69	8			00:10:26	00:22:38	00:45:24.10	00:55:50.55	+00:15:39 (34.5%)	9:04	6.6 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
325	MACHAJEK Krzysztof	437	KS METRACO POLKOWICE	M-Niepełnosprawni	10			00:04:02	00:23:04	00:45:29.20	00:49:31.70	+00:15:44 (34.6%)	9:05	6.6 (65.3%)
326	MARCINIUK Weronika	444	CHODZĘ Z SERCEM	K18-29	12			00:06:15	00:22:50	00:45:37.25	00:51:52.45	+00:15:52 (34.8%)	9:07	6.6 (65.3%)
327	KRZYŚCIN Rafał	412	SANTANDER CONSUMER BANK	M45-49	26			00:02:27	00:23:17	00:45:39.20	00:48:06.25	+00:15:54 (34.8%)	9:07	6.6 (65.3%)
328	OPALIŃSKA Maria	466	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Niepełnosprawni	6			00:06:49	00:22:39	00:45:40.80	00:52:30.20	+00:15:56 (34.9%)	9:08	6.6 (65.3%)
329	PROKOP Agnieszka	183	SANTANDER CONSUMER BANK	K30-39	17			00:06:50	00:23:35	00:45:50.20	00:52:40.90	+00:16:05 (35.1%)	9:10	6.5 (64.4%)
330	BOGUS Piotr	58		M50-54	14	1		00:03:00	00:22:55	00:45:51.80	00:48:52.40	+00:16:07 (35.1%)	9:10	6.5 (64.4%)
331	PALUCH Jadwiga	296		K65-69	9			00:10:24	00:22:47	00:45:54.30	00:56:18.65	+00:16:09 (35.2%)	9:10	6.5 (64.4%)
332	SZCZUBIAŁ Krystyna	695	DĄBROWA NORDIC TEAM	K70+	4			00:11:08	00:22:45	00:45:56.20	00:57:05.10	+00:16:11 (35.2%)	9:11	6.5 (64.4%)
333	SITARZ Natalia	650		K-Jun.	28			00:05:50	00:23:43	00:46:00.70	00:51:51.50	+00:16:15 (35.3%)	9:12	6.5 (64.4%)
334	STĘPIEŃ Anna	233	SANTANDER CONSUMER BANK	K40-44	25			00:07:31	00:22:59	00:46:00.80	00:53:32.75	+00:16:16 (35.4%)	9:12	6.5 (64.4%)
335	PACYNA Jolanta	638		K-Jun.	29			00:05:49	00:23:51	00:46:00.85	00:51:50.25	+00:16:16 (35.4%)	9:12	6.5 (64.4%)
336	WAŚIK Kamila	637		K-Jun.	30			00:05:49	00:23:51	00:46:03.05	00:51:53.00	+00:16:18 (35.4%)	9:12	6.5 (64.4%)
337	WOŁOWIEC Gabriela	636		K-Jun.	31			00:05:48	00:23:45	00:46:03.40	00:51:51.80	+00:16:18 (35.4%)	9:12	6.5 (64.4%)
338	CUDO Kasia	640		K-Jun.	32			00:05:48	00:23:44	00:46:04.95	00:51:53.10	+00:16:20 (35.4%)	9:13	6.5 (64.4%)
339	BIELECKA Emma	312	MDK SZCZEBRZESZYN	K50-54	15			00:08:42	00:23:23	00:46:09.20	00:54:51.85	+00:16:24 (35.5%)	9:13	6.5 (64.4%)
340	ROZENBAJGIER Helena	501	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	5	1		00:11:07	00:22:56	00:46:10.45	00:57:18.35	+00:16:25 (35.6%)	9:14	6.5 (64.4%)
341	PACYK Małgorzata	295		K70+	6			00:11:08	00:22:47	00:46:16.05	00:57:24.05	+00:16:31 (35.7%)	9:15	6.5 (64.4%)
342	WIĄCEK Krystyna	566	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	10			00:10:25	00:22:25	00:46:25.95	00:56:51.85	+00:16:41 (35.9%)	9:17	6.5 (64.4%)
343	NIEZGODA Emilia	687	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	20			00:05:13	00:22:07	00:46:34.30	00:51:47.80	+00:16:49 (36.1%)	9:18	6.4 (63.4%)
344	CYBRUCH Kamilla	323	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	14			00:09:14	00:23:29	00:46:47.70	00:56:02.15	+00:17:02 (36.4%)	9:21	6.4 (63.4%)
345	GAWROŃSKA Małgorzata	355	GAWRONY	K-Niepełnosprawni	7			00:09:15	00:23:35	00:46:49.55	00:56:04.95	+00:17:04 (36.5%)	9:21	6.4 (63.4%)
346	KOŚMIDER Violetta	631		K-Jun.	33			00:05:49	00:23:33	00:47:11.10	00:53:01.00	+00:17:26 (37.0%)	9:26	6.4 (63.4%)
347	PROKOPIEC Bronisława	487	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	7			00:11:08	00:23:23	00:47:17.60	00:58:26.30	+00:17:32 (37.1%)	9:27	6.3 (62.4%)
348	ZAŁĘSKI Karol	579		M70+	7			00:04:40	00:23:57	00:47:25.50	00:52:05.65	+00:17:40 (37.3%)	9:29	6.3 (62.4%)
349	PACYNA Monika	293		K-Dzieci	21			00:05:12	00:22:18	00:47:26.05	00:52:38.70	+00:17:41 (37.3%)	9:29	6.3 (62.4%)
350	LECYK Jadwiga	426	CHODZĘ Z SERCEM	K60-64	18			00:09:50	00:23:38	00:47:30.35	00:57:20.70	+00:17:45 (37.4%)	9:30	6.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
351	SOBKOWSKA Teresa	517	SILESIA NORDIC TEAM	K60-64	19	1		00:09:48	00:24:10	00:47:31.50	00:57:19.85	+00:17:46 (37.4%)	9:30	6.3 (62.4%)
352	MACIĄG Andrzej	438		M65-69	9			00:04:19	00:24:10	00:47:44.40	00:52:03.45	+00:17:59 (37.7%)	9:32	6.3 (62.4%)
353	KREMPA Danuta	407	KREMPACHY	K45-49	19			00:08:10	00:24:05	00:47:55.95	00:56:05.95	+00:18:11 (37.9%)	9:35	6.3 (62.4%)
354	TURCZYK Ewelina	660	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	22			00:05:14	00:24:01	00:48:08.70	00:53:23.50	+00:18:23 (38.2%)	9:37	6.2 (61.4%)
355	REMBISZ Grażyna	498	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	20			00:09:48	00:24:03	00:48:12.75	00:58:01.65	+00:18:27 (38.3%)	9:38	6.2 (61.4%)
356	WALESZKO Adam	559		M-Dzieci	16			00:00:08	00:23:28	00:48:53.85	00:49:02.55	+00:19:09 (39.2%)	9:46	6.1 (60.4%)
357	KUCZYŃSKA Oliwia	643		K-Jun.	34			00:05:46	00:24:17	00:48:55.80	00:54:42.65	+00:19:11 (39.2%)	9:47	6.1 (60.4%)
358	STAPOR Ewa	646		K-Jun.	35			00:05:45	00:24:18	00:48:56.60	00:54:42.45	+00:19:11 (39.2%)	9:47	6.1 (60.4%)
359	NOWAK Mateusz	461		M-Dzieci	17			00:00:07	00:24:48	00:48:57.10	00:49:05.05	+00:19:12 (39.2%)	9:47	6.1 (60.4%)
360	ORZECHOWSKI Grzegorz	468	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Niepełnosprawni	11			00:01:35	00:23:36	00:49:30.25	00:51:05.65	+00:19:45 (39.9%)	9:54	6.1 (60.4%)
361	ŻUBRYD Renata	587	NW RELAKS ZAGÓRZ	K65-69	11	1		00:10:25	00:24:41	00:49:33.80	00:59:59.65	+00:19:49 (40.0%)	9:54	6.1 (60.4%)
362	STOPA Gerard	526	BŁĘKITNI NW DZIEMIANY	M65-69	10			00:04:18	00:24:54	00:49:44.50	00:54:02.80	+00:19:59 (40.2%)	9:56	6 (59.4%)
363	CHMIELOWIEC Zygmunt	319	KOLBUSZOWSKI KLUB NORDIC WALKING	M65-69	11			00:04:17	00:24:55	00:49:51.60	00:54:09.40	+00:20:06 (40.3%)	9:58	6 (59.4%)
364	DROP Mieczysław	336		M70+	8			00:04:39	00:25:54	00:50:44.40	00:55:24.35	+00:20:59 (41.4%)	10:09	5.9 (58.4%)
365	STAUBACH Mirosława	522	BŁĘKITNI NW DZIEMIANY	K55-59	15			00:09:14	00:25:02	00:50:51.25	01:00:05.75	+00:21:06 (41.5%)	10:10	5.9 (58.4%)
366	SARAMA Kamila	658	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	23			00:05:15	00:25:52	00:50:56.30	00:56:12.00	+00:21:11 (41.6%)	10:11	5.9 (58.4%)
367	WIKTOR Martyna	659	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	24			00:05:16	00:25:52	00:50:56.60	00:56:12.85	+00:21:11 (41.6%)	10:11	5.9 (58.4%)
368	HANUS Teresa	369		K-Niepełnosprawni	8			00:10:25	00:25:28	00:50:58.15	01:01:23.40	+00:21:13 (41.6%)	10:11	5.9 (58.4%)
369	MARGAŃSKA Stanisława	448	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	8			00:11:08	00:25:15	00:51:18.85	01:02:27.75	+00:21:34 (42.0%)	10:15	5.8 (57.4%)
370	TOMASZEWSKA Diana	654	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	18			00:06:52	00:25:51	00:52:14.00	00:59:06.15	+00:22:29 (43.1%)	10:26	5.7 (56.4%)
371	CZAJA-POPERA Halina	115	SANTANDER CONSUMER BANK	K30-39	19			00:06:52	00:25:43	00:53:25.50	01:00:18.45	+00:23:40 (44.3%)	10:41	5.6 (55.4%)
372	ŻEBRACKA Beata	231	SANTANDER CONSUMER BANK	K30-39	20			00:06:52	00:25:44	00:53:26.25	01:00:18.30	+00:23:41 (44.3%)	10:41	5.6 (55.4%)
373	MUSKUS Kazimierz	457	KLUB NW 'WŁÓCZYKIJE'	M65-69	12			00:04:19	00:25:43	00:53:39.50	00:57:59.20	+00:23:54 (44.6%)	10:44	5.6 (55.4%)
374	KAPROŃ Jan	386	NW NOWA DĘBA	M65-69	13			00:04:18	00:25:45	00:53:40.20	00:57:58.80	+00:23:55 (44.6%)	10:44	5.6 (55.4%)
375	MAREK Monika	265	NW NOWA DĘBA	K-Niepełnosprawni	9			00:06:49	00:27:05	00:53:54.60	01:00:44.45	+00:24:09 (44.8%)	10:47	5.6 (55.4%)
376	KUPIEC Alicja	252	MDK SZCZEBRZESZYN	K65-69	12			00:10:24	00:26:27	00:54:07.75	01:04:32.65	+00:24:22 (45.0%)	10:49	5.5 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
377	SAMULAK Bożena	505	MDK SZCZEBRZESZYN	K65-69	13			00:10:25	00:26:25	00:54:07.85	01:04:32.95	+00:24:23 (45.0%)	10:49	5.5 (54.5%)
378	STARZEC Patryk	603		M-Dzieci	18			00:00:10	00:26:19	00:54:42.20	00:54:52.75	+00:24:57 (45.6%)	10:56	5.5 (54.5%)
379	ŻUJEWSKA Barbara	253		K60-64	21			00:09:47	00:26:38	00:54:44.80	01:04:32.60	+00:25:00 (45.7%)	10:57	5.5 (54.5%)
380	NOWROTEK Roman	588	WESOŁY BORSUK TEAM	M65-69	14			00:04:16	00:17:22			+00:02:45	6:56	8.6 (85.1%)
381	NOWOTARSKA-DÓL Maria	678	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	22			00:10:26	00:32:01			+00:17:25	12:48	4.7 (46.5%)
382	BURAKOWSKA Ewa	679	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	14			00:10:27	00:32:02			+00:17:26	12:48	4.7 (46.5%)
383	KABACIŃSKA Anna	383	FACE NORDIC WALKING TEAM	K45-49	20			00:08:10						(0.0%)
DQ	MATRAJ Paweł	667	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44			Tak	DQ	00:17:24 DQ	00:35:25.40 DQ	DQ		-	- (0.0%)
DQ	URBAN Robert	553	KNW	M40-44			Tak	DQ	00:19:35 DQ	00:39:10.00 DQ	DQ		-	- (0.0%)
DQ	ŚRODA Jerzy	677	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59			Tak	DQ	00:19:34 DQ	00:39:41.50 DQ	DQ		-	- (0.0%)
DQ	HAŁDAŚ Bogdan	624		M50-54			Tak	DQ	00:19:44 DQ	00:40:05.50 DQ	DQ		-	- (0.0%)
DQ	URBAN Iwona	554	KNW	K45-49			Tak	DQ	00:19:46 DQ	00:40:05.50 DQ	DQ		-	- (0.0%)
DQ	ŚWIĆ Joanna	546	CHODZĘ Z SERCEM	K40-44	1		Tak	DQ	00:20:48 DQ	00:41:50.20 DQ	DQ		-	- (0.0%)
DQ	PRUSAK Edyta	269	KROKODYLE	K40-44			Tak	DQ	00:22:03 DQ	00:44:08.00 DQ	DQ		-	- (0.0%)
DQ	DUL-KOBYLARZ Magdalena	277	SANTANDER CONSUMER BANK	K30-39			Tak	DQ	00:22:54 DQ	00:44:54.85 DQ	DQ		-	- (0.0%)
DQ	KOSTRUBIEC Bronisława	404	MDK SZCZEBRZESZYN	K65-69			Tak	DQ	00:23:04 DQ	00:47:31.35 DQ	DQ		-	- (0.0%)
DQ	KURDZIEL Czesław	415	NW NOWA DĘBA	M65-69			Tak	DQ	DQ	DQ	DQ		-	- (0.0%)
DQ	CZEKAŃSKI Krzysztof	327	UKS SIEDLESZCZANY	M60-64			Tak	DQ	DQ	DQ	DQ		-	- (0.0%)
DQ	JEDNAC Artur	377	KLUB NW 'WŁÓCZYKIJE'	M-Niepełnosprawni			Tak	DQ	DQ	DQ	DQ		-	- (0.0%)

Znaleziono 395 wynik(ów)