

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
INTELIGENTNE DANE O SPORTOWCACH

Wydarzenie: KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-06-03
Miejsce: Kolbuszowa
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. Mkat	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	214	KING&QUEEN	M30-39	1		00:03:12	00:14:24	00:29:12.10	00:32:24.40		5:50	10.3 (100%)
2	WOROCH Roman	270	KS METRACO POLKOWICE	M55-59	1		00:04:25	00:15:15	00:30:35.05	00:35:00.90	+00:01:22 (4.5%)	6:07	9.8 (95.1%)
3	DEŁĄG Jakub	31	FACE NORDIC WALKING TEAM/ LUKI TEAM SIEDLCE	M18-29	1		00:01:27	00:14:59	00:30:38.10	00:32:05.40	+00:01:26 (4.7%)	6:07	9.8 (95.1%)
4	TRZCIŃSKI Franciszek	249	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1		00:03:59	00:15:41	00:31:04.60	00:35:04.45	+00:01:52 (6.0%)	6:13	9.7 (94.2%)
5	WINNICKI Robert	486	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1		00:02:36	00:15:35	00:31:18.20	00:33:54.55	+00:02:06 (6.7%)	6:15	9.6 (93.2%)
6	RE CZULSKI Mariusz	499	SMS EFEKT CZĘSTOCHOWA	M50-54	2		00:03:58	00:15:40	00:31:21.50	00:35:20.45	+00:02:09 (6.9%)	6:16	9.6 (93.2%)
7	HAŁAS Marcin	76		M30-39	2		00:01:54	00:15:41	00:31:30.65	00:33:25.60	+00:02:18 (7.3%)	6:18	9.5 (92.2%)
8	MACHNIK Janusz	115	CLLEO ZAWIERCIE	M40-44	2		00:02:35	00:15:37	00:31:35.20	00:34:10.60	+00:02:23 (7.6%)	6:19	9.5 (92.2%)
9	ROŻYNEK Miron	194		M50-54	3		00:03:59	00:15:39	00:31:42.00	00:35:41.55	+00:02:29 (7.9%)	6:20	9.5 (92.2%)
10	WOJTOWICZ Tomasz	269		M18-29	2		00:01:28	00:15:23	00:31:45.05	00:33:13.05	+00:02:32 (8.0%)	6:21	9.4 (91.3%)
11	BIŃCZYK Dariusz	13	ZABIEGANI CZĘSTOCHOWA	M30-39	3		00:01:54	00:15:40	00:31:47.10	00:33:42.05	+00:02:35 (8.1%)	6:21	9.4 (91.3%)
12	GRZĄDZIEL Dariusz	73	BIESZCZADZKI KLUB NORDIC WALKING	M45-49	1		00:03:12	00:16:06	00:31:49.05	00:35:02.00	+00:02:36 (8.2%)	6:22	9.4 (91.3%)
13	RAKUĆ Jakub	181	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	3		00:01:27	00:15:45	00:32:13.20	00:33:40.75	+00:03:01 (9.4%)	6:26	9.3 (90.3%)
14	CHAMIELEC Bogusław	22	A EMERYT BIEGA	M50-54	4		00:03:56	00:16:08	00:32:37.35	00:36:33.85	+00:03:25 (10.5%)	6:31	9.2 (89.3%)
15	FOJCIK Piotr	203	RYBNICKI KLUB NORDIC WALKING	M50-54	5		00:03:56	00:16:12	00:32:44.05	00:36:40.65	+00:03:31 (10.8%)	6:32	9.2 (89.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	KLARKOWSKI Bogdan	88	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	1			00:04:46	00:16:02	00:32:54.90	00:37:41.75	+00:03:42 (11.3%)	6:35	9.1 (88.3%)
17	SŁOMIAN Leszek	207	UNIA MIAST	M55-59	2			00:04:26	00:16:21	00:32:55.55	00:37:22.05	+00:03:43 (11.3%)	6:35	9.1 (88.3%)
18	BREWKA Joachim	18	UNIA MIAST	M50-54	6			00:03:55	00:16:13	00:32:55.85	00:36:51.50	+00:03:43 (11.3%)	6:35	9.1 (88.3%)
19	GŁOWA Michał	67		M-Jun.	1			00:01:06	00:16:20	00:33:00.80	00:34:07.50	+00:03:48 (11.5%)	6:36	9.1 (88.3%)
20	MITURA-ZIELONKA Paweł	134	RYBNICKI KLUB NORDIC WALKING	M30-39	4			00:01:55	00:16:11	00:33:03.20	00:34:59.15	+00:03:51 (11.7%)	6:36	9.1 (88.3%)
21	BARTYŃSKI Zdzisław	10	KKNW	M50-54	7			00:03:56	00:16:22	00:33:06.10	00:37:02.95	+00:03:54 (11.8%)	6:37	9.1 (88.3%)
22	KRYŚ Artur	102	KS METRACO POLKOWICE	M45-49	2			00:03:12	00:16:27	00:33:08.45	00:36:21.15	+00:03:56 (11.9%)	6:37	9 (87.4%)
23	PASIERB Marek	161		M60-64	2			00:04:47	00:16:09	00:33:13.85	00:38:00.95	+00:04:01 (12.1%)	6:38	9 (87.4%)
24	ZALISKO Oksana	285	DĄBROWA NORDIC TEAM	K60-64	1			00:09:07	00:16:36	00:33:17.50	00:42:24.55	+00:04:05 (12.3%)	6:39	9 (87.4%)
25	MATECKI Ryszard	129	KS METRACO POLKOWICE	M65-69	1			00:05:09	00:16:47	00:33:21.50	00:38:31.15	+00:04:09 (12.5%)	6:40	9 (87.4%)
26	LENZ Andrzej	245		M50-54	8			00:03:55	00:16:36	00:33:23.15	00:37:18.90	+00:04:11 (12.5%)	6:40	9 (87.4%)
27	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69	2			00:05:09	00:16:48	00:33:29.65	00:38:38.75	+00:04:17 (12.8%)	6:41	9 (87.4%)
28	PANAŚ Artur	159	ZAMCZYSCO TEAM	M45-49	3			00:03:14	00:16:50	00:33:33.25	00:36:47.80	+00:04:21 (13.0%)	6:42	8.9 (86.4%)
29	MARCINKOWSKI Jakub	122	UNIA MIAST	M-Jun.	2			00:01:07	00:16:34	00:33:35.25	00:34:42.80	+00:04:23 (13.1%)	6:43	8.9 (86.4%)
30	LENAR Grzegorz	110	ULKS'SOKOŁY'	M-Jun.	3			00:01:06	00:16:34	00:33:39.15	00:34:45.90	+00:04:27 (13.2%)	6:43	8.9 (86.4%)
31	ADAMUS Marian	3	SILESIA NORDIC TEAM	M65-69	3			00:05:09	00:16:46	00:33:47.65	00:38:57.25	+00:04:35 (13.6%)	6:45	8.9 (86.4%)
32	POLEWCZAK Mariusz	172	CLLEO ZAWIERCIE	M45-49	4			00:03:14	00:16:49	00:33:57.95	00:37:12.35	+00:04:45 (14.0%)	6:47	8.8 (85.4%)
33	SPYCHAŁA Lesław	210	WESOŁY BORSUK TEAM	M50-54	9			00:03:55	00:16:45	00:34:00.30	00:37:55.65	+00:04:48 (14.1%)	6:48	8.8 (85.4%)
34	HOLWEK Jarosław	79	VIANESSE TEAM	M50-54	10			00:03:56	00:16:33	00:34:06.25	00:38:02.40	+00:04:54 (14.4%)	6:49	8.8 (85.4%)
35	DRAPAŁA Jan	37	KROKODYLE KOLBUSZOWA	M40-44	3			00:02:39	00:17:10	00:34:18.10	00:36:57.50	+00:05:06 (14.9%)	6:51	8.7 (84.5%)
36	SCHRÖDER Karol	201	SILESIA NORDIC TEAM	M40-44	4			00:02:35	00:16:51	00:34:20.75	00:36:56.55	+00:05:08 (15.0%)	6:52	8.7 (84.5%)
37	OLEKSYK Małgorzata	148	KB HALICZ, BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1			00:08:46	00:16:57	00:34:21.25	00:43:08.20	+00:05:09 (15.0%)	6:52	8.7 (84.5%)
38	TOMCZYK Edward	243	MARSZ PO ZDROWIE POZNAŃ	M65-69	4	1		00:05:09	00:16:49	00:34:22.60	00:39:31.90	+00:05:10 (15.1%)	6:52	8.7 (84.5%)
39	SKWIRUT Maksymilian	206	SOKÓŁ RYMANÓW	M-Jun.	4			00:01:08	00:16:33	00:34:27.60	00:35:35.75	+00:05:15 (15.3%)	6:53	8.7 (84.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	5km			
40	BIK Przemysław	12	KS METRACO POLKOWICE	M-Jun.	5			00:01:08	00:17:02	00:34:27.95	00:35:36.85	+00:05:15 (15.3%)	6:53	8.7 (84.5%)
41	ORZECH Artur	153	KROKODYLE KOLBUSZOWA	M45-49	5	1		00:03:14	00:17:04	00:34:28.55	00:37:42.55	+00:05:16 (15.3%)	6:53	8.7 (84.5%)
42	GRYGOROWICZ Bogdan	72	KS METRACO POLKOWICE	M65-69	5			00:05:10	00:16:57	00:34:39.15	00:39:49.30	+00:05:27 (15.7%)	6:55	8.7 (84.5%)
43	NACZK Wiktoria	140	DYNAMIC	K-Jun.	1			00:06:24	00:17:19	00:34:44.60	00:41:09.45	+00:05:32 (16.0%)	6:57	8.6 (83.5%)
44	DZIĘŃ Bartosz	49	ULKS'SOKOŁY'	M-Jun.	6			00:01:07	00:16:36	00:34:46.70	00:35:54.20	+00:05:34 (16.0%)	6:57	8.6 (83.5%)
45	DUSZEŃKO Zygmunt	42	KS METRACO POLKOWICE	M55-59	3			00:04:28	00:17:27	00:34:49.80	00:39:18.25	+00:05:37 (16.2%)	6:58	8.6 (83.5%)
46	DEMBICKI Sebastian	32		M30-39	5			00:01:55	00:17:20	00:34:51.45	00:36:46.70	+00:05:39 (16.2%)	6:58	8.6 (83.5%)
47	KOSTRUBIEC Tomek	94		M45-49	6			00:03:15	00:17:17	00:34:52.30	00:38:07.35	+00:05:40 (16.3%)	6:58	8.6 (83.5%)
48	GRUSZKA Michał	69	UNIA MIAST	M40-44	5			00:02:35	00:17:08	00:34:53.45	00:37:29.05	+00:05:41 (16.3%)	6:58	8.6 (83.5%)
49	GRUSZKA Michał	70	UNIA MIAST	M-Dzieci	1			00:00:43	00:17:06	00:34:57.20	00:35:40.85	+00:05:45 (16.5%)	6:59	8.6 (83.5%)
50	GIERLASIŃSKI Krzysztof	65		M55-59	4			00:04:26	00:17:21	00:35:04.60	00:39:31.15	+00:05:52 (16.7%)	7:01	8.6 (83.5%)
51	MARCINKOWSKA Agnieszka	120	UNIA MIAST	K-Dzieci	1			00:06:06	00:17:38	00:35:05.70	00:41:12.15	+00:05:53 (16.8%)	7:01	8.5 (82.5%)
52	SITKO Maciej	204	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Jun.	7			00:01:08	00:17:13	00:35:08.95	00:36:17.55	+00:05:56 (16.9%)	7:01	8.5 (82.5%)
53	ZAŃKO Katarzyna	275	KS METRACO POLKOWICE	K40-44	1			00:07:42	00:17:10	00:35:14.75	00:42:56.95	+00:06:02 (17.1%)	7:02	8.5 (82.5%)
54	ŚLUSARCZYK Andrzej	237	WESOŁY BORSUK TEAM	M65-69	6			00:05:10	00:17:27	00:35:15.85	00:40:26.65	+00:06:03 (17.2%)	7:03	8.5 (82.5%)
55	CUDAK Zbigniew	26	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	7			00:03:16	00:17:36	00:35:22.20	00:38:38.60	+00:06:10 (17.4%)	7:04	8.5 (82.5%)
56	SĄCZAWA Sławomir	502	MSP MDKN.W	M40-44	6			00:02:39	00:17:22	00:35:28.15	00:38:07.25	+00:06:16 (17.7%)	7:05	8.5 (82.5%)
57	JÓZWIAK Marianna	389	WTW WŁOCŁAWEK	K40-44	2			00:07:42	00:17:28	00:35:32.90	00:43:15.75	+00:06:20 (17.9%)	7:06	8.4 (81.6%)
58	NOWROTEK Roman	145		M65-69	7			00:05:09	00:17:09	00:35:35.25	00:40:45.15	+00:06:23 (17.9%)	7:07	8.4 (81.6%)
59	WAWRZYŃIAK Anna	260	FACE NORDIC WALKING TEAM	K40-44	3			00:07:42	00:17:35	00:35:36.20	00:43:18.55	+00:06:24 (18.0%)	7:07	8.4 (81.6%)
60	TYKA Maciej	252	AWF WARSZAWA	M18-29	4			00:01:28	00:17:53	00:35:37.25	00:37:05.65	+00:06:25 (18.0%)	7:07	8.4 (81.6%)
61	MIKOŁAJCZAK Jan	133	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:05:43	00:17:31	00:35:39.75	00:41:22.75	+00:06:27 (18.1%)	7:07	8.4 (81.6%)
62	RĘDZINIAK Marzena	188	KLUBSPORTU.PL	K30-39	1			00:07:08	00:17:39	00:35:41.40	00:42:49.75	+00:06:29 (18.2%)	7:08	8.4 (81.6%)
63	MARKOWICZ Gabriela	127		K18-29	1			00:06:47	00:17:45	00:35:41.60	00:42:29.25	+00:06:29 (18.2%)	7:08	8.4 (81.6%)

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64	RAKUĆ Angelika	182	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2	1		00:06:47	00:17:45	00:35:58.25	00:42:46.15	+00:06:46 (18.8%)	7:11	8.3 (80.6%)
65	SZYMAŃSKI Stefan	235	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:05:25	00:17:50	00:35:58.75	00:41:24.55	+00:06:46 (18.8%)	7:11	8.3 (80.6%)
66	LESIŃSKA Marzena	284		K50-54	1			00:08:33	00:17:46	00:35:59.55	00:44:32.60	+00:06:47 (18.9%)	7:11	8.3 (80.6%)
67	PARTYKA Teresa	160	WESOŁY BORSUK TEAM	K55-59	2			00:08:46	00:17:03	00:36:00.40	00:44:47.30	+00:06:48 (18.9%)	7:12	8.3 (80.6%)
68	NOWALIŃSKA Anastazja	143	FACE NORDIC WALKING TEAM	K-Jun.	2			00:06:24	00:17:48	00:36:03.65	00:42:28.50	+00:06:51 (19.0%)	7:12	8.3 (80.6%)
69	RE CZULSKA Katarzyna	500	SMS EFEKT CZĘSTOCHOWA	K45-49	1			00:08:13	00:17:51	00:36:11.90	00:44:25.55	+00:06:59 (19.3%)	7:14	8.3 (80.6%)
70	POLEWCZAK Aneta	171	CLLEO ZAWIERCIE	K45-49	2			00:08:10	00:17:58	00:36:15.20	00:44:26.15	+00:07:03 (19.5%)	7:15	8.3 (80.6%)
71	UKLEJEWSKI Przemysław	290	GOSIR OSIELSKO	M40-44	7			00:01:56	00:18:11	00:36:22.15	00:38:18.45	+00:07:10 (19.7%)	7:16	8.2 (79.6%)
72	URBANIAK Marian	256		M55-59	5			00:04:25	00:17:58	00:36:24.95	00:40:50.90	+00:07:12 (19.8%)	7:17	8.2 (79.6%)
73	STYGA Krystyna	218	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	3			00:08:48	00:17:57	00:36:26.40	00:45:14.70	+00:07:14 (19.9%)	7:17	8.2 (79.6%)
74	KOSTRUBIEC Wojtek	95		M-Jun.	8			00:00:44	00:17:23	00:36:29.60	00:37:14.25	+00:07:17 (20.0%)	7:18	8.2 (79.6%)
75	LAMPART Marta	106	RYBNICKI KLUB NORDIC WALKING	K40-44	4			00:07:43	00:18:08	00:36:29.85	00:44:13.50	+00:07:17 (20.0%)	7:18	8.2 (79.6%)
76	FIGURSKA Dominika	53	FACE NORDIC WALKING TEAM	K18-29	3			00:06:48	00:18:05	00:36:30.80	00:43:19.50	+00:07:18 (20.0%)	7:18	8.2 (79.6%)
77	LACHOWSKA Ewa	484	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	4	1		00:08:47	00:18:22	00:36:32.30	00:45:19.70	+00:07:20 (20.1%)	7:18	8.2 (79.6%)
78	PYTLKA Adam	179	KKNW	M50-54	11			00:03:58	00:17:49	00:36:35.80	00:40:33.85	+00:07:23 (20.2%)	7:19	8.2 (79.6%)
79	GAŁAŚ Joanna	62	PASJA NORDIC WALKING	K18-29	4			00:06:47	00:18:05	00:36:36.00	00:43:23.90	+00:07:23 (20.2%)	7:19	8.2 (79.6%)
80	REJMAN Dorota	185	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K30-39	2			00:07:09	00:18:25	00:36:52.40	00:44:01.45	+00:07:40 (20.8%)	7:22	8.1 (78.6%)
81	BARUCH Henryka	11	DĄBROWA NORDIC TEAM	K65-69	1			00:09:25	00:18:21	00:37:00.00	00:46:25.35	+00:07:47 (21.1%)	7:24	8.1 (78.6%)
82	LORENS Kazimierz	113	CLLEO ZAWIERCIE	M60-64	3			00:04:46	00:18:20	00:37:02.00	00:41:48.35	+00:07:49 (21.1%)	7:24	8.1 (78.6%)
83	SZENDZIELORZ Ilona	228	FABRIKANORDIKA	K60-64	2			00:09:08	00:18:26	00:37:06.95	00:46:15.05	+00:07:54 (21.3%)	7:25	8.1 (78.6%)
83	KRE CZMER Marzena	100	CLLEO ZAWIERCIE	K30-39	3			00:07:07	00:18:30	00:37:06.95	00:44:14.85	+00:07:54 (21.3%)	7:25	8.1 (78.6%)
85	KOWALCZYK Edyta	99	KS METRACO POLKOWICE	K45-49	3			00:08:11	00:18:29	00:37:14.10	00:45:25.20	+00:08:02 (21.6%)	7:26	8.1 (78.6%)
86	PILECKA PRADZYŃSKA Anna	168	PENDOLINO	K60-64	3			00:09:07	00:18:29	00:37:14.75	00:46:22.10	+00:08:02 (21.6%)	7:27	8.1 (78.6%)
87	JÓŻWIAK Łukasz	387	WTW WŁOCŁAWEK	M-Niepełnosprawni(A)	2			00:05:43	00:18:00	00:37:17.30	00:43:01.25	+00:08:05 (21.7%)	7:27	8 (77.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	5km			
88	SKWIRUT Jerzy	205	SOKÓŁ RYMANÓW	M-Niepełnosprawni(B)	1	1		00:04:25	00:16:49	00:37:18.25	00:41:44.00	+00:08:06 (21.7%)	7:27	8 (77.7%)
89	SZEMBERSKI Paweł	227	KLUBSPORTU.PL	M40-44	8			00:02:37	00:18:21	00:37:18.50	00:39:55.50	+00:08:06 (21.7%)	7:27	8 (77.7%)
90	NOWALIŃSKI Piotrek	144	FACE NORDIC WALKING TEAM	M-Niepełnosprawni(A)	3			00:05:43	00:18:05	00:37:24.30	00:43:07.70	+00:08:12 (21.9%)	7:28	8 (77.7%)
91	FOJCIK Gabriela	57	RYBNICKI KLUB NORDIC WALKING	K50-54	2			00:08:32	00:18:32	00:37:25.30	00:45:57.50	+00:08:13 (22.0%)	7:29	8 (77.7%)
92	WASILEWSKI Sławomir	259	PASJA NORDIC WALKING	M70+	2			00:05:25	00:18:27	00:37:26.55	00:42:51.65	+00:08:14 (22.0%)	7:29	8 (77.7%)
93	MIKITIUK Tomasz	131	KIJOWA PARA	M45-49	8			00:03:15	00:18:29	00:37:31.35	00:40:47.05	+00:08:19 (22.2%)	7:30	8 (77.7%)
94	SZCZEPANIUK Robert	224	UNIA MIAST	M45-49	9			00:03:13	00:18:51	00:37:32.35	00:40:45.60	+00:08:20 (22.2%)	7:30	8 (77.7%)
95	KUPIBIDA Bogusława	104	SILESIA NORDIC TEAM	K55-59	5			00:08:50	00:18:40	00:37:36.65	00:46:27.15	+00:08:24 (22.4%)	7:31	8 (77.7%)
96	MARONDEL Katarzyna	128	SILESIA NORDIC TEAM	K30-39	4			00:07:08	00:18:37	00:37:39.70	00:44:47.90	+00:08:27 (22.5%)	7:31	8 (77.7%)
97	MALKIEWICZ Małgorzata	117	KSK ŻYJ AKTYWNIIE KOŁCZYGŁOWY	K50-54	3			00:08:32	00:18:41	00:37:49.00	00:46:21.05	+00:08:36 (22.8%)	7:33	7.9 (76.7%)
98	CEPIELIK Barbara	20		K-Jun.	3			00:06:26	00:18:32	00:37:49.10	00:44:15.70	+00:08:37 (22.8%)	7:33	7.9 (76.7%)
99	DZIUBA Alicja	51	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	4			00:06:25	00:18:33	00:37:50.00	00:44:15.85	+00:08:37 (22.8%)	7:34	7.9 (76.7%)
100	GRYGOROWICZ Teresa	71	KS METRACO POLKOWICE	K65-69	2			00:09:26	00:18:21	00:37:52.25	00:47:18.60	+00:08:40 (22.9%)	7:34	7.9 (76.7%)
101	DZIUBA Alina	50	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	4			00:08:13	00:18:39	00:37:59.70	00:46:13.10	+00:08:47 (23.1%)	7:36	7.9 (76.7%)
102	FRYC Jan	60	KOLBUSZOWA	M55-59	6			00:04:27	00:18:55	00:38:10.75	00:42:37.85	+00:08:58 (23.5%)	7:38	7.9 (76.7%)
103	WÓJTOWICZ Aleksandra	272	SZKOLNY KLUB NORDIC WALKING	K-Jun.	5	1		00:06:25	00:18:37	00:38:12.60	00:44:37.95	+00:09:00 (23.6%)	7:38	7.9 (76.7%)
104	URBAN Robert	255	KKNW	M45-49	10			00:03:14	00:18:34	00:38:18.45	00:41:33.05	+00:09:06 (23.8%)	7:39	7.8 (75.7%)
105	KRUPSKAJA Sviatlana	101		K30-39	5			00:07:08	00:19:03	00:38:19.35	00:45:27.80	+00:09:07 (23.8%)	7:39	7.8 (75.7%)
106	GRABNA Joanna	68		K30-39	6			00:07:12	00:19:09	00:38:21.00	00:45:33.10	+00:09:08 (23.9%)	7:40	7.8 (75.7%)
107	REIZER Piotr	184		M45-49	11			00:03:13	00:18:44	00:38:21.85	00:41:35.40	+00:09:09 (23.9%)	7:40	7.8 (75.7%)
108	ŚCIBISZ Bogdan	236	KS METRACO POLKOWICE	M70+	3			00:05:25	00:19:04	00:38:28.35	00:43:54.15	+00:09:16 (24.1%)	7:41	7.8 (75.7%)
109	ADAMOWICZ Andrzej	2		M70+	4			00:05:25	00:19:27	00:38:28.60	00:43:53.75	+00:09:16 (24.1%)	7:41	7.8 (75.7%)
110	GWAREK Anita	75	PASJA NORDIC WALKING	K45-49	5			00:08:12	00:18:55	00:38:29.25	00:46:41.40	+00:09:17 (24.1%)	7:41	7.8 (75.7%)
111	SELWA Andrzej	202		M40-44	9			00:02:37	00:19:04	00:38:33.55	00:41:10.70	+00:09:21 (24.3%)	7:42	7.8 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	5km			
112	ZAŁĘSKA-MAGDA Edyta	273	SZKOLNY KLUB NORDIC WALKING	K50-54	4			00:08:33	00:19:01	00:38:36.65	00:47:09.65	+00:09:24 (24.4%)	7:43	7.8 (75.7%)
113	SPYCHAŁA-KARPULKA Arletta	246	MARSZ PO ZDROWIE	K45-49	6			00:08:12	00:18:58	00:38:36.75	00:46:48.75	+00:09:24 (24.4%)	7:43	7.8 (75.7%)
114	SALA Andrzej	197	PODBABIOGORSKIE NORDIC WALKING	M50-54	12			00:03:57	00:19:14	00:38:46.10	00:42:43.50	+00:09:34 (24.7%)	7:45	7.7 (74.8%)
115	BROŻBAR Beata	19	ULKS'SOKOŁY'	K-Jun.	6			00:06:26	00:18:42	00:38:50.25	00:45:16.45	+00:09:38 (24.8%)	7:46	7.7 (74.8%)
116	BARTYZEL Marcin	508	MSP MDKN.W	M45-49	12			00:03:14	00:19:14	00:39:06.00	00:42:20.15	+00:09:53 (25.3%)	7:49	7.7 (74.8%)
117	PIWODA Ewa	169		K-Jun.	7			00:06:27	00:18:54	00:39:06.30	00:45:33.30	+00:09:54 (25.3%)	7:49	7.7 (74.8%)
118	MORYS Agnieszka	136	FABRIKANORDIKA	K30-39	7			00:07:07	00:19:14	00:39:11.05	00:46:18.90	+00:09:58 (25.5%)	7:50	7.7 (74.8%)
119	MIESZKOWSKI Jan Pawe	299		M30-39	6			00:01:56	00:19:18	00:39:12.05	00:41:08.75	+00:09:59 (25.5%)	7:50	7.7 (74.8%)
120	JURCZYŃSKA Bożena	83	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	6			00:08:49	00:19:25	00:39:12.70	00:48:02.10	+00:10:00 (25.5%)	7:50	7.6 (73.8%)
121	KOLIS Beata	90	KKNW	K50-54	5			00:08:33	00:19:13	00:39:17.65	00:47:51.45	+00:10:05 (25.7%)	7:51	7.6 (73.8%)
122	SZELIGA Anna	225		K30-39	8			00:07:14	00:19:31	00:39:21.20	00:46:36.00	+00:10:09 (25.8%)	7:52	7.6 (73.8%)
123	KAŻMIERCZAK Sebastian	286	GOSIR OSIELSKO	M40-44	10			00:02:36	00:18:16	00:39:21.40	00:41:57.75	+00:10:09 (25.8%)	7:52	7.6 (73.8%)
124	ANDRYŚ Andrzej	295	KKNW	M55-59	7			00:04:27	00:19:26	00:39:24.10	00:43:51.40	+00:10:12 (25.9%)	7:52	7.6 (73.8%)
125	KOCHANOWICZ Kazimierz	223	AWFIS GDAŃSK	M65-69	8			00:05:11	00:19:35	00:39:24.80	00:44:36.55	+00:10:12 (25.9%)	7:53	7.6 (73.8%)
126	SZEMBERSKA Małgorzata	226	KLUBSPORTU.PL	K40-44	5			00:07:42	00:19:33	00:39:24.85	00:47:07.25	+00:10:12 (25.9%)	7:53	7.6 (73.8%)
127	HARAF Wiesław	291	KKNW	M55-59	8			00:04:26	00:19:27	00:39:25.00	00:43:51.25	+00:10:12 (25.9%)	7:53	7.6 (73.8%)
128	URBAN Iwona	258	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	7			00:08:15	00:19:29	00:39:33.35	00:47:49.00	+00:10:21 (26.2%)	7:54	7.6 (73.8%)
129	ORZECZOWSKA Aleksandra	154	ULKS'SOKOŁY'	K-Jun.	8			00:06:25	00:19:19	00:39:38.65	00:46:04.00	+00:10:26 (26.3%)	7:55	7.6 (73.8%)
130	CHOLEWKA Jolanta	24	MARSZ PO ZDROWIE POZNAŃ	K60-64	4			00:09:08	00:19:31	00:39:40.35	00:48:48.45	+00:10:28 (26.4%)	7:56	7.6 (73.8%)
131	JEDNAC Artur	82	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M- Niepełnosprawni(B)	2			00:05:43	00:18:58	00:39:40.90	00:45:24.25	+00:10:28 (26.4%)	7:56	7.6 (73.8%)
132	RODZIŃSKI Robert	189	RKM SOPELEK	M40-44	11			00:02:36	00:19:59	00:39:51.35	00:42:27.60	+00:10:39 (26.7%)	7:58	7.5 (72.8%)
133	BAŃKA Andrzej	9	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	12			00:02:39	00:19:01	00:39:55.20	00:42:34.40	+00:10:43 (26.8%)	7:59	7.5 (72.8%)
134	DUSZEŃKO Jakub	45	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	3			00:05:45	00:20:22	00:39:55.30	00:45:41.00	+00:10:43 (26.9%)	7:59	7.5 (72.8%)
135	WIERZBICKI Waldemar	400		M65-69	9			00:05:12	00:19:42	00:39:56.25	00:45:08.95	+00:10:44 (26.9%)	7:59	7.5 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
136	KOWALCZYK Joanna	105		K30-39	9			00:07:44	00:19:56	00:39:58.20	00:47:42.55	+00:10:46 (26.9%)	7:59	7.5 (72.8%)
137	DUSZEŃKO Damian	44	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	4			00:05:45	00:20:22	00:39:58.55	00:45:44.15	+00:10:46 (27.0%)	7:59	7.5 (72.8%)
138	NIECHWIEJCZYK Kinga	141	UNIA MIAST	K-Dzieci	2			00:06:06	00:19:51	00:39:59.60	00:46:06.25	+00:10:47 (27.0%)	8:00	7.5 (72.8%)
139	KARCZMARSKI Krzysztof	86	IPA RADOM	M60-64	4			00:04:47	00:20:04	00:40:04.60	00:44:52.30	+00:10:52 (27.1%)	8:01	7.5 (72.8%)
140	OLEKSAK Marek	147		M45-49	13			00:03:13	00:19:50	00:40:07.00	00:43:20.65	+00:10:54 (27.2%)	8:01	7.5 (72.8%)
141	SERAFIN Anna	496	FACE NORDIC WALKING TEAM	K30-39	10			00:07:09	00:19:55	00:40:17.40	00:47:26.55	+00:11:05 (27.5%)	8:03	7.4 (71.8%)
142	SOBCZYK Rafał	209	KLUBSPORTU.PL	M40-44	13			00:02:37	00:20:22	00:40:17.70	00:42:55.60	+00:11:05 (27.5%)	8:03	7.4 (71.8%)
143	STOCHLA Beata	216		K-Jun.	9			00:06:25	00:19:46	00:40:18.00	00:46:43.45	+00:11:05 (27.5%)	8:03	7.4 (71.8%)
144	WACŁAW Andrzej	507	MSP MDKN.W	M30-39	7			00:04:27	00:19:49	00:40:19.00	00:44:46.25	+00:11:06 (27.6%)	8:03	7.4 (71.8%)
145	GUL-BOGACZ Jolanta	74	KKNW	K40-44	6			00:07:44	00:20:19	00:40:20.30	00:48:05.15	+00:11:08 (27.6%)	8:04	7.4 (71.8%)
146	ŚLUSARCZYK Karolina	239	WESOŁY BORSUK TEAM	K-Dzieci	3			00:06:06	00:19:52	00:40:26.95	00:46:33.00	+00:11:14 (27.8%)	8:05	7.4 (71.8%)
147	DRAUS Czesława	38	KLUBSPORTU.PL	K55-59	7			00:08:49	00:20:05	00:40:28.00	00:49:17.15	+00:11:15 (27.8%)	8:05	7.4 (71.8%)
148	WĘGLARZ Elżbieta	262	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K60-64	5			00:09:07	00:19:43	00:40:31.95	00:49:39.50	+00:11:19 (28.0%)	8:06	7.4 (71.8%)
149	KURYŁO Kamil-Piotr	505	MSP MDKN.W	M18-29	5			00:01:29	00:20:20	00:40:38.65	00:42:07.65	+00:11:26 (28.2%)	8:07	7.4 (71.8%)
150	WOROCH Jolanta	271	DOPIEWO	K50-54	6			00:08:32	00:20:41	00:40:40.60	00:49:13.55	+00:11:28 (28.2%)	8:08	7.4 (71.8%)
151	WIKTORZAK Elżbieta	266	UNIA MIAST	K55-59	8			00:08:48	00:20:15	00:40:46.15	00:49:34.25	+00:11:34 (28.4%)	8:09	7.4 (71.8%)
152	FLEJSZAR Zbigniew	56	ZIOMKI WYSOKA	M50-54	13			00:03:57	00:19:55	00:40:47.90	00:44:45.30	+00:11:35 (28.4%)	8:09	7.4 (71.8%)
153	CHEŁCHOWSKA Katarzyna	483	FEDERACJA WPSF	K40-44	7			00:07:46	00:20:30	00:40:52.00	00:48:38.00	+00:11:39 (28.5%)	8:10	7.3 (70.9%)
154	KĘDZIERSKA Edyta	296	PFNW	K40-44	8			00:07:46	00:20:30	00:40:52.15	00:48:38.55	+00:11:40 (28.5%)	8:10	7.3 (70.9%)
155	TONIA Jakub	244	ULKS'SOKOŁY'	M-Dzieci	2			00:00:44	00:19:44	00:40:55.80	00:41:40.15	+00:11:43 (28.7%)	8:11	7.3 (70.9%)
156	FLEJSZAR Anna	5	ZIOMKI WYSOKA	K45-49	8			00:08:13	00:20:30	00:40:55.95	00:49:09.15	+00:11:43 (28.7%)	8:11	7.3 (70.9%)
157	BAŃKA Mateusz	8		M-Dzieci	3			00:00:44	00:19:44	00:40:56.25	00:41:41.20	+00:11:44 (28.7%)	8:11	7.3 (70.9%)
158	KOZIOŁ Daneil	491		M40-44	14			00:02:38	00:21:36	00:40:57.10	00:43:35.20	+00:11:45 (28.7%)	8:11	7.3 (70.9%)
159	KOT Andrzej	97	SANTANDER CONSUMER BANK	M40-44	15			00:02:38	00:20:53	00:40:58.85	00:43:37.15	+00:11:46 (28.7%)	8:11	7.3 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	5km			
160	PYTLAK Katarzyna	178	KKNW	K-Dzieci	4			00:06:07	00:20:40	00:41:06.70	00:47:14.65	+00:11:54 (29.0%)	8:13	7.3 (70.9%)
161	KOCHANOWICZ Andrzej	297		M30-39	8			00:01:57	00:20:23	00:41:11.50	00:43:09.35	+00:11:59 (29.1%)	8:14	7.3 (70.9%)
162	PIOTROWSKA Joanna	23	PASJA NORDIC WALKING	K45-49	9			00:08:14	00:21:10	00:41:12.10	00:49:26.75	+00:12:00 (29.1%)	8:14	7.3 (70.9%)
163	MARCINKOWSKA Renata	399	FACE NORDIC WALKING TEAM	K65-69	3			00:09:28	00:20:07	00:41:13.10	00:50:41.25	+00:12:01 (29.2%)	8:14	7.3 (70.9%)
164	KEMPA Andrzej	277	FEDERACJA WPSF	M55-59	9			00:04:28	00:20:40	00:41:15.35	00:45:44.30	+00:12:03 (29.2%)	8:15	7.3 (70.9%)
165	JASIŃSKI Michał	390	RYBNICKI KLUB NORDIC WALKING	M18-29	6			00:01:28	00:20:13	00:41:17.30	00:42:45.55	+00:12:05 (29.3%)	8:15	7.3 (70.9%)
166	HANUS Joanna	77		K-Niepełnosprawni(B)	1			00:10:04	00:20:40	00:41:18.75	00:51:23.25	+00:12:06 (29.3%)	8:15	7.3 (70.9%)
167	SAŁAK Maria	199	NW RELAKS ZAGÓRZ	K60-64	6			00:09:08	00:20:25	00:41:20.00	00:50:28.10	+00:12:07 (29.4%)	8:16	7.3 (70.9%)
168	KOSICKA Beata	93		K45-49	10			00:08:15	00:20:24	00:41:20.25	00:49:35.85	+00:12:08 (29.4%)	8:16	7.3 (70.9%)
169	DEJA Agnieszka	411	FABRIKANORDIKA	K30-39	11			00:07:07	00:20:44	00:41:20.30	00:48:27.90	+00:12:08 (29.4%)	8:16	7.3 (70.9%)
170	ANGIELCZYK Małgorzata	4	MARSZ PO ZDROWIE POZNAŃ	K65-69	4			00:09:25	00:20:28	00:41:24.60	00:50:50.30	+00:12:12 (29.5%)	8:17	7.2 (69.9%)
171	CZEKAŃSKI Krzysztof	29	UKS SIEDLESZCZANY	M65-69	10			00:05:10	00:20:00	00:41:28.55	00:46:39.30	+00:12:16 (29.6%)	8:17	7.2 (69.9%)
172	ROMANIUK Krystyna	190	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	9			00:08:48	00:20:43	00:41:37.60	00:50:25.60	+00:12:25 (29.8%)	8:19	7.2 (69.9%)
173	SZEWCZYK Genowefa	229	NW RELAKS ZAGÓRZ	K60-64	7			00:09:08	00:20:26	00:41:38.10	00:50:46.95	+00:12:26 (29.9%)	8:19	7.2 (69.9%)
174	PYTLAK Urszula	177	KKNW	K50-54	7			00:08:32	00:20:15	00:41:39.55	00:50:11.60	+00:12:27 (29.9%)	8:19	7.2 (69.9%)
175	SZYBUT Weronika	232		K-Dzieci	5			00:06:07	00:20:07	00:41:40.95	00:47:48.25	+00:12:28 (29.9%)	8:20	7.2 (69.9%)
176	REIZER Agnieszka	183		K45-49	11			00:08:14	00:20:45	00:41:41.05	00:49:55.60	+00:12:28 (29.9%)	8:20	7.2 (69.9%)
177	DZIEDIEWICH Natallia	48		K30-39	12			00:07:09	00:21:02	00:41:46.70	00:48:55.80	+00:12:34 (30.1%)	8:21	7.2 (69.9%)
178	ZIOŁO-KSIAŻKIEWICZ Maria	279		K60-64	8			00:09:09	00:20:51	00:42:06.85	00:51:16.20	+00:12:54 (30.7%)	8:25	7.1 (68.9%)
179	BURDANOWSKI Andrzej	288	GOSIR OSIELSKO	M-Niepełnosprawni(A)	4			00:01:56	00:18:10	00:42:08.00	00:44:04.00	+00:12:55 (30.7%)	8:25	7.1 (68.9%)
180	TUREK Jan	251		M65-69	11			00:05:10	00:20:30	00:42:10.35	00:47:20.90	+00:12:58 (30.8%)	8:26	7.1 (68.9%)
181	GIERLASIŃSKA Magda	485		K18-29	5			00:06:48	00:21:13	00:42:16.40	00:49:04.90	+00:13:04 (30.9%)	8:27	7.1 (68.9%)
182	SZYMAŃSKA Lucyna	234	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	1			00:10:04	00:20:41	00:42:17.15	00:52:21.15	+00:13:05 (30.9%)	8:27	7.1 (68.9%)
183	SAWCZUK Marek	300		M40-44	16			00:01:56	00:20:31	00:42:30.15	00:44:26.70	+00:13:18 (31.3%)	8:30	7.1 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
184	LASOCIŃSKA Ewa	107	KLUB NW 'WŁÓCZYKJE' LEŻAJSK	K70+	1			00:09:50	00:21:13	00:42:33.90	00:52:24.05	+00:13:21 (31.4%)	8:30	7 (68.0%)
185	JÓZWIAK Dominik	388	WTW WŁOCLAWEK	M- Niepełnosprawni(B)	5			00:05:44	00:20:56	00:42:44.80	00:48:29.30	+00:13:32 (31.7%)	8:33	7 (68.0%)
186	DEMBICKA Milena	33		K-Dzieci	6			00:06:07	00:20:28	00:42:45.60	00:48:52.65	+00:13:33 (31.7%)	8:33	7 (68.0%)
187	MROWIEC Maria	138	UNIA MIAST	K70+	2			00:09:51	00:21:27	00:42:45.85	00:52:37.15	+00:13:33 (31.7%)	8:33	7 (68.0%)
188	CZARNIK Katarzyna	28	SANTANDER CONSUMER BANK	K30-39	13			00:07:12	00:21:24	00:42:46.55	00:49:58.60	+00:13:34 (31.7%)	8:33	7 (68.0%)
189	FILIPOWICZ Zofia	55		K-Jun.	10			00:06:27	00:20:59	00:42:51.15	00:49:18.95	+00:13:39 (31.9%)	8:34	7 (68.0%)
190	MARCINKOWSKA Katarzyna	121	UNIA MIAST	K45-49	12			00:08:12	00:21:21	00:42:51.20	00:51:04.10	+00:13:39 (31.9%)	8:34	7 (68.0%)
191	WĄSOWICZ Andrzej	261	NW NOWA DĘBA	M70+	5			00:05:25	00:21:43	00:43:05.85	00:48:30.95	+00:13:53 (32.2%)	8:37	7 (68.0%)
192	TROJAN Ewa	247	KLUB NW 'WŁÓCZYKJE' LEŻAJSK	K45-49	13			00:08:11	00:21:00	00:43:05.95	00:51:17.80	+00:13:53 (32.2%)	8:37	7 (68.0%)
193	TRZCINIECKA Janina	248	NW RELAKS ZAGÓRZ	K60-64	9			00:09:08	00:21:15	00:43:12.00	00:52:20.95	+00:13:59 (32.4%)	8:38	6.9 (67.0%)
194	WIĘCŁAW Oliwia	265	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	7			00:06:09	00:21:17	00:43:12.15	00:49:21.60	+00:14:00 (32.4%)	8:38	6.9 (67.0%)
195	PAWŁOWSKA Gabriela	163	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	8			00:06:09	00:21:18	00:43:12.45	00:49:21.90	+00:14:00 (32.4%)	8:38	6.9 (67.0%)
196	SMARUJ - SADOWSKA Janina	208		K65-69	5			00:09:27	00:21:09	00:43:12.80	00:52:40.75	+00:14:00 (32.4%)	8:38	6.9 (67.0%)
197	MAMROŁ Anna	119	SANTANDER CONSUMER BANK S.A.	K18-29	6			00:06:49	00:21:48	00:43:13.30	00:50:02.60	+00:14:01 (32.4%)	8:38	6.9 (67.0%)
198	KULCZYCKI Jan	103		M65-69	12			00:05:12	00:21:47	00:43:21.85	00:48:34.55	+00:14:09 (32.7%)	8:40	6.9 (67.0%)
199	SAJ Wiktoria	196	KKNW	K-Dzieci	9			00:06:08	00:21:22	00:43:22.45	00:49:31.10	+00:14:10 (32.7%)	8:40	6.9 (67.0%)
200	CAG-SOBCZYK Edyta	487	KLUBSPORTU.PL	K45-49	14			00:08:13	00:21:27	00:43:26.95	00:51:40.75	+00:14:14 (32.8%)	8:41	6.9 (67.0%)
201	POROWSKA Paulina	506	MSP MDKN.W	K18-29	7			00:06:49	00:21:44	00:43:27.95	00:50:17.25	+00:14:15 (32.8%)	8:41	6.9 (67.0%)
202	SAWIC Beata	200	MDK SZCZEBRZESZYN	K45-49	15			00:08:13	00:21:36	00:43:38.35	00:51:51.55	+00:14:26 (33.1%)	8:43	6.9 (67.0%)
203	FRĄCZAK Bartłomiej	130		M-Dzieci	4			00:00:46	00:20:53	00:43:41.40	00:44:28.15	+00:14:29 (33.2%)	8:44	6.9 (67.0%)
204	TĘCZA Magdalena	504	MSP MDKN.W	K18-29	8			00:06:48	00:21:45	00:43:42.15	00:50:30.85	+00:14:30 (33.2%)	8:44	6.9 (67.0%)
205	RAK Maciej	180	ULKS'SOKOŁY'	M-Dzieci	5	1		00:00:43	00:22:17	00:43:43.00	00:44:26.00	+00:14:30 (33.2%)	8:44	6.9 (67.0%)
206	KOWALCZYK Joanna	98	SANTANDER CONSUMER BANK	K40-44	9			00:07:44	00:21:56	00:43:57.30	00:51:41.30	+00:14:45 (33.6%)	8:47	6.8 (66.0%)
207	WAL Magdalena	503	MSP MDKN.W	K18-29	9			00:06:49	00:21:50	00:43:59.80	00:50:49.70	+00:14:47 (33.6%)	8:48	6.8 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	5km			
208	OLSZOWY Danuta	150	KKNW	K50-54	8			00:08:34	00:22:07	00:44:02.55	00:52:36.85	+00:14:50 (33.7%)	8:48	6.8 (66.0%)
209	KOCHANOWICZ Magdalena	298		K30-39	14	1		00:07:12	00:22:21	00:44:18.00	00:51:30.10	+00:15:05 (34.1%)	8:51	6.8 (66.0%)
210	TOMASZEWSKI Karol	242	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	6			00:00:44	00:20:56	00:44:28.00	00:45:12.05	+00:15:15 (34.3%)	8:53	6.7 (65.0%)
211	LENART Elżbieta	111	KKNW	K50-54	9			00:08:34	00:22:08	00:44:30.60	00:53:05.00	+00:15:18 (34.4%)	8:54	6.7 (65.0%)
212	SURMIAK Ryszard	220	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	6			00:05:26	00:22:01	00:44:32.70	00:49:59.55	+00:15:20 (34.4%)	8:54	6.7 (65.0%)
213	MIKITIUK Beata	132	KIJOWA PARA	K45-49	16			00:08:16	00:22:38	00:44:35.00	00:52:51.75	+00:15:22 (34.5%)	8:55	6.7 (65.0%)
214	NYLEC Urszula	146	SANTANDER CONSUMER BANK	K30-39	15			00:07:10	00:21:58	00:44:35.65	00:51:46.30	+00:15:23 (34.5%)	8:55	6.7 (65.0%)
215	PYRA Dominik	174	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Niepełnosprawni(B)	6			00:01:28	00:18:36	00:44:39.55	00:46:08.00	+00:15:27 (34.6%)	8:56	6.7 (65.0%)
216	DUDZIŃSKI Szymon	41	KKNW	M-Dzieci	7			00:00:46	00:22:11	00:44:45.65	00:45:31.75	+00:15:33 (34.8%)	8:57	6.7 (65.0%)
217	WILK Hubert	58	KKNW	M-Jun.	9			00:01:08	00:21:44	00:44:51.10	00:45:59.50	+00:15:39 (34.9%)	8:58	6.7 (65.0%)
218	MARCZYK Jerzy Paweł	123	FACE NORDIC WALKING TEAM	M55-59	10			00:04:28	00:22:07	00:44:53.30	00:49:22.05	+00:15:41 (34.9%)	8:58	6.7 (65.0%)
219	DARA Dorota	30		K30-39	16			00:07:11	00:23:42	00:44:56.85	00:52:08.00	+00:15:44 (35.0%)	8:59	6.7 (65.0%)
220	GOTOWSKI Rafał	253	UNIwersytet K. Wielkiego w Bydgoszczy	M40-44	17			00:02:37	00:22:20	00:44:59.05	00:47:36.05	+00:15:46 (35.1%)	8:59	6.7 (65.0%)
221	WIĄCEK Bożena	263	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	10			00:08:33	00:22:22	00:45:00.95	00:53:34.25	+00:15:48 (35.1%)	9:00	6.7 (65.0%)
222	KARCZEWSKI Krzysztof	85	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	9			00:01:56	00:21:56	00:45:04.30	00:47:00.40	+00:15:52 (35.2%)	9:00	6.7 (65.0%)
223	CEPIELIK Marta	21	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	11			00:08:33	00:22:21	00:45:04.50	00:53:38.15	+00:15:52 (35.2%)	9:01	6.7 (65.0%)
224	SZULC-DRABCZYK Urszula	230	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	2			00:10:03	00:22:13	00:45:09.95	00:55:13.55	+00:15:57 (35.3%)	9:02	6.6 (64.1%)
225	APANASOWICZ Danuta	6	NW RELAKS ZAGÓRZ	K65-69	6			00:09:26	00:22:36	00:45:25.70	00:54:51.95	+00:16:13 (35.7%)	9:05	6.6 (64.1%)
226	FARYNIARZ Paulina	294		K30-39	17			00:07:13	00:22:34	00:45:25.85	00:52:39.60	+00:16:13 (35.7%)	9:05	6.6 (64.1%)
227	GUNIA Anna	293		K30-39	18			00:07:13	00:22:34	00:45:26.75	00:52:39.80	+00:16:14 (35.7%)	9:05	6.6 (64.1%)
228	PIECHOTA Żaneta	167	SZKOLNY KLUB NORDIC WALKING	K-Jun.	11			00:06:26	00:22:49	00:45:31.80	00:51:58.00	+00:16:19 (35.9%)	9:06	6.6 (64.1%)
229	LECHOWSKA Julia	109	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	10			00:06:10	00:22:20	00:45:32.05	00:51:42.20	+00:16:19 (35.9%)	9:06	6.6 (64.1%)
230	DRAŁUS Magdalena	36	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Dzieci	11			00:06:09	00:22:21	00:45:32.65	00:51:41.90	+00:16:20 (35.9%)	9:06	6.6 (64.1%)
231	WIŚNIEWSKA Danuta	268	PASJA NORDIC WALKING	K55-59	10			00:08:49	00:22:45	00:45:43.45	00:54:32.90	+00:16:31 (36.1%)	9:08	6.6 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
232	MACIĄG Andrzej	116		M65-69	13			00:05:11	00:22:49	00:45:51.25	00:51:03.00	+00:16:39 (36.3%)	9:10	6.5 (63.1%)
233	PAWLINA Halina	162	KKNW	K45-49	17			00:08:16	00:22:52	00:45:54.15	00:54:10.45	+00:16:42 (36.4%)	9:10	6.5 (63.1%)
234	PACYNA Monika	482		K-Dzieci	12			00:06:07	00:21:43	00:46:03.00	00:52:10.15	+00:16:50 (36.6%)	9:12	6.5 (63.1%)
235	JANCZYK Barbara	81	NW NOWA DĘBA	K65-69	7	1		00:09:29	00:22:59	00:46:03.35	00:55:32.35	+00:16:51 (36.6%)	9:12	6.5 (63.1%)
236	STEFAŃSKA Małgorzata	212	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K45-49	18			00:08:11	00:24:01	00:46:04.75	00:54:16.15	+00:16:52 (36.6%)	9:13	6.5 (63.1%)
237	STĘPIEŃ Anna	213	SANTANDER CONSUMER BANK	K40-44	10			00:07:45	00:23:25	00:46:05.15	00:53:50.55	+00:16:53 (36.6%)	9:13	6.5 (63.1%)
238	TUREK Krystyna	250		K55-59	11			00:08:48	00:22:47	00:46:06.40	00:54:55.25	+00:16:54 (36.7%)	9:13	6.5 (63.1%)
239	RĘBISZ Grażyna	187	KKNW	K60-64	10			00:09:10	00:23:07	00:46:10.20	00:55:20.55	+00:16:58 (36.8%)	9:14	6.5 (63.1%)
240	SAJ Elżbieta	195	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	11			00:09:08	00:23:08	00:46:18.30	00:55:27.15	+00:17:06 (36.9%)	9:15	6.5 (63.1%)
241	DUSZEŃKO Elwira	43	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:10:03	00:23:07	00:46:26.70	00:56:30.65	+00:17:14 (37.1%)	9:17	6.5 (63.1%)
242	MOCZARSKI Adam	135	FACE NORDIC WALKING TEAM	M- Niepełnosprawni(B)	7			00:05:45	00:22:44	00:46:34.50	00:52:19.65	+00:17:22 (37.3%)	9:18	6.4 (62.1%)
243	KOCZUR Dorota	89	KKNW	K- Niepełnosprawni(B)	3			00:09:09	00:21:41	00:46:42.75	00:55:52.00	+00:17:30 (37.5%)	9:20	6.4 (62.1%)
244	TARNAWSKA Anna	240	SANTANDER CONSUMER BANK S.A.	K40-44	11			00:07:46	00:23:27	00:46:50.35	00:54:36.75	+00:17:38 (37.7%)	9:22	6.4 (62.1%)
245	ROZENBAJGIER Helena	192	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	3			00:09:50	00:22:52	00:46:53.65	00:56:44.15	+00:17:41 (37.7%)	9:22	6.4 (62.1%)
246	SZYBUT Roma	231		K30-39	19			00:07:10	00:23:20	00:46:57.45	00:54:07.65	+00:17:45 (37.8%)	9:23	6.4 (62.1%)
247	KOŚCIELNA Laura	96	KKNW	K-Dzieci	13			00:06:08	00:23:33	00:47:09.25	00:53:17.90	+00:17:57 (38.1%)	9:25	6.4 (62.1%)
248	MARGAŃSKA Aleksandra	125	KKNW	K-Dzieci	14			00:06:08	00:23:33	00:47:10.10	00:53:19.05	+00:17:58 (38.1%)	9:26	6.4 (62.1%)
249	ŚLUSARCZYK Danusia	238	WESOŁY BORSUK TEAM	K65-69	8			00:09:26	00:23:43	00:47:15.95	00:56:42.80	+00:18:03 (38.2%)	9:27	6.3 (61.2%)
250	KAŻMIERCZAK Żaneta	287	GOSIR OSIELSKO	K40-44	12			00:07:44	00:23:11	00:47:17.65	00:55:01.75	+00:18:05 (38.3%)	9:27	6.3 (61.2%)
251	ŻEBRACKI Tomasz	52		M30-39	10			00:01:57	00:23:50	00:47:45.60	00:49:42.70	+00:18:33 (38.9%)	9:33	6.3 (61.2%)
252	GAGATKO Krystyna	61	NW RELAKS ZAGÓRZ	K65-69	9	1		00:09:27	00:23:11	00:47:47.35	00:57:14.50	+00:18:35 (38.9%)	9:33	6.3 (61.2%)
253	DOBROWOLSKI Patryk	34		M-Dzieci	8			00:00:43	00:23:48	00:47:49.30	00:48:32.95	+00:18:37 (38.9%)	9:33	6.3 (61.2%)
254	WIĄCEK Krystyna	264	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	10			00:09:27	00:23:17	00:47:51.55	00:57:18.70	+00:18:39 (39.0%)	9:34	6.3 (61.2%)
255	ŻEBRACKA Beata	280	SANTANDER CONSUMER BANK S.A.	K30-39	20			00:07:13	00:23:28	00:48:21.70	00:55:34.85	+00:19:09 (39.6%)	9:40	6.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
256	PROKOP Agnieszka	173	SANTANDER CONSUMER BANK	K30-39	21			00:07:11	00:23:30	00:48:23.15	00:55:34.40	+00:19:11 (39.6%)	9:40	6.2 (60.2%)
257	FREDRIKSSON Alicja	59		K55-59	12			00:08:50	00:24:06	00:48:29.10	00:57:19.40	+00:19:17 (39.8%)	9:41	6.2 (60.2%)
258	FILIPOWICZ Joanna	54		K40-44	13			00:07:43	00:24:08	00:48:36.05	00:56:19.10	+00:19:23 (39.9%)	9:43	6.2 (60.2%)
259	SZAJER Jadwiga	222	RYBNICKI KLUB NORDIC WALKING	K65-69	11			00:09:25	00:23:58	00:48:42.10	00:58:08.00	+00:19:30 (40.0%)	9:44	6.2 (60.2%)
260	KAŻMIERCZAK Lena	87	GOSIR OSIELSKO	K-Dzieci	15			00:06:10	00:23:58	00:48:52.45	00:55:02.55	+00:19:40 (40.3%)	9:46	6.1 (59.2%)
261	ROZMUS Karolina	193	KKNW	K-Dzieci	16	1		00:06:07	00:24:48	00:49:15.30	00:55:23.15	+00:20:03 (40.7%)	9:51	6.1 (59.2%)
262	ZIĘTEK Anna	278	KKNW	K-Dzieci	17			00:06:08	00:24:47	00:49:15.35	00:55:23.45	+00:20:03 (40.7%)	9:51	6.1 (59.2%)
263	ORZECHOWSKI Grzegorz	155	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Niepełnosprawni(B)	8			00:05:44	00:24:21	00:49:16.85	00:55:01.10	+00:20:04 (40.7%)	9:51	6.1 (59.2%)
264	LEWICKA Ewa	489		K55-59	13			00:03:58	00:25:23	00:49:31.35	00:53:30.05	+00:20:19 (41.0%)	9:54	6.1 (59.2%)
265	MUSKUS Kazimierz	139	KLUB NW 'WŁÓCZYKJE' LEŻAJSK	M70+	7			00:05:26	00:24:05	00:49:32.40	00:54:59.05	+00:20:20 (41.1%)	9:54	6.1 (59.2%)
266	HANUS Teresa	78		K-Niepełnosprawni(B)	4			00:10:04	00:25:01	00:49:49.85	00:59:54.70	+00:20:37 (41.4%)	9:58	6 (58.3%)
267	PACYNA Helena	158	KS METRACO POLKOWICE	K65-69	12			00:09:28	00:20:53	00:49:59.60	00:59:28.50	+00:20:47 (41.6%)	10:00	6 (58.3%)
268	STOBIERSKI Dawid	215	KKNW	M-Niepełnosprawni(A)	5			00:01:09	00:24:38	00:50:05.30	00:51:14.95	+00:20:53 (41.7%)	10:01	6 (58.3%)
269	PACYK Małgorzata	157		K70+	4	1		00:09:50	00:25:08	00:50:09.80	01:00:00.30	+00:20:57 (41.8%)	10:02	6 (58.3%)
270	ŻUJEWSKA Barbara	283		K65-69	13			00:09:27	00:25:32	00:50:27.00	00:59:54.65	+00:21:14 (42.1%)	10:05	5.9 (57.3%)
271	ZAŁĘSKI Karol	274		M70+	8			00:05:26	00:24:55	00:50:37.65	00:56:04.25	+00:21:25 (42.3%)	10:07	5.9 (57.3%)
272	MISKIEWICZ Dorota	219		K65-69	14			00:09:29	00:25:53	00:50:42.80	01:00:12.60	+00:21:30 (42.4%)	10:08	5.9 (57.3%)
273	ŻUBRYD Renata	282	NW RELAKS ZAGÓRZ	K65-69	15			00:09:27	00:25:14	00:50:42.85	01:00:10.25	+00:21:30 (42.4%)	10:08	5.9 (57.3%)
274	GAWROŃSKA Małgorzata	64	GAWRONY	K-Niepełnosprawni(A)	3			00:08:48	00:24:06	00:51:09.10	00:59:58.00	+00:21:57 (42.9%)	10:14	5.9 (57.3%)
275	TOMASZEWSKA Diana	241	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	22			00:07:10	00:25:07	00:51:29.25	00:58:39.50	+00:22:17 (43.3%)	10:17	5.8 (56.3%)
276	DYPA Barbara	46	NORDIC WALKING KOLBUSZOWA	K55-59	14			00:08:50	00:25:19	00:51:30.05	01:00:20.50	+00:22:17 (43.3%)	10:18	5.8 (56.3%)
277	GOTH Walter	494		M70+	9			00:15:39	00:26:27	00:51:52.65	01:07:32.30	+00:22:40 (43.7%)	10:22	5.8 (56.3%)
278	CZAJA-POPERA Halina	27	SANTANDER CONSUMER BANK	K30-39	23	1		00:07:09	00:24:44	00:51:53.00	00:59:02.90	+00:22:40 (43.7%)	10:22	5.8 (56.3%)
279	NOWAK Mateusz	142	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	9			00:00:45	00:26:10	00:52:31.20	00:53:16.60	+00:23:19 (44.4%)	10:30	5.7 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
280	PYRYT Paulina	175	SZKOLNY KLUB NORDIC WALKING	K-Niepełnosprawni(B)	5			00:06:27	00:23:52	00:52:43.55	00:59:11.00	+00:23:31 (44.6%)	10:32	5.7 (55.3%)
281	DROP Mieczysław	39		M70+	10			00:05:28	00:27:21	00:52:51.20	00:58:19.25	+00:23:39 (44.7%)	10:34	5.7 (55.3%)
282	MARGAŃSKA Stanisława	126	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	5			00:09:50	00:27:03	00:54:31.70	01:04:22.65	+00:25:19 (46.4%)	10:54	5.5 (53.4%)
283	PIASTA Tomasz	165	SANTANDER CONSUMER BANK S.A.	M30-39	11			00:00:45	00:27:10	00:54:36.45	00:55:22.05	+00:25:24 (46.5%)	10:55	5.5 (53.4%)
283	PIASTA Stanisław	166	SANTANDER CONSUMER BANK S.A.	M-Dzieci	10			00:00:46	00:27:10	00:54:36.45	00:55:22.90	+00:25:24 (46.5%)	10:55	5.5 (53.4%)
285	LIPA Alicja	112	KKNW	K65-69	16			00:09:29	00:27:24	00:54:53.10	01:04:22.65	+00:25:41 (46.8%)	10:58	5.5 (53.4%)
286	BORZESZKOWSKA Małgorzata	17		K50-54	12			00:15:38	00:26:23	00:54:54.05	01:10:32.45	+00:25:41 (46.8%)	10:58	5.5 (53.4%)
287	ROMANIUK Grzegorz	191	KOLBUSZOWSKI KLUB NORDIC WALKING	M50-54	14			00:04:00	00:24:07	00:55:52.70	00:59:53.05	+00:26:40 (47.7%)	11:10	5.4 (52.4%)
288	GOTH Toni	495		M70+	11			00:09:30	00:28:10	00:56:10.35	01:05:41.25	+00:26:58 (48.0%)	11:14	5.3 (51.5%)
289	LIPEC Vida	493		K65-69	17			00:09:30	00:28:11	00:56:15.00	01:05:45.90	+00:27:02 (48.1%)	11:15	5.3 (51.5%)
290	LIPEC Janez	492		M65-69	14			00:05:12	00:32:26	01:00:34.55	01:05:46.70	+00:31:22 (51.8%)	12:06	5 (48.5%)
291	MAREK Monika	124	NW NOWA DĘBA	K-Niepełnosprawni(A)	4			00:10:04	00:31:36	01:01:13.50	01:11:18.10	+00:32:01 (52.3%)	12:14	4.9 (47.6%)
292	JANCZYK Ryszard	80	NW NOWA DĘBA	M70+	12			00:05:27	00:33:44	01:08:51.30	01:14:19.25	+00:39:39 (57.6%)	13:46	4.4 (42.7%)
293	OSSOWSKI Zbigniew	383	AWFIS GDAŃSK	M40-44	18			00:11:03						(0.0%)
294	BOJKE Olgierd	15	PFNW	M55-59	11			00:15:40						(0.0%)
DQ	KOWALCZYK Tadeusz	108		M60-64		1		DQ	00:17:11 DQ	00:35:11.20 DQ	DQ		-	- (0.0%)
DQ	LUBERA Teresa	114	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Niepełnosprawni(B)				DQ	00:19:13 DQ	00:42:51.75 DQ	DQ		-	- (0.0%)

Znaleziono 296 wynik(ów)