



# KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT  
WIELKOPOLSKIE STOWOZYSTWO

**Organizator:** PFNW  
**Data:** 2016-05-15  
**Miejsce:** Konstancin-Jeziorna  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KARASIŃSKI Maciej</b>	<b>471</b>		M40-49	1	1		00:00:52	00:14:43	00:30:04	00:45:23	<b>01:00:41.65</b>	<b>01:01:34.10</b>		6:04	9.9 (100%)
2	<b>KLICZKA Kamil</b>	<b>474</b>	PUSZCZYK BUKOWY	M40-49	2			00:00:53	00:14:45	00:29:57	00:45:17	<b>01:00:45.45</b>	<b>01:01:38.75</b>	+00:00:03 (0.1%)	6:04	9.9 (100%)
3	<b>CYRUS Bogdan</b>	<b>704</b>	SILESIA NORDIC TEAM	M40-49	3			00:00:53	00:14:44	00:30:14	00:46:06	<b>01:01:43.60</b>	<b>01:02:37.20</b>	+00:01:01 (1.7%)	6:10	9.7 (98.0%)
4	<b>BIŁEK Artur</b>	<b>410</b>	UNIA MIAST	M30-39	1			00:00:29	00:15:21	00:30:55	00:46:35	<b>01:02:19.20</b>	<b>01:02:49.15</b>	+00:01:37 (2.6%)	6:14	9.6 (97.0%)
5	<b>WOJTASIŃSKI Daniel</b>	<b>611</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:00:29	00:15:23	00:31:06	00:46:53	<b>01:03:03.90</b>	<b>01:03:33.00</b>	+00:02:22 (3.8%)	6:18	9.5 (96.0%)
6	<b>NIECHWIEJCZYK Piotr</b>	<b>528</b>	UNIA MIAST	M40-49	4	1		00:00:52	00:15:26	00:31:29	00:47:32	<b>01:03:18.45</b>	<b>01:04:10.70</b>	+00:02:36 (4.1%)	6:19	9.5 (96.0%)
7	<b>SIEROŃ Jacek</b>	<b>559</b>	TSA SANDOMIERZ	M50-59	1			00:01:56	00:15:33	00:31:38	00:47:47	<b>01:03:25.05</b>	<b>01:05:21.20</b>	+00:02:43 (4.3%)	6:20	9.5 (96.0%)
8	<b>RECZULSKI Mariusz</b>	<b>554</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:01:54	00:15:34	00:31:40	00:47:48	<b>01:03:29.90</b>	<b>01:05:24.35</b>	+00:02:48 (4.4%)	6:21	9.4 (94.9%)
9	<b>SIWAK Piotr</b>	<b>561</b>	KS.METRACO POLKOWICE	M50-59	3			00:01:53	00:15:33	00:31:39	00:47:49	<b>01:03:30.55</b>	<b>01:05:24.25</b>	+00:02:48 (4.4%)	6:21	9.4 (94.9%)
10	<b>MACKIEWICZ Marcin</b>	<b>516</b>	NORDIC WALKING CIECHANÓW	M18-29	1	1		00:00:03	00:15:33	00:31:25	00:47:58	<b>01:03:46.35</b>	<b>01:03:49.70</b>	+00:03:04 (4.8%)	6:22	9.4 (94.9%)
11	<b>KUŚMIEREK Patryk</b>	<b>504</b>	BŁĘKITNI DZIEMIANY	M18-29	2			00:00:04	00:15:46	00:31:30	00:47:30	<b>01:03:46.40</b>	<b>01:03:50.75</b>	+00:03:04 (4.8%)	6:22	9.4 (94.9%)
12	<b>PIOTROWSKI Michał</b>	<b>544</b>	FACE NORDIC WALKING TEAM	M30-39	3			00:00:29	00:15:24	00:31:12	00:47:45	<b>01:03:47.85</b>	<b>01:04:16.90</b>	+00:03:06 (4.9%)	6:22	9.4 (94.9%)
13	<b>PUSZKIEL Leszek</b>	<b>549</b>	GREEN TEAM ZIELONA GÓRA	M50-59	4	1		00:01:53	00:15:34	00:31:40	00:48:18	<b>01:04:46.30</b>	<b>01:06:39.90</b>	+00:04:04 (6.3%)	6:28	9.3 (93.9%)
14	<b>CIEŚLAK Roman</b>	<b>422</b>	FOREVER YOUNG	M50-59	5			00:01:55	00:15:56	00:32:16	00:48:49	<b>01:05:42.65</b>	<b>01:07:38.20</b>	+00:05:01 (7.6%)	6:34	9.1 (91.9%)
15	<b>WERSTLER Mikołaj</b>	<b>600</b>	AWF WARSZAWA	M18-29	3			00:00:06	00:16:22	00:33:00	00:49:38	<b>01:05:51.20</b>	<b>01:05:57.60</b>	+00:05:09 (7.8%)	6:35	9.1 (91.9%)
16	<b>GRZEGORCZYK Marcin Joachim</b>	<b>448</b>	FACE NORDIC WALKING TEAM	M18-29	4			00:00:04	00:16:10	00:33:03	00:49:39	<b>01:05:51.45</b>	<b>01:05:56.05</b>	+00:05:09 (7.8%)	6:35	9.1 (91.9%)
17	<b>RYCHLIK Grzegorz</b>	<b>557</b>	FUNDACJA 'W TE PĘDY'	M30-39	4			00:00:30	00:15:37	00:32:04	00:49:01	<b>01:06:01.75</b>	<b>01:06:32.15</b>	+00:05:20 (8.1%)	6:36	9.1 (91.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
18	<b>DZIADEK Remigiusz</b>	<b>436</b>		M50-59	6			00:01:55	00:15:54	00:32:30	00:49:31	<b>01:06:10.40</b>	<b>01:08:05.95</b>	+00:05:28 (8.3%)	6:37	9.1 (91.9%)
19	<b>KOCIMSKI Jan</b>	<b>477</b>	KM AKTYWNI SOCHACZEW	M60-69	1			00:02:37	00:16:38	00:33:26	00:50:19	<b>01:07:13.55</b>	<b>01:09:51.25</b>	+00:06:31 (9.7%)	6:43	8.9 (89.9%)
20	<b>STAWNIAK Karol</b>	<b>572</b>	KS METRACO POLKOWICE	M60-69	2			00:02:38	00:16:36	00:33:26	00:50:21	<b>01:07:17.25</b>	<b>01:09:55.40</b>	+00:06:35 (9.8%)	6:43	8.9 (89.9%)
21	<b>KULIG Henryk</b>	<b>502</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-69	3			00:02:37	00:16:45	00:33:34	00:50:24	<b>01:07:17.45</b>	<b>01:09:55.00</b>	+00:06:35 (9.8%)	6:43	8.9 (89.9%)
22	<b>BILIK Wojciech</b>	<b>409</b>	SAMOTNI WĘDROWCY	M40-49	5			00:00:53	00:16:40	00:33:36	00:50:35	<b>01:07:27.20</b>	<b>01:08:21.10</b>	+00:06:45 (10.0%)	6:44	8.9 (89.9%)
23	<b>PSUT Robert</b>	<b>547</b>		M18-29	5			00:00:04	00:16:46	00:33:38	00:50:31	<b>01:07:33.60</b>	<b>01:07:38.15</b>	+00:06:51 (10.2%)	6:45	8.9 (89.9%)
24	<b>ŻMIJEWSKI Wojciech</b>	<b>618</b>	AWF WARSZAWA	M18-29	6			00:00:04	00:16:25	00:33:39	00:50:43	<b>01:07:34.45</b>	<b>01:07:38.90</b>	+00:06:52 (10.2%)	6:45	8.9 (89.9%)
25	<b>LIPKO Adrianna</b>	<b>511</b>	PENDOLINO	K18-29	1			00:04:19	00:16:41	00:33:37	00:50:39	<b>01:07:35.70</b>	<b>01:11:54.90</b>	+00:06:54 (10.2%)	6:45	8.9 (89.9%)
26	<b>ROGASKI Grzegorz</b>	<b>555</b>	AWF WARSZAWA	M18-29	7			00:00:03	00:16:21	00:33:33	00:50:36	<b>01:07:39.55</b>	<b>01:07:43.05</b>	+00:06:57 (10.3%)	6:46	8.9 (89.9%)
27	<b>JURKITEWICZ Krzysztof</b>	<b>467</b>	KB BIAŁA BIEGA	M50-59	7			00:01:55	00:16:35	00:33:34	00:50:37	<b>01:07:48.45</b>	<b>01:09:43.80</b>	+00:07:06 (10.5%)	6:46	8.8 (88.9%)
28	<b>SOBKOWSKI Janusz</b>	<b>708</b>	SILESIA NORDIC TEAM	M60-69	4			00:02:38	00:16:50	00:33:57	00:51:19	<b>01:08:28.45</b>	<b>01:11:06.80</b>	+00:07:46 (11.4%)	6:50	8.8 (88.9%)
29	<b>SPYCHAŁA Marzena</b>	<b>570</b>	WESOŁY BORSUK TEAM	K40-49	1			00:05:51	00:16:53	00:34:00	00:51:17	<b>01:08:37.85</b>	<b>01:14:29.40</b>	+00:07:56 (11.6%)	6:51	8.7 (87.9%)
30	<b>PUSZKIEL Adrian</b>	<b>548</b>	GREEN TEAM ZIELONA GÓRA	M18-29	8			00:00:05	00:16:52	00:34:40	00:51:53	<b>01:08:40.80</b>	<b>01:08:46.30</b>	+00:07:59 (11.6%)	6:52	8.7 (87.9%)
31	<b>KRZANOWSKI Bartłomiej</b>	<b>499</b>	SAMOTNI WĘDROWCY	M40-49	6			00:00:53	00:16:41	00:33:39	00:51:01	<b>01:08:42.10</b>	<b>01:09:35.25</b>	+00:08:00 (11.7%)	6:52	8.7 (87.9%)
32	<b>JĘDRASIAK Renata</b>	<b>460</b>	KS METRACO POLKOWICE	K50-59	1			00:06:27	00:16:50	00:33:58	00:51:20	<b>01:08:46.80</b>	<b>01:15:14.40</b>	+00:08:05 (11.8%)	6:52	8.7 (87.9%)
33	<b>SMUL Andrzej</b>	<b>566</b>	GREEN TEAM	M60-69	5			00:02:38	00:16:35	00:33:31	00:51:07	<b>01:08:53.45</b>	<b>01:11:32.30</b>	+00:08:11 (11.9%)	6:53	8.7 (87.9%)
34	<b>WIERCHANOWSKI Bogdan</b>	<b>602</b>	KS METRACO POLKOWICE	M50-59	8			00:01:54	00:16:50	00:34:12	00:51:50	<b>01:09:19.80</b>	<b>01:11:14.70</b>	+00:08:38 (12.5%)	6:56	8.7 (87.9%)
35	<b>ŚLUSARCZYK Marcin</b>	<b>584</b>	WESOŁY BORSUK TEAM	M30-39	5			00:00:29	00:16:45	00:34:16	00:51:49	<b>01:09:24.50</b>	<b>01:09:53.85</b>	+00:08:42 (12.6%)	6:56	8.6 (86.9%)
36	<b>KALISZ Krzysztof</b>	<b>470</b>	KS METRACO POLKOWICE	M60-69	6			00:02:37	00:16:55	00:34:09	00:51:37	<b>01:09:26.70</b>	<b>01:12:04.40</b>	+00:08:45 (12.6%)	6:56	8.6 (86.9%)
37	<b>KOWALCZUK Robert</b>	<b>489</b>		M50-59	9			00:01:57	00:17:13	00:34:29	00:52:01	<b>01:09:29.80</b>	<b>01:11:27.20</b>	+00:08:48 (12.7%)	6:57	8.6 (86.9%)
38	<b>SZCZEPAŃSKI Rafał</b>	<b>580</b>	OPEL ACTIVE TEAM	M40-49	7	1		00:00:55	00:17:13	00:34:43	00:52:09	<b>01:09:36.55</b>	<b>01:10:31.55</b>	+00:08:54 (12.8%)	6:57	8.6 (86.9%)
39	<b>WIERZBOWSKI Michał</b>	<b>604</b>	AWF WARSZAWA	M18-29	9			00:00:04	00:16:38	00:33:50	00:51:39	<b>01:09:42.75</b>	<b>01:09:47.60</b>	+00:09:01 (12.9%)	6:58	8.6 (86.9%)
40	<b>MROZIŃSKI Paweł</b>	<b>526</b>	MARSZ PO ZDROWIE	M50-59	10			00:01:54	00:16:49	00:34:23	00:52:04	<b>01:09:42.95</b>	<b>01:11:37.65</b>	+00:09:01 (12.9%)	6:58	8.6 (86.9%)
41	<b>BALCERAK-KOLASA Joanna</b>	<b>405</b>	EPOKA NORDICA ŁÓDŹ	K40-49	2			00:05:52	00:17:13	00:34:38	00:52:21	<b>01:10:01.90</b>	<b>01:15:54.35</b>	+00:09:20 (13.3%)	7:00	8.6 (86.9%)
42	<b>PAZUREK Zdzisław</b>	<b>539</b>		M60-69	7	2		00:02:39	00:16:48	00:34:18	00:52:21	<b>01:10:18.45</b>	<b>01:12:58.20</b>	+00:09:36 (13.7%)	7:01	8.5 (85.9%)
43	<b>JONDERKO Grzegorz</b>	<b>461</b>	WŁÓCZYKIJE SKOCZÓW	M40-49	8			00:00:55	00:16:54	00:34:34	00:52:17	<b>01:10:30.10</b>	<b>01:11:25.40</b>	+00:09:48 (13.9%)	7:03	8.5 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
44	<b>ANTOSZEWSKI Piotr</b>	<b>403</b>	DĄBROWA NORDIC TEAM	M40-49	9			00:00:54	00:17:26	00:35:13	00:52:52	<b>01:10:39.35</b>	<b>01:11:33.35</b>	+00:09:57 (14.1%)	7:03	8.5 (85.9%)
45	<b>IWANIUK Artur</b>	<b>700</b>		M18-29	10			00:00:06	00:17:27	00:35:29	00:53:47	<b>01:11:01.70</b>	<b>01:11:07.70</b>	+00:10:20 (14.5%)	7:06	8.4 (84.8%)
46	<b>ŁUKASZEWICZ Joanna</b>	<b>514</b>	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:05:51	00:17:12	00:35:02	00:53:09	<b>01:11:06.50</b>	<b>01:16:58.35</b>	+00:10:24 (14.6%)	7:06	8.4 (84.8%)
47	<b>BOCZAR Beata</b>	<b>414</b>	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:06:27	00:17:48	00:35:55	00:53:49	<b>01:11:17.70</b>	<b>01:17:45.30</b>	+00:10:36 (14.9%)	7:07	8.4 (84.8%)
48	<b>SKRYCKA Katarzyna</b>	<b>562</b>	KS METRACO POLKOWICE	K30-39	1			00:05:07	00:18:10	00:36:05	00:53:43	<b>01:11:35.35</b>	<b>01:16:42.70</b>	+00:10:53 (15.2%)	7:09	8.4 (84.8%)
49	<b>TEPIŃSKI Leszek</b>	<b>589</b>		M40-49	10			00:00:52	00:17:32	00:35:34	00:53:38	<b>01:11:42.65</b>	<b>01:12:35.05</b>	+00:11:01 (15.4%)	7:10	8.4 (84.8%)
50	<b>KRZESAK-JUREK Ewa</b>	<b>500</b>	KIJEM W LENISTWO	K30-39	2			00:05:09	00:18:10	00:36:04	00:53:57	<b>01:11:46.05</b>	<b>01:16:55.10</b>	+00:11:04 (15.4%)	7:10	8.4 (84.8%)
51	<b>ŚLUSARCZYK Andrzej</b>	<b>586</b>	WESOŁY BORSUK TEAM	M60-69	8			00:02:40	00:17:37	00:35:42	00:53:40	<b>01:12:00.85</b>	<b>01:14:41.10</b>	+00:11:19 (15.7%)	7:12	8.3 (83.8%)
52	<b>KRUSZKA Arleta</b>	<b>497</b>	MARSZ PO ZDROWIE	K50-59	3			00:06:29	00:17:40	00:35:51	00:53:47	<b>01:12:04.75</b>	<b>01:18:33.90</b>	+00:11:23 (15.8%)	7:12	8.3 (83.8%)
53	<b>PASIŃSKA - SKOWRON Sylwia</b>	<b>538</b>	SILESIA NORDIC TEAM	K30-39	3			00:05:07	00:17:42	00:35:51	00:53:57	<b>01:12:13.05</b>	<b>01:17:20.55</b>	+00:11:31 (16.0%)	7:13	8.3 (83.8%)
54	<b>ŚLUSARCZYK Grzegorz</b>	<b>585</b>	WESOŁY BORSUK TEAM	M40-49	11			00:00:55	00:17:55	00:36:14	00:54:17	<b>01:12:20.45</b>	<b>01:13:15.90</b>	+00:11:38 (16.1%)	7:14	8.3 (83.8%)
55	<b>CHOCHLA Monika</b>	<b>418</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	2			00:04:20	00:17:49	00:36:01	00:54:12	<b>01:12:26.35</b>	<b>01:16:46.90</b>	+00:11:44 (16.2%)	7:14	8.3 (83.8%)
56	<b>MARCINKOWSKI Wojtek</b>	<b>519</b>	UNIA MIAST	M40-49	12			00:00:54	00:18:04	00:36:45	00:54:50	<b>01:12:35.70</b>	<b>01:13:30.00</b>	+00:11:54 (16.4%)	7:15	8.3 (83.8%)
57	<b>DEJDA Piotr</b>	<b>427</b>	FACE NORDIC WALKING TEAM	M40-49	13			00:00:53	00:17:43	00:36:08	00:54:19	<b>01:12:42.80</b>	<b>01:13:36.00</b>	+00:12:01 (16.5%)	7:16	8.3 (83.8%)
58	<b>DUSIEL Ewa</b>	<b>433</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:05:56	00:18:11	00:36:30	00:54:36	<b>01:12:46.15</b>	<b>01:18:42.70</b>	+00:12:04 (16.6%)	7:16	8.2 (82.8%)
59	<b>PAŻ Jacek</b>	<b>540</b>	BÓBR TŁUSZCZ	M40-49	14			00:00:56	00:18:37	00:37:06	00:55:14	<b>01:12:51.15</b>	<b>01:13:47.55</b>	+00:12:09 (16.7%)	7:17	8.2 (82.8%)
60	<b>DREGER Michał</b>	<b>479</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-49	15			00:00:55	00:18:14	00:36:26	00:54:41	<b>01:12:59.90</b>	<b>01:13:55.50</b>	+00:12:18 (16.9%)	7:18	8.2 (82.8%)
61	<b>CZYCZ Kazimierz</b>	<b>423</b>	GREEN TEAM ZIELONA GÓRA	M60-69	9			00:02:41	00:17:52	00:36:15	00:54:47	<b>01:13:27.75</b>	<b>01:16:08.75</b>	+00:12:46 (17.4%)	7:20	8.2 (82.8%)
62	<b>KOZŁOWSKA Sabina</b>	<b>706</b>	DĄBROWA NORDIC TEAM	K30-39	4			00:05:06	00:17:56	00:36:16	00:54:49	<b>01:13:32.10</b>	<b>01:18:39.00</b>	+00:12:50 (17.5%)	7:21	8.2 (82.8%)
63	<b>SZCZEPAŃSKA Anna</b>	<b>579</b>	FABRIKANORDIKA	K30-39	5			00:05:05	00:17:50	00:36:07	00:54:52	<b>01:13:42.15</b>	<b>01:18:47.95</b>	+00:13:00 (17.6%)	7:22	8.1 (81.8%)
64	<b>JASIUKIEWICZ Jacek</b>	<b>457</b>	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	M40-49	16			00:00:57	00:18:18	00:36:35	00:55:05	<b>01:13:42.35</b>	<b>01:14:40.00</b>	+00:13:00 (17.7%)	7:22	8.1 (81.8%)
65	<b>WIEŃSKO Ryszard</b>	<b>601</b>		M60-69	10			00:02:39	00:18:31	00:37:12	00:55:32	<b>01:13:49.75</b>	<b>01:16:29.70</b>	+00:13:08 (17.8%)	7:23	8.1 (81.8%)
66	<b>URBANIAK Piotr</b>	<b>594</b>		M40-49	17			00:00:58	00:18:12	00:36:57	00:55:42	<b>01:13:50.90</b>	<b>01:14:49.60</b>	+00:13:09 (17.8%)	7:23	8.1 (81.8%)
67	<b>FOT Krzysztof</b>	<b>442</b>	MARSZ PO ZDROWIE	M50-59	11			00:01:56	00:18:59	00:37:41	00:55:50	<b>01:13:51.40</b>	<b>01:15:47.55</b>	+00:13:09 (17.8%)	7:23	8.1 (81.8%)
68	<b>MROCZKOWSKI Janusz</b>	<b>525</b>	EPOKA NORDICA ŁÓDŹ	M60-69	11			00:02:40	00:18:23	00:37:05	00:55:40	<b>01:14:13.55</b>	<b>01:16:54.05</b>	+00:13:31 (18.2%)	7:25	8.1 (81.8%)
69	<b>BIĄŁK Roman</b>	<b>407</b>		M60-69	12			00:02:38	00:18:06	00:36:49	00:55:35	<b>01:14:14.20</b>	<b>01:16:52.85</b>	+00:13:32 (18.2%)	7:25	8.1 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
70	<b>KOLARSKA Agnieszka</b>	<b>478</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	6			00:05:10	00:18:07	00:36:47	00:55:28	<b>01:14:14.25</b>	<b>01:19:25.15</b>	+00:13:32 (18.2%)	7:25	8.1 (81.8%)
71	<b>KULIŃSKI Jarosław</b>	<b>503</b>	FACE NORDIC WALKING TEAM	M40-49	18			00:00:57	00:18:11	00:36:38	00:55:29	<b>01:14:15.15</b>	<b>01:15:12.50</b>	+00:13:33 (18.3%)	7:25	8.1 (81.8%)
72	<b>SOBAŃSKA Grażyna</b>	<b>568</b>		K60-69	1			00:07:02	00:18:27	00:36:51	00:55:29	<b>01:14:15.25</b>	<b>01:21:18.05</b>	+00:13:33 (18.3%)	7:25	8.1 (81.8%)
73	<b>ŻUCHOWICZ Elżbieta</b>	<b>379</b>	DĄBROWA NORDIC TEAM	K50-59	4			00:06:27	00:18:04	00:36:43	00:55:30	<b>01:14:16.05</b>	<b>01:20:43.45</b>	+00:13:34 (18.3%)	7:25	8.1 (81.8%)
74	<b>WITKOWSKI Marcin</b>	<b>609</b>	AWF WARSZAWA	M18-29	11			00:00:05	00:18:14	00:36:38	00:55:21	<b>01:14:31.85</b>	<b>01:14:37.65</b>	+00:13:50 (18.6%)	7:27	8.1 (81.8%)
75	<b>KACZMAREK Włodzimierz</b>	<b>469</b>	EPOKA NORDICA	M60-69	13			00:02:39	00:18:25	00:37:07	00:55:43	<b>01:14:32.75</b>	<b>01:17:12.30</b>	+00:13:51 (18.6%)	7:27	8 (80.8%)
76	<b>MALCZYK Anna</b>	<b>517</b>	DĄBROWA NORDIC TEAM	K30-39	7			00:05:06	00:17:50	00:36:21	00:55:28	<b>01:14:33.50</b>	<b>01:19:39.60</b>	+00:13:51 (18.6%)	7:27	8 (80.8%)
77	<b>BIELIŃSKA-RUS Jagoda</b>	<b>408</b>		K40-49	5			00:05:53	00:18:15	00:37:10	00:55:57	<b>01:14:39.05</b>	<b>01:20:32.10</b>	+00:13:57 (18.7%)	7:27	8 (80.8%)
78	<b>ADAMOWSKI Jacek</b>	<b>401</b>	UNIA MIAST	M30-39	6			00:00:30	00:18:18	00:37:06	00:55:53	<b>01:14:45.85</b>	<b>01:15:16.10</b>	+00:14:04 (18.8%)	7:28	8 (80.8%)
79	<b>BOCHENEK Jerzy</b>	<b>413</b>	AUTO-MEX	M60-69	14			00:02:41	00:18:55	00:37:41	00:56:34	<b>01:14:46.50</b>	<b>01:17:28.20</b>	+00:14:04 (18.8%)	7:28	8 (80.8%)
80	<b>ŁABUS Izabela</b>	<b>513</b>	FABRIKANORDIKA	K18-29	3			00:04:20	00:18:17	00:36:51	00:55:34	<b>01:14:48.00</b>	<b>01:19:08.85</b>	+00:14:06 (18.9%)	7:28	8 (80.8%)
81	<b>SITKO Małgorzata</b>	<b>560</b>	FACE NORDIC WALKING TEAM	K40-49	6			00:05:57	00:18:34	00:37:11	00:56:01	<b>01:15:02.10</b>	<b>01:21:00.05</b>	+00:14:20 (19.1%)	7:30	8 (80.8%)
82	<b>GRONALEWSKI Krzysztof</b>	<b>446</b>	BŁĘKITNI DZIEMIANY	M30-39	7			00:00:39	00:18:49	00:37:49	00:56:30	<b>01:15:09.15</b>	<b>01:15:48.35</b>	+00:14:27 (19.2%)	7:30	8 (80.8%)
83	<b>ŚWIETLIK Michał</b>	<b>709</b>	AWF WARSZAWA	M18-29	12			00:00:05	00:18:39	00:37:32	00:56:17	<b>01:15:11.45</b>	<b>01:15:17.00</b>	+00:14:29 (19.3%)	7:31	8 (80.8%)
84	<b>ŚCIBISZ Bogdan</b>	<b>583</b>	DĄBROWA NORDIC TEAM	M70+	1			00:03:05	00:18:47	00:37:42	00:56:29	<b>01:15:14.15</b>	<b>01:18:19.90</b>	+00:14:32 (19.3%)	7:31	8 (80.8%)
85	<b>THOMALLA Bogdan</b>	<b>590</b>		M70+	2			00:03:07	00:18:47	00:37:41	00:56:41	<b>01:15:18.30</b>	<b>01:18:25.45</b>	+00:14:36 (19.4%)	7:31	8 (80.8%)
86	<b>RAPAŁO Roma</b>	<b>552</b>	AWF WARSZAWA	K18-29	4			00:04:22	00:18:35	00:37:23	00:56:20	<b>01:15:18.35</b>	<b>01:19:40.35</b>	+00:14:36 (19.4%)	7:31	8 (80.8%)
87	<b>KRAWCZYK Marta</b>	<b>495</b>				1		00:04:20	00:17:54	00:36:56	00:56:30	<b>01:15:18.40</b>	<b>01:19:39.25</b>	+00:14:36 (19.4%)	7:31	8 (80.8%)
88	<b>KOZŁOWSKA Agnieszka</b>	<b>493</b>	FACE NORDIC WALKING TEAM	K40-49	7			00:05:53	00:18:50	00:37:50	00:56:36	<b>01:15:28.70</b>	<b>01:21:22.45</b>	+00:14:47 (19.6%)	7:32	7.9 (79.8%)
89	<b>KOWALCZYK Edyta</b>	<b>490</b>	KS METRACO POLKOWICE	K40-49	8			00:05:52	00:18:02	00:36:53	00:55:08	<b>01:15:34.35</b>	<b>01:21:26.35</b>	+00:14:52 (19.7%)	7:33	7.9 (79.8%)
90	<b>KOSTERA Katarzyna</b>	<b>486</b>		K30-39	8			00:05:09	00:19:04	00:37:58	00:56:53	<b>01:15:35.10</b>	<b>01:20:44.50</b>	+00:14:53 (19.7%)	7:33	7.9 (79.8%)
91	<b>WASZCZUK Zofia</b>	<b>599</b>	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K40-49	9			287:00:45	00:03:47	00:07:24	00:41:32	<b>01:15:36.00</b>	<b>288:16:21.5</b>	+00:14:54 (19.7%)	7:33	7.9 (79.8%)
92	<b>UHRYN Marcin</b>	<b>593</b>	POZYTYWNA GRUPA NORDIC WALKING DOBRE MIASTO	M40-49	19			00:00:56	00:18:10	00:37:24	00:56:38	<b>01:15:43.15</b>	<b>01:16:39.25</b>	+00:15:01 (19.8%)	7:34	7.9 (79.8%)
93	<b>SKWARSKI Rafał</b>	<b>563</b>		M40-49	20			00:00:55	00:18:29	00:37:42	00:56:54	<b>01:15:55.25</b>	<b>01:16:50.40</b>	+00:15:13 (20.1%)	7:35	7.9 (79.8%)
94	<b>KOPEĆ Dorota</b>	<b>481</b>	BŁĘKITNI DZIEMIANY	K18-29	5			00:04:20	00:18:27	00:37:43	00:57:12	<b>01:16:22.65</b>	<b>01:20:42.80</b>	+00:15:41 (20.5%)	7:38	7.9 (79.8%)
95	<b>RECZULSKI Mikołaj</b>	<b>553</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	13			00:00:03	00:17:35	00:36:55	00:56:37	<b>01:16:23.30</b>	<b>01:16:27.15</b>	+00:15:41 (20.5%)	7:38	7.9 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
96	<b>DZIUBAK Janusz</b>	<b>438</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	12			00:01:59	00:18:40	00:37:55	00:57:14	<b>01:16:34.00</b>	<b>01:18:33.65</b>	+00:15:52 (20.7%)	7:39	7.8 (78.8%)
97	<b>BOROWIK Bożena</b>	<b>416</b>	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K40-49	10			00:06:28	00:18:53	00:37:59	00:57:14	<b>01:16:35.25</b>	<b>01:23:03.55</b>	+00:15:53 (20.8%)	7:39	7.8 (78.8%)
98	<b>ZIELIŃSKA Jolanta</b>	<b>617</b>	GOSIR OSIELSKO	K50-59	5			00:06:29	00:18:18	00:37:15	00:56:42	<b>01:16:38.45</b>	<b>01:23:08.20</b>	+00:15:56 (20.8%)	7:39	7.8 (78.8%)
99	<b>KOWALSKI Marek</b>	<b>491</b>	UNIA MIAST	M50-59	13			00:01:58	00:19:17	00:39:01	00:58:10	<b>01:16:43.80</b>	<b>01:18:42.15</b>	+00:16:02 (20.9%)	7:40	7.8 (78.8%)
100	<b>JARZYŃSKA Małgorzata</b>	<b>456</b>	HIFI ARTE BERLIN	K50-59	6			00:06:28	00:18:46	00:38:06	00:57:28	<b>01:16:46.05</b>	<b>01:23:14.15</b>	+00:16:04 (20.9%)	7:40	7.8 (78.8%)
101	<b>STEFAŃSKI Andrzej</b>	<b>574</b>	FACE NORDIC WALKING TEAM	M50-59	14			00:01:57	00:19:00	00:37:46	00:57:04	<b>01:16:48.80</b>	<b>01:18:46.05</b>	+00:16:07 (21.0%)	7:40	7.8 (78.8%)
102	<b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b>	<b>430</b>		K50-59	7			00:06:28	00:19:02	00:38:26	00:57:46	<b>01:16:49.00</b>	<b>01:23:17.80</b>	+00:16:07 (21.0%)	7:40	7.8 (78.8%)
103	<b>DOBROWOLSKA Anna</b>	<b>429</b>		K50-59	8			00:06:29	00:19:01	00:38:26	00:57:46	<b>01:16:50.20</b>	<b>01:23:19.80</b>	+00:16:08 (21.0%)	7:41	7.8 (78.8%)
104	<b>PONIATOWSKI Dariusz</b>	<b>702</b>		M50-59	15			00:01:57	00:19:44	00:39:35	00:58:25	<b>01:16:54.20</b>	<b>01:18:51.70</b>	+00:16:12 (21.1%)	7:41	7.8 (78.8%)
105	<b>APPEL Jerzy</b>	<b>404</b>	GOSIR-OSIELSKO	M70+	3			00:03:05	00:19:02	00:38:19	00:57:42	<b>01:16:56.00</b>	<b>01:20:01.25</b>	+00:16:14 (21.1%)	7:41	7.8 (78.8%)
106	<b>BYTNIEWSKI Mieczysław</b>	<b>417</b>	BIAŁA BIEGA	M70+	4	1		00:03:05	00:19:03	00:38:21	00:57:43	<b>01:16:56.65</b>	<b>01:20:01.75</b>	+00:16:15 (21.1%)	7:41	7.8 (78.8%)
107	<b>GIERWIATOWSKA Natalia</b>	<b>444</b>	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K18-29	6			00:04:21	00:19:32	00:38:53	00:58:11	<b>01:17:10.55</b>	<b>01:21:32.20</b>	+00:16:28 (21.4%)	7:43	7.8 (78.8%)
108	<b>WAŁECKA Krystyna</b>	<b>596</b>	FACE NORDIC WALKING TEAM	K60-69	2	1		00:07:02	00:18:59	00:38:22	00:57:55	<b>01:17:13.50</b>	<b>01:24:15.95</b>	+00:16:31 (21.4%)	7:43	7.8 (78.8%)
109	<b>OCHWAT Paweł</b>	<b>532</b>		M40-49	21			00:00:56	00:19:29	00:39:17	00:58:44	<b>01:17:16.80</b>	<b>01:18:13.65</b>	+00:16:35 (21.5%)	7:43	7.8 (78.8%)
110	<b>DEMBINSKI Piotr</b>	<b>428</b>		M60-69	15			00:02:42	00:19:20	00:38:48	00:58:10	<b>01:17:17.30</b>	<b>01:20:00.20</b>	+00:16:35 (21.5%)	7:43	7.8 (78.8%)
111	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>353</b>	KS METRACO POLKOWICE	K70+	1			00:07:24	00:19:10	00:38:25	00:57:53	<b>01:17:32.65</b>	<b>01:24:57.60</b>	+00:16:51 (21.7%)	7:45	7.7 (77.8%)
112	<b>GODZIŃSKI Paweł</b>	<b>445</b>		M30-39	8			00:00:30	00:18:37	00:37:56	00:57:47	<b>01:17:38.45</b>	<b>01:18:09.35</b>	+00:16:56 (21.8%)	7:45	7.7 (77.8%)
113	<b>POSTEK Danuta</b>	<b>546</b>	MARSZ PO ZDROWIE	K50-59	9			00:06:28	00:19:25	00:38:56	00:58:29	<b>01:17:49.80</b>	<b>01:24:18.75</b>	+00:17:08 (22.0%)	7:47	7.7 (77.8%)
114	<b>DALECKA Justyna</b>	<b>426</b>	FABRIKANORDIKA	K30-39	9			00:05:08	00:19:16	00:38:28	00:58:15	<b>01:17:53.50</b>	<b>01:23:02.35</b>	+00:17:11 (22.1%)	7:47	7.7 (77.8%)
115	<b>KOSIŃSKA Maria</b>	<b>483</b>	MOSIR RYPIN	K60-69	3			00:07:01	00:18:47	00:38:18	00:58:02	<b>01:17:58.30</b>	<b>01:25:00.20</b>	+00:17:16 (22.2%)	7:47	7.7 (77.8%)
116	<b>LANGMESSER Regina</b>	<b>507</b>	LKS ZANTYR	K40-49	11			00:05:57	00:18:54	00:38:14	00:57:55	<b>01:18:02.05</b>	<b>01:23:59.25</b>	+00:17:20 (22.2%)	7:48	7.7 (77.8%)
117	<b>JURCZYŃSKA Bożena</b>	<b>466</b>	VIKING NORDOC TEAM CZĘSTOCHOWA	K50-59	10			00:06:31	00:19:29	00:39:05	00:58:38	<b>01:18:05.55</b>	<b>01:24:37.45</b>	+00:17:23 (22.3%)	7:48	7.7 (77.8%)
118	<b>UHRYN Ewa</b>	<b>592</b>	POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO	K40-49	12			00:06:29	00:19:52	00:39:33	00:58:59	<b>01:18:23.10</b>	<b>01:24:52.55</b>	+00:17:41 (22.6%)	7:50	7.7 (77.8%)
119	<b>HINC Iwona</b>	<b>450</b>	FACE NORDIC WALKING TEAM	K40-49	13			00:05:55	00:19:05	00:38:52	00:58:41	<b>01:18:35.40</b>	<b>01:24:30.40</b>	+00:17:53 (22.8%)	7:51	7.6 (76.8%)
120	<b>SZEWczyk Marek</b>	<b>581</b>	FACE NORDIC WALKING TEAM	M50-59	16			00:01:56	00:19:13	00:38:50	00:58:50	<b>01:18:43.55</b>	<b>01:20:40.35</b>	+00:18:01 (22.9%)	7:52	7.6 (76.8%)
121	<b>TĘPIŃSKA Iwona</b>	<b>588</b>		K40-49	14			00:05:59	00:19:21	00:39:17	00:59:08	<b>01:18:50.40</b>	<b>01:24:50.25</b>	+00:18:08 (23.0%)	7:53	7.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
122	<b>RACZYŃSKA Aleksandra</b>	<b>551</b>	UNIA MIAST	K70+	2			00:07:24	00:19:13	00:38:42	00:58:12	<b>01:18:51.20</b>	<b>01:26:15.50</b>	+00:18:09 (23.0%)	7:53	7.6 (76.8%)
123	<b>KOPRYNIA Bartosz</b>	<b>482</b>	BRAK	M40-49	22			00:00:54	00:18:59	00:38:59	00:59:10	<b>01:18:58.80</b>	<b>01:19:53.30</b>	+00:18:17 (23.2%)	7:53	7.6 (76.8%)
124	<b>IRZYCKI Andrzej</b>	<b>452</b>	MARYSIN	M50-59	17			00:01:59	00:18:59	00:38:22	00:58:30	<b>01:19:02.95</b>	<b>01:21:02.75</b>	+00:18:21 (23.2%)	7:54	7.6 (76.8%)
125	<b>WRÓŃSKA Wiesława</b>	<b>613</b>	BŁĘKITNI DZIEMIANY	K40-49	15			00:05:54	00:19:31	00:39:13	00:59:13	<b>01:19:05.60</b>	<b>01:25:00.50</b>	+00:18:23 (23.3%)	7:54	7.6 (76.8%)
126	<b>SNIHURENKO Nataliia</b>	<b>567</b>		K50-59	11			00:06:31	00:19:59	00:39:46	00:59:30	<b>01:19:07.35</b>	<b>01:25:38.45</b>	+00:18:25 (23.3%)	7:54	7.6 (76.8%)
127	<b>ZIELIŃSKA Kamila</b>	<b>616</b>	FACE NORDIC WALKING TEAM	K30-39	10			00:05:06	00:19:24	00:38:58	00:59:04	<b>01:19:22.35</b>	<b>01:24:29.00</b>	+00:18:40 (23.5%)	7:56	7.6 (76.8%)
128	<b>MARCZEWSKA Anna</b>	<b>520</b>		K40-49	16			00:05:58	00:19:36	00:39:33	00:59:36	<b>01:19:30.65</b>	<b>01:25:29.60</b>	+00:18:49 (23.7%)	7:57	7.5 (75.8%)
129	<b>BUBAŁA Grażyna</b>	<b>699</b>	UNIA MIAST	K30-39	11			00:05:08	00:20:00	00:40:00	00:59:57	<b>01:19:31.30</b>	<b>01:24:40.20</b>	+00:18:49 (23.7%)	7:57	7.5 (75.8%)
130	<b>JEDYNAK Stanisław</b>	<b>458</b>	FUNDACJA SZKOŁA NA SZÓSTKĘ	M60-69	16			00:02:41	00:19:07	00:39:19	00:59:23	<b>01:19:37.40</b>	<b>01:22:18.85</b>	+00:18:55 (23.8%)	7:57	7.5 (75.8%)
131	<b>BOROWSKA-STAŃCZUK Karolina</b>	<b>707</b>	FACE NORDIC WALKING TEAM	K30-39	12			00:05:07	00:18:54	00:38:09	01:00:05	<b>01:19:39.00</b>	<b>01:24:46.50</b>	+00:18:57 (23.8%)	7:57	7.5 (75.8%)
132	<b>FERET Krzysztof</b>	<b>441</b>		M40-49	23			00:00:57	00:18:35	00:38:38	00:59:09	<b>01:19:47.15</b>	<b>01:20:45.10</b>	+00:19:05 (23.9%)	7:58	7.5 (75.8%)
133	<b>KOTULA Jakub</b>	<b>488</b>		M30-39	9	1		00:00:31	00:19:08	00:39:37	01:00:08	<b>01:20:11.15</b>	<b>01:20:42.40</b>	+00:19:29 (24.3%)	8:01	7.5 (75.8%)
134	<b>WITKOWSKA Agata</b>	<b>608</b>	AVOCADO WELLNESS CLUB	K30-39	13			00:05:11	00:20:01	00:40:12	01:00:17	<b>01:20:11.85</b>	<b>01:25:23.00</b>	+00:19:30 (24.3%)	8:01	7.5 (75.8%)
135	<b>ANGIELCZYK Małgorzata</b>	<b>402</b>	MARSZ PO ZDROWIE	K60-69	4			00:07:02	00:19:33	00:39:28	00:59:46	<b>01:20:15.50</b>	<b>01:27:17.75</b>	+00:19:33 (24.4%)	8:01	7.5 (75.8%)
136	<b>WOŹNIAK Agnieszka</b>	<b>612</b>	AVOCADO WELLNESS CLUB	K40-49	17			00:06:01	00:19:58	00:39:57	01:00:01	<b>01:20:17.20</b>	<b>01:26:18.20</b>	+00:19:35 (24.4%)	8:01	7.5 (75.8%)
137	<b>WIŚNIEWSKI Kazimierz</b>	<b>607</b>	ZGÓRKI	M60-69	17			00:02:42	00:19:44	00:39:47	00:59:50	<b>01:20:21.15</b>	<b>01:23:03.75</b>	+00:19:39 (24.5%)	8:02	7.5 (75.8%)
138	<b>SUCHODOLSKI Wiesław</b>	<b>577</b>	CIECHANÓW	M50-59	18			00:01:59	00:20:20	00:40:44	01:00:54	<b>01:20:27.25</b>	<b>01:22:26.45</b>	+00:19:45 (24.6%)	8:02	7.5 (75.8%)
139	<b>JUCHNIEWICZ Sylwia</b>	<b>465</b>	RYSIE RAZEM	K40-49	18			00:05:55	00:19:33	00:39:46	01:00:19	<b>01:20:28.00</b>	<b>01:26:23.95</b>	+00:19:46 (24.6%)	8:02	7.5 (75.8%)
140	<b>HAJNUS Wojciech</b>	<b>449</b>		M50-59	19			00:01:56	00:20:21	00:40:45	01:00:55	<b>01:20:30.30</b>	<b>01:22:26.45</b>	+00:19:48 (24.6%)	8:03	7.5 (75.8%)
141	<b>SZYMANOWSKA-PAWLAK Ewa</b>	<b>1009</b>	GOSIR OSIELSKO	K50-59	12			00:06:30	00:19:50	00:39:48	00:59:59	<b>01:20:34.10</b>	<b>01:27:05.05</b>	+00:19:52 (24.7%)	8:03	7.4 (74.7%)
142	<b>LISTWOŃ Justyna</b>	<b>512</b>		K30-39	14			00:05:54	00:21:06	00:41:41	01:01:34	<b>01:20:37.85</b>	<b>01:26:32.50</b>	+00:19:56 (24.7%)	8:03	7.4 (74.7%)
143	<b>BOBOWICZ Katarzyna</b>	<b>412</b>		K40-49	19			00:05:55	00:20:57	00:41:39	01:01:35	<b>01:20:50.80</b>	<b>01:26:46.60</b>	+00:20:09 (24.9%)	8:05	7.4 (74.7%)
144	<b>ZDROJEWSKI Artur</b>	<b>615</b>	NW CIECHANÓW	M40-49	24			00:00:54	00:20:09	00:40:30	01:00:54	<b>01:20:56.25</b>	<b>01:21:50.95</b>	+00:20:14 (25.0%)	8:05	7.4 (74.7%)
145	<b>KOZICKA Ewa</b>	<b>492</b>	UNIA MIAST	K18-29	7			00:04:19	00:19:53	00:40:04	01:00:42	<b>01:21:05.05</b>	<b>01:25:24.95</b>	+00:20:23 (25.1%)	8:06	7.4 (74.7%)
146	<b>STANICKA Agnieszka</b>	<b>571</b>	RYSIE RAZEM	K30-39	15			00:05:06	00:19:38	00:39:47	01:00:34	<b>01:21:14.30</b>	<b>01:26:20.30</b>	+00:20:32 (25.3%)	8:07	7.4 (74.7%)
147	<b>SZEWczyk Agnieszka</b>	<b>582</b>	FACE NORDIC WALKING TEAM	K40-49	20			00:05:54	00:20:34	00:40:32	01:00:36	<b>01:21:16.05</b>	<b>01:27:10.10</b>	+00:20:34 (25.3%)	8:07	7.4 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
148	<b>PIEKARSKA Magdalena</b>	<b>710</b>	GOSIR OSIELSKO	K18-29	8			00:04:19	00:19:55	00:39:53	01:00:40	<b>01:21:23.15</b>	<b>01:25:42.50</b>	+00:20:41 (25.4%)	8:08	7.4 (74.7%)
149	<b>WASIELA Beata</b>	<b>597</b>	FACE NORDIC WALKING TEAM	K40-49	21			00:05:54	00:19:58	00:40:22	01:01:06	<b>01:21:41.65</b>	<b>01:27:35.65</b>	+00:21:00 (25.7%)	8:10	7.3 (73.7%)
150	<b>SAMEK Roman</b>	<b>558</b>	FACE NORDIC WALKING TEAM	M50-59	20			00:01:54	00:20:52	00:42:01	01:02:10	<b>01:21:44.70</b>	<b>01:23:39.00</b>	+00:21:03 (25.8%)	8:10	7.3 (73.7%)
151	<b>CIERKOŃSKA Agata</b>	<b>421</b>	RYSIE RAZEM	K30-39	16			00:05:07	00:19:47	00:40:29	01:01:16	<b>01:21:50.25</b>	<b>01:26:58.20</b>	+00:21:08 (25.8%)	8:11	7.3 (73.7%)
152	<b>LEPECKA-CZAJKOWSKA Katarzyna</b>	<b>509</b>		K40-49	22			00:05:59	00:20:29	00:40:54	01:01:28	<b>01:22:00.90</b>	<b>01:28:00.25</b>	+00:21:19 (26.0%)	8:12	7.3 (73.7%)
153	<b>PYRKA Iwona</b>	<b>550</b>		K40-49	23			00:05:55	00:21:04	00:41:43	01:02:03	<b>01:22:37.35</b>	<b>01:28:33.25</b>	+00:21:55 (26.5%)	8:15	7.3 (73.7%)
154	<b>WIŚNIEWSKA Tamara</b>	<b>606</b>	UKS SIEDLESZCZANY NORDIC WALKING	K50-59	13			00:06:34	00:20:49	00:41:24	01:01:56	<b>01:22:40.75</b>	<b>01:29:15.45</b>	+00:21:59 (26.6%)	8:16	7.3 (73.7%)
155	<b>TRAMBACZ Robert</b>	<b>591</b>		M50-59	21			00:01:58	00:20:23	00:40:39	01:01:45	<b>01:22:41.45</b>	<b>01:24:39.55</b>	+00:21:59 (26.6%)	8:16	7.3 (73.7%)
156	<b>BIŃCZYK Jacek</b>	<b>411</b>	CISOWIANKA	M40-49	25			00:00:56	00:20:57	00:41:52	01:02:31	<b>01:22:43.55</b>	<b>01:23:39.80</b>	+00:22:01 (26.6%)	8:16	7.3 (73.7%)
157	<b>LEHMANN Teresa</b>	<b>508</b>	BŁĘKITNI DZIEMIANY	K50-59	14			00:06:28	00:20:27	00:41:06	01:02:01	<b>01:22:43.60</b>	<b>01:29:11.60</b>	+00:22:01 (26.6%)	8:16	7.3 (73.7%)
158	<b>WACH Elżbieta</b>	<b>595</b>	DĄBROWA NORDIC TEAM	K60-69	5			00:07:03	00:20:26	00:41:07	01:01:58	<b>01:22:47.75</b>	<b>01:29:51.30</b>	+00:22:06 (26.7%)	8:16	7.2 (72.7%)
159	<b>SZAŁACKA Olga</b>	<b>698</b>		K40-49	24			00:05:09	00:20:08	00:40:48	01:01:37	<b>01:22:50.70</b>	<b>01:28:00.35</b>	+00:22:09 (26.7%)	8:17	7.2 (72.7%)
160	<b>MIESZCZANIN Joanna</b>	<b>523</b>	FABRIKANORDIKA	K30-39	17			00:05:10	00:20:23	00:41:00	01:01:54	<b>01:23:05.55</b>	<b>01:28:15.85</b>	+00:22:23 (27.0%)	8:18	7.2 (72.7%)
161	<b>OLENDEREK Zygmunt</b>	<b>534</b>	UKS SIEDLESZCZANY	M70+	5	1		00:03:06	00:20:27	00:41:10	01:02:09	<b>01:23:07.90</b>	<b>01:26:14.25</b>	+00:22:26 (27.0%)	8:18	7.2 (72.7%)
162	<b>WIERESZKO-CZYŻ Regina</b>	<b>603</b>	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K50-59	15			00:06:31	00:20:00	00:40:57	01:02:15	<b>01:23:17.80</b>	<b>01:29:49.35</b>	+00:22:36 (27.1%)	8:19	7.2 (72.7%)
163	<b>RYSZARD Mojsiejczuk</b>	<b>524</b>		M70+	6			00:03:05	00:20:21	00:41:27	01:02:43	<b>01:23:34.65</b>	<b>01:26:40.00</b>	+00:22:53 (27.4%)	8:21	7.2 (72.7%)
164	<b>RUDNIK Anna</b>	<b>556</b>		K60-69	6			00:07:06	00:20:49	00:41:54	01:02:52	<b>01:23:42.45</b>	<b>01:30:48.65</b>	+00:23:00 (27.5%)	8:22	7.2 (72.7%)
165	<b>GERLE-KOTULA Anna</b>	<b>443</b>		K30-39	18			00:05:08	00:21:03	00:42:28	01:04:05	<b>01:24:31.00</b>	<b>01:29:39.00</b>	+00:23:49 (28.2%)	8:27	7.1 (71.7%)
166	<b>JÓŻWIAK Dominik</b>	<b>463</b>	WTW.WŁOCLAWEK	M18-29	14			00:00:03	00:20:57	00:42:01	01:03:33	<b>01:24:34.00</b>	<b>01:24:37.40</b>	+00:23:52 (28.2%)	8:27	7.1 (71.7%)
167	<b>KĘPKA Renata</b>	<b>697</b>		K30-39	19			00:05:09	00:20:19	00:41:39	01:03:01	<b>01:24:39.90</b>	<b>01:29:49.55</b>	+00:23:58 (28.3%)	8:28	7.1 (71.7%)
168	<b>KLICKA Łucja</b>	<b>473</b>	RYSIE RAZEM	K60-69	7			00:07:04	00:20:50	00:42:10	01:03:36	<b>01:24:41.95</b>	<b>01:31:46.90</b>	+00:24:00 (28.3%)	8:28	7.1 (71.7%)
169	<b>KRZYNOWEK Krystyna</b>	<b>501</b>	POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO	K60-69	8			00:07:02	00:20:22	00:41:26	01:02:51	<b>01:24:42.15</b>	<b>01:31:45.05</b>	+00:24:00 (28.3%)	8:28	7.1 (71.7%)
170	<b>STĘŻYCKA Monika</b>	<b>575</b>		K40-49	25			00:06:00	00:20:51	00:42:02	01:03:27	<b>01:24:48.80</b>	<b>01:30:48.95</b>	+00:24:07 (28.4%)	8:28	7.1 (71.7%)
171	<b>JEZIERSKA Danuta</b>	<b>459</b>		K50-59	16			00:06:30	00:20:38	00:41:55	01:03:18	<b>01:24:52.95</b>	<b>01:31:23.20</b>	+00:24:11 (28.5%)	8:29	7.1 (71.7%)
172	<b>FAJNAS Ryszard</b>	<b>440</b>		M50-59	22			00:01:58	00:20:27	00:41:29	01:03:08	<b>01:25:00.10</b>	<b>01:26:58.20</b>	+00:24:18 (28.6%)	8:30	7.1 (71.7%)
173	<b>CZYŻEWSKA Magdalena</b>	<b>424</b>	KONSTANCIN AMATOR	K18-29	9			00:04:22	00:21:44	00:42:46	01:03:40	<b>01:25:01.05</b>	<b>01:29:23.05</b>	+00:24:19 (28.6%)	8:30	7.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
174	<b>KOMAŃSKA Marta</b>	<b>701</b>		K40-49	26			00:06:01	00:20:40	00:41:37	01:03:12	<b>01:25:19.75</b>	<b>01:31:21.20</b>	+00:24:38 (28.9%)	8:32	7 (70.7%)
175	<b>WŁASZCZUK Anita</b>	<b>610</b>	RYSIE RAZEM	K18-29	10			00:04:20	00:20:50	00:42:34	01:04:27	<b>01:26:13.05</b>	<b>01:30:33.20</b>	+00:25:31 (29.6%)	8:37	7 (70.7%)
176	<b>MARCINKOWSKA Renata</b>	<b>518</b>	FACE NORDIC WALKING TEAM	K60-69	9			00:07:03	00:20:36	00:41:56	01:03:52	<b>01:26:17.55</b>	<b>01:33:21.30</b>	+00:25:35 (29.7%)	8:37	7 (70.7%)
177	<b>GRALIŃSKA Agnieszka</b>	<b>705</b>	FABRIKANORDIKA	K40-49	27			00:05:53	00:20:48	00:42:21	01:03:57	<b>01:26:27.10</b>	<b>01:32:20.35</b>	+00:25:45 (29.8%)	8:38	6.9 (69.7%)
178	<b>OLEKSY Artur</b>	<b>533</b>	RYSIE RAZEM	M40-49	26			00:00:59	00:21:32	00:43:30	01:05:10	<b>01:26:27.60</b>	<b>01:27:27.20</b>	+00:25:45 (29.8%)	8:38	6.9 (69.7%)
179	<b>NOWORYTA Jacek</b>	<b>530</b>	ASA TEAM BIEGIEMPO ZDROWIE	M70+	7			00:03:07	00:20:34	00:42:08	01:04:14	<b>01:26:27.90</b>	<b>01:29:35.45</b>	+00:25:46 (29.8%)	8:38	6.9 (69.7%)
180	<b>OMARSKA Grazyna</b>	<b>535</b>	PASJA NORDIC WALKING	K50-59	17			00:06:32	00:21:00	00:42:35	01:04:25	<b>01:26:28.20</b>	<b>01:33:01.00</b>	+00:25:46 (29.8%)	8:38	6.9 (69.7%)
181	<b>SMARUJ - SADOWSKA Janina</b>	<b>564</b>		K60-69	10			00:07:03	00:20:55	00:42:30	01:04:39	<b>01:26:41.00</b>	<b>01:33:44.20</b>	+00:25:59 (30.0%)	8:40	6.9 (69.7%)
182	<b>DYLEWSKA Barbara</b>	<b>434</b>	DABROWANORDIC TEAM	K60-69	11			00:07:03	00:21:20	00:43:25	01:05:09	<b>01:26:56.80</b>	<b>01:34:00.75</b>	+00:26:15 (30.2%)	8:41	6.9 (69.7%)
183	<b>JÓŻWIK Katarzyna</b>	<b>464</b>		K40-49	28			00:05:58	00:21:46	00:43:51	01:05:42	<b>01:26:58.20</b>	<b>01:32:56.75</b>	+00:26:16 (30.2%)	8:41	6.9 (69.7%)
184	<b>JÓŻWIAK Teresa</b>	<b>462</b>		K50-59	18			00:06:31	00:21:14	00:42:57	01:04:33	<b>01:27:00.55</b>	<b>01:33:32.50</b>	+00:26:18 (30.2%)	8:42	6.9 (69.7%)
185	<b>STRACZUK Monika</b>	<b>576</b>	RYSIE RAZEM	K40-49	29			00:05:56	00:21:21	00:43:01	01:05:05	<b>01:27:01.55</b>	<b>01:32:57.65</b>	+00:26:19 (30.3%)	8:42	6.9 (69.7%)
186	<b>STEFANIAK Bożena</b>	<b>573</b>		K50-59	19			00:06:36	00:21:13	00:43:11	01:05:10	<b>01:27:08.95</b>	<b>01:33:45.15</b>	+00:26:27 (30.4%)	8:42	6.9 (69.7%)
187	<b>KOSSOWSKA Anna</b>	<b>484</b>	MARYSIN	K50-59	20			00:06:33	00:21:18	00:43:16	01:06:16	<b>01:27:24.80</b>	<b>01:33:58.50</b>	+00:26:43 (30.6%)	8:44	6.9 (69.7%)
188	<b>SWOJAK Jolanta</b>	<b>578</b>		K40-49	30			00:05:52	00:21:37	00:43:34	01:05:32	<b>01:27:41.25</b>	<b>01:33:33.70</b>	+00:26:59 (30.8%)	8:46	6.8 (68.7%)
189	<b>DZIERŻANOWSKA Krystyna</b>	<b>437</b>	MARYSIN	K60-69	12			00:06:33	00:21:19	00:43:11	01:06:21	<b>01:27:44.10</b>	<b>01:34:17.80</b>	+00:27:02 (30.8%)	8:46	6.8 (68.7%)
190	<b>ĆWIKŁA Joanna</b>	<b>425</b>	BETTER FIT	K30-39	20			00:05:11	00:21:22	00:43:27	01:05:52	<b>01:27:46.45</b>	<b>01:32:58.25</b>	+00:27:04 (30.9%)	8:46	6.8 (68.7%)
191	<b>JARYSZ Agnieszka</b>	<b>455</b>	FACE NORDIC WALKING TEAM	K30-39	21			00:05:08	00:22:04	00:45:26	01:07:02	<b>01:28:01.70</b>	<b>01:33:09.90</b>	+00:27:20 (31.1%)	8:48	6.8 (68.7%)
192	<b>CHRAPEK Urszula</b>	<b>419</b>	KS RUDZICA	K18-29	11			00:04:19	00:21:39	00:44:01	01:05:53	<b>01:28:18.50</b>	<b>01:32:37.80</b>	+00:27:36 (31.3%)	8:49	6.8 (68.7%)
193	<b>LINKA Renata</b>	<b>703</b>		K40-49	31			00:05:52	00:21:50	00:44:06	01:06:22	<b>01:28:49.10</b>	<b>01:34:41.40</b>	+00:28:07 (31.7%)	8:52	6.8 (68.7%)
194	<b>KOSSOWSKI Marian</b>	<b>485</b>	MARYSIN	M50-59	23			00:02:02	00:21:22	00:43:44	01:06:27	<b>01:28:59.05</b>	<b>01:31:01.90</b>	+00:28:17 (31.8%)	8:53	6.7 (67.7%)
195	<b>ŚWIĄTEK Joanna</b>	<b>587</b>	MARSZPOZDROWIE	K30-39	22			287:12:47	00:04:14	00:08:29	00:48:41	<b>01:29:08.75</b>	<b>288:41:56.1</b>	+00:28:27 (31.9%)	8:54	6.7 (67.7%)
196	<b>KOBUSINSKI Eugeniusz</b>	<b>476</b>	AUTO-MEX	M60-69	18	1		00:02:43	00:21:11	00:44:12	01:07:02	<b>01:30:11.05</b>	<b>01:32:54.10</b>	+00:29:29 (32.7%)	9:01	6.7 (67.7%)
197	<b>IRZYCKA Anna</b>	<b>451</b>	MARYSIN	K50-59	21			00:06:33	00:21:17	00:43:17	01:06:41	<b>01:30:45.60</b>	<b>01:37:18.60</b>	+00:30:03 (33.1%)	9:04	6.6 (66.7%)
198	<b>SOBOCIŃSKA Ewa</b>	<b>569</b>	MOSIR	K70+	3			00:07:24	00:22:19	00:45:24	01:08:40	<b>01:31:38.60</b>	<b>01:39:03.35</b>	+00:30:56 (33.8%)	9:09	6.5 (65.7%)
199	<b>WASILEWSKA Katarzyna</b>	<b>598</b>	AVOCADO WELLNESS CLUB	K50-59	22			00:06:35	00:22:38	00:45:44	01:08:44	<b>01:31:50.75</b>	<b>01:38:26.30</b>	+00:31:09 (33.9%)	9:11	6.5 (65.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
200	<b>KRAWCZYK Monika</b>	<b>494</b>		K40-49	32			00:06:00	00:21:57	00:45:06	01:08:37	<b>01:32:18.05</b>	<b>01:38:18.75</b>	+00:31:36 (34.2%)	9:13	6.5 (65.7%)
201	<b>JAKUSIK Anna</b>	<b>453</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-49	33			00:05:57	00:23:47	00:47:01	01:09:45	<b>01:32:23.45</b>	<b>01:38:20.95</b>	+00:31:41 (34.3%)	9:14	6.5 (65.7%)
202	<b>BEŁCZYŃSKA Edyta</b>	<b>406</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-49	34			00:05:56	00:23:50	00:47:03	01:09:47	<b>01:32:24.20</b>	<b>01:38:21.10</b>	+00:31:42 (34.3%)	9:14	6.5 (65.7%)
203	<b>DZWONKOWSKI Ryszard</b>	<b>439</b>	RYSIE RAZEM	M60-69	19			00:02:39	00:22:31	00:45:53	01:09:16	<b>01:32:39.45</b>	<b>01:35:18.60</b>	+00:31:57 (34.5%)	9:15	6.5 (65.7%)
204	<b>LIPIŃSKA Urszula</b>	<b>620</b>	FACE NORDIC WALKING TEAM	K40-49	35			00:05:58	00:22:53	00:45:56	01:09:11	<b>01:32:40.90</b>	<b>01:38:39.15</b>	+00:31:59 (34.5%)	9:16	6.5 (65.7%)
205	<b>SMOLEŃ Wacława</b>	<b>565</b>		K70+	4			00:07:25	00:23:19	00:46:36	01:10:06	<b>01:32:47.75</b>	<b>01:40:12.95</b>	+00:32:06 (34.6%)	9:16	6.5 (65.7%)
206	<b>PERCZYŃSKA Elżbieta</b>	<b>541</b>		K60-69	13			00:07:05	00:22:20	00:46:16	01:10:24	<b>01:33:03.40</b>	<b>01:40:08.65</b>	+00:32:21 (34.8%)	9:18	6.4 (64.6%)
207	<b>KROGULSKA Miłostawa</b>	<b>496</b>		K40-49	36			00:05:59	00:23:13	00:47:02	01:10:08	<b>01:33:34.75</b>	<b>01:39:33.80</b>	+00:32:53 (35.1%)	9:21	6.4 (64.6%)
208	<b>DUDKIEWICZ Piotr</b>	<b>432</b>	RYSIE RAZEM	M40-49	27	1		00:00:59	00:23:39	00:48:39	01:12:52	<b>01:36:06.95</b>	<b>01:37:06.55</b>	+00:35:25 (36.9%)	9:36	6.2 (62.6%)
209	<b>MACHNIAK Kamila</b>	<b>515</b>	RYSIE RAZEM	K30-39	23			00:05:06	00:23:55	00:48:48	01:12:44	<b>01:36:26.90</b>	<b>01:41:33.70</b>	+00:35:45 (37.1%)	9:38	6.2 (62.6%)
210	<b>MARTYNIUK Renata</b>	<b>521</b>		K60-69	14			00:07:05	00:24:13	00:48:19	01:12:33	<b>01:36:50.50</b>	<b>01:43:55.50</b>	+00:36:08 (37.3%)	9:41	6.2 (62.6%)
211	<b>NIEDŹWIEDZKA Joanna</b>	<b>529</b>		K50-59	23	1		00:06:35	00:24:41	00:49:51	01:15:34	<b>01:41:06.20</b>	<b>01:47:41.25</b>	+00:40:24 (40.0%)	10:06	5.9 (59.6%)
212	<b>JANKOWSKA Elżbieta</b>	<b>454</b>		K60-69	15			00:07:06	00:25:45	00:56:15	288:32:07	<b>289:09:23.7</b>	<b>289:16:29.9</b>	+288:08:2 (99.7%)	1734:56	0 (0.0%)
213	<b>GRYGIEL Monika</b>	<b>447</b>	FACE NORDIC WALKING TEAM	K30-39	24			288:36:04	00:32:19	01:05:26				+00:35:22	13:05	4.6 (46.5%)
214	<b>KWAŚNY Maciej</b>	<b>506</b>		M30-39	10			288:36:38	00:32:39	01:05:47				+00:35:43	13:09	4.6 (46.5%)
215	<b>KWAŚNA Anka</b>	<b>505</b>	AVOCADO WELLNESS CLUB	K30-39	25			288:35:40	00:34:16	01:10:33				+00:40:30	14:06	4.3 (43.4%)
216	<b>KACPERCZYK Dariusz</b>	<b>468</b>	MARYSIN	M50-59	24			288:36:04	00:35:01	01:10:58				+00:40:55	14:11	4.2 (42.4%)
217	<b>LIPIŃSKA Urszula</b>	<b>510</b>	FACE NORDIC WALKING TEAM	K40-49	37			288:37:08	00:36:21	01:13:26				+00:43:23	14:41	4.1 (41.4%)
218	<b>KONOPKA-JÓŹWIAK Ewelina</b>	<b>480</b>		K30-39	26			288:39:15	00:36:29	01:13:47				+00:43:43	14:45	4.1 (41.4%)
219	<b>KŁOPOCIŃSKA Małgorzata</b>	<b>475</b>	MARYSIN	K50-59	24			288:38:13	00:39:40	01:20:07				+00:50:03	16:01	3.7 (37.4%)
220	<b>POPEK Małgorzata</b>	<b>545</b>	CHODZĘ Z SERCEM	K50-59	25			288:39:43	00:41:18					+00:26:34	16:31	3.6 (36.4%)
221	<b>BOGUSZ Lucyna</b>	<b>415</b>		K40-49	38			288:37:20	00:41:45					+00:27:02	16:42	3.6 (36.4%)
222	<b>KASAK Dorota</b>	<b>472</b>	AVOCADO WELLNESS CLUB	K30-39	27			288:39:16	00:44:11					+00:29:28	17:40	3.4 (34.3%)
223	<b>PIETRYKOWSKI Dariusz</b>	<b>542</b>	AVOCADO WELLNESS CLUB	M50-59	25			288:47:44	00:44:16					+00:29:32	17:42	3.4 (34.3%)
224	<b>PILARCZYK Łukasz</b>	<b>543</b>	GREEN TEAM	M40-49	28			288:48:56	00:46:21					+00:31:37	18:32	3.2 (32.3%)
DQ	<b>NETKOWSKI Wojciech</b>	<b>527</b>		M50-59		1	Tak	DQ	00:19:21 DQ	00:38:45 DQ	00:58:03 DQ	<b>01:17:07.40 DQ</b>	<b>DQ</b>	-	-	0 (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
DQ	<b>DYPA Barbara</b>	<b>435</b>	NW KOLBUSZOWA	K50-59			Tak	DQ	00:20:57 DQ	288:32:47 DQ	289:13:23 DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>DRABAREK Wojciech</b>	<b>487</b>		M60-69		1	Tak	DQ	00:19:44 DQ	00:40:14 DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 227 wynik(ów)