



Organiser:  
Date:  
Place:  
Distance:

# KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

PFNW  
2016-05-15  
Konstancin-Jeziorna  
21.1 km

B4SPORT



Classification: All

| Place | Participant           | Number | Club                                                        | Category | Żół. | Czer. | Start time | 1.1km    | 3.6km    | 6.1km    | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   | Net time 21.1km    | Czas brutto 21.1km | Gap               | Pace min/km | Pace km/h   |
|-------|-----------------------|--------|-------------------------------------------------------------|----------|------|-------|------------|----------|----------|----------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|-------------|-------------|
| 1     | DZIEDZIEWICZ Andrzej  | 689    | KS METRACO POLKOWICE                                        | M 30-39  | 1    |       | 00:02:38   | 00:06:46 | 00:21:41 | 00:37:12 | 00:52:56 | 01:08:24 | 01:23:46 | 01:39:24 | 01:55:35 | <b>02:12:46.75</b> | <b>02:15:25.30</b> |                   | 6:17        | 9.5 (100%)  |
| 2     | KORDOWSKI Piotr       | 639    | NOWA HUTA TEAM                                              | M 40-49  | 1    |       | 00:02:40   | 00:07:07 | 00:22:42 | 00:39:04 | 00:55:00 | 01:11:16 | 01:27:12 | 01:43:14 | 01:59:28 | <b>02:15:42.50</b> | <b>02:18:23.30</b> | +00:02:55 (2.2%)  | 6:25        | 9.3 (97.9%) |
| 3     | SKIBA Krzysztof       | 664    | KS METRACO POLKOWICE                                        | M 50-59  | 1    | 1     | 00:02:46   | 00:06:38 | 00:21:28 | 00:36:44 | 00:52:20 | 01:07:54 | 01:23:37 | 01:40:13 | 01:57:58 | <b>02:15:59.90</b> | <b>02:18:46.10</b> | +00:03:13 (2.4%)  | 6:26        | 9.3 (97.9%) |
| 4     | STUPNOWICZ Przemek    | 669    | EPOKA NORDICA ŁÓDŹ                                          | M 18-29  | 1    |       | 00:02:38   | 00:07:10 | 00:23:17 | 00:39:37 | 00:55:44 | 01:11:39 | 01:27:31 | 01:43:36 | 01:59:52 | <b>02:16:19.30</b> | <b>02:18:58.25</b> | +00:03:32 (2.6%)  | 6:27        | 9.3 (97.9%) |
| 5     | WIŚNIEWSKI Jacek      | 677    | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | M 50-59  | 2    |       | 00:02:44   | 00:07:27 | 00:23:31 | 00:39:33 | 00:55:43 | 01:11:35 | 01:27:31 | 01:43:49 | 02:00:21 | <b>02:17:22.75</b> | <b>02:20:06.90</b> | +00:04:36 (3.3%)  | 6:30        | 9.2 (96.8%) |
| 6     | HELWICH Stefan        | 634    | KS METRACO POLKOWICE                                        | M 60+    | 1    |       | 00:02:47   | 00:07:29 | 00:24:02 | 00:40:29 | 00:56:44 | 01:12:57 | 01:28:55 | 01:45:05 | 02:01:42 | <b>02:18:15.80</b> | <b>02:21:03.70</b> | +00:05:29 (4.0%)  | 6:33        | 9.2 (96.8%) |
| 7     | STILLER Karol         | 696    | VIKING NORDIC TEAM CZĘSTOCHOWA                              | M 30-39  | 2    |       | 00:02:39   | 00:07:07 | 00:22:44 | 00:39:04 | 00:55:00 | 01:11:15 | 01:27:14 | 01:43:46 | 02:01:16 | <b>02:19:50.35</b> | <b>02:22:30.05</b> | +00:07:03 (5.0%)  | 6:37        | 9.1 (95.8%) |
| 8     | BIK Stanisław         | 622    | KS METRACO POLKOWICE                                        | M 50-59  | 3    |       | 00:02:45   | 00:07:32 | 00:24:07 | 00:40:33 | 00:56:48 | 01:13:02 | 01:29:15 | 01:46:00 | 02:03:45 | <b>02:22:11.10</b> | <b>02:24:56.30</b> | +00:09:24 (6.6%)  | 6:44        | 8.9 (93.7%) |
| 9     | ADAMSKI Robert        | 621    | DRUŻYNASZPIKU                                               | M 40-49  | 2    |       | 00:02:42   | 00:07:12 | 00:23:35 | 00:39:53 | 00:56:15 | 01:12:39 | 01:29:36 | 01:47:13 | 02:04:58 | <b>02:22:22.50</b> | <b>02:25:04.50</b> | +00:09:35 (6.7%)  | 6:44        | 8.9 (93.7%) |
| 10    | ZACZYŃSKA Anna        | 683    | KS METRACO POLKOWICE                                        | K 30-39  | 1    | 1     | 00:04:07   | 00:07:12 | 00:23:50 | 00:40:39 | 00:57:23 | 01:14:12 | 01:30:53 | 01:48:04 | 02:05:21 | <b>02:22:34.00</b> | <b>02:26:41.75</b> | +00:09:47 (6.9%)  | 6:45        | 8.9 (93.7%) |
| 11    | BOGACKI Sławek        | 623    | ENERGA NW TEAM                                              | M 40-49  | 3    |       | 00:02:41   | 00:07:14 | 00:23:35 | 00:39:54 | 00:56:16 | 01:12:39 | 01:29:07 | 01:46:11 | 02:04:05 | <b>02:22:49.40</b> | <b>02:25:30.55</b> | +00:10:02 (7.0%)  | 6:46        | 8.9 (93.7%) |
| 12    | NALEPKA Jerzy         | 651    | FACE NORDIC WALKING TEAM                                    | M 60+    | 2    |       | 00:02:46   | 00:07:35 | 00:24:06 | 00:40:42 | 00:57:20 | 01:14:10 | 01:31:17 | 01:48:27 | 02:05:45 | <b>02:22:59.50</b> | <b>02:25:46.40</b> | +00:10:12 (7.1%)  | 6:46        | 8.9 (93.7%) |
| 13    | LENZ Andrzej          | 647    | ALTOM                                                       | M 50-59  | 4    |       | 00:02:44   | 00:07:27 | 00:24:15 | 00:40:50 | 00:57:21 | 01:14:01 | 01:31:01 | 01:48:12 | 02:05:35 | <b>02:23:14.85</b> | <b>02:25:59.30</b> | +00:10:28 (7.3%)  | 6:47        | 8.8 (92.6%) |
| 14    | ŻYWICKI Marcin        | 688    | BLĘKITNI DZIEMIANY                                          | M 30-39  | 3    |       | 00:02:39   | 00:07:28 | 00:23:47 | 00:40:27 | 00:57:17 | 01:14:08 | 01:31:15 | 01:48:33 | 02:06:04 | <b>02:23:52.55</b> | <b>02:26:32.00</b> | +00:11:05 (7.7%)  | 6:49        | 8.8 (92.6%) |
| 15    | WARUSZEWSKI Karol     | 675    | BIEGAJĄCY TCZEW                                             | M 40-49  | 4    |       | 00:02:41   | 00:07:50 | 00:25:34 | 00:42:57 | 00:59:58 | 01:16:52 | 01:33:31 | 01:50:11 | 02:07:07 | <b>02:23:59.20</b> | <b>02:26:40.80</b> | +00:11:12 (7.8%)  | 6:49        | 8.8 (92.6%) |
| 16    | WRÓBEL Łukasz         | 682    | FUNDACJA 'W TE PĘDY'                                        | M 30-39  | 4    |       | 00:02:41   | 00:07:23 | 00:24:24 | 00:41:32 | 00:58:16 | 01:15:07 | 01:32:26 | 01:49:50 | 02:07:34 | <b>02:25:47.40</b> | <b>02:28:28.80</b> | +00:13:00 (8.9%)  | 6:54        | 8.7 (91.6%) |
| 17    | DENCIKOWSKI Marek     | 629    | KBBB/TKKF                                                   | M 40-49  | 5    |       | 00:02:44   | 00:07:42 | 00:24:38 | 00:41:41 | 00:58:47 | 01:15:36 | 01:33:07 | 01:50:35 | 02:08:25 | <b>02:26:22.55</b> | <b>02:29:06.90</b> | +00:13:35 (9.3%)  | 6:56        | 8.6 (90.5%) |
| 18    | JANCZYK Małgorzata    | 695    | EPOKA NORDICA ŁÓDŹ                                          | K 30-39  | 2    |       | 00:04:07   | 00:07:23 | 00:24:22 | 00:41:41 | 00:58:59 | 01:16:16 | 01:33:43 | 01:51:23 | 02:09:17 | <b>02:27:12.75</b> | <b>02:31:20.10</b> | +00:14:26 (9.8%)  | 6:58        | 8.6 (90.5%) |
| 19    | MITURA-ZIELONKA Paweł | 649    | RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ                 | M 30-39  | 5    |       | 00:02:40   | 00:07:45 | 00:26:30 | 00:45:15 | 01:02:42 | 01:19:41 | 01:36:35 | 01:53:31 | 02:10:22 | <b>02:27:18.60</b> | <b>02:29:59.50</b> | +00:14:31 (9.9%)  | 6:58        | 8.6 (90.5%) |
| 20    | PIETRZYK Jarosław     | 654    | VIKING NORDIC TEAM CZĘSTOCHOWA                              | M 30-39  | 6    |       | 00:02:39   | 00:07:27 | 00:24:32 | 00:41:34 | 00:58:18 | 01:15:08 | 01:31:59 | 01:49:26 | 02:07:57 | <b>02:27:23.60</b> | <b>02:30:03.05</b> | +00:14:36 (9.9%)  | 6:59        | 8.6 (90.5%) |
| 21    | WESOŁOWSKI Wojciech   | 676    | NORDIC TEAMGNIEZNO                                          | M 60+    | 3    |       | 00:02:47   | 00:07:35 | 00:24:54 | 00:42:08 | 00:59:49 | 01:17:06 | 01:34:48 | 01:52:24 | 02:09:53 | <b>02:27:30.85</b> | <b>02:30:18.35</b> | +00:14:44 (10.0%) | 6:59        | 8.6 (90.5%) |
| 22    | ZAREMBA Jakub         | 685    |                                                             | M 30-39  | 7    |       | 00:02:42   | 00:07:53 | 00:25:05 | 00:42:14 | 00:59:56 | 01:17:12 | 01:34:55 | 01:52:31 | 02:09:59 | <b>02:27:36.85</b> | <b>02:30:19.00</b> | +00:14:50 (10.0%) | 6:59        | 8.6 (90.5%) |
| 23    | WOJCIECHOWSKI Tadeusz | 679    | DĄBROWA NORDIC TEAM                                         | M 60+    | 4    |       | 00:02:46   | 00:07:55 | 00:25:17 | 00:42:45 | 01:00:10 | 01:17:36 | 01:35:06 | 01:52:43 | 02:10:28 | <b>02:28:31.55</b> | <b>02:31:18.45</b> | +00:15:44 (10.6%) | 7:02        | 8.5 (89.5%) |
| 24    | NOWROTEK Monika       | 652    | WESOŁY BORSUK TEAM                                          | K 18-29  | 1    |       | 00:04:06   | 00:07:16 | 00:24:10 | 00:41:16 | 00:58:35 | 01:16:02 | 01:33:43 | 01:51:47 | 02:10:07 | <b>02:28:44.45</b> | <b>02:32:51.20</b> | +00:15:57 (10.7%) | 7:02        | 8.5 (89.5%) |
| 25    | SZCZEBAK Jacek        | 671    | UNIA MIAST                                                  | M 40-49  | 6    |       | 00:02:43   | 00:07:33 | 00:24:57 | 00:42:34 | 01:00:09 | 01:17:45 | 01:35:36 | 01:53:38 | 02:12:04 | <b>02:30:40.20</b> | <b>02:33:23.30</b> | +00:17:53 (11.9%) | 7:08        | 8.4 (88.4%) |

| Place | Participant                   | Number | Club                                                        | Category | M | Cat | Żół. kartki | Czer. kartki | Start time | 1.1km    | 3.6km    | 6.1km    | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   | Net time           | Czas brutto        | Pace min/km       | Pace km/h |             |
|-------|-------------------------------|--------|-------------------------------------------------------------|----------|---|-----|-------------|--------------|------------|----------|----------|----------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|-----------|-------------|
|       |                               |        |                                                             |          |   |     |             |              |            |          |          |          |          |          |          |          |          | 21.1km             | 21.1km             |                   |           | Gap         |
| 26    | ZAGAJA Janusz                 | 684    | WESOŁY BORSUK TEAM                                          | M 60+    |   | 5   |             |              | 00:02:46   | 00:07:28 | 00:24:02 | 00:41:04 | 00:58:21 | 01:16:03 | 01:34:09 | 01:52:36 | 02:12:28 | <b>02:33:05.40</b> | <b>02:35:52.05</b> | +00:20:18 (13.3%) | 7:15      | 8.3 (87.4%) |
| 27    | OLSCHIMKE-MARMUROWICZ Barbara | 653    | SILESIA NORDIC TEAM                                         | K 40-49  |   | 1   |             |              | 00:04:10   | 00:08:15 | 00:26:08 | 00:44:13 | 01:02:26 | 01:20:40 | 01:38:51 | 01:57:00 | 02:15:09 | <b>02:33:09.40</b> | <b>02:37:20.20</b> | +00:20:22 (13.3%) | 7:15      | 8.3 (87.4%) |
| 28    | ZIĘTEK Sylwia                 | 687    | SILESIA NORDIC TEAM                                         | K 30-39  |   | 3   |             |              | 00:04:08   | 00:07:50 | 00:25:51 | 00:44:10 | 01:02:29 | 01:20:39 | 01:38:51 | 01:57:01 | 02:15:10 | <b>02:33:10.20</b> | <b>02:37:18.50</b> | +00:20:23 (13.3%) | 7:15      | 8.3 (87.4%) |
| 29    | HAŁAS Marcin                  | 693    | FACE NORDIC WALKING TEAM                                    | M 30-39  |   | 8   |             |              | 00:02:40   | 00:07:33 | 00:24:10 | 00:40:50 | 00:57:34 | 01:14:30 | 01:32:10 | 01:51:06 | 02:10:33 | <b>02:34:31.60</b> | <b>02:37:11.75</b> | +00:21:44 (14.1%) | 7:19      | 8.2 (86.3%) |
| 30    | FOLWARSKI Andrzej             | 630    | FACE NORDIC WALKING TEAM                                    | M 50-59  |   | 5   |             |              | 00:02:45   | 00:07:52 | 00:25:58 | 00:44:14 | 01:02:36 | 01:20:27 | 01:38:40 | 01:56:59 | 02:15:43 | <b>02:34:39.75</b> | <b>02:37:25.20</b> | +00:21:53 (14.1%) | 7:19      | 8.2 (86.3%) |
| 31    | RADOMSKA Marta                | 656    | AVOCADO WELLNESS CLUB                                       | K 30-39  |   | 4   |             |              | 00:04:09   | 00:08:15 | 00:26:20 | 00:44:22 | 01:02:29 | 01:20:44 | 01:39:17 | 01:57:42 | 02:16:44 | <b>02:35:21.20</b> | <b>02:39:31.10</b> | +00:22:34 (14.5%) | 7:21      | 8.1 (85.3%) |
| 32    | STĘPIEŃ Lucyna                | 667    | KS METRACO POLKOWICE                                        | K 50-59  |   | 1   |             |              | 00:04:14   | 00:08:06 | 00:26:01 | 00:44:19 | 01:02:58 | 01:21:51 | 01:40:34 | 01:59:29 | 02:18:18 | <b>02:37:13.95</b> | <b>02:41:28.10</b> | +00:24:27 (15.6%) | 7:27      | 8.1 (85.3%) |
| 33    | GWIZDAŁA Marcin               | 633    | GOSIR OSIELSKO                                              | M 30-39  |   | 9   |             |              | 00:02:39   | 00:08:03 | 00:26:34 | 00:45:29 | 01:04:10 | 01:22:32 | 01:40:56 | 01:59:45 | 02:18:41 | <b>02:37:37.95</b> | <b>02:40:17.60</b> | +00:24:51 (15.8%) | 7:28      | 8 (84.2%)   |
| 34    | REJMAN Dorota                 | 659    | FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY                  | K 30-39  |   | 5   |             |              | 00:04:09   | 00:08:22 | 00:27:06 | 00:45:40 | 01:04:09 | 01:22:42 | 01:41:34 | 02:00:35 | 02:19:20 | <b>02:38:13.05</b> | <b>02:42:22.20</b> | +00:25:26 (16.1%) | 7:29      | 8 (84.2%)   |
| 35    | RUSZKOWSKA Bożena             | 662    | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'                       | K 60+    |   | 1   |             |              | 00:04:16   | 00:08:38 | 00:27:34 | 00:46:44 | 01:05:55 | 01:25:26 | 01:45:22 | 02:05:33 | 02:25:08 | <b>02:39:08.70</b> | <b>02:43:25.00</b> | +00:26:21 (16.6%) | 7:32      | 8 (84.2%)   |
| 36    | ŚLIWKA Wanda                  | 672    | FACE NORDIC WALKING TEAM                                    | K 50-59  |   | 2   |             |              | 00:04:16   | 00:08:31 | 00:26:52 | 00:45:27 | 01:04:04 | 01:22:48 | 01:41:44 | 02:00:51 | 02:20:18 | <b>02:40:01.55</b> | <b>02:44:17.55</b> | +00:27:14 (17.0%) | 7:35      | 7.9 (83.2%) |
| 37    | WOŁOWIEC Marcin               | 681    | FOREVER YOUNG ŁÓDŹ                                          | M 40-49  |   | 7   |             |              | 00:02:43   | 00:07:50 | 00:26:35 | 00:45:12 | 01:03:54 | 01:22:17 | 01:41:09 | 02:01:12 | 02:20:53 | <b>02:40:37.30</b> | <b>02:43:21.15</b> | +00:27:50 (17.3%) | 7:36      | 7.9 (83.2%) |
| 38    | WOLNIEWICZ Katarzyna          | 680    | FABRIKANORDIKA                                              | K 40-49  |   | 2   |             |              | 00:04:12   | 00:08:29 | 00:27:01 | 00:45:36 | 01:04:16 | 01:23:01 | 01:42:07 | 02:01:16 | 02:20:44 | <b>02:40:41.40</b> | <b>02:44:53.60</b> | +00:27:54 (17.4%) | 7:36      | 7.9 (83.2%) |
| 39    | CHEĆKO Ewa                    | 625    | KLUB BIEGAJĄCYCH LEŚNIKÓW                                   | K 30-39  |   | 6   |             |              | 00:04:07   | 00:08:35 | 00:27:52 | 00:47:16 | 01:06:15 | 01:24:54 | 01:43:48 | 02:02:48 | 02:21:41 | <b>02:40:44.80</b> | <b>02:44:52.60</b> | +00:27:58 (17.4%) | 7:37      | 7.9 (83.2%) |
| 40    | KARASIEWICZ Irena             | 637    | FACE NORDIC WALKING TEAM                                    | K 50-59  |   | 3   | 1           |              | 00:04:14   | 00:08:23 | 00:26:52 | 00:45:37 | 01:04:22 | 01:23:14 | 01:42:16 | 02:01:44 | 02:21:22 | <b>02:40:55.05</b> | <b>02:45:10.00</b> | +00:28:08 (17.5%) | 7:37      | 7.9 (83.2%) |
| 41    | WAJS Jerzy                    | 674    | NW CIECHANÓW                                                | M 50-59  |   | 6   |             |              | 00:02:45   | 00:08:04 | 00:26:39 | 00:45:28 | 01:04:20 | 01:23:09 | 01:42:20 | 02:01:38 | 02:21:14 | <b>02:41:07.20</b> | <b>02:43:52.35</b> | +00:28:20 (17.6%) | 7:38      | 7.9 (83.2%) |
| 42    | CZYCZ Emilia                  | 628    | GREEN TEAM ZIELONA GÓRA                                     | K 60+    |   | 2   | 1           |              | 00:04:14   | 00:08:28 | 00:27:07 | 00:45:47 | 01:04:32 | 01:23:48 | 01:43:58 | 02:04:39 | 02:25:38 | <b>02:41:11.05</b> | <b>02:45:26.00</b> | +00:28:24 (17.6%) | 7:38      | 7.9 (83.2%) |
| 43    | GRĄDZKA-MOŻYSZEK Aleksandra   | 632    | FORMA NA PIĄTKĘ NW                                          | K 50-59  |   | 4   |             |              | 00:04:13   | 00:08:23 | 00:27:10 | 00:45:48 | 01:04:30 | 01:23:17 | 01:42:26 | 02:02:12 | 02:21:58 | <b>02:41:22.90</b> | <b>02:45:36.00</b> | +00:28:36 (17.7%) | 7:38      | 7.8 (82.1%) |
| 44    | KANIOWSKA Beata               | 692    | VIKING NORDIC TEAM CZĘSTOCHOWA                              | K 40-49  |   | 3   |             |              | 00:04:13   | 00:08:20 | 00:26:51 | 00:45:30 | 01:04:17 | 01:23:12 | 01:42:27 | 02:02:11 | 02:22:00 | <b>02:42:22.90</b> | <b>02:46:36.30</b> | +00:29:36 (18.2%) | 7:41      | 7.8 (82.1%) |
| 45    | KRYSZCZUK Krzysztof           | 643    |                                                             | M 40-49  |   | 8   |             |              | 00:02:43   | 00:08:33 | 00:27:53 | 00:47:24 | 01:06:31 | 01:25:28 | 01:44:39 | 02:04:12 | 02:23:41 | <b>02:43:18.25</b> | <b>02:46:01.55</b> | +00:30:31 (18.7%) | 7:44      | 7.8 (82.1%) |
| 46    | ROSADZIŃSKA Natalia           | 660    |                                                             | K 18-29  |   | 2   |             |              | 00:04:06   | 00:08:47 | 00:28:16 | 00:47:41 | 01:07:04 | 01:26:09 | 01:45:22 | 02:04:31 | 02:23:55 | <b>02:43:23.40</b> | <b>02:47:30.10</b> | +00:30:36 (18.7%) | 7:44      | 7.7 (81.1%) |
| 47    | KOBIELA Daria                 | 638    | BLĘKITNI DZIEMIANY                                          | K 18-29  |   | 3   |             |              | 00:04:06   | 00:08:38 | 00:28:20 | 00:48:01 | 01:07:26 | 01:26:41 | 01:45:46 | 02:05:01 | 02:24:20 | <b>02:43:56.40</b> | <b>02:48:02.90</b> | +00:31:09 (19.0%) | 7:46      | 7.7 (81.1%) |
| 48    | CICHON Aneta                  | 626    | FABRIKA NORDIKA                                             | K 30-39  |   | 7   |             |              | 00:04:09   | 00:08:21 | 00:27:13 | 00:45:59 | 01:05:03 | 01:23:48 | 01:43:12 | 02:03:02 | 02:23:29 | <b>02:44:33.25</b> | <b>02:48:42.45</b> | +00:31:46 (19.3%) | 7:47      | 7.7 (81.1%) |
| 49    | LASOTA Dorota                 | 645    | LZS JUSTYNÓW                                                | K 40-49  |   | 4   |             |              | 00:04:12   | 00:08:23 | 00:27:13 | 00:46:13 | 01:05:07 | 01:24:08 | 01:43:54 | 02:04:04 | 02:24:40 | <b>02:45:42.00</b> | <b>02:49:54.60</b> | +00:32:55 (19.9%) | 7:51      | 7.6 (80.0%) |
| 50    | IDKOWIAK Magdalena            | 635    | FACE NORDIC WALKING TEAM                                    | K 30-39  |   | 8   |             |              | 00:04:08   | 00:08:33 | 00:28:30 | 00:48:18 | 01:07:51 | 01:27:08 | 01:46:31 | 02:06:07 | 02:25:56 | <b>02:45:53.90</b> | <b>02:50:02.25</b> | +00:33:07 (20.0%) | 7:51      | 7.6 (80.0%) |
| 51    | FRANKIEWICZ Mirosław          | 631    | FORMA NA PIĄTKĘ PABIANICE                                   | M 40-49  |   | 9   |             |              | 00:02:42   | 00:08:35 | 00:27:46 | 00:46:55 | 01:06:18 | 01:25:56 | 01:45:50 | 02:05:53 | 02:26:02 | <b>02:46:11.80</b> | <b>02:48:54.50</b> | +00:33:25 (20.1%) | 7:52      | 7.6 (80.0%) |
| 52    | BEJTKA Agnieszka              | 694    |                                                             | K 30-39  |   | 9   |             |              | 00:04:11   | 00:08:53 | 00:28:48 | 00:48:30 | 01:07:48 | 01:27:07 | 01:46:32 | 02:06:16 | 02:26:09 | <b>02:46:27.85</b> | <b>02:50:39.50</b> | +00:33:41 (20.2%) | 7:53      | 7.6 (80.0%) |
| 53    | WITKOWSKA Maria               | 678    | UNIA MIAST                                                  | K 60+    |   | 3   |             |              | 00:04:17   | 00:08:38 | 00:28:11 | 00:47:55 | 01:07:28 | 01:27:22 | 01:47:23 | 02:07:21 | 02:27:25 | <b>02:47:34.00</b> | <b>02:51:51.50</b> | +00:34:47 (20.8%) | 7:56      | 7.6 (80.0%) |
| 54    | CIENNIK Kalina                | 690    |                                                             | K 40-49  |   | 5   | 1           |              | 00:04:14   | 00:08:31 | 00:27:40 | 00:47:15 | 01:07:14 | 01:27:08 | 01:47:01 | 02:07:17 | 02:27:48 | <b>02:48:13.85</b> | <b>02:52:28.05</b> | +00:35:27 (21.1%) | 7:58      | 7.5 (78.9%) |
| 55    | CIENNIK Wiktor                | 691    | FOREVER YOUNG                                               | M 50-59  |   | 7   |             |              | 00:02:45   | 00:08:33 | 00:27:34 | 00:46:57 | 01:06:27 | 01:25:50 | 01:46:19 | 02:06:57 | 02:27:45 | <b>02:48:58.05</b> | <b>02:51:43.85</b> | +00:36:11 (21.4%) | 8:00      | 7.5 (78.9%) |
| 56    | CEGŁA Zbyszko                 | 624    |                                                             | M 60+    |   | 6   |             |              | 00:02:47   | 00:08:39 | 00:28:00 | 00:47:44 | 01:07:28 | 01:26:50 | 01:47:13 | 02:07:46 | 02:29:07 | <b>02:50:55.90</b> | <b>02:53:43.30</b> | +00:38:09 (22.3%) | 8:06      | 7.4 (77.9%) |
| 57    | TYLUTKI Agnieszka             | 673    | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | K 40-49  |   | 6   |             |              | 00:04:11   | 00:08:41 | 00:28:28 | 00:48:22 | 01:08:11 | 01:28:24 | 01:48:38 | 02:09:22 | 02:30:45 | <b>02:51:47.35</b> | <b>02:55:58.95</b> | +00:39:00 (22.7%) | 8:08      | 7.4 (77.9%) |
| 58    | MOLENDĄ Magdalena             | 650    | FACE NORDIC WALKING TEAM                                    | K 30-39  |   | 10  |             |              | 00:04:09   | 00:08:42 | 00:28:44 | 00:49:05 | 01:09:16 | 01:29:28 | 01:50:01 | 02:10:51 | 02:31:55 | <b>02:52:49.60</b> | <b>02:56:58.75</b> | +00:40:02 (23.2%) | 8:11      | 7.3 (76.8%) |

| Place | Participant                 | Number     | Club                     | Category | M  | Cat | Żół. kartki | Czer. kartki | Start time | 1.1km    | 3.6km    | 6.1km    | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   | Net time           |                    | Pace min/km          | Pace km/h |                |
|-------|-----------------------------|------------|--------------------------|----------|----|-----|-------------|--------------|------------|----------|----------|----------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|-----------|----------------|
|       |                             |            |                          |          |    |     |             |              |            |          |          |          |          |          |          |          |          | 21.1km             | 21.1km             |                      |           |                |
| 59    | <b>SŁABOŃ-SIKORA Aneta</b>  | <b>666</b> | DĄBROWA NORDIC TEAM      | K 30-39  | 11 |     |             |              | 00:04:08   | 00:08:54 | 00:29:13 | 00:49:28 | 01:09:27 | 01:29:49 | 01:50:12 | 02:10:49 | 02:31:54 | <b>02:53:05.15</b> | <b>02:57:13.35</b> | +00:40:18<br>(23.3%) | 8:12      | 7.3<br>(76.8%) |
| 60    | <b>REGULSKI Paweł</b>       | <b>658</b> |                          | M 30-39  | 10 |     |             |              | 00:02:40   | 00:07:55 | 00:27:37 | 00:47:17 | 01:07:27 | 01:27:27 | 01:48:13 | 02:09:28 | 02:31:25 | <b>02:53:26.00</b> | <b>02:56:06.60</b> | +00:40:39<br>(23.4%) | 8:13      | 7.3<br>(76.8%) |
| 61    | <b>PIOTROWSKI Krzysztof</b> | <b>655</b> | FACE NORDIC WALKING TEAM | M 60+    | 7  |     |             |              | 00:02:48   | 00:09:18 | 00:27:32 | 00:46:15 | 01:05:30 | 01:25:16 | 01:45:52 | 02:06:52 | 02:28:08 | <b>02:53:41.70</b> | <b>02:56:30.15</b> | +00:40:54<br>(23.6%) | 8:13      | 7.3<br>(76.8%) |
| 62    | <b>STRZELECKI Sebastian</b> | <b>668</b> | SAILING TEAM FERAJNA     | M 40-49  | 10 |     |             |              | 00:02:42   | 00:09:07 | 00:29:53 | 00:50:31 | 01:11:06 | 01:32:03 | 01:52:39 | 02:13:40 | 02:35:03 | <b>02:56:36.75</b> | <b>02:59:19.55</b> | +00:43:50<br>(24.8%) | 8:22      | 7.2<br>(75.8%) |
| 63    | <b>REGULSKA Krystyna</b>    | <b>657</b> |                          | K 40-49  | 7  |     |             |              | 00:04:12   | 00:08:51 | 00:28:45 | 00:49:16 | 01:09:57 | 01:31:11 | 01:52:28 | 02:14:07 | 02:35:33 | <b>02:57:01.45</b> | <b>03:01:14.00</b> | +00:44:14<br>(25.0%) | 8:23      | 7.2<br>(75.8%) |
| 64    | <b>KUCYPERA Dagmara</b>     | <b>644</b> | DĄBROWA NORDIC TEAM      | K 40-49  | 8  |     |             |              | 00:04:09   | 00:08:54 | 00:29:00 | 00:49:21 | 01:09:25 | 01:30:33 | 01:51:54 | 02:13:49 | 02:36:25 | <b>02:59:11.45</b> | <b>03:03:21.40</b> | +00:46:24<br>(25.9%) | 8:29      | 7.1<br>(74.7%) |
| 65    | <b>KRAWCZYK Jarosław</b>    | <b>641</b> |                          | M 50-59  | 8  |     |             |              | 00:04:11   | 00:08:58 | 00:29:46 | 00:51:26 | 01:12:45 | 01:33:40 | 01:55:42 | 02:17:21 | 02:38:44 | <b>02:59:38.90</b> | <b>03:03:50.00</b> | +00:46:52<br>(26.1%) | 8:30      | 7<br>(73.7%)   |
| 66    | <b>KRAWCZYK Justyna</b>     | <b>642</b> |                          | K 30-39  | 12 |     |             |              | 00:04:11   | 00:08:59 | 00:29:49 | 00:51:27 | 01:12:42 | 01:33:38 | 01:55:48 | 02:17:31 | 02:39:06 | <b>03:00:42.95</b> | <b>03:04:54.20</b> | +00:47:56<br>(26.5%) | 8:33      | 7<br>(73.7%)   |
| 67    | <b>ZAWADZKA Maria</b>       | <b>686</b> | KS METRACO POLKOWICE     | K 60+    | 4  |     |             |              | 00:04:15   | 00:09:26 | 00:31:00 | 00:52:24 | 01:13:37 | 01:34:45 | 01:55:56 | 02:17:24 | 02:39:20 | <b>03:01:40.75</b> | <b>03:05:56.60</b> | +00:48:54<br>(26.9%) | 8:36      | 7<br>(73.7%)   |
| 68    | <b>SĄTOWICZ Małgorzata</b>  | <b>663</b> |                          | K 50-59  | 5  |     |             |              | 00:04:14   | 00:09:28 | 00:30:36 | 00:51:43 | 01:12:59 | 01:34:47 | 01:55:58 | 02:17:27 | 02:39:22 | <b>03:01:43.70</b> | <b>03:05:57.85</b> | +00:48:56<br>(26.9%) | 8:36      | 7<br>(73.7%)   |
| 69    | <b>ROZMUS Jolanta</b>       | <b>661</b> | FACE NORDIC WALKING TEAM | K 60+    | 5  |     |             |              | 00:04:16   | 00:08:56 | 00:29:01 | 00:49:55 | 01:11:33 | 01:33:55 | 01:56:14 | 02:19:11 | 02:42:15 | <b>03:06:26.60</b> | <b>03:10:43.35</b> | +00:53:39<br>(28.8%) | 8:50      | 6.8<br>(71.6%) |
| 70    | <b>STUPNOWICZ Joanna</b>    | <b>670</b> |                          | K 40-49  | 9  |     |             |              | 00:04:12   | 00:09:29 | 00:30:53 | 00:52:35 | 01:13:53 | 01:35:34 | 01:57:46 | 02:22:55 | 02:45:55 | <b>03:09:47.00</b> | <b>03:13:59.80</b> | +00:57:00<br>(30.0%) | 8:59      | 6.7<br>(70.5%) |
| 71    | <b>LATOSEK Jan</b>          | <b>646</b> |                          | M 60+    | 8  |     |             |              | 00:02:50   | 00:10:29 | 00:34:45 | 00:58:21 | 01:21:38 | 01:45:08 | 02:08:54 | 02:32:54 | 02:57:30 | <b>03:21:54.10</b> | <b>03:24:44.25</b> | +01:09:07<br>(34.2%) | 9:34      | 6.3<br>(66.3%) |
| 72    | <b>CIESIELSKI Jerzy</b>     | <b>627</b> | FUNDACJA KRWINKA         | M 60+    | 9  |     |             |              | 00:02:49   | 00:10:17 | 00:33:43 | 00:57:33 | 01:21:12 | 01:45:20 | 02:10:55 | 02:38:00 | 03:05:01 | <b>03:34:07.10</b> | <b>03:36:56.75</b> | +01:21:20<br>(38.0%) | 10:08     | 5.9<br>(62.1%) |

Total 72 results.