



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
INTEGRATING SPORTS ORGANIZATION

Organizator: PFNW
Data: 2016-05-15
Miejsce: Konstancin-Jeziorna
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DEŁĄG Jakub	36	ENERGY LIFE TEAM	M18-29	1			00:00:53	00:14:34	00:29:46.60	00:30:39.75		5:57	10.1 (100%)
2	ZARĘBSKI Michał	373	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:01:27	00:14:42	00:29:59.60	00:31:26.80	+00:00:13 (0.7%)	5:59	10 (99.0%)
3	GAJEWSKI Eugeniusz	58	KS METRACO POLKOWICE	M55-59	1			00:03:16	00:15:01	00:30:25.45	00:33:41.60	+00:00:38 (2.1%)	6:05	9.9 (98.0%)
4	DORS Marek	41	WOJSKOWA AKADEMIA TECHNICZNA / RTB TRACKER PODKOWA JANÓW	M18-29	2			00:00:53	00:15:13	00:30:36.75	00:31:30.45	+00:00:50 (2.7%)	6:07	9.8 (97.0%)
5	WOROCH Roman	352	KS METRACO POLKOWICE	M55-59	2			00:03:17	00:15:07	00:30:38.90	00:33:56.80	+00:00:52 (2.8%)	6:07	9.8 (97.0%)
6	WITCZUK Łukasz	346	FACE NORDIC WALKING TEAM	M30-39	2			00:01:26	00:15:08	00:30:45.75	00:32:12.25	+00:00:59 (3.2%)	6:09	9.8 (97.0%)
7	CZŁAPSKI Krzysztof	1007	ENERGYLIFE TEAM	M50-54	1			00:02:48	00:15:10	00:30:49.30	00:33:37.70	+00:01:02 (3.4%)	6:09	9.7 (96.0%)
8	STĘPNIEWSKI Paweł	290	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:00:54	00:15:14	00:30:55.45	00:31:50.25	+00:01:08 (3.7%)	6:11	9.7 (96.0%)
9	WETOSZKA Piotr	333	FACE NORDIC WALKING TEAM	M30-39	3			00:01:27	00:15:07	00:30:56.20	00:32:23.70	+00:01:09 (3.7%)	6:11	9.7 (96.0%)
10	BRZOZOWSKI Piotr	1029	FACE NORDIC TEAM	M30-39	4	1		00:01:26	00:15:09	00:31:05.10	00:32:32.00	+00:01:18 (4.2%)	6:13	9.6 (95.0%)
11	MIELCAREK Leszek	200	WESOŁY BORSUK TEAM	M60-64	1			00:03:45	00:15:37	00:31:14.95	00:35:00.40	+00:01:28 (4.7%)	6:15	9.6 (95.0%)
12	WASIELEWSKI Mirosław	330	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M50-54	2			00:02:48	00:15:21	00:31:35.40	00:34:24.20	+00:01:48 (5.7%)	6:19	9.5 (94.1%)
13	SCHRÖDER Karol	270	SILESIA NORDIC TEAM	M40-44	1			00:01:49	00:15:42	00:31:57.80	00:33:46.85	+00:02:11 (6.8%)	6:23	9.4 (93.1%)
14	WOLEK Waldemar	349	NORDIC TEAM GNIEZNO	M40-44	2			00:01:49	00:15:45	00:32:08.40	00:33:57.70	+00:02:21 (7.4%)	6:25	9.3 (92.1%)
15	SŁOMIAN Leszek	279	UNIA MIAST	M55-59	3			00:03:16	00:15:53	00:32:12.60	00:35:29.30	+00:02:26 (7.6%)	6:26	9.3 (92.1%)
16	KNITTER Tomasz	126	BŁĘKITNI DZIEMIANY	M-Jun.	1			00:00:32	00:16:01	00:32:16.70	00:32:49.25	+00:02:30 (7.8%)	6:27	9.3 (92.1%)
17	WYSOCKI Marcin	365	BŁĘKITNI DZIEMIANY	M-Jun.	2			00:00:32	00:16:09	00:32:22.85	00:32:55.65	+00:02:36 (8.0%)	6:28	9.3 (92.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
18	MARCINKOWSKI Jakub	190	UNIA MIAST	M-Jun.	3			00:00:31	00:16:06	00:32:23.50	00:32:55.20	+00:02:36 (8.1%)	6:28	9.3 (92.1%)
19	GŁOWA Michał	68	WESOŁY BORSUK TEAM	M-Jun.	4			00:00:30	00:16:08	00:32:24.70	00:32:55.65	+00:02:38 (8.1%)	6:29	9.3 (92.1%)
20	BASARA Ryszard	1016	ZABIEGANI ROPCZYCE	M30-39	5			00:01:26	00:16:04	00:32:29.45	00:33:56.05	+00:02:42 (8.4%)	6:30	9.2 (91.1%)
21	ZGORZELSKI Jerzy	375		M18-29	4			00:00:57	00:16:12	00:32:35.25	00:33:32.95	+00:02:48 (8.6%)	6:31	9.2 (91.1%)
22	REDA Sławomir	260	PASJA WARSZAWA	M55-59	4			00:03:16	00:16:18	00:32:35.40	00:35:52.05	+00:02:48 (8.6%)	6:31	9.2 (91.1%)
23	KRYŚ Artur	144	KS METRACO POLKOWICE	M45-49	1			00:02:22	00:16:07	00:32:37.45	00:34:59.75	+00:02:50 (8.7%)	6:31	9.2 (91.1%)
24	LESIŃSKI Grzegorz	173	KS METRACO POLKOWICE	M50-54	3			00:02:50	00:15:47	00:32:38.30	00:35:28.50	+00:02:51 (8.8%)	6:31	9.2 (91.1%)
25	KOŁODZIEJCZAK Beata	1005	SOCHO TEAM	K40-44	1			00:08:14	00:16:17	00:32:45.35	00:40:59.55	+00:02:58 (9.1%)	6:33	9.2 (91.1%)
26	JENCZELEWSKI Grzegorz	1015	NW CIECHANÓW	M45-49	2			00:02:24	00:16:02	00:32:47.65	00:35:12.35	+00:03:01 (9.2%)	6:33	9.1 (90.1%)
27	ANDRZEJEWSKI Mieczysław	4		M55-59	5			00:03:18	00:16:02	00:32:48.50	00:36:07.00	+00:03:01 (9.2%)	6:33	9.1 (90.1%)
28	KOŁOSZ-PERZ Monika	131	FACE NORDIC WALKING TEAM	K40-44	2			00:08:13	00:16:18	00:32:49.35	00:41:02.65	+00:03:02 (9.3%)	6:33	9.1 (90.1%)
29	ZALISKO Oksana	368	DĄBROWA NORDIC TEAM	K60-64	1			00:11:57	00:16:20	00:32:50.10	00:44:47.90	+00:03:03 (9.3%)	6:34	9.1 (90.1%)
30	RAKUĆ Jakub	254	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	5			00:00:53	00:16:11	00:32:57.90	00:33:51.50	+00:03:11 (9.7%)	6:35	9.1 (90.1%)
31	FELIS Paweł	393		M45-49	3			00:02:23	00:16:20	00:32:58.45	00:35:21.75	+00:03:11 (9.7%)	6:35	9.1 (90.1%)
32	MANDZIUK Marek	1023	KBBB / TKKF	M45-49	4			00:02:22	00:16:12	00:33:02.80	00:35:25.75	+00:03:16 (9.9%)	6:36	9.1 (90.1%)
33	SKWIRUT Jerzy	278	SOKÓŁ RYMANÓW	M55-59	6			00:03:17	00:16:02	00:33:04.35	00:36:21.65	+00:03:17 (10.0%)	6:36	9.1 (90.1%)
34	PIECH Krzysztof	237	AWF BIAŁA PODLASKA	M55-59	7			00:02:49	00:16:05	00:33:08.60	00:35:58.20	+00:03:22 (10.2%)	6:37	9 (89.1%)
35	BARTOSIEWICZ Łukasz	9	FACE NORDIC WALKING TEAM	M30-39	6			00:01:27	00:16:15	00:33:09.90	00:34:37.50	+00:03:23 (10.2%)	6:38	9 (89.1%)
36	WILK Tadeusz	605	DĄBROWA NORDIC TEAM	M60-64	2			00:03:45	00:16:22	00:33:21.55	00:37:07.10	+00:03:34 (10.7%)	6:40	9 (89.1%)
37	PATYNOWSKI Adam	228	AWF WARSZAWA	M18-29	6			00:00:56	00:16:39	00:33:25.65	00:34:22.45	+00:03:39 (10.9%)	6:41	9 (89.1%)
38	GRYGOROWICZ Bogdan	79	KS METRACO POLKOWICE	M65-69	1			00:04:12	00:16:29	00:33:27.80	00:37:40.45	+00:03:41 (11.0%)	6:41	9 (89.1%)
39	PARTYKA Teresa	537	WESOŁY BORSUK TEAM	K55-59	1			00:11:17	00:16:36	00:33:28.90	00:44:46.05	+00:03:42 (11.1%)	6:41	9 (89.1%)
40	KLARKOWSKI Bogdan	1008	WŁÓCZYKIJE ELBLĄG	M60-64	3			00:03:45	00:16:27	00:33:34.20	00:37:19.90	+00:03:47 (11.3%)	6:42	8.9 (88.1%)
40	BREWKA Joachim	20	UNIA MIAST	M50-54	4			00:02:49	00:16:39	00:33:34.20	00:36:23.20	+00:03:47 (11.3%)	6:42	8.9 (88.1%)
42	SOBKOWSKI Janusz	1010	SILESIA NORDIC TEAM	M60-64	4			00:03:47	00:16:40	00:33:38.25	00:37:25.75	+00:03:51 (11.5%)	6:43	8.9 (88.1%)
43	ADAMUS Marian	399	SILESIA TEAM	M65-69	2			00:04:10	00:16:32	00:33:40.10	00:37:50.70	+00:03:53 (11.6%)	6:44	8.9 (88.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
44	FLIS Marek	386	GREEN TEAM ZIELONA GÓRA	M55-59	8			00:03:15	00:16:34	00:33:43.25	00:36:59.10	+00:03:56 (11.7%)	6:44	8.9 (88.1%)
45	ZARZYCKI Zdzisław	374		M55-59	9			00:03:19	00:16:43	00:33:43.60	00:37:02.80	+00:03:57 (11.7%)	6:44	8.9 (88.1%)
46	KASPRZYK Lilianna	113	KS METRACO POLKOWICE	K55-59	2			00:11:18	00:16:41	00:33:46.70	00:45:05.40	+00:04:00 (11.8%)	6:45	8.9 (88.1%)
47	HOLWEK Jarosław	90	FOREVER YOUNG ŁÓDŹ	M50-54	5			00:02:49	00:16:27	00:33:49.00	00:36:38.10	+00:04:02 (11.9%)	6:45	8.9 (88.1%)
48	RATOWSKI Piotrek	257	NW CIECHANÓW	M-Jun.	5			00:00:31	00:16:25	00:33:49.30	00:34:20.45	+00:04:02 (12.0%)	6:45	8.9 (88.1%)
49	REJMAN Filip	261	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	M-Jun.	6			00:00:31	00:16:28	00:33:50.15	00:34:21.40	+00:04:03 (12.0%)	6:46	8.9 (88.1%)
50	SZPILMAN Katarzyna	307	FACE NORDIC WALKING TEAM	K45-49	1			00:09:30	00:16:47	00:33:52.75	00:43:23.50	+00:04:06 (12.1%)	6:46	8.9 (88.1%)
51	RATECKI Marcin	256	NORDIC WALKING TEAM GDAŃSK	M40-44	3			00:01:48	00:16:40	00:33:55.50	00:35:44.10	+00:04:08 (12.2%)	6:47	8.8 (87.1%)
52	ZMACZYŃSKI Bogusław	378	KS METRACO POLKOWICE	M60-64	5	1		00:03:45	00:16:50	00:33:58.65	00:37:44.10	+00:04:12 (12.4%)	6:47	8.8 (87.1%)
53	TRONIARZ Stanisław	392		M60-64	6			00:03:46	00:16:58	00:34:00.65	00:37:47.25	+00:04:14 (12.4%)	6:48	8.8 (87.1%)
54	JENDRUCHNIEWICZ Katarzyna	97	FUNDACJA „W TE PĘDY” FACE NORDIC WALKING TEAM	K30-39	1			00:06:56	00:16:42	00:34:02.85	00:40:59.05	+00:04:16 (12.5%)	6:48	8.8 (87.1%)
55	DANA Andrzej	33	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	3			00:04:11	00:16:38	00:34:04.05	00:38:15.40	+00:04:17 (12.6%)	6:48	8.8 (87.1%)
56	GRUSZKA Michał	77	UNIA MIAST	M40-44	4			00:01:48	00:16:38	00:34:06.45	00:35:54.65	+00:04:19 (12.7%)	6:49	8.8 (87.1%)
57	SZPILMAN Marta	308	FACE NORDIC WALKING TEAM	K18-29	1			00:06:12	00:16:50	00:34:09.35	00:40:21.65	+00:04:22 (12.8%)	6:49	8.8 (87.1%)
58	GAŁĄZKA Paweł	1030	NORDIC TEAM GNIEZNO	M-Niepełnosprawni	1			00:02:48	00:16:52	00:34:11.40	00:36:59.80	+00:04:24 (12.9%)	6:50	8.8 (87.1%)
59	KUSTAL Marcin	164	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	7			00:01:27	00:16:50	00:34:11.55	00:35:39.50	+00:04:24 (12.9%)	6:50	8.8 (87.1%)
60	DUDEK Edward	45	KS METRACO POLKOWICE	M65-69	4			00:04:11	00:16:57	00:34:12.35	00:38:23.70	+00:04:25 (12.9%)	6:50	8.8 (87.1%)
61	NOWROTEK Roman	215	WESOŁY BORSUK TEAM	M65-69	5			00:04:10	00:16:37	00:34:15.20	00:38:25.65	+00:04:28 (13.1%)	6:51	8.8 (87.1%)
62	GAPIŃSKI Leszek	61	WESOŁY BORSUK TEAM	M55-59	10			00:03:17	00:16:48	00:34:17.00	00:37:34.45	+00:04:30 (13.1%)	6:51	8.8 (87.1%)
63	LESIŃSKA Marzenna	172	KS METRACO POLKOWICE	K50-54	1			00:10:22	00:17:10	00:34:17.05	00:44:39.30	+00:04:30 (13.1%)	6:51	8.8 (87.1%)
64	WOŹNIAK Klaudia	355	UNIA MIAST	K-Jun.	1			00:05:41	00:16:55	00:34:17.80	00:39:59.45	+00:04:31 (13.2%)	6:51	8.7 (86.1%)
65	MOTOCZYŃSKI Krzysztof	204	GOSIR OSIELSKO	M60-64	7			00:03:46	00:16:38	00:34:20.90	00:38:07.30	+00:04:34 (13.3%)	6:52	8.7 (86.1%)
66	GNUS Dawid	69	KBBB / TKKF	M-Dzieci	1			00:00:03	00:16:58	00:34:21.40	00:34:24.90	+00:04:34 (13.3%)	6:52	8.7 (86.1%)
67	GAPIŃSKA Janina	60	WESOŁY BORSUK TEAM	K55-59	3			00:11:17	00:17:01	00:34:24.15	00:45:41.50	+00:04:37 (13.4%)	6:52	8.7 (86.1%)
68	ŚLEWIŃSKA Edyta	310	BŁĘKITNI DZIEMIANY	K-Jun.	2			00:05:41	00:17:04	00:34:32.15	00:40:13.15	+00:04:45 (13.8%)	6:54	8.7 (86.1%)
69	RECZULSKA Katarzyna	259	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:09:32	00:17:04	00:34:34.65	00:44:07.10	+00:04:48 (13.9%)	6:55	8.7 (86.1%)

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70	CHUDZIŃSKI Andrzej	25	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M65-69	6			00:04:10	00:16:56	00:34:43.60	00:38:53.90	+00:04:57 (14.3%)	6:56	8.6 (85.1%)
71	CZEKIERDA Jakub	30	AWF WARSZAWA	M18-29	7			00:00:55	00:17:25	00:34:44.50	00:35:40.00	+00:04:57 (14.3%)	6:57	8.6 (85.1%)
72	FRASZCZAK Katarzyna	56	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K-Niepełnosprawni	1			00:06:55	00:17:09	00:34:44.65	00:41:40.20	+00:04:58 (14.3%)	6:57	8.6 (85.1%)
73	ZAŃKO Katarzyna	370		K40-44	3			00:08:15	00:17:05	00:34:46.00	00:43:01.60	+00:04:59 (14.4%)	6:57	8.6 (85.1%)
74	KUŚMIEREK Mateusz	165	BŁĘKITNI DZIEMIANY	M-Dzieci	2			00:00:02	00:17:14	00:34:49.90	00:34:52.55	+00:05:03 (14.5%)	6:58	8.6 (85.1%)
75	BALICKA Maria	5		K-Dzieci	1			00:05:13	00:17:16	00:34:52.70	00:40:05.85	+00:05:06 (14.6%)	6:58	8.6 (85.1%)
76	BIK Przemysław	15	KS METRACO POLKOWICE	M-Dzieci	3			00:00:03	00:17:23	00:34:53.30	00:34:56.90	+00:05:06 (14.7%)	6:58	8.6 (85.1%)
77	ROSADZIŃSKI Sławomir	264		M45-49	5			00:02:22	00:16:59	00:34:53.65	00:37:16.20	+00:05:07 (14.7%)	6:58	8.6 (85.1%)
78	JAWORSKI Zbigniew	96	WŁÓCZYKIJE SKOCZÓW	M65-69	7			00:04:11	00:17:04	00:34:54.75	00:39:05.85	+00:05:08 (14.7%)	6:58	8.6 (85.1%)
79	SMUS Damian	281	UCZELNIA WRSZAWSKA	M18-29	8			00:00:55	00:17:18	00:34:56.25	00:35:51.55	+00:05:09 (14.8%)	6:59	8.6 (85.1%)
80	SZNAJDER Zenon	305	UNIA MIAST	M60-64	8			00:03:46	00:17:12	00:34:57.40	00:38:43.50	+00:05:10 (14.8%)	6:59	8.6 (85.1%)
81	KUCZYŃSKI Piotr	150	AWF WARSZAWA	M18-29	9			00:00:58	00:17:23	00:34:59.00	00:35:57.55	+00:05:12 (14.9%)	6:59	8.6 (85.1%)
82	MARCINKOWSKA Agnieszka	189	UNIA MIAST	K-Dzieci	2			00:05:13	00:17:33	00:35:02.75	00:40:16.20	+00:05:16 (15.0%)	7:00	8.6 (85.1%)
83	RAKUĆ Angelika	255	RUCH PO ZDROWIE WŁOCLAWEK	K18-29	2			00:06:13	00:17:30	00:35:06.80	00:41:19.90	+00:05:20 (15.2%)	7:01	8.5 (84.2%)
84	KOZŁOWSKA Julia	140	FACE NORDIC WALKING TEAM	K-Dzieci	3	1		00:05:14	00:17:37	00:35:08.45	00:40:22.75	+00:05:21 (15.3%)	7:01	8.5 (84.2%)
85	KWAŚNY Tomasz	167	CHODZĘ Z SERCEM	M50-54	6			00:03:00	00:17:23	00:35:08.95	00:38:09.40	+00:05:22 (15.3%)	7:01	8.5 (84.2%)
86	STOLARSKA Joanna	291	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:05:43	00:17:02	00:35:15.55	00:40:58.60	+00:05:28 (15.5%)	7:03	8.5 (84.2%)
87	STOLTMANN Helena	292	BŁĘKITNI DZIEMIANY	K55-59	4			00:11:18	00:17:33	00:35:17.00	00:46:35.20	+00:05:30 (15.6%)	7:03	8.5 (84.2%)
88	GRUSZKA JUNIOR Michał	78	UNIA MIAST	M-Dzieci	4			00:00:04	00:17:19	00:35:18.35	00:35:22.70	+00:05:31 (15.7%)	7:03	8.5 (84.2%)
89	TOMCZYK Małgorzata	319	IŁOWO-OSADA	K18-29	3			00:06:13	00:17:29	00:35:24.05	00:41:37.75	+00:05:37 (15.9%)	7:04	8.5 (84.2%)
90	KANIECKA Zofia	108	NW CIECHANÓW	K60-64	2			00:11:57	00:17:34	00:35:27.55	00:47:25.50	+00:05:40 (16.0%)	7:05	8.5 (84.2%)
91	GŁADKOWSKA Małgorzata	65	SILESIA TEAM	K55-59	5			00:11:18	00:17:31	00:35:31.40	00:46:50.30	+00:05:44 (16.2%)	7:06	8.4 (83.2%)
92	GŁADZIKOWSKI Grzegorz	66	AKTYWNI Z PASJĄ ŁUKÓW	M65-69	8			00:04:11	00:17:37	00:35:33.30	00:39:45.25	+00:05:46 (16.3%)	7:06	8.4 (83.2%)
93	MOŻYSZEK Piotr	396	FORMA NA PIĄTKĘ NW	M55-59	11	1		00:03:16	00:17:42	00:35:34.05	00:38:50.25	+00:05:47 (16.3%)	7:06	8.4 (83.2%)
94	JÓŹWIAK Marianna	387	WTW.WŁOCLAWEK	K40-44	4			00:08:14	00:17:27	00:35:34.95	00:43:49.50	+00:05:48 (16.3%)	7:07	8.4 (83.2%)
95	WIADERSKI Wojciech	335	N/Z	M65-69	9			00:04:14	00:17:47	00:35:35.15	00:39:49.70	+00:05:48 (16.3%)	7:07	8.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
96	KOŁPAK Jan	132	LKSZANTYR SZTUM	M65-69	10			00:04:12	00:17:30	00:35:36.90	00:39:49.00	+00:05:50 (16.4%)	7:07	8.4 (83.2%)
97	TRONIARZ Grazyna	324		K60-64	3			00:11:58	00:17:38	00:35:39.75	00:47:38.30	+00:05:53 (16.5%)	7:08	8.4 (83.2%)
98	WROŃSKI Włodzimirz	358	PASJA NW	M60-64	9			00:03:44	00:17:17	00:35:41.25	00:39:26.00	+00:05:54 (16.6%)	7:08	8.4 (83.2%)
99	KAPTEINA Robert	109	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-44	5			00:01:48	00:17:48	00:35:42.65	00:37:30.75	+00:05:56 (16.6%)	7:08	8.4 (83.2%)
100	SŁOMIŃSKA Marta	280	BŁĘKITNI DZIEMIANY	K-Jun.	4			00:05:42	00:17:57	00:35:51.75	00:41:34.35	+00:06:05 (17.0%)	7:10	8.4 (83.2%)
101	PAWŁOWSKA-WOŹNIAK Małgorzata	231	UNIA MIAST	K30-39	2			00:06:55	00:17:48	00:35:52.85	00:42:48.65	+00:06:06 (17.0%)	7:10	8.4 (83.2%)
102	SITKO Maciej	273	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	5			00:00:04	00:17:42	00:35:53.65	00:35:57.85	+00:06:07 (17.0%)	7:10	8.4 (83.2%)
103	DENCIKOWSKI Filip	39	TKKF	M-Dzieci	6			00:00:02	00:18:07	00:35:54.15	00:35:57.00	+00:06:07 (17.1%)	7:11	8.4 (83.2%)
104	KUKUCZ Bartłomiej	152	WŁÓCZYKIJE SKOCZÓW	M30-39	8			00:01:27	00:17:55	00:35:56.10	00:37:24.05	+00:06:09 (17.1%)	7:11	8.3 (82.2%)
105	FELIS Stanisław	52		M-Jun.	7			00:00:32	00:17:53	00:35:58.00	00:36:30.30	+00:06:11 (17.2%)	7:11	8.3 (82.2%)
106	WAWRZYŃIAK Anna	332	FACE NORDIC WALKING TEAM	K40-44	5			00:08:14	00:17:53	00:35:59.60	00:44:13.65	+00:06:13 (17.3%)	7:11	8.3 (82.2%)
107	GRZYB Izabela	82	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	3			00:06:55	00:17:51	00:35:59.65	00:42:55.20	+00:06:13 (17.3%)	7:12	8.3 (82.2%)
108	BALICKI Mirosław	6		M45-49	6			00:02:22	00:17:32	00:36:00.15	00:38:22.85	+00:06:13 (17.3%)	7:12	8.3 (82.2%)
109	KULESZYŃSKA Małgorzata	156		K55-59	6			00:11:17	00:17:48	00:36:00.35	00:47:18.10	+00:06:13 (17.3%)	7:12	8.3 (82.2%)
110	PODOLSKI Mirosław	241	LKS ZANTYR	M60-64	10			00:03:44	00:17:50	00:36:00.75	00:39:45.25	+00:06:14 (17.3%)	7:12	8.3 (82.2%)
111	STUDZIŃSKI Michał	1017	AWF WARSZAWA	M18-29	10			00:00:56	00:17:51	00:36:04.70	00:37:00.70	+00:06:18 (17.5%)	7:12	8.3 (82.2%)
112	KUPIBIDA Bogusława	163	SILESIA NORDIC TEAM	K55-59	7			00:11:17	00:17:51	00:36:05.10	00:47:22.85	+00:06:18 (17.5%)	7:13	8.3 (82.2%)
113	NIEMIŃSKA Beata	211	FACE NORDIC WALKING TEAM	K50-54	2			00:10:21	00:17:56	00:36:05.30	00:46:27.00	+00:06:18 (17.5%)	7:13	8.3 (82.2%)
114	JONDERKO Julia	99	WŁÓCZYKIJE SKOCZÓW	K40-44	6			00:08:15	00:17:49	00:36:07.45	00:44:23.40	+00:06:20 (17.6%)	7:13	8.3 (82.2%)
115	NADOBNIK Artur	208	AVOCADO WELLNESS CLUB	M40-44	6			00:01:48	00:18:10	00:36:08.55	00:37:57.35	+00:06:21 (17.6%)	7:13	8.3 (82.2%)
116	WARCZAŁSKA Teresa	328	UNIA MIAST	K65-69	1			00:12:24	00:18:06	00:36:11.55	00:48:35.65	+00:06:24 (17.7%)	7:14	8.3 (82.2%)
117	STYGA Krystyna	294	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	3			00:09:34	00:17:59	00:36:13.05	00:45:47.50	+00:06:26 (17.8%)	7:14	8.3 (82.2%)
118	KLIMKIEWICZ Katarzyna	123		K50-54	4			00:10:23	00:17:56	00:36:16.90	00:46:39.95	+00:06:30 (17.9%)	7:15	8.3 (82.2%)
119	DEMBIŃSKI Mirosław	1020		M55-59	12			00:03:18	00:17:37	00:36:19.05	00:39:37.10	+00:06:32 (18.0%)	7:15	8.3 (82.2%)
120	SOWA Jan	284	UNIA MIAST	M70+	1			00:04:31	00:18:09	00:36:21.95	00:40:53.80	+00:06:35 (18.1%)	7:16	8.2 (81.2%)
121	BOGDAN Witold	17	NW CIECHANÓW	M65-69	11			00:04:12	00:17:47	00:36:22.20	00:40:34.80	+00:06:35 (18.1%)	7:16	8.2 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
122	PIATCZYC Michał	234		M-Jun.	8			00:00:32	00:16:51	00:36:25.35	00:36:58.05	+00:06:38 (18.2%)	7:17	8.2 (81.2%)
122	BARTOSIEWICZ Włodzimierz	10	FACE NORDIC WALKING TEAM	M60-64	11			00:03:45	00:17:50	00:36:25.35	00:40:10.40	+00:06:38 (18.2%)	7:17	8.2 (81.2%)
124	BRANCZEWSKA Ewa	18	NW WERWA MŁAWA	K30-39	4			00:06:58	00:18:05	00:36:32.95	00:43:31.50	+00:06:46 (18.5%)	7:18	8.2 (81.2%)
125	SULECKA Gabriela	297		K-Niepełnosprawni	2			00:11:18	00:18:17	00:36:37.05	00:47:55.10	+00:06:50 (18.7%)	7:19	8.2 (81.2%)
126	OLEŚ Józef	220	NW WERWA MŁAWA	M65-69	12			00:04:12	00:17:48	00:36:39.30	00:40:52.25	+00:06:52 (18.8%)	7:20	8.2 (81.2%)
127	JÓZWIAK Łukasz	385	WTW.WŁOCŁAWEK	M-Niepełnosprawni	2			00:02:23	00:18:10	00:36:43.75	00:39:07.65	+00:06:57 (18.9%)	7:20	8.2 (81.2%)
128	KNITTER Agata	395	BŁĘKITNI DZIEMIANY	K-Jun.	5			00:05:41	00:18:11	00:36:44.75	00:42:26.35	+00:06:58 (19.0%)	7:21	8.2 (81.2%)
129	WYBORSKA Maja	363	AVOKADO WELLNES CLUB	K30-39	5			00:07:02	00:18:14	00:36:45.65	00:43:47.65	+00:06:59 (19.0%)	7:21	8.2 (81.2%)
130	NIEBRZEGOWSKA Anna	210	CHODZĘ Z SERCEM	K40-44	7			00:08:15	00:18:07	00:36:46.40	00:45:01.75	+00:06:59 (19.0%)	7:21	8.2 (81.2%)
131	FELIS Beata	394		K45-49	3			00:09:33	00:18:13	00:36:50.65	00:46:24.20	+00:07:04 (19.2%)	7:22	8.1 (80.2%)
132	STANISZEWSKA Agnieszka	287	AKTYWNI Z PASJĄ ŁUKÓW	K30-39	6			00:06:58	00:18:17	00:37:02.75	00:44:00.85	+00:07:16 (19.6%)	7:24	8.1 (80.2%)
133	BROŻBAR Beata	21		K-Jun.	6			00:05:41	00:17:33	00:37:03.65	00:42:45.30	+00:07:17 (19.7%)	7:24	8.1 (80.2%)
134	MANDZIUK Magdalena	187	KBBB / TKKF	K-Jun.	7			00:05:42	00:18:47	00:37:04.60	00:42:46.90	+00:07:18 (19.7%)	7:24	8.1 (80.2%)
135	MANDZIUK Anna	186	KBBB / TKKF	K-Jun.	8			00:05:43	00:18:47	00:37:05.80	00:42:48.85	+00:07:19 (19.7%)	7:25	8.1 (80.2%)
136	TREȚOWICZ Aleksandra	321	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Jun.	9			00:05:43	00:18:34	00:37:06.50	00:42:49.60	+00:07:19 (19.8%)	7:25	8.1 (80.2%)
137	MANDZIUK Marta	1024	KBBB / TKKF	K40-44	8			00:08:18	00:18:30	00:37:06.85	00:45:25.00	+00:07:20 (19.8%)	7:25	8.1 (80.2%)
138	SUGALSKA Małgorzata	296	MOSIR	K50-54	5			00:10:21	00:18:13	00:37:07.70	00:47:29.25	+00:07:21 (19.8%)	7:25	8.1 (80.2%)
139	LANGMESSER Kinga	170	LKS ZANTYR	K18-29	4			00:06:13	00:18:21	00:37:09.40	00:43:23.20	+00:07:22 (19.9%)	7:26	8.1 (80.2%)
140	DĄBROWSKI Andrzej	35	MARSZ PO ZDROWIE	M65-69	13			00:04:13	00:18:27	00:37:15.75	00:41:29.60	+00:07:29 (20.1%)	7:27	8.1 (80.2%)
141	PIĄTKOWSKI Józef	236	KS METRACO POLKOWICE	M70+	2			00:04:34	00:18:30	00:37:20.10	00:41:54.25	+00:07:33 (20.2%)	7:28	8 (79.2%)
142	POPŁAWSKI Ireneusz	243	KBBB/TKKF	M45-49	7			00:02:22	00:18:24	00:37:21.15	00:39:43.75	+00:07:34 (20.3%)	7:28	8 (79.2%)
143	MARONDEL Katarzyna	193	SILESIA NORDIC TEAM	K30-39	7			00:06:58	00:18:30	00:37:22.40	00:44:20.40	+00:07:35 (20.3%)	7:28	8 (79.2%)
144	DANA Kazimiera	32	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	4			00:12:01	00:18:42	00:37:25.75	00:49:26.75	+00:07:39 (20.4%)	7:29	8 (79.2%)
145	GWIAZDOWSKA Magdalena	87		K30-39	8	1		00:07:01	00:18:55	00:37:29.30	00:44:30.80	+00:07:42 (20.6%)	7:29	8 (79.2%)
146	KOZŁOWSKA Jagoda	139	FACE NORDIC WALKING TEAM	K-Dzieci	4			00:05:13	00:18:37	00:37:30.90	00:42:44.35	+00:07:44 (20.6%)	7:30	8 (79.2%)
147	PIATCZYC Wacław	233		M-Niepełnosprawni	3			00:03:19	00:18:20	00:37:35.40	00:40:55.00	+00:07:48 (20.8%)	7:31	8 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
148	WASILEWSKI Sławomir	331	PASJA NORDIC WALKING	M70+	3	1		00:04:32	00:18:28	00:37:38.90	00:42:11.05	+00:07:52 (20.9%)	7:31	8 (79.2%)
149	BARUCH Henryka	13	DĄBROWA NORDIC TEAM	K65-69	2			00:12:23	00:18:46	00:37:39.85	00:50:03.75	+00:07:53 (20.9%)	7:32	8 (79.2%)
150	JEŻAK Mateusz	98	AWF WARSZAWA	M18-29	11			00:00:55	00:19:20	00:37:40.30	00:38:36.00	+00:07:53 (21.0%)	7:32	8 (79.2%)
151	GOŁĘBIEWSKI Andrzej	70	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	13			00:03:16	00:18:38	00:37:41.50	00:40:58.30	+00:07:54 (21.0%)	7:32	8 (79.2%)
152	LIPIEC Dariusz	175	\BYLEDOBIEC	M70+	4			00:04:33	00:18:39	00:37:41.75	00:42:14.80	+00:07:55 (21.0%)	7:32	8 (79.2%)
153	KULICKA Dominika	157	KBBB / TKKF	K-Dzieci	5			00:05:13	00:18:15	00:37:47.10	00:43:00.90	+00:08:00 (21.2%)	7:33	7.9 (78.2%)
154	WYSOCKA Beata	364		K30-39	9			00:06:56	00:18:47	00:37:48.75	00:44:45.30	+00:08:02 (21.3%)	7:33	7.9 (78.2%)
155	NADOLSKA Halina	209	MOSIR RYPIN	K45-49	4			00:09:31	00:18:32	00:37:53.95	00:47:25.65	+00:08:07 (21.4%)	7:34	7.9 (78.2%)
156	SIEJAK Mariola	271		K40-44	9			00:08:14	00:18:49	00:37:56.05	00:46:10.90	+00:08:09 (21.5%)	7:35	7.9 (78.2%)
157	FILUSZ Alfred	54		M45-49	8			00:02:23	00:18:44	00:37:59.20	00:40:23.15	+00:08:12 (21.6%)	7:36	7.9 (78.2%)
158	KABACIŃSKI Maciej	102	FACE NORDIC WALKING TEAM	M45-49	9			00:02:24	00:18:44	00:38:05.70	00:40:29.75	+00:08:19 (21.8%)	7:37	7.9 (78.2%)
159	OSAK Beata	1026	KLUB CHIDŻĘ Z SERCEM	K40-44	10			00:08:14	00:19:00	00:38:06.05	00:46:20.70	+00:08:19 (21.8%)	7:37	7.9 (78.2%)
160	KIETRYS Grażyna	119	MARSZPOZDROWIE	K55-59	8			00:11:19	00:19:02	00:38:06.45	00:49:25.80	+00:08:19 (21.9%)	7:37	7.9 (78.2%)
161	DZIUBA Alina	50	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	5			00:09:34	00:19:07	00:38:10.25	00:47:44.85	+00:08:23 (22.0%)	7:38	7.9 (78.2%)
162	SOSNOWSKI Adrian	283	CHODZEZKIJAMI.PL	M-Niepełnosprawni	4			00:00:56	00:20:03	00:38:17.20	00:39:13.55	+00:08:30 (22.2%)	7:39	7.8 (77.2%)
163	MATYJA Anna	194		K45-49	6			00:09:34	00:18:57	00:38:21.40	00:47:56.15	+00:08:34 (22.4%)	7:40	7.8 (77.2%)
164	CZEKAŃSKI Krzysztof	29	UKS SIEDLESZCZANY NORDIC WALKING	M60-64	12			00:03:46	00:18:58	00:38:24.45	00:42:10.45	+00:08:37 (22.5%)	7:40	7.8 (77.2%)
165	SZCZĘSNY Józef	300	GMINNY OŚRODEK KULTURY I SPORTU ŁOWO-OSADA	M55-59	14			00:03:17	00:18:54	00:38:31.05	00:41:48.90	+00:08:44 (22.7%)	7:42	7.8 (77.2%)
166	THOMALLA Bogdan	317	SILESIA NORDIC TEAM	M70+	5			00:04:35	00:19:05	00:38:31.75	00:43:07.15	+00:08:45 (22.7%)	7:42	7.8 (77.2%)
167	KOLASA Maciej	397	EPOKA NORDICA ŁÓDŹ	M-Dzieci	7			00:00:03	00:19:33	00:38:32.50	00:38:35.70	+00:08:45 (22.7%)	7:42	7.8 (77.2%)
168	SOŁTYSIAK Sylwia	282	KBBB/TKKF	K30-39	10			00:06:57	00:19:09	00:38:32.55	00:45:29.90	+00:08:45 (22.7%)	7:42	7.8 (77.2%)
169	STARUCHOWICZ Kasia	288		K30-39	11			00:06:57	00:18:56	00:38:32.70	00:45:29.75	+00:08:46 (22.7%)	7:42	7.8 (77.2%)
170	GRZYWOCZ Irena	83	PROFIT SPORT TEAM	K65-69	3			00:12:25	00:19:01	00:38:33.95	00:50:59.70	+00:08:47 (22.8%)	7:42	7.8 (77.2%)
171	MAŁODOBRY Wioletta	185	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	11			00:08:22	00:19:20	00:38:34.55	00:46:56.85	+00:08:47 (22.8%)	7:42	7.8 (77.2%)
172	PIATCZYC Barbara	235		K50-54	6			00:10:25	00:19:03	00:38:37.30	00:49:02.50	+00:08:50 (22.9%)	7:43	7.8 (77.2%)
173	KUŁAKOWSKA Magdalena	1027	SANTANDER CONSUMER BANK	K40-44	12			00:08:22	00:19:26	00:38:38.75	00:47:00.85	+00:08:52 (22.9%)	7:43	7.8 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
174	FIGURSKA Dominika	53		K18-29	5			00:06:12	00:19:12	00:38:38.80	00:44:51.00	+00:08:52 (23.0%)	7:43	7.8 (77.2%)
175	TOCZYŃSKA Natalia	318	CHODZĘ Z SERCEM	K18-29	6			00:06:14	00:19:23	00:38:39.65	00:44:54.30	+00:08:53 (23.0%)	7:44	7.8 (77.2%)
176	KORZENIOWSKA Aldona	135	CHODZĘ Z SERCEM	K45-49	7			00:09:39	00:19:17	00:38:41.15	00:48:20.50	+00:08:54 (23.0%)	7:44	7.8 (77.2%)
177	CYBUL Ewa	26	CHODZĘ Z SERCEM	K55-59	9			00:11:19	00:19:10	00:38:42.00	00:50:01.50	+00:08:55 (23.1%)	7:44	7.8 (77.2%)
178	KULIG Bożena	158	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	5			00:11:58	00:19:20	00:38:43.70	00:50:42.60	+00:08:57 (23.1%)	7:44	7.7 (76.2%)
179	SZYMCZYK Magdalena	398	FACE NORDIC WALKING TEAM	K30-39	12			00:06:57	00:19:12	00:38:43.90	00:45:41.85	+00:08:57 (23.1%)	7:44	7.7 (76.2%)
180	KUBICKA Danuta	149	KS POLKOWICE	K65-69	4			00:12:23	00:19:09	00:38:46.35	00:51:09.35	+00:08:59 (23.2%)	7:45	7.7 (76.2%)
181	MICHALAK Elżbieta	196	CHODZĘ Z SERCEM	K50-54	7			00:10:27	00:19:18	00:38:47.10	00:49:14.20	+00:09:00 (23.2%)	7:45	7.7 (76.2%)
182	OLESIEJUK Anna	218	CHODZĘ Z SERCEM	K50-54	8			00:10:24	00:19:29	00:38:48.30	00:49:13.20	+00:09:01 (23.3%)	7:45	7.7 (76.2%)
183	SZNITER Renata	1012	NW CIECHANÓW	K40-44	13			00:08:13	00:19:41	00:38:54.00	00:47:07.45	+00:09:07 (23.5%)	7:46	7.7 (76.2%)
184	SPYCHAŁA - KARAPULKA Arleta	1006	MARSZ PO ZDROWIE	K40-44	14			00:08:16	00:19:30	00:38:56.75	00:47:13.05	+00:09:10 (23.5%)	7:47	7.7 (76.2%)
185	KRAWCZYKOWSKA Barbara	143	LKS ZANTYR SZTUM	K60-64	6			00:11:59	00:19:23	00:38:58.70	00:50:57.75	+00:09:12 (23.6%)	7:47	7.7 (76.2%)
186	MUCHA Dorota	207	KONSTANCIN JEZIORNA	K30-39	13			00:07:01	00:19:23	00:38:58.90	00:46:00.80	+00:09:12 (23.6%)	7:47	7.7 (76.2%)
187	KUMPIŃ Izabela	162		K40-44	15			00:08:16	00:19:11	00:39:01.65	00:47:17.95	+00:09:15 (23.7%)	7:48	7.7 (76.2%)
188	GARBARCZYK Maksymilian	63	AKTYWNI Z PASJĄ ŁUKÓW	M-Jun.	9			00:00:33	00:19:37	00:39:04.30	00:39:37.90	+00:09:17 (23.8%)	7:48	7.7 (76.2%)
189	WROŃSKA Agnieszka	357	AWF WARSZAWA	K18-29	7			00:06:13	00:19:19	00:39:06.05	00:45:19.80	+00:09:19 (23.8%)	7:49	7.7 (76.2%)
190	CHOJNACKA Ewa	23	NW CIECHANÓW	K65-69	5			00:12:24	00:19:27	00:39:10.70	00:51:35.10	+00:09:24 (24.0%)	7:50	7.7 (76.2%)
191	SUDOŁ Irena	295	WŁÓCZYKIJE SKOCZÓW	K50-54	9			00:10:23	00:19:27	00:39:12.65	00:49:36.50	+00:09:26 (24.1%)	7:50	7.6 (75.2%)
192	WROŃSKI Artur	359	PASJA NW	M30-39	9			00:01:28	00:19:11	00:39:13.80	00:40:42.00	+00:09:27 (24.1%)	7:50	7.6 (75.2%)
193	PAKMUR Anna	227		K50-54	10			00:10:22	00:19:40	00:39:18.30	00:49:40.60	+00:09:31 (24.2%)	7:51	7.6 (75.2%)
194	SZMAJDOWICZ Anita	304	GOSIR	K30-39	14			00:07:01	00:19:26	00:39:19.70	00:46:21.10	+00:09:33 (24.3%)	7:52	7.6 (75.2%)
195	DENCIKOWSKI Mikołaj	40	TKKF	M-Dzieci	8			00:00:03	00:18:39	00:39:21.00	00:39:24.80	+00:09:34 (24.3%)	7:52	7.6 (75.2%)
196	KULIK Adam	159	NIEZRZESZONY	M55-59	15			00:03:17	00:19:21	00:39:25.45	00:42:42.85	+00:09:38 (24.5%)	7:53	7.6 (75.2%)
197	MALINOWSKI Kacper	184	NW CIECHANÓW	M-Jun.	10			00:00:31	00:18:55	00:39:28.35	00:40:00.25	+00:09:41 (24.6%)	7:53	7.6 (75.2%)
198	SROKA Honorata	1028	WESOŁY BORSUK TEAM	K18-29	8			00:06:12	00:19:18	00:39:30.25	00:45:42.25	+00:09:43 (24.6%)	7:54	7.6 (75.2%)
199	KOZŁOWSKA Alicja	141		K45-49	8			00:09:31	00:19:44	00:39:34.50	00:49:05.70	+00:09:47 (24.8%)	7:54	7.6 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	GRZYWOCZ Bernard	84		M65-69	14			00:04:32	00:19:27	00:39:35.20	00:44:07.20	+00:09:48 (24.8%)	7:55	7.6 (75.2%)
201	PYTLAK Urszula	250	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	11			00:09:35	00:19:39	00:39:35.30	00:49:10.80	+00:09:48 (24.8%)	7:55	7.6 (75.2%)
202	KULEZA - BRUNKA Dorota	155	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K50-54	12			00:10:23	00:19:55	00:39:48.60	00:50:11.70	+00:10:02 (25.2%)	7:57	7.5 (74.3%)
203	ANCZARSKA Beata	1	AVOCADO WELLNESS CLUB	K45-49	9			00:09:30	00:19:45	00:39:50.40	00:49:21.30	+00:10:03 (25.3%)	7:58	7.5 (74.3%)
204	WALAWKO Mirosław	1021	AKTYWNY WARSZAWIAK	M65-69	15			00:04:12	00:19:43	00:39:53.55	00:44:05.70	+00:10:06 (25.4%)	7:58	7.5 (74.3%)
205	FOLWARSKA Małgorzata	55	FACE NORDIC WALKING TEAM	K55-59	10			00:11:20	00:20:07	00:40:03.95	00:51:24.65	+00:10:17 (25.7%)	8:00	7.5 (74.3%)
206	KŁOPOTOWSKI Ryszard	125	LKS ZANTYR	M50-54	7			00:02:49	00:19:36	00:40:07.45	00:42:56.90	+00:10:20 (25.8%)	8:01	7.5 (74.3%)
207	PAWŁOWICZ Alina Ewa	230		K55-59	11			00:11:21	00:19:56	00:40:08.90	00:51:30.45	+00:10:22 (25.8%)	8:01	7.5 (74.3%)
208	OBREBSKA Wioletta	216	CHODZĘ Z SERCEM	K40-44	16			00:08:17	00:19:35	00:40:09.95	00:48:27.65	+00:10:23 (25.9%)	8:02	7.5 (74.3%)
209	NOWALIŃSKI Piotrek	214	FACE NORDIC WALKING TEAM	M- Niepełnosprawni	5			00:02:24	00:19:43	00:40:12.85	00:42:37.35	+00:10:26 (26.0%)	8:02	7.5 (74.3%)
210	LEŚ Anna	174	AWF WARSZAWA	K30-39	15			00:06:59	00:19:58	00:40:15.25	00:47:14.50	+00:10:28 (26.0%)	8:03	7.5 (74.3%)
211	GULBICKA Teresa	85	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K55-59	12			00:11:22	00:20:02	00:40:16.00	00:51:38.20	+00:10:29 (26.1%)	8:03	7.5 (74.3%)
212	KARCZMARSKI Krzysztof	111		M55-59	16			00:03:18	00:20:23	00:40:17.95	00:43:36.25	+00:10:31 (26.1%)	8:03	7.4 (73.3%)
213	KACPRZAK Mateusz	106	AKTYWNI Z PASJĄ ŁUKÓW	M-Jun.	11			00:00:33	00:20:08	00:40:19.15	00:40:53.00	+00:10:32 (26.1%)	8:04	7.4 (73.3%)
214	CHRAPEK Daria	24	KS RUDZICA	K-Jun.	10			00:05:42	00:19:46	00:40:22.30	00:46:04.80	+00:10:35 (26.2%)	8:04	7.4 (73.3%)
215	SZAŁAJ Anna	298	KS METRACO POLKOWICE	K- Niepełnosprawni	3			00:11:59	00:19:47	00:40:22.45	00:52:22.30	+00:10:35 (26.2%)	8:04	7.4 (73.3%)
216	KWAŚNA Małgorzata	166	CHODZĘ Z SERCEM	K45-49	10			00:09:38	00:19:58	00:40:23.70	00:50:02.10	+00:10:37 (26.3%)	8:04	7.4 (73.3%)
217	MARCZYK Jerzy Paweł	191	FACE NORDIC WALKING TEAM	M55-59	17			00:03:20	00:20:01	00:40:24.70	00:43:45.00	+00:10:38 (26.3%)	8:05	7.4 (73.3%)
218	ŻEBROWSKA Katarzyna	380	AVOCADO WELLNESS CLUB	K45-49	11			00:09:32	00:20:19	00:40:25.85	00:49:58.45	+00:10:39 (26.4%)	8:05	7.4 (73.3%)
219	KOLIS Beata	130	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	12			00:09:31	00:20:36	00:40:29.25	00:50:00.85	+00:10:42 (26.5%)	8:05	7.4 (73.3%)
220	APPEL Jerzy	1011	GOSIR OSIELSKO	M70+	6			00:04:33	00:19:55	00:40:30.40	00:45:03.45	+00:10:43 (26.5%)	8:06	7.4 (73.3%)
221	STARZYŃSKA Ewa	289	KS METRACO POLKOWICE	K60-64	7			00:12:00	00:20:13	00:40:30.75	00:52:31.35	+00:10:44 (26.5%)	8:06	7.4 (73.3%)
222	WIŚNIEWSKI Janusz	345	WTW.WŁOCŁAWEK	M40-44	7			00:01:51	00:19:43	00:40:34.40	00:42:25.45	+00:10:47 (26.6%)	8:06	7.4 (73.3%)
223	STRACH Jan	293	WŁÓCZYKIJE SKOCZÓW	M- Niepełnosprawni	6			00:03:46	00:20:25	00:40:39.85	00:44:26.75	+00:10:53 (26.8%)	8:08	7.4 (73.3%)
224	WIESZOŁEK Ewelina	338		K30-39	16			00:06:56	00:20:33	00:40:39.95	00:47:36.65	+00:10:53 (26.8%)	8:08	7.4 (73.3%)
225	LADA Krystyna	169	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	K60-64	8			00:12:00	00:20:07	00:40:40.90	00:52:41.35	+00:10:54 (26.8%)	8:08	7.4 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
226	RYBAK Wojciech	267		M45-49	10			00:02:25	00:20:29	00:40:42.00	00:43:07.60	+00:10:55 (26.8%)	8:08	7.4 (73.3%)
227	WITEK Lech	347	MARSZ PO ZDROWIE	M70+	7			00:04:33	00:20:17	00:40:43.80	00:45:17.60	+00:10:57 (26.9%)	8:08	7.4 (73.3%)
228	MAZUR Barbara	195	CHODZĘ Z SERCEM	K60-64	9			00:11:58	00:20:00	00:40:45.10	00:52:44.00	+00:10:58 (26.9%)	8:09	7.4 (73.3%)
229	ZAKRZEWSKA Henryka	366	NORDIC TEAM GNIEZNO	K70+	1			00:12:43	00:20:22	00:40:45.40	00:53:29.20	+00:10:58 (26.9%)	8:09	7.4 (73.3%)
230	BOGDAN Grażyna	16	NW CIECHANÓW	K60-64	10			00:11:58	00:19:56	00:40:46.50	00:52:44.50	+00:10:59 (27.0%)	8:09	7.4 (73.3%)
231	ŚWIĆ Joanna	312	CHODZĘ Z SERCEM	K40-44	17			00:08:15	00:20:26	00:40:47.65	00:49:03.10	+00:11:01 (27.0%)	8:09	7.4 (73.3%)
232	KOSMALA Katarzyna	137		K40-44	18			00:08:13	00:20:10	00:40:52.00	00:49:05.55	+00:11:05 (27.1%)	8:10	7.3 (72.3%)
233	WINCZEWSKA Anna	341	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	13			00:10:22	00:20:19	00:40:53.00	00:51:15.80	+00:11:06 (27.2%)	8:10	7.3 (72.3%)
234	KOCHANIAK Maria	127	FOREVER YOUNG ŁÓDŹ	K60-64	11			00:12:06	00:20:23	00:40:55.65	00:53:02.45	+00:11:09 (27.2%)	8:11	7.3 (72.3%)
235	TARCZYŃSKI Bogdan	315	AKTYWNI Z PASJĄ ŁUKÓW	M65-69	16			00:04:13	00:20:17	00:41:00.00	00:45:13.55	+00:11:13 (27.4%)	8:12	7.3 (72.3%)
236	LUBERA Teresa	177	KOLBUSZOWSKI KLUB NORDIC WALKING	K- Niepełnosprawni	4			00:09:41	00:19:56	00:41:06.45	00:50:47.80	+00:11:19 (27.6%)	8:13	7.3 (72.3%)
237	TROJAK Krystyna	323	MOSIR	K55-59	13			00:11:21	00:20:31	00:41:07.40	00:52:28.90	+00:11:20 (27.6%)	8:13	7.3 (72.3%)
238	DYLEWSKI Andrzej	48	DABROWA NORDIC TEAM	M60-64	13			00:03:46	00:20:15	00:41:07.50	00:44:53.85	+00:11:20 (27.6%)	8:13	7.3 (72.3%)
239	DULIŃSKA Urszula	388	FACE NORDIC WALKING TEAM	K30-39	17			00:06:57	00:20:27	00:41:09.80	00:48:06.90	+00:11:23 (27.7%)	8:13	7.3 (72.3%)
240	ZARACH Aleksandra	371	DZIARSKIE TEAM	K30-39	18			00:07:02	00:20:28	00:41:11.25	00:48:14.10	+00:11:24 (27.7%)	8:14	7.3 (72.3%)
240	ŻYWICKA Irena	383	BŁĘKITNI DZIEMIANY	K55-59	14			00:11:24	00:20:38	00:41:11.25	00:52:35.45	+00:11:24 (27.7%)	8:14	7.3 (72.3%)
242	NOWAK Bartłomiej	213	SAILING TEAM FERAJNA	M40-44	8			00:01:50	00:20:30	00:41:12.30	00:43:02.85	+00:11:25 (27.7%)	8:14	7.3 (72.3%)
243	WIĘCKOWSKA Dorota	339	CHODZĘ Z SERCEM	K45-49	13			00:09:39	00:20:43	00:41:13.20	00:50:52.85	+00:11:26 (27.8%)	8:14	7.3 (72.3%)
244	SZEWczyk Julia	302	FACE NORDIC WALKING TEAM	K-Jun.	11			00:05:40	00:20:16	00:41:14.45	00:46:55.20	+00:11:27 (27.8%)	8:15	7.3 (72.3%)
245	PROKOP Beata	1018		K50-54	14			00:10:23	00:20:49	00:41:15.15	00:51:38.90	+00:11:28 (27.8%)	8:15	7.3 (72.3%)
246	BANASZAK Agata	7	GREEN TEAM ZIELONA GÓRA	K18-29	9			00:06:13	00:20:49	00:41:15.30	00:47:28.40	+00:11:28 (27.8%)	8:15	7.3 (72.3%)
247	SZNAJDER Teresa	306	UNIA MIAST	K60-64	12			00:12:02	00:20:35	00:41:20.45	00:53:23.30	+00:11:33 (28.0%)	8:16	7.3 (72.3%)
248	WAROWNA Dorota	329		K45-49	14			00:09:39	00:20:45	00:41:22.15	00:51:02.10	+00:11:35 (28.0%)	8:16	7.2 (71.3%)
249	CZAKIERT Olga	27	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	10			00:06:14	00:20:34	00:41:22.75	00:47:37.40	+00:11:36 (28.0%)	8:16	7.2 (71.3%)
250	OLEŚ Elżbieta	219	NW WERWA MŁAWA	K65-69	6			00:12:26	00:20:37	00:41:27.70	00:53:54.00	+00:11:41 (28.2%)	8:17	7.2 (71.3%)
251	MROWIEC Maria	205	UNIA MIAST	K70+	2			00:12:46	00:20:54	00:41:40.80	00:54:26.80	+00:11:54 (28.6%)	8:20	7.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
252	ŻENDARSKA Iwona	381	GMINA SKRWILNO	K40-44	19			00:08:17	00:21:11	00:41:48.20	00:50:05.60	+00:12:01 (28.8%)	8:21	7.2 (71.3%)
253	MILEWSKA Wiesława	202	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	15			00:09:33	00:21:06	00:41:48.35	00:51:22.30	+00:12:01 (28.8%)	8:21	7.2 (71.3%)
254	RÓŻYCKA Beata	265	CHODZĘ Z SERCEM	K45-49	16			00:09:37	00:20:46	00:41:50.40	00:51:28.35	+00:12:03 (28.8%)	8:22	7.2 (71.3%)
255	WORACH Izabela	351	AVOCADO WELLNESS CLUB	K45-49	17			00:09:35	00:20:53	00:42:00.80	00:51:36.55	+00:12:14 (29.1%)	8:24	7.1 (70.3%)
256	ZIELIŃSKA Elżbieta	376	CHODZĘ Z SERCEM	K50-54	15			00:10:27	00:21:03	00:42:02.35	00:52:29.45	+00:12:15 (29.2%)	8:24	7.1 (70.3%)
257	TROJAK Andrzej	322	MOSIR RYPIN	M60-64	14			00:03:48	00:20:38	00:42:04.55	00:45:52.75	+00:12:17 (29.2%)	8:24	7.1 (70.3%)
258	ANDRYSZCZYK Renata	2	CHODZĘ Z SERCEM	K40-44	20			00:08:17	00:20:49	00:42:07.05	00:50:24.85	+00:12:20 (29.3%)	8:25	7.1 (70.3%)
259	KSIĄŻEK Danuta	148	CHODZĘ Z SERCEM	K55-59	15			00:11:20	00:20:34	00:42:08.70	00:53:29.05	+00:12:22 (29.3%)	8:25	7.1 (70.3%)
260	WIŚNIEWSKA Iwona	344	WTW.WŁOCŁAWEK	K30-39	19			00:06:59	00:20:49	00:42:15.45	00:49:14.60	+00:12:28 (29.5%)	8:27	7.1 (70.3%)
261	PŁAWIŃSKA Ania	229	AVOCADO WELLNESS CLUB	K40-44	21			00:08:17	00:21:07	00:42:15.60	00:50:32.70	+00:12:29 (29.5%)	8:27	7.1 (70.3%)
262	KARCZEWSKI Krzysztof	110	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	10			00:01:28	00:20:46	00:42:15.75	00:43:44.60	+00:12:29 (29.5%)	8:27	7.1 (70.3%)
263	GRABOWSKA Agnieszka	73	MOSIR	K- Niepełnosprawni	5			00:12:08	00:21:03	00:42:16.05	00:54:24.10	+00:12:29 (29.6%)	8:27	7.1 (70.3%)
264	NOWAK Jerzy	212	NIEZRZESZONY	M65-69	17			00:04:14	00:21:11	00:42:18.55	00:46:32.70	+00:12:31 (29.6%)	8:27	7.1 (70.3%)
265	MARCINIUK Katarzyna	188	CHODZĘ Z SERCEM	K40-44	22			00:08:21	00:21:05	00:42:19.10	00:50:40.30	+00:12:32 (29.6%)	8:27	7.1 (70.3%)
266	NOWROTEK Urszula	531	WESOŁY BORSUK TEAM	K50-54	16			00:10:21	00:20:59	00:42:27.05	00:52:48.40	+00:12:40 (29.9%)	8:29	7.1 (70.3%)
267	TRĘTOWICZ Beata	320	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-44	23			00:08:18	00:20:57	00:42:29.45	00:50:47.95	+00:12:42 (29.9%)	8:29	7.1 (70.3%)
268	OGONOWSKA Edyta	217	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	17			00:10:22	00:21:07	00:42:36.45	00:52:58.90	+00:12:49 (30.1%)	8:31	7 (69.3%)
269	PACYNA Helena	226	KS METRACO POLKOWICE	K65-69	7			00:12:23	00:21:11	00:42:37.05	00:55:00.25	+00:12:50 (30.1%)	8:31	7 (69.3%)
270	ZIĘBA Julia	377	UNIA MIAST	K70+	3			00:12:45	00:20:59	00:42:41.60	00:55:27.10	+00:12:55 (30.3%)	8:32	7 (69.3%)
271	SZYMAŃSKA Elżbieta	1013	NW CIECHANÓW	K55-59	16			00:11:20	00:21:25	00:42:46.25	00:54:06.45	+00:12:59 (30.4%)	8:33	7 (69.3%)
272	ANDRZEJEWSKA Bogusława	3		K55-59	17			00:11:21	00:21:25	00:42:48.20	00:54:09.40	+00:13:01 (30.4%)	8:33	7 (69.3%)
273	DYBOWSKA Henryka	47	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	18			00:11:22	00:21:41	00:42:48.35	00:54:10.70	+00:13:01 (30.4%)	8:33	7 (69.3%)
274	OZIĘBŁOWSKI Mieszko	225		M45-49	11			00:02:25	00:20:48	00:42:49.15	00:45:14.55	+00:13:02 (30.5%)	8:33	7 (69.3%)
275	KASZLUGA Katarzyna	114	NIEZRZESZONY	K18-29	11			00:06:12	00:21:23	00:42:50.95	00:49:03.80	+00:13:04 (30.5%)	8:34	7 (69.3%)
276	POSADAS Monika	244	AVOCADO WELLNESS CLUB	K45-49	18			00:08:19	00:21:29	00:42:52.00	00:51:11.55	+00:13:05 (30.5%)	8:34	7 (69.3%)
277	KRYZEL Dorota	145	BŁĘKITNI DZIEMIANY	K50-54	18			00:10:23	00:21:26	00:42:53.15	00:53:16.90	+00:13:06 (30.6%)	8:34	7 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
278	MOCZARSKI Adam	203	FACE NORDIC WALKING TEAM	M70+	8			00:04:35	00:21:24	00:42:57.95	00:47:33.25	+00:13:11 (30.7%)	8:35	7 (69.3%)
279	PSZKIT Teresa	248	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	13			00:12:04	00:21:18	00:43:00.35	00:55:05.20	+00:13:13 (30.8%)	8:36	7 (69.3%)
280	JAKUBOWSKA Danuta	92	PTTK	K- Niepełnosprawni	6			00:11:23	00:21:44	00:43:01.30	00:54:24.65	+00:13:14 (30.8%)	8:36	7 (69.3%)
281	POPEK Małgorzata	242	CHODZĘ Z SERCEM	K55-59	19			00:11:19	00:21:04	00:43:01.90	00:54:21.60	+00:13:15 (30.8%)	8:36	7 (69.3%)
282	KIERGIELEWICZ Teodora	117	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	14			00:12:05	00:21:28	00:43:01.95	00:55:07.80	+00:13:15 (30.8%)	8:36	7 (69.3%)
283	SZCZEPANIAK Joanna	299		K45-49	19			00:09:40	00:21:41	00:43:09.00	00:52:49.30	+00:13:22 (31.0%)	8:37	7 (69.3%)
284	RADOMSKA Lidia	253	AVOCADO WELLNESS CLUB	K60-64	15			00:11:59	00:21:19	00:43:11.10	00:55:10.95	+00:13:24 (31.0%)	8:38	6.9 (68.3%)
285	CHOCHOROWSKA Irena	22		K65-69	8			00:12:25	00:21:33	00:43:12.05	00:55:37.25	+00:13:25 (31.1%)	8:38	6.9 (68.3%)
286	SANKOWSK Paweł	268	AVOCADO WELLNESS CLUB	M50-54	8			00:02:50	00:20:35	00:43:19.05	00:46:10.00	+00:13:32 (31.3%)	8:40	6.9 (68.3%)
286	OLĘDZKA Beata	221	GOSIR KONSTANCIN	K45-49	20			00:09:38	00:21:40	00:43:19.05	00:52:57.25	+00:13:32 (31.3%)	8:39	6.9 (68.3%)
288	DZIECIUCH Gustaw	49		M70+	9			00:04:32	00:21:35	00:43:20.30	00:47:53.20	+00:13:33 (31.3%)	8:40	6.9 (68.3%)
289	KOSECKA Małgorzata	136		K60-64	16			00:12:04	00:21:45	00:43:24.40	00:55:29.00	+00:13:37 (31.4%)	8:41	6.9 (68.3%)
290	RACHWAŁ-PRZYBYSZ Dorota	251	AVOCADO WELLNESS CLUB	K40-44	24			00:08:19	00:21:33	00:43:25.45	00:51:44.55	+00:13:38 (31.4%)	8:41	6.9 (68.3%)
291	MACHAJEK Krzysztof	181	KS METRACO POLKOWICE	M- Niepełnosprawni	7			00:03:47	00:21:30	00:43:28.05	00:47:15.65	+00:13:41 (31.5%)	8:41	6.9 (68.3%)
292	ŚLUSARCZYK Karolina	311	WESOŁY BORSUK TEAM	K-Dzieci	6			00:05:14	00:21:21	00:43:31.90	00:48:46.10	+00:13:45 (31.6%)	8:42	6.9 (68.3%)
293	KULA Monika	153	CHODZĘ Z SERCEM	K40-44	25			00:08:19	00:22:04	00:43:32.95	00:51:52.80	+00:13:46 (31.6%)	8:42	6.9 (68.3%)
294	GRUNT-MIKSTACKA Agnieszka	389		K40-44	26			00:06:59	00:21:38	00:43:34.15	00:50:33.90	+00:13:47 (31.7%)	8:42	6.9 (68.3%)
295	GORNIAK Bartek	71		M40-44	9			00:01:49	00:21:02	00:43:34.30	00:45:23.50	+00:13:47 (31.7%)	8:42	6.9 (68.3%)
296	TUSIŃSKA Katarzyna	325	PODKOWIAŃSKIE TOWARZYSTWO BIEGOWE	K45-49	21			00:09:36	00:21:48	00:43:39.10	00:53:15.90	+00:13:52 (31.8%)	8:43	6.9 (68.3%)
297	GAJEWSKA Anna	57		K55-59	20			00:11:25	00:21:37	00:43:39.75	00:55:05.05	+00:13:53 (31.8%)	8:44	6.9 (68.3%)
298	PRUSZKIEWICZ Kinga	246	RUCH PO ZDROWIE WŁOCŁAWEK	K-Jun.	12			00:05:41	00:22:26	00:43:41.05	00:49:22.05	+00:13:54 (31.8%)	8:44	6.9 (68.3%)
299	SZULC-DRABCZYK Urszula	309	KS METRACO POLKOWICE	K- Niepełnosprawni	7			00:11:59	00:21:38	00:43:45.20	00:55:45.05	+00:13:58 (31.9%)	8:45	6.9 (68.3%)
300	KLUCZEK Bożena	124		K45-49	22			00:09:36	00:22:05	00:43:45.55	00:53:22.10	+00:13:58 (32.0%)	8:45	6.9 (68.3%)
301	JAKUBIK Marta	91	SANTANDER CONSUMER BANK	K30-39	20	1		00:07:03	00:22:37	00:43:45.65	00:50:49.30	+00:13:59 (32.0%)	8:45	6.9 (68.3%)
302	WIADERSKA Grażyna	334		K65-69	9			00:12:23	00:21:45	00:43:47.40	00:56:11.20	+00:14:00 (32.0%)	8:45	6.8 (67.3%)
303	KOLBUSZ Janina	129	KS.METRACOPOLPOWICE	K65-69	10			00:12:23	00:21:52	00:43:47.85	00:56:10.95	+00:14:01 (32.0%)	8:45	6.9 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
304	BARTOSIK Krystyna	12		K55-59	21			00:11:23	00:21:48	00:43:48.95	00:55:12.80	+00:14:02 (32.0%)	8:45	6.8 (67.3%)
305	GRUSZKA Barbara	76	LKS ZANTYR	K65-69	11			00:12:26	00:21:56	00:43:52.60	00:56:19.05	+00:14:06 (32.1%)	8:46	6.8 (67.3%)
306	MIELEWCZYK Ola	201		K55-59	22			00:11:18	00:21:23	00:43:53.05	00:55:11.80	+00:14:06 (32.1%)	8:46	6.8 (67.3%)
307	MARONDEL Jan	1004		M60-64	15			00:03:48	00:21:45	00:43:55.70	00:47:44.45	+00:14:09 (32.2%)	8:47	6.8 (67.3%)
308	JUSZKIEWICZ Elżbieta	1014	NW CIECHANÓW	K55-59	23			00:11:21	00:21:43	00:43:59.75	00:55:21.00	+00:14:13 (32.3%)	8:48	6.8 (67.3%)
309	MALEŃCZYK Barbara	182		K60-64	17			00:12:01	00:21:47	00:44:05.15	00:56:06.15	+00:14:18 (32.5%)	8:49	6.8 (67.3%)
310	BARTOSIAK Elżbieta	8		K45-49	23			00:09:39	00:21:53	00:44:07.55	00:53:46.65	+00:14:20 (32.5%)	8:49	6.8 (67.3%)
311	RUSTECKA Bożenna	266		K65-69	12			00:12:30	00:22:24	00:44:08.10	00:56:38.30	+00:14:21 (32.5%)	8:49	6.8 (67.3%)
312	MALINOWSKA Grażyna	183	LKS ZANTYR	K65-69	13			00:12:26	00:21:57	00:44:11.35	00:56:38.10	+00:14:24 (32.6%)	8:50	6.8 (67.3%)
313	JARZĄBEK Grażyna	95	AVOCADO WELLNESS	K60-64	18			00:12:05	00:22:16	00:44:12.85	00:56:18.15	+00:14:26 (32.7%)	8:50	6.8 (67.3%)
314	WRZESIŃSKA Elżbieta	361		K40-44	27			00:08:17	00:21:43	00:44:19.45	00:52:37.35	+00:14:32 (32.8%)	8:52	6.8 (67.3%)
315	LESZCZYŃSKA Kazimiera	390	GOSIR OSIELSKO	K55-59	24			00:11:25	00:21:28	00:44:22.80	00:55:47.80	+00:14:36 (32.9%)	8:52	6.8 (67.3%)
316	WILCZYŃSKA Barbara	340	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	19			00:12:07	00:22:06	00:44:48.60	00:56:56.20	+00:15:02 (33.5%)	8:57	6.7 (66.3%)
317	WRZOSIŃSKA Marzanna	362	GMINA SKRWILNO	K50-54	19			00:10:25	00:22:11	00:44:50.00	00:55:15.60	+00:15:03 (33.6%)	8:58	6.7 (66.3%)
318	TYLUTKI Andrzej	326	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M45-49	12			00:02:25	00:22:45	00:44:50.80	00:47:15.80	+00:15:04 (33.6%)	8:58	6.7 (66.3%)
319	BERGIEL Agnieszka	14	CHODZĘ Z SERCEM	K30-39	21			00:07:00	00:22:14	00:44:56.35	00:51:56.75	+00:15:09 (33.7%)	8:59	6.7 (66.3%)
320	HAYDER Ewa	89	AVOCADO WELLNESS CLUB	K60-64	20			00:12:01	00:22:25	00:44:57.80	00:56:58.80	+00:15:11 (33.8%)	8:59	6.7 (66.3%)
321	FAŁKOWSKA Maria	51	MOSIR	K70+	4			00:12:44	00:22:33	00:45:03.65	00:57:47.95	+00:15:17 (33.9%)	9:00	6.7 (66.3%)
322	TARNAS Krystyna	316	AVOCADO WELLNESS CLUB	K60-64	21			00:12:04	00:22:28	00:45:12.30	00:57:17.15	+00:15:25 (34.1%)	9:02	6.6 (65.3%)
323	ZAJĄCZKOWSKA Jadwiga	391	KS POLKOWICE	K40-44	28			00:08:18	00:22:39	00:45:12.45	00:53:31.20	+00:15:25 (34.1%)	9:02	6.6 (65.3%)
324	GUSZKOWSKA Maria	86		K50-54	20			00:10:26	00:22:39	00:45:17.05	00:55:43.30	+00:15:30 (34.2%)	9:03	6.6 (65.3%)
325	MICHAŁOWSKA-RYBAK Marzena	198		K45-49	24			00:09:37	00:22:35	00:45:25.15	00:55:02.70	+00:15:38 (34.4%)	9:05	6.6 (65.3%)
326	OZIĘBŁOWSKA Ewa	224		K45-49	25			00:09:36	00:22:28	00:45:25.85	00:55:02.55	+00:15:39 (34.5%)	9:05	6.6 (65.3%)
327	SZCZUBIAL Krystyna	301	DĄBROWA NORDIC TEAM	K70+	5			00:12:44	00:22:32	00:45:33.30	00:58:18.10	+00:15:46 (34.6%)	9:06	6.6 (65.3%)
328	KRASUCKA Urszula	142	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	14			00:12:26	00:22:29	00:45:34.85	00:58:01.10	+00:15:48 (34.7%)	9:07	6.6 (65.3%)
329	ŁOMIŃSKA Elżbieta	179		K60-64	22			00:12:01	00:22:44	00:45:36.55	00:57:38.45	+00:15:49 (34.7%)	9:07	6.6 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
330	KWIATKOWSKA Izabela	168	RUCH PO ZDROWIE WŁOCŁAWEK	K30-39	22			00:06:58	00:22:36	00:45:42.35	00:52:40.75	+00:15:55 (34.9%)	9:08	6.6 (65.3%)
331	PIÓRO Jadwiga	240		K65-69	15			00:12:28	00:23:09	00:45:45.30	00:58:13.40	+00:15:58 (34.9%)	9:09	6.6 (65.3%)
332	WÓJCIK Magdalena	356	AVOCADO WELLNESS CLUB	K50-54	21			00:10:26	00:22:51	00:45:50.00	00:56:16.10	+00:16:03 (35.0%)	9:10	6.5 (64.4%)
333	SKALSKA Beata	277		K55-59	25			00:10:25	00:22:36	00:45:51.80	00:56:17.20	+00:16:05 (35.1%)	9:10	6.5 (64.4%)
334	WOJCIECHOWSKI Zbigniew	348		M50-54	9			00:02:50	00:22:23	00:45:52.60	00:48:42.75	+00:16:06 (35.1%)	9:10	6.5 (64.4%)
335	GRZEGORZEWSKA Aneta	81	CHODZĘ Z SERCEM	K30-39	23			00:07:00	00:22:49	00:45:53.70	00:52:54.00	+00:16:07 (35.1%)	9:10	6.5 (64.4%)
336	ZARACH Karolina	372	DZIARSKIE TEAM	K30-39	24			00:07:00	00:22:39	00:46:01.90	00:53:02.35	+00:16:15 (35.3%)	9:12	6.5 (64.4%)
337	ZALESKA-ROLEWICZ Iwona	367		K30-39	25			00:07:02	00:22:43	00:46:08.45	00:53:11.15	+00:16:21 (35.5%)	9:13	6.5 (64.4%)
338	SIWKA Jolanta	276		K55-59	26			00:10:26	00:23:19	00:46:08.85	00:56:34.95	+00:16:22 (35.5%)	9:13	6.5 (64.4%)
339	KACPRZAK Henryk	104	NIESTOWARZYSZONY	M- Niepełnosprawni	8			00:04:23	00:22:29	00:46:28.00	00:50:51.00	+00:16:41 (35.9%)	9:17	6.5 (64.4%)
340	KRZYŚCIN Rafał	147	SANTANDER CONSUMER BANK	M45-49	13			00:01:47	00:22:53	00:46:29.70	00:48:16.95	+00:16:43 (36.0%)	9:17	6.5 (64.4%)
341	KOCZUR Dorota	128	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	23			00:12:03	00:23:29	00:46:41.00	00:58:44.80	+00:16:54 (36.2%)	9:20	6.4 (63.4%)
342	DEMBIŃSKA Mirka	1019		K55-59	27			00:11:22	00:23:25	00:46:47.60	00:58:09.65	+00:17:01 (36.4%)	9:21	6.4 (63.4%)
343	PYRKA Agata	249	AVOCADO WELLNESS CLUB	K40-44	29			00:08:20	00:23:46	00:47:18.40	00:55:39.30	+00:17:31 (37.1%)	9:27	6.3 (62.4%)
344	KOMISARCZYK Dorota	133	AVOCADO WELLNESS CLUB	K40-44	30			00:08:20	00:23:45	00:47:19.60	00:55:40.25	+00:17:33 (37.1%)	9:28	6.3 (62.4%)
345	KĘDZIERSKA Edyta	116		K40-44	31			00:08:23	00:24:37	00:47:24.20	00:55:47.40	+00:17:37 (37.2%)	9:28	6.3 (62.4%)
346	BARTOSIEWICZ Grażyna	11	FACE NORDIC WALKING TEAM	K60-64	24			00:12:01	00:23:30	00:47:25.60	00:59:27.30	+00:17:39 (37.2%)	9:29	6.3 (62.4%)
347	PROKOPIEC Bronisława	245	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	6			00:12:45	00:23:32	00:47:30.35	01:00:15.60	+00:17:43 (37.3%)	9:30	6.3 (62.4%)
348	WIĄCEK Krystyna	336	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	16			00:12:27	00:23:07	00:47:32.35	00:59:59.40	+00:17:45 (37.4%)	9:30	6.3 (62.4%)
349	KOPEĆ Katarzyna	134	SANTANDER CONSUMER BANK	K30-39	26			00:09:33	00:24:58	00:47:39.60	00:57:12.80	+00:17:53 (37.5%)	9:31	6.3 (62.4%)
350	PERCZYŃSKA Iwona	232		K45-49	26			00:09:35	00:23:39	00:48:04.30	00:57:39.80	+00:18:17 (38.1%)	9:36	6.2 (61.4%)
351	KALIŃSKA Agnieszka	107		K30-39	27			00:07:04	00:23:46	00:48:08.35	00:55:12.55	+00:18:21 (38.1%)	9:37	6.2 (61.4%)
352	LIPIEC Elżbieta	176		K70+	7			00:12:44	00:24:08	00:48:22.10	01:01:06.35	+00:18:35 (38.4%)	9:40	6.2 (61.4%)
353	GRABOWSKI Adam	74	MOSIR	M- Niepełnosprawni	9			00:03:48	00:24:29	00:48:22.70	00:52:10.80	+00:18:36 (38.5%)	9:40	6.2 (61.4%)
354	LECYK Jadwiga	171	CHODZĘ Z SERCEM	K60-64	25			00:12:06	00:23:31	00:48:24.00	01:00:30.55	+00:18:37 (38.5%)	9:40	6.2 (61.4%)
355	RĘBISZ Grażyna	262	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	26			00:12:02	00:23:50	00:48:29.40	01:00:32.30	+00:18:42 (38.6%)	9:42	6.2 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
356	GROCHULSKA Wiesława, Elżbieta	75		K65-69	17			00:12:25	00:24:21	00:48:33.85	01:00:59.60	+00:18:47 (38.7%)	9:42	6.2 (61.4%)
357	ŁUNIEWSKA Anna	180		K50-54	22			00:10:24	00:24:04	00:48:48.55	00:59:13.25	+00:19:01 (39.0%)	9:45	6.1 (60.4%)
358	WOLNA Urszula	350	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	27			00:12:02	00:24:46	00:48:48.70	01:00:51.20	+00:19:02 (39.0%)	9:45	6.1 (60.4%)
359	DANIELS Teresa	34	BŁĘKITNI DZIEMIANY	K65-69	18			00:12:24	00:24:17	00:48:48.95	01:01:13.85	+00:19:02 (39.0%)	9:45	6.1 (60.4%)
360	KRZYŚCIN Mirosława	146	SANTANDER CONSUMER BANK	K40-44	32			00:08:23	00:24:47	00:48:49.60	00:57:12.60	+00:19:03 (39.0%)	9:45	6.1 (60.4%)
361	KACPRZAK Zofia	105	NIESTOWARZYSZONA	K65-69	19			00:12:29	00:24:11	00:49:04.25	01:01:33.55	+00:19:17 (39.3%)	9:48	6.1 (60.4%)
362	BRANCZEWSKI Wojciech	19	NW WERWA MŁAWA	M- Niepełnosprawni	10			00:01:51	00:24:15	00:49:11.60	00:51:03.25	+00:19:25 (39.5%)	9:50	6.1 (60.4%)
363	ŁACH Agnieszka	178		K40-44	33			00:08:20	00:25:11	00:49:23.10	00:57:43.35	+00:19:36 (39.7%)	9:52	6.1 (60.4%)
364	TAŃSKA Ewa	313	SANTANDER CONSUMER BANK	K30-39	28			00:08:17	00:24:59	00:49:24.70	00:57:42.00	+00:19:38 (39.7%)	9:53	6.1 (60.4%)
365	GARBARCZYK Andrzej	1032	AKTYWNI Z PASJĄ ŁUKÓW	M- Niepełnosprawni	11			00:03:19	00:24:12	00:49:26.10	00:52:45.80	+00:19:39 (39.8%)	9:53	6.1 (60.4%)
366	SIERADZKA Danuta	272	GMINA SKRWILNO	K65-69	20			00:12:24	00:24:20	00:49:44.75	01:02:09.45	+00:19:58 (40.1%)	9:57	6 (59.4%)
367	GÓRTATOWSKA Bożena	72	GMINA SKRWILNO	K60-64	28			00:12:05	00:24:45	00:50:09.50	01:02:15.45	+00:20:22 (40.6%)	10:02	6 (59.4%)
368	TARCZYŃSKA Helena	314	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	21			00:12:08	00:24:46	00:50:13.95	01:02:22.15	+00:20:27 (40.7%)	10:02	6 (59.4%)
369	DROP Mieczysław	43		M70+	10			00:04:34	00:25:04	00:50:14.00	00:54:48.40	+00:20:27 (40.7%)	10:02	6 (59.4%)
370	MARGAŃSKA Stanisława	192	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	8			00:12:45	00:24:38	00:50:17.90	01:03:03.30	+00:20:31 (40.8%)	10:03	6 (59.4%)
371	KAZUBSKA Krystyna	115		K65-69	22			00:12:28	00:24:53	00:50:35.15	01:03:03.55	+00:20:48 (41.1%)	10:07	5.9 (58.4%)
372	KARWACKA Edyta	112	SANTANDER CONSUMER BANK	K30-39	29			00:09:32	00:25:25	00:50:54.75	01:00:27.65	+00:21:08 (41.5%)	10:11	5.9 (58.4%)
373	PRZYBOROWSKA Ewa	247	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	29			00:12:03	00:25:30	00:51:12.15	01:03:15.65	+00:21:25 (41.8%)	10:14	5.9 (58.4%)
374	WIŚNIEWSKA Grażyna	342	RUCH PO ZDROWIE WŁOCLAWEK	K55-59	28			00:11:22	00:26:22	00:52:02.20	01:03:25.00	+00:22:15 (42.8%)	10:24	5.8 (57.4%)
375	WOJSŁAWOWICZ Mirosława	1025	SANTANDER CONSUMER BANK	K40-44	34			00:08:23	00:26:34	00:52:04.40	01:00:27.40	+00:22:17 (42.8%)	10:24	5.8 (57.4%)
376	GARBARCZYK Elżbieta	62	AKTYWNI Z PASJĄ ŁUKÓW	K55-59	29			00:11:23	00:24:59	00:52:12.25	01:03:35.50	+00:22:25 (43.0%)	10:26	5.7 (56.4%)
377	ŻURAWSKA Teresa	382	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	30			00:12:01	00:25:23	00:52:42.85	01:04:44.30	+00:22:56 (43.5%)	10:32	5.7 (56.4%)
378	RACZYŃSKA Anna	252	AKTYWNI Z PASJĄ ŁUKÓW	K65-69	23			00:12:27	00:26:57	00:53:33.35	01:06:01.00	+00:23:46 (44.4%)	10:42	5.6 (55.4%)
379	MICHALCZYK Paulina	197	SANTANDER CONSUMER BANK	K18-29	12			00:09:33	00:27:05	00:53:48.10	01:03:21.75	+00:24:01 (44.7%)	10:45	5.6 (55.4%)
380	OSTROWSKA Małgorzata	223	GMINA SKRWILNO	K45-49	27			00:09:38	00:26:52	00:53:51.15	01:03:29.70	+00:24:04 (44.7%)	10:46	5.6 (55.4%)
381	GILEWICZ Małgorzata	64	SANTANDER CONSUMER BANK	K30-39	30			00:09:34	00:27:05	00:53:51.25	01:03:25.45	+00:24:04 (44.7%)	10:46	5.6 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
382	KUMPIŃ Zuzanna	161		K-Dzieci	7			00:05:15	00:28:54	00:56:55.75	01:02:11.35	+00:27:09 (47.7%)	11:23	5.3 (52.5%)
383	KUMPIŃ Jarosław	160		M45-49	14			00:05:16	00:28:54	00:56:55.95	01:02:12.70	+00:27:09 (47.7%)	11:23	5.3 (52.5%)
384	MIECZKOWSKA Janina	199	IŁOWO OSADA	K65-69	24			00:12:27	00:23:38	286:33:43.1	286:46:10.2	+286:03:1 (99.8%)	3438:44	0 (0.0%)
385	SANKOWSKA Beata	269	AVOCADO WELLNESS CLUB	K45-49	28			00:09:38	00:21:47	286:38:14.3	286:47:53.0	+286:08:1 (99.8%)	3439:39	0 (0.0%)
386	WOTA Patrycja	354	AWF WARSZAWA	K18-29	13			00:06:14	286:40:32	287:30:45.9	287:37:00.2	+287:00:1 (99.8%)	3450:09	0 (0.0%)
387	WRÓBLEWSKA Joanna	360		K30-39	31			286:41:18	00:30:34			+00:16:01	12:13	4.9 (48.5%)
388	KILJAŃCZYK Krzysztof	120	AVOCADO	M50-54	10			286:48:42	00:34:57			+00:20:24	13:58	4.3 (42.6%)
389	WIERESZKO-CZYŻ Regina	337	POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO	K55-59	30			286:42:26	00:35:20			+00:20:47	14:08	4.2 (41.6%)
390	URBAŃCZYK Ewa	327	AVOCADO WELLNESS CLUB	K40-44	35			286:45:41	00:36:35			+00:22:01	14:38	4.1 (40.6%)
391	KULAGOWSKA Anna	154	AVOCADO WELLNESS CLUB	K30-39	32			286:45:40	00:36:36			+00:22:02	14:38	4.1 (40.6%)
392	GRZEBSKI Janusz	80	RAJSPOORT ACTIVE	M40-44	10			286:43:00	00:36:50			+00:22:17	14:44	4.1 (40.6%)
393	KLIMEK Karolina	121		K30-39	33			286:47:54	00:38:06			+00:23:32	15:14	3.9 (38.6%)
394	SPYRA Katarzyna	285		K30-39	34			286:46:11	00:38:50			+00:24:17	15:32	3.9 (38.6%)
395	ORZESZEK Ania	222		K-Dzieci	8			286:50:44	00:41:13			+00:26:40	16:29	3.6 (35.6%)
396	SIUDZIŃSKA Anna	275		K40-44	36			286:46:47	00:41:55			+00:27:22	16:46	3.6 (35.6%)
397	CZERWIŃSKA Marlena	31	AVOCADO WELLNESS CLUB	K40-44	37			286:46:48	00:42:52			+00:28:18	17:08	3.5 (34.7%)
398	WIŚNIEWSKA Anna	343		K40-44	38			286:50:43	00:43:45			+00:29:12	17:30	3.4 (33.7%)
399	PIETRYKOWSKA Małgorzata	238	AVOCADO WELLNESS CLUB	K55-59	31			286:50:45	00:44:20			+00:29:47	17:44	3.4 (33.7%)
400	KLIMEK Maciej	122		M30-39	11			286:49:45	00:44:52			+00:30:18	17:56	3.3 (32.7%)
401	ROCHATKA Joanna	263	MARSZ PO ZDROWIE	K45-49	29			286:50:45	00:45:17			+00:30:43	18:06	3.3 (32.7%)
402	KOTOWSKA Anna	138	AKTYWNI Z PASJĄ ŁUKÓW	K-Niepełnosprawni	8			286:50:41	00:45:38			+00:31:05	18:15	3.3 (32.7%)
403	GŁOSEK Paweł	67		M-Jun.	12			286:47:57	00:47:34			+00:33:00	19:01	3.2 (31.7%)
404	SIUDZIŃSKA Anna	274		K40-44	39			286:46:47	00:47:54			+00:33:21	19:09	3.1 (30.7%)
405	KUKAWSKA-DZIERBA Lucyna	151	AVOCADO	K30-39	35			286:51:30	00:48:36			+00:34:03	19:26	3.1 (30.7%)
406	JANICKA Elżbieta	93	AVOCADO WELLNESS CLUB	K40-44	40			286:47:58	00:50:38			+00:36:05	20:15	3 (29.7%)
407	JANICKA Katarzyna	94		K45-49	30			286:50:45	00:53:40			+00:39:06	21:28	2.8 (27.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
DQ	DUDKIEWICZ Arkadiusz	46	AWF WARSZAWA	M18-29			Tak	DQ	00:17:15 DQ	00:33:56.15 DQ	DQ		-	- (0.0%)
DQ	DUBAJ Grzegorz	44	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M55-59			Tak	DQ	286:44:36 DQ	287:26:41.3 DQ	DQ		-	- (0.0%)
DQ	HAJKOWICZ Piotr	88		M60-64			Tak	DQ	286:45:00 DQ	287:27:41.1 DQ	DQ		-	- (0.0%)
DQ	RĄCZKA Łukasz	258	AWF WARSZAWA	M18-29			Tak	DQ	00:18:24 DQ	DQ	DQ		-	- (0.0%)

Znaleziono 411 wynik(ów)