



KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-04-27
Miejsce: Konstancin-Jeziorna
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BIELAWSKI Leszek	130	SONSIEDZI TEAM	M40-44	1			00:15:14	00:30:43.04		6:08	9.8 (100%)
2	MARCZAK Tomasz	218		M18-29	1			00:15:25	00:31:13.80	+00:00:30 (1.6%)	6:14	9.6 (98.0%)
3	WOROCH Roman	295	KS METRACO POLKOWICE	M60-64	1			00:15:51	00:31:31.54	+00:00:48 (2.6%)	6:18	9.5 (96.9%)
4	DĘBSKI Bartłomiej	145	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:15:32	00:31:48.86	+00:01:05 (3.4%)	6:21	9.4 (95.9%)
5	ROŻYNEK Miron	258		M55-59	1			00:15:46	00:31:55.37	+00:01:12 (3.8%)	6:23	9.4 (95.9%)
6	OLSZAŃSKI Karol	228	FEAR THE RETURN	M40-44	3			00:15:33	00:32:26.89	+00:01:43 (5.3%)	6:29	9.2 (93.9%)
7	CICHOŃ Sławomir	141	KROSSKI REMSPORT	M45-49	1			00:16:04	00:33:05.77	+00:02:22 (7.2%)	6:37	9.1 (92.9%)
8	FRAĆKOWIAK Roman	152	KS METRACO POLKOWICE	M50-54	1			00:16:20	00:33:29.39	+00:02:46 (8.3%)	6:42	9 (91.8%)
9	RADECKI Artur	248	NORDIC WALKING CHODZĄCY BIAŁYSTOK	M55-59	2			00:16:30	00:33:30.58	+00:02:47 (8.3%)	6:42	9 (91.8%)
10	BARYLUK Beniamin	128	MOSIR TKKF SATURN CZELADŹ	M-Jun.	1			00:16:41	00:34:02.49	+00:03:19 (9.8%)	6:48	8.8 (89.8%)
11	SANIUK Edward	261	FACE TEAM NORDIC WALKING	M70+	1			00:16:56	00:34:05.39	+00:03:22 (9.9%)	6:49	8.8 (89.8%)
12	BOROŃ Adam	136	MOSIR TKKF SATURN CZELADŹ	M-Jun.	2			00:16:51	00:34:31.60	+00:03:48 (11.0%)	6:54	8.7 (88.8%)
13	TUZIMEK Jakub	283		M-Jun.	3			00:16:51	00:34:32.44	+00:03:49 (11.1%)	6:54	8.7 (88.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
14	ZIELIŃSKI Szczepan	300	SERCE NORDICA WŁOCŁAWEK	M45-49	2			00:17:11	00:34:36.71	+00:03:53 (11.3%)	6:55	8.7 (88.8%)
15	JĘDRZEJEWSKI Łukasz	176	HDK LEGION ODDZIAŁ PŁOCK	M30-39	1			00:17:19	00:34:42.27	+00:03:59 (11.5%)	6:56	8.6 (87.8%)
16	GÓRSKI Jacek	161		M30-39	2			00:17:20	00:34:43.89	+00:04:00 (11.6%)	6:56	8.6 (87.8%)
17	OKRZESIK-FRAĆKOWIAK Izabela	225	KS METRACO POLKOWICE	K50-54	1			00:17:11	00:34:44.82	+00:04:01 (11.6%)	6:57	8.6 (87.8%)
18	REJMENTOWSKA Sylwia	250	PASJA NORDIC WALKING	K40-44	1			00:17:25	00:35:12.32	+00:04:29 (12.7%)	7:02	8.5 (86.7%)
19	UFEL Marcelina	284	MOSIR TKKF SATURN CZELADŹ	K-Jun.	1			00:17:23	00:35:24.16	+00:04:41 (13.2%)	7:04	8.5 (86.7%)
20	JÓŹWIAK Marianna	178	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:17:25	00:35:26.29	+00:04:43 (13.3%)	7:05	8.5 (86.7%)
21	GODZIŃSKA Dorota	159	BAŻANT NW ELBLĄG	K30-39	1			00:17:46	00:35:30.27	+00:04:47 (13.5%)	7:06	8.5 (86.7%)
22	MIKICIUK Jakub	220		M18-29	2			00:17:09	00:35:30.76	+00:04:47 (13.5%)	7:06	8.4 (85.7%)
23	WROŃSKI Włodzimierz	298	PASJA NORDIC WALKING	M65-69	1			00:17:48	00:35:37.03	+00:04:53 (13.8%)	7:07	8.4 (85.7%)
24	BUCZKOWSKI Jerzy	137	KS SOKÓŁ GAŚAWA	M65-69	2			00:17:44	00:35:39.26	+00:04:56 (13.8%)	7:07	8.4 (85.7%)
25	PUSZKARSKA Małgorzata	246	GOSADI NORDIC TEAM	K40-44	2			00:17:41	00:35:40.44	+00:04:57 (13.9%)	7:08	8.4 (85.7%)
26	RAJEK Tomasz	249	NORDIC TEAM CZĘSTOCHOWA	M50-54	2			00:17:27	00:35:43.31	+00:05:00 (14.0%)	7:08	8.4 (85.7%)
27	SOBICZEWSKA Ewa	266	NOWI SIEDLCE	K40-44	3			00:17:53	00:36:05.36	+00:05:22 (14.9%)	7:13	8.3 (84.7%)
28	KITKA Krzysztof	192		M55-59	3			00:17:55	00:36:07.03	+00:05:23 (15.0%)	7:13	8.3 (84.7%)
29	WASILEWSKI Sławomir	96	PASJA NORDIC WALKING	M70+	2			00:18:00	00:36:10.21	+00:05:27 (15.1%)	7:14	8.3 (84.7%)
30	GRYGOROWICZ Bogdan	165	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:18:01	00:36:16.79	+00:05:33 (15.3%)	7:15	8.3 (84.7%)
31	WAGNER Łukasz	286	STOWARZYSZENIE FILAR	M30-39	3			00:17:51	00:36:24.93	+00:05:41 (15.6%)	7:17	8.2 (83.7%)
32	STANECKI Maciej	269	BIEGAM W SFETSZE	M-Niepełnosprawni(B)	2			00:17:33	00:36:33.64	+00:05:50 (16.0%)	7:18	8.2 (83.7%)
33	TRONIARZ Stanisław	279	PASJA NORDIC WALKING	M60-64	2			00:18:00	00:36:40.14	+00:05:57 (16.2%)	7:20	8.2 (83.7%)
34	WIĘCKOWSKI Janusz	290	BIEGAM W SFETSZE	M45-49	3			00:18:08	00:36:40.42	+00:05:57 (16.2%)	7:20	8.2 (83.7%)
35	ROMAŃCZUK Agnieszka	255	NOWI SIEDLCE	K45-49	2			00:18:01	00:36:41.24	+00:05:58 (16.3%)	7:20	8.2 (83.7%)
36	ŻALKOWSKAJA Julia	102		K30-39	2			00:18:13	00:36:47.90	+00:06:04 (16.5%)	7:21	8.2 (83.7%)

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37	OLEŚ Józef	227	NW WERWA MŁAWA	M- Niepełnosprawni(A)	1			00:18:01	00:36:49.16	+00:06:06 (16.6%)	7:21	8.1 (82.7%)
38	KAMIŃSKA Beata	184	NORDIC TEAM CZĘSTOCHOWA	K50-54	2			00:18:09	00:36:51.32	+00:06:08 (16.7%)	7:22	8.1 (82.7%)
39	REJMENTOWSKI Piotr	24	PASJA NORDIC WALKING	M40-44	4			00:18:23	00:36:58.32	+00:06:15 (16.9%)	7:23	8.1 (82.7%)
40	WIŚNIEWSKI Kazimierz	293	PASJA NORDIC WALKING	M60-64	3			00:18:26	00:37:00.86	+00:06:17 (17.0%)	7:24	8.1 (82.7%)
41	MIKICIUK Krzysztof	305	NOWI SIEDLCE	M50-54	3			00:18:05	00:37:02.87	+00:06:19 (17.1%)	7:24	8.1 (82.7%)
42	PIETRUSEWICZ Joanna	236	PASJA NORDIC WALKING	K45-49	3			00:18:19	00:37:05.31	+00:06:22 (17.2%)	7:25	8.1 (82.7%)
43	SZYMCZYK Magdalena	277	NOWI SIEDLCE	K30-39	3			00:18:31	00:37:10.41	+00:06:27 (17.4%)	7:26	8.1 (82.7%)
44	SZANIAWSKI Marcin	311	AKTYWNI Z PASJĄ	M- Niepełnosprawni(B)	3			00:17:50	00:37:11.55	+00:06:28 (17.4%)	7:26	8.1 (82.7%)
45	PINIS Agnieszka	237	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			00:18:09	00:37:15.42	+00:06:32 (17.6%)	7:27	8.1 (82.7%)
46	KUCHARCZYK Jakub	203	MOSIR TKKF SATURN CZELADŹ	M-Dzieci	1			00:18:00	00:37:15.68	+00:06:32 (17.6%)	7:27	8.1 (82.7%)
47	TUZIMEK Agata	282		K30-39	4			00:18:25	00:37:18.15	+00:06:35 (17.7%)	7:27	8 (81.6%)
48	SZYMAŃSKI Piotr	303	AVOCADO WELLNESS CLUB	M55-59	4			00:18:37	00:37:20.81	+00:06:37 (17.8%)	7:28	8 (81.6%)
49	POZNAŃSKI Wiesław	242	K.S. CHODZACY BIAŁYSTOK	M60-64	4			00:18:19	00:37:27.10	+00:06:44 (18.0%)	7:29	8 (81.6%)
50	KOCZOROWSKA Patrycja	196	KS SOKÓŁ GAŚAWA	K-Jun.	2			00:18:37	00:37:49.58	+00:07:06 (18.8%)	7:34	7.9 (80.6%)
51	JÓŹWIAK Łukasz	177	SERCE NORDICA WŁOCLAWEK	M- Niepełnosprawni(A)	2			00:18:43	00:37:54.00	+00:07:10 (19.0%)	7:34	7.9 (80.6%)
52	SULECKA Gabriela	274		K- Niepełnosprawni(A)	1			00:18:46	00:38:03.47	+00:07:20 (19.3%)	7:36	7.9 (80.6%)
53	GRYGOROWICZ Teresa	164	KS METRACO POLKOWICE	K65-69	1			00:18:47	00:38:05.84	+00:07:22 (19.4%)	7:37	7.9 (80.6%)
54	POROWSKA Agnieszka	241		K30-39	5			00:18:36	00:38:10.87	+00:07:27 (19.5%)	7:38	7.9 (80.6%)
55	MADĘSKA Karolina	213		K30-39	6			00:19:00	00:38:10.99	+00:07:27 (19.6%)	7:38	7.9 (80.6%)
56	ŚCIBIOR Robert	278		M45-49	4			00:19:11	00:38:35.59	+00:07:52 (20.4%)	7:43	7.8 (79.6%)
57	JĘDRASZKO Jacek	175		M-Dzieci	2			00:18:34	00:38:38.71	+00:07:55 (20.5%)	7:43	7.8 (79.6%)
58	DAROSZEWSKA Krystyna	143	SERCE NORDICA WŁOCLAWEK	K60-64	1			00:19:19	00:38:39.38	+00:07:56 (20.5%)	7:44	7.8 (79.6%)
59	ŻAK Dawid	302	TKKF CZELADŹ	M-Jun.	4			00:18:44	00:38:40.79	+00:07:57 (20.6%)	7:44	7.8 (79.6%)

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									netto 5km	Różn		
60	MARCINIAK Hanna	217	SERCE NORDICA WŁOCŁAWEK	K55-59	1			00:19:30	00:38:48.36	+00:08:05 (20.8%)	7:45	7.7 (78.6%)
61	SEROWIK Aga	316		K- Niepełnosprawni(A)	2			00:19:23	00:38:50.13	+00:08:07 (20.9%)	7:46	7.7 (78.6%)
62	RADECKA Grażyna	247	CHODZĄCY BIAŁYSTOK	K45-49	4			00:19:18	00:38:52.67	+00:08:09 (21.0%)	7:46	7.7 (78.6%)
63	ANDRYCHIEWICZ Monika	122		K30-39	7			00:19:01	00:38:54.01	+00:08:10 (21.0%)	7:46	7.7 (78.6%)
64	PLEWKA Bożenna	239		K60-64	2			00:19:18	00:38:54.40	+00:08:11 (21.0%)	7:46	7.7 (78.6%)
65	NIETRZEBKA Paweł	223	MIĘDZYBORÓW	M30-39	4			00:19:11	00:38:57.33	+00:08:14 (21.1%)	7:47	7.7 (78.6%)
66	KOCZOROWSKA Monika	195	KS SOKÓŁ GAŚAWA	K30-39	8			00:19:12	00:38:57.33	+00:08:14 (21.1%)	7:47	7.7 (78.6%)
67	MAJCHERCZYK Krzysztof	214	MOSIR TKKF SATURN CZELADŹ	M65-69	3			00:18:54	00:38:58.97	+00:08:15 (21.2%)	7:47	7.7 (78.6%)
68	GAŁKOWSKA Elżbieta	155	PUSZCZA ZIELONKA	K60-64	3			00:19:16	00:39:03.80	+00:08:20 (21.4%)	7:48	7.7 (78.6%)
69	SOŁDECKA Anna	267		K45-49	5			00:19:40	00:39:04.09	+00:08:21 (21.4%)	7:48	7.7 (78.6%)
70	DĄBROWSKI Andrzej	144	MARSZ PO ZDROWIE	M70+	3			00:19:10	00:39:04.60	+00:08:21 (21.4%)	7:49	7.7 (78.6%)
71	WOROCH Jolanta	296	KS METRACO POLKOWICE	K50-54	3			00:19:41	00:39:04.70	+00:08:21 (21.4%)	7:49	7.7 (78.6%)
72	KAWALEC Marcin	187	SONSIEDZI TEAM	M45-49	5			00:19:28	00:39:06.96	+00:08:23 (21.5%)	7:49	7.7 (78.6%)
73	OLEŚ Elżbieta	226	NW WERWA MŁAWA	K65-69	2			00:19:12	00:39:10.83	+00:08:27 (21.6%)	7:50	7.7 (78.6%)
74	IRZYCKI Andrzej	168	PASJA NORDIC WALKING	M60-64	5			00:19:51	00:39:12.53	+00:08:29 (21.7%)	7:50	7.7 (78.6%)
75	PRACKI Zbigniew	244	SERCE NORDICA WŁOCŁAWEK	M50-54	4			00:19:24	00:39:12.93	+00:08:29 (21.7%)	7:50	7.6 (77.6%)
76	STASIEŃKO Agnieszka	271		K30-39	9			00:19:59	00:39:13.17	+00:08:30 (21.7%)	7:50	7.6 (77.6%)
77	CICHOCKA Renata	140		K45-49	6			00:19:27	00:39:28.62	+00:08:45 (22.2%)	7:53	7.6 (77.6%)
78	AREN Sergej	304		M60-64	6			00:19:14	00:39:31.04	+00:08:47 (22.3%)	7:54	7.6 (77.6%)
79	STAŃCZYK Adam	270		M45-49	6			00:19:39	00:39:31.07	+00:08:48 (22.3%)	7:54	7.6 (77.6%)
80	GLEGOCIŃSKA Joanna	157	BIEGAM W SFETSZE	K45-49	7			00:19:43	00:39:36.53	+00:08:53 (22.4%)	7:55	7.6 (77.6%)
81	KOLARSKA Nadia	198	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	1			00:19:49	00:39:38.31	+00:08:55 (22.5%)	7:55	7.6 (77.6%)
82	STANECKA Zuzanna	268	BIEGAM W SFETSZE	K-Jun.	3			00:19:10	00:39:47.30	+00:09:04 (22.8%)	7:57	7.5 (76.5%)

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									netto 5km	Różn		
83	OLSZEWSKI Jacek	229	SONSIEDZI TEAM	M45-49	7			00:20:02	00:39:48.68	+00:09:05 (22.8%)	7:57	7.5 (76.5%)
84	JAWORSKA Karolina	172		K30-39	10			00:19:44	00:39:53.62	+00:09:10 (23.0%)	7:58	7.5 (76.5%)
85	GODZIŃSKA Paulina	158	BAŻANT NW ELBLĄG	K-Dzieci	2			00:19:57	00:39:54.13	+00:09:11 (23.0%)	7:58	7.5 (76.5%)
86	BIŃKIEWICZ Jakub	131		M18-29	3			00:19:40	00:40:11.36	+00:09:28 (23.6%)	8:02	7.5 (76.5%)
87	GARLEJ-KITKA Patrycja	156		K30-39	11			00:19:40	00:40:17.74	+00:09:34 (23.8%)	8:03	7.4 (75.5%)
88	RĘBIŚ Renata	253		K30-39	12			00:19:55	00:40:19.42	+00:09:36 (23.8%)	8:03	7.4 (75.5%)
89	LIPIEC Dariusz	209	BYLEDOBIEC	M70+	4			00:19:49	00:40:23.27	+00:09:40 (23.9%)	8:04	7.4 (75.5%)
90	ROWIŃSKI Paweł	256	NW CZŁAPSKI TEAM	M30-39	5			00:19:49	00:40:29.58	+00:09:46 (24.1%)	8:05	7.4 (75.5%)
91	JURCZAK-TOCZKO Anna	180		K50-54	4			00:20:32	00:40:38.96	+00:09:55 (24.4%)	8:07	7.4 (75.5%)
92	BURACZYŃSKI Marcin	312	AKTYWNI Z PASJĄ	M-Niepełnosprawni(B)	4			00:19:52	00:40:40.12	+00:09:57 (24.5%)	8:08	7.4 (75.5%)
93	MAJCHERCZYK Wacław	215	MOSIR TKKF SATURN CZELADŹ	M70+	5			00:20:04	00:40:40.13	+00:09:57 (24.5%)	8:08	7.4 (75.5%)
94	KUBAŃSKA Anna	202		K45-49	8			00:20:03	00:40:45.90	+00:10:02 (24.6%)	8:09	7.4 (75.5%)
95	KUPRAS Dorota	204	NW CZŁAPSKI TEAM	K40-44	5			00:20:10	00:40:53.42	+00:10:10 (24.9%)	8:10	7.3 (74.5%)
96	KAMIŃSKI Jacek	306	SONSIEDZI TEAM	M40-44	5			00:20:10	00:40:59.52	+00:10:16 (25.1%)	8:12	7.3 (74.5%)
97	PIĄTKOWSKI Józef	235	KS METRACO POLKOWICE	M70+	6			00:20:11	00:40:59.62	+00:10:16 (25.1%)	8:12	7.3 (74.5%)
98	KOCZOROWSKI Kacper	197	KS SOKÓŁ GAŚAWA	M-Dzieci	3			00:20:21	00:41:15.26	+00:10:32 (25.5%)	8:15	7.3 (74.5%)
99	PINIS Gabriela	238	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	3			00:19:57	00:41:15.75	+00:10:32 (25.6%)	8:15	7.3 (74.5%)
100	GRABOWSKI Marcin	162	NW 4 EVER YOUNG	M45-49	8			00:20:19	00:41:18.41	+00:10:35 (25.6%)	8:15	7.3 (74.5%)
101	SZYMAŃSKA Lucyna	275	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	K-Niepełnosprawni(A)	3			00:20:21	00:41:18.70	+00:10:35 (25.6%)	8:15	7.3 (74.5%)
102	KITKA Marzena	193	PUŁAWY	K55-59	2			00:20:42	00:41:43.79	+00:11:00 (26.4%)	8:20	7.2 (73.5%)
103	DYBEŁ Agnieszka	148	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	4			00:20:30	00:42:04.01	+00:11:20 (27.0%)	8:24	7.1 (72.4%)
104	KAWALEC Anna	188	SONSIEDZI TEAM	K50-54	5			00:20:49	00:42:05.76	+00:11:22 (27.0%)	8:25	7.1 (72.4%)
105	MAJCHRZYK Agnieszka	216	SONSIEDZI TEAM	K45-49	9			00:20:50	00:42:06.35	+00:11:23 (27.0%)	8:25	7.1 (72.4%)

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									netto 5km	Różn		
106	BIELAWSKA Elwira	129	SONSIEDZI TEAM	K40-44	6			00:20:50	00:42:11.74	+00:11:28 (27.2%)	8:26	7.1 (72.4%)
107	MALEŃCZYK Barbara	53		K60-64	4			00:20:56	00:42:26.27	+00:11:43 (27.6%)	8:29	7.1 (72.4%)
108	OWCZAREK Magdalena	230	MIĘDZYBORÓW	K50-54	6			00:20:59	00:42:41.24	+00:11:58 (28.0%)	8:32	7 (71.4%)
109	BOSS Urszula	318		K55-59	3			00:21:25	00:42:41.41	+00:11:58 (28.0%)	8:32	7 (71.4%)
110	KOTEWICZ Sławomir	200	AVOCADO WELLNESS CLUB	M50-54	5			00:20:52	00:43:05.74	+00:12:22 (28.7%)	8:37	7 (71.4%)
111	RYDEL Maciej	259	KLUB 5.45 RANO	M45-49	9			00:21:15	00:43:17.79	+00:12:34 (29.1%)	8:39	6.9 (70.4%)
112	SANKOWSKA Beata	262		K50-54	7			00:21:53	00:43:33.89	+00:12:50 (29.5%)	8:42	6.9 (70.4%)
113	LUBIENIECKA Maria	210	NW CIECHANOW	K70+	1			00:21:24	00:43:41.47	+00:12:58 (29.7%)	8:44	6.9 (70.4%)
114	BARTOSIK Krystyna	127		K60-64	5			00:22:04	00:44:08.37	+00:13:25 (30.4%)	8:49	6.8 (69.4%)
115	OCHNIO Jolanta	310	AKTYWNI Z PASJĄ	K60-64	6			00:21:16	00:44:12.38	+00:13:29 (30.5%)	8:50	6.8 (69.4%)
116	LESIUK Mirosława	314	AKTYWNI Z PASJĄ	K60-64	7			00:21:17	00:44:13.28	+00:13:30 (30.5%)	8:50	6.8 (69.4%)
117	PRACKA Katarzyna	243	SERCE NORDICA WŁOCŁAWEK	K50-54	8			00:22:27	00:44:34.67	+00:13:51 (31.1%)	8:54	6.7 (68.4%)
118	JARZĄBEK Grażyna	171	AVOCADO WELLNESS CLUB	K65-69	3			00:22:13	00:44:36.92	+00:13:53 (31.2%)	8:55	6.7 (68.4%)
119	RYMARCZYK Małgorzata	260		K50-54	9			00:22:11	00:44:45.59	+00:14:02 (31.4%)	8:57	6.7 (68.4%)
120	PEKACKI Krzysztof	232	SONSIEDZI TEAM	M40-44	6			00:22:09	00:44:50.82	+00:14:07 (31.5%)	8:58	6.7 (68.4%)
121	DZIECIUCH Gustaw	149		M70+	7			00:22:24	00:45:13.09	+00:14:30 (32.1%)	9:02	6.6 (67.3%)
122	JEDYNAK Katarzyna	174	PASJA NORDIC WALKING	K-Jun.	4			00:20:18	00:45:20.43	+00:14:37 (32.3%)	9:04	6.6 (67.3%)
123	TUSZYŃSKA Anna	123	LIDER GRODZISK MAZOWIECKI	K-Niepełnosprawni(A)	5			00:22:51	00:45:30.81	+00:14:47 (32.5%)	9:06	6.6 (67.3%)
124	MIKITYSZYN Dawid	221		M-Niepełnosprawni(B)	5			00:23:04	00:45:49.76	+00:15:06 (33.0%)	9:10	6.5 (66.3%)
125	JEDYNAK Stanisław	173	PASJA NORDIC WALKING	M70+	8			00:21:16	00:46:10.33	+00:15:27 (33.5%)	9:14	6.5 (66.3%)
126	JANISIEWICZ Anna	170		K30-39	13			00:23:04	00:46:50.20	+00:16:07 (34.4%)	9:22	6.4 (65.3%)
127	GROBELNA Jadwiga	163	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	6			00:23:02	00:46:52.72	+00:16:09 (34.5%)	9:22	6.4 (65.3%)
128	UFEL Milena	285	MOSIR TKKF SATURN CZELADŹ	K-Dzieci	4			00:23:10	00:47:01.60	+00:16:18 (34.7%)	9:24	6.4 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
129	PIASECKA Paulina	234		K18-29	1			00:23:48	00:47:02.22	+00:16:19 (34.7%)	9:24	6.4 (65.3%)
130	NIEBRZEGOWSKA Helena	308	AKTYWNI Z PASJĄ	K60-64	8			00:23:46	00:47:07.85	+00:16:24 (34.8%)	9:25	6.4 (65.3%)
131	WALTER Monika	289	STOWARZYSZENIE FILAR	K- Niepełnosprawni(B)	1			00:21:50	00:47:08.53	+00:16:25 (34.8%)	9:25	6.4 (65.3%)
132	PANKIEWICZ-DMOWSKA Cecylia	231	FACE NORDIC WALKING TEAM	K70+	2			00:23:27	00:47:18.55	+00:16:35 (35.1%)	9:27	6.3 (64.3%)
133	SATORA Barbara	263	AGABAS	K40-44	7			00:23:29	00:47:20.03	+00:16:36 (35.1%)	9:28	6.3 (64.3%)
134	WINNICKI Piotr	292		M- Niepełnosprawni(B)	6			00:23:06	00:47:40.19	+00:16:57 (35.6%)	9:32	6.3 (64.3%)
135	WILCZYŃSKA Barbara	313	AKTYWNI Z PASJĄ	K65-69	4			00:23:38	00:47:45.87	+00:17:02 (35.7%)	9:33	6.3 (64.3%)
136	WOLAŃSKI Marcin	294		M- Niepełnosprawni(B)	7			00:23:35	00:47:50.47	+00:17:07 (35.8%)	9:34	6.3 (64.3%)
137	CHILLA Maciej	139		M- Niepełnosprawni(A)	3			00:23:36	00:47:52.33	+00:17:09 (35.8%)	9:34	6.3 (64.3%)
138	JÓŻWIAK Dominik	179	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:24:26	00:48:07.68	+00:17:24 (36.2%)	9:37	6.2 (63.3%)
139	KITKA Cezary	190		M-Dzieci	4			00:23:24	00:48:11.47	+00:17:28 (36.3%)	9:38	6.2 (63.3%)
140	SIEMIĄTKOWSKA Agata	264	AGABAS	K45-49	10			00:23:16	00:48:48.48	+00:18:05 (37.1%)	9:45	6.1 (62.2%)
141	ROZMYŚŁOWICZ Monika	257		K45-49	11			00:23:52	00:49:13.79	+00:18:30 (37.6%)	9:50	6.1 (62.2%)
142	LESIK Jan	206		M65-69	4			00:23:53	00:49:14.68	+00:18:31 (37.6%)	9:51	6.1 (62.2%)
143	GARDOCKA Grażyna	315		K55-59	4			00:23:14	00:49:17.33	+00:18:34 (37.7%)	9:51	6.1 (62.2%)
144	WALAWKO Ewa	288	AVOCADO WELLNESS CLUB	K65-69	5			00:24:26	00:49:24.23	+00:18:41 (37.8%)	9:52	6.1 (62.2%)
145	IRZYCKA Anna	167	PASJA NORDIC WALKING	K60-64	9			00:24:26	00:49:57.50	+00:19:14 (38.5%)	9:59	6 (61.2%)
146	ZIOMACKA Małgorzata	301		K60-64	10			00:24:41	00:50:06.63	+00:19:23 (38.7%)	10:01	6 (61.2%)
147	ŁOMIŃSKA Elżbieta	212		K65-69	6			00:25:28	00:51:08.15	+00:20:25 (39.9%)	10:13	5.9 (60.2%)
148	PESTA Marek	233		M- Niepełnosprawni(A)	4			00:25:32	00:52:52.21	+00:22:09 (41.9%)	10:34	5.7 (58.2%)
149	RADECKA Krystyna	307		K70+	3			00:26:27	00:53:07.38	+00:22:24 (42.2%)	10:37	5.6 (57.1%)
150	BŁACHNIO Eugeniusz	132		M- Niepełnosprawni(A)	5			00:26:37	00:53:33.03	+00:22:49 (42.6%)	10:42	5.6 (57.1%)
151	LESIUK Maria	207	AKTYWNI Z PASJĄ	K-Dzieci	5			00:26:59	00:54:06.60	+00:23:23 (43.2%)	10:49	5.5 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	DROP Mieczysław	146	KS SOKÓŁ GAŚAWA	M70+	9			00:27:31	00:54:25.13	+00:23:42 (43.6%)	10:53	5.5 (56.1%)
153	KITKA Wojciech	189		M45-49	10			00:26:44	00:57:14.15	+00:26:31 (46.3%)	11:26	5.2 (53.1%)
154	KITKA Adam	191		M-Dzieci	5			00:27:55	00:58:25.52	+00:27:42 (47.4%)	11:41	5.1 (52.0%)
155	ŁASZCZEWSKA Anna	211		K18-29	2			00:29:49	00:58:46.09	+00:28:03 (47.7%)	11:45	5.1 (52.0%)
156	BOLEWICZ Antoni	134		M-Dzieci	6			00:29:50	00:58:47.43	+00:28:04 (47.8%)	11:45	5.1 (52.0%)
157	PLUTA Bożena	240		K- Niepełnosprawni(B)	2			00:32:35	00:58:48.33	+00:28:05 (47.8%)	11:45	5.1 (52.0%)
158	BOLEWICZ Urszula	133	STOWARZYSZENIE FILAR	K30-39	14			00:32:04	00:58:50.30	+00:28:07 (47.8%)	11:46	5.1 (52.0%)
159	KACPRZAK Zofia	182	NIESTOWARZYSZONA	K70+	4			00:29:47	00:59:34.98	+00:28:51 (48.4%)	11:55	5 (51.0%)
160	NIEBRZEGOWSKI Grzegorz	309	AKTYWNI Z PASJĄ	M- Niepełnosprawni(A)	6			00:30:28	01:02:20.27	+00:31:37 (50.7%)	12:28	4.8 (49.0%)
161	WÓJCICKA Anna	297		K40-44	8			00:36:57	01:17:17.51	+00:46:34 (60.3%)	15:27	3.9 (39.8%)
162	BUJNOWSKI Edward	138		M- Niepełnosprawni(A)	7			00:32:02		+00:16:49	12:48	4.7 (48.0%)
163	ZAŁUSKA Anna	299		K30-39	15							(0.0%)

Znaleziono 163 wynik(ów)