



KOSZALIN - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-08-13
Miejsce: Koszalin
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	WOROCH Roman	125	KS METRACO POLKOWICE	M55-59	1			00:07:10	00:16:12	00:32:43.45	00:39:54.05		6:32	9.2 (100%)
2	RAJEWSKI Sebastian	89	JEZIORKI - AKTYWNA WIEŚ	M45-49	1			00:06:30	00:16:21	00:33:06.40	00:39:36.55	+00:00:22 (1.2%)	6:37	9.1 (98.9%)
3	BRZOZOWSKI Piotr	147	AKTYWNI POSTOMINO	M30-39	1			00:05:56	00:16:21	00:33:14.10	00:39:10.10	+00:00:30 (1.5%)	6:38	9 (97.8%)
4	WASILEWSKI Mirosław	249	ELBLĄSKIE WŁUCZYKIJE	M50-54	1			00:06:50	00:16:55	00:33:45.90	00:40:36.45	+00:01:02 (3.1%)	6:45	8.9 (96.7%)
5	KNITTER Tomasz	51	BŁĘKITNI NW DZIEMIANY	M-Junior	1			00:05:35	00:16:42	00:33:56.95	00:39:31.95	+00:01:13 (3.6%)	6:47	8.8 (95.7%)
6	GŁOWA Michał	25	WESOŁY BORSUK TEAM	M-Junior	2			00:05:35	00:16:47	00:33:57.10	00:39:32.40	+00:01:13 (3.6%)	6:47	8.8 (95.7%)
7	NACZK Leonard	73		M40-44	1			00:06:11	00:16:58	00:34:21.70	00:40:32.70	+00:01:38 (4.8%)	6:52	8.7 (94.6%)
8	SŁOMIAN Leszek	100	UNIA MIAST	M55-59	2			00:07:10	00:17:08	00:34:46.10	00:41:56.10	+00:02:02 (5.9%)	6:57	8.6 (93.5%)
9	KOPCZEWSKI Dariusz	55	FACE NORDIC WALKING TEAM	M50-54	2			00:06:50	00:16:57	00:34:54.95	00:41:44.95	+00:02:11 (6.3%)	6:58	8.6 (93.5%)
10	KLARKOWSKI Bogdan	47	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	1			00:07:31	00:17:17	00:35:01.80	00:42:32.80	+00:02:18 (6.6%)	7:00	8.6 (93.5%)
11	RAKUĆ Jakub	90	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	1			00:05:36	00:17:11	00:35:06.30	00:40:42.55	+00:02:22 (6.8%)	7:01	8.5 (92.4%)
12	KŁACZYŃSKA Danuta	49		K40-44	1			00:10:30	00:17:19	00:35:09.45	00:45:40.00	+00:02:26 (6.9%)	7:02	8.5 (92.4%)

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13	GRYGOROWICZ Bogdan	33	KS METRACO POLKOWICE	M65-69	1			00:08:12	00:17:21	00:35:15.40	00:43:27.40	+00:02:31 (7.2%)	7:03	8.5 (92.4%)
14	TOMCZYK Edward	240	MARSZ PO ZDROWIE	M65-69	2			00:08:10	00:17:24	00:35:21.15	00:43:31.90	+00:02:37 (7.4%)	7:04	8.5 (92.4%)
15	BOJAN Miro	150		M60-64	2			00:07:30	00:18:05	00:36:17.40	00:43:47.40	+00:03:33 (9.8%)	7:15	8.3 (90.2%)
16	KOMAR Beata	54	FACE NORDIC WALKING TEAM	K45-49	1			00:10:44	00:18:22	00:36:17.65	00:47:02.05	+00:03:34 (9.8%)	7:15	8.3 (90.2%)
17	SZPILMAN Katarzyna	107	FACE NORDIC WALKING TEAM	K45-49	2			00:10:45	00:18:20	00:36:17.85	00:47:02.85	+00:03:34 (9.8%)	7:15	8.3 (90.2%)
18	DANA Andrzej	14	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	3			00:08:12	00:17:44	00:36:28.40	00:44:40.40	+00:03:44 (10.3%)	7:17	8.2 (89.1%)
19	SZUDARSKI Edward	109	DWA KIJE SŁUPSK	M55-59	3			00:07:10	00:18:06	00:36:37.45	00:43:48.40	+00:03:54 (10.6%)	7:19	8.2 (89.1%)
20	LUBAWIŃSKI Jerzy Bernard	66	FACE NORDIC WALKING TEAM	M60-64	3			00:07:30	00:18:03	00:36:44.60	00:44:15.00	+00:04:01 (10.9%)	7:21	8.2 (89.1%)
21	KUŚMIEREK Mateusz	60	BŁĘKITNI NW DZIEMIANY	M-Dzieci	1			00:05:08	00:18:31	00:36:48.05	00:41:56.05	+00:04:04 (11.1%)	7:21	8.2 (89.1%)
22	BIK Przemysław	4	KS METRACO POLKOWICE	M-Dzieci	2			00:05:08	00:18:32	00:36:48.55	00:41:56.55	+00:04:05 (11.1%)	7:21	8.2 (89.1%)
23	CHUDZIŃSKI Andrzej	11	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65-69	4			00:08:10	00:17:59	00:36:49.55	00:45:00.00	+00:04:06 (11.1%)	7:22	8.1 (88.0%)
24	SCHMIDTKE Piotr	99		M40-44	2			00:06:11	00:18:06	00:36:51.95	00:43:03.55	+00:04:08 (11.2%)	7:22	8.1 (88.0%)
25	KAZIÓW Ryszard	42	DWA KIJE SŁUPSK	M60-64	4			00:07:30	00:18:19	00:36:59.20	00:44:29.20	+00:04:15 (11.5%)	7:23	8.1 (88.0%)
26	WIŚNIEWSKI Rafał	243	PENDOLINO	M30-39	2			00:05:56	00:18:11	00:36:59.30	00:42:55.30	+00:04:15 (11.5%)	7:23	8.1 (88.0%)
27	DOLNA Ewelina	143	AKTYWNE KOLCZYGŁOWY	K30-39	1			00:10:06	00:18:36	00:37:02.25	00:47:08.55	+00:04:18 (11.6%)	7:24	8.1 (88.0%)
28	ROSADZIŃSKI Sławomir	140		M45-49	2			00:06:30	00:18:28	00:37:03.75	00:43:33.75	+00:04:20 (11.7%)	7:24	8.1 (88.0%)
29	LESIŃSKA Marzenna	65	KS METRACO POLKOWICE	K50-54	1			00:11:03	00:18:24	00:37:04.00	00:48:07.80	+00:04:20 (11.7%)	7:24	8.1 (88.0%)
30	STĘPIEŃ Andrzej	102	LKS ZANTYR SZTUM	M18-29	2			00:05:36	00:17:46	00:37:15.20	00:42:51.35	+00:04:31 (12.2%)	7:27	8.1 (88.0%)
31	SULIKOWSKA Agnieszka	104	PASJA NORDIC WALKING	K30-39	2			00:10:05	00:19:01	00:37:26.00	00:47:31.00	+00:04:42 (12.6%)	7:29	8 (87.0%)
32	KAMELSKI Piotr	41	SŁAWNO	M40-44	3			00:06:11	00:18:17	00:37:30.40	00:43:42.00	+00:04:46 (12.8%)	7:30	8 (87.0%)
33	RUDNIK Janina Ewa	98	DWA KIJE SŁUPSK	K30-39	3			00:10:05	00:18:24	00:37:34.55	00:47:39.55	+00:04:51 (12.9%)	7:30	8 (87.0%)
34	DUDEK Edward	19	KS METRACO POLKOWICE	M65-69	5			00:08:12	00:18:27	00:37:35.20	00:45:47.20	+00:04:51 (12.9%)	7:31	8 (87.0%)
35	ANTONIEWICZ-BARTCZAK Łukasz	1	ELITE TEAM	M- Niepełnosprawni	1			00:06:10	00:18:47	00:37:39.80	00:43:49.80	+00:04:56 (13.1%)	7:31	8 (87.0%)

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36	SWYSTUN Sławomir	250	PENDOLINO MORSY GDAŃSK	M60-64	5			00:07:31	00:18:30	00:37:41.85	00:45:13.50	+00:04:58 (13.2%)	7:32	8 (87.0%)
37	JÓŹWIAK Marianna	38	WTW.WŁOCLAWEK	K40-44	2			00:10:30	00:18:25	00:37:43.15	00:48:14.05	+00:04:59 (13.2%)	7:32	8 (87.0%)
38	RAKUĆ Angelika	91	RUCH PO ZDROWIE WŁOCLAWEK	K18-29	1			00:10:03	00:18:34	00:37:44.45	00:47:48.10	+00:05:01 (13.3%)	7:33	7.9 (85.9%)
39	GOŁĘBIEWSKI Andrzej	26	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	4			00:07:10	00:18:19	00:37:45.90	00:44:56.30	+00:05:02 (13.3%)	7:33	7.9 (85.9%)
40	MIKOŁAJCZAK Jan	71		M- Niepełnosprawni	2			00:07:31	00:18:28	00:37:49.90	00:45:20.90	+00:05:06 (13.5%)	7:33	7.9 (85.9%)
41	NACZK Wiktoria	74		K-Junior	1			00:09:27	00:18:36	00:37:52.10	00:47:19.10	+00:05:08 (13.6%)	7:34	7.9 (85.9%)
42	ŚLEWIŃSKA Edyta	111	BŁĘKITNI NW DZIEMIANY	K-Junior	2			00:09:26	00:18:51	00:37:53.80	00:47:19.80	+00:05:10 (13.6%)	7:34	7.9 (85.9%)
43	SZUDARSKI Marek	110	DWA KIJE SŁUPSK	M18-29	3			00:05:36	00:18:47	00:38:02.05	00:43:38.05	+00:05:18 (14.0%)	7:36	7.9 (85.9%)
44	JÓŹWIAK Łukasz	39	WTW.WŁOCLAWEK	M- Niepełnosprawni	3			00:06:31	00:18:38	00:38:04.15	00:44:35.30	+00:05:20 (14.0%)	7:36	7.9 (85.9%)
45	WOJTACHNIO Edyta	124	FACE NORDIC WALKING TEAM	K45-49	3			00:10:45	00:18:53	00:38:08.30	00:48:54.20	+00:05:24 (14.2%)	7:37	7.9 (85.9%)
46	WILKOŁEK-SZUDARSKA Saturnina	122	DWA KIJE SŁUPSK	K55-59	1			00:11:21	00:18:54	00:38:08.55	00:49:29.55	+00:05:25 (14.2%)	7:37	7.9 (85.9%)
47	JARMARKIEWICZ Daniel	36	AKTYWNE CHOSZCZNO	M18-29	4			00:05:36	00:18:46	00:38:15.50	00:43:51.50	+00:05:32 (14.5%)	7:39	7.8 (84.8%)
48	PILECKA-PRĄDZYŃSKA Anna	84	PENDOLINO	K60-64	1			00:11:35	00:18:58	00:38:23.85	00:49:59.25	+00:05:40 (14.8%)	7:40	7.8 (84.8%)
49	BŁASZCZYK Karolina	141	ELITE TEAM	K30-39	4			00:10:05	00:18:43	00:38:24.55	00:48:30.05	+00:05:41 (14.8%)	7:41	7.8 (84.8%)
50	POLISZCZUK Piotr	86		M55-59	5			00:07:10	00:19:06	00:38:30.30	00:45:40.30	+00:05:46 (15.0%)	7:42	7.8 (84.8%)
51	WAWRZYŃIAK Anna	118	FACE NORDIC WALKING TEAM	K40-44	3			00:10:29	00:18:50	00:38:33.20	00:49:02.75	+00:05:49 (15.1%)	7:42	7.8 (84.8%)
52	SŁOMIŃSKA Marta	246	BŁĘKITNI NW DZIEMIANY	K-Junior	3			00:09:26	00:19:01	00:38:41.35	00:48:08.30	+00:05:57 (15.4%)	7:44	7.8 (84.8%)
53	STANKIEWICZ Krzysztof	101	KIJANKI POZNAŃ	M45-49	3			00:06:30	00:19:06	00:38:45.40	00:45:16.20	+00:06:01 (15.6%)	7:45	7.7 (83.7%)
54	JANECKA Agnieszka	34	JEZIORKI - AKTYWNA WIEŚ	K40-44	4			00:10:30	00:19:09	00:38:53.00	00:49:23.45	+00:06:09 (15.8%)	7:46	7.7 (83.7%)
55	WAWRZYŃIAK Patryk	120	FACE NORDIC WALKING TEAM	M-Junior	3			00:05:34	00:19:22	00:38:53.30	00:44:28.05	+00:06:09 (15.9%)	7:46	7.7 (83.7%)
56	SULECKA Gabriela	103		K- Niepełnosprawni	1			00:11:21	00:19:25	00:39:02.40	00:50:23.40	+00:06:18 (16.2%)	7:48	7.7 (83.7%)
57	GIERSZEWSKI Arkadiusz	24		M30-39	3			00:05:56	00:19:05	00:39:03.05	00:44:59.05	+00:06:19 (16.2%)	7:48	7.7 (83.7%)
58	LANGMESSER Kinga	63	LKS ZANTYR SZTUM	K18-29	2			00:10:04	00:19:22	00:39:05.75	00:49:10.30	+00:06:22 (16.3%)	7:49	7.7 (83.7%)

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59	LESZCZYSZYN Krystyna	64		K60-64	2			00:11:35	00:19:12	00:39:09.60	00:50:45.15	+00:06:26 (16.4%)	7:50	7.7 (83.7%)
60	GIERSZEWSKA Magdalena	145	AKTYWNE KOLCZYGŁOWY	K40-44	5			00:10:31	00:19:36	00:39:16.65	00:49:48.00	+00:06:33 (16.7%)	7:51	7.6 (82.6%)
61	JANECKI Dariusz	35	JEZIORKI - AKTYWNA WIEŚ	M55-59	6			00:07:10	00:18:53	00:39:18.70	00:46:28.70	+00:06:35 (16.8%)	7:51	7.6 (82.6%)
62	WOJEWSKA Natalia	123	ELITE TEAM	K18-29	3			00:10:03	00:19:22	00:39:26.55	00:49:30.20	+00:06:43 (17.0%)	7:53	7.6 (82.6%)
63	KOZŁOWSKA Julia	57	FACE NORDIC WALKING TEAM	K-Dzieci	1			00:27:36	00:18:47	00:39:32.25	01:07:08.25	+00:06:48 (17.2%)	7:54	7.6 (82.6%)
64	NOWROTEK Roman	78	WESOŁY BORSUK TEAM	M65-69	6			00:08:11	00:19:23	00:39:32.55	00:47:44.00	+00:06:49 (17.2%)	7:54	7.6 (82.6%)
65	POTORSKI Jacek	87	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M40-44	4			00:06:12	00:19:26	00:39:33.80	00:45:46.40	+00:06:50 (17.3%)	7:54	7.6 (82.6%)
66	THIEL Jerzy	138	IMPERIAL MEDICAL SPA	M-Niepełnosprawni	4			00:07:10	00:19:17	00:39:44.00	00:46:54.00	+00:07:00 (17.6%)	7:56	7.6 (82.6%)
67	KLOSKA Kazimierz	48	BYTOWSKIE MORSY	M70+	1			00:08:33	00:19:50	00:39:48.95	00:48:22.35	+00:07:05 (17.8%)	7:57	7.5 (81.5%)
68	ROSZMAN Zenon	97	PENDOLINO	M55-59	7			00:07:10	00:19:41	00:39:52.40	00:47:02.40	+00:07:08 (17.9%)	7:58	7.5 (81.5%)
69	DANA Kazimiera	13	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:11:37	00:19:42	00:39:53.00	00:51:30.00	+00:07:09 (18.0%)	7:58	7.5 (81.5%)
70	WASILEWSKI Sławomir	117	PASJA NORDIC WALKING	M70+	2			00:08:32	00:20:01	00:40:03.65	00:48:36.40	+00:07:20 (18.3%)	8:00	7.5 (81.5%)
71	ZIELIŃSKI Andrzej	128		M60-64	6			00:07:30	00:19:44	00:40:04.50	00:47:34.50	+00:07:21 (18.3%)	8:00	7.5 (81.5%)
72	MIKITIUK Tomasz	69	KIJOWA PARA	M45-49	4			00:06:30	00:19:54	00:40:37.60	00:47:07.60	+00:07:54 (19.5%)	8:07	7.4 (80.4%)
73	GUL Karina	144	AKTYWNE KOLCZYGŁOWY	K-Niepełnosprawni	2			00:10:07	00:20:00	00:40:53.00	00:51:00.10	+00:08:09 (20.0%)	8:10	7.3 (79.3%)
74	LABUDDA Katarzyna	241		K30-39	5			00:10:04	00:20:06	00:40:53.25	00:50:57.70	+00:08:09 (20.0%)	8:10	7.3 (79.3%)
75	BANASZAK Agata	131	GREEN TEAM ZIELONA GÓRA	K18-29	4			00:10:03	00:20:25	00:40:59.40	00:51:02.40	+00:08:15 (20.2%)	8:11	7.3 (79.3%)
76	ŻAMOJCIN Małgorzata	133		K55-59	2			00:11:21	00:20:21	00:41:02.60	00:52:23.60	+00:08:19 (20.3%)	8:12	7.3 (79.3%)
77	SPYCHAŁA Arleta	139	MARSZ PO ZDROWIE	K40-44	6			00:10:30	00:20:31	00:41:13.30	00:51:43.30	+00:08:29 (20.6%)	8:14	7.3 (79.3%)
78	MALKIEWICZ Małgorzata	146	AKTYWNE KOLCZYGŁOWY	K50-54	2			00:11:03	00:20:29	00:41:30.50	00:52:33.50	+00:08:47 (21.2%)	8:18	7.2 (78.3%)
79	PIĄTKOWSKI Józef	82	KS METRACO POLKOWICE	M70+	3			00:08:32	00:20:19	00:41:30.65	00:50:02.65	+00:08:47 (21.2%)	8:18	7.2 (78.3%)
80	PAKMUR Anna	80		K50-54	3			00:11:03	00:20:40	00:41:33.35	00:52:36.35	+00:08:49 (21.3%)	8:18	7.2 (78.3%)
81	KABACIŃSKI Maciej	40	FACE NORDIC WALKING TEAM	M45-49	5			00:06:32	00:20:25	00:41:34.75	00:48:06.75	+00:08:51 (21.3%)	8:18	7.2 (78.3%)

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82	KULIG Bożena	58	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	4			00:11:37	00:20:40	00:41:35.75	00:53:12.75	+00:08:52 (21.3%)	8:19	7.2 (78.3%)
83	BARTON Krystyna	3		K55-59	3			00:11:21	00:20:38	00:41:43.30	00:53:05.10	+00:08:59 (21.6%)	8:20	7.2 (78.3%)
84	BANACH-MAZUR Paulina	2		K30-39	6			00:10:06	00:20:42	00:41:44.40	00:51:51.10	+00:09:00 (21.6%)	8:21	7.2 (78.3%)
85	JASOŃ Grażyna	142	CZARNE PANTERY	K50-54	4			00:11:04	00:21:06	00:42:01.15	00:53:05.75	+00:09:17 (22.1%)	8:24	7.1 (77.2%)
86	GRUDNOWSKA Dominika	30	BŁĘKITNI NW DZIEMIANY	K-Dzieci	2			00:09:07	00:19:49	00:42:03.50	00:51:10.95	+00:09:20 (22.2%)	8:24	7.1 (77.2%)
87	MACZKOWSKA Zofia	67	LKS ZANTYR SZTUM	K-Dzieci	3			00:09:08	00:19:48	00:42:04.90	00:51:12.95	+00:09:21 (22.2%)	8:24	7.1 (77.2%)
88	KRAWCZYKOWSKA Barbara	242	LKS ZANTYR SZTUM	K60-64	5			00:11:36	00:20:43	00:42:09.35	00:53:45.90	+00:09:25 (22.4%)	8:25	7.1 (77.2%)
89	ŁOZIŃSKA Wioletta	134		K45-49	4			00:10:45	00:21:00	00:42:17.20	00:53:02.20	+00:09:33 (22.6%)	8:27	7.1 (77.2%)
90	PODLEWSKA Alicja	85	LKS ZANTYR SZTUM	K50-54	5			00:11:03	00:20:57	00:42:19.95	00:53:23.25	+00:09:36 (22.7%)	8:28	7.1 (77.2%)
91	KOZŁOWSKA Jagoda	56	FACE NORDIC WALKING TEAM	K-Dzieci	4			00:27:36	00:19:42	00:42:20.40	01:09:56.40	+00:09:36 (22.7%)	8:28	7.1 (77.2%)
92	BONZEL Dorota	7	JEZIORKI - AKTYWNA WIEŚ	K30-39	7			00:10:05	00:21:07	00:42:22.90	00:52:28.00	+00:09:39 (22.8%)	8:28	7.1 (77.2%)
93	KUŚMIEREK Beata	61	BŁĘKITNI NW DZIEMIANY	K40-44	7			00:10:30	00:21:01	00:42:24.40	00:52:54.45	+00:09:40 (22.8%)	8:28	7.1 (77.2%)
94	NOWAK Jakub	76	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Dzieci	3			00:05:08	00:20:19	00:42:27.90	00:47:35.90	+00:09:44 (22.9%)	8:29	7.1 (77.2%)
95	DARGAS Małgorzata	15	BŁĘKITNI NW DZIEMIANY	K40-44	8			00:10:30	00:21:00	00:42:41.65	00:53:11.65	+00:09:58 (23.4%)	8:32	7 (76.1%)
96	KUMPIŃ Izabela	248		K40-44	9			00:10:32	00:20:52	00:42:58.95	00:53:31.55	+00:10:15 (23.9%)	8:35	7 (76.1%)
97	RAJEWSKA Beata	88	JEZIORKI - AKTYWNA WIEŚ	K40-44	10			00:10:32	00:21:30	00:43:00.40	00:53:33.20	+00:10:16 (23.9%)	8:36	7 (76.1%)
98	ROMANOWSKA Agata	93		K-Dzieci	5			00:09:07	00:20:36	00:43:12.30	00:52:19.90	+00:10:28 (24.3%)	8:38	6.9 (75.0%)
99	DARGAS Sandra	17	BŁĘKITNI NW DZIEMIANY	K-Dzieci	6			00:09:08	00:21:44	00:43:24.00	00:52:32.55	+00:10:40 (24.6%)	8:40	6.9 (75.0%)
100	SZCZEPANIAK Lucyna	105	JEZIORKI - AKTYWNA WIEŚ	K45-49	5			00:10:45	00:21:47	00:43:40.65	00:54:26.40	+00:10:57 (25.1%)	8:44	6.9 (75.0%)
101	CHOLEWSKA Joanna	136	MARSZ PO ZDROWIE	K60-64	6			00:11:37	00:21:54	00:43:58.85	00:55:35.85	+00:11:15 (25.6%)	8:47	6.8 (73.9%)
102	KOZŁOWIECKI Waldemar	135	TKKF KOSZALIN	M65-69	7			00:08:12	00:19:58	00:44:05.60	00:52:17.70	+00:11:22 (25.8%)	8:49	6.8 (73.9%)
103	DEC Alicja	18		K60-64	7			00:11:37	00:21:52	00:44:07.45	00:55:44.45	+00:11:24 (25.8%)	8:49	6.8 (73.9%)
104	KŁOPOTOWSKI Ryszard	50	LKS ZANTYR SZTUM	M50-54	3			00:06:50	00:21:12	00:44:16.45	00:51:07.20	+00:11:33 (26.1%)	8:51	6.8 (73.9%)

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
105	WAWRZY尼亚K Igor	119	FACE NORDIC WALKING TEAM	M-Dzieci	4			00:05:08	00:21:13	00:44:22.95	00:49:31.40	+00:11:39 (26.3%)	8:52	6.8 (73.9%)
106	SZPALERSKA Mirosława	106		K65-69	1			00:11:48	00:22:10	00:44:42.80	00:56:31.00	+00:11:59 (26.8%)	8:56	6.7 (72.8%)
107	ZIELIŃSKA Elżbieta	127		K60-64	8			00:11:36	00:22:21	00:44:47.95	00:56:24.80	+00:12:04 (27.0%)	8:57	6.7 (72.8%)
108	PIETRASIK Dominika	83		K30-39	8			00:10:08	00:22:11	00:44:49.05	00:54:57.65	+00:12:05 (27.0%)	8:57	6.7 (72.8%)
109	KAZIÓW Krystyna	43	DWA KIJE SŁUPSK	K60-64	9			00:11:36	00:22:15	00:44:56.85	00:56:32.85	+00:12:13 (27.2%)	8:59	6.7 (72.8%)
110	GRUDNOWSKA Wiktoria	29	BŁĘKITNI NW DZIEMIANY	K-Dzieci	7			00:09:08	00:22:08	00:45:23.70	00:54:31.70	+00:12:40 (27.9%)	9:04	6.6 (71.7%)
111	ROSZMAN Adrianna	95	PENDOLINO	K-Dzieci	8			00:09:08	00:22:58	00:45:25.00	00:54:33.00	+00:12:41 (27.9%)	9:05	6.6 (71.7%)
112	SZPAK Monika	245		K30-39	9			00:10:07	00:21:49	00:45:31.95	00:55:39.50	+00:12:48 (28.1%)	9:06	6.6 (71.7%)
113	GRUDNOWSKI Sebastian	32	BŁĘKITNI NW DZIEMIANY	M-Dzieci	5			00:05:09	00:22:19	00:46:02.35	00:51:11.70	+00:13:18 (28.9%)	9:12	6.5 (70.7%)
114	GRUDNOWSKI Norbert	31	BŁĘKITNI NW DZIEMIANY	M-Dzieci	6			00:05:07	00:22:20	00:46:03.40	00:51:11.35	+00:13:19 (28.9%)	9:12	6.5 (70.7%)
115	ROSZMAN Agata	96	PENDOLINO	K30-39	10			00:10:05	00:22:20	00:46:18.85	00:56:23.85	+00:13:35 (29.3%)	9:15	6.5 (70.7%)
116	JERECZEK Grażyna	37	BŁĘKITNI NW DZIEMIANY	K55-59	4			00:11:21	00:23:08	00:46:25.70	00:57:46.70	+00:13:42 (29.5%)	9:17	6.5 (70.7%)
117	MIKITUUK Beata	70	KIJOWA PARA	K40-44	11			00:10:45	00:23:46	00:46:30.15	00:57:15.15	+00:13:46 (29.6%)	9:18	6.5 (70.7%)
118	KĄCKOWSKA Beata	44	JEZIORKI - AKTYWNA WIEŚ	K40-44	12			00:10:30	00:23:17	00:46:39.70	00:57:09.70	+00:13:56 (29.9%)	9:19	6.4 (69.6%)
119	GRUCA Wiktoria	28		K-Junior	4			00:09:27	00:22:39	00:47:01.55	00:56:29.35	+00:14:18 (30.4%)	9:24	6.4 (69.6%)
120	BARTNIK Marian	132	TKKF KOSZALIN	M70+	4			00:08:34	00:22:52	00:47:21.10	00:55:55.20	+00:14:37 (30.9%)	9:28	6.3 (68.5%)
121	GRUCA Małgorzata	27		K40-44	13			00:10:20	00:24:11	00:47:46.15	00:58:06.15	+00:15:02 (31.5%)	9:33	6.3 (68.5%)
122	WIADERSKA Grażyna	121		K65-69	2			00:11:48	00:23:53	00:47:50.30	00:59:39.00	+00:15:06 (31.6%)	9:34	6.3 (68.5%)
123	ALESZCZUK Marek	137		M50-54	4			00:06:50	00:22:45	00:47:51.15	00:54:41.15	+00:15:07 (31.6%)	9:34	6.3 (68.5%)
124	PANKIEWICZ- DMOWSKA Cecylia	81		K65-69	3			00:11:49	00:24:03	00:48:04.05	00:59:53.05	+00:15:20 (31.9%)	9:36	6.2 (67.4%)
125	BŁASZCZYK Katarzyna	5	KIJANKI POZNAŃ	K45-49	6			00:10:45	00:23:47	00:48:06.60	00:58:52.35	+00:15:23 (32.0%)	9:37	6.2 (67.4%)
126	OGONOWSKA Edyta	79	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	6			00:11:03	00:24:08	00:48:19.40	00:59:23.20	+00:15:35 (32.3%)	9:40	6.2 (67.4%)
127	MOCZARSKI Adam	72	FACE NORDIC WALKING TEAM	M70+	5			00:08:32	00:23:49	00:48:23.95	00:56:55.95	+00:15:40 (32.4%)	9:40	6.2 (67.4%)

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
128	DZIADEK Agnieszka	20	PENDOLINO	K-Junior	5			00:09:26	00:23:29	00:48:24.20	00:57:50.80	+00:15:40 (32.4%)	9:40	6.2 (67.4%)
129	TOKARSKA Joanna	112	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K30-39	11			00:10:05	00:24:09	00:48:39.20	00:58:44.20	+00:15:55 (32.7%)	9:43	6.2 (67.4%)
130	MALINOWSKA Grażyna	68	LKS ZANTYR SZTUM	K65-69	4			00:11:49	00:24:01	00:48:52.85	01:00:41.90	+00:16:09 (33.1%)	9:46	6.1 (66.3%)
131	KISIOŁEK Wiktoria	148	AKTYWNI POSTOMINO	K-Dzieci	9			00:09:08	00:23:11	00:49:03.30	00:58:11.55	+00:16:19 (33.3%)	9:48	6.1 (66.3%)
132	KULESZA Justyna	244		K30-39	12			00:10:05	00:24:05	00:49:07.25	00:59:12.25	+00:16:23 (33.4%)	9:49	6.1 (66.3%)
133	GIERSZENDORF Paweł	22	FACE NORDIC WALKING TEAM	M-Junior	4			00:05:34	00:24:46	00:51:16.85	00:56:51.70	+00:18:33 (36.2%)	10:15	5.8 (63.0%)
134	BUDASZ Grażyna	8	JEZIORKI - AKTYWNA WIEŚ	K60-64	10			00:11:37	00:25:29	00:51:26.05	01:03:03.90	+00:18:42 (36.4%)	10:17	5.8 (63.0%)
135	ROMANOWSKA Wiktoria	92		K-Junior	6			00:09:26	00:19:14	00:51:27.40	01:00:53.40	+00:18:43 (36.4%)	10:17	5.8 (63.0%)
136	ROSZMAN Mikołaj	94	PENDOLINO	M-Dzieci	7			00:05:09	00:25:50	00:51:49.85	00:56:59.00	+00:19:06 (36.9%)	10:22	5.8 (63.0%)
137	BUDASZ Krzysztof	9	JEZIORKI - AKTYWNA WIEŚ	M60-64	7			00:07:30	00:25:34	00:52:05.50	00:59:35.50	+00:19:22 (37.2%)	10:25	5.8 (63.0%)
138	GIERSZENDORF Roman	21	FACE NORDIC WALKING TEAM	M40-44	5			00:06:10	00:25:20	00:52:48.95	00:58:59.85	+00:20:05 (38.0%)	10:33	5.7 (62.0%)
139	DARGAS Marta	16	BŁĘKITNI NW DZIEMIANY	K-Dzieci	10			00:09:08	00:24:36	00:52:49.00	01:01:57.00	+00:20:05 (38.0%)	10:33	5.7 (62.0%)
140	GIERSZENDORF Borys	23	FACE NORDIC WALKING TEAM	M-Dzieci	8			00:05:09	00:26:24	00:53:51.00	00:59:00.00	+00:21:07 (39.2%)	10:46	5.6 (60.9%)
141	BŁASZCZYK Łukasz	6	KIJANKI POZNAŃ	M40-44	6			00:06:11	00:27:29	00:55:59.00	01:02:10.00	+00:23:15 (41.5%)	11:11	5.4 (58.7%)
142	NOWACKI Eugeniusz	75	BMM PANCERNI	M55-59	8			00:07:12	00:29:08	00:57:45.20	01:04:57.65	+00:25:01 (43.3%)	11:33	5.2 (56.5%)
143	CICHOWSKI Wiesław	12	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M- Niepełnosprawni	5			00:07:31	00:40:03	00:58:05.45	01:05:36.45	+00:25:22 (43.7%)	11:37	5.2 (56.5%)
144	NOWAK Maja	77	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	11			00:09:08	00:28:17	00:59:50.40	01:08:59.30	+00:27:06 (45.3%)	11:58	5 (54.3%)
145	KUMPIŃ Zuzanna	59		K-Dzieci	12			00:09:08	00:28:41	01:00:24.75	01:09:32.75	+00:27:41 (45.8%)	12:04	5 (54.3%)
146	KUMPIŃ Jarosław	247		M45-49	6			00:06:30	00:31:20	01:03:02.95	01:09:32.95	+00:30:19 (48.1%)	12:36	4.8 (52.2%)
147	KĘDZIERSKA Edyta	46	PFNW	K40-44	14			02:25:20						(0.0%)
DQ	WALO Zbigniew	114		M55-59			Tak	DQ	00:19:20 DQ	00:33:28.00 DQ	DQ		-	- (0.0%)

Znaleziono 148 wynik(ów)