



KOSZALIN - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2017-05-03
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	88		M30-39	1			00:03:11	00:15:16	00:30:38.35	00:33:49.40		6:07	9.8 (100%)
2	WOROCH Roman	105	KS METRACO POLKOWICE	M55-59	1			00:04:18	00:15:39	00:31:30.65	00:35:49.35	+00:00:52 (2.8%)	6:18	9.5 (96.9%)
3	HAŁAS Marcin	125		M30-39	2			00:03:10	00:15:57	00:32:07.30	00:35:18.05	+00:01:28 (4.6%)	6:25	9.3 (94.9%)
4	BRZozowski Piotr	131	AKTYWNI POSTOMINO	M30-39	3			00:03:10	00:15:59	00:32:32.20	00:35:42.95	+00:01:53 (5.8%)	6:30	9.2 (93.9%)
5	KOPCZEWSKI Dariusz	47	FACE NORDIC WALKING TEAM	M50-54	1			00:04:04	00:16:17	00:32:56.00	00:37:00.65	+00:02:17 (7.0%)	6:35	9.1 (92.9%)
6	RAKUĆ Jakub	75	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:03:10	00:16:11	00:33:27.15	00:36:37.25	+00:02:48 (8.4%)	6:41	9 (91.8%)
7	CHAMIELEC Bogusław	8	A EMERYT BIEGA	M50-54	2			00:04:05	00:16:43	00:33:35.00	00:37:40.05	+00:02:56 (8.8%)	6:43	8.9 (90.8%)
8	MACHNIK Janusz	132	CLLEO ZAWIERCIE	M40-44	1			00:03:35	00:16:45	00:33:40.75	00:37:16.20	+00:03:02 (9.0%)	6:44	8.9 (90.8%)
9	STANISŁAWSKI Jan	85	MARSZ PO ZDROWIE POZNAŃ	M55-59	2			00:04:18	00:16:50	00:33:56.80	00:38:15.70	+00:03:18 (9.7%)	6:47	8.8 (89.8%)
10	NOWAK Włodzimierz	129		M55-59	3			00:04:19	00:16:50	00:33:57.50	00:38:16.95	+00:03:19 (9.8%)	6:47	8.8 (89.8%)
11	POLEWCZAK Mariusz	73	CLLEO ZAWIERCIE	M45-49	1			00:03:50	00:16:57	00:33:58.65	00:37:49.55	+00:03:20 (9.8%)	6:47	8.8 (89.8%)
12	TOMCZYK Edward	100	MARSZ PO ZDROWIE POZNAŃ	M65-69	1			00:04:51	00:17:07	00:34:10.90	00:39:02.55	+00:03:32 (10.4%)	6:50	8.8 (89.8%)
13	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69	2			00:04:52	00:17:08	00:34:11.30	00:39:03.75	+00:03:32 (10.4%)	6:50	8.8 (89.8%)

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14	FRĄCKOWIAK Roman	22	ZS ROSKO	M45-49	2			00:03:51	00:17:09	00:34:16.90	00:38:08.15	+00:03:38 (10.6%)	6:51	8.8 (89.8%)
15	KLARKOWSKI Bogdan	41	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	1			00:04:31	00:17:24	00:34:29.50	00:39:00.65	+00:03:51 (11.2%)	6:53	8.7 (88.8%)
16	GŁOWA Michał	26		M-Jun.	1			00:02:46	00:16:26	00:34:31.30	00:37:17.90	+00:03:52 (11.2%)	6:54	8.7 (88.8%)
17	ROSADZIŃSKI Sławomir	78	LESZNO :)	M45-49	3			00:03:50	00:17:07	00:34:31.65	00:38:21.65	+00:03:53 (11.3%)	6:54	8.7 (88.8%)
18	GRYGOROWICZ Bogdan	119	KS METRACO POLKOWICE	M65-69	3			00:04:52	00:17:12	00:34:55.60	00:39:48.45	+00:04:17 (12.3%)	6:59	8.6 (87.8%)
19	SZUDARSKI Edward	93	DWA KIJE SŁUPSK	M55-59	4			00:04:19	00:17:11	00:34:56.55	00:39:15.60	+00:04:18 (12.3%)	6:59	8.6 (87.8%)
20	FRĄCKOWIAK Mateusz	23	ZS ROSKO	M-Jun.	2			00:02:46	00:17:13	00:35:00.00	00:37:46.35	+00:04:21 (12.5%)	7:00	8.6 (87.8%)
21	GIERSZEWSKI Arkadiusz	25		M30-39	4			00:03:11	00:17:20	00:35:08.70	00:38:20.15	+00:04:30 (12.8%)	7:01	8.5 (86.7%)
22	BIK Przemysław	3	KS METRACO POLKOWICE	M-Jun.	3			00:02:47	00:17:41	00:35:14.10	00:38:01.45	+00:04:35 (13.0%)	7:02	8.5 (86.7%)
23	KUŚMIEREK Mateusz	52	BŁĘKITNI DZIEMIANY	M-Jun.	4			00:02:46	00:17:40	00:35:14.15	00:38:00.75	+00:04:35 (13.0%)	7:02	8.5 (86.7%)
24	KOMAR Beata	46	FACE NORDIC WALKING TEAM	K45-49	1			00:07:22	00:17:54	00:35:14.25	00:42:37.00	+00:04:35 (13.0%)	7:03	8.5 (86.7%)
25	DUSZEŃKO Zygmunt	16	KS METRACO POLKOWICE	M55-59	5			00:04:19	00:17:35	00:35:21.25	00:39:40.90	+00:04:42 (13.3%)	7:04	8.5 (86.7%)
26	OKRZESIK-FRĄCKOWIAK Izabela	69	ZS ROSKO	K45-49	2			00:07:22	00:17:53	00:35:33.45	00:42:56.40	+00:04:55 (13.8%)	7:06	8.4 (85.7%)
27	JÓŻWIAK Marianna	33	WTW WŁOCLAWEK	K40-44	1			00:07:04	00:17:36	00:35:36.85	00:42:41.25	+00:04:58 (14.0%)	7:07	8.4 (85.7%)
28	GRUSZKA Michał	29	UNIA MIAST	M-Dzieci	1			00:02:44	00:17:27	00:35:42.90	00:38:27.85	+00:05:04 (14.2%)	7:08	8.4 (85.7%)
29	SCHMIDTKE Piotr	80	DWA KIJE SŁUPSK	M45-49	4			00:03:50	00:17:38	00:35:49.10	00:39:39.15	+00:05:10 (14.5%)	7:09	8.4 (85.7%)
30	SZYMSKA Małgorzata	99	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	1	1		00:06:44	00:17:53	00:36:02.15	00:42:46.55	+00:05:23 (15.0%)	7:12	8.3 (84.7%)
31	WROŃSKI Włodzimierz	107	PASJA NORDIC WALKING	M65-69	4			00:04:50	00:17:42	00:36:04.30	00:40:55.00	+00:05:25 (15.1%)	7:13	8.3 (84.7%)
32	SZYMAŃSKI Stefan	98	XV KOŁO PZERI DYWITY	M70+	1			00:05:20	00:17:54	00:36:05.05	00:41:25.60	+00:05:26 (15.1%)	7:13	8.3 (84.7%)
33	POLISZCZUK Piotr	74	PIERNIKI NA CHODZIE	M55-59	6			00:04:20	00:17:42	00:36:10.25	00:40:30.70	+00:05:31 (15.3%)	7:14	8.3 (84.7%)
34	WOJTACHNIO Edyta	104	FACE NORDIC WALKING TEAM	K45-49	3			00:07:23	00:18:18	00:36:15.30	00:43:39.15	+00:05:36 (15.5%)	7:15	8.3 (84.7%)
35	WOLNIEWICZ Katarzyna	124	FABRIKANORDIKA	K45-49	4			00:07:23	00:18:17	00:36:16.25	00:43:39.30	+00:05:37 (15.5%)	7:15	8.3 (84.7%)
36	SZUDARSKI Marek	94	DWA KIJE SŁUPSK	M18-29	2			00:03:10	00:18:07	00:36:20.70	00:39:30.85	+00:05:42 (15.7%)	7:16	8.3 (84.7%)

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37	WILKOŁEK-SZUDARSKA Saturnina	103	DWA KIJE SŁUPSK	K55-59	1			00:08:01	00:18:00	00:36:25.70	00:44:27.25	+00:05:47 (15.9%)	7:17	8.2 (83.7%)
38	DUDEK Kazimierz	15	NIEZRZESZONY	M65-69	5			00:04:51	00:17:59	00:36:26.00	00:41:17.65	+00:05:47 (15.9%)	7:17	8.2 (83.7%)
39	GRUSZKA Michał	28	UNIA MIAST	M40-44	2			00:03:35	00:17:54	00:36:28.10	00:40:03.45	+00:05:49 (16.0%)	7:17	8.2 (83.7%)
40	MARCINKOWSKA Agnieszka	56	UNIA MIAST	K-Dzieci	1			00:05:59	00:18:33	00:36:32.25	00:42:31.50	+00:05:53 (16.1%)	7:18	8.2 (83.7%)
41	MIKOŁAJCZAK Jan	60	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:05:35	00:17:49	00:36:36.90	00:42:12.15	+00:05:58 (16.3%)	7:19	8.2 (83.7%)
42	STOLTMANN Helena	89	BŁĘKITNI DZIEMIANY	K55-59	2			00:08:02	00:18:08	00:36:44.30	00:44:46.45	+00:06:05 (16.6%)	7:20	8.2 (83.7%)
43	DOLNA Ewelina	121	KSK ŻYJ AKTYWNIE KOLCZYGŁOWY	K30-39	2			00:06:45	00:18:39	00:36:49.60	00:43:35.10	+00:06:11 (16.8%)	7:22	8.1 (82.7%)
44	SULIKOWSKA Agnieszka	92	PASJA NORDIC WALKING	K30-39	3			00:06:46	00:18:39	00:36:57.90	00:43:44.00	+00:06:19 (17.1%)	7:23	8.1 (82.7%)
45	GOŁĘBIEWSKI Andrzej	27	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	2			00:04:31	00:18:18	00:37:04.55	00:41:36.00	+00:06:26 (17.4%)	7:25	8.1 (82.7%)
46	KASZUBOWSKI Ireneusz	37		M50-54	3			00:04:05	00:18:10	00:37:09.10	00:41:14.15	+00:06:30 (17.5%)	7:25	8.1 (82.7%)
47	NOWROTEK Roman	67		M65-69	6			00:04:51	00:17:51	00:37:13.35	00:42:04.90	+00:06:35 (17.7%)	7:26	8.1 (82.7%)
48	RAKUĆ Angelika	76	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:06:22	00:18:26	00:37:14.45	00:43:36.55	+00:06:36 (17.7%)	7:26	8.1 (82.7%)
49	SZYCKO Radek	96	DWA KIJE SŁUPSK	M40-44	3			00:03:35	00:18:04	00:37:19.95	00:40:55.15	+00:06:41 (17.9%)	7:28	8 (81.6%)
50	GAŁAŚ Joanna	128	PASJA NORDIC WALKING	K18-29	2			00:06:21	00:18:45	00:37:23.75	00:43:45.70	+00:06:45 (18.1%)	7:28	8 (81.6%)
51	DUSZEŃKO Damian	115	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:05:36	00:19:11	00:37:35.25	00:43:12.15	+00:06:56 (18.5%)	7:31	8 (81.6%)
52	KUMPIŃ Jarosław	137		M45-49	5	1		00:07:24	00:18:34	00:37:35.30	00:45:00.25	+00:06:56 (18.5%)	7:31	8 (81.6%)
53	NOWAK Jakub	65	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	2			00:02:45	00:19:01	00:37:40.90	00:40:26.45	+00:07:02 (18.7%)	7:32	8 (81.6%)
54	DZIEMIŃSKI Jan	19	BŁĘKITNI DZIEMIANY	M-Dzieci	3			00:02:44	00:19:00	00:37:41.55	00:40:26.10	+00:07:03 (18.7%)	7:32	8 (81.6%)
55	STEPNIAK Bogdan	86		M-Niepełnosprawni(A)	2			00:05:37	00:18:41	00:37:44.55	00:43:21.65	+00:07:06 (18.8%)	7:32	8 (81.6%)
56	SOBOLEWSKI Marek	135		M45-49	6			00:03:50	00:18:39	00:37:45.65	00:41:36.00	+00:07:07 (18.9%)	7:33	7.9 (80.6%)
57	SULECKA Gabriela	91		K-Niepełnosprawni(A)	1			00:08:43	00:18:55	00:37:58.50	00:46:41.55	+00:07:20 (19.3%)	7:35	7.9 (80.6%)
58	MORYS Agnieszka	61	FABRIKANORDIKA	K30-39	4			00:06:45	00:18:50	00:38:08.65	00:44:53.90	+00:07:30 (19.7%)	7:37	7.9 (80.6%)
59	KĘDZIERSKA Edyta	114	PFNW	K40-44	2			00:07:05	00:18:57	00:38:17.60	00:45:22.95	+00:07:39 (20.0%)	7:39	7.8 (79.6%)

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60	PILECKA PRĄDZYŃSKA Anna	71	PENDOLINO	K60-64	1			00:08:14	00:18:56	00:38:23.60	00:46:38.25	+00:07:45 (20.2%)	7:40	7.8 (79.6%)
61	GABERT Beata	24	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	5			00:07:22	00:19:21	00:38:27.30	00:45:49.65	+00:07:48 (20.3%)	7:41	7.8 (79.6%)
62	GWAREK Anita	31	PASJA NORDIC WALKING	K45-49	6			00:07:22	00:19:07	00:38:28.90	00:45:51.75	+00:07:50 (20.4%)	7:41	7.8 (79.6%)
63	SAKOWSKA Krystyna	79	PASJA NORDIC WALKING	K40-44	3			00:07:04	00:19:03	00:38:33.30	00:45:38.20	+00:07:54 (20.5%)	7:42	7.8 (79.6%)
64	MIKITIUK Tomasz	58	KIJOWA PARA	M45-49	7			00:03:51	00:18:54	00:38:34.35	00:42:25.40	+00:07:56 (20.6%)	7:42	7.8 (79.6%)
65	WASILEWSKI Sławomir	127	PASJA NORDIC WALKING	M70+	2			00:05:21	00:19:13	00:38:38.85	00:44:00.70	+00:08:00 (20.7%)	7:43	7.8 (79.6%)
66	MALKIEWICZ Małgorzata	123	KSK ŻYJ AKTYWNIEM KOLCZYGŁOWY	K50-54	1			00:07:43	00:19:11	00:38:39.90	00:46:23.65	+00:08:01 (20.8%)	7:44	7.8 (79.6%)
67	KUMPIŃ Izabela	138		K45-49	7			00:07:24	00:19:17	00:38:43.50	00:46:07.65	+00:08:05 (20.9%)	7:44	7.7 (78.6%)
68	ZIELIŃSKI Andrzej	134		M60-64	3			00:04:32	00:19:03	00:38:47.40	00:43:19.95	+00:08:09 (21.0%)	7:45	7.7 (78.6%)
69	DANA Kazimiera	12	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	2			00:08:15	00:19:22	00:38:59.05	00:47:15.00	+00:08:20 (21.4%)	7:48	7.7 (78.6%)
70	NACZK Wiktoria	62	DYNAMIC	K-Jun.	1			00:06:21	00:19:06	00:39:01.45	00:45:22.85	+00:08:23 (21.5%)	7:48	7.7 (78.6%)
71	GIERSZEWSKA Magdalena	122	KSK ŻYJ AKTYWNIEM KOLCZYGŁOWY	K40-44	4			00:07:05	00:19:47	00:39:02.25	00:46:07.55	+00:08:23 (21.5%)	7:48	7.7 (78.6%)
72	KREZMER Marzena	49	CLLEO ZAWIERCIE	K30-39	5			00:06:44	00:19:20	00:39:07.50	00:45:52.05	+00:08:29 (21.7%)	7:49	7.7 (78.6%)
73	JÓŹWIAK Łukasz	34	WTW WŁOCLAWEK	M- Niepełnosprawni(A)	3			00:05:36	00:18:57	00:39:10.65	00:44:47.05	+00:08:32 (21.8%)	7:50	7.7 (78.6%)
74	DYWELSKI Marek	18		M55-59	7			00:04:19	00:19:30	00:39:15.35	00:43:35.10	+00:08:37 (22.0%)	7:51	7.6 (77.6%)
75	KNITTER Monika	42		K30-39	6			00:06:44	00:19:22	00:39:27.40	00:46:12.05	+00:08:49 (22.3%)	7:53	7.6 (77.6%)
76	GRYGOROWICZ Teresa	120	KS METRACO POLKOWICE	K65-69	1			00:08:30	00:19:31	00:39:31.95	00:48:02.55	+00:08:53 (22.5%)	7:54	7.6 (77.6%)
77	NAMSOŁEK Feliks	112		M70+	3			00:05:23	00:19:23	00:39:33.20	00:44:56.65	+00:08:54 (22.5%)	7:54	7.6 (77.6%)
78	DANA Andrzej	13	KLUB NW PATYCZAKI GRUDZIĄDZ	M65-69	7			00:04:50	00:18:49	00:39:33.60	00:44:24.00	+00:08:55 (22.6%)	7:54	7.6 (77.6%)
79	FOLWARSKA Małgorzata	20	FACE NORDIC WALKING TEAM	K55-59	3			00:08:03	00:19:55	00:40:09.65	00:48:12.90	+00:09:31 (23.7%)	8:01	7.5 (76.5%)
80	CHOLEWKA Jolanta	9	MARSZ PO ZDROWIE POZNAŃ	K60-64	3			00:08:14	00:20:01	00:40:15.80	00:48:30.65	+00:09:37 (23.9%)	8:03	7.5 (76.5%)
81	JURCZYŃSKA Bożena	36	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	4			00:08:03	00:20:00	00:40:29.70	00:48:33.35	+00:09:51 (24.3%)	8:06	7.4 (75.5%)
82	KOSICKA Beata	48		K45-49	8			00:07:24	00:20:02	00:40:29.75	00:47:54.40	+00:09:51 (24.3%)	8:06	7.4 (75.5%)

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83	ROMANOWSKA Agata	77		K-Dzieci	2			00:05:59	00:19:49	00:40:33.45	00:46:32.50	+00:09:55 (24.5%)	8:06	7.4 (75.5%)
84	KULIG Bożena	50	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	4			00:08:15	00:20:07	00:40:35.50	00:48:50.55	+00:09:57 (24.5%)	8:07	7.4 (75.5%)
85	STACHYRA Alfred	84	BŁĘKITNI DZIEMIANY	M70+	4			00:05:22	00:19:46	00:40:58.15	00:46:20.60	+00:10:19 (25.2%)	8:11	7.3 (74.5%)
86	KUŚMIEREK Beata	51	BŁĘKITNI DZIEMIANY	K40-44	5			00:07:04	00:20:31	00:41:08.20	00:48:12.75	+00:10:29 (25.5%)	8:13	7.3 (74.5%)
87	SŁOMIŃSKA Marta	83	BŁĘKITNI DZIEMIANY	K18-29	3			00:06:21	00:20:42	00:41:13.45	00:47:35.05	+00:10:35 (25.7%)	8:14	7.3 (74.5%)
88	DUSZEŃKO Jakub	17	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	2	1		00:05:35	00:20:07	00:41:16.45	00:46:52.30	+00:10:38 (25.8%)	8:15	7.3 (74.5%)
89	ŻAMOJCIN Małgorzata	109	NIEZRZESZONA	K55-59	5			00:08:02	00:20:24	00:41:24.15	00:49:26.85	+00:10:45 (26.0%)	8:16	7.2 (73.5%)
90	SZYCKO Oliwia	95	DWA KIJE SŁUPSK	K-Dzieci	3			00:05:59	00:20:15	00:41:47.20	00:47:46.30	+00:11:08 (26.7%)	8:21	7.2 (73.5%)
91	WALO Zbigniew	117	X	M- Niepełnosprawni(A)	4	1		00:05:35	00:20:20	00:41:55.90	00:47:31.20	+00:11:17 (26.9%)	8:23	7.2 (73.5%)
92	WOROCH Jolanta	106	DOPIEWO	K50-54	2			00:07:43	00:20:56	00:42:18.10	00:50:02.05	+00:11:39 (27.6%)	8:27	7.1 (72.4%)
93	NIECHWIEJCZYK Kinga	63	UNIA MIAST	K-Dzieci	4			00:06:00	00:21:07	00:42:25.90	00:48:25.90	+00:11:47 (27.8%)	8:29	7.1 (72.4%)
94	SUDOŁ Irena	90		K55-59	6			00:08:02	00:21:07	00:42:41.05	00:50:44.00	+00:12:02 (28.2%)	8:32	7 (71.4%)
95	LORENS Kazimierz	53	CLLEO ZAWIERCIE	M60-64	4			00:04:31	00:20:08	00:42:56.70	00:47:28.25	+00:12:18 (28.7%)	8:35	7 (71.4%)
96	CYRA Grażyna	10		K60-64	5	1		00:08:15	00:21:20	00:43:08.30	00:51:23.65	+00:12:29 (29.0%)	8:37	7 (71.4%)
97	MARCINKOWSKA Renata	55	FACE NORDIC WALKING TEAM	K65-69	2			00:08:31	00:21:17	00:43:20.90	00:51:52.80	+00:12:42 (29.3%)	8:40	6.9 (70.4%)
98	SZYMAŃSKA Lucyna	97	XV KOŁO PZERI DYWITY	K- Niepełnosprawni(A)	2			00:08:43	00:21:20	00:43:31.25	00:52:14.90	+00:12:52 (29.6%)	8:42	6.9 (70.4%)
99	NOWROTEK Urszula	126		K50-54	3			00:07:44	00:21:34	00:43:41.85	00:51:26.65	+00:13:03 (29.9%)	8:44	6.9 (70.4%)
100	SMARUJ-SADOWSKA Janina	130		K65-69	3			00:08:30	00:21:41	00:43:42.50	00:52:12.60	+00:13:04 (29.9%)	8:44	6.9 (70.4%)
101	FOREMNA-PILARSKA Monika	21		K40-44	6			00:07:05	00:21:39	00:43:43.00	00:50:48.95	+00:13:04 (29.9%)	8:44	6.9 (70.4%)
102	WĄSOWSKA Monika	102	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	7			00:06:45	00:21:39	00:44:03.00	00:50:48.20	+00:13:24 (30.4%)	8:48	6.8 (69.4%)
103	CETERA Janusz	7	EKSPEDYCJA NORDIC TEAM SZCZECIN	M- Niepełnosprawni(B)	3			00:05:35	00:21:30	00:44:18.05	00:49:53.90	+00:13:39 (30.8%)	8:51	6.8 (69.4%)
104	WYSOCKI Gabriel	108	BŁĘKITNI DZIEMIANY	M-Dzieci	4			00:02:45	00:21:29	00:44:29.70	00:47:14.70	+00:13:51 (31.1%)	8:53	6.7 (68.4%)
105	DEMBOWIAK Wanda	14	MŁODZI DUCHEM SWARZĘDZ	K65-69	4			00:08:31	00:22:10	00:44:40.45	00:53:12.00	+00:14:02 (31.4%)	8:56	6.7 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
106	ZIELIŃSKA Elżbieta	133		K60-64	6			00:08:16	00:22:46	00:45:07.70	00:53:24.40	+00:14:29 (32.1%)	9:01	6.6 (67.3%)
107	MIKITIUK Beata	59	KIJOWA PARA	K45-49	9			00:07:24	00:22:54	00:45:15.45	00:52:39.45	+00:14:37 (32.3%)	9:03	6.6 (67.3%)
108	JAZOWIT-KRAWCZYK Ewa	32		K50-54	4			00:07:44	00:22:52	00:46:16.00	00:54:00.65	+00:15:37 (33.8%)	9:15	6.5 (66.3%)
109	STĘPNIEWSKA Agnieszka	87		K30-39	8			00:06:46	00:23:29	00:46:26.35	00:53:12.35	+00:15:48 (34.0%)	9:17	6.5 (66.3%)
110	KAŻMIERSKA Justyna	38	AMATOR	K60-64	7			00:08:15	00:22:40	00:46:27.40	00:54:42.95	+00:15:49 (34.0%)	9:17	6.5 (66.3%)
111	OGONOWSKA Edyta	68	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	7			00:08:02	00:23:22	00:46:30.95	00:54:33.35	+00:15:52 (34.1%)	9:18	6.4 (65.3%)
112	KILAR Oliwia	40	RODZINKA KILAR (PL)	K-Dzieci	5			00:06:00	00:23:06	00:47:19.00	00:53:19.15	+00:16:40 (35.2%)	9:27	6.3 (64.3%)
113	PANKIEWICZ-DMOWSKA Cecylia	70		K65-69	5			00:08:30	00:23:33	00:47:20.80	00:55:51.55	+00:16:42 (35.3%)	9:28	6.3 (64.3%)
114	JÓŻWIAK Dominik	35	WTW WŁOCLAWEK	M-Niepełnosprawni(B)	4			00:05:35	00:21:57	00:47:26.35	00:53:01.75	+00:16:48 (35.4%)	9:29	6.3 (64.3%)
115	BARTNIK Marian	113	TKKF KOSZALIN	M70+	5			00:05:21	00:22:56	00:47:29.45	00:52:50.95	+00:16:51 (35.5%)	9:29	6.3 (64.3%)
116	DUSZEŃKO Elwira	116	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	3			00:08:43	00:23:18	00:47:42.40	00:56:25.55	+00:17:04 (35.8%)	9:32	6.3 (64.3%)
117	ALESZCZYK Marek	2		M50-54	4			00:04:05	00:23:25	00:47:43.10	00:51:49.05	+00:17:04 (35.8%)	9:32	6.3 (64.3%)
118	ZAJĄCZKOWSKA Jadwiga	118	KS METRACO POLKOWICE	K40-44	7			00:07:04	00:23:34	00:48:11.50	00:55:15.55	+00:17:33 (36.4%)	9:38	6.2 (63.3%)
119	WASILUK Helena	101		K70+	1			00:08:34	00:23:49	00:48:19.10	00:56:53.80	+00:17:40 (36.6%)	9:39	6.2 (63.3%)
120	BUDASZ Grażyna	5	PILSCY MIŁOŚNICY NW	K60-64	8			00:08:16	00:23:44	00:48:31.15	00:56:47.85	+00:17:52 (36.9%)	9:42	6.2 (63.3%)
121	BUDASZ Krzysztof	6	PILSCY MIŁOŚNICY NW	M60-64	5			00:04:32	00:24:52	00:49:45.25	00:54:17.65	+00:19:06 (38.4%)	9:57	6 (61.2%)
122	CYRA Zbigniew	11		M65-69	8			00:04:50	00:25:31	00:52:18.20	00:57:08.95	+00:21:39 (41.4%)	10:27	5.7 (58.2%)
123	SKORUPSKI Janusz	81	MŁODZI DUCHEM SWARZĘDZ	M65-69	9			00:04:52	00:26:45	00:55:35.15	01:00:27.60	+00:24:56 (44.9%)	11:07	5.4 (55.1%)
124	NOWAK Maja	66	KLUB NW PATYCZAKI GRUDZIĄDZ	K-Dzieci	6			00:05:59	00:34:37	01:07:57.10	01:13:56.95	+00:37:18 (54.9%)	13:35	4.4 (44.9%)
DQ	URANTÓWKA Henryk	111	N/Z	M70+		1		DQ	00:19:14 DQ	00:39:36.95 DQ	DQ		-	- (0.0%)
	WOLSKI Tomasz	136		M30-39				DNF	00:18:49 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 126 wynik(ów)