



LEGNICA - MISTRZOSTWA EUROPY - NORDIC WALKING - 5 KM

B4SPORT

Organiser: PFNW
Date: 2016-10-08
Place: Legnica
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	STILLER Karol	399		M30-39	1				00:02:15	00:14:26	00:29:22.10	00:31:37.45		5:52	10.2 (100%)
2	BOGDAN Cyrus	217		M45-49	1				00:02:59	00:14:18	00:29:24.10	00:32:23.95	+00:00:02 (0.1%)	5:52	10.2 (100%)
3	SCHOLZ Wolfgang	380		M40-44	1				00:02:41	00:14:29	00:29:36.55	00:32:17.75	+00:00:14 (0.8%)	5:55	10.1 (99.0%)
4	KLICZKA Kamil	290		M45-49	2				00:03:00	00:14:36	00:29:55.65	00:32:55.75	+00:00:33 (1.9%)	5:59	10 (98.0%)
5	DEŁĄG Jakub	231		M18-29	1				00:01:57	00:14:52	00:30:10.05	00:32:07.55	+00:00:47 (2.6%)	6:02	9.9 (97.1%)
6	KORDOWSKI Piotr	299		M45-49	3				00:03:00	00:15:04	00:30:26.10	00:33:26.65	+00:01:04 (3.5%)	6:05	9.9 (97.1%)
7	WALENDZIAK Ryszard	206		M40-44	2		1		00:02:43	00:14:57	00:30:36.90	00:33:20.20	+00:01:14 (4.1%)	6:07	9.8 (96.1%)
8	NIECHWIEJCZYK Piotr	348		M40-44	3				00:02:41	00:15:08	00:30:37.90	00:33:19.10	+00:01:15 (4.1%)	6:07	9.8 (96.1%)
9	WOROCH Roman	445		M55-59	1				00:03:52	00:15:10	00:30:47.65	00:34:40.40	+00:01:25 (4.6%)	6:09	9.7 (95.1%)
10	GAJEWSKI Eugeniusz	247		M55-59	2				00:03:52	00:15:13	00:30:58.55	00:34:51.30	+00:01:36 (5.2%)	6:11	9.7 (95.1%)
11	MICHALSKI Andrzej	340		M55-59	3				00:03:54	00:15:19	00:31:02.10	00:34:56.45	+00:01:40 (5.4%)	6:12	9.7 (95.1%)
12	KUBIAK Tomasz	310		M40-44	4				00:02:41	00:15:11	00:31:11.30	00:33:52.65	+00:01:49 (5.8%)	6:14	9.6 (94.1%)
13	ROŻYNEK Miron	374		M50-54	1				00:03:24	00:15:32	00:31:16.65	00:34:41.60	+00:01:54 (6.1%)	6:15	9.6 (94.1%)
14	PUSZKIEL Leszek	363		M55-59	4		1		00:03:52	00:15:16	00:31:17.05	00:35:09.60	+00:01:54 (6.1%)	6:15	9.6 (94.1%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
15	HELWICH Stefan	266		M60-64	1				00:04:28	00:15:32	00:31:20.70	00:35:49.10	+00:01:58 (6.3%)	6:16	9.6 (94.1%)
16	BOGACKI Sławek	216		M40-44	5				00:02:40	00:15:38	00:31:44.40	00:34:25.35	+00:02:22 (7.5%)	6:21	9.4 (92.2%)
17	SŁOMIAN Leszek	385		M55-59	5				00:03:53	00:15:42	00:31:58.85	00:35:52.60	+00:02:36 (8.2%)	6:23	9.4 (92.2%)
18	GŁOWA Michał	254		M-Jun.	1				00:01:42	00:15:47	00:32:01.20	00:33:43.55	+00:02:39 (8.3%)	6:24	9.4 (92.2%)
19	WOJTASIŃSKI Daniel	443		M30-39	2				00:02:15	00:15:34	00:32:05.50	00:34:21.15	+00:02:43 (8.5%)	6:25	9.3 (91.2%)
20	BIK Stanisław	213		M50-54	2				00:03:25	00:15:54	00:32:08.85	00:35:34.35	+00:02:46 (8.6%)	6:25	9.3 (91.2%)
21	CZŁAPSKI Krzysztof	462		M50-54	3				00:03:24	00:15:47	00:32:17.20	00:35:42.15	+00:02:55 (9.0%)	6:27	9.3 (91.2%)
22	WOLEK Waldemar	444		M40-44	6				00:02:42	00:15:51	00:32:23.95	00:35:06.15	+00:03:01 (9.4%)	6:28	9.3 (91.2%)
23	ROSIŃSKI Michał	373		M-Disabled	1	1			00:02:15	00:15:59	00:32:34.45	00:34:50.40	+00:03:12 (9.8%)	6:31	9.2 (90.2%)
24	MIELCAREK Leszek	341		M60-64	2				00:04:27	00:16:03	00:32:36.55	00:37:03.90	+00:03:14 (9.9%)	6:31	9.2 (90.2%)
25	KŁACZYŃSKA Danuta	292		K40-44	1				00:08:16	00:16:10	00:32:36.60	00:40:52.90	+00:03:14 (9.9%)	6:31	9.2 (90.2%)
26	ZAUNER Johann	456		M50-54	4		1		00:03:24	00:15:56	00:32:41.05	00:36:05.45	+00:03:18 (10.1%)	6:32	9.2 (90.2%)
27	ÜBELLEITNER Manfred	432		M50-54	5				00:03:24	00:16:04	00:32:49.55	00:36:14.25	+00:03:27 (10.5%)	6:34	9.1 (89.2%)
28	ADAMUS Marian	203		M65-69	1				00:05:02	00:16:14	00:32:56.95	00:37:58.95	+00:03:34 (10.9%)	6:35	9.1 (89.2%)
29	KROMSKI Paweł	306		M45-49	4				00:03:01	00:16:12	00:33:00.10	00:36:01.35	+00:03:38 (11.0%)	6:36	9.1 (89.2%)
30	GRAML Günther	259		M55-59	6				00:03:00	00:16:17	00:33:02.10	00:36:02.65	+00:03:40 (11.1%)	6:36	9.1 (89.2%)
31	JĘDRASIAK Renata	281		K50-54	1		1		00:09:16	00:16:27	00:33:02.85	00:42:18.95	+00:03:40 (11.1%)	6:36	9.1 (89.2%)
32	ZYGMUNT Gracjan	460		M-Jun.	2				00:01:42	00:16:33	00:33:04.60	00:34:46.70	+00:03:42 (11.2%)	6:36	9.1 (89.2%)
33	KACPRZAK Paweł	283		M-Jun.	3				00:01:42	00:16:38	00:33:05.30	00:34:47.45	+00:03:43 (11.2%)	6:37	9.1 (89.2%)
34	TOMCZYK Edward	427		M65-69	2				00:05:03	00:16:29	00:33:13.05	00:38:16.50	+00:03:50 (11.6%)	6:38	9 (88.2%)
35	SMUL Andrzej	388		M60-64	3		1		00:04:27	00:16:06	00:33:16.05	00:37:43.80	+00:03:53 (11.7%)	6:39	9 (88.2%)
36	SKRYCKA Katarzyna	384		K30-39	1				00:07:38	00:16:44	00:33:18.40	00:40:57.10	+00:03:56 (11.8%)	6:39	9 (88.2%)
37	HOŁUBKA Mariusz	268		M40-44	7				00:02:41	00:16:29	00:33:21.70	00:36:03.65	+00:03:59 (12.0%)	6:40	9 (88.2%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
38	GAPIŃSKI Leszek	251		M55-59	7				00:03:53	00:16:44	00:33:27.00	00:37:20.45	+00:04:04 (12.2%)	6:41	9 (88.2%)
39	DRAPIKOWSKI Marek	236		M55-59	8				00:03:55	00:16:37	00:33:34.75	00:37:30.30	+00:04:12 (12.5%)	6:43	8.9 (87.3%)
40	GAŁĘZA Maciej	248		M40-44	8				00:02:43	00:16:23	00:33:37.40	00:36:20.90	+00:04:15 (12.7%)	6:43	8.9 (87.3%)
41	PUSZKIEL Adrian	362		M18-29	2				00:01:57	00:15:59	00:33:41.85	00:35:39.50	+00:04:19 (12.8%)	6:44	8.9 (87.3%)
42	CIERZNIEMSKI Dariusz	225		M50-54	6				00:03:25	00:16:28	00:33:44.50	00:37:10.30	+00:04:22 (13.0%)	6:45	8.9 (87.3%)
43	MACIEJEWSKI Robert	333		M30-39	3				00:02:15	00:16:37	00:33:45.30	00:36:00.65	+00:04:23 (13.0%)	6:45	8.9 (87.3%)
44	PARTYKA Teresa	358		K55-59	1				00:09:36	00:16:40	00:33:45.50	00:43:22.45	+00:04:23 (13.0%)	6:45	8.9 (87.3%)
45	KASPRZYK Lilianna	287		K55-59	2				00:09:37	00:16:50	00:33:46.60	00:43:23.85	+00:04:24 (13.1%)	6:45	8.9 (87.3%)
46	ZMACZYŃSKI Bogusław	459		M60-64	4				00:04:29	00:16:39	00:33:47.85	00:38:16.85	+00:04:25 (13.1%)	6:45	8.9 (87.3%)
47	BORKOWSKA Lidia	218		K45-49	1				00:08:40	00:16:49	00:33:48.30	00:42:28.95	+00:04:26 (13.1%)	6:45	8.9 (87.3%)
48	WYSOCKI Paweł	449		M18-29	3				00:01:58	00:16:45	00:33:48.85	00:35:47.10	+00:04:26 (13.1%)	6:45	8.9 (87.3%)
49	SIKORA Bronisław	382		M60-64	5				00:04:28	00:16:40	00:33:49.35	00:38:17.75	+00:04:27 (13.2%)	6:45	8.9 (87.3%)
50	BASSO Daniela	209		K55-59	3				00:09:38	00:16:50	00:33:51.70	00:43:30.45	+00:04:29 (13.3%)	6:46	8.9 (87.3%)
51	WILCZAK Kaja	474		K-Jun.	1				00:06:29	00:16:49	00:33:52.90	00:40:22.85	+00:04:30 (13.3%)	6:46	8.9 (87.3%)
52	KOWALCZYK Tadeusz	302		M-Disabled	2	1			00:04:30	00:16:45	00:33:54.55	00:38:24.95	+00:04:32 (13.4%)	6:46	8.8 (86.3%)
53	GRYGOROWICZ Bogdan	463		M65-69	3				00:05:03	00:16:39	00:33:56.70	00:38:59.85	+00:04:34 (13.5%)	6:47	8.8 (86.3%)
54	SPYCHAŁA Marzena	392		K45-49	2				00:08:40	00:16:47	00:34:02.40	00:42:42.80	+00:04:40 (13.7%)	6:48	8.8 (86.3%)
55	OLEKSYK Malgorzta	354		K50-54	2				00:09:16	00:16:40	00:34:03.45	00:43:19.70	+00:04:41 (13.8%)	6:48	8.8 (86.3%)
56	ŁUKASZEWICZ Joanna	331		K45-49	3				00:08:40	00:16:52	00:34:09.90	00:42:50.30	+00:04:47 (14.0%)	6:50	8.8 (86.3%)
57	ZAŃKO Katarzyna	455		K40-44	2				00:08:15	00:16:46	00:34:10.15	00:42:25.55	+00:04:48 (14.1%)	6:50	8.8 (86.3%)
58	DUDEK Edward	238		M65-69	4				00:05:02	00:16:42	00:34:14.60	00:39:17.55	+00:04:52 (14.2%)	6:51	8.8 (86.3%)
59	LESIŃSKA Marzenna	323		K50-54	3				00:09:15	00:17:08	00:34:24.95	00:43:40.60	+00:05:02 (14.7%)	6:53	8.7 (85.3%)
60	CHAMIELEC Bogusław	222		M45-49	5				00:03:02	00:17:14	00:34:34.20	00:37:36.30	+00:05:12 (15.0%)	6:54	8.7 (85.3%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
61	WIERCHANOWSKI Bogdan	436		M55-59	9		1		00:03:54	00:17:20	00:34:40.05	00:38:34.25	+00:05:17 (15.3%)	6:56	8.7 (85.3%)
62	CHUDZIŃSKI Andrzej	468		M65-69	5		1		00:05:03	00:17:15	00:34:49.10	00:39:52.55	+00:05:27 (15.7%)	6:57	8.6 (84.3%)
63	KOŁODZIEJCZAK Beata	294		K40-44	3				00:08:15	00:17:09	00:34:49.25	00:43:04.65	+00:05:27 (15.7%)	6:57	8.6 (84.3%)
64	WESOŁOWSKI Wojciech	343		M60-64	6				00:04:29	00:17:11	00:34:49.65	00:39:18.65	+00:05:27 (15.7%)	6:57	8.6 (84.3%)
65	NETKOWSKI Wojciech	347		M55-59	10				00:03:54	00:17:03	00:34:53.60	00:38:47.85	+00:05:31 (15.8%)	6:58	8.6 (84.3%)
66	RAKOWIECKI Zbigniew	368		M50-54	7				00:03:26	00:17:17	00:34:54.15	00:38:20.75	+00:05:32 (15.9%)	6:58	8.6 (84.3%)
67	PUSZKIEL Jan	364		M55-59	11				00:03:52	00:17:19	00:34:57.20	00:38:50.15	+00:05:35 (16.0%)	6:59	8.6 (84.3%)
68	SCHNEIDER Helmut	379		M70+	1				00:05:30	00:17:23	00:34:57.35	00:40:27.85	+00:05:35 (16.0%)	6:59	8.6 (84.3%)
69	JERNEJ Anna Maria	280		K55-59	4				00:09:39	00:17:11	00:35:03.10	00:44:42.25	+00:05:41 (16.2%)	7:00	8.6 (84.3%)
70	RYBAŁTOWSK Paweł	376		M70+	2				00:05:30	00:17:38	00:35:03.40	00:40:34.05	+00:05:41 (16.2%)	7:00	8.6 (84.3%)
71	ROMANOWSKI Marcin	484		M30-39	4				00:02:16	00:17:15	00:35:05.50	00:37:22.10	+00:05:43 (16.3%)	7:01	8.5 (83.3%)
72	KUCZYK Jarosław	314		M55-59	12				00:03:54	00:17:16	00:35:11.85	00:39:06.65	+00:05:49 (16.6%)	7:02	8.5 (83.3%)
73	MIKOŁAJCZAK Jan	342		M-Disabled	3	1			00:04:29	00:17:19	00:35:17.15	00:39:46.70	+00:05:55 (16.8%)	7:03	8.5 (83.3%)
74	ŚLUSARCZYK Marcin	416		M30-39	5				00:02:15	00:17:15	00:35:19.00	00:37:34.55	+00:05:56 (16.8%)	7:03	8.5 (83.3%)
75	SŁOWIK Dariusz	386		M30-39	6				00:02:16	00:17:28	00:35:23.75	00:37:40.50	+00:06:01 (17.0%)	7:04	8.5 (83.3%)
76	KWAPIS Mariusz	483		M18-29	4				00:01:57	00:17:17	00:35:30.50	00:37:27.90	+00:06:08 (17.3%)	7:06	8.5 (83.3%)
77	KURZAWSKA Jolanta	316		K65-69	1				00:10:29	00:17:41	00:35:34.25	00:46:03.80	+00:06:12 (17.4%)	7:06	8.4 (82.4%)
78	MALCZYK Anna	335		K30-39	2				00:07:38	00:17:54	00:35:35.10	00:43:13.65	+00:06:13 (17.5%)	7:07	8.4 (82.4%)
79	NOWROTEK Roman	351		M65-69	6				00:05:02	00:17:18	00:35:37.30	00:40:39.80	+00:06:15 (17.6%)	7:07	8.4 (82.4%)
80	BIK Przemysław	214		M-Child	1				00:01:21	00:16:56	00:35:40.35	00:37:01.80	+00:06:18 (17.7%)	7:08	8.4 (82.4%)
81	GAPIŃSKA Janina	250		K55-59	5				00:09:37	00:17:42	00:35:44.80	00:45:22.05	+00:06:22 (17.8%)	7:09	8.4 (82.4%)
82	KOWALCZYK Edyta	482		K45-49	4				00:08:42	00:17:41	00:35:52.90	00:44:35.50	+00:06:30 (18.2%)	7:10	8.4 (82.4%)
83	TOMASIK Marta	426		K30-39	3				00:07:40	00:17:54	00:35:53.60	00:43:33.95	+00:06:31 (18.2%)	7:10	8.4 (82.4%)

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84	JANECKI Dariusz	278		M55-59	13				00:03:54	00:17:37	00:35:55.05	00:39:49.30	+00:06:32 (18.2%)	7:11	8.4 (82.4%)
85	STOLARSKA Joanna	400		K-Jun.	2				00:06:30	00:17:43	00:36:00.65	00:42:30.95	+00:06:38 (18.4%)	7:12	8.3 (81.4%)
86	CZYCZ Kazimierz	230		M60-64	7				00:04:30	00:17:51	00:36:02.30	00:40:32.40	+00:06:40 (18.5%)	7:12	8.3 (81.4%)
87	LASOTA Karolina	322		K18-29	1				00:06:57	00:17:52	00:36:10.30	00:43:08.00	+00:06:48 (18.8%)	7:14	8.3 (81.4%)
88	SULECKA Gabriela	405		K-Disabled	1	1			00:09:38	00:17:51	00:36:10.60	00:45:48.75	+00:06:48 (18.8%)	7:14	8.3 (81.4%)
89	KOPCZYŃSKI Jakub	297		M18-29	5				00:01:58	00:17:43	00:36:12.05	00:38:10.90	+00:06:49 (18.9%)	7:14	8.3 (81.4%)
90	ŻOŁNO Magdalena	461		K50-54	4				00:09:16	00:17:53	00:36:12.20	00:45:28.95	+00:06:50 (18.9%)	7:14	8.3 (81.4%)
91	STECYK Marcin	395		M18-29	6				00:01:58	00:17:45	00:36:14.35	00:38:12.60	+00:06:52 (19.0%)	7:14	8.3 (81.4%)
92	JANECKA Agnieszka	277		K40-44	4				00:08:16	00:17:45	00:36:18.85	00:44:35.70	+00:06:56 (19.1%)	7:15	8.3 (81.4%)
93	MORAWSKI Jarosław	345		M40-44	9				00:02:42	00:17:53	00:36:20.10	00:39:02.80	+00:06:58 (19.2%)	7:16	8.3 (81.4%)
94	CZYCZ Emilia	229		K65-69	2				00:10:30	00:17:58	00:36:20.75	00:46:51.45	+00:06:58 (19.2%)	7:16	8.3 (81.4%)
95	STYGA Krystyna	403		K50-54	5				00:09:15	00:18:01	00:36:21.55	00:45:37.35	+00:06:59 (19.2%)	7:16	8.2 (80.4%)
96	TUCZYNSKA Barbara	430		K30-39	4		1		00:07:40	00:17:56	00:36:21.90	00:44:02.50	+00:06:59 (19.2%)	7:16	8.2 (80.4%)
97	DONIGIEWICZ Janusz	234		M60-64	8				00:04:27	00:17:56	00:36:23.40	00:40:51.20	+00:07:01 (19.3%)	7:16	8.2 (80.4%)
98	KOTULA Jakub	300		M30-39	7				00:02:15	00:17:55	00:36:24.55	00:38:40.15	+00:07:02 (19.3%)	7:17	8.2 (80.4%)
99	SYKISZ Maksym	409		M30-39	8		1		00:02:16	00:18:01	00:36:25.55	00:38:41.65	+00:07:03 (19.4%)	7:17	8.2 (80.4%)
100	TRATTNIG Claudia	429		K40-44	5				00:08:18	00:18:04	00:36:26.20	00:44:44.95	+00:07:04 (19.4%)	7:17	8.2 (80.4%)
101	WILDAUER Ingo	439		M55-59	14				00:03:53	00:18:08	00:36:33.70	00:40:26.85	+00:07:11 (19.7%)	7:18	8.2 (80.4%)
102	SOWA Jan	391		M70+	3				00:05:30	00:18:10	00:36:34.15	00:42:04.50	+00:07:12 (19.7%)	7:18	8.2 (80.4%)
103	KONASZCZUK Agnieszka	295		K30-39	5		1		00:07:39	00:18:00	00:36:46.65	00:44:25.65	+00:07:24 (20.1%)	7:21	8.2 (80.4%)
104	ŁOPIŃSKI Aleksy	329		M65-69	7				00:05:02	00:18:30	00:36:51.30	00:41:53.35	+00:07:29 (20.3%)	7:22	8.1 (79.4%)
105	GAŁĘZA Marta	249		K30-39	6				00:07:41	00:18:40	00:36:58.55	00:44:39.90	+00:07:36 (20.6%)	7:23	8.1 (79.4%)
106	CIESIELSKI Krzysztof	226		M60-64	9				00:04:27	00:18:23	00:37:01.75	00:41:29.30	+00:07:39 (20.7%)	7:24	8.1 (79.4%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
107	NIEDL Margot	350		K45-49	5				00:08:41	00:18:11	00:37:03.50	00:45:45.35	+00:07:41 (20.8%)	7:24	8.1 (79.4%)
108	WIERZCHOSŁAWSKI Mateusz	438		M18-29	7				00:01:57	00:18:22	00:37:07.80	00:39:05.25	+00:07:45 (20.9%)	7:25	8.1 (79.4%)
109	WALENDZIAK Jan	457		M-Child	2				00:01:21	00:17:13	00:37:10.30	00:38:31.65	+00:07:48 (21.0%)	7:26	8.1 (79.4%)
110	KORDOWSKA Bogusława	298		K40-44	6				00:08:16	00:18:43	00:37:11.10	00:45:27.15	+00:07:49 (21.0%)	7:26	8.1 (79.4%)
111	KRZYŻANOWSKI Wojciech	309		M45-49	6				00:03:01	00:18:21	00:37:16.75	00:40:17.85	+00:07:54 (21.2%)	7:27	8.1 (79.4%)
112	PIKSA Kazimierz	473		M65-69	8				00:05:04	00:18:33	00:37:18.80	00:42:23.20	+00:07:56 (21.3%)	7:27	8 (78.4%)
113	ŚLUSARCZYK Andrzej	417		M65-69	9				00:05:03	00:18:43	00:37:19.65	00:42:22.70	+00:07:57 (21.3%)	7:27	8 (78.4%)
114	ŻUCHOWICZ Elżbieta	472		K55-59	6				00:09:38	00:18:29	00:37:25.10	00:47:03.80	+00:08:03 (21.5%)	7:29	8 (78.4%)
115	TIPPMANN Ronny	425		M40-44	10				00:02:41	00:18:02	00:37:28.25	00:40:10.20	+00:08:06 (21.6%)	7:29	8 (78.4%)
116	PTAŚ Jolanta	477		K45-49	6				00:08:41	00:18:42	00:37:33.40	00:46:14.65	+00:08:11 (21.8%)	7:30	8 (78.4%)
117	FIGURSKA Dominika	241		K18-29	2				00:06:57	00:18:41	00:37:37.25	00:44:35.20	+00:08:15 (21.9%)	7:31	8 (78.4%)
118	WIERZCHOSŁAWSKA Agnieszka	437		K18-29	3				00:06:58	00:18:34	00:37:37.75	00:44:36.65	+00:08:15 (22.0%)	7:31	8 (78.4%)
119	RUDOLF Natalia	375		K30-39	7				00:07:39	00:18:38	00:37:41.50	00:45:21.20	+00:08:19 (22.1%)	7:32	8 (78.4%)
120	LASOTA Dorota	321		K45-49	7				00:08:41	00:18:41	00:37:43.05	00:46:24.20	+00:08:20 (22.1%)	7:32	8 (78.4%)
121	ILLITSCH Ewald	270		M60-64	10				00:05:03	00:18:44	00:37:43.15	00:42:46.45	+00:08:21 (22.1%)	7:32	8 (78.4%)
122	RIZZI Giorgio	370		M60-64	11				00:04:27	00:18:35	00:37:44.75	00:42:12.40	+00:08:22 (22.2%)	7:33	7.9 (77.5%)
123	STARZYŃSKA Ewa	393		K60-64	1				00:10:05	00:18:53	00:37:55.85	00:48:01.75	+00:08:33 (22.6%)	7:35	7.9 (77.5%)
124	STERN Delia	397		K-Jun.	3				00:06:06	00:19:15	00:37:56.90	00:44:03.45	+00:08:34 (22.6%)	7:35	7.9 (77.5%)
125	GOGÓŁ Jolanta	255		K50-54	6				00:09:17	00:18:43	00:37:57.10	00:47:14.65	+00:08:35 (22.6%)	7:35	7.9 (77.5%)
126	OLENDRZYŃSKI Mateusz	355		M-Disabled	4	1	2		00:01:43	00:18:52	00:37:57.35	00:39:40.45	+00:08:35 (22.6%)	7:35	7.9 (77.5%)
127	SIERACKA Katarzyna	381		K50-54	7				00:09:17	00:18:53	00:37:57.60	00:47:15.05	+00:08:35 (22.6%)	7:35	7.9 (77.5%)
128	BAJ Danuta	207		K55-59	7				00:09:17	00:18:57	00:37:59.90	00:47:17.70	+00:08:37 (22.7%)	7:36	7.9 (77.5%)
129	KUCZYK Jolanta	313		K50-54	8				00:09:17	00:18:56	00:38:02.00	00:47:19.15	+00:08:39 (22.8%)	7:36	7.9 (77.5%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
130	GABERT Beata	244		K45-49	8				00:08:41	00:19:07	00:38:03.40	00:46:45.00	+00:08:41 (22.8%)	7:36	7.9 (77.5%)
131	DROZD Maria	237		K45-49	9				00:08:40	00:19:02	00:38:04.05	00:46:45.00	+00:08:41 (22.9%)	7:37	7.9 (77.5%)
132	SUSKA Danuta	407		K-Disabled	2	1			00:10:29	00:18:52	00:38:08.65	00:48:38.20	+00:08:46 (23.0%)	7:37	7.9 (77.5%)
133	AGARWAL Ritu	320		K40-44	7				00:08:15	00:19:06	00:38:09.60	00:46:25.05	+00:08:47 (23.0%)	7:38	7.9 (77.5%)
134	MAJCHERCZYK Krzysztof	478		M60-64	12				00:04:28	00:18:56	00:38:16.40	00:42:44.80	+00:08:54 (23.3%)	7:39	7.8 (76.5%)
135	KUBIAK Dorian	311		M-Child	3		1		00:01:21	00:18:54	00:38:18.50	00:39:40.00	+00:08:56 (23.3%)	7:39	7.8 (76.5%)
136	GWAREK Anita	264		K45-49	10				00:08:42	00:19:02	00:38:29.50	00:47:12.20	+00:09:07 (23.7%)	7:42	7.8 (76.5%)
137	DOMIN Krystyna	233		K60-64	2				00:10:05	00:19:10	00:38:29.65	00:48:35.15	+00:09:07 (23.7%)	7:42	7.8 (76.5%)
138	KOWALCZYK Joanna	303		K40-44	8				00:08:17	00:19:08	00:38:32.50	00:46:49.75	+00:09:10 (23.8%)	7:42	7.8 (76.5%)
139	FASOLA Raffaella	240		K45-49	11				00:07:40	00:19:10	00:38:32.60	00:46:13.50	+00:09:10 (23.8%)	7:42	7.8 (76.5%)
140	STRZELECKA Małgorzata	401		K40-44	9				00:08:15	00:19:26	00:38:32.90	00:46:48.85	+00:09:10 (23.8%)	7:42	7.8 (76.5%)
141	MAŃKOWSKA Dorota	336		K50-54	9				00:09:18	00:19:07	00:38:36.00	00:47:54.75	+00:09:13 (23.9%)	7:43	7.8 (76.5%)
142	CHARCZUK Zenon	223		M55-59	15				00:03:54	00:19:18	00:38:40.65	00:42:35.25	+00:09:18 (24.1%)	7:44	7.8 (76.5%)
143	GERLE-KOTULA Anna	253		K30-39	8				00:07:39	00:19:18	00:38:45.60	00:46:24.70	+00:09:23 (24.2%)	7:45	7.7 (75.5%)
144	JANIAK Jarosław	467		M-Disabled	5	1			00:03:56	00:17:53	00:38:47.65	00:42:43.65	+00:09:25 (24.3%)	7:45	7.7 (75.5%)
145	ŚLUSARCZYK Grzegorz	418		M40-44	11				00:02:43	00:19:21	00:38:51.40	00:41:34.40	+00:09:29 (24.4%)	7:46	7.7 (75.5%)
146	PAKMUR Anna	357		K50-54	10		1		00:09:16	00:19:05	00:39:04.85	00:48:21.70	+00:09:42 (24.9%)	7:49	7.7 (75.5%)
147	BANASZAK Agata	208		K18-29	4				00:06:58	00:19:27	00:39:09.40	00:46:07.45	+00:09:47 (25.0%)	7:49	7.7 (75.5%)
148	WORONKO-ZACZYŃSKA Janina	446		K70+	1				00:10:56	00:18:57	00:39:10.35	00:50:06.60	+00:09:48 (25.0%)	7:50	7.7 (75.5%)
149	TIAN Qinghua	424		M30-39	9				00:02:16	00:19:25	00:39:19.45	00:41:35.55	+00:09:57 (25.3%)	7:51	7.6 (74.5%)
150	SZYJKA Izabela	415		K30-39	9				00:07:39	00:19:17	00:39:22.80	00:47:02.50	+00:10:00 (25.4%)	7:52	7.6 (74.5%)
151	THOMALLA Bogdan	423		M70+	4				00:05:32	00:20:07	00:39:30.50	00:45:02.90	+00:10:08 (25.7%)	7:54	7.6 (74.5%)
152	BABUSKA Mariola	205		K50-54	11				00:09:18	00:19:36	00:39:39.00	00:48:57.25	+00:10:16 (25.9%)	7:55	7.6 (74.5%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
153	RACZYŃSKA Aleksandra	365		K70+	2				00:10:56	00:19:27	00:39:41.15	00:50:37.60	+00:10:19 (26.0%)	7:56	7.6 (74.5%)
154	KLIMCZAK Piotr	291		M-Disabled	6	1			00:01:42	00:19:23	00:39:45.40	00:41:27.80	+00:10:23 (26.1%)	7:57	7.5 (73.5%)
155	BŁASZCZYK Monika	215		K30-39	10				00:07:39	00:19:19	00:39:48.00	00:47:27.85	+00:10:25 (26.2%)	7:57	7.5 (73.5%)
156	MARCZYK Jerzy	337		M55-59	16				00:03:55	00:19:37	00:39:49.30	00:43:44.45	+00:10:27 (26.3%)	7:57	7.5 (73.5%)
157	RADKA Iwona	366		K45-49	12				00:08:41	00:19:43	00:39:51.60	00:48:33.40	+00:10:29 (26.3%)	7:58	7.5 (73.5%)
158	MOŹDŹEŃ Barbara	346		K55-59	8				00:09:38	00:19:26	00:39:53.10	00:49:31.35	+00:10:31 (26.4%)	7:58	7.5 (73.5%)
159	ZAKRZEWSKA Henryka	454		K70+	3				00:10:57	00:19:38	00:39:57.20	00:50:54.70	+00:10:35 (26.5%)	7:59	7.5 (73.5%)
160	CZARNECKA Maria	228		K-Disabled	3	1			00:09:39	00:19:40	00:39:57.60	00:49:36.65	+00:10:35 (26.5%)	7:59	7.5 (73.5%)
161	MĄDRY Zdzisław	338		M60-64	13		1		00:05:02	00:19:29	00:40:05.00	00:45:07.20	+00:10:42 (26.7%)	8:01	7.5 (73.5%)
162	KARPIŃSKI Rafał	286		M40-44	12				00:02:41	00:19:55	00:40:06.15	00:42:48.10	+00:10:44 (26.8%)	8:01	7.5 (73.5%)
163	KOWALCZYK-LACHOWSKA Marta	304		K30-39	11				00:07:40	00:19:24	00:40:07.40	00:47:47.70	+00:10:45 (26.8%)	8:01	7.5 (73.5%)
164	BIELAWSKI Zdzisław	211		M60-64	14				00:04:31	00:20:03	00:40:10.80	00:44:42.15	+00:10:48 (26.9%)	8:02	7.5 (73.5%)
165	OMARSKA Grażyna	356		K55-59	9				00:09:38	00:19:56	00:40:11.45	00:49:49.80	+00:10:49 (26.9%)	8:02	7.5 (73.5%)
166	CIEŚLIK Magdalena	227		K30-39	12				00:07:40	00:20:11	00:40:13.00	00:47:53.35	+00:10:50 (27.0%)	8:02	7.5 (73.5%)
167	GASYNA Joanna	252		K30-39	13				00:07:41	00:20:11	00:40:18.90	00:48:00.55	+00:10:56 (27.2%)	8:03	7.4 (72.5%)
168	SZAŁAJ Anna	411		K60-64	3				00:10:04	00:20:10	00:40:29.40	00:50:33.85	+00:11:07 (27.5%)	8:05	7.4 (72.5%)
169	BERNASIEWICZ Józef	210		M55-59	17				00:04:01	00:20:32	00:40:32.45	00:44:34.05	+00:11:10 (27.6%)	8:06	7.4 (72.5%)
170	URBAN Jacek	433		M65-69	10				00:05:02	00:20:11	00:40:33.05	00:45:35.85	+00:11:10 (27.6%)	8:06	7.4 (72.5%)
171	STRZELECKI Sebastian 'Kaszana'	402		M40-44	13				00:02:42	00:20:12	00:40:35.95	00:43:18.75	+00:11:13 (27.7%)	8:07	7.4 (72.5%)
172	REMISZEWSKI Adam	369		M70+	5				00:05:31	00:20:03	00:40:41.25	00:46:12.40	+00:11:19 (27.8%)	8:08	7.4 (72.5%)
173	TRYBEK Wanda	476		K70+	4				00:10:56	00:20:31	00:40:49.00	00:51:45.70	+00:11:26 (28.0%)	8:09	7.3 (71.6%)
174	LEWANDOWSKA Małgorzata	324		K40-44	10				00:08:16	00:20:08	00:40:51.60	00:49:08.40	+00:11:29 (28.1%)	8:10	7.3 (71.6%)
175	KRAMER Leszek	305		M70+	6				00:05:32	00:20:13	00:40:54.10	00:46:26.25	+00:11:32 (28.2%)	8:10	7.3 (71.6%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
176	HOŁDA Jolanta	267		K60-64	4				00:10:05	00:20:25	00:40:54.90	00:51:00.75	+00:11:32 (28.2%)	8:11	7.3 (71.6%)
177	ZAGRAJEK Katarzyna	453		K40-44	11				00:08:16	00:20:26	00:41:01.05	00:49:17.90	+00:11:38 (28.4%)	8:12	7.3 (71.6%)
178	GORZELA Izabela	256		K30-39	14				00:07:40	00:20:28	00:41:08.20	00:48:48.60	+00:11:46 (28.6%)	8:13	7.3 (71.6%)
179	TATARYNOWICZ Namysław	422		M30-39	10				00:02:17	00:20:09	00:41:08.50	00:43:25.95	+00:11:46 (28.6%)	8:13	7.3 (71.6%)
180	SAWINIEC Piotr	378		M30-39	11				00:02:17	00:20:18	00:41:16.05	00:43:33.40	+00:11:53 (28.8%)	8:15	7.3 (71.6%)
181	SULMA Edyta	406		K40-44	12				00:08:17	00:20:38	00:41:19.05	00:49:36.75	+00:11:56 (28.9%)	8:15	7.3 (71.6%)
182	TRATTNIG Manfred	428		M45-49	7				00:03:01	00:20:22	00:41:20.75	00:44:22.00	+00:11:58 (29.0%)	8:16	7.3 (71.6%)
183	WÓJCIK Henryk	448		M70+	7				00:05:32	00:20:39	00:41:24.10	00:46:56.50	+00:12:02 (29.1%)	8:16	7.2 (70.6%)
184	JAGODZIŃSKI Andrzej	274		M55-59	18				00:03:55	00:20:27	00:41:24.70	00:45:20.15	+00:12:02 (29.1%)	8:17	7.2 (70.6%)
185	HAUSNER Dariusz	479		M45-49	8				00:03:03	00:20:14	00:41:34.60	00:44:38.05	+00:12:12 (29.4%)	8:19	7.2 (70.6%)
186	SŁOWIK Adam	387		M-Disabled	7	1			00:01:21	00:20:12	00:41:34.85	00:42:56.30	+00:12:12 (29.4%)	8:19	7.2 (70.6%)
187	PACYNA Helena	481		K65-69	3				00:10:31	00:20:46	00:41:37.95	00:52:09.85	+00:12:15 (29.5%)	8:19	7.2 (70.6%)
188	ADAMEK Klaudiusz	201		M-Disabled	8	1	1		00:01:44	00:20:33	00:41:44.60	00:43:28.70	+00:12:22 (29.6%)	8:20	7.2 (70.6%)
188	KRÓL Władysław	307		M60-64	15				00:04:29	00:20:46	00:41:44.60	00:46:14.20	+00:12:22 (29.6%)	8:21	7.2 (70.6%)
190	ARTYMICZ Maria	204		K60-64	5				00:10:04	00:20:25	00:41:44.65	00:51:48.75	+00:12:22 (29.6%)	8:20	7.2 (70.6%)
191	SOJA Jolanta	389		K55-59	10				00:09:38	00:20:42	00:41:51.60	00:51:29.85	+00:12:29 (29.8%)	8:22	7.2 (70.6%)
192	SUDOŁ Irena	404		K50-54	12				00:09:16	00:20:45	00:41:57.40	00:51:14.05	+00:12:35 (30.0%)	8:23	7.1 (69.6%)
193	NIECHWIEJCZYK Kinga	349		K-Child	1				00:06:05	00:20:48	00:41:59.00	00:48:04.65	+00:12:36 (30.0%)	8:23	7.1 (69.6%)
194	GROBELNA Jadwiga	262		K60-64	6				00:10:04	00:20:33	00:42:01.60	00:52:06.40	+00:12:39 (30.1%)	8:24	7.1 (69.6%)
195	KULESZA Monika	315		K40-44	13				00:08:18	00:21:01	00:42:08.40	00:50:27.35	+00:12:46 (30.3%)	8:25	7.1 (69.6%)
196	HARTMAN Jadwiga	265		K60-64	7				00:10:05	00:21:06	00:42:15.30	00:52:20.55	+00:12:53 (30.5%)	8:27	7.1 (69.6%)
197	KAPECKI Kazimierz	285		M-Disabled	9	1			00:05:03	00:20:54	00:42:17.90	00:47:21.80	+00:12:55 (30.6%)	8:27	7.1 (69.6%)
198	LIPOWSKI Zdzisław	327		M70+	8				00:05:31	00:20:47	00:42:26.60	00:47:57.75	+00:13:04 (30.8%)	8:29	7.1 (69.6%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
199	ROMANIUK Grzegorz	371		M50-54	8				00:03:26	00:20:26	00:42:29.05	00:45:55.60	+00:13:06 (30.9%)	8:29	7.1 (69.6%)
200	LIKOWSKA Lidia	326		K40-44	14				00:08:18	00:21:05	00:42:33.55	00:50:51.85	+00:13:11 (31.0%)	8:30	7.1 (69.6%)
201	KUBIE Dominik	312		M-Disabled	10	1			00:01:42	00:20:58	00:42:41.60	00:44:24.55	+00:13:19 (31.2%)	8:32	7 (68.6%)
202	WIŚNIEWSKI Krystian	440		M-Disabled	11	1			00:01:22	00:20:42	00:42:43.25	00:44:05.50	+00:13:21 (31.3%)	8:32	7 (68.6%)
203	ŚWIRNIAK Krystyna	420		K60-64	8				00:10:04	00:21:23	00:42:50.45	00:52:54.85	+00:13:28 (31.4%)	8:34	7 (68.6%)
204	LUDWICZAK Oskar	328		M-Disabled	12	1			00:01:21	00:20:44	00:43:03.50	00:44:25.25	+00:13:41 (31.8%)	8:36	7 (68.6%)
205	ZŁAKOWSKA Korina	458		K40-44	15				00:08:16	00:21:17	00:43:18.50	00:51:34.80	+00:13:56 (32.2%)	8:39	6.9 (67.6%)
206	WÓJCIK Irena	447		K70+	5				00:10:57	00:21:37	00:43:21.65	00:54:19.15	+00:13:59 (32.3%)	8:40	6.9 (67.6%)
207	YANG Liqiang	450		M50-54	9				00:03:00	00:21:07	00:43:22.95	00:46:23.50	+00:14:00 (32.3%)	8:40	6.9 (67.6%)
208	GWÓŹDŹ Danuta	308		K60-64	9				00:10:06	00:21:21	00:43:25.75	00:53:32.05	+00:14:03 (32.4%)	8:41	6.9 (67.6%)
209	GABIS Elżbieta	245		K55-59	11				00:09:40	00:21:27	00:43:27.35	00:53:07.65	+00:14:05 (32.4%)	8:41	6.9 (67.6%)
210	BŁĘDOWSKA Agata	470		K30-39	15				00:07:43	00:22:13	00:43:52.20	00:51:35.50	+00:14:30 (33.1%)	8:46	6.8 (66.7%)
211	WOJNAROWSKA Małgorzata	442		K30-39	16				00:07:41	00:21:59	00:43:58.15	00:51:39.25	+00:14:36 (33.2%)	8:47	6.8 (66.7%)
212	KOLBUSZ Janina	293		K65-69	4		1		00:10:31	00:21:50	00:44:01.25	00:54:32.25	+00:14:39 (33.3%)	8:48	6.8 (66.7%)
213	KULBAS-LEŚNA Aleksandra	471		K30-39	17				00:07:42	00:22:15	00:44:03.20	00:51:45.55	+00:14:41 (33.3%)	8:48	6.8 (66.7%)
214	PUSTELNIK Elżbieta	361		K30-39	18				00:07:41	00:21:40	00:44:09.15	00:51:50.90	+00:14:47 (33.5%)	8:49	6.8 (66.7%)
215	BOSEK Grzegorz	220		M-Disabled	13	1			00:07:45	00:22:23	00:44:11.10	00:51:56.10	+00:14:49 (33.5%)	8:50	6.8 (66.7%)
216	BOSEK Ewa	219		K-Disabled	4	1			00:07:46	00:22:23	00:44:11.30	00:51:57.45	+00:14:49 (33.5%)	8:50	6.8 (66.7%)
217	JAGODZIŃSKA Bożena	275		K55-59	12				00:09:37	00:21:45	00:44:12.80	00:53:50.40	+00:14:50 (33.6%)	8:50	6.8 (66.7%)
218	SOKOŁOWSKA Weronika	390		K18-29	5				00:06:59	00:21:46	00:44:15.20	00:51:14.90	+00:14:53 (33.6%)	8:51	6.8 (66.7%)
219	KOWALCZYK Magdalena	301		K18-29	6				00:06:58	00:22:10	00:44:15.85	00:51:14.40	+00:14:53 (33.7%)	8:51	6.8 (66.7%)
220	TABOŁA Marta	485		K30-39	19				00:07:43	00:21:58	00:44:25.35	00:52:08.70	+00:15:03 (33.9%)	8:53	6.8 (66.7%)
221	SZAŁAJ Aleksandra	410		K30-39	20		1		00:07:41	00:21:58	00:44:29.10	00:52:10.85	+00:15:07 (34.0%)	8:53	6.7 (65.7%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
222	ŚLUSARCZYK Karolina	419		K-Child	2				00:06:05	00:21:37	00:44:42.80	00:50:48.30	+00:15:20 (34.3%)	8:56	6.7 (65.7%)
223	GORZELA Marcin	257		M40-44	14				00:02:43	00:22:08	00:44:50.30	00:47:33.40	+00:15:28 (34.5%)	8:58	6.7 (65.7%)
224	MIKITUK Beata	344		K40-44	16				00:08:17	00:22:36	00:44:50.50	00:53:08.05	+00:15:28 (34.5%)	8:58	6.7 (65.7%)
225	GAJEWSKA Aleksandra	246		K55-59	13				00:09:39	00:22:14	00:44:56.40	00:54:35.65	+00:15:34 (34.6%)	8:59	6.7 (65.7%)
226	ZABŁOTNA Katarzyna	451		K40-44	17				00:08:17	00:22:26	00:44:59.00	00:53:16.85	+00:15:36 (34.7%)	8:59	6.7 (65.7%)
227	ROMANIUK Krystyna	372		K50-54	13				00:09:16	00:22:22	00:44:59.90	00:54:16.85	+00:15:37 (34.7%)	9:00	6.7 (65.7%)
228	ŁUCZYSZYN Stanisława	330		K65-69	5				00:10:30	00:21:58	00:45:15.40	00:55:45.45	+00:15:53 (35.1%)	9:03	6.6 (64.7%)
229	SUPERNAT Jan	464		M70+	9				00:05:30	00:22:21	00:45:23.45	00:50:53.80	+00:16:01 (35.3%)	9:04	6.6 (64.7%)
230	KONOPIŃSKA Daria	296		K30-39	21				00:07:41	00:22:35	00:45:34.15	00:53:15.35	+00:16:12 (35.6%)	9:06	6.6 (64.7%)
231	PIERZCHAŁA Izabela	359		K30-39	22				00:07:39	00:22:37	00:45:35.65	00:53:15.45	+00:16:13 (35.6%)	9:07	6.6 (64.7%)
232	PLEBAŃCZYK Anna	360		K30-39	23				00:07:42	00:22:51	00:45:36.90	00:53:19.60	+00:16:14 (35.6%)	9:07	6.6 (64.7%)
233	CHOLEWA Maria	224		K65-69	6				00:10:29	00:22:42	00:45:41.35	00:56:11.20	+00:16:19 (35.7%)	9:08	6.6 (64.7%)
234	WLAZLO Elżbieta	441		K70+	6		1		00:10:57	00:22:30	00:45:41.90	00:56:39.40	+00:16:19 (35.7%)	9:08	6.6 (64.7%)
235	GÓRAL Paula	258		K-Disabled	5	1			00:06:05	00:21:37	00:45:48.35	00:51:54.20	+00:16:26 (35.9%)	9:09	6.5 (63.7%)
236	MACHAJEK Krzysztof	332		M60-64	16				00:04:30	00:22:36	00:46:03.80	00:50:33.85	+00:16:41 (36.2%)	9:12	6.5 (63.7%)
237	TYSIAK Czesława	431		K70+	7				00:10:56	00:22:30	00:46:20.00	00:57:16.75	+00:16:57 (36.6%)	9:16	6.5 (63.7%)
238	GRYGOROWICZ Teresa	269		K60-64	10				00:10:05	00:22:44	00:46:24.55	00:56:30.45	+00:17:02 (36.7%)	9:17	6.5 (63.7%)
239	FOLLHER Jagoda	242		K-Disabled	6	1			00:06:05	00:21:40	00:47:37.00	00:53:42.65	+00:18:14 (38.3%)	9:31	6.3 (61.8%)
240	LOBERT-SUPERNAT Ewa	465		K60-64	11				00:10:05	00:23:24	00:47:38.60	00:57:43.90	+00:18:16 (38.4%)	9:31	6.3 (61.8%)
241	FRAGER Anton	243		M65-69	11				00:05:31	00:23:23	00:47:48.25	00:53:19.90	+00:18:26 (38.6%)	9:33	6.3 (61.8%)
242	BIJAK Ewa	212		K65-69	7				00:10:30	00:23:26	00:47:50.80	00:58:21.70	+00:18:28 (38.6%)	9:34	6.3 (61.8%)
243	KAPECKA Krystyna	284		K65-69	8				00:10:30	00:23:27	00:47:51.65	00:58:22.55	+00:18:29 (38.6%)	9:34	6.3 (61.8%)
244	TYLUTKI Andrzej	469		M45-49	9				00:03:02	00:24:11	00:48:34.90	00:51:37.15	+00:19:12 (39.5%)	9:43	6.2 (60.8%)

Place	Participant	Number	Club	Category	MCat	Disabled	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
245	DORUCH Ewa	480		K55-59	14				00:08:42	00:23:54	00:48:54.85	00:57:37.55	+00:19:32 (40.0%)	9:47	6.1 (59.8%)
246	TATARYNOWICZ Eugeniusz	421		M70+	10	1			00:05:31	00:24:24	00:49:26.20	00:54:57.25	+00:20:04 (40.6%)	9:53	6.1 (59.8%)
247	WIDAWSKI Andrzej	435		M45-49	10				00:03:55	00:25:41	00:51:53.70	00:55:49.55	+00:22:31 (43.4%)	10:22	5.8 (56.9%)
248	JANYST Barbara	279		K60-64	12				00:10:06	00:24:28			+00:10:03	9:47	6.1 (59.8%)
249	JANCZAK-NALEWAJ Krystyna	276		M65-69	12				00:10:06	00:24:28			+00:10:02	9:47	6.1 (59.8%)
250	OLEJCZYK Renata	353		K45-49	13				00:08:41	00:26:12			+00:11:46	10:28	5.7 (55.9%)
DQ	GRASSL Johann	260		M60-64			1		DQ	00:16:33 DQ	00:33:28.80 DQ	DQ		-	- (0.0%)
DQ	SIWAK Piotr	383		M55-59			1		DQ	00:15:11 DQ	00:33:37.70 DQ	DQ		-	- (0.0%)
DQ	MAJCHERCZYK Wacław	475		M70+			1		DQ	00:19:59 DQ	00:39:49.10 DQ	DQ		-	- (0.0%)
DQ	ZACZYŃSKA Anna	452		K30-39			1		DQ	00:15:39 DQ	DQ	DQ		-	- (0.0%)
DQ	GRIMM Dirk	261		M30-39			1		DQ	DQ	DQ	DQ		-	- (0.0%)
DQ	RZEPKA Artur	377		M- Disabled		1	1		DQ	DQ	DQ	DQ		-	- (0.0%)
DQ	LICKIEWICZ Ewa	325		K40-44			1		DQ	DQ	DQ	DQ		-	- (0.0%)

Total 257 results.