



LEGNICA - MISTRZOSTWA EUROPY NORDIC WALKING - 5 KM

B4SPORT

Event: Puchar Europy 10 km i Mistrzostwa Europy 5 km
Nordic Walking
Organiser: PFNW
Date: 2017-09-30
Place: Legnica
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	STILLER Karol	239	KING&QUEEN	M30-39	1			00:14:13	00:28:49.55		5:46	10.4 (100%)
2	KLICZKA Kamil	158	SANPROBI SZCZECIN	M45-49	1	1		00:14:34	00:29:48.90	+00:00:59 (3.3%)	5:57	10.1 (97.1%)
3	DEŁĄG Jakub	123	LUKI TEAM SIEDLCE	M18-29	1			00:14:45	00:29:52.95	+00:01:03 (3.5%)	5:58	10 (96.2%)
4	KARASIŃSKI Maciej	157		M45-49	2			00:14:36	00:30:07.80	+00:01:18 (4.3%)	6:01	10 (96.2%)
5	OLUWAGBEMI Melvin	355	PARIS	M18-29	2	2		00:14:58	00:30:28.15	+00:01:38 (5.4%)	6:05	9.8 (94.2%)
6	WOROCH Roman	267	KS METRACO POLKOWICE	M55-59	1			00:15:07	00:30:30.60	+00:01:41 (5.5%)	6:06	9.8 (94.2%)
7	WETOSZKA Piotr	262		M30-39	2			00:14:57	00:30:37.45	+00:01:47 (5.9%)	6:07	9.8 (94.2%)
8	HELWICH Stefan	145	KS METRACO POLKOWICE	M60-64	1	2		00:15:09	00:30:44.10	+00:01:54 (6.2%)	6:08	9.8 (94.2%)
9	NIECHWIEJCZYK Piotr	196	OPEL ACTIVE TEAM	M40-44	1			00:15:14	00:30:46.60	+00:01:57 (6.3%)	6:09	9.7 (93.3%)
10	LASKOWSKI Mirosław	178	AGRO CORN MILANÓW	M45-49	3			00:15:11	00:30:53.30	+00:02:03 (6.7%)	6:10	9.7 (93.3%)
11	TRZCIŃSKI Franciszek	254	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1			00:15:24	00:31:00.50	+00:02:10 (7.0%)	6:12	9.7 (93.3%)
12	ROŻYNEK Miron	218		M50-54	2			00:15:23	00:31:05.85	+00:02:16 (7.3%)	6:13	9.6 (92.3%)
13	MIELECKA Agnieszka	191	SOKÓŁ GAŚAWA	K45-49	1			00:15:30	00:31:07.25	+00:02:17 (7.4%)	6:13	9.6 (92.3%)
14	KRYŚ Artur	166		M45-49	4			00:15:15	00:31:08.90	+00:02:19 (7.5%)	6:13	9.6 (92.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start 2.5km	All 5km	Net time 5km	Gap	Pace min/km	Pace km/h
15	RECZULSKI Mariusz	370	SMS EFEKT CZĘSTOCHOWA	M50-54	3			00:15:28		00:31:11.75	+00:02:22 (7.6%)	6:14	9.6 (92.3%)
16	SIWAK Piotr	228	KS METRACO POLKOWICE	M55-59	2			00:15:38		00:31:14.20	+00:02:24 (7.7%)	6:14	9.6 (92.3%)
17	CHAMIELEC Bogusław	116	A EMERYT BIEGA/LUBIN	M50-54	4			00:15:29		00:31:18.45	+00:02:28 (7.9%)	6:15	9.6 (92.3%)
18	GAJEWSKI Eugeniusz	134	GORZÓWPRZYSTAŃ	M60-64	2			00:15:21		00:31:26.60	+00:02:37 (8.3%)	6:17	9.5 (91.3%)
19	MICHALSKI Andrzej	360	POZYTYWNI ZABIEGANI	M55-59	3			00:15:39		00:31:39.35	+00:02:49 (8.9%)	6:19	9.5 (91.3%)
20	LESIŃSKI Grzegorz	181	KS METRACO POLKOWICE	M50-54	5			00:15:27		00:31:45.45	+00:02:55 (9.2%)	6:21	9.4 (90.4%)
21	KUBIAK Tomasz	168		M40-44	2			00:15:55		00:31:54.75	+00:03:05 (9.7%)	6:23	9.4 (90.4%)
22	ZACZYŃSKA Anna	272	MTS DRUZYNA SZPIKU KGHM ZG LUBIN	K30-39	1			00:15:57		00:31:58.85	+00:03:09 (9.9%)	6:23	9.4 (90.4%)
23	WOJTASIŃSKI Daniel	266	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:15:42		00:32:02.75	+00:03:13 (10.0%)	6:24	9.4 (90.4%)
24	BOGACKI Sławek	110	ENERGA NW TEAM	M40-44	3			00:15:50		00:32:06.35	+00:03:16 (10.2%)	6:25	9.3 (89.4%)
25	KUBISZYN Małgorzata	171		K30-39	2			00:15:59		00:32:14.85	+00:03:25 (10.6%)	6:27	9.3 (89.4%)
26	PUSZKIEL Leszek	103	GREEN TEAM ZIELONA GÓRA	M60-64	3			00:15:53		00:32:17.45	+00:03:27 (10.7%)	6:27	9.3 (89.4%)
27	HAŁAS Marcin	144		M30-39	4	1		00:15:53		00:32:22.80	+00:03:33 (11.0%)	6:28	9.3 (89.4%)
28	HOŁUBKA Mariusz	148		M45-49	5	1		00:16:03		00:32:23.80	+00:03:34 (11.0%)	6:28	9.3 (89.4%)
29	TRZCIŃSKI Eugeniusz	255	SPORT I REKREACJA START (CHEŁMNO)	M60-64	4			00:15:56		00:32:24.35	+00:03:34 (11.0%)	6:29	9.3 (89.4%)
30	SŁOMIAN Leszek	230	UNIA MIAST	M55-59	4			00:15:59		00:32:32.15	+00:03:42 (11.4%)	6:30	9.2 (88.5%)
31	JUREK Adam	98	KS METRACO POLKOWICE	M55-59	5	2		00:15:53		00:32:36.05	+00:03:46 (11.6%)	6:31	9.2 (88.5%)
32	BIK Stanisław	108	KS METRACO POLKOWICE	M55-59	6			00:16:04		00:32:38.10	+00:03:48 (11.7%)	6:31	9.2 (88.5%)
33	CYRAN Ryszard	119		M30-39	5	2		00:15:48		00:32:47.00	+00:03:57 (12.1%)	6:33	9.2 (88.5%)
34	PAKOSZ Irena	96	SOLIDARNOŚĆ OŚWIATOWA ŚLĄSKA OPOLSKIEGO	K50-54	1			00:16:22		00:32:55.55	+00:04:06 (12.5%)	6:35	9.1 (87.5%)
35	GRAML Günther	140	NW TEAM CITY FIT & SPORT FERSTL	M55-59	7			00:16:26		00:33:00.25	+00:04:10 (12.7%)	6:36	9.1 (87.5%)
36	SANIUK Edward	184	FACE NORDIC WALKING TEAM	M65-69	1			00:16:34		00:33:00.35	+00:04:10 (12.7%)	6:36	9.1 (87.5%)
37	SMUL Andrzej	231	MARSZ PO ZDROWIE	M60-64	5			00:15:58		00:33:02.35	+00:04:12 (12.8%)	6:36	9.1 (87.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start 2.5km	Net		Pace min/km	Pace km/h
									All 5km	Gap		
38	CELIŃSKI Tomasz	114	TUPTUŚ OTWOCK	M45-49	6			00:16:26	00:33:04.40	+00:04:14 (12.8%)	6:37	9.1 (87.5%)
39	GRIMM Dirk	141	NW TEAM CITY FIT & SPORT FERSTL	M30-39	6			00:16:01	00:33:15.85	+00:04:26 (13.3%)	6:39	9 (86.5%)
40	JACHIMOWICZ Renata	151	LUKI TEAM SIEDLCE	K50-54	2			00:16:35	00:33:21.90	+00:04:32 (13.6%)	6:40	9 (86.5%)
41	BORKOWSKA Lidia	359	NOWI SIEDLCE	K50-54	3			00:16:35	00:33:41.75	+00:04:52 (14.5%)	6:44	8.9 (85.6%)
42	OLEKSYK Małgorzata	199	MKS HALICZ USTRZYKI DOLNE. BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1	1		00:16:36	00:33:50.85	+00:05:01 (14.8%)	6:46	8.9 (85.6%)
43	ROSADZIŃSKI Sławomir	217	LESZNO :)	M45-49	7			00:16:47	00:33:53.00	+00:05:03 (14.9%)	6:46	8.9 (85.6%)
44	ADAMUS Marian	358	SILESIA NW TEAM	M65-69	2			00:16:41	00:33:53.35	+00:05:03 (14.9%)	6:46	8.9 (85.6%)
45	MIKOŁAJCZAK Jan	192	KS METRACO POLKOWICE	M60-64	6			00:16:36	00:33:58.70	+00:05:09 (15.2%)	6:47	8.8 (84.6%)
46	SZYMSKA Małgorzata	248	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	3			00:16:59	00:34:10.40	+00:05:20 (15.6%)	6:50	8.8 (84.6%)
47	LANGMANN Herbert	353	NORDIC WALKING TEAM BAYERN	M65-69	3	1		00:16:55	00:34:22.65	+00:05:33 (16.1%)	6:52	8.7 (83.7%)
48	HRYNDIO Jerzy	150	FABRIKANORDICA	M60-64	7			00:17:07	00:34:25.30	+00:05:35 (16.3%)	6:53	8.7 (83.7%)
49	POLISZCZUK Piotr	207		M55-59	8			00:16:48	00:34:29.10	+00:05:39 (16.4%)	6:53	8.7 (83.7%)
50	SZYMAŃSKI Stefan	247	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITACH	M70+	1			00:17:14	00:34:31.00	+00:05:41 (16.5%)	6:54	8.7 (83.7%)
51	JÓŹWIAK Marianna	154	WTWWŁOCŁAWEK	K40-44	1			00:17:12	00:34:37.90	+00:05:48 (16.8%)	6:55	8.7 (83.7%)
52	PINTAK Artur	366	WESOŁY BORSUK TEAM	M30-39	7			00:17:03	00:34:38.85	+00:05:49 (16.8%)	6:55	8.7 (83.7%)
53	USS Jola	260	TKKF KRZNA BIAŁA PODLASKA	K55-59	2			00:16:52	00:34:39.65	+00:05:50 (16.8%)	6:56	8.7 (83.7%)
54	LESIŃSKA Marzenna	180	KS METRACO POLKOWICE	K50-54	4			00:17:10	00:34:41.55	+00:05:52 (16.9%)	6:56	8.6 (82.7%)
55	PALIWODA Kasia	203	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-44	2			00:17:09	00:34:42.95	+00:05:53 (17.0%)	6:56	8.6 (82.7%)
56	UJEJSKI Zbigniew	258	STOWARZYSZENIE KIJOMANIACY	M55-59	9			00:17:08	00:34:44.80	+00:05:55 (17.0%)	6:57	8.6 (82.7%)
57	STĘPIEŃ Lucyna	237	KS METRACO POLKOWICE	K60-64	1			00:17:21	00:34:47.45	+00:05:57 (17.1%)	6:57	8.6 (82.7%)
58	TRATTNIG Claudia	252	BLEIBURGER WALKER TEAM AUSTRIA	K45-49	2			00:17:09	00:34:50.30	+00:06:00 (17.3%)	6:58	8.6 (82.7%)
59	RYBAŁTOWSKI Paweł	222	BASIT	M70+	2			00:17:16	00:34:51.90	+00:06:02 (17.3%)	6:58	8.6 (82.7%)
60	PASIKOWSKA Mariola	204	POSITIVE ENERGY	K30-39	4			00:17:14	00:34:54.45	+00:06:04 (17.4%)	6:59	8.6 (82.7%)

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									All 5km	Gap		
61	KRYSZCZUK Krzysztof	164	NOWI SIEDLCE	M50-54	6			00:17:17	00:34:56.60	+00:06:07 (17.5%)	6:59	8.6 (82.7%)
62	MACIEJEWSKI Robert	100		M30-39	8			00:16:57	00:34:58.25	+00:06:08 (17.6%)	6:59	8.6 (82.7%)
63	BASSO Daniela	106	NORDIC WALKING COMO	K55-59	3			00:17:29	00:34:58.45	+00:06:08 (17.6%)	6:59	8.6 (82.7%)
64	GŁOWA Michał	137	UNIA MIAST	M-Jun.	1			00:16:58	00:35:00.15	+00:06:10 (17.6%)	7:00	8.6 (82.7%)
65	SCHNEIDER Helmut	225	NW TEAM CITY FIT & SPORT FERSTL	M70+	3			00:17:24	00:35:00.35	+00:06:10 (17.7%)	7:00	8.6 (82.7%)
66	FRĄCKOWIAK Krzysztof	132	NOWI SIEDLCE	M45-49	8			00:17:10	00:35:01.50	+00:06:11 (17.7%)	7:00	8.6 (82.7%)
67	SPYCHAŁA Marzena	236	WESOŁY BORSUK TEAM	K45-49	3			00:17:14	00:35:07.30	+00:06:17 (17.9%)	7:01	8.5 (81.7%)
68	KOWALCZYK Edyta	95		K45-49	4			00:17:24	00:35:18.90	+00:06:29 (18.4%)	7:03	8.5 (81.7%)
69	KUBISZYN Mirosław	172		M30-39	9			00:17:19	00:35:19.55	+00:06:30 (18.4%)	7:03	8.5 (81.7%)
70	KURZAWSKA Jolanta	175	KS METRACO POLKOWICE	K65-69	1			00:17:25	00:35:26.55	+00:06:37 (18.7%)	7:05	8.5 (81.7%)
71	PASIŃSKA-SKOWRON Sylwia	363	PRUSZYŃSKI NORDIC WALIKNG	K40-44	3			00:17:28	00:35:29.00	+00:06:39 (18.8%)	7:05	8.5 (81.7%)
72	FIJAŁKOWSKI Marek	129	MARSZ PO ZDROWIE	M55-59	10			00:17:44	00:35:35.90	+00:06:46 (19.0%)	7:07	8.4 (80.8%)
73	GRYGOROWICZ Bogdan	143	KS METRACO POLKOWICE	M65-69	4			00:17:40	00:35:49.50	+00:06:59 (19.5%)	7:10	8.4 (80.8%)
74	RIZZI Giorgio	214	NORDIC WALKING COMO	M60-64	8			00:17:40	00:35:51.80	+00:07:02 (19.6%)	7:10	8.4 (80.8%)
75	SKRYCKA Katarzyna	229		K30-39	5			00:17:57	00:35:53.70	+00:07:04 (19.7%)	7:10	8.4 (80.8%)
76	ZACHARCZUK Zofia	270	NOWI SIEDLCE	K60-64	2			00:17:41	00:35:54.20	+00:07:04 (19.7%)	7:10	8.4 (80.8%)
77	CHARCZUK Zenon	368	WESOŁY BORSUK TEAM	M60-64	9			00:17:50	00:35:56.05	+00:07:06 (19.8%)	7:11	8.3 (79.8%)
78	MARCINZAK Beata	187	LUCA TEAM ZDUŃSKA WOLA	K50-54	5			00:17:30	00:35:59.45	+00:07:09 (19.9%)	7:12	8.3 (79.8%)
79	BARUCH Henryka	105	DĄBROWA NORDIC TEAM	K65-69	2			00:17:39	00:36:01.50	+00:07:11 (20.0%)	7:12	8.3 (79.8%)
80	RECZULSKA Katarzyna	369	SMS EFEKT CZĘSTOCHOWA	K45-49	5			00:17:41	00:36:03.00	+00:07:13 (20.0%)	7:12	8.3 (79.8%)
81	KUBIAK Dorian	169	SP 74 WROCŁAW	M-Child	1			00:18:17	00:36:22.60	+00:07:33 (20.8%)	7:16	8.2 (78.8%)
82	WILDAUER Ingo	361	TEAM ERDINGER ALKOHOLFREI	M55-59	11			00:18:26	00:36:24.40	+00:07:34 (20.8%)	7:16	8.2 (78.8%)
83	DANELSKI Krystian	120	SP 74 WROCŁAW	M-Child	2			00:18:26	00:36:25.00	+00:07:35 (20.8%)	7:17	8.2 (78.8%)

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84	DONIGIEWICZ Janusz	125	NORDC WOLKING KRUSZYNA	M60-64	10			00:18:12	00:36:25.95	+00:07:36 (20.9%)	7:17	8.2 (78.8%)	
85	DIDYK Mateusz	124	SP 74 WROCŁAW	M-Child	3			00:18:17	00:36:26.55	+00:07:37 (20.9%)	7:17	8.2 (78.8%)	
86	ŻOŁNO Magdalena	275	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	6			00:18:15	00:36:36.05	+00:07:46 (21.2%)	7:19	8.2 (78.8%)	
87	ZAWADA Łukasz	52	LUCA TEAM	M40-44	4			00:18:08	00:36:36.80	+00:07:47 (21.3%)	7:19	8.2 (78.8%)	
88	NIEDL Margot	351		K45-49	6			00:17:58	00:36:47.50	+00:07:57 (21.7%)	7:21	8.2 (78.8%)	
89	KARASIŃSKA Alicja	156	NOWI SIEDLCE	K45-49	7			00:18:13	00:36:48.00	+00:07:58 (21.7%)	7:21	8.2 (78.8%)	
90	FURTAK Krzysztof	290	REPREZENTACJA LEGNICY	M55-59	12			00:18:14	00:36:57.25	+00:08:07 (22.0%)	7:23	8.1 (77.9%)	
91	SUROWIEC Zbyszek	243	GRUPA BIEGOWA DZIKOWIEC	M45-49	9			00:18:26	00:36:59.80	+00:08:10 (22.1%)	7:24	8.1 (77.9%)	
92	KONASZCZUK Agnieszka	284	REPREZENTACJA LEGNICY	K40-44	4			00:18:02	00:37:03.10	+00:08:13 (22.2%)	7:24	8.1 (77.9%)	
93	KOTULA Jakub	163	UNIA MIAST	M30-39	10			00:18:17	00:37:05.30	+00:08:15 (22.3%)	7:25	8.1 (77.9%)	
94	JERNEJ Anna Maria	153	BLEIBURGER WALKER TEAM AUSTRIA	K55-59	4	1		00:18:09	00:37:06.55	+00:08:17 (22.3%)	7:25	8.1 (77.9%)	
95	DUKAT Radosław	126		M40-44	5			00:18:38	00:37:08.70	+00:08:19 (22.4%)	7:25	8.1 (77.9%)	
96	SIERACKA Katarzyna	227	AZYMUT	K50-54	7			00:18:24	00:37:10.80	+00:08:21 (22.5%)	7:26	8.1 (77.9%)	
97	PRZYBYŁEK Marysia	208	PSZ NATURALNA MEDYCYNĄ POZNAŃ	K40-44	5			00:18:27	00:37:23.30	+00:08:33 (22.9%)	7:28	8 (76.9%)	
98	TIPPMANN Ronny	251	NW TEAM CITY FIT & SPORT FERSTL	M40-44	6			00:18:36	00:37:26.55	+00:08:37 (23.0%)	7:29	8 (76.9%)	
99	SUROWIEC Michał	364	GRUPA BIEGOWA DZIKOWIEC	M30-39	11			00:18:30	00:37:28.45	+00:08:38 (23.1%)	7:29	8 (76.9%)	
100	KOPCZYŃSKI Jakub	160		M18-29	3			00:18:47	00:37:30.75	+00:08:41 (23.2%)	7:30	8 (76.9%)	
101	BERGER Katarzyna	107	GUBIŃSKA GRUPA NORDIC WALKING	K-Jun.	1			00:18:41	00:37:32.70	+00:08:43 (23.2%)	7:30	8 (76.9%)	
102	SOBAŃSKA Grażyna	232		K60-64	3			00:18:44	00:37:34.35	+00:08:44 (23.3%)	7:30	8 (76.9%)	
103	ROSADZIŃSKA Natalia	216	LESZNO :)	K18-29	1			00:18:38	00:37:46.30	+00:08:56 (23.7%)	7:33	7.9 (76.0%)	
104	PIĄTKOWSKI Józef	205	KS METRACO POLKOWICE	M70+	4			00:18:48	00:37:50.25	+00:09:00 (23.8%)	7:34	7.9 (76.0%)	
105	GOGÓŁ Jolanta	300		K55-59	5			00:18:41	00:37:51.70	+00:09:02 (23.9%)	7:34	7.9 (76.0%)	
106	SZYJKA Izabela	246	NORDIKI	K30-39	6			00:18:28	00:37:53.40	+00:09:03 (23.9%)	7:34	7.9 (76.0%)	

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									All 5km	Gap		
107	KACZMARCZYK Tomasz	155		M18-29	4	1		00:18:50	00:37:59.80	+00:09:10 (24.1%)	7:36	7.9 (76.0%)
108	MOŹDŹEŃ Barbara	194	NIEZRZESZONA	K55-59	6			00:18:52	00:38:03.70	+00:09:14 (24.3%)	7:36	7.9 (76.0%)
109	PAKOSZ Piotr	97	SOLIDARNOŚĆ OŚWIATOWA ŚLĄSKA OPOLSKIEGO	M65-69	5	1		00:19:07	00:38:10.75	+00:09:21 (24.5%)	7:38	7.9 (76.0%)
110	FILUSZ Alfred	130		M45-49	10			00:18:43	00:38:12.20	+00:09:22 (24.5%)	7:38	7.8 (75.0%)
111	OLSZAŃSKA Krystyna	200	SEKCJA NW KLUBU BIAŁA BIEGA/TKKF	K60-64	4			00:18:42	00:38:15.10	+00:09:25 (24.6%)	7:39	7.8 (75.0%)
111	ŚLUSARCZYK Grzegorz	277	WESOŁY BORSUK TEAM	M40-44	7	1		00:18:57	00:38:15.10	+00:09:25 (24.6%)	7:39	7.8 (75.0%)
113	LASZCZKOWSKA Klaudia	179	SP 74 WROCŁAW	K-Child	1			00:18:52	00:38:16.50	+00:09:26 (24.7%)	7:39	7.8 (75.0%)
114	PUZICHOWSKA Małgorzata	210	NORDIKI	K55-59	7			00:18:57	00:38:16.70	+00:09:27 (24.7%)	7:39	7.8 (75.0%)
115	DROZD Maria	362	NORDC WOLKING KRUSZYNA	K50-54	8			00:19:14	00:38:17.90	+00:09:28 (24.7%)	7:39	7.8 (75.0%)
116	FASOLA Raffaella	127	NORDIC WALKING COMO	K45-49	8			00:18:48	00:38:19.05	+00:09:29 (24.8%)	7:39	7.8 (75.0%)
117	BUSKA Roksana	367	CKZIU NYSA	K-Jun.	2			00:18:57	00:38:29.50	+00:09:39 (25.1%)	7:42	7.8 (75.0%)
118	GERLE-KOTULA Anna	135	UNIA MIAST	K30-39	7			00:19:09	00:38:33.40	+00:09:43 (25.2%)	7:42	7.8 (75.0%)
119	KRZYŻANOWSKI Wojciech	167	AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY	M45-49	11			00:18:57	00:38:38.65	+00:09:49 (25.4%)	7:43	7.8 (75.0%)
120	MATYJA Anna	189		K45-49	9			00:18:59	00:38:38.75	+00:09:49 (25.4%)	7:43	7.8 (75.0%)
121	ADAMOWICZ Andrzej	101		M70+	5			00:19:12	00:38:42.45	+00:09:52 (25.5%)	7:44	7.7 (74.0%)
122	GLISZCZYŃSKI Mirosław	136	TARNOGÓRSKIE ŁAZĘGI	M60-64	11			00:18:55	00:38:45.20	+00:09:55 (25.6%)	7:45	7.7 (74.0%)
123	NIECHWIEJCZYK Kinga	197	UNIA MIAST	K-Child	2			00:19:10	00:38:57.80	+00:10:08 (26.0%)	7:47	7.7 (74.0%)
124	JASIK Beata	365	WESOŁY BORSUK TEAM	K30-39	8			00:19:21	00:39:10.45	+00:10:20 (26.4%)	7:50	7.7 (74.0%)
125	STARZYŃSKA Ewa	99		K65-69	3			00:19:30	00:39:17.15	+00:10:27 (26.6%)	7:51	7.6 (73.1%)
126	MROZIŃSKA Justyna	195	GRUPA BIEGOWA DZIKOWIEC	K30-39	9			00:19:53	00:39:18.30	+00:10:28 (26.7%)	7:51	7.6 (73.1%)
127	GÓRSKI Henryk	139	UTW OLEŚNICA	M70+	6			00:19:39	00:39:23.15	+00:10:33 (26.8%)	7:52	7.6 (73.1%)
128	SULMA Edyta	241		K40-44	6			00:19:49	00:39:30.75	+00:10:41 (27.0%)	7:54	7.6 (73.1%)
129	MIECZKOWSKA Katarzyna	190	STOWARZYSZENIE KIJOMANIACY	K40-44	7			00:19:18	00:39:31.80	+00:10:42 (27.1%)	7:54	7.6 (73.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start 2.5km	Net		Pace min/km	Pace km/h
									All 5km	Gap		
130	SCHULZ Sigrid	226	NW TEAM CITY FIT & SPORT FERSTL	K55-59	8			00:19:51	00:39:37.65	+00:10:48 (27.3%)	7:55	7.6 (73.1%)
131	URBAN Jacek	286	STOWARZYSZENIE AZYMUT	M65-69	6			00:19:47	00:39:44.95	+00:10:55 (27.5%)	7:57	7.5 (72.1%)
132	ŚLUSARCZYK Karolina	278	WESOŁY BORSUK TEAM	K-Child	3			00:19:19	00:39:48.65	+00:10:59 (27.6%)	7:57	7.5 (72.1%)
133	DĄBROWA Dorota	121	CHODZ Z NAMI	K45-49	10			00:19:49	00:39:54.30	+00:11:04 (27.8%)	7:58	7.5 (72.1%)
134	LIKOWSKA Lidia	182		K40-44	8			00:19:42	00:39:55.65	+00:11:06 (27.8%)	7:59	7.5 (72.1%)
135	THOMALLA Bogdan	357	SILESIA NW TEAM	M70+	7			00:19:33	00:39:59.55	+00:11:10 (27.9%)	7:59	7.5 (72.1%)
136	DEJA Agnieszka	122	FABRIKANORDICA	K30-39	10			00:19:49	00:40:00.75	+00:11:11 (28.0%)	8:00	7.5 (72.1%)
137	ZAWADZKA Maria	273	KS METRACO POLKOWICE	K65-69	4			00:19:52	00:40:03.10	+00:11:13 (28.0%)	8:00	7.5 (72.1%)
138	WIESZOŁEK Ewelina	263		K30-39	11			00:20:23	00:40:13.95	+00:11:24 (28.4%)	8:02	7.5 (72.1%)
139	ROMANOWSKA Dagmara	215	GUBIŃSKA GRUPA NORDIC WALKING	K30-39	12			00:19:46	00:40:14.95	+00:11:25 (28.4%)	8:03	7.5 (72.1%)
140	SOJA Jolanta	234	AKTYWNY BOLESŁAWIEC	K55-59	9			00:19:59	00:40:15.35	+00:11:25 (28.4%)	8:03	7.5 (72.1%)
141	STONCEL Barbara	240	GRUPA BIEGOWA DZIKOWIEC	K40-44	9			00:20:00	00:40:17.20	+00:11:27 (28.4%)	8:03	7.4 (71.2%)
142	RADKA Iwona	212	AKTYWNY BOLESŁAWIEC	K45-49	11			00:20:12	00:40:19.25	+00:11:29 (28.5%)	8:04	7.4 (71.2%)
143	BUŁAK Joanna	113		K18-29	2			00:20:07	00:40:24.90	+00:11:35 (28.7%)	8:05	7.4 (71.2%)
144	HOŁDA Jolanta	147	KUBISIA TEAM OLEŚNICA	K60-64	5			00:20:12	00:40:30.00	+00:11:40 (28.8%)	8:06	7.4 (71.2%)
145	KRYSZCZUK Kacper	165	NOWI SIEDLCE	M18-29	5			00:20:08	00:40:31.35	+00:11:41 (28.9%)	8:06	7.4 (71.2%)
146	GORCZYŃSKA Patrycja	138	SP 74 WROCŁAW	K-Child	4			00:19:37	00:40:42.45	+00:11:52 (29.2%)	8:08	7.4 (71.2%)
147	PIÓRO Roksana	206	SP 74 WROCŁAW	K-Child	5			00:20:07	00:40:43.45	+00:11:53 (29.2%)	8:08	7.4 (71.2%)
148	ORZECZOWSKI Marcin	201	SETI-WYNAJEM MASZYN CZYSZCZĄCYCH	M30-39	12			00:20:23	00:40:47.90	+00:11:58 (29.3%)	8:09	7.4 (71.2%)
149	HEWAK Anna	146	AKTYWNY BOLESŁAWIEC	K50-54	9			00:20:13	00:40:49.05	+00:11:59 (29.4%)	8:09	7.3 (70.2%)
150	ZGID Małgorzata	356		K50-54	10			00:20:16	00:40:49.40	+00:11:59 (29.4%)	8:10	7.3 (70.2%)
151	KOSICKA Beata	162		K45-49	12			00:20:37	00:40:49.75	+00:12:00 (29.4%)	8:09	7.3 (70.2%)
152	ZACZYNSKA Janina	271	KS METRACO POLKOWICE	K70+	1			00:19:44	00:40:58.55	+00:12:09 (29.7%)	8:11	7.3 (70.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start 2.5km	All 5km	Net time 5km	Gap	Pace min/km	Pace km/h
153	JARZĘBOWSKA Beata	152		K18-29	3			00:20:19		00:41:00.45	+00:12:10 (29.7%)	8:12	7.3 (70.2%)
154	KOPACZ Kamila	159		K18-29	4			00:20:18		00:41:00.60	+00:12:11 (29.7%)	8:12	7.3 (70.2%)
155	SCHNEIDER Leokadia	224	WESOŁY BORSUK TEAM	K45-49	13			00:20:31		00:41:01.90	+00:12:12 (29.7%)	8:12	7.3 (70.2%)
156	WALEWACZ Kinga	261		K18-29	5			00:20:20		00:41:02.10	+00:12:12 (29.8%)	8:12	7.3 (70.2%)
157	STĘŻAŁSKI Krzysztof	238	SP 74 WROCŁAW	M-Child	4			00:18:59		00:41:02.55	+00:12:13 (29.8%)	8:12	7.3 (70.2%)
158	REMISZEWSKI Adam	213	UTW OLEŚNICA	M70+	8			00:20:17		00:41:03.70	+00:12:14 (29.8%)	8:12	7.3 (70.2%)
159	ARTYMICZ Maria	102		K60-64	6			00:20:11		00:41:07.20	+00:12:17 (29.9%)	8:13	7.3 (70.2%)
160	CETERA Janusz	115	EKSPEDYCJA NORDIC TEAM SZCZECIN	M55-59	13			00:20:18		00:41:12.70	+00:12:23 (30.1%)	8:14	7.3 (70.2%)
161	WOROCH Jolanta	268	DOPIEWO	K50-54	11			00:20:42		00:41:21.80	+00:12:32 (30.3%)	8:16	7.3 (70.2%)
162	FURTAK Anna	296	REPREZENTACJA LEGNICY	K50-54	12			00:20:30		00:41:22.60	+00:12:33 (30.3%)	8:16	7.2 (69.2%)
163	RACZYŃSKA Aleksandra	211	NORDIC WALKING STADION ŚLĄSKI	K70+	2			00:20:23		00:41:25.60	+00:12:36 (30.4%)	8:17	7.2 (69.2%)
164	PUZIO Urszula	298	REPREZENTACJA LEGNICY	K40-44	10			00:20:51		00:41:30.75	+00:12:41 (30.6%)	8:18	7.2 (69.2%)
165	PIĘTKA Justyna	55		K30-39	13	1		00:20:19		00:41:33.90	+00:12:44 (30.6%)	8:18	7.2 (69.2%)
166	ŚWIDURSKA Dorota	249		K45-49	14			00:21:01		00:41:37.90	+00:12:48 (30.8%)	8:19	7.2 (69.2%)
167	SZEMET Zbigniew	245		M70+	9			00:20:06		00:41:38.05	+00:12:48 (30.8%)	8:19	7.2 (69.2%)
168	ŻURAWSKA Małgorzata	276		K55-59	10	1		00:20:38		00:41:38.50	+00:12:48 (30.8%)	8:19	7.2 (69.2%)
169	TRATTNIG Manfred	253	BLEIBURGER WALKER TEAM AUSTRIA	M45-49	12			00:20:35		00:41:41.80	+00:12:52 (30.9%)	8:20	7.2 (69.2%)
170	PACYNA Helena	202	KS METRACO POLKOWICE	K65-69	5			00:20:49		00:41:59.55	+00:13:10 (31.4%)	8:24	7.1 (68.3%)
171	SOKÓLSKA Małgorzata	235	TKKF KRZNA/ KLUB BIEGACZA BIAŁA BIEGA	K55-59	11			00:20:43		00:42:32.60	+00:13:43 (32.2%)	8:30	7.1 (68.3%)
172	BŁĘDOWSKA Agata	283	REPREZENTACJA LEGNICY	K40-44	11			00:21:43		00:42:34.90	+00:13:45 (32.3%)	8:31	7 (67.3%)
173	KULCZYCKI Jan	173	BEZ KLUBU	M65-69	7			00:21:17		00:42:44.20	+00:13:54 (32.6%)	8:32	7 (67.3%)
174	MASCALI Giuseppe	188	GRUPA BIEGOWA DZIKOWIEC	M30-39	13	1		00:21:23		00:42:46.85	+00:13:57 (32.6%)	8:33	7 (67.3%)
175	BIK Katarzyna	109	KS METRACO POLKOWICE	K-Jun.	3			00:21:29		00:42:56.00	+00:14:06 (32.9%)	8:35	7 (67.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start 2.5km	All 5km	Net time 5km	Gap	Pace min/km	Pace km/h
176	KULBAS-LEŚNIAK Aleksandra	282	REPREZENTACJA LEGNICY	K40-44	12			00:21:44	00:43:01.40	+00:14:11 (33.0%)	8:36	7 (67.3%)	
177	CUPIAŁ Wiktoria	118	KS METRACO POLKOWICE	K-Jun.	4			00:21:35	00:43:03.50	+00:14:13 (33.1%)	8:36	7 (67.3%)	
178	TARGOSZ Zofia	295	REPREZENTACJA LEGNICY	K65-69	6			00:21:47	00:43:03.85	+00:14:14 (33.1%)	8:36	7 (67.3%)	
179	URBAŃSKA Łucja	259	GUBIŃSKA GRUPA NORDIC WALKING	K60-64	7			00:21:00	00:43:08.10	+00:14:18 (33.2%)	8:37	7 (67.3%)	
180	SZAŁAJ Aleksandra	244		K30-39	14			00:21:31	00:43:30.45	+00:14:40 (33.7%)	8:42	6.9 (66.3%)	
181	WINIARSKI Robert	264		M45-49	13	1		00:21:29	00:43:42.05	+00:14:52 (34.0%)	8:44	6.9 (66.3%)	
182	KRZYŻANOWSKA Aneta	281	REPREZENTACJA LEGNICY	K40-44	13			00:21:20	00:43:42.75	+00:14:53 (34.1%)	8:44	6.9 (66.3%)	
183	GROBELNA Jadwiga	142	KS METRACO POLKOWICE	K60-64	8			00:21:52	00:43:45.80	+00:14:56 (34.1%)	8:45	6.9 (66.3%)	
184	RUTKOWSKI Janusz	221		M55-59	14	1		00:21:48	00:43:46.65	+00:14:57 (34.2%)	8:45	6.9 (66.3%)	
185	BREXLER Jasmin	352	NORDIC WALKING TEAM BAYERN	K18-29	6			00:21:05	00:43:46.85	+00:14:57 (34.2%)	8:45	6.9 (66.3%)	
186	TUREK Jan	257		M65-69	8			00:21:05	00:43:54.75	+00:15:05 (34.4%)	8:47	6.8 (65.4%)	
187	KRZYŻANOWSKA Monika	280	REPREZENTACJA LEGNICY	K45-49	15			00:21:41	00:44:00.80	+00:15:11 (34.5%)	8:48	6.8 (65.4%)	
188	TUREK Krystyna	256		K55-59	12			00:21:58	00:44:15.85	+00:15:26 (34.9%)	8:51	6.8 (65.4%)	
189	WÓJCIK Irena	269	UTW OLEŚNICA	K70+	3			00:21:59	00:44:17.65	+00:15:28 (34.9%)	8:51	6.8 (65.4%)	
190	FREUS Agnieszka	133	RIGHTWAY	K50-54	13			00:22:22	00:44:37.75	+00:15:48 (35.4%)	8:55	6.7 (64.4%)	
191	HARASIMOWICZ Maria	293	REPREZENTACJA LEGNICY	K65-69	7			00:22:04	00:44:51.45	+00:16:01 (35.7%)	8:58	6.7 (64.4%)	
192	KOWALCZYK Magdalena	279		K18-29	7			00:22:45	00:45:53.75	+00:17:04 (37.2%)	9:10	6.5 (62.5%)	
193	BANDACH Wiktoria	104	GUBIŃSKA GRUPA NORDIC WALKING	K-Child	6			00:21:37	00:46:05.80	+00:17:16 (37.5%)	9:13	6.5 (62.5%)	
194	MIKOS Jolanta	193		K45-49	16			00:22:37	00:46:11.65	+00:17:22 (37.6%)	9:14	6.5 (62.5%)	
195	SUROPEK Wiesław	242	FACE NORDIC WALKING TEAM	M55-59	15			00:23:21	00:46:43.65	+00:17:54 (38.3%)	9:20	6.4 (61.5%)	
196	KUNIKOWSKI Zenon	174		M60-64	12			00:23:26	00:47:33.10	+00:18:43 (39.4%)	9:30	6.3 (60.6%)	
197	RUTKOWSKA Maria	220		K50-54	14	1		00:23:33	00:47:49.35	+00:18:59 (39.7%)	9:33	6.3 (60.6%)	
198	FRAGER Anton	131	BLEIBURGER WALKER TEAM AUSTRIA	M65-69	9			00:23:47	00:48:05.70	+00:19:16 (40.1%)	9:37	6.2 (59.6%)	

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
199	TATARYNOWICZ Eugeniusz	250	NIEZRZESZONY	M70+	10			00:23:45	00:48:15.50	+00:19:25 (40.3%)	9:39	6.2 (59.6%)
200	KUTEJ Helmut	176	BLEIBURGER WALKER TEAM AUSTRIA	M50-54	7			00:24:06	00:48:37.60	+00:19:48 (40.7%)	9:43	6.2 (59.6%)
201	WODZIŃSKA Małgorzata	297	REPREZENTACJA LEGNICY	K50-54	15			00:23:06	00:49:19.30	+00:20:29 (41.6%)	9:51	6.1 (58.7%)
202	ZIELIŃSKI Waldemar	274	GUBIŃSKA GRUPA NORDIC WALKING	M60-64	13			00:23:53	00:49:37.50	+00:20:47 (41.9%)	9:55	6 (57.7%)
203	MACHAJEK Krzysztof	186	KS METRACO POLKOWICE	M60-64	14			00:23:55	00:49:38.35	+00:20:48 (41.9%)	9:55	6 (57.7%)
204	MONASTERSKA Halina	294	REPREZENTACJA LEGNICY	K55-59	13			00:24:27	00:49:47.15	+00:20:57 (42.1%)	9:57	6 (57.7%)
205	BANASIEWICZ Barbara	292	REPREZENTACJA LEGNICY	K65-69	8	1		00:24:44	00:50:17.75	+00:21:28 (42.7%)	10:03	6 (57.7%)
206	ŁUCZYSZYN Stanisława	185	NORDIC WALKING KRUSZYNA	K65-69	9			00:22:18	00:50:23.60	+00:21:34 (42.8%)	10:04	6 (57.7%)
207	OTWINOWSKA Teresa	354		K70+	4			00:24:00	00:50:35.40	+00:21:45 (43.0%)	10:07	5.9 (56.7%)

Total 207 results.