



MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-05-04
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. Mkat	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RAJEWSKI Sebastian	142	KS IDMAR RACING TEAM	M45-49	1		00:16:17	00:33:08.80		6:37	9 (100%)
2	TOPOLNICKI Konrad	174	CKZIU NYSA MECHANIK	M18-29	1		00:16:29	00:33:15.86	+00:00:07 (0.4%)	6:39	9 (100%)
3	BRZozowski Piotr	380	AKTYWNI POSTOMINO	M30-39	1		00:16:34	00:34:06.28	+00:00:57 (2.8%)	6:49	8.8 (97.8%)
4	TRZCIŃSKI Franciszek	178	SPORT I REKREACJA START (CHELMNO)	M50-54	1		00:17:18	00:34:33.64	+00:01:24 (4.1%)	6:54	8.7 (96.7%)
5	DĘBSKI Bartłomiej	28	NORDIC TEAM CZĘSTOCHOWA	M40-44	1		00:17:08	00:34:35.81	+00:01:27 (4.2%)	6:55	8.7 (96.7%)
6	WITUCKI Jacek	193		M45-49	2		00:17:01	00:34:39.82	+00:01:31 (4.4%)	6:56	8.7 (96.7%)
7	PODGÓRSKI Szymon	131	CKZIU NYSA MECHANIK	M-Jun.	1		00:17:35	00:34:56.56	+00:01:47 (5.1%)	6:59	8.6 (95.6%)
8	KNITTER Michał	384	BŁĘKITNI NW DZIEMIANY	M-Jun.	2		00:17:18	00:35:02.83	+00:01:54 (5.4%)	7:00	8.6 (95.6%)
9	ROŻYNEK Miron	361	KS METRACO POLKOWICE	M55-59	1		00:17:24	00:35:05.50	+00:01:56 (5.5%)	7:01	8.5 (94.4%)
10	WIERZBIŃSKI Piotr	400	KLUBSPORTU.PL	M45-49	3		00:17:13	00:35:14.53	+00:02:05 (5.9%)	7:03	8.5 (94.4%)
11	WORoch Roman	362	KS METRACO POLKOWICE	M60-64	1	1	00:17:34	00:35:22.48	+00:02:13 (6.3%)	7:04	8.5 (94.4%)
12	OLSZAŃSKI Karol	123	FEAR THE RETURN	M40-44	2		00:17:23	00:35:24.34	+00:02:15 (6.4%)	7:05	8.5 (94.4%)
13	FRĄCKOWIAK Roman	354	KS METRACO POLKOWICE	M50-54	2	1	00:17:53	00:35:54.45	+00:02:45 (7.7%)	7:10	8.4 (93.3%)
14	SPYCHAŁA Lesław	152	CKZIU NYSA MECHANIK	M50-54	3		00:17:40	00:35:55.31	+00:02:46 (7.7%)	7:11	8.3 (92.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start 2.5km	Czas		Tempo min/km	Tempo km/h
									All 5km	netto Różn		
15	JASIŁEK Przemysław	57		M40-44	3			00:17:42	00:35:59.35	+00:02:50 (7.9%)	7:11	8.3 (92.2%)
16	KUBIAK Przemysław	85	KS IDMAR RACING TEAM	M45-49	4			00:17:26	00:36:00.92	+00:02:52 (8.0%)	7:12	8.3 (92.2%)
17	FRĄCKOWIAK Mateusz	33	KS METRACO POLKOWICE	M-Jun.	3			00:17:20	00:36:02.48	+00:02:53 (8.0%)	7:12	8.3 (92.2%)
18	NACZK Leonard	114	LĘBORSKIE LWY	M40-44	4			00:17:56	00:36:04.78	+00:02:55 (8.1%)	7:13	8.3 (92.2%)
19	KOP Wiesław	71	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	2	1		00:18:12	00:36:51.30	+00:03:42 (10.1%)	7:22	8.1 (90.0%)
20	HARENDA Andrzej	46	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-54	4			00:18:15	00:36:52.22	+00:03:43 (10.1%)	7:22	8.1 (90.0%)
21	TOPOREK Rafał	175	LĘBORSKIE LWY	M- Niepełnosprawni(B)	1			00:18:58	00:37:04.19	+00:03:55 (10.6%)	7:24	8.1 (90.0%)
22	KUŚMIEREK Mateusz	395	BŁĘKITNI NW DZIEMIANY	M-Jun.	4			00:17:52	00:37:13.49	+00:04:04 (11.0%)	7:26	8.1 (90.0%)
23	ZIELIŃSKI Szczepan	201	SERCE NORDICA WŁOCLAWEK	M45-49	5			00:18:08	00:37:16.36	+00:04:07 (11.1%)	7:27	8 (88.9%)
24	WIŚNIEWSKI Sławomir	191	FLUGGER TEAM	M45-49	6			00:18:37	00:37:17.57	+00:04:08 (11.1%)	7:27	8 (88.9%)
25	STANISŁAWSKI Jan	154	MARSZ PO ZDROWIE	M60-64	2			00:18:28	00:37:31.11	+00:04:22 (11.7%)	7:30	8 (88.9%)
26	NACZK Wiktoria	113	LĘBORSKIE LWY	K-Jun.	1			00:18:54	00:37:36.54	+00:04:27 (11.9%)	7:31	8 (88.9%)
27	DUSZEŃKO Zygmunt	352	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:18:43	00:37:41.10	+00:04:32 (12.0%)	7:32	8 (88.9%)
28	POLISZCZUK Piotr	133	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	2			00:18:42	00:37:41.87	+00:04:33 (12.1%)	7:32	8 (88.9%)
29	MATECKI Ryszard	358	KS METRACO POLKOWICE	M70+	1			00:19:08	00:37:47.84	+00:04:39 (12.3%)	7:33	7.9 (87.8%)
30	HOLWEK Jarosław	51	ZDROWOPIJ.PL	M55-59	3			00:18:43	00:37:52.26	+00:04:43 (12.5%)	7:34	7.9 (87.8%)
31	SZYMAŃSKI Stefan	169	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	M70+	2			00:19:10	00:37:52.75	+00:04:43 (12.5%)	7:34	7.9 (87.8%)
32	TOMCZYK Edward	173	MARSZ PO ZDROWIE	M70+	3	1		00:19:18	00:37:54.42	+00:04:45 (12.6%)	7:35	7.9 (87.8%)
33	KOŁPAK Jan	70	LKS ZANTYR SZTUM	M70+	4	1		00:19:11	00:37:55.94	+00:04:47 (12.6%)	7:35	7.9 (87.8%)
34	IDKOWIAK Magdalena	54	KS IDMAR RACING TEAM	K40-44	1			00:18:42	00:37:57.56	+00:04:48 (12.7%)	7:35	7.9 (87.8%)
35	MARCINKOWSKA Agnieszka	346	UNIA MIAST	K-Jun.	2			00:18:58	00:37:57.67	+00:04:48 (12.7%)	7:35	7.9 (87.8%)
36	GAŁĄZKA Paweł	349	MUSZKIETEROWIE	M- Niepełnosprawni(A)	3			00:18:50	00:38:01.41	+00:04:52 (12.8%)	7:36	7.9 (87.8%)
37	OKRZESIK-FRĄCKOWIAK Izabela	359	KS METRACO POLKOWICE	K50-54	1			00:19:00	00:38:01.41	+00:04:52 (12.8%)	7:36	7.9 (87.8%)

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									netto 5km	Różn		
38	SZPILMAN Katarzyna	163	ELITE TEAM	K50-54	2			00:19:02	00:38:02.03	+00:04:53 (12.8%)	7:36	7.9 (87.8%)
39	KROMSKI Paweł	80	NORDIC WALKING KIEKRZ POLAND	M50-54	5			00:18:51	00:38:02.48	+00:04:53 (12.9%)	7:36	7.9 (87.8%)
40	GIBAS Asia	36	BAŻANT NW ELBLĄG	K30-39	1			00:18:54	00:38:07.10	+00:04:58 (13.0%)	7:37	7.9 (87.8%)
41	GIBAS Sławek	37	BAŻANT NW ELBLĄG	M40-44	5			00:19:02	00:38:10.72	+00:05:01 (13.2%)	7:38	7.9 (87.8%)
42	RAJEK Tomasz	141	NORDIC TEAM CZĘSTOCHOWA	M50-54	6			00:18:46	00:38:17.31	+00:05:08 (13.4%)	7:39	7.8 (86.7%)
43	KRAJEWSKA Hanna	78	MARSZ PO ZDROWIE	K-Jun.	3			00:18:58	00:38:22.80	+00:05:14 (13.6%)	7:40	7.8 (86.7%)
44	SZYMANOWSKI Eugeniusz	167	LĘBORSKIE LWY	M60-64	3			00:19:01	00:38:26.95	+00:05:18 (13.8%)	7:41	7.8 (86.7%)
45	JÓŹWIAK Marianna	61	SERCE NORDICA WŁOCLAWEK	K45-49	1			00:19:05	00:38:28.25	+00:05:19 (13.8%)	7:41	7.8 (86.7%)
46	KUBAT Janusz	82	NORDIC TEAM CZĘSTOCHOWA	M45-49	7			00:19:14	00:38:32.80	+00:05:23 (14.0%)	7:42	7.8 (86.7%)
47	ŚLUSARCZYK Marcin	276	WESOŁY BORSUK TEAM	M40-44	6			00:18:57	00:38:33.54	+00:05:24 (14.0%)	7:42	7.8 (86.7%)
48	WROŃSKI Włodzimierz	196	PASJA NORDIC WALKING	M65-69	1			00:19:12	00:38:39.24	+00:05:30 (14.2%)	7:44	7.8 (86.7%)
49	GODZIŃSKA Dorota	39	BAŻANT NW ELBLĄG	K30-39	2			00:19:16	00:38:41.75	+00:05:32 (14.3%)	7:44	7.8 (86.7%)
50	LITWIŃCZUK Robert	282		M50-54	7			00:18:37	00:38:42.55	+00:05:33 (14.4%)	7:44	7.8 (86.7%)
51	WOŁK Beata	195	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	2			00:19:20	00:38:43.97	+00:05:35 (14.4%)	7:44	7.7 (85.6%)
52	PUSZKARSKA Małgorzata	138	GOSADI NORDIC TEAM	K40-44	3			00:19:07	00:38:45.87	+00:05:37 (14.5%)	7:45	7.7 (85.6%)
53	BUCZKOWSKI Jerzy	383	KS SOKÓŁ GAŚAWA	M65-69	2			00:19:26	00:38:46.61	+00:05:37 (14.5%)	7:45	7.7 (85.6%)
54	SULIKOWSKA Agnieszka	386	PASJA NORDIC WALKING	K40-44	4			00:19:06	00:38:47.06	+00:05:38 (14.5%)	7:45	7.7 (85.6%)
55	BARANIEWSKI Andrzej	210		M55-59	4			00:19:36	00:38:51.73	+00:05:42 (14.7%)	7:46	7.7 (85.6%)
56	PIĄTEK Dariusz	128	POLIPACK TEAM GWE	M- Niepełnosprawni(A)	4			00:19:09	00:39:02.97	+00:05:54 (15.1%)	7:48	7.7 (85.6%)
57	JUREK Jagoda	63	KS METRACO POLKOWICE	K-Jun.	4			00:19:16	00:39:03.81	+00:05:55 (15.1%)	7:48	7.7 (85.6%)
58	SZCZUDLIK Małgorzata	158	KIJKOWE TRZEMESZNO	K30-39	3			00:19:25	00:39:06.34	+00:05:57 (15.2%)	7:49	7.7 (85.6%)
59	KAZIMIERCZAK Sebastian	205	GOSIR OSIELSKO	M45-49	8			00:19:31	00:39:08.52	+00:05:59 (15.3%)	7:49	7.7 (85.6%)
60	SZYMANOWSKA Anna	166	LĘBORSKIE LWY	K- Niepełnosprawni(A)	1			00:19:26	00:39:08.68	+00:05:59 (15.3%)	7:49	7.7 (85.6%)

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									netto 5km	Różn		
61	MROZICKI Andrzej	112		M55-59	5			00:19:23	00:39:16.53	+00:06:07 (15.6%)	7:51	7.6 (84.4%)
62	KAMIŃSKA Beata	64	NORDIC TEAM CZĘSTOCHOWA	K50-54	3			00:19:47	00:39:30.00	+00:06:21 (16.1%)	7:54	7.6 (84.4%)
63	BIERKUS Mirosław	234		M60-64	4			00:20:06	00:39:37.30	+00:06:28 (16.3%)	7:55	7.6 (84.4%)
64	WITUCKA Karolina	192		K-Dzieci	1			00:19:33	00:39:42.81	+00:06:34 (16.5%)	7:56	7.6 (84.4%)
65	WOLSKI Tomasz	194		M40-44	7	1		00:19:27	00:39:48.91	+00:06:40 (16.7%)	7:57	7.5 (83.3%)
66	BEREŚ Marcin	8	AZS ŚUM	M18-29	2			00:19:53	00:40:00.35	+00:06:51 (17.1%)	8:00	7.5 (83.3%)
67	ZIELIŃSKA Jolanta	66	GOSIR OSIELSKO	K55-59	1			00:19:56	00:40:06.91	+00:06:58 (17.4%)	8:01	7.5 (83.3%)
68	MALINOWSKA Monika	204	LKS ZANTYR SZTUM	K30-39	4	1		00:19:39	00:40:07.92	+00:06:59 (17.4%)	8:01	7.5 (83.3%)
69	DUDEK Edward	351	KS METRACO POLKOWICE	M65-69	3			00:19:36	00:40:10.09	+00:07:01 (17.5%)	8:02	7.5 (83.3%)
70	KORYTOWSKI Jakub	74	NW WERWA MŁAWA	M-Dzieci	1			00:19:29	00:40:23.23	+00:07:14 (17.9%)	8:04	7.4 (82.2%)
71	GRYGOROWICZ Bogdan	357	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			00:20:08	00:40:26.08	+00:07:17 (18.0%)	8:05	7.4 (82.2%)
72	ŻUCHOWICZ Robert	381	KS METRACO POLKOWICE	M55-59	6			00:20:07	00:40:27.15	+00:07:18 (18.1%)	8:05	7.4 (82.2%)
73	CZMOCH Marian	24	PUKS ŁOSICE	M65-69	4			00:19:56	00:40:27.78	+00:07:18 (18.1%)	8:05	7.4 (82.2%)
74	SAMOJŁO Sławomir	147		M55-59	7			00:20:06	00:40:28.04	+00:07:19 (18.1%)	8:05	7.4 (82.2%)
75	RĘDZINIAK Marzena	143	KLUBSPORTU.PL	K40-44	5			00:19:55	00:40:28.69	+00:07:19 (18.1%)	8:05	7.4 (82.2%)
76	ANTOŃ Bartłomiej	3	AZS ŚUM	M18-29	3			00:19:51	00:40:36.87	+00:07:28 (18.4%)	8:07	7.4 (82.2%)
77	WAWRZY尼亚K Anna	186	POLIPACK TEAM GWE	K45-49	2			00:20:04	00:40:37.29	+00:07:28 (18.4%)	8:07	7.4 (82.2%)
78	POZNAŃSKI Wiesław	136		M60-64	5			00:20:20	00:40:37.96	+00:07:29 (18.4%)	8:07	7.4 (82.2%)
79	KOZIARZ Roman	76	STADION ŚLĄSKI	M60-64	6			00:20:06	00:40:38.49	+00:07:29 (18.4%)	8:07	7.4 (82.2%)
80	STOLTMANN Helena	388	BŁĘKITNI NW DZIEMIANY	K55-59	2			00:20:10	00:40:40.47	+00:07:31 (18.5%)	8:08	7.4 (82.2%)
81	CHMIELEWSKI Marcin	20	PROTYM RACING TEAM	M40-44	8	1		00:19:35	00:40:41.29	+00:07:32 (18.5%)	8:08	7.4 (82.2%)
82	TUZIMEK Agata	181		K30-39	5			00:20:23	00:40:43.96	+00:07:35 (18.6%)	8:08	7.4 (82.2%)
83	TURKOWSKA Iwona	179	SZALONE ONE	K55-59	3			00:20:17	00:40:52.33	+00:07:43 (18.9%)	8:10	7.3 (81.1%)

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									netto 5km	Różn		
84	JUREK Kamila	62		K30-39	6			00:20:19	00:40:55.63	+00:07:46 (19.0%)	8:11	7.3 (81.1%)
85	PINIS Agnieszka	130	NORDIC TEAM CZĘSTOCHOWA	K40-44	6			00:20:17	00:41:01.48	+00:07:52 (19.2%)	8:12	7.3 (81.1%)
86	BUGAŁA Alicja	14	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	5			00:20:04	00:41:07.05	+00:07:58 (19.4%)	8:13	7.3 (81.1%)
87	HARENDA Karol	48	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Dzieci	2			00:19:44	00:41:08.15	+00:07:59 (19.4%)	8:13	7.3 (81.1%)
88	SZENDZIELORZ Ilona	161	STADION ŚLĄSKI	K60-64	1			00:20:29	00:41:08.71	+00:07:59 (19.4%)	8:13	7.3 (81.1%)
89	KUSTAL Marcin	132	NORDIC TEAM CZĘSTOCHOWA	M40-44	9			00:20:45	00:41:09.35	+00:08:00 (19.5%)	8:13	7.3 (81.1%)
90	ZIELIŃSKA Iwona	199	SERCE NORDICA WŁOCLAWEK	K50-54	4			00:20:38	00:41:17.02	+00:08:08 (19.7%)	8:15	7.3 (81.1%)
91	ŚLUSARCZYK Grzegorz	277	WESOŁY BORSUK TEAM	M45-49	9			00:20:27	00:41:18.42	+00:08:09 (19.8%)	8:15	7.3 (81.1%)
92	NIETRZEBKA Aleksandra	118	MIĘDZYBORÓW	K18-29	1			00:20:21	00:41:25.37	+00:08:16 (20.0%)	8:17	7.2 (80.0%)
93	MACZKOWSKA Zofia	97	LKS ZANTYR SZTUM	K-Jun.	6			00:20:31	00:41:36.35	+00:08:27 (20.3%)	8:19	7.2 (80.0%)
94	SZYCKO Oliwia	164		K-Dzieci	2			00:20:25	00:41:38.48	+00:08:29 (20.4%)	8:19	7.2 (80.0%)
95	SMARSZCZ Grażyna	149	LĘBORSKIE LWY	K60-64	2	1		00:20:53	00:41:42.02	+00:08:33 (20.5%)	8:20	7.2 (80.0%)
96	MIKUSINSKA Jola	108	FEAR THE RETURN	K45-49	3			00:20:43	00:41:45.95	+00:08:37 (20.6%)	8:21	7.2 (80.0%)
97	SZEMBERSKI Paweł	160	KLUBSPORTU.PL	M45-49	10			00:20:43	00:41:52.48	+00:08:43 (20.8%)	8:22	7.2 (80.0%)
98	MARCZEWSKI Kamil	102	AZS ŚUM	M18-29	4			00:20:49	00:41:54.95	+00:08:46 (20.9%)	8:23	7.2 (80.0%)
99	DAROSZEWSKA Krystyna	26	SERCE NORDICA WŁOCLAWEK	K60-64	3			00:20:56	00:41:55.90	+00:08:47 (21.0%)	8:23	7.2 (80.0%)
100	GAWOR Renata	35	NORDIC TEAM CZĘSTOCHOWA	K50-54	5			00:20:57	00:41:56.20	+00:08:47 (21.0%)	8:23	7.2 (80.0%)
101	SULECKA Gabriela	156		K-Niepełnosprawni(A)	2			00:20:40	00:42:01.35	+00:08:52 (21.1%)	8:24	7.1 (78.9%)
102	GRYGOROWICZ Teresa	356	KS METRACO POLKOWICE	K65-69	1			00:20:41	00:42:04.73	+00:08:55 (21.2%)	8:25	7.1 (78.9%)
103	KRAWCZYK Dorota	79	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	4			00:20:50	00:42:05.08	+00:08:56 (21.2%)	8:25	7.1 (78.9%)
104	TOKAREWICZ Joanna	335		K40-44	7	2		00:21:07	00:42:13.77	+00:09:04 (21.5%)	8:26	7.1 (78.9%)
105	STOLARSKA Joanna	348	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	7			00:20:24	00:42:17.56	+00:09:08 (21.6%)	8:27	7.1 (78.9%)
106	DARGAS Sandra	393	BŁĘKITNI NW DZIEMIANY	K-Dzieci	3			00:20:46	00:42:18.90	+00:09:10 (21.7%)	8:27	7.1 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
107	BUGAŁA Anna	368	NORDIC TEAM CZĘSTOCHOWA	K40-44	8			00:20:58	00:42:21.00	+00:09:12 (21.7%)	8:28	7.1 (78.9%)
108	ŁOPIŃSKI Aleksy	374	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	5			00:21:09	00:42:21.73	+00:09:12 (21.8%)	8:28	7.1 (78.9%)
109	EWERTOWSKA Ewa	31	NORDIC WALKING KIEKRZ POLAND	K50-54	6			00:21:00	00:42:22.98	+00:09:14 (21.8%)	8:28	7.1 (78.9%)
110	MOTOCZYŃSKI Krzysztof	111	GOSIR OSIELSKO	M60-64	7			00:21:03	00:42:24.45	+00:09:15 (21.8%)	8:29	7.1 (78.9%)
111	ŻYTKOWSKI Andrzej	249	TKKF KRZNA	M55-59	8			00:20:59	00:42:24.63	+00:09:15 (21.8%)	8:29	7.1 (78.9%)
112	TOWARNICKA Izabela	176		K- Niepełnosprawni(B)	1			00:21:06	00:42:30.64	+00:09:21 (22.0%)	8:30	7.1 (78.9%)
113	OLECH Marcin	122		M45-49	11			00:21:18	00:42:43.55	+00:09:34 (22.4%)	8:32	7 (77.8%)
114	DANA Kazimiera	25	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	2			00:21:06	00:42:47.75	+00:09:38 (22.5%)	8:33	7 (77.8%)
115	JÓŻWIAK Łukasz	60	SERCE NORDICA WŁOCLAWEK	M- Niepełnosprawni(B)	3			00:21:22	00:42:49.67	+00:09:40 (22.6%)	8:34	7 (77.8%)
116	WAWRZY尼亚K Igor	187	POLIPACK TEAM GWE	M-Dzieci	3			00:20:22	00:42:50.23	+00:09:41 (22.6%)	8:34	7 (77.8%)
117	PYKA Aleksandra	139	UNIA MIAST	K-Dzieci	4			00:21:00	00:42:55.32	+00:09:46 (22.8%)	8:35	7 (77.8%)
118	KUCZYŃSKA Anna	86	NORDIC WALKING KIEKRZ POLAND	K55-59	4			00:21:21	00:42:56.09	+00:09:47 (22.8%)	8:35	7 (77.8%)
119	PONKA Barbara	134	POLIPACK TEAM GWE	K45-49	4			00:21:18	00:42:58.94	+00:09:50 (22.9%)	8:35	7 (77.8%)
120	GODZIŃSKA Paulina	38	BAŻANT NW ELBLĄG	K-Dzieci	5			00:21:38	00:42:59.53	+00:09:50 (22.9%)	8:35	7 (77.8%)
121	KOLARSKA Nadia	69	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	6			00:21:31	00:43:01.16	+00:09:52 (22.9%)	8:36	7 (77.8%)
122	WOROCZ Jolanta	370	KS METRACO POLKOWICE	K50-54	7			00:21:21	00:43:03.12	+00:09:54 (23.0%)	8:36	7 (77.8%)
123	ŚLUSARCZYK Karolina	172	WESOŁY BORSUK TEAM	K-Jun.	8			00:21:18	00:43:10.10	+00:10:01 (23.2%)	8:38	6.9 (76.7%)
124	GÓRECKA Iwona	369	STADION ŚLĄSKI	K50-54	8			00:21:29	00:43:12.83	+00:10:04 (23.3%)	8:38	6.9 (76.7%)
125	SZYCKO Radosław	165		M40-44	10			00:21:20	00:43:13.90	+00:10:05 (23.3%)	8:38	6.9 (76.7%)
126	KUŹMICZ Magdalena	92	POLIPACK TEAM GWE	K30-39	7			00:21:21	00:43:18.55	+00:10:09 (23.5%)	8:39	6.9 (76.7%)
127	SOBCZYK Rafał	150	KLUBSPORTU.PL	M45-49	12			00:21:19	00:43:19.85	+00:10:11 (23.5%)	8:40	6.9 (76.7%)
128	HARENDA Joanna	47	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K45-49	5			00:21:55	00:43:35.31	+00:10:26 (24.0%)	8:43	6.9 (76.7%)
129	KORPAL Cezary	73		M55-59	9			00:21:45	00:43:38.68	+00:10:29 (24.1%)	8:43	6.9 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
130	PIĄTKOWSKI Józef	360	KS METRACO POLKOWICE	M70+	6			00:21:43	00:43:40.57	+00:10:31 (24.1%)	8:44	6.9 (76.7%)
131	NIESŁONY Ryszard	117	STADION ŚLĄSKI	M55-59	10			00:21:49	00:43:42.19	+00:10:33 (24.2%)	8:44	6.9 (76.7%)
132	GOŁĘBIEWSKI Andrzej	40	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	8			00:22:05	00:43:44.83	+00:10:36 (24.2%)	8:45	6.9 (76.7%)
133	BIKOWSKA Gabriela	12	LĘBORSKIE LWY	K- Niepełnosprawni(A)	3			00:21:38	00:43:47.78	+00:10:38 (24.3%)	8:45	6.8 (75.6%)
134	BADZIĄG Waldemar	4	ELITE TEAM	M50-54	8			00:21:40	00:43:49.62	+00:10:40 (24.4%)	8:45	6.8 (75.6%)
135	NIECHWIEJCZYK Kinga	115	UNIA MIAST	K-Jun.	9			00:21:27	00:43:57.19	+00:10:48 (24.6%)	8:47	6.8 (75.6%)
136	BIEGAJŁO Piotr	9	ZDROWOPIJ.PL	M50-54	9			00:22:01	00:44:02.44	+00:10:53 (24.7%)	8:48	6.8 (75.6%)
137	SROKA Piotr	153	AZS UŚ	M18-29	5	1		00:22:05	00:44:02.46	+00:10:53 (24.7%)	8:48	6.8 (75.6%)
138	WORONKO-ZACZYŃSKA Janina	363	KS METRACO POLKOWICE	K70+	1			00:21:59	00:44:03.54	+00:10:54 (24.8%)	8:48	6.8 (75.6%)
139	BARCZYK Jolanta	6	NORDIC TEAM CZĘSTOCHOWA	K55-59	5			00:21:52	00:44:05.86	+00:10:57 (24.8%)	8:49	6.8 (75.6%)
140	ADAMOWICZ Andrzej	1		M70+	7			00:21:57	00:44:16.22	+00:11:07 (25.1%)	8:51	6.8 (75.6%)
141	ŚWIĆ Joanna	157	CHODZĘ Z SERCEM	K45-49	6			00:21:58	00:44:25.99	+00:11:17 (25.4%)	8:53	6.8 (75.6%)
142	GUZIOR Agnieszka	45	KLUBSPORTU.PL	K45-49	7			00:21:56	00:44:28.12	+00:11:19 (25.5%)	8:53	6.7 (74.4%)
143	WIESZOŁEK Ewelina	188		K30-39	8	1		00:21:59	00:44:30.83	+00:11:22 (25.5%)	8:54	6.7 (74.4%)
144	CZEKAŃSKI Damian	23	WESOŁY BORSUK TEAM	M30-39	2			00:22:15	00:44:32.99	+00:11:24 (25.6%)	8:54	6.7 (74.4%)
145	ZIELIŃSKI Jacek	200	GDAŃSKIE WODY AKTYWUJĄ	M65-69	5			00:22:10	00:44:37.22	+00:11:28 (25.7%)	8:55	6.7 (74.4%)
146	BIEGAJŁO Małgorzata	10	ZDROWOPIJ.PL	K50-54	9			00:22:12	00:44:39.62	+00:11:30 (25.8%)	8:55	6.7 (74.4%)
147	RURAŃSKI Jerzy	145	STADION ŚLĄSKI	M70+	8			00:21:52	00:44:47.83	+00:11:39 (26.0%)	8:57	6.7 (74.4%)
148	NOWAK Ewa	119	STADION ŚLĄSKI	K50-54	10			00:22:24	00:44:48.22	+00:11:39 (26.0%)	8:57	6.7 (74.4%)
149	ANGIELCZYK Małgorzata	2	MARSZ PO ZDROWIE	K65-69	3			00:22:09	00:44:48.62	+00:11:39 (26.0%)	8:57	6.7 (74.4%)
150	MAŁACHOWICZ Barbara	99		K65-69	4			00:22:32	00:44:49.23	+00:11:40 (26.0%)	8:57	6.7 (74.4%)
151	ŻUKOWICZ Bartłomiej	387	KLUBSPORTU.PL	M45-49	13			00:22:09	00:44:59.59	+00:11:50 (26.3%)	9:00	6.7 (74.4%)
152	KOZIARZ Jadwiga	77	STADION ŚLĄSKI	K55-59	6			00:22:10	00:45:02.96	+00:11:54 (26.4%)	9:00	6.7 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
153	KUBAT Monika	83	NORDIC TEAM CZĘSTOCHOWA	K45-49	8			00:22:11	00:45:03.56	+00:11:54 (26.4%)	9:00	6.7 (74.4%)
154	RÓŻYCKA Beata	144	CHODZĘ Z SERCEM	K45-49	9			00:22:31	00:45:06.73	+00:11:57 (26.5%)	9:01	6.6 (73.3%)
155	GRUDNOWSKA Dominika	399	BŁĘKITNI NW DZIEMIANY	K-Jun.	10			00:21:49	00:45:10.09	+00:12:01 (26.6%)	9:02	6.6 (73.3%)
156	WIĘCKIEWICZ Mirosław	189		M55-59	11			00:22:26	00:45:10.40	+00:12:01 (26.6%)	9:02	6.6 (73.3%)
157	BURCHART Monika	15	TEAM DEAF	K- Niepełnosprawni(B)	2			00:22:31	00:45:12.68	+00:12:03 (26.7%)	9:02	6.6 (73.3%)
158	KORZENIOWSKA Aldona	75	CHODZĘ Z SERCEM	K50-54	11			00:22:55	00:45:21.04	+00:12:12 (26.9%)	9:04	6.6 (73.3%)
159	SZEMBERSKA Małgorzata	159	KLUBSPORTU.PL	K45-49	10			00:22:27	00:45:21.84	+00:12:13 (26.9%)	9:04	6.6 (73.3%)
160	KSIĄŻEK Danuta	81	CHODZĘ Z SERCEM	K- Niepełnosprawni(A)	4			00:22:40	00:45:29.38	+00:12:20 (27.1%)	9:05	6.6 (73.3%)
161	BIESZKE Paweł	11		M55-59	12			00:22:13	00:45:30.39	+00:12:21 (27.2%)	9:06	6.6 (73.3%)
162	MIKSZA Adam	107		M40-44	11			00:22:29	00:45:31.76	+00:12:22 (27.2%)	9:06	6.6 (73.3%)
163	PINIS Gabriela	129	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	7			00:22:04	00:45:32.13	+00:12:23 (27.2%)	9:06	6.6 (73.3%)
164	MICHALAK Elżbieta	105	CHODZĘ Z SERCEM	K55-59	7			00:22:51	00:45:32.72	+00:12:23 (27.2%)	9:06	6.6 (73.3%)
165	GRYGIEL Teresa	43	MARSZ PO ZDROWIE	K60-64	5			00:22:39	00:45:33.46	+00:12:24 (27.2%)	9:06	6.6 (73.3%)
166	ZIELIŃSKA Elżbieta	198	CHODZĘ Z SERCEM	K50-54	12			00:23:06	00:45:51.80	+00:12:43 (27.7%)	9:10	6.5 (72.2%)
167	STOLARSKA Magdalena	347	NORDIC TEAM CZĘSTOCHOWA	K50-54	13			00:22:42	00:45:52.32	+00:12:43 (27.7%)	9:10	6.5 (72.2%)
168	BARAN Aneta	263		K45-49	11			00:22:57	00:45:58.46	+00:12:49 (27.9%)	9:11	6.5 (72.2%)
169	FILUSZ Alfred	32		M50-54	10			00:23:12	00:46:02.33	+00:12:53 (28.0%)	9:12	6.5 (72.2%)
170	SZYMAŃSKA Lucyna	168	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	K- Niepełnosprawni(A)	5			00:22:28	00:46:05.02	+00:12:56 (28.1%)	9:13	6.5 (72.2%)
171	JANIK Bogusław	56	STADION ŚLĄSKI	M55-59	13			00:22:42	00:46:07.50	+00:12:58 (28.1%)	9:13	6.5 (72.2%)
172	KUŚMIEREK Beata	396	BŁĘKITNI NW DZIEMIANY	K40-44	9			00:23:00	00:46:08.00	+00:12:59 (28.2%)	9:13	6.5 (72.2%)
173	JEDYNAK Stanisław	366	PASJA NORDIC WALKING	M70+	9			00:22:49	00:46:10.54	+00:13:01 (28.2%)	9:14	6.5 (72.2%)
174	KUTNIEWSKA Maria	91	FACE NORDIC WALKING TEAM	K60-64	6			00:22:57	00:46:11.55	+00:13:02 (28.2%)	9:14	6.5 (72.2%)
175	MARCINIUK Katarzyna	100	CHODZĘ Z SERCEM	K45-49	12			00:23:34	00:46:18.26	+00:13:09 (28.4%)	9:15	6.5 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
176	OBREŃBSKA Wioletta	120	CHODZĘ Z SERCEM	K45-49	13			00:22:40	00:46:22.54	+00:13:13 (28.5%)	9:16	6.5 (72.2%)
177	AUGUSTYNIAK Piotr	322		M45-49	14			00:22:16	00:46:26.96	+00:13:18 (28.6%)	9:17	6.5 (72.2%)
178	RACZYŃSKA Aleksandra	140	STADION ŚLĄSKI	K70+	2			00:22:55	00:46:45.87	+00:13:37 (29.1%)	9:21	6.4 (71.1%)
179	GRUDNOWSKI Norbert	398	BŁĘKITNI NW DZIEMIANY	M-Dzieci	4			00:22:11	00:46:45.97	+00:13:37 (29.1%)	9:21	6.4 (71.1%)
180	KACZMAREK Martyna	248	MARSZ PO ZDROWIE	K-Dzieci	8			00:23:00	00:46:54.13	+00:13:45 (29.3%)	9:22	6.4 (71.1%)
181	OWCZAREK Magdalena	124	MIĘDZYBORÓW	K50-54	14			00:23:30	00:46:54.60	+00:13:45 (29.3%)	9:23	6.4 (71.1%)
182	STĘPNIEWSKA Agnieszka	155		K- Niepełnosprawni(A)	6			00:23:36	00:46:58.50	+00:13:49 (29.4%)	9:23	6.4 (71.1%)
183	MAZUR Barbara	104	CHODZĘ Z SERCEM	K65-69	5			00:23:29	00:47:21.65	+00:14:12 (30.0%)	9:28	6.3 (70.0%)
184	HOLWEK Iwona	52	ZDROWOPIJ.PL	K50-54	15			00:23:17	00:47:22.57	+00:14:13 (30.0%)	9:28	6.3 (70.0%)
185	WIĘCKOWSKA Dorota	190	CHODZĘ Z SERCEM	K50-54	16			00:24:25	00:47:38.14	+00:14:29 (30.4%)	9:31	6.3 (70.0%)
186	BORUCZYŃSKI Dariusz	207		M45-49	15			00:23:23	00:47:40.89	+00:14:32 (30.5%)	9:32	6.3 (70.0%)
187	GRZEGORZEWSKA Aneta	44	CHODZĘ Z SERCEM	K40-44	10			00:23:37	00:47:46.92	+00:14:38 (30.6%)	9:33	6.3 (70.0%)
188	KRUSZKA Maria	364	PASJA NORDIC WALKING	K65-69	6			00:23:41	00:47:55.80	+00:14:47 (30.8%)	9:35	6.3 (70.0%)
189	JANIK Marzenna	55	STADION ŚLĄSKI	K55-59	8			00:23:49	00:47:57.51	+00:14:48 (30.9%)	9:35	6.3 (70.0%)
190	KULA Monika	88	CHODZĘ Z SERCEM	K45-49	14			00:24:53	00:48:25.18	+00:15:16 (31.5%)	9:41	6.2 (68.9%)
191	WSZOŁEK Jakub	197	AZS ŚUM	M18-29	6			00:23:56	00:48:38.81	+00:15:30 (31.9%)	9:43	6.2 (68.9%)
192	MAKOWSKA-SARAŃSKA Joanna	373	TRANSFORMERS	K30-39	9			00:24:11	00:48:47.95	+00:15:39 (32.1%)	9:45	6.1 (67.8%)
193	MIKSZA Katarzyna	106		K40-44	11			00:24:13	00:48:59.74	+00:15:50 (32.3%)	9:48	6.1 (67.8%)
194	MALINOWSKA Grażyna	98	LKS ZANTYR SZTUM	K70+	3			00:24:26	00:49:03.19	+00:15:54 (32.4%)	9:48	6.1 (67.8%)
195	SAWA Helena	148	LĘBORSKIE LWY	K70+	4			00:24:07	00:49:14.33	+00:16:05 (32.7%)	9:50	6.1 (67.8%)
196	KORPAL Grażyna	72		K55-59	9			00:24:36	00:49:15.43	+00:16:06 (32.7%)	9:51	6.1 (67.8%)
197	MOTOCZYŃSKA Aleksandra	110	GOSIR OSIELSKO	K60-64	7			00:24:21	00:49:18.02	+00:16:09 (32.8%)	9:51	6.1 (67.8%)
198	ŁASIŃSKA Krystyna	202	SZALONE ONE	K65-69	7			00:24:15	00:49:24.92	+00:16:16 (32.9%)	9:52	6.1 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
199	LECYK Jadwiga	93	CHODZĘ Z SERCEM	K60-64	8			00:24:09	00:49:46.85	+00:16:38 (33.4%)	9:57	6 (66.7%)
200	HARENDA Dawid	49	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Dzieci	5			00:23:39	00:49:57.64	+00:16:48 (33.7%)	9:59	6 (66.7%)
201	ŚLIWIŃSKA Edyta	170	TEAM DEAF	K- Niepełnosprawni(B)	3			00:25:16	00:50:02.49	+00:16:53 (33.8%)	10:00	6 (66.7%)
202	KUCZYŃSKI Włodzimierz	87	NORDIC WALKING KIEKRZ POLAND	M60-64	9			00:24:27	00:50:04.84	+00:16:56 (33.8%)	10:01	6 (66.7%)
203	KORZENIEC Joanna	225		K40-44	12			00:25:16	00:50:15.46	+00:17:06 (34.0%)	10:03	6 (66.7%)
204	CHYREK Renata	21	GOSIR OSIELSKO	K55-59	10			00:24:39	00:50:18.21	+00:17:09 (34.1%)	10:03	6 (66.7%)
205	GROBELNA Jadwiga	355	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	4			00:24:52	00:50:25.98	+00:17:17 (34.3%)	10:05	5.9 (65.6%)
206	CHLIPAŁA Agnieszka	18	NADLEŚNICTWO WAŁBRZYCH	K30-39	10			00:25:37	00:50:28.99	+00:17:20 (34.3%)	10:05	5.9 (65.6%)
207	DARGAS Małgorzata	392	BŁĘKITNI NW DZIEMIANY	K40-44	13			00:25:08	00:50:39.08	+00:17:30 (34.6%)	10:07	5.9 (65.6%)
208	SCHREUDER Stanisława	385		K70+	5			00:24:44	00:50:39.66	+00:17:30 (34.6%)	10:08	5.9 (65.6%)
209	JEDYNAK Katarzyna	365	PASJA NORDIC WALKING	K-Jun.	11			00:23:53	00:50:50.56	+00:17:41 (34.8%)	10:10	5.9 (65.6%)
210	POPEK Małgorzata	135	CHODZĘ Z SERCEM	K60-64	9			00:25:05	00:50:51.06	+00:17:42 (34.8%)	10:10	5.9 (65.6%)
211	SZWAJA Katarzyna	367		K45-49	15			00:25:07	00:50:52.42	+00:17:43 (34.8%)	10:10	5.9 (65.6%)
212	SACHA Krzysztof	146	AZS ŚUM	M18-29	7			00:25:43	00:50:55.35	+00:17:46 (34.9%)	10:11	5.9 (65.6%)
213	OGONOWSKA Edyta	121	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	11			00:25:21	00:50:56.38	+00:17:47 (34.9%)	10:11	5.9 (65.6%)
214	MODELSKI Paweł	109	AZS ŚUM	M18-29	8			00:25:41	00:50:57.11	+00:17:48 (34.9%)	10:11	5.9 (65.6%)
215	MARCZAK Piotr	101		M40-44	12			00:24:52	00:50:57.93	+00:17:49 (35.0%)	10:11	5.9 (65.6%)
216	ŚLUSARCZYK Danuta	171	WESOŁY BORSUK TEAM	K65-69	8	1		00:25:11	00:51:04.34	+00:17:55 (35.1%)	10:13	5.9 (65.6%)
217	OWCZAREK Henryka	126	MARSZ PO ZDROWIE	K70+	6			00:25:52	00:51:27.19	+00:18:18 (35.6%)	10:17	5.8 (64.4%)
218	PROKOPOWICZ Małgorzata	137	CHODZĘ Z SERCEM	K- Niepełnosprawni(A)	7			00:25:12	00:51:41.32	+00:18:32 (35.9%)	10:20	5.8 (64.4%)
219	LEWANDOWSKI Jacek	94	STADION ŚLĄSKI	M- Niepełnosprawni(B)	4			00:25:59	00:52:55.79	+00:19:46 (37.4%)	10:35	5.7 (63.3%)
220	DUSZEŃKO Elwira	353	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	8			00:25:54	00:53:03.75	+00:19:54 (37.5%)	10:36	5.7 (63.3%)
221	KISIEL Piotr	206		M-Dzieci	6	1		00:24:45	00:53:09.36	+00:20:00 (37.6%)	10:38	5.6 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
222	MATEJEK Marzena	103	CHODZĘ Z SERCEM	K50-54	17			00:26:20	00:53:12.22	+00:20:03 (37.7%)	10:38	5.6 (62.2%)
223	PANKIEWICZ- DMOWSKA Cecylia	127	FACE NORDIC WALKING TEAM	K70+	7			00:26:23	00:53:13.96	+00:20:05 (37.7%)	10:38	5.6 (62.2%)
224	BOJARCZUK Elżbieta	13	CHODZĘ Z SERCEM	K55-59	12			00:25:57	00:53:18.31	+00:20:09 (37.8%)	10:39	5.6 (62.2%)
225	GRODNOWSKA Wiktoria	397	BŁĘKITNI NW DZIEMIANY	K-Dzieci	9			00:26:26	00:53:48.73	+00:20:39 (38.4%)	10:45	5.6 (62.2%)
226	DARGAS Marta	394	BŁĘKITNI NW DZIEMIANY	K-Dzieci	10			00:26:26	00:53:49.35	+00:20:40 (38.4%)	10:46	5.6 (62.2%)
227	JAKUBCZYK-GONICKA Justyna	241		K40-44	14			00:27:03	00:53:50.10	+00:20:41 (38.4%)	10:46	5.6 (62.2%)
228	SOKOŁOWSKA Dorota	151	POLIPACK TEAM GWE	K50-54	18			00:26:53	00:54:24.54	+00:21:15 (39.1%)	10:52	5.5 (61.1%)
229	GAJDA Weronika	34		K-Dzieci	11			00:26:42	00:54:26.00	+00:21:17 (39.1%)	10:53	5.5 (61.1%)
230	KOZA Mirosława	209		K45-49	16			00:28:15	00:55:49.68	+00:22:40 (40.6%)	11:09	5.4 (60.0%)
231	LEDOCHOWICZ Anna	208	CKM MIELNO	K40-44	15			00:28:49	00:56:21.57	+00:23:12 (41.2%)	11:16	5.3 (58.9%)
232	KAZIMIERCZAK Żaneta	203	GOSIR OSIELSKO	K40-44	16			00:28:50	00:56:21.90	+00:23:13 (41.2%)	11:16	5.3 (58.9%)
233	BARTNIK Marian	372	TKKF KOSZALIN	M70+	10			00:26:55	00:56:38.04	+00:23:29 (41.5%)	11:19	5.3 (58.9%)
234	CYBULSKA Ewa	22	CHODZĘ Z SERCEM	K- Niepełnosprawni(A)	9			00:28:45	00:58:13.04	+00:25:04 (43.1%)	11:38	5.2 (57.8%)
235	HORNOWSKA Bożena	53	CHODZĘ Z SERCEM	K- Niepełnosprawni(A)	10			00:28:32	00:58:20.63	+00:25:11 (43.2%)	11:40	5.1 (56.7%)
236	KULCZYCKI Jan	89		M65-69	6			00:28:27	00:58:32.18	+00:25:23 (43.4%)	11:42	5.1 (56.7%)
237	GAJDA Ewa	238		K50-54	19			00:27:42	00:58:36.73	+00:25:27 (43.4%)	11:43	5.1 (56.7%)
238	CAG-SOBCZYK Edyta	16	KLUBSPORTU.PL	K45-49	17			00:29:43	00:58:51.75	+00:25:42 (43.7%)	11:46	5.1 (56.7%)
239	CICHECKA Dorota	5		K30-39	11			00:28:07	00:58:59.87	+00:25:51 (43.8%)	11:47	5.1 (56.7%)
240	JAGODZIŃSKA Wiktoria	19		K-Dzieci	12			00:28:08	00:59:03.28	+00:25:54 (43.9%)	11:48	5.1 (56.7%)
241	DROP Mieczysław	29	KS SOKÓŁ GAŚAWA	M70+	11			00:29:30	01:00:02.49	+00:26:53 (44.8%)	12:00	5 (55.6%)
242	KILAR Igor	67	KILAR TEAM	M-Dzieci	7			00:29:54	01:01:02.58	+00:27:53 (45.7%)	12:12	4.9 (54.4%)
243	BARTYGA Zofia	371		K65-69	9			00:29:47	01:01:12.55	+00:28:03 (45.8%)	12:14	4.9 (54.4%)
244	TRZCIŃSKI Eugeniusz	177		M60-64	10			00:23:48		+00:07:32	9:31	6.3 (70.0%)
245	TUZIMEK Jakub	182		M-Jun.	5	2						(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
DQ	TURKOWSKI Stanisław	180	RUNCOHOLICS	M55-59			1	00:20:19 DQ	00:41:21.73 DQ		0:00	7.3 (81.1%)

Znaleziono 246 wynik(ów)