

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
38	<b>SZPILMAN Katarzyna</b>	<b>163</b>	ELITE TEAM	K50-54	2			00:19:02	<b>00:38:02.03</b>	+00:04:53 (12.8%)	7:36	7.9 (87.8%)
39	<b>KROMSKI Paweł</b>	<b>80</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	5			00:18:51	<b>00:38:02.48</b>	+00:04:53 (12.9%)	7:36	7.9 (87.8%)
40	<b>GIBAS Asia</b>	<b>36</b>	BAŻANT NW ELBLĄG	K30-39	1			00:18:54	<b>00:38:07.10</b>	+00:04:58 (13.0%)	7:37	7.9 (87.8%)
41	<b>GIBAS Sławek</b>	<b>37</b>	BAŻANT NW ELBLĄG	M40-44	5			00:19:02	<b>00:38:10.72</b>	+00:05:01 (13.2%)	7:38	7.9 (87.8%)
42	<b>RAJEK Tomasz</b>	<b>141</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	6			00:18:46	<b>00:38:17.31</b>	+00:05:08 (13.4%)	7:39	7.8 (86.7%)
43	<b>KRAJEWSKA Hanna</b>	<b>78</b>	MARSZ PO ZDROWIE	K-Jun.	3			00:18:58	<b>00:38:22.80</b>	+00:05:14 (13.6%)	7:40	7.8 (86.7%)
44	<b>SZYMANOWSKI Eugeniusz</b>	<b>167</b>	LĘBORSKIE LWY	M60-64	3			00:19:01	<b>00:38:26.95</b>	+00:05:18 (13.8%)	7:41	7.8 (86.7%)
45	<b>JÓŹWIAK Marianna</b>	<b>61</b>	SERCE NORDICA WŁOCLAWEK	K45-49	1			00:19:05	<b>00:38:28.25</b>	+00:05:19 (13.8%)	7:41	7.8 (86.7%)
46	<b>KUBAT Janusz</b>	<b>82</b>	NORDIC TEAM CZĘSTOCHOWA	M45-49	7			00:19:14	<b>00:38:32.80</b>	+00:05:23 (14.0%)	7:42	7.8 (86.7%)
47	<b>ŚLUSARCZYK Marcin</b>	<b>276</b>	WESOŁY BORSUK TEAM	M40-44	6			00:18:57	<b>00:38:33.54</b>	+00:05:24 (14.0%)	7:42	7.8 (86.7%)
48	<b>WROŃSKI Włodzimierz</b>	<b>196</b>	PASJA NORDIC WALKING	M65-69	1			00:19:12	<b>00:38:39.24</b>	+00:05:30 (14.2%)	7:44	7.8 (86.7%)
49	<b>GODZIŃSKA Dorota</b>	<b>39</b>	BAŻANT NW ELBLĄG	K30-39	2			00:19:16	<b>00:38:41.75</b>	+00:05:32 (14.3%)	7:44	7.8 (86.7%)
50	<b>LITWIŃCZUK Robert</b>	<b>282</b>		M50-54	7			00:18:37	<b>00:38:42.55</b>	+00:05:33 (14.4%)	7:44	7.8 (86.7%)
51	<b>WOŁK Beata</b>	<b>195</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	2			00:19:20	<b>00:38:43.97</b>	+00:05:35 (14.4%)	7:44	7.7 (85.6%)
52	<b>PUSZKARSKA Małgorzata</b>	<b>138</b>	GOSADI NORDIC TEAM	K40-44	3			00:19:07	<b>00:38:45.87</b>	+00:05:37 (14.5%)	7:45	7.7 (85.6%)
53	<b>BUCZKOWSKI Jerzy</b>	<b>383</b>	KS SOKÓŁ GAŚAWA	M65-69	2			00:19:26	<b>00:38:46.61</b>	+00:05:37 (14.5%)	7:45	7.7 (85.6%)
54	<b>SULIKOWSKA Agnieszka</b>	<b>386</b>	PASJA NORDIC WALKING	K40-44	4			00:19:06	<b>00:38:47.06</b>	+00:05:38 (14.5%)	7:45	7.7 (85.6%)
55	<b>BARANIEWSKI Andrzej</b>	<b>210</b>		M55-59	4			00:19:36	<b>00:38:51.73</b>	+00:05:42 (14.7%)	7:46	7.7 (85.6%)
56	<b>PIĄTEK Dariusz</b>	<b>128</b>	POLIPACK TEAM GWE	M- Niepełnosprawni(A)	4			00:19:09	<b>00:39:02.97</b>	+00:05:54 (15.1%)	7:48	7.7 (85.6%)
57	<b>JUREK Jagoda</b>	<b>63</b>	KS METRACO POLKOWICE	K-Jun.	4			00:19:16	<b>00:39:03.81</b>	+00:05:55 (15.1%)	7:48	7.7 (85.6%)
58	<b>SZCZUDLIK Małgorzata</b>	<b>158</b>	KIJKOWE TRZEMESZNO	K30-39	3			00:19:25	<b>00:39:06.34</b>	+00:05:57 (15.2%)	7:49	7.7 (85.6%)
59	<b>KAZIMIERCZAK Sebastian</b>	<b>205</b>	GOSIR OSIELSKO	M45-49	8			00:19:31	<b>00:39:08.52</b>	+00:05:59 (15.3%)	7:49	7.7 (85.6%)
60	<b>SZYMANOWSKA Anna</b>	<b>166</b>	LĘBORSKIE LWY	K- Niepełnosprawni(A)	1			00:19:26	<b>00:39:08.68</b>	+00:05:59 (15.3%)	7:49	7.7 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
61	<b>MROZICKI Andrzej</b>	<b>112</b>		M55-59	5			00:19:23	<b>00:39:16.53</b>	+00:06:07 (15.6%)	7:51	7.6 (84.4%)
62	<b>KAMIŃSKA Beata</b>	<b>64</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	3			00:19:47	<b>00:39:30.00</b>	+00:06:21 (16.1%)	7:54	7.6 (84.4%)
63	<b>BIERKUS Mirosław</b>	<b>234</b>		M60-64	4			00:20:06	<b>00:39:37.30</b>	+00:06:28 (16.3%)	7:55	7.6 (84.4%)
64	<b>WITUCKA Karolina</b>	<b>192</b>		K-Dzieci	1			00:19:33	<b>00:39:42.81</b>	+00:06:34 (16.5%)	7:56	7.6 (84.4%)
65	<b>WOLSKI Tomasz</b>	<b>194</b>		M40-44	7	1		00:19:27	<b>00:39:48.91</b>	+00:06:40 (16.7%)	7:57	7.5 (83.3%)
66	<b>BEREŚ Marcin</b>	<b>8</b>	AZS ŚUM	M18-29	2			00:19:53	<b>00:40:00.35</b>	+00:06:51 (17.1%)	8:00	7.5 (83.3%)
67	<b>ZIELIŃSKA Jolanta</b>	<b>66</b>	GOSIR OSIELSKO	K55-59	1			00:19:56	<b>00:40:06.91</b>	+00:06:58 (17.4%)	8:01	7.5 (83.3%)
68	<b>MALINOWSKA Monika</b>	<b>204</b>	LKS ZANTYR SZTUM	K30-39	4	1		00:19:39	<b>00:40:07.92</b>	+00:06:59 (17.4%)	8:01	7.5 (83.3%)
69	<b>DUDEK Edward</b>	<b>351</b>	KS METRACO POLKOWICE	M65-69	3			00:19:36	<b>00:40:10.09</b>	+00:07:01 (17.5%)	8:02	7.5 (83.3%)
70	<b>KORYTOWSKI Jakub</b>	<b>74</b>	NW WERWA MŁAWA	M-Dzieci	1			00:19:29	<b>00:40:23.23</b>	+00:07:14 (17.9%)	8:04	7.4 (82.2%)
71	<b>GRYGOROWICZ Bogdan</b>	<b>357</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			00:20:08	<b>00:40:26.08</b>	+00:07:17 (18.0%)	8:05	7.4 (82.2%)
72	<b>ŻUCHOWICZ Robert</b>	<b>381</b>	KS METRACO POLKOWICE	M55-59	6			00:20:07	<b>00:40:27.15</b>	+00:07:18 (18.1%)	8:05	7.4 (82.2%)
73	<b>CZMOCH Marian</b>	<b>24</b>	PUKS ŁOSICE	M65-69	4			00:19:56	<b>00:40:27.78</b>	+00:07:18 (18.1%)	8:05	7.4 (82.2%)
74	<b>SAMOJŁO Sławomir</b>	<b>147</b>		M55-59	7			00:20:06	<b>00:40:28.04</b>	+00:07:19 (18.1%)	8:05	7.4 (82.2%)
75	<b>RĘDZINIAK Marzena</b>	<b>143</b>	KLUBSPORTU.PL	K40-44	5			00:19:55	<b>00:40:28.69</b>	+00:07:19 (18.1%)	8:05	7.4 (82.2%)
76	<b>ANTOŃ Bartłomiej</b>	<b>3</b>	AZS ŚUM	M18-29	3			00:19:51	<b>00:40:36.87</b>	+00:07:28 (18.4%)	8:07	7.4 (82.2%)
77	<b>WAWRZY尼亚K Anna</b>	<b>186</b>	POLIPACK TEAM GWE	K45-49	2			00:20:04	<b>00:40:37.29</b>	+00:07:28 (18.4%)	8:07	7.4 (82.2%)
78	<b>POZNAŃSKI Wiesław</b>	<b>136</b>		M60-64	5			00:20:20	<b>00:40:37.96</b>	+00:07:29 (18.4%)	8:07	7.4 (82.2%)
79	<b>KOZIARZ Roman</b>	<b>76</b>	STADION ŚLĄSKI	M60-64	6			00:20:06	<b>00:40:38.49</b>	+00:07:29 (18.4%)	8:07	7.4 (82.2%)
80	<b>STOLTMANN Helena</b>	<b>388</b>	BŁĘKITNI NW DZIEMIANY	K55-59	2			00:20:10	<b>00:40:40.47</b>	+00:07:31 (18.5%)	8:08	7.4 (82.2%)
81	<b>CHMIELEWSKI Marcin</b>	<b>20</b>	PROTYM RACING TEAM	M40-44	8	1		00:19:35	<b>00:40:41.29</b>	+00:07:32 (18.5%)	8:08	7.4 (82.2%)
82	<b>TUZIMEK Agata</b>	<b>181</b>		K30-39	5			00:20:23	<b>00:40:43.96</b>	+00:07:35 (18.6%)	8:08	7.4 (82.2%)
83	<b>TURKOWSKA Iwona</b>	<b>179</b>	SZALONE ONE	K55-59	3			00:20:17	<b>00:40:52.33</b>	+00:07:43 (18.9%)	8:10	7.3 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start 2.5km	Czas		Tempo min/km	Tempo km/h
									All 5km	Różn		
84	<b>JUREK Kamila</b>	<b>62</b>		K30-39	6			00:20:19	<b>00:40:55.63</b>	+00:07:46 (19.0%)	8:11	7.3 (81.1%)
85	<b>PINIS Agnieszka</b>	<b>130</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	6			00:20:17	<b>00:41:01.48</b>	+00:07:52 (19.2%)	8:12	7.3 (81.1%)
86	<b>BUGAŁA Alicja</b>	<b>14</b>	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	5			00:20:04	<b>00:41:07.05</b>	+00:07:58 (19.4%)	8:13	7.3 (81.1%)
87	<b>HARENDA Karol</b>	<b>48</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Dzieci	2			00:19:44	<b>00:41:08.15</b>	+00:07:59 (19.4%)	8:13	7.3 (81.1%)
88	<b>SZENDZIELORZ Ilona</b>	<b>161</b>	STADION ŚLĄSKI	K60-64	1			00:20:29	<b>00:41:08.71</b>	+00:07:59 (19.4%)	8:13	7.3 (81.1%)
89	<b>KUSTAL Marcin</b>	<b>132</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	9			00:20:45	<b>00:41:09.35</b>	+00:08:00 (19.5%)	8:13	7.3 (81.1%)
90	<b>ZIELIŃSKA Iwona</b>	<b>199</b>	SERCE NORDICA WŁOCLAWEK	K50-54	4			00:20:38	<b>00:41:17.02</b>	+00:08:08 (19.7%)	8:15	7.3 (81.1%)
91	<b>ŚLUSARCZYK Grzegorz</b>	<b>277</b>	WESOŁY BORSUK TEAM	M45-49	9			00:20:27	<b>00:41:18.42</b>	+00:08:09 (19.8%)	8:15	7.3 (81.1%)
92	<b>NIETRZEBKA Aleksandra</b>	<b>118</b>	MIĘDZYBORÓW	K18-29	1			00:20:21	<b>00:41:25.37</b>	+00:08:16 (20.0%)	8:17	7.2 (80.0%)
93	<b>MACZKOWSKA Zofia</b>	<b>97</b>	LKS ZANTYR SZTUM	K-Jun.	6			00:20:31	<b>00:41:36.35</b>	+00:08:27 (20.3%)	8:19	7.2 (80.0%)
94	<b>SZYCKO Oliwia</b>	<b>164</b>		K-Dzieci	2			00:20:25	<b>00:41:38.48</b>	+00:08:29 (20.4%)	8:19	7.2 (80.0%)
95	<b>SMARSZCZ Grażyna</b>	<b>149</b>	LĘBORSKIE LWY	K60-64	2	1		00:20:53	<b>00:41:42.02</b>	+00:08:33 (20.5%)	8:20	7.2 (80.0%)
96	<b>MIKUSINSKA Jola</b>	<b>108</b>	FEAR THE RETURN	K45-49	3			00:20:43	<b>00:41:45.95</b>	+00:08:37 (20.6%)	8:21	7.2 (80.0%)
97	<b>SZEMBERSKI Paweł</b>	<b>160</b>	KLUBSPORTU.PL	M45-49	10			00:20:43	<b>00:41:52.48</b>	+00:08:43 (20.8%)	8:22	7.2 (80.0%)
98	<b>MARCZEWSKI Kamil</b>	<b>102</b>	AZS ŚUM	M18-29	4			00:20:49	<b>00:41:54.95</b>	+00:08:46 (20.9%)	8:23	7.2 (80.0%)
99	<b>DAROSZEWSKA Krystyna</b>	<b>26</b>	SERCE NORDICA WŁOCLAWEK	K60-64	3			00:20:56	<b>00:41:55.90</b>	+00:08:47 (21.0%)	8:23	7.2 (80.0%)
100	<b>GAWOR Renata</b>	<b>35</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	5			00:20:57	<b>00:41:56.20</b>	+00:08:47 (21.0%)	8:23	7.2 (80.0%)
101	<b>SULECKA Gabriela</b>	<b>156</b>		K-Niepełnosprawni(A)	2			00:20:40	<b>00:42:01.35</b>	+00:08:52 (21.1%)	8:24	7.1 (78.9%)
102	<b>GRYGOROWICZ Teresa</b>	<b>356</b>	KS METRACO POLKOWICE	K65-69	1			00:20:41	<b>00:42:04.73</b>	+00:08:55 (21.2%)	8:25	7.1 (78.9%)
103	<b>KRAWCZYK Dorota</b>	<b>79</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	4			00:20:50	<b>00:42:05.08</b>	+00:08:56 (21.2%)	8:25	7.1 (78.9%)
104	<b>TOKAREWICZ Joanna</b>	<b>335</b>		K40-44	7	2		00:21:07	<b>00:42:13.77</b>	+00:09:04 (21.5%)	8:26	7.1 (78.9%)
105	<b>STOLARSKA Joanna</b>	<b>348</b>	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	7			00:20:24	<b>00:42:17.56</b>	+00:09:08 (21.6%)	8:27	7.1 (78.9%)
106	<b>DARGAS Sandra</b>	<b>393</b>	BŁĘKITNI NW DZIEMIANY	K-Dzieci	3			00:20:46	<b>00:42:18.90</b>	+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	<b>BUGAŁA Anna</b>	<b>368</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	8			00:20:58	<b>00:42:21.00</b>	+00:09:12 (21.7%)	8:28	7.1 (78.9%)
108	<b>ŁOPIŃSKI Aleksy</b>	<b>374</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	5			00:21:09	<b>00:42:21.73</b>	+00:09:12 (21.8%)	8:28	7.1 (78.9%)
109	<b>EWERTOWSKA Ewa</b>	<b>31</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	6			00:21:00	<b>00:42:22.98</b>	+00:09:14 (21.8%)	8:28	7.1 (78.9%)
110	<b>MOTOCZYŃSKI Krzysztof</b>	<b>111</b>	GOSIR OSIELSKO	M60-64	7			00:21:03	<b>00:42:24.45</b>	+00:09:15 (21.8%)	8:29	7.1 (78.9%)
111	<b>ŻYTKOWSKI Andrzej</b>	<b>249</b>	TKKF KRZNA	M55-59	8			00:20:59	<b>00:42:24.63</b>	+00:09:15 (21.8%)	8:29	7.1 (78.9%)
112	<b>TOWARNICKA Izabela</b>	<b>176</b>		K- Niepełnosprawni(B)	1			00:21:06	<b>00:42:30.64</b>	+00:09:21 (22.0%)	8:30	7.1 (78.9%)
113	<b>OLECH Marcin</b>	<b>122</b>		M45-49	11			00:21:18	<b>00:42:43.55</b>	+00:09:34 (22.4%)	8:32	7 (77.8%)
114	<b>DANA Kazimiera</b>	<b>25</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	2			00:21:06	<b>00:42:47.75</b>	+00:09:38 (22.5%)	8:33	7 (77.8%)
115	<b>JÓŻWIAK Łukasz</b>	<b>60</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:21:22	<b>00:42:49.67</b>	+00:09:40 (22.6%)	8:34	7 (77.8%)
116	<b>WAWRZY尼亚K Igor</b>	<b>187</b>	POLIPACK TEAM GWE	M-Dzieci	3			00:20:22	<b>00:42:50.23</b>	+00:09:41 (22.6%)	8:34	7 (77.8%)
117	<b>PYKA Aleksandra</b>	<b>139</b>	UNIA MIAST	K-Dzieci	4			00:21:00	<b>00:42:55.32</b>	+00:09:46 (22.8%)	8:35	7 (77.8%)
118	<b>KUCZYŃSKA Anna</b>	<b>86</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	4			00:21:21	<b>00:42:56.09</b>	+00:09:47 (22.8%)	8:35	7 (77.8%)
119	<b>PONKA Barbara</b>	<b>134</b>	POLIPACK TEAM GWE	K45-49	4			00:21:18	<b>00:42:58.94</b>	+00:09:50 (22.9%)	8:35	7 (77.8%)
120	<b>GODZIŃSKA Paulina</b>	<b>38</b>	BAŻANT NW ELBLĄG	K-Dzieci	5			00:21:38	<b>00:42:59.53</b>	+00:09:50 (22.9%)	8:35	7 (77.8%)
121	<b>KOLARSKA Nadia</b>	<b>69</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	6			00:21:31	<b>00:43:01.16</b>	+00:09:52 (22.9%)	8:36	7 (77.8%)
122	<b>WOROCH Jolanta</b>	<b>370</b>	KS METRACO POLKOWICE	K50-54	7			00:21:21	<b>00:43:03.12</b>	+00:09:54 (23.0%)	8:36	7 (77.8%)
123	<b>ŚLUSARCZYK Karolina</b>	<b>172</b>	WESOŁY BORSUK TEAM	K-Jun.	8			00:21:18	<b>00:43:10.10</b>	+00:10:01 (23.2%)	8:38	6.9 (76.7%)
124	<b>GÓRECKA Iwona</b>	<b>369</b>	STADION ŚLĄSKI	K50-54	8			00:21:29	<b>00:43:12.83</b>	+00:10:04 (23.3%)	8:38	6.9 (76.7%)
125	<b>SZYCKO Radosław</b>	<b>165</b>		M40-44	10			00:21:20	<b>00:43:13.90</b>	+00:10:05 (23.3%)	8:38	6.9 (76.7%)
126	<b>KUŹMICZ Magdalena</b>	<b>92</b>	POLIPACK TEAM GWE	K30-39	7			00:21:21	<b>00:43:18.55</b>	+00:10:09 (23.5%)	8:39	6.9 (76.7%)
127	<b>SOBCZYK Rafał</b>	<b>150</b>	KLUBSPORTU.PL	M45-49	12			00:21:19	<b>00:43:19.85</b>	+00:10:11 (23.5%)	8:40	6.9 (76.7%)
128	<b>HARENDА Joanna</b>	<b>47</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K45-49	5			00:21:55	<b>00:43:35.31</b>	+00:10:26 (24.0%)	8:43	6.9 (76.7%)
129	<b>KORPAL Cezary</b>	<b>73</b>		M55-59	9			00:21:45	<b>00:43:38.68</b>	+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	<b>PIĄTKOWSKI Józef</b>	<b>360</b>	KS METRACO POLKOWICE	M70+	6			00:21:43	<b>00:43:40.57</b>	+00:10:31 (24.1%)	8:44	6.9 (76.7%)
131	<b>NIESŁONY Ryszard</b>	<b>117</b>	STADION ŚLĄSKI	M55-59	10			00:21:49	<b>00:43:42.19</b>	+00:10:33 (24.2%)	8:44	6.9 (76.7%)
132	<b>GOŁĘBIEWSKI Andrzej</b>	<b>40</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	8			00:22:05	<b>00:43:44.83</b>	+00:10:36 (24.2%)	8:45	6.9 (76.7%)
133	<b>BIKOWSKA Gabriela</b>	<b>12</b>	LĘBORSKIE LWY	K- Niepełnosprawni(A)	3			00:21:38	<b>00:43:47.78</b>	+00:10:38 (24.3%)	8:45	6.8 (75.6%)
134	<b>BADZIĄG Waldemar</b>	<b>4</b>	ELITE TEAM	M50-54	8			00:21:40	<b>00:43:49.62</b>	+00:10:40 (24.4%)	8:45	6.8 (75.6%)
135	<b>NIECHWIEJCZYK Kinga</b>	<b>115</b>	UNIA MIAST	K-Jun.	9			00:21:27	<b>00:43:57.19</b>	+00:10:48 (24.6%)	8:47	6.8 (75.6%)
136	<b>BIEGAJŁO Piotr</b>	<b>9</b>	ZDROWOPIJ.PL	M50-54	9			00:22:01	<b>00:44:02.44</b>	+00:10:53 (24.7%)	8:48	6.8 (75.6%)
137	<b>SROKA Piotr</b>	<b>153</b>	AZS UŚ	M18-29	5	1		00:22:05	<b>00:44:02.46</b>	+00:10:53 (24.7%)	8:48	6.8 (75.6%)
138	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>363</b>	KS METRACO POLKOWICE	K70+	1			00:21:59	<b>00:44:03.54</b>	+00:10:54 (24.8%)	8:48	6.8 (75.6%)
139	<b>BARCZYK Jolanta</b>	<b>6</b>	NORDIC TEAM CZĘSTOCHOWA	K55-59	5			00:21:52	<b>00:44:05.86</b>	+00:10:57 (24.8%)	8:49	6.8 (75.6%)
140	<b>ADAMOWICZ Andrzej</b>	<b>1</b>		M70+	7			00:21:57	<b>00:44:16.22</b>	+00:11:07 (25.1%)	8:51	6.8 (75.6%)
141	<b>ŚWIĆ Joanna</b>	<b>157</b>	CHODZĘ Z SERCEM	K45-49	6			00:21:58	<b>00:44:25.99</b>	+00:11:17 (25.4%)	8:53	6.8 (75.6%)
142	<b>GUZIOR Agnieszka</b>	<b>45</b>	KLUBSPORTU.PL	K45-49	7			00:21:56	<b>00:44:28.12</b>	+00:11:19 (25.5%)	8:53	6.7 (74.4%)
143	<b>WIESZOŁEK Ewelina</b>	<b>188</b>		K30-39	8	1		00:21:59	<b>00:44:30.83</b>	+00:11:22 (25.5%)	8:54	6.7 (74.4%)
144	<b>CZEKAŃSKI Damian</b>	<b>23</b>	WESOŁY BORSUK TEAM	M30-39	2			00:22:15	<b>00:44:32.99</b>	+00:11:24 (25.6%)	8:54	6.7 (74.4%)
145	<b>ZIELIŃSKI Jacek</b>	<b>200</b>	GDAŃSKIE WODY AKTYWUJĄ	M65-69	5			00:22:10	<b>00:44:37.22</b>	+00:11:28 (25.7%)	8:55	6.7 (74.4%)
146	<b>BIEGAJŁO Małgorzata</b>	<b>10</b>	ZDROWOPIJ.PL	K50-54	9			00:22:12	<b>00:44:39.62</b>	+00:11:30 (25.8%)	8:55	6.7 (74.4%)
147	<b>RURAŃSKI Jerzy</b>	<b>145</b>	STADION ŚLĄSKI	M70+	8			00:21:52	<b>00:44:47.83</b>	+00:11:39 (26.0%)	8:57	6.7 (74.4%)
148	<b>NOWAK Ewa</b>	<b>119</b>	STADION ŚLĄSKI	K50-54	10			00:22:24	<b>00:44:48.22</b>	+00:11:39 (26.0%)	8:57	6.7 (74.4%)
149	<b>ANGIELCZYK Małgorzata</b>	<b>2</b>	MARSZ PO ZDROWIE	K65-69	3			00:22:09	<b>00:44:48.62</b>	+00:11:39 (26.0%)	8:57	6.7 (74.4%)
150	<b>MAŁACHOWICZ Barbara</b>	<b>99</b>		K65-69	4			00:22:32	<b>00:44:49.23</b>	+00:11:40 (26.0%)	8:57	6.7 (74.4%)
151	<b>ŻUKOWICZ Bartłomiej</b>	<b>387</b>	KLUBSPORTU.PL	M45-49	13			00:22:09	<b>00:44:59.59</b>	+00:11:50 (26.3%)	9:00	6.7 (74.4%)
152	<b>KOZIARZ Jadwiga</b>	<b>77</b>	STADION ŚLĄSKI	K55-59	6			00:22:10	<b>00:45:02.96</b>	+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	<b>KUBAT Monika</b>	<b>83</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	8			00:22:11	<b>00:45:03.56</b>	+00:11:54 (26.4%)	9:00	6.7 (74.4%)
154	<b>RÓŻYCKA Beata</b>	<b>144</b>	CHODZĘ Z SERCEM	K45-49	9			00:22:31	<b>00:45:06.73</b>	+00:11:57 (26.5%)	9:01	6.6 (73.3%)
155	<b>GRUDNOWSKA Dominika</b>	<b>399</b>	BŁĘKITNI NW DZIEMIANY	K-Jun.	10			00:21:49	<b>00:45:10.09</b>	+00:12:01 (26.6%)	9:02	6.6 (73.3%)
156	<b>WIĘCKIEWICZ Mirosław</b>	<b>189</b>		M55-59	11			00:22:26	<b>00:45:10.40</b>	+00:12:01 (26.6%)	9:02	6.6 (73.3%)
157	<b>BURCHART Monika</b>	<b>15</b>	TEAM DEAF	K-Niepełnosprawni(B)	2			00:22:31	<b>00:45:12.68</b>	+00:12:03 (26.7%)	9:02	6.6 (73.3%)
158	<b>KORZENIOWSKA Aldona</b>	<b>75</b>	CHODZĘ Z SERCEM	K50-54	11			00:22:55	<b>00:45:21.04</b>	+00:12:12 (26.9%)	9:04	6.6 (73.3%)
159	<b>SZEMBERSKA Małgorzata</b>	<b>159</b>	KLUBSPORTU.PL	K45-49	10			00:22:27	<b>00:45:21.84</b>	+00:12:13 (26.9%)	9:04	6.6 (73.3%)
160	<b>KSIĄŻEK Danuta</b>	<b>81</b>	CHODZĘ Z SERCEM	K-Niepełnosprawni(A)	4			00:22:40	<b>00:45:29.38</b>	+00:12:20 (27.1%)	9:05	6.6 (73.3%)
161	<b>BIESZKE Paweł</b>	<b>11</b>		M55-59	12			00:22:13	<b>00:45:30.39</b>	+00:12:21 (27.2%)	9:06	6.6 (73.3%)
162	<b>MIKSZA Adam</b>	<b>107</b>		M40-44	11			00:22:29	<b>00:45:31.76</b>	+00:12:22 (27.2%)	9:06	6.6 (73.3%)
163	<b>PINIS Gabriela</b>	<b>129</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	7			00:22:04	<b>00:45:32.13</b>	+00:12:23 (27.2%)	9:06	6.6 (73.3%)
164	<b>MICHALAK Elżbieta</b>	<b>105</b>	CHODZĘ Z SERCEM	K55-59	7			00:22:51	<b>00:45:32.72</b>	+00:12:23 (27.2%)	9:06	6.6 (73.3%)
165	<b>GRYGIEL Teresa</b>	<b>43</b>	MARSZ PO ZDROWIE	K60-64	5			00:22:39	<b>00:45:33.46</b>	+00:12:24 (27.2%)	9:06	6.6 (73.3%)
166	<b>ZIELIŃSKA Elżbieta</b>	<b>198</b>	CHODZĘ Z SERCEM	K50-54	12			00:23:06	<b>00:45:51.80</b>	+00:12:43 (27.7%)	9:10	6.5 (72.2%)
167	<b>STOLARSKA Magdalena</b>	<b>347</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	13			00:22:42	<b>00:45:52.32</b>	+00:12:43 (27.7%)	9:10	6.5 (72.2%)
168	<b>BARAN Aneta</b>	<b>263</b>		K45-49	11			00:22:57	<b>00:45:58.46</b>	+00:12:49 (27.9%)	9:11	6.5 (72.2%)
169	<b>FILUSZ Alfred</b>	<b>32</b>		M50-54	10			00:23:12	<b>00:46:02.33</b>	+00:12:53 (28.0%)	9:12	6.5 (72.2%)
170	<b>SZYMAŃSKA Lucyna</b>	<b>168</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	K-Niepełnosprawni(A)	5			00:22:28	<b>00:46:05.02</b>	+00:12:56 (28.1%)	9:13	6.5 (72.2%)
171	<b>JANIK Bogusław</b>	<b>56</b>	STADION ŚLĄSKI	M55-59	13			00:22:42	<b>00:46:07.50</b>	+00:12:58 (28.1%)	9:13	6.5 (72.2%)
172	<b>KUŚMIEREK Beata</b>	<b>396</b>	BŁĘKITNI NW DZIEMIANY	K40-44	9			00:23:00	<b>00:46:08.00</b>	+00:12:59 (28.2%)	9:13	6.5 (72.2%)
173	<b>JEDYNAK Stanisław</b>	<b>366</b>	PASJA NORDIC WALKING	M70+	9			00:22:49	<b>00:46:10.54</b>	+00:13:01 (28.2%)	9:14	6.5 (72.2%)
174	<b>KUTNIEWSKA Maria</b>	<b>91</b>	FACE NORDIC WALKING TEAM	K60-64	6			00:22:57	<b>00:46:11.55</b>	+00:13:02 (28.2%)	9:14	6.5 (72.2%)
175	<b>MARCINIUK Katarzyna</b>	<b>100</b>	CHODZĘ Z SERCEM	K45-49	12			00:23:34	<b>00:46:18.26</b>	+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	<b>OBRĘBSKA Wioletta</b>	<b>120</b>	CHODZĘ Z SERCEM	K45-49	13			00:22:40	<b>00:46:22.54</b>	+00:13:13 (28.5%)	9:16	6.5 (72.2%)
177	<b>AUGUSTYNIAK Piotr</b>	<b>322</b>		M45-49	14			00:22:16	<b>00:46:26.96</b>	+00:13:18 (28.6%)	9:17	6.5 (72.2%)
178	<b>RACZYŃSKA Aleksandra</b>	<b>140</b>	STADION ŚLĄSKI	K70+	2			00:22:55	<b>00:46:45.87</b>	+00:13:37 (29.1%)	9:21	6.4 (71.1%)
179	<b>GRUDNOWSKI Norbert</b>	<b>398</b>	BŁĘKITNI NW DZIEMIANY	M-Dzieci	4			00:22:11	<b>00:46:45.97</b>	+00:13:37 (29.1%)	9:21	6.4 (71.1%)
180	<b>KACZMAREK Martyna</b>	<b>248</b>	MARSZ PO ZDROWIE	K-Dzieci	8			00:23:00	<b>00:46:54.13</b>	+00:13:45 (29.3%)	9:22	6.4 (71.1%)
181	<b>OWCZAREK Magdalena</b>	<b>124</b>	MIĘDZYBORÓW	K50-54	14			00:23:30	<b>00:46:54.60</b>	+00:13:45 (29.3%)	9:23	6.4 (71.1%)
182	<b>STĘPNIEWSKA Agnieszka</b>	<b>155</b>		K- Niepełnosprawni(A)	6			00:23:36	<b>00:46:58.50</b>	+00:13:49 (29.4%)	9:23	6.4 (71.1%)
183	<b>MAZUR Barbara</b>	<b>104</b>	CHODZĘ Z SERCEM	K65-69	5			00:23:29	<b>00:47:21.65</b>	+00:14:12 (30.0%)	9:28	6.3 (70.0%)
184	<b>HOLWEK Iwona</b>	<b>52</b>	ZDROWOPIJ.PL	K50-54	15			00:23:17	<b>00:47:22.57</b>	+00:14:13 (30.0%)	9:28	6.3 (70.0%)
185	<b>WIĘCKOWSKA Dorota</b>	<b>190</b>	CHODZĘ Z SERCEM	K50-54	16			00:24:25	<b>00:47:38.14</b>	+00:14:29 (30.4%)	9:31	6.3 (70.0%)
186	<b>BORUCZYŃSKI Dariusz</b>	<b>207</b>		M45-49	15			00:23:23	<b>00:47:40.89</b>	+00:14:32 (30.5%)	9:32	6.3 (70.0%)
187	<b>GRZEGORZEWSKA Aneta</b>	<b>44</b>	CHODZĘ Z SERCEM	K40-44	10			00:23:37	<b>00:47:46.92</b>	+00:14:38 (30.6%)	9:33	6.3 (70.0%)
188	<b>KRUSZKA Maria</b>	<b>364</b>	PASJA NORDIC WALKING	K65-69	6			00:23:41	<b>00:47:55.80</b>	+00:14:47 (30.8%)	9:35	6.3 (70.0%)
189	<b>JANIK Marzenna</b>	<b>55</b>	STADION ŚLĄSKI	K55-59	8			00:23:49	<b>00:47:57.51</b>	+00:14:48 (30.9%)	9:35	6.3 (70.0%)
190	<b>KULA Monika</b>	<b>88</b>	CHODZĘ Z SERCEM	K45-49	14			00:24:53	<b>00:48:25.18</b>	+00:15:16 (31.5%)	9:41	6.2 (68.9%)
191	<b>WSZOŁEK Jakub</b>	<b>197</b>	AZS ŚUM	M18-29	6			00:23:56	<b>00:48:38.81</b>	+00:15:30 (31.9%)	9:43	6.2 (68.9%)
192	<b>MAKOWSKA-SARAŃSKA Joanna</b>	<b>373</b>	TRANSFORMERS	K30-39	9			00:24:11	<b>00:48:47.95</b>	+00:15:39 (32.1%)	9:45	6.1 (67.8%)
193	<b>MIKSZA Katarzyna</b>	<b>106</b>		K40-44	11			00:24:13	<b>00:48:59.74</b>	+00:15:50 (32.3%)	9:48	6.1 (67.8%)
194	<b>MALINOWSKA Grażyna</b>	<b>98</b>	LKS ZANTYR SZTUM	K70+	3			00:24:26	<b>00:49:03.19</b>	+00:15:54 (32.4%)	9:48	6.1 (67.8%)
195	<b>SAWA Helena</b>	<b>148</b>	LĘBORSKIE LWY	K70+	4			00:24:07	<b>00:49:14.33</b>	+00:16:05 (32.7%)	9:50	6.1 (67.8%)
196	<b>KORPAL Grażyna</b>	<b>72</b>		K55-59	9			00:24:36	<b>00:49:15.43</b>	+00:16:06 (32.7%)	9:51	6.1 (67.8%)
197	<b>MOTOCZYŃSKA Aleksandra</b>	<b>110</b>	GOSIR OSIELSKO	K60-64	7			00:24:21	<b>00:49:18.02</b>	+00:16:09 (32.8%)	9:51	6.1 (67.8%)
198	<b>ŁASIŃSKA Krystyna</b>	<b>202</b>	SZALONE ONE	K65-69	7			00:24:15	<b>00:49:24.92</b>	+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	<b>LECYK Jadwiga</b>	<b>93</b>	CHODZĘ Z SERCEM	K60-64	8			00:24:09	<b>00:49:46.85</b>	+00:16:38 (33.4%)	9:57	6 (66.7%)
200	<b>HARENDA Dawid</b>	<b>49</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Dzieci	5			00:23:39	<b>00:49:57.64</b>	+00:16:48 (33.7%)	9:59	6 (66.7%)
201	<b>ŚLIWIŃSKA Edyta</b>	<b>170</b>	TEAM DEAF	K- Niepełnosprawni(B)	3			00:25:16	<b>00:50:02.49</b>	+00:16:53 (33.8%)	10:00	6 (66.7%)
202	<b>KUCZYŃSKI Włodzimierz</b>	<b>87</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	9			00:24:27	<b>00:50:04.84</b>	+00:16:56 (33.8%)	10:01	6 (66.7%)
203	<b>KORZENIEC Joanna</b>	<b>225</b>		K40-44	12			00:25:16	<b>00:50:15.46</b>	+00:17:06 (34.0%)	10:03	6 (66.7%)
204	<b>CHYREK Renata</b>	<b>21</b>	GOSIR OSIELSKO	K55-59	10			00:24:39	<b>00:50:18.21</b>	+00:17:09 (34.1%)	10:03	6 (66.7%)
205	<b>GROBELNA Jadwiga</b>	<b>355</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	4			00:24:52	<b>00:50:25.98</b>	+00:17:17 (34.3%)	10:05	5.9 (65.6%)
206	<b>CHLIPAŁA Agnieszka</b>	<b>18</b>	NADLEŚNICTWO WAŁBRZYCH	K30-39	10			00:25:37	<b>00:50:28.99</b>	+00:17:20 (34.3%)	10:05	5.9 (65.6%)
207	<b>DARGAS Małgorzata</b>	<b>392</b>	BŁĘKITNI NW DZIEMIANY	K40-44	13			00:25:08	<b>00:50:39.08</b>	+00:17:30 (34.6%)	10:07	5.9 (65.6%)
208	<b>SCHREUDER Stanisława</b>	<b>385</b>		K70+	5			00:24:44	<b>00:50:39.66</b>	+00:17:30 (34.6%)	10:08	5.9 (65.6%)
209	<b>JEDYNAK Katarzyna</b>	<b>365</b>	PASJA NORDIC WALKING	K-Jun.	11			00:23:53	<b>00:50:50.56</b>	+00:17:41 (34.8%)	10:10	5.9 (65.6%)
210	<b>POPEK Małgorzata</b>	<b>135</b>	CHODZĘ Z SERCEM	K60-64	9			00:25:05	<b>00:50:51.06</b>	+00:17:42 (34.8%)	10:10	5.9 (65.6%)
211	<b>SZWAJA Katarzyna</b>	<b>367</b>		K45-49	15			00:25:07	<b>00:50:52.42</b>	+00:17:43 (34.8%)	10:10	5.9 (65.6%)
212	<b>SACHA Krzysztof</b>	<b>146</b>	AZS ŚUM	M18-29	7			00:25:43	<b>00:50:55.35</b>	+00:17:46 (34.9%)	10:11	5.9 (65.6%)
213	<b>OGONOWSKA Edyta</b>	<b>121</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	11			00:25:21	<b>00:50:56.38</b>	+00:17:47 (34.9%)	10:11	5.9 (65.6%)
214	<b>MODELSKI Paweł</b>	<b>109</b>	AZS ŚUM	M18-29	8			00:25:41	<b>00:50:57.11</b>	+00:17:48 (34.9%)	10:11	5.9 (65.6%)
215	<b>MARCZAK Piotr</b>	<b>101</b>		M40-44	12			00:24:52	<b>00:50:57.93</b>	+00:17:49 (35.0%)	10:11	5.9 (65.6%)
216	<b>ŚLUSARCZYK Danuta</b>	<b>171</b>	WESOŁY BORSUK TEAM	K65-69	8	1		00:25:11	<b>00:51:04.34</b>	+00:17:55 (35.1%)	10:13	5.9 (65.6%)
217	<b>OWCZAREK Henryka</b>	<b>126</b>	MARSZ PO ZDROWIE	K70+	6			00:25:52	<b>00:51:27.19</b>	+00:18:18 (35.6%)	10:17	5.8 (64.4%)
218	<b>PROKOPOWICZ Małgorzata</b>	<b>137</b>	CHODZĘ Z SERCEM	K- Niepełnosprawni(A)	7			00:25:12	<b>00:51:41.32</b>	+00:18:32 (35.9%)	10:20	5.8 (64.4%)
219	<b>LEWANDOWSKI Jacek</b>	<b>94</b>	STADION ŚLĄSKI	M- Niepełnosprawni(B)	4			00:25:59	<b>00:52:55.79</b>	+00:19:46 (37.4%)	10:35	5.7 (63.3%)
220	<b>DUSZEŃKO Elwira</b>	<b>353</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	8			00:25:54	<b>00:53:03.75</b>	+00:19:54 (37.5%)	10:36	5.7 (63.3%)
221	<b>KISIEL Piotr</b>	<b>206</b>		M-Dzieci	6	1		00:24:45	<b>00:53:09.36</b>	+00:20:00 (37.6%)	10:38	5.6 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start 2.5km	Czas		Tempo min/km	Tempo km/h
									All 5km	Różn		
222	<b>MATEJEK Marzena</b>	<b>103</b>	CHODZĘ Z SERCEM	K50-54	17			00:26:20	<b>00:53:12.22</b>	+00:20:03 (37.7%)	10:38	5.6 (62.2%)
223	<b>PANKIEWICZ- DMOWSKA Cecylia</b>	<b>127</b>	FACE NORDIC WALKING TEAM	K70+	7			00:26:23	<b>00:53:13.96</b>	+00:20:05 (37.7%)	10:38	5.6 (62.2%)
224	<b>BOJARCZUK Elżbieta</b>	<b>13</b>	CHODZĘ Z SERCEM	K55-59	12			00:25:57	<b>00:53:18.31</b>	+00:20:09 (37.8%)	10:39	5.6 (62.2%)
225	<b>GRODNOWSKA Wiktoria</b>	<b>397</b>	BŁĘKITNI NW DZIEMIANY	K-Dzieci	9			00:26:26	<b>00:53:48.73</b>	+00:20:39 (38.4%)	10:45	5.6 (62.2%)
226	<b>DARGAS Marta</b>	<b>394</b>	BŁĘKITNI NW DZIEMIANY	K-Dzieci	10			00:26:26	<b>00:53:49.35</b>	+00:20:40 (38.4%)	10:46	5.6 (62.2%)
227	<b>JAKUBCZYK-GONICKA Justyna</b>	<b>241</b>		K40-44	14			00:27:03	<b>00:53:50.10</b>	+00:20:41 (38.4%)	10:46	5.6 (62.2%)
228	<b>SOKOŁOWSKA Dorota</b>	<b>151</b>	POLIPACK TEAM GWE	K50-54	18			00:26:53	<b>00:54:24.54</b>	+00:21:15 (39.1%)	10:52	5.5 (61.1%)
229	<b>GAJDA Weronika</b>	<b>34</b>		K-Dzieci	11			00:26:42	<b>00:54:26.00</b>	+00:21:17 (39.1%)	10:53	5.5 (61.1%)
230	<b>KOZA Mirosława</b>	<b>209</b>		K45-49	16			00:28:15	<b>00:55:49.68</b>	+00:22:40 (40.6%)	11:09	5.4 (60.0%)
231	<b>LEDOCHOWICZ Anna</b>	<b>208</b>	CKM MIELNO	K40-44	15			00:28:49	<b>00:56:21.57</b>	+00:23:12 (41.2%)	11:16	5.3 (58.9%)
232	<b>KAZIMIERCZAK Żaneta</b>	<b>203</b>	GOSIR OSIELSKO	K40-44	16			00:28:50	<b>00:56:21.90</b>	+00:23:13 (41.2%)	11:16	5.3 (58.9%)
233	<b>BARTNIK Marian</b>	<b>372</b>	TKKF KOSZALIN	M70+	10			00:26:55	<b>00:56:38.04</b>	+00:23:29 (41.5%)	11:19	5.3 (58.9%)
234	<b>CYBULSKA Ewa</b>	<b>22</b>	CHODZĘ Z SERCEM	K- Niepełnosprawni(A)	9			00:28:45	<b>00:58:13.04</b>	+00:25:04 (43.1%)	11:38	5.2 (57.8%)
235	<b>HORNOWSKA Bożena</b>	<b>53</b>	CHODZĘ Z SERCEM	K- Niepełnosprawni(A)	10			00:28:32	<b>00:58:20.63</b>	+00:25:11 (43.2%)	11:40	5.1 (56.7%)
236	<b>KULCZYCKI Jan</b>	<b>89</b>		M65-69	6			00:28:27	<b>00:58:32.18</b>	+00:25:23 (43.4%)	11:42	5.1 (56.7%)
237	<b>GAJDA Ewa</b>	<b>238</b>		K50-54	19			00:27:42	<b>00:58:36.73</b>	+00:25:27 (43.4%)	11:43	5.1 (56.7%)
238	<b>CAG-SOBCZYK Edyta</b>	<b>16</b>	KLUBSPORTU.PL	K45-49	17			00:29:43	<b>00:58:51.75</b>	+00:25:42 (43.7%)	11:46	5.1 (56.7%)
239	<b>CICHECKA Dorota</b>	<b>5</b>		K30-39	11			00:28:07	<b>00:58:59.87</b>	+00:25:51 (43.8%)	11:47	5.1 (56.7%)
240	<b>JAGODZIŃSKA Wiktoria</b>	<b>19</b>		K-Dzieci	12			00:28:08	<b>00:59:03.28</b>	+00:25:54 (43.9%)	11:48	5.1 (56.7%)
241	<b>DROP Mieczysław</b>	<b>29</b>	KS SOKÓŁ GAŚAWA	M70+	11			00:29:30	<b>01:00:02.49</b>	+00:26:53 (44.8%)	12:00	5 (55.6%)
242	<b>KILAR Igor</b>	<b>67</b>	KILAR TEAM	M-Dzieci	7			00:29:54	<b>01:01:02.58</b>	+00:27:53 (45.7%)	12:12	4.9 (54.4%)
243	<b>BARTYGA Zofia</b>	<b>371</b>		K65-69	9			00:29:47	<b>01:01:12.55</b>	+00:28:03 (45.8%)	12:14	4.9 (54.4%)
244	<b>TRZCIŃSKI Eugeniusz</b>	<b>177</b>		M60-64	10			00:23:48		+00:07:32	9:31	6.3 (70.0%)
245	<b>TUZIMEK Jakub</b>	<b>182</b>		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	<b>TURKOWSKI Stanisław</b>	<b>180</b>	RUNCOHOLICS	M55-59			1	00:20:19 DQ	<b>00:41:21.73</b> <b>DQ</b>		0:00	7.3 (81.1%)

Znaleziono 246 wynik(ów)