



# MIELNO - PUCHAR POLSKI NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 5 KM

B4SPORT  
INTELEKTUALNY SPRÓDZIEK

**Organiser:** PFNW  
**Date:** 2017-04-29  
**Place:** Mielno  
**Distance:** 5 km



Classification: All

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Start All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	STILLER Karol	536		M30-39	1		00:00:50	00:17:00	00:34:28.75	00:35:19.55		6:53	8.7 (100%)
2	REZULSKI Mariusz	523		M50-54	1		00:02:20	00:17:52	00:36:07.05	00:38:27.35	+00:01:38 (4.5%)	7:13	8.3 (95.4%)
3	WOROCH Roman	577	KS METRACO POLKOWICE	M55-59	1		00:02:45	00:17:58	00:36:08.60	00:38:53.65	+00:01:39 (4.6%)	7:13	8.3 (95.4%)
4	TRZCIŃSKI Franciszek	561	SPORT I REKREACJA START (CHEŁMNO)	M50-54	2		00:02:17	00:17:55	00:36:08.75	00:38:25.90	+00:01:40 (4.6%)	7:13	8.3 (95.4%)
5	GAJEWSKI Eugeniusz	443	KS METRACO POLKOWICE	M60-64	1		00:03:13	00:18:14	00:37:04.80	00:40:18.30	+00:02:36 (7.0%)	7:25	8.1 (93.1%)
6	BRZOZOWSKI Piotr	653	AKTYWNI POSTOMINO	M30-39	2		00:00:50	00:18:24	00:37:15.85	00:38:06.20	+00:02:47 (7.5%)	7:27	8.1 (93.1%)
7	RAKUĆ Jakub	520	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1		00:00:47	00:18:26	00:37:16.30	00:38:04.20	+00:02:47 (7.5%)	7:27	8 (92.0%)
8	HAŁAS Marcin	604		M30-39	3		00:00:50	00:18:28	00:37:24.25	00:38:14.80	+00:02:55 (7.8%)	7:28	8 (92.0%)
9	ROŻYNEK Miron	526	BRAK	M50-54	3		00:02:19	00:18:22	00:37:38.40	00:39:58.25	+00:03:09 (8.4%)	7:31	8 (92.0%)
10	KRYŚ Artur	479	KS METRACO POLKOWICE	M45-49	1		00:01:47	00:18:49	00:37:56.95	00:39:43.95	+00:03:28 (9.1%)	7:35	7.9 (90.8%)
11	MACHNIK Janusz	488	CLLEO ZAWIERCIE	M40-44	1	1	00:01:21	00:18:47	00:37:57.60	00:39:19.20	+00:03:28 (9.2%)	7:35	7.9 (90.8%)
12	KOPCZEWSKI Dariusz	472	FACE NORDIC WALKING TEAM	M50-54	4		00:02:19	00:18:31	00:38:15.30	00:40:34.85	+00:03:46 (9.9%)	7:39	7.8 (89.7%)
13	POLEWCZAK Mariusz	516	CLLEO ZAWIERCIE	M45-49	2		00:01:47	00:18:54	00:38:21.70	00:40:09.45	+00:03:52 (10.1%)	7:40	7.8 (89.7%)
14	BREWKA Joachim	418	UNIA MIAST	M50-54	5		00:02:18	00:19:09	00:38:48.40	00:41:06.95	+00:04:19 (11.2%)	7:45	7.7 (88.5%)
15	KROMSKI Paweł	478	NORDIC WALKING KIEKRZ	M50-54	6		00:02:21	00:19:13	00:38:51.45	00:41:12.60	+00:04:22 (11.3%)	7:46	7.7 (88.5%)
16	LENZ Andrzej	484		M50-54	7		00:02:17	00:19:24	00:38:51.65	00:41:09.50	+00:04:22 (11.3%)	7:46	7.7 (88.5%)

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											5km	5km			
17	<b>CHAMIELEC Bogusław</b>	<b>423</b>	A EMERYT BIEGA	M50-54		8			00:02:18	00:19:24	<b>00:38:56.90</b>	<b>00:41:14.95</b>	+00:04:28 (11.5%)	7:47	7.7 (88.5%)
18	<b>SCHRÖDER Karol</b>	<b>528</b>	SILESIA NORDIC TEAM	M40-44		2	1		00:01:21	00:19:10	<b>00:39:22.75</b>	<b>00:40:44.35</b>	+00:04:54 (12.4%)	7:52	7.6 (87.4%)
19	<b>KLARKOWSKI Bogdan</b>	<b>469</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64		2			00:03:14	00:19:18	<b>00:39:26.90</b>	<b>00:42:41.15</b>	+00:04:58 (12.6%)	7:53	7.6 (87.4%)
20	<b>GŁOWA Michał</b>	<b>445</b>		M-Jun.		1			00:00:09	00:19:32	<b>00:39:30.25</b>	<b>00:39:40.15</b>	+00:05:01 (12.7%)	7:54	7.6 (87.4%)
21	<b>SZUDARSKI Edward</b>	<b>549</b>	DWA KIJE SŁUPSK	M55-59		2			00:02:44	00:19:34	<b>00:39:34.65</b>	<b>00:42:19.60</b>	+00:05:05 (12.9%)	7:55	7.6 (87.4%)
22	<b>GRYGOROWICZ Bogdan</b>	<b>456</b>	KS METRACO POLKOWICE	M65-69		1			00:03:46	00:19:54	<b>00:39:44.70</b>	<b>00:43:30.80</b>	+00:05:15 (13.2%)	7:56	7.6 (87.4%)
23	<b>ZYGMUNT Gracjan</b>	<b>582</b>	KINGBELL AUTO-SZYBY / CKU EUROCONSULTING PIŁA	M18-29		2			00:00:47	00:19:26	<b>00:39:53.65</b>	<b>00:40:41.30</b>	+00:05:24 (13.6%)	7:58	7.5 (86.2%)
23	<b>TRZCIŃSKI Eugeniusz</b>	<b>562</b>	SIR'START	M60-64		3			00:03:15	00:19:48	<b>00:39:53.65</b>	<b>00:43:09.45</b>	+00:05:24 (13.6%)	7:58	7.5 (86.2%)
25	<b>ADAMUS Marian</b>	<b>402</b>	SILESIA NORDIC TEAM	M65-69		2			00:03:45	00:19:52	<b>00:39:59.60</b>	<b>00:43:44.65</b>	+00:05:30 (13.8%)	7:59	7.5 (86.2%)
26	<b>SPYCHAŁA Lesław</b>	<b>532</b>	WESOŁY BORSUK TEAM	M50-54		9			00:02:20	00:19:26	<b>00:40:07.90</b>	<b>00:42:28.80</b>	+00:05:39 (14.1%)	8:01	7.5 (86.2%)
27	<b>STANISŁAWSKI Jan</b>	<b>533</b>	MARSZ PO ZDROWIE	M55-59		3			00:02:46	00:19:49	<b>00:40:17.25</b>	<b>00:43:03.45</b>	+00:05:48 (14.4%)	8:03	7.4 (85.1%)
28	<b>DUSZEŃKO Zygmunt</b>	<b>436</b>	KS METRACO POLKOWICE	M55-59		4			00:02:47	00:20:00	<b>00:40:18.20</b>	<b>00:43:05.80</b>	+00:05:49 (14.5%)	8:03	7.4 (85.1%)
29	<b>FRAĆKOWIAK Roman</b>	<b>442</b>	ZS ROSKO	M45-49		3	1		00:01:48	00:19:35	<b>00:40:21.25</b>	<b>00:42:09.75</b>	+00:05:52 (14.6%)	8:04	7.4 (85.1%)
30	<b>DZIADEK Remigiusz</b>	<b>438</b>		M50-54		10			00:02:17	00:20:05	<b>00:40:30.15</b>	<b>00:42:47.25</b>	+00:06:01 (14.9%)	8:06	7.4 (85.1%)
31	<b>GIERSZEWSKI Arkadiusz</b>	<b>444</b>		M30-39		4			00:00:51	00:19:54	<b>00:40:37.15</b>	<b>00:41:28.90</b>	+00:06:08 (15.1%)	8:07	7.4 (85.1%)
32	<b>PARTYKA Teresa</b>	<b>513</b>	WESOŁY BORSUK TEAM	K55-59		1			00:09:28	00:19:38	<b>00:40:40.00</b>	<b>00:50:08.75</b>	+00:06:11 (15.2%)	8:08	7.4 (85.1%)
33	<b>MARCINKOWSKA Agnieszka</b>	<b>491</b>	UNIA MIAST	K-Dzieci		1			00:05:21	00:20:06	<b>00:40:41.95</b>	<b>00:46:03.25</b>	+00:06:13 (15.3%)	8:08	7.4 (85.1%)
34	<b>HOLWEK Jarosław</b>	<b>586</b>	VIANESSE	M50-54		11	1		00:02:19	00:19:58	<b>00:40:43.35</b>	<b>00:43:02.45</b>	+00:06:14 (15.3%)	8:08	7.4 (85.1%)
35	<b>FRAĆKOWIAK Mateusz</b>	<b>441</b>	ZS ROSKO	M-Jun.		2			00:00:10	00:20:05	<b>00:40:47.70</b>	<b>00:40:57.70</b>	+00:06:18 (15.5%)	8:09	7.4 (85.1%)
36	<b>ROSADZIŃSKI Sławomir</b>	<b>525</b>	LESZNO :)	M45-49		4			00:01:46	00:20:10	<b>00:40:48.20</b>	<b>00:42:35.05</b>	+00:06:19 (15.5%)	8:09	7.3 (83.9%)
37	<b>KOMAR Beata</b>	<b>471</b>	FACE NORDIC WALKING TEAM	K45-49		1			00:08:29	00:20:24	<b>00:41:01.65</b>	<b>00:49:31.10</b>	+00:06:32 (16.0%)	8:12	7.3 (83.9%)
38	<b>RECZULSKA Katarzyna</b>	<b>522</b>	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	K45-49		2			00:08:31	00:20:17	<b>00:41:10.45</b>	<b>00:49:42.20</b>	+00:06:41 (16.3%)	8:14	7.3 (83.9%)
39	<b>WILKOŁEK-SZUDARSKA Saturnina</b>	<b>576</b>	DWA KIJE SŁUPSK	K55-59		2			00:09:28	00:20:13	<b>00:41:29.60</b>	<b>00:50:58.20</b>	+00:07:00 (16.9%)	8:18	7.2 (82.8%)
40	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>509</b>	ZS ROSKO	K45-49		3			00:08:30	00:20:21	<b>00:41:30.00</b>	<b>00:50:00.55</b>	+00:07:01 (16.9%)	8:18	7.2 (82.8%)
41	<b>ZAŃKO Katarzyna</b>	<b>590</b>		K40-44		1			00:07:49	00:20:17	<b>00:41:31.60</b>	<b>00:49:21.00</b>	+00:07:02 (17.0%)	8:18	7.2 (82.8%)

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											5km	5km			
42	<b>UKLEJEWSKI Przemysław</b>	<b>566</b>	GOSIR OSIELSKO	M40-44	3				00:01:20	00:20:33	<b>00:41:34.85</b>	<b>00:42:55.45</b>	+00:07:06 (17.1%)	8:19	7.2 (82.8%)
43	<b>MIKOŁAJCZAK Jan</b>	<b>495</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1				00:04:24	00:20:33	<b>00:41:36.25</b>	<b>00:46:00.30</b>	+00:07:07 (17.1%)	8:19	7.2 (82.8%)
44	<b>JÓŹWIAK Marianna</b>	<b>460</b>	WTW WŁOCLAWEK	K40-44	2				00:07:49	00:20:41	<b>00:41:40.60</b>	<b>00:49:30.35</b>	+00:07:11 (17.3%)	8:20	7.2 (82.8%)
45	<b>LESIŃSKA Marzenna</b>	<b>485</b>		K50-54	1				00:08:58	00:20:46	<b>00:41:41.60</b>	<b>00:50:39.65</b>	+00:07:12 (17.3%)	8:20	7.2 (82.8%)
46	<b>SZUDARSKI Marek</b>	<b>550</b>	DWA KIJE SŁUPSK	M18-29	3				00:00:48	00:20:41	<b>00:41:45.65</b>	<b>00:42:34.15</b>	+00:07:16 (17.4%)	8:21	7.2 (82.8%)
47	<b>ŚLUSARCZYK Andrzej</b>	<b>557</b>	WESOŁY BORSUK TEAM	M65-69	3				00:03:44	00:20:31	<b>00:41:46.05</b>	<b>00:45:30.95</b>	+00:07:17 (17.4%)	8:21	7.2 (82.8%)
48	<b>BON-PANTKOWSKA Aldona</b>	<b>416</b>		K45-49	4				00:08:30	00:20:28	<b>00:41:50.60</b>	<b>00:50:21.10</b>	+00:07:21 (17.6%)	8:22	7.2 (82.8%)
49	<b>RAKUĆ Angelika</b>	<b>521</b>	RUCH PO ZDROWIE WŁOCLAWEK	K18-29	1				00:06:44	00:20:35	<b>00:41:52.40</b>	<b>00:48:36.85</b>	+00:07:23 (17.7%)	8:22	7.2 (82.8%)
50	<b>DUDEK Kazimierz</b>	<b>640</b>		M65-69	4				00:03:47	00:20:51	<b>00:42:00.35</b>	<b>00:45:47.45</b>	+00:07:31 (17.9%)	8:24	7.1 (81.6%)
51	<b>STOLARSKI Michał</b>	<b>539</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	5				00:01:49	00:20:52	<b>00:42:08.25</b>	<b>00:43:58.20</b>	+00:07:39 (18.2%)	8:25	7.1 (81.6%)
52	<b>NACZK Wiktoria</b>	<b>500</b>	DYNAMIC	K-Jun.	1				00:06:11	00:20:35	<b>00:42:10.85</b>	<b>00:48:22.00</b>	+00:07:42 (18.3%)	8:26	7.1 (81.6%)
53	<b>SZYMAŃSKI Stefan</b>	<b>554</b>	XV KOŁO PZERI DYWITY	M70+	1				00:04:22	00:21:06	<b>00:42:17.65</b>	<b>00:46:39.80</b>	+00:07:48 (18.5%)	8:27	7.1 (81.6%)
54	<b>BIK Przemysław</b>	<b>411</b>	KS METRACO POLKOWICE	M-Jun.	3				00:00:11	00:20:47	<b>00:42:27.70</b>	<b>00:42:38.75</b>	+00:07:58 (18.8%)	8:29	7.1 (81.6%)
55	<b>GRUSZKA Michał</b>	<b>452</b>	UNIA MIAST	M40-44	4				00:01:22	00:20:46	<b>00:42:37.05</b>	<b>00:43:59.40</b>	+00:08:08 (19.1%)	8:31	7 (80.5%)
56	<b>ZIELIŃSKI Andrzej</b>	<b>581</b>		M60-64	4				00:03:15	00:21:04	<b>00:42:37.20</b>	<b>00:45:53.10</b>	+00:08:08 (19.1%)	8:31	7 (80.5%)
57	<b>MOTOCZYŃSKI Krzysztof</b>	<b>499</b>	GOSIR OSIELSKO	M60-64	5				00:03:14	00:21:13	<b>00:42:37.35</b>	<b>00:45:51.85</b>	+00:08:08 (19.1%)	8:31	7 (80.5%)
58	<b>POLEWCZAK Aneta</b>	<b>517</b>	CLLEO ZAWIERCIE	K45-49	5				00:08:29	00:20:53	<b>00:42:39.10</b>	<b>00:51:09.05</b>	+00:08:10 (19.2%)	8:32	7 (80.5%)
59	<b>WAWRZYŃIAK Anna</b>	<b>569</b>	FACE NORDIC WALKING TEAM	K40-44	3				00:07:49	00:20:55	<b>00:42:41.75</b>	<b>00:50:31.35</b>	+00:08:13 (19.2%)	8:32	7 (80.5%)
60	<b>GRUSZKA Michał</b>	<b>453</b>	UNIA MIAST	M-Dzieci	1				00:00:09	00:20:43	<b>00:42:44.10</b>	<b>00:42:53.25</b>	+00:08:15 (19.3%)	8:32	7 (80.5%)
61	<b>POLISZCZUK Piotr</b>	<b>518</b>	PIERNIKI NA CHODZIE	M55-59	5				00:02:47	00:20:53	<b>00:43:05.20</b>	<b>00:45:52.25</b>	+00:08:36 (20.0%)	8:37	7 (80.5%)
62	<b>DOLNA Ewelina</b>	<b>597</b>		K30-39	1				00:07:16	00:21:43	<b>00:43:14.30</b>	<b>00:50:30.85</b>	+00:08:45 (20.3%)	8:38	6.9 (79.3%)
63	<b>STOLARSKA Joanna</b>	<b>537</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	2				00:06:11	00:21:15	<b>00:43:14.55</b>	<b>00:49:25.85</b>	+00:08:45 (20.3%)	8:38	6.9 (79.3%)
64	<b>GOŁĘBIEWSKI Andrzej</b>	<b>446</b>	KLUB NW PATYCZAKI	M60-64	6	1			00:03:17	00:20:29	<b>00:43:20.50</b>	<b>00:46:37.65</b>	+00:08:51 (20.4%)	8:40	6.9 (79.3%)
65	<b>STRASZAK Bogdan</b>	<b>623</b>	POTĘGOWO	M45-49	6				00:01:49	00:21:07	<b>00:43:23.85</b>	<b>00:45:13.00</b>	+00:08:55 (20.6%)	8:40	6.9 (79.3%)
66	<b>KOWALCZYK Edyta</b>	<b>475</b>	KS METRACO POLKOWICE	K45-49	6				00:08:28	00:21:32	<b>00:43:30.45</b>	<b>00:51:59.40</b>	+00:09:01 (20.8%)	8:42	6.9 (79.3%)
67	<b>GRABNA Joanna</b>	<b>449</b>		K30-39	2				00:07:19	00:21:44	<b>00:43:37.40</b>	<b>00:50:57.00</b>	+00:09:08 (21.0%)	8:43	6.9 (79.3%)

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net	Czas	Pace min/km	Pace km/h	
											time	brutto			Gap
68	DYWELSKI Marek	437		M55-59	6				00:02:45	00:21:11	00:43:38.10	00:46:23.85	+00:09:09 (21.0%)	8:43	6.9 (79.3%)
69	BARTOSIEWICZ Łukasz	407	FACE NORDIC WALKING TEAM	M30-39	5				00:00:51	00:21:08	00:43:44.45	00:44:35.85	+00:09:15 (21.2%)	8:44	6.9 (79.3%)
70	STEMPNIAK Bogdan	534		M- Niepełnosprawni(A)	2				00:04:37	00:21:36	00:43:46.40	00:48:23.90	+00:09:17 (21.2%)	8:45	6.9 (79.3%)
71	MORYS Agnieszka	497	FABRIKANORDIKA	K30-39	3				00:07:14	00:21:43	00:43:51.40	00:51:05.90	+00:09:22 (21.4%)	8:46	6.8 (78.2%)
72	SZYCKO Radosław	552	DWA KIJE SŁUPSK	M40-44	5				00:01:20	00:21:42	00:43:52.35	00:45:12.95	+00:09:23 (21.4%)	8:46	6.8 (78.2%)
73	SULIKOWSKA Agnieszka	605	PASJA NORDIC WALKING	K30-39	4				00:07:17	00:21:50	00:43:55.75	00:51:13.00	+00:09:27 (21.5%)	8:47	6.8 (78.2%)
74	GAŁAŚ Joanna	588	PASJA NORDIC WALKING	K18-29	2				00:06:44	00:21:42	00:43:57.00	00:50:41.55	+00:09:28 (21.5%)	8:47	6.8 (78.2%)
75	KUPIBIDA Bogusława	482	SILESIA NORDIC TEAM	K55-59	3				00:09:28	00:21:49	00:43:57.30	00:53:25.75	+00:09:28 (21.6%)	8:47	6.8 (78.2%)
76	JÓŹWIAK Łukasz	461	WTW WŁOCŁAWEK	M- Niepełnosprawni(A)	3				00:04:33	00:21:37	00:43:58.20	00:48:31.85	+00:09:29 (21.6%)	8:47	6.8 (78.2%)
77	NOWALIŃSKA Anastazja	505	FACE NORDIC WALKING TEAM	K-Jun.	3				00:05:57	00:21:56	00:44:10.95	00:50:08.50	+00:09:42 (22.0%)	8:50	6.8 (78.2%)
78	SULECKA Gabriela	544		K- Niepełnosprawni(A)	1				00:11:17	00:21:56	00:44:20.55	00:55:38.45	+00:09:51 (22.2%)	8:52	6.8 (78.2%)
79	GRYGOROWICZ Teresa	455	KS METRACO POLKOWICE	K65-69	1				00:10:39	00:22:00	00:44:22.10	00:55:01.35	+00:09:53 (22.3%)	8:52	6.8 (78.2%)
80	SOBOLEWSKI Marek	652		M45-49	7				00:01:47	00:21:42	00:44:22.35	00:46:09.55	+00:09:53 (22.3%)	8:52	6.8 (78.2%)
81	DANA Andrzej	432	KLUB NW PATYCZAKI	M65-69	5	1			00:03:48	00:20:41	00:44:23.15	00:48:11.15	+00:09:54 (22.3%)	8:52	6.8 (78.2%)
82	WIERZCHOSŁAWSKA Agnieszka	573		K18-29	3				00:06:45	00:21:54	00:44:29.25	00:51:14.45	+00:10:00 (22.5%)	8:53	6.7 (77.0%)
83	LORENS Kazimierz	486	CLLEO ZAWIERCIE	M60-64	7	1			00:03:15	00:21:57	00:44:29.55	00:47:44.90	+00:10:00 (22.5%)	8:53	6.7 (77.0%)
84	SZYNKIEWICZ Katarzyna	555		K40-44	4				00:07:50	00:22:12	00:44:35.60	00:52:26.55	+00:10:06 (22.7%)	8:55	6.7 (77.0%)
85	JAROSZ Adrianna	458	AKADEMOS	K18-29	4	1			00:06:46	00:21:38	00:44:35.95	00:51:22.15	+00:10:07 (22.7%)	8:55	6.7 (77.0%)
86	WIERZCHOSŁAWSKI Mateusz	574		M18-29	4				00:00:49	00:22:00	00:44:36.70	00:45:25.75	+00:10:07 (22.7%)	8:55	6.7 (77.0%)
87	EWERTOWSKA Ewa	439	NORDIC WALKING KIEKRZ	K45-49	7				00:08:32	00:22:11	00:44:39.55	00:53:12.05	+00:10:10 (22.8%)	8:56	6.7 (77.0%)
88	BARTOSIEWICZ Włodzimierz	406	FACE NORDIC WALKING TEAM	M60-64	8				00:03:13	00:21:59	00:44:43.55	00:47:57.00	+00:10:14 (22.9%)	8:56	6.7 (77.0%)
89	BARUCH Henryka	409	DĄBROWA NORDIC TEAM	K65-69	2				00:10:39	00:22:03	00:44:52.45	00:55:32.30	+00:10:23 (23.2%)	8:58	6.7 (77.0%)
90	GIERSZEWSKA Magdalena	598		K40-44	5				00:07:50	00:22:03	00:44:55.90	00:52:46.65	+00:10:27 (23.3%)	8:59	6.7 (77.0%)
91	DĄBROWSKI Andrzej	433	MARSZ PO ZDROWIE	M65-69	6				00:03:48	00:22:23	00:45:14.45	00:49:02.50	+00:10:45 (23.8%)	9:02	6.6 (75.9%)
92	GWAREK Anita	457	PASJA NORDIC WALKING	K45-49	8				00:08:29	00:22:13	00:45:14.85	00:53:44.45	+00:10:46 (23.8%)	9:03	6.6 (75.9%)
93	NOWALIŃSKI Piotrek	506	FACE NORDIC WALKING TEAM	M- Niepełnosprawni(A)	4				00:04:34	00:22:08	00:45:15.25	00:49:49.55	+00:10:46 (23.8%)	9:03	6.6 (75.9%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										5km	5km			
94	<b>SKWAREK Martyna</b>	<b>780</b>		K-Jun.	4			00:06:11	00:22:03	<b>00:45:19.25</b>	<b>00:51:31.15</b>	+00:10:50 (23.9%)	9:04	6.6 (75.9%)
95	<b>KABACIŃSKI Maciej</b>	<b>463</b>	FACE NORDIC WALKING TEAM	M45-49	8			00:01:49	00:22:14	<b>00:45:21.40</b>	<b>00:47:10.50</b>	+00:10:52 (24.0%)	9:04	6.6 (75.9%)
96	<b>KOSICKA Beata</b>	<b>473</b>	NORDIC WALKING KIEKRZ	K45-49	9			00:08:35	00:22:22	<b>00:45:22.30</b>	<b>00:53:58.10</b>	+00:10:53 (24.0%)	9:04	6.6 (75.9%)
97	<b>MALKIEWICZ Małgorzata</b>	<b>489</b>	ŻYJAKTYWNIE	K50-54	2			00:08:54	00:22:26	<b>00:45:40.15</b>	<b>00:54:35.10</b>	+00:11:11 (24.5%)	9:08	6.6 (75.9%)
98	<b>OSTROWSKA-NABIAŁCZYK Agnieszka</b>	<b>593</b>		K40-44	6			00:07:50	00:22:25	<b>00:45:48.00</b>	<b>00:53:38.45</b>	+00:11:19 (24.7%)	9:09	6.6 (75.9%)
99	<b>KUMPIN Izabela</b>	<b>624</b>	POTĘGOWO	K45-49	10	1		00:06:13	00:22:15	<b>00:46:08.15</b>	<b>00:52:21.45</b>	+00:11:39 (25.3%)	9:13	6.5 (74.7%)
100	<b>KREZNER Marzena</b>	<b>477</b>	CLLEO ZAWIERCIE	K30-39	5			00:07:14	00:23:07	<b>00:46:10.10</b>	<b>00:53:24.60</b>	+00:11:41 (25.3%)	9:14	6.5 (74.7%)
101	<b>KOSIŃSKA Maria</b>	<b>474</b>	MOSIR RYPIN	K60-64	1			00:10:01	00:22:55	<b>00:46:11.40</b>	<b>00:56:13.10</b>	+00:11:42 (25.4%)	9:14	6.5 (74.7%)
102	<b>STRASZAK Jolanta</b>	<b>622</b>	POTĘGOWO	K45-49	11			00:08:30	00:22:53	<b>00:46:13.90</b>	<b>00:54:44.10</b>	+00:11:45 (25.4%)	9:14	6.5 (74.7%)
103	<b>DANA Kazimiera</b>	<b>431</b>	KLUB NW PATYCZAKI	K60-64	2			00:10:04	00:22:56	<b>00:46:14.80</b>	<b>00:56:19.65</b>	+00:11:46 (25.4%)	9:15	6.5 (74.7%)
104	<b>CHOLEWKA Jolanta</b>	<b>424</b>	MARSZ PO ZDROWIE	K60-64	3	1		00:10:01	00:22:55	<b>00:46:29.35</b>	<b>00:56:31.25</b>	+00:12:00 (25.8%)	9:18	6.5 (74.7%)
105	<b>ŚCIBISZ Bogdan</b>	<b>556</b>	1943.	M70+	2			00:04:23	00:22:22	<b>00:46:31.05</b>	<b>00:50:54.45</b>	+00:12:02 (25.9%)	9:18	6.4 (73.6%)
106	<b>MIELEWCZYK Justyna</b>	<b>494</b>		K30-39	6	1		00:07:17	00:23:10	<b>00:46:43.45</b>	<b>00:54:01.40</b>	+00:12:14 (26.2%)	9:20	6.4 (73.6%)
107	<b>KALINOWSKA Jolanta</b>	<b>464</b>	CHEMACK	K45-49	12			00:08:33	00:23:21	<b>00:46:49.60</b>	<b>00:55:22.60</b>	+00:12:20 (26.4%)	9:21	6.4 (73.6%)
108	<b>JANUSZKIEWICZ Łukasz</b>	<b>654</b>		M30-39	6			00:00:53	00:24:13	<b>00:46:53.60</b>	<b>00:47:46.95</b>	+00:12:24 (26.5%)	9:22	6.4 (73.6%)
109	<b>SZYCKO Oliwia</b>	<b>551</b>	DWA KIJE SŁUPSK	K-Dzieci	2	1		00:05:21	00:22:48	<b>00:46:57.60</b>	<b>00:52:19.25</b>	+00:12:28 (26.6%)	9:23	6.4 (73.6%)
110	<b>SIEMIENIEC Ewelina</b>	<b>529</b>	BIAŁOŁĘKA NORDIC WALKING TEAM	K30-39	7			00:07:18	00:23:31	<b>00:47:00.20</b>	<b>00:54:18.30</b>	+00:12:31 (26.6%)	9:24	6.4 (73.6%)
111	<b>SPYCHAŁA-KARAPULKA Arleta</b>	<b>603</b>		K45-49	13			00:08:31	00:23:30	<b>00:47:10.15</b>	<b>00:55:41.60</b>	+00:12:41 (26.9%)	9:26	6.4 (73.6%)
112	<b>NOWAK Jakub</b>	<b>503</b>	KLUB NW PATYCZAKI	M-Dzieci	2			00:00:09	00:22:34	<b>00:47:15.15</b>	<b>00:47:25.10</b>	+00:12:46 (27.0%)	9:27	6.3 (72.4%)
113	<b>WEKWERT Małgorzata</b>	<b>630</b>	POTĘGOWO	K40-44	7			00:07:51	00:23:47	<b>00:47:33.15</b>	<b>00:55:24.75</b>	+00:13:04 (27.5%)	9:30	6.3 (72.4%)
114	<b>KRASOWSKA Paulina</b>	<b>625</b>	POTĘGOWO	K-Jun.	5			00:06:11	00:23:09	<b>00:47:34.40</b>	<b>00:53:45.95</b>	+00:13:05 (27.5%)	9:30	6.3 (72.4%)
115	<b>ANTONIAK Alicja</b>	<b>404</b>		K50-54	3	1		00:08:56	00:23:57	<b>00:47:40.00</b>	<b>00:56:36.75</b>	+00:13:11 (27.7%)	9:32	6.3 (72.4%)
116	<b>ZYGMUNT Ilona</b>	<b>583</b>	KAWAKAMP	K30-39	8			00:07:15	00:23:26	<b>00:47:48.65</b>	<b>00:55:04.55</b>	+00:13:19 (27.9%)	9:33	6.3 (72.4%)
117	<b>MARCZUK Monika</b>	<b>492</b>	BIAŁOŁĘKA NORDIC WALKING TEAM	K40-44	8			00:07:51	00:24:11	<b>00:47:53.00</b>	<b>00:55:44.20</b>	+00:13:24 (28.0%)	9:34	6.3 (72.4%)
118	<b>FILUSZ Alfred</b>	<b>440</b>		M45-49	9			00:01:48	00:23:55	<b>00:48:07.65</b>	<b>00:49:56.10</b>	+00:13:38 (28.4%)	9:37	6.2 (71.3%)
119	<b>ZABIEGLIK Zuzanna</b>	<b>633</b>	POTĘGOWO	K-Dzieci	3			00:05:23	00:24:02	<b>00:48:10.40</b>	<b>00:53:34.35</b>	+00:13:41 (28.4%)	9:38	6.2 (71.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5km	5km			Gap
120	<b>SZAL Marzena</b>	<b>546</b>	BIAŁOŁĘKA NORDIC WALKING TEAM	K30-39	9			00:07:18	00:24:03	<b>00:48:13.00</b>	<b>00:55:31.35</b>	+00:13:44 (28.5%)	9:38	6.2 (71.3%)
121	<b>DUBACKA Ola</b>	<b>638</b>	POTĘGOWO	K-Dzieci	4			00:05:26	00:22:50	<b>00:48:19.40</b>	<b>00:53:45.45</b>	+00:13:50 (28.6%)	9:39	6.2 (71.3%)
122	<b>DZIEDZIEWICZ Natalia</b>	<b>600</b>		K30-39	10			00:07:15	00:23:56	<b>00:48:27.40</b>	<b>00:55:43.25</b>	+00:13:58 (28.8%)	9:41	6.2 (71.3%)
123	<b>BRAĞIEL Krystyna</b>	<b>854</b>		K60-64	4			00:10:02	00:24:11	<b>00:48:34.80</b>	<b>00:58:37.65</b>	+00:14:06 (29.0%)	9:43	6.2 (71.3%)
124	<b>SZCZYPEK Ela</b>	<b>548</b>	DWA KIJE SŁUPSK	K60-64	5			00:10:03	00:24:27	<b>00:48:35.50</b>	<b>00:58:39.25</b>	+00:14:06 (29.0%)	9:43	6.2 (71.3%)
125	<b>SZAŁACIŃSKI Grzegorz</b>	<b>547</b>	CHEMACK	M55-59	7			00:02:46	00:23:52	<b>00:48:35.55</b>	<b>00:51:22.05</b>	+00:14:06 (29.0%)	9:43	6.2 (71.3%)
126	<b>WAWRZYŃIAK Igor</b>	<b>570</b>	FACE NORDIC WALKING TEAM	M-Dzieci	3			00:00:09	00:23:30	<b>00:48:36.60</b>	<b>00:48:45.60</b>	+00:14:07 (29.1%)	9:43	6.2 (71.3%)
127	<b>CYRA Grażyna</b>	<b>426</b>		K60-64	6			00:10:05	00:24:26	<b>00:48:37.60</b>	<b>00:58:42.60</b>	+00:14:08 (29.1%)	9:43	6.2 (71.3%)
128	<b>ŻAMOJCIN Małgorzata</b>	<b>584</b>	NIEZRZESZONA	K55-59	4			00:09:29	00:23:57	<b>00:48:45.05</b>	<b>00:58:14.80</b>	+00:14:16 (29.3%)	9:45	6.2 (71.3%)
129	<b>WASIELA Nikodem</b>	<b>568</b>	FACE NORDIC WALKING TEAM	M-Jun.	4	1		00:00:09	00:22:57	<b>00:49:03.05</b>	<b>00:49:12.50</b>	+00:14:34 (29.7%)	9:48	6.1 (70.1%)
130	<b>PROKOP Beata</b>	<b>519</b>	BIAŁOŁĘKA NORDIC WALKING TEAM	K50-54	4			00:08:55	00:24:14	<b>00:49:10.60</b>	<b>00:58:06.45</b>	+00:14:41 (29.9%)	9:50	6.1 (70.1%)
131	<b>WRÓBLEWSKA Agnieszka</b>	<b>768</b>	BRAK	K45-49	14			00:08:34	00:24:11	<b>00:49:11.60</b>	<b>00:57:46.15</b>	+00:14:42 (29.9%)	9:50	6.1 (70.1%)
132	<b>RODZIŃSKI Robert</b>	<b>524</b>	RKM SOPELEK	M40-44	6			00:01:21	00:24:25	<b>00:49:14.80</b>	<b>00:50:36.15</b>	+00:14:46 (30.0%)	9:51	6.1 (70.1%)
133	<b>WIESZOŁEK Ewelina</b>	<b>575</b>		K30-39	11	1		00:07:15	00:24:52	<b>00:49:29.65</b>	<b>00:56:45.50</b>	+00:15:00 (30.3%)	9:54	6.1 (70.1%)
134	<b>WOROCH Jolanta</b>	<b>578</b>	DOPIEWO	K50-54	5			00:08:56	00:24:57	<b>00:49:33.40</b>	<b>00:58:29.65</b>	+00:15:04 (30.4%)	9:54	6.1 (70.1%)
135	<b>SUDOŁ Irena</b>	<b>543</b>		K55-59	5			00:09:31	00:24:31	<b>00:49:34.10</b>	<b>00:59:05.10</b>	+00:15:05 (30.4%)	9:54	6.1 (70.1%)
136	<b>NIERADKA Kinga</b>	<b>502</b>		K40-44	9			00:07:52	00:24:44	<b>00:49:41.30</b>	<b>00:57:33.70</b>	+00:15:12 (30.6%)	9:56	6 (69.0%)
137	<b>WAŚOWSKA Monika</b>	<b>571</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	12			00:07:17	00:24:44	<b>00:49:45.15</b>	<b>00:57:02.60</b>	+00:15:16 (30.7%)	9:57	6 (69.0%)
138	<b>PALICZEK Paulina</b>	<b>637</b>	POTĘGOWO	K-Dzieci	5			00:05:25	00:25:21	<b>00:49:56.90</b>	<b>00:55:22.55</b>	+00:15:28 (31.0%)	9:59	6 (69.0%)
139	<b>ŚLUSARCZYK Karolina</b>	<b>559</b>	WESOŁY BORSUK TEAM	K-Dzieci	6			00:05:22	00:24:17	<b>00:49:58.20</b>	<b>00:55:20.25</b>	+00:15:29 (31.0%)	9:59	6 (69.0%)
140	<b>ARTYMICZ Maria</b>	<b>405</b>	NIEZRZESZONA	K60-64	7	1		00:10:03	00:24:50	<b>00:50:19.80</b>	<b>01:00:23.45</b>	+00:15:51 (31.5%)	10:04	6 (69.0%)
141	<b>SZYMAŃSKA Lucyna</b>	<b>553</b>	XV KOŁO PZERI DYWITY	K-Niepełnosprawni(A)	2			00:11:16	00:24:43	<b>00:50:19.95</b>	<b>01:01:36.40</b>	+00:15:51 (31.5%)	10:04	6 (69.0%)
142	<b>BURY Liliana</b>	<b>422</b>		K-Niepełnosprawni(A)	3	4 min kary		00:07:16	00:23:10	<b>00:50:43.40</b>	<b>00:58:00.00</b>	+00:16:14 (32.0%)	10:08	5.9 (67.8%)
143	<b>MARCINKOWSKA Renata</b>	<b>490</b>	FACE NORDIC WALKING TEAM	K65-69	3			00:10:40	00:24:47	<b>00:50:55.55</b>	<b>01:01:36.40</b>	+00:16:26 (32.3%)	10:11	5.9 (67.8%)
144	<b>STOLARSKA Magdalena</b>	<b>538</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	15			00:08:32	00:24:56	<b>00:50:59.70</b>	<b>00:59:31.85</b>	+00:16:30 (32.4%)	10:11	5.9 (67.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5km	5km			Gap
145	<b>LEKTARSKA Małgorzata</b>	<b>592</b>		K30-39	13			00:07:16	00:25:13	<b>00:51:01.35</b>	<b>00:58:17.60</b>	+00:16:32 (32.4%)	10:12	5.9 (67.8%)
146	<b>UKLEJEWSKA Agnieszka</b>	<b>565</b>	GOSIR OSIELSKO	K30-39	14			00:07:14	00:25:06	<b>00:51:05.15</b>	<b>00:58:19.55</b>	+00:16:36 (32.5%)	10:13	5.9 (67.8%)
147	<b>WOJCIECHOWSKA Zuzanna</b>	<b>634</b>	POTĘGOWO	K-Dzieci	7			00:05:24	00:24:53	<b>00:51:05.40</b>	<b>00:56:30.15</b>	+00:16:36 (32.5%)	10:13	5.9 (67.8%)
148	<b>NIECHWIEJCZYK Kinga</b>	<b>501</b>	UNIA MIAST	K-Dzieci	8			00:05:21	00:24:38	<b>00:51:07.65</b>	<b>00:56:29.40</b>	+00:16:38 (32.6%)	10:13	5.9 (67.8%)
149	<b>KOZIOŁ Magdalena</b>	<b>476</b>		K18-29	5			00:06:46	00:25:31	<b>00:51:13.00</b>	<b>00:57:59.20</b>	+00:16:44 (32.7%)	10:14	5.9 (67.8%)
150	<b>ZIELIŃSKA Elżbieta</b>	<b>580</b>	OSOBA PRYWATNA	K60-64	8			00:10:04	00:25:54	<b>00:51:38.15</b>	<b>01:01:42.35</b>	+00:17:09 (33.2%)	10:19	5.8 (66.7%)
151	<b>WAGNER-KOZIOŁ Grażyna</b>	<b>567</b>		K50-54	6			00:08:56	00:26:00	<b>00:51:44.40</b>	<b>01:00:40.75</b>	+00:17:15 (33.4%)	10:20	5.8 (66.7%)
152	<b>BŁASZCZYK Katarzyna</b>	<b>413</b>	KIJANKI POZNAŃ	K45-49	16			00:08:33	00:25:56	<b>00:52:01.50</b>	<b>01:00:35.00</b>	+00:17:32 (33.7%)	10:24	5.8 (66.7%)
153	<b>STUDZIŃSKA Tatiana</b>	<b>541</b>		K45-49	17			00:08:30	00:25:58	<b>00:52:01.75</b>	<b>01:00:32.70</b>	+00:17:33 (33.7%)	10:24	5.8 (66.7%)
154	<b>KUCWAJ Amelia</b>	<b>644</b>	POTĘGOWO	K-Dzieci	9			00:05:26	00:23:53	<b>00:52:09.75</b>	<b>00:57:36.30</b>	+00:17:41 (33.9%)	10:26	5.8 (66.7%)
155	<b>LITWIN Dawid</b>	<b>626</b>	POTĘGOWO	M30-39	7	1		00:00:52	00:26:29	<b>00:52:13.10</b>	<b>00:53:05.60</b>	+00:17:44 (34.0%)	10:26	5.7 (65.5%)
156	<b>BONIECKA Michalina</b>	<b>629</b>	POTĘGOWO	K-Dzieci	10			00:05:22	00:24:40	<b>00:52:13.95</b>	<b>00:57:36.10</b>	+00:17:45 (34.0%)	10:26	5.7 (65.5%)
157	<b>LACHOWICZ Emanuela</b>	<b>609</b>		K-Dzieci	11			00:05:28	00:25:51	<b>00:52:21.95</b>	<b>00:57:50.70</b>	+00:17:53 (34.2%)	10:28	5.7 (65.5%)
158	<b>ŚWIECZKIEWICZ Wiktoria</b>	<b>612</b>		K-Dzieci	12			00:05:28	00:25:34	<b>00:52:23.95</b>	<b>00:57:52.30</b>	+00:17:55 (34.2%)	10:28	5.7 (65.5%)
159	<b>SOKOŁOWSKA Klaudia</b>	<b>531</b>	CZARNE PANTERY PIŁA	K18-29	6			00:06:44	00:25:54	<b>00:52:29.85</b>	<b>00:59:14.40</b>	+00:18:01 (34.3%)	10:30	5.7 (65.5%)
160	<b>MARCZYK Jerzy Paweł</b>	<b>493</b>	FACE NORDIC WALKING TEAM	M55-59	8			00:02:47	00:25:58	<b>00:52:42.25</b>	<b>00:55:30.00</b>	+00:18:13 (34.6%)	10:32	5.7 (65.5%)
161	<b>BLANK Michał</b>	<b>650</b>	POTĘGOWO	M-Dzieci	4	2+5 min kary		00:05:26	00:23:24	<b>00:52:44.85</b>	<b>00:58:11.00</b>	+00:18:16 (34.6%)	10:33	5.7 (65.5%)
162	<b>BOJKE Karol</b>	<b>415</b>		M-Jun.	5			00:11:24	00:30:24	<b>00:53:01.55</b>	<b>01:04:25.55</b>	+00:18:32 (35.0%)	10:36	5.7 (65.5%)
163	<b>NOWAKOWSKA-RYK Monika</b>	<b>594</b>		K40-44	10			00:07:53	00:26:02	<b>00:53:20.45</b>	<b>01:01:13.65</b>	+00:18:51 (35.4%)	10:40	5.6 (64.4%)
164	<b>NOWROTEK Urszula</b>	<b>585</b>		K50-54	7			00:08:55	00:25:57	<b>00:53:24.10</b>	<b>01:02:19.60</b>	+00:18:55 (35.4%)	10:40	5.6 (64.4%)
165	<b>STUDZIŃSKA Anastazja</b>	<b>540</b>		K18-29	7			00:06:45	00:26:02	<b>00:53:47.35</b>	<b>01:00:32.70</b>	+00:19:18 (35.9%)	10:45	5.6 (64.4%)
166	<b>RYBACKI Szymon</b>	<b>641</b>	POTĘGOWO	M-Dzieci	5	2+5 min kary		00:05:25	00:23:25	<b>00:53:48.80</b>	<b>00:59:14.00</b>	+00:19:20 (35.9%)	10:45	5.6 (64.4%)
167	<b>STĘPNIEWSKA Agnieszka</b>	<b>535</b>		K30-39	15			00:07:19	00:26:26	<b>00:53:50.55</b>	<b>01:01:10.25</b>	+00:19:21 (36.0%)	10:46	5.6 (64.4%)
168	<b>JÓŹWIAK Dominik</b>	<b>462</b>	WTW WŁOCLAWEK	M-Niepełnosprawni(B)	1			00:04:35	00:25:58	<b>00:53:59.60</b>	<b>00:58:35.15</b>	+00:19:30 (36.1%)	10:48	5.6 (64.4%)
169	<b>BARUCH Włodzimierz</b>	<b>410</b>	DĄBROWA NORDIC TEAM	M65-69	7			00:03:47	00:26:11	<b>00:54:01.60</b>	<b>00:57:48.75</b>	+00:19:32 (36.2%)	10:48	5.6 (64.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time	Czas brutto	Pace min/km	Pace
										5km	5km		Gap
170	ALESZCZYK Marek	403		M50-54	12			00:02:21	00:26:20	00:54:17.80	00:56:39.45	10:51	5.5 (63.2%)
171	KUCWAJ Zuzanna	643	POTĘGOWO	K-Dzieci	13			00:05:25	00:24:46	00:54:21.30	00:59:47.25	10:52	5.5 (63.2%)
172	MAJEWSKA Wiktoria	639	POTĘGOWO	K-Dzieci	14			00:05:24	00:24:57	00:54:22.75	00:59:47.65	10:52	5.5 (63.2%)
173	OGONOWSKA Edyta	508	KLUB NW PATYCZAKI	K55-59	6			00:09:30	00:27:00	00:54:27.75	01:03:57.85	10:53	5.5 (63.2%)
174	SOBIŃSKA Anna	589		K30-39	16			00:06:43	00:26:52	00:54:30.35	01:01:13.70	10:54	5.5 (63.2%)
175	MOTOCZYŃSKA Aleksandra	498	GOSIR OSIELSKO	K55-59	7			00:09:29	00:26:42	00:54:34.45	01:04:04.05	10:55	5.5 (63.2%)
176	LITWIN Michalina	783		K30-39	17			00:07:19	00:27:17	00:54:50.15	01:02:09.35	10:58	5.5 (63.2%)
177	SURMIAK Ryszard	545	RKM SOPELEK	M70+	3			00:04:22	00:26:21	00:55:06.35	00:59:28.85	11:01	5.4 (62.1%)
178	JAZOWIT-KRAWCZYK Ewa	459		K50-54	8			00:08:57	00:26:49	00:55:20.50	01:04:17.65	11:04	5.4 (62.1%)
179	DUSZEŃKO Elwira	607	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	4			00:11:18	00:27:34	00:55:23.80	01:06:42.65	11:04	5.4 (62.1%)
180	BONIECKA Joanna	628	POTĘGOWO	K40-44	11			00:07:51	00:27:14	00:55:30.25	01:03:21.75	11:06	5.4 (62.1%)
181	SUCHECKA Regina	614		K60-64	9			00:10:02	00:27:42	00:55:34.50	01:05:36.75	11:06	5.4 (62.1%)
182	DEMBOWIAK Wanda	434	MŁODZI DUCHEM	K65-69	4			00:10:40	00:27:10	00:55:40.10	01:06:20.65	11:08	5.4 (62.1%)
183	BUDASZ Grażyna	419	PILSCY MIŁOŚNICZY NW	K60-64	10			00:10:05	00:27:18	00:55:42.95	01:05:48.80	11:08	5.4 (62.1%)
184	GRABOWSKA Agnieszka	450	MOSIR RYPIN	K-Niepełnosprawni(A)	5			00:11:18	00:27:43	00:55:57.95	01:07:16.35	11:11	5.4 (62.1%)
185	PANKIEWICZ-DMOWSKA Cecylia	512		K65-69	5			00:10:41	00:28:07	00:56:02.05	01:06:43.70	11:12	5.4 (62.1%)
186	KOLANEK Aleksandra	601		K18-29	8			00:06:44	00:27:32	00:56:05.30	01:02:49.45	11:13	5.3 (60.9%)
187	SZYBUT Roma	627	POTĘGOWO	K30-39	18			00:07:18	00:27:48	00:56:08.55	01:03:27.35	11:13	5.3 (60.9%)
188	BARTOSIEWICZ Grażyna	408	FACE NORDIC WALKING TEAM	K60-64	11			00:10:02	00:27:37	00:56:10.90	01:06:13.25	11:14	5.3 (60.9%)
189	LACHOWICZ Alicja	613		K-Dzieci	15			00:05:28	00:26:14	00:56:13.90	01:01:42.75	11:14	5.3 (60.9%)
190	BUBKA Anna	782		K-Jun.	6			00:06:12	00:27:18	00:56:18.00	01:02:30.65	11:15	5.3 (60.9%)
191	ŚLUSARCZYK Danuta	558	WESOŁY BORSUK TEAM	K65-69	6			00:10:39	00:28:18	00:56:49.30	01:07:28.75	11:21	5.3 (60.9%)
192	TRUBIEJ Tomasz	646	POTĘGOWO	M-Dzieci	6	2+5 min kary		00:05:27	00:25:18	00:56:55.70	01:02:23.00	11:23	5.3 (60.9%)
193	SAWACIŃSKA Jadwiga	587		K60-64	12			00:10:05	00:28:34	00:57:02.10	01:07:07.65	11:24	5.3 (60.9%)
194	GRZEBA Sandra	781		K-Jun.	7			00:06:12	00:27:51	00:57:05.40	01:03:17.85	11:25	5.3 (60.9%)
195	KILAR Oliwia	467	RODZINKA KILAR (PL)	K-Dzieci	16			00:05:23	00:27:11	00:57:25.00	01:02:48.10	11:29	5.2 (59.8%)



Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										5km	5km			
195	<b>KACZMAREK Martyna</b>	<b>616</b>		K-Dzieci	17			00:05:22	00:27:15	<b>00:57:25.00</b>	<b>01:02:47.25</b>	+00:22:56 (39.9%)	11:29	5.2 (59.8%)
197	<b>BUDASZ Krzysztof</b>	<b>420</b>	PILSCY MIŁOŚNICY NW	M60-64	9			00:03:15	00:28:45	<b>00:57:35.65</b>	<b>01:00:50.75</b>	+00:23:06 (40.1%)	11:31	5.2 (59.8%)
198	<b>ŚWIDCZAK Justyna</b>	<b>651</b>	POTĘGOWO	K18-29	9			00:05:30	00:29:24	<b>00:57:58.10</b>	<b>01:03:28.20</b>	+00:23:29 (40.5%)	11:35	5.2 (59.8%)
199	<b>GOJTOWSKI Paweł</b>	<b>645</b>	POTĘGOWO	M-Dzieci	7	2+5 min kary		00:05:28	00:24:46	<b>00:58:19.95</b>	<b>01:03:48.00</b>	+00:23:51 (40.9%)	11:40	5.1 (58.6%)
200	<b>SCHRANDER Stanisława</b>	<b>602</b>		K70+	1			00:11:17	00:28:35	<b>00:58:45.55</b>	<b>01:10:02.80</b>	+00:24:16 (41.3%)	11:45	5.1 (58.6%)
201	<b>KĘDZIERSKA Edyta</b>	<b>465</b>	PFNW	K40-44	12			00:11:21	00:29:14	<b>00:58:49.20</b>	<b>01:10:10.25</b>	+00:24:20 (41.4%)	11:45	5.1 (58.6%)
202	<b>GODZIEK Beata</b>	<b>690</b>		K55-59	8			00:09:31	00:29:02	<b>00:59:04.15</b>	<b>01:08:35.90</b>	+00:24:35 (41.6%)	11:48	5.1 (58.6%)
203	<b>DĄBROWSKA Aleksandra</b>	<b>591</b>		K18-29	10	1		00:06:43	00:28:26	<b>00:59:11.00</b>	<b>01:05:54.35</b>	+00:24:42 (41.7%)	11:50	5.1 (58.6%)
204	<b>MIKOŁAJCZAK Grażyna</b>	<b>631</b>	POTĘGOWO	K55-59	9			00:09:30	00:28:58	<b>00:59:26.80</b>	<b>01:08:57.55</b>	+00:24:58 (42.0%)	11:53	5 (57.5%)
205	<b>CYRA Zbigniew</b>	<b>427</b>		M65-69	8			00:03:46	00:29:16	<b>00:59:40.75</b>	<b>01:03:27.20</b>	+00:25:12 (42.2%)	11:56	5 (57.5%)
206	<b>WRÓBLEWSKA Dominika</b>	<b>619</b>		K18-29	11			00:06:45	00:28:16	<b>00:59:45.95</b>	<b>01:06:31.60</b>	+00:25:17 (42.3%)	11:57	5 (57.5%)
207	<b>GRUSZKA Ilona</b>	<b>454</b>	UNIA MIAST	K40-44	13			00:07:53	00:29:54	<b>00:59:55.65</b>	<b>01:07:49.15</b>	+00:25:26 (42.5%)	11:59	5 (57.5%)
208	<b>DROP Mieczysław</b>	<b>435</b>		M70+	4			00:04:24	00:30:21	<b>00:59:57.90</b>	<b>01:04:22.55</b>	+00:25:29 (42.5%)	11:59	5 (57.5%)
209	<b>BŁASZCZYK Łukasz</b>	<b>412</b>	KIJANKI POZNAŃ	M40-44	7			00:01:23	00:29:55	<b>01:00:10.45</b>	<b>01:01:33.70</b>	+00:25:41 (42.7%)	12:02	5 (57.5%)
210	<b>GRABOWSKI Adam</b>	<b>451</b>	MOSIR RYPIN	M-Niepełnosprawni(A)	5			00:03:16	00:29:14	<b>01:00:16.75</b>	<b>01:03:33.55</b>	+00:25:48 (42.8%)	12:03	5 (57.5%)
211	<b>MŁYNARCZYK Michał</b>	<b>642</b>	POTĘGOWO	M-Dzieci	8	2+5 min kary		00:05:24	00:27:47	<b>01:00:49.50</b>	<b>01:06:14.40</b>	+00:26:20 (43.3%)	12:10	4.9 (56.3%)
212	<b>MROCZEK Jakub</b>	<b>635</b>	POTĘGOWO	M-Dzieci	9	2+5 min kary		00:05:23	00:29:35	<b>01:00:51.05</b>	<b>01:06:14.85</b>	+00:26:22 (43.3%)	12:10	4.9 (56.3%)
213	<b>KOLISZ Krystyna</b>	<b>615</b>		K65-69	7			00:10:41	00:29:38	<b>01:01:21.50</b>	<b>01:12:02.80</b>	+00:26:52 (43.8%)	12:16	4.9 (56.3%)
214	<b>DUSZEŃKO Jakub</b>	<b>606</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			00:04:37	00:35:37	<b>01:01:22.80</b>	<b>01:06:00.45</b>	+00:26:54 (43.8%)	12:16	4.9 (56.3%)
215	<b>MRÓZ Katarzyna</b>	<b>596</b>		K45-49	18	1		00:08:35	00:30:05	<b>01:01:30.40</b>	<b>01:10:06.05</b>	+00:27:01 (43.9%)	12:18	4.9 (56.3%)
216	<b>SKORUPSKI Janusz</b>	<b>530</b>	1948.	M65-69	9			00:03:48	00:29:16	<b>01:01:49.40</b>	<b>01:05:38.35</b>	+00:27:20 (44.2%)	12:22	4.9 (56.3%)
217	<b>LEBIODA Renata</b>	<b>483</b>	NIEZRZESZONA	K40-44	14			00:07:52	00:30:42	<b>01:01:56.45</b>	<b>01:09:48.70</b>	+00:27:27 (44.3%)	12:23	4.8 (55.2%)
218	<b>DUSZEŃKO Damian</b>	<b>608</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	3			00:04:39	00:34:18	<b>01:01:57.75</b>	<b>01:06:36.85</b>	+00:27:29 (44.4%)	12:23	4.8 (55.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
219	<b>CZERWONKA Brajan</b>	<b>647</b>	POTĘGOWO	M-Dzieci	10	2+5 min kary		00:05:28	00:29:25	<b>01:03:38.75</b>	<b>01:09:07.00</b>	+00:29:10 (45.8%)	12:43	4.7 (54.0%)
220	<b>ŁUKASZEWICZ Dominik</b>	<b>649</b>	POTĘGOWO	M-Dzieci	11	2+5 min kary		00:05:26	00:27:25	<b>01:04:57.55</b>	<b>01:10:24.00</b>	+00:30:28 (46.9%)	12:59	4.6 (52.9%)
221	<b>KILAR Zofia</b>	<b>468</b>	BABCIA ZOSIA	K70+	2			00:11:17	00:30:34	<b>01:06:27.85</b>	<b>01:17:45.80</b>	+00:31:59 (48.1%)	13:17	4.5 (51.7%)
222	<b>NASTAŁY Kacper</b>	<b>636</b>	POTĘGOWO	M-Dzieci	12	2+5 min kary		00:05:23	00:29:34	<b>01:07:09.25</b>	<b>01:12:33.00</b>	+00:32:40 (48.7%)	13:26	4.5 (51.7%)
223	<b>LACHOWICZ Jadwiga</b>	<b>611</b>		K60-64	13			00:10:04	00:32:44	<b>01:07:56.75</b>	<b>01:18:01.60</b>	+00:33:28 (49.3%)	13:35	4.4 (50.6%)
224	<b>WYROTA Szymon</b>	<b>648</b>	POTĘGOWO	M-Dzieci	13	2+5 min kary		00:05:29	00:29:27	<b>01:08:04.25</b>	<b>01:13:34.00</b>	+00:33:35 (49.3%)	13:37	4.4 (50.6%)
225	<b>KILAR Igor</b>	<b>466</b>	RODZINKA KILAR (PL)	M-Dzieci	14			00:11:17	00:30:34	<b>01:08:28.65</b>	<b>01:19:46.00</b>	+00:33:59 (49.6%)	13:41	4.4 (50.6%)
226	<b>NOWAK Maja</b>	<b>504</b>	KLUB NW PATYCZAKI	K-Dzieci	18			00:05:23	00:31:46	<b>01:09:00.90</b>	<b>01:14:23.95</b>	+00:34:32 (50.0%)	13:48	4.3 (49.4%)
227	<b>KOLANEK Anetta</b>	<b>595</b>		K45-49	19			00:08:33	00:34:18	<b>01:09:28.60</b>	<b>01:18:02.15</b>	+00:34:59 (50.4%)	13:53	4.3 (49.4%)
228	<b>CHWALISZEWSKI Michał</b>	<b>425</b>	GOSIR OSIELSKO	M70+	5			00:04:23	00:34:27	<b>01:10:29.95</b>	<b>01:14:53.30</b>	+00:36:01 (51.1%)	14:06	4.3 (49.4%)
229	<b>BORZESZKOWSKA Małgorzata</b>	<b>417</b>		K50-54	9			00:11:22	00:30:27			+00:13:28	12:10	4.9 (56.3%)
230	<b>DĄBROWSKA Grażyna</b>	<b>599</b>		K60-64	14			00:10:03	00:35:05			+00:18:06	14:02	4.3 (49.4%)
231	<b>ROSZAK-PEZAŁA Olga</b>	<b>617</b>		K50-54	10			00:11:24	00:39:34			+00:22:35	15:49	3.8 (43.7%)
232	<b>BOJKE Olgierd</b>	<b>414</b>	PFNW	M55-59	9			00:11:23	00:39:39			+00:22:39	15:51	3.8 (43.7%)
233	<b>BUSCHMAN Edyta</b>	<b>632</b>	POTĘGOWO	K40-44	15			00:05:25						(0.0%)
DQ	<b>ADAMCZYK Adam</b>	<b>401</b>	PASJA NORDIC WALKING	M65-69			1	DQ	00:19:56 DQ	<b>00:39:53.40</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>NOWROTEK Roman</b>	<b>507</b>		M65-69			1	DQ	00:19:54 DQ	<b>00:39:56.30</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>TOMCZYK Edward</b>	<b>560</b>	MARSZ PO ZDROWIE	M65-69		1	1	DQ	00:19:58 DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Total 236 results.