



MISTRZOSTWA POLSKI / PUCHAR POLSKI NW - BYDGOSZCZ - 5KM - 2/6

B4SPORT

Wydarzenie: IV Otwarte Mistrzostwa Polski Nordic Walking - 5km i 10km
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2024-06-22
Miejsce: Bydgoszcz
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	131	K.S. VICTORIA POTĘGOWO	M50-54	1			00:14:23	00:29:28.30		5:53	10.2 (100%)
2	ROMANOWSKI Daniel	97	KATOWICKI NORDIC WALKING	M18-29	1			00:14:34	00:29:54.27	+00:00:25 (1.4%)	5:58	10 (98.0%)
3	STĘPAK Piotr	108	K.S. VICTORIA POTĘGOWO	M30-39	1			00:14:44	00:30:19.45	+00:00:51 (2.8%)	6:03	9.9 (97.1%)
4	CYRUS Bogdan	16		M50-54	2			00:14:44	00:30:43.29	+00:01:14 (4.1%)	6:08	9.8 (96.1%)
5	ROŻYNEK Miron	150	NW CZŁAPSKI TEAM	M60-64	1			00:15:34	00:31:27.84	+00:01:59 (6.3%)	6:17	9.5 (93.1%)
6	MIELECKA Agnieszka	67	POLIPACK TEAM GWE	K55-59	1			00:15:35	00:31:32.82	+00:02:04 (6.6%)	6:18	9.5 (93.1%)
7	GWIZDAŁA Zbigniew	37		M55-59	1			00:15:39	00:31:35.74	+00:02:07 (6.7%)	6:19	9.5 (93.1%)
8	KŁOS Maciej	53	POLIPACK TEAM GWE	M40-44	1			00:15:41	00:31:45.81	+00:02:17 (7.2%)	6:21	9.4 (92.2%)
9	MARCZAK Tomasz	62	K.S. VICTORIA POTĘGOWO	M18-29	2			00:15:51	00:32:34.22	+00:03:05 (9.5%)	6:30	9.2 (90.2%)
10	POŁUBIAK Paweł	91	NW CZŁAPSKI TEAM	M30-39	2			00:15:58	00:32:34.55	+00:03:06 (9.5%)	6:30	9.2 (90.2%)
11	BRZOZOWSKI Piotr	11	AKTYWNI POSTOMINO	M40-44	2			00:16:00	00:32:39.35	+00:03:11 (9.8%)	6:31	9.2 (90.2%)
12	ZEMŁA Marcin	136	CIAP CIAP ZEMŁA TEAM	M30-39	3			00:16:13	00:32:42.57	+00:03:14 (9.9%)	6:32	9.2 (90.2%)
13	FRAĆKOWIAK Roman	27	NORDIC SPORT 2021	M55-59	2			00:15:55	00:32:43.25	+00:03:14 (9.9%)	6:32	9.2 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
14	GAJEWSKI Eugeniusz	29	MIASTO GORZÓW WIELKOPOLSKI	M65-69	1			00:16:00	00:32:45.36	+00:03:17 (10.0%)	6:33	9.2 (90.2%)
15	PIETRAKOWSKI Marcin	85	K.S. VICTORIA POTĘGOWO	M45-49	1			00:15:56	00:32:48.41	+00:03:20 (10.2%)	6:33	9.1 (89.2%)
16	KARPIENIA Ewa	51	K.S. VICTORIA POTĘGOWO	K55-59	2			00:16:19	00:32:56.31	+00:03:28 (10.5%)	6:35	9.1 (89.2%)
17	GWIZDAŁA Mikołaj	38		M18-29	3			00:16:22	00:32:56.59	+00:03:28 (10.5%)	6:35	9.1 (89.2%)
18	ŚLUSARCZYK Marcin	117	WESOŁY BORSUK TEAM	M45-49	2			00:15:57	00:33:06.86	+00:03:38 (11.0%)	6:37	9.1 (89.2%)
19	KOŁODZIEJ Joanna	141	OPEN SPORT TEAM	K55-59	3			00:16:36	00:33:26.33	+00:03:58 (11.9%)	6:41	9 (88.2%)
20	MAŚLANKA Jacek	64		M60-64	2			00:16:27	00:33:31.67	+00:04:03 (12.1%)	6:42	9 (88.2%)
21	KUBISZYN Małgorzata	149	K.S. VICTORIA POTĘGOWO	K30-39	1			00:16:35	00:33:33.87	+00:04:05 (12.2%)	6:42	8.9 (87.3%)
22	STACHOWICZ Joanna	105	K.S. VICTORIA POTĘGOWO	K30-39	2			00:16:42	00:33:36.75	+00:04:08 (12.3%)	6:43	8.9 (87.3%)
23	MAŚLANKA Iwona	63	NORDIC SPORT 2021	K50-54	1			00:16:24	00:33:37.17	+00:04:08 (12.3%)	6:43	8.9 (87.3%)
24	DANIELSKI Waldemar	20	K.S. VICTORIA POTĘGOWO	M60-64	3			00:16:29	00:33:41.12	+00:04:12 (12.5%)	6:44	8.9 (87.3%)
25	MICHALSKI Andrzej	66	POLIPACK TEAM GWE	M65-69	2			00:16:13	00:33:52.36	+00:04:24 (13.0%)	6:46	8.9 (87.3%)
26	SKIERA Krzysztof	241	LIFE BALANCE BYDGOSZCZ	M45-49	3			00:17:00	00:34:02.22	+00:04:33 (13.4%)	6:48	8.8 (86.3%)
27	FRANCZAK Małgorzata	24	K.S. VICTORIA POTĘGOWO	K18-29	1			00:16:43	00:34:16.23	+00:04:47 (14.0%)	6:51	8.8 (86.3%)
28	PUKSZTA Krzysztof	94	WESOŁY BORSUK TEAM	M40-44	3			00:16:53	00:34:18.87	+00:04:50 (14.1%)	6:51	8.7 (85.3%)
29	JAKSINA Dariuszjaksina45@Gmail.com	43	MAZURSKI DZIK	M55-59	3			00:16:53	00:34:21.88	+00:04:53 (14.2%)	6:52	8.7 (85.3%)
30	RUDAWSKI Maciej	142	NORDIC SPORT 2021	M40-44	4			00:16:42	00:34:26.38	+00:04:58 (14.4%)	6:53	8.7 (85.3%)
31	PASIERB Marek	82	K.S. VICTORIA POTĘGOWO	M70-74	1			00:17:40	00:34:41.43	+00:05:13 (15.0%)	6:56	8.6 (84.3%)
32	RAKOWIECKI Zbigniew	95	POLIPACK TEAM GWE	M60-64	4			00:17:07	00:34:44.02	+00:05:15 (15.1%)	6:56	8.6 (84.3%)
33	WINCZEWSKI Piotr	127	AZYMUT PABIANICE	M55-59	4			00:17:14	00:34:47.73	+00:05:19 (15.3%)	6:57	8.6 (84.3%)
34	OKRZESIK-FRĄCKOWIAK Izabela	75	NORDIC SPORT 2021	K55-59	4			00:17:09	00:34:50.81	+00:05:22 (15.4%)	6:58	8.6 (84.3%)
35	WŁODARSKI Radosław	132		M30-39	4			00:16:55	00:35:00.16	+00:05:31 (15.8%)	7:00	8.6 (84.3%)
36	HRYCIUK Waldemar	41	VICTORIA POTĘDOWO	M65-69	3			00:17:24	00:35:13.19	+00:05:44 (16.3%)	7:02	8.5 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
37	KLĘCZ Magdalena	148		K40-44	1			00:17:22	00:35:19.87	+00:05:51 (16.6%)	7:03	8.5 (83.3%)
38	BECZEK Magdalena	4	POLIPACK TEAM GWE	K30-39	3			00:17:26	00:35:20.87	+00:05:52 (16.6%)	7:04	8.5 (83.3%)
39	KUSA Piotr	57	LIFE BALANCE PLACE	M40-44	5			00:17:27	00:35:21.26	+00:05:52 (16.6%)	7:04	8.5 (83.3%)
40	BIELECKA Zuzanna	5	K.S. VICTORIA POTĘGOWO	K40-44	2			00:17:46	00:35:21.83	+00:05:53 (16.7%)	7:04	8.5 (83.3%)
41	WIŚNIEWSKI Mariusz	128	NW CZŁAPSKI TEAM	M50-54	3			00:17:33	00:35:26.42	+00:05:58 (16.8%)	7:05	8.5 (83.3%)
42	PODSIADŁY Stanisław	88	K.S. VICTORIA POTĘGOWO	M65-69	4			00:17:24	00:35:31.60	+00:06:03 (17.0%)	7:06	8.4 (82.4%)
43	ADAMCZYK Adam	1	K.S. VICTORIA POTĘGOWO	M75-79	1			00:17:59	00:35:32.13	+00:06:03 (17.1%)	7:06	8.4 (82.4%)
44	POTRZEBOWSKI Marek	93	LIFE BALANCE PLACE	M- Niepełnosprawni(B)	1			00:17:46	00:35:32.68	+00:06:04 (17.1%)	7:06	8.4 (82.4%)
45	MIHELAC Juraj	68	NWC SPLATAUM	M40-44	6			00:17:23	00:35:36.97	+00:06:08 (17.3%)	7:07	8.4 (82.4%)
46	GABRYSZAK Magdalena	246	FUNDCJA SODA	K45-49	1			00:17:40	00:35:50.82	+00:06:22 (17.8%)	7:10	8.4 (82.4%)
47	SZPILMAN Katarzyna	112		K55-59	5			00:17:39	00:35:55.40	+00:06:27 (18.0%)	7:11	8.4 (82.4%)
48	KACPERSKI Jarosław	47	NIEZESZONY	M- Niepełnosprawni(A)	1			00:18:01	00:36:00.81	+00:06:32 (18.2%)	7:12	8.3 (81.4%)
49	PASIŃSKA-SKOWRON Sylwia	83	OPEN SPORT TEAM	K45-49	2			00:17:42	00:36:01.16	+00:06:32 (18.2%)	7:12	8.3 (81.4%)
50	ZAWADZKI Krzysztof	147		M- Niepełnosprawni(B)	2			00:17:54	00:36:05.45	+00:06:37 (18.3%)	7:13	8.3 (81.4%)
51	KURATNIK Olga	56		K30-39	4			00:18:02	00:36:16.33	+00:06:48 (18.7%)	7:15	8.3 (81.4%)
52	GRUSZKA Michał	33	NORDIC SPORT 2021	M45-49	4			00:17:53	00:36:17.23	+00:06:48 (18.8%)	7:15	8.3 (81.4%)
53	SZYBUT Weronika	114	POTĘGA NORDICA	K-Jun.	1			00:18:05	00:36:22.52	+00:06:54 (19.0%)	7:16	8.2 (80.4%)
54	FRANCZAK Dariusz	25	NW CZŁAPSKI TEAM	M60-64	5			00:18:02	00:36:23.56	+00:06:55 (19.0%)	7:16	8.2 (80.4%)
55	POTRZEBOWSKA Agata	92	LIFE BALANCE PLACE	K- Niepełnosprawni(B)	1			00:17:57	00:36:25.73	+00:06:57 (19.1%)	7:17	8.2 (80.4%)
56	HRYCIUK Teresa	42	K.S. VICTORIA POTĘGOWO	K60-64	1			00:17:47	00:36:37.43	+00:07:09 (19.5%)	7:19	8.2 (80.4%)
57	KOWALCZYK Tadeusz	54	NORDIC SPORT 2021	M70-74	2			00:17:49	00:36:38.81	+00:07:10 (19.6%)	7:19	8.2 (80.4%)
58	ŁASZCZ Wojciech	59	JA I TY.TO MY PIŁA	M- Niepełnosprawni(A)	2			00:18:03	00:36:53.05	+00:07:24 (20.1%)	7:22	8.1 (79.4%)
59	BREWCZYŃSKI Marcin	9	POLIPACK TEAM GWE	M30-39	5			00:16:53	00:36:53.65	+00:07:25 (20.1%)	7:22	8.1 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
60	ŻYTKOWSKI Andrzej	249	TKKF	M60-64	6			00:18:07	00:36:55.22	+00:07:26 (20.2%)	7:23	8.1 (79.4%)
61	STANISŁAWSKI Jan	106	NORDIC WALKINGKIEKRZ POLAND	M65-69	5			00:17:23	00:36:59.63	+00:07:31 (20.3%)	7:23	8.1 (79.4%)
62	SZCZĘŚNIAK Zbigniew	109	NORDIC TEAM CZĘSTOCHOWA	M60-64	7			00:18:16	00:37:01.15	+00:07:32 (20.4%)	7:24	8.1 (79.4%)
63	CZEKAŃSKI Damian	18	WESOŁY BORSUK TEAM	M30-39	6			00:18:19	00:37:01.75	+00:07:33 (20.4%)	7:24	8.1 (79.4%)
64	BISKUP Przemysław	6	OSP BIEGA	M45-49	5			00:17:59	00:37:02.51	+00:07:34 (20.4%)	7:24	8.1 (79.4%)
65	KUŁAKOWSKA Halina	140	DRUŻYNA SMA	K45-49	3			00:18:22	00:37:04.45	+00:07:36 (20.5%)	7:24	8.1 (79.4%)
66	PRZYMUSIŃSKI Piotr	245	MARSZ PO ZDROWIE	M70-74	3			00:18:23	00:37:12.29	+00:07:43 (20.8%)	7:26	8.1 (79.4%)
67	CZMOCH Marian	19	NORDIC SPORT 2021	M70-74	4			00:18:32	00:37:19.06	+00:07:50 (21.0%)	7:27	8 (78.4%)
68	POLAK Łukasz	89	OBORYGENI	M40-44	7			00:18:15	00:37:19.21	+00:07:50 (21.0%)	7:27	8 (78.4%)
69	WITUCKA Karolina	130	K.S. VICTORIA POTĘGOWO	K-Jun.	2			00:18:27	00:37:20.11	+00:07:51 (21.1%)	7:28	8 (78.4%)
70	ZDRZĄLEK Alicja	135	NORDIC SPORT 2021	K45-49	4			00:18:34	00:37:21.17	+00:07:52 (21.1%)	7:28	8 (78.4%)
71	DOMAGAŁA Monika	22		K40-44	3			00:18:18	00:37:27.06	+00:07:58 (21.3%)	7:29	8 (78.4%)
72	WIŚNIEWSKI Julian	129	NW CZŁAPSKI TEAM	M-Jun.	1			00:17:47	00:37:29.64	+00:08:01 (21.4%)	7:29	8 (78.4%)
73	WROŃSKI Vlodi	134	K.S. VICTORIA POTĘGOWO	M70-74	5			00:18:29	00:37:29.68	+00:08:01 (21.4%)	7:29	8 (78.4%)
74	ROCHNA Celina	96	WŁÓCZYKIJE GDYNIA	K45-49	5			00:18:38	00:37:37.34	+00:08:09 (21.7%)	7:31	8 (78.4%)
75	KACZMAREK Maja	49	WŁÓCZYKIJE GDYNIA	K40-44	4			00:18:34	00:37:40.68	+00:08:12 (21.8%)	7:32	8 (78.4%)
76	KANIA Adam	50	NORDIC SPORT 2021	M60-64	8			00:18:33	00:37:46.65	+00:08:18 (22.0%)	7:33	7.9 (77.5%)
77	TOMCZYK Edward	123	ZIELONE GROSZKI POZNAŃ	M75-79	2			00:18:35	00:37:50.53	+00:08:22 (22.1%)	7:34	7.9 (77.5%)
78	OLEJNICZAK Tomasz	76		M55-59	5			00:19:07	00:37:55.13	+00:08:26 (22.3%)	7:35	7.9 (77.5%)
79	SERÓWKA Lidia	101		K-Niepełnosprawni(A)	1			00:18:39	00:38:13.34	+00:08:45 (22.9%)	7:38	7.8 (76.5%)
80	POLAK Marcel	90	OBORYGENI	M-Jun.	2			00:19:14	00:38:16.57	+00:08:48 (23.0%)	7:39	7.8 (76.5%)
81	SZEWCZYK Hanna	111	TORUŃ-IDZIEMY BEZ RYZYKA	K60-64	2			00:18:58	00:38:24.14	+00:08:55 (23.3%)	7:40	7.8 (76.5%)
82	SZYMANIK Lesław	116	LIFE BALANCE PLACE	M70-74	6			00:18:54	00:38:26.51	+00:08:58 (23.3%)	7:41	7.8 (76.5%)

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									5km	Różn		
83	RUSINOWICZ Andrzej	98		M80+	1			00:19:13	00:38:36.59	+00:09:08 (23.7%)	7:43	7.8 (76.5%)
84	BROTKIEWICZ Mariusz	10	NORDIC SPORT 2021	M50-54	4			00:19:03	00:38:38.59	+00:09:10 (23.7%)	7:43	7.8 (76.5%)
85	JAŚKOWSKI Patryk	46	NORDIC SPORT 2021	M40-44	8			00:19:08	00:38:39.00	+00:09:10 (23.7%)	7:43	7.8 (76.5%)
86	JAKUBOWSKI Zbigniew	44		M75-79	3			00:18:57	00:38:52.39	+00:09:24 (24.2%)	7:46	7.7 (75.5%)
87	ADAMCZYK Bogdan	146	BASZTA	M50-54	5			00:18:40	00:38:54.35	+00:09:26 (24.2%)	7:46	7.7 (75.5%)
88	MATYJA Anna	65	#ŚREMCHODZI	K50-54	2			00:19:11	00:38:59.51	+00:09:31 (24.4%)	7:47	7.7 (75.5%)
89	CZAJKA Urszula	17		K70-74	1			00:19:01	00:39:03.64	+00:09:35 (24.5%)	7:48	7.7 (75.5%)
90	FELCYN Anna	247	SODA	K45-49	6			00:19:18	00:39:15.62	+00:09:47 (24.9%)	7:51	7.6 (74.5%)
91	BUDNY Sławomir	238	KALISIA NORDIC TEAM	M- Niepełnosprawni(A)	3			00:19:15	00:39:18.37	+00:09:50 (25.0%)	7:51	7.6 (74.5%)
92	GRYGOROWICZ Bogdan	36	KGHM METRACO	M- Niepełnosprawni(B)	3			00:19:27	00:39:22.03	+00:09:53 (25.1%)	7:52	7.6 (74.5%)
93	RZEPECKI Sławomir	100		M50-54	6			00:19:02	00:39:23.50	+00:09:55 (25.2%)	7:52	7.6 (74.5%)
94	KOWALCZYK Joanna	55	NORDIC SPORT 2021	K50-54	3			00:19:35	00:39:28.32	+00:10:00 (25.3%)	7:53	7.6 (74.5%)
95	POSTEK Danuta	138		K60-64	3			00:19:29	00:39:44.33	+00:10:16 (25.8%)	7:56	7.6 (74.5%)
96	PIETRZYK Anna	86	KALISZANKA	K- Niepełnosprawni(B)	2			00:19:54	00:40:08.03	+00:10:39 (26.6%)	8:01	7.5 (73.5%)
97	PILIMON Krzysztof	87	NIEZRZESZONY	M- Niepełnosprawni(B)	4			00:19:38	00:40:08.84	+00:10:40 (26.6%)	8:01	7.5 (73.5%)
98	KASPRZYK Gracjan	52	PRINCE VAMP	M18-29	4			00:19:49	00:40:11.01	+00:10:42 (26.7%)	8:02	7.5 (73.5%)
99	BAZNER Paulina	233	BASZTA BYTÓW	K30-39	5			00:19:35	00:40:15.22	+00:10:46 (26.8%)	8:03	7.5 (73.5%)
100	CARLSSON Agnieszka	12	GREEN TEAM	K- Niepełnosprawni(A)	2			00:20:03	00:40:19.79	+00:10:51 (26.9%)	8:03	7.4 (72.5%)
101	AŁADOWICZ Nadia	2	LIFE BALANCE PLACE	K-Jun.	3			00:19:56	00:40:21.66	+00:10:53 (27.0%)	8:04	7.4 (72.5%)
102	MALINIAK Aleksandra	61	OBORYGENI	K-Jun.	4			00:19:56	00:40:23.50	+00:10:55 (27.0%)	8:04	7.4 (72.5%)
103	TOCZKO Jarosław	122	AVOCADO WELLENSS CLUB	M55-59	6			00:19:44	00:40:24.90	+00:10:56 (27.1%)	8:04	7.4 (72.5%)
104	ROMAŃAK Danuta	144	BASZTA BYTÓW	K45-49	7			00:20:13	00:40:29.54	+00:11:01 (27.2%)	8:05	7.4 (72.5%)
105	NERC Dorota	73		K65-69	1			00:20:10	00:40:37.47	+00:11:09 (27.5%)	8:07	7.4 (72.5%)

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106	MOMOT Ewelina	69	POCHODZONE	K18-29	2			00:20:24	00:40:40.76	+00:11:12 (27.6%)	8:08	7.4 (72.5%)
107	RYLSKI Szymon	99		M18-29	5			00:20:29	00:40:41.56	+00:11:13 (27.6%)	8:08	7.4 (72.5%)
108	DOLATOWSKA Elżbieta	21	K.S. VICTORIA POTĘGOWO	K60-64	4			00:19:59	00:40:48.32	+00:11:20 (27.8%)	8:09	7.4 (72.5%)
109	PALUCH Paweł	80	AVOCADO WELLNESS CLUB	M60-64	9			00:19:57	00:40:56.61	+00:11:28 (28.0%)	8:11	7.3 (71.6%)
110	TURZYŃSKA-STOPY Monia	250	BŁĘKITNI DZIEMIANY	K65-69	2			00:20:26	00:40:57.69	+00:11:29 (28.1%)	8:11	7.3 (71.6%)
111	ŁĘCKI Jan	236	WŁÓCZYKIJE GDYNIA	M-Niepełnosprawni(A)	4			00:20:26	00:41:02.87	+00:11:34 (28.2%)	8:12	7.3 (71.6%)
112	WIERZCHOSLAWSKI Marcel	125		M18-29	6			00:20:02	00:41:12.56	+00:11:44 (28.5%)	8:14	7.3 (71.6%)
113	ŚLUSARCZYK Karolina	119	WESOŁY BORSUK TEAM	K18-29	3			00:20:05	00:41:15.81	+00:11:47 (28.6%)	8:15	7.3 (71.6%)
114	GONIA Bernard	31		M70-74	7			00:20:30	00:41:26.11	+00:11:57 (28.9%)	8:17	7.2 (70.6%)
115	WIERZCHOSŁAWSKA Marta	126		K18-29	4			00:20:13	00:41:36.38	+00:12:08 (29.2%)	8:19	7.2 (70.6%)
116	JAŚKIEWICZ Tamara	45	JELEŃ GÓRA SUDETY	K40-44	5			00:20:29	00:41:44.19	+00:12:15 (29.4%)	8:20	7.2 (70.6%)
117	GAJEWSKA Aleksandra	28	MIASTO GORZÓW WIELKOPOLSKI	K65-69	3			00:20:33	00:41:52.93	+00:12:24 (29.6%)	8:22	7.2 (70.6%)
118	AŁADOWICZ Anna	3	LIFE BALANCE PLACE	K40-44	6			00:20:21	00:42:01.98	+00:12:33 (29.9%)	8:24	7.1 (69.6%)
119	THOMALLA Bogdan	121	NORDIC SPORT 2021	M80+	2			00:20:46	00:42:08.70	+00:12:40 (30.1%)	8:25	7.1 (69.6%)
120	DZIKOWSKA-FRANCZAK Agnieszka	248		K45-49	8			00:21:23	00:42:19.36	+00:12:51 (30.4%)	8:27	7.1 (69.6%)
121	NOWAKOWSKA Sylwia	74		K45-49	9			00:21:11	00:42:27.51	+00:12:59 (30.6%)	8:29	7.1 (69.6%)
122	PAKMUR Anna	242	PATYCZAKI	K60-64	5			00:20:46	00:42:30.53	+00:13:02 (30.7%)	8:30	7.1 (69.6%)
123	CIESIELSKI Krzysztof	15	FAST WALKER	M-Niepełnosprawni(A)	5			00:20:13	00:42:40.63	+00:13:12 (30.9%)	8:32	7 (68.6%)
124	SULECKA Gabriela	243	PATYCZAKI	K-Niepełnosprawni(A)	3			00:21:14	00:42:41.41	+00:13:13 (31.0%)	8:32	7 (68.6%)
125	FRANCZAK Anna	26	NW CZŁĄPSKI TEAM	K55-59	6			00:21:29	00:42:47.57	+00:13:19 (31.1%)	8:33	7 (68.6%)
126	KLECZ Marcin	176	KLECZE NW	M40-44	9			00:21:12	00:42:53.61	+00:13:25 (31.3%)	8:34	7 (68.6%)
127	STATNIK Tomasz	239	SUCHY LAS	M70-74	8			00:20:56	00:43:02.57	+00:13:34 (31.5%)	8:36	7 (68.6%)
128	BUDNY Franek	237	KALISIA NORDIC TEAM	M-Dzieci	1			00:21:50	00:43:16.37	+00:13:48 (31.9%)	8:39	6.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	SZYCA Grażyna	143	BASZTA BYTÓW	K50-54	4			00:22:02	00:43:40.86	+00:14:12 (32.5%)	8:44	6.9 (67.6%)
130	STATNIK Genowefa	107	SUCHY LAS - BIEDRUSKO	K70-74	2			00:21:25	00:43:58.93	+00:14:30 (33.0%)	8:47	6.8 (66.7%)
131	BŁĄDEK Witold	7	ZAWSZE MŁODZI NORDIC WALKING	M80+	3			00:21:58	00:44:11.15	+00:14:42 (33.3%)	8:50	6.8 (66.7%)
132	FIEDLER-MALINIAK Urszula	23	OBORYGENI	K40-44	7			00:22:20	00:44:20.33	+00:14:52 (33.5%)	8:52	6.8 (66.7%)
133	KACZMARCZYK Franciszek	48	RUMIA	M80+	4			00:21:41	00:44:29.66	+00:15:01 (33.8%)	8:53	6.7 (65.7%)
134	HACZEWSKI Jakub	40	POTĘGA NORDICA	M18-29	7			00:22:09	00:44:37.67	+00:15:09 (34.0%)	8:55	6.7 (65.7%)
135	BŁĄDEK Jolanta	8	ZAWSZE MŁODZI NORDIC WALKING	K80+	1			00:22:05	00:44:41.66	+00:15:13 (34.1%)	8:56	6.7 (65.7%)
136	DZIKOWSKA Wwiesława	244	GOSIR OSIELSKO	K70-74	3			00:22:01	00:44:41.89	+00:15:13 (34.1%)	8:56	6.7 (65.7%)
137	TOMASZEWSKI Henryk	240		M50-54	7			00:22:10	00:44:42.60	+00:15:14 (34.1%)	8:56	6.7 (65.7%)
138	GRUSZKA Ilona	34	NORDIC SPORT 2021	K- Niepełnosprawni(A)	4			00:21:10	00:44:42.64	+00:15:14 (34.1%)	8:56	6.7 (65.7%)
139	GOTOWICZ Sylwia	32		K40-44	8			00:22:21	00:45:19.94	+00:15:51 (35.0%)	9:03	6.6 (64.7%)
140	TRAPSIA Hania	124	K.S. VICTORIA POTĘGOWO	K-Dzieci	1			00:21:36	00:45:20.30	+00:15:51 (35.0%)	9:04	6.6 (64.7%)
141	PIĄTKOWSKI Józef	84	KGHM METRACO	M75-79	4			00:21:39	00:45:26.58	+00:15:58 (35.1%)	9:05	6.6 (64.7%)
142	SMARUJ - SADOWSKA Janina	103		K70-74	4			00:22:29	00:45:30.26	+00:16:01 (35.2%)	9:06	6.6 (64.7%)
143	ŚLUSARCZYK Błażej	120	WESOŁY BORSUK TEAM	M-Dzieci	2			00:22:51	00:45:33.10	+00:16:04 (35.3%)	9:06	6.6 (64.7%)
144	WORONKO-ZACZYŃSKA Janina	133	KGHM METRACO	K75-79	1			00:22:29	00:45:52.75	+00:16:24 (35.8%)	9:10	6.5 (63.7%)
145	PANKIEWICZ-DMOWSKA Cecylia	81	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	2			00:22:56	00:46:13.16	+00:16:44 (36.2%)	9:14	6.5 (63.7%)
146	MOTOCZYŃSKA Aleksandra	71		K65-69	4			00:22:55	00:46:24.42	+00:16:56 (36.5%)	9:16	6.5 (63.7%)
147	SŁOJEWSKA Ilona	102	NIEZRZESZONA	K50-54	5			00:22:39	00:46:55.51	+00:17:27 (37.2%)	9:23	6.4 (62.7%)
148	SZYBUT Roma	113	POTĘGA NORDICA	K40-44	9			00:23:10	00:47:27.68	+00:17:59 (37.9%)	9:29	6.3 (61.8%)
149	CHWIAŁKOWSKA Agnieszka	14		K45-49	10			00:23:18	00:47:29.62	+00:18:01 (37.9%)	9:29	6.3 (61.8%)
150	CHARCZUK Zenon	13		M- Niepełnosprawni(A)	6			00:23:45	00:47:33.56	+00:18:05 (38.0%)	9:30	6.3 (61.8%)
151	KUZHYLNA Marija	145	BASZTA BYTÓW	K30-39	6			00:24:01	00:47:57.83	+00:18:29 (38.6%)	9:35	6.3 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	KIEDROWSKI Włodzimierz	139		M80+	5			00:24:14	00:48:50.79	+00:19:22 (39.7%)	9:46	6.1 (59.8%)
153	HACZEWSKA Kamilla	39	POTĘGA NORDICA	K55-59	7			00:25:05	00:50:19.43	+00:20:51 (41.4%)	10:03	6 (58.8%)
154	OWCZARZAK Ewa	79		K- Niepełnosprawni(B)	3			00:24:59	00:50:48.58	+00:21:20 (42.0%)	10:09	5.9 (57.8%)
155	OWCZAREK Henryka	78	ZIELONE GROSZKI POZNAŃ	K75-79	3			00:25:45	00:52:36.60	+00:23:08 (44.0%)	10:31	5.7 (55.9%)
156	SZYBUT Milena	115	POTĘGA NORDICA	K-Dzieci	2			00:28:46	00:59:10.62	+00:29:42 (50.2%)	11:50	5.1 (50.0%)
157	ŚLUSARCZYK Andrzej	118	WESOŁY BORSUK TEAM	M70-74	9							(0.0%)
158	ŻYTKOWSKA Marta	137	ONLINE LAB	K30-39	7							(0.0%)
DQ	MROZIŃSKI Tadeusz	72	NORDIC SPORT 2021	M55-59			1	00:15:55 DQ	DQ			(0.0%)

Znaleziono 159 wynik(ów)