



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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
106	<b>MOMOT Ewelina</b>	<b>69</b>	POCHODZONE	K18-29	2			00:20:24	<b>00:40:40.76</b>	+00:11:12 (27.6%)	8:08	7.4 (72.5%)
107	<b>RYLSKI Szymon</b>	<b>99</b>		M18-29	5			00:20:29	<b>00:40:41.56</b>	+00:11:13 (27.6%)	8:08	7.4 (72.5%)
108	<b>DOLATOWSKA Elżbieta</b>	<b>21</b>	K.S. VICTORIA POTĘGOWO	K60-64	4			00:19:59	<b>00:40:48.32</b>	+00:11:20 (27.8%)	8:09	7.4 (72.5%)
109	<b>PALUCH Paweł</b>	<b>80</b>	AVOCADO WELLNESS CLUB	M60-64	9			00:19:57	<b>00:40:56.61</b>	+00:11:28 (28.0%)	8:11	7.3 (71.6%)
110	<b>TURZYŃSKA-STOPY Monia</b>	<b>250</b>	BŁĘKITNI DZIEMIANY	K65-69	2			00:20:26	<b>00:40:57.69</b>	+00:11:29 (28.1%)	8:11	7.3 (71.6%)
111	<b>ŁĘCKI Jan</b>	<b>236</b>	WŁÓCZYKIJE GDYNIA	M-Niepełnosprawni(A)	4			00:20:26	<b>00:41:02.87</b>	+00:11:34 (28.2%)	8:12	7.3 (71.6%)
112	<b>WIERZCHOSLAWSKI Marcel</b>	<b>125</b>		M18-29	6			00:20:02	<b>00:41:12.56</b>	+00:11:44 (28.5%)	8:14	7.3 (71.6%)
113	<b>ŚLUSARCZYK Karolina</b>	<b>119</b>	WESOŁY BORSUK TEAM	K18-29	3			00:20:05	<b>00:41:15.81</b>	+00:11:47 (28.6%)	8:15	7.3 (71.6%)
114	<b>GONIA Bernard</b>	<b>31</b>		M70-74	7			00:20:30	<b>00:41:26.11</b>	+00:11:57 (28.9%)	8:17	7.2 (70.6%)
115	<b>WIERZCHOSŁAWSKA Marta</b>	<b>126</b>		K18-29	4			00:20:13	<b>00:41:36.38</b>	+00:12:08 (29.2%)	8:19	7.2 (70.6%)
116	<b>JAŚKIEWICZ Tamara</b>	<b>45</b>	JELEŃ GÓRA SUDETY	K40-44	5			00:20:29	<b>00:41:44.19</b>	+00:12:15 (29.4%)	8:20	7.2 (70.6%)
117	<b>GAJEWSKA Aleksandra</b>	<b>28</b>	MIASTO GORZÓW WIELKOPOLSKI	K65-69	3			00:20:33	<b>00:41:52.93</b>	+00:12:24 (29.6%)	8:22	7.2 (70.6%)
118	<b>AŁADOWICZ Anna</b>	<b>3</b>	LIFE BALANCE PLACE	K40-44	6			00:20:21	<b>00:42:01.98</b>	+00:12:33 (29.9%)	8:24	7.1 (69.6%)
119	<b>THOMALLA Bogdan</b>	<b>121</b>	NORDIC SPORT 2021	M80+	2			00:20:46	<b>00:42:08.70</b>	+00:12:40 (30.1%)	8:25	7.1 (69.6%)
120	<b>DZIKOWSKA-FRANCZAK Agnieszka</b>	<b>248</b>		K45-49	8			00:21:23	<b>00:42:19.36</b>	+00:12:51 (30.4%)	8:27	7.1 (69.6%)
121	<b>NOWAKOWSKA Sylwia</b>	<b>74</b>		K45-49	9			00:21:11	<b>00:42:27.51</b>	+00:12:59 (30.6%)	8:29	7.1 (69.6%)
122	<b>PAKMUR Anna</b>	<b>242</b>	PATYCZAKI	K60-64	5			00:20:46	<b>00:42:30.53</b>	+00:13:02 (30.7%)	8:30	7.1 (69.6%)
123	<b>CIESIELSKI Krzysztof</b>	<b>15</b>	FAST WALKER	M-Niepełnosprawni(A)	5			00:20:13	<b>00:42:40.63</b>	+00:13:12 (30.9%)	8:32	7 (68.6%)
124	<b>SULECKA Gabriela</b>	<b>243</b>	PATYCZAKI	K-Niepełnosprawni(A)	3			00:21:14	<b>00:42:41.41</b>	+00:13:13 (31.0%)	8:32	7 (68.6%)
125	<b>FRANCZAK Anna</b>	<b>26</b>	NW CZŁĄPSKI TEAM	K55-59	6			00:21:29	<b>00:42:47.57</b>	+00:13:19 (31.1%)	8:33	7 (68.6%)
126	<b>KLECZ Marcin</b>	<b>176</b>	KLECZE NW	M40-44	9			00:21:12	<b>00:42:53.61</b>	+00:13:25 (31.3%)	8:34	7 (68.6%)
127	<b>STATNIK Tomasz</b>	<b>239</b>	SUCHY LAS	M70-74	8			00:20:56	<b>00:43:02.57</b>	+00:13:34 (31.5%)	8:36	7 (68.6%)
128	<b>BUDNY Franek</b>	<b>237</b>	KALISIA NORDIC TEAM	M-Dzieci	1			00:21:50	<b>00:43:16.37</b>	+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	<b>SZYCA Grażyna</b>	<b>143</b>	BASZTA BYTÓW	K50-54	4			00:22:02	<b>00:43:40.86</b>	+00:14:12 (32.5%)	8:44	6.9 (67.6%)
130	<b>STATNIK Genowefa</b>	<b>107</b>	SUCHY LAS - BIEDRUSKO	K70-74	2			00:21:25	<b>00:43:58.93</b>	+00:14:30 (33.0%)	8:47	6.8 (66.7%)
131	<b>BŁĄDEK Witold</b>	<b>7</b>	ZAWSZE MŁODZI NORDIC WALKING	M80+	3			00:21:58	<b>00:44:11.15</b>	+00:14:42 (33.3%)	8:50	6.8 (66.7%)
132	<b>FIEDLER-MALINIAK Urszula</b>	<b>23</b>	OBORYGENI	K40-44	7			00:22:20	<b>00:44:20.33</b>	+00:14:52 (33.5%)	8:52	6.8 (66.7%)
133	<b>KACZMARCZYK Franciszek</b>	<b>48</b>	RUMIA	M80+	4			00:21:41	<b>00:44:29.66</b>	+00:15:01 (33.8%)	8:53	6.7 (65.7%)
134	<b>HACZEWSKI Jakub</b>	<b>40</b>	POTĘGA NORDICA	M18-29	7			00:22:09	<b>00:44:37.67</b>	+00:15:09 (34.0%)	8:55	6.7 (65.7%)
135	<b>BŁĄDEK Jolanta</b>	<b>8</b>	ZAWSZE MŁODZI NORDIC WALKING	K80+	1			00:22:05	<b>00:44:41.66</b>	+00:15:13 (34.1%)	8:56	6.7 (65.7%)
136	<b>DZIKOWSKA Wwiesława</b>	<b>244</b>	GOSIR OSIELSKO	K70-74	3			00:22:01	<b>00:44:41.89</b>	+00:15:13 (34.1%)	8:56	6.7 (65.7%)
137	<b>TOMASZEWSKI Henryk</b>	<b>240</b>		M50-54	7			00:22:10	<b>00:44:42.60</b>	+00:15:14 (34.1%)	8:56	6.7 (65.7%)
138	<b>GRUSZKA Ilona</b>	<b>34</b>	NORDIC SPORT 2021	K- Niepełnosprawni(A)	4			00:21:10	<b>00:44:42.64</b>	+00:15:14 (34.1%)	8:56	6.7 (65.7%)
139	<b>GOTOWICZ Sylwia</b>	<b>32</b>		K40-44	8			00:22:21	<b>00:45:19.94</b>	+00:15:51 (35.0%)	9:03	6.6 (64.7%)
140	<b>TRAPSIA Hania</b>	<b>124</b>	K.S. VICTORIA POTĘGOWO	K-Dzieci	1			00:21:36	<b>00:45:20.30</b>	+00:15:51 (35.0%)	9:04	6.6 (64.7%)
141	<b>PIĄTKOWSKI Józef</b>	<b>84</b>	KGHM METRACO	M75-79	4			00:21:39	<b>00:45:26.58</b>	+00:15:58 (35.1%)	9:05	6.6 (64.7%)
142	<b>SMARUJ - SADOWSKA Janina</b>	<b>103</b>		K70-74	4			00:22:29	<b>00:45:30.26</b>	+00:16:01 (35.2%)	9:06	6.6 (64.7%)
143	<b>ŚLUSARCZYK Błażej</b>	<b>120</b>	WESOŁY BORSUK TEAM	M-Dzieci	2			00:22:51	<b>00:45:33.10</b>	+00:16:04 (35.3%)	9:06	6.6 (64.7%)
144	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>133</b>	KGHM METRACO	K75-79	1			00:22:29	<b>00:45:52.75</b>	+00:16:24 (35.8%)	9:10	6.5 (63.7%)
145	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>81</b>	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	2			00:22:56	<b>00:46:13.16</b>	+00:16:44 (36.2%)	9:14	6.5 (63.7%)
146	<b>MOTOCZYŃSKA Aleksandra</b>	<b>71</b>		K65-69	4			00:22:55	<b>00:46:24.42</b>	+00:16:56 (36.5%)	9:16	6.5 (63.7%)
147	<b>SŁOJEWSKA Ilona</b>	<b>102</b>	NIEZRZESZONA	K50-54	5			00:22:39	<b>00:46:55.51</b>	+00:17:27 (37.2%)	9:23	6.4 (62.7%)
148	<b>SZYBUT Roma</b>	<b>113</b>	POTĘGA NORDICA	K40-44	9			00:23:10	<b>00:47:27.68</b>	+00:17:59 (37.9%)	9:29	6.3 (61.8%)
149	<b>CHWIAŁKOWSKA Agnieszka</b>	<b>14</b>		K45-49	10			00:23:18	<b>00:47:29.62</b>	+00:18:01 (37.9%)	9:29	6.3 (61.8%)
150	<b>CHARCZUK Zenon</b>	<b>13</b>		M- Niepełnosprawni(A)	6			00:23:45	<b>00:47:33.56</b>	+00:18:05 (38.0%)	9:30	6.3 (61.8%)
151	<b>KUZHYLNA Marija</b>	<b>145</b>	BASZTA BYTÓW	K30-39	6			00:24:01	<b>00:47:57.83</b>	+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	<b>KIEDROWSKI Włodzimierz</b>	<b>139</b>		M80+	5			00:24:14	<b>00:48:50.79</b>	+00:19:22 (39.7%)	9:46	6.1 (59.8%)
153	<b>HACZEWSKA Kamilla</b>	<b>39</b>	POTĘGA NORDICA	K55-59	7			00:25:05	<b>00:50:19.43</b>	+00:20:51 (41.4%)	10:03	6 (58.8%)
154	<b>OWCZARZAK Ewa</b>	<b>79</b>		K- Niepełnosprawni(B)	3			00:24:59	<b>00:50:48.58</b>	+00:21:20 (42.0%)	10:09	5.9 (57.8%)
155	<b>OWCZAREK Henryka</b>	<b>78</b>	ZIELONE GROSZKI POZNAŃ	K75-79	3			00:25:45	<b>00:52:36.60</b>	+00:23:08 (44.0%)	10:31	5.7 (55.9%)
156	<b>SZYBUT Milena</b>	<b>115</b>	POTĘGA NORDICA	K-Dzieci	2			00:28:46	<b>00:59:10.62</b>	+00:29:42 (50.2%)	11:50	5.1 (50.0%)
157	<b>ŚLUSARCZYK Andrzej</b>	<b>118</b>	WESOŁY BORSUK TEAM	M70-74	9							(0.0%)
158	<b>ŻYTKOWSKA Marta</b>	<b>137</b>	ONLINE LAB	K30-39	7							(0.0%)
DQ	<b>MROZIŃSKI Tadeusz</b>	<b>72</b>	NORDIC SPORT 2021	M55-59			1	00:15:55 DQ	<b>DQ</b>			(0.0%)

Znaleziono 159 wynik(ów)