

NORDIC WALKING - GDAŃSK SOBIESZEWO 5KM

B4SPORT

Wydarzenie: Korona Północy Polski Nordic Walking
Organizator: Miasto Gdańsk, Gdański Ośrodek Sportu
Data: 2018-05-13
Miejsce: Sobieszewo
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Kara/ bonifikata	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	YANKOVSKIY Dmitriy	400	KLUB SPORTOWY DED	M40-49	1				00:30:37.45		6:07	9.8 (100%)
2	SANIUK Edward	342	FACE NORDIC WALKING TEAM	M60-69	1				00:30:55.00	+00:00:17 (0.9%)	6:11	9.7 (99.0%)
3	GAJEWSKI Eugeniusz	248		M60-69	2				00:30:56.15	+00:00:18 (1.0%)	6:11	9.7 (99.0%)
4	TOPOREK Rafał	209		M40-49	2				00:31:12.65	+00:00:35 (1.9%)	6:14	9.6 (98.0%)
5	BRZOZOWSKI Piotr	220	NORDIC WALKING POLAND/AKTYWNI POSTOMINO	M30-39	1				00:31:13.00	+00:00:35 (1.9%)	6:14	9.6 (98.0%)
6	KOPCZEWSKI Dariusz	275	FACE NORDIC WALKING TEAM	M50-59	1				00:31:59.10	+00:01:21 (4.3%)	6:23	9.4 (95.9%)
7	FRAĆKOWIAK Roman	247	KS METRACO POLKOWICE	M50-59	2				00:32:20.40	+00:01:42 (5.3%)	6:28	9.3 (94.9%)
8	BARTOSIEWICZ Łukasz	215	NWPL/ LUKI TEAM	M30-39	2				00:32:36.95	+00:01:59 (6.1%)	6:31	9.2 (93.9%)
9	RĘBOWSKI Tomasz	334	ACTIVE FAMILY PASŁĘK	M30-39	3				00:32:59.95	+00:02:22 (7.2%)	6:36	9.1 (92.9%)
10	NEHRING Zbigniew	312	ZDROWY KLUB ROTMANKA	M60-69	3				00:33:13.55	+00:02:36 (7.8%)	6:38	9 (91.8%)
11	FIEBIG Krzysztof	244	ZDROWY KLUB ROTMANKA	M40-49	3	1		00:01:00	00:33:33.25	+00:02:55 (8.7%)	6:30	9.2 (93.9%)
12	KUŚMIEREK Mateusz	285	BŁĘKITNI NW DZIEMIANY	M13-15	1				00:33:44.90	+00:03:07 (9.3%)	6:45	8.9 (90.8%)
13	ZIARKOWSKI Ireneusz	402	ZDROWY KLUB ROTMANKA	M50-59	3				00:33:54.00	+00:03:16 (9.7%)	6:46	8.8 (89.8%)
14	ŚLEDZIEWSKI Bogdan	372		M40-49	4				00:34:14.40	+00:03:36 (10.6%)	6:50	8.8 (89.8%)

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15	SZPILMAN Katarzyna	366	FACE NORDIC WALKING TEAM	K50-59	1				00:34:17.35	+00:03:39 (10.7%)	6:51	8.8 (89.8%)
16	STACHOWICZ Marcin	417		M30-39	4				00:34:23.15	+00:03:45 (10.9%)	6:52	8.7 (88.8%)
17	GODZIŃSKI Paweł	251	BAŻANT NW TEAM	M30-39	5				00:34:55.00	+00:04:17 (12.3%)	6:59	8.6 (87.8%)
18	SZOT Andrzej	365	GDAŃSKIE WODY AKTYWUJĄ	M30-39	6				00:35:05.45	+00:04:28 (12.7%)	7:01	8.5 (86.7%)
19	OKRZESIK-FRĄCKOWIAK Izabela	316	KS METRACO POLKOWICE	K50-59	2				00:35:16.25	+00:04:38 (13.2%)	7:03	8.5 (86.7%)
20	LACHOWICZ Wojtek	292		M13-15	2	1		00:01:00	00:35:43.85	+00:05:06 (14.3%)	6:56	8.6 (87.8%)
21	SZWED Dominik	367	BIEGOWYSWIAT.PL/SP 92	M10-12	1				00:35:56.10	+00:05:18 (14.8%)	7:11	8.3 (84.7%)
22	ANDRZEJEWSKI Michał	212		M30-39	7				00:35:59.20	+00:05:21 (14.9%)	7:11	8.3 (84.7%)
23	OLECH Mateusz	318	ELITE TEAM	M10-12	2				00:36:00.40	+00:05:22 (14.9%)	7:12	8.3 (84.7%)
24	RECA Grażyna	333	AKADEMIA BIEGOWA KOŚCIERZYNA	K40-49	1				00:36:05.65	+00:05:28 (15.2%)	7:13	8.3 (84.7%)
25	PIĄTEK Darek	200	NORDIC WALKING PASŁĘK	M40-49	5				00:36:18.00	+00:05:40 (15.6%)	7:15	8.3 (84.7%)
26	OWCZAREK Katarzyna	321		K40-49	2				00:36:30.15	+00:05:52 (16.1%)	7:18	8.2 (83.7%)
27	GODZIŃSKA Dorota	252	BAŻANT NW TEAM	K30-39	1				00:36:33.20	+00:05:55 (16.2%)	7:18	8.2 (83.7%)
28	TOPOREK Aleksandra	204	NWPL/ LUKI TEAM SIELDCE	K40-49	3				00:36:47.65	+00:06:10 (16.8%)	7:21	8.2 (83.7%)
29	STOLTMANN Helena	359	BŁĘKITNI NW DZIEMIANY	K50-59	3				00:36:48.45	+00:06:11 (16.8%)	7:21	8.1 (82.7%)
30	KUSIAK Włodzimierz	284	CHODZĘ Z KIJAMI PL. ELITE TEAM	M60-69	4				00:36:49.05	+00:06:11 (16.8%)	7:21	8.1 (82.7%)
31	MOTOCZYŃSKI Krzysztof	310	GOSIR OSIELSKO	M60-69	5				00:36:52.80	+00:06:15 (17.0%)	7:22	8.1 (82.7%)
32	KIERSNOWSKI Henryk	270	DZIADKOWY KLUB SPORTOWY	M70+	1				00:37:00.50	+00:06:23 (17.3%)	7:24	8.1 (82.7%)
33	PONKA Radosław	327	TEAM GWE	M40-49	6				00:37:01.85	+00:06:24 (17.3%)	7:24	8.1 (82.7%)
34	STAŃCZAK Grażyna	358		K60-69	1				00:37:11.55	+00:06:34 (17.7%)	7:26	8.1 (82.7%)
35	SKABARA-PIS Tamara	347	ELITE TEAM	K40-49	4				00:37:18.05	+00:06:40 (17.9%)	7:27	8 (81.6%)
36	OWCZAREK Jacek	322		M40-49	7				00:37:24.60	+00:06:47 (18.1%)	7:28	8 (81.6%)
37	BADZIĄG Waldemar	214	DWA KIJE SŁUPSK	M50-59	4				00:37:25.75	+00:06:48 (18.2%)	7:29	8 (81.6%)

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									netto 5km	Różn		
38	YANKOVSKAYA Aleksandra	398	KLUB SPORTOWY DED	K30-39	2				00:37:30.55	+00:06:53 (18.4%)	7:30	8 (81.6%)
39	KWIDZIŃSKA Elwira	289	AKADEMIA BIEGOWA KOŚCIERZYNA	K40-49	5				00:37:35.25	+00:06:57 (18.5%)	7:31	8 (81.6%)
40	DOMAŃSKA Beata	235	ELITE TEAM	K40-49	6				00:37:38.60	+00:07:01 (18.6%)	7:31	8 (81.6%)
41	GÓZDŹ Aleksandra	257	CHODZEZKIJAMI.PL	K40-49	7				00:37:41.30	+00:07:03 (18.7%)	7:32	8 (81.6%)
42	PLOETZING Adam	325	GDAŃSKIE WODY AKTYWUJĄ	M40-49	8				00:37:52.65	+00:07:15 (19.1%)	7:34	7.9 (80.6%)
43	ZIENTKIEWICZ Witold	405	DRUŻYNA SŁONECZNEGO PORANKA	M40-49	9				00:37:57.40	+00:07:19 (19.3%)	7:35	7.9 (80.6%)
44	SMARSZCZ Grażyna	349	RUN-NORDIC TEAM - NORDICUS	K60-69	2				00:37:58.65	+00:07:21 (19.4%)	7:35	7.9 (80.6%)
45	POPIOŁEK Waldemar	328	GDAŃSKIE WODY AKTYWUJĄ	M50-59	5				00:38:12.85	+00:07:35 (19.9%)	7:38	7.9 (80.6%)
46	KOZŁOWSKA Julia	279	DYNAMIC	K13-15	1				00:38:13.10	+00:07:35 (19.9%)	7:38	7.8 (79.6%)
47	JARECKI Dariusz	263		M40-49	10				00:38:25.60	+00:07:48 (20.3%)	7:41	7.8 (79.6%)
48	OKRASZEWSKI Tomasz	315		M10-12	3				00:38:29.70	+00:07:52 (20.4%)	7:42	7.8 (79.6%)
49	GAŁGOWSKA Krystyna	249	ELITE TEAM CHODZEZKIJAMI	K70+	1				00:38:30.35	+00:07:52 (20.5%)	7:42	7.8 (79.6%)
50	ZIEMANN Wiktor	404	TEAM GWE	M10-12	4				00:38:33.70	+00:07:56 (20.6%)	7:42	7.8 (79.6%)
51	CHEŁSTOWSKI Krzysztof	224	GDAŃSKIE WODY AKTYWUJĄ	M60-69	6				00:38:35.85	+00:07:58 (20.7%)	7:43	7.8 (79.6%)
52	MACIĄŻEK Jolanta	304		K40-49	8				00:38:44.90	+00:08:07 (21.0%)	7:45	7.7 (78.6%)
53	OLECH Marcin	317	ELITE TEAM	M40-49	11				00:38:49.35	+00:08:11 (21.1%)	7:45	7.7 (78.6%)
54	TOWARNICKA Izabela	205	TEAM DEAF	K40-49	9				00:38:50.40	+00:08:12 (21.2%)	7:46	7.7 (78.6%)
55	WAWRZYNIAK Igor	384	FACE NORDIC WALKING TEAM	M10-12	5				00:38:54.45	+00:08:17 (21.3%)	7:47	7.7 (78.6%)
56	LACHOWICZ Maciek	291		M10-12	6				00:38:58.50	+00:08:21 (21.4%)	7:47	7.7 (78.6%)
57	BURY Liliana	222		K30-39	3				00:39:12.05	+00:08:34 (21.9%)	7:50	7.7 (78.6%)
58	MIELEWCZYK Justyna	308	ZMOTYWOWANI	K30-39	4				00:39:12.85	+00:08:35 (21.9%)	7:50	7.6 (77.6%)
59	KARLIKOWSKA Joanna	266	KARLIKOWSCY TEAM	K40-49	10				00:39:13.20	+00:08:35 (21.9%)	7:50	7.6 (77.6%)
60	FISZER Justyna	62		K30-39	5				00:39:13.60	+00:08:36 (21.9%)	7:50	7.6 (77.6%)

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61	ANTONIEWICZ-BARTCZAK Łukasz	207	ELITE TEAM	M30-39	8				00:39:21.45	+00:08:44 (22.2%)	7:52	7.6 (77.6%)
62	NIEMCZYK Małgorzata	313		K40-49	11				00:39:27.85	+00:08:50 (22.4%)	7:53	7.6 (77.6%)
63	LIPIŃSKA Iwona	295	ELITE TEAM	K40-49	12				00:39:38.65	+00:09:01 (22.8%)	7:55	7.6 (77.6%)
64	BORTKUN Natalia	143		K13-15	2				00:39:43.75	+00:09:06 (22.9%)	7:56	7.6 (77.6%)
65	BURCHART Monika	191	TEAM DEAF	K40-49	13				00:39:55.20	+00:09:17 (23.3%)	7:59	7.5 (76.5%)
66	RĘBOWSKI Mateusz	335	ACTIVE FAMILY PASŁĘK	M1-9	1				00:39:58.65	+00:09:21 (23.4%)	7:59	7.5 (76.5%)
67	KOPCZYŃSKA Irena	276	ELITE TEAM	K60-69	3				00:40:03.25	+00:09:25 (23.5%)	8:00	7.5 (76.5%)
68	ZIELIŃSKI Jacek	403	GDAŃSKIE WODY AKTYWUJĄ	M60-69	7				00:40:18.95	+00:09:41 (24.0%)	8:03	7.4 (75.5%)
69	CZAJA Wiesław	230	GDAŃSKIE WODY AKTYWUJĄ	M50-59	6				00:40:27.50	+00:09:50 (24.3%)	8:05	7.4 (75.5%)
70	LADEMANN Dorota	293	GDAŃSKIE WODY AKTYWUJĄ	K16-29	1				00:40:28.15	+00:09:50 (24.3%)	8:05	7.4 (75.5%)
71	ZARACH Beata	416	DZIARSKIE TEAM	K40-49	14				00:40:33.50	+00:09:56 (24.5%)	8:06	7.4 (75.5%)
72	GÓRA Beata	256		K40-49	15				00:40:35.75	+00:09:58 (24.6%)	8:07	7.4 (75.5%)
73	SUTRYK Adam	360	GDAŃSKIE WODY AKTYWUJĄ	M60-69	8				00:40:36.30	+00:09:58 (24.6%)	8:07	7.4 (75.5%)
74	STAŃCZAK Ryszard	409		M70+	2				00:40:36.35	+00:09:58 (24.6%)	8:07	7.4 (75.5%)
75	ANDRZEJEWSKI Mieczysław	211	MARSZPOZDROWIE	M50-59	7				00:40:37.70	+00:10:00 (24.6%)	8:07	7.4 (75.5%)
76	PRACKI Zbigniew	330	SERCE NORDICA WŁOCŁAWEK	M50-59	8				00:40:59.30	+00:10:21 (25.3%)	8:11	7.3 (74.5%)
77	ROSA Bogumiła	338	OPEC GDYNIA	K60-69	4				00:41:04.00	+00:10:26 (25.4%)	8:12	7.3 (74.5%)
78	ŁASZKIEWICZ Marcin	300	WATAHA	M40-49	12				00:41:04.80	+00:10:27 (25.5%)	8:12	7.3 (74.5%)
79	LITEWSKA Joanna	198		K40-49	16				00:41:07.20	+00:10:29 (25.5%)	8:13	7.3 (74.5%)
80	KUTNIEWSKA Maria	410	FACE NORDIC WALKING TEAM	K16-29	2				00:41:08.15	+00:10:30 (25.6%)	8:13	7.3 (74.5%)
81	BIEDUNKIEWICZ Joanna	216		K40-49	17				00:41:17.60	+00:10:40 (25.8%)	8:15	7.3 (74.5%)
82	ZUBEK Ania	406		K40-49	18				00:41:18.75	+00:10:41 (25.9%)	8:15	7.3 (74.5%)
83	DŁUGI Beata	194	TEAM DEAF	K30-39	6				00:41:20.75	+00:10:43 (25.9%)	8:16	7.3 (74.5%)

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84	MIŁKOWSKI Mariusz	208		M50-59	9				00:41:20.90	+00:10:43 (25.9%)	8:16	7.3 (74.5%)
85	KOSTENCKA Aga	278	DRUŻYNA SŁONECZNEGO PORANKA	K40-49	19				00:41:21.25	+00:10:43 (25.9%)	8:16	7.3 (74.5%)
86	ŚLIWIŃSKA-WYKA Izabela	373	WATAHA	K40-49	20				00:41:22.05	+00:10:44 (26.0%)	8:16	7.3 (74.5%)
87	MARCINIAK Hanna	307	SERCE NORDICA WŁOCŁAWEK	K50-59	4				00:41:28.30	+00:10:50 (26.2%)	8:17	7.2 (73.5%)
88	CHOŁOCIŃSKA Katarzyna	227	ZDROWY KLUB ROTMANKA	K40-49	21				00:41:35.45	+00:10:58 (26.4%)	8:19	7.2 (73.5%)
89	MAĆKOWIAK Sławek	411		M40-49	13				00:41:35.65	+00:10:58 (26.4%)	8:19	7.2 (73.5%)
90	ŻYWICKA Irena	407	BŁĘKITNI NW DZIEMIANY	K60-69	5				00:41:38.25	+00:11:00 (26.5%)	8:19	7.2 (73.5%)
91	RĘBOWSKA Agnieszka	201	ACTIVE FAMILY PASŁĘK	K30-39	7				00:41:40.25	+00:11:02 (26.5%)	8:20	7.2 (73.5%)
92	GODZIŃSKA Paulina	253	BAŻANT NW TEAM	K10-12	1				00:41:43.85	+00:11:06 (26.6%)	8:20	7.2 (73.5%)
93	DOMAŃSKI Bartosz	236	ACTIVE FAMILY PASŁĘK	M30-39	9				00:41:50.40	+00:11:12 (26.8%)	8:22	7.2 (73.5%)
94	CYRA Grażyna	229	NW ZIELONY DWÓR	K60-69	6				00:41:57.20	+00:11:19 (27.0%)	8:23	7.1 (72.4%)
95	SAPA Dariusz	343	BYDGOSKIE ŻÓŁWIE	M50-59	10				00:42:03.10	+00:11:25 (27.2%)	8:24	7.1 (72.4%)
96	FLISIKOWSKA Anna	245		K40-49	22				00:42:04.20	+00:11:26 (27.2%)	8:24	7.1 (72.4%)
97	LIS Szymon	298	OKLEJANIE-AUTA.PL/TRIMAMA TEAM	M10-12	7				00:42:09.15	+00:11:31 (27.3%)	8:25	7.1 (72.4%)
98	YANKOVSKIY Maksim	399	KLUB SPORTOWY DED	M1-9	2				00:42:14.70	+00:11:37 (27.5%)	8:26	7.1 (72.4%)
99	FORMELA Andrzej	246	ACTIVE FAMILY PASŁĘK	M50-59	11				00:42:15.65	+00:11:38 (27.5%)	8:27	7.1 (72.4%)
100	CHOJNICKA Zofia	226	AWFIS	K70+	2				00:42:16.90	+00:11:39 (27.6%)	8:27	7.1 (72.4%)
101	NOWACKI Wioleta	175		K40-49	23				00:42:18.30	+00:11:40 (27.6%)	8:27	7.1 (72.4%)
102	MYSZK Magdalena	311		K30-39	8				00:42:20.05	+00:11:42 (27.7%)	8:28	7.1 (72.4%)
103	DOLIŃSKI Piotr	234	GDAŃSKIE WODY AKTYWUJĄ	M40-49	14				00:42:24.70	+00:11:47 (27.8%)	8:29	7.1 (72.4%)
104	ROZBICKA Iwona	202	TEAM DEAF	K40-49	24				00:42:27.75	+00:11:50 (27.9%)	8:29	7.1 (72.4%)
105	SPŁAWNIK Jolanta	357		K50-59	5				00:42:32.55	+00:11:55 (28.0%)	8:30	7.1 (72.4%)
106	WESNER Harald	390	ZAKĄTEK DANKOWO	M60-69	9				00:42:36.75	+00:11:59 (28.1%)	8:31	7 (71.4%)

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107	SARNASZEK Anna	345	ZDROWY KLUB ROTMANKA	K40-49	25				00:42:44.00	+00:12:06 (28.3%)	8:32	7 (71.4%)
108	BURLIŃSKA Anna	221	ACTIVE FAMILY PASŁĘK	K30-39	9				00:42:52.60	+00:12:15 (28.6%)	8:34	7 (71.4%)
109	KONDEJ Sylwia	273		K40-49	26				00:42:59.00	+00:12:21 (28.8%)	8:35	7 (71.4%)
110	DRZEWIECKI Rafał	241	ACTIVE FAMILY PASŁĘK	M30-39	10				00:43:01.70	+00:12:24 (28.8%)	8:36	7 (71.4%)
111	ZARACH Aleksandra	413	DZIARSKIE TEAM	K30-39	10				00:43:02.20	+00:12:24 (28.8%)	8:36	7 (71.4%)
112	RĘBOWSKI Grzegorz	336	ACTIVE FAMILY PASŁĘK	M1-9	3				00:43:02.55	+00:12:25 (28.9%)	8:36	7 (71.4%)
113	OKRASZEWSKA Joanna	314		K30-39	11				00:43:06.25	+00:12:28 (29.0%)	8:37	7 (71.4%)
114	LAANE Elena	290	KLUB SPORTOWY DED	K16-29	3				00:43:12.20	+00:12:34 (29.1%)	8:38	6.9 (70.4%)
115	LIS Zuzanna	297	OKLEJANIE-AUTA.PL/TRIMAMA TEAM	K13-15	3				00:43:37.40	+00:12:59 (29.8%)	8:43	6.9 (70.4%)
116	LIPIŃSKA Grażyna	296		K50-59	6				00:43:44.40	+00:13:06 (30.0%)	8:45	6.9 (70.4%)
117	LUKS Izabela	299		K30-39	12				00:43:47.60	+00:13:10 (30.1%)	8:45	6.8 (69.4%)
118	RASZEWSKA Monika	332	LEJDIS	K40-49	27				00:43:48.00	+00:13:10 (30.1%)	8:45	6.8 (69.4%)
119	TANDECKA Agnieszka	374		K30-39	13				00:44:05.90	+00:13:28 (30.6%)	8:49	6.8 (69.4%)
120	KOŁACZYŃSKA Monika	272		K40-49	28				00:44:09.45	+00:13:32 (30.6%)	8:50	6.8 (69.4%)
121	BORTKUN Justyna	142		K40-49	29				00:44:25.35	+00:13:47 (31.1%)	8:53	6.8 (69.4%)
122	RUMKOWSKI Henryk	339		M60-69	10				00:44:29.85	+00:13:52 (31.2%)	8:54	6.7 (68.4%)
123	MIŁKOWSKA Jolanta	199		K40-49	30				00:44:46.25	+00:14:08 (31.6%)	8:57	6.7 (68.4%)
124	PLOETZING Magdalena	326	GDAŃSKIE WODY AKTYWUJĄ	K40-49	31				00:44:47.20	+00:14:09 (31.6%)	8:57	6.7 (68.4%)
125	ŚLIWIŃSKA Edyta	203	TEAM DEAF	K40-49	32				00:45:02.40	+00:14:24 (32.0%)	9:00	6.7 (68.4%)
126	GOMÓŁKA-BIGUS Monika	255		K40-49	33				00:45:06.90	+00:14:29 (32.1%)	9:01	6.6 (67.3%)
127	PARAFIŃCZUK Danuta	323		K50-59	7				00:45:09.10	+00:14:31 (32.2%)	9:01	6.6 (67.3%)
128	KACZMAREK Katarzyna	265	GDAŃSKIE WODY AKTYWUJĄ	K40-49	34				00:45:09.70	+00:14:32 (32.2%)	9:01	6.6 (67.3%)
129	PRACKA Katarzyna	329	SERCE NORDICA WŁOCLAWEK	K50-59	8				00:45:12.20	+00:14:34 (32.3%)	9:02	6.6 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Kara/ bonifikata	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	SZARMACH Kamilla	362		K50-59	9				00:45:21.50	+00:14:44 (32.5%)	9:04	6.6 (67.3%)
131	ROSA Jakub	408		M13-15	3				00:45:35.90	+00:14:58 (32.8%)	9:07	6.6 (67.3%)
132	DRZEWIECKA Agnieszka	195	ACTIVE FAMILY PASŁĘK	K30-39	14				00:45:39.25	+00:15:01 (32.9%)	9:07	6.6 (67.3%)
133	HOCZYK Anna	260	LEJDIS	K40-49	35				00:46:00.05	+00:15:22 (33.4%)	9:12	6.5 (66.3%)
134	SAPA Stefania	344	BYDGOSKIE ŻÓŁWIE	K50-59	10				00:46:03.60	+00:15:26 (33.5%)	9:12	6.5 (66.3%)
135	MOTOCZYŃSKA Aleksandra	309	GOSIR OSIELSKO	K50-59	11				00:46:15.75	+00:15:38 (33.8%)	9:15	6.5 (66.3%)
136	WIERTEL Aleksandra	393	POLIPACK	K13-15	4				00:46:18.10	+00:15:40 (33.9%)	9:15	6.5 (66.3%)
137	LATOSZEWSKA Ewelina	294	GDAŃSKIE WODY AKTYWUJĄ	K40-49	36				00:46:19.45	+00:15:42 (33.9%)	9:16	6.5 (66.3%)
138	MAĆZNIK Krystian	418	KOCHAM GDAŃSK	M50-59	12				00:46:20.45	+00:15:43 (33.9%)	9:16	6.5 (66.3%)
139	YANKOVSKAYA Daria	397	KLUB SPORTOWY DED	K1-9	1				00:46:24.80	+00:15:47 (34.0%)	9:17	6.5 (66.3%)
140	TUR Anita	375		K30-39	15				00:46:24.95	+00:15:47 (34.0%)	9:17	6.5 (66.3%)
141	KONKOL Magdalena	274		K30-39	16				00:46:28.35	+00:15:50 (34.1%)	9:17	6.5 (66.3%)
142	KOCHAŃSKA Joanna	271	CHODZĘ Z KIJAMI PL. ELITE TEAM	K40-49	37				00:46:30.25	+00:15:52 (34.1%)	9:18	6.5 (66.3%)
143	SZWED Anna	368	BIEGOWYSWIAT.PL	K40-49	38	1		00:01:00	00:46:35.45	+00:15:58 (34.3%)	9:07	6.6 (67.3%)
144	WIERTEL Michał	394	POLIPACK	M10-12	8				00:46:37.85	+00:16:00 (34.3%)	9:19	6.4 (65.3%)
145	ANDRZEJEWSKA Bogusława	210		K50-59	12				00:46:38.85	+00:16:01 (34.3%)	9:19	6.4 (65.3%)
146	WIERTEL Artur	392	POLIPACK	M40-49	15				00:46:38.95	+00:16:01 (34.4%)	9:19	6.4 (65.3%)
147	ŁUKASZEWICZ Małgorzata	302		K60-69	7				00:47:01.60	+00:16:24 (34.9%)	9:24	6.4 (65.3%)
148	SWORODOWICZ Bożena	412		K50-59	13				00:47:30.40	+00:16:52 (35.5%)	9:30	6.3 (64.3%)
149	KRZEMIŃSKA Barbara	283	GDAŃSKIE WODY AKTYWUJĄ	K40-49	39				00:47:39.60	+00:17:02 (35.7%)	9:32	6.3 (64.3%)
150	SOBOLEWSKI Jan	353		M13-15	4				00:48:07.45	+00:17:30 (36.4%)	9:37	6.2 (63.3%)
151	DYLEWSKA Ewa	242		K40-49	40				00:48:19.25	+00:17:41 (36.6%)	9:39	6.2 (63.3%)
152	HATŁAS Anita	258		K40-49	41				00:48:20.20	+00:17:42 (36.6%)	9:40	6.2 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Kara/ bonifikata	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	DREWA Zygmunt	237	TEAM GWE	M70+	3				00:48:23.90	+00:17:46 (36.7%)	9:40	6.2 (63.3%)
154	GILEWICZ Katarzyna	250	GDAŃSKIE WODY AKTYWUJĄ	K40-49	42				00:48:47.45	+00:18:10 (37.2%)	9:45	6.1 (62.2%)
155	KĘDZIERSKA Ewa	268		K40-49	43				00:49:10.75	+00:18:33 (37.7%)	9:50	6.1 (62.2%)
156	ŁASZKIEWICZ Mateusz	301	WATAHA	M13-15	5				00:49:35.05	+00:18:57 (38.2%)	9:55	6.1 (62.2%)
157	BLOCH Katarzyna	218	GDAŃSKIE WODY AKTYWUJĄ	K40-49	44				00:49:46.85	+00:19:09 (38.5%)	9:57	6 (61.2%)
158	MACKIEWICZ Beata	415		K30-39	17				00:49:49.55	+00:19:12 (38.5%)	9:57	6 (61.2%)
159	ZARACH Karolina	414	DZIARSKIE TEAM	K30-39	18				00:49:49.90	+00:19:12 (38.5%)	9:58	6 (61.2%)
160	DRZEWIECKA Alicja	240	ACTIVE FAMILY PASŁĘK	K1-9	2				00:50:35.90	+00:19:58 (39.5%)	10:07	5.9 (60.2%)
161	ZIELENTARSKA Iwona	206	TEAM DEAF	K30-39	19				00:50:39.60	+00:20:02 (39.5%)	10:08	5.9 (60.2%)
162	TUROWSKA Anna	376	LEJDIS	K40-49	45				00:50:47.55	+00:20:10 (39.7%)	10:09	5.9 (60.2%)
163	SOBOLEWSKI Jarosław	351	GDAŃSKIE WODY AKTYWUJĄ	M16-29	1				00:51:02.05	+00:20:24 (40.0%)	10:12	5.9 (60.2%)
164	WIERTEL Justyna	391	POLIPACK	K40-49	46				00:51:28.65	+00:20:51 (40.5%)	10:17	5.8 (59.2%)
165	CYRA Zbigniew	192	NW ZIELONY DWÓR	M60-69	11				00:51:31.95	+00:20:54 (40.6%)	10:18	5.8 (59.2%)
166	GOŁEMBOWSKA Sylwia	254	LEJDIS	K40-49	47				00:51:47.25	+00:21:09 (40.9%)	10:21	5.8 (59.2%)
167	SKWIOT Irena	348	LEJDIS	K60-69	8				00:51:48.95	+00:21:11 (40.9%)	10:21	5.8 (59.2%)
168	BRZozowska Agata	190		K30-39	20				00:51:55.55	+00:21:18 (41.0%)	10:23	5.8 (59.2%)
169	DZIEMIŃSKA Magdalena	61	BŁĘKITNI NW DZIEMIANY	K30-39	21				00:52:09.60	+00:21:32 (41.3%)	10:26	5.8 (59.2%)
170	DZIEMIŃSKA Lena	243	BŁĘKITNI NW DZIEMIANY	K1-9	3				00:52:10.45	+00:21:33 (41.3%)	10:26	5.8 (59.2%)
171	BURZYŃSKA Halina	223	GDAŃSKI KLUB MORSÓW	K60-69	9				00:52:13.25	+00:21:35 (41.4%)	10:26	5.7 (58.2%)
172	WAWRZYŃIAK Anna	383	FACE NORDIC WALKING TEAM	K40-49	48				00:53:27.25	+00:22:49 (42.7%)	10:41	5.6 (57.1%)
173	CHMIELOWIEC Danuta	225	GDAŃSKIE WODY AKTYWUJĄ	K60-69	10				00:53:40.75	+00:23:03 (42.9%)	10:44	5.6 (57.1%)
174	BACH Joanna	213	GDAŃSKIE WODY AKTYWUJĄ	K40-49	49				00:53:42.55	+00:23:05 (43.0%)	10:44	5.6 (57.1%)
175	WALESIAK Anna	378	GDAŃSKIE WODY AKTYWUJĄ	K30-39	22				00:53:48.45	+00:23:11 (43.1%)	10:45	5.6 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Kara/ bonifikata	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	WALESIAK Natalia	379	GDAŃSKIE WODY AKTYWUJĄ	K1-9	4				00:53:51.55	+00:23:14 (43.1%)	10:46	5.6 (57.1%)

Znaleziono 176 wynik(ów)