



OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: Ogólnopolski Puchar Nordic Walking 2021
Organizator: Urząd Miasta i Gminy Murowana Goślina, Fundacja Herkules All Sports
Data: 2021-08-21
Miejsce: Murowana Goślina
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	229	KS IDMAR RACING TEAM	M50-54	1				00:15:21	00:31:27.44		6:17	9.5 (100%)
2	MARCZAK Tomasz	161	KS IDMAR RACING TEAM	M18-29	1				00:16:05	00:32:45.36	+00:01:17 (4.0%)	6:33	9.2 (96.8%)
3	KNITTER Michał	139	BŁĘKITNI DZIEMIANY	M18-29	2				00:16:04	00:32:46.67	+00:01:19 (4.0%)	6:33	9.2 (96.8%)
4	WOROCH Roman	231	KGHM METRACO RUDNA	M60-64	1				00:16:29	00:33:17.42	+00:01:49 (5.5%)	6:39	9 (94.7%)
5	MIELECKA Agnieszka	163	KS IDMAR RACING TEAM	K50-54	1				00:16:34	00:33:17.84	+00:01:50 (5.5%)	6:39	9 (94.7%)
6	ROŻYNEK Miron	199	KGHM METRACO RUDNA	M55-59	1				00:16:28	00:33:18.61	+00:01:51 (5.6%)	6:39	9 (94.7%)
7	BRZozowski Piotr	88	AKTYWNI POSTOMINO	M30-39	1				00:16:21	00:33:35.75	+00:02:08 (6.4%)	6:43	8.9 (93.7%)
8	FRĄCKOWIAK Roman	112	EKSPEDYCJA NORDIC TEAMSZCZECIN	M50-54	2				00:16:39	00:33:41.81	+00:02:14 (6.6%)	6:44	8.9 (93.7%)
9	PARZYBUT Jan	176	POSTĘP PNIEWY TEAM	M55-59	2		1		00:16:44	00:33:44.00	+00:02:16 (6.7%)	6:44	8.9 (93.7%)
10	KRAJEWSKA Hanna	146	LUKI TEAM POLAND	K18-29	1				00:16:33	00:33:49.62	+00:02:22 (7.0%)	6:45	8.9 (93.7%)
11	MROZIŃSKI Tadeusz	165	NORDICUS STRZYBNICA	M55-59	3				00:16:55	00:34:40.96	+00:03:13 (9.3%)	6:56	8.7 (91.6%)
12	KUŚMIEREK Mateusz	154	BŁĘKITNI DZIEMIANY	M18-29	3		1		00:17:45	00:35:06.20	+00:03:38 (10.4%)	7:01	8.5 (89.5%)
13	HELWICH Stefan	127	KGHM METRACO RUDNA	M65-69	1				00:17:18	00:35:10.08	+00:03:42 (10.6%)	7:02	8.5 (89.5%)
14	ZAGAJA Janusz	237	WESOŁY BORSUK TEAM	M65-69	2				00:17:28	00:35:28.26	+00:04:00 (11.3%)	7:05	8.5 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	PRZYBORKIEWICZ Kriss	187	PIERNIKI TORUŃ	M45-49	1				00:17:43	00:35:38.68	+00:04:11 (11.7%)	7:07	8.4 (88.4%)
16	KOPCZEWSKI Dariusz	142	WYCHODZĘ Z KIJAMI	M55-59	4		1		00:17:09	00:35:40.17	+00:04:12 (11.8%)	7:08	8.4 (88.4%)
17	CZŁAPSKI Krzysztof	98	NW CZŁAPSKI TEAM	M55-59	5				00:17:36	00:35:46.14	+00:04:18 (12.1%)	7:09	8.4 (88.4%)
18	ŻURAWIK Marcin	241	NEW4YOU TEAM	M40-44	1				00:17:28	00:35:52.86	+00:04:25 (12.3%)	7:10	8.4 (88.4%)
19	OKRZESIK-FRĄCKOWIAK Izabela	169	EKSPEDYCJA NORDIC TEAMSZCZECIN	K50-54	2				00:18:02	00:36:09.67	+00:04:42 (13.0%)	7:13	8.3 (87.4%)
20	WOJTCZAK Urszula	230	CZAPELKI	K40-44	1				00:18:02	00:36:14.82	+00:04:47 (13.2%)	7:14	8.3 (87.4%)
21	GĄGÓŁ Krzysztof	114		M40-44	2				00:17:42	00:36:30.97	+00:05:03 (13.9%)	7:18	8.2 (86.3%)
22	CHYRA Janusz	242		M45-49	2				00:18:12	00:36:33.70	+00:05:06 (14.0%)	7:18	8.2 (86.3%)
23	JÓŻWIAK Marianna	133	SERCE NORDICA WŁOCŁAWEK	K45-49	1				00:18:02	00:36:37.90	+00:05:10 (14.1%)	7:19	8.2 (86.3%)
24	CHOLEWIŃSKI Wojciech	95	HERNIK TEAM -NW MUROWANA GOŚLINA	M55-59	6				00:17:56	00:36:38.03	+00:05:10 (14.1%)	7:19	8.2 (86.3%)
25	KROMSKI Paweł	147	NORDIC WALKING KIEKRZ POLAND	M50-54	3				00:18:15	00:36:54.58	+00:05:27 (14.8%)	7:22	8.1 (85.3%)
26	ZMYŚŁOWSKI Zygmunt	240	NORDIC WALKING LUBASZ	M60-64	2				00:18:19	00:36:57.26	+00:05:29 (14.9%)	7:23	8.1 (85.3%)
27	PUSZKARSKA Małgorzata	191	GOSADI NORDIC TEAM	K45-49	2				00:18:05	00:37:12.47	+00:05:45 (15.5%)	7:26	8.1 (85.3%)
28	POTRZEBOWSKI Marek	184	DEAF I #B3K	M- Niepełnosprawni(B)	1	B			00:18:38	00:37:12.99	+00:05:45 (15.5%)	7:26	8.1 (85.3%)
29	WALCZAK Ryszard	224		M70-74	1				00:18:33	00:37:19.70	+00:05:52 (15.7%)	7:27	8 (84.2%)
30	KRUGIOŁKA Grzegorz	148	AKTYWNIE W PNIEWACH	M30-39	2				00:18:25	00:37:23.76	+00:05:56 (15.9%)	7:28	8 (84.2%)
31	PASZKOWSKI Leszek	178	KGHM METRACO RUDNA	M40-44	3		1		00:18:08	00:37:26.07	+00:05:58 (16.0%)	7:29	8 (84.2%)
32	GOŁĘBIEWSKI Edward	115	MARSZ PO ZDROWIE	M70-74	2		1		00:18:30	00:37:34.03	+00:06:06 (16.3%)	7:30	8 (84.2%)
33	POKŁADOWSKA Joanna	182	WYCHODZĘ Z KIJAMI	K45-49	3				00:18:27	00:37:39.37	+00:06:11 (16.5%)	7:31	8 (84.2%)
34	SZYMAŃSKI Stefan	212	SERCE NORDICA WŁOCŁAWEK	M70-74	3				00:18:39	00:37:47.99	+00:06:20 (16.8%)	7:33	7.9 (83.2%)
35	KUBICKI Paweł	250	NORDIC WALKING KIEKRZ POLAND	M50-54	4				00:18:37	00:37:51.80	+00:06:24 (16.9%)	7:34	7.9 (83.2%)
36	KASPRZAK Tadeusz	134	BRAK	M- Niepełnosprawni(A)	1	A			00:18:43	00:37:53.41	+00:06:25 (17.0%)	7:34	7.9 (83.2%)
37	PUSZKARSKI Adam	192	GOSADI NORDIC TEAM	M-Dzieci	1				00:18:57	00:37:54.99	+00:06:27 (17.0%)	7:34	7.9 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	STACHOWICZ Marcin	205	BŁĘKITNI DZIEMIANY	M30-39	3				00:18:48	00:37:55.09	+00:06:27 (17.0%)	7:35	7.9 (83.2%)
39	MADAJ Robert	159	STĘSZEW TEAM	M50-54	5				00:18:50	00:37:57.90	+00:06:30 (17.1%)	7:35	7.9 (83.2%)
40	KĘDZIERSKA Karolina	135	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-44	2				00:18:49	00:37:58.67	+00:06:31 (17.2%)	7:35	7.9 (83.2%)
41	TOMCZYK Edward	218	MARSZ PO ZDROWIE	M70-74	4				00:18:54	00:38:10.78	+00:06:43 (17.6%)	7:38	7.9 (83.2%)
42	STACHOWIAK Tomasz	73		M40-44	4		1		00:18:53	00:38:25.19	+00:06:57 (18.1%)	7:41	7.8 (82.1%)
43	GRUSZKA Michał	120	ZESPÓŁ SZKÓŁ NR 1 IMIENIA ADAMA MICKIEWICZA	M-Jun.	1				00:18:31	00:38:26.50	+00:06:59 (18.2%)	7:41	7.8 (82.1%)
44	DUKAT Radosław	108	#ŚREMCHODZI	M45-49	3				00:19:06	00:38:33.34	+00:07:05 (18.4%)	7:42	7.8 (82.1%)
45	ŚLUSARCZYK Grzegorz	215	WESOŁY BORSUK TEAM	M45-49	4				00:19:02	00:38:43.54	+00:07:16 (18.8%)	7:44	7.7 (81.1%)
46	DĄBROWSKI Dawid	103	Z POCIĄGU DO BIEGANIA	M30-39	4				00:19:12	00:38:45.88	+00:07:18 (18.9%)	7:45	7.7 (81.1%)
47	GÓRAL Andrzej	116	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	2	A			00:19:04	00:38:47.19	+00:07:19 (18.9%)	7:45	7.7 (81.1%)
48	KOSTECKI Wiesław	143	NW CZŁAPSKI TEAM	M65-69	3				00:19:11	00:38:47.52	+00:07:20 (18.9%)	7:45	7.7 (81.1%)
49	WITUCKA Karolina	228		K-Dzieci	1				00:19:23	00:39:08.61	+00:07:41 (19.6%)	7:49	7.7 (81.1%)
50	CHOLEWIŃSKA Longina	94	HERNIK TEAM-NW MUROWANA GOŚLINA	K55-59	1				00:19:24	00:39:08.90	+00:07:41 (19.6%)	7:49	7.7 (81.1%)
51	SZYBUT Weronika	210	POTĘGA NORDICA	K-Dzieci	2				00:19:25	00:39:10.07	+00:07:42 (19.7%)	7:50	7.7 (81.1%)
52	RUSINOWICZ Andrzej	200	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1				00:19:28	00:39:10.36	+00:07:42 (19.7%)	7:50	7.7 (81.1%)
53	DAROSZEWSKA Krystyna	102	SERCE NORDICA WŁOCLAWEK	K60-64	1				00:19:24	00:39:14.19	+00:07:46 (19.8%)	7:50	7.6 (80.0%)
54	GRUSZKA Michał	119	ETHOSENERGY POLAND S.A.	M45-49	5				00:19:16	00:39:19.21	+00:07:51 (20.0%)	7:51	7.6 (80.0%)
55	GRYGOROWICZ Bogdan	122	KGHM METRACO RUDNA	M- Niepełnosprawni(B)	2	B			00:19:28	00:39:23.57	+00:07:56 (20.1%)	7:52	7.6 (80.0%)
56	OLEJNICZAK Aleksandra	170	KIJKOWE TRZEMESZNO	K-Jun.	1				00:19:36	00:39:25.32	+00:07:57 (20.2%)	7:53	7.6 (80.0%)
57	ZIELIŃSKA Jolanta	239	GOSIR OSIELSKO	K60-64	2				00:19:21	00:39:28.78	+00:08:01 (20.3%)	7:53	7.6 (80.0%)
58	CIESIELSKI Krzysztof	97	FAST WALKER	M65-69	4				00:19:51	00:39:47.93	+00:08:20 (21.0%)	7:57	7.5 (78.9%)
59	GAŁĄZKA Paweł	248	MUSZKIETEROWIE	M- Niepełnosprawni(A)	3	A			00:19:30	00:39:56.09	+00:08:28 (21.2%)	7:59	7.5 (78.9%)
60	FRANCZAK Dariusz	111	NW CZŁAPSKI TEAM	M55-59	7				00:20:02	00:40:02.95	+00:08:35 (21.5%)	8:00	7.5 (78.9%)

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61	GUTOWSKA Magdalena	125	PAUL TEAM	K45-49	4				00:19:54	00:40:13.28	+00:08:45 (21.8%)	8:02	7.5 (78.9%)
62	KOWALSKA Beata	144	STĘSZEW TEAM	K50-54	3				00:19:52	00:40:14.17	+00:08:46 (21.8%)	8:02	7.5 (78.9%)
63	PIETRZAK Dorota	249	NORDIC WALKING KIEKRZ POLAND	K45-49	5				00:19:52	00:40:14.51	+00:08:47 (21.8%)	8:02	7.5 (78.9%)
64	KUREK Aleksander	151	KGHM METRACO RUDNA	M-Dzieci	2				00:20:07	00:40:23.67	+00:08:56 (22.1%)	8:04	7.4 (77.9%)
65	DUDEK Leszek	105	KGHM METRACO RUDNA	M70-74	5				00:20:12	00:40:25.34	+00:08:57 (22.2%)	8:05	7.4 (77.9%)
66	RATAJCZAK Katarzyna	195	ŚREM CHODZI	K50-54	4				00:20:04	00:40:32.76	+00:09:05 (22.4%)	8:06	7.4 (77.9%)
67	JASTRZĘBSKA-MAJAK Agnieszka	130	NW CZŁAPSKI TEAM	K50-54	5				00:20:06	00:40:35.91	+00:09:08 (22.5%)	8:07	7.4 (77.9%)
68	PALIWODA Katarzyna	244		K45-49	6				00:19:51	00:40:36.57	+00:09:09 (22.5%)	8:07	7.4 (77.9%)
69	BUCZKOWSKI Jerzy	90	KS SOKÓŁ GAŚAWA	M70-74	6				00:20:12	00:40:38.07	+00:09:10 (22.6%)	8:07	7.4 (77.9%)
70	SZULC-MIKOŁAJCZAK Marzena	208	NW WĄGROWIEC	K30-39	1				00:19:56	00:40:39.98	+00:09:12 (22.6%)	8:07	7.4 (77.9%)
71	BROŻYNA Adam	246	NW CZŁAPSKI TEAM	M-Dzieci	3				00:20:34	00:40:41.86	+00:09:14 (22.7%)	8:08	7.4 (77.9%)
72	MACKO Michał	74	WYCHODZĘ Z KIJAMI	M-Dzieci	4				00:20:15	00:40:44.47	+00:09:17 (22.8%)	8:08	7.4 (77.9%)
73	SIWIŃSKI Bogdan	202		M50-54	6				00:20:09	00:40:46.46	+00:09:19 (22.8%)	8:09	7.4 (77.9%)
74	POTRZEBOWSKA Agata	183		K- Niepełnosprawni(B)	1	B			00:20:21	00:40:54.67	+00:09:27 (23.1%)	8:10	7.3 (76.8%)
75	ROŻEK Wiktoria	198	KIJKOWE TRZEMESZNO	K-Jun.	2				00:20:15	00:40:54.79	+00:09:27 (23.1%)	8:10	7.3 (76.8%)
76	DARGAS Sandra	100	BŁĘKITNI DZIEMIANY	K-Jun.	3		1		00:20:05	00:40:55.22	+00:09:27 (23.1%)	8:11	7.3 (76.8%)
77	KUCZYŃSKA Anna	149	NORDIC WALKING KIEKRZ POLAND	K60-64	3				00:20:17	00:41:05.82	+00:09:38 (23.5%)	8:13	7.3 (76.8%)
78	KĘPA Andrzej	136	FAMILY TEAM KĘPA SPORT	M70-74	7				00:20:10	00:41:06.12	+00:09:38 (23.5%)	8:13	7.3 (76.8%)
79	MATYJA Anna	162	#ŚREMCHODZI	K50-54	6				00:20:17	00:41:22.45	+00:09:55 (24.0%)	8:16	7.3 (76.8%)
80	ŚLUSARCZYK Karolina	217	WESOŁY BORSUK TEAM	K-Jun.	4				00:20:26	00:41:24.78	+00:09:57 (24.0%)	8:16	7.2 (75.8%)
81	LUDWICZAK Lena	158	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-Dzieci	3				00:20:29	00:41:40.19	+00:10:12 (24.5%)	8:20	7.2 (75.8%)
82	GAŁKOWSKA Elżbieta	113	MARSZ PO ZDROWIE	K65-69	1				00:20:16	00:41:43.71	+00:10:16 (24.6%)	8:20	7.2 (75.8%)
83	KUŚMIEREK Beata	153	BŁĘKITNI DZIEMIANY	K45-49	7				00:20:52	00:41:50.14	+00:10:22 (24.8%)	8:22	7.2 (75.8%)

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84	PALUCH Paweł	174	AVOCADO WELLNESS CLUB	M55-59	8				00:20:49	00:41:57.89	+00:10:30 (25.0%)	8:23	7.2 (75.8%)
85	PIĄTKOWSKI Józef	179	KGHM METRACO RUDNA	M75-79	2				00:21:07	00:42:02.66	+00:10:35 (25.2%)	8:24	7.1 (74.7%)
86	ADAMOWICZ Andrzej	81		M75-79	3				00:21:07	00:42:04.85	+00:10:37 (25.2%)	8:24	7.1 (74.7%)
87	GUTOWSKI Paweł	126	PAUL TEAM	M- Niepełnosprawni(A)	4	A			00:20:41	00:42:11.75	+00:10:44 (25.4%)	8:26	7.1 (74.7%)
88	WOROCH Jolanta	232	KGHM METRACO RUDNA	K55-59	2				00:20:51	00:42:12.31	+00:10:44 (25.5%)	8:26	7.1 (74.7%)
89	KONIECZNA Zuzanna	141		K50-54	7				00:20:49	00:42:12.72	+00:10:45 (25.5%)	8:26	7.1 (74.7%)
90	KNITTER Agata	138	BŁĘKITNI DZIEMIANY	K18-29	2				00:20:48	00:42:21.83	+00:10:54 (25.7%)	8:28	7.1 (74.7%)
91	REMISZEWSKI Adam	196	UTW OLEŚNICA	M75-79	4				00:21:08	00:42:23.78	+00:10:56 (25.8%)	8:28	7.1 (74.7%)
92	NAWROCKA Hanna	167	MARSZ PO ZDROWIE	K-Jun.	5				00:20:55	00:42:28.97	+00:11:01 (26.0%)	8:29	7.1 (74.7%)
93	GRYGOROWICZ Teresa	121	KGHM METRACO RUDNA	K65-69	2				00:21:00	00:42:31.09	+00:11:03 (26.0%)	8:30	7.1 (74.7%)
94	DYLEWICZ Weronika	110	EKSTREMUM	K18-29	3				00:21:24	00:42:50.70	+00:11:23 (26.6%)	8:34	7 (73.7%)
95	PIETRZYK Anna	181		K- Niepełnosprawni(A)	1	A			00:20:59	00:43:04.29	+00:11:36 (27.0%)	8:36	7 (73.7%)
96	JÓŹWIAK Łukasz	131	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3	B			00:21:33	00:43:04.83	+00:11:37 (27.0%)	8:36	7 (73.7%)
97	TURZYŃSKA-STOPA Maria	220	BŁĘKITNI DZIEMIANY	K65-69	3				00:21:22	00:43:12.50	+00:11:45 (27.2%)	8:38	6.9 (72.6%)
98	PRACKI Zbigniew	186	SERCE NORDICA WŁOCŁAWEK	M55-59	9				00:21:52	00:43:23.69	+00:11:56 (27.5%)	8:40	6.9 (72.6%)
99	OWCZAREK Aleksandra	172	MARSZ PO ZDROWIE	K-Jun.	6		1		00:20:58	00:43:23.98	+00:11:56 (27.5%)	8:40	6.9 (72.6%)
100	WALCZAK Grzegorz	226	NORDIC WALKING KIEKRZ POLAND	M45-49	6				00:19:05	00:43:25.26	+00:11:57 (27.6%)	8:41	6.9 (72.6%)
101	DEMBSKA Violetta	104	#SREMCHODZI	K- Niepełnosprawni(A)	2	A			00:21:41	00:43:25.47	+00:11:58 (27.6%)	8:41	6.9 (72.6%)
102	STACHOWIAK Magdalena	204	STESZEW TEAM	K40-44	3				00:21:16	00:43:34.43	+00:12:06 (27.8%)	8:42	6.9 (72.6%)
103	KNITTER Zofia	137	BŁĘKITNI DZIEMIANY	K-Dzieci	4				00:20:50	00:43:40.21	+00:12:12 (28.0%)	8:44	6.9 (72.6%)
104	LEWANDOWSKA Agnieszka	155		K45-49	8				00:21:40	00:43:47.12	+00:12:19 (28.2%)	8:45	6.9 (72.6%)
105	MAJAK Wojciech	160	NW CZŁAPSKI TEAM	M50-54	7				00:21:34	00:43:51.04	+00:12:23 (28.3%)	8:46	6.8 (71.6%)
106	TROKA Małgorzata	219	BŁĘKITNI DZIEMIANY	K40-44	4				00:21:51	00:43:51.41	+00:12:23 (28.3%)	8:46	6.8 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	JASTRZĘBSKA-MACKO Marta	129	WYCHODZĘ Z KIJAMI	K30-39	2				00:21:37	00:44:04.07	+00:12:36 (28.6%)	8:48	6.8 (71.6%)
108	GÓRSKI Henryk	118	UTW OLEŚNICA	M70-74	8				00:22:01	00:44:06.29	+00:12:38 (28.7%)	8:49	6.8 (71.6%)
109	PASZKOWSKA Maria	177	KGHM METRACO RUDNA	K40-44	5				00:21:36	00:44:09.21	+00:12:41 (28.8%)	8:49	6.8 (71.6%)
110	DARGAS Małgorzata	99	BŁĘKITNI DZIEMIANY	K45-49	9				00:21:55	00:44:23.96	+00:12:56 (29.1%)	8:52	6.8 (71.6%)
111	STANISŁAWSKI Jan	206	MARSZ PO ZDROWIE	M60-64	3				00:21:37	00:44:25.30	+00:12:57 (29.2%)	8:53	6.8 (71.6%)
112	LUBAŃSKA Leokadia	156	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(A)	3	A			00:22:14	00:44:31.91	+00:13:04 (29.4%)	8:54	6.7 (70.5%)
113	PIDUCH Jan	180	MARSZ PO ZDROWIE	M70-74	9				00:21:40	00:44:32.23	+00:13:04 (29.4%)	8:54	6.7 (70.5%)
114	KUREK Aleksandra	152	KGHM METRACO RUDNA	K30-39	3				00:22:04	00:44:37.39	+00:13:09 (29.5%)	8:55	6.7 (70.5%)
115	ANGIELCZYK Małgorzata	82	MARSZ PO ZDROWIE	K70-74	1				00:21:52	00:44:46.41	+00:13:18 (29.7%)	8:57	6.7 (70.5%)
116	DUKAT Monika	107	#ŚREMCHODZI	K45-49	10				00:22:34	00:44:47.56	+00:13:20 (29.8%)	8:57	6.7 (70.5%)
117	LUBAŃSKI Tomasz	157	SERCE NORDICA WŁOCŁAWEK	M60-64	4				00:22:20	00:44:49.51	+00:13:22 (29.8%)	8:57	6.7 (70.5%)
118	KONIECZNA Mariola	140	STĘSZEW TEAM	K55-59	3				00:22:09	00:44:53.57	+00:13:26 (29.9%)	8:58	6.7 (70.5%)
119	KOZŁOWSKA Wiktoria	145	NORDIC WALKING KIEKRZ POLAND	K- Niepełnosprawni(A)	4	A			00:21:50	00:45:38.02	+00:14:10 (31.1%)	9:07	6.6 (69.5%)
120	SZYMAŃSKA Lucyna	211	XV KOŁO PZERII W DYWITACH	K70-74	2				00:21:53	00:45:44.77	+00:14:17 (31.2%)	9:08	6.6 (69.5%)
121	DARGAS Marta	101	BŁĘKITNI DZIEMIANY	K-Jun.	7				00:22:29	00:45:45.51	+00:14:18 (31.3%)	9:09	6.6 (69.5%)
122	RABCZEWSKA Aleksandra	194	NORDIC WALKING KIEKRZ POLAND	K60-64	4				00:22:47	00:45:47.63	+00:14:20 (31.3%)	9:09	6.6 (69.5%)
123	NOWAK-DRESLER Magdalena	168	AVOCADO WELLNESS CLUB	K45-49	11				00:22:52	00:45:51.05	+00:14:23 (31.4%)	9:10	6.5 (68.4%)
124	PRZYBYŁAK Stanisław	189	PRZYBYŁAK TEAM	M75-79	5				00:22:17	00:46:08.76	+00:14:41 (31.8%)	9:13	6.5 (68.4%)
125	NAWROCKA Grażyna	166	KATORŻNIK	K65-69	4				00:22:44	00:46:12.30	+00:14:44 (31.9%)	9:14	6.5 (68.4%)
126	MŁODOŻYŃSKA Karolina	164	NAMASTE	K45-49	12				00:22:49	00:46:14.27	+00:14:46 (32.0%)	9:14	6.5 (68.4%)
127	CHWIAŁKOWSKA Iwona	96	NAMASTE	K50-54	8				00:22:48	00:46:16.06	+00:14:48 (32.0%)	9:15	6.5 (68.4%)
128	SŁOWIK Stanisław	203	KGHM METRACO RUDNA	M-Dzieci	5				00:23:07	00:47:00.10	+00:15:32 (33.1%)	9:24	6.4 (67.4%)
129	PRZYBORKIEWICZ Gosia	188	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	5	A			00:23:17	00:47:27.18	+00:15:59 (33.7%)	9:29	6.3 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	TWARDOWSKA Edyta	247	AVOCADO	K40-44	6				00:23:38	00:47:31.83	+00:16:04 (33.8%)	9:30	6.3 (66.3%)
131	PANKIEWICZ-DMOWSKA Cecylia	175		K70-74	3				00:23:21	00:47:34.59	+00:16:07 (33.9%)	9:30	6.3 (66.3%)
132	BLASZKA Ryszard	86	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	5	A			00:23:33	00:47:38.90	+00:16:11 (34.0%)	9:31	6.3 (66.3%)
133	BLASZKA Michał	85	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	6	A			00:23:20	00:47:40.13	+00:16:12 (34.0%)	9:32	6.3 (66.3%)
134	WORONKO ZACZYŃSKA Janina	233	KGHM METRACORUDNA	K75-79	1				00:23:45	00:48:05.72	+00:16:38 (34.6%)	9:37	6.2 (65.3%)
135	WÓJCIK Henryk	235	UTW OLEŚNICA	M80+	1				00:24:10	00:48:11.68	+00:16:44 (34.7%)	9:38	6.2 (65.3%)
136	IGLIŃSKA Maria	128		K65-69	5				00:24:24	00:48:43.91	+00:17:16 (35.4%)	9:44	6.2 (65.3%)
137	WALCZAK Henryk	225	NORDIC WALKING KIEKRZ POLAND	M80+	2				00:24:12	00:48:55.71	+00:17:28 (35.7%)	9:47	6.1 (64.2%)
138	WÓJCIK Irena	234	UTW OLEŚNICA	K75-79	2				00:24:49	00:48:57.81	+00:17:30 (35.8%)	9:47	6.1 (64.2%)
139	GÓRSKA Małgorzata	117	UTW OLEŚNICA	K65-69	6				00:24:26	00:49:03.27	+00:17:35 (35.9%)	9:48	6.1 (64.2%)
140	URBAN Jacek	222		M70-74	10				00:23:38	00:49:22.45	+00:17:55 (36.3%)	9:52	6.1 (64.2%)
141	KULCZYCKI Jan	150		M70-74	11				00:24:16	00:49:46.63	+00:18:19 (36.8%)	9:57	6 (63.2%)
142	BRZOZOWSKI Leon	89	ŚREM CHODZI	M-Dzieci	6				00:24:09	00:49:54.63	+00:18:27 (37.0%)	9:58	6 (63.2%)
143	BARTEK Sonia	83		K30-39	4				00:25:09	00:50:07.09	+00:18:39 (37.2%)	10:01	6 (63.2%)
144	PRZYBYŁAK Dorota	190	PRZYBYŁAK TEAM	K70-74	4				00:24:42	00:50:26.99	+00:18:59 (37.6%)	10:05	5.9 (62.1%)
145	OWCZAREK Henryka	171	MARSZ PO ZDROWIE	K75-79	3				00:25:08	00:50:30.99	+00:19:03 (37.7%)	10:06	5.9 (62.1%)
146	WIŚNIEWSKA Mariola	227		K60-64	5				00:24:59	00:50:36.91	+00:19:09 (37.8%)	10:07	5.9 (62.1%)
147	ŚLUSARCZYK Danuta	216	WESOŁY BORSUK TEAM	K65-69	7				00:25:15	00:52:02.41	+00:20:34 (39.6%)	10:24	5.8 (61.1%)
148	ROMAŃSKI Damian	197		M- Niepełnosprawni(A)	7	A			00:25:58	00:52:42.08	+00:21:14 (40.3%)	10:32	5.7 (60.0%)
149	SZYBUT Roma	209	POTĘGA NORDICA	K30-39	5				00:25:43	00:52:44.38	+00:21:16 (40.4%)	10:32	5.7 (60.0%)
150	CAŁUS Szymon	92	KGHM METRACO RUDNA	M-Dzieci	7				00:23:35	00:53:07.89	+00:21:40 (40.8%)	10:37	5.6 (58.9%)
151	JÓŹWIAK Dominik	132	SERCE NORDICA WŁOCŁAWEK	M18-29	4				00:25:57	00:53:42.83	+00:22:15 (41.4%)	10:44	5.6 (58.9%)
152	PRACKA Katarzyna	185	SERCE NORDICA WŁOCŁAWEK	K50-54	9				00:27:38	00:55:18.97	+00:23:51 (43.1%)	11:03	5.4 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	KLUSKA Anna	245	KGHM METRACO RUDNA	K-Dzieci	5				00:24:16	00:55:36.94	+00:24:09 (43.4%)	11:07	5.4 (56.8%)
154	SZAROLETA Zofia	207	PRZYBYLAK TEAM	K80+	1				00:27:33	00:55:41.66	+00:24:14 (43.5%)	11:08	5.4 (56.8%)
155	ŚLUSARCZYK Błażej	214	WESOŁY BORSUK TEAM	M-Dzieci	8				00:27:14	00:57:05.91	+00:25:38 (44.9%)	11:25	5.3 (55.8%)
156	PAJĘCKI Adam	173	PARAKULOS KOWAL	M- Niepełnosprawni(B)	4	B			00:27:53	00:57:34.07	+00:26:06 (45.4%)	11:30	5.2 (54.7%)
157	CAŁUS Maja	93	KGHM METRACO RUDNA	K-Dzieci	6				00:24:15	00:58:43.90	+00:27:16 (46.4%)	11:44	5.1 (53.7%)

Znaleziono 157 wynik(ów)