



# OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** Ogólnopolski Puchar Nordic Walking 2021  
**Organizator:** Olimpia Osowa  
**Data:** 2021-09-12  
**Miejsce:** Gdańsk  
**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	188	KS IDMAR RACING TEAM	M50-54	1				00:14:15	<b>00:29:08.70</b>		5:49	10.3 (100%)
2	MARCZAK Tomasz	141	KS IDMAR RACING TEAM	M18-29	1				00:15:04	<b>00:30:49.50</b>	+00:01:40 (5.5%)	6:09	9.7 (94.2%)
3	BRZOZOWSKI Piotr	77	AKTYWNI POSTOMINO	M30-39	1				00:15:07	<b>00:31:17.75</b>	+00:02:09 (6.9%)	6:15	9.6 (93.2%)
4	WOROCH Roman	190	KGHM METRACO RUDNA	M60-64	1				00:15:33	<b>00:31:36.50</b>	+00:02:27 (7.8%)	6:19	9.5 (92.2%)
5	KRAJEWSKA Hanna	126	LUKI TEAM POLAND	K18-29	1				00:15:29	<b>00:31:50.70</b>	+00:02:42 (8.5%)	6:22	9.4 (91.3%)
6	KNITTER Michał	119	BŁĘKITNI DZIEMIANY	M18-29	2				00:15:47	<b>00:32:02.30</b>	+00:02:53 (9.0%)	6:24	9.4 (91.3%)
7	KOPCZEWSKI Dariusz	121	WYCHODZĘ Z KIJAMI	M55-59	1	2			00:15:55	<b>00:32:06.90</b>	+00:02:58 (9.2%)	6:25	9.3 (90.3%)
8	PARZYBUT Jan	152	POSTĘP PNIEWY TEAM	M55-59	2	1			00:15:56	<b>00:32:14.70</b>	+00:03:06 (9.6%)	6:26	9.3 (90.3%)
9	GAJEWSKI Eugeniusz	90	KGHM METRACO RUDNA	M60-64	2				00:15:52	<b>00:32:21.50</b>	+00:03:12 (9.9%)	6:28	9.3 (90.3%)
10	HELWICH Stefan	107	KGHM METRACO RUDNA	M65-69	1				00:15:53	<b>00:32:22.20</b>	+00:03:13 (10.0%)	6:28	9.3 (90.3%)
11	FRĄCKOWIAK Roman	89	EKSPEDYCJA NORDIC TEAMSZCZECIN	M50-54	2				00:15:59	<b>00:32:22.30</b>	+00:03:13 (10.0%)	6:28	9.3 (90.3%)
12	TOPOREK Rafał	180	POLIPACK TEAM GWE	M-Niepełnosprawni(B)	1	B			00:16:33	<b>00:32:54.40</b>	+00:03:45 (11.4%)	6:34	9.1 (88.3%)
13	PRZYBORKIEWICZ Kriss	156	PIERNIKI TORUŃ	M45-49	1				00:16:21	<b>00:32:58.40</b>	+00:03:49 (11.6%)	6:35	9.1 (88.3%)
14	ŚWIŚŁOCKI Bogdan	177	FACE NORDIC WALKING TEAM	M55-59	3	1			00:16:17	<b>00:33:01.55</b>	+00:03:52 (11.8%)	6:36	9.1 (88.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>MAŚLANKA Jacek</b>	<b>142</b>		M55-59	4				00:16:29	<b>00:33:23.95</b>	+00:04:15 (12.7%)	6:40	9 (87.4%)
16	<b>KLAWCZYŃSKI Marcin</b>	<b>118</b>	AKTYWNIE W PNIEWACH	M18-29	3				00:16:29	<b>00:33:41.30</b>	+00:04:32 (13.5%)	6:44	8.9 (86.4%)
17	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>146</b>	EKSPEDYCJA NORDIC TEAMSZCZECIN	K50-54	1	1			00:16:37	<b>00:33:46.05</b>	+00:04:37 (13.7%)	6:45	8.9 (86.4%)
18	<b>SANIUK Edward</b>	<b>162</b>	FACE NORDIC WALKING TEAM	M70-74	1				00:16:49	<b>00:33:49.05</b>	+00:04:40 (13.8%)	6:45	8.9 (86.4%)
19	<b>CZŁAPSKI Krzysztof</b>	<b>82</b>	NW CZŁAPSKI TEAM	M55-59	5				00:16:24	<b>00:33:56.75</b>	+00:04:48 (14.1%)	6:47	8.8 (85.4%)
20	<b>MAŚLANKA Iwona</b>	<b>143</b>	MARSZ PO ZDROWIE	K50-54	2				00:16:48	<b>00:33:57.75</b>	+00:04:49 (14.2%)	6:47	8.8 (85.4%)
21	<b>WOJTCZAK Urszula</b>	<b>189</b>	CZAPELKI	K40-44	1				00:16:55	<b>00:34:02.00</b>	+00:04:53 (14.4%)	6:48	8.8 (85.4%)
22	<b>KUŚMIEREK Mateusz</b>	<b>135</b>	BŁĘKITNI DZIEMIANY	M18-29	4	1			00:16:39	<b>00:34:03.20</b>	+00:04:54 (14.4%)	6:48	8.8 (85.4%)
23	<b>KRUGIOŁKA Grzegorz</b>	<b>127</b>	AKTYWNIE W PNIEWACH	M30-39	2				00:16:53	<b>00:34:21.25</b>	+00:05:12 (15.2%)	6:52	8.7 (84.5%)
24	<b>GIERSZEWSKI Arkadiusz</b>	<b>95</b>		M40-44	1				00:17:02	<b>00:34:23.50</b>	+00:05:14 (15.3%)	6:52	8.7 (84.5%)
25	<b>KOWNACKI Bartłomiej</b>	<b>125</b>		M40-44	2	1			00:17:00	<b>00:34:36.70</b>	+00:05:28 (15.8%)	6:55	8.7 (84.5%)
26	<b>JÓŹWIAK Marianna</b>	<b>109</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	1				00:17:08	<b>00:34:38.70</b>	+00:05:30 (15.9%)	6:55	8.7 (84.5%)
27	<b>GĄGÓŁ Krzysztof</b>	<b>92</b>	KGHM METRACO RUDNA	M40-44	3				00:17:00	<b>00:34:49.90</b>	+00:05:41 (16.3%)	6:57	8.6 (83.5%)
28	<b>POKŁADOWSKA Joanna</b>	<b>154</b>	WYCHODZĘ Z KIJAMI	K45-49	2	1			00:17:03	<b>00:34:54.90</b>	+00:05:46 (16.5%)	6:58	8.6 (83.5%)
29	<b>WALCZAK Ryszard</b>	<b>183</b>		M70-74	2				00:17:16	<b>00:35:16.15</b>	+00:06:07 (17.4%)	7:03	8.5 (82.5%)
30	<b>GODZIŃSKA Dorota</b>	<b>97</b>	BAŻANT NW ELBLĄG	K40-44	2	1			00:17:23	<b>00:35:27.00</b>	+00:06:18 (17.8%)	7:05	8.5 (82.5%)
31	<b>SZYMAŃSKI Stefan</b>	<b>172</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	3				00:17:29	<b>00:35:34.95</b>	+00:06:26 (18.1%)	7:06	8.4 (81.6%)
32	<b>KASPRZAK Tadeusz</b>	<b>114</b>	BRAK	M-Niepełnosprawni(A)	1	A			00:17:40	<b>00:35:47.20</b>	+00:06:38 (18.6%)	7:09	8.4 (81.6%)
33	<b>PARCHEM Jarosław</b>	<b>212</b>	OLIMPIA OSOWA	M45-49	2	2			00:17:14	<b>00:35:48.15</b>	+00:06:39 (18.6%)	7:09	8.4 (81.6%)
34	<b>RYCĄBEL Bogdan</b>	<b>161</b>		M50-54	3				00:17:53	<b>00:36:02.20</b>	+00:06:53 (19.1%)	7:12	8.3 (80.6%)
35	<b>WITUCKA Karolina</b>	<b>187</b>		K-Dzieci	1	1			00:18:11	<b>00:36:14.90</b>	+00:07:06 (19.6%)	7:14	8.3 (80.6%)
36	<b>SZYBUT Weronika</b>	<b>170</b>	POTĘGA NORDICA	K-Dzieci	2				00:18:13	<b>00:36:17.10</b>	+00:07:08 (19.7%)	7:15	8.3 (80.6%)
37	<b>GIBAS Asia</b>	<b>93</b>	BAŻANT NW ELBLĄG	K40-44	3				00:17:46	<b>00:36:23.40</b>	+00:07:14 (19.9%)	7:16	8.2 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
										5km	Różn		
38	<b>ZAWADZKI Krzysztof</b>	<b>194</b>	WETERAN	M65-69	2				00:17:59	<b>00:36:24.05</b>	+00:07:15 (19.9%)	7:16	8.2 (79.6%)
39	<b>TOMCZYK Edward</b>	<b>179</b>	MARSZ PO ZDROWIE	M70-74	4				00:17:45	<b>00:36:34.00</b>	+00:07:25 (20.3%)	7:18	8.2 (79.6%)
40	<b>GUJDA Janusz</b>	<b>104</b>	JAROSŁAWSKIE WŁÓCZYKIJE	M45-49	3				00:17:55	<b>00:36:38.70</b>	+00:07:30 (20.5%)	7:19	8.2 (79.6%)
41	<b>STACHOWICZ Marcin</b>	<b>164</b>	BŁĘKITNI DZIEMIANY	M30-39	3				00:18:06	<b>00:36:44.15</b>	+00:07:35 (20.7%)	7:20	8.2 (79.6%)
42	<b>GÓRAL Andrzej</b>	<b>100</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	2	A			00:18:03	<b>00:36:52.70</b>	+00:07:44 (21.0%)	7:22	8.1 (78.6%)
43	<b>PAWLAK Sebastian</b>	<b>209</b>	OLIMPIA OSOWA	M45-49	4				00:18:19	<b>00:36:55.60</b>	+00:07:46 (21.1%)	7:23	8.1 (78.6%)
44	<b>DAROSZEWSKA Krystyna</b>	<b>83</b>	SERCE NORDICA WŁOCLAWEK	K60-64	1				00:18:35	<b>00:37:15.40</b>	+00:08:06 (21.8%)	7:27	8.1 (78.6%)
45	<b>GRYGOROWICZ Bogdan</b>	<b>102</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(B)	2	B			00:18:34	<b>00:37:16.35</b>	+00:08:07 (21.8%)	7:27	8.1 (78.6%)
46	<b>GUTOWSKA Magdalena</b>	<b>105</b>	PAUL TEAM	K45-49	3				00:18:34	<b>00:37:17.45</b>	+00:08:08 (21.8%)	7:27	8 (77.7%)
47	<b>BARTOSIEWICZ Włodzimierz</b>	<b>73</b>	FACE NORDIC WALKING TEAM	M65-69	3				00:18:32	<b>00:37:30.10</b>	+00:08:21 (22.3%)	7:30	8 (77.7%)
48	<b>CIESIELSKI Krzysztof</b>	<b>79</b>	FAST WALKER	M65-69	4				00:18:32	<b>00:37:33.10</b>	+00:08:24 (22.4%)	7:30	8 (77.7%)
49	<b>WALCZAK Grzegorz</b>	<b>184</b>	NORDIC WALKING KIEKRZ POLAND	M45-49	5				00:18:30	<b>00:37:46.30</b>	+00:08:37 (22.8%)	7:33	7.9 (76.7%)
50	<b>KURZAWSKA Jolanta</b>	<b>132</b>	KGHM METRACO RUDNA	K70-74	1				00:18:43	<b>00:37:54.15</b>	+00:08:45 (23.1%)	7:34	7.9 (76.7%)
51	<b>FRANCZAK Dariusz</b>	<b>88</b>	NW CZŁAPSKI TEAM	M55-59	6				00:18:52	<b>00:37:54.30</b>	+00:08:45 (23.1%)	7:34	7.9 (76.7%)
52	<b>KĘPA Andrzej</b>	<b>116</b>	FAMILY TEAM KĘPA SPORT	M70-74	5				00:18:45	<b>00:38:04.45</b>	+00:08:55 (23.5%)	7:36	7.9 (76.7%)
53	<b>GAŁKOWSKA Elżbieta</b>	<b>91</b>	MARSZ PO ZDROWIE	K65-69	1				00:18:41	<b>00:38:05.75</b>	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
54	<b>GIBAS Sławek</b>	<b>94</b>	BAŻANT NW ELBLĄG	M40-44	4	1			00:18:58	<b>00:38:06.20</b>	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
55	<b>RUSINOWICZ Andrzej</b>	<b>160</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1				00:19:05	<b>00:38:19.80</b>	+00:09:11 (24.0%)	7:39	7.8 (75.7%)
56	<b>KUSIAK Włodzimierz</b>	<b>133</b>	SERCE NORDICA WŁOCLAWEK	M70-74	6				00:18:54	<b>00:38:21.55</b>	+00:09:12 (24.0%)	7:40	7.8 (75.7%)
57	<b>KĘDZIERSKA Edyta</b>	<b>115</b>	EKG TEAM ♥	K45-49	4				00:19:19	<b>00:38:22.20</b>	+00:09:13 (24.0%)	7:40	7.8 (75.7%)
58	<b>PALUCH Paweł</b>	<b>150</b>	AVOCADO WELLNESS CLUB	M55-59	7				00:18:53	<b>00:38:28.30</b>	+00:09:19 (24.2%)	7:41	7.8 (75.7%)
59	<b>SAPUŁA Wiktoria</b>	<b>163</b>		K18-29	2				00:19:01	<b>00:38:33.70</b>	+00:09:25 (24.4%)	7:42	7.8 (75.7%)
60	<b>SZEREMENT Katarzyna</b>	<b>166</b>		K40-44	4				00:19:12	<b>00:38:36.20</b>	+00:09:27 (24.5%)	7:43	7.8 (75.7%)
61	<b>SZWAT Marta</b>	<b>168</b>		K30-39	1				00:19:20	<b>00:38:38.10</b>	+00:09:29 (24.6%)	7:43	7.8 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
62	<b>MALKIEWICZ Małgorzata</b>	<b>139</b>	SERCE NORDICA WŁOCŁAWEK	K55-59	1				00:19:16	<b>00:38:50.20</b>	+00:09:41 (25.0%)	7:46	7.7 (74.8%)
63	<b>GÓRSKA Ilona</b>	<b>101</b>		K45-49	5		1		00:19:23	<b>00:38:50.45</b>	+00:09:41 (25.0%)	7:46	7.7 (74.8%)
64	<b>ŚLUSARCZYK Grzegorz</b>	<b>175</b>	WESOŁY BORSUK TEAM	M45-49	6				00:19:02	<b>00:38:56.05</b>	+00:09:47 (25.1%)	7:47	7.7 (74.8%)
65	<b>KIERSNOWSKI Henryk</b>	<b>117</b>	DZIADKOWY KLUB SPORTOWY	M75-79	2				00:19:14	<b>00:39:00.85</b>	+00:09:52 (25.3%)	7:48	7.7 (74.8%)
66	<b>WOROCH Jolanta</b>	<b>191</b>	KGHM METRACO RUDNA	K55-59	2				00:19:18	<b>00:39:14.15</b>	+00:10:05 (25.7%)	7:50	7.6 (73.8%)
67	<b>FORC Mikołaj</b>	<b>208</b>	OLIMPIA OSOWA	M-Dzieci	1				00:19:17	<b>00:39:19.40</b>	+00:10:10 (25.9%)	7:51	7.6 (73.8%)
68	<b>OCHOCKA Patrycja</b>	<b>206</b>	OLIMPIA OSOWA	K40-44	5				00:19:36	<b>00:39:22.10</b>	+00:10:13 (26.0%)	7:52	7.6 (73.8%)
69	<b>BRZEZIŃSKI Jan</b>	<b>199</b>	OLIMPIA OSOWA	M-Dzieci	2				00:19:20	<b>00:39:23.60</b>	+00:10:14 (26.0%)	7:52	7.6 (73.8%)
70	<b>NOWAK-MARKANICZ Katarzyna</b>	<b>207</b>	OLIMPIA OSOWA	K50-54	3				00:19:42	<b>00:39:29.00</b>	+00:10:20 (26.2%)	7:53	7.6 (73.8%)
71	<b>TOWARNICKA Izabela</b>	<b>181</b>		K-Niepełnosprawni(B)	1	B	1		00:19:40	<b>00:39:36.10</b>	+00:10:27 (26.4%)	7:55	7.6 (73.8%)
72	<b>KUŚMIEREK Beata</b>	<b>134</b>	BŁĘKITNI DZIEMIANY	K45-49	6				00:19:54	<b>00:39:41.45</b>	+00:10:32 (26.6%)	7:56	7.6 (73.8%)
73	<b>GRYGOROWICZ Teresa</b>	<b>103</b>	KGHM METRACO RUDNA	K65-69	2				00:19:29	<b>00:39:41.80</b>	+00:10:33 (26.6%)	7:56	7.6 (73.8%)
74	<b>SZAŁAJ Anna</b>	<b>165</b>	KGHM METRACO RUDNA	K-Niepełnosprawni(B)	2	B			00:19:44	<b>00:39:48.65</b>	+00:10:39 (26.8%)	7:57	7.5 (72.8%)
75	<b>MACKO Michał</b>	<b>138</b>	WYCHODZĘ Z KIJAMI	M-Dzieci	3				00:19:22	<b>00:39:50.10</b>	+00:10:41 (26.8%)	7:58	7.5 (72.8%)
76	<b>KASPEREK Edyta</b>	<b>113</b>	NW CZŁAPSKI TEAM	K40-44	6				00:19:46	<b>00:39:50.65</b>	+00:10:41 (26.9%)	7:58	7.5 (72.8%)
77	<b>KAROLEWSKA Katarzyna</b>	<b>112</b>	PIERNIKI TORUŃ	K40-44	7				00:19:55	<b>00:39:56.30</b>	+00:10:47 (27.0%)	7:59	7.5 (72.8%)
78	<b>PIĄTKOWSKI Józef</b>	<b>197</b>	KGHM METRACO RUDNA	M75-79	3				00:19:53	<b>00:39:56.80</b>	+00:10:48 (27.0%)	7:59	7.5 (72.8%)
79	<b>PIETRZYK Anna</b>	<b>153</b>		K-Niepełnosprawni(A)	1	A			00:19:47	<b>00:40:06.50</b>	+00:10:57 (27.3%)	8:01	7.5 (72.8%)
80	<b>GUTOWSKI Paweł</b>	<b>106</b>	PAUL TEAM	M-Niepełnosprawni(A)	3	A			00:19:41	<b>00:40:07.20</b>	+00:10:58 (27.4%)	8:01	7.5 (72.8%)
81	<b>SZPERLAK Justyna</b>	<b>167</b>		K30-39	2		1		00:20:05	<b>00:40:07.70</b>	+00:10:59 (27.4%)	8:01	7.5 (72.8%)
82	<b>LUBAŃSKA Leokadia</b>	<b>136</b>	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(A)	2	A			00:20:10	<b>00:40:11.40</b>	+00:11:02 (27.5%)	8:02	7.5 (72.8%)
83	<b>ADAMOWICZ Andrzej</b>	<b>71</b>		M75-79	4				00:20:05	<b>00:40:19.15</b>	+00:11:10 (27.7%)	8:03	7.4 (71.8%)
84	<b>SOROKA Teresa</b>	<b>214</b>	NW PASŁĘK	K60-64	2				00:19:57	<b>00:40:23.00</b>	+00:11:14 (27.8%)	8:04	7.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
										5km	Różn		
85	<b>JASTRZĘBSKA-MACKO</b> Marta	<b>108</b>	WYCHODZĘ Z KIJAMI	K30-39	3				00:20:02	<b>00:40:30.75</b>	+00:11:22 (28.1%)	8:06	7.4 (71.8%)
86	<b>TURZYŃSKA-STOPA</b> Maria	<b>182</b>	BŁĘKITNI DZIEMIANY	K65-69	3				00:20:10	<b>00:40:33.00</b>	+00:11:24 (28.1%)	8:06	7.4 (71.8%)
87	<b>BIEGAJŁO</b> Piotr	<b>74</b>	ZDROWOPIJ	M50-54	4				00:20:10	<b>00:40:37.15</b>	+00:11:28 (28.2%)	8:07	7.4 (71.8%)
88	<b>KNITTER</b> Zofia	<b>120</b>	BŁĘKITNI DZIEMIANY	K-Dzieci	3				00:19:33	<b>00:40:43.20</b>	+00:11:34 (28.4%)	8:08	7.4 (71.8%)
89	<b>WYPYCH</b> Aneta	<b>193</b>	NW CZŁAPSKI TEAM	K45-49	7				00:20:25	<b>00:40:46.45</b>	+00:11:37 (28.5%)	8:09	7.4 (71.8%)
90	<b>KUBICA</b> Alicja	<b>129</b>		K65-69	4				00:20:08	<b>00:40:50.10</b>	+00:11:41 (28.6%)	8:10	7.3 (70.9%)
91	<b>ŚLUSARCZYK</b> Karolina	<b>174</b>	WESOŁY BORSUK TEAM	K-Jun.	1				00:20:04	<b>00:40:53.70</b>	+00:11:45 (28.7%)	8:10	7.3 (70.9%)
92	<b>WIŚNIEWSKA</b> Renata	<b>186</b>	GDAŃSKIE WODY AKTYWUJĄ	K60-64	3				00:20:03	<b>00:40:58.55</b>	+00:11:49 (28.9%)	8:11	7.3 (70.9%)
93	<b>JÓŻWIAK</b> Łukasz	<b>111</b>	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(B)	3	B			00:20:40	<b>00:41:00.00</b>	+00:11:51 (28.9%)	8:12	7.3 (70.9%)
94	<b>KLECZKOWSKA</b> Anna	<b>201</b>	OLIMPIA OSOWA	K40-44	8				00:20:21	<b>00:41:00.90</b>	+00:11:52 (28.9%)	8:12	7.3 (70.9%)
95	<b>BALCERAK</b> Grażyna	<b>218</b>	OLIMPIA GDAŃSK	K50-54	4				00:20:53	<b>00:41:01.10</b>	+00:11:52 (28.9%)	8:12	7.3 (70.9%)
96	<b>KOSTRZEWA</b> Ela	<b>124</b>	NW CZŁAPSKI TEAM	K50-54	5				00:20:34	<b>00:41:04.10</b>	+00:11:55 (29.0%)	8:12	7.3 (70.9%)
97	<b>BIEGAJŁO</b> Małgorzata	<b>75</b>		K50-54	6				00:20:29	<b>00:41:04.25</b>	+00:11:55 (29.0%)	8:12	7.3 (70.9%)
98	<b>ANGIELCZYK</b> Małgorzata	<b>72</b>	MARSZ PO ZDROWIE	K70-74	2				00:20:17	<b>00:41:06.40</b>	+00:11:57 (29.1%)	8:13	7.3 (70.9%)
99	<b>GONIA</b> Krzysztof	<b>98</b>	TO MY!	M55-59	8				00:20:07	<b>00:41:11.75</b>	+00:12:03 (29.3%)	8:14	7.3 (70.9%)
100	<b>KOSTRZEWA</b> Maciek	<b>27</b>	NW CZŁAPSKI TEAM	M50-54	5				00:20:20	<b>00:41:21.85</b>	+00:12:13 (29.5%)	8:16	7.3 (70.9%)
101	<b>RUDNIK</b> Natalia	<b>159</b>	BŁĘKITNI DZIEMIANY	K18-29	3				00:20:34	<b>00:41:22.05</b>	+00:12:13 (29.5%)	8:16	7.3 (70.9%)
102	<b>CZAJA</b> Wiesław	<b>80</b>	GDAŃSKIE WODY AKTYWUJĄ	M55-59	9				00:20:41	<b>00:41:27.30</b>	+00:12:18 (29.7%)	8:17	7.2 (69.9%)
103	<b>PLUTO-PRĄDZYŃSKA</b> Klaudia	<b>66</b>		K-Niepełnosprawni(B)	3	B			00:20:35	<b>00:41:31.90</b>	+00:12:23 (29.8%)	8:18	7.2 (69.9%)
104	<b>SZYMAŃSKA</b> Lucyna	<b>171</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	K70-74	3	1			00:20:21	<b>00:41:40.60</b>	+00:12:31 (30.1%)	8:20	7.2 (69.9%)
105	<b>GÓRA</b> Beata	<b>99</b>	WŁÓCZYKIJE GDYNIA	K50-54	7				00:20:49	<b>00:41:40.70</b>	+00:12:32 (30.1%)	8:20	7.2 (69.9%)
106	<b>KURCZ</b> Barbara	<b>131</b>	WYCHODZĘ Z KIJAMI	K50-54	8				00:20:46	<b>00:41:47.10</b>	+00:12:38 (30.3%)	8:21	7.2 (69.9%)
107	<b>TKACZYK</b> Marzena	<b>178</b>	WYCHODZĘ Z KIJAMI	K50-54	9				00:21:11	<b>00:42:11.05</b>	+00:13:02 (30.9%)	8:26	7.1 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>KALSKI Eugeniusz</b>	<b>198</b>		M70-74	7				00:20:55	<b>00:42:13.25</b>	+00:13:04 (31.0%)	8:26	7.1 (68.9%)
109	<b>RAMPCZYK Beata</b>	<b>213</b>	EKG EDYTA	K40-44	9				00:20:59	<b>00:42:33.05</b>	+00:13:24 (31.5%)	8:30	7.1 (68.9%)
110	<b>ZIELIŃSKI Jacek</b>	<b>195</b>	GDAŃSKIE WODY AKTYWUJĄ	M65-69	5				00:21:19	<b>00:42:50.65</b>	+00:13:41 (32.0%)	8:34	7 (68.0%)
111	<b>REHLIS Aleksander</b>	<b>211</b>	WYCHODZĘ Z KIJAMI	M30-39	4				00:21:22	<b>00:42:54.65</b>	+00:13:45 (32.1%)	8:34	7 (68.0%)
112	<b>WIŚNIEWSKA-SZYTENHELM Iwona</b>	<b>202</b>	OLIMPIA OSOWA	K45-49	8				00:21:45	<b>00:43:12.30</b>	+00:14:03 (32.5%)	8:38	6.9 (67.0%)
113	<b>ZAWALICH Magdalena</b>	<b>204</b>	OLIMPIA OSOWA	K30-39	4				00:21:19	<b>00:43:15.05</b>	+00:14:06 (32.6%)	8:39	6.9 (67.0%)
114	<b>NERC Dorota</b>	<b>145</b>		K60-64	4				00:21:30	<b>00:43:25.40</b>	+00:14:16 (32.9%)	8:41	6.9 (67.0%)
115	<b>LUBAŃSKI Tomasz</b>	<b>137</b>	SERCE NORDICA WŁOCŁAWEK	M60-64	3				00:21:53	<b>00:43:31.55</b>	+00:14:22 (33.0%)	8:42	6.9 (67.0%)
116	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>192</b>	KGHM METRACO RUDNA	K75-79	1				00:21:45	<b>00:43:38.25</b>	+00:14:29 (33.2%)	8:43	6.9 (67.0%)
117	<b>REMIZOWICZ-ŚWIGOST Olga</b>	<b>203</b>	OLIMPIA OSOWA	K40-44	10				00:22:02	<b>00:44:02.95</b>	+00:14:54 (33.8%)	8:48	6.8 (66.0%)
118	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>151</b>		K70-74	4				00:21:57	<b>00:44:03.65</b>	+00:14:54 (33.9%)	8:48	6.8 (66.0%)
119	<b>FORMALEWICZ Katarzyna</b>	<b>87</b>	WYCHODZĘ Z KIJAMI	K50-54	10		1		00:22:20	<b>00:44:11.30</b>	+00:15:02 (34.0%)	8:50	6.8 (66.0%)
120	<b>DZIEMIANCZUK Kamila</b>	<b>86</b>	BUENAS	K30-39	5				00:21:34	<b>00:44:21.70</b>	+00:15:13 (34.3%)	8:52	6.8 (66.0%)
121	<b>GONIA Katarzyna</b>	<b>215</b>	EKG EDYTA KĘDZIERSKA	K55-59	3				00:22:39	<b>00:44:22.30</b>	+00:15:13 (34.3%)	8:52	6.8 (66.0%)
122	<b>LUBIENIECKA Beata</b>	<b>219</b>	OLIMPIA OSOWA	K30-39	6				00:22:11	<b>00:44:44.85</b>	+00:15:36 (34.9%)	8:56	6.7 (65.0%)
123	<b>PRACKA Katarzyna</b>	<b>155</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	11				00:22:15	<b>00:44:49.30</b>	+00:15:40 (35.0%)	8:57	6.7 (65.0%)
124	<b>PRZYBORKIEWICZ Gosia</b>	<b>157</b>	PIERNIKI TORUŃ	K-Niepełnosprawni(A)	3	A			00:23:04	<b>00:45:12.35</b>	+00:16:03 (35.5%)	9:02	6.6 (64.1%)
125	<b>GARGANISZ Ewa</b>	<b>200</b>	OLIMPIA OSOWA	K55-59	4				00:22:43	<b>00:45:17.35</b>	+00:16:08 (35.6%)	9:03	6.6 (64.1%)
126	<b>PRZYBYLSKA Aleksandra</b>	<b>158</b>	ELITE TEAM	K-Niepełnosprawni(B)	4	B			00:22:06	<b>00:45:18.10</b>	+00:16:09 (35.7%)	9:03	6.6 (64.1%)
127	<b>DĘBOWSKA Ewelina</b>	<b>205</b>		K40-44	11				00:22:17	<b>00:45:19.05</b>	+00:16:10 (35.7%)	9:03	6.6 (64.1%)
128	<b>BRYŁOWSKA Grażyna</b>	<b>76</b>		K40-44	12				00:23:07	<b>00:46:18.10</b>	+00:17:09 (37.1%)	9:15	6.5 (63.1%)
129	<b>OWCZAREK Henryka</b>	<b>147</b>	MARSZ PO ZDROWIE	K75-79	2				00:23:10	<b>00:46:38.95</b>	+00:17:30 (37.5%)	9:19	6.4 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>PAJĘCKI Adam</b>	<b>149</b>	PARAKULOS KOWAL	M- Niepełnosprawni(B)	4	B			00:23:56	<b>00:47:15.35</b>	+00:18:06 (38.3%)	9:27	6.3 (61.2%)
131	<b>WALCZAK Henryk</b>	<b>185</b>	NORDIC WALKING KIEKRZ POLAND	M80+	1				00:23:23	<b>00:47:26.20</b>	+00:18:17 (38.6%)	9:29	6.3 (61.2%)
132	<b>ŚLUSARCZYK Danuta</b>	<b>173</b>	WESOŁY BORSUK TEAM	K65-69	5				00:23:44	<b>00:47:35.80</b>	+00:18:27 (38.8%)	9:31	6.3 (61.2%)
133	<b>ŚWISŁOCKA Ewa</b>	<b>210</b>	FACE NORDIC WALKING TEAM	K55-59	5				00:24:13	<b>00:47:48.90</b>	+00:18:40 (39.0%)	9:33	6.3 (61.2%)
134	<b>SZYBUT Roma</b>	<b>169</b>	POTĘGA NORDICA	K30-39	7				00:23:46	<b>00:48:00.35</b>	+00:18:51 (39.3%)	9:36	6.3 (61.2%)
135	<b>KULCZYCKI Jan</b>	<b>130</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	8				00:23:58	<b>00:48:06.30</b>	+00:18:57 (39.4%)	9:37	6.2 (60.2%)
136	<b>ŻUKOWSKA Ala</b>	<b>196</b>		K40-44	13				00:23:58	<b>00:48:42.10</b>	+00:19:33 (40.2%)	9:44	6.2 (60.2%)
137	<b>ŚLUSARCZYK Błażej</b>	<b>176</b>	WESOŁY BORSUK TEAM	M-Dzieci	4				00:24:43	<b>00:50:01.90</b>	+00:20:53 (41.7%)	10:00	6 (58.3%)
138	<b>JÓŹWIAK Dominik</b>	<b>110</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	5				00:24:56	<b>00:50:48.20</b>	+00:21:39 (42.6%)	10:09	5.9 (57.3%)
139	<b>KORZEC Anna</b>	<b>122</b>		K45-49	9				00:25:39	<b>00:51:20.55</b>	+00:22:11 (43.2%)	10:16	5.8 (56.3%)
140	<b>GONIA Karol</b>	<b>216</b>	EKG EDYTA KĘDZIERSKA	M18-29	6				00:26:43	<b>00:54:05.30</b>	+00:24:56 (46.1%)	10:49	5.5 (53.4%)
141	<b>PRUSS-CZAJA Bożena</b>	<b>217</b>	GDAŃSKIE WODY AKTYWUJĄ	K55-59	6				00:26:57	<b>00:55:13.00</b>	+00:26:04 (47.2%)	11:02	5.4 (52.4%)
142	<b>GILEWICZ Katarzyna</b>	<b>96</b>	GDAŃSKIE WODY AKTYWUJĄ	K45-49	10				00:26:57	<b>00:55:13.95</b>	+00:26:05 (47.2%)	11:02	5.4 (52.4%)
143	<b>CZAPP Iwona</b>	<b>81</b>	GDAŃSKIE WODY AKTYWUJĄ	K45-49	11				00:26:58	<b>00:55:14.10</b>	+00:26:05 (47.2%)	11:02	5.4 (52.4%)

Znaleziono 143 wynik(ów)