



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	Żół.	Czer.	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	00:29:08.70		5:49	10.3 (100%)
2	MARCZAK Tomasz	141	KS IDMAR RACING TEAM	M18-29	1			00:15:04	00:30:49.50	+00:01:40 (5.5%)	6:09	9.7 (94.2%)
3	BRZOWSKI Piotr	77	AKTYWNI POSTOMINO	M30-39	1			00:15:07	00:31:17.75	+00:02:09 (6.9%)	6:15	9.6 (93.2%)
4	WOROCH Roman	190	KGHM METRACO RUDNA	M60-64	1			00:15:33	00:31:36.50	+00:02:27 (7.8%)	6:19	9.5 (92.2%)
5	KRAJEWSKA Hanna	126	LUKI TEAM POLAND	K18-29	1			00:15:29	00:31:50.70	+00:02:42 (8.5%)	6:22	9.4 (91.3%)
6	KNITTER Michał	119	BŁĘKITNI DZIEMIANY	M18-29	2			00:15:47	00:32:02.30	+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	00:32:06.90	+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	00:32:14.70	+00:03:06 (9.6%)	6:26	9.3 (90.3%)
9	GAJEWSKI Eugeniusz	90	KGHM METRACO RUDNA	M60-64	2			00:15:52	00:32:21.50	+00:03:12 (9.9%)	6:28	9.3 (90.3%)
10	HELWICH Stefan	107	KGHM METRACO RUDNA	M65-69	1			00:15:53	00:32:22.20	+00:03:13 (10.0%)	6:28	9.3 (90.3%)
11	FRĄCKOWIAK Roman	89	EKSPEDYCJA NORDIC TEAMSZCZECIN	M50-54	2			00:15:59	00:32:22.30	+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	00:32:54.40	+00:03:45 (11.4%)	6:34	9.1 (88.3%)
13	PRZYBORKIEWICZ Kriss	156	PIERNIKI TORUŃ	M45-49	1			00:16:21	00:32:58.40	+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	00:33:01.55	+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	MAŚLANKA Jacek	142		M55-59	4				00:16:29	00:33:23.95	+00:04:15 (12.7%)	6:40	9 (87.4%)
16	KLAWCZYŃSKI Marcin	118	AKTYWNIE W PNIEWACH	M18-29	3				00:16:29	00:33:41.30	+00:04:32 (13.5%)	6:44	8.9 (86.4%)
17	OKRZESIK-FRĄCKOWIAK Izabela	146	EKSPEDYCJA NORDIC TEAMSZCZECIN	K50-54	1	1			00:16:37	00:33:46.05	+00:04:37 (13.7%)	6:45	8.9 (86.4%)
18	SANIUK Edward	162	FACE NORDIC WALKING TEAM	M70-74	1				00:16:49	00:33:49.05	+00:04:40 (13.8%)	6:45	8.9 (86.4%)
19	CZŁAPSKI Krzysztof	82	NW CZŁAPSKI TEAM	M55-59	5				00:16:24	00:33:56.75	+00:04:48 (14.1%)	6:47	8.8 (85.4%)
20	MAŚLANKA Iwona	143	MARSZ PO ZDROWIE	K50-54	2				00:16:48	00:33:57.75	+00:04:49 (14.2%)	6:47	8.8 (85.4%)
21	WOJTCZAK Urszula	189	CZAPELKI	K40-44	1				00:16:55	00:34:02.00	+00:04:53 (14.4%)	6:48	8.8 (85.4%)
22	KUŚMIEREK Mateusz	135	BŁĘKITNI DZIEMIANY	M18-29	4	1			00:16:39	00:34:03.20	+00:04:54 (14.4%)	6:48	8.8 (85.4%)
23	KRUGIOŁKA Grzegorz	127	AKTYWNIE W PNIEWACH	M30-39	2				00:16:53	00:34:21.25	+00:05:12 (15.2%)	6:52	8.7 (84.5%)
24	GIERSZEWSKI Arkadiusz	95		M40-44	1				00:17:02	00:34:23.50	+00:05:14 (15.3%)	6:52	8.7 (84.5%)
25	KOWNACKI Bartłomiej	125		M40-44	2	1			00:17:00	00:34:36.70	+00:05:28 (15.8%)	6:55	8.7 (84.5%)
26	JÓŹWIAK Marianna	109	SERCE NORDICA WŁOCŁAWEK	K45-49	1				00:17:08	00:34:38.70	+00:05:30 (15.9%)	6:55	8.7 (84.5%)
27	GĄGÓŁ Krzysztof	92	KGHM METRACO RUDNA	M40-44	3				00:17:00	00:34:49.90	+00:05:41 (16.3%)	6:57	8.6 (83.5%)
28	POKŁADOWSKA Joanna	154	WYCHODZĘ Z KIJAMI	K45-49	2	1			00:17:03	00:34:54.90	+00:05:46 (16.5%)	6:58	8.6 (83.5%)
29	WALCZAK Ryszard	183		M70-74	2				00:17:16	00:35:16.15	+00:06:07 (17.4%)	7:03	8.5 (82.5%)
30	GODZIŃSKA Dorota	97	BAŻANT NW ELBLĄG	K40-44	2	1			00:17:23	00:35:27.00	+00:06:18 (17.8%)	7:05	8.5 (82.5%)
31	SZYMAŃSKI Stefan	172	SERCE NORDICA WŁOCŁAWEK	M70-74	3				00:17:29	00:35:34.95	+00:06:26 (18.1%)	7:06	8.4 (81.6%)
32	KASPRZAK Tadeusz	114	BRAK	M-Niepełnosprawni(A)	1	A			00:17:40	00:35:47.20	+00:06:38 (18.6%)	7:09	8.4 (81.6%)
33	PARCHEM Jarosław	212	OLIMPIA OSOWA	M45-49	2	2			00:17:14	00:35:48.15	+00:06:39 (18.6%)	7:09	8.4 (81.6%)
34	RYCABEL Bogdan	161		M50-54	3				00:17:53	00:36:02.20	+00:06:53 (19.1%)	7:12	8.3 (80.6%)
35	WITUCKA Karolina	187		K-Dzieci	1	1			00:18:11	00:36:14.90	+00:07:06 (19.6%)	7:14	8.3 (80.6%)
36	SZYBUT Weronika	170	POTĘGA NORDICA	K-Dzieci	2				00:18:13	00:36:17.10	+00:07:08 (19.7%)	7:15	8.3 (80.6%)
37	GIBAS Asia	93	BAŻANT NW ELBLĄG	K40-44	3				00:17:46	00:36:23.40	+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	ZAWADZKI Krzysztof	194	WETERAN	M65-69	2				00:17:59	00:36:24.05	+00:07:15 (19.9%)	7:16	8.2 (79.6%)
39	TOMCZYK Edward	179	MARSZ PO ZDROWIE	M70-74	4				00:17:45	00:36:34.00	+00:07:25 (20.3%)	7:18	8.2 (79.6%)
40	GUJDA Janusz	104	JAROSŁAWSKIE WŁÓCZYKIJE	M45-49	3				00:17:55	00:36:38.70	+00:07:30 (20.5%)	7:19	8.2 (79.6%)
41	STACHOWICZ Marcin	164	BŁĘKITNI DZIEMIANY	M30-39	3				00:18:06	00:36:44.15	+00:07:35 (20.7%)	7:20	8.2 (79.6%)
42	GÓRAL Andrzej	100	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	2	A			00:18:03	00:36:52.70	+00:07:44 (21.0%)	7:22	8.1 (78.6%)
43	PAWLAK Sebastian	209	OLIMPIA OSOWA	M45-49	4				00:18:19	00:36:55.60	+00:07:46 (21.1%)	7:23	8.1 (78.6%)
44	DAROSZEWSKA Krystyna	83	SERCE NORDICA WŁOCŁAWEK	K60-64	1				00:18:35	00:37:15.40	+00:08:06 (21.8%)	7:27	8.1 (78.6%)
45	GRYGOROWICZ Bogdan	102	KGHM METRACO RUDNA	M- Niepełnosprawni(B)	2	B			00:18:34	00:37:16.35	+00:08:07 (21.8%)	7:27	8.1 (78.6%)
46	GUTOWSKA Magdalena	105	PAUL TEAM	K45-49	3				00:18:34	00:37:17.45	+00:08:08 (21.8%)	7:27	8 (77.7%)
47	BARTOSIEWICZ Włodzimierz	73	FACE NORDIC WALKING TEAM	M65-69	3				00:18:32	00:37:30.10	+00:08:21 (22.3%)	7:30	8 (77.7%)
48	CIESIELSKI Krzysztof	79	FAST WALKER	M65-69	4				00:18:32	00:37:33.10	+00:08:24 (22.4%)	7:30	8 (77.7%)
49	WALCZAK Grzegorz	184	NORDIC WALKING KIEKRZ POLAND	M45-49	5				00:18:30	00:37:46.30	+00:08:37 (22.8%)	7:33	7.9 (76.7%)
50	KURZAWSKA Jolanta	132	KGHM METRACO RUDNA	K70-74	1				00:18:43	00:37:54.15	+00:08:45 (23.1%)	7:34	7.9 (76.7%)
51	FRANCZAK Dariusz	88	NW CZŁAPSKI TEAM	M55-59	6				00:18:52	00:37:54.30	+00:08:45 (23.1%)	7:34	7.9 (76.7%)
52	KĘPA Andrzej	116	FAMILY TEAM KĘPA SPORT	M70-74	5				00:18:45	00:38:04.45	+00:08:55 (23.5%)	7:36	7.9 (76.7%)
53	GAŁKOWSKA Elżbieta	91	MARSZ PO ZDROWIE	K65-69	1				00:18:41	00:38:05.75	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
54	GIBAS Sławek	94	BAŻANT NW ELBLĄG	M40-44	4	1			00:18:58	00:38:06.20	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
55	RUSINOWICZ Andrzej	160	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1				00:19:05	00:38:19.80	+00:09:11 (24.0%)	7:39	7.8 (75.7%)
56	KUSIAK Włodzimierz	133	SERCE NORDICA WŁOCŁAWEK	M70-74	6				00:18:54	00:38:21.55	+00:09:12 (24.0%)	7:40	7.8 (75.7%)
57	KĘDZIERSKA Edyta	115	EKG TEAM ♥	K45-49	4				00:19:19	00:38:22.20	+00:09:13 (24.0%)	7:40	7.8 (75.7%)
58	PALUCH Paweł	150	AVOCADO WELLNESS CLUB	M55-59	7				00:18:53	00:38:28.30	+00:09:19 (24.2%)	7:41	7.8 (75.7%)
59	SAPUŁA Wiktoria	163		K18-29	2				00:19:01	00:38:33.70	+00:09:25 (24.4%)	7:42	7.8 (75.7%)
60	SZEREMENT Katarzyna	166		K40-44	4				00:19:12	00:38:36.20	+00:09:27 (24.5%)	7:43	7.8 (75.7%)
61	SZWAT Marta	168		K30-39	1				00:19:20	00:38:38.10	+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	MALKIEWICZ Małgorzata	139	SERCE NORDICA WŁOCŁAWEK	K55-59	1				00:19:16	00:38:50.20	+00:09:41 (25.0%)	7:46	7.7 (74.8%)
63	GÓRSKA Ilona	101		K45-49	5		1		00:19:23	00:38:50.45	+00:09:41 (25.0%)	7:46	7.7 (74.8%)
64	ŚLUSARCZYK Grzegorz	175	WESOŁY BORSUK TEAM	M45-49	6				00:19:02	00:38:56.05	+00:09:47 (25.1%)	7:47	7.7 (74.8%)
65	KIERSNOWSKI Henryk	117	DZIADKOWY KLUB SPORTOWY	M75-79	2				00:19:14	00:39:00.85	+00:09:52 (25.3%)	7:48	7.7 (74.8%)
66	WOROCH Jolanta	191	KGHM METRACO RUDNA	K55-59	2				00:19:18	00:39:14.15	+00:10:05 (25.7%)	7:50	7.6 (73.8%)
67	FORC Mikołaj	208	OLIMPIA OSOWA	M-Dzieci	1				00:19:17	00:39:19.40	+00:10:10 (25.9%)	7:51	7.6 (73.8%)
68	OCHOCKA Patrycja	206	OLIMPIA OSOWA	K40-44	5				00:19:36	00:39:22.10	+00:10:13 (26.0%)	7:52	7.6 (73.8%)
69	BRZEZIŃSKI Jan	199	OLIMPIA OSOWA	M-Dzieci	2				00:19:20	00:39:23.60	+00:10:14 (26.0%)	7:52	7.6 (73.8%)
70	NOWAK-MARKANICZ Katarzyna	207	OLIMPIA OSOWA	K50-54	3				00:19:42	00:39:29.00	+00:10:20 (26.2%)	7:53	7.6 (73.8%)
71	TOWARNICKA Izabela	181		K-Niepełnosprawni(B)	1	B	1		00:19:40	00:39:36.10	+00:10:27 (26.4%)	7:55	7.6 (73.8%)
72	KUŚMIEREK Beata	134	BŁĘKITNI DZIEMIANY	K45-49	6				00:19:54	00:39:41.45	+00:10:32 (26.6%)	7:56	7.6 (73.8%)
73	GRYGOROWICZ Teresa	103	KGHM METRACO RUDNA	K65-69	2				00:19:29	00:39:41.80	+00:10:33 (26.6%)	7:56	7.6 (73.8%)
74	SZAŁAJ Anna	165	KGHM METRACO RUDNA	K-Niepełnosprawni(B)	2	B			00:19:44	00:39:48.65	+00:10:39 (26.8%)	7:57	7.5 (72.8%)
75	MACKO Michał	138	WYCHODZĘ Z KIJAMI	M-Dzieci	3				00:19:22	00:39:50.10	+00:10:41 (26.8%)	7:58	7.5 (72.8%)
76	KASPEREK Edyta	113	NW CZŁAPSKI TEAM	K40-44	6				00:19:46	00:39:50.65	+00:10:41 (26.9%)	7:58	7.5 (72.8%)
77	KAROLEWSKA Katarzyna	112	PIERNIKI TORUŃ	K40-44	7				00:19:55	00:39:56.30	+00:10:47 (27.0%)	7:59	7.5 (72.8%)
78	PIĄTKOWSKI Józef	197	KGHM METRACO RUDNA	M75-79	3				00:19:53	00:39:56.80	+00:10:48 (27.0%)	7:59	7.5 (72.8%)
79	PIETRZYK Anna	153		K-Niepełnosprawni(A)	1	A			00:19:47	00:40:06.50	+00:10:57 (27.3%)	8:01	7.5 (72.8%)
80	GUTOWSKI Paweł	106	PAUL TEAM	M-Niepełnosprawni(A)	3	A			00:19:41	00:40:07.20	+00:10:58 (27.4%)	8:01	7.5 (72.8%)
81	SZPERLAK Justyna	167		K30-39	2		1		00:20:05	00:40:07.70	+00:10:59 (27.4%)	8:01	7.5 (72.8%)
82	LUBAŃSKA Leokadia	136	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(A)	2	A			00:20:10	00:40:11.40	+00:11:02 (27.5%)	8:02	7.5 (72.8%)
83	ADAMOWICZ Andrzej	71		M75-79	4				00:20:05	00:40:19.15	+00:11:10 (27.7%)	8:03	7.4 (71.8%)
84	SOROKA Teresa	214	NW PASŁĘK	K60-64	2				00:19:57	00:40:23.00	+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	JASTRZĘBSKA-MACKO Marta	108	WYCHODZĘ Z KIJAMI	K30-39	3				00:20:02	00:40:30.75	+00:11:22 (28.1%)	8:06	7.4 (71.8%)
86	TURZYŃSKA-STOPA Maria	182	BŁĘKITNI DZIEMIANY	K65-69	3				00:20:10	00:40:33.00	+00:11:24 (28.1%)	8:06	7.4 (71.8%)
87	BIEGAJŁO Piotr	74	ZDROWOPIJ	M50-54	4				00:20:10	00:40:37.15	+00:11:28 (28.2%)	8:07	7.4 (71.8%)
88	KNITTER Zofia	120	BŁĘKITNI DZIEMIANY	K-Dzieci	3				00:19:33	00:40:43.20	+00:11:34 (28.4%)	8:08	7.4 (71.8%)
89	WYPYCH Aneta	193	NW CZŁAPSKI TEAM	K45-49	7				00:20:25	00:40:46.45	+00:11:37 (28.5%)	8:09	7.4 (71.8%)
90	KUBICA Alicja	129		K65-69	4				00:20:08	00:40:50.10	+00:11:41 (28.6%)	8:10	7.3 (70.9%)
91	ŚLUSARCZYK Karolina	174	WESOŁY BORSUK TEAM	K-Jun.	1				00:20:04	00:40:53.70	+00:11:45 (28.7%)	8:10	7.3 (70.9%)
92	WIŚNIEWSKA Renata	186	GDAŃSKIE WODY AKTYWUJĄ	K60-64	3				00:20:03	00:40:58.55	+00:11:49 (28.9%)	8:11	7.3 (70.9%)
93	JÓŻWIAK Łukasz	111	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(B)	3	B			00:20:40	00:41:00.00	+00:11:51 (28.9%)	8:12	7.3 (70.9%)
94	KLECZKOWSKA Anna	201	OLIMPIA OSOWA	K40-44	8				00:20:21	00:41:00.90	+00:11:52 (28.9%)	8:12	7.3 (70.9%)
95	BALCERAK Grażyna	218	OLIMPIA GDAŃSK	K50-54	4				00:20:53	00:41:01.10	+00:11:52 (28.9%)	8:12	7.3 (70.9%)
96	KOSTRZEWA Ela	124	NW CZŁAPSKI TEAM	K50-54	5				00:20:34	00:41:04.10	+00:11:55 (29.0%)	8:12	7.3 (70.9%)
97	BIEGAJŁO Małgorzata	75		K50-54	6				00:20:29	00:41:04.25	+00:11:55 (29.0%)	8:12	7.3 (70.9%)
98	ANGIELCZYK Małgorzata	72	MARSZ PO ZDROWIE	K70-74	2				00:20:17	00:41:06.40	+00:11:57 (29.1%)	8:13	7.3 (70.9%)
99	GONIA Krzysztof	98	TO MY!	M55-59	8				00:20:07	00:41:11.75	+00:12:03 (29.3%)	8:14	7.3 (70.9%)
100	KOSTRZEWA Maciek	27	NW CZŁAPSKI TEAM	M50-54	5				00:20:20	00:41:21.85	+00:12:13 (29.5%)	8:16	7.3 (70.9%)
101	RUDNIK Natalia	159	BŁĘKITNI DZIEMIANY	K18-29	3				00:20:34	00:41:22.05	+00:12:13 (29.5%)	8:16	7.3 (70.9%)
102	CZAJA Wiesław	80	GDAŃSKIE WODY AKTYWUJĄ	M55-59	9				00:20:41	00:41:27.30	+00:12:18 (29.7%)	8:17	7.2 (69.9%)
103	PLUTO-PRĄDZYŃSKA Klaudia	66		K-Niepełnosprawni(B)	3	B			00:20:35	00:41:31.90	+00:12:23 (29.8%)	8:18	7.2 (69.9%)
104	SZYMAŃSKA Lucyna	171	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	K70-74	3	1			00:20:21	00:41:40.60	+00:12:31 (30.1%)	8:20	7.2 (69.9%)
105	GÓRA Beata	99	WŁÓCZYKIJE GDYNIA	K50-54	7				00:20:49	00:41:40.70	+00:12:32 (30.1%)	8:20	7.2 (69.9%)
106	KURCZ Barbara	131	WYCHODZĘ Z KIJAMI	K50-54	8				00:20:46	00:41:47.10	+00:12:38 (30.3%)	8:21	7.2 (69.9%)
107	TKACZYK Marzena	178	WYCHODZĘ Z KIJAMI	K50-54	9				00:21:11	00:42:11.05	+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		Tempo min/km	Tempo km/h
										5km	Różn		
108	KALSKI Eugeniusz	198		M70-74	7				00:20:55	00:42:13.25	+00:13:04 (31.0%)	8:26	7.1 (68.9%)
109	RAMPCZYK Beata	213	EKG EDYTA	K40-44	9				00:20:59	00:42:33.05	+00:13:24 (31.5%)	8:30	7.1 (68.9%)
110	ZIELIŃSKI Jacek	195	GDAŃSKIE WODY AKTYWUJĄ	M65-69	5				00:21:19	00:42:50.65	+00:13:41 (32.0%)	8:34	7 (68.0%)
111	REHLIS Aleksander	211	WYCHODZĘ Z KIJAMI	M30-39	4				00:21:22	00:42:54.65	+00:13:45 (32.1%)	8:34	7 (68.0%)
112	WIŚNIEWSKA-SZYTENHELM Iwona	202	OLIMPIA OSOWA	K45-49	8				00:21:45	00:43:12.30	+00:14:03 (32.5%)	8:38	6.9 (67.0%)
113	ZAWALICH Magdalena	204	OLIMPIA OSOWA	K30-39	4				00:21:19	00:43:15.05	+00:14:06 (32.6%)	8:39	6.9 (67.0%)
114	NERC Dorota	145		K60-64	4				00:21:30	00:43:25.40	+00:14:16 (32.9%)	8:41	6.9 (67.0%)
115	LUBAŃSKI Tomasz	137	SERCE NORDICA WŁOCŁAWEK	M60-64	3				00:21:53	00:43:31.55	+00:14:22 (33.0%)	8:42	6.9 (67.0%)
116	WORONKO-ZACZYŃSKA Janina	192	KGHM METRACO RUDNA	K75-79	1				00:21:45	00:43:38.25	+00:14:29 (33.2%)	8:43	6.9 (67.0%)
117	REMIZOWICZ-ŚWIGOST Olga	203	OLIMPIA OSOWA	K40-44	10				00:22:02	00:44:02.95	+00:14:54 (33.8%)	8:48	6.8 (66.0%)
118	PANKIEWICZ-DMOWSKA Cecylia	151		K70-74	4				00:21:57	00:44:03.65	+00:14:54 (33.9%)	8:48	6.8 (66.0%)
119	FORMALEWICZ Katarzyna	87	WYCHODZĘ Z KIJAMI	K50-54	10		1		00:22:20	00:44:11.30	+00:15:02 (34.0%)	8:50	6.8 (66.0%)
120	DZIEMIANCZUK Kamila	86	BUENAS	K30-39	5				00:21:34	00:44:21.70	+00:15:13 (34.3%)	8:52	6.8 (66.0%)
121	GONIA Katarzyna	215	EKG EDYTA KĘDZIERSKA	K55-59	3				00:22:39	00:44:22.30	+00:15:13 (34.3%)	8:52	6.8 (66.0%)
122	LUBIENIECKA Beata	219	OLIMPIA OSOWA	K30-39	6				00:22:11	00:44:44.85	+00:15:36 (34.9%)	8:56	6.7 (65.0%)
123	PRACKA Katarzyna	155	SERCE NORDICA WŁOCŁAWEK	K50-54	11				00:22:15	00:44:49.30	+00:15:40 (35.0%)	8:57	6.7 (65.0%)
124	PRZYBORKIEWICZ Gosia	157	PIERNIKI TORUŃ	K-Niepełnosprawni(A)	3	A			00:23:04	00:45:12.35	+00:16:03 (35.5%)	9:02	6.6 (64.1%)
125	GARGANISZ Ewa	200	OLIMPIA OSOWA	K55-59	4				00:22:43	00:45:17.35	+00:16:08 (35.6%)	9:03	6.6 (64.1%)
126	PRZYBYLSKA Aleksandra	158	ELITE TEAM	K-Niepełnosprawni(B)	4	B			00:22:06	00:45:18.10	+00:16:09 (35.7%)	9:03	6.6 (64.1%)
127	DĘBOWSKA Ewelina	205		K40-44	11				00:22:17	00:45:19.05	+00:16:10 (35.7%)	9:03	6.6 (64.1%)
128	BRYŁOWSKA Grażyna	76		K40-44	12				00:23:07	00:46:18.10	+00:17:09 (37.1%)	9:15	6.5 (63.1%)
129	OWCZAREK Henryka	147	MARSZ PO ZDROWIE	K75-79	2				00:23:10	00:46:38.95	+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	PAJĘCKI Adam	149	PARAKULOS KOWAL	M- Niepełnosprawni(B)	4	B			00:23:56	00:47:15.35	+00:18:06 (38.3%)	9:27	6.3 (61.2%)
131	WALCZAK Henryk	185	NORDIC WALKING KIEKRZ POLAND	M80+	1				00:23:23	00:47:26.20	+00:18:17 (38.6%)	9:29	6.3 (61.2%)
132	ŚLUSARCZYK Danuta	173	WESOŁY BORSUK TEAM	K65-69	5				00:23:44	00:47:35.80	+00:18:27 (38.8%)	9:31	6.3 (61.2%)
133	ŚWISŁOCKA Ewa	210	FACE NORDIC WALKING TEAM	K55-59	5				00:24:13	00:47:48.90	+00:18:40 (39.0%)	9:33	6.3 (61.2%)
134	SZYBUT Roma	169	POTĘGA NORDICA	K30-39	7				00:23:46	00:48:00.35	+00:18:51 (39.3%)	9:36	6.3 (61.2%)
135	KULCZYCKI Jan	130	SERCE NORDICA WŁOCŁAWEK	M70-74	8				00:23:58	00:48:06.30	+00:18:57 (39.4%)	9:37	6.2 (60.2%)
136	ŻUKOWSKA Ala	196		K40-44	13				00:23:58	00:48:42.10	+00:19:33 (40.2%)	9:44	6.2 (60.2%)
137	ŚLUSARCZYK Błażej	176	WESOŁY BORSUK TEAM	M-Dzieci	4				00:24:43	00:50:01.90	+00:20:53 (41.7%)	10:00	6 (58.3%)
138	JÓŹWIAK Dominik	110	SERCE NORDICA WŁOCŁAWEK	M18-29	5				00:24:56	00:50:48.20	+00:21:39 (42.6%)	10:09	5.9 (57.3%)
139	KORZEC Anna	122		K45-49	9				00:25:39	00:51:20.55	+00:22:11 (43.2%)	10:16	5.8 (56.3%)
140	GONIA Karol	216	EKG EDYTA KĘDZIERSKA	M18-29	6				00:26:43	00:54:05.30	+00:24:56 (46.1%)	10:49	5.5 (53.4%)
141	PRUSS-CZAJA Bożena	217	GDAŃSKIE WODY AKTYWUJĄ	K55-59	6				00:26:57	00:55:13.00	+00:26:04 (47.2%)	11:02	5.4 (52.4%)
142	GILEWICZ Katarzyna	96	GDAŃSKIE WODY AKTYWUJĄ	K45-49	10				00:26:57	00:55:13.95	+00:26:05 (47.2%)	11:02	5.4 (52.4%)
143	CZAPP Iwona	81	GDAŃSKIE WODY AKTYWUJĄ	K45-49	11				00:26:58	00:55:14.10	+00:26:05 (47.2%)	11:02	5.4 (52.4%)

Znaleziono 143 wynik(ów)