



OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: Ogólnopolski Puchar Nordic Walking - 2021
Organizator: Gmina Potęgowo
Data: 2021-09-18
Miejsce: Potęgowo
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h	
1	WITUCKI Jacek	278	KS IDMAR RACING TEAM	M50-54	1					00:14:22	00:29:08.05		5:49	10.3 (100%)	
2	STĘPAK Piotr	248	LUX TORPEDA MAŁOPOLSKA	M18-29	1	1				00:14:47	00:30:10.70	+00:01:02 (3.5%)	6:02	9.9 (96.1%)	
3	MARCZAK Tomasz	197	KS IDMAR RACING TEAM	M18-29	2					00:14:50	00:30:17.80	+00:01:09 (3.8%)	6:03	9.9 (96.1%)	
4	HAŁAS Marcin	128		M30-39	1					00:15:44	00:31:27.70	+00:02:19 (7.4%)	6:17	9.5 (92.2%)	
5	KRAJEWSKA Hanna	168	LUKI TEAM POLAND	K18-29	1	1				00:15:33	00:31:32.60	+00:02:24 (7.6%)	6:18	9.5 (92.2%)	
6	KNITTER Michał	151	BŁĘKITNI DZIEMIANY	M18-29	3	2				00:15:42	00:31:33.20	+00:02:25 (7.7%)	6:18	9.5 (92.2%)	
7	BRZozowski Piotr	91	AKTYWNI POSTOMINO	M30-39	2				Tak	Tak	00:15:32	00:31:41.90	+00:02:33 (8.1%)	6:20	9.5 (92.2%)
8	WORoch Roman	280	KGHM METRACO RUDNA	M60-64	1					00:15:43	00:31:44.00	+00:02:35 (8.2%)	6:20	9.5 (92.2%)	
9	TOPOREK Rafał	266	POLIPACK TEAM GWE	M- Niepełnosprawni(B)	1	B				00:15:58	00:31:47.50	+00:02:39 (8.4%)	6:21	9.4 (91.3%)	
10	MIELECKA Agnieszka	204	KS IDMAR RACING TEAM	K50-54	1					00:15:41	00:32:02.90	+00:02:54 (9.1%)	6:24	9.4 (91.3%)	
11	GAJEWSKI Eugeniusz	115	KGHM METRACO RUDNA	M60-64	2					00:15:53	00:32:20.40	+00:03:12 (9.9%)	6:28	9.3 (90.3%)	
12	SKIERA Krzysztof	242	ŁĄCZA NAS PASJE BYDGOSZCZ	M45-49	1					00:16:11	00:32:32.80	+00:03:24 (10.5%)	6:30	9.2 (89.3%)	
13	KŁOS Maciej	150	NW WYSPA SOBIESZEWSKA	M30-39	3					00:15:50	00:32:37.30	+00:03:29 (10.7%)	6:31	9.2 (89.3%)	
14	PARZYBUT Jan	216	POSTĘP PNIEWY TEAM	M55-59	1					00:16:09	00:32:40.80	+00:03:32 (10.9%)	6:32	9.2 (89.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Czas		Tempo min/km	Tempo km/h	
											netto 5km	Różn			
15	KNITTER Tomasz	152	BŁĘKITNI DZIEMIANY	M18-29	4					00:16:09	00:32:43.10	+00:03:35 (11.0%)	6:32	9.2 (89.3%)	
16	BIBKO Martin	87	SPEEDBAR	M45-49	2	1				00:16:12	00:32:52.85	+00:03:44 (11.4%)	6:34	9.1 (88.3%)	
17	PRZYBORKIEWICZ Kriss	224		M45-49	3	1				00:16:11	00:32:54.15	+00:03:46 (11.5%)	6:34	9.1 (88.3%)	
18	MAŁKA Marian	195		M60-64	3					00:16:21	00:32:57.10	+00:03:49 (11.6%)	6:35	9.1 (88.3%)	
19	KOPCZEWSKI Dariusz	157	WYCHODZĘ Z KIJAMI	M55-59	2				Tak	Tak	00:16:15	00:32:57.90	+00:03:49 (11.6%)	6:35	9.1 (88.3%)
20	FRAĆKOWIAK Roman	114	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	2					00:16:26	00:33:10.60	+00:04:02 (12.2%)	6:38	9 (87.4%)	
21	LUDWICZAK Dariusz	289	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3					00:16:23	00:33:10.95	+00:04:02 (12.2%)	6:38	9 (87.4%)	
22	HELWICH Stefan	130	KGHM METRACO RUDNA	M65-69	1					00:16:35	00:33:12.95	+00:04:04 (12.3%)	6:38	9 (87.4%)	
23	SANIUK Edward	238	FACE NORDIC WALKING TEAM	M70-74	1					00:16:41	00:33:28.25	+00:04:20 (13.0%)	6:41	9 (87.4%)	
24	CZŁAPSKI Krzysztof	96	NW CZŁAPSKI TEAM	M55-59	3					00:16:48	00:33:36.40	+00:04:28 (13.3%)	6:43	8.9 (86.4%)	
25	MAŚLANKA Iwona	199	MARSZ PO ZDROWIE	K50-54	2	1				00:16:43	00:33:49.25	+00:04:41 (13.9%)	6:45	8.9 (86.4%)	
26	WOJTCZAK Urszula	279	CZAPELKI	K40-44	1	1				00:16:43	00:33:51.50	+00:04:43 (14.0%)	6:46	8.9 (86.4%)	
27	MAŚLANKA Jacek	198		M55-59	4	2			Tak	Tak	00:16:48	00:33:54.60	+00:04:46 (14.1%)	6:46	8.8 (85.4%)
28	OKRZESIK-FRAĆKOWIAK Izabela	209	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3					00:16:43	00:33:56.70	+00:04:48 (14.2%)	6:47	8.8 (85.4%)	
29	NIETUPSKI Dariusz	293	WŁÓCZYKIJE GDYNIA	M50-54	4	1				00:16:50	00:33:59.60	+00:04:51 (14.3%)	6:47	8.8 (85.4%)	
30	GIERSZEWSKI Arkadiusz	120		M40-44	1					00:16:53	00:34:02.85	+00:04:54 (14.4%)	6:48	8.8 (85.4%)	
31	KLAWCZYŃSKI Marcin	147	AKTYWNIE W PNIEWACH	M18-29	5					00:16:56	00:34:04.90	+00:04:56 (14.5%)	6:48	8.8 (85.4%)	
32	POLKOWSKI Piotr	313	NW CZŁAPSKI TEAM	M30-39	4					00:16:47	00:34:16.75	+00:05:08 (15.0%)	6:51	8.8 (85.4%)	
33	KRUGIOŁKA Grzegorz	173	AKTYWNIE W PNIEWACH	M30-39	5					00:17:04	00:34:18.20	+00:05:10 (15.1%)	6:51	8.7 (84.5%)	
34	KUŚMIEREK Mateusz	181	BŁĘKITNI DZIEMIANY	M18-29	6	1				00:17:04	00:34:19.50	+00:05:11 (15.1%)	6:51	8.7 (84.5%)	
35	ZMYŚŁOWSKI Zygmunt	286	NORDIC WALKING KIEKRZ POLAND	M60-64	4					00:17:04	00:34:22.25	+00:05:14 (15.2%)	6:52	8.7 (84.5%)	
36	JÓŹWIAK Marianna	136	SERCE NORDICA WŁOCLAWEK	K45-49	1					00:17:16	00:34:59.90	+00:05:51 (16.8%)	6:59	8.6 (83.5%)	
37	POKŁADOWSKA Joanna	221	WYCHODZĘ Z KIJAMI	K45-49	2					00:17:20	00:35:23.20	+00:06:15 (17.7%)	7:04	8.5 (82.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Czas		Tempo min/km	Tempo km/h
											netto 5km	Różn		
38	KOS Krzysztof	158	POTEGOWO NA BIEGOWO	M30-39	6					00:17:36	00:35:26.35	+00:06:18 (17.8%)	7:05	8.5 (82.5%)
39	KEDZIERSKA Agnieszka	142	KIJKOWE TRZEMESZNO	K45-49	3					00:17:40	00:35:33.95	+00:06:25 (18.1%)	7:06	8.4 (81.6%)
40	RUDAWSKI Maciej	234	MARSZ PO ZDROWIE	M30-39	7					00:17:32	00:35:36.90	+00:06:28 (18.2%)	7:07	8.4 (81.6%)
41	KĘDZIERSKA Karolina	288	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-44	2					00:17:41	00:35:39.45	+00:06:31 (18.3%)	7:07	8.4 (81.6%)
42	KOWNACKI Bartłomiej	164		M40-44	2					00:17:29	00:35:41.30	+00:06:33 (18.4%)	7:08	8.4 (81.6%)
43	CZMOCH Marian	97	PUKS ŁOSICE	M70-74	2		1			00:17:51	00:35:51.80	+00:06:43 (18.8%)	7:10	8.4 (81.6%)
44	KASPRZAK Tadeusz	139	BRAK	M- Niepełnosprawni(A)	1	A				00:17:45	00:35:53.00	+00:06:44 (18.8%)	7:10	8.4 (81.6%)
45	BALON Marek	84		M55-59	5			Tak	Tak	00:17:25	00:35:53.65	+00:06:45 (18.8%)	7:10	8.4 (81.6%)
46	DOLNA-FILIPCZUK Ewelina	104	ELDOFIT TEAM KOŁCZYGŁOWY	K30-39	1					00:17:56	00:35:54.95	+00:06:46 (18.9%)	7:10	8.4 (81.6%)
47	TOMCZYK Edward	265	MARSZ PO ZDROWIE	M70-74	3		1			00:17:54	00:36:10.40	+00:07:02 (19.5%)	7:14	8.3 (80.6%)
48	WITUCKA Karolina	300		K-Dzieci	1					00:17:57	00:36:22.75	+00:07:14 (19.9%)	7:16	8.2 (79.6%)
49	GORZEL Łukasz	121	ŁĄCZĄ NAS PASJE	M30-39	8					00:18:04	00:36:28.50	+00:07:20 (20.1%)	7:17	8.2 (79.6%)
50	ZAWADZKI Krzysztof	284	WETERAN	M65-69	2					00:18:09	00:36:41.95	+00:07:33 (20.6%)	7:20	8.2 (79.6%)
51	GRUSZKA Michał	123	ETHOSENERGY POLAND S.A.	M45-49	4					00:18:23	00:36:55.55	+00:07:47 (21.1%)	7:23	8.1 (78.6%)
52	KOWACZ Agata	162	SPEEDBAR	K30-39	2					00:18:06	00:37:01.50	+00:07:53 (21.3%)	7:24	8.1 (78.6%)
53	KUŁAKOWSKA Halina	176	KATOWICKI NORDIC WALKING	K45-49	4					00:18:07	00:37:03.65	+00:07:55 (21.4%)	7:24	8.1 (78.6%)
54	OLEJNICZAK Aleksandra	210	KIJKOWE TRZEMESZNO	K-Jun.	1					00:18:33	00:37:05.95	+00:07:57 (21.5%)	7:25	8.1 (78.6%)
54	KRYCKA Danuta	228	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	5		1			00:18:31	00:37:05.95	+00:07:57 (21.5%)	7:25	8.1 (78.6%)
56	MROCZEK Bartosz	302		M-Jun.	1					00:18:48	00:37:10.70	+00:08:02 (21.6%)	7:26	8.1 (78.6%)
57	GÓRAL Andrzej	122	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	2	A	1			00:18:11	00:37:10.95	+00:08:02 (21.6%)	7:26	8.1 (78.6%)
58	GUTOWSKA Magdalena	126	PAUL TEAM	K45-49	6					00:18:32	00:37:15.70	+00:08:07 (21.8%)	7:27	8.1 (78.6%)
59	SZYMAŃSKI Stefan	258	SERCE NORDICA WŁOCŁAWEK	M70-74	4					00:18:13	00:37:15.85	+00:08:07 (21.8%)	7:27	8.1 (78.6%)
60	ŻÓŁCIŃSKI Igor	70		M-Jun.	2					00:18:52	00:37:16.65	+00:08:08 (21.8%)	7:27	8.1 (78.6%)

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											netto 5km	Różn			
61	MATEJA Filip	200	SP POTĘGOWO	M-Jun.	3					00:19:19	00:37:18.40	+00:08:10 (21.9%)	7:27	8 (77.7%)	
62	KOSTECKI Wiesław	159	NW CZŁAPSKI TEAM	M65-69	3					00:18:27	00:37:28.90	+00:08:20 (22.3%)	7:29	8 (77.7%)	
63	GRYGOROWICZ Bogdan	124	KGHM METRACO RUDNA	M- Niepełnosprawni(B)	2	B				00:18:50	00:37:33.90	+00:08:25 (22.4%)	7:30	8 (77.7%)	
64	RYBAŁTOWSKI Paweł	236	OBORYGENI	M75-79	1					00:18:52	00:37:38.70	+00:08:30 (22.6%)	7:31	8 (77.7%)	
65	CIESIELSKI Krzysztof	94	FAST WALKER	M65-69	4					00:18:41	00:37:41.10	+00:08:33 (22.7%)	7:32	8 (77.7%)	
66	ŚLUSARCZYK Grzegorz	261	WESOŁY BORSUK TEAM	M45-49	5					00:18:38	00:37:41.25	+00:08:33 (22.7%)	7:32	8 (77.7%)	
67	DAROSZEWSKA Krystyna	100	SERCE NORDICA WŁOCŁAWEK	K60-64	1					00:18:43	00:37:41.40	+00:08:33 (22.7%)	7:32	8 (77.7%)	
68	DYLEWICZ Weronika	109	EKSTREMUM	K18-29	2					00:18:59	00:37:52.55	+00:08:44 (23.1%)	7:34	7.9 (76.7%)	
69	SZYBUT Weronika	255	POTĘGA NORDICA	K-Dzieci	2					00:18:44	00:37:53.85	+00:08:45 (23.1%)	7:34	7.9 (76.7%)	
70	SAPUŁA Wiktoria	239		K18-29	3					00:19:03	00:37:54.30	+00:08:46 (23.1%)	7:34	7.9 (76.7%)	
71	RUSINOWICZ Andrzej	235	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	2					00:18:51	00:38:06.25	+00:08:58 (23.5%)	7:37	7.9 (76.7%)	
72	KĘPA Andrzej	145	FAMILY TEAM KĘPA SPORT	M70-74	5				Tak	Tak	00:18:52	00:38:10.45	+00:09:02 (23.7%)	7:38	7.9 (76.7%)
73	FRANCZAK Dariusz	113	NW CZŁAPSKI TEAM	M55-59	6					00:18:55	00:38:13.95	+00:09:05 (23.8%)	7:38	7.8 (75.7%)	
74	DARGAS Sandra	99	BŁĘKITNI DZIEMIANY	K-Jun.	2					00:19:01	00:38:16.60	+00:09:08 (23.9%)	7:39	7.8 (75.7%)	
75	SZEREMENT Katarzyna	304		K40-44	3					00:18:56	00:38:18.35	+00:09:10 (23.9%)	7:39	7.8 (75.7%)	
76	GAŁĄZKA Paweł	116		M- Niepełnosprawni(A)	3	A				00:18:52	00:38:19.80	+00:09:11 (24.0%)	7:39	7.8 (75.7%)	
77	GAŁKOWSKA Elżbieta	117	MARSZ PO ZDROWIE	K65-69	1					00:18:51	00:38:22.35	+00:09:14 (24.1%)	7:40	7.8 (75.7%)	
78	PALUCH Paweł	214	AVOCADO WELLNESS CLUB	M55-59	7					00:18:55	00:38:23.10	+00:09:15 (24.1%)	7:40	7.8 (75.7%)	
79	KREĆKA Irena	169		K55-59	1					00:19:02	00:38:24.05	+00:09:16 (24.1%)	7:40	7.8 (75.7%)	
80	KĘDZIERSKA Edyta	143	EKG OLIMPIA OSOWA	K45-49	7					00:19:08	00:38:25.35	+00:09:17 (24.2%)	7:41	7.8 (75.7%)	
81	ZWIERZ Andrzej	287	ACTIVE FAMILY PASŁĘK	M65-69	5					00:18:52	00:38:26.80	+00:09:18 (24.2%)	7:41	7.8 (75.7%)	
82	POSTEK Danuta	222	MARSZ PO ZDROWIE	K55-59	2					00:19:03	00:38:34.35	+00:09:26 (24.5%)	7:42	7.8 (75.7%)	
83	MALKIEWICZ Małgorzata	194	SERCE NORDICA WŁOCŁAWEK	K55-59	3					00:19:08	00:38:34.40	+00:09:26 (24.5%)	7:42	7.8 (75.7%)	

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											netto 5km	Różn			
84	MACKO Michał	193	WYCHODZĘ Z KIJAMI	M-Dzieci	1					00:18:58	00:38:38.45	+00:09:30 (24.6%)	7:43	7.8 (75.7%)	
85	BERCZYŃSKI Henryk	86	NADLEŚNICTWO OKONEK	M65-69	6				Tak	Tak	00:18:56	00:38:44.70	+00:09:36 (24.8%)	7:44	7.7 (74.8%)
86	JASWIG Katarzyna	134	ELDOFIT TEAM KOŁCZYGŁOWY	K30-39	3						00:19:12	00:38:49.55	+00:09:41 (25.0%)	7:45	7.7 (74.8%)
87	STENKA Agnieszka	297	EKG OLIMPIA OSOWA	K40-44	4						00:19:13	00:38:50.70	+00:09:42 (25.0%)	7:46	7.7 (74.8%)
88	KUSIAK Włodzimierz	179	SERCE NORDICA WŁOCLAWEK	M70-74	6						00:19:19	00:39:01.90	+00:09:53 (25.4%)	7:48	7.7 (74.8%)
89	KUŚMIEREK Beata	180	BŁĘKITNI DZIEMIANY	K45-49	8						00:19:46	00:39:04.00	+00:09:55 (25.4%)	7:48	7.7 (74.8%)
90	OCHOCKA Patrycja	298	EKG OLIMPIA OSOWA	K40-44	5						00:19:16	00:39:04.55	+00:09:56 (25.4%)	7:48	7.7 (74.8%)
91	REJMAK Marek	231	WŁÓCZYKIJE GDYNIA	M- Niepełnosprawni(B)	3	B					00:19:30	00:39:08.50	+00:10:00 (25.6%)	7:49	7.7 (74.8%)
92	PALIWODA Katarzyna	229		K45-49	9						00:19:12	00:39:10.30	+00:10:02 (25.6%)	7:50	7.7 (74.8%)
93	JANOWSKA Agnieszka	132		K18-29	4						00:19:31	00:39:24.00	+00:10:15 (26.1%)	7:52	7.6 (73.8%)
94	ŚLUSARCZYK Karolina	260	WESOŁY BORSUK TEAM	K-Jun.	3						00:19:17	00:39:27.10	+00:10:19 (26.2%)	7:53	7.6 (73.8%)
95	TOWARNICKA Izabela	267		K- Niepełnosprawni(B)	1	B					00:19:35	00:39:30.05	+00:10:22 (26.2%)	7:54	7.6 (73.8%)
96	WALCZAK Grzegorz	270	NORDIC WALKING KIEKRZ POLAND	M45-49	6						00:18:42	00:39:34.25	+00:10:26 (26.4%)	7:54	7.6 (73.8%)
97	TECŁAW Barbara	264		K45-49	10						00:19:44	00:39:38.95	+00:10:30 (26.5%)	7:55	7.6 (73.8%)
98	RODZIEWICZ Wioletta	232		K50-54	4						00:19:43	00:39:43.90	+00:10:35 (26.7%)	7:56	7.6 (73.8%)
99	SZAŁAJ Anna	250	KGHM METRACO RUDNA	K- Niepełnosprawni(B)	2	B					00:19:42	00:39:48.20	+00:10:40 (26.8%)	7:57	7.5 (72.8%)
100	JÓŹWIAK Łukasz	135	SERCE NORDICA WŁOCLAWEK	M- Niepełnosprawni(B)	4	B			Tak		00:19:52	00:39:51.80	+00:10:43 (26.9%)	7:58	7.5 (72.8%)
101	GRYGOROWICZ Teresa	125	KGHM METRACO RUDNA	K65-69	2						00:19:54	00:39:55.25	+00:10:47 (27.0%)	7:59	7.5 (72.8%)
102	WOROCH Jolanta	281	KGHM METRACO RUDNA	K55-59	4						00:19:34	00:39:57.50	+00:10:49 (27.1%)	7:59	7.5 (72.8%)
103	KLECZKOWSKA Anna	303	EKG OLIMPIA OSOWA	K40-44	6						00:19:53	00:40:04.40	+00:10:56 (27.3%)	8:00	7.5 (72.8%)
104	BRZEZIŃSKI Jan	296	EKG OLIMPIA OSOWA	M-Dzieci	2						00:19:55	00:40:07.25	+00:10:59 (27.4%)	8:01	7.5 (72.8%)
105	PIĄTKOWSKI Józef	292	KGHM METRACO RUDNA	M75-79	3						00:19:58	00:40:10.75	+00:11:02 (27.5%)	8:02	7.5 (72.8%)
106	JASTRZĘBSKA-MACKO Marta	133	WYCHODZĘ Z KIJAMI	K30-39	4						00:19:52	00:40:11.65	+00:11:03 (27.5%)	8:02	7.5 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h	
107	DEPCZYŃSKI Rafał	101	ACTIVE FAMILY PASŁĘK	M50-54	5				Tak	Tak	00:19:43	00:40:12.50	+00:11:04 (27.5%)	8:02	7.5 (72.8%)
108	PIETRZYK Anna	218		K- Niepełnosprawni(A)	1	A					00:19:53	00:40:12.85	+00:11:04 (27.6%)	8:02	7.5 (72.8%)
109	PLUTO-PRĄDZYŃSKA Anna	220	ELDOFIT TEAM KOŁCZYGŁOWY	K30-39	5						00:20:00	00:40:13.45	+00:11:05 (27.6%)	8:02	7.5 (72.8%)
110	KOTUSIEWICZ Maria	161	-	K55-59	5						00:20:03	00:40:13.80	+00:11:05 (27.6%)	8:02	7.5 (72.8%)
111	NOWICKA Agnieszka	207	POTĘGA NORDICA	K30-39	6						00:20:08	00:40:22.10	+00:11:14 (27.8%)	8:04	7.4 (71.8%)
112	GUTOWSKI Paweł	127	PAUL TEAM	M- Niepełnosprawni(A)	4	A					00:19:50	00:40:25.45	+00:11:17 (27.9%)	8:05	7.4 (71.8%)
113	ADAMOWICZ Andrzej	82		M75-79	4						00:20:09	00:40:27.75	+00:11:19 (28.0%)	8:05	7.4 (71.8%)
114	SOROKA Teresa	246	NW PASŁĘK	K60-64	2						00:19:59	00:40:37.10	+00:11:29 (28.3%)	8:07	7.4 (71.8%)
115	DOMAGAŁA Julia	105	SP POTĘGOWO	K-Dzieci	3						00:20:46	00:40:41.45	+00:11:33 (28.4%)	8:08	7.4 (71.8%)
116	PLUTO-PRĄDZYŃSKA Klaudia	219	ELDOFIT TEAM KOŁCZYGŁOWY	K- Niepełnosprawni(B)	3	B					00:20:05	00:40:46.70	+00:11:38 (28.6%)	8:09	7.4 (71.8%)
117	TURZYŃSKA-STOPA Maria	268	BŁĘKITNI DZIEMIANY	K65-69	3						00:20:19	00:40:47.80	+00:11:39 (28.6%)	8:09	7.4 (71.8%)
118	KACPERSKA-SASS Anna	294		K30-39	7						00:20:38	00:40:50.80	+00:11:42 (28.7%)	8:10	7.3 (70.9%)
119	TREDER Kacper	305	SP POTĘGOWO	M-Dzieci	3						00:20:10	00:40:53.80	+00:11:45 (28.8%)	8:10	7.3 (70.9%)
120	LIPKA Julia	184	SP POTĘGOWO	K-Dzieci	4						00:20:43	00:40:56.00	+00:11:47 (28.8%)	8:11	7.3 (70.9%)
121	KUMPIŃ Izabela	177	SP POTĘGOWO	K45-49	11						00:20:19	00:41:01.70	+00:11:53 (29.0%)	8:12	7.3 (70.9%)
122	BOETHER Patrycja	88	SP POTĘGOWO	K-Dzieci	5						00:19:34	00:41:05.45	+00:11:57 (29.1%)	8:13	7.3 (70.9%)
123	SOCHA Marlena	245	POTĘGA NORDICA	K40-44	7						00:20:47	00:41:21.20	+00:12:13 (29.5%)	8:16	7.3 (70.9%)
124	SELIB Izabela	240	WŁÓCZYKIJE GDYNIA	K50-54	5						00:20:26	00:41:23.05	+00:12:15 (29.6%)	8:16	7.2 (69.9%)
125	OCHOCKI Tymon	299	EKG OLIMPIA OSOWA	M-Dzieci	4						00:20:41	00:41:26.60	+00:12:18 (29.7%)	8:17	7.2 (69.9%)
126	LUBAŃSKA Leokadia	185	SERCE NORDICA WŁOCLAWEK	K- Niepełnosprawni(A)	2	A					00:20:37	00:41:29.15	+00:12:21 (29.8%)	8:17	7.2 (69.9%)
127	BUŁAK Anna	93		K18-29	5						00:20:36	00:41:29.95	+00:12:21 (29.8%)	8:17	7.2 (69.9%)
128	WICZKOWSKI Aleksander	277	SP POTĘGOWO	M-Dzieci	5						00:20:41	00:41:49.75	+00:12:41 (30.3%)	8:21	7.2 (69.9%)
129	DARGAS Małgorzata	98	BŁĘKITNI DZIEMIANY	K45-49	12						00:20:51	00:41:50.65	+00:12:42 (30.4%)	8:22	7.2 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Czas		Tempo min/km	Tempo km/h
											netto 5km	Różn		
130	REHLIS Aleksander	230	WYCHODZĘ Z KIJAMI	M30-39	9					00:20:46	00:42:00.65	+00:12:52 (30.7%)	8:24	7.1 (68.9%)
131	KOWALSKI Mirosław	163	GRYF N_W	M65-69	7					00:20:36	00:42:08.55	+00:13:00 (30.9%)	8:25	7.1 (68.9%)
132	MAŁKA Irena	196		K65-69	4					00:20:54	00:42:15.90	+00:13:07 (31.1%)	8:27	7.1 (68.9%)
133	WESOŁOWSKA Anita	317	POTĘGA NORDICA	K30-39	8					00:21:15	00:42:19.00	+00:13:10 (31.2%)	8:27	7.1 (68.9%)
134	KOCOŃ Sylwia	153		K40-44	8					00:20:57	00:42:24.45	+00:13:16 (31.3%)	8:28	7.1 (68.9%)
135	ANTOSIAK Simonetta	306	SP POTĘGOWO	K-Jun.	4					00:20:51	00:42:25.65	+00:13:17 (31.3%)	8:29	7.1 (68.9%)
136	KURCZ Barbara	178	WYCHODZĘ Z KIJAMI	K50-54	6					00:21:13	00:42:26.35	+00:13:18 (31.4%)	8:29	7.1 (68.9%)
137	UKLEJA Justyna	269		K30-39	9					00:21:06	00:42:30.45	+00:13:22 (31.5%)	8:30	7.1 (68.9%)
138	VEKWERT Stanisław	311	SP POTĘGOWO	M-Jun.	4					00:21:28	00:42:47.50	+00:13:39 (31.9%)	8:33	7 (68.0%)
139	KOZŁOWSKI Dominik	167	SP POTĘGOWO	M-Dzieci	6					00:21:04	00:43:00.70	+00:13:52 (32.3%)	8:36	7 (68.0%)
140	SZYMAŃSKA Lucyna	257	XV KOŁO PZERII	K70-74	1					00:21:18	00:43:11.85	+00:14:03 (32.6%)	8:38	6.9 (67.0%)
141	GAPSKI Kamil	118	KS POTĘGOWO	M30-39	10					00:21:49	00:43:14.80	+00:14:06 (32.6%)	8:38	6.9 (67.0%)
142	KWIDZYŃSKI Paweł	182	SP POTĘGOWO	M-Dzieci	7					00:21:49	00:43:15.40	+00:14:07 (32.6%)	8:39	6.9 (67.0%)
143	HEBEL Maria	129	WŁÓCZYKIJE GDYNIA	K45-49	13					00:21:50	00:43:17.45	+00:14:09 (32.7%)	8:39	6.9 (67.0%)
144	KONKOL Przemysław	291		M-Dzieci	8					00:21:34	00:43:25.75	+00:14:17 (32.9%)	8:41	6.9 (67.0%)
145	ZAWADZKA Monika	283	SP POTĘGOWO	K-Dzieci	6					00:22:26	00:43:35.55	+00:14:27 (33.2%)	8:43	6.9 (67.0%)
146	STEFAŃSKI Ksawery	247	SP POTĘGOWO	M-Dzieci	9					00:21:51	00:43:37.85	+00:14:29 (33.2%)	8:43	6.9 (67.0%)
147	LEWICKI Szymon	183	SP POTĘGOWO	M-Dzieci	10					00:21:50	00:43:38.25	+00:14:30 (33.2%)	8:43	6.9 (67.0%)
148	UKLEJA Katarzyna	307	POTĘGA NORDICA	K18-29	6					00:21:34	00:43:42.15	+00:14:34 (33.3%)	8:44	6.9 (67.0%)
149	SZTYLKA Natalia	252	SP POTĘGOWO	K-Jun.	5					00:22:27	00:43:55.65	+00:14:47 (33.7%)	8:47	6.8 (66.0%)
150	KOZŁOWSKA Wiktoria	165	SP POTĘGOWO	K-Jun.	6					00:22:53	00:43:56.25	+00:14:48 (33.7%)	8:47	6.8 (66.0%)
151	LUBAŃSKI Tomasz	186	SERCE NORDICA WŁOCLAWEK	M60-64	5					00:21:37	00:43:56.35	+00:14:48 (33.7%)	8:47	6.8 (66.0%)
152	SUPROŃ Marta	249	WYCHODZĘ Z KIJAMI	K30-39	10					00:21:53	00:44:03.40	+00:14:55 (33.9%)	8:48	6.8 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Czas		Tempo min/km	Tempo km/h
											netto 5km	Różn		
153	DEUTSCHMANN Katarzyna	103	WŁÓCZYKIJE	K50-54	7					00:21:50	00:44:04.10	+00:14:56 (33.9%)	8:48	6.8 (66.0%)
154	NOWICKA Zuzanna	208	POTĘGA NORDICA	K-Dzieci	7					00:22:12	00:44:07.65	+00:14:59 (34.0%)	8:49	6.8 (66.0%)
155	UKLEJA Monika	312	POTĘGA NORDICA	K30-39	11					00:21:27	00:44:10.35	+00:15:02 (34.0%)	8:50	6.8 (66.0%)
156	SIWICKA Zuzanna	241	SP POTĘGOWO	K-Dzieci	8					00:21:40	00:44:14.60	+00:15:06 (34.2%)	8:50	6.8 (66.0%)
157	WESOŁOWSKA Milena	318		K-Dzieci	9					00:22:09	00:44:14.70	+00:15:06 (34.2%)	8:50	6.8 (66.0%)
158	KĘNDRA Mateusz	144	SP POTĘGOWO	M-Dzieci	11					00:21:28	00:44:20.80	+00:15:12 (34.3%)	8:52	6.8 (66.0%)
159	WASILEWSKA Karina	310		K40-44	9					00:21:42	00:44:22.20	+00:15:14 (34.3%)	8:52	6.8 (66.0%)
160	PRZYBYLSKA Aleksandra	226	ELITE TEAM	K- Niepełnosprawni(B)	4	B				00:22:17	00:44:24.80	+00:15:16 (34.4%)	8:52	6.8 (66.0%)
161	KOGUT Filip	154	SP POTĘGOWO	M-Dzieci	12					00:21:35	00:44:25.70	+00:15:17 (34.4%)	8:53	6.8 (66.0%)
162	ARCISZEWSKI Krystian	83	SP POTĘGOWO	M-Dzieci	13					00:21:35	00:44:26.00	+00:15:17 (34.4%)	8:53	6.8 (66.0%)
163	KUBIK Martyna	174	SP POTĘGOWO	K-Dzieci	10					00:22:09	00:44:33.75	+00:15:25 (34.6%)	8:54	6.7 (65.0%)
164	SZUSTAKIEWICZ Grazyna	253	WŁÓCZYKIJE GDYNIA	K60-64	3					00:22:16	00:44:37.90	+00:15:29 (34.7%)	8:55	6.7 (65.0%)
165	PRZYBORKIEWICZ Gosia	225	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	3	A				00:22:26	00:45:06.05	+00:15:58 (35.4%)	9:01	6.7 (65.0%)
166	KROPIDŁOWSKA Patrycja	172	SP POTĘGOWO	K-Dzieci	11					00:22:23	00:45:24.60	+00:16:16 (35.8%)	9:04	6.6 (64.1%)
167	DZIECIELSKA Nelly	110	SP POTĘGOWO	K-Dzieci	12					00:22:33	00:45:29.55	+00:16:21 (36.0%)	9:05	6.6 (64.1%)
168	SOCHA Aleksandra	340		K-Dzieci	13					00:22:34	00:45:35.45	+00:16:27 (36.1%)	9:07	6.6 (64.1%)
169	MICHALSKI Maciej	203	SP POTĘGOWO	M-Jun.	5					00:22:14	00:45:48.15	+00:16:40 (36.4%)	9:09	6.6 (64.1%)
170	PRACKA Katarzyna	223	SERCE NORDICA WŁOCŁAWEK	K50-54	8					00:23:23	00:45:58.75	+00:16:50 (36.6%)	9:11	6.5 (63.1%)
171	KACZMAREK Helena	301		K-Dzieci	14					00:22:09	00:46:00.50	+00:16:52 (36.7%)	9:12	6.5 (63.1%)
172	FIR Seweryn	112	SP POTĘGOWO	M-Dzieci	14					00:22:18	00:46:13.40	+00:17:05 (37.0%)	9:14	6.5 (63.1%)
173	OWCZAREK Henryka	211	MARSZ PO ZDROWIE	K75-79	1					00:23:26	00:46:50.65	+00:17:42 (37.8%)	9:22	6.4 (62.1%)
174	PANKIEWICZ-DMOWSKA Cecylia	215		K70-74	2					00:23:23	00:46:50.95	+00:17:42 (37.8%)	9:22	6.4 (62.1%)
175	ŚLUSARCZYK Danuta	259	WESOŁY BORSUK TEAM	K65-69	5					00:23:16	00:46:51.00	+00:17:42 (37.8%)	9:22	6.4 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Czas		Tempo min/km	Tempo km/h	
											netto 5km	Różn			
176	DWORNICKA Anna	108	POTĘGA NORDICA	K40-44	10					00:23:43	00:46:59.65	+00:17:51 (38.0%)	9:23	6.4 (62.1%)	
177	SZYBUT Roma	254	POTĘGA NORDICA	K30-39	12					00:23:18	00:47:17.30	+00:18:09 (38.4%)	9:27	6.3 (61.2%)	
178	PAJĘCKI Adam	213	PARAKULOS KOWAL	M- Niepełnosprawni(B)	5	B			Tak	Tak	00:24:22	00:47:24.80	+00:18:16 (38.6%)	9:28	6.3 (61.2%)
179	MĘDRKIEWICZ Lidia	201		K65-69	6					00:23:38	00:48:10.30	+00:19:02 (39.5%)	9:38	6.2 (60.2%)	
180	SŁOMIŃSKA Martyna	243	SP POTĘGOWO	K-Dzieci	15					00:23:08	00:48:29.75	+00:19:21 (39.9%)	9:41	6.2 (60.2%)	
181	KOZŁOWSKA Magdalena	166	SP POTĘGOWO	K-Dzieci	16					00:23:09	00:48:30.65	+00:19:22 (39.9%)	9:42	6.2 (60.2%)	
182	FAK Ewa	111	SP POTĘGOWO	K-Dzieci	17					00:23:06	00:48:44.25	+00:19:36 (40.2%)	9:44	6.2 (60.2%)	
183	HINCA Natalia	131	SP POTĘGOWO	K-Jun.	7					00:24:43	00:48:48.90	+00:19:40 (40.3%)	9:45	6.1 (59.2%)	
184	KIJEWSKA Nikola	146	SP POTĘGOWO	K-Jun.	8					00:24:43	00:48:49.55	+00:19:41 (40.3%)	9:45	6.1 (59.2%)	
185	MIKOŁAJCZYK Julia	205	SP POTĘGOWO	K-Jun.	9					00:24:42	00:48:50.30	+00:19:42 (40.3%)	9:46	6.1 (59.2%)	
186	MICHALSKA Natalia	202	SP POTĘGOWO	K-Jun.	10					00:24:45	00:48:52.65	+00:19:44 (40.4%)	9:46	6.1 (59.2%)	
186	REIKOWSKA Natalia	319	SP POTĘGOWO	K-Dzieci	18					00:24:45	00:48:52.65	+00:19:44 (40.4%)	9:46	6.1 (59.2%)	
188	WALCZAK Henryk	271	NORDIC WALKING KIEKRZ POLAND	M80+	1					00:24:14	00:49:11.45	+00:20:03 (40.8%)	9:50	6.1 (59.2%)	
189	KULCZYCKI Jan	175	SERCE NORDICA WŁOCŁAWEK	M70-74	7					00:24:39	00:49:36.40	+00:20:28 (41.3%)	9:55	6 (58.3%)	
190	JÓŹWIAK Dominik	137	SERCE NORDICA WŁOCŁAWEK	M18-29	7					00:24:11	00:50:13.95	+00:21:05 (42.0%)	10:02	6 (58.3%)	
191	ŁUKOWICZ Jasiu	191	KS POTĘGOWO	M-Dzieci	15					00:27:14	00:51:29.85	+00:22:21 (43.4%)	10:17	5.8 (56.3%)	
192	KOPANAJKO Sylwia	156	SP POTĘGOWO	K-Dzieci	19					00:23:37	00:51:30.90	+00:22:22 (43.4%)	10:18	5.8 (56.3%)	
193	ŁUKOWICZ Aniela	315		K30-39	13					00:27:13	00:51:31.00	+00:22:22 (43.4%)	10:18	5.8 (56.3%)	
194	ŚWIDERSKA Natalia	263	SP POTĘGOWO	K-Dzieci	20					00:23:38	00:51:31.95	+00:22:23 (43.5%)	10:18	5.8 (56.3%)	
195	ŚLUSARCZYK Błazej	262	WESOŁY BORSUK TEAM	M-Dzieci	16					00:25:33	00:51:38.25	+00:22:30 (43.6%)	10:19	5.8 (56.3%)	
196	SIEMASZKO Wojciech	316	KS POTĘGOWO	M-Jun.	6					00:25:20	00:52:46.20	+00:23:38 (44.8%)	10:33	5.7 (55.3%)	
197	STEFAŃSKA Agnieszka	308		K30-39	14					00:22:46	00:53:08.90	+00:24:00 (45.2%)	10:37	5.6 (54.4%)	
198	KAWALA Paulina	295		K-Jun.	11					00:26:16	00:53:49.40	+00:24:41 (45.9%)	10:45	5.6 (54.4%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	NS	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	STEFAŃSKA Eliza	309		K-Dzieci	21					00:22:47	00:54:05.85	+00:24:57 (46.1%)	10:49	5.5 (53.4%)
200	ŁUKOWICZ Rafał	314	SPONTAN	M30-39	11					00:36:29	00:54:26.70	+00:25:18 (46.5%)	10:53	5.5 (53.4%)
DNC	ŁUKOWICZ Adaś	190	KS POTĘGOWO	M-Dzieci						00:36:28	00:54:26.65		0:00	5.5 (53.4%)

Znaleziono 201 wynik(ów)