

# OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 5 KM

B4SPORT

**Wydarzenie:** Ogólnopolski Puchar Nordic Walking - Koszalin 2021  
**Organizator:** Fundacja Herkules All Sports  
**Data:** 2021-06-05  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	226		M50-54	1			00:15:16	00:30:13.20		6:02	9.9 (100%)
2	SZAMOTULSKI Henryk	199	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-44	1	1		00:15:26	00:30:34.50	+00:00:21 (1.2%)	6:06	9.8 (99.0%)
3	WOROCH Roman	228	KGHM METRACO RUDNA	M60-64	1	1		00:15:52	00:32:10.75	+00:01:57 (6.1%)	6:26	9.3 (93.9%)
4	GWIZDAŁA Zbigniew	125		M50-54	2	1		00:15:39	00:32:19.45	+00:02:06 (6.5%)	6:27	9.3 (93.9%)
5	KRAJEWSKA Hanna	149	NWPL	K18-29	1			00:15:54	00:32:37.35	+00:02:24 (7.4%)	6:31	9.2 (92.9%)
6	KOPCZEWSKI Dariusz	143	WYCHODZĘ Z KIJAMI	M55-59	1			00:16:19	00:33:00.25	+00:02:47 (8.4%)	6:36	9.1 (91.9%)
7	PARZYBUT Jan	173	POSTĘP PNIEWY TEAM	M55-59	2	2		00:16:21	00:33:00.65	+00:02:47 (8.5%)	6:36	9.1 (91.9%)
8	KNITTER Michał	138	BŁĘKITNI DZIEMIANY	M18-29	1			00:16:35	00:33:02.15	+00:02:48 (8.5%)	6:36	9.1 (91.9%)
9	BRZozowski Piotr	105	AKTYWNI POSTOMINO	M30-39	1			00:16:13	00:33:07.45	+00:02:54 (8.8%)	6:37	9.1 (91.9%)
10	FRAĆKOWIAK Roman	114	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3	1		00:16:26	00:33:30.00	+00:03:16 (9.8%)	6:42	9 (90.9%)
11	KUŚMIEREK Mateusz	154	BŁĘKITNI DZIEMIANY	M18-29	2	1		00:16:56	00:33:59.35	+00:03:46 (11.1%)	6:47	8.8 (88.9%)
12	TOPOREK Rafał	210	POLIPACK TEAM GWE	M- Niepełnosprawni(B)	1	1		00:16:37	00:34:09.05	+00:03:55 (11.5%)	6:49	8.8 (88.9%)
13	CZŁAPSKI Krzysztof	108	NW CZŁAPSKI TEAM	M55-59	3			00:16:49	00:34:17.05	+00:04:03 (11.9%)	6:51	8.8 (88.9%)
14	MROZIŃSKI Tadeusz	165	NORDICUS STRZYBNICA	M55-59	4	1		00:16:58	00:34:26.20	+00:04:13 (12.2%)	6:53	8.7 (87.9%)

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15	<b>ZMYŚŁOWSKI Zygmunt</b>	<b>238</b>	NORDIC WALKING LUBASZ	M60-64	2	1		00:16:51	<b>00:34:27.65</b>	+00:04:14 (12.3%)	6:53	8.7 (87.9%)
16	<b>PRZYBORKIEWICZ Kriss</b>	<b>182</b>	PIERNIKI TORUŃ	M45-49	1	1		00:16:53	<b>00:34:32.00</b>	+00:04:18 (12.5%)	6:54	8.7 (87.9%)
17	<b>MAŚLANKA Iwona</b>	<b>163</b>	MARSZ PO ZDROWIE	K50-54	1			00:17:18	<b>00:34:57.35</b>	+00:04:44 (13.5%)	6:59	8.6 (86.9%)
18	<b>MARCZAK Tomasz</b>	<b>162</b>	KS IDMAR RACING TEAM	M18-29	3			00:16:37	<b>00:35:15.15</b>	+00:05:01 (14.3%)	7:03	8.5 (85.9%)
19	<b>UFEL Marcelina</b>	<b>218</b>	MOSIR TTKF SATURN CZELADŹ	K-Jun.	1			00:17:08	<b>00:35:17.75</b>	+00:05:04 (14.4%)	7:03	8.5 (85.9%)
20	<b>KLIMCZAK Adam</b>	<b>137</b>	GOSADI NORDIC TEAM	M55-59	5			00:17:34	<b>00:35:26.60</b>	+00:05:13 (14.7%)	7:05	8.5 (85.9%)
21	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>167</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2			00:17:48	<b>00:35:29.75</b>	+00:05:16 (14.9%)	7:05	8.5 (85.9%)
22	<b>JÓŹWIAK Marianna</b>	<b>132</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:17:46	<b>00:35:30.55</b>	+00:05:17 (14.9%)	7:06	8.5 (85.9%)
23	<b>DEMBKOWSKI Ryszard</b>	<b>111</b>	OLD SNAKE	M65-69	1	1		00:17:58	<b>00:35:30.70</b>	+00:05:17 (14.9%)	7:06	8.5 (85.9%)
24	<b>TUZIMEK Agata</b>	<b>214</b>	KUR-TEAM	K30-39	1			00:17:36	<b>00:35:30.90</b>	+00:05:17 (14.9%)	7:06	8.5 (85.9%)
25	<b>PUSZKARSKA Małgorzata</b>	<b>184</b>	GOSADI NORDIC TEAM	K45-49	2			00:17:32	<b>00:35:39.50</b>	+00:05:26 (15.3%)	7:07	8.4 (84.8%)
26	<b>WOJTCZAK Urszula</b>	<b>227</b>	CZAPELKI	K40-44	1			00:17:48	<b>00:35:39.65</b>	+00:05:26 (15.3%)	7:07	8.4 (84.8%)
27	<b>GODZIŃSKA Dorota</b>	<b>118</b>	BAŻANT NW ELBLĄG	K40-44	2			00:17:39	<b>00:35:41.35</b>	+00:05:28 (15.3%)	7:08	8.4 (84.8%)
28	<b>CZMOCH Marian</b>	<b>109</b>		M70-74	1	1		00:17:43	<b>00:35:43.60</b>	+00:05:30 (15.4%)	7:08	8.4 (84.8%)
29	<b>KOWNACKI Bartłomiej</b>	<b>148</b>		M40-44	2			00:17:35	<b>00:35:52.15</b>	+00:05:38 (15.7%)	7:10	8.4 (84.8%)
30	<b>POKŁADOWSKA Joanna</b>	<b>178</b>	WYCHODZĘ Z KIJAMI	K45-49	3			00:17:42	<b>00:35:55.10</b>	+00:05:41 (15.9%)	7:11	8.4 (84.8%)
31	<b>ZIĘBA Justyna</b>	<b>237</b>		K30-39	2			00:17:53	<b>00:36:00.15</b>	+00:05:46 (16.1%)	7:12	8.3 (83.8%)
32	<b>WALCZAK Ryszard</b>	<b>220</b>		M70-74	2			00:18:00	<b>00:36:04.45</b>	+00:05:51 (16.2%)	7:12	8.3 (83.8%)
33	<b>STANISŁAWSKI Jan</b>	<b>194</b>	MARSZ PO ZDROWIE	M60-64	3			00:17:50	<b>00:36:14.05</b>	+00:06:00 (16.6%)	7:14	8.3 (83.8%)
34	<b>KRUGIOŁKA Grzegorz</b>	<b>150</b>	AKTYWNIE W PNIEWACH	M30-39	2			00:17:51	<b>00:36:15.80</b>	+00:06:02 (16.7%)	7:15	8.3 (83.8%)
35	<b>PAWLAK Sebastian</b>	<b>71</b>	STARA MUSZELKA	M45-49	2			00:17:46	<b>00:36:22.25</b>	+00:06:09 (16.9%)	7:16	8.2 (82.8%)
36	<b>TOMCZYK Edward</b>	<b>209</b>	MARSZ PO ZDROWIE	M70-74	3			00:18:09	<b>00:36:29.35</b>	+00:06:16 (17.2%)	7:17	8.2 (82.8%)
37	<b>SZYMAŃSKI Stefan</b>	<b>203</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	4			00:17:58	<b>00:36:42.10</b>	+00:06:28 (17.7%)	7:20	8.2 (82.8%)

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38	<b>KASPRZAK Tadeusz</b>	<b>135</b>		M- Niepełnosprawni(A)	1			00:18:16	<b>00:36:44.35</b>	+00:06:31 (17.7%)	7:20	8.2 (82.8%)
39	<b>KOSTECKI Wiesław</b>	<b>145</b>	NW CZŁAPSKI TEAM	M65-69	2			00:18:19	<b>00:36:51.05</b>	+00:06:37 (18.0%)	7:22	8.1 (81.8%)
40	<b>NOWALIŃSKI Piotrek</b>	<b>166</b>	FACE NORDIC WALKING TEAM	M- Niepełnosprawni(A)	2			00:18:03	<b>00:36:58.00</b>	+00:06:44 (18.3%)	7:23	8.1 (81.8%)
41	<b>UFEL Milena</b>	<b>217</b>	MOSIR TKKF SATURN CZELADŹ	K-Dzieci	1			00:18:23	<b>00:36:58.40</b>	+00:06:45 (18.3%)	7:23	8.1 (81.8%)
42	<b>PUSZKARSKI Adam</b>	<b>185</b>	GOSADI NORDIC TEAM	M-Dzieci	1			00:18:34	<b>00:37:01.25</b>	+00:06:48 (18.4%)	7:24	8.1 (81.8%)
43	<b>WALCZAK Grzegorz</b>	<b>59</b>	NORDIC WALKING KIEKRZ POLAND	M45-49	3			00:18:17	<b>00:37:04.60</b>	+00:06:51 (18.5%)	7:24	8.1 (81.8%)
44	<b>WITUCKA Karolina</b>	<b>225</b>		K-Dzieci	2			00:18:30	<b>00:37:05.35</b>	+00:06:52 (18.5%)	7:25	8.1 (81.8%)
45	<b>DAROSZEWSKA Krystyna</b>	<b>110</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	1			00:18:30	<b>00:37:09.70</b>	+00:06:56 (18.7%)	7:25	8.1 (81.8%)
46	<b>TUZIMEK Jakub</b>	<b>215</b>	KUR-TEAM	M-Jun.	1			00:17:33	<b>00:37:12.70</b>	+00:06:59 (18.8%)	7:26	8.1 (81.8%)
47	<b>STACHOWICZ Marcin</b>	<b>49</b>	BŁĘKITNI DZIEMIANY	M30-39	3			00:17:59	<b>00:37:15.00</b>	+00:07:01 (18.9%)	7:27	8.1 (81.8%)
48	<b>ZIELIŃSKA Jolanta</b>	<b>234</b>	GOSIR OSIELSO	K60-64	2			00:18:20	<b>00:37:20.05</b>	+00:07:06 (19.1%)	7:28	8 (80.8%)
49	<b>CIESIELSKI Krzysztof</b>	<b>107</b>	FAST WALKER	M65-69	3			00:18:36	<b>00:37:38.40</b>	+00:07:25 (19.7%)	7:31	8 (80.8%)
50	<b>GWIZDAŁA Bartosz</b>	<b>126</b>		M30-39	4	1		00:18:40	<b>00:37:51.35</b>	+00:07:38 (20.2%)	7:34	7.9 (79.8%)
51	<b>GÓRAL Andrzej</b>	<b>120</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	3	2		00:18:28	<b>00:37:54.50</b>	+00:07:41 (20.3%)	7:34	7.9 (79.8%)
52	<b>WECHTA Paweł</b>	<b>69</b>	KGHM METRACO RUDNA	M45-49	4			00:19:00	<b>00:38:10.95</b>	+00:07:57 (20.9%)	7:38	7.9 (79.8%)
53	<b>RUSINOWICZ Andrzej</b>	<b>190</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1			00:19:03	<b>00:38:11.60</b>	+00:07:58 (20.9%)	7:38	7.9 (79.8%)
54	<b>LEWANDOWSKI Marian</b>	<b>157</b>		M70-74	5	1		00:18:48	<b>00:38:19.85</b>	+00:08:06 (21.2%)	7:39	7.8 (78.8%)
55	<b>GRYGOROWICZ Bogdan</b>	<b>122</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(B)	2			00:19:00	<b>00:38:40.85</b>	+00:08:27 (21.9%)	7:44	7.8 (78.8%)
56	<b>ZAWADZKI Krzysztof</b>	<b>233</b>	WETERAN	M65-69	4	1		00:19:11	<b>00:38:46.45</b>	+00:08:33 (22.1%)	7:45	7.7 (77.8%)
57	<b>ŚLUSARCZYK Grzegorz</b>	<b>54</b>	WESOŁY BORSUK TEAM	M45-49	5	1		00:19:03	<b>00:38:50.40</b>	+00:08:37 (22.2%)	7:46	7.7 (77.8%)
58	<b>LEGOCKA Kinga</b>	<b>33</b>	NORDIC WALKING KIEKRZ POLAND	K45-49	4			00:19:18	<b>00:39:13.85</b>	+00:09:00 (23.0%)	7:50	7.6 (76.8%)
59	<b>KUCZYŃSKA Anna</b>	<b>240</b>	NORDIC WALKING KIEKRZ POLAND	K60-64	3			00:19:31	<b>00:39:30.20</b>	+00:09:17 (23.5%)	7:54	7.6 (76.8%)
60	<b>KUSIAK Włodzimierz</b>	<b>153</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	6			00:19:06	<b>00:39:38.80</b>	+00:09:25 (23.8%)	7:55	7.6 (76.8%)

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61	<b>KWIATKOWSKI Dariusz</b>	<b>72</b>	KTP STAIZA MUSZELKA	M50-54	4			00:19:36	<b>00:39:42.20</b>	+00:09:29 (23.9%)	7:56	7.6 (76.8%)
62	<b>WOROCH Jolanta</b>	<b>229</b>	KGHM METRACO RUDNA	K55-59	1			00:19:42	<b>00:39:42.85</b>	+00:09:29 (23.9%)	7:56	7.6 (76.8%)
63	<b>GAŁKOWSKA Elżbieta</b>	<b>116</b>	MARSZ PO ZDROWIE	K65-69	1			00:19:32	<b>00:39:43.30</b>	+00:09:30 (23.9%)	7:56	7.6 (76.8%)
64	<b>MALKIEWICZ Małgorzata</b>	<b>161</b>	SERCE NORDICA WŁOCŁAWEK	K55-59	2			00:19:43	<b>00:39:47.25</b>	+00:09:34 (24.0%)	7:57	7.5 (75.8%)
65	<b>PALUCH Paweł</b>	<b>170</b>	AVOCADO WELLNESS CLUB	M55-59	6			00:19:36	<b>00:39:48.45</b>	+00:09:35 (24.1%)	7:57	7.5 (75.8%)
66	<b>TUZIMEK Adam</b>	<b>216</b>	KUR-TEAM	M-Jun.	2			00:19:41	<b>00:39:49.05</b>	+00:09:35 (24.1%)	7:57	7.5 (75.8%)
67	<b>ŚCIBIOR Robert</b>	<b>204</b>	KUR-TEAM	M45-49	6			00:19:45	<b>00:40:02.50</b>	+00:09:49 (24.5%)	8:00	7.5 (75.8%)
68	<b>SZYBUT Weronika</b>	<b>202</b>	POTĘGA NORDICA	K-Dzieci	3			00:19:28	<b>00:40:13.15</b>	+00:09:59 (24.9%)	8:02	7.5 (75.8%)
69	<b>ŚLUSARCZYK Karolina</b>	<b>206</b>	WESOŁY BORSUK TEAM	K-Jun.	2			00:19:31	<b>00:40:28.95</b>	+00:10:15 (25.4%)	8:05	7.4 (74.7%)
70	<b>FRANCZAK Dariusz</b>	<b>113</b>	NW CZŁAPSKI TEAM	M55-59	7			00:19:55	<b>00:40:31.05</b>	+00:10:17 (25.4%)	8:06	7.4 (74.7%)
71	<b>PRACKI Zbigniew</b>	<b>180</b>	SERCE NORDICA WŁOCŁAWEK	M55-59	8			00:20:22	<b>00:40:49.65</b>	+00:10:36 (26.0%)	8:09	7.3 (73.7%)
72	<b>GUTOWSKA Magdalena</b>	<b>158</b>	PAUL TEAM	K45-49	5			00:19:15	<b>00:40:52.55</b>	+00:10:39 (26.1%)	8:10	7.3 (73.7%)
73	<b>SAPUŁA Wiktoria</b>	<b>191</b>		K18-29	2			00:20:08	<b>00:40:55.70</b>	+00:10:42 (26.2%)	8:11	7.3 (73.7%)
74	<b>ADAMOWICZ Andrzej</b>	<b>101</b>		M75-79	2			00:20:10	<b>00:40:59.00</b>	+00:10:45 (26.3%)	8:11	7.3 (73.7%)
75	<b>KOCOŃ Sylwia</b>	<b>141</b>		K40-44	3			00:20:32	<b>00:41:02.90</b>	+00:10:49 (26.4%)	8:12	7.3 (73.7%)
76	<b>GRYGOROWICZ Teresa</b>	<b>121</b>	KGHM METRACO RUDNA	K65-69	2			00:20:15	<b>00:41:09.90</b>	+00:10:56 (26.6%)	8:13	7.3 (73.7%)
77	<b>RUDNIK Natalia</b>	<b>189</b>	BŁĘKITNI DZIEMIANY	K18-29	3	1		00:20:13	<b>00:41:11.85</b>	+00:10:58 (26.6%)	8:14	7.3 (73.7%)
78	<b>WYSOCKI Gabriel</b>	<b>231</b>	BŁĘKITNI DZIEMIANY	M-Dzieci	2			00:19:54	<b>00:41:22.50</b>	+00:11:09 (27.0%)	8:16	7.3 (73.7%)
79	<b>KUŚMIEREK Beata</b>	<b>155</b>	BŁĘKITNI DZIEMIANY	K45-49	6			00:20:24	<b>00:41:30.20</b>	+00:11:17 (27.2%)	8:18	7.2 (72.7%)
80	<b>SZAŁAJ Anna</b>	<b>198</b>	KGHM METRACO RUDNA	K- Niepełnosprawni(B)	1			00:20:39	<b>00:41:43.50</b>	+00:11:30 (27.6%)	8:20	7.2 (72.7%)
81	<b>KUTA Marta</b>	<b>156</b>	KUR-TEAM	K55-59	3			00:20:35	<b>00:41:47.35</b>	+00:11:34 (27.7%)	8:21	7.2 (72.7%)
82	<b>WIŚNIEWSKI Jerzy</b>	<b>224</b>	GDAŃSKIE WODY AKTYWUJĄ	M60-64	4			00:20:33	<b>00:41:47.55</b>	+00:11:34 (27.7%)	8:21	7.2 (72.7%)
83	<b>JÓŻWIAK Łukasz</b>	<b>130</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:20:51	<b>00:41:49.90</b>	+00:11:36 (27.8%)	8:21	7.2 (72.7%)

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84	ZIELIŃSKI Andrzej	236		M65-69	5			00:20:52	<b>00:42:03.85</b>	+00:11:50 (28.2%)	8:24	7.1 (71.7%)
85	PIETRZYK Anna	176		K- Niepełnosprawni(A)	1			00:20:50	<b>00:42:05.05</b>	+00:11:51 (28.2%)	8:25	7.1 (71.7%)
86	CETERA Janusz	106	EKSPEDYCJA NORDIC TEAM SZCZECIN	M- Niepełnosprawni(A)	4			00:21:09	<b>00:42:10.90</b>	+00:11:57 (28.4%)	8:26	7.1 (71.7%)
87	WIŚNIEWSKA Renata	223	GDAŃSKIE WODY AKTYWUJĄ	K60-64	4			00:20:39	<b>00:42:21.20</b>	+00:12:08 (28.6%)	8:28	7.1 (71.7%)
88	ŚWIDERSKA Wioleta	208	DEAF KOSZALIN	K- Niepełnosprawni(B)	2			00:20:55	<b>00:42:24.25</b>	+00:12:11 (28.7%)	8:28	7.1 (71.7%)
89	SZEWCZAK Kamila	200	DEAF KOSZALIN	K- Niepełnosprawni(B)	3			00:20:55	<b>00:42:24.30</b>	+00:12:11 (28.7%)	8:28	7.1 (71.7%)
90	TURZYŃSKA-STOPA Maria	213	BŁĘKITNI DZIEMIANY	K65-69	3			00:20:57	<b>00:42:25.75</b>	+00:12:12 (28.8%)	8:29	7.1 (71.7%)
91	LUBAŃSKI Tomasz	160	SERCE NORDICA WŁOCŁAWEK	M60-64	5			00:21:13	<b>00:42:39.80</b>	+00:12:26 (29.2%)	8:31	7 (70.7%)
92	MICHALSKA Małgorzata	164	KIJKIŻANKI SZCZECINEK	K55-59	4			00:21:14	<b>00:42:41.90</b>	+00:12:28 (29.2%)	8:32	7 (70.7%)
93	GUTOWSKI Paweł	124	PAUL TEAM	M- Niepełnosprawni(A)	5			00:20:35	<b>00:42:44.10</b>	+00:12:30 (29.3%)	8:32	7 (70.7%)
94	KOSTRZEWA Maciek	146	NW CZŁAPSKI TEAM	M50-54	5			00:20:52	<b>00:42:57.70</b>	+00:12:44 (29.7%)	8:35	7 (70.7%)
95	WYDRA Agnieszka	230	NW CZŁAPSKI TEAM	K40-44	4			00:21:22	<b>00:43:05.00</b>	+00:12:51 (29.9%)	8:37	7 (70.7%)
96	KOSTRZEWA Ela	147	NW CZŁAPSKI TEAM	K50-54	3			00:21:31	<b>00:43:07.65</b>	+00:12:54 (29.9%)	8:37	7 (70.7%)
97	ZARĘBA Magda	232	NW CZŁAPSKI TEAM	K45-49	7			00:21:18	<b>00:43:14.55</b>	+00:13:01 (30.1%)	8:38	6.9 (69.7%)
98	ŻYWICKA Irena	239	BŁĘKITNI DZIEMIANY	K60-64	5			00:21:52	<b>00:43:17.25</b>	+00:13:04 (30.2%)	8:39	6.9 (69.7%)
99	JASTRZĘBSKA-MACKO Marta	129		K30-39	3			00:21:04	<b>00:43:18.65</b>	+00:13:05 (30.2%)	8:39	6.9 (69.7%)
100	SĘDZIK Katarzyna	193	LECYMY DURŚ	K45-49	8			00:21:38	<b>00:43:23.65</b>	+00:13:10 (30.4%)	8:40	6.9 (69.7%)
101	KASZUBA Zofia	136	CHODZĘ Z KIAMI KOSZALIN	K-Jun.	3			00:21:23	<b>00:43:24.25</b>	+00:13:11 (30.4%)	8:40	6.9 (69.7%)
102	DOBRYŃSKI Adam	112		M30-39	5			00:21:08	<b>00:43:28.25</b>	+00:13:15 (30.5%)	8:41	6.9 (69.7%)
103	WIŚNIK Agnieszka	222	KIJKIŻANKI SZCZECINEK	K45-49	9			00:21:17	<b>00:43:46.15</b>	+00:13:32 (31.0%)	8:45	6.9 (69.7%)
104	PRZYBYLSKA Aleksandra	183	ELITE TEAM	K- Niepełnosprawni(B)	4			00:21:23	<b>00:43:52.20</b>	+00:13:39 (31.1%)	8:46	6.8 (68.7%)
105	PIĄTKOWSKI Józef	175	KGHM METRACO RUDNA	M75-79	3			00:21:00	<b>00:43:55.50</b>	+00:13:42 (31.2%)	8:47	6.8 (68.7%)
106	KNITTER Zofia	139	BŁĘKITNI DZIEMIANY	K-Dzieci	4			00:20:49	<b>00:44:07.10</b>	+00:13:53 (31.5%)	8:49	6.8 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>LUBAŃSKA Leokadia</b>	<b>159</b>	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(A)	2			00:22:08	<b>00:44:10.25</b>	+00:13:57 (31.6%)	8:50	6.8 (68.7%)
108	<b>KURCZ Barbara</b>	<b>152</b>	WYCHODZĘ Z KIJAMI	K50-54	4			00:21:53	<b>00:44:22.55</b>	+00:14:09 (31.9%)	8:52	6.8 (68.7%)
109	<b>KARCZMARSKI Krzysztof</b>	<b>134</b>	IPA RADOM	M60-64	6			00:21:50	<b>00:44:53.70</b>	+00:14:40 (32.7%)	8:58	6.7 (67.7%)
110	<b>PAJĘCKI Adam</b>	<b>169</b>	PARAKULOS KOWAL	M- Niepełnosprawni(B)	4			00:22:15	<b>00:44:56.20</b>	+00:14:43 (32.7%)	8:59	6.7 (67.7%)
111	<b>PŁUCHOWSKA Bernadetta</b>	<b>177</b>	KUR-TEAM	K18-29	4			00:23:18	<b>00:45:24.60</b>	+00:15:11 (33.5%)	9:04	6.6 (66.7%)
112	<b>TORSKA-SZABAŁOWSKA Iwona</b>	<b>211</b>	KIJKIŻANKI SZCZECINEK	K50-54	5			00:22:45	<b>00:46:10.80</b>	+00:15:57 (34.6%)	9:14	6.5 (65.7%)
113	<b>JANOWICZ Alina</b>	<b>127</b>	KIJKIŻANKI SZCZECINEK	K65-69	4			00:23:07	<b>00:46:12.90</b>	+00:15:59 (34.6%)	9:14	6.5 (65.7%)
114	<b>SUPROŃ Marta</b>	<b>197</b>		K30-39	4			00:22:42	<b>00:46:21.10</b>	+00:16:07 (34.8%)	9:16	6.5 (65.7%)
115	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>172</b>		K70-74	1			00:22:57	<b>00:46:29.90</b>	+00:16:16 (35.0%)	9:17	6.5 (65.7%)
116	<b>PRACKA Katarzyna</b>	<b>179</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	6			00:23:21	<b>00:46:40.85</b>	+00:16:27 (35.3%)	9:20	6.4 (64.6%)
117	<b>W. Iwona</b>	<b>219</b>	NW CZŁAPSKI TEAM	K40-44	5			00:23:09	<b>00:46:57.90</b>	+00:16:44 (35.7%)	9:23	6.4 (64.6%)
118	<b>PRZYBORKIEWICZ Gosia</b>	<b>181</b>	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	3			00:23:35	<b>00:47:10.65</b>	+00:16:57 (35.9%)	9:26	6.4 (64.6%)
119	<b>KARCZEWSKA Edyta</b>	<b>133</b>		K45-49	10			00:23:25	<b>00:47:13.70</b>	+00:17:00 (36.0%)	9:26	6.4 (64.6%)
120	<b>REHLIS Aleksander</b>	<b>187</b>	WYCHODZĘ Z KIJAMI	M30-39	6			00:23:21	<b>00:47:49.65</b>	+00:17:36 (36.8%)	9:33	6.3 (63.6%)
121	<b>WECHTA Agnieszka</b>	<b>70</b>	KGHM METRACO RUDNA	K40-44	6			00:23:38	<b>00:47:50.10</b>	+00:17:36 (36.8%)	9:34	6.3 (63.6%)
122	<b>TKACZYK Marzena</b>	<b>68</b>	WYCHODZĘ Z KIJAMI	K50-54	7			00:23:40	<b>00:48:13.00</b>	+00:17:59 (37.3%)	9:38	6.2 (62.6%)
123	<b>OWCZAREK Henryka</b>	<b>168</b>	MARSZ PO ZDROWIE	K75-79	1			00:24:20	<b>00:48:35.80</b>	+00:18:22 (37.8%)	9:43	6.2 (62.6%)
124	<b>ZIELIŃSKA Elżbieta</b>	<b>235</b>		K65-69	5			00:24:46	<b>00:48:51.75</b>	+00:18:38 (38.2%)	9:46	6.1 (61.6%)
125	<b>ŚLUSARCZYK Danuta</b>	<b>205</b>	WESOŁY BORSUK TEAM	K65-69	6			00:24:10	<b>00:49:22.40</b>	+00:19:09 (38.8%)	9:52	6.1 (61.6%)
126	<b>SZYBUT Roma</b>	<b>201</b>	POTĘGA NORDICA	K30-39	5			00:24:57	<b>00:50:24.85</b>	+00:20:11 (40.1%)	10:04	6 (60.6%)
127	<b>GRZEBIENIAK Halina</b>	<b>123</b>		K65-69	7			00:25:07	<b>00:50:56.15</b>	+00:20:42 (40.7%)	10:11	5.9 (59.6%)
128	<b>WIRKUS Anna</b>	<b>221</b>	BŁĘKITNI DZIEMIANY	K65-69	8	1		00:24:59	<b>00:51:05.85</b>	+00:20:52 (40.9%)	10:13	5.9 (59.6%)
129	<b>KOMAR Marlana</b>	<b>142</b>	WYCHODZĘ Z KIJAMI	K- Niepełnosprawni(A)	4			00:25:06	<b>00:51:18.70</b>	+00:21:05 (41.1%)	10:15	5.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>ŚLUSARCZYK Błażej</b>	<b>207</b>	WESOŁY BORSUK TEAM	M-Dzieci	3			00:25:13	<b>00:52:13.20</b>	+00:22:00 (42.1%)	10:26	5.7 (57.6%)
131	<b>KULCZYCKI Jan</b>	<b>151</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	7			00:26:37	<b>00:52:54.45</b>	+00:22:41 (42.9%)	10:34	5.7 (57.6%)
132	<b>JÓŹWIAK Dominik</b>	<b>131</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:26:47	<b>00:53:15.35</b>	+00:23:02 (43.3%)	10:39	5.6 (56.6%)
133	<b>RADECKA Krystyna</b>	<b>186</b>	CHODZĄCY BIAŁYSTOK	K80+	1			00:26:25	<b>00:53:39.00</b>	+00:23:25 (43.7%)	10:43	5.6 (56.6%)
134	<b>PEPLIŃSKA Grażyna</b>	<b>174</b>		K55-59	5			00:26:06	<b>00:53:42.35</b>	+00:23:29 (43.7%)	10:44	5.6 (56.6%)
135	<b>TURZYŃSKA Józefa</b>	<b>212</b>	BŁĘKITNI DZIEMIANY	K70-74	2			00:26:17	<b>00:54:14.50</b>	+00:24:01 (44.3%)	10:50	5.5 (55.6%)
	<b>JAROSIŃSKA Izabella</b>	<b>128</b>		K50-54				DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 136 wynik(ów)