

# OGÓLNOPOLSKI PUCHAR NORDIC WALKING - WĄGROWIEC - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Ogólnopolski Puchar Nordic Walking - 2021  
**Organizator:** Urząd Miasta Wągrowiec, Fundacja Herkules All Sports  
**Data:** 2021-07-18  
**Miejsce:** Wągrowiec  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WITUCKI Jacek</b>	<b>252</b>	KS IDMAR RACING TEAM	M50-54	1			00:14:53	<b>00:30:17.40</b>		6:03	9.9 (100%)
2	<b>BRZozowski Piotr</b>	<b>278</b>	AKTYWNI POSTOMINO	M30-39	1			00:15:28	<b>00:31:36.45</b>	+00:01:19 (4.2%)	6:19	9.5 (96.0%)
3	<b>MARCZAK Tomasz</b>	<b>177</b>	KS IDMAR RACING TEAM	M18-29	1			00:15:24	<b>00:31:48.95</b>	+00:01:31 (4.8%)	6:21	9.4 (94.9%)
4	<b>WORoch Roman</b>	<b>254</b>	KGHM METRACO RUDNA	M60-64	1			00:15:41	<b>00:31:58.60</b>	+00:01:41 (5.3%)	6:23	9.4 (94.9%)
5	<b>PARZYBUT Jan</b>	<b>191</b>	POSTĘP PNIEWY TEAM	M55-59	1			00:15:48	<b>00:32:25.20</b>	+00:02:07 (6.6%)	6:29	9.3 (93.9%)
6	<b>HAŁAS Marcin</b>	<b>131</b>		M30-39	2			00:16:04	<b>00:32:28.60</b>	+00:02:11 (6.7%)	6:29	9.2 (92.9%)
7	<b>HELWICH Stefan</b>	<b>133</b>	KGHM METRACO RUDNA	M65-69	1			00:16:22	<b>00:33:16.90</b>	+00:02:59 (9.0%)	6:39	9 (90.9%)
8	<b>KOPCZEWSKI Dariusz</b>	<b>153</b>	WYCHODZĘ Z KIJAMI	M55-59	2			00:16:20	<b>00:33:44.55</b>	+00:03:27 (10.2%)	6:44	8.9 (89.9%)
9	<b>KNITTER Tomasz</b>	<b>150</b>	BŁĘKITNI DZIEMIANY	M18-29	2			00:16:26	<b>00:33:46.55</b>	+00:03:29 (10.3%)	6:45	8.9 (89.9%)
10	<b>KLAWCZYŃSKI Marcin</b>	<b>148</b>	AKTYWNI W PNIEWACH	M18-29	3			00:16:40	<b>00:33:50.20</b>	+00:03:32 (10.5%)	6:46	8.9 (89.9%)
11	<b>ZMYŚŁOWSKI Zygmunt</b>	<b>264</b>	NORDIC WALKING LUBASZ	M60-64	2			00:16:54	<b>00:34:17.80</b>	+00:04:00 (11.7%)	6:51	8.8 (88.9%)
12	<b>CZŁAPSKI Krzysztof</b>	<b>111</b>	NW CZŁAPSKI TEAM	M55-59	3			00:17:00	<b>00:34:24.80</b>	+00:04:07 (12.0%)	6:52	8.7 (87.9%)
13	<b>KUŚMIEREC Jan</b>	<b>167</b>	BŁĘKITNI DZIEMIANY	M50-54	2			00:17:06	<b>00:34:34.15</b>	+00:04:16 (12.4%)	6:54	8.7 (87.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
14	<b>GORZEL Łukasz</b>	<b>121</b>	ŁĄCZĄ NAS PASJE BYDGOSZCZ	M30-39	3			00:17:00	<b>00:34:36.85</b>	+00:04:19 (12.5%)	6:55	8.7 (87.9%)
15	<b>KRAJEWSKA Hanna</b>	<b>157</b>	NWPL	K18-29	1			00:18:12	<b>00:34:38.65</b>	+00:04:21 (12.6%)	6:55	8.7 (87.9%)
16	<b>MROZIŃSKI Tadeusz</b>	<b>184</b>	NORDICUS STRZYBNICA	M55-59	4			00:17:28	<b>00:34:49.10</b>	+00:04:31 (13.0%)	6:57	8.6 (86.9%)
17	<b>SKIERA Krzysztof</b>	<b>67</b>	ŁĄCZĄ NAS PASJE / LIFE BALANCE PLACE	M45-49	1			00:17:26	<b>00:34:57.50</b>	+00:04:40 (13.4%)	6:59	8.6 (86.9%)
18	<b>GRUSZKA Michał</b>	<b>124</b>		M-Jun.	1			00:17:20	<b>00:35:26.85</b>	+00:05:09 (14.5%)	7:05	8.5 (85.9%)
19	<b>KRUGIOŁKA Grzegorz</b>	<b>160</b>	AKTYWNIE W PNIEWACH	M30-39	4			00:17:46	<b>00:35:26.95</b>	+00:05:09 (14.6%)	7:05	8.5 (85.9%)
20	<b>CHOLEWIŃSKI Wojciech</b>	<b>108</b>	HERNIK TEAM	M55-59	5			00:17:24	<b>00:35:34.15</b>	+00:05:16 (14.8%)	7:06	8.4 (84.8%)
21	<b>KROMSKI Paweł</b>	<b>41</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	3			00:17:28	<b>00:35:36.40</b>	+00:05:19 (14.9%)	7:07	8.4 (84.8%)
22	<b>GOŁĘBIEWSKI Edward</b>	<b>119</b>	MARSZ PO ZDROWIE	M70-74	1	1		00:17:54	<b>00:35:55.05</b>	+00:05:37 (15.7%)	7:11	8.4 (84.8%)
23	<b>KEDZIERSKA Karolina</b>	<b>146</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-44	1			00:17:48	<b>00:36:05.85</b>	+00:05:48 (16.1%)	7:13	8.3 (83.8%)
24	<b>ZACHCIAŁ Jarosław</b>	<b>258</b>		M18-29	4	1		00:17:48	<b>00:36:09.20</b>	+00:05:51 (16.2%)	7:13	8.3 (83.8%)
25	<b>ZIĘBA Justyna</b>	<b>262</b>		K30-39	1			00:17:54	<b>00:36:09.30</b>	+00:05:51 (16.2%)	7:13	8.3 (83.8%)
26	<b>WALCZAK Ryszard</b>	<b>240</b>		M70-74	2			00:18:02	<b>00:36:10.40</b>	+00:05:53 (16.3%)	7:14	8.3 (83.8%)
27	<b>KEDZIERSKA Agnieszka</b>	<b>145</b>	KIJKOWE TRZEMESZNO	K45-49	1			00:17:49	<b>00:36:20.00</b>	+00:06:02 (16.6%)	7:16	8.3 (83.8%)
28	<b>DUSZEŃKO Zygmunt</b>	<b>272</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	1			00:18:01	<b>00:36:23.05</b>	+00:06:05 (16.7%)	7:16	8.2 (82.8%)
29	<b>PUSZKARSKI Adam</b>	<b>205</b>	GOSADI NORDIC TEAM	M-Dzieci	1			00:18:22	<b>00:36:29.65</b>	+00:06:12 (17.0%)	7:17	8.2 (82.8%)
30	<b>WIECZOREK Krzysztof</b>	<b>248</b>	NORDIC WALKING LUBASZ	M45-49	2			00:17:58	<b>00:36:35.00</b>	+00:06:17 (17.2%)	7:19	8.2 (82.8%)
31	<b>STANISŁAWSKI Jan</b>	<b>220</b>	MARSZ PO ZDROWIE	M60-64	3			00:17:37	<b>00:36:36.40</b>	+00:06:19 (17.3%)	7:19	8.2 (82.8%)
32	<b>MADAJ Robert</b>	<b>175</b>	STĘSZEW TEAM	M50-54	4	1		00:17:53	<b>00:36:38.40</b>	+00:06:21 (17.3%)	7:19	8.2 (82.8%)
33	<b>SZYMAŃSKI Stefan</b>	<b>225</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	3			00:17:55	<b>00:36:44.80</b>	+00:06:27 (17.6%)	7:20	8.2 (82.8%)
34	<b>KASPRZAK Tadeusz</b>	<b>144</b>	BRAK	M- Niepełnosprawni(A)	2			00:18:06	<b>00:36:45.90</b>	+00:06:28 (17.6%)	7:21	8.2 (82.8%)
35	<b>SOWIŃSKA Alicja</b>	<b>217</b>	NORDIC WALKING LUBASZ	K30-39	2			00:18:01	<b>00:36:53.30</b>	+00:06:35 (17.9%)	7:22	8.1 (81.8%)
36	<b>ZIELIŃSKA Jolanta</b>	<b>261</b>	GOSIR OSIELSKO	K60-64	1			00:18:21	<b>00:36:58.50</b>	+00:06:41 (18.1%)	7:23	8.1 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
37	<b>STACHOWICZ Marcin</b>	<b>219</b>	BŁĘKITNI DZIEMIANY	M30-39	5			00:17:56	<b>00:37:01.75</b>	+00:06:44 (18.2%)	7:24	8.1 (81.8%)
38	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>187</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:19:36	<b>00:37:03.60</b>	+00:06:46 (18.3%)	7:24	8.1 (81.8%)
39	<b>DAROSZEWSKA Krystyna</b>	<b>112</b>	SERCE NORDICA WŁOCLAWEK	K60-64	2			00:18:29	<b>00:37:11.00</b>	+00:06:53 (18.5%)	7:26	8.1 (81.8%)
40	<b>WALCZAK Grzegorz</b>	<b>241</b>	NORDIC WALKING KIEKRZ POLAND	M45-49	3			00:18:13	<b>00:37:14.95</b>	+00:06:57 (18.7%)	7:26	8.1 (81.8%)
41	<b>ZIĘBA Mariusz</b>	<b>263</b>		M30-39	6			00:18:04	<b>00:37:18.60</b>	+00:07:01 (18.8%)	7:27	8 (80.8%)
42	<b>CHOLEWIŃSKA Longina</b>	<b>107</b>	HERNIK TEAM	K55-59	1			00:18:39	<b>00:37:19.70</b>	+00:07:02 (18.9%)	7:27	8 (80.8%)
43	<b>JANY Katarzyna</b>	<b>136</b>	NORDIC WALKING LUBASZ	K30-39	3			00:18:22	<b>00:37:22.95</b>	+00:07:05 (19.0%)	7:28	8 (80.8%)
44	<b>SZYDEŁKO Mariola</b>	<b>149</b>	AKTYWNA KCYNIA	K40-44	2			00:18:42	<b>00:37:26.30</b>	+00:07:08 (19.1%)	7:29	8 (80.8%)
45	<b>TOMCZYK Edward</b>	<b>231</b>	MARSZ PO ZDROWIE	M70-74	4			00:18:11	<b>00:37:27.65</b>	+00:07:10 (19.1%)	7:29	8 (80.8%)
46	<b>JÓŻWIAK Marianna</b>	<b>142</b>	SERCE NORDICA WŁOCLAWEK	K45-49	2			00:19:39	<b>00:37:29.15</b>	+00:07:11 (19.2%)	7:29	8 (80.8%)
47	<b>GRUSZKA Michal</b>	<b>123</b>		M45-49	4			00:18:27	<b>00:37:38.25</b>	+00:07:20 (19.5%)	7:31	8 (80.8%)
48	<b>MAŚLANKA Iwona</b>	<b>178</b>	MARSZ PO ZDROWIE	K50-54	2			00:19:42	<b>00:37:40.50</b>	+00:07:23 (19.6%)	7:32	8 (80.8%)
49	<b>KOZŁOWSKA Karolina</b>	<b>39</b>	NORDIC WALKING KIEKRZ POLAND	K30-39	4			00:18:24	<b>00:37:44.35</b>	+00:07:26 (19.7%)	7:32	8 (80.8%)
50	<b>GRYGOROWICZ Bogdan</b>	<b>126</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(B)	1			00:18:53	<b>00:37:47.70</b>	+00:07:30 (19.9%)	7:33	7.9 (79.8%)
51	<b>GÓRAL Andrzej</b>	<b>122</b>	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	3	1		00:18:26	<b>00:37:47.85</b>	+00:07:30 (19.9%)	7:33	7.9 (79.8%)
52	<b>PUSZKARSKA Małgorzata</b>	<b>204</b>	GOSADI NORDIC TEAM	K45-49	3			00:19:54	<b>00:37:53.80</b>	+00:07:36 (20.1%)	7:34	7.9 (79.8%)
53	<b>WOJTCZAK Urszula</b>	<b>253</b>	CZAPELKI	K40-44	3			00:20:00	<b>00:37:55.75</b>	+00:07:38 (20.1%)	7:35	7.9 (79.8%)
54	<b>KOSTECKI Wiesław</b>	<b>154</b>	NW CZĘLPSKI TEAM	M65-69	2			00:18:59	<b>00:37:56.20</b>	+00:07:38 (20.2%)	7:35	7.9 (79.8%)
55	<b>RYCHLEWSKA- SŁODOWA Danuta</b>	<b>279</b>	NW LUBASZ	K40-44	4			00:18:44	<b>00:37:57.90</b>	+00:07:40 (20.2%)	7:35	7.9 (79.8%)
56	<b>KRAWCZYK Dorota</b>	<b>159</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	3			00:18:44	<b>00:38:04.20</b>	+00:07:46 (20.4%)	7:36	7.9 (79.8%)
57	<b>CIESIELSKI Krzysztof</b>	<b>109</b>	FAST WALKER	M65-69	3			00:19:00	<b>00:38:12.00</b>	+00:07:54 (20.7%)	7:38	7.9 (79.8%)
58	<b>NOWACZYK Tomasz</b>	<b>185</b>	MARSZ PO ZDROWIE	M40-44	1			00:18:47	<b>00:38:13.20</b>	+00:07:55 (20.7%)	7:38	7.8 (78.8%)
59	<b>ZAWADZKI Krzysztof</b>	<b>260</b>	WETERAN	M65-69	4			00:19:02	<b>00:38:13.90</b>	+00:07:56 (20.8%)	7:38	7.8 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
60	<b>WECHTA Paweł</b>	<b>244</b>	KGHM METRACO RUDNA	M45-49	5			00:19:00	<b>00:38:14.40</b>	+00:07:57 (20.8%)	7:38	7.8 (78.8%)
61	<b>RYBAŁTOWSKI Paweł</b>	<b>212</b>	OBORYGENI	M75-79	1			00:18:57	<b>00:38:16.05</b>	+00:07:58 (20.8%)	7:39	7.8 (78.8%)
62	<b>OLEJNICZAK Aleksandra</b>	<b>188</b>	KIJKOWE TRZEMESZNO	K-Jun.	1			00:19:33	<b>00:38:18.05</b>	+00:08:00 (20.9%)	7:39	7.8 (78.8%)
63	<b>RUSINOWICZ Andrzej</b>	<b>277</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	2			00:18:56	<b>00:38:18.10</b>	+00:08:00 (20.9%)	7:39	7.8 (78.8%)
64	<b>LENARTOWICZ Stanisław</b>	<b>170</b>		M60-64	4	1		00:18:57	<b>00:38:25.90</b>	+00:08:08 (21.2%)	7:41	7.8 (78.8%)
65	<b>DYLEWICZ Weronika</b>	<b>115</b>	EKSTREMUM	K18-29	2			00:19:12	<b>00:38:26.95</b>	+00:08:09 (21.2%)	7:41	7.8 (78.8%)
66	<b>POKŁADOWSKA Joanna</b>	<b>198</b>	WYCHODZĘ Z KIJAMI	K45-49	4			00:20:05	<b>00:38:27.25</b>	+00:08:09 (21.2%)	7:41	7.8 (78.8%)
67	<b>PIETRZAK Dorota</b>	<b>194</b>	NORDIC WALKING KIEKRZ POLAND	K45-49	5			00:19:01	<b>00:38:31.90</b>	+00:08:14 (21.4%)	7:42	7.8 (78.8%)
68	<b>DUDEK Leszek</b>	<b>274</b>	KGHM METRACO RUDNA	M70-74	5			00:19:05	<b>00:38:34.95</b>	+00:08:17 (21.5%)	7:42	7.8 (78.8%)
69	<b>WENCKA Anna</b>	<b>245</b>	NAMASTE OBORNIKI	K30-39	5			00:19:05	<b>00:38:40.80</b>	+00:08:23 (21.7%)	7:44	7.8 (78.8%)
70	<b>WICHER Jolanta</b>	<b>246</b>	NORDIC WALKING LUBASZ	K50-54	3			00:19:19	<b>00:38:40.95</b>	+00:08:23 (21.7%)	7:44	7.8 (78.8%)
71	<b>JASTRZĘBSKA-MAJAK Agnieszka</b>	<b>138</b>	NW CZŁAPSKI TEAM	K50-54	4			00:19:17	<b>00:38:42.45</b>	+00:08:25 (21.7%)	7:44	7.8 (78.8%)
72	<b>BERCZYŃSKI Henryk</b>	<b>102</b>	NADLEŚNICTWO OKONEK	M65-69	5			00:19:02	<b>00:38:43.25</b>	+00:08:25 (21.8%)	7:44	7.7 (77.8%)
73	<b>HERNET Iwona</b>	<b>134</b>	AKTYWNA KCYNIA	K- Niepełnosprawni(A)	1			00:19:27	<b>00:38:45.15</b>	+00:08:27 (21.8%)	7:45	7.7 (77.8%)
74	<b>GUTOWSKA Magdalena</b>	<b>129</b>	PAUL TEAM	K45-49	6			00:19:15	<b>00:38:47.60</b>	+00:08:30 (21.9%)	7:45	7.7 (77.8%)
75	<b>FRANCZAK Dariusz</b>	<b>116</b>	NW CZŁAPSKI TEAM	M55-59	6			00:19:23	<b>00:38:48.70</b>	+00:08:31 (22.0%)	7:45	7.7 (77.8%)
76	<b>KACZMAREK Jarek</b>	<b>31</b>	SERCE NORDICA WŁOCŁAWEK	M55-59	7			00:19:30	<b>00:38:51.65</b>	+00:08:34 (22.1%)	7:46	7.7 (77.8%)
77	<b>WÓJCIK Jacek</b>	<b>256</b>	STĘSZEW TEAM	M55-59	8			00:19:12	<b>00:38:59.55</b>	+00:08:42 (22.3%)	7:47	7.7 (77.8%)
78	<b>LEGOCKA Kinga</b>	<b>169</b>	NORDIC WALKING KIEKRZ POLAND	K45-49	7			00:19:19	<b>00:39:03.15</b>	+00:08:45 (22.4%)	7:48	7.7 (77.8%)
79	<b>ŚLUSARCZYK Grzegorz</b>	<b>229</b>	WESOŁY BORSUK TEAM	M45-49	6			00:19:06	<b>00:39:05.90</b>	+00:08:48 (22.5%)	7:49	7.7 (77.8%)
80	<b>PRYBIŃSKA-MARCINIAK Anna</b>	<b>202</b>	AKTYWNA KCYNIA	K40-44	5			00:19:24	<b>00:39:07.10</b>	+00:08:49 (22.6%)	7:49	7.7 (77.8%)
81	<b>KULCZYCKI Jan</b>	<b>164</b>	SERCE NORDICA WŁOCŁAWEK	M70-74	6			00:23:06	<b>00:39:09.00</b>	+00:08:51 (22.6%)	7:49	7.7 (77.8%)
82	<b>GAŁKOWSKA Elżbieta</b>	<b>118</b>	MARSZ PO ZDROWIE	K65-69	1			00:19:12	<b>00:39:09.40</b>	+00:08:52 (22.6%)	7:49	7.7 (77.8%)

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83	<b>KUCZYŃSKA Anna</b>	<b>161</b>	NORDIC WALKING KIEKRZ POLAND	K60-64	4			00:19:13	<b>00:39:12.35</b>	+00:08:54 (22.7%)	7:50	7.7 (77.8%)
84	<b>ROJTEK Waldemar</b>	<b>208</b>		M50-54	5			00:19:29	<b>00:39:14.85</b>	+00:08:57 (22.8%)	7:50	7.6 (76.8%)
85	<b>WITUCKA Karolina</b>	<b>251</b>		K-Dzieci	1			00:20:02	<b>00:39:17.65</b>	+00:09:00 (22.9%)	7:51	7.6 (76.8%)
86	<b>WOROCH Jolanta</b>	<b>255</b>	KGHM METRACO RUDNA	K55-59	2			00:19:22	<b>00:39:25.00</b>	+00:09:07 (23.2%)	7:53	7.6 (76.8%)
87	<b>ASZTEMBORSKA Joanna</b>	<b>275</b>	ŁĄCZĄ NAS PASJE BYDGOSZCZ	K40-44	6			00:19:45	<b>00:39:31.75</b>	+00:09:14 (23.4%)	7:54	7.6 (76.8%)
88	<b>RATAJCZAK Katarzyna</b>	<b>207</b>		K50-54	5			00:19:40	<b>00:39:33.35</b>	+00:09:15 (23.4%)	7:54	7.6 (76.8%)
89	<b>MATYJA Anna</b>	<b>180</b>	#ŚREMCHODZI	K50-54	6			00:19:42	<b>00:39:49.75</b>	+00:09:32 (24.0%)	7:57	7.5 (75.8%)
90	<b>MORACZEWSKA Angelika</b>	<b>183</b>	AKTYWNA KCYNIA	K40-44	7			00:19:40	<b>00:39:55.25</b>	+00:09:37 (24.1%)	7:59	7.5 (75.8%)
91	<b>KUŚMIEREK Beata</b>	<b>166</b>	BŁĘKITNI DZIEMIANY	K45-49	8			00:20:02	<b>00:39:56.80</b>	+00:09:39 (24.2%)	7:59	7.5 (75.8%)
92	<b>BUCZKOWSKI Jerzy</b>	<b>106</b>	KS SOKÓŁ GAŚAWA	M70-74	7			00:19:51	<b>00:39:57.10</b>	+00:09:39 (24.2%)	7:59	7.5 (75.8%)
93	<b>WALA Jan</b>	<b>239</b>	NORDIC WALKING LUBASZ	M60-64	5			00:19:28	<b>00:39:58.40</b>	+00:09:41 (24.2%)	7:59	7.5 (75.8%)
94	<b>KRAJKOWSKI Grzegorz</b>	<b>158</b>	SEKCJA NORDIC WALKING BORUCHOWO	M60-64	6			00:19:52	<b>00:40:00.10</b>	+00:09:42 (24.3%)	8:00	7.5 (75.8%)
95	<b>REMISZEWSKI Adam</b>	<b>269</b>	UTW OLEŚNICA	M75-79	3			00:19:46	<b>00:40:01.30</b>	+00:09:43 (24.3%)	8:00	7.5 (75.8%)
96	<b>KOMOROWSKA Małgorzata</b>	<b>151</b>	NORDIC WALKING KIEKRZ POLAND	K- Niepełnosprawni(B)	1			00:19:35	<b>00:40:06.75</b>	+00:09:49 (24.5%)	8:01	7.5 (75.8%)
97	<b>GRZYWOCZ Bernard</b>	<b>128</b>		M70-74	8			00:19:52	<b>00:40:07.10</b>	+00:09:49 (24.5%)	8:01	7.5 (75.8%)
98	<b>JÓŹWIAK Łukasz</b>	<b>140</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	2			00:19:44	<b>00:40:07.80</b>	+00:09:50 (24.5%)	8:01	7.5 (75.8%)
99	<b>ŻÓŁNO Magdalena</b>	<b>265</b>		K55-59	3			00:19:43	<b>00:40:08.40</b>	+00:09:51 (24.5%)	8:01	7.5 (75.8%)
100	<b>SZYBUT Weronika</b>	<b>223</b>	POTĘGA NORDICA	K-Dzieci	2			00:20:14	<b>00:40:10.35</b>	+00:09:52 (24.6%)	8:02	7.5 (75.8%)
101	<b>GUTOWSKI Paweł</b>	<b>130</b>	PAUL TEAM	M- Niepełnosprawni(A)	4			00:19:52	<b>00:40:17.05</b>	+00:09:59 (24.8%)	8:03	7.4 (74.7%)
102	<b>SKRZYPCZAK Maciej</b>	<b>215</b>	BIEGAJĄCY WĄGROWIEC	M40-44	2			00:19:39	<b>00:40:25.50</b>	+00:10:08 (25.1%)	8:05	7.4 (74.7%)
103	<b>DUDEK Kazimierz</b>	<b>114</b>	DOM Z KERAMZYTU S.C. DARIUSZ SYWAK	M70-74	9	1		00:19:52	<b>00:40:29.35</b>	+00:10:11 (25.2%)	8:05	7.4 (74.7%)
104	<b>HERNET Zdzisław</b>	<b>199</b>	AKTYWNA KCYNIA	M60-64	7			00:20:22	<b>00:40:47.10</b>	+00:10:29 (25.7%)	8:09	7.4 (74.7%)
105	<b>GRYGOROWICZ Teresa</b>	<b>125</b>	KGHM METRACO RUDNA	K65-69	2			00:20:09	<b>00:40:50.90</b>	+00:10:33 (25.8%)	8:10	7.3 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
106	<b>ŚWIĘTY Anoni</b>	<b>281</b>	NORDIC WALKING LUBASZ	M70-74	10			00:20:15	<b>00:40:57.05</b>	+00:10:39 (26.0%)	8:11	7.3 (73.7%)
107	<b>ŚLUSARCZYK Karolina</b>	<b>228</b>	WESOŁY BORSUK TEAM	K-Jun.	2			00:20:30	<b>00:41:03.10</b>	+00:10:45 (26.2%)	8:12	7.3 (73.7%)
108	<b>JASTRZĘBSKA-MACKO Marta</b>	<b>137</b>		K30-39	6			00:20:26	<b>00:41:06.70</b>	+00:10:49 (26.3%)	8:13	7.3 (73.7%)
109	<b>GRZYWOCZ Irena</b>	<b>127</b>	KGHM METRACO RUDNA	K70-74	1			00:20:25	<b>00:41:06.85</b>	+00:10:49 (26.3%)	8:13	7.3 (73.7%)
110	<b>LUDLICZAK Lena</b>	<b>273</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-Dzieci	3			00:21:25	<b>00:41:07.20</b>	+00:10:49 (26.3%)	8:13	7.3 (73.7%)
111	<b>PIETRZYK Anna</b>	<b>195</b>		K- Niepełnosprawni(A)	2			00:20:08	<b>00:41:08.20</b>	+00:10:50 (26.4%)	8:13	7.3 (73.7%)
112	<b>GONIA Krzysztof</b>	<b>120</b>		M55-59	9			00:20:17	<b>00:41:13.10</b>	+00:10:55 (26.5%)	8:14	7.3 (73.7%)
113	<b>PIĄTKOWSKI Józef</b>	<b>192</b>	KGHM METRACO RUDNA	M75-79	4	1		00:19:51	<b>00:41:18.25</b>	+00:11:00 (26.7%)	8:15	7.3 (73.7%)
114	<b>JĘDRYCZKA Agata</b>	<b>139</b>	AKTYWNA KCYNIA	K30-39	7			00:20:23	<b>00:41:21.45</b>	+00:11:04 (26.8%)	8:16	7.3 (73.7%)
115	<b>ADAMOWICZ Andrzej</b>	<b>101</b>		M75-79	5			00:20:26	<b>00:41:22.55</b>	+00:11:05 (26.8%)	8:16	7.3 (73.7%)
116	<b>TURZYŃSKA-STOPA Maria</b>	<b>237</b>	BŁĘKITNI DZIEMIANY	K65-69	3			00:20:32	<b>00:41:28.60</b>	+00:11:11 (27.0%)	8:17	7.2 (72.7%)
117	<b>RUDNIK Natalia</b>	<b>210</b>	BŁĘKITNI DZIEMIANY	K18-29	3			00:20:37	<b>00:41:31.80</b>	+00:11:14 (27.1%)	8:18	7.2 (72.7%)
118	<b>ZACHCIAŁ Liliana</b>	<b>259</b>	NAMASTE OBORNIKI	K30-39	8			00:20:33	<b>00:41:33.70</b>	+00:11:16 (27.1%)	8:18	7.2 (72.7%)
119	<b>LUBAŃSKA Leokadia</b>	<b>171</b>	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(A)	3			00:20:37	<b>00:41:46.25</b>	+00:11:28 (27.5%)	8:21	7.2 (72.7%)
120	<b>DEMBSKA Violetta</b>	<b>113</b>	#ŚREMCHODZI	K- Niepełnosprawni(A)	4			00:20:53	<b>00:41:50.45</b>	+00:11:33 (27.6%)	8:22	7.2 (72.7%)
121	<b>ROŻEK Wiktoria</b>	<b>209</b>	KIJKOWE TRZEMESZNO	K-Jun.	3			00:20:51	<b>00:41:50.60</b>	+00:11:33 (27.6%)	8:22	7.2 (72.7%)
122	<b>TROKA Małgorzata</b>	<b>235</b>	BŁĘKITNI DZIEMIANY	K40-44	8			00:20:31	<b>00:41:55.20</b>	+00:11:37 (27.7%)	8:23	7.2 (72.7%)
123	<b>WIECZOREK Karina</b>	<b>247</b>		K40-44	9			00:20:46	<b>00:42:02.05</b>	+00:11:44 (27.9%)	8:24	7.1 (71.7%)
124	<b>WRĄBEL Felicja</b>	<b>257</b>	NORDIC WALKING POZNAŃ	K65-69	4			00:20:51	<b>00:42:12.60</b>	+00:11:55 (28.2%)	8:26	7.1 (71.7%)
125	<b>BRONIECKA Małgorzata</b>	<b>105</b>		K40-44	10			00:21:12	<b>00:42:25.90</b>	+00:12:08 (28.6%)	8:29	7.1 (71.7%)
126	<b>KOZIOŁ Magdalena</b>	<b>156</b>		K18-29	4			00:20:43	<b>00:42:26.25</b>	+00:12:08 (28.6%)	8:29	7.1 (71.7%)
127	<b>SOWIŃSKA Grażyna</b>	<b>218</b>	MARSZ PO ZDROWIE	K60-64	5			00:20:55	<b>00:42:37.45</b>	+00:12:20 (28.9%)	8:31	7 (70.7%)
128	<b>SZYMAŃSKA Danuta</b>	<b>270</b>	UTW OLEŚNICA	K65-69	5			00:21:15	<b>00:42:40.65</b>	+00:12:23 (29.0%)	8:32	7 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	<b>CETERA Janusz</b>	<b>271</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M- Niepełnosprawni(B)	3			00:20:53	<b>00:42:47.95</b>	+00:12:30 (29.2%)	8:33	7 (70.7%)
130	<b>KOWALSKI Mirosław</b>	<b>155</b>	GRYF NW	M65-69	6			00:20:39	<b>00:42:58.15</b>	+00:12:40 (29.5%)	8:35	7 (70.7%)
131	<b>CIEŚLIK Bernadeta</b>	<b>110</b>	SEKCJA NORDIC WALKING BORUCHOWO	K30-39	9			00:21:05	<b>00:43:05.30</b>	+00:12:47 (29.7%)	8:37	7 (70.7%)
132	<b>MATUKIN-PAKUSZYNSKA Anna</b>	<b>179</b>		K45-49	9			00:21:28	<b>00:43:06.90</b>	+00:12:49 (29.7%)	8:37	7 (70.7%)
133	<b>KONIECZNA Mariola</b>	<b>152</b>	STĘSZEW TEAM	K55-59	4			00:21:18	<b>00:43:27.05</b>	+00:13:09 (30.3%)	8:41	6.9 (69.7%)
134	<b>MAJAK Wojciech</b>	<b>176</b>	NW CZŁAPSKI TEAM	M50-54	6			00:21:13	<b>00:43:28.25</b>	+00:13:10 (30.3%)	8:41	6.9 (69.7%)
135	<b>RABCZEWSKA Aleksandra</b>	<b>206</b>	NORDIC WALKING KIEKRZ POLAND	K60-64	6			00:21:42	<b>00:43:30.00</b>	+00:13:12 (30.4%)	8:42	6.9 (69.7%)
136	<b>WIERZCHOSLAWSKI Marcel</b>	<b>249</b>		M-Jun.	2			00:21:56	<b>00:44:00.10</b>	+00:13:42 (31.2%)	8:48	6.8 (68.7%)
137	<b>SZYMAŃSKA Lucyna</b>	<b>224</b>	XV KOŁO PZERII W DYWITACH	K70-74	2			00:21:25	<b>00:44:06.20</b>	+00:13:48 (31.3%)	8:49	6.8 (68.7%)
138	<b>MICHALAK Justyna</b>	<b>181</b>	KIJOMANIACY CHODZIEŻ	K40-44	11			00:22:19	<b>00:44:35.55</b>	+00:14:18 (32.1%)	8:55	6.7 (67.7%)
139	<b>TONN Daniel</b>	<b>233</b>	AKTYWNA KCYNIA	M- Niepełnosprawni(A)	5			00:20:35	<b>00:44:38.00</b>	+00:14:20 (32.1%)	8:55	6.7 (67.7%)
140	<b>KUŹLAK Katarzyna</b>	<b>168</b>	SEKCJA NORDIC WALKING BORUCHOWO	K45-49	10			00:22:04	<b>00:44:42.95</b>	+00:14:25 (32.3%)	8:56	6.7 (67.7%)
141	<b>SZAŁAJ Anna</b>	<b>221</b>	KGHM METRACO RUDNA	K- Niepełnosprawni(B)	2			00:22:14	<b>00:45:07.90</b>	+00:14:50 (32.9%)	9:01	6.6 (66.7%)
142	<b>SMOLARSKI Andrzej</b>	<b>216</b>	KIJOMANIACY CHODZIEŻ	M50-54	7			00:22:34	<b>00:45:09.25</b>	+00:14:51 (32.9%)	9:01	6.6 (66.7%)
143	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>266</b>		K70-74	3			00:22:43	<b>00:45:31.10</b>	+00:15:13 (33.5%)	9:06	6.6 (66.7%)
144	<b>BARABACH Danuta</b>	<b>276</b>		K65-69	6			00:22:31	<b>00:45:32.85</b>	+00:15:15 (33.5%)	9:06	6.6 (66.7%)
145	<b>BLASZKA Michał</b>	<b>103</b>	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	6			00:22:08	<b>00:45:45.75</b>	+00:15:28 (33.8%)	9:09	6.6 (66.7%)
146	<b>LUBAŃSKI Tomasz</b>	<b>172</b>	SERCE NORDICA WŁOCŁAWEK	M60-64	8			00:23:16	<b>00:46:00.15</b>	+00:15:42 (34.2%)	9:12	6.5 (65.7%)
147	<b>CHWIAŁKOWSKA Iwona</b>	<b>280</b>	NAMASTE OBORNIKI	K50-54	7			00:22:53	<b>00:46:08.65</b>	+00:15:51 (34.4%)	9:13	6.5 (65.7%)
148	<b>TORENC Małgorzata</b>	<b>234</b>	EKMLUBUSKIEMORSY	K- Niepełnosprawni(A)	5			00:22:30	<b>00:46:10.85</b>	+00:15:53 (34.4%)	9:14	6.5 (65.7%)
149	<b>BLASZKA Ryszard</b>	<b>104</b>	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	7			00:22:25	<b>00:46:12.45</b>	+00:15:55 (34.4%)	9:14	6.5 (65.7%)
150	<b>KASIŃSKA-MACHAJEK Krystyna</b>	<b>143</b>	STOWARZYSZENIE TRANSPLANTACJI SERCA	K60-64	7			00:22:37	<b>00:46:14.00</b>	+00:15:56 (34.5%)	9:14	6.5 (65.7%)
151	<b>MŁODOŻYŃSKA Karolina</b>	<b>182</b>		K45-49	11			00:23:14	<b>00:46:28.05</b>	+00:16:10 (34.8%)	9:17	6.5 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	<b>WÓJCIK Henryk</b>	<b>268</b>	UTW OLEŚNICA	M80+	1			00:23:47	<b>00:46:48.60</b>	+00:16:31 (35.3%)	9:21	6.4 (64.6%)
153	<b>WALCZAK Henryk</b>	<b>242</b>	NORDIC WALKING KIEKRZ POLAND	M80+	2			00:23:46	<b>00:46:50.45</b>	+00:16:33 (35.3%)	9:22	6.4 (64.6%)
154	<b>PLUTA Barbara</b>	<b>196</b>	KIJOMANIACY CHODZIEŻ	K45-49	12			00:24:43	<b>00:46:54.60</b>	+00:16:37 (35.4%)	9:22	6.4 (64.6%)
155	<b>JANKA Magdalena</b>	<b>135</b>	SEKCJA NORDIC WALKING BORUCHOWO	K40-44	12			00:23:40	<b>00:46:55.25</b>	+00:16:37 (35.4%)	9:23	6.4 (64.6%)
156	<b>WIRKUS Anna</b>	<b>250</b>	BŁĘKITNI DZIEMIANY	K65-69	7			00:23:24	<b>00:47:00.35</b>	+00:16:42 (35.6%)	9:24	6.4 (64.6%)
157	<b>OWCZAREK Henryka</b>	<b>189</b>	MARSZ PO ZDROWIE	K75-79	1			00:24:02	<b>00:48:25.65</b>	+00:18:08 (37.5%)	9:41	6.2 (62.6%)
158	<b>PAJĘCKI Adam</b>	<b>190</b>	PARAKULOS KOWAL	M- Niepełnosprawni(B)	4			00:24:10	<b>00:48:36.20</b>	+00:18:18 (37.7%)	9:43	6.2 (62.6%)
159	<b>WÓJCIK Irena</b>	<b>267</b>	UTW OLEŚNICA	K75-79	2			00:24:17	<b>00:49:05.00</b>	+00:18:47 (38.3%)	9:49	6.1 (61.6%)
160	<b>SIWEK Anna</b>	<b>213</b>	MARSZ PO ZDROWIE	K65-69	8			00:24:19	<b>00:49:39.25</b>	+00:19:21 (39.0%)	9:55	6 (60.6%)
161	<b>JĘDRYCZKA Maja</b>	<b>282</b>	AKTYWNA KCYNIA	K-Dzieci	4			00:23:59	<b>00:49:57.70</b>	+00:19:40 (39.4%)	9:59	6 (60.6%)
162	<b>SZYBUT Roma</b>	<b>222</b>	POTĘGA NORDICA	K30-39	10			00:24:38	<b>00:50:13.25</b>	+00:19:55 (39.7%)	10:02	6 (60.6%)
163	<b>ŚLUSARCZYK Danuta</b>	<b>230</b>	WESOŁY BORSUK TEAM	K65-69	9			00:25:04	<b>00:50:28.15</b>	+00:20:10 (40.0%)	10:05	5.9 (59.6%)
164	<b>KULAWIAK Barbara</b>	<b>163</b>	NAMASTE OBORNIKI	K45-49	13			00:25:08	<b>00:50:39.65</b>	+00:20:22 (40.2%)	10:07	5.9 (59.6%)
165	<b>NOWAK Agnieszka</b>	<b>186</b>	SEKCJA NORDIC WALKING BORUCHOWO	K40-44	13			00:25:36	<b>00:50:52.55</b>	+00:20:35 (40.5%)	10:10	5.9 (59.6%)
166	<b>JÓŹWIAK Dominik</b>	<b>141</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	5			00:26:14	<b>00:51:13.65</b>	+00:20:56 (40.9%)	10:14	5.9 (59.6%)
167	<b>URBAN Joanna</b>	<b>238</b>		K30-39	11			00:26:14	<b>00:51:28.75</b>	+00:21:11 (41.2%)	10:17	5.8 (58.6%)
168	<b>WAWRZY尼亚K Krystyna</b>	<b>243</b>	MARSZ PO ZDROWIE	K70-74	4			00:25:29	<b>00:52:50.05</b>	+00:22:32 (42.7%)	10:34	5.7 (57.6%)
169	<b>ŚLUSARCZYK Błażej</b>	<b>227</b>	WESOŁY BORSUK TEAM	M-Dzieci	2			00:26:14	<b>00:52:57.30</b>	+00:22:39 (42.8%)	10:35	5.7 (57.6%)
170	<b>MACHAJEK Krzysztof</b>	<b>174</b>	STOWARZYSZENIE TRANSPLANTACJI SERCA	M- Niepełnosprawni(A)	8			00:27:04	<b>00:55:27.70</b>	+00:25:10 (45.4%)	11:05	5.4 (54.5%)
171	<b>TOMKOWIAK Magdalena</b>	<b>232</b>	KIJOMANIACY CHODZIEŻ	K40-44	14			00:32:38	<b>01:02:48.20</b>	+00:32:30 (51.8%)	12:33	4.8 (48.5%)
172	<b>PLUTA Lena</b>	<b>197</b>	KIJOMANIACY CHODZIEŻ	K-Dzieci	5			00:34:02	<b>01:04:14.65</b>	+00:33:57 (52.9%)	12:50	4.7 (47.5%)
DQ	<b>FRAĆKOWIAK Roman</b>	<b>117</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54			1	00:15:32 DQ	<b>00:32:22.90 DQ</b>		0:00	9.3 (93.9%)
	<b>KUCZYŃSKI Włodzimierz</b>	<b>162</b>	NORDIC WALKING KIEKRZ POLAND	M60-64				00:22:49 DNF	<b>DNF</b>		-	- (0.0%)



Znaleziono 174 wynik(ów)