

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

Event: PUCHAR WIELKOPOLSKI NORDIC WALKING 2018
Organiser: Polska Federacja Nordic Walking
Date: 2018-07-14
Place: Okonek
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	RAJEWSKI Sebastian	294	KS IDMAR RACING TEAM	M45-49	1			00:15:10	00:30:43.30		6:08	9.8 (100%)
2	WOROCH Roman	334	KS METRACO POLKOWICE	M60-64	1			00:15:27	00:31:04.95	+00:00:21 (1.2%)	6:13	9.7 (99.0%)
3	ROŻYNEK Miron	295	KS METRACO POLKOWICE	M55-59	1			00:15:38	00:31:47.40	+00:01:04 (3.4%)	6:21	9.4 (95.9%)
4	BRZOZOWSKI Piotr	350	NORDIC WALKING POLAND/AKTYWNI POSTOMINO	M30-39	1			00:15:51	00:32:17.95	+00:01:34 (4.9%)	6:27	9.3 (94.9%)
5	SCHRÖDER Karol	296	SILESIA NORDIC TEAM	M40-44	1			00:15:55	00:32:34.15	+00:01:50 (5.7%)	6:30	9.2 (93.9%)
6	TRZCIŃSKI Franciszek	393	SPORT I REKREACJA START CHEŁMNO	M50-54	1			00:16:08	00:32:55.40	+00:02:12 (6.7%)	6:35	9.1 (92.9%)
7	KRAJEWSKA Hanna	260	MARSZ PO ZDROWIE POZNAŃ	K-Jun.	1			00:16:27	00:33:19.95	+00:02:36 (7.8%)	6:39	9 (91.8%)
8	LIPIŃSKI Karol	270	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-44	2			00:16:27	00:33:35.10	+00:02:51 (8.5%)	6:43	8.9 (90.8%)
9	FRAĆKOWIAK Roman	221	KS METRACO POLKOWICE	M50-54	2			00:16:35	00:33:37.80	+00:02:54 (8.6%)	6:43	8.9 (90.8%)
10	FRAĆKOWIAK Mateusz	222	KS METRACO POLKOWICE	M-Jun.	1			00:16:26	00:33:45.15	+00:03:01 (9.0%)	6:45	8.9 (90.8%)
11	KUBIAK Jakub	264	KS SOKÓŁ GAŚAWA	M-Jun.	2			00:16:48	00:33:51.60	+00:03:08 (9.3%)	6:46	8.9 (90.8%)
12	TRZCIŃSKI Eugeniusz	342	SPORT I REKREACJA START CHEŁMNO	M60-64	2			00:16:41	00:33:57.65	+00:03:14 (9.5%)	6:47	8.8 (89.8%)
13	ZDANUK Artur	340	EKSPEDYCJA NORDIC TEAM SZCZECIN	M45-49	2			00:16:35	00:34:02.55	+00:03:19 (9.8%)	6:48	8.8 (89.8%)
14	GIERSZEWSKI Arkadiusz	225		M40-44	3			00:16:49	00:34:08.10	+00:03:24 (10.0%)	6:49	8.8 (89.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
15	KĘDZIERSKA Agnieszka	248	KIJKOWE TRZEMESZNO	K40-44	1			00:16:48	00:34:10.60	+00:03:27 (10.1%)	6:50	8.8 (89.8%)
16	KOP Wiesław	255	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	2			00:16:56	00:34:11.00	+00:03:27 (10.1%)	6:50	8.8 (89.8%)
17	SYKISZ Maksym	308	LESZNO :)	M30-39	2			00:17:00	00:34:19.20	+00:03:35 (10.5%)	6:51	8.7 (88.8%)
18	SZYMIK Zbigniew	401		M55-59	3			00:17:03	00:34:32.45	+00:03:49 (11.1%)	6:54	8.7 (88.8%)
19	HARENDA Andrzej	233	NIEZRZESZONY	M50-54	3			00:16:51	00:34:33.90	+00:03:50 (11.1%)	6:54	8.7 (88.8%)
20	SZYMSKA Małgorzata	317	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	1			00:17:03	00:34:36.90	+00:03:53 (11.2%)	6:55	8.7 (88.8%)
21	SIKORA Bronisław	415	LESZNO :)	M60-64	3			00:17:05	00:34:39.90	+00:03:56 (11.4%)	6:56	8.7 (88.8%)
22	LITWIŃCZUK Robert	410		M45-49	3			00:16:59	00:34:57.65	+00:04:14 (12.1%)	6:59	8.6 (87.8%)
23	KOLBERG Kamila	253	KIJKOWE TRZEMESZNO	K30-39	2			00:17:17	00:34:59.75	+00:04:16 (12.2%)	6:59	8.6 (87.8%)
24	SZCZUDLIK Małgorzata	309	KIJKOWE TRZEMESZNO	K30-39	3			00:17:19	00:34:59.80	+00:04:16 (12.2%)	7:00	8.6 (87.8%)
25	OKRZESIK-FRĄCKOWIAK Izabela	280	KS METRACO POLKOWICE	K50-54	1			00:17:24	00:35:07.70	+00:04:24 (12.5%)	7:01	8.5 (86.7%)
26	POLISZCZUK Piotr	289	PIERNIKI NA CHODZIE	M-Niepełnosprawni(A)	1			00:17:23	00:35:13.10	+00:04:29 (12.8%)	7:02	8.5 (86.7%)
27	SPYCHAŁA Marzena	346	CKZIU NYSA	K45-49	1			00:17:54	00:35:37.35	+00:04:54 (13.8%)	7:07	8.4 (85.7%)
28	PIATCZYK Michał	286		M-Jun.	3			00:17:09	00:35:51.25	+00:05:07 (14.3%)	7:10	8.4 (85.7%)
29	TOMCZYK Edward	319	MARSZ PO ZDROWIE POZNAŃ	M70+	1			00:17:37	00:35:52.30	+00:05:09 (14.4%)	7:10	8.4 (85.7%)
30	JÓŹWIAK Marianna	238	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:17:59	00:36:15.00	+00:05:31 (15.3%)	7:15	8.3 (84.7%)
31	NACZK Wiktoria	278	DYNAMIC	K-Jun.	2			00:17:45	00:36:20.75	+00:05:37 (15.5%)	7:16	8.3 (84.7%)
32	DUDEK Kazimierz	218	FITNESSWORLD	M70+	2			00:17:48	00:36:23.75	+00:05:40 (15.6%)	7:16	8.2 (83.7%)
33	BOJANOWSKI Marcin	206		M30-39	3			00:17:57	00:36:30.25	+00:05:46 (15.8%)	7:18	8.2 (83.7%)
34	DUKAT Radosław	219	LESZNO :)	M40-44	4			00:17:56	00:36:37.55	+00:05:54 (16.1%)	7:19	8.2 (83.7%)
35	BUCZKOWSKI Jerzy	209	KS SOKÓŁ GAŚAWA	M65-69	1			00:18:16	00:36:40.40	+00:05:57 (16.2%)	7:20	8.2 (83.7%)
36	ANDRZEJEWSKI Mieczysław	412	LESZNO :)	M55-59	4			00:17:34	00:36:42.80	+00:05:59 (16.3%)	7:20	8.2 (83.7%)
37	JASIŁEK Przemysław	236		M40-44	5			00:18:15	00:36:49.20	+00:06:05 (16.6%)	7:21	8.1 (82.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start 2.5km	Net		Pace min/km	Pace km/h
									All 5km	Gap		
38	ZAWISŁA Stanisław	339	MARSZ PO ZDROWIE POZNAŃ	M65-69	2			00:18:14	00:36:55.75	+00:06:12 (16.8%)	7:23	8.1 (82.7%)
39	MOŹDŹEŃ Barbara	343		K55-59	1			00:18:14	00:36:57.70	+00:06:14 (16.9%)	7:23	8.1 (82.7%)
40	GRYGOROWICZ Bogdan	229	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:18:07	00:37:01.60	+00:06:18 (17.0%)	7:24	8.1 (82.7%)
41	GRZYWOCZ Bernard	231	LESZNO :)	M65-69	3			00:18:16	00:37:02.65	+00:06:19 (17.1%)	7:24	8.1 (82.7%)
42	KUPIBIDA Bogusława	267	SILESIA NORDIC TEAM	K55-59	2			00:18:15	00:37:06.35	+00:06:23 (17.2%)	7:25	8.1 (82.7%)
43	STRZELECKA Małgorzata	303	SAILING TEAM FERAJNA	K45-49	3			00:18:32	00:37:21.15	+00:06:37 (17.8%)	7:28	8 (81.6%)
44	SIERACKA Katarzyna	297	LESZNO :)	K55-59	3			00:18:16	00:37:22.50	+00:06:39 (17.8%)	7:28	8 (81.6%)
45	SULECKA Gabriela	307		K- Niepełnosprawni(A)	1			00:18:36	00:37:32.90	+00:06:49 (18.2%)	7:30	8 (81.6%)
46	URBAŃSKI Stefan	321	NW PATYCZAKI GRUDZIĄDZ	M55-59	5			00:18:45	00:37:37.55	+00:06:54 (18.3%)	7:31	8 (81.6%)
47	LIPIŃSKA Karolina	269	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	4			00:18:52	00:37:38.10	+00:06:54 (18.4%)	7:31	8 (81.6%)
48	STOCHAJ Jan	299	SP ROSKO	M-Jun.	4			00:18:03	00:37:40.40	+00:06:57 (18.5%)	7:32	8 (81.6%)
49	WALECKA Romualda	326	SPORT I REKREACJA START CHEŁMNO	K60-64	1			00:18:40	00:37:41.90	+00:06:58 (18.5%)	7:32	8 (81.6%)
50	ŁOPIŃSKI Aleksy	348	SEALING TEAM FERAJNA	M70+	3			00:18:44	00:37:43.40	+00:07:00 (18.6%)	7:32	8 (81.6%)
51	WOJCIECHOWSKA Katarzyna	331	PLESZEWSKIE WŁÓCZYKIJE	K40-44	2			00:18:52	00:37:44.40	+00:07:01 (18.6%)	7:32	8 (81.6%)
52	KOZŁOWSKA Julia	258	DYNAMIC	K-Jun.	3			00:19:05	00:37:44.85	+00:07:01 (18.6%)	7:33	7.9 (80.6%)
53	WIERZCHOSŁAWSKA Agnieszka	329		K18-29	1			00:18:44	00:37:51.55	+00:07:08 (18.9%)	7:34	7.9 (80.6%)
54	BERCZYŃSKI Henryk	205	NADLEŚNICTWO OKONEK	M60-64	4			00:18:44	00:37:51.85	+00:07:08 (18.9%)	7:34	7.9 (80.6%)
55	GRYGOROWICZ Teresa	228	KS METRACO POLKOWICE	K65-69	1			00:18:34	00:37:55.20	+00:07:11 (19.0%)	7:35	7.9 (80.6%)
56	KOCZOROWSKA Patrycja	251	KS SOKÓŁ GAŚAWA	K-Dzieci	1			00:18:48	00:38:00.00	+00:07:16 (19.2%)	7:36	7.9 (80.6%)
57	MATYJA Anna	274	LESZNO :)	K45-49	4			00:18:45	00:38:00.85	+00:07:17 (19.2%)	7:36	7.9 (80.6%)
58	KUSZA Jolanta	268	UKS GIMNAZJON SUCHY LAS	K55-59	4			00:18:41	00:38:04.40	+00:07:21 (19.3%)	7:37	7.9 (80.6%)
59	KONIECZNA Zuzanna	254		K45-49	5			00:19:00	00:38:15.40	+00:07:32 (19.7%)	7:39	7.8 (79.6%)
60	DANA Kazimiera	214	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	2			00:18:48	00:38:17.10	+00:07:33 (19.8%)	7:39	7.8 (79.6%)

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61	KUCZYŃSKA Anna	265	NORDIC WALKING KIEKRZ	K55-59	5			00:18:45	00:38:17.50	+00:07:34 (19.8%)	7:39	7.8 (79.6%)
62	SZYCKO Oliwia	314		K-Dzieci	2			00:18:56	00:38:20.65	+00:07:37 (19.9%)	7:40	7.8 (79.6%)
63	MICHALAK Jacek	275	NORDIC WALKING LUBASZ	M50-54	4			00:19:07	00:38:20.80	+00:07:37 (19.9%)	7:40	7.8 (79.6%)
64	KOCHANOWSKA Anna	249		K40-44	3			00:18:51	00:38:23.65	+00:07:40 (20.0%)	7:40	7.8 (79.6%)
65	KOWNACKA Jolanta	349	KSIR SPORTICO	K50-54	2			00:19:08	00:38:35.90	+00:07:52 (20.4%)	7:43	7.8 (79.6%)
66	HARENDA Karol	325		M-Dzieci	1			00:19:07	00:38:41.75	+00:07:58 (20.6%)	7:44	7.8 (79.6%)
67	GRZYWOCZ Irena	230	LESZNO :)	K65-69	3			00:19:08	00:38:46.55	+00:08:03 (20.8%)	7:45	7.7 (78.6%)
68	SZYCKO Radosław	315		M40-44	6			00:19:02	00:38:54.20	+00:08:10 (21.0%)	7:46	7.7 (78.6%)
69	KRAWCZYK Dorota	261	CZARNE PANTERY	K60-64	2			00:19:13	00:38:55.00	+00:08:11 (21.1%)	7:47	7.7 (78.6%)
70	TURKOWSKA Iwona	419	RUNCOHOLICS	K55-59	6			00:19:20	00:38:58.55	+00:08:15 (21.2%)	7:47	7.7 (78.6%)
71	STOLTMAN Adam	301	NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	2			00:19:11	00:39:00.05	+00:08:16 (21.2%)	7:48	7.7 (78.6%)
72	SZOPIŃSKA Barbara	417	SPORT I REKREACJA START CHEŁMNO	K55-59	7			00:19:41	00:39:05.80	+00:08:22 (21.4%)	7:49	7.7 (78.6%)
73	HARENDA Joanna	234		K45-49	6			00:19:38	00:39:05.90	+00:08:22 (21.4%)	7:49	7.7 (78.6%)
74	WALCZAK Grzegorz	323	OCTOPUS SUCHY LAS	M45-49	4			00:19:28	00:39:07.05	+00:08:23 (21.5%)	7:49	7.7 (78.6%)
75	CIĄŻYŃSKA Dorota	211	KS SOKÓŁ GAŚAWA	K45-49	7			00:19:35	00:39:15.35	+00:08:32 (21.7%)	7:51	7.6 (77.6%)
76	PIĄTKOWSKI Józef	287	KS METRACO POLKOWICE	M70+	4			00:19:07	00:39:17.40	+00:08:34 (21.8%)	7:51	7.6 (77.6%)
77	STRZELECKI Sebastian	305	SAILING TEAM FERAJNA	M45-49	5			00:19:13	00:39:24.45	+00:08:41 (22.0%)	7:53	7.6 (77.6%)
78	WIERZCHOSŁAWSKI Mateusz	330		M18-29	1			00:19:36	00:39:25.00	+00:08:41 (22.1%)	7:53	7.6 (77.6%)
79	JURDZIŃSKI Edmund	241	UKS GIMNAZJON SUCHY LAS	M70+	5			00:19:39	00:39:27.50	+00:08:44 (22.1%)	7:53	7.6 (77.6%)
80	SZYMAŃSKA Halina	392		K55-59	8			00:19:55	00:39:34.85	+00:08:51 (22.4%)	7:55	7.6 (77.6%)
81	MULKOWSKA Mariola	277	UKS GIMNAZJON SUCHY LAS	K60-64	3			00:19:32	00:39:38.30	+00:08:55 (22.5%)	7:55	7.6 (77.6%)
82	WICHER Jolanta	328	NORDIC WALKING LUBASZ	K45-49	8			00:19:49	00:39:50.55	+00:09:07 (22.9%)	7:58	7.5 (76.5%)
83	STRÓŻYNA Wiesława	302	NORDIC WALKING LUBASZ	K50-54	3			00:19:38	00:39:58.70	+00:09:15 (23.2%)	7:59	7.5 (76.5%)

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									All 5km	Gap		
84	TURKOWSKI Stanisław	420	RUNCOHOLICS	M55-59	6			00:19:02	00:39:59.60	+00:09:16 (23.2%)	8:00	7.5 (76.5%)
85	BORATYNSKA Iwona	208		K40-44	4			00:19:39	00:39:59.80	+00:09:16 (23.2%)	8:00	7.5 (76.5%)
86	KAŁUŻNY Waldemar	243	UKS GIMNAZJON SUCHY LAS	M55-59	7			00:19:52	00:40:00.40	+00:09:17 (23.2%)	8:00	7.5 (76.5%)
87	MICHAŁOWSKA Joanna	276	SPORT I REKREACJA START CHEŁMNO	K45-49	9			00:19:42	00:40:04.25	+00:09:20 (23.3%)	8:01	7.5 (76.5%)
88	KOCZOROWSKA Monika	250	KS SOKÓŁ GAŚAWA	K30-39	5			00:19:45	00:40:05.45	+00:09:22 (23.4%)	8:01	7.5 (76.5%)
89	PIATCZYC Barbara	285		K55-59	9			00:19:52	00:40:17.60	+00:09:34 (23.8%)	8:03	7.4 (75.5%)
90	FURMAN Renata	223		K45-49	10			00:19:59	00:40:27.75	+00:09:44 (24.1%)	8:05	7.4 (75.5%)
91	KOLASIŃSKI Aleksander`	418	RUNCOHOLICS	M55-59	8			00:19:55	00:40:33.80	+00:09:50 (24.3%)	8:06	7.4 (75.5%)
92	BOJKO Iwona	207	KS SOKÓŁ GAŚAWA	K50-54	4			00:20:14	00:40:40.90	+00:09:57 (24.5%)	8:08	7.4 (75.5%)
93	WYCISŁO Agata	336	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K- Niepełnosprawni(B)	1			00:19:57	00:40:48.75	+00:10:05 (24.7%)	8:09	7.3 (74.5%)
94	PIATCZYC Wacław	284		M- Niepełnosprawni(B)	2			00:19:35	00:40:56.80	+00:10:13 (25.0%)	8:11	7.3 (74.5%)
95	JEMRYCH Dorota	239	UKS GIMNAZJON SUCHY LAS	K60-64	4			00:20:24	00:41:02.85	+00:10:19 (25.2%)	8:12	7.3 (74.5%)
96	KOZŁOWSKA Jagoda	259	DYNAMIC	K-Dzieci	3			00:20:22	00:41:03.10	+00:10:19 (25.2%)	8:12	7.3 (74.5%)
97	STRZELECKA Antonina	304	SAILING TEAM FERAJNA	K-Dzieci	4			00:20:52	00:41:03.45	+00:10:20 (25.2%)	8:12	7.3 (74.5%)
98	KAMIŃSKA-SOKÓŁ Marzena	244	NORDIC WALKING LUBASZ	K45-49	11			00:20:08	00:41:05.25	+00:10:21 (25.2%)	8:13	7.3 (74.5%)
99	KOZŁOWSKA Agnieszka	405		K45-49	12			00:20:29	00:41:06.15	+00:10:22 (25.3%)	8:13	7.3 (74.5%)
100	CETERA Janusz	416	EKSPEDYCJA NORDIC TEAM SZCZECIN	M- Niepełnosprawni(B)	3			00:20:28	00:41:11.10	+00:10:27 (25.4%)	8:14	7.3 (74.5%)
101	POTOCKI Rafał	290		M-Jun.	5			00:18:57	00:41:15.20	+00:10:31 (25.5%)	8:15	7.3 (74.5%)
102	PRZYBYSZ Alicja	292		K-Dzieci	5			00:21:23	00:41:19.05	+00:10:35 (25.6%)	8:15	7.3 (74.5%)
103	KUBIAK Anna	263	KS SOKÓŁ GAŚAWA	K55-59	10			00:20:46	00:41:24.90	+00:10:41 (25.8%)	8:17	7.2 (73.5%)
104	BARAN Aneta	411		K40-44	5			00:20:40	00:41:25.25	+00:10:41 (25.8%)	8:17	7.2 (73.5%)
105	NOWACKA Aleksandra	279		K30-39	6			00:20:14	00:41:27.25	+00:10:43 (25.9%)	8:17	7.2 (73.5%)
106	TRĘBSKA Marta	320		K40-44	6			00:21:06	00:41:41.45	+00:10:58 (26.3%)	8:20	7.2 (73.5%)

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107	SZOT Krystyna	311		K50-54	5			00:20:19	00:41:43.15	+00:10:59 (26.4%)	8:20	7.2 (73.5%)	
108	SZKARŁAT Magdalena	310		K30-39	7			00:21:01	00:41:46.15	+00:11:02 (26.4%)	8:21	7.2 (73.5%)	
109	KAŁUŻNA Magdalena	242	UKS GIMNAZJON SUCHY LAS	K50-54	6			00:20:53	00:41:51.00	+00:11:07 (26.6%)	8:22	7.2 (73.5%)	
110	BOJKO Weronika	306	KS SOKÓŁ GAŚAWA	K-Jun.	4			00:21:21	00:41:51.95	+00:11:08 (26.6%)	8:22	7.2 (73.5%)	
111	PAŁUBICKA Małgorzata	282	NORDIC WALKING LUBASZ	K55-59	11			00:20:57	00:42:10.60	+00:11:27 (27.2%)	8:26	7.1 (72.4%)	
112	RAJEWSKA Beata	293		K40-44	7			00:21:13	00:42:15.30	+00:11:32 (27.3%)	8:27	7.1 (72.4%)	
113	KUBIAK Wojciech	262	KS SOKÓŁ GAŚAWA	M55-59	9			00:20:45	00:42:19.50	+00:11:36 (27.4%)	8:28	7.1 (72.4%)	
114	HARENDA Dawid	327		M-Dzieci	3			00:19:18	00:42:28.05	+00:11:44 (27.7%)	8:29	7.1 (72.4%)	
115	WOJCIECHOWSKA Anna	332	PLESZEWSKIE WŁÓCZYKIJE	K-Jun.	5			00:20:59	00:42:45.25	+00:12:01 (28.1%)	8:33	7 (71.4%)	
116	DELIKAT Violetta	215		K50-54	7			00:21:05	00:42:46.35	+00:12:03 (28.2%)	8:33	7 (71.4%)	
117	GRYGIEL Teresa	227	MARSZ PO ZDROWIE POZNAŃ	K55-59	12			00:20:59	00:42:59.50	+00:12:16 (28.5%)	8:35	7 (71.4%)	
118	WYCISŁO Damian	337	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M18-29	2			00:21:16	00:43:10.25	+00:12:26 (28.8%)	8:38	6.9 (70.4%)	
119	SZOT Joanna	312		K18-29	2			00:21:18	00:43:15.25	+00:12:31 (29.0%)	8:39	6.9 (70.4%)	
120	OWCZAREK Henryka	281	MARSZ PO ZDROWIE POZNAŃ	K70+	1			00:21:42	00:43:35.55	+00:12:52 (29.5%)	8:43	6.9 (70.4%)	
121	KOCZOROWSKI Kacper	252	KS SOKÓŁ GAŚAWA	M-Dzieci	4			00:21:17	00:43:35.70	+00:12:52 (29.5%)	8:43	6.9 (70.4%)	
122	DŁUGOŁĘCKA Sylwia	216	UKS GIMNAZJON SUCHY LAS	K- Niepełnosprawni(B)	2			00:22:08	00:43:40.40	+00:12:57 (29.7%)	8:44	6.9 (70.4%)	
123	HAWETO Janina	345		K55-59	13			00:21:11	00:43:44.05	+00:13:00 (29.8%)	8:44	6.9 (70.4%)	
124	GUBOW Ewa	232		K30-39	8			00:22:03	00:43:44.25	+00:13:00 (29.8%)	8:45	6.9 (70.4%)	
125	HORIACZEK Małgorzata	365	UKS GIMNAZJON SUCHY LAS	K65-69	4			00:21:58	00:43:46.80	+00:13:03 (29.8%)	8:45	6.9 (70.4%)	
126	ABRAMOWICZ Ewa	201	KIJOWE SIOSTRY	K50-54	8			00:21:45	00:43:52.25	+00:13:08 (30.0%)	8:46	6.8 (69.4%)	
127	KAWCZYŃSKA Teresa	246	KS SOKÓŁ GAŚAWA	K55-59	14			00:21:56	00:44:03.35	+00:13:20 (30.3%)	8:48	6.8 (69.4%)	
128	CZEKAŁA Jan	213		M70+	6			00:21:59	00:44:04.15	+00:13:20 (30.3%)	8:48	6.8 (69.4%)	
129	WALCZAK Maria	322	KS SOKÓŁ GAŚAWA	K30-39	9			00:21:38	00:44:05.75	+00:13:22 (30.3%)	8:49	6.8 (69.4%)	

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
130	KOPLIŃSKA Magdalena	256	KS SOKÓŁ GAŚAWA	K30-39	10			00:21:38	00:44:06.40	+00:13:23 (30.3%)	8:49	6.8 (69.4%)
131	HINEBORG Bogumiła	235	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	9			00:22:15	00:44:13.00	+00:13:29 (30.5%)	8:50	6.8 (69.4%)
132	ZALESKA Ewa	338		K55-59	15			00:21:52	00:44:14.65	+00:13:31 (30.6%)	8:51	6.8 (69.4%)
133	DZIUBA Małgorzata	220		K50-54	10			00:21:58	00:44:22.45	+00:13:39 (30.8%)	8:52	6.8 (69.4%)
134	KOWALCZUK Maria	257	KIJOWE SIOSTRY	K40-44	8			00:22:33	00:45:03.60	+00:14:20 (31.8%)	9:00	6.7 (68.4%)
135	PANKIEWICZ-DMOWSKA Cecylia	283		K70+	2			00:22:30	00:45:24.35	+00:14:41 (32.3%)	9:05	6.6 (67.3%)
136	ANDRZEJEWSKA Bogusława	413	LESZNO :)	K55-59	16			00:21:55	00:45:24.95	+00:14:41 (32.4%)	9:05	6.6 (67.3%)
137	PRACKA Katarzyna	291	SERCE NORDICA WŁOCŁAWEK	K50-54	11			00:23:03	00:45:31.75	+00:14:48 (32.5%)	9:06	6.6 (67.3%)
138	LISZEWSKA Justyna	271		K30-39	11			00:22:16	00:45:34.90	+00:14:51 (32.6%)	9:07	6.6 (67.3%)
139	KUCZYŃSKI Włodzimierz	266	NORDIC WALKING KIEKRZ	M55-59	10			00:22:41	00:45:44.70	+00:15:01 (32.8%)	9:08	6.6 (67.3%)
140	SZULC-ANDRZEJCZAK Bożena	313		K-Niepełnosprawni(A)	2			00:22:29	00:45:46.50	+00:15:03 (32.9%)	9:09	6.6 (67.3%)
141	KAPSA Emilia	245	UKS GIMNAZJON SUCHY LAS	K65-69	5			00:22:49	00:46:20.15	+00:15:36 (33.7%)	9:16	6.5 (66.3%)
142	WALCZAK Henryk	324	OCTOPUS SUCHY LAS	M70+	7			00:22:45	00:46:29.35	+00:15:46 (33.9%)	9:17	6.5 (66.3%)
143	JESIONOWSKA Stanisława	414		K50-54	12			00:22:50	00:46:33.95	+00:15:50 (34.0%)	9:18	6.4 (65.3%)
144	WYCISŁO Romuald	335	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	4			00:23:10	00:47:06.20	+00:16:22 (34.8%)	9:25	6.4 (65.3%)
145	KMIECIAK Monika	333		K-Dzieci	6			00:22:28	00:47:11.75	+00:16:28 (34.9%)	9:26	6.4 (65.3%)
146	PRZYBYSZ Aleksandra	341		K-Dzieci	7			00:23:10	00:47:37.45	+00:16:54 (35.5%)	9:31	6.3 (64.3%)
147	GROBELNA Jadwiga	226	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	3			00:23:35	00:47:58.85	+00:17:15 (36.0%)	9:35	6.3 (64.3%)
148	JÓZWIAK Dominik	240	SERCE NORDICA WŁOCŁAWEK	M18-29	3			00:23:53	00:48:27.85	+00:17:44 (36.6%)	9:41	6.2 (63.3%)
149	GAŚIOREK Karolina	344		K30-39	12			00:26:32	00:51:36.35	+00:20:53 (40.5%)	10:19	5.8 (59.2%)
150	DROP Mieczysław	217		M70+	8			00:26:32	00:53:24.20	+00:22:40 (42.5%)	10:40	5.6 (57.1%)
151	GÓRECKA Martyna	347		K-Dzieci	8			00:25:44	00:55:42.90	+00:24:59 (44.9%)	11:08	5.4 (55.1%)
152	STOLTMAN Aleksander	300	NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	5			00:19:19		+00:04:09	7:43	7.8 (79.6%)

Total 152 results.