

# OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** PUCHAR WIELKOPOLSKI NORDIC WALKING 2018  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-07-14  
**Miejsce:** Okonek  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

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

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>SZOT Krystyna</b>	<b>311</b>		K50-54	5			00:20:19	<b>00:41:43.15</b>	+00:10:59 (26.4%)	8:20	7.2 (73.5%)
108	<b>SZKARŁAT Magdalena</b>	<b>310</b>		K30-39	7			00:21:01	<b>00:41:46.15</b>	+00:11:02 (26.4%)	8:21	7.2 (73.5%)
109	<b>KAŁUŻNA Magdalena</b>	<b>242</b>	UKS GIMNAZJON SUCHY LAS	K50-54	6			00:20:53	<b>00:41:51.00</b>	+00:11:07 (26.6%)	8:22	7.2 (73.5%)
110	<b>BOJKO Weronika</b>	<b>306</b>	KS SOKÓŁ GAŚAWA	K-Jun.	4			00:21:21	<b>00:41:51.95</b>	+00:11:08 (26.6%)	8:22	7.2 (73.5%)
111	<b>PAŁUBICKA Małgorzata</b>	<b>282</b>	NORDIC WALKING LUBASZ	K55-59	11			00:20:57	<b>00:42:10.60</b>	+00:11:27 (27.2%)	8:26	7.1 (72.4%)
112	<b>RAJEWSKA Beata</b>	<b>293</b>		K40-44	7			00:21:13	<b>00:42:15.30</b>	+00:11:32 (27.3%)	8:27	7.1 (72.4%)
113	<b>KUBIAK Wojciech</b>	<b>262</b>	KS SOKÓŁ GAŚAWA	M55-59	9			00:20:45	<b>00:42:19.50</b>	+00:11:36 (27.4%)	8:28	7.1 (72.4%)
114	<b>HARENDA Dawid</b>	<b>327</b>		M-Dzieci	3			00:19:18	<b>00:42:28.05</b>	+00:11:44 (27.7%)	8:29	7.1 (72.4%)
115	<b>WOJCIECHOWSKA Anna</b>	<b>332</b>	PLESZEWSKIE WŁÓCZYKIJE	K-Jun.	5			00:20:59	<b>00:42:45.25</b>	+00:12:01 (28.1%)	8:33	7 (71.4%)
116	<b>DELIKAT Violetta</b>	<b>215</b>		K50-54	7			00:21:05	<b>00:42:46.35</b>	+00:12:03 (28.2%)	8:33	7 (71.4%)
117	<b>GRYGIEL Teresa</b>	<b>227</b>	MARSZ PO ZDROWIE POZNAŃ	K55-59	12			00:20:59	<b>00:42:59.50</b>	+00:12:16 (28.5%)	8:35	7 (71.4%)
118	<b>WYCISŁO Damian</b>	<b>337</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M18-29	2			00:21:16	<b>00:43:10.25</b>	+00:12:26 (28.8%)	8:38	6.9 (70.4%)
119	<b>SZOT Joanna</b>	<b>312</b>		K18-29	2			00:21:18	<b>00:43:15.25</b>	+00:12:31 (29.0%)	8:39	6.9 (70.4%)
120	<b>OWCZAREK Henryka</b>	<b>281</b>	MARSZ PO ZDROWIE POZNAŃ	K70+	1			00:21:42	<b>00:43:35.55</b>	+00:12:52 (29.5%)	8:43	6.9 (70.4%)
121	<b>KOCZOROWSKI Kacper</b>	<b>252</b>	KS SOKÓŁ GAŚAWA	M-Dzieci	4			00:21:17	<b>00:43:35.70</b>	+00:12:52 (29.5%)	8:43	6.9 (70.4%)
122	<b>DŁUGOŁĘCKA Sylwia</b>	<b>216</b>	UKS GIMNAZJON SUCHY LAS	K-Niepełnosprawni(B)	2			00:22:08	<b>00:43:40.40</b>	+00:12:57 (29.7%)	8:44	6.9 (70.4%)
123	<b>HAWETO Janina</b>	<b>345</b>		K55-59	13			00:21:11	<b>00:43:44.05</b>	+00:13:00 (29.8%)	8:44	6.9 (70.4%)
124	<b>GUBOW Ewa</b>	<b>232</b>		K30-39	8			00:22:03	<b>00:43:44.25</b>	+00:13:00 (29.8%)	8:45	6.9 (70.4%)
125	<b>HORIACZEK Małgorzata</b>	<b>365</b>	UKS GIMNAZJON SUCHY LAS	K65-69	4			00:21:58	<b>00:43:46.80</b>	+00:13:03 (29.8%)	8:45	6.9 (70.4%)
126	<b>ABRAMOWICZ Ewa</b>	<b>201</b>	KIJOWE SIOSTRY	K50-54	8			00:21:45	<b>00:43:52.25</b>	+00:13:08 (30.0%)	8:46	6.8 (69.4%)
127	<b>KAWCZYŃSKA Teresa</b>	<b>246</b>	KS SOKÓŁ GAŚAWA	K55-59	14			00:21:56	<b>00:44:03.35</b>	+00:13:20 (30.3%)	8:48	6.8 (69.4%)
128	<b>CZEKAŁA Jan</b>	<b>213</b>		M70+	6			00:21:59	<b>00:44:04.15</b>	+00:13:20 (30.3%)	8:48	6.8 (69.4%)
129	<b>WALCZAK Maria</b>	<b>322</b>	KS SOKÓŁ GAŚAWA	K30-39	9			00:21:38	<b>00:44:05.75</b>	+00:13:22 (30.3%)	8:49	6.8 (69.4%)

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

Znaleziono 152 wynik(ów)