



OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

Organiser: PFNW
Date: 2016-07-16
Place: Okonek
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	RAJEWSKI Sebastian	198	JEZIORKI - AKTYWNA WIEŚ	M45-49	1			00:06:35	00:15:46	00:31:57.00	00:38:32.30		6:23	9.4 (100%)
2	WOROCH Roman	232	KS METRACO POLKOWICE	M55-59	1	1		00:07:19	00:15:46	00:32:01.40	00:39:20.75	+00:00:04 (0.2%)	6:24	9.4 (100%)
3	GAJEWSKI Eugeniusz	124	KS METRACO POLKOWICE	M55-59	2			00:07:22	00:15:45	00:32:10.15	00:39:33.10	+00:00:13 (0.7%)	6:26	9.3 (98.9%)
4	CZARNECKI Andrzej	116	NA CHWAŁĘ BOŻĄ	M30-39	1			00:06:01	00:16:10	00:32:23.05	00:38:24.05	+00:00:26 (1.3%)	6:28	9.3 (98.9%)
5	BRZOZOWSKI Piotr	243	AKTYWNI POSTOMINO	M30-39	2			00:06:00	00:16:12	00:32:23.90	00:38:24.00	+00:00:26 (1.4%)	6:28	9.3 (98.9%)
6	WOLEK Waldemar	231	NORDIC TEAM GNIEZNO	M40-44	1			00:06:14	00:16:53	00:33:57.25	00:40:12.10	+00:02:00 (5.9%)	6:47	8.8 (93.6%)
7	MIELECKA Agnieszka	166	KS SOKÓŁ GAŚAWA	K45-49	1			00:10:47	00:17:07	00:34:11.50	00:44:59.05	+00:02:14 (6.6%)	6:50	8.8 (93.6%)
8	RAKUĆ Jakub	199	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:05:59	00:16:50	00:34:18.95	00:40:18.80	+00:02:21 (6.9%)	6:51	8.7 (92.6%)
9	GŁOWA Michał	129	WESOŁY BORSUK TEAM	M-Jun.	1			00:05:24	00:17:13	00:34:35.05	00:39:59.95	+00:02:38 (7.6%)	6:55	8.7 (92.6%)
10	KOPCZEWSKI Dariusz	150	FACE NORDIC WALKING TEAM	M50-54	1			00:06:52	00:17:14	00:34:44.15	00:41:36.70	+00:02:47 (8.0%)	6:56	8.6 (91.5%)
11	BARTOSIEWICZ Łukasz	106	FACE NORDIC WALKING TEAM	M30-39	3			00:06:00	00:17:05	00:34:52.10	00:40:52.95	+00:02:55 (8.4%)	6:58	8.6 (91.5%)
12	FLIS Marek	75	GREEN TEAM ZIELONA GÓRA	M55-59	3			00:07:19	00:17:21	00:35:11.45	00:42:30.50	+00:03:14 (9.2%)	7:02	8.5 (90.4%)
13	GRYGOROWICZ Bogdan	132	KS METRACO POLKOWICE	M65-69	1			00:08:10	00:17:38	00:35:15.35	00:43:25.35	+00:03:18 (9.4%)	7:03	8.5 (90.4%)
14	STANISŁAWSKI Jan	86		M55-59	4			00:07:19	00:17:21	00:35:16.05	00:42:36.00	+00:03:19 (9.4%)	7:03	8.5 (90.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
15	SIKORA Bronisław	247	KS METRACO POLKOWICE	M60-64	1			00:07:40	00:17:14	00:35:18.05	00:42:58.15	+00:03:21 (9.5%)	7:03	8.5 (90.4%)
16	FRAĆKOWIAK Mateusz	122	ZS ROSKO	M-Jun.	2			00:05:25	00:17:41	00:35:22.90	00:40:48.25	+00:03:25 (9.7%)	7:04	8.5 (90.4%)
17	BOJAN Miro	248		M60-64	2			00:07:41	00:17:43	00:35:25.90	00:43:07.45	+00:03:28 (9.8%)	7:05	8.5 (90.4%)
18	LENZ Andrzej	160	ALTOM	M50-54	2			00:06:52	00:17:38	00:35:30.50	00:42:23.00	+00:03:33 (10.0%)	7:06	8.4 (89.4%)
19	TOMCZYK Edward	223	MARSZ PO ZDROWIE	M65-69	2			00:08:08	00:17:43	00:35:34.75	00:43:43.60	+00:03:37 (10.2%)	7:07	8.4 (89.4%)
20	MOTOCZYŃSKI Krzysztof	236	GOSIR OSIELSKO	M60-64	3			00:07:40	00:17:19	00:35:39.85	00:43:19.85	+00:03:42 (10.4%)	7:07	8.4 (89.4%)
21	SZPILMAN Katarzyna	219	FACE NORDIC WALKING TEAM	K45-49	2			00:10:45	00:17:28	00:35:40.95	00:46:26.70	+00:03:43 (10.5%)	7:08	8.4 (89.4%)
22	DANA Andrzej	92	PATYCZAKI	M65-69	3			00:08:08	00:17:45	00:35:56.85	00:44:05.75	+00:03:59 (11.1%)	7:11	8.3 (88.3%)
23	FRAĆKOWIAK Roman	121	ZS ROSKO	M45-49	2	1		00:06:36	00:17:48	00:35:59.80	00:42:36.55	+00:04:02 (11.2%)	7:12	8.3 (88.3%)
24	OKRZESIK-FRAĆKOWIAK Izabela	179	ZS ROSKO	K45-49	3			00:10:46	00:18:00	00:36:05.65	00:46:52.15	+00:04:08 (11.5%)	7:13	8.3 (88.3%)
25	RE CZULSKA Katarzyna	80	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	4			00:10:45	00:18:08	00:36:22.25	00:47:08.20	+00:04:25 (12.2%)	7:16	8.2 (87.2%)
26	ANTONIEWICZ-BARTCZAK Łukasz	244	ELITE TEAM	M-Niepełnosprawni	1			00:06:00	00:18:00	00:36:23.35	00:42:23.80	+00:04:26 (12.2%)	7:16	8.2 (87.2%)
27	PARTYKA Teresa	181	WESOŁY BORSUK TEAM	K55-59	1			00:11:22	00:18:04	00:36:30.60	00:47:52.90	+00:04:33 (12.5%)	7:18	8.2 (87.2%)
28	ROSADZIŃSKI Sławomir	202		M45-49	3			00:06:35	00:17:59	00:36:31.50	00:43:07.35	+00:04:34 (12.5%)	7:18	8.2 (87.2%)
29	DUDEK Edward	241	KS METRACO POLKOWICE	M65-69	4			00:08:10	00:17:52	00:36:35.15	00:44:45.50	+00:04:38 (12.7%)	7:19	8.2 (87.2%)
30	RUDNIK Janina Ewa	204	DWA KIJE SŁUPSK	K30-39	1	1		00:09:42	00:18:07	00:36:39.25	00:46:21.30	+00:04:42 (12.8%)	7:19	8.2 (87.2%)
31	RAKUĆ Angelika	200	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:09:24	00:18:17	00:36:42.60	00:46:06.85	+00:04:45 (13.0%)	7:20	8.2 (87.2%)
32	SIKORA Antoni	206	KS SOKÓŁ GAŚAWA	M65-69	5			00:08:08	00:17:54	00:37:01.30	00:45:10.05	+00:05:04 (13.7%)	7:24	8.1 (86.2%)
33	DUDEK Kazimierz	118	NIEZRZESZONY	M65-69	6			00:08:10	00:18:21	00:37:17.55	00:45:27.70	+00:05:20 (14.3%)	7:27	8 (85.1%)
34	JÓŹWIAK Marianna	140	WTW.WŁOCŁAWEK	K40-44	1			00:10:01	00:18:38	00:37:28.85	00:47:30.50	+00:05:31 (14.8%)	7:29	8 (85.1%)
35	KRAKOWICZK Małgorzata	85	UKS GIMNAZJON SUCHY LAS	K50-54	1			00:11:02	00:18:25	00:37:36.55	00:48:38.95	+00:05:39 (15.0%)	7:31	8 (85.1%)
36	JÓŹWIAK Łukasz	139	WTW.WŁOCŁAWEK	M-Niepełnosprawni	2			00:06:35	00:18:47	00:37:41.20	00:44:17.10	+00:05:44 (15.2%)	7:32	8 (85.1%)
37	MIKOŁAJCZAK Jan	169	KS METRACO POLKOWICE	M-Niepełnosprawni	3	1		00:07:40	00:18:28	00:37:42.00	00:45:22.00	+00:05:45 (15.3%)	7:32	8 (85.1%)

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38	LESZCZYSZYN Krystyna	161		K60-64	1			00:11:45	00:18:32	00:37:42.05	00:49:27.55	+00:05:45 (15.3%)	7:32	8 (85.1%)
39	WIADERSKI Wojciech	229	NIEZRZESZONY	M65-69	7			00:08:10	00:18:57	00:37:44.10	00:45:54.50	+00:05:47 (15.3%)	7:32	8 (85.1%)
40	PIATCZYC Michał	185		M-Jun.	3			00:20:55	00:18:31	00:37:44.45	00:58:39.60	+00:05:47 (15.3%)	7:32	8 (85.1%)
41	BIK Przemysław	108	KS METRACO POLKOWICE	M-Dzieci	1			00:05:11	00:18:29	00:37:46.05	00:42:57.25	+00:05:49 (15.4%)	7:33	7.9 (84.0%)
42	WAWRZYNIAK Anna	227	FACE NORDIC WALKING TEAM	K40-44	2			00:10:01	00:18:37	00:37:47.00	00:47:48.95	+00:05:50 (15.4%)	7:33	7.9 (84.0%)
43	GOŁĘBIEWSKI Andrzej	130	KLUB NW 'PATYCZAKI'	M55-59	5	1		00:07:18	00:18:49	00:38:01.20	00:45:20.15	+00:06:04 (16.0%)	7:36	7.9 (84.0%)
44	BUCZKOWSKI Jerzy	111	KS SOKÓŁ GAŚAWA	M65-69	8	2		00:08:09	00:18:53	00:38:07.55	00:46:16.95	+00:06:10 (16.2%)	7:37	7.9 (84.0%)
45	FALKOWSKI Piotr	120	UKS GIMNAZJON SUCHY LAS	M50-54	3			00:06:52	00:18:52	00:38:08.70	00:45:01.35	+00:06:11 (16.2%)	7:37	7.9 (84.0%)
46	PIOSIK Agnieszka	189	KSIR SPORTICO BIAŁOŚLIWIE	K40-44	3			00:10:02	00:18:49	00:38:09.10	00:48:11.35	+00:06:12 (16.3%)	7:37	7.9 (84.0%)
47	JANECKA Agnieszka	137	JEZIORKI - AKTYWNA WIEŚ	K40-44	4			00:10:02	00:18:50	00:38:09.75	00:48:12.35	+00:06:12 (16.3%)	7:38	7.9 (84.0%)
48	PAWŁOWSKA- WOŹNIAK Małgorzata	84	UNIA MIAST	K30-39	2			00:09:41	00:18:41	00:38:12.20	00:47:54.05	+00:06:15 (16.4%)	7:38	7.8 (83.0%)
49	BARTOSIEWICZ Włodzimierz	107	FACE NORDIC WALKING TEAM	M60-64	4			00:07:40	00:18:51	00:38:16.60	00:45:57.35	+00:06:19 (16.5%)	7:39	7.8 (83.0%)
50	KADECKI Piotr	141	KSIR SPORTICO BIAŁOŚLIWIE	M30-39	4			00:06:01	00:19:10	00:38:17.40	00:44:19.05	+00:06:20 (16.6%)	7:39	7.8 (83.0%)
51	SULECKA Gabriela	213		K- Niepełnosprawni	1			00:11:22	00:19:04	00:38:19.65	00:49:41.90	+00:06:22 (16.6%)	7:39	7.8 (83.0%)
52	MOŹDŻEŃ Barbara	173		K55-59	2			00:11:22	00:19:03	00:38:20.60	00:49:42.75	+00:06:23 (16.7%)	7:40	7.8 (83.0%)
53	KUSZA Jolanta	159	UKS GIMNAZJON SUCHY LAS	K50-54	2			00:11:03	00:19:06	00:38:26.25	00:49:29.90	+00:06:29 (16.9%)	7:41	7.8 (83.0%)
54	PIATCZYC Wacław	184		M- Niepełnosprawni	4			00:20:56	00:19:00	00:38:38.40	00:59:34.45	+00:06:41 (17.3%)	7:43	7.8 (83.0%)
55	DANA Kazimiera	91	PATYCZAKI	K60-64	2			00:11:45	00:19:11	00:38:39.25	00:50:25.10	+00:06:42 (17.3%)	7:44	7.8 (83.0%)
56	SKOWROŃSKA Dominika	207	MARSZ PO ZDROWIE	K-Jun.	1			00:09:23	00:19:22	00:38:45.05	00:48:08.70	+00:06:48 (17.6%)	7:45	7.7 (81.9%)
57	KUSZA Henryk	249	UKS GIMNAZJON SUCHY LAS	M55-59	6			00:07:19	00:19:28	00:39:06.35	00:46:26.00	+00:07:09 (18.3%)	7:49	7.7 (81.9%)
58	KĘDZIERSKA Edyta	56		K40-44	5			00:10:04	00:19:32	00:39:07.85	00:49:12.60	+00:07:10 (18.4%)	7:49	7.7 (81.9%)
59	KRAWCZYK Dorota	155	CZARNE PANTERY	K55-59	3			00:11:22	00:19:26	00:39:19.25	00:50:42.20	+00:07:22 (18.7%)	7:52	7.6 (80.9%)
60	WASILEWSKI Sławomir	226	PASJA NORDIC WALKING	M70+	1	1		00:08:30	00:19:22	00:39:20.45	00:47:51.40	+00:07:23 (18.8%)	7:52	7.6 (80.9%)

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										time 5km	brutto 5km			
61	KRYGIER Mirosława	156	KS SOKÓŁ GAŚAWA	K50-54	3			00:11:03	00:19:31	00:39:30.75	00:50:34.50	+00:07:33 (19.1%)	7:54	7.6 (80.9%)
62	CHŁODNICKI Marek	112	MARSZ PO ZDROWIE	M60-64	5			00:07:40	00:19:24	00:39:41.10	00:47:22.05	+00:07:44 (19.5%)	7:56	7.6 (80.9%)
63	SMOLARSKI Andrzej	76	MARSZ PO ZDROWIE	M45-49	4			00:12:25	00:20:04	00:39:52.95	00:52:18.90	+00:07:55 (19.9%)	7:58	7.5 (79.8%)
64	BONZEL Dorota	110	JEZIORKI - AKTYWNA WIEŚ	K30-39	3			00:09:43	00:20:02	00:39:57.15	00:49:40.85	+00:08:00 (20.0%)	7:59	7.5 (79.8%)
65	WALCZAK Maria	225	KS SOKÓŁ GAŚAWA	K30-39	4			00:09:42	00:19:58	00:40:00.25	00:49:42.90	+00:08:03 (20.1%)	8:00	7.5 (79.8%)
66	KSIĄŻKIEWICZ Maciej	158	KS SOKÓŁ GAŚAWA	M40-44	2			00:06:14	00:19:20	00:40:00.40	00:46:14.75	+00:08:03 (20.1%)	8:00	7.5 (79.8%)
67	CIEMNA Julita	115	KS SOKÓŁ GAŚAWA	K30-39	5	1		00:09:42	00:19:56	00:40:01.25	00:49:43.25	+00:08:04 (20.2%)	8:00	7.5 (79.8%)
68	MATYJA Anna	165		K45-49	5			00:10:46	00:19:45	00:40:03.00	00:50:49.20	+00:08:06 (20.2%)	8:00	7.5 (79.8%)
69	GIERSZEWSKI Arkadiusz	128		M30-39	5	1		00:06:01	00:19:19	00:40:07.70	00:46:09.50	+00:08:10 (20.4%)	8:01	7.5 (79.8%)
70	KOZŁOWSKA Jagoda	153	FACE NORDIC WALKING TEAM	K-Dzieci	1			00:08:56	00:19:37	00:40:12.75	00:49:09.10	+00:08:15 (20.5%)	8:02	7.5 (79.8%)
71	MIKITIUK Tomasz	167	KIJOWA PARA	M45-49	5			00:06:36	00:20:08	00:40:13.10	00:46:49.25	+00:08:16 (20.6%)	8:02	7.5 (79.8%)
72	PAKMUR Anna	180		K50-54	4			00:11:03	00:20:05	00:40:13.25	00:51:16.55	+00:08:16 (20.6%)	8:02	7.5 (79.8%)
73	BARTCZAK Beata	104	KSIR SPORTICO BIAŁOŚLIWIE	K40-44	6			00:10:01	00:19:56	00:40:14.15	00:50:15.85	+00:08:17 (20.6%)	8:02	7.5 (79.8%)
74	KOWNACKA Jolanta	239	KSIR SPORTICO BIAŁOŚLIWIE	K45-49	6			00:10:45	00:19:54	00:40:15.80	00:51:01.45	+00:08:18 (20.6%)	8:03	7.5 (79.8%)
75	KOZŁOWSKA Julia	154	FACE NORDIC WALKING TEAM	K-Dzieci	2			00:08:56	00:20:09	00:40:15.90	00:49:12.10	+00:08:18 (20.7%)	8:03	7.5 (79.8%)
76	SZYBCZYŃSKA Katarzyna	221	KS SOKÓŁ GAŚAWA	K45-49	7			00:10:47	00:20:07	00:40:26.05	00:51:13.45	+00:08:29 (21.0%)	8:05	7.4 (78.7%)
77	JASONŃ Grażyna	240	CZARNE PANTERY	K50-54	5			00:11:03	00:20:11	00:40:26.10	00:51:29.10	+00:08:29 (21.0%)	8:05	7.4 (78.7%)
78	KABACIŃSKI Maciej	245	FACE NORDIC WALKING TEAM	M45-49	6			00:06:36	00:20:05	00:40:27.80	00:47:04.35	+00:08:30 (21.0%)	8:05	7.4 (78.7%)
79	BANASZAK Agata	103	GREEN TEAM ZIELONA GÓRA	K18-29	2			00:09:24	00:20:15	00:40:29.50	00:49:53.55	+00:08:32 (21.1%)	8:05	7.4 (78.7%)
80	SPYCHAŁA-KARAPULKA Arleta	209	MARSZ PO ZDROWIE	K40-44	7			00:10:02	00:20:10	00:40:33.60	00:50:36.05	+00:08:36 (21.2%)	8:06	7.4 (78.7%)
81	MULKOWSKA Mariola	174	UKS GIMNAZJON SUCHY LAS	K60-64	3			00:11:45	00:20:07	00:40:34.35	00:52:20.25	+00:08:37 (21.3%)	8:07	7.4 (78.7%)
82	PIDUCH Jan	188	MSICS-POZNAŃ	M65-69	9			00:08:10	00:19:51	00:40:35.25	00:48:45.55	+00:08:38 (21.3%)	8:07	7.4 (78.7%)
83	PRZYBYLSKA Aneta	33	CZARNE PANTERY	K30-39	6			00:09:44	00:20:17	00:40:39.50	00:50:24.15	+00:08:42 (21.4%)	8:08	7.4 (78.7%)

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84	PIĄTKOWSKI Józef	187	KS METRACO POLKOWICE	M70+	2			00:08:30	00:20:10	00:40:39.55	00:49:10.50	+00:08:42 (21.4%)	8:08	7.4 (78.7%)
85	STRZELECKA Małgorzata	212	SAILING TEAM FERAJNA	K40-44	8			00:10:02	00:20:41	00:40:43.25	00:50:46.20	+00:08:46 (21.5%)	8:08	7.4 (78.7%)
86	PRZYBYLSKA Małgorzata	193	KSIR SPORTICO BIAŁOŚLIWIE	K30-39	7			00:09:43	00:20:44	00:41:15.70	00:50:59.65	+00:09:18 (22.6%)	8:15	7.3 (77.7%)
87	URBAN Jacek	246	STOWARZYSZENIE	M65-69	10			00:08:08	00:20:30	00:41:18.95	00:49:27.40	+00:09:21 (22.7%)	8:15	7.3 (77.7%)
88	RYCHLEWSKA Violetta	205	KS SOKÓŁ GAŚAWA	K30-39	8			00:09:42	00:20:29	00:41:26.00	00:51:08.95	+00:09:29 (22.9%)	8:17	7.2 (76.6%)
89	RAJEWSKA Beata	197	JEZIORKI - AKTYWNA WIEŚ	K40-44	9			00:10:03	00:20:46	00:41:26.75	00:51:30.20	+00:09:29 (22.9%)	8:17	7.2 (76.6%)
90	ROSPENDA Agnieszka	203	KB KATORŻNIK MUROWANA GOŚLINA	K30-39	9			00:09:43	00:20:27	00:41:40.10	00:51:23.60	+00:09:43 (23.3%)	8:20	7.2 (76.6%)
91	WIDEŁ Tomasz	242	GOSIR OSIELSKO	M30-39	6			00:06:01	00:20:23	00:41:41.00	00:47:42.90	+00:09:44 (23.4%)	8:20	7.2 (76.6%)
92	PIATCZYC Barbara	186		K50-54	6			00:20:54	00:20:44	00:41:54.10	01:02:48.40	+00:09:57 (23.8%)	8:22	7.2 (76.6%)
93	SZCZEPANIAK Lucyna	216	JEZIORKI - AKTYWNA WIEŚ	K45-49	8			00:10:46	00:21:08	00:41:59.95	00:52:46.55	+00:10:02 (23.9%)	8:24	7.1 (75.5%)
94	WINCZEWSKA Anna	230	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	7			00:11:04	00:20:39	00:42:00.25	00:53:04.65	+00:10:03 (23.9%)	8:24	7.1 (75.5%)
95	NOWROTEK Roman	177	WESOŁY BORSUK TEAM	M65-69	11			00:08:09	00:20:04	00:42:07.75	00:50:17.45	+00:10:10 (24.2%)	8:25	7.1 (75.5%)
96	PRZYBYLAK Stanisław	191	MSICS-POZNAŃ	M70+	3			00:08:31	00:20:35	00:42:10.60	00:50:41.85	+00:10:13 (24.2%)	8:26	7.1 (75.5%)
97	PRZYBYŁ Marianna	195	CZARNE PANTERY	K60-64	4			00:11:46	00:20:47	00:42:12.80	00:53:59.65	+00:10:15 (24.3%)	8:26	7.1 (75.5%)
98	DURMOWICZ Elżbieta	119	KS SOKÓŁ GAŚAWA	K40-44	10			00:10:03	00:20:57	00:42:19.90	00:52:23.60	+00:10:22 (24.5%)	8:28	7.1 (75.5%)
99	KOCZOROWSKA Patrycja	147	KS SOKÓŁ GAŚAWA	K-Dzieci	3			00:08:56	00:20:47	00:42:28.95	00:51:25.00	+00:10:31 (24.8%)	8:29	7.1 (75.5%)
100	KOCZOROWSKA Monika	146	KS SOKÓŁ GAŚAWA	K30-39	10			00:09:42	00:20:40	00:42:39.95	00:52:22.60	+00:10:42 (25.1%)	8:32	7 (74.5%)
101	CHOLEWKA Jolanta	114	MARSZ PO ZDROWIE	K60-64	5			00:11:45	00:21:14	00:42:43.80	00:54:29.65	+00:10:46 (25.2%)	8:32	7 (74.5%)
102	KOSICKA Beata	151	NORDIC WALKING KIEKRZ	K45-49	9			00:10:48	00:21:22	00:42:45.30	00:53:33.45	+00:10:48 (25.3%)	8:33	7 (74.5%)
103	DRABCZYK Franciszek	117	KS METRACO POLKOWICE	M60-64	6			00:07:40	00:21:08	00:42:52.40	00:50:32.50	+00:10:55 (25.5%)	8:34	7 (74.5%)
104	MILEWSKA Wiesława	171	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	10			00:10:46	00:21:22	00:43:29.85	00:54:16.40	+00:11:32 (26.5%)	8:42	6.9 (73.4%)
105	ZAKRZEWSKA Henryka	235	NORDIC TEAM GNIEZNO	K70+	1			00:12:26	00:21:40	00:43:33.70	00:56:00.20	+00:11:36 (26.7%)	8:42	6.9 (73.4%)
106	RATAJCZYK Joanna	201	KS SOKÓŁ GAŚAWA	K30-39	11			00:09:43	00:21:43	00:43:35.80	00:53:19.30	+00:11:38 (26.7%)	8:43	6.9 (73.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
107	KĄCKOWSKA Beata	237	JEZIORKI - AKTYWNA WIEŚ	K40-44	11			00:10:04	00:21:49	00:43:45.00	00:53:49.35	+00:11:48 (27.0%)	8:45	6.9 (73.4%)
108	KĄCKOWSKI Marek	238	JEZIORKI - AKTYWNA WIEŚ	M- Niepełnosprawni	5			00:07:42	00:22:09	00:43:45.10	00:51:28.00	+00:11:48 (27.0%)	8:45	6.9 (73.4%)
109	KOWALCZUK Maria	152		K40-44	12			00:10:03	00:21:49	00:43:49.15	00:53:53.00	+00:11:52 (27.1%)	8:46	6.8 (72.3%)
110	WOROCH Jolanta	233		K50-54	8			00:11:03	00:22:29	00:43:49.65	00:54:52.85	+00:11:52 (27.1%)	8:45	6.8 (72.3%)
111	LIKOWSKA Lidia	162		K40-44	13			00:10:04	00:21:53	00:43:51.75	00:53:56.25	+00:11:54 (27.2%)	8:46	6.8 (72.3%)
112	CHODOR Maria	113		K60-64	6			00:11:46	00:22:00	00:44:01.00	00:55:47.85	+00:12:04 (27.4%)	8:48	6.8 (72.3%)
113	KRYSZAK Joanna	157	NORDIC TEAM GNIEZNO	K30-39	12			00:09:44	00:21:43	00:44:09.75	00:53:54.40	+00:12:12 (27.7%)	8:50	6.8 (72.3%)
114	KARCZEWSKI Krzysztof	143	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	7			00:06:01	00:22:03	00:44:10.20	00:50:11.35	+00:12:13 (27.7%)	8:50	6.8 (72.3%)
115	NOWAK Jakub	176	KLUB NW 'PATYCZAKI'	M-Dzieci	2			00:05:12	00:21:02	00:44:20.05	00:49:32.05	+00:12:23 (27.9%)	8:52	6.8 (72.3%)
116	HORIACZEK Małgorzata	133	UKS GIMNAZJON SUCHY LAS	K60-64	7			00:11:47	00:22:14	00:44:23.65	00:56:11.45	+00:12:26 (28.0%)	8:52	6.8 (72.3%)
117	MIKUŁA Paulina	170	KS SOKÓŁ GAŚAWA	K18-29	3			00:09:23	00:22:04	00:44:30.15	00:53:53.85	+00:12:33 (28.2%)	8:54	6.7 (71.3%)
118	SZOT Krystyna	218		K50-54	9			00:11:03	00:21:25	00:44:34.30	00:55:38.10	+00:12:37 (28.3%)	8:55	6.7 (71.3%)
119	MACHAJEK Krzysztof	163	KS METRACO POLKOWICE	M- Niepełnosprawni	6			00:07:40	00:22:06	00:44:44.10	00:52:25.05	+00:12:47 (28.6%)	8:57	6.7 (71.3%)
120	SOLAK Ewa	88	CZARNE PANTERY	K55-59	4			00:11:22	00:22:02	00:44:44.40	00:56:07.15	+00:12:47 (28.6%)	8:57	6.7 (71.3%)
121	ALESZCZYK Marek	102		M50-54	4			00:06:52	00:22:30	00:44:58.25	00:51:51.10	+00:13:01 (29.0%)	8:59	6.7 (71.3%)
122	JAKÓBCZYK Mariola	136		K40-44	14			00:10:02	00:21:49	00:45:03.95	00:55:06.40	+00:13:06 (29.1%)	9:00	6.7 (71.3%)
123	GROBELNA Jadwiga	131	KS METRACO POLKOWICE	K- Niepełnosprawni	2			00:11:46	00:22:21	00:45:04.60	00:56:51.20	+00:13:07 (29.1%)	9:01	6.7 (71.3%)
124	KAŁUŻNA Magdalena	164	UKS GIMNAZJON SUCHY LAS	K50-54	10			00:11:04	00:22:38	00:45:06.60	00:56:11.15	+00:13:09 (29.2%)	9:01	6.6 (70.2%)
125	MOCZARSKI Adam	172	FACE NORDIC WALKING TEAM	M70+	4			00:08:30	00:22:16	00:45:12.90	00:53:43.85	+00:13:15 (29.3%)	9:02	6.6 (70.2%)
126	ŁUKOJĆ Bernadetta	250	BELFERIJKI TEAM	K45-49	11			00:10:47	00:22:23	00:45:17.80	00:56:04.80	+00:13:20 (29.5%)	9:03	6.6 (70.2%)
127	CZEKAŁA Jan	78	GMINA OKONEK	M70+	5			00:08:32	00:22:39	00:45:23.65	00:53:55.65	+00:13:26 (29.6%)	9:04	6.6 (70.2%)
128	KAWCZYŃSKA Teresa	145	KS SOKÓŁ GAŚAWA	K55-59	5			00:11:23	00:22:44	00:45:28.95	00:56:52.50	+00:13:31 (29.8%)	9:05	6.6 (70.2%)
129	OGONOWSKA Edyta	90	KLUB NW 'PATYCZAKI'	K50-54	11			00:11:03	00:22:35	00:45:32.80	00:56:36.40	+00:13:35 (29.9%)	9:06	6.6 (70.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
130	PRZYBYLSKA Patrycja	194	KSIR SPORTICO BIAŁOŚLIWIE	K-Dzieci	4			00:08:56	00:22:28	00:45:39.20	00:54:35.95	+00:13:42 (30.0%)	9:07	6.6 (70.2%)
131	HORIACZEK Ryszard	134	UKS GIMNAZJON SUCHY LAS	M65-69	12	1		00:08:09	00:22:49	00:45:42.90	00:53:52.65	+00:13:45 (30.1%)	9:08	6.6 (70.2%)
132	PIASECKI Robert	183	CZARNE PANTERY	M-Dzieci	3			00:05:12	00:22:04	00:45:43.35	00:50:55.65	+00:13:46 (30.1%)	9:08	6.6 (70.2%)
133	PRZYBYLAK Dorota	192	FACE NORDIC WALKING TEAM	K- Niepełnosprawni	3			00:12:23	00:22:54	00:45:45.50	00:58:08.55	+00:13:48 (30.2%)	9:09	6.6 (70.2%)
134	WIADERSKA Grażyna	228		K65-69	1			00:12:22	00:22:56	00:45:58.65	00:58:21.60	+00:14:01 (30.5%)	9:11	6.5 (69.1%)
135	SZULC-DRABCZYK Urszula	220	KS METRACO POLKOWICE	K- Niepełnosprawni	4			00:11:46	00:23:05	00:46:21.20	00:58:07.30	+00:14:24 (31.1%)	9:16	6.5 (69.1%)
136	KOLBUSZ Janina	149	KS METRACO POLKOWICE	K65-69	2			00:12:23	00:22:54	00:46:23.05	00:58:46.30	+00:14:26 (31.1%)	9:16	6.5 (69.1%)
137	TOKARSKA Joanna	87	KLUB NW 'PATYCZAKI'	K30-39	13			00:09:43	00:23:14	00:46:33.95	00:56:17.05	+00:14:36 (31.4%)	9:18	6.4 (68.1%)
138	BARTEL Marzena	105	UKS GIMNAZJON SUCHY LAS	K40-44	15			00:10:03	00:23:21	00:46:37.45	00:56:40.85	+00:14:40 (31.5%)	9:19	6.4 (68.1%)
139	JAKIEL-MAINIERI Sabina	135	CZARNE PANTERY	K45-49	12			00:10:47	00:23:33	00:46:50.35	00:57:37.50	+00:14:53 (31.8%)	9:22	6.4 (68.1%)
140	SZAROLETA Zofia	215	FACE NORDIC WALKING TEAM	K70+	2			00:12:25	00:23:04	00:46:54.20	00:59:19.40	+00:14:57 (31.9%)	9:22	6.4 (68.1%)
141	KOCZOROWSKI Kacper	148	KS SOKÓŁ GAŚAWA	M-Dzieci	4			00:05:11	00:22:10	00:47:11.35	00:52:22.55	+00:15:14 (32.3%)	9:26	6.4 (68.1%)
142	TOMCZAK Agnieszka	222	KB KATORŻNIK MUROWANA GOŚLINA	K30-39	14			00:09:44	00:23:26	00:47:20.65	00:57:04.80	+00:15:23 (32.5%)	9:28	6.3 (67.0%)
143	BŁASZCZYK Katarzyna	74	KIJANKI POZNAŃ	K45-49	13			00:10:47	00:23:41	00:47:35.00	00:58:22.75	+00:15:38 (32.9%)	9:31	6.3 (67.0%)
144	MIKITIUK Beata	168	KIJOWA PARA	K40-44	16			00:10:05	00:24:48	00:48:03.60	00:58:08.70	+00:16:06 (33.5%)	9:36	6.2 (66.0%)
145	NADOLNA Elżbieta	77	GIMNAZJUM SUCHY LAS	K55-59	6			00:11:23	00:24:02	00:48:13.15	00:59:36.45	+00:16:16 (33.7%)	9:38	6.2 (66.0%)
146	FUTERSKA Jadwiga	123	CZARNE PANTERY	K55-59	7			00:11:23	00:24:07	00:48:17.30	00:59:40.85	+00:16:20 (33.8%)	9:39	6.2 (66.0%)
147	KAPSA Emilia	142	UKS GIMNAZJON SUCHY LAS	K65-69	3			00:12:23	00:24:09	00:48:44.00	01:01:07.20	+00:16:47 (34.4%)	9:44	6.2 (66.0%)
148	PATELSKA Zuzanna	53	CZARNE PANTERY	K-Dzieci	5			00:08:55	00:23:57	00:50:47.80	00:59:43.75	+00:18:50 (37.1%)	10:09	5.9 (62.8%)
149	KAWCZYŃSKA Monika	144	KS SOKÓŁ GAŚAWA	K18-29	4			00:09:24	00:24:59	00:51:09.05	01:00:33.10	+00:19:12 (37.5%)	10:13	5.9 (62.8%)
150	GIERSZENDORF Roman	127	FACE NORDIC WALKING TEAM	M40-44	3			00:06:14	00:25:30	00:51:27.95	00:57:42.85	+00:19:30 (37.9%)	10:17	5.8 (61.7%)
151	CICHOWSKI Wiesław	251	PATYCZAKI	M- Niepełnosprawni	7			00:07:41	00:26:22	00:54:33.40	01:02:15.05	+00:22:36 (41.4%)	10:54	5.5 (58.5%)
152	BŁASZCZYK Łukasz	109	KIJANKI POZNAŃ	M40-44	4			00:06:16	00:26:57	00:54:34.35	01:00:51.30	+00:22:37 (41.5%)	10:55	5.5 (58.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
153	STRZELECKA Antonina	211	SAILING TEAM FERAJNA	K-Dzieci	6			00:08:56	00:27:43	00:56:31.05	01:05:27.70	+00:24:34 (43.5%)	11:18	5.3 (56.4%)
154	NOWACKI Eugeniusz	175	BMM PANCERNY	M55-59	7	1		00:07:20	00:30:44	01:00:13.85	01:07:34.65	+00:28:16 (47.0%)	12:02	5 (53.2%)
155	GIERSZENDORF Paweł	125	FACE NORDIC WALKING TEAM	M-Jun.	4			00:05:25	00:30:52	01:05:56.00	01:11:21.15	+00:33:59 (51.5%)	13:11	4.6 (48.9%)
156	GIERSZENDORF Borys	126	FACE NORDIC WALKING TEAM	M-Dzieci	5			00:05:11	00:31:05	01:06:09.50	01:11:21.30	+00:34:12 (51.7%)	13:14	4.5 (47.9%)

Total 156 results.