



# OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-07-15  
**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>WOROCH Roman</b>	<b>114</b>	KS METRACO POLKOWICE	M55-59	1			00:15:35	<b>00:31:24.85</b>		6:17	9.5 (100%)
2	<b>RAJEWSKI Sebastian</b>	<b>78</b>	PILSCY MIŁOSNICY NORDIC WALKING	M45-49	1			00:15:27	<b>00:31:26.30</b>	+00:00:01 (0.1%)	6:17	9.5 (100%)
3	<b>ROŻYNEK Miron</b>	<b>81</b>	KS METRACO POLKOWICE	M50-54	1			00:15:51	<b>00:32:13.10</b>	+00:00:48 (2.5%)	6:26	9.3 (97.9%)
4	<b>POLEWCZAK Mariusz</b>	<b>146</b>	CLLEO ZAWIERCIE	M45-49	2			00:15:55	<b>00:32:25.45</b>	+00:01:00 (3.1%)	6:29	9.3 (97.9%)
5	<b>RAKUĆ Jakub</b>	<b>79</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:16:06	<b>00:32:34.60</b>	+00:01:09 (3.6%)	6:31	9.2 (96.8%)
6	<b>CHAMIELEC Bogusław</b>	<b>13</b>	A EMERYT BIEGA	M50-54	2			00:16:22	<b>00:33:03.80</b>	+00:01:38 (5.0%)	6:36	9.1 (95.8%)
7	<b>MACHNIK Janusz</b>	<b>144</b>	CLLEO ZAWIERCIE	M40-44	1			00:16:39	<b>00:33:42.65</b>	+00:02:17 (6.8%)	6:44	8.9 (93.7%)
8	<b>TRZCIŃSKI Eugeniusz</b>	<b>102</b>	SPORT I REKREACJA 'START' (CHELMNO)	M60-64	1			00:16:40	<b>00:33:42.90</b>	+00:02:18 (6.8%)	6:44	8.9 (93.7%)
9	<b>ZYGMUNT Gracjan</b>	<b>124</b>	KINGBELL AUTO-SZYBY / PKU EUROCONSULTING PIŁA	M18-29	2			00:16:21	<b>00:33:44.50</b>	+00:02:19 (6.9%)	6:44	8.9 (93.7%)
10	<b>FRAĆKOWIAK Roman</b>	<b>21</b>	ZS ROSKO	M45-49	3			00:16:37	<b>00:33:51.70</b>	+00:02:26 (7.2%)	6:46	8.9 (93.7%)
11	<b>BIK Stanisław</b>	<b>150</b>	KS METRACO POLKOWICE	M55-59	2			00:16:44	<b>00:33:51.80</b>	+00:02:26 (7.2%)	6:46	8.9 (93.7%)
12	<b>STĘPIEŃ Arkadiusz</b>	<b>125</b>	PÓNKOFFA BRAĆ / THE KISHONES	M45-49	4			00:16:53	<b>00:34:20.50</b>	+00:02:55 (8.5%)	6:52	8.7 (91.6%)
13	<b>STANISŁAWSKI Jan</b>	<b>89</b>	MARSZ PO ZDROWIE POZNAŃ	M55-59	3			00:16:56	<b>00:34:31.30</b>	+00:03:06 (9.0%)	6:54	8.7 (91.6%)
14	<b>ADAMCZYK Adam</b>	<b>1</b>	PASJA NORDIC WALKING	M65-69	1			00:17:13	<b>00:34:47.35</b>	+00:03:22 (9.7%)	6:57	8.6 (90.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>LENZ Andrzej</b>	<b>55</b>		M50-54	3			00:17:16	<b>00:34:51.90</b>	+00:03:27 (9.9%)	6:58	8.6 (90.5%)
16	<b>SIKORA Bronisław</b>	<b>86</b>	LESZNO :)	M60-64	2			00:17:21	<b>00:35:05.40</b>	+00:03:40 (10.5%)	7:01	8.6 (90.5%)
17	<b>KĘDZIERSKA Agnieszka</b>	<b>41</b>	KIJKOWE TRZEMESZNO	K40-44	1			00:17:35	<b>00:35:13.75</b>	+00:03:48 (10.8%)	7:02	8.5 (89.5%)
18	<b>JÓŹWIAK Marianna</b>	<b>32</b>	WTW WŁOCŁAWEK	K40-44	2			00:17:44	<b>00:35:17.50</b>	+00:03:52 (11.0%)	7:03	8.5 (89.5%)
19	<b>GRYGOROWICZ Bogdan</b>	<b>27</b>	KS METRACO POLKOWICE	M65-69	2			00:17:25	<b>00:35:21.65</b>	+00:03:56 (11.2%)	7:04	8.5 (89.5%)
20	<b>POLEWCZAK Aneta</b>	<b>145</b>	CLLEO ZAWIERCIE	K45-49	1			00:17:39	<b>00:35:24.25</b>	+00:03:59 (11.3%)	7:04	8.5 (89.5%)
21	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>65</b>	ZS ROSKO	K45-49	2	1		00:17:37	<b>00:35:29.40</b>	+00:04:04 (11.5%)	7:05	8.5 (89.5%)
22	<b>JANECKI Dariusz</b>	<b>31</b>		M55-59	4			00:17:36	<b>00:35:33.60</b>	+00:04:08 (11.7%)	7:06	8.4 (88.4%)
23	<b>MIKOŁAJCZAK Jan</b>	<b>60</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1	1		00:17:44	<b>00:35:54.00</b>	+00:04:29 (12.5%)	7:10	8.4 (88.4%)
24	<b>SYKISZ Maksym</b>	<b>97</b>	LESZNO :)	M- Niepełnosprawni(A)	2	1		00:17:45	<b>00:35:54.10</b>	+00:04:29 (12.5%)	7:10	8.4 (88.4%)
25	<b>GIERSZEWSKI Arkadiusz</b>	<b>25</b>		M30-39	1			00:17:48	<b>00:35:59.35</b>	+00:04:34 (12.7%)	7:11	8.3 (87.4%)
26	<b>LITWIŃCZUK Robert</b>	<b>56</b>		M45-49	5			00:17:46	<b>00:36:00.80</b>	+00:04:35 (12.8%)	7:12	8.3 (87.4%)
27	<b>RAKUĆ Angelika</b>	<b>80</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:18:03	<b>00:36:15.50</b>	+00:04:50 (13.4%)	7:15	8.3 (87.4%)
28	<b>STEMPNIAK Bogdan</b>	<b>91</b>		M- Niepełnosprawni(A)	3			00:17:57	<b>00:36:23.95</b>	+00:04:59 (13.7%)	7:16	8.2 (86.3%)
29	<b>SIKORA Antoni</b>	<b>85</b>	KS SOKÓŁ GAŚAWA	M65-69	3			00:18:23	<b>00:36:35.95</b>	+00:05:11 (14.2%)	7:19	8.2 (86.3%)
30	<b>FRĄCKOWIAK Mateusz</b>	<b>22</b>	ZS ROSKO	M-Jun.	1			00:17:30	<b>00:36:38.60</b>	+00:05:13 (14.3%)	7:19	8.2 (86.3%)
31	<b>PRZYMUSIŃSKI Piotr</b>	<b>75</b>	N/Z	M60-64	3			00:18:20	<b>00:36:41.10</b>	+00:05:16 (14.4%)	7:20	8.2 (86.3%)
32	<b>WOJCIECHOWSKI Marek</b>	<b>112</b>	NORDIC TEAM GNIEZNO	M55-59	5			00:18:10	<b>00:36:42.90</b>	+00:05:18 (14.4%)	7:20	8.2 (86.3%)
33	<b>FALKOWSKI Piotr</b>	<b>19</b>	UKS GIMNAZJON SUCHY LAS	M50-54	4			00:17:58	<b>00:36:44.40</b>	+00:05:19 (14.5%)	7:20	8.2 (86.3%)
34	<b>POLISZCZUK Piotr</b>	<b>72</b>	PIERNIKI NA CHODZIE	M55-59	6			00:17:43	<b>00:36:50.65</b>	+00:05:25 (14.7%)	7:22	8.1 (85.3%)
35	<b>BUCZKOWSKI Jerzy</b>	<b>12</b>	KS SOKÓŁ GAŚAWA	M65-69	4			00:18:26	<b>00:36:52.05</b>	+00:05:27 (14.8%)	7:22	8.1 (85.3%)
36	<b>KRAKOWIAK Małgorzata</b>	<b>49</b>	UKS GIMNAZJON SUCHY LAS	K50-54	1			00:18:06	<b>00:37:06.20</b>	+00:05:41 (15.3%)	7:25	8.1 (85.3%)
37	<b>GOŁĘBIEWSKI Andrzej</b>	<b>136</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	4	1		00:18:04	<b>00:37:09.35</b>	+00:05:44 (15.5%)	7:26	8.1 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
38	<b>KRECZMER Marzena</b>	<b>143</b>	CLLEO ZAWIERCIE	K30-39	1			00:18:34	<b>00:37:13.40</b>	+00:05:48 (15.6%)	7:26	8.1 (85.3%)
39	<b>RUDNIK Janina Ewa</b>	<b>82</b>	DYNAMIC	K40-44	3			00:18:21	<b>00:37:17.45</b>	+00:05:52 (15.8%)	7:27	8 (84.2%)
40	<b>NACZK Wiktoria</b>	<b>62</b>	DYNAMIC	K-Jun.	1			00:18:23	<b>00:37:17.80</b>	+00:05:52 (15.8%)	7:27	8 (84.2%)
41	<b>PIATCZYC Michał</b>	<b>71</b>		M-Jun.	2			00:18:19	<b>00:37:33.10</b>	+00:06:08 (16.3%)	7:30	8 (84.2%)
42	<b>BOJANOWSKI Marcin</b>	<b>9</b>		M30-39	2			00:18:11	<b>00:37:33.75</b>	+00:06:08 (16.4%)	7:30	8 (84.2%)
43	<b>MIKITIUK Tomasz</b>	<b>58</b>	KIJOWA PARA	M45-49	6			00:18:31	<b>00:37:33.95</b>	+00:06:09 (16.4%)	7:30	8 (84.2%)
44	<b>ŁOPIŃSKI Aleksy</b>	<b>57</b>	CZARNE PANTERY	M65-69	5			00:18:51	<b>00:37:37.00</b>	+00:06:12 (16.5%)	7:31	8 (84.2%)
45	<b>SIERACKA Katarzyna</b>	<b>84</b>	LESZNO :)	K50-54	2			00:18:28	<b>00:37:38.35</b>	+00:06:13 (16.5%)	7:31	8 (84.2%)
46	<b>STRZELECKA Małgorzata</b>	<b>95</b>	SAILING TEAM FERAJNA	K45-49	3			00:19:00	<b>00:37:44.45</b>	+00:06:19 (16.8%)	7:32	8 (84.2%)
47	<b>MOŹDŹEŃ Barbara</b>	<b>120</b>	BORKOGNIEZNO.PL	K55-59	1			00:18:42	<b>00:37:52.95</b>	+00:06:28 (17.1%)	7:34	7.9 (83.2%)
48	<b>GWAREK Anita</b>	<b>28</b>	PASJA NORDIC WALKING	K45-49	4			00:18:58	<b>00:37:54.80</b>	+00:06:29 (17.1%)	7:35	7.9 (83.2%)
49	<b>ZIELIŃSKA Jolanta</b>	<b>122</b>	GOSIR OSIELSKO	K55-59	2			00:18:46	<b>00:37:56.40</b>	+00:06:31 (17.2%)	7:35	7.9 (83.2%)
50	<b>KOZŁOWSKA Julia</b>	<b>129</b>	DYNAMIC	K-Jun.	2			00:18:59	<b>00:38:00.05</b>	+00:06:35 (17.3%)	7:36	7.9 (83.2%)
51	<b>FIJĄLKOWSKI Marek</b>	<b>20</b>	MARSZ PO ZDROWIE POZNAŃ	M55-59	7			00:18:36	<b>00:38:02.60</b>	+00:06:37 (17.4%)	7:36	7.9 (83.2%)
52	<b>KUSZA Jolanta</b>	<b>52</b>	UKS GIMNAZJON SUCHY LAS	K50-54	3			00:18:50	<b>00:38:05.80</b>	+00:06:40 (17.5%)	7:37	7.9 (83.2%)
53	<b>GRZYWOCZ Bernard</b>	<b>132</b>	LESZNO :)	M65-69	6			00:18:50	<b>00:38:08.30</b>	+00:06:43 (17.6%)	7:37	7.9 (83.2%)
54	<b>BERCZYŃSKI Henryk</b>	<b>5</b>	NADLEŚNICTWO OKONEK	M60-64	5			00:19:06	<b>00:38:08.95</b>	+00:06:44 (17.7%)	7:37	7.9 (83.2%)
55	<b>BRAĞIEL Krystyna</b>	<b>11</b>		K60-64	1			00:18:56	<b>00:38:10.80</b>	+00:06:45 (17.7%)	7:38	7.9 (83.2%)
56	<b>WASILEWSKI Sławomir</b>	<b>109</b>	PASJA NORDIC WALKING	M70+	1			00:18:55	<b>00:38:14.40</b>	+00:06:49 (17.8%)	7:39	7.8 (82.1%)
57	<b>GRZYWOCZ Irena</b>	<b>131</b>	LESZNO :)	K65-69	1			00:18:49	<b>00:38:15.65</b>	+00:06:50 (17.9%)	7:39	7.8 (82.1%)
58	<b>MALKIEWICZ Małgorzata</b>	<b>126</b>	KSK ŻYJ AKTYWNIE KOLCZYĞŁOWY	K50-54	4			00:19:04	<b>00:38:29.00</b>	+00:07:04 (18.4%)	7:41	7.8 (82.1%)
59	<b>FRYDRYCH Marcin</b>	<b>23</b>	NORDIC WALKING KIEKRZ	M30-39	3			00:18:51	<b>00:38:29.95</b>	+00:07:05 (18.4%)	7:42	7.8 (82.1%)
60	<b>JÓŹWIAK Łukasz</b>	<b>33</b>	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	1			00:18:58	<b>00:38:30.10</b>	+00:07:05 (18.4%)	7:42	7.8 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
61	<b>URBAŃSKI Stefan</b>	<b>104</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M55-59	8			00:19:02	<b>00:38:32.00</b>	+00:07:07 (18.5%)	7:42	7.8 (82.1%)
62	<b>JANECKA Agnieszka</b>	<b>30</b>		K40-44	4			00:18:54	<b>00:38:36.50</b>	+00:07:11 (18.6%)	7:43	7.8 (82.1%)
63	<b>SZYCKO Radek</b>	<b>99</b>	DWA KIJE SŁUPSK	M40-44	2			00:19:00	<b>00:38:42.60</b>	+00:07:17 (18.8%)	7:44	7.8 (82.1%)
64	<b>GRYGOROWICZ Teresa</b>	<b>26</b>	KS METRACO POLKOWICE	K65-69	2			00:18:47	<b>00:38:44.70</b>	+00:07:19 (18.9%)	7:45	7.7 (81.1%)
65	<b>GALANT Adolf</b>	<b>127</b>	KB „MARATOŃCZYK”	M65-69	7	1		00:18:55	<b>00:38:46.20</b>	+00:07:21 (19.0%)	7:45	7.7 (81.1%)
66	<b>DANA Kazimiera</b>	<b>17</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	2			00:19:07	<b>00:38:48.90</b>	+00:07:24 (19.1%)	7:45	7.7 (81.1%)
67	<b>WIŚNIEWSKI Kazimierz</b>	<b>111</b>	PASJA NORDIC WALKING	M60-64	6			00:19:24	<b>00:38:54.20</b>	+00:07:29 (19.3%)	7:46	7.7 (81.1%)
68	<b>SUSKA Danuta</b>	<b>96</b>		K65-69	3			00:19:08	<b>00:39:03.00</b>	+00:07:38 (19.6%)	7:48	7.7 (81.1%)
69	<b>KONCZEWICZ Ela</b>	<b>45</b>	LESZNO :)	K18-29	2			00:19:33	<b>00:39:12.00</b>	+00:07:47 (19.9%)	7:50	7.7 (81.1%)
70	<b>ZAWISŁA Stanisław</b>	<b>119</b>	MARSZ PO ZDROWIE POZNAŃ	M65-69	8			00:19:28	<b>00:39:17.00</b>	+00:07:52 (20.0%)	7:51	7.6 (80.0%)
71	<b>CIĄŻYŃSKA Dorota</b>	<b>15</b>	KS SOKÓŁ GAŚAWA	K45-49	5			00:19:26	<b>00:39:18.90</b>	+00:07:54 (20.1%)	7:51	7.6 (80.0%)
72	<b>KOZŁOWSKA Jagoda</b>	<b>130</b>	DYNAMIC	K-Dzieci	1			00:19:42	<b>00:39:19.65</b>	+00:07:54 (20.1%)	7:52	7.6 (80.0%)
73	<b>KUSZA Marcelina</b>	<b>53</b>	UKS GIMNAZJON SUCHY LAS	K30-39	2			00:19:10	<b>00:39:19.90</b>	+00:07:55 (20.1%)	7:52	7.6 (80.0%)
74	<b>KOCZOROWSKA Patrycja</b>	<b>43</b>	KS SOKÓŁ GAŚAWA	K-Dzieci	2			00:19:35	<b>00:39:19.95</b>	+00:07:55 (20.1%)	7:52	7.6 (80.0%)
75	<b>WALCZAK Maria</b>	<b>108</b>	KS SOKÓŁ GAŚAWA	K30-39	3			00:19:34	<b>00:39:29.75</b>	+00:08:04 (20.5%)	7:53	7.6 (80.0%)
76	<b>MULKOWSKA Mariola</b>	<b>61</b>	UKS GIMNAZJON SUCHY LAS	K60-64	3			00:19:30	<b>00:39:30.40</b>	+00:08:05 (20.5%)	7:54	7.6 (80.0%)
77	<b>KOCZOROWSKA Monika</b>	<b>42</b>	KS SOKÓŁ GAŚAWA	K30-39	4			00:19:36	<b>00:39:35.50</b>	+00:08:10 (20.7%)	7:55	7.6 (80.0%)
78	<b>LEGOCKA-WALCZAK Kinga</b>	<b>54</b>	OCTOPUS TEAM	K40-44	5	1		00:19:39	<b>00:39:35.65</b>	+00:08:10 (20.7%)	7:55	7.6 (80.0%)
79	<b>KLAK Joanna</b>	<b>98</b>		K30-39	5			00:19:43	<b>00:39:43.50</b>	+00:08:18 (20.9%)	7:56	7.6 (80.0%)
80	<b>PIATCZYC Barbara</b>	<b>70</b>		K55-59	3			00:19:29	<b>00:39:47.05</b>	+00:08:22 (21.0%)	7:57	7.5 (78.9%)
81	<b>CHOLEWKA Jolanta</b>	<b>14</b>	MARSZ PO ZDROWIE POZNAŃ	K60-64	4			00:19:35	<b>00:39:50.45</b>	+00:08:25 (21.2%)	7:58	7.5 (78.9%)
82	<b>KALUŻNY Waldemar</b>	<b>36</b>	UKS GIMNAZJON SUCHY LAS	M50-54	5			00:20:00	<b>00:39:50.55</b>	+00:08:25 (21.2%)	7:58	7.5 (78.9%)
83	<b>DANA Andrzej</b>	<b>140</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M65-69	9			00:19:11	<b>00:40:06.35</b>	+00:08:41 (21.7%)	8:01	7.5 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>KRAWCZYK Dorota</b>	<b>50</b>	CZARNE PANTERY	K55-59	4			00:19:49	<b>00:40:13.00</b>	+00:08:48 (21.9%)	8:02	7.5 (78.9%)
85	<b>STĘPIEŃ Wiktor</b>	<b>92</b>	PÓNKOFFA BRAC / THE KISHONES	M-Dzieci	1			00:19:22	<b>00:40:19.45</b>	+00:08:54 (22.1%)	8:03	7.4 (77.9%)
86	<b>PRZYBYLAK Stanisław</b>	<b>137</b>	FACE NORDIC WALKING TEAM	M70+	2			00:19:54	<b>00:40:20.85</b>	+00:08:56 (22.1%)	8:04	7.4 (77.9%)
87	<b>WALCZAK Grzegorz</b>	<b>105</b>	OCTOPUS TEAM	M40-44	3	1		00:20:09	<b>00:40:31.75</b>	+00:09:06 (22.5%)	8:06	7.4 (77.9%)
88	<b>PIATCZYC Wacław</b>	<b>69</b>		M- Niepełnosprawni(B)	2			00:19:39	<b>00:40:47.95</b>	+00:09:23 (23.0%)	8:09	7.4 (77.9%)
89	<b>ZIELINKIEWICZ Wiktoria</b>	<b>121</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K-Dzieci	3	1		00:20:01	<b>00:40:51.65</b>	+00:09:26 (23.1%)	8:10	7.3 (76.8%)
90	<b>ANGIELCZYK Małgorzata</b>	<b>3</b>	MARSZ PO ZDROWIE POZNAŃ	K65-69	4			00:20:10	<b>00:40:58.85</b>	+00:09:34 (23.3%)	8:11	7.3 (76.8%)
91	<b>RAJEWSKA Beata</b>	<b>77</b>	PILSCY MIŁOSNICY NORDIC WALKING	K40-44	6			00:20:50	<b>00:41:10.40</b>	+00:09:45 (23.7%)	8:14	7.3 (76.8%)
92	<b>KOSICKA Beata</b>	<b>47</b>	NORDIC WALKING KIEKRZ	K45-49	6			00:19:57	<b>00:41:18.20</b>	+00:09:53 (23.9%)	8:15	7.3 (76.8%)
93	<b>WOROCH Jolanta</b>	<b>115</b>	DOPIEWO	K50-54	5			00:20:38	<b>00:41:32.30</b>	+00:10:07 (24.4%)	8:18	7.2 (75.8%)
94	<b>SZYCKO Oliwia</b>	<b>100</b>	DWA KIJE SŁUPSK	K-Dzieci	4			00:20:25	<b>00:42:38.00</b>	+00:11:13 (26.3%)	8:31	7 (73.7%)
95	<b>HORIACZEK Małgorzata</b>	<b>29</b>	UKS GIMNAZJON SUCHY LAS	K65-69	5			00:21:17	<b>00:42:38.50</b>	+00:11:13 (26.3%)	8:31	7 (73.7%)
96	<b>PRZYPOLSKA Anna</b>	<b>76</b>		K30-39	6			00:21:23	<b>00:42:42.75</b>	+00:11:17 (26.5%)	8:32	7 (73.7%)
97	<b>BARAN Aneta</b>	<b>4</b>		K40-44	7			00:21:08	<b>00:42:44.95</b>	+00:11:20 (26.5%)	8:33	7 (73.7%)
98	<b>KAŁUŻNA Magdalena</b>	<b>35</b>	UKS GIMNAZJON SUCHY LAS	K50-54	6			00:21:00	<b>00:42:46.10</b>	+00:11:21 (26.5%)	8:33	7 (73.7%)
99	<b>PIDUCH Jan</b>	<b>134</b>	FACE NORDIC WALKING TEAM	M65-69	10			00:20:46	<b>00:42:46.15</b>	+00:11:21 (26.5%)	8:33	7 (73.7%)
100	<b>SMOLARSKI Andrzej</b>	<b>149</b>	MARSZ PO ZDROWIE POZNAŃ	M45-49	7			00:21:14	<b>00:42:48.55</b>	+00:11:23 (26.6%)	8:33	7 (73.7%)
101	<b>KULCZYCKI Jan</b>	<b>51</b>		M65-69	11			00:21:29	<b>00:43:15.65</b>	+00:11:50 (27.4%)	8:39	6.9 (72.6%)
102	<b>HORIACZEK Ryszard</b>	<b>147</b>	UKS GIMNAZJON SUCHY LAS	M65-69	12			00:21:32	<b>00:43:21.65</b>	+00:11:56 (27.6%)	8:40	6.9 (72.6%)
103	<b>WYCISŁO Agata</b>	<b>118</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K- Niepełnosprawni(B)	1			00:21:41	<b>00:43:30.15</b>	+00:12:05 (27.8%)	8:42	6.9 (72.6%)
104	<b>PRZYBYŁ Marianna</b>	<b>74</b>	CZARNE PANTERY	K60-64	5			00:21:18	<b>00:43:32.25</b>	+00:12:07 (27.8%)	8:42	6.9 (72.6%)
105	<b>BŁASZCZYK Katarzyna</b>	<b>7</b>	KIJANKI POZNAŃ	K45-49	7			00:21:59	<b>00:43:39.95</b>	+00:12:15 (28.1%)	8:44	6.9 (72.6%)
106	<b>KĘDZIERSKA Edyta</b>	<b>142</b>	PFNW	K40-44	8			00:22:14	<b>00:43:46.35</b>	+00:12:21 (28.2%)	8:45	6.9 (72.6%)

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>SOKOŁOWSKA Klaudia</b>	<b>88</b>	CZARNE PANTERY	K18-29	3			00:21:40	<b>00:44:06.00</b>	+00:12:41 (28.8%)	8:49	6.8 (71.6%)
108	<b>KOWALCZUK Maria</b>	<b>48</b>		K40-44	9			00:21:53	<b>00:44:06.55</b>	+00:12:41 (28.8%)	8:49	6.8 (71.6%)
109	<b>KOPLIŃSKA Magdalena</b>	<b>46</b>	KS SOKÓŁ GAŚAWA	K30-39	7			00:21:43	<b>00:44:14.80</b>	+00:12:49 (29.0%)	8:51	6.8 (71.6%)
110	<b>GROBELNA Jadwiga</b>	<b>128</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:22:27	<b>00:44:58.40</b>	+00:13:33 (30.1%)	8:59	6.7 (70.5%)
111	<b>PIASECKI Robert</b>	<b>68</b>	CZARNE PANTERY	M-Dzieci	2			00:21:46	<b>00:44:58.85</b>	+00:13:34 (30.2%)	8:59	6.7 (70.5%)
112	<b>WALCZAK Julia</b>	<b>107</b>	OCTOPUS TEAM	K-Jun.	3			00:22:10	<b>00:45:03.40</b>	+00:13:38 (30.3%)	9:00	6.7 (70.5%)
113	<b>WYCISŁO Romuald</b>	<b>117</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	3			00:22:58	<b>00:45:05.05</b>	+00:13:40 (30.3%)	9:01	6.7 (70.5%)
114	<b>KUCZYŃSKI Włodzimierz</b>	<b>141</b>	NW KIEKRZ	M55-59	9			00:22:14	<b>00:45:23.70</b>	+00:13:58 (30.8%)	9:04	6.6 (69.5%)
115	<b>PRUSKA-KĘDZIOR Anna</b>	<b>73</b>	FACE NORDIC WALKING TEAM	K65-69	6			00:22:40	<b>00:45:23.95</b>	+00:13:59 (30.8%)	9:04	6.6 (69.5%)
116	<b>WIŚNIEWSKA Danuta</b>	<b>110</b>	PASJA NORDIC WALKING	K55-59	5			00:22:29	<b>00:45:25.50</b>	+00:14:00 (30.8%)	9:05	6.6 (69.5%)
117	<b>ALESZCZYK Marek</b>	<b>2</b>		M50-54	6			00:22:38	<b>00:45:32.55</b>	+00:14:07 (31.0%)	9:06	6.6 (69.5%)
118	<b>KAWCZYŃSKA Teresa</b>	<b>39</b>	KS SOKÓŁ GAŚAWA	K55-59	6			00:23:00	<b>00:45:43.85</b>	+00:14:19 (31.3%)	9:08	6.6 (69.5%)
119	<b>STOLTMAN Adam</b>	<b>93</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	3			00:22:37	<b>00:46:03.65</b>	+00:14:38 (31.8%)	9:12	6.5 (68.4%)
120	<b>WALCZAK Henryk</b>	<b>106</b>	OCTOPUS TEAM	M70+	3			00:22:59	<b>00:46:04.95</b>	+00:14:40 (31.8%)	9:13	6.5 (68.4%)
121	<b>PRZYBYLAK Dorota</b>	<b>138</b>	FACE NORDIC WALKING TEAM	K65-69	7			00:23:23	<b>00:46:14.75</b>	+00:14:49 (32.1%)	9:15	6.5 (68.4%)
122	<b>KOCZOROWSKI Kacper</b>	<b>44</b>	KS SOKÓŁ GAŚAWA	M-Dzieci	4			00:23:12	<b>00:46:19.90</b>	+00:14:55 (32.2%)	9:16	6.5 (68.4%)
123	<b>OGONOWSKA Edyta</b>	<b>135</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	7			00:23:13	<b>00:46:43.75</b>	+00:15:18 (32.8%)	9:20	6.4 (67.4%)
124	<b>WIŚNIEWSKA Mariola</b>	<b>148</b>	LESZNO :)	K55-59	8			00:23:31	<b>00:46:47.75</b>	+00:15:22 (32.9%)	9:21	6.4 (67.4%)
125	<b>SZAROLETA Zofia</b>	<b>139</b>	FACE NORDIC WALKING TEAM	K70+	1			00:23:32	<b>00:46:50.35</b>	+00:15:25 (32.9%)	9:22	6.4 (67.4%)
126	<b>CZEKAŁA Jan</b>	<b>133</b>	ZABIEGANI NOCĄ	M70+	4			00:23:17	<b>00:46:51.30</b>	+00:15:26 (33.0%)	9:22	6.4 (67.4%)
127	<b>KĄCKOWSKI Marek</b>	<b>40</b>	JEZIORKI AKTYWNA WIEŚ	M60-64	7			00:24:10	<b>00:47:22.40</b>	+00:15:57 (33.7%)	9:28	6.3 (66.3%)
128	<b>KAPSA Emilia</b>	<b>37</b>	UKS GIMNAZJON SUCHY LAS	K65-69	8			00:23:28	<b>00:47:29.10</b>	+00:16:04 (33.8%)	9:29	6.3 (66.3%)
129	<b>URBAŃSKA Elżbieta</b>	<b>103</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	6			00:23:44	<b>00:47:41.05</b>	+00:16:16 (34.1%)	9:32	6.3 (66.3%)

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>DROP Mieczysław</b>	<b>18</b>		M70+	5			00:23:45	<b>00:47:50.10</b>	+00:16:25 (34.3%)	9:34	6.3 (66.3%)
131	<b>BŁASZCZYK Łukasz</b>	<b>6</b>	KIJANKI POZNAŃ	M40-44	4			00:24:15	<b>00:49:01.20</b>	+00:17:36 (35.9%)	9:48	6.1 (64.2%)
132	<b>STOLTMAN Aleksander</b>	<b>94</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	5			00:25:05	<b>00:49:11.45</b>	+00:17:46 (36.1%)	9:50	6.1 (64.2%)
133	<b>JÓŹWIAK Dominik</b>	<b>34</b>	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	4			00:23:40	<b>00:50:04.00</b>	+00:18:39 (37.3%)	10:00	6 (63.2%)
DQ	<b>TOMCZYK Edward</b>	<b>101</b>	MARSZ PO ZDROWIE POZNAŃ	M65-69			1	00:17:16 DQ	<b>00:35:27.65</b> <b>DQ</b>		-	- (0.0%)

Znaleziono 134 wynik(ów)