

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

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

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

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

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

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

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

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

Total 134 results.