

## OSIELSKO - III MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT

Organizator: PFNW  
 Data: 2016-04-23  
 Miejsce: Osielsko  
 Dystans: 42.195 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	48	KKB MOSIR KROSNO	M18-29	1		00:00:05	00:26:31	00:52:59	01:19:27	01:45:46	02:12:46	02:40:34	03:08:44	03:37:41	04:07:07	<b>04:35:40.70</b>	<b>04:35:46.45</b>		6:31	9.2 (100%)
2	KORDOWSKI I Piotr	34	UPOJENI WIATREM	M40-49	1		00:00:09	00:28:05	00:56:27	01:24:52	01:54:13	02:23:33	02:52:55	03:22:02	03:51:42	04:21:12	<b>04:50:49.25</b>	<b>04:50:58.25</b>	+00:15:08 (5.2%)	6:53	8.7 (94.6%)
3	NIECHWIEJCZYK Piotr	51	OPEL ACTIVE TEAM	M40-49	2		00:00:08	00:28:39	00:57:23	01:26:25	01:55:28	02:24:39	02:53:47	03:23:04	03:52:31	04:21:58	<b>04:51:26.95</b>	<b>04:51:34.95</b>	+00:15:46 (5.4%)	6:54	8.7 (94.6%)
4	BIK Stanisław	4	KS METRACO POLKOWICE	M50-59	1		00:00:12	00:30:09	00:59:02	01:27:53	01:56:43	02:27:06	02:56:32	03:26:55	03:57:42	04:28:40	<b>04:59:05.75</b>	<b>04:59:17.85</b>	+00:23:25 (7.8%)	7:05	8.5 (92.4%)
5	ŻYWICKI Marcin	91	BŁĘKITNI DZIEMIANY	M30-39	1		00:00:07	00:30:10	00:59:37	01:29:12	01:58:41	02:28:15	02:57:59	03:28:11	03:58:43	04:29:22	<b>04:59:40.85</b>	<b>04:59:48.10</b>	+00:24:00 (8.0%)	7:06	8.4 (91.3%)
6	STUPNOWICZ Przemek	73	EPOKA NORDICA ŁÓDŹ	M18-29	2		00:00:16	00:30:05	01:00:05	01:29:34	01:59:33	02:29:41	02:59:51	03:29:53	03:59:47	04:30:07	<b>05:00:12.05</b>	<b>05:00:28.25</b>	+00:24:31 (8.2%)	7:06	8.4 (91.3%)
7	WIŚNIEWSKI Jacek	86	UKS SIEDLESZCZANY	M50-59	2		00:00:14	00:29:08	00:58:35	01:27:33	01:56:32	02:26:02	02:55:39	03:25:53	03:57:39	04:30:22	<b>05:02:24.50</b>	<b>05:02:38.50</b>	+00:26:43 (8.8%)	7:09	8.4 (91.3%)
8	CZŁONKOWSKI Krzysztof	11	OLIMPIJCZYK SZCZOKOCINY	M40-49	3		00:00:10	00:30:42	01:00:55	01:31:14	02:01:21	02:32:07	03:02:46	03:32:56	04:03:22	04:33:49	<b>05:02:42.15</b>	<b>05:02:52.70</b>	+00:27:01 (8.9%)	7:10	8.4 (91.3%)
9	KANIGOWSKI Grzegorz	27		M30-39	2		00:00:06	00:28:41	00:57:24	01:26:14	01:55:39	02:25:09	02:56:00	03:27:00	03:58:41	04:31:08	<b>05:02:50.50</b>	<b>05:02:57.10</b>	+00:27:09 (9.0%)	7:10	8.4 (91.3%)
10	PUSZKIEL Leszek	58	GREEN TEAM	M50-59	3		00:00:14	00:29:40	00:58:35	01:27:31	01:56:31	02:26:25	02:56:36	03:27:09	03:58:18	04:31:18	<b>05:02:52.90</b>	<b>05:03:07.45</b>	+00:27:12 (9.0%)	7:10	8.4 (91.3%)
11	BOGACKI Sławek	6	ENERGA NW TEAM	M40-49	4		00:00:06	00:28:20	00:56:44	01:25:37	01:55:19	02:25:17	02:56:20	03:27:49	03:59:43	04:31:57	<b>05:03:15.70</b>	<b>05:03:21.95</b>	+00:27:35 (9.1%)	7:11	8.3 (90.2%)
12	RACZYŃSKI Kazimierz	60	PASIEKAZPASJA.PL / FACE NORDIC WALKING TEAM	M40-49	5		00:00:08	00:28:37	00:57:22	01:26:11	01:55:45	02:25:53	02:56:19	03:27:35	03:59:58	04:32:46	<b>05:04:50.40</b>	<b>05:04:58.50</b>	+00:29:09 (9.6%)	7:13	8.3 (90.2%)
13	DOŁĘGOWSKI Marek	14	BKS MANIAK WOLIN	M40-49	6		00:00:06	00:28:07	00:56:50	01:26:44	01:57:22	02:28:36	03:00:44	03:31:44	04:05:07	04:39:39	<b>05:12:21.45</b>	<b>05:12:28.05</b>	+00:36:40 (11.7%)	7:24	8.1 (88.0%)
14	MITURA-ZIELONKA Paweł	50	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M30-39	3		00:00:07	00:30:20	01:00:14	01:29:27	01:59:05	02:29:27	03:00:02	03:32:30	04:07:10	04:40:23	<b>05:12:50.70</b>	<b>05:12:58.00</b>	+00:37:10 (11.9%)	7:24	8.1 (88.0%)
15	STEFANICKI Marek	67	WŁÓCZYKIJE	M50-59	4		00:00:11	00:30:10	00:59:50	01:29:39	01:59:38	02:30:12	03:01:49	03:33:50	04:07:15	04:40:57	<b>05:13:43.55</b>	<b>05:13:55.45</b>	+00:38:02 (12.1%)	7:26	8.1 (88.0%)
16	WESOŁOWSKI Wojciech	84	NIEZRZESZONY	M60-64	1		00:00:12	00:30:16	01:00:28	01:30:44	02:01:26	02:32:08	03:03:23	03:35:11	04:07:31	04:40:37	<b>05:14:09.05</b>	<b>05:14:21.50</b>	+00:38:28 (12.2%)	7:26	8.1 (88.0%)
17	KACORZYK Władysław	26	SILESIA NORDIC TEAM	M50-59	5		00:00:11	00:31:03	01:02:24	01:33:49	02:05:14	02:36:22	03:08:12	03:39:39	04:11:22	04:43:13	<b>05:14:56.75</b>	<b>05:15:08.20</b>	+00:39:16 (12.5%)	7:27	8 (87.0%)
18	SŁOMIAN Leszek	64	STADION ŚLASKI	M50-59	6		00:00:14	00:30:27	01:00:52	01:31:20	02:02:25	02:33:48	03:06:02	03:39:21	04:12:23	04:45:41	<b>05:17:58.90</b>	<b>05:18:13.80</b>	+00:42:18 (13.3%)	7:32	8 (87.0%)
19	LENZ Andrzej	39	ALTOM	M50-59	7		00:00:09	00:30:19	01:00:30	01:30:46	02:01:28	02:32:10	03:03:25	03:35:27	04:08:52	04:44:28	<b>05:18:08.25</b>	<b>05:18:17.45</b>	+00:42:27 (13.3%)	7:32	8 (87.0%)
20	SPYCHAŁA Marzena	66	WESOŁY BORSUK TEAM	K40-49	1		00:02:37	00:30:25	01:01:37	01:32:29	02:03:44	02:35:15	03:07:17	03:39:04	04:11:41	04:45:15	<b>05:19:02.05</b>	<b>05:21:39.95</b>	+00:43:21 (13.6%)	7:33	7.9 (85.9%)
21	BAJER Piotr	3	FACE NW TEAM	M50-59	8		00:00:11	00:31:04	01:02:25	01:33:50	02:05:14	02:36:23	03:08:13	03:39:39	04:11:23	04:44:15	<b>05:19:06.95</b>	<b>05:19:18.00</b>	+00:43:26 (13.6%)	7:33	7.9 (85.9%)
22	NOWROTEK Monika	52	WESOŁY BORSUK TEAM	K18-29	1		00:02:36	00:29:26	01:00:14	01:30:54	02:01:31	02:33:35	03:06:40	03:39:05	04:12:10	04:47:38	<b>05:19:23.95</b>	<b>05:22:00.30</b>	+00:43:43 (13.7%)	7:34	7.9 (85.9%)
23	DENCIKOWSKI Marek	13	KB BIAŁA BIEGA	M40-49	7		00:00:11	00:29:28	00:58:50	01:29:11	02:01:05	02:32:44	03:04:56	03:38:04	04:12:48	04:47:04	<b>05:19:27.80</b>	<b>05:19:39.25</b>	+00:43:47 (13.7%)	7:34	7.9 (85.9%)
24	SZCZĘBAK Jacek	74	TARNÓW	M40-49	8		00:00:08	00:29:37	00:59:31	01:29:44	02:00:35	02:31:51	03:03:57	03:36:44	04:10:49	04:45:21	<b>05:19:30.90</b>	<b>05:19:39.50</b>	+00:43:50 (13.7%)	7:34	7.9 (85.9%)
25	WARUSZEWSKI Karol	83	BIEGAJĄCY TCZEW	M40-49	9		00:00:07	00:30:36	01:00:57	01:31:15	02:01:23	02:32:12	03:04:17	03:37:31	04:11:08	04:46:34	<b>05:21:24.75</b>	<b>05:21:32.30</b>	+00:45:44 (14.2%)	7:36	7.9 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas		Różn	Tempo min/km	Tempo km/h
																		netto	brutto			
26	DZIADEK Remigiusz	15		M50-59	9			00:00:12	00:30:00	00:59:55	01:30:06	02:01:12	02:33:03	03:06:01	03:39:48	04:14:51	04:48:50	<b>05:21:25.15</b>	<b>05:21:38.00</b>	+00:45:44 (14.2%)	7:37	7.9 (85.9%)
27	STOPA Joanna	70	BŁĘKITNI DZIEMIANY	K18-29	2			00:02:36	00:30:26	01:01:38	01:32:56	02:04:35	02:36:49	03:09:06	03:41:25	04:14:21	04:48:24	<b>05:22:50.00</b>	<b>05:25:26.10</b>	+00:47:09 (14.6%)	7:39	7.8 (84.8%)
28	SOBKOWSKI Janusz	65	SILESIA NORDIC TEAM	M60-64	2			00:00:15	00:30:36	01:01:57	01:33:30	02:05:09	02:37:36	03:10:38	03:44:03	04:16:29	04:49:59	<b>05:22:52.80</b>	<b>05:23:08.25</b>	+00:47:12 (14.6%)	7:39	7.8 (84.8%)
29	OLSCHIMKE-MARMUROWICZ Barbara	53	SILESIA NORDIC TEAM	K40-49	2			00:02:39	00:30:59	01:01:46	01:32:54	02:04:32	02:36:47	03:09:10	03:42:01	04:15:34	04:49:43	<b>05:24:23.00</b>	<b>05:27:02.40</b>	+00:48:42 (15.0%)	7:41	7.8 (84.8%)
30	ŚLUSARCYK Marcin	77	WESOŁY BORSUK TEAM	M30-39	4			00:00:06	00:31:05	01:02:12	01:32:55	02:03:59	02:36:36	03:10:17	03:44:02	04:18:08	04:53:05	<b>05:27:34.40</b>	<b>05:27:40.85</b>	+00:51:53 (15.8%)	7:45	7.7 (83.7%)
31	STĘPIEŃ Lucyna	96	KS METRACO POLKOWICE	K50-59	1			00:02:42	00:30:57	01:01:42	01:32:44	02:04:23	02:36:22	03:09:05	03:42:45	04:17:47	04:53:06	<b>05:27:58.65</b>	<b>05:30:40.65</b>	+00:52:17 (15.9%)	7:46	7.7 (83.7%)
32	ZAMRZYCKI Leszek	90		M50-59	10			00:00:10	00:31:02	01:02:09	01:32:52	02:03:57	02:36:33	03:10:09	03:43:49	04:19:08	04:54:46	<b>05:28:35.50</b>	<b>05:28:45.95</b>	+00:52:54 (16.1%)	7:47	7.7 (83.7%)
33	FOLWARSKI Andrzej	17	FACE NORDIC WALKING TEAM	M50-59	11			00:00:12	00:30:53	01:02:01	01:33:25	02:05:35	02:39:08	03:13:03	03:47:17	04:22:07	04:56:25	<b>05:29:43.80</b>	<b>05:29:56.35</b>	+00:54:03 (16.4%)	7:48	7.7 (83.7%)
34	ŁOPATKIEWICZ Beata	42		K50-59	2			00:02:40	00:30:57	01:01:43	01:32:45	02:04:40	02:37:51	03:11:15	03:45:57	04:20:50	04:56:28	<b>05:31:55.35</b>	<b>05:34:35.45</b>	+00:56:14 (16.9%)	7:51	7.6 (82.6%)
35	ZAGAJA Janusz	89	WESOŁY BORSUK TEAM	M60-64	3			00:00:11	00:30:05	01:00:14	01:30:31	02:01:28	02:33:18	03:07:01	03:42:49	04:17:42	04:55:44	<b>05:33:51.50</b>	<b>05:34:03.40</b>	+00:58:10 (17.4%)	7:54	7.6 (82.6%)
36	JANCZYK Małgorzata	21	EPOKA NORDICA ŁÓDŹ	K30-39	1			00:02:37	00:31:17	01:02:58	01:35:00	02:06:23	02:38:14	03:10:53	03:46:01	04:23:44	05:00:37	<b>05:34:35.55</b>	<b>05:37:13.45</b>	+00:58:54 (17.6%)	7:55	7.6 (82.6%)
37	JANKOWSKA Katarzyna	22	MOSIR/GIMNAZJUM	K50-59	3			00:02:39	00:32:53	01:05:07	01:37:56	02:10:41	02:43:51	03:17:21	03:51:25	04:26:11	05:01:29	<b>05:36:14.10</b>	<b>05:38:53.85</b>	+01:00:33 (18.0%)	7:58	7.5 (81.5%)
38	KUBICKI Bernard	36	KLUB SPORTOWY POLKOWICE	M65+	1			00:00:10	00:32:42	01:04:33	01:37:04	02:10:05	02:43:41	03:17:23	03:52:18	04:26:45	05:01:07	<b>05:36:21.50</b>	<b>05:36:31.50</b>	+01:00:40 (18.0%)	7:58	7.5 (81.5%)
39	STĘPCZYŃSKA Angelika	68	GOSIR OSIELSKO	K30-39	2			00:02:36	00:31:43	01:03:38	01:35:42	02:08:09	02:41:30	03:16:32	03:51:53	04:26:33	05:00:56	<b>05:36:59.10</b>	<b>05:39:36.05</b>	+01:01:18 (18.2%)	7:59	7.5 (81.5%)
40	KARASIEWICZ Irena	28	FACE NW TEAM	K50-59	4			00:02:39	00:33:03	01:06:19	01:39:40	02:13:15	02:46:58	03:20:30	03:55:00	04:29:21	05:03:53	<b>05:38:29.95</b>	<b>05:41:08.95</b>	+01:02:49 (18.6%)	8:01	7.5 (81.5%)
41	ŁUKASZEWICZ Joanna	43	GREEN TEAM	K40-49	3			00:02:39	00:32:19	01:04:36	01:37:05	02:10:05	02:43:51	03:18:14	03:53:41	04:29:25	05:04:38	<b>05:39:27.45</b>	<b>05:42:07.25</b>	+01:03:46 (18.8%)	8:02	7.5 (81.5%)
42	ŁABĘCKI Edward	40	MOSIR RYPIN	M65+	2			00:00:14	00:32:53	01:05:42	01:39:25	02:12:33	02:47:36	03:21:47	03:56:14	04:31:30	05:06:11	<b>05:40:54.80</b>	<b>05:41:09.30</b>	+01:05:14 (19.1%)	8:04	7.4 (80.4%)
43	REJMAN Dorota	61	UKS SIEDLESZCZANY/FACE NORDIC WALKING TEAM	K30-39	3			00:02:36	00:31:45	01:03:27	01:35:22	02:08:00	02:41:31	03:16:32	03:51:10	04:26:33	05:01:18	<b>05:41:17.85</b>	<b>05:43:54.20</b>	+01:05:37 (19.2%)	8:05	7.4 (80.4%)
44	DANA Andrzej	93	PATYCZAKI	M65+	3			00:00:15	00:31:48	01:04:21	01:36:35	02:09:11	02:43:14	03:18:17	03:53:44	04:30:18	05:07:49	<b>05:42:39.70</b>	<b>05:42:55.50</b>	+01:06:59 (19.5%)	8:07	7.4 (80.4%)
45	KOWALCZYK Mariusz	35	GREEN TEAM ZIELONA GÓRA	M50-59	12			00:00:13	00:30:22	01:00:42	01:31:12	02:02:54	02:36:18	03:11:20	03:48:22	04:26:06	05:05:27	<b>05:44:02.10</b>	<b>05:44:15.10</b>	+01:08:21 (19.9%)	8:09	7.4 (80.4%)
46	SZCZODROWSKI Krzysztof	75		M50-59	13			00:00:10	00:31:30	01:03:40	01:36:36	02:09:48	02:44:27	03:20:18	03:56:05	04:31:49	05:08:08	<b>05:44:29.75</b>	<b>05:44:39.75</b>	+01:08:49 (20.0%)	8:09	7.4 (80.4%)
47	JÓZWIAK Marianna	24	WTWWŁOCLÁWEK	K40-49	4			00:02:37	00:32:20	01:04:30	01:37:05	02:10:30	02:45:00	03:20:09	03:55:34	04:32:21	05:08:07	<b>05:44:45.10</b>	<b>05:47:22.85</b>	+01:09:04 (20.0%)	8:10	7.3 (79.3%)
48	KLIMCZEWSKI Marek	31	FOREVER YOUNG ŁÓDŹ	M50-59	14			00:00:08	00:31:31	01:03:00	01:34:11	02:05:52	02:38:23	03:12:36	03:48:59	04:26:19	05:04:29	<b>05:45:25.05</b>	<b>05:45:33.55</b>	+01:09:44 (20.2%)	8:11	7.3 (79.3%)
49	ŚLIWKA Wanda	76	FACE NORDIC WALKING TEAM	K50-59	5			00:02:42	00:32:41	01:04:34	01:36:53	02:10:14	02:44:37	03:20:09	03:54:36	04:29:48	05:07:54	<b>05:46:17.85</b>	<b>05:49:00.60</b>	+01:10:37 (20.4%)	8:12	7.3 (79.3%)
50	WITKOWSKA Maria	87	STADION ŚLĄSKI	K60-64	1			00:02:44	00:33:38	01:07:42	01:41:25	02:15:38	02:50:40	03:25:26	03:59:47	04:36:11	05:11:51	<b>05:46:54.75</b>	<b>05:49:39.35</b>	+01:11:14 (20.5%)	8:13	7.3 (79.3%)
51	JÓZWIAK Łukasz	25	WTWWŁOCLÁWEK	M40-49	10			00:00:09	00:32:37	01:04:55	01:37:38	02:10:59	02:45:58	03:21:04	03:57:20	04:33:54	05:10:00	<b>05:47:13.35</b>	<b>05:47:22.70</b>	+01:11:32 (20.6%)	8:13	7.3 (79.3%)
52	KUPIBIDA Bogusława	38	SILESIA NORDIC TEAM	K50-59	6			00:02:40	00:34:09	01:07:51	01:41:27	02:15:02	02:49:34	03:24:15	03:59:28	04:36:25	05:12:12	<b>05:47:28.55</b>	<b>05:50:09.30</b>	+01:11:47 (20.7%)	8:14	7.3 (79.3%)
53	PRAWUCKI Krzysztof	57	JEZIORKI AKTYWNA WIEŚ	M30-39	5			00:00:05	00:33:11	01:05:58	01:38:39	02:12:31	02:47:30	03:23:24	03:59:42	04:36:00	05:12:11	<b>05:48:43.15</b>	<b>05:48:48.95</b>	+01:13:02 (20.9%)	8:15	7.3 (79.3%)
54	WOLNIEWICZ Katarzyna	88	FABRIKANORDIKA	K40-49	5			00:02:39	00:33:28	01:06:25	01:39:36	02:13:19	02:47:35	03:22:29	03:58:14	04:34:37	05:11:42	<b>05:48:50.75</b>	<b>05:51:30.60</b>	+01:13:10 (21.0%)	8:15	7.3 (79.3%)
55	GRYGIEL Monika	20	FACE NORDIC WALKING TEAM	K30-39	4			00:02:37	00:32:30	01:05:39	01:39:24	02:13:36	02:48:17	03:23:46	03:59:50	04:36:55	05:13:05	<b>05:48:54.05</b>	<b>05:51:31.20</b>	+01:13:13 (21.0%)	8:16	7.3 (79.3%)
56	MANDZIUK Marta	44	PSW / KBBB	K40-49	6			00:02:40	00:32:55	01:06:15	01:40:01	02:14:24	02:48:58	03:23:56	03:59:55	04:37:06	05:14:03	<b>05:50:05.05</b>	<b>05:52:45.50</b>	+01:14:24 (21.3%)	8:17	7.2 (78.3%)
57	STĘPNIAK Bogdan	69		M50-59	15			00:00:12	00:32:36	01:04:53	01:37:36	02:10:28	02:45:50	03:21:02	03:57:59	04:37:17	05:15:39	<b>05:51:20.65</b>	<b>05:51:33.05</b>	+01:15:39 (21.5%)	8:19	7.2 (78.3%)
58	JASINSKI Marian	23	K.S ELBLASKIE WŁÓCZY- KIJE	M65+	4			00:00:13	00:32:22	01:05:12	01:39:06	02:13:52	02:50:43	03:27:35	04:04:11	04:40:27	05:16:57	<b>05:52:59.25</b>	<b>05:53:12.70</b>	+01:17:18 (21.9%)	8:21	7.2 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas		Tempo min/km	Tempo km/h	
																		netto 42.195km	brutto 42.195km			Różn
59	PIERNICKA Krystyna	56		K50-59	7			00:02:42	00:32:42	01:04:36	01:37:04	02:10:32	02:45:57	03:23:05	04:00:28	04:38:01	05:16:04	<b>05:53:32.00</b>	<b>05:56:14.60</b>	+01:17:51 (22.0%)	8:22	7.2 (78.3%)
60	ROZENBERG Marina	63		K60-64	2			00:02:43	00:34:48	01:09:27	01:44:04	02:19:12	02:54:51	03:30:02	04:06:12	04:42:31	05:18:38	<b>05:54:59.90</b>	<b>05:57:43.45</b>	+01:19:19 (22.3%)	8:24	7.1 (77.2%)
61	MANDZIUK Marek	45	KBBB SEKCJA NW	M40-49	11			00:00:19	00:35:16	01:08:36	01:42:23	02:16:44	02:51:17	03:26:07	04:02:17	04:39:25	05:17:16	<b>05:56:50.00</b>	<b>05:57:09.00</b>	+01:21:09 (22.7%)	8:27	7.1 (77.2%)
62	BUCZKOWSKA Wiesława	7	CHODZEZKJAMI.PL	K60-64	3			00:02:44	00:33:28	01:06:49	01:40:38	02:15:08	02:50:19	03:26:54	04:04:17	04:42:51	05:20:30	<b>05:57:20.20</b>	<b>06:00:04.85</b>	+01:21:39 (22.9%)	8:28	7.1 (77.2%)
63	KULKA Maciej	37	FACE NORDIC WALKING TEAM	M50-59	16			00:00:15	00:37:30	01:14:08	01:49:09	02:23:55	02:59:08	03:33:58	04:09:35	04:44:56	05:21:20	<b>05:57:34.80</b>	<b>05:57:50.75</b>	+01:21:54 (22.9%)	8:28	7.1 (77.2%)
64	KARCZEWSKA Violetta	29	GOSIR OSIELSKO	K40-49	7			00:02:38	00:34:56	01:09:37	01:44:21	02:19:19	02:55:18	03:31:14	04:08:01	04:45:28	05:23:32	<b>05:59:29.10</b>	<b>06:02:07.15</b>	+01:23:48 (23.3%)	8:31	7 (76.1%)
65	CZYCZ Emilia	12	GREEN TEAM ZIELONA GORA	K65+	1			00:02:45	00:33:21	01:06:39	01:40:38	02:15:35	02:50:35	03:26:11	04:04:01	04:42:49	05:21:59	<b>05:59:52.00</b>	<b>06:02:37.20</b>	+01:24:11 (23.4%)	8:31	7 (76.1%)
66	WAŁECKA Krystyna	82	FACE NORDIC WALKING TEAM	K60-64	4			00:02:40	00:34:53	01:09:36	01:44:19	02:19:18	02:55:17	03:31:14	04:08:01	04:45:28	05:23:21	<b>05:59:56.80</b>	<b>06:02:37.45</b>	+01:24:16 (23.4%)	8:31	7 (76.1%)
67	ŁABUS Izabela	41	FABRIKANORDIKA	K18-29	3			00:02:36	00:32:20	01:05:19	01:39:00	02:13:14	02:48:24	03:24:21	04:03:21	04:44:29	05:23:19	<b>05:59:57.90</b>	<b>06:02:33.95</b>	+01:24:17 (23.4%)	8:31	7 (76.1%)
68	MARCINKOWSKI Wojciech	47	NORDIC WALKING LUBLINIEC	M40-49	12			00:00:10	00:34:05	01:08:48	01:43:51	02:19:34	02:56:03	03:33:14	04:11:19	04:49:38	05:26:13	<b>06:00:21.00</b>	<b>06:00:31.00</b>	+01:24:40 (23.5%)	8:32	7 (76.1%)
69	RACZYŃSKA Aleksandra	59	STADION ŚLĄSKI	K65+	2			00:02:43	00:33:31	01:07:36	01:42:12	02:17:13	02:52:50	03:29:17	04:06:46	04:44:40	05:23:36	<b>06:01:34.85</b>	<b>06:04:17.95</b>	+01:25:54 (23.8%)	8:34	7 (76.1%)
70	THIEL Jerzy	78	POSEJDON MORSY KOSZALIN	M50-59	17			00:00:13	00:33:14	01:06:34	01:40:06	02:15:17	02:50:41	03:27:46	04:06:36	04:44:53	05:24:17	<b>06:01:46.90</b>	<b>06:02:00.85</b>	+01:26:06 (23.8%)	8:34	7 (76.1%)
71	PASZKIEWICZ-KĘSIĄK Anita	55	FOREVER YOUNG ŁÓDŹ	K60-64	5			00:02:43	00:35:01	01:10:00	01:44:52	02:20:12	02:56:11	03:32:49	04:09:36	04:47:07	05:24:49	<b>06:02:24.95</b>	<b>06:05:08.70</b>	+01:26:44 (23.9%)	8:35	7 (76.1%)
72	DANA Kazimiera	94	PATYCZAKI	K60-64	6			00:02:42	00:33:21	01:07:22	01:42:00	02:17:14	02:53:00	03:30:32	04:09:10	04:47:35	05:25:45	<b>06:03:20.15</b>	<b>06:06:02.50</b>	+01:27:39 (24.1%)	8:36	7 (76.1%)
73	PIĄTKOWSKI Józef	97	KS METRACO POLKOWICE	M65+	5			00:00:11	00:34:19	01:08:35	01:43:48	02:19:17	02:54:45	03:31:17	04:08:47	04:47:53	05:27:05	<b>06:05:36.60</b>	<b>06:05:47.65</b>	+01:29:55 (24.6%)	8:39	6.9 (75.0%)
74	WACHOWIAK Sylwia	81	SAILING TEAM FERAJNA	K40-49	8			00:02:39	00:35:25	01:11:25	01:48:09	02:26:34	03:03:43	03:40:48	04:18:36	04:56:00	05:34:01	<b>06:11:09.65</b>	<b>06:13:48.65</b>	+01:35:28 (25.7%)	8:47	6.8 (73.9%)
75	PACZUSKA Małgorzata	54	FOREVER YOUNG ŁÓDŹ	K50-59	8			00:02:43	00:34:54	01:09:30	01:44:35	02:20:01	02:56:11	03:32:49	04:10:13	04:50:09	05:30:01	<b>06:11:20.55</b>	<b>06:14:04.25</b>	+01:35:39 (25.8%)	8:47	6.8 (73.9%)
76	CICHOŃ Aneta	9	FABRIKA NORDIKA	K30-39	5			00:02:36	00:31:18	01:03:48	01:37:37	02:12:54	02:48:22	03:25:23	04:04:55	04:48:06	05:30:19	<b>06:11:25.75</b>	<b>06:14:02.70</b>	+01:35:45 (25.8%)	8:48	6.8 (73.9%)
77	TYLUTKI Agnieszka	80	UKS SIEDLESZCZANY	K40-49	9			00:02:38	00:32:55	01:07:22	01:42:47	02:19:13	02:57:20	03:35:52	04:18:03	04:59:15	05:40:01	<b>06:18:21.65</b>	<b>06:21:00.20</b>	+01:42:40 (27.1%)	8:57	6.7 (72.8%)
78	MiŁOSZ Artur	49	RTS	M40-49	13			00:00:09	00:34:20	01:08:35	01:43:49	02:19:41	02:58:22	03:38:40	04:19:37	05:01:52	05:43:08	<b>06:22:08.65</b>	<b>06:22:18.40</b>	+01:46:27 (27.9%)	9:03	6.6 (71.7%)
79	STRZELECKI Sebastian	71	SAILING TEAM FERAJNA	M40-49	14			00:00:06	00:36:35	01:13:10	01:49:30	02:26:12	03:03:28	03:41:26	04:21:10	05:01:15	05:42:20	<b>06:24:01.70</b>	<b>06:24:08.35</b>	+01:48:21 (28.2%)	9:06	6.6 (71.7%)
80	THOMALLA Bogdan	79	SILESIA NORDIC TEAM	M65+	6			00:00:18	00:36:12	01:12:48	01:49:53	02:26:58	03:05:24	03:45:26	04:26:06	05:08:21	05:47:21	<b>06:27:23.95</b>	<b>06:27:42.20</b>	+01:51:43 (28.8%)	9:10	6.5 (70.7%)
81	ADAMIEC Bożena	1	SKW	K30-39	6			00:02:38	00:40:10	01:19:13	01:57:53	02:36:00	03:14:36	03:53:13	04:31:36	05:11:05	05:51:02	<b>06:30:46.20</b>	<b>06:33:25.15</b>	+01:55:05 (29.5%)	9:15	6.5 (70.7%)
82	ROSIŃSKA Dorota	62		K50-59	9			00:02:41	00:36:55	01:14:21	01:52:24	02:30:37	03:09:50	03:50:18	04:31:51	05:13:47	05:54:56	<b>06:35:07.45</b>	<b>06:37:49.00</b>	+01:59:26 (30.2%)	9:21	6.4 (69.6%)
83	STUPNOWICZ Joanna	72	FOREVER YOUNG ŁÓDŹ	K40-49	10			00:02:40	00:35:43	01:12:28	01:53:19	02:32:21	03:21:11	04:15:39	05:07:03	06:00:30	06:45:22			+02:38:15	10:40	5.6 (60.9%)
	GRZELAK Jakub	92	GOSIR OSIELSKO	M18-29				DNF	00:36:00 DNF	01:11:03 DNF	01:46:55 DNF	02:24:40 DNF	03:05:31 DNF	03:48:38 DNF	04:32:34 DNF	05:20:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	FELIS Paweł	16		M40-49				DNF	00:31:49 DNF	01:03:42 DNF	01:35:06 DNF	02:06:41 DNF	02:38:59 DNF	03:11:55 DNF	03:47:58 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	SZULC Alicja	98		K30-39				DNF	00:32:22 DNF	01:05:30 DNF	01:38:06 DNF	02:11:35 DNF	02:46:04 DNF	03:23:19 DNF	04:02:40 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	ANTOSZEWSKI Piotr	2	DĄBROWA NORDIC TEAM	M40-49				DNF	00:30:48 DNF	01:01:57 DNF	01:32:41 DNF	02:03:24 DNF	02:35:20 DNF	03:08:30 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	BOCZAR Beata	5	GREEN TEAM ZIELONA GÓRA	K50-59				DNF	00:31:40 DNF	01:03:44 DNF	01:36:21 DNF	02:09:24 DNF	02:43:19 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	CEGŁA Zbyszko	8	NIEZRZESZONY	M60-64				DNF	00:34:09 DNF	01:08:44 DNF	01:43:39 DNF	02:19:10 DNF	02:55:43 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	GLINIECKA Katarzyna	19		K40-49				DNF	00:33:25 DNF	01:08:11 DNF	01:45:07 DNF	02:24:57 DNF	03:12:11 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	FORNAL Lech	95		M60-64				DNF	00:50:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 91 wynik(ów)