

OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 10KM

B4SPORT

Wydarzenie: MISTRZOSTWA POLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-08-04
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	530	KABEX PODKOWA JANÓW	M30-39	1			00:30:01	01:00:39.70		6:04	9.9 (100%)
2	WOŁOSZKA Artur	583	NWPL/LUKI TEAM	M18-29	1			00:30:47	01:01:30.55	+00:00:50 (1.4%)	6:09	9.8 (99.0%)
3	KLICZKA Kamil	454	SANPROBI SZCZECIN	M50-59	1			00:30:42	01:01:57.05	+00:01:17 (2.1%)	6:11	9.7 (98.0%)
4	SIWAK Piotr	515	KS METRACO POLKOWICE	M50-59	2			00:30:44	01:01:58.75	+00:01:19 (2.1%)	6:11	9.7 (98.0%)
5	JANOCHA Robert	443	MUKS PODKARPACIE JEDLICZE	M50-59	3	1		00:31:07	01:02:59.80	+00:02:20 (3.7%)	6:18	9.5 (96.0%)
6	BIŁEK Artur	410	UNIA MIAST	M30-39	2			00:31:23	01:03:29.10	+00:02:49 (4.4%)	6:20	9.5 (96.0%)
7	MICHALSKI Andrzej	570	KS IDMAR RACING TEAM	M50-59	4			00:31:07	01:03:30.85	+00:02:51 (4.5%)	6:21	9.4 (94.9%)
8	WOJTOWICZ Tomasz	557	NORDIC WALKING POLAND	M18-29	2			00:30:54	01:03:48.15	+00:03:08 (4.9%)	6:22	9.4 (94.9%)
9	WETOSZKA Piotr	550	NOWI SIEDLCE/NW WSCHÓD	M30-39	3			00:31:46	01:04:04.10	+00:03:24 (5.3%)	6:24	9.4 (94.9%)
10	LASKOWSKI Mirosław	473	LKS MILANÓW	M40-49	1			00:31:47	01:04:08.10	+00:03:28 (5.4%)	6:24	9.4 (94.9%)
11	NIECHWIEJCZYK Piotr	489	UNIA MIAST	M40-49	2			00:31:43	01:04:08.20	+00:03:28 (5.4%)	6:24	9.4 (94.9%)
12	KACPRZAK Sławek	448	NWPL/LZS JUSTYNÓW	M40-49	3			00:31:43	01:04:27.60	+00:03:47 (5.9%)	6:26	9.3 (93.9%)
13	HAŁAS Marcin	439	UNIA MIAST	M30-39	4			00:31:59	01:05:04.90	+00:04:25 (6.8%)	6:30	9.2 (92.9%)
14	BORKOWSKI Dariusz	411	NOWI SIEDLCE/NW WSCHÓD	M40-49	4			00:32:13	01:05:11.95	+00:04:32 (7.0%)	6:31	9.2 (92.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 5km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
15	NAKONIECZNY Grzegorz	488	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	5			00:31:59	01:05:37.95	+00:04:58 (7.6%)	6:33	9.1 (91.9%)
16	HELWICH Stefan	440	KS METRACO POLKOWICE	M60-69	1			00:32:23	01:06:11.50	+00:05:31 (8.4%)	6:37	9.1 (91.9%)
17	KUSTAL Marcin	472	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:33:00	01:06:27.75	+00:05:48 (8.7%)	6:38	9 (90.9%)
18	STACHOWIAK Sebastian	525		M40-49	6	2		00:32:06	01:06:28.30	+00:05:48 (8.7%)	6:38	9 (90.9%)
19	MIELECKA Agnieszka	485	KS IDMAR RACING TEAM	K40-49	1			00:32:52	01:06:30.60	+00:05:50 (8.8%)	6:39	9 (90.9%)
20	STĘPNIEMSKI Paweł	529	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:32:47	01:06:30.85	+00:05:51 (8.8%)	6:39	9 (90.9%)
21	RYCHLIK Grzegorz	569	NOWI SIEDLCE/NW WSCHÓD	M30-39	6			00:31:59	01:07:06.30	+00:06:26 (9.6%)	6:42	8.9 (89.9%)
22	JUREK Adam	447	KS METRACO POLKOWICE	M50-59	5			00:32:29	01:07:16.30	+00:06:36 (9.8%)	6:43	8.9 (89.9%)
23	WITCZUK Łukasz	555	NWPL/FNWT	M30-39	7			00:33:09	01:07:29.20	+00:06:49 (10.1%)	6:44	8.9 (89.9%)
24	KUBISZYN Mirosław	575		M30-39	8			00:32:58	01:07:35.90	+00:06:56 (10.3%)	6:45	8.9 (89.9%)
25	KUBIAK Przemysław	469	KS IDMAR RACING TEAM	M40-49	7			00:33:47	01:07:59.25	+00:07:19 (10.8%)	6:47	8.8 (88.9%)
26	OPEL Klaus	497	NW TEAM CITY FIT & SPORT FERSTL	M30-39	9			00:33:53	01:08:27.35	+00:07:47 (11.4%)	6:50	8.8 (88.9%)
27	KUBISZYN Małgorzata	574		K30-39	1			00:33:52	01:08:41.35	+00:08:01 (11.7%)	6:52	8.7 (87.9%)
28	MARCZAK Krzysztof	482	NWPL/NW BEŁCHATÓW	M60-69	2			00:33:29	01:08:49.65	+00:08:09 (11.9%)	6:53	8.7 (87.9%)
29	DMOWSKA Aneta	52	UNIA MIAST	K40-49	2			00:33:50	01:08:49.85	+00:08:10 (11.9%)	6:53	8.7 (87.9%)
30	SPYCHAŁA Lesław	524		M50-59	6			00:33:11	01:08:54.80	+00:08:15 (12.0%)	6:53	8.7 (87.9%)
31	JĘDRASIAK Renata	446	KS METRACO POLKOWICE	K50-59	1			00:34:13	01:08:55.65	+00:08:15 (12.0%)	6:53	8.7 (87.9%)
32	BASSO Daniela	405	NORDIC WALKING COMO	K50-59	2			00:33:58	01:08:59.80	+00:08:20 (12.1%)	6:54	8.7 (87.9%)
33	KLIMCZAK Adam	455		M50-59	7			00:34:05	01:09:18.25	+00:08:38 (12.5%)	6:55	8.7 (87.9%)
34	MUCHA Marcin	487	BATRUN	M40-49	8			00:34:33	01:09:20.70	+00:08:41 (12.5%)	6:56	8.7 (87.9%)
35	ZAGAJA Janusz	562	WESOŁY BORSUK TEAM	M60-69	3			00:33:40	01:09:35.80	+00:08:56 (12.8%)	6:57	8.6 (86.9%)
36	PASIKOWSKA Mariola	499	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:34:23	01:10:02.05	+00:09:22 (13.4%)	7:00	8.6 (86.9%)
37	LENZ Andrzej	475		M50-59	8			00:35:13	01:10:16.25	+00:09:36 (13.7%)	7:01	8.5 (85.9%)

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38	SCHNEIDER Helmut	513	NW TEAM CITY FIT & SPORT FERSTL	M70+	1			00:34:38	01:10:35.85	+00:09:56 (14.1%)	7:03	8.5 (85.9%)
39	LISOWSKI Jakub	478	NIEMIALEMPOMYSLU	M18-29	4			00:33:52	01:10:36.85	+00:09:57 (14.1%)	7:03	8.5 (85.9%)
40	FRAÇKOWIAK Krzysztof	428	NOWI SIEDLCE/NW WSCHÓD	M40-49	9			00:34:54	01:10:37.05	+00:09:57 (14.1%)	7:03	8.5 (85.9%)
41	GŁOWA Michał	433	UNIA MIAST	M18-29	5			00:34:52	01:10:41.95	+00:10:02 (14.2%)	7:04	8.5 (85.9%)
42	UKLEJEWSKI Kacper	566	GOSIR OSIELSKO	M18-29	6			00:35:18	01:10:43.55	+00:10:03 (14.2%)	7:04	8.5 (85.9%)
43	GIERSZEWSKI Arkadiusz	431		M40-49	10			00:34:39	01:10:45.30	+00:10:05 (14.3%)	7:04	8.5 (85.9%)
44	CZEKAJŁO Franciszek	421	REMI	M60-69	4			00:34:41	01:10:48.05	+00:10:08 (14.3%)	7:04	8.5 (85.9%)
45	SZARSZUNOWICZ Anna	534	KS METRACO POLKOWICE	K30-39	3			00:34:53	01:10:52.75	+00:10:13 (14.4%)	7:05	8.5 (85.9%)
46	SKOWROŃSKA Dominika	517	NWPL/MARSZ PO ZDROWIE	K18-29	1			00:35:20	01:11:03.85	+00:10:24 (14.6%)	7:06	8.4 (84.8%)
47	WARUSZEWSKI Karol	548	BIEGAJĄCY TCZEW	M40-49	11			00:35:37	01:11:05.60	+00:10:25 (14.7%)	7:06	8.4 (84.8%)
48	WOLNIEWICZ Katarzyna	558	UNIA MIAST	K40-49	3			00:35:00	01:11:10.50	+00:10:30 (14.8%)	7:07	8.4 (84.8%)
49	FELDMEIER Christiane	426	NW TEAM CITY FIT & SPORT FERSTL	K50-59	3			00:35:16	01:11:18.80	+00:10:39 (14.9%)	7:07	8.4 (84.8%)
50	OPEL Stefanie	496	NW TEAM CITY FIT & SPORT FERSTL	K30-39	4			00:35:34	01:11:31.65	+00:10:51 (15.2%)	7:09	8.4 (84.8%)
51	ŚWISTEK Dariusz	542	WIELISZEW HERON TEAM	M40-49	12			00:36:08	01:11:41.95	+00:11:02 (15.4%)	7:10	8.4 (84.8%)
52	SMUL Andrzej	521	MARSZ PO ZDROWIE POZNAŃ	M60-69	5			00:34:11	01:11:43.20	+00:11:03 (15.4%)	7:10	8.4 (84.8%)
53	STYŚ Elżbieta	531		K50-59	4			00:35:23	01:11:55.55	+00:11:15 (15.7%)	7:11	8.3 (83.8%)
54	LIPKO Adrianna	477	BIEGAMYRAZEM.PL	K30-39	5			00:35:45	01:12:14.75	+00:11:35 (16.0%)	7:13	8.3 (83.8%)
55	NIEDL Margot	490	NW TEAM BAYERN	K40-49	4			00:35:56	01:12:17.90	+00:11:38 (16.1%)	7:13	8.3 (83.8%)
56	PRZYBYŁEK Marysia	508	MARSZ PO ZDROWIE POZNAŃ	K40-49	5			00:36:01	01:12:18.15	+00:11:38 (16.1%)	7:13	8.3 (83.8%)
57	HRYNDIO Jerzy	442	UNIA MIAST	M60-69	6			00:35:20	01:12:18.35	+00:11:38 (16.1%)	7:13	8.3 (83.8%)
58	KOŃCZEWSKKA Bożena	458	MKS HALICZ KB, BK NORDIC WALKING	K50-59	5			00:35:29	01:12:27.50	+00:11:47 (16.3%)	7:14	8.3 (83.8%)
59	KRAKOWIAN Piotr	462	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	13			00:35:23	01:12:40.90	+00:12:01 (16.5%)	7:16	8.3 (83.8%)
60	WENSAUER Konrad	549	NW TEAM CITY FIT & SPORT FERSTL	M50-59	9			00:36:08	01:12:44.75	+00:12:05 (16.6%)	7:16	8.2 (82.8%)

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									netto 10km	Różn		
61	PALIWODA Kasia	581	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	6			00:35:37	01:12:47.50	+00:12:07 (16.7%)	7:16	8.2 (82.8%)
62	BUJNICKI Marcin	412	NORDIC WALKING PASŁĘK	M40-49	14			00:35:45	01:13:09.05	+00:12:29 (17.1%)	7:18	8.2 (82.8%)
63	JERNEJ Anna Maria	445	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K50-59	6			00:35:57	01:13:14.40	+00:12:34 (17.2%)	7:19	8.2 (82.8%)
64	KULIG Henryk	470	ELBLĄGSKIE WŁÓCZY-KIJE	M60-69	7			00:36:26	01:13:20.15	+00:12:40 (17.3%)	7:20	8.2 (82.8%)
65	SUNTINGER Karin	532	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K60-69	1			00:36:18	01:13:24.60	+00:12:44 (17.4%)	7:20	8.2 (82.8%)
66	POZNAŃSKI Wiesław	506		M60-69	8			00:36:29	01:13:27.20	+00:12:47 (17.4%)	7:20	8.2 (82.8%)
67	CZAJKA Urszula	419	FACE NORDIC WALKING TEAM	K60-69	2			00:36:17	01:13:32.60	+00:12:52 (17.5%)	7:21	8.2 (82.8%)
68	TRATTNIG Claudia	546	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K40-49	7			00:36:20	01:13:41.90	+00:13:02 (17.7%)	7:22	8.1 (81.8%)
69	TEODOROWSKI Dariusz	543	UNIA MIAST	M40-49	15			00:36:47	01:13:46.35	+00:13:06 (17.8%)	7:22	8.1 (81.8%)
70	DOBROWOLSKA Anna	424		K50-59	7			00:36:48	01:13:47.20	+00:13:07 (17.8%)	7:22	8.1 (81.8%)
71	LENER Sławomir	474	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	9			00:36:17	01:13:49.20	+00:13:09 (17.8%)	7:23	8.1 (81.8%)
72	STACHOWICZ Marcin	526	BŁĘKITNI NW DZIEMIANY	M30-39	10			00:36:24	01:13:49.60	+00:13:09 (17.8%)	7:23	8.1 (81.8%)
73	ŚLUSARCZYK Marcin	539	WESOŁY BORSUK TEAM	M30-39	11			00:36:34	01:13:57.30	+00:13:17 (18.0%)	7:23	8.1 (81.8%)
74	ZIELIŃSKA Jolanta	564	GOSIR OSIELSKO	K50-59	8			00:36:12	01:13:59.60	+00:13:19 (18.0%)	7:23	8.1 (81.8%)
75	MALINOWSKA Katarzyna	480	LECYMY DURŚ	K30-39	6			00:37:15	01:14:14.15	+00:13:34 (18.3%)	7:25	8.1 (81.8%)
76	ŚLUSARCZYK Andrzej	541	WESOŁY BORSUK TEAM	M60-69	10			00:36:28	01:14:15.95	+00:13:36 (18.3%)	7:25	8.1 (81.8%)
77	STAWNIAK Karol	527	KS METRACO POLKOWICE	M70+	2			00:37:18	01:14:17.20	+00:13:37 (18.3%)	7:25	8.1 (81.8%)
78	DZIĘCZKOWSKI Marcin	571		M40-49	16	1		00:36:46	01:14:20.20	+00:13:40 (18.4%)	7:26	8.1 (81.8%)
79	KURZAWSKA Jolanta	471	KS METRACO POLKOWICE	K60-69	3			00:36:15	01:14:26.35	+00:13:46 (18.5%)	7:26	8.1 (81.8%)
80	SŁOWIŃSKA Alicja	520	NOWI SIEDLCE/NW WSCHÓD	K50-59	9			00:36:07	01:14:27.45	+00:13:47 (18.5%)	7:26	8.1 (81.8%)
81	STARZYŃSKA Anna	586	NWPL	K30-39	7			00:36:32	01:14:37.35	+00:13:57 (18.7%)	7:27	8 (80.8%)
82	RASZEWSKA Izabela	510	FORMA NA PIĄTKĘ NW	K40-49	8			00:36:55	01:15:04.20	+00:14:24 (19.2%)	7:30	8 (80.8%)
83	SZULC Jarek	536	MARSZ PO ZDROWIE POZNAŃ	M50-59	10			00:36:56	01:15:09.55	+00:14:29 (19.3%)	7:31	8 (80.8%)

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84	ZACHARCZUK Zofia	561	NOWI SIEDLCE/NW WSCHÓD	K60-69	4			00:36:46	01:15:09.65	+00:14:29 (19.3%)	7:31	8 (80.8%)
85	PASIŃSKA-SKOWRON Sylwia	501	PRUSZYŃSKI SPORT TEAM	K40-49	9			00:36:53	01:15:22.70	+00:14:43 (19.5%)	7:32	8 (80.8%)
86	WILDAUER Ingo	554	TEAM ERDINGER ALKOHOLFREI	M50-59	11			00:35:48	01:15:26.60	+00:14:46 (19.6%)	7:32	8 (80.8%)
87	CHARCZUK Zenon	414	WESOŁY BORSUK TEAM	M60-69	11			00:37:23	01:15:42.00	+00:15:02 (19.9%)	7:34	7.9 (79.8%)
88	WIERZBA Lilla	552	PASJA NORDIC WALKING	K50-59	10			00:37:20	01:15:46.35	+00:15:06 (19.9%)	7:34	7.9 (79.8%)
89	MAŁKIEWICZ Jacek	481		M50-59	12			00:38:17	01:15:46.80	+00:15:07 (20.0%)	7:34	7.9 (79.8%)
90	SÓJKA Agnieszka	523		K30-39	8			00:38:07	01:15:54.45	+00:15:14 (20.1%)	7:35	7.9 (79.8%)
91	WIĘCKOWSKI Janusz	553		M40-49	17			00:37:58	01:16:05.45	+00:15:25 (20.3%)	7:36	7.9 (79.8%)
92	ZAWISŁA Stanisław	563	MARSZ PO ZDROWIE POZNAŃ	M60-69	12			00:37:06	01:16:13.40	+00:15:33 (20.4%)	7:37	7.9 (79.8%)
93	MARONDEL Katarzyna	484	SILESIA NORDIC TEAM	K30-39	9			00:37:00	01:16:19.80	+00:15:40 (20.5%)	7:38	7.9 (79.8%)
94	GABERT Beata	429	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	10			00:37:45	01:16:19.90	+00:15:40 (20.5%)	7:38	7.9 (79.8%)
95	KORDOWSKA Bogusława	459	NOWA HUTA TEAM	K40-49	11			00:37:57	01:16:28.55	+00:15:48 (20.7%)	7:38	7.8 (78.8%)
96	KOSECKA Katarzyna	460	FORMA NA PIĄTKĘ NW	K50-59	11			00:37:26	01:16:30.15	+00:15:50 (20.7%)	7:39	7.8 (78.8%)
97	SCHULZ Sigrid	514	NW TEAM CITY FIT & SPORT FERSTL	K50-59	12			00:37:25	01:16:33.60	+00:15:53 (20.8%)	7:39	7.8 (78.8%)
98	KOŁPAK Jan	456	LKS ZANTYR SZTUM	M70+	3			00:37:46	01:16:43.55	+00:16:03 (20.9%)	7:40	7.8 (78.8%)
99	ŻOŁNO Magda	565	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	13			00:38:48	01:16:44.85	+00:16:05 (21.0%)	7:40	7.8 (78.8%)
100	KOTULA Jakub	461	UNIA MIAST	M30-39	12			00:38:21	01:16:54.80	+00:16:15 (21.1%)	7:41	7.8 (78.8%)
101	SURIAK Michał	533	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	13			00:38:20	01:16:55.20	+00:16:15 (21.1%)	7:41	7.8 (78.8%)
102	DOBROWOLSKA-ŚWIĄTEK Elżbieta	425		K50-59	14			00:38:34	01:16:58.95	+00:16:19 (21.2%)	7:41	7.8 (78.8%)
103	GOLUS Urszula	434	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	5			00:38:38	01:17:35.75	+00:16:56 (21.8%)	7:45	7.7 (77.8%)
104	ŚLUSARCZYK Grzegorz	540	WESOŁY BORSUK TEAM	M40-49	18			00:38:25	01:17:37.70	+00:16:58 (21.9%)	7:45	7.7 (77.8%)
105	NIETRZEBKA Aleksandra	491	MIĘDZYBORÓW	K18-29	2			00:37:35	01:17:43.60	+00:17:03 (22.0%)	7:46	7.7 (77.8%)
106	SURIAK Ewelina	662	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	3			00:38:08	01:17:44.15	+00:17:04 (22.0%)	7:46	7.7 (77.8%)

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									netto 10km	Różn		
107	CHYRA Janusz	418	UNIA MIAST	M40-49	19			00:38:36	01:18:28.90	+00:17:49 (22.7%)	7:50	7.6 (76.8%)
108	MALICKA Monika	479	NW CZŁAPSKI TEAM	K40-49	12			00:38:49	01:18:35.90	+00:17:56 (22.8%)	7:51	7.6 (76.8%)
109	SKWIERAWSKA - BRUSKA Karolina	518	BŁĘKITNI NW DZIEMIANY	K30-39	10			00:38:43	01:18:50.75	+00:18:11 (23.1%)	7:53	7.6 (76.8%)
110	KOMAJDA Jarosław	457	GOSIR OSIELSKO	M50-59	13			00:38:53	01:18:58.10	+00:18:18 (23.2%)	7:53	7.6 (76.8%)
111	GAWOR Renata	430	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	15			00:39:38	01:19:11.20	+00:18:31 (23.4%)	7:55	7.6 (76.8%)
112	SOBAŃSKA Grażyna	522		K60-69	6			00:39:41	01:19:39.40	+00:18:59 (23.8%)	7:57	7.5 (75.8%)
113	ŻUCHOWICZ Elżbieta	709	KS METRACO POLKOWICE	K50-59	16			00:39:26	01:19:43.95	+00:19:04 (23.9%)	7:58	7.5 (75.8%)
114	PINIS Agnieszka	504	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	13	1		00:39:00	01:19:59.20	+00:19:19 (24.2%)	7:59	7.5 (75.8%)
115	SKAWIŃSKA Ewa	516	RIGHTWAY	K40-49	14			00:38:42	01:20:07.10	+00:19:27 (24.3%)	8:00	7.5 (75.8%)
116	CHŁODNICKI Marek	415	MARSZ PO ZDROWIE POZNAŃ	M60-69	13			00:39:37	01:20:11.95	+00:19:32 (24.4%)	8:01	7.5 (75.8%)
117	KASPRZYK Elżbieta	450	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	17			00:39:45	01:20:19.95	+00:19:40 (24.5%)	8:02	7.5 (75.8%)
118	PRZYBYLSKA Maria	507		K60-69	7			00:38:59	01:20:20.05	+00:19:40 (24.5%)	8:02	7.5 (75.8%)
119	KRUSZKA Arleta	463	MARSZ PO ZDROWIE POZNAŃ	K50-59	18			00:39:52	01:20:26.00	+00:19:46 (24.6%)	8:02	7.5 (75.8%)
120	CHOLEWKA Jolanta	416	MARSZ PO ZDROWIE POZNAŃ	K60-69	8			00:39:50	01:20:26.75	+00:19:47 (24.6%)	8:02	7.5 (75.8%)
121	OMARSKA Grażyna	495	PASJA NORDIC WALKING	K60-69	9			00:39:57	01:20:28.55	+00:19:48 (24.6%)	8:02	7.5 (75.8%)
122	TOMASZEWSKA Mariola	545	FACE NORDIC WALKING TEAM	K50-59	19			00:40:09	01:20:42.30	+00:20:02 (24.8%)	8:04	7.4 (74.7%)
122	AGARWAL Ritu	401		K40-49	15			00:40:47	01:20:42.30	+00:20:02 (24.8%)	8:04	7.4 (74.7%)
124	CZAKIERT Marek	420	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	14			00:39:53	01:21:14.85	+00:20:35 (25.3%)	8:07	7.4 (74.7%)
125	GRZELCZAK Ewa	576	FORMA NA PIĄTKĘ NW	K40-49	16			00:40:06	01:21:23.00	+00:20:43 (25.5%)	8:08	7.4 (74.7%)
126	RAUCH Sonja	511	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K50-59	20			00:40:08	01:21:33.25	+00:20:53 (25.6%)	8:09	7.4 (74.7%)
127	WOJSA Janusz	580	FORMA NA PIĄTKĘ NW	M60-69	14			00:39:57	01:21:40.90	+00:21:01 (25.7%)	8:10	7.3 (73.7%)
128	KORYCKA Mariola	579	FORMA NA PIĄTKĘ NW	K30-39	11			00:40:39	01:21:45.35	+00:21:05 (25.8%)	8:10	7.3 (73.7%)
129	NIETRZEBKA Paweł	492	MIĘDZYBORÓW	M30-39	14			00:39:08	01:21:49.25	+00:21:09 (25.9%)	8:10	7.3 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
130	SZOT Magdalena	535		K18-29	4			00:39:50	01:22:14.00	+00:21:34 (26.2%)	8:13	7.3 (73.7%)
131	KIEŁBIK Marek	453	M&M SKRZYDLATA	M60-69	15			00:42:04	01:22:16.90	+00:21:37 (26.3%)	8:13	7.3 (73.7%)
132	MOSOŃ Marek	486	M&M SKRZYDLATA	M60-69	16			00:42:00	01:22:20.05	+00:21:40 (26.3%)	8:14	7.3 (73.7%)
133	JEDYNAK Stanisław	444	PASJA NORDIC WALKING	M70+	4			00:40:19	01:22:24.80	+00:21:45 (26.4%)	8:14	7.3 (73.7%)
134	KRZYŻANOWSKI Wojciech	468	AZS CM UMK BYDGOSZCZ	M40-49	20			00:40:15	01:22:27.95	+00:21:48 (26.4%)	8:14	7.3 (73.7%)
135	KRAJEWSKI Szymon	595	KLUB ODŻYWIANIA KRAJANKA	M30-39	15	4 min kary		00:36:49	01:22:33.20	+00:21:53 (26.5%)	8:15	7.3 (73.7%)
136	POPIELARZ Karolina	505		K30-39	12			00:40:09	01:22:43.70	+00:22:04 (26.7%)	8:16	7.3 (73.7%)
137	KIDAWA Danuta	452	SANTANDER CONSUMER BANK	K40-49	17			00:40:46	01:22:47.20	+00:22:07 (26.7%)	8:16	7.2 (72.7%)
138	FOLWARSKA Małgorzata	427	FACE NORDIC WALKING TEAM	K60-69	10			00:40:22	01:22:52.00	+00:22:12 (26.8%)	8:17	7.2 (72.7%)
139	SZULC Cezary	537	MARSZ PO ZDROWIE POZNAŃ	M18-29	7			00:41:22	01:23:14.40	+00:22:34 (27.1%)	8:19	7.2 (72.7%)
140	PINIS Michał	503	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	16			00:40:25	01:23:16.60	+00:22:36 (27.2%)	8:19	7.2 (72.7%)
141	WORONKO-ZACZYŃSKA Janina	560	KS METRACO POLKOWICE	K70+	1			00:40:52	01:23:20.75	+00:22:41 (27.2%)	8:20	7.2 (72.7%)
142	SZYDŁOWSKA Beata	538	STOWARZYSZENIE RÓŻOWA WSTAŻECZKA OSIELSKO	K50-59	21			00:40:47	01:23:21.70	+00:22:42 (27.2%)	8:20	7.2 (72.7%)
143	AŁADOWICZ Anna	402	GOSIR OSIELSKO	K30-39	13			00:41:32	01:23:44.70	+00:23:05 (27.6%)	8:22	7.2 (72.7%)
144	GÓRSKA Weronika	436	GOSIR OSIELSKO	K18-29	5			00:41:36	01:23:46.90	+00:23:07 (27.6%)	8:22	7.2 (72.7%)
145	WAŁECKA Krystyna	547	FACE NORDIC WALKING TEAM	K60-69	11			00:41:00	01:24:32.15	+00:23:52 (28.2%)	8:27	7.1 (71.7%)
146	KIDAWA Bożena	451	SANTANDER CONSUMER BANK	K60-69	12			00:41:50	01:24:37.20	+00:23:57 (28.3%)	8:27	7.1 (71.7%)
147	BIERYT Magdalena	408		K18-29	6			00:42:01	01:25:36.75	+00:24:57 (29.1%)	8:33	7 (70.7%)
148	OWCZAREK Magdalena	498	MIĘDZYBORÓW	K50-59	22			00:41:43	01:25:56.45	+00:25:16 (29.4%)	8:35	7 (70.7%)
149	GOLUS Lech	435	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	17			00:42:06	01:25:57.55	+00:25:17 (29.4%)	8:35	7 (70.7%)
150	HRABIA Józef	441	VIKING NORDIC TEAM CZĘSTOCHOWA	M60-69	18			00:42:52	01:26:05.95	+00:25:26 (29.5%)	8:36	7 (70.7%)
151	MARCZYK Jerzy Paweł	483	FACE NORDIC WALKING TEAM	M60-69	19			00:42:24	01:26:13.45	+00:25:33 (29.6%)	8:37	7 (70.7%)
152	BUSZTA Anna	413	KLUB ODŻYWIANIA EFEKT	K40-49	18			00:42:39	01:27:17.85	+00:26:38 (30.5%)	8:43	6.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
153	KRYSZCZUK Kacper	465	NOWI SIEDLCE/NW WSCHÓD	M18-29	8			00:43:15	01:27:23.90	+00:26:44 (30.6%)	8:44	6.9 (69.7%)
154	OESTERREICHER Christine	493	ASKÖ VILLACH	K50-59	23			00:41:57	01:27:45.00	+00:27:05 (30.9%)	8:46	6.8 (68.7%)
155	BALCERZAK Marlena	403	EFEKT	K30-39	14			00:43:09	01:27:56.80	+00:27:17 (31.0%)	8:47	6.8 (68.7%)
156	KALENKIEWICZ Dariusz	449	ELBLĄSKIE WŁÓCZY-KIJE	M50-59	15			00:43:50	01:28:00.50	+00:27:20 (31.1%)	8:48	6.8 (68.7%)
157	KRYGIEL Maria	464	GOSIR OSIELSKO	K50-59	24			00:43:35	01:28:08.60	+00:27:28 (31.2%)	8:48	6.8 (68.7%)
158	RACŁAWSKA Joanna	509	AMATORKA	K50-59	25			00:42:44	01:28:31.95	+00:27:52 (31.5%)	8:51	6.8 (68.7%)
159	RYBKA Magdalena	512		K30-39	15			00:46:07	01:30:02.90	+00:29:23 (32.6%)	9:00	6.7 (67.7%)
160	BAUER Max	406	NW TEAM CITY FIT & SPORT FERSTL	M70+	5			00:44:08	01:30:08.95	+00:29:29 (32.7%)	9:00	6.7 (67.7%)
161	KRZYŚCIN Rafał	466	SANTANDER CONSUMER BANK	M40-49	21			00:44:20	01:30:30.95	+00:29:51 (33.0%)	9:03	6.6 (66.7%)
162	LIGĘZA Elżbieta	476		K50-59	26			00:44:47	01:30:34.25	+00:29:54 (33.0%)	9:03	6.6 (66.7%)
163	DELIG Danuta	423	KLUB ZDROWEGO STYLU ŻYCIA KRAJANKA	K50-59	27			00:43:48	01:30:45.65	+00:30:05 (33.2%)	9:04	6.6 (66.7%)
164	KRZYŚCIN Mirosława	467	SANTANDER CONSUMER BANK	K40-49	19			00:45:22	01:32:05.10	+00:31:25 (34.1%)	9:12	6.5 (65.7%)
165	WIECZOREK Marta	551		K30-39	16			00:45:19	01:33:09.90	+00:32:30 (34.9%)	9:19	6.4 (64.6%)
166	BARANOWSKA Ewelina	404	KLUB ODŻYWIANIA EFEKT	K30-39	17			00:46:38	01:35:13.10	+00:34:33 (36.3%)	9:31	6.3 (63.6%)
167	JEZIORSKA Katarzyna	572		K30-39	18			00:46:41	01:35:14.60	+00:34:34 (36.3%)	9:31	6.3 (63.6%)
168	BIERYT Arkadiusz	407	POLIFAX	M50-59	16			00:45:48	01:37:03.75	+00:36:24 (37.5%)	9:42	6.2 (62.6%)
169	BIERYT Joanna	409	STOWARZYSZENIE RÓŻOWA WSTAŻECZKA OSIELSKO	K50-59	28			00:47:23	01:39:40.30	+00:39:00 (39.1%)	9:58	6 (60.6%)
DQ	OLUWAGBEMI Melvin	494	PARIS/ FRANCE	M18-29			1	00:30:55 DQ	01:01:33.50 DQ		-	- (0.0%)

Znaleziono 170 wynik(ów)