

OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 5KM

B4SPORT
INTELEKTUALNE ŚRODKI SPORTOWE

Wydarzenie: MISTRZOSTWA POLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-08-04
Miejsce: Osielsko
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WOŁOSZKA Artur	600	NWPL/LUKI TEAM	M18-29	1			00:29:54.85		5:59	10 (100%)
2	BRZOZOWSKI Piotr	700	NWPL/AKTYWNI POSTOMINO	M30-34-P.EUR.	1			00:30:15.15	+00:00:20 (1.1%)	6:03	9.9 (99.0%)
3	MICHALEC Marcin	216	KKB MOSIR KROSNO	M30-34-P.EUR.	2			00:30:25.40	+00:00:30 (1.7%)	6:05	9.9 (99.0%)
4	RAJEWSKI Sebastian	294	KS IDMAR RACING TEAM	M45-49	1			00:30:27.70	+00:00:32 (1.8%)	6:05	9.8 (98.0%)
5	ZARĘBSKI Michał	720	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:30:33.05	+00:00:38 (2.1%)	6:06	9.8 (98.0%)
6	WOROCH Roman	708	KS METRACO POLKOWICE	M60-64	1			00:30:33.95	+00:00:39 (2.1%)	6:06	9.8 (98.0%)
7	HELWICH Stefan	102	KS METRACO POLKOWICE	M60-64	2			00:30:34.70	+00:00:39 (2.2%)	6:07	9.8 (98.0%)
8	MIZGAŁA Kacper	222	KABEX PODKOWA JANÓW	M-Junior	1			00:30:54.60	+00:00:59 (3.2%)	6:11	9.7 (97.0%)
9	WOJTOWICZ Tomasz	710	NORDIC WALKING POLAND	M18-29	2			00:30:59.80	+00:01:04 (3.5%)	6:12	9.7 (97.0%)
10	BIŃCZYK Dariusz	18	ZABIEGANI CZĘSTOCHOWA	M30-34-P.EUR.	3			00:31:01.75	+00:01:06 (3.6%)	6:12	9.7 (97.0%)
11	CYRUS Bogdan	45	SILESIA NORDIC TEAM	M45-49	2			00:31:03.25	+00:01:08 (3.7%)	6:12	9.7 (97.0%)
12	STĘPAK Piotr	331	ZBYLITOWSKA GÓRA NW WINNING TEAM	M18-29	3			00:31:08.15	+00:01:13 (3.9%)	6:13	9.6 (96.0%)
13	PĘKALA Wiktor	264	KABEX PODKOWA JANÓW	M-Junior	2			00:31:13.80	+00:01:18 (4.2%)	6:14	9.6 (96.0%)
14	OLUWAGBEMI Melvin	254	PARIS / FRANCE	M18-29	4			00:31:13.85	+00:01:19 (4.2%)	6:14	9.6 (96.0%)
14	SIWAK Piotr	316	KS METRACO POLKOWICE	M55-59	1			00:31:13.85	+00:01:19 (4.2%)	6:14	9.6 (96.0%)
16	ROŻYNEK Miron	304	KS METRACO POLKOWICE	M55-59	2			00:31:15.65	+00:01:20 (4.3%)	6:15	9.6 (96.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
17	RECZULSKI Mariusz	298	KABEX PODKOWA JANÓW	M50-54	1			00:31:19.20	+00:01:24 (4.5%)	6:15	9.6 (96.0%)
18	KLICZKA Kamil	140	SANPROBI SZCZECIN	M50-54	2			00:31:23.10	+00:01:28 (4.7%)	6:16	9.6 (96.0%)
19	WOJTASIŃSKI Daniel	719	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:31:25.45	+00:01:30 (4.8%)	6:17	9.5 (95.0%)
20	GWIZDAŁA Zbigniew	98		M50-54	3			00:31:26.70	+00:01:31 (4.9%)	6:17	9.5 (95.0%)
21	KACPRZAK Sławek	125	NWPL/LZS JUSTYNÓW	M40-44	2			00:31:38.60	+00:01:43 (5.5%)	6:19	9.5 (95.0%)
22	MACHNIK Janusz	589	CLLEO ZAWIERCIE	M40-44	3			00:31:43.80	+00:01:48 (5.7%)	6:20	9.5 (95.0%)
23	RADOMSKI Marcin	577	NW CZŁAPSKI PŁOCK	M40-44	4			00:31:54.05	+00:01:59 (6.2%)	6:22	9.4 (94.0%)
24	TOPOLNICKI Konrad	368	CKZIU NYSA MECHANIK	M-Junior	3			00:31:59.45	+00:02:04 (6.5%)	6:23	9.4 (94.0%)
25	BIŁEK Artur	17	UNIA MIAST	M30-39	2			00:32:02.20	+00:02:07 (6.6%)	6:24	9.4 (94.0%)
26	FRĄCKOWIAK Mateusz	74	KS METRACO POLKOWICE	M-Junior	4			00:32:04.90	+00:02:10 (6.8%)	6:25	9.4 (94.0%)
27	MICHALSKI Andrzej	744	KS IDMAR RACING TEAM	M55-59	3			00:32:15.35	+00:02:20 (7.3%)	6:27	9.3 (93.0%)
28	JACHIMOWICZ Renata	750	NWPL/LUKI TEAM	K50-54	1			00:32:22.80	+00:02:27 (7.6%)	6:28	9.3 (93.0%)
29	KLUKOWSKI Michał	142	JERSEY RUNNER	M18-29	5	1		00:32:25.05	+00:02:30 (7.7%)	6:29	9.3 (93.0%)
30	JAGIEŁA Paweł	108	NOWI SIEDLCE/NW WSCHÓD	M18-29	6			00:32:31.60	+00:02:36 (8.0%)	6:30	9.2 (92.0%)
31	DĘBSKI Bartłomiej	51	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	5			00:32:32.05	+00:02:37 (8.1%)	6:30	9.2 (92.0%)
32	CZŁAPSKI Krzysztof	47	NW CZŁAPSKI TEAM	M55-59	4			00:32:36.85	+00:02:42 (8.3%)	6:31	9.2 (92.0%)
33	HAŁAS Marcin	99	UNIA MIAST	M30-34-P.EUR.	4			00:32:38.35	+00:02:43 (8.3%)	6:31	9.2 (92.0%)
34	WETOSZKA Piotr	717	NOWI SIEDLCE/NW WSCHÓD	M30-34-P.EUR.	5			00:32:39.15	+00:02:44 (8.4%)	6:31	9.2 (92.0%)
35	GAŁĄZKA Julia	75	KABEX PODKOWA JANÓW	K-Junior	1			00:32:47.10	+00:02:52 (8.8%)	6:33	9.2 (92.0%)
36	KRAJEWSKA Hanna	160	MARSZ PO ZDROWIE POZNAŃ	K-Junior	2			00:32:52.35	+00:02:57 (9.0%)	6:34	9.1 (91.0%)
37	SCHRÖDER Karol	312	SILESIA NORDIC TEAM	M40-44	6			00:32:57.30	+00:03:02 (9.2%)	6:35	9.1 (91.0%)
38	NIECHWIEJCZYK Piotr	233	UNIA MIAST	M40-44	7			00:32:58.75	+00:03:03 (9.3%)	6:35	9.1 (91.0%)
39	JUREK Adam	124	KS METRACO POLKOWICE	M55-59	5			00:33:08.10	+00:03:13 (9.7%)	6:37	9 (90.0%)
40	FRĄCKOWIAK Roman	73	KS METRACO POLKOWICE	M50-54	4			00:33:09.65	+00:03:14 (9.8%)	6:37	9 (90.0%)
41	GARBOWSKI Piotr	78	PODKARPACIE PRZEMYŚL	M-Niepełnosprawni(B)	1			00:33:09.90	+00:03:15 (9.8%)	6:38	9 (90.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
42	SANIUK Edward	308	FACE NORDIC WALKING TEAM	M65-69	1			00:33:15.60	+00:03:20 (10.1%)	6:39	9 (90.0%)
43	TOPOREK Rafał	369	NWPL/LUKI TEAM	M- Niepełnosprawni(B)	2			00:33:18.45	+00:03:23 (10.2%)	6:39	9 (90.0%)
44	POLEWCZAK Mariusz	591	CLLEO ZAWIERCIE	M45-49	3			00:33:19.45	+00:03:24 (10.2%)	6:40	9 (90.0%)
45	OPEL Klaus	256	NW TEAM CITY FIT & SPORT FERSTL	M30-39	3			00:33:20.85	+00:03:26 (10.3%)	6:40	9 (90.0%)
46	SŁOMIAN Leszek	320	UNIA MIAST	M55-59	6			00:33:22.35	+00:03:27 (10.4%)	6:40	9 (90.0%)
47	TRZCIŃSKI Eugeniusz	372	SPORT I REKREACJA START CHEŁMNO	M60-64	3			00:33:36.10	+00:03:41 (11.0%)	6:43	8.9 (89.0%)
48	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69	2			00:33:37.15	+00:03:42 (11.0%)	6:43	8.9 (89.0%)
49	SKWIRUT Jerzy	319	PODKARPACIE PRZEMYŚL	M- Niepełnosprawni(B)	3			00:33:37.40	+00:03:42 (11.0%)	6:43	8.9 (89.0%)
50	SZYMSKA Małgorzata	359	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	1			00:33:42.95	+00:03:48 (11.3%)	6:44	8.9 (89.0%)
51	OLEKSYK Małgorzata	252	MKS HALICZ KB, BK NORDIC WALKING	K55-59	1			00:33:45.90	+00:03:51 (11.4%)	6:45	8.9 (89.0%)
52	SOKOŁOWSKI Marek	322	PTG SOKÓŁ RYMANÓW	M50-54	5			00:33:46.85	+00:03:52 (11.4%)	6:45	8.9 (89.0%)
53	ADAMUS Marian	4	SILESIA NORDIC TEAM	M65-69	3			00:33:46.90	+00:03:52 (11.4%)	6:45	8.9 (89.0%)
54	KUŚMIEREK Mateusz	180	BŁĘKITNI NW DZIEMIANY	M-Junior	5			00:33:49.00	+00:03:54 (11.5%)	6:45	8.9 (89.0%)
55	SZYMAŃSKI Stefan	150	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70-74-P.EUR.	1			00:33:51.00	+00:03:56 (11.6%)	6:46	8.9 (89.0%)
56	WASIELEWSKI Mirosław	394	KS ELBLĄSKIE-WŁÓCZY-KIJE	M55-59	7			00:33:51.20	+00:03:56 (11.6%)	6:46	8.9 (89.0%)
57	BREWKA Joachim	29	UNIA MIAST	M50-54	6			00:34:00.05	+00:04:05 (12.0%)	6:48	8.8 (88.0%)
58	PRADUŃ Michał	281	NOWI SIEDLCE/NW WSCHÓD	M- Niepełnosprawni(B)	4			00:34:01.00	+00:04:06 (12.1%)	6:48	8.8 (88.0%)
59	REJMENTOWSKA Sylwia	299	PASJA NORDIC WALKING	K40-44	1			00:34:01.60	+00:04:06 (12.1%)	6:48	8.8 (88.0%)
60	WARDACH Jan	390	KS 'AGROS' ZAMOŚĆ	M70-74-P.EUR.	2			00:34:06.05	+00:04:11 (12.3%)	6:49	8.8 (88.0%)
61	KOP Wiesław	154	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	8			00:34:06.55	+00:04:11 (12.3%)	6:49	8.8 (88.0%)
62	DUSZEŃKO Zygmunt	64	KS METRACO POLKOWICE	M55-59	9			00:34:09.40	+00:04:14 (12.4%)	6:49	8.8 (88.0%)
63	BARTOSIEWICZ Łukasz	9	NWPL/LUKI TEAM	M30-34-P.EUR.	6			00:34:09.80	+00:04:14 (12.4%)	6:50	8.8 (88.0%)
64	KRIWOPUST Igor	599	NW CZŁAPSKI TEAM	M18-29	7			00:34:13.15	+00:04:18 (12.6%)	6:50	8.8 (88.0%)
65	KUZICH Ihar	183	NORDIC BREST	M40-44	8			00:34:16.55	+00:04:21 (12.7%)	6:51	8.8 (88.0%)
66	POLISZCZUK Piotr	276	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	1			00:34:17.85	+00:04:23 (12.8%)	6:51	8.7 (87.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
67	JĘDRASIAK Renata	117	KS METRACO POLKOWICE	K55-59	2			00:34:18.00	+00:04:23 (12.8%)	6:51	8.7 (87.0%)
68	SULIKOWSKA Agnieszka	336	PASJA NORDIC WALKING	K30-39	2			00:34:32.10	+00:04:37 (13.4%)	6:54	8.7 (87.0%)
69	KOLBERG Kamila	148	KIJKOWE TRZEMESZNO	K30-39	3			00:34:32.15	+00:04:37 (13.4%)	6:54	8.7 (87.0%)
70	ŁUKASZEWICZ Joanna	203	GREEN TEAM ZIELONA GÓRA	K45-49	1			00:34:32.35	+00:04:37 (13.4%)	6:54	8.7 (87.0%)
71	OKRZESIK-FRĄCKOWIAK Izabela	249	KS METRACO POLKOWICE	K50-54	2			00:34:32.55	+00:04:37 (13.4%)	6:54	8.7 (87.0%)
72	OLEJNICZAK Piotr	251	FORMA NA PIĄTKĘ NW	M45-49	4			00:34:36.35	+00:04:41 (13.6%)	6:55	8.7 (87.0%)
73	RADECKI Artur	291	PASJA NORDIC WALKING	M55-59	10			00:34:38.50	+00:04:43 (13.6%)	6:55	8.7 (87.0%)
74	GIL Paweł	80	PODKARPACIE PRZEMYSŁ	M- Niepełnosprawni(B)	5			00:34:40.20	+00:04:45 (13.7%)	6:56	8.7 (87.0%)
75	KORYTOWSKA Agnieszka	155		K30-39	4			00:34:40.60	+00:04:45 (13.7%)	6:56	8.6 (86.0%)
76	USS Jola	382	NOWI SIEDLCE/NW WSCHÓD	K55-59	3			00:34:48.80	+00:04:53 (14.1%)	6:57	8.6 (86.0%)
77	KĘDZIERSKA Agnieszka	135	KIJKOWE TRZEMESZNO	K40-44	2			00:34:49.60	+00:04:54 (14.1%)	6:58	8.6 (86.0%)
78	TREŚCIŃSKA Justyna	371	KABEX PODKOWA JANÓW	K-Dzieci	1			00:34:49.70	+00:04:54 (14.1%)	6:57	8.6 (86.0%)
79	MIZGAŁA Nadia	223	KABEX PODKOWA JANÓW	K-Dzieci	2			00:34:50.95	+00:04:56 (14.2%)	6:58	8.6 (86.0%)
80	GAŁĄZKA Paweł	743	MUSZKIETEROWIE	M- Niepełnosprawni(A)	2			00:34:52.20	+00:04:57 (14.2%)	6:58	8.6 (86.0%)
81	WITCZUK Łukasz	733	NWPL/FNWT	M30-39	4			00:35:07.45	+00:05:12 (14.8%)	7:01	8.5 (85.0%)
82	RADOMSKA Marta	292	AVOCADO WELLNESS CLUB	K30-34-P.EUR.	1			00:35:08.35	+00:05:13 (14.9%)	7:01	8.5 (85.0%)
83	TOMCZYK Edward	367	MARSZ PO ZDROWIE POZNAŃ	M70-74-P.EUR.	3			00:35:08.60	+00:05:13 (14.9%)	7:01	8.5 (85.0%)
84	KROMSKI Paweł	165	NORDIC WALKING KIEKRZ	M50-54	7			00:35:09.15	+00:05:14 (14.9%)	7:01	8.5 (85.0%)
85	LEŚNIEWSKI Piotr	196	POZNAŃ RAZEM	M- Niepełnosprawni(B)	6			00:35:10.00	+00:05:15 (14.9%)	7:02	8.5 (85.0%)
86	MOTYL Anna	500	NWPL/NW BEŁCHATÓW	K50-54	3			00:35:10.75	+00:05:15 (15.0%)	7:02	8.5 (85.0%)
87	CUDAK Zbigniew	44	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-54	8			00:35:10.85	+00:05:16 (15.0%)	7:02	8.5 (85.0%)
88	KAPTEJNA Robert	127	KS ELBŁĄSKIE-WŁÓCZY-KIJE	M45-49	5			00:35:12.30	+00:05:17 (15.0%)	7:02	8.5 (85.0%)
89	JACHIMOWICZ Mirosław	749	NWPL/LUKI TEAM	M55-59	11			00:35:13.10	+00:05:18 (15.1%)	7:02	8.5 (85.0%)
90	DANIELEWICZ Anna	49		K40-44	3			00:35:15.60	+00:05:20 (15.2%)	7:03	8.5 (85.0%)
91	SCHNEIDER Helmut	311	NW TEAM CITY FIT & SPORT FERSTL	M70-74-P.EUR.	4			00:35:15.75	+00:05:20 (15.2%)	7:03	8.5 (85.0%)

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								5km	Różn		
92	BASSO Daniela	11	NORDIC WALKING COMO	K55-59	4			00:35:20.80	+00:05:25 (15.4%)	7:04	8.5 (85.0%)
93	POLEWCZAK Aneta	592	CLLEO ZAWIERCIE	K45-49	2			00:35:21.15	+00:05:26 (15.4%)	7:04	8.5 (85.0%)
94	GODZIŃSKA Dorota	739	BAŻANT NWTEAM	K30-39	5			00:35:30.35	+00:05:35 (15.7%)	7:06	8.4 (84.0%)
95	PUSZKARSKA Małgorzata	285		K40-44	4			00:35:30.65	+00:05:35 (15.8%)	7:06	8.4 (84.0%)
96	SZYMBORSKI Krzysztof	358	NW CZŁĄPSKI TEAM	M18-29	8			00:35:33.00	+00:05:38 (15.9%)	7:06	8.4 (84.0%)
97	KUBAT Janusz	170	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	6			00:35:34.00	+00:05:39 (15.9%)	7:06	8.4 (84.0%)
98	ROMAŃCZUK Agnieszka	303	NOWI SIEDLCE/NW WSCHÓD	K45-49	3			00:35:34.30	+00:05:39 (15.9%)	7:06	8.4 (84.0%)
99	GRYGOROWICZ Bogdan	93	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	7			00:35:34.80	+00:05:39 (15.9%)	7:07	8.4 (84.0%)
100	JÓZWIĄK Marianna	120	SERCE NORDICA WŁOCLAWEK	K45-49	4			00:35:34.85	+00:05:40 (15.9%)	7:07	8.4 (84.0%)
101	GAPIŃSKI Leszek	77	WESOŁY BORSUK TEAM	M60-64	4			00:35:35.75	+00:05:40 (16.0%)	7:07	8.4 (84.0%)
102	DUSIEL Ewa	62	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-54	4			00:35:37.20	+00:05:42 (16.0%)	7:07	8.4 (84.0%)
103	PASIKOWSKA Mariola	262	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-34-P.EUR.	2			00:35:40.95	+00:05:46 (16.2%)	7:08	8.4 (84.0%)
104	KNITTER Michał	627	BŁĘKITNI NW DZIEMIANY	M-Junior	6			00:35:44.35	+00:05:49 (16.3%)	7:08	8.4 (84.0%)
105	WRÓŃSKI Włodzimierz	703	PASJA NORDIC WALKING	M65-69	4			00:35:48.45	+00:05:53 (16.5%)	7:09	8.4 (84.0%)
106	KRYSZCZUK Krzysztof	168	NOWI SIEDLCE/NW WSCHÓD	M50-54	9			00:35:56.35	+00:06:01 (16.8%)	7:11	8.3 (83.0%)
107	DUDEK Edward	60	KS METRACO POLKOWICE	M65-69	5			00:35:57.45	+00:06:02 (16.8%)	7:11	8.3 (83.0%)
108	BERLIŃSKI Dariusz	13	PASJA NORDIC WALKING	M50-54	10			00:35:59.80	+00:06:04 (16.9%)	7:12	8.3 (83.0%)
109	CHUDZIŃSKI Andrzej	39	KS ELBŁĄSKIE-WŁÓCZY-KIJE	M65-69	6			00:36:03.05	+00:06:08 (17.0%)	7:12	8.3 (83.0%)
110	WOŁK Beata	502		K40-44	5			00:36:04.30	+00:06:09 (17.1%)	7:13	8.3 (83.0%)
111	MIKICIUK Jakub	218	NOWI SIEDLCE/NW WSCHÓD	M-Junior	7			00:36:05.20	+00:06:10 (17.1%)	7:13	8.3 (83.0%)
112	DUDEK Jan	59		M55-59	12			00:36:06.90	+00:06:12 (17.2%)	7:13	8.3 (83.0%)
113	WILD Ewa	707		K40-44	6			00:36:07.95	+00:06:13 (17.2%)	7:13	8.3 (83.0%)
114	GŁOMBICA Ewa	82		K30-39	6			00:36:15.35	+00:06:20 (17.5%)	7:15	8.3 (83.0%)
115	GODZIŃSKI Paweł	84	BAŻANT NWTEAM	M30-39	5			00:36:25.10	+00:06:30 (17.9%)	7:17	8.2 (82.0%)
116	WALAWKO Mirosław	383	AVOCADO WELLNESS CLUB	M65-69	7			00:36:26.30	+00:06:31 (17.9%)	7:17	8.2 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto		Tempo min/km	Tempo km/h
								5km	Różn		
117	FELDMEIER Christiane	67	NW TEAM CITY FIT & SPORT FERSTL	K55-59	5			00:36:27.10	+00:06:32 (17.9%)	7:17	8.2 (82.0%)
118	WOLNIEWICZ Katarzyna	712	UNIA MIAST	K45-49	5			00:36:28.10	+00:06:33 (18.0%)	7:17	8.2 (82.0%)
119	NIEDL Margot	234	NW TEAM BAYERN	K45-49	6			00:36:30.45	+00:06:35 (18.1%)	7:18	8.2 (82.0%)
120	FIGURSKA Dominika	68	FACE NORDIC WALKING TEAM	K18-29	1			00:36:37.30	+00:06:42 (18.3%)	7:19	8.2 (82.0%)
121	DOLNA Ewelina	54	KSK KOŁCZYĞŁOWY	K30-34-P.EUR.	3			00:36:39.30	+00:06:44 (18.4%)	7:20	8.2 (82.0%)
122	WIERZCHOSŁAWSKA Agnieszka	713		K18-29	2			00:36:40.10	+00:06:45 (18.4%)	7:20	8.2 (82.0%)
123	BOJANOWSKI Marcin	19		M30-39	6			00:36:40.50	+00:06:45 (18.4%)	7:20	8.2 (82.0%)
124	GRUSZKA Michał	90	UNIA MIAST	M-Junior	8			00:36:41.35	+00:06:46 (18.5%)	7:20	8.2 (82.0%)
125	UKLEJEWSKI Przemek	379	GOSIR OSIELSKO	M40-44	9			00:36:41.55	+00:06:46 (18.5%)	7:20	8.2 (82.0%)
126	RIZZI Giorgio	302	NORDIC WALKING COMO	M60-64	5			00:36:43.45	+00:06:48 (18.5%)	7:20	8.2 (82.0%)
127	MARCINKOWSKA Agnieszka	211	UNIA MIAST	K-Junior	3			00:36:43.75	+00:06:48 (18.6%)	7:20	8.2 (82.0%)
128	OPEL Stefanie	255	NW TEAM CITY FIT & SPORT FERSTL	K30-39	7			00:36:45.00	+00:06:50 (18.6%)	7:21	8.2 (82.0%)
129	NOWROTEK Roman	740	UNIA MIAST	M65-69	8			00:36:46.70	+00:06:51 (18.7%)	7:21	8.2 (82.0%)
130	KOLARSKA Agnieszka	146	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	8			00:36:50.30	+00:06:55 (18.8%)	7:22	8.1 (81.0%)
131	PREKURAT Marzena	282	NOWI SIEDLCE/NW WSCHÓD	K50-54	5			00:36:50.85	+00:06:56 (18.8%)	7:22	8.1 (81.0%)
132	WARCZALSKA Teresa	389	UNIA MIAST	K65-69	1			00:36:53.15	+00:06:58 (18.9%)	7:22	8.1 (81.0%)
133	WENSAUER Konrad	399	NW TEAM CITY FIT & SPORT FERSTL	M50-54	11			00:36:54.50	+00:06:59 (19.0%)	7:23	8.1 (81.0%)
134	KRECZMER Marzena	590	CLLEO ZAWIERCIE	K30-34-P.EUR.	4			00:36:55.40	+00:07:00 (19.0%)	7:23	8.1 (81.0%)
135	TRATTNIG Claudia	370	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K45-49	7	1		00:36:57.65	+00:07:02 (19.1%)	7:23	8.1 (81.0%)
136	MIKICIUK Krzysztof	573	NOWI SIEDLCE/NW WSCHÓD	M45-49	7			00:37:03.05	+00:07:08 (19.3%)	7:24	8.1 (81.0%)
137	WALECKA Romualda	388	SPORT I REKREACJA START CHEŁMNO	K60-64	1			00:37:08.85	+00:07:14 (19.5%)	7:25	8.1 (81.0%)
138	BUDZAŁEK Aneta	30	AVOCADO WELLNESS CLUB	K30-39	9			00:37:09.60	+00:07:14 (19.5%)	7:25	8.1 (81.0%)
139	CIARKA Henryk	42	NW CZŁAPSKI PŁOŃSK	M65-69	9			00:37:11.20	+00:07:16 (19.6%)	7:26	8.1 (81.0%)
140	GAPIŃSKA Janina	76	WESOŁY BORSUK TEAM	K60-64	2			00:37:23.05	+00:07:28 (20.0%)	7:28	8 (80.0%)
141	PLICHTA Józef	274	SUDETY KŁODZKO	M- Niepełnosprawni(B)	8			00:37:23.95	+00:07:29 (20.0%)	7:28	8 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
142	SUNTINGER Karin	337	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K60-64	3			00:37:25.90	+00:07:31 (20.1%)	7:29	8 (80.0%)
143	ŁOPIŃSKI Aleksy	202	SEALING TEAM FERAJNA PIŁA	M70-74-P.EUR.	5			00:37:26.00	+00:07:31 (20.1%)	7:29	8 (80.0%)
144	STARZYŃSKA Anna	585	NWPL	K30-34-P.EUR.	5			00:37:27.05	+00:07:32 (20.1%)	7:29	8 (80.0%)
145	KŁOS Lidia	144	SPORT I REKREACJA START CHELMNO	K40-44	7			00:37:28.55	+00:07:33 (20.2%)	7:29	8 (80.0%)
146	MACZKOWSKA Zofia	205	LKS ZANTYR SZTUM	K-Junior	4			00:37:28.80	+00:07:33 (20.2%)	7:29	8 (80.0%)
147	KUPIBIDA Bogusława	178	SILESIA NORDIC TEAM	K55-59	6			00:37:30.20	+00:07:35 (20.2%)	7:30	8 (80.0%)
148	STOLARSKA Joanna	332	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Junior	5			00:37:30.55	+00:07:35 (20.2%)	7:30	8 (80.0%)
149	BUJNICKI Marcin	32	NORDIC WALKING PASŁĘK	M40-44	10			00:37:32.90	+00:07:38 (20.3%)	7:30	8 (80.0%)
150	SZYMAŃSKI Władysław	357	KSN OMEGA ŁÓDŹ	M- Niepełnosprawni(B)	9			00:37:33.10	+00:07:38 (20.3%)	7:30	8 (80.0%)
151	GÓRSKI Jacek	88	GOSIR OSIELSKO	M50-54	12			00:37:36.50	+00:07:41 (20.5%)	7:31	8 (80.0%)
152	SZENDZIELORZ Ilona	343	STADION ŚLĄSKI	K60-64	4			00:37:36.60	+00:07:41 (20.5%)	7:31	8 (80.0%)
153	WILDAUER Ingo	701	TEAM ERDINGER ALKOHOLFREI	M55-59	13			00:37:39.15	+00:07:44 (20.6%)	7:31	8 (80.0%)
154	GRUSZKA Michał	748	UNIA MIAST	M40-44	11			00:37:47.40	+00:07:52 (20.8%)	7:33	7.9 (79.0%)
155	JANUSIK Krzysztof	110	JUTRZENKA CZĘSTOCHOWA	M- Niepełnosprawni(B)	10			00:37:48.50	+00:07:53 (20.9%)	7:33	7.9 (79.0%)
156	MALINOWSKA Monika	207	LKS ZANTYR SZTUM	K30-39	10			00:37:51.35	+00:07:56 (21.0%)	7:34	7.9 (79.0%)
157	GRYGOROWICZ Teresa	92	KS METRACO POLKOWICE	K65-69	2			00:37:52.35	+00:07:57 (21.0%)	7:34	7.9 (79.0%)
158	DANA Kazimiera	48	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:37:57.80	+00:08:02 (21.2%)	7:35	7.9 (79.0%)
159	ZAPORA Henryk	711	KS 'AGROS' ZAMOŚĆ	M65-69	10			00:37:58.25	+00:08:03 (21.2%)	7:35	7.9 (79.0%)
160	MIZGAŁA Nel	224	KABEX PODKOWA JANÓW	K-Dzieci	3			00:37:58.35	+00:08:03 (21.2%)	7:35	7.9 (79.0%)
161	SZYMAŃSKI Piotr	355	AVOCADO WELLNESS CLUB	M50-54	13			00:38:01.65	+00:08:06 (21.3%)	7:36	7.9 (79.0%)
162	MARCINKOWSKI Jakub	212	UNIA MIAST	M18-29	9			00:38:02.85	+00:08:08 (21.4%)	7:36	7.9 (79.0%)
163	WIERZCHOSŁAWSKI Mateusz	714		M18-29	10			00:38:03.30	+00:08:08 (21.4%)	7:36	7.9 (79.0%)
164	MOTOCZYŃSKI Krzysztof	227	GOSIR OSIELSKO	M60-64	6			00:38:04.00	+00:08:09 (21.4%)	7:36	7.9 (79.0%)
165	SULECKA Gabriela	335		K- Niepełnosprawni(A)	1			00:38:04.30	+00:08:09 (21.4%)	7:37	7.9 (79.0%)
166	JERNEJ Anna Maria	118	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K55-59	7	1		00:38:07.60	+00:08:12 (21.5%)	7:37	7.9 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
167	WIŚNIEWSKI Kazimierz	723	PASJA NORDIC WALKING	M60-64	7			00:38:10.80	+00:08:15 (21.6%)	7:38	7.9 (79.0%)
168	BARTOSIEWICZ Włodzimierz	10	FACE NORDIC WALKING TEAM	M60-64	8			00:38:12.40	+00:08:17 (21.7%)	7:38	7.9 (79.0%)
169	IDKOWIAK Magdalena	105	KS IDMAR RACING TEAM	K40-44	8			00:38:16.20	+00:08:21 (21.8%)	7:39	7.8 (78.0%)
170	GRZYWOCZ Bernard	96		M65-69	11			00:38:18.50	+00:08:23 (21.9%)	7:39	7.8 (78.0%)
171	PASIŃSKA-SKOWRON Sylwia	398	PRUSZYŃSKI SPORT TEAM	K40-44	9			00:38:19.50	+00:08:24 (21.9%)	7:40	7.8 (78.0%)
172	SOWIŃSKI Jan	323	KS 'AGROS' ZAMOŚĆ	M65-69	12	1		00:38:19.85	+00:08:25 (22.0%)	7:40	7.8 (78.0%)
172	WASILEWSKI Sławomir	396	PASJA NORDIC WALKING	M70-74-P.EUR.	6			00:38:19.85	+00:08:25 (22.0%)	7:40	7.8 (78.0%)
174	KURDELSKI Dariusz	179		M50-54	14			00:38:20.50	+00:08:25 (22.0%)	7:40	7.8 (78.0%)
175	BOSEK Grzegorz	27	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	11			00:38:23.50	+00:08:28 (22.1%)	7:40	7.8 (78.0%)
176	ZWIERZCHOWSKA Żaneta	727	SPORT I REKREACJA START CHEŁMNO	K45-49	8			00:38:27.40	+00:08:32 (22.2%)	7:41	7.8 (78.0%)
177	UHRYN Marcin	375		M40-44	12			00:38:32.30	+00:08:37 (22.4%)	7:42	7.8 (78.0%)
178	WILD Arkadiusz	706		M50-54	15			00:38:34.20	+00:08:39 (22.4%)	7:42	7.8 (78.0%)
179	WALCZAK Grzegorz	385	OCTOPUS SUCHY LAS	M45-49	8			00:38:35.75	+00:08:40 (22.5%)	7:43	7.8 (78.0%)
180	MUSIATOWICZ Aleksandra	229		K45-49	9			00:38:38.50	+00:08:43 (22.6%)	7:43	7.8 (78.0%)
181	MARONDEL Katarzyna	214	SILESIA NORDIC TEAM	K30-34-P.EUR.	6			00:38:39.00	+00:08:44 (22.6%)	7:43	7.8 (78.0%)
182	EWERTOWSKA Ewa	66	NORDIC WALKING KIEKRZ	K50-54	6			00:38:40.85	+00:08:46 (22.7%)	7:44	7.8 (78.0%)
183	CZEMPIK Kornelia	46	UNIA MIAST	K50-54	7			00:38:41.05	+00:08:46 (22.7%)	7:44	7.8 (78.0%)
184	SCHULZ Sigrid	313	NW TEAM CITY FIT & SPORT FERSTL	K55-59	8			00:38:43.15	+00:08:48 (22.7%)	7:44	7.7 (77.0%)
185	GIZIEWSKI Michał	81	UWM OLSZTYN	M18-29	11			00:38:44.00	+00:08:49 (22.8%)	7:44	7.7 (77.0%)
186	PIETRUSEWICZ Joanna	269		K40-44	10			00:38:47.30	+00:08:52 (22.9%)	7:45	7.7 (77.0%)
187	SIEMIĄTKOWSKA Janina	315	SPORT I REKREACJA START CHEŁMNO	K50-54	8			00:38:51.65	+00:08:56 (23.0%)	7:46	7.7 (77.0%)
188	POTRZEBOWSKA Agata	277	DEAF	K- Niepełnosprawni(B)	1			00:38:53.15	+00:08:58 (23.1%)	7:46	7.7 (77.0%)
189	DZIAKIEWICZ Iwona	65		K50-54	9			00:38:58.90	+00:09:04 (23.3%)	7:47	7.7 (77.0%)
190	KUCZYŃSKA Anna	173	NORDIC WALKING KIEKRZ	K55-59	9			00:39:01.90	+00:09:07 (23.4%)	7:48	7.7 (77.0%)
191	OKAS Aleksandra	248	UNIA MIAST	K-Dzieci	4			00:39:02.30	+00:09:07 (23.4%)	7:48	7.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
192	WARDĘCKA-HOŁTYN Justyna	391		K18-29	3			00:39:03.40	+00:09:08 (23.4%)	7:48	7.7 (77.0%)
193	KRAWCZYK Dorota	162	CZARNE PANTERY	K60-64	5			00:39:08.50	+00:09:13 (23.6%)	7:49	7.7 (77.0%)
194	KAŻMIERCZAK Sebastian	133	GOSIR OSIELSKO	M40-44	13			00:39:08.85	+00:09:14 (23.6%)	7:49	7.7 (77.0%)
195	KARASIŃSKA Alicja	128	NOWI SIEDLCE/NW WSCHÓD	K45-49	10			00:39:10.70	+00:09:15 (23.6%)	7:50	7.7 (77.0%)
196	PIĄTKOWSKI Józef	265	KS METRACO POLKOWICE	M70-74-P.EUR.	7			00:39:12.15	+00:09:17 (23.7%)	7:50	7.7 (77.0%)
197	JURCZYŃSKA Bożena	123	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	10			00:39:22.20	+00:09:27 (24.0%)	7:52	7.6 (76.0%)
198	SZARSZUNOWICZ Mariusz	584	KS METRACO POLKOWICE	M40-44	14			00:39:23.45	+00:09:28 (24.1%)	7:52	7.6 (76.0%)
199	GODZIŃSKA Paulina	83	BAŻANT NWTEAM	K-Dzieci	5			00:39:24.95	+00:09:30 (24.1%)	7:53	7.6 (76.0%)
200	STRELCZUK Małgorzata	334	KOMAR PIEKARY ŚLĄSKIE	K-Niepełnosprawni(B)	2			00:39:27.05	+00:09:32 (24.2%)	7:53	7.6 (76.0%)
201	OBREBSKA Elżbieta	245	NW CZŁAPSKI PŁOŃSK	K55-59	11			00:39:27.30	+00:09:32 (24.2%)	7:53	7.6 (76.0%)
202	SZYMAŃSKI Roman	356	TEAM NAMOR	M50-54	16			00:39:31.60	+00:09:36 (24.3%)	7:54	7.6 (76.0%)
203	WARUSZEWSKA Emilia	392	SKELETON CLIQUE POLSKA PÓŁNOCNA	K-Junior	6			00:39:38.75	+00:09:43 (24.5%)	7:55	7.6 (76.0%)
204	JAŹDŻEWSKI Kacper	116	ŁUCZNICZKA BYDGOSZCZ	M-Junior	9	B		00:39:42.40	+00:09:47 (24.7%)	7:56	7.6 (76.0%)
205	KORYTOWSKI Jakub	156		M-Dzieci	1			00:39:43.30	+00:09:48 (24.7%)	7:56	7.6 (76.0%)
206	SZARSZUNOWICZ Anna	582	KS METRACO POLKOWICE	K30-39	11			00:39:44.65	+00:09:49 (24.7%)	7:56	7.6 (76.0%)
206	KLIMCZAK Piotr	141	ŁUCZNICZKA BYDGOSZCZ	M-Junior	10	B		00:39:44.65	+00:09:49 (24.7%)	7:57	7.5 (75.0%)
208	NOWIŃSKI Jarosław	244		M30-39	7			00:39:45.10	+00:09:50 (24.7%)	7:57	7.5 (75.0%)
209	RADECKA Grażyna	290	PASJA NORDIC WALKING	K45-49	11			00:39:49.05	+00:09:54 (24.9%)	7:57	7.5 (75.0%)
210	SZCZĘŚNY Paweł	341	AVOCADO WELLNESS CLUB	M30-39	8			00:39:49.40	+00:09:54 (24.9%)	7:57	7.5 (75.0%)
210	GIERSZEWSKA Magdalena	79	KSK KOŁCZYGŁOWY	K40-44	11			00:39:49.40	+00:09:54 (24.9%)	7:57	7.5 (75.0%)
212	PRACKI Zbigniew	280	SERCE NORDICA WŁOCLAWEK	M50-54	17			00:39:50.95	+00:09:56 (24.9%)	7:58	7.5 (75.0%)
213	GRZYWOCZ Irena	97		K65-69	4			00:39:51.10	+00:09:56 (24.9%)	7:58	7.5 (75.0%)
214	ŻOŁNOWSKI Edward	675	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	9			00:39:57.20	+00:10:02 (25.1%)	7:59	7.5 (75.0%)
215	HANUS Joanna	100	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	3			00:39:59.05	+00:10:04 (25.2%)	7:59	7.5 (75.0%)
216	KĘDZIERSKA Edyta	134		K40-44	12			00:40:00.85	+00:10:06 (25.2%)	8:00	7.5 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
217	MICHAŁOWSKA Joanna	217	SPORT I REKREACJA START CHEŁMNO	K45-49	12			00:40:07.85	+00:10:13 (25.5%)	8:01	7.5 (75.0%)
218	KHAKIMAVA Viktoryia	136	NORDIC BREST	K30-34-P.EUR.	7			00:40:08.95	+00:10:14 (25.5%)	8:01	7.5 (75.0%)
219	JÓŹWIAK Łukasz	121	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(A)	3			00:40:09.50	+00:10:14 (25.5%)	8:01	7.5 (75.0%)
220	MARCINIAK Hanna	210	SERCE NORDICA WŁOCLAWEK	K55-59	12			00:40:12.65	+00:10:17 (25.6%)	8:02	7.5 (75.0%)
221	KRIGER Roman	164	ROMKI	M55-59	14			00:40:13.60	+00:10:18 (25.6%)	8:02	7.5 (75.0%)
222	KŁOPOTOWSKI Ryszard	143	LKS ZANTYR SZTUM	M50-54	18			00:40:14.90	+00:10:20 (25.7%)	8:02	7.5 (75.0%)
223	ADAMOWICZ Andrzej	3		M70-74-P.EUR.	8			00:40:17.40	+00:10:22 (25.8%)	8:03	7.4 (74.0%)
224	JACH Konrad	107		M-Dzieci	2			00:40:20.15	+00:10:25 (25.8%)	8:04	7.4 (74.0%)
225	ŚLUSARCZYK Karolina	362	WESOŁY BORSUK TEAM	K-Junior	7			00:40:23.50	+00:10:28 (25.9%)	8:04	7.4 (74.0%)
226	BUJNICKA Magdalena	31	NORDIC WALKING PASŁĘK	K-Dzieci	6			00:40:25.90	+00:10:31 (26.0%)	8:05	7.4 (74.0%)
227	TURZYŃSKA-STOPA Maria	374	BŁĘKITNI NW DZIEMIANY	K60-64	6			00:40:29.50	+00:10:34 (26.1%)	8:05	7.4 (74.0%)
228	MALINOWSKI Paweł	209	AZS-AWF KRAKÓW	M18-29	12			00:40:30.45	+00:10:35 (26.2%)	8:06	7.4 (74.0%)
229	JEDYNAK Kasia	588	PASJA NORDIC WALKING	K-Dzieci	7			00:40:31.05	+00:10:36 (26.2%)	8:06	7.4 (74.0%)
230	WIKTORZAK Elżbieta	702	UNIA MIAST	K55-59	13			00:40:31.80	+00:10:36 (26.2%)	8:06	7.4 (74.0%)
231	PILIMON Krzysztof	596		M65-69	13			00:40:33.70	+00:10:38 (26.3%)	8:06	7.4 (74.0%)
232	JAKOWIECKA Karolina	109	PASJA NORDIC WALKING	K40-44	13			00:40:36.25	+00:10:41 (26.3%)	8:07	7.4 (74.0%)
233	GÓRECKA Iwona	86	UNIA MIAST	K50-54	10			00:40:39.30	+00:10:44 (26.4%)	8:08	7.4 (74.0%)
234	DOLATA Dorota	53	NORDIC WALKING KIEKRZ	K55-59	14			00:40:45.40	+00:10:50 (26.6%)	8:09	7.4 (74.0%)
235	WARUSZEWSKA Maja	393		K-Dzieci	8			00:40:47.15	+00:10:52 (26.7%)	8:09	7.4 (74.0%)
236	KOSIŃSKA Maria	157	MOSIR RYPIN	K60-64	7			00:40:49.65	+00:10:54 (26.7%)	8:10	7.3 (73.0%)
237	PIPIRO Grażyna	271	UNIA MIAST	K-Dzieci	9			00:40:50.10	+00:10:55 (26.7%)	8:10	7.3 (73.0%)
238	LEWANDOWSKI Szymon	197	GOSIR OSIELSKO	M-Dzieci	3			00:41:04.70	+00:11:09 (27.2%)	8:13	7.3 (73.0%)
239	KULIG Bożena	177	KS ELBLĄSKIE-WŁÓCZY-KIJE	K60-64	8			00:41:05.70	+00:11:10 (27.2%)	8:13	7.3 (73.0%)
240	PIECZARA Iwona	268	KRAJANKA	K45-49	13			00:41:05.80	+00:11:10 (27.2%)	8:13	7.3 (73.0%)
241	WYCISŁO Agata	568	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-Niepełnosprawni(B)	4			00:41:06.90	+00:11:12 (27.2%)	8:13	7.3 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
242	LEWANDOWSKI Sławomir	198	GOSIR OSIELSKO	M-Dzieci	4			00:41:08.90	+00:11:14 (27.3%)	8:13	7.3 (73.0%)
243	NIECHWIEJCZYK Kinga	232	UNIA MIAST	K-Junior	8			00:41:12.90	+00:11:18 (27.4%)	8:14	7.3 (73.0%)
244	OLEJNICZAK Dorota	250	FORMA NA PIĄTKĘ NW	K45-49	14			00:41:13.05	+00:11:18 (27.4%)	8:14	7.3 (73.0%)
245	SZYMAŃSKA Lucyna	353	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	2			00:41:13.50	+00:11:18 (27.4%)	8:14	7.3 (73.0%)
246	ŁOPIEŃSKA Magdalena	680	NW CZŁAPSKI TEAM	K40-44	14			00:41:14.55	+00:11:19 (27.5%)	8:15	7.3 (73.0%)
247	JARZĘBOWSKA Beata	111		K18-29	4			00:41:15.80	+00:11:20 (27.5%)	8:15	7.3 (73.0%)
248	RACZYŃSKA Aleksandra	289	UNIA MIAST	K80+-P.EUR.	1			00:41:18.75	+00:11:23 (27.6%)	8:15	7.3 (73.0%)
249	URBANOWICZ Dariusz	380		M50-54	19			00:41:21.05	+00:11:26 (27.7%)	8:16	7.3 (73.0%)
250	KNITTER Agata	437	BŁĘKITNI NW DZIEMIANY	K-Junior	9			00:41:23.50	+00:11:28 (27.7%)	8:16	7.2 (72.0%)
251	KOŁPAK Irena	152	LKS ZANTYR SZTUM	K65-69	5			00:41:23.55	+00:11:28 (27.7%)	8:16	7.2 (72.0%)
252	BESTRZYŃSKA Emilia	741		K30-39	12			00:41:25.50	+00:11:30 (27.8%)	8:17	7.2 (72.0%)
253	SZOPIŃSKA Barbara	347	SPORT I REKREACJA START CHEŁMNO	K55-59	15			00:41:26.15	+00:11:31 (27.8%)	8:17	7.2 (72.0%)
254	RAUCH Sonja	295	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K55-59	16			00:41:26.35	+00:11:31 (27.8%)	8:17	7.2 (72.0%)
255	WORONKO-ZACZYŃSKA Janina	732	KS METRACO POLKOWICE	K70-74-P.EUR.	1			00:41:27.30	+00:11:32 (27.8%)	8:17	7.2 (72.0%)
256	ŚCIESIŃSKI Sławomir	747	GOSIR OSIELSKO	M45-49	9			00:41:29.05	+00:11:34 (27.9%)	8:17	7.2 (72.0%)
257	WYSOCKA Bernadeta	737	BŁĘKITNI NW DZIEMIANY	K45-49	15			00:41:30.65	+00:11:35 (27.9%)	8:18	7.2 (72.0%)
258	LASOCKI Bogusław	698	NW CZŁAPSKI TEAM	M65-69	14			00:41:37.70	+00:11:42 (28.1%)	8:19	7.2 (72.0%)
259	CETERA Janusz	34	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-Niepełnosprawni(B)	12			00:41:43.50	+00:11:48 (28.3%)	8:20	7.2 (72.0%)
260	ADAMIAK Małgorzata	2	KSN OMEGA ŁÓDŹ	K-Niepełnosprawni(B)	5			00:41:44.30	+00:11:49 (28.3%)	8:20	7.2 (72.0%)
261	KAZBERUK Edyta	130	IKS VICTORIA BIAŁYSTOK	K-Niepełnosprawni(B)	6			00:41:51.95	+00:11:57 (28.5%)	8:22	7.2 (72.0%)
262	STALIŚ Joanna	325	ATUT NYSA	K-Niepełnosprawni(B)	7			00:41:52.35	+00:11:57 (28.6%)	8:22	7.2 (72.0%)
263	MIŁKOWSKI Mariusz	220		M-Niepełnosprawni(A)	4			00:41:55.25	+00:12:00 (28.6%)	8:23	7.2 (72.0%)
264	UKLEJEWSKA Oliwia	377	GOSIR OSIELSKO	K-Junior	10			00:41:55.85	+00:12:01 (28.7%)	8:23	7.2 (72.0%)
265	CHLEWIŃSKA Iwona	35	KS ELBLĄSKIE-WŁÓCZY-KIJE	K65-69	6			00:41:59.20	+00:12:04 (28.8%)	8:24	7.1 (71.0%)
266	PYKA Aleksandra	286	UNIA MIAST	K-Dzieci	10			00:42:00.20	+00:12:05 (28.8%)	8:24	7.1 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
267	JACH Aleksandra	106		K30-39	13			00:42:03.35	+00:12:08 (28.9%)	8:24	7.1 (71.0%)
268	RAUCHFLEISZ Marta	296		K45-49	16			00:42:08.90	+00:12:14 (29.0%)	8:25	7.1 (71.0%)
269	RACHWAŁ-PRZYBYSZ Dorota	288	AVOCADO WELLNESS CLUB	K40-44	15			00:42:10.60	+00:12:15 (29.1%)	8:26	7.1 (71.0%)
270	SKOWROŃSKA-ŁOPIŃSKA Genowefa	318		K65-69	7			00:42:11.95	+00:12:17 (29.1%)	8:26	7.1 (71.0%)
271	SZNAJDER Teresa	345	UNIA MIAST	K60-64	9			00:42:13.85	+00:12:19 (29.2%)	8:26	7.1 (71.0%)
272	OWCZARCZUK Edward	257	IKS VICTORIA BIAŁYSTOK	M-Niepełnosprawni(B)	13			00:42:15.75	+00:12:20 (29.2%)	8:27	7.1 (71.0%)
273	FLORKOWSKI Adam	69		M18-29	13			00:42:15.95	+00:12:21 (29.2%)	8:27	7.1 (71.0%)
274	OESTERREICHER Christine	598	ASKÖ VILLACH	K50-54	11			00:42:16.70	+00:12:21 (29.2%)	8:27	7.1 (71.0%)
275	SZOT Krystyna	348		K50-54	12			00:42:17.40	+00:12:22 (29.3%)	8:27	7.1 (71.0%)
276	PYKA Tomasz	287	UNIA MIAST	M40-44	15			00:42:22.05	+00:12:27 (29.4%)	8:28	7.1 (71.0%)
277	MĄDRY Zdzisław	215	JUTRZENKA CZĘSTOCHOWA	M-Niepełnosprawni(B)	14			00:42:23.50	+00:12:28 (29.4%)	8:28	7.1 (71.0%)
278	STAROŃ Monika	326	BYDGOSKIE ŻÓŁWIE	K30-39	14			00:42:24.30	+00:12:29 (29.5%)	8:28	7.1 (71.0%)
279	GRZEMPA Róża	95	STOWARZYSZENIE 'JESTEM AKTYWNA'	K30-34-P.EUR.	8			00:42:24.45	+00:12:29 (29.5%)	8:29	7.1 (71.0%)
280	WIERZCHOSŁAWSKI Marcel	715		M-Dzieci	5			00:42:27.25	+00:12:32 (29.5%)	8:29	7.1 (71.0%)
281	PACYNA Helena	259	KS METRACO POLKOWICE	K65-69	8			00:42:29.65	+00:12:34 (29.6%)	8:29	7.1 (71.0%)
282	SZOT Joanna	349		K18-29	5			00:42:31.70	+00:12:36 (29.7%)	8:30	7.1 (71.0%)
283	GRYGIEL Teresa	91	MARSZ PO ZDROWIE POZNAŃ	K55-59	17			00:42:31.95	+00:12:37 (29.7%)	8:30	7.1 (71.0%)
284	PRZYBYSZ Alicja	283		K-Dzieci	11			00:42:37.05	+00:12:42 (29.8%)	8:31	7 (70.0%)
285	JASIŃSKI Marian	114	KS ELBLĄSKIE-WŁÓCZY-KIJE	M70-74-P.EUR.	9			00:42:39.10	+00:12:44 (29.9%)	8:31	7 (70.0%)
285	KRYŚKIEWICZ Janina	169		K55-59	18			00:42:39.10	+00:12:44 (29.9%)	8:32	7 (70.0%)
287	BIELSKA Anna	16	NW CZŁAPSKI PŁOŃSK	K55-59	19			00:42:41.20	+00:12:46 (29.9%)	8:32	7 (70.0%)
288	NIECIECKI Maciej	438		M60-64	10			00:42:43.35	+00:12:48 (30.0%)	8:32	7 (70.0%)
289	KLARKOWSKI Bogdan	139	KS ELBLĄSKIE-WŁÓCZY-KIJE	M60-64	11			00:42:46.45	+00:12:51 (30.1%)	8:33	7 (70.0%)
290	KULESZA-BRUNKA Dorota	176	KS ELBLĄSKIE-WŁÓCZY-KIJE	K50-54	13			00:42:47.10	+00:12:52 (30.1%)	8:33	7 (70.0%)
291	DOMAN Patrycja	56	ŁUCZNICZKA BYDGOSZCZ	K-Dzieci	12	B		00:42:50.15	+00:12:55 (30.2%)	8:34	7 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
292	OKAS Dominika	247	UNIA MIAST	K-Dzieci	13			00:43:01.75	+00:13:06 (30.5%)	8:36	7 (70.0%)
293	OLEJNICZAK Dominika	578	FORMA NA PIĄTKĘ NW	K18-29	6			00:43:03.85	+00:13:09 (30.5%)	8:36	7 (70.0%)
294	OLEJNICZAK Paulina	50	FORMA NA PIĄTKĘ NW	K18-29	7			00:43:04.65	+00:13:09 (30.6%)	8:37	7 (70.0%)
295	KAWALERSKA Anna	129		K40-44	16			00:43:11.35	+00:13:16 (30.7%)	8:38	6.9 (69.0%)
296	STOLARSKA Magdalena	333	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	17			00:43:12.10	+00:13:17 (30.8%)	8:38	6.9 (69.0%)
297	STAWNIAK Wanda	329		K65-69	9			00:43:13.45	+00:13:18 (30.8%)	8:38	6.9 (69.0%)
298	SMARUJ-SADOWSKA Janina	321		K65-69	10			00:43:20.85	+00:13:26 (31.0%)	8:40	6.9 (69.0%)
299	OLENDRZYŃSKI Mateusz	253	ŁUCZNICZKA BYDGOSZCZ	M-Junior	11	B		00:43:23.35	+00:13:28 (31.1%)	8:40	6.9 (69.0%)
299	CICHY Łukasz	43	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	15			00:43:23.35	+00:13:28 (31.1%)	8:40	6.9 (69.0%)
301	CZERWIŃSKA Joanna	597		K40-44	17			00:43:25.05	+00:13:30 (31.1%)	8:41	6.9 (69.0%)
302	GÓRSKA Violetta	87	GOSIR OSIELSKO	K50-54	14			00:43:28.50	+00:13:33 (31.2%)	8:41	6.9 (69.0%)
303	NOWAKOWSKA Irena	239		K70-74-P.EUR.	2			00:43:30.10	+00:13:35 (31.2%)	8:42	6.9 (69.0%)
304	RAJEWSKA Beata	293		K40-44	18			00:43:32.55	+00:13:37 (31.3%)	8:42	6.9 (69.0%)
305	OWCZAREK Henryka	258	MARSZ PO ZDROWIE POZNAŃ	K70-74-P.EUR.	3			00:43:32.70	+00:13:37 (31.3%)	8:42	6.9 (69.0%)
306	RYCHLIK Fabian	306	NOWI SIEDLCE/NW WSCHÓD	M-Dzieci	6			00:43:34.95	+00:13:40 (31.4%)	8:43	6.9 (69.0%)
307	LASOCKA Jolanta	119	NW CZŁAPSKI TEAM	K65-69	11			00:43:36.50	+00:13:41 (31.4%)	8:43	6.9 (69.0%)
308	STACHOWIAK Beata	324	UNIA MIAST	K45-49	18			00:43:40.65	+00:13:45 (31.5%)	8:44	6.9 (69.0%)
309	ZMYŚŁOWSKI Marek	736	NIEZRZESZONY	M65-69	15			00:43:42.25	+00:13:47 (31.6%)	8:44	6.9 (69.0%)
310	ŚLIWIŃSKA Ewa	360	KLUB NW PATYCZAKI GRUDZIĄDZ	K45-49	19			00:43:42.90	+00:13:48 (31.6%)	8:44	6.9 (69.0%)
311	CHOLEWCZYŃSKI Dariusz	37	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	16			00:43:47.60	+00:13:52 (31.7%)	8:45	6.9 (69.0%)
312	KUCZYŃSKI Włodzimierz	174	NORDIC WALKING KIEKRZ	M55-59	15			00:44:04.00	+00:14:09 (32.1%)	8:48	6.8 (68.0%)
313	WESNER Harald	400	ZAKĄTEK DANKOWO	M60-64	12			00:44:05.80	+00:14:10 (32.2%)	8:49	6.8 (68.0%)
314	KRÓLIKOWSKA-ŁOSKOT Danuta	166	UNIA MIAST	K60-64	10			00:44:11.00	+00:14:16 (32.3%)	8:50	6.8 (68.0%)
315	KRAWCZYKOWSKA Barbara	163	LKS ZANTYR SZTUM	K60-64	11			00:44:11.95	+00:14:17 (32.3%)	8:50	6.8 (68.0%)
316	ŻYWICKA Irena	721	BŁĘKITNI NW DZIEMIANY	K60-64	12			00:44:12.75	+00:14:17 (32.3%)	8:50	6.8 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
317	SAPA Dariusz	309	BYDGOSKIE ŻÓŁWIE	M50-54	20			00:44:13.20	+00:14:18 (32.4%)	8:50	6.8 (68.0%)
318	KULCZYCKI Jan	175		M65-69	16			00:44:22.05	+00:14:27 (32.6%)	8:52	6.8 (68.0%)
319	WOROCH Jolanta	724	DOPIEWO	K50-54	15			00:44:23.70	+00:14:28 (32.6%)	8:52	6.8 (68.0%)
320	JASIŃSKA Bogumiła	112	KS ELBLĄSKIE-WŁÓCZY-KIJE	K60-64	13			00:44:26.80	+00:14:31 (32.7%)	8:53	6.7 (67.0%)
321	KIEDROWSKI Włodzimierz	137		M75-79-P.EUR.	1			00:44:30.85	+00:14:36 (32.8%)	8:54	6.7 (67.0%)
322	PANKIEWICZ-DMOWSKA Cecylia	260		K70-74-P.EUR.	4			00:44:39.75	+00:14:44 (33.0%)	8:55	6.7 (67.0%)
323	MROWIEC Maria	228	UNIA MIAST	K75-79-P.EUR.	1			00:44:43.95	+00:14:49 (33.1%)	8:56	6.7 (67.0%)
324	REZMER Maria	300		K60-64	14			00:44:45.70	+00:14:50 (33.2%)	8:57	6.7 (67.0%)
325	ŚCIESIŃSKA Justyna	186	GOSIR OSIELSKO	K45-49	20			00:44:45.75	+00:14:50 (33.2%)	8:57	6.7 (67.0%)
325	STEFAŃSKA Helena	330	LKS ZANTYR SZTUM	K60-64	15			00:44:45.75	+00:14:50 (33.2%)	8:57	6.7 (67.0%)
327	CHMURZYŃSKA Ewa	36	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	8			00:44:46.15	+00:14:51 (33.2%)	8:57	6.7 (67.0%)
328	HINEBORG Bogumiła	103	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	16			00:44:46.50	+00:14:51 (33.2%)	8:57	6.7 (67.0%)
329	KOZŁOWSKA Agnieszka	159	GOSIR OSIELSKO	K40-44	19			00:44:48.75	+00:14:53 (33.2%)	8:57	6.7 (67.0%)
330	NAZAREWICZ Barbara	231	KS ELBLĄSKIE-WŁÓCZY-KIJE	K70-74-P.EUR.	5			00:44:58.15	+00:15:03 (33.5%)	8:59	6.7 (67.0%)
331	NIESSLONY Ryszard	235	STADION ŚLĄSKI	M55-59	16			00:44:59.15	+00:15:04 (33.5%)	8:59	6.7 (67.0%)
332	KOLBUSZ Janina	149	KS METRACO POLKOWICE	K65-69	12			00:45:03.45	+00:15:08 (33.6%)	9:00	6.7 (67.0%)
333	GAŁECKA Katarzyna	679	NW CZŁAPSKI TEAM	K40-44	20			00:45:08.65	+00:15:13 (33.7%)	9:01	6.6 (66.0%)
334	SZCZĘSNY Stanisław	342	WŁOCŁAWSKO-BRODNICKI KLUB SPORTOWY NIEWIDOMYCH I SŁABOWIDZĄCYCH PIONEK	M-Niepełnosprawni(B)	17			00:45:09.75	+00:15:14 (33.8%)	9:02	6.6 (66.0%)
335	LUPTOWSKA Małgorzata	201		K30-39	15			00:45:12.30	+00:15:17 (33.8%)	9:02	6.6 (66.0%)
336	BOSEK Ewa	28	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	9			00:45:12.90	+00:15:18 (33.8%)	9:02	6.6 (66.0%)
337	SZCZĘSNA Beata	340	AVOCADO WELLNESS CLUB	K30-39	16			00:45:22.55	+00:15:27 (34.1%)	9:04	6.6 (66.0%)
338	TAPER Ewa	363	STOWARZYSZENIE 'JESTEM AKTYWNA'	K60-64	16			00:45:22.80	+00:15:27 (34.1%)	9:04	6.6 (66.0%)
339	MOTOCZYŃSKA Aleksandra	226	GOSIR OSIELSKO	K55-59	20			00:45:24.05	+00:15:29 (34.1%)	9:04	6.6 (66.0%)
340	PIPIRO Grzegorz	272	UNIA MIAST	M-Niepełnosprawni(B)	18			00:45:25.65	+00:15:30 (34.1%)	9:05	6.6 (66.0%)
341	WALCZAK Henryk	384	OCTOPUS SUCHY LAS	M75-79-P.EUR.	2			00:45:29.80	+00:15:34 (34.2%)	9:06	6.6 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
342	UKLEJEWSKA Agnieszka	378	GOSIR OSIELSKO	K40-44	21			00:45:33.80	+00:15:38 (34.3%)	9:06	6.6 (66.0%)
343	BONIEWICZ Konrad	22	GOSIR OSIELSKO	M75-79-P.EUR.	3			00:45:43.95	+00:15:49 (34.6%)	9:08	6.6 (66.0%)
344	WASILEWSKA Katarzyna	699	AVOCADO WELLNESS	K50-54	17			00:45:45.05	+00:15:50 (34.6%)	9:09	6.6 (66.0%)
345	SADŁOS Helena	307	LKS ZANTYR SZTUM	K65-69	13			00:45:48.60	+00:15:53 (34.7%)	9:09	6.6 (66.0%)
346	MACHAJEK Krzysztof	204	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	5			00:45:59.45	+00:16:04 (35.0%)	9:11	6.5 (65.0%)
347	PRACKA Katarzyna	279	SERCE NORDICA WŁOCŁAWEK	K50-54	18			00:46:00.65	+00:16:05 (35.0%)	9:12	6.5 (65.0%)
348	FRAGER Barbara	72	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	K55-59	21			00:46:05.35	+00:16:10 (35.1%)	9:13	6.5 (65.0%)
349	ZARAKO-ZARAKOWSKA Jadwiga	718	NW CZŁAPSKI TEAM	K60-64	17			00:46:11.95	+00:16:17 (35.2%)	9:14	6.5 (65.0%)
349	MALINOWSKA Grażyna	208	LKS ZANTYR SZTUM	K65-69	14			00:46:11.95	+00:16:17 (35.2%)	9:14	6.5 (65.0%)
351	WIŚNIEWSKA Danuta	722	PASJA NORDIC WALKING	K55-59	22			00:46:13.35	+00:16:18 (35.3%)	9:14	6.5 (65.0%)
352	ZDUNEK Martyna	704		K18-29	8			00:46:24.50	+00:16:29 (35.5%)	9:17	6.5 (65.0%)
353	TARAPATA Justyna	364		K18-29	9			00:46:25.00	+00:16:30 (35.6%)	9:17	6.5 (65.0%)
354	KIWIAŁO Maria	138	KS ELBLĄSKIE-WŁÓCZY-KIJE	K70-74-P.EUR.	6			00:46:27.70	+00:16:32 (35.6%)	9:17	6.5 (65.0%)
355	KUŹNIAR Daniel	184	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	19			00:46:29.05	+00:16:34 (35.6%)	9:17	6.5 (65.0%)
356	BUKOWSKA Justyna	33	KRAJANKA	K30-39	17			00:46:30.10	+00:16:35 (35.7%)	9:18	6.5 (65.0%)
357	SZLIBEN Damian	344	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	20			00:46:32.05	+00:16:37 (35.7%)	9:18	6.4 (64.0%)
358	BIAŁCZAK Marta	14		K50-54	19			00:46:40.80	+00:16:45 (35.9%)	9:20	6.4 (64.0%)
359	GRZEMPA Krystyna	94	STOWARZYSZENIE WSPARCIA AKTYWNOŚĆ I PRZEDSIĘBIORCZOŚCI KOBIET 'JESTEM AKTYWNA'	K60-64	18			00:46:49.50	+00:16:54 (36.1%)	9:21	6.4 (64.0%)
360	DUSZEŃKO Elwira	63	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	3			00:46:50.50	+00:16:55 (36.1%)	9:22	6.4 (64.0%)
361	ZARĘBSKI Maciej	593	VIKING NORDIC TEAM CZĘSTOCHOWA	M-Dzieci	7			00:46:51.95	+00:16:57 (36.2%)	9:22	6.4 (64.0%)
362	WYCISŁO Romuald	567	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	21			00:46:54.60	+00:16:59 (36.2%)	9:22	6.4 (64.0%)
363	KRASNODĘBSKA Elżbieta	161	AVOCADO WELLNESS CLUB	K55-59	23			00:46:55.00	+00:17:00 (36.2%)	9:23	6.4 (64.0%)
364	WIERZCHOSŁAWSKA Ewa	716		K50-54	20			00:46:57.45	+00:17:02 (36.3%)	9:23	6.4 (64.0%)
365	OGONOWSKA Edyta	246	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	24			00:46:57.55	+00:17:02 (36.3%)	9:23	6.4 (64.0%)
366	RAUCHFLEISZ Marek	297		M-Junior	12			00:46:59.00	+00:17:04 (36.3%)	9:23	6.4 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
367	LESZCZYŃSKA Kazimiera	189	GOSIR OSIELSKO	K60-64	19			00:47:13.45	+00:17:18 (36.7%)	9:26	6.4 (64.0%)
368	SAPA Stefania	310	BYDGOSKIE ŻÓŁWIE	K50-54	21			00:47:15.10	+00:17:20 (36.7%)	9:27	6.3 (63.0%)
369	RÓŻAŃSKA Helena	305	NW CZŁAPSKI TEAM	K75-79-P.EUR.	2			00:47:15.80	+00:17:20 (36.7%)	9:27	6.3 (63.0%)
370	PIECZARA Karolina	267	KRAJANKA	K18-29	10			00:47:16.20	+00:17:21 (36.7%)	9:27	6.3 (63.0%)
371	ANUSZEWSKA Katarzyna	6	KRAJANKA	K30-34-P.EUR.	9			00:47:16.75	+00:17:21 (36.7%)	9:27	6.3 (63.0%)
372	STAROSZ Andrzej	327		M60-64	13			00:47:35.60	+00:17:40 (37.1%)	9:31	6.3 (63.0%)
373	WOJDA Angelika	705	CKZIU NYSA MECHANIK	K18-29	11			00:47:36.15	+00:17:41 (37.2%)	9:31	6.3 (63.0%)
374	GROBELNA Jadwiga	89	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	10			00:47:36.65	+00:17:41 (37.2%)	9:31	6.3 (63.0%)
375	REZMER Mieczysław	301		M60-64	14			00:47:38.55	+00:17:43 (37.2%)	9:31	6.3 (63.0%)
376	BIAŁCZAK Waldemar	15		M50-54	21			00:47:39.80	+00:17:44 (37.2%)	9:32	6.3 (63.0%)
377	UHRYN Julia	376		K-Junior	11			00:47:40.75	+00:17:45 (37.3%)	9:32	6.3 (63.0%)
378	NIEŚCIÓR Magdalena	236		K-Junior	12			00:48:05.45	+00:18:10 (37.8%)	9:37	6.2 (62.0%)
379	JÓŻWIAK Dominik	122	SERCE NORDICA WŁOCLAWEK	M18-29	14			00:48:08.00	+00:18:13 (37.9%)	9:37	6.2 (62.0%)
380	PIPIRO Olivier	273	UNIA MIAST	M-Dzieci	8			00:48:09.10	+00:18:14 (37.9%)	9:37	6.2 (62.0%)
381	SZULC Mariola	350	MARSZ PO ZDROWIE POZNAŃ	K55-59	25			00:48:16.25	+00:18:21 (38.0%)	9:39	6.2 (62.0%)
382	KOLARSKA Nadia	147	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	14			00:48:21.10	+00:18:26 (38.1%)	9:40	6.2 (62.0%)
383	ŚLUSARCZYK Danuta	361	WESOŁY BORSUK TEAM	K65-69	15			00:48:30.80	+00:18:35 (38.3%)	9:42	6.2 (62.0%)
384	KAMIŃSKA Maria	126	NW CZŁAPSKI TEAM	K60-64	20			00:48:31.05	+00:18:36 (38.3%)	9:42	6.2 (62.0%)
385	BAUER Max	12	NW TEAM CITY FIT & SPORT FERSTL	M80+-P.EUR.	1			00:48:43.75	+00:18:48 (38.6%)	9:44	6.2 (62.0%)
386	MILACHOWSKA Agnieszka	219		K30-39	18			00:48:55.05	+00:19:00 (38.8%)	9:47	6.1 (61.0%)
387	WAŁAWKO Ewa	422	AVOCADO WELLNESS	K65-69	16			00:49:07.85	+00:19:13 (39.1%)	9:49	6.1 (61.0%)
388	PŁAZA-WRONKOWSKA Tereska	275	KS ELBLĄSKIE-WŁÓCZY-KIJE	K50-54	22			00:49:30.85	+00:19:36 (39.6%)	9:54	6.1 (61.0%)
389	WYDERSKI Józef	729	ŚKKFSITNISKIELCE	M-Niepełnosprawni(B)	22			00:49:46.00	+00:19:51 (39.9%)	9:57	6 (60.0%)
390	PERLIK Wiesław	263	TADMAX	M60-64	15			00:49:55.90	+00:20:01 (40.1%)	9:59	6 (60.0%)
391	KUCIŃSKA-ZYGMUNT Krystyna	172	STOWARZYSZENIE 'JESTEM AKTYWNA'	K30-39	19			00:50:19.90	+00:20:25 (40.6%)	10:03	6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
392	NOWAKOWSKA Ewa	240	GOSIR OSIELSKO	K55-59	26			00:50:20.85	+00:20:26 (40.6%)	10:04	6 (60.0%)
393	ŻYGOWSKI Leszek	731	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	23			00:50:28.85	+00:20:34 (40.7%)	10:05	5.9 (59.0%)
394	PRZYBYSZ Aleksandra	284		K-Dzieci	15			00:50:40.40	+00:20:45 (41.0%)	10:08	5.9 (59.0%)
395	KRYGIEL Irena	167	GOSIR OSIELSKO	K50-54	23			00:50:51.25	+00:20:56 (41.2%)	10:10	5.9 (59.0%)
396	KRAJEWSKA Karolina	594	KLUB ODŻYWIANIA KRAJANKA	K30-34-P.EUR.	10			00:51:13.85	+00:21:19 (41.6%)	10:14	5.9 (59.0%)
397	BONIEWICZ Alina	21	GOSIR OSIELSKO	K70-74-P.EUR.	7			00:51:20.05	+00:21:25 (41.7%)	10:16	5.8 (58.0%)
398	FRAGER Anton	71	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	M70-74-P.EUR.	10			00:51:48.85	+00:21:54 (42.3%)	10:21	5.8 (58.0%)
399	PIECHOWICZ Lidia	266	'RAZEM NA SZLAKU' POZNAŃ	K- Niepełnosprawni(B)	11			00:52:13.50	+00:22:18 (42.7%)	10:26	5.7 (57.0%)
400	TKACZYK Dorota	365	ŚKKFSITNISKIELCE	K- Niepełnosprawni(B)	12			00:52:28.05	+00:22:33 (43.0%)	10:29	5.7 (57.0%)
401	DROP Mieczysław	58		M75-79-P.EUR.	4			00:52:35.60	+00:22:40 (43.1%)	10:31	5.7 (57.0%)
402	HANUS Teresa	101		K- Niepełnosprawni(B)	13			00:52:54.10	+00:22:59 (43.5%)	10:34	5.7 (57.0%)
403	LESZCZYŃSKI Dariusz	194	GOSIR OSIELSKO	M30-39	9			00:52:54.85	+00:23:00 (43.5%)	10:35	5.7 (57.0%)
404	LUDWICZAK Oskar	200	ŁUCZNICZKA BYDGOSZCZ	M-Dzieci	9	B		00:52:57.40	+00:23:02 (43.5%)	10:35	5.7 (57.0%)
404	DOMAGALSKI Robert	55	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	24			00:52:57.40	+00:23:02 (43.5%)	10:35	5.7 (57.0%)
406	WALCZAK Jerzy	386	OCTOPUS SUCHY LAS	M55-59	17			00:53:42.60	+00:23:47 (44.3%)	10:44	5.6 (56.0%)
407	KUTEJ Helmut	181	TEAM KÄRNTEN BLEIBURGER WALKER AUSTRIA	M50-54	22			00:53:46.65	+00:23:51 (44.4%)	10:45	5.6 (56.0%)
408	LESZCZYŃSKI Bartek	193	GOSIR OSIELSKO	M-Dzieci	10			00:54:51.80	+00:24:56 (45.5%)	10:58	5.5 (55.0%)
409	LEŚKIEWICZ Barbara	195	ŚKKFSITNISKIELCE	K- Niepełnosprawni(B)	14			00:55:47.35	+00:25:52 (46.4%)	11:09	5.4 (54.0%)
410	TURECZEK Elżbieta	373		K75-79-P.EUR.	3			00:56:24.55	+00:26:29 (47.0%)	11:16	5.3 (53.0%)
411	KUBIT Wiesław	171		M50-54	23			00:56:39.90	+00:26:45 (47.2%)	11:19	5.3 (53.0%)
412	WRÓBLEWSKA Leokadia	735	GOSIR OSIELSKO	K70-74-P.EUR.	8			00:56:56.45	+00:27:01 (47.5%)	11:23	5.3 (53.0%)
413	SZNAJDER Zenon	346	UNIA MIAST	M65-69	17			01:04:16.10	+00:34:21 (53.5%)	12:51	4.7 (47.0%)
414	KLIMCZAK Adam	746		M50-54	24			01:04:59.55	+00:35:04 (54.0%)	13:00	4.6 (46.0%)
415	BONIN Wanda	23	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	15			01:06:47.55	+00:36:52 (55.2%)	13:21	4.5 (45.0%)
416	ŻYGOWSKA Teresa	730	ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni(B)	16			01:08:51.15	+00:38:56 (56.6%)	13:46	4.4 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
417	DORACZYŃSKA Danuta	57	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	17			01:08:52.95	+00:38:58 (56.6%)	13:46	4.4 (44.0%)
418	ANUSZEWSKI Arkadiusz	7	KRAJANKA	M30-39	10			01:09:43.25	+00:39:48 (57.1%)	13:56	4.3 (43.0%)
419	HOŁOWICKA Teresa	104	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	18			01:19:08.75	+00:49:13 (62.2%)	15:49	3.8 (38.0%)
420	TOBOLSKI Michał	366	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	25			01:19:10.35	+00:49:15 (62.2%)	15:50	3.8 (38.0%)
421	LEPERT Róża	188	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	19			01:19:11.35	+00:49:16 (62.2%)	15:50	3.8 (38.0%)
422	KOŁPAK Julia	151	LKS ZANTYR SZTUM	K-Dzieci	16						(0.0%)
423	MYLER Georgina	230	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	20						(0.0%)
424	ŻYGLOWICZ Zbigniew	728	PODKARPACIE PRZEMYŚL	M-Niepełnosprawni(B)	26						(0.0%)
DQ	MARCZAK Krzysztof	213	NWPL/NW BEŁCHATÓW	M60-64			1	00:37:35.30 DQ		-	- (0.0%)
DQ	GOŁĘBIEWSKI Andrzej	85	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64			1	00:38:16.15 DQ		-	- (0.0%)
DNC	NOWAKOWSKI Tomasz	242	GOSIR OSIELSKO	M60-64						-	- (0.0%)
DNC	SZCZYGIELSKI Paweł	587	NWPL/LUKI TEAM	M-Niepełnosprawni(B)						-	- (0.0%)

Znaleziono 428 wynik(ów)