

OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-08-08
Miejsce: Osielsko
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	OSIŃSKI Michał	361	FOREVER YOUNG ŁÓDŹ	M 18-29	1			00:09:08	00:29:49	00:38:57		5:57	10.1 (100%)
2	CZARNECKI Andrzej	368	BARLINEK TO MNIE RUSZA	M 30-39	1	1		00:09:53	00:30:33	00:40:26	+00:00:44 (2.4%)	6:06	9.8 (97.0%)
3	ZARĘBSKI Michał	299	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			00:09:55	00:31:00	00:40:55	+00:01:11 (3.8%)	6:12	9.7 (96.0%)
4	BRZOZOWSKI Piotr	329	AKTYWNI POSTOMINO	M 30-39	3			00:09:54	00:31:05	00:40:59	+00:01:16 (4.1%)	6:13	9.7 (96.0%)
5	CZŁAPSKI Krzysztof	44	NW CIECHANÓW	M 50-54	1			00:13:01	00:31:16	00:44:17	+00:01:27 (4.6%)	6:15	9.6 (95.0%)
6	KARASIŃSKI Maciej	375	-	M 45-49	1			00:11:28	00:31:36	00:43:04	+00:01:47 (5.6%)	6:19	9.5 (94.1%)
7	KUCHTA Rafał	132	SILESIA NORDIC TEAM	M 45-49	2			00:11:28	00:31:39	00:43:07	+00:01:50 (5.8%)	6:19	9.5 (94.1%)
8	RE CZULSKI Mariusz	318	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 45-49	3			00:11:29	00:31:44	00:43:13	+00:01:55 (6.0%)	6:20	9.5 (94.1%)
9	MIELCAREK Leszek	563	SILESIA NORDIC TEAM	M 60-64	1			00:14:20	00:31:54	00:46:14	+00:02:05 (6.5%)	6:22	9.4 (93.1%)
10	PAKOSZ Piotr	202	LKS GÓRNIK JANUSZKOWICE	M Junior	1			00:08:24	00:32:00	00:40:24	+00:02:11 (6.8%)	6:24	9.4 (93.1%)
11	ROŻYNEK Miron	311	KGHM METRACO POLKOWICE	M 50-54	2			00:13:02	00:32:10	00:45:12	+00:02:21 (7.3%)	6:26	9.3 (92.1%)
12	DEŁĄG Jakub	46	PIOTRKOWSKI KLUB BIEGACZA ENDORFINA	M Junior	2			00:08:25	00:32:16	00:40:41	+00:02:27 (7.6%)	6:27	9.3 (92.1%)
13	KUŚMIEREK Patryk	140	BŁĘKITNI NW DZIEMIANY	M Junior	3	1		00:08:25	00:32:18	00:40:43	+00:02:29 (7.7%)	6:27	9.3 (92.1%)
14	WOJTASIŃSKI Daniel	290	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	4			00:09:54	00:32:19	00:42:13	+00:02:30 (7.7%)	6:27	9.3 (92.1%)

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15	WASIELEWSKI Mirosław	282	KS ELBLĄSKIE WŁÓCZY-KIJE	M 50-54	3			00:13:01	00:32:45	00:45:46	+00:02:56 (9.0%)	6:33	9.2 (91.1%)
16	KRYCH Włodzimierz	129	GOSIR OSIELSKO	M 50-54	4			00:13:02	00:32:52	00:45:54	+00:03:03 (9.3%)	6:34	9.1 (90.1%)
17	JASTRZĘBSKI Adam	90		M 18-29	2			00:09:10	00:32:57	00:42:07	+00:03:08 (9.5%)	6:35	9.1 (90.1%)
18	DEMBKOWSKI Ryszard	47	GOSIR OSIELSKO	M 60-64	2			00:14:20	00:33:06	00:47:26	+00:03:17 (9.9%)	6:37	9.1 (90.1%)
19	ROSIŃSKI Michał	237	UKS TARPAN CHEŁMNO	M Niepełnosprawni	1			00:09:54	00:33:07	00:43:01	+00:03:18 (10.0%)	6:37	9.1 (90.1%)
20	UKLEJEWSKI Kacper	278	GOSIR OSIELSKO	M Junior	4			00:08:24	00:33:14	00:41:38	+00:03:25 (10.3%)	6:38	9 (89.1%)
21	HAŁAS Marcin	85	MOSIR CZECHOWICE-DZIEDZICE ROZBIEGAMY TO MIASTO	M 30-39	5			00:09:55	00:33:17	00:43:12	+00:03:28 (10.4%)	6:39	9 (89.1%)
22	GAJEWSKI Eugeniusz	59	GORZÓWPRZYSTAŃ	M 55-59	1			00:13:46	00:33:18	00:47:04	+00:03:29 (10.5%)	6:39	9 (89.1%)
23	WITCZUK Łukasz	324	LUKI TEAM SIEDLCE	M 30-39	6			00:09:53	00:33:31	00:43:24	+00:03:42 (11.0%)	6:42	9 (89.1%)
24	SCHRÖDER Karol	243	SILESIA NORDIC TEAM	M 40-44	1			00:10:52	00:33:33	00:44:25	+00:03:44 (11.1%)	6:42	8.9 (88.1%)
25	ANDRZEJEWSKI Mieczysław	3	AKTYWNI 55	M 55-59	2			00:13:47	00:33:38	00:47:25	+00:03:49 (11.3%)	6:43	8.9 (88.1%)
26	WOLEK Waldemar	292	GNIEZNO Z KIJAMI	M 40-44	2			00:10:52	00:33:40	00:44:32	+00:03:51 (11.4%)	6:44	8.9 (88.1%)
27	MIELECKA Agnieszka	180	GĄSAWIANKA	K 45-49	1			00:20:55	00:33:50	00:54:45	+00:04:01 (11.9%)	6:46	8.9 (88.1%)
28	RATECKI Marcin	28	NORDIC WALKING TEAM GDAŃSK	M 40-44	3			00:10:51	00:33:54	00:44:45	+00:04:05 (12.0%)	6:46	8.8 (87.1%)
28	KLARKOWSKI Bogdan	114	KS ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	3			00:14:20	00:33:54	00:48:14	+00:04:05 (12.0%)	6:46	8.8 (87.1%)
30	GRYGOROWICZ Bogdan	79	KGHM METRACO POLKOWICE	M 65-69	1			00:15:01	00:33:58	00:48:59	+00:04:09 (12.2%)	6:47	8.8 (87.1%)
31	MACKIEWICZ Marcin	167	NW CIECHANÓW	M 18-29	3	1		00:09:09	00:34:02	00:43:11	+00:04:13 (12.4%)	6:48	8.8 (87.1%)
32	PAKOSZ Irena	312		K 45-49	2			00:20:52	00:34:10	00:55:02	+00:04:21 (12.7%)	6:50	8.8 (87.1%)
33	SKWIRUT Jerzy	248	FINISZ RYMANÓW	M Niepełnosprawni	2			00:13:01	00:34:14	00:47:15	+00:04:25 (12.9%)	6:50	8.8 (87.1%)
34	RAKUĆ Jakub	233	RUCH PO ZDROWIE WŁOCLAWEK	M 18-29	4			00:09:09	00:34:23	00:43:32	+00:04:34 (13.3%)	6:52	8.7 (86.1%)
35	SŁOMIAN Leszek	249	STADION ŚLĄSKI	M 50-54	5			00:13:01	00:34:27	00:47:28	+00:04:38 (13.4%)	6:53	8.7 (86.1%)
36	ĆWIKLIŃSKI Krystian	45	THE BEST - MY IDZIEMY I CZEŚĆ	M Junior	5			00:08:25	00:34:28	00:42:53	+00:04:39 (13.5%)	6:53	8.7 (86.1%)
36	RACZYŃSKI Grzegorz	229	I LO DUBOIS	M Junior	6			00:08:26	00:34:28	00:42:54	+00:04:39 (13.5%)	6:53	8.7 (86.1%)

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38	ŻUCHOWICZ Robert	352	DĄBROWA NORDIC TEAM	M 55-59	3			00:13:46	00:34:32	00:48:18	+00:04:43 (13.7%)	6:54	8.7 (86.1%)
39	JENCZELEWSKI Grzegorz	91	NW CIECHANÓW	M 40-44	4			00:10:51	00:34:34	00:45:25	+00:04:45 (13.7%)	6:54	8.7 (86.1%)
40	CHUDZIŃSKI Andrzej	34	KS ELBLĄSKIE WŁÓCZY-KIJE	M 65-69	2			00:15:01	00:34:40	00:49:41	+00:04:51 (14.0%)	6:56	8.7 (86.1%)
41	LUBAWIŃSKI Jerzy	164	K.B.SPRINT ŚWIDWIN	M Niepełnosprawni	3			00:13:46	00:34:44	00:48:30	+00:04:55 (14.2%)	6:56	8.6 (85.1%)
42	BIK Stanisław	15	KGHM METRACO POLKOWICE	M 50-54	6			00:13:05	00:34:45	00:47:50	+00:04:56 (14.2%)	6:57	8.6 (85.1%)
43	STANISŁAWSKI Jan	383	AKTYWNI 50	M 55-59	4			00:13:46	00:34:47	00:48:33	+00:04:58 (14.3%)	6:57	8.6 (85.1%)
44	TOMASZKIEWICZ Rafał	274		M 30-39	7			00:09:53	00:34:49	00:44:42	+00:05:00 (14.4%)	6:57	8.6 (85.1%)
45	GRUSZKA Lukasz	530	TKKF MOSIR CZELADŹ	M 18-29	5			00:09:08	00:35:17	00:44:25	+00:05:28 (15.5%)	7:03	8.5 (84.2%)
46	ROSADZIŃSKI Sławomir	236		M 45-49	4			00:11:29	00:35:35	00:47:04	+00:05:46 (16.2%)	7:07	8.4 (83.2%)
46	LESIŃSKA Marzenna	315	KGHM METRACO POLKOWICE	K 50-54	1			00:22:08	00:35:35	00:57:43	+00:05:46 (16.2%)	7:07	8.4 (83.2%)
48	PSTYGA Mariusz	226	METRACO POLKOWICE	M 40-44	5			00:11:30	00:35:37	00:47:07	+00:05:48 (16.3%)	7:07	8.4 (83.2%)
48	GAPIŃSKA Janina	60	WESOŁE BORSUKI	K 55-59	1			00:23:01	00:35:37	00:58:38	+00:05:48 (16.3%)	7:07	8.4 (83.2%)
50	SZWED Jacek	266	NIEZRZESZONY	M 55-59	5			00:13:48	00:35:39	00:49:27	+00:05:50 (16.4%)	7:07	8.4 (83.2%)
51	GÓRNA Urszula	181	KSN ŁUCZNICZKA BYDGOSZCZ	K Niepełnosprawni	1			00:25:28	00:35:40	01:01:08	+00:05:51 (16.4%)	7:08	8.4 (83.2%)
52	KLUKOWSKI Michał	115	UWM OLSZTYN	M 18-29	6			00:13:04	00:35:41	00:48:45	+00:05:52 (16.4%)	7:08	8.4 (83.2%)
53	MISTEREK Krystyna	142	KSN ŁUCZNICZKA BYDGOSZCZ	K Niepełnosprawni	2			00:25:29	00:35:44	01:01:13	+00:05:55 (16.6%)	7:08	8.4 (83.2%)
54	HOLWEK Jarosław	87	FOREVER YOUNG ŁÓDŹ	M 50-54	7			00:13:02	00:35:52	00:48:54	+00:06:03 (16.9%)	7:10	8.4 (83.2%)
54	SZPILMAN Marta	263	IFON TEAM	K 18-29	1			00:18:03	00:35:52	00:53:55	+00:06:03 (16.9%)	7:10	8.4 (83.2%)
56	DANA Andrzej	369	KLUB NW PATYCZAKI	M 65-69	3			00:15:02	00:35:58	00:51:00	+00:06:09 (17.1%)	7:11	8.3 (82.2%)
57	KOLASIŃSKA Patrycja	357		K 40-44	1			00:20:04	00:35:59	00:56:03	+00:06:10 (17.1%)	7:11	8.3 (82.2%)
58	TRONIARZ Stanisław	408		M 60-64	4			00:14:22	00:36:06	00:50:28	+00:06:17 (17.4%)	7:13	8.3 (82.2%)
59	JENDRUCHNIEWICZ Katarzyna	365		K 30-39	1			00:19:20	00:36:12	00:55:32	+00:06:23 (17.6%)	7:14	8.3 (82.2%)
60	SZCZYPKOWSKA Mirosława	378	DĄBROWA NORDIC TEAM	K 50-54	2			00:22:09	00:36:16	00:58:25	+00:06:27 (17.8%)	7:15	8.3 (82.2%)

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61	WOŹNIAK Klaudia	294	PODWÓJNY UŚMIECH	K Junior	1			00:17:27	00:36:20	00:53:47	+00:06:31 (17.9%)	7:16	8.3 (82.2%)
62	RADOMSKA Marta	230	AVOCADO WELLNESS CLUB	K 30-39	2			00:19:25	00:36:27	00:55:52	+00:06:38 (18.2%)	7:17	8.2 (81.2%)
63	MARKOWSKA Halina	174	KS ELBŁĄSKIE WŁÓCZY-KIJE	K 55-59	2			00:23:00	00:36:28	00:59:28	+00:06:39 (18.2%)	7:17	8.2 (81.2%)
64	TRONIARZ Grażyna	407		K 60-64	1			00:24:20	00:36:30	01:00:50	+00:06:41 (18.3%)	7:18	8.2 (81.2%)
65	UKLEJEWSKI Przemysław	279	GOSIR OSIELSKO	M 40-44	6			00:10:51	00:36:34	00:47:25	+00:06:45 (18.5%)	7:18	8.2 (81.2%)
66	PETER Maciej	208	KGHM METRACO POLKOWICE	M Junior	7			00:08:26	00:36:35	00:45:01	+00:06:46 (18.5%)	7:19	8.2 (81.2%)
67	BOGDAN Witold	20	NW CIECHANÓW	M 65-69	4			00:15:02	00:36:39	00:51:41	+00:06:50 (18.6%)	7:19	8.2 (81.2%)
68	GROCHOWALSKI Mikołaj	74	BAWILAND	M Dzieci	1			00:07:50	00:36:44	00:44:34	+00:06:55 (18.8%)	7:20	8.2 (81.2%)
69	ŁUKASZUK Norbert	165	SPOMLEK	M 18-29	7			00:09:12	00:36:47	00:45:59	+00:06:58 (18.9%)	7:21	8.2 (81.2%)
70	GOŁĘBIEWSKI Andrzej	64	KLUB SZUWAREK	M 55-59	6	1		00:13:47	00:36:49	00:50:36	+00:07:00 (19.0%)	7:21	8.1 (80.2%)
70	SZPILMAN Katarzyna	262	GDYNIA MOJE MIASTO	K 45-49	3			00:20:53	00:36:49	00:57:42	+00:07:00 (19.0%)	7:21	8.1 (80.2%)
72	SOBOLEWSKI Jarosław	307	KLUBWITAMINKA.PL	M 45-49	5			00:11:30	00:36:55	00:48:25	+00:07:06 (19.2%)	7:23	8.1 (80.2%)
73	RAKUĆ Angelika	232	RUCH PO ZDROWIE WŁOCŁAWEK	K 18-29	2			00:18:04	00:36:57	00:55:01	+00:07:08 (19.3%)	7:23	8.1 (80.2%)
74	WÓJTOWICZ Wioletta	295		K 30-39	3			00:19:23	00:37:01	00:56:24	+00:07:12 (19.5%)	7:24	8.1 (80.2%)
75	MARCINKOWSKI Jakub	173	NORDIC WALKING LUBLINIEC	M Junior	8			00:08:25	00:37:04	00:45:29	+00:07:15 (19.6%)	7:24	8.1 (80.2%)
76	SKIERS Albert	246	ZAMACH W SMOLEŃSKU	M 45-49	6			00:11:29	00:37:07	00:48:36	+00:07:18 (19.7%)	7:25	8.1 (80.2%)
77	JÓŹWIAK Marianna	335	WTW WŁOCŁAWEK	K 40-44	2			00:20:03	00:37:10	00:57:13	+00:07:21 (19.8%)	7:26	8.1 (80.2%)
78	PODOLSKI Mirosław	410	LKS ZANTYR SZTUM	M 60-64	5			00:14:21	00:37:12	00:51:33	+00:07:23 (19.8%)	7:26	8.1 (80.2%)
78	SOWA Jan	377	NZ	M 65-69	5			00:15:01	00:37:12	00:52:13	+00:07:23 (19.8%)	7:26	8.1 (80.2%)
80	JÓŹWIAK Łukasz	336	WTW WŁOCŁAWEK	M Niepełnosprawni	4			00:11:29	00:37:13	00:48:42	+00:07:24 (19.9%)	7:26	8.1 (80.2%)
81	WROŃSKI Piotr W.	297	CHODZĘ DLA ZDROWIA	M 60-64	6			00:14:21	00:37:14	00:51:35	+00:07:25 (19.9%)	7:26	8.1 (80.2%)
81	DUDEK Edward	398	KGHM METRACO POLKOWICE	M 65-69	6			00:15:03	00:37:14	00:52:17	+00:07:25 (19.9%)	7:26	8.1 (80.2%)
81	WIADERSKI Wojciech			M 65-69	7			00:15:04	00:37:14	00:52:18	+00:07:25 (19.9%)	7:26	8.1 (80.2%)

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84	GRZYB Izabela	81	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 30-39	4			00:19:20	00:37:15	00:56:35	+00:07:26 (20.0%)	7:27	8.1 (80.2%)
85	GAPIŃSKI Leszek	61	WESOŁE BORSUKI	M 55-59	7			00:13:48	00:37:16	00:51:04	+00:07:27 (20.0%)	7:27	8.1 (80.2%)
86	PIATCZYC Michał	211	NIEZRZESZONY	M Dzieci	2			00:07:50	00:37:18	00:45:08	+00:07:29 (20.1%)	7:27	8 (79.2%)
86	BRYL Michał	27	KS ELBLĄSKIE WŁÓCZY-KIJE	M Niepełnosprawni	5			00:09:09	00:37:18	00:46:27	+00:07:29 (20.1%)	7:27	8 (79.2%)
86	GŁADZIKOWSKI Grzegorz	62	AKTYWNI Z PASJĄ ŁUKÓW	M 60-64	7			00:14:23	00:37:18	00:51:41	+00:07:29 (20.1%)	7:27	8 (79.2%)
89	DOMBRZALSKI Ryszard	332	WTW WŁOCŁAWEK	M 65-69	8			00:15:03	00:37:22	00:52:25	+00:07:33 (20.2%)	7:28	8 (79.2%)
90	MĄDRY Zdzisław	376	CROSS JUTRZENKA	M Niepełnosprawni	6			00:14:25	00:37:25	00:51:50	+00:07:36 (20.3%)	7:29	8 (79.2%)
91	GŁADKOWSKA Małgorzata	316	KGHM METRACO POLKOWICE	K 50-54	3			00:22:12	00:37:28	00:59:40	+00:07:39 (20.4%)	7:29	8 (79.2%)
92	REZULSKA Katarzyna	317	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 45-49	4			00:20:53	00:37:30	00:58:23	+00:07:41 (20.5%)	7:30	8 (79.2%)
93	ŁOPIŃSKI Aleksy	386	4RUN TEAM PIŁA	M 65-69	9			00:15:07	00:37:33	00:52:40	+00:07:44 (20.6%)	7:30	8 (79.2%)
94	KUSIEWICZ Piotr	139	GOSIR OSIELSKO	M Dzieci	3			00:07:51	00:37:39	00:45:30	+00:07:50 (20.8%)	7:31	8 (79.2%)
94	BOGDAN Grażyna	19	NW CIECHANÓW	K 60-64	2			00:24:20	00:37:39	01:01:59	+00:07:50 (20.8%)	7:31	8 (79.2%)
96	KUPIBIDA Bogusława	138	SILESIA NORDIC TEAM	K 55-59	3			00:23:00	00:37:41	01:00:41	+00:07:52 (20.9%)	7:32	8 (79.2%)
97	MAJCHERCZYK Wacław	557	TKKF MOSIR CZELADŹ	M 70+	1			00:15:48	00:37:46	00:53:34	+00:07:57 (21.1%)	7:33	7.9 (78.2%)
98	GRZYWOCZ Irena	82	PROFIT SPORT TEAM	K 60-64	3			00:24:26	00:37:51	01:02:17	+00:08:02 (21.2%)	7:34	7.9 (78.2%)
99	THOMALLA Bogdan	273	SILESIA NORDIC TEAM	M 70+	2			00:15:50	00:37:52	00:53:42	+00:08:03 (21.3%)	7:34	7.9 (78.2%)
100	KANIECKA Zofia	100	NW CIECHANÓW	K 60-64	4			00:24:21	00:37:54	01:02:15	+00:08:05 (21.3%)	7:34	7.9 (78.2%)
101	FELIS Stanisław	56		M Dzieci	4			00:07:50	00:37:56	00:45:46	+00:08:07 (21.4%)	7:35	7.9 (78.2%)
101	LANGMESSER Kinga	411	LKS ZANTYR SZTUM	K 18-29	3			00:18:04	00:37:56	00:56:00	+00:08:07 (21.4%)	7:35	7.9 (78.2%)
103	WIĘCASZEK Leszek	418	FAMA	M 45-49	7			00:11:28	00:37:57	00:49:25	+00:08:08 (21.4%)	7:35	7.9 (78.2%)
103	MOŹDŹEŃ Barbara	183		K 50-54	4			00:22:09	00:37:57	01:00:06	+00:08:08 (21.4%)	7:35	7.9 (78.2%)
105	KĘDZIERSKA Agnieszka	111		K 30-39	5			00:19:20	00:38:00	00:57:20	+00:08:11 (21.5%)	7:36	7.9 (78.2%)
105	KĘDZIERSKA Edyta	117	PFNW	K 40-44	3			00:20:03	00:38:00	00:58:03	+00:08:11 (21.5%)	7:36	7.9 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	BŁĘDOWSKA Agata	17	GOSIR OSIELSKO	K 40-44	4			00:20:03	00:38:01	00:58:04	+00:08:12 (21.6%)	7:36	7.9 (78.2%)
108	POTORSKI Jacek	220		M 30-39	8			00:09:55	00:38:06	00:48:01	+00:08:17 (21.7%)	7:37	7.9 (78.2%)
109	ŚCIESIŃSKI Sławomir	270	GOSIR OSIELSKO	M 40-44	7			00:10:53	00:38:07	00:49:00	+00:08:18 (21.8%)	7:37	7.9 (78.2%)
109	PSTYGA Anna	225	METRACO POLKOWICE	K 30-39	6			00:19:26	00:38:07	00:57:33	+00:08:18 (21.8%)	7:37	7.9 (78.2%)
111	BONEK Bronisław	355	THE BEST - MY IDZIEMY I CZEŚĆ	M 70+	3			00:15:48	00:38:08	00:53:56	+00:08:19 (21.8%)	7:37	7.9 (78.2%)
112	KOWALSKI Wawrzyniec	125	UNIWERSYTET II WIEKU W MIEJSKIEJ GÓRCIE	M 50-54	8			00:13:02	00:38:12	00:51:14	+00:08:23 (21.9%)	7:38	7.9 (78.2%)
113	DANA Kazimiera	370	KLUB NW PATYCZAKI	K 60-64	5	1		00:24:21	00:38:24	01:02:45	+00:08:35 (22.4%)	7:40	7.8 (77.2%)
114	GRZESZCZAK Andrzej	325	KGHM METRACO POLKOWICE	M 55-59	8			00:13:47	00:38:33	00:52:20	+00:08:44 (22.7%)	7:42	7.8 (77.2%)
114	SUGALSKA Małgorzata	256	MOSIR RYPIN	K 45-49	5			00:20:52	00:38:33	00:59:25	+00:08:44 (22.7%)	7:42	7.8 (77.2%)
116	GÓRSKI Jacek	70	GOSIR OSIELSKO	M 45-49	8			00:11:31	00:38:35	00:50:06	+00:08:46 (22.7%)	7:43	7.8 (77.2%)
116	SKOWROŃSKA Dominika	247	MARSZ PO ZDROWIE	K Junior	2			00:17:28	00:38:35	00:56:03	+00:08:46 (22.7%)	7:43	7.8 (77.2%)
118	LANGMESSER Regina	143	LKS ZANTYR SZTUM	K 45-49	6			00:20:54	00:38:40	00:59:34	+00:08:51 (22.9%)	7:44	7.8 (77.2%)
119	PIECHOTA Michał	419	GORZÓWPRZYSTAŃ	M 18-29	8			00:09:10	00:38:43	00:47:53	+00:08:54 (23.0%)	7:44	7.7 (76.2%)
120	KŁOPOTOWSKI Ryszard	116	LKS ZANTYR SZTUM	M 50-54	9			00:13:04	00:38:47	00:51:51	+00:08:58 (23.1%)	7:45	7.7 (76.2%)
121	MROCZEK Wioleta	184	NW CIECHANÓW	K 18-29	4			00:18:04	00:38:48	00:56:52	+00:08:59 (23.2%)	7:45	7.7 (76.2%)
122	NOWROTEK Roman	323	MOKATE TEAM	M 65-69	10			00:15:04	00:38:50	00:53:54	+00:09:01 (23.2%)	7:46	7.7 (76.2%)
123	GWÓZDŹ Grażyna	84		K 45-49	7			00:20:52	00:38:53	00:59:45	+00:09:04 (23.3%)	7:46	7.7 (76.2%)
124	ŻUCHOWICZ Elżbieta	351	DĄBROWA NORDIC TEAM	K 55-59	4			00:22:59	00:38:58	01:01:57	+00:09:09 (23.5%)	7:47	7.7 (76.2%)
125	BOSEK Grzegorz	25	KSN ŁUCZNICZKA BYDGOSZCZ	M Niepełnosprawni	7			00:09:56	00:39:00	00:48:56	+00:09:11 (23.5%)	7:48	7.7 (76.2%)
126	POTORSKI Jakub	221		M Junior	9			00:08:27	00:39:04	00:47:31	+00:09:15 (23.7%)	7:48	7.7 (76.2%)
127	POTOCKI Mikołaj	420		M Junior	10			00:08:27	00:39:05	00:47:32	+00:09:16 (23.7%)	7:49	7.7 (76.2%)
127	ZIELIŃSKA Jolanta	302	GOSIR OSIELSKO	K 50-54	5			00:22:13	00:39:05	01:01:18	+00:09:16 (23.7%)	7:49	7.7 (76.2%)
129	ZAWADZKI Andrzej	403	KGHM METRACO POLKOWICE	M 55-59	9			00:13:49	00:39:07	00:52:56	+00:09:18 (23.8%)	7:49	7.7 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	KUBICKA Danuta	389	KGHM METRACO POLKOWICE	K 60-64	6			00:24:20	00:39:11	01:03:31	+00:09:22 (23.9%)	7:50	7.7 (76.2%)
131	NADOLSKA Halina	185	MOSIR RYPIN	K 45-49	8			00:20:53	00:39:16	01:00:09	+00:09:27 (24.1%)	7:51	7.6 (75.2%)
132	SPYCHAŁA Michalina	252	WESOŁY BORSUK TEAM	K Junior	3			00:17:28	00:39:17	00:56:45	+00:09:28 (24.1%)	7:51	7.6 (75.2%)
133	FELIS Beata	55		K 45-49	9			00:20:55	00:39:20	01:00:15	+00:09:31 (24.2%)	7:52	7.6 (75.2%)
134	JURCZYK Anna	98	RUN BYDGOSZCZ	K 40-44	5			00:20:06	00:39:22	00:59:28	+00:09:33 (24.3%)	7:52	7.6 (75.2%)
135	PIPIRO Grażyna	576	UKS ZSZ JEDYNKA	K 55-59	5			00:23:00	00:39:27	01:02:27	+00:09:38 (24.4%)	7:53	7.6 (75.2%)
136	MAKOWSKI Andrzej	170	KS ELBLĄSKIE WŁÓCZY-KIJE	M 55-59	10			00:13:49	00:39:28	00:53:17	+00:09:39 (24.5%)	7:53	7.6 (75.2%)
137	PAWŁOWSKA-WOŹNIAK Małgorzata	206	PODWÓJNY UŚMIECH	K 30-39	7			00:19:20	00:39:30	00:58:50	+00:09:41 (24.5%)	7:54	7.6 (75.2%)
138	PIDUCH Jan	372	MSICS-POZNAŃ	M 65-69	11			00:15:06	00:39:32	00:54:38	+00:09:43 (24.6%)	7:54	7.6 (75.2%)
139	KAPTEINA Robert	101	KS ELBLĄSKIE WŁÓCZY-KIJE	M 40-44	8	1		00:10:52	00:39:36	00:50:28	+00:09:47 (24.7%)	7:55	7.6 (75.2%)
140	GÓRNIAK Julia	67		K Junior	4			00:17:28	00:39:38	00:57:06	+00:09:49 (24.8%)	7:55	7.6 (75.2%)
141	RYMER Marlena	242	NIEZRZESZONA	K 50-54	6			00:22:09	00:39:42	01:01:51	+00:09:53 (24.9%)	7:56	7.6 (75.2%)
142	PIOTROWSKA Joanna	328	PFNW	K 40-44	6			00:20:04	00:39:48	00:59:52	+00:09:59 (25.1%)	7:57	7.5 (74.3%)
143	PACZUSKA Małgorzata	201	FOREVER YOUNG ŁÓDŹ	K 55-59	6			00:23:03	00:39:49	01:02:52	+00:10:00 (25.1%)	7:57	7.5 (74.3%)
144	KRZANOWSKA Małgorzata	130	SAMOTNI WĘDROWCY	K 40-44	7			00:20:05	00:39:55	01:00:00	+00:10:06 (25.3%)	7:59	7.5 (74.3%)
144	SOBOLEWSKA Agnieszka	306	KLUBWITAMINKA.PL	K 40-44	8	1		00:20:06	00:39:55	01:00:01	+00:10:06 (25.3%)	7:59	7.5 (74.3%)
146	DĄBROWSKI Andrzej	319	MARSZ	M 65-69	12			00:15:04	00:39:56	00:55:00	+00:10:07 (25.3%)	7:59	7.5 (74.3%)
147	PRZYBYŁAK Stanisław	224	MSICS-POZNAŃ	M 65-69	13			00:15:05	00:40:01	00:55:06	+00:10:12 (25.5%)	8:00	7.5 (74.3%)
147	OLESIJUK Anna	198	SPOMLEK	K 50-54	7			00:22:10	00:40:01	01:02:11	+00:10:12 (25.5%)	8:00	7.5 (74.3%)
149	ZAWISŁA Stanisław	300	MARSZ PO ZDROWIE	M 60-64	8			00:14:22	00:40:08	00:54:30	+00:10:19 (25.7%)	8:01	7.5 (74.3%)
150	SIKORSKI Kazimierz	345	WTW WŁOCLAWEK	M 65-69	14			00:15:03	00:40:11	00:55:14	+00:10:22 (25.8%)	8:02	7.5 (74.3%)
151	MATYJA Anna	413		K 45-49	10			00:20:54	00:40:12	01:01:06	+00:10:23 (25.8%)	8:02	7.5 (74.3%)
152	LENARTOWICZ Barbara	145	FOREVER YOUNG ŁÓDŹ	K 45-49	11			00:20:54	00:40:15	01:01:09	+00:10:26 (25.9%)	8:03	7.5 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	CHOJNACKA Ewa	31	FOREVER YOUNG ŁÓDŹ	K 65-69	1			00:25:22	00:40:16	01:05:38	+00:10:27 (26.0%)	8:03	7.5 (74.3%)
154	WANDYCZ Sylwia	395	KGHM METRACO POLKOWICE	K 30-39	8			00:19:20	00:40:22	00:59:42	+00:10:33 (26.1%)	8:04	7.4 (73.3%)
155	PIATCZYC Wacław	212	NIEZRZESZONY	M Niepełnosprawni	8			00:13:03	00:40:27	00:53:30	+00:10:38 (26.3%)	8:05	7.4 (73.3%)
155	PIATCZYC Barbara	210	NIEZRZESZONA	K 50-54	8			00:22:09	00:40:27	01:02:36	+00:10:38 (26.3%)	8:05	7.4 (73.3%)
157	STARZYŃSKA Ewa	393	KGHM METRACO POLKOWICE	K 60-64	7			00:24:22	00:40:28	01:04:50	+00:10:39 (26.3%)	8:05	7.4 (73.3%)
158	GRONALEWSKI Krzysztof	76	BŁĘKITNI NW DZIEMIANY	M 30-39	9			00:09:57	00:40:29	00:50:26	+00:10:40 (26.3%)	8:05	7.4 (73.3%)
159	NOWIŃSKI Jarosław	193		M 30-39	10			00:09:54	00:40:32	00:50:26	+00:10:43 (26.4%)	8:06	7.4 (73.3%)
160	KORZENIOWSKA Aldona	121	SPOMLEK	K 45-49	12			00:20:56	00:40:35	01:01:31	+00:10:46 (26.5%)	8:07	7.4 (73.3%)
160	ROSOŁEK Elżbieta	238	GREEN TEAM	K 50-54	9			00:22:11	00:40:35	01:02:46	+00:10:46 (26.5%)	8:07	7.4 (73.3%)
162	NOWICKA Lidia	191		K 30-39	9			00:19:20	00:40:36	00:59:56	+00:10:47 (26.6%)	8:07	7.4 (73.3%)
162	PTAS Jolanta	228	MOSIR CZELADZ	K 45-49	13			00:20:52	00:40:36	01:01:28	+00:10:47 (26.6%)	8:07	7.4 (73.3%)
164	BOBER-OGON Betina	18	SILESIA NORDIC TEAM	K 18-29	5			00:18:04	00:40:41	00:58:45	+00:10:52 (26.7%)	8:08	7.4 (73.3%)
164	OSAK Beata	200	SPOMLEK	K 40-44	9			00:20:07	00:40:41	01:00:48	+00:10:52 (26.7%)	8:08	7.4 (73.3%)
166	LEWANDOWSKA Anna	152	GOSIR OSIELSKO	K 18-29	6			00:18:08	00:40:42	00:58:50	+00:10:53 (26.7%)	8:08	7.4 (73.3%)
167	CISEK Jerzy	330	WTW WŁOCŁAWEK	M 65-69	15			00:15:03	00:40:44	00:55:47	+00:10:55 (26.8%)	8:08	7.4 (73.3%)
168	WERNIK Aneta	283	NW CIECHANÓW	K 40-44	10			00:20:04	00:40:46	01:00:50	+00:10:57 (26.9%)	8:09	7.4 (73.3%)
169	KARASIŃSKA Alicja	102		K 45-49	14			00:20:53	00:40:49	01:01:42	+00:11:00 (26.9%)	8:09	7.3 (72.3%)
170	CHOŁODECKA Marta	32		K Dzieci	1			00:16:56	00:40:50	00:57:46	+00:11:01 (27.0%)	8:10	7.3 (72.3%)
171	JAKUBOWSKA Jolanta	89		K Niepełnosprawni	3			00:22:09	00:40:56	01:03:05	+00:11:07 (27.2%)	8:11	7.3 (72.3%)
171	CYBUL Ewa	37	SPOMLEK	K 55-59	7			00:23:04	00:40:56	01:04:00	+00:11:07 (27.2%)	8:11	7.3 (72.3%)
173	LEWANDOWSKI Łukasz	153	GOSIR OSIELSKO	M Dzieci	5			00:07:51	00:40:58	00:48:49	+00:11:09 (27.2%)	8:11	7.3 (72.3%)
174	FIGURSKA Dominika	57		K 18-29	7	1		00:18:06	00:40:59	00:59:05	+00:11:10 (27.2%)	8:11	7.3 (72.3%)
175	ŚCIESIŃSKI Henryk	600	GOSIR OSIELSKO	M 70+	4			00:15:50	00:41:01	00:56:51	+00:11:12 (27.3%)	8:12	7.3 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	PAWŁOWSKA Ewa	207		K 60-64	8			00:24:22	00:41:06	01:05:28	+00:11:17 (27.5%)	8:13	7.3 (72.3%)
176	ANGIELCZYK Małgorzata	5	MARSZPOZDROWIE	K 60-64	9			00:24:27	00:41:06	01:05:33	+00:11:17 (27.5%)	8:13	7.3 (72.3%)
176	MAĆZKA Maria	177		K 65-69	2			00:25:21	00:41:06	01:06:27	+00:11:17 (27.5%)	8:13	7.3 (72.3%)
179	KULIG Bożena	135	KS ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	10			00:24:25	00:41:11	01:05:36	+00:11:22 (27.6%)	8:14	7.3 (72.3%)
180	LISZKOWSKI Piotr	382		M 70+	5			00:15:49	00:41:12	00:57:01	+00:11:23 (27.6%)	8:14	7.3 (72.3%)
180	MAZERSKA Maria	175	LKS ZANTYR SZTUM	K 65-69	3			00:25:24	00:41:12	01:06:36	+00:11:23 (27.6%)	8:14	7.3 (72.3%)
182	GRUSZKA Michał	78	NW LUBLINIEC	M Dzieci	6			00:08:33	00:41:14	00:49:47	+00:11:25 (27.7%)	8:14	7.3 (72.3%)
183	WIESZOŁEK Ewelina	285		K 30-39	10	1		00:19:22	00:41:16	01:00:38	+00:11:27 (27.7%)	8:15	7.3 (72.3%)
184	ŚCIESIŃSKI Kamil	269	GOSIR OSIELSKO	M 18-29	9			00:09:09	00:41:18	00:50:27	+00:11:29 (27.8%)	8:15	7.3 (72.3%)
185	KOSIŃSKA Maria	123	MOSIR RYPIN	K 55-59	8			00:23:01	00:41:20	01:04:21	+00:11:31 (27.9%)	8:16	7.3 (72.3%)
186	WOLAK Maryla	291		K 45-49	15			00:20:59	00:41:22	01:02:21	+00:11:33 (27.9%)	8:16	7.3 (72.3%)
187	KALISZUK Edyta	99		K 45-49	16			00:20:55	00:41:28	01:02:23	+00:11:39 (28.1%)	8:17	7.2 (71.3%)
188	KIETRYS Grażyna	113	MARSZ PO ZDROWIE	K 50-54	10			00:22:12	00:41:31	01:03:43	+00:11:42 (28.2%)	8:18	7.2 (71.3%)
188	CZERWIŃSKA Wanda	40		K 60-64	11			00:24:26	00:41:31	01:05:57	+00:11:42 (28.2%)	8:18	7.2 (71.3%)
190	FILUSZ Alfred	58		M 45-49	9			00:11:30	00:41:32	00:53:02	+00:11:43 (28.2%)	8:18	7.2 (71.3%)
191	KOŁPAK Irena	412	LKS ZANTYR SZTUM	K 60-64	12			00:24:24	00:41:42	01:06:06	+00:11:53 (28.5%)	8:20	7.2 (71.3%)
192	PILECKI Gustaw	214	GOSIR OSIELSKO	M 65-69	16			00:15:04	00:41:44	00:56:48	+00:11:55 (28.6%)	8:20	7.2 (71.3%)
193	UKLEJEWSKA Oliwia	277	GOSIR OSIELSKO	K Dzieci	2			00:16:56	00:41:49	00:58:45	+00:12:00 (28.7%)	8:21	7.2 (71.3%)
194	BIK Przemysław	14	KGHM METRACO POLKOWICE	M Dzieci	7			00:07:50	00:41:55	00:49:45	+00:12:06 (28.9%)	8:23	7.2 (71.3%)
195	NOWIŃSKA Jolanta	192		K 30-39	11			00:19:23	00:41:58	01:01:21	+00:12:09 (29.0%)	8:23	7.1 (70.3%)
196	GROCHOWALSKA Jadwiga	73	BAWILAND	K Niepełnosprawni	4			00:22:12	00:42:01	01:04:13	+00:12:12 (29.0%)	8:24	7.1 (70.3%)
197	KRAWCZYKOWSKA Barbara	127	LKS ZANTYR SZTUM	K 55-59	9			00:23:01	00:42:03	01:05:04	+00:12:14 (29.1%)	8:24	7.1 (70.3%)
198	STAWNIAK Wanda	253	UTW ŻNIN	K 60-64	13			00:24:25	00:42:05	01:06:30	+00:12:16 (29.1%)	8:25	7.1 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	PIPIRO Grzegorz	216	UKS ZSZ JEDYNKA	M Niepełnosprawni	9			00:13:48	00:42:06	00:55:54	+00:12:17 (29.2%)	8:25	7.1 (70.3%)
200	KUPER Mariusz	137		M 30-39	11			00:09:57	00:42:07	00:52:04	+00:12:18 (29.2%)	8:25	7.1 (70.3%)
201	KĄCKOWSKA Beata	109	JEZIORKI - AKTYWNA WIEŚ	K 40-44	11			00:20:06	00:42:12	01:02:18	+00:12:23 (29.3%)	8:26	7.1 (70.3%)
202	NOWAKOWSKI Tomasz	188	GOSIR OSIELSKO	M Niepełnosprawni	10			00:13:48	00:42:13	00:56:01	+00:12:24 (29.4%)	8:26	7.1 (70.3%)
203	MACKIEWICZ Michał	168	NW CIECHANÓW	M 18-29	10	1		00:09:10	00:42:14	00:51:24	+00:12:25 (29.4%)	8:26	7.1 (70.3%)
204	DYLEWSKI Andrzej	51	DĄBROWA NORDIC TEAM	M 60-64	9			00:14:21	00:42:18	00:56:39	+00:12:29 (29.5%)	8:27	7.1 (70.3%)
205	RÓŻYCKA Beata	241	SPOMLEK	K 40-44	12			00:20:08	00:42:19	01:02:27	+00:12:30 (29.5%)	8:27	7.1 (70.3%)
206	ŚWIĆ Joanna	271	SPOMLEK	K 40-44	13			00:20:07	00:42:22	01:02:29	+00:12:33 (29.6%)	8:28	7.1 (70.3%)
206	MARCINIAK Hanna	342	WTW WŁOCŁAWEK	K 50-54	11			00:22:47	00:42:22	01:05:09	+00:12:33 (29.6%)	8:28	7.1 (70.3%)
208	HARTMANN Jolanta	86	PATYCZAKI	K 50-54	12			00:22:11	00:42:24	01:04:35	+00:12:35 (29.7%)	8:28	7.1 (70.3%)
209	SZAROWSKA Gabriela	260	GOSIR OSIELSKO	K 60-64	14			00:24:26	00:42:30	01:06:56	+00:12:41 (29.8%)	8:30	7.1 (70.3%)
210	DRAGAN Romuald	310	BYDGOSZCZ	M 45-49	10			00:11:31	00:42:32	00:54:03	+00:12:43 (29.9%)	8:30	7.1 (70.3%)
211	SZULC Adam	264	MOSIR MŁAWA	M Dzieci	8			00:07:53	00:42:33	00:50:26	+00:12:44 (29.9%)	8:30	7.1 (70.3%)
212	WIĘCKOWSKA Dorota	286	SPOMLEK	K 45-49	17			00:20:57	00:42:36	01:03:33	+00:12:47 (30.0%)	8:31	7 (69.3%)
213	RUDZIŃSKI Wiesław	321	BYDGOSZCZ	M 50-54	10			00:13:03	00:42:38	00:55:41	+00:12:49 (30.1%)	8:31	7 (69.3%)
213	OBRĘBSKA Wioletta	194	SPOMLEK	K 40-44	14			00:20:09	00:42:38	01:02:47	+00:12:49 (30.1%)	8:31	7 (69.3%)
215	OKAS Aleksandra	196	UKS ZSZ JEDYNKA	K Dzieci	3			00:16:57	00:42:39	00:59:36	+00:12:50 (30.1%)	8:31	7 (69.3%)
216	MAZUR Barbara	176	SPOMLEK	K 60-64	15			00:24:29	00:42:40	01:07:09	+00:12:51 (30.1%)	8:32	7 (69.3%)
217	SIEMIONEK Jolanta	244	AKTYWNI Z PASJĄ ŁUKÓW	K Niepełnosprawni	5			00:23:02	00:42:44	01:05:46	+00:12:55 (30.2%)	8:32	7 (69.3%)
218	CZAJA Aneta	38	JEZIORKI - AKTYWNA WIEŚ	K 30-39	12			00:19:25	00:42:53	01:02:18	+00:13:04 (30.5%)	8:34	7 (69.3%)
219	MOCZARSKI Adam	189	ŻABI KRUK	M Niepełnosprawni	11			00:15:06	00:42:57	00:58:03	+00:13:08 (30.6%)	8:35	7 (69.3%)
219	PIĘNCZEWSKA Sylwia	213		K 18-29	8			00:18:07	00:42:57	01:01:04	+00:13:08 (30.6%)	8:35	7 (69.3%)
221	MACIEJAK Monika	166		K 30-39	13			00:19:21	00:42:58	01:02:19	+00:13:09 (30.6%)	8:35	7 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	LEWANDOWSKA Monika	422		K 18-29	9			00:18:08	00:43:07	01:01:15	+00:13:18 (30.8%)	8:37	7 (69.3%)
223	KULESZA-BRUNKA Dorota	134	KS ELBLĄSKIE WŁÓCZY-KIJE	K 50-54	13			00:22:10	00:43:12	01:05:22	+00:13:23 (31.0%)	8:38	6.9 (68.3%)
224	FAFARA Maciej	54	KGHM METRACO POLKOWICE	M 65-69	17			00:15:01	00:43:20	00:58:21	+00:13:31 (31.2%)	8:40	6.9 (68.3%)
225	WEŁNICKA Lidia	610	GOSIR OSIELSKO	K 45-49	18			00:20:54	00:43:23	01:04:17	+00:13:34 (31.3%)	8:40	6.9 (68.3%)
226	WIERESZKO-CZYŻ Regina	284		K 55-59	10			00:23:02	00:43:30	01:06:32	+00:13:41 (31.5%)	8:42	6.9 (68.3%)
227	MACHOWICZ Adam	400	KGHM METRACO POLKOWICE	M 60-64	10			00:14:22	00:43:35	00:57:57	+00:13:46 (31.6%)	8:43	6.9 (68.3%)
228	KUPER Justyna	136		K 30-39	14			00:19:22	00:43:37	01:02:59	+00:13:48 (31.6%)	8:43	6.9 (68.3%)
229	WROŃSKI Dawid	296	TKKF MOSIR CZELADŹ	M 18-29	11			00:09:08	00:43:42	00:52:50	+00:13:53 (31.8%)	8:44	6.9 (68.3%)
230	DYSARZ Karolina	52		K 30-39	15			00:19:22	00:43:49	01:03:11	+00:14:00 (32.0%)	8:45	6.8 (67.3%)
231	KOWALSKA-BARTNIK Agnieszka	124		K 30-39	16			00:19:21	00:43:52	01:03:13	+00:14:03 (32.0%)	8:46	6.8 (67.3%)
232	GRUSZKA Ilona	77	NW LUBLINIEC	K 40-44	15			00:20:04	00:43:53	01:03:57	+00:14:04 (32.1%)	8:46	6.8 (67.3%)
233	ZAKRZEWSKA Henryka	298		K 65-69	4			00:25:22	00:43:55	01:09:17	+00:14:06 (32.1%)	8:47	6.8 (67.3%)
234	GÓRSKI Piotr	71	GOSIR OSIELSKO	M 50-54	11			00:13:46	00:44:03	00:57:49	+00:14:14 (32.3%)	8:48	6.8 (67.3%)
235	KRUK Hanna	128	KS ELBLĄSKIE WŁÓCZY-KIJE	K 40-44	16			00:20:05	00:44:04	01:04:09	+00:14:15 (32.3%)	8:48	6.8 (67.3%)
236	KSIĄŻEK Danuta	131	SPOMLEK	K 55-59	11			00:23:03	00:44:06	01:07:09	+00:14:17 (32.4%)	8:49	6.8 (67.3%)
237	SZNAJDER Teresa	406	ZSE-U W RYBNIKU	K 60-64	16			00:24:30	00:44:13	01:08:43	+00:14:24 (32.6%)	8:50	6.8 (67.3%)
238	STRZELECKA Małgorzata	255	SAILING TEAM FERAJNA	K 40-44	17			00:20:07	00:44:20	01:04:27	+00:14:31 (32.7%)	8:52	6.8 (67.3%)
239	MARCINIUK Katarzyna	172	SPOMLEK	K 40-44	18			00:20:08	00:44:24	01:04:32	+00:14:35 (32.8%)	8:52	6.8 (67.3%)
240	NOWALIŃSKI Piotr	190	FACE NORDIC WALKING TEAM	M Niepełnosprawni	12			00:11:32	00:44:31	00:56:03	+00:14:42 (33.0%)	8:54	6.7 (66.3%)
241	LISZEWSKI Marek	160	MOSIR RYPIN	M Niepełnosprawni	13			00:13:49	00:44:36	00:58:25	+00:14:47 (33.1%)	8:55	6.7 (66.3%)
242	KIEDROWSKI Włodzimierz	112		M 70+	6			00:15:48	00:44:41	01:00:29	+00:14:52 (33.3%)	8:56	6.7 (66.3%)
243	TOMPOROWSKA Jolanta	402	PTE FAMA	K 45-49	19			00:20:56	00:44:52	01:05:48	+00:15:03 (33.5%)	8:58	6.7 (66.3%)
244	ZIELIŃSKA Elżbieta	301	SPOMLEK	K 50-54	14			00:20:55	00:44:53	01:05:48	+00:15:04 (33.6%)	8:58	6.7 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	GÓRSKA Violetta	69	GOSIR OSIELSKO	K 45-49	20			00:20:59	00:44:54	01:05:53	+00:15:05 (33.6%)	8:58	6.7 (66.3%)
246	RAJEWSKA Beata	231	JEZIORKI - AKTYWNA WIEŚ	K 30-39	17			00:19:24	00:45:01	01:04:25	+00:15:12 (33.8%)	9:00	6.7 (66.3%)
247	BLACHOWSKA Monika	314		K 30-39	18			00:19:21	00:45:02	01:04:23	+00:15:13 (33.8%)	9:00	6.7 (66.3%)
248	WILCZYŃSKA Barbara	288	AKTYWNI Z PASJĄ ŁUKÓW	K 60-64	17			00:24:28	00:45:07	01:09:35	+00:15:18 (33.9%)	9:01	6.6 (65.3%)
249	ROSZAK Magdalena	239	GOSIR OSIELSKO	K Junior	5			00:17:27	00:45:08	01:02:35	+00:15:19 (33.9%)	9:01	6.6 (65.3%)
250	GULBICKA Teresa	83		K 55-59	12			00:23:02	00:45:09	01:08:11	+00:15:20 (34.0%)	9:01	6.6 (65.3%)
251	ZIĘBA Julia	303	KLUB NW STADION SŁĄSKI	K 70+	1			00:25:28	00:45:12	01:10:40	+00:15:23 (34.0%)	9:02	6.6 (65.3%)
252	KORYCKA Natalia	120	MOSIR RYPIN	K Junior	6			00:17:27	00:45:18	01:02:45	+00:15:29 (34.2%)	9:03	6.6 (65.3%)
253	CHRAPEK Daria	358		K Junior	7			00:17:29	00:45:21	01:02:50	+00:15:32 (34.3%)	9:04	6.6 (65.3%)
254	PASTWA Iwona	204	BŁĘKITNI NW DZIEMIANY	K 40-44	19			00:20:04	00:45:24	01:05:28	+00:15:35 (34.3%)	9:04	6.6 (65.3%)
255	GROMASZEK Dariusz	75	SPOMLEK	M 60-64	11			00:14:22	00:45:29	00:59:51	+00:15:40 (34.4%)	9:05	6.6 (65.3%)
256	OSTROWSKA Halina	337	WTW WŁOCŁAWEK	K 55-59	13			00:23:05	00:45:33	01:08:38	+00:15:44 (34.5%)	9:06	6.6 (65.3%)
256	MĄTEWSKA Ewa	179	PATYCZAKI	K 60-64	18			00:24:22	00:45:33	01:09:55	+00:15:44 (34.5%)	9:06	6.6 (65.3%)
258	GRABOWSKA Agnieszka	72	MOSIR RYPIN	K Niepełnosprawni	6			00:23:06	00:45:35	01:08:41	+00:15:46 (34.6%)	9:07	6.6 (65.3%)
259	KOCIŃSKI Leszek	344	WTW WŁOCŁAWEK	M 65-69	18			00:15:02	00:45:36	01:00:38	+00:15:47 (34.6%)	9:07	6.6 (65.3%)
260	ANTOSZEWSKA Katarzyna	6		K 30-39	19			00:19:23	00:45:40	01:05:03	+00:15:51 (34.7%)	9:08	6.6 (65.3%)
261	ANDRZEJEWSKA Bogusława	1	AKTYWNI 55	K 55-59	14			00:23:02	00:45:42	01:08:44	+00:15:53 (34.8%)	9:08	6.6 (65.3%)
262	ZINKIEWICZ Filip	423		M 18-29	12			00:13:04	00:45:45	00:58:49	+00:15:56 (34.8%)	9:09	6.6 (65.3%)
263	OGONOWSKA Edyta	195	KLUB NW PATYCZAKI	K 50-54	15			00:22:13	00:45:50	01:08:03	+00:16:01 (34.9%)	9:10	6.5 (64.4%)
264	ANDRZEJEWSKA Julia	2		K Dzieci	4			00:16:58	00:45:55	01:02:53	+00:16:06 (35.1%)	9:11	6.5 (64.4%)
265	RATOWSKI Piotr	362		M Dzieci	9			00:07:51	00:46:02	00:53:53	+00:16:13 (35.2%)	9:12	6.5 (64.4%)
266	BERGIEL Agnieszka	13	SPOMLEK	K 30-39	20			00:19:26	00:46:08	01:05:34	+00:16:19 (35.4%)	9:13	6.5 (64.4%)
267	MĄCZKOWSKA Danuta	178		K 55-59	15			00:23:03	00:46:10	01:09:13	+00:16:21 (35.4%)	9:14	6.5 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	WIADERSKA Grażyna			K 60-64	19			00:24:24	00:46:12	01:10:36	+00:16:23 (35.5%)	9:14	6.5 (64.4%)
269	BEŁCZYŃSKA Edyta	12	KS ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	21			00:20:59	00:46:13	01:07:12	+00:16:24 (35.5%)	9:14	6.5 (64.4%)
270	SZULC-DRABCZYK Urszula	396	KGHM METRACO POLKOWICE	K Niepełnosprawni	7			00:24:22	00:46:19	01:10:41	+00:16:30 (35.6%)	9:15	6.5 (64.4%)
271	NOWAKOWSKA Ewa	187	GOSIR OSIELSKO	K Niepełnosprawni	8			00:23:02	00:46:25	01:09:27	+00:16:36 (35.8%)	9:17	6.5 (64.4%)
272	KRASUCKA Urszula	126	AKTYWNI Z PASJĄ ŁUKÓW	K Niepełnosprawni	9			00:25:23	00:46:28	01:11:51	+00:16:39 (35.8%)	9:17	6.5 (64.4%)
273	CZERNIK Teresa	333	WTW WŁOCLAWEK	K 60-64	20			00:24:26	00:46:32	01:10:58	+00:16:43 (35.9%)	9:18	6.4 (63.4%)
274	BOSEK Ewa	24	KSN ŁUCZNICZKA BYDGOSZCZ	K Niepełnosprawni	10			00:19:27	00:46:38	01:06:05	+00:16:49 (36.1%)	9:19	6.4 (63.4%)
275	TURZYŃSKA Józefa	275	BŁĘKITNI NW DZIEMIANY	K 65-69	5			00:25:22	00:46:41	01:12:03	+00:16:52 (36.1%)	9:20	6.4 (63.4%)
276	GOTOWSKI Rafał	65	UNIWERSYTET KAZIMIERZA WIELKIEGO	M 40-44	9			00:10:53	00:46:48	00:57:41	+00:16:59 (36.3%)	9:21	6.4 (63.4%)
277	WINIARSKA Magdalena	327	UKS TARPAN CHEŁMNO	K Niepełnosprawni	11			00:19:23	00:46:55	01:06:18	+00:17:06 (36.4%)	9:23	6.4 (63.4%)
277	KOLBUSZ Janina	391	KGHM METRACO POLKOWICE	K 65-69	6			00:25:22	00:46:55	01:12:17	+00:17:06 (36.4%)	9:23	6.4 (63.4%)
279	WOŹNIAK Stanisława	392	KGHM METRACO POLKOWICE	K 60-64	21			00:24:24	00:46:57	01:11:21	+00:17:08 (36.5%)	9:23	6.4 (63.4%)
280	JERECZEK Grażyna	92	BŁĘKITNI NW DZIEMIANY	K 50-54	16			00:22:10	00:47:07	01:09:17	+00:17:18 (36.7%)	9:25	6.4 (63.4%)
281	CZĘSTOCHOWSKI Tadeusz	43	DZIECIĘCE GRAFFITI	M Niepełnosprawni	14			00:15:49	00:47:08	01:02:57	+00:17:19 (36.7%)	9:25	6.4 (63.4%)
282	PARTYKA Danuta	203	NW PATYCZAKI	K 60-64	22			00:24:22	00:47:11	01:11:33	+00:17:22 (36.8%)	9:26	6.4 (63.4%)
283	POTOCKI Rafał	421		M Dzieci	10			00:07:52	00:47:15	00:55:07	+00:17:26 (36.9%)	9:27	6.3 (62.4%)
284	WOLNA Urszula	293	KS ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	23			00:24:25	00:47:23	01:11:48	+00:17:34 (37.1%)	9:28	6.3 (62.4%)
285	OLEK Mirosław	197	GOSIR OSIELSKO	M 55-59	11			00:13:47	00:47:29	01:01:16	+00:17:40 (37.2%)	9:29	6.3 (62.4%)
286	LISZEWSKA Zofia	373	MOSIR RYPIN	K 55-59	16			00:23:04	00:47:45	01:10:49	+00:17:56 (37.6%)	9:33	6.3 (62.4%)
286	LECYK Jadwiga	144	SPOMLEK	K 60-64	24			00:24:28	00:47:45	01:12:13	+00:17:56 (37.6%)	9:33	6.3 (62.4%)
288	PRZYBYLAK Dorota	223		K Niepełnosprawni	12			00:25:25	00:48:07	01:13:32	+00:18:18 (38.0%)	9:37	6.2 (61.4%)
289	BURDANOWSKI Andrzej	29	GOSIR OSIELSKO	M 30-39	12			00:09:53	00:48:09	00:58:02	+00:18:20 (38.1%)	9:37	6.2 (61.4%)
289	WINCZEWSKA Anna	367	RUCH PO ZDROWIE WŁOCLAWEK	K 45-49	22			00:20:59	00:48:09	01:09:08	+00:18:20 (38.1%)	9:37	6.2 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	KLIMOWSKA Stanisława	539	MOSIR RYPIN	K 65-69	7			00:25:25	00:48:20	01:13:45	+00:18:31 (38.3%)	9:40	6.2 (61.4%)
292	KĄCKOWSKI Marek	110	JEZIORKI - AKTYWNA WIEŚ	M 60-64	12			00:15:05	00:48:26	01:03:31	+00:18:37 (38.4%)	9:41	6.2 (61.4%)
293	FĄLKOWSKA Maria	53	MOSIR RYPIN	K 65-69	8			00:25:24	00:48:35	01:13:59	+00:18:46 (38.6%)	9:43	6.2 (61.4%)
294	KRALSKA Anna	331	WTW WŁOCŁAWEK	K 60-64	25			00:24:28	00:48:45	01:13:13	+00:18:56 (38.8%)	9:45	6.2 (61.4%)
295	SZULC Mariola	265	MARSZ PO ZDROWIE	K 50-54	17			00:22:13	00:48:56	01:11:09	+00:19:07 (39.1%)	9:47	6.1 (60.4%)
296	BEŁCZYŃSKA Bożena	11	KS ELBŁĄSKIE WŁÓCZY-KIJE	K 60-64	26			00:24:25	00:49:14	01:13:39	+00:19:25 (39.4%)	9:50	6.1 (60.4%)
296	SZAROLETA Zofia	259	KGHM METRACO POLKOWICE	K 70+	2			00:25:26	00:49:14	01:14:40	+00:19:25 (39.4%)	9:50	6.1 (60.4%)
298	SZPANOWSKA Marta	399		K 18-29	10			00:18:05	00:49:20	01:07:25	+00:19:31 (39.6%)	9:52	6.1 (60.4%)
299	ŻYWICA Zuzanna	334	WTW WŁOCŁAWEK	K 55-59	17			00:23:06	00:49:38	01:12:44	+00:19:49 (39.9%)	9:55	6 (59.4%)
300	ZAKRZEWSKA Barbara	394	KGHM METRACO POLKOWICE	K 65-69	9			00:25:27	00:49:50	01:15:17	+00:20:01 (40.2%)	9:58	6 (59.4%)
301	LEWANDOWSKI Szymon	156	GOSIR OSIELSKO	M Dzieci	11			00:07:51	00:50:05	00:57:56	+00:20:16 (40.5%)	10:01	6 (59.4%)
302	LEWANDOWSKI Sławomir	155	GOSIR OSIELSKO	M Dzieci	12			00:07:51	00:50:07	00:57:58	+00:20:18 (40.5%)	10:01	6 (59.4%)
303	CIEŚLAK Iwona	36	AKTYWNI Z PASJĄ ŁUKÓW	K 45-49	23			00:20:53	00:50:09	01:11:02	+00:20:20 (40.5%)	10:01	6 (59.4%)
304	MACHAJEK Krzysztof	387	KGHM METRACO POLKOWICE	M Niepełnosprawni	15			00:14:23	00:50:16	01:04:39	+00:20:27 (40.7%)	10:03	6 (59.4%)
305	GROBELNA Jadwiga	390	KGHM METRACO POLKOWICE	K 60-64	27			00:24:23	00:50:21	01:14:44	+00:20:32 (40.8%)	10:04	6 (59.4%)
306	KOSICKA Beata	122		K 45-49	24			00:21:00	00:50:49	01:11:49	+00:21:00 (41.3%)	10:09	5.9 (58.4%)
306	LIPONOGA Wanda	159	FACE NORDIC WALKING TEAM	K 60-64	28			00:24:27	00:50:49	01:15:16	+00:21:00 (41.3%)	10:09	5.9 (58.4%)
308	POKOJSKA Ewelina	217	UWM OLSZTYN	K 18-29	11			00:18:05	00:50:59	01:09:04	+00:21:10 (41.5%)	10:11	5.9 (58.4%)
309	TYLUTKI Andrzej	276	NORDIC ACTIVE TARNOBZEG	M 45-49	11			00:11:32	00:51:10	01:02:42	+00:21:21 (41.7%)	10:14	5.9 (58.4%)
310	PASTWA Oliwia	205	BŁĘKITNI NW DZIEMIANY	K Dzieci	5			00:16:56	00:51:28	01:08:24	+00:21:39 (42.1%)	10:17	5.8 (57.4%)
311	PRACKA Katarzyna	341	WTW WŁOCŁAWEK	K 45-49	25			00:20:58	00:51:29	01:12:27	+00:21:40 (42.1%)	10:17	5.8 (57.4%)
312	GINTER Paulina	416		K 18-29	12			00:18:06	00:51:33	01:09:39	+00:21:44 (42.2%)	10:18	5.8 (57.4%)
313	PIĄTKOWSKI Józef	388	KGHM METRACO POLKOWICE	M 70+	7			00:15:51	00:52:05	01:07:56	+00:22:16 (42.8%)	10:25	5.8 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	GINTER Justyna	417		K 40-44	20			00:18:06	00:52:06	01:10:12	+00:22:17 (42.8%)	10:25	5.8 (57.4%)
314	KUCHARKO Justyna	415	1987	K 18-29	13			00:18:06	00:52:06	01:10:12	+00:22:17 (42.8%)	10:25	5.8 (57.4%)
316	RUDZIŃSKA Violetta	322		K 50-54	18			00:22:11	00:52:09	01:14:20	+00:22:20 (42.8%)	10:25	5.8 (57.4%)
317	JERECZEK Sandra	94	BŁĘKITNI NW DZIEMIANY	K Dzieci	6			00:16:57	00:52:21	01:09:18	+00:22:32 (43.0%)	10:28	5.7 (56.4%)
318	PRUS Sabina	222	GOSIR OSIELSKO	K 60-64	29			00:24:23	00:53:04	01:17:27	+00:23:15 (43.8%)	10:36	5.7 (56.4%)
319	DROP Mieczysław	49		M 70+	8			00:15:51	00:53:14	01:09:05	+00:23:25 (44.0%)	10:38	5.6 (55.4%)
320	KRUGIEL Irena	313	GOSIR OSIELSKO	K 50-54	19			00:22:14	00:54:19	01:16:33	+00:24:30 (45.1%)	10:51	5.5 (54.5%)
321	LESZCZYŃSKI Bartosz	150	GOSIR OSIELSKO	M Dzieci	13			00:16:58	00:54:50	01:11:48	+00:25:01 (45.6%)	10:58	5.5 (54.5%)
322	SUMARA Bernardyna	258	GOSIR OSIELSKO	K 70+	3			00:25:28	00:56:54	01:22:22	+00:27:05 (47.6%)	11:22	5.3 (52.5%)
323	CHUDZIŃSKA Grażyna	33	KS ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	30			00:24:28	00:58:21	01:22:49	+00:28:32 (48.9%)	11:40	5.1 (50.5%)
324	WRÓBLEWSKI Józef	97	GOSIR OSIELSKO	M 70+	9			00:25:23	00:59:08	01:24:31	+00:29:19 (49.6%)	11:49	5.1 (50.5%)
325	CICHOCKI Wiesław	371	KLUB NW PATYCZAKI	M Niepełnosprawni	16			00:14:25	00:59:32	01:13:57	+00:29:43 (49.9%)	11:54	5 (49.5%)
326	SIKORSKA Elżbieta	338	WTW WŁOCŁAWEK	K 65-69	10			00:25:26	00:59:39	01:25:05	+00:29:50 (50.0%)	11:55	5 (49.5%)
327	PIEROWSKA Halina	339	WTW WŁOCŁAWEK	K 65-69	11			00:25:25	00:59:40	01:25:05	+00:29:51 (50.0%)	11:56	5 (49.5%)
328	KUJAWA Oralia	133	GOSIR OSIELSKO	K 65-69	12			00:25:26	01:02:58	01:28:24	+00:33:09 (52.6%)	12:35	4.8 (47.5%)
329	LITEWKA Marta	163	DZIECIĘCE GRAFFITI	K 18-29	14			00:18:08	01:03:25	01:21:33	+00:33:36 (53.0%)	12:41	4.7 (46.5%)
330	RUTKOWSKA Elżbieta	343	WTW WŁOCŁAWEK	K 45-49	26			00:20:57	01:04:35	01:25:32	+00:34:46 (53.8%)	12:55	4.6 (45.5%)
331	BĄCZYŃSKA Grażyna	10	GOSIR OSIELSKO	K 60-64	31			00:23:05	01:09:48	01:32:53	+00:39:59 (57.3%)	13:57	4.3 (42.6%)
332	LESZCZYŃSKA Kazimiera	146	GOSIR OSIELSKO	K 55-59	18			00:16:58	01:10:07	01:27:05	+00:40:18 (57.5%)	14:01	4.3 (42.6%)
333	LESZCZYŃSKA Pola	148	GOSIR OSIELSKO	K Dzieci	7			00:16:58	01:10:09	01:27:07	+00:40:20 (57.5%)	14:01	4.3 (42.6%)
334	BORZESZKOWSKA Małgorzata	23	PFNW	K 50-54	20			00:26:23	01:14:50	01:41:13	+00:45:01 (60.2%)	14:58	4 (39.6%)
335	BOJKE Olgierd	21	PFNW	M 50-54	12			00:26:23	01:14:51	01:41:14	+00:45:02 (60.2%)	14:58	4 (39.6%)
336	LITEWKA Julia	161	DZIECIĘCE GRAFFITI	K Niepełnosprawni	13			00:17:00	01:29:45	01:46:45	+00:59:56 (66.8%)	17:57	3.3 (32.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	LITEWKA Krystyna	162	DZIECIĘCE GRAFFITI	K 50-54	21			00:16:59	01:29:46	01:46:45	+00:59:57 (66.8%)	17:57	3.3 (32.7%)
337	CZĘSTOCHOWSKI Piotr	42	DZIECIĘCE GRAFFITI	M 50-54	13			00:17:00	01:29:46	01:46:46	+00:59:57 (66.8%)	17:57	3.3 (32.7%)
339	STĘPIEŃ Andrzej	414		M 18-29	13			00:09:10					(0.0%)
DQ	NAZAREWICZ Barbara	186	KS ELBLĄSKIE WŁÓCZY-KIJE	K 65-69				DQ	2015-08-08 DQ	DQ		-	- (0.0%)
DQ	GŁOSEK Paweł	63	NW CIECHANÓW	M Junior				DQ	DQ	DQ		-	- (0.0%)
DQ	SOSNOWSKI Krzysztof	251	GIMNAZJUM NR 5	M 30-39				DQ	DQ	DQ		-	- (0.0%)
DQ	ŚWIDEREK Ludwik	348	IMPERIAL	M 45-49				DQ	DQ	DQ		-	- (0.0%)
	FLIS Marek		GREEN TEAM	M 50-54				DNF	DNF	DNF		-	- (0.0%)

Znaleziono 344 wynik(ów)