



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2016-08-06
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALSKI Andrzej	518	FACE NORDIC WALKING TEAM	M50-59	1			00:02:25	00:30:33	01:01:34.40	01:03:59.70		6:09	9.7 (100%)
2	KLICZKA Kamil	439	PUSZCZYK BUKOWY	M40-49	1			00:01:58	00:30:58	01:01:39.00	01:03:37.45	+00:00:04 (0.1%)	6:09	9.7 (100%)
3	KARASIŃSKI Maciej	438	KS METRACO POLKOWICE	M40-49	2	1		00:02:00	00:30:57	01:01:55.15	01:03:55.55	+00:00:20 (0.6%)	6:11	9.7 (100%)
4	BIŁEK Artur	406	UNIA MIAST	M30-39	1			00:01:37	00:31:05	01:02:19.45	01:03:57.20	+00:00:45 (1.2%)	6:14	9.6 (99.0%)
5	WOJTASIŃSKI Daniel	510	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:01:38	00:31:09	01:02:39.80	01:04:18.15	+00:01:05 (1.7%)	6:16	9.6 (99.0%)
6	PIOTROWSKI Michał	476	FACE NORDIC WALKING TEAM	M30-39	3			00:01:38	00:31:13	01:02:50.90	01:04:29.00	+00:01:16 (2.0%)	6:17	9.5 (97.9%)
7	RECZULSKI Mariusz	482	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:02:27	00:31:13	01:03:05.15	01:05:32.20	+00:01:30 (2.4%)	6:18	9.5 (97.9%)
8	SIWAK Piotr	485	KS METRACO POLKOWICE	M50-59	3			00:02:25	00:30:35	01:03:13.65	01:05:39.40	+00:01:39 (2.6%)	6:19	9.5 (97.9%)
9	LESIŃSKI Grzegorz	535	KS METRACO POLKOWICE	M50-59	4			00:02:27	00:31:12	01:03:44.95	01:06:12.55	+00:02:10 (3.4%)	6:22	9.4 (96.9%)
10	PUSZKIEL Leszek	540	GREEN TEAM ZIELONA GÓRA	M50-59	5			00:02:25	00:31:26	01:04:31.15	01:06:57.05	+00:02:56 (4.6%)	6:27	9.3 (95.9%)
11	ANACZKOWSKI Mirosław	402	LKS ZANTYR	M60-69	1			00:03:12	00:31:56	01:04:37.20	01:07:49.50	+00:03:02 (4.7%)	6:27	9.3 (95.9%)
12	GRZEGORCZYK Marcin Joachim	427	FACE NORDIC WALKING TEAM	M18-29	1	1		00:01:18	00:31:42	01:04:41.15	01:05:59.60	+00:03:06 (4.8%)	6:28	9.3 (95.9%)
13	NIECHWIEJCZYK Piotr	546	UNIA MIAST	M40-49	3			00:01:58	00:31:54	01:04:59.25	01:06:57.30	+00:03:24 (5.3%)	6:29	9.2 (94.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
14	PUSZKIEL Adrian	480	GREEN TEAM ZIELONA GÓRA	M18-29	2	1		00:01:18	00:32:34	01:05:30.25	01:06:48.25	+00:03:55 (6.0%)	6:33	9.2 (94.8%)
15	CIEŚLAK Roman	542	EPOKA NORDICA ŁÓDŹ	M50-59	6			00:02:24	00:32:19	01:05:57.90	01:08:22.70	+00:04:23 (6.7%)	6:35	9.1 (93.8%)
16	NIEDBAŁ Adam	471	SILESIA NORDIC TEAM	M40-49	4			00:01:59	00:32:51	01:06:08.25	01:08:07.65	+00:04:33 (6.9%)	6:36	9.1 (93.8%)
17	NAKONIECZNY Grzegorz	400	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	5			00:01:58	00:32:23	01:06:13.80	01:08:11.85	+00:04:39 (7.0%)	6:37	9.1 (93.8%)
18	KŁACZYŃSKA Danuta	614		K40-49	1			00:05:22	00:32:54	01:06:17.50	01:11:40.45	+00:04:43 (7.1%)	6:37	9 (92.8%)
19	KUŚMIEREK Patryk	457	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:01:18	00:32:47	01:06:39.35	01:07:57.95	+00:05:04 (7.6%)	6:39	9 (92.8%)
20	DMOWSKA Aneta	547	UNIA MIAST	K40-49	2			00:05:27	00:32:59	01:06:42.10	01:12:09.55	+00:05:07 (7.7%)	6:40	9 (92.8%)
21	ŚWISŁOCKI Bogdan	532	FACE NORDIC WALKING TEAM	M50-59	7			00:02:25	00:33:09	01:07:33.05	01:09:58.30	+00:05:58 (8.8%)	6:45	8.9 (91.8%)
22	KRZYŻANOWSKI Robert	647	GOSIR OSIELSKO	M40-49	6			00:01:59	00:33:17	01:07:48.15	01:09:47.30	+00:06:13 (9.2%)	6:46	8.8 (90.7%)
23	JĘDRASIAK Renata	435	KS METRACO POLKOWICE	K50-59	1			00:05:42	00:33:56	01:08:07.45	01:13:50.30	+00:06:33 (9.6%)	6:48	8.8 (90.7%)
24	KUŚMIEREK Jan	456	BŁĘKITNI NW DZIEMIANY	M40-49	7			00:01:58	00:33:40	01:08:13.15	01:10:11.40	+00:06:38 (9.7%)	6:49	8.8 (90.7%)
25	SZYMAŃSKI Zbigniew	399		M50-59	8			00:02:24	00:33:16	01:08:13.65	01:10:38.10	+00:06:39 (9.8%)	6:49	8.8 (90.7%)
26	KULIG Henryk	451	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-69	2			00:03:12	00:33:29	01:08:18.90	01:11:31.70	+00:06:44 (9.9%)	6:49	8.8 (90.7%)
27	SPYCHAŁA Marzena	490	WESOŁY BORSUK TEAM	K40-49	3	1		00:05:23	00:33:59	01:08:19.95	01:13:43.35	+00:06:45 (9.9%)	6:50	8.8 (90.7%)
28	SZWICHTENBERG Wioleta	497	FACE NORDIC WALKING TEAM	K18-29	1			00:04:45	00:34:04	01:08:21.15	01:13:07.00	+00:06:46 (9.9%)	6:50	8.8 (90.7%)
29	LIPKO Adrianna	461	PENDOLINO	K18-29	2			00:04:45	00:34:05	01:08:25.20	01:13:10.35	+00:06:50 (10.0%)	6:50	8.8 (90.7%)
30	KOCIMSKI Jan	441	KM AKTYWNI SOCHACZEW	M60-69	3			00:03:12	00:34:05	01:09:02.90	01:12:15.15	+00:07:28 (10.8%)	6:54	8.7 (89.7%)
31	WARDACH Jan	505	WIGOR OSIR ZAMOŚĆ	M60-69	4			00:03:14	00:34:02	01:09:16.30	01:12:30.65	+00:07:41 (11.1%)	6:55	8.7 (89.7%)
32	STAWNIAK Karol	491	KS METRACO POLKOWICE	M60-69	5	1		00:03:13	00:34:09	01:09:26.35	01:12:40.25	+00:07:51 (11.3%)	6:56	8.6 (88.7%)
33	SOBKOWSKI Janusz	489	SILESIA NORDIC TEAM	M60-69	6			00:03:13	00:34:17	01:09:28.75	01:12:42.45	+00:07:54 (11.4%)	6:56	8.6 (88.7%)
34	ŁUKASZEWICZ Joanna	463	GREEN TEAM ZIELONA GÓRA	K40-49	4			00:05:23	00:34:13	01:09:31.20	01:14:55.15	+00:07:56 (11.4%)	6:57	8.6 (88.7%)
35	WIERCHANOWSKI Bogdan	606	KS METRACO POLKOWICE	M50-59	9	1		00:02:24	00:33:57	01:09:40.70	01:12:05.50	+00:08:06 (11.6%)	6:58	8.6 (88.7%)
36	SKRYCKA Katarzyna	486	KS METRACO POLKOWICE	K30-39	1			00:04:59	00:34:33	01:09:55.40	01:14:54.50	+00:08:21 (11.9%)	6:59	8.6 (88.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
37	SZCZEPAŃSKI Rafał	549	OPEL ACTIVE TEAM	M40-49	8			00:01:59	00:35:05	01:10:29.10	01:12:28.80	+00:08:54 (12.6%)	7:02	8.5 (87.6%)
38	PSUT Robert	479	EPOKA NORDICA ŁÓDŹ	M18-29	4			00:01:17	00:34:12	01:10:32.05	01:11:49.85	+00:08:57 (12.7%)	7:03	8.5 (87.6%)
39	CZEKAJŁO Franciszek	530	TEAM Meprozt	M60-69	7			00:03:14	00:34:09	01:10:45.70	01:14:00.25	+00:09:11 (13.0%)	7:04	8.5 (87.6%)
40	ŚLUSARCZYK Marcin	500	WESOŁY BORSUK TEAM	M30-39	4			00:01:38	00:35:06	01:10:53.45	01:12:31.50	+00:09:19 (13.1%)	7:05	8.5 (87.6%)
41	JONDERKO Grzegorz	436	WŁÓCZYKIJE SKOCZÓW	M40-49	9			00:01:59	00:34:48	01:11:04.80	01:13:03.85	+00:09:30 (13.4%)	7:06	8.4 (86.6%)
42	KOZŁOWSKA Sabina	449	DĄBROWA NORDIC TEAM	K30-39	2			00:04:59	00:35:20	01:11:28.65	01:16:28.00	+00:09:54 (13.9%)	7:08	8.4 (86.6%)
43	KOWALSKI Marek	448	UNIA MIAST	M50-59	10			00:02:26	00:35:44	01:11:36.70	01:14:02.75	+00:10:02 (14.0%)	7:09	8.4 (86.6%)
44	BOROWCZYK Marian	409	K.M.MALTA POZNAŃ	M60-69	8			00:03:14	00:34:41	01:11:37.95	01:14:52.40	+00:10:03 (14.0%)	7:09	8.4 (86.6%)
45	RADOMSKA Marta	686	AVOCADO WELLNES CLUB	K30-39	3			00:05:00	00:35:43	01:11:41.85	01:16:42.75	+00:10:07 (14.1%)	7:10	8.4 (86.6%)
46	BALCERAK-KOLASA Joanna	404	EPOKA NORDICA ŁÓDŹ	K40-49	5			00:05:22	00:35:00	01:11:49.95	01:17:12.90	+00:10:15 (14.3%)	7:11	8.4 (86.6%)
47	SZULC Jarek	496	MARSZ PO ZDROWIE	M50-59	11			00:02:24	00:35:30	01:12:14.40	01:14:38.65	+00:10:40 (14.8%)	7:13	8.3 (85.6%)
48	BOCZAR Beata	541	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:05:42	00:35:22	01:12:21.75	01:18:04.30	+00:10:47 (14.9%)	7:14	8.3 (85.6%)
49	DREGER Michał	415	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-49	10			00:02:00	00:36:04	01:12:25.20	01:14:25.75	+00:10:50 (15.0%)	7:14	8.3 (85.6%)
50	MIERNICKI Mariusz	533		M50-59	12			00:02:53	00:35:59	01:12:33.10	01:15:26.20	+00:10:58 (15.1%)	7:15	8.3 (85.6%)
51	KOLARSKA Agnieszka	442	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	4			00:05:00	00:35:50	01:12:37.55	01:17:37.95	+00:11:03 (15.2%)	7:15	8.3 (85.6%)
52	NETKOWSKI Wojciech	470	PASJA NORDIC WALKING	M50-59	13			00:02:53	00:36:23	01:13:08.95	01:16:02.90	+00:11:34 (15.8%)	7:18	8.2 (84.5%)
53	PALIWODA Kasia	388		K40-49	6			00:05:23	00:35:54	01:13:10.95	01:18:34.00	+00:11:36 (15.9%)	7:19	8.2 (84.5%)
54	ŚLUSARCZYK Andrzej	528	WESOŁY BORSUK TEAM	M60-69	9	1		00:03:11	00:35:59	01:13:11.20	01:16:23.15	+00:11:36 (15.9%)	7:19	8.2 (84.5%)
55	POZNAŃSKI Wiesław	478	K.S. AMATOR NW	M50-59	14			00:02:54	00:36:24	01:13:25.00	01:16:19.15	+00:11:50 (16.1%)	7:20	8.2 (84.5%)
56	KRUSZKA Arleta	658	MARSZ PO ZDROWIE	K50-59	3			00:05:44	00:36:11	01:13:26.10	01:19:10.50	+00:11:51 (16.2%)	7:20	8.2 (84.5%)
57	CZYCZ Kazimierz	538	GREEN TEAM ZIELONA GÓRA	M60-69	10			00:03:15	00:35:34	01:13:27.00	01:16:42.25	+00:11:52 (16.2%)	7:20	8.2 (84.5%)
58	DUSIEL Ewa	416	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	7			00:05:25	00:36:24	01:13:28.50	01:18:53.85	+00:11:54 (16.2%)	7:20	8.2 (84.5%)
59	KOMAJDA Jarosław	524	GOSIR OSIELSKO	M50-59	15			00:02:26	00:36:48	01:13:44.20	01:16:11.10	+00:12:09 (16.5%)	7:22	8.1 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
60	MARCINKOWSKI Wojciech	466	UNIA MIAST	M40-49	11			00:01:59	00:36:35	01:13:45.85	01:15:45.65	+00:12:11 (16.5%)	7:22	8.1 (83.5%)
61	KOWALCZYK Edyta	447	KS METRACO POLKOWICE	K40-49	8			00:05:23	00:36:51	01:13:58.75	01:19:22.55	+00:12:24 (16.8%)	7:23	8.1 (83.5%)
62	WOJNAROWSKA Halina	508		K50-59	4			00:05:43	00:36:47	01:14:11.60	01:19:55.15	+00:12:37 (17.0%)	7:25	8.1 (83.5%)
63	HAJNUS Wojciech	430	FACE NORDIC WALKING TEAM	M50-59	16			00:02:25	00:36:38	01:14:14.25	01:16:39.65	+00:12:39 (17.1%)	7:25	8.1 (83.5%)
64	WOJNAROWSKA Beata	509		K40-49	9			00:05:25	00:37:01	01:14:27.85	01:19:53.25	+00:12:53 (17.3%)	7:26	8.1 (83.5%)
65	BYTNIIEWSKI Mieczysław	526	BIAŁA BIEGA	M70+	1			00:03:38	00:37:22	01:14:30.20	01:18:08.95	+00:12:55 (17.4%)	7:27	8.1 (83.5%)
66	PIOTROWSKI Krzysztof	531	FACE NORDIC WALKING TEAM	M60-69	11			00:03:13	00:36:12	01:14:31.05	01:17:44.60	+00:12:56 (17.4%)	7:27	8.1 (83.5%)
67	ŚLUSARCZYK Grzegorz	527	WESOŁY BORSUK TEAM	M40-49	12			00:02:00	00:37:05	01:14:32.20	01:16:33.00	+00:12:57 (17.4%)	7:27	8 (82.5%)
68	ŁABUS Izabela	544	FABRIKANORDIKA	K18-29	3			00:04:44	00:36:39	01:14:37.20	01:19:22.15	+00:13:02 (17.5%)	7:27	8 (82.5%)
69	FOT Krzysztof	392	MARSZ PO ZDROWIE	M50-59	17			00:02:26	00:38:05	01:14:43.45	01:17:10.40	+00:13:09 (17.6%)	7:28	8 (82.5%)
70	PASIŃSKA-SKOWRON Sylwia	474	PRUSZYŃSKI NORDIC WALKING	K30-39	5			00:04:59	00:36:43	01:14:52.55	01:19:52.35	+00:13:18 (17.8%)	7:29	8 (82.5%)
71	ROSZMAN Joanna	484	PENDOLINO	K50-59	5			00:05:42	00:36:34	01:15:06.15	01:20:48.80	+00:13:31 (18.0%)	7:30	8 (82.5%)
72	KUPIBIDA Bogusława	622	SILESIA NORDIC TEAM	K50-59	6			00:05:43	00:37:17	01:15:09.65	01:20:53.35	+00:13:35 (18.1%)	7:31	8 (82.5%)
73	WIĘCEK Kamil	506	KLUB ZDROWEGO STYLU ŻYCIA	M18-29	5			00:01:18	00:37:17	01:15:15.55	01:16:34.20	+00:13:41 (18.2%)	7:31	8 (82.5%)
74	SITKO Małgorzata	548	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	10			00:05:24	00:37:09	01:15:36.60	01:21:01.35	+00:14:02 (18.6%)	7:33	7.9 (81.4%)
75	SOBAŃSKA Grażyna	488		K60-69	1			00:05:59	00:37:40	01:15:40.15	01:21:39.60	+00:14:05 (18.6%)	7:34	7.9 (81.4%)
76	BUJNICKI Marcin	411		M40-49	13			00:01:58	00:37:02	01:15:41.00	01:17:39.95	+00:14:06 (18.6%)	7:34	7.9 (81.4%)
77	KOZŁOWSKA Agnieszka	537	FACE NORDIC WALKING TEAM	K40-49	11			00:05:24	00:37:15	01:15:55.80	01:21:20.45	+00:14:21 (18.9%)	7:35	7.9 (81.4%)
78	GRZESZCZAK Andrzej	394	KS METRACO POLKOWICE	M50-59	18			00:02:54	00:37:36	01:16:02.35	01:18:57.25	+00:14:27 (19.0%)	7:36	7.9 (81.4%)
79	APPEL Jerzy	403	GOSIR OSIELSKO	M70+	2			00:03:38	00:37:21	01:16:07.00	01:19:45.50	+00:14:32 (19.1%)	7:36	7.9 (81.4%)
80	LEWANDOWSKI Robert	539	GOSIR OSIELSKO	M30-39	5			00:01:38	00:37:30	01:16:08.10	01:17:46.85	+00:14:33 (19.1%)	7:36	7.9 (81.4%)
81	GRONALEWSKI Krzysztof	425	BŁĘKITNI NW DZIEMIANY	M30-39	6			00:01:37	00:37:55	01:16:09.95	01:17:47.80	+00:14:35 (19.2%)	7:37	7.9 (81.4%)
82	ŁOPUSIEWICZ Dorota	462	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:04:46	00:37:27	01:16:13.05	01:20:59.05	+00:14:38 (19.2%)	7:37	7.9 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
83	JARZYŃSKA Małgorzata	434	HIFI ARTE	K50-59	7			00:05:44	00:37:28	01:16:15.25	01:21:59.40	+00:14:40 (19.3%)	7:37	7.9 (81.4%)
84	ZACHARCZUK Zofia	515	FACE NORDIC WALKING TEAM	K50-59	8			00:05:43	00:37:39	01:16:19.35	01:22:02.75	+00:14:44 (19.3%)	7:37	7.9 (81.4%)
85	CHWIAŁKOWSKI Maciej	545		M60-69	12			00:03:13	00:37:59	01:16:19.65	01:19:32.65	+00:14:45 (19.3%)	7:37	7.9 (81.4%)
86	GLINIECKA Katarzyna	521		K40-49	12			00:05:27	00:38:09	01:16:52.85	01:22:20.60	+00:15:18 (19.9%)	7:41	7.8 (80.4%)
87	JURCZYŃSKA Bożena	519	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	9			00:05:44	00:38:04	01:16:57.65	01:22:42.50	+00:15:23 (20.0%)	7:41	7.8 (80.4%)
88	KOTULA Jakub	446		M30-39	7			00:01:39	00:38:10	01:16:59.55	01:18:38.60	+00:15:25 (20.0%)	7:41	7.8 (80.4%)
89	WAŁECKA Krystyna	504	FACE NORDIC WALKING TEAM	K60-69	2	1		00:05:59	00:38:13	01:17:03.45	01:23:03.10	+00:15:29 (20.1%)	7:42	7.8 (80.4%)
90	KOSIŃSKA Maria	443	MOSIR RYPIN	K60-69	3			00:05:59	00:38:12	01:17:06.90	01:23:06.20	+00:15:32 (20.2%)	7:42	7.8 (80.4%)
91	ŚCIBISZ Bogdan	499	DĄBROWA NORDIC TEAM	M70+	3			00:03:38	00:37:45	01:17:09.80	01:20:47.90	+00:15:35 (20.2%)	7:42	7.8 (80.4%)
92	WIŚNIEWSKI Roman	507	NIEZRZESZONY	M60-69	13			00:03:15	00:38:19	01:17:14.50	01:20:29.50	+00:15:40 (20.3%)	7:43	7.8 (80.4%)
93	LENARTOWICZ Barbara	459		K40-49	13			00:05:26	00:38:44	01:17:15.10	01:22:42.05	+00:15:40 (20.3%)	7:43	7.8 (80.4%)
94	ŻUCHOWICZ Elżbieta	517	DĄBROWA NORDIC TEAM	K50-59	10			00:05:43	00:38:59	01:17:27.70	01:23:11.25	+00:15:53 (20.5%)	7:44	7.7 (79.4%)
95	ADAMOWSKI Jacek	401	UNIA MIAST	M30-39	8			00:01:39	00:39:45	01:17:39.25	01:19:19.05	+00:16:04 (20.7%)	7:46	7.7 (79.4%)
96	POSTEK Danuta	477	MARSZ PO ZDROWIE	K50-59	11			00:05:44	00:38:53	01:17:45.45	01:23:30.25	+00:16:11 (20.8%)	7:46	7.7 (79.4%)
97	FARON Monika	421		K30-39	6			00:04:59	00:37:54	01:17:52.00	01:22:51.35	+00:16:17 (20.9%)	7:47	7.7 (79.4%)
98	WORONKO-ZACZYŃSKA Janina	512	KS METRACO POLKOWICE	K70+	1			00:06:09	00:38:14	01:17:53.15	01:24:02.45	+00:16:18 (20.9%)	7:47	7.7 (79.4%)
99	DUSZA Anna	417	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	14			00:05:23	00:38:46	01:17:55.50	01:23:19.20	+00:16:21 (21.0%)	7:47	7.7 (79.4%)
100	WIŚNIEWSKI Kazimierz	390	ZGÓRKI	M60-69	14			00:03:14	00:38:51	01:17:58.95	01:21:13.85	+00:16:24 (21.0%)	7:47	7.7 (79.4%)
101	GRYGIEL Monika	426	FACE NORDIC WALKING TEAM	K30-39	7			00:05:00	00:38:17	01:18:01.80	01:23:01.95	+00:16:27 (21.1%)	7:48	7.7 (79.4%)
102	DOBROWOLSKA-SWIĄTEK Elżbieta	414		K50-59	12			00:05:44	00:39:18	01:18:10.30	01:23:54.70	+00:16:35 (21.2%)	7:49	7.7 (79.4%)
103	THOMALLA Bogdan	502	SILESIA NORDIC TEAM	M70+	4			00:03:39	00:38:09	01:18:14.45	01:21:54.35	+00:16:40 (21.3%)	7:49	7.7 (79.4%)
104	KRZYŻANOWSKI Wojciech	454	AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY	M40-49	14	2 min kary		00:05:44	00:38:01	01:18:29.05	01:24:14.00	+00:16:54 (21.5%)	7:51	7.6 (78.4%)
105	PACZUSKA Małgorzata	473	FOREVER YOUNG	K50-59	13			00:05:47	00:38:57	01:18:30.25	01:24:18.20	+00:16:55 (21.6%)	7:51	7.6 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
106	CHYRA Janusz	412	UNIA MIAST	M40-49	15			00:02:00	00:38:55	01:18:32.00	01:20:32.80	+00:16:57 (21.6%)	7:51	7.6 (78.4%)
107	SZCZEPAŃSKA Anna	493	FABRIKANORDIKA	K30-39	8			00:05:00	00:37:51	01:18:39.10	01:23:39.25	+00:17:04 (21.7%)	7:51	7.6 (78.4%)
108	DZIUBAK Janusz	419	RYBNICKI KLUB NORDIC WALKING	M50-59	19			00:02:54	00:39:00	01:18:55.95	01:21:50.35	+00:17:21 (22.0%)	7:53	7.6 (78.4%)
109	JARYSZ Agnieszka	433	FACE NORDIC WALKING TEAM	K30-39	9			00:05:01	00:39:23	01:18:59.35	01:24:00.90	+00:17:24 (22.0%)	7:53	7.6 (78.4%)
110	WROŃSKA Wiesława	513	BŁĘKITNI NW DZIEMIANY	K40-49	15			00:05:23	00:39:04	01:19:15.00	01:24:38.80	+00:17:40 (22.3%)	7:55	7.6 (78.4%)
111	RACZYŃSKA Aleksandra	481	UNIA MIAST	K70+	2			00:06:09	00:39:03	01:19:17.35	01:25:26.95	+00:17:42 (22.3%)	7:55	7.6 (78.4%)
112	HINC Iwona	432	FACE NORDIC WALKING TEAM	K40-49	16			00:05:26	00:39:48	01:19:46.50	01:25:13.45	+00:18:12 (22.8%)	7:58	7.5 (77.3%)
113	SZEWczyk Marek	494	FACE NORDIC WALKING TEAM	M50-59	20			00:02:25	00:39:29	01:19:50.95	01:22:16.25	+00:18:16 (22.9%)	7:59	7.5 (77.3%)
114	STACHYRA Alfred	536	BŁĘKITNI NW DZIEMIANY	M70+	5			00:03:39	00:39:42	01:20:09.35	01:23:48.80	+00:18:34 (23.2%)	8:00	7.5 (77.3%)
115	TURZYŃSKA-STOPA Maria	503	BŁĘKITNI NW DZIEMIANY	K60-69	4			00:05:58	00:39:30	01:20:19.15	01:26:18.05	+00:18:44 (23.3%)	8:02	7.5 (77.3%)
116	DZIEMIŃSKA Magdalena	418	BŁĘKITNI NW DZIEMIANY	K30-39	10			00:05:00	00:39:32	01:20:30.25	01:25:30.95	+00:18:55 (23.5%)	8:03	7.5 (77.3%)
117	MOJSIEJCZUK Ryszard	468	VIKING NORDIC TEAM CZĘSTOCHOWA	M70+	6			00:03:38	00:40:06	01:20:38.70	01:24:17.55	+00:19:04 (23.6%)	8:03	7.4 (76.3%)
118	STEFAŃSKI Andrzej	492	FACE NORDIC WALKING TEAM	M50-59	21	1		00:02:53	00:39:44	01:20:48.25	01:23:41.35	+00:19:13 (23.8%)	8:04	7.4 (76.3%)
119	ŚWIĄTEK Joanna	501	MARSZ PO ZDROWIE	K30-39	11			00:05:00	00:38:47	01:20:54.95	01:25:55.55	+00:19:20 (23.9%)	8:05	7.4 (76.3%)
120	ANGIELCZYK Małgorzata	550	MARSZ PO ZDROWIE	K60-69	5			00:05:59	00:39:33	01:20:56.00	01:26:55.05	+00:19:21 (23.9%)	8:05	7.4 (76.3%)
121	GERLE-KOTULA Anna	423		K30-39	12	1		00:05:00	00:40:46	01:21:13.70	01:26:13.80	+00:19:39 (24.2%)	8:07	7.4 (76.3%)
122	BIŃCZYK Jacek	207		M40-49	16			00:02:00	00:41:06	01:21:20.05	01:23:20.10	+00:19:45 (24.3%)	8:08	7.4 (76.3%)
123	OMARSKA Grażyna	472	PASJA NORDIC WALKING	K50-59	14			00:05:46	00:40:23	01:21:31.95	01:27:18.35	+00:19:57 (24.5%)	8:09	7.4 (76.3%)
124	BOROWSKI Marcin	410	FACE NORDIC WALKING TEAM	M30-39	9			00:01:39	00:41:12	01:22:11.50	01:23:50.55	+00:20:37 (25.1%)	8:13	7.3 (75.3%)
125	ZIELIŃSKA Kamila	516	FACE NORDIC WALKING TEAM	K30-39	13			00:05:00	00:40:06	01:22:27.70	01:27:28.50	+00:20:53 (25.3%)	8:14	7.3 (75.3%)
126	KOSSOWSKI Marian	445	MARYSIN	M50-59	22			00:02:26	00:40:36	01:22:48.20	01:25:14.85	+00:21:13 (25.6%)	8:16	7.2 (74.2%)
127	MAĆKOWIAK Krystyna	464	FACE NORDIC WALKING TEAM	K60-69	6			00:05:59	00:40:37	01:23:25.30	01:29:24.45	+00:21:50 (26.2%)	8:20	7.2 (74.2%)
128	FAJNAS Ryszard	420	FACE NORDIC WALKING TEAM	M50-59	23			00:02:53	00:40:39	01:23:43.60	01:26:36.70	+00:22:09 (26.5%)	8:22	7.2 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
129	SZYMANOWSKA-PAWLAK Ewa	498	GOSIR OSIELSKO	K50-59	15			00:05:44	00:41:12	01:23:48.55	01:29:33.00	+00:22:14 (26.5%)	8:22	7.2 (74.2%)
130	MARCINIAK Lucyna	465	NORDIC WALKING KIEKRZ	K50-59	16			00:05:47	00:40:41	01:23:51.25	01:29:38.30	+00:22:16 (26.6%)	8:23	7.2 (74.2%)
131	KULKA Maciej	455	FACE NORDIC WALKING TEAM	M50-59	24			00:02:55	00:42:23	01:24:14.00	01:27:09.65	+00:22:39 (26.9%)	8:25	7.1 (73.2%)
132	WYSOCKA Bernadeta	514	BŁĘKITNI NW DZIEMIANY	K40-49	17			00:05:26	00:40:52	01:24:15.85	01:29:42.10	+00:22:41 (26.9%)	8:25	7.1 (73.2%)
133	SZEWCZYK Agnieszka	495	FACE NORDIC WALKING TEAM	K40-49	18			00:05:25	00:41:58	01:24:19.70	01:29:45.65	+00:22:45 (27.0%)	8:26	7.1 (73.2%)
134	WASIELA Beata	690		K40-49	19			00:05:25	00:41:43	01:24:20.80	01:29:45.95	+00:22:46 (27.0%)	8:26	7.1 (73.2%)
135	LEHMANN Teresa	458	BŁĘKITNI NW DZIEMIANY	K50-59	17			00:05:45	00:41:31	01:24:28.05	01:30:13.65	+00:22:53 (27.1%)	8:26	7.1 (73.2%)
136	SMARUJ-SADOWSKA Janina	543		K60-69	7			00:06:00	00:41:29	01:24:46.75	01:30:47.25	+00:23:12 (27.4%)	8:28	7.1 (73.2%)
137	FILIPOWSKA Bogusia	422	FORMA NA PIĄTKĘ NW	K40-49	20			00:05:29	00:42:11	01:24:51.60	01:30:20.75	+00:23:17 (27.4%)	8:29	7.1 (73.2%)
138	KRYGIEL Maria	450	GOSIR OSIELSKO	K50-59	18			00:05:45	00:42:18	01:25:04.50	01:30:49.85	+00:23:30 (27.6%)	8:30	7.1 (73.2%)
139	PILECKI Gustaw	525	GOSIR OSIELSKO	M70+	7			00:03:39	00:42:34	01:25:19.90	01:28:59.20	+00:23:45 (27.8%)	8:32	7 (72.2%)
140	LINKA Renata	413		K40-49	21			00:05:26	00:42:12	01:25:33.50	01:31:00.00	+00:23:59 (28.0%)	8:33	7 (72.2%)
141	KRZYŚCIN Rafał	453	SANTANDER CONSUMER BANK	M40-49	17			00:01:59	00:43:28	01:26:07.30	01:28:06.50	+00:24:32 (28.5%)	8:36	7 (72.2%)
142	POLAKIEWICZ Dariusz	520	ZDROWIA	M50-59	25			00:02:53	00:41:22	01:26:18.25	01:29:11.90	+00:24:43 (28.7%)	8:37	7 (72.2%)
143	BIERNAT Lucyna	405	FACE NORDIC WALKING TEAM	K40-49	22			00:05:26	00:42:36	01:26:26.50	01:31:53.25	+00:24:52 (28.8%)	8:38	6.9 (71.1%)
144	HENRY Ewa	431	FACE NORDIC WALKING TEAM	K50-59	19			00:05:45	00:42:07	01:26:30.05	01:32:15.70	+00:24:55 (28.8%)	8:39	6.9 (71.1%)
145	CHRAPEK Urszula	639	KS RUDZICA	K18-29	5			00:04:45	00:43:05	01:26:31.10	01:31:16.35	+00:24:56 (28.8%)	8:39	6.9 (71.1%)
146	KŁOPOCIŃSKA Małgorzata	440	MARYSIN	K50-59	20			00:05:47	00:42:44	01:26:35.00	01:32:22.15	+00:25:00 (28.9%)	8:39	6.9 (71.1%)
147	KŁOSOWSKA Ewa	467		K40-49	23			00:05:24	00:44:14	01:27:07.15	01:32:31.55	+00:25:32 (29.3%)	8:42	6.9 (71.1%)
148	KOSSOWSKA Anna	444	MARYSIN	K50-59	21			00:05:47	00:43:14	01:27:15.45	01:33:02.55	+00:25:41 (29.4%)	8:43	6.9 (71.1%)
149	RUBACHA Marek	534	EPOKA NORDICA ŁÓDŹ	M60-69	15			00:03:13	00:43:31	01:27:43.90	01:30:57.35	+00:26:09 (29.8%)	8:46	6.8 (70.1%)
150	JÓŹWIAK Dominik	437	WTW.WŁOCŁAWEK	M18-29	6			00:01:19	00:43:29	01:29:00.25	01:30:19.30	+00:27:25 (30.8%)	8:54	6.7 (69.1%)
151	KRZYŚCIN Mirosława	452	SANTANDER CONSUMER BANK	K40-49	24			00:05:25	00:42:47	01:29:11.15	01:34:36.75	+00:27:36 (31.0%)	8:55	6.7 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
152	WYSOCKA Monika	689		K40-49	25			00:05:27	00:43:44	01:29:25.85	01:34:53.50	+00:27:51 (31.1%)	8:56	6.7 (69.1%)
153	GWIZDAŁA Ewa	428	GOSIR OSIELSKO	K50-59	22			00:05:45	00:43:37	01:29:54.60	01:35:40.55	+00:28:20 (31.5%)	8:59	6.7 (69.1%)
154	LPIŃSKA Urszula	460	FACE NORDIC WALKING TEAM	K40-49	26			00:05:26	00:44:54	01:30:20.80	01:35:47.05	+00:28:46 (31.8%)	9:02	6.6 (68.0%)
155	PIEKARSKA Magdalena	475	GOSIR OSIELSKO	K18-29	6			00:04:44	00:46:01	01:34:26.35	01:39:11.10	+00:32:51 (34.8%)	9:26	6.4 (66.0%)
156	POLAKIEWICZ Elżbieta	522	ZDROWIA	K60-69	8			00:06:00	00:48:02	01:35:02.10	01:41:02.70	+00:33:27 (35.2%)	9:30	6.3 (64.9%)
157	BIERYT Arkadiusz	20	KLUB WELLNESS	M50-59	26			00:02:55	00:47:18	01:35:27.50	01:38:23.15	+00:33:53 (35.5%)	9:32	6.3 (64.9%)
158	BIERYT Joanna	21	KLUB WELLNESS	K40-49	27			00:05:25	00:44:45	01:36:20.45	01:41:45.45	+00:34:46 (36.1%)	9:38	6.2 (63.9%)
159	DĄBROWSKA Barbara	523	ZDROWIA	K60-69	9	1		00:06:00	00:49:23	01:42:36.65	01:48:37.40	+00:41:02 (40.0%)	10:15	5.8 (59.8%)
160	NAWROCKA Danuta	469	DĄBROWA NORDIC TEAM	K70+	3			00:06:10	00:55:46	01:51:53.10	01:58:03.15	+00:50:18 (45.0%)	11:11	5.4 (55.7%)
DQ	GWIZDAŁA Michał	429	GOSIR OSIELSKO	M60-69			Tak	DQ	00:42:02 DQ	01:33:28.65 DQ	DQ	-	-	(0.0%)
DQ	KĘPA Andrzej	529	SKI FAMILY TEAM	M60-69			Tak	DQ	00:34:09 DQ	DQ	DQ	-	-	(0.0%)

Znaleziono 162 wynik(ów)