

# OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-08-06  
**Miejsce:** Osielsko  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIEDIEWICH Andrzej</b>	<b>610</b>	KS METRACO POLKOWICE	M30-39	1			00:00:05	00:05:37	00:36:07	01:06:28	01:37:13	<b>02:08:02.80</b>	<b>02:08:08.55</b>		6:04	9.9 (100%)
2	<b>KOLASA Wojciech</b>	<b>626</b>	EPOKA NORDICA ŁÓDŹ	M40-49	1			00:00:08	00:06:33	00:39:12	01:10:32	01:42:08	<b>02:14:05.65</b>	<b>02:14:13.95</b>	+00:06:02 (4.5%)	6:21	9.4 (94.9%)
3	<b>SKIBA Krzysztof</b>	<b>675</b>	KS METRACO POLKOWICE	M50-59	1	1		00:00:11	00:06:06	00:37:01	01:08:09	01:40:55	<b>02:14:27.15</b>	<b>02:14:39.00</b>	+00:06:24 (4.8%)	6:22	9.4 (94.9%)
4	<b>DEPKA PRĄDZYŃSKI Olgierd</b>	<b>674</b>	BIEGAMY RAZEM PENDOLINO	M50-59	2	1		00:00:12	00:06:35	00:39:11	01:10:45	01:42:54	<b>02:15:56.95</b>	<b>02:16:08.95</b>	+00:07:54 (5.8%)	6:26	9.3 (93.9%)
5	<b>WIŚNIEWSKI Jacek</b>	<b>660</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	M50-59	3			00:00:12	00:06:35	00:39:12	01:10:48	01:43:59	<b>02:16:37.75</b>	<b>02:16:50.00</b>	+00:08:34 (6.3%)	6:28	9.3 (93.9%)
6	<b>STILLER Karol</b>	<b>649</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:00:07	00:06:35	00:39:48	01:12:31	01:45:08	<b>02:16:47.15</b>	<b>02:16:54.20</b>	+00:08:44 (6.4%)	6:28	9.3 (93.9%)
7	<b>KORDOWSKI Piotr</b>	<b>627</b>	NOWA HUTA TEAM	M40-49	2			00:00:08	00:06:32	00:39:46	01:12:30	01:45:09	<b>02:17:45.15</b>	<b>02:17:53.50</b>	+00:09:42 (7.0%)	6:31	9.2 (92.9%)
8	<b>STUPNOWICZ Przemek</b>	<b>651</b>	EPOKA NORDICA ŁÓDŹ	M18-29	1			00:00:06	00:06:37	00:39:50	01:12:33	01:45:19	<b>02:18:32.65</b>	<b>02:18:39.50</b>	+00:10:29 (7.6%)	6:33	9.1 (91.9%)
9	<b>NALEPKA Jerzy</b>	<b>636</b>	FACE NORDIC WALKING TEAM	M60+	1			00:00:14	00:07:03	00:40:29	01:13:12	01:46:37	<b>02:19:31.25</b>	<b>02:19:45.55</b>	+00:11:28 (8.2%)	6:36	9.1 (91.9%)
10	<b>HELWICH Stefan</b>	<b>617</b>	KS METRACO POLKOWICE	M60+	2			00:00:13	00:06:57	00:40:29	01:13:14	01:46:47	<b>02:20:02.45</b>	<b>02:20:15.60</b>	+00:11:59 (8.6%)	6:38	9 (90.9%)
11	<b>GALIŃSKI Rafał</b>	<b>613</b>	JURAJSKI KLUB NORDIC WALKING LIDER SUPPORT TEAM	M40-49	3			00:00:09	00:07:03	00:41:44	01:15:11	01:48:34	<b>02:20:40.25</b>	<b>02:20:49.80</b>	+00:12:37 (9.0%)	6:40	9 (90.9%)
12	<b>CZŁONKOWSKI Krzysztof</b>	<b>629</b>	OLIMPIJCZYK SZCZEKOCINY	M40-49	4			00:00:08	00:06:50	00:40:58	01:14:39	01:48:36	<b>02:20:48.25</b>	<b>02:20:56.75</b>	+00:12:45 (9.1%)	6:40	9 (90.9%)
13	<b>PIETRZYK Jarosław</b>	<b>680</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:00:06	00:06:44	00:41:22	01:14:45	01:48:42	<b>02:22:28.95</b>	<b>02:22:35.50</b>	+00:14:26 (10.1%)	6:45	8.9 (89.9%)
14	<b>ZACZYŃSKA Anna</b>	<b>666</b>	KS METRACO POLKOWICE	K30-39	1			00:01:03	00:06:28	00:40:49	01:14:29	01:48:24	<b>02:22:51.90</b>	<b>02:23:55.45</b>	+00:14:49 (10.4%)	6:46	8.9 (89.9%)
15	<b>ZAREMBA Jakub</b>	<b>668</b>		M30-39	4			00:00:07	00:07:15	00:41:51	01:15:17	01:49:18	<b>02:23:23.85</b>	<b>02:23:31.05</b>	+00:15:21 (10.7%)	6:47	8.8 (88.9%)
16	<b>BOGACKI Sławek</b>	<b>603</b>	ENERGA NW TEAM	M40-49	5			00:00:07	00:06:35	00:41:05	01:15:03	01:49:52	<b>02:25:19.75</b>	<b>02:25:26.90</b>	+00:17:16 (11.9%)	6:53	8.7 (87.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki		Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto		Czas brutto		Tempo min/km	Tempo km/h
													21.1km	21.1km	Różn			
17	<b>WARUSZEWSKI Karol</b>	<b>659</b>	BIEGAJĄCY TCZEW	M40-49	6			00:00:08	00:07:03	00:42:44	01:17:08	01:51:20	<b>02:26:06.10</b>	<b>02:26:15.05</b>	+00:18:03 (12.4%)		6:55	8.7 (87.9%)
18	<b>ŻYWICKI Marcin</b>	<b>670</b>	BŁĘKITNI NW DZIEMIANY	M30-39	5	1		00:00:07	00:06:59	00:41:36	01:15:32	01:50:42	<b>02:26:33.35</b>	<b>02:26:40.85</b>	+00:18:30 (12.6%)		6:56	8.6 (86.9%)
19	<b>ZAGAJA Janusz</b>	<b>667</b>	WESOŁY BORSUK TEAM	M60+	3			00:00:12	00:07:01	00:41:33	01:15:45	01:50:51	<b>02:26:58.80</b>	<b>02:27:11.65</b>	+00:18:56 (12.9%)		6:57	8.6 (86.9%)
20	<b>MITURA-ZIELONKA Paweł</b>	<b>673</b>	RYBNICKI KLUB NORDIC WALKING	M30-39	6			00:00:07	00:06:50	00:41:55	01:16:20	01:51:49	<b>02:27:28.65</b>	<b>02:27:35.85</b>	+00:19:25 (13.2%)		6:59	8.6 (86.9%)
21	<b>WRÓBEL Łukasz Eryk</b>	<b>665</b>	FUNDACJA 'W TE PĘDY'	M30-39	7			00:00:06	00:06:38	00:41:21	01:15:14	01:49:55	<b>02:27:44.30</b>	<b>02:27:51.25</b>	+00:19:41 (13.3%)		7:00	8.6 (86.9%)
22	<b>PASIKOWSKA Mariola</b>	<b>679</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:01:02	00:06:36	00:41:36	01:16:16	01:52:03	<b>02:28:05.15</b>	<b>02:29:08.05</b>	+00:20:02 (13.5%)		7:01	8.5 (85.9%)
23	<b>BIK Stanisław</b>	<b>602</b>	KS METRACO POLKOWICE	M50-59	4			00:00:11	00:07:05	00:41:31	01:15:47	01:51:05	<b>02:28:59.40</b>	<b>02:29:11.25</b>	+00:20:56 (14.1%)		7:03	8.5 (85.9%)
24	<b>WOJCIECHOWSKI Tadeusz</b>	<b>662</b>	DĄBROWA NORDIC TEAM	M60+	4			00:00:12	00:07:19	00:42:47	01:18:14	01:54:13	<b>02:29:37.05</b>	<b>02:29:49.85</b>	+00:21:34 (14.4%)		7:05	8.5 (85.9%)
25	<b>LENZ Andrzej</b>	<b>630</b>	ALTOM	M50-59	5			00:00:11	00:07:18	00:42:17	01:17:00	01:52:33	<b>02:29:54.35</b>	<b>02:30:05.90</b>	+00:21:51 (14.6%)		7:06	8.4 (84.8%)
26	<b>JANCZYK Małgorzata</b>	<b>682</b>	EPOKA NORDICA ŁÓDŹ	K30-39	3			00:01:02	00:06:54	00:42:59	01:18:47	01:54:24	<b>02:30:10.70</b>	<b>02:31:13.65</b>	+00:22:07 (14.7%)		7:07	8.4 (84.8%)
27	<b>KACORZYK Władysław</b>	<b>620</b>	SILESIA NORDIC TEAM	M50-59	6			00:00:12	00:07:18	00:42:46	01:18:13	01:54:12	<b>02:30:39.05</b>	<b>02:30:51.05</b>	+00:22:36 (15.0%)		7:08	8.4 (84.8%)
28	<b>SZCZEBAK Jacek</b>	<b>653</b>	UNIA MIAST	M40-49	7			00:00:08	00:06:58	00:43:02	01:18:28	01:54:15	<b>02:30:49.15</b>	<b>02:30:57.15</b>	+00:22:46 (15.1%)		7:08	8.4 (84.8%)
29	<b>NOWROTEK Monika</b>	<b>637</b>	WESOŁY BORSUK TEAM	K18-29	1			00:01:02	00:06:34	00:41:20	01:16:32	01:53:58	<b>02:31:45.80</b>	<b>02:32:47.95</b>	+00:23:43 (15.6%)		7:11	8.3 (83.8%)
30	<b>GWIZDAŁA Marcin</b>	<b>616</b>	GOSIR OSIELSKO	M30-39	8			00:00:06	00:07:09	00:43:23	01:19:14	01:55:34	<b>02:31:50.20</b>	<b>02:31:56.75</b>	+00:23:47 (15.7%)		7:11	8.3 (83.8%)
31	<b>WESOŁOWSKI Wojciech</b>	<b>677</b>	NORDIC TEAM GNIEZNO	M60+	5			00:00:13	00:07:12	00:43:36	01:19:26	01:55:36	<b>02:32:29.70</b>	<b>02:32:43.65</b>	+00:24:26 (16.0%)		7:13	8.3 (83.8%)
32	<b>STOPA Joanna</b>	<b>650</b>	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:01:02	00:06:46	00:42:57	01:18:46	01:55:08	<b>02:32:31.70</b>	<b>02:33:34.00</b>	+00:24:28 (16.1%)		7:13	8.3 (83.8%)
33	<b>BRYNKIEWICZ Dorota</b>	<b>604</b>	FACE NORDIC WALKING TEAM / SPHINX AC	K30-39	4	1		00:01:04	00:06:49	00:42:37	01:18:36	01:55:26	<b>02:33:10.00</b>	<b>02:34:14.00</b>	+00:25:07 (16.4%)		7:15	8.3 (83.8%)
34	<b>FOLWARSKI Andrzej</b>	<b>612</b>	FACE NORDIC WALKING TEAM	M50-59	7			00:00:10	00:07:18	00:43:50	01:19:45	01:56:46	<b>02:34:21.60</b>	<b>02:34:32.15</b>	+00:26:18 (17.0%)		7:18	8.2 (82.8%)
35	<b>SMUS Damian</b>	<b>644</b>	UCZELNIA WARSZAWSKA	M18-29	2			00:00:09	00:07:28	00:45:01	01:21:25	01:58:32	<b>02:34:32.35</b>	<b>02:34:41.40</b>	+00:26:29 (17.1%)		7:19	8.2 (82.8%)
36	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>638</b>	SILESIA NORDIC TEAM	K40-49	1			00:01:04	00:07:10	00:44:02	01:20:35	01:57:37	<b>02:34:34.00</b>	<b>02:35:38.55</b>	+00:26:31 (17.2%)		7:19	8.2 (82.8%)
37	<b>SORN Łukasz</b>	<b>646</b>	FACE NORDIC WALKING TEAM	M18-29	3	1		00:00:05	00:07:26	00:44:17	01:21:29	01:58:54	<b>02:34:48.65</b>	<b>02:34:54.45</b>	+00:26:45 (17.3%)		7:20	8.2 (82.8%)
38	<b>REJMAN Dorota</b>	<b>641</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	K30-39	5			00:01:03	00:07:20	00:44:55	01:21:47	01:59:18	<b>02:36:55.95</b>	<b>02:37:59.05</b>	+00:28:53 (18.4%)		7:26	8.1 (81.8%)
39	<b>STĘPIEŃ Lucyna</b>	<b>648</b>	KS METRACO POLKOWICE	K50-59	1			00:01:07	00:07:31	00:44:42	01:21:52	01:59:31	<b>02:36:56.50</b>	<b>02:38:04.45</b>	+00:28:53 (18.4%)		7:26	8.1 (81.8%)
40	<b>KOWALCZYK Mariusz</b>	<b>628</b>	GREEN TEAM ZIELONA GÓRA	M50-59	8			00:00:11	00:07:22	00:43:50	01:19:39	01:57:42	<b>02:37:22.60</b>	<b>02:37:33.60</b>	+00:29:19 (18.6%)		7:27	8 (80.8%)
41	<b>BANASZKIEWICZ Katarzyna</b>	<b>601</b>	JEZIORKI - AKTYWNA WIEŚ	K40-49	2			00:01:06	00:07:15	00:45:15	01:22:39	01:59:44	<b>02:37:26.15</b>	<b>02:38:32.35</b>	+00:29:23 (18.7%)		7:27	8 (80.8%)
42	<b>WOLNIEWICZ Katarzyna</b>	<b>663</b>	FABRIKANORDIKA	K40-49	3			00:01:04	00:07:29	00:44:51	01:22:05	01:59:41	<b>02:38:47.10</b>	<b>02:39:51.95</b>	+00:30:44 (19.4%)		7:31	8 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas		Różn	Tempo min/km	Tempo km/h
													netto 21.1km	brutto 21.1km			
43	<b>KACZMARCZYK-PIASECKA Renata</b>	<b>621</b>	CZARNE PANTERY	K40-49	4			00:01:07	00:07:59	00:47:24	01:24:45	02:02:19	<b>02:40:14.65</b>	<b>02:41:21.70</b>	+00:32:11 (20.1%)	7:35	7.9 (79.8%)
44	<b>ANTOSZEWSKI Piotr</b>	<b>655</b>	DĄBROWA NORDIC TEAM	M40-49	8			00:00:10	00:07:26	00:45:01	01:22:06	01:59:55	<b>02:40:15.05</b>	<b>02:40:25.90</b>	+00:32:12 (20.1%)	7:35	7.9 (79.8%)
45	<b>KARASIEWICZ Irena</b>	<b>684</b>	FACE NORDIC WALKING TEAM	K50-59	2			00:01:08	00:07:31	00:45:23	01:23:35	02:02:05	<b>02:40:26.20</b>	<b>02:41:34.50</b>	+00:32:23 (20.2%)	7:36	7.9 (79.8%)
46	<b>GRĄDZKA-MOŻYSZEK Aleksandra</b>	<b>615</b>	FORMA NA PIĄTKĘ NW	K50-59	3			00:01:09	00:07:37	00:45:40	01:23:39	02:02:06	<b>02:40:35.90</b>	<b>02:41:44.95</b>	+00:32:33 (20.3%)	7:36	7.9 (79.8%)
47	<b>MOŻYSZEK Piotr</b>	<b>635</b>	FORMA NA PIĄTKĘ NW	M50-59	9			00:00:12	00:07:41	00:46:20	01:23:57	02:02:18	<b>02:40:59.40</b>	<b>02:41:12.00</b>	+00:32:56 (20.5%)	7:37	7.9 (79.8%)
48	<b>LISIKIEWICZ Agnieszka</b>	<b>631</b>	GREEN TEAM ZIELONA GÓRA	K40-49	5			00:01:04	00:07:42	00:46:52	01:24:17	02:02:21	<b>02:41:02.95</b>	<b>02:42:07.50</b>	+00:33:00 (20.5%)	7:37	7.9 (79.8%)
49	<b>ROSOŁEK Elżbieta</b>	<b>678</b>	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:01:09	00:07:59	00:47:21	01:24:44	02:02:35	<b>02:41:21.80</b>	<b>02:42:31.20</b>	+00:33:19 (20.6%)	7:38	7.8 (78.8%)
50	<b>TYLUTKI Agnieszka</b>	<b>656</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	K40-49	6			00:01:05	00:07:29	00:45:06	01:22:26	02:00:30	<b>02:42:21.15</b>	<b>02:43:26.80</b>	+00:34:18 (21.1%)	7:41	7.8 (78.8%)
51	<b>KUCHARCZYK Krzysztof</b>	<b>683</b>		M30-39	9	1		00:00:08	00:07:26	00:45:19	01:23:25	02:02:14	<b>02:43:28.85</b>	<b>02:43:37.15</b>	+00:35:26 (21.7%)	7:44	7.7 (77.8%)
52	<b>JANKOWSKA Katarzyna</b>	<b>618</b>	MOSIR	K50-59	5			00:01:08	00:08:09	00:47:00	01:25:29	02:04:27	<b>02:43:36.25</b>	<b>02:44:44.25</b>	+00:35:33 (21.7%)	7:45	7.7 (77.8%)
53	<b>SZCZODROWSKI Krzysztof</b>	<b>654</b>		M50-59	10			00:00:09	00:07:26	00:45:17	01:23:50	02:02:57	<b>02:43:38.05</b>	<b>02:43:47.80</b>	+00:35:35 (21.7%)	7:45	7.7 (77.8%)
54	<b>WITKOWSKA Maria</b>	<b>661</b>	UNIA MIAST	K60+	1			00:01:09	00:07:44	00:46:28	01:25:20	02:04:42	<b>02:43:54.20</b>	<b>02:45:04.05</b>	+00:35:51 (21.9%)	7:46	7.7 (77.8%)
55	<b>POTRYKUS Małgorzata</b>	<b>681</b>		K50-59	6			00:01:07	00:07:36	00:45:40	01:23:59	02:03:41	<b>02:45:40.20</b>	<b>02:46:47.25</b>	+00:37:37 (22.7%)	7:51	7.6 (76.8%)
56	<b>WOŁOWIEC Marcin</b>	<b>664</b>	FOREVER YOUNG ŁÓDŹ	M40-49	9			00:00:09	00:07:39	00:46:45	01:25:27	02:06:11	<b>02:45:57.95</b>	<b>02:46:07.50</b>	+00:37:55 (22.8%)	7:51	7.6 (76.8%)
57	<b>FINC Mariusz</b>	<b>611</b>		M40-49	10			00:00:05	00:07:36	00:45:22	01:23:08	02:04:16	<b>02:47:20.15</b>	<b>02:47:26.10</b>	+00:39:17 (23.5%)	7:55	7.6 (76.8%)
58	<b>ROSADZIŃSKA Natalia</b>	<b>676</b>		K18-29	3			00:01:02	00:07:49	00:48:26	01:29:06	02:09:39	<b>02:47:54.40</b>	<b>02:48:56.90</b>	+00:39:51 (23.7%)	7:57	7.5 (75.8%)
59	<b>CZYCZ Emilia</b>	<b>608</b>	GREEN TEAM ZIELONA GÓRA	K60+	2			00:01:09	00:07:36	00:45:47	01:24:32	02:05:32	<b>02:48:05.45</b>	<b>02:49:14.65</b>	+00:40:02 (23.8%)	7:57	7.5 (75.8%)
60	<b>KOBIELA Daria</b>	<b>625</b>	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:01:02	00:07:49	00:48:26	01:29:05	02:09:40	<b>02:48:15.35</b>	<b>02:49:17.50</b>	+00:40:12 (23.9%)	7:58	7.5 (75.8%)
61	<b>CICHOŃ Aneta</b>	<b>605</b>	FABRIKANORDIKA	K30-39	6			00:01:03	00:07:38	00:47:03	01:26:48	02:07:27	<b>02:49:10.90</b>	<b>02:50:14.30</b>	+00:41:08 (24.3%)	8:01	7.5 (75.8%)
62	<b>WACHOWIAK Sylwia</b>	<b>657</b>		K40-49	7			00:01:06	00:07:57	00:48:06	01:27:35	02:07:55	<b>02:49:26.35</b>	<b>02:50:32.70</b>	+00:41:23 (24.4%)	8:01	7.5 (75.8%)
63	<b>CIENNIK Kalina</b>	<b>671</b>		K40-49	8			00:01:07	00:07:39	00:47:59	01:28:34	02:09:20	<b>02:49:29.20</b>	<b>02:50:36.75</b>	+00:41:26 (24.5%)	8:01	7.5 (75.8%)
64	<b>SYSIK Tomasz</b>	<b>652</b>	LEGIA RUN CLUB	M30-39	10	1		00:00:08	00:08:13	00:51:55	01:32:00	02:10:51	<b>02:49:30.95</b>	<b>02:49:39.55</b>	+00:41:28 (24.5%)	8:02	7.5 (75.8%)
65	<b>FRANKIEWICZ Mirosław</b>	<b>634</b>	FORMA NA PIĄTKĘ NW	M40-49	11	1		00:00:10	00:07:54	00:48:03	01:27:44	02:08:21	<b>02:50:04.40</b>	<b>02:50:14.60</b>	+00:42:01 (24.7%)	8:03	7.4 (74.7%)
66	<b>SOBECKA Marzena</b>	<b>645</b>		K40-49	9			00:01:06	00:08:20	00:48:55	01:28:44	02:08:59	<b>02:50:34.10</b>	<b>02:51:40.70</b>	+00:42:31 (24.9%)	8:05	7.4 (74.7%)
67	<b>JASOŃ Grażyna</b>	<b>619</b>	CZARNE PANTERY	K50-59	7			00:01:08	00:08:15	00:48:33	01:28:47	02:09:43	<b>02:50:50.65</b>	<b>02:51:58.75</b>	+00:42:47 (25.1%)	8:05	7.4 (74.7%)
68	<b>RECZULSKI Mikołaj</b>	<b>640</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	4			00:00:05	00:06:59	00:45:19	01:25:14	02:07:52	<b>02:51:22.90</b>	<b>02:51:28.70</b>	+00:43:20 (25.3%)	8:07	7.4 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas		Różn	Tempo min/km	Tempo km/h
													21.1km	21.1km			
69	<b>CIENNIK Wiktor</b>	<b>672</b>	FOREVER YOUNG ŁÓDŹ	M50-59	11			00:00:13	00:07:49	00:46:36	01:27:49	02:09:59	<b>02:52:15.45</b>	<b>02:52:28.85</b>	+00:44:12 (25.7%)	8:09	7.3 (73.7%)
70	<b>SŁABOŃ-SIKORA Aneta</b>	<b>643</b>	DĄBROWA NORDIC TEAM	K30-39	7			00:01:04	00:08:01	00:49:58	01:30:06	02:11:47	<b>02:54:31.50</b>	<b>02:55:36.20</b>	+00:46:28 (26.6%)	8:16	7.3 (73.7%)
71	<b>MATYJA Anna</b>	<b>633</b>		K40-49	10			00:01:05	00:07:59	00:48:53	01:29:17	02:11:14	<b>02:54:34.50</b>	<b>02:55:40.05</b>	+00:46:31 (26.7%)	8:16	7.3 (73.7%)
72	<b>CZAKIERT Marek</b>	<b>607</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	12			00:00:10	00:07:59	00:48:51	01:29:21	02:11:58	<b>02:55:12.05</b>	<b>02:55:22.45</b>	+00:47:09 (26.9%)	8:18	7.2 (72.7%)
73	<b>WOŹNIAK Bartłomiej</b>	<b>685</b>	UNIA MIAST	M40-49	13			00:00:09	00:07:47	00:49:03	01:31:06	02:14:05	<b>02:59:16.20</b>	<b>02:59:25.45</b>	+00:51:13 (28.6%)	8:29	7.1 (71.7%)
74	<b>ZAWADZKA Maria</b>	<b>669</b>	KS METRACO POLKOWICE	K60+	3			00:01:09	00:08:13	00:50:51	01:32:46	02:15:16	<b>02:59:33.65</b>	<b>03:00:43.20</b>	+00:51:30 (28.7%)	8:30	7.1 (71.7%)
75	<b>STRZELECKI Sebastian</b>	<b>688</b>	SAILING TEAM FERAJNA	M40-49	14			00:00:09	00:07:59	00:50:20	01:32:32	02:16:10	<b>03:00:35.35</b>	<b>03:00:45.25</b>	+00:52:32 (29.1%)	8:33	7 (70.7%)
76	<b>ROZMUS Jolanta</b>	<b>642</b>	FACE NORDIC WALKING TEAM	K60+	4			00:01:10	00:08:22	00:50:50	01:33:58	02:17:56	<b>03:00:51.20</b>	<b>03:02:01.45</b>	+00:52:48 (29.2%)	8:34	7 (70.7%)
77	<b>DRÓŹDŹ Paweł</b>	<b>609</b>	EPOKA NORDICA ŁÓDŹ	M50-59	12			00:00:11	00:07:51	00:49:16	01:31:23	02:16:28	<b>03:01:42.30</b>	<b>03:01:53.85</b>	+00:53:39 (29.5%)	8:36	7 (70.7%)
78	<b>MARCINKOWSKA Renata</b>	<b>632</b>	FACE NORDIC WALKING TEAM	K60+	5			00:01:10	00:08:29	00:51:25	01:34:59	02:22:23	<b>03:11:40.95</b>	<b>03:12:51.15</b>	+01:03:38 (33.2%)	9:05	6.6 (66.7%)
79	<b>KĄCKOWSKA Beata</b>	<b>623</b>	JEZIORKI - AKTYWNA WIEŚ	K40-49	11			00:01:06	00:09:05	00:55:39	01:42:07	02:27:52	<b>03:14:48.55</b>	<b>03:15:55.10</b>	+01:06:45 (34.3%)	9:13	6.5 (65.7%)
80	<b>CZAJA Aneta</b>	<b>687</b>	JEZIORKI - AKTYWNA WIEŚ	K30-39	8			00:01:04	00:09:07	00:55:41	01:42:10	02:27:54	<b>03:14:50.95</b>	<b>03:15:55.20</b>	+01:06:48 (34.3%)	9:14	6.5 (65.7%)

Znaleziono 80 wynik(ów)