



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2016-08-06
Miejsce: Osielsko
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DORS Grzegorz	45	RTB TRACKER PODKOWA JANÓW	M50-54	1		00:04:18	00:28:56.65	00:33:14.80		5:47	10.4 (100%)
2	DEŁĄG Jakub	371	FACE NORDIC WALKING TEAM	M18-29	1		00:00:52	00:29:26.40	00:30:18.90	+00:00:29 (1.7%)	5:53	10.2 (98.1%)
3	LUBIATOWSKI Ireneusz	155	KS METRACO POLKOWICE	M50-54	2		00:04:18	00:29:43.70	00:34:02.15	+00:00:47 (2.6%)	5:56	10.1 (97.1%)
4	ZARĘBSKI Michał	299	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1		00:01:35	00:29:43.95	00:31:19.60	+00:00:47 (2.7%)	5:56	10.1 (97.1%)
5	WOROCH Roman	291	KS METRACO POLKOWICE	M55-59	1		00:05:02	00:30:30.25	00:35:32.40	+00:01:33 (5.1%)	6:06	9.8 (94.2%)
6	GAJEWSKI Eugeniusz	58	KS METRACO POLKOWICE	M55-59	2		00:05:02	00:30:31.55	00:35:33.75	+00:01:34 (5.2%)	6:06	9.8 (94.2%)
7	BRZOZOWSKI Piotr	360	FACE NORDIC WALKING TEAM	M30-39	2	1	00:01:36	00:30:35.25	00:32:11.50	+00:01:38 (5.4%)	6:07	9.8 (94.2%)
8	WETOSZKA Piotr	306	FACE NORDIC WALKING TEAM	M30-39	3		00:01:38	00:30:46.50	00:32:24.75	+00:01:49 (5.9%)	6:09	9.8 (94.2%)
9	CZŁAPSKI Krzysztof	38	ENERGYLIFE TEAM	M50-54	3		00:04:17	00:31:00.70	00:35:17.85	+00:02:04 (6.7%)	6:12	9.7 (93.3%)
10	WITCZUK Łukasz	378	FACE NORDIC WALKING TEAM	M30-39	4		00:01:37	00:31:00.80	00:32:38.40	+00:02:04 (6.7%)	6:12	9.7 (93.3%)
11	MIELCAREK Leszek	173	WESOŁY BORSUK TEAM	M60-64	1		00:05:40	00:31:18.10	00:36:58.50	+00:02:21 (7.5%)	6:15	9.6 (92.3%)
12	STĘPNIOWSKI Paweł	236	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2		00:00:53	00:31:26.90	00:32:20.30	+00:02:30 (8.0%)	6:17	9.5 (91.3%)
13	DORS Łukasz	46	RTB TRACKER PODKOWA JANÓW	M-Junior	1		00:00:29	00:31:28.90	00:31:57.95	+00:02:32 (8.1%)	6:17	9.5 (91.3%)
14	WALENDZIAK Ryszard	368	POCHODZĘ Z MALBORKA	M40-44	1		00:02:53	00:31:33.85	00:34:27.25	+00:02:37 (8.3%)	6:18	9.5 (91.3%)
15	WASIELEWSKI Mirosław	353	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M50-54	4		00:04:18	00:31:34.85	00:35:53.70	+00:02:38 (8.3%)	6:19	9.5 (91.3%)
16	KNITTER Tomasz	110	BŁĘKITNI NW DZIEMIANY	M-Junior	2		00:00:29	00:31:48.20	00:32:17.65	+00:02:51 (9.0%)	6:21	9.4 (90.4%)
17	GŁOWA Michał	68	WESOŁY BORSUK TEAM	M-Junior	3		00:00:29	00:31:48.75	00:32:18.35	+00:02:52 (9.0%)	6:21	9.4 (90.4%)
18	JENCZELEWSKI Grzegorz	93	ENERGYLIFE / NW CIECHANÓW	M45-49	1		00:03:47	00:31:57.50	00:35:44.55	+00:03:00 (9.4%)	6:23	9.4 (90.4%)
19	SCHRÖDER Karol	223	SILESIA NORDIC TEAM	M40-44	2		00:02:51	00:32:01.55	00:34:53.50	+00:03:04 (9.6%)	6:24	9.4 (90.4%)

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
20	RAKUĆ Jakub	343	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	3			00:00:52	00:32:03.35	00:32:55.80	+00:03:06 (9.7%)	6:24	9.4 (90.4%)
21	NOWAK Grzegorz	184		M40-44	3			00:02:51	00:32:08.75	00:35:00.00	+00:03:12 (10.0%)	6:25	9.3 (89.4%)
22	KROMSKI Pawel	132	NORDIC WALKING KIEKRZ	M45-49	2			00:03:47	00:32:15.15	00:36:02.30	+00:03:18 (10.3%)	6:27	9.3 (89.4%)
23	MIELECKA Agnieszka	174	KS SOKÓŁ GAŚAWA	K45-49	1			00:11:21	00:32:25.05	00:43:46.05	+00:03:28 (10.7%)	6:29	9.3 (89.4%)
24	ANDRZEJEWSKI Mieczysław	4	MARSZ PO ZDROWIE	M55-59	3			00:05:02	00:32:25.20	00:37:28.05	+00:03:28 (10.7%)	6:29	9.2 (88.5%)
25	KOPCZEWSKI Dariusz	120	FACE NORDIC WALKING TEAM	M50-54	5			00:04:19	00:32:26.45	00:36:45.45	+00:03:29 (10.8%)	6:29	9.2 (88.5%)
26	HAŁAS Marcin	381	FACE NORDIC WALKING TEAM	M30-39	5			00:01:35	00:32:28.20	00:34:03.85	+00:03:31 (10.9%)	6:29	9.2 (88.5%)
27	KOŁEK Patryk	115	RTB TRACKER PODKOWA JANÓW	M-Junior	4			00:00:28	00:32:28.65	00:32:56.85	+00:03:32 (10.9%)	6:29	9.2 (88.5%)
28	MARCINKOWSKI Jakub	168	UNIA MIAST	M-Junior	5			00:00:28	00:32:34.75	00:33:03.25	+00:03:38 (11.2%)	6:31	9.2 (88.5%)
29	DEMBKOWSKI Ryszard	44	GOSIR OSIELSKO	M60-64	2			00:05:40	00:32:42.40	00:38:22.65	+00:03:45 (11.5%)	6:32	9.2 (88.5%)
30	TRZCIŃSKI Franciszek	270	SPORT I REKREACJA START	M50-54	6			00:04:19	00:32:49.10	00:37:08.75	+00:03:52 (11.8%)	6:33	9.1 (87.5%)
31	KRYŚ Artur	134	KS METRACO POLKOWICE	M45-49	3			00:03:47	00:32:55.80	00:36:43.00	+00:03:59 (12.1%)	6:35	9.1 (87.5%)
32	KLARKOWSKI Bogdan	359	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-64	3			00:05:42	00:32:59.40	00:38:41.75	+00:04:02 (12.3%)	6:35	9.1 (87.5%)
33	WYSOCKI Marcin	295	BŁĘKITNI NW DZIEMIANY	M-Junior	6			00:00:30	00:33:01.55	00:33:32.10	+00:04:04 (12.4%)	6:36	9.1 (87.5%)
34	SŁOMIAN Leszek	228	UNIA MIAST	M55-59	4			00:05:03	00:33:01.70	00:38:05.00	+00:04:05 (12.4%)	6:36	9.1 (87.5%)
35	ROSIŃSKI Michał	348	TKSON TORUŃ	M-Niepełnosprawni	1			00:01:37	00:33:08.80	00:34:46.20	+00:04:12 (12.7%)	6:37	9 (86.5%)
36	KOMAR Beata	118	FACE NORDIC WALKING TEAM	K45-49	2			00:11:23	00:33:17.40	00:44:40.90	+00:04:20 (13.1%)	6:39	9 (86.5%)
37	PARTYKA Teresa	203	WESOŁY BORSUK TEAM	K55-59	1			00:13:36	00:33:21.20	00:46:57.65	+00:04:24 (13.2%)	6:40	9 (86.5%)
38	GRYGOROWICZ Bogdan	79	KS METRACO POLKOWICE	M65-69	1			00:06:25	00:33:21.95	00:39:47.35	+00:04:25 (13.3%)	6:40	9 (86.5%)
39	KOŁODZIEJCZAK Beata	330	SOCHO TEAM	K40-44	1			00:10:46	00:33:23.10	00:44:09.90	+00:04:26 (13.3%)	6:40	9 (86.5%)
40	WOLEK Waldemar	290	NORDIC TEAM GNIEZNO	M40-44	4			00:02:51	00:33:23.25	00:36:14.45	+00:04:26 (13.3%)	6:40	9 (86.5%)
41	WILK Tadeusz	285	DĄBROWA NORDIC TEAM	M60-64	4			00:05:40	00:33:27.50	00:39:08.45	+00:04:30 (13.5%)	6:41	9 (86.5%)
42	ADAMUS Marian	1	SILESIA NORDIC TEAM	M65-69	2			00:06:24	00:33:28.10	00:39:53.05	+00:04:31 (13.5%)	6:41	9 (86.5%)
43	BREWKA Joachim	30	UNIA MIAST	M50-54	7			00:04:17	00:33:28.70	00:37:46.15	+00:04:32 (13.5%)	6:41	9 (86.5%)
44	RATECKI Marcin	336	NORDIC WALKING TEAM GDAŃSK	M40-44	5			00:02:51	00:33:34.10	00:36:25.55	+00:04:37 (13.8%)	6:42	8.9 (85.6%)
45	KUSTAL Marcin	141	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:01:35	00:33:37.15	00:35:12.80	+00:04:40 (13.9%)	6:43	8.9 (85.6%)
46	SZPILMAN Katarzyna	256	FACE NORDIC WALKING TEAM	K45-49	3			00:11:21	00:33:45.15	00:45:06.75	+00:04:48 (14.2%)	6:45	8.9 (85.6%)
47	FLIS Marek	55	GREEN TEAM ZIELONA GÓRA	M55-59	5			00:05:01	00:33:45.70	00:38:47.60	+00:04:49 (14.3%)	6:45	8.9 (85.6%)

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48	SKWIRUT Jerzy	227	SOKÓŁ RYMANÓW	M-Niepełnosprawni	2			00:05:04	00:33:47.25 (14.3%)	00:38:51.85	+00:04:50 (14.3%)	6:45	8.9 (85.6%)
49	ZALISKO Oksana	297	DĄBROWA NORDIC TEAM	K60-64	1			00:14:29	00:33:51.25 (14.5%)	00:48:20.35	+00:04:54 (14.5%)	6:46	8.9 (85.6%)
50	PIETRZYK Angelika	210	RTB TRACKER PODKOWA JANÓW	K-Junior	1			00:07:56	00:33:51.75 (14.5%)	00:41:48.10	+00:04:55 (14.5%)	6:46	8.9 (85.6%)
51	FELIS Paweł	52		M45-49	4			00:03:47	00:33:55.45 (14.7%)	00:37:42.50	+00:04:58 (14.7%)	6:47	8.8 (84.6%)
52	GAŁĄZKA Paweł	61	NORDIC TEAM DECOFLOOR GNIEZNO	M-Niepełnosprawni	3			00:04:18	00:33:56.60 (14.7%)	00:38:15.20	+00:04:59 (14.7%)	6:47	8.8 (84.6%)
53	BORKOWSKA Lidia	26	FACE NORDIC WALKING TEAM	K45-49	4			00:11:21	00:34:06.95 (15.2%)	00:45:28.90	+00:05:10 (15.2%)	6:49	8.8 (84.6%)
54	KUŚMIEREK Mateusz	143	BŁĘKITNI NW DZIEMIANY	M-Dzieci	1			00:00:08	00:34:08.65 (15.2%)	00:34:17.10	+00:05:12 (15.2%)	6:49	8.8 (84.6%)
55	GNUS Dawid	69	KBBB / TKKF	M-Dzieci	2			00:00:09	00:34:09.30 (15.3%)	00:34:18.65	+00:05:12 (15.3%)	6:49	8.8 (84.6%)
56	STEPNIAK Bohdan	235		M-Niepełnosprawni	4			00:05:06	00:34:10.35 (15.3%)	00:39:16.90	+00:05:13 (15.3%)	6:50	8.8 (84.6%)
57	GAPIŃSKI Leszek	63	WESOLY BORSUK TEAM	M55-59	6			00:05:03	00:34:10.40 (15.3%)	00:39:13.90	+00:05:13 (15.3%)	6:50	8.8 (84.6%)
57	LESIŃSKA Marzenna	150	KS METRACO POLKOWICE	K50-54	1			00:12:25	00:34:10.40 (15.3%)	00:46:35.45	+00:05:13 (15.3%)	6:50	8.8 (84.6%)
59	WYSOCKI Paweł	346		M18-29	4			00:00:52	00:34:11.55 (15.3%)	00:35:04.05	+00:05:14 (15.3%)	6:50	8.8 (84.6%)
60	TOMCZYK Edward	268	MARSZ PO ZDROWIE	M65-69	3			00:06:25	00:34:12.70 (15.4%)	00:40:37.85	+00:05:16 (15.4%)	6:50	8.8 (84.6%)
61	DANA Andrzej	42	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	4			00:06:26	00:34:16.40 (15.5%)	00:40:42.65	+00:05:19 (15.5%)	6:51	8.8 (84.6%)
62	CUDAK Zbigniew	36	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	5			00:03:48	00:34:16.95 (15.6%)	00:38:05.80	+00:05:20 (15.6%)	6:51	8.8 (84.6%)
63	ROSADZIŃSKI Sławomir	332		M45-49	6			00:03:46	00:34:17.05 (15.6%)	00:38:03.40	+00:05:20 (15.6%)	6:51	8.8 (84.6%)
64	SZPILMAN Marta	257	FACE NORDIC WALKING TEAM	K18-29	1			00:08:21	00:34:19.10 (15.7%)	00:42:40.95	+00:05:22 (15.7%)	6:51	8.7 (83.7%)
65	BIK Przemysław	22	KS METRACO POLKOWICE	M-Dzieci	3			00:00:09	00:34:22.00 (15.8%)	00:34:31.45	+00:05:25 (15.8%)	6:52	8.7 (83.7%)
66	DUDEK Edward	48	KS METRACO POLKOWICE	M65-69	5			00:06:25	00:34:24.90 (15.9%)	00:40:50.65	+00:05:28 (15.9%)	6:53	8.7 (83.7%)
67	JENDRUCHNIEWICZ Katarzyna	94	FUNDACJA 'W TE PĘDY'	K30-39	1			00:09:47	00:34:28.65 (16.0%)	00:44:15.75	+00:05:32 (16.0%)	6:53	8.7 (83.7%)
68	CHUDZIŃSKI Andrzej	356	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M65-69	6			00:06:25	00:34:29.25 (16.1%)	00:40:55.00	+00:05:32 (16.1%)	6:54	8.7 (83.7%)
69	ZAŃKO Katarzyna	298		K40-44	2			00:10:46	00:34:29.70 (16.1%)	00:45:16.45	+00:05:33 (16.1%)	6:54	8.7 (83.7%)
70	MANDZIUK Marek	310	KBBB / TKKF	M45-49	7	1		00:03:48	00:34:32.30 (16.2%)	00:38:20.35	+00:05:35 (16.2%)	6:54	8.7 (83.7%)
71	KLUKOWSKI Michał	108		M18-29	5	1		00:00:54	00:34:32.65 (16.2%)	00:35:26.80	+00:05:36 (16.2%)	6:54	8.7 (83.7%)
72	ANTONIEWICZ-BARTCZAK Łukasz	5	ELITE TEAM	M-Niepełnosprawni	5			00:01:38	00:34:37.00 (16.4%)	00:36:15.55	+00:05:40 (16.4%)	6:55	8.7 (83.7%)
73	KOZŁOWSKI Jacek	129	NORDIC WALKING KIEKRZ	M50-54	8			00:04:17	00:34:41.25 (16.6%)	00:38:58.50	+00:05:44 (16.6%)	6:56	8.6 (82.7%)
74	MALCZYK Anna	162	DĄBROWA NORDIC TEAM	K30-39	2			00:09:47	00:34:43.45 (16.6%)	00:44:30.55	+00:05:46 (16.6%)	6:56	8.6 (82.7%)
75	RECZULSKA Katarzyna	216	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	5			00:11:23	00:34:50.10 (16.9%)	00:46:13.55	+00:05:53 (16.9%)	6:58	8.6 (82.7%)

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76	WALENDZIAK Alicja	365	POCHODZĘ Z MALBORKA	K30-39	3			00:09:47	00:34:50.20	00:44:38.15	+00:05:53 (16.9%)	6:58	8.6 (82.7%)
77	OKRZESIK-FRĄCKOWIAK Izabela	198		K45-49	6			00:11:21	00:34:52.50	00:46:14.35	+00:05:55 (17.0%)	6:58	8.6 (82.7%)
78	TRZCIŃSKI Eugeniusz	269		M55-59	7			00:05:03	00:34:54.85	00:39:58.75	+00:05:58 (17.1%)	6:59	8.6 (82.7%)
79	KOTAS Wiktor	124	UKS CZĘSTOCHOWA	M-Junior	7			00:00:29	00:34:56.65	00:35:25.65	+00:06:00 (17.2%)	6:59	8.6 (82.7%)
80	KWAŚNY Tomasz	147	CHODZĘ Z SERCEM	M50-54	9			00:04:21	00:35:03.05	00:39:24.05	+00:06:06 (17.4%)	7:00	8.6 (82.7%)
81	MOTOCZYŃSKI Krzysztof	178	GOSIR OSIELSKO	M60-64	5			00:05:40	00:35:10.90	00:40:51.60	+00:06:14 (17.7%)	7:02	8.5 (81.7%)
82	RAKUĆ Angelika	344	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:08:21	00:35:11.35	00:43:33.10	+00:06:14 (17.7%)	7:02	8.5 (81.7%)
83	KASPRZYK Lilianna	103	KS METRACO POLKOWICE	K55-59	2			00:13:37	00:35:11.90	00:48:49.55	+00:06:15 (17.8%)	7:02	8.5 (81.7%)
84	WOŹNIAK Klaudia	292	UNIA MIAST	K-Junior	2			00:07:57	00:35:12.15	00:43:09.25	+00:06:15 (17.8%)	7:02	8.5 (81.7%)
85	GALIŃSKA Tatiana	151	JURAJSKI KLUB NORDIC WALKING	K40-44	3			00:10:49	00:35:12.65	00:46:01.90	+00:06:16 (17.8%)	7:02	8.5 (81.7%)
86	GAPIŃSKA Janina	62	WESOŁY BORSUK TEAM	K55-59	3			00:13:36	00:35:17.35	00:48:54.00	+00:06:20 (18.0%)	7:03	8.5 (81.7%)
87	ŚLEWIŃSKA Edyta	263	BŁĘKITNI NW DZIEMIANY	K-Junior	3			00:07:55	00:35:18.50	00:43:14.30	+00:06:21 (18.0%)	7:03	8.5 (81.7%)
88	JÓŹWIAK Marianna	98	WTW.WŁOCŁAWEK	K40-44	4			00:10:47	00:35:20.05	00:46:07.30	+00:06:23 (18.1%)	7:04	8.5 (81.7%)
89	SKOWROŃSKA Dominika	226	MARSZ PO ZDROWIE	K-Junior	4			00:07:56	00:35:20.85	00:43:17.60	+00:06:24 (18.1%)	7:04	8.5 (81.7%)
90	BALICKA Maria	7		K-Dzieci	1			00:07:30	00:35:21.45	00:42:51.65	+00:06:24 (18.1%)	7:04	8.5 (81.7%)
91	KANIECKA Zofia	102	NW CIECHANÓW	K60-64	2			00:14:29	00:35:30.55	00:50:00.00	+00:06:33 (18.5%)	7:06	8.4 (80.8%)
92	STYGA Krystyna	241	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	2			00:12:25	00:35:32.95	00:47:58.05	+00:06:36 (18.6%)	7:06	8.4 (80.8%)
93	PIATCZYC Michał	208		M-Junior	8			00:00:29	00:35:38.45	00:36:07.45	+00:06:41 (18.8%)	7:07	8.4 (80.8%)
94	WAWRZYŃNIAK Anna	279	FACE NORDIC WALKING TEAM	K40-44	5			00:10:47	00:35:39.30	00:46:26.30	+00:06:42 (18.8%)	7:07	8.4 (80.8%)
95	MIKOŁAJCZAK Jan	176	KS METRACO POLKOWICE	M-Niepełnosprawni	6			00:05:40	00:35:40.10	00:41:20.40	+00:06:43 (18.9%)	7:08	8.4 (80.8%)
96	STOLTMANN Helena	238	BŁĘKITNI NW DZIEMIANY	K55-59	4			00:13:36	00:35:40.30	00:49:17.15	+00:06:43 (18.9%)	7:08	8.4 (80.8%)
97	BURDANOWSKI Andrzej	361		M30-39	7			00:01:39	00:35:41.15	00:37:20.20	+00:06:44 (18.9%)	7:08	8.4 (80.8%)
98	SŁOMIŃSKA Marta	229	BŁĘKITNI NW DZIEMIANY	K-Junior	5			00:07:55	00:35:52.10	00:43:47.75	+00:06:55 (19.3%)	7:10	8.4 (80.8%)
99	GOŁĘBIEWSKI Andrzej	70	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	8			00:05:01	00:35:52.55	00:40:54.40	+00:06:55 (19.3%)	7:10	8.4 (80.8%)
99	FRĄSZCZAK Katarzyna	349	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	K-Niepełnosprawni	1			00:09:52	00:35:52.55	00:45:44.65	+00:06:55 (19.3%)	7:10	8.4 (80.8%)
101	MARCINKOWSKA Agnieszka	166	UNIA MIAST	K-Dzieci	2			00:07:29	00:35:52.85	00:43:22.45	+00:06:56 (19.3%)	7:10	8.4 (80.8%)
102	DEJDA Piotr	369	FACE NORDIC WALKING TEAM	M45-49	8			00:03:48	00:35:53.90	00:39:42.00	+00:06:57 (19.4%)	7:10	8.4 (80.8%)

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
103	WRÓŃSKI Włodzimierz	293	PASJA NORDIC WALKING	M60-64	6			00:05:40	00:35:57.80	00:41:38.15	+00:07:01 (19.5%)	7:11	8.3 (79.8%)
103	PAWŁOWSKA-WOŹNIAK Małgorzata	338	UNIA MIAST	K30-39	4			00:09:46	00:35:57.80	00:45:44.55	+00:07:01 (19.5%)	7:11	8.3 (79.8%)
105	KADECKI Piotr	397	KSIR SPORTICO BIAŁOŚLIWIE	M30-39	8			00:01:36	00:35:59.00	00:37:35.75	+00:07:02 (19.6%)	7:11	8.3 (79.8%)
106	GRABSKI Grzegorz	74		M50-54	10			00:04:19	00:35:59.95	00:40:18.95	+00:07:03 (19.6%)	7:11	8.3 (79.8%)
107	GÓRNIAK Julia	72		K-Junior	6			00:07:58	00:36:00.10	00:43:58.65	+00:07:03 (19.6%)	7:12	8.3 (79.8%)
108	SOWA Jan	230	UNIA MIAST	M70+	1			00:07:00	00:36:02.75	00:43:02.85	+00:07:06 (19.7%)	7:12	8.3 (79.8%)
109	SITKO Maciej	364	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	4			00:00:09	00:36:03.35	00:36:12.60	+00:07:06 (19.7%)	7:12	8.3 (79.8%)
110	GAŁAŚ Joanna	60	PASJA NORDIC WALKING	K18-29	3			00:08:21	00:36:04.20	00:44:25.75	+00:07:07 (19.8%)	7:12	8.3 (79.8%)
111	JAWORSKI Zbigniew	92	WŁÓCZYKIJE SKOCZÓW	M65-69	7			00:06:24	00:36:08.75	00:42:33.65	+00:07:12 (19.9%)	7:13	8.3 (79.8%)
112	WALENDZIAK Jan	366	POCHODZĘ Z MALBORKA	M-Dzieci	5			00:00:08	00:36:10.55	00:36:19.20	+00:07:13 (20.0%)	7:14	8.3 (79.8%)
113	MAGNUSKI Dariusz	160	UNIA MIAST	M30-39	9			00:01:35	00:36:14.90	00:37:50.75	+00:07:18 (20.2%)	7:15	8.3 (79.8%)
114	WIĘCASZEK Leszek	283	SZKOŁY FAMA	M45-49	9			00:03:46	00:36:17.05	00:40:03.55	+00:07:20 (20.2%)	7:15	8.3 (79.8%)
115	JÓŹWIAK Łukasz	97	WTW.WŁOCŁAWEK	M-Niepełnosprawni	7			00:03:47	00:36:17.35	00:40:04.95	+00:07:20 (20.2%)	7:15	8.3 (79.8%)
116	FRĄCKOWIAK Roman	57	ZS ROSKO	M45-49	10	2 min kary		00:04:17	00:36:18.25	00:40:36.00	+00:07:21 (20.3%)	7:15	8.3 (79.8%)
117	WARCZAŁSKA Teresa	274	UNIA MIAST	K65-69	1			00:14:52	00:36:19.15	00:51:11.55	+00:07:22 (20.3%)	7:15	8.3 (79.8%)
118	SULECKA Gabriela	243		K-Niepełnosprawni	2			00:13:37	00:36:20.60	00:49:58.15	+00:07:23 (20.4%)	7:16	8.3 (79.8%)
119	PILECKA-PRĄDZYŃSKA Anna	259	PENDOLINO	K60-64	3			00:14:29	00:36:20.85	00:50:50.80	+00:07:24 (20.4%)	7:16	8.3 (79.8%)
120	KOŁPAK Jan	116	LKS ZANTYR SZTUM	M65-69	8			00:06:28	00:36:27.55	00:42:55.80	+00:07:30 (20.6%)	7:17	8.2 (78.8%)
121	WOJEWSKA Natalia	288	ELITE TEAM	K18-29	4			00:08:22	00:36:38.15	00:45:00.55	+00:07:41 (21.0%)	7:19	8.2 (78.8%)
122	KAŹMIERCZAK Sebastian	333	GOSIR OSIELSKO	M40-44	6			00:02:52	00:36:38.70	00:39:31.00	+00:07:42 (21.0%)	7:19	8.2 (78.8%)
122	CIESIELSKI Krzysztof	35	NORDIC TEAM GNIEZNO	M60-64	7			00:05:41	00:36:38.70	00:42:20.05	+00:07:42 (21.0%)	7:19	8.2 (78.8%)
124	NIEWIŃSKA Beata	182	FACE NORDIC WALKING TEAM	K50-54	3			00:12:24	00:36:41.55	00:49:05.95	+00:07:44 (21.1%)	7:20	8.2 (78.8%)
125	DANA Kazimiera	41	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	4			00:14:30	00:36:41.90	00:51:12.05	+00:07:45 (21.1%)	7:20	8.2 (78.8%)
126	BARTOSIEWICZ Włodzimierz	12	FACE NORDIC WALKING TEAM	M60-64	8			00:05:41	00:36:42.20	00:42:23.90	+00:07:45 (21.1%)	7:20	8.2 (78.8%)
127	PIATCZYC Wacław	83		M-Niepełnosprawni	8			00:05:03	00:36:42.60	00:41:45.60	+00:07:45 (21.2%)	7:20	8.2 (78.8%)
128	DZIUBA Alina	362	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	7			00:11:21	00:36:47.60	00:48:09.25	+00:07:50 (21.3%)	7:21	8.2 (78.8%)
129	WIERZCHOSŁAWSKI Mateusz	395		M18-29	6	1		00:00:53	00:36:48.20	00:37:41.45	+00:07:51 (21.4%)	7:21	8.2 (78.8%)

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	BARUCH Henryka	14	DĄBROWA NORDIC TEAM	K65-69	2			00:15:03	00:36:48.40	00:51:52.25	+00:07:51 (21.4%)	7:21	8.1 (77.9%)
131	KLOSKA Kazimierz	331	BYTOWSKIE MORSY	M70+	2			00:07:00	00:36:53.90	00:43:54.15	+00:07:57 (21.6%)	7:22	8.1 (77.9%)
132	WOJTACHNIO Edyta	289	FACE NORDIC WALKING TEAM	K45-49	8			00:11:23	00:36:55.30	00:48:18.60	+00:07:58 (21.6%)	7:23	8.1 (77.9%)
133	ŁACNY Rafał	156	NORDIC WALKING KIEKRZ	M40-44	7			00:02:53	00:36:57.05	00:39:50.10	+00:08:00 (21.7%)	7:23	8.1 (77.9%)
134	SARNOWSKA Wanda	222	GREEN TEAM ZIELONA GÓRA	K50-54	4			00:12:27	00:37:00.15	00:49:27.50	+00:08:03 (21.8%)	7:24	8.1 (77.9%)
135	NOWROTEK Roman	193	WESOŁY BORSUK TEAM	M65-69	9			00:06:27	00:37:01.80	00:43:28.95	+00:08:05 (21.8%)	7:24	8.1 (77.9%)
136	RYMER Marlena	220	UKS 'NOBLIŚCI' KURZĘTNIK	K50-54	5			00:12:25	00:37:03.95	00:49:29.50	+00:08:07 (21.9%)	7:24	8.1 (77.9%)
137	WIERZCHOSŁAWSKA Agnieszka	396		K18-29	5			00:08:21	00:37:04.65	00:45:26.10	+00:08:08 (21.9%)	7:25	8.1 (77.9%)
138	MOŹDŻEŃ Barbara	179	NIEZRZESZONY	K55-59	5			00:13:37	00:37:07.55	00:50:44.55	+00:08:10 (22.0%)	7:25	8.1 (77.9%)
139	BOROWSKA-STANČZUK Karolina	370	FACE NORDIC WALKING TEAM	K30-39	5			00:09:47	00:37:07.85	00:46:54.95	+00:08:11 (22.0%)	7:25	8.1 (77.9%)
140	KOZŁOWSKA Julia	125	FACE NORDIC WALKING TEAM	K-Dzieci	3			00:07:31	00:37:08.55	00:44:39.65	+00:08:11 (22.1%)	7:25	8.1 (77.9%)
141	PERLIK Wiesław	206	GOSIR OSIELSKO	M60-64	9			00:05:43	00:37:09.20	00:42:52.45	+00:08:12 (22.1%)	7:25	8.1 (77.9%)
142	GIERSZEWSKI Arkadiusz	280		M30-39	10			00:01:38	00:37:11.65	00:38:49.65	+00:08:15 (22.2%)	7:26	8.1 (77.9%)
142	KORDOWSKA Bogusława	121	NOWA HUTA TEAM	K40-44	6			00:10:47	00:37:11.65	00:47:58.75	+00:08:15 (22.2%)	7:26	8.1 (77.9%)
144	JONDERKO Julia	96	WŁÓCZYKIJE SKOCZÓW	K40-44	7			00:10:47	00:37:12.85	00:48:00.30	+00:08:16 (22.2%)	7:26	8.1 (77.9%)
145	SZENDZIELORZ Ilona	249	FABRIKANORDIKA	K55-59	6			00:13:38	00:37:14.60	00:50:53.45	+00:08:17 (22.3%)	7:27	8.1 (77.9%)
146	FELIS Beata	53		K45-49	9			00:11:25	00:37:15.05	00:48:40.75	+00:08:18 (22.3%)	7:27	8.1 (77.9%)
147	GRZYWOCZ Bernard	86	PROFIT SPORT TEAM	M65-69	10			00:06:27	00:37:18.20	00:43:46.05	+00:08:21 (22.4%)	7:27	8 (76.9%)
148	MACEK Mateusz	389	FAMA	M30-39	11	1		00:01:36	00:37:21.60	00:38:57.90	+00:08:24 (22.5%)	7:28	8 (76.9%)
149	FIGURSKA Dominika	54	FACE NORDIC WALKING TEAM	K18-29	6			00:08:22	00:37:22.00	00:45:44.35	+00:08:25 (22.5%)	7:28	8 (76.9%)
150	BRYL Michał	357	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M-Niepełnosprawni	9			00:00:54	00:37:22.35	00:38:16.55	+00:08:25 (22.6%)	7:28	8 (76.9%)
151	WARUSZEWSKA Emilia	276	GIM 3 TCZEW	K-Junior	7			00:07:56	00:37:27.70	00:45:24.20	+00:08:31 (22.7%)	7:29	8 (76.9%)
152	GRZEMPA Karolina	81	STOWARZYSZENIE WSPARCIA AKTYWNOŚCI I PRZEDSIĘBIORCZOŚCI KOBIET 'JESTEM AKTYWNA'	K30-39	6			00:09:52	00:37:30.40	00:47:23.35	+00:08:33 (22.8%)	7:30	8 (76.9%)
153	GRZYB Izabela	84	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	7			00:09:48	00:37:32.10	00:47:20.15	+00:08:35 (22.9%)	7:30	8 (76.9%)
154	GRZYWOCZ Irena	85	PROFIT SPORT TEAM	K65-69	3			00:15:04	00:37:38.30	00:52:42.75	+00:08:41 (23.1%)	7:31	8 (76.9%)
155	WASILEWSKI Sławomir	278	PASJA NORDIC WALKING	M70+	3	1		00:06:59	00:37:46.45	00:44:45.80	+00:08:49 (23.4%)	7:33	7.9 (76.0%)
156	SZNAJDER Zenon	252	UNIA MIAST	M60-64	10			00:05:41	00:37:54.40	00:43:35.85	+00:08:57 (23.6%)	7:34	7.9 (76.0%)
157	BUCZEK Krystian	311	GUNTHER TEAM	M18-29	7			00:00:55	00:37:55.95	00:38:51.25	+00:08:59 (23.7%)	7:35	7.9 (76.0%)

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
158	KRAWCZYK Dorota	130	CZARNE PANTERY	K55-59	7			00:13:39	00:37:57.00 (23.7%)	00:51:36.00	+00:09:00 (23.7%)	7:35	7.9 (76.0%)
159	MARONDEL Katarzyna	170	SILESIA NORDIC TEAM	K30-39	8			00:09:51	00:37:57.20	00:47:49.10	+00:09:00 (23.7%)	7:35	7.9 (76.0%)
160	GWAREK Anita	87	PASJA NORDIC WALKING	K45-49	10			00:11:22	00:37:57.65	00:49:20.40	+00:09:01 (23.8%)	7:35	7.9 (76.0%)
161	ZAWISŁA Stanisław	374	MARSZ PO ZDROWIE	M65-69	11			00:06:26	00:37:58.90	00:44:25.05	+00:09:02 (23.8%)	7:35	7.9 (76.0%)
162	MACZKOWSKA Zofia	158	LKS ZANTYR SZTUM	K-Dzieci	4			00:07:32	00:37:59.45	00:45:32.25	+00:09:02 (23.8%)	7:36	7.9 (76.0%)
163	SZYMCZYK Magdalena	262	FACE NORDIC WALKING TEAM	K30-39	9			00:09:50	00:38:01.40	00:47:51.50	+00:09:04 (23.9%)	7:36	7.9 (76.0%)
164	OSIEJA Elżbieta	200	FORMA NA PIĄTKĘ NW	K45-49	11			00:11:24	00:38:01.55	00:49:26.00	+00:09:04 (23.9%)	7:36	7.9 (76.0%)
165	LANGMESSER Regina	149	LKS ZANTYR SZTUM	K45-49	12			00:11:21	00:38:02.45	00:49:23.45	+00:09:05 (23.9%)	7:36	7.9 (76.0%)
166	NOWAK Jakub	183	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Dzieci	6			00:00:10	00:38:06.25	00:38:16.35	+00:09:09 (24.0%)	7:37	7.9 (76.0%)
167	SZALECKA Grażyna	245	LKS ZANTYR SZTUM	K60-64	5			00:14:32	00:38:07.15	00:52:39.20	+00:09:10 (24.1%)	7:37	7.9 (76.0%)
168	KĘDZIERSKA Edyta	105		K40-44	8			00:10:50	00:38:09.50	00:48:59.65	+00:09:12 (24.1%)	7:37	7.9 (76.0%)
169	DZIEMIŃSKI Jan	50	BŁĘKITNI NW DZIEMIANY	M-Dzieci	7			00:00:08	00:38:10.25	00:38:19.20	+00:09:13 (24.2%)	7:38	7.9 (76.0%)
170	KOLASA Maciej	113	EPOKA NORDICA ŁÓDŹ	M-Dzieci	8			00:00:09	00:38:11.30	00:38:20.65	+00:09:14 (24.2%)	7:38	7.9 (76.0%)
171	GÓRNA Małgorzata	71	FAMA	K30-39	10			00:09:47	00:38:12.10	00:47:59.75	+00:09:15 (24.2%)	7:38	7.9 (76.0%)
172	PAZURKIEWICZ Jędrzej	205		M-Dzieci	9			00:00:10	00:38:13.95	00:38:24.15	+00:09:17 (24.3%)	7:38	7.8 (75.0%)
173	CZYŻEWSKI Włodzimierz	40	GRUPA NORDIC WALKING PŁOŃSK	M55-59	9			00:05:03	00:38:20.40	00:43:24.30	+00:09:23 (24.5%)	7:40	7.8 (75.0%)
174	BOJKE Karol	219		M-Junior	9			00:15:50	00:38:20.60	00:54:11.20	+00:09:23 (24.5%)	7:40	7.8 (75.0%)
175	GABERT Beata	386	EKSPEDYCJA NORDIC WALKING TEAM SZCZECIN	K45-49	13			00:11:20	00:38:22.60	00:49:43.40	+00:09:25 (24.6%)	7:40	7.8 (75.0%)
176	KNITTER Agata	111	BŁĘKITNI NW DZIEMIANY	K-Junior	8			00:07:55	00:38:24.85	00:46:20.75	+00:09:28 (24.7%)	7:41	7.8 (75.0%)
177	PAKMUR Anna	202		K50-54	6			00:12:24	00:38:27.45	00:50:51.90	+00:09:30 (24.7%)	7:41	7.8 (75.0%)
178	ŚCIESIŃSKI Sławomir	320	GOSIR OSIELSKO	M45-49	11			00:03:48	00:38:29.35	00:42:18.05	+00:09:32 (24.8%)	7:42	7.8 (75.0%)
179	PAZURKIEWICZ Adam	204		M45-49	12			00:03:46	00:38:30.60	00:42:17.10	+00:09:33 (24.8%)	7:42	7.8 (75.0%)
180	EWERTOWSKA Ewa	51	NORDIC WALKING KIEKRZ	K45-49	14			00:11:22	00:38:31.00	00:49:53.65	+00:09:34 (24.9%)	7:42	7.8 (75.0%)
181	SPYCHAŁA-KARAPULKA Arleta	379	MARSZ PO ZDROWIE	K40-44	9			00:10:47	00:38:32.80	00:49:20.20	+00:09:36 (24.9%)	7:42	7.8 (75.0%)
182	WALENDZIAK Milena	367	POCHODZĘ Z MALBORKA	K-Dzieci	5			00:07:30	00:38:34.55	00:46:04.95	+00:09:37 (25.0%)	7:42	7.8 (75.0%)
183	BANASZAK Agata	11	GREEN TEAM ZIELONA GÓRA	K18-29	7			00:08:22	00:38:36.60	00:46:59.20	+00:09:39 (25.0%)	7:43	7.8 (75.0%)
184	STELMACH Dariusz	232	ST TEAM	M45-49	13			00:03:49	00:38:36.85	00:42:26.30	+00:09:40 (25.0%)	7:43	7.8 (75.0%)
185	NOWAK Bartłomiej	185	SAILING TEAM FERAJNA	M40-44	8			00:02:52	00:38:38.05	00:41:30.65	+00:09:41 (25.1%)	7:43	7.8 (75.0%)

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
186	KUŹNIARSKI Jacek	145	FACE NORDIC WALKING TEAM	M45-49	14			00:03:48	00:38:41.05	00:42:29.75	+00:09:44 (25.2%)	7:44	7.8 (75.0%)
187	GRZEMPA Róża	80	STOWARZYSZENIE WSPARCIA AKTYWNOŚCI I PRZEDSIĘBIORCZOŚCI KOBIET 'JESTEM AKTYWNA'	K30-39	11			00:09:52	00:38:42.05	00:48:34.90	+00:09:45 (25.2%)	7:44	7.8 (75.0%)
188	PIDUCH Jan	329	MSICS - POZNAŃ	M65-69	12			00:06:28	00:38:45.75	00:45:14.40	+00:09:49 (25.3%)	7:45	7.7 (74.0%)
189	ŚCIESIŃSKI Kamil	323	GOSIR OSIELSKO	M18-29	8			00:00:55	00:38:49.70	00:39:44.70	+00:09:53 (25.5%)	7:45	7.7 (74.0%)
190	WIŚNIEWSKI Aleksander	287		M18-29	9			00:00:54	00:38:51.75	00:39:46.10	+00:09:55 (25.5%)	7:46	7.7 (74.0%)
191	PIĄTKOWSKI Józef	209	KS METRACO POLKOWICE	M70+	4			00:06:59	00:38:52.05	00:45:51.20	+00:09:55 (25.5%)	7:46	7.7 (74.0%)
192	BAREŁA Ireneusz	316		M50-54	11			00:04:18	00:38:56.00	00:43:14.05	+00:09:59 (25.7%)	7:47	7.7 (74.0%)
193	KIETRUS Grażyna	393	MARSZ PO ZDROWIE	K55-59	8			00:13:38	00:39:00.80	00:52:38.90	+00:10:04 (25.8%)	7:48	7.7 (74.0%)
194	KWAŚNA Małgorzata	146	CHODZĘ Z SERCEM	K45-49	15			00:11:22	00:39:01.10	00:50:23.75	+00:10:04 (25.8%)	7:48	7.7 (74.0%)
195	KANIAK Zbigniew	101	GRUPA NORDIC WALKING PŁOŃSK	M60-64	11			00:05:40	00:39:01.65	00:44:42.60	+00:10:05 (25.8%)	7:48	7.7 (74.0%)
196	SZYMAŃSKA Halina	398		K55-59	9			00:13:45	00:39:03.75	00:52:49.40	+00:10:07 (25.9%)	7:48	7.7 (74.0%)
197	KUBICKA Danuta	138	KS METRACO POLKOWICE	K65-69	4			00:15:03	00:39:04.05	00:54:07.55	+00:10:07 (25.9%)	7:48	7.7 (74.0%)
198	PIPIRO Grażyna	212	UNIA MIAST	K55-59	10			00:13:38	00:39:07.35	00:52:46.00	+00:10:10 (26.0%)	7:49	7.7 (74.0%)
199	KRZYŻEWSKA Angelika	136		K18-29	8			00:09:50	00:39:10.45	00:49:00.65	+00:10:13 (26.1%)	7:50	7.7 (74.0%)
200	KULIG Bożena	352	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	6			00:14:29	00:39:21.05	00:53:50.40	+00:10:24 (26.4%)	7:52	7.6 (73.1%)
201	GRUDNOWSKA Dominika	77	BŁĘKITNI NW DZIEMIANY	K-Dzieci	6			00:07:29	00:39:23.60	00:46:53.50	+00:10:26 (26.5%)	7:52	7.6 (73.1%)
202	OKAS Aleksandra	196	UNIA MIAST	K-Dzieci	7			00:07:31	00:39:24.65	00:46:56.55	+00:10:28 (26.6%)	7:53	7.6 (73.1%)
203	WARUSZEWSKA Maja	275	SP 11 TCZEW	K-Dzieci	8			00:07:31	00:39:26.20	00:46:57.40	+00:10:29 (26.6%)	7:53	7.6 (73.1%)
204	FOLWARSKA Małgorzata	56	FACE NORDIC WALKING TEAM	K55-59	11			00:13:39	00:39:26.95	00:53:06.90	+00:10:30 (26.6%)	7:53	7.6 (73.1%)
205	KUTNIEWSKA Maria	144	FACE NORDIC WALKING TEAM	K55-59	12			00:13:38	00:39:27.75	00:53:06.55	+00:10:31 (26.7%)	7:53	7.6 (73.1%)
206	KABACIŃSKI Maciej	99	FACE NORDIC WALKING TEAM	M45-49	15			00:03:50	00:39:29.25	00:43:19.40	+00:10:32 (26.7%)	7:53	7.6 (73.1%)
207	PRZYBYŁAK Stanisław	215	MSICS - POZNAŃ	M70+	5			00:07:00	00:39:32.95	00:46:33.00	+00:10:36 (26.8%)	7:54	7.6 (73.1%)
208	STRACH Jan	239	WŁÓCZYKIJE SKOCZÓW	M- Niepełnosprawni	10			00:05:41	00:39:39.90	00:45:21.65	+00:10:43 (27.0%)	7:56	7.6 (73.1%)
209	KUMPIŃ Izabela	385	PFNW	K40-44	10			00:10:49	00:39:43.20	00:50:32.95	+00:10:46 (27.1%)	7:56	7.6 (73.1%)
210	WINCZEWSKA Anna	340	RUCH PO ZDROWIE WŁOCLAWEK	K50-54	7			00:12:26	00:39:46.60	00:52:12.65	+00:10:49 (27.2%)	7:57	7.5 (72.1%)
211	MĄDRY Zdzisław	172	CROSS JUTRZENKA	M- Niepełnosprawni	11			00:05:43	00:39:46.85	00:45:30.80	+00:10:50 (27.2%)	7:57	7.5 (72.1%)
212	BIELASZEWSKA Agnieszka	18		K40-44	11			00:10:48	00:39:53.45	00:50:41.75	+00:10:56 (27.4%)	7:58	7.5 (72.1%)
213	KOSICKA Beata	122		K45-49	16			00:11:25	00:39:58.10	00:51:23.50	+00:11:01 (27.6%)	7:59	7.5 (72.1%)

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
214	SUDOŁ Irena	242	WŁÓCZYKIJE SKOCZÓW	K50-54	8			00:12:26	00:40:00.10	00:52:26.10	+00:11:03 (27.6%)	8:00	7.5 (72.1%)
215	KOPACZ Kamila	119	UWM OLSZTYN	K18-29	9			00:09:50	00:40:00.80	00:49:51.10	+00:11:04 (27.7%)	8:00	7.5 (72.1%)
216	MARCZYK Jerzy Paweł	169	FACE NORDIC WALKING TEAM	M55-59	10			00:05:03	00:40:03.45	00:45:07.05	+00:11:06 (27.7%)	8:00	7.5 (72.1%)
217	NOWROTEK Urszula	194	WESOŁY BORSUK TEAM	K50-54	9			00:12:25	00:40:04.95	00:52:30.40	+00:11:08 (27.8%)	8:01	7.5 (72.1%)
218	SZPALERSKA Mirosława	254		K65-69	5			00:15:03	00:40:07.55	00:55:11.05	+00:11:10 (27.9%)	8:01	7.5 (72.1%)
219	ŚCIESIŃSKA Justyna	319	GOSIR OSIELSKO	K45-49	17			00:11:22	00:40:12.85	00:51:35.30	+00:11:16 (28.0%)	8:02	7.5 (72.1%)
220	KUCZYŃSKA Anna	261	NORDIC WALKING KIEKRZ	K55-59	13			00:12:26	00:40:15.25	00:52:41.45	+00:11:18 (28.1%)	8:03	7.5 (72.1%)
221	KOZŁOWSKA Jagoda	126	FACE NORDIC WALKING TEAM	K-Dzieci	9			00:07:30	00:40:17.40	00:47:47.95	+00:11:20 (28.2%)	8:03	7.4 (71.2%)
222	MAZERSKA Maria	171	LKS ZANTYR SZTUM	K65-69	6			00:15:05	00:40:19.15	00:55:24.30	+00:11:22 (28.2%)	8:03	7.4 (71.2%)
223	BANACKI Łukasz	10		M18-29	10			00:00:53	00:40:20.30	00:41:13.75	+00:11:23 (28.2%)	8:04	7.4 (71.2%)
224	NAZAREWICZ Barbara	351	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	7			00:15:05	00:40:22.35	00:55:27.80	+00:11:25 (28.3%)	8:04	7.4 (71.2%)
225	BALICKI Mirosław	8		M45-49	16			00:03:47	00:40:22.50	00:44:09.85	+00:11:25 (28.3%)	8:04	7.4 (71.2%)
226	AŁADOWICZ Anna	2	GOSIR OSIELSKO	K30-39	12			00:09:53	00:40:26.85	00:50:20.60	+00:11:30 (28.4%)	8:05	7.4 (71.2%)
227	KOZŁOWSKA Natalia	128	GOSIR OSIELSKO	K-Junior	9			00:07:57	00:40:27.35	00:48:25.15	+00:11:30 (28.5%)	8:05	7.4 (71.2%)
228	KUŚMIEREK Beata	142	BŁĘKITNI NW DZIEMIANY	K40-44	12			00:10:47	00:40:33.50	00:51:21.35	+00:11:36 (28.6%)	8:06	7.4 (71.2%)
229	SZAŁAJ Anna	246	KS METRACO POLKOWICE	K-Niepełnosprawni	3			00:14:29	00:40:40.10	00:55:09.45	+00:11:43 (28.8%)	8:08	7.4 (71.2%)
230	WIKTORZAK Elżbieta	284	UNIA MIAST	K55-59	14			00:13:40	00:40:42.20	00:54:22.70	+00:11:45 (28.9%)	8:08	7.4 (71.2%)
231	ŁUSZCZAK Łukasz	377	FACE NORDIC WALKING TEAM	M30-39	12			00:01:38	00:40:42.40	00:42:21.35	+00:11:45 (28.9%)	8:08	7.4 (71.2%)
232	TUŁODZIECKI Konrad	271	SANTANDER CONSUMER BANK	M18-29	11			00:00:53	00:40:42.65	00:41:36.05	+00:11:46 (28.9%)	8:08	7.4 (71.2%)
233	HERMAN Katarzyna	88	SANTANDER CONSUMER BANK	K30-39	13			00:09:53	00:40:43.70	00:50:36.75	+00:11:47 (28.9%)	8:08	7.4 (71.2%)
234	GRUDNOWSKA Wiktoria	76	BŁĘKITNI NW DZIEMIANY	K-Dzieci	10			00:07:30	00:40:43.95	00:48:14.45	+00:11:47 (28.9%)	8:08	7.4 (71.2%)
235	LISZKOWSKI Piotr	154		M70+	6			00:06:59	00:40:44.70	00:47:44.25	+00:11:48 (29.0%)	8:09	7.4 (71.2%)
236	ZAKRZEWSKA Henryka	296	NORDIC TEAM GNIEZNO	K70+	1			00:15:18	00:40:45.50	00:56:03.75	+00:11:48 (29.0%)	8:09	7.4 (71.2%)
237	NOWAKOWSKA Ewa	188	SZKOŁY FAMA	K45-49	18			00:11:20	00:40:45.75	00:52:06.25	+00:11:49 (29.0%)	8:09	7.4 (71.2%)
238	KOSZARSKI Ryszard	317		M70+	7			00:06:59	00:40:56.45	00:47:55.90	+00:11:59 (29.3%)	8:11	7.3 (70.2%)
239	LEWANDOWSKI Mateusz	152	UWM OLSZTYN	M18-29	12			00:00:55	00:40:56.75	00:41:51.80	+00:12:00 (29.3%)	8:11	7.3 (70.2%)
240	KOBELUSZCZYK Teresa	112		K60-64	7			00:14:31	00:41:02.40	00:55:33.90	+00:12:05 (29.5%)	8:12	7.3 (70.2%)
241	STAWNIAK Wanda	302	UTW ŻNIN	K65-69	8			00:15:03	00:41:06.75	00:56:10.60	+00:12:10 (29.6%)	8:13	7.3 (70.2%)

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
242	PIPIRO Grzegorz	211	UNIA MIAST	M-Niepełnosprawni	12			00:05:05	00:41:16.05	00:46:21.60	+00:12:19 (29.9%)	8:15	7.3 (70.2%)
243	DZIUBA Alicja	363	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Junior	10			00:07:55	00:41:17.25	00:49:13.20	+00:12:20 (29.9%)	8:15	7.3 (70.2%)
244	MĄCZKOWSKA Danuta	375	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K55-59	15			00:13:38	00:41:21.25	00:54:59.50	+00:12:24 (30.0%)	8:16	7.3 (70.2%)
245	ŻYWICKA Irena	303	BŁĘKITNI NW DZIEMIANY	K55-59	16			00:13:47	00:41:21.55	00:55:09.45	+00:12:24 (30.0%)	8:16	7.3 (70.2%)
246	KOCZUR Dorota	372	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	8			00:14:30	00:41:25.05	00:55:55.45	+00:12:28 (30.1%)	8:17	7.2 (69.2%)
247	WASIELA Nikodem	277	FACE NORDIC WALKING TEAM	M-Dzieci	10			00:00:09	00:41:27.80	00:41:37.75	+00:12:31 (30.2%)	8:17	7.2 (69.2%)
248	WESNER Harald	281	ZAKĄTEK DANKOWO	M60-64	12			00:05:43	00:41:30.45	00:47:14.10	+00:12:33 (30.3%)	8:18	7.2 (69.2%)
249	RACHWAŁ-PRZYBYSZ Dorota	337	AVOCADO WELLNES CLUB	K40-44	13			00:10:48	00:41:30.60	00:52:18.75	+00:12:33 (30.3%)	8:18	7.2 (69.2%)
250	ZATORSKA Agnieszka	300	NORDIC WALKING KIEKRZ	K40-44	14			00:10:48	00:41:32.35	00:52:21.10	+00:12:35 (30.3%)	8:18	7.2 (69.2%)
251	KRUK Hanna	350	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	15			00:10:49	00:41:36.20	00:52:25.35	+00:12:39 (30.4%)	8:19	7.2 (69.2%)
252	GUNTHER Tomasz	307	GUNTHER TEAM	M45-49	17			00:03:50	00:41:39.25	00:45:29.70	+00:12:42 (30.5%)	8:19	7.2 (69.2%)
253	DRON Agnieszka	39	FACE NORDIC WALKING TEAM	K30-39	14			00:09:49	00:41:44.90	00:51:34.15	+00:12:48 (30.7%)	8:21	7.2 (69.2%)
254	MROWIEC Maria	180	UNIA MIAST	K70+	2			00:15:19	00:41:46.80	00:57:06.65	+00:12:50 (30.7%)	8:21	7.2 (69.2%)
255	WEŁNICKA Ewelina	313	GUNTHER TEAM	K-Junior	11			00:07:56	00:41:47.90	00:49:44.55	+00:12:51 (30.8%)	8:21	7.2 (69.2%)
256	KIEDROWSKI Włodzimierz	107		M70+	8			00:07:00	00:41:52.65	00:48:52.70	+00:12:56 (30.9%)	8:22	7.2 (69.2%)
257	JANCZEWSKI Robert	91	NORDIC WALKING KIEKRZ	M55-59	11			00:05:05	00:41:53.95	00:46:59.00	+00:12:57 (30.9%)	8:22	7.2 (69.2%)
258	OKAS Dominika	197	UNIA MIAST	K-Dzieci	11			00:07:32	00:41:55.20	00:49:28.05	+00:12:58 (31.0%)	8:23	7.2 (69.2%)
258	MIELEWCZYK Aleksandra	175		K55-59	17			00:13:37	00:41:55.20	00:55:32.75	+00:12:58 (31.0%)	8:23	7.2 (69.2%)
260	KIDAWA Danuta	106	SANTANDER CONSUMER BANK	K40-44	16			00:10:48	00:41:56.00	00:52:44.70	+00:12:59 (31.0%)	8:23	7.2 (69.2%)
261	PACYNA Helena	201	KS METRACO POLKOWICE	K65-69	9			00:15:02	00:41:56.10	00:56:59.00	+00:12:59 (31.0%)	8:23	7.2 (69.2%)
262	MILEWSKA Wiesława	342	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	19			00:11:24	00:41:57.20	00:53:21.25	+00:13:00 (31.0%)	8:23	7.2 (69.2%)
263	KWIATKOWSKA Jadwiga	148	KS METRACO POLKOWICE	K65-69	10			00:15:02	00:42:08.60	00:57:11.05	+00:13:11 (31.3%)	8:25	7.1 (68.3%)
264	SKALSKA Martyna	224	SANTANDER CONSUMER BANK	K18-29	10			00:09:50	00:42:16.75	00:52:07.10	+00:13:20 (31.5%)	8:27	7.1 (68.3%)
265	SYNAKIEWICZ Magdalena	244	ES-TEAM	K30-39	15			00:09:53	00:42:22.85	00:52:16.70	+00:13:26 (31.7%)	8:28	7.1 (68.3%)
266	SZEWCZYK Bożena	355	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	11			00:15:06	00:42:23.20	00:57:29.65	+00:13:26 (31.7%)	8:28	7.1 (68.3%)
267	MURAWSKI Przemysław	181	MARSZ PO ZDROWIE	M40-44	9			00:03:48	00:42:29.70	00:46:18.30	+00:13:33 (31.9%)	8:30	7.1 (68.3%)
268	STELMACH Anita	233	ST TEAM	K40-44	17			00:10:48	00:42:31.55	00:53:19.85	+00:13:34 (31.9%)	8:30	7.1 (68.3%)
269	GROBELNA Jadwiga	75	KS METRACO POLKOWICE	K-Niepełnosprawni	4			00:14:30	00:42:33.70	00:57:03.70	+00:13:37 (32.0%)	8:30	7.1 (68.3%)

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
270	LORENC Jan	376	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	13	1		00:06:26	00:42:35.10	00:49:01.55	+00:13:38 (32.0%)	8:31	7 (67.3%)
271	KŁOPOTOWSKI Ryszard	109	LKS ZANTYR SZTUM	M50-54	12	2 min kary		00:05:02	00:42:35.20	00:47:38.00	+00:13:38 (32.0%)	8:31	7 (67.3%)
272	KUPER Mariusz	140		M30-39	13			00:01:37	00:42:40.30	00:44:17.95	+00:13:43 (32.2%)	8:32	7 (67.3%)
273	SZYFFER Aleksandra	260	GOSIR OSIELSKO	K50-54	10			00:12:26	00:42:42.90	00:55:09.55	+00:13:46 (32.2%)	8:32	7 (67.3%)
274	SZULC-DRABCZYK Urszula	258	KS METRACO POLKOWICE	K- Niepełnosprawni	5			00:14:29	00:42:43.10	00:57:12.80	+00:13:46 (32.2%)	8:32	7 (67.3%)
275	KARCZEWSKI Krzysztof	339	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	14			00:01:37	00:42:43.75	00:44:21.35	+00:13:47 (32.3%)	8:32	7 (67.3%)
276	SOKOŁOWSKA Weronika	345		K18-29	11			00:09:48	00:42:46.85	00:52:35.40	+00:13:50 (32.3%)	8:33	7 (67.3%)
277	KOŁUTKIEWICZ Justyna	117	SANTANDER CONSUMER BANK	K18-29	12			00:09:49	00:42:51.15	00:52:40.85	+00:13:54 (32.5%)	8:34	7 (67.3%)
278	ZIĘBA Julia	301	UNIA MIAST	K70+	3			00:15:18	00:42:56.50	00:58:15.45	+00:13:59 (32.6%)	8:35	7 (67.3%)
279	HINC Hubert	89	FACE NORDIC WALKING TEAM	M-Dzieci	11			00:00:10	00:42:58.40	00:43:09.10	+00:14:01 (32.6%)	8:35	7 (67.3%)
280	WYSOCKI Gabriel	294	BŁĘKITNI NW DZIEMIANY	M-Dzieci	12			00:00:11	00:42:59.20	00:43:10.20	+00:14:02 (32.7%)	8:35	7 (67.3%)
281	GUNTHER Paulina	312	GUNTHER TEAM	K18-29	13			00:08:23	00:43:03.55	00:51:26.80	+00:14:06 (32.8%)	8:36	7 (67.3%)
282	BOSEK Grzegorz	29	KSN ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni	13			00:09:56	00:43:05.65	00:53:02.50	+00:14:09 (32.8%)	8:37	7 (67.3%)
283	BOSEK Ewa	28	KSN ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni	6			00:09:58	00:43:05.80	00:53:03.85	+00:14:09 (32.8%)	8:37	7 (67.3%)
284	ANDRZEJEWSKA Bogusława	3	MARSZ PO ZDROWIE	K55-59	18			00:13:38	00:43:11.30	00:56:49.55	+00:14:14 (33.0%)	8:38	6.9 (66.3%)
285	BRUSKA Mariola	31	BŁĘKITNI NW DZIEMIANY	K45-49	20			00:11:24	00:43:12.90	00:54:37.00	+00:14:16 (33.0%)	8:38	6.9 (66.3%)
286	PRZYBYLAK Dorota	214	FACE NORDIC WALKING TEAM	K- Niepełnosprawni	7			00:15:05	00:43:13.15	00:58:18.60	+00:14:16 (33.0%)	8:38	6.9 (66.3%)
287	SALAMON Piotr	221		M40-44	10			00:02:53	00:43:14.30	00:46:08.20	+00:14:17 (33.1%)	8:39	6.9 (66.3%)
288	SZNAJDER Teresa	251	UNIA MIAST	K60-64	9			00:14:31	00:43:14.95	00:57:46.45	+00:14:18 (33.1%)	8:39	6.9 (66.3%)
289	ŚLUSARCZYK Karolina	264	WESOŁY BORSUK TEAM	K-Dzieci	12			00:07:31	00:43:18.05	00:50:49.30	+00:14:21 (33.2%)	8:39	6.9 (66.3%)
290	DZIEDZIEWICZ Natalia	328		K30-39	16			00:09:53	00:43:21.90	00:53:15.45	+00:14:25 (33.3%)	8:40	6.9 (66.3%)
291	KOLBUSZ Janina	167	KS METRACO POLKOWICE	K65-69	12			00:15:03	00:43:23.45	00:58:26.85	+00:14:26 (33.3%)	8:40	6.9 (66.3%)
292	JERECZEK Grażyna	95	BŁĘKITNI NW DZIEMIANY	K55-59	19			00:13:38	00:43:23.95	00:57:02.00	+00:14:27 (33.3%)	8:40	6.9 (66.3%)
293	SZEWczyk Julia	250	FACE NORDIC WALKING TEAM	K-Junior	12	2 min kary		00:08:24	00:43:25.35	00:51:50.00	+00:14:28 (33.3%)	8:41	6.9 (66.3%)
293	PIATCZYC Barbara	511		K50-54	11			00:12:27	00:43:25.35	00:55:52.85	+00:14:28 (33.3%)	8:41	6.9 (66.3%)
295	GIZLER Arleta	483	GOSIR OSIELSKO	K50-54	12			00:12:28	00:43:37.60	00:56:05.70	+00:14:40 (33.7%)	8:43	6.9 (66.3%)
296	BIELASZEWSKA Zuzanna	19		K-Dzieci	13			00:07:57	00:43:37.90	00:51:35.20	+00:14:41 (33.7%)	8:43	6.9 (66.3%)
297	GRUDNOWSKI Norbert	78	BŁĘKITNI NW DZIEMIANY	M-Dzieci	13			00:00:09	00:43:38.00	00:43:47.00	+00:14:41 (33.7%)	8:43	6.9 (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
298	ZIEGERT Adriana	382	GOSIR OSIELSKO	K30-39	17			00:09:54	00:43:40.85	00:53:35.55	+00:14:44 (33.7%)	8:44	6.9 (66.3%)
299	SZOBER Karolina	253	GOSIR OSIELSKO	K30-39	18			00:09:54	00:43:45.35	00:53:40.25	+00:14:48 (33.9%)	8:45	6.9 (66.3%)
300	GRZEMPA Krystyna	82	STOWARZYSZENIE WSPARCIA AKTYWNOŚCI I PRZEDSIĘBIORCZOŚCI KOBIECI 'JESTEM AKTYWNA'	K60-64	10			00:14:30	00:43:46.70	00:58:17.65	+00:14:50 (33.9%)	8:45	6.9 (66.3%)
301	BAREŁA Ewa	315		K50-54	13			00:12:24	00:43:51.80	00:56:16.25	+00:14:55 (34.0%)	8:46	6.8 (65.4%)
302	MACHOWICZ Adam	191	KS METRACO POLKOWICE	M60-64	13			00:05:44	00:43:54.70	00:49:39.50	+00:14:58 (34.1%)	8:47	6.8 (65.4%)
303	MACHAJEK Krzysztof	157	KS METRACO POLKOWICE	M- Niepełnosprawni	14			00:05:42	00:43:56.80	00:49:39.60	+00:15:00 (34.1%)	8:47	6.8 (65.4%)
304	TYLUTKI Andrzej	273	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	M45-49	18			00:03:49	00:44:01.40	00:47:51.10	+00:15:04 (34.3%)	8:48	6.8 (65.4%)
305	DANIELEWSKA Elżbieta	282	GOSIR OSIELSKO	K30-39	19			00:09:53	00:44:03.20	00:53:56.20	+00:15:06 (34.3%)	8:48	6.8 (65.4%)
306	STELMACH Katarzyna	234	ST TEAM	K-Dzieci	14			00:07:33	00:44:03.70	00:51:36.85	+00:15:07 (34.3%)	8:48	6.8 (65.4%)
307	GLAZA Weronika	67		K-Dzieci	15			00:07:32	00:44:08.20	00:51:40.50	+00:15:11 (34.4%)	8:49	6.8 (65.4%)
308	LESZCZYŃSKA Kazimiera	325	GOSIR OSIELSKO	K55-59	20			00:13:46	00:44:08.85	00:57:55.50	+00:15:12 (34.4%)	8:49	6.8 (65.4%)
309	ROSZAK Magda	321	GOSIR OSIELSKO	K18-29	14			00:09:52	00:44:10.60	00:54:03.15	+00:15:13 (34.5%)	8:50	6.8 (65.4%)
310	MAJCHRZAK Barbara	161	SANTANDER CONSUMER BANK	K18-29	15			00:09:49	00:44:16.90	00:54:06.30	+00:15:20 (34.6%)	8:51	6.8 (65.4%)
311	PRUSKA-KĘDZIOR Anna	213		K65-69	13			00:15:06	00:44:20.60	00:59:26.80	+00:15:23 (34.7%)	8:52	6.8 (65.4%)
312	OGONOWSKA Edyta	195	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	14			00:12:24	00:44:25.90	00:56:50.75	+00:15:29 (34.9%)	8:53	6.8 (65.4%)
313	JAKIEL-MAINIERI Sabina	90	CZARNE PANTERY	K45-49	21			00:11:27	00:44:32.70	00:55:59.70	+00:15:36 (35.0%)	8:54	6.7 (64.4%)
314	TOKARSKA Joanna	265	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K30-39	20			00:09:52	00:44:41.95	00:54:34.10	+00:15:45 (35.2%)	8:56	6.7 (64.4%)
315	KUCZYŃSKI Włodzimierz	237	NORDIC WALKING KIEKRZ	M55-59	12			00:05:06	00:44:42.40	00:49:49.30	+00:15:45 (35.3%)	8:56	6.7 (64.4%)
316	SZCZUBIAŁ Krystyna	248	DĄBROWA NORDIC TEAM	K70+	4			00:15:18	00:44:46.70	01:00:05.55	+00:15:50 (35.4%)	8:57	6.7 (64.4%)
317	RĘBISZ Grażyna	373	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	11			00:14:30	00:45:05.10	00:59:35.35	+00:16:08 (35.8%)	9:01	6.7 (64.4%)
318	MALINOWSKA Grażyna	163	LKS ZANTYR SZTUM	K65-69	14			00:15:04	00:45:09.40	01:00:13.95	+00:16:12 (35.9%)	9:01	6.6 (63.5%)
319	MOTOCZYŃSKA Aleksandra	324	GOSIR OSIELSKO	K55-59	21			00:13:37	00:45:09.85	00:58:47.05	+00:16:13 (35.9%)	9:02	6.6 (63.5%)
320	PIECZKA Monika	384	FACE NORDIC WALKING TEAM	K- Niepełnosprawni	8			00:09:48	00:45:11.90	00:55:00.05	+00:16:15 (36.0%)	9:02	6.6 (63.5%)
321	BARTOSIEWICZ Grażyna	13	FACE NORDIC WALKING TEAM	K60-64	12			00:14:31	00:45:20.85	00:59:51.95	+00:16:24 (36.2%)	9:04	6.6 (63.5%)
322	NOWAK Beata	186	SAILING TEAM FERAJNA	K45-49	22			00:11:25	00:45:42.85	00:57:08.55	+00:16:46 (36.7%)	9:08	6.6 (63.5%)
323	GRABOWSKA Agnieszka	73	MOSIR RYPIN	K- Niepełnosprawni	9			00:14:33	00:46:17.15	01:00:50.45	+00:17:20 (37.5%)	9:15	6.5 (62.5%)
324	BORKOWSKA Sylwia	25	UWM OLSZTYN	K18-29	16			00:09:51	00:46:20.35	00:56:11.55	+00:17:23 (37.5%)	9:16	6.5 (62.5%)
325	SZAROLETA Zofia	247	FACE NORDIC WALKING TEAM	K70+	5			00:15:18	00:46:22.95	01:01:41.60	+00:17:26 (37.6%)	9:16	6.5 (62.5%)

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
326	ROSZAK Zofia	322	GOSIR OSIELSKO	K-Dzieci	16			00:07:33	00:46:33.35	00:54:06.80	+00:17:36 (37.8%)	9:18	6.4 (61.5%)
327	SZPANOWSKA Marta	255	UWM OLSZTYN	K18-29	17			00:09:49	00:46:37.00	00:56:26.10	+00:17:40 (37.9%)	9:19	6.4 (61.5%)
328	WOLNA Urszula	354	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	13			00:14:33	00:46:40.00	01:01:13.00	+00:17:43 (38.0%)	9:20	6.4 (61.5%)
329	RUTECKA Monika	218	UWM OLSZTYN	K18-29	18			00:09:51	00:46:43.90	00:56:35.45	+00:17:47 (38.1%)	9:20	6.4 (61.5%)
330	KOZŁOWSKA Agnieszka	127	GOSIR OSIELSKO	K40-44	18			00:10:50	00:47:25.20	00:58:15.30	+00:18:28 (39.0%)	9:29	6.3 (60.6%)
331	JAGŁA Maria	380	GOSIR OSIELSKO	K55-59	22			00:13:39	00:47:26.25	01:01:05.75	+00:18:29 (39.0%)	9:29	6.3 (60.6%)
332	KRYGIEL Irena	133	GOSIR OSIELSKO	K50-54	15			00:12:26	00:47:48.70	01:00:15.30	+00:18:52 (39.5%)	9:33	6.3 (60.6%)
333	KAMIŃSKA Ewa	100		K18-29	19			00:09:50	00:48:02.85	00:57:53.75	+00:19:06 (39.8%)	9:36	6.2 (59.6%)
334	MOCZARSKI Adam	177	FACE NORDIC WALKING TEAM	M70+	9			00:07:01	00:48:05.60	00:55:07.30	+00:19:08 (39.8%)	9:37	6.2 (59.6%)
335	DROP Mieczysław	47		M70+	10			00:07:01	00:48:11.20	00:55:12.80	+00:19:14 (39.9%)	9:38	6.2 (59.6%)
336	BIELIŃSKA-SYCZ Wiesława	347		K50-54	16			00:13:41	00:48:14.25	01:01:55.25	+00:19:17 (40.0%)	9:38	6.2 (59.6%)
337	GÓRNY Hubert	387	FAMA	M-Dzieci	14			00:00:11	00:48:26.15	00:48:37.30	+00:19:29 (40.2%)	9:41	6.2 (59.6%)
338	ORAWIEC Wanda	305		K65-69	15	2 min kary		00:15:20	00:48:26.90	01:03:47.00	+00:19:30 (40.3%)	9:41	6.2 (59.6%)
339	WIŚNIEWSKA Danuta	391		K55-59	23			00:13:43	00:48:37.95	01:02:21.80	+00:19:41 (40.5%)	9:43	6.2 (59.6%)
340	TOMASZEWSKA Diana	266	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	21			00:09:50	00:49:02.90	00:58:53.75	+00:20:06 (41.0%)	9:48	6.1 (58.7%)
341	NOWAKOWSKA Ewa	189	GOSIR OSIELSKO	K55-59	24			00:13:39	00:49:07.70	01:02:47.35	+00:20:11 (41.1%)	9:49	6.1 (58.7%)
342	TOMASZEWSKI Karol	267	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	15			00:00:10	00:49:12.60	00:49:23.00	+00:20:15 (41.2%)	9:50	6.1 (58.7%)
343	DANIELS Teresa	43	BŁĘKITNI NW DZIEMIANY	K65-69	16			00:15:04	00:49:13.15	01:04:17.70	+00:20:16 (41.2%)	9:50	6.1 (58.7%)
344	KRZYŻANOWSKI Mieszko	135		M-Dzieci	16	2 min kary		00:09:51	00:50:05.50	00:59:57.00	+00:21:08 (42.2%)	10:01	6 (57.7%)
345	GIZLER Wiesław	407	GOSIR OSIELSKO	M50-54	13			00:04:19	00:50:26.35	00:54:45.50	+00:21:29 (42.6%)	10:05	5.9 (56.7%)
346	WIŚNIEWSKA Grażyna	341	RUCH PO ZDROWIE WŁOCLAWEK	K55-59	25	2 min kary, 1 żółta		00:14:32	00:50:40.85	01:05:12.90	+00:21:44 (42.9%)	10:08	5.9 (56.7%)
347	STRZELECKA Antonina	240	SAILING TEAM FERAJNA	K-Dzieci	17			00:07:31	00:51:13.65	00:58:45.60	+00:22:17 (43.5%)	10:14	5.9 (56.7%)
348	STAUBACH Mirosława	231	BŁĘKITNI NW DZIEMIANY	K55-59	26	2 min kary		00:13:40	00:51:40.95	01:05:21.00	+00:22:44 (44.0%)	10:20	5.8 (55.8%)
349	BORZESZKOWSKA Małgorzata	27		K50-54	17			00:15:50	00:51:54.75	01:07:45.65	+00:22:58 (44.2%)	10:23	5.8 (55.8%)
350	BOJKE Olgierd	24		M55-59	13			00:15:50	00:51:58.45	01:07:49.35	+00:23:01 (44.3%)	10:23	5.8 (55.8%)
351	NOWAK Maja	187	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	18			00:07:30	00:52:13.00	00:59:43.50	+00:23:16 (44.6%)	10:26	5.7 (54.8%)
352	KUJAWA Oralia	318	GOSIR OSIELSKO	K70+	6			00:15:19	00:53:14.60	01:08:34.30	+00:24:17 (45.6%)	10:39	5.6 (53.8%)

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
353	SUMARA Bernardyna	304	GOSIR OSIELSKO	K70+	7			00:15:19	00:53:29.60	01:08:49.10	+00:24:32 (45.9%)	10:42	5.6 (53.8%)
354	CICHOWSKI Wiesław	34	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Niepełnosprawni	15			00:05:42	00:53:47.30	00:59:29.55	+00:24:50 (46.2%)	10:45	5.6 (53.8%)
355	KAŹMIERCZAK Żaneta	334	GOSIR OSIELSKO	K30-39	22	2 min kary		00:15:41	00:54:02.45	01:09:44.00	+00:25:05 (46.4%)	10:48	5.6 (53.8%)
356	CHWALISZEWSKA Barbara	32	GOSIR OSIELSKO	K65-69	17			00:15:05	00:55:03.95	01:10:09.60	+00:26:07 (47.4%)	11:00	5.4 (51.9%)
357	GUNTHER Justyna	308	GUNTHER TEAM	K40-44	19			00:10:50	00:55:59.45	01:06:50.40	+00:27:02 (48.3%)	11:12	5.4 (51.9%)
358	CHWALISZEWSKI Michał	33	GOSIR OSIELSKO	M65-69	14			00:06:27	00:57:39.15	01:04:06.50	+00:28:42 (49.8%)	11:31	5.2 (50.0%)
359	LESZCZYŃSKI Bartosz	327	GOSIR OSIELSKO	M-Dzieci	17			00:00:11	00:57:40.85	00:57:52.80	+00:28:44 (49.8%)	11:32	5.2 (50.0%)
360	KUCHARKO Justyna	309	GUNTHER TEAM	K18-29	20	2 min kary		00:10:50	00:58:12.45	01:09:03.00	+00:29:15 (50.3%)	11:38	5.2 (50.0%)
361	BĄCZYŃSKA Grażyna	358	GOSIR OSIELSKO	K60-64	14			00:14:31	01:21:43.80	01:36:15.05	+00:52:47 (64.6%)	16:20	3.7 (35.6%)
362	BĄCZYŃSKI Borys	17	GOSIR OSIELSKO	M-Dzieci	18	2 min kary		00:14:32	01:23:39.60	01:38:12.00	+00:54:42 (65.4%)	16:44	3.6 (34.6%)
363	BĄCZYŃSKA Blanka	15	GOSIR OSIELSKO	K-Dzieci	19	2 min kary		00:14:34	01:33:10.95	01:47:45.00	+01:04:14 (68.9%)	18:38	3.2 (30.8%)
364	GALIŃSKA Martyna	383		K-Junior	13	2 min kary		00:15:04	01:47:49.45	02:02:54.00	+01:18:52 (73.2%)	21:34	2.8 (26.9%)
365	NOWAKOWSKI Tomasz	190	GOSIR OSIELSKO	M55-59	14			00:05:06					(0.0%)
DQ	POTRYKUS Stanisław	335		M55-59			Tak	DQ	00:36:54.15 DQ	DQ		-	- (0.0%)
DQ	ROSZKOWSKI Jarosław	217	KURZĘTNIK	M30-39			Tak	DQ	00:39:52.65 DQ	DQ		-	- (0.0%)
DQ	OSIŃSKI Michał	59	TERVEL TEAM	M18-29			Tak	DQ	DQ	DQ		-	- (0.0%)

Znaleziono 368 wynik(ów)