

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

B4SPORT

**Wydarzenie:** OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR  
POLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-08-05  
**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	STILLER Karol	354	KING&QUEEN	M30-39	1			00:03:00	00:29:11.35	00:32:11.65		5:50	10.3 (100%)
2	DEŁĄG Jakub	65	FACE NORDIC WALKING TEAM / LUKI TEAM	M18-29	1			00:01:16	00:29:59.85	00:31:16.50	+00:00:48 (2.7%)	6:00	10 (97.1%)
3	ZARĘBSKI Michał	444	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:03:00	00:30:05.60	00:33:06.50	+00:00:54 (3.0%)	6:01	10 (97.1%)
4	RAJEWSKI Sebastian	319	PILSCY MIŁOŚNICY NORDIC WALKING	M45-49	1			00:04:10	00:30:22.35	00:34:32.65	+00:01:11 (3.9%)	6:04	9.9 (96.1%)
5	DORS Łukasz	72	RTB TRACKER PODKOWA JANÓW	M-Junior	1			00:00:32	00:30:23.35	00:30:55.35	+00:01:12 (3.9%)	6:04	9.9 (96.1%)
6	WOROCH Roman	435	KS METRACO POLKOWICE	M55-59	1			00:05:22	00:30:24.25	00:35:46.80	+00:01:12 (4.0%)	6:04	9.9 (96.1%)
7	CYRUS Bogdan	235	SILESIA NORDIC TEAM	M45-49	2	1		00:04:10	00:30:31.45	00:34:41.75	+00:01:20 (4.4%)	6:06	9.8 (95.1%)
8	POLEWCZAK Mariusz	307	CLLEO ZAWIERCIE	M45-49	3			00:04:11	00:30:33.20	00:34:45.00	+00:01:21 (4.5%)	6:06	9.8 (95.1%)
9	LASKOWSKI Mirosław	206	LKS MILANÓW	M45-49	4			00:04:10	00:30:43.35	00:34:54.30	+00:01:32 (5.0%)	6:08	9.8 (95.1%)
10	RECZULSKI Mariusz	324	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA /RTB TRACKER LKS PODKOWA JANÓW	M50-54	1			00:04:46	00:30:58.75	00:35:45.05	+00:01:47 (5.8%)	6:11	9.7 (94.2%)
11	TRZCIŃSKI Franciszek	405	SPORT I REKREACJA START (CHELMNO)	M50-54	2			00:04:44	00:30:59.35	00:35:44.10	+00:01:48 (5.8%)	6:12	9.7 (94.2%)
12	MACHNIK Janusz	222	CLLEO ZAWIERCIE	M40-44	1			00:03:35	00:31:13.85	00:34:49.40	+00:02:02 (6.5%)	6:14	9.6 (93.2%)
13	BRZOZOWSKI Piotr	475	AKTYWNI POSTOMINO	M30-39	3			00:03:02	00:31:15.90	00:34:17.95	+00:02:04 (6.6%)	6:15	9.6 (93.2%)
14	BIŃCZYK Dariusz	21	ZABIEGANI CZĘSTOCHOWA	M30-39	4			00:03:02	00:31:21.30	00:34:24.05	+00:02:09 (6.9%)	6:16	9.6 (93.2%)
14	ROŻYNEK Miron	328	KS METRACO POLKOWICE	M50-54	3			00:04:44	00:31:21.30	00:36:05.50	+00:02:09 (6.9%)	6:16	9.6 (93.2%)
16	KOŁEK Patryk	158	RTB TRACKER PODKOWA JANÓW	M-Junior	2			00:00:31	00:31:29.05	00:32:00.20	+00:02:17 (7.3%)	6:17	9.5 (92.2%)
17	RAKUĆ Jakub	320	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	2			00:01:16	00:31:31.25	00:32:47.70	+00:02:19 (7.4%)	6:18	9.5 (92.2%)
18	HAŁAS Marcin	118		M30-39	5			00:03:01	00:31:38.95	00:34:40.60	+00:02:27 (7.8%)	6:19	9.5 (92.2%)
19	FRĄKOWIAK Roman	84	ZS ROSKO	M45-49	5			00:04:12	00:31:40.55	00:35:53.35	+00:02:29 (7.9%)	6:20	9.5 (92.2%)
20	KRYŚ Artur	183	KS METRACO POLKOWICE	M45-49	6			00:04:09	00:31:43.05	00:35:53.00	+00:02:31 (8.0%)	6:20	9.5 (92.2%)

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
21	<b>CZŁAPSKI Krzysztof</b>	<b>472</b>	NW CIECHANÓW	M50-54	4			00:04:42	<b>00:31:50.60</b>	<b>00:36:33.35</b>	+00:02:39 (8.3%)	6:22	9.4 (91.3%)
22	<b>PĘKALA Wiktor</b>	<b>294</b>	RTB TRACKER PODKOWA JANÓW	M-Dzieci	1			00:00:03	<b>00:32:02.40</b>	<b>00:32:06.20</b>	+00:02:51 (8.9%)	6:24	9.4 (91.3%)
23	<b>GRODZKI Ireneusz</b>	<b>106</b>		M45-49	7			00:04:11	<b>00:32:02.65</b>	<b>00:36:13.85</b>	+00:02:51 (8.9%)	6:24	9.4 (91.3%)
24	<b>KUSTAL Marcin</b>	<b>201</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:03:02	<b>00:32:10.95</b>	<b>00:35:13.85</b>	+00:02:59 (9.3%)	6:26	9.3 (90.3%)
25	<b>CYRAN Ryszard</b>	<b>478</b>	LUCA TEAM	M30-39	7			00:03:01	<b>00:32:11.05</b>	<b>00:35:12.95</b>	+00:02:59 (9.3%)	6:26	9.3 (90.3%)
26	<b>PIETRZYK Angelika</b>	<b>299</b>	RTB TRACKER PODKOWA JANÓW	K-Junior	1			00:09:08	<b>00:32:15.10</b>	<b>00:41:23.45</b>	+00:03:03 (9.5%)	6:27	9.3 (90.3%)
27	<b>WOLEK Waldemar</b>	<b>433</b>	NORDIC TEAM GNIEZNO	M40-44	2			00:03:34	<b>00:32:18.05</b>	<b>00:35:52.70</b>	+00:03:06 (9.6%)	6:27	9.3 (90.3%)
28	<b>CHAMIELEC Bogusław</b>	<b>44</b>	A EMERYT BIEGA	M50-54	5			00:04:42	<b>00:32:19.85</b>	<b>00:37:02.75</b>	+00:03:08 (9.7%)	6:28	9.3 (90.3%)
29	<b>GAJEWSKI Eugeniusz</b>	<b>86</b>	KS METRACO POLKOWICE	M60-64	1			00:05:53	<b>00:32:21.95</b>	<b>00:38:15.55</b>	+00:03:10 (9.8%)	6:28	9.3 (90.3%)
30	<b>GASZ David</b>	<b>92</b>		M-Junior	3	1		00:00:31	<b>00:32:24.20</b>	<b>00:32:55.60</b>	+00:03:12 (9.9%)	6:28	9.3 (90.3%)
31	<b>SŁOMIAN Leszek</b>	<b>338</b>	UNIA MIAST	M55-59	2			00:05:22	<b>00:32:37.05</b>	<b>00:37:59.40</b>	+00:03:25 (10.5%)	6:31	9.2 (89.3%)
32	<b>STAWICKI Kacper</b>	<b>352</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Junior	4	2		00:00:31	<b>00:32:37.30</b>	<b>00:33:09.20</b>	+00:03:25 (10.5%)	6:31	9.2 (89.3%)
33	<b>MIELECKA Agnieszka</b>	<b>245</b>	KS SOKÓŁ GAŚAWA	K45-49	1			00:11:12	<b>00:32:37.80</b>	<b>00:43:50.75</b>	+00:03:26 (10.5%)	6:31	9.2 (89.3%)
34	<b>SANIUK Edward</b>	<b>332</b>		M65-69	1			00:06:32	<b>00:32:40.15</b>	<b>00:39:12.35</b>	+00:03:28 (10.7%)	6:32	9.2 (89.3%)
35	<b>MATECKI Ryszard</b>	<b>237</b>	KS METRACO POLKOWICE	M65-69	2	1		00:06:34	<b>00:32:42.70</b>	<b>00:39:17.00</b>	+00:03:31 (10.8%)	6:32	9.2 (89.3%)
36	<b>WASIELEWSKI Mirosław</b>	<b>416</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M55-59	3			00:05:23	<b>00:32:48.25</b>	<b>00:38:11.40</b>	+00:03:36 (11.0%)	6:33	9.1 (88.3%)
37	<b>CHYRA Wiktor</b>	<b>54</b>	UNIA MIAST	M-Junior	5			00:00:34	<b>00:32:58.30</b>	<b>00:33:32.30</b>	+00:03:46 (11.5%)	6:35	9.1 (88.3%)
38	<b>GŁOWA Michał</b>	<b>100</b>	UNIA MIAST	M-Junior	6			00:00:33	<b>00:32:58.45</b>	<b>00:33:32.00</b>	+00:03:47 (11.5%)	6:35	9.1 (88.3%)
39	<b>TRZCIŃSKI Eugeniusz</b>	<b>404</b>	SPORT I REKREACJA START (CHELMNO)	M60-64	2			00:05:53	<b>00:33:01.95</b>	<b>00:38:55.85</b>	+00:03:50 (11.6%)	6:36	9.1 (88.3%)
40	<b>WARDACH Jan</b>	<b>456</b>	WIGOR OSIR ZAMOŚĆ	M65-69	3			00:06:29	<b>00:33:05.05</b>	<b>00:39:34.85</b>	+00:03:53 (11.8%)	6:37	9.1 (88.3%)
41	<b>KLARKOWSKI Bogdan</b>	<b>149</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	3			00:05:54	<b>00:33:10.45</b>	<b>00:39:04.45</b>	+00:03:59 (12.0%)	6:38	9 (87.4%)
42	<b>ADAMUS Marian</b>	<b>6</b>	SILESIA NORDIC TEAM	M65-69	4			00:06:31	<b>00:33:14.95</b>	<b>00:39:46.05</b>	+00:04:03 (12.2%)	6:39	9 (87.4%)
43	<b>SPYCHAŁA Lesław</b>	<b>348</b>	WESOŁY BORSUK TEAM	M50-54	6			00:04:44	<b>00:33:23.20</b>	<b>00:38:07.25</b>	+00:04:11 (12.6%)	6:40	9 (87.4%)
44	<b>DUSZEŃKO Damian</b>	<b>79</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:08:20	<b>00:33:23.45</b>	<b>00:41:43.70</b>	+00:04:12 (12.6%)	6:40	9 (87.4%)
45	<b>DUSZEŃKO Zygmunt</b>	<b>78</b>	KS METRACO POLKOWICE	M55-59	4			00:05:23	<b>00:33:24.45</b>	<b>00:38:48.20</b>	+00:04:13 (12.6%)	6:41	9 (87.4%)
46	<b>SKWIRUT Jerzy</b>	<b>337</b>	SOKÓŁ RYMANÓW	M- Niepełnosprawni(B)	2			00:08:14	<b>00:33:31.10</b>	<b>00:41:46.05</b>	+00:04:19 (12.9%)	6:42	8.9 (86.4%)
47	<b>LENZ Andrzej</b>	<b>207</b>		M50-54	7			00:04:43	<b>00:33:31.70</b>	<b>00:38:14.90</b>	+00:04:20 (12.9%)	6:42	9 (87.4%)
48	<b>SYKISZ Maksym</b>	<b>488</b>	LESZNO :)	M- Niepełnosprawni(A)	1			00:08:19	<b>00:33:33.55</b>	<b>00:41:52.55</b>	+00:04:22 (13.0%)	6:42	8.9 (86.4%)
49	<b>KRYCH Włodzimierz</b>	<b>181</b>	GOSIR OSIELSKO	M55-59	5	1		00:05:23	<b>00:33:41.90</b>	<b>00:39:05.80</b>	+00:04:30 (13.4%)	6:44	8.9 (86.4%)

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50	<b>FRĄCKOWIAK Mateusz</b>	<b>83</b>	ZS ROSKO	M-Junior	7			00:00:33	<b>00:33:42.75</b>	<b>00:34:16.45</b>	+00:04:31 (13.4%)	6:44	8.9 (86.4%)
51	<b>MARCINKOWSKI Jakub</b>	<b>234</b>	UNIA MIAST	M-Junior	8			00:00:34	<b>00:33:42.95</b>	<b>00:34:17.50</b>	+00:04:31 (13.4%)	6:44	8.9 (86.4%)
52	<b>KOMAR Beata</b>	<b>159</b>	FACE NORDIC WALKING TEAM	K45-49	2			00:11:13	<b>00:33:43.90</b>	<b>00:44:57.05</b>	+00:04:32 (13.5%)	6:44	8.9 (86.4%)
53	<b>ZAŃKO Katarzyna</b>	<b>443</b>	KS METRACO POLKOWICE	K40-44	1			00:10:44	<b>00:33:52.25</b>	<b>00:44:36.25</b>	+00:04:40 (13.8%)	6:46	8.9 (86.4%)
54	<b>KROMSKI Paweł</b>	<b>179</b>	NORDIC WALKING KIEKRZ	M50-54	8			00:04:44	<b>00:33:54.00</b>	<b>00:38:38.85</b>	+00:04:42 (13.9%)	6:46	8.8 (85.4%)
55	<b>POLEWCZAK Aneta</b>	<b>306</b>	CLLEO ZAWIERCIE	K45-49	3			00:11:14	<b>00:33:57.95</b>	<b>00:45:12.50</b>	+00:04:46 (14.1%)	6:47	8.8 (85.4%)
56	<b>GAŁĄZKA Paweł</b>	<b>89</b>		M-Niepełnosprawni(A)	2	1		00:08:15	<b>00:33:58.90</b>	<b>00:42:13.95</b>	+00:04:47 (14.1%)	6:47	8.8 (85.4%)
57	<b>BROKOS Piotr</b>	<b>33</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M30-39	8			00:02:59	<b>00:33:59.50</b>	<b>00:36:59.40</b>	+00:04:48 (14.1%)	6:48	8.8 (85.4%)
58	<b>SCHRÖDER Karol</b>	<b>334</b>	SILESIA NORDIC TEAM	M40-44	3			00:03:36	<b>00:34:01.10</b>	<b>00:37:37.60</b>	+00:04:49 (14.2%)	6:48	8.8 (85.4%)
59	<b>MANDZIUK Marek</b>	<b>457</b>	TKKF KRZNA BIAŁA PODLASKA	M45-49	8			00:04:11	<b>00:34:03.25</b>	<b>00:38:14.35</b>	+00:04:51 (14.3%)	6:48	8.8 (85.4%)
60	<b>POLISZCZUK Piotr</b>	<b>308</b>	PIERNIKI NA CHODZIE	M55-59	6			00:05:22	<b>00:34:04.35</b>	<b>00:39:26.70</b>	+00:04:53 (14.3%)	6:48	8.8 (85.4%)
61	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>280</b>	ZS ROSKO	K45-49	4			00:11:13	<b>00:34:06.25</b>	<b>00:45:19.90</b>	+00:04:54 (14.4%)	6:49	8.8 (85.4%)
62	<b>CUDAK Zbigniew</b>	<b>60</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	9			00:04:13	<b>00:34:11.00</b>	<b>00:38:24.50</b>	+00:04:59 (14.6%)	6:50	8.8 (85.4%)
63	<b>STANISŁAWSKI Jan</b>	<b>465</b>	MARSZ PO ZDROWIE POZNAŃ	M55-59	7			00:05:23	<b>00:34:11.25</b>	<b>00:39:34.90</b>	+00:04:59 (14.6%)	6:50	8.8 (85.4%)
64	<b>TOMCZYK Edward</b>	<b>400</b>	MARSZ PO ZDROWIE POZNAŃ	M65-69	5			00:06:30	<b>00:34:22.10</b>	<b>00:40:52.15</b>	+00:05:10 (15.1%)	6:52	8.7 (84.5%)
65	<b>GRYGOROWICZ Bogdan</b>	<b>110</b>	KS METRACO POLKOWICE	M65-69	6			00:06:30	<b>00:34:25.00</b>	<b>00:40:55.40</b>	+00:05:13 (15.2%)	6:53	8.7 (84.5%)
66	<b>BORKOWSKA Lidia</b>	<b>26</b>	FACE NORDIC WALKING TEAM	K50-54	1			00:11:45	<b>00:34:25.50</b>	<b>00:46:11.40</b>	+00:05:14 (15.2%)	6:53	8.7 (84.5%)
67	<b>CHOLEWIŃSKI Wojciech</b>	<b>48</b>	HERNIK TEAM	M50-54	9			00:04:43	<b>00:34:25.75</b>	<b>00:39:09.60</b>	+00:05:14 (15.2%)	6:53	8.7 (84.5%)
68	<b>NOWAKOWSKI Dominik</b>	<b>271</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Junior	9	2		00:00:32	<b>00:34:26.35</b>	<b>00:34:58.50</b>	+00:05:15 (15.2%)	6:53	8.7 (84.5%)
69	<b>TRESCIŃSKA Justyna</b>	<b>403</b>	RTB TRACKER PODKOWA JANÓW	K-Dzieci	1			00:08:43	<b>00:34:30.50</b>	<b>00:43:13.60</b>	+00:05:19 (15.4%)	6:54	8.7 (84.5%)
70	<b>BARTOSIEWICZ Łukasz</b>	<b>12</b>	FACE NORDIC WALKING TEAM / LUKI TEAM	M30-39	9			00:03:03	<b>00:34:37.80</b>	<b>00:37:41.00</b>	+00:05:26 (15.7%)	6:55	8.7 (84.5%)
71	<b>JÓŹWIAK Marianna</b>	<b>129</b>	WTW WŁOCŁAWEK	K40-44	2			00:10:44	<b>00:34:38.00</b>	<b>00:45:22.60</b>	+00:05:26 (15.7%)	6:55	8.7 (84.5%)
72	<b>GAPIŃSKI Leszek</b>	<b>91</b>	WESOŁY BORSUK TEAM	M60-64	4			00:05:55	<b>00:34:44.75</b>	<b>00:40:40.60</b>	+00:05:33 (16.0%)	6:57	8.6 (83.5%)
73	<b>GRUSZKA Michał</b>	<b>108</b>	UNIA MIAST	M-Dzieci	2			00:00:05	<b>00:34:48.65</b>	<b>00:34:54.55</b>	+00:05:37 (16.1%)	6:57	8.6 (83.5%)
74	<b>BRANCZEWSKA Ewa</b>	<b>30</b>	NW WERWA MŁAWA	K30-39	1			00:10:13	<b>00:34:51.95</b>	<b>00:45:05.35</b>	+00:05:40 (16.3%)	6:58	8.6 (83.5%)
75	<b>KRECZMER Marzena</b>	<b>175</b>	CLLEO ZAWIERCIE	K30-39	2			00:10:14	<b>00:35:10.20</b>	<b>00:45:24.55</b>	+00:05:58 (17.0%)	7:02	8.5 (82.5%)
76	<b>LESIŃSKA Marzenna</b>	<b>209</b>	KS METRACO POLKOWICE	K50-54	2			00:11:42	<b>00:35:11.45</b>	<b>00:46:53.75</b>	+00:06:00 (17.1%)	7:02	8.5 (82.5%)
77	<b>SZYMAŃSKI Stefan</b>	<b>382</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:07:13	<b>00:35:13.65</b>	<b>00:42:26.90</b>	+00:06:02 (17.1%)	7:02	8.5 (82.5%)

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
78	<b>STOLARSKI Michał</b>	<b>357</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	10			00:04:12	<b>00:35:14.20</b>	<b>00:39:26.30</b>	+00:06:02 (17.2%)	7:02	8.5 (82.5%)
79	<b>MIKOŁAJCZAK Jan</b>	<b>248</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	3			00:08:14	<b>00:35:17.65</b>	<b>00:43:32.50</b>	+00:06:06 (17.3%)	7:03	8.5 (82.5%)
80	<b>NACZK Wiktoria</b>	<b>262</b>	DYNAMIC	K-Junior	2			00:09:07	<b>00:35:22.80</b>	<b>00:44:30.45</b>	+00:06:11 (17.5%)	7:04	8.5 (82.5%)
81	<b>SZYMSKA Małgorzata</b>	<b>384</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	3			00:10:13	<b>00:35:29.30</b>	<b>00:45:42.95</b>	+00:06:17 (17.7%)	7:05	8.5 (82.5%)
82	<b>RAKUĆ Angelika</b>	<b>321</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:09:41	<b>00:35:30.55</b>	<b>00:45:11.70</b>	+00:06:19 (17.8%)	7:06	8.5 (82.5%)
83	<b>KUBAT Janusz</b>	<b>185</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	11			00:04:13	<b>00:35:31.15</b>	<b>00:39:44.15</b>	+00:06:19 (17.8%)	7:06	8.4 (81.6%)
84	<b>BURDANOWSKI Andrzej</b>	<b>40</b>	GOSIR OSIELSKO	M-Niepełnosprawni(A)	4			00:08:17	<b>00:35:32.95</b>	<b>00:43:49.95</b>	+00:06:21 (17.9%)	7:06	8.4 (81.6%)
85	<b>STOLARSKA Joanna</b>	<b>355</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Junior	3			00:09:10	<b>00:35:36.20</b>	<b>00:44:46.70</b>	+00:06:24 (18.0%)	7:07	8.4 (81.6%)
86	<b>PINTAK Artur</b>	<b>302</b>	WESOŁY BORSUK TEAM	M30-39	10			00:03:04	<b>00:35:37.70</b>	<b>00:38:41.95</b>	+00:06:26 (18.1%)	7:07	8.4 (81.6%)
87	<b>ŚLUSARCZYK Andrzej</b>	<b>390</b>	WESOŁY BORSUK TEAM	M65-69	7			00:06:29	<b>00:35:38.65</b>	<b>00:42:08.30</b>	+00:06:27 (18.1%)	7:07	8.4 (81.6%)
88	<b>SAKOWSKA Krystyna</b>	<b>331</b>	PASJA NORDIC WALKING	K40-44	3			00:10:45	<b>00:35:40.05</b>	<b>00:46:25.85</b>	+00:06:28 (18.2%)	7:08	8.4 (81.6%)
88	<b>LEŚNIEWSKI Piotr</b>	<b>214</b>	POZNAŃ	M-Niepełnosprawni(B)	3			00:18:27	<b>00:35:40.05</b>	<b>00:54:07.35</b>	+00:06:28 (18.2%)	7:08	8.4 (81.6%)
90	<b>OLEŚ Józef</b>	<b>283</b>	NW WERWA MŁAWA	M-Niepełnosprawni(A)	5			00:08:15	<b>00:35:40.90</b>	<b>00:43:56.40</b>	+00:06:29 (18.2%)	7:08	8.4 (81.6%)
91	<b>BIK Przemysław</b>	<b>20</b>	KS METRACO POLKOWICE	M-Junior	10			00:00:35	<b>00:35:41.00</b>	<b>00:36:16.20</b>	+00:06:29 (18.2%)	7:08	8.4 (81.6%)
92	<b>MAZURKIEWICZ Kacper</b>	<b>241</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Junior	11			00:00:32	<b>00:35:41.05</b>	<b>00:36:13.80</b>	+00:06:29 (18.2%)	7:08	8.4 (81.6%)
93	<b>KADECKI Piotr</b>	<b>134</b>	KSIR SPORTICO BIAŁOŚLIWIE	M30-39	11			00:03:02	<b>00:35:42.05</b>	<b>00:38:44.40</b>	+00:06:30 (18.2%)	7:08	8.4 (81.6%)
94	<b>CHUDZIŃSKI Andrzej</b>	<b>52</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65-69	8			00:06:31	<b>00:35:44.70</b>	<b>00:42:16.50</b>	+00:06:33 (18.3%)	7:09	8.4 (81.6%)
95	<b>WECHTA Paweł</b>	<b>476</b>	KS METRACO POLKOWICE	M45-49	12			00:04:11	<b>00:35:44.85</b>	<b>00:39:56.80</b>	+00:06:33 (18.3%)	7:09	8.4 (81.6%)
96	<b>PARTYKA Teresa</b>	<b>290</b>	WESOŁY BORSUK TEAM	K55-59	1			00:12:14	<b>00:35:47.35</b>	<b>00:48:02.00</b>	+00:06:36 (18.4%)	7:09	8.4 (81.6%)
97	<b>KAŻMIERCZAK Sebastian</b>	<b>143</b>	GOSIR OSIELSKO	M40-44	4			00:03:33	<b>00:35:47.90</b>	<b>00:39:21.75</b>	+00:06:36 (18.5%)	7:09	8.4 (81.6%)
98	<b>SULIKOWSKA Agnieszka</b>	<b>363</b>	PASJA NORDIC WALKING	K30-39	4			00:10:17	<b>00:35:50.35</b>	<b>00:46:07.50</b>	+00:06:39 (18.6%)	7:10	8.4 (81.6%)
99	<b>WUJEK Tomasz</b>	<b>438</b>	MARSZ PO ZDROWIE POZNAŃ	M-Niepełnosprawni(B)	4			00:08:16	<b>00:35:58.60</b>	<b>00:44:15.15</b>	+00:06:47 (18.9%)	7:11	8.3 (80.6%)
100	<b>WOJCIECHOWSKI Marek</b>	<b>431</b>	NORDIC TEAM GNIEZNO	M55-59	8			00:05:23	<b>00:36:00.00</b>	<b>00:41:23.20</b>	+00:06:48 (18.9%)	7:12	8.3 (80.6%)
101	<b>KOWALCZYK Edyta</b>	<b>164</b>	KS METRACO POLKOWICE	K45-49	5			00:11:16	<b>00:36:00.70</b>	<b>00:47:17.30</b>	+00:06:49 (18.9%)	7:12	8.3 (80.6%)
102	<b>TRELIŃSKI Jakub</b>	<b>117</b>	FACE NORDIC WALKING TEAM	M18-29	3			00:01:18	<b>00:36:01.25</b>	<b>00:37:19.25</b>	+00:06:49 (19.0%)	7:12	8.3 (80.6%)
103	<b>JÓZWIAK Łukasz</b>	<b>130</b>	WTW WŁOCŁAWEK	M-Niepełnosprawni(A)	6			00:08:17	<b>00:36:01.40</b>	<b>00:44:18.65</b>	+00:06:50 (19.0%)	7:12	8.3 (80.6%)
104	<b>OLENDRZYŃSKI Mateusz</b>	<b>281</b>	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	5			00:16:55	<b>00:36:04.45</b>	<b>00:52:59.55</b>	+00:06:53 (19.1%)	7:12	8.3 (80.6%)
105	<b>SKWARSKI Marek</b>	<b>336</b>	DYNAMIC	M50-54	10			00:04:46	<b>00:36:05.45</b>	<b>00:40:52.40</b>	+00:06:54 (19.1%)	7:13	8.3 (80.6%)
106	<b>BOJANOWSKI Marcin 24</b>			M30-39	12			00:03:03	<b>00:36:05.60</b>	<b>00:39:09.30</b>	+00:06:54 (19.1%)	7:13	8.3 (80.6%)

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	SINGER Adam	335		M-Niepełnosprawni(B)	6			00:08:15	00:36:07.30	00:44:22.75	+00:06:55 (19.2%)	7:13	8.3 (80.6%)
108	DOMBRZALSKI Ryszard	70	WTW WŁOCŁAWEK	M65-69	9			00:06:29	00:36:08.35	00:42:37.35	+00:06:57 (19.2%)	7:13	8.3 (80.6%)
109	RECZULSKA Katarzyna	323	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA /RTB TRACKER LKS PODKOWA JANÓW	K45-49	6			00:11:16	00:36:10.95	00:47:27.40	+00:06:59 (19.3%)	7:14	8.3 (80.6%)
110	NOWALIŃSKA Anastazja	275	FACE NORDIC WALKING TEAM	K-Junior	4			00:09:09	00:36:12.05	00:45:21.65	+00:07:00 (19.4%)	7:14	8.3 (80.6%)
111	GRUSZKA Michał	107	UNIA MIAST	M40-44	5			00:03:33	00:36:22.80	00:39:56.25	+00:07:11 (19.8%)	7:16	8.2 (79.6%)
112	MOTOCZYŃSKI Krzysztof	256	GOSIR OSIELSKO	M60-64	5			00:05:54	00:36:24.95	00:42:19.75	+00:07:13 (19.8%)	7:17	8.2 (79.6%)
113	GALAŚ Joanna	88	PASJA NORDIC WALKING	K18-29	2			00:09:42	00:36:25.00	00:46:07.00	+00:07:13 (19.8%)	7:17	8.2 (79.6%)
113	FIGURSKA Dominika	81	FACE NORDIC WALKING TEAM	K18-29	3			00:09:42	00:36:25.00	00:46:07.00	+00:07:13 (19.8%)	7:17	8.2 (79.6%)
115	BUCZKOWSKI Jerzy	39	KS SOKÓŁ GAŚAWA	M65-69	10			00:06:31	00:36:26.35	00:42:57.95	+00:07:15 (19.9%)	7:17	8.2 (79.6%)
116	NIETRZEBKA Aleksandra	265	GRUPA NW CZĘPSKI WARSZAWA	K18-29	4			00:09:40	00:36:34.00	00:46:14.70	+00:07:22 (20.2%)	7:18	8.2 (79.6%)
117	KANIEWSKA Beata	138	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	7			00:11:17	00:36:37.80	00:47:55.10	+00:07:26 (20.3%)	7:19	8.2 (79.6%)
118	STYGA Krystyna	362	KKNW	K55-59	2			00:12:14	00:36:38.40	00:48:53.05	+00:07:27 (20.3%)	7:19	8.2 (79.6%)
119	KUPIBIDA Bogusława	197	SILESIA NORDIC TEAM	K55-59	3	1		00:12:15	00:36:40.55	00:48:55.85	+00:07:29 (20.4%)	7:20	8.2 (79.6%)
120	NOWALIŃSKI Piotrek	277	FACE NORDIC WALKING TEAM	M-Niepełnosprawni(A)	7			00:08:16	00:36:48.45	00:45:04.55	+00:07:37 (20.7%)	7:21	8.2 (79.6%)
121	BRĄGIEL Krystyna	32		K60-64	1			00:12:52	00:36:49.65	00:49:41.85	+00:07:38 (20.7%)	7:21	8.1 (78.6%)
122	MARCINKOWSKA Agnieszka	233	UNIA MIAST	K-Dzieci	2			00:08:42	00:36:52.05	00:45:34.70	+00:07:40 (20.8%)	7:22	8.1 (78.6%)
123	SZENDZIELORZ Ilona	368	FABRIKANORDIKA	K60-64	2			00:12:48	00:36:52.30	00:49:41.05	+00:07:40 (20.8%)	7:22	8.1 (78.6%)
124	KRĘCKA Irena	177	FACE NORDIC WALKING TEAM	K50-54	3			00:11:37	00:36:52.85	00:48:30.15	+00:07:41 (20.9%)	7:22	8.1 (78.6%)
125	WARCZALSKA Teresa Alicja	414	UNIA MIAST	K65-69	1			00:13:33	00:36:52.95	00:50:26.35	+00:07:41 (20.9%)	7:22	8.1 (78.6%)
126	BARUCH Henryka	13	DĄBROWA NORDIC TEAM	K65-69	2			00:13:32	00:36:53.45	00:50:25.80	+00:07:42 (20.9%)	7:22	8.1 (78.6%)
127	MIKITIUK Tomasz	246	KIJOWA PARA	M45-49	13			00:04:13	00:36:54.10	00:41:07.20	+00:07:42 (20.9%)	7:22	8.1 (78.6%)
128	STRZELECKA Małgorzata	360	SAILING TEAMFERAJNA	K45-49	8			00:11:14	00:36:59.60	00:48:13.60	+00:07:48 (21.1%)	7:23	8.1 (78.6%)
129	SZYMAŃSKI Władysław	383	OMEGA ŁÓDŹ	M-Niepełnosprawni(B)	7			00:18:27	00:36:59.65	00:55:27.50	+00:07:48 (21.1%)	7:24	8.1 (78.6%)
130	CIESIELSKI Krzysztof	59	FAST WALKER	M60-64	6			00:05:54	00:37:02.50	00:42:57.40	+00:07:51 (21.2%)	7:24	8.1 (78.6%)
131	URBAŃSKI Stefan	409	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	9			00:05:23	00:37:03.45	00:42:27.40	+00:07:52 (21.2%)	7:24	8.1 (78.6%)
132	WIERZCHOSŁAWSKI Mateusz	426		M18-29	4			00:01:17	00:37:03.50	00:38:20.90	+00:07:52 (21.2%)	7:24	8.1 (78.6%)
133	WIERZCHOSŁAWSKA Agnieszka	425		K18-29	5			00:09:41	00:37:03.70	00:46:45.55	+00:07:52 (21.2%)	7:24	8.1 (78.6%)
134	WAWRZYŃIAK Anna	419	FACE NORDIC WALKING TEAM	K40-44	4			00:10:43	00:37:08.80	00:47:52.70	+00:07:57 (21.4%)	7:25	8.1 (78.6%)
135	MARONDEL Katarzyna	236	SILESIA NORDIC TEAM	K30-39	5			00:10:14	00:37:09.30	00:47:24.05	+00:07:57 (21.4%)	7:26	8.1 (78.6%)

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
136	ZIELIŃSKA Jolanta	449	GOSIR OSIELSKO	K55-59	4			00:12:19	00:37:10.95	00:49:30.60	+00:07:59 (21.5%)	7:26	8.1 (78.6%)
137	MORYS Agnieszka	254	FABRIKANORDIKA	K30-39	6			00:10:15	00:37:12.45	00:47:27.55	+00:08:01 (21.6%)	7:26	8.1 (78.6%)
138	BIELIŃSKI Andrzej	17	FACE NORDIC WALKING TEAM	M30-39	13			00:03:04	00:37:13.00	00:40:17.50	+00:08:01 (21.6%)	7:26	8.1 (78.6%)
139	BRZOZOWSKI Przemysław	38	AMATOR TEAM	M30-39	14			00:03:00	00:37:15.80	00:40:16.65	+00:08:04 (21.7%)	7:27	8.1 (78.6%)
140	PILECKA PRĄDZYŃSKA Anna	515	PENDOLINO	K60-64	3			00:12:48	00:37:18.20	00:50:06.55	+00:08:06 (21.8%)	7:27	8 (77.7%)
141	GRZEMPA Karolina	112	STOWARZYSZENIE 'JESTEM AKTYWNA'	K30-39	7			00:10:19	00:37:20.05	00:47:39.95	+00:08:08 (21.8%)	7:28	8 (77.7%)
142	CHOLEWIŃSKA Longina	47	HERNIK TEAM	K50-54	4			00:11:41	00:37:22.00	00:49:03.65	+00:08:10 (21.9%)	7:28	8 (77.7%)
143	KUSIAK Włodzimierz	200		M65-69	11			00:06:30	00:37:23.35	00:43:54.25	+00:08:12 (21.9%)	7:28	8 (77.7%)
144	KWAŚNY Tomasz	204	CHODZĘ Z SERCEM	M50-54	11			00:04:47	00:37:24.15	00:42:11.30	+00:08:12 (22.0%)	7:28	8 (77.7%)
145	MALKIEWICZ Małgorzata	228	KSK ŻYJ AKTYWNIŃE KOŁCZYGLÓWY	K50-54	5			00:11:43	00:37:27.85	00:49:10.85	+00:08:16 (22.1%)	7:29	8 (77.7%)
146	WASILEWSKI Sławomir	417	PASJA NORDIC WALKIG	M70+	2			00:07:13	00:37:29.40	00:44:43.20	+00:08:18 (22.1%)	7:30	8 (77.7%)
147	GRYGOROWICZ Teresa	109	KS METRACO POLKOWICE	K65-69	3			00:13:32	00:37:29.65	00:51:02.10	+00:08:18 (22.2%)	7:30	8 (77.7%)
148	GRZYWOCZ Irena	114		K65-69	4			00:13:34	00:37:30.10	00:51:04.10	+00:08:18 (22.2%)	7:30	8 (77.7%)
149	PODOLSKI Mirosław	304	LKS ZANTYR	M60-64	7			00:05:54	00:37:32.45	00:43:26.45	+00:08:21 (22.2%)	7:30	8 (77.7%)
150	GWAREK Anita	116	PASJA NORDIC WALKING	K45-49	9			00:11:15	00:37:32.65	00:48:48.35	+00:08:21 (22.3%)	7:30	8 (77.7%)
151	SZYCKO Radosław	379	DWA KIJE SŁUPSK	M40-44	6			00:03:34	00:37:34.35	00:41:08.45	+00:08:23 (22.3%)	7:30	8 (77.7%)
152	NIETRZEBKA Paweł	266	GRUPA NW CZŁAPSKI WARSZAWA	M18-29	5			00:01:16	00:37:38.90	00:38:55.65	+00:08:27 (22.5%)	7:31	8 (77.7%)
153	GRZYWOCZ Bernard	115		M65-69	12			00:06:34	00:37:40.75	00:44:15.15	+00:08:29 (22.5%)	7:32	8 (77.7%)
154	ŚMIECHOWSKI Dominik	474		M-Junior	12	1		00:00:32	00:37:41.20	00:38:13.95	+00:08:29 (22.5%)	7:32	8 (77.7%)
155	SZYNKIEWICZ Katarzyna	385		K40-44	5			00:10:44	00:37:43.70	00:48:28.55	+00:08:32 (22.6%)	7:32	8 (77.7%)
156	KARASIŃSKA Alicja	139	NOWI SIEDLCE	K45-49	10			00:11:14	00:37:44.20	00:48:58.50	+00:08:32 (22.7%)	7:32	8 (77.7%)
157	BADOWSKI Krzysztof	9	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	8			00:18:27	00:37:44.55	00:56:11.80	+00:08:33 (22.7%)	7:32	8 (77.7%)
158	GŁOMBICA Ewa	99	WESOŁY BORSUK TEAM	K30-39	8			00:10:16	00:37:48.10	00:48:04.70	+00:08:36 (22.8%)	7:33	7.9 (76.7%)
159	BOSEK Grzegorz	29	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	9			00:18:32	00:37:52.10	00:56:24.55	+00:08:40 (22.9%)	7:34	7.9 (76.7%)
160	MROZEK Mariusz	258	SANTANDER CONSUMER BANK	M30-39	15			00:03:05	00:37:52.95	00:40:58.20	+00:08:41 (22.9%)	7:34	7.9 (76.7%)
161	ZAWADA Łukasz	446	NORDIC WALKING LUCA TEAM	M40-44	7			00:03:33	00:37:54.85	00:41:28.25	+00:08:43 (23.0%)	7:35	7.9 (76.7%)
162	EWERTOWSKA Ewa	80	NORDIC WALKING KIEKRZ	K45-49	11			00:11:15	00:37:55.10	00:49:10.20	+00:08:43 (23.0%)	7:35	7.9 (76.7%)
163	ŚLUSARCZYK Grzegorz	392	WESOŁY BORSUK TEAM	M40-44	8			00:03:33	00:38:01.35	00:41:34.60	+00:08:50 (23.2%)	7:36	7.9 (76.7%)
164	BORYCHOWSKA Marlena	450	HERKULES	K18-29	6			00:09:46	00:38:01.95	00:47:48.00	+00:08:50 (23.3%)	7:36	7.9 (76.7%)

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
165	<b>NOWAK Aleksandra</b>	<b>269</b>	TEAM CZYŚCIK	K18-29	7			00:09:44	<b>00:38:02.10</b>	<b>00:47:46.25</b>	+00:08:50 (23.3%)	7:36	7.9 (76.7%)
166	<b>WIŚNIEWSKI Kazimierz</b>	<b>429</b>	PASJA NORDIC WALKING	M60-64	8			00:05:55	<b>00:38:05.80</b>	<b>00:44:01.55</b>	+00:08:54 (23.4%)	7:37	7.9 (76.7%)
167	<b>MACZKOWSKA Zofia</b>	<b>223</b>	LKS ZANTYR	K-Dzieci	3			00:08:43	<b>00:38:09.60</b>	<b>00:46:52.90</b>	+00:08:58 (23.5%)	7:37	7.9 (76.7%)
168	<b>KWAŚNA Małgorzata</b>	<b>203</b>	CHODZĘ Z SERCEM	K45-49	12			00:11:12	<b>00:38:18.95</b>	<b>00:49:31.90</b>	+00:09:07 (23.8%)	7:39	7.8 (75.7%)
169	<b>GIERSZEWSKA Magdalena</b>	<b>96</b>	KSK ŻYJ AKTYWNIĘ KOŁCZYGŁOWY	K40-44	6			00:10:46	<b>00:38:20.90</b>	<b>00:49:07.20</b>	+00:09:09 (23.9%)	7:40	7.8 (75.7%)
170	<b>FOJCIK Gabriela</b>	<b>82</b>	RYBNICKI KLUB NORDIC WALKING	K50-54	6			00:11:42	<b>00:38:23.05</b>	<b>00:50:05.45</b>	+00:09:11 (24.0%)	7:40	7.8 (75.7%)
171	<b>ŚCIBISZ Bogdan</b>	<b>387</b>	KS METRACO POLKOWICE	M70+	3			00:07:14	<b>00:38:31.40</b>	<b>00:45:45.40</b>	+00:09:20 (24.2%)	7:42	7.8 (75.7%)
172	<b>SZALECKA Grażyna</b>	<b>366</b>	LKS ZANTYR	K65-69	5			00:13:36	<b>00:38:32.45</b>	<b>00:52:09.35</b>	+00:09:21 (24.3%)	7:42	7.8 (75.7%)
173	<b>ADAMOWICZ Andrzej</b>	<b>4</b>		M70+	4			00:07:13	<b>00:38:32.85</b>	<b>00:45:46.05</b>	+00:09:21 (24.3%)	7:42	7.8 (75.7%)
174	<b>MATUSZCZAK Tomasz</b>	<b>471</b>	GOSIR OSIELSKO	M-Niepełnosprawni(B)	10			00:08:16	<b>00:38:34.30</b>	<b>00:46:50.50</b>	+00:09:22 (24.3%)	7:42	7.8 (75.7%)
175	<b>KLIMCZAK Piotr</b>	<b>152</b>	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	11	1		00:16:57	<b>00:38:41.10</b>	<b>00:55:38.25</b>	+00:09:29 (24.5%)	7:44	7.8 (75.7%)
176	<b>STREL CZUK Małgorzata</b>	<b>358</b>	PIEKARY ŚLĄSKIE KOMAR	K-Niepełnosprawni(B)	1			00:19:26	<b>00:38:44.80</b>	<b>00:58:11.30</b>	+00:09:33 (24.7%)	7:45	7.7 (74.8%)
177	<b>ŚWIERCZYŃSKA Joanna</b>	<b>394</b>	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	K45-49	13			00:11:19	<b>00:38:44.90</b>	<b>00:50:03.90</b>	+00:09:33 (24.7%)	7:44	7.7 (74.8%)
178	<b>WALCZAK Maria</b>	<b>467</b>	KS SOKÓŁ GAŚAWA	K30-39	9			00:10:13	<b>00:38:47.45</b>	<b>00:49:01.40</b>	+00:09:36 (24.8%)	7:45	7.7 (74.8%)
179	<b>WOSIK Tomasz</b>	<b>487</b>		M40-44	9			00:03:36	<b>00:38:49.95</b>	<b>00:42:26.65</b>	+00:09:38 (24.8%)	7:46	7.7 (74.8%)
180	<b>CHOLEWKA Jolanta</b>	<b>49</b>	MARSZ PO ZDROWIE POZNAŃ	K60-64	4			00:12:47	<b>00:38:50.15</b>	<b>00:51:37.75</b>	+00:09:38 (24.8%)	7:46	7.7 (74.8%)
181	<b>NOWIŃSKI Jarosław</b>	<b>279</b>	GÓRZYSKOWO TEAM	M30-39	16			00:03:01	<b>00:38:53.90</b>	<b>00:41:55.05</b>	+00:09:42 (25.0%)	7:46	7.7 (74.8%)
182	<b>SPYCHAŁA-KARAPULKA Arleta</b>	<b>349</b>	MARSZ PO ZDROWIE POZNAŃ	K45-49	14			00:11:16	<b>00:38:55.30</b>	<b>00:50:11.30</b>	+00:09:43 (25.0%)	7:47	7.7 (74.8%)
183	<b>WIERZBICKI Waldemar</b>	<b>424</b>		M65-69	13			00:06:33	<b>00:38:57.50</b>	<b>00:45:31.35</b>	+00:09:46 (25.1%)	7:47	7.7 (74.8%)
184	<b>KOCHOWICZ Malwina</b>	<b>155</b>	SUMMER ISLAND	K18-29	8			00:09:41	<b>00:38:59.65</b>	<b>00:48:41.15</b>	+00:09:48 (25.1%)	7:48	7.7 (74.8%)
185	<b>HISZPAŃSKA Katarzyna</b>	<b>122</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	9			00:09:42	<b>00:39:00.15</b>	<b>00:48:42.20</b>	+00:09:48 (25.2%)	7:48	7.7 (74.8%)
186	<b>KUTNIEWSKA Maria</b>	<b>202</b>	FACE NORDIC WALKING TEAM	K55-59	5			00:12:16	<b>00:39:04.55</b>	<b>00:51:20.65</b>	+00:09:53 (25.3%)	7:48	7.7 (74.8%)
187	<b>MĘŻYDŁO Tomasz</b>	<b>480</b>		M-Niepełnosprawni(B)	12			00:08:18	<b>00:39:05.10</b>	<b>00:47:23.80</b>	+00:09:53 (25.3%)	7:49	7.7 (74.8%)
188	<b>CIAŻYŃSKA Dorota</b>	<b>56</b>	KS SOKÓŁ GAŚAWA	K45-49	15			00:11:14	<b>00:39:09.30</b>	<b>00:50:24.20</b>	+00:09:57 (25.5%)	7:50	7.7 (74.8%)
189	<b>ZIELINKIEWICZ Wiktoria</b>	<b>448</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	4			00:08:45	<b>00:39:09.40</b>	<b>00:47:55.20</b>	+00:09:58 (25.5%)	7:50	7.7 (74.8%)
190	<b>WITKOWSKI Wojciech</b>	<b>430</b>		M18-29	6			00:01:18	<b>00:39:12.40</b>	<b>00:40:30.75</b>	+00:10:01 (25.6%)	7:50	7.7 (74.8%)
191	<b>KURASZ Marian</b>	<b>198</b>	SUMMER ISLAND	M60-64	9			00:05:56	<b>00:39:12.55</b>	<b>00:45:08.75</b>	+00:10:01 (25.6%)	7:50	7.7 (74.8%)
192	<b>BORUCKI Marcin</b>	<b>27</b>	GOSIR OSIELSKO	M40-44	10			00:03:34	<b>00:39:15.25</b>	<b>00:42:49.95</b>	+00:10:03 (25.6%)	7:51	7.6 (73.8%)
193	<b>JANUSIK Krzysztof</b>	<b>124</b>	JUTRZENKA CZĘSTOCHOWA	M-Niepełnosprawni(B)	13			00:20:09	<b>00:39:15.55</b>	<b>00:59:25.40</b>	+00:10:04 (25.7%)	7:51	7.6 (73.8%)

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
194	<b>MAŁKIEWICZ Jacek</b>	<b>229</b>		M55-59	10			00:05:25	<b>00:39:16.00</b>	<b>00:44:41.25</b>	+00:10:04 (25.7%)	7:51	7.6 (73.8%)
195	<b>GÓRSKA Violetta</b>	<b>104</b>	GOSIR OSIELSKO	K50-54	7			00:11:42	<b>00:39:19.25</b>	<b>00:51:02.05</b>	+00:10:07 (25.8%)	7:52	7.6 (73.8%)
196	<b>DADOS Julia</b>	<b>62</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Junior	5	1		00:09:11	<b>00:39:23.95</b>	<b>00:48:35.05</b>	+00:10:12 (25.9%)	7:52	7.6 (73.8%)
197	<b>OLEŚ Elżbieta</b>	<b>282</b>	NW WERWA MŁAWA	K65-69	6			00:13:32	<b>00:39:26.30</b>	<b>00:52:58.60</b>	+00:10:14 (26.0%)	7:53	7.6 (73.8%)
198	<b>PRZYBYŁAK Stanisław</b>	<b>315</b>	FACE NORDIC WALKING TEAM	M70+	5			00:07:13	<b>00:39:26.90</b>	<b>00:46:40.75</b>	+00:10:15 (26.0%)	7:53	7.6 (73.8%)
199	<b>DUSZEŃKO Jakub</b>	<b>76</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	14			00:08:22	<b>00:39:27.45</b>	<b>00:47:50.40</b>	+00:10:16 (26.0%)	7:53	7.6 (73.8%)
200	<b>SZYCKO Oliwia</b>	<b>378</b>	DWA KIJE SŁUPSK	K-Dzieci	5			00:08:42	<b>00:39:27.95</b>	<b>00:48:10.30</b>	+00:10:16 (26.0%)	7:53	7.6 (73.8%)
201	<b>BYSTRZYŃSKA Emilia</b>	<b>42</b>		K30-39	10			00:10:17	<b>00:39:28.40</b>	<b>00:49:46.20</b>	+00:10:17 (26.1%)	7:53	7.6 (73.8%)
202	<b>KUCZYŃSKA Anna</b>	<b>190</b>	NORDIC WALKING KIEKRZ	K55-59	6			00:12:17	<b>00:39:30.85</b>	<b>00:51:47.90</b>	+00:10:19 (26.1%)	7:54	7.6 (73.8%)
203	<b>MATLEWSKA Agnieszka</b>	<b>238</b>	FACE NORDIC WALKING TEAM	K40-44	7			00:10:44	<b>00:39:32.90</b>	<b>00:50:17.75</b>	+00:10:21 (26.2%)	7:54	7.6 (73.8%)
204	<b>KACZMAREK Zofia</b>	<b>132</b>	TEAM CZYŚCIK	K55-59	7			00:12:18	<b>00:39:33.50</b>	<b>00:51:51.65</b>	+00:10:22 (26.2%)	7:54	7.6 (73.8%)
205	<b>ŚLUSARCZYK Karolina</b>	<b>393</b>	WESOŁY BORSUK TEAM	K-Dzieci	6			00:08:42	<b>00:39:33.70</b>	<b>00:48:16.15</b>	+00:10:22 (26.2%)	7:54	7.6 (73.8%)
206	<b>ROZMARYNOWSKA Karolina</b>	<b>326</b>	SUMMER ISLAND	K-Junior	6			00:09:08	<b>00:39:34.70</b>	<b>00:48:43.40</b>	+00:10:23 (26.2%)	7:55	7.6 (73.8%)
207	<b>PIASECKI Robert</b>	<b>295</b>	CZARNE PANTERY	M-Dzieci	3			00:00:04	<b>00:39:35.60</b>	<b>00:39:39.70</b>	+00:10:24 (26.3%)	7:55	7.6 (73.8%)
208	<b>PODSIADŁY Marlena</b>	<b>305</b>	SANTANDER CONSUMER BANK	K55-59	8			00:12:17	<b>00:39:35.70</b>	<b>00:51:53.15</b>	+00:10:24 (26.3%)	7:55	7.6 (73.8%)
209	<b>KŁOPOTOWSKI Ryszard</b>	<b>153</b>	LKS ZANTYR	M50-54	12			00:04:45	<b>00:39:36.40</b>	<b>00:44:21.70</b>	+00:10:25 (26.3%)	7:55	7.6 (73.8%)
210	<b>MARCINKOWSKA Renata</b>	<b>232</b>	FACE NORDIC WALKING TEAM	K65-69	7			00:13:34	<b>00:39:36.50</b>	<b>00:53:11.25</b>	+00:10:25 (26.3%)	7:55	7.6 (73.8%)
211	<b>JASOŃ Grażyna</b>	<b>466</b>	DYNAMIC	K55-59	9			00:12:21	<b>00:39:38.35</b>	<b>00:51:59.60</b>	+00:10:27 (26.4%)	7:55	7.6 (73.8%)
212	<b>KOZŁOWSKA Julia</b>	<b>171</b>	DYNAMIC	K-Junior	7			00:09:08	<b>00:39:39.00</b>	<b>00:48:47.45</b>	+00:10:27 (26.4%)	7:55	7.6 (73.8%)
213	<b>KUCHARSKA Monika</b>	<b>187</b>		K40-44	8			00:10:47	<b>00:39:40.30</b>	<b>00:50:27.70</b>	+00:10:28 (26.4%)	7:56	7.6 (73.8%)
214	<b>ZAWISŁA Stanisław</b>	<b>447</b>	MARSZ PO ZDROWIE POZNAŃ	M65-69	14			00:06:29	<b>00:39:42.90</b>	<b>00:46:12.00</b>	+00:10:31 (26.5%)	7:56	7.6 (73.8%)
215	<b>MIKOŁAJCZAK Małgorzata</b>	<b>249</b>	AZS WROCŁAW	K-Niepełnosprawni(B)	2			00:19:24	<b>00:39:43.60</b>	<b>00:59:08.10</b>	+00:10:32 (26.5%)	7:56	7.6 (73.8%)
216	<b>LABUDDA Katarzyna</b>	<b>205</b>		K30-39	11			00:10:15	<b>00:39:44.20</b>	<b>00:49:59.70</b>	+00:10:32 (26.5%)	7:56	7.6 (73.8%)
217	<b>ŻOŁNOWSKI Edward</b>	<b>453</b>		M60-64	10			00:05:57	<b>00:39:44.45</b>	<b>00:45:41.90</b>	+00:10:33 (26.6%)	7:56	7.6 (73.8%)
218	<b>PRACKI Zbigniew Wojciech</b>	<b>311</b>	WTW WŁOCŁAWEK	M50-54	13			00:04:45	<b>00:39:44.55</b>	<b>00:44:30.40</b>	+00:10:33 (26.6%)	7:57	7.5 (72.8%)
219	<b>RAJEWSKA Beata</b>	<b>318</b>	PILSCY MIŁOŚNICY NORDIC WALKING	K40-44	9			00:10:48	<b>00:39:44.95</b>	<b>00:50:33.40</b>	+00:10:33 (26.6%)	7:57	7.5 (72.8%)
220	<b>NAZAREWICZ Barbara</b>	<b>263</b>	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	K65-69	8			00:13:33	<b>00:39:46.65</b>	<b>00:53:19.85</b>	+00:10:35 (26.6%)	7:57	7.5 (72.8%)
221	<b>KADECKI Konrad</b>	<b>135</b>	KSIR SPORTICO BIAŁOŚLIWIE	M-Dzieci	4			00:00:05	<b>00:39:50.05</b>	<b>00:39:55.60</b>	+00:10:38 (26.7%)	7:58	7.5 (72.8%)
222	<b>ANGIELCZYK Małgorzata</b>	<b>473</b>	MARSZ PO ZDROWIE POZNAŃ	K65-69	9			00:13:33	<b>00:39:51.20</b>	<b>00:53:25.15</b>	+00:10:39 (26.8%)	7:58	7.5 (72.8%)



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
223	<b>LEWANDOWSKA Anna</b>	<b>215</b>	SANTANDER CONSUMER BANK	K30-39	12			00:10:17	<b>00:39:51.35</b>	<b>00:50:08.50</b>	+00:10:40 (26.8%)	7:58	7.5 (72.8%)
224	<b>GRZEMPA Róża</b>	<b>111</b>	STOWARZYSZENIE 'JESTEM AKTYWNA'	K30-39	13			00:10:19	<b>00:39:51.60</b>	<b>00:50:10.70</b>	+00:10:40 (26.8%)	7:58	7.5 (72.8%)
225	<b>MANKOWSKI Lech</b>	<b>230</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	11			00:05:54	<b>00:39:52.10</b>	<b>00:45:46.75</b>	+00:10:40 (26.8%)	7:58	7.5 (72.8%)
226	<b>KOSIŃSKA Maria</b>	<b>163</b>	MOSIR RYPIN	K60-64	5			00:12:48	<b>00:40:00.00</b>	<b>00:52:48.65</b>	+00:10:48 (27.0%)	8:00	7.5 (72.8%)
227	<b>KULIG Bożena</b>	<b>194</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	6			00:12:49	<b>00:40:00.70</b>	<b>00:52:49.90</b>	+00:10:49 (27.0%)	8:00	7.5 (72.8%)
228	<b>KOZIOŁ Magdalena</b>	<b>167</b>		K18-29	10			00:09:43	<b>00:40:03.35</b>	<b>00:49:46.45</b>	+00:10:52 (27.1%)	8:00	7.5 (72.8%)
229	<b>CETERA Janusz</b>	<b>43</b>	EKSPEDYCJA NORDIC WALKING	M- Niepełnosprawni(B)	15			00:08:17	<b>00:40:03.45</b>	<b>00:48:21.35</b>	+00:10:52 (27.1%)	8:00	7.5 (72.8%)
230	<b>PIDUCH Jan</b>	<b>296</b>	FACE NORDIC WALKING TEAM	M65-69	15			00:06:33	<b>00:40:04.20</b>	<b>00:46:37.20</b>	+00:10:52 (27.2%)	8:00	7.5 (72.8%)
231	<b>BRZOZOWSKA Agnieszka</b>	<b>37</b>	AMATOR TEAM	K30-39	14			00:10:13	<b>00:40:06.95</b>	<b>00:50:20.75</b>	+00:10:55 (27.2%)	8:01	7.5 (72.8%)
232	<b>LEWANDOWSKI Piotr</b>	<b>216</b>	SANTANDER CONSUMER BANK	M30-39	17			00:03:02	<b>00:40:07.50</b>	<b>00:43:09.80</b>	+00:10:56 (27.3%)	8:01	7.5 (72.8%)
233	<b>KAMIŃSKA Iwona</b>	<b>136</b>	MOS ZATOKA BRANIEWO	K45-49	16			00:11:18	<b>00:40:07.95</b>	<b>00:51:26.25</b>	+00:10:56 (27.3%)	8:01	7.5 (72.8%)
234	<b>ADAMIAK Małgorzata</b>	<b>3</b>	OMEGA ŁÓDŹ	K- Niepełnosprawni(B)	3	1		00:19:24	<b>00:40:08.40</b>	<b>00:59:33.20</b>	+00:10:57 (27.3%)	8:01	7.5 (72.8%)
235	<b>ZARZECKI Dariusz</b>	<b>445</b>	IKS MORENA	M- Niepełnosprawni(B)	16			00:18:31	<b>00:40:12.80</b>	<b>00:58:44.45</b>	+00:11:01 (27.4%)	8:02	7.5 (72.8%)
236	<b>ROZMARYNOWSKI Adrian</b>	<b>327</b>	SUMMER ISLAND	M-Junior	13			00:00:34	<b>00:40:13.30</b>	<b>00:40:47.80</b>	+00:11:01 (27.4%)	8:02	7.5 (72.8%)
237	<b>MĄDRY Zdzisław</b>	<b>242</b>	JUTRZENKA CZĘSTOCHOWA	M- Niepełnosprawni(B)	17			00:18:30	<b>00:40:14.45</b>	<b>00:58:44.85</b>	+00:11:03 (27.5%)	8:02	7.5 (72.8%)
238	<b>PAKOSZ Piotr</b>	<b>287</b>		M65-69	16			00:06:35	<b>00:40:15.25</b>	<b>00:46:50.55</b>	+00:11:03 (27.5%)	8:03	7.5 (72.8%)
239	<b>JASZCZERSKI Daniel</b>	<b>128</b>	SUMMER ISLAND	M30-39	18			00:03:03	<b>00:40:19.35</b>	<b>00:43:22.70</b>	+00:11:08 (27.6%)	8:03	7.4 (71.8%)
239	<b>KOSICKA Beata</b>	<b>162</b>	NORDIC WALKING KIEKRZ	K45-49	17			00:11:15	<b>00:40:19.35</b>	<b>00:51:34.65</b>	+00:11:08 (27.6%)	8:03	7.4 (71.8%)
241	<b>GIZIEWSKI Michał</b>	<b>97</b>	UWM OLSZTYN	M18-29	7			00:01:18	<b>00:40:19.45</b>	<b>00:41:37.90</b>	+00:11:08 (27.6%)	8:03	7.4 (71.8%)
242	<b>MARCINIAK Hanna</b>	<b>231</b>	WTW WŁOCŁAWEK	K55-59	10			00:12:19	<b>00:40:20.70</b>	<b>00:52:39.75</b>	+00:11:09 (27.7%)	8:04	7.4 (71.8%)
243	<b>TURCZYK Sławomir</b>	<b>406</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M- Niepełnosprawni(B)	18			00:08:18	<b>00:40:21.40</b>	<b>00:48:40.25</b>	+00:11:10 (27.7%)	8:04	7.4 (71.8%)
244	<b>NOSKIEWICZ Robert</b>	<b>267</b>		M40-44	11			00:03:34	<b>00:40:21.75</b>	<b>00:43:55.80</b>	+00:11:10 (27.7%)	8:04	7.4 (71.8%)
245	<b>URBAN Jacek</b>	<b>468</b>	„AZYMUT”	M65-69	17			00:06:32	<b>00:40:26.30</b>	<b>00:46:58.55</b>	+00:11:14 (27.8%)	8:05	7.4 (71.8%)
246	<b>WAWRZYNIAK Igor</b>	<b>420</b>	FACE NORDIC WALKING TEAM	M-Dzieci	5			00:00:06	<b>00:40:27.30</b>	<b>00:40:33.30</b>	+00:11:15 (27.8%)	8:05	7.4 (71.8%)
247	<b>KOZŁOWSKA Natalia</b>	<b>170</b>	GOSIR OSIELSKO	K-Junior	8			00:09:09	<b>00:40:27.80</b>	<b>00:49:37.15</b>	+00:11:16 (27.9%)	8:05	7.4 (71.8%)
248	<b>MLEJNEK-DYLEWSKA Teresa</b>	<b>252</b>		K30-39	15	1		00:10:16	<b>00:40:31.80</b>	<b>00:50:48.10</b>	+00:11:20 (28.0%)	8:06	7.4 (71.8%)
249	<b>WOROCZ Jolanta</b>	<b>436</b>	DOPIEWO	K50-54	8			00:11:42	<b>00:40:35.65</b>	<b>00:52:18.55</b>	+00:11:24 (28.1%)	8:07	7.4 (71.8%)
250	<b>WIKTORZAK Elżbieta</b>	<b>427</b>	UNIA MIAST	K55-59	11			00:12:19	<b>00:40:36.55</b>	<b>00:52:55.90</b>	+00:11:25 (28.1%)	8:07	7.4 (71.8%)
251	<b>LEWANDOWSKI Ryszard</b>	<b>217</b>		M65-69	18			00:06:33	<b>00:40:39.65</b>	<b>00:47:13.15</b>	+00:11:28 (28.2%)	8:08	7.4 (71.8%)

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
252	<b>HANUS Joanna</b>	<b>119</b>		K- Niepełnosprawni(B)	4			00:15:11	<b>00:40:40.35</b>	<b>00:55:51.50</b>	+00:11:29 (28.2%)	8:08	7.4 (71.8%)
253	<b>BURNA Iweta</b>	<b>41</b>	FACE NORDIC WALKING TEAM	K40-44	10			00:10:45	<b>00:40:47.30</b>	<b>00:51:32.85</b>	+00:11:35 (28.4%)	8:09	7.4 (71.8%)
254	<b>KUBIAK Anna</b>	<b>186</b>	KS SOKÓŁ GAŚAWA	K50-54	9			00:11:41	<b>00:40:48.30</b>	<b>00:52:29.95</b>	+00:11:36 (28.5%)	8:09	7.4 (71.8%)
254	<b>WYCISŁO Agata</b>	<b>440</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K- Niepełnosprawni(B)	5			00:15:12	<b>00:40:48.30</b>	<b>00:56:00.80</b>	+00:11:36 (28.5%)	8:09	7.4 (71.8%)
256	<b>JASIK Beata</b>	<b>126</b>	WESOŁY BORSUK TEAM	K30-39	16			00:10:15	<b>00:40:52.40</b>	<b>00:51:08.25</b>	+00:11:41 (28.6%)	8:10	7.3 (70.9%)
257	<b>KRUSZONA Ewa</b>	<b>180</b>	SANTANDER CONSUMER BANK	K45-49	18			00:11:18	<b>00:40:59.85</b>	<b>00:52:17.90</b>	+00:11:48 (28.8%)	8:11	7.3 (70.9%)
258	<b>SŁOWIK Kacper</b>	<b>341</b>	GOSIR OSIELSKO	M-Junior	14			00:00:32	<b>00:41:02.10</b>	<b>00:41:34.20</b>	+00:11:50 (28.9%)	8:12	7.3 (70.9%)
259	<b>PANCEK Hanna</b>	<b>288</b>	TADMAX	K60-64	7			00:12:50	<b>00:41:05.70</b>	<b>00:53:55.85</b>	+00:11:54 (29.0%)	8:13	7.3 (70.9%)
260	<b>WESNER Harald</b>	<b>422</b>	SANTANDER CONSUMER BANK	M60-64	12			00:05:56	<b>00:41:10.00</b>	<b>00:47:06.30</b>	+00:11:58 (29.1%)	8:14	7.3 (70.9%)
261	<b>MATLEWSKI Radosław</b>	<b>239</b>	FACE NORDIC WALKING TEAM	M40-44	12			00:03:35	<b>00:41:10.05</b>	<b>00:44:45.95</b>	+00:11:58 (29.1%)	8:14	7.3 (70.9%)
262	<b>LUDWICZAK Oskar</b>	<b>218</b>	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	19			00:16:55	<b>00:41:16.20</b>	<b>00:58:11.95</b>	+00:12:04 (29.3%)	8:15	7.3 (70.9%)
263	<b>SZPALERSKA Mira</b>	<b>372</b>	LKS ZANTYR	K65-69	10			00:13:34	<b>00:41:16.85</b>	<b>00:54:51.55</b>	+00:12:05 (29.3%)	8:15	7.3 (70.9%)
264	<b>KOZIOŁ Piotr</b>	<b>168</b>		M50-54	14			00:04:47	<b>00:41:18.60</b>	<b>00:46:05.75</b>	+00:12:07 (29.3%)	8:15	7.3 (70.9%)
265	<b>STOLARSKA Magdalena</b>	<b>356</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	19	1		00:11:17	<b>00:41:19.95</b>	<b>00:52:37.05</b>	+00:12:08 (29.4%)	8:16	7.3 (70.9%)
266	<b>SZYMAŃSKA Lucyna</b>	<b>381</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	1			00:15:11	<b>00:41:20.90</b>	<b>00:56:32.70</b>	+00:12:09 (29.4%)	8:16	7.3 (70.9%)
267	<b>KRYSZCZUK Kacper</b>	<b>469</b>	FACE NORDIC WALKING TEAM	M18-29	8			00:01:17	<b>00:41:22.55</b>	<b>00:42:39.90</b>	+00:12:11 (29.5%)	8:16	7.3 (70.9%)
268	<b>KANIEWSKA Alicja</b>	<b>137</b>	SUMMER ISLAND	K30-39	17			00:10:20	<b>00:41:23.75</b>	<b>00:51:44.00</b>	+00:12:12 (29.5%)	8:16	7.2 (69.9%)
269	<b>CICHY Łukasz</b>	<b>58</b>	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	20			00:20:10	<b>00:41:23.80</b>	<b>01:01:34.10</b>	+00:12:12 (29.5%)	8:16	7.2 (69.9%)
270	<b>KATAFIASZ Bartosz</b>	<b>141</b>	ŁUCZNICZKA BYDGOSZCZ	M- Niepełnosprawni(B)	21			00:18:31	<b>00:41:25.90</b>	<b>00:59:57.80</b>	+00:12:14 (29.5%)	8:17	7.2 (69.9%)
271	<b>BABIŃSKA Anna</b>	<b>8</b>	DYNAMIC	K40-44	11			00:10:45	<b>00:41:29.40</b>	<b>00:52:14.85</b>	+00:12:18 (29.6%)	8:17	7.2 (69.9%)
272	<b>LIPIŃSKA Justyna</b>	<b>411</b>		K40-44	12			00:10:48	<b>00:41:30.50</b>	<b>00:52:18.55</b>	+00:12:19 (29.7%)	8:18	7.2 (69.9%)
273	<b>MALISZEWSKA Marianna</b>	<b>226</b>		K- Niepełnosprawni(B)	6			00:15:14	<b>00:41:31.45</b>	<b>00:56:46.10</b>	+00:12:20 (29.7%)	8:18	7.2 (69.9%)
273	<b>BIAŁEK Jacek</b>	<b>16</b>	OMEGA ŁÓDŹ	M- Niepełnosprawni(B)	22			00:18:27	<b>00:41:31.45</b>	<b>00:59:59.05</b>	+00:12:20 (29.7%)	8:18	7.2 (69.9%)
275	<b>NIECHWIEJCZYK Kinga</b>	<b>264</b>	UNIA MIAST	K-Dzieci	7			00:08:43	<b>00:41:38.00</b>	<b>00:50:21.10</b>	+00:12:26 (29.9%)	8:19	7.2 (69.9%)
276	<b>KULCZYCKI Jan</b>	<b>193</b>		M65-69	19			00:06:31	<b>00:41:38.80</b>	<b>00:48:10.70</b>	+00:12:27 (29.9%)	8:19	7.2 (69.9%)
277	<b>ŁASIŃSKI Jarosław</b>	<b>219</b>	AMATOR TEAM	M30-39	19			00:03:00	<b>00:41:39.40</b>	<b>00:44:39.60</b>	+00:12:28 (29.9%)	8:19	7.2 (69.9%)
278	<b>KREFT Jolanta</b>	<b>176</b>	UNIA MIAST	K50-54	10			00:11:46	<b>00:41:40.90</b>	<b>00:53:27.05</b>	+00:12:29 (30.0%)	8:20	7.2 (69.9%)
279	<b>BIK Katarzyna</b>	<b>19</b>	KS METRACO POLKOWICE	K-Junior	9			00:09:09	<b>00:41:41.05</b>	<b>00:50:50.15</b>	+00:12:29 (30.0%)	8:20	7.2 (69.9%)
280	<b>WYRZYKOWSKA Ewa</b>	<b>442</b>		K50-54	11			00:11:42	<b>00:41:42.95</b>	<b>00:53:25.00</b>	+00:12:31 (30.0%)	8:20	7.2 (69.9%)

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
281	<b>BAŁDYGA Iwona</b>	<b>10</b>		K18-29	11			00:09:43	<b>00:41:44.50</b>	<b>00:51:27.50</b>	+00:12:33 (30.1%)	8:20	7.2 (69.9%)
282	<b>GONCIARZ Katarzyna</b>	<b>482</b>		K- Niepełnosprawni(B)	7			00:15:13	<b>00:41:45.35</b>	<b>00:56:58.55</b>	+00:12:34 (30.1%)	8:21	7.2 (69.9%)
283	<b>PODOLSKA-SZACHEWICZ Julita</b>	<b>303</b>		K30-39	18			00:10:19	<b>00:41:47.15</b>	<b>00:52:07.05</b>	+00:12:35 (30.1%)	8:21	7.2 (69.9%)
284	<b>BONIEWICZ Arkadiusz</b>	<b>481</b>		M- Niepełnosprawni(B)	23			00:08:19	<b>00:41:48.35</b>	<b>00:50:07.95</b>	+00:12:37 (30.2%)	8:21	7.2 (69.9%)
285	<b>SZEWCZYK Julia</b>	<b>460</b>	FACE NORDIC WALKING TEAM	K-Junior	10			00:09:08	<b>00:41:51.85</b>	<b>00:51:00.70</b>	+00:12:40 (30.3%)	8:22	7.2 (69.9%)
286	<b>KRAWCZYKOWSKA Barbara</b>	<b>174</b>	LKS ZANTYR	K60-64	8			00:12:49	<b>00:41:52.05</b>	<b>00:54:41.10</b>	+00:12:40 (30.3%)	8:22	7.2 (69.9%)
287	<b>ROZMARYNOWSKA Beata</b>	<b>325</b>	SUMMER ISLAND	K40-44	13			00:10:47	<b>00:41:53.00</b>	<b>00:52:40.15</b>	+00:12:41 (30.3%)	8:22	7.2 (69.9%)
288	<b>KROJNIAK Maria</b>	<b>178</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Junior	11			00:09:10	<b>00:41:53.30</b>	<b>00:51:03.70</b>	+00:12:41 (30.3%)	8:22	7.2 (69.9%)
289	<b>KLEMENS Karolina</b>	<b>150</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Junior	12			00:09:09	<b>00:41:53.70</b>	<b>00:51:03.65</b>	+00:12:42 (30.3%)	8:22	7.2 (69.9%)
290	<b>KUJAWA Iwona</b>	<b>191</b>		K30-39	19			00:10:22	<b>00:41:56.20</b>	<b>00:52:18.25</b>	+00:12:44 (30.4%)	8:23	7.2 (69.9%)
291	<b>KARCZMARSKI Krzysztof</b>	<b>140</b>	IPA RADOM	M60-64	13			00:05:55	<b>00:41:59.75</b>	<b>00:47:55.30</b>	+00:12:48 (30.5%)	8:24	7.1 (68.9%)
292	<b>JARZĘBOWSKA Beata</b>	<b>125</b>		K18-29	12			00:09:44	<b>00:42:01.60</b>	<b>00:51:46.30</b>	+00:12:50 (30.5%)	8:24	7.1 (68.9%)
293	<b>ADAMSKA Marzena</b>	<b>5</b>	SANTANDER CONSUMER BANK	K30-39	20			00:10:18	<b>00:42:02.75</b>	<b>00:52:21.10</b>	+00:12:51 (30.6%)	8:24	7.1 (68.9%)
294	<b>WAGNER-KOZIOŁ Grażyna</b>	<b>412</b>		K50-54	12			00:11:43	<b>00:42:04.00</b>	<b>00:53:47.85</b>	+00:12:52 (30.6%)	8:24	7.1 (68.9%)
295	<b>SOĆKO Piotr</b>	<b>347</b>	OKS WARMIA I MAZURY	M- Niepełnosprawni(B)	24			00:18:31	<b>00:42:07.90</b>	<b>01:00:39.00</b>	+00:12:56 (30.7%)	8:25	7.1 (68.9%)
296	<b>DROŻYŃSKA Marlena</b>	<b>75</b>	GOSIR OSIELSKO	K50-54	13			00:11:45	<b>00:42:10.40</b>	<b>00:53:56.15</b>	+00:12:59 (30.8%)	8:26	7.1 (68.9%)
297	<b>BOBER Czesław</b>	<b>23</b>	MARSZ PO ZDROWIE POZNAŃ	M70+	6			00:07:14	<b>00:42:17.45</b>	<b>00:49:32.30</b>	+00:13:06 (31.0%)	8:27	7.1 (68.9%)
298	<b>LEWANDOWSKI Sławek</b>	<b>458</b>	GOSIR OSIELSKO	M-Dzieci	6			00:00:04	<b>00:42:23.80</b>	<b>00:42:28.25</b>	+00:13:12 (31.2%)	8:28	7.1 (68.9%)
299	<b>WĘGLEWSKA Agnieszka</b>	<b>423</b>	DYNAMIC	K18-29	13			00:09:41	<b>00:42:32.65</b>	<b>00:52:13.80</b>	+00:13:21 (31.4%)	8:30	7.1 (68.9%)
300	<b>MAZERSKA Maria</b>	<b>240</b>	LKS ZANTYR	K65-69	11			00:13:35	<b>00:42:38.25</b>	<b>00:56:13.60</b>	+00:13:26 (31.5%)	8:31	7 (68.0%)
301	<b>SMARUJ-SADOWSKA Janina</b>	<b>345</b>		K65-69	12			00:13:36	<b>00:42:40.45</b>	<b>00:56:16.85</b>	+00:13:29 (31.6%)	8:32	7 (68.0%)
302	<b>MROWIEC Maria</b>	<b>257</b>	UNIA MIAST	K70+	1			00:14:19	<b>00:42:46.05</b>	<b>00:57:05.45</b>	+00:13:34 (31.7%)	8:33	7 (68.0%)
303	<b>ŁOBEJKO Justyna</b>	<b>220</b>	SUMMER ISLAND	K30-39	21			00:10:21	<b>00:42:48.75</b>	<b>00:53:10.00</b>	+00:13:37 (31.8%)	8:33	7 (68.0%)
304	<b>KOCZUR Dorota</b>	<b>156</b>	KKNW	K60-64	9			00:12:52	<b>00:42:49.20</b>	<b>00:55:41.80</b>	+00:13:37 (31.8%)	8:33	7 (68.0%)
305	<b>WYCISŁO Romuald</b>	<b>439</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	25			00:08:21	<b>00:42:52.05</b>	<b>00:51:13.10</b>	+00:13:40 (31.9%)	8:34	7 (68.0%)
306	<b>MALISZEWSKI Marek</b>	<b>227</b>		M- Niepełnosprawni(B)	26			00:08:20	<b>00:42:58.15</b>	<b>00:51:18.55</b>	+00:13:46 (32.1%)	8:35	7 (68.0%)
307	<b>DĄBEK Ilona</b>	<b>63</b>		K50-54	14			00:11:45	<b>00:42:59.00</b>	<b>00:54:44.05</b>	+00:13:47 (32.1%)	8:35	7 (68.0%)
308	<b>JAGŁA Maria</b>	<b>184</b>	GOSIR OSIELSKO	K60-64	10			00:12:49	<b>00:43:00.55</b>	<b>00:55:50.35</b>	+00:13:49 (32.1%)	8:36	7 (68.0%)
309	<b>KONIECKA Urszula</b>	<b>461</b>	STOWARZYSZENIE 'JESTEM AKTYWNA'	K65-69	13			00:12:50	<b>00:43:02.20</b>	<b>00:55:52.80</b>	+00:13:50 (32.2%)	8:36	7 (68.0%)

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
310	<b>KIEDROWSKI Włodzimierz</b>	<b>147</b>		M70+	7			00:07:12	<b>00:43:03.85</b>	<b>00:50:16.50</b>	+00:13:52 (32.2%)	8:36	7 (68.0%)
311	<b>WĄSOWSKA Monika</b>	<b>421</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	22			00:10:22	<b>00:43:10.75</b>	<b>00:53:33.60</b>	+00:13:59 (32.4%)	8:38	6.9 (67.0%)
312	<b>SZUST Filip</b>	<b>375</b>	GOSIR OSIELSKO	M-Junior	15			00:00:32	<b>00:43:11.45</b>	<b>00:43:44.20</b>	+00:14:00 (32.4%)	8:38	6.9 (67.0%)
313	<b>GŁOMBICA Wiktoria</b>	<b>98</b>	WESOŁY BORSUK TEAM	K-Junior	13			00:09:10	<b>00:43:14.65</b>	<b>00:52:25.30</b>	+00:14:03 (32.5%)	8:39	6.9 (67.0%)
314	<b>GROBELNA Jadwiga</b>	<b>105</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	8			00:15:12	<b>00:43:16.00</b>	<b>00:58:28.00</b>	+00:14:04 (32.5%)	8:39	6.9 (67.0%)
315	<b>ORŁOWSKA Marzena</b>	<b>479</b>		K-Niepełnosprawni(B)	9			00:15:12	<b>00:43:17.75</b>	<b>00:58:30.40</b>	+00:14:06 (32.6%)	8:39	6.9 (67.0%)
316	<b>MATUSZCZAK Iwona</b>	<b>470</b>	GOSIR OSIELSKO	K45-49	20			00:11:13	<b>00:43:18.60</b>	<b>00:54:32.30</b>	+00:14:07 (32.6%)	8:39	6.9 (67.0%)
317	<b>SZYBUT Weronika</b>	<b>377</b>		K-Dzieci	8			00:08:43	<b>00:43:20.60</b>	<b>00:52:04.35</b>	+00:14:09 (32.7%)	8:40	6.9 (67.0%)
318	<b>ŚLIWIŃSKA Ewa</b>	<b>389</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K45-49	21			00:11:17	<b>00:43:20.70</b>	<b>00:54:38.55</b>	+00:14:09 (32.7%)	8:40	6.9 (67.0%)
319	<b>KUPER Mariusz</b>	<b>196</b>	GÓRZYSKOWO TEAM	M30-39	20			00:03:01	<b>00:43:21.70</b>	<b>00:46:23.25</b>	+00:14:10 (32.7%)	8:40	6.9 (67.0%)
320	<b>UKLEJEWSKA Agnieszka</b>	<b>407</b>	GOSIR OSIELSKO	K30-39	23			00:10:18	<b>00:43:24.55</b>	<b>00:53:42.60</b>	+00:14:13 (32.8%)	8:40	6.9 (67.0%)
321	<b>STAROSZ Andrzej</b>	<b>350</b>		M55-59	11			00:05:25	<b>00:43:25.00</b>	<b>00:48:50.25</b>	+00:14:13 (32.8%)	8:41	6.9 (67.0%)
322	<b>SŁOWIK Amelia</b>	<b>342</b>	GOSIR OSIELSKO	K-Dzieci	9			00:08:44	<b>00:43:29.00</b>	<b>00:52:13.40</b>	+00:14:17 (32.9%)	8:41	6.9 (67.0%)
323	<b>PRZYBYŁAK Dorota</b>	<b>316</b>	FACE NORDIC WALKING TEAM	K65-69	14			00:13:37	<b>00:43:29.25</b>	<b>00:57:06.85</b>	+00:14:17 (32.9%)	8:41	6.9 (67.0%)
324	<b>SŁOWIK Adam</b>	<b>2</b>	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	27			00:16:55	<b>00:43:32.45</b>	<b>01:00:28.25</b>	+00:14:21 (33.0%)	8:42	6.9 (67.0%)
325	<b>KURLEND A Wiktoria</b>	<b>199</b>	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	10			00:16:56	<b>00:43:33.10</b>	<b>01:00:29.60</b>	+00:14:21 (33.0%)	8:42	6.9 (67.0%)
326	<b>WIŚNIEWSKA Danuta</b>	<b>428</b>	PASJA NORDIC WALKING	K55-59	12			00:12:16	<b>00:43:37.05</b>	<b>00:55:53.30</b>	+00:14:25 (33.1%)	8:43	6.9 (67.0%)
327	<b>SURMIAK Ryszard</b>	<b>364</b>	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	8			00:07:15	<b>00:43:39.20</b>	<b>00:50:54.75</b>	+00:14:27 (33.1%)	8:43	6.9 (67.0%)
328	<b>PACYNA Helena</b>	<b>286</b>	KLUB SPORTOWY MATRACO POLKOWIC3	K65-69	15			00:13:35	<b>00:43:41.05</b>	<b>00:57:16.55</b>	+00:14:29 (33.2%)	8:44	6.9 (67.0%)
329	<b>DUSZEŃKO Elwira</b>	<b>77</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	2			00:15:11	<b>00:43:41.90</b>	<b>00:58:53.70</b>	+00:14:30 (33.2%)	8:44	6.9 (67.0%)
330	<b>AŁADOWICZ Anna</b>	<b>7</b>	GOSIR OSIELSKO	K30-39	24			00:10:20	<b>00:43:47.70</b>	<b>00:54:08.60</b>	+00:14:36 (33.4%)	8:45	6.8 (66.0%)
331	<b>KRALSKA Anna</b>	<b>173</b>	WTW WŁOCŁAWEK	K-Niepełnosprawni(A)	3			00:15:13	<b>00:43:48.05</b>	<b>00:59:01.85</b>	+00:14:36 (33.4%)	8:45	6.8 (66.0%)
332	<b>DREGER Joanna</b>	<b>73</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	25			00:10:18	<b>00:43:48.80</b>	<b>00:54:07.40</b>	+00:14:37 (33.4%)	8:45	6.8 (66.0%)
333	<b>KOZŁOWSKA Agnieszka</b>	<b>463</b>	DYNAMIC	K40-44	14			00:10:46	<b>00:43:51.00</b>	<b>00:54:37.55</b>	+00:14:39 (33.4%)	8:46	6.8 (66.0%)
334	<b>KOWALCZYK Robert Mateusz</b>	<b>165</b>		M18-29	9			00:01:17	<b>00:43:53.65</b>	<b>00:45:11.35</b>	+00:14:42 (33.5%)	8:46	6.8 (66.0%)
335	<b>KIEŁBIŃSKI Wojciech</b>	<b>483</b>		M45-49	14			00:28:38	<b>00:43:54.50</b>	<b>01:12:33.10</b>	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
336	<b>KOZŁOWSKA Agnieszka</b>	<b>169</b>	GOSIR OSIELSKO	K40-44	15			00:10:47	<b>00:43:54.60</b>	<b>00:54:42.05</b>	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
337	<b>KOWALINA Izabela</b>	<b>484</b>		K45-49	22			00:28:37	<b>00:43:55.95</b>	<b>01:12:33.35</b>	+00:14:44 (33.6%)	8:47	6.8 (66.0%)
338	<b>BIERNAT Lucyna</b>	<b>18</b>	FACE NORDIC WALKING TEAM	K40-44	16			00:10:43	<b>00:43:58.45</b>	<b>00:54:42.00</b>	+00:14:47 (33.6%)	8:47	6.8 (66.0%)

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
339	KUCZMA Martyna	188		K-Junior	14			00:09:09	00:44:00.35	00:53:10.30	+00:14:49 (33.7%)	8:48	6.8 (66.0%)
340	DOBROWOLSKI Patryk	68		M-Dzieci	7			00:00:05	00:44:03.25	00:44:08.30	+00:14:51 (33.7%)	8:48	6.8 (66.0%)
341	MIKITIUK Beata	247	KIJOWA PARA	K45-49	23			00:11:19	00:44:08.00	00:55:27.95	+00:14:56 (33.9%)	8:49	6.8 (66.0%)
342	MOTOCZYŃSKA Aleksandra	255	GOSIR OSIELSKO	K55-59	13			00:12:17	00:44:09.25	00:56:26.60	+00:14:57 (33.9%)	8:49	6.8 (66.0%)
343	SZEWCZYK Bożena	369	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	16			00:13:37	00:44:11.45	00:57:48.90	+00:15:00 (33.9%)	8:50	6.8 (66.0%)
344	PANKIEWICZ-DMOWSKA Cecylia	289		K65-69	17			00:13:35	00:44:11.55	00:57:47.25	+00:15:00 (33.9%)	8:50	6.8 (66.0%)
345	SYNAKIEWICZ Magdalena	365		K30-39	26			00:10:17	00:44:13.70	00:54:30.70	+00:15:02 (34.0%)	8:50	6.8 (66.0%)
346	PRACKA Katarzyna	310	WTW WŁOCŁAWEK	K45-49	24			00:11:19	00:44:15.35	00:55:34.90	+00:15:04 (34.0%)	8:51	6.8 (66.0%)
347	ZARACH Karolina	11	ZARACH TEAM	K30-39	27			00:10:19	00:44:18.40	00:54:37.50	+00:15:07 (34.1%)	8:51	6.8 (66.0%)
348	WECHTA Agnieszka	161	KS METRACO POLKOWICE	K40-44	17			00:10:46	00:44:20.80	00:55:07.45	+00:15:09 (34.2%)	8:52	6.8 (66.0%)
349	KLEMENS Natalia	151	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Dzieci	10			00:08:44	00:44:22.30	00:53:06.65	+00:15:10 (34.2%)	8:52	6.8 (66.0%)
350	GIERSZENDORF Roman	93	FACE NORDIC WALKING TEAM / KB KATORZNIK MUROWANA GOŚLINA	M45-49	15			00:04:11	00:44:29.70	00:48:41.60	+00:15:18 (34.4%)	8:54	6.7 (65.0%)
351	PERLIK Ewa	293	TADMAX	K60-64	11			00:12:51	00:44:29.85	00:57:21.50	+00:15:18 (34.4%)	8:54	6.7 (65.0%)
352	KUCZYŃSKI Włodzimierz	189	NORDIC WALKING KIEKRZ	M55-59	12			00:05:25	00:44:31.65	00:49:57.55	+00:15:20 (34.4%)	8:54	6.7 (65.0%)
353	SZYBUT Roma	376		K30-39	28			00:10:14	00:44:34.55	00:54:48.80	+00:15:23 (34.5%)	8:54	6.7 (65.0%)
354	PRUSKA-KĘDZIOR Anna	314	FACE NORDIC WALKING TEAM	K65-69	18			00:13:36	00:44:34.75	00:58:11.10	+00:15:23 (34.5%)	8:55	6.7 (65.0%)
355	KIESZEK Karolina	148	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K70+	2			00:14:17	00:44:40.50	00:58:58.40	+00:15:29 (34.7%)	8:56	6.7 (65.0%)
356	HINEBORG Bogumiła	121	NW PATYCZAKI GRUDZIĄDZ	K50-54	15			00:11:45	00:44:44.35	00:56:29.65	+00:15:33 (34.8%)	8:56	6.7 (65.0%)
357	SZLIBEN Damian	370	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	28	1		00:18:28	00:44:47.10	01:03:15.65	+00:15:35 (34.8%)	8:57	6.7 (65.0%)
358	KULKA Maciej	195	FACE NORDIC WALKING TEAM	M50-54	15			00:04:49	00:44:50.40	00:49:39.80	+00:15:39 (34.9%)	8:58	6.7 (65.0%)
359	CHMURZYŃSKA Ewa	46	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	11			00:19:24	00:44:50.60	01:04:15.50	+00:15:39 (34.9%)	8:58	6.7 (65.0%)
360	GÓRSKI Piotr	477	GOSIR OSIELSKO	M50-54	16			00:04:46	00:44:55.05	00:49:41.30	+00:15:43 (35.0%)	8:59	6.7 (65.0%)
361	SAPA Dariusz	333	BYDGOSKIE ŻÓŁWIE	M50-54	17			00:04:48	00:44:55.70	00:49:44.10	+00:15:44 (35.0%)	8:59	6.7 (65.0%)
362	GABIS Elżbieta	85	WESOŁY BORSUK TEAM	K55-59	14			00:12:16	00:45:00.45	00:57:17.30	+00:15:49 (35.1%)	9:00	6.7 (65.0%)
363	JÓŹWIAK Dominik	131	WTW WŁOCŁAWEK	M-Niepełnosprawni(B)	29			00:08:18	00:45:02.60	00:53:20.60	+00:15:51 (35.2%)	9:00	6.7 (65.0%)
364	WASILUK Helena	418		K70+	3			00:14:18	00:45:05.90	00:59:24.45	+00:15:54 (35.3%)	9:01	6.7 (65.0%)
365	POŁOŃSKA Joanna	452	GOSIR OSIELSKO	K30-39	29			00:10:15	00:45:08.75	00:55:24.15	+00:15:57 (35.3%)	9:01	6.6 (64.1%)
366	CHYREK Renata	55	GOSIR OSIELSKO	K55-59	15			00:11:44	00:45:13.40	00:56:57.40	+00:16:02 (35.5%)	9:02	6.6 (64.1%)
367	TARAPATA Justyna	396		K18-29	14			00:09:44	00:45:23.80	00:55:07.95	+00:16:12 (35.7%)	9:04	6.6 (64.1%)

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
368	<b>GIERSZENDORF Paweł</b>	<b>94</b>	FACE NORDIC WALKING TEAM / KB KATORZNIK MUROWANA GOŚLINA	M-Junior	16			00:00:33	<b>00:45:24.00</b>	<b>00:45:57.90</b>	+00:16:12 (35.7%)	9:04	6.6 (64.1%)
369	<b>MALINOWSKA Grażyna</b>	<b>225</b>	LKS ZANTYR	K65-69	19			00:13:34	<b>00:45:24.35</b>	<b>00:58:58.35</b>	+00:16:13 (35.7%)	9:04	6.6 (64.1%)
370	<b>SZPANOWSKA Marta</b>	<b>373</b>		K18-29	15			00:09:43	<b>00:45:24.85</b>	<b>00:55:08.55</b>	+00:16:13 (35.7%)	9:05	6.6 (64.1%)
371	<b>LESZCZYŃSKA Kazimiera</b>	<b>210</b>	GOSIR OSIELSKO	K55-59	16			00:12:21	<b>00:45:25.20</b>	<b>00:57:46.25</b>	+00:16:13 (35.7%)	9:05	6.6 (64.1%)
372	<b>BŁASZCZYK Katarzyna</b>	<b>22</b>	KIJANKI POZNAŃ	K45-49	25			00:11:20	<b>00:45:33.25</b>	<b>00:56:53.65</b>	+00:16:21 (35.9%)	9:06	6.6 (64.1%)
373	<b>WSZOŁEK Janina</b>	<b>437</b>	STOWARZYSZENIE 'JESTEM AKTYWNA'	K55-59	17			00:12:20	<b>00:45:43.55</b>	<b>00:58:03.60</b>	+00:16:32 (36.2%)	9:08	6.6 (64.1%)
374	<b>KMIECIK-ZEGARSKA Teresa</b>	<b>154</b>	LKS ZANTYR	K55-59	18			00:12:15	<b>00:45:45.75</b>	<b>00:58:01.70</b>	+00:16:34 (36.2%)	9:09	6.6 (64.1%)
375	<b>TAPER Ewa</b>	<b>395</b>	STOWARZYSZENIE 'JESTEM AKTYWNA'	K60-64	12			00:12:49	<b>00:45:53.25</b>	<b>00:58:42.95</b>	+00:16:41 (36.4%)	9:10	6.5 (63.1%)
376	<b>SZAROLETA Zofia</b>	<b>367</b>	FACE NORDIC WALKING TEAM	K70+	4			00:14:19	<b>00:45:55.35</b>	<b>01:00:14.70</b>	+00:16:44 (36.4%)	9:11	6.5 (63.1%)
377	<b>KĘDZIERSKA Edyta</b>	<b>145</b>		K40-44	18			00:08:46	<b>00:45:57.25</b>	<b>00:54:43.30</b>	+00:16:45 (36.5%)	9:11	6.5 (63.1%)
378	<b>STASIAK Ewa</b>	<b>90</b>	STOWARZYSZENIE 'JESTEM AKTYWNA'	K60-64	13			00:12:51	<b>00:45:58.85</b>	<b>00:58:50.15</b>	+00:16:47 (36.5%)	9:11	6.5 (63.1%)
379	<b>PIECZKA Monika</b>	<b>298</b>	FACE NORDIC WALKING TEAM	K30-39	30			00:10:18	<b>00:46:06.85</b>	<b>00:56:25.40</b>	+00:16:55 (36.7%)	9:13	6.5 (63.1%)
380	<b>TOPOLSKA Sylwia</b>	<b>401</b>		K- Niepełnosprawni(B)	12			00:15:13	<b>00:46:12.35</b>	<b>01:01:25.85</b>	+00:17:01 (36.8%)	9:14	6.5 (63.1%)
381	<b>RAPACKA Anna</b>	<b>322</b>		K18-29	16			00:09:44	<b>00:46:24.40</b>	<b>00:56:08.95</b>	+00:17:13 (37.1%)	9:16	6.5 (63.1%)
382	<b>NOWAKOWSKA Ewa</b>	<b>270</b>	GOSIR OSIELSKO	K55-59	19			00:12:18	<b>00:46:28.95</b>	<b>00:58:47.10</b>	+00:17:17 (37.2%)	9:17	6.5 (63.1%)
383	<b>LEWANDOWSKI Szymon</b>	<b>459</b>	GOSIR OSIELSKO	M-Dzieci	8			00:00:04	<b>00:46:32.15</b>	<b>00:46:36.75</b>	+00:17:20 (37.3%)	9:18	6.4 (62.1%)
384	<b>SŁOWIK Sylwia</b>	<b>339</b>	GOSIR OSIELSKO	K40-44	19			00:10:49	<b>00:46:37.00</b>	<b>00:57:26.05</b>	+00:17:25 (37.4%)	9:19	6.4 (62.1%)
385	<b>RUTECKA Monika</b>	<b>330</b>	UWM OLSZTYN	K18-29	17			00:09:45	<b>00:46:51.60</b>	<b>00:56:36.90</b>	+00:17:40 (37.7%)	9:22	6.4 (62.1%)
386	<b>STAROSZ Danuta</b>	<b>351</b>		K55-59	20			00:11:44	<b>00:46:56.60</b>	<b>00:58:40.60</b>	+00:17:45 (37.8%)	9:23	6.4 (62.1%)
387	<b>GIERSZENDORF Monika</b>	<b>464</b>	FACE NORDIC WALKING TEAM / KB KATORZNIK MUROWNA GOŚLINA	K45-49	26			00:11:16	<b>00:47:06.45</b>	<b>00:58:23.40</b>	+00:17:55 (38.0%)	9:25	6.4 (62.1%)
388	<b>GIERSZENDORF Borys</b>	<b>95</b>	FACE NORDIC WALKING TEAM / KB KATORZNIK MUROWANA GOŚLINA	M-Dzieci	9			00:00:05	<b>00:47:22.30</b>	<b>00:47:27.50</b>	+00:18:10 (38.4%)	9:28	6.3 (61.2%)
389	<b>NOWAKOWSKI Tomasz</b>	<b>272</b>	GOSIR OSIELSKO	M55-59	13			00:05:24	<b>00:47:25.45</b>	<b>00:52:49.90</b>	+00:18:14 (38.5%)	9:29	6.3 (61.2%)
390	<b>KRYGIEL Irena</b>	<b>182</b>	GOSIR OSIELSKO	K50-54	16			00:11:44	<b>00:47:29.20</b>	<b>00:59:13.90</b>	+00:18:17 (38.5%)	9:29	6.3 (61.2%)
391	<b>HANDZE Danuta</b>	<b>35</b>	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	K60-64	14			00:12:51	<b>00:47:33.25</b>	<b>01:00:24.90</b>	+00:18:21 (38.6%)	9:30	6.3 (61.2%)
392	<b>ŚLUSARCZYK Danuta</b>	<b>391</b>	WESOŁY BORSUK TEAM	K65-69	20			00:13:33	<b>00:47:33.30</b>	<b>01:01:06.45</b>	+00:18:21 (38.6%)	9:30	6.3 (61.2%)
393	<b>KIWIAŁO Maria</b>	<b>36</b>	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	K70+	5			00:14:19	<b>00:47:36.40</b>	<b>01:01:55.90</b>	+00:18:25 (38.7%)	9:31	6.3 (61.2%)
394	<b>NOSKIEWICZ Krzysztof</b>	<b>268</b>		M-Dzieci	10			00:00:04	<b>00:47:38.55</b>	<b>00:47:43.50</b>	+00:18:27 (38.7%)	9:31	6.3 (61.2%)
395	<b>KUKOWSKA Marta</b>	<b>192</b>		K18-29	18			00:09:45	<b>00:47:40.80</b>	<b>00:57:26.35</b>	+00:18:29 (38.8%)	9:32	6.3 (61.2%)
396	<b>KIEDROWICZ Paulina</b>	<b>146</b>		K18-29	19			00:09:43	<b>00:47:42.65</b>	<b>00:57:26.05</b>	+00:18:31 (38.8%)	9:32	6.3 (61.2%)

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
397	<b>PROKOPIEC Bronisława</b>	<b>312</b>	KKNW	K70+	6			00:14:18	<b>00:47:47.20</b>	<b>01:02:05.30</b>	+00:18:35 (38.9%)	9:33	6.3 (61.2%)
398	<b>SZOBER Karolina</b>	<b>371</b>	GOSIR OSIELSKO	K30-39	31			00:10:21	<b>00:47:59.00</b>	<b>00:58:20.85</b>	+00:18:47 (39.2%)	9:35	6.3 (61.2%)
399	<b>KOLARSKA Nadia</b>	<b>157</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	11			00:08:43	<b>00:48:01.60</b>	<b>00:56:45.40</b>	+00:18:50 (39.2%)	9:36	6.2 (60.2%)
400	<b>POŁOŃSKI Andrzej</b>	<b>451</b>	GOSIR OSIELSKO	M30-39	21			00:03:05	<b>00:48:23.55</b>	<b>00:51:28.85</b>	+00:19:12 (39.7%)	9:40	6.2 (60.2%)
401	<b>MYLER Georgina</b>	<b>261</b>	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	13			00:19:29	<b>00:48:28.25</b>	<b>01:07:57.90</b>	+00:19:16 (39.8%)	9:41	6.2 (60.2%)
402	<b>CZWERENKO Alicja</b>	<b>61</b>	LKS ZANTYR	K55-59	21			00:12:17	<b>00:48:51.35</b>	<b>01:01:08.80</b>	+00:19:40 (40.3%)	9:46	6.1 (59.2%)
403	<b>MUSIAŁ Przemysław</b>	<b>259</b>	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	30			00:16:56	<b>00:48:55.60</b>	<b>01:05:51.95</b>	+00:19:44 (40.3%)	9:47	6.1 (59.2%)
404	<b>GOŁĘBIEWSKA Karolina</b>	<b>101</b>		K18-29	20	1		00:09:42	<b>00:49:04.00</b>	<b>00:58:46.35</b>	+00:19:52 (40.5%)	9:48	6.1 (59.2%)
405	<b>MACHAJEK Krzysztof</b>	<b>221</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	8			00:08:20	<b>00:49:05.40</b>	<b>00:57:25.80</b>	+00:19:54 (40.5%)	9:49	6.1 (59.2%)
406	<b>UTRATA Halina</b>	<b>410</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	15			00:12:50	<b>00:49:23.15</b>	<b>01:02:13.30</b>	+00:20:11 (40.9%)	9:52	6.1 (59.2%)
407	<b>PIECHOWICZ Lidia</b>	<b>297</b>	RAZEM NA SZLAKU POZNAŃ	K-Niepełnosprawni(B)	14			00:19:26	<b>00:49:27.20</b>	<b>01:08:53.30</b>	+00:20:15 (41.0%)	9:53	6.1 (59.2%)
408	<b>RUCIŃSKA Walia</b>	<b>329</b>	GOSIR OSIELSKO	K70+	7			00:14:20	<b>00:50:07.40</b>	<b>01:04:27.90</b>	+00:20:56 (41.8%)	10:01	6 (58.3%)
409	<b>STRZELECKA Antonina</b>	<b>361</b>	SAILING TEAMFERAJNA	K-Dzieci	12			00:08:45	<b>00:50:27.85</b>	<b>00:59:12.95</b>	+00:21:16 (42.2%)	10:05	5.9 (57.3%)
410	<b>NOWALIŃSKA Marysia</b>	<b>276</b>	FACE NORDIC WALKING TEAM	K-Dzieci	13			00:08:44	<b>00:50:28.50</b>	<b>00:59:12.80</b>	+00:21:17 (42.2%)	10:05	5.9 (57.3%)
411	<b>DOMAGALSKI Robert</b>	<b>69</b>	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	31			00:20:11	<b>00:50:45.50</b>	<b>01:10:57.15</b>	+00:21:34 (42.5%)	10:09	5.9 (57.3%)
412	<b>SŁOWIK Przemysław</b>	<b>340</b>	GOSIR OSIELSKO	M40-44	13			00:03:35	<b>00:50:55.45</b>	<b>00:54:30.90</b>	+00:21:44 (42.7%)	10:11	5.9 (57.3%)
413	<b>CHEŁMICKA Magdalena</b>	<b>45</b>	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	15	1		00:19:28	<b>00:51:02.50</b>	<b>01:10:30.70</b>	+00:21:51 (42.8%)	10:12	5.9 (57.3%)
414	<b>STRZELCZYK Urszula</b>	<b>359</b>		K55-59	22			00:12:18	<b>00:51:05.75</b>	<b>01:03:24.20</b>	+00:21:54 (42.9%)	10:13	5.9 (57.3%)
415	<b>BUKOLT Barbara</b>	<b>485</b>	GOSIR OSIELSKO	K60-64	16			00:12:47	<b>00:51:19.70</b>	<b>01:04:07.40</b>	+00:22:08 (43.1%)	10:16	5.8 (56.3%)
416	<b>LESZCZYŃSKI Bartosz</b>	<b>462</b>	GOSIR OSIELSKO	M-Dzieci	11			00:00:06	<b>00:51:30.60</b>	<b>00:51:37.20</b>	+00:22:19 (43.3%)	10:18	5.8 (56.3%)
417	<b>POŁOŃSKI Szymon</b>	<b>486</b>	GOSIR OSIELSKO	M-Dzieci	12			00:00:05	<b>00:51:32.10</b>	<b>00:51:37.65</b>	+00:22:20 (43.4%)	10:18	5.8 (56.3%)
418	<b>DEBNER Wojciech</b>	<b>64</b>	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	32			00:19:27	<b>00:51:51.05</b>	<b>01:11:18.35</b>	+00:22:39 (43.7%)	10:22	5.8 (56.3%)
419	<b>ŻYGOWSKA Teresa</b>	<b>454</b>	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	16			00:19:28	<b>00:51:53.50</b>	<b>01:11:21.75</b>	+00:22:42 (43.7%)	10:22	5.8 (56.3%)
420	<b>DROP Mieczysław</b>	<b>74</b>		M70+	9			00:07:15	<b>00:51:54.25</b>	<b>00:59:09.40</b>	+00:22:42 (43.8%)	10:22	5.8 (56.3%)
421	<b>PIKULSKI Michał</b>	<b>300</b>	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	33			00:18:29	<b>00:51:54.30</b>	<b>01:10:23.65</b>	+00:22:42 (43.8%)	10:22	5.8 (56.3%)
422	<b>KAŻMIERCZAK Żanetta</b>	<b>142</b>	GOSIR OSIELSKO	K40-44	20			00:11:46	<b>00:51:58.70</b>	<b>01:03:45.50</b>	+00:22:47 (43.8%)	10:23	5.8 (56.3%)
423	<b>LEPERT Róża</b>	<b>208</b>	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	17			00:19:29	<b>00:52:13.55</b>	<b>01:11:43.05</b>	+00:23:02 (44.1%)	10:26	5.7 (55.3%)
424	<b>WOLNA Urszula</b>	<b>434</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	17			00:12:52	<b>00:52:20.05</b>	<b>01:05:12.45</b>	+00:23:08 (44.2%)	10:28	5.7 (55.3%)
425	<b>ŚCIESIŃSKA Justyna</b>	<b>388</b>	GOSIR OSIELSKO	K45-49	27			00:11:19	<b>00:52:25.90</b>	<b>01:03:45.20</b>	+00:23:14 (44.3%)	10:29	5.7 (55.3%)

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
426	MILACHOWSKA Agnieszka	250		K30-39	32			00:10:16	00:52:28.25	01:02:44.55	+00:23:16 (44.4%)	10:29	5.7 (55.3%)
427	HANUS Teresa	120		K-Niepełnosprawni(B)	18			00:15:12	00:52:38.70	01:07:51.20	+00:23:27 (44.6%)	10:31	5.7 (55.3%)
428	LESZCZYŃSKI Benedykt	212	GOSIR OSIELSKO	M55-59	14			00:05:56	00:52:49.80	00:58:46.30	+00:23:38 (44.7%)	10:34	5.7 (55.3%)
429	PRUS Sabina	313		K65-69	21	1		00:12:48	00:52:54.65	01:05:42.80	+00:23:43 (44.8%)	10:34	5.7 (55.3%)
430	SŁOWIK Błażej	343	GOSIR OSIELSKO	M-Dzieci	13			00:00:06	00:54:28.90	00:54:35.60	+00:25:17 (46.4%)	10:53	5.5 (53.4%)
431	DORACZYŃSKA Danuta	71	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	19			00:19:26	01:01:55.15	01:21:21.80	+00:32:43 (52.9%)	12:23	4.8 (46.6%)
432	BOJKE Olgierd	25		M55-59	15			00:16:06	01:02:03.35	01:18:10.15	+00:32:52 (53.0%)	12:24	4.8 (46.6%)
433	BORZESZKOWSKA Małgorzata	28		K50-54	17			00:16:05	01:02:03.40	01:18:08.75	+00:32:52 (53.0%)	12:24	4.8 (46.6%)
434	BĄCZYŃSKA Grażyna	14	GOSIR OSIELSKO	K60-64	18			00:11:20	01:04:25.45	01:15:46.35	+00:35:14 (54.7%)	12:53	4.7 (45.6%)
435	MISTEREK Krystyna	251	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	20			00:19:27	01:07:04.60	01:26:31.90	+00:37:53 (56.5%)	13:24	4.5 (43.7%)
436	GÓRNA Urszula	102	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	21			00:19:27	01:07:14.30	01:26:41.50	+00:38:02 (56.6%)	13:26	4.5 (43.7%)
437	HOŁOWICKA Teresa	123	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	22			00:19:28	01:07:14.70	01:26:43.15	+00:38:03 (56.6%)	13:27	4.5 (43.7%)
438	MUSIAŁ Patrycja	260	ŁUCZNICZKA BYDGOSZCZ	K-Niepełnosprawni(B)	23			00:18:33	01:10:16.20	01:28:50.05	+00:41:04 (58.5%)	14:03	4.3 (41.7%)
439	TOBOLSKI Michał	397	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	34			00:18:34	01:10:16.75	01:28:51.40	+00:41:05 (58.5%)	14:03	4.3 (41.7%)
440	ŻYGOWSKI Leszek	455	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)	35			00:19:25	01:14:07.05	01:33:32.70	+00:44:55 (60.6%)	14:49	4 (38.8%)
441	CICHOWSKI Wiesław	57	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Niepełnosprawni(A)	9			00:08:19	01:34:23.90	01:42:43.35	+01:05:12 (69.1%)	18:52	3.2 (31.1%)
DQ	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69			1	DQ	00:33:59.40 DQ	DQ		-	- (0.0%)
DQ	RACZEK Zbigniew	317	KAROLINKA CHORZÓW	M-Niepełnosprawni(B)			1	DQ	00:38:32.40 DQ	DQ		-	- (0.0%)
DQ	GRZEMPA Krystyna	113	STOWARZYSZENIE 'JESTEM AKTYWNA'	K60-64			1	DQ	00:49:13.65 DQ	DQ		-	- (0.0%)
	GÓRNY Zenobiusz	441	ŁUCZNICZKA BYDGOSZCZ	M-Niepełnosprawni(B)				DNF	DNF	DNF		-	- (0.0%)
	KOZŁOWSKA Jagoda	172	DYNAMIC	K-Dzieci				DNF	DNF	DNF		-	- (0.0%)
	MICHALSKI Andrzej	243	WESOŁY BORSUK TEAM	M55-59				DNF	DNF	DNF		-	- (0.0%)
	SŁYSZ Arkadiusz	344	GOSIR OSIELSKO	M40-44		1		DNF	DNF	DNF		-	- (0.0%)
	MIECH Wiesław	244	SYRENKA WARSZAWA	M-Niepełnosprawni(B)				DNF	DNF	DNF		-	- (0.0%)

Znaleziono 449 wynik(ów)