



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

B4SPORT

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



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Żóf. Mkat	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MIELECKA Agnieszka</b>	<b>174</b>	KS SOKÓŁ GAŚAWA	K45-49	1		00:11:21	<b>00:32:25.05</b>	<b>00:43:46.05</b>		6:29	9.3 (100%)
2	<b>KOMAR Beata</b>	<b>118</b>	FACE NORDIC WALKING TEAM	K45-49	2		00:11:23	<b>00:33:17.40</b>	<b>00:44:40.90</b>	+00:00:52 (2.6%)	6:39	9 (96.8%)
3	<b>PARTYKA Teresa</b>	<b>203</b>	WESOŁY BORSUK TEAM	K55-59	1		00:13:36	<b>00:33:21.20</b>	<b>00:46:57.65</b>	+00:00:56 (2.8%)	6:40	9 (96.8%)
4	<b>KOŁODZIEJCZAK Beata</b>	<b>330</b>	SOCHO TEAM	K40-44	1		00:10:46	<b>00:33:23.10</b>	<b>00:44:09.90</b>	+00:00:58 (2.9%)	6:40	9 (96.8%)
5	<b>SZPILMAN Katarzyna</b>	<b>256</b>	FACE NORDIC WALKING TEAM	K45-49	3		00:11:21	<b>00:33:45.15</b>	<b>00:45:06.75</b>	+00:01:20 (4.0%)	6:45	8.9 (95.7%)
6	<b>ZALISKO Oksana</b>	<b>297</b>	DĄBROWA NORDIC TEAM	K60-64	1		00:14:29	<b>00:33:51.25</b>	<b>00:48:20.35</b>	+00:01:26 (4.2%)	6:46	8.9 (95.7%)
7	<b>PIETRZYK Angelika</b>	<b>210</b>	RTB TRACKER PODKOWA JANÓW	K-Junior	1		00:07:56	<b>00:33:51.75</b>	<b>00:41:48.10</b>	+00:01:26 (4.3%)	6:46	8.9 (95.7%)
8	<b>BORKOWSKA Lidia</b>	<b>26</b>	FACE NORDIC WALKING TEAM	K45-49	4		00:11:21	<b>00:34:06.95</b>	<b>00:45:28.90</b>	+00:01:41 (5.0%)	6:49	8.8 (94.6%)
9	<b>LESIŃSKA Marzenna</b>	<b>150</b>	KS METRACO POLKOWICE	K50-54	1		00:12:25	<b>00:34:10.40</b>	<b>00:46:35.45</b>	+00:01:45 (5.1%)	6:50	8.8 (94.6%)
10	<b>SZPILMAN Marta</b>	<b>257</b>	FACE NORDIC WALKING TEAM	K18-29	1		00:08:21	<b>00:34:19.10</b>	<b>00:42:40.95</b>	+00:01:54 (5.5%)	6:51	8.7 (93.5%)
11	<b>JENDRUCHNIEWICZ Katarzyna</b>	<b>94</b>	FUNDACJA 'W TE PĘDY'	K30-39	1		00:09:47	<b>00:34:28.65</b>	<b>00:44:15.75</b>	+00:02:03 (6.0%)	6:53	8.7 (93.5%)
12	<b>ZAŃKO Katarzyna</b>	<b>298</b>		K40-44	2		00:10:46	<b>00:34:29.70</b>	<b>00:45:16.45</b>	+00:02:04 (6.0%)	6:54	8.7 (93.5%)
13	<b>MALCZYK Anna</b>	<b>162</b>	DĄBROWA NORDIC TEAM	K30-39	2		00:09:47	<b>00:34:43.45</b>	<b>00:44:30.55</b>	+00:02:18 (6.6%)	6:56	8.6 (92.5%)
14	<b>RECZULSKA Katarzyna</b>	<b>216</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	5		00:11:23	<b>00:34:50.10</b>	<b>00:46:13.55</b>	+00:02:25 (6.9%)	6:58	8.6 (92.5%)
15	<b>WALENDZIAK Alicja</b>	<b>365</b>	POCHODZĘ Z MALBORKA	K30-39	3		00:09:47	<b>00:34:50.20</b>	<b>00:44:38.15</b>	+00:02:25 (6.9%)	6:58	8.6 (92.5%)
16	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>198</b>		K45-49	6		00:11:21	<b>00:34:52.50</b>	<b>00:46:14.35</b>	+00:02:27 (7.0%)	6:58	8.6 (92.5%)
17	<b>RAKUĆ Angelika</b>	<b>344</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2		00:08:21	<b>00:35:11.35</b>	<b>00:43:33.10</b>	+00:02:46 (7.9%)	7:02	8.5 (91.4%)
18	<b>KASPRZYK Lilianna</b>	<b>103</b>	KS METRACO POLKOWICE	K55-59	2		00:13:37	<b>00:35:11.90</b>	<b>00:48:49.55</b>	+00:02:46 (7.9%)	7:02	8.5 (91.4%)

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
19	<b>WOŹNIAK Klaudia</b>	<b>292</b>	UNIA MIAST	K-Junior	2			00:07:57	<b>00:35:12.15</b>	<b>00:43:09.25</b>	+00:02:47 (7.9%)	7:02	8.5 (91.4%)
20	<b>GALIŃSKA Tatiana</b>	<b>151</b>	JURAJSKI KLUB NORDIC WALKING	K40-44	3			00:10:49	<b>00:35:12.65</b>	<b>00:46:01.90</b>	+00:02:47 (7.9%)	7:02	8.5 (91.4%)
21	<b>GAPIŃSKA Janina</b>	<b>62</b>	WESOŁY BORSUK TEAM	K55-59	3			00:13:36	<b>00:35:17.35</b>	<b>00:48:54.00</b>	+00:02:52 (8.1%)	7:03	8.5 (91.4%)
22	<b>ŚLEWIŃSKA Edyta</b>	<b>263</b>	BŁĘKITNI NW DZIEMIANY	K-Junior	3			00:07:55	<b>00:35:18.50</b>	<b>00:43:14.30</b>	+00:02:53 (8.2%)	7:03	8.5 (91.4%)
23	<b>JÓŹWIAK Marianna</b>	<b>98</b>	WTW.WŁOCŁAWEK	K40-44	4			00:10:47	<b>00:35:20.05</b>	<b>00:46:07.30</b>	+00:02:55 (8.3%)	7:04	8.5 (91.4%)
24	<b>SKOWROŃSKA Dominika</b>	<b>226</b>	MARSZ PO ZDROWIE	K-Junior	4			00:07:56	<b>00:35:20.85</b>	<b>00:43:17.60</b>	+00:02:55 (8.3%)	7:04	8.5 (91.4%)
25	<b>BALICKA Maria</b>	<b>7</b>		K-Dzieci	1			00:07:30	<b>00:35:21.45</b>	<b>00:42:51.65</b>	+00:02:56 (8.3%)	7:04	8.5 (91.4%)
26	<b>KANIECKA Zofia</b>	<b>102</b>	NW CIECHANÓW	K60-64	2			00:14:29	<b>00:35:30.55</b>	<b>00:50:00.00</b>	+00:03:05 (8.7%)	7:06	8.4 (90.3%)
27	<b>STYGA Krystyna</b>	<b>241</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	2			00:12:25	<b>00:35:32.95</b>	<b>00:47:58.05</b>	+00:03:07 (8.8%)	7:06	8.4 (90.3%)
28	<b>WAWRZYŃNIAK Anna</b>	<b>279</b>	FACE NORDIC WALKING TEAM	K40-44	5			00:10:47	<b>00:35:39.30</b>	<b>00:46:26.30</b>	+00:03:14 (9.1%)	7:07	8.4 (90.3%)
29	<b>STOLTMANN Helena</b>	<b>238</b>	BŁĘKITNI NW DZIEMIANY	K55-59	4			00:13:36	<b>00:35:40.30</b>	<b>00:49:17.15</b>	+00:03:15 (9.1%)	7:08	8.4 (90.3%)
30	<b>SŁOMIŃSKA Marta</b>	<b>229</b>	BŁĘKITNI NW DZIEMIANY	K-Junior	5			00:07:55	<b>00:35:52.10</b>	<b>00:43:47.75</b>	+00:03:27 (9.6%)	7:10	8.4 (90.3%)
31	<b>FRĄSZCZAK Katarzyna</b>	<b>349</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	K-Niepełnosprawni	1			00:09:52	<b>00:35:52.55</b>	<b>00:45:44.65</b>	+00:03:27 (9.6%)	7:10	8.4 (90.3%)
32	<b>MARCINKOWSKA Agnieszka</b>	<b>166</b>	UNIA MIAST	K-Dzieci	2			00:07:29	<b>00:35:52.85</b>	<b>00:43:22.45</b>	+00:03:27 (9.7%)	7:10	8.4 (90.3%)
33	<b>PAWŁOWSKA-WOŹNIAK Małgorzata</b>	<b>338</b>	UNIA MIAST	K30-39	4			00:09:46	<b>00:35:57.80</b>	<b>00:45:44.55</b>	+00:03:32 (9.9%)	7:11	8.3 (89.2%)
34	<b>GÓRNIAK Julia</b>	<b>72</b>		K-Junior	6			00:07:58	<b>00:36:00.10</b>	<b>00:43:58.65</b>	+00:03:35 (10.0%)	7:12	8.3 (89.2%)
35	<b>GAŁAŚ Joanna</b>	<b>60</b>	PASJA NORDIC WALKING	K18-29	3			00:08:21	<b>00:36:04.20</b>	<b>00:44:25.75</b>	+00:03:39 (10.1%)	7:12	8.3 (89.2%)
36	<b>WARCZAŁSKA Teresa</b>	<b>274</b>	UNIA MIAST	K65-69	1			00:14:52	<b>00:36:19.15</b>	<b>00:51:11.55</b>	+00:03:54 (10.7%)	7:15	8.3 (89.2%)
37	<b>SULECKA Gabriela</b>	<b>243</b>		K-Niepełnosprawni	2			00:13:37	<b>00:36:20.60</b>	<b>00:49:58.15</b>	+00:03:55 (10.8%)	7:16	8.3 (89.2%)
38	<b>PILECKA-PRĄDZYŃSKA Anna</b>	<b>259</b>	PENDOLINO	K60-64	3			00:14:29	<b>00:36:20.85</b>	<b>00:50:50.80</b>	+00:03:55 (10.8%)	7:16	8.3 (89.2%)
39	<b>WOJEWSKA Natalia</b>	<b>288</b>	ELITE TEAM	K18-29	4			00:08:22	<b>00:36:38.15</b>	<b>00:45:00.55</b>	+00:04:13 (11.5%)	7:19	8.2 (88.2%)
40	<b>NIEWIŃSKA Beata</b>	<b>182</b>	FACE NORDIC WALKING TEAM	K50-54	3			00:12:24	<b>00:36:41.55</b>	<b>00:49:05.95</b>	+00:04:16 (11.7%)	7:20	8.2 (88.2%)
41	<b>DANA Kazimiera</b>	<b>41</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	4			00:14:30	<b>00:36:41.90</b>	<b>00:51:12.05</b>	+00:04:16 (11.7%)	7:20	8.2 (88.2%)
42	<b>DZIUBA Alina</b>	<b>362</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	7			00:11:21	<b>00:36:47.60</b>	<b>00:48:09.25</b>	+00:04:22 (11.9%)	7:21	8.2 (88.2%)
43	<b>BARUCH Henryka</b>	<b>14</b>	DĄBROWA NORDIC TEAM	K65-69	2			00:15:03	<b>00:36:48.40</b>	<b>00:51:52.25</b>	+00:04:23 (11.9%)	7:21	8.1 (87.1%)
44	<b>WOJTACHNIO Edyta</b>	<b>289</b>	FACE NORDIC WALKING TEAM	K45-49	8			00:11:23	<b>00:36:55.30</b>	<b>00:48:18.60</b>	+00:04:30 (12.2%)	7:23	8.1 (87.1%)
45	<b>SARNOWSKA Wanda</b>	<b>222</b>	GREEN TEAM ZIELONA GÓRA	K50-54	4			00:12:27	<b>00:37:00.15</b>	<b>00:49:27.50</b>	+00:04:35 (12.4%)	7:24	8.1 (87.1%)

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
46	<b>RYMER Marlena</b>	<b>220</b>	UKS 'NOBLIŚCI' KURZĘTNIK	K50-54	5			00:12:25	<b>00:37:03.95</b> (12.5%)	<b>00:49:29.50</b>	+00:04:38 (12.5%)	7:24	8.1 (87.1%)
47	<b>WIERZCHOSŁAWSKA Agnieszka</b>	<b>396</b>		K18-29	5			00:08:21	<b>00:37:04.65</b> (12.6%)	<b>00:45:26.10</b>	+00:04:39 (12.6%)	7:25	8.1 (87.1%)
48	<b>MOŹDŻEŃ Barbara</b>	<b>179</b>	NIEZRZESZONY	K55-59	5			00:13:37	<b>00:37:07.55</b> (12.7%)	<b>00:50:44.55</b>	+00:04:42 (12.7%)	7:25	8.1 (87.1%)
49	<b>BOROWSKA-STANČZUK Karolina</b>	<b>370</b>	FACE NORDIC WALKING TEAM	K30-39	5			00:09:47	<b>00:37:07.85</b> (12.7%)	<b>00:46:54.95</b>	+00:04:42 (12.7%)	7:25	8.1 (87.1%)
50	<b>KOZŁOWSKA Julia</b>	<b>125</b>	FACE NORDIC WALKING TEAM	K-Dzieci	3			00:07:31	<b>00:37:08.55</b> (12.7%)	<b>00:44:39.65</b>	+00:04:43 (12.7%)	7:25	8.1 (87.1%)
51	<b>KORDOWSKA Bogusława</b>	<b>121</b>	NOWA HUTA TEAM	K40-44	6			00:10:47	<b>00:37:11.65</b> (12.8%)	<b>00:47:58.75</b>	+00:04:46 (12.8%)	7:26	8.1 (87.1%)
52	<b>JONDERKO Julia</b>	<b>96</b>	WŁÓCZYKIJE SKOCZÓW	K40-44	7			00:10:47	<b>00:37:12.85</b> (12.9%)	<b>00:48:00.30</b>	+00:04:47 (12.9%)	7:26	8.1 (87.1%)
53	<b>SZENDZIELORZ Ilona</b>	<b>249</b>	FABRIKANORDIKA	K55-59	6			00:13:38	<b>00:37:14.60</b> (13.0%)	<b>00:50:53.45</b>	+00:04:49 (13.0%)	7:27	8.1 (87.1%)
54	<b>FELIS Beata</b>	<b>53</b>		K45-49	9			00:11:25	<b>00:37:15.05</b> (13.0%)	<b>00:48:40.75</b>	+00:04:50 (13.0%)	7:27	8.1 (87.1%)
55	<b>FIGURSKA Dominika</b>	<b>54</b>	FACE NORDIC WALKING TEAM	K18-29	6			00:08:22	<b>00:37:22.00</b> (13.2%)	<b>00:45:44.35</b>	+00:04:56 (13.2%)	7:28	8 (86.0%)
56	<b>WARUSZEWSKA Emilia</b>	<b>276</b>	GIM 3 TCZEW	K-Junior	7			00:07:56	<b>00:37:27.70</b> (13.5%)	<b>00:45:24.20</b>	+00:05:02 (13.5%)	7:29	8 (86.0%)
57	<b>GRZEMPA Karolina</b>	<b>81</b>	STOWARZYSZENIE WSPARCIA AKTYWNOŚCI I PRZEDSIĘBIORCZOŚCI KOBIET 'JESTEM AKTYWNA'	K30-39	6			00:09:52	<b>00:37:30.40</b> (13.6%)	<b>00:47:23.35</b>	+00:05:05 (13.6%)	7:30	8 (86.0%)
58	<b>GRZYB Izabela</b>	<b>84</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	7			00:09:48	<b>00:37:32.10</b> (13.6%)	<b>00:47:20.15</b>	+00:05:07 (13.6%)	7:30	8 (86.0%)
59	<b>GRZYWOCZ Irena</b>	<b>85</b>	PROFIT SPORT TEAM	K65-69	3			00:15:04	<b>00:37:38.30</b> (13.9%)	<b>00:52:42.75</b>	+00:05:13 (13.9%)	7:31	8 (86.0%)
60	<b>KRAWCZYK Dorota</b>	<b>130</b>	CZARNE PANTERY	K55-59	7			00:13:39	<b>00:37:57.00</b> (14.6%)	<b>00:51:36.00</b>	+00:05:31 (14.6%)	7:35	7.9 (84.9%)
61	<b>MARONDEL Katarzyna</b>	<b>170</b>	SILESIA NORDIC TEAM	K30-39	8			00:09:51	<b>00:37:57.20</b> (14.6%)	<b>00:47:49.10</b>	+00:05:32 (14.6%)	7:35	7.9 (84.9%)
62	<b>GWAREK Anita</b>	<b>87</b>	PASJA NORDIC WALKING	K45-49	10			00:11:22	<b>00:37:57.65</b> (14.6%)	<b>00:49:20.40</b>	+00:05:32 (14.6%)	7:35	7.9 (84.9%)
63	<b>MACZKOWSKA Zofia</b>	<b>158</b>	LKS ZANTYR SZTUM	K-Dzieci	4			00:07:32	<b>00:37:59.45</b> (14.7%)	<b>00:45:32.25</b>	+00:05:34 (14.7%)	7:36	7.9 (84.9%)
64	<b>SZYMCZYK Magdalena</b>	<b>262</b>	FACE NORDIC WALKING TEAM	K30-39	9			00:09:50	<b>00:38:01.40</b> (14.7%)	<b>00:47:51.50</b>	+00:05:36 (14.7%)	7:36	7.9 (84.9%)
65	<b>OSIEJA Elżbieta</b>	<b>200</b>	FORMA NA PIĄTKĘ NW	K45-49	11			00:11:24	<b>00:38:01.55</b> (14.7%)	<b>00:49:26.00</b>	+00:05:36 (14.7%)	7:36	7.9 (84.9%)
66	<b>LANGMESSER Regina</b>	<b>149</b>	LKS ZANTYR SZTUM	K45-49	12			00:11:21	<b>00:38:02.45</b> (14.8%)	<b>00:49:23.45</b>	+00:05:37 (14.8%)	7:36	7.9 (84.9%)
67	<b>SZALECKA Grażyna</b>	<b>245</b>	LKS ZANTYR SZTUM	K60-64	5			00:14:32	<b>00:38:07.15</b> (15.0%)	<b>00:52:39.20</b>	+00:05:42 (15.0%)	7:37	7.9 (84.9%)
68	<b>KĘDZIERSKA Edyta</b>	<b>105</b>		K40-44	8			00:10:50	<b>00:38:09.50</b> (15.0%)	<b>00:48:59.65</b>	+00:05:44 (15.0%)	7:37	7.9 (84.9%)
69	<b>GÓRNA Małgorzata</b>	<b>71</b>	FAMA	K30-39	10			00:09:47	<b>00:38:12.10</b> (15.1%)	<b>00:47:59.75</b>	+00:05:47 (15.1%)	7:38	7.9 (84.9%)
70	<b>GABERT Beata</b>	<b>386</b>	EKSPEDYCJA NORDIC WALKING TEAM SZCZECIN	K45-49	13			00:11:20	<b>00:38:22.60</b> (15.5%)	<b>00:49:43.40</b>	+00:05:57 (15.5%)	7:40	7.8 (83.9%)
71	<b>KNITTER Agata</b>	<b>111</b>	BŁĘKITNI NW DZIEMIANY	K-Junior	8			00:07:55	<b>00:38:24.85</b> (15.6%)	<b>00:46:20.75</b>	+00:05:59 (15.6%)	7:41	7.8 (83.9%)
72	<b>PAKMUR Anna</b>	<b>202</b>		K50-54	6			00:12:24	<b>00:38:27.45</b> (15.7%)	<b>00:50:51.90</b>	+00:06:02 (15.7%)	7:41	7.8 (83.9%)
73	<b>EWERTOWSKA Ewa</b>	<b>51</b>	NORDIC WALKING KIEKRZ	K45-49	14			00:11:22	<b>00:38:31.00</b> (15.8%)	<b>00:49:53.65</b>	+00:06:05 (15.8%)	7:42	7.8 (83.9%)

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
74	<b>SPYCHAŁA-KARAPULKA Arleta</b>	<b>379</b>	MARSZ PO ZDROWIE	K40-44	9			00:10:47	<b>00:38:32.80</b>	<b>00:49:20.20</b>	+00:06:07 (15.9%)	7:42	7.8 (83.9%)
75	<b>WALENDZIAK Milena</b>	<b>367</b>	POCHODZĘ Z MALBORKA	K-Dzieci	5			00:07:30	<b>00:38:34.55</b>	<b>00:46:04.95</b>	+00:06:09 (16.0%)	7:42	7.8 (83.9%)
76	<b>BANASZAK Agata</b>	<b>11</b>	GREEN TEAM ZIELONA GÓRA	K18-29	7			00:08:22	<b>00:38:36.60</b>	<b>00:46:59.20</b>	+00:06:11 (16.0%)	7:43	7.8 (83.9%)
77	<b>GRZEMPA Róża</b>	<b>80</b>	STOWARZYSZENIE WSPARCIA AKTYWNOŚCI I PRZEDSIĘBIORCZOŚCI KOBIET 'JESTEM AKTYWNA'	K30-39	11			00:09:52	<b>00:38:42.05</b>	<b>00:48:34.90</b>	+00:06:17 (16.2%)	7:44	7.8 (83.9%)
78	<b>KIETRUS Grażyna</b>	<b>393</b>	MARSZ PO ZDROWIE	K55-59	8			00:13:38	<b>00:39:00.80</b>	<b>00:52:38.90</b>	+00:06:35 (16.9%)	7:48	7.7 (82.8%)
79	<b>KWAŚNA Małgorzata</b>	<b>146</b>	CHODZĘ Z SERCEM	K45-49	15			00:11:22	<b>00:39:01.10</b>	<b>00:50:23.75</b>	+00:06:36 (16.9%)	7:48	7.7 (82.8%)
80	<b>SZYMAŃSKA Halina</b>	<b>398</b>		K55-59	9			00:13:45	<b>00:39:03.75</b>	<b>00:52:49.40</b>	+00:06:38 (17.0%)	7:48	7.7 (82.8%)
81	<b>KUBICKA Danuta</b>	<b>138</b>	KS METRACO POLKOWICE	K65-69	4			00:15:03	<b>00:39:04.05</b>	<b>00:54:07.55</b>	+00:06:39 (17.0%)	7:48	7.7 (82.8%)
82	<b>PIPIRO Grażyna</b>	<b>212</b>	UNIA MIAST	K55-59	10			00:13:38	<b>00:39:07.35</b>	<b>00:52:46.00</b>	+00:06:42 (17.1%)	7:49	7.7 (82.8%)
83	<b>KRZYŻEWSKA Angelika</b>	<b>136</b>		K18-29	8			00:09:50	<b>00:39:10.45</b>	<b>00:49:00.65</b>	+00:06:45 (17.2%)	7:50	7.7 (82.8%)
84	<b>KULIG Bożena</b>	<b>352</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	6			00:14:29	<b>00:39:21.05</b>	<b>00:53:50.40</b>	+00:06:56 (17.6%)	7:52	7.6 (81.7%)
85	<b>GRUDNOWSKA Dominika</b>	<b>77</b>	BŁĘKITNI NW DZIEMIANY	K-Dzieci	6			00:07:29	<b>00:39:23.60</b>	<b>00:46:53.50</b>	+00:06:58 (17.7%)	7:52	7.6 (81.7%)
86	<b>OKAS Aleksandra</b>	<b>196</b>	UNIA MIAST	K-Dzieci	7			00:07:31	<b>00:39:24.65</b>	<b>00:46:56.55</b>	+00:06:59 (17.7%)	7:53	7.6 (81.7%)
87	<b>WARUSZEWSKA Maja</b>	<b>275</b>	SP 11 TCZEW	K-Dzieci	8			00:07:31	<b>00:39:26.20</b>	<b>00:46:57.40</b>	+00:07:01 (17.8%)	7:53	7.6 (81.7%)
88	<b>FOLWARSKA Małgorzata</b>	<b>56</b>	FACE NORDIC WALKING TEAM	K55-59	11			00:13:39	<b>00:39:26.95</b>	<b>00:53:06.90</b>	+00:07:01 (17.8%)	7:53	7.6 (81.7%)
89	<b>KUTNIEWSKA Maria</b>	<b>144</b>	FACE NORDIC WALKING TEAM	K55-59	12			00:13:38	<b>00:39:27.75</b>	<b>00:53:06.55</b>	+00:07:02 (17.9%)	7:53	7.6 (81.7%)
90	<b>KUMPIŃ Izabela</b>	<b>385</b>	PFNW	K40-44	10			00:10:49	<b>00:39:43.20</b>	<b>00:50:32.95</b>	+00:07:18 (18.4%)	7:56	7.6 (81.7%)
91	<b>WINCZEWSKA Anna</b>	<b>340</b>	RUCH PO ZDROWIE WŁOCLAWEK	K50-54	7			00:12:26	<b>00:39:46.60</b>	<b>00:52:12.65</b>	+00:07:21 (18.5%)	7:57	7.5 (80.6%)
92	<b>BIELASZEWSKA Agnieszka</b>	<b>18</b>		K40-44	11			00:10:48	<b>00:39:53.45</b>	<b>00:50:41.75</b>	+00:07:28 (18.7%)	7:58	7.5 (80.6%)
93	<b>KOSICKA Beata</b>	<b>122</b>		K45-49	16			00:11:25	<b>00:39:58.10</b>	<b>00:51:23.50</b>	+00:07:33 (18.9%)	7:59	7.5 (80.6%)
94	<b>SUDOŁ Irena</b>	<b>242</b>	WŁÓCZYKIJE SKOCZÓW	K50-54	8			00:12:26	<b>00:40:00.10</b>	<b>00:52:26.10</b>	+00:07:35 (19.0%)	8:00	7.5 (80.6%)
95	<b>KOPACZ Kamila</b>	<b>119</b>	UWM OLSZTYN	K18-29	9			00:09:50	<b>00:40:00.80</b>	<b>00:49:51.10</b>	+00:07:35 (19.0%)	8:00	7.5 (80.6%)
96	<b>NOWROTEK Urszula</b>	<b>194</b>	WESOŁY BORSUK TEAM	K50-54	9			00:12:25	<b>00:40:04.95</b>	<b>00:52:30.40</b>	+00:07:39 (19.1%)	8:01	7.5 (80.6%)
97	<b>SZPALERSKA Mirosława</b>	<b>254</b>		K65-69	5			00:15:03	<b>00:40:07.55</b>	<b>00:55:11.05</b>	+00:07:42 (19.2%)	8:01	7.5 (80.6%)
98	<b>ŚCIESIŃSKA Justyna</b>	<b>319</b>	GOSIR OSIELSKO	K45-49	17			00:11:22	<b>00:40:12.85</b>	<b>00:51:35.30</b>	+00:07:47 (19.4%)	8:02	7.5 (80.6%)
99	<b>KUCZYŃSKA Anna</b>	<b>261</b>	NORDIC WALKING KIEKRZ	K55-59	13			00:12:26	<b>00:40:15.25</b>	<b>00:52:41.45</b>	+00:07:50 (19.5%)	8:03	7.5 (80.6%)
100	<b>KOZŁOWSKA Jagoda</b>	<b>126</b>	FACE NORDIC WALKING TEAM	K-Dzieci	9			00:07:30	<b>00:40:17.40</b>	<b>00:47:47.95</b>	+00:07:52 (19.5%)	8:03	7.4 (79.6%)
101	<b>MAZERSKA Maria</b>	<b>171</b>	LKS ZANTYR SZTUM	K65-69	6			00:15:05	<b>00:40:19.15</b>	<b>00:55:24.30</b>	+00:07:54 (19.6%)	8:03	7.4 (79.6%)

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
102	<b>NAZAREWICZ</b> Barbara	<b>351</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	7			00:15:05	<b>00:40:22.35</b>	<b>00:55:27.80</b>	+00:07:57 (19.7%)	8:04	7.4 (79.6%)
103	<b>AŁADOWICZ</b> Anna	<b>2</b>	GOSIR OSIELSKO	K30-39	12			00:09:53	<b>00:40:26.85</b>	<b>00:50:20.60</b>	+00:08:01 (19.9%)	8:05	7.4 (79.6%)
104	<b>KOZŁOWSKA</b> Natalia	<b>128</b>	GOSIR OSIELSKO	K-Junior	9			00:07:57	<b>00:40:27.35</b>	<b>00:48:25.15</b>	+00:08:02 (19.9%)	8:05	7.4 (79.6%)
105	<b>KUŚMIEREK</b> Beata	<b>142</b>	BŁĘKITNI NW DZIEMIANY	K40-44	12			00:10:47	<b>00:40:33.50</b>	<b>00:51:21.35</b>	+00:08:08 (20.1%)	8:06	7.4 (79.6%)
106	<b>SZAŁAJ</b> Anna	<b>246</b>	KS METRACO POLKOWICE	K- Niepełnosprawni	3			00:14:29	<b>00:40:40.10</b>	<b>00:55:09.45</b>	+00:08:15 (20.3%)	8:08	7.4 (79.6%)
107	<b>WIKTORZAK</b> Elżbieta	<b>284</b>	UNIA MIAST	K55-59	14			00:13:40	<b>00:40:42.20</b>	<b>00:54:22.70</b>	+00:08:17 (20.4%)	8:08	7.4 (79.6%)
108	<b>HERMAN</b> Katarzyna	<b>88</b>	SANTANDER CONSUMER BANK	K30-39	13			00:09:53	<b>00:40:43.70</b>	<b>00:50:36.75</b>	+00:08:18 (20.4%)	8:08	7.4 (79.6%)
109	<b>GRUDNOWSKA</b> Wiktoria	<b>76</b>	BŁĘKITNI NW DZIEMIANY	K-Dzieci	10			00:07:30	<b>00:40:43.95</b>	<b>00:48:14.45</b>	+00:08:18 (20.4%)	8:08	7.4 (79.6%)
110	<b>ZAKRZEWSKA</b> Henryka	<b>296</b>	NORDIC TEAM GNIEZNO	K70+	1			00:15:18	<b>00:40:45.50</b>	<b>00:56:03.75</b>	+00:08:20 (20.5%)	8:09	7.4 (79.6%)
111	<b>NOWAKOWSKA</b> Ewa	<b>188</b>	SZKOŁY FAMA	K45-49	18			00:11:20	<b>00:40:45.75</b>	<b>00:52:06.25</b>	+00:08:20 (20.5%)	8:09	7.4 (79.6%)
112	<b>KOBELUSZCZYK</b> Teresa	<b>112</b>		K60-64	7			00:14:31	<b>00:41:02.40</b>	<b>00:55:33.90</b>	+00:08:37 (21.0%)	8:12	7.3 (78.5%)
113	<b>STAWNIAK</b> Wanda	<b>302</b>	UTW ŻNIN	K65-69	8			00:15:03	<b>00:41:06.75</b>	<b>00:56:10.60</b>	+00:08:41 (21.1%)	8:13	7.3 (78.5%)
114	<b>DZIUBA</b> Alicja	<b>363</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K-Junior	10			00:07:55	<b>00:41:17.25</b>	<b>00:49:13.20</b>	+00:08:52 (21.5%)	8:15	7.3 (78.5%)
115	<b>MĄCZKOWSKA</b> Danuta	<b>375</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K55-59	15			00:13:38	<b>00:41:21.25</b>	<b>00:54:59.50</b>	+00:08:56 (21.6%)	8:16	7.3 (78.5%)
116	<b>ŻYWICKA</b> Irena	<b>303</b>	BŁĘKITNI NW DZIEMIANY	K55-59	16			00:13:47	<b>00:41:21.55</b>	<b>00:55:09.45</b>	+00:08:56 (21.6%)	8:16	7.3 (78.5%)
117	<b>KOCZUR</b> Dorota	<b>372</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	8			00:14:30	<b>00:41:25.05</b>	<b>00:55:55.45</b>	+00:09:00 (21.7%)	8:17	7.2 (77.4%)
118	<b>RACHWAŁ- PRZYBYSZ</b> Dorota	<b>337</b>	AVOCADO WELLNES CLUB	K40-44	13			00:10:48	<b>00:41:30.60</b>	<b>00:52:18.75</b>	+00:09:05 (21.9%)	8:18	7.2 (77.4%)
119	<b>ZATORSKA</b> Agnieszka	<b>300</b>	NORDIC WALKING KIEKRZ	K40-44	14			00:10:48	<b>00:41:32.35</b>	<b>00:52:21.10</b>	+00:09:07 (22.0%)	8:18	7.2 (77.4%)
120	<b>KRUK</b> Hanna	<b>350</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K40-44	15			00:10:49	<b>00:41:36.20</b>	<b>00:52:25.35</b>	+00:09:11 (22.1%)	8:19	7.2 (77.4%)
121	<b>DRON</b> Agnieszka	<b>39</b>	FACE NORDIC WALKING TEAM	K30-39	14			00:09:49	<b>00:41:44.90</b>	<b>00:51:34.15</b>	+00:09:19 (22.4%)	8:21	7.2 (77.4%)
122	<b>MROWIEC</b> Maria	<b>180</b>	UNIA MIAST	K70+	2			00:15:19	<b>00:41:46.80</b>	<b>00:57:06.65</b>	+00:09:21 (22.4%)	8:21	7.2 (77.4%)
123	<b>WEŁNICKA</b> Ewelina	<b>313</b>	GUNTHER TEAM	K-Junior	11			00:07:56	<b>00:41:47.90</b>	<b>00:49:44.55</b>	+00:09:22 (22.4%)	8:21	7.2 (77.4%)
124	<b>OKAS</b> Dominika	<b>197</b>	UNIA MIAST	K-Dzieci	11			00:07:32	<b>00:41:55.20</b>	<b>00:49:28.05</b>	+00:09:30 (22.7%)	8:23	7.2 (77.4%)
124	<b>MIELEWCZYK</b> Aleksandra	<b>175</b>		K55-59	17			00:13:37	<b>00:41:55.20</b>	<b>00:55:32.75</b>	+00:09:30 (22.7%)	8:23	7.2 (77.4%)
126	<b>KIDAWA</b> Danuta	<b>106</b>	SANTANDER CONSUMER BANK	K40-44	16			00:10:48	<b>00:41:56.00</b>	<b>00:52:44.70</b>	+00:09:30 (22.7%)	8:23	7.2 (77.4%)
127	<b>PACYNA</b> Helena	<b>201</b>	KS METRACO POLKOWICE	K65-69	9			00:15:02	<b>00:41:56.10</b>	<b>00:56:59.00</b>	+00:09:31 (22.7%)	8:23	7.2 (77.4%)
128	<b>MILEWSKA</b> Wiesława	<b>342</b>	RUCH PO ZDROWIE WŁOCLAWEK	K45-49	19			00:11:24	<b>00:41:57.20</b>	<b>00:53:21.25</b>	+00:09:32 (22.7%)	8:23	7.2 (77.4%)
129	<b>KWIATKOWSKA</b> Jadwiga	<b>148</b>	KS METRACO POLKOWICE	K65-69	10			00:15:02	<b>00:42:08.60</b>	<b>00:57:11.05</b>	+00:09:43 (23.1%)	8:25	7.1 (76.3%)

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
130	SKALSKA Martyna	224	SANTANDER CONSUMER BANK	K18-29	10			00:09:50	00:42:16.75 (23.3%)	00:52:07.10	+00:09:51 (23.3%)	8:27	7.1 (76.3%)
131	SYNAKIEWICZ Magdalena	244	ES-TEAM	K30-39	15			00:09:53	00:42:22.85 (23.5%)	00:52:16.70	+00:09:57 (23.5%)	8:28	7.1 (76.3%)
132	SZEWczyk Bożena	355	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K65-69	11			00:15:06	00:42:23.20 (23.5%)	00:57:29.65	+00:09:58 (23.5%)	8:28	7.1 (76.3%)
133	STELMACH Anita	233	ST TEAM	K40-44	17			00:10:48	00:42:31.55 (23.8%)	00:53:19.85	+00:10:06 (23.8%)	8:30	7.1 (76.3%)
134	GROBELNA Jadwiga	75	KS METRACO POLKOWICE	K- Niepełnosprawni	4			00:14:30	00:42:33.70 (23.8%)	00:57:03.70	+00:10:08 (23.8%)	8:30	7.1 (76.3%)
135	SZYFFER Aleksandra	260	GOSIR OSIELSKO	K50-54	10			00:12:26	00:42:42.90 (24.1%)	00:55:09.55	+00:10:17 (24.1%)	8:32	7 (75.3%)
136	SZULC-DRABCZYK Urszula	258	KS METRACO POLKOWICE	K- Niepełnosprawni	5			00:14:29	00:42:43.10 (24.1%)	00:57:12.80	+00:10:18 (24.1%)	8:32	7 (75.3%)
137	SOKOŁOWSKA Weronika	345		K18-29	11			00:09:48	00:42:46.85 (24.2%)	00:52:35.40	+00:10:21 (24.2%)	8:33	7 (75.3%)
138	KOŁUTKIEWICZ Justyna	117	SANTANDER CONSUMER BANK	K18-29	12			00:09:49	00:42:51.15 (24.4%)	00:52:40.85	+00:10:26 (24.4%)	8:34	7 (75.3%)
139	ZIĘBA Julia	301	UNIA MIAST	K70+	3			00:15:18	00:42:56.50 (24.5%)	00:58:15.45	+00:10:31 (24.5%)	8:35	7 (75.3%)
140	GUNTHER Paulina	312	GUNTHER TEAM	K18-29	13			00:08:23	00:43:03.55 (24.7%)	00:51:26.80	+00:10:38 (24.7%)	8:36	7 (75.3%)
141	BOSEK Ewa	28	KSN ŁUCZNICZKA BYDGOSZCZ	K- Niepełnosprawni	6			00:09:58	00:43:05.80 (24.8%)	00:53:03.85	+00:10:40 (24.8%)	8:37	7 (75.3%)
142	ANDRZEJEWSKA Bogusława	3	MARSZ PO ZDROWIE	K55-59	18			00:13:38	00:43:11.30 (24.9%)	00:56:49.55	+00:10:46 (24.9%)	8:38	6.9 (74.2%)
143	BRUSKA Mariola	31	BŁĘKITNI NW DZIEMIANY	K45-49	20			00:11:24	00:43:12.90 (25.0%)	00:54:37.00	+00:10:47 (25.0%)	8:38	6.9 (74.2%)
144	PRZYBYLAK Dorota	214	FACE NORDIC WALKING TEAM	K- Niepełnosprawni	7			00:15:05	00:43:13.15 (25.0%)	00:58:18.60	+00:10:48 (25.0%)	8:38	6.9 (74.2%)
145	SZNAJDER Teresa	251	UNIA MIAST	K60-64	9			00:14:31	00:43:14.95 (25.0%)	00:57:46.45	+00:10:49 (25.0%)	8:39	6.9 (74.2%)
146	ŚLUSARCZYK Karolina	264	WESOŁY BORSUK TEAM	K-Dzieci	12			00:07:31	00:43:18.05 (25.1%)	00:50:49.30	+00:10:53 (25.1%)	8:39	6.9 (74.2%)
147	DZIEDZIEWICZ Natalia	328		K30-39	16			00:09:53	00:43:21.90 (25.2%)	00:53:15.45	+00:10:56 (25.2%)	8:40	6.9 (74.2%)
148	KOLBUSZ Janina	167	KS METRACO POLKOWICE	K65-69	12			00:15:03	00:43:23.45 (25.3%)	00:58:26.85	+00:10:58 (25.3%)	8:40	6.9 (74.2%)
149	JERECZEK Grażyna	95	BŁĘKITNI NW DZIEMIANY	K55-59	19			00:13:38	00:43:23.95 (25.3%)	00:57:02.00	+00:10:58 (25.3%)	8:40	6.9 (74.2%)
150	SZEWczyk Julia	250	FACE NORDIC WALKING TEAM	K-Junior	12	2 min kary		00:08:24	00:43:25.35 (25.3%)	00:51:50.00	+00:11:00 (25.3%)	8:41	6.9 (74.2%)
150	PIATCZYC Barbara	511		K50-54	11			00:12:27	00:43:25.35 (25.3%)	00:55:52.85	+00:11:00 (25.3%)	8:41	6.9 (74.2%)
152	GIZLER Arleta	483	GOSIR OSIELSKO	K50-54	12			00:12:28	00:43:37.60 (25.7%)	00:56:05.70	+00:11:12 (25.7%)	8:43	6.9 (74.2%)
153	BIELASZEWSKA Zuzanna	19		K-Dzieci	13			00:07:57	00:43:37.90 (25.7%)	00:51:35.20	+00:11:12 (25.7%)	8:43	6.9 (74.2%)
154	ZIEGERT Adriana	382	GOSIR OSIELSKO	K30-39	17			00:09:54	00:43:40.85 (25.8%)	00:53:35.55	+00:11:15 (25.8%)	8:44	6.9 (74.2%)
155	SZOBER Karolina	253	GOSIR OSIELSKO	K30-39	18			00:09:54	00:43:45.35 (25.9%)	00:53:40.25	+00:11:20 (25.9%)	8:45	6.9 (74.2%)
156	GRZEMPA Krystyna	82	STOWARZYSZENIE WSPARCIA AKTYWNOŚCI I PRZEDSIĘBIORCZOŚCI KOBIET 'JESTEM AKTYWNA'	K60-64	10			00:14:30	00:43:46.70 (26.0%)	00:58:17.65	+00:11:21 (26.0%)	8:45	6.9 (74.2%)
157	BAREŁA Ewa	315		K50-54	13			00:12:24	00:43:51.80 (26.1%)	00:56:16.25	+00:11:26 (26.1%)	8:46	6.8 (73.1%)

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
158	<b>DANIELEWSKA Elżbieta</b>	<b>282</b>	GOSIR OSIELSKO	K30-39	19			00:09:53	<b>00:44:03.20</b>	<b>00:53:56.20</b>	+00:11:38 (26.4%)	8:48	6.8 (73.1%)
159	<b>STELMACH Katarzyna</b>	<b>234</b>	ST TEAM	K-Dzieci	14			00:07:33	<b>00:44:03.70</b>	<b>00:51:36.85</b>	+00:11:38 (26.4%)	8:48	6.8 (73.1%)
160	<b>GLAZA Weronika</b>	<b>67</b>		K-Dzieci	15			00:07:32	<b>00:44:08.20</b>	<b>00:51:40.50</b>	+00:11:43 (26.6%)	8:49	6.8 (73.1%)
161	<b>LESZCZYŃSKA Kazimiera</b>	<b>325</b>	GOSIR OSIELSKO	K55-59	20			00:13:46	<b>00:44:08.85</b>	<b>00:57:55.50</b>	+00:11:43 (26.6%)	8:49	6.8 (73.1%)
162	<b>ROSZAK Magda</b>	<b>321</b>	GOSIR OSIELSKO	K18-29	14			00:09:52	<b>00:44:10.60</b>	<b>00:54:03.15</b>	+00:11:45 (26.6%)	8:50	6.8 (73.1%)
163	<b>MAJCHRZAK Barbara</b>	<b>161</b>	SANTANDER CONSUMER BANK	K18-29	15			00:09:49	<b>00:44:16.90</b>	<b>00:54:06.30</b>	+00:11:51 (26.8%)	8:51	6.8 (73.1%)
164	<b>PRUSKA-KĘDZIOR Anna</b>	<b>213</b>		K65-69	13			00:15:06	<b>00:44:20.60</b>	<b>00:59:26.80</b>	+00:11:55 (26.9%)	8:52	6.8 (73.1%)
165	<b>OGONOWSKA Edyta</b>	<b>195</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	14			00:12:24	<b>00:44:25.90</b>	<b>00:56:50.75</b>	+00:12:00 (27.0%)	8:53	6.8 (73.1%)
166	<b>JAKIEL-MAINIERI Sabina</b>	<b>90</b>	CZARNE PANTERY	K45-49	21			00:11:27	<b>00:44:32.70</b>	<b>00:55:59.70</b>	+00:12:07 (27.2%)	8:54	6.7 (72.0%)
167	<b>TOKARSKA Joanna</b>	<b>265</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K30-39	20			00:09:52	<b>00:44:41.95</b>	<b>00:54:34.10</b>	+00:12:16 (27.5%)	8:56	6.7 (72.0%)
168	<b>SZCZUBIAŁ Krystyna</b>	<b>248</b>	DĄBROWA NORDIC TEAM	K70+	4			00:15:18	<b>00:44:46.70</b>	<b>01:00:05.55</b>	+00:12:21 (27.6%)	8:57	6.7 (72.0%)
169	<b>RĘBISZ Grażyna</b>	<b>373</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	11			00:14:30	<b>00:45:05.10</b>	<b>00:59:35.35</b>	+00:12:40 (28.1%)	9:01	6.7 (72.0%)
170	<b>MALINOWSKA Grażyna</b>	<b>163</b>	LKS ZANTYR SZTUM	K65-69	14			00:15:04	<b>00:45:09.40</b>	<b>01:00:13.95</b>	+00:12:44 (28.2%)	9:01	6.6 (71.0%)
171	<b>MOTOCZYŃSKA Aleksandra</b>	<b>324</b>	GOSIR OSIELSKO	K55-59	21			00:13:37	<b>00:45:09.85</b>	<b>00:58:47.05</b>	+00:12:44 (28.2%)	9:02	6.6 (71.0%)
172	<b>PIECZKA Monika</b>	<b>384</b>	FACE NORDIC WALKING TEAM	K- Niepełnosprawni	8			00:09:48	<b>00:45:11.90</b>	<b>00:55:00.05</b>	+00:12:46 (28.3%)	9:02	6.6 (71.0%)
173	<b>BARTOSIEWICZ Grażyna</b>	<b>13</b>	FACE NORDIC WALKING TEAM	K60-64	12			00:14:31	<b>00:45:20.85</b>	<b>00:59:51.95</b>	+00:12:55 (28.5%)	9:04	6.6 (71.0%)
174	<b>NOWAK Beata</b>	<b>186</b>	SAILING TEAM FERAJNA	K45-49	22			00:11:25	<b>00:45:42.85</b>	<b>00:57:08.55</b>	+00:13:17 (29.1%)	9:08	6.6 (71.0%)
175	<b>GRABOWSKA Agnieszka</b>	<b>73</b>	MOSIR RYPIN	K- Niepełnosprawni	9			00:14:33	<b>00:46:17.15</b>	<b>01:00:50.45</b>	+00:13:52 (30.0%)	9:15	6.5 (69.9%)
176	<b>BORKOWSKA Sylwia</b>	<b>25</b>	UWM OLSZTYN	K18-29	16			00:09:51	<b>00:46:20.35</b>	<b>00:56:11.55</b>	+00:13:55 (30.0%)	9:16	6.5 (69.9%)
177	<b>SZAROLETA Zofia</b>	<b>247</b>	FACE NORDIC WALKING TEAM	K70+	5			00:15:18	<b>00:46:22.95</b>	<b>01:01:41.60</b>	+00:13:57 (30.1%)	9:16	6.5 (69.9%)
178	<b>ROSZAK Zofia</b>	<b>322</b>	GOSIR OSIELSKO	K-Dzieci	16			00:07:33	<b>00:46:33.35</b>	<b>00:54:06.80</b>	+00:14:08 (30.4%)	9:18	6.4 (68.8%)
179	<b>SZPANOWSKA Marta</b>	<b>255</b>	UWM OLSZTYN	K18-29	17			00:09:49	<b>00:46:37.00</b>	<b>00:56:26.10</b>	+00:14:11 (30.5%)	9:19	6.4 (68.8%)
180	<b>WOLNA Urszula</b>	<b>354</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K60-64	13			00:14:33	<b>00:46:40.00</b>	<b>01:01:13.00</b>	+00:14:14 (30.5%)	9:20	6.4 (68.8%)
181	<b>RUTECKA Monika</b>	<b>218</b>	UWM OLSZTYN	K18-29	18			00:09:51	<b>00:46:43.90</b>	<b>00:56:35.45</b>	+00:14:18 (30.6%)	9:20	6.4 (68.8%)
182	<b>KOZŁOWSKA Agnieszka</b>	<b>127</b>	GOSIR OSIELSKO	K40-44	18			00:10:50	<b>00:47:25.20</b>	<b>00:58:15.30</b>	+00:15:00 (31.6%)	9:29	6.3 (67.7%)
183	<b>JAGŁA Maria</b>	<b>380</b>	GOSIR OSIELSKO	K55-59	22			00:13:39	<b>00:47:26.25</b>	<b>01:01:05.75</b>	+00:15:01 (31.7%)	9:29	6.3 (67.7%)
184	<b>KRYGIEL Irena</b>	<b>133</b>	GOSIR OSIELSKO	K50-54	15			00:12:26	<b>00:47:48.70</b>	<b>01:00:15.30</b>	+00:15:23 (32.2%)	9:33	6.3 (67.7%)
185	<b>KAMIŃSKA Ewa</b>	<b>100</b>		K18-29	19			00:09:50	<b>00:48:02.85</b>	<b>00:57:53.75</b>	+00:15:37 (32.5%)	9:36	6.2 (66.7%)

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
186	<b>BIEŁIŃSKA-SYCZ Wiesława</b>	<b>347</b>		K50-54	16			00:13:41	<b>00:48:14.25</b>	<b>01:01:55.25</b>	+00:15:49 (32.8%)	9:38	6.2 (66.7%)
187	<b>ORAWIEC Wanda</b>	<b>305</b>		K65-69	15	2 min kary		00:15:20	<b>00:48:26.90</b>	<b>01:03:47.00</b>	+00:16:01 (33.1%)	9:41	6.2 (66.7%)
188	<b>WIŚNIEWSKA Danuta</b>	<b>391</b>		K55-59	23			00:13:43	<b>00:48:37.95</b>	<b>01:02:21.80</b>	+00:16:12 (33.3%)	9:43	6.2 (66.7%)
189	<b>TOMASZEWSKA Diana</b>	<b>266</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	21			00:09:50	<b>00:49:02.90</b>	<b>00:58:53.75</b>	+00:16:37 (33.9%)	9:48	6.1 (65.6%)
190	<b>NOWAKOWSKA Ewa</b>	<b>189</b>	GOSIR OSIELSKO	K55-59	24			00:13:39	<b>00:49:07.70</b>	<b>01:02:47.35</b>	+00:16:42 (34.0%)	9:49	6.1 (65.6%)
191	<b>DANIELS Teresa</b>	<b>43</b>	BŁĘKITNI NW DZIEMIANY	K65-69	16			00:15:04	<b>00:49:13.15</b>	<b>01:04:17.70</b>	+00:16:48 (34.1%)	9:50	6.1 (65.6%)
192	<b>WIŚNIEWSKA Grażyna</b>	<b>341</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	25	2 min kary, 1 żółta		00:14:32	<b>00:50:40.85</b>	<b>01:05:12.90</b>	+00:18:15 (36.0%)	10:08	5.9 (63.4%)
193	<b>STRZELECKA Antonina</b>	<b>240</b>	SAILING TEAM FERAJNA	K-Dzieci	17			00:07:31	<b>00:51:13.65</b>	<b>00:58:45.60</b>	+00:18:48 (36.7%)	10:14	5.9 (63.4%)
194	<b>STAUBACH Mirosława</b>	<b>231</b>	BŁĘKITNI NW DZIEMIANY	K55-59	26	2 min kary		00:13:40	<b>00:51:40.95</b>	<b>01:05:21.00</b>	+00:19:15 (37.3%)	10:20	5.8 (62.4%)
195	<b>BORZESZKOWSKA Małgorzata</b>	<b>27</b>		K50-54	17			00:15:50	<b>00:51:54.75</b>	<b>01:07:45.65</b>	+00:19:29 (37.6%)	10:23	5.8 (62.4%)
196	<b>NOWAK Maja</b>	<b>187</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	18			00:07:30	<b>00:52:13.00</b>	<b>00:59:43.50</b>	+00:19:47 (37.9%)	10:26	5.7 (61.3%)
197	<b>KUJAWA Oralia</b>	<b>318</b>	GOSIR OSIELSKO	K70+	6			00:15:19	<b>00:53:14.60</b>	<b>01:08:34.30</b>	+00:20:49 (39.1%)	10:39	5.6 (60.2%)
198	<b>SUMARA Bernardyna</b>	<b>304</b>	GOSIR OSIELSKO	K70+	7			00:15:19	<b>00:53:29.60</b>	<b>01:08:49.10</b>	+00:21:04 (39.4%)	10:42	5.6 (60.2%)
199	<b>KAŹMIERCZAK Żaneta</b>	<b>334</b>	GOSIR OSIELSKO	K30-39	22	2 min kary		00:15:41	<b>00:54:02.45</b>	<b>01:09:44.00</b>	+00:21:37 (40.0%)	10:48	5.6 (60.2%)
200	<b>CHWALISZEWSKA Barbara</b>	<b>32</b>	GOSIR OSIELSKO	K65-69	17			00:15:05	<b>00:55:03.95</b>	<b>01:10:09.60</b>	+00:22:38 (41.1%)	11:00	5.4 (58.1%)
201	<b>GUNTHER Justyna</b>	<b>308</b>	GUNTHER TEAM	K40-44	19			00:10:50	<b>00:55:59.45</b>	<b>01:06:50.40</b>	+00:23:34 (42.1%)	11:12	5.4 (58.1%)
202	<b>KUCHARKO Justyna</b>	<b>309</b>	GUNTHER TEAM	K18-29	20	2 min kary		00:10:50	<b>00:58:12.45</b>	<b>01:09:03.00</b>	+00:25:47 (44.3%)	11:38	5.2 (55.9%)
203	<b>BĄCZYŃSKA Grażyna</b>	<b>358</b>	GOSIR OSIELSKO	K60-64	14			00:14:31	<b>01:21:43.80</b>	<b>01:36:15.05</b>	+00:49:18 (60.3%)	16:20	3.7 (39.8%)
204	<b>BĄCZYŃSKA Blanka</b>	<b>15</b>	GOSIR OSIELSKO	K-Dzieci	19	2 min kary		00:14:34	<b>01:33:10.95</b>	<b>01:47:45.00</b>	+01:00:45 (65.2%)	18:38	3.2 (34.4%)
205	<b>GALIŃSKA Martyna</b>	<b>383</b>		K-Junior	13	2 min kary		00:15:04	<b>01:47:49.45</b>	<b>02:02:54.00</b>	+01:15:24 (69.9%)	21:34	2.8 (30.1%)

Znaleziono 205 wynik(ów)