

OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Osielsko
Data: 2019-08-10
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	496	KABEX PODKOWA JANÓW	M30-39	1			00:29:23	00:59:17.85		5:55	10.1 (100%)
2	WOJTOWICZ Tomasz	591	BIESZCZADZKI KLUB NORDIC WALKING / NWPL	M18-29	1			00:30:28	01:01:19.80	+00:02:01 (3.3%)	6:08	9.8 (97.0%)
3	KUŹMICZ Adam	1	NWPL/POLIPACK TEAM GWE	M30-39	2			00:30:41	01:02:39.70	+00:03:21 (5.4%)	6:15	9.6 (95.0%)
4	MACKIEWICZ Dariusz	459	AKTYWNY KODEŃ	M40-49	1			00:31:28	01:03:01.35	+00:03:43 (5.9%)	6:18	9.5 (94.1%)
5	MIELECKA Agnieszka	463	KS IDMAR RACING TEAM	K50-59	1			00:31:34	01:03:12.40	+00:03:54 (6.2%)	6:19	9.5 (94.1%)
6	WOJTASIŃSKI Daniel	514	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:31:37	01:03:33.30	+00:04:15 (6.7%)	6:21	9.4 (93.1%)
7	NIECHWIEJCZYK Piotr	467	UNIA MIAST	M40-49	3			00:31:10	01:03:34.40	+00:04:16 (6.7%)	6:21	9.4 (93.1%)
8	KLICZKA Kamil	440	SANPROBI SZCZECIN	M50-59	1			00:31:13	01:03:47.30	+00:04:29 (7.0%)	6:22	9.4 (93.1%)
9	KŁOS Maciej	442	NW WYSPA SOBIESZEWSKA	M30-39	3			00:31:23	01:03:48.40	+00:04:30 (7.1%)	6:22	9.4 (93.1%)
10	HELWICH Stefan	427	KS METRACO POLKOWICE	M60-69	1			00:31:30	01:03:58.60	+00:04:40 (7.3%)	6:23	9.4 (93.1%)
11	POŁUBIAK Paweł	476		M30-39	4			00:31:55	01:04:33.65	+00:05:15 (8.2%)	6:27	9.3 (92.1%)
12	NAKONIECZNY Grzegorz	384	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	4			00:31:42	01:05:24.60	+00:06:06 (9.3%)	6:32	9.2 (91.1%)
13	KUBISZYN Małgorzata	452	KS METRACO POLKOWICE	K30-39	1			00:32:50	01:06:15.00	+00:06:57 (10.5%)	6:37	9.1 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk All 5km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
14	JUREK Adam	435	KS METRACO POLKOWICE	M50-59	2			00:32:32	01:06:31.65	+00:07:13 (10.9%)	6:39	9 (89.1%)
15	KUŚMIEREK Jan	338	KLUB BŁĘKITNI NW DZIEMIANY	M40-49	5			00:33:25	01:06:51.35	+00:07:33 (11.3%)	6:41	9 (89.1%)
16	KLIMCZAK Adam	441	GOSADI NORDIC TEAM	M50-59	3			00:33:18	01:07:04.50	+00:07:46 (11.6%)	6:42	8.9 (88.1%)
17	JĘDRASIAK Renata	434	KS METRACO POLKOWICE	K50-59	2			00:33:21	01:07:14.30	+00:07:56 (11.8%)	6:43	8.9 (88.1%)
18	KOBIELA Krzysztof	443	NORDIC TEAM CZĘSTOCHOWA	M40-49	6			00:33:30	01:07:21.60	+00:08:03 (12.0%)	6:44	8.9 (88.1%)
19	WĘŻOWICZ Ewa	510	STADION ŚLĄSKI	K40-49	1			00:33:15	01:07:32.80	+00:08:14 (12.2%)	6:45	8.9 (88.1%)
20	SANIUK Edward	488	FACE NORDIC WALKING TEAM	M70+	1	1		00:33:44	01:07:40.40	+00:08:22 (12.4%)	6:46	8.9 (88.1%)
21	PIETRZYK Jarosław	474	NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:33:24	01:07:47.20	+00:08:29 (12.5%)	6:46	8.9 (88.1%)
22	ŚWISŁOCKI Bogdan	502	FACE NORDIC WALKING TEAM	M50-59	4			00:33:38	01:08:24.15	+00:09:06 (13.3%)	6:50	8.8 (87.1%)
23	DREWA Marian	414	POLIPACK TEAM GWE	M60-69	2			00:33:15	01:08:26.25	+00:09:08 (13.4%)	6:50	8.8 (87.1%)
24	KOZAKOWSKA Małgorzata	448	KS SOKÓŁ GAŚAWA	K40-49	2			00:33:42	01:08:29.90	+00:09:12 (13.4%)	6:51	8.8 (87.1%)
25	JAGUSIAK Grzegorz	430		M40-49	7	1		00:33:41	01:08:40.50	+00:09:22 (13.7%)	6:52	8.7 (86.1%)
26	ADAMCZYK Adam	401	PASJA NORDIC WALKING	M70+	2			00:34:31	01:08:54.25	+00:09:36 (13.9%)	6:53	8.7 (86.1%)
27	WILUSZ Erwina	353	PTG SOKÓŁ RYMANÓW	K30-39	2			00:33:55	01:09:03.95	+00:09:46 (14.1%)	6:54	8.7 (86.1%)
28	HRYCIUK Waldemar	428	TKKF KRZNA BIAŁA PODLASKA	M60-69	3	1		00:34:31	01:09:36.80	+00:10:18 (14.8%)	6:57	8.6 (85.1%)
29	KRÓLIKOWSKA Krystyna	449	POLIPACK TEAM GWE	K40-49	3			00:34:32	01:09:47.20	+00:10:29 (15.0%)	6:58	8.6 (85.1%)
30	KOŃCZEWSKA Bożena	445	BIESZCZADZKI KLUB NORDIC WALKING / KLUB BIEGACZA USTRZYKIDOLNE	K50-59	3			00:34:51	01:10:16.05	+00:10:58 (15.6%)	7:01	8.5 (84.2%)
31	ROSADZIŃSKI Sławomir	484	LESZNO :)	M50-59	5			00:34:15	01:10:17.30	+00:10:59 (15.6%)	7:01	8.5 (84.2%)
32	HRYNDIO Jerzy	429	STADION ŚLĄSKI	M60-69	4			00:34:42	01:10:20.90	+00:11:03 (15.7%)	7:02	8.5 (84.2%)
33	WARUSZEWSKI Karol	507	BIEGAJĄCY TCZEW	M40-49	8			00:35:08	01:10:29.65	+00:11:11 (15.9%)	7:03	8.5 (84.2%)
34	NETKOWSKI Wojciech	466	PASJA NORDIC WALKING	M60-69	5			00:34:42	01:10:39.00	+00:11:21 (16.1%)	7:03	8.5 (84.2%)
35	OSTROCHALSKA Aleksandra	470	POLIPACK TEAM GWE	K40-49	4			00:35:22	01:10:51.50	+00:11:33 (16.3%)	7:05	8.5 (84.2%)
36	RUDAWSKI Piotr	486	WALK & RUN TEAM OBORNIKI	M30-39	6			00:34:37	01:11:01.20	+00:11:43 (16.5%)	7:06	8.4 (83.2%)

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									netto 10km	Różn		
37	SMARSZCZ Wiesław	492	LĘBORSKIE LWY	M60-69	6			00:34:46	01:11:12.70	+00:11:54 (16.7%)	7:07	8.4 (83.2%)
38	PRZYBYŁEK Marysia	480		K40-49	5			00:36:02	01:11:40.90	+00:12:23 (17.3%)	7:10	8.4 (83.2%)
39	CZAJKA Urszula	411	FACE NORDIC WALKING TEAM	K60-69	1			00:35:24	01:12:00.85	+00:12:43 (17.7%)	7:12	8.3 (82.2%)
40	RAJEK Magdalena	482	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:35:30	01:12:17.20	+00:12:59 (18.0%)	7:13	8.3 (82.2%)
41	SZCZĘŚNIAK Zbigniew	499	NORDIC TEAM CZĘSTOCHOWA	M50-59	6			00:36:04	01:12:21.70	+00:13:03 (18.1%)	7:14	8.3 (82.2%)
42	MUSIATOWICZ Aleksandra	465	PASJA NORDIC WALKING	K40-49	7			00:35:42	01:12:25.55	+00:13:07 (18.1%)	7:14	8.3 (82.2%)
43	POSIM Dariusz	478	WATAHA	M50-59	7			00:35:21	01:12:43.40	+00:13:25 (18.5%)	7:16	8.2 (81.2%)
44	BADECKI Ryszard	522	KS METRACO POLKOWICE	M50-59	8			00:35:44	01:12:44.45	+00:13:26 (18.5%)	7:16	8.2 (81.2%)
45	WOJDANOWSKA Małgorzata	513	LECYMY DURŚ	K30-39	3			00:36:13	01:12:44.60	+00:13:26 (18.5%)	7:16	8.2 (81.2%)
46	KACZMAREK Maja	436	POLIPACK TEAM GWE	K30-39	4			00:36:12	01:12:49.00	+00:13:31 (18.6%)	7:16	8.2 (81.2%)
47	STAWNIAK Karol	494	KS METRACO POLKOWICE	M70+	3			00:35:50	01:12:50.35	+00:13:32 (18.6%)	7:17	8.2 (81.2%)
48	DUSIEL Ewa	417	NORDIC TEAM CZĘSTOCHOWA	K50-59	4			00:35:43	01:12:56.20	+00:13:38 (18.7%)	7:17	8.2 (81.2%)
49	WEINER Jakub	509	CKZIU MECHANIK NYSA	M18-29	2			00:36:21	01:12:57.95	+00:13:40 (18.7%)	7:17	8.2 (81.2%)
50	CHMIELEWSKI Antoni	406	FUNDACJA W TE PĘDY	M70+	4			00:35:55	01:13:01.60	+00:13:43 (18.8%)	7:18	8.2 (81.2%)
51	RASZEWSKA Izabela	483	FORMA NA PIĄTKĘ NW	K40-49	8			00:36:20	01:13:02.00	+00:13:44 (18.8%)	7:18	8.2 (81.2%)
52	PYTEC Anna	374		K40-49	9			00:36:14	01:13:24.65	+00:14:06 (19.2%)	7:20	8.2 (81.2%)
53	BOCZAR Beata	365	GREEK TEAM	K50-59	5			00:35:30	01:13:33.00	+00:14:15 (19.4%)	7:21	8.2 (81.2%)
54	BRYLIŃSKI Piotr	364		M40-49	9			00:36:56	01:13:37.70	+00:14:19 (19.5%)	7:21	8.1 (80.2%)
55	ŚLUSARCZYK Andrzej	501	WESOŁY BORSUK TEAM	M60-69	7			00:36:30	01:13:46.75	+00:14:28 (19.6%)	7:22	8.1 (80.2%)
56	RUDAWSKI Maciej	485	WALK & RUN TEAM OBORNIKI	M30-39	7			00:36:54	01:14:14.20	+00:14:56 (20.1%)	7:25	8.1 (80.2%)
57	ŁOPIŃSKI Aleksy	457	DAJ RADOŚĆ NIEPWŁNOSPRAWNYM	M70+	5			00:37:14	01:14:31.60	+00:15:13 (20.4%)	7:27	8.1 (80.2%)
58	PALIWODA Kasia	383	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	10			00:36:36	01:14:55.15	+00:15:37 (20.9%)	7:29	8 (79.2%)
59	KURZAWSKA Jolanta	453	KS METRACO POLKOWICE	K70+	1			00:37:19	01:15:03.80	+00:15:45 (21.0%)	7:30	8 (79.2%)

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									netto 10km	Różn		
60	KOBIELA Magdalena	444	NORDIC TEAM CZĘSTOCHOWA	K40-49	11			00:37:37	01:15:24.55	+00:16:06 (21.4%)	7:32	8 (79.2%)
61	SZARSZUNOWICZ Anna	498	KRAMTEAM	K30-39	5			00:36:42	01:15:34.30	+00:16:16 (21.5%)	7:33	7.9 (78.2%)
62	ZACHARCZUK Zofia	515	NOWI SIEDLCE - NW WSCHÓD	K60-69	2			00:37:44	01:16:08.80	+00:16:50 (22.1%)	7:36	7.9 (78.2%)
63	PALUDKIEWICZ Piotr	472		M50-59	9			00:37:21	01:16:15.50	+00:16:57 (22.2%)	7:37	7.9 (78.2%)
64	GOLUS Agnieszka	423	FORMA NA PIĄTKĘ NW	K40-49	12			00:38:39	01:16:15.65	+00:16:57 (22.2%)	7:37	7.9 (78.2%)
65	LENER Sławomir	375	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	8			00:36:54	01:16:22.05	+00:17:04 (22.4%)	7:38	7.9 (78.2%)
66	HAŁAS Ewa	426	KIJKOWA KCYNIA	K30-39	6			00:37:56	01:16:32.05	+00:17:14 (22.5%)	7:39	7.8 (77.2%)
67	GAŁOWSKA Agnieszka	421	INPOWER	K40-49	13			00:38:13	01:16:35.40	+00:17:17 (22.6%)	7:39	7.8 (77.2%)
68	FRYDRYCH Krzysztof	420	WESOŁY BORSUK TEAM	M40-49	10			00:38:13	01:16:47.35	+00:17:29 (22.8%)	7:40	7.8 (77.2%)
69	GWAREK Anita	424	PASJA NORDIC WALKING	K40-49	14			00:37:02	01:17:00.05	+00:17:42 (23.0%)	7:42	7.8 (77.2%)
70	NAWROCKA Jolanta	373	K.B. KATORZNIK MUROWANA GOŚLINA	K60-69	3			00:38:11	01:17:11.45	+00:17:53 (23.2%)	7:43	7.8 (77.2%)
71	CONTUCCI Ewa	410	NORDIC TEAM CZĘSTOCHOWA	K40-49	15			00:38:14	01:17:19.95	+00:18:02 (23.3%)	7:44	7.8 (77.2%)
72	PONKA Radosław	351	POLIPACK TEAM GWE	M40-49	11			00:38:17	01:17:22.95	+00:18:05 (23.4%)	7:44	7.8 (77.2%)
73	BIĄŁK Roman	404		M60-69	9			00:38:29	01:17:30.55	+00:18:12 (23.5%)	7:45	7.7 (76.2%)
74	MROZIK Aleksandra	464		K40-49	16			00:38:20	01:17:32.00	+00:18:14 (23.5%)	7:45	7.7 (76.2%)
75	PANEK Elwira	473	ŁĘBORSKIE LWY	K50-59	6			00:38:35	01:17:51.45	+00:18:33 (23.8%)	7:47	7.7 (76.2%)
76	CHYRA Janusz	408	UNIA MIAST	M40-49	12			00:39:23	01:17:57.85	+00:18:40 (23.9%)	7:47	7.7 (76.2%)
77	OLECH Marcin	378		M40-49	13			00:38:29	01:17:59.15	+00:18:41 (24.0%)	7:47	7.7 (76.2%)
78	SĘDZIK Katarzyna	489	LECZYMY DURŚ	K40-49	17			00:38:20	01:18:39.55	+00:19:21 (24.6%)	7:51	7.6 (75.2%)
79	CIESIELSKA Renata	409	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	18			00:39:04	01:18:49.50	+00:19:31 (24.8%)	7:52	7.6 (75.2%)
80	CZEMPIK Aniela	412	STADION ŚLĄSKI	K60-69	4			00:39:26	01:18:53.40	+00:19:35 (24.8%)	7:53	7.6 (75.2%)
81	GOLUS Urszula	382	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	5			00:38:41	01:18:58.60	+00:19:40 (24.9%)	7:53	7.6 (75.2%)
82	FORYŚ Katarzyna	419	WATAHA	K30-39	7			00:39:03	01:19:00.45	+00:19:42 (24.9%)	7:54	7.6 (75.2%)

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83	KOWAL Kamil	110	AZS SUM	M18-29	3			00:40:12	01:19:13.55	+00:19:55 (25.2%)	7:55	7.6 (75.2%)
84	GABERT Beata	381	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	19			00:39:02	01:19:16.15	+00:19:58 (25.2%)	7:55	7.6 (75.2%)
85	WNEK Ewa	512	DOIIB	K60-69	6			00:39:06	01:19:37.40	+00:20:19 (25.5%)	7:57	7.5 (74.3%)
86	BACHANEK Katarzyna	403	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	7			00:39:26	01:19:44.90	+00:20:27 (25.6%)	7:58	7.5 (74.3%)
87	PINIS Michał	475	NORDIC TEAM CZĘSTOCHOWA	M30-39	8			00:39:42	01:19:47.00	+00:20:29 (25.7%)	7:58	7.5 (74.3%)
88	ZWIERZCHOWSKA Żaneta	295	SPORT I REKREACJA START CHEŁMNO	K50-59	8			00:42:19	01:19:50.35	+00:20:32 (25.7%)	7:59	7.5 (74.3%)
89	KIDAWA Bożena	505	SANTANDER CONSUMER BANK	K60-69	7			00:40:17	01:20:52.15	+00:21:34 (26.7%)	8:05	7.4 (73.3%)
90	SMEJA Justyna	454		K40-49	20			00:40:28	01:20:57.60	+00:21:39 (26.8%)	8:05	7.4 (73.3%)
91	STANKOWSKA Marzena	493	KIJKOWE TRZEMESZNO	K40-49	21			00:40:06	01:21:31.45	+00:22:13 (27.3%)	8:09	7.4 (73.3%)
92	TURZYŃSKA-STOPA Maria	340	KLUB BŁĘKITNI NW DZIEMIANY	K60-69	8			00:40:27	01:21:32.20	+00:22:14 (27.3%)	8:09	7.4 (73.3%)
93	KIDAWA Marian	366	SANTANDER CONSUMER BANK	M60-69	10			00:40:23	01:22:05.20	+00:22:47 (27.8%)	8:12	7.3 (72.3%)
94	LABUDDA Katarzyna	455	FACE NORDIC WALKING TEAM	K30-39	8			00:39:35	01:22:06.15	+00:22:48 (27.8%)	8:12	7.3 (72.3%)
95	KOMAJDA Jarosław	518	GOSIR OSIELSKO	M50-59	10			00:40:22	01:22:08.40	+00:22:50 (27.8%)	8:12	7.3 (72.3%)
96	POPIELARZ Karolina	477	ŁABISZYN RUNNERS	K30-39	9			00:40:36	01:22:15.75	+00:22:57 (27.9%)	8:13	7.3 (72.3%)
97	PILARSKA Beata	431		K40-49	22			00:40:01	01:22:22.80	+00:23:04 (28.0%)	8:14	7.3 (72.3%)
98	OMARSKA Grażyna	469	PASJA NORDIC WALKING	K60-69	9			00:41:21	01:22:44.60	+00:23:26 (28.3%)	8:16	7.3 (72.3%)
99	BOŻYK Krystyna	367		K60-69	10			00:40:21	01:22:48.05	+00:23:30 (28.4%)	8:16	7.2 (71.3%)
100	JANCY Anita	226	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	23			00:41:31	01:22:57.35	+00:23:39 (28.5%)	8:17	7.2 (71.3%)
101	MARSZAŁEK Anna	461		K40-49	24			00:41:25	01:23:08.55	+00:23:50 (28.7%)	8:18	7.2 (71.3%)
102	WYSOCKA Bernadeta	337	KLUB BŁĘKITNI NW DZIEMIANY	K40-49	25			00:40:47	01:23:09.45	+00:23:51 (28.7%)	8:18	7.2 (71.3%)
103	KISZKA-MAZIARCZUK Berenika	439	LECZYMY DURŚ	K30-39	10			00:42:24	01:23:51.85	+00:24:34 (29.3%)	8:23	7.2 (71.3%)
104	WĄTROBA Sebastian	508	VITADIET ŁÓDŹ	M40-49	14			00:40:51	01:24:02.65	+00:24:44 (29.4%)	8:24	7.1 (70.3%)
105	FOLWARSKA Małgorzata	418	FACE NORDIC WALKING TEAM	K60-69	11			00:41:12	01:24:10.95	+00:24:53 (29.6%)	8:25	7.1 (70.3%)

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									netto 10km	Różn		
106	SZELIGA Justyna	500	LIDER GRODZISK MAZOWIECKI	K40-49	26			00:42:46	01:24:32.95	+00:25:15 (29.9%)	8:27	7.1 (70.3%)
107	DUDEK Sandra	416	LECZYMY DURŚ	K18-29	1			00:42:40	01:25:41.40	+00:26:23 (30.8%)	8:34	7 (69.3%)
108	MACIŃSKA Estera	458	LECZYMY DURŚ	K18-29	2			00:42:40	01:25:42.90	+00:26:25 (30.8%)	8:34	7 (69.3%)
109	THOMALLA Bogdan	504	STADION ŚLĄSKI	M70+	6			00:41:24	01:25:46.60	+00:26:28 (30.9%)	8:34	7 (69.3%)
110	SZCZUKOWSKA Agnieszka	247	GMINA PRUSZCZ	K40-49	27			00:45:10	01:26:07.10	+00:26:49 (31.1%)	8:36	7 (69.3%)
111	KRYGIEL Maria	299	GOSIR OSIELSKO	K50-59	9			00:43:14	01:26:26.00	+00:27:08 (31.4%)	8:38	6.9 (68.3%)
112	WANDEL Agnieszka	506	FACE NORDIC WALKING TEAM	K40-49	28			00:43:05	01:26:45.25	+00:27:27 (31.6%)	8:40	6.9 (68.3%)
113	POSIM Bogumiła	479	WATAHA	K50-59	10			00:43:21	01:27:11.50	+00:27:53 (32.0%)	8:43	6.9 (68.3%)
114	NOWASTOWSKI Janusz	446		M60-69	11			00:41:01	01:27:20.90	+00:28:03 (32.1%)	8:44	6.9 (68.3%)
115	SZYBUT Roma	376		K30-39	11			00:43:16	01:27:24.55	+00:28:06 (32.2%)	8:44	6.9 (68.3%)
116	NOWICKA Iwona	468	GOSIR OSIELSKO	K50-59	11			00:43:52	01:27:37.50	+00:28:19 (32.3%)	8:45	6.8 (67.3%)
117	SIWCZYK Grażyna	491	LECZYMY DURŚ	K60-69	12			00:44:22	01:27:50.30	+00:28:32 (32.5%)	8:47	6.8 (67.3%)
118	DROZD Krystyna	415	CIDRY LOTAJOM	K50-59	12			00:43:48	01:28:23.40	+00:29:05 (32.9%)	8:50	6.8 (67.3%)
119	GRZĄDKA Mariola	70	GMINA PRUSZCZ	K50-59	13			00:44:52	01:28:50.55	+00:29:32 (33.3%)	8:53	6.8 (67.3%)
120	JASIULEWICZ Marek	432		M60-69	12			00:43:46	01:29:15.15	+00:29:57 (33.6%)	8:55	6.7 (66.3%)
121	STEFANIAK Bożena	495		K60-69	13			00:43:55	01:29:43.50	+00:30:25 (33.9%)	8:58	6.7 (66.3%)
122	KRÓLIKOWSKA-ŁOSKOT Danuta	450	STADION ŚLĄSKI	K60-69	14			00:44:28	01:29:45.50	+00:30:27 (33.9%)	8:58	6.7 (66.3%)
123	WŁOCHOWICZ Olga	511	LECZYMY DURŚ	K30-39	12			00:45:05	01:29:48.15	+00:30:30 (34.0%)	8:58	6.7 (66.3%)
124	FLISAK Joanna	45	GMINA PRUSZCZ	K40-49	29			00:45:11	01:31:18.10	+00:32:00 (35.1%)	9:07	6.6 (65.3%)
125	ZIĘBA Julia	516	STADION ŚLĄSKI	K70+	2			00:45:54	01:32:43.85	+00:33:26 (36.1%)	9:16	6.5 (64.4%)
126	OWCZAREK Henryka	471	MARSZ PO ZDROWIE	K70+	3			00:45:59	01:32:44.80	+00:33:26 (36.1%)	9:16	6.5 (64.4%)
127	CZEMPIK Kornelia	413	STADION ŚLĄSKI	K50-59	14			00:40:18	01:32:45.95	+00:33:28 (36.1%)	9:16	6.5 (64.4%)
128	BACDORF Alicja	402	LIDER GRODZISK MAZOWIECKI	K60-69	15			00:46:08	01:33:37.50	+00:34:19 (36.7%)	9:21	6.4 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
129	KIEŁPIŃSKA Gabriela	437	KIEŁPINTEAM	K40-49	30			00:45:04	01:34:35.70	+00:35:17 (37.3%)	9:27	6.3 (62.4%)
130	JÓŹWIAK Dominik	86	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:47:18	01:35:25.25	+00:36:07 (37.9%)	9:32	6.3 (62.4%)
131	KIEŁPIŃSKI Maciej	438	KIEŁPINTEAM	M40-49	15			00:46:59	01:36:30.20	+00:37:12 (38.6%)	9:39	6.2 (61.4%)
132	RYBKA Magdalena	487		K30-39	13			00:47:25	01:37:32.00	+00:38:14 (39.2%)	9:45	6.2 (61.4%)
133	KRYGIEL Irena	451	GOSIR OSIELSKO	K50-59	15			00:49:05	01:41:40.60	+00:42:22 (41.7%)	10:10	5.9 (58.4%)

Znaleziono 133 wynik(ów)