

# OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organizator:** Osielsko  
**Data:** 2019-08-10  
**Miejsce:** Osielsko  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZARSZUNOWICZ Mariusz</b>	<b>245</b>	KRAM TEAM	M40-44	1	1		<b>00:29:25.15</b>		5:53	10.2 (100%)
2	<b>BIELAWSKI Leszek</b>	<b>8</b>	SONSIEDZI TEAM	M40-44	2			<b>00:30:15.15</b>	+00:00:50 (2.8%)	6:03	9.9 (97.1%)
3	<b>ZARĘBSKI Michał</b>	<b>289</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	1			<b>00:30:16.30</b>	+00:00:51 (2.8%)	6:03	9.9 (97.1%)
4	<b>KOŁEK Patryk</b>	<b>100</b>	KABEX PODKOWA JANÓW	M-Jun.	1			<b>00:30:17.15</b>	+00:00:52 (2.9%)	6:03	9.9 (97.1%)
5	<b>RAJEWSKI Sebastian</b>	<b>210</b>	KS IDMAR RACING TEAM	M45-49	1			<b>00:30:18.65</b>	+00:00:53 (2.9%)	6:03	9.9 (97.1%)
6	<b>BRZozowski Piotr</b>	<b>186</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M30-39	2			<b>00:30:26.55</b>	+00:01:01 (3.4%)	6:05	9.9 (97.1%)
7	<b>TOPOLNICKI Konrad</b>	<b>263</b>	CKZIU MECHANIK NYSA	M18-29	1			<b>00:30:36.95</b>	+00:01:11 (3.9%)	6:07	9.8 (96.1%)
8	<b>POLEWCZAK Mariusz</b>	<b>189</b>	CLLEOZAWIERCIE	M45-49	2			<b>00:30:38.75</b>	+00:01:13 (4.0%)	6:07	9.8 (96.1%)
9	<b>TRZCIŃSKI Franciszek</b>	<b>265</b>	WOPR / SPORT I REKREACJA START (CHEŁKMNO)	M50-54	1			<b>00:30:42.15</b>	+00:01:17 (4.2%)	6:08	9.8 (96.1%)
10	<b>RYCHLIK Grzegorz</b>	<b>220</b>	FUNDACJA W TE PĘDY	M30-39	3			<b>00:30:46.95</b>	+00:01:21 (4.4%)	6:09	9.7 (95.1%)
11	<b>GRODZKI Ireneusz</b>	<b>65</b>		M45-49	3			<b>00:30:48.90</b>	+00:01:23 (4.5%)	6:09	9.7 (95.1%)
12	<b>BIŃCZYK Dariusz</b>	<b>10</b>	KABEX PODKOWA JANÓW / SMS EFEKT CZĘSTOCHOWA	M30-39	4			<b>00:30:50.10</b>	+00:01:24 (4.6%)	6:10	9.7 (95.1%)
13	<b>SOKOŁOWSKI Marek</b>	<b>352</b>	PTG SOKÓŁ RYMANÓW	M50-54	2			<b>00:30:55.55</b>	+00:01:30 (4.9%)	6:11	9.7 (95.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
14	<b>STĘPAK Piotr</b>	<b>241</b>	LUX TORPEDA MAŁOPOLSKA	M18-29	2			<b>00:31:01.70</b>	+00:01:36 (5.2%)	6:12	9.7 (95.1%)
15	<b>WOROCH Roman</b>	<b>285</b>	KS METRACO POLKOWICE	M60-64	1			<b>00:31:02.50</b>	+00:01:37 (5.2%)	6:12	9.7 (95.1%)
16	<b>GAJEWSKI Eugeniusz</b>	<b>50</b>		M60-64	2			<b>00:31:13.60</b>	+00:01:48 (5.8%)	6:14	9.6 (94.1%)
17	<b>DĘBSKI Bartłomiej</b>	<b>38</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	3			<b>00:31:14.65</b>	+00:01:49 (5.8%)	6:15	9.6 (94.1%)
18	<b>WITUCKI Jacek</b>	<b>283</b>		M45-49	4			<b>00:31:18.25</b>	+00:01:53 (6.0%)	6:15	9.6 (94.1%)
19	<b>RE CZULSKI Mariusz</b>	<b>211</b>	SMS EFEKT CZĘSTOCHOWA	M50-54	3			<b>00:31:22.15</b>	+00:01:57 (6.2%)	6:16	9.6 (94.1%)
20	<b>SPYCHAŁA Lesław</b>	<b>235</b>	CKZIU MECHANIK NYSA	M50-54	4			<b>00:31:22.30</b>	+00:01:57 (6.2%)	6:16	9.6 (94.1%)
21	<b>ROŻYNEK Miron</b>	<b>218</b>	KS METRACO POLKOWICE	M55-59	1			<b>00:31:39.80</b>	+00:02:14 (7.1%)	6:20	9.5 (93.1%)
22	<b>MĘCZYŃSKI Sylwester</b>	<b>152</b>	FUNDACJA W TE PĘDY	M40-44	4			<b>00:31:57.95</b>	+00:02:32 (8.0%)	6:23	9.4 (92.2%)
23	<b>GARBOWSKI Piotr</b>	<b>52</b>	PODKARPACIE-PRZEMYŚL	M- Niepełnosprawni(B)	1			<b>00:32:02.55</b>	+00:02:37 (8.2%)	6:24	9.4 (92.2%)
24	<b>BORKOWSKI Dariusz</b>	<b>13</b>		M50-54	5			<b>00:32:07.55</b>	+00:02:42 (8.4%)	6:25	9.3 (91.2%)
25	<b>RADECKI Artur</b>	<b>206</b>	K.S. CHODZACY BIAŁYSTOK	M55-59	2			<b>00:32:12.95</b>	+00:02:47 (8.7%)	6:26	9.3 (91.2%)
26	<b>KOP Wiesław</b>	<b>105</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	3			<b>00:32:13.65</b>	+00:02:48 (8.7%)	6:26	9.3 (91.2%)
27	<b>FRAĆKOWIAK Roman</b>	<b>46</b>	KS METRACO POLKOWICE	M50-54	6			<b>00:32:40.45</b>	+00:03:15 (10.0%)	6:32	9.2 (90.2%)
28	<b>OLSZAŃSKI Karol</b>	<b>175</b>	FEAR THE RETURN	M40-44	5	1		<b>00:32:40.60</b>	+00:03:15 (10.0%)	6:32	9.2 (90.2%)
29	<b>FRAĆKOWIAK Mateusz</b>	<b>47</b>	KS METRACO POLKOWICE	M-Jun.	2			<b>00:32:42.85</b>	+00:03:17 (10.1%)	6:32	9.2 (90.2%)
30	<b>PODGÓRSKI Szymon</b>	<b>188</b>	CKZIU MECHANIK NYSA	M-Jun.	3			<b>00:32:43.55</b>	+00:03:18 (10.1%)	6:32	9.2 (90.2%)
31	<b>KNITTER Michał</b>	<b>331</b>	KLUB BŁĘKITNI NW DZIEMIANY	M-Jun.	4	1		<b>00:32:49.25</b>	+00:03:24 (10.4%)	6:33	9.1 (89.2%)
32	<b>ŻYWICKI Marcin</b>	<b>336</b>	KLUB BŁĘKITNI NW DZIEMIANY	M40-44	6			<b>00:32:50.55</b>	+00:03:25 (10.4%)	6:34	9.1 (89.2%)
33	<b>KUBIAK Przemysław</b>	<b>123</b>	KS IDMAR RACING TEAM	M45-49	5			<b>00:33:00.50</b>	+00:03:35 (10.9%)	6:36	9.1 (89.2%)
34	<b>BARTOSIEWICZ Łukasz</b>	<b>4</b>	NWPL / LUKI TEAM GDAŃSK	M30-39	5			<b>00:33:01.40</b>	+00:03:36 (10.9%)	6:36	9.1 (89.2%)
35	<b>MĘCZYŃSKI Michał</b>	<b>153</b>	FUNDACJA W TE PĘDY	M-Jun.	5	1		<b>00:33:08.85</b>	+00:03:43 (11.2%)	6:37	9 (88.2%)
36	<b>LIPIŃSKI Karol</b>	<b>395</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-44	7			<b>00:33:13.35</b>	+00:03:48 (11.4%)	6:38	9 (88.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
37	<b>SZYMSKA Małgorzata</b>	<b>256</b>		K30-39	1			<b>00:33:17.70</b>	+00:03:52 (11.6%)	6:39	9 (88.2%)
38	<b>JASIŁEK Przemysław</b>	<b>80</b>		M40-44	8			<b>00:33:20.85</b>	+00:03:55 (11.8%)	6:40	9 (88.2%)
39	<b>SKWIRUT Jerzy</b>	<b>227</b>	PODKARPACIE-PRZEMYŚL	M- Niepełnosprawni(A)	1			<b>00:33:24.35</b>	+00:03:59 (11.9%)	6:41	9 (88.2%)
39	<b>DUSZEŃKO Zygmunt</b>	<b>42</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	2			<b>00:33:24.35</b>	+00:03:59 (11.9%)	6:40	9 (88.2%)
41	<b>TUZIMEK Jakub</b>	<b>267</b>		M-Jun.	6	1		<b>00:33:24.90</b>	+00:03:59 (12.0%)	6:41	9 (88.2%)
42	<b>ZDANUK Artur</b>	<b>400</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M45-49	6			<b>00:33:30.35</b>	+00:04:05 (12.2%)	6:42	9 (88.2%)
43	<b>BUŁAKOWSKI Bohdan</b>	<b>23</b>	PASJA NORDIC WALKING	M65-69	1			<b>00:33:30.60</b>	+00:04:05 (12.2%)	6:42	9 (88.2%)
44	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>172</b>	KS METRACO POLKOWICE	K50-54	1			<b>00:33:31.80</b>	+00:04:06 (12.3%)	6:42	8.9 (87.3%)
45	<b>KRAJEWSKA Hanna</b>	<b>115</b>	MARSZ PO ZDROWIE	K-Jun.	1	1		<b>00:33:32.75</b>	+00:04:07 (12.3%)	6:42	8.9 (87.3%)
46	<b>MOTUL Anna</b>	<b>363</b>	NW POLAND/NW BEŁCHATÓW	K50-54	2			<b>00:33:37.85</b>	+00:04:12 (12.5%)	6:43	8.9 (87.3%)
47	<b>BUDYNEK Karol</b>	<b>17</b>	TEAM FIRANKARNIA	M50-54	7			<b>00:33:43.60</b>	+00:04:18 (12.8%)	6:44	8.9 (87.3%)
48	<b>DEMBOWSKI Ryszard</b>	<b>308</b>	GOSIR OSIELSKO	M65-69	2			<b>00:33:44.20</b>	+00:04:19 (12.8%)	6:44	8.9 (87.3%)
49	<b>SŁOMIAN Leszek</b>	<b>228</b>	STADION ŚLĄSKI	M55-59	4			<b>00:33:44.30</b>	+00:04:19 (12.8%)	6:44	8.9 (87.3%)
50	<b>MAŚLANKA Iwona</b>	<b>150</b>	MARSZ PO ZDROWIE	K45-49	1			<b>00:33:48.75</b>	+00:04:23 (13.0%)	6:45	8.9 (87.3%)
51	<b>POLISZCZUK Piotr</b>	<b>190</b>	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	3			<b>00:33:53.85</b>	+00:04:28 (13.2%)	6:46	8.8 (86.3%)
52	<b>OLEKSYK Małgorzata</b>	<b>174</b>	KLUB BIEGACZA USTRZYKI DOLNE, BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1			<b>00:33:57.45</b>	+00:04:32 (13.4%)	6:47	8.8 (86.3%)
53	<b>JÓŹWIAK Marianna</b>	<b>88</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	2			<b>00:34:02.00</b>	+00:04:36 (13.6%)	6:48	8.8 (86.3%)
54	<b>POSŁUSZNY Paweł</b>	<b>193</b>	WALK & RUN TEAM OBORNIKI	M-Jun.	7			<b>00:34:04.20</b>	+00:04:39 (13.7%)	6:48	8.8 (86.3%)
55	<b>GĄGÓŁ Krzysztof</b>	<b>54</b>		M40-44	9			<b>00:34:07.90</b>	+00:04:42 (13.8%)	6:49	8.8 (86.3%)
56	<b>MATECKI Ryszard</b>	<b>151</b>	KS METRACO POLKOWICE	M70+	1			<b>00:34:09.40</b>	+00:04:44 (13.9%)	6:50	8.8 (86.3%)
57	<b>WIŚNIEWSKI Sławomir</b>	<b>280</b>	FLUGGER TEAM	M45-49	7			<b>00:34:12.10</b>	+00:04:46 (14.0%)	6:50	8.8 (86.3%)
58	<b>BREWKA Joachim</b>	<b>14</b>	UNIA MIAST	M55-59	5			<b>00:34:16.65</b>	+00:04:51 (14.2%)	6:51	8.8 (86.3%)
59	<b>SZYMAŃSKI Stefan</b>	<b>255</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	2			<b>00:34:21.25</b>	+00:04:56 (14.4%)	6:52	8.7 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
60	<b>HOLWEK Jarosław</b>	<b>76</b>	ZDROWOPIJ.PL	M55-59	6			<b>00:34:22.20</b>	+00:04:57 (14.4%)	6:52	8.7 (85.3%)
61	<b>CZEKAJŁO Franciszek</b>	<b>30</b>	REMI	M65-69	3			<b>00:34:25.85</b>	+00:05:00 (14.6%)	6:53	8.7 (85.3%)
62	<b>NACZK Wiktoria</b>	<b>160</b>	LĘBORSKIE LWY	K-Jun.	2			<b>00:34:28.60</b>	+00:05:03 (14.7%)	6:53	8.7 (85.3%)
63	<b>ADAMUS Marian</b>	<b>303</b>	SILESIA NORDIC TEAM	M70+	3			<b>00:34:29.45</b>	+00:05:04 (14.7%)	6:53	8.7 (85.3%)
64	<b>CUDAK Zbigniew</b>	<b>28</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	8			<b>00:34:30.55</b>	+00:05:05 (14.7%)	6:54	8.7 (85.3%)
65	<b>REMISZ Włodzimierz</b>	<b>213</b>	TEAM FIRANKARNIA	M40-44	10			<b>00:34:31.60</b>	+00:05:06 (14.8%)	6:54	8.7 (85.3%)
66	<b>TOMCZYK Edward</b>	<b>262</b>	MARSZ PO ZDROWIE	M70+	4			<b>00:34:34.05</b>	+00:05:08 (14.9%)	6:54	8.7 (85.3%)
67	<b>JENDRUCHNIEWICZ Katarzyna</b>	<b>83</b>	FUNDACJA W TE PĘDY	K30-39	2			<b>00:34:34.15</b>	+00:05:09 (14.9%)	6:54	8.7 (85.3%)
68	<b>TRZCIŃSKI Eugeniusz</b>	<b>264</b>		M60-64	3			<b>00:34:38.95</b>	+00:05:13 (15.1%)	6:55	8.7 (85.3%)
69	<b>DUDEK Edward</b>	<b>41</b>	KS METRACO POLKOWICE	M65-69	4			<b>00:34:39.35</b>	+00:05:14 (15.1%)	6:56	8.7 (85.3%)
70	<b>STEMPNIAK Krzysztof</b>	<b>517</b>	KS SOKÓŁ GAŚAWA	M45-49	8			<b>00:34:39.45</b>	+00:05:14 (15.1%)	6:56	8.7 (85.3%)
71	<b>WOŁK Beata</b>	<b>284</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	1			<b>00:34:40.65</b>	+00:05:15 (15.2%)	6:56	8.6 (84.3%)
72	<b>STACHOWICZ Marcin</b>	<b>339</b>	KLUB BŁĘKITNI NW DZIEMIANY	M30-39	6			<b>00:34:41.25</b>	+00:05:16 (15.2%)	6:56	8.6 (84.3%)
73	<b>BUCZKOWSKI Jerzy</b>	<b>16</b>	KS SOKÓŁ GAŚAWA	M65-69	5			<b>00:34:41.60</b>	+00:05:16 (15.2%)	6:56	8.6 (84.3%)
74	<b>GRUSZKA Michał</b>	<b>490</b>	UNIA MIAST	M-Jun.	8			<b>00:34:42.95</b>	+00:05:17 (15.3%)	6:56	8.6 (84.3%)
75	<b>ŁUKASIEWICZ Joanna</b>	<b>379</b>	GREEN TEAM ZIELONA GÓRA	K45-49	3			<b>00:34:43.40</b>	+00:05:18 (15.3%)	6:56	8.6 (84.3%)
76	<b>FRAĆKOWIAK Krzysztof</b>	<b>48</b>	NOWI SIEDLCE	M45-49	9			<b>00:34:45.15</b>	+00:05:20 (15.3%)	6:57	8.6 (84.3%)
77	<b>PUSZKARSKA Małgorzata</b>	<b>200</b>	GOSADI NORDIC TEAM	K40-44	2			<b>00:34:48.10</b>	+00:05:22 (15.5%)	6:57	8.6 (84.3%)
78	<b>SZYMANOWSKA Anna</b>	<b>251</b>	LĘBORSKIE LWY	K- Niepełnosprawni(A)	1			<b>00:34:49.10</b>	+00:05:23 (15.5%)	6:57	8.6 (84.3%)
79	<b>GAŁĄZKA Paweł</b>	<b>349</b>	MUSZKIETEROWIE	M- Niepełnosprawni(A)	4			<b>00:34:49.25</b>	+00:05:24 (15.5%)	6:57	8.6 (84.3%)
80	<b>KAŻMIERCZAK Sebastian</b>	<b>306</b>	GOSIR OSIELSKO	M45-49	10			<b>00:34:49.55</b>	+00:05:24 (15.5%)	6:57	8.6 (84.3%)
81	<b>BUJNICKI Marcin</b>	<b>21</b>	NORDIC WALKING PASŁĘK	M40-44	11			<b>00:34:58.00</b>	+00:05:32 (15.9%)	6:59	8.6 (84.3%)
82	<b>ŚLUSARCZYK Marcin</b>	<b>258</b>	WESOŁY BORSUK TEAM	M40-44	12			<b>00:35:01.15</b>	+00:05:36 (16.0%)	7:00	8.6 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
83	<b>SZCZUDLIK Małgorzata</b>	<b>246</b>	KIJKOWE TRZEMESZNO	K30-39	3			<b>00:35:03.00</b>	+00:05:37 (16.1%)	7:00	8.6 (84.3%)
84	<b>SOBICZEWSKA Ewa</b>	<b>233</b>	NOWI SIEDLCE	K40-44	3			<b>00:35:03.15</b>	+00:05:38 (16.1%)	7:00	8.6 (84.3%)
85	<b>OKNIŃSKI Krzysztof</b>	<b>171</b>	NOWI SIEDLCE	M45-49	11			<b>00:35:03.60</b>	+00:05:38 (16.1%)	7:00	8.6 (84.3%)
86	<b>RAJEK Tomasz</b>	<b>208</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	9			<b>00:35:07.50</b>	+00:05:42 (16.2%)	7:01	8.5 (83.3%)
87	<b>GAPIŃSKI Leszek</b>	<b>356</b>	CKZIU MECHANIK NYSA	M60-64	4			<b>00:35:13.40</b>	+00:05:48 (16.5%)	7:02	8.5 (83.3%)
88	<b>ZAWISŁA Stanisław</b>	<b>362</b>	MARSZ PO ZDROWIE	M65-69	6			<b>00:35:15.85</b>	+00:05:50 (16.6%)	7:03	8.5 (83.3%)
89	<b>WARCZALSKA Teresa</b>	<b>274</b>	STADION ŚLĄSKI	K65-69	1			<b>00:35:17.65</b>	+00:05:52 (16.6%)	7:03	8.5 (83.3%)
90	<b>GRUSZKA Michał</b>	<b>66</b>	UNIA MIAST	M40-44	13			<b>00:35:17.95</b>	+00:05:52 (16.7%)	7:03	8.5 (83.3%)
91	<b>KUBAT Janusz</b>	<b>120</b>	NORDIC TEAM CZĘSTOCHOWA	M45-49	12			<b>00:35:18.30</b>	+00:05:53 (16.7%)	7:03	8.5 (83.3%)
92	<b>TUZIMEK Agata</b>	<b>266</b>	STADION ŚLĄSKI	K30-39	4			<b>00:35:19.25</b>	+00:05:54 (16.7%)	7:03	8.5 (83.3%)
93	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>392</b>	PRUSZYŃSKI SPORT TEAM	K40-44	4			<b>00:35:24.35</b>	+00:05:59 (16.9%)	7:05	8.5 (83.3%)
94	<b>OLEJNICZAK Aleksandra</b>	<b>173</b>	KIJKOWE TRZEMESZNO	K-Dzieci	1			<b>00:35:29.00</b>	+00:06:03 (17.1%)	7:05	8.5 (83.3%)
95	<b>WITUCKA Karolina</b>	<b>282</b>		K-Dzieci	2			<b>00:35:31.40</b>	+00:06:06 (17.2%)	7:06	8.4 (82.4%)
96	<b>ZIELIŃSKA Jolanta</b>	<b>292</b>	GOSIR OSIELSKO	K55-59	2			<b>00:35:35.70</b>	+00:06:10 (17.4%)	7:07	8.4 (82.4%)
97	<b>WROŃSKI Włodzimierz</b>	<b>287</b>	PASJA NORDIC WALKING	M65-69	7			<b>00:35:38.05</b>	+00:06:12 (17.4%)	7:07	8.4 (82.4%)
98	<b>LIPIŃSKA Karolina</b>	<b>396</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	5			<b>00:35:41.90</b>	+00:06:16 (17.6%)	7:08	8.4 (82.4%)
99	<b>BOJANOWSKI Marcin</b>	<b>12</b>	WALK & RUN TEAM OBORNIKI	M30-39	7			<b>00:35:43.50</b>	+00:06:18 (17.7%)	7:08	8.4 (82.4%)
100	<b>LAL Małgorzata</b>	<b>133</b>	PYRZYCE BIEGAJĄ	K45-49	4			<b>00:35:46.25</b>	+00:06:21 (17.8%)	7:09	8.4 (82.4%)
101	<b>SŁOWIŃSKA Alicja</b>	<b>229</b>	NOWI SIEDLCE	K50-54	3			<b>00:35:46.85</b>	+00:06:21 (17.8%)	7:09	8.4 (82.4%)
102	<b>GAPIŃSKA Janina</b>	<b>357</b>	CKZIU NYSA MECHANIK	K60-64	1			<b>00:35:50.25</b>	+00:06:25 (17.9%)	7:10	8.4 (82.4%)
103	<b>KAMIŃSKI Paweł</b>	<b>301</b>	GOSIR OSIELSKO	M30-39	8			<b>00:35:53.05</b>	+00:06:27 (18.0%)	7:10	8.4 (82.4%)
104	<b>GRYGOROWICZ Bogdan</b>	<b>69</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			<b>00:36:00.00</b>	+00:06:34 (18.3%)	7:12	8.3 (81.4%)
105	<b>PIĄTEK Dariusz</b>	<b>183</b>	POLIPACK TEAM GWE	M-Niepełnosprawni(A)	5			<b>00:36:05.15</b>	+00:06:40 (18.5%)	7:13	8.3 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
106	<b>BUGAŁA Alicja</b>	<b>19</b>	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			<b>00:36:06.00</b>	+00:06:40 (18.5%)	7:13	8.3 (81.4%)
107	<b>STAŃCZAK Grażyna</b>	<b>237</b>	FACE NORDIC TEAM	K65-69	2			<b>00:36:06.35</b>	+00:06:41 (18.5%)	7:13	8.3 (81.4%)
108	<b>CZMOCH Marian</b>	<b>32</b>	PUKS JEDYNKA	M65-69	8			<b>00:36:07.75</b>	+00:06:42 (18.6%)	7:13	8.3 (81.4%)
109	<b>KUSA Piotr</b>	<b>130</b>		M30-39	9			<b>00:36:14.40</b>	+00:06:49 (18.8%)	7:14	8.3 (81.4%)
110	<b>SAMOJŁO Sławomir</b>	<b>380</b>		M55-59	7	1		<b>00:36:17.10</b>	+00:06:51 (18.9%)	7:15	8.3 (81.4%)
111	<b>SZENDZIELORZ Ilona</b>	<b>248</b>	STADION ŚLĄSKI	K60-64	2			<b>00:36:17.35</b>	+00:06:52 (18.9%)	7:15	8.3 (81.4%)
112	<b>STOLTMANN Helena</b>	<b>334</b>	KLUB BŁĘKITNI NW DZIEMIANY	K55-59	3			<b>00:36:18.65</b>	+00:06:53 (19.0%)	7:15	8.3 (81.4%)
112	<b>MIŚKOWICZ Anna</b>	<b>156</b>	CKZIU MECHANIK NYSA	K60-64	3			<b>00:36:18.65</b>	+00:06:53 (19.0%)	7:15	8.3 (81.4%)
114	<b>MALINOWSKA Monika</b>	<b>422</b>	LKS ZANTYR SZTUM	K30-39	6	1		<b>00:36:27.60</b>	+00:07:02 (19.3%)	7:17	8.2 (80.4%)
115	<b>GIBAS Joanna</b>	<b>25</b>	NW BAŻANT ELBLĄG	K30-39	7			<b>00:36:29.00</b>	+00:07:03 (19.4%)	7:17	8.2 (80.4%)
116	<b>KOBIELA Daria</b>	<b>96</b>	KABEX PODKOWA JANÓW	K30-39	8			<b>00:36:29.35</b>	+00:07:04 (19.4%)	7:18	8.2 (80.4%)
117	<b>KUPIBIDA Bogusława</b>	<b>129</b>	SILESIA NORDIC TEAM	K60-64	4			<b>00:36:31.45</b>	+00:07:06 (19.5%)	7:18	8.2 (80.4%)
118	<b>SKIERŚ Albert</b>	<b>369</b>	ZAMACH W SMOLEŃSKU	M45-49	13			<b>00:36:35.15</b>	+00:07:10 (19.6%)	7:19	8.2 (80.4%)
119	<b>KAMIŃSKA Beata</b>	<b>91</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	4			<b>00:36:37.35</b>	+00:07:12 (19.7%)	7:19	8.2 (80.4%)
120	<b>SZYMAŃSKI Michał</b>	<b>254</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M55-59	8			<b>00:36:40.60</b>	+00:07:15 (19.8%)	7:20	8.2 (80.4%)
121	<b>KOŁPAK Jan</b>	<b>101</b>	LKS ZANTYR SZTUM	M70+	5			<b>00:36:44.45</b>	+00:07:19 (19.9%)	7:21	8.2 (80.4%)
122	<b>WIŚNIEWSKI Kazimierz</b>	<b>281</b>	PASJA NORDIC WALKING	M60-64	5			<b>00:36:45.60</b>	+00:07:20 (20.0%)	7:21	8.2 (80.4%)
123	<b>GÓZDŹ Aleksandra</b>	<b>62</b>	FACE NORDIC WALKING TEAM	K40-44	5			<b>00:36:47.60</b>	+00:07:22 (20.0%)	7:21	8.2 (80.4%)
124	<b>SIERACKA Katarzyna</b>	<b>372</b>	LESZNO :)	K55-59	4			<b>00:36:47.85</b>	+00:07:22 (20.1%)	7:21	8.2 (80.4%)
125	<b>WOROCH Jolanta</b>	<b>286</b>	KS METRACO POLKOWICE	K50-54	5			<b>00:36:48.15</b>	+00:07:23 (20.1%)	7:21	8.2 (80.4%)
126	<b>MISZCZAK Sylwia</b>	<b>586</b>	NEW4 YOU TEAM	K30-39	9			<b>00:36:50.55</b>	+00:07:25 (20.1%)	7:22	8.1 (79.4%)
127	<b>KŁOS Lidia</b>	<b>95</b>	SPORT I REKREACJA START CHEŁMNO	K45-49	5			<b>00:36:50.85</b>	+00:07:25 (20.2%)	7:22	8.1 (79.4%)
128	<b>SMARSZCZ Grażyna</b>	<b>230</b>	LĘBORSKIE LWY	K60-64	5			<b>00:36:51.15</b>	+00:07:26 (20.2%)	7:22	8.1 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
129	<b>POZNAŃSKI Wiesław</b>	<b>195</b>		M60-64	6			<b>00:36:51.55</b>	+00:07:26 (20.2%)	7:22	8.1 (79.4%)
130	<b>KOZIARZ Roman</b>	<b>112</b>	STADION ŚLĄSKI	M60-64	7			<b>00:36:54.25</b>	+00:07:29 (20.3%)	7:22	8.1 (79.4%)
131	<b>KUŹMICZ Magdalena</b>	<b>132</b>	POLIPACK TEAM GWE	K30-39	10			<b>00:36:56.65</b>	+00:07:31 (20.4%)	7:23	8.1 (79.4%)
132	<b>PIETRUSEWICZ Joanna</b>	<b>185</b>	PASJA NORDIC WALKING	K45-49	6			<b>00:36:57.20</b>	+00:07:32 (20.4%)	7:23	8.1 (79.4%)
133	<b>CIESELSKI Krzysztof</b>	<b>27</b>	FAST WALKER	M60-64	8			<b>00:36:58.00</b>	+00:07:32 (20.4%)	7:23	8.1 (79.4%)
134	<b>GRYGOROWICZ Teresa</b>	<b>68</b>	KS METRACO POLKOWICE	K65-69	3			<b>00:37:08.05</b>	+00:07:42 (20.8%)	7:25	8.1 (79.4%)
135	<b>GROCHALA Michał</b>	<b>64</b>		M30-39	10	1		<b>00:37:11.10</b>	+00:07:45 (20.9%)	7:26	8.1 (79.4%)
136	<b>BUGAŁA Anna</b>	<b>18</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	6			<b>00:37:12.15</b>	+00:07:47 (20.9%)	7:26	8.1 (79.4%)
137	<b>GIZIEWSKI Michał</b>	<b>57</b>		M18-29	3			<b>00:37:14.35</b>	+00:07:49 (21.0%)	7:26	8.1 (79.4%)
138	<b>RADZIEJOWSKI Bogusław</b>	<b>207</b>	NORDIC TEAM CZĘSTOCHOWA	M55-59	9			<b>00:37:17.00</b>	+00:07:51 (21.1%)	7:27	8 (78.4%)
139	<b>SZYCKO Oliwia</b>	<b>249</b>		K-Dzieci	3			<b>00:37:17.90</b>	+00:07:52 (21.1%)	7:27	8 (78.4%)
140	<b>STANECKI Marcin</b>	<b>519</b>		M40-44	14			<b>00:37:18.35</b>	+00:07:53 (21.1%)	7:27	8 (78.4%)
141	<b>SULECKA Gabriela</b>	<b>244</b>		K- Niepełnosprawni(A)	2			<b>00:37:18.70</b>	+00:07:53 (21.2%)	7:27	8 (78.4%)
142	<b>STAŃCZAK Ryszard</b>	<b>236</b>	FACE NORDIC TEAM	M70+	6	1		<b>00:37:20.35</b>	+00:07:55 (21.2%)	7:28	8 (78.4%)
143	<b>GRZYWOCZ Bernard</b>	<b>390</b>		M70+	7			<b>00:37:25.00</b>	+00:07:59 (21.4%)	7:29	8 (78.4%)
144	<b>WAWRZY尼亚K Anna</b>	<b>277</b>	POLIPACK TEAM GWE	K45-49	7			<b>00:37:27.65</b>	+00:08:02 (21.5%)	7:29	8 (78.4%)
145	<b>PINIS Agnieszka</b>	<b>187</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	7			<b>00:37:29.90</b>	+00:08:04 (21.5%)	7:30	8 (78.4%)
146	<b>GAWOR Renata</b>	<b>53</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	6			<b>00:37:30.70</b>	+00:08:05 (21.6%)	7:30	8 (78.4%)
147	<b>KOLCZYŃSKI Jan</b>	<b>99</b>	SKRWILNO	M-Jun.	9			<b>00:37:30.95</b>	+00:08:05 (21.6%)	7:30	8 (78.4%)
148	<b>DANA Kazimiera</b>	<b>33</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	4			<b>00:37:36.95</b>	+00:08:11 (21.8%)	7:31	8 (78.4%)
149	<b>KONIK Katarzyna</b>	<b>104</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	11			<b>00:37:37.85</b>	+00:08:12 (21.8%)	7:31	8 (78.4%)
150	<b>BARTOSIEWICZ Włodzimierz</b>	<b>5</b>	FACE NORDIC WALKING TEAM	M65-69	9			<b>00:37:40.90</b>	+00:08:15 (21.9%)	7:32	8 (78.4%)
151	<b>WALESZKO Andrzej</b>	<b>271</b>	PASJA NORDIC WALKING	M45-49	14			<b>00:37:44.70</b>	+00:08:19 (22.1%)	7:32	8 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
152	<b>BOGAJSKI Krzysztof</b>	<b>11</b>		M55-59	10			<b>00:37:45.15</b>	+00:08:20 (22.1%)	7:33	7.9 (77.5%)
153	<b>STEMPNIAK Anna</b>	<b>481</b>		K45-49	8			<b>00:37:45.40</b>	+00:08:20 (22.1%)	7:33	7.9 (77.5%)
154	<b>JANIK Maciej</b>	<b>79</b>	ZASAPANI HYDRO	M30-39	11			<b>00:37:49.10</b>	+00:08:23 (22.2%)	7:33	7.9 (77.5%)
155	<b>PRACKI Zbigniew</b>	<b>197</b>	SERCE NORDICA WŁOCŁAWEK	M50-54	10			<b>00:37:50.80</b>	+00:08:25 (22.3%)	7:34	7.9 (77.5%)
156	<b>MARCINIAK Hanna</b>	<b>148</b>	SERCE NORDICA WŁOCŁAWEK	K55-59	5			<b>00:37:53.55</b>	+00:08:28 (22.4%)	7:34	7.9 (77.5%)
157	<b>JAWORSKA Daria</b>	<b>82</b>	WESOŁY BORSUK TEAM	K-Dzieci	4			<b>00:37:53.95</b>	+00:08:28 (22.4%)	7:34	7.9 (77.5%)
158	<b>STANECKA Małgorzata</b>	<b>398</b>		K40-44	8			<b>00:37:54.35</b>	+00:08:29 (22.4%)	7:35	7.9 (77.5%)
159	<b>MOTOCZYŃSKI Krzysztof</b>	<b>158</b>	GOSIR OSIELSKO	M60-64	9			<b>00:37:54.65</b>	+00:08:29 (22.4%)	7:35	7.9 (77.5%)
160	<b>BUJNICKA Magdalena</b>	<b>20</b>	NORDIC WALKING PASŁĘK	K-Jun.	4			<b>00:37:55.95</b>	+00:08:30 (22.4%)	7:35	7.9 (77.5%)
161	<b>ŚLUSARCZYK Grzegorz</b>	<b>259</b>	WESOŁY BORSUK TEAM	M45-49	15	1		<b>00:37:56.15</b>	+00:08:31 (22.5%)	7:35	7.9 (77.5%)
162	<b>JĘDRYCZEK Weronika</b>	<b>85</b>	RUNNERSKI.PL	K30-39	12			<b>00:37:56.45</b>	+00:08:31 (22.5%)	7:35	7.9 (77.5%)
163	<b>SZYCKO Radosław</b>	<b>250</b>		M40-44	15			<b>00:37:56.55</b>	+00:08:31 (22.5%)	7:35	7.9 (77.5%)
164	<b>WAWRZY尼亚K Igor</b>	<b>276</b>	POLIPACK TEAM GWE	M-Dzieci	1			<b>00:37:56.75</b>	+00:08:31 (22.5%)	7:35	7.9 (77.5%)
165	<b>PYRA Jan</b>	<b>202</b>	SPORT I REKREACJA START CHEŁMNO	M65-69	10			<b>00:37:57.60</b>	+00:08:32 (22.5%)	7:35	7.9 (77.5%)
166	<b>GOŁĘBIEWSKI Andrzej</b>	<b>60</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-64	10			<b>00:37:59.20</b>	+00:08:34 (22.6%)	7:36	7.9 (77.5%)
167	<b>BARCZYK Jolanta</b>	<b>3</b>	NORDIC TEAM CZĘSTOCHOWA	K55-59	6			<b>00:38:00.20</b>	+00:08:35 (22.6%)	7:36	7.9 (77.5%)
168	<b>NIETRZEBKA Aleksandra</b>	<b>165</b>	MIĘDZYBORÓW	K18-29	1			<b>00:38:01.35</b>	+00:08:36 (22.6%)	7:36	7.9 (77.5%)
169	<b>PERLIKOWSKI Piotr</b>	<b>182</b>		M50-54	11			<b>00:38:05.15</b>	+00:08:40 (22.8%)	7:37	7.9 (77.5%)
170	<b>KUCZYŃSKA Anna</b>	<b>125</b>	NORDIC WALKING KIEKRZ	K55-59	7			<b>00:38:07.70</b>	+00:08:42 (22.8%)	7:37	7.9 (77.5%)
171	<b>MIKUSINSKA Jola</b>	<b>155</b>	FEAR THE RETURN	K45-49	9			<b>00:38:07.75</b>	+00:08:42 (22.8%)	7:37	7.9 (77.5%)
172	<b>RADECKA Grażyna</b>	<b>205</b>	K.S. CHODZACY BIAŁYSTOK	K45-49	10			<b>00:38:07.90</b>	+00:08:42 (22.8%)	7:37	7.9 (77.5%)
173	<b>LUZAK Jadwiga</b>	<b>389</b>		K55-59	8			<b>00:38:08.55</b>	+00:08:43 (22.9%)	7:37	7.9 (77.5%)
174	<b>ROSAK Kajetan</b>	<b>589</b>		M-Jun.	10			<b>00:38:11.00</b>	+00:08:45 (23.0%)	7:38	7.9 (77.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
175	<b>DAROSZEWSKA Krystyna</b>	<b>34</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	6			<b>00:38:16.80</b>	+00:08:51 (23.1%)	7:39	7.8 (76.5%)
176	<b>KOWALCZYK Magdalena</b>	<b>111</b>		K30-39	13			<b>00:38:18.35</b>	+00:08:53 (23.2%)	7:39	7.8 (76.5%)
177	<b>WALAWKO Mirosław</b>	<b>269</b>		M65-69	11			<b>00:38:28.70</b>	+00:09:03 (23.5%)	7:41	7.8 (76.5%)
178	<b>ŁUKASIK Michał</b>	<b>143</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60-64	11			<b>00:38:32.80</b>	+00:09:07 (23.7%)	7:42	7.8 (76.5%)
179	<b>JÓŻWIAK Łukasz</b>	<b>87</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			<b>00:38:39.95</b>	+00:09:14 (23.9%)	7:44	7.8 (76.5%)
180	<b>STANECKA Zuzanna</b>	<b>399</b>		K-Jun.	5			<b>00:38:41.35</b>	+00:09:16 (24.0%)	7:44	7.8 (76.5%)
181	<b>WALESZKO Anna</b>	<b>272</b>	PASJA NORDIC WALKING	K45-49	11			<b>00:38:47.90</b>	+00:09:22 (24.2%)	7:45	7.7 (75.5%)
182	<b>NIKODEMSKA Bogna</b>	<b>167</b>	KIJKOWA KCYNIA	K30-39	14			<b>00:38:59.45</b>	+00:09:34 (24.5%)	7:48	7.7 (75.5%)
183	<b>DĄBROWSKI Andrzej</b>	<b>36</b>	MARSZ PO ZDROWIE	M70+	8			<b>00:39:05.05</b>	+00:09:39 (24.7%)	7:49	7.7 (75.5%)
184	<b>WARDĘCKA-HOŁTYN Justyna</b>	<b>275</b>		K30-39	15			<b>00:39:05.50</b>	+00:09:40 (24.7%)	7:49	7.7 (75.5%)
185	<b>GRZYWOCZ Irena</b>	<b>72</b>		K65-69	5			<b>00:39:08.75</b>	+00:09:43 (24.8%)	7:49	7.7 (75.5%)
186	<b>GRABOWSKA Bożena</b>	<b>1010</b>	ZANTYR SZTUM	K45-49	12			<b>00:39:14.90</b>	+00:09:49 (25.0%)	7:51	7.6 (74.5%)
187	<b>WALESZKO Adam</b>	<b>273</b>	PASJA NORDIC WALKING	M-Jun.	11			<b>00:39:15.95</b>	+00:09:50 (25.1%)	7:51	7.6 (74.5%)
188	<b>KNITTER Agata</b>	<b>329</b>	KLUB BŁĘKITNI NW DZIEMIANY	K-Jun.	6			<b>00:39:16.20</b>	+00:09:51 (25.1%)	7:51	7.6 (74.5%)
189	<b>PONKA Barbara</b>	<b>350</b>	POLIPACK TEAM GWE	K45-49	13			<b>00:39:19.65</b>	+00:09:54 (25.2%)	7:52	7.6 (74.5%)
190	<b>KUBAT Monika</b>	<b>121</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	14			<b>00:39:27.85</b>	+00:10:02 (25.5%)	7:53	7.6 (74.5%)
191	<b>STEJUK Aleksandra</b>	<b>584</b>	AMS TRIATHLON	K40-44	9			<b>00:39:28.55</b>	+00:10:03 (25.5%)	7:53	7.6 (74.5%)
192	<b>PIECZARA Iwona</b>	<b>184</b>		K45-49	15			<b>00:39:30.85</b>	+00:10:05 (25.5%)	7:54	7.6 (74.5%)
193	<b>KĘSY Wiesław</b>	<b>93</b>	MY Z PODWÓRKA	M60-64	12			<b>00:39:35.10</b>	+00:10:09 (25.7%)	7:55	7.6 (74.5%)
194	<b>GDAŃSKA Aneta</b>	<b>56</b>	PARAKULOS KOWAL	K45-49	16			<b>00:39:35.15</b>	+00:10:10 (25.7%)	7:55	7.6 (74.5%)
195	<b>MALINOWSKI Paweł</b>	<b>147</b>		M18-29	4			<b>00:39:35.45</b>	+00:10:10 (25.7%)	7:55	7.6 (74.5%)
196	<b>KWIATKOWSKA Agnieszka</b>	<b>321</b>	GOSIR OSIELSKO	K30-39	16			<b>00:39:36.85</b>	+00:10:11 (25.7%)	7:55	7.6 (74.5%)
197	<b>GĄSEWICZ-FILIPIAK Agnieszka</b>	<b>55</b>	NORDICUS STRZYBNICA	K40-44	10			<b>00:39:41.90</b>	+00:10:16 (25.9%)	7:56	7.6 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
198	<b>WRZEŚNIAK Barbara</b>	<b>288</b>	PARAKULOS KOWAL	K50-54	7			<b>00:39:43.90</b>	+00:10:18 (26.0%)	7:56	7.6 (74.5%)
199	<b>BADZIĄG Waldemar</b>	<b>2</b>	ELITE TEAM	M50-54	12			<b>00:39:44.00</b>	+00:10:18 (26.0%)	7:56	7.6 (74.5%)
200	<b>LEWANDOWSKI Szymon</b>	<b>138</b>		M-Dzieci	2			<b>00:39:47.20</b>	+00:10:22 (26.1%)	7:57	7.5 (73.5%)
201	<b>ŚLUSARCZYK Karolina</b>	<b>260</b>	WESOŁY BORSUK TEAM	K-Jun.	7			<b>00:39:50.20</b>	+00:10:25 (26.2%)	7:58	7.5 (73.5%)
202	<b>NIEŚLONY Ryszard</b>	<b>164</b>	STADION ŚLĄSKI	M55-59	11			<b>00:39:52.60</b>	+00:10:27 (26.2%)	7:58	7.5 (73.5%)
203	<b>LEWANDOWSKI Sławomir</b>	<b>139</b>	GOSIR OSIELSKO	M-Dzieci	3			<b>00:39:53.70</b>	+00:10:28 (26.3%)	7:58	7.5 (73.5%)
204	<b>GÓRECKA Iwona</b>	<b>61</b>	STADION ŚLĄSKI	K50-54	8			<b>00:39:55.60</b>	+00:10:30 (26.3%)	7:59	7.5 (73.5%)
205	<b>GRZEMPA Karolina</b>	<b>318</b>	GOSIR OSIELSKO	K30-39	17			<b>00:39:56.15</b>	+00:10:31 (26.3%)	7:59	7.5 (73.5%)
206	<b>GAPIŃSKI Jakub</b>	<b>355</b>	CKZIU NYSA MECHANIK	M-Dzieci	4			<b>00:39:58.00</b>	+00:10:32 (26.4%)	7:59	7.5 (73.5%)
207	<b>KOLARSKA Nadia</b>	<b>97</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	5			<b>00:39:58.85</b>	+00:10:33 (26.4%)	7:59	7.5 (73.5%)
208	<b>NIECHWIEJCZYK Kinga</b>	<b>163</b>	UNIA MIAST	K-Jun.	8			<b>00:40:01.50</b>	+00:10:36 (26.5%)	8:00	7.5 (73.5%)
209	<b>DYBEŁ Agnieszka</b>	<b>44</b>	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	3			<b>00:40:03.45</b>	+00:10:38 (26.6%)	8:00	7.5 (73.5%)
210	<b>LEŻNICKA-BUDYNEK Agnieszka</b>	<b>142</b>	TEAM FIRANKARNIA	K50-54	9			<b>00:40:16.50</b>	+00:10:51 (27.0%)	8:03	7.5 (73.5%)
211	<b>JAKIMIAN Piotr</b>	<b>358</b>	LUCI TIM SIEDLCE	M55-59	12			<b>00:40:18.50</b>	+00:10:53 (27.0%)	8:03	7.4 (72.5%)
212	<b>CZERNIECKA Krystyna</b>	<b>31</b>	SPORT I REKREACJA START CHEŁMNO	K60-64	7	1		<b>00:40:21.75</b>	+00:10:56 (27.1%)	8:04	7.4 (72.5%)
213		<b>297</b>						<b>00:40:23.35</b>	+00:10:58 (27.2%)	8:04	7.4 (72.5%)
214	<b>KOWALSKA-BARTNIK Agnieszka</b>	<b>296</b>		K40-44	11			<b>00:40:24.55</b>	+00:10:59 (27.2%)	8:05	7.4 (72.5%)
215	<b>NAJDER Jacek</b>	<b>161</b>	INPOWER	M40-44	16			<b>00:40:26.15</b>	+00:11:01 (27.2%)	8:05	7.4 (72.5%)
216	<b>RURAŃSKI Jerzy</b>	<b>219</b>	STADION ŚLĄSKI	M70+	9	1		<b>00:40:31.70</b>	+00:11:06 (27.4%)	8:06	7.4 (72.5%)
217	<b>NOWAK Ewa</b>	<b>168</b>	STADION ŚLĄSKI	K50-54	10			<b>00:40:32.95</b>	+00:11:07 (27.4%)	8:06	7.4 (72.5%)
218	<b>SŁOWIK Kacper</b>	<b>549</b>	GOSIR OSIELSKO	M-Jun.	12			<b>00:40:36.15</b>	+00:11:11 (27.5%)	8:07	7.4 (72.5%)
219	<b>PSZCZÓŁKOWSKA Agnieszka</b>	<b>199</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	17			<b>00:40:45.35</b>	+00:11:20 (27.8%)	8:09	7.4 (72.5%)
220	<b>KORDYŚ Alicja</b>	<b>135</b>	KIJKOWA KCYNIA	K30-39	18			<b>00:40:46.60</b>	+00:11:21 (27.9%)	8:09	7.4 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
221	<b>SZYMAŃSKA Anna</b>	<b>252</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K55-59	9			<b>00:40:48.70</b>	+00:11:23 (27.9%)	8:09	7.3 (71.6%)
222	<b>OWCZAREK Magdalena</b>	<b>177</b>	MIĘDZYBORÓW	K50-54	11			<b>00:40:49.00</b>	+00:11:23 (27.9%)	8:09	7.3 (71.6%)
223	<b>ŻERO Beata</b>	<b>386</b>	696243413	K40-44	12	1		<b>00:40:49.80</b>	+00:11:24 (27.9%)	8:10	7.3 (71.6%)
224	<b>KOZIARZ Jadwiga</b>	<b>113</b>	STADION ŚLĄSKI	K55-59	10			<b>00:40:50.70</b>	+00:11:25 (28.0%)	8:10	7.3 (71.6%)
225	<b>STOLARSKA Magdalena</b>	<b>391</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	12			<b>00:41:04.05</b>	+00:11:38 (28.4%)	8:12	7.3 (71.6%)
226	<b>WOJCIECHOWSKA Iwona</b>	<b>1006</b>	GOSIR OSIELSKO	K45-49	18			<b>00:41:06.00</b>	+00:11:40 (28.4%)	8:13	7.3 (71.6%)
227	<b>RACZYŃSKA Aleksandra</b>	<b>204</b>	STADION ŚLĄSKI	K70+	1			<b>00:41:06.75</b>	+00:11:41 (28.4%)	8:13	7.3 (71.6%)
228	<b>ANGIELCZYK Małgorzata</b>	<b>354</b>	MARSZ PO ZDROWIE	K65-69	6			<b>00:41:12.80</b>	+00:11:47 (28.6%)	8:14	7.3 (71.6%)
229	<b>ROSIŃSKA Wiesława</b>	<b>217</b>	PARAKULOS KOWAL	K40-44	13			<b>00:41:13.55</b>	+00:11:48 (28.6%)	8:14	7.3 (71.6%)
230	<b>SZYMAŃSKA Lucyna</b>	<b>253</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	K- Niepełnosprawni(A)	4			<b>00:41:15.30</b>	+00:11:50 (28.7%)	8:15	7.3 (71.6%)
231	<b>MACIUSZONEK Małgorzata</b>	<b>146</b>	NORDIC WALKING PASŁĘK	K50-54	13			<b>00:41:16.60</b>	+00:11:51 (28.7%)	8:15	7.3 (71.6%)
232	<b>KARCZMARSKI Krzysztof</b>	<b>92</b>	IPA RADOM	M60-64	13			<b>00:41:22.25</b>	+00:11:57 (28.9%)	8:16	7.3 (71.6%)
233	<b>SŁOWIK Amelia</b>	<b>579</b>	GOSIR OSIELSKO	K-Jun.	9			<b>00:41:24.95</b>	+00:11:59 (29.0%)	8:17	7.2 (70.6%)
234	<b>JANIK Bogusław</b>	<b>78</b>	STADION ŚLĄSKI	M55-59	13			<b>00:41:33.05</b>	+00:12:07 (29.2%)	8:18	7.2 (70.6%)
235	<b>KOTEWICZ Mariola</b>	<b>109</b>	AVOCADO WELLNESS CLUB	K50-54	14			<b>00:41:41.90</b>	+00:12:16 (29.4%)	8:20	7.2 (70.6%)
236	<b>SZYBUT Weronika</b>	<b>377</b>		K-Dzieci	6			<b>00:41:42.20</b>	+00:12:17 (29.5%)	8:20	7.2 (70.6%)
237	<b>STANECKI Maciej</b>	<b>397</b>		M- Niepełnosprawni(B)	4			<b>00:41:43.35</b>	+00:12:18 (29.5%)	8:20	7.2 (70.6%)
238	<b>HANUS Joanna</b>	<b>300</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			<b>00:41:45.30</b>	+00:12:20 (29.5%)	8:21	7.2 (70.6%)
239	<b>KOMOROWSKA Hanna</b>	<b>102</b>	KIJKOWA KCYNIA	K30-39	19	1		<b>00:41:47.90</b>	+00:12:22 (29.6%)	8:21	7.2 (70.6%)
240	<b>KOTEWICZ Sławomir</b>	<b>108</b>	AVOCADO WELLNESS CLUB	M50-54	13			<b>00:41:51.65</b>	+00:12:26 (29.7%)	8:22	7.2 (70.6%)
241	<b>MIKOŁAJCZYK Arkadiusz</b>	<b>154</b>	PREDATORS WAŁBRZYCH	M50-54	14			<b>00:41:51.90</b>	+00:12:26 (29.7%)	8:22	7.2 (70.6%)
242	<b>CHYREK Renata</b>	<b>176</b>	GOSIR OSIELSKO	K55-59	11			<b>00:41:57.10</b>	+00:12:31 (29.9%)	8:23	7.2 (70.6%)
243	<b>GIERLACH Wojciech</b>	<b>312</b>	TRISPACE/TREK	M-Dzieci	5			<b>00:42:09.60</b>	+00:12:44 (30.2%)	8:25	7.1 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
244	<b>NOWICKA Izabela</b>	<b>304</b>		K40-44	14			<b>00:42:13.95</b>	+00:12:48 (30.3%)	8:26	7.1 (69.6%)
245	<b>WIERZCHOSŁAWSKI Marcel</b>	<b>278</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Dzieci	6			<b>00:42:19.10</b>	+00:12:53 (30.5%)	8:27	7.1 (69.6%)
246	<b>NOWAKOWSKA Irena</b>	<b>169</b>	AVOCADO WELLNESS CLUB	K70+	2			<b>00:42:20.15</b>	+00:12:55 (30.5%)	8:28	7.1 (69.6%)
247	<b>LEŚNIEWSKA Magdalena</b>	<b>134</b>	KIJKOWA KCYNIA	K45-49	19			<b>00:42:26.95</b>	+00:13:01 (30.7%)	8:29	7.1 (69.6%)
248	<b>ŚLIWIŃSKA Ewa</b>	<b>257</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K50-54	15			<b>00:42:29.30</b>	+00:13:04 (30.8%)	8:29	7.1 (69.6%)
249	<b>POLOWIEC Alina</b>	<b>191</b>	KIJKOWA KCYNIA	K50-54	16			<b>00:42:29.90</b>	+00:13:04 (30.8%)	8:30	7.1 (69.6%)
250	<b>GUTOWSKI Paweł</b>	<b>73</b>	WESOŁY BORSUK TEAM	M-Niepełnosprawni(B)	5			<b>00:42:29.95</b>	+00:13:04 (30.8%)	8:30	7.1 (69.6%)
251	<b>BAZELA Henryka</b>	<b>6</b>	PARAKULOS KOWAL	K60-64	8			<b>00:42:35.25</b>	+00:13:10 (30.9%)	8:31	7 (68.6%)
252	<b>KAWALERSKA Anna</b>	<b>348</b>	GOSIR OSIELSKO	K45-49	20			<b>00:42:41.75</b>	+00:13:16 (31.1%)	8:32	7 (68.6%)
253	<b>DĄBEK Ilona</b>	<b>35</b>		K50-54	17			<b>00:42:43.25</b>	+00:13:18 (31.1%)	8:32	7 (68.6%)
254	<b>PAJĘCKI Adam</b>	<b>179</b>	PARAKULOS KOWAL	M60-64	14			<b>00:42:56.55</b>	+00:13:31 (31.5%)	8:35	7 (68.6%)
255	<b>BRODZIŃSKA Ewelina</b>	<b>15</b>	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(B)	2			<b>00:42:56.70</b>	+00:13:31 (31.5%)	8:35	7 (68.6%)
256	<b>KNITTER Zofia</b>	<b>332</b>	KLUB BŁĘKITNI NW DZIEMIANY	K-Dzieci	7			<b>00:42:56.80</b>	+00:13:31 (31.5%)	8:35	7 (68.6%)
257	<b>SAPA Dariusz</b>	<b>223</b>	BYDGOSKIE ŻÓŁWIE	M50-54	15			<b>00:42:58.80</b>	+00:13:33 (31.6%)	8:35	7 (68.6%)
258	<b>KULCZYCKI Jan</b>	<b>127</b>		M65-69	12			<b>00:43:02.95</b>	+00:13:37 (31.7%)	8:36	7 (68.6%)
259	<b>PERLIK Wiesław</b>	<b>181</b>		M65-69	13			<b>00:43:04.30</b>	+00:13:39 (31.7%)	8:36	7 (68.6%)
260	<b>SYROCZYŃSKA Hanna</b>	<b>497</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	18			<b>00:43:08.85</b>	+00:13:43 (31.8%)	8:37	7 (68.6%)
261	<b>HINEBORG Bogumiła</b>	<b>75</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K50-54	19			<b>00:43:10.10</b>	+00:13:44 (31.9%)	8:38	6.9 (67.6%)
262	<b>PUCHOWSKA Alicja</b>	<b>1001</b>	GOSIR OSIELSKO	K40-44	15			<b>00:43:10.90</b>	+00:13:45 (31.9%)	8:38	6.9 (67.6%)
263	<b>ŚCIESIŃSKI Henryk</b>	<b>323</b>	GOSIR OSIELSKO	M70+	10	1		<b>00:43:11.30</b>	+00:13:46 (31.9%)	8:38	6.9 (67.6%)
264	<b>GRYGIEL Teresa</b>	<b>67</b>	MARSZ PO ZDROWIE	K60-64	9			<b>00:43:12.25</b>	+00:13:47 (31.9%)	8:38	6.9 (67.6%)
265	<b>ŻYWICKA Irena</b>	<b>335</b>	KLUB BŁĘKITNI NW DZIEMIANY	K60-64	10			<b>00:43:13.40</b>	+00:13:48 (31.9%)	8:38	6.9 (67.6%)
266	<b>KONIECKA Urszula</b>	<b>307</b>	GOSIR OSIELSKO	K65-69	7			<b>00:43:16.80</b>	+00:13:51 (32.0%)	8:39	6.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
267	<b>BIELAWSKA Elwira</b>	<b>7</b>	SONSIEDZI TEAM	K40-44	16			<b>00:43:17.55</b>	+00:13:52 (32.0%)	8:39	6.9 (67.6%)
268	<b>ŚWISŁOCKA Ewa</b>	<b>261</b>	FACE NORDIC WALKING TEAM	K50-54	20			<b>00:43:18.40</b>	+00:13:53 (32.1%)	8:39	6.9 (67.6%)
269	<b>JANIK Marzenna</b>	<b>77</b>	STADION ŚLĄSKI	K55-59	12			<b>00:43:19.45</b>	+00:13:54 (32.1%)	8:40	6.9 (67.6%)
270	<b>SAPA Stefania</b>	<b>224</b>	BYDGOSKIE ŻÓŁWIE	K50-54	21			<b>00:43:25.05</b>	+00:13:59 (32.2%)	8:41	6.9 (67.6%)
271	<b>KAWALERSKI Krzysztof</b>	<b>346</b>	GOSIR OSIELSKO	M45-49	16			<b>00:43:25.20</b>	+00:14:00 (32.2%)	8:41	6.9 (67.6%)
272	<b>DUSZEŃKO Elwira</b>	<b>43</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	5			<b>00:43:28.90</b>	+00:14:03 (32.3%)	8:41	6.9 (67.6%)
273	<b>PACYNA Helena</b>	<b>178</b>	KS METRACO POLKOWICE	K70+	3	1		<b>00:43:34.00</b>	+00:14:08 (32.5%)	8:42	6.9 (67.6%)
274	<b>NIEWIADOMSKA Zofia</b>	<b>166</b>	SERCE NORDICA WŁOCŁAWEK	K55-59	13			<b>00:43:35.85</b>	+00:14:10 (32.5%)	8:43	6.9 (67.6%)
275	<b>KRUCZKOWSKA Małgorzata</b>	<b>1004</b>	GOSIR OSIELSKO	K50-54	22			<b>00:43:37.80</b>	+00:14:12 (32.6%)	8:43	6.9 (67.6%)
276	<b>KIEDROWSKI Włodzimierz</b>	<b>94</b>		M70+	11			<b>00:43:48.50</b>	+00:14:23 (32.8%)	8:45	6.8 (66.7%)
277	<b>SMARUJ-SADOWSKA Janina</b>	<b>231</b>		K65-69	8			<b>00:43:51.30</b>	+00:14:26 (32.9%)	8:46	6.8 (66.7%)
278	<b>PUSZKARSKI Adam</b>	<b>201</b>	GOSADI NORDIC TEAM	M-Dzieci	7			<b>00:43:51.80</b>	+00:14:26 (32.9%)	8:46	6.8 (66.7%)
279	<b>KĘDZIERSKA Edyta</b>	<b>345</b>		K45-49	21			<b>00:43:52.50</b>	+00:14:27 (32.9%)	8:46	6.8 (66.7%)
280	<b>SŁOWIK Przemysław</b>	<b>553</b>	GOSIR OSIELSKO	M40-44	17			<b>00:43:58.35</b>	+00:14:33 (33.1%)	8:47	6.8 (66.7%)
281	<b>SNOPKOWSKA Emilia</b>	<b>232</b>	PARAKULOS KOWAL	K30-39	20			<b>00:44:02.75</b>	+00:14:37 (33.2%)	8:48	6.8 (66.7%)
282	<b>MOTOCZYŃSKA Aleksandra</b>	<b>157</b>	GOSIR OSIELSKO	K60-64	11			<b>00:44:05.70</b>	+00:14:40 (33.3%)	8:49	6.8 (66.7%)
283	<b>REZMER Maria</b>	<b>214</b>		K60-64	12			<b>00:44:12.80</b>	+00:14:47 (33.5%)	8:50	6.8 (66.7%)
284	<b>GROBELNA Jadwiga</b>	<b>63</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	3			<b>00:44:16.70</b>	+00:14:51 (33.6%)	8:51	6.8 (66.7%)
285	<b>TARCZYŃSKI Waldemar</b>	<b>368</b>		M60-64	15			<b>00:44:19.45</b>	+00:14:54 (33.6%)	8:52	6.8 (66.7%)
286	<b>DRAPIEWSKA Beata</b>	<b>39</b>		K45-49	22	1		<b>00:44:21.70</b>	+00:14:56 (33.7%)	8:52	6.8 (66.7%)
287	<b>SROCZYŃSKA Aldona</b>	<b>393</b>	POLONIA BYDGOSZCZ	K55-59	14			<b>00:44:24.00</b>	+00:14:58 (33.7%)	8:52	6.8 (66.7%)
288	<b>HENNIG Barbara</b>	<b>74</b>	SPORT I REKREACJA START CHEŁMNO	K50-54	23			<b>00:44:27.40</b>	+00:15:02 (33.8%)	8:53	6.7 (65.7%)
289	<b>JAROCH Elżbieta</b>	<b>302</b>	GOSIR OSIELSKO	K60-64	13			<b>00:44:28.85</b>	+00:15:03 (33.9%)	8:53	6.7 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
290	<b>KRAWCZYKOWSKA Barbara</b>	<b>117</b>	LKS ZANTYR SZTUM	K60-64	14			<b>00:44:32.90</b>	+00:15:07 (34.0%)	8:54	6.7 (65.7%)
291	<b>RAJEWSKA Beata</b>	<b>209</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	17			<b>00:44:34.25</b>	+00:15:09 (34.0%)	8:54	6.7 (65.7%)
292	<b>GAJEWSKA Aleksandra</b>	<b>49</b>		K60-64	15			<b>00:44:34.40</b>	+00:15:09 (34.0%)	8:55	6.7 (65.7%)
293	<b>ZARĘBSKI Maciej</b>	<b>290</b>	NORDIC TEAM CZĘSTOCHOWA	M-Dzieci	8			<b>00:44:34.50</b>	+00:15:09 (34.0%)	8:54	6.7 (65.7%)
294	<b>MASALSKA Ludmiła</b>	<b>298</b>	GOSIR OSIELSKO	K65-69	9			<b>00:44:35.05</b>	+00:15:09 (34.0%)	8:55	6.7 (65.7%)
295	<b>POSŁUSZNY Kamil</b>	<b>194</b>	WALK & RUN TEAM OBORNIKI	M-Dzieci	9			<b>00:44:39.90</b>	+00:15:14 (34.1%)	8:56	6.7 (65.7%)
296	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>180</b>	FACE NORDIC WALKING TEAM	K70+	4			<b>00:44:43.65</b>	+00:15:18 (34.2%)	8:56	6.7 (65.7%)
297	<b>BUKOWSKA Justyna</b>	<b>22</b>		K30-39	21			<b>00:44:44.60</b>	+00:15:19 (34.2%)	8:57	6.7 (65.7%)
298	<b>STAWNIAK Wanda</b>	<b>240</b>		K65-69	10			<b>00:44:50.15</b>	+00:15:25 (34.4%)	8:58	6.7 (65.7%)
299	<b>OGONOWSKA Edyta</b>	<b>170</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K55-59	15			<b>00:44:50.20</b>	+00:15:25 (34.4%)	8:58	6.7 (65.7%)
300	<b>KUCZYŃSKI Włodzimierz</b>	<b>126</b>	NORDIC WALKING KIEKRZ	M60-64	16			<b>00:44:52.30</b>	+00:15:27 (34.4%)	8:58	6.7 (65.7%)
301	<b>MALINOWSKA Grażyna</b>	<b>405</b>	LKS ZANTYR SZTUM	K70+	5			<b>00:44:53.15</b>	+00:15:28 (34.5%)	8:58	6.7 (65.7%)
302	<b>PRACKA Katarzyna</b>	<b>196</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	24			<b>00:45:02.65</b>	+00:15:37 (34.7%)	9:00	6.7 (65.7%)
303	<b>ŁUKASIK Elżbieta</b>	<b>144</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K60-64	16			<b>00:45:29.25</b>	+00:16:04 (35.3%)	9:05	6.6 (64.7%)
304	<b>JASIŃSKA Krystyna</b>	<b>81</b>	PARAKULOS KOWAL	K65-69	11			<b>00:45:29.65</b>	+00:16:04 (35.3%)	9:06	6.6 (64.7%)
305	<b>RYCHLIK Fabian</b>	<b>221</b>	FUNDACJA W TE PĘDY	M-Dzieci	10			<b>00:45:33.60</b>	+00:16:08 (35.4%)	9:06	6.6 (64.7%)
306	<b>NOWAKOWSKA Ewa</b>	<b>311</b>	GOSIR OSIELSKO	K60-64	17			<b>00:45:50.95</b>	+00:16:25 (35.8%)	9:10	6.5 (63.7%)
307	<b>CHYLEWSKA-KĘSY Danuta</b>	<b>26</b>	MY Z PODWÓRKA	K60-64	18			<b>00:45:56.35</b>	+00:16:31 (36.0%)	9:11	6.5 (63.7%)
308	<b>GRZEMPA Krystyna</b>	<b>320</b>	GOSIR OSIELSKO	K60-64	19			<b>00:45:57.80</b>	+00:16:32 (36.0%)	9:11	6.5 (63.7%)
309	<b>SZYFER Ola</b>	<b>1002</b>	GOSIR OSIELSKO	K55-59	16			<b>00:45:59.25</b>	+00:16:34 (36.0%)	9:12	6.5 (63.7%)
310	<b>MÓRAWSKA Zdzisława</b>	<b>159</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-54	25			<b>00:46:12.50</b>	+00:16:47 (36.3%)	9:14	6.5 (63.7%)
311	<b>KOMOROWSKI Filip</b>	<b>103</b>		M-Dzieci	11			<b>00:46:14.30</b>	+00:16:49 (36.4%)	9:14	6.5 (63.7%)
312	<b>JURECZKO-GRZEBIELA Ewa</b>	<b>89</b>	NORDICUS STRZYBNICA	K45-49	23			<b>00:46:17.65</b>	+00:16:52 (36.5%)	9:15	6.5 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
313	<b>BONIEWICZ Alina</b>	<b>305</b>	GOSIR OSIELSKO	K70+	6			<b>00:46:20.55</b>	+00:16:55 (36.5%)	9:16	6.5 (63.7%)
314	<b>BRZEZIŃSKI Jan</b>	<b>24</b>	OLIMPIA OSOWA	M-Dzieci	12			<b>00:46:21.05</b>	+00:16:55 (36.5%)	9:16	6.5 (63.7%)
315	<b>LEWANDOWSKI Kacper</b>	<b>140</b>	GOSIR OSIELSKO	M-Dzieci	13			<b>00:46:23.95</b>	+00:16:58 (36.6%)	9:16	6.5 (63.7%)
316	<b>NAJDER Mateusz</b>	<b>162</b>	INPOWER	M-Dzieci	14			<b>00:46:26.45</b>	+00:17:01 (36.7%)	9:17	6.5 (63.7%)
317	<b>WOJCIECHOWSKI Przemysław</b>	<b>1007</b>	GOSIR OSIELSKO	M45-49	17			<b>00:47:01.95</b>	+00:17:36 (37.4%)	9:24	6.4 (62.7%)
318	<b>REZMER Mieczysław</b>	<b>215</b>		M60-64	17			<b>00:47:10.80</b>	+00:17:45 (37.6%)	9:26	6.4 (62.7%)
319	<b>STAROSZ Andrzej</b>	<b>239</b>		M60-64	18			<b>00:47:13.75</b>	+00:17:48 (37.7%)	9:26	6.4 (62.7%)
320	<b>ZIELIŃSKA Julia</b>	<b>293</b>	GMINA PRUSZCZ	K-Dzieci	8			<b>00:47:20.50</b>	+00:17:55 (37.9%)	9:28	6.3 (61.8%)
321	<b>ZIELIŃSKA Wioletta</b>	<b>294</b>	GMINA PRUSZCZ	K45-49	24			<b>00:47:21.80</b>	+00:17:56 (37.9%)	9:28	6.3 (61.8%)
322	<b>KUCHARKO Justyna</b>	<b>124</b>	GMINA PRUSZCZ	K30-39	22			<b>00:47:21.90</b>	+00:17:56 (37.9%)	9:28	6.3 (61.8%)
323	<b>GAJEK Agnieszka</b>	<b>387</b>	GOSIR OSIELSKO	K40-44	18			<b>00:47:25.90</b>	+00:18:00 (38.0%)	9:29	6.3 (61.8%)
324	<b>BONIEWICZ Konrad</b>	<b>310</b>	GOSIR OSIELSKO	M70+	12			<b>00:47:26.95</b>	+00:18:01 (38.0%)	9:29	6.3 (61.8%)
325	<b>MAKOWSKA Justyna</b>	<b>388</b>	GOSIR OSIELSKO	K40-44	19			<b>00:47:27.95</b>	+00:18:02 (38.0%)	9:29	6.3 (61.8%)
326	<b>BIERNAT Lucyna</b>	<b>9</b>	FACE NORDIC WALKING TEAM	K40-44	20			<b>00:47:57.75</b>	+00:18:32 (38.7%)	9:35	6.3 (61.8%)
327	<b>ZDEB Katarzyna</b>	<b>291</b>	FACE NORDIC WALKING TEAM	K40-44	21			<b>00:47:58.15</b>	+00:18:33 (38.7%)	9:35	6.3 (61.8%)
328	<b>SŁOWIK Sylwia</b>	<b>575</b>	GOSIR OSIELSKO	K40-44	22			<b>00:47:58.25</b>	+00:18:33 (38.7%)	9:35	6.3 (61.8%)
329	<b>DROP Mieczysław</b>	<b>40</b>	KS SOKÓŁ GAŚAWA	M70+	13			<b>00:48:08.25</b>	+00:18:43 (38.9%)	9:37	6.2 (60.8%)
330	<b>LEWANDOWSKI Jacek</b>	<b>137</b>	STADION ŚLĄSKI	M- Niepełnosprawni(B)	6			<b>00:48:22.45</b>	+00:18:57 (39.2%)	9:40	6.2 (60.8%)
331	<b>ZASADA Grzegorz</b>	<b>347</b>	GOSIR OSIELSKO	M45-49	18			<b>00:48:44.35</b>	+00:19:19 (39.6%)	9:44	6.2 (60.8%)
332	<b>STAROSZ Danuta</b>	<b>238</b>		K55-59	17			<b>00:49:08.20</b>	+00:19:43 (40.1%)	9:49	6.1 (59.8%)
332	<b>SUCHECKA Bożenna</b>	<b>243</b>		K70+	7			<b>00:49:08.20</b>	+00:19:43 (40.1%)	9:49	6.1 (59.8%)
334	<b>HANUS Teresa</b>	<b>327</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	4			<b>00:49:34.70</b>	+00:20:09 (40.7%)	9:55	6.1 (59.8%)
335	<b>LIPIŃSKA Regina</b>	<b>425</b>		K70+	8			<b>00:49:38.55</b>	+00:20:13 (40.7%)	9:55	6 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
336	<b>POŁUBIAK Sylwia</b>	<b>192</b>		K30-39	23			<b>00:50:08.80</b>	+00:20:43 (41.3%)	10:01	6 (58.8%)
337	<b>SOKULSKA Stanisława</b>	<b>234</b>	FUNDACJA W TE PĘDY	K65-69	12			<b>00:50:25.40</b>	+00:21:00 (41.7%)	10:05	6 (58.8%)
338	<b>KORCZYŃSKA Regina</b>	<b>328</b>	GOSIR OSIELSKO	K60-64	20			<b>00:50:35.10</b>	+00:21:09 (41.8%)	10:07	5.9 (57.8%)
339	<b>JASIULEWICZ Jolanta</b>	<b>433</b>		K65-69	13			<b>00:50:46.80</b>	+00:21:21 (42.1%)	10:09	5.9 (57.8%)
340	<b>REDA Alicja</b>	<b>212</b>	AVOCADO WELLNESS CLUB	K55-59	18			<b>00:50:50.05</b>	+00:21:24 (42.1%)	10:10	5.9 (57.8%)
341	<b>BANACH URBAŃSKA Marta</b>	<b>314</b>	STOCKMEIER	K45-49	25			<b>00:51:00.90</b>	+00:21:35 (42.3%)	10:12	5.9 (57.8%)
342	<b>WYCISKO Romuald</b>	<b>394</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	7			<b>00:51:02.85</b>	+00:21:37 (42.4%)	10:12	5.9 (57.8%)
343	<b>KOLBUSZ Janina</b>	<b>98</b>	KS METRACO POLKOWICE	K70+	9			<b>00:51:31.15</b>	+00:22:06 (42.9%)	10:18	5.8 (56.9%)
344	<b>RUCIŃSKA Alina</b>	<b>385</b>		K70+	10			<b>00:51:40.15</b>	+00:22:15 (43.1%)	10:20	5.8 (56.9%)
345	<b>LESZCZYŃSKA Lucyna</b>	<b>317</b>	GOSIR OSIELSKO	K40-44	23			<b>00:52:05.50</b>	+00:22:40 (43.5%)	10:25	5.8 (56.9%)
346	<b>LESZCZYŃSKI Bartosz</b>	<b>326</b>	GOSIR OSIELSKO	M40-44	18			<b>00:52:37.90</b>	+00:23:12 (44.1%)	10:31	5.7 (55.9%)
347	<b>SŁOWIK Błażej</b>	<b>520</b>	GOSIR OSIELSKO	M-Dzieci	15			<b>00:52:42.55</b>	+00:23:17 (44.2%)	10:32	5.7 (55.9%)
348	<b>GRZEBIELA Artur</b>	<b>71</b>	NORDICUS STRZYBNICA	M40-44	19			<b>00:52:53.00</b>	+00:23:27 (44.4%)	10:34	5.7 (55.9%)
349	<b>GÓRCZYCKI Piotr</b>	<b>1008</b>	GOSIR OSIELSKO	M45-49	19			<b>00:53:07.90</b>	+00:23:42 (44.6%)	10:37	5.6 (54.9%)
350	<b>LEWANDOWSKI Krzysztof</b>	<b>141</b>	GOSIR OSIELSKO	M-Dzieci	16			<b>00:53:09.15</b>	+00:23:44 (44.7%)	10:37	5.6 (54.9%)
351	<b>KAŁAMAJSKA Barbara</b>	<b>90</b>	KLUBNW PATYCZAKI GRUDZIĄDZ	K60-64	21			<b>00:53:10.40</b>	+00:23:45 (44.7%)	10:38	5.6 (54.9%)
352	<b>NOWAKOWSKI Tomasz</b>	<b>315</b>	GOSIR OSIELSKO	M60-64	19			<b>00:53:32.45</b>	+00:24:07 (45.1%)	10:42	5.6 (54.9%)
353	<b>CHWALISZEWSKI Michał</b>	<b>1005</b>	GOSIR OSIELSKO	M70+	14			<b>00:54:04.95</b>	+00:24:39 (45.6%)	10:48	5.5 (53.9%)
354	<b>KOZŁOWSKA Agnieszka</b>	<b>1003</b>	GOSIR OSIELSKO	K40-44	24			<b>00:55:42.20</b>	+00:26:17 (47.2%)	11:08	5.4 (52.9%)
355	<b>SPRUTA Henryka</b>	<b>316</b>	GOSIR OSIELSKO	K60-64	22			<b>00:56:06.45</b>	+00:26:41 (47.6%)	11:13	5.3 (52.0%)
356	<b>URBAŃSKI Radosław</b>	<b>313</b>	STOCKMEIER	M45-49	20			<b>00:56:30.40</b>	+00:27:05 (47.9%)	11:18	5.3 (52.0%)
357	<b>GORCZYCKA Anna</b>	<b>319</b>	GOSIR OSIELSKO	K40-44	25			<b>00:56:39.15</b>	+00:27:14 (48.1%)	11:19	5.3 (52.0%)
358	<b>GÓRSKI Piotr</b>	<b>1009</b>	GOSIR OSIELSKO	M55-59	14			<b>00:59:37.60</b>	+00:30:12 (50.7%)	11:55	5 (49.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
359	<b>ŚCIESIŃSKA Justyna</b>	<b>322</b>	GOSIR OSIELSKO	K45-49	26			<b>01:02:07.00</b>	+00:32:41 (52.6%)	12:25	4.8 (47.1%)
360	<b>SUMARA Bernardyna</b>	<b>325</b>	GOSIR OSIELSKO	K70+	11			<b>01:02:07.75</b>	+00:32:42 (52.6%)	12:25	4.8 (47.1%)
361	<b>ŚCIESIŃSKI Sławomir</b>	<b>324</b>	GOSIR OSIELSKO	M45-49	21			<b>01:02:08.35</b>	+00:32:43 (52.7%)	12:25	4.8 (47.1%)
362	<b>ŚCIESIŃSKA Victoria</b>	<b>370</b>		K-Dzieci	9			<b>01:02:47.30</b>	+00:33:22 (53.1%)	12:33	4.8 (47.1%)
363	<b>ŚCIESIŃSKA Wioleta</b>	<b>371</b>		K30-39	24			<b>01:02:47.90</b>	+00:33:22 (53.2%)	12:33	4.8 (47.1%)
DQ	<b>MACHNIK Janusz</b>	<b>145</b>	CLLEOZAWIERCIE	M45-49			1	<b>DQ</b>		-	- (0.0%)

Znaleziono 364 wynik(ów)