



POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
 Data: 2016-09-03
 Miejsce: Polańczyk
 Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.67km	Start_All 3.34km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KONIK Jacek	30	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1			00:02:40	00:10:46	00:21:37	00:32:13.80	00:34:54.40		6:26	9.3 (100%)
2	SCHRODER Karol	109	SILESIA NORDIC TEAM	M40-44	2			00:02:39	00:10:45	00:21:38	00:32:45.45	00:35:24.95	+00:00:31 (1.6%)	6:33	9.2 (98.9%)
3	SKWIRUT Jerzy	117	SOKÓŁ RYMANÓW	M- Niepełnosprawni	1			00:02:56	00:10:46	00:21:42	00:33:06.30	00:36:02.30	+00:00:52 (2.6%)	6:37	9.1 (97.8%)
4	KASZANY Piotr	27	BIESZCZADZKI KLUB NORDIC WALKING	M30-39	1			00:02:38	00:11:01	00:22:01	00:33:12.60	00:35:51.00	+00:00:58 (3.0%)	6:38	9 (96.8%)
5	GŁOWA Michał	20	WESOŁY BORSUK TEAM	M-Jun.	1			00:01:48	00:10:48	00:22:13	00:33:20.20	00:35:08.20	+00:01:06 (3.3%)	6:40	9 (96.8%)
6	BARTYŃSKI Zdzisław	128	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	1			00:02:55	00:10:49	00:21:57	00:33:20.60	00:36:16.00	+00:01:06 (3.3%)	6:40	9 (96.8%)
7	BREWKA Joachim	123	UNIA MIAST	M50-54	1			00:03:17	00:11:05	00:22:22	00:33:48.45	00:37:05.60	+00:01:34 (4.7%)	6:45	8.9 (95.7%)
8	BUKOWIEC Jacek	144		M45-49	2			00:02:55	00:10:56	00:22:21	00:34:02.60	00:36:58.50	+00:01:48 (5.3%)	6:48	8.8 (94.6%)
9	PASIERB Marek	54		M60-64	1			00:04:20	00:11:06	00:22:38	00:34:11.70	00:38:32.15	+00:01:57 (5.7%)	6:50	8.8 (94.6%)
10	MARCINKOWSKI Jakub	46	UNIA MIAST	M-Jun.	2			00:01:48	00:10:50	00:22:18	00:34:26.05	00:36:14.55	+00:02:12 (6.4%)	6:53	8.7 (93.5%)
11	PARTYKA Teresa	53	WESOŁY BORSUK TEAM	K55-59	1			00:07:12	00:11:30	00:23:13	00:34:34.65	00:41:47.40	+00:02:20 (6.8%)	6:55	8.7 (93.5%)
12	ADAM Marian	110	SILESIA NORDIC TEAM	M65-69	1			00:04:18	00:11:19	00:23:06	00:34:59.15	00:39:17.85	+00:02:45 (7.9%)	6:59	8.6 (92.5%)
13	OLEKSYK Małgorzata	146	BIESZCZADZKI KLUB NORDIC WALKING	K50-54	1			00:06:52	00:11:32	00:23:21	00:35:18.55	00:42:11.50	+00:03:04 (8.7%)	7:03	8.5 (91.4%)
14	SITKO Maciej	70	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	1			00:01:19	00:11:29	00:23:39	00:35:44.95	00:37:04.35	+00:03:31 (9.8%)	7:09	8.4 (90.3%)
15	FRĄSZCZAK Katarzyna	18	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K- Niepełnosprawni	1			00:05:54	00:11:48	00:23:40	00:35:50.45	00:41:45.40	+00:03:36 (10.1%)	7:10	8.4 (90.3%)
16	JÓŹWIAK Marianna	111	WTW WŁOCŁAWEK	K40-44	1			00:06:12	00:11:35	00:23:41	00:35:53.45	00:42:05.70	+00:03:39 (10.2%)	7:10	8.4 (90.3%)
17	STYGA Krystyna	138	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	2			00:06:53	00:11:47	00:23:49	00:36:00.50	00:42:53.70	+00:03:46 (10.5%)	7:12	8.3 (89.2%)
18	RĘDZINIAK Marzena	65	KLUBSPORTU.PL	K30-39	1			00:05:54	00:11:50	00:23:56	00:36:10.10	00:42:05.05	+00:03:56 (10.9%)	7:14	8.3 (89.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.67km	Start_All 3.34km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 5km	brutto 5km			
19	SZEMBERSKI Paweł	84	KLUBSPORTU.PL	M40-44	3			00:02:38	00:11:31	00:23:54	00:36:13.25	00:38:51.50	+00:03:59 (11.0%)	7:14	8.3 (89.2%)
20	KONIK Katarzyna	33	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	2			00:05:55	00:11:55	00:24:08	00:36:18.55	00:42:14.30	+00:04:04 (11.2%)	7:15	8.3 (89.2%)
21	JÓŹWIAK Łukasz	112	WTW WŁOCŁAWEK	M- Niepełnosprawni	2			00:02:55	00:11:56	00:24:18	00:36:28.35	00:39:23.40	+00:04:14 (11.6%)	7:17	8.2 (88.2%)
22	KONIK Aleksandra	29	BIESZCZADZKI KLUB NORDIC WALKING	K40-44	2			00:06:12	00:11:48	00:24:06	00:36:34.15	00:42:46.40	+00:04:20 (11.9%)	7:18	8.2 (88.2%)
23	MARCINKOWSKA Agnieszka	45	UNIA MIAST	K-Dzieci	1			00:04:53	00:11:43	00:24:11	00:36:38.90	00:41:32.10	+00:04:25 (12.1%)	7:19	8.2 (88.2%)
24	PECKA Krzysztof	150	GOKSIT POLAŃCZYK	M30-39	2			00:02:39	00:12:17	00:24:37	00:36:42.95	00:39:22.45	+00:04:29 (12.2%)	7:20	8.2 (88.2%)
25	CZECH Tomasz	12	SANOK SKI TEAM	M30-39	3			00:02:40	00:12:07	00:24:30	00:36:59.35	00:39:39.55	+00:04:45 (12.9%)	7:23	8.1 (87.1%)
26	PRUŚ Karolina	64	OSIR STASZÓW	K-Jun.	1			00:05:21	00:12:34	00:24:41	00:37:33.40	00:42:55.00	+00:05:19 (14.2%)	7:30	8 (86.0%)
27	PISULA Piotr	60	AZS PWSZ SANOK SKI TEAM	M50-54	2			00:03:18	00:12:10	00:24:43	00:37:40.45	00:40:58.45	+00:05:26 (14.5%)	7:32	8 (86.0%)
28	WERBOWICZ Michał	100		M-Dzieci	2			00:01:21	00:11:35	00:24:38	00:37:42.75	00:39:04.00	+00:05:28 (14.5%)	7:32	8 (86.0%)
29	WASILEWSKI Sławomir	98	PASJA NORDIC WALKING	M70+	1			00:04:19	00:12:18	00:25:03	00:37:48.55	00:42:08.15	+00:05:34 (14.8%)	7:33	7.9 (84.9%)
30	HRYSZKO Iwona	149	POZYTYWNIIE ZABIEGANI SANOK	K45-49	1			00:06:31	00:12:41	00:25:19	00:38:00.30	00:44:31.90	+00:05:46 (15.2%)	7:36	7.9 (84.9%)
31	DZIUBA Alina	127	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	2			00:06:32	00:12:37	00:25:15	00:38:10.00	00:44:42.50	+00:05:56 (15.6%)	7:38	7.9 (84.9%)
32	LACHOWSKA Ewa	39	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	2			00:07:14	00:12:11	00:25:06	00:38:11.00	00:45:25.00	+00:05:57 (15.6%)	7:38	7.9 (84.9%)
33	JONDERKO Julia	25	WŁÓCZYKIJE SKOCZÓW	K40-44	3			00:06:13	00:12:27	00:25:32	00:38:17.75	00:44:30.90	+00:06:03 (15.8%)	7:39	7.8 (83.9%)
34	NOWROTEK Roman	121	WESOŁY BORSUK TEAM	M65-69	2			00:04:17	00:12:18	00:25:04	00:38:21.20	00:42:38.80	+00:06:07 (16.0%)	7:40	7.8 (83.9%)
35	PIĄTKOWSKI Józef	59	KS METRACO POLKOWICE	M70+	2			00:04:20	00:12:38	00:25:47	00:38:32.45	00:42:52.80	+00:06:18 (16.4%)	7:42	7.8 (83.9%)
36	KOŃCZEWSKA Bożena	34	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	3			00:07:13	00:12:13	00:25:16	00:38:39.75	00:45:52.85	+00:06:25 (16.6%)	7:43	7.8 (83.9%)
37	JERZY Budzisz	145	BIESZCZADZKI KLUB NORDIC WALKING	M65-69	3			00:04:18	00:12:22	00:25:29	00:38:44.55	00:43:03.20	+00:06:30 (16.8%)	7:45	7.7 (82.8%)
38	ROMANIUK Grzegorz	124	KOLBUSZOWA	M50-54	3			00:03:19	00:12:01	00:25:02	00:38:44.65	00:42:03.75	+00:06:30 (16.8%)	7:44	7.7 (82.8%)
39	JEDNAC Artur	24	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M- Niepełnosprawni	3			00:02:39	00:12:25	00:25:28	00:38:49.90	00:41:29.20	+00:06:36 (17.0%)	7:46	7.7 (82.8%)
40	FRYC Jan	132	KOLBUSZOWSKI KLUB NORDIC WALKING	M55-59	1			00:04:17	00:12:38	00:25:43	00:39:05.60	00:43:23.40	+00:06:51 (17.6%)	7:49	7.7 (82.8%)
41	KRZESAJ Patrycja	37	OSIR STASZÓW	K-Jun.	2			00:05:22	00:12:26	00:25:04	00:39:10.75	00:44:33.00	+00:06:56 (17.7%)	7:50	7.7 (82.8%)
42	URUSKA Sylwia	122		K40-44	4			00:06:13	00:13:12	00:26:35	00:39:44.20	00:45:57.35	+00:07:30 (18.9%)	7:56	7.6 (81.7%)
43	MAŁODOBRY Wioletta	44	KKNW	K40-44	5			00:06:13	00:13:05	00:26:32	00:39:52.70	00:46:06.60	+00:07:38 (19.2%)	7:58	7.5 (80.6%)
44	SZCZYPKOWSKA Marzena	81	OSIR STASZÓW	K40-44	6			00:06:13	00:13:17	00:26:56	00:39:58.30	00:46:12.25	+00:07:44 (19.4%)	7:59	7.5 (80.6%)
45	CZEKAŃSKI Krzysztof	13	UKS SIEDLESZCZANY NORDIC WALKING	M60-64	2			00:04:18	00:12:38	00:26:05	00:40:00.70	00:44:18.95	+00:07:46 (19.4%)	8:00	7.5 (80.6%)

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46	ŻYLIŃSKI Grzegorz	119	SPORTUR	M-Niepełnosprawni	4			00:03:17	00:12:37	00:26:21	00:40:01.70	00:43:18.90	+00:07:47 (19.5%)	8:00	7.5 (80.6%)
47	WALCZYK Daria	96	OSIR STASZÓW	K-Dzieci	2			00:04:55	00:12:37	00:26:16	00:40:11.95	00:45:06.95	+00:07:58 (19.8%)	8:02	7.5 (80.6%)
48	KOSIŃSKA Aleksandra	35	OSIR STASZÓW	K-Dzieci	3			00:04:55	00:12:37	00:26:17	00:40:23.00	00:45:18.90	+00:08:09 (20.2%)	8:04	7.4 (79.6%)
49	WOLAK Michał	147		M-Dzieci	3	1		00:01:20	00:12:48	00:26:31	00:40:41.10	00:42:01.55	+00:08:27 (20.8%)	8:08	7.4 (79.6%)
50	PIWODA Ewa	6	ULKS'SOKOŁY'	K-Jun.	3			00:05:20	00:12:34	00:26:19	00:40:42.10	00:46:02.55	+00:08:28 (20.8%)	8:08	7.4 (79.6%)
51	HANUS Joanna	22		K-Niepełnosprawni	2			00:05:55	00:13:13	00:26:57	00:40:45.95	00:46:41.70	+00:08:32 (20.9%)	8:09	7.4 (79.6%)
52	SOBIEGRAJ Marzena	76	OSIR STASZÓW	K45-49	3			00:06:32	00:13:18	00:26:58	00:40:49.05	00:47:21.45	+00:08:35 (21.0%)	8:09	7.3 (78.5%)
53	KASZANY Karol	26	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	4			00:01:19	00:13:01	00:26:47	00:40:53.65	00:42:13.50	+00:08:39 (21.2%)	8:10	7.3 (78.5%)
54	SOBCZYK Rafał	74	KLUBSPORTU.PL	M40-44	4			00:02:40	00:12:45	00:26:37	00:40:54.70	00:43:35.60	+00:08:40 (21.2%)	8:11	7.3 (78.5%)
55	URBAN Iwona	143	KOLBUSZOWSKI KLUB NORDIC WALKING	K45-49	4			00:06:33	00:13:33	00:27:01	00:40:57.50	00:47:30.70	+00:08:43 (21.3%)	8:11	7.3 (78.5%)
56	POCZOBUT Karina	67	OSIR STASZÓW	K18-29	1			00:05:54	00:13:16	00:27:19	00:41:09.00	00:47:03.00	+00:08:55 (21.7%)	8:13	7.3 (78.5%)
57	HAŁDAŚ Bogdan	126	KOLBUSZOWA	M50-54	4			00:03:18	00:13:12	00:27:02	00:41:10.80	00:44:28.80	+00:08:57 (21.7%)	8:14	7.3 (78.5%)
58	MRZYGLÓD Halina	107		K40-44	7	1		00:06:13	00:13:38	00:27:22	00:41:24.60	00:47:37.65	+00:09:10 (22.2%)	8:16	7.2 (77.4%)
59	MOCHNAL Ewa	47		K55-59	4			00:07:13	00:13:50	00:28:00	00:41:49.90	00:49:03.55	+00:09:36 (23.0%)	8:22	7.2 (77.4%)
60	KRZESAJ Marzena	38	OSIR STASZÓW	K30-39	3			00:05:56	00:13:36	00:27:43	00:42:00.00	00:47:56.70	+00:09:46 (23.3%)	8:24	7.1 (76.3%)
61	SALAŁAK Maria	68	NW RELAKS ZAGÓRZ	K60-64	1			00:07:40	00:13:35	00:27:38	00:42:00.25	00:49:40.50	+00:09:46 (23.3%)	8:24	7.1 (76.3%)
62	BILSKA Agnieszka	5	OSIR STASZÓW	K30-39	4			00:05:54	00:13:45	00:27:52	00:42:15.15	00:48:10.05	+00:10:01 (23.7%)	8:27	7.1 (76.3%)
63	KONIK Wiktoria	32	BIESZCZADZKI KLUB NORDIC WALKING	K-Dzieci	4			00:04:54	00:13:35	00:27:40	00:42:15.50	00:47:09.60	+00:10:01 (23.7%)	8:27	7.1 (76.3%)
64	DOBROWOLSKI Zbigniew	14	OSIR STASZÓW	M50-54	5			00:03:19	00:14:02	00:28:19	00:42:29.20	00:45:48.20	+00:10:15 (24.1%)	8:29	7.1 (76.3%)
65	SUDOŁ Irena	80	WŁÓCZYKIJE SKOCZÓW	K50-54	3			00:06:54	00:14:00	00:28:26	00:42:33.30	00:49:27.50	+00:10:19 (24.3%)	8:30	7.1 (76.3%)
66	ŻYLIŃSKA Agnieszka	118	SPORTUR	K-Niepełnosprawni	3			00:06:33	00:14:04	00:28:22	00:42:45.35	00:49:18.40	+00:10:31 (24.6%)	8:33	7 (75.3%)
67	POCZOBUT Agnieszka	62	OSIR STASZÓW	K45-49	5			00:06:32	00:14:02	00:28:45	00:42:52.15	00:49:24.15	+00:10:38 (24.8%)	8:34	7 (75.3%)
68	LASOCIŃSKA Ewa	40	KLUB NW 'WŁÓCZYKIJE'	K70+	1			00:08:19	00:14:12	00:28:37	00:43:06.75	00:51:26.60	+00:10:52 (25.2%)	8:37	7 (75.3%)
69	CAG-SOBCZYK Edyta	8	KLUBSPORTU.PL	K40-44	8			00:06:12	00:13:33	00:28:24	00:43:08.25	00:49:20.80	+00:10:54 (25.3%)	8:37	7 (75.3%)
70	TOMASZEWSKI Karol	139	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	5			00:01:20	00:13:14	00:28:32	00:43:30.10	00:44:50.75	+00:11:16 (25.9%)	8:42	6.9 (74.2%)
71	KOCZUR Dorota	136	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	2			00:07:38	00:13:55	00:28:54	00:43:37.40	00:51:15.55	+00:11:23 (26.1%)	8:43	6.9 (74.2%)
72	ROZEGNAŁ Katarzyna	66	OSIR STASZÓW	K-Dzieci	5			00:04:55	00:13:28	00:28:42	00:43:57.20	00:48:52.70	+00:11:43 (26.7%)	8:47	6.8 (73.1%)

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											netto 5km	brutto 5km			
73	SZEWCZYK Genowefa	85	NW RELAKS ZAGÓRZ	K60-64	3			00:07:40	00:13:57	00:28:55	00:43:58.10	00:51:38.20	+00:11:44 (26.7%)	8:47	6.8 (73.1%)
74	BOJARSKA Mariola	120		K-Niepełnosprawni	4			00:07:13	00:14:42	00:29:21	00:44:04.45	00:51:18.20	+00:11:50 (26.9%)	8:49	6.8 (73.1%)
75	MOCHNAL Mirosław	48		M70+	3			00:04:20	00:14:19	00:29:28	00:44:12.95	00:48:33.35	+00:11:59 (27.1%)	8:50	6.8 (73.1%)
76	NOWAK Jerzy	52	NIEZRZESZONY	M65-69	4			00:04:20	00:14:18	00:29:29	00:44:13.20	00:48:33.75	+00:11:59 (27.1%)	8:50	6.8 (73.1%)
77	TONIA Karolina	91	ULKS'SOKOŁY'	K-Dzieci	6			00:04:55	00:13:58	00:28:53	00:44:14.10	00:49:09.10	+00:12:00 (27.1%)	8:50	6.8 (73.1%)
78	CZERK Wanda	137	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	5			00:07:14	00:14:44	00:29:27	00:44:15.90	00:51:30.40	+00:12:02 (27.2%)	8:51	6.8 (73.1%)
79	ROMANIUK Krystyna	125	KOLBUSZOWA	K50-54	4			00:06:53	00:13:59	00:28:47	00:44:18.25	00:51:11.75	+00:12:04 (27.3%)	8:51	6.8 (73.1%)
80	ZIEMNIAK Angelika	105	ULKS'SOKOŁY'	K-Dzieci	7			00:04:54	00:14:00	00:28:56	00:44:22.40	00:49:17.00	+00:12:08 (27.4%)	8:52	6.8 (73.1%)
81	ZABOROWSKA Maria	103	OSIR STASZÓW	K60-64	4			00:07:13	00:14:51	00:29:46	00:44:22.95	00:51:36.65	+00:12:09 (27.4%)	8:52	6.8 (73.1%)
82	TRZUNIECKA Janina	129	RELAX ZAGÓRZ	K55-59	6			00:06:54	00:14:24	00:29:16	00:44:23.05	00:51:17.60	+00:12:09 (27.4%)	8:52	6.8 (73.1%)
83	PODUBNY Krystyna	63	KLUB NW 'WŁÓCZYKJE'	K60-64	5			00:07:38	00:13:58	00:28:58	00:44:33.10	00:52:11.35	+00:12:19 (27.7%)	8:54	6.7 (72.0%)
84	SAPA Kamila	69	OSIR STASZÓW	K-Jun.	4	1		00:05:20	00:14:37	00:29:30	00:44:39.85	00:50:00.45	+00:12:26 (27.8%)	8:56	6.7 (72.0%)
85	PAWLINA Halina	56	KKNW	K45-49	6			00:06:34	00:14:43	00:30:05	00:44:40.45	00:51:14.55	+00:12:26 (27.9%)	8:56	6.7 (72.0%)
86	NIECHWIEJCZYK Kinga	78	UNIA MIAST	K-Dzieci	8			00:04:53	00:14:18	00:29:30	00:44:44.95	00:49:38.40	+00:12:31 (28.0%)	8:57	6.7 (72.0%)
87	WITUSIK Michał	102	NW-TEAM JASŁO	M-Dzieci	6			00:01:19	00:12:52	00:28:32	00:44:51.15	00:46:10.40	+00:12:37 (28.1%)	8:58	6.7 (72.0%)
88	MUSKUS Kazimierz	49	KLUB NW 'WŁÓCZYKJE'	M65-69	5			00:04:19	00:14:05	00:29:13	00:44:56.10	00:49:15.60	+00:12:42 (28.3%)	8:59	6.7 (72.0%)
89	APANASOWICZ Danuta	1	NW RELAKS ZAGÓRZ	K65-69	1			00:07:58	00:15:01	00:30:04	00:45:02.45	00:53:00.75	+00:12:48 (28.4%)	9:00	6.7 (72.0%)
90	SMAGŁOWSKI Czesław	148	OSIR STASZÓW	M65-69	6			00:04:19	00:15:02	00:29:54	00:45:07.30	00:49:26.50	+00:12:53 (28.6%)	9:01	6.6 (71.0%)
91	MYŚKO Halina	114	NW TEAM JASŁO	K60-64	6			00:07:38	00:14:46	00:30:20	00:45:14.65	00:52:53.45	+00:13:00 (28.8%)	9:03	6.6 (71.0%)
92	TARA Janina	89	NW RELAKS ZAGÓRZ	K65-69	2			00:07:59	00:15:00	00:30:07	00:45:30.90	00:53:29.95	+00:13:17 (29.2%)	9:06	6.6 (71.0%)
93	ŁOMNICKA-GUT Ewa	42	NW RELAKS ZAGÓRZ	K65-69	3			00:07:58	00:15:06	00:30:10	00:45:31.30	00:53:30.10	+00:13:17 (29.2%)	9:06	6.6 (71.0%)
94	KONIK Mikołaj	31	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	7			00:01:19	00:13:56	00:29:34	00:45:47.05	00:47:06.15	+00:13:33 (29.6%)	9:09	6.6 (71.0%)
95	NAHAJCZUK Julia	50	OSIR STASZÓW	K-Dzieci	9			00:04:55	00:15:27	00:30:29	00:46:00.70	00:50:56.00	+00:13:46 (30.0%)	9:12	6.5 (69.9%)
96	ROZENBAJGIER Helena	130	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	2			00:08:20	00:15:00	00:30:37	00:46:32.80	00:54:53.40	+00:14:19 (30.8%)	9:18	6.4 (68.8%)
97	KACHLIK Małgorzata	115	NW TEAM JASŁO	K65-69	4			00:07:59	00:15:14	00:30:51	00:46:44.55	00:54:44.25	+00:14:30 (31.0%)	9:21	6.4 (68.8%)
98	CZAPLA Weronika	11	OSIR STASZÓW	K-Jun.	5			00:05:21	00:14:40	00:30:11	00:46:48.60	00:52:09.80	+00:14:34 (31.1%)	9:21	6.4 (68.8%)
99	MIKOŁAJCZYK Irena	113	NW TEAM JASŁO	K60-64	7			00:07:37	00:14:57	00:30:47	00:46:54.85	00:54:32.75	+00:14:41 (31.3%)	9:23	6.4 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.67km	Start_All 3.34km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 5km	brutto 5km			
100	WALCZYK Dawid	97	OSIR STASZÓW	M-Jun.	3			00:01:48	00:14:55	00:30:53	00:46:55.80	00:48:44.40	+00:14:42 (31.3%)	9:23	6.4 (68.8%)
101	PROKOPIEC Bronisława	134	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	3			00:08:19	00:15:29	00:31:15	00:47:25.45	00:55:45.25	+00:15:11 (32.0%)	9:29	6.3 (67.7%)
102	SZCZYPKOWSKA Milena	82	OSIR STASZÓW	K18-29	2			00:05:54	00:14:56	00:31:30	00:47:36.50	00:53:31.00	+00:15:22 (32.3%)	9:31	6.3 (67.7%)
103	SKUZA Hubert	73	OSIR STASZÓW	M-Dzieci	8			00:01:47	00:15:31	00:32:04	00:47:45.25	00:49:32.55	+00:15:31 (32.5%)	9:33	6.3 (67.7%)
104	DZIEDZIC Jakub	16	OSIR STASZÓW	M-Dzieci	9			00:01:47	00:14:59	00:31:16	00:47:47.35	00:49:34.60	+00:15:33 (32.6%)	9:33	6.3 (67.7%)
105	SUDOŁ Maria	141	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	8			00:07:38	00:14:52	00:31:17	00:47:50.05	00:55:28.65	+00:15:36 (32.6%)	9:34	6.3 (67.7%)
106	WERBOWICZ Agnieszka	99		K40-44	9			00:06:13	00:15:47	00:31:35	00:47:57.55	00:54:11.35	+00:15:43 (32.8%)	9:35	6.3 (67.7%)
107	SOBIEGRAJ Milena	75	OSIR STASZÓW	K-Dzieci	10			00:04:55	00:14:28	00:30:57	00:47:59.20	00:52:54.60	+00:15:45 (32.8%)	9:35	6.3 (67.7%)
108	WIĄCEK Krystyna	133	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	5			00:08:00	00:15:19	00:31:22	00:48:02.10	00:56:02.10	+00:15:48 (32.9%)	9:36	6.2 (66.7%)
109	SKUZA Magdalena	71	OSIR STASZÓW	K30-39	5			00:05:54	00:13:58	00:29:23	00:48:11.20	00:54:05.60	+00:15:57 (33.1%)	9:38	6.2 (66.7%)
110	SOJDA Alicja	77	OSIR STASZÓW	K45-49	7			00:06:32	00:16:00	00:32:34	00:48:28.75	00:55:01.30	+00:16:14 (33.5%)	9:41	6.2 (66.7%)
111	TAMJOŁA Zofia	88	OSIR STASZÓW	K60-64	9			00:07:38	00:16:07	00:32:35	00:48:45.65	00:56:24.60	+00:16:31 (33.9%)	9:45	6.2 (66.7%)
112	RAK Maciej	17	ULKS'SOKOŁY'	M-Dzieci	10			00:01:20	00:14:54	00:32:31	00:49:13.60	00:50:33.60	+00:16:59 (34.5%)	9:50	6.1 (65.6%)
113	NOWAK Krystyna	10	OSIR STASZÓW	K65-69	6			00:07:59	00:15:52	00:32:21	00:49:19.50	00:57:18.50	+00:17:05 (34.7%)	9:51	6.1 (65.6%)
114	RĘDZINIAK Ola	2	KLUBSPORTU.PL	K-Dzieci	11			00:04:53	00:14:56	00:31:38	00:49:37.30	00:54:31.05	+00:17:23 (35.0%)	9:55	6 (64.5%)
115	PATER Józef	55	OSIR STASZÓW	M70+	4			00:04:21	00:15:25	00:32:25	00:49:55.35	00:54:17.15	+00:17:41 (35.4%)	9:59	6 (64.5%)
116	TRELA Iwona	92	OSIR STASZÓW	K45-49	8			00:06:31	00:16:01	00:33:24	00:50:05.55	00:56:37.35	+00:17:51 (35.7%)	10:01	6 (64.5%)
117	RĘBISZ Grażyna	135	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	10			00:07:39	00:16:13	00:32:58	00:51:04.25	00:58:43.60	+00:18:50 (36.9%)	10:12	5.9 (63.4%)
118	SAJ Elżbieta	142	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	11			00:07:39	00:15:40	00:32:51	00:51:09.70	00:58:49.50	+00:18:55 (37.0%)	10:14	5.9 (63.4%)
119	ŚNIOS Maria	87	OSIR STASZÓW	K50-54	5			00:06:54	00:16:34	00:33:34	00:51:12.10	00:58:06.70	+00:18:58 (37.1%)	10:14	5.9 (63.4%)
120	KOZIOŁ Zofia	36	OSIR STASZÓW	K70+	4			00:08:20	00:16:49	00:33:40	00:51:19.15	00:59:39.45	+00:19:05 (37.2%)	10:15	5.8 (62.4%)
121	GÓRCZORNY Marian	116	NW TEAM JASŁO	M-Niepełnosprawni	5			00:04:19	00:16:42	00:34:21	00:51:58.00	00:56:17.95	+00:19:44 (38.0%)	10:23	5.8 (62.4%)
122	WERBOWICZ Barbara	101		K-Jun.	6			00:05:21	00:17:22	00:34:21	00:52:01.60	00:57:22.90	+00:19:47 (38.1%)	10:24	5.8 (62.4%)
123	SKUZA Dominik	72	OSIR STASZÓW	M-Dzieci	11			00:01:47	00:15:47	00:33:06	00:52:19.05	00:54:06.90	+00:20:05 (38.4%)	10:27	5.7 (61.3%)
124	TOMASZEWSKA Diana	140	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	6			00:05:56	00:16:30	00:34:08	00:52:45.35	00:58:41.70	+00:20:31 (38.9%)	10:33	5.7 (61.3%)
125	BARAN Amelia	3	KLUBSPORTU.PL	K-Dzieci	12			00:04:54	00:15:16	00:34:16	00:52:49.15	00:57:43.45	+00:20:35 (39.0%)	10:33	5.7 (61.3%)
126	HANUS Teresa	23		K-Niepełnosprawni	5	1		00:07:58	00:16:56	00:36:17	00:56:11.10	01:04:09.25	+00:23:57 (42.6%)	11:14	5.3 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.67km	Start_All 3.34km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
127	NASTERNAK Elżbieta	51	OSIR STASZÓW	K60-64	12			00:07:40	00:16:08	00:32:30			+00:10:53	9:43	6.2 (66.7%)
128	BĄCAL Wiktoria	4	ULKS'SOKOŁY'	K-Jun.	7			00:05:20	00:13:07				+00:02:21	7:51	7.6 (81.7%)
129	SZYMAŃSKA Halina	86	OSIR STASZÓW	K65-69	7	1		00:07:59	00:19:23				+00:08:37	11:36	5.2 (55.9%)
130	PIĄTKOWSKA Laura	58	OSIR STASZÓW	K65-69	8			00:08:00	00:19:25				+00:08:40	11:37	5.2 (55.9%)

Znaleziono 130 wynik(ów)