



# POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 5 KM

B4SPORT  
INTELLIGENT ENERGY SOLUTIONS

**Event:** POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING  
**Organiser:** PFNW  
**Date:** 2017-06-04  
**Place:** Polańczyk  
**Distance:** 5 km



Classification: All

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Start time	Start_All 1.66km	Start_All 3.3km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	<b>GRZĄDZIEL Dariusz</b>	<b>36</b>	BIESZCZADZKI KLUB NORDIC WALKING	M45-49	1		00:02:50	00:10:56	00:21:57	<b>00:33:08.20</b>	<b>00:35:58.40</b>		6:37	9.1 (100%)
2	<b>KONIK Jacek</b>	<b>130</b>	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1		00:02:37	00:11:06	00:22:04	<b>00:33:14.50</b>	<b>00:35:51.65</b>	+00:00:06 (0.3%)	6:38	9 (98.9%)
3	<b>WOJTOWICZ Tomasz</b>	<b>110</b>		M18-29	1		00:02:09	00:10:46	00:21:56	<b>00:33:18.45</b>	<b>00:35:28.20</b>	+00:00:10 (0.5%)	6:39	9 (98.9%)
4	<b>RECZULSKI Mariusz</b>	<b>84</b>	SMS EFEKT CZĘSTOCHOWA	M50-54	1		00:03:03	00:11:08	00:22:27	<b>00:33:30.65</b>	<b>00:36:34.40</b>	+00:00:22 (1.1%)	6:42	9 (98.9%)
5	<b>BOGACKI Sławek</b>	<b>210</b>	ENERGA NW TEAM	M40-44	2		00:02:36	00:11:08	00:22:25	<b>00:33:43.05</b>	<b>00:36:19.40</b>	+00:00:34 (1.7%)	6:44	8.9 (97.8%)
6	<b>CHAMIELEC Bogusław</b>	<b>8</b>	A EMERYT BIEGA	M50-54	2		00:03:02	00:11:08	00:22:27	<b>00:33:46.95</b>	<b>00:36:48.95</b>	+00:00:38 (1.9%)	6:45	8.9 (97.8%)
7	<b>HAŁAS Marcin</b>	<b>40</b>		M30-39	1		00:02:21	00:11:15	00:22:41	<b>00:33:51.35</b>	<b>00:36:12.40</b>	+00:00:43 (2.1%)	6:46	8.9 (97.8%)
8	<b>MACHNIK Janusz</b>	<b>62</b>	CLLEO ZAWIERCIE	M40-44	3		00:02:36	00:11:06	00:22:40	<b>00:34:06.95</b>	<b>00:36:43.30</b>	+00:00:58 (2.9%)	6:49	8.8 (96.7%)
9	<b>RAKUĆ Jakub</b>	<b>81</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	2		00:02:10	00:10:59	00:22:41	<b>00:34:07.55</b>	<b>00:36:17.80</b>	+00:00:59 (2.9%)	6:49	8.8 (96.7%)
10	<b>ZALISKO Oksana</b>	<b>124</b>	DĄBROWA NT	K60-64	1		00:06:24	00:11:19	00:22:42	<b>00:34:11.20</b>	<b>00:40:35.90</b>	+00:01:03 (3.1%)	6:50	8.8 (96.7%)
11	<b>ROŻYNEK Miron</b>	<b>89</b>		M50-54	3		00:03:04	00:11:04	00:22:31	<b>00:34:13.50</b>	<b>00:37:18.25</b>	+00:01:05 (3.2%)	6:50	8.8 (96.7%)
12	<b>BIEGA Mariusz</b>	<b>4</b>	SANOK SKI TEAM	M45-49	2		00:02:50	00:11:14	00:22:52	<b>00:34:41.65</b>	<b>00:37:32.30</b>	+00:01:33 (4.5%)	6:56	8.6 (94.5%)
13	<b>FOJCIK Piotr</b>	<b>23</b>	RYBNICKI KLUB NORDIC WALKING	M50-54	4		00:03:02	00:11:29	00:23:09	<b>00:34:46.10</b>	<b>00:37:48.70</b>	+00:01:37 (4.7%)	6:57	8.6 (94.5%)
14	<b>POLEWCZAK Mariusz</b>	<b>79</b>	CLLEO ZAWIERCIE	M45-49	3		00:02:50	00:11:16	00:23:05	<b>00:35:15.50</b>	<b>00:38:05.80</b>	+00:02:07 (6.0%)	7:03	8.5 (93.4%)
15	<b>GŁOWA Michał</b>	<b>30</b>		M-Jun.	1		00:02:01	00:11:35	00:23:28	<b>00:35:29.95</b>	<b>00:37:31.65</b>	+00:02:21 (6.7%)	7:06	8.5 (93.4%)
16	<b>SPYCHAŁA Lesław</b>	<b>96</b>	WESOŁY BORSUK TEAM	M50-54	5		00:03:02	00:11:24	00:23:17	<b>00:35:32.65</b>	<b>00:38:34.90</b>	+00:02:24 (6.8%)	7:06	8.4 (92.3%)
17	<b>PASIERB Marek</b>	<b>77</b>		M60-64	1		00:03:28	00:11:27	00:23:31	<b>00:35:35.85</b>	<b>00:39:03.90</b>	+00:02:27 (6.9%)	7:07	8.4 (92.3%)

Place	Participant	Number	Club	Category	M/Cat	Żół. kartki	Czer. kartki	Start time	Start_All 1.66km	Start_All 3.3km	Net time	Czas brutto	Pace min/km	Pace km/h	
											5km	5km			Gap
18	<b>DUSZEŃKO Zygmunt</b>	16	KS METRACO POLKOWICE	M55-59	1			00:03:16	00:11:43	00:23:39	<b>00:35:40.10</b>	<b>00:38:56.15</b>	+00:02:31 (7.1%)	7:08	8.4 (92.3%)
19	<b>BIK Stanisław</b>	6	KS METRACO POLKOWICE	M55-59	2			00:03:16	00:11:36	00:23:42	<b>00:35:40.75</b>	<b>00:38:56.85</b>	+00:02:32 (7.1%)	7:08	8.4 (92.3%)
20	<b>ADAMCZYK Adam</b>	1	PASJA NORDIC WALKING	M65-69	1			00:03:41	00:11:56	00:23:52	<b>00:35:54.80</b>	<b>00:39:36.45</b>	+00:02:46 (7.7%)	7:11	8.4 (92.3%)
21	<b>GIERLASINSKI Krzysztof</b>	28		M55-59	3			00:03:14	00:11:44	00:23:52	<b>00:35:59.10</b>	<b>00:39:13.95</b>	+00:02:50 (7.9%)	7:11	8.3 (91.2%)
22	<b>GRYGOROWICZ Bogdan</b>	35	KS METRACO POLKOWICE	M65-69	2			00:03:41	00:11:55	00:23:58	<b>00:36:03.20</b>	<b>00:39:44.85</b>	+00:02:55 (8.1%)	7:12	8.3 (91.2%)
23	<b>OLEKSYK Małgorzata</b>	119	KB HALICZ BKNW	K55-59	1			00:06:10	00:11:57	00:23:57	<b>00:36:11.30</b>	<b>00:42:21.85</b>	+00:03:03 (8.4%)	7:14	8.3 (91.2%)
24	<b>DUSZEŃKO Damian</b>	19	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:04:09	00:12:06	00:24:27	<b>00:36:18.20</b>	<b>00:40:27.65</b>	+00:03:10 (8.7%)	7:15	8.3 (91.2%)
25	<b>CIŚLIK-KASZANY Anna</b>	12	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	1			00:05:11	00:11:53	00:24:03	<b>00:36:23.20</b>	<b>00:41:35.00</b>	+00:03:15 (8.9%)	7:16	8.2 (90.1%)
26	<b>SCHRÖDER Karol</b>	91	SILESIA NORDIC TEAM	M40-44	4			00:02:37	00:11:09	00:23:36	<b>00:36:25.55</b>	<b>00:39:03.40</b>	+00:03:17 (9.0%)	7:17	8.2 (90.1%)
27	<b>KONIK Jarek</b>	52		M30-39	2			00:02:22	00:11:48	00:24:13	<b>00:36:42.75</b>	<b>00:39:04.80</b>	+00:03:34 (9.7%)	7:20	8.2 (90.1%)
28	<b>SZYMAŃSKI Stefan</b>	101	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:03:57	00:12:09	00:24:35	<b>00:37:08.50</b>	<b>00:41:05.65</b>	+00:04:00 (10.8%)	7:25	8.1 (89.0%)
29	<b>GRUSZKA Michał</b>	32	UNIA MIAST	M40-44	5			00:02:36	00:11:49	00:24:27	<b>00:37:09.75</b>	<b>00:39:46.20</b>	+00:04:01 (10.8%)	7:26	8.1 (89.0%)
30	<b>RZUCIDŁO Jan</b>	116		M65-69	3			00:03:42	00:12:12	00:24:42	<b>00:37:14.65</b>	<b>00:40:57.00</b>	+00:04:06 (11.0%)	7:27	8.1 (89.0%)
31	<b>GĘBKA Tomasz</b>	123		M55-59	4			00:03:03	00:11:46	00:24:23	<b>00:37:15.40</b>	<b>00:40:18.85</b>	+00:04:07 (11.1%)	7:27	8.1 (89.0%)
32	<b>ŚLUSARCZYK Andrzej</b>	122	WESOŁY BORSUK TEAM	M65-69	4			00:03:41	00:12:00	00:24:34	<b>00:37:18.10</b>	<b>00:40:59.95</b>	+00:04:09 (11.2%)	7:27	8 (87.9%)
33	<b>MARCINKOWSKA Agnieszka</b>	63	UNIA MIAST	K-Dzieci	1			00:04:25	00:12:08	00:24:46	<b>00:37:19.00</b>	<b>00:41:44.05</b>	+00:04:10 (11.2%)	7:27	8 (87.9%)
34	<b>GRUSZKA Michał</b>	33	UNIA MIAST	M-Dzieci	1			00:01:50	00:11:56	00:24:50	<b>00:37:32.50</b>	<b>00:39:23.20</b>	+00:04:24 (11.7%)	7:30	8 (87.9%)
35	<b>MARCINKOWSKI Jakub</b>	65	UNIA MIAST	M-Jun.	2			00:02:01	00:12:06	00:25:20	<b>00:37:45.20</b>	<b>00:39:46.70</b>	+00:04:37 (12.2%)	7:33	7.9 (86.8%)
36	<b>BIK Przemysław</b>	5	KS METRACO POLKOWICE	M-Jun.	3			00:02:02	00:12:40	00:25:22	<b>00:37:45.80</b>	<b>00:39:48.10</b>	+00:04:37 (12.3%)	7:33	7.9 (86.8%)
37	<b>JÓŹWIAK Marianna</b>	45	WTW WŁOCLAWEK	K40-44	1			00:05:25	00:12:00	00:24:43	<b>00:37:49.05</b>	<b>00:43:14.10</b>	+00:04:40 (12.4%)	7:33	7.9 (86.8%)
38	<b>RECZULSKA Katarzyna</b>	83	SMS EFEKT CZĘSTOCHOWA	K45-49	1			00:05:43	00:12:21	00:25:08	<b>00:37:58.60</b>	<b>00:43:42.40</b>	+00:04:50 (12.7%)	7:35	7.9 (86.8%)
39	<b>MIKOŁAJCZAK Jan</b>	67	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:04:08	00:12:09	00:24:59	<b>00:38:07.60</b>	<b>00:42:16.45</b>	+00:04:59 (13.1%)	7:37	7.9 (86.8%)
40	<b>KONIK Aleksandra</b>	129	BIESZCZADZKI KLUB NORDIC WALKING	K40-44	2			00:05:24	00:12:23	00:25:17	<b>00:38:11.70</b>	<b>00:43:36.65</b>	+00:05:03 (13.2%)	7:38	7.9 (86.8%)
41	<b>MARCINKOWSKI Wojciech</b>	66	UNIA MIAST	M45-49	4			00:02:36	00:12:02	00:25:20	<b>00:38:17.05</b>	<b>00:40:53.30</b>	+00:05:08 (13.4%)	7:39	7.8 (85.7%)
42	<b>RAKUĆ Angelika</b>	82	RUCH PO ZDROWIE WŁOCLAWEK	K18-29	1			00:05:00	00:12:23	00:25:35	<b>00:38:23.55</b>	<b>00:43:24.35</b>	+00:05:15 (13.7%)	7:40	7.8 (85.7%)
43	<b>PASIEKA Agnieszka</b>	76		K40-44	3			00:05:25	00:12:15	00:25:14	<b>00:38:28.40</b>	<b>00:43:54.15</b>	+00:05:20 (13.9%)	7:41	7.8 (85.7%)

Place	Participant	Number	Club	Category	M/Cat	Żół. kartki	Czer. kartki	Start time	Start_All 1.66km	Start_All 3.3km	Net time	Czas brutto	Pace min/km	Pace km/h	
											5km	5km			Gap
44	<b>JÓŹWIAK Łukasz</b>	<b>46</b>	WTW WŁOCŁAWEK	M-Niepełnosprawni(A)	2			00:04:10	00:12:19	00:25:28	<b>00:38:35.70</b>	<b>00:42:46.10</b>	+00:05:27 (14.1%)	7:43	7.8 (85.7%)
45	<b>ADAMUS Marian</b>	<b>2</b>	SILESIA NORDIC TEAM	M65-69	5			00:04:48	00:11:38	00:23:34	<b>00:38:43.70</b>	<b>00:43:32.00</b>	+00:05:35 (14.4%)	7:44	7.7 (84.6%)
46	<b>LIS Robert</b>	<b>60</b>	N/Z	M50-54	6			00:03:04	00:12:12	00:25:22	<b>00:38:44.15</b>	<b>00:41:48.35</b>	+00:05:35 (14.5%)	7:44	7.7 (84.6%)
47	<b>KONIK Zuzanna</b>	<b>54</b>	BIESZCZADZKI KLUB NORDIC WALKING	K-Jun.	1			00:04:47	00:12:22	00:25:31	<b>00:38:49.55</b>	<b>00:43:36.75</b>	+00:05:41 (14.7%)	7:45	7.7 (84.6%)
48	<b>POLEWCZAK Aneta</b>	<b>78</b>	CLLEO ZAWIERCIE	K45-49	2			00:05:42	00:12:37	00:25:43	<b>00:38:53.95</b>	<b>00:44:36.65</b>	+00:05:45 (14.8%)	7:46	7.7 (84.6%)
49	<b>LACHOWSKA Ewa</b>	<b>120</b>	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	2			00:06:11	00:12:55	00:26:04	<b>00:39:07.45</b>	<b>00:45:18.95</b>	+00:05:59 (15.3%)	7:49	7.7 (84.6%)
50	<b>KONIK Katarzyna</b>	<b>51</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	2			00:05:11	00:12:49	00:26:17	<b>00:39:27.45</b>	<b>00:44:38.70</b>	+00:06:19 (16.0%)	7:53	7.6 (83.5%)
51	<b>KRECZMER Marzena</b>	<b>57</b>	CLLEO ZAWIERCIE	K30-39	3			00:05:09	00:12:49	00:26:11	<b>00:39:27.90</b>	<b>00:44:37.65</b>	+00:06:19 (16.0%)	7:53	7.6 (83.5%)
52	<b>MORYS Agnieszka</b>	<b>69</b>	FABRIKANORDIKA	K30-39	4			00:05:09	00:12:50	00:26:12	<b>00:39:31.15</b>	<b>00:44:41.00</b>	+00:06:22 (16.2%)	7:54	7.6 (83.5%)
53	<b>KUPIBIDA Bogusława</b>	<b>58</b>	SILESIA NORDIC TEAM	K55-59	3			00:06:11	00:12:52	00:26:01	<b>00:39:31.65</b>	<b>00:45:42.95</b>	+00:06:23 (16.2%)	7:54	7.6 (83.5%)
54	<b>WOLNIEWICZ Katarzyna</b>	<b>111</b>	FABRIKANORDIKA	K45-49	3			00:05:45	00:12:45	00:26:14	<b>00:39:33.00</b>	<b>00:45:18.45</b>	+00:06:24 (16.2%)	7:54	7.6 (83.5%)
55	<b>CHWOSTYK Jolanta</b>	<b>9</b>	UKS KRZEMIEŃ	K-Jun.	2			00:04:47	00:12:31	00:25:51	<b>00:39:33.30</b>	<b>00:44:20.85</b>	+00:06:25 (16.2%)	7:54	7.6 (83.5%)
56	<b>GAŁAŚ Joanna</b>	<b>26</b>	PASJA NORDIC WALKING	K18-29	2			00:05:01	00:12:50	00:26:15	<b>00:39:38.35</b>	<b>00:44:39.80</b>	+00:06:30 (16.4%)	7:55	7.6 (83.5%)
57	<b>URBANIAK Marian</b>	<b>133</b>		M55-59	5			00:03:15	00:12:53	00:26:10	<b>00:39:39.40</b>	<b>00:42:54.85</b>	+00:06:31 (16.4%)	7:55	7.6 (83.5%)
58	<b>SOBCZYŃSKA Agata</b>	<b>95</b>	UKS KRZEMIEŃ	K-Jun.	3			00:04:47	00:12:36	00:26:22	<b>00:39:45.80</b>	<b>00:44:32.95</b>	+00:06:37 (16.7%)	7:57	7.5 (82.4%)
59	<b>WOJNAROWICZ Wiktoria</b>	<b>109</b>	UKS KRZEMIEŃ	K-Jun.	4			00:04:47	00:12:40	00:26:25	<b>00:39:47.90</b>	<b>00:44:35.40</b>	+00:06:39 (16.7%)	7:57	7.5 (82.4%)
60	<b>CZECH Tomasz</b>	<b>13</b>	ZKN SOKÓŁ ZAGÓRZ	M30-39	3			00:02:21	00:13:00	00:26:32	<b>00:39:59.80</b>	<b>00:42:20.85</b>	+00:06:51 (17.2%)	7:59	7.5 (82.4%)
61	<b>WASILEWSKI Sławomir</b>	<b>106</b>	PASJA NORDIC WALKING	M70+	2			00:03:57	00:12:54	00:26:20	<b>00:40:03.75</b>	<b>00:44:01.30</b>	+00:06:55 (17.3%)	8:00	7.5 (82.4%)
62	<b>ŚWIEBODA Krystyna</b>	<b>131</b>		K30-39	5			00:05:12	00:12:44	00:26:12	<b>00:40:13.00</b>	<b>00:45:25.15</b>	+00:07:04 (17.6%)	8:02	7.5 (82.4%)
63	<b>KĘDZIERSKA Edyta</b>	<b>117</b>	PFNW	K40-44	4			00:05:26	00:13:05	00:26:42	<b>00:40:18.30</b>	<b>00:45:44.35</b>	+00:07:10 (17.8%)	8:03	7.4 (81.3%)
64	<b>GERLE-KOTULA Anna</b>	<b>132</b>	UNIA MIAST	K30-39	6			00:05:10	00:13:19	00:27:00	<b>00:40:34.25</b>	<b>00:45:45.05</b>	+00:07:26 (18.3%)	8:07	7.4 (81.3%)
65	<b>URUSKA Sylwia</b>	<b>105</b>		K40-44	5			00:05:25	00:13:15	00:26:49	<b>00:40:40.60</b>	<b>00:46:05.75</b>	+00:07:32 (18.5%)	8:08	7.4 (81.3%)
66	<b>FOJCIK Gabriela</b>	<b>22</b>	RYBNICKI KLUB NORDIC WALKING	K50-54	1			00:06:10	00:13:44	00:27:19	<b>00:40:52.05</b>	<b>00:47:02.90</b>	+00:07:43 (18.9%)	8:10	7.3 (80.2%)
67	<b>LORENS Kazimierz</b>	<b>61</b>	CLLEO ZAWIERCIE	M60-64	2			00:03:27	00:12:50	00:27:05	<b>00:41:02.50</b>	<b>00:44:30.45</b>	+00:07:54 (19.3%)	8:12	7.3 (80.2%)
68	<b>POCAŁUŃ Adam</b>	<b>14</b>	RELAKS ZAGÓRZ	M70+	3			00:03:58	00:13:19	00:27:21	<b>00:41:08.75</b>	<b>00:45:07.70</b>	+00:08:00 (19.5%)	8:13	7.3 (80.2%)
69	<b>GWAREK Anita</b>	<b>39</b>	PASJA NORDIC WALKING	K45-49	4			00:05:45	00:13:33	00:27:28	<b>00:41:11.15</b>	<b>00:46:56.20</b>	+00:08:02 (19.5%)	8:14	7.3 (80.2%)

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start time	Start_All 1.66km	Start_All 3.3km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
												5km	5km			
70	<b>KOTULA Jakub</b>	<b>56</b>	UNIA MIAST	M30-39	4				00:02:21	00:13:24	00:27:19	<b>00:41:14.20</b>	<b>00:43:35.45</b>	+00:08:06 (19.6%)	8:14	7.3 (80.2%)
71	<b>HRYSZKO Iwona</b>	<b>43</b>	POZYTYWNE ZABIEGANI SANOK	K45-49	5				00:05:42	00:13:41	00:27:34	<b>00:41:16.35</b>	<b>00:46:59.05</b>	+00:08:08 (19.7%)	8:15	7.3 (80.2%)
72	<b>REIZER Piotr</b>	<b>86</b>		M45-49	5				00:02:50	00:13:07	00:26:57	<b>00:41:23.85</b>	<b>00:44:14.35</b>	+00:08:15 (20.0%)	8:16	7.2 (79.1%)
73	<b>GIERLASIŃSKA Magda</b>	<b>29</b>		K18-29	3				00:05:01	00:13:34	00:28:21	<b>00:41:36.70</b>	<b>00:46:37.85</b>	+00:08:28 (20.4%)	8:19	7.2 (79.1%)
74	<b>FLEJSZAR Zbigniew</b>	<b>20</b>		M50-54	7				00:03:03	00:13:01	00:26:56	<b>00:41:36.85</b>	<b>00:44:40.10</b>	+00:08:28 (20.4%)	8:19	7.2 (79.1%)
75	<b>REJ Anna</b>	<b>87</b>		K30-39	7				00:05:11	00:13:52	00:28:04	<b>00:41:42.05</b>	<b>00:46:53.40</b>	+00:08:33 (20.5%)	8:20	7.2 (79.1%)
76	<b>DZIUBA Magdalaena</b>	<b>128</b>		K-Dzieci	2				00:04:24	00:13:22	00:27:34	<b>00:41:52.35</b>	<b>00:46:17.00</b>	+00:08:44 (20.9%)	8:22	7.2 (79.1%)
77	<b>CZERWIŃSKA Urszula</b>	<b>15</b>	NW-TEAM JASŁO	K55-59	4				00:06:11	00:13:19	00:27:35	<b>00:42:07.60</b>	<b>00:48:19.55</b>	+00:08:59 (21.3%)	8:25	7.1 (78.0%)
78	<b>NOWROTEK Roman</b>	<b>74</b>		M65-69	6				00:03:42	00:12:46	00:27:13	<b>00:42:10.40</b>	<b>00:45:53.15</b>	+00:09:02 (21.4%)	8:26	7.1 (78.0%)
79	<b>GRYGOROWICZ Teresa</b>	<b>34</b>	KS METRACO POLKOWICE	K65-69	1				00:06:43	00:13:34	00:27:48	<b>00:42:22.05</b>	<b>00:49:05.10</b>	+00:09:13 (21.8%)	8:28	7.1 (78.0%)
80	<b>FLEJSZAR Anna</b>	<b>21</b>		K45-49	6				00:05:43	00:13:57	00:27:58	<b>00:42:22.20</b>	<b>00:48:05.90</b>	+00:09:14 (21.8%)	8:28	7.1 (78.0%)
81	<b>KOZŁOWSKA Beata</b>	<b>127</b>		K45-49	7				00:05:43	00:13:48	00:28:15	<b>00:42:33.65</b>	<b>00:48:16.65</b>	+00:09:25 (22.1%)	8:30	7.1 (78.0%)
82	<b>RODZIŃSKI Robert</b>	<b>88</b>	RKM SOPELEK	M40-44	6				00:02:37	00:13:54	00:28:05	<b>00:42:35.95</b>	<b>00:45:13.40</b>	+00:09:27 (22.2%)	8:31	7 (76.9%)
83	<b>NIECHWIEJCZYK Kinga</b>	<b>72</b>	UNIA MIAST	K-Dzieci	3				00:04:24	00:13:42	00:28:12	<b>00:42:44.35</b>	<b>00:47:09.10</b>	+00:09:36 (22.5%)	8:33	7 (76.9%)
84	<b>ZAWADZKA Maria</b>	<b>112</b>	KS METRACO POLKOWICE	K65-69	2				00:06:45	00:14:06	00:28:25	<b>00:42:48.00</b>	<b>00:49:33.05</b>	+00:09:39 (22.6%)	8:33	7 (76.9%)
85	<b>ŻEBRACKA Dominika</b>	<b>113</b>		K18-29	4				00:05:01	00:13:13	00:27:59	<b>00:43:14.85</b>	<b>00:48:16.65</b>	+00:10:06 (23.4%)	8:39	6.9 (75.8%)
86	<b>SELWA Zuzanna</b>	<b>92</b>	UKS KRZEMIEŃ	K-Jun.	5	1			00:04:47	00:13:19	00:28:12	<b>00:43:22.25</b>	<b>00:48:09.95</b>	+00:10:14 (23.6%)	8:40	6.9 (75.8%)
87	<b>MOCHNAL Ewa</b>	<b>68</b>		K55-59	5				00:06:11	00:14:10	00:29:16	<b>00:43:56.90</b>	<b>00:50:08.10</b>	+00:10:48 (24.6%)	8:47	6.8 (74.7%)
88	<b>HANUS Joanna</b>	<b>41</b>		K-Niepełnosprawni(B)	1				00:07:09	00:14:44	00:29:37	<b>00:44:23.55</b>	<b>00:51:32.95</b>	+00:11:15 (25.4%)	8:52	6.8 (74.7%)
89	<b>GRZĄDZIEL Aleks</b>	<b>37</b>	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	2				00:01:51	00:13:35	00:28:43	<b>00:44:37.45</b>	<b>00:46:28.50</b>	+00:11:29 (25.7%)	8:55	6.7 (73.6%)
90	<b>DUSZEŃKO Jakub</b>	<b>18</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2				00:04:09	00:13:59	00:29:29	<b>00:44:39.80</b>	<b>00:48:49.60</b>	+00:11:31 (25.8%)	8:56	6.7 (73.6%)
91	<b>PACYNA Helena</b>	<b>75</b>	KS METRACO POLKOWICE	K65-69	3				00:06:44	00:14:49	00:29:36	<b>00:44:45.55</b>	<b>00:51:30.30</b>	+00:11:37 (26.0%)	8:57	6.7 (73.6%)
92	<b>MARZYGŁÓD Halina</b>	<b>118</b>		K40-44	6				00:05:26	00:14:17	00:29:24	<b>00:44:50.40</b>	<b>00:50:16.65</b>	+00:11:42 (26.1%)	8:58	6.7 (73.6%)
93	<b>SAŁAK Maria</b>	<b>90</b>	NW RELAKS ZAGÓRZ	K60-64	2				00:06:25	00:14:11	00:29:19	<b>00:44:56.75</b>	<b>00:51:21.95</b>	+00:11:48 (26.3%)	8:59	6.7 (73.6%)
94	<b>KOSICKA Beata</b>	<b>55</b>		K45-49	8				00:05:44	00:14:31	00:29:51	<b>00:45:04.00</b>	<b>00:50:48.85</b>	+00:11:55 (26.5%)	9:00	6.7 (73.6%)
95	<b>REIZER Agnieszka</b>	<b>85</b>		K45-49	9				00:05:42	00:14:31	00:29:39	<b>00:45:04.70</b>	<b>00:50:47.40</b>	+00:11:56 (26.5%)	9:01	6.7 (73.6%)

Place	Participant	Number	Club	Category	M/Cat	Żół. kartki	Czer. kartki	Start time	Start_All 1.66km	Start_All 3.3km	Net time	Czas brutto	Pace min/km	Pace km/h	
											5km	5km			Gap
96	<b>LASOCIŃSKA Ewa</b>	<b>59</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K70+	1			00:06:57	00:14:40	00:29:36	<b>00:45:05.80</b>	<b>00:52:03.20</b>	+00:11:57 (26.5%)	9:01	6.7 (73.6%)
97	<b>TRZCINIECKA Janina</b>	<b>104</b>	NW RELAKS ZAGÓRZ	K60-64	3			00:06:25	00:14:32	00:29:51	<b>00:45:22.60</b>	<b>00:51:48.55</b>	+00:12:14 (27.0%)	9:04	6.6 (72.5%)
98	<b>KLUCZNIK Katarzyna</b>	<b>50</b>		K-Dzieci	4			00:04:25	00:14:36	00:30:32	<b>00:45:30.10</b>	<b>00:49:55.75</b>	+00:12:21 (27.2%)	9:06	6.6 (72.5%)
99	<b>SKRĘTKOWSKA Dorota</b>	<b>93</b>	NIEZRZESZONA	K-Niepełnosprawni(B)	2			00:07:10	00:14:46	00:30:11	<b>00:45:48.95</b>	<b>00:52:58.95</b>	+00:12:40 (27.7%)	9:09	6.6 (72.5%)
100	<b>MARCINKOWSKA Katarzyna</b>	<b>64</b>	UNIA MIAST	K45-49	10			00:05:43	00:14:47	00:30:12	<b>00:45:58.55</b>	<b>00:51:42.20</b>	+00:12:50 (27.9%)	9:11	6.5 (71.4%)
101	<b>ŚLUSARCZYK Karolina</b>	<b>102</b>	WESOŁY BORSUK TEAM	K-Dzieci	5			00:04:25	00:14:20	00:30:22	<b>00:46:09.90</b>	<b>00:50:35.05</b>	+00:13:01 (28.2%)	9:14	6.5 (71.4%)
102	<b>SZYMAŃSKA Lucyna</b>	<b>100</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	1			00:07:09	00:14:48	00:29:55	<b>00:46:25.50</b>	<b>00:53:34.90</b>	+00:13:17 (28.6%)	9:17	6.5 (71.4%)
103	<b>BILSKA Wanda</b>	<b>7</b>	NW-TEAM JASŁO	K60-64	4			00:06:25	00:15:11	00:30:58	<b>00:46:34.65</b>	<b>00:53:00.15</b>	+00:13:26 (28.9%)	9:19	6.4 (70.3%)
104	<b>WITUSIK Olga</b>	<b>108</b>	NW-TEAM JASŁO	K-Jun.	6			00:04:48	00:14:05	00:30:06	<b>00:46:39.85</b>	<b>00:51:28.15</b>	+00:13:31 (29.0%)	9:20	6.4 (70.3%)
105	<b>MYŚKO Halina</b>	<b>71</b>	NW-TEAM JASŁO	K60-64	5			00:06:26	00:15:12	00:30:51	<b>00:46:59.50</b>	<b>00:53:25.65</b>	+00:13:51 (29.5%)	9:23	6.4 (70.3%)
106	<b>SZEWCZYK Genowefa</b>	<b>99</b>	NW RELAKS ZAGÓRZ	K60-64	6			00:06:25	00:14:30	00:30:10	<b>00:47:12.40</b>	<b>00:53:38.20</b>	+00:14:04 (29.8%)	9:26	6.4 (70.3%)
107	<b>WITUSIK Michał</b>	<b>107</b>	NW-TEAM JASŁO	M-Dzieci	3			00:01:50	00:14:54	00:31:13	<b>00:47:16.10</b>	<b>00:49:06.95</b>	+00:14:07 (29.9%)	9:27	6.3 (69.2%)
108	<b>KLUCZNIK Szymon</b>	<b>38</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M-Dzieci	4			00:01:50	00:14:54	00:31:13	<b>00:47:16.85</b>	<b>00:49:07.55</b>	+00:14:08 (29.9%)	9:27	6.3 (69.2%)
109	<b>SURMIAK Ryszard</b>	<b>97</b>	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	4			00:03:56	00:15:33	00:31:23	<b>00:47:24.55</b>	<b>00:51:21.20</b>	+00:14:16 (30.1%)	9:29	6.3 (69.2%)
110	<b>SMARUJ - SADOWSKA Janina</b>	<b>94</b>		K65-69	4			00:06:42	00:15:10	00:31:07	<b>00:47:43.55</b>	<b>00:54:26.15</b>	+00:14:35 (30.6%)	9:32	6.3 (69.2%)
111	<b>JÓŹWIAK Dominik</b>	<b>47</b>	WTW WŁOCLAWEK	M-Niepełnosprawni(B)	3			00:04:10	00:14:49	00:31:19	<b>00:47:58.05</b>	<b>00:52:08.50</b>	+00:14:49 (30.9%)	9:35	6.3 (69.2%)
112	<b>CIŚLIK Krystyna</b>	<b>11</b>	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	6			00:06:11	00:15:07	00:31:17	<b>00:48:28.30</b>	<b>00:54:40.15</b>	+00:15:20 (31.6%)	9:41	6.2 (68.1%)
113	<b>KARCZEWSKI Krzysztof</b>	<b>48</b>	RUCH PO ZDROWIE WŁOCLAWEK	M30-39	5			00:02:21	00:15:21	00:32:31	<b>00:48:47.40</b>	<b>00:51:09.10</b>	+00:15:39 (32.1%)	9:45	6.1 (67.0%)
114	<b>APANASOWICZ Danuta</b>	<b>3</b>	NW RELAKS ZAGÓRZ	K65-69	5			00:06:42	00:15:45	00:32:09	<b>00:48:54.85</b>	<b>00:55:37.75</b>	+00:15:46 (32.3%)	9:47	6.1 (67.0%)
115	<b>KONIK Mikołaj</b>	<b>53</b>	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	5			00:01:51	00:15:53	00:33:02	<b>00:50:39.05</b>	<b>00:52:30.50</b>	+00:17:30 (34.6%)	10:07	5.9 (64.8%)
116	<b>DUSZEŃKO Elwira</b>	<b>17</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	2			00:07:10	00:15:35	00:32:23	<b>00:50:44.00</b>	<b>00:57:54.20</b>	+00:17:35 (34.7%)	10:08	5.9 (64.8%)
117	<b>ŚLUSARCZYK Danuta</b>	<b>121</b>	WESOŁY BORSUK TEAM	K65-69	6			00:06:44	00:16:54	00:34:35	<b>00:52:29.90</b>	<b>00:59:14.35</b>	+00:19:21 (36.9%)	10:30	5.7 (62.6%)
118	<b>GAWROŃSKA Małgorzata</b>	<b>27</b>	GAWRONY	K-Niepełnosprawni(A)	3			00:07:10	00:16:23	00:34:29	<b>00:53:08.70</b>	<b>01:00:19.15</b>	+00:20:00 (37.6%)	10:37	5.6 (61.5%)
119	<b>GAGATKO Krystyna</b>	<b>25</b>	NW RELAKS ZAGÓRZ	K65-69	7			00:06:43	00:17:08	00:35:14	<b>00:54:22.75</b>	<b>01:01:06.45</b>	+00:21:14 (39.1%)	10:52	5.5 (60.4%)
120	<b>RAK Wanda</b>	<b>80</b>		K30-39	8			00:05:10	00:16:53	00:35:32	<b>00:54:34.85</b>	<b>00:59:45.45</b>	+00:21:26 (39.3%)	10:55	5.5 (60.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start_All 1.66km	Start_All 3.3km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											5km	5km			
121	<b>SZAJER Jadwiga</b>	<b>98</b>	RYBNICKI KLUB NORDIC WALKING	K65-69	8			00:06:43	00:18:16	00:36:41	<b>00:55:28.00</b>	<b>01:02:11.90</b>	+00:22:19 (40.3%)	11:05	5.4 (59.3%)
122	<b>GÓRCZANY Marian</b>	<b>31</b>	NW-TEAM JASŁO	M- Niepełnosprawni(A)	3			00:04:10	00:17:45	00:36:41	<b>00:55:40.45</b>	<b>00:59:50.95</b>	+00:22:32 (40.5%)	11:08	5.4 (59.3%)
123	<b>MUSKUS Kazimierz</b>	<b>70</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M70+	5			00:03:58	00:16:47	00:35:46	<b>00:55:51.60</b>	<b>00:59:49.75</b>	+00:22:43 (40.7%)	11:10	5.4 (59.3%)
124	<b>HANUS Teresa</b>	<b>42</b>		K- Niepełnosprawni(B)	3			00:07:10	00:17:47	00:37:47	<b>00:56:29.70</b>	<b>01:03:39.90</b>	+00:23:21 (41.3%)	11:17	5.3 (58.2%)
125	<b>ŻUBRYD Renata</b>	<b>114</b>	NW RELAKS ZAGÓRZ	K65-69	9			00:06:43	00:19:12	00:39:17	<b>01:01:01.50</b>	<b>01:07:45.35</b>	+00:27:53 (45.7%)	12:12	4.9 (53.8%)
126	<b>SUŁEK Ryszard</b>	<b>125</b>		M70+	6			00:20:56							(0.0%)
DQ	<b>KASPRZYK Krystyna</b>	<b>49</b>	NW-TEAM JASŁO	K70+				DQ	00:16:12 DQ	00:33:15 DQ	<b>00:38:14.35</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Total 127 results.