

POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 5 KM

B4SPORT
WIELKOPOLSKIE ŚRODKI SPORTOWE

Wydarzenie: POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING
Organizator: PFNW
Data: 2017-06-04
Miejsce: Polańczyk
Dystans: 5 km



Klasyfikacja: Wszyscy

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

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

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43	PASIEKA Agnieszka	76		K40-44	3			00:05:25	00:12:15	00:25:14	00:38:28.40	00:43:54.15	+00:05:20 (13.9%)	7:41	7.8 (85.7%)
44	JÓZWIAK Łukasz	46	WTW WŁOCLAWEK	M-Niepełnosprawni(A)	2			00:04:10	00:12:19	00:25:28	00:38:35.70	00:42:46.10	+00:05:27 (14.1%)	7:43	7.8 (85.7%)
45	ADAMUS Marian	2	SILESIA NORDIC TEAM	M65-69	5			00:04:48	00:11:38	00:23:34	00:38:43.70	00:43:32.00	+00:05:35 (14.4%)	7:44	7.7 (84.6%)
46	LIS Robert	60	N/Z	M50-54	6			00:03:04	00:12:12	00:25:22	00:38:44.15	00:41:48.35	+00:05:35 (14.5%)	7:44	7.7 (84.6%)
47	KONIK Zuzanna	54	BIESZCZADZKI KLUB NORDIC WALKING	K-Jun.	1			00:04:47	00:12:22	00:25:31	00:38:49.55	00:43:36.75	+00:05:41 (14.7%)	7:45	7.7 (84.6%)
48	POLEWCZAK Aneta	78	CLLEO ZAWIERCIE	K45-49	2			00:05:42	00:12:37	00:25:43	00:38:53.95	00:44:36.65	+00:05:45 (14.8%)	7:46	7.7 (84.6%)
49	LACHOWSKA Ewa	120	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	2			00:06:11	00:12:55	00:26:04	00:39:07.45	00:45:18.95	+00:05:59 (15.3%)	7:49	7.7 (84.6%)
50	KONIK Katarzyna	51	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	2			00:05:11	00:12:49	00:26:17	00:39:27.45	00:44:38.70	+00:06:19 (16.0%)	7:53	7.6 (83.5%)
51	KREZMER Marzena	57	CLLEO ZAWIERCIE	K30-39	3			00:05:09	00:12:49	00:26:11	00:39:27.90	00:44:37.65	+00:06:19 (16.0%)	7:53	7.6 (83.5%)
52	MORYS Agnieszka	69	FABRIKANORDIKA	K30-39	4			00:05:09	00:12:50	00:26:12	00:39:31.15	00:44:41.00	+00:06:22 (16.2%)	7:54	7.6 (83.5%)
53	KUPIBIDA Bogusława	58	SILESIA NORDIC TEAM	K55-59	3			00:06:11	00:12:52	00:26:01	00:39:31.65	00:45:42.95	+00:06:23 (16.2%)	7:54	7.6 (83.5%)
54	WOLNIEWICZ Katarzyna	111	FABRIKANORDIKA	K45-49	3			00:05:45	00:12:45	00:26:14	00:39:33.00	00:45:18.45	+00:06:24 (16.2%)	7:54	7.6 (83.5%)
55	CHWOSTYK Jolanta	9	UKS KRZEMIEŃ	K-Jun.	2			00:04:47	00:12:31	00:25:51	00:39:33.30	00:44:20.85	+00:06:25 (16.2%)	7:54	7.6 (83.5%)
56	GAŁAŚ Joanna	26	PASJA NORDIC WALKING	K18-29	2			00:05:01	00:12:50	00:26:15	00:39:38.35	00:44:39.80	+00:06:30 (16.4%)	7:55	7.6 (83.5%)
57	URBANIAK Marian	133		M55-59	5			00:03:15	00:12:53	00:26:10	00:39:39.40	00:42:54.85	+00:06:31 (16.4%)	7:55	7.6 (83.5%)
58	SOBCZYŃSKA Agata	95	UKS KRZEMIEŃ	K-Jun.	3			00:04:47	00:12:36	00:26:22	00:39:45.80	00:44:32.95	+00:06:37 (16.7%)	7:57	7.5 (82.4%)
59	WOJNAROWICZ Wiktoria	109	UKS KRZEMIEŃ	K-Jun.	4			00:04:47	00:12:40	00:26:25	00:39:47.90	00:44:35.40	+00:06:39 (16.7%)	7:57	7.5 (82.4%)
60	CZECH Tomasz	13	ZKN SOKÓŁ ZAGÓRZ	M30-39	3			00:02:21	00:13:00	00:26:32	00:39:59.80	00:42:20.85	+00:06:51 (17.2%)	7:59	7.5 (82.4%)
61	WASILEWSKI Sławomir	106	PASJA NORDIC WALKING	M70+	2			00:03:57	00:12:54	00:26:20	00:40:03.75	00:44:01.30	+00:06:55 (17.3%)	8:00	7.5 (82.4%)
62	ŚWIEBODA Krystyna	131		K30-39	5			00:05:12	00:12:44	00:26:12	00:40:13.00	00:45:25.15	+00:07:04 (17.6%)	8:02	7.5 (82.4%)
63	KĘDZIERSKA Edyta	117	PFNW	K40-44	4			00:05:26	00:13:05	00:26:42	00:40:18.30	00:45:44.35	+00:07:10 (17.8%)	8:03	7.4 (81.3%)
64	GERLE-KOTULA Anna	132	UNIA MIAST	K30-39	6			00:05:10	00:13:19	00:27:00	00:40:34.25	00:45:45.05	+00:07:26 (18.3%)	8:07	7.4 (81.3%)
65	URUSKA Sylwia	105		K40-44	5			00:05:25	00:13:15	00:26:49	00:40:40.60	00:46:05.75	+00:07:32 (18.5%)	8:08	7.4 (81.3%)
66	FOJCIK Gabriela	22	RYBNICKI KLUB NORDIC WALKING	K50-54	1			00:06:10	00:13:44	00:27:19	00:40:52.05	00:47:02.90	+00:07:43 (18.9%)	8:10	7.3 (80.2%)
67	LORENS Kazimierz	61	CLLEO ZAWIERCIE	M60-64	2			00:03:27	00:12:50	00:27:05	00:41:02.50	00:44:30.45	+00:07:54 (19.3%)	8:12	7.3 (80.2%)
68	POCAŁUŃ Adam	14	RELAKS ZAGÓRZ	M70+	3			00:03:58	00:13:19	00:27:21	00:41:08.75	00:45:07.70	+00:08:00 (19.5%)	8:13	7.3 (80.2%)

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69	GWAREK Anita	39	PASJA NORDIC WALKING	K45-49	4			00:05:45	00:13:33	00:27:28	00:41:11.15	00:46:56.20	+00:08:02 (19.5%)	8:14	7.3 (80.2%)
70	KOTULA Jakub	56	UNIA MIAST	M30-39	4			00:02:21	00:13:24	00:27:19	00:41:14.20	00:43:35.45	+00:08:06 (19.6%)	8:14	7.3 (80.2%)
71	HRYSZKO Iwona	43	POZYTYWNIIE ZABIEGANI SANOK	K45-49	5			00:05:42	00:13:41	00:27:34	00:41:16.35	00:46:59.05	+00:08:08 (19.7%)	8:15	7.3 (80.2%)
72	REIZER Piotr	86		M45-49	5			00:02:50	00:13:07	00:26:57	00:41:23.85	00:44:14.35	+00:08:15 (20.0%)	8:16	7.2 (79.1%)
73	GIERLASIŃSKA Magda	29		K18-29	3			00:05:01	00:13:34	00:28:21	00:41:36.70	00:46:37.85	+00:08:28 (20.4%)	8:19	7.2 (79.1%)
74	FLEJSZAR Zbigniew	20		M50-54	7			00:03:03	00:13:01	00:26:56	00:41:36.85	00:44:40.10	+00:08:28 (20.4%)	8:19	7.2 (79.1%)
75	REJ Anna	87		K30-39	7			00:05:11	00:13:52	00:28:04	00:41:42.05	00:46:53.40	+00:08:33 (20.5%)	8:20	7.2 (79.1%)
76	DZIUBA Magdalena	128		K-Dzieci	2			00:04:24	00:13:22	00:27:34	00:41:52.35	00:46:17.00	+00:08:44 (20.9%)	8:22	7.2 (79.1%)
77	CZERWIŃSKA Urszula	15	NW-TEAM JASŁO	K55-59	4			00:06:11	00:13:19	00:27:35	00:42:07.60	00:48:19.55	+00:08:59 (21.3%)	8:25	7.1 (78.0%)
78	NOWROTEK Roman	74		M65-69	6			00:03:42	00:12:46	00:27:13	00:42:10.40	00:45:53.15	+00:09:02 (21.4%)	8:26	7.1 (78.0%)
79	GRYGOROWICZ Teresa	34	KS METRACO POLKOWICE	K65-69	1			00:06:43	00:13:34	00:27:48	00:42:22.05	00:49:05.10	+00:09:13 (21.8%)	8:28	7.1 (78.0%)
80	FLEJSZAR Anna	21		K45-49	6			00:05:43	00:13:57	00:27:58	00:42:22.20	00:48:05.90	+00:09:14 (21.8%)	8:28	7.1 (78.0%)
81	KOZŁOWSKA Beata	127		K45-49	7			00:05:43	00:13:48	00:28:15	00:42:33.65	00:48:16.65	+00:09:25 (22.1%)	8:30	7.1 (78.0%)
82	RODZIŃSKI Robert	88	RKM SOPELEK	M40-44	6			00:02:37	00:13:54	00:28:05	00:42:35.95	00:45:13.40	+00:09:27 (22.2%)	8:31	7 (76.9%)
83	NIECHWIEJCZYK Kinga	72	UNIA MIAST	K-Dzieci	3			00:04:24	00:13:42	00:28:12	00:42:44.35	00:47:09.10	+00:09:36 (22.5%)	8:33	7 (76.9%)
84	ZAWADZKA Maria	112	KS METRACO POLKOWICE	K65-69	2			00:06:45	00:14:06	00:28:25	00:42:48.00	00:49:33.05	+00:09:39 (22.6%)	8:33	7 (76.9%)
85	ŻEBRACKA Dominika	113		K18-29	4			00:05:01	00:13:13	00:27:59	00:43:14.85	00:48:16.65	+00:10:06 (23.4%)	8:39	6.9 (75.8%)
86	SELWA Zuzanna	92	UKS KRZEMIEŃ	K-Jun.	5	1		00:04:47	00:13:19	00:28:12	00:43:22.25	00:48:09.95	+00:10:14 (23.6%)	8:40	6.9 (75.8%)
87	MOCHNAL Ewa	68		K55-59	5			00:06:11	00:14:10	00:29:16	00:43:56.90	00:50:08.10	+00:10:48 (24.6%)	8:47	6.8 (74.7%)
88	HANUS Joanna	41		K-Niepełnosprawni(B)	1			00:07:09	00:14:44	00:29:37	00:44:23.55	00:51:32.95	+00:11:15 (25.4%)	8:52	6.8 (74.7%)
89	GRZĄDZIEL Aleks	37	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	2			00:01:51	00:13:35	00:28:43	00:44:37.45	00:46:28.50	+00:11:29 (25.7%)	8:55	6.7 (73.6%)
90	DUSZEŃKO Jakub	18	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			00:04:09	00:13:59	00:29:29	00:44:39.80	00:48:49.60	+00:11:31 (25.8%)	8:56	6.7 (73.6%)
91	PACYNA Helena	75	KS METRACO POLKOWICE	K65-69	3			00:06:44	00:14:49	00:29:36	00:44:45.55	00:51:30.30	+00:11:37 (26.0%)	8:57	6.7 (73.6%)
92	MARZYGLÓD Halina	118		K40-44	6			00:05:26	00:14:17	00:29:24	00:44:50.40	00:50:16.65	+00:11:42 (26.1%)	8:58	6.7 (73.6%)
93	SALAŁAK Maria	90	NW RELAKS ZAGÓRZ	K60-64	2			00:06:25	00:14:11	00:29:19	00:44:56.75	00:51:21.95	+00:11:48 (26.3%)	8:59	6.7 (73.6%)
94	KOSICKA Beata	55		K45-49	8			00:05:44	00:14:31	00:29:51	00:45:04.00	00:50:48.85	+00:11:55 (26.5%)	9:00	6.7 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.66km	Start_All 3.3km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 5km	brutto 5km			
95	REIZER Agnieszka	85		K45-49	9			00:05:42	00:14:31	00:29:39	00:45:04.70	00:50:47.40	+00:11:56 (26.5%)	9:01	6.7 (73.6%)
96	LASOCIŃSKA Ewa	59	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K70+	1			00:06:57	00:14:40	00:29:36	00:45:05.80	00:52:03.20	+00:11:57 (26.5%)	9:01	6.7 (73.6%)
97	TRZCINIECKA Janina	104	NW RELAKS ZAGÓRZ	K60-64	3			00:06:25	00:14:32	00:29:51	00:45:22.60	00:51:48.55	+00:12:14 (27.0%)	9:04	6.6 (72.5%)
98	KLUCZNIK Katarzyna	50		K-Dzieci	4			00:04:25	00:14:36	00:30:32	00:45:30.10	00:49:55.75	+00:12:21 (27.2%)	9:06	6.6 (72.5%)
99	SKRĘTKOWSKA Dorota	93	NIEZRZESZONA	K-Niepełnosprawni(B)	2			00:07:10	00:14:46	00:30:11	00:45:48.95	00:52:58.95	+00:12:40 (27.7%)	9:09	6.6 (72.5%)
100	MARCINKOWSKA Katarzyna	64	UNIA MIAST	K45-49	10			00:05:43	00:14:47	00:30:12	00:45:58.55	00:51:42.20	+00:12:50 (27.9%)	9:11	6.5 (71.4%)
101	ŚLUSARCZYK Karolina	102	WESOŁY BORSUK TEAM	K-Dzieci	5			00:04:25	00:14:20	00:30:22	00:46:09.90	00:50:35.05	+00:13:01 (28.2%)	9:14	6.5 (71.4%)
102	SZYMAŃSKA Lucyna	100	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	1			00:07:09	00:14:48	00:29:55	00:46:25.50	00:53:34.90	+00:13:17 (28.6%)	9:17	6.5 (71.4%)
103	BILSKA Wanda	7	NW-TEAM JASŁO	K60-64	4			00:06:25	00:15:11	00:30:58	00:46:34.65	00:53:00.15	+00:13:26 (28.9%)	9:19	6.4 (70.3%)
104	WITUSIK Olga	108	NW-TEAM JASŁO	K-Jun.	6			00:04:48	00:14:05	00:30:06	00:46:39.85	00:51:28.15	+00:13:31 (29.0%)	9:20	6.4 (70.3%)
105	MYŚKO Halina	71	NW-TEAM JASŁO	K60-64	5			00:06:26	00:15:12	00:30:51	00:46:59.50	00:53:25.65	+00:13:51 (29.5%)	9:23	6.4 (70.3%)
106	SZEWCZYK Genowefa	99	NW RELAKS ZAGÓRZ	K60-64	6			00:06:25	00:14:30	00:30:10	00:47:12.40	00:53:38.20	+00:14:04 (29.8%)	9:26	6.4 (70.3%)
107	WITUSIK Michał	107	NW-TEAM JASŁO	M-Dzieci	3			00:01:50	00:14:54	00:31:13	00:47:16.10	00:49:06.95	+00:14:07 (29.9%)	9:27	6.3 (69.2%)
108	KLUCZNIK Szymon	38	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M-Dzieci	4			00:01:50	00:14:54	00:31:13	00:47:16.85	00:49:07.55	+00:14:08 (29.9%)	9:27	6.3 (69.2%)
109	SURMIAK Ryszard	97	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	4			00:03:56	00:15:33	00:31:23	00:47:24.55	00:51:21.20	+00:14:16 (30.1%)	9:29	6.3 (69.2%)
110	SMARUJ - SADOWSKA Janina	94		K65-69	4			00:06:42	00:15:10	00:31:07	00:47:43.55	00:54:26.15	+00:14:35 (30.6%)	9:32	6.3 (69.2%)
111	JÓŹWIAK Dominik	47	WTW WŁOCLAWEK	M-Niepełnosprawni(B)	3			00:04:10	00:14:49	00:31:19	00:47:58.05	00:52:08.50	+00:14:49 (30.9%)	9:35	6.3 (69.2%)
112	CIŚLIK Krystyna	11	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	6			00:06:11	00:15:07	00:31:17	00:48:28.30	00:54:40.15	+00:15:20 (31.6%)	9:41	6.2 (68.1%)
113	KARCZEWSKI Krzysztof	48	RUCH PO ZDROWIE WŁOCLAWEK	M30-39	5			00:02:21	00:15:21	00:32:31	00:48:47.40	00:51:09.10	+00:15:39 (32.1%)	9:45	6.1 (67.0%)
114	APANASOWICZ Danuta	3	NW RELAKS ZAGÓRZ	K65-69	5			00:06:42	00:15:45	00:32:09	00:48:54.85	00:55:37.75	+00:15:46 (32.3%)	9:47	6.1 (67.0%)
115	KONIK Mikołaj	53	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	5			00:01:51	00:15:53	00:33:02	00:50:39.05	00:52:30.50	+00:17:30 (34.6%)	10:07	5.9 (64.8%)
116	DUSZEŃKO Elwira	17	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	2			00:07:10	00:15:35	00:32:23	00:50:44.00	00:57:54.20	+00:17:35 (34.7%)	10:08	5.9 (64.8%)
117	ŚLUSARCZYK Danuta	121	WESOŁY BORSUK TEAM	K65-69	6			00:06:44	00:16:54	00:34:35	00:52:29.90	00:59:14.35	+00:19:21 (36.9%)	10:30	5.7 (62.6%)
118	GAWROŃSKA Małgorzata	27	GAWRONY	K-Niepełnosprawni(A)	3			00:07:10	00:16:23	00:34:29	00:53:08.70	01:00:19.15	+00:20:00 (37.6%)	10:37	5.6 (61.5%)
119	GAGATKO Krystyna	25	NW RELAKS ZAGÓRZ	K65-69	7			00:06:43	00:17:08	00:35:14	00:54:22.75	01:01:06.45	+00:21:14 (39.1%)	10:52	5.5 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.66km	Start_All 3.3km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
120	RAK Wanda	80		K30-39	8			00:05:10	00:16:53	00:35:32	00:54:34.85	00:59:45.45	+00:21:26 (39.3%)	10:55	5.5 (60.4%)
121	SZAJER Jadwiga	98	RYBNICKI KLUB NORDIC WALKING	K65-69	8			00:06:43	00:18:16	00:36:41	00:55:28.00	01:02:11.90	+00:22:19 (40.3%)	11:05	5.4 (59.3%)
122	GÓRCZANY Marian	31	NW-TEAM JASŁO	M- Niepełnosprawni(A)	3			00:04:10	00:17:45	00:36:41	00:55:40.45	00:59:50.95	+00:22:32 (40.5%)	11:08	5.4 (59.3%)
123	MUSKUS Kazimierz	70	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M70+	5			00:03:58	00:16:47	00:35:46	00:55:51.60	00:59:49.75	+00:22:43 (40.7%)	11:10	5.4 (59.3%)
124	HANUS Teresa	42		K- Niepełnosprawni(B)	3			00:07:10	00:17:47	00:37:47	00:56:29.70	01:03:39.90	+00:23:21 (41.3%)	11:17	5.3 (58.2%)
125	ŻUBRYD Renata	114	NW RELAKS ZAGÓRZ	K65-69	9			00:06:43	00:19:12	00:39:17	01:01:01.50	01:07:45.35	+00:27:53 (45.7%)	12:12	4.9 (53.8%)
126	SUŁEK Ryszard	125		M70+	6			00:20:56							(0.0%)
DQ	KASPRZYK Krystyna	49	NW-TEAM JASŁO	K70+				DQ	00:16:12 DQ	00:33:15 DQ	00:38:14.35 DQ	DQ		-	- (0.0%)

Znaleziono 127 wynik(ów)