

**Wydarzenie:** PUCHAR PODKARPACIA NORDIC WALKING  
**Organizator:** GOSiR Polańczyk  
**Data:** 2018-06-03  
**Miejsce:** Polańczyk  
**Dystans:** 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJTOWICZ Tomasz</b>	<b>180</b>		M18-29	1	1		00:10:46	00:21:52	<b>00:33:02.35</b>		6:36	9.1 (100%)
2	<b>KONIK Jacek</b>	<b>129</b>	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1			00:11:06	00:22:20	<b>00:33:39.70</b>	+00:00:37 (1.8%)	6:44	8.9 (97.8%)
3	<b>TRZCIŃSKI Franciszek</b>	<b>98</b>	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1			00:11:03	00:22:25	<b>00:33:50.45</b>	+00:00:48 (2.4%)	6:46	8.9 (97.8%)
4	<b>GRZĄDZIEL Kazimierz</b>	<b>210</b>	SOKÓŁ ZAGÓRZ	M50-54	2			00:11:03	00:22:26	<b>00:33:57.90</b>	+00:00:55 (2.7%)	6:47	8.8 (96.7%)
5	<b>WOJTASIŃSKI Daniel</b>	<b>104</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:11:14	00:22:55	<b>00:34:42.60</b>	+00:01:40 (4.8%)	6:56	8.6 (94.5%)
6	<b>ŻALISKO Oksana</b>	<b>120</b>	POLKOWICE	K60-64	1			00:11:35	00:23:29	<b>00:35:05.10</b>	+00:02:02 (5.8%)	7:01	8.5 (93.4%)
7	<b>CYRUS Bogdan</b>	<b>9</b>	SILESIA NORDIC TEAM	M45-49	1			00:11:24	00:23:18	<b>00:35:11.85</b>	+00:02:09 (6.1%)	7:02	8.5 (93.4%)
8	<b>SANIUK Edward</b>	<b>77</b>	FACE NORDIC WALKING TEAM	M65-69	1			00:11:35	00:23:34	<b>00:35:32.25</b>	+00:02:29 (7.0%)	7:06	8.4 (92.3%)
9	<b>PASIERB Marek</b>	<b>66</b>		M60-64	1			00:11:39	00:23:34	<b>00:35:33.35</b>	+00:02:31 (7.1%)	7:06	8.4 (92.3%)
10	<b>SCHRÖDER Karol</b>	<b>78</b>	SILESIA NORDIC TEAM	M40-44	3			00:11:19	00:23:19	<b>00:35:35.80</b>	+00:02:33 (7.2%)	7:07	8.4 (92.3%)
11	<b>TOPOLNICKI Konrad</b>	<b>95</b>	CKZIU NYSA MECHANIK	M-Jun.	1			00:11:22	00:23:29	<b>00:35:39.30</b>	+00:02:36 (7.3%)	7:08	8.4 (92.3%)
12	<b>KONIK Jarek</b>	<b>117</b>	BIESZCZADZKI KLUB NORDIC WALKING	M30-39	1	2		00:11:53	00:23:49	<b>00:35:58.00</b>	+00:02:55 (8.1%)	7:11	8.3 (91.2%)
13	<b>KASZANY Piotr</b>	<b>38</b>	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	4			00:11:45	00:23:40	<b>00:36:00.25</b>	+00:02:57 (8.2%)	7:12	8.3 (91.2%)
14	<b>TRZCIŃSKI Eugeniusz</b>	<b>97</b>	SPORT I REKREACJA START (CHEŁMNO)	M60-64	2			00:11:42	00:24:00	<b>00:36:22.05</b>	+00:03:19 (9.2%)	7:16	8.2 (90.1%)
15	<b>STAROŃ Krzysztof</b>	<b>85</b>		M30-39	2	1		00:11:47	00:24:17	<b>00:36:31.55</b>	+00:03:29 (9.5%)	7:18	8.2 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
16	<b>FRĄCKOWIAK Roman</b>	<b>13</b>	KS METRACO POLKOWICE	M50-54	3			00:12:04	00:24:18	<b>00:36:35.65</b>	+00:03:33 (9.7%)	7:19	8.2 (90.1%)
17	<b>DUSZEŃKO Zygmunt</b>	<b>11</b>	KS METRACO POLKOWICE	M55-59	1			00:12:02	00:24:06	<b>00:36:37.00</b>	+00:03:34 (9.8%)	7:19	8.2 (90.1%)
18	<b>SZYMAŃSKI Stefan</b>	<b>91</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	M70+	1			00:11:50	00:24:15	<b>00:36:58.30</b>	+00:03:55 (10.6%)	7:23	8.1 (89.0%)
19	<b>OLEKSYK Malgorzta</b>	<b>63</b>	MKS HALICZ KLUB BIEGACZ, BK NORDIC WALKING USTRZYKI DOLNE	K55-59	1	1		00:12:13	00:24:32	<b>00:36:59.60</b>	+00:03:57 (10.7%)	7:24	8.1 (89.0%)
20	<b>SOKOŁOWSKI Marek</b>	<b>83</b>	PTG SOKÓŁ RYMANÓW	M50-54	4			00:12:11	00:24:21	<b>00:37:05.45</b>	+00:04:03 (10.9%)	7:25	8.1 (89.0%)
21	<b>BUL Dariusz</b>	<b>112</b>	WESOŁY BORSUK TEAM	M40-44	5			00:11:55	00:24:35	<b>00:37:10.60</b>	+00:04:08 (11.1%)	7:26	8.1 (89.0%)
22	<b>GIERLASIŃSKI Krzysztof</b>	<b>19</b>	NWG PRZYSZŁOŚĆ	M55-59	2			00:12:07	00:24:36	<b>00:37:16.60</b>	+00:04:14 (11.4%)	7:27	8.1 (89.0%)
23	<b>CISLIK-KASZANY Anna</b>	<b>8</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	1			00:12:12	00:24:42	<b>00:37:31.55</b>	+00:04:29 (12.0%)	7:30	8 (87.9%)
24	<b>SULIKOWSKA Agnieszka</b>	<b>110</b>	PASJA NORDIC WALKING	K30-39	2			00:12:27	00:25:09	<b>00:37:44.65</b>	+00:04:42 (12.5%)	7:33	7.9 (86.8%)
25	<b>KONIK Katarzyna</b>	<b>116</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	3			00:12:17	00:25:15	<b>00:37:49.60</b>	+00:04:47 (12.7%)	7:34	7.9 (86.8%)
26	<b>GŁĄBICA Ewa</b>	<b>118</b>	WESOŁY BORSUK TEAM	K30-39	4			00:12:32	00:25:12	<b>00:37:56.00</b>	+00:04:53 (12.9%)	7:35	7.9 (86.8%)
27	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>62</b>	KS METRACO POLKOWICE	K50-54	1			00:12:30	00:25:17	<b>00:38:02.50</b>	+00:05:00 (13.2%)	7:36	7.9 (86.8%)
28	<b>SPYCHAŁA Marzena</b>	<b>84</b>	WESOŁY BORSUK TEAM	K45-49	1			00:12:37	00:25:22	<b>00:38:04.95</b>	+00:05:02 (13.2%)	7:37	7.9 (86.8%)
29	<b>DUSIEL Ewa</b>	<b>10</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-54	2			00:12:32	00:25:23	<b>00:38:16.05</b>	+00:05:13 (13.7%)	7:39	7.8 (85.7%)
30	<b>JÓŻWIAK Marianna</b>	<b>31</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:12:38	00:25:25	<b>00:38:19.90</b>	+00:05:17 (13.8%)	7:40	7.8 (85.7%)
31	<b>TOMCZYK Edward</b>	<b>94</b>	MARSZ PO ZDROWIE POZNAŃ	M70+	2			00:12:15	00:25:09	<b>00:38:27.55</b>	+00:05:25 (14.1%)	7:41	7.8 (85.7%)
32	<b>DUDEK Edward</b>	<b>126</b>	KS METRACO POLKOWICE	M65-69	2			00:12:55	00:25:45	<b>00:38:59.60</b>	+00:05:57 (15.3%)	7:48	7.7 (84.6%)
33	<b>WRÓŃSKI Włodzimierz</b>	<b>107</b>	PASJA NORDIC WALKING	M65-69	3			00:12:45	00:25:57	<b>00:39:11.60</b>	+00:06:09 (15.7%)	7:50	7.7 (84.6%)
34	<b>BADECKI Ryszard</b>	<b>127</b>		M55-59	3			00:12:58	00:26:27	<b>00:39:43.30</b>	+00:06:40 (16.8%)	7:56	7.6 (83.5%)
35	<b>KONIK Aleksandra</b>	<b>128</b>	BIESZCZADZKI KLUB NORDIC WALKING	K40-44	1			00:12:45	00:26:04	<b>00:39:51.55</b>	+00:06:49 (17.1%)	7:58	7.5 (82.4%)
36	<b>MARCINKOWSKA Agnieszka</b>	<b>56</b>	UNIA MIAST	K-Jun.	1			00:12:46	00:26:27	<b>00:39:59.65</b>	+00:06:57 (17.4%)	8:00	7.5 (82.4%)
37	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>125</b>	PRUSZYŃSKI SPORT TEAM	K40-44	2			00:12:56	00:26:29	<b>00:40:12.30</b>	+00:07:09 (17.8%)	8:02	7.5 (82.4%)
38	<b>FRĄCKOWIAK Mateusz</b>	<b>14</b>	KS METRACO POLKOWICE	M-Jun.	2			00:11:49	00:25:45	<b>00:40:14.45</b>	+00:07:12 (17.9%)	8:02	7.5 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
39	<b>PANEK Katarzyna</b>	<b>65</b>		K30-39	5			00:12:58	00:26:40	<b>00:40:18.35</b>	+00:07:16 (18.0%)	8:03	7.4 (81.3%)
40	<b>GRYGOROWICZ Bogdan</b>	<b>22</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:12:52	00:26:29	<b>00:40:24.85</b>	+00:07:22 (18.2%)	8:04	7.4 (81.3%)
41	<b>KUPIBIDA Bogusława</b>	<b>49</b>	SILESIA NORDIC TEAM	K55-59	2			00:13:09	00:26:44	<b>00:40:26.85</b>	+00:07:24 (18.3%)	8:05	7.4 (81.3%)
42	<b>KRAWCZYK Krzysztof</b>	<b>124</b>		M30-39	3			00:13:08	00:26:56	<b>00:40:28.60</b>	+00:07:26 (18.4%)	8:05	7.4 (81.3%)
43	<b>KOWALCZYK Edyta</b>	<b>46</b>	KS METRACO POLKOWICE	K45-49	3			00:13:04	00:26:55	<b>00:40:38.20</b>	+00:07:35 (18.7%)	8:07	7.4 (81.3%)
44	<b>PUKAS Małgorzata</b>	<b>113</b>	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	3			00:13:12	00:26:53	<b>00:40:52.30</b>	+00:07:49 (19.2%)	8:10	7.3 (80.2%)
45	<b>MARCINKOWSKI Jakub</b>	<b>57</b>	UNIA MIAST	M18-29	2			00:12:49	00:26:47	<b>00:40:52.55</b>	+00:07:50 (19.2%)	8:10	7.3 (80.2%)
46	<b>KĘDZIERSKA Edyta</b>	<b>39</b>		K40-44	3			00:13:38	00:27:07	<b>00:40:52.75</b>	+00:07:50 (19.2%)	8:10	7.3 (80.2%)
47	<b>JAKUBIEC Piotr</b>	<b>29</b>	SANTANDER CONSUME BANK	M30-39	4	1		00:12:47	00:26:53	<b>00:41:16.15</b>	+00:08:13 (19.9%)	8:15	7.3 (80.2%)
48	<b>KASZANY Karol</b>	<b>37</b>	UKS KRZEMIEŃ / BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	1			00:13:19	00:27:04	<b>00:41:21.35</b>	+00:08:19 (20.1%)	8:16	7.3 (80.2%)
49	<b>GRYGOROWICZ Teresa</b>	<b>23</b>	KS METRACO POLKOWICE	K65-69	1			00:13:21	00:27:24	<b>00:41:27.45</b>	+00:08:25 (20.3%)	8:17	7.2 (79.1%)
50	<b>PIETRUSEWICZ Joanna</b>	<b>70</b>	AVOCADO WELLNESS CLUB	K40-44	4			00:13:24	00:27:29	<b>00:41:52.25</b>	+00:08:49 (21.1%)	8:22	7.2 (79.1%)
51	<b>SELWA Zuzanna</b>	<b>79</b>	UKS KRZEMIEŃ PRZY SP NR 1 W USTRZYKACH DOLNYCH	K-Jun.	2	1		00:13:04	00:27:29	<b>00:41:57.00</b>	+00:08:54 (21.2%)	8:23	7.2 (79.1%)
52	<b>KONIK Mikołaj</b>	<b>44</b>	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	2			00:13:20	00:27:08	<b>00:42:02.15</b>	+00:08:59 (21.4%)	8:24	7.1 (78.0%)
53	<b>NIECHWIEJCZYK Kinga</b>	<b>61</b>	UNIA MIAST	K-Jun.	3			00:13:49	00:28:14	<b>00:42:13.45</b>	+00:09:11 (21.8%)	8:26	7.1 (78.0%)
54	<b>LACHOWSKA Ewa</b>	<b>114</b>	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	4			00:13:13	00:27:40	<b>00:42:14.70</b>	+00:09:12 (21.8%)	8:27	7.1 (78.0%)
55	<b>HANUS Joanna</b>	<b>24</b>		K-Niepełnosprawni(B)	1			00:13:56	00:28:26	<b>00:42:24.90</b>	+00:09:22 (22.1%)	8:29	7.1 (78.0%)
56	<b>MICHALIK Krystyna</b>	<b>115</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			00:13:36	00:28:05	<b>00:42:42.15</b>	+00:09:39 (22.6%)	8:32	7 (76.9%)
57	<b>BUJNICKA Magdalena</b>	<b>3</b>	NORDIC WALKING PASŁĘK	K-Dzieci	1			00:13:47	00:28:09	<b>00:42:45.95</b>	+00:09:43 (22.7%)	8:33	7 (76.9%)
58	<b>KARWOWSKA Anna</b>	<b>36</b>	AKTYWNI Z PASJĄ ŁUKÓW	K-Niepełnosprawni(B)	2			00:13:55	00:28:18	<b>00:42:48.65</b>	+00:09:46 (22.8%)	8:33	7 (76.9%)
59	<b>ANGIELCZYK Małgorzata</b>	<b>2</b>	MARSZ PO ZDROWIE POZNAŃ	K65-69	2			00:13:48	00:28:26	<b>00:43:04.15</b>	+00:10:01 (23.3%)	8:37	7 (76.9%)
60	<b>PYKA Aleksandra</b>	<b>72</b>	UNIA MIAST	K-Dzieci	2			00:14:16	00:28:42	<b>00:43:19.50</b>	+00:10:17 (23.7%)	8:39	6.9 (75.8%)
61	<b>AGARWAL Ritu</b>	<b>1</b>		K45-49	4			00:14:11	00:28:48	<b>00:43:20.10</b>	+00:10:17 (23.8%)	8:40	6.9 (75.8%)
62	<b>BURACZYŃSKI Marcin</b>	<b>4</b>	AKTYWNI Z PASJĄ ŁUKÓW	M30-39	5			00:13:51	00:28:31	<b>00:43:25.60</b>	+00:10:23 (23.9%)	8:41	6.9 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
63	<b>ZAWADZKA Maria</b>	<b>108</b>	KS METRACO POLKOWICE	K65-69	3			00:14:03	00:28:59	<b>00:43:47.55</b>	+00:10:45 (24.6%)	8:45	6.9 (75.8%)
64	<b>JAKUBIEC Ewelina</b>	<b>28</b>	SANTANDER CONSUMER BANK	K30-39	6			00:13:51	00:28:59	<b>00:43:47.65</b>	+00:10:45 (24.6%)	8:45	6.8 (74.7%)
65	<b>PELCZAR Beata</b>	<b>67</b>		K30-39	7	1		00:14:05	00:29:04	<b>00:44:01.10</b>	+00:10:58 (24.9%)	8:48	6.8 (74.7%)
66	<b>JURCZYŃSKA Bożena</b>	<b>33</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	5			00:14:07	00:29:01	<b>00:44:01.95</b>	+00:10:59 (25.0%)	8:48	6.8 (74.7%)
67	<b>SZNAJDER Zenon</b>	<b>88</b>	UNIA MIAST	M65-69	4			00:14:35	00:29:41	<b>00:44:26.90</b>	+00:11:24 (25.7%)	8:53	6.7 (73.6%)
68	<b>CHRZYGLÓD Halina</b>	<b>184</b>		K45-49	5			00:14:22	00:29:23	<b>00:44:34.50</b>	+00:11:32 (25.9%)	8:55	6.7 (73.6%)
69	<b>VEKLYCH Olena</b>	<b>119</b>	POLKOWICEL	K30-39	8			00:14:28	00:29:29	<b>00:44:48.80</b>	+00:11:46 (26.3%)	8:57	6.7 (73.6%)
70	<b>CHRAPKIEWICZ Olivia</b>	<b>6</b>	UKS KRZEMIEŃ PRZY SP NR 1 W USTRZYKACH DOLNYCH	K-Jun.	4			00:14:22	00:29:41	<b>00:45:10.60</b>	+00:12:08 (26.9%)	9:02	6.6 (72.5%)
71	<b>KOCIK Julia</b>	<b>41</b>	UKS KRZEMIEŃ PRZY SP NR 1 W USTRZYKACH DOLNYCH	K-Jun.	5			00:14:23	00:29:42	<b>00:45:11.00</b>	+00:12:08 (26.9%)	9:02	6.6 (72.5%)
72	<b>LESIUK Mirosława</b>	<b>51</b>	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	3			00:14:50	00:30:08	<b>00:45:12.90</b>	+00:12:10 (26.9%)	9:02	6.6 (72.5%)
73	<b>TRZCINIECKA Janina</b>	<b>96</b>	NW RELAKS ZAGÓRZ	K60-64	4			00:14:19	00:29:47	<b>00:45:13.75</b>	+00:12:11 (27.0%)	9:02	6.6 (72.5%)
74	<b>WALCZAK Grzegorz</b>	<b>99</b>	OCTOPUS SUCHY LAS	M45-49	2			00:15:19	00:31:01	<b>00:45:24.25</b>	+00:12:21 (27.2%)	9:04	6.6 (72.5%)
75	<b>WOJDA Angelika</b>	<b>103</b>	CKZIU NYSA' MECHANIK'	K18-29	1			00:14:24	00:30:17	<b>00:45:50.15</b>	+00:12:47 (27.9%)	9:10	6.5 (71.4%)
76	<b>CHLEBIŃSKI Jerzy</b>	<b>5</b>		M60-64	3			00:15:05	00:30:27	<b>00:46:02.65</b>	+00:13:00 (28.2%)	9:12	6.5 (71.4%)
77	<b>SZEWCZYK Genowefa</b>	<b>87</b>	NW RELAKS ZAGÓRZ	K65-69	4			00:14:50	00:30:17	<b>00:46:06.10</b>	+00:13:03 (28.3%)	9:13	6.5 (71.4%)
78	<b>HERBUT Elżbieta</b>	<b>27</b>		K45-49	6			00:15:03	00:30:41	<b>00:46:11.85</b>	+00:13:09 (28.5%)	9:14	6.5 (71.4%)
79	<b>SZYMAŃSKA Lucyna</b>	<b>90</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	K-Niepełnosprawni(A)	1			00:15:31	00:31:03	<b>00:46:45.05</b>	+00:13:42 (29.3%)	9:21	6.4 (70.3%)
80	<b>ŚLUSARCZYK Karolina</b>	<b>92</b>	WESOŁY BORSUK TEAM	K-Jun.	6			00:14:33	00:30:58	<b>00:46:56.95</b>	+00:13:54 (29.6%)	9:23	6.4 (70.3%)
81	<b>KOCIK Miłosz</b>	<b>40</b>	UKS KRZEMIEŃ PRZY SP NR 1 W USTRZYKACH DOLNYCH	M-Dzieci	3			00:14:42	00:30:53	<b>00:47:02.55</b>	+00:14:00 (29.8%)	9:24	6.4 (70.3%)
82	<b>SAŁAK Maria</b>	<b>76</b>	NW RELAKS ZAGÓRZ	K65-69	5			00:15:24	00:31:38	<b>00:47:28.15</b>	+00:14:25 (30.4%)	9:29	6.3 (69.2%)
83	<b>PACYNA Helena</b>	<b>64</b>	KS METRACO POLKOWICE	K65-69	6			00:15:52	00:31:46	<b>00:47:31.40</b>	+00:14:29 (30.5%)	9:30	6.3 (69.2%)
84	<b>GAWŁOWSKA Justyna</b>	<b>16</b>	SANTANDER CONSUMER BANK	K18-29	2			00:15:36	00:31:40	<b>00:47:33.90</b>	+00:14:31 (30.5%)	9:30	6.3 (69.2%)
85	<b>HATAŁSKA Sabina</b>	<b>25</b>	SANTANDER CONSUMER BANK	K18-29	3			00:15:28	00:31:41	<b>00:47:34.95</b>	+00:14:32 (30.6%)	9:31	6.3 (69.2%)
86	<b>PYKA Tomasz</b>	<b>73</b>	UNIA MIAST	M40-44	6			00:14:55	00:31:15	<b>00:47:41.90</b>	+00:14:39 (30.7%)	9:32	6.3 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
87	<b>KWIATKOWSKA Jadwiga</b>	<b>50</b>	KS METRACO POLKOWICE	K70+	1			00:15:40	00:31:54	<b>00:48:01.50</b>	+00:14:59 (31.2%)	9:36	6.2 (68.1%)
88	<b>CIEŚLIŃSKA Wiesława</b>	<b>7</b>	AKTYWNI Z PASJĄ ŁUKÓW	K55-59	6			00:15:26	00:32:18	<b>00:48:47.25</b>	+00:15:44 (32.3%)	9:45	6.1 (67.0%)
89	<b>WOLAK Iwona</b>	<b>105</b>		K40-44	5			00:15:40	00:32:16	<b>00:49:31.90</b>	+00:16:29 (33.3%)	9:54	6.1 (67.0%)
90	<b>SKRĘTKOWSKA Dorota</b>	<b>80</b>		K- Niepełnosprawni(B)	3			00:15:49	00:32:06	<b>00:49:32.15</b>	+00:16:29 (33.3%)	9:54	6.1 (67.0%)
91	<b>WALCZAK Henryk</b>	<b>100</b>	OCTOPUS SUCHY LAS	M70+	3			00:15:54	00:32:32	<b>00:49:40.80</b>	+00:16:38 (33.5%)	9:56	6 (65.9%)
92	<b>ALEKSANDROVA Anna</b>	<b>122</b>	POLKOWICE	K70+	2			00:16:23	00:33:05	<b>00:49:58.50</b>	+00:16:56 (33.9%)	9:59	6 (65.9%)
93	<b>ŁOMNICKA-GUT Ewa</b>	<b>53</b>	NW RELAKS ZAGÓRZ	K70+	3			00:16:26	00:33:12	<b>00:50:05.80</b>	+00:17:03 (34.0%)	10:01	6 (65.9%)
94	<b>RYCHLIK Fabian</b>	<b>75</b>	FUNDACJA 'W TE PĘDY'	M-Dzieci	4			00:16:02	00:33:54	<b>00:51:18.80</b>	+00:18:16 (35.6%)	10:15	5.8 (63.7%)
95	<b>DUSZEŃKO Elwira</b>	<b>12</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:16:43	00:34:28	<b>00:52:13.60</b>	+00:19:11 (36.7%)	10:26	5.7 (62.6%)
96	<b>KULCZYCKI Jan</b>	<b>48</b>		M65-69	5			00:16:51	00:34:38	<b>00:52:21.55</b>	+00:19:19 (36.9%)	10:28	5.7 (62.6%)
97	<b>GROBELNA Jadwiga</b>	<b>20</b>	KSMETRACOPOLKOWICE	K- Niepełnosprawni(B)	4			00:16:51	00:35:02	<b>00:52:56.75</b>	+00:19:54 (37.6%)	10:35	5.7 (62.6%)
98	<b>JÓŹWIAK Dominik</b>	<b>32</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	3			00:17:50	00:35:46	<b>00:52:58.95</b>	+00:19:56 (37.6%)	10:35	5.7 (62.6%)
99	<b>WILCZYŃSKA Barbara</b>	<b>102</b>	AKTYWNI Z PASJĄ	K65-69	7			00:17:01	00:35:44	<b>00:54:29.60</b>	+00:21:27 (39.4%)	10:53	5.5 (60.4%)
100	<b>RAK Wanda</b>	<b>74</b>		K- Niepełnosprawni(B)	5			00:17:24	00:35:28	<b>00:54:35.15</b>	+00:21:32 (39.5%)	10:55	5.5 (60.4%)
101	<b>GAGATKO Krystyna</b>	<b>15</b>	NW RELAKS ZAGÓRZ	K65-69	8			00:19:42	00:39:49	<b>01:00:41.05</b>	+00:27:38 (45.6%)	12:08	4.9 (53.8%)
102	<b>ŻUBRYD Renata</b>	<b>109</b>	NW RELAKS ZAGÓRZ	K70+	4			00:21:14	00:42:53	<b>01:04:58.15</b>	+00:31:55 (49.1%)	12:59	4.6 (50.5%)
103	<b>NIEBRZEGOWSKA Helena</b>	<b>59</b>	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	5			00:17:04			+00:06:18	10:16	5.8 (63.7%)
104	<b>NIEBRZEGOWSKI Grzegorz</b>	<b>60</b>	AKTYWNI Z PASJĄ ŁUKÓW	M65-69	6								(0.0%)
105	<b>PIĄTKOWSKA Małgorzata</b>	<b>68</b>	KS METRACO POLKOWICE	K70+	5								(0.0%)
DQ	<b>PIĄTKOWSKI Józef</b>	<b>69</b>	KS METRACO POLKOWICE	M70+			2	00:14:11 DQ	00:32:54 DQ	<b>00:51:18.75 DQ</b>		-	- (0.0%)
DQ	<b>ADAMUS Marian</b>	<b>121</b>	SILESIA NORDIC TEAM	M65-69			1	DQ	DQ	<b>DQ</b>		-	- (0.0%)

Znaleziono 107 wynik(ów)