

# POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 5KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-10-10  
**Miejsce:** Polańczyk  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GRZĄDZIEL Dariusz</b>	<b>6</b>		M 45-49	1			00:04:53	00:16:11	<b>00:32:27.10</b>	<b>00:37:20.15</b>		6:29	9.2 (100%)
2	<b>SKWIRUT Jerzy</b>	<b>59</b>		M 50-54	1			00:05:11	00:16:41	<b>00:33:38.25</b>	<b>00:38:49.30</b>	+00:01:11 (3.5%)	6:43	8.9 (96.7%)
3	<b>REJMAN Filip</b>	<b>138</b>		M Dzieci	1			00:02:24	00:16:40	<b>00:34:34.75</b>	<b>00:36:59.00</b>	+00:02:07 (6.2%)	6:55	8.7 (94.6%)
4	<b>BASARA Ryszard</b>	<b>80</b>		M 30-39	1			00:04:05	00:17:01	<b>00:34:56.70</b>	<b>00:39:01.85</b>	+00:02:29 (7.1%)	6:59	8.6 (93.5%)
5	<b>PASIERB Marek</b>	<b>119</b>		M 60-64	1			00:06:10	00:17:27	<b>00:34:59.45</b>	<b>00:41:10.35</b>	+00:02:32 (7.3%)	7:00	8.6 (93.5%)
6	<b>SŁOWIK Dariusz</b>	<b>93</b>		M 30-39	2			00:04:05	00:17:33	<b>00:35:23.80</b>	<b>00:39:29.45</b>	+00:02:56 (8.3%)	7:04	8.5 (92.4%)
7	<b>PATLA Waldemar</b>	<b>145</b>		M 55-59	1			00:05:42	00:17:27	<b>00:35:27.55</b>	<b>00:41:09.60</b>	+00:03:00 (8.5%)	7:05	8.5 (92.4%)
8	<b>PUCHAŁA Krzysztof</b>	<b>44</b>		M 45-49	2			00:04:53	00:17:26	<b>00:35:27.90</b>	<b>00:40:21.80</b>	+00:03:00 (8.5%)	7:05	8.5 (92.4%)
9	<b>POLNY Daniel</b>	<b>34</b>		M 45-49	3			00:04:53	00:17:46	<b>00:35:30.70</b>	<b>00:40:23.85</b>	+00:03:03 (8.6%)	7:06	8.5 (92.4%)
10	<b>JENDRUCHNIEWICZ Katarzyna</b>	<b>131</b>		K 30-39	1			00:08:54	00:17:27	<b>00:35:33.30</b>	<b>00:44:27.95</b>	+00:03:06 (8.7%)	7:06	8.4 (91.3%)
11	<b>BĄCZKOWSKI Krzysztof</b>	<b>27</b>		M 18-29	1			00:03:26	00:17:40	<b>00:35:33.45</b>	<b>00:39:00.10</b>	+00:03:06 (8.7%)	7:06	8.4 (91.3%)
12	<b>RĘDZINIAK Marzena</b>	<b>191</b>		K 30-39	2			00:08:54	00:17:28	<b>00:35:37.25</b>	<b>00:44:32.00</b>	+00:03:10 (8.9%)	7:07	8.4 (91.3%)
13	<b>URBANIAK Marian</b>	<b>135</b>		M 55-59	2			00:05:40	00:18:00	<b>00:35:37.75</b>	<b>00:41:18.15</b>	+00:03:10 (8.9%)	7:07	8.4 (91.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
14	<b>SZWAST Jerzy</b>	<b>115</b>		M 40-44	1			00:04:28	00:17:57	<b>00:35:56.40</b>	<b>00:40:24.65</b>	+00:03:29 (9.7%)	7:11	8.3 (90.2%)
15	<b>WÓJCIK Sławomir</b>	<b>97</b>		M 55-59	3			00:05:40	00:17:44	<b>00:35:58.20</b>	<b>00:41:38.30</b>	+00:03:31 (9.8%)	7:11	8.3 (90.2%)
16	<b>STYGA Krystyna</b>	<b>98</b>		K 50-54	1			00:10:11	00:17:53	<b>00:36:24.30</b>	<b>00:46:35.75</b>	+00:03:57 (10.9%)	7:16	8.2 (89.1%)
17	<b>ŚLIWIAK Paweł</b>	<b>63</b>		M Junior	1			00:02:56	00:18:45	<b>00:36:34.15</b>	<b>00:39:30.25</b>	+00:04:07 (11.3%)	7:18	8.2 (89.1%)
18	<b>WOJCIECHOWSKI Stanisław</b>	<b>25</b>		M 55-59	4			00:05:40	00:17:48	<b>00:36:36.15</b>	<b>00:42:16.95</b>	+00:04:09 (11.3%)	7:19	8.2 (89.1%)
19	<b>WIADERSKI Wojciech</b>	<b>92</b>		M 65-69	1			00:06:34	00:18:20	<b>00:36:43.35</b>	<b>00:43:17.35</b>	+00:04:16 (11.6%)	7:20	8.2 (89.1%)
20	<b>WŁADYKA Agata</b>	<b>24</b>		K 50-54	2			00:10:11	00:18:17	<b>00:36:52.65</b>	<b>00:47:03.85</b>	+00:04:25 (12.0%)	7:22	8.1 (88.0%)
21	<b>LENAR Grzegorz</b>	<b>76</b>		M Dzieci	2			00:02:23	00:18:13	<b>00:36:53.80</b>	<b>00:39:17.75</b>	+00:04:26 (12.0%)	7:22	8.1 (88.0%)
22	<b>POLNY Marek</b>	<b>33</b>		M Junior	2			00:02:56	00:18:48	<b>00:37:08.90</b>	<b>00:40:04.95</b>	+00:04:41 (12.6%)	7:25	8.1 (88.0%)
23	<b>KONIK Zuzanna</b>	<b>197</b>		K Junior	1			00:07:59	00:18:44	<b>00:37:10.75</b>	<b>00:45:10.55</b>	+00:04:43 (12.7%)	7:26	8.1 (88.0%)
24	<b>BROŻBAR Beata</b>	<b>77</b>		K Junior	2			00:07:59	00:18:27	<b>00:37:15.20</b>	<b>00:45:14.20</b>	+00:04:48 (12.9%)	7:27	8.1 (88.0%)
25	<b>KRÓLICKA Iwona</b>	<b>121</b>		K 45-49	1			00:09:48	00:18:19	<b>00:37:15.45</b>	<b>00:47:03.45</b>	+00:04:48 (12.9%)	7:27	8.1 (88.0%)
26	<b>ŻYLIŃSKI Grzegorz</b>	<b>4</b>		M 50-54	2			00:05:11	00:18:28	<b>00:37:26.00</b>	<b>00:42:37.65</b>	+00:04:58 (13.3%)	7:29	8 (87.0%)
27	<b>REIZER Piotr</b>	<b>136</b>		M 45-49	4			00:04:53	00:17:59	<b>00:37:31.50</b>	<b>00:42:24.65</b>	+00:05:04 (13.5%)	7:30	8 (87.0%)
28	<b>NIEPOKÓJ Paulina</b>	<b>62</b>		K Junior	3			00:07:59	00:18:38	<b>00:37:32.95</b>	<b>00:45:32.15</b>	+00:05:05 (13.6%)	7:30	8 (87.0%)
29	<b>DZIEŃ Bartosz</b>	<b>72</b>		M Dzieci	3			00:02:24	00:18:29	<b>00:37:35.55</b>	<b>00:39:59.60</b>	+00:05:08 (13.7%)	7:31	8 (87.0%)
30	<b>SITKO Maciej</b>	<b>15</b>		M Dzieci	4			00:02:23	00:18:33	<b>00:37:35.85</b>	<b>00:39:59.60</b>	+00:05:08 (13.7%)	7:31	8 (87.0%)
31	<b>SZWAST Katarzyna</b>	<b>114</b>		K 30-39	3			00:08:54	00:18:54	<b>00:37:48.55</b>	<b>00:46:43.40</b>	+00:05:21 (14.2%)	7:33	7.9 (85.9%)
32	<b>RZUCIDŁO Jan</b>	<b>144</b>		M 60-64	2			00:06:11	00:18:43	<b>00:37:56.80</b>	<b>00:44:07.95</b>	+00:05:29 (14.5%)	7:35	7.9 (85.9%)
33	<b>SOBCZYK Rafał</b>	<b>110</b>		M 40-44	2			00:04:27	00:18:42	<b>00:38:08.65</b>	<b>00:42:36.20</b>	+00:05:41 (14.9%)	7:37	7.9 (85.9%)
34	<b>KARCZMARSKI Krzysztof</b>	<b>139</b>		M 55-59	5			00:05:39	00:19:12	<b>00:38:09.85</b>	<b>00:43:49.75</b>	+00:05:42 (15.0%)	7:38	7.9 (85.9%)
35	<b>MISIOŁEK Anna</b>	<b>308</b>		K 30-39	4			00:08:56	00:19:03	<b>00:38:10.05</b>	<b>00:47:06.20</b>	+00:05:42 (15.0%)	7:38	7.9 (85.9%)
36	<b>SZEMBERSKA Małgorzata</b>	<b>29</b>		K 40-44	1			00:09:22	00:18:44	<b>00:38:15.90</b>	<b>00:47:37.95</b>	+00:05:48 (15.2%)	7:39	7.8 (84.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
37	<b>ŻYŁKA - REUT Anita</b>	<b>198</b>						00:08:55	00:19:16	<b>00:38:48.35</b>	<b>00:47:43.35</b>	+00:06:21 (16.4%)	7:45	7.7 (83.7%)
38	<b>PIWODA Ewa</b>	<b>75</b>		K Junior	4			00:07:59	00:18:44	<b>00:38:54.50</b>	<b>00:46:53.55</b>	+00:06:27 (16.6%)	7:46	7.7 (83.7%)
39	<b>TRĘTOWICZ Aleksandra</b>	<b>83</b>		K Junior	5			00:08:00	00:19:28	<b>00:38:54.55</b>	<b>00:46:55.20</b>	+00:06:27 (16.6%)	7:47	7.7 (83.7%)
40	<b>GUZIOR Agnieszka</b>	<b>78</b>		K 40-44	2			00:09:22	00:19:21	<b>00:38:55.40</b>	<b>00:48:17.55</b>	+00:06:28 (16.6%)	7:47	7.7 (83.7%)
41	<b>KONIK Aleksandra</b>	<b>47</b>		K 40-44	3			00:09:24	00:19:36	<b>00:39:14.15</b>	<b>00:48:38.75</b>	+00:06:47 (17.3%)	7:50	7.6 (82.6%)
42	<b>KRZANOWSKA Małgorzata</b>	<b>30</b>		K 40-44	4			00:09:22	00:19:22	<b>00:39:17.15</b>	<b>00:48:39.90</b>	+00:06:50 (17.4%)	7:51	7.6 (82.6%)
43	<b>CETNARSKA Aneta</b>	<b>106</b>		K 18-29	1			00:08:19	00:19:41	<b>00:39:17.85</b>	<b>00:47:36.90</b>	+00:06:50 (17.4%)	7:51	7.6 (82.6%)
44	<b>HRYSZKO Iwona</b>	<b>26</b>		K 45-49	2			00:09:49	00:19:31	<b>00:39:21.75</b>	<b>00:49:11.70</b>	+00:06:54 (17.6%)	7:52	7.6 (82.6%)
45	<b>CZECH Tomasz</b>	<b>81</b>		M 30-39	3			00:04:04	00:19:20	<b>00:39:31.75</b>	<b>00:43:36.60</b>	+00:07:04 (17.9%)	7:54	7.6 (82.6%)
46	<b>PAŃKO Agnieszka</b>	<b>74</b>		K Junior	6			00:07:59	00:19:32	<b>00:39:33.15</b>	<b>00:47:32.30</b>	+00:07:06 (18.0%)	7:54	7.6 (82.6%)
47	<b>FLEJSZAR Anna</b>	<b>111</b>		K 45-49	3			00:09:48	00:19:46	<b>00:39:43.20</b>	<b>00:49:31.40</b>	+00:07:16 (18.3%)	7:56	7.6 (82.6%)
48	<b>ŁOPUSZAŃSKA-PATRYLAK Dorota</b>	<b>117</b>		K 45-49	4			00:09:48	00:19:51	<b>00:39:44.15</b>	<b>00:49:32.55</b>	+00:07:17 (18.3%)	7:56	7.6 (82.6%)
49	<b>CETNARSKI Kazimierz</b>	<b>304</b>		M 65-69	2			00:06:33	00:20:01	<b>00:39:46.70</b>	<b>00:46:20.55</b>	+00:07:19 (18.4%)	7:57	7.5 (81.5%)
50	<b>WITUSIK Olga</b>	<b>125</b>		K Dzieci	1			00:07:32	00:20:11	<b>00:39:46.90</b>	<b>00:47:18.90</b>	+00:07:19 (18.4%)	7:57	7.5 (81.5%)
51	<b>BĄCAL Wiktoria</b>	<b>73</b>		K Junior	7			00:08:00	00:19:27	<b>00:39:54.55</b>	<b>00:47:54.60</b>	+00:07:27 (18.7%)	7:58	7.5 (81.5%)
52	<b>NITKA Andrzej</b>	<b>127</b>		M 55-59	6			00:05:41	00:19:33	<b>00:40:01.05</b>	<b>00:45:42.55</b>	+00:07:33 (18.9%)	8:00	7.5 (81.5%)
53	<b>WENC Irena</b>	<b>60</b>		K 50-54	3			00:10:11	00:20:02	<b>00:40:12.10</b>	<b>00:50:23.45</b>	+00:07:45 (19.3%)	8:02	7.5 (81.5%)
54	<b>FLEJSZAR Zbigniew</b>	<b>112</b>		M 45-49	5			00:04:53	00:19:23	<b>00:40:13.75</b>	<b>00:45:07.10</b>	+00:07:46 (19.3%)	8:02	7.5 (81.5%)
55	<b>JANCZAK Marzena</b>	<b>305</b>		K 40-44	5			00:09:22	00:20:07	<b>00:40:20.85</b>	<b>00:49:43.60</b>	+00:07:53 (19.6%)	8:04	7.4 (80.4%)
56	<b>SZELIGA Anna</b>	<b>43</b>		K 30-39	5			00:08:55	00:19:47	<b>00:40:21.85</b>	<b>00:49:17.45</b>	+00:07:54 (19.6%)	8:04	7.4 (80.4%)
57	<b>JAROSZ Anna</b>	<b>64</b>		K 60-64	1			00:11:16	00:19:59	<b>00:40:31.30</b>	<b>00:51:48.15</b>	+00:08:04 (19.9%)	8:06	7.4 (80.4%)
58	<b>ROGULA Ula</b>	<b>141</b>		K Dzieci	2			00:07:31	00:20:13	<b>00:40:31.50</b>	<b>00:48:03.45</b>	+00:08:04 (19.9%)	8:06	7.4 (80.4%)
59	<b>CAG-SOBCZYK Edyta</b>	<b>109</b>		K 40-44	6			00:09:21	00:20:01	<b>00:40:32.85</b>	<b>00:49:54.50</b>	+00:08:05 (20.0%)	8:06	7.4 (80.4%)

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60	<b>MAŁODOBRY Wioletta</b>	<b>49</b>		K 40-44	7			00:09:22	00:20:25	<b>00:40:34.55</b>	<b>00:49:57.50</b>	+00:08:07 (20.0%)	8:07	7.4 (80.4%)
61	<b>ZIOLO KSIĄZKIEWICZ Maryla</b>	<b>99</b>		K 60-64	2			00:11:16	00:20:08	<b>00:40:39.00</b>	<b>00:51:55.60</b>	+00:08:11 (20.2%)	8:07	7.4 (80.4%)
62	<b>DRAUS Czesława</b>	<b>84</b>		K 55-59	1			00:10:47	00:20:25	<b>00:40:42.90</b>	<b>00:51:30.15</b>	+00:08:15 (20.3%)	8:08	7.4 (80.4%)
63	<b>PETRYŁKA Paweł</b>	<b>303</b>		M Dzieci	5			00:02:24	00:19:33	<b>00:40:43.55</b>	<b>00:43:08.30</b>	+00:08:16 (20.3%)	8:08	7.4 (80.4%)
64	<b>BAŃKA Andrzej</b>	<b>48</b>		M 30-39	4			00:04:05	00:20:03	<b>00:40:46.90</b>	<b>00:44:52.85</b>	+00:08:19 (20.4%)	8:09	7.4 (80.4%)
65	<b>REIZER Agnieszka</b>	<b>137</b>		K 40-44	8			00:09:22	00:20:20	<b>00:40:57.20</b>	<b>00:50:19.35</b>	+00:08:30 (20.8%)	8:11	7.3 (79.3%)
66	<b>JÓZEFEK Katarzyna</b>	<b>196</b>		K 18-29	2			00:08:18	00:20:53	<b>00:41:20.00</b>	<b>00:49:38.85</b>	+00:08:52 (21.5%)	8:16	7.3 (79.3%)
67	<b>WITUSIK Michał</b>	<b>124</b>		M Dzieci	6			00:02:23	00:20:32	<b>00:41:20.85</b>	<b>00:43:44.70</b>	+00:08:53 (21.5%)	8:16	7.3 (79.3%)
68	<b>NIEMCZAK Ksenia</b>	<b>5</b>		K Dzieci	3			00:07:30	00:20:12	<b>00:41:23.70</b>	<b>00:48:54.35</b>	+00:08:56 (21.6%)	8:16	7.2 (78.3%)
69	<b>WERBOWICZ Michał</b>	<b>1</b>		M Dzieci	7			00:02:25	00:20:42	<b>00:41:23.80</b>	<b>00:43:48.95</b>	+00:08:56 (21.6%)	8:16	7.2 (78.3%)
70	<b>NITKA Dariusz</b>	<b>122</b>		M 18-29	2			00:03:26	00:19:24	<b>00:41:32.55</b>	<b>00:44:59.15</b>	+00:09:05 (21.9%)	8:18	7.2 (78.3%)
71	<b>NOWAK Jerzy</b>	<b>130</b>		M 65-69	3			00:06:33	00:20:23	<b>00:41:35.00</b>	<b>00:48:08.85</b>	+00:09:07 (22.0%)	8:19	7.2 (78.3%)
72	<b>MOCHNAL Ewa</b>	<b>134</b>		K 55-59	2			00:10:46	00:20:48	<b>00:41:37.05</b>	<b>00:52:23.90</b>	+00:09:09 (22.0%)	8:19	7.2 (78.3%)
73	<b>ŻYLIŃSKA Agnieszka</b>	<b>302</b>		K Niepełnosprawni	1			00:09:49	00:20:57	<b>00:41:40.90</b>	<b>00:51:29.95</b>	+00:09:13 (22.1%)	8:20	7.2 (78.3%)
74	<b>BIELAK-WIERZBICKA Wanda</b>	<b>41</b>		K 40-44	9			00:09:23	00:21:04	<b>00:41:47.15</b>	<b>00:51:10.85</b>	+00:09:20 (22.3%)	8:21	7.2 (78.3%)
75	<b>CZYŻ Aleksandra</b>	<b>35</b>		K Dzieci	4			00:07:31	00:20:40	<b>00:41:49.00</b>	<b>00:49:20.80</b>	+00:09:21 (22.4%)	8:21	7.2 (78.3%)
76	<b>MARONDEL Jan</b>	<b>7</b>		M 60-64	3			00:06:11	00:20:45	<b>00:41:51.05</b>	<b>00:48:02.25</b>	+00:09:23 (22.5%)	8:22	7.2 (78.3%)
77	<b>BAĆ Wiesław</b>	<b>95</b>		M 40-44	3			00:04:27	00:20:37	<b>00:41:56.35</b>	<b>00:46:24.20</b>	+00:09:29 (22.6%)	8:23	7.2 (78.3%)
78	<b>SAŁAK Maria</b>	<b>94</b>		K 60-64	3			00:11:16	00:20:38	<b>00:42:17.60</b>	<b>00:53:34.40</b>	+00:09:50 (23.3%)	8:27	7.1 (77.2%)
79	<b>MOCHNAL Mirosław</b>	<b>133</b>		M 70+	1			00:06:50	00:21:08	<b>00:42:29.70</b>	<b>00:49:20.05</b>	+00:10:02 (23.6%)	8:30	7.1 (77.2%)
80	<b>ROSSA Justyna</b>	<b>61</b>		K 30-39	6			00:08:55	00:21:01	<b>00:42:31.50</b>	<b>00:51:27.45</b>	+00:10:04 (23.7%)	8:30	7.1 (77.2%)
81	<b>WOLAK Michał</b>	<b>200</b>		M Dzieci	8			00:02:25	00:21:32	<b>00:42:34.55</b>	<b>00:44:59.60</b>	+00:10:07 (23.8%)	8:30	7 (76.1%)
82	<b>KARDASZ Maciej</b>	<b>143</b>		M Dzieci	9			00:02:24	00:21:32	<b>00:42:34.60</b>	<b>00:44:59.35</b>	+00:10:07 (23.8%)	8:31	7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
83	<b>WOLAK Iwona</b>	<b>199</b>	K 30-39		7			00:02:25	00:21:33	<b>00:42:38.70</b>	<b>00:45:04.35</b>	+00:10:11 (23.9%)	8:31	7 (76.1%)
84	<b>DUDEK Maria</b>	<b>71</b>	K Junior		8			00:07:59	00:20:36	<b>00:42:52.50</b>	<b>00:50:51.95</b>	+00:10:25 (24.3%)	8:34	7 (76.1%)
85	<b>RADWAŃSKA Laura</b>	<b>149</b>	K Dzieci		5			00:07:31	00:21:54	<b>00:43:02.55</b>	<b>00:50:33.75</b>	+00:10:35 (24.6%)	8:36	7 (76.1%)
86	<b>NIEMCZYK Urszula</b>	<b>46</b>	K 30-39		8			00:08:55	00:21:15	<b>00:43:04.60</b>	<b>00:52:00.15</b>	+00:10:37 (24.7%)	8:37	7 (76.1%)
87	<b>KOPACZ Elżbieta</b>	<b>100</b>	K 30-39		9			00:08:56	00:21:16	<b>00:43:33.80</b>	<b>00:52:30.10</b>	+00:11:06 (25.5%)	8:42	6.9 (75.0%)
88	<b>ZAWADZKI Paweł</b>	<b>42</b>	M 30-39		5			00:04:04	00:21:46	<b>00:43:36.25</b>	<b>00:47:41.15</b>	+00:11:09 (25.6%)	8:43	6.9 (75.0%)
89	<b>ZAWADA Łukasz</b>	<b>40</b>	M 30-39		6			00:04:04	00:21:48	<b>00:43:37.60</b>	<b>00:47:42.50</b>	+00:11:10 (25.6%)	8:43	6.9 (75.0%)
90	<b>GARBACKI Józef</b>	<b>104</b>	M 70+		2			00:06:49	00:21:15	<b>00:43:40.60</b>	<b>00:50:30.50</b>	+00:11:13 (25.7%)	8:44	6.9 (75.0%)
91	<b>WRÓBEL Elżbieta</b>	<b>116</b>	K 50-54		4			00:10:12	00:21:50	<b>00:43:45.05</b>	<b>00:53:57.10</b>	+00:11:17 (25.8%)	8:45	6.9 (75.0%)
92	<b>TRĘTOWICZ Beata</b>	<b>82</b>	K 40-44		10			00:09:23	00:21:09	<b>00:44:09.70</b>	<b>00:53:33.05</b>	+00:11:42 (26.5%)	8:50	6.8 (73.9%)
93	<b>BASARA Helena</b>	<b>79</b>	K 55-59		3			00:10:47	00:21:27	<b>00:44:18.55</b>	<b>00:55:05.80</b>	+00:11:51 (26.8%)	8:51	6.8 (73.9%)
94	<b>SZEWCZYK Genowefa</b>	<b>87</b>	K 60-64		4			00:11:17	00:21:28	<b>00:44:24.65</b>	<b>00:55:41.85</b>	+00:11:57 (26.9%)	8:52	6.8 (73.9%)
95	<b>APANASOWICZ Danuta</b>	<b>88</b>	K 60-64		5			00:11:16	00:21:54	<b>00:44:26.05</b>	<b>00:55:42.30</b>	+00:11:58 (27.0%)	8:53	6.8 (73.9%)
96	<b>WIŚNIEWSKA Renata</b>	<b>70</b>	K 45-49		5			00:09:48	00:22:09	<b>00:44:31.90</b>	<b>00:54:20.35</b>	+00:12:04 (27.1%)	8:54	6.7 (72.8%)
97	<b>LIS Renata</b>	<b>68</b>	K 30-39		10			00:08:56	00:22:18	<b>00:44:36.95</b>	<b>00:53:33.30</b>	+00:12:09 (27.3%)	8:55	6.7 (72.8%)
98	<b>PECKA Kacper</b>	<b>118</b>	M Dzieci		10			00:02:24	00:21:25	<b>00:44:44.80</b>	<b>00:47:09.25</b>	+00:12:17 (27.5%)	8:57	6.7 (72.8%)
99	<b>MIKOŁAJCZYK Irena</b>	<b>129</b>	K 60-64		6			00:11:16	00:22:16	<b>00:44:45.90</b>	<b>00:56:01.95</b>	+00:12:18 (27.5%)	8:57	6.7 (72.8%)
100	<b>FILAPEK Izabela</b>	<b>45</b>	K 45-49		6			00:09:49	00:22:11	<b>00:44:57.80</b>	<b>00:54:47.15</b>	+00:12:30 (27.8%)	8:59	6.7 (72.8%)
101	<b>MAZUR Paulina</b>	<b>28</b>	K Junior		9			00:08:00	00:21:53	<b>00:45:20.25</b>	<b>00:53:20.35</b>	+00:12:53 (28.4%)	9:04	6.6 (71.7%)
102	<b>NIEMCZAK Bernarda</b>	<b>3</b>	K 45-49		7			00:09:49	00:22:29	<b>00:45:21.40</b>	<b>00:55:10.50</b>	+00:12:54 (28.5%)	9:04	6.6 (71.7%)
103	<b>WOJCIECHOWSKA Celina</b>	<b>36</b>	K 50-54		5			00:10:11	00:20:20	<b>00:45:29.60</b>	<b>00:55:41.05</b>	+00:13:02 (28.7%)	9:06	6.6 (71.7%)
104	<b>WIADERSKA Grażyna</b>	<b>91</b>	K 60-64		7			00:11:15	00:22:22	<b>00:45:31.05</b>	<b>00:56:46.90</b>	+00:13:03 (28.7%)	9:06	6.6 (71.7%)
105	<b>WIĄCEK Bożena</b>	<b>107</b>	K 45-49		8			00:09:49	00:23:01	<b>00:45:44.70</b>	<b>00:55:34.65</b>	+00:13:17 (29.1%)	9:09	6.6 (71.7%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
106	<b>MYŚKO Halina</b>	<b>123</b>	K 60-64	8			00:11:16	00:22:27	<b>00:45:51.35</b>	<b>00:57:07.35</b>	+00:13:24 (29.2%)	9:10	6.5 (70.7%)
107	<b>TARA Janina</b>	<b>86</b>	K 65-69	1			00:11:49	00:22:57	<b>00:45:59.70</b>	<b>00:57:49.05</b>	+00:13:32 (29.4%)	9:12	6.5 (70.7%)
108	<b>ŁOMNICKA-GUT Ewa</b>	<b>90</b>	K 65-69	2			00:11:49	00:23:14	<b>00:46:03.80</b>	<b>00:57:53.00</b>	+00:13:36 (29.5%)	9:12	6.5 (70.7%)
109	<b>KOCZUR Dorota</b>	<b>58</b>	K 60-64	9			00:11:17	00:22:35	<b>00:46:16.85</b>	<b>00:57:34.75</b>	+00:13:49 (29.9%)	9:15	6.5 (70.7%)
110	<b>ROZENBAJGIER Helena</b>	<b>103</b>	K 65-69	3			00:11:49	00:22:59	<b>00:46:17.25</b>	<b>00:58:06.45</b>	+00:13:50 (29.9%)	9:15	6.5 (70.7%)
111	<b>OPALIŃSKA Maria</b>	<b>54</b>	K 30-39	11			00:08:55	00:23:14	<b>00:46:42.85</b>	<b>00:55:38.60</b>	+00:14:15 (30.5%)	9:20	6.4 (69.6%)
112	<b>PIOTROWSKA Dorota</b>	<b>140</b>	K 45-49	9			00:09:49	00:22:54	<b>00:46:43.35</b>	<b>00:56:32.40</b>	+00:14:16 (30.5%)	9:20	6.4 (69.6%)
113	<b>NIEZGODA Emilka</b>	<b>19</b>	K Dzieci	6			00:07:30	00:21:53	<b>00:46:52.75</b>	<b>00:54:23.10</b>	+00:14:25 (30.8%)	9:22	6.4 (69.6%)
114	<b>GIEC Alicja</b>	<b>195</b>	K Dzieci	7			00:07:30	00:22:44	<b>00:46:54.35</b>	<b>00:54:24.75</b>	+00:14:27 (30.8%)	9:22	6.4 (69.6%)
115	<b>OPALIŃSKA Emilia</b>	<b>53</b>	K Dzieci	8			00:07:32	00:24:37	<b>00:47:04.15</b>	<b>00:54:36.25</b>	+00:14:37 (31.1%)	9:24	6.4 (69.6%)
116	<b>PODKALICKA Julia</b>	<b>147</b>	K Dzieci	9			00:07:32	00:22:41	<b>00:47:31.15</b>	<b>00:55:03.30</b>	+00:15:04 (31.7%)	9:30	6.3 (68.5%)
117	<b>WITKOWSKA Wiktoria</b>	<b>193</b>	K Dzieci	10			00:07:30	00:23:32	<b>00:47:33.95</b>	<b>00:55:04.50</b>	+00:15:06 (31.8%)	9:30	6.3 (68.5%)
118	<b>URBAN Irena</b>	<b>65</b>	K 60-64	10			00:11:17	00:23:28	<b>00:47:49.45</b>	<b>00:59:06.55</b>	+00:15:22 (32.1%)	9:33	6.3 (68.5%)
119	<b>RĘDZINIAK Aleksandra</b>	<b>192</b>	K Dzieci	11			00:07:31	00:21:55	<b>00:48:09.15</b>	<b>00:55:40.65</b>	+00:15:42 (32.6%)	9:37	6.2 (67.4%)
120	<b>GAWROŃSKA Małgorzata</b>	<b>113</b>	K 55-59	4			00:10:47	00:23:34	<b>00:48:33.60</b>	<b>00:59:20.75</b>	+00:16:06 (33.2%)	9:42	6.2 (67.4%)
121	<b>KASZANY Karol</b>	<b>32</b>	M Dzieci	11			00:02:26	00:24:16	<b>00:48:46.60</b>	<b>00:51:12.75</b>	+00:16:19 (33.5%)	9:45	6.2 (67.4%)
122	<b>KASZANY Piotr</b>	<b>31</b>	M 30-39	7			00:02:25	00:24:15	<b>00:48:47.05</b>	<b>00:51:13.00</b>	+00:16:19 (33.5%)	9:45	6.1 (66.3%)
123	<b>KLUCZNIK Katarzyna</b>	<b>37</b>	K Dzieci	12			00:07:31	00:22:11	<b>00:48:52.35</b>	<b>00:56:23.65</b>	+00:16:25 (33.6%)	9:46	6.1 (66.3%)
124	<b>RÓG Danuta</b>	<b>20</b>	K 65-69	4			00:11:50	00:24:34	<b>00:49:07.10</b>	<b>01:00:57.40</b>	+00:16:40 (33.9%)	9:49	6.1 (66.3%)
125	<b>WIĄCEK Adam</b>	<b>11</b>	M Dzieci	12			00:02:24	00:23:53	<b>00:49:12.65</b>	<b>00:51:37.50</b>	+00:16:45 (34.1%)	9:50	6.1 (66.3%)
126	<b>TYLUTKI Andrzej</b>	<b>67</b>	M 45-49	6			00:04:54	00:25:13	<b>00:49:58.10</b>	<b>00:54:52.25</b>	+00:17:31 (35.1%)	9:59	6 (65.2%)
127	<b>BENEWITA Kamila</b>	<b>142</b>	K Dzieci	13			00:07:31	00:24:15	<b>00:50:04.10</b>	<b>00:57:35.70</b>	+00:17:37 (35.2%)	10:00	6 (65.2%)
128	<b>MACIĄG Andrzej</b>	<b>69</b>	M 65-69	4			00:06:34	00:24:41	<b>00:50:20.25</b>	<b>00:56:54.55</b>	+00:17:53 (35.5%)	10:04	6 (65.2%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
129	<b>KACHLIK Małgorzata</b>	<b>128</b>	K 65-69	5			00:11:49	00:24:34	<b>00:50:26.90</b>	<b>01:02:16.45</b>	+00:17:59 (35.7%)	10:05	5.9 (64.1%)
130	<b>KWAŚNIK Wiktoria</b>	<b>23</b>	K Dzieci	14			00:07:30	00:24:35	<b>00:50:52.45</b>	<b>00:58:23.20</b>	+00:18:25 (36.2%)	10:10	5.9 (64.1%)
131	<b>SWĘDRAK Joanna</b>	<b>39</b>	K 40-44	11			00:09:24	00:25:32	<b>00:51:11.95</b>	<b>01:00:36.35</b>	+00:18:44 (36.6%)	10:14	5.9 (64.1%)
132	<b>KLUCZNIK Elżbieta</b>	<b>38</b>	K 40-44	12			00:09:23	00:25:33	<b>00:51:12.90</b>	<b>01:00:36.65</b>	+00:18:45 (36.6%)	10:14	5.9 (64.1%)
133	<b>ŻUBRYD Renata</b>	<b>89</b>	K 65-69	6			00:11:49	00:25:11	<b>00:51:17.75</b>	<b>01:03:07.45</b>	+00:18:50 (36.7%)	10:15	5.8 (63.0%)
134	<b>ŁUKASZCZUK Alina</b>	<b>306</b>	K 60-64	11			00:11:18	00:25:06	<b>00:51:33.15</b>	<b>01:02:51.15</b>	+00:19:06 (37.1%)	10:18	5.8 (63.0%)
135	<b>GARBACKA Cecylia</b>	<b>105</b>	K 65-69	7			00:11:50	00:25:27	<b>00:51:41.65</b>	<b>01:03:31.80</b>	+00:19:14 (37.2%)	10:20	5.8 (63.0%)
136	<b>MARGAŃSKA Stanisława</b>	<b>102</b>	K 70+	1			00:11:51	00:26:15	<b>00:51:48.70</b>	<b>01:03:40.35</b>	+00:19:21 (37.4%)	10:21	5.8 (63.0%)
137	<b>PROKOPIEC Bronisława</b>	<b>51</b>	K 70+	2			00:11:51	00:26:14	<b>00:51:49.85</b>	<b>01:03:41.45</b>	+00:19:22 (37.4%)	10:22	5.8 (63.0%)
138	<b>GÓRCZANY Marian</b>	<b>126</b>	M 60-64	4			00:06:10	00:25:43	<b>00:52:12.60</b>	<b>00:58:23.45</b>	+00:19:45 (37.8%)	10:26	5.7 (62.0%)
139	<b>LIPA Alicja</b>	<b>55</b>	K 65-69	8			00:11:50	00:26:43	<b>00:52:23.30</b>	<b>01:04:13.70</b>	+00:19:56 (38.1%)	10:28	5.7 (62.0%)
140	<b>WERBOWICZ Barbara</b>	<b>2</b>	K Junior	10			00:07:59	00:25:22	<b>00:52:34.30</b>	<b>01:00:34.25</b>	+00:20:07 (38.3%)	10:31	5.7 (62.0%)
141	<b>WIĄCEK Krystyna</b>	<b>8</b>	K 60-64	12			00:11:50	00:25:30	<b>00:53:18.10</b>	<b>01:05:09.00</b>	+00:20:51 (39.1%)	10:39	5.6 (60.9%)
142	<b>WITKOWSKA Antonina</b>	<b>309</b>	K Dzieci	15			00:07:30	00:25:04	<b>00:53:46.10</b>	<b>01:01:16.45</b>	+00:21:19 (39.6%)	10:45	5.6 (60.9%)
143	<b>GUZOWSKI Maciej</b>	<b>194</b>	M Niepełnosprawni	1			00:03:26	00:23:15	<b>00:55:51.45</b>	<b>00:59:17.95</b>	+00:23:24 (41.9%)	11:10	5.4 (58.7%)
144	<b>GRAL Oriana</b>	<b>146</b>	K Dzieci	16			00:07:30	00:53:46			+00:37:34	21:30	2.8 (30.4%)
DQ	<b>RĘBISZ Grażyna</b>	<b>57</b>	K 60-64			1	DQ	00:22:38 DQ	<b>2015-10-10 DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>GUL-BOGACZ Jolanta</b>	<b>101</b>	K 30-39			1	DQ	00:43:43 DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>KALISZ Szymon</b>	<b>307</b>	M Junior			1	DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>REMBACKI Jan</b>	<b>148</b>	M 55-59			1	DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 148 wynik(ów)