



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	GRZĄDZIEL Dariusz	6	M 45-49	1			00:04:53	00:16:11	00:32:27.10	00:37:20.15		6:29	9.2 (100%)
2	SKWIRUT Jerzy	59	M 50-54	1			00:05:11	00:16:41	00:33:38.25	00:38:49.30	+00:01:11 (3.5%)	6:43	8.9 (96.7%)
3	REJMAN Filip	138	M Dzieci	1			00:02:24	00:16:40	00:34:34.75	00:36:59.00	+00:02:07 (6.2%)	6:55	8.7 (94.6%)
4	BASARA Ryszard	80	M 30-39	1			00:04:05	00:17:01	00:34:56.70	00:39:01.85	+00:02:29 (7.1%)	6:59	8.6 (93.5%)
5	PASIERB Marek	119	M 60-64	1			00:06:10	00:17:27	00:34:59.45	00:41:10.35	+00:02:32 (7.3%)	7:00	8.6 (93.5%)
6	SŁOWIK Dariusz	93	M 30-39	2			00:04:05	00:17:33	00:35:23.80	00:39:29.45	+00:02:56 (8.3%)	7:04	8.5 (92.4%)
7	PATLA Waldemar	145	M 55-59	1			00:05:42	00:17:27	00:35:27.55	00:41:09.60	+00:03:00 (8.5%)	7:05	8.5 (92.4%)
8	PUCHAŁA Krzysztof	44	M 45-49	2			00:04:53	00:17:26	00:35:27.90	00:40:21.80	+00:03:00 (8.5%)	7:05	8.5 (92.4%)
9	POLNY Daniel	34	M 45-49	3			00:04:53	00:17:46	00:35:30.70	00:40:23.85	+00:03:03 (8.6%)	7:06	8.5 (92.4%)
10	JENDRUCHNIEWICZ Katarzyna	131	K 30-39	1			00:08:54	00:17:27	00:35:33.30	00:44:27.95	+00:03:06 (8.7%)	7:06	8.4 (91.3%)
11	BĄCZKOWSKI Krzysztof	27	M 18-29	1			00:03:26	00:17:40	00:35:33.45	00:39:00.10	+00:03:06 (8.7%)	7:06	8.4 (91.3%)
12	RĘDZINIAK Marzena	191	K 30-39	2			00:08:54	00:17:28	00:35:37.25	00:44:32.00	+00:03:10 (8.9%)	7:07	8.4 (91.3%)
13	URBANIAK Marian	135	M 55-59	2			00:05:40	00:18:00	00:35:37.75	00:41:18.15	+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	SZWAST Jerzy	115	M 40-44		1			00:04:28	00:17:57	00:35:56.40	00:40:24.65	+00:03:29 (9.7%)	7:11	8.3 (90.2%)
15	WÓJCIK Sławomir	97	M 55-59		3			00:05:40	00:17:44	00:35:58.20	00:41:38.30	+00:03:31 (9.8%)	7:11	8.3 (90.2%)
16	STYGA Krystyna	98	K 50-54		1			00:10:11	00:17:53	00:36:24.30	00:46:35.75	+00:03:57 (10.9%)	7:16	8.2 (89.1%)
17	ŚLIWIAK Paweł	63	M Junior		1			00:02:56	00:18:45	00:36:34.15	00:39:30.25	+00:04:07 (11.3%)	7:18	8.2 (89.1%)
18	WOJCIECHOWSKI Stanisław	25	M 55-59		4			00:05:40	00:17:48	00:36:36.15	00:42:16.95	+00:04:09 (11.3%)	7:19	8.2 (89.1%)
19	WIADERSKI Wojciech	92	M 65-69		1			00:06:34	00:18:20	00:36:43.35	00:43:17.35	+00:04:16 (11.6%)	7:20	8.2 (89.1%)
20	WŁADYKA Agata	24	K 50-54		2			00:10:11	00:18:17	00:36:52.65	00:47:03.85	+00:04:25 (12.0%)	7:22	8.1 (88.0%)
21	LENAR Grzegorz	76	M Dzieci		2			00:02:23	00:18:13	00:36:53.80	00:39:17.75	+00:04:26 (12.0%)	7:22	8.1 (88.0%)
22	POLNY Marek	33	M Junior		2			00:02:56	00:18:48	00:37:08.90	00:40:04.95	+00:04:41 (12.6%)	7:25	8.1 (88.0%)
23	KONIK Zuzanna	197	K Junior		1			00:07:59	00:18:44	00:37:10.75	00:45:10.55	+00:04:43 (12.7%)	7:26	8.1 (88.0%)
24	BROŻBAR Beata	77	K Junior		2			00:07:59	00:18:27	00:37:15.20	00:45:14.20	+00:04:48 (12.9%)	7:27	8.1 (88.0%)
25	KRÓLICKA Iwona	121	K 45-49		1			00:09:48	00:18:19	00:37:15.45	00:47:03.45	+00:04:48 (12.9%)	7:27	8.1 (88.0%)
26	ŻYLIŃSKI Grzegorz	4	M 50-54		2			00:05:11	00:18:28	00:37:26.00	00:42:37.65	+00:04:58 (13.3%)	7:29	8 (87.0%)
27	REIZER Piotr	136	M 45-49		4			00:04:53	00:17:59	00:37:31.50	00:42:24.65	+00:05:04 (13.5%)	7:30	8 (87.0%)
28	NIEPOKÓJ Paulina	62	K Junior		3			00:07:59	00:18:38	00:37:32.95	00:45:32.15	+00:05:05 (13.6%)	7:30	8 (87.0%)
29	DZIEŃ Bartosz	72	M Dzieci		3			00:02:24	00:18:29	00:37:35.55	00:39:59.60	+00:05:08 (13.7%)	7:31	8 (87.0%)
30	SITKO Maciej	15	M Dzieci		4			00:02:23	00:18:33	00:37:35.85	00:39:59.60	+00:05:08 (13.7%)	7:31	8 (87.0%)
31	SZWAST Katarzyna	114	K 30-39		3			00:08:54	00:18:54	00:37:48.55	00:46:43.40	+00:05:21 (14.2%)	7:33	7.9 (85.9%)
32	RZUCIDŁO Jan	144	M 60-64		2			00:06:11	00:18:43	00:37:56.80	00:44:07.95	+00:05:29 (14.5%)	7:35	7.9 (85.9%)
33	SOBCZYK Rafał	110	M 40-44		2			00:04:27	00:18:42	00:38:08.65	00:42:36.20	+00:05:41 (14.9%)	7:37	7.9 (85.9%)
34	KARCZMARSKI Krzysztof	139	M 55-59		5			00:05:39	00:19:12	00:38:09.85	00:43:49.75	+00:05:42 (15.0%)	7:38	7.9 (85.9%)
35	MISIOŁEK Anna	308	K 30-39		4			00:08:56	00:19:03	00:38:10.05	00:47:06.20	+00:05:42 (15.0%)	7:38	7.9 (85.9%)
36	SZEMBERSKA Małgorzata	29	K 40-44		1			00:09:22	00:18:44	00:38:15.90	00:47:37.95	+00:05:48 (15.2%)	7:39	7.8 (84.8%)

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

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

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83	WOLAK Iwona	199	K 30-39		7			00:02:25	00:21:33	00:42:38.70	00:45:04.35	+00:10:11 (23.9%)	8:31	7 (76.1%)
84	DUDEK Maria	71	K Junior		8			00:07:59	00:20:36	00:42:52.50	00:50:51.95	+00:10:25 (24.3%)	8:34	7 (76.1%)
85	RADWAŃSKA Laura	149	K Dzieci		5			00:07:31	00:21:54	00:43:02.55	00:50:33.75	+00:10:35 (24.6%)	8:36	7 (76.1%)
86	NIEMCZYK Urszula	46	K 30-39		8			00:08:55	00:21:15	00:43:04.60	00:52:00.15	+00:10:37 (24.7%)	8:37	7 (76.1%)
87	KOPACZ Elżbieta	100	K 30-39		9			00:08:56	00:21:16	00:43:33.80	00:52:30.10	+00:11:06 (25.5%)	8:42	6.9 (75.0%)
88	ZAWADZKI Paweł	42	M 30-39		5			00:04:04	00:21:46	00:43:36.25	00:47:41.15	+00:11:09 (25.6%)	8:43	6.9 (75.0%)
89	ZAWADA Łukasz	40	M 30-39		6			00:04:04	00:21:48	00:43:37.60	00:47:42.50	+00:11:10 (25.6%)	8:43	6.9 (75.0%)
90	GARBACKI Józef	104	M 70+		2			00:06:49	00:21:15	00:43:40.60	00:50:30.50	+00:11:13 (25.7%)	8:44	6.9 (75.0%)
91	WRÓBEL Elżbieta	116	K 50-54		4			00:10:12	00:21:50	00:43:45.05	00:53:57.10	+00:11:17 (25.8%)	8:45	6.9 (75.0%)
92	TRĘTOWICZ Beata	82	K 40-44		10			00:09:23	00:21:09	00:44:09.70	00:53:33.05	+00:11:42 (26.5%)	8:50	6.8 (73.9%)
93	BASARA Helena	79	K 55-59		3			00:10:47	00:21:27	00:44:18.55	00:55:05.80	+00:11:51 (26.8%)	8:51	6.8 (73.9%)
94	SZEWCZYK Genowefa	87	K 60-64		4			00:11:17	00:21:28	00:44:24.65	00:55:41.85	+00:11:57 (26.9%)	8:52	6.8 (73.9%)
95	APANASOWICZ Danuta	88	K 60-64		5			00:11:16	00:21:54	00:44:26.05	00:55:42.30	+00:11:58 (27.0%)	8:53	6.8 (73.9%)
96	WIŚNIEWSKA Renata	70	K 45-49		5			00:09:48	00:22:09	00:44:31.90	00:54:20.35	+00:12:04 (27.1%)	8:54	6.7 (72.8%)
97	LIS Renata	68	K 30-39		10			00:08:56	00:22:18	00:44:36.95	00:53:33.30	+00:12:09 (27.3%)	8:55	6.7 (72.8%)
98	PECKA Kacper	118	M Dzieci		10			00:02:24	00:21:25	00:44:44.80	00:47:09.25	+00:12:17 (27.5%)	8:57	6.7 (72.8%)
99	MIKOŁAJCZYK Irena	129	K 60-64		6			00:11:16	00:22:16	00:44:45.90	00:56:01.95	+00:12:18 (27.5%)	8:57	6.7 (72.8%)
100	FILAPEK Izabela	45	K 45-49		6			00:09:49	00:22:11	00:44:57.80	00:54:47.15	+00:12:30 (27.8%)	8:59	6.7 (72.8%)
101	MAZUR Paulina	28	K Junior		9			00:08:00	00:21:53	00:45:20.25	00:53:20.35	+00:12:53 (28.4%)	9:04	6.6 (71.7%)
102	NIEMCZAK Bernarda	3	K 45-49		7			00:09:49	00:22:29	00:45:21.40	00:55:10.50	+00:12:54 (28.5%)	9:04	6.6 (71.7%)
103	WOJCIECHOWSKA Celina	36	K 50-54		5			00:10:11	00:20:20	00:45:29.60	00:55:41.05	+00:13:02 (28.7%)	9:06	6.6 (71.7%)
104	WIADERSKA Grażyna	91	K 60-64		7			00:11:15	00:22:22	00:45:31.05	00:56:46.90	+00:13:03 (28.7%)	9:06	6.6 (71.7%)
105	WIĄCEK Bożena	107	K 45-49		8			00:09:49	00:23:01	00:45:44.70	00:55:34.65	+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	MYŚKO Halina	123	K 60-64	8			00:11:16	00:22:27	00:45:51.35	00:57:07.35	+00:13:24 (29.2%)	9:10	6.5 (70.7%)
107	TARA Janina	86	K 65-69	1			00:11:49	00:22:57	00:45:59.70	00:57:49.05	+00:13:32 (29.4%)	9:12	6.5 (70.7%)
108	ŁOMNICKA-GUT Ewa	90	K 65-69	2			00:11:49	00:23:14	00:46:03.80	00:57:53.00	+00:13:36 (29.5%)	9:12	6.5 (70.7%)
109	KOCZUR Dorota	58	K 60-64	9			00:11:17	00:22:35	00:46:16.85	00:57:34.75	+00:13:49 (29.9%)	9:15	6.5 (70.7%)
110	ROZENBAJGIER Helena	103	K 65-69	3			00:11:49	00:22:59	00:46:17.25	00:58:06.45	+00:13:50 (29.9%)	9:15	6.5 (70.7%)
111	OPALIŃSKA Maria	54	K 30-39	11			00:08:55	00:23:14	00:46:42.85	00:55:38.60	+00:14:15 (30.5%)	9:20	6.4 (69.6%)
112	PIOTROWSKA Dorota	140	K 45-49	9			00:09:49	00:22:54	00:46:43.35	00:56:32.40	+00:14:16 (30.5%)	9:20	6.4 (69.6%)
113	NIEZGODA Emilka	19	K Dzieci	6			00:07:30	00:21:53	00:46:52.75	00:54:23.10	+00:14:25 (30.8%)	9:22	6.4 (69.6%)
114	GIEC Alicja	195	K Dzieci	7			00:07:30	00:22:44	00:46:54.35	00:54:24.75	+00:14:27 (30.8%)	9:22	6.4 (69.6%)
115	OPALIŃSKA Emilia	53	K Dzieci	8			00:07:32	00:24:37	00:47:04.15	00:54:36.25	+00:14:37 (31.1%)	9:24	6.4 (69.6%)
116	PODKALICKA Julia	147	K Dzieci	9			00:07:32	00:22:41	00:47:31.15	00:55:03.30	+00:15:04 (31.7%)	9:30	6.3 (68.5%)
117	WITKOWSKA Wiktoria	193	K Dzieci	10			00:07:30	00:23:32	00:47:33.95	00:55:04.50	+00:15:06 (31.8%)	9:30	6.3 (68.5%)
118	URBAN Irena	65	K 60-64	10			00:11:17	00:23:28	00:47:49.45	00:59:06.55	+00:15:22 (32.1%)	9:33	6.3 (68.5%)
119	RĘDZINIAK Aleksandra	192	K Dzieci	11			00:07:31	00:21:55	00:48:09.15	00:55:40.65	+00:15:42 (32.6%)	9:37	6.2 (67.4%)
120	GAWROŃSKA Małgorzata	113	K 55-59	4			00:10:47	00:23:34	00:48:33.60	00:59:20.75	+00:16:06 (33.2%)	9:42	6.2 (67.4%)
121	KASZANY Karol	32	M Dzieci	11			00:02:26	00:24:16	00:48:46.60	00:51:12.75	+00:16:19 (33.5%)	9:45	6.2 (67.4%)
122	KASZANY Piotr	31	M 30-39	7			00:02:25	00:24:15	00:48:47.05	00:51:13.00	+00:16:19 (33.5%)	9:45	6.1 (66.3%)
123	KLUCZNIK Katarzyna	37	K Dzieci	12			00:07:31	00:22:11	00:48:52.35	00:56:23.65	+00:16:25 (33.6%)	9:46	6.1 (66.3%)
124	RÓG Danuta	20	K 65-69	4			00:11:50	00:24:34	00:49:07.10	01:00:57.40	+00:16:40 (33.9%)	9:49	6.1 (66.3%)
125	WIĄCEK Adam	11	M Dzieci	12			00:02:24	00:23:53	00:49:12.65	00:51:37.50	+00:16:45 (34.1%)	9:50	6.1 (66.3%)
126	TYLUTKI Andrzej	67	M 45-49	6			00:04:54	00:25:13	00:49:58.10	00:54:52.25	+00:17:31 (35.1%)	9:59	6 (65.2%)
127	BENEWITA Kamila	142	K Dzieci	13			00:07:31	00:24:15	00:50:04.10	00:57:35.70	+00:17:37 (35.2%)	10:00	6 (65.2%)
128	MACIĄG Andrzej	69	M 65-69	4			00:06:34	00:24:41	00:50:20.25	00:56:54.55	+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	KACHLIK Małgorzata	128	K 65-69	5			00:11:49	00:24:34	00:50:26.90	01:02:16.45	+00:17:59 (35.7%)	10:05	5.9 (64.1%)
130	KWAŚNIK Wiktoria	23	K Dzieci	14			00:07:30	00:24:35	00:50:52.45	00:58:23.20	+00:18:25 (36.2%)	10:10	5.9 (64.1%)
131	SWĘDRAK Joanna	39	K 40-44	11			00:09:24	00:25:32	00:51:11.95	01:00:36.35	+00:18:44 (36.6%)	10:14	5.9 (64.1%)
132	KLUCZNIK Elżbieta	38	K 40-44	12			00:09:23	00:25:33	00:51:12.90	01:00:36.65	+00:18:45 (36.6%)	10:14	5.9 (64.1%)
133	ŻUBRYD Renata	89	K 65-69	6			00:11:49	00:25:11	00:51:17.75	01:03:07.45	+00:18:50 (36.7%)	10:15	5.8 (63.0%)
134	ŁUKASZCZUK Alina	306	K 60-64	11			00:11:18	00:25:06	00:51:33.15	01:02:51.15	+00:19:06 (37.1%)	10:18	5.8 (63.0%)
135	GARBACKA Cecylia	105	K 65-69	7			00:11:50	00:25:27	00:51:41.65	01:03:31.80	+00:19:14 (37.2%)	10:20	5.8 (63.0%)
136	MARGAŃSKA Stanisława	102	K 70+	1			00:11:51	00:26:15	00:51:48.70	01:03:40.35	+00:19:21 (37.4%)	10:21	5.8 (63.0%)
137	PROKOPIEC Bronisława	51	K 70+	2			00:11:51	00:26:14	00:51:49.85	01:03:41.45	+00:19:22 (37.4%)	10:22	5.8 (63.0%)
138	GÓRCZANY Marian	126	M 60-64	4			00:06:10	00:25:43	00:52:12.60	00:58:23.45	+00:19:45 (37.8%)	10:26	5.7 (62.0%)
139	LIPA Alicja	55	K 65-69	8			00:11:50	00:26:43	00:52:23.30	01:04:13.70	+00:19:56 (38.1%)	10:28	5.7 (62.0%)
140	WERBOWICZ Barbara	2	K Junior	10			00:07:59	00:25:22	00:52:34.30	01:00:34.25	+00:20:07 (38.3%)	10:31	5.7 (62.0%)
141	WIĄCEK Krystyna	8	K 60-64	12			00:11:50	00:25:30	00:53:18.10	01:05:09.00	+00:20:51 (39.1%)	10:39	5.6 (60.9%)
142	WITKOWSKA Antonina	309	K Dzieci	15			00:07:30	00:25:04	00:53:46.10	01:01:16.45	+00:21:19 (39.6%)	10:45	5.6 (60.9%)
143	GUZOWSKI Maciej	194	M Niepełnosprawni	1			00:03:26	00:23:15	00:55:51.45	00:59:17.95	+00:23:24 (41.9%)	11:10	5.4 (58.7%)
144	GRAL Oriana	146	K Dzieci	16			00:07:30	00:53:46			+00:37:34	21:30	2.8 (30.4%)
DQ	RĘBISZ Grażyna	57	K 60-64			1	DQ	00:22:38 DQ	2015-10-10 DQ	DQ		-	- (0.0%)
DQ	GUL-BOGACZ Jolanta	101	K 30-39			1	DQ	00:43:43 DQ	DQ	DQ		-	- (0.0%)
DQ	KALISZ Szymon	307	M Junior			1	DQ	DQ	DQ	DQ		-	- (0.0%)
DQ	REMBACKI Jan	148	M 55-59			1	DQ	DQ	DQ	DQ		-	- (0.0%)

Znaleziono 148 wynik(ów)