

POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-07-07
Miejsce: Polanica
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BIŃCZYK Dariusz	15	ZABIEGANI CZĘSTOCHOWA	M30-39	1			00:15:41	00:31:53.75		6:22	9.4 (100%)
2	RAJEWSKI Sebastian	132	KS IDMAR RACING TEAM	M45-49	1			00:15:43	00:31:54.30	+00:00:00 (0.0%)	6:22	9.4 (100%)
3	TOPOLNICKI Konrad	167	CKZIU NYSA MECHANIK	M-Jun.	1			00:16:10	00:32:12.40	+00:00:18 (1.0%)	6:26	9.3 (98.9%)
4	WOJTASIŃSKI Daniel	187	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:15:51	00:32:14.20	+00:00:20 (1.1%)	6:26	9.3 (98.9%)
5	ROŻYNEK Miron	138	KS METRACO POLKOWICE	M55-59	1			00:16:05	00:32:38.75	+00:00:45 (2.3%)	6:31	9.2 (97.9%)
6	KUBIAK Tomasz	417	SALLER NORDIC WALKING TEAM	M40-44	2			00:15:53	00:32:48.25	+00:00:54 (2.8%)	6:33	9.1 (96.8%)
7	DĘBSKI Bartłomiej	29	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	3			00:16:16	00:32:53.90	+00:01:00 (3.0%)	6:34	9.1 (96.8%)
8	TOPOREK Rafał	168		M-Niepełnosprawni(B)	1			00:16:25	00:33:22.75	+00:01:29 (4.4%)	6:40	9 (95.7%)
9	TRZCIŃSKI Franciszek	169	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1			00:16:33	00:33:23.15	+00:01:29 (4.5%)	6:40	9 (95.7%)
10	SCHRÖDER Karol	140	SILESIA NORDIC TEAM	M40-44	4			00:16:09	00:33:39.15	+00:01:45 (5.2%)	6:43	8.9 (94.7%)
11	BRZozowski Piotr	249	NORDIC WALKING POLAND / AKTYWNI POSTOMINO	M30-39	2			00:16:16	00:33:42.90	+00:01:49 (5.4%)	6:44	8.9 (94.7%)
12	FRĄCKOWIAK Roman	38	KS METRACO POLKOWICE	M50-54	2			00:16:55	00:33:58.05	+00:02:04 (6.1%)	6:47	8.8 (93.6%)
13	BREWKA Joachim	21	UNIA MIAST	M50-54	3			00:16:54	00:34:08.05	+00:02:14 (6.6%)	6:49	8.8 (93.6%)
14	SANIUK Edward	139	FACE NORDIC WALKING TEAM	M65-69	1			00:16:59	00:34:14.65	+00:02:20 (6.9%)	6:50	8.8 (93.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
15	SŁOMIAN Leszek	142	UNIA MIAST	M55-59	2			00:17:01	00:34:21.55	+00:02:27 (7.2%)	6:52	8.7 (92.6%)
16	BARTOSIEWICZ Łukasz	9	NWPL / LUKI TEAM	M30-39	3			00:16:49	00:34:25.45	+00:02:31 (7.3%)	6:53	8.7 (92.6%)
17	WIERZBIŃSKI Piotr	181	KLUBSPORTU.PL	M45-49	2	1		00:17:18	00:34:33.80	+00:02:40 (7.7%)	6:54	8.7 (92.6%)
18	MANDZIUK Marek	96	NOWI SIEDLCE /NW WSCHÓD	M45-49	3			00:17:18	00:34:54.25	+00:03:00 (8.6%)	6:58	8.6 (91.5%)
19	ADAMUS Marian	2	SILESIA NORDIC TEAM	M65-69	2			00:17:15	00:34:58.85	+00:03:05 (8.8%)	6:59	8.6 (91.5%)
20	UFEL Marcin	171	MOSIR TKKF SATURN CZELADŹ	M40-44	5			00:17:18	00:35:14.70	+00:03:20 (9.5%)	7:02	8.5 (90.4%)
21	USS Jola	173	NOWI SIEDLCE /NW WSCHÓD	K55-59	1			00:17:17	00:35:14.75	+00:03:21 (9.5%)	7:03	8.5 (90.4%)
22	SZYMAŃSKI Stefan	160	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:17:09	00:35:20.60	+00:03:26 (9.8%)	7:04	8.5 (90.4%)
23	FRĄCKOWIAK Mateusz	39	KS METRACO POLKOWICE	M-Jun.	2	1		00:17:03	00:35:29.00	+00:03:35 (10.1%)	7:05	8.5 (90.4%)
24	PRADUŃ Michał	126	LUBELSKIE ZNORDZIC	M- Niepełnosprawni(B)	2			00:17:30	00:35:40.40	+00:03:46 (10.6%)	7:08	8.4 (89.4%)
25	GAPIŃSKI Leszek	42	WESOŁY BORSUK TEAM	M60-64	1			00:17:32	00:35:41.10	+00:03:47 (10.6%)	7:08	8.4 (89.4%)
26	POLISZCZUK Piotr	125	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	1			00:17:27	00:35:42.30	+00:03:48 (10.7%)	7:08	8.4 (89.4%)
27	PIOTROWSKI Marek	124	GOGGLE PAE TEAM	M55-59	3			00:17:59	00:35:59.50	+00:04:05 (11.4%)	7:11	8.3 (88.3%)
28	ŁUKASZEWICZ Joanna	224	GREEN TEAM ZIELONA GÓRA	K45-49	1			00:17:55	00:35:59.55	+00:04:05 (11.4%)	7:12	8.3 (88.3%)
29	OKRZESIK-FRĄCKOWIAK Izabela	114	KS METRACO POLKOWICE	K50-54	1			00:17:48	00:36:06.70	+00:04:12 (11.7%)	7:13	8.3 (88.3%)
30	HOLWEK Jarosław	62	ZDROWOPIJ.PL	M50-54	4			00:17:35	00:36:07.25	+00:04:13 (11.7%)	7:13	8.3 (88.3%)
31	SULIKOWSKA Agnieszka	149	PASJA NORDIC WALKING	K30-39	1			00:17:57	00:36:07.35	+00:04:13 (11.7%)	7:13	8.3 (88.3%)
32	PINTAK Artur	123		M30-39	4			00:17:28	00:36:08.85	+00:04:15 (11.8%)	7:13	8.3 (88.3%)
33	IDKOWIAK Magdalena	65	KS IDMAR RACING TEAM	K40-44	1			00:18:05	00:36:11.30	+00:04:17 (11.9%)	7:14	8.3 (88.3%)
34	PARTYKA Teresa	117	WESOŁY BORSUK TEAM	K55-59	2			00:17:50	00:36:11.45	+00:04:17 (11.9%)	7:14	8.3 (88.3%)
35	KORYTOWSKA Agnieszka	77		K30-39	2			00:17:58	00:36:15.30	+00:04:21 (12.0%)	7:15	8.3 (88.3%)
36	SZYMANOWSKA Anna	157		K55-59	3			00:17:50	00:36:19.40	+00:04:25 (12.2%)	7:15	8.3 (88.3%)
37	GODZIŃSKA Dorota	48	BAŻANT NWTEAM	K30-39	3			00:17:57	00:36:20.00	+00:04:26 (12.2%)	7:16	8.3 (88.3%)

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38	JÓŻWIAK Marianna	69	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:17:52	00:36:21.95	+00:04:28 (12.3%)	7:16	8.2 (87.2%)
39	TOMCZYK Edward	166	MARSZ PO ZDROWIE POZNAŃ	M70+	2			00:17:36	00:36:22.10	+00:04:28 (12.3%)	7:16	8.2 (87.2%)
40	ROMAŃCZUK Agnieszka	137	NOWI SIEDLCE	K45-49	3			00:18:04	00:36:25.50	+00:04:31 (12.4%)	7:17	8.2 (87.2%)
41	JUREK Szymon	213		M-Jun.	3			00:18:11	00:36:29.30	+00:04:35 (12.6%)	7:17	8.2 (87.2%)
42	MIKICIUK Jakub	105	NOWI SIEDLCE /NW WSCHÓD	M-Jun.	4			00:17:53	00:36:29.60	+00:04:35 (12.6%)	7:18	8.2 (87.2%)
43	GARBACZEWSKI Jakub	45	SANTANDER CONSUMER BANK	M-Jun.	5			00:17:54	00:36:31.65	+00:04:37 (12.7%)	7:18	8.2 (87.2%)
44	DUSIEL Ewa	33	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-54	2			00:17:54	00:36:33.05	+00:04:39 (12.7%)	7:18	8.2 (87.2%)
45	KUBAT Janusz	87	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	4			00:17:44	00:36:37.85	+00:04:44 (12.9%)	7:19	8.2 (87.2%)
46	KOLARSKA Agnieszka	74	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	4			00:17:58	00:36:39.60	+00:04:45 (13.0%)	7:19	8.2 (87.2%)
47	MARCINKOWSKA Agnieszka	100	UNIA MIAST	K-Jun.	1			00:17:51	00:36:43.40	+00:04:49 (13.1%)	7:20	8.2 (87.2%)
48	UFEL Marcelina	170	MOSIR TKKF SATURN CZELADŹ	K-Jun.	2			00:17:57	00:36:49.30	+00:04:55 (13.4%)	7:22	8.1 (86.2%)
49	DUDEK Kazimierz	32	NIEZRZESZONY	M70+	3			00:18:10	00:36:53.75	+00:05:00 (13.6%)	7:22	8.1 (86.2%)
50	GODZIŃSKI Paweł	49	BAŻANT NWTEAM	M30-39	5			00:18:11	00:36:59.90	+00:05:06 (13.8%)	7:24	8.1 (86.2%)
51	GAŁĄZKA Paweł	221	MUSZKIETEROWIE	M- Niepełnosprawni(A)	2			00:18:19	00:37:02.65	+00:05:08 (13.9%)	7:24	8.1 (86.2%)
52	WROŃSKI Włodzimierz	193	PASJA NORDIC WALKING	M65-69	3			00:18:16	00:37:05.55	+00:05:11 (14.0%)	7:25	8.1 (86.2%)
53	WÓJCIK Mirosław	191	SANTANDER CONSUMER BANK	M40-44	6			00:18:25	00:37:06.25	+00:05:12 (14.0%)	7:25	8.1 (86.2%)
54	SZYMANOWSKI Eugeniusz	158		M60-64	2			00:18:21	00:37:10.05	+00:05:16 (14.2%)	7:26	8.1 (86.2%)
55	GŁOMBICA Ewa	46	WESOŁY BORSUK TEAM	K30-39	5			00:18:16	00:37:14.65	+00:05:20 (14.4%)	7:27	8.1 (86.2%)
56	MANDZIUK Magdalena	97	NOWI SIEDLCE /NW WSCHÓD	K-Jun.	3			00:18:20	00:37:18.50	+00:05:24 (14.5%)	7:27	8 (85.1%)
57	GAPIŃSKA Janina	41	WESOŁY BORSUK TEAM	K60-64	1			00:18:39	00:37:26.10	+00:05:32 (14.8%)	7:29	8 (85.1%)
58	WARCZALSKA Teresa	178	UNIA MIAST	K65-69	1			00:18:40	00:37:34.25	+00:05:40 (15.1%)	7:30	8 (85.1%)
59	WILD Ewa	184		K40-44	2			00:18:49	00:37:52.45	+00:05:58 (15.8%)	7:34	7.9 (84.0%)
60	JĘDRASZKO Jacek	68		M-Dzieci	1			00:18:53	00:37:53.10	+00:05:59 (15.8%)	7:34	7.9 (84.0%)

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61	KOWALCZYK Edyta	79	KS METRACO POLKOWICE	K45-49	4			00:18:48	00:37:56.15	+00:06:02 (15.9%)	7:35	7.9 (84.0%)
62	ZBYRYT Halina	247	AKTYWNA NOWA RUDA	K45-49	5			00:18:51	00:37:59.35	+00:06:05 (16.0%)	7:35	7.9 (84.0%)
63	MARCINKOWSKI Jakub	101	UNIA MIAST	M18-29	1			00:18:39	00:38:00.70	+00:06:06 (16.1%)	7:36	7.9 (84.0%)
64	BERLIŃSKI Dariusz	210	PASJA NW WARSZAWA	M50-54	5			00:18:51	00:38:03.20	+00:06:09 (16.2%)	7:36	7.9 (84.0%)
65	GRYGOROWICZ Bogdan	56	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	3			00:18:39	00:38:09.05	+00:06:15 (16.4%)	7:37	7.9 (84.0%)
66	SOWA Andrzej	144	PARKRUN LUBIN	M65-69	4			00:18:48	00:38:12.40	+00:06:18 (16.5%)	7:38	7.8 (83.0%)
67	MANDZIUK Anna	98	NOWI SIEDLCE /NW WSCHÓD	K18-29	1			00:18:42	00:38:14.10	+00:06:20 (16.6%)	7:38	7.8 (83.0%)
68	GRUSZKA Michał	54	UNIA MIAST	M40-44	7			00:18:42	00:38:15.15	+00:06:21 (16.6%)	7:39	7.8 (83.0%)
69	WENEK Maja	180		K-Dzieci	1			00:18:49	00:38:25.15	+00:06:31 (17.0%)	7:41	7.8 (83.0%)
70	FIGURSKA Dominika	36	FACE NORDIC WALKING TEAM	K18-29	2			00:18:54	00:38:26.35	+00:06:32 (17.0%)	7:41	7.8 (83.0%)
71	KUPIBIDA Bogusława	90	SILESIA NORDIC TEAM	K55-59	4			00:18:57	00:38:28.70	+00:06:34 (17.1%)	7:41	7.8 (83.0%)
72	PIKSA Kazimierz	230	NW KRUSZYNA	M65-69	5			00:19:21	00:38:35.70	+00:06:41 (17.4%)	7:43	7.8 (83.0%)
73	KOZIARZ Roman	81	STADION ŚLĄSKI	M55-59	4			00:18:58	00:38:45.65	+00:06:51 (17.7%)	7:45	7.7 (81.9%)
74	BAJ Stanisław	5	ŚCINAWSKA GRUPA NORDIC WALKING	M60-64	3			00:19:01	00:38:47.05	+00:06:53 (17.8%)	7:45	7.7 (81.9%)
75	STOJANOWSKA Dorota	147	KS METRACO POLKOWICE	K45-49	6			00:19:08	00:38:47.10	+00:06:53 (17.8%)	7:45	7.7 (81.9%)
76	GARBACZEWSKI Mariusz	44	SANTANDER CONSUMER BANK	M30-39	6			00:19:21	00:38:47.75	+00:06:54 (17.8%)	7:45	7.7 (81.9%)
77	KORYTOWSKI Jakub	78		M-Dzieci	2			00:19:25	00:38:52.00	+00:06:58 (17.9%)	7:46	7.7 (81.9%)
78	KASZTELAN Sasza	222		M-Jun.	6	1		00:19:20	00:38:52.75	+00:06:59 (18.0%)	7:46	7.7 (81.9%)
79	ZASOWSKI Jan	195	GDAŃSKIE WODY AKTYWUJĄ	M-Dzieci	3			00:19:28	00:38:56.90	+00:07:03 (18.1%)	7:47	7.7 (81.9%)
80	DROZD Maria	229	NW KRUSZYNA	K50-54	3			00:19:22	00:38:58.25	+00:07:04 (18.2%)	7:47	7.7 (81.9%)
81	CZEMPIK Kornelia	26	UNIA MIAST	K50-54	4			00:19:12	00:39:05.25	+00:07:11 (18.4%)	7:49	7.7 (81.9%)
82	WILK Tadeusz	185	TKKF SATURN CZELADŹ	M- Niepełnosprawni(A)	3			00:20:33	00:39:07.00	+00:07:13 (18.5%)	7:49	7.7 (81.9%)
83	SZYJKA Izabela	290	NORDIKI	K30-39	6			00:19:11	00:39:11.75	+00:07:18 (18.6%)	7:50	7.7 (81.9%)

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84	PYKA Aleksandra	223	UNIA MIAST	K-Dzieci	2			00:19:09	00:39:18.80	+00:07:25 (18.9%)	7:51	7.6 (80.9%)
85	WALCZAK Grzegorz	174	OCTOPUS SUCHY LAS	M45-49	5			00:19:29	00:39:18.90	+00:07:25 (18.9%)	7:51	7.6 (80.9%)
86	RAPACZ Magdalena	134		K30-39	7			00:19:25	00:39:19.30	+00:07:25 (18.9%)	7:51	7.6 (80.9%)
87	CZMOCH Marian	27	UKS JEDYNKA	M65-69	6	2		00:19:26	00:39:19.50	+00:07:25 (18.9%)	7:52	7.6 (80.9%)
88	MAJCHERCZYK Krzysztof	297	TKKF SATURN CZELADŹ	M65-69	7			00:19:39	00:39:19.75	+00:07:26 (18.9%)	7:52	7.6 (80.9%)
89	SZNAJDER Zenon	153	UNIA MIAST	M65-69	8			00:19:27	00:39:20.35	+00:07:26 (18.9%)	7:52	7.6 (80.9%)
90	CHMIEL Natalia	226	NORDIC SCYZORYKI	K-Jun.	4			00:19:30	00:39:20.85	+00:07:27 (18.9%)	7:52	7.6 (80.9%)
91	BARTOSIEWICZ Włodzimierz	8	FACE NORDIC WALKING TEAM	M60-64	4			00:19:11	00:39:21.85	+00:07:28 (19.0%)	7:52	7.6 (80.9%)
92	WILD Arkadiusz	183		M50-54	6			00:19:21	00:39:29.15	+00:07:35 (19.2%)	7:53	7.6 (80.9%)
93	GOLENIA Angelika	50	DOBRA - GRUPA NORDIC WALKING	K18-29	3			00:19:21	00:39:31.50	+00:07:37 (19.3%)	7:54	7.6 (80.9%)
94	SZEMBERSKI Paweł	151	KLUBSPORTU.PL	M40-44	8			00:19:21	00:39:41.10	+00:07:47 (19.6%)	7:56	7.6 (80.9%)
95	SULECKA Gabriela	148		K- Niepełnosprawni(A)	1			00:19:48	00:39:42.35	+00:07:48 (19.7%)	7:56	7.6 (80.9%)
96	SZENDZIELORZ Ilona	152	STADION ŚLĄSKI	K60-64	2			00:19:44	00:39:45.00	+00:07:51 (19.8%)	7:57	7.5 (79.8%)
97	BISKUPSKI Tadeusz	232		M60-64	5			00:19:55	00:39:45.10	+00:07:51 (19.8%)	7:57	7.5 (79.8%)
98	NOGA Bolesław	111	ZESPÓŁ NIESPOKOJNYCH NÓG	M60-64	6			00:19:56	00:39:47.35	+00:07:53 (19.8%)	7:57	7.5 (79.8%)
99	PIĄTKOWSKI Józef	120	KS METRACO POLKOWICE	M70+	4	1		00:19:43	00:39:48.25	+00:07:54 (19.9%)	7:57	7.5 (79.8%)
100	NIECHWIEJCZYK Kinga	110	UNIA MIAST	K-Jun.	5			00:19:30	00:39:55.20	+00:08:01 (20.1%)	7:59	7.5 (79.8%)
101	SOBCZYK Rafał	143	KLUBSPORTU.PL	M45-49	6			00:19:56	00:40:03.30	+00:08:09 (20.4%)	8:00	7.5 (79.8%)
102	PARADOWSKI Jakub	220		M-Dzieci	4			00:20:31	00:40:04.00	+00:08:10 (20.4%)	8:00	7.5 (79.8%)
103	PIEKŁO Robert	121	NIEZRZESZONY	M45-49	7			00:19:59	00:40:06.10	+00:08:12 (20.5%)	8:01	7.5 (79.8%)
104	BUJNICKA Magdalena	22	NORDIC WALKING PASŁĘK	K-Dzieci	3			00:19:53	00:40:15.75	+00:08:22 (20.8%)	8:03	7.5 (79.8%)
105	GODZIŃSKA Paulina	47	BAŻANT NWTEAM	K-Dzieci	4			00:19:58	00:40:17.20	+00:08:23 (20.8%)	8:03	7.4 (78.7%)
106	SIENKIEWICZ Ewelina	141	AEROGIRLS	K30-39	8			00:19:52	00:40:21.70	+00:08:27 (21.0%)	8:04	7.4 (78.7%)

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107	ORŁOWSKI Grzegorz	235		M50-54	7			00:20:10	00:40:22.35	+00:08:28 (21.0%)	8:04	7.4 (78.7%)
108	ADAMOWICZ Andrzej	1		M70+	5			00:19:52	00:40:22.75	+00:08:29 (21.0%)	8:04	7.4 (78.7%)
109	CZARNIK Stanisław	201	ZWIĄZEK EMERYTÓW	M65-69	9			00:19:43	00:40:24.90	+00:08:31 (21.1%)	8:05	7.4 (78.7%)
110	DĄBROWSKI Andrzej	28	MARSZ PO ZDROWIE POZNAŃ	M65-69	10			00:19:46	00:40:28.30	+00:08:34 (21.2%)	8:05	7.4 (78.7%)
111	GOLOP Jakub	396		M-Dzieci	5			00:19:24	00:40:30.80	+00:08:37 (21.3%)	8:06	7.4 (78.7%)
112	GÓRECKA Iwona	51	UNIA MIAST	K50-54	5			00:20:02	00:40:31.70	+00:08:37 (21.3%)	8:06	7.4 (78.7%)
113	JURCZYŃSKA Bożena	70	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	5			00:20:06	00:40:38.50	+00:08:44 (21.5%)	8:07	7.4 (78.7%)
114	BIEGAJŁO Małgorzata	12	ZDROWOPIJ.PL	K50-54	6			00:20:25	00:40:40.95	+00:08:47 (21.6%)	8:08	7.4 (78.7%)
115	GRYGOROWICZ Teresa	55	KS METRACO POLKOWICE	K65-69	2			00:20:05	00:40:42.40	+00:08:48 (21.6%)	8:08	7.4 (78.7%)
116	PUZICHOWSKA Małgorzata	131	NORDIKI	K55-59	6			00:20:07	00:40:44.25	+00:08:50 (21.7%)	8:08	7.4 (78.7%)
117	SZYMKÓW Wojciech	162	DOBRA - GRUPA NORDIC WALKING	M18-29	2			00:20:35	00:40:44.95	+00:08:51 (21.7%)	8:09	7.4 (78.7%)
118	ANGIELCZYK Małgorzata	3	MARSZ PO ZDROWIE POZNAŃ	K65-69	3			00:20:19	00:40:45.65	+00:08:51 (21.7%)	8:09	7.4 (78.7%)
119	MAJCHERCZYK Wacław	298	TKKF SATURN CZELADŹ	M70+	6			00:20:06	00:40:47.40	+00:08:53 (21.8%)	8:09	7.4 (78.7%)
120	CZERWIŃSKI Arkadiusz	266	SANTANDER CONSUMER BANK	M30-39	7			00:19:50	00:40:54.25	+00:09:00 (22.0%)	8:10	7.3 (77.7%)
121	SYPEK Małgorzata	219		K40-44	3			00:20:10	00:40:55.95	+00:09:02 (22.1%)	8:11	7.3 (77.7%)
122	HISZPAŃSKA Katarzyna	61	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	4			00:20:12	00:41:06.30	+00:09:12 (22.4%)	8:13	7.3 (77.7%)
123	GUZIOR Agnieszka	57	KLUBSPORTU.PL	K40-44	4			00:20:17	00:41:13.85	+00:09:20 (22.6%)	8:14	7.3 (77.7%)
124	BAL Agnieszka	6	KABEX PODKOWA JANÓW	K30-39	9			00:20:07	00:41:14.00	+00:09:20 (22.6%)	8:14	7.3 (77.7%)
125	WIESZOŁEK Ewelina	182	UNIA MIAST	K30-39	10			00:20:18	00:41:15.40	+00:09:21 (22.7%)	8:15	7.3 (77.7%)
126	GÓRSKI Henryk	52	OUTW OLEŚNICA	M70+	7	1		00:20:32	00:41:21.75	+00:09:28 (22.9%)	8:16	7.3 (77.7%)
127	KRZYŚCIN Maja	248	SANTANDER CONSUMER BANK	K-Dzieci	5			00:20:21	00:41:25.55	+00:09:31 (23.0%)	8:17	7.2 (76.6%)
128	KOZIARZ Jadwiga	82	STADION ŚLĄSKI	K55-59	7			00:20:22	00:41:29.20	+00:09:35 (23.1%)	8:17	7.2 (76.6%)
129	HOŁDA Jolanta	64	KUBISIA TEAM OLEŚNICA KTO	K60-64	3			00:20:31	00:41:29.35	+00:09:35 (23.1%)	8:18	7.2 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	JASIK Beata	67		K30-39	11			00:21:03	00:41:36.20	+00:09:42 (23.3%)	8:19	7.2 (76.6%)
131	KOŁPAK Irena	76	LKS ZANTYR SZTUM	K65-69	4			00:20:41	00:41:52.95	+00:09:59 (23.8%)	8:22	7.2 (76.6%)
132	NOWAK Ewa	112	STADION ŚLĄSKI	K50-54	7			00:20:38	00:41:58.50	+00:10:04 (24.0%)	8:23	7.1 (75.5%)
133	DRAUS Czesława	30	KLUBSPORTU.PL	K55-59	8			00:20:56	00:42:16.25	+00:10:22 (24.5%)	8:27	7.1 (75.5%)
134	GOLENIA Reinhold	208		M60-64	7			00:21:03	00:42:21.85	+00:10:28 (24.7%)	8:28	7.1 (75.5%)
135	ZIELIŃSKI Jacek	197	GDAŃSKIE WODY AKTYWUJĄ	M60-64	8			00:21:04	00:42:23.10	+00:10:29 (24.7%)	8:28	7.1 (75.5%)
136	SZEMBERSKA Małgorzata	150	KLUBSPORTU.PL	K40-44	5			00:20:57	00:42:25.95	+00:10:32 (24.8%)	8:29	7.1 (75.5%)
137	HANUS Joanna	58	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	1			00:21:14	00:42:26.45	+00:10:32 (24.8%)	8:29	7.1 (75.5%)
138	MARCINKOWSKA Joanna	250	NORDIKI	K18-29	5			00:20:49	00:42:27.30	+00:10:33 (24.9%)	8:29	7.1 (75.5%)
139	SZWED Małgorzata	156		K40-44	6			00:20:57	00:42:35.20	+00:10:41 (25.1%)	8:31	7 (74.5%)
140	SZYMAŃSKI Mirosław	161	SANTANDER CONSUMER BANK	M45-49	8			00:20:44	00:42:35.60	+00:10:41 (25.1%)	8:31	7 (74.5%)
141	BIEGAJŁO Piotr	13	ZDROWOPIJ.PL	M50-54	8			00:20:55	00:42:36.05	+00:10:42 (25.1%)	8:31	7 (74.5%)
142	CHMIEL Beata	225	NORDIC SCYZORYKI	K45-49	7			00:20:53	00:42:36.35	+00:10:42 (25.1%)	8:31	7 (74.5%)
143	MAKUCHOWSKA Hanna	211		K-Dzieci	6			00:20:52	00:42:43.90	+00:10:50 (25.4%)	8:32	7 (74.5%)
144	MILKOWSKI Mariusz	107		M- Niepełnosprawni(A)	4			00:21:22	00:42:45.50	+00:10:51 (25.4%)	8:33	7 (74.5%)
145	GOLENIA Irmgarda	209		K60-64	4			00:21:17	00:42:49.15	+00:10:55 (25.5%)	8:33	7 (74.5%)
146	REMISZEWSKI Adam	135	OUTW OLEŚNICA	M70+	8			00:20:52	00:42:51.80	+00:10:58 (25.6%)	8:34	7 (74.5%)
147	KAPECKI Kazimierz	198	ZWIĄZEK EMERYTÓW	M70+	9			00:21:26	00:42:54.75	+00:11:01 (25.7%)	8:35	7 (74.5%)
148	BACH Anna	215		K40-44	7			00:21:19	00:42:54.85	+00:11:01 (25.7%)	8:35	7 (74.5%)
149	WÓJCIK Henryk	190	OUTW OLEŚNICA	M70+	10			00:21:27	00:42:56.15	+00:11:02 (25.7%)	8:35	7 (74.5%)
150	WOJDA Angelika	186	CKZIU NYSA MECHANIK	K18-29	6			00:20:29	00:42:56.30	+00:11:02 (25.7%)	8:35	7 (74.5%)
151	RACZYŃSKA Aleksandra	227	UNIA MIAST	K70+	1			00:21:15	00:42:59.20	+00:11:05 (25.8%)	8:35	7 (74.5%)
152	MIKOŁAJCZYK Arkadiusz	106		M50-54	9			00:21:24	00:43:29.80	+00:11:36 (26.7%)	8:42	6.9 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	ŚLUSARCZYK Karolina	164	WESOŁY BORSUK TEAM	K-Jun.	6			00:20:44	00:43:33.80	+00:11:40 (26.8%)	8:42	6.9 (73.4%)
154	ZGRZEBNICKA Agnieszka	196		K45-49	8			00:21:34	00:43:34.65	+00:11:40 (26.8%)	8:43	6.9 (73.4%)
155	SZNAJDER Teresa	154	UNIA MIAST	K60-64	5			00:21:30	00:43:35.45	+00:11:41 (26.8%)	8:43	6.9 (73.4%)
156	SZYMAŃSKA Lucyna	159	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	2			00:21:18	00:43:37.65	+00:11:43 (26.9%)	8:43	6.9 (73.4%)
157	HARTMAN Jadwiga	202	ZWIĄZEK EMERYTÓW	K65-69	5			00:21:31	00:43:43.30	+00:11:49 (27.0%)	8:44	6.9 (73.4%)
158	PROSKURA Dariusz	128	MORSY WAŁBRZYCH	M30-39	8			00:22:01	00:44:01.85	+00:12:08 (27.6%)	8:48	6.8 (72.3%)
159	KWIATKOWSKA Jadwiga	234	KS METRACO POLKOWICE	K70+	2			00:21:22	00:44:03.00	+00:12:09 (27.6%)	8:48	6.8 (72.3%)
160	DZIUBAŁA Bogusław	35	NIEZRZESZONY	M70+	11			00:21:52	00:44:16.60	+00:12:22 (28.0%)	8:51	6.8 (72.3%)
161	MAŃSKA Bogda	99		K55-59	9			00:21:57	00:44:19.75	+00:12:26 (28.0%)	8:52	6.8 (72.3%)
162	CAŁKA Marcin	241	SANTANDER CONSUMER BANK	M18-29	3			00:19:40	00:44:22.40	+00:12:28 (28.1%)	8:52	6.8 (72.3%)
163	KIERNICKI Stanisław	73		M55-59	5			00:21:49	00:44:22.95	+00:12:29 (28.1%)	8:52	6.8 (72.3%)
164	KUBIT Wiesław	88		M50-54	10			00:22:11	00:44:23.15	+00:12:29 (28.1%)	8:52	6.8 (72.3%)
165	TOMAS Ela	165		K45-49	9			00:21:35	00:44:34.20	+00:12:40 (28.4%)	8:54	6.7 (71.3%)
166	ARTYMCZ Maria	217		K60-64	6			00:21:42	00:44:40.85	+00:12:47 (28.6%)	8:56	6.7 (71.3%)
167	SZEWCZYK Barbara	239		K60-64	7			00:22:24	00:45:04.15	+00:13:10 (29.2%)	9:00	6.7 (71.3%)
168	HOLWEK Iwona	63	ZDROWOPIJ.PL	K50-54	8			00:22:13	00:45:28.00	+00:13:34 (29.8%)	9:05	6.6 (70.2%)
169	KULCZYCKI Jan	89		M65-69	11			00:22:14	00:45:32.00	+00:13:38 (30.0%)	9:06	6.6 (70.2%)
170	OWCZAREK Henryka	115		K70+	3			00:22:33	00:45:32.25	+00:13:38 (30.0%)	9:06	6.6 (70.2%)
171	MROWIEC Maria	109	UNIA MIAST	K70+	4			00:22:30	00:45:33.65	+00:13:39 (30.0%)	9:06	6.6 (70.2%)
172	KRÓLIKOWSKA-ŁOSKOT Danuta	85	UNIA MIAST	K60-64	8			00:22:31	00:45:35.25	+00:13:41 (30.0%)	9:07	6.6 (70.2%)
173	BŁASZCZYSZYN Danuta	16	ŚCINAWSKA GRUPA NORDIC WALKING	K65-69	6			00:22:31	00:45:49.80	+00:13:56 (30.4%)	9:10	6.5 (69.1%)
174	MARCINKOWSKA Julia	237		K-Dzieci	7			00:22:22	00:45:53.45	+00:13:59 (30.5%)	9:10	6.5 (69.1%)
175	KRZYŚCIN Mirosława	86	SANTANDER CONSUMER BANK	K45-49	10			00:14:29	00:45:59.25	+00:14:05 (30.6%)	9:12	6.5 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	CHLIPAŁA Agnieszka	246	NADLEŚNICTWO WAŁBRZYCH	K30-39	12			00:22:42	00:46:04.75	+00:14:11 (30.8%)	9:12	6.5 (69.1%)
177	WÓJCIK Irena	189	OUTW OLEŚNICA	K70+	5			00:22:55	00:46:06.85	+00:14:13 (30.8%)	9:13	6.5 (69.1%)
178	MĘDRAK Józef	103		M65-69	12			00:22:54	00:46:18.75	+00:14:25 (31.1%)	9:15	6.5 (69.1%)
179	KIJANKA Małgorzata	204	ZWIĄZEK EMERYTÓW	K65-69	7			00:22:58	00:46:35.10	+00:14:41 (31.5%)	9:19	6.4 (68.1%)
180	MACHAJEK Krzysztof	95	STOWARZYSZENIE TRANSPLANTACJI SERCA ZABRZE	M- Niepełnosprawni(A)	5			00:23:19	00:46:39.70	+00:14:45 (31.6%)	9:20	6.4 (68.1%)
181	PRZYBYŁ Sylwester	130	CHODZĘ BO LUBIĘ	M60-64	9			00:22:10	00:46:47.05	+00:14:53 (31.8%)	9:21	6.4 (68.1%)
182	KOLBUSZ Janina	75	KS METRACO POLKOWICE	K65-69	8			00:23:07	00:46:59.70	+00:15:05 (32.1%)	9:24	6.4 (68.1%)
183	STEC Lidia	146		K60-64	9			00:22:59	00:47:01.45	+00:15:07 (32.2%)	9:24	6.4 (68.1%)
184	MANDRYK Anna	205	ZWIĄZEK EMERYTÓW	K65-69	9			00:23:42	00:47:02.70	+00:15:08 (32.2%)	9:24	6.4 (68.1%)
185	KUBAN Antosia	212		K-Dzieci	8			00:22:16	00:47:04.95	+00:15:11 (32.3%)	9:25	6.4 (68.1%)
186	GABIS Elżbieta	216		K55-59	10			00:23:20	00:47:05.45	+00:15:11 (32.3%)	9:25	6.4 (68.1%)
187	KRZYŚCIN Ewa	200	ZWIĄZEK EMERYTÓW	K65-69	10			00:23:06	00:47:07.45	+00:15:13 (32.3%)	9:25	6.4 (68.1%)
188	WALCZAK Henryk	175	OCTOPUS SUCHY LAS	M70+	12			00:23:11	00:47:30.15	+00:15:36 (32.9%)	9:30	6.3 (67.0%)
189	CHOLEWA Maria	203	ZWIĄZEK EMERYTÓW	K65-69	11			00:23:22	00:47:30.80	+00:15:37 (32.9%)	9:30	6.3 (67.0%)
190	FREUS Agnieszka	40	RIGHTWAY	K50-54	9			00:23:29	00:47:35.50	+00:15:41 (33.0%)	9:31	6.3 (67.0%)
191	KOZIOŁ Artur	83	SANTANDER CONSUMER BANK	M40-44	9			00:23:50	00:47:37.40	+00:15:43 (33.0%)	9:31	6.3 (67.0%)
192	PANKIEWICZ-DMOWSKA Cecylia	116		K70+	6			00:23:20	00:47:41.20	+00:15:47 (33.1%)	9:32	6.3 (67.0%)
193	GROBELNA Jadwiga	53	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:23:56	00:48:18.15	+00:16:24 (34.0%)	9:39	6.2 (66.0%)
194	BIAŁCZAK Marta	10		K50-54	10			00:23:55	00:48:30.65	+00:16:36 (34.3%)	9:42	6.2 (66.0%)
195	IWANICKI Zdzisław	66		M70+	13			00:24:17	00:48:31.50	+00:16:37 (34.3%)	9:42	6.2 (66.0%)
196	GOŚCIŃSKA Iga	242	SANTANDER CONSUMER BANK	K18-29	7			00:23:34	00:48:33.65	+00:16:39 (34.3%)	9:42	6.2 (66.0%)
197	LEWANDOWSKI Jacek	93	STADION ŚLĄSKI	M- Niepełnosprawni(A)	6			00:23:35	00:48:34.35	+00:16:40 (34.3%)	9:43	6.2 (66.0%)
198	CEŁKA Justyna	240	SANTANDER CONSUMER BANK	K18-29	8			00:23:35	00:48:34.70	+00:16:40 (34.3%)	9:43	6.2 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	JÓŹWIAK Dominik	228	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:23:29	00:48:34.90	+00:16:41 (34.3%)	9:43	6.2 (66.0%)
200	HEKIERT Marta	445		K-Dzieci	9			00:23:14	00:48:44.50	+00:16:50 (34.6%)	9:44	6.2 (66.0%)
201	UFEL Milena	172	MOSIR TKKF SATURN CZELADŹ	K-Dzieci	10			00:23:15	00:48:44.55	+00:16:50 (34.6%)	9:45	6.2 (66.0%)
202	YEROKHINA Ola	218		K-Dzieci	11			00:21:59	00:48:56.25	+00:17:02 (34.8%)	9:47	6.1 (64.9%)
203	ŚLUSARCZYK Danuta	163	WESOŁY BORSUK TEAM	K65-69	12			00:24:03	00:49:01.05	+00:17:07 (34.9%)	9:48	6.1 (64.9%)
204	HENDZEL Julia	214		K-Dzieci	12			00:23:19	00:49:18.05	+00:17:24 (35.3%)	9:51	6.1 (64.9%)
205	KWIECIEŃ Elżbieta	91		K50-54	11			00:23:56	00:49:18.65	+00:17:24 (35.3%)	9:51	6.1 (64.9%)
206	ANTOSIK Adam	233		M45-49	9			00:23:50	00:49:20.35	+00:17:26 (35.4%)	9:52	6.1 (64.9%)
207	SOWA Elżbieta	145		K65-69	13			00:24:26	00:49:28.80	+00:17:35 (35.5%)	9:53	6.1 (64.9%)
208	MISZTAL Paulina	367		K30-39	13	1		00:25:12	00:49:57.35	+00:18:03 (36.2%)	9:59	6 (63.8%)
209	BIELAWSKA Dorota	14	SANTANDER CONSUMER BANK	K55-59	11			00:24:54	00:50:05.55	+00:18:11 (36.3%)	10:01	6 (63.8%)
210	KOWALCZYK Magdalena	80		K30-39	14			00:23:41	00:50:13.70	+00:18:19 (36.5%)	10:02	6 (63.8%)
211	JAKUĆ Krzysztof	245		M- Niepełnosprawni(A)	7			00:24:51	00:50:15.45	+00:18:21 (36.5%)	10:03	6 (63.8%)
212	KYKOW Lybomur	236		M-Dzieci	6			00:27:22	00:50:28.35	+00:18:34 (36.8%)	10:05	5.9 (62.8%)
213	PĘDZICH Małgorzata	118	SANTANDER CONSUMER BANK	K45-49	11			00:24:18	00:50:49.65	+00:18:55 (37.2%)	10:10	5.9 (62.8%)
214	MISZTAL Brian	395		M-Dzieci	7			00:24:20	00:51:02.55	+00:19:08 (37.5%)	10:12	5.9 (62.8%)
215	BOROWSKA Marta	19	SANTANDER CONSUMER BANK	K30-39	15			00:25:58	00:51:06.30	+00:19:12 (37.6%)	10:13	5.9 (62.8%)
216	ZAŃ Jolanta	194	SANTANDER CONSUMER BANK	K30-39	16			00:25:57	00:51:06.80	+00:19:13 (37.6%)	10:13	5.9 (62.8%)
217	KORONA Renata	368		K40-44	8	1		00:24:54	00:51:10.30	+00:19:16 (37.7%)	10:14	5.9 (62.8%)
218	FILIMONOWICZ Patrycja	37	SANTANDER CONSUMER BANK	K30-39	17			00:24:53	00:51:26.45	+00:19:32 (38.0%)	10:17	5.8 (61.7%)
219	JUZYSZYN Marta	71	SANTANDER CONSUMER BANK	K30-39	18			00:26:23	00:52:01.10	+00:20:07 (38.7%)	10:24	5.8 (61.7%)
220	PIĄTKOWSKA Małgorzata	119	KS METRACO POLKOWICE	K70+	7			00:25:38	00:52:13.85	+00:20:20 (38.9%)	10:26	5.7 (60.6%)
221	BIAŁCZAK Waldemar	11		M50-54	11			00:26:36	00:52:22.90	+00:20:29 (39.1%)	10:28	5.7 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
222	HANUS Teresa	59		K- Niepełnosprawni(B)	3			00:26:13	00:53:07.95	+00:21:14 (40.0%)	10:37	5.6 (59.6%)
223	TYSIAK Czesława	207	ZWIĄZEK EMERYTÓW	K70+	8			00:26:19	00:53:14.80	+00:21:21 (40.1%)	10:39	5.6 (59.6%)
224	KAPECKA Krystyna	199	ZWIĄZEK EMERYTÓW	K70+	9			00:26:18	00:53:15.10	+00:21:21 (40.1%)	10:39	5.6 (59.6%)
225	BARAN Alina	7	KLUBSPORTU.PL	K45-49	12			00:26:01	00:54:33.45	+00:22:39 (41.5%)	10:54	5.5 (58.5%)
226	DROP Mieczysław	31		M70+	14			00:27:51	00:55:14.55	+00:23:20 (42.3%)	11:02	5.4 (57.4%)
227	WDOWIAK Danuta	179	CHODZĘ BO LUBIĘ	K65-69	14			00:27:29	00:56:46.85	+00:24:53 (43.8%)	11:21	5.3 (56.4%)
228	GARBACZEWSKA Ewa	43	SANTANDER CONSUMER BANK	K-Dzieci	13			00:26:21	00:57:22.30	+00:25:28 (44.4%)	11:28	5.2 (55.3%)
229	BORZESZKOWSKA Małgorzata	20		K50-54	12			00:27:27	00:58:15.60	+00:26:21 (45.3%)	11:39	5.1 (54.3%)
230	BOJKE Olgierd	18		M55-59	6			00:27:35	00:58:17.50	+00:26:23 (45.3%)	11:39	5.1 (54.3%)
231	KORONA Szymon	394		M-Dzieci	8			00:25:17	00:58:46.85	+00:26:53 (45.7%)	11:45	5.1 (54.3%)
232	WALCZAK Jerzy	176	OCTOPUS SUCHY LAS	M55-59	7			00:28:22	01:01:19.50	+00:29:25 (48.0%)	12:16	4.9 (52.1%)
233	KRAMER Leszek	84	OLEŚNICKI UNIWERSYTET TRZECIEGO WIEKU	M70+	15			00:20:55		+00:05:14	8:22	7.2 (76.6%)
234	PIETRZAK Przemysław	122	SANTANDER CONSUMER BANK	M30-39	9			00:25:15		+00:09:33	10:06	5.9 (62.8%)
235	WÓJTOWICZ Danuta	192	SANTANDER CONSUMER BANK	K60-64	10			00:30:59		+00:15:17	12:23	4.8 (51.1%)
236	KUBAN Franek	244		M-Dzieci	9							(0.0%)
237	DRAŻEK Władysław	206	ZWIĄZEK EMERYTÓW	M70+	16							(0.0%)
238	BOGUSŁAWSKA-PIETRZAK Karolina	17	SANTANDER CONSUMER BANK	K30-39	19							(0.0%)
DQ	WOROCH Roman	188	KS METRACO POLKOWICE	M60-64			1	00:16:29 DQ	DQ		-	- (0.0%)
DQ	CUDAŁ Zbigniew	25	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-54			1	00:17:04 DQ	DQ		-	- (0.0%)
DQ	MIKICIUK Krzysztof	104	NOWI SIEDLCE /NW WSCHÓD	M45-49			1	00:18:13 DQ	DQ		-	- (0.0%)
DQ	KUBISZYN Paweł	231	POCZTA POLSKA	M30-39			1	DQ	DQ		-	- (0.0%)

Znaleziono 242 wynik(ów)