

# POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** POLANICA - PUCHAR POLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-07-08  
**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	<b>WOROCH Roman</b>	<b>195</b>	KS METRACO POLKOWICE	M55-59	1			00:15:14	<b>00:30:43.70</b>		6:08	9.8 (100%)
2	<b>TRZCIŃSKI Franciszek</b>	<b>178</b>	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1			00:15:42	<b>00:31:35.85</b>	+00:00:52 (2.8%)	6:19	9.5 (96.9%)
3	<b>KRYŚ Artur</b>	<b>90</b>	KS METRACO POLKOWICE	M45-49	1			00:15:31	<b>00:31:46.95</b>	+00:01:03 (3.3%)	6:21	9.4 (95.9%)
4	<b>RECZULSKI Mateusz</b>	<b>208</b>	SMS EFEKT CZĘSTOCHOWA	M50-54	2	1		00:15:42	<b>00:31:47.05</b>	+00:01:03 (3.3%)	6:21	9.4 (95.9%)
5	<b>ROŻYNEK Miron</b>	<b>144</b>		M50-54	3			00:15:40	<b>00:31:47.75</b>	+00:01:04 (3.4%)	6:21	9.4 (95.9%)
6	<b>HAŁAS Marcin</b>	<b>59</b>		M30-39	1			00:15:45	<b>00:31:48.45</b>	+00:01:04 (3.4%)	6:21	9.4 (95.9%)
7	<b>MITURA-ZIELONKA Paweł</b>	<b>115</b>	RYBNICKI KLUB NORDIC WALKING	M30-39	2			00:15:46	<b>00:32:07.65</b>	+00:01:23 (4.4%)	6:25	9.3 (94.9%)
8	<b>CHAMIELEC Bogusław</b>	<b>20</b>	A EMERYT BIEGA	M50-54	4			00:15:55	<b>00:32:19.30</b>	+00:01:35 (4.9%)	6:27	9.3 (94.9%)
9	<b>MATECKI Ryszard</b>	<b>107</b>	KS METRACO POLKOWICE	M65-69	1			00:16:04	<b>00:32:22.15</b>	+00:01:38 (5.1%)	6:28	9.3 (94.9%)
10	<b>SANIUK Edward</b>	<b>147</b>		M65-69	2			00:16:07	<b>00:32:30.20</b>	+00:01:46 (5.5%)	6:30	9.2 (93.9%)
11	<b>ADAMCZYK Adam</b>	<b>1</b>	PASJA NORDIC WALKING	M65-69	3	1		00:16:08	<b>00:32:32.20</b>	+00:01:48 (5.6%)	6:30	9.2 (93.9%)
12	<b>SŁOMIAN Leszek</b>	<b>152</b>	UNIA MIAST	M55-59	2			00:16:06	<b>00:32:36.65</b>	+00:01:52 (5.8%)	6:31	9.2 (93.9%)
13	<b>GAJEWSKI Eugeniusz</b>	<b>41</b>	KS METRACO POLKOWICE	M60-64	1			00:16:07	<b>00:32:41.55</b>	+00:01:57 (6.0%)	6:32	9.2 (93.9%)
14	<b>MACHNIK Janusz</b>	<b>101</b>	CLLEO ZAWIERCIE	M40-44	1			00:16:10	<b>00:32:45.00</b>	+00:02:01 (6.2%)	6:33	9.2 (93.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>BREWKA Joachim</b>	<b>18</b>	UNIA MIAST	M50-54	5			00:16:09	<b>00:32:49.55</b>	+00:02:05 (6.4%)	6:34	9.1 (92.9%)
16	<b>NALEPKA Jerzy</b>	<b>272</b>	FACE NORDIC WALKING TEAM	M65-69	4			00:16:07	<b>00:32:50.25</b>	+00:02:06 (6.4%)	6:34	9.1 (92.9%)
17	<b>RAKUĆ Jakub</b>	<b>139</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:16:15	<b>00:32:52.55</b>	+00:02:08 (6.5%)	6:34	9.1 (92.9%)
18	<b>ADAMUS Marian</b>	<b>3</b>	SILESIA NORDIC TEAM	M65-69	5			00:16:09	<b>00:32:52.60</b>	+00:02:08 (6.5%)	6:34	9.1 (92.9%)
19	<b>POLEWCZAK Mariusz</b>	<b>135</b>	CLLEO ZAWIERCIE	M45-49	2			00:16:03	<b>00:32:52.65</b>	+00:02:08 (6.5%)	6:34	9.1 (92.9%)
20	<b>TRZCIŃSKI Eugeniusz</b>	<b>179</b>	SPORT I REKREACJA START (CHEŁMNO)	M60-64	2			00:16:08	<b>00:33:08.45</b>	+00:02:24 (7.3%)	6:37	9 (91.8%)
21	<b>SPYCHAŁA Lesław</b>	<b>153</b>	WESOŁY BORSUK TEAM	M50-54	6			00:16:05	<b>00:33:09.10</b>	+00:02:25 (7.3%)	6:37	9 (91.8%)
22	<b>CHYRA Wiktor</b>	<b>23</b>	UNIA MIAST	M-Jun.	1			00:16:14	<b>00:33:21.80</b>	+00:02:38 (7.9%)	6:40	9 (91.8%)
23	<b>GASZ David</b>	<b>50</b>		M-Jun.	2			00:16:12	<b>00:33:23.00</b>	+00:02:39 (8.0%)	6:40	9 (91.8%)
24	<b>DUSZEŃKO Zygmunt</b>	<b>35</b>	KS METRACO POLKOWICE	M55-59	3			00:16:36	<b>00:33:33.00</b>	+00:02:49 (8.4%)	6:42	8.9 (90.8%)
25	<b>LENZ Andrzej</b>	<b>97</b>		M50-54	7	1		00:16:34	<b>00:33:55.00</b>	+00:03:11 (9.4%)	6:47	8.8 (89.8%)
26	<b>SCHRÖDER Karol</b>	<b>148</b>	SILESIA NORDIC TEAM	M40-44	2			00:16:23	<b>00:33:55.90</b>	+00:03:12 (9.4%)	6:47	8.8 (89.8%)
27	<b>STANISŁAWSKI Jan</b>	<b>155</b>	MARSZ PO ZDROWIE POZNAŃ	M55-59	4			00:16:30	<b>00:34:01.45</b>	+00:03:17 (9.7%)	6:48	8.8 (89.8%)
28	<b>FRAĆKOWIAK Roman</b>	<b>38</b>	ZS ROSKO	M45-49	3			00:17:05	<b>00:34:10.45</b>	+00:03:26 (10.1%)	6:50	8.8 (89.8%)
29	<b>WILK Tadeusz</b>	<b>224</b>	TKKF SATURN CZELADŹ	M65-69	6			00:16:48	<b>00:34:13.00</b>	+00:03:29 (10.2%)	6:50	8.8 (89.8%)
30	<b>PIOTROWSKI Marek</b>	<b>130</b>	GOGGLE PAE TEAM	M55-59	5			00:16:53	<b>00:34:17.55</b>	+00:03:33 (10.4%)	6:51	8.7 (88.8%)
31	<b>TOMCZYK Edward</b>	<b>177</b>	MARSZ PO ZDROWIE POZNAŃ	M65-69	7			00:16:46	<b>00:34:23.65</b>	+00:03:39 (10.7%)	6:52	8.7 (88.8%)
32	<b>CUDAŁAK Zbigniew</b>	<b>25</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	4			00:17:05	<b>00:34:27.60</b>	+00:03:43 (10.8%)	6:53	8.7 (88.8%)
33	<b>GAŁĄZKA Paweł</b>	<b>43</b>		M- Niepełnosprawni(A)	1			00:17:10	<b>00:34:36.25</b>	+00:03:52 (11.2%)	6:55	8.7 (88.8%)
34	<b>POLISZCZUK Piotr</b>	<b>136</b>	PIERNIKI NA CHODZIE	M55-59	6			00:16:54	<b>00:34:36.45</b>	+00:03:52 (11.2%)	6:55	8.7 (88.8%)
35	<b>ZBYRYT Marek</b>	<b>205</b>	UKS LUDWIKOWICE	M50-54	8			00:16:30	<b>00:34:40.75</b>	+00:03:57 (11.4%)	6:56	8.6 (87.8%)
36	<b>ZAŃKO Katarzyna</b>	<b>213</b>	KS METRACO POLKOWICE	K40-44	1	1		00:16:59	<b>00:34:45.50</b>	+00:04:01 (11.6%)	6:57	8.6 (87.8%)
37	<b>TYLUTKI Agnieszka</b>	<b>181</b>	UKS SIEDLESZCZANY / FACE NORDIC WALKING TEAM	K40-44	2			00:17:03	<b>00:34:48.35</b>	+00:04:04 (11.7%)	6:57	8.6 (87.8%)

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38	<b>JÓZWIAK Marianna</b>	<b>72</b>	WTW WŁOCŁAWEK	K40-44	3			00:17:06	<b>00:34:48.80</b>	+00:04:05 (11.7%)	6:57	8.6 (87.8%)
39	<b>BADECKI Ryszard</b>	<b>5</b>	NIEZRZESZONY	M55-59	7			00:17:02	<b>00:34:54.45</b>	+00:04:10 (12.0%)	6:58	8.6 (87.8%)
40	<b>POLEWCZAK Aneta</b>	<b>134</b>	CLLEO ZAWIERCIE	K45-49	1			00:17:37	<b>00:35:12.45</b>	+00:04:28 (12.7%)	7:02	8.5 (86.7%)
41	<b>MIKOŁAJCZAK Jan</b>	<b>114</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	2			00:17:10	<b>00:35:15.90</b>	+00:04:32 (12.9%)	7:03	8.5 (86.7%)
42	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>124</b>	ZS ROSKO	K45-49	2			00:17:35	<b>00:35:17.90</b>	+00:04:34 (12.9%)	7:03	8.5 (86.7%)
43	<b>LESIŃSKA Marzenna</b>	<b>99</b>	KS METRACO POLKOWICE	K50-54	1			00:17:32	<b>00:35:21.15</b>	+00:04:37 (13.1%)	7:04	8.5 (86.7%)
44	<b>NACZK Wiktoria</b>	<b>117</b>	DYNAMIC	K-Jun.	1			00:17:15	<b>00:35:23.95</b>	+00:04:40 (13.2%)	7:04	8.5 (86.7%)
45	<b>GRUSZKA Michał</b>	<b>55</b>	UNIA MIAST	M40-44	3			00:17:27	<b>00:35:29.10</b>	+00:04:45 (13.4%)	7:05	8.5 (86.7%)
46	<b>RATUŚ Bogusław</b>	<b>141</b>	UKS ZRYW GÓRA	M55-59	8			00:16:59	<b>00:35:31.20</b>	+00:04:47 (13.5%)	7:06	8.4 (85.7%)
47	<b>SZYMAŃSKI Stefan</b>	<b>169</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:17:45	<b>00:35:37.20</b>	+00:04:53 (13.7%)	7:07	8.4 (85.7%)
48	<b>GRYGOROWICZ Bogdan</b>	<b>57</b>	KS METRACO POLKOWICE	M65-69	8			00:17:19	<b>00:35:49.25</b>	+00:05:05 (14.2%)	7:09	8.4 (85.7%)
49	<b>GARBACZEWSKI Jakub</b>	<b>49</b>	SANTANDER CONSUMER BANK S.A.	M-Dzieci	1	1		00:17:45	<b>00:35:50.00</b>	+00:05:06 (14.2%)	7:10	8.4 (85.7%)
50	<b>RAKUĆ Angelika</b>	<b>140</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:17:37	<b>00:35:50.45</b>	+00:05:06 (14.3%)	7:10	8.4 (85.7%)
51	<b>RE CZULSKA Katarzyna</b>	<b>209</b>	SMS EFEKT CZĘSTOCHOWA	K45-49	3			00:17:40	<b>00:36:04.85</b>	+00:05:21 (14.8%)	7:13	8.3 (84.7%)
52	<b>WOJDYŁA Mieczysław</b>	<b>226</b>	TRADYCJA I JAKOŚĆ WROCŁAW	M50-54	9			00:17:34	<b>00:36:05.80</b>	+00:05:22 (14.9%)	7:13	8.3 (84.7%)
53	<b>PUSZKIEL Jan</b>	<b>228</b>	GREEN TEAM ZIELONA GÓRA	M55-59	9			00:17:44	<b>00:36:07.10</b>	+00:05:23 (14.9%)	7:13	8.3 (84.7%)
54	<b>SULIKOWSKA Agnieszka</b>	<b>160</b>	PASJA NORDIC WALKING	K30-39	1			00:17:49	<b>00:36:07.90</b>	+00:05:24 (15.0%)	7:13	8.3 (84.7%)
55	<b>RUDOLF Natalia</b>	<b>145</b>	NORDIKI	K30-39	2			00:17:49	<b>00:36:13.80</b>	+00:05:30 (15.2%)	7:14	8.3 (84.7%)
56	<b>FRĄCKOWIAK Mateusz</b>	<b>39</b>	ZS ROSKO	M-Jun.	3			00:17:45	<b>00:36:16.10</b>	+00:05:32 (15.3%)	7:15	8.3 (84.7%)
57	<b>WÓJCIK Mirosław</b>	<b>198</b>	SANTANDER CONSUMER BANK S.A.	M40-44	4			00:18:14	<b>00:36:20.45</b>	+00:05:36 (15.4%)	7:16	8.3 (84.7%)
58	<b>KRE CZMER Marzena</b>	<b>88</b>	CLLEO ZAWIERCIE	K30-39	3			00:18:02	<b>00:36:21.20</b>	+00:05:37 (15.5%)	7:16	8.2 (83.7%)
59	<b>UFEL Marcelina</b>	<b>182</b>	TKKF SATURN CZELADŹ	K-Dzieci	1			00:18:04	<b>00:36:21.40</b>	+00:05:37 (15.5%)	7:16	8.3 (84.7%)
60	<b>KOWALCZYK Edyta</b>	<b>86</b>	KS METRACO POLKOWICE	K45-49	4			00:17:53	<b>00:36:25.65</b>	+00:05:41 (15.6%)	7:17	8.2 (83.7%)

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									netto 5km	Różn		
61	<b>WECHTA Paweł</b>	<b>229</b>	KS METRACO POLKOWICE	M45-49	5			00:17:48	<b>00:36:35.50</b>	+00:05:51 (16.0%)	7:19	8.2 (83.7%)
62	<b>SAKOWSKA Krystyna</b>	<b>146</b>	PASJA NORDIC WALKING	K40-44	4			00:18:10	<b>00:36:35.80</b>	+00:05:52 (16.0%)	7:19	8.2 (83.7%)
63	<b>BIK Przemysław</b>	<b>12</b>	KS METRACO POLKOWICE	M-Jun.	4			00:18:20	<b>00:36:39.20</b>	+00:05:55 (16.2%)	7:19	8.2 (83.7%)
64	<b>ŚLUSARCZYK Andrzej</b>	<b>174</b>	WESOŁY BORSUK TEAM	M65-69	9			00:17:38	<b>00:36:40.55</b>	+00:05:56 (16.2%)	7:20	8.2 (83.7%)
65	<b>GAŁAŚ Joanna</b>	<b>42</b>	PASJA NORDIC WALKING	K18-29	2			00:18:05	<b>00:36:40.75</b>	+00:05:57 (16.2%)	7:20	8.2 (83.7%)
66	<b>WAWRZY尼亚K Anna</b>	<b>186</b>	FACE NORDIC WALKING TEAM	K40-44	5			00:17:59	<b>00:36:42.00</b>	+00:05:58 (16.3%)	7:20	8.2 (83.7%)
67	<b>SZYMURA Kazimierz</b>	<b>171</b>	RYBNICKI KLUB NORDIC WALKING	M- Niepełnosprawni(A)	3			00:18:01	<b>00:36:47.65</b>	+00:06:03 (16.5%)	7:21	8.2 (83.7%)
68	<b>MARONDEL Katarzyna</b>	<b>267</b>	SILESIA NORDIC TEAM	K30-39	4			00:18:11	<b>00:36:51.75</b>	+00:06:08 (16.6%)	7:22	8.1 (82.7%)
69	<b>NOWALIŃSKA Anastazja</b>	<b>122</b>	FACE NORDIC WALKING TEAM	K-Jun.	2			00:18:21	<b>00:37:02.65</b>	+00:06:18 (17.0%)	7:24	8.1 (82.7%)
70	<b>SZENDZIELORZ Ilona</b>	<b>164</b>	FABRIKANORDIKA	K60-64	1			00:18:23	<b>00:37:07.50</b>	+00:06:23 (17.2%)	7:25	8.1 (82.7%)
71	<b>STYGA Krystyna</b>	<b>159</b>	KKNW	K55-59	1			00:18:13	<b>00:37:13.40</b>	+00:06:29 (17.4%)	7:26	8.1 (82.7%)
72	<b>MALCZYK Anna</b>	<b>102</b>	DĄBROWA NORDIC TEAM	K40-44	6			00:18:15	<b>00:37:13.95</b>	+00:06:30 (17.5%)	7:26	8.1 (82.7%)
73	<b>BRAĞIEL Krystyna</b>	<b>17</b>		K60-64	2			00:18:39	<b>00:37:15.30</b>	+00:06:31 (17.5%)	7:27	8.1 (82.7%)
74	<b>PILECKA PRADZYŃSKA Anna</b>	<b>129</b>	PENDOLINO	K60-64	3			00:18:32	<b>00:37:17.55</b>	+00:06:33 (17.6%)	7:27	8 (81.6%)
75	<b>FEDECZKO Edyta</b>	<b>36</b>		K40-44	7			00:17:59	<b>00:37:25.80</b>	+00:06:42 (17.9%)	7:29	8 (81.6%)
76	<b>DROZD Maria</b>	<b>31</b>	NORDIC WALKING KRUSZYNA	K50-54	2			00:18:28	<b>00:37:27.35</b>	+00:06:43 (18.0%)	7:29	8 (81.6%)
77	<b>ZBYRYT Halina</b>	<b>204</b>	UKS LUDWIKOWICE	K40-44	8			00:18:40	<b>00:37:32.65</b>	+00:06:48 (18.2%)	7:30	8 (81.6%)
78	<b>WASILEWSKI Sławomir</b>	<b>185</b>	PASJA NORDIC WALKING	M70+	2			00:18:26	<b>00:37:33.40</b>	+00:06:49 (18.2%)	7:30	8 (81.6%)
79	<b>NOWALIŃSKI Piotrek</b>	<b>123</b>	FACE NORDIC WALKING TEAM	M- Niepełnosprawni(A)	4			00:18:20	<b>00:37:34.40</b>	+00:06:50 (18.2%)	7:30	8 (81.6%)
80	<b>DONGIEWICZ Janusz</b>	<b>245</b>		M60-64	3	1		00:18:26	<b>00:37:37.20</b>	+00:06:53 (18.3%)	7:31	8 (81.6%)
81	<b>LORENS Kazimierz</b>	<b>246</b>	CLLEO ZAWIERCIE	M60-64	4	1		00:18:19	<b>00:37:37.75</b>	+00:06:54 (18.3%)	7:31	8 (81.6%)
82	<b>DUSZEŃKO Jakub</b>	<b>33</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:18:25	<b>00:37:38.00</b>	+00:06:54 (18.3%)	7:31	8 (81.6%)
83	<b>DUSZEŃKO Damian</b>	<b>34</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	2			00:18:27	<b>00:37:39.65</b>	+00:06:55 (18.4%)	7:32	8 (81.6%)

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84	<b>KUPIBIDA Bogusława</b>	<b>95</b>	SILESIA NORDIC TEAM	K55-59	2			00:18:42	<b>00:37:39.95</b>	+00:06:56 (18.4%)	7:32	8 (81.6%)
85	<b>MALKIEWICZ Małgorzata</b>	<b>103</b>	KSK ŻYJ AKTYWNIIE KOŁCZYGŁOWY	K50-54	3			00:18:36	<b>00:37:42.15</b>	+00:06:58 (18.5%)	7:32	8 (81.6%)
86	<b>WOJCIECHOWSKI Szymon</b>	<b>194</b>	KIJOWE MORSY WROCŁAW	M18-29	2			00:18:37	<b>00:37:46.55</b>	+00:07:02 (18.7%)	7:33	7.9 (80.6%)
87	<b>SZYJKA Izabela</b>	<b>251</b>	NORDIKI	K30-39	5			00:18:36	<b>00:37:50.40</b>	+00:07:06 (18.8%)	7:34	7.9 (80.6%)
88	<b>FOJCIK Gabriela</b>	<b>214</b>	RYBNICKI KLUB NORDIC WALKING	K50-54	4			00:18:34	<b>00:37:50.75</b>	+00:07:07 (18.8%)	7:34	7.9 (80.6%)
89	<b>BARUCH Henryka</b>	<b>9</b>	DĄBROWA NORDIC TEAM	K65-69	1			00:18:53	<b>00:38:02.95</b>	+00:07:19 (19.2%)	7:36	7.9 (80.6%)
90	<b>GŁOMBICA Ewa</b>	<b>127</b>	WESOŁY BORSUK TEAM	K30-39	6			00:18:46	<b>00:38:03.60</b>	+00:07:19 (19.3%)	7:36	7.9 (80.6%)
91	<b>SPYCHAŁA-KARAPULKA Arleta</b>	<b>154</b>	MARSZ PO ZDROWIE POZNAŃ	K45-49	5			00:18:47	<b>00:38:14.05</b>	+00:07:30 (19.6%)	7:38	7.8 (79.6%)
92	<b>SZKLARSKI Jarosław</b>	<b>165</b>		M40-44	5			00:18:34	<b>00:38:15.30</b>	+00:07:31 (19.7%)	7:39	7.8 (79.6%)
93	<b>MIKITIUK Tomasz</b>	<b>112</b>	KIJOWA PARA	M45-49	6			00:18:29	<b>00:38:17.05</b>	+00:07:33 (19.7%)	7:39	7.8 (79.6%)
94	<b>BURNUS Tadeusz</b>	<b>19</b>		M60-64	5	1		00:19:16	<b>00:38:19.95</b>	+00:07:36 (19.8%)	7:40	7.8 (79.6%)
95	<b>STOJANOWSKA Dorota</b>	<b>158</b>	KS METRACO POLKOWICE	K40-44	9			00:18:42	<b>00:38:25.25</b>	+00:07:41 (20.0%)	7:41	7.8 (79.6%)
96	<b>GWAREK Anita</b>	<b>58</b>	PASJA NORDIC WALKING	K45-49	6			00:18:51	<b>00:38:26.15</b>	+00:07:42 (20.1%)	7:41	7.8 (79.6%)
97	<b>ŚLUSARCZYK Grzegorz</b>	<b>173</b>	WESOŁY BORSUK TEAM	M40-44	6			00:19:13	<b>00:38:31.85</b>	+00:07:48 (20.3%)	7:42	7.8 (79.6%)
98	<b>ORŁOWSKI Grzegorz</b>	<b>231</b>		M50-54	10			00:19:27	<b>00:38:34.85</b>	+00:07:51 (20.4%)	7:42	7.8 (79.6%)
99	<b>JÓŹWIAK Łukasz</b>	<b>73</b>	WTW WŁOCŁAWEK	M- Niepełnosprawni(A)	5			00:18:51	<b>00:38:41.05</b>	+00:07:57 (20.6%)	7:44	7.8 (79.6%)
99	<b>MORYS Agnieszka</b>	<b>116</b>	FABRIKANORDIKA	K30-39	7			00:18:57	<b>00:38:41.05</b>	+00:07:57 (20.6%)	7:44	7.8 (79.6%)
101	<b>GRYGOROWICZ Teresa</b>	<b>56</b>	KS METRACO POLKOWICE	K65-69	2			00:18:54	<b>00:38:43.10</b>	+00:07:59 (20.6%)	7:44	7.7 (78.6%)
102	<b>FILUSZ Alfred</b>	<b>37</b>		M45-49	7			00:19:33	<b>00:38:49.55</b>	+00:08:05 (20.9%)	7:46	7.7 (78.6%)
103	<b>ŚCIBISZ Bogdan</b>	<b>172</b>	KS METRACO POLKOWICE	M70+	3	1		00:18:54	<b>00:38:52.80</b>	+00:08:09 (21.0%)	7:46	7.7 (78.6%)
104	<b>WIŚNIEWSKI Kazimierz</b>	<b>190</b>	PASJA NORDIC WALKING	M60-64	6			00:19:15	<b>00:38:53.25</b>	+00:08:09 (21.0%)	7:46	7.7 (78.6%)
105	<b>GÓRKSKI Henryk</b>	<b>248</b>	OLEŚNICKA STREFA NORDIC WALKING	M70+	4			00:19:26	<b>00:38:54.10</b>	+00:08:10 (21.0%)	7:46	7.7 (78.6%)
106	<b>KALINOWSKA Jolanta</b>	<b>75</b>	CHEMACK	K45-49	7			00:19:39	<b>00:38:54.95</b>	+00:08:11 (21.0%)	7:47	7.7 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>PUZICHOWSKA Małgorzata</b>	<b>138</b>	NORDIKI	K55-59	3			00:19:08	<b>00:38:57.65</b>	+00:08:13 (21.1%)	7:47	7.7 (78.6%)
108	<b>ZIĘBA Roman</b>	<b>206</b>		M55-59	10			00:19:02	<b>00:38:58.40</b>	+00:08:14 (21.2%)	7:47	7.7 (78.6%)
109	<b>CZARNIK Stanisław</b>	<b>259</b>	KLUB SENIORA POLANICA	M65-69	10			00:19:07	<b>00:39:02.15</b>	+00:08:18 (21.3%)	7:48	7.7 (78.6%)
110	<b>AGARWAL Ritu</b>	<b>4</b>		K45-49	8			00:19:24	<b>00:39:03.40</b>	+00:08:19 (21.3%)	7:48	7.7 (78.6%)
111	<b>HISZPAŃSKA Katarzyna</b>	<b>62</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	3			00:19:22	<b>00:39:08.00</b>	+00:08:24 (21.5%)	7:49	7.7 (78.6%)
112	<b>CHOLEWKA Jolanta</b>	<b>21</b>	MARSZ PO ZDROWIE POZNAŃ	K60-64	4			00:19:17	<b>00:39:10.40</b>	+00:08:26 (21.6%)	7:50	7.7 (78.6%)
113	<b>KOPROWSKI Tomasz</b>	<b>84</b>	NORDIKI	M45-49	8			00:19:29	<b>00:39:11.10</b>	+00:08:27 (21.6%)	7:50	7.7 (78.6%)
114	<b>MAKUCHOWSKI Tomasz</b>	<b>211</b>		M45-49	9			00:18:43	<b>00:39:13.00</b>	+00:08:29 (21.6%)	7:50	7.6 (77.6%)
115	<b>ADAMOWICZ Andrzej</b>	<b>2</b>		M70+	5			00:19:29	<b>00:39:14.45</b>	+00:08:30 (21.7%)	7:51	7.6 (77.6%)
116	<b>MATLEWSKA Agnieszka</b>	<b>108</b>	FACE NORDIC WALKING TEAM	K40-44	10			00:19:29	<b>00:39:19.00</b>	+00:08:35 (21.8%)	7:51	7.6 (77.6%)
117	<b>BAJ Danuta</b>	<b>6</b>	ŚCINAWSKA GRUPA NORDIC WALKING	K55-59	4			00:19:40	<b>00:39:26.50</b>	+00:08:42 (22.1%)	7:53	7.6 (77.6%)
118	<b>ŚLUSARCZYK Karolina</b>	<b>176</b>	WESOŁY BORSUK TEAM	K-Dzieci	2			00:19:26	<b>00:39:39.20</b>	+00:08:55 (22.5%)	7:56	7.6 (77.6%)
119	<b>SZNAJDER Zenon</b>	<b>269</b>	UNIA MIAST	M65-69	11			00:19:44	<b>00:39:50.35</b>	+00:09:06 (22.9%)	7:58	7.5 (76.5%)
120	<b>WIERZBICKI Waldemar</b>	<b>187</b>		M65-69	12			00:19:04	<b>00:39:51.30</b>	+00:09:07 (22.9%)	7:58	7.5 (76.5%)
121	<b>WIĘCKIEWICZ Mirosław</b>	<b>189</b>		M50-54	11			00:19:29	<b>00:39:52.95</b>	+00:09:09 (23.0%)	7:58	7.5 (76.5%)
122	<b>SZYMAŃSKI Mirosław</b>	<b>170</b>	SANTANDER CONSUMER BANK S.A.	M45-49	10			00:19:28	<b>00:39:56.45</b>	+00:09:12 (23.1%)	7:59	7.5 (76.5%)
123	<b>REGULSKI Rafał</b>	<b>142</b>		M40-44	7			00:19:42	<b>00:39:58.20</b>	+00:09:14 (23.1%)	7:59	7.5 (76.5%)
124	<b>KORDEK Radosław</b>	<b>85</b>	SANTANDER CONSUMER BANK S.A.	M30-39	3			00:20:01	<b>00:40:09.30</b>	+00:09:25 (23.5%)	8:01	7.5 (76.5%)
125	<b>BANASZAK Agata</b>	<b>8</b>	GREEN TEAM ZIELONA GÓRA	K18-29	4			00:20:14	<b>00:40:20.15</b>	+00:09:36 (23.8%)	8:04	7.4 (75.5%)
126	<b>MATLEWSKI Radosław</b>	<b>109</b>	FACE NORDIC WALKING TEAM	M40-44	8			00:20:06	<b>00:40:30.25</b>	+00:09:46 (24.1%)	8:06	7.4 (75.5%)
127	<b>PISAREK Kamila</b>	<b>131</b>	KIJOWE MORSY WROCŁAW	K18-29	5			00:19:51	<b>00:40:34.30</b>	+00:09:50 (24.3%)	8:06	7.4 (75.5%)
128	<b>UFEL Marcin</b>	<b>225</b>	TKKF SATURN CZELADŹ	M40-44	9			00:20:10	<b>00:40:40.65</b>	+00:09:56 (24.5%)	8:08	7.4 (75.5%)
129	<b>NIECHWIEJCZYK Kinga</b>	<b>118</b>	UNIA MIAST	K-Dzieci	3			00:19:57	<b>00:40:43.65</b>	+00:09:59 (24.6%)	8:08	7.4 (75.5%)

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	<b>RACŁAWSKA Joanna</b>	<b>236</b>	AMATOR	K55-59	5			00:20:14	<b>00:40:45.75</b>	+00:10:02 (24.6%)	8:09	7.4 (75.5%)
131	<b>HOŁDA Jolanta</b>	<b>63</b>	KUBISIA TEAM OLESNICA	K60-64	5			00:20:07	<b>00:40:48.85</b>	+00:10:05 (24.7%)	8:09	7.3 (74.5%)
132	<b>SARZYŃSKA Iwona</b>	<b>271</b>		K50-54	5			00:20:01	<b>00:40:50.60</b>	+00:10:06 (24.8%)	8:10	7.3 (74.5%)
133	<b>KRAMER Leszek</b>	<b>247</b>	OLEŚNICKA STREFA NORDIC WALKING	M70+	6			00:19:53	<b>00:40:52.55</b>	+00:10:08 (24.8%)	8:10	7.3 (74.5%)
134	<b>KAPECKI Kazimierz</b>	<b>260</b>	KLUB SENIORA POLANICA	M65-69	13			00:20:25	<b>00:40:54.55</b>	+00:10:10 (24.9%)	8:11	7.3 (74.5%)
135	<b>GOLENIA Reinhold</b>	<b>51</b>		M60-64	7			00:20:33	<b>00:41:00.80</b>	+00:10:17 (25.1%)	8:12	7.3 (74.5%)
136	<b>WIESZOŁEK Ewelina</b>	<b>188</b>		K30-39	8			00:20:41	<b>00:41:07.95</b>	+00:10:24 (25.3%)	8:13	7.3 (74.5%)
137	<b>TOFIL Zygmunt</b>	<b>207</b>	TURÓW ZGORZELEC	M55-59	11			00:20:26	<b>00:41:10.70</b>	+00:10:27 (25.4%)	8:14	7.3 (74.5%)
138	<b>WŁODARCZYK Małgorzata</b>	<b>192</b>		K45-49	9			00:20:17	<b>00:41:11.85</b>	+00:10:28 (25.4%)	8:14	7.3 (74.5%)
139	<b>WARGOCKA Agnieszka</b>	<b>184</b>	SANTANDER CONSUMER BANK S.A.	K40-44	11			00:20:28	<b>00:41:12.95</b>	+00:10:29 (25.4%)	8:14	7.3 (74.5%)
140	<b>WOROCH Jolanta</b>	<b>196</b>	DOPIEWO	K50-54	6			00:20:20	<b>00:41:14.00</b>	+00:10:30 (25.5%)	8:14	7.3 (74.5%)
141	<b>KONSTANCIAK Piotr</b>	<b>80</b>	SANTANDER CONSUMER BANK S.A.	M40-44	10			00:20:28	<b>00:41:17.05</b>	+00:10:33 (25.6%)	8:15	7.3 (74.5%)
142	<b>HANUS Joanna</b>	<b>60</b>		K-Niepełnosprawni(B)	1			00:20:25	<b>00:41:22.05</b>	+00:10:38 (25.7%)	8:16	7.3 (74.5%)
143	<b>WOJCIECHOWSKA Sylwia</b>	<b>193</b>	NIEZRZESZONA	K45-49	10			00:20:32	<b>00:41:30.25</b>	+00:10:46 (26.0%)	8:18	7.2 (73.5%)
144	<b>NOWAK Małgorzata</b>	<b>121</b>	SANTANDER CONSUMER BANK S.A.	K30-39	9			00:20:13	<b>00:41:32.65</b>	+00:10:48 (26.0%)	8:18	7.2 (73.5%)
145	<b>HARTMAN Jadwiga</b>	<b>264</b>	KLUB SENIORA POLANICA	K60-64	6			00:20:26	<b>00:41:39.55</b>	+00:10:55 (26.2%)	8:19	7.2 (73.5%)
146	<b>MARCINKOWSKA Renata</b>	<b>104</b>	FACE NORDIC WALKING TEAM	K65-69	3			00:20:16	<b>00:41:44.80</b>	+00:11:01 (26.4%)	8:21	7.2 (73.5%)
147	<b>GOLENIA Irmgarda</b>	<b>52</b>		K55-59	6			00:20:58	<b>00:41:45.00</b>	+00:11:01 (26.4%)	8:21	7.2 (73.5%)
148	<b>DREISEITEL Andrzej</b>	<b>29</b>		M55-59	12			00:20:14	<b>00:41:48.50</b>	+00:11:04 (26.5%)	8:21	7.2 (73.5%)
149	<b>BAŃKA Andrzej</b>	<b>243</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-44	11			00:20:23	<b>00:41:50.60</b>	+00:11:06 (26.6%)	8:22	7.2 (73.5%)
150	<b>WARCHAŁOWSKI Bruno</b>	<b>217</b>		M-Dzieci	2			00:20:57	<b>00:41:53.75</b>	+00:11:10 (26.7%)	8:22	7.2 (73.5%)
151	<b>PYTLAK Urszula</b>	<b>233</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	7			00:20:28	<b>00:41:54.00</b>	+00:11:10 (26.7%)	8:22	7.2 (73.5%)
152	<b>SZYMAŃSKA Lucyna</b>	<b>168</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	1			00:20:26	<b>00:41:56.10</b>	+00:11:12 (26.7%)	8:23	7.2 (73.5%)

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	<b>KUREK Monika</b>	<b>216</b>	SANTANDER CONSUMER BANK S.A.	K40-44	12			00:20:57	<b>00:42:00.60</b>	+00:11:16 (26.9%)	8:24	7.1 (72.4%)
154	<b>REMISZEWSKI Adam</b>	<b>143</b>	OLEŚNICKA STREFA NORDIC WALKING	M70+	7	1		00:20:35	<b>00:42:11.15</b>	+00:11:27 (27.2%)	8:26	7.1 (72.4%)
155	<b>NOWAK Danuta</b>	<b>120</b>	SANTANDER CONSUMER BANK S.A.	K45-49	11			00:21:11	<b>00:42:19.25</b>	+00:11:35 (27.4%)	8:27	7.1 (72.4%)
156	<b>ARYTMICZ Maria</b>	<b>222</b>		K60-64	7			00:20:40	<b>00:42:28.55</b>	+00:11:44 (27.7%)	8:29	7.1 (72.4%)
157	<b>JAGODZIŃSKI Andrzej</b>	<b>69</b>		M55-59	13			00:20:56	<b>00:42:41.45</b>	+00:11:57 (28.0%)	8:32	7 (71.4%)
158	<b>WÓJCIK Katarzyna</b>	<b>197</b>	EKIPA NA KIJACH	K30-39	10			00:21:12	<b>00:42:44.35</b>	+00:12:00 (28.1%)	8:32	7 (71.4%)
159	<b>DRAŻEK Władysław</b>	<b>261</b>	KLUB SENIORA POLANICA	M70+	8			00:20:32	<b>00:42:48.85</b>	+00:12:05 (28.2%)	8:33	7 (71.4%)
160	<b>HOMONIEC Ewa</b>	<b>64</b>	SANTANDER CONSUMER BANK S.A.	K40-44	13			00:21:20	<b>00:42:56.35</b>	+00:12:12 (28.4%)	8:35	7 (71.4%)
161	<b>JÓŻWIAK Dominik</b>	<b>74</b>	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:21:22	<b>00:43:04.10</b>	+00:12:20 (28.7%)	8:36	7 (71.4%)
162	<b>BERESZKO Anna</b>	<b>223</b>	TKKF SATURN CZELADŹ	K60-64	8			00:21:18	<b>00:43:10.55</b>	+00:12:26 (28.8%)	8:38	6.9 (70.4%)
163	<b>PACYNA Helena</b>	<b>125</b>	KS METRACO POLKOWICE	K65-69	4			00:21:33	<b>00:43:14.50</b>	+00:12:30 (28.9%)	8:38	6.9 (70.4%)
164	<b>KULCZYCKI Jan</b>	<b>93</b>		M65-69	14			00:21:02	<b>00:43:15.40</b>	+00:12:31 (29.0%)	8:39	6.9 (70.4%)
165	<b>KUBIACZYK Małgorzata</b>	<b>92</b>	3 PLUS 1	K55-59	7			00:21:26	<b>00:43:17.55</b>	+00:12:33 (29.0%)	8:39	6.9 (70.4%)
166	<b>NOWAK Grażyna</b>	<b>249</b>	3 PLUS 1	K50-54	8			00:22:14	<b>00:43:33.05</b>	+00:12:49 (29.4%)	8:42	6.9 (70.4%)
167	<b>MAKUCHOWSKA Hanna</b>	<b>210</b>		K-Dzieci	4			00:20:52	<b>00:43:34.95</b>	+00:12:51 (29.5%)	8:43	6.9 (70.4%)
168	<b>MIKITIUK Beata</b>	<b>113</b>	KIJOWA PARA	K45-49	12			00:21:52	<b>00:43:35.70</b>	+00:12:52 (29.5%)	8:43	6.9 (70.4%)
169	<b>BICZ Waldemar</b>	<b>266</b>		M65-69	15			00:21:14	<b>00:43:37.30</b>	+00:12:53 (29.6%)	8:43	6.9 (70.4%)
170	<b>SZAŁACIŃSKI Grzegorz</b>	<b>163</b>	CHEMACK	M55-59	14			00:21:20	<b>00:43:45.60</b>	+00:13:01 (29.8%)	8:45	6.9 (70.4%)
171	<b>PODOLSKA-SZACHEWICZ Julita</b>	<b>132</b>		K30-39	11			00:21:17	<b>00:43:52.60</b>	+00:13:08 (30.0%)	8:46	6.8 (69.4%)
172	<b>DUSZEŃKO Elwira</b>	<b>32</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:21:51	<b>00:43:53.05</b>	+00:13:09 (30.0%)	8:46	6.8 (69.4%)
173	<b>BIK Katarzyna</b>	<b>13</b>	KS METRACO POLKOWICE	K-Jun.	3			00:21:32	<b>00:43:54.75</b>	+00:13:11 (30.0%)	8:47	6.8 (69.4%)
174	<b>KRZYŚCIN Mirosława</b>	<b>91</b>	SANTANDER CONSUMER BANK S.A.	K40-44	14			00:21:51	<b>00:43:54.95</b>	+00:13:11 (30.0%)	8:47	6.8 (69.4%)
175	<b>GROBELNA Jadwiga</b>	<b>54</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:21:54	<b>00:43:58.80</b>	+00:13:15 (30.1%)	8:47	6.8 (69.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	<b>SURMIAK Ryszard</b>	<b>161</b>	RZESZOWSKI KLUB MORSOW'SOPELEK'	M70+	9			00:21:43	<b>00:44:06.45</b>	+00:13:22 (30.3%)	8:49	6.8 (69.4%)
177	<b>KREYCZI Aneta</b>	<b>89</b>	SANTANDER CONSUMER BANK S.A.	K30-39	12			00:21:38	<b>00:44:17.85</b>	+00:13:34 (30.6%)	8:51	6.8 (69.4%)
178	<b>MĘDRAK Józef</b>	<b>111</b>		M65-69	16			00:21:25	<b>00:44:20.15</b>	+00:13:36 (30.7%)	8:52	6.8 (69.4%)
179	<b>PIEKLO Robert</b>	<b>128</b>		M- Niepełnosprawni(B)	4			00:19:21	<b>00:44:27.50</b>	+00:13:43 (30.9%)	8:53	6.7 (68.4%)
180	<b>SZYBUT Weronika</b>	<b>167</b>		K-Dzieci	5			00:21:21	<b>00:44:29.60</b>	+00:13:45 (30.9%)	8:54	6.7 (68.4%)
181	<b>ŚLUSARCZYK Aleksandra</b>	<b>175</b>	WESOŁY BORSUK TEAM	K30-39	13			00:22:22	<b>00:44:29.75</b>	+00:13:46 (30.9%)	8:54	6.7 (68.4%)
182	<b>ORZECH Agnieszka</b>	<b>215</b>	SANTANDER CONSUMER BANK S.A.	K30-39	14			00:22:21	<b>00:44:31.50</b>	+00:13:47 (31.0%)	8:54	6.7 (68.4%)
183	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>126</b>		K65-69	5			00:22:09	<b>00:44:36.85</b>	+00:13:53 (31.1%)	8:55	6.7 (68.4%)
184	<b>ŁUCZYSZYN Stanisława</b>	<b>234</b>	NORDIC WALKING KRUSZYNA	K65-69	6			00:22:10	<b>00:44:39.70</b>	+00:13:56 (31.2%)	8:56	6.7 (68.4%)
185	<b>WITUSIK Michał</b>	<b>191</b>	NW-TEAM JASŁO	M-Dzieci	3			00:20:48	<b>00:44:47.35</b>	+00:14:03 (31.4%)	8:57	6.7 (68.4%)
186	<b>PALIAN Ewa</b>	<b>257</b>	KLUB SENIORA POLANICA	K65-69	7			00:22:11	<b>00:44:59.30</b>	+00:14:15 (31.7%)	8:59	6.7 (68.4%)
187	<b>KOPROWSKA Aneta</b>	<b>83</b>		K40-44	15			00:22:12	<b>00:45:00.45</b>	+00:14:16 (31.7%)	9:00	6.7 (68.4%)
188	<b>PROBALA Zbigniew</b>	<b>137</b>		M50-54	12			00:22:21	<b>00:45:21.05</b>	+00:14:37 (32.2%)	9:04	6.6 (67.3%)
189	<b>CIEŚLIK-SZKLARSKA Agnieszka</b>	<b>24</b>		K40-44	16			00:22:23	<b>00:45:25.85</b>	+00:14:42 (32.4%)	9:05	6.6 (67.3%)
190	<b>GABIS Elżbieta</b>	<b>40</b>	WESOŁY BORSUK TEAM	K55-59	8			00:21:44	<b>00:45:29.45</b>	+00:14:45 (32.5%)	9:06	6.6 (67.3%)
191	<b>CZARNIK Krystyna</b>	<b>263</b>	KLUB SENIORA POLANICA	K60-64	9			00:22:23	<b>00:45:38.25</b>	+00:14:54 (32.7%)	9:07	6.6 (67.3%)
192	<b>HANUS Teresa</b>	<b>61</b>		K- Niepełnosprawni(B)	3			00:25:53	<b>00:45:38.40</b>	+00:14:54 (32.7%)	9:07	6.6 (67.3%)
193	<b>KOWALCZYK Magdalena</b>	<b>87</b>		K18-29	6			00:22:49	<b>00:45:44.75</b>	+00:15:01 (32.8%)	9:09	6.6 (67.3%)
194	<b>JANICKA Anna</b>	<b>256</b>	KLUB SENIORA POLANICA	K70+	1			00:22:09	<b>00:45:49.95</b>	+00:15:06 (33.0%)	9:10	6.5 (66.3%)
195	<b>SAJ Elżbieta</b>	<b>242</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	10			00:22:27	<b>00:45:53.80</b>	+00:15:10 (33.0%)	9:10	6.5 (66.3%)
196	<b>KOLBUSZ Janina</b>	<b>78</b>	KS METRACO POLKOWICE	K65-69	8			00:22:26	<b>00:45:56.25</b>	+00:15:12 (33.1%)	9:11	6.5 (66.3%)
197	<b>KOCZUR Dorota</b>	<b>239</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	11			00:22:29	<b>00:45:59.95</b>	+00:15:16 (33.2%)	9:12	6.5 (66.3%)
198	<b>ZAKRĘT Dominika</b>	<b>199</b>	SANTANDER CONSUMER BANK S.A.	K18-29	7			00:23:10	<b>00:46:03.95</b>	+00:15:20 (33.3%)	9:12	6.5 (66.3%)

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	<b>DOBROWOLSKI Patryk</b>	<b>27</b>		M-Dzieci	4			00:22:00	<b>00:46:04.85</b>	+00:15:21 (33.3%)	9:13	6.5 (66.3%)
200	<b>TUREK Krystyna</b>	<b>180</b>		K55-59	9			00:22:31	<b>00:46:10.30</b>	+00:15:26 (33.4%)	9:14	6.5 (66.3%)
201	<b>SZYBUT Roma</b>	<b>252</b>		K30-39	15			00:22:39	<b>00:46:16.00</b>	+00:15:32 (33.6%)	9:15	6.5 (66.3%)
202	<b>SZNAJDER Teresa</b>	<b>270</b>	UNIA MIAST	K60-64	12			00:22:46	<b>00:46:31.10</b>	+00:15:47 (33.9%)	9:18	6.4 (65.3%)
203	<b>GARBACKI Józef</b>	<b>238</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M70+	10			00:23:07	<b>00:46:52.35</b>	+00:16:08 (34.4%)	9:22	6.4 (65.3%)
204	<b>BIELAWSKA Dorota</b>	<b>11</b>	SANTANDER CONSUMER BANK S.A.	K55-59	10			00:23:37	<b>00:47:06.20</b>	+00:16:22 (34.8%)	9:25	6.4 (65.3%)
205	<b>KOPACKI Bartosz</b>	<b>82</b>	SANTANDER CONSUMER BANK S.A.	M-Jun.	5			00:24:15	<b>00:47:09.15</b>	+00:16:25 (34.8%)	9:26	6.4 (65.3%)
206	<b>SZYMULA Agnieszka</b>	<b>230</b>	KS METRACO POLKOWICE	K40-44	17			00:22:40	<b>00:47:16.95</b>	+00:16:33 (35.0%)	9:27	6.3 (64.3%)
207	<b>HOWLEY Kryspin</b>	<b>67</b>		M-Dzieci	5			00:22:12	<b>00:47:21.75</b>	+00:16:38 (35.1%)	9:28	6.3 (64.3%)
208	<b>ROZENBAJGER Helena</b>	<b>235</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	2			00:22:58	<b>00:47:32.05</b>	+00:16:48 (35.4%)	9:30	6.3 (64.3%)
209	<b>POLAK Bożena</b>	<b>133</b>	SANTANDER CONSUMER BANK S.A.	K50-54	9			00:24:04	<b>00:47:36.65</b>	+00:16:52 (35.5%)	9:31	6.3 (64.3%)
210	<b>WIĄCEK Krystyna</b>	<b>241</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	9			00:23:19	<b>00:47:56.20</b>	+00:17:12 (35.9%)	9:35	6.3 (64.3%)
211	<b>MACHAJEK Krzysztof</b>	<b>100</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	6			00:23:23	<b>00:48:13.95</b>	+00:17:30 (36.3%)	9:38	6.2 (63.3%)
212	<b>PTAS Jolanta</b>	<b>227</b>	MOSIR CZELADŹ	K45-49	13			00:21:26	<b>00:48:14.05</b>	+00:17:30 (36.3%)	9:38	6.2 (63.3%)
213	<b>MAZGAJ Małgorzata</b>	<b>110</b>	SANTANDER CONSUMER BANK S.A.	K30-39	16			00:23:46	<b>00:48:34.45</b>	+00:17:50 (36.7%)	9:42	6.2 (63.3%)
214	<b>ZBOROWSKA Małgorzata</b>	<b>203</b>	SANTANDER CONSUMER BANK S.A.	K30-39	17			00:23:49	<b>00:48:38.20</b>	+00:17:54 (36.8%)	9:43	6.2 (63.3%)
215	<b>KOPACKA Nadia</b>	<b>81</b>	SANTANDER CONSUMER BANK S.A.	K-Jun.	4			00:22:59	<b>00:48:44.15</b>	+00:18:00 (36.9%)	9:44	6.2 (63.3%)
216	<b>JAGODZIŃSKA Bożena</b>	<b>70</b>		K55-59	11			00:24:06	<b>00:49:12.25</b>	+00:18:28 (37.5%)	9:50	6.1 (62.2%)
217	<b>KUNIKOWSKI Zenon</b>	<b>94</b>		M60-64	8			00:24:06	<b>00:49:14.15</b>	+00:18:30 (37.6%)	9:51	6.1 (62.2%)
218	<b>LESIAK Ewa</b>	<b>98</b>	SANTANDER CONSUMER BANK S.A.	K30-39	18			00:24:18	<b>00:49:21.95</b>	+00:18:38 (37.8%)	9:52	6.1 (62.2%)
219	<b>DOMINIAK Damian</b>	<b>244</b>		M-Dzieci	6			00:23:33	<b>00:49:22.80</b>	+00:18:39 (37.8%)	9:52	6.1 (62.2%)
220	<b>KAPECKA Krystyna</b>	<b>265</b>	KLUB SENIORA POLANICA	K65-69	10			00:24:28	<b>00:49:23.30</b>	+00:18:39 (37.8%)	9:52	6.1 (62.2%)
221	<b>BERNATEK Katarzyna</b>	<b>10</b>	SANTANDER CONSUMER BANK S.A.	K30-39	19			00:24:17	<b>00:49:25.20</b>	+00:18:41 (37.8%)	9:53	6.1 (62.2%)

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	<b>KWIECIEŃ Elżbieta</b>	<b>96</b>		K50-54	10			00:24:30	<b>00:49:33.65</b>	+00:18:49 (38.0%)	9:54	6.1 (62.2%)
223	<b>SZAJER Jadwiga</b>	<b>162</b>	RYBNICKI KLUB NORDIC WALKING	K65-69	11			00:24:14	<b>00:49:38.85</b>	+00:18:55 (38.1%)	9:55	6 (61.2%)
224	<b>DROP Mieczysław</b>	<b>30</b>		M70+	11			00:25:04	<b>00:49:48.70</b>	+00:19:05 (38.3%)	9:57	6 (61.2%)
225	<b>KLIMOWICZ Jan</b>	<b>258</b>	KLUB SENIORA POLANICA	M65-69	17			00:24:14	<b>00:50:04.15</b>	+00:19:20 (38.6%)	10:00	6 (61.2%)
226	<b>GARBACZEWSKA Iwona</b>	<b>46</b>	SANTANDER CONSUMER BANK S.A.	K30-39	20			00:23:53	<b>00:50:18.45</b>	+00:19:34 (38.9%)	10:03	6 (61.2%)
227	<b>KOLARSKA Nadia</b>	<b>77</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	6			00:23:39	<b>00:50:28.60</b>	+00:19:44 (39.1%)	10:05	5.9 (60.2%)
228	<b>ENGEL Krystyna</b>	<b>220</b>		K-Dzieci	7			00:25:58	<b>00:50:29.45</b>	+00:19:45 (39.1%)	10:06	5.9 (60.2%)
229	<b>ENGEL Anna</b>	<b>221</b>		K40-44	18			00:25:57	<b>00:50:31.10</b>	+00:19:47 (39.2%)	10:06	5.9 (60.2%)
230	<b>JĘDROSZ Zuzanna</b>	<b>71</b>	SANTANDER CONSUMER BANK S.A.	K-Dzieci	8			00:25:40	<b>00:50:47.05</b>	+00:20:03 (39.5%)	10:09	5.9 (60.2%)
231	<b>ZAKRĘT Bogumiła</b>	<b>200</b>	SANTANDER CONSUMER BANK S.A.	K50-54	11			00:25:25	<b>00:51:28.85</b>	+00:20:45 (40.3%)	10:17	5.8 (59.2%)
232	<b>GARBACZEWSKA Ewa</b>	<b>47</b>	SANTANDER CONSUMER BANK S.A.	K-Dzieci	9			00:25:18	<b>00:51:42.25</b>	+00:20:58 (40.6%)	10:20	5.8 (59.2%)
233	<b>ZAŃ Jolanta</b>	<b>202</b>	SANTANDER CONSUMER BANK S.A.	K30-39	21			00:26:07	<b>00:51:48.35</b>	+00:21:04 (40.7%)	10:21	5.8 (59.2%)
234	<b>BOROWSKA Marta</b>	<b>15</b>	SANTANDER CONSUMER BANK S.A.	K30-39	22			00:26:10	<b>00:51:51.50</b>	+00:21:07 (40.7%)	10:22	5.8 (59.2%)
235	<b>ĆWIELĄG Alina</b>	<b>26</b>	SANTANDER CONSUMER BANK S.A.	K30-39	23			00:26:10	<b>00:51:52.15</b>	+00:21:08 (40.8%)	10:22	5.8 (59.2%)
236	<b>PROKOPIEC Bronisława</b>	<b>240</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	3			00:25:05	<b>00:52:16.95</b>	+00:21:33 (41.2%)	10:27	5.7 (58.2%)
237	<b>KOŁODZIEJ Antoni</b>	<b>253</b>		M-Dzieci	7			00:25:24	<b>00:52:39.50</b>	+00:21:55 (41.6%)	10:32	5.7 (58.2%)
238	<b>KOŁODZIEJ Beata</b>	<b>255</b>		K30-39	24			00:25:24	<b>00:52:40.10</b>	+00:21:56 (41.7%)	10:32	5.7 (58.2%)
239	<b>KOŁODZIEJ Aleksander</b>	<b>254</b>		M-Dzieci	8			00:25:26	<b>00:52:40.70</b>	+00:21:57 (41.7%)	10:32	5.7 (58.2%)
240	<b>DRAUS Ewa</b>	<b>232</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	12			00:27:34	<b>00:55:11.05</b>	+00:24:27 (44.3%)	11:02	5.4 (55.1%)
241	<b>GARBACKA Cecylia</b>	<b>237</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	12			00:26:52	<b>00:55:43.40</b>	+00:24:59 (44.9%)	11:08	5.4 (55.1%)
242	<b>KĘDZIERSKA Edyta</b>	<b>273</b>	PFNW	K40-44	19			00:41:58	<b>01:03:57.15</b>	+00:33:13 (52.0%)	12:47	4.7 (48.0%)
243	<b>BORZESZKOWSKA Małgorzata</b>	<b>16</b>	PFNW	K50-54	12			00:41:57	<b>01:03:57.40</b>	+00:33:13 (52.0%)	12:47	4.7 (48.0%)
244	<b>NACZMAŃSKI Jakub</b>	<b>396</b>	SANTANDER CONSUMER BANK S.A.	M30-39	4			00:23:29		+00:16:40	9:28	6.3 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
245	<b>CHOLEWA Maria</b>	<b>262</b>	KLUB SENIORA POLANICA	K65-69	13			00:22:12		+00:06:58	8:52	6.8 (69.4%)
246	<b>WARCHAŁOWSKI Mariusz</b>	<b>218</b>		M45-49	11							(0.0%)
247	<b>WARCHAŁOWSKI Borys</b>	<b>219</b>		M-Dzieci	9							(0.0%)
DQ	<b>STEMPNIAK Bogdan</b>	<b>156</b>		M- Niepełnosprawni(A)			TAK	00:17:43 DQ	<b>00:36:01.15</b> <b>DQ</b>		-	- (0.0%)
DQ	<b>SZYDŁOWSKI Janusz</b>	<b>212</b>		M45-49			TAK	00:17:36 DQ	<b>00:37:12.10</b> <b>DQ</b>		-	- (0.0%)
DQ	<b>GARBACZEWSKI Mariusz</b>	<b>48</b>	SANTANDER CONSUMER BANK S.A.	M30-39			TAK	00:19:05 DQ	<b>00:38:36.70</b> <b>DQ</b>		-	- (0.0%)
DQ	<b>IWANICKI Zdzisław</b>	<b>68</b>		M70+			TAK	00:21:52 DQ	<b>00:46:10.45</b> <b>DQ</b>		-	- (0.0%)
DQ	<b>JANCELEWICZ Maria</b>	<b>268</b>		K65-69			TAK	00:22:35 DQ	<b>DQ</b>		-	- (0.0%)
DQ	<b>STILLER Karol</b>	<b>157</b>	KING&QUEEN	M30-39			TAK	DQ	<b>DQ</b>		-	- (0.0%)
DQ	<b>HOWLEY Aleksander</b>	<b>66</b>		M-Dzieci			TAK	DQ	<b>DQ</b>		-	- (0.0%)

Znaleziono 254 wynik(ów)