



POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFNW
Data: 2016-07-02
Miejsce: Polanica Zdrój
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KARASIŃSKI Maciej	288	KS METRACO POLKOWICE	M40-49	1			00:31:52	00:15:00	00:31:06	00:47:46	01:04:44.90	01:36:37.75		6:28	9.3 (100%)
2	MICHAŁSKI Andrzej	464	FACE NORDIC WALKING TEAM	M50-59	1			00:32:29	00:16:03	00:32:29	00:48:58	01:05:33.40	01:38:02.95	+00:00:48 (1.2%)	6:33	9.2 (98.9%)
3	SIWAK Piotr	345	KS METRACO POLKOWICE	M50-59	2			00:32:29	00:16:02	00:32:30	00:49:08	01:05:49.20	01:38:18.35	+00:01:04 (1.6%)	6:34	9.1 (97.8%)
4	BIŁEK Artur	255	UNIA MIAST	M30-39	1			00:31:25	00:15:31	00:31:55	00:48:41	01:05:52.35	01:37:17.45	+00:01:07 (1.7%)	6:35	9.1 (97.8%)
5	PEŁCZYŃSKI Konrad	327	KS METRACO POLKOWICE	M30-39	2			00:31:25	00:15:34	00:32:41	00:49:48	01:06:18.35	01:37:44.10	+00:01:33 (2.3%)	6:37	9 (96.8%)
6	WOJTASIŃSKI Daniel	379	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:31:24	00:15:34	00:32:09	00:49:19	01:06:30.50	01:37:55.45	+00:01:45 (2.6%)	6:39	9 (96.8%)
7	PUSZKIEL Leszek	336	GREEN TEAM ZIELONA GÓRA	M50-59	3			00:32:25	00:15:50	00:32:35	00:49:43	01:06:59.30	01:39:24.55	+00:02:14 (3.3%)	6:41	9 (96.8%)
8	CYRUS Bogdan	391	SILESIA NORDIC TEAM	M40-49	2			00:31:53	00:15:08	00:31:57	00:49:19	01:07:10.45	01:39:03.75	+00:02:25 (3.6%)	6:43	8.9 (95.7%)
9	PUSZKIEL Adrian	335	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:31:04	00:15:53	00:33:11	00:50:22	01:07:21.70	01:38:25.75	+00:02:36 (3.9%)	6:44	8.9 (95.7%)
10	NIEDBAŁ Adam	390	SILESIA NORDIC TEAM	M40-49	3			00:31:55	00:16:44	00:33:56	00:50:54	01:07:53.70	01:39:49.05	+00:03:08 (4.6%)	6:47	8.8 (94.6%)
11	GRZEGORCZYK Marcin Joachim	276	FACE NORDIC WALKING TEAM	M18-29	2			00:31:04	00:17:04	00:34:32	00:51:38	01:08:11.65	01:39:16.00	+00:03:26 (5.1%)	6:49	8.8 (94.6%)
12	PIOTROWSKI Michał	329	FACE NORDIC WALKING TEAM	M30-39	4			00:31:24	00:15:38	00:32:51	00:50:19	01:08:19.45	01:39:44.40	+00:03:34 (5.2%)	6:50	8.8 (94.6%)
13	KUŚMIEREK Patryk	302	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:31:04	00:16:23	00:34:05	00:51:40	01:08:29.25	01:39:33.55	+00:03:44 (5.5%)	6:50	8.8 (94.6%)
14	SIEROŃ Jacek	344	TSA SANDOMIERZ	M50-59	4			00:32:28	00:16:01	00:32:48	00:50:36	01:08:49.00	01:41:17.55	+00:04:04 (5.9%)	6:52	8.7 (93.5%)
15	RECZULSKI Mariusz	338	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:32:29	00:16:07	00:33:24	00:51:27	01:09:25.85	01:41:55.00	+00:04:40 (6.7%)	6:56	8.6 (92.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
16	KUŚMIEREK Jan	301	BŁĘKITNI NW DZIEMIANY	M40-49	4			00:31:53	00:16:45	00:34:13	00:52:10	01:09:57.45	01:41:50.85	+00:05:12 (7.4%)	6:59	8.6 (92.5%)
17	LIPKO Adrianna	308	PENDOLINO	K18-29	1			00:33:49	00:17:04	00:35:02	00:53:00	01:10:49.45	01:44:39.40	+00:06:04 (8.6%)	7:05	8.5 (91.4%)
18	STOPA Joanna	355	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:33:50	00:17:17	00:35:22	00:53:37	01:11:25.75	01:45:16.05	+00:06:40 (9.4%)	7:08	8.4 (90.3%)
19	SPYCHAŁA Marzena	351	WESOŁY BORSUK TEAM	K40-49	1			00:34:47	00:17:24	00:35:26	00:53:25	01:11:35.45	01:46:23.40	+00:06:50 (9.6%)	7:09	8.4 (90.3%)
20	DMOWSKA Aneta	398	UNIA MIAST	K40-49	2			00:34:48	00:17:13	00:35:16	00:53:36	01:11:55.25	01:46:44.10	+00:07:10 (10.0%)	7:11	8.3 (89.2%)
21	KULIG Henryk	300	K S ELBLĄSKIE WŁÓCZY-KIJE	M60-69	1			00:32:52	00:17:17	00:35:14	00:53:31	01:11:56.25	01:44:48.35	+00:07:11 (10.0%)	7:11	8.3 (89.2%)
22	MATECKI Ryszard	318	KS METRACO POLKOWICE	M60-69	2			00:32:55	00:17:17	00:35:22	00:53:51	01:12:03.10	01:44:58.35	+00:07:18 (10.1%)	7:12	8.3 (89.2%)
23	BORKOWSKI Jerzy	396		M60-69	3			00:32:52	00:17:53	00:36:01	00:54:22	01:12:05.00	01:44:57.70	+00:07:20 (10.2%)	7:12	8.3 (89.2%)
24	JĘDRASIAK Renata	281	KS METRACO POLKOWICE	K50-59	1			00:36:17	00:17:27	00:35:29	00:53:46	01:12:24.70	01:48:42.55	+00:07:39 (10.6%)	7:14	8.3 (89.2%)
25	SMUL Andrzej	348	GREEN TEAM ZIELONA GÓRA	M60-69	4			00:32:53	00:17:11	00:35:16	00:53:44	01:12:43.55	01:45:37.05	+00:07:58 (11.0%)	7:16	8.2 (88.2%)
26	SZWICHTENBERG Wioleta	362	FACE NORDIC WALKING TEAM	K18-29	3			00:33:50	00:17:01	00:35:01	00:53:38	01:12:46.60	01:46:37.45	+00:08:01 (11.0%)	7:16	8.2 (88.2%)
27	SOBKOWSKI Janusz	392	SILESIA NORDIC TEAM	M60-69	5			00:32:52	00:17:21	00:35:35	00:54:14	01:12:56.40	01:45:49.15	+00:08:11 (11.2%)	7:17	8.2 (88.2%)
28	PSUT Robert	334	EPOKA NORDICA ŁÓDŹ	M18-29	4			00:31:03	00:17:17	00:35:35	00:54:25	01:13:34.70	01:44:38.05	+00:08:49 (12.0%)	7:21	8.2 (88.2%)
29	SZCZEPAŃSKI Rafał	358	OPEL ACTIVE TEAM	M40-49	5			00:31:54	00:18:14	00:36:56	00:55:36	01:14:13.00	01:46:07.00	+00:09:28 (12.8%)	7:25	8.1 (87.1%)
30	ŚLUSARCZYK Marcin	364	WESOŁY BORSUK TEAM	M30-39	5			00:31:27	00:17:38	00:36:36	00:55:36	01:14:22.25	01:45:49.40	+00:09:37 (12.9%)	7:26	8.1 (87.1%)
31	ŁUKASZEWICZ Joanna	311	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:34:48	00:17:48	00:36:43	00:55:55	01:14:36.20	01:49:24.45	+00:09:51 (13.2%)	7:27	8 (86.0%)
32	SKRYCKA Katarzyna	346	KS METRACO POLKOWICE	K30-39	1			00:34:12	00:18:06	00:36:56	00:56:13	01:14:57.80	01:49:10.40	+00:10:12 (13.6%)	7:29	8 (86.0%)
33	KOSICKI Dariusz	291	DINOZAUUR	M50-59	6			00:32:27	00:18:45	00:37:51	00:56:27	01:15:00.90	01:47:28.00	+00:10:16 (13.7%)	7:30	8 (86.0%)
34	SOKOŁOWSKI Krzysztof	395	SANTANDER CONSUMER BANK	M40-49	6			00:31:55	00:18:31	00:37:25	00:56:30	01:15:38.55	01:47:34.30	+00:10:53 (14.4%)	7:33	7.9 (84.9%)
35	JONDERKO Grzegorz	282	WŁÓCZYKIJE SKOCZÓW	M40-49	7			00:31:54	00:17:56	00:36:16	00:55:43	01:15:39.65	01:47:34.05	+00:10:54 (14.4%)	7:34	7.9 (84.9%)
36	BADECKI Ryszard	252	NIEZRZESZONY	M50-59	7			00:32:25	00:17:33	00:36:35	00:56:04	01:15:39.70	01:48:05.00	+00:10:54 (14.4%)	7:34	7.9 (84.9%)
37	WALORYSZAK Andrzej	373	MORSY RADZYMIN	M60-69	6			00:32:53	00:17:52	00:36:46	00:56:11	01:15:47.30	01:48:40.90	+00:11:02 (14.6%)	7:34	7.9 (84.9%)
38	BOCZAR Beata	256	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:36:17	00:17:41	00:36:36	00:56:04	01:15:47.50	01:52:05.15	+00:11:02 (14.6%)	7:34	7.9 (84.9%)
39	KOLARSKA Agnieszka	290	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:34:12	00:18:28	00:37:37	00:56:45	01:15:52.10	01:50:04.45	+00:11:07 (14.7%)	7:35	7.9 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
40	ROGOS Henryk	339	ŚCINAWSKA GRUPA NORDIC WALKING	M70+	1			00:33:18	00:18:39	00:37:32	00:56:53	01:16:15.00	01:49:33.75	+00:11:30 (15.1%)	7:37	7.9 (84.9%)
41	SZULC Alicja	361	NW WERWA MŁAWA	K30-39	3			00:34:13	00:18:12	00:36:55	00:56:41	01:16:15.55	01:50:28.80	+00:11:30 (15.1%)	7:37	7.9 (84.9%)
42	WIEŃSKO Ryszard	376		M60-69	7			00:32:54	00:18:57	00:38:07	00:57:21	01:16:29.50	01:49:23.75	+00:11:44 (15.4%)	7:38	7.8 (83.9%)
43	PASIŃSKA-SKOWRON Sylwia	325	SILESIA NORDIC TEAM	K30-39	4			00:34:11	00:18:06	00:37:19	00:56:54	01:16:39.85	01:50:50.95	+00:11:54 (15.5%)	7:39	7.8 (83.9%)
44	TKOCZ Adam	369	FABRIKANORDIKA	M50-59	8			00:32:26	00:18:51	00:38:31	00:57:43	01:16:43.50	01:49:09.60	+00:11:58 (15.6%)	7:40	7.8 (83.9%)
45	BUSZYDŁO Adam	259	SANTANDER CONSUMER BANK	M40-49	8			00:31:53	00:19:26	00:38:41	00:57:47	01:16:47.15	01:48:40.90	+00:12:02 (15.7%)	7:40	7.8 (83.9%)
46	JÓZEFIAN Dariusz	399	SANTANDER CONSUMER BANK	M40-49	9			00:31:54	00:18:25	00:37:25	00:56:46	01:16:47.35	01:48:42.00	+00:12:02 (15.7%)	7:40	7.8 (83.9%)
47	MIERNICKI Mariusz	319		M50-59	9			00:32:27	00:18:15	00:37:30	00:57:23	01:17:03.35	01:49:31.10	+00:12:18 (16.0%)	7:42	7.8 (83.9%)
48	DUSIEL Ewa	269	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:34:48	00:18:30	00:37:36	00:57:15	01:17:05.00	01:51:53.55	+00:12:20 (16.0%)	7:42	7.8 (83.9%)
49	KOZŁOWSKA Sabina	293	DĄBROWA NORDIC TEAM	K30-39	5			00:34:12	00:18:09	00:37:27	00:57:34	01:17:34.95	01:51:47.45	+00:12:50 (16.5%)	7:45	7.7 (82.8%)
50	KRZANOWSKI Grzegorz	296	FACE NORDIC WALKING TEAM	M30-39	6			00:31:25	00:17:51	00:36:53	00:56:55	01:17:40.35	01:49:06.25	+00:12:55 (16.6%)	7:46	7.7 (82.8%)
51	SPERCZYŃSKI Andrzej	350	FABRIKANORDIKA	M40-49	10			00:31:54	00:19:02	00:38:49	00:58:15	01:18:07.00	01:50:01.75	+00:13:22 (17.1%)	7:48	7.7 (82.8%)
52	JANKOWSKA Katarzyna	279	GREEN TEAM ZIELONA GÓRA	K18-29	4			00:33:50	00:18:38	00:38:14	00:58:14	01:18:13.95	01:52:04.75	+00:13:29 (17.2%)	7:49	7.7 (82.8%)
53	ŚLUSARCZYK Andrzej	366	WESOŁY BORSUK TEAM	M60-69	8			00:32:54	00:18:23	00:37:59	00:58:16	01:18:32.95	01:51:27.90	+00:13:48 (17.6%)	7:51	7.6 (81.7%)
54	POZNAŃSKI Wiesław	331	AMATOR	M50-59	10			00:32:26	00:19:00	00:38:34	00:58:19	01:18:33.95	01:51:00.25	+00:13:49 (17.6%)	7:51	7.6 (81.7%)
55	ŚLUSARCZYK Grzegorz	365	WESOŁY BORSUK TEAM	M40-49	11			00:31:54	00:18:47	00:38:34	00:58:43	01:18:56.90	01:50:50.95	+00:14:12 (18.0%)	7:53	7.6 (81.7%)
56	PEŁCZYŃSKA Anna	326	KS METRACO POLKOWICE	K30-39	6			00:34:49	00:18:28	00:38:10	00:58:31	01:19:19.45	01:54:08.95	+00:14:34 (18.4%)	7:55	7.6 (81.7%)
57	KOWALCZYK Edyta	292	KS METRACO POLKOWICE	K40-49	5			00:34:51	00:19:08	00:39:03	00:59:49	01:19:52.70	01:54:43.85	+00:15:07 (18.9%)	7:59	7.5 (80.6%)
58	GRONALEWSKI Krzysztof	274	BŁĘKITNI NW DZIEMIANY	M30-39	7			00:31:26	00:19:28	00:39:20	00:59:29	01:20:03.75	01:51:30.55	+00:15:18 (19.1%)	8:00	7.5 (80.6%)
59	ROSZMAN Joanna	400	PENDOLINO	K50-59	3			00:36:18	00:18:26	00:38:22	00:58:57	01:20:07.05	01:56:25.05	+00:15:22 (19.2%)	8:00	7.5 (80.6%)
60	MROCZKOWSKI Janusz	321	EPOKA NORDICA ŁÓDŹ	M60-69	9			00:32:53	00:19:21	00:39:19	00:59:48	01:20:15.85	01:53:09.35	+00:15:30 (19.3%)	8:01	7.5 (80.6%)
61	JARZYŃSKA Małgorzata	280	HIFI ARTE	K50-59	4			00:36:18	00:19:23	00:39:21	00:59:48	01:20:31.00	01:56:49.55	+00:15:46 (19.6%)	8:03	7.5 (80.6%)
62	ROSOŁEK Elżbieta	340	GREEN TEAM ZIELONA GÓRA	K50-59	5			00:36:20	00:20:28	00:40:56	01:01:10	01:21:03.00	01:57:23.65	+00:16:18 (20.1%)	8:06	7.4 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
63	SZCZEPAŃSKA Anna	357	FABRIKANORDIKA	K30-39	7			00:34:11	00:19:24	00:39:50	01:00:42	01:21:21.40	01:55:32.55	+00:16:36 (20.4%)	8:08	7.4 (79.6%)
64	WAŁECKA Krystyna	374	FACE NORDIC WALKING TEAM	K60-69	1			00:36:45	00:19:35	00:39:47	01:00:26	01:21:22.40	01:58:08.35	+00:16:37 (20.4%)	8:08	7.4 (79.6%)
65	KALINOWSKA Jolanta	285	WESOŁY BORSUK TEAM	K40-49	6			00:35:43	00:20:30	00:40:47	01:01:15	01:21:25.40	01:57:09.35	+00:16:40 (20.5%)	8:08	7.4 (79.6%)
66	PIKSA Kazimierz	328	NORDIC WALKING KRUSZYNA	M60-69	10			00:32:54	00:19:50	00:40:37	01:01:07	01:21:34.50	01:54:29.45	+00:16:49 (20.6%)	8:09	7.4 (79.6%)
67	DOBROWOLSKA-ŚWIĄTEK Elżbieta	265		K50-59	6			00:36:19	00:19:34	00:39:45	01:00:36	01:21:53.75	01:58:13.30	+00:17:08 (20.9%)	8:11	7.3 (78.5%)
68	DOBROWOLSKA Anna	264		K50-59	7			00:36:19	00:19:20	00:39:52	01:00:45	01:21:55.25	01:58:14.95	+00:17:10 (21.0%)	8:11	7.3 (78.5%)
69	CZYCZ Kazimierz	263	GREEN TEAM ZIELONA GÓRA	M60-69	11			00:32:54	00:18:39	00:38:22	00:58:57	01:21:55.90	01:54:50.15	+00:17:11 (21.0%)	8:11	7.3 (78.5%)
70	ŁABUS Izabela	310	FABRIKANORDIKA	K18-29	5			00:33:50	00:18:39	00:39:36	01:00:43	01:22:13.20	01:56:04.15	+00:17:28 (21.2%)	8:13	7.3 (78.5%)
71	SOBAŃSKA Grażyna	349		K60-69	2			00:36:46	00:19:31	00:39:45	01:01:05	01:22:17.15	01:59:03.85	+00:17:32 (21.3%)	8:13	7.3 (78.5%)
72	LENARTOWICZ Barbara	305	FOREVER YOUNG ŁÓDŹ	K40-49	7			00:35:41	00:20:57	00:42:21	01:02:33	01:22:23.20	01:58:04.95	+00:17:38 (21.4%)	8:14	7.3 (78.5%)
73	NETKOWSKI Wojciech	322	PASJA NORDIC WALKING	M50-59	11			00:32:26	00:19:04	00:39:49	01:01:23	01:22:45.35	01:55:11.75	+00:18:00 (21.8%)	8:16	7.3 (78.5%)
74	JURCZYŃSKA Bożena	284	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	8			00:36:21	00:19:25	00:39:50	01:01:27	01:22:47.70	01:59:08.75	+00:18:02 (21.8%)	8:16	7.2 (77.4%)
75	BOROWSKI Marcin	257	FACE NORDIC WALKING TEAM	M30-39	8			00:31:25	00:20:29	00:41:27	01:02:14	01:23:01.60	01:54:27.50	+00:18:16 (22.0%)	8:18	7.2 (77.4%)
76	SZEWczyk Marek	360	FACE NORDIC WALKING TEAM	M50-59	12			00:32:28	00:19:32	00:40:23	01:01:47	01:23:14.25	01:55:42.50	+00:18:29 (22.2%)	8:19	7.2 (77.4%)
77	ŚCIBISZ Bogdan	363	DĄBROWA NORDIC TEAM	M70+	2			00:33:20	00:19:19	00:39:50	01:01:09	01:23:33.30	01:56:53.70	+00:18:48 (22.5%)	8:21	7.2 (77.4%)
78	DUDEK Tomasz	268	SANTANDER CONSUMER BANK	M30-39	9			00:31:27	00:19:39	00:40:35	01:01:46	01:23:43.55	01:55:10.65	+00:18:58 (22.7%)	8:22	7.2 (77.4%)
79	SUCHOWIECKA Marta	356	GREEN TEAM ZIELONA GÓRA	K40-49	8			00:35:42	00:20:03	00:41:11	01:02:46	01:23:46.15	01:59:28.65	+00:19:01 (22.7%)	8:22	7.2 (77.4%)
80	WORONKO-ZACZYŃSKA Janina	380	KS METRACO POLKOWICE	K70+	1			00:37:00	00:19:45	00:40:22	01:01:50	01:23:48.85	02:00:49.65	+00:19:03 (22.7%)	8:22	7.2 (77.4%)
81	DZIEMIŃSKA Magdalena	271	BŁĘKITNI NW DZIEMIANY	K30-39	8			00:34:11	00:20:05	00:40:57	01:02:34	01:24:08.90	01:58:20.55	+00:19:24 (23.1%)	8:24	7.1 (76.3%)
82	RACZYŃSKA Aleksandra	337	UNIA MIAST	K70+	2			00:37:00	00:20:01	00:41:25	01:02:46	01:24:15.90	02:01:16.65	+00:19:31 (23.2%)	8:25	7.1 (76.3%)
83	SITKO Małgorzata	393	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	9			00:34:49	00:19:19	00:40:06	01:02:28	01:24:24.25	01:59:14.05	+00:19:39 (23.3%)	8:26	7.1 (76.3%)
84	WIŚNIEWSKI Roman	378	NIEZRZESZONY	M60-69	12			00:32:54	00:20:02	00:41:09	01:03:05	01:24:31.85	01:57:26.10	+00:19:46 (23.4%)	8:27	7.1 (76.3%)
85	THOMALLA Bogdan	367	SILESIA NORDIC TEAM	M70+	3			00:33:19	00:19:34	00:40:27	01:02:19	01:24:52.75	01:58:12.70	+00:20:07 (23.7%)	8:29	7.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
86	PUZICHOWSKA Małgorzata	463		K50-59	9			00:36:20	00:19:59	00:40:56	01:02:45	01:25:01.55	02:01:21.70	+00:20:16 (23.8%)	8:30	7.1 (76.3%)
87	TRUCHAN-BAJER Bożena	370	FACE NORDIC WALKING TEAM	K50-59	10			00:36:21	00:19:57	00:41:42	01:04:11	01:25:01.65	02:01:22.95	+00:20:16 (23.9%)	8:30	7.1 (76.3%)
88	POSTEK Danuta	330	MARSZ PO ZDROWIE	K50-59	11			00:36:18	00:20:02	00:41:10	01:03:07	01:25:04.05	02:01:22.65	+00:20:19 (23.9%)	8:30	7.1 (76.3%)
89	MOJSIEJCZUK Ryszard	320	VIKING NORDIC TEAM CZĘSTOCHOWA	M70+	4			00:33:19	00:20:22	00:41:42	01:03:23	01:25:12.70	01:58:31.75	+00:20:27 (24.0%)	8:31	7 (75.3%)
90	KAŁUSKI Marek	295	SANTANDER CONSUMER BANK	M50-59	13			00:32:29	00:20:23	00:41:33	01:03:02	01:25:13.80	01:57:43.15	+00:20:28 (24.0%)	8:31	7 (75.3%)
91	KAWKA Marek	289		M60-69	13			00:32:52	00:20:42	00:42:07	01:03:45	01:25:37.15	01:58:29.40	+00:20:52 (24.4%)	8:33	7 (75.3%)
92	MAŃKOWSKA Dorota	316	GREEN TEAM ZIELONA GÓRA	K50-59	12			00:36:22	00:21:14	00:42:39	01:04:20	01:25:44.40	02:02:06.65	+00:20:59 (24.5%)	8:34	7 (75.3%)
93	GERLE-KOTULA Anna	273		K30-39	9			00:34:12	00:21:23	00:43:05	01:04:41	01:25:46.25	01:59:58.75	+00:21:01 (24.5%)	8:34	7 (75.3%)
94	WRÓŃSKA Wiesława	382	BŁĘKITNI NW DZIEMIANY	K40-49	10			00:35:41	00:20:19	00:41:19	01:03:43	01:26:31.55	02:02:12.75	+00:21:46 (25.2%)	8:39	6.9 (74.2%)
95	TURZYŃSKA - STOPA Maria	371	BŁĘKITNI NW DZIEMIANY	K60-69	3			00:36:45	00:20:47	00:42:23	01:04:41	01:26:44.20	02:03:29.35	+00:21:59 (25.4%)	8:40	6.9 (74.2%)
96	PRZYBYLSKA Maria	387		K50-59	13			00:36:18	00:19:56	00:41:45	01:04:15	01:26:57.80	02:03:16.40	+00:22:12 (25.5%)	8:41	6.9 (74.2%)
97	WYSOCKA Bernadeta	383	BŁĘKITNI NW DZIEMIANY	K40-49	11			00:34:48	00:20:31	00:42:14	01:04:29	01:26:58.55	02:01:47.40	+00:22:13 (25.6%)	8:41	6.9 (74.2%)
98	STEFAŃSKI Andrzej	354	FACE NORDIC WALKING TEAM	M50-59	14			00:32:25	00:20:26	00:42:16	01:04:40	01:27:20.85	01:59:46.35	+00:22:35 (25.9%)	8:44	6.9 (74.2%)
99	OMARSKA Grażyna	324	PASJA NORDIC WALKING	K50-59	14			00:36:20	00:20:43	00:42:16	01:04:44	01:27:29.25	02:03:49.65	+00:22:44 (26.0%)	8:44	6.9 (74.2%)
100	MACIĄG Andrzej	312	ACTEAM	M50-59	15			00:32:29	00:19:55	00:41:43	01:04:46	01:27:44.50	02:00:14.45	+00:22:59 (26.2%)	8:46	6.8 (73.1%)
101	KOZŁOWSKA Agnieszka	389	FACE NORDIC WALKING TEAM	K40-49	12			00:35:40	00:20:24	00:42:06	01:05:05	01:27:54.10	02:03:35.00	+00:23:09 (26.3%)	8:47	6.8 (73.1%)
102	WASIELA Beata	375	FACE NORDIC WALKING TEAM	K40-49	13			00:35:41	00:20:43	00:42:47	01:05:42	01:29:23.30	02:05:04.85	+00:24:38 (27.6%)	8:56	6.7 (72.0%)
103	RYSZKOWSKA Małgorzata	342	WŁÓCZYKIJE SKOCZÓW	K50-59	15			00:36:18	00:22:21	00:44:43	01:07:34	01:30:44.85	02:07:03.80	+00:25:59 (28.7%)	9:04	6.6 (71.0%)
104	SZEWCZYK Agnieszka	359	FACE NORDIC WALKING TEAM	K40-49	14			00:35:41	00:21:04	00:43:52	01:07:27	01:30:59.10	02:06:40.25	+00:26:14 (28.8%)	9:05	6.6 (71.0%)
105	JANCZEWSKI Robert	277	NORDIC WALKING KIEKRZ	M50-59	16			00:32:27	00:21:43	00:44:19	01:07:27	01:31:00.05	02:03:27.45	+00:26:15 (28.8%)	9:06	6.6 (71.0%)
106	TOMERA Dorota	386		K40-49	15			00:35:42	00:21:46	00:44:23	01:08:20	01:31:03.05	02:06:45.85	+00:26:18 (28.9%)	9:06	6.6 (71.0%)
107	MAJCHROWSKA Izabela	315	FOREVER YOUNG ŁÓDŹ	K30-39	10			00:34:13	00:22:06	00:45:21	01:08:26	01:31:19.30	02:05:33.00	+00:26:34 (29.1%)	9:08	6.6 (71.0%)
108	DUDEK Izabela	267	SANTANDER CONSUMER BANK	K30-39	11			00:34:50	00:22:02	00:44:39	01:08:20	01:31:33.30	02:06:23.75	+00:26:48 (29.3%)	9:09	6.6 (71.0%)
109	GRUDZIĘŃ Małgorzata	275		K50-59	16			00:36:22	00:21:06	00:44:17	01:08:21	01:31:36.45	02:07:58.85	+00:26:51 (29.3%)	9:09	6.6 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
110	MAĆKOWIAK Krystyna	314	FACE NORDIC WALKING TEAM	K60-69	4			00:36:45	00:21:19	00:44:11	01:07:25	01:32:02.75	02:08:47.85	+00:27:17 (29.7%)	9:12	6.5 (69.9%)
111	SMARUJ-SADOWSKA Janina	347		K60-69	5			00:36:45	00:21:42	00:44:39	01:08:18	01:32:13.45	02:08:59.40	+00:27:28 (29.8%)	9:13	6.5 (69.9%)
112	KALINOWSKI Andrzej	286	WESOŁY BORSUK TEAM	M50-59	17			00:32:27	00:21:53	00:44:31	01:08:04	01:32:15.30	02:04:42.95	+00:27:30 (29.8%)	9:13	6.5 (69.9%)
113	MŁYŃSKA Elżbieta	287		K40-49	16			00:35:43	00:22:42	00:45:59	01:09:28	01:32:56.75	02:08:40.35	+00:28:11 (30.3%)	9:17	6.5 (69.9%)
114	LINKA Renata	306		K40-49	17			00:35:43	00:21:23	00:44:10	01:08:07	01:33:00.40	02:08:43.50	+00:28:15 (30.4%)	9:18	6.5 (69.9%)
115	BARTNIK Anna	254	SANTANDER CONSUMER BANK	K40-49	18			00:35:44	00:22:34	00:46:17	01:10:20	01:33:42.45	02:09:26.65	+00:28:57 (30.9%)	9:22	6.4 (68.8%)
116	JASTRZĘBSKA Violetta	414	3+1	K50-59	17			00:36:21	00:22:06	00:44:59	01:09:00	01:34:02.20	02:10:23.55	+00:29:17 (31.1%)	9:24	6.4 (68.8%)
117	LEHMANN Teresa	304	BŁĘKITNI NW DZIEMIANY	K50-59	18			00:36:18	00:21:49	00:45:41	01:10:37	01:34:22.25	02:10:40.35	+00:29:37 (31.4%)	9:26	6.4 (68.8%)
118	TKOCZ Alicja	368	FABRIKANORDIKA	K50-59	19			00:36:21	00:22:43	00:46:27	01:10:50	01:34:38.40	02:11:00.35	+00:29:53 (31.6%)	9:27	6.3 (67.7%)
119	UZORKO Anna	372		K40-49	19			00:35:43	00:21:54	00:45:20	01:09:37	01:34:40.10	02:10:23.40	+00:29:55 (31.6%)	9:28	6.3 (67.7%)
120	DYLEWSKA Barbara	270	DĄBROWA NORDIC TEAM	K60-69	6			00:36:46	00:22:55	00:46:38	01:10:27	01:34:43.90	02:11:30.60	+00:29:59 (31.7%)	9:28	6.3 (67.7%)
121	KRYSIAK Małgorzata	394	SANTANDER CONSUMER BANK	K40-49	20			00:34:51	00:22:48	00:46:33	01:10:52	01:35:20.35	02:10:12.05	+00:30:35 (32.1%)	9:32	6.3 (67.7%)
122	RUBACHA Marek	341	EPOKA NORDICA ŁÓDŹ	M60-69	14			00:32:51	00:22:38	00:46:13	01:10:43	01:35:28.55	02:08:20.35	+00:30:43 (32.2%)	9:32	6.3 (67.7%)
123	BUSZYDŁO Ewa	260	SANTANDER CONSUMER BANK	K40-49	21			00:34:51	00:23:06	00:46:58	01:10:54	01:35:34.90	02:10:26.20	+00:30:50 (32.3%)	9:33	6.3 (67.7%)
124	CHRAPEK Urszula	262	KS RUDZICA	K18-29	6			00:33:50	00:21:59	00:46:02	01:11:06	01:36:07.15	02:09:57.30	+00:31:22 (32.6%)	9:36	6.2 (66.7%)
125	KRZYŚCIN Rafał	298	SANTANDER CONSUMER BANK	M40-49	12			00:31:55	00:23:04	00:46:51	01:11:03	01:36:12.50	02:08:08.35	+00:31:27 (32.7%)	9:37	6.2 (66.7%)
126	JÓŹWIAK Dominik	283	WTW.WŁOCŁAWEK	M18-29	5			00:31:03	00:23:19	00:47:32	01:12:07	01:36:14.85	02:07:18.45	+00:31:29 (32.7%)	9:37	6.2 (66.7%)
127	LIPIŃSKA Urszula	307	FACE NORDIC WALKING TEAM	K40-49	22			00:35:41	00:23:10	00:47:31	01:12:33	01:37:11.20	02:12:52.85	+00:32:26 (33.4%)	9:43	6.2 (66.7%)
128	MARCINKOWSKA Renata	317	FACE NORDIC WALKING TEAM	K60-69	7			00:36:46	00:22:00	00:45:54	01:11:27	01:38:18.45	02:15:04.45	+00:33:33 (34.1%)	9:49	6.1 (65.6%)
129	KWAPISZ Justyna	303	SANTANDER CONSUMER BANK	K18-29	7			00:34:15	00:24:48	00:50:12	01:14:55	01:38:42.20	02:12:58.05	+00:33:57 (34.4%)	9:52	6.1 (65.6%)
130	PRZYWITOWSKA Daniela	333		K60-69	8			00:36:47	00:23:10	00:48:16	01:13:45	01:39:31.00	02:16:18.35	+00:34:46 (34.9%)	9:57	6 (64.5%)
131	GABIS Ela	272		K50-59	20			00:36:19	00:22:09	00:46:56	01:13:32	01:39:51.75	02:16:11.30	+00:35:06 (35.2%)	9:59	6 (64.5%)
132	BRANDT-KWARCIAK Sylwia	258	SANTANDER CONSUMER BANK	K30-39	12			00:34:50	00:23:54	00:49:48	01:15:27	01:40:55.70	02:15:46.15	+00:36:10 (35.8%)	10:05	5.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
133	PÓŁTORZYCKA Aneta	332	SANTANDER CONSUMER BANK	K40-49	23			00:34:49	00:23:55	00:49:49	01:15:27	01:40:56.40	02:15:46.30	+00:36:11 (35.9%)	10:05	5.9 (63.4%)
134	KRZYŚCIN Mirosława	297	SANTANDER CONSUMER BANK	K40-49	24			00:35:42	00:23:25	00:47:21	01:13:15	01:42:42.95	02:18:25.30	+00:37:58 (37.0%)	10:16	5.8 (62.4%)
135	NAWROCKA Danuta	388	DĄBROWA NORDIC TEAM	K70+	3			00:37:01	00:29:09	01:02:50	01:34:59	02:07:45.30	02:44:46.40	+01:03:00 (49.3%)	12:46	4.7 (50.5%)
136	STARZYŃSKA Ewa	352	KS METRACO POLKOWICE	K60-69	9			01:46:28	00:17:36	00:35:43				+00:04:37	7:08	8.4 (90.3%)
137	KRYSIAK Agnieszka	397	SANTANDER CONSUMER BANK					00:34:52	00:22:48					+00:07:48	9:07	6.6 (71.0%)
DQ	STAWNIAK Karol	353	KS METRACO POLKOWICE	M60-69			1	DQ	00:17:12 DQ	00:43:09 DQ	DQ	DQ	DQ	-	-	- (0.0%)
DQ	ŻUCHOWICZ Elzbieta	385	DĄBROWA NORDIC TEAM	K50-59			1	DQ	01:03:35 DQ	01:35:43 DQ	DQ	DQ	DQ	-	-	- (0.0%)
DQ	OLSZOWSKA Janina	323	WŁÓCZYKJE SKOCZÓW	K60-69			1	DQ	00:21:54 DQ	DQ	DQ	DQ	DQ	-	-	- (0.0%)
DQ	BALCERAK-KOLASA Joanna	253	EPOKA NORDICA ŁÓDŹ	K40-49			1	DQ	DQ	DQ	DQ	DQ	DQ	-	-	- (0.0%)
DQ	MACKIEWICZ Marcin	313	NW CIECHANÓW	M18-29			1	DQ	DQ	DQ	DQ	DQ	DQ	-	-	- (0.0%)
DQ	BYTNIEWSKI Mieczysław	261	BIAŁA BIEGA	M70+			1	DQ	DQ	DQ	DQ	DQ	DQ	-	-	- (0.0%)

Znaleziono 143 wynik(ów)