

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Polanica Zdrój
Data: 2019-07-06
Miejsce: Polanica Zdrój
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	TOPOLNICKI Konrad	175	CKZIU NYSA MECHANIK	M18-29	1			00:15:51	00:31:43.05		6:20	9.5 (100%)
2	BIŃCZYK Dariusz	12	KABEX PODKOWA JANÓW	M30-39	1			00:15:41	00:31:43.65	+00:00:00 (0.0%)	6:20	9.5 (100%)
3	RAJEWSKI Sebastian	147	KS IDMAR RACING TEAM	M45-49	1			00:15:39	00:31:50.10	+00:00:07 (0.4%)	6:22	9.4 (98.9%)
4	DĘBSKI Bartłomiej	30	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:15:57	00:32:21.20	+00:00:38 (2.0%)	6:28	9.3 (97.9%)
5	WOROCH Roman	191	KS METRACO POLKOWICE	M60-64	1			00:16:16	00:32:47.25	+00:01:04 (3.3%)	6:33	9.2 (96.8%)
6	BRZozowski Piotr	397	AKTYWNI POSTOMINO	M30-39	2			00:16:05	00:32:49.75	+00:01:06 (3.4%)	6:34	9.1 (95.8%)
7	PODGÓRSKI Szymon	138	CKZIU NYSA MECHANIK	M-Jun.	1			00:16:42	00:33:13.15	+00:01:30 (4.5%)	6:38	9 (94.7%)
8	ROŻYNEK Miron	149	KS METRACO POLKOWICE	M55-59	1			00:16:20	00:33:14.85	+00:01:31 (4.6%)	6:39	9 (94.7%)
9	OLSZAŃSKI Karol	126	FEAR THE RETURN	M40-44	2			00:16:13	00:33:19.70	+00:01:36 (4.8%)	6:39	9 (94.7%)
10	WITUCKI Jacek	190		M45-49	2			00:16:07	00:33:23.50	+00:01:40 (5.0%)	6:40	9 (94.7%)
11	SPYCHAŁA Lesław	155	CKZIU NYSA MECHANIK	M50-54	1			00:16:33	00:34:04.35	+00:02:21 (6.9%)	6:49	8.8 (92.6%)
12	KUBIAK Przemysław	96	KS IDMAR RACING TEAM	M45-49	3			00:16:42	00:34:07.80	+00:02:24 (7.1%)	6:49	8.8 (92.6%)
13	BARYLUK Benjamin	6	MOSIR TKKF SATURN CZELADŹ	M-Jun.	2	1		00:16:47	00:34:27.50	+00:02:44 (8.0%)	6:53	8.7 (91.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
14	FRAĆKOWIAK Roman	40	KS METRACO POLKOWICE	M50-54	2			00:17:04	00:34:30.70	+00:02:47 (8.1%)	6:54	8.7 (91.6%)
15	BREWKA Joachim	16	UNIA MIAST	M55-59	2			00:17:02	00:34:32.60	+00:02:49 (8.2%)	6:54	8.7 (91.6%)
16	FRAĆKOWIAK Mateusz	41	KS METRACO POLKOWICE	M-Jun.	3			00:16:44	00:34:51.55	+00:03:08 (9.0%)	6:58	8.6 (90.5%)
17	WIŚNIEWSKI Sławomir	188	FLUGGER TEAM	M45-49	4			00:17:23	00:34:56.90	+00:03:13 (9.2%)	6:59	8.6 (90.5%)
18	KRYŚ Artur	92	KS METRACO POLKOWICE	M50-54	3			00:17:06	00:35:08.00	+00:03:24 (9.7%)	7:01	8.5 (89.5%)
19	DUSZEŃKO Zygmunt	34	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:17:23	00:35:10.90	+00:03:27 (9.8%)	7:02	8.5 (89.5%)
20	HOLWEK Jarosław	208	ZDROWOPIJ.PLN	M55-59	3			00:17:00	00:35:11.85	+00:03:28 (9.9%)	7:02	8.5 (89.5%)
21	ZIELIŃSKI Szczepan	203	SERCE NORDICA WŁOCŁAWEK	M45-49	5			00:17:22	00:35:13.85	+00:03:30 (10.0%)	7:02	8.5 (89.5%)
22	MIKSIK Jiri	210	MOSKYT NORDIC WALKING	M18-29	2			00:17:21	00:35:26.90	+00:03:43 (10.5%)	7:05	8.5 (89.5%)
23	KUŚMIEREK Mateusz	102	BŁĘKITNI NW DZIEMIANY	M-Jun.	4	1		00:17:44	00:35:33.00	+00:03:49 (10.8%)	7:06	8.4 (88.4%)
24	DALECKI Przemysław	26	GDYNIA SPORT TEAM	M45-49	6			00:17:49	00:35:41.45	+00:03:58 (11.1%)	7:08	8.4 (88.4%)
25	KOWALCZYK Tadeusz	85	LUX TORPEDA MAŁOPOLSKA	M65-69	1			00:17:36	00:35:48.85	+00:04:05 (11.4%)	7:09	8.4 (88.4%)
26	POLISZCZUK Piotr	140	PIERNIKI NA CHODZIE	M-Niepełnosprawni(A)	2			00:17:35	00:35:54.95	+00:04:11 (11.7%)	7:10	8.4 (88.4%)
27	PIOTROWSKI Marek	399	GOGGLE PAE TEAM	M55-59	4			00:17:45	00:35:55.40	+00:04:12 (11.7%)	7:11	8.4 (88.4%)
28	GARBACZEWSKI Jakub	43	SANTANDER CONSUMER BANK	M-Jun.	5			00:17:24	00:35:55.45	+00:04:12 (11.7%)	7:11	8.3 (87.4%)
29	MAŚLANKA Iwona	112	MARSZ PO ZDROWIE	K45-49	1			00:17:41	00:35:56.05	+00:04:13 (11.7%)	7:11	8.3 (87.4%)
30	GĄGÓŁ Krzysztof	45		M40-44	3			00:17:50	00:35:57.05	+00:04:14 (11.8%)	7:11	8.3 (87.4%)
31	KROMSKI Paweł	91	NORDIC WALKING KIEKRZ POLAND	M50-54	4			00:17:38	00:35:58.05	+00:04:15 (11.8%)	7:11	8.3 (87.4%)
32	JÓŹWIAK Marianna	73	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:17:42	00:36:01.65	+00:04:18 (12.0%)	7:12	8.3 (87.4%)
33	MARCINKOWSKA Agnieszka	110	UNIA MIAST	K-Jun.	1			00:17:26	00:36:02.25	+00:04:19 (12.0%)	7:12	8.3 (87.4%)
34	JUREK Szymon	389		M-Jun.	6			00:17:55	00:36:02.60	+00:04:19 (12.0%)	7:12	8.3 (87.4%)
35	MATECKI Ryszard	113	KS METRACO POLKOWICE	M70+	1			00:18:19	00:36:03.05	+00:04:20 (12.0%)	7:12	8.3 (87.4%)
36	OKRZESIK-FRAĆKOWIAK Izabela	125	KS METRACO POLKOWICE	K50-54	1			00:17:48	00:36:05.90	+00:04:22 (12.1%)	7:13	8.3 (87.4%)

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									netto 5km	Różn		
37	BOROŃ Adam	14	MOSIR TKKF SATURN CZELADŹ	M-Jun.	7			00:17:56	00:36:07.95	+00:04:24 (12.2%)	7:13	8.3 (87.4%)
38	STACHOWICZ Marcin	156	BŁĘKITNI NW DZIEMIANY	M30-39	3			00:18:00	00:36:10.90	+00:04:27 (12.3%)	7:14	8.3 (87.4%)
39	GODZIŃSKA Dorota	48	BAŻANT NW ELBLĄG	K30-39	1			00:17:55	00:36:15.15	+00:04:32 (12.5%)	7:15	8.3 (87.4%)
40	UFEL Marcelina	177	MOSIR TKKF SATURN CZELADŹ	K-Jun.	2			00:17:32	00:36:16.20	+00:04:33 (12.6%)	7:15	8.3 (87.4%)
41	ŚLUSARCZYK Marcin	396	WESOŁY BORSUK TEAM	M40-44	4			00:17:43	00:36:23.60	+00:04:40 (12.8%)	7:16	8.2 (86.3%)
42	URBANIAK Waldemar	178		M45-49	7			00:17:48	00:36:34.75	+00:04:51 (13.3%)	7:18	8.2 (86.3%)
43	GRUSZKA Michał	58	UNIA MIAST	M-Jun.	8			00:17:36	00:36:45.45	+00:05:02 (13.7%)	7:21	8.2 (86.3%)
44	GAPIŃSKI Leszek	291	CKZIU NYSA MECHANIK	M60-64	2			00:18:03	00:36:45.70	+00:05:02 (13.7%)	7:21	8.2 (86.3%)
45	OLEKSYK Małgorzata	393	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1			00:18:16	00:36:47.45	+00:05:04 (13.8%)	7:21	8.2 (86.3%)
46	SZYMANOWSKA Anna	170	LĘBORSKIE LWY	K-Niepełnosprawni(A)	1			00:18:02	00:36:49.25	+00:05:06 (13.9%)	7:21	8.1 (85.3%)
47	SZYMANOWSKI Eugeniusz	171	LĘBORSKIE LWY	M60-64	3	1		00:18:16	00:36:58.90	+00:05:15 (14.2%)	7:23	8.1 (85.3%)
48	SZCZUDLIK Małgorzata	166	KIJKOWE TRZEMESZNO	K30-39	2			00:18:13	00:37:02.50	+00:05:19 (14.4%)	7:24	8.1 (85.3%)
49	PARADOWSKI Jakub	375		M-Dzieci	1			00:18:37	00:37:05.75	+00:05:22 (14.5%)	7:25	8.1 (85.3%)
50	PIĄTEK Dariusz	133	POLIPACK TEAM GWE	M-Niepełnosprawni(A)	3			00:18:09	00:37:08.10	+00:05:25 (14.6%)	7:25	8.1 (85.3%)
51	ZIELIŃSKA Iwona	201	SERCE NORDICA WŁOCŁAWEK	K50-54	2			00:18:33	00:37:16.85	+00:05:33 (14.9%)	7:27	8 (84.2%)
52	CUDAK Zbigniew	24	NORDIC TEAM CZĘSTOCHOWA	M50-54	5			00:18:28	00:37:18.45	+00:05:35 (15.0%)	7:27	8 (84.2%)
53	WILD Ewa	186		K45-49	3			00:18:33	00:37:18.85	+00:05:35 (15.0%)	7:27	8 (84.2%)
54	WROŃSKI Włodzimierz	196	PASJA NORDIC WALKING	M65-69	2			00:18:20	00:37:21.30	+00:05:38 (15.1%)	7:28	8 (84.2%)
55	KAMIŃSKA Beata	75	NORDIC TEAM CZĘSTOCHOWA	K50-54	3			00:18:29	00:37:22.85	+00:05:39 (15.2%)	7:28	8 (84.2%)
56	KUBAT Janusz	93	NORDIC TEAM CZĘSTOCHOWA	M45-49	8			00:18:26	00:37:23.65	+00:05:40 (15.2%)	7:28	8 (84.2%)
57	PUSZKARSKA Małgorzata	141	GOSADI NORDIC TEAM	K40-44	1			00:18:17	00:37:24.00	+00:05:40 (15.2%)	7:28	8 (84.2%)
58	ZASOWSKI Jan	199	GDAŃSKIE WODY AKTYWUJĄ	M-Jun.	9			00:18:20	00:37:30.20	+00:05:47 (15.4%)	7:30	8 (84.2%)
59	TOMCZYK Edward	174	MARSZ PO ZDROWIE	M70+	2			00:18:24	00:37:31.10	+00:05:48 (15.5%)	7:30	8 (84.2%)

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									netto 5km	Różn		
60	STAŃCZAK Grażyna	157	FACE NORDIC WALKING TEAM	K65-69	1			00:18:22	00:37:38.80	+00:05:55 (15.7%)	7:31	8 (84.2%)
61	BUGAŁA Alicja	20	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:18:32	00:37:47.45	+00:06:04 (16.1%)	7:33	7.9 (83.2%)
62	CZMOCH Marian	25	PUKS JEDYNKA	M65-69	3			00:18:30	00:37:49.50	+00:06:06 (16.1%)	7:33	7.9 (83.2%)
63	BAJ Stanisław	4	ŚCINAWA	M60-64	4			00:18:47	00:37:53.80	+00:06:10 (16.3%)	7:34	7.9 (83.2%)
64	KUPIBIDA Bogusława	99	SILESIA NORDIC TEAM	K60-64	1			00:18:46	00:37:56.10	+00:06:13 (16.4%)	7:35	7.9 (83.2%)
65	DOBROWOLSKA-ŚWIĄTEK Elżbieta	31		K55-59	2			00:18:44	00:38:06.10	+00:06:23 (16.8%)	7:37	7.9 (83.2%)
66	SZENDZIELORZ Ilona	167	STADION ŚLĄSKI	K60-64	2			00:18:54	00:38:07.30	+00:06:24 (16.8%)	7:37	7.9 (83.2%)
67	WITUCKA Karolina	189		K-Dzieci	1			00:18:53	00:38:11.35	+00:06:28 (16.9%)	7:38	7.9 (83.2%)
68	MALINOWSKA Monika	380	LKS ZANTYR SZTUM	K30-39	3			00:18:37	00:38:13.55	+00:06:30 (17.0%)	7:38	7.8 (82.1%)
69	GRUSZKA Michał	57	UNIA MIAST	M40-44	5			00:18:32	00:38:16.95	+00:06:33 (17.1%)	7:39	7.8 (82.1%)
70	GRYGOROWICZ Bogdan	61	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:19:11	00:38:32.70	+00:06:49 (17.7%)	7:42	7.8 (82.1%)
71	PINIS Agnieszka	136	NORDIC TEAM CZĘSTOCHOWA	K40-44	2			00:18:48	00:38:33.85	+00:06:50 (17.8%)	7:42	7.8 (82.1%)
72	RADZIEJOWSKI Bogusław	145	NORDIC TEAM CZĘSTOCHOWA	M55-59	5			00:19:07	00:38:44.80	+00:07:01 (18.1%)	7:45	7.7 (81.1%)
73	GRYGOROWICZ Teresa	60	KS METRACO POLKOWICE	K65-69	2			00:19:01	00:38:46.75	+00:07:03 (18.2%)	7:45	7.7 (81.1%)
74	KOZIARZ Roman	86	STADION ŚLĄSKI	M60-64	5			00:19:09	00:38:49.45	+00:07:06 (18.3%)	7:46	7.7 (81.1%)
75	WILD Arek	187		M50-54	6			00:19:08	00:38:50.45	+00:07:07 (18.3%)	7:46	7.7 (81.1%)
76	MIŚKOWICZ Anna	117	CKZIU NYSA MECHANIK	K60-64	3	1		00:19:26	00:38:50.90	+00:07:07 (18.4%)	7:46	7.7 (81.1%)
77	GARBACZEWSKI Mariusz	44	SANTANDER CONSUMER BANK	M40-44	6			00:19:22	00:38:52.40	+00:07:09 (18.4%)	7:46	7.7 (81.1%)
78	ŚLUSARCZYK Grzegorz	395	WESOŁY BORSUK TEAM	M45-49	9			00:19:11	00:38:52.65	+00:07:09 (18.4%)	7:46	7.7 (81.1%)
79	SIENKIEWICZ Ewelina	152	AEROGIRLS OLEŚNICA	K30-39	4			00:18:51	00:38:52.85	+00:07:09 (18.4%)	7:46	7.7 (81.1%)
80	STOLTMANN Helena	160	BŁĘKITNI NW DZIEMIANY	K55-59	3			00:18:57	00:38:57.05	+00:07:14 (18.6%)	7:47	7.7 (81.1%)
81	SULECKA Gabriela	164		K-Niepełnosprawni(A)	2			00:19:12	00:39:07.75	+00:07:24 (18.9%)	7:49	7.7 (81.1%)
82	ŻAK Dawid	206	MOSIR TKKF SATURN CZELADŹ	M-Jun.	10			00:19:08	00:39:13.20	+00:07:30 (19.1%)	7:50	7.6 (80.0%)

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									netto 5km	Różn		
83	WAWRZY尼亚K Anna	182	POLIPACK TEAM GWE	K45-49	4			00:19:03	00:39:14.15	+00:07:31 (19.2%)	7:50	7.6 (80.0%)
84	ŚLUSARZ Krystian	339	AZS ŚUM	M18-29	3	1		00:19:16	00:39:16.00	+00:07:32 (19.2%)	7:51	7.6 (80.0%)
85	KUŻMICZ Magdalena	103	POLIPACK TEAM GWE	K30-39	5			00:19:35	00:39:17.65	+00:07:34 (19.3%)	7:51	7.6 (80.0%)
86	TUZIMEK Agata	176	STADION ŚLĄSKI	K30-39	6			00:19:18	00:39:18.40	+00:07:35 (19.3%)	7:51	7.6 (80.0%)
87	GARBACZEWSKA Iwona	42	SANTANDER CONSUMER BANK	K30-39	7			00:19:31	00:39:19.00	+00:07:35 (19.3%)	7:51	7.6 (80.0%)
88	DANA Kazimiera	27	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:19:22	00:39:22.45	+00:07:39 (19.4%)	7:52	7.6 (80.0%)
89	URBANIAK Krystyna	179		K45-49	5			00:20:02	00:39:26.70	+00:07:43 (19.6%)	7:53	7.6 (80.0%)
90	WOROCZ Jolanta	192	KS METRACO POLKOWICE	K50-54	4			00:19:23	00:39:26.90	+00:07:43 (19.6%)	7:53	7.6 (80.0%)
91	SZYCKO Radosław	169		M40-44	7			00:19:25	00:39:27.30	+00:07:44 (19.6%)	7:53	7.6 (80.0%)
92	CHARCZUK Zenon	21	ŻÓŁWIK OPOLE	M60-64	6			00:19:31	00:39:28.55	+00:07:45 (19.7%)	7:53	7.6 (80.0%)
93	BARCZYK Jolanta	5	NORDIC TEAM CZĘSTOCHOWA	K55-59	4			00:19:33	00:39:30.50	+00:07:47 (19.7%)	7:54	7.6 (80.0%)
94	EWERTOWSKA Ewa	37	NORDIC WALKING KIEKRZ POLAND	K50-54	5			00:19:21	00:39:33.70	+00:07:50 (19.8%)	7:54	7.6 (80.0%)
95	BISKUPSKI Tadeusz	379	VM POLANICA-ZDR	M60-64	7			00:19:35	00:39:33.90	+00:07:50 (19.8%)	7:54	7.6 (80.0%)
96	DAROSZEWSKA Krystyna	28	SERCE NORDICA WŁOCŁAWEK	K60-64	4			00:19:52	00:39:36.80	+00:07:53 (19.9%)	7:55	7.6 (80.0%)
97	LACHOWSKA Ewa	105	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	5	1		00:19:15	00:39:39.65	+00:07:56 (20.0%)	7:56	7.6 (80.0%)
98	STAŃCZAK Ryszard	158	FACE NORDIC WALKING TEAM	M70+	3			00:19:22	00:39:40.25	+00:07:57 (20.0%)	7:56	7.6 (80.0%)
99	BUGAŁA Anna	19	NORDIC TEAM CZĘSTOCHOWA	K40-44	3			00:19:35	00:39:41.55	+00:07:58 (20.1%)	7:56	7.6 (80.0%)
100	KOWAL Mariusz	84		M40-44	8			00:19:20	00:39:46.25	+00:08:03 (20.2%)	7:57	7.5 (78.9%)
101	WAWRZY尼亚K Igor	183	POLIPACK TEAM GWE	M-Dzieci	2			00:19:09	00:39:48.55	+00:08:05 (20.3%)	7:57	7.5 (78.9%)
102	NOGA Bolesław	122		M60-64	8			00:19:31	00:39:49.80	+00:08:06 (20.4%)	7:58	7.5 (78.9%)
103	SZYCKO Oliwia	168		K-Dzieci	2	1		00:19:29	00:39:51.05	+00:08:08 (20.4%)	7:58	7.5 (78.9%)
104	JAWORSKA Daria	68	WESOŁY BORSUK TEAM	K-Dzieci	3			00:19:26	00:39:54.70	+00:08:11 (20.5%)	7:58	7.5 (78.9%)
105	JÓŹWIAK Łukasz	72	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(B)	2			00:19:37	00:39:58.30	+00:08:15 (20.7%)	7:59	7.5 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
106	MIKUSINSKA Jola	116	FEAR THE RETURN	K45-49	6			00:19:47	00:40:01.95	+00:08:18 (20.8%)	8:00	7.5 (78.9%)
107	NIETRZEBKA Aleksandra	121	MIĘDZYBORÓW	K18-29	1			00:19:42	00:40:03.30	+00:08:20 (20.8%)	8:00	7.5 (78.9%)
108	GOŁĘBIEWSKI Andrzej	51	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	9			00:19:13	00:40:03.55	+00:08:20 (20.8%)	8:00	7.5 (78.9%)
109	SYPEK Małgorzata	165		K45-49	7			00:19:49	00:40:04.35	+00:08:21 (20.8%)	8:00	7.5 (78.9%)
110	ZAWIERUCHA Irena	200	AEROGIRLS OLEŚNICA	K55-59	5			00:19:41	00:40:12.00	+00:08:28 (21.1%)	8:02	7.5 (78.9%)
111	DĄBROWSKI Andrzej	29	MARSZ PO ZDROWIE	M70+	4			00:19:49	00:40:17.40	+00:08:34 (21.3%)	8:03	7.4 (77.9%)
112	MALINOWSKI Paweł	109		M18-29	4			00:19:54	00:40:26.85	+00:08:43 (21.6%)	8:05	7.4 (77.9%)
113	PUZICHOWSKA Małgorzata	142	NORDIKI	K55-59	6			00:19:56	00:40:27.25	+00:08:44 (21.6%)	8:05	7.4 (77.9%)
114	SKIBIŃSKA Joanna	153		K40-44	4			00:19:33	00:40:28.35	+00:08:45 (21.6%)	8:05	7.4 (77.9%)
115	GÓRECKA Iwona	52	STADION ŚLĄSKI	K50-54	6			00:20:09	00:40:28.55	+00:08:45 (21.6%)	8:05	7.4 (77.9%)
116	KUCZYŃSKA Anna	97	NORDIC WALKING KIEKRZ POLAND	K55-59	7			00:19:51	00:40:29.75	+00:08:46 (21.7%)	8:06	7.4 (77.9%)
117	MAJCHERCZYK Krzysztof	108	MOSIR TKKF SATURN CZELADŹ	M65-69	4			00:19:47	00:40:36.90	+00:08:53 (21.9%)	8:07	7.4 (77.9%)
118	PIĄTKOWSKI Józef	391	KS METRACO POLKOWICE	M70+	5			00:20:16	00:40:48.10	+00:09:05 (22.3%)	8:09	7.4 (77.9%)
119	GÓRSKI Henryk	53	UTW OLEŚNICA	M70+	6			00:20:16	00:40:55.45	+00:09:12 (22.5%)	8:11	7.3 (76.8%)
120	BIKOWSKA Gabriela	11	LĘBORSKIE LWY	K- Niepełnosprawni(A)	3			00:20:12	00:41:14.80	+00:09:31 (23.1%)	8:15	7.3 (76.8%)
121	GROMNICKI Mirosław	56	SANTANDER CONSUMER BANK	M30-39	4			00:20:45	00:41:26.65	+00:09:43 (23.5%)	8:17	7.2 (75.8%)
122	KUBAT Monika	94	NORDIC TEAM CZĘSTOCHOWA	K45-49	8			00:20:20	00:41:30.95	+00:09:47 (23.6%)	8:18	7.2 (75.8%)
123	REMISZEWSKI Adam	148	UTW OLEŚNICA	M70+	7			00:20:23	00:41:45.95	+00:10:02 (24.1%)	8:21	7.2 (75.8%)
124	STONCEL Mieczysław	162	GRUPA BIEGOWA DZIKOWIEC	M50-54	7			00:20:08	00:41:47.55	+00:10:04 (24.1%)	8:21	7.2 (75.8%)
125	ŚLUSARCZYK Karolina	173	WESOŁY BORSUK TEAM	K-Jun.	4			00:20:24	00:41:49.75	+00:10:06 (24.2%)	8:21	7.2 (75.8%)
126	BIAŁCZAK Emilia	7		K18-29	2			00:20:55	00:41:56.35	+00:10:13 (24.4%)	8:23	7.2 (75.8%)
127	DROZD Stanisław	385	CIDRY LOTAJOM	M60-64	10			00:20:32	00:41:58.85	+00:10:15 (24.4%)	8:23	7.1 (74.7%)
128	KUREK Monika	100	SANTANDER CONSUMER BANK	K40-44	5			00:20:58	00:42:00.50	+00:10:17 (24.5%)	8:24	7.1 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
129	KOLARSKA Nadia	79	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	4			00:19:55	00:42:04.25	+00:10:21 (24.6%)	8:24	7.1 (74.7%)
130	NIESŁONY Ryszard	120	STADION ŚLĄSKI	M55-59	6			00:21:01	00:42:11.10	+00:10:28 (24.8%)	8:26	7.1 (74.7%)
131	MORAWIEC Anna	119	SANTANDER CONSUMER BANK	K40-44	6			00:20:59	00:42:11.70	+00:10:28 (24.8%)	8:26	7.1 (74.7%)
132	ZIELIŃSKI Jacek	202	GDAŃSKIE WODY AKTYWUJĄ	M65-69	5			00:21:12	00:42:21.30	+00:10:38 (25.1%)	8:28	7.1 (74.7%)
133	POLANEK Julita	278		K18-29	3	1		00:21:03	00:42:25.15	+00:10:42 (25.2%)	8:29	7.1 (74.7%)
134	WIESZOŁEK Ewelina	185		K30-39	8			00:21:25	00:42:34.50	+00:10:51 (25.5%)	8:31	7 (73.7%)
135	GUTOWSKI Paweł	330	WESOŁY BORSUK TEAM	M- Niepełnosprawni(B)	3			00:20:47	00:42:36.65	+00:10:53 (25.6%)	8:31	7 (73.7%)
136	RURAŃSKI Jerzy	150	STADION ŚLĄSKI	M70+	8			00:20:49	00:42:43.20	+00:11:00 (25.8%)	8:32	7 (73.7%)
137	FILUSZ Alfred	39		M50-54	8			00:21:28	00:42:43.30	+00:11:00 (25.8%)	8:32	7 (73.7%)
138	BIŃCZYK Agnieszka	13	KABEX PODKOWA JANÓW	K30-39	9			00:20:45	00:42:43.75	+00:11:00 (25.8%)	8:32	7 (73.7%)
139	MAJCHERCZYK Wacław	107	MOSIR TKKF SATURN CZELADŹ	M70+	9			00:21:17	00:42:47.25	+00:11:04 (25.9%)	8:33	7 (73.7%)
140	OWCZAREK Magdalena	130	MIĘDZYBORÓW	K50-54	7			00:21:04	00:42:49.50	+00:11:06 (25.9%)	8:33	7 (73.7%)
141	DYBEŁ Agnieszka	35	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	4			00:20:53	00:42:49.85	+00:11:06 (25.9%)	8:34	7 (73.7%)
142	ANDREJSZYN Józefa	1	CKZIU NYSA MECHANIK	K55-59	8			00:21:10	00:43:02.30	+00:11:19 (26.3%)	8:36	7 (73.7%)
143	GRABOWSKA Bożena	54	LKS ZANTYR SZTUM	K45-49	9			00:20:24	00:43:04.50	+00:11:21 (26.4%)	8:37	7 (73.7%)
143	GROCHULSKA Wiesława	342		K60-64	6			00:21:20	00:43:04.50	+00:11:21 (26.4%)	8:36	7 (73.7%)
145	BIJAK Bartosz	341	AZS ŚUM	M18-29	5			00:21:06	00:43:07.60	+00:11:24 (26.5%)	8:37	7 (73.7%)
146	KOZIARZ Jadwiga	87	STADION ŚLĄSKI	K55-59	9			00:20:52	00:43:12.75	+00:11:29 (26.6%)	8:38	6.9 (72.6%)
147	MIKOŁAJCZYK Arkadiusz	115	PREDATORS WAŁBRZYCH	M50-54	9			00:21:09	00:43:17.70	+00:11:34 (26.7%)	8:39	6.9 (72.6%)
148	KIERNICKI Stanisław	77	ACTEAM	M- Niepełnosprawni(A)	4			00:21:18	00:43:37.05	+00:11:54 (27.3%)	8:43	6.9 (72.6%)
149	KUŚMIEREK Beata	101	BŁĘKITNI NW DZIEMIANY	K40-44	7			00:21:28	00:43:46.65	+00:12:03 (27.5%)	8:45	6.9 (72.6%)
150	WYSOCKI Gabriel	197	BŁĘKITNI NW DZIEMIANY	M-Dzieci	3			00:21:24	00:43:49.80	+00:12:06 (27.6%)	8:46	6.8 (71.6%)
151	STOLARSKA Magdalena	159	NORDIC TEAM CZĘSTOCHOWA	K50-54	8			00:21:16	00:43:52.40	+00:12:09 (27.7%)	8:46	6.8 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
152	JANIK Bogusław	67	STADION ŚLĄSKI	M55-59	7			00:21:24	00:43:58.80	+00:12:15 (27.9%)	8:47	6.8 (71.6%)
153	BRZEZIŃSKI Jan	279	OLIMPIA OSOWA	M-Dzieci	4			00:21:59	00:44:03.20	+00:12:20 (28.0%)	8:48	6.8 (71.6%)
154	KRAMER Leszek	89	UTW OLEŚNICA	M70+	10			00:21:26	00:44:12.95	+00:12:29 (28.3%)	8:50	6.8 (71.6%)
155	MOCUŃ Monika	400		K30-39	10			00:22:46	00:44:16.80	+00:12:33 (28.4%)	8:51	6.8 (71.6%)
156	PACYNA Helena	131	KLUB SPORTOWY METRACO POLKOWICE	K70+	1			00:22:03	00:44:18.05	+00:12:35 (28.4%)	8:51	6.8 (71.6%)
157	HANUS Joanna	384	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	1			00:21:50	00:44:21.25	+00:12:38 (28.5%)	8:52	6.8 (71.6%)
158	GOLENIA Irmgarda	50		K60-64	7			00:22:08	00:44:27.85	+00:12:44 (28.7%)	8:53	6.7 (70.5%)
159	RACZYŃSKA Aleksandra	144	STADION ŚLĄSKI	K70+	2			00:21:55	00:44:33.05	+00:12:50 (28.8%)	8:54	6.7 (70.5%)
160	PINIS Gabriela	135	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	5			00:21:51	00:44:44.60	+00:13:01 (29.1%)	8:57	6.7 (70.5%)
161	JAGODZIŃSKI Andrzej	64		M55-59	8			00:21:51	00:44:45.80	+00:13:02 (29.1%)	8:57	6.7 (70.5%)
162	NOWAK Danuta	123	SANTANDER CONSUMER BANK	K50-54	9			00:22:28	00:44:48.00	+00:13:04 (29.2%)	8:57	6.7 (70.5%)
163	PYZIAK Małgorzata	143	ROK	K55-59	10			00:21:56	00:44:54.00	+00:13:10 (29.4%)	8:58	6.7 (70.5%)
164	JANIK Marzenna	66	STADION ŚLĄSKI	K55-59	11			00:22:07	00:44:57.65	+00:13:14 (29.5%)	8:59	6.7 (70.5%)
165	GOLENIA Reinhold	49	DOBRA - GRUPA NORDIC WALKING	M60-64	11			00:22:16	00:44:58.10	+00:13:15 (29.5%)	8:59	6.7 (70.5%)
166	RUNIEWICZ- WAC Marlina	377		K50-54	10			00:22:02	00:45:00.60	+00:13:17 (29.5%)	9:00	6.7 (70.5%)
167	ANTOLAK Andrzej 2	2		M45-49	10			00:22:24	00:45:14.30	+00:13:31 (29.9%)	9:02	6.6 (69.5%)
168	IWANICKI Zdzisław	62		M70+	11			00:21:55	00:45:24.95	+00:13:41 (30.2%)	9:05	6.6 (69.5%)
169	ZIELSKA Justyna	398	CKZIU NYSA MECHANIK	K30-39	11			00:21:50	00:45:45.30	+00:14:02 (30.7%)	9:09	6.6 (69.5%)
170	WARGOCKA Agnieszka	181	SANTANDER CONSUMER BANK	K40-44	8			00:21:58	00:45:45.60	+00:14:02 (30.7%)	9:09	6.6 (69.5%)
171	OPALSKA Izabela	128	SANTANDER CONSUMER BANK	K45-49	10			00:22:30	00:46:02.25	+00:14:19 (31.1%)	9:12	6.5 (68.4%)
172	BIAŁCZAK Marta	8		K50-54	11			00:22:38	00:46:35.15	+00:14:52 (31.9%)	9:19	6.4 (67.4%)
173	WÓJCIK Irena	193	UTW OLEŚNICA	K70+	3			00:23:06	00:46:45.80	+00:15:02 (32.2%)	9:21	6.4 (67.4%)
174	KOBUCKA-KOZIOŁ Beata	78	SANTANDER CONSUMER BANK	K40-44	9			00:23:15	00:46:51.65	+00:15:08 (32.3%)	9:22	6.4 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
175	KUCZYŃSKI Włodzimierz	98	NORDIC WALKING KIEKRZ POLAND	M60-64	12			00:22:52	00:47:05.20	+00:15:22 (32.6%)	9:25	6.4 (67.4%)
176	MĘDRAK Józef	114		M65-69	6			00:23:09	00:47:18.45	+00:15:35 (33.0%)	9:27	6.3 (66.3%)
177	ONDYCZ Sylwia	127	NORDIKI	K45-49	11			00:22:49	00:47:23.95	+00:15:40 (33.1%)	9:28	6.3 (66.3%)
178	KOZIOŁ Artur	88	SANTANDER CONSUMER BANK	M40-44	9			00:23:25	00:47:28.45	+00:15:45 (33.2%)	9:29	6.3 (66.3%)
179	KOLBUSZ Janina	81	KS METRACO POLKOWICE	K70+	4			00:23:27	00:47:31.40	+00:15:48 (33.3%)	9:30	6.3 (66.3%)
180	ZUBA Helena	204		K60-64	8			00:23:46	00:47:46.85	+00:16:03 (33.6%)	9:33	6.3 (66.3%)
181	GRYGIEL Teresa	59	MARSZ PO ZDROWIE	K60-64	9			00:23:35	00:48:07.55	+00:16:24 (34.1%)	9:37	6.2 (65.3%)
182	ARTYMICZ Maria	3		K60-64	10	1		00:23:48	00:48:12.75	+00:16:29 (34.2%)	9:38	6.2 (65.3%)
183	DUSZEŃKO Elwira	300	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	5			00:22:56	00:48:14.90	+00:16:31 (34.3%)	9:39	6.2 (65.3%)
184	OGONOWSKA Edyta	124	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	12			00:23:59	00:48:18.25	+00:16:35 (34.3%)	9:39	6.2 (65.3%)
185	GROBELNA Jadwiga	55	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	2			00:24:08	00:48:50.05	+00:17:07 (35.1%)	9:46	6.1 (64.2%)
186	GEIER Helena	46	CKZIU NYSA MECHANIK	K65-69	4			00:24:07	00:49:06.10	+00:17:23 (35.4%)	9:49	6.1 (64.2%)
187	BRUSKA Mariola	17	BŁĘKITNI NW DZIEMIANY	K50-54	12			00:23:00	00:49:13.45	+00:17:30 (35.6%)	9:50	6.1 (64.2%)
188	BIAŁCZAK Waldemar	9		M50-54	10			00:24:32	00:50:01.05	+00:18:18 (36.6%)	10:00	6 (63.2%)
189	PANKIEWICZ-DMOWSKA Cecylia	132	FACE NORDIC WALKING TEAM	K70+	5			00:24:46	00:50:32.30	+00:18:49 (37.2%)	10:06	5.9 (62.1%)
190	KREYCZI Aneta	90	SANTANDER CONSUMER BANK	K30-39	12	2		00:24:22	00:50:45.10	+00:19:02 (37.5%)	10:09	5.9 (62.1%)
191	HARASIUK Amelia	245		K-Dzieci	6			00:26:41	00:51:04.00	+00:19:20 (37.9%)	10:12	5.9 (62.1%)
192	WILK Karolina	231		K30-39	13			00:26:42	00:51:08.05	+00:19:25 (38.0%)	10:13	5.9 (62.1%)
193	BRZEZIŃSKA Magdalena	370	SANTANDER CONSUMER BANK	K40-44	10			00:25:34	00:51:47.60	+00:20:04 (38.8%)	10:21	5.8 (61.1%)
194	ZARZYCKA Paulina	198	SANTANDER CONSUMER BANK	K30-39	14			00:23:10	00:52:50.20	+00:21:07 (40.0%)	10:34	5.7 (60.0%)
195	ORZECH Agnieszka	129	SANTANDER CONSUMER BANK	K30-39	15			00:24:28	00:52:51.05	+00:21:08 (40.0%)	10:34	5.7 (60.0%)
196	HANUS Teresa	383	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	3			00:26:28	00:53:30.25	+00:21:47 (40.7%)	10:42	5.6 (58.9%)
197	WÓJCIK Henryk	194	UTW OLEŚNICA	M70+	12			00:26:22	00:53:41.25	+00:21:58 (40.9%)	10:44	5.6 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
198	MACHAJEK Krzysztof	106	STOWARZYSZENIE TRANSPLANTACJI SERCA KOŁO ZABRZE	M-Niepełnosprawni(A)	5			00:26:22	00:53:41.60	+00:21:58 (40.9%)	10:44	5.6 (58.9%)
199	ZARZYCKI Ziemowit	253	SANTANDER CONSUMER BANK	M-Dzieci	5			00:24:24	00:54:06.05	+00:22:23 (41.4%)	10:49	5.5 (57.9%)
200	WINNICKA Agata	376		K30-39	16			00:29:49	01:00:51.40	+00:29:08 (47.9%)	12:10	4.9 (51.6%)
201	STOPA Gerard	207	BŁĘKITNI NW DZIEMIANY	M65-69	7			00:31:03	01:02:13.70	+00:30:30 (49.0%)	12:26	4.8 (50.5%)
202	WÓJTOWICZ Stanisław	345	SANTANDER CONSUMER BANK	M65-69	8			00:29:24	01:02:17.00	+00:30:33 (49.1%)	12:27	4.8 (50.5%)
203	FILIMONOWICZ Patrycja	38	SANTANDER CONSUMER BANK	K30-39	17	2		00:29:46	01:03:21.65	+00:31:38 (49.9%)	12:40	4.7 (49.5%)
204	BIELSKA Maria	10		K60-64	11			00:30:56	01:04:30.95	+00:32:47 (50.8%)	12:54	4.6 (48.4%)
205	WÓJTOWICZ Danuta	195	SANTANDER CONSUMER BANK	K60-64	12			00:30:55	01:04:32.05	+00:32:49 (50.9%)	12:54	4.6 (48.4%)
DQ	MIKSIK Zdenek	209	MOSKYT NORDIC WALKING	M55-59			1	00:17:41 DQ	00:36:25.85 DQ		0:00	8.2 (86.3%)
DQ	SZYMAŃSKI Stefan	172	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+			1	00:18:20 DQ	00:36:33.90 DQ		0:00	8.2 (86.3%)
DQ	DUDEK Edward	32	KS METRACO POLKOWICE	M65-69			1	00:17:54 DQ	00:37:09.60 DQ		0:00	8.1 (85.3%)
DQ	KOŁPAK Jan	82	LKS ZANTYR SZTUM	M70+			1	00:18:32 DQ	00:38:24.70 DQ		0:00	7.8 (82.1%)
DQ	BUCZKOWSKI Jerzy	18	KS SOKÓŁ GAŚAWA	M65-69			1	00:17:48 DQ	DQ		-	- (0.0%)
	CHYRA Wiktor	325	UNIA MIAST	M-Jun.				00:19:50 DNF	DNF		-	- (0.0%)
	WARGOCKA Gabriela	248	SANTANDER CONSUMER BANK	K-Dzieci				00:23:31 DNF	DNF		-	- (0.0%)
	WARGOCKA Dagmara	346	SANTANDER CONSUMER BANK	K-Dzieci				00:59:02 DNF	DNF		-	- (0.0%)
	POHL Marta	139	CKZIU NYSA MECHANIK	K18-29				DNF	DNF		-	- (0.0%)
	BAZAN Stasiu	275		M-Dzieci				DNF	DNF		-	- (0.0%)

Znaleziono 215 wynik(ów)