

# 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	<b>TOPOLNICKI Konrad</b>	<b>175</b>	CKZIU NYSA MECHANIK	M18-29	1			00:15:51	<b>00:31:43.05</b>		6:20	9.5 (100%)
2	<b>BIŃCZYK Dariusz</b>	<b>12</b>	KABEX PODKOWA JANÓW	M30-39	1			00:15:41	<b>00:31:43.65</b>	+00:00:00 (0.0%)	6:20	9.5 (100%)
3	<b>RAJEWSKI Sebastian</b>	<b>147</b>	KS IDMAR RACING TEAM	M45-49	1			00:15:39	<b>00:31:50.10</b>	+00:00:07 (0.4%)	6:22	9.4 (98.9%)
4	<b>DĘBSKI Bartłomiej</b>	<b>30</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:15:57	<b>00:32:21.20</b>	+00:00:38 (2.0%)	6:28	9.3 (97.9%)
5	<b>WOROCH Roman</b>	<b>191</b>	KS METRACO POLKOWICE	M60-64	1			00:16:16	<b>00:32:47.25</b>	+00:01:04 (3.3%)	6:33	9.2 (96.8%)
6	<b>BRZozowski Piotr</b>	<b>397</b>	AKTYWNI POSTOMINO	M30-39	2			00:16:05	<b>00:32:49.75</b>	+00:01:06 (3.4%)	6:34	9.1 (95.8%)
7	<b>PODGÓRSKI Szymon</b>	<b>138</b>	CKZIU NYSA MECHANIK	M-Jun.	1			00:16:42	<b>00:33:13.15</b>	+00:01:30 (4.5%)	6:38	9 (94.7%)
8	<b>ROŻYNEK Miron</b>	<b>149</b>	KS METRACO POLKOWICE	M55-59	1			00:16:20	<b>00:33:14.85</b>	+00:01:31 (4.6%)	6:39	9 (94.7%)
9	<b>OLSZAŃSKI Karol</b>	<b>126</b>	FEAR THE RETURN	M40-44	2			00:16:13	<b>00:33:19.70</b>	+00:01:36 (4.8%)	6:39	9 (94.7%)
10	<b>WITUCKI Jacek</b>	<b>190</b>		M45-49	2			00:16:07	<b>00:33:23.50</b>	+00:01:40 (5.0%)	6:40	9 (94.7%)
11	<b>SPYCHAŁA Lesław</b>	<b>155</b>	CKZIU NYSA MECHANIK	M50-54	1			00:16:33	<b>00:34:04.35</b>	+00:02:21 (6.9%)	6:49	8.8 (92.6%)
12	<b>KUBIAK Przemysław</b>	<b>96</b>	KS IDMAR RACING TEAM	M45-49	3			00:16:42	<b>00:34:07.80</b>	+00:02:24 (7.1%)	6:49	8.8 (92.6%)
13	<b>BARYLUK Benjamin</b>	<b>6</b>	MOSIR TKKF SATURN CZELADŹ	M-Jun.	2	1		00:16:47	<b>00:34:27.50</b>	+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	<b>FRAĆKOWIAK Roman</b>	<b>40</b>	KS METRACO POLKOWICE	M50-54	2			00:17:04	<b>00:34:30.70</b>	+00:02:47 (8.1%)	6:54	8.7 (91.6%)
15	<b>BREWKA Joachim</b>	<b>16</b>	UNIA MIAST	M55-59	2			00:17:02	<b>00:34:32.60</b>	+00:02:49 (8.2%)	6:54	8.7 (91.6%)
16	<b>FRAĆKOWIAK Mateusz</b>	<b>41</b>	KS METRACO POLKOWICE	M-Jun.	3			00:16:44	<b>00:34:51.55</b>	+00:03:08 (9.0%)	6:58	8.6 (90.5%)
17	<b>WIŚNIEWSKI Sławomir</b>	<b>188</b>	FLUGGER TEAM	M45-49	4			00:17:23	<b>00:34:56.90</b>	+00:03:13 (9.2%)	6:59	8.6 (90.5%)
18	<b>KRYŚ Artur</b>	<b>92</b>	KS METRACO POLKOWICE	M50-54	3			00:17:06	<b>00:35:08.00</b>	+00:03:24 (9.7%)	7:01	8.5 (89.5%)
19	<b>DUSZEŃKO Zygmunt</b>	<b>34</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:17:23	<b>00:35:10.90</b>	+00:03:27 (9.8%)	7:02	8.5 (89.5%)
20	<b>HOLWEK Jarosław</b>	<b>208</b>	ZDROWOPIJ.PLN	M55-59	3			00:17:00	<b>00:35:11.85</b>	+00:03:28 (9.9%)	7:02	8.5 (89.5%)
21	<b>ZIELIŃSKI Szczepan</b>	<b>203</b>	SERCE NORDICA WŁOCŁAWEK	M45-49	5			00:17:22	<b>00:35:13.85</b>	+00:03:30 (10.0%)	7:02	8.5 (89.5%)
22	<b>MIKSIK Jiri</b>	<b>210</b>	MOSKYT NORDIC WALKING	M18-29	2			00:17:21	<b>00:35:26.90</b>	+00:03:43 (10.5%)	7:05	8.5 (89.5%)
23	<b>KUŚMIEREK Mateusz</b>	<b>102</b>	BŁĘKITNI NW DZIEMIANY	M-Jun.	4	1		00:17:44	<b>00:35:33.00</b>	+00:03:49 (10.8%)	7:06	8.4 (88.4%)
24	<b>DALECKI Przemysław</b>	<b>26</b>	GDYNIA SPORT TEAM	M45-49	6			00:17:49	<b>00:35:41.45</b>	+00:03:58 (11.1%)	7:08	8.4 (88.4%)
25	<b>KOWALCZYK Tadeusz</b>	<b>85</b>	LUX TORPEDA MAŁOPOLSKA	M65-69	1			00:17:36	<b>00:35:48.85</b>	+00:04:05 (11.4%)	7:09	8.4 (88.4%)
26	<b>POLISZCZUK Piotr</b>	<b>140</b>	PIERNIKI NA CHODZIE	M-Niepełnosprawni(A)	2			00:17:35	<b>00:35:54.95</b>	+00:04:11 (11.7%)	7:10	8.4 (88.4%)
27	<b>PIOTROWSKI Marek</b>	<b>399</b>	GOGGLE PAE TEAM	M55-59	4			00:17:45	<b>00:35:55.40</b>	+00:04:12 (11.7%)	7:11	8.4 (88.4%)
28	<b>GARBACZEWSKI Jakub</b>	<b>43</b>	SANTANDER CONSUMER BANK	M-Jun.	5			00:17:24	<b>00:35:55.45</b>	+00:04:12 (11.7%)	7:11	8.3 (87.4%)
29	<b>MAŚLANKA Iwona</b>	<b>112</b>	MARSZ PO ZDROWIE	K45-49	1			00:17:41	<b>00:35:56.05</b>	+00:04:13 (11.7%)	7:11	8.3 (87.4%)
30	<b>GĄGÓŁ Krzysztof</b>	<b>45</b>		M40-44	3			00:17:50	<b>00:35:57.05</b>	+00:04:14 (11.8%)	7:11	8.3 (87.4%)
31	<b>KROMSKI Paweł</b>	<b>91</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	4			00:17:38	<b>00:35:58.05</b>	+00:04:15 (11.8%)	7:11	8.3 (87.4%)
32	<b>JÓŻWIAK Marianna</b>	<b>73</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:17:42	<b>00:36:01.65</b>	+00:04:18 (12.0%)	7:12	8.3 (87.4%)
33	<b>MARCINKOWSKA Agnieszka</b>	<b>110</b>	UNIA MIAST	K-Jun.	1			00:17:26	<b>00:36:02.25</b>	+00:04:19 (12.0%)	7:12	8.3 (87.4%)
34	<b>JUREK Szymon</b>	<b>389</b>		M-Jun.	6			00:17:55	<b>00:36:02.60</b>	+00:04:19 (12.0%)	7:12	8.3 (87.4%)
35	<b>MATECKI Ryszard</b>	<b>113</b>	KS METRACO POLKOWICE	M70+	1			00:18:19	<b>00:36:03.05</b>	+00:04:20 (12.0%)	7:12	8.3 (87.4%)
36	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>125</b>	KS METRACO POLKOWICE	K50-54	1			00:17:48	<b>00:36:05.90</b>	+00:04:22 (12.1%)	7:13	8.3 (87.4%)

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

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

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									netto 5km	Różn		
83	<b>WAWRZY尼亚K Anna</b>	<b>182</b>	POLIPACK TEAM GWE	K45-49	4			00:19:03	<b>00:39:14.15</b>	+00:07:31 (19.2%)	7:50	7.6 (80.0%)
84	<b>ŚLUSARZ Krystian</b>	<b>339</b>	AZS ŚUM	M18-29	3	1		00:19:16	<b>00:39:16.00</b>	+00:07:32 (19.2%)	7:51	7.6 (80.0%)
85	<b>KUŻMICZ Magdalena</b>	<b>103</b>	POLIPACK TEAM GWE	K30-39	5			00:19:35	<b>00:39:17.65</b>	+00:07:34 (19.3%)	7:51	7.6 (80.0%)
86	<b>TUZIMEK Agata</b>	<b>176</b>	STADION ŚLĄSKI	K30-39	6			00:19:18	<b>00:39:18.40</b>	+00:07:35 (19.3%)	7:51	7.6 (80.0%)
87	<b>GARBACZEWSKA Iwona</b>	<b>42</b>	SANTANDER CONSUMER BANK	K30-39	7			00:19:31	<b>00:39:19.00</b>	+00:07:35 (19.3%)	7:51	7.6 (80.0%)
88	<b>DANA Kazimiera</b>	<b>27</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:19:22	<b>00:39:22.45</b>	+00:07:39 (19.4%)	7:52	7.6 (80.0%)
89	<b>URBANIAK Krystyna</b>	<b>179</b>		K45-49	5			00:20:02	<b>00:39:26.70</b>	+00:07:43 (19.6%)	7:53	7.6 (80.0%)
90	<b>WOROCZ Jolanta</b>	<b>192</b>	KS METRACO POLKOWICE	K50-54	4			00:19:23	<b>00:39:26.90</b>	+00:07:43 (19.6%)	7:53	7.6 (80.0%)
91	<b>SZYCKO Radosław</b>	<b>169</b>		M40-44	7			00:19:25	<b>00:39:27.30</b>	+00:07:44 (19.6%)	7:53	7.6 (80.0%)
92	<b>CHARCZUK Zenon</b>	<b>21</b>	ŻÓŁWIK OPOLE	M60-64	6			00:19:31	<b>00:39:28.55</b>	+00:07:45 (19.7%)	7:53	7.6 (80.0%)
93	<b>BARCZYK Jolanta</b>	<b>5</b>	NORDIC TEAM CZĘSTOCHOWA	K55-59	4			00:19:33	<b>00:39:30.50</b>	+00:07:47 (19.7%)	7:54	7.6 (80.0%)
94	<b>EWERTOWSKA Ewa</b>	<b>37</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	5			00:19:21	<b>00:39:33.70</b>	+00:07:50 (19.8%)	7:54	7.6 (80.0%)
95	<b>BISKUPSKI Tadeusz</b>	<b>379</b>	VM POLANICA-ZDR	M60-64	7			00:19:35	<b>00:39:33.90</b>	+00:07:50 (19.8%)	7:54	7.6 (80.0%)
96	<b>DAROSZEWSKA Krystyna</b>	<b>28</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	4			00:19:52	<b>00:39:36.80</b>	+00:07:53 (19.9%)	7:55	7.6 (80.0%)
97	<b>LACHOWSKA Ewa</b>	<b>105</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	5	1		00:19:15	<b>00:39:39.65</b>	+00:07:56 (20.0%)	7:56	7.6 (80.0%)
98	<b>STAŃCZAK Ryszard</b>	<b>158</b>	FACE NORDIC WALKING TEAM	M70+	3			00:19:22	<b>00:39:40.25</b>	+00:07:57 (20.0%)	7:56	7.6 (80.0%)
99	<b>BUGAŁA Anna</b>	<b>19</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	3			00:19:35	<b>00:39:41.55</b>	+00:07:58 (20.1%)	7:56	7.6 (80.0%)
100	<b>KOWAL Mariusz</b>	<b>84</b>		M40-44	8			00:19:20	<b>00:39:46.25</b>	+00:08:03 (20.2%)	7:57	7.5 (78.9%)
101	<b>WAWRZY尼亚K Igor</b>	<b>183</b>	POLIPACK TEAM GWE	M-Dzieci	2			00:19:09	<b>00:39:48.55</b>	+00:08:05 (20.3%)	7:57	7.5 (78.9%)
102	<b>NOGA Bolesław</b>	<b>122</b>		M60-64	8			00:19:31	<b>00:39:49.80</b>	+00:08:06 (20.4%)	7:58	7.5 (78.9%)
103	<b>SZYCKO Oliwia</b>	<b>168</b>		K-Dzieci	2	1		00:19:29	<b>00:39:51.05</b>	+00:08:08 (20.4%)	7:58	7.5 (78.9%)
104	<b>JAWORSKA Daria</b>	<b>68</b>	WESOŁY BORSUK TEAM	K-Dzieci	3			00:19:26	<b>00:39:54.70</b>	+00:08:11 (20.5%)	7:58	7.5 (78.9%)
105	<b>JÓŹWIAK Łukasz</b>	<b>72</b>	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(B)	2			00:19:37	<b>00:39:58.30</b>	+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	<b>MIKUSINSKA Jola</b>	<b>116</b>	FEAR THE RETURN	K45-49	6			00:19:47	<b>00:40:01.95</b>	+00:08:18 (20.8%)	8:00	7.5 (78.9%)
107	<b>NIETRZEBKA Aleksandra</b>	<b>121</b>	MIĘDZYBORÓW	K18-29	1			00:19:42	<b>00:40:03.30</b>	+00:08:20 (20.8%)	8:00	7.5 (78.9%)
108	<b>GOŁĘBIEWSKI Andrzej</b>	<b>51</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	9			00:19:13	<b>00:40:03.55</b>	+00:08:20 (20.8%)	8:00	7.5 (78.9%)
109	<b>SYPEK Małgorzata</b>	<b>165</b>		K45-49	7			00:19:49	<b>00:40:04.35</b>	+00:08:21 (20.8%)	8:00	7.5 (78.9%)
110	<b>ZAWIERUCHA Irena</b>	<b>200</b>	AEROGIRLS OLEŚNICA	K55-59	5			00:19:41	<b>00:40:12.00</b>	+00:08:28 (21.1%)	8:02	7.5 (78.9%)
111	<b>DĄBROWSKI Andrzej</b>	<b>29</b>	MARSZ PO ZDROWIE	M70+	4			00:19:49	<b>00:40:17.40</b>	+00:08:34 (21.3%)	8:03	7.4 (77.9%)
112	<b>MALINOWSKI Paweł</b>	<b>109</b>		M18-29	4			00:19:54	<b>00:40:26.85</b>	+00:08:43 (21.6%)	8:05	7.4 (77.9%)
113	<b>PUZICHOWSKA Małgorzata</b>	<b>142</b>	NORDIKI	K55-59	6			00:19:56	<b>00:40:27.25</b>	+00:08:44 (21.6%)	8:05	7.4 (77.9%)
114	<b>SKIBIŃSKA Joanna</b>	<b>153</b>		K40-44	4			00:19:33	<b>00:40:28.35</b>	+00:08:45 (21.6%)	8:05	7.4 (77.9%)
115	<b>GÓRECKA Iwona</b>	<b>52</b>	STADION ŚLĄSKI	K50-54	6			00:20:09	<b>00:40:28.55</b>	+00:08:45 (21.6%)	8:05	7.4 (77.9%)
116	<b>KUCZYŃSKA Anna</b>	<b>97</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	7			00:19:51	<b>00:40:29.75</b>	+00:08:46 (21.7%)	8:06	7.4 (77.9%)
117	<b>MAJCHERCZYK Krzysztof</b>	<b>108</b>	MOSIR TKKF SATURN CZELADŹ	M65-69	4			00:19:47	<b>00:40:36.90</b>	+00:08:53 (21.9%)	8:07	7.4 (77.9%)
118	<b>PIĄTKOWSKI Józef</b>	<b>391</b>	KS METRACO POLKOWICE	M70+	5			00:20:16	<b>00:40:48.10</b>	+00:09:05 (22.3%)	8:09	7.4 (77.9%)
119	<b>GÓRSKI Henryk</b>	<b>53</b>	UTW OLEŚNICA	M70+	6			00:20:16	<b>00:40:55.45</b>	+00:09:12 (22.5%)	8:11	7.3 (76.8%)
120	<b>BIKOWSKA Gabriela</b>	<b>11</b>	LĘBORSKIE LWY	K- Niepełnosprawni(A)	3			00:20:12	<b>00:41:14.80</b>	+00:09:31 (23.1%)	8:15	7.3 (76.8%)
121	<b>GROMNICKI Mirosław</b>	<b>56</b>	SANTANDER CONSUMER BANK	M30-39	4			00:20:45	<b>00:41:26.65</b>	+00:09:43 (23.5%)	8:17	7.2 (75.8%)
122	<b>KUBAT Monika</b>	<b>94</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	8			00:20:20	<b>00:41:30.95</b>	+00:09:47 (23.6%)	8:18	7.2 (75.8%)
123	<b>REMISZEWSKI Adam</b>	<b>148</b>	UTW OLEŚNICA	M70+	7			00:20:23	<b>00:41:45.95</b>	+00:10:02 (24.1%)	8:21	7.2 (75.8%)
124	<b>STONCEL Mieczysław</b>	<b>162</b>	GRUPA BIEGOWA DZIKOWIEC	M50-54	7			00:20:08	<b>00:41:47.55</b>	+00:10:04 (24.1%)	8:21	7.2 (75.8%)
125	<b>ŚLUSARCZYK Karolina</b>	<b>173</b>	WESOŁY BORSUK TEAM	K-Jun.	4			00:20:24	<b>00:41:49.75</b>	+00:10:06 (24.2%)	8:21	7.2 (75.8%)
126	<b>BIAŁCZAK Emilia</b>	<b>7</b>		K18-29	2			00:20:55	<b>00:41:56.35</b>	+00:10:13 (24.4%)	8:23	7.2 (75.8%)
127	<b>DROZD Stanisław</b>	<b>385</b>	CIDRY LOTAJOM	M60-64	10			00:20:32	<b>00:41:58.85</b>	+00:10:15 (24.4%)	8:23	7.1 (74.7%)
128	<b>KUREK Monika</b>	<b>100</b>	SANTANDER CONSUMER BANK	K40-44	5			00:20:58	<b>00:42:00.50</b>	+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	<b>KOLARSKA Nadia</b>	<b>79</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	4			00:19:55	<b>00:42:04.25</b>	+00:10:21 (24.6%)	8:24	7.1 (74.7%)
130	<b>NIESŁONY Ryszard</b>	<b>120</b>	STADION ŚLĄSKI	M55-59	6			00:21:01	<b>00:42:11.10</b>	+00:10:28 (24.8%)	8:26	7.1 (74.7%)
131	<b>MORAWIEC Anna</b>	<b>119</b>	SANTANDER CONSUMER BANK	K40-44	6			00:20:59	<b>00:42:11.70</b>	+00:10:28 (24.8%)	8:26	7.1 (74.7%)
132	<b>ZIELIŃSKI Jacek</b>	<b>202</b>	GDAŃSKIE WODY AKTYWUJĄ	M65-69	5			00:21:12	<b>00:42:21.30</b>	+00:10:38 (25.1%)	8:28	7.1 (74.7%)
133	<b>POLANEK Julita</b>	<b>278</b>		K18-29	3	1		00:21:03	<b>00:42:25.15</b>	+00:10:42 (25.2%)	8:29	7.1 (74.7%)
134	<b>WIESZOŁEK Ewelina</b>	<b>185</b>		K30-39	8			00:21:25	<b>00:42:34.50</b>	+00:10:51 (25.5%)	8:31	7 (73.7%)
135	<b>GUTOWSKI Paweł</b>	<b>330</b>	WESOŁY BORSUK TEAM	M- Niepełnosprawni(B)	3			00:20:47	<b>00:42:36.65</b>	+00:10:53 (25.6%)	8:31	7 (73.7%)
136	<b>RURAŃSKI Jerzy</b>	<b>150</b>	STADION ŚLĄSKI	M70+	8			00:20:49	<b>00:42:43.20</b>	+00:11:00 (25.8%)	8:32	7 (73.7%)
137	<b>FILUSZ Alfred</b>	<b>39</b>		M50-54	8			00:21:28	<b>00:42:43.30</b>	+00:11:00 (25.8%)	8:32	7 (73.7%)
138	<b>BIŃCZYK Agnieszka</b>	<b>13</b>	KABEX PODKOWA JANÓW	K30-39	9			00:20:45	<b>00:42:43.75</b>	+00:11:00 (25.8%)	8:32	7 (73.7%)
139	<b>MAJCHERCZYK Wacław</b>	<b>107</b>	MOSIR TTKF SATURN CZELADŹ	M70+	9			00:21:17	<b>00:42:47.25</b>	+00:11:04 (25.9%)	8:33	7 (73.7%)
140	<b>OWCZAREK Magdalena</b>	<b>130</b>	MIĘDZYBORÓW	K50-54	7			00:21:04	<b>00:42:49.50</b>	+00:11:06 (25.9%)	8:33	7 (73.7%)
141	<b>DYBEŁ Agnieszka</b>	<b>35</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	4			00:20:53	<b>00:42:49.85</b>	+00:11:06 (25.9%)	8:34	7 (73.7%)
142	<b>ANDREJSZYN Józefa</b>	<b>1</b>	CKZIU NYSA MECHANIK	K55-59	8			00:21:10	<b>00:43:02.30</b>	+00:11:19 (26.3%)	8:36	7 (73.7%)
143	<b>GRABOWSKA Bożena</b>	<b>54</b>	LKS ZANTYR SZTUM	K45-49	9			00:20:24	<b>00:43:04.50</b>	+00:11:21 (26.4%)	8:37	7 (73.7%)
143	<b>GROCHULSKA Wiesława</b>	<b>342</b>		K60-64	6			00:21:20	<b>00:43:04.50</b>	+00:11:21 (26.4%)	8:36	7 (73.7%)
145	<b>BIJAK Bartosz</b>	<b>341</b>	AZS ŚUM	M18-29	5			00:21:06	<b>00:43:07.60</b>	+00:11:24 (26.5%)	8:37	7 (73.7%)
146	<b>KOZIARZ Jadwiga</b>	<b>87</b>	STADION ŚLĄSKI	K55-59	9			00:20:52	<b>00:43:12.75</b>	+00:11:29 (26.6%)	8:38	6.9 (72.6%)
147	<b>MIKOŁAJCZYK Arkadiusz</b>	<b>115</b>	PREDATORS WAŁBRZYCH	M50-54	9			00:21:09	<b>00:43:17.70</b>	+00:11:34 (26.7%)	8:39	6.9 (72.6%)
148	<b>KIERNICKI Stanisław</b>	<b>77</b>	ACTEAM	M- Niepełnosprawni(A)	4			00:21:18	<b>00:43:37.05</b>	+00:11:54 (27.3%)	8:43	6.9 (72.6%)
149	<b>KUŚMIEREK Beata</b>	<b>101</b>	BŁĘKITNI NW DZIEMIANY	K40-44	7			00:21:28	<b>00:43:46.65</b>	+00:12:03 (27.5%)	8:45	6.9 (72.6%)
150	<b>WYSOCKI Gabriel</b>	<b>197</b>	BŁĘKITNI NW DZIEMIANY	M-Dzieci	3			00:21:24	<b>00:43:49.80</b>	+00:12:06 (27.6%)	8:46	6.8 (71.6%)
151	<b>STOLARSKA Magdalena</b>	<b>159</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	8			00:21:16	<b>00:43:52.40</b>	+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	<b>JANIK Bogusław</b>	<b>67</b>	STADION ŚLĄSKI	M55-59	7			00:21:24	<b>00:43:58.80</b>	+00:12:15 (27.9%)	8:47	6.8 (71.6%)
153	<b>BRZEZIŃSKI Jan</b>	<b>279</b>	OLIMPIA OSOWA	M-Dzieci	4			00:21:59	<b>00:44:03.20</b>	+00:12:20 (28.0%)	8:48	6.8 (71.6%)
154	<b>KRAMER Leszek</b>	<b>89</b>	UTW OLEŚNICA	M70+	10			00:21:26	<b>00:44:12.95</b>	+00:12:29 (28.3%)	8:50	6.8 (71.6%)
155	<b>MOCUŃ Monika</b>	<b>400</b>		K30-39	10			00:22:46	<b>00:44:16.80</b>	+00:12:33 (28.4%)	8:51	6.8 (71.6%)
156	<b>PACYNA Helena</b>	<b>131</b>	KLUB SPORTOWY METRACO POLKOWICE	K70+	1			00:22:03	<b>00:44:18.05</b>	+00:12:35 (28.4%)	8:51	6.8 (71.6%)
157	<b>HANUS Joanna</b>	<b>384</b>	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	1			00:21:50	<b>00:44:21.25</b>	+00:12:38 (28.5%)	8:52	6.8 (71.6%)
158	<b>GOLENIA Irmgarda</b>	<b>50</b>		K60-64	7			00:22:08	<b>00:44:27.85</b>	+00:12:44 (28.7%)	8:53	6.7 (70.5%)
159	<b>RACZYŃSKA Aleksandra</b>	<b>144</b>	STADION ŚLĄSKI	K70+	2			00:21:55	<b>00:44:33.05</b>	+00:12:50 (28.8%)	8:54	6.7 (70.5%)
160	<b>PINIS Gabriela</b>	<b>135</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	5			00:21:51	<b>00:44:44.60</b>	+00:13:01 (29.1%)	8:57	6.7 (70.5%)
161	<b>JAGODZIŃSKI Andrzej</b>	<b>64</b>		M55-59	8			00:21:51	<b>00:44:45.80</b>	+00:13:02 (29.1%)	8:57	6.7 (70.5%)
162	<b>NOWAK Danuta</b>	<b>123</b>	SANTANDER CONSUMER BANK	K50-54	9			00:22:28	<b>00:44:48.00</b>	+00:13:04 (29.2%)	8:57	6.7 (70.5%)
163	<b>PYZIAK Małgorzata</b>	<b>143</b>	ROK	K55-59	10			00:21:56	<b>00:44:54.00</b>	+00:13:10 (29.4%)	8:58	6.7 (70.5%)
164	<b>JANIK Marzenna</b>	<b>66</b>	STADION ŚLĄSKI	K55-59	11			00:22:07	<b>00:44:57.65</b>	+00:13:14 (29.5%)	8:59	6.7 (70.5%)
165	<b>GOLENIA Reinhold</b>	<b>49</b>	DOBRA - GRUPA NORDIC WALKING	M60-64	11			00:22:16	<b>00:44:58.10</b>	+00:13:15 (29.5%)	8:59	6.7 (70.5%)
166	<b>RUNIEWICZ- WAC Marlina</b>	<b>377</b>		K50-54	10			00:22:02	<b>00:45:00.60</b>	+00:13:17 (29.5%)	9:00	6.7 (70.5%)
167	<b>ANTOLAK Andrzej</b>	<b>2</b>		M45-49	10			00:22:24	<b>00:45:14.30</b>	+00:13:31 (29.9%)	9:02	6.6 (69.5%)
168	<b>IWANICKI Zdzisław</b>	<b>62</b>		M70+	11			00:21:55	<b>00:45:24.95</b>	+00:13:41 (30.2%)	9:05	6.6 (69.5%)
169	<b>ZIELSKA Justyna</b>	<b>398</b>	CKZIU NYSA MECHANIK	K30-39	11			00:21:50	<b>00:45:45.30</b>	+00:14:02 (30.7%)	9:09	6.6 (69.5%)
170	<b>WARGOCKA Agnieszka</b>	<b>181</b>	SANTANDER CONSUMER BANK	K40-44	8			00:21:58	<b>00:45:45.60</b>	+00:14:02 (30.7%)	9:09	6.6 (69.5%)
171	<b>OPALSKA Izabela</b>	<b>128</b>	SANTANDER CONSUMER BANK	K45-49	10			00:22:30	<b>00:46:02.25</b>	+00:14:19 (31.1%)	9:12	6.5 (68.4%)
172	<b>BIAŁCZAK Marta</b>	<b>8</b>		K50-54	11			00:22:38	<b>00:46:35.15</b>	+00:14:52 (31.9%)	9:19	6.4 (67.4%)
173	<b>WÓJCIK Irena</b>	<b>193</b>	UTW OLEŚNICA	K70+	3			00:23:06	<b>00:46:45.80</b>	+00:15:02 (32.2%)	9:21	6.4 (67.4%)
174	<b>KOBUCKA-KOZIOŁ Beata</b>	<b>78</b>	SANTANDER CONSUMER BANK	K40-44	9			00:23:15	<b>00:46:51.65</b>	+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	<b>KUCZYŃSKI Włodzimierz</b>	<b>98</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	12			00:22:52	<b>00:47:05.20</b>	+00:15:22 (32.6%)	9:25	6.4 (67.4%)
176	<b>MĘDRAK Józef</b>	<b>114</b>		M65-69	6			00:23:09	<b>00:47:18.45</b>	+00:15:35 (33.0%)	9:27	6.3 (66.3%)
177	<b>ONDYCZ Sylwia</b>	<b>127</b>	NORDIKI	K45-49	11			00:22:49	<b>00:47:23.95</b>	+00:15:40 (33.1%)	9:28	6.3 (66.3%)
178	<b>KOZIOŁ Artur</b>	<b>88</b>	SANTANDER CONSUMER BANK	M40-44	9			00:23:25	<b>00:47:28.45</b>	+00:15:45 (33.2%)	9:29	6.3 (66.3%)
179	<b>KOLBUSZ Janina</b>	<b>81</b>	KS METRACO POLKOWICE	K70+	4			00:23:27	<b>00:47:31.40</b>	+00:15:48 (33.3%)	9:30	6.3 (66.3%)
180	<b>ZUBA Helena</b>	<b>204</b>		K60-64	8			00:23:46	<b>00:47:46.85</b>	+00:16:03 (33.6%)	9:33	6.3 (66.3%)
181	<b>GRYGIEL Teresa</b>	<b>59</b>	MARSZ PO ZDROWIE	K60-64	9			00:23:35	<b>00:48:07.55</b>	+00:16:24 (34.1%)	9:37	6.2 (65.3%)
182	<b>ARTYMICZ Maria</b>	<b>3</b>		K60-64	10	1		00:23:48	<b>00:48:12.75</b>	+00:16:29 (34.2%)	9:38	6.2 (65.3%)
183	<b>DUSZEŃKO Elwira</b>	<b>300</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	5			00:22:56	<b>00:48:14.90</b>	+00:16:31 (34.3%)	9:39	6.2 (65.3%)
184	<b>OGONOWSKA Edyta</b>	<b>124</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	12			00:23:59	<b>00:48:18.25</b>	+00:16:35 (34.3%)	9:39	6.2 (65.3%)
185	<b>GROBELNA Jadwiga</b>	<b>55</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	2			00:24:08	<b>00:48:50.05</b>	+00:17:07 (35.1%)	9:46	6.1 (64.2%)
186	<b>GEIER Helena</b>	<b>46</b>	CKZIU NYSA MECHANIK	K65-69	4			00:24:07	<b>00:49:06.10</b>	+00:17:23 (35.4%)	9:49	6.1 (64.2%)
187	<b>BRUSKA Mariola</b>	<b>17</b>	BŁĘKITNI NW DZIEMIANY	K50-54	12			00:23:00	<b>00:49:13.45</b>	+00:17:30 (35.6%)	9:50	6.1 (64.2%)
188	<b>BIAŁCZAK Waldemar</b>	<b>9</b>		M50-54	10			00:24:32	<b>00:50:01.05</b>	+00:18:18 (36.6%)	10:00	6 (63.2%)
189	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>132</b>	FACE NORDIC WALKING TEAM	K70+	5			00:24:46	<b>00:50:32.30</b>	+00:18:49 (37.2%)	10:06	5.9 (62.1%)
190	<b>KREYCZI Aneta</b>	<b>90</b>	SANTANDER CONSUMER BANK	K30-39	12	2		00:24:22	<b>00:50:45.10</b>	+00:19:02 (37.5%)	10:09	5.9 (62.1%)
191	<b>HARASIUK Amelia</b>	<b>245</b>		K-Dzieci	6			00:26:41	<b>00:51:04.00</b>	+00:19:20 (37.9%)	10:12	5.9 (62.1%)
192	<b>WILK Karolina</b>	<b>231</b>		K30-39	13			00:26:42	<b>00:51:08.05</b>	+00:19:25 (38.0%)	10:13	5.9 (62.1%)
193	<b>BRZEZIŃSKA Magdalena</b>	<b>370</b>	SANTANDER CONSUMER BANK	K40-44	10			00:25:34	<b>00:51:47.60</b>	+00:20:04 (38.8%)	10:21	5.8 (61.1%)
194	<b>ZARZYCKA Paulina</b>	<b>198</b>	SANTANDER CONSUMER BANK	K30-39	14			00:23:10	<b>00:52:50.20</b>	+00:21:07 (40.0%)	10:34	5.7 (60.0%)
195	<b>ORZECH Agnieszka</b>	<b>129</b>	SANTANDER CONSUMER BANK	K30-39	15			00:24:28	<b>00:52:51.05</b>	+00:21:08 (40.0%)	10:34	5.7 (60.0%)
196	<b>HANUS Teresa</b>	<b>383</b>	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	3			00:26:28	<b>00:53:30.25</b>	+00:21:47 (40.7%)	10:42	5.6 (58.9%)
197	<b>WÓJCIK Henryk</b>	<b>194</b>	UTW OLEŚNICA	M70+	12			00:26:22	<b>00:53:41.25</b>	+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	<b>MACHAJEK Krzysztof</b>	<b>106</b>	STOWARZYSZENIE TRANSPLANTACJI SERCA KOŁO ZABRZE	M-Niepełnosprawni(A)	5			00:26:22	<b>00:53:41.60</b>	+00:21:58 (40.9%)	10:44	5.6 (58.9%)
199	<b>ZARZYCKI Ziemowit</b>	<b>253</b>	SANTANDER CONSUMER BANK	M-Dzieci	5			00:24:24	<b>00:54:06.05</b>	+00:22:23 (41.4%)	10:49	5.5 (57.9%)
200	<b>WINNICKA Agata</b>	<b>376</b>		K30-39	16			00:29:49	<b>01:00:51.40</b>	+00:29:08 (47.9%)	12:10	4.9 (51.6%)
201	<b>STOPA Gerard</b>	<b>207</b>	BŁĘKITNI NW DZIEMIANY	M65-69	7			00:31:03	<b>01:02:13.70</b>	+00:30:30 (49.0%)	12:26	4.8 (50.5%)
202	<b>WÓJTOWICZ Stanisław</b>	<b>345</b>	SANTANDER CONSUMER BANK	M65-69	8			00:29:24	<b>01:02:17.00</b>	+00:30:33 (49.1%)	12:27	4.8 (50.5%)
203	<b>FILIMONOWICZ Patrycja</b>	<b>38</b>	SANTANDER CONSUMER BANK	K30-39	17	2		00:29:46	<b>01:03:21.65</b>	+00:31:38 (49.9%)	12:40	4.7 (49.5%)
204	<b>BIELSKA Maria</b>	<b>10</b>		K60-64	11			00:30:56	<b>01:04:30.95</b>	+00:32:47 (50.8%)	12:54	4.6 (48.4%)
205	<b>WÓJTOWICZ Danuta</b>	<b>195</b>	SANTANDER CONSUMER BANK	K60-64	12			00:30:55	<b>01:04:32.05</b>	+00:32:49 (50.9%)	12:54	4.6 (48.4%)
DQ	<b>MIKSIK Zdenek</b>	<b>209</b>	MOSKYT NORDIC WALKING	M55-59			1	00:17:41 DQ	<b>00:36:25.85 DQ</b>		0:00	8.2 (86.3%)
DQ	<b>SZYMAŃSKI Stefan</b>	<b>172</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+			1	00:18:20 DQ	<b>00:36:33.90 DQ</b>		0:00	8.2 (86.3%)
DQ	<b>DUDEK Edward</b>	<b>32</b>	KS METRACO POLKOWICE	M65-69			1	00:17:54 DQ	<b>00:37:09.60 DQ</b>		0:00	8.1 (85.3%)
DQ	<b>KOŁPAK Jan</b>	<b>82</b>	LKS ZANTYR SZTUM	M70+			1	00:18:32 DQ	<b>00:38:24.70 DQ</b>		0:00	7.8 (82.1%)
DQ	<b>BUCZKOWSKI Jerzy</b>	<b>18</b>	KS SOKÓŁ GAŚAWA	M65-69			1	00:17:48 DQ	<b>DQ</b>		-	- (0.0%)
	<b>CHYRA Wiktor</b>	<b>325</b>	UNIA MIAST	M-Jun.				00:19:50 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WARGOCKA Gabriela</b>	<b>248</b>	SANTANDER CONSUMER BANK	K-Dzieci				00:23:31 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WARGOCKA Dagmara</b>	<b>346</b>	SANTANDER CONSUMER BANK	K-Dzieci				00:59:02 DNF	<b>DNF</b>		-	- (0.0%)
	<b>POHL Marta</b>	<b>139</b>	CKZIU NYSA MECHANIK	K18-29				DNF	<b>DNF</b>		-	- (0.0%)
	<b>BAZAN Stasiu</b>	<b>275</b>		M-Dzieci				DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 215 wynik(ów)