



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT  
INTELEKTUALNE ŚRODKI OPIEKI

**Organizator:** PFNW  
**Data:** 2016-07-02  
**Miejsce:** Polanica Zdrój  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>DEŁAG Jakub</b>	<b>34</b>	FACE NORDIC WALKING TEAM/ ENERGYLIFE TEAM	M18-29	1			00:39:27	00:14:54	<b>00:30:38.70</b>	<b>01:10:06.00</b>		6:07	9.8 (100%)
2	<b>WOROCH Roman</b>	<b>194</b>	KS METRACO POLKOWICE	M55-59	1			00:42:32	00:15:35	<b>00:31:37.95</b>	<b>01:14:10.15</b>	+00:00:59 (3.1%)	6:19	9.5 (96.9%)
3	<b>LUBIATOWSKI Ireneusz</b>	<b>100</b>	KS METRACO POLKOWICE	M50-54	1			00:42:05	00:16:08	<b>00:32:08.30</b>	<b>01:14:14.20</b>	+00:01:29 (4.6%)	6:25	9.3 (94.9%)
4	<b>STILLER Karol</b>	<b>146</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:39:52	00:15:55	<b>00:32:30.90</b>	<b>01:12:23.30</b>	+00:01:52 (5.8%)	6:30	9.2 (93.9%)
5	<b>WITCZUK Łukasz</b>	<b>227</b>	FACE NORDIC WALKING TEAM	M30-39	2			00:39:51	00:15:55	<b>00:32:38.75</b>	<b>01:12:30.20</b>	+00:02:00 (6.1%)	6:31	9.2 (93.9%)
6	<b>CZŁAPSKI Krzysztof</b>	<b>29</b>	ENERGYLIFE / NW CIECHANÓW	M50-54	2			00:42:05	00:16:07	<b>00:32:40.60</b>	<b>01:14:46.20</b>	+00:02:01 (6.2%)	6:32	9.2 (93.9%)
7	<b>GAJEWSKI Eugeniusz</b>	<b>50</b>	KS METRACO POLKOWICE	M55-59	2			00:42:31	00:15:40	<b>00:32:43.80</b>	<b>01:15:15.75</b>	+00:02:05 (6.4%)	6:32	9.2 (93.9%)
8	<b>MIELCAREK Leszek</b>	<b>108</b>	WESOŁY BORSUK TEAM	M60-64	1			00:42:58	00:16:19	<b>00:33:04.85</b>	<b>01:16:03.35</b>	+00:02:26 (7.4%)	6:37	9.1 (92.9%)
9	<b>KNITTER Tomasz</b>	<b>82</b>	BŁĘKITNI NW DZIEMIANY	M-Jun.	1			00:39:05	00:16:16	<b>00:33:05.90</b>	<b>01:12:11.15</b>	+00:02:27 (7.4%)	6:37	9.1 (92.9%)
10	<b>HAŁAS Marcin</b>	<b>67</b>	FACE NORDIC WALKING TEAM	M30-39	3			00:39:52	00:16:26	<b>00:33:24.15</b>	<b>01:13:16.55</b>	+00:02:45 (8.3%)	6:40	9 (91.8%)
11	<b>ZALISKO Oksana</b>	<b>384</b>	DĄBROWA NORDIC TEAM	K60-64	1			00:49:26	00:16:41	<b>00:33:40.95</b>	<b>01:23:07.55</b>	+00:03:02 (9.0%)	6:44	8.9 (90.8%)
12	<b>SCHRÖDER Karol</b>	<b>137</b>	SILESIA NORDIC TEAM	M40-44	1			00:40:25	00:16:19	<b>00:33:41.55</b>	<b>01:14:06.60</b>	+00:03:02 (9.0%)	6:44	8.9 (90.8%)
13	<b>WOLEK Waldemar</b>	<b>193</b>	NORDIC TEAM GNIEZNO	M40-44	2			00:40:24	00:16:29	<b>00:33:48.50</b>	<b>01:14:12.50</b>	+00:03:09 (9.4%)	6:45	8.9 (90.8%)
14	<b>STĘPNIEWSKI Paweł</b>	<b>145</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:39:28	00:16:38	<b>00:33:59.30</b>	<b>01:13:27.50</b>	+00:03:20 (9.8%)	6:47	8.8 (89.8%)
15	<b>GŁOWA Michał</b>	<b>55</b>	WESOŁY BORSUK TEAM	M-Jun.	2			00:39:06	00:16:25	<b>00:34:00.00</b>	<b>01:13:06.95</b>	+00:03:21 (9.9%)	6:48	8.8 (89.8%)
16	<b>PARTYKA Teresa</b>	<b>120</b>	WESOŁY BORSUK TEAM	K55-59	1			00:48:53	00:16:35	<b>00:34:11.90</b>	<b>01:23:05.70</b>	+00:03:33 (10.4%)	6:50	8.8 (89.8%)
17	<b>RAKUĆ Jakub</b>	<b>131</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	3			00:39:27	00:16:53	<b>00:34:14.50</b>	<b>01:13:41.85</b>	+00:03:35 (10.5%)	6:50	8.8 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
18	<b>KROMSKI Paweł</b>	<b>294</b>	NORDIC WALKING KIEKRZ	M45-49	1			00:41:17	00:16:39	<b>00:34:15.70</b>	<b>01:15:33.50</b>	+00:03:37 (10.6%)	6:51	8.8 (89.8%)
19	<b>KOŁODZIEJCZAK Beata</b>	<b>229</b>	SOCHO TEAM	K40-44	1			00:46:57	00:16:52	<b>00:34:19.10</b>	<b>01:21:16.90</b>	+00:03:40 (10.7%)	6:51	8.7 (88.8%)
20	<b>KUBIAK Tomasz</b>	<b>94</b>	KB HARCOWNIK	M40-44	3			00:40:26	00:16:46	<b>00:34:29.25</b>	<b>01:14:55.70</b>	+00:03:50 (11.1%)	6:53	8.7 (88.8%)
21	<b>KRYŚ Artur</b>	<b>91</b>	KS METRACO POLKOWICE	M45-49	2			00:41:16	00:16:52	<b>00:34:29.90</b>	<b>01:15:46.20</b>	+00:03:51 (11.2%)	6:54	8.7 (88.8%)
22	<b>ZMACZYŃSKI Bogusław</b>	<b>203</b>	K.S. METRACO POLKOWICE	M60-64	2			00:43:00	00:16:50	<b>00:34:31.45</b>	<b>01:17:31.90</b>	+00:03:52 (11.2%)	6:54	8.7 (88.8%)
23	<b>KASPRZYK Lilianna</b>	<b>79</b>	METRACO POLKOWICE	K55-59	2			00:48:54	00:16:59	<b>00:34:37.90</b>	<b>01:23:32.20</b>	+00:03:59 (11.5%)	6:55	8.7 (88.8%)
24	<b>FELIS Paweł</b>	<b>44</b>		M45-49	3			00:41:17	00:17:13	<b>00:34:56.00</b>	<b>01:16:13.75</b>	+00:04:17 (12.3%)	6:59	8.6 (87.8%)
25	<b>FLIS Marek</b>	<b>343</b>	GREEN TEAM ZIELONA GÓRA	M55-59	3			00:42:32	00:17:00	<b>00:34:58.05</b>	<b>01:17:30.25</b>	+00:04:19 (12.4%)	6:59	8.6 (87.8%)
26	<b>WILK Tadeusz</b>	<b>190</b>	DĄBROWA NORDIC TEAM	M60-64	3			00:42:58	00:16:53	<b>00:35:00.20</b>	<b>01:17:58.80</b>	+00:04:21 (12.5%)	7:00	8.6 (87.8%)
27	<b>WĘŻYK Grzegorz</b>	<b>184</b>		M45-49	4			00:41:21	00:17:10	<b>00:35:00.85</b>	<b>01:16:21.90</b>	+00:04:22 (12.5%)	7:00	8.6 (87.8%)
28	<b>BREWKA Joachim</b>	<b>18</b>	UNIA MIAST	M50-54	3			00:42:05	00:17:13	<b>00:35:02.90</b>	<b>01:17:08.55</b>	+00:04:24 (12.6%)	7:00	8.6 (87.8%)
29	<b>ADAMUS Marian</b>	<b>1</b>	SILESIA NORDIC TEAM	M65-69	1			00:43:25	00:17:12	<b>00:35:09.45</b>	<b>01:18:34.85</b>	+00:04:30 (12.8%)	7:01	8.5 (86.7%)
30	<b>PIOTROWSKI Marek</b>	<b>127</b>	GOGGLE PAE TEAM	M55-59	4			00:42:34	00:17:33	<b>00:35:25.50</b>	<b>01:17:59.75</b>	+00:04:46 (13.5%)	7:05	8.5 (86.7%)
31	<b>SIKORA Bronisław</b>	<b>138</b>	KS METRACO POLKOWICE	M60-64	4			00:43:00	00:17:10	<b>00:35:25.95</b>	<b>01:18:26.05</b>	+00:04:47 (13.5%)	7:05	8.5 (86.7%)
32	<b>RATECKI Marcin</b>	<b>228</b>	NORDIC TEAM GDAŃSK	M40-44	4			00:40:25	00:17:03	<b>00:35:27.60</b>	<b>01:15:52.95</b>	+00:04:48 (13.6%)	7:05	8.5 (86.7%)
33	<b>SZPILMAN Katarzyna</b>	<b>162</b>	FACE NORDIC WALKING TEAM	K45-49	1			00:47:27	00:17:39	<b>00:35:32.35</b>	<b>01:22:59.60</b>	+00:04:53 (13.8%)	7:06	8.4 (85.7%)
34	<b>LESIŃSKA Marzenna</b>	<b>230</b>	KS METRACO POLKOWICE	K50-54	1			00:47:56	00:17:46	<b>00:35:37.30</b>	<b>01:23:33.90</b>	+00:04:58 (14.0%)	7:07	8.4 (85.7%)
35	<b>SZPILMAN Marta</b>	<b>163</b>	FACE NORDIC WALKING TEAM	K18-29	1			01:46:42	00:17:36	<b>00:35:42.50</b>	<b>02:22:25.10</b>	+00:05:03 (14.2%)	7:08	8.4 (85.7%)
36	<b>ANDRZEJEWSKI Mieczysław</b>	<b>4</b>		M55-59	5			00:42:33	00:17:03	<b>00:35:48.35</b>	<b>01:18:22.05</b>	+00:05:09 (14.4%)	7:09	8.4 (85.7%)
37	<b>GRYGOROWICZ Bogdan</b>	<b>62</b>	KS METRACO POLKOWICE	M65-69	2			00:43:26	00:17:28	<b>00:35:50.65</b>	<b>01:19:16.80</b>	+00:05:11 (14.5%)	7:10	8.4 (85.7%)
38	<b>GAŁĄZKA Paweł</b>	<b>221</b>	NORDIC TEAM GNIEZNO	M- Niepełnosprawni	1			00:42:06	00:17:50	<b>00:35:53.85</b>	<b>01:18:00.45</b>	+00:05:15 (14.6%)	7:10	8.4 (85.7%)
39	<b>DUDEK Edward</b>	<b>39</b>	KS METRACO POLKOWICE	M65-69	3			00:43:26	00:17:59	<b>00:36:02.00</b>	<b>01:19:28.20</b>	+00:05:23 (15.0%)	7:12	8.3 (84.7%)
40	<b>CHUDZIŃSKI Andrzej</b>	<b>25</b>	K S ELBLĄSKIE WŁÓCZY-KIJE	M65-69	4			00:43:25	00:17:35	<b>00:36:09.50</b>	<b>01:19:34.60</b>	+00:05:30 (15.2%)	7:13	8.3 (84.7%)
41	<b>GAPIŃSKA Janina</b>	<b>52</b>	WESOŁY BORSUK TEAM	K55-59	3			00:48:54	00:18:01	<b>00:36:11.50</b>	<b>01:25:05.70</b>	+00:05:32 (15.3%)	7:14	8.3 (84.7%)
42	<b>MALCZYK Anna</b>	<b>105</b>	DĄBROWA NORDIC TEAM	K30-39	1			00:46:23	00:17:35	<b>00:36:12.85</b>	<b>01:22:35.95</b>	+00:05:34 (15.4%)	7:14	8.3 (84.7%)
43	<b>RECZULSKA Katarzyna</b>	<b>133</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:47:27	00:17:55	<b>00:36:15.20</b>	<b>01:23:43.00</b>	+00:05:36 (15.5%)	7:15	8.3 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
43	<b>CUDAK Zbigniew</b>	<b>27</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	5			00:41:18	00:17:59	<b>00:36:15.20</b>	<b>01:17:33.75</b>	+00:05:36 (15.5%)	7:15	8.3 (84.7%)
45	<b>WYSOCKI Marcin</b>	<b>199</b>	BŁĘKITNI NW DZIEMIANY	M-Jun.	3			00:39:06	00:17:40	<b>00:36:18.15</b>	<b>01:15:24.15</b>	+00:05:39 (15.6%)	7:15	8.3 (84.7%)
46	<b>SKWIRUT Maksymilian</b>	<b>139</b>	SOKÓŁ RYMANÓW	M-Jun.	4			00:39:07	00:17:48	<b>00:36:21.15</b>	<b>01:15:28.90</b>	+00:05:42 (15.7%)	7:16	8.3 (84.7%)
47	<b>DANA Andrzej</b>	<b>31</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	5			00:43:28	00:17:49	<b>00:36:21.20</b>	<b>01:19:49.65</b>	+00:05:42 (15.7%)	7:16	8.3 (84.7%)
48	<b>STOJANOWSKA-CIASTEK Dorota</b>	<b>147</b>	KS METRACO POLKOWICE	K40-44	2			00:46:59	00:17:59	<b>00:36:23.75</b>	<b>01:23:23.30</b>	+00:05:45 (15.8%)	7:16	8.2 (83.7%)
49	<b>WROŃSKI Włodzimierz</b>	<b>197</b>	PASJA NORDIC WALKING	M60-64	5			00:42:59	00:17:56	<b>00:36:33.35</b>	<b>01:19:32.75</b>	+00:05:54 (16.2%)	7:18	8.2 (83.7%)
50	<b>WOŹNIAK Klaudia</b>	<b>251</b>	UNIA MIAST	K-Jun.	1			00:45:16	00:17:49	<b>00:36:46.00</b>	<b>01:22:02.15</b>	+00:06:07 (16.7%)	7:21	8.2 (83.7%)
51	<b>ŚLEWIŃSKA Edyta</b>	<b>167</b>	BŁĘKITNI NW DZIEMIANY	K-Jun.	2			00:45:16	00:17:52	<b>00:36:46.05</b>	<b>01:22:02.15</b>	+00:06:07 (16.7%)	7:21	8.2 (83.7%)
52	<b>SŁOMIŃSKA Marta</b>	<b>140</b>	BŁĘKITNI NW DZIEMIANY	K-Jun.	3			00:45:16	00:18:09	<b>00:36:46.65</b>	<b>01:22:02.80</b>	+00:06:07 (16.7%)	7:21	8.2 (83.7%)
53	<b>KLEPACZEK Dawid</b>	<b>81</b>	LOCO TEAM	M30-39	4			00:39:51	00:18:14	<b>00:36:47.05</b>	<b>01:16:38.80</b>	+00:06:08 (16.7%)	7:21	8.2 (83.7%)
54	<b>ZAŃKO Katarzyna</b>	<b>201</b>		K40-44	3			00:46:57	00:17:54	<b>00:36:49.55</b>	<b>01:23:47.35</b>	+00:06:10 (16.8%)	7:22	8.1 (82.7%)
55	<b>PUSZKIEL Jan</b>	<b>204</b>	GREEN TEAM ZIELONA GÓRA	M55-59	6			00:42:32	00:18:33	<b>00:36:50.65</b>	<b>01:19:23.35</b>	+00:06:11 (16.8%)	7:22	8.1 (82.7%)
56	<b>STYGA Krystyna</b>	<b>153</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K50-54	2			00:47:55	00:18:08	<b>00:36:53.20</b>	<b>01:24:48.80</b>	+00:06:14 (16.9%)	7:22	8.1 (82.7%)
57	<b>ROSADZIŃSKI Sławomir</b>	<b>135</b>		M45-49	6			00:41:16	00:17:49	<b>00:36:54.50</b>	<b>01:18:10.90</b>	+00:06:15 (17.0%)	7:22	8.1 (82.7%)
58	<b>DUDEK Kazimierz</b>	<b>40</b>	KS METRACO POLKOWICE	M65-69	6			00:43:27	00:18:01	<b>00:36:58.20</b>	<b>01:20:25.60</b>	+00:06:19 (17.1%)	7:23	8.1 (82.7%)
59	<b>JAWORSKI Zbigniew</b>	<b>71</b>	WŁÓCZYKIJE SKOCZÓW	M65-69	7			00:43:27	00:18:24	<b>00:37:08.20</b>	<b>01:20:35.20</b>	+00:06:29 (17.5%)	7:25	8.1 (82.7%)
60	<b>GAPIŃSKI Leszek</b>	<b>53</b>	WESOŁY BORSUK TEAM	M55-59	7			00:42:32	00:17:58	<b>00:37:08.95</b>	<b>01:19:41.90</b>	+00:06:30 (17.5%)	7:25	8.1 (82.7%)
61	<b>BIK Przemysław</b>	<b>13</b>	KS METRACO POLKOWICE	M-Dzieci	1			00:38:45	00:18:05	<b>00:37:12.75</b>	<b>01:15:57.75</b>	+00:06:34 (17.6%)	7:26	8.1 (82.7%)
62	<b>KORDOWSKI Jakub</b>	<b>86</b>		M-Jun.	5			00:39:06	00:18:35	<b>00:37:14.80</b>	<b>01:16:21.65</b>	+00:06:36 (17.7%)	7:27	8.1 (82.7%)
63	<b>JÓŹWIAK Marianna</b>	<b>73</b>	WTW.WŁOCŁAWEK	K40-44	4			00:46:58	00:18:04	<b>00:37:18.00</b>	<b>01:24:16.65</b>	+00:06:39 (17.8%)	7:27	8 (81.6%)
64	<b>FELIS Stanisław</b>	<b>45</b>		M-Jun.	6			00:39:07	00:18:20	<b>00:37:23.65</b>	<b>01:16:30.75</b>	+00:06:44 (18.0%)	7:28	8 (81.6%)
65	<b>KUŚMIEREK Mateusz</b>	<b>98</b>	BŁĘKITNI NW DZIEMIANY	M-Dzieci	2			00:38:44	00:18:35	<b>00:37:24.60</b>	<b>01:16:09.25</b>	+00:06:45 (18.1%)	7:29	8 (81.6%)
66	<b>BUSZTA Dariusz</b>	<b>23</b>		M45-49	7			00:41:17	00:17:59	<b>00:37:26.90</b>	<b>01:18:44.10</b>	+00:06:48 (18.2%)	7:29	8 (81.6%)
67	<b>RAKUĆ Angelika</b>	<b>132</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:45:41	00:18:25	<b>00:37:26.95</b>	<b>01:23:08.25</b>	+00:06:48 (18.2%)	7:29	8 (81.6%)
68	<b>SŁOWIK Michał</b>	<b>207</b>		M40-44	5			00:40:24	00:17:51	<b>00:37:28.20</b>	<b>01:17:52.85</b>	+00:06:49 (18.2%)	7:29	8 (81.6%)
69	<b>JÓŹWIAK Łukasz</b>	<b>74</b>	WTW.WŁOCŁAWEK	M-Niepełnosprawni	2			00:41:18	00:18:32	<b>00:37:32.85</b>	<b>01:18:51.20</b>	+00:06:54 (18.4%)	7:30	8 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
70	<b>FRĄSZCZAK Katarzyna</b>	<b>49</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K-Niepełnosprawni	1			00:46:23	00:18:16	<b>00:37:33.60</b>	<b>01:23:56.95</b>	+00:06:54 (18.4%)	7:30	8 (81.6%)
71	<b>PIATCZYC Michał</b>	<b>125</b>		M-Jun.	7			00:39:06	00:18:05	<b>00:37:34.30</b>	<b>01:16:40.55</b>	+00:06:55 (18.4%)	7:30	8 (81.6%)
72	<b>BRYLKA Artur</b>	<b>22</b>	WESOŁY BORSUK TEAM	M-Jun.	8			00:39:06	00:18:34	<b>00:37:35.85</b>	<b>01:16:41.85</b>	+00:06:57 (18.5%)	7:31	8 (81.6%)
73	<b>KORDOWSKA Bogusława</b>	<b>85</b>	UPOJENI WIATREM	K40-44	5			00:46:59	00:18:41	<b>00:37:38.85</b>	<b>01:24:38.20</b>	+00:07:00 (18.6%)	7:31	8 (81.6%)
74	<b>KANIECKA Zofia</b>	<b>77</b>	NW CIECHANÓW	K60-64	2			00:49:26	00:18:44	<b>00:37:41.55</b>	<b>01:27:08.25</b>	+00:07:02 (18.7%)	7:32	8 (81.6%)
75	<b>BRYLKA Rafał</b>	<b>21</b>	WESOŁY BORSUK TEAM	M-Jun.	9			00:39:05	00:18:21	<b>00:37:42.10</b>	<b>01:16:47.45</b>	+00:07:03 (18.7%)	7:32	8 (81.6%)
76	<b>DONIGIEWICZ Janusz</b>	<b>35</b>	NORDIC WALKING KRUSZYNA	M60-64	6			00:43:29	00:18:45	<b>00:37:45.25</b>	<b>01:21:14.45</b>	+00:07:06 (18.8%)	7:33	7.9 (80.6%)
77	<b>NOWROTEK Roman</b>	<b>117</b>	WESOŁY BORSUK TEAM	M65-69	8			00:43:26	00:18:22	<b>00:37:48.15</b>	<b>01:21:14.15</b>	+00:07:09 (18.9%)	7:33	7.9 (80.6%)
78	<b>MIKOŁAJCZAK Jan</b>	<b>110</b>		M-Niepełnosprawni	3			00:42:58	00:18:28	<b>00:37:52.35</b>	<b>01:20:50.65</b>	+00:07:13 (19.1%)	7:34	7.9 (80.6%)
79	<b>GŁADKOWSKA Małgorzata</b>	<b>223</b>	SILESIA NORDIC TEAM	K55-59	4			00:48:54	00:18:13	<b>00:37:52.55</b>	<b>01:26:47.45</b>	+00:07:13 (19.1%)	7:34	7.9 (80.6%)
80	<b>WAWRZY尼亚K Anna</b>	<b>180</b>	FACE NORDIC WALKING TEAM	K40-44	6			00:46:58	00:18:27	<b>00:37:57.50</b>	<b>01:24:56.05</b>	+00:07:18 (19.3%)	7:35	7.9 (80.6%)
81	<b>STOLTMANN Helena</b>	<b>148</b>	BŁĘKITNI NW DZIEMIANY	K55-59	5			00:48:54	00:18:24	<b>00:38:01.15</b>	<b>01:26:56.05</b>	+00:07:22 (19.4%)	7:36	7.9 (80.6%)
82	<b>SITKO Maciej</b>	<b>236</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	3			00:38:44	00:18:36	<b>00:38:01.60</b>	<b>01:16:46.55</b>	+00:07:22 (19.4%)	7:36	7.9 (80.6%)
83	<b>KUPIBIDA Bogusława</b>	<b>97</b>	SILESIA NORDIC TEAM	K55-59	6			00:48:55	00:18:47	<b>00:38:01.65</b>	<b>01:26:57.25</b>	+00:07:22 (19.4%)	7:36	7.9 (80.6%)
84	<b>BALICKA Maria</b>	<b>6</b>		K-Dzieci	1			00:44:59	00:18:14	<b>00:38:04.00</b>	<b>01:23:03.25</b>	+00:07:25 (19.5%)	7:36	7.9 (80.6%)
85	<b>GAŁAŚ Joanna</b>	<b>51</b>	PASJA NORDIC WALKING	K18-29	3			00:45:41	00:18:38	<b>00:38:08.75</b>	<b>01:23:50.35</b>	+00:07:30 (19.7%)	7:37	7.9 (80.6%)
86	<b>BALICKI Mirosław</b>	<b>205</b>		M45-49	8			00:41:16	00:18:38	<b>00:38:11.00</b>	<b>01:19:27.55</b>	+00:07:32 (19.7%)	7:38	7.9 (80.6%)
87	<b>SULECKA Gabriela</b>	<b>155</b>		K-Niepełnosprawni	2			00:48:54	00:18:50	<b>00:38:12.05</b>	<b>01:27:06.70</b>	+00:07:33 (19.8%)	7:38	7.9 (80.6%)
88	<b>PAWŁOWSKA-WOŹNIAK Małgorzata</b>	<b>160</b>	UNIA MIAST	K30-39	2			00:46:23	00:18:33	<b>00:38:16.25</b>	<b>01:24:39.25</b>	+00:07:37 (19.9%)	7:39	7.8 (79.6%)
89	<b>ŻUREK Bogusław</b>	<b>224</b>		M50-54	4			00:42:06	00:18:16	<b>00:38:31.70</b>	<b>01:20:37.80</b>	+00:07:53 (20.5%)	7:42	7.8 (79.6%)
90	<b>DROZD Maria</b>	<b>38</b>	NORDIC WALKING KRUSZYNA	K45-49	3			00:47:26	00:18:58	<b>00:38:32.05</b>	<b>01:25:58.90</b>	+00:07:53 (20.5%)	7:42	7.8 (79.6%)
91	<b>FELIS Beata</b>	<b>46</b>		K45-49	4			00:47:29	00:19:04	<b>00:38:49.30</b>	<b>01:26:18.30</b>	+00:08:10 (21.1%)	7:45	7.7 (78.6%)
92	<b>RYBAŁTOWSKI Paweł</b>	<b>136</b>		M70+	1			00:44:02	00:19:00	<b>00:39:07.10</b>	<b>01:23:09.35</b>	+00:08:28 (21.7%)	7:49	7.7 (78.6%)
93	<b>WASILEWSKI Sławomir</b>	<b>179</b>	PASJA NORDIC WALKING	M70+	2			00:44:00	00:19:13	<b>00:39:11.50</b>	<b>01:23:11.50</b>	+00:08:32 (21.8%)	7:50	7.7 (78.6%)
94	<b>DANA Kazimiera</b>	<b>30</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:49:28	00:19:31	<b>00:39:21.35</b>	<b>01:28:49.75</b>	+00:08:42 (22.1%)	7:52	7.6 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
95	<b>PIATCZYC</b> Wacław	<b>123</b>		M-Niepełnosprawni	4			00:42:33	00:18:58	<b>00:39:33.20</b>	<b>01:22:07.05</b>	+00:08:54 (22.5%)	7:54	7.6 (77.6%)
96	<b>BANASZAK</b> Agata	<b>7</b>	GREEN TEAM ZIELONA GÓRA	K18-29	4			00:45:42	00:19:51	<b>00:39:57.85</b>	<b>01:25:40.55</b>	+00:09:19 (23.3%)	7:59	7.5 (76.5%)
97	<b>MAJCHERCZYK</b> Wacław	<b>401</b>	MOSIR CZELADŹ	M70+	3			00:44:01	00:19:57	<b>00:40:01.40</b>	<b>01:24:02.65</b>	+00:09:22 (23.4%)	8:00	7.5 (76.5%)
98	<b>MAJCHERCZYK</b> Krzysztof	<b>421</b>	MOSIR CZELADŹ	M60-64	7			00:42:59	00:19:56	<b>00:40:04.25</b>	<b>01:23:03.85</b>	+00:09:25 (23.5%)	8:00	7.5 (76.5%)
99	<b>PIĄTKOWSKI</b> Józef	<b>126</b>	KS METRACO POLKOWICE	M70+	4			00:44:00	00:19:54	<b>00:40:04.30</b>	<b>01:24:04.90</b>	+00:09:25 (23.5%)	8:00	7.5 (76.5%)
100	<b>BARUCH</b> Henryka	<b>9</b>	DĄBROWA NORDIC TEAM	K65-69	1			00:50:00	00:19:54	<b>00:40:06.85</b>	<b>01:30:07.35</b>	+00:09:28 (23.6%)	8:01	7.5 (76.5%)
101	<b>GRZYWOCZ</b> Irena	<b>65</b>		K65-69	2			00:50:01	00:19:55	<b>00:40:10.95</b>	<b>01:30:12.00</b>	+00:09:32 (23.7%)	8:02	7.5 (76.5%)
102	<b>NOWAK</b> Bartłomiej	<b>113</b>	SAILING TEAM FERAJNA	M40-44	6			00:40:24	00:20:01	<b>00:40:15.45</b>	<b>01:20:39.90</b>	+00:09:36 (23.9%)	8:03	7.5 (76.5%)
103	<b>FILUSZ</b> Alfred	<b>48</b>		M45-49	9			00:41:18	00:19:37	<b>00:40:21.35</b>	<b>01:21:39.70</b>	+00:09:42 (24.1%)	8:04	7.4 (75.5%)
104	<b>GWAREK</b> Anita	<b>206</b>	PASJA NORDIC WALKING	K45-49	5			00:47:27	00:19:51	<b>00:40:25.80</b>	<b>01:27:53.65</b>	+00:09:47 (24.2%)	8:05	7.4 (75.5%)
105	<b>THOMALLA</b> Bogdan	<b>172</b>	SILESIA NORDIC TEAM	M70+	5			00:33:34	00:19:33	<b>00:40:26.00</b>	<b>01:14:00.05</b>	+00:09:47 (24.2%)	8:05	7.4 (75.5%)
106	<b>JONDERKO</b> Julia	<b>72</b>	WŁÓCZYKIJE SKOCZÓW	K40-44	7			00:46:57	00:19:34	<b>00:40:34.05</b>	<b>01:27:31.95</b>	+00:09:55 (24.5%)	8:06	7.4 (75.5%)
107	<b>SZYMAŃSKI</b> Mirosław	<b>166</b>	SANTANDER CONSUMER BANK	M45-49	10			00:41:16	00:20:02	<b>00:40:38.95</b>	<b>01:21:55.85</b>	+00:10:00 (24.6%)	8:07	7.4 (75.5%)
108	<b>KULIG</b> Bożena	<b>96</b>	K S ELBŁĄSKIE WŁÓCZY-KIJE	K60-64	4			00:49:27	00:20:00	<b>00:40:44.20</b>	<b>01:30:12.00</b>	+00:10:05 (24.8%)	8:09	7.4 (75.5%)
109	<b>KUBICKA</b> Danuta	<b>95</b>	KS METRACO POLKOWICE	K65-69	3			00:50:00	00:19:59	<b>00:40:44.60</b>	<b>01:30:44.90</b>	+00:10:05 (24.8%)	8:08	7.4 (75.5%)
110	<b>GRZYB</b> Izabela	<b>64</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	3			00:46:23	00:19:45	<b>00:40:52.30</b>	<b>01:27:16.25</b>	+00:10:13 (25.0%)	8:10	7.3 (74.5%)
111	<b>PIATCZYC</b> Barbara	<b>124</b>		K50-54	3			00:47:55	00:20:06	<b>00:40:53.00</b>	<b>01:28:48.35</b>	+00:10:14 (25.0%)	8:10	7.3 (74.5%)
112	<b>BROŻBAR</b> Beata	<b>19</b>		K-Jun.	4			00:45:17	00:19:46	<b>00:41:00.30</b>	<b>01:26:17.35</b>	+00:10:21 (25.3%)	8:12	7.3 (74.5%)
113	<b>DRABCZYK</b> Franciszek	<b>36</b>	KS METRACO POLKOWICE	M60-64	8			00:42:59	00:20:14	<b>00:41:16.45</b>	<b>01:24:16.30</b>	+00:10:37 (25.8%)	8:15	7.3 (74.5%)
114	<b>EWERTOWSKA</b> Ewa	<b>43</b>	NORDIC WALKING KIEKRZ	K45-49	6			00:47:28	00:20:03	<b>00:41:17.05</b>	<b>01:28:45.80</b>	+00:10:38 (25.8%)	8:15	7.3 (74.5%)
115	<b>DZIEMIŃSKI</b> Jan	<b>42</b>	BŁĘKITNI NW DZIEMIANY	M-Dzieci	4			00:38:45	00:19:55	<b>00:41:19.70</b>	<b>01:20:05.45</b>	+00:10:41 (25.8%)	8:16	7.3 (74.5%)
116	<b>GOLENIA</b> Reinhold	<b>56</b>		M55-59	8			00:42:33	00:20:39	<b>00:41:21.15</b>	<b>01:23:54.90</b>	+00:10:42 (25.9%)	8:16	7.3 (74.5%)
117	<b>STARZYŃSKA</b> Ewa	<b>143</b>	KS METRACO POLKOWICE	K60-64	5			00:49:28	00:20:45	<b>00:41:31.00</b>	<b>01:30:59.55</b>	+00:10:52 (26.2%)	8:18	7.2 (73.5%)
118	<b>KABACIŃSKI</b> Maciej	<b>76</b>	FACE NORDIC WALKING TEAM	M45-49	11			00:41:20	00:20:43	<b>00:41:36.60</b>	<b>01:22:57.35</b>	+00:10:57 (26.4%)	8:19	7.2 (73.5%)
119	<b>MARCZYK</b> Jerzy Paweł	<b>106</b>	FACE NORDIC WALKING TEAM	M55-59	9			00:42:34	00:20:10	<b>00:41:37.70</b>	<b>01:24:12.05</b>	+00:10:59 (26.4%)	8:19	7.2 (73.5%)
120	<b>PAKMUR</b> Anna	<b>119</b>		K50-54	4			00:47:56	00:20:28	<b>00:41:38.80</b>	<b>01:29:34.90</b>	+00:11:00 (26.4%)	8:19	7.2 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										5km	brutto 5km			
121	<b>WIESZOŁEK Ewelina</b>	<b>189</b>		K30-39	4			00:46:25	00:20:30	<b>00:41:39.45</b>	<b>01:28:04.65</b>	+00:11:00 (26.4%)	8:19	7.2 (73.5%)
122	<b>STRZELECKA Małgorzata</b>	<b>151</b>	SAILING TEAM FERAJNA	K40-44	8			00:47:00	00:20:48	<b>00:41:40.80</b>	<b>01:28:41.40</b>	+00:11:02 (26.5%)	8:20	7.2 (73.5%)
123	<b>KOPCZYŃSKI Jakub</b>	<b>84</b>	KRUSZYNA	M18-29	4			00:39:54	00:20:03	<b>00:41:47.95</b>	<b>01:21:42.85</b>	+00:11:09 (26.7%)	8:21	7.2 (73.5%)
124	<b>JANUSZ Ewa</b>	<b>59</b>		K45-49	7			00:47:27	00:20:46	<b>00:41:53.85</b>	<b>01:29:21.45</b>	+00:11:15 (26.9%)	8:22	7.2 (73.5%)
125	<b>STRACH Jan</b>	<b>150</b>	WŁÓCZYKIJE SKOCZÓW	M- Niepełnosprawni	5			00:42:59	00:21:09	<b>00:42:05.90</b>	<b>01:25:05.30</b>	+00:11:27 (27.2%)	8:25	7.1 (72.4%)
126	<b>KRYZEL Szczepan</b>	<b>93</b>	BŁĘKITNI NW DZIEMIANY	M55-59	10			00:39:27	00:20:18	<b>00:42:06.60</b>	<b>01:21:34.35</b>	+00:11:27 (27.2%)	8:25	7.1 (72.4%)
127	<b>NOWALIŃSKI Piotrek</b>	<b>116</b>	FACE NORDIC WALKING TEAM	M- Niepełnosprawni	6			00:41:17	00:20:46	<b>00:42:21.15</b>	<b>01:23:38.60</b>	+00:11:42 (27.6%)	8:28	7.1 (72.4%)
128	<b>PTAŚ Jolanta</b>	<b>423</b>	MOSIR CZELADŹ	K45-49	8			00:47:26	00:20:50	<b>00:42:36.20</b>	<b>01:30:02.75</b>	+00:11:57 (28.1%)	8:31	7 (71.4%)
129	<b>DEC Alicja</b>	<b>33</b>		K60-64	6			00:49:27	00:20:54	<b>00:42:36.65</b>	<b>01:32:03.85</b>	+00:11:57 (28.1%)	8:31	7 (71.4%)
130	<b>WALULIK Aneta</b>	<b>176</b>		K40-44	9			00:46:59	00:20:59	<b>00:42:37.35</b>	<b>01:29:36.80</b>	+00:11:58 (28.1%)	8:31	7 (71.4%)
131	<b>AGARWAL Ritu</b>	<b>2</b>		K40-44	10			00:47:01	00:20:50	<b>00:42:40.60</b>	<b>01:29:42.25</b>	+00:12:01 (28.2%)	8:32	7 (71.4%)
132	<b>GOLENIA Irmgarda</b>	<b>57</b>	NIEZRZESZONA	K55-59	7			00:48:57	00:21:23	<b>00:42:44.95</b>	<b>01:31:42.60</b>	+00:12:06 (28.3%)	8:33	7 (71.4%)
133	<b>NOGA Anna</b>	<b>266</b>	NORDIC WALKING KRUSZYNA	K30-39	5			00:46:24	00:20:41	<b>00:42:54.65</b>	<b>01:29:19.05</b>	+00:12:15 (28.6%)	8:35	7 (71.4%)
134	<b>HOŁDA Jolanta</b>	<b>433</b>		K60-64	7			00:49:28	00:20:56	<b>00:42:55.75</b>	<b>01:32:24.25</b>	+00:12:17 (28.6%)	8:35	7 (71.4%)
135	<b>KRAMER Leszek</b>	<b>90</b>	OLEŚNICKA STREFA NORDIC WALKING	M70+	6			00:44:03	00:20:29	<b>00:42:56.15</b>	<b>01:26:59.75</b>	+00:12:17 (28.6%)	8:35	7 (71.4%)
136	<b>HARTMAN Jadwiga</b>	<b>218</b>	PZERII POLANICA ZDRÓJ	K60-64	8			00:49:29	00:20:56	<b>00:43:00.00</b>	<b>01:32:29.45</b>	+00:12:21 (28.7%)	8:36	7 (71.4%)
137	<b>SUDOŁ Irena</b>	<b>154</b>	WŁÓCZYKIJE SKOCZÓW	K50-54	5			00:47:57	00:20:52	<b>00:43:01.80</b>	<b>01:30:58.90</b>	+00:12:23 (28.8%)	8:36	7 (71.4%)
138	<b>NOWROTEK Urszula</b>	<b>118</b>	WESOŁY BORSUK TEAM	K50-54	6			00:47:55	00:21:07	<b>00:43:17.55</b>	<b>01:31:13.35</b>	+00:12:38 (29.2%)	8:39	6.9 (70.4%)
139	<b>GRZYWOCZ Bernard</b>	<b>66</b>		M65-69	9			00:43:28	00:21:14	<b>00:43:21.65</b>	<b>01:26:50.40</b>	+00:12:42 (29.3%)	8:40	6.9 (70.4%)
140	<b>JANUSZ Monika</b>	<b>247</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	6			00:46:25	00:20:58	<b>00:43:35.65</b>	<b>01:30:00.95</b>	+00:12:56 (29.7%)	8:43	6.9 (70.4%)
141	<b>SZAŁACIŃSKI Grzegorz</b>	<b>156</b>	WESOŁY BORSUK TEAM	M50-54	5			00:42:06	00:21:38	<b>00:43:39.55</b>	<b>01:25:45.95</b>	+00:13:00 (29.8%)	8:43	6.9 (70.4%)
142	<b>IWANICKI Zdzisław</b>	<b>68</b>		M70+	7			00:44:04	00:21:25	<b>00:43:43.65</b>	<b>01:27:47.85</b>	+00:13:04 (29.9%)	8:44	6.9 (70.4%)
143	<b>MALINOWSKI Kacper</b>	<b>226</b>	ENERGYLIFE / NW CIECHANÓW	M-Jun.	10			00:39:05	00:20:36	<b>00:43:45.00</b>	<b>01:22:50.45</b>	+00:13:06 (30.0%)	8:45	6.9 (70.4%)
144	<b>KARCZEWSKI Krzysztof</b>	<b>78</b>	RUCH PO ZDROWIE WŁOCLAWEK	M30-39	5			00:39:51	00:21:20	<b>00:43:49.70</b>	<b>01:23:41.45</b>	+00:13:11 (30.1%)	8:46	6.8 (69.4%)
145	<b>WOJTAROWICZ Edward</b>	<b>217</b>	PZERII POLANICA ZDRÓJ	M70+	8			00:44:00	00:21:14	<b>00:43:55.10</b>	<b>01:27:55.85</b>	+00:13:16 (30.2%)	8:47	6.8 (69.4%)
146	<b>FIOLETAK Joanna</b>	<b>24</b>		K40-44	11			00:47:00	00:21:20	<b>00:43:56.20</b>	<b>01:30:56.55</b>	+00:13:17 (30.3%)	8:47	6.8 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
147	<b>GOLIAN Barbara</b>	<b>58</b>	SANTANDER CONSUMER BANK	K30-39	7			00:46:26	00:21:49	<b>00:43:56.25</b>	<b>01:30:22.80</b>	+00:13:17 (30.3%)	8:47	6.8 (69.4%)
148	<b>KAPECKI Kazimierz</b>	<b>211</b>	PZERII POLANICA ZDRÓJ	M65-69	10			00:43:25	00:21:56	<b>00:43:57.35</b>	<b>01:27:22.50</b>	+00:13:18 (30.3%)	8:47	6.8 (69.4%)
149	<b>KOSICKA Beata</b>	<b>87</b>	NW KIEKRZ	K45-49	9			00:47:29	00:20:15	<b>00:43:58.00</b>	<b>01:31:27.30</b>	+00:13:19 (30.3%)	8:47	6.8 (69.4%)
150	<b>ZAKRZEWSKA Henryka</b>	<b>200</b>	NORDIC TEAM GNIEZNO	K70+	1			00:50:38	00:21:19	<b>00:44:04.35</b>	<b>01:34:42.65</b>	+00:13:25 (30.5%)	8:48	6.8 (69.4%)
151	<b>MROWIEC Maria</b>	<b>112</b>	UNIA MIAST	K70+	2			00:50:39	00:21:58	<b>00:44:18.60</b>	<b>01:34:57.80</b>	+00:13:39 (30.8%)	8:51	6.8 (69.4%)
152	<b>WINCZEWSKA Anna</b>	<b>191</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	7			00:47:56	00:21:28	<b>00:44:20.10</b>	<b>01:32:16.95</b>	+00:13:41 (30.9%)	8:52	6.8 (69.4%)
153	<b>WASIELA Nikodem</b>	<b>178</b>	FACE NORDIC WALKING TEAM	M-Dzieci	5			00:38:45	00:20:14	<b>00:44:33.25</b>	<b>01:23:18.65</b>	+00:13:54 (31.2%)	8:54	6.7 (68.4%)
154	<b>KOŁATEK Piotr</b>	<b>16</b>		M60-64	9			00:42:59	00:21:13	<b>00:44:35.90</b>	<b>01:27:35.75</b>	+00:13:57 (31.3%)	8:55	6.7 (68.4%)
155	<b>RYNNIK Dorota</b>	<b>222</b>		K45-49	10			00:47:27	00:21:58	<b>00:44:43.60</b>	<b>01:32:10.80</b>	+00:14:04 (31.5%)	8:56	6.7 (68.4%)
156	<b>SZAŁAJ Anna</b>	<b>157</b>	K.S. METRACO POLKOWICE	K-Niepełnosprawni	3			00:49:26	00:21:54	<b>00:44:52.70</b>	<b>01:34:19.45</b>	+00:14:14 (31.7%)	8:58	6.7 (68.4%)
157	<b>WÓJCIK Henryk</b>	<b>196</b>	UTW OLEŚNICA	M70+	9			00:44:03	00:22:29	<b>00:44:53.00</b>	<b>01:28:56.75</b>	+00:14:14 (31.7%)	8:58	6.7 (68.4%)
158	<b>ŁUCZYSZYN Stanisława</b>	<b>101</b>	NORDIC WALKING KRUSZYNA	K65-69	4			00:50:02	00:22:19	<b>00:44:54.45</b>	<b>01:34:56.90</b>	+00:14:15 (31.8%)	8:58	6.7 (68.4%)
159	<b>SZYMANEK Ewelina</b>	<b>165</b>	SANTANDER CONSUMER BANK	K30-39	8			00:46:27	00:23:09	<b>00:44:55.40</b>	<b>01:31:22.55</b>	+00:14:16 (31.8%)	8:59	6.7 (68.4%)
160	<b>TYLUTKI Andrzej</b>	<b>174</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M45-49	12			00:41:20	00:22:12	<b>00:45:09.35</b>	<b>01:26:29.60</b>	+00:14:30 (32.1%)	9:01	6.6 (67.3%)
161	<b>WEŻYK Barbara</b>	<b>185</b>		K45-49	11			00:47:28	00:22:24	<b>00:45:10.00</b>	<b>01:32:38.55</b>	+00:14:31 (32.2%)	9:02	6.6 (67.3%)
162	<b>CIAŁKOWSKA Elżbieta</b>	<b>232</b>		K55-59	8			00:48:57	00:22:16	<b>00:45:10.75</b>	<b>01:34:08.10</b>	+00:14:32 (32.2%)	9:02	6.6 (67.3%)
163	<b>MIELEWCZYK Aleksandra</b>	<b>109</b>		K55-59	9			00:48:56	00:22:16	<b>00:45:24.15</b>	<b>01:34:20.70</b>	+00:14:45 (32.5%)	9:04	6.6 (67.3%)
164	<b>ARTYMICZ Maria</b>	<b>5</b>		K60-64	9			00:49:29	00:21:56	<b>00:45:29.90</b>	<b>01:34:59.85</b>	+00:14:51 (32.6%)	9:06	6.6 (67.3%)
165	<b>BARTNIK Robert</b>	<b>237</b>	SANTANDER CONSUMER BANK	M40-44	7			00:41:19	00:22:45	<b>00:45:34.40</b>	<b>01:26:53.75</b>	+00:14:55 (32.8%)	9:06	6.6 (67.3%)
166	<b>REMISZEWSKI Adam</b>	<b>134</b>	UTW OLEŚNICA	M70+	10			00:44:03	00:22:19	<b>00:45:54.65</b>	<b>01:29:57.85</b>	+00:15:15 (33.3%)	9:10	6.5 (66.3%)
167	<b>KWIATKOWSKA Jadwiga</b>	<b>231</b>	KS METRACO POLKOWICE	K65-69	5			00:50:03	00:22:20	<b>00:46:03.05</b>	<b>01:36:06.85</b>	+00:15:24 (33.5%)	9:12	6.5 (66.3%)
168	<b>BARTUSIK-URBAN Jadwiga</b>	<b>8</b>	SANTANDER CONSUMER BANK	K40-44	12			00:47:00	00:22:44	<b>00:46:07.40</b>	<b>01:33:07.45</b>	+00:15:28 (33.6%)	9:13	6.5 (66.3%)
169	<b>KABACIŃSKA Anna</b>	<b>75</b>	FACE NORDIC WALKING TEAM	K45-49	12			00:47:26	00:23:09	<b>00:46:07.55</b>	<b>01:33:33.65</b>	+00:15:28 (33.6%)	9:13	6.5 (66.3%)
170	<b>KRZYŚCIN Ewa</b>	<b>208</b>	PZERII POLANICA ZDRÓJ	K65-69	6			00:49:30	00:22:36	<b>00:46:08.80</b>	<b>01:35:39.05</b>	+00:15:30 (33.6%)	9:13	6.5 (66.3%)
171	<b>SOBCZYK Irena</b>	<b>233</b>	SANTANDER CONSUMER BANK	K30-39	9			00:46:24	00:23:11	<b>00:46:15.60</b>	<b>01:32:39.65</b>	+00:15:36 (33.8%)	9:15	6.5 (66.3%)
172	<b>WAWRZYŃIAK Igor</b>	<b>181</b>	FACE NORDIC WALKING TEAM	M-Dzieci	6			00:38:45	00:22:33	<b>00:46:16.95</b>	<b>01:25:02.80</b>	+00:15:38 (33.8%)	9:15	6.5 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										5km	brutto 5km			
173	<b>WALORYSZAK Barbara</b>	<b>175</b>		K60-64	10			00:49:27	00:23:12	<b>00:46:24.05</b>	<b>01:35:51.85</b>	+00:15:45 (34.0%)	9:16	6.5 (66.3%)
174	<b>WIADERSKA Grażyna</b>	<b>186</b>		K65-69	7			00:50:00	00:22:48	<b>00:46:24.95</b>	<b>01:36:25.15</b>	+00:15:46 (34.0%)	9:17	6.5 (66.3%)
175	<b>KOLBUSZ Janina</b>	<b>83</b>	KS METRACO POLKOWICE	K65-69	8			00:50:00	00:22:47	<b>00:46:25.95</b>	<b>01:36:26.90</b>	+00:15:47 (34.0%)	9:17	6.5 (66.3%)
176	<b>ŚLUSARCZYK Karolina</b>	<b>169</b>	WESOŁY BORSUK TEAM	K-Dzieci	2			00:45:00	00:22:08	<b>00:46:26.75</b>	<b>01:31:27.20</b>	+00:15:48 (34.0%)	9:17	6.5 (66.3%)
177	<b>PALIAN Ewa</b>	<b>215</b>	PZERII POLANICA ZDRÓJ	K65-69	9			00:50:02	00:22:47	<b>00:46:32.35</b>	<b>01:36:34.65</b>	+00:15:53 (34.2%)	9:18	6.4 (65.3%)
178	<b>SZULC-DRABCZYK Urszula</b>	<b>164</b>	KS METRACO POLKOWICE	K-Niepełnosprawni	4			00:49:28	00:23:04	<b>00:46:42.50</b>	<b>01:36:10.75</b>	+00:16:03 (34.4%)	9:20	6.4 (65.3%)
179	<b>DRAŻEK Władysław</b>	<b>214</b>	PZERII POLANICA ZDRÓJ	M70+	11			00:44:01	00:22:11	<b>00:46:43.60</b>	<b>01:30:45.15</b>	+00:16:04 (34.4%)	9:20	6.4 (65.3%)
180	<b>KRYZEL Dorota</b>	<b>92</b>	BŁĘKITNI NW DZIEMIANY	K50-54	8			00:47:57	00:22:42	<b>00:46:56.20</b>	<b>01:34:53.65</b>	+00:16:17 (34.7%)	9:23	6.4 (65.3%)
181	<b>KWIATKOWSKA Izabela</b>	<b>99</b>	RUCH PO ZDROWIE WŁOCLAWEK	K30-39	10			02:06:28	00:22:02	<b>00:47:03.55</b>	<b>02:53:32.40</b>	+00:16:24 (34.9%)	9:24	6.4 (65.3%)
182	<b>BRUSKA Mariola</b>	<b>20</b>	BŁĘKITNI NW DZIEMIANY	K45-49	13			00:47:29	00:23:09	<b>00:47:20.75</b>	<b>01:34:50.65</b>	+00:16:42 (35.3%)	9:28	6.3 (64.3%)
183	<b>ANDRZEJEWSKA Bogusława</b>	<b>3</b>		K55-59	10			00:48:55	00:22:57	<b>00:47:21.50</b>	<b>01:36:17.10</b>	+00:16:42 (35.3%)	9:28	6.3 (64.3%)
184	<b>GROBELNA Jadwiga</b>	<b>60</b>	KS METRACO POLKOWICE	K-Niepełnosprawni	5			00:49:30	00:22:53	<b>00:47:22.05</b>	<b>01:36:52.55</b>	+00:16:43 (35.3%)	9:28	6.3 (64.3%)
185	<b>JAKUĆ Krzysztof</b>	<b>17</b>		M-Niepełnosprawni	7			00:41:20	00:23:29	<b>00:47:26.80</b>	<b>01:28:47.15</b>	+00:16:48 (35.4%)	9:29	6.3 (64.3%)
186	<b>MAGIEREWICZ Ewelina</b>	<b>103</b>	SANTANDER CONSUMER BANK	K30-39	11			00:46:25	00:23:13	<b>00:47:34.85</b>	<b>01:34:00.60</b>	+00:16:56 (35.6%)	9:31	6.3 (64.3%)
187	<b>PAUL Małgorzata</b>	<b>121</b>	SANTANDER CONSUMER BANK	K30-39	12			00:46:24	00:23:11	<b>00:47:35.15</b>	<b>01:33:59.55</b>	+00:16:56 (35.6%)	9:31	6.3 (64.3%)
188	<b>KOCZUR Dorota</b>	<b>246</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	11			00:49:27	00:23:03	<b>00:47:36.45</b>	<b>01:37:03.45</b>	+00:16:57 (35.6%)	9:31	6.3 (64.3%)
189	<b>MACHAJEK Krzysztof</b>	<b>102</b>	KS METRACO POLKOWICE	M-Niepełnosprawni	8			00:43:00	00:23:21	<b>00:47:41.40</b>	<b>01:30:41.90</b>	+00:17:02 (35.7%)	9:32	6.3 (64.3%)
190	<b>CIUPAK Anastazja</b>	<b>26</b>	SANTANDER CONSUMER BANK	K40-44	13			00:47:02	00:24:01	<b>00:47:47.75</b>	<b>01:34:49.85</b>	+00:17:09 (35.9%)	9:33	6.3 (64.3%)
191	<b>SPISAK-SPISACKA Renata</b>	<b>142</b>	NORDIC WALKING KIEKRZ	K50-54	9			00:48:55	00:23:52	<b>00:47:48.35</b>	<b>01:36:44.20</b>	+00:17:09 (35.9%)	9:33	6.3 (64.3%)
192	<b>CZAKIERT Olga</b>	<b>28</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	5			00:45:42	00:23:08	<b>00:47:49.15</b>	<b>01:33:31.70</b>	+00:17:10 (35.9%)	9:33	6.3 (64.3%)
193	<b>BIĄŁEK Luiza</b>	<b>11</b>	SANTANDER CONSUMER BANK	K40-44	14			00:47:01	00:24:03	<b>00:47:49.55</b>	<b>01:34:50.90</b>	+00:17:10 (35.9%)	9:33	6.3 (64.3%)
194	<b>WÓJCIK Irena</b>	<b>195</b>	UTW OLEŚNICA	K70+	3			00:50:39	00:23:20	<b>00:47:50.75</b>	<b>01:38:30.50</b>	+00:17:12 (36.0%)	9:34	6.3 (64.3%)
195	<b>MOCZARSKI Adam</b>	<b>158</b>	FACE NORDIC WALKING TEAM	M70+	12			00:44:00	00:23:27	<b>00:48:00.15</b>	<b>01:32:00.30</b>	+00:17:21 (36.2%)	9:36	6.3 (64.3%)
196	<b>PARADOWSKI Jakub</b>	<b>239</b>		M-Dzieci	7			00:38:46	00:24:09	<b>00:48:08.35</b>	<b>01:26:55.10</b>	+00:17:29 (36.3%)	9:37	6.2 (63.3%)
197	<b>TOMASZEWSKI Karol</b>	<b>173</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-Dzieci	8			00:38:46	00:23:06	<b>00:48:11.80</b>	<b>01:26:58.30</b>	+00:17:33 (36.4%)	9:38	6.2 (63.3%)
198	<b>ROZWADOWSKA Barbara</b>	<b>235</b>	SANTANDER CONSUMER BANK	K30-39	13			00:46:26	00:23:32	<b>00:48:15.40</b>	<b>01:34:41.55</b>	+00:17:36 (36.5%)	9:39	6.2 (63.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										5km	brutto 5km			
199	<b>BARUCH Włodzimierz</b>	<b>10</b>	DĄBROWA NORDIC TEAM	M65-69	11			00:43:26	00:25:31	<b>00:48:23.50</b>	<b>01:31:50.30</b>	+00:17:44 (36.7%)	9:40	6.2 (63.3%)
200	<b>CHOLEWA Maria</b>	<b>220</b>	PZERII POLANICA ZDRÓJ	K65-69	10			00:50:02	00:23:02	<b>00:48:32.90</b>	<b>01:38:35.45</b>	+00:17:54 (36.9%)	9:42	6.2 (63.3%)
201	<b>NOWAK Beata</b>	<b>114</b>	SAILING TEAM FERAJNA	K45-49	14			00:47:28	00:23:32	<b>00:48:34.80</b>	<b>01:36:03.40</b>	+00:17:56 (36.9%)	9:43	6.2 (63.3%)
202	<b>ROZEMBAJGIER Helena</b>	<b>244</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	4			00:50:38	00:23:29	<b>00:48:40.55</b>	<b>01:39:19.45</b>	+00:18:01 (37.0%)	9:44	6.2 (63.3%)
203	<b>WIĄCEK Krystyna</b>	<b>248</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	11			00:50:01	00:23:16	<b>00:48:47.95</b>	<b>01:38:49.70</b>	+00:18:09 (37.2%)	9:45	6.1 (62.2%)
204	<b>TARYMA Fabian</b>	<b>238</b>		M-Dzieci	9			00:38:47	00:24:09	<b>00:48:57.80</b>	<b>01:27:44.80</b>	+00:18:19 (37.4%)	9:47	6.1 (62.2%)
205	<b>FILINOWICZ Genowefa</b>	<b>47</b>	WESOŁY BORSUK TEAM	K60-64	12			00:49:29	00:24:26	<b>00:49:29.95</b>	<b>01:38:59.40</b>	+00:18:51 (38.1%)	9:54	6.1 (62.2%)
206	<b>MAKUCHOWSKA Hania</b>	<b>225</b>		K-Dzieci	3			00:44:59	00:23:28	<b>00:49:31.80</b>	<b>01:34:31.35</b>	+00:18:53 (38.1%)	9:54	6.1 (62.2%)
207	<b>PAWLUCZUK Krystyna</b>	<b>122</b>	SANTANDER CONSUMER BANK	K55-59	11			00:48:56	00:24:37	<b>00:49:34.60</b>	<b>01:38:31.35</b>	+00:18:55 (38.2%)	9:55	6.1 (62.2%)
208	<b>CHMIELOWIEC Zygmunt</b>	<b>245</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M65-69	12			00:43:29	00:24:23	<b>00:49:51.75</b>	<b>01:33:21.30</b>	+00:19:13 (38.5%)	9:58	6 (61.2%)
209	<b>SZCZUBIAŁ Krystyna</b>	<b>159</b>	DĄBROWA NORDIC TEAM	K70+	5			00:50:39	00:23:27	<b>00:50:08.90</b>	<b>01:40:48.05</b>	+00:19:30 (38.9%)	10:01	6 (61.2%)
210	<b>BIELAWSKA Dorota</b>	<b>12</b>	SANTANDER CONSUMER BANK	K55-59	12			00:48:58	00:24:38	<b>00:50:14.45</b>	<b>01:39:12.85</b>	+00:19:35 (39.0%)	10:02	6 (61.2%)
211	<b>WISIŃSKA Eufemia</b>	<b>192</b>	BŁĘKITNI NW DZIEMIANY	K65-69	12			00:50:01	00:25:24	<b>00:50:27.90</b>	<b>01:40:29.45</b>	+00:19:49 (39.3%)	10:05	5.9 (60.2%)
212	<b>WDOWIAK Danuta</b>	<b>183</b>	ŚCINAWSKA GRUPA NORDIC WALKING	K65-69	13			00:50:03	00:25:16	<b>00:50:34.35</b>	<b>01:40:38.20</b>	+00:19:55 (39.4%)	10:07	5.9 (60.2%)
213	<b>SŁOWIK Monika</b>	<b>141</b>		K-Jun.	5			00:45:17	00:24:00	<b>00:50:35.50</b>	<b>01:35:52.55</b>	+00:19:56 (39.4%)	10:07	5.9 (60.2%)
214	<b>ŚLUSARCZYK Małgorzata</b>	<b>170</b>	WESOŁY BORSUK TEAM	K40-44	15			00:47:02	00:24:47	<b>00:50:40.65</b>	<b>01:37:43.10</b>	+00:20:01 (39.5%)	10:08	5.9 (60.2%)
215	<b>KOWALCZYK Magdalena</b>	<b>88</b>		K18-29	6			00:45:42	00:24:05	<b>00:50:51.50</b>	<b>01:36:33.90</b>	+00:20:12 (39.7%)	10:10	5.9 (60.2%)
216	<b>NOWAK Danuta</b>	<b>115</b>	SANTANDER CONSUMER BANK	K45-49	15			00:47:30	00:25:57	<b>00:50:51.85</b>	<b>01:38:22.40</b>	+00:20:13 (39.8%)	10:10	5.9 (60.2%)
217	<b>TARNOWSKA Renata</b>	<b>171</b>	SANTANDER CONSUMER BANK	K40-44	16			00:47:02	00:25:17	<b>00:51:01.40</b>	<b>01:38:04.10</b>	+00:20:22 (39.9%)	10:12	5.9 (60.2%)
218	<b>GIERYSZOWSKA Elżbieta</b>	<b>54</b>	SANTANDER CONSUMER BANK	K40-44	17			00:47:02	00:25:16	<b>00:51:02.55</b>	<b>01:38:05.35</b>	+00:20:23 (40.0%)	10:12	5.9 (60.2%)
219	<b>KAPECKA Krystyna</b>	<b>212</b>	PZERII POLANICA ZDRÓJ	K65-69	14			00:50:04	00:24:47	<b>00:51:03.50</b>	<b>01:41:08.40</b>	+00:20:24 (40.0%)	10:12	5.9 (60.2%)
220	<b>BIJAŁ Ewa</b>	<b>209</b>	PZERII POLANICA ZDRÓJ	K65-69	15			00:50:04	00:24:46	<b>00:51:04.10</b>	<b>01:41:08.10</b>	+00:20:25 (40.0%)	10:12	5.9 (60.2%)
221	<b>SAWICKA Krystyna</b>	<b>216</b>	PZERII POLANICA ZDRÓJ	K65-69	16			00:50:03	00:24:48	<b>00:51:05.20</b>	<b>01:41:08.25</b>	+00:20:26 (40.0%)	10:13	5.9 (60.2%)
222	<b>WYSOCKI Gabriel</b>	<b>198</b>	BŁĘKITNI NW DZIEMIANY	M-Dzieci	10			00:38:45	00:23:20	<b>00:51:07.70</b>	<b>01:29:53.15</b>	+00:20:29 (40.1%)	10:13	5.9 (60.2%)
223	<b>GRZYB Jolanta</b>	<b>63</b>	CHODZĘ BO CHCĘ.	K45-49	16			00:47:30	00:24:33	<b>00:51:17.65</b>	<b>01:38:47.65</b>	+00:20:38 (40.3%)	10:15	5.8 (59.2%)
224	<b>KAJDUK Jolanta</b>	<b>234</b>	SANTANDER CONSUMER BANK	K60-64	13			00:47:31	00:26:06	<b>00:52:32.90</b>	<b>01:40:04.05</b>	+00:21:54 (41.7%)	10:30	5.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
225	<b>DANIELS Teresa</b>	<b>32</b>	BŁĘKITNI NW DZIEMIANY	K65-69	17			00:50:02	00:25:23	<b>00:52:36.15</b>	<b>01:42:38.60</b>	+00:21:57 (41.7%)	10:31	5.7 (58.2%)
226	<b>KLEMENTOWICZ Liwia</b>	<b>242</b>	SANTANDER CONSUMER BANK	K-Dzieci	4			00:45:00	00:27:18	<b>00:52:43.65</b>	<b>01:37:44.55</b>	+00:22:04 (41.9%)	10:32	5.7 (58.2%)
227	<b>STAUBACH Mirosława</b>	<b>144</b>	BŁĘKITNI NW DZIEMIANY	K55-59	13			00:48:56	00:25:48	<b>00:52:43.85</b>	<b>01:41:40.60</b>	+00:22:05 (41.9%)	10:32	5.7 (58.2%)
228	<b>ŚLUSARCZYK Danuta</b>	<b>168</b>	WESOŁY BORSUK TEAM	K60-64	14			00:49:30	00:26:12	<b>00:52:47.35</b>	<b>01:42:17.50</b>	+00:22:08 (41.9%)	10:33	5.7 (58.2%)
229	<b>JAMIŃSKA Małgorzata</b>	<b>69</b>	SANTANDER CONSUMER BANK	K30-39	14			00:47:01	00:26:14	<b>00:52:58.70</b>	<b>01:40:00.05</b>	+00:22:20 (42.2%)	10:35	5.7 (58.2%)
230	<b>TYSIAK Czesława</b>	<b>210</b>	PZERII POLANICA ZDRÓJ	K70+	6			00:50:38	00:26:24	<b>00:53:10.55</b>	<b>01:43:48.65</b>	+00:22:31 (42.4%)	10:38	5.6 (57.1%)
231	<b>POPIELAS Elżbieta</b>	<b>128</b>		K50-54	10			00:47:31	00:26:08	<b>00:53:28.25</b>	<b>01:41:00.00</b>	+00:22:49 (42.7%)	10:41	5.6 (57.1%)
232	<b>MAJCHRZAK Elżbieta</b>	<b>104</b>		K45-49	17			00:47:30	00:26:11	<b>00:53:29.90</b>	<b>01:41:00.75</b>	+00:22:51 (42.7%)	10:42	5.6 (57.1%)
233	<b>KĘDZIERSKA Edyta</b>	<b>80</b>		K40-44	18			00:46:58	00:34:30	<b>00:54:28.95</b>	<b>01:41:27.80</b>	+00:23:50 (43.8%)	10:53	5.5 (56.1%)
234	<b>DROP Mieczysław</b>	<b>37</b>		M70+	13			00:44:02	00:27:54	<b>00:55:11.30</b>	<b>01:39:14.10</b>	+00:24:32 (44.5%)	11:02	5.4 (55.1%)
235	<b>STRZELECKA Antonina</b>	<b>152</b>	SAILING TEAM FERAJNA	K-Dzieci	5			00:44:59	00:26:04	<b>00:55:23.50</b>	<b>01:40:23.15</b>	+00:24:44 (44.7%)	11:04	5.4 (55.1%)
236	<b>MARGAŃSKA Stanisława</b>	<b>243</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70+	7			00:50:38	00:27:17	<b>00:55:28.65</b>	<b>01:46:06.75</b>	+00:24:49 (44.8%)	11:05	5.4 (55.1%)
237	<b>WDOWIAK Tadeusz</b>	<b>182</b>	ŚCINAWSKA GRUPA NORDIC WALKING	M65-69	13			00:43:27	00:27:31	<b>00:57:02.75</b>	<b>01:40:30.25</b>	+00:26:24 (46.3%)	11:24	5.3 (54.1%)
238	<b>WIDAWSKI Andrzej</b>	<b>188</b>		M45-49	13			00:41:21	00:27:46	<b>00:57:15.80</b>	<b>01:38:37.25</b>	+00:26:37 (46.5%)	11:27	5.2 (53.1%)
239	<b>KLEMENTOWICZ Ewa</b>	<b>240</b>	SANTANDER CONSUMER BANK	K40-44	19			00:45:02	00:30:49	<b>01:01:55.40</b>	<b>01:46:57.40</b>	+00:31:16 (50.5%)	12:23	4.8 (49.0%)
240	<b>KLEMENTOWICZ Dorota</b>	<b>241</b>	SANTANDER CONSUMER BANK	K-Dzieci	6			00:45:01	00:30:50	<b>01:01:55.65</b>	<b>01:46:57.05</b>	+00:31:16 (50.5%)	12:23	4.8 (49.0%)
241	<b>STOPA Gerard</b>	<b>149</b>	BŁĘKITNI NW DZIEMIANY	M65-69	14			00:44:02	00:32:47	<b>01:07:47.05</b>	<b>01:51:49.30</b>	+00:37:08 (54.8%)	13:33	4.4 (44.9%)
242	<b>BOJKE Olgierd</b>	<b>14</b>		M55-59	11			00:54:52	00:58:20	<b>01:47:01.80</b>	<b>02:41:54.65</b>	+01:16:23 (71.4%)	21:24	2.8 (28.6%)
243	<b>BORZESZKOWSKA Małgorzata</b>	<b>15</b>		K-Niepełnosprawni	6			00:54:50	00:54:19			+00:39:25	21:43	2.8 (28.6%)
244	<b>BUMAJ Kazimiera</b>	<b>177</b>		K65-69	18			00:43:28						(0.0%)
DQ	<b>KLIMOWICZ Jan</b>	<b>213</b>	PZERII POLANICA ZDRÓJ	M65-69			1	DQ	00:26:59 DQ	<b>00:50:59.25 DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>WIADERSKI Wojciech</b>	<b>187</b>	NIEZRZESZONY	M65-69			1	DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>ZARZYCKI Zdzisław</b>	<b>202</b>		M55-59			1	DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 247 wynik(ów)