



POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organiser: PFNW
Date: 2015-06-27
Place: Polanica Zdrój
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	SCHRÖDER Karol	135	SILESIA NORDIC TEAM	M 40-44	1			00:05:38	00:15:16	00:31:30	00:37:08		6:18	9.5 (100%)
1	ZARĘBSKI Michał	156	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	1			00:05:08	00:15:18	00:31:30	00:36:38	+00:00:00 (0.0%)	6:18	9.5 (100%)
3	WOJTASIŃSKI Daniel	103	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			00:05:07	00:15:44	00:32:13	00:37:20	+00:00:43 (2.2%)	6:26	9.3 (97.9%)
4	NOWAK Mariusz	159	KGHM METRACO POLKOWICE	M 30-39	3			00:05:06	00:15:46	00:32:21	00:37:27	+00:00:51 (2.6%)	6:28	9.3 (97.9%)
5	KUCHTA Rafał	70	SILESIA NORDIC TEAM	M 45-49	1			00:06:02	00:15:47	00:32:23	00:38:25	+00:00:53 (2.7%)	6:28	9.3 (97.9%)
6	MIELCAREK Leszek	71		M 60-64	1			00:07:39	00:15:58	00:32:25	00:40:04	+00:00:55 (2.8%)	6:29	9.3 (97.9%)
7	ROŻYNEK Miron	8	KGHM METRACO POLKOWICE	M 50-54	1			00:06:37	00:15:58	00:32:27	00:39:04	+00:00:57 (2.9%)	6:29	9.2 (96.8%)
8	HAŁAS Marcin	47	MOSIR CZECHOWICE-DZIEDZICE	M 30-39	4	1		00:05:06	00:16:02	00:32:46	00:37:52	+00:01:16 (3.9%)	6:33	9.2 (96.8%)
9	RECZULSKI Mariusz	105	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 45-49	2			00:06:05	00:16:08	00:32:52	00:38:57	+00:01:22 (4.2%)	6:34	9.1 (95.8%)
10	KARASIŃSKI Maciej	191		M Niepełnosprawni	1	1		00:09:04	00:16:28	00:33:35	00:42:39	+00:02:05 (6.2%)	6:43	8.9 (93.7%)
11	PAKOSZ Piotr	119	LKS GÓRNIK JANUSZKOWICE	M Junior	1			00:04:07	00:16:42	00:33:45	00:37:52	+00:02:15 (6.7%)	6:45	8.9 (93.7%)
12	FLIS Marek	95	GREEN TEAM ZIELONA GÓRA	M 50-54	2			00:06:37	00:16:34	00:33:50	00:40:27	+00:02:20 (6.9%)	6:46	8.9 (93.7%)
13	RATECKI Marcin	53	NORDIC WALKING TEAM GDAŃSK	M 40-44	2			00:05:38	00:16:39	00:33:55	00:39:33	+00:02:25 (7.1%)	6:47	8.8 (92.6%)
14	KRYŚ Artur	128	NIEZRZESZONY	M 45-49	3			00:06:01	00:16:47	00:34:35	00:40:36	+00:03:05 (8.9%)	6:55	8.7 (91.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
15	PARTYKA Teresa	143	NORDIC WALKING KRUSZYNA	K 50-54	1			00:12:14	00:17:10	00:34:37	00:46:51	+00:03:07 (9.0%)	6:55	8.7 (91.6%)
16	ZMACZYŃSKI Bogusław	34	KGHM METRACO POLKOWICE	M 60-64	2			00:07:40	00:17:03	00:34:39	00:42:19	+00:03:09 (9.1%)	6:55	8.7 (91.6%)
17	SIKORA Bronisław	136	LKB AMATOR LESZNO	M 60-64	3			00:07:41	00:17:02	00:34:40	00:42:21	+00:03:10 (9.1%)	6:56	8.7 (91.6%)
18	SŁOMIAN Leszek	51	STADION ŚLĄSKI	M 50-54	3			00:06:37	00:17:04	00:34:45	00:41:22	+00:03:15 (9.4%)	6:57	8.6 (90.5%)
19	DUDA Arkadiusz	117	KGHM METRACO POLKOWICE	M Junior	2			00:04:08	00:17:03	00:35:06	00:39:14	+00:03:36 (10.3%)	7:01	8.5 (89.5%)
20	WILCZAK Kaja	109	TKKF MOSIR CZELADŹ	K Dzieci	1			00:09:26	00:17:11	00:35:11	00:44:37	+00:03:41 (10.5%)	7:02	8.5 (89.5%)
20	ZIĘTEK Sylwia	139	SILESIA NORDIC TEAM	K 30-39	1			00:10:55	00:17:16	00:35:11	00:46:06	+00:03:41 (10.5%)	7:02	8.5 (89.5%)
22	ŻUCHOWICZ Robert	93	DĄBROWA NORDIC TEAM	M 55-59	1			00:07:01	00:17:39	00:35:13	00:42:14	+00:03:43 (10.6%)	7:02	8.5 (89.5%)
23	DRANKOWSKI Robert	142	NORDIC WALKING KRUSZYNA	M 30-39	5			00:05:07	00:17:39	00:35:14	00:40:21	+00:03:44 (10.6%)	7:02	8.5 (89.5%)
24	GAŁĄZKA Paweł	21	ORLI SZPON GNIEZNO	M Niepełnosprawni	2	1		00:09:04	00:17:33	00:35:32	00:44:36	+00:04:02 (11.4%)	7:06	8.4 (88.4%)
25	GRYGOROWICZ Bogdan	115	KGHM METRACO POLKOWICE	M 65-69	1			00:08:11	00:17:28	00:35:43	00:43:54	+00:04:13 (11.8%)	7:08	8.4 (88.4%)
25	SZCZYPKOWSKA Mirosława	96	DĄBROWA NORDIC TEAM	K 50-54	2			00:12:15	00:17:34	00:35:43	00:47:58	+00:04:13 (11.8%)	7:08	8.4 (88.4%)
27	ROSADZIŃSKI Sławomir	114		M 45-49	4			00:06:02	00:17:36	00:35:46	00:41:48	+00:04:16 (11.9%)	7:09	8.4 (88.4%)
28	LESIŃSKA Marzenna	157		K 50-54	3			00:12:15	00:17:43	00:35:51	00:48:06	+00:04:21 (12.1%)	7:10	8.4 (88.4%)
29	PAKOSZ Irena	120	LKS GÓRNIK JANUSZKOWICE	K 45-49	1			00:11:46	00:17:58	00:36:10	00:47:56	+00:04:40 (12.9%)	7:14	8.3 (87.4%)
30	RAKUĆ Jakub	13	RUCH PO ZDROWIE WŁOCŁAWEK	M 18-29	1	1		00:04:33	00:17:38	00:36:11	00:40:44	+00:04:41 (12.9%)	7:14	8.3 (87.4%)
31	BUSZTA Dariusz	32	NIEZRZESZONY	M 45-49	5			00:06:05	00:17:45	00:36:21	00:42:26	+00:04:51 (13.3%)	7:16	8.3 (87.4%)
32	SOWA Jan	132	NZ	M 65-69	2			00:08:11	00:17:52	00:36:24	00:44:35	+00:04:54 (13.5%)	7:16	8.2 (86.3%)
33	PETER Maciej	116	KGHM METRACO POLKOWICE	M Junior	3			00:04:09	00:17:56	00:36:34	00:40:43	+00:05:04 (13.9%)	7:18	8.2 (86.3%)
33	KOPCZYŃSKI Jakub	147	NORDIC WALKING KRUSZYNA	M 18-29	2			00:04:33	00:18:01	00:36:34	00:41:07	+00:05:04 (13.9%)	7:18	8.2 (86.3%)
35	MLECZEK Maria	188	GRUPA BIEGOWA WALIM	K 30-39	2			00:10:54	00:18:12	00:36:40	00:47:34	+00:05:10 (14.1%)	7:20	8.2 (86.3%)
36	GRZYB Izabela	97	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 30-39	3			00:10:55	00:18:04	00:36:47	00:47:42	+00:05:17 (14.4%)	7:21	8.2 (86.3%)
37	RE CZULSKA Katarzyna	104	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 45-49	2			00:11:48	00:18:07	00:36:55	00:48:43	+00:05:25 (14.7%)	7:23	8.1 (85.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
38	STOJANOWSKA-CIASTEK Dorota	165		K 40-44	1			00:11:20	00:18:25	00:36:59	00:48:19	+00:05:29 (14.8%)	7:23	8.1 (85.3%)
39	KARCZEWSKA Marzena	12	RUCH PO ZDROWIE WŁOCŁAWEK	K 30-39	4			00:10:57	00:17:59	00:37:05	00:48:02	+00:05:35 (15.1%)	7:25	8.1 (85.3%)
40	SŁOWIK Michał	24		M 40-44	3			00:05:39	00:18:09	00:37:11	00:42:50	+00:05:41 (15.3%)	7:26	8.1 (85.3%)
41	JÓZWIAK Marianna	50	WTW WŁOCŁAWEK	K 40-44	2			00:11:20	00:18:27	00:37:16	00:48:36	+00:05:46 (15.5%)	7:27	8.1 (85.3%)
42	GROCHOWALSKI Mikołaj	98	BAWILAND	M Dzieci	1			00:03:35	00:18:49	00:37:19	00:40:54	+00:05:49 (15.6%)	7:27	8 (84.2%)
43	RAKUĆ Angelika	14	RUCH PO ZDROWIE WŁOCŁAWEK	K 18-29	1			00:10:27	00:18:25	00:37:21	00:47:48	+00:05:51 (15.7%)	7:28	8 (84.2%)
43	PIATCZYC Michał	169		M Dzieci	2			00:03:35	00:18:46	00:37:21	00:40:56	+00:05:51 (15.7%)	7:28	8 (84.2%)
45	PAKOSZ Piotr	121	LKS GÓRNIK JANUSZKOWICE	M 65-69	3			00:08:12	00:18:20	00:37:25	00:45:37	+00:05:55 (15.8%)	7:29	8 (84.2%)
46	KUPIBIDA Bogusława	140	SILESIA NORDIC TEAM	K 55-59	1			00:12:47	00:18:28	00:37:26	00:50:13	+00:05:56 (15.9%)	7:29	8 (84.2%)
47	MAGNUSKI Dariusz	89	NW SPEED	M 30-39	6			00:05:07	00:18:03	00:37:33	00:42:40	+00:06:03 (16.1%)	7:30	8 (84.2%)
48	MARZEC Halina	113	NIEZRZESZONA	K 55-59	2			00:12:49	00:18:31	00:37:37	00:50:26	+00:06:07 (16.3%)	7:31	8 (84.2%)
48	FELIS Stanisław	26		M Dzieci	3			00:03:36	00:18:51	00:37:37	00:41:13	+00:06:07 (16.3%)	7:31	8 (84.2%)
50	FELIS Beata	25		K 45-49	3			00:11:49	00:18:34	00:37:38	00:49:27	+00:06:08 (16.3%)	7:31	8 (84.2%)
51	NOWROTEK Roman	5	MOKATE TEAM	M 65-69	4			00:08:12	00:17:55	00:37:44	00:45:56	+00:06:14 (16.5%)	7:32	8 (84.2%)
52	THOMALLA Bogdan	43	SILESIA NORDIC TEAM	M 70+	1			00:08:37	00:18:50	00:37:48	00:46:25	+00:06:18 (16.7%)	7:33	7.9 (83.2%)
52	PIĄTKOWSKI Józef	64	KGHM METRACO POLKOWICE	M 70+	2			00:08:37	00:18:51	00:37:48	00:46:25	+00:06:18 (16.7%)	7:33	7.9 (83.2%)
54	DROZD Maria	144	NORDIC WALKING KRUSZYNA	K 45-49	4			00:11:46	00:18:47	00:37:49	00:49:35	+00:06:19 (16.7%)	7:33	7.9 (83.2%)
55	ŻUCHOWICZ Elżbieta	92	DĄBROWA NORDIC TEAM	K 55-59	3			00:12:49	00:18:42	00:37:52	00:50:41	+00:06:22 (16.8%)	7:34	7.9 (83.2%)
56	GIDASZEWSKA Beata	101	GREEN TEAM ZIELONA GÓRA	K 45-49	5			00:11:48	00:18:47	00:37:54	00:49:42	+00:06:24 (16.9%)	7:34	7.9 (83.2%)
57	CHOŁODECKA Marta	131		K Dzieci	2			00:09:26	00:18:36	00:37:58	00:47:24	+00:06:28 (17.0%)	7:35	7.9 (83.2%)
58	ZBYRYT Marek	153	USKS LUDWIKOWICE KŁODZKIE	M 50-54	4	1		00:06:38	00:18:33	00:37:59	00:44:37	+00:06:29 (17.1%)	7:35	7.9 (83.2%)
59	BOGDAN Witold	29		M 65-69	5	1		00:08:12	00:18:24	00:38:00	00:46:12	+00:06:30 (17.1%)	7:36	7.9 (83.2%)
60	GŁADKOWSKA Małgorzata	62	KGHM METRACO POLKOWICE	K 50-54	4			00:12:17	00:18:38	00:38:02	00:50:19	+00:06:32 (17.2%)	7:36	7.9 (83.2%)

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61	PUSTELNIK Karolina	145	NORDIC WALKING KRUSZYNA	K Junior	1			00:10:27	00:18:41	00:38:07	00:48:34	+00:06:37 (17.4%)	7:37	7.9 (83.2%)
62	JÓZWIAK Łukasz	49	WTW WŁOCLAWEK	M Niepełnosprawni	3			00:09:05	00:18:48	00:38:10	00:47:15	+00:06:40 (17.5%)	7:38	7.9 (83.2%)
63	PIPIRO Grażyna	23	UKS ZSZ JEDYNKA	K 55-59	4			00:12:48	00:18:52	00:38:14	00:51:02	+00:06:44 (17.6%)	7:38	7.8 (82.1%)
64	BAJ Stanisław	9	ŚCINAWSKA GRUPA NORDIC WALKING	M 55-59	2			00:07:02	00:18:57	00:38:27	00:45:29	+00:06:57 (18.1%)	7:41	7.8 (82.1%)
65	SPYCHAŁA Michalina	148	WESOŁY BORSUK TEAM	K Junior	2			00:10:27	00:18:55	00:38:45	00:49:12	+00:07:15 (18.7%)	7:45	7.7 (81.1%)
65	DĄBROWSKI Andrzej	46	MARSZPOZDROWIE	M 65-69	6			00:08:13	00:19:03	00:38:45	00:46:58	+00:07:15 (18.7%)	7:45	7.7 (81.1%)
67	PAWŁOWSKA-WOŹNIAK Małgorzata	133	PODWÓJNY UŚMIECH	K 30-39	5			00:10:54	00:19:09	00:38:50	00:49:44	+00:07:20 (18.9%)	7:46	7.7 (81.1%)
68	MAKUCHOWSKI Tomasz	33		M 40-44	4			00:05:39	00:19:16	00:38:51	00:44:30	+00:07:21 (18.9%)	7:46	7.7 (81.1%)
69	SOBIERAJ Emilia	187		K Dzieci	3			00:09:27	00:19:23	00:38:56	00:48:23	+00:07:26 (19.1%)	7:47	7.7 (81.1%)
70	GRZESZCZAK Andrzej	44	NZ	M 55-59	3			00:07:01	00:19:12	00:38:57	00:45:58	+00:07:27 (19.1%)	7:47	7.7 (81.1%)
71	SKIERŚ Albert	172	ZAMACH W SMOLEŃSKU	M 45-49	6	1		00:06:02	00:18:55	00:39:07	00:45:09	+00:07:37 (19.5%)	7:49	7.7 (81.1%)
72	MOŹDŹEŃ Barbara	199		K 50-54	5			00:12:14	00:19:21	00:39:10	00:51:24	+00:07:40 (19.6%)	7:50	7.7 (81.1%)
73	BAJ Danuta	10	ŚCINAWSKA GRUPA NORDIC WALKING	K 50-54	6			00:12:17	00:19:23	00:39:14	00:51:31	+00:07:44 (19.7%)	7:50	7.6 (80.0%)
74	BOGDAN Grażyna	28		K 60-64	1			00:13:11	00:19:13	00:39:22	00:52:33	+00:07:52 (20.0%)	7:52	7.6 (80.0%)
75	KRUCZEK Justyna	194		K Dzieci	4			00:09:26	00:19:15	00:39:23	00:48:49	+00:07:53 (20.0%)	7:52	7.6 (80.0%)
76	JANICKI Tomasz	160	GREEN TEAM ZIELONA GÓRA	M 30-39	7			00:05:07	00:18:57	00:39:32	00:44:39	+00:08:02 (20.3%)	7:54	7.6 (80.0%)
77	GOLENIA Reinhold	3	AMATOR	M 55-59	4			00:07:03	00:19:12	00:39:34	00:46:37	+00:08:04 (20.4%)	7:54	7.6 (80.0%)
78	NIEMIEC Barbara	94	AMATOR	K 50-54	7			00:12:17	00:19:40	00:39:36	00:51:53	+00:08:06 (20.5%)	7:55	7.6 (80.0%)
78	MATYJA Anna	52		K 45-49	6			00:11:48	00:19:43	00:39:36	00:51:24	+00:08:06 (20.5%)	7:55	7.6 (80.0%)
80	PTAŚ Jolanta	110	TKKF MOSIR CZELADŹ	K 45-49	7			00:11:46	00:19:20	00:39:39	00:51:25	+00:08:09 (20.6%)	7:55	7.6 (80.0%)
81	BOBER-OGON Betina	141	SILESIA NORDIC TEAM	K 18-29	2			00:10:28	00:19:10	00:39:45	00:50:13	+00:08:15 (20.8%)	7:57	7.5 (78.9%)
82	PIATCZYC Barbara	170		K 50-54	8			00:12:16	00:19:29	00:39:51	00:52:07	+00:08:21 (21.0%)	7:58	7.5 (78.9%)
83	KRZANOWSKA Małgorzata	42	SAMOTNI WĘDROWCY	K 40-44	3			00:11:21	00:19:27	00:39:55	00:51:16	+00:08:25 (21.1%)	7:59	7.5 (78.9%)

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84	BARUCH Henryka	55	DĄBROWA NORDIC TEAM	K 65-69	1			00:13:39	00:19:42	00:40:02	00:53:41	+00:08:32 (21.3%)	8:00	7.5 (78.9%)
85	KOWALSKI Wawrzyniec	152	UNIwersytet II WIEKU	M 50-54	5			00:06:38	00:19:32	00:40:13	00:46:51	+00:08:43 (21.7%)	8:02	7.5 (78.9%)
86	KOSIŃSKA Maria	17	MOSIR RYPIN	K 55-59	5			00:12:47	00:19:49	00:40:18	00:53:05	+00:08:48 (21.8%)	8:03	7.4 (77.9%)
87	KUBICKA Danuta	61	KGHM METRACO POLKOWICE	K 60-64	2			00:13:11	00:19:43	00:40:20	00:53:31	+00:08:50 (21.9%)	8:04	7.4 (77.9%)
88	MUC Joanna	38		K 30-39	6			00:10:56	00:20:10	00:40:21	00:51:17	+00:08:51 (21.9%)	8:04	7.4 (77.9%)
89	BISKUPSKI Tadeusz	196		M 55-59	5			00:07:03	00:19:50	00:40:28	00:47:31	+00:08:58 (22.2%)	8:05	7.4 (77.9%)
90	LULEK Lucyna	84	ŚCINAWSKA GRUPA NORDIC WALKING	K 65-69	2			00:13:38	00:19:56	00:40:30	00:54:08	+00:09:00 (22.2%)	8:06	7.4 (77.9%)
91	MALCZYK Anna	81	DĄBROWA NORDIC TEAM	K 30-39	7			00:10:56	00:19:36	00:40:34	00:51:30	+00:09:04 (22.4%)	8:06	7.4 (77.9%)
92	MAJERANEK Marcin	127	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 18-29	3			00:04:33	00:20:07	00:40:46	00:45:19	+00:09:16 (22.7%)	8:09	7.4 (77.9%)
93	WANDYCZ Sylwia	68	KGHM METRACO POLKOWICE	K 30-39	8			00:10:54	00:20:16	00:40:47	00:51:41	+00:09:17 (22.8%)	8:09	7.4 (77.9%)
94	ZAWADZKI Andrzej	67	KGHM METRACO POLKOWICE	M 55-59	6			00:07:02	00:19:57	00:40:53	00:47:55	+00:09:23 (23.0%)	8:10	7.3 (76.8%)
95	STARZYŃSKA Ewa	60	KGHM METRACO POLKOWICE	K 60-64	3			00:13:12	00:20:16	00:40:58	00:54:10	+00:09:28 (23.1%)	8:11	7.3 (76.8%)
96	DEC Alicja	164		K 60-64	4			00:13:11	00:20:14	00:40:59	00:54:10	+00:09:29 (23.1%)	8:11	7.3 (76.8%)
96	KRAWCZYK Michał	193		M Dzieci	4			00:09:49	00:20:34	00:40:59	00:50:48	+00:09:29 (23.1%)	8:11	7.3 (76.8%)
98	WOŁOSZCZUK Beata	163		K 45-49	8			00:11:49	00:20:10	00:41:07	00:52:56	+00:09:37 (23.4%)	8:13	7.3 (76.8%)
99	KUROWSKA Kalina	118	KGHM METRACO POLKOWICE	K 18-29	3			00:10:28	00:19:47	00:41:15	00:51:43	+00:09:45 (23.6%)	8:15	7.3 (76.8%)
99	PIATCZYK Wacław	171		M Niepełnosprawni	4			00:09:05	00:19:50	00:41:15	00:50:20	+00:09:45 (23.6%)	8:15	7.3 (76.8%)
101	MAĆZKA Maria	2		K 65-69	3			00:13:37	00:20:13	00:41:18	00:54:55	+00:09:48 (23.7%)	8:15	7.3 (76.8%)
102	FILUSZ Fred	107		M 45-49	7			00:06:05	00:19:32	00:41:36	00:47:41	+00:10:06 (24.3%)	8:19	7.2 (75.8%)
103	MAZURKIEWICZ Elżbieta	90	GREEN TEAM ZIELONA GÓRA	K Niepełnosprawni	1			00:11:22	00:20:39	00:41:37	00:52:59	+00:10:07 (24.3%)	8:19	7.2 (75.8%)
104	ŚLUSARCZYK Maciek	178	WESOŁY BORSUK TEAM	M Dzieci	5			00:03:36	00:20:27	00:41:39	00:45:15	+00:10:09 (24.4%)	8:19	7.2 (75.8%)
105	DYLEWSKI Andrzej	108	DĄBROWA NORDIC TEAM	M 60-64	4			00:07:39	00:20:23	00:41:50	00:49:29	+00:10:20 (24.7%)	8:22	7.2 (75.8%)
106	STASIEWICZ Elżbieta	154		K 55-59	6			00:12:49	00:20:54	00:42:06	00:54:55	+00:10:36 (25.2%)	8:25	7.1 (74.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
107	GOLENIA Irmgarda	4	AMATORKA	K 55-59	7			00:12:47	00:20:54	00:42:07	00:54:54	+00:10:37 (25.2%)	8:25	7.1 (74.7%)
108	ROSOŁEK Elżbieta	91	GREEN TEAM ZIELONA GÓRA	K 50-54	9			00:12:15	00:21:11	00:42:13	00:54:28	+00:10:43 (25.4%)	8:26	7.1 (74.7%)
109	MAJERANEK Małgorzata	126	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 18-29	4			00:10:28	00:20:29	00:42:19	00:52:47	+00:10:49 (25.6%)	8:27	7.1 (74.7%)
110	NOWAK Grażyna	72		K 50-54	10			00:12:18	00:21:28	00:42:23	00:54:41	+00:10:53 (25.7%)	8:28	7.1 (74.7%)
111	KRAMER Leszek	78	STREFA NORDIC WALKING	M 70+	3			00:08:36	00:21:10	00:42:28	00:51:04	+00:10:58 (25.8%)	8:29	7.1 (74.7%)
112	PIPIRO Grzegorz	22	UKS ZSZ JEDYNKA	M Niepełnosprawni	5			00:09:04	00:20:46	00:42:32	00:51:36	+00:11:02 (25.9%)	8:30	7.1 (74.7%)
112	WÓJCIK Henryk	75	UTW	M 70+	4			00:08:36	00:21:09	00:42:32	00:51:08	+00:11:02 (25.9%)	8:30	7.1 (74.7%)
114	WIESZOŁEK Ewelina	106		K 30-39	9			00:10:57	00:21:05	00:42:38	00:53:35	+00:11:08 (26.1%)	8:31	7 (73.7%)
115	WIECZORKOWSKA Monika	48		K 50-54	11			00:12:16	00:20:58	00:42:39	00:54:55	+00:11:09 (26.1%)	8:31	7 (73.7%)
116	ŚLUSARCZYK Paulina	177	WESOŁY BORSUK TEAM	K Dzieci	5			00:09:26	00:20:40	00:42:40	00:52:06	+00:11:10 (26.2%)	8:32	7 (73.7%)
117	ZAKRZEWSKA Henryka	20		K 65-69	4			00:13:37	00:21:02	00:42:42	00:56:19	+00:11:12 (26.2%)	8:32	7 (73.7%)
118	KARCZEWSKI Krzysztof	11	RUCH PO ZDROWIE WŁOCŁAWEK	M 30-39	8			00:05:08	00:21:14	00:42:43	00:47:51	+00:11:13 (26.3%)	8:32	7 (73.7%)
119	BREWKA Klaudia	129	NORDIC WALKING LUBLINIEC	K 45-49	9			00:11:49	00:20:54	00:42:44	00:54:33	+00:11:14 (26.3%)	8:32	7 (73.7%)
120	PRZYBYŁ Janina	82	ŚCINAWSKA GRUPA NORDIC WALKING	K 65-69	5			00:13:38	00:21:08	00:42:48	00:56:26	+00:11:18 (26.4%)	8:33	7 (73.7%)
121	SZNAJDER Teresa	134	ZSE-U W RYBNIKU	K 60-64	5			00:13:13	00:21:27	00:43:06	00:56:19	+00:11:36 (26.9%)	8:37	7 (73.7%)
122	HARTMAN Jadwiga	167		K 60-64	6			00:13:15	00:21:28	00:43:07	00:56:22	+00:11:37 (26.9%)	8:37	7 (73.7%)
123	KARPAŁA Włodzimierz	198		M 55-59	7	1		00:07:02	00:21:12	00:43:09	00:50:11	+00:11:39 (27.0%)	8:37	7 (73.7%)
124	MUC Łukasz	37		M 30-39	9			00:05:09	00:20:34	00:43:18	00:48:27	+00:11:48 (27.3%)	8:39	6.9 (72.6%)
125	PRZYBYŁ Sylwester	83	ŚCINAWSKA GRUPA NORDIC WALKING	M 60-64	5			00:07:40	00:20:43	00:43:22	00:51:02	+00:11:52 (27.4%)	8:40	6.9 (72.6%)
126	KAPECKI Kazimierz	137	GRUPA SENIORÓW POLANICA ZDRÓJ	M 65-69	7			00:08:13	00:21:48	00:43:31	00:51:44	+00:12:01 (27.6%)	8:42	6.9 (72.6%)
127	KAPŁON Izabela	57		K 45-49	10			00:11:47	00:21:44	00:43:35	00:55:22	+00:12:05 (27.7%)	8:43	6.9 (72.6%)
128	CZEKAŃSKI Damian	88	WESOŁY BORSUK TEAM	M 30-39	10			00:05:08	00:21:43	00:43:39	00:48:47	+00:12:09 (27.8%)	8:43	6.9 (72.6%)
129	MOCZARSKI Adam	54	ŻABI KRUK	M Niepełnosprawni	6			00:09:04	00:21:54	00:43:40	00:52:44	+00:12:10 (27.9%)	8:44	6.9 (72.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
130	ANTOSZEWSKA Katarzyna	19		K 30-39	10			00:10:56	00:21:17	00:43:48	00:54:44	+00:12:18 (28.1%)	8:45	6.8 (71.6%)
131	WYRWA Ewa	16	RUCH PO ZDROWIE WŁOCŁAWEK	K 55-59	8			00:12:48	00:21:36	00:43:49	00:56:37	+00:12:19 (28.1%)	8:45	6.8 (71.6%)
131	KAZUCH Maria	99		K 55-59	9			00:12:48	00:21:42	00:43:49	00:56:37	+00:12:19 (28.1%)	8:45	6.8 (71.6%)
133	KAZIMIERZ Bumaj	161		M 60-64	6			00:07:41	00:21:48	00:43:55	00:51:36	+00:12:25 (28.3%)	8:47	6.8 (71.6%)
134	ROCH Renata	77		K 45-49	11			00:11:47	00:21:55	00:43:58	00:55:45	+00:12:28 (28.4%)	8:47	6.8 (71.6%)
135	JASTRZĘBSKA Violetta	73		K 50-54	12			00:12:18	00:21:43	00:43:59	00:56:17	+00:12:29 (28.4%)	8:47	6.8 (71.6%)
136	SZAŁAJ Anna	35	KGHM METRACO POLKOWICE	K Niepełnosprawni	2			00:14:08	00:21:32	00:44:03	00:58:11	+00:12:33 (28.5%)	8:48	6.8 (71.6%)
137	ZABOROWSKI Janusz	190		M 55-59	8			00:07:02	00:21:45	00:44:08	00:51:10	+00:12:38 (28.6%)	8:49	6.8 (71.6%)
138	PALIAN Ewa	123	GRUPA SENIORÓW POLANICA ZDRÓJ	K 65-69	6			00:13:13	00:21:29	00:44:12	00:57:25	+00:12:42 (28.7%)	8:50	6.8 (71.6%)
139	BARUCH Włodzimierz	56	DĄBROWA NORDIC TEAM	M 65-69	8			00:08:11	00:21:30	00:44:16	00:52:27	+00:12:46 (28.8%)	8:51	6.8 (71.6%)
140	KARPAŁA Bogumiła	197		K 50-54	13			00:12:19	00:22:44	00:44:31	00:56:50	+00:13:01 (29.2%)	8:54	6.7 (70.5%)
141	DYBOWSKA Henryka	15	RUCH PO ZDROWIE WŁOCŁAWEK	K 50-54	14			00:12:16	00:22:24	00:44:39	00:56:55	+00:13:09 (29.5%)	8:55	6.7 (70.5%)
142	ŚLUSARCZYK Karolina	86	WESOŁY BORSUK TEAM	K Dzieci	6			00:09:26	00:21:28	00:44:46	00:54:12	+00:13:16 (29.6%)	8:57	6.7 (70.5%)
143	MUC Jan	39		M Dzieci	6	1		00:03:36	00:22:07	00:44:50	00:48:26	+00:13:20 (29.7%)	8:58	6.7 (70.5%)
144	ŁUCZYSZYN Stanisława	146	NORDIC WALKING KRUSZYNA	K 65-69	7			00:13:39	00:22:02	00:44:52	00:58:31	+00:13:22 (29.8%)	8:58	6.7 (70.5%)
145	KURKOWSKA Irena	195			1			00:13:14	00:22:14	00:45:04	00:58:18	+00:13:34 (30.1%)	9:00	6.7 (70.5%)
146	KROMA-WALKIEWICZ Małgorzata	102	GREEN TEAM ZIELONA GÓRA	K 40-44	4			00:11:22	00:22:34	00:45:18	00:56:40	+00:13:48 (30.5%)	9:03	6.6 (69.5%)
146	ŚLUSARCZYK Monika	179	WESOŁY BORSUK TEAM	K 40-44	5			00:11:21	00:22:37	00:45:18	00:56:39	+00:13:48 (30.5%)	9:03	6.6 (69.5%)
148	KAŁAMAJA Jolanta	63	KGHM METRAKO POLKOWICE	K 45-49	12			00:11:48	00:22:32	00:45:19	00:57:07	+00:13:49 (30.5%)	9:03	6.6 (69.5%)
149	EWA Krzyścin	166	GRUPA SENIORÓW POLANICA ZDRÓJ	K 60-64	7			00:13:14	00:22:21	00:45:38	00:58:52	+00:14:08 (31.0%)	9:07	6.6 (69.5%)
150	WINCZEWSKA Anna	18	RUCH PO ZDROWIE WŁOCŁAWEK	K 45-49	13			00:11:47	00:22:53	00:45:45	00:57:32	+00:14:15 (31.1%)	9:09	6.6 (69.5%)
151	KOLBUSZ Janina	58	KGHM METRACO POLKOWICE	K 65-69	8			00:13:38	00:22:35	00:45:47	00:59:25	+00:14:17 (31.2%)	9:09	6.6 (69.5%)
152	MARONDEL Jan	69		M 60-64	7			00:07:40	00:22:21	00:46:13	00:53:53	+00:14:43 (31.8%)	9:14	6.5 (68.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
153	MARCINIAK Mirosława	76	FUNDACJA MARCINIAK	K 50-54	15			00:12:14	00:22:56	00:46:14	00:58:28	+00:14:44 (31.9%)	9:14	6.5 (68.4%)
154	KUBAN Justyna	176		K 40-44	6			00:11:21	00:22:59	00:46:23	00:57:44	+00:14:53 (32.1%)	9:16	6.5 (68.4%)
155	KOGUT Ryszara	85	ŚCINAWSKA GRUPA NORDIC WALKING	M 65-69	9			00:08:13	00:22:40	00:46:51	00:55:04	+00:15:21 (32.8%)	9:22	6.4 (67.4%)
156	WÓJCIK Irena	74	UTW	K Niepełnosprawni	3			00:14:08	00:23:33	00:47:26	01:01:34	+00:15:56 (33.6%)	9:29	6.3 (66.3%)
157	PRZYTOCKA Joanna	162		K 30-39	11			00:10:57	00:23:04	00:47:29	00:58:26	+00:15:59 (33.7%)	9:29	6.3 (66.3%)
158	MUC Aleksandra	36		K Dzieci	7			00:09:49	00:22:02	00:47:45	00:57:34	+00:16:15 (34.0%)	9:33	6.3 (66.3%)
159	MAKUCHOWSKA Hanna	31		K Dzieci	8			00:09:49	00:22:03	00:47:49	00:57:38	+00:16:19 (34.1%)	9:33	6.3 (66.3%)
160	KAZUCH Lidia	100	NORDIC WALKING LUBLINIEC	K Niepełnosprawni	4			00:14:09	00:23:35	00:47:56	01:02:05	+00:16:26 (34.3%)	9:35	6.3 (66.3%)
161	GROBELNA Jadwiga	65	KGHM METRACO POLKOWICE	K 60-64	8			00:13:13	00:23:30	00:48:20	01:01:33	+00:16:50 (34.8%)	9:40	6.2 (65.3%)
162	JANICKA Anna	125	GRUPA SENIORÓW POLANICA ZDRÓJ	K 70+	1			00:14:05	00:23:35	00:48:21	01:02:26	+00:16:51 (34.9%)	9:40	6.2 (65.3%)
163	SZULC-DRABCZYK Urszula	59	KGHM METRACO POLKOWICE	K Niepełnosprawni	5	1		00:13:12	00:23:59	00:48:28	01:01:40	+00:16:58 (35.0%)	9:41	6.2 (65.3%)
164	KRAŚNICKA Leonarda	66	KGHM METRACO POLKOWICE	K 55-59	10			00:12:48	00:24:23	00:48:29	01:01:17	+00:16:59 (35.0%)	9:41	6.2 (65.3%)
165	KWIATKOWSKA Izabela	41	RUCH PO ZDROWIE WŁOCŁAWEK	K 30-39	12			00:10:55	00:23:41	00:48:49	00:59:44	+00:17:19 (35.5%)	9:45	6.1 (64.2%)
166	GRZYB Jolanta	155		K 45-49	14			00:11:48	00:24:23	00:49:09	01:00:57	+00:17:39 (35.9%)	9:49	6.1 (64.2%)
167	MACHAJEK Krzysztof	1		M Niepełnosprawni	7			00:09:05	00:24:51	00:49:19	00:58:24	+00:17:49 (36.1%)	9:51	6.1 (64.2%)
168	SZCZUBIAŁ Krystyna	192	DĄBROWA NORDIC TEAM	K 70+	2			00:14:04	00:24:56	00:50:15	01:04:19	+00:18:45 (37.3%)	10:03	6 (63.2%)
169	WDOWIAK Danuta	7	ŚCINAWSKA GRUPA NORDIC WALKING	K Niepełnosprawni	6	1		00:14:08	00:24:35	00:50:29	01:04:37	+00:18:59 (37.6%)	10:05	5.9 (62.1%)
170	TYSIAK Czesława	168	GRUPA SENIORÓW POLANICA ZDRÓJ	K 65-69	9			00:13:39	00:25:40	00:50:48	01:04:27	+00:19:18 (38.0%)	10:09	5.9 (62.1%)
171	WDOWIAK Tadeusz	6	ŚCINAWSKA GRUPA NORDIC WALKING	M 65-69	10			00:08:13	00:24:57	00:50:54	00:59:07	+00:19:24 (38.1%)	10:10	5.9 (62.1%)
172	ŚLUSARCZYK Danuta	87	WESOŁY BORSUK TEAM	K 60-64	9			00:13:14	00:25:16	00:51:15	01:04:29	+00:19:45 (38.5%)	10:15	5.9 (62.1%)
173	KAPECKA Krystyna	138	GRUPA SENIORÓW POLANICA ZDRÓJ	K 65-69	10			00:13:40	00:25:39	00:51:27	01:05:07	+00:19:57 (38.8%)	10:17	5.8 (61.1%)
174	WIŚNIEWSKI Jerzy	45		M 60-64	8			00:07:40	00:25:11	00:51:43	00:59:23	+00:20:13 (39.1%)	10:20	5.8 (61.1%)
175	PARADOWSKI Jakub	30		M Dzieci	7			00:03:36	00:25:47	00:51:55	00:55:31	+00:20:25 (39.3%)	10:23	5.8 (61.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
176	GÓRECKA Halina	150	GRUPA SENIORÓW POLANICA ZDRÓJ	K 65-69	11			00:13:40	00:26:29	00:53:23	01:07:03	+00:21:53 (41.0%)	10:40	5.6 (58.9%)
177	GNOJNICKI Waldemar	149	GRUPA SENIORÓW POLANICA ZDRÓJ	M 70+	5			00:08:36	00:25:04	00:53:33	01:02:09	+00:22:03 (41.2%)	10:42	5.6 (58.9%)
178	KUPIEC Alicja	180		K Dzieci	9			00:09:49	00:27:05	00:56:20	01:06:09	+00:24:50 (44.1%)	11:16	5.3 (55.8%)
179	NIKIEL Henryka	124		K 65-69	12			00:13:39	00:29:09	00:57:41	01:11:20	+00:26:11 (45.4%)	11:32	5.2 (54.7%)
180	BORZESZKOWSKA Małgorzata	174	PFNW	K 50-54	16			00:15:36	00:46:21	01:04:49	01:20:25	+00:33:19 (51.4%)	12:57	4.6 (48.4%)
181	BOJKE Olgierd	173	PFNW	M 50-54	6			00:15:36	00:46:22	01:04:51	01:20:27	+00:33:21 (51.4%)	12:58	4.6 (48.4%)
182	KOWALSKA Krystyna	200	UNIWERSYTET II WIEKU	K 55-59	11			00:12:50	00:31:49	01:06:51	01:19:41	+00:35:21 (52.9%)	13:22	4.5 (47.4%)
183	KIETRYS Grażyna	79	MARSZPOZDROWIE	K 50-54	17			00:12:17	00:20:04			+00:04:48	8:01	7.5 (78.9%)
184	DRAŻEK Władysław	27	GRUPA SENIORÓW POLANICA ZDRÓJ	M 70+	6	1		00:08:37	00:21:04			+00:05:48	8:25	7.1 (74.7%)
185	ROGOWSKA Teresa	122	GRUPA SENIORÓW POLANICA ZDRÓJ	K 65-69	13			00:13:38	00:26:21			+00:11:05	10:32	5.7 (60.0%)
186	MAGDZIARZ Alicja	151	GRUPA SENIORÓW POLANICA ZDRÓJ	K 60-64	10			00:13:13	00:31:38			+00:16:22	12:39	4.7 (49.5%)

Total 186 results.