



# POLISH NORDIC WALKING CUP - KOSZALIN - 5KM - 10/1

B4SPORT

**Wydarzenie:** Polish Nordic Walking Cup 10/1  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-04-30  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. Mkat	Czer. kartki	Laps_2,5km 2.3km	Czas netto 4.6km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJTOWICZ Tomasz</b>	<b>220</b>	LUKI TEAM POLSKA	M30-39	1		00:13:13	<b>00:26:59.90</b>		5:51	10.2 (100%)
2	<b>WITUCKI Jacek</b>	<b>81</b>		M50-54	1		00:13:18	<b>00:27:10.90</b>	+00:00:11 (0.7%)	5:54	10.2 (100%)
3	<b>CYRUS Bogdan</b>	<b>104</b>	SILESIA NORDIC TEAM	M50-54	2		00:13:36	<b>00:27:44.30</b>	+00:00:44 (2.7%)	6:01	10 (98.0%)
4	<b>STĘPAK Piotr</b>	<b>191</b>		M18-29	1		00:13:38	<b>00:27:45.20</b>	+00:00:45 (2.7%)	6:01	9.9 (97.1%)
5	<b>WILUSZ Erwina</b>	<b>217</b>	VINGBERG POLSKA- PTG' SOKÓŁ' RYMANÓW	K30-39	1		00:14:04	<b>00:28:43.35</b>	+00:01:43 (6.0%)	6:14	9.6 (94.1%)
6	<b>MARCZAK Tomasz</b>	<b>84</b>	NORDIC TEAM CZĘSTOCHOWA	M18-29	2		00:14:16	<b>00:29:11.25</b>	+00:02:11 (7.5%)	6:20	9.5 (93.1%)
7	<b>GRODZKI Ireneusz</b>	<b>120</b>		M50-54	3		00:14:22	<b>00:29:12.95</b>	+00:02:13 (7.6%)	6:20	9.5 (93.1%)
8	<b>BRZozowski Piotr</b>	<b>82</b>	AKTYWNI POSTOMINO	M30-39	2		00:14:16	<b>00:29:17.80</b>	+00:02:17 (7.8%)	6:21	9.4 (92.2%)
9	<b>OLSZAŃSKI Karol</b>	<b>167</b>	FEAR THE RETURN	M45-49	1		00:14:33	<b>00:29:42.00</b>	+00:02:42 (9.1%)	6:27	9.3 (91.2%)
10	<b>WORoch Roman</b>	<b>83</b>	KGHM METRACO	M60-64	1		00:14:37	<b>00:29:42.60</b>	+00:02:42 (9.1%)	6:27	9.3 (91.2%)
11	<b>KOPCZEWSKI Dariusz</b>	<b>85</b>		M55-59	1		00:14:37	<b>00:29:49.95</b>	+00:02:50 (9.5%)	6:28	9.3 (91.2%)
12	<b>GAJEWSKI Eugeniusz</b>	<b>113</b>	KGHM METRACO	M65-69	1		00:14:44	<b>00:29:56.35</b>	+00:02:56 (9.8%)	6:30	9.2 (90.2%)
13	<b>FRĄCKOWIAK Roman</b>	<b>86</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	4		00:14:39	<b>00:29:56.65</b>	+00:02:56 (9.8%)	6:30	9.2 (90.2%)
14	<b>LUDWICZAK Dariusz</b>	<b>151</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	5		00:14:49	<b>00:30:02.30</b>	+00:03:02 (10.1%)	6:31	9.2 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Czas		Tempo min/km	Tempo km/h
									netto 4.6km	Różn		
15	<b>KOWALAK Robert</b>	<b>140</b>	PARKRUN JEZIORO SWARZĘDZKIE	M30-39	3			00:14:39	<b>00:30:07.95</b>	+00:03:08 (10.4%)	6:32	9.2 (90.2%)
16	<b>MISZTAL Grzegorz</b>	<b>157</b>	MASZYCANKA MASZYCE	M30-39	4	1		00:14:46	<b>00:30:17.05</b>	+00:03:17 (10.9%)	6:35	9.1 (89.2%)
17	<b>MAŚLANKA Jacek</b>	<b>153</b>		M55-59	2			00:15:04	<b>00:30:19.80</b>	+00:03:19 (11.0%)	6:35	9.1 (89.2%)
18	<b>BIELECKA Zuzanna</b>	<b>99</b>	NW CZŁAPSKI TEAM	K40-44	1			00:15:16	<b>00:30:34.90</b>	+00:03:35 (11.7%)	6:38	9 (88.2%)
19	<b>WOJTASIŃSKI Daniel</b>	<b>219</b>	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:14:56	<b>00:30:36.95</b>	+00:03:37 (11.8%)	6:39	9 (88.2%)
20	<b>PARZYBUT Jan</b>	<b>231</b>	POSTĘP PNIEWY TEAM	M55-59	3			00:15:21	<b>00:30:46.80</b>	+00:03:46 (12.3%)	6:41	9 (88.2%)
21	<b>BREWKA Joachim</b>	<b>100</b>	NORDIC SPORT 2021	M55-59	4			00:15:24	<b>00:30:48.10</b>	+00:03:48 (12.3%)	6:41	9 (88.2%)
22	<b>TUZIMEK Adam</b>	<b>214</b>	KUR-TEAM	M-Jun.	1	2		00:15:05	<b>00:30:51.95</b>	+00:03:52 (12.5%)	6:42	8.9 (87.3%)
23	<b>NOSAL Marek</b>	<b>161</b>		M50-54	6			00:15:27	<b>00:31:03.80</b>	+00:04:03 (13.1%)	6:45	8.9 (87.3%)
24	<b>BIBKO Martin</b>	<b>98</b>	SPEEDBAR	M45-49	2			00:15:11	<b>00:31:06.60</b>	+00:04:06 (13.2%)	6:45	8.9 (87.3%)
25	<b>WOJTCZAK Urszula</b>	<b>91</b>	CZAPELKI	K40-44	2			00:15:31	<b>00:31:10.85</b>	+00:04:10 (13.4%)	6:46	8.9 (87.3%)
26	<b>MAŚLANKA Iwona</b>	<b>90</b>	MARSZ PO ZDROWIE	K50-54	1			00:15:33	<b>00:31:30.45</b>	+00:04:30 (14.3%)	6:50	8.8 (86.3%)
27	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>88</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2			00:15:35	<b>00:31:31.60</b>	+00:04:31 (14.4%)	6:51	8.8 (86.3%)
28	<b>KARPIENIA Ewa</b>	<b>131</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:15:46	<b>00:31:39.75</b>	+00:04:39 (14.7%)	6:52	8.7 (85.3%)
29	<b>GIERSEWSKI Arkadiusz</b>	<b>116</b>	BŁĘKITNI DZIEMIANY	M40-44	2			00:15:31	<b>00:31:41.40</b>	+00:04:41 (14.8%)	6:53	8.7 (85.3%)
30	<b>KLAWCZYŃSKI Marcin</b>	<b>135</b>	AKTYWNIE W PNIEWACH	M30-39	5			00:15:31	<b>00:31:50.30</b>	+00:04:50 (15.2%)	6:55	8.7 (85.3%)
31	<b>SZPILMAN Katarzyna</b>	<b>199</b>	ESJA TEAM	K50-54	4	1		00:15:41	<b>00:31:52.10</b>	+00:04:52 (15.3%)	6:55	8.7 (85.3%)
32	<b>STANISŁAWSKI Jan</b>	<b>232</b>	MARSZ PO ZDROWIE	M60-64	2	1		00:15:48	<b>00:32:10.45</b>	+00:05:10 (16.1%)	6:59	8.6 (84.3%)
33	<b>ŚLUSARCZYK Marcin</b>	<b>204</b>	WESOŁY BORSUK TEAM	M40-44	3			00:15:47	<b>00:32:11.45</b>	+00:05:11 (16.1%)	6:59	8.6 (84.3%)
34	<b>PINIS Agnieszka</b>	<b>175</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:15:57	<b>00:32:15.00</b>	+00:05:15 (16.3%)	7:00	8.6 (84.3%)
35	<b>PLEWIŃSKI Rafał</b>	<b>176</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:15:44	<b>00:32:24.50</b>	+00:05:24 (16.7%)	7:02	8.5 (83.3%)
36	<b>GĄGÓŁ Krzysztof</b>	<b>115</b>	KGHM METRACO	M40-44	4			00:15:52	<b>00:32:30.65</b>	+00:05:30 (17.0%)	7:03	8.5 (83.3%)
37	<b>GRUSZKA Michał</b>	<b>122</b>	NORDIC SPORT 2021	M18-29	3			00:15:55	<b>00:32:34.45</b>	+00:05:34 (17.1%)	7:04	8.5 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Czas		Tempo min/km	Tempo km/h
									netto 4.6km	Różn		
38	<b>KOSMALA Aneta</b>	<b>138</b>	NORDIC SPORT 2021	K40-44	3			00:16:02	<b>00:32:44.70</b>	+00:05:44 (17.5%)	7:06	8.4 (82.4%)
39	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>230</b>	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	2			00:15:56	<b>00:32:52.55</b>	+00:05:52 (17.9%)	7:08	8.4 (82.4%)
40	<b>NOWAK Wiesław</b>	<b>163</b>	UKS 'SKOCZEK'SKOKI	M60-64	3			00:16:22	<b>00:32:55.95</b>	+00:05:56 (18.0%)	7:09	8.4 (82.4%)
41	<b>RAJEK Tomasz</b>	<b>186</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	7			00:16:11	<b>00:33:04.20</b>	+00:06:04 (18.4%)	7:11	8.3 (81.4%)
42	<b>ZAWADZKI Krzysztof</b>	<b>226</b>	WETERAN	M65-69	2			00:16:40	<b>00:33:34.20</b>	+00:06:34 (19.6%)	7:17	8.2 (80.4%)
43	<b>SZYMAŃSKI Stefan</b>	<b>203</b>	XV KOŁO PZERII W DYWITACH	M75-79	1			00:16:50	<b>00:33:35.75</b>	+00:06:35 (19.6%)	7:18	8.2 (80.4%)
44	<b>MATECKI Ryszard</b>	<b>154</b>	KGHM METRACO	M70-74	1			00:17:04	<b>00:33:39.00</b>	+00:06:39 (19.8%)	7:18	8.2 (80.4%)
45	<b>POKŁADOWSKA Joanna</b>	<b>92</b>	WYCHODZĘ Z KIJAMI	K45-49	3			00:16:33	<b>00:33:40.20</b>	+00:06:40 (19.8%)	7:19	8.2 (80.4%)
46	<b>JANKOWSKI Grzegorz</b>	<b>128</b>	STĘSZEW TEAM	M60-64	4			00:16:42	<b>00:33:47.55</b>	+00:06:47 (20.1%)	7:20	8.2 (80.4%)
47	<b>JÓŹWIAK Marianna</b>	<b>89</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	4			00:16:44	<b>00:33:52.10</b>	+00:06:52 (20.3%)	7:21	8.1 (79.4%)
48	<b>DUSZEŃKO Zygmunt</b>	<b>110</b>	KGHM METRACO	M- Niepełnosprawni(A)	1			00:16:55	<b>00:34:03.10</b>	+00:07:03 (20.7%)	7:24	8.1 (79.4%)
48	<b>KĘPA Andrzej</b>	<b>133</b>		M70-74	2			00:17:06	<b>00:34:03.10</b>	+00:07:03 (20.7%)	7:24	8.1 (79.4%)
50	<b>PANKIEWICZ Ewelina</b>	<b>169</b>	NORDIC SPORT 2021	K30-39	2			00:16:41	<b>00:34:03.40</b>	+00:07:03 (20.7%)	7:24	8.1 (79.4%)
51	<b>SZCZYTKOWSKI Jakub</b>	<b>193</b>		M18-29	4	1		00:16:39	<b>00:34:04.20</b>	+00:07:04 (20.8%)	7:24	8.1 (79.4%)
52	<b>ŚLUSARCZYK Grzegorz</b>	<b>206</b>	WESOŁY BORSUK TEAM	M45-49	3			00:16:38	<b>00:34:05.75</b>	+00:07:05 (20.8%)	7:24	8.1 (79.4%)
53	<b>RUSINOWICZ Andrzej</b>	<b>187</b>	NIEZRZESZONY	M75-79	2			00:16:52	<b>00:34:06.30</b>	+00:07:06 (20.8%)	7:24	8.1 (79.4%)
54	<b>CZMOCH Marian</b>	<b>106</b>	PUKS JEDYNKA	M70-74	3			00:17:07	<b>00:34:13.30</b>	+00:07:13 (21.1%)	7:26	8.1 (79.4%)
55	<b>GÓRAL Andrzej</b>	<b>119</b>	SOLID SECURITY BYDGOSZCZ	M- Niepełnosprawni(A)	2			00:16:55	<b>00:34:14.50</b>	+00:07:14 (21.2%)	7:26	8.1 (79.4%)
56	<b>TUZIMEK Agata</b>	<b>212</b>	KUR-TEAM	K30-39	3			00:16:41	<b>00:34:20.95</b>	+00:07:21 (21.4%)	7:27	8 (78.4%)
57	<b>WITUCKA Karolina</b>	<b>94</b>		K-Jun.	1			00:16:59	<b>00:34:21.85</b>	+00:07:21 (21.4%)	7:28	8 (78.4%)
58	<b>BERCZYŃSKI Henryk</b>	<b>97</b>	NADLEŚNICTWO OKONEK	M65-69	3			00:16:56	<b>00:34:22.95</b>	+00:07:23 (21.5%)	7:28	8 (78.4%)
59	<b>WÓJCIK Jacek</b>	<b>222</b>	STĘSZEW TEAM	M55-59	5			00:17:02	<b>00:34:27.75</b>	+00:07:27 (21.7%)	7:29	8 (78.4%)
60	<b>KOWACZ Agata</b>	<b>139</b>	SPEEDBAR	K40-44	4			00:16:48	<b>00:34:28.05</b>	+00:07:28 (21.7%)	7:29	8 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Czas		Tempo min/km	Tempo km/h
									netto 4.6km	Różn		
61	<b>GUTOWSKA Magda</b>	<b>125</b>	PAUL TEAM	K45-49	5			00:17:03	<b>00:34:34.15</b>	+00:07:34 (21.9%)	7:30	8 (78.4%)
62	<b>ZIELIŃSKA Jolanta</b>	<b>227</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	1			00:17:18	<b>00:34:47.45</b>	+00:07:47 (22.4%)	7:33	7.9 (77.5%)
63	<b>SZEREMENT Katarzyna</b>	<b>195</b>		K40-44	5			00:17:09	<b>00:34:48.30</b>	+00:07:48 (22.4%)	7:33	7.9 (77.5%)
64	<b>WALCZAK Grzegorz</b>	<b>215</b>		M45-49	4			00:17:07	<b>00:34:49.60</b>	+00:07:49 (22.5%)	7:34	7.9 (77.5%)
65	<b>GRUSZKA Michał</b>	<b>121</b>	NORDIC SPORT 2021	M45-49	5			00:17:07	<b>00:34:53.25</b>	+00:07:53 (22.6%)	7:35	7.9 (77.5%)
66	<b>DAROSZEWSKA Krystyna</b>	<b>93</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:17:14	<b>00:34:57.60</b>	+00:07:57 (22.8%)	7:35	7.9 (77.5%)
67	<b>CZEKRYSZEW Andrzej</b>	<b>105</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:17:05	<b>00:34:57.85</b>	+00:07:57 (22.8%)	7:35	7.9 (77.5%)
68	<b>GAŁKOWSKA Elżbieta</b>	<b>114</b>	KGHM METRACO	K65-69	1			00:17:09	<b>00:34:58.20</b>	+00:07:58 (22.8%)	7:36	7.9 (77.5%)
69	<b>GRYGOROWICZ Bogdan</b>	<b>124</b>	KGHM METRACO	M- Niepełnosprawni(B)	1			00:17:02	<b>00:35:00.15</b>	+00:08:00 (22.9%)	7:36	7.9 (77.5%)
70	<b>CIESIELSKI Krzysztof</b>	<b>102</b>	FAST WALKER	M- Niepełnosprawni(B)	2			00:17:32	<b>00:35:18.65</b>	+00:08:18 (23.5%)	7:40	7.8 (76.5%)
71	<b>KRĘCKA Irena</b>	<b>143</b>		K55-59	1			00:17:38	<b>00:35:19.55</b>	+00:08:19 (23.6%)	7:40	7.8 (76.5%)
72	<b>WNEK Ewa</b>	<b>218</b>	KGHM METRACO	K65-69	2			00:17:28	<b>00:35:24.90</b>	+00:08:25 (23.8%)	7:41	7.8 (76.5%)
73	<b>PYSZCZAK Piotr</b>	<b>185</b>	KUR-TEAM	M45-49	6			00:17:42	<b>00:35:42.75</b>	+00:08:42 (24.4%)	7:45	7.7 (75.5%)
74	<b>MICHALSKI Łukasz</b>	<b>155</b>		K40-44	6	1		00:17:32	<b>00:35:51.75</b>	+00:08:51 (24.7%)	7:47	7.7 (75.5%)
75	<b>KUTA Marta</b>	<b>147</b>	KUR-TEAM	K55-59	2			00:17:51	<b>00:35:56.50</b>	+00:08:56 (24.9%)	7:48	7.7 (75.5%)
76	<b>KOLARSKA Nadia</b>	<b>137</b>	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	2			00:17:28	<b>00:35:59.40</b>	+00:08:59 (25.0%)	7:49	7.7 (75.5%)
77	<b>KIEŁBASA Marlena</b>	<b>134</b>		K30-39	4	1		00:17:39	<b>00:36:07.50</b>	+00:09:07 (25.3%)	7:51	7.6 (74.5%)
78	<b>KRIGER Roman</b>	<b>144</b>	MAPEI POLSKA	M60-64	5			00:18:04	<b>00:36:09.85</b>	+00:09:09 (25.3%)	7:51	7.6 (74.5%)
79	<b>SAPUŁA Wiktoria</b>	<b>188</b>	NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:18:01	<b>00:36:10.55</b>	+00:09:10 (25.4%)	7:51	7.6 (74.5%)
80	<b>KULAWINSKI Marek</b>	<b>233</b>	KOŁOBRZEG	M50-54	8			00:17:56	<b>00:36:11.90</b>	+00:09:12 (25.4%)	7:51	7.6 (74.5%)
81	<b>NIEDŹWIECKA Małgorzata</b>	<b>159</b>	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			00:17:41	<b>00:36:14.20</b>	+00:09:14 (25.5%)	7:52	7.6 (74.5%)
82	<b>KUTA Dariusz</b>	<b>148</b>	KUR-TEAM	M55-59	6			00:17:53	<b>00:36:16.50</b>	+00:09:16 (25.6%)	7:53	7.6 (74.5%)
83	<b>CIEŚLUK Marcin</b>	<b>103</b>	NORDIC TEAM CZĘSTOCHOWA	M- Niepełnosprawni(A)	4			00:15:55	<b>00:36:17.70</b>	+00:09:17 (25.6%)	7:53	7.6 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Czas		Tempo min/km	Tempo km/h
									netto 4.6km	Różn		
84	<b>LEGOCKA - WALCZAK Kinga</b>	<b>150</b>		K45-49	6			00:17:58	<b>00:36:18.35</b>	+00:09:18 (25.6%)	7:53	7.6 (74.5%)
85	<b>PRACKI Zbigniew</b>	<b>182</b>	SERCE NORDICA WŁOCŁAWEK	M55-59	7			00:18:00	<b>00:36:20.75</b>	+00:09:20 (25.7%)	7:53	7.6 (74.5%)
86	<b>PIETRZYK Anna</b>	<b>174</b>	KLUB OLIMPIJCZYKA IM. I. SZEWIŃSKIEJ W KALISZU POMORSKIM	K- Niepełnosprawni(A)	1			00:18:00	<b>00:36:22.45</b>	+00:09:22 (25.8%)	7:54	7.6 (74.5%)
87	<b>DYBEŁ Agnieszka</b>	<b>112</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	2			00:18:03	<b>00:36:24.90</b>	+00:09:25 (25.9%)	7:54	7.6 (74.5%)
88	<b>SZYBUT Weronika</b>	<b>201</b>	POTĘGA NORDICA	K-Dzieci	1			00:17:48	<b>00:36:27.40</b>	+00:09:27 (25.9%)	7:55	7.6 (74.5%)
89	<b>JÓŻWIAK Łukasz</b>	<b>130</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:18:14	<b>00:36:48.00</b>	+00:09:48 (26.6%)	8:00	7.5 (73.5%)
90	<b>PLUTO-PRĄDZYŃSKA Anna</b>	<b>178</b>	SERCE NORDICA WŁOCŁAWEK	K30-39	5			00:18:27	<b>00:36:49.35</b>	+00:09:49 (26.7%)	8:00	7.5 (73.5%)
91	<b>ŚLUSARCZYK Karolina</b>	<b>209</b>	WESOŁY BORSUK TEAM	K18-29	2			00:18:02	<b>00:36:53.90</b>	+00:09:54 (26.8%)	8:01	7.5 (73.5%)
92	<b>WÓJCIK Marzena</b>	<b>223</b>	NW CZŁAPSKI TEAM	K45-49	7			00:17:59	<b>00:36:56.60</b>	+00:09:56 (26.9%)	8:01	7.5 (73.5%)
93	<b>NOWAKOWSKA Sylwia</b>	<b>165</b>		K40-44	7			00:18:31	<b>00:37:43.65</b>	+00:10:43 (28.4%)	8:11	7.3 (71.6%)
94	<b>PARCHIMOWICZ Janusz</b>	<b>171</b>		M65-69	4			00:18:33	<b>00:37:45.75</b>	+00:10:45 (28.5%)	8:12	7.3 (71.6%)
95	<b>GRYGOROWICZ Teresa</b>	<b>123</b>	KGHM METRACO	K70-74	1			00:18:39	<b>00:37:46.30</b>	+00:10:46 (28.5%)	8:12	7.3 (71.6%)
96	<b>NOWAK Irena</b>	<b>164</b>	UKS 'SKOCZEK'SKOKI	K55-59	3			00:18:38	<b>00:37:51.35</b>	+00:10:51 (28.7%)	8:13	7.3 (71.6%)
97	<b>JASIŃSKA Dorota</b>	<b>129</b>	NORDIC SPORT 2021	K40-44	8			00:18:51	<b>00:38:01.95</b>	+00:11:02 (29.0%)	8:15	7.3 (71.6%)
98	<b>OLSZAŃSKA Jolka</b>	<b>166</b>	FEAR THE RETURN	K45-49	8			00:18:57	<b>00:38:24.10</b>	+00:11:24 (29.7%)	8:20	7.2 (70.6%)
99	<b>KOZIOŁ Magdalena</b>	<b>142</b>		K30-39	6			00:18:44	<b>00:38:26.55</b>	+00:11:26 (29.8%)	8:21	7.2 (70.6%)
100	<b>SZCZYTKOWSKI Marek</b>	<b>192</b>		M50-54	9			00:18:39	<b>00:38:36.65</b>	+00:11:36 (30.1%)	8:23	7.2 (70.6%)
101	<b>THOMALLA Bogdan</b>	<b>211</b>	EKIPA NA KIJACH	M80+	1			00:18:50	<b>00:38:39.60</b>	+00:11:39 (30.2%)	8:24	7.1 (69.6%)
102	<b>KOCOŃ Sylwia</b>	<b>136</b>		K40-44	9			00:19:17	<b>00:38:45.15</b>	+00:11:45 (30.3%)	8:25	7.1 (69.6%)
103	<b>NIEZABITOWSKA Renata</b>	<b>160</b>	KUR-TEAM	K50-54	5			00:19:17	<b>00:38:47.75</b>	+00:11:47 (30.4%)	8:25	7.1 (69.6%)
104	<b>PLUTO-PRĄDZYŃSKA Klaudia</b>	<b>177</b>	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	1			00:19:33	<b>00:38:52.70</b>	+00:11:52 (30.6%)	8:26	7.1 (69.6%)
105	<b>KOWALSKI Mirosław</b>	<b>141</b>	GRYF NW	M65-69	5			00:19:01	<b>00:39:06.80</b>	+00:12:06 (31.0%)	8:30	7.1 (69.6%)
106	<b>MACKO Michał</b>	<b>152</b>	WYCHODZĘ Z KIJAMI	M-Dzieci	1			00:19:11	<b>00:39:17.45</b>	+00:12:17 (31.3%)	8:32	7 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Czas		Tempo min/km	Tempo km/h
									netto 4.6km	Różn		
107	<b>NERC Dorota</b>	<b>158</b>		K60-64	3			00:19:30	<b>00:39:48.90</b>	+00:12:49 (32.2%)	8:39	6.9 (67.6%)
108	<b>LATOS Małgorzata</b>	<b>149</b>	WYCHODZĘ Z KIJAMI	K55-59	4			00:19:42	<b>00:39:55.45</b>	+00:12:55 (32.4%)	8:40	6.9 (67.6%)
109	<b>KASZUBA Zofia</b>	<b>132</b>	WYCHODZĘ Z KIJAMI	K-Jun.	3			00:19:26	<b>00:40:03.35</b>	+00:13:03 (32.6%)	8:42	6.9 (67.6%)
110	<b>PLUTO-PRĄDZYŃSKI Kacper</b>	<b>179</b>	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	2			00:19:57	<b>00:40:08.50</b>	+00:13:08 (32.7%)	8:43	6.9 (67.6%)
111	<b>PRZYBORKIEWICZ Gosia</b>	<b>183</b>	PIERNIKI TORUŃ	K-Niepełnosprawni(A)	3			00:20:09	<b>00:40:32.25</b>	+00:13:32 (33.4%)	8:48	6.8 (66.7%)
112	<b>SZNAJDER Zenon</b>	<b>197</b>		M70-74	4			00:19:45	<b>00:40:33.30</b>	+00:13:33 (33.4%)	8:48	6.8 (66.7%)
113	<b>SZYMAŃSKA Lucyna</b>	<b>202</b>	XV KOŁO PZERII W DYWITACH	K70-74	2			00:19:55	<b>00:40:53.00</b>	+00:13:53 (34.0%)	8:53	6.8 (66.7%)
114	<b>JEN Andrzej</b>	<b>228</b>		M-Niepełnosprawni(B)	4	1		00:20:29	<b>00:41:00.95</b>	+00:14:01 (34.2%)	8:54	6.7 (65.7%)
115	<b>PIĄTKOWSKI Józef</b>	<b>172</b>	KGHM METRACO	M75-79	3			00:20:11	<b>00:41:06.00</b>	+00:14:06 (34.3%)	8:56	6.7 (65.7%)
116	<b>SZYBUT Roma</b>	<b>200</b>	POTĘGA NORDICA	K30-39	7			00:20:29	<b>00:41:34.60</b>	+00:14:34 (35.1%)	9:02	6.6 (64.7%)
117	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>221</b>	KGHM METRACO	K75-79	1			00:20:49	<b>00:41:39.05</b>	+00:14:39 (35.2%)	9:03	6.6 (64.7%)
118	<b>PYSZCZAK Joanna</b>	<b>184</b>	KUR-TEAM	K45-49	9			00:20:38	<b>00:41:50.30</b>	+00:14:50 (35.5%)	9:05	6.6 (64.7%)
119	<b>KUSZAJ Alicja</b>	<b>146</b>	NORDIC WALKIN SENIOR	K60-64	4			00:20:35	<b>00:41:52.35</b>	+00:14:52 (35.5%)	9:06	6.6 (64.7%)
120	<b>SZNAJDER Teresa</b>	<b>198</b>		K65-69	4			00:20:53	<b>00:42:09.15</b>	+00:15:09 (36.0%)	9:09	6.5 (63.7%)
121	<b>DUSZEŃKO Elwira</b>	<b>111</b>	KGHM METRACO	K-Niepełnosprawni(A)	4			00:20:39	<b>00:42:37.90</b>	+00:15:38 (36.7%)	9:15	6.5 (63.7%)
122	<b>GOLECKA Agnieszka</b>	<b>117</b>		K45-49	10			00:21:18	<b>00:42:51.70</b>	+00:15:51 (37.0%)	9:18	6.4 (62.7%)
123	<b>PŁUCHOWSKA Bernadetta</b>	<b>180</b>	KUR-TEAM	K18-29	3			00:20:49	<b>00:42:55.15</b>	+00:15:55 (37.1%)	9:19	6.4 (62.7%)
124	<b>SZCZYTKOWSKA Łucja</b>	<b>234</b>		K-Dzieci	2			00:20:25	<b>00:43:18.70</b>	+00:16:18 (37.7%)	9:24	6.4 (62.7%)
125	<b>BECHLER Zofia</b>	<b>95</b>	GWIAZDY PÓŁNOCY	K40-44	10			00:21:29	<b>00:43:41.70</b>	+00:16:41 (38.2%)	9:29	6.3 (61.8%)
126	<b>WIJAS Marzena</b>	<b>216</b>	NORDIC WALKING SENIOR KOSZALIN	K60-64	5			00:21:44	<b>00:44:03.70</b>	+00:17:03 (38.7%)	9:34	6.3 (61.8%)
127	<b>CHABROS TARKOWSKA Magdalena</b>	<b>101</b>	KUR-TEAM	K45-49	11			00:22:31	<b>00:44:48.25</b>	+00:17:48 (39.7%)	9:44	6.2 (60.8%)
128	<b>ŚLUSARCZYK Danuta</b>	<b>208</b>	WESOŁY BORSUK TEAM	K70-74	3			00:22:02	<b>00:44:54.70</b>	+00:17:54 (39.9%)	9:45	6.1 (59.8%)
129	<b>ŚLUSARCZYK Andrzej</b>	<b>205</b>	WESOŁY BORSUK TEAM	M70-74	5			00:20:36	<b>00:45:39.05</b>	+00:18:39 (40.9%)	9:55	6 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Czas		Tempo min/km	Tempo km/h
									netto 4.6km	Różn		
130	<b>DUSIEL Ewa</b>	<b>109</b>	NORDIC TEAM CZĘSTOCHOWA	K55-59	5			00:24:08	<b>00:45:40.80</b>	+00:18:40 (40.9%)	9:55	6 (58.8%)
131	<b>STASIAK Agnieszka</b>	<b>190</b>	KUR-TEAM	K50-54	6			00:22:47	<b>00:45:54.70</b>	+00:18:54 (41.2%)	9:58	6 (58.8%)
132	<b>MIELCZAREK Grażyna</b>	<b>156</b>	NORDIC WALKING SENIOR KOSZALIN	K70-74	4			00:23:05	<b>00:46:21.60</b>	+00:19:21 (41.8%)	10:04	6 (58.8%)
133	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>170</b>		K70-74	5			00:23:05	<b>00:46:53.45</b>	+00:19:53 (42.4%)	10:11	5.9 (57.8%)
134	<b>ŚLUSARCZYK Błażej</b>	<b>207</b>	WESOŁY BORSUK TEAM	M-Dzieci	3			00:23:30	<b>00:48:33.25</b>	+00:21:33 (44.4%)	10:33	5.7 (55.9%)
135	<b>SZEP CZYŃSKA Kamila</b>	<b>194</b>	SERCE NORDICA WŁOCŁAWEK	K-Dzieci	3			00:23:35	<b>00:48:45.35</b>	+00:21:45 (44.6%)	10:35	5.7 (55.9%)
136	<b>KULCZYCKI Jan</b>	<b>145</b>		M70-74	6			00:24:31	<b>00:50:16.15</b>	+00:23:16 (46.3%)	10:55	5.5 (53.9%)
137	<b>DROSTEK Małgorzata</b>	<b>108</b>		K70-74	6			00:27:51	<b>00:56:49.10</b>	+00:29:49 (52.5%)	12:21	4.9 (48.0%)
	<b>JEN Edyta</b>	<b>229</b>		K- Niepełnosprawni(B)				00:32:21 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 138 wynik(ów)