



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

B4SPORT

Event: Polish Nordic Walking Cup 10/1
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2022-04-30
Place: Koszalin
Distance: 5 km



Classification: All

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

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

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

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

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

Place	Participant	Number	Club	Category	M-Cat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Net	Gap	Pace min/km	Pace km/h
									time 4.6km			
106	MACKO Michał	152	WYCHODZĘ Z KIJAMI	M-Dzieci	1			00:19:11	00:39:17.45	+00:12:17 (31.3%)	8:32	7 (68.6%)
107	NERC Dorota	158		K60-64	3			00:19:30	00:39:48.90	+00:12:49 (32.2%)	8:39	6.9 (67.6%)
108	LATOS Małgorzata	149	WYCHODZĘ Z KIJAMI	K55-59	4			00:19:42	00:39:55.45	+00:12:55 (32.4%)	8:40	6.9 (67.6%)
109	KASZUBA Zofia	132	WYCHODZĘ Z KIJAMI	K-Jun.	3			00:19:26	00:40:03.35	+00:13:03 (32.6%)	8:42	6.9 (67.6%)
110	PLUTO- PRĄDZYŃSKI Kacper	179	SERCE NORDICA WŁOCŁAWEK	M-Dzieci	2			00:19:57	00:40:08.50	+00:13:08 (32.7%)	8:43	6.9 (67.6%)
111	PRZYBORKIEWICZ Gosia	183	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	3			00:20:09	00:40:32.25	+00:13:32 (33.4%)	8:48	6.8 (66.7%)
112	SZNAJDER Zenon	197		M70-74	4			00:19:45	00:40:33.30	+00:13:33 (33.4%)	8:48	6.8 (66.7%)
113	SZYMAŃSKA Lucyna	202	XV KOŁO PZERII W DYWITACH	K70-74	2			00:19:55	00:40:53.00	+00:13:53 (34.0%)	8:53	6.8 (66.7%)
114	JEN Andrzej	228		M- Niepełnosprawni(B)	4	1		00:20:29	00:41:00.95	+00:14:01 (34.2%)	8:54	6.7 (65.7%)
115	PIĄTKOWSKI Józef	172	KGHM METRACO	M75-79	3			00:20:11	00:41:06.00	+00:14:06 (34.3%)	8:56	6.7 (65.7%)
116	SZYBUT Roma	200	POTĘGA NORDICA	K30-39	7			00:20:29	00:41:34.60	+00:14:34 (35.1%)	9:02	6.6 (64.7%)
117	WORONKO- ZACZYŃSKA Janina	221	KGHM METRACO	K75-79	1			00:20:49	00:41:39.05	+00:14:39 (35.2%)	9:03	6.6 (64.7%)
118	PYSZCZAK Joanna	184	KUR-TEAM	K45-49	9			00:20:38	00:41:50.30	+00:14:50 (35.5%)	9:05	6.6 (64.7%)
119	KUSZAJ Alicja	146	NORDIC WALKIN SENIOR	K60-64	4			00:20:35	00:41:52.35	+00:14:52 (35.5%)	9:06	6.6 (64.7%)
120	SZNAJDER Teresa	198		K65-69	4			00:20:53	00:42:09.15	+00:15:09 (36.0%)	9:09	6.5 (63.7%)
121	DUSZEŃKO Elwira	111	KGHM METRACO	K- Niepełnosprawni(A)	4			00:20:39	00:42:37.90	+00:15:38 (36.7%)	9:15	6.5 (63.7%)
122	GOLECKA Agnieszka	117		K45-49	10			00:21:18	00:42:51.70	+00:15:51 (37.0%)	9:18	6.4 (62.7%)
123	PŁUCHOWSKA Bernadetta	180	KUR-TEAM	K18-29	3			00:20:49	00:42:55.15	+00:15:55 (37.1%)	9:19	6.4 (62.7%)
124	SZCZYTKOWSKA Łucja	234		K-Dzieci	2			00:20:25	00:43:18.70	+00:16:18 (37.7%)	9:24	6.4 (62.7%)
125	BECHLER Zofia	95	GWIAZDY PÓŁNOCY	K40-44	10			00:21:29	00:43:41.70	+00:16:41 (38.2%)	9:29	6.3 (61.8%)
126	WIJAS Marzena	216	NORDIC WALKING SENIOR KOSZALIN	K60-64	5			00:21:44	00:44:03.70	+00:17:03 (38.7%)	9:34	6.3 (61.8%)
127	CHABROS TARKOWSKA Magdalena	101	KUR-TEAM	K45-49	11			00:22:31	00:44:48.25	+00:17:48 (39.7%)	9:44	6.2 (60.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_2,5km 2.3km	Net	Gap	Pace min/km	Pace km/h
									time 4.6km			
128	ŚLUSARCZYK Danuta	208	WESOŁY BORSUK TEAM	K70-74	3			00:22:02	00:44:54.70	+00:17:54 (39.9%)	9:45	6.1 (59.8%)
129	ŚLUSARCZYK Andrzej	205	WESOŁY BORSUK TEAM	M70-74	5			00:20:36	00:45:39.05	+00:18:39 (40.9%)	9:55	6 (58.8%)
130	DUSIEL Ewa	109	NORDIC TEAM CZĘSTOCHOWA	K55-59	5			00:24:08	00:45:40.80	+00:18:40 (40.9%)	9:55	6 (58.8%)
131	STASIAK Agnieszka	190	KUR-TEAM	K50-54	6			00:22:47	00:45:54.70	+00:18:54 (41.2%)	9:58	6 (58.8%)
132	MIELCZAREK Grażyna	156	NORDIC WALKING SENIOR KOSZALIN	K70-74	4			00:23:05	00:46:21.60	+00:19:21 (41.8%)	10:04	6 (58.8%)
133	PANKIEWICZ-DMOWSKA Cecylia	170		K70-74	5			00:23:05	00:46:53.45	+00:19:53 (42.4%)	10:11	5.9 (57.8%)
134	ŚLUSARCZYK Błażej	207	WESOŁY BORSUK TEAM	M-Dzieci	3			00:23:30	00:48:33.25	+00:21:33 (44.4%)	10:33	5.7 (55.9%)
135	SZEPCZYŃSKA Kamila	194	SERCE NORDICA WŁOCŁAWEK	K-Dzieci	3			00:23:35	00:48:45.35	+00:21:45 (44.6%)	10:35	5.7 (55.9%)
136	KULCZYCKI Jan	145		M70-74	6			00:24:31	00:50:16.15	+00:23:16 (46.3%)	10:55	5.5 (53.9%)
137	DROSTEK Małgorzata	108		K70-74	6			00:27:51	00:56:49.10	+00:29:49 (52.5%)	12:21	4.9 (48.0%)
	JEN Edyta	229		K- Niepełnosprawni(B)				00:32:21 DNF	DNF		-	- (0.0%)

Total 138 results.