



POLKOWICE- PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 5 KM

B4SPORT
INTELEKTUALNY SPORT WYPOCZYWA

Organizator: PFNW
Data: 2017-03-11
Miejsce: Polkowice
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	LUBIATOWSKI Ireneusz	45		M50-54	1			00:00:51	00:07:53	00:15:53	00:24:03	00:32:11.75	00:33:03.55		6:26	9.3 (100%)
2	KUBIAK Tomasz	42		M40-44	1			00:00:31	00:07:50	00:15:55	00:24:13	00:32:26.05	00:32:57.15	+00:00:14 (0.7%)	6:29	9.2 (98.9%)
3	HAŁAS Marcin	104		M30-39	1			00:00:30	00:08:10	00:16:30	00:24:48	00:32:58.15	00:33:28.55	+00:00:46 (2.3%)	6:35	9.1 (97.8%)
4	SCHRÖDER Karol	67	SILESIA NORDIC TEAM	M40-44	2			00:00:30	00:07:54	00:16:10	00:24:43	00:33:13.55	00:33:44.15	+00:01:01 (3.1%)	6:38	9 (96.8%)
5	ROŻYNEK Miron	98		M50-54	2			00:00:52	00:08:16	00:16:41	00:25:07	00:33:37.30	00:34:30.15	+00:01:25 (4.2%)	6:43	8.9 (95.7%)
6	FOJCIK Piotr	18	RYBNICKI KLUB NORDIC WALKING	M50-54	3			00:00:51	00:08:16	00:16:44	00:25:15	00:33:40.90	00:34:32.25	+00:01:29 (4.4%)	6:44	8.9 (95.7%)
7	KRYŚ Artur	41		M45-49	1			00:00:39	00:08:15	00:16:45	00:25:19	00:33:45.20	00:34:24.40	+00:01:33 (4.6%)	6:45	8.9 (95.7%)
8	SIWAK Piotr	97	KS METRACO POLKOWICE	M55-59	1			00:01:07	00:08:38	00:17:21	00:26:04	00:34:31.10	00:35:38.10	+00:02:19 (6.7%)	6:54	8.7 (93.5%)
9	STANISŁAWOWSKI Jan	103	MARSZ PO ZDROWIE	M55-59	2			00:01:07	00:08:38	00:17:22	00:26:05	00:34:48.30	00:35:55.55	+00:02:36 (7.5%)	6:57	8.6 (92.5%)
10	HOŁUBKA Mariusz	25		M45-49	2			00:00:39	00:08:25	00:17:00	00:25:46	00:34:52.80	00:35:32.25	+00:02:41 (7.7%)	6:58	8.6 (92.5%)
11	RATUŚ Bogusław	63	UKS ZRYW GÓRA	M55-59	3			00:01:06	00:08:40	00:17:26	00:26:18	00:35:23.20	00:36:29.80	+00:03:11 (9.0%)	7:04	8.5 (91.4%)
12	GRYGOROWICZ Bogdan	22	KS METRACO POLKOWICE	M65-69	1			00:01:36	00:08:38	00:17:38	00:26:47	00:35:52.85	00:37:29.70	+00:03:41 (10.3%)	7:10	8.4 (90.3%)
13	ŚLUSARCZYK Andrzej	76	WESOŁY BORSUK TEAM	M65-69	2			00:01:36	00:08:47	00:18:06	00:27:12	00:36:21.90	00:37:58.55	+00:04:10 (11.5%)	7:16	8.2 (88.2%)
14	RACŁAWSKI Jan	61	NIEZRZESZONY	M60-64	1			00:01:23	00:09:02	00:18:13	00:27:34	00:37:03.05	00:38:26.45	+00:04:51 (13.1%)	7:24	8.1 (87.1%)
15	WOLNIEWICZ Katarzyna	99	FABRIKANORDIKA	K45-49	1			00:03:27	00:09:13	00:18:38	00:28:00	00:37:20.85	00:40:48.20	+00:05:09 (13.8%)	7:28	8 (86.0%)
16	KOWALCZYK Edyta	105		K45-49	2			00:03:27	00:09:16	00:18:42	00:28:05	00:37:22.55	00:40:50.35	+00:05:10 (13.9%)	7:28	8 (86.0%)
17	JÓŹWIAK Marianna	31	WTW WŁOCŁAWEK	K40-44	1			00:03:13	00:09:05	00:18:31	00:28:01	00:37:26.75	00:40:40.45	+00:05:15 (14.0%)	7:29	8 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
18	BADECKI Ryszard	3	NIEZRZESZONY	M55-59	4			00:00:51	00:09:19	00:18:42	00:28:13	00:37:35.05	00:38:26.85	+00:05:23 (14.3%)	7:31	8 (86.0%)
19	RUDOLF Natalia	64	NORDIKI	K30-39	1			00:03:00	00:09:06	00:18:37	00:28:12	00:37:37.70	00:40:38.00	+00:05:25 (14.4%)	7:31	8 (86.0%)
20	BIK Przemysław	5	KS METRACO POLKOWICE	M-Jun.	1			00:00:06	00:09:35	00:19:05	00:28:28	00:37:39.75	00:37:46.00	+00:05:28 (14.5%)	7:32	8 (86.0%)
21	MIKOŁAJCZAK Jan	51	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:01:23	00:08:59	00:18:18	00:27:57	00:37:41.70	00:39:05.30	+00:05:29 (14.6%)	7:32	8 (86.0%)
22	DUDEK Edward	12	KS METRACO POLKOWICE	M65-69	3			00:01:37	00:09:18	00:18:49	00:28:21	00:37:45.90	00:39:23.35	+00:05:34 (14.7%)	7:33	7.9 (84.9%)
23	DUDEK Kazimierz	13	NIEZRZESZONY	M65-69	4			00:01:37	00:09:05	00:18:39	00:28:20	00:37:46.80	00:39:23.95	+00:05:35 (14.8%)	7:33	7.9 (84.9%)
24	FIGURSKA Dominika	15	FACE NORDIC WALKING TEAM	K18-29	1			00:02:30	00:09:19	00:18:54	00:28:33	00:37:56.50	00:40:27.05	+00:05:44 (15.1%)	7:35	7.9 (84.9%)
25	WOŹNIAK Klaudia	87	TOSZANKA NORDIC TEAM	K-Jun.	1			00:02:19	00:09:19	00:19:04	00:28:43	00:38:06.70	00:40:26.35	+00:05:54 (15.5%)	7:37	7.9 (84.9%)
26	DROZD Maria	11	NORDIC WALKING KRUSZYNA	K50-54	1			00:03:41	00:09:25	00:19:05	00:28:47	00:38:18.30	00:41:59.80	+00:06:06 (15.9%)	7:39	7.8 (83.9%)
27	GŁADKOWSKA Małgorzata	20	SILESIA NORDIC TEAM	K55-59	1			00:03:53	00:09:18	00:18:49	00:28:33	00:38:18.65	00:42:12.50	+00:06:06 (16.0%)	7:39	7.8 (83.9%)
28	KUPIBIDA Bogusława	44	SILESIA NORDIC TEAM	K55-59	2			00:03:53	00:09:27	00:19:02	00:28:41	00:38:20.35	00:42:13.90	+00:06:08 (16.0%)	7:40	7.8 (83.9%)
29	PAWŁOWSKA-WOŹNIAK Małgorzata	54	TOSZANKA NORDIC TEAM	K30-39	2			00:02:59	00:09:07	00:18:45	00:28:32	00:38:30.65	00:41:30.40	+00:06:18 (16.4%)	7:42	7.8 (83.9%)
30	FOJCIK Gabriela	17	RYBNICKI KLUB NORDIC WALKING	K50-54	2			00:03:41	00:09:32	00:19:14	00:29:01	00:38:42.00	00:42:23.65	+00:06:30 (16.8%)	7:44	7.8 (83.9%)
31	BAJ Stanisław	4	ŚCINAWSKA GRUPA NORDIC WALKING	M55-59	5			00:01:07	00:09:21	00:19:05	00:28:50	00:38:44.00	00:39:51.20	+00:06:32 (16.9%)	7:44	7.7 (82.8%)
32	KOPCZYŃSKI Jakub	36	KRUSZYNA	M18-29	1			00:00:16	00:09:24	00:18:59	00:29:00	00:38:52.00	00:39:08.75	+00:06:40 (17.2%)	7:46	7.7 (82.8%)
33	KRZYŻANIAK Krystyna	173		K50-54	3			00:03:41	00:09:34	00:19:21	00:29:07	00:39:07.50	00:42:48.95	+00:06:55 (17.7%)	7:49	7.7 (82.8%)
34	SZYJKA Izabela	75	NORDIKI	K30-39	3			00:03:00	00:09:25	00:19:14	00:29:17	00:39:17.50	00:42:17.95	+00:07:05 (18.1%)	7:51	7.6 (81.7%)
35	JÓZWIAK Łukasz	33	WTW WŁOCLAWEK	M-Niepełnosprawni(A)	2			00:00:40	00:09:13	00:19:11	00:29:18	00:39:23.30	00:40:03.50	+00:07:11 (18.3%)	7:52	7.6 (81.7%)
36	GRIGORIEWA Renata	95		K-Jun.	2			00:02:19	00:09:39	00:19:41	00:29:39	00:39:29.10	00:41:48.50	+00:07:17 (18.5%)	7:53	7.6 (81.7%)
37	POZNIAK Maria	111		K18-29	2			00:02:30	00:09:41	00:19:37	00:29:36	00:39:37.05	00:42:07.45	+00:07:25 (18.7%)	7:55	7.6 (81.7%)
38	SIERACKA Katarzyna	68	AZYMUT MÓRKOWO	K50-54	4			00:03:41	00:09:33	00:19:33	00:29:41	00:39:38.30	00:43:19.80	+00:07:26 (18.8%)	7:55	7.6 (81.7%)
39	SUSKA Danuta	73	BRAK	K65-69	1			00:04:16	00:09:57	00:19:54	00:29:44	00:39:51.65	00:44:08.35	+00:07:39 (19.2%)	7:58	7.5 (80.6%)
40	RYBAŁTOWSKI Paweł	65	BAMET TRZEBNICA	M70+	1			00:01:51	00:09:57	00:20:13	00:30:36	00:40:05.25	00:41:56.80	+00:07:53 (19.7%)	8:01	7.5 (80.6%)
41	GRYGOROWICZ Teresa	23		K65-69	2			00:04:15	00:09:54	00:19:54	00:30:01	00:40:08.00	00:44:23.95	+00:07:56 (19.8%)	8:01	7.5 (80.6%)
42	KOSICKA Beata	39		K45-49	3			00:03:27	00:09:41	00:19:36	00:29:53	00:40:13.30	00:43:41.10	+00:08:01 (20.0%)	8:02	7.5 (80.6%)

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43	GRIGORIEWA Irena	94		K30-39	4			00:03:01	00:10:07	00:20:12	00:30:25	00:40:26.50	00:43:27.65	+00:08:14 (20.4%)	8:05	7.4 (79.6%)
44	STEMPNIAK Bogdan	52		M-Niepełnosprawni(A)	3			00:00:39	00:09:35	00:19:55	00:30:21	00:40:37.55	00:41:17.30	+00:08:25 (20.8%)	8:07	7.4 (79.6%)
45	MATKOWSKA Marta	48	JAWOR CITY	K30-39	5			00:03:00	00:10:09	00:20:20	00:30:36	00:40:42.80	00:43:43.25	+00:08:31 (20.9%)	8:08	7.4 (79.6%)
46	WORONKO-ZACZYŃSKA Janina	114	KS METRACO POLKOWICE	K70+	1			00:04:26	00:10:14	00:20:29	00:30:43	00:40:59.35	00:45:25.75	+00:08:47 (21.5%)	8:11	7.3 (78.5%)
47	THOMALLA Bogdan	79	SILESIA NORDIC TEAM	M70+	2			00:01:52	00:09:55	00:20:12	00:30:34	00:41:04.95	00:42:57.45	+00:08:53 (21.6%)	8:13	7.3 (78.5%)
48	KOPROWSKI Tomasz	38	NORDIKI	M45-49	3			00:00:40	00:10:08	00:20:27	00:30:54	00:41:06.55	00:41:46.90	+00:08:54 (21.7%)	8:13	7.3 (78.5%)
49	KUBIAK Dorian	43	SP 74	M-Dzieci	1			00:00:05	00:09:50	00:19:42	00:30:13	00:41:07.35	00:41:12.90	+00:08:55 (21.7%)	8:13	7.3 (78.5%)
50	GRZESZCZAK Andrzej	113	KS METRACO POLKOWICE	M55-59	6			00:01:07	00:09:43	00:20:02	00:30:37	00:41:07.55	00:42:15.10	+00:08:55 (21.7%)	8:13	7.3 (78.5%)
51	SOBAS Krystyna	70	AKTYWNY BOLESŁAWIEC	K55-59	3			00:03:55	00:10:20	00:20:55	00:31:22	00:41:46.20	00:45:41.25	+00:09:34 (22.9%)	8:21	7.2 (77.4%)
52	BUDZIAK Ernest	9	NORDIC WALKING WROCŁAW ERNEST BUDZIAK	M40-44	3			00:00:30	00:09:49	00:20:28	00:31:10	00:41:47.60	00:42:18.20	+00:09:35 (23.0%)	8:21	7.2 (77.4%)
53	GÓRSKI Henryk	21	OLEŚNICKA STREFA NORDIC WALKING	M70+	3			00:01:51	00:10:13	00:20:43	00:31:18	00:41:50.25	00:43:42.10	+00:09:38 (23.0%)	8:22	7.2 (77.4%)
54	SOJA Jolanta	71	AKTYWNY BOLESŁAWIEC	K55-59	4			00:03:54	00:10:24	00:20:59	00:31:30	00:41:50.50	00:45:45.15	+00:09:38 (23.1%)	8:22	7.2 (77.4%)
55	DOLBAK Katarzyna	93		K18-29	3			00:02:21	00:10:16	00:20:42	00:31:16	00:42:01.75	00:44:22.75	+00:09:50 (23.4%)	8:24	7.1 (76.3%)
56	URBAN Jacek	53		M65-69	5			00:01:37	00:10:17	00:20:55	00:31:30	00:42:06.10	00:43:43.25	+00:09:54 (23.5%)	8:25	7.1 (76.3%)
57	SULMA Edyta	72	AKTYWNY BOLESŁAWIEC	K40-44	2			00:03:14	00:10:45	00:21:31	00:31:55	00:42:12.55	00:45:26.55	+00:10:00 (23.7%)	8:26	7.1 (76.3%)
58	URBAN Joanna	81		K40-44	3			00:03:14	00:10:43	00:21:30	00:32:00	00:42:13.00	00:45:27.45	+00:10:01 (23.7%)	8:26	7.1 (76.3%)
59	RACŁAWSKA Joanna	60	NIEZRZESZONA	K55-59	5			00:03:53	00:10:27	00:21:00	00:31:40	00:42:26.15	00:46:20.05	+00:10:14 (24.1%)	8:29	7.1 (76.3%)
60	KRAMER Leszek	40	OLEŚNICKA STREFA NORDIC WALKING	M70+	4			00:01:53	00:10:14	00:20:48	00:31:38	00:42:28.40	00:44:21.50	+00:10:16 (24.2%)	8:29	7.1 (76.3%)
61	WINOWICZ Maria	84	ŚCINAWSKA GRUPA NORDIC WALKING	K60-64	1			00:04:08	00:10:28	00:21:09	00:31:53	00:42:41.55	00:46:49.70	+00:10:29 (24.6%)	8:32	7 (75.3%)
62	KOZŁOWSKA Dagmara	108		K30-39	6			00:03:03	00:10:11	00:20:37	00:31:11	00:42:41.90	00:45:45.45	+00:10:30 (24.6%)	8:32	7 (75.3%)
63	LULEK Lucyna	46	ŚCINAWSKA GRUPA NORDIC WALKING	K65-69	3			00:04:16	00:10:22	00:21:03	00:31:56	00:42:54.20	00:47:10.30	+00:10:42 (25.0%)	8:34	7 (75.3%)
64	RYCHLIK Elżbieta	66	ŚCINAWSKA GRUPA NORDIC WALKING	K50-54	5			00:03:42	00:10:07	00:21:04	00:32:04	00:43:07.25	00:46:49.65	+00:10:55 (25.3%)	8:37	7 (75.3%)
65	FORNALCZYK-KRIZAR Jolanta	106	NORDIKI	K45-49	4			00:03:27	00:10:36	00:21:22	00:32:09	00:43:08.45	00:46:36.25	+00:10:56 (25.4%)	8:37	7 (75.3%)
66	WÓJCIK Henryk	91	OLEŚNICKA STREFA NORDIC WALKING	M70+	5			00:01:52	00:10:26	00:21:10	00:32:09	00:43:12.65	00:45:04.90	+00:11:00 (25.5%)	8:38	6.9 (74.2%)
67	JASIŃSKI Michał	30	RYBNICKI KLUB NORDIC WALKING	M18-29	2			00:00:17	00:10:09	00:21:14	00:32:21	00:43:24.00	00:43:41.20	+00:11:12 (25.8%)	8:40	6.9 (74.2%)

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68	DZIEDZIEWICZ Natalia	96		K30-39	7			00:03:01	00:10:17	00:21:18	00:32:11	00:43:29.10	00:46:30.45	+00:11:17 (26.0%)	8:41	6.9 (74.2%)
69	HOŁDA Jolanta	24	KUBISIA TEAM OLESNICA	K60-64	2			00:04:09	00:10:30	00:21:33	00:32:37	00:43:32.95	00:47:41.95	+00:11:21 (26.1%)	8:42	6.9 (74.2%)
70	ARTYMICZ Maria	2		K60-64	3			00:04:08	00:10:38	00:21:25	00:32:16	00:43:34.80	00:47:43.00	+00:11:23 (26.1%)	8:43	6.9 (74.2%)
71	PRZYBYŁ Sylwester	59	ŚCINAWSKA GRUPA NORDIC WALKING	M60-64	2			00:01:23	00:10:28	00:21:21	00:32:44	00:44:02.80	00:45:26.40	+00:11:51 (26.9%)	8:48	6.8 (73.1%)
72	JAGODZIŃSKI Andrzej	27		M55-59	7			00:01:07	00:10:37	00:21:36	00:32:56	00:44:24.75	00:45:31.95	+00:12:13 (27.5%)	8:52	6.8 (73.1%)
73	DREISEITEL Andrzej	10		M55-59	8			00:01:08	00:10:24	00:21:43	00:33:12	00:44:28.75	00:45:37.05	+00:12:17 (27.6%)	8:53	6.7 (72.0%)
74	PRZYBYŁ Janina	58	ŚCINAWSKA GRUPA NORDIC WALKING	K65-69	4			00:04:17	00:10:57	00:22:10	00:33:21	00:44:44.70	00:49:01.75	+00:12:32 (28.0%)	8:56	6.7 (72.0%)
75	WOJNAROWSKA Małgorzata	86	NORDIKI	K30-39	8			00:03:01	00:11:00	00:22:26	00:33:45	00:44:48.20	00:47:49.75	+00:12:36 (28.1%)	8:57	6.7 (72.0%)
76	SKIBA Anna	69	JAWOR CITY	K30-39	9			00:03:00	00:10:57	00:22:21	00:33:45	00:44:50.10	00:47:50.40	+00:12:38 (28.2%)	8:58	6.7 (72.0%)
77	PRAŁAT Grażyna	57	STOWARZYSZENIE 'AZYMUT'	K60-64	4			00:04:08	00:11:12	00:22:20	00:33:32	00:44:53.80	00:49:02.10	+00:12:42 (28.3%)	8:58	6.7 (72.0%)
78	ŚLUSARCZYK Karolina	77	WESOŁY BORSUK TEAM	K-Dzieci	1			00:02:19	00:11:03	00:22:20	00:33:58	00:45:37.25	00:47:56.75	+00:13:25 (29.4%)	9:07	6.6 (71.0%)
79	WÓJCİK Irena	90	OLEŚNICKA STREFA NORDIC WALKING	K70+	2			00:04:26	00:10:07	00:23:04	00:34:40	00:46:08.55	00:50:35.45	+00:13:56 (30.2%)	9:13	6.5 (69.9%)
80	KONOPIŃSKA Daria	35		K30-39	10			00:03:02	00:11:31	00:23:16	00:34:51	00:46:19.10	00:49:21.40	+00:14:07 (30.5%)	9:15	6.5 (69.9%)
81	PIERZCHAŁA Izabela	55		K30-39	11			00:03:02	00:11:31	00:23:16	00:34:52	00:46:19.20	00:49:21.40	+00:14:07 (30.5%)	9:15	6.5 (69.9%)
82	KOLBUSZ Janina	34	KS METRACO POLKOWICE	K65-69	5			00:04:16	00:11:10	00:22:44	00:34:32	00:46:20.25	00:50:36.25	+00:14:08 (30.5%)	9:16	6.5 (69.9%)
83	MĘDRAK Alicja	50		K60-64	5			00:04:08	00:11:23	00:23:03	00:34:50	00:46:21.25	00:50:29.75	+00:14:09 (30.5%)	9:16	6.5 (69.9%)
84	KOWALCZYK Magdalena	1		K18-29	4			00:02:30	00:11:17	00:23:05	00:34:44	00:46:36.80	00:49:07.60	+00:14:25 (30.9%)	9:19	6.4 (68.8%)
85	JAGODZIŃSKA Bożena	28		K55-59	6			00:03:53	00:11:17	00:23:16	00:35:04	00:46:41.90	00:50:35.65	+00:14:30 (31.1%)	9:20	6.4 (68.8%)
86	KRZYŻANIAK Agata	110		K30-39	12			00:03:02	00:11:32	00:22:59	00:35:01	00:46:47.85	00:49:50.35	+00:14:36 (31.2%)	9:21	6.4 (68.8%)
87	ZIOMEK Izabela	109		K30-39	13			00:03:01	00:11:34	00:23:02	00:35:06	00:46:48.45	00:49:50.10	+00:14:36 (31.2%)	9:21	6.4 (68.8%)
88	MACHAJEK Krzysztof	47	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	4			00:01:23	00:11:15	00:22:53	00:35:10	00:47:25.60	00:48:49.15	+00:15:13 (32.1%)	9:29	6.3 (67.7%)
89	MĘDRAK Józef	49		M65-69	6			00:01:38	00:11:13	00:23:21	00:35:34	00:47:29.65	00:49:08.10	+00:15:17 (32.2%)	9:30	6.3 (67.7%)
90	WIŚNIEWSKA Mariola	85	STOWARZYSZENIE TURYSTYKI 'AZYMUT'	K55-59	7			00:03:54	00:11:57	00:24:06	00:36:11	00:47:59.35	00:51:53.85	+00:15:47 (32.9%)	9:35	6.3 (67.7%)
91	IGLIŃSKA Maria	26	STOWARZYSZENIE 'AZYMUT'	K60-64	6			00:04:09	00:11:37	00:23:39	00:35:57	00:48:04.15	00:52:13.50	+00:15:52 (33.0%)	9:36	6.2 (66.7%)
92	JÓZWIAK Dominik	32	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	1			00:00:17	00:11:51	00:23:33	00:35:48	00:48:04.50	00:48:21.60	+00:15:52 (33.0%)	9:36	6.2 (66.7%)
93	TUREK Krystyna	80		K55-59	8			00:03:54	00:11:56	00:24:24	00:36:41	00:49:08.45	00:53:02.85	+00:16:56 (34.5%)	9:49	6.1 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
94	SMĘDA Małgorzata	100	KS METRACO POLKOWICE	K30-39	14			00:03:00	00:11:44	00:24:08	00:36:41	00:49:18.55	00:52:19.45	+00:17:06 (34.7%)	9:51	6.1 (65.6%)
95	WOŹNIAK Igor	89	TOSZANKA NORDIC TEAM	M-Dzieci	2			00:00:05	00:11:22	00:24:51	00:37:50	00:49:58.45	00:50:03.85	+00:17:46 (35.6%)	9:59	6 (64.5%)
96	TATARYNOWICZ Eugeniusz	78	NIEZRZESZONY	M70+	6			00:01:52	00:12:12	00:25:02	00:38:27	00:51:03.40	00:52:56.20	+00:18:51 (36.9%)	10:12	5.9 (63.4%)
97	WOŹNIAK Daria	88	TOSZANKA NORDIC TEAM	K- Niepełnosprawni(A)	1			00:02:19	00:11:03	00:24:40	00:39:11	00:51:31.10	00:53:50.50	+00:19:19 (37.5%)	10:18	5.8 (62.4%)
98	BOJKE Olgierd	6		M55-59	9			00:04:29	00:13:45	00:27:11	00:39:32	00:51:42.75	00:56:11.95	+00:19:31 (37.7%)	10:20	5.8 (62.4%)
99	WECHTA Paweł	112		M45-49	4			00:04:29	00:13:45	00:27:21	00:41:28	00:51:44.05	00:56:14.00	+00:19:32 (37.8%)	10:21	5.8 (62.4%)
100	BORZESZKOWSKA Małgorzata	7		K50-54	6			00:04:29	00:13:47	00:27:30	00:41:36	00:51:44.50	00:56:13.65	+00:19:32 (37.8%)	10:20	5.8 (62.4%)
101	TKACZYK Helena	102	KS METRACO POLKOWICE	K70+	3			00:04:26	00:12:34	00:25:28	00:38:34	00:51:53.40	00:56:19.60	+00:19:41 (38.0%)	10:22	5.8 (62.4%)
102	WDOWIAK Danuta	82	ŚCINAWSKA GRUPA NORDIC WALKING	K65-69	6			00:04:16	00:12:48	00:26:07	00:39:51	00:53:46.95	00:58:03.35	+00:21:35 (40.1%)	10:45	5.6 (60.2%)
103	BUDZIAK Katarzyna	8	NORDIC WALKING WROCŁAW ERNEST BUDZIAK	K40-44	4			00:03:15	00:13:35	00:28:11	00:42:20	00:55:46.50	00:59:01.55	+00:23:34 (42.3%)	11:09	5.4 (58.1%)
DQ	DUSZEŃKO Zygmunt	14		M55-59				DQ	00:08:53 DQ	00:17:52 DQ	00:26:49 DQ	DQ	DQ	-	-	- (0.0%)
	ZAKRZEWSKA Barbara	101	KS METRACO POLKOWICE	K70+				DNF	00:13:49 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 105 wynik(ów)