

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Potęgowo
Data: 2019-08-24
Miejsce: Potęgowo
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RAJEWSKI Sebastian	135	KS IDMAR RACING TEAM	M45-49	1			00:14:55	00:30:24.90		6:05	9.9 (100%)
2	WITUCKI Jacek	179		M45-49	2			00:14:58	00:30:59.75	+00:00:34 (1.9%)	6:12	9.7 (98.0%)
3	WOROCH Roman	181	KS METRACO POLKOWICE	M60-64	1			00:15:28	00:31:05.35	+00:00:40 (2.2%)	6:13	9.7 (98.0%)
4	TOPOLNICKI Konrad	167	CKZIU MECHANIK NYSA	M18-29	1			00:15:59	00:31:19.45	+00:00:54 (2.9%)	6:15	9.6 (97.0%)
5	DĘBSKI Bartłomiej	28	NORDIC TEAM CZĘSTOCHOWA	M40-44	1			00:15:34	00:31:32.85	+00:01:07 (3.6%)	6:18	9.5 (96.0%)
6	BRZozowski Piotr	6	AKTYWNI POSTOMINO	M30-39	1			00:15:34	00:31:53.85	+00:01:28 (4.6%)	6:22	9.4 (94.9%)
7	ROŻYNEK Miron	137	KS METRACO POLKOWICE	M55-59	1			00:15:50	00:32:06.45	+00:01:41 (5.3%)	6:25	9.3 (93.9%)
8	SPYCHAŁA Lesław	145	CKZIU MECHANIK NYSA	M50-54	1			00:16:28	00:33:08.30	+00:02:43 (8.2%)	6:37	9.1 (91.9%)
9	KUBIAK Przemysław	85	KS IDMAR RACING TEAM	M45-49	3	1		00:16:15	00:33:15.85	+00:02:50 (8.6%)	6:39	9 (90.9%)
10	SALAŁON Grzegorz	141	LĘBORSKIE LWY	M50-54	2			00:16:39	00:33:26.55	+00:03:01 (9.1%)	6:41	9 (90.9%)
11	OLSZAŃSKI Karol	114	FEAR THE RETURN	M40-44	2			00:16:23	00:33:28.40	+00:03:03 (9.1%)	6:41	9 (90.9%)
12	WIŚNIEWSKI Sławomir	177	FLUGGER TEAM	M45-49	4			00:16:21	00:33:49.40	+00:03:24 (10.1%)	6:46	8.9 (89.9%)
13	PODGÓRSKI Szymon	123	CKZIU MECHANIK NYSA	M-Jun.	1			00:16:59	00:34:05.50	+00:03:40 (10.8%)	6:49	8.8 (88.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
14	BREWKA Joachim	5	UNIA MIAST	M55-59	2			00:16:55	00:34:12.20	+00:03:47 (11.1%)	6:50	8.8 (88.9%)
15	HOLWEK Jarosław	54	ZDROWOPIJ.PL	M55-59	3			00:16:50	00:34:12.95	+00:03:48 (11.1%)	6:50	8.8 (88.9%)
16	DUSZEŃKO Zygmunt	31	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:16:34	00:34:16.00	+00:03:51 (11.2%)	6:51	8.8 (88.9%)
17	SZYMAŃSKI Stefan	163	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	1			00:16:56	00:34:16.30	+00:03:51 (11.3%)	6:51	8.8 (88.9%)
18	KUŚMIEREK Mateusz	88	BŁĘKITNI NW DZIEMIANY	M-Jun.	2			00:17:08	00:34:18.30	+00:03:53 (11.3%)	6:51	8.7 (87.9%)
19	KONKOL Andrzej	74	KREATIVSPORT LĘBORK	M60-64	2			00:16:43	00:34:18.80	+00:03:53 (11.4%)	6:51	8.7 (87.9%)
20	KACZMAREK Eugeniusz	61		M70+	2			00:16:56	00:34:25.65	+00:04:00 (11.7%)	6:53	8.7 (87.9%)
21	POLISZCZUK Piotr	124	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	2			00:16:53	00:34:26.30	+00:04:01 (11.7%)	6:53	8.7 (87.9%)
22	TOMCZYK Edward	166	MARSZ PO ZDROWIE	M70+	3			00:17:06	00:34:38.55	+00:04:13 (12.2%)	6:55	8.7 (87.9%)
23	KOS Krzysztof	200		M30-39	2			00:17:18	00:34:43.80	+00:04:18 (12.4%)	6:56	8.6 (86.9%)
24	KOPCZEWSKI Dariusz	77	ELITE TEAM	M50-54	3			00:16:44	00:34:45.10	+00:04:20 (12.5%)	6:57	8.6 (86.9%)
25	GODZIŃSKA Dorota	41	BAŻANT NW ELBLĄG	K30-39	1			00:17:11	00:34:46.45	+00:04:21 (12.5%)	6:57	8.6 (86.9%)
26	GAŁĄZKA Paweł	201	MUSZKIETEROWIE	M- Niepełnosprawni(A)	3			00:17:09	00:34:58.15	+00:04:33 (13.0%)	6:59	8.6 (86.9%)
27	GIBAS Asia	39	BAŻANT NW ELBLĄG	K30-39	2			00:17:11	00:35:04.15	+00:04:39 (13.3%)	7:00	8.6 (86.9%)
28	SZYMANOWSKI Eugeniusz	162	LĘBORSKIE LWY	M60-64	3	1		00:17:07	00:35:07.25	+00:04:42 (13.4%)	7:01	8.5 (85.9%)
29	DUDEK Edward	30	KS METRACO POLKOWICE	M65-69	1			00:17:38	00:35:10.00	+00:04:45 (13.5%)	7:02	8.5 (85.9%)
30	BUCZKOWSKI Jerzy	7	KS SOKÓŁ GAŚAWA	M65-69	2			00:17:38	00:35:10.70	+00:04:45 (13.5%)	7:02	8.5 (85.9%)
31	JANKOWSKI Mateusz	220	POLIPACK TEAM GWE	M18-29	2			00:17:29	00:35:11.95	+00:04:47 (13.6%)	7:02	8.5 (85.9%)
32	RAJEK Tomasz	134	NORDIC TEAM CZĘSTOCHOWA	M50-54	4			00:17:18	00:35:13.55	+00:04:48 (13.7%)	7:02	8.5 (85.9%)
33	JÓZWIAK Marianna	60	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:17:18	00:35:20.75	+00:04:55 (14.0%)	7:04	8.5 (85.9%)
34	WOŁK Beata	180	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	1			00:17:32	00:35:22.05	+00:04:57 (14.0%)	7:04	8.5 (85.9%)
35	NACZK Wiktoria	106	LĘBORSKIE LWY	K-Jun.	1			00:17:24	00:35:33.45	+00:05:08 (14.5%)	7:06	8.4 (84.8%)
36	GRUSZKA Michał	49	UNIA MIAST	M40-44	3			00:17:43	00:35:45.75	+00:05:20 (15.0%)	7:09	8.4 (84.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
37	MROZICKI Andrzej	104		M55-59	4			00:17:27	00:35:46.45	+00:05:21 (15.0%)	7:09	8.4 (84.8%)
38	PIĄTEK Dariusz	119	POLIPACKGWE TEAM	M- Niepełnosprawni(A)	4			00:17:41	00:35:47.50	+00:05:22 (15.0%)	7:09	8.4 (84.8%)
39	SZCZUDLIK Małgorzata	153	KIJKOWE TRZEMESZNO	K30-39	3			00:17:25	00:35:48.70	+00:05:23 (15.1%)	7:09	8.4 (84.8%)
40	CZMOCH Marian	21	PUKS JEDYNKA	M65-69	3			00:17:42	00:35:49.85	+00:05:24 (15.1%)	7:10	8.4 (84.8%)
41	WROŃSKI Włodzimierz	183	PASJA NORDIC WALKING	M65-69	4			00:17:42	00:35:49.90	+00:05:25 (15.1%)	7:10	8.4 (84.8%)
42	MARCZYŃSKI Adam	96	POLIPACK TEAM GWE	M40-44	4			00:17:48	00:35:54.80	+00:05:29 (15.3%)	7:10	8.4 (84.8%)
43	SZYMANOWSKA Anna	160	LĘBORSKIE LWY	K- Niepełnosprawni(A)	1			00:17:36	00:35:55.00	+00:05:30 (15.3%)	7:11	8.4 (84.8%)
44	GIBAS Sławek	38	BAŻANT NW ELBLĄG	M40-44	5			00:17:38	00:35:56.65	+00:05:31 (15.4%)	7:11	8.3 (83.8%)
45	ZIELIŃSKA Jolanta	185	GOSIR OSIELSKO	K55-59	1			00:17:34	00:35:58.40	+00:05:33 (15.5%)	7:11	8.3 (83.8%)
46	TUZIMEK Agata	169	STADION ŚLĄSKI	K30-39	4			00:17:44	00:36:00.70	+00:05:35 (15.5%)	7:12	8.3 (83.8%)
47	MARCINKOWSKA Agnieszka	94	UNIA MIAST	K-Jun.	2			00:17:48	00:36:05.10	+00:05:40 (15.7%)	7:13	8.3 (83.8%)
48	PUSZKARSKA Małgorzata	128	GOSADI NORDIC TEAM	K40-44	2			00:17:45	00:36:29.10	+00:06:04 (16.6%)	7:18	8.2 (82.8%)
49	MALINOWSKA Monika	92	LKS ZANTYR SZTUM	K30-39	5			00:17:33	00:36:35.85	+00:06:10 (16.9%)	7:19	8.2 (82.8%)
50	SAMOJŁO Sławomir	40		M55-59	5			00:18:02	00:36:42.35	+00:06:17 (17.1%)	7:20	8.2 (82.8%)
51	KOŁPAK Jan	72	LKS ZANTYR SZTUM	M70+	4			00:17:53	00:36:47.80	+00:06:22 (17.3%)	7:21	8.2 (82.8%)
52	BUGAŁA Alicja	9	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:18:16	00:36:50.35	+00:06:25 (17.4%)	7:22	8.1 (81.8%)
53	KOCOŃ Sławomir	257		M40-44	6			00:18:14	00:36:53.30	+00:06:28 (17.5%)	7:22	8.1 (81.8%)
54	GOŁĘBIEWSKI Andrzej	42	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-64	4			00:18:25	00:36:54.90	+00:06:30 (17.6%)	7:23	8.1 (81.8%)
55	KOZIARZ Roman	84	STADION ŚLĄSKI	M60-64	5			00:18:13	00:37:00.40	+00:06:35 (17.8%)	7:24	8.1 (81.8%)
56	CHYLIŃSKI Andrzej	19	GDAŃSKIE WODY AKTYWUJĄ	M40-44	7			00:18:15	00:37:11.95	+00:06:47 (18.2%)	7:26	8.1 (81.8%)
57	GRYGOROWICZ Teresa	51	KS METRACO POLKOWICE	K65-69	1			00:18:17	00:37:13.25	+00:06:48 (18.3%)	7:26	8.1 (81.8%)
58	STOLTMANN Helena	188	BŁĘKITNI NW DZIEMIANY	K55-59	2			00:18:15	00:37:17.10	+00:06:52 (18.4%)	7:27	8 (80.8%)
59	WITUCKA Karolina	178		K-Dzieci	1			00:18:22	00:37:17.65	+00:06:52 (18.4%)	7:27	8 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
60	KACZMAREK Artur	216		M40-44	8			00:18:41	00:37:19.20	+00:06:54 (18.5%)	7:28	8 (80.8%)
61	KAMIŃSKA Beata	63	NORDIC TEAM CZĘSTOCHOWA	K50-54	1			00:18:28	00:37:26.60	+00:07:01 (18.8%)	7:29	8 (80.8%)
62	STAŃCZAK Grażyna	147		K65-69	2			00:17:59	00:37:29.65	+00:07:04 (18.9%)	7:30	8 (80.8%)
63	WALESZKO Andrzej	171	PASJA NORDIC WALKING	M45-49	5			00:18:22	00:37:31.20	+00:07:06 (18.9%)	7:30	8 (80.8%)
64	MIKUSINSKA Jola	100	FEAR THE RETURN	K45-49	2			00:18:38	00:37:31.60	+00:07:06 (19.0%)	7:30	8 (80.8%)
65	TREDER Piotr	212	POTĘGOWO	M45-49	6	1		00:19:12	00:37:32.30	+00:07:07 (19.0%)	7:30	8 (80.8%)
66	CHMIEL Natalia	12	NORDIC SCYZORYKI	K18-29	1			00:18:37	00:37:35.60	+00:07:10 (19.1%)	7:31	8 (80.8%)
67	BERKOWSKA Marzena	3		K40-44	3			00:18:25	00:37:38.00	+00:07:13 (19.2%)	7:31	8 (80.8%)
68	NASTAŁY Fabian	107		M-Jun.	3			00:17:43	00:37:42.65	+00:07:17 (19.3%)	7:32	8 (80.8%)
69	KUŹMICZ Magdalena	190	POLIPACK TEAM GWE	K30-39	6			00:18:36	00:37:48.35	+00:07:23 (19.5%)	7:33	7.9 (79.8%)
70	MROCZEK Bartosz	203		M-Jun.	4			00:18:36	00:37:51.45	+00:07:26 (19.7%)	7:34	7.9 (79.8%)
71	SULECKA Gabriela	152		K- Niepełnosprawni(A)	2			00:18:45	00:37:51.55	+00:07:26 (19.7%)	7:34	7.9 (79.8%)
72	SZENDZIELORZ Ilona	154	STADION ŚLĄSKI	K60-64	1			00:18:45	00:37:53.25	+00:07:28 (19.7%)	7:34	7.9 (79.8%)
73	WAWRZY尼亚K Anna	175	POLIPACK TEAM GWE	K45-49	3			00:18:32	00:37:54.60	+00:07:29 (19.8%)	7:34	7.9 (79.8%)
74	PINIS Agnieszka	122	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			00:18:34	00:37:56.60	+00:07:31 (19.8%)	7:35	7.9 (79.8%)
75	WOROCH Jolanta	182	KS METRACO POLKOWICE	K50-54	2			00:18:44	00:37:56.70	+00:07:31 (19.8%)	7:35	7.9 (79.8%)
76	FARON Monika	34	ELITE TEAM	K30-39	7			00:18:41	00:38:00.50	+00:07:35 (20.0%)	7:36	7.9 (79.8%)
77	GRYGOROWICZ Bogdan	52	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:18:34	00:38:02.70	+00:07:37 (20.1%)	7:36	7.9 (79.8%)
78	KORPAL Cezary	79	WYCHODZĘ Z KIJAMI KOSZALIN	M55-59	6			00:18:36	00:38:05.60	+00:07:40 (20.2%)	7:37	7.9 (79.8%)
79	BUGAŁA Anna	8	NORDIC TEAM CZĘSTOCHOWA	K40-44	5			00:18:47	00:38:07.15	+00:07:42 (20.2%)	7:37	7.9 (79.8%)
80	SZYCKO Oliwia	158		K-Dzieci	2			00:18:45	00:38:09.30	+00:07:44 (20.3%)	7:38	7.9 (79.8%)
81	JÓŹWIAK Łukasz	59	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	2			00:18:57	00:38:10.50	+00:07:45 (20.3%)	7:38	7.9 (79.8%)
82	DAROSZEWSKA Krystyna	27	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:19:00	00:38:13.70	+00:07:48 (20.4%)	7:38	7.8 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
83	MOTOCZYŃSKI Krzysztof	102	GOSIR OSIELSKO	M60-64	6			00:18:46	00:38:15.95	+00:07:51 (20.5%)	7:39	7.8 (78.8%)
84	KOWAL Kamil	83	AZS ŚUM	M18-29	3			00:19:01	00:38:18.95	+00:07:54 (20.6%)	7:39	7.8 (78.8%)
85	PALICZEK Paulina	189		K-Dzieci	3			00:18:44	00:38:21.95	+00:07:57 (20.7%)	7:40	7.8 (78.8%)
86	DANA Kazimiera	22	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	3			00:18:58	00:38:25.20	+00:08:00 (20.8%)	7:41	7.8 (78.8%)
87	PRACKI Zbigniew	127	SERCE NORDICA WŁOCŁAWEK	M50-54	5			00:19:03	00:38:26.35	+00:08:01 (20.9%)	7:41	7.8 (78.8%)
88	SZYCKO Radek	159		M40-44	9			00:18:45	00:38:30.15	+00:08:05 (21.0%)	7:42	7.8 (78.8%)
89	STAŃCZAK Ryszard	146		M70+	5			00:18:45	00:38:31.10	+00:08:06 (21.0%)	7:42	7.8 (78.8%)
90	ŚCIBIOR Robert	164		M45-49	7			00:18:35	00:38:35.45	+00:08:10 (21.2%)	7:43	7.8 (78.8%)
91	RADZIEJOWSKI Bogusław	133	NORDIC TEAM CZĘSTOCHOWA	M55-59	7			00:18:55	00:38:36.40	+00:08:11 (21.2%)	7:43	7.8 (78.8%)
92	BARCZYK Jolanta	2	NORDIC TEAM CZĘSTOCHOWA	K55-59	3			00:19:13	00:38:39.20	+00:08:14 (21.3%)	7:43	7.8 (78.8%)
93	ŁĘCKI Jan	90	CHODZEKIJAMIELITE TEAM	M30-39	3			00:19:18	00:38:51.70	+00:08:26 (21.7%)	7:46	7.7 (77.8%)
94	KONKOL Kasia	76	KREATIVSPORT LĘBORK	K-Jun.	4			00:19:04	00:38:53.90	+00:08:29 (21.8%)	7:46	7.7 (77.8%)
95	PONKA Barbara	126	POLIPACK TEAM GWE	K45-49	4			00:19:07	00:38:56.40	+00:08:31 (21.9%)	7:47	7.7 (77.8%)
96	GÓRECKA Iwona	45	STADION ŚLĄSKI	K50-54	3			00:19:34	00:38:59.35	+00:08:34 (22.0%)	7:47	7.7 (77.8%)
97	CHOJNACKA Magdalena	14	GDAŃSKIE WODY AKTYWUJĄ	K40-44	6			00:19:22	00:39:07.90	+00:08:43 (22.3%)	7:49	7.7 (77.8%)
98	WAWRZYŃIAK Igor	174	POLIPACK TEAM GWE	M-Dzieci	1	1		00:18:55	00:39:11.15	+00:08:46 (22.4%)	7:50	7.7 (77.8%)
99	GRABOWSKA Bożena	47	LKS ZANTYR SZTUM	K45-49	5			00:19:13	00:39:14.60	+00:08:49 (22.5%)	7:50	7.6 (76.8%)
100	CYRNY Bogusław	18	SP ŁUPAWA	M50-54	6			00:19:15	00:39:21.70	+00:08:56 (22.7%)	7:52	7.6 (76.8%)
101	KUSIAK Włodzimierz	87		M65-69	5			00:19:10	00:39:27.30	+00:09:02 (22.9%)	7:53	7.6 (76.8%)
102	WALESZKO Anna	172	PASJA NORDIC WALKING	K45-49	6			00:19:38	00:39:28.85	+00:09:03 (23.0%)	7:53	7.6 (76.8%)
103	DARGAS Sandra	26	BŁĘKITNI NW DZIEMIANY	K-Dzieci	4			00:18:58	00:39:36.95	+00:09:12 (23.2%)	7:55	7.6 (76.8%)
104	KOTUSIEWICZ Maria	191		K55-59	4			00:19:11	00:39:41.30	+00:09:16 (23.4%)	7:56	7.6 (76.8%)
105	BURY Liliana	10	ZMOTYWOWANI	K30-39	8			00:19:31	00:39:45.55	+00:09:20 (23.5%)	7:57	7.5 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
106	ŁOZIŃSKA Wioletta	91		K50-54	4			00:19:20	00:39:51.65	+00:09:26 (23.7%)	7:58	7.5 (75.8%)
107	KWIDZIŃSKA Emilia	329	POLIPACK TEAM GWE	K18-29	2			00:19:35	00:40:11.95	+00:09:47 (24.3%)	8:02	7.5 (75.8%)
108	KONKOL Zosia	75	KREATIVSPORT LĘBORK	K-Dzieci	5			00:19:54	00:40:18.75	+00:09:53 (24.6%)	8:03	7.4 (74.7%)
109	PANKIEWICZ Bartosz	116	FACE NORDIC WALKING TEAM	M-Jun.	5			00:19:36	00:40:19.10	+00:09:54 (24.6%)	8:03	7.4 (74.7%)
110	WIĘCKOWSKI Bartłomiej	113	POLIPACK TEAM GWE	M40-44	10			00:19:25	00:40:26.30	+00:10:01 (24.8%)	8:05	7.4 (74.7%)
111	NIESŁONY Ryszard	109	STADION ŚLĄSKI	M55-59	8			00:19:51	00:40:37.20	+00:10:12 (25.1%)	8:07	7.4 (74.7%)
112	RURAŃSKI Jerzy	138	STADION ŚLĄSKI	M70+	6			00:19:55	00:40:38.50	+00:10:13 (25.2%)	8:07	7.4 (74.7%)
113	SZYBUT Weronika	157		K-Dzieci	6			00:20:19	00:40:45.75	+00:10:20 (25.4%)	8:09	7.4 (74.7%)
114	TREDER Maria	211		K-Jun.	5			00:20:37	00:40:49.25	+00:10:24 (25.5%)	8:09	7.3 (73.7%)
115	RADOMSKA Joanna	132		K45-49	7			00:20:26	00:40:56.75	+00:10:31 (25.7%)	8:11	7.3 (73.7%)
116	KUTNIEWSKA Maria	89	FACE NORDIC WALKING TEAM	K60-64	3			00:20:39	00:40:57.15	+00:10:32 (25.7%)	8:11	7.3 (73.7%)
117	SIBIK Beata	143	LĘBORSKIE LWY	K50-54	5			00:20:11	00:41:02.80	+00:10:37 (25.9%)	8:12	7.3 (73.7%)
118	PESTA Katarzyna	118		K18-29	3			00:20:38	00:41:11.75	+00:10:46 (26.2%)	8:14	7.3 (73.7%)
119	ANGIELCZYK Małgorzata	1	MARSZ PO ZDROWIE	K65-69	4			00:20:22	00:41:17.00	+00:10:52 (26.3%)	8:15	7.3 (73.7%)
120	STOLARSKA Magdalena	97	NORDIC TEAM CZĘSTOCHOWA	K50-54	6			00:20:16	00:41:18.35	+00:10:53 (26.4%)	8:15	7.3 (73.7%)
121	FLORKOWSKI Adam	35		M18-29	4			00:20:09	00:41:22.30	+00:10:57 (26.5%)	8:16	7.2 (72.7%)
122	ZIELIŃSKI Jacek	186	GDAŃSKIE WODY AKTYWUJĄ	M65-69	6			00:20:41	00:41:23.55	+00:10:58 (26.5%)	8:16	7.2 (72.7%)
123	GOMÓŁKA-BIGUS Monika	43	STEP BY STEP TRÓJMIASTO	K45-49	8			00:20:20	00:41:25.60	+00:11:00 (26.6%)	8:17	7.2 (72.7%)
124	MIELEWCZYK Justyna	99	ZMOTYWOWANI	K30-39	9			00:21:02	00:41:27.00	+00:11:02 (26.6%)	8:17	7.2 (72.7%)
125	ŻEBROWSKA Karolina	327		K18-29	4			00:20:55	00:41:27.55	+00:11:02 (26.6%)	8:17	7.2 (72.7%)
126	KWIDZYŃSKA Dorota	328	POLIPACK TEAM GWE	K30-39	10			00:20:16	00:41:28.40	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
127	KŁOSKA Kazimierz	68		M70+	7			00:20:29	00:41:28.50	+00:11:03 (26.7%)	8:17	7.2 (72.7%)
128	KOCOŃ Sylwia	69		K40-44	7			00:20:34	00:41:29.80	+00:11:04 (26.7%)	8:18	7.2 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
129	SZOTT Renata	155	WYCHODZĘ Z KIJAMI KOSZALIN	K40-44	8			00:20:18	00:41:29.85	+00:11:04 (26.7%)	8:17	7.2 (72.7%)
130	UKLEJA Justyna	170		K30-39	11			00:20:28	00:41:30.20	+00:11:05 (26.7%)	8:18	7.2 (72.7%)
131	KONKOL Krystyna	73	KREATIVSPORT LĘBORK	K55-59	5			00:20:56	00:41:32.30	+00:11:07 (26.8%)	8:18	7.2 (72.7%)
132	NIECHWIEJCZYK Kinga	108	UNIA MIAST	K-Jun.	6			00:20:27	00:41:37.05	+00:11:12 (26.9%)	8:19	7.2 (72.7%)
133	DYBEŁ Agnieszka	33	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	3			00:20:26	00:41:42.45	+00:11:17 (27.1%)	8:20	7.2 (72.7%)
134	URBANEK Arkadiusz	192		M45-49	8			00:20:52	00:41:44.75	+00:11:19 (27.1%)	8:21	7.2 (72.7%)
135	UKLEJA Katarzyna	215		K18-29	5			00:20:41	00:41:58.45	+00:11:33 (27.5%)	8:23	7.1 (71.7%)
136	RUTZ Justyna	140	POLIPACK TEAM GWE	K40-44	9			00:20:41	00:42:01.15	+00:11:36 (27.6%)	8:24	7.1 (71.7%)
137	KOPCZYŃSKA Irena	78		K60-64	4			00:20:53	00:42:14.30	+00:11:49 (28.0%)	8:26	7.1 (71.7%)
138	OWCZAREK Magdalena	115	MIĘDZYBORÓW	K50-54	7			00:21:00	00:42:15.40	+00:11:50 (28.0%)	8:27	7.1 (71.7%)
139	KUMPIŚ Izabela	58		K45-49	9			00:20:33	00:42:18.45	+00:11:53 (28.1%)	8:27	7.1 (71.7%)
140	NIEDŹWIEDZKI Dominik	326		M30-39	4	1		00:21:57	00:42:24.20	+00:11:59 (28.3%)	8:28	7.1 (71.7%)
141	GÓRA Beata	44		K45-49	10			00:20:57	00:42:32.55	+00:12:07 (28.5%)	8:30	7.1 (71.7%)
142	WALESZKO Adam	173	PASJA NORDIC WALKING	M-Jun.	6			00:20:42	00:42:36.15	+00:12:11 (28.6%)	8:31	7 (70.7%)
143	PYKA Aleksandra	130	UNIA MIAST	K-Dzieci	7			00:20:31	00:42:42.55	+00:12:17 (28.8%)	8:32	7 (70.7%)
144	PINIS Gabriela	121	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	8			00:20:31	00:42:46.20	+00:12:21 (28.9%)	8:33	7 (70.7%)
145	RACZYŃSKA Aleksandra	131	STADION ŚLĄSKI	K70+	1			00:20:58	00:42:48.25	+00:12:23 (28.9%)	8:33	7 (70.7%)
146	RICHERT Sonira	136	POLIPACK TEAM GWE	K18-29	6			00:20:36	00:43:02.05	+00:12:37 (29.3%)	8:36	7 (70.7%)
147	SAWA Helena	142	LĘBORSKIE LWY	K70+	2			00:21:02	00:43:13.15	+00:12:48 (29.6%)	8:38	6.9 (69.7%)
148	MAŃSKA Bogda	93	LĘBORSKIE LWY	K55-59	6			00:21:06	00:43:25.30	+00:13:00 (30.0%)	8:41	6.9 (69.7%)
149	SZYBUT Sebastian	156		M30-39	5			00:21:54	00:43:28.70	+00:13:03 (30.0%)	8:41	6.9 (69.7%)
150	CHOJNACKI Piotr	15	GDAŃSKIE WODY AKTYWUJĄ	M45-49	9			00:21:11	00:43:39.90	+00:13:15 (30.3%)	8:44	6.9 (69.7%)
151	KORPAL Grażyna	80	WYCHODZĘ Z KIJAMI KOSZALIN	K55-59	7			00:21:08	00:43:40.25	+00:13:15 (30.4%)	8:44	6.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
152	KARCZMARSKI Krzysztof	64	IPA RADOM	M60-64	7			00:21:22	00:43:44.75	+00:13:19 (30.5%)	8:45	6.9 (69.7%)
153	HANUS Stanisław	193	POTĘGOWO	M60-64	8			00:21:58	00:43:57.90	+00:13:33 (30.8%)	8:47	6.8 (68.7%)
154	DARGAS Małgorzata	24	BŁĘKITNI NW DZIEMIANY	K40-44	10			00:21:31	00:44:06.90	+00:13:42 (31.1%)	8:49	6.8 (68.7%)
155	PUSZKARSKI Adam	129	GOSADI NORDIC TEAM	M-Dzieci	2			00:21:38	00:44:11.30	+00:13:46 (31.2%)	8:50	6.8 (68.7%)
156	UKLEJA Monika	219		K18-29	7			00:20:53	00:44:13.90	+00:13:49 (31.2%)	8:50	6.8 (68.7%)
157	CHRAPEK Urszula	187	NORDUM	K30-39	12			00:22:24	00:44:20.70	+00:13:55 (31.4%)	8:52	6.8 (68.7%)
158	RUTKOWSKA Patrycja	139		K18-29	8			00:21:56	00:44:29.45	+00:14:04 (31.6%)	8:53	6.7 (67.7%)
159	PANKIEWICZ-DMOWSKA Cecylia	117	FACE NORDIC WALKING TEAM	K70+	3	1		00:22:01	00:44:31.05	+00:14:06 (31.7%)	8:54	6.7 (67.7%)
160	STAWNIAK Wanda	148	KS METRACO POLKOWICE	K65-69	5			00:22:04	00:44:33.70	+00:14:08 (31.7%)	8:54	6.7 (67.7%)
161	HINEBORG Bogumiła	53	KLUB NW PATYCZAKI - GRUDZIĄDZ	K50-54	8			00:22:10	00:44:37.45	+00:14:12 (31.8%)	8:55	6.7 (67.7%)
162	ZDUNEK Martyna	184		K18-29	9			00:22:29	00:44:47.35	+00:14:22 (32.1%)	8:57	6.7 (67.7%)
163	TARAPATA Justyna	165		K18-29	10			00:22:29	00:44:54.35	+00:14:29 (32.3%)	8:58	6.7 (67.7%)
164	SOCHA Marlena	227		K40-44	11			00:22:00	00:44:55.90	+00:14:31 (32.3%)	8:59	6.7 (67.7%)
165	MOTOCZYŃSKA Aleksandra	101	GOSIR OSIELSKO	K60-64	5			00:22:11	00:45:06.45	+00:14:41 (32.6%)	9:01	6.6 (66.7%)
166	KĘDZIERSKA Etyda	207	PFNW	K45-49	11			00:22:53	00:45:43.55	+00:15:18 (33.5%)	9:08	6.6 (66.7%)
167	BRZEZIŃSKI Jan	208	OLIMPIA OSOWA	M-Dzieci	3			00:22:25	00:45:44.75	+00:15:19 (33.5%)	9:09	6.6 (66.7%)
168	KULCZYCKI Jan	86		M65-69	7			00:23:15	00:45:49.95	+00:15:25 (33.6%)	9:10	6.5 (65.7%)
169	KACZMAREK Anna	217		K40-44	12			00:22:46	00:45:56.15	+00:15:31 (33.8%)	9:11	6.5 (65.7%)
170	KACZMAREK Tomasz	218		M-Dzieci	4			00:23:14	00:46:07.00	+00:15:42 (34.0%)	9:13	6.5 (65.7%)
171	DARGAS Marta	25	BŁĘKITNI NW DZIEMIANY	K-Dzieci	9			00:22:54	00:46:43.00	+00:16:18 (34.9%)	9:20	6.4 (64.6%)
172	DUSZEŃKO Elwira	32	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	4			00:22:55	00:47:02.60	+00:16:37 (35.3%)	9:24	6.4 (64.6%)
173	SOCHA Aleksandra	330		K-Dzieci	10			00:23:16	00:47:13.30	+00:16:48 (35.6%)	9:26	6.4 (64.6%)
174	DWORNICKA Anna	197		K30-39	13			00:23:43	00:47:24.85	+00:16:59 (35.9%)	9:28	6.3 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
175	NOWICKA Agnieszka	198		K30-39	14			00:23:45	00:47:25.65	+00:17:00 (35.9%)	9:29	6.3 (63.6%)
176	PIEPKA Przemysław	209		M30-39	6			00:21:32	00:47:26.70	+00:17:01 (35.9%)	9:29	6.3 (63.6%)
177	RÓŻAŃSKA Małgorzata	195		K30-39	15			00:23:47	00:47:27.15	+00:17:02 (35.9%)	9:29	6.3 (63.6%)
178	MÓRAWSKA Zdzisława	103	TORUŃ IDZIEMY BEZ RYZYKA	K50-54	9			00:23:44	00:47:28.95	+00:17:04 (35.9%)	9:29	6.3 (63.6%)
179	BIKOWSKI Marek	4	LĘBORSKIE LWY	M55-59	9			00:23:18	00:47:39.35	+00:17:14 (36.2%)	9:32	6.3 (63.6%)
180	MARCZYŃSKA Marta	95	POLIPACK TEAM GWE	K30-39	16	1		00:24:52	00:47:39.80	+00:17:14 (36.2%)	9:32	6.3 (63.6%)
181	GWÓZDŹ Artur	199		M30-39	7			00:23:23	00:47:49.60	+00:17:24 (36.4%)	9:34	6.3 (63.6%)
182	OGONOWSKA Edyta	111	KLUB NW PATYCZAKI - GRUDZIĄDZ	K55-59	8			00:23:37	00:47:51.50	+00:17:26 (36.4%)	9:34	6.3 (63.6%)
183	KĘDRA Mateusz	206		M-Dzieci	5			00:23:14	00:48:39.90	+00:18:15 (37.5%)	9:44	6.2 (62.6%)
184	ULANOWSKA Ewa	196		K65-69	6			00:24:03	00:48:54.70	+00:18:29 (37.8%)	9:46	6.1 (61.6%)
185	PIEPKA Alan	210		M-Dzieci	6			00:23:25	00:49:18.65	+00:18:53 (38.3%)	9:51	6.1 (61.6%)
186	HANUS Danuta	194		K60-64	6			00:23:33	00:49:36.65	+00:19:11 (38.7%)	9:55	6 (60.6%)
187	CZARNIEWSKA Bożena	20		K55-59	9			00:25:00	00:50:22.35	+00:19:57 (39.6%)	10:04	6 (60.6%)
188	STEFAŃSKI Ksawery	151	SP W POTĘGOWIE	M-Dzieci	7			00:23:15	00:51:26.30	+00:21:01 (40.9%)	10:17	5.8 (58.6%)
189	SOBIERAŃSKA Kinga	204		K-Dzieci	11			00:24:54	00:51:29.85	+00:21:04 (40.9%)	10:18	5.8 (58.6%)
190	GAPIŃSKI Kamil	308	KS METRACO POLKOWICE	M30-39	8			00:23:09	00:51:31.35	+00:21:06 (41.0%)	10:18	5.8 (58.6%)
191	POŁUBIAK Sylwia	125		K30-39	17			00:25:52	00:51:34.65	+00:21:09 (41.0%)	10:18	5.8 (58.6%)
192	WIĘCKOWSKI Piotr	279	POLIPACK TEAM GWE	M-Dzieci	8			00:25:54	00:51:43.20	+00:21:18 (41.2%)	10:20	5.8 (58.6%)
193	WASILEWSKA Maja	202		K-Dzieci	12			00:24:54	00:51:46.40	+00:21:21 (41.3%)	10:21	5.8 (58.6%)
194	DROP Mieczysław	29	KS SOKÓŁ GAŚAWA	M70+	8			00:26:24	00:51:51.00	+00:21:26 (41.3%)	10:22	5.8 (58.6%)
195	WYCISŁO Romuald	213	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	3			00:26:06	00:52:47.30	+00:22:22 (42.4%)	10:33	5.7 (57.6%)
196	SIEMASZKO Wojciech	319	POTĘGOWO	M-Dzieci	9			00:25:03	00:53:23.20	+00:22:58 (43.0%)	10:40	5.6 (56.6%)
197	KAŁAMAJSKA Barbara	62	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	7			00:27:12	00:55:47.10	+00:25:22 (45.5%)	11:09	5.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
198	STEFAŃSKA Agnieszka	149		K30-39	18			00:22:46	00:55:54.90	+00:25:30 (45.6%)	11:11	5.4 (54.5%)
199	STEFAŃSKA Eliza	150	SP W POTĘGOWIE	K-Dzieci	13			00:22:57	00:57:06.55	+00:26:41 (46.7%)	11:25	5.3 (53.5%)
200	CHWALISZEWSKI Michał	17	GOSIR OSIELSKO	M70+	9			00:29:03	00:57:22.20	+00:26:57 (47.0%)	11:28	5.2 (52.5%)
201	KOTECKA Małgorzata	214		K- Niepełnosprawni(A)	5			00:34:19		+00:19:24	13:43	4.4 (44.4%)
202	KITOWSKI Oliwier	67	LĘBORSKIE LWY	M-Dzieci	10							(0.0%)
203	KITOWSKA Maja	66	LĘBORSKIE LWY	K-Dzieci	14							(0.0%)

Znaleziono 203 wynik(ów)