

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
WIELKOPOLSKI ZWIĄZOK SPORTOWY

Wydarzenie: POTĘGOWO - PUCHAR POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-05-14
Miejsce: Potęgowo
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	577		M30-39	1			00:01:08	00:15:09	00:30:41.00	00:31:49.60		6:08	9.8 (100%)
2	WOROCH Roman	619	KS METRACO POLKOWICE	M55-59	1			00:02:29	00:15:34	00:31:27.95	00:33:57.05	+00:00:46 (2.5%)	6:17	9.5 (96.9%)
3	TRZCIŃSKI Franciszek	602	SPORT I REKREACJASTART (CHEŁMNO)	M50-54	1			00:02:13	00:16:08	00:32:31.75	00:34:44.95	+00:01:50 (5.7%)	6:30	9.2 (93.9%)
4	BRZOZOWSKI Piotr	639	AKTYWNI POSTOMINO	M30-39	2			00:01:09	00:16:05	00:32:36.90	00:33:46.25	+00:01:55 (5.9%)	6:31	9.2 (93.9%)
5	KNITTER Tomasz	489	BŁĘKITNI DZIEMIANY	M18-29	1			00:00:42	00:16:11	00:32:37.65	00:33:20.35	+00:01:56 (6.0%)	6:31	9.2 (93.9%)
6	HAŁAS Marcin	462		M30-39	3			00:01:08	00:16:15	00:32:41.65	00:33:50.35	+00:02:00 (6.2%)	6:32	9.2 (93.9%)
7	RAKUĆ Jakub	561	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	2			00:00:42	00:16:11	00:32:50.05	00:33:32.35	+00:02:09 (6.6%)	6:34	9.1 (92.9%)
8	GAJEWSKI Eugeniusz	445	KS METRACO POLKOWICE	M60-64	1			00:02:54	00:16:11	00:32:53.60	00:35:47.90	+00:02:12 (6.7%)	6:34	9.1 (92.9%)
9	KRYŚ Artur	500	KS METRACO POLKOWICE	M45-49	1			00:01:52	00:16:22	00:33:14.90	00:35:07.50	+00:02:33 (7.7%)	6:39	9 (91.8%)
10	MACHNIK Janusz	636	CLLEO ZAWIERCIE	M40-44	1			00:01:25	00:16:37	00:33:16.05	00:34:41.70	+00:02:35 (7.8%)	6:39	9 (91.8%)
11	CHAMIELEC Bogusław	424	A EMERYT BIEGA	M50-54	2			00:02:13	00:16:34	00:33:18.60	00:35:31.80	+00:02:37 (7.9%)	6:39	9 (91.8%)
12	SŁOMIAN Leszek	571	UNIA MIAST	M55-59	2			00:02:29	00:16:28	00:33:21.65	00:35:50.75	+00:02:40 (8.0%)	6:40	9 (91.8%)
13	KUŹMICZ Adam	506		M30-39	4	1		00:01:08	00:16:25	00:33:28.85	00:34:37.80	+00:02:47 (8.4%)	6:41	9 (91.8%)
14	POLEWCZAK Mariusz	637	CLLEO ZAWIERCIE	M45-49	2	1		00:01:53	00:16:38	00:33:52.95	00:35:45.95	+00:03:11 (9.4%)	6:46	8.9 (90.8%)
15	ZYGMUNT Gracjan	630	KINGBELL AUTO-SZYBY / CKU EUROCONSULTING PIŁA	M18-29	3			00:00:42	00:16:42	00:33:53.65	00:34:36.10	+00:03:12 (9.5%)	6:46	8.8 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	KLARKOWSKI Bogdan	484	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	2			00:02:55	00:16:38	00:34:08.10	00:37:03.50	+00:03:27 (10.1%)	6:49	8.8 (89.8%)
17	LENZ Andrzej	508		M50-54	3	1		00:02:13	00:16:54	00:34:12.30	00:36:25.30	+00:03:31 (10.3%)	6:50	8.8 (89.8%)
18	BREWKA Joachim	419	UNIA MIAST	M50-54	4			00:02:13	00:16:55	00:34:17.05	00:36:30.65	+00:03:36 (10.5%)	6:51	8.8 (89.8%)
19	MATECKI Ryszard	525	KS METRACO POLKOWICE	M65-69	1			00:03:20	00:17:08	00:34:19.80	00:37:40.00	+00:03:38 (10.6%)	6:52	8.7 (88.8%)
20	TRZCIŃSKI Eugeniusz	601	SIR'START	M60-64	3			00:02:55	00:16:52	00:34:23.25	00:37:18.75	+00:03:42 (10.8%)	6:52	8.7 (88.8%)
21	DUSZEŃKO Zygmunt	438	KS METRACO POLKOWICE	M55-59	3			00:02:30	00:17:19	00:34:30.35	00:37:01.25	+00:03:49 (11.1%)	6:54	8.7 (88.8%)
22	SZUDARSKI Edward	584	DWA KIJE SŁUPSK	M55-59	4			00:02:30	00:17:18	00:34:30.85	00:37:01.15	+00:03:49 (11.1%)	6:54	8.7 (88.8%)
23	GŁOWA Michał	449		M-Jun.	1			00:00:30	00:17:08	00:34:35.30	00:35:05.75	+00:03:54 (11.3%)	6:55	8.7 (88.8%)
24	ADAMCZYK Adam	401	PASJA NORDIC WALKING	M65-69	2	1		00:03:19	00:17:15	00:34:36.25	00:37:55.55	+00:03:55 (11.3%)	6:55	8.7 (88.8%)
25	ADAMUS Marian	403	SILESIA NORDIC TEAM	M65-69	3			00:03:18	00:17:09	00:34:42.30	00:38:00.95	+00:04:01 (11.6%)	6:56	8.6 (87.8%)
26	TOMCZYK Edward	599	MARSZ PO ZDROWIE POZNAŃ	M65-69	4			00:03:18	00:17:17	00:35:00.35	00:38:19.20	+00:04:19 (12.3%)	7:00	8.6 (87.8%)
27	MARCINKOWSKI Jakub	524	UNIA MIAST	M-Jun.	2			00:00:30	00:17:20	00:35:07.85	00:35:38.05	+00:04:26 (12.7%)	7:01	8.5 (86.7%)
28	FRĄCKOWIAK Roman	444	ZS ROSKO	M45-49	3			00:01:54	00:17:19	00:35:24.05	00:37:18.40	+00:04:43 (13.3%)	7:04	8.5 (86.7%)
29	GIERSZEWSKI Arkadiusz	448		M30-39	5			00:01:10	00:17:14	00:35:27.35	00:36:37.35	+00:04:46 (13.5%)	7:05	8.5 (86.7%)
30	SCHRÖDER Karol	567	SILESIA NORDIC TEAM	M40-44	2			00:01:27	00:17:19	00:35:27.50	00:36:54.65	+00:04:46 (13.5%)	7:05	8.5 (86.7%)
31	KAŚNICKA Tamara	476	POTĘGOWO	K30-39	1			00:06:33	00:17:56	00:35:29.25	00:42:02.85	+00:04:48 (13.5%)	7:05	8.5 (86.7%)
32	SPYCHAŁA Lesław	553	WESOŁY BORSUK TEAM	M50-54	5			00:02:12	00:17:21	00:35:36.40	00:37:48.80	+00:04:55 (13.8%)	7:07	8.4 (85.7%)
33	KOMAR Beata	490	FACE NORDIC WALKING TEAM	K45-49	1			00:07:36	00:17:52	00:35:38.75	00:43:15.65	+00:04:57 (13.9%)	7:07	8.4 (85.7%)
34	OKRZESIK-FRĄCKOWIAK Izabela	548	ZS ROSKO	K45-49	2			00:07:37	00:17:50	00:35:39.65	00:43:16.75	+00:04:58 (14.0%)	7:07	8.4 (85.7%)
35	ZAŃKO Katarzyna	625	KS METRACO POLKOWICE	K40-44	1			00:07:12	00:17:34	00:35:48.85	00:43:00.95	+00:05:07 (14.3%)	7:09	8.4 (85.7%)
36	BARTOSIEWICZ Łukasz	643	FACE NORDIC WALKING TEAM / LUKI TEAM	M30-39	6			00:01:09	00:17:32	00:35:54.05	00:37:03.85	+00:05:13 (14.5%)	7:10	8.4 (85.7%)
37	POLISZCZUK Piotr	560	PIERNIKI NA CHODZIE	M55-59	5			00:02:30	00:17:28	00:35:59.30	00:38:29.40	+00:05:18 (14.7%)	7:11	8.3 (84.7%)
38	UKLEJEWSKI Przemysław	604	GOSIR OSIELSKO	M40-44	3			00:01:24	00:18:00	00:36:01.35	00:37:26.15	+00:05:20 (14.8%)	7:12	8.3 (84.7%)
39	BIK Przemysław	410	KS METRACO POLKOWICE	M-Jun.	3			00:00:30	00:17:26	00:36:05.10	00:36:35.90	+00:05:24 (15.0%)	7:13	8.3 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
40	GRYGOROWICZ Bogdan	459	KS METRACO POLKOWICE	M65-69	5			00:03:19	00:18:01	00:36:12.15	00:39:31.60	+00:05:31 (15.2%)	7:14	8.3 (84.7%)
41	GAŁĄZKA Paweł	638		M-Niepełnosprawni(A)	1			00:04:02	00:17:55	00:36:13.10	00:40:15.50	+00:05:32 (15.3%)	7:14	8.3 (84.7%)
42	BON-PANTKOWSKA Aldona	416		K45-49	3			00:07:37	00:17:58	00:36:14.95	00:43:52.45	+00:05:33 (15.4%)	7:15	8.3 (84.7%)
43	KACZMAREK Eugeniusz	650		M70+	1			00:03:39	00:18:10	00:36:22.40	00:40:01.70	+00:05:41 (15.6%)	7:16	8.2 (83.7%)
44	MOTOCZYŃSKI Krzysztof	535	GOSIR OSIELSKO	M60-64	4			00:02:56	00:17:57	00:36:28.20	00:39:24.90	+00:05:47 (15.9%)	7:17	8.2 (83.7%)
45	GOŁĘBIEWSKI Andrzej	641	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M60-64	5			00:02:54	00:17:58	00:36:30.70	00:39:24.90	+00:05:49 (16.0%)	7:18	8.2 (83.7%)
46	ŚLUSARCZYK Andrzej	596	WESOŁY BORSUK TEAM	M65-69	6			00:03:18	00:17:43	00:36:31.10	00:39:49.50	+00:05:50 (16.0%)	7:18	8.2 (83.7%)
47	NACZK Wiktoria	539	DYNAMIC	K-Jun.	1			00:05:35	00:18:12	00:36:31.80	00:42:07.30	+00:05:50 (16.0%)	7:18	8.2 (83.7%)
48	JÓZWIAK Marianna	469	WTW WŁOCŁAWEK	K40-44	2			00:07:12	00:17:50	00:36:31.90	00:43:44.20	+00:05:50 (16.0%)	7:18	8.2 (83.7%)
49	SZYMANOWSKI Eugeniusz	591	TEAM LĘBORSKIE KIJE	M55-59	6	1		00:02:29	00:18:17	00:36:33.95	00:39:03.65	+00:05:52 (16.1%)	7:18	8.2 (83.7%)
50	MARCINKOWSKA Agnieszka	523	UNIA MIAST	K-Dzieci	1			00:05:07	00:18:05	00:36:42.90	00:41:50.45	+00:06:01 (16.4%)	7:20	8.2 (83.7%)
51	RAKUĆ Angelika	562	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:05:55	00:18:25	00:36:46.40	00:42:42.35	+00:06:05 (16.6%)	7:21	8.2 (83.7%)
52	GRUSZKA Michał	456	UNIA MIAST	M-Dzieci	1			00:00:09	00:18:02	00:36:49.65	00:36:59.25	+00:06:08 (16.7%)	7:22	8.1 (82.7%)
53	WAWRZY尼亚K Anna	609	FACE NORDIC WALKING TEAM	K40-44	3			00:07:11	00:18:00	00:36:51.50	00:44:03.20	+00:06:10 (16.8%)	7:22	8.1 (82.7%)
54	GRUSZKA Michał	457	UNIA MIAST	M40-44	4			00:01:26	00:18:03	00:36:55.25	00:38:21.55	+00:06:14 (16.9%)	7:23	8.1 (82.7%)
55	NOWALIŃSKA Anastazja	544	FACE NORDIC WALKING TEAM	K-Jun.	2			00:05:35	00:18:25	00:36:55.60	00:42:31.15	+00:06:14 (16.9%)	7:23	8.1 (82.7%)
56	KASZUBOWSKI Ireneusz	475		M50-54	6			00:02:13	00:18:25	00:36:56.75	00:39:09.85	+00:06:15 (17.0%)	7:23	8.1 (82.7%)
57	POLEWCZAK Aneta	634	CLLEO ZAWIERCIE	K45-49	4			00:07:39	00:18:26	00:37:04.40	00:44:43.70	+00:06:23 (17.2%)	7:24	8.1 (82.7%)
58	WILKOŁEK-SZUDARSKA Saturnina	614	DWA KIJE SŁUPSK	K55-59	1			00:08:12	00:18:10	00:37:05.15	00:45:18.10	+00:06:24 (17.3%)	7:25	8.1 (82.7%)
59	MIKOŁAJCZAK Jan	529	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	2			00:04:02	00:17:55	00:37:06.00	00:41:08.20	+00:06:25 (17.3%)	7:25	8.1 (82.7%)
60	SZYMAŃSKI Stefan	593	XV KOŁO PZERI DYWITY	M70+	2			00:03:38	00:18:23	00:37:23.55	00:41:01.65	+00:06:42 (17.9%)	7:28	8 (81.6%)
61	STOLARSKI Michał	678	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	4	1		00:01:53	00:18:35	00:37:23.95	00:39:17.00	+00:06:42 (18.0%)	7:28	8 (81.6%)
62	GORLIKOWSKI Mateusz	453	POTĘGOWO	M-Jun.	4			00:00:31	00:18:07	00:37:34.75	00:38:05.85	+00:06:53 (18.4%)	7:30	8 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 5km			
63	WOJTACHNIO Edyta	618	FACE NORDIC WALKING TEAM	K45-49	5			00:07:38	00:18:11	00:37:40.90	00:45:19.20	+00:06:59 (18.6%)	7:32	8 (81.6%)
64	FIGURSKA Dominika	440	FACE NORDIC WALKING TEAM	K18-29	2			00:05:57	00:18:56	00:37:49.10	00:43:46.40	+00:07:08 (18.9%)	7:33	7.9 (80.6%)
65	STOLARSKA Joanna	578	VIKING NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:05:36	00:19:02	00:37:50.15	00:43:26.35	+00:07:09 (18.9%)	7:34	7.9 (80.6%)
66	JÓZWIAK Łukasz	470	WTW WŁOCŁAWEK	M-Niepełnosprawni(A)	3			00:04:03	00:18:38	00:37:51.25	00:41:54.60	+00:07:10 (18.9%)	7:34	7.9 (80.6%)
67	GAŁAŚ Joanna	446	PASJA NORDIC WALKING	K18-29	3			00:05:56	00:18:56	00:37:51.75	00:43:47.95	+00:07:10 (19.0%)	7:34	7.9 (80.6%)
68	KAŻMIERCZAK Sebastian	478	GOSIR OSIELSKO	M40-44	5			00:01:24	00:18:51	00:37:54.00	00:39:18.60	+00:07:13 (19.0%)	7:34	7.9 (80.6%)
69	MROCZEK Bartosz	536	POTĘGOWO	M-Dzieci	2			00:00:10	00:18:08	00:37:54.25	00:38:04.70	+00:07:13 (19.1%)	7:34	7.9 (80.6%)
70	SZYCKO Radek	587	DWA KIJE SŁUPSK	M40-44	6			00:01:26	00:18:33	00:37:55.90	00:39:22.30	+00:07:14 (19.1%)	7:35	7.9 (80.6%)
71	SKWAREK Martyna	570	POTĘGOWO	K-Jun.	4			00:05:35	00:19:04	00:38:01.25	00:43:36.75	+00:07:20 (19.3%)	7:36	7.9 (80.6%)
72	SZYMANOWSKA Anna	589	TEAM LĘBORSKIE KIJE	K55-59	2			00:08:13	00:18:40	00:38:04.50	00:46:17.50	+00:07:23 (19.4%)	7:36	7.9 (80.6%)
73	KOWALCZYK Edyta	493	KS METRACO POLKOWICE	K45-49	6			00:07:36	00:18:48	00:38:05.45	00:45:42.30	+00:07:24 (19.4%)	7:37	7.9 (80.6%)
74	LEWANDOWSKI Konrad	659		M-Dzieci	3			00:00:10	00:18:19	00:38:07.15	00:38:18.10	+00:07:26 (19.5%)	7:37	7.9 (80.6%)
75	DOLNA Ewelina	432	KSK ŻYJ AKTYWNIE KOŁCZYGŁOWY	K30-39	2			00:06:36	00:19:03	00:38:23.70	00:44:59.70	+00:07:42 (20.1%)	7:40	7.8 (79.6%)
76	KUMPIŃ Jarosław	670		M45-49	5			00:01:53	00:19:08	00:38:24.35	00:40:17.45	+00:07:43 (20.1%)	7:40	7.8 (79.6%)
77	BARTOSIEWICZ Włodzimierz	405	FACE NORDIC WALKING TEAM	M60-64	6			00:02:54	00:19:00	00:38:30.15	00:41:25.05	+00:07:49 (20.3%)	7:42	7.8 (79.6%)
78	PIĄTEK Dariusz	667		M40-44	7			00:01:24	00:19:08	00:38:31.15	00:39:56.00	+00:07:50 (20.3%)	7:42	7.8 (79.6%)
79	SAŁABON Grzegorz	566	TEAM DWA KIJE LĘBORK	M50-54	7			00:02:15	00:18:42	00:38:32.25	00:40:47.30	+00:07:51 (20.4%)	7:42	7.8 (79.6%)
80	NOWALIŃSKI Piotrek	545	FACE NORDIC WALKING TEAM	M-Niepełnosprawni(A)	4			00:04:02	00:18:56	00:38:36.35	00:42:38.85	+00:07:55 (20.5%)	7:43	7.8 (79.6%)
81	WOJCIEKIAN Stanisław	617	WATAHA	M60-64	7			00:02:55	00:18:52	00:38:43.20	00:41:38.50	+00:08:02 (20.8%)	7:44	7.7 (78.6%)
82	STRASZAK Bogdan	579	POTĘGOWO	M45-49	6			00:01:52	00:19:19	00:38:44.95	00:40:37.85	+00:08:03 (20.8%)	7:45	7.7 (78.6%)
83	GRYGOROWICZ Teresa	458	KS METRACO POLKOWICE	K65-69	1			00:09:11	00:19:06	00:38:45.10	00:47:57.00	+00:08:04 (20.8%)	7:45	7.7 (78.6%)
84	MORYS Agnieszka	533	FABRIKANORDIKA	K30-39	3			00:06:37	00:19:23	00:38:45.60	00:45:22.75	+00:08:04 (20.8%)	7:45	7.7 (78.6%)
85	SAKOWSKA Krystyna	565	PASJA NORDIC WALKING	K40-44	4			00:07:12	00:19:06	00:38:48.10	00:46:00.65	+00:08:07 (20.9%)	7:45	7.7 (78.6%)
86	BARUCH Henryka	406	DĄBROWA NORDIC TEAM	K65-69	2			00:09:09	00:19:12	00:38:49.55	00:47:58.55	+00:08:08 (21.0%)	7:45	7.7 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
87	KRECZMER Marzena	635	CLLEO ZAWIERCIE	K30-39	4			00:06:33	00:19:26	00:39:00.80	00:45:34.55	+00:08:19 (21.4%)	7:48	7.7 (78.6%)
88	GRABNA Joanna	494		K30-39	5			00:06:35	00:19:14	00:39:06.90	00:45:42.20	+00:08:25 (21.6%)	7:49	7.7 (78.6%)
89	PILECKA PRĄDZYŃSKA Anna	556	PENDOLINO	K60-64	1			00:08:58	00:19:18	00:39:08.30	00:48:06.55	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
90	BURDANOWSKI Andrzej	422	GOSIR OSIELSKO	M-Niepełnosprawni(A)	5			00:01:10	00:18:36	00:39:09.80	00:40:20.20	+00:08:28 (21.7%)	7:50	7.7 (78.6%)
91	DANA Kazimiera	431	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	2			00:08:58	00:19:22	00:39:10.10	00:48:09.05	+00:08:29 (21.7%)	7:50	7.7 (78.6%)
92	WASILEWSKI Sławomir	645	PASJA NORDIC WALKING	M70+	3			00:03:39	00:19:17	00:39:12.30	00:42:51.80	+00:08:31 (21.7%)	7:50	7.7 (78.6%)
93	FOJCIK Gabriela	441	RYBNICKI KLUB NORDIC WALKING	K50-54	1			00:07:56	00:19:21	00:39:15.95	00:47:12.25	+00:08:34 (21.9%)	7:51	7.6 (77.6%)
94	GWAREK Anita	461	PASJA NORDIC WALKING	K45-49	7			00:07:38	00:19:21	00:39:19.15	00:46:57.60	+00:08:38 (22.0%)	7:51	7.6 (77.6%)
95	ŻMUDA Paweł	629	GŁÓWCZYCE-O-KIJKACH (GOK GŁÓWCZYCE)	M30-39	7			00:01:10	00:19:36	00:39:22.30	00:40:32.80	+00:08:41 (22.1%)	7:52	7.6 (77.6%)
96	MALKIEWICZ Małgorzata	520	KSK ŻYJ AKTYWNIEMIE KOŁCZYGŁOWY	K50-54	2			00:07:55	00:19:37	00:39:30.60	00:47:26.55	+00:08:49 (22.3%)	7:54	7.6 (77.6%)
97	KUMPIŃ Izabela	671		K45-49	8			00:07:39	00:19:37	00:39:33.20	00:47:12.30	+00:08:52 (22.4%)	7:54	7.6 (77.6%)
98	ADAMOWICZ Andrzej	402		M70+	4			00:03:39	00:19:50	00:39:36.20	00:43:16.00	+00:08:55 (22.5%)	7:55	7.6 (77.6%)
99	CYRNY Bogusław	666	UKS „TĘCZA” ŁUPAWA	M50-54	8			00:02:14	00:19:54	00:39:38.35	00:41:52.75	+00:08:57 (22.6%)	7:55	7.6 (77.6%)
100	ŚCIBISZ Bogdan	595	KS METRACO POLKOWICE	M70+	5			00:03:38	00:19:31	00:39:43.75	00:43:21.85	+00:09:02 (22.8%)	7:56	7.6 (77.6%)
101	STRASZAK Jolanta	580	POTĘGOWO	K45-49	9			00:07:37	00:19:41	00:39:44.30	00:47:22.00	+00:09:03 (22.8%)	7:57	7.5 (76.5%)
102	MACZKOWSKA Zofia	517	LKS ZANTYR SZTUM	K-Dzieci	2			00:05:07	00:19:30	00:39:50.70	00:44:58.25	+00:09:09 (23.0%)	7:58	7.5 (76.5%)
103	WIEŚNIAK Magdalena	613		K18-29	4			00:05:58	00:19:24	00:39:51.40	00:45:49.40	+00:09:10 (23.0%)	7:58	7.5 (76.5%)
104	JURCZYŃSKA Bożena	472	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	3			00:08:13	00:19:49	00:39:51.60	00:48:05.00	+00:09:10 (23.0%)	7:58	7.5 (76.5%)
105	MAŃSKA Bogusława	522		K55-59	4			00:08:13	00:19:48	00:39:51.85	00:48:04.85	+00:09:10 (23.0%)	7:58	7.5 (76.5%)
106	SZYCKO Oliwia	588	DWA KIJE SŁUPSK	K-Dzieci	3	1		00:05:08	00:19:29	00:39:53.30	00:45:01.60	+00:09:12 (23.1%)	7:58	7.5 (76.5%)
107	URBAŃSKI Stefan	605	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	7			00:02:29	00:19:38	00:39:53.75	00:42:23.60	+00:09:12 (23.1%)	7:58	7.5 (76.5%)
108	MIKITIUK Tomasz	527	KIJOWA PARA	M45-49	7			00:01:53	00:19:41	00:39:54.65	00:41:48.40	+00:09:13 (23.1%)	7:59	7.5 (76.5%)
109	OŻGA Igor	657		M-Dzieci	4	2		00:00:10	00:18:38	00:39:56.40	00:40:06.75	+00:09:15 (23.2%)	7:59	7.5 (76.5%)
110	BRAĞIEL Krystyna	418	ROK	K60-64	3			00:08:58	00:20:09	00:40:09.60	00:49:07.85	+00:09:28 (23.6%)	8:01	7.5 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	5km			
111	ANTONIAK Alicja	633		K50-54	3			00:07:56	00:20:03	00:40:11.55	00:48:08.30	+00:09:30 (23.7%)	8:02	7.5 (76.5%)
112	KOZIOŁ Piotr	496		M50-54	9			00:02:15	00:20:22	00:40:20.95	00:42:36.25	+00:09:39 (24.0%)	8:04	7.4 (75.5%)
113	MADEJCZYK Barbara	679		K40-44	5			00:07:14	00:20:31	00:40:25.00	00:47:39.50	+00:09:44 (24.1%)	8:05	7.4 (75.5%)
114	KUSIAK Włodzimierz	503	NIESTOWARZYSZONY	M65-69	7			00:03:21	00:19:52	00:40:25.95	00:43:47.45	+00:09:44 (24.1%)	8:05	7.4 (75.5%)
115	KONWIŃSKI Zbigniew	676	POTĘGOWO	M40-44	8			00:01:25	00:19:57	00:40:29.65	00:41:55.60	+00:09:48 (24.2%)	8:06	7.4 (75.5%)
116	SPYCHAŁA-KARAPULKA Arleta	574		K45-49	10			00:07:37	00:20:15	00:40:30.60	00:48:08.25	+00:09:49 (24.3%)	8:06	7.4 (75.5%)
117	GORLIKOWSKA Angelika	451	POTĘGOWO	K-Dzieci	4			00:05:08	00:20:05	00:40:32.20	00:45:40.40	+00:09:51 (24.3%)	8:06	7.4 (75.5%)
118	SZYMANOWSKA-WENEK Ewa	590	MKS FIGHTER	K30-39	6			00:06:35	00:20:01	00:40:32.75	00:47:07.85	+00:09:51 (24.3%)	8:06	7.4 (75.5%)
119	SZUDARSKI Marek	583	DWA KIJE SŁUPSK	M18-29	4			00:00:43	00:20:26	00:40:35.55	00:41:18.95	+00:09:54 (24.4%)	8:07	7.4 (75.5%)
120	ŁUKASZEWICZ Karolina	516	POTĘGOWO	K-Dzieci	5			00:05:11	00:20:21	00:40:38.45	00:45:50.25	+00:09:57 (24.5%)	8:07	7.4 (75.5%)
121	KOSICKA Beata	491		K45-49	11			00:07:39	00:19:52	00:40:39.75	00:48:19.45	+00:09:58 (24.5%)	8:08	7.4 (75.5%)
122	DUSZEŃKO Jakub	436	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:04:03	00:20:34	00:40:43.35	00:44:46.40	+00:10:02 (24.7%)	8:08	7.4 (75.5%)
123	DUSZEŃKO Damian	435	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			00:04:04	00:20:34	00:40:45.95	00:44:50.70	+00:10:04 (24.7%)	8:09	7.4 (75.5%)
124	WIELGUS Aleksandra	680	POTĘGOWO	K30-39	7			00:06:34	00:20:29	00:40:50.35	00:47:24.70	+00:10:09 (24.9%)	8:10	7.3 (74.5%)
125	FOLWARSKA Małgorzata	442	FACE NORDIC WALKING TEAM	K55-59	5			00:08:14	00:20:31	00:40:51.80	00:49:06.70	+00:10:10 (24.9%)	8:10	7.3 (74.5%)
126	VON BRONK Sandra	606		K-Dzieci	6			00:05:11	00:20:02	00:40:52.85	00:46:03.95	+00:10:11 (24.9%)	8:10	7.3 (74.5%)
127	GÓRSKA Wioletta	454	GOSIR OSIELSKO	K50-54	4			00:07:57	00:20:18	00:40:53.35	00:48:50.45	+00:10:12 (25.0%)	8:10	7.3 (74.5%)
128	BURY Liliana	423		K-Niepełnosprawni(A)	1			00:09:25	00:20:11	00:40:59.20	00:50:24.40	+00:10:18 (25.1%)	8:11	7.3 (74.5%)
129	CHOLEWKA Jolanta	426	MARSZ PO ZDROWIE POZNAŃ	K60-64	4			00:08:58	00:20:08	00:41:00.85	00:49:58.85	+00:10:19 (25.2%)	8:12	7.3 (74.5%)
130	KRĘCKA Irena	499	FACE NORDIC WALKING TEAM	K50-54	5			00:07:55	00:20:38	00:41:04.05	00:49:00.00	+00:10:23 (25.3%)	8:13	7.3 (74.5%)
131	KUTNIEWSKA Maria	505	FACE NORDIC WALKING TEAM	K55-59	6			00:08:14	00:20:37	00:41:04.80	00:49:19.05	+00:10:23 (25.3%)	8:13	7.3 (74.5%)
132	MIELEWCZYK Justyna	526		K30-39	8			00:06:34	00:20:36	00:41:05.55	00:47:39.70	+00:10:24 (25.3%)	8:13	7.3 (74.5%)
133	SMARSZCZ Grażyna	572	CHODZE ZKIJAMI - TEAM DWA KIJE LĘBORK	K55-59	7			00:08:13	00:20:07	00:41:06.50	00:49:20.45	+00:10:25 (25.4%)	8:13	7.3 (74.5%)
134	TREDER Maria	669	POTĘGOWO	K-Jun.	5			00:05:37	00:20:16	00:41:08.70	00:46:45.95	+00:10:27 (25.4%)	8:13	7.3 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
135	BIELECKA Agnieszka	409		K-Jun.	6			00:05:36	00:20:27	00:41:08.95	00:46:45.25	+00:10:27 (25.4%)	8:13	7.3 (74.5%)
136	KRASOWSKA Paulina	652	POTĘGOWO	K-Jun.	7			00:05:38	00:20:18	00:41:18.20	00:46:56.50	+00:10:37 (25.7%)	8:15	7.3 (74.5%)
137	KĘDZIERSKA Edyta	481	PFNW	K40-44	6			00:07:06	00:20:52	00:41:25.20	00:48:31.40	+00:10:44 (25.9%)	8:17	7.2 (73.5%)
138	WOROCH Jolanta	620	DOPIEWO	K50-54	6			00:07:56	00:20:20	00:41:39.30	00:49:36.25	+00:10:58 (26.3%)	8:20	7.2 (73.5%)
139	APPEL Jurek	404	GOSIR OSIELSKO	M70+	6			00:03:38	00:20:07	00:41:42.65	00:45:21.05	+00:11:01 (26.4%)	8:20	7.2 (73.5%)
140	PALICZEK Paulina	550	POTĘGOWO	K-Dzieci	7			00:05:10	00:20:35	00:41:48.20	00:46:59.05	+00:11:07 (26.6%)	8:21	7.2 (73.5%)
141	GORLIKOWSKA Klaudia	452	POTĘGOWO	K-Jun.	8			00:05:36	00:20:58	00:41:57.65	00:47:34.15	+00:11:16 (26.9%)	8:23	7.1 (72.4%)
142	KIELIAŃSKA Edyta	482	STUDIO EK DARIUSZ KIELIAŃSKI	K40-44	7			00:07:13	00:20:46	00:42:01.95	00:49:15.40	+00:11:20 (27.0%)	8:24	7.1 (72.4%)
143	SIKORRA Janina	568		K65-69	3			00:09:09	00:20:47	00:42:03.50	00:51:12.90	+00:11:22 (27.0%)	8:24	7.1 (72.4%)
144	ZIELIŃSKA Jolanta	627	GOSIR OSIELSKO	K55-59	8			00:08:17	00:20:45	00:42:06.30	00:50:24.00	+00:11:25 (27.1%)	8:25	7.1 (72.4%)
145	KŁOPOTOWSKI Ryszard	488	LKS ZANTYR SZTUM	M50-54	10			00:02:14	00:21:11	00:42:10.50	00:44:24.70	+00:11:29 (27.2%)	8:26	7.1 (72.4%)
146	JAGIELSKA Anna	467	POTĘGOWO	K40-44	8			00:07:13	00:21:30	00:42:13.85	00:49:27.60	+00:11:32 (27.3%)	8:26	7.1 (72.4%)
147	KOTUSIEWICZ Maria	492	POTĘGOWO	K55-59	9			00:08:16	00:20:34	00:42:15.85	00:50:32.60	+00:11:34 (27.4%)	8:27	7.1 (72.4%)
148	KOZŁOWSKI Julek	661		M-Dzieci	5			00:00:12	00:21:09	00:42:19.90	00:42:32.40	+00:11:38 (27.5%)	8:28	7.1 (72.4%)
149	WENEK Maja	611	MKS FIGHTER	K-Dzieci	8			00:05:07	00:21:16	00:42:20.60	00:47:28.30	+00:11:39 (27.5%)	8:28	7.1 (72.4%)
150	ZIELINKIEWICZ Wiktoria	626	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	9			00:05:15	00:20:43	00:42:21.10	00:47:36.45	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
151	CYRA Grażyna	428		K60-64	5			00:08:59	00:20:59	00:42:25.10	00:51:24.15	+00:11:44 (27.7%)	8:29	7.1 (72.4%)
152	SOROKA Józef	651	DRUTEX	M60-64	8			00:02:55	00:20:51	00:42:28.50	00:45:23.75	+00:11:47 (27.8%)	8:29	7.1 (72.4%)
153	WINCZEWSKA Anna	615	RUCH PO ZDROWIE WŁOCLAWEK	K50-54	7			00:07:57	00:20:51	00:42:37.40	00:50:35.10	+00:11:56 (28.0%)	8:31	7 (71.4%)
154	NIECHWIEJCZYK Kinga	540	UNIA MIAST	K-Dzieci	10			00:05:08	00:20:43	00:42:40.05	00:47:49.00	+00:11:59 (28.1%)	8:32	7 (71.4%)
155	POBŁOCKA Nikola	557		K-Dzieci	11			00:05:12	00:21:57	00:42:50.30	00:48:03.10	+00:12:09 (28.4%)	8:34	7 (71.4%)
156	NOWAKOWSKI Tomasz	542		M-Niepełnosprawni(A)	6			00:02:30	00:21:10	00:42:53.75	00:45:24.55	+00:12:12 (28.5%)	8:34	7 (71.4%)
157	MAŃKOWSKA Martyna	653	POTĘGOWO	K-Jun.	9			00:05:39	00:21:06	00:42:54.20	00:48:33.30	+00:12:13 (28.5%)	8:34	7 (71.4%)
158	SZYNGIER Karina	594	POTĘGOWO	K-Dzieci	12			00:05:09	00:21:03	00:42:57.40	00:48:07.10	+00:12:16 (28.6%)	8:35	7 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
159	STOLARSKA Magdalena	677	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	12			00:07:40	00:21:01	00:43:06.10	00:50:46.30	+00:12:25 (28.8%)	8:37	7 (71.4%)
160	ŚLUSARCZYK Karolina	598	WESOŁY BORSUK TEAM	K-Dzieci	13			00:05:08	00:21:21	00:43:16.25	00:48:25.20	+00:12:35 (29.1%)	8:39	6.9 (70.4%)
161	KOTUSIEWICZ Łukasz	664	POTĘGOWO	M30-39	8			00:01:10	00:21:53	00:43:22.35	00:44:33.25	+00:12:41 (29.3%)	8:40	6.9 (70.4%)
162	UKLEJEWSKA Agnieszka	603	GOSIR OSIELSKO	K30-39	9			00:06:33	00:21:34	00:43:33.35	00:50:06.85	+00:12:52 (29.6%)	8:42	6.9 (70.4%)
163	KOTUSIEWICZ Karol	646	POTĘGOWO	M18-29	5			00:00:43	00:22:21	00:43:50.00	00:44:33.65	+00:13:09 (30.0%)	8:46	6.8 (69.4%)
164	WAGNER-KOZIOŁ Grażyna	607		K50-54	8			00:07:57	00:22:03	00:43:51.60	00:51:49.20	+00:13:10 (30.0%)	8:46	6.8 (69.4%)
165	SOKOŁOWSKA Klaudia	573	CZARNE PANTERY PIŁA	K18-29	5			00:05:56	00:21:39	00:43:54.10	00:49:50.90	+00:13:13 (30.1%)	8:46	6.8 (69.4%)
166	ŁUKASIEWICZ Dominik	514	POTĘGOWO	M-Dzieci	6			00:00:12	00:20:54	00:43:54.90	00:44:07.45	+00:13:13 (30.1%)	8:47	6.8 (69.4%)
167	SZULCZEWSKI Szymon	662		M-Dzieci	7			00:00:14	00:21:27	00:43:58.15	00:44:12.30	+00:13:17 (30.2%)	8:47	6.8 (69.4%)
168	MILEWSKA Wiesława	531	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	13			00:07:38	00:21:46	00:44:18.30	00:51:56.60	+00:13:37 (30.7%)	8:51	6.8 (69.4%)
169	GWADERA Alicja	668	POTĘGOWO	K-Dzieci	14			00:05:12	00:22:06	00:44:25.05	00:49:37.10	+00:13:44 (30.9%)	8:53	6.8 (69.4%)
170	SAGANOWSKA Julia	464	POTĘGOWO	K-Dzieci	15			00:05:10	00:22:07	00:44:28.00	00:49:38.30	+00:13:47 (31.0%)	8:53	6.7 (68.4%)
171	DWORACZYK Jakub	497	KUDIM KOSZALIN	M-Dzieci	8			00:00:10	00:22:45	00:44:29.90	00:44:40.35	+00:13:48 (31.0%)	8:54	6.7 (68.4%)
172	PIETRASIK Dominika	554	POTĘGOWO	K30-39	10			00:06:35	00:21:56	00:44:31.45	00:51:06.65	+00:13:50 (31.1%)	8:54	6.7 (68.4%)
173	ZABIEGLIK Julia	623	POTĘGOWO	K-Jun.	10			00:05:38	00:22:25	00:44:34.70	00:50:13.10	+00:13:53 (31.2%)	8:55	6.7 (68.4%)
174	HINC Hubert	465	FACE NORDIC WALKING TEAM	M-Dzieci	9			00:00:12	00:22:42	00:44:34.95	00:44:47.05	+00:13:53 (31.2%)	8:55	6.7 (68.4%)
175	PANKIEWICZ Bartosz	551		M-Dzieci	10			00:00:11	00:22:44	00:44:35.70	00:44:47.10	+00:13:54 (31.2%)	8:55	6.7 (68.4%)
176	KOZIOŁ Magdalena	495		K18-29	6			00:05:56	00:21:43	00:44:35.90	00:50:32.85	+00:13:54 (31.2%)	8:55	6.7 (68.4%)
177	MAJEWSKA Wiktoria	518	POTĘGOWO	K-Dzieci	16			00:05:11	00:21:07	00:44:38.50	00:49:49.50	+00:13:57 (31.3%)	8:55	6.7 (68.4%)
178	KAŹMIERCZAK Żanetta	477	GOSIR OSIELSKO	K40-44	9			00:07:13	00:22:19	00:44:39.70	00:51:53.65	+00:13:58 (31.3%)	8:56	6.7 (68.4%)
179	DUBACKA Aleksandra	434	POTĘGOWO	K-Dzieci	17			00:05:10	00:20:36	00:44:47.65	00:49:57.75	+00:14:06 (31.5%)	8:57	6.7 (68.4%)
180	SZYMAŃSKA Lucyna	592	XV KOŁO PZERI DYWITY	K-Niepełnosprawni(A)	2			00:09:25	00:21:40	00:44:59.55	00:54:25.40	+00:14:18 (31.8%)	9:00	6.7 (68.4%)
181	ZABIEGLIK Zuzanna	622	POTĘGOWO	K-Dzieci	18			00:05:08	00:22:55	00:45:02.70	00:50:10.85	+00:14:21 (31.9%)	9:00	6.7 (68.4%)
182	KACZMARCZYK Andrzej	473		M50-54	11			00:02:14	00:22:34	00:45:04.20	00:47:18.75	+00:14:23 (31.9%)	9:00	6.7 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
183	ŁUKASIEWICZ Zuzanna	515		K-Dzieci	19			00:05:12	00:22:34	00:45:09.85	00:50:21.85	+00:14:28 (32.1%)	9:01	6.6 (67.3%)
184	BŁASZCZYK Karolina	654	POTĘGOWO	K-Jun.	11			00:05:36	00:21:58	00:45:15.00	00:50:51.50	+00:14:34 (32.2%)	9:03	6.6 (67.3%)
185	LEMAK Kinga	647	POTĘGOWO	K-Jun.	12			00:05:36	00:21:58	00:45:15.40	00:50:51.60	+00:14:34 (32.2%)	9:03	6.6 (67.3%)
186	KAŻMIERCZAK Lena	479	GOSIR OSIELSKO	K-Dzieci	20			00:05:14	00:21:55	00:45:24.75	00:50:38.85	+00:14:43 (32.4%)	9:04	6.6 (67.3%)
187	SAGANOWSKA Anna	447	POTĘGOWO	K40-44	10			00:07:13	00:22:39	00:45:28.10	00:52:41.65	+00:14:47 (32.5%)	9:05	6.6 (67.3%)
188	TRUBIEJ Tomasz	600	POTĘGOWO	M-Dzieci	11			00:00:11	00:22:42	00:45:28.30	00:45:40.10	+00:14:47 (32.5%)	9:05	6.6 (67.3%)
189	BLANK Michał	411	POTĘGOWO	M-Dzieci	12			00:00:11	00:22:43	00:45:28.65	00:45:39.75	+00:14:47 (32.5%)	9:05	6.6 (67.3%)
190	BARUCH Włodzimierz	407	DĄBROWA NORDIC TEAM	M65-69	8			00:03:20	00:22:20	00:45:32.10	00:48:52.55	+00:14:51 (32.6%)	9:06	6.6 (67.3%)
191	PIKUŁA Paulina	555	POTĘGOWO	K18-29	7			00:05:56	00:23:04	00:45:38.90	00:51:35.35	+00:14:57 (32.8%)	9:07	6.6 (67.3%)
192	BONIEWICZ Konrad	414	GOSIR OSIELSKO	M70+	7			00:03:40	00:22:31	00:45:42.80	00:49:23.45	+00:15:01 (32.9%)	9:08	6.6 (67.3%)
193	KRZOS Justyna	648	GOSIR OSIELSKO	K30-39	11			00:06:34	00:22:47	00:45:46.05	00:52:20.25	+00:15:05 (33.0%)	9:09	6.6 (67.3%)
194	MOTOCZYŃSKA Aleksandra	534	GOSIR OSIELSKO	K55-59	10			00:08:16	00:22:32	00:45:48.20	00:54:05.15	+00:15:07 (33.0%)	9:09	6.5 (66.3%)
195	HINCA Barbara	466	POTĘGOWO	K40-44	11			00:07:12	00:22:15	00:45:56.65	00:53:09.05	+00:15:15 (33.2%)	9:11	6.5 (66.3%)
196	WOJCIECHOWSKA Zuzanna	616	POTĘGOWO	K-Dzieci	21			00:05:09	00:22:57	00:46:08.15	00:51:17.15	+00:15:27 (33.5%)	9:13	6.5 (66.3%)
197	KWIATKOWSKA Nina	681	POTĘGOWO	K-Jun.	13			00:05:38	00:22:19	00:46:09.10	00:51:48.05	+00:15:28 (33.5%)	9:14	6.5 (66.3%)
198	BARAN Katarzyna	665		K-Jun.	14			00:05:37	00:22:37	00:46:12.40	00:51:49.70	+00:15:31 (33.6%)	9:14	6.5 (66.3%)
199	RYCHEL Julian	649	GOSIR OSIELSKO	M-Dzieci	13			00:00:09	00:22:56	00:46:17.90	00:46:27.20	+00:15:36 (33.7%)	9:15	6.5 (66.3%)
200	SURMIAK Ryszard	581	RZESZOWSKI KLUB MORSOW 'SOPELEK'	M70+	8			00:03:41	00:22:42	00:46:21.90	00:50:03.30	+00:15:40 (33.8%)	9:16	6.5 (66.3%)
201	LITWIN Dawid	642	POTĘGOWO	M30-39	9			00:01:11	00:23:12	00:46:36.10	00:47:47.80	+00:15:55 (34.2%)	9:19	6.4 (65.3%)
202	PANKIEWICZ-DMOWSKA Cecylia	552		K65-69	4			00:09:11	00:23:15	00:46:38.10	00:55:49.20	+00:15:57 (34.2%)	9:19	6.4 (65.3%)
203	KRASOWSKA Daria	674	POTĘGOWO	K-Dzieci	22			00:05:12	00:22:47	00:46:38.85	00:51:51.25	+00:15:57 (34.2%)	9:19	6.4 (65.3%)
204	SZYBUT Weronika	586	POTĘGOWO	K-Dzieci	23			00:05:13	00:22:06	00:46:50.65	00:52:04.15	+00:16:09 (34.5%)	9:22	6.4 (65.3%)
205	OGONOWSKA Edyta	640	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K55-59	11			00:08:14	00:23:27	00:46:51.85	00:55:06.25	+00:16:10 (34.5%)	9:22	6.4 (65.3%)
206	JÓŹWIAK Dominik	471	WTW WŁOCŁAWEK	M-Niepełnosprawni(B)	3			00:04:03	00:22:30	00:47:01.95	00:51:05.00	+00:16:20 (34.8%)	9:24	6.4 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	DUSZEŃKO Elwira	437	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	3			00:09:26	00:23:08	00:47:24.30	00:56:50.85	+00:16:43 (35.3%)	9:28	6.3 (64.3%)
208	LITWIN Michalina	510	POTĘGOWO	K30-39	12			00:06:37	00:23:37	00:47:26.00	00:54:03.95	+00:16:45 (35.3%)	9:29	6.3 (64.3%)
209	KULCZYCKI Jan	501		M65-69	9			00:03:20	00:23:29	00:47:28.60	00:50:49.50	+00:16:47 (35.4%)	9:29	6.3 (64.3%)
210	BRZESKA Kornelia	420		K-Dzieci	24			00:05:11	00:23:33	00:47:46.55	00:52:57.65	+00:17:05 (35.8%)	9:33	6.3 (64.3%)
211	BONIEWICZ Alina	415	GOSIR OSIELSKO	K70+	1			00:09:23	00:23:24	00:47:49.30	00:57:13.00	+00:17:08 (35.8%)	9:34	6.3 (64.3%)
212	WASILUK Helena	644		K70+	2			00:09:24	00:23:25	00:47:57.60	00:57:21.60	+00:17:16 (36.0%)	9:35	6.3 (64.3%)
213	MIKITIUK Beata	528	KIJOWA PARA	K45-49	14			00:07:40	00:24:22	00:47:58.20	00:55:38.50	+00:17:17 (36.0%)	9:35	6.3 (64.3%)
214	LISIAK Daria	509	POTĘGOWO	K-Jun.	15			00:05:38	00:23:44	00:48:15.85	00:53:53.85	+00:17:34 (36.4%)	9:39	6.2 (63.3%)
215	GAŚIOR Marlena	675	POTĘGOWO	K-Jun.	16			00:05:38	00:23:45	00:48:16.55	00:53:55.20	+00:17:35 (36.4%)	9:39	6.2 (63.3%)
216	SZYBUT Roma	585	POTĘGOWO	K30-39	13			00:06:34	00:23:41	00:48:18.00	00:54:52.00	+00:17:37 (36.5%)	9:39	6.2 (63.3%)
217	LEDOCHOWICZ Amelia	663		K-Dzieci	25			00:05:12	00:23:46	00:48:19.20	00:53:32.00	+00:17:38 (36.5%)	9:40	6.2 (63.3%)
218	KLOSKA Krystyna	486		K70+	3			00:09:23	00:23:49	00:48:21.00	00:57:44.65	+00:17:40 (36.5%)	9:40	6.2 (63.3%)
219	SZCZEPANIAK Amelia	582	POTĘGOWO	K-Dzieci	26			00:05:10	00:23:10	00:48:27.25	00:53:37.65	+00:17:46 (36.7%)	9:41	6.2 (63.3%)
220	BATIS Karina	408		K-Dzieci	27			00:05:09	00:23:19	00:48:30.00	00:53:39.35	+00:17:49 (36.7%)	9:42	6.2 (63.3%)
221	MROCZEK Jakub	537	POTĘGOWO	M-Dzieci	14			00:00:10	00:22:44	00:48:33.70	00:48:44.50	+00:17:52 (36.8%)	9:42	6.2 (63.3%)
222	KOZŁOWSKI Konrad	660		M-Dzieci	15			00:00:11	00:23:28	00:48:33.75	00:48:45.35	+00:17:52 (36.8%)	9:42	6.2 (63.3%)
223	MALINOWSKA Grażyna	519	LKS ZANTYR SZTUM	K65-69	5			00:09:11	00:23:17	00:48:41.90	00:57:52.95	+00:18:00 (37.0%)	9:44	6.2 (63.3%)
224	MAŁEK Zbigniew	655	POTĘGOWO	M70+	9			00:03:19	00:24:01	00:48:42.15	00:52:01.90	+00:18:01 (37.0%)	9:44	6.2 (63.3%)
225	KONWIŃSKA Anna	673		K45-49	15			00:07:12	00:24:12	00:48:44.90	00:55:57.15	+00:18:03 (37.1%)	9:45	6.2 (63.3%)
226	MOCZARSKI Adam	532	FACE NORDIC WALKING TEAM	M-Niepełnosprawni(B)	4			00:04:04	00:24:12	00:49:41.00	00:53:45.55	+00:19:00 (38.2%)	9:56	6 (61.2%)
227	WALCZYK Jakub	608		M-Dzieci	16			00:00:14	00:25:29	00:49:42.00	00:49:56.00	+00:19:01 (38.3%)	9:56	6 (61.2%)
228	KAŃSKI Radosław	474		M-Dzieci	17			00:00:09	00:24:38	00:49:58.85	00:50:08.25	+00:19:17 (38.6%)	9:59	6 (61.2%)
229	HIMMEL Grażyna	463	88°TEAM	K60-64	6			00:08:59	00:24:14	00:50:09.70	00:59:08.70	+00:19:28 (38.8%)	10:01	6 (61.2%)
230	DROP Mieczysław	433		M70+	10			00:03:41	00:25:20	00:50:12.10	00:53:54.05	+00:19:31 (38.9%)	10:02	6 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
231	FORMELA Jessika	443	POTĘGOWO	K-Jun.	17			00:05:39	00:24:41	00:50:15.25	00:55:54.95	+00:19:34 (38.9%)	10:03	6 (61.2%)
232	GNEBA Sandra	450	POTĘGOWO	K-Jun.	18			00:05:39	00:24:42	00:50:15.80	00:55:54.95	+00:19:34 (39.0%)	10:03	6 (61.2%)
233	BUBKA Anna	421	POTĘGOWO	K-Jun.	19			00:05:37	00:24:42	00:50:17.20	00:55:54.80	+00:19:36 (39.0%)	10:03	6 (61.2%)
234	ZAMEĆKA Alicja	672	POTĘGOWO	K-Jun.	20			00:05:39	00:23:34	00:50:17.80	00:55:57.70	+00:19:36 (39.0%)	10:03	6 (61.2%)
235	BORZESZKOWSKA Małgorzata	417	PFNW	K50-54	9			00:09:36	00:26:21	00:51:05.20	01:00:41.90	+00:20:24 (39.9%)	10:13	5.9 (60.2%)
236	ŚLUSARCZYK Danuta	597	WESOŁY BORSUK TEAM	K65-69	6			00:09:10	00:24:41	00:51:09.15	01:00:19.20	+00:20:28 (40.0%)	10:13	5.9 (60.2%)
237	WRÓBLEWSKA Amelia	621		K-Dzieci	28			00:05:10	00:24:57	00:51:18.65	00:56:28.65	+00:20:37 (40.2%)	10:15	5.8 (59.2%)
238	JASIŃSKA Jolanta	468	POTĘGOWO	K60-64	7			00:08:59	00:24:50	00:52:01.35	01:01:01.15	+00:21:20 (41.0%)	10:24	5.8 (59.2%)
239	ZIÓŁKOWSKA Walentyna	628	POTĘGOWO	K55-59	12			00:08:15	00:25:34	00:52:45.55	01:01:01.50	+00:22:04 (41.8%)	10:33	5.7 (58.2%)
240	CYRA Zbigniew	429		M65-69	10			00:03:21	00:26:01	00:52:58.25	00:56:19.45	+00:22:17 (42.1%)	10:35	5.7 (58.2%)
241	OLEK Mirosław	549	GOSIR OSIELSKO	M55-59	8			00:02:31	00:26:31	00:53:02.95	00:55:34.00	+00:22:21 (42.2%)	10:36	5.7 (58.2%)
242	KUMPIŃ Zuzanna	502		K-Dzieci	29			00:05:14	00:26:13	00:54:15.55	00:59:30.10	+00:23:34 (43.5%)	10:51	5.5 (56.1%)
243	LEJA Franciszek	631	POTĘGOWO	M70+	11			00:03:40	00:25:04	00:54:36.45	00:58:17.35	+00:23:55 (43.8%)	10:55	5.5 (56.1%)
244	AWCHIMIENI Jerzy	632		M60-64	9			00:02:56	00:27:44	00:56:01.30	00:58:58.20	+00:25:20 (45.2%)	11:12	5.4 (55.1%)
245	POLEWCZAK Artur	559		M50-54	12			00:02:15	00:30:50	00:56:53.05	00:59:08.95	+00:26:12 (46.1%)	11:22	5.3 (54.1%)
246	CHWALISZEWSKI Michał	427	GOSIR OSIELSKO	M70+	12			00:03:43	00:29:50	00:59:13.60	01:02:57.10	+00:28:32 (48.2%)	11:50	5.1 (52.0%)
247	NOWICKA Stanisława	546	POTĘGOWO	K70+	4			00:09:25	00:30:01	01:01:45.90	01:11:10.90	+00:31:04 (50.3%)	12:21	4.9 (50.0%)
248	KLUSKA Krystyna	487	POTĘGOWO	K65-69	7			00:09:12	00:29:30	01:01:58.45	01:11:10.60	+00:31:17 (50.5%)	12:23	4.8 (49.0%)
249	FURGAŁ Aleksandra	658		K-Dzieci	30			00:05:15	00:25:32			+00:10:24	10:12	5.9 (60.2%)
250	RYBKA Julia	656		K-Dzieci	31			00:05:13	00:25:38			+00:10:29	10:15	5.9 (60.2%)
251	ROSZAK-PEZAŁA Olga	563	MIASTO MIELNO	K50-54	10			00:09:36	00:28:59			+00:13:51	11:35	5.2 (53.1%)
252	BOJKE Olgierd	413		M55-59	9			00:09:36	00:29:00			+00:13:51	11:36	5.2 (53.1%)

Znaleziono 252 wynik(ów)