

PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 – 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020
Organizator: Urząd Miasta Tarnowskie Góry
Data: 2020-10-04
Miejsce: Tarnowskie Góry
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	156	ATHLETIC ZREĆIN	M30-39	1			00:29:22	00:59:53.50		5:59	10 (100%)
2	ROSAK Marcin	114	BACHUS NORDICUS ZIELONA GÓRA	M40-49	1			00:30:12	01:00:21.70	+00:00:28 (0.8%)	6:02	9.9 (99.0%)
3	MARCZAK Tomasz	8		M18-29	1			00:30:38	01:01:44.50	+00:01:51 (3.0%)	6:10	9.7 (97.0%)
4	KNITTER Tomasz	7	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:30:51	01:02:00.85	+00:02:07 (3.4%)	6:12	9.7 (97.0%)
5	KUŚMIEREK Patryk	3	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:31:18	01:03:12.60	+00:03:19 (5.2%)	6:19	9.5 (95.0%)
6	KUŹMICZ Adam	5	POLIPACK TEAM GWE	M30-39	2			00:31:21	01:03:37.65	+00:03:44 (5.9%)	6:21	9.4 (94.0%)
7	HELWICH Stefan	10	KS METRACO POLKOWICE	M60-69	1	1		00:31:09	01:03:47.10	+00:03:53 (6.1%)	6:22	9.4 (94.0%)
8	PIETRZYK Jarosław	106	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:31:51	01:03:49.85	+00:03:56 (6.2%)	6:22	9.4 (94.0%)
9	ROMANOWSKI Daniel	112		M18-29	4	1		00:31:44	01:03:58.85	+00:04:05 (6.4%)	6:23	9.4 (94.0%)
10	SŁUPIANEK Paweł	124	KATOWICKI NORDIC WALKING	M40-49	2			00:32:11	01:04:53.35	+00:04:59 (7.7%)	6:29	9.2 (92.0%)
11	BARCZYK Bogdan	21	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:32:16	01:05:03.70	+00:05:10 (7.9%)	6:30	9.2 (92.0%)
12	WILCZEK Krzysztof	149	CIDRY LOTAJOM	M40-49	3			00:32:25	01:05:06.30	+00:05:12 (8.0%)	6:30	9.2 (92.0%)
13	JUREK Adam	57	KS METRACO POLKOWICE	M60-69	2	2		00:32:15	01:05:30.55	+00:05:37 (8.6%)	6:33	9.2 (92.0%)

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14	MAŁKA Marian	85		M60-69	3			00:32:18	01:05:37.90	+00:05:44 (8.7%)	6:33	9.1 (91.0%)
15	ŚWIDEREK Marcin	134	NW CZŁAPSKI TEAM	M40-49	4			00:32:43	01:06:18.10	+00:06:24 (9.7%)	6:37	9 (90.0%)
16	POLKOWSKI Piotr	9	NW CZŁAPSKI TEAM	M30-39	4	1		00:31:33	01:06:19.75	+00:06:26 (9.7%)	6:37	9 (90.0%)
17	WOJTASIŃSKI Daniel	162	NORDIC TEAM CZĘSTOCHOWA	M40-49	5			00:33:02	01:06:24.40	+00:06:30 (9.8%)	6:38	9 (90.0%)
18	KLIMCZAK Adam	2	GOSADI NORDIC TEAM	M50-59	2			00:32:42	01:06:24.45	+00:06:30 (9.8%)	6:38	9 (90.0%)
19	KOŁODZIEJ Joanna	12	MALINOWE GWIAZDY	K50-59	1			00:32:54	01:06:40.75	+00:06:47 (10.2%)	6:40	9 (90.0%)
20	CZŁAPSKI Krzysztof	4	NW CZŁAPSKI TEAM	M50-59	3			00:32:47	01:07:02.05	+00:07:08 (10.7%)	6:42	9 (90.0%)
21	NACZK Leonard	97	POLIPACK TEAM GWE	M40-49	6			00:33:20	01:07:24.75	+00:07:31 (11.2%)	6:44	8.9 (89.0%)
22	JĘDRASIAK Renata	13	KS METRACO POLKOWICE	K50-59	2	2		00:33:19	01:07:32.70	+00:07:39 (11.3%)	6:45	8.9 (89.0%)
23	RADECKI Artur	1	CHODZĄCY BIAŁYSTOK	M50-59	4	1		00:33:10	01:07:47.15	+00:07:53 (11.6%)	6:46	8.9 (89.0%)
24	KRÓLIKOWSKA Krystyna	15	POLIPACK TEAM GWE	K40-49	1			00:33:31	01:07:51.50	+00:07:58 (11.7%)	6:47	8.8 (88.0%)
25	KABATA Jarosław	59	NORDICUS STRZYBNICA	M50-59	5			00:33:19	01:07:59.60	+00:08:06 (11.9%)	6:47	8.8 (88.0%)
26	ADAMCZYK Adam	18	PASJA NORDIC WALKING	M70+	1			00:34:10	01:08:08.60	+00:08:15 (12.1%)	6:48	8.8 (88.0%)
27	SADOWSKI Tomasz	118	W POGONI ZA DUCHEM	M40-49	7			00:33:48	01:08:12.10	+00:08:18 (12.2%)	6:49	8.8 (88.0%)
28	RZEPKA Małgorzata	116		K40-49	2			00:33:54	01:08:16.85	+00:08:23 (12.3%)	6:49	8.8 (88.0%)
29	KUŚMIEREK Jan	73	BŁĘKITNI NW DZIEMIANY	M50-59	6			00:34:03	01:08:50.00	+00:08:56 (13.0%)	6:53	8.7 (87.0%)
30	OLSZAŃSKI Karol	101	FEAR THE RETURN	M40-49	8			00:33:34	01:08:50.30	+00:08:56 (13.0%)	6:53	8.7 (87.0%)
31	NACZK Wiktoria	98	POLIPACK TEAM GWE	K18-29	1			00:34:25	01:08:53.15	+00:08:59 (13.1%)	6:53	8.7 (87.0%)
32	OSTROCHALSKA Aleksandra	11	POLIPACK TEAM GWE	K40-49	3			00:34:11	01:09:16.35	+00:09:22 (13.5%)	6:55	8.7 (87.0%)
33	MAJAK Mateusz	83	NW CZŁAPSKI TEAM	M18-29	5			00:34:29	01:09:27.25	+00:09:33 (13.8%)	6:56	8.6 (86.0%)
34	MARCZYŃSKI Adam	89	POLIPACK TEAM GWE	M40-49	9			00:34:20	01:09:35.10	+00:09:41 (13.9%)	6:57	8.6 (86.0%)
35	KROMSKI Paweł	69	NORDIC WALKING KIEKRZ POLAND	M50-59	7			00:35:02	01:10:34.45	+00:10:40 (15.1%)	7:03	8.5 (85.0%)
36	SZYMAŃSKI Stefan	133	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	2			00:34:56	01:10:38.40	+00:10:44 (15.2%)	7:03	8.5 (85.0%)

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									netto 10km	Różn		
37	DREWA Marian	29	POLIPACK TEAM GWE	M60-69	4			00:34:33	01:10:56.85	+00:11:03 (15.6%)	7:05	8.5 (85.0%)
38	TRZCIŃSKI Mariusz	140	SERCE NORDICA WŁOCŁAWEK	M40-49	10	1		00:35:35	01:10:59.05	+00:11:05 (15.6%)	7:05	8.5 (85.0%)
39	MUSIATOWICZ Aleksandra	16	PASJA NORDIC WALKING	K50-59	3			00:35:04	01:11:07.20	+00:11:13 (15.8%)	7:06	8.4 (84.0%)
40	KOWALSKI Marek	68		M50-59	8			00:35:33	01:11:07.55	+00:11:14 (15.8%)	7:06	8.4 (84.0%)
41	KOLMETZ Katarzyna	66	POLIPACK TEAM GWE	K40-49	4			00:35:44	01:11:52.35	+00:11:58 (16.7%)	7:11	8.3 (83.0%)
42	WALESZKO Andrzej	144	PASJA NORDIC WALKING	M40-49	11	1		00:35:19	01:11:56.80	+00:12:03 (16.8%)	7:11	8.3 (83.0%)
43	NETKOWSKI Wojciech	99	PASJA NORDIC WALKING	M60-69	5	1		00:35:26	01:11:58.20	+00:12:04 (16.8%)	7:11	8.3 (83.0%)
44	FRANCZAK Małgorzata	14	NW CZŁAPSKI TEAM	K18-29	2	1		00:35:31	01:11:58.80	+00:12:05 (16.8%)	7:11	8.3 (83.0%)
45	RUDAWSKI Maciej	115	MARSZ PO ZDROWIE	M30-39	5			00:35:35	01:12:17.70	+00:12:24 (17.2%)	7:13	8.3 (83.0%)
46	CHYRA Janusz	25	UNIA MIAST	M40-49	12			00:36:25	01:12:32.65	+00:12:39 (17.4%)	7:15	8.3 (83.0%)
47	PANCHYRZ Piotr	105	NORDICUS STRZYBNICA	M40-49	13			00:36:24	01:12:41.05	+00:12:47 (17.6%)	7:16	8.3 (83.0%)
48	TOMCZAK Jarosław	137	STĘSZEW TEAM	M50-59	9			00:35:41	01:12:45.90	+00:12:52 (17.7%)	7:16	8.2 (82.0%)
49	OCYSEK Zygmunt	100	STADION ŚLĄSKI	M70+	3			00:35:39	01:13:14.10	+00:13:20 (18.2%)	7:19	8.2 (82.0%)
50	TAISNER Aleksandra	135	NORDIC TIM RUDA ŚLĄSKA	K40-49	5			00:36:36	01:13:21.95	+00:13:28 (18.4%)	7:20	8.2 (82.0%)
51	SOMIAK Piotr	126	NORDICUS STRZYBNICA	M40-49	14			00:36:33	01:13:40.40	+00:13:46 (18.7%)	7:22	8.1 (81.0%)
52	SZCZĘŚNIAK Zbigniew	131	NORDIC TEAM CZĘSTOCHOWA	M50-59	10			00:36:56	01:13:47.25	+00:13:53 (18.8%)	7:22	8.1 (81.0%)
53	LEJKOWSKA Mirela	77	POLIPACK TEAM GWE	K30-39	1			00:36:37	01:13:57.85	+00:14:04 (19.0%)	7:23	8.1 (81.0%)
54	HRYNDIO Jerzy	54	STADION ŚLĄSKI	M60-69	6			00:36:44	01:14:00.00	+00:14:06 (19.1%)	7:24	8.1 (81.0%)
55	KAMIANOWSKI Jan	62	NW CZŁAPSKI TEAM	M60-69	7			00:36:36	01:14:19.85	+00:14:26 (19.4%)	7:25	8.1 (81.0%)
56	JUZOF Iwona	58		K40-49	6			00:37:19	01:14:23.95	+00:14:30 (19.5%)	7:26	8.1 (81.0%)
57	MADAJ Robert	82	STĘSZEW TEAM	M50-59	11			00:36:29	01:14:24.55	+00:14:31 (19.5%)	7:26	8.1 (81.0%)
58	JÓŹWIAK Marianna	17	SERCE NORDICA WŁOCŁAWEK	K40-49	7			00:36:43	01:14:31.70	+00:14:38 (19.6%)	7:27	8.1 (81.0%)
59	STĘPIEŃ Lucyna	166	KS METRACO POLKOWICE	K60-69	1	1		00:36:48	01:14:42.40	+00:14:48 (19.8%)	7:28	8 (80.0%)

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60	KAMIŃSKA Beata	63	NORDIC TEAM CZĘSTOCHOWA	K50-59	4			00:36:54	01:14:46.00	+00:14:52 (19.9%)	7:28	8 (80.0%)
60	WIECZOREK Karolina	148		K30-39	2	2		00:36:59	01:14:46.00	+00:14:52 (19.9%)	7:28	8 (80.0%)
62	MOL Michał	170	CIDRY LOTAJOM	M30-39	6			00:36:57	01:14:49.55	+00:14:56 (20.0%)	7:28	8 (80.0%)
63	HOLECKI Paweł	53		M30-39	7	1		00:37:16	01:14:50.15	+00:14:56 (20.0%)	7:29	8 (80.0%)
64	TOMCZYK Natalia	164	CIDRY LOTAJOM	K30-39	3			00:37:34	01:14:54.90	+00:15:01 (20.1%)	7:29	8 (80.0%)
65	WOŹNIAK Bartłomiej	157		M40-49	15			00:38:24	01:14:59.90	+00:15:06 (20.1%)	7:29	8 (80.0%)
66	WOJTAL Marta	154	CIDRY LOTAJOM	K30-39	4			00:38:16	01:15:02.75	+00:15:09 (20.2%)	7:30	8 (80.0%)
67	KURZAWSKA Jolanta	167	KS METRACO POLKOWICE	K70+	1			00:36:17	01:15:21.70	+00:15:28 (20.5%)	7:32	8 (80.0%)
68	POLAK Łukasz	108	OBORYGENI	M30-39	8			00:38:09	01:15:22.70	+00:15:29 (20.5%)	7:32	8 (80.0%)
69	MIŚKOWICZ Anna	94	CKZIU MECHANIK NYSA	K60-69	2			00:37:28	01:15:22.90	+00:15:29 (20.5%)	7:32	8 (80.0%)
70	NOWICZ Mariusz	169	CIDRY LOTAJOM	M18-29	6			00:37:43	01:15:27.05	+00:15:33 (20.6%)	7:32	8 (80.0%)
71	KACZMAREK Maja	60	POLIPACK TEAM GWE	K40-49	8			00:37:30	01:15:38.60	+00:15:45 (20.8%)	7:33	7.9 (79.0%)
72	JANKOWSKI Grzegorz	55	STĘSZEW TEAM	M60-69	8			00:37:19	01:15:52.65	+00:15:59 (21.1%)	7:35	7.9 (79.0%)
73	WENDT Jarosław	146	POLIPACK TEAM GWE	M50-59	12			00:37:46	01:15:56.90	+00:16:03 (21.1%)	7:35	7.9 (79.0%)
74	RADZIEJOWSKI Bogusław	111	NORDIC TEAM CZĘSTOCHOWA	M60-69	9			00:37:55	01:16:00.75	+00:16:07 (21.2%)	7:36	7.9 (79.0%)
75	PONKA Radosław	109	POLIPACK TEAM GWE	M40-49	16			00:37:44	01:16:17.95	+00:16:24 (21.5%)	7:37	7.9 (79.0%)
76	BOŃCZYSZYN Bożena	23	POLIPACK TEAM GWE	K50-59	5			00:38:00	01:16:22.00	+00:16:28 (21.6%)	7:38	7.9 (79.0%)
77	FRANCZAK Dariusz	40	NW CZŁAPSKI TEAM	M50-59	13			00:38:03	01:16:30.35	+00:16:36 (21.7%)	7:39	7.8 (78.0%)
78	ZAJĄC Joanna	159	KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ	K40-49	9	2		00:37:55	01:16:36.95	+00:16:43 (21.8%)	7:39	7.8 (78.0%)
79	MARCHEWKA Andrzej	88	13 ŚLĄSKA BRYGADA OT KATOWICE	M60-69	10			00:37:27	01:16:50.90	+00:16:57 (22.1%)	7:41	7.8 (78.0%)
80	STOLARSKI Janusz	129	SERCE NORDICA WŁOCŁAWEK	M60-69	11			00:37:02	01:16:53.90	+00:17:00 (22.1%)	7:41	7.8 (78.0%)
81	STOLARSKA Danuta	128	SERCE NORDICA WŁOCŁAWEK	K60-69	3			00:38:35	01:16:57.90	+00:17:04 (22.2%)	7:41	7.8 (78.0%)
82	STEFANIAK Emilia	127	KATOWICKI NORDIC WALKING	K60-69	4			00:38:30	01:16:59.65	+00:17:06 (22.2%)	7:41	7.8 (78.0%)

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83	MARĘDZIAK Magdalena	90	CIDRY LOTAJOM	K30-39	5			00:39:03	01:17:18.50	+00:17:25 (22.5%)	7:43	7.8 (78.0%)
84	KLUSKA Kazimierz	64	KATOWICKI NORDIC WALKING	M70+	4			00:38:04	01:17:25.50	+00:17:32 (22.6%)	7:44	7.8 (78.0%)
85	WALESZKO Anna	143	PASJA NORDIC WALKING	K40-49	10	1		00:38:17	01:17:28.45	+00:17:34 (22.7%)	7:44	7.7 (77.0%)
86	FRANCZAK Anna	39	NW CZŁAPSKI TEAM	K50-59	6			00:39:00	01:18:12.50	+00:18:19 (23.4%)	7:49	7.7 (77.0%)
87	GWAREK Anita	50	PASJA NORDIC WALKING	K40-49	11			00:38:45	01:18:12.95	+00:18:19 (23.4%)	7:49	7.7 (77.0%)
88	TASAREK Gabriela	136	TARNOGÓRSKIE ŁAZĘGI	K60-69	5			00:39:09	01:18:21.00	+00:18:27 (23.6%)	7:50	7.7 (77.0%)
89	GLISZCZYŃSKI Mirosław	45	NWPL/ GOGGLE PAE TEAM	M60-69	12			00:38:35	01:18:44.45	+00:18:50 (23.9%)	7:52	7.6 (76.0%)
90	KNITTER Agata	307	BŁĘKITNI NW DZIEMIANY	K18-29	3			00:39:17	01:19:29.95	+00:19:36 (24.7%)	7:56	7.5 (75.0%)
91	DUDKIEWICZ Wojciech	35	NORDICUS STRZYBNICA	M40-49	17			00:39:24	01:19:44.25	+00:19:50 (24.9%)	7:58	7.5 (75.0%)
92	GANSINIEC Kazimiera	43	CIDRY LOTAJOM	K50-59	7			00:39:58	01:19:44.70	+00:19:51 (24.9%)	7:58	7.5 (75.0%)
93	MACHOLC Piotr	81	ŻÓŁWIK	M60-69	13			00:39:55	01:19:51.40	+00:19:57 (25.0%)	7:59	7.5 (75.0%)
94	CZEMPIK Aniela	26	MALINOWE GWIAZDY	K60-69	6			00:39:26	01:20:10.80	+00:20:17 (25.3%)	8:01	7.5 (75.0%)
95	SĘDZIK Katarzyna	121		K40-49	12			00:39:25	01:20:16.30	+00:20:22 (25.4%)	8:01	7.5 (75.0%)
96	KUTA Marta	74	KUR-TEAM	K50-59	8			00:40:02	01:20:24.60	+00:20:31 (25.5%)	8:02	7.5 (75.0%)
97	RZEPKA Tomasz	117		M50-59	14			00:40:03	01:20:25.45	+00:20:31 (25.5%)	8:02	7.5 (75.0%)
98	WNEK Ewa	152		K60-69	7			00:39:11	01:20:31.30	+00:20:37 (25.6%)	8:03	7.5 (75.0%)
99	GRZEBIELUCH Elżbieta	49	KATOWICKI NORDIC WALKING	K60-69	8			00:40:15	01:20:44.45	+00:20:50 (25.8%)	8:04	7.4 (74.0%)
100	ANYŻ Maria	20	KIJE W DOBRYCH RĘKACH	K60-69	9			00:39:42	01:20:47.65	+00:20:54 (25.9%)	8:04	7.4 (74.0%)
101	PACYNA Danuta	104		K50-59	9			00:41:59	01:21:08.45	+00:21:14 (26.2%)	8:06	7.4 (74.0%)
102	EWERTOWSKA Ewa	37	NORDIC WALKING KIEKRZ POLAND	K50-59	10			00:40:07	01:21:17.85	+00:21:24 (26.3%)	8:07	7.4 (74.0%)
103	TRAUTMANN Piotr	138	OFIARY KAMIEŃCA	M50-59	15			00:39:10	01:21:25.90	+00:21:32 (26.5%)	8:08	7.4 (74.0%)
104	ŁAZORKO Antoni	80	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	M60-69	14			00:41:05	01:21:27.60	+00:21:34 (26.5%)	8:08	7.4 (74.0%)
105	GAIDAS Sebastian	42		M40-49	18	1		00:40:25	01:21:45.15	+00:21:51 (26.7%)	8:10	7.3 (73.0%)

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106	OMARSKA Grażyna	102	PASJA NORDIC WALKING	K60-69	10			00:40:50	01:22:22.40	+00:22:28 (27.3%)	8:14	7.3 (73.0%)
107	LUDYGA Krystian	79		M40-49	19			00:41:27	01:22:49.75	+00:22:56 (27.7%)	8:16	7.2 (72.0%)
108	MROCZEK-KRUPA Teresa	96		K40-49	13			00:41:05	01:23:03.35	+00:23:09 (27.9%)	8:18	7.2 (72.0%)
109	ERNT Grzegorz	36	KLUB BOBRY WALKING	M50-59	16	1		00:41:13	01:23:38.70	+00:23:45 (28.4%)	8:21	7.2 (72.0%)
110	SZCZYPIOR Kinga	132	POLIPACK TEAM GWE	K30-39	6			00:41:23	01:23:46.75	+00:23:53 (28.5%)	8:22	7.2 (72.0%)
111	JEZUSEK Barbara	56	EKIPA NA KIJACH	K60-69	11			00:41:30	01:23:52.90	+00:23:59 (28.6%)	8:23	7.2 (72.0%)
112	GAZDA Dorota	44	STADION ŚLĄSKI	K60-69	12			00:40:56	01:24:00.85	+00:24:07 (28.7%)	8:24	7.1 (71.0%)
113	ZACZYŃSKA Janina	158	KS METRACO POLKOWICE	K70+	2			00:41:17	01:24:02.40	+00:24:08 (28.7%)	8:24	7.1 (71.0%)
114	WŁODARCZYK Małgorzata	151		K50-59	11			00:41:56	01:24:18.75	+00:24:25 (29.0%)	8:25	7.1 (71.0%)
115	DRYGALSKA Aleksandra	31	KIJE W DOBRYCH RĘKACH	K60-69	13			00:41:57	01:24:21.60	+00:24:28 (29.0%)	8:26	7.1 (71.0%)
116	BIEDRA Krystyna	22	KIJE W DOBRYCH RĘKACH	K70+	3			00:41:31	01:24:24.35	+00:24:30 (29.0%)	8:26	7.1 (71.0%)
117	FREJ Anna	168	CIDRY LOTAJOM	K30-39	7			00:42:26	01:24:31.85	+00:24:38 (29.1%)	8:27	7.1 (71.0%)
118	WĄTROBA Sebastian	145	BEL MARE NORDIC WALKING TEAM	M40-49	20			00:42:01	01:24:44.35	+00:24:50 (29.3%)	8:28	7.1 (71.0%)
119	CZERWINSKA Anna	28	NW CZŁAPSKI TEAM	K60-69	14			00:41:37	01:24:55.35	+00:25:01 (29.5%)	8:29	7.1 (71.0%)
120	HOLECKA Beata	52	Z KIJKAMI PO ZDROWIE	K50-59	12			00:41:57	01:25:19.45	+00:25:25 (29.8%)	8:31	7 (70.0%)
121	TURZYŃSKA-STOPA Maria	141	BŁĘKITNI NW DZIEMIANY	K60-69	15			00:42:19	01:25:20.20	+00:25:26 (29.8%)	8:32	7 (70.0%)
122	CZEMPIK Kornelia	27	MALINOWE GWIAZDY	K50-59	13			00:39:05	01:25:31.70	+00:25:38 (30.0%)	8:33	7 (70.0%)
123	GRELA Beatrycze	48		K40-49	14			00:42:27	01:25:43.65	+00:25:50 (30.1%)	8:34	7 (70.0%)
124	LUBAŃSKI Tomasz	78	SERCE NORDICA WŁOCŁAWEK	M60-69	15			00:42:55	01:26:11.40	+00:26:17 (30.5%)	8:37	7 (70.0%)
125	ZAREMBA Katarzyna	161	KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ	K30-39	8			00:41:22	01:26:12.00	+00:26:18 (30.5%)	8:37	7 (70.0%)
126	MAŁKA Irena	86		K60-69	16			00:42:43	01:26:24.25	+00:26:30 (30.7%)	8:38	6.9 (69.0%)
127	DUDEK Sandra	33	LECYMY DURŚ	K18-29	4			00:42:10	01:27:04.30	+00:27:10 (31.2%)	8:42	6.9 (69.0%)
128	NOWAK Joanna	75	CIDRY LOTAJOM	K40-49	15			00:43:50	01:28:41.80	+00:28:48 (32.5%)	8:52	6.8 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
129	TRAUTMANN Bogusia	139	OFIARY KAMIEŃCA	K50-59	14			00:44:20	01:29:05.35	+00:29:11 (32.8%)	8:54	6.7 (67.0%)
130	DRYNDA Franciszek	32	NORDICUS STRZYBNICA	M70+	5			00:43:48	01:29:21.25	+00:29:27 (33.0%)	8:56	6.7 (67.0%)
131	WAWRZYŃCZOK Krzysztof	520	NORDICUS STRZYBNICA	M40-49	21			00:44:15	01:29:32.95	+00:29:39 (33.1%)	8:57	6.7 (67.0%)
132	KRÓL Krystyna	71		K60-69	17			00:44:25	01:29:47.35	+00:29:53 (33.3%)	8:58	6.7 (67.0%)
133	SZKUDLAREK Jarosław	198		M50-59	17			00:45:32	01:30:08.60	+00:30:15 (33.6%)	9:00	6.7 (67.0%)
134	KULIŃSKA Dorota	72	KIJE W DOBRYCH RĘKACH	K60-69	18			00:44:01	01:30:48.10	+00:30:54 (34.0%)	9:04	6.6 (66.0%)
135	KRÓLIKOWSKA-ŁOSKOT Danuta	70	STADION ŚLĄSKI	K60-69	19			00:46:03	01:32:20.15	+00:32:26 (35.1%)	9:14	6.5 (65.0%)
136	OWCZAREK Henryka	103	MARSZ PO ZDROWIE	K70+	4			00:46:25	01:33:19.30	+00:33:25 (35.8%)	9:19	6.4 (64.0%)
137	DUDEK Beata	34	LECYMY DURŚ	K50-59	15			00:45:54	01:33:26.35	+00:33:32 (35.9%)	9:20	6.4 (64.0%)
138	DROZD Krystyna	30	CIDRY LOTAJOM	K50-59	16			00:45:57	01:33:29.60	+00:33:36 (35.9%)	9:20	6.4 (64.0%)
139	SIWCZYK Grażyna	123	LECYMY DURŚ	K60-69	20			00:46:59	01:35:12.55	+00:35:19 (37.1%)	9:31	6.3 (63.0%)
140	KUCZYŃSKI Włodzimierz	188	NORDIC WALKING KIEKRZ POLAND	M60-69	16			00:47:10	01:35:51.50	+00:35:58 (37.5%)	9:35	6.3 (63.0%)
141	WŁOCHOWICZ Olga	150	LECYMY DURŚ	K30-39	9			00:46:45	01:36:23.95	+00:36:30 (37.9%)	9:38	6.2 (62.0%)
DQ	SANIUK Edward	119	FACE NORDIC WALKING TEAM	M70+			1	00:33:17 DQ	01:06:53.40 DQ		0:00	9 (90.0%)
	ROMAŃSKA Katarzyna	113		K50-59				00:49:56 DNF	DNF		-	- (0.0%)
	PAWLIK Michał	165	TREKMONDO	M40-49		2		DNF	DNF		-	- (0.0%)

Znaleziono 144 wynik(ów)