

# PUCHAR POLSKI NW - 5KM

B4SPORT



**Wydarzenie:** Puchar Polski Nordic Walking 2024 -  
Hajńówka - 5/6  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Miasto Gmina  
Wągrowiec  
**Data:** 2024-09-21  
**Miejsce:** Hajńówka  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	281	K.S. VICTORIA POTĘGOWO	M50-54	1	00:29:14.15		5:50	10.3 (100%)
2	CYRUS Bogdan	86		M50-54	2	00:29:41.65	+00:00:27 (1.5%)	5:56	10.1 (98.1%)
3	ZDANOWICZ Arkadiusz	291	K.S. VICTORIA POTĘGOWO	M45-49	1	00:29:44.15	+00:00:30 (1.7%)	5:56	10.1 (98.1%)
4	MARCZAK Tomasz	173	K.S. VICTORIA POTĘGOWO	M18-29	1	00:31:29.75	+00:02:15 (7.2%)	6:17	9.5 (92.2%)
5	ZEMŁA Marcin	294	CIAP CIAP ZEMŁA TEAM	M30-39	1	00:31:34.80	+00:02:20 (7.4%)	6:18	9.5 (92.2%)
6	FRAĆKOWIAK Roman	108	NORDIC SPORT 2021	M55-59	1	00:31:38.60	+00:02:24 (7.6%)	6:19	9.5 (92.2%)
7	BREWCZYŃSKI Marcin	77	POLIPACK TEAM GWE	M30-39	2	00:31:42.85	+00:02:28 (7.8%)	6:20	9.5 (92.2%)
8	MROZIŃSKI Tadeusz	181	NORDIC SPORT 2021	M55-59	2	00:31:53.65	+00:02:39 (8.3%)	6:22	9.4 (91.3%)
9	KUBISZYN Małgorzata	155	K.S. VICTORIA POTĘGOWO	K30-39	1	00:33:16.15	+00:04:02 (12.1%)	6:39	9 (87.4%)
10	DANIELSKI Waldemar	91	K.S. VICTORIA POTĘGOWO	M60-64	1	00:33:20.95	+00:04:06 (12.3%)	6:40	9 (87.4%)
11	FRANCZAK Małgorzata	104	K.S. VICTORIA POTĘGOWO	K18-29	1	00:33:42.10	+00:04:27 (13.3%)	6:44	8.9 (86.4%)
12	ŚLUSARCZYK Marcin	258	WESOŁY BORSUK TEAM	M45-49	2	00:34:13.60	+00:04:59 (14.6%)	6:50	8.8 (85.4%)
13	OKRZESIK-FRAĆKOWIAK Izabela	187	NORDIC SPORT 2021	K55-59	1	00:34:37.15	+00:05:23 (15.6%)	6:55	8.7 (84.5%)
14	WŁODARSKI Radosław	284		M30-39	3	00:34:37.35	+00:05:23 (15.6%)	6:55	8.7 (84.5%)
15	MĘCZYŃSKI Mikołaj	177		M18-29	2	00:34:50.50	+00:05:36 (16.1%)	6:58	8.6 (83.5%)
16	PUKSZTA Krzysztof	211	WESOŁY BORSUK TEAM	M40-44	1	00:34:57.80	+00:05:43 (16.4%)	6:59	8.6 (83.5%)
17	BIELECKA Zuzanna	71	K.S. VICTORIA POTĘGOWO	K40-44	1	00:35:01.50	+00:05:47 (16.5%)	7:00	8.6 (83.5%)
18	HORNOSTAJ Irena	301		K65-69	1	00:35:19.50	+00:06:05 (17.2%)	7:03	8.5 (82.5%)
19	OLSZAŃSKI Karol	188	OPEN SPORT TEAM	M45-49	3	00:35:26.50	+00:06:12 (17.5%)	7:05	8.5 (82.5%)
20	SZCZYGIEŁ Adriana	253	OPEN SPORT TEAM	K40-44	2	00:35:34.10	+00:06:19 (17.8%)	7:06	8.4 (81.6%)
21	WIŚNIEWSKI Mariusz	278	NW CZŁAPSKI TEAM	M50-54	3	00:35:35.60	+00:06:21 (17.9%)	7:07	8.4 (81.6%)
22	PODSIADŁY Stanisław	204	K.S. VICTORIA POTĘGOWO	M65-69	1	00:35:45.55	+00:06:31 (18.2%)	7:09	8.4 (81.6%)
23	ADAMCZYK Adam	56	K.S. VICTORIA POTĘGOWO	M75-79	1	00:35:45.90	+00:06:31 (18.3%)	7:09	8.4 (81.6%)
24	BASA Michał	68		M18-29	3	00:35:47.15	+00:06:33 (18.3%)	7:09	8.4 (81.6%)
25	HRYCIUK Teresa	121	K.S. VICTORIA POTĘGOWO	K60-64	1	00:35:55.95	+00:06:41 (18.6%)	7:11	8.4 (81.6%)
26	HRYCIUK Waldemar	120	KS VICTORIA POTĘGOWO	M65-69	2	00:35:57.85	+00:06:43 (18.7%)	7:11	8.3 (80.6%)
27	GRUSZKA Michał	116	NORDIC SPORT 2021	M45-49	4	00:36:03.65	+00:06:49 (18.9%)	7:12	8.3 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	<b>FRANCZAK Dariusz</b>	<b>106</b>	NW CZŁAPSKI TEAM	M60-64	2	<b>00:36:03.80</b>	+00:06:49 (18.9%)	7:12	8.3 (80.6%)
29	<b>FALKOWSKI Emil</b>	<b>100</b>	MARSZOMANIACY BIELSK PODLASKI	M40-44	2	<b>00:36:08.95</b>	+00:06:54 (19.1%)	7:13	8.3 (80.6%)
30	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>196</b>	OPEN SPORT TEAM	K45-49	1	<b>00:36:14.15</b>	+00:07:00 (19.3%)	7:14	8.3 (80.6%)
31	<b>SŁOWIŃSKA Alicja</b>	<b>242</b>		K55-59	2	<b>00:36:22.55</b>	+00:07:08 (19.6%)	7:16	8.2 (79.6%)
32	<b>SZCZUCKI Miłosz</b>	<b>252</b>	MEDSTOMPERS	M18-29	4	<b>00:36:27.60</b>	+00:07:13 (19.8%)	7:17	8.2 (79.6%)
33	<b>SIWKO Jakub</b>	<b>39</b>	MEDSTOMPERS	M18-29	5	<b>00:36:30.50</b>	+00:07:16 (19.9%)	7:18	8.2 (79.6%)
34	<b>ZAWADZKI Krzysztof</b>	<b>25</b>		M-Niepełnosprawni(B)	1	<b>00:36:51.55</b>	+00:07:37 (20.7%)	7:22	8.1 (78.6%)
35	<b>KACPERSKI Jarosław</b>	<b>129</b>	NIEZESZONY	M-Niepełnosprawni(A)	1	<b>00:36:51.85</b>	+00:07:37 (20.7%)	7:22	8.1 (78.6%)
36	<b>KOWALCZYK Tadeusz</b>	<b>149</b>	NORDIC SPORT 2021	M70-74	1	<b>00:36:53.90</b>	+00:07:39 (20.8%)	7:22	8.1 (78.6%)
37	<b>WIŚNIEWSKI Julian</b>	<b>279</b>	NW CZŁAPSKI TEAM	M-Jun.	1	<b>00:37:05.75</b>	+00:07:51 (21.2%)	7:25	8.1 (78.6%)
38	<b>CHILKIEWICZ Piotr</b>	<b>84</b>	MARSZOMANIACY BIELSK PODLASKI	M40-44	3	<b>00:37:07.50</b>	+00:07:53 (21.3%)	7:25	8.1 (78.6%)
39	<b>ŻYTKOWSKI Andrzej</b>	<b>300</b>	TKKF KRZNA BIAŁA PODLASKA	M60-64	3	<b>00:37:08.55</b>	+00:07:54 (21.3%)	7:25	8.1 (78.6%)
40	<b>KUŁAKOWSKA Halina</b>	<b>160</b>	DRUŻYNA SMA	K45-49	2	<b>00:37:09.05</b>	+00:07:54 (21.3%)	7:25	8.1 (78.6%)
41	<b>CHILKIEWICZ Małgorzata</b>	<b>83</b>	MARSZOMANIACY BIELSK PODLASKI	K40-44	3	<b>00:37:11.60</b>	+00:07:57 (21.4%)	7:26	8.1 (78.6%)
42	<b>REJOWSKA-JURCZAK Agnieszka</b>	<b>213</b>	-	K40-44	4	<b>00:37:13.45</b>	+00:07:59 (21.5%)	7:26	8.1 (78.6%)
43	<b>CZMOCH Marian</b>	<b>88</b>	NORDIC SPORT 2021	M70-74	2	<b>00:37:17.25</b>	+00:08:03 (21.6%)	7:27	8 (77.7%)
44	<b>BASA Jakub</b>	<b>69</b>		M18-29	6	<b>00:37:25.40</b>	+00:08:11 (21.9%)	7:29	8 (77.7%)
45	<b>DZIEDZIK Patrycja</b>	<b>99</b>		K18-29	2	<b>00:37:28.75</b>	+00:08:14 (22.0%)	7:29	8 (77.7%)
46	<b>BURA Grzegorz</b>	<b>80</b>	SZKOŁA PODSTAWOWA NR 3 W HAJNÓWCE	M-Dzieci	1	<b>00:37:43.35</b>	+00:08:29 (22.5%)	7:32	8 (77.7%)
47	<b>RUSINOWICZ Andrzej</b>	<b>218</b>		M80+	1	<b>00:37:44.10</b>	+00:08:29 (22.5%)	7:32	8 (77.7%)
48	<b>SIWKO Michał</b>	<b>239</b>	MEDSTOMPERS	M18-29	7	<b>00:37:46.25</b>	+00:08:32 (22.6%)	7:33	7.9 (76.7%)
49	<b>KUJAWA Michał</b>	<b>158</b>		M18-29	8	<b>00:37:47.30</b>	+00:08:33 (22.6%)	7:33	7.9 (76.7%)
50	<b>NIKITIUK Piotr</b>	<b>254</b>		M-Dzieci	2	<b>00:37:59.70</b>	+00:08:45 (23.1%)	7:35	7.9 (76.7%)
51	<b>KANIA Adam</b>	<b>132</b>	NORDIC SPORT 2021	M60-64	4	<b>00:38:21.55</b>	+00:09:07 (23.8%)	7:40	7.8 (75.7%)
52	<b>WILKANIEC Maciej</b>	<b>277</b>	SZKOŁA PODSTAWOWA NR 3 W HAJNÓWCE	M-Dzieci	3	<b>00:38:41.85</b>	+00:09:27 (24.5%)	7:44	7.8 (75.7%)
53	<b>MASALSKA Ewelina</b>	<b>174</b>	HAJNOWSKI DOM KULTURY	K30-39	2	<b>00:38:42.45</b>	+00:09:28 (24.5%)	7:44	7.8 (75.7%)
54	<b>POGORZELSKI Kamil</b>	<b>205</b>		M18-29	9	<b>00:38:46.95</b>	+00:09:32 (24.6%)	7:45	7.7 (74.8%)
55	<b>JAKUBOWSKI Zbigniew</b>	<b>125</b>		M75-79	2	<b>00:39:04.75</b>	+00:09:50 (25.2%)	7:48	7.7 (74.8%)
56	<b>LESNER Nikodem</b>	<b>165</b>	MARSZOMANIACY BIELSK PODLASKI	M-Dzieci	4	<b>00:39:18.05</b>	+00:10:03 (25.6%)	7:51	7.6 (73.8%)
57	<b>CZAJKA Urszula</b>	<b>87</b>		K70-74	1	<b>00:39:27.05</b>	+00:10:12 (25.9%)	7:53	7.6 (73.8%)
58	<b>RZESZUTEK Edwin</b>	<b>220</b>		M18-29	10	<b>00:39:28.55</b>	+00:10:14 (25.9%)	7:53	7.6 (73.8%)
59	<b>BURA Hanna</b>	<b>79</b>	SZKOŁA PODSTAWOWA NR 3 W HAJNÓWCE	K-Dzieci	1	<b>00:39:31.40</b>	+00:10:17 (26.0%)	7:54	7.6 (73.8%)
60	<b>ALEKSIEJUK Wiktor</b>	<b>60</b>		M60-64	5	<b>00:39:31.60</b>	+00:10:17 (26.0%)	7:54	7.6 (73.8%)
61	<b>KOZŁOWSKI Krzysztof</b>	<b>151</b>	MARSZOMANIACY BIELSK PODLASKI	M45-49	5	<b>00:39:32.75</b>	+00:10:18 (26.1%)	7:54	7.6 (73.8%)
62	<b>KOTOWICZ Joanna</b>	<b>147</b>	MARSZOMANIACY BIELSK PODLASKI	K45-49	3	<b>00:39:34.95</b>	+00:10:20 (26.1%)	7:54	7.6 (73.8%)
63	<b>PALUCH Paweł</b>	<b>192</b>	AVOCADO WELLNESS CLUB	M60-64	6	<b>00:39:45.75</b>	+00:10:31 (26.5%)	7:57	7.5 (72.8%)
64	<b>JAWORSKA Edyta</b>	<b>127</b>	K.S. VICTORIA POTĘGOWO	K45-49	4	<b>00:39:58.75</b>	+00:10:44 (26.9%)	7:59	7.5 (72.8%)
65	<b>ROTKO Marta</b>	<b>217</b>	MEDSTOMPERS	K18-29	3	<b>00:39:58.90</b>	+00:10:44 (26.9%)	7:59	7.5 (72.8%)
66	<b>BOROWSKA Agnieszka</b>	<b>73</b>	MARSZOMANIACY BIELSK PODLASKI	K45-49	5	<b>00:40:00.05</b>	+00:10:45 (26.9%)	8:00	7.5 (72.8%)
67	<b>GIL Maksymilian</b>	<b>112</b>		M18-29	11	<b>00:40:01.05</b>	+00:10:46 (26.9%)	8:00	7.5 (72.8%)
68	<b>SŁAWĘCKI Daniel</b>	<b>240</b>		M18-29	12	<b>00:40:01.75</b>	+00:10:47 (27.0%)	8:00	7.5 (72.8%)
69	<b>KOŁODZIŃSKI Tomasza</b>	<b>141</b>		M-Jun.	2	<b>00:40:05.55</b>	+00:10:51 (27.1%)	8:01	7.5 (72.8%)
70	<b>WITCZAK Katarzyna</b>	<b>280</b>	MEDSTOMPERS	K-Niepełnosprawni(A)	1	<b>00:40:05.80</b>	+00:10:51 (27.1%)	8:01	7.5 (72.8%)
71	<b>GIERŁACHOWSKI Damian</b>	<b>111</b>		M-Dzieci	5	<b>00:40:23.30</b>	+00:11:09 (27.6%)	8:04	7.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
72	<b>PUC Hubert</b>	<b>210</b>	RAKKAR	M-Dzieci	6	<b>00:40:24.05</b>	+00:11:09 (27.6%)	8:04	7.4 (71.8%)
73	<b>KĘDRA Miłosz</b>	<b>135</b>		M18-29	13	<b>00:40:27.90</b>	+00:11:13 (27.8%)	8:05	7.4 (71.8%)
74	<b>TYTUŁA Arkadiusz</b>	<b>269</b>	UNIwersytet Rzeszowski	M-Niepełnosprawni(A)	2	<b>00:40:28.00</b>	+00:11:13 (27.8%)	8:05	7.4 (71.8%)
75	<b>KOWALCZYK Joanna</b>	<b>150</b>	NORDIC SPORT 2021	K50-54	1	<b>00:40:28.80</b>	+00:11:14 (27.8%)	8:05	7.4 (71.8%)
76	<b>DOLATOWSKA Elżbieta</b>	<b>97</b>	K.S. VICTORIA POTĘGOWO	K60-64	2	<b>00:40:29.15</b>	+00:11:15 (27.8%)	8:05	7.4 (71.8%)
77	<b>DANILUK Mirosław</b>	<b>92</b>	WTZ HAJNÓWKA	M-Niepełnosprawni(B)	2	<b>00:40:29.55</b>	+00:11:15 (27.8%)	8:05	7.4 (71.8%)
78	<b>SMOLEWSKA Jolanta</b>	<b>243</b>	MARSZOMANIACY BIELSK PODLASKI	K45-49	6	<b>00:40:30.45</b>	+00:11:16 (27.8%)	8:06	7.4 (71.8%)
79	<b>ZAGRZYWIEC Igor</b>	<b>290</b>		M-Dzieci	7	<b>00:40:49.00</b>	+00:11:34 (28.4%)	8:09	7.3 (70.9%)
80	<b>TRAPSA Hania</b>	<b>266</b>	K.S. VICTORIA POTĘGOWO	K-Dzieci	2	<b>00:41:18.15</b>	+00:12:04 (29.2%)	8:15	7.3 (70.9%)
81	<b>KARANOS Tadeusz</b>	<b>134</b>		M65-69	3	<b>00:41:24.10</b>	+00:12:09 (29.4%)	8:16	7.2 (69.9%)
82	<b>LESNER Anna</b>	<b>164</b>	MARSZOMANIACY BIELSK PODLASKI	K45-49	7	<b>00:41:30.20</b>	+00:12:16 (29.6%)	8:18	7.2 (69.9%)
83	<b>CZYŻ Karolina</b>	<b>89</b>	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	K-Jun.	1	<b>00:41:42.35</b>	+00:12:28 (29.9%)	8:20	7.2 (69.9%)
84	<b>ZDANOWICZ Marta</b>	<b>292</b>	K.S. VICTORIA POTĘGOWO	K45-49	8	<b>00:41:43.60</b>	+00:12:29 (29.9%)	8:20	7.2 (69.9%)
85	<b>KŁOPOTOWSKA Halina</b>	<b>138</b>		K-Niepełnosprawni(A)	2	<b>00:41:52.05</b>	+00:12:37 (30.2%)	8:22	7.2 (69.9%)
86	<b>ŁAWRYNOWICZ Bazyl</b>	<b>169</b>	UTW W HAJNOWCE	M70-74	3	<b>00:42:01.00</b>	+00:12:46 (30.4%)	8:24	7.1 (68.9%)
87	<b>TRUSZKOWSKA Katarzyna</b>	<b>268</b>	MARSZOMANIACY BIELSK PODLASKI	K45-49	9	<b>00:42:03.25</b>	+00:12:49 (30.5%)	8:24	7.1 (68.9%)
88	<b>WOIŃSKA Dorota</b>	<b>285</b>	MARSZOMANIACY BIELSK PODLASKI	K45-49	10	<b>00:42:06.05</b>	+00:12:51 (30.6%)	8:25	7.1 (68.9%)
89	<b>WNUK Michał</b>	<b>51</b>		M18-29	14	<b>00:42:07.25</b>	+00:12:53 (30.6%)	8:25	7.1 (68.9%)
90	<b>PAWEŁKIEWICZ Edyta</b>	<b>197</b>	MARSZOMANIACY BIELSK PODLASKI	K45-49	11	<b>00:42:12.05</b>	+00:12:57 (30.7%)	8:26	7.1 (68.9%)
91	<b>PYSIEWICZ Dorota</b>	<b>212</b>		K18-29	4	<b>00:42:17.80</b>	+00:13:03 (30.9%)	8:27	7.1 (68.9%)
92	<b>FRANCZAK Anna</b>	<b>105</b>	NW CZŁAPSKI TEAM	K55-59	3	<b>00:42:18.15</b>	+00:13:04 (30.9%)	8:27	7.1 (68.9%)
93	<b>THOMALLA Bogdan</b>	<b>264</b>	NORDIC SPORT 2021	M80+	2	<b>00:42:18.20</b>	+00:13:04 (30.9%)	8:27	7.1 (68.9%)
94	<b>KRUPSKA Barbara</b>	<b>153</b>	MEDSTOMPERS	K18-29	5	<b>00:42:18.30</b>	+00:13:04 (30.9%)	8:27	7.1 (68.9%)
95	<b>SATŁAWSKA Kamila</b>	<b>229</b>	MEDSTOMPERS	K18-29	6	<b>00:42:19.65</b>	+00:13:05 (30.9%)	8:27	7.1 (68.9%)
96	<b>CHARYTONIUK-KUŻMA Taida</b>	<b>82</b>	MARSZOMANIACY BIELSK PODLASKI	K40-44	5	<b>00:42:21.55</b>	+00:13:07 (31.0%)	8:28	7.1 (68.9%)
97	<b>GRABARZ Urszula</b>	<b>114</b>	TKKF KRZNA BIAŁA PODLASKA	K60-64	3	<b>00:42:28.10</b>	+00:13:13 (31.2%)	8:29	7.1 (68.9%)
98	<b>BREWCZYŃSKA Milena</b>	<b>20</b>	POLIPACK TEAM GWE	K30-39	3	<b>00:42:32.10</b>	+00:13:17 (31.3%)	8:30	7.1 (68.9%)
99	<b>GRUSZKA Ilona</b>	<b>115</b>	NORDIC SPORT 2021	K-Niepełnosprawni(A)	3	<b>00:42:32.15</b>	+00:13:18 (31.3%)	8:30	7.1 (68.9%)
100	<b>SACZKO Eugeniusz</b>	<b>222</b>		M60-64	7	<b>00:42:33.75</b>	+00:13:19 (31.3%)	8:30	7.1 (68.9%)
101	<b>KOTOWICZ Maja</b>	<b>146</b>	MARSZOMANIACY BIELSK PODLASKI	K-Dzieci	3	<b>00:42:35.15</b>	+00:13:21 (31.3%)	8:31	7 (68.0%)
102	<b>SZADUJA Anna</b>	<b>251</b>	HAJNOWSKIE KIJANKI	K60-64	4	<b>00:42:35.80</b>	+00:13:21 (31.4%)	8:31	7 (68.0%)
103	<b>PAWEŁKIEWICZ Przemysław</b>	<b>198</b>	MARSZOMANIACY BIELSK PODLASKI	M45-49	6	<b>00:42:36.85</b>	+00:13:22 (31.4%)	8:31	7 (68.0%)
104	<b>KROK Agnieszka</b>	<b>152</b>		K40-44	6	<b>00:42:43.45</b>	+00:13:29 (31.6%)	8:32	7 (68.0%)
105	<b>FALKOWSKI Maciej</b>	<b>101</b>		M30-39	4	<b>00:42:53.00</b>	+00:13:38 (31.8%)	8:34	7 (68.0%)
106	<b>MIREK Alicja</b>	<b>180</b>	HAJNOWSKIE KIJANKI	K55-59	4	<b>00:42:55.35</b>	+00:13:41 (31.9%)	8:35	7 (68.0%)
107	<b>ALEKSIEJUK Robert</b>	<b>61</b>		M55-59	3	<b>00:42:57.70</b>	+00:13:43 (31.9%)	8:35	7 (68.0%)
108	<b>SAWICKA Maja</b>	<b>231</b>	SZKOŁA PODSTAWOWA NR 2	K-Dzieci	4	<b>00:43:05.65</b>	+00:13:51 (32.2%)	8:37	7 (68.0%)
109	<b>ŻUKOWSKA Małgorzata</b>	<b>299</b>		K-Dzieci	5	<b>00:43:05.85</b>	+00:13:51 (32.2%)	8:37	7 (68.0%)
110	<b>SWATOWSKA Martyna</b>	<b>250</b>	UNIwersytet Rzeszowski	K18-29	7	<b>00:43:12.75</b>	+00:13:58 (32.3%)	8:38	6.9 (67.0%)
111	<b>JANIEL Anna</b>	<b>126</b>	UTW W HAJNOWCE	K65-69	2	<b>00:43:28.35</b>	+00:14:14 (32.7%)	8:41	6.9 (67.0%)
112	<b>MALINOWSKA Eugenia</b>	<b>172</b>	UTW W HAJNOWCE	K65-69	3	<b>00:43:31.30</b>	+00:14:17 (32.8%)	8:42	6.9 (67.0%)
113	<b>GASOWSKA Walentyna</b>	<b>109</b>		K50-54	2	<b>00:43:31.40</b>	+00:14:17 (32.8%)	8:42	6.9 (67.0%)
114	<b>WAŻ Justyna</b>	<b>272</b>	MARSZOMANIACY BIELSK PODLASKI	K40-44	7	<b>00:43:31.90</b>	+00:14:17 (32.8%)	8:42	6.9 (67.0%)
115	<b>STACHULEC Natalia</b>	<b>245</b>		K18-29	8	<b>00:43:32.45</b>	+00:14:18 (32.9%)	8:42	6.9 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
116	FEDORÓW Oliwia	23		K18-29	9	00:43:33.05	+00:14:18 (32.9%)	8:42	6.9 (67.0%)
117	NERC Dorota	183		K65-69	4	00:43:36.10	+00:14:21 (32.9%)	8:43	6.9 (67.0%)
118	ADAMCZYK Zuzanna	57		K18-29	10	00:43:40.05	+00:14:25 (33.0%)	8:44	6.9 (67.0%)
119	CHOROSZEWSKA Aneta	85	WTZ HAJNÓWKA	K30-39	4	00:43:41.90	+00:14:27 (33.1%)	8:44	6.9 (67.0%)
120	PROKOPIUK Aleksander	207		M75-79	3	00:43:47.00	+00:14:32 (33.2%)	8:45	6.9 (67.0%)
121	SACHARCZUK Joanna	221		K30-39	5	00:43:47.80	+00:14:33 (33.2%)	8:45	6.9 (67.0%)
122	STAWARZ Wiesław	246		M-Niepełnosprawni(B)	3	00:43:52.75	+00:14:38 (33.4%)	8:46	6.8 (66.0%)
123	MŁYNAREK Marlena	11		K18-29	11	00:43:57.80	+00:14:43 (33.5%)	8:47	6.8 (66.0%)
124	MATUSZ Magdalena	176		K18-29	12	00:43:59.55	+00:14:45 (33.5%)	8:47	6.8 (66.0%)
125	KULIK Sławomir	159		M65-69	4	00:44:00.45	+00:14:46 (33.6%)	8:48	6.8 (66.0%)
126	SZPAKOWICZ Martyna	255		K18-29	13	00:44:00.65	+00:14:46 (33.6%)	8:48	6.8 (66.0%)
127	SŁOJEWSKA Ilona	241	NIEZRZESZONA	K50-54	3	00:44:10.05	+00:14:55 (33.8%)	8:50	6.8 (66.0%)
128	MICHAŁOWSKA Urszula	178		K18-29	14	00:44:11.95	+00:14:57 (33.9%)	8:50	6.8 (66.0%)
129	KOT Anna	144	HAJNOWSKI DOM KULTURY	K40-44	8	00:44:23.35	+00:15:09 (34.1%)	8:52	6.8 (66.0%)
130	NIKITIUK Jan	276		M-Niepełnosprawni(B)	4	00:44:31.70	+00:15:17 (34.3%)	8:54	6.7 (65.0%)
131	STEPANIUK Katarzyna	247	MARSZOMANIACY BIELSK PODLASKI	K45-49	12	00:44:38.45	+00:15:24 (34.5%)	8:55	6.7 (65.0%)
132	JURCZUK Małgorzata	128		K40-44	9	00:44:47.25	+00:15:33 (34.7%)	8:57	6.7 (65.0%)
133	LEWKOWICZ Miłosz	167	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	M-Jun.	3	00:45:03.25	+00:15:49 (35.1%)	9:00	6.7 (65.0%)
134	KOMAREWSKI Timur	142	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	M-Jun.	4	00:45:05.70	+00:15:51 (35.2%)	9:01	6.7 (65.0%)
135	KONONIUK Lena	29		K-Dzieci	6	00:45:13.15	+00:15:59 (35.3%)	9:02	6.6 (64.1%)
136	KOŁODZIŃSKA Agnieszka	140		K40-44	10	00:45:25.95	+00:16:11 (35.6%)	9:05	6.6 (64.1%)
137	FRANKOWSKA Anna	107	UTW W HAJNOWCE	K60-64	5	00:45:37.20	+00:16:23 (35.9%)	9:07	6.6 (64.1%)
138	ŁOMASZKIEWICZ Maja	170	SZKOŁA PODSTAWOWA NR 3 W HAJNÓWCE	K-Dzieci	7	00:45:41.00	+00:16:26 (36.0%)	9:08	6.6 (64.1%)
139	KIERDELEWICZ Magdalena	136	SZKOŁA PODSTAWOWA NR 3 W HAJNÓWCE	K-Dzieci	8	00:45:41.65	+00:16:27 (36.0%)	9:08	6.6 (64.1%)
140	KINDZIUK Ewelina	137	WTZ HAJNÓWKA	K-Niepełnosprawni(B)	1	00:45:43.80	+00:16:29 (36.1%)	9:08	6.6 (64.1%)
141	ZAGRZYWIEC Michalina	289		K-Dzieci	9	00:45:51.70	+00:16:37 (36.3%)	9:10	6.5 (63.1%)
142	BOŻKO Ula	75	WTZ HAJNÓWKA	K-Niepełnosprawni(B)	2	00:45:56.10	+00:16:41 (36.4%)	9:11	6.5 (63.1%)
143	KOJŁO Julianna	139	HAJNOWSKI DOM KULTURY	K18-29	15	00:45:57.75	+00:16:43 (36.4%)	9:11	6.5 (63.1%)
144	PONIATOWSKI Heronim	206	UTW W HAJNOWCE	M70-74	4	00:46:05.85	+00:16:51 (36.6%)	9:13	6.5 (63.1%)
145	FALKOWSKI Oskar	16		M-Jun.	5	00:46:09.35	+00:16:55 (36.7%)	9:13	6.5 (63.1%)
146	ZABROCKA Agnieszka	288	MARSZOMANIACY BIELSK PODLASKI	K40-44	11	00:46:10.75	+00:16:56 (36.7%)	9:14	6.5 (63.1%)
147	NESTERUK Teresa	184	UTW W HAJNOWCE	K70-74	2	00:46:13.65	+00:16:59 (36.8%)	9:14	6.5 (63.1%)
148	NIKITIUK Anna	40		K40-44	12	00:46:20.30	+00:17:06 (36.9%)	9:16	6.5 (63.1%)
149	BARTOSZUK Gabriel	66		M-Dzieci	8	00:46:20.65	+00:17:06 (36.9%)	9:16	6.5 (63.1%)
150	ADAMSKA Irena	58	UTW W HAJNOWCE	K65-69	5	00:46:37.80	+00:17:23 (37.3%)	9:19	6.4 (62.1%)
151	DUDZINSKI Janusz	302	SRKS BIAŁYSTOK	M60-64	8	00:46:45.25	+00:17:31 (37.5%)	9:21	6.4 (62.1%)
152	KRUSZEWSKA Małgorzata	154	MARSZOMANIACY BIELSK PODLASKI	K40-44	13	00:46:53.35	+00:17:39 (37.6%)	9:22	6.4 (62.1%)
153	DUDZICZ Barbara	98		K40-44	14	00:47:06.85	+00:17:52 (37.9%)	9:25	6.4 (62.1%)
154	NICZYPORUK Wiktoria	185	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	K-Jun.	2	00:47:09.05	+00:17:54 (38.0%)	9:25	6.4 (62.1%)
155	JAKUBOWSKA Katarzyna	123		K45-49	13	00:47:09.30	+00:17:55 (38.0%)	9:25	6.4 (62.1%)
156	SAJEWICZ Łukasz	226	WTZ HAJNÓWKA	M30-39	5	00:47:09.60	+00:17:55 (38.0%)	9:25	6.4 (62.1%)
157	DĄBROWSKA Lena	96	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	K-Jun.	3	00:47:09.70	+00:17:55 (38.0%)	9:25	6.4 (62.1%)
158	ŻARSKA Katarzyna	298	MARSZOMANIACY BIELSK PODLASKI	K40-44	15	00:47:16.05	+00:18:01 (38.1%)	9:27	6.3 (61.2%)
159	KOTOWICZ Justyna	145	MARSZOMANIACY BIELSK PODLASKI	K30-39	6	00:47:19.55	+00:18:05 (38.2%)	9:27	6.3 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
160	PARUSZEWSKA Zuzanna	194		K18-29	16	00:47:24.25	+00:18:10 (38.3%)	9:28	6.3 (61.2%)
161	ŚWIĘTOCHOWSKA Anna	261		K-Dzieci	10	00:47:24.45	+00:18:10 (38.3%)	9:28	6.3 (61.2%)
162	PLIS Hanna	201		K-Dzieci	11	00:47:30.70	+00:18:16 (38.5%)	9:30	6.3 (61.2%)
163	KUCZKO Iwona	156	HAJNOWSKI DOM KULTURY	K45-49	14	00:47:34.00	+00:18:19 (38.5%)	9:30	6.3 (61.2%)
164	BIRYCKA Justyna	72		K30-39	7	00:47:34.60	+00:18:20 (38.6%)	9:30	6.3 (61.2%)
165	NOWAK Urszula	186		K45-49	15	00:47:35.00	+00:18:20 (38.6%)	9:31	6.3 (61.2%)
166	TELENTEJUK Anna	263	UTW W HAJNOWCE	K70-74	3	00:47:39.70	+00:18:25 (38.7%)	9:31	6.3 (61.2%)
167	BURA Ewa	78		K50-54	4	00:47:40.75	+00:18:26 (38.7%)	9:32	6.3 (61.2%)
168	SIEBIESIEWICZ Barbara	233	MARSZOMANIACY BIELSK PODLASKI	K-Niepełnosprawni(A)	4	00:47:52.70	+00:18:38 (38.9%)	9:34	6.3 (61.2%)
169	ŻAMOJTUK Maria	297	NIEZRZESZONA	K65-69	6	00:48:14.45	+00:19:00 (39.4%)	9:38	6.2 (60.2%)
170	ZABROCKA Paula	287		K18-29	17	00:48:17.75	+00:19:03 (39.5%)	9:39	6.2 (60.2%)
171	OSTASZEWSKA Kamila	190	HAJNOWSKI DOM KULTURY	K18-29	18	00:48:21.40	+00:19:07 (39.5%)	9:40	6.2 (60.2%)
172	MINIUK Joanna	179		K40-44	16	00:48:23.70	+00:19:09 (39.6%)	9:40	6.2 (60.2%)
173	ALEKSIEJUK Katarzyna	59		K40-44	17	00:48:23.80	+00:19:09 (39.6%)	9:40	6.2 (60.2%)
174	GRYCIUK Karolina	118	HAJNOWSKI DOM KULTURY	K18-29	19	00:48:29.55	+00:19:15 (39.7%)	9:41	6.2 (60.2%)
175	GRYGOROWICZ Katarzyna	119		K40-44	18	00:48:39.75	+00:19:25 (39.9%)	9:43	6.2 (60.2%)
175	OSTASZEWSKA Elżbieta	191		K50-54	5	00:48:39.75	+00:19:25 (39.9%)	9:43	6.2 (60.2%)
177	GIERŁACHOWSKA Aleksandra	110		K-Dzieci	12	00:48:46.85	+00:19:32 (40.1%)	9:45	6.2 (60.2%)
178	ŚLUSARCZYK Błażej	259	WESOŁY BORSUK TEAM	M-Dzieci	9	00:48:47.45	+00:19:33 (40.1%)	9:45	6.1 (59.2%)
179	SIEGIEŃ Paulina	234		K30-39	8	00:48:47.55	+00:19:33 (40.1%)	9:45	6.1 (59.2%)
180	JAKUBOWSKA Joanna	124		K40-44	19	00:48:50.85	+00:19:36 (40.1%)	9:46	6.1 (59.2%)
181	BOŻKO Paweł	74	WTZ HAJNÓWKA	M-Niepełnosprawni(B)	5	00:48:52.50	+00:19:38 (40.2%)	9:46	6.1 (59.2%)
182	SAMOCIK Krzysztof	228	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	M-Niepełnosprawni(A)	3	00:48:58.10	+00:19:43 (40.3%)	9:47	6.1 (59.2%)
183	BARTOSZUK Anna	67		K-Dzieci	13	00:49:10.00	+00:19:55 (40.5%)	9:50	6.1 (59.2%)
184	FIEDORUK Antonina	103	UTW W HAJNOWCE	K70-74	4	00:49:11.50	+00:19:57 (40.6%)	9:50	6.1 (59.2%)
185	DAWIDOWSKA Nina	95	UTW W HAJNOWCE	K65-69	7	00:49:31.80	+00:20:17 (41.0%)	9:54	6.1 (59.2%)
186	SIDORUK Irena	232	UTW W HAJNOWCE	K65-69	8	00:49:39.10	+00:20:24 (41.1%)	9:55	6 (58.3%)
187	BARAN Paulina	64		K18-29	20	00:49:44.30	+00:20:30 (41.2%)	9:56	6 (58.3%)
188	URYNOWICZ Otylia	270	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	K-Jun.	4	00:50:10.60	+00:20:56 (41.7%)	10:02	6 (58.3%)
189	SIEMIENIUK Noemi	237	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	K-Jun.	5	00:50:11.15	+00:20:57 (41.7%)	10:02	6 (58.3%)
190	SZPAKOWICZ Jolanta	256		K50-54	6	00:50:18.55	+00:21:04 (41.9%)	10:03	6 (58.3%)
191	ROSIŃSKA Klaudia	216	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	K-Niepełnosprawni(A)	5	00:50:26.10	+00:21:11 (42.0%)	10:05	5.9 (57.3%)
192	ANDREJUK Agnieszka	62	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	K50-54	7	00:50:26.45	+00:21:12 (42.0%)	10:05	5.9 (57.3%)
193	KOROLKO Katarzyna	143	MARSZOMANIACY BIELSK PODLASKI	K45-49	16	00:50:37.75	+00:21:23 (42.3%)	10:07	5.9 (57.3%)
194	SACZKO Helena	223		K60-64	6	00:50:46.30	+00:21:32 (42.4%)	10:09	5.9 (57.3%)
195	WŁASIUK Eliza	282		K30-39	9	00:50:53.10	+00:21:38 (42.5%)	10:10	5.9 (57.3%)
196	WAKULIŃSKA Wakulińska Maja	271	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	K-Jun.	6	00:51:03.90	+00:21:49 (42.7%)	10:12	5.9 (57.3%)
196	ZDANOWSKA Zdanowska Zuzanna	293	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	K-Jun.	6	00:51:03.90	+00:21:49 (42.7%)	10:12	5.9 (57.3%)
198	PUC Agnieszka	209	RAKKAR	K50-54	8	00:51:06.50	+00:21:52 (42.8%)	10:13	5.9 (57.3%)
199	WŁASIUK Taisa	283		K55-59	5	00:51:17.15	+00:22:03 (43.0%)	10:15	5.8 (56.3%)
200	DUDZIŃSKA Lucyna	303	SRKS BIAŁYSTOK	K60-64	7	00:51:47.40	+00:22:33 (43.5%)	10:21	5.8 (56.3%)
201	ŚWIDERSKI Marek	260	WTZ HAJNÓWKA	M-Niepełnosprawni(A)	4	00:51:51.75	+00:22:37 (43.6%)	10:22	5.8 (56.3%)
202	ŁAPIŃSKA Renia	168	WTZ HAJNÓWKA	K-Niepełnosprawni(B)	3	00:52:18.40	+00:23:04 (44.1%)	10:27	5.7 (55.3%)
203	BEREZNIAK Halina	70	KOŁO GOSPODYŃ WIEJSKICH CZOCHOWLANKI	K55-59	6	00:53:17.35	+00:24:03 (45.1%)	10:39	5.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	<b>RYBKA Marian</b>	<b>219</b>	NIEZRZESZONY	M-Niepełnosprawni(B)	6	<b>00:53:20.95</b>	+00:24:06 (45.2%)	10:40	5.6 (54.4%)
205	<b>LASOTA Weronika</b>	<b>162</b>	ZESPÓŁ SZKÓŁ ZAWODOWYCH W HAJNÓWCE	K18-29	21	<b>00:53:36.90</b>	+00:24:22 (45.5%)	10:43	5.6 (54.4%)
206	<b>STUDZIŃSKI Jarosław</b>	<b>248</b>	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	M-Niepełnosprawni(A)	5	<b>00:53:45.60</b>	+00:24:31 (45.6%)	10:45	5.6 (54.4%)
207	<b>SZWARC Eugenia</b>	<b>257</b>	UTW W HAJNOWCE	K65-69	9	<b>00:54:06.90</b>	+00:24:52 (46.0%)	10:49	5.5 (53.4%)
208	<b>HRYNKIEWICZ Alina</b>	<b>122</b>	UTW W HAJNOWCE	K65-69	10	<b>00:54:08.35</b>	+00:24:54 (46.0%)	10:49	5.5 (53.4%)
209	<b>DANILUK Agnieszka</b>	<b>93</b>	KOŁO GOSPODYŃ WIEJSKICH CZOCHOWLANKI	K45-49	17	<b>00:54:12.35</b>	+00:24:58 (46.1%)	10:50	5.5 (53.4%)
210	<b>ŁUKASZUK Halina</b>	<b>171</b>	UTW W HAJNOWCE	K65-69	11	<b>00:54:26.00</b>	+00:25:11 (46.3%)	10:53	5.5 (53.4%)
211	<b>CZYŻEWSKI Mirosław</b>	<b>90</b>	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	M-Niepełnosprawni(A)	6	<b>00:54:40.25</b>	+00:25:26 (46.5%)	10:56	5.5 (53.4%)
212	<b>TARGOSZ Zdzisława</b>	<b>262</b>	UTW W HAJNOWCE	K-Niepełnosprawni(B)	4	<b>00:54:44.90</b>	+00:25:30 (46.6%)	10:56	5.5 (53.4%)
213	<b>KURYTO Maria</b>	<b>161</b>	UTW W HAJNOWCE	K65-69	12	<b>00:54:46.05</b>	+00:25:31 (46.6%)	10:57	5.5 (53.4%)
214	<b>SOŁOWIANIUK Urszula</b>	<b>244</b>	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	K-Niepełnosprawni(A)	6	<b>00:55:52.70</b>	+00:26:38 (47.7%)	11:10	5.4 (52.4%)
215	<b>DANILUK Krystyna</b>	<b>94</b>	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	K50-54	9	<b>00:55:54.45</b>	+00:26:40 (47.7%)	11:10	5.4 (52.4%)
216	<b>LESIAK Izabela</b>	<b>163</b>	ZSZ OHP HAJNÓWKA	K-Jun.	8	<b>00:56:10.80</b>	+00:26:56 (48.0%)	11:14	5.3 (51.5%)
217	<b>BARTOSZUK Agnieszka Bartoszek</b>	<b>65</b>		K40-44	20	<b>00:56:39.80</b>	+00:27:25 (48.4%)	11:19	5.3 (51.5%)
218	<b>PARZYCH Walentyna</b>	<b>195</b>	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	K-Niepełnosprawni(A)	7	<b>00:56:49.90</b>	+00:27:35 (48.6%)	11:21	5.3 (51.5%)
219	<b>ROGOZA Mariola</b>	<b>214</b>	ZESPÓŁ SZKÓŁ ZAWODOWYCH W HAJNÓWCE	K40-44	21	<b>00:58:26.50</b>	+00:29:12 (50.0%)	11:41	5.1 (49.5%)
220	<b>SAJEWICZ Anna</b>	<b>227</b>	ZESPÓŁ SZKÓŁ ZAWODOWYCH W HAJNÓWCE	K-Jun.	9	<b>00:58:26.70</b>	+00:29:12 (50.0%)	11:41	5.1 (49.5%)
221	<b>TROCHIMIUK Leontyna</b>	<b>267</b>	UTW W HAJNOWCE	K80+	1	<b>00:58:27.55</b>	+00:29:13 (50.0%)	11:41	5.1 (49.5%)
222	<b>BÓJKO Bogusława</b>	<b>76</b>	ZESPÓŁ SZKÓŁ ZAWODOWYCH W HAJNÓWCE	K50-54	10	<b>00:58:28.40</b>	+00:29:14 (50.0%)	11:41	5.1 (49.5%)
223	<b>KALINOWSKA Danuta</b>	<b>131</b>	UTW W HAJNOWCE	K70-74	5	<b>00:59:08.65</b>	+00:29:54 (50.6%)	11:49	5.1 (49.5%)
224	<b>SZPAKOWICZ Wiktoria</b>	<b>48</b>		K-Dzieci	14	<b>01:00:32.75</b>	+00:31:18 (51.7%)	12:06	5 (48.5%)
225	<b>NOWICKA Weronika</b>	<b>41</b>		K-Dzieci	15	<b>01:00:33.20</b>	+00:31:19 (51.7%)	12:06	5 (48.5%)
226	<b>ZYSKOWSKA Teresa</b>	<b>305</b>	UTW W HAJNOWCE	K70-74	6	<b>01:00:44.90</b>	+00:31:30 (51.9%)	12:08	4.9 (47.6%)
227	<b>FIEDORUK Anna</b>	<b>102</b>	UTW W HAJNOWCE	K70-74	7	<b>01:00:46.65</b>	+00:31:32 (51.9%)	12:09	4.9 (47.6%)
228	<b>SIEGIEN Zuzanna Jagoda</b>	<b>236</b>	ZSZ OHP HAJNÓWKA	K-Jun.	10	<b>01:00:53.45</b>	+00:31:39 (52.0%)	12:10	4.9 (47.6%)
228	<b>SUPRUN Wiktoria</b>	<b>249</b>		K-Dzieci	16	<b>01:00:53.45</b>	+00:31:39 (52.0%)	12:10	4.9 (47.6%)
230	<b>TICHONIUK Marzena</b>	<b>265</b>		K40-44	22	<b>01:01:30.15</b>	+00:32:16 (52.5%)	12:18	4.9 (47.6%)
231	<b>SIEGIEN Emilia</b>	<b>235</b>		K30-39	10	<b>01:01:30.20</b>	+00:32:16 (52.5%)	12:18	4.9 (47.6%)
232	<b>WILCZEWSKA Wilczewska Agata</b>	<b>275</b>	I LO IM MARII SKŁODOWSKIEJ-CURIE W HAJNÓWCE	K-Jun.	11				(0.0%)
233	<b>ANDREJUK Mirosław</b>	<b>307</b>	ŚRODOWISKOWY DOM SAMOPOMOCY W HAJNÓWCE	M50-54	4				(0.0%)

Znaleziono 233 wynik(ów)