

PUCHAR POLSKI NW - 5KM

B4SPORT



Wydarzenie: Finał Pucharu Polski Nordic Walking 6/6
Organizator: Polskie Zrzeszenie Nordic Walking, Miasto Gmina Wągrowiec
Data: 2024-09-28
Miejsce: Potęgowo
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITUCKI Jacek	208	K.S. VICTORIA POTĘGOWO	M50-54	1			00:14:05	00:28:36.90		5:43	10.5 (100%)
2	ROSAK Marcin	167	K.S. VICTORIA POTĘGOWO	M45-49	1			00:14:06	00:28:53.10	+00:00:16 (0.9%)	5:46	10.4 (99.0%)
3	MARCZAK Tomasz	132	K.S. VICTORIA POTĘGOWO	M18-29	1			00:14:15	00:29:25.95	+00:00:49 (2.8%)	5:53	10.2 (97.1%)
4	ZDANOWICZ Arkadiusz	217	K.S. VICTORIA POTĘGOWO	M45-49	2			00:14:32	00:29:36.30	+00:00:59 (3.3%)	5:55	10.1 (96.2%)
5	CYRUS Bogdan	65		M50-54	2			00:14:20	00:30:09.60	+00:01:32 (5.1%)	6:01	10 (95.2%)
6	FRĄCKOWIAK Roman	78	NORDIC SPORT 2021	M55-59	1	1		00:15:25	00:31:15.45	+00:02:38 (8.5%)	6:15	9.6 (91.4%)
7	MROZIŃSKI Tadeusz	145	NORDIC SPORT 2021	M55-59	2			00:15:22	00:31:15.80	+00:02:38 (8.5%)	6:15	9.6 (91.4%)
8	GAJEWSKI Eugeniusz	79	MIASTO GORZÓW WIELKOPOLSKI	M65-69	1			00:16:06	00:32:35.80	+00:03:58 (12.2%)	6:31	9.2 (87.6%)
9	MICHALSKI Andrzej	137	POLIPACK TEAM GWE	M65-69	2			00:16:09	00:32:36.30	+00:03:59 (12.2%)	6:31	9.2 (87.6%)
10	DANIELSKI Waldemar	69	K.S. VICTORIA POTĘGOWO	M60-64	1			00:16:26	00:33:02.55	+00:04:25 (13.4%)	6:36	9.1 (86.7%)
11	KARPIENIA Ewa	105	K.S. VICTORIA POTĘGOWO	K55-59	1			00:16:34	00:33:05.85	+00:04:28 (13.5%)	6:37	9.1 (86.7%)
12	MAŚLANKA Jacek	134		M60-64	2			00:16:25	00:33:07.30	+00:04:30 (13.6%)	6:37	9.1 (86.7%)
13	FILIPOWICZ Barbara	71	K.S. VICTORIA POTĘGOWO	K45-49	1			00:16:34	00:33:11.85	+00:04:34 (13.8%)	6:38	9 (85.7%)
14	FRANCZAK Małgorzata	75	K.S. VICTORIA POTĘGOWO	K18-29	1			00:16:35	00:33:15.80	+00:04:38 (14.0%)	6:39	9 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto		Różn	Tempo min/km	Tempo km/h
								2.5km	5km			
15	ŚLUSARCZYK Marcin	192	WESOŁY BORSUK TEAM	M45-49	3			00:16:09	00:33:21.20	+00:04:44 (14.2%)	6:40	9 (85.7%)
16	PASIERB Marek	157	K.S. VICTORIA POTĘGOWO	M70-74	1			00:16:41	00:33:26.15	+00:04:49 (14.4%)	6:41	9 (85.7%)
17	BREW CZYŃSKI Marcin	60		M30-39	1			00:16:49	00:33:59.70	+00:05:22 (15.8%)	6:47	8.8 (83.8%)
18	OKRZESIK-FRĄCKOWIAK Izabela	149	NORDIC SPORT 2021	K55-59	2			00:16:56	00:34:09.15	+00:05:32 (16.2%)	6:49	8.8 (83.8%)
19	PUKSZTA Krzysztof	163	WESOŁY BORSUK TEAM	M40-44	1			00:16:13	00:34:15.40	+00:05:38 (16.5%)	6:51	8.8 (83.8%)
20	WŁODARSKI Radosław	209		M30-39	2			00:16:49	00:34:18.00	+00:05:41 (16.6%)	6:51	8.7 (82.9%)
21	BIELECKA Zuzanna	54	K.S. VICTORIA POTĘGOWO	K40-44	1			00:17:05	00:34:20.55	+00:05:43 (16.7%)	6:52	8.7 (82.9%)
22	HRYCIUK Krzysztof	95		M55-59	3			00:16:51	00:34:21.70	+00:05:44 (16.7%)	6:52	8.7 (82.9%)
23	GRUSZKA Michał	83	NORDIC SPORT 2021	M45-49	4			00:17:16	00:34:34.90	+00:05:58 (17.3%)	6:54	8.7 (82.9%)
24	WIŚNIEWSKI Mariusz	205	NW CZŁAPSKI TEAM	M50-54	3			00:17:13	00:34:45.30	+00:06:08 (17.7%)	6:57	8.6 (81.9%)
25	SZCZYGIEŁ Adriana	184	OPEN SPORT TEAM	K40-44	2			00:17:15	00:34:50.65	+00:06:13 (17.9%)	6:58	8.6 (81.9%)
26	HRYCIUK Teresa	93	K.S. VICTORIA POTĘGOWO	K60-64	1			00:17:17	00:34:52.80	+00:06:15 (18.0%)	6:58	8.6 (81.9%)
27	HRYCIUK Waldemar	92	K.S. VICTORIA POTĘGOWO	M65-69	3			00:17:10	00:35:07.40	+00:06:30 (18.5%)	7:01	8.5 (81.0%)
28	PARZYBUT Jan	156	NORDIC SPORT 2021	M55-59	4			00:17:31	00:35:18.00	+00:06:41 (18.9%)	7:03	8.5 (81.0%)
29	PASIŃSKA-SKOWRON Sylwia	158	OPEN SPORT TEAM	K45-49	2			00:17:36	00:35:21.70	+00:06:44 (19.1%)	7:04	8.5 (81.0%)
30	RADZIMSKI Karol	165	NORDIC WALKING KIEKRZ POLAND	M70-74	2			00:17:06	00:35:24.35	+00:06:47 (19.2%)	7:04	8.5 (81.0%)
31	KACPERSKI Jarosław	101	NIEZESZONY	M- Niepełnosprawni(A)	1			00:17:44	00:35:30.75	+00:06:53 (19.4%)	7:06	8.5 (81.0%)
32	KONKOL Andrzej	108	KREATIVSPORT	M65-69	4			00:17:41	00:35:35.50	+00:06:58 (19.6%)	7:07	8.4 (80.0%)
33	ZAWADZKI Krzysztof	216	NW CZŁAPSKI TEAM	M- Niepełnosprawni(B)	1			00:17:51	00:35:43.90	+00:07:07 (19.9%)	7:08	8.4 (80.0%)
34	ADAMCZYK Adam	51	K.S. VICTORIA POTĘGOWO	M75-79	1			00:17:59	00:35:44.15	+00:07:07 (19.9%)	7:08	8.4 (80.0%)
35	KUBISZYN Małgorzata	115	K.S. VICTORIA POTĘGOWO	K30-39	1			00:17:16	00:35:44.65	+00:07:07 (19.9%)	7:08	8.4 (80.0%)
36	KUŁAKOWSKA Halina	116	DRUŻYNA SMA	K45-49	3			00:17:43	00:35:47.50	+00:07:10 (20.1%)	7:09	8.4 (80.0%)
37	FRANCZAK Dariusz	77	NW CZŁAPSKI TEAM	M60-64	3			00:17:48	00:35:54.70	+00:07:17 (20.3%)	7:10	8.4 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto		Różn	Tempo min/km	Tempo km/h
								2.5km	5km			
38	OLSZAŃSKI Karol	150	OPEN SPORT TEAM	M45-49	5			00:17:35	00:36:00.00	+00:07:23 (20.5%)	7:12	8.3 (79.0%)
39	SZYBUT Weronika	188	POTĘGA NORDICA	K-Jun.	1			00:17:51	00:36:00.10	+00:07:23 (20.5%)	7:12	8.3 (79.0%)
40	PODSIADŁY Stanisław	161	K.S. VICTORIA POTĘGOWO	M65-69	5			00:17:44	00:36:22.25	+00:07:45 (21.3%)	7:16	8.2 (78.1%)
41	MROZICKI Andrzej	144	POKÓJ NA ŚWIECIE	M60-64	4			00:17:56	00:36:27.55	+00:07:50 (21.5%)	7:17	8.2 (78.1%)
42	ZAWADZIŃSKI Wiktor	214		M18-29	2	1		00:17:59	00:36:36.45	+00:07:59 (21.8%)	7:19	8.2 (78.1%)
43	MROCZEK Bartosz	143	GMINA POTEGOWO	M18-29	3			00:17:50	00:36:38.80	+00:08:01 (21.9%)	7:19	8.2 (78.1%)
44	OLEJNIK Marzena	25		K55-59	3			00:18:23	00:36:45.20	+00:08:08 (22.1%)	7:21	8.2 (78.1%)
45	SZYCKO Radosław	191		M45-49	6			00:18:10	00:37:04.70	+00:08:27 (22.8%)	7:24	8.1 (77.1%)
46	ŻYTKOWSKI Andrzej	239	TKKF KRZNA	M60-64	5			00:18:22	00:37:08.85	+00:08:31 (23.0%)	7:25	8.1 (77.1%)
47	WIŚNIEWSKI Julian	206	NW CZŁAPSKI TEAM	M-Jun.	1			00:17:58	00:37:13.10	+00:08:36 (23.1%)	7:26	8.1 (77.1%)
48	SERÓWKA Lidia	170	KS NORDIC WALKING PIŁA	K- Niepełnosprawni(A)	1			00:18:27	00:37:21.20	+00:08:44 (23.4%)	7:28	8 (76.2%)
49	CZAJKA Urszula	66		K70-74	1			00:18:25	00:37:21.25	+00:08:44 (23.4%)	7:28	8 (76.2%)
50	KANIA Adam	104	NORDIC SPORT 2021	M60-64	6			00:18:30	00:37:24.35	+00:08:47 (23.5%)	7:28	8 (76.2%)
51	ŁASZCZ Wojciech	127	JA I TY TO MY PIŁA	M- Niepełnosprawni(A)	2			00:18:35	00:37:24.80	+00:08:47 (23.5%)	7:28	8 (76.2%)
52	CZMOCH Marian	68	NORDIC SPORT 2021	M70-74	3			00:18:32	00:37:28.10	+00:08:51 (23.6%)	7:29	8 (76.2%)
53	ŁOZA Bogdan	229	BASZTA BYTÓW	M50-54	4			00:18:42	00:37:33.05	+00:08:56 (23.8%)	7:30	8 (76.2%)
54	BURLIŃSKI Piotr	62	BASZTA BYTÓW	M40-44	2			00:18:37	00:37:40.60	+00:09:03 (24.1%)	7:32	8 (76.2%)
55	WROŃSKI Vlodi	212	K.S. VICTORIA POTĘGOWO	M70-74	4			00:18:45	00:37:49.15	+00:09:12 (24.3%)	7:33	7.9 (75.2%)
56	RUSINOWICZ Andrzej	169		M80+	1			00:18:40	00:37:58.15	+00:09:21 (24.6%)	7:35	7.9 (75.2%)
57	JAKUBOWSKI Zbigniew	97		M75-79	2			00:18:54	00:38:21.75	+00:09:44 (25.4%)	7:40	7.8 (74.3%)
58	KOTUSIEWICZ Maria	111		K60-64	2	1		00:18:58	00:38:30.35	+00:09:53 (25.7%)	7:42	7.8 (74.3%)
59	JAŚKOWSKI Patryk	98	NORDIC SPORT 2021	M40-44	3			00:19:02	00:38:40.75	+00:10:03 (26.0%)	7:44	7.8 (74.3%)
60	GRYGOROWICZ Bogdan	85	KGHM METRACO	M- Niepełnosprawni(B)	2			00:19:11	00:38:47.80	+00:10:10 (26.2%)	7:45	7.7 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
61	HRYCYK Izabela	94		K18-29	2			00:18:28	00:38:53.30	+00:10:16 (26.4%)	7:46	7.7 (73.3%)
62	OLSZEWSKI Wiktor	151	WYŻSZA SZKOŁA NAUK O ZDROWIU W BYDGOSZCZY	M18-29	4	2		00:19:38	00:39:01.40	+00:10:24 (26.7%)	7:48	7.7 (73.3%)
63	ROMAŃAK Danuta	166	BASZTA BYTÓW	K45-49	4			00:19:33	00:39:13.90	+00:10:37 (27.1%)	7:50	7.6 (72.4%)
64	PALUCH Paweł	154	AVOCADO WELLNESS CLUB	M60-64	7			00:19:09	00:39:16.85	+00:10:39 (27.2%)	7:51	7.6 (72.4%)
65	WESOŁOWSKA Milena	202	POTĘGOWO	K-Jun.	2			00:19:23	00:39:18.90	+00:10:42 (27.2%)	7:51	7.6 (72.4%)
66	SOCHA Julia	175	POTĘGOWO	K-Jun.	3			00:19:35	00:39:19.50	+00:10:42 (27.2%)	7:51	7.6 (72.4%)
67	SZMAJDA Filip	186	POTĘGOWO	M-Jun.	2			00:19:52	00:39:42.15	+00:11:05 (27.9%)	7:56	7.6 (72.4%)
68	MALLEK Jolanta	244		K50-54	1			00:20:03	00:39:50.35	+00:11:13 (28.2%)	7:58	7.5 (71.4%)
69	MALLEK Tomasz	243		M50-54	5			00:19:40	00:39:50.40	+00:11:13 (28.2%)	7:58	7.5 (71.4%)
70	NERC Dorota	146		K65-69	1			00:19:44	00:39:51.50	+00:11:14 (28.2%)	7:58	7.5 (71.4%)
71	DOLATOWSKA Elżbieta	70	K.S. VICTORIA POTĘGOWO	K60-64	3			00:19:56	00:39:57.15	+00:11:20 (28.4%)	7:59	7.5 (71.4%)
72	JAWORSKA Edyta	99	K.S. VICTORIA POTĘGOWO	K45-49	5			00:20:08	00:39:58.05	+00:11:21 (28.4%)	7:59	7.5 (71.4%)
73	SUDOŁ Anna	181	BASZTA BYTÓW	K65-69	2			00:20:07	00:40:04.60	+00:11:27 (28.6%)	8:00	7.5 (71.4%)
74	LESNER Nikodem	121	MARSZOMANIACY BIELSK PODLASKI	M-Dzieci	1			00:20:17	00:40:07.25	+00:11:30 (28.7%)	8:01	7.5 (71.4%)
75	LESNER Anna	120	MARSZOMANIACY BIELSK PODLASKI	K45-49	6			00:20:05	00:40:09.90	+00:11:33 (28.8%)	8:01	7.5 (71.4%)
76	BAZNER Paulina	225	BASZTA BYTÓW	K30-39	2			00:19:54	00:40:24.90	+00:11:48 (29.2%)	8:04	7.4 (70.5%)
77	KOTŁOWSKA Lena	110	POTĘGOWO	K-Dzieci	1			00:19:59	00:40:27.70	+00:11:50 (29.3%)	8:05	7.4 (70.5%)
78	BREWZYŃSKA Milena	59	POLIPACK TEAM GWE	K30-39	3			00:20:16	00:40:34.30	+00:11:57 (29.5%)	8:06	7.4 (70.5%)
79	LESKO Tetiana	19		K18-29	3			00:20:27	00:40:36.00	+00:11:59 (29.5%)	8:07	7.4 (70.5%)
80	ZDANOWICZ Marta	218	K.S. VICTORIA POTĘGOWO	K45-49	7			00:20:07	00:40:38.65	+00:12:01 (29.6%)	8:07	7.4 (70.5%)
81	UKLEJA Justyna	248	POTĘGA NORDICA	K40-44	3			00:20:02	00:40:41.50	+00:12:04 (29.7%)	8:08	7.4 (70.5%)
82	CZAJA Wioletta	241		K- Niepełnosprawni(A)	2			00:20:10	00:40:41.80	+00:12:04 (29.7%)	8:08	7.4 (70.5%)
83	WIECZYŃSKI Michał	203		M18-29	5			00:20:15	00:40:47.05	+00:12:10 (29.8%)	8:09	7.4 (70.5%)

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								2.5km	5km			
84	WANDTKE Antoni	201		M70-74	5			00:19:46	00:40:52.00	+00:12:15 (30.0%)	8:10	7.3 (69.5%)
85	GRUSZKA Ilona	84	NORDIC SPORT 2021	K- Niepełnosprawni(A)	3			00:20:35	00:41:30.40	+00:12:53 (31.1%)	8:18	7.2 (68.6%)
86	SZAŁAJ Anna	182	KGHM METRACO	K- Niepełnosprawni(B)	1			00:20:35	00:41:34.85	+00:12:57 (31.2%)	8:18	7.2 (68.6%)
87	THOMALLA Bogdan	199	NORDIC SPORT 2021	M80+	2			00:18:41	00:41:48.75	+00:13:11 (31.6%)	8:21	7.2 (68.6%)
88	ADAMCZYK Bogdan	52	BASZTA BYTÓW	M50-54	6			00:20:11	00:41:50.25	+00:13:13 (31.6%)	8:22	7.2 (68.6%)
89	PIEKARSKI Marek	159	BASZTA BYTÓW	M50-54	7			00:20:26	00:41:51.65	+00:13:14 (31.6%)	8:22	7.2 (68.6%)
90	ANTOSIAK Simonetta	245		K-Jun.	4			00:20:19	00:41:54.30	+00:13:17 (31.7%)	8:22	7.2 (68.6%)
91	FIR Błażej	72		M-Dzieci	2			00:20:10	00:41:58.10	+00:13:21 (31.8%)	8:23	7.1 (67.6%)
92	SZYCA Grażyna	228	BASZTA BYTÓW	K50-54	2			00:21:02	00:42:06.50	+00:13:29 (32.0%)	8:25	7.1 (67.6%)
93	ŚLUSARCZYK Karolina	194	WESOŁY BORSUK TEAM	K18-29	4			00:20:37	00:42:09.80	+00:13:32 (32.1%)	8:25	7.1 (67.6%)
94	BURLIŃSKA Anna	61	BASZTA BYTÓW	K30-39	4			00:20:43	00:42:13.65	+00:13:36 (32.2%)	8:26	7.1 (67.6%)
95	CHMIELEWSKA Barbara	64	BASZTA BYTÓW	K40-44	4			00:20:56	00:42:16.00	+00:13:39 (32.3%)	8:27	7.1 (67.6%)
96	STATNIK Genowefa	179	SUCHY LAS - BIEDRUSKO	K70-74	2			00:20:57	00:42:22.00	+00:13:45 (32.5%)	8:28	7.1 (67.6%)
97	JUREK Łucja	100	POTĘGOWO	K-Dzieci	2			00:20:22	00:42:23.60	+00:13:46 (32.5%)	8:28	7.1 (67.6%)
98	FRANCZAK Anna	76	NW CZŁAPSKI TEAM	K55-59	4			00:21:11	00:42:26.80	+00:13:49 (32.6%)	8:29	7.1 (67.6%)
99	ŁOZA Andżelika	226	BASZTA BYTÓW	K45-49	8			00:21:12	00:42:27.85	+00:13:50 (32.6%)	8:29	7.1 (67.6%)
100	MIELEWCZYK Danuta	138	BASZTA BYTÓW	K45-49	9			00:21:21	00:42:29.65	+00:13:52 (32.7%)	8:29	7.1 (67.6%)
101	BRACH Anna	57	POTĘGOWO	K-Dzieci	3			00:20:51	00:42:42.55	+00:14:05 (33.0%)	8:32	7 (66.7%)
102	GAPSKI Kamil	81		M30-39	3	1		00:19:58	00:42:44.80	+00:14:07 (33.1%)	8:32	7 (66.7%)
103	MOCZULSKA Milena	142	POTĘGOWO	K-Dzieci	4			00:21:19	00:42:49.70	+00:14:12 (33.2%)	8:33	7 (66.7%)
104	SKWAREK Antonina	173	POTĘGOWO	K-Dzieci	5			00:21:20	00:42:50.30	+00:14:13 (33.2%)	8:34	7 (66.7%)
105	STATNIK Tomasz	178	SUCHY LAS - BIEDRUSKO	M70-74	6			00:20:50	00:42:53.15	+00:14:16 (33.3%)	8:34	7 (66.7%)
106	SŁOJEWSKA Ilona	174	NIEZRZESZONA	K50-54	3			00:21:21	00:42:59.05	+00:14:22 (33.4%)	8:35	7 (66.7%)

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								2.5km	5km			
107	NOWAK Sebastian	147		M18-29	6	1		00:20:25	00:43:10.90	+00:14:34 (33.7%)	8:38	6.9 (65.7%)
108	ŻMUDA TRZEBIATOWSKA Katarzyna	219	BASZTA BYTÓW	K55-59	5			00:21:41	00:43:24.90	+00:14:48 (34.1%)	8:40	6.9 (65.7%)
109	GŁUCHACZKA Katarzyna	242		K70-74	3			00:21:29	00:43:27.75	+00:14:50 (34.2%)	8:41	6.9 (65.7%)
110	LITWIN Hanna	124	POTĘGOWO	K-Dzieci	6			00:22:30	00:43:36.55	+00:14:59 (34.4%)	8:43	6.9 (65.7%)
111	RÓŻAŃSKA Kaja	168	POTĘGOWO	K-Dzieci	7			00:21:51	00:43:36.80	+00:14:59 (34.4%)	8:43	6.9 (65.7%)
112		246						00:21:29	00:43:40.50	+00:15:03 (34.5%)	8:44	6.9 (65.7%)
113	LITWIN Dawid	240		M30-39	4			00:25:26	00:43:40.55	+00:15:03 (34.5%)	8:44	6.9 (65.7%)
114	WOJNOWSKA Amelia	210	POTĘGOWO	K-Jun.	5			00:21:29	00:43:41.65	+00:15:04 (34.5%)	8:44	6.9 (65.7%)
115	KONKOL Krystyna	109		K60-64	4			00:21:36	00:43:44.65	+00:15:07 (34.6%)	8:44	6.9 (65.7%)
116	LEWANDOWSKA Marlena	122	BASZTA BYTÓW	K40-44	5			00:21:52	00:43:52.65	+00:15:15 (34.8%)	8:46	6.8 (64.8%)
117	PUCHALSKI Piotr	162	POTĘGOWO	M-Dzieci	3			00:21:36	00:43:56.30	+00:15:19 (34.9%)	8:47	6.8 (64.8%)
118	JABŁOŃSKI Ksawery	247		M-Dzieci	4			00:21:25	00:43:57.55	+00:15:20 (34.9%)	8:47	6.8 (64.8%)
119	HURAS Jagoda	96	POTĘGOWO	K-Dzieci	8			00:21:57	00:44:00.95	+00:15:24 (35.0%)	8:48	6.8 (64.8%)
120	ŚLUSARCZYK Błażej	193	WESOŁY BORSUK TEAM	M-Dzieci	5			00:21:55	00:44:16.60	+00:15:39 (35.4%)	8:51	6.8 (64.8%)
121	STEFAŃSKA Eliza	238	SP POTĘGOWO	K-Dzieci	9			00:22:29	00:44:50.50	+00:16:13 (36.2%)	8:58	6.7 (63.8%)
122	KACZMARCZYK Franciszek	102	RUMIA	M80+	3			00:22:00	00:44:53.70	+00:16:16 (36.3%)	8:58	6.7 (63.8%)
123	GWADERA Oliwia	86	POTĘGOWO	K-Dzieci	10			00:22:32	00:44:59.35	+00:16:22 (36.4%)	8:59	6.7 (63.8%)
124	LABUDA Mikołaj	119	POTĘGOWO	M-Dzieci	6			00:19:30	00:45:30.00	+00:16:53 (37.1%)	9:06	6.6 (62.9%)
125	MIKULSKA Milena	140	POTĘGOWO	K-Jun.	6			00:22:46	00:45:39.70	+00:17:02 (37.3%)	9:07	6.6 (62.9%)
126	ŁASZCZ Ewa	126	JA I TY.TO MY PIŁA	K- Niepełnosprawni(B)	2			00:22:48	00:46:07.85	+00:17:30 (38.0%)	9:13	6.5 (61.9%)
127	MARCHEWKA Julia	131	POTĘGOWO	K-Dzieci	11			00:23:17	00:46:38.10	+00:18:01 (38.6%)	9:19	6.4 (61.0%)
128	RADZIEJEWSKA Angelika	164		K18-29	5			00:23:50	00:46:42.00	+00:18:05 (38.7%)	9:20	6.4 (61.0%)
129	KACZMARCZYK Przemysław	103		M18-29	7	2		00:22:27	00:46:42.65	+00:18:05 (38.7%)	9:20	6.4 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto		Różn	Tempo min/km	Tempo km/h
								2.5km	5km			
130	ŚWIACKA Nikola	196	POTĘGOWO	K-Jun.	7			00:22:58	00:46:51.20	+00:18:14 (38.9%)	9:22	6.4 (61.0%)
131	GORZELAK Agata	82	POTĘGOWO	K-Jun.	8			00:22:57	00:46:51.30	+00:18:14 (38.9%)	9:22	6.4 (61.0%)
132	SZYBUT Roma	187	POTĘGA NORDICA	K40-44	6			00:23:09	00:47:18.10	+00:18:41 (39.5%)	9:27	6.3 (60.0%)
133	KITOWSKA Julia	106		K-Dzieci	12			00:23:14	00:47:53.95	+00:19:17 (40.3%)	9:34	6.3 (60.0%)
134	KWIDZINSKA Julia	118		K-Dzieci	13			00:23:13	00:47:55.05	+00:19:18 (40.3%)	9:35	6.3 (60.0%)
135	BAKOWSKI Rafał	53		M18-29	8			00:23:53	00:48:11.30	+00:19:34 (40.6%)	9:38	6.2 (59.0%)
136	HADASZ Kacper	90		M18-29	9			00:23:53	00:48:12.10	+00:19:35 (40.6%)	9:38	6.2 (59.0%)
137	LITKA Julia	123		K18-29	6			00:23:59	00:48:24.95	+00:19:48 (40.9%)	9:40	6.2 (59.0%)
138	SZMAJDA Oliwia	185	POTĘGOWO	K-Dzieci	14			00:24:10	00:48:31.40	+00:19:54 (41.0%)	9:42	6.2 (59.0%)
139	SZYCKO Laura	190	POTĘGOWO	K-Dzieci	15			00:24:10	00:49:59.40	+00:21:22 (42.8%)	9:59	6 (57.1%)
140	WIŚNIEWSKA Maja	204	POTĘGOWO	K-Dzieci	16			00:24:09	00:51:01.05	+00:22:24 (43.9%)	10:12	5.9 (56.2%)
141	OTOLSKA Weronika	153	POTĘGOWO	K-Dzieci	17			00:26:29	00:51:43.65	+00:23:06 (44.7%)	10:20	5.8 (55.2%)
142	MAZUREK Julia	135		K-Dzieci	18			00:25:39	00:53:08.80	+00:24:31 (46.2%)	10:37	5.6 (53.3%)
143	SIEMASZKO Wojciech	171		M-Jun.	3	1		00:25:23	00:54:21.45	+00:25:44 (47.4%)	10:52	5.5 (52.4%)
144	SZYBUT Milena	189	POTĘGA NORDICA	K-Dzieci	19			00:26:12	00:54:47.70	+00:26:10 (47.8%)	10:57	5.5 (52.4%)
145	ŚMIECHOWSKA Julia	195		K-Dzieci	20			00:25:37	00:56:36.35	+00:27:59 (49.4%)	11:19	5.3 (50.5%)
146	KOWALCZYK Oliwia	112	POTĘGOWO	K-Dzieci	21			00:28:24	00:59:23.75	+00:30:46 (51.8%)	11:52	5.1 (48.6%)
147	OTOLSKA Martyna	152	POTĘGOWO	K-Dzieci	22			00:28:25	00:59:24.05	+00:30:47 (51.8%)	11:52	5.1 (48.6%)
148	MIILLER Antoni	139	POTĘGOWO	M-Dzieci	7			00:21:35		+00:07:30	8:38	6.9 (65.7%)
149	TRAPSIA Hania	200	K.S. VICTORIA POTĘGOWO	K-Dzieci	23			00:21:37		+00:07:32	8:38	6.9 (65.7%)
150	STAROSTECKI Andrzej	233		M45-49	7			00:23:34		+00:09:29	9:25	6.4 (61.0%)
151	MILEWSKI Paweł	141		M- Niepełnosprawni(B)	3			00:23:49		+00:09:44	9:31	6.3 (60.0%)
152	HARASIM Barbara	236		K50-54	4			00:23:53		+00:09:48	9:33	6.3 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	CEPLIŃSKA Wioletta	231		K- Niepełnosprawni(B)	3			00:27:00		+00:12:55	10:48	5.6 (53.3%)
154	GAŁKA Robert	80		M- Niepełnosprawni(B)	4			00:27:01		+00:12:56	10:48	5.6 (53.3%)
155	BINKOWSKA Natalia	234		K- Niepełnosprawni(B)	4			00:29:52		+00:15:47	11:56	5 (47.6%)
156	PŁOTEK Małgorzata	232		K- Niepełnosprawni(B)	5			00:29:57		+00:15:52	11:58	5 (47.6%)
157	MIKWSKA Beata	237		K50-54	5			00:29:57		+00:15:52	11:58	5 (47.6%)
158	MENDYS Krzysztof	235		M- Niepełnosprawni(B)	5							(0.0%)

Znaleziono 158 wynik(ów)