

# PUCHAR POLSKI NW - 5KM

B4SPORT



**Event:** Finał Pucharu Polski Nordic Walking 6/6  
**Organiser:** Polskie Zrzeszenie Nordic Walking, Miasto Gmina Wągrowiec  
**Date:** 2024-09-28  
**Place:** Potęgowo  
**Distance:** 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	WITUCKI Jacek	208	K.S. VICTORIA POTĘGOWO	M50-54	1			00:14:05	<b>00:28:36.90</b>		5:43	10.5 (100%)
2	ROSAK Marcin	167	K.S. VICTORIA POTĘGOWO	M45-49	1			00:14:06	<b>00:28:53.10</b>	+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	<b>00:29:25.95</b>	+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	<b>00:29:36.30</b>	+00:00:59 (3.3%)	5:55	10.1 (96.2%)
5	CYRUS Bogdan	65		M50-54	2			00:14:20	<b>00:30:09.60</b>	+00:01:32 (5.1%)	6:01	10 (95.2%)
6	FRAĆKOWIAK Roman	78	NORDIC SPORT 2021	M55-59	1	1		00:15:25	<b>00:31:15.45</b>	+00:02:38 (8.5%)	6:15	9.6 (91.4%)
7	MROZIŃSKI Tadeusz	145	NORDIC SPORT 2021	M55-59	2			00:15:22	<b>00:31:15.80</b>	+00:02:38 (8.5%)	6:15	9.6 (91.4%)
8	GAJEWSKI Eugeniusz	79	MIASTO GORZÓW WIELKOPOLSKI	M65-69	1			00:16:06	<b>00:32:35.80</b>	+00:03:58 (12.2%)	6:31	9.2 (87.6%)
9	MICHALSKI Andrzej	137	POLIPACK TEAM GWE	M65-69	2			00:16:09	<b>00:32:36.30</b>	+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	<b>00:33:02.55</b>	+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	<b>00:33:05.85</b>	+00:04:28 (13.5%)	6:37	9.1 (86.7%)
12	MAŚLANKA Jacek	134		M60-64	2			00:16:25	<b>00:33:07.30</b>	+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	<b>00:33:11.85</b>	+00:04:34 (13.8%)	6:38	9 (85.7%)
14	FRANCZAK Małgorzata	75	K.S. VICTORIA POTĘGOWO	K18-29	1			00:16:35	<b>00:33:15.80</b>	+00:04:38 (14.0%)	6:39	9 (85.7%)

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

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

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

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

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

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

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
153	<b>CEPLIŃSKA Wioletta</b>	<b>231</b>		K- Niepełnosprawni(B)	3			00:27:00		+00:12:55	10:48	5.6 (53.3%)
154	<b>GAŁKA Robert</b>	<b>80</b>		M- Niepełnosprawni(B)	4			00:27:01		+00:12:56	10:48	5.6 (53.3%)
155	<b>BINKOWSKA Natalia</b>	<b>234</b>		K- Niepełnosprawni(B)	4			00:29:52		+00:15:47	11:56	5 (47.6%)
156	<b>PŁOTEK Małgorzata</b>	<b>232</b>		K- Niepełnosprawni(B)	5			00:29:57		+00:15:52	11:58	5 (47.6%)
157	<b>MIKWSKA Beata</b>	<b>237</b>		K50-54	5			00:29:57		+00:15:52	11:58	5 (47.6%)
158	<b>MENDYS Krzysztof</b>	<b>235</b>		M- Niepełnosprawni(B)	5							(0.0%)

Total 158 results.