



SIANÓW - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR

NORDIC WALKING - 5 KM

B4SPORT
INTELEKTUALNE ŚRODKI SPORTOWE

Organizator: PFNW
Data: 2017-05-01
Miejsce: Sianów
Dystans: 5 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.666km	Start_All 3.332km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	107		M30-39	1			00:04:01	00:09:58	00:20:23	00:30:37.50	00:34:38.60		6:07	9.8 (100%)
2	ROŻYNEK Miron	97		M50-54	1	1		00:04:52	00:10:27	00:21:14	00:32:03.95	00:36:56.15	+00:01:26 (4.5%)	6:24	9.4 (95.9%)
3	WOROCH Roman	131	KS METRACO POLKOWICE	M55-59	1			00:05:04	00:10:36	00:21:22	00:32:04.65	00:37:09.05	+00:01:27 (4.5%)	6:25	9.4 (95.9%)
4	KNITTER Tomasz	56	BŁĘKITNI DZIEMIANY	M18-29	1			00:03:47	00:10:27	00:21:21	00:32:08.05	00:35:55.35	+00:01:30 (4.7%)	6:25	9.3 (94.9%)
5	RE CZULSKI Mariusz	242	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT	M50-54	2	1		00:04:52	00:10:30	00:21:18	00:32:09.40	00:37:01.95	+00:01:31 (4.8%)	6:25	9.3 (94.9%)
6	HAŁAS Marcin	156		M30-39	2			00:04:01	00:10:48	00:21:48	00:32:43.65	00:36:44.75	+00:02:06 (6.4%)	6:32	9.2 (93.9%)
7	KRYŚ Artur	63	KS METRACO POLKOWICE	M45-49	1			00:04:34	00:11:02	00:22:10	00:33:14.90	00:37:49.40	+00:02:37 (7.9%)	6:39	9 (91.8%)
8	KOPCZEWSKI Dariusz	59	FACE NORDIC WALKING TEAM	M50-54	3			00:04:52	00:10:50	00:22:05	00:33:22.90	00:38:14.95	+00:02:45 (8.3%)	6:40	9 (91.8%)
9	POLEWCZAK Mariusz	92	CLLEO ZAWIERCIE	M45-49	2			00:04:35	00:11:03	00:22:11	00:33:25.25	00:38:00.90	+00:02:47 (8.4%)	6:41	9 (91.8%)
10	MACHNIK Janusz	70	CLLEO ZAWIERCIE	M40-44	1			00:04:13	00:11:11	00:22:22	00:33:41.55	00:37:55.05	+00:03:04 (9.1%)	6:44	8.9 (90.8%)
11	RAKUĆ Jakub	94		M18-29	2			00:03:47	00:10:33	00:22:08	00:33:42.55	00:37:29.90	+00:03:05 (9.1%)	6:44	8.9 (90.8%)
12	GŁOWA Michał	30		M-Jun.	1			00:03:35	00:11:05	00:22:37	00:34:00.35	00:37:35.70	+00:03:22 (9.9%)	6:48	8.8 (89.8%)
13	STANISŁAWSKI Jan	104	MARSZ PO ZDROWIE POZNAŃ	M55-59	2			00:05:04	00:11:01	00:22:35	00:34:05.90	00:39:10.60	+00:03:28 (10.2%)	6:49	8.8 (89.8%)
14	KLARKOWSKI Bogdan	53	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	M60-64	1			00:05:21	00:11:00	00:22:33	00:34:06.00	00:39:27.80	+00:03:28 (10.2%)	6:49	8.8 (89.8%)
15	FRĄCKOWIAK Mateusz	25	ZS ROSKO	M-Jun.	2	1		00:03:35	00:11:16	00:23:02	00:34:09.90	00:37:45.80	+00:03:32 (10.4%)	6:50	8.8 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.666km	Start_All 3.332km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 5km	brutto 5km			
16	KNITTER Michał	57	BŁĘKITNI DZIEMIANY	M-Jun.	3			00:03:34	00:11:12	00:22:49	00:34:11.25	00:37:46.00	+00:03:33 (10.4%)	6:50	8.8 (89.8%)
17	CHAMIELEC Bogusław	13	A EMERYT BIEGA	M50-54	4			00:04:50	00:11:11	00:22:38	00:34:14.60	00:39:05.30	+00:03:37 (10.6%)	6:51	8.8 (89.8%)
18	KUŚMIEREK Mateusz	66	BŁĘKITNI DZIEMIANY	M-Jun.	4			00:03:35	00:11:34	00:23:15	00:34:30.10	00:38:05.30	+00:03:52 (11.2%)	6:54	8.7 (88.8%)
19	BREWKA Joachim	8	UNIA MIAST	M50-54	5			00:04:50	00:11:16	00:22:51	00:34:32.20	00:39:23.10	+00:03:54 (11.3%)	6:54	8.7 (88.8%)
20	FRĄCKOWIAK Roman	24	ZS ROSKO	M45-49	3			00:04:35	00:11:10	00:23:00	00:34:40.35	00:39:16.25	+00:04:02 (11.7%)	6:56	8.6 (87.8%)
21	BIK Przemysław	4	KS METRACO POLKOWICE	M-Jun.	5			00:03:35	00:11:35	00:23:16	00:34:48.10	00:38:23.80	+00:04:10 (12.0%)	6:57	8.6 (87.8%)
22	NOWAK Włodzimierz	84	NIEZRZESZONY	M55-59	3	1		00:05:05	00:11:13	00:22:48	00:34:49.40	00:39:54.75	+00:04:11 (12.1%)	6:57	8.6 (87.8%)
23	TOMCZYK Edward	121	MARSZ PO ZDROWIE POZNAŃ	M65-69	1			00:05:42	00:11:25	00:23:10	00:34:51.25	00:40:33.65	+00:04:13 (12.1%)	6:58	8.6 (87.8%)
24	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69	2			00:05:42	00:11:30	00:23:14	00:34:56.55	00:40:39.40	+00:04:19 (12.4%)	6:59	8.6 (87.8%)
25	GRYGOROWICZ Bogdan	39	KS METRACO POLKOWICE	M65-69	3			00:05:43	00:11:30	00:23:12	00:35:11.75	00:40:55.00	+00:04:34 (13.0%)	7:02	8.5 (86.7%)
26	SZUDARSKI Edward	115	DWA KIJE SŁUPSK	M55-59	4			00:05:04	00:11:24	00:23:19	00:35:19.40	00:40:23.80	+00:04:41 (13.3%)	7:03	8.5 (86.7%)
27	LESIŃSKA Marzenna	246		K50-54	1			00:07:52	00:11:43	00:23:34	00:35:21.80	00:43:14.10	+00:04:44 (13.4%)	7:04	8.5 (86.7%)
28	GIERSZEWSKI Arkadiusz	29		M30-39	3	1		00:04:01	00:11:19	00:23:20	00:35:24.95	00:39:26.80	+00:04:47 (13.5%)	7:05	8.5 (86.7%)
29	OKRZESIK-FRĄCKOWIAK Izabela	87	ZS ROSKO	K45-49	1			00:07:36	00:11:39	00:23:45	00:35:28.10	00:43:04.70	+00:04:50 (13.7%)	7:05	8.5 (86.7%)
30	KOMAR Beata	58	FACE NORDIC WALKING TEAM	K45-49	2			00:07:35	00:11:41	00:23:47	00:35:28.20	00:43:03.95	+00:04:50 (13.7%)	7:05	8.5 (86.7%)
31	ROSADZIŃSKI Sławomir	96	LESZNO :)	M45-49	4			00:04:34	00:11:24	00:23:23	00:35:31.15	00:40:05.95	+00:04:53 (13.8%)	7:06	8.4 (85.7%)
32	KALISZ Krzysztof	143	KS METRACO POLKOWICE	M65-69	4			00:05:42	00:11:34	00:23:29	00:35:34.90	00:41:16.95	+00:04:57 (13.9%)	7:06	8.4 (85.7%)
33	WOLNIEWICZ Katarzyna	148	FABRIKANORDIKA	K45-49	3			00:07:34	00:11:40	00:23:46	00:35:41.75	00:43:16.70	+00:05:04 (14.2%)	7:08	8.4 (85.7%)
34	GRUSZKA Michał	36	UNIA MIAST	M-Dzieci	1			00:03:20	00:11:32	00:23:41	00:35:46.80	00:39:07.75	+00:05:09 (14.4%)	7:09	8.4 (85.7%)
35	SZYMSKA Małgorzata	120	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	1			00:06:55	00:11:46	00:23:55	00:35:57.70	00:42:53.55	+00:05:20 (14.8%)	7:11	8.3 (84.7%)
36	WILKOŁEK-SZUDARSKA Saturnina	129	DWA KIJE SŁUPSK	K55-59	1			00:08:05	00:11:52	00:23:59	00:35:58.95	00:44:04.60	+00:05:21 (14.9%)	7:11	8.3 (84.7%)
37	JÓŹWIAK Marianna	42	WTW WŁOCŁAWEK	K40-44	1			00:07:14	00:11:49	00:24:09	00:36:04.00	00:43:18.60	+00:05:26 (15.1%)	7:12	8.3 (84.7%)
38	WAWRZY尼亚K Anna	126	FACE NORDIC WALKING TEAM	K40-44	2			00:07:14	00:11:47	00:24:06	00:36:08.25	00:43:22.50	+00:05:30 (15.3%)	7:13	8.3 (84.7%)
39	MARCINKOWSKA Agnieszka	73	UNIA MIAST	K-Dzieci	1			00:06:27	00:11:45	00:23:56	00:36:12.65	00:42:39.90	+00:05:35 (15.4%)	7:14	8.3 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.666km	Start_All 3.332km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 5km	brutto 5km			
40	GRUSZKA Michał	35	UNIA MIAST	M40-44	2			00:04:13	00:11:48	00:23:59	00:36:13.20	00:40:26.85	+00:05:35 (15.4%)	7:14	8.3 (84.7%)
41	STOLTMANN Helena	108	BŁĘKITNI DZIEMIANY	K55-59	2			00:08:06	00:11:55	00:24:04	00:36:21.15	00:44:27.25	+00:05:43 (15.8%)	7:16	8.3 (84.7%)
42	REZULSKA Katarzyna	243	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT	K45-49	4			00:07:37	00:11:54	00:24:07	00:36:27.40	00:44:04.70	+00:05:49 (16.0%)	7:17	8.2 (83.7%)
43	WOJTACHNIO Edyta	130	FACE NORDIC WALKING TEAM	K45-49	5			00:07:36	00:11:55	00:24:07	00:36:27.80	00:44:04.25	+00:05:50 (16.0%)	7:17	8.2 (83.7%)
44	MIKOŁAJCZAK Jan	78	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:05:20	00:11:50	00:24:06	00:36:34.80	00:41:55.20	+00:05:57 (16.3%)	7:19	8.2 (83.7%)
45	SCHMIDTKE Piotr	99	DWA KIJE SŁUPSK	M45-49	5			00:04:34	00:11:52	00:24:14	00:36:36.50	00:41:11.45	+00:05:59 (16.3%)	7:19	8.2 (83.7%)
46	KASZUBOWSKI Ireneusz	50		M50-54	6	1		00:04:52	00:11:47	00:24:13	00:36:37.15	00:41:30.05	+00:05:59 (16.4%)	7:19	8.2 (83.7%)
47	SZUDARSKI Marek	114	DWA KIJE SŁUPSK	M18-29	3			00:03:47	00:12:06	00:24:22	00:36:37.35	00:40:24.90	+00:05:59 (16.4%)	7:19	8.2 (83.7%)
48	POLISZCZUK Piotr	93	PIERNIKI NA CHODZIE	M55-59	5			00:05:04	00:11:29	00:23:57	00:36:37.90	00:41:42.70	+00:06:00 (16.4%)	7:19	8.2 (83.7%)
49	SZYMAŃSKI Stefan	119	XV KOŁO PZERI DYWITY	M70+	1			00:05:59	00:12:07	00:24:24	00:36:50.50	00:42:50.10	+00:06:13 (16.9%)	7:22	8.1 (82.7%)
50	DOLNA Ewelina	140	KSK ŻYJ AKTYWNIIE KOLCZYGŁOWY	K30-39	2			00:06:56	00:12:19	00:24:45	00:37:08.05	00:44:04.10	+00:06:30 (17.5%)	7:25	8.1 (82.7%)
51	KADECKI Piotr	149	KSIR SPORTICO BIAŁOŚLIWIE	M30-39	4			00:04:01	00:11:55	00:24:59	00:37:14.05	00:41:15.55	+00:06:36 (17.8%)	7:26	8.1 (82.7%)
52	SOBOLEWSKI Marek	238		M45-49	6			00:04:36	00:12:05	00:24:48	00:37:20.90	00:41:57.05	+00:06:43 (18.0%)	7:28	8 (81.6%)
53	POLEWCZAK Aneta	91	CLLEO ZAWIERCIE	K45-49	6			00:07:35	00:12:10	00:24:52	00:37:22.50	00:44:57.60	+00:06:45 (18.1%)	7:28	8 (81.6%)
54	DUDEK Kazimierz	249		M65-69	5			00:05:41	00:12:14	00:24:57	00:37:30.95	00:43:12.45	+00:06:53 (18.4%)	7:30	8 (81.6%)
55	KOWALCZYK Edyta	61		K45-49	7			00:07:34	00:12:16	00:25:04	00:37:35.70	00:45:10.45	+00:06:58 (18.5%)	7:31	8 (81.6%)
56	DUSZEŃKO Damian	145	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:03:48	00:12:53	00:25:25	00:37:48.35	00:41:36.70	+00:07:10 (19.0%)	7:33	7.9 (80.6%)
57	ZIELIŃSKI Andrzej	244		M60-64	2			00:05:21	00:12:17	00:25:04	00:37:48.80	00:43:10.05	+00:07:11 (19.0%)	7:33	7.9 (80.6%)
58	MORYS Agnieszka	79	FABRIKANORDIKA	K30-39	3			00:06:55	00:12:30	00:25:12	00:37:49.70	00:44:44.75	+00:07:12 (19.0%)	7:33	7.9 (80.6%)
59	GOŁĘBIEWSKI Andrzej	31	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	3			00:05:20	00:12:21	00:25:15	00:37:51.80	00:43:12.60	+00:07:14 (19.1%)	7:34	7.9 (80.6%)
60	SULECKA Gabriela	110		K- Niepełnosprawni(A)	1			00:08:39	00:12:38	00:25:18	00:37:51.90	00:46:30.90	+00:07:14 (19.1%)	7:34	7.9 (80.6%)
61	SZYCKO Radek	117	DWA KIJE SŁUPSK	M40-44	3			00:04:12	00:12:12	00:25:05	00:37:52.80	00:42:05.50	+00:07:15 (19.2%)	7:34	7.9 (80.6%)
62	GAŁAŚ Joanna	27	PASJA NORDIC WALKING	K18-29	1			00:06:41	00:12:12	00:25:03	00:37:57.60	00:44:39.45	+00:07:20 (19.3%)	7:35	7.9 (80.6%)
63	NACZK Wiktoria	80	DYNAMIC	K-Jun.	1			00:06:41	00:11:58	00:25:00	00:37:58.85	00:44:40.70	+00:07:21 (19.4%)	7:35	7.9 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.666km	Start_All 3.332km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 5km	brutto 5km			
64	STEMPNIAK Bogdan	105		M-Niepełnosprawni(A)	2			00:05:06	00:12:33	00:25:32	00:38:06.50	00:43:12.95	+00:07:29 (19.6%)	7:37	7.9 (80.6%)
65	DANA Andrzej	18	KLUB NW PATYCZAKI GRUDZIĄDZ	M65-69	6	1		00:05:42	00:11:50	00:24:37	00:38:18.65	00:44:00.75	+00:07:41 (20.1%)	7:39	7.8 (79.6%)
66	SULIKOWSKA Agnieszka	111	PASJA NORDIC WALKING	K30-39	4			00:06:56	00:12:36	00:25:33	00:38:22.70	00:45:19.30	+00:07:45 (20.2%)	7:40	7.8 (79.6%)
67	DZIEMIŃSKI Jan	22	BŁĘKITNI DZIEMIANY	M-Dzieci	2			00:03:20	00:12:12	00:25:03	00:38:24.35	00:41:44.95	+00:07:46 (20.3%)	7:40	7.8 (79.6%)
68	SAKOWSKA Krystyna	98	PASJA NORDIC WALKING	K40-44	3			00:07:15	00:12:33	00:25:32	00:38:25.60	00:45:40.60	+00:07:48 (20.3%)	7:41	7.8 (79.6%)
69	GWAREK Anita	40	PASJA NORDIC WALKING	K45-49	8			00:07:35	00:12:37	00:25:39	00:38:27.00	00:46:02.80	+00:07:49 (20.4%)	7:41	7.8 (79.6%)
70	MIKITIUK Tomasz	76	KIJOWA PARA	M45-49	7			00:04:35	00:12:30	00:25:42	00:38:28.05	00:43:03.90	+00:07:50 (20.4%)	7:41	7.8 (79.6%)
71	GABERT Beata	26	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	9			00:07:35	00:12:39	00:25:44	00:38:30.10	00:46:05.10	+00:07:52 (20.5%)	7:42	7.8 (79.6%)
72	DANA Kazimiera	17	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	1			00:08:24	00:12:46	00:25:46	00:38:33.75	00:46:57.80	+00:07:56 (20.6%)	7:42	7.8 (79.6%)
73	PILECKA PRĄDZYŃSKA Anna	90	PENDOLINO	K60-64	2			00:08:22	00:12:33	00:25:42	00:38:34.20	00:46:57.00	+00:07:56 (20.6%)	7:43	7.8 (79.6%)
74	GIERSZEWSKA Magdalena	28	ŻYJ AKTYWNIE	K40-44	4			00:07:14	00:12:47	00:25:35	00:38:36.20	00:45:50.70	+00:07:58 (20.7%)	7:43	7.8 (79.6%)
75	KREZMER Marzena	62	CLLEO ZAWIERCIE	K30-39	5			00:06:57	00:12:45	00:25:41	00:38:36.30	00:45:33.45	+00:07:58 (20.7%)	7:43	7.8 (79.6%)
76	GRYGOROWICZ Teresa	38	KS METRACO POLKOWICE	K65-69	1			00:08:37	00:12:34	00:25:25	00:38:37.05	00:47:14.95	+00:07:59 (20.7%)	7:43	7.8 (79.6%)
77	RAKUĆ Angelika	95	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:06:42	00:12:14	00:25:15	00:38:40.95	00:45:23.35	+00:08:03 (20.8%)	7:44	7.8 (79.6%)
78	GRABNA Joanna	32		K30-39	6			00:06:58	00:12:38	00:25:49	00:38:43.25	00:45:41.55	+00:08:05 (20.9%)	7:44	7.7 (78.6%)
79	LORENS Kazimierz	68	CLLEO ZAWIERCIE	M60-64	4			00:05:20	00:12:30	00:25:28	00:38:52.10	00:44:12.25	+00:08:14 (21.2%)	7:46	7.7 (78.6%)
80	MALKIEWICZ Małgorzata	71	ŻYJ AKTYWNIE	K50-54	2			00:07:52	00:13:02	00:26:08	00:39:05.85	00:46:58.75	+00:08:28 (21.7%)	7:49	7.7 (78.6%)
81	KABACIŃSKI Maciej	45	FACE NORDIC WALKING TEAM	M45-49	8			00:04:36	00:12:58	00:26:12	00:39:09.80	00:43:46.25	+00:08:32 (21.8%)	7:50	7.7 (78.6%)
82	KĘDZIERSKA Edyta	142	PFNW	K40-44	5			00:07:15	00:13:03	00:26:13	00:39:35.80	00:46:51.10	+00:08:58 (22.7%)	7:55	7.6 (77.6%)
83	JÓŹWIAK Łukasz	43	WTW WŁOCŁAWEK	M-Niepełnosprawni(A)	3			00:06:00	00:12:37	00:26:12	00:39:42.40	00:45:43.20	+00:09:04 (22.9%)	7:56	7.6 (77.6%)
84	SZYCKO Oliwia	116	DWA KIJE SŁUPSK	K-Dzieci	2			00:06:26	00:12:56	00:26:08	00:39:45.70	00:46:12.50	+00:09:08 (23.0%)	7:57	7.5 (76.5%)
85	WARUSZEWSKA Emilia	125	BIEGAJĄCY TCZEW	K-Jun.	2			00:06:41	00:12:45	00:26:19	00:39:46.80	00:46:28.70	+00:09:09 (23.0%)	7:57	7.5 (76.5%)
86	SŁOMIŃSKA Marta	103	BŁĘKITNI DZIEMIANY	K18-29	3			00:06:42	00:13:01	00:26:42	00:39:52.25	00:46:34.65	+00:09:14 (23.2%)	7:58	7.5 (76.5%)
87	NOWAK Jakub	82	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	3			00:03:19	00:12:30	00:25:53	00:39:54.15	00:43:14.10	+00:09:16 (23.3%)	7:59	7.5 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.666km	Start_All 3.332km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 5km	brutto 5km			
88	CHOLEWKA Jolanta	14	MARSZ PO ZDROWIE POZNAŃ	K60-64	3			00:08:23	00:13:17	00:26:47	00:40:17.25	00:48:40.85	+00:09:39 (24.0%)	8:03	7.4 (75.5%)
89	KULIG Bożena	64	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	4			00:08:22	00:13:19	00:26:56	00:40:20.75	00:48:43.55	+00:09:43 (24.1%)	8:04	7.4 (75.5%)
90	ŻYWICKA Irena	137	BŁĘKITNI DZIEMIANY	K60-64	5			00:08:24	00:13:16	00:26:46	00:40:22.60	00:48:47.50	+00:09:45 (24.2%)	8:04	7.4 (75.5%)
91	KADECKI Konrad	47	KSIR SPORTICO BIAŁOŚLIWIE	M-Dzieci	4			00:03:19	00:12:37	00:26:13	00:40:25.20	00:43:45.10	+00:09:47 (24.2%)	8:05	7.4 (75.5%)
92	DUSZEŃKO Jakub	147	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			00:03:36	00:13:10	00:26:31	00:40:25.25	00:44:01.45	+00:09:47 (24.2%)	8:05	7.4 (75.5%)
93	ROMANOWSKA Agata	241		K-Dzieci	3			00:06:26	00:12:47	00:26:32	00:40:29.40	00:46:56.35	+00:09:51 (24.4%)	8:06	7.4 (75.5%)
94	KNITTER Monika	54		K30-39	7			00:06:56	00:12:58	00:26:50	00:40:30.90	00:47:27.50	+00:09:53 (24.4%)	8:06	7.4 (75.5%)
95	ANTONIAK Alicja	3		K50-54	3			00:07:53	00:13:22	00:27:05	00:40:36.20	00:48:29.80	+00:09:58 (24.6%)	8:07	7.4 (75.5%)
96	SIEMIENIEC Ewelina	100	BIAŁOŁĘKA NORDIC WALKING TEAM	K30-39	8			00:06:55	00:13:23	00:27:08	00:40:48.20	00:47:43.75	+00:10:10 (24.9%)	8:09	7.4 (75.5%)
97	FOLWARSKA Małgorzata	23	FACE NORDIC WALKING TEAM	K55-59	3			00:08:07	00:13:26	00:27:04	00:40:51.10	00:48:58.10	+00:10:13 (25.0%)	8:10	7.3 (74.5%)
98	KALINOWSKA Jolanta	48	CHEMACK	K45-49	10			00:07:36	00:13:33	00:27:26	00:41:04.55	00:48:41.15	+00:10:27 (25.4%)	8:13	7.3 (74.5%)
99	KUŚMIEREK Beata	65	BŁĘKITNI DZIEMIANY	K40-44	6			00:07:15	00:13:34	00:27:36	00:41:06.80	00:48:22.60	+00:10:29 (25.5%)	8:13	7.3 (74.5%)
100	WOROCH Jolanta	132	DOPIEWO	K50-54	4			00:07:53	00:13:30	00:27:48	00:41:18.65	00:49:12.45	+00:10:41 (25.9%)	8:15	7.3 (74.5%)
101	SZCZYPEK Elżbieta	141	DWA KIJE SŁUPSK	K60-64	6			00:08:22	00:13:40	00:27:47	00:41:35.00	00:49:57.70	+00:10:57 (26.4%)	8:19	7.2 (73.5%)
102	SZAL Marzena	112	BIAŁOŁĘKA NORDIC WALKING TEAM	K30-39	9			00:06:54	00:13:43	00:27:50	00:41:42.50	00:48:37.20	+00:11:05 (26.6%)	8:20	7.2 (73.5%)
103	ŻAMOJCIN Małgorzata	136	NIEZRZESZONA	K55-59	4			00:08:06	00:13:25	00:27:51	00:41:50.05	00:49:56.75	+00:11:12 (26.8%)	8:22	7.2 (73.5%)
104	MARCINKOWSKA Renata	72	FACE NORDIC WALKING TEAM	K65-69	2			00:08:37	00:13:38	00:27:42	00:41:51.95	00:50:29.80	+00:11:14 (26.8%)	8:22	7.2 (73.5%)
105	DUSZEŃKO Zygmunt	20	KS METRACO POLKOWICE	M55-59	6	6 min kary		00:01:01	00:11:43	00:23:43	00:41:58.80	00:43:00.00	+00:11:21 (27.0%)	8:23	7.1 (72.4%)
106	SZAŁACIŃSKI Grzegorz	113	CHEMACK	M55-59	7			00:05:05	00:13:41	00:27:51	00:42:00.45	00:47:06.05	+00:11:22 (27.1%)	8:24	7.1 (72.4%)
107	MARCZUK Monika	74	BIAŁOŁĘKA NORDIC WALKING TEAM	K40-44	7			00:07:15	00:14:03	00:28:27	00:42:02.45	00:49:17.65	+00:11:24 (27.2%)	8:24	7.1 (72.4%)
108	GRUDNOWSKA Wiktoria	33	BŁĘKITNI DZIEMIANY	K-Dzieci	4			00:06:26	00:12:53	00:28:06	00:42:02.65	00:48:28.80	+00:11:25 (27.2%)	8:24	7.1 (72.4%)
109	CYRA Grażyna	15		K60-64	7			00:08:24	00:13:52	00:28:08	00:42:07.75	00:50:31.90	+00:11:30 (27.3%)	8:25	7.1 (72.4%)
110	GRUDNOWSKI Norbert	34	BŁĘKITNI DZIEMIANY	M-Dzieci	5			00:03:19	00:12:56	00:27:11	00:42:09.25	00:45:29.20	+00:11:31 (27.4%)	8:26	7.1 (72.4%)
111	WYSOCKI Gabriel	133	BŁĘKITNI DZIEMIANY	M-Dzieci	6			00:03:21	00:13:18	00:27:34	00:42:12.35	00:45:33.70	+00:11:34 (27.4%)	8:26	7.1 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.666km	Start_All 3.332km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
112	SZYMAŃSKA Lucyna	118	XV KOŁO PZERI DYWITY	K- Niepełnosprawni(A)	2			00:08:38	00:13:36	00:27:52	00:42:14.50	00:50:52.75	+00:11:37 (27.5%)	8:26	7.1 (72.4%)
113	KADECKA Konstancja	46	KSIR SPORTICO BIAŁOŚLIWIE	K-Dzieci	5			00:06:27	00:13:44	00:28:13	00:42:31.10	00:48:58.85	+00:11:53 (28.0%)	8:30	7.1 (72.4%)
114	BRUSKA Mariola	9	BŁĘKITNI DZIEMIANY	K50-54	5			00:07:54	00:14:12	00:28:33	00:42:32.15	00:50:26.45	+00:11:54 (28.0%)	8:30	7.1 (72.4%)
115	NOWROTEK Urszula	247		K50-54	6			00:07:53	00:13:59	00:28:25	00:43:01.95	00:50:55.55	+00:12:24 (28.8%)	8:36	7 (71.4%)
116	CETERA Janusz	12	EKSPEDYCJA NORDIC TEAM SZCZECIN	M- Niepełnosprawni(B)	3			00:05:06	00:13:52	00:28:39	00:43:16.50	00:48:22.80	+00:12:39 (29.2%)	8:39	6.9 (70.4%)
117	WAŚOWSKA Monika	128	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	K30-39	10			00:06:56	00:14:01	00:28:36	00:43:21.25	00:50:17.90	+00:12:43 (29.4%)	8:40	6.9 (70.4%)
118	WALCZYK Anna	240		K30-39	11			00:07:15	00:14:24	00:29:06	00:43:22.15	00:50:38.10	+00:12:44 (29.4%)	8:40	6.9 (70.4%)
119	WALO Zbigniew	123	X	M- Niepełnosprawni(A)	4			00:06:00	00:13:56	00:28:36	00:43:47.95	00:49:48.90	+00:13:10 (30.1%)	8:45	6.8 (69.4%)
120	PROKOP Beata	239	BIAŁOŁĘKA NORDIC WALKING TEAM	K50-54	7			00:07:52	00:13:51	00:29:05	00:43:54.90	00:51:47.70	+00:13:17 (30.3%)	8:47	6.8 (69.4%)
121	SUDOŁ Irena	109		K55-59	5			00:08:07	00:14:21	00:29:22	00:44:01.75	00:52:08.75	+00:13:24 (30.4%)	8:48	6.8 (69.4%)
122	NIECHWIEJCZYK Kinga	81	UNIA MIAST	K-Dzieci	6			00:06:27	00:14:13	00:29:23	00:44:02.95	00:50:30.50	+00:13:25 (30.5%)	8:48	6.8 (69.4%)
123	BŁASZCZYK Katarzyna	6	KIJANKI POZNAŃ	K45-49	11			00:07:37	00:14:49	00:30:07	00:44:25.20	00:52:02.30	+00:13:47 (31.1%)	8:53	6.8 (69.4%)
124	DUSZEŃKO Maciej	146	KS METRACO POLKOWICE	M18-29	4	1 + 2 min kary		00:01:02	00:13:39	00:28:17	00:44:58.80	00:46:01.00	+00:14:21 (31.9%)	8:59	6.7 (68.4%)
125	STĘPNIEWSKA Agnieszka	106		K30-39	12			00:07:16	00:15:01	00:30:16	00:45:14.75	00:52:31.40	+00:14:37 (32.3%)	9:03	6.6 (67.3%)
126	ZAJĄCZKOWSKA Jadwiga	134	KS METRACO POLKOWICE	K40-44	8			00:07:16	00:15:01	00:30:20	00:45:18.45	00:52:35.10	+00:14:40 (32.4%)	9:03	6.6 (67.3%)
127	JÓŹWIAK Dominik	44	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	4			00:05:59	00:14:23	00:29:49	00:45:20.95	00:51:20.45	+00:14:43 (32.5%)	9:04	6.6 (67.3%)
128	DEMBOWIAK Wanda	19	MŁODZI DUCHEM	K65-69	3			00:08:39	00:14:42	00:30:03	00:45:23.10	00:54:02.20	+00:14:45 (32.5%)	9:04	6.6 (67.3%)
129	OGONOWSKA Edyta	86	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	6			00:08:05	00:14:52	00:30:19	00:45:44.90	00:53:50.85	+00:15:07 (33.1%)	9:09	6.6 (67.3%)
130	ZIELIŃSKA Elżbieta	245		K60-64	8			00:08:24	00:15:19	00:30:49	00:46:05.25	00:54:29.90	+00:15:27 (33.6%)	9:13	6.5 (66.3%)
131	PANKIEWICZ-DMOWSKA Cecylia	88		K65-69	4	1		00:08:38	00:14:51	00:30:16	00:46:10.75	00:54:48.90	+00:15:33 (33.7%)	9:14	6.5 (66.3%)
132	SZYMULA-WECHTA Agnieszka	139	KS METRACO POLKOWICE	K40-44	9			00:07:15	00:15:08	00:30:35	00:46:11.80	00:53:27.60	+00:15:34 (33.7%)	9:14	6.5 (66.3%)
133	MIKITIUK Beata	77	KIJOWA PARA	K45-49	12			00:07:36	00:15:42	00:31:41	00:46:32.75	00:54:09.65	+00:15:55 (34.2%)	9:18	6.4 (65.3%)
134	BUDASZ Grażyna	10	PILSCY MIŁOŚNICY NW	K60-64	9			00:08:25	00:15:40	00:31:10	00:46:49.65	00:55:15.05	+00:16:12 (34.6%)	9:22	6.4 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.666km	Start_All 3.332km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
135	BUDASZ Krzysztof	11	PILSCY MIŁOŚNICY NW	M60-64	5			00:05:21	00:15:46	00:31:42	00:47:08.45	00:52:30.35	+00:16:30 (35.0%)	9:25	6.4 (65.3%)
136	SUCHECKA Regina	248		K60-64	10			00:08:24	00:15:32	00:31:32	00:47:51.55	00:56:16.45	+00:17:14 (36.0%)	9:34	6.3 (64.3%)
137	KILAR Oliwia	52	RODZINKA KILAR (PL)	K-Dzieci	7			00:06:27	00:15:10	00:31:44	00:47:57.30	00:54:25.10	+00:17:19 (36.1%)	9:35	6.3 (64.3%)
138	JAZOWIT-KRAWCZYK Ewa	41		K50-54	8			00:07:54	00:15:38	00:31:47	00:48:07.90	00:56:02.75	+00:17:30 (36.4%)	9:37	6.2 (63.3%)
139	DUSZEŃKO Elwira	144	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	3			00:07:35	00:15:59	00:32:34	00:48:13.00	00:55:48.90	+00:17:35 (36.5%)	9:38	6.2 (63.3%)
140	ALESZCZYK Marek	2		M50-54	7			00:04:51	00:15:19	00:31:58	00:48:44.90	00:53:35.90	+00:18:07 (37.2%)	9:44	6.2 (63.3%)
141	BARTNIK Marian	250	TKKF KOSZALIN	M70+	2	1		00:06:00	00:14:53	00:31:33	00:49:03.95	00:55:04.30	+00:18:26 (37.6%)	9:48	6.1 (62.2%)
142	BŁASZCZYK Łukasz	7	KIJANKI POZNAŃ	M40-44	4			00:04:13	00:16:25	00:33:36	00:50:08.20	00:54:21.70	+00:19:30 (38.9%)	10:01	6 (61.2%)
143	CYRA Zbigniew	16		M65-69	7			00:05:41	00:16:32	00:33:58	00:51:42.10	00:57:23.80	+00:21:04 (40.8%)	10:20	5.8 (59.2%)
144	SKORUPSKI Janusz	101	MŁODZI DUCHEM	M65-69	8			00:05:43	00:17:11	00:34:58	00:53:15.55	00:58:59.25	+00:22:38 (42.5%)	10:39	5.6 (57.1%)
145	KADECKA Elwira	150	KSIR SPORTICO BIAŁOŚLIWIE	K30-39	13			00:06:55	00:17:30	00:35:48	00:53:48.10	01:00:43.10	+00:23:10 (43.1%)	10:45	5.6 (57.1%)
146	NOWAK Maja	83	KLUB NW PATYCZAKI GRUDZIĄDZ	K-Dzieci	8			00:06:26	00:17:24	00:38:27	01:00:42.65	01:07:09.45	+00:30:05 (49.6%)	12:08	4.9 (50.0%)
DQ	NOWROTEK Roman	85		M65-69			1	DQ	00:11:28 DQ	00:23:28 DQ	00:35:43.65 DQ	DQ	-	-	- (0.0%)

Znaleziono 147 wynik(ów)