

# SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING - 5 KM

B4SPORT  
INTELEKTUALNE SPORTOWE

**Wydarzenie:** PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-07-22  
**Miejsce:** Skrwilno  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>RAJEWSKI Sebastian</b>	<b>172</b>	KS IDMAR RACING TEAM	M45-49	1			00:03:31	00:15:16	<b>00:30:59.30</b>	<b>00:34:30.50</b>		6:11	9.7 (100%)
2	<b>BIŃCZYK Dariusz</b>	<b>57</b>	ZABIEGANI CZĘSTOCHOWA	M30-39	1			00:02:36	00:15:33	<b>00:31:16.10</b>	<b>00:33:52.90</b>	+00:00:16 (0.9%)	6:15	9.6 (99.0%)
3	<b>WOROCH Roman</b>	<b>230</b>	KS METRACO POLKOWICE	M60-64	1			00:04:44	00:15:33	<b>00:31:20.95</b>	<b>00:36:04.95</b>	+00:00:21 (1.2%)	6:16	9.6 (99.0%)
4	<b>RECZULSKI Mariusz</b>	<b>320</b>	KABEX PODKOWA JANÓW	M50-54	1			00:03:54	00:16:14	<b>00:32:25.20</b>	<b>00:36:19.35</b>	+00:01:25 (4.4%)	6:29	9.3 (95.9%)
5	<b>FRĄCOWIAK Roman</b>	<b>93</b>	KS METRACO POLKOWICE	M50-54	2			00:03:54	00:16:18	<b>00:32:46.75</b>	<b>00:36:41.15</b>	+00:01:47 (5.5%)	6:33	9.2 (94.8%)
6	<b>RADOMSKI Marcin</b>	<b>171</b>	NW CZŁAPSKI PŁOCK	M40-44	1			00:03:09	00:16:03	<b>00:32:50.55</b>	<b>00:36:00.05</b>	+00:01:51 (5.6%)	6:34	9.1 (93.8%)
7	<b>SCHRÖDER Karol</b>	<b>181</b>	SILESIA NORDIC TEAM	M40-44	2			00:03:09	00:16:04	<b>00:32:52.35</b>	<b>00:36:02.20</b>	+00:01:53 (5.7%)	6:34	9.1 (93.8%)
8	<b>CZŁAPSKI Krzysztof</b>	<b>81</b>	NW CZŁAPSKI PŁOŃSK	M55-59	1			00:04:22	00:16:24	<b>00:33:18.45</b>	<b>00:37:41.05</b>	+00:02:19 (7.0%)	6:39	9 (92.8%)
9	<b>TRZCIŃSKI Eugeniusz</b>	<b>208</b>	SPORT I REKREACJA START (CHEŁMNO)	M60-64	2			00:04:43	00:16:38	<b>00:34:00.65</b>	<b>00:38:44.35</b>	+00:03:01 (8.9%)	6:48	8.8 (90.7%)
10	<b>CIESIELSKI Jan</b>	<b>77</b>	PARKRUN TORUŃ	M45-49	2			00:03:31	00:17:06	<b>00:34:20.40</b>	<b>00:37:52.10</b>	+00:03:21 (9.8%)	6:52	8.7 (89.7%)
11	<b>SZYMAŃSKI Zbigniew</b>	<b>316</b>		M55-59	2			00:04:23	00:17:10	<b>00:34:41.80</b>	<b>00:39:05.45</b>	+00:03:42 (10.7%)	6:56	8.6 (88.7%)
12	<b>BARANOWSKI Romuald</b>	<b>239</b>	DYNAMIC	M50-54	3			00:03:53	00:16:45	<b>00:34:42.50</b>	<b>00:38:35.75</b>	+00:03:43 (10.7%)	6:56	8.6 (88.7%)
13	<b>WASIELEWSKI Mirosław</b>	<b>217</b>	ELBLĄGSKIE WŁÓCZY-KIJE	M55-59	3			00:04:22	00:16:54	<b>00:34:43.60</b>	<b>00:39:05.60</b>	+00:03:44 (10.8%)	6:56	8.6 (88.7%)
14	<b>ADAMUS Marian</b>	<b>52</b>		M65-69	1			00:05:04	00:17:15	<b>00:35:00.55</b>	<b>00:40:05.05</b>	+00:04:01 (11.5%)	7:00	8.6 (88.7%)
15	<b>SZYMAŃSKI Stefan</b>	<b>201</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:05:23	00:17:07	<b>00:35:08.30</b>	<b>00:40:31.80</b>	+00:04:09 (11.8%)	7:01	8.5 (87.6%)
16	<b>CIESIELSKI Jerzy</b>	<b>78</b>		M18-29	1			00:02:11	00:17:59	<b>00:35:35.00</b>	<b>00:37:46.15</b>	+00:04:35 (12.9%)	7:07	8.4 (86.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>SPYCHAŁA Marzena</b>	<b>187</b>	CKZIU NYSA MECHANIK	K45-49	1			00:07:40	00:17:44	<b>00:35:41.50</b>	<b>00:43:21.80</b>	+00:04:42 (13.2%)	7:08	8.4 (86.6%)
18	<b>KORYTOWSKA Agnieszka</b>	<b>128</b>		K30-39	1			00:06:50	00:17:42	<b>00:35:44.35</b>	<b>00:42:34.95</b>	+00:04:45 (13.3%)	7:08	8.4 (86.6%)
19	<b>WRÓŃSKI Włodzimierz</b>	<b>231</b>	PASJA NORDIC WALKING	M65-69	2			00:05:04	00:17:43	<b>00:35:48.25</b>	<b>00:40:52.70</b>	+00:04:48 (13.5%)	7:09	8.4 (86.6%)
20	<b>BUCZKOWSKI Jerzy</b>	<b>63</b>	KS SOKÓŁ GAŚAWA	M65-69	3			00:05:05	00:17:44	<b>00:35:51.65</b>	<b>00:40:57.05</b>	+00:04:52 (13.6%)	7:10	8.4 (86.6%)
21	<b>JÓŹWIAK Marianna</b>	<b>112</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:07:40	00:17:50	<b>00:36:03.80</b>	<b>00:43:44.15</b>	+00:05:04 (14.1%)	7:12	8.3 (85.6%)
22	<b>CHUDZIŃSKI Andrzej</b>	<b>71</b>	ELBLĄGSKIE WŁÓCZY-KIJE	M65-69	4			00:05:04	00:17:42	<b>00:36:08.15</b>	<b>00:41:12.75</b>	+00:05:08 (14.2%)	7:13	8.3 (85.6%)
23	<b>JASIŁEK Przemysław</b>	<b>108</b>		M40-44	3			00:03:10	00:18:14	<b>00:36:13.35</b>	<b>00:39:23.90</b>	+00:05:14 (14.5%)	7:14	8.3 (85.6%)
24	<b>KOLCZYŃSKI Dariusz</b>	<b>123</b>		M40-44	4			00:03:10	00:17:56	<b>00:36:22.15</b>	<b>00:39:32.90</b>	+00:05:22 (14.8%)	7:16	8.2 (84.5%)
25	<b>WILD Ewa</b>	<b>227</b>		K40-44	1			00:07:21	00:18:13	<b>00:36:29.30</b>	<b>00:43:50.75</b>	+00:05:30 (15.1%)	7:17	8.2 (84.5%)
26	<b>GRYGOROWICZ Bogdan</b>	<b>103</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:05:46	00:18:07	<b>00:36:32.65</b>	<b>00:42:18.65</b>	+00:05:33 (15.2%)	7:18	8.2 (84.5%)
27	<b>TOMCZYK Edward</b>	<b>207</b>	MARSZ PO ZDROWIE POZNAŃ	M70+	2			00:05:23	00:17:44	<b>00:36:32.80</b>	<b>00:41:56.35</b>	+00:05:33 (15.2%)	7:18	8.2 (84.5%)
28	<b>OKRZESIK-FRĄCOWIAK Izabela</b>	<b>161</b>	KS METRACO POLKOWICE	K50-54	1			00:08:03	00:18:06	<b>00:36:34.85</b>	<b>00:44:37.95</b>	+00:05:35 (15.3%)	7:18	8.2 (84.5%)
29	<b>KAPTEJNA Robert</b>	<b>117</b>	ELBLĄGSKIE WŁÓCZY-KIJE	M45-49	3			00:03:32	00:18:05	<b>00:36:37.00</b>	<b>00:40:09.15</b>	+00:05:37 (15.4%)	7:19	8.2 (84.5%)
30	<b>TRONIAK Stanisław</b>	<b>328</b>		M60-64	3			00:04:43	00:17:56	<b>00:36:38.10</b>	<b>00:41:22.05</b>	+00:05:38 (15.4%)	7:19	8.2 (84.5%)
31	<b>OLEŚ Józef</b>	<b>238</b>	WERWA MŁAWA	M- Niepełnosprawni(A)	1			00:05:45	00:17:57	<b>00:36:39.05</b>	<b>00:42:24.25</b>	+00:05:39 (15.4%)	7:19	8.2 (84.5%)
32	<b>MOŹDŻEŃ Barbara</b>	<b>11</b>		K55-59	1			00:08:22	00:18:18	<b>00:37:05.35</b>	<b>00:45:27.55</b>	+00:06:06 (16.4%)	7:25	8.1 (83.5%)
33	<b>KŁOS Lidia</b>	<b>121</b>	SPORT I REKREACJA START CHEŁMNO	K40-44	2			00:07:17	00:18:24	<b>00:37:12.95</b>	<b>00:44:30.80</b>	+00:06:13 (16.7%)	7:26	8.1 (83.5%)
34	<b>KUPIBIDA Bogusława</b>	<b>138</b>	SILESIA NORDIC TEAM	K55-59	2			00:08:22	00:18:24	<b>00:37:17.60</b>	<b>00:45:39.65</b>	+00:06:18 (16.9%)	7:27	8 (82.5%)
35	<b>STRZELECKA Małgorzata</b>	<b>195</b>	SAILING TEAM FERAJNA	K45-49	3			00:07:41	00:18:41	<b>00:37:22.30</b>	<b>00:45:03.65</b>	+00:06:23 (17.1%)	7:28	8 (82.5%)
36	<b>BERLIŃSKI Dariusz</b>	<b>329</b>	PASJA NORDIC WALKING	M50-54	4			00:03:53	00:18:38	<b>00:37:26.30</b>	<b>00:41:19.55</b>	+00:06:27 (17.2%)	7:29	8 (82.5%)
37	<b>WIERZCHOSŁAWSKA Agnieszka</b>	<b>223</b>		K18-29	1			00:06:32	00:18:29	<b>00:37:35.45</b>	<b>00:44:07.60</b>	+00:06:36 (17.6%)	7:31	8 (82.5%)
38	<b>RECZULSKA Katarzyna</b>	<b>321</b>	SMS EFECT CZĘSTOCHOWA	K45-49	4			00:07:43	00:18:38	<b>00:37:35.55</b>	<b>00:45:18.60</b>	+00:06:36 (17.6%)	7:31	8 (82.5%)
39	<b>URBAŃSKI Stefan</b>	<b>211</b>	NW PATYCZAKI GRUDZIĄDZ	M55-59	4			00:04:22	00:18:30	<b>00:37:40.65</b>	<b>00:42:03.20</b>	+00:06:41 (17.8%)	7:32	8 (82.5%)
40	<b>KOSECKI Marek</b>	<b>130</b>	FORMA NA PIĄTKĘ NW	M55-59	5			00:04:23	00:18:41	<b>00:37:48.45</b>	<b>00:42:11.45</b>	+00:06:49 (18.0%)	7:33	7.9 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	5km			
41	<b>WILD Arek</b>	<b>226</b>	LOGOSA ARKADIUSZ WILD	M50-54	5			00:03:54	00:18:43	<b>00:37:48.95</b>	<b>00:41:43.90</b>	+00:06:49 (18.1%)	7:33	7.9 (81.4%)
42	<b>MALICKA Monika</b>	<b>145</b>	NW CZŁAPSKI PŁOŃSK	K40-44	3			00:07:18	00:18:54	<b>00:37:50.40</b>	<b>00:45:09.30</b>	+00:06:51 (18.1%)	7:34	7.9 (81.4%)
43	<b>CIARKA Henryk</b>	<b>73</b>	NW CZŁAPSKI PŁOŃSK	M65-69	5			00:05:05	00:18:53	<b>00:37:51.05</b>	<b>00:42:56.10</b>	+00:06:51 (18.1%)	7:34	7.9 (81.4%)
44	<b>DALECKI Przemysław</b>	<b>82</b>	GDYNIA SPORT TEAM	M45-49	4			00:03:31	00:18:26	<b>00:37:54.00</b>	<b>00:41:25.95</b>	+00:06:54 (18.2%)	7:34	7.9 (81.4%)
45	<b>TOMCZAK Marcin</b>	<b>205</b>		M30-39	2			00:02:38	00:18:58	<b>00:37:54.35</b>	<b>00:40:32.70</b>	+00:06:55 (18.2%)	7:34	7.9 (81.4%)
46	<b>MOTOCZYŃSKI Krzysztof</b>	<b>152</b>	GOSIR OSIELSKO	M60-64	4			00:04:43	00:18:49	<b>00:38:05.35</b>	<b>00:42:49.00</b>	+00:07:06 (18.6%)	7:37	7.9 (81.4%)
47	<b>SULECKA Gabriela</b>	<b>323</b>		K-Niepełnosprawni(A)	1			00:10:08	00:19:01	<b>00:38:08.20</b>	<b>00:48:16.25</b>	+00:07:08 (18.7%)	7:37	7.9 (81.4%)
48	<b>WALCZAK Grzegorz</b>	<b>213</b>	OCTOPUS SUCHY LAS	M45-49	5			00:03:31	00:18:54	<b>00:38:09.35</b>	<b>00:41:41.15</b>	+00:07:10 (18.8%)	7:38	7.9 (81.4%)
49	<b>GRYGOROWICZ Teresa</b>	<b>102</b>	KS METRACO POLKOWICE	K65-69	1			00:09:23	00:18:40	<b>00:38:13.60</b>	<b>00:47:37.40</b>	+00:07:14 (18.9%)	7:38	7.8 (80.4%)
50	<b>NOWALIŃSKI Piotrek</b>	<b>159</b>	FACE NORDIC WALKING TEAM	M-Niepełnosprawni(A)	2			00:05:46	00:18:42	<b>00:38:17.60</b>	<b>00:44:03.90</b>	+00:07:18 (19.1%)	7:39	7.8 (80.4%)
51	<b>WIADERSKI Wojciech</b>	<b>222</b>		M65-69	6			00:05:05	00:19:03	<b>00:38:21.10</b>	<b>00:43:26.45</b>	+00:07:21 (19.2%)	7:40	7.8 (80.4%)
52	<b>NOWALIŃSKA Anastazja</b>	<b>158</b>	FACE NORDIC WALKING TEAM	K18-29	2			00:06:31	00:18:58	<b>00:38:28.95</b>	<b>00:45:00.90</b>	+00:07:29 (19.5%)	7:41	7.8 (80.4%)
53	<b>WALECKA Romualda</b>	<b>215</b>	SPORT I REKREACJA START CHEŁMNO	K60-64	1			00:08:44	00:19:17	<b>00:38:29.40</b>	<b>00:47:14.05</b>	+00:07:30 (19.5%)	7:42	7.8 (80.4%)
54	<b>SZYMAŃSKI Roman</b>	<b>200</b>		M50-54	6			00:03:54	00:18:27	<b>00:38:31.40</b>	<b>00:42:25.80</b>	+00:07:32 (19.6%)	7:42	7.8 (80.4%)
55	<b>KORYTOWSKI Jakub</b>	<b>129</b>		M-Dzieci	1			00:01:34	00:19:24	<b>00:38:33.40</b>	<b>00:40:07.65</b>	+00:07:34 (19.6%)	7:42	7.8 (80.4%)
56	<b>DANA Kazimiera</b>	<b>83</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	2			00:09:24	00:19:01	<b>00:38:34.35</b>	<b>00:47:58.95</b>	+00:07:35 (19.7%)	7:42	7.8 (80.4%)
57	<b>KOLCZYŃSKI Jan</b>	<b>164</b>		M-Dzieci	2			00:01:35	00:19:28	<b>00:38:35.60</b>	<b>00:40:10.70</b>	+00:07:36 (19.7%)	7:43	7.8 (80.4%)
58	<b>BRZOWOWSKI Przemysław</b>	<b>61</b>	ŁAZIM BO LUBIM.	M40-44	5			00:03:09	00:19:01	<b>00:38:36.30</b>	<b>00:41:45.80</b>	+00:07:37 (19.7%)	7:43	7.8 (80.4%)
59	<b>WIŚNIEWSKI Kazimierz</b>	<b>229</b>	PASJA NORDIC WALKING	M60-64	5			00:04:44	00:19:02	<b>00:38:38.70</b>	<b>00:43:23.55</b>	+00:07:39 (19.8%)	7:43	7.8 (80.4%)
60	<b>PIĄTKOWSKI Józef</b>	<b>167</b>	KS METRACO POLKOWICE	M70+	3			00:05:24	00:19:16	<b>00:38:45.45</b>	<b>00:44:10.35</b>	+00:07:46 (20.0%)	7:45	7.7 (79.4%)
61	<b>OBREŃBSKA Elżbieta</b>	<b>160</b>	NW CZŁAPSKI PŁOŃSK	K55-59	3			00:08:22	00:18:51	<b>00:38:48.15</b>	<b>00:47:10.50</b>	+00:07:48 (20.1%)	7:45	7.7 (79.4%)
61	<b>WASILEWSKI Sławomir</b>	<b>218</b>	PASJA NORDIC WALKING	M70+	4			00:05:23	00:19:15	<b>00:38:48.15</b>	<b>00:44:11.55</b>	+00:07:48 (20.1%)	7:45	7.7 (79.4%)
63	<b>DUBAJ Grzegorz</b>	<b>90</b>	ELBLĄGSKIE WŁÓCZY-KIJE	M55-59	6			00:04:22	00:19:22	<b>00:38:51.15</b>	<b>00:43:13.80</b>	+00:07:51 (20.2%)	7:46	7.7 (79.4%)
64	<b>MALINOWSKA Monika</b>	<b>147</b>	LKS ZANTYR SZTUM	K30-39	2			00:06:51	00:19:16	<b>00:38:53.85</b>	<b>00:45:45.40</b>	+00:07:54 (20.3%)	7:46	7.7 (79.4%)
65	<b>JASIŁEK Kama</b>	<b>109</b>		K30-39	3			00:06:53	00:19:45	<b>00:39:01.45</b>	<b>00:45:55.30</b>	+00:08:02 (20.6%)	7:48	7.7 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
66	<b>MACZKOWSKA Zofia</b>	<b>144</b>	LKS ZANTYR SZTUM	K-Jun.	1			00:06:32	00:19:29	<b>00:39:10.45</b>	<b>00:45:42.70</b>	+00:08:11 (20.9%)	7:50	7.7 (79.4%)
67	<b>TUCHALSKA Edyta</b>	<b>209</b>	SKRWILNO	K30-39	4			00:06:50	00:19:52	<b>00:39:11.30</b>	<b>00:46:01.90</b>	+00:08:12 (20.9%)	7:50	7.7 (79.4%)
68	<b>WIERZCHOSŁAWSKI Mateusz</b>	<b>224</b>		M18-29	2			00:02:11	00:19:40	<b>00:39:12.75</b>	<b>00:41:23.85</b>	+00:08:13 (21.0%)	7:50	7.7 (79.4%)
69	<b>SIEMIĄTKOWSKA Janina</b>	<b>183</b>	SPORT I REKREACJA START	K50-54	2			00:08:03	00:19:33	<b>00:39:16.10</b>	<b>00:47:19.65</b>	+00:08:16 (21.1%)	7:51	7.6 (78.4%)
70	<b>SZYMAŃSKA Halina</b>	<b>315</b>		K55-59	4			00:08:22	00:19:24	<b>00:39:16.95</b>	<b>00:47:39.15</b>	+00:08:17 (21.1%)	7:51	7.6 (78.4%)
71	<b>ANGIELCZYK Małgorzata</b>	<b>53</b>	MARSZ PO ZDROWIE POZNAŃ	K65-69	3			00:09:24	00:19:30	<b>00:39:20.30</b>	<b>00:48:44.35</b>	+00:08:21 (21.2%)	7:52	7.6 (78.4%)
72	<b>JÓŹWIAK Łukasz</b>	<b>113</b>	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)	3			00:05:45	00:19:33	<b>00:39:28.65</b>	<b>00:45:14.35</b>	+00:08:29 (21.5%)	7:53	7.6 (78.4%)
73	<b>CZARSKI Jacek</b>	<b>80</b>		M45-49	6			00:03:32	00:19:23	<b>00:39:34.05</b>	<b>00:43:06.85</b>	+00:08:34 (21.7%)	7:54	7.6 (78.4%)
74	<b>PRACKI Zbigniew</b>	<b>326</b>	SERCE NORDICA WŁOCŁAWEK	M50-54	7			00:03:53	00:19:40	<b>00:39:36.70</b>	<b>00:43:30.40</b>	+00:08:37 (21.8%)	7:55	7.6 (78.4%)
75	<b>KOLCZYŃSKA Monika</b>	<b>124</b>	SKRWILNO	K30-39	5			00:06:51	00:19:51	<b>00:39:37.70</b>	<b>00:46:28.80</b>	+00:08:38 (21.8%)	7:55	7.6 (78.4%)
76	<b>STRZELECKI Sebastian 'Kaszana'</b>	<b>196</b>	SAILING TEAM FERAJNA	M45-49	7			00:03:31	00:19:19	<b>00:39:41.50</b>	<b>00:43:13.15</b>	+00:08:42 (21.9%)	7:56	7.6 (78.4%)
77	<b>ZWIERZCHOWSKA Żaneta</b>	<b>236</b>	SPORT I REKREACJA START	K45-49	5			00:07:40	00:19:45	<b>00:39:45.90</b>	<b>00:47:26.85</b>	+00:08:46 (22.1%)	7:57	7.5 (77.3%)
78	<b>MARCINIAK Aneta</b>	<b>322</b>	FACE NORDIC WALKING TEAM	K40-44	4			00:07:17	00:19:48	<b>00:39:51.10</b>	<b>00:47:08.50</b>	+00:08:51 (22.2%)	7:58	7.5 (77.3%)
79	<b>ŚWIERCZYŃSKA Joanna</b>	<b>203</b>	ELBLĄGSKIE WŁÓCZY-KIJE	K50-54	3			00:08:04	00:20:13	<b>00:39:59.65</b>	<b>00:48:04.60</b>	+00:09:00 (22.5%)	8:00	7.5 (77.3%)
80	<b>BUJNICKA Magdalena</b>	<b>65</b>	NORDIC WALKING PASŁĘK	K-Dzieci	1			00:06:00	00:19:46	<b>00:40:07.25</b>	<b>00:46:07.70</b>	+00:09:07 (22.8%)	8:01	7.5 (77.3%)
81	<b>SOBIESKA Alina</b>	<b>185</b>	ELBLĄGSKIE WŁÓCZY-KIJE	K50-54	4			00:08:04	00:20:18	<b>00:40:15.05</b>	<b>00:48:19.80</b>	+00:09:15 (23.0%)	8:03	7.5 (77.3%)
82	<b>KOSIŃSKA Maria</b>	<b>131</b>	MOSIR RYPIN	K60-64	2			00:08:43	00:19:52	<b>00:40:17.55</b>	<b>00:49:00.70</b>	+00:09:18 (23.1%)	8:03	7.4 (76.3%)
83	<b>KĘDZIERSKA Edyta</b>	<b>118</b>		K40-44	5			00:03:11	00:20:10	<b>00:40:18.05</b>	<b>00:43:29.05</b>	+00:09:18 (23.1%)	8:03	7.4 (76.3%)
84	<b>MARCINIAK Hanna</b>	<b>325</b>	SERCE NORDICA WŁOCŁAWEK	K55-59	5			00:08:22	00:20:04	<b>00:40:28.00</b>	<b>00:48:50.95</b>	+00:09:28 (23.4%)	8:05	7.4 (76.3%)
85	<b>OŁDAKOWSKA Magdalena</b>	<b>275</b>		K40-44	6			00:07:18	00:20:15	<b>00:40:34.25</b>	<b>00:47:52.25</b>	+00:09:34 (23.6%)	8:06	7.4 (76.3%)
86	<b>SZYMAŃSKA Alina</b>	<b>199</b>		K55-59	6			00:08:23	00:20:01	<b>00:40:44.65</b>	<b>00:49:07.90</b>	+00:09:45 (23.9%)	8:08	7.4 (76.3%)
87	<b>OLEŚ Eżbieta</b>	<b>237</b>	VERWA MŁAWA	K65-69	4			00:09:24	00:19:49	<b>00:40:45.85</b>	<b>00:50:10.15</b>	+00:09:46 (24.0%)	8:09	7.4 (76.3%)
88	<b>WYCISŁO Agata</b>	<b>233</b>	DAJ RADOSC NIEPEŁNOSPRAWNYM	K-Niepełnosprawni(B)	1			00:10:08	00:20:25	<b>00:40:50.55</b>	<b>00:50:58.80</b>	+00:09:51 (24.1%)	8:10	7.3 (75.3%)
89	<b>ORZECZOWSKA Jolanta</b>	<b>165</b>	MOSIR RYPIN	K30-39	6			00:06:51	00:20:25	<b>00:40:58.35</b>	<b>00:47:50.25</b>	+00:09:59 (24.4%)	8:11	7.3 (75.3%)
90	<b>DANA Andrzej</b>	<b>84</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M65-69	7			00:05:06	00:20:08	<b>00:41:03.90</b>	<b>00:46:10.45</b>	+00:10:04 (24.5%)	8:12	7.3 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
91	<b>NOWAK Beata</b>	<b>27</b>	SAILING TEAM FERAJNA	K45-49	6			00:07:41	00:20:25	<b>00:41:10.00</b>	<b>00:48:51.55</b>	+00:10:10 (24.7%)	8:14	7.3 (75.3%)
92	<b>KANIAK Zbigniew</b>	<b>116</b>	NW CZŁĄPSKI PŁOŃSK	M65-69	8			00:05:04	00:20:15	<b>00:41:13.15</b>	<b>00:46:17.25</b>	+00:10:13 (24.8%)	8:14	7.3 (75.3%)
93	<b>POKWICKA Janina</b>	<b>169</b>	NW CZŁĄPSKI PŁOŃSK	K60-64	3			00:08:43	00:20:26	<b>00:41:15.70</b>	<b>00:49:59.40</b>	+00:10:16 (24.9%)	8:15	7.3 (75.3%)
94	<b>STOLTMAN Adam</b>	<b>192</b>	NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	3			00:01:34	00:19:54	<b>00:41:18.85</b>	<b>00:42:53.60</b>	+00:10:19 (25.0%)	8:15	7.3 (75.3%)
95	<b>KRUSZEWSKA Monika</b>	<b>133</b>	ŁAZIM BO LUBIM.	K30-39	7			00:06:51	00:20:33	<b>00:41:20.10</b>	<b>00:48:11.20</b>	+00:10:20 (25.0%)	8:16	7.3 (75.3%)
96	<b>SZYMAŃSKA Lucyna</b>	<b>198</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	2			00:10:08	00:20:16	<b>00:41:23.75</b>	<b>00:51:32.00</b>	+00:10:24 (25.1%)	8:16	7.2 (74.2%)
97	<b>GOLAK-WEGIERA Katarzyna</b>	<b>96</b>	ROXKIJE ROKIETNICA	K45-49	7			00:07:40	00:20:43	<b>00:41:28.85</b>	<b>00:49:09.55</b>	+00:10:29 (25.3%)	8:17	7.2 (74.2%)
98	<b>CZARSKA Zofia</b>	<b>79</b>		K40-44	7			00:07:17	00:20:39	<b>00:41:30.15</b>	<b>00:48:47.85</b>	+00:10:30 (25.3%)	8:18	7.2 (74.2%)
99	<b>KULIG Bożena</b>	<b>319</b>		K60-64	4			00:08:43	00:20:27	<b>00:41:32.20</b>	<b>00:50:15.90</b>	+00:10:32 (25.4%)	8:18	7.2 (74.2%)
100	<b>KRIGER Roman</b>	<b>132</b>	ROMKI	M55-59	7			00:04:23	00:20:39	<b>00:41:32.45</b>	<b>00:45:55.90</b>	+00:10:33 (25.4%)	8:18	7.2 (74.2%)
101	<b>APPEL Jerzy</b>	<b>54</b>	GOSIROSIELSKO	M70+	5			00:05:23	00:20:22	<b>00:41:42.30</b>	<b>00:47:06.10</b>	+00:10:43 (25.7%)	8:20	7.2 (74.2%)
102	<b>BRZOZOWSKA Agnieszka</b>	<b>60</b>	ŁAZIM BO LUBIM.	K30-39	8			00:06:51	00:20:32	<b>00:41:48.95</b>	<b>00:48:40.10</b>	+00:10:49 (25.9%)	8:21	7.2 (74.2%)
103	<b>STOLARSKA Danuta</b>	<b>191</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	5			00:08:42	00:20:45	<b>00:41:50.10</b>	<b>00:50:32.90</b>	+00:10:50 (25.9%)	8:22	7.2 (74.2%)
104	<b>KOMOSIŃSKA Małgorzata</b>	<b>125</b>		K55-59	7			00:08:23	00:20:53	<b>00:42:01.15</b>	<b>00:50:24.25</b>	+00:11:01 (26.3%)	8:24	7.1 (73.2%)
105	<b>BURNA Iweta</b>	<b>67</b>	FACE NORDIC WALKING TEAM	K45-49	8			00:07:40	00:20:47	<b>00:42:08.25</b>	<b>00:49:48.75</b>	+00:11:08 (26.5%)	8:25	7.1 (73.2%)
106	<b>ŁASIŃSKI Jarosław</b>	<b>143</b>		M30-39	3			00:02:36	00:20:58	<b>00:42:19.60</b>	<b>00:44:56.55</b>	+00:11:20 (26.8%)	8:28	7.1 (73.2%)
107	<b>CIESIELSKA Paulina</b>	<b>76</b>	AZS BRODNICA	K18-29	3			00:06:33	00:20:58	<b>00:42:20.90</b>	<b>00:48:54.15</b>	+00:11:21 (26.8%)	8:28	7.1 (73.2%)
108	<b>CHLEWIŃSKA Iwona</b>	<b>68</b>	ELBLĄGSKIE WÓCZY-KIJE	K65-69	5			00:09:24	00:21:05	<b>00:42:26.25</b>	<b>00:51:50.65</b>	+00:11:26 (27.0%)	8:29	7.1 (73.2%)
109	<b>WOROCH Jolanta</b>	<b>318</b>		K50-54	5			00:08:03	00:20:51	<b>00:42:32.95</b>	<b>00:50:35.95</b>	+00:11:33 (27.2%)	8:30	7.1 (73.2%)
110	<b>MŁYŃSKA Jolanta</b>	<b>317</b>		K40-44	8			00:07:18	00:21:02	<b>00:42:37.30</b>	<b>00:49:55.60</b>	+00:11:38 (27.3%)	8:31	7 (72.2%)
111	<b>RAUCHFLEISZ Marek</b>	<b>173</b>		M-Jun.	1			00:01:52	00:21:09	<b>00:42:39.45</b>	<b>00:44:32.40</b>	+00:11:40 (27.4%)	8:32	7 (72.2%)
112	<b>KWAŚNIEWSKA Beata</b>	<b>140</b>	SANTANDER CONSUMER BANK	K18-29	4			00:06:33	00:21:11	<b>00:42:41.15</b>	<b>00:49:14.50</b>	+00:11:41 (27.4%)	8:32	7 (72.2%)
113	<b>KWAŚNIEWSKA Joanna</b>	<b>44</b>		K18-29	5			00:06:32	00:21:13	<b>00:42:41.50</b>	<b>00:49:14.45</b>	+00:11:42 (27.4%)	8:32	7 (72.2%)
114	<b>ADAMOWICZ Ewa</b>	<b>51</b>	ELBLĄGSKIE WŁÓCZY-KIJE	K70+	1			00:09:48	00:21:13	<b>00:42:46.90</b>	<b>00:52:35.05</b>	+00:11:47 (27.6%)	8:33	7 (72.2%)
115	<b>DASZKOWSKI Mateusz</b>	<b>85</b>	MOSIR RYPIN	M-Jun.	2			00:01:52	00:21:07	<b>00:42:49.55</b>	<b>00:44:42.45</b>	+00:11:50 (27.6%)	8:34	7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
116	<b>SIKORSKA Anita</b>	<b>184</b>	AZS BRODNICA	K40-44	9			00:07:19	00:21:00	<b>00:42:53.05</b>	<b>00:50:12.05</b>	+00:11:53 (27.7%)	8:34	7 (72.2%)
117	<b>GRABOWSKA Bożena</b>	<b>99</b>	LKS ZANTYR SZTUM	K45-49	9			00:07:41	00:20:57	<b>00:43:05.85</b>	<b>00:50:47.35</b>	+00:12:06 (28.1%)	8:37	7 (72.2%)
118	<b>CICHOREK Marzena</b>	<b>74</b>	SKRWILNO	K45-49	10			00:07:18	00:21:04	<b>00:43:08.40</b>	<b>00:50:26.90</b>	+00:12:09 (28.2%)	8:37	7 (72.2%)
119	<b>RAUCHFLEISZ Marta</b>	<b>174</b>		K45-49	11			00:07:41	00:21:26	<b>00:43:18.95</b>	<b>00:51:00.85</b>	+00:12:19 (28.5%)	8:39	6.9 (71.1%)
120	<b>WYCISŁO Damian</b>	<b>234</b>	DAJ RADOSC NIEPEŁNOSPRAWNYM	M18-29	3			00:02:10	00:21:46	<b>00:43:29.85</b>	<b>00:45:40.80</b>	+00:12:30 (28.8%)	8:42	6.9 (71.1%)
121	<b>PRZEDWOJEWSKA Róża</b>	<b>170</b>	ELBLĄSKIE WŁÓCZY-KIJE	K65-69	6			00:09:24	00:21:25	<b>00:43:39.55</b>	<b>00:53:04.50</b>	+00:12:40 (29.0%)	8:44	6.9 (71.1%)
122	<b>OWCZAREK Henryka</b>	<b>166</b>	MARSZ PO ZDROWIE POZNAŃ	K70+	2			00:09:48	00:21:46	<b>00:43:52.70</b>	<b>00:53:40.85</b>	+00:12:53 (29.4%)	8:46	6.8 (70.1%)
123	<b>SAPA Dariusz</b>	<b>179</b>	BYDGOSKIE ŻÓŁWIE	M50-54	8			00:03:55	00:22:13	<b>00:44:01.90</b>	<b>00:47:57.45</b>	+00:13:02 (29.6%)	8:48	6.8 (70.1%)
124	<b>DĄBROWSKA Zuzanna</b>	<b>247</b>	MOSIR RYPIN	K-Dzieci	2			00:06:00	00:20:16	<b>00:44:08.10</b>	<b>00:50:08.45</b>	+00:13:08 (29.8%)	8:49	6.8 (70.1%)
124	<b>ORZECHOWSKA Weronika</b>	<b>163</b>	MOSIR RYPIN	K-Jun.	2			00:05:59	00:20:17	<b>00:44:08.10</b>	<b>00:50:07.95</b>	+00:13:08 (29.8%)	8:49	6.8 (70.1%)
126	<b>PŁUCIENNIK Marcin</b>	<b>168</b>	NW CZŁAPSKI WARSZAWA	M40-44	6			00:03:10	00:21:58	<b>00:44:08.65</b>	<b>00:47:18.95</b>	+00:13:09 (29.8%)	8:49	6.8 (70.1%)
127	<b>KODYRA Kazimiera</b>	<b>122</b>	ELBLĄSKIE WŁÓCZY-KIJE	K70+	3			00:09:49	00:22:14	<b>00:44:15.45</b>	<b>00:54:04.55</b>	+00:13:16 (30.0%)	8:51	6.8 (70.1%)
128	<b>HINEBORG Bogumiła</b>	<b>105</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	6			00:08:03	00:22:15	<b>00:44:29.25</b>	<b>00:52:32.90</b>	+00:13:29 (30.3%)	8:53	6.7 (69.1%)
129	<b>GUTOWSKA Małgorzata</b>	<b>104</b>	AZS BRODNICA	K45-49	12			00:07:42	00:21:48	<b>00:44:43.15</b>	<b>00:52:25.50</b>	+00:13:43 (30.7%)	8:56	6.7 (69.1%)
130	<b>ŚLIWIŃSKA Ewa</b>	<b>202</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K45-49	13			00:07:42	00:21:56	<b>00:44:49.40</b>	<b>00:52:31.60</b>	+00:13:50 (30.9%)	8:57	6.7 (69.1%)
131	<b>STAWNIAK Wanda</b>	<b>190</b>		K65-69	7			00:09:28	00:22:17	<b>00:44:54.45</b>	<b>00:54:22.65</b>	+00:13:55 (31.0%)	8:58	6.7 (69.1%)
132	<b>KULCZYCKI Jan</b>	<b>135</b>		M65-69	9			00:05:05	00:22:10	<b>00:45:05.90</b>	<b>00:50:11.65</b>	+00:14:06 (31.3%)	9:01	6.7 (69.1%)
133	<b>MOTOCZYŃSKA Aleksandra</b>	<b>151</b>	GOSIR OSIELSKO	K55-59	8			00:08:26	00:22:13	<b>00:45:19.55</b>	<b>00:53:45.85</b>	+00:14:20 (31.6%)	9:03	6.6 (68.0%)
134	<b>WAŚOWSKA Monika</b>	<b>220</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	9			00:06:51	00:22:31	<b>00:45:26.55</b>	<b>00:52:18.45</b>	+00:14:27 (31.8%)	9:05	6.6 (68.0%)
135	<b>CIESIELSKA Małgorzata</b>	<b>75</b>	AZS BRODNICA	K55-59	9			00:08:25	00:23:04	<b>00:45:28.95</b>	<b>00:53:54.40</b>	+00:14:29 (31.9%)	9:05	6.6 (68.0%)
136	<b>OSIŃSKA Anna</b>	<b>43</b>		K55-59	10			00:08:24	00:22:58	<b>00:45:31.05</b>	<b>00:53:55.15</b>	+00:14:31 (31.9%)	9:06	6.6 (68.0%)
137	<b>SZULKOWSKA Iwona</b>	<b>197</b>	AZS BRODNICA	K30-39	10			00:06:52	00:23:07	<b>00:45:32.85</b>	<b>00:52:25.80</b>	+00:14:33 (32.0%)	9:06	6.6 (68.0%)
138	<b>CHRAPEK Urszula</b>	<b>69</b>	KS RUDZICA	K30-39	11			00:06:52	00:22:39	<b>00:45:35.40</b>	<b>00:52:28.15</b>	+00:14:36 (32.0%)	9:07	6.6 (68.0%)
139	<b>NAZAREWICZ Barbara</b>	<b>153</b>	ELBLĄSKIE WŁÓCZY-KIJE	K70+	4			00:09:48	00:22:39	<b>00:45:38.20</b>	<b>00:55:26.75</b>	+00:14:38 (32.1%)	9:07	6.6 (68.0%)
140	<b>JĘDRZEJCZAK Zdzisława</b>	<b>23</b>	K.S. ELBLĄSKIE WŁÓCZY-KIJE	K55-59	11			00:08:25	00:23:11	<b>00:45:41.45</b>	<b>00:54:06.45</b>	+00:14:42 (32.2%)	9:08	6.6 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
141	<b>BIELSKA Anna</b>	<b>56</b>	NW CZŁAPSKI PŁOŃSK	K55-59	12			00:08:23	00:22:56	<b>00:45:48.60</b>	<b>00:54:12.05</b>	+00:14:49 (32.4%)	9:09	6.5 (67.0%)
142	<b>MARGULSKA Wanda</b>	<b>149</b>	AZS BRODNICA	K60-64	6			00:08:42	00:23:02	<b>00:45:50.05</b>	<b>00:54:32.55</b>	+00:14:50 (32.4%)	9:10	6.5 (67.0%)
143	<b>DRAŁUS Ewelina</b>	<b>42</b>		K50-54	7			00:08:03	00:22:30	<b>00:45:50.45</b>	<b>00:53:54.00</b>	+00:14:51 (32.4%)	9:10	6.5 (67.0%)
144	<b>WIADERSKA Grażyna</b>	<b>221</b>		K65-69	8			00:09:25	00:22:42	<b>00:46:00.60</b>	<b>00:55:26.50</b>	+00:15:01 (32.6%)	9:12	6.5 (67.0%)
145	<b>ŁASIŃSKA Mariola</b>	<b>142</b>		K30-39	12			00:06:51	00:23:19	<b>00:46:02.70</b>	<b>00:52:54.60</b>	+00:15:03 (32.7%)	9:12	6.5 (67.0%)
146	<b>BUŁAWA Jadwiga</b>	<b>66</b>	ELBLĄGSKIE WŁÓCZY-KIJE	K65-69	9			00:09:25	00:22:56	<b>00:46:03.65</b>	<b>00:55:29.50</b>	+00:15:04 (32.7%)	9:12	6.5 (67.0%)
147	<b>PRACKA Katarzyna</b>	<b>327</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	8			00:08:02	00:23:10	<b>00:46:09.75</b>	<b>00:54:12.45</b>	+00:15:10 (32.9%)	9:14	6.5 (67.0%)
148	<b>KIWIAŁO Maria</b>	<b>119</b>	ELBLĄGSKIE WŁÓCZY-KIJE	K70+	5			00:09:50	00:22:45	<b>00:46:28.85</b>	<b>00:56:18.90</b>	+00:15:29 (33.3%)	9:17	6.5 (67.0%)
149	<b>GROBELNA Jadwiga</b>	<b>101</b>	KSMETRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:10:07	00:23:26	<b>00:46:48.95</b>	<b>00:56:56.65</b>	+00:15:49 (33.8%)	9:21	6.4 (66.0%)
150	<b>WALCZAK Henryk</b>	<b>212</b>	OCTOPUS SUCHY LAS	M70+	6			00:05:24	00:23:32	<b>00:47:04.80</b>	<b>00:52:29.45</b>	+00:16:05 (34.2%)	9:25	6.4 (66.0%)
151	<b>WIŚNIEWSKA Danuta</b>	<b>228</b>	PASJA NORDIC WALKING	K55-59	13			00:08:23	00:23:11	<b>00:47:15.70</b>	<b>00:55:39.60</b>	+00:16:16 (34.4%)	9:27	6.3 (64.9%)
152	<b>KOMOSIŃSKI Ryszard</b>	<b>126</b>		M60-64	6			00:04:44	00:22:56	<b>00:47:20.20</b>	<b>00:52:05.15</b>	+00:16:20 (34.5%)	9:28	6.3 (64.9%)
153	<b>ZARAKO-ZARAKOWSKA Jadwiga</b>	<b>235</b>	NW CZŁAPSKI PŁOŃSK	K60-64	7			00:08:42	00:23:43	<b>00:47:27.00</b>	<b>00:56:09.95</b>	+00:16:27 (34.7%)	9:29	6.3 (64.9%)
154	<b>RUNGE Danuta</b>	<b>176</b>	AZS BRODNICA	K70+	6			00:09:50	00:22:55	<b>00:47:38.70</b>	<b>00:57:29.60</b>	+00:16:39 (35.0%)	9:31	6.3 (64.9%)
155	<b>WYCISŁO Romuald</b>	<b>232</b>	DAJ RADOSC NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	2			00:05:46	00:24:01	<b>00:48:00.65</b>	<b>00:53:47.30</b>	+00:17:01 (35.5%)	9:36	6.2 (63.9%)
156	<b>RÓŻAŃSKA Helena</b>	<b>175</b>	NW CZŁAPSKI PŁOŃSK	K70+	7			00:09:48	00:23:51	<b>00:48:12.75</b>	<b>00:58:01.10</b>	+00:17:13 (35.7%)	9:38	6.2 (63.9%)
157	<b>TARKA Agnieszka</b>	<b>204</b>	AZS BRODNICA	K40-44	10			00:06:52	00:24:26	<b>00:48:15.80</b>	<b>00:55:08.70</b>	+00:17:16 (35.8%)	9:39	6.2 (63.9%)
158	<b>DASZKOWSKI Szymon</b>	<b>86</b>	MOSIR RYPIN	M-Dzieci	4			00:01:34	00:22:32	<b>00:48:20.80</b>	<b>00:49:55.25</b>	+00:17:21 (35.9%)	9:40	6.2 (63.9%)
159	<b>KWAŚNIEWSKA Jagoda</b>	<b>139</b>	AZS BRODNICA	K50-54	9			00:08:04	00:23:43	<b>00:48:24.05</b>	<b>00:56:28.80</b>	+00:17:24 (36.0%)	9:40	6.2 (63.9%)
160	<b>SOBOCIŃSKA Ewa</b>	<b>186</b>	MOSIR	K70+	8			00:09:50	00:24:26	<b>00:48:33.20</b>	<b>00:58:23.70</b>	+00:17:33 (36.2%)	9:42	6.2 (63.9%)
161	<b>FAŁKOWSKA Maria</b>	<b>91</b>	MOSIR	K70+	9			00:09:49	00:24:26	<b>00:48:34.30</b>	<b>00:58:23.75</b>	+00:17:35 (36.2%)	9:42	6.2 (63.9%)
162	<b>SARNOWSKA Hanna</b>	<b>180</b>	AZS BRODNICA	K60-64	8			00:08:24	00:23:34	<b>00:49:05.35</b>	<b>00:57:29.95</b>	+00:18:06 (36.9%)	9:49	6.1 (62.9%)
163	<b>GRABOWSKI Adam</b>	<b>100</b>	MOSIR RYPIN	M- Niepełnosprawni(B)	3			00:04:44	00:23:52	<b>00:49:06.35</b>	<b>00:53:50.90</b>	+00:18:07 (36.9%)	9:49	6.1 (62.9%)
164	<b>SEJMICKA Maria</b>	<b>182</b>	ELBLĄGSKIE WŁÓCZY-KIJE	K65-69	10			00:09:26	00:24:19	<b>00:49:17.55</b>	<b>00:58:43.80</b>	+00:18:18 (37.1%)	9:51	6.1 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
165	<b>GÓRTATOWSKA Bożena</b>	<b>97</b>	SKRWILNO	K65-69	11			00:09:26	00:24:28	<b>00:49:51.20</b>	<b>00:59:17.95</b>	+00:18:51 (37.8%)	9:58	6 (61.9%)
166	<b>GRABOWSKA Agnieszka</b>	<b>98</b>	MOSIR RYPIN	K60-64	9			00:08:44	00:25:05	<b>00:49:55.05</b>	<b>00:58:40.00</b>	+00:18:55 (37.9%)	9:59	6 (61.9%)
167	<b>FELIŃSKA Zofia</b>	<b>92</b>	ELBLĄGSKIE WŁÓCZY-KIJE	K70+	10			00:09:49	00:25:23	<b>00:50:43.15</b>	<b>01:00:32.80</b>	+00:19:43 (38.9%)	10:08	5.9 (60.8%)
168	<b>JÓŻWIAK Dominik</b>	<b>114</b>	SERCE NORDICA WŁOCLAWEK	M18-29	4			00:02:11	00:24:58	<b>00:51:00.45</b>	<b>00:53:12.05</b>	+00:20:01 (39.2%)	10:12	5.9 (60.8%)
169	<b>KAMIŃSKA Maria</b>	<b>115</b>	NW CZŁAPSKI PŁOŃSK	K60-64	10			00:08:43	00:25:10	<b>00:51:09.75</b>	<b>00:59:53.65</b>	+00:20:10 (39.4%)	10:14	5.9 (60.8%)
170	<b>OPALIŃSKA Krystyna</b>	<b>162</b>	ELBLĄGSKIE WŁÓCZY-KIJE	K70+	11			00:09:50	00:25:28	<b>00:51:43.35</b>	<b>01:01:33.45</b>	+00:20:44 (40.1%)	10:20	5.8 (59.8%)
171	<b>CIAŁKOWSKA PŁUCIENNIK Joanna</b>	<b>72</b>	NW CZŁAPSKI WARSZAWA	K30-39	13			00:06:53	00:25:41	<b>00:51:51.30</b>	<b>00:58:45.15</b>	+00:20:52 (40.2%)	10:22	5.8 (59.8%)
172	<b>WILCZYŃSKA Renata</b>	<b>225</b>	MOSIR RYPIN	K60-64	11			00:08:43	00:25:58	<b>00:52:36.75</b>	<b>01:01:20.10</b>	+00:21:37 (41.1%)	10:31	5.7 (58.8%)
173	<b>STOLTMAN Aleksander</b>	<b>193</b>	NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	5			00:01:34	00:27:03	<b>00:52:55.00</b>	<b>00:54:29.45</b>	+00:21:55 (41.4%)	10:35	5.7 (58.8%)
174	<b>WALCZAK Jerzy</b>	<b>214</b>	OCTOPUS SUCHY LAS	M55-59	8			00:04:23	00:26:28	<b>00:54:10.10</b>	<b>00:58:33.95</b>	+00:23:10 (42.8%)	10:50	5.5 (56.7%)
175	<b>BUDZICH Maria</b>	<b>64</b>	MOSIR RYPIN	K65-69	12			00:09:26	00:26:59	<b>00:54:35.85</b>	<b>01:04:02.40</b>	+00:23:36 (43.2%)	10:55	5.5 (56.7%)
176	<b>KARNICKA Urszula</b>	<b>240</b>		K65-69	13			00:09:25	00:27:06	<b>00:54:36.85</b>	<b>01:04:02.30</b>	+00:23:37 (43.3%)	10:55	5.5 (56.7%)
177	<b>DĄBROWSKA Barbara</b>	<b>88</b>	MOSIR RYPIN	K65-69	14			00:09:25	00:27:04	<b>00:54:37.10</b>	<b>01:04:02.45</b>	+00:23:37 (43.3%)	10:55	5.5 (56.7%)
178	<b>MARCINKOWSKA Zenobia</b>	<b>148</b>	MOSIR RYPIN	K70+	12			00:09:28	00:32:35	<b>01:05:33.85</b>	<b>01:15:02.10</b>	+00:34:34 (52.7%)	13:06	4.6 (47.4%)
179	<b>DĄBKOWSKI Maciej</b>	<b>87</b>	MOSIR RYPIN	M-Dzieci	6			00:54:57	00:22:37			+00:07:21	9:02	6.6 (68.0%)
180	<b>LISZEWSKA Zofia</b>	<b>141</b>	MOSIR	K55-59	14			00:08:25	00:24:01			+00:08:45	9:36	6.2 (63.9%)
181	<b>KLARKOWSKI Bogdan</b>	<b>120</b>	ELBLĄGSKIE WŁÓCZY-KIJE	M60-64	7			00:04:44	00:25:28			+00:10:12	10:11	5.9 (60.8%)
	<b>STRZELECKA Antonina 'Tosia'</b>	<b>194</b>	SAILING TEAM FERAJNA	K-Dzieci				DNF	00:21:17 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 182 wynik(ów)