



# SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING - 5 KM

B4SPORT  
INTELEKTUALNE SPOROŻYWIENIE

Organizator: PFNW  
Data: 2016-07-31  
Miejsce: Skrwilno  
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	339		M30-39	1			00:07:10	00:16:14	00:32:53.90	00:40:04.50		6:34	9.1 (100%)
2	CZŁAPSKI Krzysztof	332	ENERGY LIFE	M50-54	1			00:08:36	00:16:25	00:33:50.65	00:42:27.50	+00:00:56 (2.8%)	6:46	8.9 (97.8%)
3	RAJEWSKI Sebastian	282	JEZIORKI - AKTYWNA WIEŚ	M45-49	1			00:08:02	00:16:34	00:33:50.70	00:41:52.80	+00:00:56 (2.8%)	6:46	8.9 (97.8%)
4	LESIŃSKI Grzegorz	255	KS METRACO POLKOWICE	M50-54	2			00:08:36	00:16:38	00:34:02.90	00:42:39.45	+00:01:09 (3.4%)	6:48	8.8 (96.7%)
5	RAKUĆ Jakub	283	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	1			00:07:09	00:17:13	00:34:43.00	00:41:52.70	+00:01:49 (5.2%)	6:56	8.6 (94.5%)
6	ANDRZEJEWSKI Mieczysław	202	MARSZ PO ZDROWIE	M55-59	1			00:08:38	00:17:20	00:35:42.00	00:44:20.70	+00:02:48 (7.8%)	7:08	8.4 (92.3%)
7	DEMBKOWSKI Ryszard	333	GOSIR OSIELSKO	M60-64	1			00:09:19	00:17:23	00:35:58.35	00:45:17.65	+00:03:04 (8.5%)	7:11	8.3 (91.2%)
8	KLARKOWSKI Bogdan	243	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	2			00:09:19	00:17:36	00:36:04.70	00:45:24.00	+00:03:10 (8.8%)	7:13	8.3 (91.2%)
9	GŁOWA Michał	226	WESOŁY BORSUK TEAM	M-Jun.	1			00:06:53	00:17:52	00:36:07.20	00:43:00.55	+00:03:13 (8.9%)	7:13	8.3 (91.2%)
10	KOŁODZIEJCZAK Beata	278	SOCHO TEAM	K40-44	1			00:12:04	00:17:50	00:36:25.20	00:48:29.90	+00:03:31 (9.7%)	7:17	8.2 (90.1%)
11	GRYGOROWICZ Bogdan	322	KS METRACO POLKOWICE	M65-69	1			00:09:37	00:17:49	00:36:30.65	00:46:08.00	+00:03:36 (9.9%)	7:18	8.2 (90.1%)
12	FELIS Paweł	222		M45-49	2			00:08:03	00:18:07	00:37:02.35	00:45:05.65	+00:04:08 (11.2%)	7:24	8.1 (89.0%)
13	DANA Andrzej	219	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	2			00:09:37	00:18:02	00:37:14.65	00:46:52.60	+00:04:20 (11.7%)	7:27	8.1 (89.0%)
14	LESIŃSKA Marzenna	254	KS METRACO POLKOWICE	K50-54	1			00:12:51	00:18:35	00:37:15.25	00:50:06.40	+00:04:21 (11.7%)	7:27	8.1 (89.0%)
15	PARTYKA Teresa	334	WESOŁY BORSUK TEAM	K55-59	1			00:13:15	00:18:45	00:37:16.10	00:50:31.45	+00:04:22 (11.7%)	7:27	8.1 (89.0%)
16	RATECKI Marcin	285	NORDIC WALKING TEAM GDAŃSK	M40-44	1			00:07:48	00:17:59	00:37:18.95	00:45:07.55	+00:04:25 (11.8%)	7:27	8 (87.9%)

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17	<b>SZPILMAN Katarzyna</b>	<b>291</b>	FACE NORDIC WALKING TEAM	K45-49	1			00:12:30	00:18:23	<b>00:37:26.40</b>	<b>00:49:56.70</b>	+00:04:32 (12.1%)	7:29	8 (87.9%)
18	<b>DUDEK Edward</b>	<b>221</b>	KS METRACO POLKOWICE	M65-69	3			00:09:37	00:18:08	<b>00:37:32.05</b>	<b>00:47:09.20</b>	+00:04:38 (12.4%)	7:30	8 (87.9%)
19	<b>MOTOCZYŃSKI Krzysztof</b>	<b>330</b>	GOSIR OSIELSKO	M60-64	3			00:09:19	00:18:17	<b>00:38:03.85</b>	<b>00:47:23.65</b>	+00:05:09 (13.6%)	7:36	7.9 (86.8%)
20	<b>CHUDZIŃSKI Andrzej</b>	<b>211</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65-69	4			00:09:36	00:18:29	<b>00:38:17.05</b>	<b>00:47:53.60</b>	+00:05:23 (14.1%)	7:39	7.8 (85.7%)
21	<b>RECZULSKA Katarzyna</b>	<b>341</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:12:32	00:19:01	<b>00:38:28.20</b>	<b>00:51:00.30</b>	+00:05:34 (14.5%)	7:41	7.8 (85.7%)
22	<b>JÓZWIAK Marianna</b>	<b>238</b>	WTW.WŁOCŁAWEK	K40-44	2			00:12:05	00:18:51	<b>00:38:37.90</b>	<b>00:50:43.55</b>	+00:05:44 (14.8%)	7:43	7.8 (85.7%)
23	<b>BIK Przemysław</b>	<b>207</b>	KS METRACO POLKOWICE	M-Dzieci	1			00:06:37	00:19:23	<b>00:38:42.40</b>	<b>00:45:20.25</b>	+00:05:48 (15.0%)	7:44	7.7 (84.6%)
24	<b>WAWRZYŃIAK Anna</b>	<b>301</b>	FACE NORDIC WALKING TEAM	K40-44	3			00:12:04	00:19:04	<b>00:38:44.45</b>	<b>00:50:49.05</b>	+00:05:50 (15.1%)	7:45	7.7 (84.6%)
25	<b>SZPILMAN Marta</b>	<b>336</b>	FACE NORDIC WALKING TEAM	K18-29	1			00:11:12	00:18:56	<b>00:38:44.50</b>	<b>00:49:57.00</b>	+00:05:50 (15.1%)	7:45	7.7 (84.6%)
26	<b>RAKUĆ Angelika</b>	<b>284</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:11:12	00:19:05	<b>00:38:44.85</b>	<b>00:49:57.60</b>	+00:05:50 (15.1%)	7:45	7.7 (84.6%)
27	<b>BORCZAK Patryk</b>	<b>316</b>		M-Jun.	2			00:06:54	00:18:53	<b>00:38:47.15</b>	<b>00:45:41.40</b>	+00:05:53 (15.2%)	7:45	7.7 (84.6%)
28	<b>JÓZWIAK Łukasz</b>	<b>239</b>	WTW.WŁOCŁAWEK	M-Niepełnosprawni	1			00:08:02	00:19:16	<b>00:38:52.80</b>	<b>00:46:55.70</b>	+00:05:58 (15.4%)	7:46	7.7 (84.6%)
29	<b>OLEŚ Józef</b>	<b>273</b>	NW WERWA MŁAWA	M-Niepełnosprawni	2			00:09:36	00:19:01	<b>00:38:59.05</b>	<b>00:48:35.30</b>	+00:06:05 (15.6%)	7:47	7.7 (84.6%)
30	<b>FELIS Stanisław</b>	<b>223</b>		M-Jun.	3			00:06:53	00:19:15	<b>00:39:07.75</b>	<b>00:46:00.90</b>	+00:06:13 (15.9%)	7:49	7.7 (84.6%)
31	<b>GOŁĘBIEWSKI Andrzej</b>	<b>227</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	2			00:08:38	00:19:21	<b>00:39:10.40</b>	<b>00:47:48.40</b>	+00:06:16 (16.0%)	7:50	7.7 (84.6%)
32	<b>BRANCZEWSKA Ewa</b>	<b>209</b>	NW WERWA MŁAWA	K30-39	1			00:11:38	00:19:24	<b>00:39:14.85</b>	<b>00:50:52.85</b>	+00:06:20 (16.2%)	7:50	7.6 (83.5%)
33	<b>DOMBRZAŁSKI Ryszard</b>	<b>220</b>	WTW.WŁOCŁAWEK	M65-69	5			00:09:37	00:19:14	<b>00:39:16.30</b>	<b>00:48:53.95</b>	+00:06:22 (16.2%)	7:51	7.6 (83.5%)
34	<b>WAWRZYŃIAK Patryk</b>	<b>303</b>	FACE NORDIC WALKING TEAM	M-Jun.	4			00:06:53	00:19:30	<b>00:39:19.85</b>	<b>00:46:13.50</b>	+00:06:25 (16.4%)	7:52	7.6 (83.5%)
35	<b>WIĘCASZEK Leszek</b>	<b>305</b>	SZKOŁY FAMA	M45-49	3			00:08:02	00:19:31	<b>00:39:42.00</b>	<b>00:47:44.45</b>	+00:06:48 (17.1%)	7:56	7.6 (83.5%)
36	<b>FELIS Beata</b>	<b>224</b>		K45-49	3			00:12:31	00:19:41	<b>00:39:44.45</b>	<b>00:52:15.75</b>	+00:06:50 (17.2%)	7:56	7.6 (83.5%)
37	<b>BALICKA Maria</b>	<b>203</b>		K-Dzieci	1			00:10:56	00:19:06	<b>00:39:55.05</b>	<b>00:50:51.40</b>	+00:07:01 (17.6%)	7:59	7.5 (82.4%)
38	<b>JANECKA Agnieszka</b>	<b>234</b>	JEZIORKI - AKTYWNA WIEŚ	K40-44	4			00:12:05	00:19:37	<b>00:40:06.25</b>	<b>00:52:11.35</b>	+00:07:12 (18.0%)	8:01	7.5 (82.4%)
39	<b>SUGALSKA Małgorzata</b>	<b>289</b>	MOSIR RYPIN	K50-54	2			00:12:50	00:19:45	<b>00:40:21.65</b>	<b>00:53:11.75</b>	+00:07:27 (18.5%)	8:04	7.4 (81.3%)
40	<b>GIERSZEWSKI Arkadiusz</b>	<b>225</b>		M30-39	2			00:07:10	00:19:59	<b>00:40:35.90</b>	<b>00:47:46.35</b>	+00:07:42 (19.0%)	8:07	7.4 (81.3%)
41	<b>GRZESZCZAK Andrzej</b>	<b>325</b>	KS METRACO POLKOWICE	M55-59	3			00:08:38	00:19:48	<b>00:40:48.40</b>	<b>00:49:27.35</b>	+00:07:54 (19.4%)	8:09	7.3 (80.2%)

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42	<b>CISEK Jerzy</b>	<b>214</b>	WTW.WŁOCŁAWEK	M65-69	6			00:09:38	00:20:11	<b>00:40:52.00</b>	<b>00:50:30.25</b>	+00:07:58 (19.5%)	8:10	7.3 (80.2%)
43	<b>BOROWSKA-GROSPERRIN Agnieszka</b>	<b>208</b>		K45-49	4			00:12:07	00:19:11	<b>00:41:01.10</b>	<b>00:53:09.00</b>	+00:08:07 (19.8%)	8:12	7.3 (80.2%)
44	<b>DANA Kazimiera</b>	<b>218</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	1			00:13:48	00:20:29	<b>00:41:02.25</b>	<b>00:54:51.10</b>	+00:08:08 (19.8%)	8:12	7.3 (80.2%)
45	<b>ORCIUCH Andrzej</b>	<b>317</b>		M-Niepełnosprawni	3			00:07:10	00:20:29	<b>00:41:05.95</b>	<b>00:48:16.55</b>	+00:08:12 (20.0%)	8:13	7.3 (80.2%)
46	<b>WASILEWSKI Sławomir</b>	<b>300</b>	PASJA NORDIC WALKING	M70+	1			00:09:57	00:20:31	<b>00:41:22.25</b>	<b>00:51:19.65</b>	+00:08:28 (20.5%)	8:16	7.3 (80.2%)
47	<b>NOWROTEK Roman</b>	<b>328</b>	WESOŁY BORSUK TEAM	M65-69	7			00:09:37	00:20:05	<b>00:41:22.40</b>	<b>00:50:59.90</b>	+00:08:28 (20.5%)	8:16	7.3 (80.2%)
48	<b>JEŻEWSKA Beata</b>	<b>237</b>	UNIWERSYTET TECHNOLOGICZNO - PRZYRODNICZY W BYDGOSZCZY	K18-29	3			00:11:12	00:20:28	<b>00:41:33.05</b>	<b>00:52:45.50</b>	+00:08:39 (20.8%)	8:18	7.2 (79.1%)
49	<b>PERLIK Wiesław</b>	<b>327</b>	GOSIR OSIELSKO	M60-64	4			00:09:20	00:20:34	<b>00:41:33.55</b>	<b>00:50:54.40</b>	+00:08:39 (20.8%)	8:18	7.2 (79.1%)
50	<b>GWAREK Anita</b>	<b>323</b>	PASJA NORDIC WALKING	K45-49	5			00:12:30	00:20:32	<b>00:41:39.25</b>	<b>00:54:09.65</b>	+00:08:45 (21.0%)	8:19	7.2 (79.1%)
51	<b>STRZELECKA Małgorzata</b>	<b>288</b>	SAILING TEAM FERAJNA	K40-44	5			00:12:05	00:20:55	<b>00:41:49.60</b>	<b>00:53:54.80</b>	+00:08:55 (21.3%)	8:21	7.2 (79.1%)
52	<b>NADOLSKA Halina</b>	<b>265</b>	MOSIR RYPIN	K45-49	6			00:12:30	00:20:00	<b>00:41:54.45</b>	<b>00:54:24.55</b>	+00:09:00 (21.5%)	8:22	7.2 (79.1%)
53	<b>CZYŻEWSKI Włodzimierz</b>	<b>216</b>	PŁOŃSK	M55-59	4			00:08:39	00:20:55	<b>00:42:05.95</b>	<b>00:50:45.55</b>	+00:09:12 (21.9%)	8:25	7.1 (78.0%)
54	<b>PIĄTKOWSKI Józef</b>	<b>277</b>	KS METRACO POLKOWICE	M70+	2			00:09:57	00:20:57	<b>00:42:20.10</b>	<b>00:52:17.70</b>	+00:09:26 (22.3%)	8:28	7.1 (78.0%)
55	<b>KULIG Bożena</b>	<b>252</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	2			00:13:48	00:20:50	<b>00:42:39.50</b>	<b>00:56:27.90</b>	+00:09:45 (22.9%)	8:31	7 (76.9%)
56	<b>KĘDZIERSKA Edyta</b>	<b>242</b>		K40-44	6			00:12:05	00:20:07	<b>00:42:50.50</b>	<b>00:54:56.45</b>	+00:09:56 (23.2%)	8:34	7 (76.9%)
57	<b>TUCHALSKA Edyta</b>	<b>296</b>	GMINA SKRWILNO	K30-39	2			00:11:37	00:21:41	<b>00:43:13.15</b>	<b>00:54:50.95</b>	+00:10:19 (23.9%)	8:38	6.9 (75.8%)
58	<b>SZYMAŃSKA Alina</b>	<b>292</b>	GMINA SKRWILNO	K50-54	3			00:12:50	00:21:32	<b>00:43:23.50</b>	<b>00:56:13.95</b>	+00:10:29 (24.2%)	8:40	6.9 (75.8%)
59	<b>KOLCZYŃSKA Monika</b>	<b>246</b>	GMINA SKRWILNO	K30-39	3			00:11:38	00:21:43	<b>00:43:28.90</b>	<b>00:55:07.80</b>	+00:10:35 (24.3%)	8:41	6.9 (75.8%)
60	<b>WARUSZEWSKA Emilia</b>	<b>298</b>	GIM 3 TCZEW	K-Jun.	1			00:10:57	00:21:36	<b>00:43:30.55</b>	<b>00:54:28.50</b>	+00:10:36 (24.4%)	8:42	6.9 (75.8%)
61	<b>KANIAK Zbigniew</b>	<b>240</b>	GRUPA NORDIC WALKING PŁOŃSK	M60-64	5			00:09:20	00:21:03	<b>00:43:33.10</b>	<b>00:52:53.10</b>	+00:10:39 (24.5%)	8:42	6.9 (75.8%)
62	<b>RAJEWSKA Beata</b>	<b>281</b>	JEZIORKI - AKTYWNA WIEŚ	K40-44	7			00:12:05	00:21:52	<b>00:43:36.05</b>	<b>00:55:42.00</b>	+00:10:42 (24.5%)	8:43	6.9 (75.8%)
63	<b>NOWALIŃSKI Piotrek</b>	<b>270</b>	FACE NORDIC WALKING TEAM	M-Niepełnosprawni	4			00:08:03	00:21:13	<b>00:43:47.20</b>	<b>00:51:50.80</b>	+00:10:53 (24.9%)	8:45	6.9 (75.8%)
64	<b>WIŚNIEWSKI Janusz</b>	<b>309</b>	WTW.WŁOCŁAWEK	M40-44	2			00:07:50	00:21:24	<b>00:43:49.60</b>	<b>00:51:39.65</b>	+00:10:55 (24.9%)	8:45	6.8 (74.7%)
65	<b>OLEŚ Elżbieta</b>	<b>272</b>	NW WERWA MŁAWA	K65-69	1			00:14:04	00:21:45	<b>00:43:59.85</b>	<b>00:58:04.30</b>	+00:11:05 (25.2%)	8:48	6.8 (74.7%)
65	<b>MARCZYK Jerzy Paweł</b>	<b>261</b>	FACE NORDIC WALKING TEAM	M55-59	5			00:08:38	00:21:50	<b>00:43:59.85</b>	<b>00:52:38.20</b>	+00:11:05 (25.2%)	8:48	6.8 (74.7%)

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67	<b>TROJAK Krystyna</b>	<b>295</b>	MOSIR RYPIN	K55-59	2			00:13:15	00:21:48	<b>00:44:01.60</b>	<b>00:57:17.55</b>	+00:11:07 (25.3%)	8:48	6.8 (74.7%)
68	<b>WAWRZY尼亚K Igor</b>	<b>302</b>	FACE NORDIC WALKING TEAM	M-Dzieci	2			00:06:38	00:21:47	<b>00:44:31.10</b>	<b>00:51:09.30</b>	+00:11:37 (26.1%)	8:54	6.7 (73.6%)
69	<b>ŻENDARSKA Iwona</b>	<b>313</b>	GMINA SKRWILNO	K40-44	8			00:12:07	00:22:06	<b>00:44:32.75</b>	<b>00:56:39.80</b>	+00:11:38 (26.1%)	8:54	6.7 (73.6%)
70	<b>MAĆKOWIAK Aleksandra</b>	<b>259</b>	NO NAME	K30-39	4			00:11:38	00:22:16	<b>00:44:36.40</b>	<b>00:56:15.15</b>	+00:11:42 (26.2%)	8:55	6.7 (73.6%)
71	<b>WARUSZEWSKA Maja</b>	<b>299</b>	SP 11 TCZEW	K-Dzieci	2			00:10:56	00:22:15	<b>00:44:50.80</b>	<b>00:55:47.70</b>	+00:11:56 (26.6%)	8:58	6.7 (73.6%)
72	<b>NOWAKOWSKA Ewa</b>	<b>269</b>	SZKOŁY FAMA	K45-49	7			00:12:30	00:22:22	<b>00:44:59.05</b>	<b>00:57:29.20</b>	+00:12:05 (26.9%)	8:59	6.7 (73.6%)
73	<b>GROSPERRIN Gerard</b>	<b>232</b>		M60-64	6			00:09:21	00:21:47	<b>00:45:01.00</b>	<b>00:54:22.20</b>	+00:12:07 (26.9%)	9:00	6.7 (73.6%)
74	<b>NOWROTEK Urszula</b>	<b>329</b>	WESOŁY BORSUK TEAM	K50-54	4			00:12:50	00:22:05	<b>00:45:01.95</b>	<b>00:57:52.50</b>	+00:12:08 (26.9%)	9:00	6.7 (73.6%)
75	<b>CYRANKOWSKA Magdalena</b>	<b>321</b>		K30-39	5			00:11:39	00:22:18	<b>00:45:03.60</b>	<b>00:56:43.30</b>	+00:12:09 (27.0%)	9:00	6.7 (73.6%)
76	<b>BALICKI Mirosław</b>	<b>204</b>		M45-49	4			00:08:02	00:22:08	<b>00:45:06.90</b>	<b>00:53:09.85</b>	+00:12:13 (27.1%)	9:01	6.6 (72.5%)
77	<b>KOMOSIŃSKA Małgorzata</b>	<b>248</b>	GMINA SKRWILNO	K55-59	3			00:13:16	00:22:38	<b>00:45:08.25</b>	<b>00:58:25.15</b>	+00:12:14 (27.1%)	9:01	6.6 (72.5%)
78	<b>MARCINIAK Hanna</b>	<b>260</b>	WTW.WŁOCŁAWEK	K50-54	5			00:12:52	00:22:58	<b>00:45:09.65</b>	<b>00:58:02.05</b>	+00:12:15 (27.2%)	9:02	6.6 (72.5%)
79	<b>KARPIŃSKI Rafał</b>	<b>338</b>		M40-44	3			00:07:48	00:22:44	<b>00:45:19.20</b>	<b>00:53:07.40</b>	+00:12:25 (27.4%)	9:03	6.6 (72.5%)
80	<b>WIŚNIEWSKA Iwona</b>	<b>306</b>	WTW.WŁOCŁAWEK	K30-39	6			00:11:39	00:22:30	<b>00:45:20.35</b>	<b>00:56:59.85</b>	+00:12:26 (27.4%)	9:04	6.6 (72.5%)
81	<b>MACZKOWSKA Danuta</b>	<b>258</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K55-59	4			00:13:17	00:22:26	<b>00:45:29.90</b>	<b>00:58:47.70</b>	+00:12:36 (27.7%)	9:06	6.6 (72.5%)
82	<b>PACZKOWSKA Krystyna</b>	<b>340</b>		K65-69	2			00:14:04	00:22:40	<b>00:45:32.60</b>	<b>00:59:37.25</b>	+00:12:38 (27.8%)	9:06	6.6 (72.5%)
83	<b>KARCZEWSKI Krzysztof</b>	<b>241</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	3			00:07:11	00:22:35	<b>00:45:39.05</b>	<b>00:52:50.30</b>	+00:12:45 (27.9%)	9:07	6.6 (72.5%)
84	<b>PŁOSZYŃSKI Marian</b>	<b>279</b>	MOSIR RYPIN	M65-69	8			00:09:36	00:22:11	<b>00:45:44.25</b>	<b>00:55:21.15</b>	+00:12:50 (28.1%)	9:09	6.6 (72.5%)
85	<b>TROJAK Andrzej</b>	<b>294</b>	MOSIR RYPIN	M60-64	7			00:09:20	00:22:02	<b>00:45:46.15</b>	<b>00:55:07.05</b>	+00:12:52 (28.1%)	9:09	6.6 (72.5%)
86	<b>MORAWSKA Katarzyna</b>	<b>264</b>	WTW.WŁOCŁAWEK	K40-44	9			00:12:06	00:22:36	<b>00:45:50.65</b>	<b>00:57:56.65</b>	+00:12:56 (28.2%)	9:10	6.5 (71.4%)
87	<b>CICHOREK Marzena</b>	<b>212</b>	GMINA SKRWILNO	K40-44	10			00:12:07	00:22:49	<b>00:45:58.35</b>	<b>00:58:06.15</b>	+00:13:04 (28.4%)	9:11	6.5 (71.4%)
88	<b>STAWNIAK Wanda</b>	<b>335</b>		K65-69	3			00:14:04	00:22:40	<b>00:46:04.70</b>	<b>01:00:09.15</b>	+00:13:10 (28.6%)	9:13	6.5 (71.4%)
89	<b>MILEWSKA Wiesława</b>	<b>262</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	8			00:12:31	00:22:47	<b>00:46:06.00</b>	<b>00:58:37.00</b>	+00:13:12 (28.6%)	9:13	6.5 (71.4%)
90	<b>GÓRSKI Piotr</b>	<b>331</b>	GOSIR OSIELSKO	M50-54	3			00:08:37	00:22:11	<b>00:46:06.65</b>	<b>00:54:44.25</b>	+00:13:12 (28.7%)	9:13	6.5 (71.4%)
91	<b>KOSEK Ewa</b>	<b>250</b>	GMINA SKRWILNO	K55-59	5			00:13:16	00:23:06	<b>00:46:17.90</b>	<b>00:59:33.90</b>	+00:13:24 (28.9%)	9:15	6.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
92	<b>WIADERSKA Grażyna</b>	<b>304</b>		K65-69	4			00:14:04	00:22:43	<b>00:46:22.75</b>	<b>01:00:26.90</b>	+00:13:28 (29.1%)	9:16	6.5 (71.4%)
93	<b>WRZOSIŃSKA Marzanna</b>	<b>312</b>	GMINA SKRWILNO	K50-54	6			00:12:51	00:22:49	<b>00:46:26.65</b>	<b>00:59:18.05</b>	+00:13:32 (29.2%)	9:17	6.5 (71.4%)
94	<b>OSMAŁEK Mariola</b>	<b>318</b>		K45-49	9			00:12:31	00:23:04	<b>00:46:36.95</b>	<b>00:59:08.25</b>	+00:13:43 (29.4%)	9:19	6.4 (70.3%)
95	<b>LIPIŃSKA Dorota</b>	<b>256</b>	WTW.WŁOCŁAWEK	K50-54	7			00:12:52	00:23:01	<b>00:46:39.55</b>	<b>00:59:32.15</b>	+00:13:45 (29.5%)	9:20	6.4 (70.3%)
96	<b>LISZEWSKI Marek</b>	<b>257</b>	MOSIR RYPIN	M- Niepełnosprawni	5			00:08:43	00:23:46	<b>00:46:49.75</b>	<b>00:55:33.70</b>	+00:13:55 (29.7%)	9:22	6.4 (70.3%)
97	<b>KOLENDA Zbigniew</b>	<b>247</b>	WTW.WŁOCŁAWEK	M70+	3			00:09:57	00:23:05	<b>00:46:54.60</b>	<b>00:56:52.45</b>	+00:14:00 (29.9%)	9:23	6.4 (70.3%)
98	<b>ORZECZOWSKI Marcin</b>	<b>274</b>	NO NAME	M30-39	4			00:07:11	00:22:47	<b>00:46:55.35</b>	<b>00:54:06.60</b>	+00:14:01 (29.9%)	9:23	6.4 (70.3%)
99	<b>CHMIELEWSKI Józef</b>	<b>210</b>	MOSIR RYPIN	M70+	4			00:09:58	00:23:02	<b>00:47:00.35</b>	<b>00:56:58.65</b>	+00:14:06 (30.0%)	9:24	6.4 (70.3%)
100	<b>NOWAK Cezary</b>	<b>266</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M45-49	5			00:08:03	00:23:29	<b>00:47:07.70</b>	<b>00:55:11.55</b>	+00:14:13 (30.2%)	9:25	6.4 (70.3%)
101	<b>WRZESIŃSKA Elżbieta</b>	<b>311</b>	GMINA SKRWILNO	K40-44	11			00:12:07	00:23:13	<b>00:47:10.95</b>	<b>00:59:18.40</b>	+00:14:17 (30.3%)	9:26	6.4 (70.3%)
102	<b>ROZDOWSKA Beata</b>	<b>320</b>		K40-44	12			00:12:06	00:23:44	<b>00:47:14.50</b>	<b>00:59:21.40</b>	+00:14:20 (30.4%)	9:27	6.3 (69.2%)
103	<b>OSTROWSKA Halina</b>	<b>275</b>	WTW.WŁOCŁAWEK	K55-59	6			00:13:17	00:23:25	<b>00:47:18.05</b>	<b>01:00:35.35</b>	+00:14:24 (30.4%)	9:27	6.3 (69.2%)
104	<b>OGONOWSKA Edyta</b>	<b>271</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	8			00:12:50	00:23:29	<b>00:47:18.70</b>	<b>01:00:09.40</b>	+00:14:24 (30.5%)	9:27	6.3 (69.2%)
105	<b>PALIŃSKA Hanna</b>	<b>319</b>		K60-64	3			00:13:47	00:23:00	<b>00:47:27.75</b>	<b>01:01:15.50</b>	+00:14:33 (30.7%)	9:29	6.3 (69.2%)
106	<b>KOMOSIŃSKI Ryszard</b>	<b>249</b>	GMINA SKRWILNO	M60-64	8			00:09:21	00:22:41	<b>00:47:29.80</b>	<b>00:56:50.95</b>	+00:14:35 (30.7%)	9:29	6.3 (69.2%)
107	<b>CZAPLIŃSKA Alicja</b>	<b>215</b>	GMINA SKRWILNO	K50-54	9			00:12:51	00:23:32	<b>00:47:38.65</b>	<b>01:00:29.90</b>	+00:14:44 (30.9%)	9:31	6.3 (69.2%)
108	<b>RUMIŃSKA Krystyna</b>	<b>286</b>	GMINA SKRWILNO	K60-64	4			00:13:48	00:24:04	<b>00:47:53.00</b>	<b>01:01:41.75</b>	+00:14:59 (31.3%)	9:34	6.3 (69.2%)
109	<b>ANDRZEJEWSKA Bogusława</b>	<b>201</b>	MARSZ PO ZDROWIE	K55-59	7			00:13:16	00:23:44	<b>00:48:01.10</b>	<b>01:01:17.35</b>	+00:15:07 (31.5%)	9:36	6.2 (68.1%)
110	<b>JESIONOWSKA Mariola</b>	<b>236</b>	GMINA SKRWILNO	K40-44	13			00:12:07	00:24:17	<b>00:48:48.55</b>	<b>01:00:55.90</b>	+00:15:54 (32.6%)	9:45	6.1 (67.0%)
111	<b>KOCIŃSKI Leszek</b>	<b>245</b>	WTW.WŁOCŁAWEK	M65-69	9			00:09:38	00:25:01	<b>00:49:03.50</b>	<b>00:58:41.95</b>	+00:16:09 (32.9%)	9:48	6.1 (67.0%)
112	<b>SZCZEPKOWSKA Marta</b>	<b>290</b>	GMINA SKRWILNO	K30-39	7			00:11:39	00:24:45	<b>00:49:16.25</b>	<b>01:00:55.60</b>	+00:16:22 (33.2%)	9:51	6.1 (67.0%)
113	<b>GRABOWSKA Agnieszka</b>	<b>229</b>	MOSIR RYPIN	K- Niepełnosprawni	1			00:13:48	00:24:11	<b>00:49:45.30</b>	<b>01:03:34.25</b>	+00:16:51 (33.9%)	9:57	6 (65.9%)
114	<b>PRACKA Katarzyna</b>	<b>280</b>	WTW.WŁOCŁAWEK	K45-49	10			00:12:31	00:24:52	<b>00:49:51.70</b>	<b>01:02:23.00</b>	+00:16:57 (34.0%)	9:58	6 (65.9%)
115	<b>FALKOWSKA Maria</b>	<b>324</b>	MOSIR RYPIN	K70+	1			00:14:12	00:24:40	<b>00:49:54.70</b>	<b>01:04:07.10</b>	+00:17:00 (34.1%)	9:59	6 (65.9%)
116	<b>BALICKA Iwona</b>	<b>337</b>		K30-39	8			00:11:40	00:26:15	<b>00:49:56.35</b>	<b>01:01:37.00</b>	+00:17:02 (34.1%)	9:59	6 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
117	<b>KLIMOWSKA Stanisława</b>	<b>244</b>	MOSIR RYPIN	K70+	2			00:14:12	00:25:20	<b>00:50:24.05</b>	<b>01:04:36.95</b>	+00:17:30 (34.7%)	10:04	6 (65.9%)
118	<b>BEDNARSKA Małgorzata</b>	<b>206</b>	WTW.WŁOCŁAWEK	K60-64	5			00:13:47	00:25:28	<b>00:50:40.85</b>	<b>01:04:28.50</b>	+00:17:46 (35.1%)	10:08	5.9 (64.8%)
119	<b>TOKARSKA Joanna</b>	<b>293</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K30-39	9			00:11:38	00:26:17	<b>00:50:49.65</b>	<b>01:02:28.05</b>	+00:17:55 (35.3%)	10:10	5.9 (64.8%)
120	<b>LISZEWSKA Zofia</b>	<b>326</b>		K55-59	8			00:13:15	00:25:29	<b>00:51:20.85</b>	<b>01:04:36.65</b>	+00:18:26 (35.9%)	10:16	5.8 (63.7%)
121	<b>DACZKO Maria</b>	<b>217</b>	MOSIR RYPIN	K30-39	10			00:11:38	00:25:11	<b>00:51:30.25</b>	<b>01:03:09.00</b>	+00:18:36 (36.1%)	10:18	5.8 (63.7%)
122	<b>GRABOWSKI Adam</b>	<b>230</b>	MOSIR RYPIN	M-Niepełnosprawni	6			00:09:20	00:25:33	<b>00:52:21.10</b>	<b>01:01:41.65</b>	+00:19:27 (37.2%)	10:28	5.7 (62.6%)
123	<b>WIŚNIEWSKA Danuta</b>	<b>307</b>		K55-59	9			00:13:17	00:25:45	<b>00:52:28.80</b>	<b>01:05:46.45</b>	+00:19:34 (37.3%)	10:29	5.7 (62.6%)
124	<b>GÓRTATOWSKA Bożena</b>	<b>228</b>	GMINA SKRWILNO	K60-64	6			00:13:48	00:25:57	<b>00:53:00.25</b>	<b>01:06:48.35</b>	+00:20:06 (37.9%)	10:36	5.7 (62.6%)
125	<b>STRZELECKA Antonina</b>	<b>287</b>	SAILING TEAM FERAJNA	K-Dzieci	3			00:10:56	00:26:03	<b>00:53:15.60</b>	<b>01:04:12.30</b>	+00:20:21 (38.2%)	10:39	5.6 (61.5%)
126	<b>GROSPERRIN Edouard</b>	<b>233</b>		M-Dzieci	3			00:06:38	00:21:49	<b>00:53:41.30</b>	<b>01:00:20.05</b>	+00:20:47 (38.7%)	10:44	5.6 (61.5%)
127	<b>OSTROWSKA Małgorzata</b>	<b>276</b>	GMINA SKRWILNO	K45-49	11			00:12:32	00:26:48	<b>00:54:16.75</b>	<b>01:06:49.00</b>	+00:21:22 (39.4%)	10:51	5.5 (60.4%)
128	<b>WIŚNIEWSKA Grażyna</b>	<b>308</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	10			00:13:18	00:26:32	<b>00:55:17.60</b>	<b>01:08:36.35</b>	+00:22:23 (40.5%)	11:03	5.4 (59.3%)
129	<b>KUŹMIŃSKA Zofia</b>	<b>253</b>	MOSIR RYPIN	K65-69	5			00:13:49	00:30:39	<b>00:59:32.95</b>	<b>01:13:22.15</b>	+00:26:39 (44.8%)	11:54	5 (54.9%)
130	<b>CICHOWSKI Wiesław</b>	<b>213</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Niepełnosprawni	7			00:09:20	00:29:39	<b>00:59:48.30</b>	<b>01:09:08.70</b>	+00:26:54 (45.0%)	11:57	5 (54.9%)
131	<b>WOJCIECHOWSKA Wanda</b>	<b>310</b>	MOSIR RYPIN	K70+	3			00:14:13	00:30:14	<b>01:01:31.05</b>	<b>01:15:44.20</b>	+00:28:37 (46.5%)	12:18	4.9 (53.8%)
132	<b>KOSICKA Beata</b>	<b>251</b>	NORDIC WALKING KIEKRZ	K45-49	12			00:12:32	00:44:40	<b>01:07:54.40</b>	<b>01:20:27.10</b>	+00:35:00 (51.6%)	13:35	4.4 (48.4%)
133	<b>ŻYWOCKI Henryk</b>	<b>315</b>	MOSIR RYPIN	M-Niepełnosprawni	8			00:09:19	00:24:43			+00:08:28	9:53	6.1 (67.0%)
134	<b>ŻYWOCKA Ewa</b>	<b>314</b>	MOSIR RYPIN	K55-59	11			00:13:16	00:28:05			+00:11:50	11:14	5.3 (58.2%)
135	<b>BARCIKOWSKA Mieczysława</b>	<b>205</b>	MOSIR RYPIN	K-Niepełnosprawni	2			00:13:49	00:30:40			+00:14:26	12:16	4.9 (53.8%)

Znaleziono 135 wynik(ów)