

SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING
Organizator: PFNW
Data: 2017-07-30
Miejsce: Skrwilno
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MACHNIK Janusz	103	CLLEO ZAWIERCIE	M40-44	1			00:16:38	00:33:51.75		6:46	8.9 (100%)
2	HAŁAS Marcin	57		M30-39	1			00:17:03	00:34:19.15	+00:00:27 (1.3%)	6:51	8.7 (97.8%)
3	RADOMSKI Marcin	144	BIEGAM W SFETSZE/DYNAMIC	M40-44	2			00:16:48	00:34:21.65	+00:00:29 (1.5%)	6:52	8.7 (97.8%)
4	RAKUĆ Jakub	145	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:17:04	00:34:23.65	+00:00:31 (1.5%)	6:52	8.7 (97.8%)
5	FRAĆKOWIAK Roman	46	ZS ROSKO	M45-49	1			00:17:04	00:34:32.65	+00:00:40 (2.0%)	6:54	8.7 (97.8%)
6	POLEWCZAK Mariusz	140	CLLEO ZAWIERCIE	M45-49	2			00:17:05	00:34:32.95	+00:00:41 (2.0%)	6:54	8.7 (97.8%)
7	TRZCIŃSKI Franciszek	174	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1			00:17:10	00:34:46.80	+00:00:55 (2.6%)	6:57	8.6 (96.6%)
8	TRZCIŃSKI Eugeniusz	175	SPORT I REKREACJA START (CHEŁMNO)	M60-64	1			00:17:18	00:35:16.40	+00:01:24 (4.0%)	7:03	8.5 (95.5%)
9	KLARKOWSKI Bogdan	71	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	2			00:17:20	00:35:41.50	+00:01:49 (5.1%)	7:08	8.4 (94.4%)
10	WASIELEWSKI Mirosław	180	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M55-59	1			00:17:49	00:35:43.20	+00:01:51 (5.2%)	7:08	8.4 (94.4%)
11	SANIUK Edward	153	FACE NORDIC WALKING TEAM	M65-69	1			00:18:39	00:35:57.25	+00:02:05 (5.8%)	7:11	8.3 (93.3%)
12	WERNIKIEWICZ Zbigniew	184		M- Niepełnosprawni(B)	1			00:17:45	00:35:57.70	+00:02:05 (5.8%)	7:11	8.3 (93.3%)
13	DADYGIN Siergii	206		M30-39	2			00:18:03	00:36:03.80	+00:02:12 (6.1%)	7:12	8.3 (93.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
14	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69	2			00:18:38	00:36:10.45	+00:02:18 (6.4%)	7:14	8.3 (93.3%)
15	POLISZCZUK Piotr	141	PIERNIKI NA CHODZIE	M55-59	2			00:17:50	00:36:15.45	+00:02:23 (6.6%)	7:15	8.3 (93.3%)
16	KRYCH Włodzimierz	90	STARY WĄŻ	M55-59	3			00:17:52	00:36:15.50	+00:02:23 (6.6%)	7:15	8.3 (93.3%)
17	KADACZ Aleksey	207		M30-39	3			00:18:08	00:36:22.45	+00:02:30 (6.9%)	7:16	8.2 (92.1%)
18	KRUPA Paweł	89		M50-54	2			00:18:15	00:36:39.05	+00:02:47 (7.6%)	7:19	8.2 (92.1%)
19	GRYGOROWICZ Bogdan	55	KS METRACO POLKOWICE	M65-69	3			00:18:40	00:36:40.95	+00:02:49 (7.7%)	7:20	8.2 (92.1%)
20	CIEŚLAK-ZABŁOCKA Iwona	31	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K40-44	1			00:18:13	00:37:10.20	+00:03:18 (8.9%)	7:26	8.1 (91.0%)
21	JÓŹWIAK Marianna	60	WTW WŁOCŁAWEK	K40-44	2			00:18:22	00:37:43.85	+00:03:52 (10.3%)	7:32	8 (89.9%)
22	SZYMAŃSKI Stefan	169	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:18:51	00:37:57.70	+00:04:05 (10.8%)	7:35	7.9 (88.8%)
23	DUBAJ Grzegorz	44	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M55-59	4			00:18:05	00:38:02.30	+00:04:10 (11.0%)	7:36	7.9 (88.8%)
24	RAKUĆ Angelika	146	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:18:59	00:38:08.40	+00:04:16 (11.2%)	7:37	7.9 (88.8%)
25	BRANCZEWSKA Ewa	6	NW WERWA MŁAWA	K30-39	1			00:18:46	00:38:10.35	+00:04:18 (11.3%)	7:38	7.9 (88.8%)
26	OLEŚ Józef	130	NW WERWA MŁAWA	M- Niepełnosprawni(A)	1			00:18:40	00:38:11.70	+00:04:19 (11.3%)	7:38	7.9 (88.8%)
27	DEMBKOWSKI Ryszard	41	KRÓL PIERNIKA TORUŃSKIEGO /STARY WĄŻ	M60-64	3			00:18:48	00:38:12.80	+00:04:21 (11.4%)	7:38	7.8 (87.6%)
28	CHUDZIŃSKI Andrzej	26	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65-69	4			00:18:48	00:38:19.60	+00:04:27 (11.6%)	7:39	7.8 (87.6%)
29	KREZMER Marzena	88	CLLEO ZAWIERCIE	K30-39	2			00:18:57	00:38:19.70	+00:04:27 (11.7%)	7:40	7.8 (87.6%)
30	SKWARSKI Marek	156	DYNAMIC	M50-54	3			00:18:31	00:38:25.25	+00:04:33 (11.9%)	7:41	7.8 (87.6%)
31	POLEWCZAK Aneta	139	CLLEO ZAWIERCIE	K45-49	1			00:19:19	00:38:26.10	+00:04:34 (11.9%)	7:41	7.8 (87.6%)
32	OKRZESIK-FRĄCKOWIAK Izabela	129	ZS ROSKO	K45-49	2			00:19:19	00:38:33.05	+00:04:41 (12.2%)	7:42	7.8 (87.6%)
33	GRIGORIEWA Renata	211		K-Jun.	1			00:19:01	00:38:36.75	+00:04:45 (12.3%)	7:43	7.8 (87.6%)
34	JÓŹWIAK Łukasz	61	WTW WŁOCŁAWEK	M- Niepełnosprawni(A)	2			00:18:57	00:38:48.90	+00:04:57 (12.8%)	7:45	7.7 (86.5%)
35	MARKOWSKA Halina	112	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	1			00:19:04	00:38:51.95	+00:05:00 (12.9%)	7:46	7.7 (86.5%)
36	DOMBRZALSKI Ryszard	43	WTW WŁOCŁAWEK	M65-69	5			00:19:12	00:38:55.10	+00:05:03 (13.0%)	7:47	7.7 (86.5%)

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37	SAKOWSKA Krystyna	152	PASJA NORDIC WALKING	K40-44	3			00:19:08	00:38:55.50	+00:05:03 (13.0%)	7:47	7.7 (86.5%)
38	BRAĞIEL Krystyna	9		K60-64	2			00:19:14	00:38:59.75	+00:05:08 (13.2%)	7:48	7.7 (86.5%)
39	DANA Andrzej	36	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	6			00:19:05	00:39:06.35	+00:05:14 (13.4%)	7:49	7.7 (86.5%)
40	GOŁĘBIEWSKI Andrzej	213	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M60-64	4			00:19:21	00:39:23.15	+00:05:31 (14.0%)	7:52	7.6 (85.4%)
41	KOZŁOWSKA Julia	86	DYNAMIC	K-Jun.	2			00:19:28	00:39:34.20	+00:05:42 (14.4%)	7:54	7.6 (85.4%)
42	URBAŃSKI Stefan	178	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	5			00:19:25	00:39:37.90	+00:05:46 (14.6%)	7:55	7.6 (85.4%)
43	KARCZEWSKA Marzena	65	RUCH PO ZDROWIE WŁOCŁAWEK	K30-39	3			00:19:21	00:39:40.55	+00:05:48 (14.7%)	7:56	7.6 (85.4%)
44	ZIELIŃSKA Jolanta	204	GOSIR OSIELSKO	K55-59	1			00:19:33	00:39:41.05	+00:05:49 (14.7%)	7:56	7.6 (85.4%)
45	STRZELECKA Małgorzata	161	SAILING TEAM FERAJNA	K45-49	3			00:19:48	00:39:43.55	+00:05:51 (14.8%)	7:56	7.6 (85.4%)
46	NOWALIŃSKA Anastazja	128	FACE NORDIC WALKING TEAM	K-Jun.	3			00:19:34	00:39:53.10	+00:06:01 (15.1%)	7:58	7.5 (84.3%)
47	BRULIŃSKA Monika	10	BIEGAM W SFETSZE	K40-44	4			00:19:55	00:40:02.60	+00:06:10 (15.4%)	8:00	7.5 (84.3%)
48	WASILEWSKI Sławomir	181	PASJA NORDIC WALKING	M70+	2			00:19:51	00:40:05.35	+00:06:13 (15.5%)	8:01	7.5 (84.3%)
49	KUSIAK Włodzimierz	94	ELITE TEAM CHODZĘ Z KIJAMI	M65-69	7			00:20:04	00:40:09.95	+00:06:18 (15.7%)	8:02	7.5 (84.3%)
50	SUGALSKA Małgorzata	164	MOSIR RYPIN	K50-54	1			00:19:56	00:40:11.45	+00:06:19 (15.7%)	8:02	7.5 (84.3%)
51	LELIWA Leszek	212		M70+	3			00:19:49	00:40:12.30	+00:06:20 (15.8%)	8:02	7.5 (84.3%)
52	MALKIEWICZ Małgorzata	106	KSK ŻYJ AKTYWNIE KOŁCZYGŁOWY	K50-54	2			00:20:04	00:40:18.25	+00:06:26 (16.0%)	8:03	7.4 (83.1%)
53	BRZOZOWSKI Przemysław	208		M30-39	4			00:20:16	00:40:18.95	+00:06:27 (16.0%)	8:03	7.4 (83.1%)
54	GWAREK Anita	56	PASJA NORDIC WALKING	K45-49	4			00:19:55	00:40:21.10	+00:06:29 (16.1%)	8:04	7.4 (83.1%)
55	MORYS Agnieszka	118	FABRIKANORDIKA	K30-39	4			00:20:06	00:40:31.65	+00:06:39 (16.4%)	8:06	7.4 (83.1%)
56	KOZŁOWSKA Jagoda	85	DYNAMIC	K-Dzieci	1			00:20:04	00:40:33.45	+00:06:41 (16.5%)	8:06	7.4 (83.1%)
57	KĘDZIERSKA Edyta	32	PFNW	K40-44	5			00:20:19	00:40:35.00	+00:06:43 (16.6%)	8:07	7.4 (83.1%)
58	MĄCZKOWSKA Zofia	217	ZANTYR SZTUM	K-Dzieci	2			00:20:04	00:40:37.55	+00:06:45 (16.6%)	8:07	7.4 (83.1%)
59	MITRĘGA Maja	115		K-Dzieci	3			00:20:19	00:40:42.10	+00:06:50 (16.8%)	8:08	7.4 (83.1%)

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60	TUCHALSKA Edyta	176		K30-39	5			00:20:20	00:40:43.20	+00:06:51 (16.8%)	8:08	7.4 (83.1%)
61	ŚWIERCZYŃSKA Joanna	171	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K45-49	5			00:19:57	00:40:45.90	+00:06:54 (16.9%)	8:09	7.4 (83.1%)
62	DANA Kazimiera	35	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	3			00:20:10	00:40:47.20	+00:06:55 (17.0%)	8:09	7.4 (83.1%)
63	BRYL Michał	13	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M- Niepełnosprawni(A)	3			00:20:00	00:40:50.30	+00:06:58 (17.1%)	8:10	7.3 (82.0%)
64	WIŚNIEWSKI Kazimierz	194	PASJA NORDIC WALKING	M60-64	5			00:20:14	00:40:50.70	+00:06:58 (17.1%)	8:10	7.3 (82.0%)
65	CIARKA Henryk	27	NW PŁOŃSK	M65-69	8			00:20:16	00:41:03.80	+00:07:12 (17.5%)	8:12	7.3 (82.0%)
66	GRYGOROWICZ Teresa	54	KS METRACO POLKOWICE	K65-69	1			00:20:07	00:41:11.20	+00:07:19 (17.8%)	8:14	7.3 (82.0%)
67	POMYKAŁA Krzysztof	209		M40-44	3			00:21:09	00:41:15.15	+00:07:23 (17.9%)	8:15	7.3 (82.0%)
68	CZYŻEWSKI Włodzimierz	3	NW PŁOŃSK	M55-59	6			00:20:05	00:41:18.25	+00:07:26 (18.0%)	8:15	7.3 (82.0%)
69	ZABOROWSKI Zbigniew	202	NW CHODZIMY PO PŁOCKU	M65-69	9			00:20:47	00:41:25.35	+00:07:33 (18.3%)	8:17	7.2 (80.9%)
70	KŁOPOTOWSKI Ryszard	75	LKS ZANTYR	M50-54	4			00:20:30	00:41:32.95	+00:07:41 (18.5%)	8:18	7.2 (80.9%)
71	SZALECKA Grażyna	165	LKS ZANTYR	K65-69	2			00:20:31	00:41:36.35	+00:07:44 (18.6%)	8:19	7.2 (80.9%)
72	BUJNICKA Magdalena	16	NORDIC WALKING PASŁĘK	K-Dzieci	4			00:20:28	00:41:37.20	+00:07:45 (18.6%)	8:19	7.2 (80.9%)
73	CHOLEWKA Jolanta	22	MARSZ PO ZDROWIE	K60-64	4			00:20:28	00:41:40.25	+00:07:48 (18.7%)	8:20	7.2 (80.9%)
74	STRZELECKI Sebastian	163	SAILING TEAM FERAJNA	M40-44	4			00:20:26	00:41:59.10	+00:08:07 (19.3%)	8:23	7.1 (79.8%)
75	ADAMOWICZ Andrzej	2		M70+	4			00:20:50	00:42:00.35	+00:08:08 (19.4%)	8:24	7.1 (79.8%)
76	LANGMESSER Regina	96	LKS ZANTYR	K45-49	6			00:20:48	00:42:04.70	+00:08:12 (19.5%)	8:24	7.1 (79.8%)
77	WIERZBICKI Waldemar	188		M65-69	10			00:20:34	00:42:10.40	+00:08:18 (19.7%)	8:26	7.1 (79.8%)
78	BERKOWSKI Jakub	5	RUCH PO ZDROWIE WŁOCŁAWEK	M-Jun.	1			00:20:42	00:42:21.50	+00:08:29 (20.1%)	8:28	7.1 (79.8%)
79	OLEŚ Elżbieta	131	NW WERWA MŁAWA	K65-69	3			00:20:37	00:42:24.25	+00:08:32 (20.1%)	8:28	7.1 (79.8%)
80	WRONKA Tomasz	197	GRUPA NORDIC WALKING PŁOŃSK	M45-49	3			00:21:02	00:42:25.75	+00:08:34 (20.2%)	8:29	7.1 (79.8%)
81	KOZIOŁ Piotr	84		M50-54	5			00:20:56	00:42:27.25	+00:08:35 (20.2%)	8:29	7.1 (79.8%)
82	NAZAREWICZ Barbara	122	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	4			00:21:01	00:42:41.70	+00:08:49 (20.7%)	8:32	7 (78.7%)

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									netto 5km	Różn		
83	PERLIK Wiesław	136	TADMAX	M60-64	6			00:20:55	00:42:47.25	+00:08:55 (20.9%)	8:33	7 (78.7%)
84	KOZIOŁ Magdalena	83		K18-29	2			00:21:28	00:42:50.80	+00:08:59 (21.0%)	8:34	7 (78.7%)
85	KOLENDA Zbigniew	79	WTW WŁOCŁAWEK	M70+	5			00:21:04	00:43:03.10	+00:09:11 (21.3%)	8:36	7 (78.7%)
86	PRACKI Zbigniew Wojciech	143	WTW WŁOCŁAWEK	M50-54	6			00:21:17	00:43:03.60	+00:09:11 (21.4%)	8:36	7 (78.7%)
87	WINCZEWSKA Anna	191	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	3			00:21:21	00:43:19.35	+00:09:27 (21.8%)	8:40	6.9 (77.5%)
88	MARCINKOWSKA Renata	110	FACE NORDIC WALKING TEAM	K65-69	5			00:21:03	00:43:24.10	+00:09:32 (22.0%)	8:41	6.9 (77.5%)
89	MARCINIAK Hanna	109	WTW WŁOCŁAWEK	K55-59	2			00:21:48	00:43:26.95	+00:09:35 (22.1%)	8:41	6.9 (77.5%)
90	JANKOWSKA Wioletta	230	FABRIKANORDIKA	K50-54	4			00:21:30	00:43:31.80	+00:09:40 (22.2%)	8:42	6.9 (77.5%)
91	MAŃKOWSKI Lech	108	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	7			00:21:29	00:43:37.50	+00:09:45 (22.4%)	8:43	6.9 (77.5%)
92	STANKIEWICZ Bożena	159	MOSIR RYPIN	K45-49	7			00:21:51	00:43:50.40	+00:09:58 (22.8%)	8:46	6.8 (76.4%)
93	ŻENDARSKA Iwona	205		K45-49	8			00:22:26	00:43:53.65	+00:10:01 (22.9%)	8:46	6.8 (76.4%)
94	WYCISŁO Damian	200	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	2			00:21:54	00:43:58.90	+00:10:07 (23.0%)	8:47	6.8 (76.4%)
95	CZARSKA Zofia	33		K40-44	6			00:21:56	00:44:01.20	+00:10:09 (23.1%)	8:48	6.8 (76.4%)
96	MITRĘGA Monika	116		K40-44	7			00:21:41	00:44:06.40	+00:10:14 (23.2%)	8:49	6.8 (76.4%)
97	KULIG Bożena	92	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	5			00:21:34	00:44:10.60	+00:10:18 (23.3%)	8:50	6.8 (76.4%)
98	BRZozowska Agnieszka	14	UKS SKRWILNO	K30-39	6			00:21:46	00:44:12.85	+00:10:21 (23.4%)	8:50	6.8 (76.4%)
99	LEWANDOWSKI Ryszard	97		M65-69	11			00:21:37	00:44:13.70	+00:10:21 (23.4%)	8:50	6.8 (76.4%)
100	NOSKIEWICZ Robert	123		M40-44	5			00:21:49	00:44:14.05	+00:10:22 (23.4%)	8:50	6.8 (76.4%)
101	ZIELINKIEWICZ Wiktoria	203	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	5			00:21:39	00:44:14.80	+00:10:23 (23.5%)	8:51	6.8 (76.4%)
102	ŁASIŃSKI Jarosław	102	UKS SKRWILNO	M30-39	5			00:21:46	00:44:18.60	+00:10:26 (23.6%)	8:51	6.8 (76.4%)
103	KULESZA-BRUNKA Dorota	93	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K50-54	5			00:22:06	00:44:22.05	+00:10:30 (23.7%)	8:52	6.8 (76.4%)
104	BURNA Iweta	18		K40-44	8			00:22:30	00:44:25.85	+00:10:34 (23.8%)	8:53	6.8 (76.4%)
105	WĘGLEWSKA Agnieszka	185	DYNAMIC	K18-29	3			00:21:49	00:44:47.10	+00:10:55 (24.4%)	8:57	6.7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
106	GRABOWSKA Bożena	47	LKS ZANTYR	K45-49	9			00:22:05	00:44:47.80	+00:10:56 (24.4%)	8:57	6.7 (75.3%)
107	SZYMAŃSKA Lucyna	168	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	1			00:22:01	00:45:07.85	+00:11:16 (25.0%)	9:01	6.6 (74.2%)
108	KANIAK Zbigniew	64	GRUPA NORDIC WALKING PŁOŃSK	M65-69	12			00:20:21	00:45:08.55	+00:11:16 (25.0%)	9:01	6.6 (74.2%)
109	WAGNER-KOZIOŁ Grażyna	179		K50-54	6			00:22:28	00:45:09.70	+00:11:17 (25.0%)	9:01	6.6 (74.2%)
110	BRYL Zdzisław	12	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M45-49	4			00:21:52	00:45:10.20	+00:11:18 (25.0%)	9:02	6.6 (74.2%)
111	WYCISŁO Agata	199	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K- Niepełnosprawni(B)	1			00:22:07	00:45:17.50	+00:11:25 (25.2%)	9:03	6.6 (74.2%)
112	WRONKA Iwona	196	GRUPA NORDIC WALKING PŁOŃSK	K40-44	9			00:22:09	00:45:38.25	+00:11:46 (25.8%)	9:07	6.6 (74.2%)
113	GRABOWSKI Maciej	216	ZANTYR SZTUM	M-Dzieci	1			00:23:01	00:45:46.95	+00:11:55 (26.0%)	9:09	6.6 (74.2%)
114	CICHOREK Marzena	28	SKRWILNO	K40-44	10			00:22:27	00:45:50.30	+00:11:58 (26.1%)	9:10	6.5 (73.0%)
115	SMARUJ-SADOWSKA Janina	157		K65-69	6			00:22:24	00:45:53.50	+00:12:01 (26.2%)	9:10	6.5 (73.0%)
116	BERKOWSKA Magdalena	4	RUCH PO ZDROWIE WŁOCŁAWEK	K30-39	7			00:23:09	00:45:53.65	+00:12:01 (26.2%)	9:10	6.5 (73.0%)
117	STOLTMAN Adam	160	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Dzieci	2			00:24:01	00:45:55.65	+00:12:03 (26.3%)	9:11	6.5 (73.0%)
118	TROJAK Andrzej	172	MOSIR RYPIN	M60-64	8			00:22:08	00:45:57.10	+00:12:05 (26.3%)	9:11	6.5 (73.0%)
119	PIEKARSKA Krystyna	137		K45-49	10			00:22:37	00:46:08.70	+00:12:16 (26.6%)	9:13	6.5 (73.0%)
120	KOSICKA Beata	80		K45-49	11			00:22:39	00:46:10.25	+00:12:18 (26.7%)	9:14	6.5 (73.0%)
121	WĄSOWSKA Monika	182	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	8			00:22:22	00:46:13.20	+00:12:21 (26.7%)	9:14	6.5 (73.0%)
122	MARCZYK Jerzy Paweł	111	FACE NORDIC WALKING TEAM	M55-59	7			00:21:54	00:46:13.45	+00:12:21 (26.7%)	9:14	6.5 (73.0%)
123	TROJAK Krystyna	173	MOSIR RYPIN	K60-64	6			00:22:31	00:46:19.60	+00:12:27 (26.9%)	9:15	6.5 (73.0%)
124	WYCISŁO Romuald	198	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	3			00:23:00	00:46:22.95	+00:12:31 (27.0%)	9:16	6.5 (73.0%)
125	MAJEWSKI Włodzimierz	104	WTW WŁOCŁAWEK	M60-64	9			00:22:41	00:46:39.50	+00:12:47 (27.4%)	9:20	6.4 (71.9%)
126	ŚLIWIŃSKA Ewa	170	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K45-49	12			00:23:08	00:46:52.20	+00:13:00 (27.8%)	9:22	6.4 (71.9%)
127	NOSKIEWICZ Dorota	125		K30-39	9			00:22:39	00:46:57.15	+00:13:05 (27.9%)	9:23	6.4 (71.9%)
128	WIŚNIEWSKA Danuta	193	PASJA NORDIC WALKING	K55-59	3			00:23:07	00:47:05.00	+00:13:13 (28.1%)	9:25	6.4 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
129	KRALSKA Anna	87	WTW WŁOCŁAWEK	K65-69	7			00:23:35	00:47:10.05	+00:13:18 (28.2%)	9:26	6.4 (71.9%)
130	KARCZEWSKI Krzysztof	66	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	6			00:23:18	00:47:13.85	+00:13:22 (28.3%)	9:26	6.4 (71.9%)
131	KUSIAK Maria	95		K65-69	8			00:23:20	00:47:28.20	+00:13:36 (28.7%)	9:29	6.3 (70.8%)
132	OGONOWSKA Edyta	215	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K55-59	4			00:23:42	00:47:33.70	+00:13:41 (28.8%)	9:30	6.3 (70.8%)
133	BRANCZEWSKI Rafał	7	NW WERWA MŁAWA	M-Dzieci	3			00:24:00	00:47:43.85	+00:13:52 (29.1%)	9:32	6.3 (70.8%)
134	JÓŹWIAK Dominik	62	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	4			00:23:33	00:47:54.30	+00:14:02 (29.3%)	9:34	6.3 (70.8%)
135	WYSOCKA Monika	201	NORDIC WALKING PASŁĘK	K40-44	11			00:23:42	00:48:05.15	+00:14:13 (29.6%)	9:37	6.2 (69.7%)
136	PRACKA Katarzyna	142	WTW WŁOCŁAWEK	K45-49	13			00:24:05	00:48:18.85	+00:14:27 (29.9%)	9:39	6.2 (69.7%)
137	LISZEWSKI Marek	99	MOSIR RYPIN	M- Niepełnosprawni(B)	5			00:24:35	00:48:30.05	+00:14:38 (30.2%)	9:42	6.2 (69.7%)
138	KĄCKOWSKI Marek	69	JEZIORKI AKTYWNA WIEŚ	M60-64	10			00:24:07	00:48:32.75	+00:14:41 (30.2%)	9:42	6.2 (69.7%)
139	MOTOCZYŃSKA Aleksandra	119	GOSIR OSIELSKO	K55-59	5			00:23:38	00:48:33.10	+00:14:41 (30.3%)	9:42	6.2 (69.7%)
140	KMIECIK-ZEGARSKA Teresa	218	ZANTYR SZTUM	K55-59	6			00:24:11	00:48:35.90	+00:14:44 (30.3%)	9:43	6.2 (69.7%)
141	LISZEWSKA Zofia	98	MOSIR RYPIN	K55-59	7			00:24:14	00:48:36.10	+00:14:44 (30.3%)	9:43	6.2 (69.7%)
142	DOBROWOLSKI Patryk	42		M-Dzieci	4			00:23:41	00:48:49.65	+00:14:57 (30.6%)	9:45	6.1 (68.5%)
143	URBAŃSKA Elżbieta	177	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	7			00:24:17	00:49:02.75	+00:15:11 (31.0%)	9:48	6.1 (68.5%)
144	JOŃCZYK Anna	59	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	8			00:24:17	00:49:02.85	+00:15:11 (31.0%)	9:48	6.1 (68.5%)
145	MALINOWSKA Grażyna	105	LKS ZANTYR	K65-69	9			00:24:23	00:49:11.75	+00:15:20 (31.2%)	9:50	6.1 (68.5%)
146	WINCZEWSKI Sławomir	192	RUCH PO ZDROWIE WŁOCŁAWEK	M50-54	7			00:23:54	00:49:23.00	+00:15:31 (31.4%)	9:52	6.1 (68.5%)
147	KIESZEK Karolina	70	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K70+	1			00:24:29	00:49:30.30	+00:15:38 (31.6%)	9:54	6.1 (68.5%)
148	FĄLKOWSKA Maria	45	MOSIR RYPIN	K70+	2			00:24:32	00:49:32.50	+00:15:40 (31.6%)	9:54	6.1 (68.5%)
149	HINEBORG Bogumiła	58	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	7			00:24:31	00:50:10.45	+00:16:18 (32.5%)	10:02	6 (67.4%)
150	ORZECHOWSKA Weronika	134	MOSIR RYPIN	K-Dzieci	6			00:26:49	00:51:07.10	+00:17:15 (33.8%)	10:13	5.9 (66.3%)
151	KULCZYCKI Jan	91		M65-69	13			00:25:41	00:51:13.60	+00:17:21 (33.9%)	10:14	5.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	CHMIELEWSKA Barbara	20	MOSIR RYPIN	K70+	3			00:25:56	00:51:40.75	+00:17:49 (34.5%)	10:20	5.8 (65.2%)
153	CZWERENKO Alicja	34	LKS ZANTYR	K55-59	8			00:25:28	00:51:53.25	+00:18:01 (34.7%)	10:22	5.8 (65.2%)
154	ŁASIŃSKA Mariola	100	UKS SKRWILNO	K30-39	10			00:26:29	00:52:09.75	+00:18:18 (35.1%)	10:25	5.8 (65.2%)
155	GRACZYK Agnieszka	51	UKS SKRWILNO	K30-39	11			00:26:30	00:52:12.55	+00:18:20 (35.1%)	10:26	5.7 (64.0%)
156	NOSKIEWICZ Krzysztof	124		M-Dzieci	5			00:25:18	00:52:27.50	+00:18:35 (35.4%)	10:29	5.7 (64.0%)
157	SKRZECZKOWSKA Anna	155		K40-44	12			00:25:56	00:52:43.35	+00:18:51 (35.8%)	10:32	5.7 (64.0%)
158	DĄBKOWSKI Maciej	37	MOSIR RYPIN	M-Dzieci	6			00:26:15	00:53:17.05	+00:19:25 (36.4%)	10:39	5.6 (62.9%)
159	STRZELECKA Antonina	162	SAILING TEAM FERAJNA	K-Dzieci	7			00:26:07	00:53:25.20	+00:19:33 (36.6%)	10:41	5.6 (62.9%)
160	CHMIELEWSKI Józef	21	MOSIR RYPIN	M70+	6			00:27:21	00:54:51.10	+00:20:59 (38.3%)	10:58	5.5 (61.8%)
161	BRYL Jolanta	11	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K45-49	14			00:27:13	00:55:05.65	+00:21:13 (38.5%)	11:01	5.4 (60.7%)
162	BRANCZEWSKI Wojciech	8	NW WERWA MŁAWA	M- Niepełnosprawni(A)	4			00:27:05	00:55:12.60	+00:21:20 (38.7%)	11:02	5.4 (60.7%)
163	KLIMOWSKA Stanisława	72	MOSIR RYPIN	K70+	4			00:26:59	00:55:37.65	+00:21:45 (39.1%)	11:07	5.4 (60.7%)
164	SOBOCIŃSKA Ewa	158	MOSIR RYPIN	K70+	5			00:26:59	00:55:37.80	+00:21:46 (39.1%)	11:07	5.4 (60.7%)
165	KANIAK Małgorzata	210	GRUPA NORDIC WALKING PŁOŃSK	K55-59	9			00:28:07	00:55:51.05	+00:21:59 (39.4%)	11:10	5.4 (60.7%)
166	MANIUK Jolanta	107	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	10			00:28:15	00:57:19.40	+00:23:27 (40.9%)	11:28	5.2 (58.4%)
167	OSTROWSKA Małgorzata	135		K50-54	8			00:28:39	00:57:50.75	+00:23:59 (41.5%)	11:34	5.2 (58.4%)
168	RZESZOTARSKA Jadwiga	149	MOSIR RYPIN	K65-69	10			00:28:35	00:59:41.05	+00:25:49 (43.3%)	11:56	5 (56.2%)
169	GRABOWSKI Adam	48	MOSIR RYPIN	M- Niepełnosprawni(B)	6			00:32:01	01:06:05.10	+00:32:13 (48.8%)	13:13	4.5 (50.6%)
170	MARCINKOWSKA Zenobia	306	MOSIR RYPIN	K70+	6			00:33:25	01:09:04.45	+00:35:12 (51.0%)	13:48	4.3 (48.3%)
171	WITKOWSKA Hanna	331	MOSIR RYPIN	K65-69	11			00:36:08	01:20:34.80	+00:46:43 (58.0%)	16:07	3.7 (41.6%)

Znaleziono 171 wynik(ów)