

SKRWILNO - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT
INTELEGENCJA ZAWODY SPORTOWE

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Skrwilno
Data: 2019-07-28
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	WOROCH Roman	176	KS METRACO POLKOWICE	M60-64	1			00:16:22	00:33:04.21		6:37	9.1 (100%)
2	OLSZAŃSKI Karol	113	FEAR THE RETURN	M40-44	1			00:16:58	00:34:46.10	+00:01:41 (4.9%)	6:57	8.6 (94.5%)
3	FRĄCKOWIAK Roman	35	KS METRACO POLKOWICE	M50-54	1			00:17:12	00:34:46.71	+00:01:42 (4.9%)	6:57	8.6 (94.5%)
4	DEMBKOWSKI Ryszard	27	OLD SNAKE	M65-69	1			00:17:52	00:35:35.24	+00:02:31 (7.1%)	7:07	8.4 (92.3%)
5	MAŚLANKA Iwona	100	MARSZ PO ZDROWIE	K45-49	1			00:17:32	00:35:37.70	+00:02:33 (7.2%)	7:07	8.4 (92.3%)
6	JÓŻWIAK Marianna	59	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:17:34	00:35:41.55	+00:02:37 (7.3%)	7:08	8.4 (92.3%)
7	BUŁAKOWSKI Bohdan	19	PASJA NORDIC WALKING	M65-69	2			00:17:52	00:35:43.85	+00:02:39 (7.4%)	7:08	8.4 (92.3%)
8	REJMENTOWSKA Sylwia	129	PASJA NORDIC WALKING	K40-44	1			00:17:45	00:36:03.63	+00:02:59 (8.3%)	7:12	8.3 (91.2%)
9	KĘDZIERSKA Agnieszka	64	KIJKOWE TRZEMESZNO	K40-44	2			00:17:58	00:36:14.45	+00:03:10 (8.7%)	7:14	8.3 (91.2%)
10	DUSZEŃKO Zygmunt	31	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:17:57	00:36:15.13	+00:03:10 (8.8%)	7:15	8.3 (91.2%)
11	GODZIŃSKA Dorota	183	BAŻANT NW ELBLĄG	K30-39	1			00:18:07	00:36:22.87	+00:03:18 (9.1%)	7:16	8.2 (90.1%)
12	SZYMAŃSKI Stefan	148	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	1			00:18:10	00:36:27.74	+00:03:23 (9.3%)	7:17	8.2 (90.1%)
13	TOMCZYK Edward	154	MARSZ PO ZDROWIE	M70+	2			00:18:11	00:36:36.18	+00:03:31 (9.7%)	7:19	8.2 (90.1%)

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									netto 5km	Różn		
14	JASIŁEK Przemysław	52		M40-44	2			00:17:59	00:36:36.90	+00:03:32 (9.7%)	7:19	8.2 (90.1%)
15	OKRZESIK-FRAĆKOWIAK Izabela	110	KS METRACO POLKOWICE	K50-54	1			00:18:11	00:36:39.45	+00:03:35 (9.8%)	7:19	8.2 (90.1%)
16	JĘDRZEJEWSKI Łukasz	57	KLUB HONOROWYCH DAWCÓW KRWI LEGION PŁOCK	M30-39	1			00:18:03	00:36:45.20	+00:03:40 (10.0%)	7:21	8.2 (90.1%)
17	KLARKOWSKI Bogdan	66	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	M65-69	3			00:17:53	00:36:48.47	+00:03:44 (10.2%)	7:21	8.1 (89.0%)
18	STANECKI Maciej	140	BIEGAM W SFETSZE	M-Jun.	1			00:18:20	00:36:50.48	+00:03:46 (10.2%)	7:22	8.1 (89.0%)
19	BUJNICKI Marcin	18	NORDIC WALKING PASŁĘK	M40-44	3			00:18:09	00:36:58.56	+00:03:54 (10.6%)	7:23	8.1 (89.0%)
20	ZIELIŃSKI Szczepan	182	SERCE NORDICA WŁOCŁAWEK	M45-49	1			00:18:20	00:36:59.82	+00:03:55 (10.6%)	7:24	8.1 (89.0%)
21	KOP Wiesław	76	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	1			00:18:40	00:37:06.62	+00:04:02 (10.9%)	7:25	8.1 (89.0%)
22	KAPTEJNA Robert	62	KLUB SPORTOWY ELBŁĄSKIE WŁÓCZY-KIJE	M45-49	2			00:18:22	00:37:07.27	+00:04:03 (10.9%)	7:25	8.1 (89.0%)
23	DUDEK Edward	30	KS METRACO POLKOWICE	M65-69	4			00:18:22	00:37:13.81	+00:04:09 (11.2%)	7:26	8.1 (89.0%)
24	TRZCIŃSKI Eugeniusz	157		M60-64	2			00:18:10	00:37:14.33	+00:04:10 (11.2%)	7:26	8.1 (89.0%)
25	BUCZKOWSKI Jerzy	15	KS SOKÓŁ GAŚAWA	M65-69	5			00:18:20	00:37:16.69	+00:04:12 (11.3%)	7:27	8 (87.9%)
26	PUSZKARSKA Małgorzata	125	GOSADI NORDIC TEAM	K40-44	3			00:18:22	00:37:40.53	+00:04:36 (12.2%)	7:32	8 (87.9%)
27	WASILEWSKI Sławomir	162	PASJA NORDIC WALKING	M70+	3			00:18:40	00:37:42.75	+00:04:38 (12.3%)	7:32	8 (87.9%)
28	OLEŚ Józef	112	NW WERWA MŁAWA	M-Niepełnosprawni(A)	2			00:18:43	00:38:04.67	+00:05:00 (13.2%)	7:37	7.9 (86.8%)
29	DOMBRZALSKI Ryszard	28	WTW WŁOCŁAWEK	M-Niepełnosprawni(A)	3			00:18:44	00:38:05.37	+00:05:01 (13.2%)	7:37	7.9 (86.8%)
30	STAŃCZAK Grażyna	141	FACE NORDIC WALKING TEAM	K65-69	1			00:18:35	00:38:07.84	+00:05:03 (13.3%)	7:37	7.9 (86.8%)
31	WRÓŃSKI Włodzimierz	178	PASJA NORDIC WALKING	M65-69	6			00:18:40	00:38:11.18	+00:05:06 (13.4%)	7:38	7.9 (86.8%)
32	GOCZYŃSKI Kazimierz	40	TKKF KUBUŚ SIERPC	M65-69	7			00:18:51	00:38:11.48	+00:05:07 (13.4%)	7:38	7.9 (86.8%)
33	KOŁPAK Jan	74	LKS ZANTYR SZTUM	M70+	4			00:18:45	00:38:11.57	+00:05:07 (13.4%)	7:38	7.9 (86.8%)
34	ZIELIŃSKA Jolanta	181		K55-59	1			00:18:58	00:38:14.28	+00:05:10 (13.5%)	7:39	7.8 (85.7%)
35	GRYGOROWICZ Bogdan	49	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:18:53	00:38:16.99	+00:05:12 (13.6%)	7:39	7.8 (85.7%)
36	KOLBERG Kamila	72	KIJKOWE TRZEMESZNO	K30-39	2			00:18:55	00:38:18.02	+00:05:13 (13.7%)	7:39	7.8 (85.7%)

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									netto 5km	Różn		
37	CHUDZIŃSKI Andrzej	22	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M70+	5			00:19:01	00:38:37.63	+00:05:33 (14.4%)	7:43	7.8 (85.7%)
38	KUPIBIDA Bogusława	87	SILESIA NORDIC TEAM	K60-64	1			00:19:12	00:38:44.40	+00:05:40 (14.6%)	7:45	7.7 (84.6%)
39	PIETRUSEWICZ Joanna	120	PASJA NORDIC WALKING	K45-49	3			00:19:01	00:38:47.07	+00:05:42 (14.7%)	7:45	7.7 (84.6%)
40	GOŁĘBIEWSKI Andrzej	284	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	3			00:19:02	00:38:59.59	+00:05:55 (15.2%)	7:48	7.7 (84.6%)
41	MALINOWSKA Monika	95	LKS ZANTYR SZTUM	K30-39	3			00:18:47	00:38:59.77	+00:05:55 (15.2%)	7:47	7.7 (84.6%)
42	GRYGOROWICZ Teresa	48	KS METRACO POLKOWICE	K65-69	2			00:19:04	00:38:59.91	+00:05:55 (15.2%)	7:48	7.7 (84.6%)
43	KOCZOROWSKA Patrycja	69	KS SOKÓŁ GAŚAWA	K-Jun.	1			00:19:22	00:39:02.87	+00:05:58 (15.3%)	7:48	7.7 (84.6%)
44	SZENDZIELORZ Ilona	145	STADION ŚLĄSKI	K60-64	2			00:19:20	00:39:05.21	+00:06:01 (15.4%)	7:49	7.7 (84.6%)
45	DANA Kazimiera	286	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:19:19	00:39:12.21	+00:06:08 (15.6%)	7:50	7.7 (84.6%)
46	BERCZYŃSKI Henryk	6	NADLEŚNICTWO OKONEK	M60-64	4			00:19:01	00:39:22.96	+00:06:18 (16.0%)	7:52	7.6 (83.5%)
47	SULECKA Gabriela	144		K-Niepełnosprawni(A)	1			00:19:22	00:39:25.52	+00:06:21 (16.1%)	7:53	7.6 (83.5%)
48	BRANCZEWSKA Ewa	9	NW WERWA MŁAWA	K40-44	4			00:18:57	00:39:27.90	+00:06:23 (16.2%)	7:53	7.6 (83.5%)
49	WOROCH Jolanta	177	KS METRACO POLKOWICE	K50-54	2			00:19:42	00:39:35.95	+00:06:31 (16.5%)	7:55	7.6 (83.5%)
50	MAJEWSKA Kinga	92	WTW WŁOCŁAWEK	K40-44	5			00:19:33	00:39:39.48	+00:06:35 (16.6%)	7:56	7.6 (83.5%)
51	OLSZEWSKI Ryszard	114	LKS ZANTYR SZTUM	M65-69	8			00:19:34	00:39:40.30	+00:06:36 (16.6%)	7:56	7.6 (83.5%)
52	DAROSZEWSKA Krystyna	25	SERCE NORDICA WŁOCŁAWEK	K60-64	3			00:19:43	00:39:41.32	+00:06:37 (16.7%)	7:56	7.6 (83.5%)
53	STAŃCZAK Ryszard	142	FACE NORDIC WALKING TEAM	M70+	6			00:19:29	00:39:45.72	+00:06:41 (16.8%)	7:57	7.5 (82.4%)
54	WIŚNIEWSKI Kazimierz	170	PASJA NORDIC WALKING	M60-64	5			00:19:35	00:39:45.95	+00:06:41 (16.8%)	7:57	7.5 (82.4%)
55	MIKUSINSKA Jola	101	FEAR THE RETURN	K45-49	4	1		00:19:49	00:39:48.38	+00:06:44 (16.9%)	7:57	7.5 (82.4%)
56	KOSECKA Katarzyna	77	FORMA NA PIĄTKĘ NW	K50-54	3			00:19:39	00:39:51.90	+00:06:47 (17.0%)	7:58	7.5 (82.4%)
57	GAŁAŚ Joanna	37	PASJA NORDIC WALKING	K18-29	1			00:19:07	00:40:00.14	+00:06:55 (17.3%)	8:00	7.5 (82.4%)
58	WOLIŃSKA Ewa	174	WTW WŁOCŁAWEK	K65-69	4			00:20:12	00:40:05.39	+00:07:01 (17.5%)	8:01	7.5 (82.4%)
59	KRAWCZYK Dorota	81	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	4			00:19:49	00:40:08.10	+00:07:03 (17.6%)	8:01	7.5 (82.4%)

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60	PRACKI Zbigniew	123	SERCE NORDICA WŁOCŁAWEK	M50-54	2			00:19:46	00:40:08.94	+00:07:04 (17.6%)	8:01	7.5 (82.4%)
61	SOŁDECKA Anna	137		K45-49	5			00:20:00	00:40:12.96	+00:07:08 (17.8%)	8:02	7.5 (82.4%)
62	SZYMAŃSKI Roman	281		M50-54	3			00:19:48	00:40:15.35	+00:07:11 (17.9%)	8:03	7.5 (82.4%)
63	WALESZKO Andrzej	160	PASJA NORDIC WALKING	M45-49	3			00:19:53	00:40:21.37	+00:07:17 (18.1%)	8:04	7.4 (81.3%)
64	SAKOWSKA Krystyna	131	PASJA NORDIC WALKING	K40-44	6			00:19:44	00:40:22.82	+00:07:18 (18.1%)	8:04	7.4 (81.3%)
65	TUCHALSKA Edyta	194		K30-39	4			00:20:15	00:40:28.12	+00:07:23 (18.3%)	8:05	7.4 (81.3%)
66	BIERNACKA Justyna	193		K18-29	2			00:19:51	00:40:48.24	+00:07:44 (19.0%)	8:09	7.4 (81.3%)
67	GÓRECKA Iwona	190	STADION ŚLĄSKI	K50-54	4			00:20:12	00:40:49.51	+00:07:45 (19.0%)	8:10	7.3 (80.2%)
68	JÓŻWIAK Łukasz	58	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	4			00:19:59	00:40:50.05	+00:07:45 (19.0%)	8:10	7.3 (80.2%)
69	MOTOCZYŃSKI Krzysztof	103	GOSIR OSIELSKO	M60-64	6			00:20:20	00:40:52.81	+00:07:48 (19.1%)	8:10	7.3 (80.2%)
70	OLEŚ Elżbieta	111	NW WERWA MŁAWA	K65-69	5			00:19:56	00:41:13.22	+00:08:09 (19.8%)	8:14	7.3 (80.2%)
71	CIARKA Henryk	24	NW PŁOŃSK	M70+	7			00:20:27	00:41:15.50	+00:08:11 (19.8%)	8:15	7.3 (80.2%)
72	ORCIUCH Andrzej	279		M- Niepełnosprawni(A)	5			00:20:40	00:41:17.14	+00:08:12 (19.9%)	8:15	7.3 (80.2%)
73	KOLCZYŃSKI Jan	192	UKS SKRWILNO	M-Jun.	2			00:20:37	00:41:17.69	+00:08:13 (19.9%)	8:15	7.3 (80.2%)
74	KOŁPAK Irena	75	LKS ZANTYR SZTUM	K65-69	6			00:20:50	00:41:47.53	+00:08:43 (20.9%)	8:21	7.2 (79.1%)
75	STANECKA Zuzanna	139	BIEGAM W SFETSZE	K-Jun.	2			00:20:31	00:42:01.42	+00:08:57 (21.3%)	8:24	7.1 (78.0%)
76	KOLCZYŃSKA Monika	189	NADLEŚNICTWO SKRWILNO	K40-44	7			00:20:39	00:42:04.20	+00:08:59 (21.4%)	8:25	7.1 (78.0%)
77	GRABOWSKA Bożena	43	LKS ZANTYR SZTUM	K45-49	6			00:20:20	00:42:05.75	+00:09:01 (21.4%)	8:25	7.1 (78.0%)
78	KOLENDA Zbigniew	73		M70+	8			00:20:59	00:42:10.77	+00:09:06 (21.6%)	8:26	7.1 (78.0%)
79	BADZIĄG Waldemar	188	ELITE TEAM	M50-54	4			00:20:46	00:42:11.80	+00:09:07 (21.6%)	8:26	7.1 (78.0%)
80	KOSOBUDZKI Paweł	278		M40-44	4			00:21:35	00:42:14.91	+00:09:10 (21.7%)	8:27	7.1 (78.0%)
81	GNAP Tomasz	39		M40-44	5			00:20:17	00:42:17.53	+00:09:13 (21.8%)	8:27	7.1 (78.0%)
82	STECKIEWICZ Iwona	143	KB LECH RYPIN	K45-49	7			00:20:52	00:42:27.31	+00:09:23 (22.1%)	8:29	7.1 (78.0%)

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									netto 5km	Różn		
83	MAJEWSKI Włodzimierz	93	WTW WŁOCŁAWEK	M65-69	9			00:21:27	00:42:35.94	+00:09:31 (22.4%)	8:31	7 (76.9%)
84	ŚWIERCZYŃSKA Joanna	151	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K50-54	5			00:21:10	00:42:39.45	+00:09:35 (22.5%)	8:31	7 (76.9%)
85	KOSIŃSKA Maria	78	MOSIR RYPIN	K60-64	5			00:21:11	00:42:40.13	+00:09:35 (22.5%)	8:32	7 (76.9%)
86	GAŚEWICZ- FILIPIAK Agnieszka	38	NORDICUS STRZYBNICA	K40-44	8			00:21:04	00:42:42.64	+00:09:38 (22.6%)	8:32	7 (76.9%)
87	KULIG Bożena	85	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	6			00:21:11	00:42:44.88	+00:09:40 (22.6%)	8:33	7 (76.9%)
88	WESOŁOWSKI Marek	164	PASJA NORDIC WALKING	M50-54	5			00:20:51	00:42:45.28	+00:09:41 (22.7%)	8:33	7 (76.9%)
89	WIŚNIEWSKI Janusz	171	SERCE NORDICA WŁOCŁAWEK	M45-49	4			00:20:49	00:42:46.71	+00:09:42 (22.7%)	8:33	7 (76.9%)
90	BRYL Michał	14	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M18-29	1	1		00:20:35	00:42:49.06	+00:09:44 (22.8%)	8:33	7 (76.9%)
91	ORZECHOWSKA Jolanta	116	DIABETYCY RYPIN	K30-39	5			00:20:46	00:42:51.08	+00:09:46 (22.8%)	8:34	7 (76.9%)
92	BARCZYK Jolanta	3	NORDIC TEAM CZĘSTOCHOWA	K55-59	2			00:20:04	00:42:52.65	+00:09:48 (22.9%)	8:34	7 (76.9%)
93	POKWICKA Janina	121	NW PŁOŃSK	K65-69	7			00:20:29	00:42:53.68	+00:09:49 (22.9%)	8:34	7 (76.9%)
94	CHYREK Renata	23	GOSIR OSIELSKO	K55-59	3			00:21:23	00:42:54.31	+00:09:50 (22.9%)	8:34	7 (76.9%)
95	TEUBERT Piotr	152	ROXKIJE ROKIETNICA	M45-49	5			00:21:02	00:42:55.30	+00:09:51 (23.0%)	8:35	7 (76.9%)
96	ORZECHOWSKI Waldemar	115	DIABETYCY RYPIN	K40-44	9			00:21:00	00:42:56.48	+00:09:52 (23.0%)	8:35	7 (76.9%)
97	SZYMAŃSKA Alina	280		K55-59	4			00:21:09	00:43:00.18	+00:09:55 (23.1%)	8:36	7 (76.9%)
98	KOMOSIŃSKA Małgorzata	185		K55-59	5			00:21:12	00:43:02.68	+00:09:58 (23.2%)	8:36	7 (76.9%)
99	GOLAK-WEGIERA Katarzyna	41	ROXKIJE ROKIETNICA	K45-49	8			00:21:15	00:43:05.17	+00:10:00 (23.2%)	8:37	7 (76.9%)
100	TEUBERT Anna	153	ROXKIJE ROKIETNICA	K45-49	9			00:21:53	00:43:28.16	+00:10:23 (23.9%)	8:41	6.9 (75.8%)
101	SOŁDECKI Wojciech	138		M-Dzieci	1			00:20:58	00:43:29.12	+00:10:24 (24.0%)	8:42	6.9 (75.8%)
102	NIEŚŁONY Ryszard	108	STADION ŚLĄSKI	M55-59	2			00:21:21	00:43:31.20	+00:10:26 (24.0%)	8:42	6.9 (75.8%)
103	PARADOWSKI Andrzej	283		M30-39	2			00:21:14	00:43:36.29	+00:10:32 (24.2%)	8:43	6.9 (75.8%)
104	ŁOPIŃSKI Leszek	91	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65-69	10			00:21:14	00:43:50.78	+00:10:46 (24.6%)	8:46	6.8 (74.7%)
105	WALESZKO Adam	161	PASJA NORDIC WALKING	M-Jun.	3			00:21:26	00:43:55.76	+00:10:51 (24.7%)	8:47	6.8 (74.7%)

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	NYGA Renata	187	NW WERWA MŁAWA	K45-49	10			00:22:04	00:44:03.95	+00:10:59 (25.0%)	8:48	6.8 (74.7%)
107	CHLEWIŃSKA Iwona	20	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	8			00:21:54	00:44:21.04	+00:11:16 (25.4%)	8:52	6.8 (74.7%)
108	JASIŃSKA Bogumiła	54	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	9			00:22:17	00:44:24.03	+00:11:19 (25.5%)	8:52	6.8 (74.7%)
109	BRANCZEWSKI Rafał	10	NW WERWA MŁAWA	M-Dzieci	2	1		00:20:55	00:44:34.64	+00:11:30 (25.8%)	8:55	6.7 (73.6%)
110	DYMKOWSKA Beata	32		K50-54	6			00:21:54	00:44:37.73	+00:11:33 (25.9%)	8:55	6.7 (73.6%)
111	SIKORSKI Kazimierz	134	WTW WŁOCŁAWEK	M70+	9			00:21:57	00:44:49.93	+00:11:45 (26.2%)	8:58	6.7 (73.6%)
112	BRYL Zdzisław	13	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M50-54	6			00:22:15	00:44:52.46	+00:11:48 (26.3%)	8:58	6.7 (73.6%)
113	KOCZOROWSKI Kacper	71	KS SOKÓŁ GAŚAWA	M-Dzieci	3			00:22:41	00:45:02.02	+00:11:57 (26.6%)	9:00	6.7 (73.6%)
114	KŁOS Lidia	67	SPORT I REKREACJA START	K45-49	11			00:22:19	00:45:13.11	+00:12:08 (26.9%)	9:02	6.6 (72.5%)
115	ŚLIWIŃSKA Ewa	149	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	7			00:22:32	00:45:15.72	+00:12:11 (26.9%)	9:03	6.6 (72.5%)
116	BIŁIŃSKA Danuta	7	WTW WŁOCŁAWEK	K60-64	7			00:21:44	00:45:25.00	+00:12:20 (27.2%)	9:05	6.6 (72.5%)
117	ŁASIŃSKI Jarosław	89		M40-44	6			00:22:05	00:45:25.96	+00:12:21 (27.2%)	9:05	6.6 (72.5%)
118	SZKOPIŃSKA Marta	263	SERCE NORDICA WŁOCŁAWEK	K50-54	8			00:22:05	00:45:34.07	+00:12:29 (27.4%)	9:06	6.6 (72.5%)
119	URBAN Jacek	159	LESZNO :)	M65-69	11			00:22:09	00:45:39.26	+00:12:35 (27.6%)	9:08	6.6 (72.5%)
120	LASKOWSKI Jan	88		M70+	10			00:22:21	00:45:47.67	+00:12:43 (27.8%)	9:09	6.6 (72.5%)
121	BAZELA Henryka	4	PARAKULOS KOWAL	K60-64	8			00:23:03	00:45:49.99	+00:12:45 (27.8%)	9:10	6.5 (71.4%)
122	TROJAK Andrzej	155	MOSIR RYPIN	M60-64	7			00:22:02	00:45:52.15	+00:12:47 (27.9%)	9:10	6.5 (71.4%)
123	ŁOPIŃSKA Anna	90	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	9			00:22:22	00:45:57.55	+00:12:53 (28.0%)	9:11	6.5 (71.4%)
124	RATAJCZAK Jerzy	127		M70+	11			00:22:25	00:45:58.80	+00:12:54 (28.1%)	9:11	6.5 (71.4%)
125	JAREK Małgorzata	51	FORMA NA PIĄTKĘ NW	K45-49	12			00:22:31	00:46:10.17	+00:13:05 (28.4%)	9:14	6.5 (71.4%)
126	WIŚNIEWSKI Piotr	169	DIABETYCY RYPIN	M50-54	7			00:22:31	00:46:12.96	+00:13:08 (28.4%)	9:14	6.5 (71.4%)
127	EFEMBERG Michał	33	TORUŃ - IDZIEMY BEZ RYZYKA	M-Dzieci	4			00:22:22	00:46:13.31	+00:13:09 (28.5%)	9:14	6.5 (71.4%)
128	KULESZA-BRUNKA Dorota	84	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K55-59	6			00:23:04	00:46:18.34	+00:13:14 (28.6%)	9:15	6.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
129	BRODZIŃSKA Ewelina	11	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(B)	1			00:23:20	00:46:28.54	+00:13:24 (28.8%)	9:17	6.5 (71.4%)
130	TUSZYŃSKA Anna	158	LIDER GRODZISK MAZOWIECKI	K-Niepełnosprawni(A)	2			00:23:06	00:46:28.64	+00:13:24 (28.8%)	9:17	6.5 (71.4%)
131	GROBELNA Jadwiga	46	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	2			00:23:27	00:46:33.79	+00:13:29 (29.0%)	9:18	6.4 (70.3%)
132	BALICKA Edyta	2	NW WERWA MŁAWA	K45-49	13			00:23:12	00:46:41.17	+00:13:36 (29.2%)	9:20	6.4 (70.3%)
133	SZYMAŃSKA Lucyna	147	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	K-Niepełnosprawni(A)	3			00:23:28	00:46:48.06	+00:13:43 (29.3%)	9:21	6.4 (70.3%)
134	HINEBORG Bogumiła	50	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	9			00:23:46	00:46:57.44	+00:13:53 (29.6%)	9:23	6.4 (70.3%)
135	SMOLIŃSKA Teresa	135		K60-64	10			00:22:46	00:47:05.89	+00:14:01 (29.8%)	9:25	6.4 (70.3%)
136	WIŚNIEWSKA Iwona	168	SERCE NORDICA WŁOCŁAWEK	K40-44	10			00:23:34	00:47:06.36	+00:14:02 (29.8%)	9:25	6.4 (70.3%)
137	JASIŃSKI Marian	55	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M70+	12			00:23:17	00:47:09.93	+00:14:05 (29.9%)	9:26	6.4 (70.3%)
138	NIEWIADOMSKA Zofia	109	SERCE NORDICA WŁOCŁAWEK	K55-59	7			00:23:19	00:47:13.99	+00:14:09 (30.0%)	9:26	6.4 (70.3%)
139	NAZAREWICZ Barbara	106	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K70+	1			00:24:18	00:47:18.95	+00:14:14 (30.1%)	9:27	6.3 (69.2%)
140	PANKIEWICZ-DMOWSKA Cecylia	119	FACE NORDIC WALKING TEAM	K70+	2			00:24:19	00:47:24.83	+00:14:20 (30.3%)	9:29	6.3 (69.2%)
141	MURZYN Anna	105	LIDER GRODZISK MAZOWIECKI	K45-49	14			00:23:15	00:47:26.01	+00:14:21 (30.3%)	9:29	6.3 (69.2%)
142	SYROCZYŃSKA Hanna	257	SERCE NORDICA WŁOCŁAWEK	K50-54	10			00:23:00	00:47:28.85	+00:14:24 (30.4%)	9:29	6.3 (69.2%)
143	GRUSZKA Barbara	47	LKS ZANTYR SZTUM	K70+	3			00:24:12	00:47:34.91	+00:14:30 (30.5%)	9:31	6.3 (69.2%)
144	KRALSKA Anna	80	WTW WŁOCŁAWEK	K-Niepełnosprawni(B)	3			00:23:33	00:47:35.03	+00:14:30 (30.5%)	9:31	6.3 (69.2%)
145	OGONOWSKA Edyta	285	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	8			00:23:52	00:47:41.22	+00:14:37 (30.7%)	9:32	6.3 (69.2%)
146	KRAWCZYKOWSKA Barbara	82	LKS ZANTYR SZTUM	K60-64	11			00:23:10	00:47:42.99	+00:14:38 (30.7%)	9:32	6.3 (69.2%)
147	KOMOSIŃSKI Ryszard	184		M65-69	12			00:23:09	00:48:02.39	+00:14:58 (31.2%)	9:36	6.2 (68.1%)
148	GRABOWSKA Agnieszka	42	MOSIR RYPIN	K-Niepełnosprawni(B)	4			00:23:49	00:48:10.26	+00:15:06 (31.3%)	9:38	6.2 (68.1%)
149	MOTOCZYŃSKA Aleksandra	102	GOSIR OSIELSKO	K60-64	12			00:23:26	00:48:11.84	+00:15:07 (31.4%)	9:38	6.2 (68.1%)
150	MALINOWSKA Grażyna	96	LKS ZANTYR SZTUM	K70+	4			00:24:37	00:48:54.33	+00:15:50 (32.4%)	9:47	6.1 (67.0%)
151	JASIŃSKA Krystyna	53	PARAKULOS KOWAL	K65-69	10			00:25:02	00:48:59.96	+00:15:55 (32.5%)	9:48	6.1 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
152	SARGALSKA Bożena	132		K50-54	11			00:23:48	00:49:00.43	+00:15:56 (32.5%)	9:48	6.1 (67.0%)
153	BOGAJSKI Krzysztof	8		M55-59	3			00:20:02	00:49:33.01	+00:16:28 (33.3%)	9:54	6.1 (67.0%)
154	BEDNARSKA Małgorzata	5	SERCE NORDICA WŁOCŁAWEK	K65-69	11			00:25:34	00:49:42.50	+00:16:38 (33.5%)	9:56	6 (65.9%)
155	MALINOWSKI Tadeusz	97	LKS ZANTYR SZTUM	M70+	13			00:23:45	00:50:09.13	+00:17:04 (34.1%)	10:01	6 (65.9%)
156	WĄSOWSKA Monika	163	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	6			00:24:15	00:50:13.32	+00:17:09 (34.2%)	10:02	6 (65.9%)
157	KOSOBUDZKA Weronika	424	SKRWILNO	K-Dzieci	1			00:23:46	00:50:41.87	+00:17:37 (34.8%)	10:08	5.9 (64.8%)
158	RATAJCZAK Danuta	128		K70+	5			00:25:28	00:51:37.53	+00:18:33 (35.9%)	10:19	5.8 (63.7%)
159	SOBOCIŃSKA Ewa	136	MOSIR RYPIN	K70+	6			00:25:29	00:51:38.07	+00:18:33 (36.0%)	10:19	5.8 (63.7%)
160	FALŃKOWSKA Maria	34	MOSIR RYPIN	K70+	7			00:25:29	00:51:38.94	+00:18:34 (36.0%)	10:19	5.8 (63.7%)
161	ORZECHOWSKI Jakub	117	DIABETYCY RYPIN	M-Dzieci	5	1		00:20:56	00:51:41.61	+00:18:37 (36.0%)	10:20	5.8 (63.7%)
162	MALINOWSKA Teresa	94	DIABETYCY RYPIN	K65-69	12			00:25:13	00:52:15.21	+00:19:11 (36.7%)	10:27	5.7 (62.6%)
163	GÓRTATOWSKA Bożena	186		K65-69	13			00:25:33	00:52:37.29	+00:19:33 (37.2%)	10:31	5.7 (62.6%)
164	BUDZICH Maria	16	DIABETYCY RYPIN	K70+	8			00:26:10	00:53:10.44	+00:20:06 (37.8%)	10:38	5.6 (61.5%)
165	ZARAKOWSKA Jadwiga	180		K65-69	14			00:27:30	00:53:15.94	+00:20:11 (37.9%)	10:39	5.6 (61.5%)
166	WOJTASIK Aldona	173	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	15			00:26:31	00:53:22.35	+00:20:18 (38.0%)	10:40	5.6 (61.5%)
167	ZALEWSKA Zofia	452	DIABETYCY RYPIN	K60-64	13			00:24:31	00:53:38.33	+00:20:34 (38.3%)	10:43	5.6 (61.5%)
168	WIŚNIEWSKA Danuta	167	PASJA NORDIC WALKING	K55-59	9			00:27:30	00:53:47.80	+00:20:43 (38.5%)	10:45	5.6 (61.5%)
169	KOCIŃSKI Leszek	68	WTW WŁOCŁAWEK	M70+	14			00:27:57	00:53:51.73	+00:20:47 (38.6%)	10:46	5.6 (61.5%)
170	DROP Mieczysław	29	KS SOKÓŁ GAŚAWA	M70+	15			00:27:56	00:54:34.56	+00:21:30 (39.4%)	10:55	5.5 (60.4%)
171	GRABOWSKI Adam	45	MOSIR RYPIN	M- Niepełnosprawni(B)	2			00:26:32	00:54:36.26	+00:21:32 (39.4%)	10:55	5.5 (60.4%)
172	WOJCIECHOWSKA Grażyna	172	DIABETYCY RYPIN	K60-64	14			00:27:08	00:55:21.48	+00:22:17 (40.3%)	11:04	5.4 (59.3%)
173	WIŚNIEWSKA Danuta	166	DIABETYCY RYPIN	K50-54	12			00:28:25	00:56:03.69	+00:22:59 (41.0%)	11:12	5.4 (59.3%)
174	KULCZYCKI Jan	83		M65-69	13			00:27:25	00:57:26.02	+00:24:21 (42.4%)	11:29	5.2 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
175	UTRATA Halina	191	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	16			00:29:10	00:57:36.88	+00:24:32 (42.6%)	11:31	5.2 (57.1%)
176	WOLNA Urszula	175	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	17			00:29:09	00:58:39.42	+00:25:35 (43.6%)	11:44	5.1 (56.0%)
177	NEUMILLER Bogusława	107	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	15			00:29:34	00:59:02.41	+00:25:58 (44.0%)	11:48	5.1 (56.0%)
178	RZESZOTARSKA Jadwiga	130	DIABETYCY RYPIN	K70+	9			00:28:23	00:59:35.25	+00:26:31 (44.5%)	11:55	5 (54.9%)
179	MARCINKOWSKA Zenobia	98	DIABETYCY RYPIN	K70+	10			00:36:08	01:07:45.47	+00:34:41 (51.2%)	13:33	4.4 (48.4%)
180	BUJNICKA Magdalena	17	NORDIC WALKING PASŁĘK	K-Jun.	3			00:21:32	01:43:06.55	+01:10:02 (67.9%)	20:37	2.9 (31.9%)

Znaleziono 180 wynik(ów)