

# SKRWILNO - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT  
INTELEGENCIE 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	<b>WOROCH Roman</b>	<b>176</b>	KS METRACO POLKOWICE	M60-64	1			00:16:22	<b>00:33:04.21</b>		6:37	9.1 (100%)
2	<b>OLSZAŃSKI Karol</b>	<b>113</b>	FEAR THE RETURN	M40-44	1			00:16:58	<b>00:34:46.10</b>	+00:01:41 (4.9%)	6:57	8.6 (94.5%)
3	<b>FRĄCKOWIAK Roman</b>	<b>35</b>	KS METRACO POLKOWICE	M50-54	1			00:17:12	<b>00:34:46.71</b>	+00:01:42 (4.9%)	6:57	8.6 (94.5%)
4	<b>DEMBKOWSKI Ryszard</b>	<b>27</b>	OLD SNAKE	M65-69	1			00:17:52	<b>00:35:35.24</b>	+00:02:31 (7.1%)	7:07	8.4 (92.3%)
5	<b>MAŚLANKA Iwona</b>	<b>100</b>	MARSZ PO ZDROWIE	K45-49	1			00:17:32	<b>00:35:37.70</b>	+00:02:33 (7.2%)	7:07	8.4 (92.3%)
6	<b>JÓŹWIAK Marianna</b>	<b>59</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:17:34	<b>00:35:41.55</b>	+00:02:37 (7.3%)	7:08	8.4 (92.3%)
7	<b>BUŁAKOWSKI Bohdan</b>	<b>19</b>	PASJA NORDIC WALKING	M65-69	2			00:17:52	<b>00:35:43.85</b>	+00:02:39 (7.4%)	7:08	8.4 (92.3%)
8	<b>REJMENTOWSKA Sylwia</b>	<b>129</b>	PASJA NORDIC WALKING	K40-44	1			00:17:45	<b>00:36:03.63</b>	+00:02:59 (8.3%)	7:12	8.3 (91.2%)
9	<b>KĘDZIERSKA Agnieszka</b>	<b>64</b>	KIJKOWE TRZEMESZNO	K40-44	2			00:17:58	<b>00:36:14.45</b>	+00:03:10 (8.7%)	7:14	8.3 (91.2%)
10	<b>DUSZEŃKO Zygmunt</b>	<b>31</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:17:57	<b>00:36:15.13</b>	+00:03:10 (8.8%)	7:15	8.3 (91.2%)
11	<b>GODZIŃSKA Dorota</b>	<b>183</b>	BAŻANT NW ELBLĄG	K30-39	1			00:18:07	<b>00:36:22.87</b>	+00:03:18 (9.1%)	7:16	8.2 (90.1%)
12	<b>SZYMAŃSKI Stefan</b>	<b>148</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	1			00:18:10	<b>00:36:27.74</b>	+00:03:23 (9.3%)	7:17	8.2 (90.1%)
13	<b>TOMCZYK Edward</b>	<b>154</b>	MARSZ PO ZDROWIE	M70+	2			00:18:11	<b>00:36:36.18</b>	+00:03:31 (9.7%)	7:19	8.2 (90.1%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
37	<b>CHUDZIŃSKI Andrzej</b>	<b>22</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M70+	5			00:19:01	<b>00:38:37.63</b>	+00:05:33 (14.4%)	7:43	7.8 (85.7%)
38	<b>KUPIBIDA Bogusława</b>	<b>87</b>	SILESIA NORDIC TEAM	K60-64	1			00:19:12	<b>00:38:44.40</b>	+00:05:40 (14.6%)	7:45	7.7 (84.6%)
39	<b>PIETRUSEWICZ Joanna</b>	<b>120</b>	PASJA NORDIC WALKING	K45-49	3			00:19:01	<b>00:38:47.07</b>	+00:05:42 (14.7%)	7:45	7.7 (84.6%)
40	<b>GOŁĘBIEWSKI Andrzej</b>	<b>284</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	3			00:19:02	<b>00:38:59.59</b>	+00:05:55 (15.2%)	7:48	7.7 (84.6%)
41	<b>MALINOWSKA Monika</b>	<b>95</b>	LKS ZANTYR SZTUM	K30-39	3			00:18:47	<b>00:38:59.77</b>	+00:05:55 (15.2%)	7:47	7.7 (84.6%)
42	<b>GRYGOROWICZ Teresa</b>	<b>48</b>	KS METRACO POLKOWICE	K65-69	2			00:19:04	<b>00:38:59.91</b>	+00:05:55 (15.2%)	7:48	7.7 (84.6%)
43	<b>KOCZOROWSKA Patrycja</b>	<b>69</b>	KS SOKÓŁ GAŚAWA	K-Jun.	1			00:19:22	<b>00:39:02.87</b>	+00:05:58 (15.3%)	7:48	7.7 (84.6%)
44	<b>SZENDZIELORZ Ilona</b>	<b>145</b>	STADION ŚLĄSKI	K60-64	2			00:19:20	<b>00:39:05.21</b>	+00:06:01 (15.4%)	7:49	7.7 (84.6%)
45	<b>DANA Kazimiera</b>	<b>286</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:19:19	<b>00:39:12.21</b>	+00:06:08 (15.6%)	7:50	7.7 (84.6%)
46	<b>BERCZYŃSKI Henryk</b>	<b>6</b>	NADLEŚNICTWO OKONEK	M60-64	4			00:19:01	<b>00:39:22.96</b>	+00:06:18 (16.0%)	7:52	7.6 (83.5%)
47	<b>SULECKA Gabriela</b>	<b>144</b>		K-Niepełnosprawni(A)	1			00:19:22	<b>00:39:25.52</b>	+00:06:21 (16.1%)	7:53	7.6 (83.5%)
48	<b>BRANCZEWSKA Ewa</b>	<b>9</b>	NW WERWA MŁAWA	K40-44	4			00:18:57	<b>00:39:27.90</b>	+00:06:23 (16.2%)	7:53	7.6 (83.5%)
49	<b>WOROCH Jolanta</b>	<b>177</b>	KS METRACO POLKOWICE	K50-54	2			00:19:42	<b>00:39:35.95</b>	+00:06:31 (16.5%)	7:55	7.6 (83.5%)
50	<b>MAJEWSKA Kinga</b>	<b>92</b>	WTW WŁOCŁAWEK	K40-44	5			00:19:33	<b>00:39:39.48</b>	+00:06:35 (16.6%)	7:56	7.6 (83.5%)
51	<b>OLSZEWSKI Ryszard</b>	<b>114</b>	LKS ZANTYR SZTUM	M65-69	8			00:19:34	<b>00:39:40.30</b>	+00:06:36 (16.6%)	7:56	7.6 (83.5%)
52	<b>DAROSZEWSKA Krystyna</b>	<b>25</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	3			00:19:43	<b>00:39:41.32</b>	+00:06:37 (16.7%)	7:56	7.6 (83.5%)
53	<b>STAŃCZAK Ryszard</b>	<b>142</b>	FACE NORDIC WALKING TEAM	M70+	6			00:19:29	<b>00:39:45.72</b>	+00:06:41 (16.8%)	7:57	7.5 (82.4%)
54	<b>WIŚNIEWSKI Kazimierz</b>	<b>170</b>	PASJA NORDIC WALKING	M60-64	5			00:19:35	<b>00:39:45.95</b>	+00:06:41 (16.8%)	7:57	7.5 (82.4%)
55	<b>MIKUSINSKA Jola</b>	<b>101</b>	FEAR THE RETURN	K45-49	4	1		00:19:49	<b>00:39:48.38</b>	+00:06:44 (16.9%)	7:57	7.5 (82.4%)
56	<b>KOSECKA Katarzyna</b>	<b>77</b>	FORMA NA PIĄTKĘ NW	K50-54	3			00:19:39	<b>00:39:51.90</b>	+00:06:47 (17.0%)	7:58	7.5 (82.4%)
57	<b>GAŁAŚ Joanna</b>	<b>37</b>	PASJA NORDIC WALKING	K18-29	1			00:19:07	<b>00:40:00.14</b>	+00:06:55 (17.3%)	8:00	7.5 (82.4%)
58	<b>WOLIŃSKA Ewa</b>	<b>174</b>	WTW WŁOCŁAWEK	K65-69	4			00:20:12	<b>00:40:05.39</b>	+00:07:01 (17.5%)	8:01	7.5 (82.4%)
59	<b>KRAWCZYK Dorota</b>	<b>81</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	4			00:19:49	<b>00:40:08.10</b>	+00:07:03 (17.6%)	8:01	7.5 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
60	<b>PRACKI Zbigniew</b>	<b>123</b>	SERCE NORDICA WŁOCŁAWEK	M50-54	2			00:19:46	<b>00:40:08.94</b>	+00:07:04 (17.6%)	8:01	7.5 (82.4%)
61	<b>SOŁDECKA Anna</b>	<b>137</b>		K45-49	5			00:20:00	<b>00:40:12.96</b>	+00:07:08 (17.8%)	8:02	7.5 (82.4%)
62	<b>SZYMAŃSKI Roman</b>	<b>281</b>		M50-54	3			00:19:48	<b>00:40:15.35</b>	+00:07:11 (17.9%)	8:03	7.5 (82.4%)
63	<b>WALESZKO Andrzej</b>	<b>160</b>	PASJA NORDIC WALKING	M45-49	3			00:19:53	<b>00:40:21.37</b>	+00:07:17 (18.1%)	8:04	7.4 (81.3%)
64	<b>SAKOWSKA Krystyna</b>	<b>131</b>	PASJA NORDIC WALKING	K40-44	6			00:19:44	<b>00:40:22.82</b>	+00:07:18 (18.1%)	8:04	7.4 (81.3%)
65	<b>TUCHALSKA Edyta</b>	<b>194</b>		K30-39	4			00:20:15	<b>00:40:28.12</b>	+00:07:23 (18.3%)	8:05	7.4 (81.3%)
66	<b>BIERNACKA Justyna</b>	<b>193</b>		K18-29	2			00:19:51	<b>00:40:48.24</b>	+00:07:44 (19.0%)	8:09	7.4 (81.3%)
67	<b>GÓRECKA Iwona</b>	<b>190</b>	STADION ŚLĄSKI	K50-54	4			00:20:12	<b>00:40:49.51</b>	+00:07:45 (19.0%)	8:10	7.3 (80.2%)
68	<b>JÓŻWIAK Łukasz</b>	<b>58</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	4			00:19:59	<b>00:40:50.05</b>	+00:07:45 (19.0%)	8:10	7.3 (80.2%)
69	<b>MOTOCZYŃSKI Krzysztof</b>	<b>103</b>	GOSIR OSIELSKO	M60-64	6			00:20:20	<b>00:40:52.81</b>	+00:07:48 (19.1%)	8:10	7.3 (80.2%)
70	<b>OLEŚ Elżbieta</b>	<b>111</b>	NW WERWA MŁAWA	K65-69	5			00:19:56	<b>00:41:13.22</b>	+00:08:09 (19.8%)	8:14	7.3 (80.2%)
71	<b>CIARKA Henryk</b>	<b>24</b>	NW PŁOŃSK	M70+	7			00:20:27	<b>00:41:15.50</b>	+00:08:11 (19.8%)	8:15	7.3 (80.2%)
72	<b>ORCIUCH Andrzej</b>	<b>279</b>		M- Niepełnosprawni(A)	5			00:20:40	<b>00:41:17.14</b>	+00:08:12 (19.9%)	8:15	7.3 (80.2%)
73	<b>KOLCZYŃSKI Jan</b>	<b>192</b>	UKS SKRWILNO	M-Jun.	2			00:20:37	<b>00:41:17.69</b>	+00:08:13 (19.9%)	8:15	7.3 (80.2%)
74	<b>KOŁPAK Irena</b>	<b>75</b>	LKS ZANTYR SZTUM	K65-69	6			00:20:50	<b>00:41:47.53</b>	+00:08:43 (20.9%)	8:21	7.2 (79.1%)
75	<b>STANECKA Zuzanna</b>	<b>139</b>	BIEGAM W SFETSZE	K-Jun.	2			00:20:31	<b>00:42:01.42</b>	+00:08:57 (21.3%)	8:24	7.1 (78.0%)
76	<b>KOLCZYŃSKA Monika</b>	<b>189</b>	NADLEŚNICTWO SKRWILNO	K40-44	7			00:20:39	<b>00:42:04.20</b>	+00:08:59 (21.4%)	8:25	7.1 (78.0%)
77	<b>GRABOWSKA Bożena</b>	<b>43</b>	LKS ZANTYR SZTUM	K45-49	6			00:20:20	<b>00:42:05.75</b>	+00:09:01 (21.4%)	8:25	7.1 (78.0%)
78	<b>KOLENDA Zbigniew</b>	<b>73</b>		M70+	8			00:20:59	<b>00:42:10.77</b>	+00:09:06 (21.6%)	8:26	7.1 (78.0%)
79	<b>BADZIĄG Waldemar</b>	<b>188</b>	ELITE TEAM	M50-54	4			00:20:46	<b>00:42:11.80</b>	+00:09:07 (21.6%)	8:26	7.1 (78.0%)
80	<b>KOSOBUDZKI Paweł</b>	<b>278</b>		M40-44	4			00:21:35	<b>00:42:14.91</b>	+00:09:10 (21.7%)	8:27	7.1 (78.0%)
81	<b>GNAP Tomasz</b>	<b>39</b>		M40-44	5			00:20:17	<b>00:42:17.53</b>	+00:09:13 (21.8%)	8:27	7.1 (78.0%)
82	<b>STECKIEWICZ Iwona</b>	<b>143</b>	KB LECH RYPIN	K45-49	7			00:20:52	<b>00:42:27.31</b>	+00:09:23 (22.1%)	8:29	7.1 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
83	<b>MAJEWSKI</b> Włodzimierz	<b>93</b>	WTW WŁOCŁAWEK	M65-69	9			00:21:27	<b>00:42:35.94</b>	+00:09:31 (22.4%)	8:31	7 (76.9%)
84	<b>ŚWIERCZYŃSKA</b> Joanna	<b>151</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K50-54	5			00:21:10	<b>00:42:39.45</b>	+00:09:35 (22.5%)	8:31	7 (76.9%)
85	<b>KOSIŃSKA</b> Maria	<b>78</b>	MOSIR RYPIN	K60-64	5			00:21:11	<b>00:42:40.13</b>	+00:09:35 (22.5%)	8:32	7 (76.9%)
86	<b>GAŚEWICZ-</b> <b>FILIPIAK</b> Agnieszka	<b>38</b>	NORDICUS STRZYBNICA	K40-44	8			00:21:04	<b>00:42:42.64</b>	+00:09:38 (22.6%)	8:32	7 (76.9%)
87	<b>KULIG</b> Bożena	<b>85</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	6			00:21:11	<b>00:42:44.88</b>	+00:09:40 (22.6%)	8:33	7 (76.9%)
88	<b>WESOŁOWSKI</b> Marek	<b>164</b>	PASJA NORDIC WALKING	M50-54	5			00:20:51	<b>00:42:45.28</b>	+00:09:41 (22.7%)	8:33	7 (76.9%)
89	<b>WIŚNIEWSKI</b> Janusz	<b>171</b>	SERCE NORDICA WŁOCŁAWEK	M45-49	4			00:20:49	<b>00:42:46.71</b>	+00:09:42 (22.7%)	8:33	7 (76.9%)
90	<b>BRYL</b> Michał	<b>14</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M18-29	1	1		00:20:35	<b>00:42:49.06</b>	+00:09:44 (22.8%)	8:33	7 (76.9%)
91	<b>ORZECHOWSKA</b> Jolanta	<b>116</b>	DIABETYCY RYPIN	K30-39	5			00:20:46	<b>00:42:51.08</b>	+00:09:46 (22.8%)	8:34	7 (76.9%)
92	<b>BARCZYK</b> Jolanta	<b>3</b>	NORDIC TEAM CZĘSTOCHOWA	K55-59	2			00:20:04	<b>00:42:52.65</b>	+00:09:48 (22.9%)	8:34	7 (76.9%)
93	<b>POKWICKA</b> Janina	<b>121</b>	NW PŁOŃSK	K65-69	7			00:20:29	<b>00:42:53.68</b>	+00:09:49 (22.9%)	8:34	7 (76.9%)
94	<b>CHYREK</b> Renata	<b>23</b>	GOSIR OSIELSKO	K55-59	3			00:21:23	<b>00:42:54.31</b>	+00:09:50 (22.9%)	8:34	7 (76.9%)
95	<b>TEUBERT</b> Piotr	<b>152</b>	ROXKIJE ROKIETNICA	M45-49	5			00:21:02	<b>00:42:55.30</b>	+00:09:51 (23.0%)	8:35	7 (76.9%)
96	<b>ORZECHOWSKI</b> Waldemar	<b>115</b>	DIABETYCY RYPIN	K40-44	9			00:21:00	<b>00:42:56.48</b>	+00:09:52 (23.0%)	8:35	7 (76.9%)
97	<b>SZYMAŃSKA</b> Alina	<b>280</b>		K55-59	4			00:21:09	<b>00:43:00.18</b>	+00:09:55 (23.1%)	8:36	7 (76.9%)
98	<b>KOMOSIŃSKA</b> Małgorzata	<b>185</b>		K55-59	5			00:21:12	<b>00:43:02.68</b>	+00:09:58 (23.2%)	8:36	7 (76.9%)
99	<b>GOLAK-WEGIERA</b> Katarzyna	<b>41</b>	ROXKIJE ROKIETNICA	K45-49	8			00:21:15	<b>00:43:05.17</b>	+00:10:00 (23.2%)	8:37	7 (76.9%)
100	<b>TEUBERT</b> Anna	<b>153</b>	ROXKIJE ROKIETNICA	K45-49	9			00:21:53	<b>00:43:28.16</b>	+00:10:23 (23.9%)	8:41	6.9 (75.8%)
101	<b>SOŁDECKI</b> Wojciech	<b>138</b>		M-Dzieci	1			00:20:58	<b>00:43:29.12</b>	+00:10:24 (24.0%)	8:42	6.9 (75.8%)
102	<b>NIEŚŁONY</b> Ryszard	<b>108</b>	STADION ŚLĄSKI	M55-59	2			00:21:21	<b>00:43:31.20</b>	+00:10:26 (24.0%)	8:42	6.9 (75.8%)
103	<b>PARADOWSKI</b> Andrzej	<b>283</b>		M30-39	2			00:21:14	<b>00:43:36.29</b>	+00:10:32 (24.2%)	8:43	6.9 (75.8%)
104	<b>ŁOPIŃSKI</b> Leszek	<b>91</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M65-69	10			00:21:14	<b>00:43:50.78</b>	+00:10:46 (24.6%)	8:46	6.8 (74.7%)
105	<b>WALESZKO</b> Adam	<b>161</b>	PASJA NORDIC WALKING	M-Jun.	3			00:21:26	<b>00:43:55.76</b>	+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	<b>NYGA Renata</b>	<b>187</b>	NW WERWA MŁAWA	K45-49	10			00:22:04	<b>00:44:03.95</b>	+00:10:59 (25.0%)	8:48	6.8 (74.7%)
107	<b>CHLEWIŃSKA Iwona</b>	<b>20</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	8			00:21:54	<b>00:44:21.04</b>	+00:11:16 (25.4%)	8:52	6.8 (74.7%)
108	<b>JASIŃSKA Bogumiła</b>	<b>54</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	9			00:22:17	<b>00:44:24.03</b>	+00:11:19 (25.5%)	8:52	6.8 (74.7%)
109	<b>BRANCZEWSKI Rafał</b>	<b>10</b>	NW WERWA MŁAWA	M-Dzieci	2	1		00:20:55	<b>00:44:34.64</b>	+00:11:30 (25.8%)	8:55	6.7 (73.6%)
110	<b>DYMKOWSKA Beata</b>	<b>32</b>		K50-54	6			00:21:54	<b>00:44:37.73</b>	+00:11:33 (25.9%)	8:55	6.7 (73.6%)
111	<b>SIKORSKI Kazimierz</b>	<b>134</b>	WTW WŁOCŁAWEK	M70+	9			00:21:57	<b>00:44:49.93</b>	+00:11:45 (26.2%)	8:58	6.7 (73.6%)
112	<b>BRYL Zdzisław</b>	<b>13</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M50-54	6			00:22:15	<b>00:44:52.46</b>	+00:11:48 (26.3%)	8:58	6.7 (73.6%)
113	<b>KOCZOROWSKI Kacper</b>	<b>71</b>	KS SOKÓŁ GAŚAWA	M-Dzieci	3			00:22:41	<b>00:45:02.02</b>	+00:11:57 (26.6%)	9:00	6.7 (73.6%)
114	<b>KŁOS Lidia</b>	<b>67</b>	SPORT I REKREACJA START	K45-49	11			00:22:19	<b>00:45:13.11</b>	+00:12:08 (26.9%)	9:02	6.6 (72.5%)
115	<b>ŚLIWIŃSKA Ewa</b>	<b>149</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	7			00:22:32	<b>00:45:15.72</b>	+00:12:11 (26.9%)	9:03	6.6 (72.5%)
116	<b>BIŁIŃSKA Danuta</b>	<b>7</b>	WTW WŁOCŁAWEK	K60-64	7			00:21:44	<b>00:45:25.00</b>	+00:12:20 (27.2%)	9:05	6.6 (72.5%)
117	<b>ŁASIŃSKI Jarosław</b>	<b>89</b>		M40-44	6			00:22:05	<b>00:45:25.96</b>	+00:12:21 (27.2%)	9:05	6.6 (72.5%)
118	<b>SZKOPIŃSKA Marta</b>	<b>263</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	8			00:22:05	<b>00:45:34.07</b>	+00:12:29 (27.4%)	9:06	6.6 (72.5%)
119	<b>URBAN Jacek</b>	<b>159</b>	LESZNO :)	M65-69	11			00:22:09	<b>00:45:39.26</b>	+00:12:35 (27.6%)	9:08	6.6 (72.5%)
120	<b>LASKOWSKI Jan</b>	<b>88</b>		M70+	10			00:22:21	<b>00:45:47.67</b>	+00:12:43 (27.8%)	9:09	6.6 (72.5%)
121	<b>BAZELA Henryka</b>	<b>4</b>	PARAKULOS KOWAL	K60-64	8			00:23:03	<b>00:45:49.99</b>	+00:12:45 (27.8%)	9:10	6.5 (71.4%)
122	<b>TROJAK Andrzej</b>	<b>155</b>	MOSIR RYPIN	M60-64	7			00:22:02	<b>00:45:52.15</b>	+00:12:47 (27.9%)	9:10	6.5 (71.4%)
123	<b>ŁOPIŃSKA Anna</b>	<b>90</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	9			00:22:22	<b>00:45:57.55</b>	+00:12:53 (28.0%)	9:11	6.5 (71.4%)
124	<b>RATAJCZAK Jerzy</b>	<b>127</b>		M70+	11			00:22:25	<b>00:45:58.80</b>	+00:12:54 (28.1%)	9:11	6.5 (71.4%)
125	<b>JAREK Małgorzata</b>	<b>51</b>	FORMA NA PIĄTKĘ NW	K45-49	12			00:22:31	<b>00:46:10.17</b>	+00:13:05 (28.4%)	9:14	6.5 (71.4%)
126	<b>WIŚNIEWSKI Piotr</b>	<b>169</b>	DIABETYCY RYPIN	M50-54	7			00:22:31	<b>00:46:12.96</b>	+00:13:08 (28.4%)	9:14	6.5 (71.4%)
127	<b>EFEMBERG Michał</b>	<b>33</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M-Dzieci	4			00:22:22	<b>00:46:13.31</b>	+00:13:09 (28.5%)	9:14	6.5 (71.4%)
128	<b>KULESZA-BRUNKA Dorota</b>	<b>84</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K55-59	6			00:23:04	<b>00:46:18.34</b>	+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	<b>BRODZIŃSKA Ewelina</b>	<b>11</b>	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(B)	1			00:23:20	<b>00:46:28.54</b>	+00:13:24 (28.8%)	9:17	6.5 (71.4%)
130	<b>TUSZYŃSKA Anna</b>	<b>158</b>	LIDER GRODZISK MAZOWIECKI	K-Niepełnosprawni(A)	2			00:23:06	<b>00:46:28.64</b>	+00:13:24 (28.8%)	9:17	6.5 (71.4%)
131	<b>GROBELNA Jadwiga</b>	<b>46</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	2			00:23:27	<b>00:46:33.79</b>	+00:13:29 (29.0%)	9:18	6.4 (70.3%)
132	<b>BALICKA Edyta</b>	<b>2</b>	NW WERWA MŁAWA	K45-49	13			00:23:12	<b>00:46:41.17</b>	+00:13:36 (29.2%)	9:20	6.4 (70.3%)
133	<b>SZYMAŃSKA Lucyna</b>	<b>147</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	K-Niepełnosprawni(A)	3			00:23:28	<b>00:46:48.06</b>	+00:13:43 (29.3%)	9:21	6.4 (70.3%)
134	<b>HINEBORG Bogumiła</b>	<b>50</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	9			00:23:46	<b>00:46:57.44</b>	+00:13:53 (29.6%)	9:23	6.4 (70.3%)
135	<b>SMOLIŃSKA Teresa</b>	<b>135</b>		K60-64	10			00:22:46	<b>00:47:05.89</b>	+00:14:01 (29.8%)	9:25	6.4 (70.3%)
136	<b>WIŚNIEWSKA Iwona</b>	<b>168</b>	SERCE NORDICA WŁOCŁAWEK	K40-44	10			00:23:34	<b>00:47:06.36</b>	+00:14:02 (29.8%)	9:25	6.4 (70.3%)
137	<b>JASIŃSKI Marian</b>	<b>55</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M70+	12			00:23:17	<b>00:47:09.93</b>	+00:14:05 (29.9%)	9:26	6.4 (70.3%)
138	<b>NIEWIADOMSKA Zofia</b>	<b>109</b>	SERCE NORDICA WŁOCŁAWEK	K55-59	7			00:23:19	<b>00:47:13.99</b>	+00:14:09 (30.0%)	9:26	6.4 (70.3%)
139	<b>NAZAREWICZ Barbara</b>	<b>106</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K70+	1			00:24:18	<b>00:47:18.95</b>	+00:14:14 (30.1%)	9:27	6.3 (69.2%)
140	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>119</b>	FACE NORDIC WALKING TEAM	K70+	2			00:24:19	<b>00:47:24.83</b>	+00:14:20 (30.3%)	9:29	6.3 (69.2%)
141	<b>MURZYN Anna</b>	<b>105</b>	LIDER GRODZISK MAZOWIECKI	K45-49	14			00:23:15	<b>00:47:26.01</b>	+00:14:21 (30.3%)	9:29	6.3 (69.2%)
142	<b>SYROCZYŃSKA Hanna</b>	<b>257</b>	SERCE NORDICA WŁOCŁAWEK	K50-54	10			00:23:00	<b>00:47:28.85</b>	+00:14:24 (30.4%)	9:29	6.3 (69.2%)
143	<b>GRUSZKA Barbara</b>	<b>47</b>	LKS ZANTYR SZTUM	K70+	3			00:24:12	<b>00:47:34.91</b>	+00:14:30 (30.5%)	9:31	6.3 (69.2%)
144	<b>KRALSKA Anna</b>	<b>80</b>	WTW WŁOCŁAWEK	K-Niepełnosprawni(B)	3			00:23:33	<b>00:47:35.03</b>	+00:14:30 (30.5%)	9:31	6.3 (69.2%)
145	<b>OGONOWSKA Edyta</b>	<b>285</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	8			00:23:52	<b>00:47:41.22</b>	+00:14:37 (30.7%)	9:32	6.3 (69.2%)
146	<b>KRAWCZYKOWSKA Barbara</b>	<b>82</b>	LKS ZANTYR SZTUM	K60-64	11			00:23:10	<b>00:47:42.99</b>	+00:14:38 (30.7%)	9:32	6.3 (69.2%)
147	<b>KOMOSIŃSKI Ryszard</b>	<b>184</b>		M65-69	12			00:23:09	<b>00:48:02.39</b>	+00:14:58 (31.2%)	9:36	6.2 (68.1%)
148	<b>GRABOWSKA Agnieszka</b>	<b>42</b>	MOSIR RYPIN	K-Niepełnosprawni(B)	4			00:23:49	<b>00:48:10.26</b>	+00:15:06 (31.3%)	9:38	6.2 (68.1%)
149	<b>MOTOCZYŃSKA Aleksandra</b>	<b>102</b>	GOSIR OSIELSKO	K60-64	12			00:23:26	<b>00:48:11.84</b>	+00:15:07 (31.4%)	9:38	6.2 (68.1%)
150	<b>MALINOWSKA Grażyna</b>	<b>96</b>	LKS ZANTYR SZTUM	K70+	4			00:24:37	<b>00:48:54.33</b>	+00:15:50 (32.4%)	9:47	6.1 (67.0%)
151	<b>JASIŃSKA Krystyna</b>	<b>53</b>	PARAKULOS KOWAL	K65-69	10			00:25:02	<b>00:48:59.96</b>	+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	<b>SARGALSKA Bożena</b>	<b>132</b>		K50-54	11			00:23:48	<b>00:49:00.43</b>	+00:15:56 (32.5%)	9:48	6.1 (67.0%)
153	<b>BOGAJSKI Krzysztof</b>	<b>8</b>		M55-59	3			00:20:02	<b>00:49:33.01</b>	+00:16:28 (33.3%)	9:54	6.1 (67.0%)
154	<b>BEDNARSKA Małgorzata</b>	<b>5</b>	SERCE NORDICA WŁOCŁAWEK	K65-69	11			00:25:34	<b>00:49:42.50</b>	+00:16:38 (33.5%)	9:56	6 (65.9%)
155	<b>MALINOWSKI Tadeusz</b>	<b>97</b>	LKS ZANTYR SZTUM	M70+	13			00:23:45	<b>00:50:09.13</b>	+00:17:04 (34.1%)	10:01	6 (65.9%)
156	<b>WĄSOWSKA Monika</b>	<b>163</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	6			00:24:15	<b>00:50:13.32</b>	+00:17:09 (34.2%)	10:02	6 (65.9%)
157	<b>KOSOBUDZKA Weronika</b>	<b>424</b>	SKRWILNO	K-Dzieci	1			00:23:46	<b>00:50:41.87</b>	+00:17:37 (34.8%)	10:08	5.9 (64.8%)
158	<b>RATAJCZAK Danuta</b>	<b>128</b>		K70+	5			00:25:28	<b>00:51:37.53</b>	+00:18:33 (35.9%)	10:19	5.8 (63.7%)
159	<b>SOBOCIŃSKA Ewa</b>	<b>136</b>	MOSIR RYPIN	K70+	6			00:25:29	<b>00:51:38.07</b>	+00:18:33 (36.0%)	10:19	5.8 (63.7%)
160	<b>FALŃKOWSKA Maria</b>	<b>34</b>	MOSIR RYPIN	K70+	7			00:25:29	<b>00:51:38.94</b>	+00:18:34 (36.0%)	10:19	5.8 (63.7%)
161	<b>ORZECHOWSKI Jakub</b>	<b>117</b>	DIABETYCY RYPIN	M-Dzieci	5	1		00:20:56	<b>00:51:41.61</b>	+00:18:37 (36.0%)	10:20	5.8 (63.7%)
162	<b>MALINOWSKA Teresa</b>	<b>94</b>	DIABETYCY RYPIN	K65-69	12			00:25:13	<b>00:52:15.21</b>	+00:19:11 (36.7%)	10:27	5.7 (62.6%)
163	<b>GÓRTATOWSKA Bożena</b>	<b>186</b>		K65-69	13			00:25:33	<b>00:52:37.29</b>	+00:19:33 (37.2%)	10:31	5.7 (62.6%)
164	<b>BUDZICH Maria</b>	<b>16</b>	DIABETYCY RYPIN	K70+	8			00:26:10	<b>00:53:10.44</b>	+00:20:06 (37.8%)	10:38	5.6 (61.5%)
165	<b>ZARAKOWSKA Jadwiga</b>	<b>180</b>		K65-69	14			00:27:30	<b>00:53:15.94</b>	+00:20:11 (37.9%)	10:39	5.6 (61.5%)
166	<b>WOJTASIK Aldona</b>	<b>173</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	15			00:26:31	<b>00:53:22.35</b>	+00:20:18 (38.0%)	10:40	5.6 (61.5%)
167	<b>ZALEWSKA Zofia</b>	<b>452</b>	DIABETYCY RYPIN	K60-64	13			00:24:31	<b>00:53:38.33</b>	+00:20:34 (38.3%)	10:43	5.6 (61.5%)
168	<b>WIŚNIEWSKA Danuta</b>	<b>167</b>	PASJA NORDIC WALKING	K55-59	9			00:27:30	<b>00:53:47.80</b>	+00:20:43 (38.5%)	10:45	5.6 (61.5%)
169	<b>KOCIŃSKI Leszek</b>	<b>68</b>	WTW WŁOCŁAWEK	M70+	14			00:27:57	<b>00:53:51.73</b>	+00:20:47 (38.6%)	10:46	5.6 (61.5%)
170	<b>DROP Mieczysław</b>	<b>29</b>	KS SOKÓŁ GAŚAWA	M70+	15			00:27:56	<b>00:54:34.56</b>	+00:21:30 (39.4%)	10:55	5.5 (60.4%)
171	<b>GRABOWSKI Adam</b>	<b>45</b>	MOSIR RYPIN	M- Niepełnosprawni(B)	2			00:26:32	<b>00:54:36.26</b>	+00:21:32 (39.4%)	10:55	5.5 (60.4%)
172	<b>WOJCIECHOWSKA Grażyna</b>	<b>172</b>	DIABETYCY RYPIN	K60-64	14			00:27:08	<b>00:55:21.48</b>	+00:22:17 (40.3%)	11:04	5.4 (59.3%)
173	<b>WIŚNIEWSKA Danuta</b>	<b>166</b>	DIABETYCY RYPIN	K50-54	12			00:28:25	<b>00:56:03.69</b>	+00:22:59 (41.0%)	11:12	5.4 (59.3%)
174	<b>KULCZYCKI Jan</b>	<b>83</b>		M65-69	13			00:27:25	<b>00:57:26.02</b>	+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		Różn	Tempo min/km	Tempo km/h
									netto 5km				
175	<b>UTRATA Halina</b>	<b>191</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	16			00:29:10	<b>00:57:36.88</b>	+00:24:32 (42.6%)	11:31	5.2 (57.1%)	
176	<b>WOLNA Urszula</b>	<b>175</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K65-69	17			00:29:09	<b>00:58:39.42</b>	+00:25:35 (43.6%)	11:44	5.1 (56.0%)	
177	<b>NEUMILLER Bogusława</b>	<b>107</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-64	15			00:29:34	<b>00:59:02.41</b>	+00:25:58 (44.0%)	11:48	5.1 (56.0%)	
178	<b>RZESZOTARSKA Jadwiga</b>	<b>130</b>	DIABETYCY RYPIN	K70+	9			00:28:23	<b>00:59:35.25</b>	+00:26:31 (44.5%)	11:55	5 (54.9%)	
179	<b>MARCINKOWSKA Zenobia</b>	<b>98</b>	DIABETYCY RYPIN	K70+	10			00:36:08	<b>01:07:45.47</b>	+00:34:41 (51.2%)	13:33	4.4 (48.4%)	
180	<b>BUJNICKA Magdalena</b>	<b>17</b>	NORDIC WALKING PASŁĘK	K-Jun.	3			00:21:32	<b>01:43:06.55</b>	+01:10:02 (67.9%)	20:37	2.9 (31.9%)	

Znaleziono 180 wynik(ów)