

SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-05-02
Miejsce: Sławno
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	ĆWIKLIŃSKI Krystian	54	THE BEST - MY IDZIEMY I CZEŚĆ	M Junior 14-17	1			00:00:43	00:16:17	00:32:15	00:32:58		6:27	9.3 (100%)
2	RACZYŃSKI Grzegorz	93	GIMNAZJUM SPORTOWE NR 1	M Junior 14-17	2			00:00:43	00:16:38	00:32:17	00:33:00	+00:00:02 (0.1%)	6:27	9.3 (100%)
3	DZIADEK Remigiusz	90	UKS NEPTUN ROKITY	M 45-49	1			00:01:50	00:16:14	00:32:22	00:34:12	+00:00:07 (0.4%)	6:28	9.3 (100%)
4	WASIELEWSKI Mirosław	71	KS ELBLĄSKIE WŁÓCZY-KIJE	M 50-54	1			00:02:21	00:16:18	00:32:47	00:35:08	+00:00:32 (1.6%)	6:33	9.2 (98.9%)
5	MARCINIAK Emil	53	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1			00:00:43	00:16:21	00:32:53	00:33:36	+00:00:38 (1.9%)	6:34	9.1 (97.8%)
6	KLARKOWSKI Bogdan	73	KS ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	1			00:02:51	00:16:23	00:33:04	00:35:55	+00:00:49 (2.5%)	6:36	9.1 (97.8%)
7	STANISŁAWSKI Jan	111	AKTYWNI 50	M 55-59	1			00:02:22	00:16:16	00:33:09	00:35:31	+00:00:54 (2.7%)	6:37	9 (96.8%)
8	LUBAWIŃSKI Jerzy	57	K.B.SPRINT ŚWIDWIN	M 55-59	2			00:02:22	00:16:33	00:33:29	00:35:51	+00:01:14 (3.7%)	6:41	9 (96.8%)
9	LESINSKI Grzegorz	92		M 45-49	2			00:01:50	00:16:35	00:33:30	00:35:20	+00:01:15 (3.7%)	6:42	9 (96.8%)
10	BRZozowski Piotr	106	AKTYWNI POSTOMINO	M 30-39	1			00:01:15	00:16:28	00:33:35	00:34:50	+00:01:20 (4.0%)	6:43	8.9 (95.7%)
11	KAZIÓW Ryszard	108	DWA KIJE SŁUPSK	M 60-64	2			00:02:52	00:16:47	00:33:58	00:36:50	+00:01:43 (5.1%)	6:47	8.8 (94.6%)
12	SZUDARSKI Edward	87	DWA KIJE SŁUPSK	M 55-59	3			00:02:21	00:16:46	00:34:15	00:36:36	+00:02:00 (5.8%)	6:51	8.8 (94.6%)
13	SZPILMAN Marta	115		K 18-29	1			00:04:19	00:17:11	00:34:29	00:38:48	+00:02:14 (6.5%)	6:53	8.7 (93.5%)
14	DANA Andrzej	118	KLUB NW PATYCZAKI	M 65-69	1	1		00:03:29	00:17:16	00:34:51	00:38:20	+00:02:36 (7.5%)	6:58	8.6 (92.5%)

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15	TRACZ Bolesław	97		M 65-69	2	1		00:03:28	00:17:16	00:34:52	00:38:20	+00:02:37 (7.5%)	6:58	8.6 (92.5%)
16	WAWRZYNKIEWICZ Damian	84		M 30-39	2			00:01:14	00:17:47	00:35:07	00:36:21	+00:02:52 (8.2%)	7:01	8.5 (91.4%)
17	CHUDZIŃSKI Andrzej	67	KS ELBLĄSKIE WŁÓCZY-KIJE	M 65-69	3			00:03:28	00:17:18	00:35:14	00:38:42	+00:02:59 (8.5%)	7:02	8.5 (91.4%)
17	LESINSKA Marzenna	91		K 50-54	1			00:05:55	00:17:39	00:35:14	00:41:09	+00:02:59 (8.5%)	7:02	8.5 (91.4%)
19	SWYSTUN Sławomir	150	MORSY GDYŃSKIE CHODZEKIJAMI.PL	M 60-64	3			00:02:52	00:17:19	00:35:20	00:38:12	+00:03:05 (8.7%)	7:04	8.5 (91.4%)
20	RAKUĆ Jakub	136	RUCH PO ZDROWIE	M 18-29	2			00:00:44	00:17:29	00:35:22	00:36:06	+00:03:07 (8.8%)	7:04	8.5 (91.4%)
20	MARKOWSKA Halina	65	KS ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	1			00:06:14	00:17:29	00:35:22	00:41:36	+00:03:07 (8.8%)	7:04	8.5 (91.4%)
22	ROSADZIŃSKI Sławomir	112		M 45-49	3			00:01:49	00:17:30	00:35:32	00:37:21	+00:03:17 (9.2%)	7:06	8.4 (90.3%)
23	BARTOSIEWICZ Łukasz	140		M 30-39	3			00:01:15	00:17:39	00:35:36	00:36:51	+00:03:21 (9.4%)	7:07	8.4 (90.3%)
24	LESZCZYSZYN Krystyna	63		K 55-59	2			00:06:14	00:17:42	00:35:49	00:42:03	+00:03:34 (10.0%)	7:09	8.4 (90.3%)
25	KOŁPAK Jan	35	LKS ZANTYR	M 65-69	4			00:03:28	00:17:52	00:36:21	00:39:49	+00:04:06 (11.3%)	7:16	8.3 (89.2%)
26	PODOLSKI Mirosław	36	LKS ZANTYR SZTUM	M 60-64	4			00:02:52	00:17:59	00:36:22	00:39:14	+00:04:07 (11.3%)	7:16	8.2 (88.2%)
27	JÓŹWIAK Marianna	55	WTW WŁOCŁAWEK	K 40-44	1			00:05:07	00:18:23	00:36:25	00:41:32	+00:04:10 (11.4%)	7:17	8.2 (88.2%)
28	WILKOŁEK-SZUDARSKA Saturnina	88	DWA KIJE SŁUPSK	K 55-59	3			00:06:14	00:17:49	00:36:33	00:42:47	+00:04:18 (11.8%)	7:18	8.2 (88.2%)
29	SZPILMAN Katarzyna	114		K 45-49	1			00:05:32	00:18:16	00:36:37	00:42:09	+00:04:22 (11.9%)	7:19	8.2 (88.2%)
30	ŚWIERCZYŃSKA Joanna	66	KS ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	2			00:05:33	00:18:34	00:36:38	00:42:11	+00:04:23 (12.0%)	7:19	8.2 (88.2%)
31	GOŁĘBIEWSKI Andrzej	120	KLUB SZUWAREK	M 55-59	4			00:02:21	00:17:58	00:36:45	00:39:06	+00:04:30 (12.2%)	7:21	8.2 (88.2%)
32	POTORSKI Jacek	101		M 30-39	4			00:01:14	00:18:07	00:37:02	00:38:16	+00:04:47 (12.9%)	7:24	8.1 (87.1%)
33	KARCZEWSKA Marzena	138	RUCH PO ZDROWIE	K 30-39	1			00:04:50	00:18:40	00:37:09	00:41:59	+00:04:54 (13.2%)	7:25	8.1 (87.1%)
34	SZUDARSKI Marek	86	DWA KIJE SŁUPSK	M 18-29	3			00:00:43	00:18:28	00:37:23	00:38:06	+00:05:08 (13.7%)	7:28	8 (86.0%)
35	DANA Kazimiera	117	KLUB NW PATYCZAKI	K 60-64	1			00:06:41	00:18:44	00:37:31	00:44:12	+00:05:16 (14.0%)	7:30	8 (86.0%)
36	SOBOLEWSKI Jarosław	56		M 45-49	4			00:01:50	00:18:32	00:37:34	00:39:24	+00:05:19 (14.2%)	7:30	8 (86.0%)
37	REUTER Bożena	130	ŁEBA MORS POLAND	K 45-49	3			00:05:32	00:18:41	00:37:37	00:43:09	+00:05:22 (14.3%)	7:31	8 (86.0%)

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38	RAKUĆ Angelika	137	RUCH PO ZDROWIE	K 18-29	2			00:04:20	00:18:59	00:37:38	00:41:58	+00:05:23 (14.3%)	7:31	8 (86.0%)
39	LANGMESSER Regina	30	LKS ZANTYR	K 45-49	4			00:05:33	00:18:40	00:37:41	00:43:14	+00:05:26 (14.4%)	7:32	8 (86.0%)
40	NIEWIŃSKA Beata	109		K 50-54	2			00:05:54	00:18:44	00:37:43	00:43:37	+00:05:28 (14.5%)	7:32	8 (86.0%)
41	POKORNIECKA Monika	133	DAMY RADE	K 40-44	2			00:05:07	00:18:35	00:37:49	00:42:56	+00:05:34 (14.7%)	7:33	7.9 (84.9%)
42	PILECKA-PRĄDZYŃSKA Anna	149	CHODZĘ Z KIJAMI	K 60-64	2			00:06:41	00:18:32	00:37:50	00:44:31	+00:05:35 (14.8%)	7:34	7.9 (84.9%)
43	MAZUR Katarzyna	129	ŁEBA MORS POLAND	K 50-54	3			00:05:54	00:18:52	00:37:53	00:43:47	+00:05:38 (14.9%)	7:34	7.9 (84.9%)
44	GROCHOWALSKI Mikołaj	58	BAWILAND	M Dzieci do 13	1			00:00:01	00:17:49	00:37:54	00:37:55	+00:05:39 (14.9%)	7:34	7.9 (84.9%)
45	BRYL Michał	69	KS ELBŁĄSKIE WŁÓCZY-KIJE	M 18-29	4			00:00:44	00:18:18	00:37:58	00:38:42	+00:05:43 (15.1%)	7:35	7.9 (84.9%)
46	CZARNECKI Grzegorz	99		M 30-39	5			00:01:15	00:18:26	00:38:00	00:39:15	+00:05:45 (15.1%)	7:36	7.9 (84.9%)
47	BRZEZIŃSKI Robert	38	HERKULES.ORG.PL	M 18-29	5			00:00:45	00:19:09	00:38:03	00:38:48	+00:05:48 (15.2%)	7:36	7.9 (84.9%)
48	ZIELIŃSKI Andrzej	26		M 60-64	5			00:02:53	00:18:31	00:38:35	00:41:28	+00:06:20 (16.4%)	7:43	7.8 (83.9%)
48	KOSIŃSKA Maria	96	MOSIR RYPIN	K 55-59	4			00:06:15	00:19:08	00:38:35	00:44:50	+00:06:20 (16.4%)	7:43	7.8 (83.9%)
50	BONEK Bronisław	51	THE BEST - MY IDZIEMY I CZEŚĆ	M 70+	1			00:03:29	00:19:18	00:38:44	00:42:13	+00:06:29 (16.7%)	7:44	7.7 (82.8%)
51	MAĆZKA Maria	135		K 65-59	1			00:07:15	00:19:15	00:38:59	00:46:14	+00:06:44 (17.3%)	7:47	7.7 (82.8%)
52	BRYL Zdzisław	68	KS ELBŁĄSKIE WŁÓCZY-KIJE	M 45-49	5			00:01:50	00:19:00	00:39:01	00:40:51	+00:06:46 (17.3%)	7:48	7.7 (82.8%)
53	KOSIŃSKA-BUCIOR Teresa	131	ŁEBA MORS POLAND	K 55-59	5			00:06:15	00:19:08	00:39:08	00:45:23	+00:06:53 (17.6%)	7:49	7.7 (82.8%)
54	OLECH Marcin	83		M 40-44	1			00:01:50	00:19:26	00:39:10	00:41:00	+00:06:55 (17.7%)	7:50	7.7 (82.8%)
55	OKROJ Barbara	80	KLUB NW PATYCZAKI	K 60-64	3			00:06:40	00:19:37	00:39:56	00:46:36	+00:07:41 (19.2%)	7:59	7.5 (80.6%)
56	STASIAK Iwona	116		K 55-59	6			00:06:16	00:19:55	00:39:57	00:46:13	+00:07:42 (19.3%)	7:59	7.5 (80.6%)
57	KRAWCZYKOWSKA Barbara	29	LKS ZANTYR SZTUM	K 55-59	7			00:06:14	00:19:59	00:40:14	00:46:28	+00:07:59 (19.8%)	8:02	7.5 (80.6%)
58	KURCZYK Elżbieta	78		K 30-39	2			00:04:49	00:20:30	00:40:15	00:45:04	+00:08:00 (19.9%)	8:03	7.5 (80.6%)
59	CHROMOW Weronika	122		K Junior 14- 17	1			00:04:20	00:20:05	00:40:18	00:44:38	+00:08:03 (20.0%)	8:03	7.4 (79.6%)
59	BANASIK Paula	123		K Junior 14- 17	2			00:04:20	00:20:05	00:40:18	00:44:38	+00:08:03 (20.0%)	8:03	7.4 (79.6%)

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61	ROZWARSKA Małgorzata	52	THE BEST - MY IDZIEMY I CZEŚĆ	K 18-29	3			00:04:19	00:20:14	00:40:21	00:44:40	+00:08:06 (20.1%)	8:04	7.4 (79.6%)
62	PODLEWSKA Alicja	28	LKS ZANTYR SZTUM	K 45-49	5			00:05:32	00:20:07	00:40:23	00:45:55	+00:08:08 (20.1%)	8:04	7.4 (79.6%)
62	WIADERSKI Wojciech	62		M 65-69	5			00:03:27	00:20:12	00:40:23	00:43:50	+00:08:08 (20.1%)	8:04	7.4 (79.6%)
64	ROMANOWSKA Wiktoria	103		K Junior 14-17	3			00:03:49	00:20:05	00:40:25	00:44:14	+00:08:10 (20.2%)	8:05	7.4 (79.6%)
65	KŁOPOTOWSKI Ryszard	34	LKS ZANTYR SZTUM	M 50-54	2			00:02:21	00:19:57	00:40:47	00:43:08	+00:08:32 (20.9%)	8:09	7.4 (79.6%)
65	KĄCKOWSKA Beata	141	JEZIORKI - AKTYWNA WIEŚ	K 40-44	3			00:05:08	00:20:29	00:40:47	00:45:55	+00:08:32 (20.9%)	8:09	7.4 (79.6%)
67	FRUBA Karina	89	DWA KIJE SŁUPSK	K 30-39	3			00:04:50	00:20:23	00:41:10	00:46:00	+00:08:55 (21.7%)	8:14	7.3 (78.5%)
68	UTRATA Mirosław	72	KS ELBLĄSKIE WŁÓCZY-KIJE	M 55-59	5			00:02:22	00:20:13	00:41:24	00:43:46	+00:09:09 (22.1%)	8:16	7.2 (77.4%)
69	NERC Dorota	105		K 55-59	8			00:06:15	00:20:23	00:41:26	00:47:41	+00:09:11 (22.2%)	8:17	7.2 (77.4%)
70	ROMANOWSKA Agata	94		K Dzieci do 13	1			00:03:49	00:20:17	00:41:49	00:45:38	+00:09:34 (22.9%)	8:21	7.2 (77.4%)
71	WINIARSKA Magdalena	95		K 30-39	4			00:04:51	00:20:37	00:41:50	00:46:41	+00:09:35 (22.9%)	8:22	7.2 (77.4%)
71	MAZERSKA Maria	32	LKS ZANTYR SZTUM	K 65-59	2			00:07:15	00:21:04	00:41:50	00:49:05	+00:09:35 (22.9%)	8:22	7.2 (77.4%)
73	CYGAN Sandra	133	DAMY RADE	K Dzieci do 13	2			00:03:50	00:20:23	00:41:59	00:45:49	+00:09:44 (23.2%)	8:23	7.1 (76.3%)
74	PLUTA Bożena	113	I GRUPA GDYNSKA	K 60-64	4			00:06:40	00:20:41	00:42:21	00:49:01	+00:10:06 (23.8%)	8:28	7.1 (76.3%)
75	MIELEWCZYK Aleksandra	76	AUTONOGI	K 50-54	4			00:05:54	00:20:48	00:42:25	00:48:19	+00:10:10 (24.0%)	8:29	7.1 (76.3%)
76	ŻYTO Agnieszka	125		K 40-44	4			00:05:07	00:21:20	00:42:29	00:47:36	+00:10:14 (24.1%)	8:29	7.1 (76.3%)
77	KAZIÓW Krystyna	107	DWA KIJE SŁUPSK	K 60-64	5			00:06:41	00:20:56	00:42:31	00:49:12	+00:10:16 (24.1%)	8:30	7.1 (76.3%)
78	SŁAWSKA Patrycja	102		K Dzieci do 13	3			00:03:49	00:20:38	00:42:34	00:46:23	+00:10:19 (24.2%)	8:30	7 (75.3%)
79	SZCZYPEK Ela	85		K 60-64	6			00:06:41	00:21:19	00:42:54	00:49:35	+00:10:39 (24.8%)	8:34	7 (75.3%)
79	MOCZARSKI Adam	110	ŻABI KRUK	M 65-69	6			00:03:29	00:21:27	00:42:54	00:46:23	+00:10:39 (24.8%)	8:34	7 (75.3%)
81	OGONOWSKA Edyta	119	KLUB NW PATYCZAKI	K 50-54	5			00:05:54	00:21:12	00:43:07	00:49:01	+00:10:52 (25.2%)	8:37	7 (75.3%)
82	JADANOWSKA Halina	70	KS ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	7			00:06:40	00:21:13	00:43:09	00:49:49	+00:10:54 (25.3%)	8:37	7 (75.3%)
83	SOLETA Krzysztof	77		M 40-44	2			00:01:49	00:21:59	00:43:16	00:45:05	+00:11:01 (25.5%)	8:39	6.9 (74.2%)

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84	GRUSZKA Barbara	33	ZANTYR SZTUM	K 65-59	3			00:07:14	00:21:44	00:43:26	00:50:40	+00:11:11 (25.7%)	8:41	6.9 (74.2%)
85	PANKIEWICZ-DMOWSKA Cecylia	81	WEJHEROWSKI KLUB N.W.	K 65-59	4			00:07:14	00:21:42	00:43:27	00:50:41	+00:11:12 (25.8%)	8:41	6.9 (74.2%)
86	KĄCKOWSKI Marek	142	JEZIORKI - AKTYWNA WIEŚ	M 60-64	6			00:02:53	00:22:09	00:43:40	00:46:33	+00:11:25 (26.1%)	8:44	6.9 (74.2%)
87	MILCZAK Elżbieta	145		K 45-49	6			00:05:34	00:22:23	00:44:13	00:49:47	+00:11:58 (27.1%)	8:50	6.8 (73.1%)
88	IZDEBSKA Grażyna	40		K 55-59	9			00:06:16	00:21:30	00:44:16	00:50:32	+00:12:01 (27.1%)	8:51	6.8 (73.1%)
89	DELIG Danuta	37		K 55-59	10			00:06:15	00:21:25	00:44:27	00:50:42	+00:12:12 (27.4%)	8:53	6.7 (72.0%)
90	HIMMEL Grażyna	75	88° TEAM	K 60-64	8			00:06:42	00:22:24	00:45:02	00:51:44	+00:12:47 (28.4%)	9:00	6.7 (72.0%)
91	KARCZEWSKI Krzysztof	139	RUCH PO ZDROWIE	M 30-39	6			00:01:15	00:22:59	00:45:22	00:46:37	+00:13:07 (28.9%)	9:04	6.6 (71.0%)
92	PANKIEWICZ Bartosz	82	WEJHEROWSKI KLUB N.W.	M Dzieci do 13	2			00:00:02	00:21:36	00:45:30	00:45:32	+00:13:15 (29.1%)	9:06	6.6 (71.0%)
93	KURCZYK Zbyszek	124		M Dzieci do 13	3			00:00:01	00:22:17	00:45:47	00:45:48	+00:13:32 (29.6%)	9:09	6.6 (71.0%)
94	BUCIOR Wojciech	132	ŁEBA MORS POLAND	M 55-59	6			00:02:22	00:22:26	00:45:56	00:48:18	+00:13:41 (29.8%)	9:11	6.5 (69.9%)
95	PODGÓRSKA Marianna	39		K 60-64	9			00:06:41	00:22:45	00:46:11	00:52:52	+00:13:56 (30.2%)	9:14	6.5 (69.9%)
96	SZYCKO Oliwia	148		K Dzieci do 13	4			00:03:50	00:23:29	00:47:23	00:51:13	+00:15:08 (31.9%)	9:28	6.3 (67.7%)
97	WIADERSKA Grażyna	61		K 60-64	10			00:06:43	00:23:49	00:47:44	00:54:27	+00:15:29 (32.4%)	9:32	6.3 (67.7%)
98	KURCZYK Michał	74		M Dzieci do 13	4			00:00:02	00:24:20	00:48:57	00:48:59	+00:16:42 (34.1%)	9:47	6.1 (65.6%)
99	MAJEWSKA Anna	59		K 30-39	5			00:04:49	00:23:17	00:49:43	00:54:32	+00:17:28 (35.1%)	9:56	6 (64.5%)
100	MAJEWSKA Natalia	60		K Dzieci do 13	5			00:03:49	00:23:55	00:50:44	00:54:33	+00:18:29 (36.4%)	10:08	5.9 (63.4%)
101	CZARNECKA Elżbieta	146		K 60-64	11			00:06:43	00:26:10	00:51:01	00:57:44	+00:18:46 (36.8%)	10:12	5.9 (63.4%)
102	MAZERSKI Ryszard	27		M 65-69	7			00:03:29	00:25:18	00:51:15	00:54:44	+00:19:00 (37.1%)	10:15	5.9 (63.4%)
103	ANTKOWIAK Marian	79	KLUB NW PATYCZAKI	M 55-59	7			00:02:22	00:25:20	00:51:21	00:53:43	+00:19:06 (37.2%)	10:16	5.8 (62.4%)
104	ŻYTO Jakub	126		M Dzieci do 13	5			00:00:03	00:25:01	00:51:36	00:51:39	+00:19:21 (37.5%)	10:19	5.8 (62.4%)
105	GAŁKOWSKA Danuta	144		K 40-44	5			00:05:34	00:27:21	00:52:11	00:57:45	+00:19:56 (38.2%)	10:26	5.7 (61.3%)
105	NAKONIECZNA Renata	147		K 40-44	6			00:05:34	00:27:21	00:52:11	00:57:45	+00:19:56 (38.2%)	10:26	5.7 (61.3%)

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
107	PŁAZA Beata	143		K 55-59	11			00:06:15	00:26:07	00:52:38	00:58:53	+00:20:23 (38.7%)	10:31	5.7 (61.3%)
108	CICHAWA Kinga	100		K 45-49	7			00:05:32	00:26:03	00:54:05	00:59:37	+00:21:50 (40.4%)	10:49	5.5 (59.1%)
109	GAWRYŚ Anna	128		K 60-64	12			00:06:43	00:26:38	00:54:08	01:00:51	+00:21:53 (40.4%)	10:49	5.5 (59.1%)
110	MILACHOWSKA Agnieszka	64		K 30-39	6			00:04:50	00:28:01	00:55:52	01:00:42	+00:23:37 (42.3%)	11:10	5.4 (58.1%)
111	CICHOCKI Wiesław	121	KLUB NW PATYCZAKI	M 60-64	7			00:02:54	00:27:18	00:56:01	00:58:55	+00:23:46 (42.4%)	11:12	5.4 (58.1%)
112	BOGDAN-CHOJNACKA Katarzyna	98		K 40-44	7			00:05:07	00:28:07	00:56:04	01:01:11	+00:23:49 (42.5%)	11:12	5.4 (58.1%)

Znaleziono 112 wynik(ów)