



ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: PUCHAR WIELKOPOLSKI NORDIC WALKING 2018
Organizator: PFNW
Data: 2018-08-26
Miejsce: Śrem
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	RAJEWSKI Sebastian	148	KS IDMAR RACING TEAM	M45-49	1			00:15:15	00:30:58.49		6:11	9.7 (100%)
2	MIZGAŁA Kacper	119	KABEX PODKOWA JANÓW	M-Jun.	1			00:15:56	00:31:44.74	+00:00:46 (2.4%)	6:21	9.4 (96.9%)
3	ROŻYNEK Miron	151	KS METRACO POLKOWICE	M55-59	1			00:15:54	00:32:03.52	+00:01:05 (3.4%)	6:24	9.4 (96.9%)
4	WOROCH Roman	195	KS METRACO POLKOWICE	M60-64	1			00:15:57	00:32:04.07	+00:01:05 (3.4%)	6:24	9.4 (96.9%)
5	STAWICKI Kacper	159	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Jun.	2			00:15:59	00:32:07.36	+00:01:08 (3.6%)	6:25	9.3 (95.9%)
6	FRAĆKOWIAK Mateusz	35	KS METRACO POLKOWICE	M-Jun.	3			00:16:06	00:32:50.31	+00:01:51 (5.7%)	6:34	9.1 (93.8%)
7	NOWAKOWSKI Dominik	128	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Jun.	4			00:16:02	00:32:51.16	+00:01:52 (5.7%)	6:34	9.1 (93.8%)
8	BRZozowski Piotr	311	NWPL/AKTYWNI POSTOMINO	M30-39	1			00:15:58	00:32:53.00	+00:01:54 (5.8%)	6:34	9.1 (93.8%)
9	SCHRÖDER Karol	153	SILESIA NORDIC TEAM	M40-44	1			00:16:05	00:32:53.06	+00:01:54 (5.8%)	6:34	9.1 (93.8%)
10	KUBIAK Tomasz	96	SALLER NORDIC WALKING TEAM	M40-44	2			00:16:28	00:33:06.30	+00:02:07 (6.4%)	6:37	9.1 (93.8%)
11	LIPIŃSKI Karol	105	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-44	3			00:16:28	00:33:15.73	+00:02:17 (6.9%)	6:39	9 (92.8%)
12	FRAĆKOWIAK Roman	34	KS METRACO POLKOWICE	M50-54	1			00:16:44	00:33:48.88	+00:02:50 (8.4%)	6:45	8.9 (91.8%)
13	TRZCIŃSKI Eugeniusz	176	SPORT I REKREACJA 'START' (CHEŁMNO)	M60-64	2			00:16:46	00:34:01.29	+00:03:02 (9.0%)	6:48	8.8 (90.7%)
14	SZYMSKA Małgorzata	303	EKSPEDYCJA NORDIC TEAM SZCZE	K30-39	1			00:16:54	00:34:02.76	+00:03:04 (9.0%)	6:48	8.8 (90.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	WITUCKI Jacek	191		M45-49	2			00:16:48	00:34:10.51	+00:03:12 (9.4%)	6:50	8.8 (90.7%)
16	KOP Wiesław	86	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	2			00:17:00	00:34:15.23	+00:03:16 (9.6%)	6:51	8.8 (90.7%)
17	SIKORA Bronisław	156	LESZNO :)	M60-64	3			00:16:56	00:34:16.71	+00:03:18 (9.6%)	6:51	8.8 (90.7%)
18	KĘDZIERSKA Agnieszka	75	KIJKOWE TRZEMESZNO	K40-44	1			00:17:02	00:34:31.50	+00:03:33 (10.3%)	6:54	8.7 (89.7%)
19	SYKISZ Maksym	167	LESZNO :)	M30-39	2			00:17:03	00:34:34.83	+00:03:36 (10.4%)	6:55	8.7 (89.7%)
20	HARENDA Andrzej	50	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-54	2			00:17:22	00:34:40.61	+00:03:42 (10.7%)	6:56	8.6 (88.7%)
21	MIZGAŁA Nadia	120	KABEX PODKOWA JANÓW	K-Dzieci	1			00:17:30	00:34:45.44	+00:03:46 (10.9%)	6:57	8.6 (88.7%)
22	KOLBERG Kamila	84	KIJKOWE TRZEMESZNO	K30-39	2			00:17:22	00:34:50.57	+00:03:52 (11.1%)	6:58	8.6 (88.7%)
23	SZCZUDLIK Małgorzata	168	KIJKOWE TRZEMESZNO	K30-39	3			00:17:22	00:34:50.94	+00:03:52 (11.1%)	6:58	8.6 (88.7%)
24	ZDANUK Artur	204	EKSPEDYCJA NORDIC TEAM SZCZECIN	M45-49	3			00:17:00	00:35:03.86	+00:04:05 (11.7%)	7:00	8.6 (88.7%)
25	JASIŁEK Przemysław	58		M40-44	4			00:17:35	00:35:12.09	+00:04:13 (12.0%)	7:02	8.5 (87.6%)
26	KUBIAK Jakub	94	KLUB SPORTOWY SOKÓŁ GAŚAWA	M-Jun.	5			00:17:05	00:35:12.38	+00:04:13 (12.0%)	7:02	8.5 (87.6%)
27	MIĘKISIAK Rafał	117		M18-29	1			00:17:48	00:35:18.64	+00:04:20 (12.3%)	7:03	8.5 (87.6%)
28	MIKOŁAJCZAK Jan	118	SALLER NORDIC WALKING TEAM LEGNICA	M60-64	4			00:17:31	00:35:40.60	+00:04:42 (13.2%)	7:08	8.4 (86.6%)
29	RAKUŚ Bogusław	307	LESZNO:)	M55-59	3			00:17:33	00:35:42.00	+00:04:43 (13.2%)	7:08	8.4 (86.6%)
30	KAJEWSKI Rafał	65		M40-44	5			00:17:49	00:35:47.86	+00:04:49 (13.5%)	7:09	8.4 (86.6%)
31	SPYCHAŁA Marzena	158	CKZIU NYSA MECHANIK	K45-49	1			00:17:56	00:35:50.87	+00:04:52 (13.6%)	7:10	8.4 (86.6%)
32	ZMYSŁOWSKI Zygmunt	205	NORDIC WALKING LUBASZ	M55-59	4			00:17:54	00:36:04.80	+00:05:06 (14.1%)	7:13	8.3 (85.6%)
33	SZYMANOWICZ Bartosz	172	NORDIC WALKING LUBASZ	M18-29	2			00:18:10	00:36:06.90	+00:05:08 (14.2%)	7:13	8.3 (85.6%)
34	TOMCZYK Edward	175	MARSZ PO ZDROWIE POZNAŃ	M70+	1			00:17:57	00:36:13.76	+00:05:15 (14.5%)	7:14	8.3 (85.6%)
35	MAZURKIEWICZ Kacper	111	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Jun.	6			00:18:31	00:36:19.74	+00:05:21 (14.7%)	7:15	8.3 (85.6%)
36	JÓŹWIAK Marianna	61	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:18:04	00:36:21.85	+00:05:23 (14.8%)	7:16	8.2 (84.5%)
37	OKRZESIK-FRĄCKOWIAK Izabela	130	KS METRACO POLKOWICE	K50-54	1			00:18:06	00:36:26.09	+00:05:27 (15.0%)	7:17	8.2 (84.5%)

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									netto 5km	Różn		
38	DUKAT Radosław	29	LESZNO :)	M40-44	6			00:17:51	00:36:36.86	+00:05:38 (15.4%)	7:19	8.2 (84.5%)
39	KEDZIERSKI Arkadiusz	308	KIJKOWE TRZEMESZNO	M40-44	7			00:17:45	00:36:37.00	+00:05:38 (15.4%)	7:19	8.2 (84.5%)
40	BUCZKOWSKI Jerzy	14	KLUB SPORTOWY SOKÓŁ GAŚAWA	M65-69	1			00:18:19	00:36:42.98	+00:05:44 (15.6%)	7:20	8.2 (84.5%)
41	MIZGAŁA Nel	121	KABEX PODKOWA JANÓW	K-Dzieci	2			00:18:23	00:36:56.13	+00:05:57 (16.1%)	7:23	8.1 (83.5%)
42	PIATCZYC Michał	137		M-Jun.	7			00:18:02	00:36:58.32	+00:05:59 (16.2%)	7:23	8.1 (83.5%)
43	KOCZOROWSKA Patrycja	80	KLUB SPORTOWY SOKÓŁ GAŚAWA	K-Dzieci	3			00:18:21	00:36:58.32	+00:05:59 (16.2%)	7:23	8.1 (83.5%)
44	LIPIŃSKA Karolina	104	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	4			00:18:27	00:36:59.26	+00:06:00 (16.3%)	7:23	8.1 (83.5%)
45	WILD Ewa	188		K40-44	2			00:18:31	00:37:00.58	+00:06:02 (16.3%)	7:24	8.1 (83.5%)
46	KŁOS Lidia	78	SPORT I REKREACJA START CHEŁMNO	K40-44	3			00:18:19	00:37:01.46	+00:06:02 (16.3%)	7:24	8.1 (83.5%)
47	GRYGOROWICZ Bogdan	47	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:18:28	00:37:05.13	+00:06:06 (16.5%)	7:25	8.1 (83.5%)
48	KOZŁOWSKA Jagoda	89	DYNAMIC	K-Dzieci	4			00:18:22	00:37:12.30	+00:06:13 (16.7%)	7:26	8.1 (83.5%)
49	ANDRZEJEWSKI Mieczysław	3	LESZNO :)	M55-59	5			00:18:04	00:37:14.19	+00:06:15 (16.8%)	7:26	8.1 (83.5%)
50	GRUPIŃSKA Katarzyna	44	NORDIC WALKING LUBASZ	K50-54	2			00:18:33	00:37:17.49	+00:06:19 (16.9%)	7:27	8 (82.5%)
51	ZAWISŁA Stanisław	203	MARSZ PO ZDROWIE	M65-69	2			00:18:27	00:37:21.37	+00:06:22 (17.1%)	7:28	8 (82.5%)
52	STRZELECKA Małgorzata	162	SAILING TEAM FERAJNA	K45-49	3			00:18:46	00:37:29.13	+00:06:30 (17.4%)	7:29	8 (82.5%)
53	RYBAŁTOWSKI Paweł	152	LESZNO :)	M70+	2			00:18:55	00:37:31.78	+00:06:33 (17.5%)	7:30	8 (82.5%)
54	DADOS Julia	21	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	1			00:18:32	00:37:31.89	+00:06:33 (17.5%)	7:30	8 (82.5%)
55	WOŁK Beata	194	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-44	4			00:18:51	00:37:42.68	+00:06:44 (17.9%)	7:32	8 (82.5%)
56	MOŹDŻEŃ Barbara	122	NIEZRZESZONA	K55-59	1			00:18:34	00:37:44.14	+00:06:45 (17.9%)	7:32	8 (82.5%)
57	GRZYWOCZ Bernard	49	LESZNO :)	M65-69	3			00:18:42	00:37:45.73	+00:06:47 (18.0%)	7:33	7.9 (81.4%)
58	ŚWIERAKOWSKA Barbara	313		K50-54	3			00:19:00	00:37:46.00	+00:06:47 (18.0%)	7:33	7.9 (81.4%)
59	BŁOCH Damian	9	NORDIC WALKING LUBASZ	M18-29	3			00:18:49	00:37:50.70	+00:06:52 (18.2%)	7:34	7.9 (81.4%)
60	MICHAŁOWSKA Monika	116		K30-39	5			00:18:37	00:37:53.22	+00:06:54 (18.2%)	7:34	7.9 (81.4%)

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									netto 5km	Różn		
61	KUPIBIDA Bogusława	99	SILESIA NORDIC TEAM	K55-59	2			00:18:50	00:37:55.49	+00:06:57 (18.3%)	7:35	7.9 (81.4%)
62	KMIECIAK Joanna	318		K-Jun.	2			00:18:29	00:37:57.00	+00:06:58 (18.4%)	7:35	7.9 (81.4%)
63	BOJANOWSKI Marcin	10		M30-39	3			00:18:40	00:37:57.55	+00:06:59 (18.4%)	7:35	7.9 (81.4%)
64	WIERZCHOSŁAWSKA Agnieszka	185		K18-29	1			00:18:58	00:38:00.53	+00:07:02 (18.5%)	7:36	7.9 (81.4%)
65	KUBIAK Dorian	97	SP 74	M-Jun.	8			00:18:34	00:38:06.17	+00:07:07 (18.7%)	7:37	7.9 (81.4%)
66	WALCZAK Grzegorz	181	OCTOPUS SUCHY LAS	M45-49	4			00:18:42	00:38:07.63	+00:07:09 (18.8%)	7:37	7.9 (81.4%)
67	SIERACKA Katarzyna	154	LESZNO :)	K55-59	3			00:18:42	00:38:07.72	+00:07:09 (18.8%)	7:37	7.9 (81.4%)
68	DOMBEK Fabian	25	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Jun.	9			00:18:38	00:38:09.18	+00:07:10 (18.8%)	7:37	7.9 (81.4%)
69	POLISZCZUK Piotr	315	PIERNIKI NA CHODZIE	M- Niepełnosprawni(A)	1			00:16:07	00:38:11.00	+00:07:12 (18.9%)	7:38	7.9 (81.4%)
70	ŁOPIŃSKI Aleksy	106	4RUN TEAM PIŁA	M70+	3			00:18:58	00:38:18.17	+00:07:19 (19.1%)	7:39	7.8 (80.4%)
71	GAŁĄZKA Paweł	312	MUSZKIETEROWIE	M- Niepełnosprawni(A)	2			00:15:07	00:38:19.00	+00:07:20 (19.2%)	7:39	7.8 (80.4%)
72	SULECKA Gabriela	165		K- Niepełnosprawni(A)	1			00:19:07	00:38:21.46	+00:07:22 (19.2%)	7:40	7.8 (80.4%)
73	GRYGOROWICZ Teresa	46	KS METRACO POLKOWICE	K65-69	1			00:19:00	00:38:24.73	+00:07:26 (19.4%)	7:40	7.8 (80.4%)
74	DANA Kazimiera	306	PATYCZAKI GRUDZIĄDZ	K65-69	2			00:20:57	00:38:27.00	+00:07:28 (19.4%)	7:41	7.8 (80.4%)
75	URBAŃSKI Stefan	178	NW PATYCZAKI GRUDZIĄDZ	M55-59	6			00:18:56	00:38:29.15	+00:07:30 (19.5%)	7:42	7.8 (80.4%)
76	STRZELECKI Sebastian 'Kaszana'	164	SAILING TEAM FERAJNA	M45-49	5			00:18:49	00:38:36.64	+00:07:38 (19.8%)	7:43	7.8 (80.4%)
77	WOJCIECHOWSKI Adam	193	PLESZEWSKIE WŁÓCZYKIJE	M40-44	8			00:18:57	00:38:43.79	+00:07:45 (20.0%)	7:44	7.7 (79.4%)
78	WILD Arek	187		M50-54	3			00:19:03	00:38:45.21	+00:07:46 (20.1%)	7:45	7.7 (79.4%)
79	WOJCIECHOWSKA Katarzyna	192	PLESZEWSKIE WŁÓCZYKIJE	K40-44	5			00:19:07	00:38:47.49	+00:07:49 (20.2%)	7:45	7.7 (79.4%)
80	MATYJA Anna	110	LESZNO :)	K45-49	4			00:19:11	00:38:49.22	+00:07:50 (20.2%)	7:45	7.7 (79.4%)
81	FIAŁKOWSKA Katarzyna	33	NORDIC WALKING LUBASZ	K50-54	4			00:19:14	00:38:58.59	+00:08:00 (20.5%)	7:47	7.7 (79.4%)
82	KUCZYŃSKA Anna	98	NORDIC WALKING KIEKRZ	K55-59	4			00:19:23	00:39:14.50	+00:08:16 (21.1%)	7:50	7.6 (78.4%)
83	GOŁĘBIEWSKI Andrzej	41	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-64	5			00:19:56	00:39:23.06	+00:08:24 (21.4%)	7:52	7.6 (78.4%)

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									netto 5km	Różn		
84	DOMBEK Laura	24	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	3			00:19:08	00:39:25.74	+00:08:27 (21.4%)	7:53	7.6 (78.4%)
85	WITUCKA Karolina	190		K-Dzieci	5			00:19:31	00:39:26.34	+00:08:27 (21.5%)	7:53	7.6 (78.4%)
86	MICHALAK Jacek	114	NORDIC WALKING LUBASZ	M50-54	4			00:19:46	00:39:28.88	+00:08:30 (21.5%)	7:53	7.6 (78.4%)
87	PIĄTKOWSKI Józef	138	KS METRACO POLKOWICE	M70+	4			00:19:29	00:39:29.33	+00:08:30 (21.6%)	7:54	7.6 (78.4%)
88	GRZYWOCZ Irena	48	LESZNO :)	K65-69	3			00:19:37	00:39:32.68	+00:08:34 (21.7%)	7:54	7.6 (78.4%)
89	BERCZYŃSKI Henryk	5	NADLEŚNICTWO OKONEK	M60-64	6			00:19:54	00:39:39.28	+00:08:40 (21.9%)	7:55	7.6 (78.4%)
90	KOWNACKA Jolanta	60	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K50-54	5			00:19:25	00:39:40.76	+00:08:42 (21.9%)	7:56	7.6 (78.4%)
91	WIERZCHOSŁAWSKI Mateusz	186		M18-29	4			00:19:38	00:39:48.67	+00:08:50 (22.2%)	7:57	7.5 (77.3%)
92	JÓŻWIAK Łukasz	62	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:19:31	00:39:48.75	+00:08:50 (22.2%)	7:57	7.5 (77.3%)
93	KWIECIAK Michał	316		M30-39	4			00:18:58	00:39:50.00	+00:08:51 (22.2%)	7:58	7.5 (77.3%)
94	KRAWCZYK Dorota	91	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	1			00:19:52	00:39:51.89	+00:08:53 (22.3%)	7:58	7.5 (77.3%)
95	RYBARCZYK Iwona	301		K40-44	6			00:19:47	00:39:52.90	+00:08:54 (22.3%)	7:58	7.5 (77.3%)
96	PIATCZYC Waław	136		M- Niepełnosprawni(B)	2			00:19:29	00:39:54.71	+00:08:56 (22.4%)	7:58	7.5 (77.3%)
97	KONIECZNA Zuzanna	85		K45-49	5			00:19:59	00:39:55.11	+00:08:56 (22.4%)	7:59	7.5 (77.3%)
98	KUSZA Jolanta	100	UKS GIMNAZJON SUCHY LAS	K55-59	5			00:19:40	00:39:57.92	+00:08:59 (22.5%)	7:59	7.5 (77.3%)
99	ZABRZESKA Hanna	202	UKS GIMNAZJON SUCHY LAS	K55-59	6			00:19:41	00:39:58.80	+00:09:00 (22.5%)	7:59	7.5 (77.3%)
100	SZNAJDER Zenon	170	UNIA MIAST	M65-69	4			00:19:42	00:40:03.69	+00:09:05 (22.7%)	8:00	7.5 (77.3%)
101	TURKOWSKA Iwona	177	SZALONE ONE	K55-59	7			00:19:50	00:40:06.50	+00:09:08 (22.8%)	8:01	7.5 (77.3%)
102	ADAMOWICZ Andrzej	1		M70+	5			00:20:04	00:40:10.02	+00:09:11 (22.9%)	8:02	7.5 (77.3%)
103	PRACKI Zbigniew	142	SERCE NORDICA WŁOCŁAWEK	M50-54	5			00:20:01	00:40:11.49	+00:09:13 (22.9%)	8:02	7.5 (77.3%)
104	DOLATA Dorota	310	NORDIC WALKING KIEKRZ	K55-59	8			00:19:34	00:40:14.00	+00:09:15 (23.0%)	8:02	7.5 (77.3%)
105	KOCZOROWSKA Monika	79	KLUB SPORTOWY SOKÓŁ GAŚAWA	K30-39	6			00:19:57	00:40:17.71	+00:09:19 (23.1%)	8:03	7.4 (76.3%)
106	STRÓŻYNA Wiesława	161	NORDIC WALKING LUBASZ	K50-54	6			00:19:58	00:40:23.03	+00:09:24 (23.3%)	8:04	7.4 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	SZYMAŃSKA Magdalena	173	ŚMIGIELSKA GRUPA NORDIC WALKING	K30-39	7			00:20:02	00:40:25.32	+00:09:26 (23.4%)	8:05	7.4 (76.3%)
108	MICHAŁOWSKA Joanna	115	SPORT I REKREACJA START CHEŁMNO	K45-49	6			00:20:02	00:40:29.47	+00:09:30 (23.5%)	8:06	7.4 (76.3%)
109	BUJNICKA Magdalena	16	NORDIC WALKING PASŁĘK	K-Dzieci	6			00:19:58	00:40:30.42	+00:09:31 (23.5%)	8:06	7.4 (76.3%)
110	JURDZIŃSKI Edmund	64	UKS GIMNAZJON SUCHY LAS	M70+	6			00:20:11	00:40:38.31	+00:09:39 (23.8%)	8:07	7.4 (76.3%)
111	PEC Anna	134	NORDIC WALKING LUBASZ	K45-49	7			00:20:08	00:40:42.30	+00:09:43 (23.9%)	8:08	7.4 (76.3%)
112	WYCISŁO Agata	201	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K- Niepełnosprawni(B)	1			00:20:14	00:40:51.51	+00:09:53 (24.2%)	8:10	7.3 (75.3%)
113	FURMAN Renata	36	NORDIC WALKING LUBASZ	K45-49	8			00:20:08	00:40:52.78	+00:09:54 (24.2%)	8:10	7.3 (75.3%)
114	ANGIELCZYK Małgorzata	4	MARSZ PO ZDROWIE POZNAŃ	K65-69	4			00:20:16	00:40:53.28	+00:09:54 (24.2%)	8:10	7.3 (75.3%)
115	MARCINIAK Hanna	109	SERCE NORDICA WŁOCŁAWEK	K55-59	9			00:20:19	00:40:53.99	+00:09:55 (24.3%)	8:10	7.3 (75.3%)
116	SUSKA Danuta	166	NIE NALEŻĘ DO KLUBU	K65-69	5			00:20:10	00:40:57.80	+00:09:59 (24.4%)	8:11	7.3 (75.3%)
117	NOWACZYK Lidia	126	PLESZEWSKIE WŁOCZYKIJE	K30-39	8			00:20:26	00:41:05.52	+00:10:07 (24.6%)	8:13	7.3 (75.3%)
118	ROZMIAREK Kamila	150	NORDIC WALKING LUBASZ	K-Jun.	4			00:20:24	00:41:07.05	+00:10:08 (24.7%)	8:13	7.3 (75.3%)
119	GÓRSKI Henryk	42	OUTW OLEŚNICA	M70+	7			00:20:39	00:41:08.92	+00:10:10 (24.7%)	8:13	7.3 (75.3%)
120	KAŁUŻNY Waldemar	68	UKS GIMNAZJON SUCHY LAS	M55-59	7			00:20:37	00:41:10.13	+00:10:11 (24.8%)	8:14	7.3 (75.3%)
121	NOWAK Daria	127	LESZNO :)	K30-39	9			00:20:32	00:41:24.64	+00:10:26 (25.2%)	8:17	7.2 (74.2%)
122	KUBIAK Anna	95	KLUB SPORTOWY SOKÓŁ GAŚAWA	K55-59	10			00:20:46	00:41:26.38	+00:10:27 (25.3%)	8:17	7.2 (74.2%)
123	WICHER Jolanta	184	NORDIC WALKING LUBASZ	K45-49	9			00:20:34	00:41:28.52	+00:10:30 (25.3%)	8:17	7.2 (74.2%)
124	KANIECKI Tadeusz	70	KLUB NW PATYCZAKI GRUDZIĄDZ	M65-69	5			00:20:26	00:41:32.34	+00:10:33 (25.4%)	8:18	7.2 (74.2%)
125	KAMIŃSKA-SOKÓL Marzena	69	NORDIC WALKING LUBASZ	K45-49	10			00:20:48	00:41:39.30	+00:10:40 (25.6%)	8:19	7.2 (74.2%)
126	RADOMSKA Agnieszka	146	NORDIC WALKING LUBASZ	K40-44	7			00:20:38	00:41:46.62	+00:10:48 (25.9%)	8:21	7.2 (74.2%)
127	SKOWROŃSKA ŁOPIŃSKA Genowefa	157	4RUN TEAM PIŁA	K65-69	6			00:20:43	00:41:47.11	+00:10:48 (25.9%)	8:21	7.2 (74.2%)
128	JEMRYCH Dorota	59	UKS GIMNAZJON SUCHY LAS	K60-64	2			00:20:49	00:41:48.05	+00:10:49 (25.9%)	8:21	7.2 (74.2%)
129	NIECHWIEJCZYK Kinga	125	UNIA MIAST	K-Jun.	5			00:20:27	00:41:50.77	+00:10:52 (26.0%)	8:22	7.2 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	KROJNIAK Maria	92	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	6			00:20:48	00:41:56.91	+00:10:58 (26.2%)	8:23	7.2 (74.2%)
131	WALCZAK Maria	179	KLUB SPORTOWY SOKÓŁ GAŚAWA	K30-39	10			00:20:59	00:41:59.12	+00:11:00 (26.2%)	8:23	7.1 (73.2%)
132	REMISZEWSKI Adam	149	OUTW OLEŚNICA	M70+	8			00:20:41	00:41:59.88	+00:11:01 (26.2%)	8:24	7.1 (73.2%)
133	STRZELECKA Antonina	163	SAILING TEAM FERAJNA	K-Dzieci	7			00:20:34	00:42:04.74	+00:11:06 (26.4%)	8:25	7.1 (73.2%)
134	STOCHAJ Jan	160	SP ROSKO	M-Jun.	10			00:20:06	00:42:04.79	+00:11:06 (26.4%)	8:25	7.1 (73.2%)
135	PRZYBYSZ Alicja	144		K-Dzieci	8			00:20:26	00:42:07.22	+00:11:08 (26.5%)	8:25	7.1 (73.2%)
136	KWIATKOWSKI Michał	101		M30-39	5			00:20:34	00:42:07.71	+00:11:09 (26.5%)	8:25	7.1 (73.2%)
137	KOLASIŃSKA Wanda	82	SZALONE ONE	K-Niepełnosprawni(A)	2			00:21:07	00:42:07.94	+00:11:09 (26.5%)	8:25	7.1 (73.2%)
138	DĄBROWA Dorota	22		K45-49	11			00:20:52	00:42:08.18	+00:11:09 (26.5%)	8:25	7.1 (73.2%)
139	SIERŻANT Anna	155		K30-39	11			00:20:42	00:42:12.29	+00:11:13 (26.6%)	8:26	7.1 (73.2%)
140	SZNAJDER Teresa	169	UNIA MIAST	K60-64	3			00:21:02	00:42:12.69	+00:11:14 (26.6%)	8:26	7.1 (73.2%)
141	HARENDA Karol	51	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Dzieci	1			00:20:43	00:42:13.50	+00:11:15 (26.6%)	8:26	7.1 (73.2%)
142	KOLASIŃSKI Aleksander	83	RUNCOHOLICS	M55-59	8			00:20:44	00:42:14.56	+00:11:16 (26.7%)	8:26	7.1 (73.2%)
143	PIATCZYC Barbara	135		K55-59	11			00:20:19	00:42:16.48	+00:11:17 (26.7%)	8:27	7.1 (73.2%)
144	LEGOCKA -WALCZAK Kinga	103	OCTOPUS SUCHY LAS	K40-44	8			00:21:15	00:42:18.81	+00:11:20 (26.8%)	8:27	7.1 (73.2%)
145	KUBIAK Wojciech	93	KLUB SPORTOWY SOKÓŁ GAŚAWA	M55-59	9			00:20:54	00:42:23.02	+00:11:24 (26.9%)	8:28	7.1 (73.2%)
146	KRAMER Leszek	90	OUTW OLEŚNICA	M70+	9			00:21:05	00:42:28.31	+00:11:29 (27.1%)	8:29	7.1 (73.2%)
147	JAGODZIŃSKI Andrzej	57		M55-59	10			00:21:11	00:42:41.41	+00:11:42 (27.4%)	8:32	7 (72.2%)
148	GOLAK-WEGIERA Katarzyna	40	ROKKIJE ROKIETNICA	K45-49	12			00:21:20	00:42:41.42	+00:11:42 (27.4%)	8:32	7 (72.2%)
149	FENGIER Eugeniusz	32	PLESZEWSKIE WŁÓCZYKIJE	M55-59	11			00:21:12	00:42:43.56	+00:11:45 (27.5%)	8:32	7 (72.2%)
150	WOROCH Jolanta	196	DOPIEWO	K50-54	7			00:21:44	00:42:56.81	+00:11:58 (27.9%)	8:35	7 (72.2%)
151	DŁUGOŁĘCKA Sylwia	23	UKS GIMNAZJON SUCHY LAS	K-Niepełnosprawni(B)	2			00:21:43	00:43:03.13	+00:12:04 (28.1%)	8:36	7 (72.2%)
152	GRYGIEL Teresa	45	MARSZ PO ZDROWIE POZNAŃ	K55-59	12			00:21:21	00:43:06.57	+00:12:08 (28.1%)	8:37	7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	CETERA Janusz	17	EKSPEDYCJA NORDIC TEAM SZCZE	M-Niepełnosprawni(B)	3			00:21:20	00:43:14.18	+00:12:15 (28.4%)	8:39	6.9 (71.1%)
154	GLEGOCIŃSKA Joanna	39	TKKF 'KUBUŚ' SIERPC	K45-49	13			00:21:37	00:43:29.54	+00:12:31 (28.8%)	8:42	6.9 (71.1%)
155	KAŁUŻNA Magdalena	67	UKS GIMNAZJON SUCHY LAS	K50-54	8			00:21:33	00:43:33.77	+00:12:35 (28.9%)	8:42	6.9 (71.1%)
156	PAŁUBICKA Małgorzata	132	NORDIC WALKING LUBASZ	K55-59	13			00:21:46	00:43:34.99	+00:12:36 (28.9%)	8:43	6.9 (71.1%)
157	BRUZI Anna	13	PLESZEWSKIE WŁÓCZYKIJE	K50-54	9			00:21:47	00:43:45.05	+00:12:46 (29.2%)	8:45	6.9 (71.1%)
158	POLCYN Julia	140	NORDIC WALKING LUBASZ	K-Jun.	7			00:22:25	00:44:00.72	+00:13:02 (29.6%)	8:48	6.8 (70.1%)
159	MAGDZIARZ Edyta	107	NORDIC WALKING LUBASZ	K-Jun.	8			00:21:36	00:44:02.22	+00:13:03 (29.7%)	8:48	6.8 (70.1%)
160	FURMAN Kinga	37	NORDIC WALKING LUBASZ	K-Dzieci	9			00:21:35	00:44:04.07	+00:13:05 (29.7%)	8:49	6.8 (70.1%)
161	OWCZAREK Henryka	131	MARSZ PO ZDROWIE POZNAŃ	K70+	1			00:22:07	00:44:06.73	+00:13:08 (29.8%)	8:49	6.8 (70.1%)
162	WYCISŁO Damian	200	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M18-29	5			00:21:42	00:44:13.28	+00:13:14 (30.0%)	8:50	6.8 (70.1%)
163	KOCZOROWSKI Kacper	81	KLUB SPORTOWY SOKÓŁ GAŚAWA	M-Dzieci	2			00:21:46	00:44:16.51	+00:13:18 (30.0%)	8:51	6.8 (70.1%)
164	STAWNIAK Wanda	268		K65-69	7			00:21:37	00:44:17.75	+00:13:19 (30.1%)	8:51	6.8 (70.1%)
165	BŁASZCZYSZYN Danuta	8	LESZNO :)	K65-69	8			00:21:45	00:44:20.21	+00:13:21 (30.1%)	8:52	6.8 (70.1%)
166	WÓJCIK Henryk	198	OUTW OLEŚNICA	M70+	10			00:22:05	00:44:27.79	+00:13:29 (30.3%)	8:53	6.7 (69.1%)
167	BUDA Agnieszka	15	SANTANDER CONSUMER BANK S.A.	K18-29	2			00:21:57	00:44:30.14	+00:13:31 (30.4%)	8:54	6.7 (69.1%)
168	WÓJCIK Irena	197	OUTW OLEŚNICA	K70+	2			00:22:06	00:44:33.11	+00:13:34 (30.5%)	8:54	6.7 (69.1%)
169	BLASZKA Michał	6	NORDIC WALKING KIEKRZ	M-Niepełnosprawni(A)	4			00:21:42	00:44:36.22	+00:13:37 (30.6%)	8:55	6.7 (69.1%)
170	SZULC Hanna	171		K45-49	14			00:21:58	00:44:37.27	+00:13:38 (30.6%)	8:55	6.7 (69.1%)
171	KOPLIŃSKA Magdalena	87	KLUB SPORTOWY SOKÓŁ GAŚAWA	K30-39	12			00:22:22	00:44:40.67	+00:13:42 (30.7%)	8:56	6.7 (69.1%)
172	PANKIEWICZ-DMOWSKA Cecylia	133		K70+	3			00:22:16	00:44:50.11	+00:13:51 (30.9%)	8:58	6.7 (69.1%)
173	BLASZKA Ryszard	7	NORDIC WALKING KIEKRZ	M-Niepełnosprawni(A)	5			00:22:22	00:44:52.42	+00:13:53 (31.0%)	8:58	6.7 (69.1%)
174	KAWCZYŃSKA Teresa	73	KLUB SPORTOWY SOKÓŁ GAŚAWA	K55-59	14			00:22:22	00:44:54.08	+00:13:55 (31.0%)	8:58	6.7 (69.1%)
175	KLEMENS Karolina	76	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	9			00:21:59	00:44:55.00	+00:13:56 (31.0%)	8:59	6.7 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	HINEBORG Bogumiła	53	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	10			00:22:33	00:44:55.14	+00:13:56 (31.0%)	8:59	6.7 (69.1%)
177	MĘDRAK Alicja	112		K60-64	4			00:22:11	00:44:58.92	+00:14:00 (31.1%)	8:59	6.7 (69.1%)
178	HORIACZEK Małgorzata	54	U KS GIMNAZJONSUCHY LAS	K65-69	9			00:22:40	00:45:17.37	+00:14:18 (31.6%)	9:03	6.6 (68.0%)
179	RAJEWSKA Beata	147		K40-44	9			00:23:03	00:45:51.79	+00:14:53 (32.5%)	9:10	6.5 (67.0%)
180	WALCZAK Henryk	182	OCTOPUS SUCHY LAS	M70+	11			00:22:42	00:45:55.53	+00:14:57 (32.6%)	9:11	6.5 (67.0%)
181	DZIUBA Małgorzata	31		K50-54	11			00:22:33	00:45:55.80	+00:14:57 (32.6%)	9:11	6.5 (67.0%)
182	JAGODZIŃSKA Bożena	56		K60-64	5			00:22:44	00:46:07.68	+00:15:09 (32.9%)	9:13	6.5 (67.0%)
183	ŚLIWIŃSKA Ewa	174	KLUB NW PATYCZAKI GRUDZIĄDZ	K45-49	15			00:22:58	00:46:12.49	+00:15:14 (33.0%)	9:14	6.5 (67.0%)
184	PRZYBYSZ Aleksandra	145		K-Dzieci	10			00:22:42	00:46:17.95	+00:15:19 (33.1%)	9:15	6.5 (67.0%)
185	MAŁECKI Paweł	108	UKS GIMNAZJON SUCHY LAS	M65-69	6			00:23:28	00:46:41.50	+00:15:43 (33.7%)	9:20	6.4 (66.0%)
186	ANDRZEJEWSKA Bogusława	2	LESZNO:)	K55-59	15			00:23:06	00:46:47.63	+00:15:49 (33.8%)	9:21	6.4 (66.0%)
187	WIŚNIEWSKA Mariola	189	LESZNO :)	K55-59	16			00:23:26	00:46:52.76	+00:15:54 (33.9%)	9:22	6.4 (66.0%)
188	PRAŁAT Grażyna	143	LESZNO :)	K60-64	6			00:23:32	00:47:03.19	+00:16:04 (34.2%)	9:24	6.4 (66.0%)
189	IGLIŃSKA Maria	55	LESZNO :)	K60-64	7			00:23:34	00:47:04.78	+00:16:06 (34.2%)	9:25	6.4 (66.0%)
190	OGONOWSKA Edyta	129	KLUB NW PATYCZAKI - GRUDZIĄDZ	K55-59	17			00:23:30	00:47:26.27	+00:16:27 (34.7%)	9:29	6.3 (64.9%)
191	KAPSA Emilia	71	UKS GIMNAZJON SUCHY LAS	K65-69	10			00:23:27	00:47:26.53	+00:16:28 (34.7%)	9:29	6.3 (64.9%)
192	KWIECIAK Barbara	317		K65-69	11			00:22:57	00:47:28.00	+00:16:29 (34.7%)	9:29	6.3 (64.9%)
193	SZULC-ANDRZEJCZAK Bożena	314		K- Niepełnosprawni(A)	3			00:19:20	00:47:29.00	+00:16:30 (34.8%)	9:29	6.3 (64.9%)
194	MĘDRAK Józef	113		M65-69	7			00:23:27	00:48:03.48	+00:17:04 (35.5%)	9:36	6.2 (63.9%)
195	PRACKA Katarzyna	141	SERCE NORDICA WŁOCŁAWEK	K50-54	12			00:24:13	00:48:04.54	+00:17:06 (35.6%)	9:37	6.2 (63.9%)
196	BOROWICZ Maciej	11	QUAY POZNAŃ	M65-69	8			00:24:07	00:48:17.03	+00:17:18 (35.8%)	9:39	6.2 (63.9%)
197	GROBELNA Jadwiga	43	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	3			00:23:47	00:48:23.19	+00:17:24 (36.0%)	9:40	6.2 (63.9%)
198	DRAJEM Olga	26	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	10			00:24:00	00:48:43.96	+00:17:45 (36.4%)	9:44	6.2 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	KLEMENS Natalia	77	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	11			00:24:00	00:48:44.23	+00:17:45 (36.4%)	9:44	6.2 (63.9%)
200	WYCISŁO Romuald	199	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	4			00:24:57	00:49:19.64	+00:18:21 (37.2%)	9:52	6.1 (62.9%)
201	BOROWICZ Halina	12	QUAY POZNAŃ	K65-69	12			00:24:34	00:50:16.73	+00:19:18 (38.4%)	10:03	6 (61.9%)
202	TOLWAJ Renata	288	SANTANDER CONSUMER BANK S.A.	K30-39	13			00:24:06	00:51:04.83	+00:20:06 (39.4%)	10:13	5.9 (60.8%)
203	SKRZYPCZAK Natalia	289	SANTANDER CONSUMER BANK S.A.	K18-29	3			00:24:24	00:51:23.57	+00:20:25 (39.7%)	10:16	5.8 (59.8%)
204	JÓŹWIAK Dominik	63	SERCE NORDICA WŁOCŁAWEK	M18-29	6			00:25:19	00:51:28.70	+00:20:30 (39.8%)	10:17	5.8 (59.8%)
205	HABEL Katarzyna	102	MARSZ PO ZDROWIE	K70+	4			00:25:25	00:51:43.60	+00:20:45 (40.1%)	10:20	5.8 (59.8%)
206	HARENDA Dawid	52	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Dzieci	3			00:25:27	00:51:52.14	+00:20:53 (40.3%)	10:22	5.8 (59.8%)
207	KAŁAMAJSKA Barbara	66	NW PATYCZKI GRUDIĄDZ	K60-64	8			00:25:55	00:52:19.71	+00:21:21 (40.8%)	10:28	5.7 (58.8%)
208	WALCZAK Jerzy	180	OCTOPUS SUCHY LAS	M55-59	12			00:25:45	00:52:22.58	+00:21:24 (40.9%)	10:28	5.7 (58.8%)
209	MÓL Kazimiera	123	LESZNO :)	K60-64	9			00:25:55	00:52:27.63	+00:21:29 (41.0%)	10:29	5.7 (58.8%)
210	PLIS Tadeusz	139	LESZNO :)	M70+	12			00:25:03	00:52:36.34	+00:21:37 (41.1%)	10:31	5.7 (58.8%)
211	DROP Mieczysław	27		M70+	13			00:27:30	00:54:21.39	+00:23:22 (43.0%)	10:52	5.5 (56.7%)

Znaleziono 211 wynik(ów)