

# ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-08-21  
**Miejsce:** Śrem  
**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	<b>WOROCH Roman</b>	<b>478</b>	KS METRACO POLKOWICE	M55-59	1			00:06:52	00:16:26	<b>00:33:15.75</b>	<b>00:40:08.30</b>		6:39	9 (100%)
2	<b>ROŻYNEK Miron</b>	<b>496</b>		M50-54	1			00:06:22	00:16:46	<b>00:33:50.55</b>	<b>00:40:13.35</b>	+00:00:34 (1.7%)	6:46	8.9 (98.9%)
3	<b>RAJEWSKI Sebastian</b>	<b>428</b>	JEZIORKI - AKTYWNA WIEŚ	M45-49	1			00:06:08	00:16:44	<b>00:33:52.35</b>	<b>00:40:01.30</b>	+00:00:36 (1.8%)	6:46	8.9 (98.9%)
4	<b>ANDRZEJEWSKI Mieczysław</b>	<b>303</b>	MARSZ PO ZDROWIE	M55-59	2			00:06:53	00:16:28	<b>00:33:53.30</b>	<b>00:40:47.25</b>	+00:00:37 (1.8%)	6:46	8.8 (97.8%)
5	<b>MIELECKA Agnieszka</b>	<b>394</b>	KS SOKÓŁ GAŚAWA	K45-49	1			00:09:21	00:17:03	<b>00:34:07.35</b>	<b>00:43:29.25</b>	+00:00:51 (2.5%)	6:49	8.8 (97.8%)
6	<b>KŁACZYŃSKA Danuta</b>	<b>366</b>		K40-44	1			00:09:05	00:17:20	<b>00:34:15.80</b>	<b>00:43:21.45</b>	+00:01:00 (2.9%)	6:51	8.8 (97.8%)
7	<b>KOPCZEWSKI Dariusz</b>	<b>371</b>	FACE NORDIC WALKING TEAM	M50-54	2			00:06:21	00:16:59	<b>00:34:20.85</b>	<b>00:40:42.65</b>	+00:01:05 (3.2%)	6:52	8.7 (96.7%)
8	<b>RAKUĆ Jakub</b>	<b>429</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:05:24	00:17:09	<b>00:34:25.10</b>	<b>00:39:49.45</b>	+00:01:09 (3.4%)	6:53	8.7 (96.7%)
9	<b>GŁOWA Michał</b>	<b>341</b>	WESOŁY BORSUK TEAM	M-Jun.	1			00:05:11	00:17:15	<b>00:34:30.80</b>	<b>00:39:42.50</b>	+00:01:15 (3.6%)	6:54	8.7 (96.7%)
10	<b>MARCINKOWSKI Jakub</b>	<b>391</b>	UNIA MIAST	M-Jun.	2			00:05:11	00:17:18	<b>00:34:42.25</b>	<b>00:39:53.75</b>	+00:01:26 (4.2%)	6:56	8.6 (95.6%)
11	<b>BARTOSIEWICZ Łukasz</b>	<b>307</b>	FACE NORDIC WALKING TEAM	M30-39	1			00:05:35	00:17:14	<b>00:34:59.80</b>	<b>00:40:35.20</b>	+00:01:44 (5.0%)	7:00	8.6 (95.6%)
12	<b>WOLEK Waldemar</b>	<b>477</b>	NORDIC TEAM GNIEZNO	M40-44	1			00:05:56	00:17:17	<b>00:35:06.40</b>	<b>00:41:03.30</b>	+00:01:50 (5.3%)	7:01	8.5 (94.4%)
13	<b>STANISŁAWSKI Jan</b>	<b>619</b>	MARSZ PO ZDROWIE	M55-59	3			00:06:53	00:17:14	<b>00:35:11.45</b>	<b>00:42:04.50</b>	+00:01:55 (5.5%)	7:02	8.5 (94.4%)
14	<b>LENZ Andrzej</b>	<b>385</b>	ALTOM	M50-54	3			00:06:21	00:17:39	<b>00:35:42.15</b>	<b>00:42:03.85</b>	+00:02:26 (6.8%)	7:08	8.4 (93.3%)

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
15	<b>FLIS Marek</b>	<b>331</b>	GREEN TEAM ZIELONA GÓRA	M55-59	4			00:06:51	00:17:21	<b>00:35:43.20</b>	<b>00:42:35.15</b>	+00:02:27 (6.9%)	7:08	8.4 (93.3%)
16	<b>SŁOMIAN Leszek</b>	<b>440</b>	UNIA MIAST	M55-59	5			00:06:51	00:17:39	<b>00:35:46.85</b>	<b>00:42:38.50</b>	+00:02:31 (7.0%)	7:09	8.4 (93.3%)
17	<b>GRYGOROWICZ Bogdan</b>	<b>343</b>	KS METRACO POLKOWICE	M65-69	1			00:07:25	00:17:51	<b>00:35:50.85</b>	<b>00:43:16.40</b>	+00:02:35 (7.2%)	7:10	8.4 (93.3%)
18	<b>TOMCZYK Edward</b>	<b>460</b>	MARSZ PO ZDROWIE	M65-69	2			00:07:24	00:17:57	<b>00:35:56.10</b>	<b>00:43:20.25</b>	+00:02:40 (7.4%)	7:11	8.3 (92.2%)
19	<b>BOJAN Miron</b>	<b>495</b>		M60-64	1			00:07:12	00:18:06	<b>00:36:01.65</b>	<b>00:43:14.45</b>	+00:02:45 (7.7%)	7:12	8.3 (92.2%)
20	<b>SZPILMAN Katarzyna</b>	<b>451</b>	FACE NORDIC WALKING TEAM	K45-49	2			00:09:20	00:17:50	<b>00:36:17.25</b>	<b>00:45:38.10</b>	+00:03:01 (8.3%)	7:15	8.3 (92.2%)
21	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>407</b>	ZS ROSKO	K45-49	3			00:09:21	00:17:54	<b>00:36:26.90</b>	<b>00:45:48.20</b>	+00:03:11 (8.7%)	7:17	8.2 (91.1%)
22	<b>WILCZYŃSKA Beata</b>	<b>467</b>		K18-29	1			00:08:27	00:18:18	<b>00:36:36.85</b>	<b>00:45:04.60</b>	+00:03:21 (9.2%)	7:19	8.2 (91.1%)
23	<b>LESIŃSKA Marzenna</b>	<b>386</b>	KS METRACO POLKOWICE	K50-54	1			00:09:42	00:18:17	<b>00:36:39.00</b>	<b>00:46:21.20</b>	+00:03:23 (9.2%)	7:19	8.2 (91.1%)
24	<b>DANA Andrzej</b>	<b>320</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M65-69	3			00:07:25	00:18:00	<b>00:36:39.95</b>	<b>00:44:05.50</b>	+00:03:24 (9.3%)	7:20	8.2 (91.1%)
25	<b>GAŁĄZKA Paweł</b>	<b>334</b>	NORDIC TEAM DECOFLOOR GNIEZNO	M- Niepełnosprawni	1			00:06:21	00:18:12	<b>00:36:42.00</b>	<b>00:43:03.70</b>	+00:03:26 (9.4%)	7:20	8.2 (91.1%)
26	<b>RAKUĆ Angelika</b>	<b>430</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:08:27	00:18:19	<b>00:36:42.75</b>	<b>00:45:10.45</b>	+00:03:27 (9.4%)	7:20	8.2 (91.1%)
27	<b>FRĄCKOWIAK Roman</b>	<b>332</b>	ZS ROSKO	M45-49	2			00:06:09	00:18:05	<b>00:36:43.30</b>	<b>00:42:52.75</b>	+00:03:27 (9.4%)	7:20	8.2 (91.1%)
28	<b>PARTYKA Teresa</b>	<b>498</b>	WESOŁY BORSUK TEAM	K55-59	1			00:10:01	00:18:33	<b>00:36:51.85</b>	<b>00:46:53.60</b>	+00:03:36 (9.8%)	7:22	8.1 (90.0%)
29	<b>SIKORA Antoni</b>	<b>438</b>	KS SOKÓŁ GAŚAWA	M65-69	4			00:07:26	00:18:02	<b>00:36:52.45</b>	<b>00:44:18.65</b>	+00:03:36 (9.8%)	7:22	8.1 (90.0%)
30	<b>BIK Przemysław</b>	<b>309</b>	KS METRACO POLKOWICE	M-Dzieci	1			00:04:58	00:18:26	<b>00:37:28.55</b>	<b>00:42:26.80</b>	+00:04:12 (11.2%)	7:29	8 (88.9%)
31	<b>KADECKI Piotr</b>	<b>356</b>	KSIR SPORTICO BIAŁOŚLIWIE	M30-39	2			00:05:35	00:18:40	<b>00:37:28.80</b>	<b>00:43:03.90</b>	+00:04:13 (11.3%)	7:29	8 (88.9%)
32	<b>NOWROTEK Roman</b>	<b>405</b>	WESOŁY BORSUK TEAM	M65-69	5			00:07:25	00:18:08	<b>00:37:29.65</b>	<b>00:44:54.75</b>	+00:04:13 (11.3%)	7:29	8 (88.9%)
33	<b>ROSADZIŃSKI Sławomir</b>	<b>493</b>		M45-49	3			00:06:09	00:18:22	<b>00:37:33.10</b>	<b>00:43:42.30</b>	+00:04:17 (11.4%)	7:30	8 (88.9%)
34	<b>JÓŹWIAK Marianna</b>	<b>353</b>	WTW.WŁOCŁAWEK	K40-44	2			00:09:05	00:18:21	<b>00:37:38.30</b>	<b>00:46:43.65</b>	+00:04:22 (11.6%)	7:31	8 (88.9%)
35	<b>FRĄCKOWIAK Mateusz</b>	<b>333</b>	ZS ROSKO	M-Jun.	3			00:05:12	00:18:10	<b>00:37:38.80</b>	<b>00:42:51.40</b>	+00:04:23 (11.6%)	7:31	8 (88.9%)
36	<b>JANECKI Dariusz</b>	<b>350</b>	JEZIORKI - AKTYWNA WIEŚ	M55-59	6			00:06:52	00:18:32	<b>00:37:51.15</b>	<b>00:44:44.00</b>	+00:04:35 (12.1%)	7:34	7.9 (87.8%)
37	<b>WOŹNIAK Klaudia</b>	<b>480</b>	UNIA MIAST	K-Jun.	1			00:08:28	00:18:16	<b>00:37:52.65</b>	<b>00:46:20.65</b>	+00:04:36 (12.2%)	7:34	7.9 (87.8%)

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38	<b>KRAKOWIAK Małgorzata</b>	<b>376</b>	UKS GIMNAZJON SUCHY LAS	K50-54	2			00:09:40	00:18:44	<b>00:38:00.95</b>	<b>00:47:41.70</b>	+00:04:45 (12.5%)	7:36	7.9 (87.8%)
39	<b>FALKOWSKI Piotr</b>	<b>328</b>	UKS GIMNAZJON SUCHY LAS	M50-54	4			00:06:53	00:18:48	<b>00:38:03.30</b>	<b>00:44:56.95</b>	+00:04:47 (12.6%)	7:36	7.9 (87.8%)
40	<b>MIKOŁAJCZAK Jan</b>	<b>395</b>	KS METRACO POLKOWICE	M- Niepełnosprawni	2			00:07:10	00:18:37	<b>00:38:06.25</b>	<b>00:45:16.85</b>	+00:04:50 (12.7%)	7:37	7.9 (87.8%)
41	<b>LESZCZYSZYN Krystyna</b>	<b>387</b>		K60-64	1			00:10:25	00:18:50	<b>00:38:20.80</b>	<b>00:48:45.85</b>	+00:05:05 (13.3%)	7:40	7.8 (86.7%)
42	<b>JANECKA Agnieszka</b>	<b>349</b>	JEZIORKI - AKTYWNA WIEŚ	K40-44	3			00:09:04	00:18:40	<b>00:38:24.55</b>	<b>00:47:28.90</b>	+00:05:08 (13.4%)	7:40	7.8 (86.7%)
43	<b>PAWŁOWSKA- WOŹNIAK Małgorzata</b>	<b>411</b>	UNIA MIAST	K30-39	1			00:08:44	00:18:48	<b>00:38:28.00</b>	<b>00:47:12.65</b>	+00:05:12 (13.5%)	7:41	7.8 (86.7%)
44	<b>STANKIEWICZ Krzysztof</b>	<b>618</b>	KIJANKI POZNAŃ	M45-49	4			00:06:55	00:19:01	<b>00:38:31.80</b>	<b>00:45:27.60</b>	+00:05:16 (13.7%)	7:42	7.8 (86.7%)
45	<b>MARCINKOWSKA Agnieszka</b>	<b>390</b>	UNIA MIAST	K-Dzieci	1			00:07:59	00:18:45	<b>00:38:32.20</b>	<b>00:46:31.75</b>	+00:05:16 (13.7%)	7:42	7.8 (86.7%)
46	<b>JÓŹWIAK Łukasz</b>	<b>354</b>	WTW.WŁOCŁAWEK	M- Niepełnosprawni	3			00:06:11	00:19:05	<b>00:38:37.90</b>	<b>00:44:49.00</b>	+00:05:22 (13.9%)	7:43	7.8 (86.7%)
47	<b>SULECKA Gabriela</b>	<b>447</b>		K- Niepełnosprawni	1			00:10:02	00:19:18	<b>00:38:44.60</b>	<b>00:48:47.10</b>	+00:05:28 (14.1%)	7:45	7.7 (85.6%)
48	<b>POLISZCZUK Piotr</b>	<b>418</b>		M55-59	7			00:06:53	00:19:12	<b>00:38:45.20</b>	<b>00:45:38.75</b>	+00:05:29 (14.2%)	7:45	7.7 (85.6%)
49	<b>KUSZA Jolanta</b>	<b>381</b>	UKS GIMNAZJON SUCHY LAS	K50-54	3			00:09:40	00:19:13	<b>00:38:53.40</b>	<b>00:48:34.05</b>	+00:05:37 (14.5%)	7:46	7.7 (85.6%)
50	<b>BARTOSIEWICZ Włodzimierz</b>	<b>306</b>	FACE NORDIC WALKING TEAM	M60-64	2			00:07:12	00:19:15	<b>00:38:53.50</b>	<b>00:46:05.50</b>	+00:05:37 (14.5%)	7:46	7.7 (85.6%)
51	<b>GOŁĘBIEWSKI Andrzej</b>	<b>342</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M55-59	8			00:06:52	00:19:12	<b>00:38:55.30</b>	<b>00:45:47.85</b>	+00:05:39 (14.5%)	7:47	7.7 (85.6%)
52	<b>CHŁODNICKI Marek</b>	<b>316</b>	MARSZ PO ZDROWIE	M60-64	3			00:07:11	00:19:15	<b>00:38:56.00</b>	<b>00:46:07.25</b>	+00:05:40 (14.6%)	7:47	7.7 (85.6%)
53	<b>ROCHATKA Joanna</b>	<b>500</b>	MARSZ PO ZDROWIE	K45-49	4			00:09:23	00:19:26	<b>00:39:03.70</b>	<b>00:48:27.40</b>	+00:05:47 (14.8%)	7:48	7.7 (85.6%)
54	<b>BUCZKOWSKI Jerzy</b>	<b>313</b>	KS SOKÓŁ GAŚAWA	M65-69	6			00:07:27	00:19:21	<b>00:39:07.75</b>	<b>00:46:35.15</b>	+00:05:52 (15.0%)	7:49	7.7 (85.6%)
55	<b>PIATCZYC Wacław</b>	<b>414</b>		M- Niepełnosprawni	4			00:06:52	00:19:02	<b>00:39:12.20</b>	<b>00:46:04.20</b>	+00:05:56 (15.2%)	7:50	7.7 (85.6%)
56	<b>WILCZYŃSKI Krzysztof</b>	<b>468</b>		M55-59	9			00:06:55	00:19:20	<b>00:39:14.20</b>	<b>00:46:09.65</b>	+00:05:58 (15.2%)	7:50	7.6 (84.4%)
57	<b>DANA Kazimiera</b>	<b>319</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K60-64	2			00:10:25	00:19:37	<b>00:39:24.55</b>	<b>00:49:49.75</b>	+00:06:08 (15.6%)	7:52	7.6 (84.4%)
58	<b>FIGURSKA Dominika</b>	<b>330</b>	FACE NORDIC WALKING TEAM	K18-29	3			00:08:28	00:19:34	<b>00:39:26.40</b>	<b>00:47:54.75</b>	+00:06:10 (15.7%)	7:53	7.6 (84.4%)
59	<b>KRYGIER Mirosława</b>	<b>378</b>	KS SOKÓŁ GAŚAWA	K50-54	4			00:09:41	00:19:49	<b>00:39:28.60</b>	<b>00:49:09.90</b>	+00:06:12 (15.7%)	7:53	7.6 (84.4%)
60	<b>RYBAŁTOWSKI Paweł</b>	<b>433</b>		M70+	1			00:07:41	00:19:59	<b>00:39:47.20</b>	<b>00:47:29.10</b>	+00:06:31 (16.4%)	7:57	7.5 (83.3%)

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61	<b>SARNOWSKA Wanda</b>	<b>436</b>	GREEN TEAM ZIELONA GÓRA	K50-54	5			00:09:41	00:19:44	<b>00:39:48.20</b>	<b>00:49:29.55</b>	+00:06:32 (16.4%)	7:57	7.5 (83.3%)
62	<b>MOŹDŻEŃ Barbara</b>	<b>399</b>	NIEZRZESZONY	K55-59	2			00:10:02	00:19:47	<b>00:39:58.40</b>	<b>00:50:00.65</b>	+00:06:42 (16.8%)	7:59	7.5 (83.3%)
63	<b>SMOLARSKI Andrzej</b>	<b>485</b>	MARSZ PO ZDROWIE	M45-49	5			00:07:28	00:19:23	<b>00:40:02.35</b>	<b>00:47:30.65</b>	+00:06:46 (16.9%)	8:00	7.5 (83.3%)
64	<b>KSIĄŻKIEWICZ Maciej</b>	<b>379</b>	KS SOKÓŁ GAŚAWA	M40-44	2			00:05:56	00:19:33	<b>00:40:06.65</b>	<b>00:46:03.45</b>	+00:06:50 (17.1%)	8:01	7.5 (83.3%)
65	<b>GWAREK Anita</b>	<b>346</b>	PASJA NORDIC WALKING	K45-49	5			00:09:23	00:19:56	<b>00:40:11.80</b>	<b>00:49:35.35</b>	+00:06:56 (17.3%)	8:02	7.5 (83.3%)
66	<b>MATYJA Anna</b>	<b>392</b>		K45-49	6			00:09:21	00:19:57	<b>00:40:12.25</b>	<b>00:49:33.35</b>	+00:06:56 (17.3%)	8:02	7.5 (83.3%)
67	<b>ŻENDA Paulina</b>	<b>483</b>		K30-39	2			00:08:51	00:19:53	<b>00:40:13.45</b>	<b>00:49:05.20</b>	+00:06:57 (17.3%)	8:02	7.5 (83.3%)
68	<b>POTOCKI Mikołaj</b>	<b>497</b>		M-Jun.	4			00:05:17	00:19:43	<b>00:40:17.00</b>	<b>00:45:34.55</b>	+00:07:01 (17.4%)	8:03	7.4 (82.2%)
69	<b>PIATCZYC Michał</b>	<b>415</b>		M-Jun.	5			00:05:13	00:19:32	<b>00:40:17.80</b>	<b>00:45:31.35</b>	+00:07:02 (17.5%)	8:03	7.4 (82.2%)
70	<b>ZABRZESKA Hanna</b>	<b>494</b>	UKS GIMNAZJON SUCHY LAS	K55-59	3			00:10:06	00:20:01	<b>00:40:18.80</b>	<b>00:50:24.95</b>	+00:07:03 (17.5%)	8:03	7.4 (82.2%)
71	<b>KRAWCZYK Dorota</b>	<b>377</b>	CZARNE PANTERY	K55-59	4			00:10:02	00:19:59	<b>00:40:19.60</b>	<b>00:50:21.65</b>	+00:07:03 (17.5%)	8:03	7.4 (82.2%)
72	<b>WALCZAK Maria</b>	<b>461</b>	KS SOKÓŁ GAŚAWA	K30-39	3			00:08:45	00:20:07	<b>00:40:26.20</b>	<b>00:49:12.15</b>	+00:07:10 (17.7%)	8:05	7.4 (82.2%)
73	<b>GRZYWOCZ Bernard</b>	<b>345</b>	PROFIT SPORT TEAM	M65-69	7			00:07:29	00:20:14	<b>00:40:31.10</b>	<b>00:48:00.55</b>	+00:07:15 (17.9%)	8:06	7.4 (82.2%)
74	<b>MOTOCZYŃSKI Krzysztof</b>	<b>398</b>	GOSIR OSIELSKO	M60-64	4			00:07:11	00:19:22	<b>00:40:38.10</b>	<b>00:47:49.95</b>	+00:07:22 (18.1%)	8:07	7.4 (82.2%)
75	<b>SPYCHAŁA-KARAPULKA Arleta</b>	<b>489</b>	MARSZ PO ZDROWIE	K40-44	4			00:09:05	00:20:13	<b>00:40:39.50</b>	<b>00:49:45.05</b>	+00:07:23 (18.2%)	8:08	7.4 (82.2%)
76	<b>KOZŁOWSKA Jagoda</b>	<b>375</b>	FACE NORDIC WALKING TEAM	K-Dzieci	2			00:08:00	00:19:58	<b>00:40:41.05</b>	<b>00:48:41.85</b>	+00:07:25 (18.2%)	8:08	7.4 (82.2%)
77	<b>CIEMNA Julita</b>	<b>318</b>	KS SOKÓŁ GAŚAWA	K30-39	4			00:08:44	00:20:06	<b>00:40:41.25</b>	<b>00:49:25.80</b>	+00:07:25 (18.2%)	8:08	7.4 (82.2%)
78	<b>WASILEWSKI Sławomir</b>	<b>463</b>	PASJA NORDIC WALKING	M70+	2			00:07:42	00:19:56	<b>00:40:44.15</b>	<b>00:48:26.35</b>	+00:07:28 (18.3%)	8:08	7.4 (82.2%)
79	<b>SUSKA Danuta</b>	<b>486</b>		K65-69	1			00:10:39	00:20:18	<b>00:40:50.20</b>	<b>00:51:29.70</b>	+00:07:34 (18.5%)	8:10	7.3 (81.1%)
80	<b>KABACIŃSKI Maciej</b>	<b>355</b>	FACE NORDIC WALKING TEAM	M45-49	6			00:06:09	00:20:23	<b>00:40:56.55</b>	<b>00:47:06.45</b>	+00:07:40 (18.8%)	8:11	7.3 (81.1%)
81	<b>MULKOWSKA Mariola</b>	<b>400</b>	UKS GIMNAZJON SUCHY LAS	K60-64	3			00:10:26	00:20:22	<b>00:40:57.45</b>	<b>00:51:23.55</b>	+00:07:41 (18.8%)	8:11	7.3 (81.1%)
82	<b>KUSZA Henryk</b>	<b>382</b>	UKS GIMNAZJON SUCHY LAS	M55-59	10			00:06:55	00:20:18	<b>00:41:00.25</b>	<b>00:47:56.15</b>	+00:07:44 (18.9%)	8:12	7.3 (81.1%)
83	<b>BARTCZAK Beata</b>	<b>305</b>	KSIR SPORTICO BIAŁOŚLIWIE	K40-44	5			00:09:06	00:20:17	<b>00:41:00.35</b>	<b>00:50:06.45</b>	+00:07:44 (18.9%)	8:12	7.3 (81.1%)

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
84	<b>KOWNACKA Jolanta</b>	<b>374</b>	KSIR SPORTICO BIAŁOŚLIWIE	K45-49	7			00:09:21	00:20:22	<b>00:41:02.00</b>	<b>00:50:23.90</b>	+00:07:46 (18.9%)	8:12	7.3 (81.1%)
85	<b>SZYBCZYŃSKA Katarzyna</b>	<b>455</b>	KS SOKÓŁ GAŚAWA	K45-49	8			00:09:22	00:20:41	<b>00:41:24.20</b>	<b>00:50:47.15</b>	+00:08:08 (19.7%)	8:17	7.2 (80.0%)
86	<b>STRZELECKA Małgorzata</b>	<b>446</b>	SAILING TEAM FERAJNA	K40-44	6			00:09:04	00:21:05	<b>00:41:26.85</b>	<b>00:50:31.65</b>	+00:08:11 (19.7%)	8:17	7.2 (80.0%)
87	<b>BONZEL Dorota</b>	<b>312</b>	JEZIORKI - AKTYWNA WIEŚ	K30-39	5			00:08:45	00:20:51	<b>00:41:32.20</b>	<b>00:50:17.55</b>	+00:08:16 (19.9%)	8:18	7.2 (80.0%)
88	<b>PAKMUR Anna</b>	<b>409</b>		K50-54	6			00:09:42	00:20:46	<b>00:41:32.55</b>	<b>00:51:14.60</b>	+00:08:16 (19.9%)	8:18	7.2 (80.0%)
89	<b>PIDUCH Jan</b>	<b>490</b>	MCICS-POZNAŃ	M65-69	8			00:07:30	00:20:35	<b>00:41:37.20</b>	<b>00:49:07.35</b>	+00:08:21 (20.1%)	8:19	7.2 (80.0%)
90	<b>PIATCZYC Barbara</b>	<b>416</b>		K50-54	7			00:09:43	00:20:34	<b>00:41:39.45</b>	<b>00:51:22.95</b>	+00:08:23 (20.2%)	8:19	7.2 (80.0%)
91	<b>ADAMEK-BOBER Anna</b>	<b>487</b>	MARSZ PO ZDROWIE	K65-69	2			00:10:38	00:20:37	<b>00:41:42.70</b>	<b>00:52:21.05</b>	+00:08:26 (20.3%)	8:20	7.2 (80.0%)
92	<b>STARZYŃSKA Ewa</b>	<b>443</b>	KS METRACO POLKOWICE	K60-64	4			00:10:26	00:20:45	<b>00:41:44.50</b>	<b>00:52:10.55</b>	+00:08:28 (20.3%)	8:20	7.2 (80.0%)
93	<b>GRZYWOCZ Irena</b>	<b>344</b>	PROFIT SPORT TEAM	K65-69	3			00:10:39	00:20:37	<b>00:41:45.90</b>	<b>00:52:25.25</b>	+00:08:30 (20.4%)	8:21	7.2 (80.0%)
93	<b>DWORNICKI Aleksander</b>	<b>326</b>		M50-54	5			00:10:16	00:20:43	<b>00:41:45.90</b>	<b>00:52:02.00</b>	+00:08:30 (20.4%)	8:21	7.2 (80.0%)
95	<b>PIĄTKOWSKI Józef</b>	<b>417</b>	KS METRACO POLKOWICE	M70+	3			00:07:42	00:20:54	<b>00:41:48.50</b>	<b>00:49:31.30</b>	+00:08:32 (20.4%)	8:21	7.2 (80.0%)
96	<b>BANASZAK Agata</b>	<b>304</b>	GREEN TEAM ZIELONA GÓRA	K18-29	4			00:08:28	00:21:07	<b>00:41:48.90</b>	<b>00:50:17.45</b>	+00:08:33 (20.5%)	8:21	7.2 (80.0%)
97	<b>JASONŃ Grażyna</b>	<b>351</b>	CZARNE PANTERY	K50-54	8			00:09:43	00:21:02	<b>00:42:02.90</b>	<b>00:51:46.45</b>	+00:08:47 (20.9%)	8:24	7.1 (78.9%)
98	<b>URBAN Jacek</b>	<b>499</b>	AZYMUT	M65-69	9			00:07:25	00:21:09	<b>00:42:41.25</b>	<b>00:50:07.20</b>	+00:09:25 (22.1%)	8:32	7 (77.8%)
99	<b>DWORNICKI Janusz</b>	<b>325</b>		M55-59	11			00:10:19	00:21:08	<b>00:42:45.85</b>	<b>00:53:04.85</b>	+00:09:30 (22.2%)	8:33	7 (77.8%)
100	<b>PRZYBYLAK Stanisław</b>	<b>420</b>	MSICS -POZNAŃ	M70+	4			00:07:42	00:21:35	<b>00:42:47.25</b>	<b>00:50:29.40</b>	+00:09:31 (22.3%)	8:33	7 (77.8%)
101	<b>PERCHALUK Joanna</b>	<b>412</b>	CHATA BIEGACZA K34	K30-39	6			00:08:46	00:21:14	<b>00:42:51.80</b>	<b>00:51:38.05</b>	+00:09:36 (22.4%)	8:34	7 (77.8%)
102	<b>KOCZOROWSKA Monika</b>	<b>367</b>	KS SOKÓŁ GAŚAWA	K30-39	7			00:08:46	00:20:40	<b>00:42:52.40</b>	<b>00:51:39.35</b>	+00:09:36 (22.4%)	8:34	7 (77.8%)
103	<b>WINCZEWSKA Anna</b>	<b>469</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	9			00:09:44	00:21:07	<b>00:42:54.35</b>	<b>00:52:39.00</b>	+00:09:38 (22.5%)	8:35	7 (77.8%)
104	<b>RYCHLEWSKA Violetta</b>	<b>434</b>	KS SOKÓŁ GAŚAWA	K30-39	8			00:08:46	00:21:02	<b>00:43:08.80</b>	<b>00:51:54.95</b>	+00:09:53 (22.9%)	8:37	7 (77.8%)
105	<b>KAŁUŻNY Waldemar</b>	<b>358</b>	UKS GIMNAZJON SUCHY LAS	M50-54	6			00:06:54	00:21:32	<b>00:43:10.50</b>	<b>00:50:05.05</b>	+00:09:54 (23.0%)	8:38	6.9 (76.7%)
106	<b>KOSICKA Beata</b>	<b>372</b>		K45-49	9			00:09:28	00:21:28	<b>00:43:12.75</b>	<b>00:52:40.80</b>	+00:09:57 (23.0%)	8:38	6.9 (76.7%)

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	<b>MILEWSKA Wiesława</b>	<b>397</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	10			00:09:22	00:21:31	<b>00:43:22.75</b>	<b>00:52:45.70</b>	+00:10:07 (23.3%)	8:40	6.9 (76.7%)
108	<b>HORIACZEK Małgorzata</b>	<b>347</b>	UKS GIMNAZJON SUCHY LAS	K60-64	5			00:10:26	00:21:34	<b>00:43:22.95</b>	<b>00:53:49.45</b>	+00:10:07 (23.3%)	8:40	6.9 (76.7%)
109	<b>WOROCH Jolanta</b>	<b>479</b>		K50-54	10			00:09:42	00:21:44	<b>00:43:32.50</b>	<b>00:53:15.15</b>	+00:10:16 (23.6%)	8:42	6.9 (76.7%)
110	<b>CHOLEWKA Jolanta</b>	<b>317</b>	MARSZ PO ZDROWIE	K60-64	6			00:10:25	00:21:32	<b>00:43:33.40</b>	<b>00:53:58.75</b>	+00:10:17 (23.6%)	8:42	6.9 (76.7%)
111	<b>KOCZOROWSKA Patrycja</b>	<b>368</b>	KS SOKÓŁ GAŚAWA	K-Dzieci	3			00:07:59	00:21:12	<b>00:43:36.05</b>	<b>00:51:35.40</b>	+00:10:20 (23.7%)	8:43	6.9 (76.7%)
112	<b>BIAŁKOWSKA Ewa</b>	<b>505</b>	SUPER GRUPA NORDIC WALKING ŚRODA WLKP	K45-49	11			00:04:04	00:21:25	<b>00:43:37.10</b>	<b>00:47:41.35</b>	+00:10:21 (23.7%)	8:43	6.9 (76.7%)
113	<b>NOWAK Jakub</b>	<b>403</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Dzieci	2			00:04:58	00:21:15	<b>00:43:46.20</b>	<b>00:48:44.40</b>	+00:10:30 (24.0%)	8:45	6.9 (76.7%)
114	<b>ZAKRZEWSKA Henryka</b>	<b>482</b>	NORDIC TEAM GNIEZNO	K70+	1			00:10:55	00:21:42	<b>00:43:48.95</b>	<b>00:54:44.60</b>	+00:10:33 (24.1%)	8:45	6.8 (75.6%)
115	<b>DURMOWICZ Elżbieta</b>	<b>324</b>	KS SOKÓŁ GAŚAWA	K40-44	7			00:09:06	00:21:42	<b>00:43:55.45</b>	<b>00:53:01.90</b>	+00:10:39 (24.3%)	8:47	6.8 (75.6%)
116	<b>JAŚ Jolanta</b>	<b>352</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	K45-49	12			00:09:22	00:21:58	<b>00:43:57.30</b>	<b>00:53:19.85</b>	+00:10:41 (24.3%)	8:47	6.8 (75.6%)
117	<b>RATAJCZYK Joanna</b>	<b>431</b>	KS SOKÓŁ GAŚAWA	K30-39	9			00:08:45	00:21:59	<b>00:43:59.75</b>	<b>00:52:45.15</b>	+00:10:44 (24.4%)	8:48	6.8 (75.6%)
118	<b>MAĆZKOWSKA Danuta</b>	<b>491</b>		K55-59	5			00:10:03	00:21:44	<b>00:44:17.75</b>	<b>00:54:21.40</b>	+00:11:02 (24.9%)	8:51	6.8 (75.6%)
119	<b>KWIATKOWSKA Jadwiga</b>	<b>383</b>	KS METRACO POLKOWICE	K65-69	4			00:10:38	00:21:48	<b>00:44:19.20</b>	<b>00:54:57.75</b>	+00:11:03 (24.9%)	8:51	6.8 (75.6%)
120	<b>STAWNIAK Wanda</b>	<b>444</b>	UTW ŻNIN	K65-69	5			00:10:39	00:21:57	<b>00:44:23.30</b>	<b>00:55:02.35</b>	+00:11:07 (25.1%)	8:52	6.8 (75.6%)
121	<b>PRZYBYLSKA Małgorzata</b>	<b>422</b>	KSIR SPORTICO BIAŁOŚLIWIE	K30-39	10			00:08:44	00:22:01	<b>00:44:40.90</b>	<b>00:53:25.75</b>	+00:11:25 (25.6%)	8:56	6.7 (74.4%)
122	<b>SOWIŃSKA Grażyna</b>	<b>441</b>	MARSZ PO ZDROWIE	K55-59	6			00:10:03	00:22:00	<b>00:44:53.20</b>	<b>00:54:56.20</b>	+00:11:37 (25.9%)	8:58	6.7 (74.4%)
123	<b>PIASECKI Robert</b>	<b>413</b>	CZARNE PANTERY	M-Dzieci	3			00:04:58	00:22:03	<b>00:44:59.75</b>	<b>00:49:58.40</b>	+00:11:44 (26.1%)	9:00	6.7 (74.4%)
124	<b>KAWCZYŃSKA Teresa</b>	<b>362</b>	KS SOKÓŁ GAŚAWA	K55-59	7			00:10:03	00:22:28	<b>00:44:59.85</b>	<b>00:55:03.75</b>	+00:11:44 (26.1%)	9:00	6.7 (74.4%)
125	<b>SZYMYŚLIK- KONEWKA Renata</b>	<b>456</b>	MARSZ PO ZDROWIE	K50-54	11			00:09:43	00:22:15	<b>00:45:03.30</b>	<b>00:54:46.75</b>	+00:11:47 (26.2%)	9:00	6.7 (74.4%)
126	<b>WIŚNIEWSKA Iwona</b>	<b>472</b>	WTW.WŁOCŁAWEK	K30-39	11			00:08:48	00:22:20	<b>00:45:05.00</b>	<b>00:53:53.70</b>	+00:11:49 (26.2%)	9:01	6.7 (74.4%)
127	<b>DYBOWSKA Henryka</b>	<b>327</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	8			00:10:07	00:22:38	<b>00:45:09.05</b>	<b>00:55:17.00</b>	+00:11:53 (26.3%)	9:02	6.6 (73.3%)
128	<b>MIKUŁA Paulina</b>	<b>396</b>	KS SOKÓŁ GAŚAWA	K18-29	5			00:08:28	00:22:27	<b>00:45:15.50</b>	<b>00:53:44.10</b>	+00:11:59 (26.5%)	9:03	6.6 (73.3%)
129	<b>GROBELNA Jadwiga</b>	<b>488</b>	KS METRACO POLKOWICE	K- Niepełnosprawni	2			00:10:26	00:22:17	<b>00:45:19.80</b>	<b>00:55:46.35</b>	+00:12:04 (26.6%)	9:04	6.6 (73.3%)

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
130	<b>GIEMZA Jarosław</b>	<b>336</b>	BMM PANCERNY	M45-49	7			00:06:10	00:22:15	<b>00:45:23.05</b>	<b>00:51:33.25</b>	+00:12:07 (26.7%)	9:04	6.6 (73.3%)
131	<b>PRZYBYLSKA Patrycja</b>	<b>423</b>	KSIR SPORTICO BIAŁOŚLIWIE	K-Dzieci	4			00:07:59	00:22:01	<b>00:45:25.80</b>	<b>00:53:25.45</b>	+00:12:10 (26.8%)	9:05	6.6 (73.3%)
132	<b>ANDRZEJEWSKA Bogusława</b>	<b>302</b>	MARSZ PO ZDROWIE	K55-59	9			00:10:04	00:22:44	<b>00:45:31.45</b>	<b>00:55:36.10</b>	+00:12:15 (26.9%)	9:06	6.6 (73.3%)
133	<b>ABRAMOWICZ Ewa</b>	<b>301</b>		K45-49	13			00:09:26	00:23:09	<b>00:45:34.55</b>	<b>00:55:00.85</b>	+00:12:18 (27.0%)	9:06	6.6 (73.3%)
134	<b>KAŁUŻNA Magdalena</b>	<b>357</b>	UKS GIMNAZJON SUCHY LAS	K50-54	12			00:09:49	00:22:33	<b>00:45:34.85</b>	<b>00:55:24.70</b>	+00:12:19 (27.0%)	9:07	6.6 (73.3%)
135	<b>KARCZEWSKI Krzysztof</b>	<b>360</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	3			00:05:37	00:22:39	<b>00:45:37.55</b>	<b>00:51:14.70</b>	+00:12:21 (27.1%)	9:07	6.6 (73.3%)
136	<b>MIELCAREK Joanna</b>	<b>393</b>	NORDIC TEAM GNIEZNO	K45-49	14			00:09:29	00:22:14	<b>00:45:39.45</b>	<b>00:55:08.65</b>	+00:12:23 (27.1%)	9:07	6.6 (73.3%)
137	<b>KOWALCZUK Maria</b>	<b>373</b>		K40-44	8			00:09:06	00:22:46	<b>00:45:41.45</b>	<b>00:54:48.30</b>	+00:12:25 (27.2%)	9:08	6.6 (73.3%)
138	<b>NIŻNIK Marcin</b>	<b>401</b>		M18-29	2			00:05:24	00:22:01	<b>00:45:45.50</b>	<b>00:51:10.20</b>	+00:12:29 (27.3%)	9:09	6.6 (73.3%)
139	<b>PRZYBYLAK Dorota</b>	<b>421</b>	FACE NORDIC WALKING TEAM	K- Niepełnosprawni	3			00:10:42	00:22:36	<b>00:45:56.80</b>	<b>00:56:39.50</b>	+00:12:41 (27.6%)	9:11	6.5 (72.2%)
140	<b>KOLBUSZ Janina</b>	<b>370</b>	KS METRACO POLKOWICE	K65-69	6			00:10:40	00:22:56	<b>00:46:15.55</b>	<b>00:56:56.00</b>	+00:12:59 (28.1%)	9:15	6.5 (72.2%)
141	<b>KĄCKOWSKA Beata</b>	<b>363</b>	JEZIORKI - AKTYWNA WIEŚ	K40-44	9			00:09:04	00:23:04	<b>00:46:16.70</b>	<b>00:55:21.60</b>	+00:13:00 (28.1%)	9:15	6.5 (72.2%)
142	<b>SARZYŃSKA Katarzyna</b>	<b>437</b>		K45-49	15			00:09:24	00:22:26	<b>00:46:17.75</b>	<b>00:55:42.35</b>	+00:13:02 (28.2%)	9:15	6.5 (72.2%)
143	<b>GIERSZENDORF Paweł</b>	<b>340</b>	FACE NORDIC WALKING TEAM	M-Jun.	6			00:05:11	00:22:23	<b>00:46:29.35</b>	<b>00:51:40.80</b>	+00:13:13 (28.5%)	9:17	6.5 (72.2%)
144	<b>WIADERSKA Grażyna</b>	<b>465</b>		K65-69	7			00:10:40	00:23:02	<b>00:46:31.00</b>	<b>00:57:11.10</b>	+00:13:15 (28.5%)	9:18	6.4 (71.1%)
145	<b>STAROSTA Lukasz</b>	<b>442</b>	MUSZKIET	M-Jun.	7			00:05:12	00:22:23	<b>00:46:31.20</b>	<b>00:51:43.95</b>	+00:13:15 (28.5%)	9:18	6.4 (71.1%)
146	<b>KOCZOROWSKI Kacper</b>	<b>369</b>	KS SOKÓŁ GAŚAWA	M-Dzieci	4			00:04:58	00:24:03	<b>00:46:39.35</b>	<b>00:51:37.65</b>	+00:13:23 (28.7%)	9:19	6.4 (71.1%)
147	<b>WALIGÓRSKA-KRYSZYNA Krystyna</b>	<b>462</b>	MARSZ PO ZDROWIE	K65-69	8			00:10:40	00:23:31	<b>00:46:58.85</b>	<b>00:57:38.85</b>	+00:13:43 (29.2%)	9:23	6.4 (71.1%)
148	<b>HORIACZEK Ryszard</b>	<b>348</b>	UKS GIMNAZJON SUCHY LAS	M65-69	10			00:07:26	00:23:16	<b>00:46:59.00</b>	<b>00:54:25.50</b>	+00:13:43 (29.2%)	9:23	6.4 (71.1%)
149	<b>MACHAJEK Krzysztof</b>	<b>389</b>	KS METRACO POLKOWICE	M- Niepełnosprawni	5			00:07:12	00:22:40	<b>00:47:01.45</b>	<b>00:54:13.65</b>	+00:13:45 (29.3%)	9:24	6.4 (71.1%)
150	<b>TELEGA Beata</b>	<b>457</b>		K45-49	16			00:09:22	00:23:15	<b>00:47:08.70</b>	<b>00:56:30.75</b>	+00:13:52 (29.4%)	9:25	6.4 (71.1%)
151	<b>PRUSKA-KĘDZIOR Anna</b>	<b>419</b>		K65-69	9			00:10:41	00:23:15	<b>00:47:13.05</b>	<b>00:57:54.85</b>	+00:13:57 (29.6%)	9:26	6.4 (71.1%)
152	<b>WYRWA Ewa</b>	<b>481</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K60-64	7			00:10:27	00:22:57	<b>00:47:25.70</b>	<b>00:57:53.25</b>	+00:14:09 (29.9%)	9:29	6.3 (70.0%)

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
153	<b>KASIŃSKA-MACHAJEK Krystyna</b>	<b>361</b>		K55-59	10			00:10:09	00:23:07	<b>00:47:31.95</b>	<b>00:57:41.70</b>	+00:14:16 (30.0%)	9:30	6.3 (70.0%)
154	<b>BUDASZ Krzysztof</b>	<b>315</b>	JEZIORKI - AKTYWNA WIEŚ	M60-64	5			00:07:10	00:26:38	<b>00:47:42.95</b>	<b>00:54:53.90</b>	+00:14:27 (30.3%)	9:32	6.3 (70.0%)
155	<b>GIEMZA Beata</b>	<b>337</b>	BMM PANCERNY	K45-49	17			00:09:08	00:23:43	<b>00:47:55.95</b>	<b>00:57:04.05</b>	+00:14:40 (30.6%)	9:35	6.3 (70.0%)
156	<b>DOBRAŚ Patrycja</b>	<b>321</b>	BMM PANCERNY	K40-44	10			00:09:08	00:23:49	<b>00:47:57.25</b>	<b>00:57:05.50</b>	+00:14:41 (30.6%)	9:35	6.3 (70.0%)
157	<b>OGONOWSKA Edyta</b>	<b>406</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K50-54	13			00:09:42	00:23:47	<b>00:48:06.90</b>	<b>00:57:49.40</b>	+00:14:51 (30.9%)	9:37	6.2 (68.9%)
158	<b>OWCZAREK Henryka</b>	<b>408</b>	MARSZ PO ZDROWIE	K70+	2			00:10:55	00:23:37	<b>00:48:12.05</b>	<b>00:59:07.80</b>	+00:14:56 (31.0%)	9:38	6.2 (68.9%)
159	<b>BŁASZCZYK Katarzyna</b>	<b>310</b>	KIJANKI POZNAŃ	K45-49	18			00:09:25	00:24:09	<b>00:48:32.00</b>	<b>00:57:57.55</b>	+00:15:16 (31.5%)	9:42	6.2 (68.9%)
160	<b>WIŚNIEWSKA Mariola</b>	<b>471</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	K55-59	11			00:10:14	00:24:08	<b>00:48:34.00</b>	<b>00:58:48.90</b>	+00:15:18 (31.5%)	9:42	6.2 (68.9%)
161	<b>LIKOWSKA Lidia</b>	<b>388</b>		K40-44	11			00:09:07	00:24:58	<b>00:48:41.05</b>	<b>00:57:48.30</b>	+00:15:25 (31.7%)	9:44	6.2 (68.9%)
162	<b>SZAROLETA Zofia</b>	<b>449</b>	FACE NORDIC WALKING TEAM	K70+	3			00:10:56	00:24:04	<b>00:49:01.90</b>	<b>00:59:57.90</b>	+00:15:46 (32.2%)	9:48	6.1 (67.8%)
163	<b>KAPSA Emilia</b>	<b>359</b>	UKS GIMNAZJON SUCHY LAS	K65-69	10			00:10:39	00:24:04	<b>00:49:07.20</b>	<b>00:59:46.95</b>	+00:15:51 (32.3%)	9:49	6.1 (67.8%)
164	<b>SZULC Hanna</b>	<b>452</b>		K45-49	19			00:09:24	00:24:09	<b>00:49:33.95</b>	<b>00:58:58.50</b>	+00:16:18 (32.9%)	9:54	6.1 (67.8%)
165	<b>WAWRZYNIAK Krystyna</b>	<b>464</b>	MARSZ PO ZDROWIE	K65-69	11			00:10:40	00:24:01	<b>00:50:07.00</b>	<b>01:00:47.70</b>	+00:16:51 (33.6%)	10:01	6 (66.7%)
166	<b>KURYŁA Magdalena</b>	<b>380</b>		K30-39	12			00:08:47	00:24:03	<b>00:50:10.10</b>	<b>00:58:57.40</b>	+00:16:54 (33.7%)	10:02	6 (66.7%)
167	<b>FUTERSKA Jadwiga</b>	<b>492</b>		K55-59	12			00:10:03	00:24:37	<b>00:50:14.95</b>	<b>01:00:18.75</b>	+00:16:59 (33.8%)	10:03	6 (66.7%)
168	<b>PAWLICKA Sandra</b>	<b>410</b>	MARSZ PO ZDROWIE	K18-29	6			00:10:04	00:25:25	<b>00:50:34.20</b>	<b>01:00:39.15</b>	+00:17:18 (34.2%)	10:07	5.9 (65.6%)
169	<b>SZULC Mariola</b>	<b>454</b>	MARSZ PO ZDROWIE	K55-59	13			00:10:04	00:25:24	<b>00:50:41.80</b>	<b>01:00:46.70</b>	+00:17:26 (34.4%)	10:08	5.9 (65.6%)
170	<b>WIŚNIEWSKA Danuta</b>	<b>473</b>		K55-59	14			00:10:02	00:25:15	<b>00:51:19.90</b>	<b>01:01:22.45</b>	+00:18:04 (35.2%)	10:16	5.8 (64.4%)
171	<b>KĄCKOWSKI Marek</b>	<b>364</b>	JEZIORKI - AKTYWNA WIEŚ	M-Niepełnosprawni	6			00:07:13	00:26:51	<b>00:51:31.35</b>	<b>00:58:45.30</b>	+00:18:15 (35.4%)	10:18	5.8 (64.4%)
172	<b>GIERSZENDORF Borys</b>	<b>339</b>	FACE NORDIC WALKING TEAM	M-Dzieci	5			00:04:58	00:23:43	<b>00:52:59.50</b>	<b>00:57:58.10</b>	+00:19:43 (37.2%)	10:36	5.7 (63.3%)
173	<b>TOKARSKA Joanna</b>	<b>458</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K30-39	13			00:08:47	00:25:36	<b>00:53:39.45</b>	<b>01:02:26.95</b>	+00:20:23 (38.0%)	10:43	5.6 (62.2%)
174	<b>NOWACKI Eugeniusz</b>	<b>402</b>	BMM PANCERNY	M55-59	12			00:06:54	00:27:25	<b>00:53:47.25</b>	<b>01:00:41.95</b>	+00:20:31 (38.2%)	10:45	5.6 (62.2%)
175	<b>GIERSZENDORF Roman</b>	<b>338</b>	FACE NORDIC WALKING TEAM	M40-44	3			00:05:57	00:26:35	<b>00:54:10.75</b>	<b>01:00:08.60</b>	+00:20:55 (38.6%)	10:50	5.5 (61.1%)



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
176	<b>NOWAK Maja</b>	<b>620</b>	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	5			00:08:00	00:26:24	<b>00:54:26.70</b>	<b>01:02:26.95</b>	+00:21:10 (38.9%)	10:53	5.5 (61.1%)
177	<b>WIŚNIEWSKA Grażyna</b>	<b>470</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	15			00:10:09	00:27:17	<b>00:54:31.25</b>	<b>01:04:40.35</b>	+00:21:15 (39.0%)	10:54	5.5 (61.1%)
178	<b>BŁASZCZYK Łukasz</b>	<b>311</b>	KIJANKI POZNAŃ	M40-44	4			00:05:58	00:26:54	<b>00:54:36.15</b>	<b>01:00:34.60</b>	+00:21:20 (39.1%)	10:55	5.5 (61.1%)
179	<b>STRZELECKA Antonina</b>	<b>445</b>	SAILING TEAM FERAJNA	K-Dzieci	6			00:07:59	00:27:52	<b>00:55:41.70</b>	<b>01:03:41.20</b>	+00:22:25 (40.3%)	11:08	5.4 (60.0%)
180	<b>DROP Mieczysław</b>	<b>322</b>		M70+	5			00:07:43	00:28:11	<b>00:56:04.75</b>	<b>01:03:48.20</b>	+00:22:49 (40.7%)	11:13	5.3 (58.9%)
DQ	<b>DUDEK Edward</b>	<b>484</b>	KS METRACO POLKOWICE	M65-69					00:18:04 DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 181 wynik(ów)