

# ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-08-20  
**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	<b>RAJEWSKI Sebastian</b>	<b>119</b>	PILSCY MIŁOSNICY NORDIC WALKING	M45-49	1			00:14:31	<b>00:29:38.00</b>		5:55	10.1 (100%)
2	<b>WOROCH Roman</b>	<b>161</b>	KS METRACO POLKOWICE	M55-59	1			00:14:42	<b>00:29:42.85</b>	+00:00:04 (0.3%)	5:56	10.1 (100%)
3	<b>KRYŚ Artur</b>	<b>81</b>	KS METRACO POLKOWICE	M45-49	2			00:15:09	<b>00:30:26.15</b>	+00:00:48 (2.6%)	6:05	9.9 (98.0%)
4	<b>ROŻYNEK Miron</b>	<b>126</b>	KS METRACO POLKOWICE	M50-54	1			00:15:02	<b>00:30:40.80</b>	+00:01:02 (3.4%)	6:08	9.8 (97.0%)
4	<b>POLEWCZAK Mariusz</b>	<b>112</b>	CLLEO ZAWIERCIE	M45-49	3			00:15:10	<b>00:30:40.80</b>	+00:01:02 (3.4%)	6:08	9.8 (97.0%)
6	<b>CHYRA Wiktor</b>	<b>21</b>	UNIA MIAST	M-Jun.	1			00:15:31	<b>00:31:18.00</b>	+00:01:40 (5.3%)	6:15	9.6 (95.0%)
7	<b>STAWICKI Kacper</b>	<b>139</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Jun.	2			00:15:32	<b>00:31:22.05</b>	+00:01:44 (5.5%)	6:16	9.6 (95.0%)
8	<b>MACHNIK Janusz</b>	<b>92</b>	CLLEO ZAWIERCIE	M40-44	1			00:15:26	<b>00:31:24.45</b>	+00:01:46 (5.6%)	6:16	9.6 (95.0%)
9	<b>RAKUĆ Jakub</b>	<b>120</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:15:29	<b>00:31:26.90</b>	+00:01:48 (5.8%)	6:17	9.5 (94.1%)
10	<b>SŁOMIAN Leszek</b>	<b>132</b>	UNIA MIAST	M55-59	2			00:15:36	<b>00:31:30.75</b>	+00:01:52 (6.0%)	6:18	9.5 (94.1%)
11	<b>BIK Stanisław</b>	<b>173</b>	KS METRACO POLKOWICE	M55-59	3	1		00:15:37	<b>00:31:36.75</b>	+00:01:58 (6.3%)	6:19	9.5 (94.1%)
12	<b>CHAMIELEC Bogusław</b>	<b>14</b>	A EMERYT BIEGA	M50-54	2			00:16:00	<b>00:32:06.55</b>	+00:02:28 (7.7%)	6:25	9.3 (92.1%)
13	<b>SPYCHAŁA Lesław</b>	<b>136</b>	WESOŁY BORSUK TEAM	M50-54	3			00:15:57	<b>00:32:08.40</b>	+00:02:30 (7.8%)	6:25	9.3 (92.1%)
14	<b>ADAMUS Marian</b>	<b>4</b>	SILESIA NORDIC TEAM	M65-69	1			00:16:02	<b>00:32:14.90</b>	+00:02:36 (8.1%)	6:27	9.3 (92.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>ADAMCZYK Adam</b>	<b>2</b>	PASJA NORDIC WALKING	M65-69	2	1		00:16:05	<b>00:32:25.90</b>	+00:02:47 (8.6%)	6:29	9.2 (91.1%)
16	<b>FRAĆKOWIAK Mateusz</b>	<b>30</b>	ZS ROSKO	M-Jun.	3			00:15:33	<b>00:32:41.10</b>	+00:03:03 (9.3%)	6:32	9.2 (91.1%)
17	<b>BROKOS Piotr</b>	<b>13</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M30-39	1			00:16:12	<b>00:32:44.40</b>	+00:03:06 (9.5%)	6:32	9.2 (91.1%)
18	<b>KROMSKI Paweł</b>	<b>79</b>	NORDIC WALKING KIEKRZ	M50-54	4			00:16:11	<b>00:32:47.40</b>	+00:03:09 (9.6%)	6:33	9.2 (91.1%)
19	<b>SYKISZ Maksym</b>	<b>141</b>	LESZNO :)	M- Niepełnosprawni(A)	1			00:16:20	<b>00:32:53.40</b>	+00:03:15 (9.9%)	6:34	9.1 (90.1%)
20	<b>GAŁĄZKA Paweł</b>	<b>32</b>		M- Niepełnosprawni(A)	2			00:16:24	<b>00:32:59.55</b>	+00:03:21 (10.2%)	6:36	9.1 (90.1%)
21	<b>DUSZEŃKO Zygmunt</b>	<b>256</b>	KS METRACO POLKOWICE	M55-59	4			00:16:39	<b>00:33:01.75</b>	+00:03:23 (10.3%)	6:36	9.1 (90.1%)
22	<b>STANISŁAWSKI Jan</b>	<b>137</b>	MARSZ PO ZDROWIE	M55-59	5			00:16:18	<b>00:33:04.15</b>	+00:03:26 (10.4%)	6:36	9.1 (90.1%)
23	<b>LENZ Andrzej</b>	<b>90</b>		M50-54	5			00:16:26	<b>00:33:04.35</b>	+00:03:26 (10.4%)	6:36	9.1 (90.1%)
24	<b>ZYGMUNT Gracjan</b>	<b>171</b>	PKU EUROCONSULTING PIŁA	M18-29	2			00:16:18	<b>00:33:18.20</b>	+00:03:40 (11.0%)	6:39	9 (89.1%)
25	<b>POLEWCZAK Aneta</b>	<b>111</b>	CLLEO ZAWIERCIE	K45-49	1			00:16:32	<b>00:33:23.90</b>	+00:03:45 (11.3%)	6:40	9 (89.1%)
26	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>103</b>	ZS ROSKO	K45-49	2	1		00:16:31	<b>00:33:28.10</b>	+00:03:50 (11.5%)	6:41	9 (89.1%)
27	<b>FRAĆKOWIAK Roman</b>	<b>29</b>	ZS ROSKO	M45-49	4	1		00:16:25	<b>00:33:32.80</b>	+00:03:54 (11.7%)	6:42	8.9 (88.1%)
28	<b>KĘDZIERSKA Agnieszka</b>	<b>63</b>	KIJKOWE TRZEMESZNO	K40-44	1			00:16:38	<b>00:33:42.75</b>	+00:04:04 (12.1%)	6:44	8.9 (88.1%)
29	<b>TOMCZYK Edward</b>	<b>146</b>	MARSZ PO ZDROWIE	M65-69	3			00:16:22	<b>00:33:45.40</b>	+00:04:07 (12.2%)	6:45	8.9 (88.1%)
30	<b>GRYGOROWICZ Bogdan</b>	<b>40</b>	KS METRACO POLKOWICE	M65-69	4			00:16:33	<b>00:33:51.90</b>	+00:04:13 (12.5%)	6:46	8.9 (88.1%)
31	<b>SIKORA Bronisław</b>	<b>175</b>	LESZNO :)	M60-64	1			00:16:43	<b>00:33:53.15</b>	+00:04:15 (12.5%)	6:46	8.9 (88.1%)
32	<b>JANECKI Dariusz</b>	<b>48</b>		M55-59	6			00:16:30	<b>00:33:55.15</b>	+00:04:17 (12.6%)	6:47	8.8 (87.1%)
33	<b>KREZMER Marzena</b>	<b>77</b>	CLLEO ZAWIERCIE	K30-39	1			00:16:58	<b>00:34:05.10</b>	+00:04:27 (13.1%)	6:49	8.8 (87.1%)
34	<b>PINTAK Artur</b>	<b>110</b>	WESOŁY BORSUK TEAM	M30-39	2			00:16:43	<b>00:34:06.65</b>	+00:04:28 (13.1%)	6:49	8.8 (87.1%)
35	<b>MIKOŁAJCZAK Jan</b>	<b>98</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	3			00:16:43	<b>00:34:10.15</b>	+00:04:32 (13.3%)	6:50	8.8 (87.1%)
36	<b>JÓŹWIAK Marianna</b>	<b>51</b>	WTW WŁOCŁAWEK	K40-44	2			00:16:47	<b>00:34:13.35</b>	+00:04:35 (13.4%)	6:50	8.8 (87.1%)
37	<b>WITUCKI Jacek</b>	<b>185</b>	A.W	M45-49	5			00:17:09	<b>00:34:16.30</b>	+00:04:38 (13.5%)	6:51	8.8 (87.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	<b>WUJEK Tomek</b>	<b>163</b>	MARSZ PO ZDROWIE	M- Niepełnosprawni(B)	1			00:16:46	<b>00:34:19.85</b>	+00:04:41 (13.7%)	6:52	8.7 (86.1%)
39	<b>KOWALCZYK Edyta</b>	<b>177</b>		K45-49	3			00:17:00	<b>00:34:19.90</b>	+00:04:41 (13.7%)	6:52	8.7 (86.1%)
40	<b>RAKUĆ Angelika</b>	<b>121</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:17:04	<b>00:34:20.05</b>	+00:04:42 (13.7%)	6:52	8.7 (86.1%)
41	<b>WOJCIECHOWSKI Marek</b>	<b>160</b>	NORDIC TEAM GNIEZNO	M55-59	7			00:16:56	<b>00:34:22.45</b>	+00:04:44 (13.8%)	6:52	8.7 (86.1%)
42	<b>PIATCZYC Michał</b>	<b>109</b>		M-Jun.	4			00:17:10	<b>00:34:24.30</b>	+00:04:46 (13.9%)	6:52	8.7 (86.1%)
43	<b>STAROSTA Lukasz</b>	<b>138</b>	ZS ROSKO	M-Jun.	5			00:17:05	<b>00:34:24.75</b>	+00:04:46 (13.9%)	6:53	8.7 (86.1%)
44	<b>KARCZEWSKA Marzena</b>	<b>59</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K30-39	2			00:17:01	<b>00:34:29.00</b>	+00:04:51 (14.1%)	6:53	8.7 (86.1%)
45	<b>GOŁĘBIEWSKI Andrzej</b>	<b>33</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	2			00:16:53	<b>00:34:36.70</b>	+00:04:58 (14.4%)	6:55	8.7 (86.1%)
46	<b>GRUSZKA Michał</b>	<b>37</b>	UNIA MIAST	M40-44	2			00:17:01	<b>00:34:43.40</b>	+00:05:05 (14.7%)	6:56	8.6 (85.1%)
47	<b>PRZYMUSIŃSKI Piotr</b>	<b>117</b>	N/Z	M60-64	3			00:17:11	<b>00:34:45.00</b>	+00:05:07 (14.7%)	6:57	8.6 (85.1%)
48	<b>BOJANOWSKI Marcin</b>	<b>11</b>		M30-39	3			00:17:20	<b>00:34:47.35</b>	+00:05:09 (14.8%)	6:57	8.6 (85.1%)
49	<b>GRUSZKA Michał</b>	<b>38</b>	UNIA MIAST	M-Dzieci	1			00:17:22	<b>00:34:48.05</b>	+00:05:10 (14.8%)	6:57	8.6 (85.1%)
50	<b>MARCINKOWSKA Agnieszka</b>	<b>94</b>	UNIA MIAST	K-Dzieci	1			00:17:29	<b>00:34:57.80</b>	+00:05:19 (15.2%)	6:59	8.6 (85.1%)
51	<b>FIJAŁKOWSKI Marek</b>	<b>95</b>	MARSZ PO ZDROWIE	M55-59	8			00:17:28	<b>00:35:06.70</b>	+00:05:28 (15.6%)	7:01	8.5 (84.2%)
52	<b>ZIELIŃSKA Jolanta</b>	<b>170</b>	GOSIR OSIELSKO	K55-59	1			00:17:35	<b>00:35:14.85</b>	+00:05:36 (15.9%)	7:03	8.5 (84.2%)
53	<b>MOZDZEN Barbara</b>	<b>99</b>	NIEZRZESZONA	K55-59	2			00:17:34	<b>00:35:15.70</b>	+00:05:37 (16.0%)	7:03	8.5 (84.2%)
54	<b>FALKOWSKI Piotr</b>	<b>28</b>	UKS GIMNAZJON SUCHY LAS	M50-54	6			00:17:23	<b>00:35:20.90</b>	+00:05:42 (16.2%)	7:04	8.5 (84.2%)
55	<b>JÓŹWIAK Łukasz</b>	<b>53</b>	WTW WŁOCŁAWEK	M- Niepełnosprawni(A)	4			00:17:29	<b>00:35:23.75</b>	+00:05:45 (16.3%)	7:04	8.5 (84.2%)
56	<b>BUCZKOWSKI Jerzy</b>	<b>72</b>	KS SOKÓŁ GAŚAWA	M65-69	5			00:17:11	<b>00:35:23.90</b>	+00:05:45 (16.3%)	7:04	8.5 (84.2%)
57	<b>SIKORA Antoni</b>	<b>131</b>	KS SOKÓŁ GAŚAWA	M65-69	6			00:17:10	<b>00:35:25.35</b>	+00:05:47 (16.3%)	7:05	8.5 (84.2%)
58	<b>KRAKOWIAK Małgorzata</b>	<b>75</b>	UKS GIMNAZJON SUCHY LAS	K50-54	1			00:17:20	<b>00:35:30.65</b>	+00:05:52 (16.6%)	7:06	8.5 (84.2%)
59	<b>ŁOPIŃSKI Aleksy</b>	<b>91</b>	CZARNE PANTERY	M65-69	7			00:17:49	<b>00:35:34.05</b>	+00:05:56 (16.7%)	7:06	8.4 (83.2%)
60	<b>DUKAT Radosław</b>	<b>25</b>		M40-44	3			00:17:29	<b>00:35:36.80</b>	+00:05:58 (16.8%)	7:07	8.4 (83.2%)

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61	<b>SIERACKA Katarzyna</b>	<b>129</b>	LESZNO :)	K50-54	2			00:17:45	<b>00:35:51.75</b>	+00:06:13 (17.4%)	7:10	8.4 (83.2%)
62	<b>RYBAŁTOWSKI Paweł</b>	<b>127</b>	LESZNO :)	M70+	1			00:18:37	<b>00:35:53.20</b>	+00:06:15 (17.4%)	7:10	8.4 (83.2%)
63	<b>JANECKA Agnieszka</b>	<b>47</b>		K40-44	3			00:17:34	<b>00:35:57.95</b>	+00:06:19 (17.6%)	7:11	8.3 (82.2%)
64	<b>GRZYWOCZ Bernard</b>	<b>42</b>	LESZNO :)	M65-69	8			00:17:43	<b>00:35:59.25</b>	+00:06:21 (17.7%)	7:11	8.3 (82.2%)
65	<b>FRYDRYCH Marcin</b>	<b>31</b>	NORDIC WALKING KIEKRZ	M30-39	4			00:17:32	<b>00:36:01.00</b>	+00:06:23 (17.7%)	7:12	8.3 (82.2%)
66	<b>GWAREK Anita</b>	<b>43</b>	PASJA NORDIC WALKING	K45-49	4			00:18:01	<b>00:36:13.30</b>	+00:06:35 (18.2%)	7:14	8.3 (82.2%)
67	<b>GRYGOROWICZ Teresa</b>	<b>39</b>	KS METRACO POLKOWICE	K65-69	1			00:17:48	<b>00:36:13.45</b>	+00:06:35 (18.2%)	7:14	8.3 (82.2%)
68	<b>SUSKA Danuta</b>	<b>140</b>	NIEMA	K65-69	2			00:17:52	<b>00:36:23.15</b>	+00:06:45 (18.6%)	7:16	8.2 (81.2%)
69	<b>KOZŁOWSKA Jagoda</b>	<b>172</b>	DYNAMIC	K-Dzieci	2			00:18:20	<b>00:36:26.50</b>	+00:06:48 (18.7%)	7:17	8.2 (81.2%)
70	<b>KOCZOROWSKA Patrycja</b>	<b>68</b>	KS SOKÓŁ GAŚAWA	K-Dzieci	3			00:18:07	<b>00:36:27.55</b>	+00:06:49 (18.7%)	7:17	8.2 (81.2%)
71	<b>DANA Kazimiera</b>	<b>20</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	1	1		00:18:05	<b>00:36:28.35</b>	+00:06:50 (18.8%)	7:17	8.2 (81.2%)
72	<b>KOZŁOWSKA Julia</b>	<b>6</b>	DYNAMIC	K-Jun.	1			00:18:21	<b>00:36:30.80</b>	+00:06:52 (18.8%)	7:18	8.2 (81.2%)
73	<b>EWERTOWSKA Ewa</b>	<b>27</b>	NORDIC WALKING KIEKRZ	K45-49	5			00:18:07	<b>00:36:30.90</b>	+00:06:52 (18.8%)	7:18	8.2 (81.2%)
74	<b>ROZMARYNOWSKA Karolina</b>	<b>123</b>	SUMMER ISLAND	K-Jun.	2			00:18:19	<b>00:36:32.70</b>	+00:06:54 (18.9%)	7:18	8.2 (81.2%)
75	<b>KUSZA Jolanta</b>	<b>87</b>	UKS GIMNAZJON SUCHY LAS	K50-54	3			00:17:53	<b>00:36:36.70</b>	+00:06:58 (19.1%)	7:19	8.2 (81.2%)
76	<b>KUSZA Marcelina</b>	<b>88</b>	UKS GIMNAZJON SUCHY LAS	K30-39	3			00:18:17	<b>00:36:38.40</b>	+00:07:00 (19.1%)	7:19	8.2 (81.2%)
77	<b>KĘDZIERSKA Edyta</b>	<b>62</b>		K40-44	4			00:18:25	<b>00:36:40.55</b>	+00:07:02 (19.2%)	7:20	8.2 (81.2%)
78	<b>WOJCIECHOWSKA Katarzyna</b>	<b>159</b>	PLESZEWSKIE WŁÓCZYKIJE	K40-44	5			00:18:16	<b>00:36:46.40</b>	+00:07:08 (19.4%)	7:21	8.2 (81.2%)
79	<b>KONCZEWICZ Ela</b>	<b>70</b>	LESZNO :)	K18-29	2	1		00:18:18	<b>00:36:46.70</b>	+00:07:08 (19.4%)	7:21	8.2 (81.2%)
80	<b>GRZYWOCZ Irena</b>	<b>41</b>	LESZNO :)	K65-69	3			00:18:05	<b>00:36:47.45</b>	+00:07:09 (19.5%)	7:21	8.2 (81.2%)
81	<b>MATYJA Anna</b>	<b>96</b>	LESZNO :)	K45-49	6			00:18:07	<b>00:36:47.75</b>	+00:07:09 (19.5%)	7:21	8.2 (81.2%)
82	<b>KOCHOWICZ Malwina</b>	<b>66</b>	SUMMER ISLAND	K18-29	3	1		00:18:31	<b>00:36:48.00</b>	+00:07:10 (19.5%)	7:21	8.2 (81.2%)
83	<b>KRYGIER Mirosława</b>	<b>80</b>	KS SOKÓŁ GAŚAWA	K50-54	4	1		00:18:14	<b>00:37:01.40</b>	+00:07:23 (20.0%)	7:24	8.1 (80.2%)

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84	WASILEWSKI Sławomir	152	PASJA NORDIC WALKING	M70+	2	1		00:18:38	00:37:08.00	+00:07:30 (20.2%)	7:25	8.1 (80.2%)
85	ADAMOWICZ Andrzej	3		M70+	3			00:18:41	00:37:09.10	+00:07:31 (20.2%)	7:25	8.1 (80.2%)
86	WIŚNIEWSKI Kazimierz	157	PASJA NORDIC WALKING	M60-64	4			00:18:27	00:37:15.45	+00:07:37 (20.5%)	7:27	8.1 (80.2%)
87	MRÓZ Joanna	180	UKS GIMNAZJON SUCHY LAS	K40-44	6			00:18:13	00:37:17.15	+00:07:39 (20.5%)	7:27	8 (79.2%)
88	CIAŻYŃSKA Dorota	17	KS SOKÓŁ GAŚAWA	K45-49	7			00:18:35	00:37:25.80	+00:07:47 (20.8%)	7:29	8 (79.2%)
89	WALCZAK Grzegorz	149	OCTOPUS TEAM SUCHY LAS	M40-44	4			00:18:34	00:37:32.85	+00:07:54 (21.1%)	7:30	8 (79.2%)
90	KOCZOROWSKA Monika	67	KS SOKÓŁ GAŚAWA	K30-39	4	1		00:18:30	00:37:33.05	+00:07:55 (21.1%)	7:30	8 (79.2%)
91	DADOS Julia	19	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	3			00:18:37	00:37:33.40	+00:07:55 (21.1%)	7:30	8 (79.2%)
92	ROZMARYNOWSKI Adrian	124	SUMMER ISLAND	M-Jun.	6			00:19:12	00:37:34.00	+00:07:56 (21.1%)	7:30	8 (79.2%)
93	KLAK Joanna	186		K30-39	5			00:18:37	00:37:38.90	+00:08:00 (21.3%)	7:31	8 (79.2%)
94	MULKOWSKA Mariola	100	UKS GIMNAZJON SUCHY LAS	K60-64	2			00:18:38	00:37:39.20	+00:08:01 (21.3%)	7:31	8 (79.2%)
95	LEGOCKA-WALCZAK Kinga	89	OCTOPUS TEAM SUCHY LAS	K40-44	7			00:18:40	00:37:43.15	+00:08:05 (21.4%)	7:32	8 (79.2%)
96	CHOLEWKA Jolanta	181	MARSZ PO ZDROWIE	K60-64	3			00:18:38	00:37:43.20	+00:08:05 (21.4%)	7:32	8 (79.2%)
97	POTOCKI Mikołaj	113		M-Jun.	7			00:19:20	00:37:43.30	+00:08:05 (21.4%)	7:32	8 (79.2%)
98	KAŁUŻNY Waldemar	56	UKS GIMNAZJON SUCHY LAS	M50-54	7			00:18:53	00:37:49.75	+00:08:11 (21.7%)	7:34	7.9 (78.2%)
99	ZAWISŁA Stanisław	168	MARSZ PO ZDROWIE	M65-69	9			00:18:34	00:37:54.95	+00:08:16 (21.8%)	7:34	7.9 (78.2%)
100	KRAWCZYK Dorota	76	CZARNE PANTERY	K55-59	3			00:18:47	00:37:55.25	+00:08:17 (21.9%)	7:35	7.9 (78.2%)
101	KURASZ Marian	86	SUMMER ISLAND	M60-64	5			00:19:03	00:37:56.10	+00:08:18 (21.9%)	7:35	7.9 (78.2%)
102	PIATCZYC Wacław	107		M- Niepełnosprawni(B)	2			00:18:34	00:38:03.90	+00:08:25 (22.2%)	7:36	7.9 (78.2%)
103	GÓRSKI Bolesław	34	A KUKU	M30-39	5			00:18:42	00:38:07.30	+00:08:29 (22.3%)	7:37	7.9 (78.2%)
104	PIATCZYC Barbara	108		K55-59	4			00:18:57	00:38:12.75	+00:08:34 (22.5%)	7:38	7.9 (78.2%)
105	ZIELINKIEWICZ Wiktoria	169	KLUB NW PATYCZAKI GRUDZIĄDZ	K-Dzieci	4			00:19:00	00:38:19.00	+00:08:41 (22.7%)	7:39	7.8 (77.2%)
106	PAWLICZ Jan	105	NORDIC WALKING KIEKRZ	M70+	4			00:18:39	00:38:26.70	+00:08:48 (22.9%)	7:41	7.8 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>ROŻEK Małgorzata</b>	<b>125</b>		K30-39	6			00:18:46	<b>00:38:28.65</b>	+00:08:50 (23.0%)	7:41	7.8 (77.2%)
108	<b>JASIK Beata</b>	<b>50</b>	WESOŁY BORSUK TEAM	K30-39	7			00:18:59	<b>00:38:33.10</b>	+00:08:55 (23.1%)	7:42	7.8 (77.2%)
109	<b>RAJEWSKA Beata</b>	<b>118</b>	PILSCY MIŁOSNICY NORDIC WALKING	K40-44	8			00:19:20	<b>00:38:44.65</b>	+00:09:06 (23.5%)	7:44	7.7 (76.2%)
110	<b>DREISEITEL Andrzej</b>	<b>23</b>		M55-59	9			00:18:56	<b>00:38:48.40</b>	+00:09:10 (23.6%)	7:45	7.7 (76.2%)
111	<b>MARCINKOWSKA Renata</b>	<b>93</b>	FACE NORDIC WALKING TEAM	K65-69	4			00:19:07	<b>00:38:48.90</b>	+00:09:10 (23.7%)	7:45	7.7 (76.2%)
112	<b>CICHA Aleksandra</b>	<b>18</b>		K30-39	8			00:19:29	<b>00:38:52.50</b>	+00:09:14 (23.8%)	7:46	7.7 (76.2%)
113	<b>WOROCH Jolanta</b>	<b>162</b>	DOPIEWO	K50-54	5			00:19:29	<b>00:38:56.40</b>	+00:09:18 (23.9%)	7:47	7.7 (76.2%)
114	<b>ANGIELCZYK Małgorzata</b>	<b>183</b>	MARSZ PO ZDROWIE	K65-69	5			00:19:22	<b>00:38:59.20</b>	+00:09:21 (24.0%)	7:47	7.7 (76.2%)
115	<b>SZCZEPANIAK Andrzej</b>	<b>144</b>		M40-44	5			00:19:31	<b>00:39:02.45</b>	+00:09:24 (24.1%)	7:48	7.7 (76.2%)
116	<b>PASZKIEWICZ Jadwiga</b>	<b>104</b>		K70+	1			00:19:19	<b>00:39:09.75</b>	+00:09:31 (24.3%)	7:50	7.7 (76.2%)
117	<b>JANISZEWSKA Ewa</b>	<b>49</b>		K45-49	8			00:19:34	<b>00:39:19.95</b>	+00:09:41 (24.7%)	7:52	7.6 (75.2%)
118	<b>ROZMARYNOWSKA Beata</b>	<b>122</b>	SUMMER ISLAND	K40-44	9			00:19:51	<b>00:39:21.60</b>	+00:09:43 (24.7%)	7:52	7.6 (75.2%)
119	<b>NIECHWIEJCZYK Kinga</b>	<b>101</b>	UNIA MIAST	K-Dzieci	5			00:19:28	<b>00:39:23.05</b>	+00:09:45 (24.8%)	7:52	7.6 (75.2%)
120	<b>WYCISŁO Agata</b>	<b>165</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K- Niepełnosprawni(B)	1			00:19:33	<b>00:39:25.20</b>	+00:09:47 (24.8%)	7:53	7.6 (75.2%)
121	<b>SIERŻANT Anna</b>	<b>130</b>		K30-39	9			00:19:35	<b>00:39:27.85</b>	+00:09:49 (24.9%)	7:53	7.6 (75.2%)
122	<b>CHĘCIŃSKA Krystyna</b>	<b>15</b>	UKS GIMNAZJON SUCHY LAS	K60-64	4			00:19:31	<b>00:39:29.55</b>	+00:09:51 (25.0%)	7:53	7.6 (75.2%)
123	<b>KANIEWSKA Alicja</b>	<b>57</b>	SUMMER ISLAND	K30-39	10			00:19:28	<b>00:39:29.70</b>	+00:09:51 (25.0%)	7:54	7.6 (75.2%)
124	<b>WIERZBICKI Waldemar</b>	<b>154</b>		M65-69	10			00:18:31	<b>00:39:33.80</b>	+00:09:55 (25.1%)	7:54	7.6 (75.2%)
125	<b>KUBIAK Anna</b>	<b>82</b>	KS SOKÓŁ GAŚAWA	K50-54	6			00:19:46	<b>00:39:34.15</b>	+00:09:56 (25.1%)	7:54	7.6 (75.2%)
126	<b>PRZYBYŁOWICZ Bronisława</b>	<b>188</b>	UKS GIMNAZJON SUCHY LAS	K65-69	6			00:20:02	<b>00:39:42.75</b>	+00:10:04 (25.4%)	7:56	7.6 (75.2%)
127	<b>ŚLUSARCZYK Karolina</b>	<b>176</b>	WESOŁY BORSUK TEAM	K-Dzieci	6			00:19:43	<b>00:39:43.85</b>	+00:10:05 (25.4%)	7:56	7.6 (75.2%)
128	<b>KONIECZNA Magdalena</b>	<b>71</b>	OCTOPUS TEAM SUCHY LAS	K45-49	9			00:19:53	<b>00:40:04.05</b>	+00:10:26 (26.0%)	8:00	7.5 (74.3%)
129	<b>BOBER Czesław</b>	<b>10</b>	MARSZ PO ZDROWIE	M70+	5			00:19:59	<b>00:40:08.35</b>	+00:10:30 (26.2%)	8:01	7.5 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>KUBIAK Wojciech</b>	<b>83</b>		M55-59	10			00:19:52	<b>00:40:09.40</b>	+00:10:31 (26.2%)	8:02	7.5 (74.3%)
131	<b>HORIACZEK Małgorzata</b>	<b>45</b>	UKS GIMNAZJON SUCHY LAS	K65-69	7			00:20:08	<b>00:40:09.90</b>	+00:10:31 (26.2%)	8:02	7.5 (74.3%)
132	<b>KLEMENS Karolina</b>	<b>65</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	4			00:20:10	<b>00:40:16.65</b>	+00:10:38 (26.4%)	8:03	7.5 (74.3%)
133	<b>PIASECKI Robert</b>	<b>106</b>	CZARNE PANTERY	M-Dzieci	2			00:19:19	<b>00:40:22.60</b>	+00:10:44 (26.6%)	8:04	7.4 (73.3%)
134	<b>WITUCKA Karolina</b>	<b>158</b>		K-Dzieci	7			00:19:53	<b>00:40:24.10</b>	+00:10:46 (26.7%)	8:04	7.4 (73.3%)
135	<b>BAJ Danuta</b>	<b>5</b>	LESZNO :)	K55-59	5			00:18:42	<b>00:40:24.35</b>	+00:10:46 (26.7%)	8:05	7.4 (73.3%)
136	<b>WYCISŁO Damian</b>	<b>166</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	3			00:19:34	<b>00:40:28.80</b>	+00:10:50 (26.8%)	8:05	7.4 (73.3%)
137	<b>KROJNIAK Maria</b>	<b>78</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	5			00:19:41	<b>00:40:35.70</b>	+00:10:57 (27.0%)	8:07	7.4 (73.3%)
138	<b>KARDZASZ Małgorzata</b>	<b>184</b>		K50-54	7			00:20:10	<b>00:40:36.40</b>	+00:10:58 (27.0%)	8:07	7.4 (73.3%)
139	<b>ABRAMOWICZ Ewa</b>	<b>1</b>		K45-49	10			00:20:07	<b>00:40:37.05</b>	+00:10:59 (27.0%)	8:07	7.4 (73.3%)
140	<b>KOSICKA Beata</b>	<b>73</b>	NORDIC WALKING KIEKRZ	K45-49	11			00:20:07	<b>00:40:39.85</b>	+00:11:01 (27.1%)	8:08	7.4 (73.3%)
141	<b>MICHAŁOWSKA Monika</b>	<b>97</b>		K30-39	11			00:20:08	<b>00:40:51.85</b>	+00:11:13 (27.5%)	8:10	7.3 (72.3%)
142	<b>BIK Katarzyna</b>	<b>7</b>	KS METRACO POLKOWICE	K-Jun.	6			00:20:07	<b>00:41:25.00</b>	+00:11:47 (28.5%)	8:17	7.2 (71.3%)
143	<b>SMARUJ-SADOWSKA Janina</b>	<b>133</b>		K65-69	8			00:20:28	<b>00:41:26.35</b>	+00:11:48 (28.5%)	8:17	7.2 (71.3%)
144	<b>KAŁUŻNA Magdalena</b>	<b>55</b>	UKS GIMNAZJON SUCHY LAS	K50-54	8			00:20:43	<b>00:41:28.05</b>	+00:11:50 (28.5%)	8:17	7.2 (71.3%)
145	<b>KOWALCZUK Maria</b>	<b>74</b>		K40-44	10			00:20:46	<b>00:41:32.55</b>	+00:11:54 (28.7%)	8:18	7.2 (71.3%)
146	<b>CUPIAŁ Wiktoria</b>	<b>174</b>	KS METRACO POLKOWICE	K-Jun.	7			00:20:09	<b>00:41:38.00</b>	+00:12:00 (28.8%)	8:19	7.2 (71.3%)
147	<b>POTOCKI Rafał</b>	<b>114</b>		M-Dzieci	3			00:20:05	<b>00:41:38.25</b>	+00:12:00 (28.8%)	8:19	7.2 (71.3%)
148	<b>HORIACZEK Ryszard</b>	<b>44</b>	UKS GIMNAZJON SUCHY LAS	M65-69	11	1		00:20:45	<b>00:41:38.80</b>	+00:12:00 (28.8%)	8:19	7.2 (71.3%)
149	<b>BŁASZCZYK Katarzyna</b>	<b>9</b>	KIJANKI POZNAŃ	K45-49	12			00:21:04	<b>00:41:47.70</b>	+00:12:09 (29.1%)	8:21	7.2 (71.3%)
150	<b>KAWCZYŃSKA Teresa</b>	<b>61</b>	KS SOKÓŁ GAŚAWA	K55-59	6			00:20:48	<b>00:41:49.90</b>	+00:12:11 (29.2%)	8:22	7.2 (71.3%)
151	<b>WYCISŁO Romuald</b>	<b>167</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	4			00:20:30	<b>00:41:51.55</b>	+00:12:13 (29.2%)	8:22	7.2 (71.3%)
152	<b>WALIGÓRSKA-WOWCZAK Krystyna</b>	<b>151</b>	MARSZ PO ZDROWIE	K65-69	9			00:21:11	<b>00:42:05.20</b>	+00:12:27 (29.6%)	8:25	7.1 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	<b>GENDERA Mirosława</b>	<b>179</b>		K40-44	11			00:21:04	<b>00:42:06.45</b>	+00:12:28 (29.6%)	8:25	7.1 (70.3%)
154	<b>WIŚNIEWSKA Danuta</b>	<b>156</b>	PASJA NORDIC WALKING	K55-59	7			00:20:55	<b>00:42:13.75</b>	+00:12:35 (29.8%)	8:26	7.1 (70.3%)
155	<b>KARCZEWSKI Krzysztof</b>	<b>60</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	6			00:21:12	<b>00:42:14.05</b>	+00:12:36 (29.8%)	8:26	7.1 (70.3%)
156	<b>KUCZMA Martyna</b>	<b>84</b>		K-Jun.	8			00:21:04	<b>00:42:21.85</b>	+00:12:43 (30.1%)	8:28	7.1 (70.3%)
157	<b>GROBELNA Jadwiga</b>	<b>36</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:21:04	<b>00:42:25.50</b>	+00:12:47 (30.2%)	8:29	7.1 (70.3%)
158	<b>SOWIŃSKA Grażyna</b>	<b>135</b>	MARSZ PO ZDROWIE	K60-64	5			00:20:57	<b>00:42:39.05</b>	+00:13:01 (30.5%)	8:31	7 (69.3%)
159	<b>KOCZOROWSKI Kacper</b>	<b>69</b>	KS SOKÓŁ GAŚAWA	M-Dzieci	4			00:21:25	<b>00:42:48.35</b>	+00:13:10 (30.8%)	8:33	7 (69.3%)
160	<b>PRUSKA-KĘDZIOR Anna</b>	<b>116</b>	FACE NORDIC WALKING TEAM	K65-69	10			00:21:18	<b>00:42:51.95</b>	+00:13:13 (30.9%)	8:34	7 (69.3%)
161	<b>OGONOWSKA Edyta</b>	<b>102</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	8			00:21:18	<b>00:42:53.35</b>	+00:13:15 (30.9%)	8:34	7 (69.3%)
162	<b>PRAŁAT Grażyna</b>	<b>115</b>	LESZNO :)	K60-64	6			00:21:36	<b>00:42:57.35</b>	+00:13:19 (31.0%)	8:35	7 (69.3%)
163	<b>IGLIŃSKA Maria</b>	<b>46</b>	LESZNO :)	K60-64	7			00:21:38	<b>00:43:00.40</b>	+00:13:22 (31.1%)	8:36	7 (69.3%)
164	<b>CHMIEL Agata</b>	<b>16</b>		K55-59	9			00:21:42	<b>00:43:08.60</b>	+00:13:30 (31.3%)	8:37	7 (69.3%)
165	<b>KLEMENS Natalia</b>	<b>64</b>	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Dzieci	8			00:21:27	<b>00:43:28.20</b>	+00:13:50 (31.8%)	8:41	6.9 (68.3%)
166	<b>DOBROWOLSKI Patryk</b>	<b>22</b>		M-Dzieci	5			00:22:11	<b>00:43:34.95</b>	+00:13:56 (32.0%)	8:43	6.9 (68.3%)
167	<b>GÓRCZAK Wioleta</b>	<b>35</b>		K40-44	12	1		00:21:35	<b>00:43:48.35</b>	+00:14:10 (32.4%)	8:45	6.8 (67.3%)
168	<b>WALCZAK Henryk</b>	<b>150</b>	OCTOPUS TEAM SUCHY LAS	M70+	6			00:21:24	<b>00:44:00.25</b>	+00:14:22 (32.7%)	8:48	6.8 (67.3%)
169	<b>KUCZYŃSKI Włodzimierz</b>	<b>85</b>	NORDIC WALKING KIEKRZ	M55-59	11			00:21:45	<b>00:44:13.70</b>	+00:14:35 (33.0%)	8:50	6.8 (67.3%)
170	<b>JÓŻWIAK Dominik</b>	<b>52</b>	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	5			00:21:25	<b>00:44:14.80</b>	+00:14:36 (33.0%)	8:50	6.8 (67.3%)
171	<b>SZAROLETA Zofia</b>	<b>143</b>	FACE NORDIC WALKING TEAM	K70+	2			00:21:33	<b>00:44:16.50</b>	+00:14:38 (33.1%)	8:51	6.8 (67.3%)
172	<b>TOBYS Alicja</b>	<b>145</b>		K60-64	8			00:22:01	<b>00:44:31.85</b>	+00:14:53 (33.5%)	8:54	6.7 (66.3%)
173	<b>SOKOŁOWSKA Klaudia</b>	<b>134</b>	CZARNE PANTERY	K18-29	4			00:21:56	<b>00:44:35.60</b>	+00:14:57 (33.5%)	8:55	6.7 (66.3%)
174	<b>KAPSA Emilia</b>	<b>58</b>	UKS GIMNAZJON SUCHY LAS	K65-69	11			00:22:04	<b>00:44:41.70</b>	+00:15:03 (33.7%)	8:56	6.7 (66.3%)
175	<b>WIŚNIEWSKA Mariola</b>	<b>155</b>	LESZNO :)	K55-59	10			00:23:04	<b>00:44:59.75</b>	+00:15:21 (34.1%)	9:00	6.7 (66.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	<b>SZALONA Grażyna</b>	<b>142</b>		K50-54	9			00:22:17	<b>00:45:09.45</b>	+00:15:31 (34.4%)	9:02	6.6 (65.3%)
177	<b>WAWRZYNIAK Krystyna</b>	<b>153</b>	MARSZ PO ZDROWIE	K65-69	12			00:22:14	<b>00:45:20.10</b>	+00:15:42 (34.6%)	9:04	6.6 (65.3%)
178	<b>LAŚ Jolanta</b>	<b>178</b>	LESZNO :)	K45-49	13			00:23:43	<b>00:45:29.30</b>	+00:15:51 (34.9%)	9:05	6.6 (65.3%)
179	<b>BŁASZCZYK Łukasz</b>	<b>8</b>	KIJANKI POZNAŃ	M40-44	6			00:22:54	<b>00:46:12.40</b>	+00:16:34 (35.9%)	9:14	6.5 (64.4%)
180	<b>JAŚKOWSKA Bernadeta</b>	<b>189</b>	UKS GIMNAZJON SUCHY LAS	K55-59	11			00:23:34	<b>00:47:26.40</b>	+00:17:48 (37.5%)	9:29	6.3 (62.4%)
181	<b>DUSZEŃKO Elwira</b>	<b>26</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	1			00:22:21	<b>00:47:35.05</b>	+00:17:57 (37.7%)	9:31	6.3 (62.4%)
182	<b>SMOLARSKI Andrzej</b>	<b>187</b>	MARSZ PO ZDROWIE	M45-49	6			00:22:26	<b>00:47:37.30</b>	+00:17:59 (37.8%)	9:31	6.3 (62.4%)
183	<b>TOBÓŁA Dorota</b>	<b>190</b>	UKS GIMNAZJON SUCHY LAS	K60-64	9			00:23:47	<b>00:48:08.45</b>	+00:18:30 (38.4%)	9:37	6.2 (61.4%)
184	<b>WUJEK Ania</b>	<b>164</b>	MARSZ PO ZDROWIE	K60-64	10			00:24:01	<b>00:48:29.70</b>	+00:18:51 (38.9%)	9:41	6.2 (61.4%)
185	<b>DROP Mieczysław</b>	<b>24</b>		M70+	7			00:24:24	<b>00:48:51.55</b>	+00:19:13 (39.3%)	9:46	6.1 (60.4%)

Znaleziono 185 wynik(ów)