



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	RAJEWSKI Sebastian	119	PILSCY MIŁOSNICY NORDIC WALKING	M45-49	1			00:14:31	00:29:38.00		5:55	10.1 (100%)
2	WOROCH Roman	161	KS METRACO POLKOWICE	M55-59	1			00:14:42	00:29:42.85	+00:00:04 (0.3%)	5:56	10.1 (100%)
3	KRYŚ Artur	81	KS METRACO POLKOWICE	M45-49	2			00:15:09	00:30:26.15	+00:00:48 (2.6%)	6:05	9.9 (98.0%)
4	ROŻYNEK Miron	126	KS METRACO POLKOWICE	M50-54	1			00:15:02	00:30:40.80	+00:01:02 (3.4%)	6:08	9.8 (97.0%)
4	POLEWCZAK Mariusz	112	CLLEO ZAWIERCIE	M45-49	3			00:15:10	00:30:40.80	+00:01:02 (3.4%)	6:08	9.8 (97.0%)
6	CHYRA Wiktor	21	UNIA MIAST	M-Jun.	1			00:15:31	00:31:18.00	+00:01:40 (5.3%)	6:15	9.6 (95.0%)
7	STAWICKI Kacper	139	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M-Jun.	2			00:15:32	00:31:22.05	+00:01:44 (5.5%)	6:16	9.6 (95.0%)
8	MACHNIK Janusz	92	CLLEO ZAWIERCIE	M40-44	1			00:15:26	00:31:24.45	+00:01:46 (5.6%)	6:16	9.6 (95.0%)
9	RAKUĆ Jakub	120	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:15:29	00:31:26.90	+00:01:48 (5.8%)	6:17	9.5 (94.1%)
10	SŁOMIAN Leszek	132	UNIA MIAST	M55-59	2			00:15:36	00:31:30.75	+00:01:52 (6.0%)	6:18	9.5 (94.1%)
11	BIK Stanisław	173	KS METRACO POLKOWICE	M55-59	3	1		00:15:37	00:31:36.75	+00:01:58 (6.3%)	6:19	9.5 (94.1%)
12	CHAMIELEC Bogusław	14	A EMERYT BIEGA	M50-54	2			00:16:00	00:32:06.55	+00:02:28 (7.7%)	6:25	9.3 (92.1%)
13	SPYCHAŁA Lesław	136	WESOŁY BORSUK TEAM	M50-54	3			00:15:57	00:32:08.40	+00:02:30 (7.8%)	6:25	9.3 (92.1%)
14	ADAMUS Marian	4	SILESIA NORDIC TEAM	M65-69	1			00:16:02	00:32:14.90	+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	ADAMCZYK Adam	2	PASJA NORDIC WALKING	M65-69	2	1		00:16:05	00:32:25.90	+00:02:47 (8.6%)	6:29	9.2 (91.1%)
16	FRAĆKOWIAK Mateusz	30	ZS ROSKO	M-Jun.	3			00:15:33	00:32:41.10	+00:03:03 (9.3%)	6:32	9.2 (91.1%)
17	BROKOS Piotr	13	NIEPUBLICZNE GIMNAZJUM W PARLINIE	M30-39	1			00:16:12	00:32:44.40	+00:03:06 (9.5%)	6:32	9.2 (91.1%)
18	KROMSKI Paweł	79	NORDIC WALKING KIEKRZ	M50-54	4			00:16:11	00:32:47.40	+00:03:09 (9.6%)	6:33	9.2 (91.1%)
19	SYKISZ Maksym	141	LESZNO :)	M- Niepełnosprawni(A)	1			00:16:20	00:32:53.40	+00:03:15 (9.9%)	6:34	9.1 (90.1%)
20	GAŁĄZKA Paweł	32		M- Niepełnosprawni(A)	2			00:16:24	00:32:59.55	+00:03:21 (10.2%)	6:36	9.1 (90.1%)
21	DUSZEŃKO Zygmunt	256	KS METRACO POLKOWICE	M55-59	4			00:16:39	00:33:01.75	+00:03:23 (10.3%)	6:36	9.1 (90.1%)
22	STANISŁAWSKI Jan	137	MARSZ PO ZDROWIE	M55-59	5			00:16:18	00:33:04.15	+00:03:26 (10.4%)	6:36	9.1 (90.1%)
23	LENZ Andrzej	90		M50-54	5			00:16:26	00:33:04.35	+00:03:26 (10.4%)	6:36	9.1 (90.1%)
24	ZYGMUNT Gracjan	171	PKU EUROCONSULTING PIŁA	M18-29	2			00:16:18	00:33:18.20	+00:03:40 (11.0%)	6:39	9 (89.1%)
25	POLEWCZAK Aneta	111	CLLEO ZAWIERCIE	K45-49	1			00:16:32	00:33:23.90	+00:03:45 (11.3%)	6:40	9 (89.1%)
26	OKRZESIK-FRAĆKOWIAK Izabela	103	ZS ROSKO	K45-49	2	1		00:16:31	00:33:28.10	+00:03:50 (11.5%)	6:41	9 (89.1%)
27	FRAĆKOWIAK Roman	29	ZS ROSKO	M45-49	4	1		00:16:25	00:33:32.80	+00:03:54 (11.7%)	6:42	8.9 (88.1%)
28	KĘDZIERSKA Agnieszka	63	KIJKOWE TRZEMESZNO	K40-44	1			00:16:38	00:33:42.75	+00:04:04 (12.1%)	6:44	8.9 (88.1%)
29	TOMCZYK Edward	146	MARSZ PO ZDROWIE	M65-69	3			00:16:22	00:33:45.40	+00:04:07 (12.2%)	6:45	8.9 (88.1%)
30	GRYGOROWICZ Bogdan	40	KS METRACO POLKOWICE	M65-69	4			00:16:33	00:33:51.90	+00:04:13 (12.5%)	6:46	8.9 (88.1%)
31	SIKORA Bronisław	175	LESZNO :)	M60-64	1			00:16:43	00:33:53.15	+00:04:15 (12.5%)	6:46	8.9 (88.1%)
32	JANECKI Dariusz	48		M55-59	6			00:16:30	00:33:55.15	+00:04:17 (12.6%)	6:47	8.8 (87.1%)
33	KREZMER Marzena	77	CLLEO ZAWIERCIE	K30-39	1			00:16:58	00:34:05.10	+00:04:27 (13.1%)	6:49	8.8 (87.1%)
34	PINTAK Artur	110	WESOŁY BORSUK TEAM	M30-39	2			00:16:43	00:34:06.65	+00:04:28 (13.1%)	6:49	8.8 (87.1%)
35	MIKOŁAJCZAK Jan	98	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	3			00:16:43	00:34:10.15	+00:04:32 (13.3%)	6:50	8.8 (87.1%)
36	JÓŹWIAK Marianna	51	WTW WŁOCŁAWEK	K40-44	2			00:16:47	00:34:13.35	+00:04:35 (13.4%)	6:50	8.8 (87.1%)
37	WITUCKI Jacek	185	A.W	M45-49	5			00:17:09	00:34:16.30	+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	WUJEK Tomek	163	MARSZ PO ZDROWIE	M- Niepełnosprawni(B)	1			00:16:46	00:34:19.85	+00:04:41 (13.7%)	6:52	8.7 (86.1%)
39	KOWALCZYK Edyta	177		K45-49	3			00:17:00	00:34:19.90	+00:04:41 (13.7%)	6:52	8.7 (86.1%)
40	RAKUĆ Angelika	121	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:17:04	00:34:20.05	+00:04:42 (13.7%)	6:52	8.7 (86.1%)
41	WOJCIECHOWSKI Marek	160	NORDIC TEAM GNIEZNO	M55-59	7			00:16:56	00:34:22.45	+00:04:44 (13.8%)	6:52	8.7 (86.1%)
42	PIATCZYC Michał	109		M-Jun.	4			00:17:10	00:34:24.30	+00:04:46 (13.9%)	6:52	8.7 (86.1%)
43	STAROSTA Lukasz	138	ZS ROSKO	M-Jun.	5			00:17:05	00:34:24.75	+00:04:46 (13.9%)	6:53	8.7 (86.1%)
44	KARCZEWSKA Marzena	59	RUCH PO ZDROWIE WŁOCŁAWEK	K30-39	2			00:17:01	00:34:29.00	+00:04:51 (14.1%)	6:53	8.7 (86.1%)
45	GOŁĘBIEWSKI Andrzej	33	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	2			00:16:53	00:34:36.70	+00:04:58 (14.4%)	6:55	8.7 (86.1%)
46	GRUSZKA Michał	37	UNIA MIAST	M40-44	2			00:17:01	00:34:43.40	+00:05:05 (14.7%)	6:56	8.6 (85.1%)
47	PRZYMUSIŃSKI Piotr	117	N/Z	M60-64	3			00:17:11	00:34:45.00	+00:05:07 (14.7%)	6:57	8.6 (85.1%)
48	BOJANOWSKI Marcin	11		M30-39	3			00:17:20	00:34:47.35	+00:05:09 (14.8%)	6:57	8.6 (85.1%)
49	GRUSZKA Michał	38	UNIA MIAST	M-Dzieci	1			00:17:22	00:34:48.05	+00:05:10 (14.8%)	6:57	8.6 (85.1%)
50	MARCINKOWSKA Agnieszka	94	UNIA MIAST	K-Dzieci	1			00:17:29	00:34:57.80	+00:05:19 (15.2%)	6:59	8.6 (85.1%)
51	FIJAŁKOWSKI Marek	95	MARSZ PO ZDROWIE	M55-59	8			00:17:28	00:35:06.70	+00:05:28 (15.6%)	7:01	8.5 (84.2%)
52	ZIELIŃSKA Jolanta	170	GOSIR OSIELSKO	K55-59	1			00:17:35	00:35:14.85	+00:05:36 (15.9%)	7:03	8.5 (84.2%)
53	MOZDZEN Barbara	99	NIEZRZESZONA	K55-59	2			00:17:34	00:35:15.70	+00:05:37 (16.0%)	7:03	8.5 (84.2%)
54	FALKOWSKI Piotr	28	UKS GIMNAZJON SUCHY LAS	M50-54	6			00:17:23	00:35:20.90	+00:05:42 (16.2%)	7:04	8.5 (84.2%)
55	JÓŹWIAK Łukasz	53	WTW WŁOCŁAWEK	M- Niepełnosprawni(A)	4			00:17:29	00:35:23.75	+00:05:45 (16.3%)	7:04	8.5 (84.2%)
56	BUCZKOWSKI Jerzy	72	KS SOKÓŁ GAŚAWA	M65-69	5			00:17:11	00:35:23.90	+00:05:45 (16.3%)	7:04	8.5 (84.2%)
57	SIKORA Antoni	131	KS SOKÓŁ GAŚAWA	M65-69	6			00:17:10	00:35:25.35	+00:05:47 (16.3%)	7:05	8.5 (84.2%)
58	KRAKOWIAK Małgorzata	75	UKS GIMNAZJON SUCHY LAS	K50-54	1			00:17:20	00:35:30.65	+00:05:52 (16.6%)	7:06	8.5 (84.2%)
59	ŁOPIŃSKI Aleksy	91	CZARNE PANTERY	M65-69	7			00:17:49	00:35:34.05	+00:05:56 (16.7%)	7:06	8.4 (83.2%)
60	DUKAT Radosław	25		M40-44	3			00:17:29	00:35:36.80	+00:05:58 (16.8%)	7:07	8.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									5km	Różn		
61	SIERACKA Katarzyna	129	LESZNO :)	K50-54	2			00:17:45	00:35:51.75	+00:06:13 (17.4%)	7:10	8.4 (83.2%)
62	RYBAŁTOWSKI Paweł	127	LESZNO :)	M70+	1			00:18:37	00:35:53.20	+00:06:15 (17.4%)	7:10	8.4 (83.2%)
63	JANECKA Agnieszka	47		K40-44	3			00:17:34	00:35:57.95	+00:06:19 (17.6%)	7:11	8.3 (82.2%)
64	GRZYWOCZ Bernard	42	LESZNO :)	M65-69	8			00:17:43	00:35:59.25	+00:06:21 (17.7%)	7:11	8.3 (82.2%)
65	FRYDRYCH Marcin	31	NORDIC WALKING KIEKRZ	M30-39	4			00:17:32	00:36:01.00	+00:06:23 (17.7%)	7:12	8.3 (82.2%)
66	GWAREK Anita	43	PASJA NORDIC WALKING	K45-49	4			00:18:01	00:36:13.30	+00:06:35 (18.2%)	7:14	8.3 (82.2%)
67	GRYGOROWICZ Teresa	39	KS METRACO POLKOWICE	K65-69	1			00:17:48	00:36:13.45	+00:06:35 (18.2%)	7:14	8.3 (82.2%)
68	SUSKA Danuta	140	NIEMA	K65-69	2			00:17:52	00:36:23.15	+00:06:45 (18.6%)	7:16	8.2 (81.2%)
69	KOZŁOWSKA Jagoda	172	DYNAMIC	K-Dzieci	2			00:18:20	00:36:26.50	+00:06:48 (18.7%)	7:17	8.2 (81.2%)
70	KOCZOROWSKA Patrycja	68	KS SOKÓŁ GAŚAWA	K-Dzieci	3			00:18:07	00:36:27.55	+00:06:49 (18.7%)	7:17	8.2 (81.2%)
71	DANA Kazimiera	20	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	1	1		00:18:05	00:36:28.35	+00:06:50 (18.8%)	7:17	8.2 (81.2%)
72	KOZŁOWSKA Julia	6	DYNAMIC	K-Jun.	1			00:18:21	00:36:30.80	+00:06:52 (18.8%)	7:18	8.2 (81.2%)
73	EWERTOWSKA Ewa	27	NORDIC WALKING KIEKRZ	K45-49	5			00:18:07	00:36:30.90	+00:06:52 (18.8%)	7:18	8.2 (81.2%)
74	ROZMARYNOWSKA Karolina	123	SUMMER ISLAND	K-Jun.	2			00:18:19	00:36:32.70	+00:06:54 (18.9%)	7:18	8.2 (81.2%)
75	KUSZA Jolanta	87	UKS GIMNAZJON SUCHY LAS	K50-54	3			00:17:53	00:36:36.70	+00:06:58 (19.1%)	7:19	8.2 (81.2%)
76	KUSZA Marcelina	88	UKS GIMNAZJON SUCHY LAS	K30-39	3			00:18:17	00:36:38.40	+00:07:00 (19.1%)	7:19	8.2 (81.2%)
77	KĘDZIERSKA Edyta	62		K40-44	4			00:18:25	00:36:40.55	+00:07:02 (19.2%)	7:20	8.2 (81.2%)
78	WOJCIECHOWSKA Katarzyna	159	PLESZEWSKIE WŁÓCZYKIJE	K40-44	5			00:18:16	00:36:46.40	+00:07:08 (19.4%)	7:21	8.2 (81.2%)
79	KONCZEWICZ Ela	70	LESZNO :)	K18-29	2	1		00:18:18	00:36:46.70	+00:07:08 (19.4%)	7:21	8.2 (81.2%)
80	GRZYWOCZ Irena	41	LESZNO :)	K65-69	3			00:18:05	00:36:47.45	+00:07:09 (19.5%)	7:21	8.2 (81.2%)
81	MATYJA Anna	96	LESZNO :)	K45-49	6			00:18:07	00:36:47.75	+00:07:09 (19.5%)	7:21	8.2 (81.2%)
82	KOCHOWICZ Malwina	66	SUMMER ISLAND	K18-29	3	1		00:18:31	00:36:48.00	+00:07:10 (19.5%)	7:21	8.2 (81.2%)
83	KRYGIER Mirosława	80	KS SOKÓŁ GAŚAWA	K50-54	4	1		00:18:14	00:37:01.40	+00:07:23 (20.0%)	7:24	8.1 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
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	ROŻEK Małgorzata	125		K30-39	6			00:18:46	00:38:28.65	+00:08:50 (23.0%)	7:41	7.8 (77.2%)
108	JASIK Beata	50	WESOŁY BORSUK TEAM	K30-39	7			00:18:59	00:38:33.10	+00:08:55 (23.1%)	7:42	7.8 (77.2%)
109	RAJEWSKA Beata	118	PILSCY MIŁOSNICY NORDIC WALKING	K40-44	8			00:19:20	00:38:44.65	+00:09:06 (23.5%)	7:44	7.7 (76.2%)
110	DREISEITEL Andrzej	23		M55-59	9			00:18:56	00:38:48.40	+00:09:10 (23.6%)	7:45	7.7 (76.2%)
111	MARCINKOWSKA Renata	93	FACE NORDIC WALKING TEAM	K65-69	4			00:19:07	00:38:48.90	+00:09:10 (23.7%)	7:45	7.7 (76.2%)
112	CICHA Aleksandra	18		K30-39	8			00:19:29	00:38:52.50	+00:09:14 (23.8%)	7:46	7.7 (76.2%)
113	WOROCH Jolanta	162	DOPIEWO	K50-54	5			00:19:29	00:38:56.40	+00:09:18 (23.9%)	7:47	7.7 (76.2%)
114	ANGIELCZYK Małgorzata	183	MARSZ PO ZDROWIE	K65-69	5			00:19:22	00:38:59.20	+00:09:21 (24.0%)	7:47	7.7 (76.2%)
115	SZCZEPANIAK Andrzej	144		M40-44	5			00:19:31	00:39:02.45	+00:09:24 (24.1%)	7:48	7.7 (76.2%)
116	PASZKIEWICZ Jadwiga	104		K70+	1			00:19:19	00:39:09.75	+00:09:31 (24.3%)	7:50	7.7 (76.2%)
117	JANISZEWSKA Ewa	49		K45-49	8			00:19:34	00:39:19.95	+00:09:41 (24.7%)	7:52	7.6 (75.2%)
118	ROZMARYNOWSKA Beata	122	SUMMER ISLAND	K40-44	9			00:19:51	00:39:21.60	+00:09:43 (24.7%)	7:52	7.6 (75.2%)
119	NIECHWIEJCZYK Kinga	101	UNIA MIAST	K-Dzieci	5			00:19:28	00:39:23.05	+00:09:45 (24.8%)	7:52	7.6 (75.2%)
120	WYCISŁO Agata	165	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K- Niepełnosprawni(B)	1			00:19:33	00:39:25.20	+00:09:47 (24.8%)	7:53	7.6 (75.2%)
121	SIERŻANT Anna	130		K30-39	9			00:19:35	00:39:27.85	+00:09:49 (24.9%)	7:53	7.6 (75.2%)
122	CHĘCIŃSKA Krystyna	15	UKS GIMNAZJON SUCHY LAS	K60-64	4			00:19:31	00:39:29.55	+00:09:51 (25.0%)	7:53	7.6 (75.2%)
123	KANIEWSKA Alicja	57	SUMMER ISLAND	K30-39	10			00:19:28	00:39:29.70	+00:09:51 (25.0%)	7:54	7.6 (75.2%)
124	WIERZBICKI Waldemar	154		M65-69	10			00:18:31	00:39:33.80	+00:09:55 (25.1%)	7:54	7.6 (75.2%)
125	KUBIAK Anna	82	KS SOKÓŁ GAŚAWA	K50-54	6			00:19:46	00:39:34.15	+00:09:56 (25.1%)	7:54	7.6 (75.2%)
126	PRZYBYŁOWICZ Bronisława	188	UKS GIMNAZJON SUCHY LAS	K65-69	6			00:20:02	00:39:42.75	+00:10:04 (25.4%)	7:56	7.6 (75.2%)
127	ŚLUSARCZYK Karolina	176	WESOŁY BORSUK TEAM	K-Dzieci	6			00:19:43	00:39:43.85	+00:10:05 (25.4%)	7:56	7.6 (75.2%)
128	KONIECZNA Magdalena	71	OCTOPUS TEAM SUCHY LAS	K45-49	9			00:19:53	00:40:04.05	+00:10:26 (26.0%)	8:00	7.5 (74.3%)
129	BOBER Czesław	10	MARSZ PO ZDROWIE	M70+	5			00:19:59	00:40:08.35	+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	KUBIAK Wojciech	83		M55-59	10			00:19:52	00:40:09.40	+00:10:31 (26.2%)	8:02	7.5 (74.3%)
131	HORIACZEK Małgorzata	45	UKS GIMNAZJON SUCHY LAS	K65-69	7			00:20:08	00:40:09.90	+00:10:31 (26.2%)	8:02	7.5 (74.3%)
132	KLEMENS Karolina	65	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	4			00:20:10	00:40:16.65	+00:10:38 (26.4%)	8:03	7.5 (74.3%)
133	PIASECKI Robert	106	CZARNE PANTERY	M-Dzieci	2			00:19:19	00:40:22.60	+00:10:44 (26.6%)	8:04	7.4 (73.3%)
134	WITUCKA Karolina	158		K-Dzieci	7			00:19:53	00:40:24.10	+00:10:46 (26.7%)	8:04	7.4 (73.3%)
135	BAJ Danuta	5	LESZNO :)	K55-59	5			00:18:42	00:40:24.35	+00:10:46 (26.7%)	8:05	7.4 (73.3%)
136	WYCISŁO Damian	166	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	3			00:19:34	00:40:28.80	+00:10:50 (26.8%)	8:05	7.4 (73.3%)
137	KROJNIAK Maria	78	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Jun.	5			00:19:41	00:40:35.70	+00:10:57 (27.0%)	8:07	7.4 (73.3%)
138	KARDZASZ Małgorzata	184		K50-54	7			00:20:10	00:40:36.40	+00:10:58 (27.0%)	8:07	7.4 (73.3%)
139	ABRAMOWICZ Ewa	1		K45-49	10			00:20:07	00:40:37.05	+00:10:59 (27.0%)	8:07	7.4 (73.3%)
140	KOSICKA Beata	73	NORDIC WALKING KIEKRZ	K45-49	11			00:20:07	00:40:39.85	+00:11:01 (27.1%)	8:08	7.4 (73.3%)
141	MICHAŁOWSKA Monika	97		K30-39	11			00:20:08	00:40:51.85	+00:11:13 (27.5%)	8:10	7.3 (72.3%)
142	BIK Katarzyna	7	KS METRACO POLKOWICE	K-Jun.	6			00:20:07	00:41:25.00	+00:11:47 (28.5%)	8:17	7.2 (71.3%)
143	SMARUJ-SADOWSKA Janina	133		K65-69	8			00:20:28	00:41:26.35	+00:11:48 (28.5%)	8:17	7.2 (71.3%)
144	KAŁUŻNA Magdalena	55	UKS GIMNAZJON SUCHY LAS	K50-54	8			00:20:43	00:41:28.05	+00:11:50 (28.5%)	8:17	7.2 (71.3%)
145	KOWALCZUK Maria	74		K40-44	10			00:20:46	00:41:32.55	+00:11:54 (28.7%)	8:18	7.2 (71.3%)
146	CUPIAŁ Wiktoria	174	KS METRACO POLKOWICE	K-Jun.	7			00:20:09	00:41:38.00	+00:12:00 (28.8%)	8:19	7.2 (71.3%)
147	POTOCKI Rafał	114		M-Dzieci	3			00:20:05	00:41:38.25	+00:12:00 (28.8%)	8:19	7.2 (71.3%)
148	HORIACZEK Ryszard	44	UKS GIMNAZJON SUCHY LAS	M65-69	11	1		00:20:45	00:41:38.80	+00:12:00 (28.8%)	8:19	7.2 (71.3%)
149	BŁASZCZYK Katarzyna	9	KIJANKI POZNAŃ	K45-49	12			00:21:04	00:41:47.70	+00:12:09 (29.1%)	8:21	7.2 (71.3%)
150	KAWCZYŃSKA Teresa	61	KS SOKÓŁ GAŚAWA	K55-59	6			00:20:48	00:41:49.90	+00:12:11 (29.2%)	8:22	7.2 (71.3%)
151	WYCISŁO Romuald	167	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	4			00:20:30	00:41:51.55	+00:12:13 (29.2%)	8:22	7.2 (71.3%)
152	WALIGÓRSKA-WOWCZAK Krystyna	151	MARSZ PO ZDROWIE	K65-69	9			00:21:11	00:42:05.20	+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	GENDERA Mirosława	179		K40-44	11			00:21:04	00:42:06.45	+00:12:28 (29.6%)	8:25	7.1 (70.3%)
154	WIŚNIEWSKA Danuta	156	PASJA NORDIC WALKING	K55-59	7			00:20:55	00:42:13.75	+00:12:35 (29.8%)	8:26	7.1 (70.3%)
155	KARCZEWSKI Krzysztof	60	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	6			00:21:12	00:42:14.05	+00:12:36 (29.8%)	8:26	7.1 (70.3%)
156	KUCZMA Martyna	84		K-Jun.	8			00:21:04	00:42:21.85	+00:12:43 (30.1%)	8:28	7.1 (70.3%)
157	GROBELNA Jadwiga	36	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:21:04	00:42:25.50	+00:12:47 (30.2%)	8:29	7.1 (70.3%)
158	SOWIŃSKA Grażyna	135	MARSZ PO ZDROWIE	K60-64	5			00:20:57	00:42:39.05	+00:13:01 (30.5%)	8:31	7 (69.3%)
159	KOCZOROWSKI Kacper	69	KS SOKÓŁ GAŚAWA	M-Dzieci	4			00:21:25	00:42:48.35	+00:13:10 (30.8%)	8:33	7 (69.3%)
160	PRUSKA-KĘDZIOR Anna	116	FACE NORDIC WALKING TEAM	K65-69	10			00:21:18	00:42:51.95	+00:13:13 (30.9%)	8:34	7 (69.3%)
161	OGONOWSKA Edyta	102	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	8			00:21:18	00:42:53.35	+00:13:15 (30.9%)	8:34	7 (69.3%)
162	PRAŁAT Grażyna	115	LESZNO :)	K60-64	6			00:21:36	00:42:57.35	+00:13:19 (31.0%)	8:35	7 (69.3%)
163	IGLIŃSKA Maria	46	LESZNO :)	K60-64	7			00:21:38	00:43:00.40	+00:13:22 (31.1%)	8:36	7 (69.3%)
164	CHMIEL Agata	16		K55-59	9			00:21:42	00:43:08.60	+00:13:30 (31.3%)	8:37	7 (69.3%)
165	KLEMENS Natalia	64	NIEPUBLICZNE GIMNAZJUM W PARLINIE	K-Dzieci	8			00:21:27	00:43:28.20	+00:13:50 (31.8%)	8:41	6.9 (68.3%)
166	DOBROWOLSKI Patryk	22		M-Dzieci	5			00:22:11	00:43:34.95	+00:13:56 (32.0%)	8:43	6.9 (68.3%)
167	GÓRCZAK Wioleta	35		K40-44	12	1		00:21:35	00:43:48.35	+00:14:10 (32.4%)	8:45	6.8 (67.3%)
168	WALCZAK Henryk	150	OCTOPUS TEAM SUCHY LAS	M70+	6			00:21:24	00:44:00.25	+00:14:22 (32.7%)	8:48	6.8 (67.3%)
169	KUCZYŃSKI Włodzimierz	85	NORDIC WALKING KIEKRZ	M55-59	11			00:21:45	00:44:13.70	+00:14:35 (33.0%)	8:50	6.8 (67.3%)
170	JÓŹWIAK Dominik	52	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	5			00:21:25	00:44:14.80	+00:14:36 (33.0%)	8:50	6.8 (67.3%)
171	SZAROLETA Zofia	143	FACE NORDIC WALKING TEAM	K70+	2			00:21:33	00:44:16.50	+00:14:38 (33.1%)	8:51	6.8 (67.3%)
172	TOBYS Alicja	145		K60-64	8			00:22:01	00:44:31.85	+00:14:53 (33.5%)	8:54	6.7 (66.3%)
173	SOKOŁOWSKA Klaudia	134	CZARNE PANTERY	K18-29	4			00:21:56	00:44:35.60	+00:14:57 (33.5%)	8:55	6.7 (66.3%)
174	KAPSA Emilia	58	UKS GIMNAZJON SUCHY LAS	K65-69	11			00:22:04	00:44:41.70	+00:15:03 (33.7%)	8:56	6.7 (66.3%)
175	WIŚNIEWSKA Mariola	155	LESZNO :)	K55-59	10			00:23:04	00:44:59.75	+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	SZALONA Grażyna	142		K50-54	9			00:22:17	00:45:09.45	+00:15:31 (34.4%)	9:02	6.6 (65.3%)
177	WAWRZYNIAK Krystyna	153	MARSZ PO ZDROWIE	K65-69	12			00:22:14	00:45:20.10	+00:15:42 (34.6%)	9:04	6.6 (65.3%)
178	LAŚ Jolanta	178	LESZNO :)	K45-49	13			00:23:43	00:45:29.30	+00:15:51 (34.9%)	9:05	6.6 (65.3%)
179	BŁASZCZYK Łukasz	8	KIJANKI POZNAŃ	M40-44	6			00:22:54	00:46:12.40	+00:16:34 (35.9%)	9:14	6.5 (64.4%)
180	JAŚKOWSKA Bernadeta	189	UKS GIMNAZJON SUCHY LAS	K55-59	11			00:23:34	00:47:26.40	+00:17:48 (37.5%)	9:29	6.3 (62.4%)
181	DUSZEŃKO Elwira	26	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	1			00:22:21	00:47:35.05	+00:17:57 (37.7%)	9:31	6.3 (62.4%)
182	SMOLARSKI Andrzej	187	MARSZ PO ZDROWIE	M45-49	6			00:22:26	00:47:37.30	+00:17:59 (37.8%)	9:31	6.3 (62.4%)
183	TOBÓŁA Dorota	190	UKS GIMNAZJON SUCHY LAS	K60-64	9			00:23:47	00:48:08.45	+00:18:30 (38.4%)	9:37	6.2 (61.4%)
184	WUJEK Ania	164	MARSZ PO ZDROWIE	K60-64	10			00:24:01	00:48:29.70	+00:18:51 (38.9%)	9:41	6.2 (61.4%)
185	DROP Mieczysław	24		M70+	7			00:24:24	00:48:51.55	+00:19:13 (39.3%)	9:46	6.1 (60.4%)

Znaleziono 185 wynik(ów)