

ŚREM - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Śrem
Data: 2019-08-18
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	MARCZAK Tomasz	154	PASJA NORDIC WALKING	M18-29	1			00:14:37	00:29:21.15		5:52	10.2 (100%)
2	WOROCH Roman	153	KS METRACO POLKOWICE	M60-64	1			00:14:35	00:29:23.25	+00:00:02 (0.1%)	5:52	10.2 (100%)
3	MIĘKISIAK Rafał	69	#ŚREMCHODZI	M18-29	2			00:14:37	00:29:30.75	+00:00:09 (0.5%)	5:54	10.2 (100%)
4	PODGÓRSKI Szymon	89	CKZIU NYSA MECHANIK	M-Jun.	1			00:15:06	00:29:40.90	+00:00:19 (1.1%)	5:56	10.1 (99.0%)
5	WITUCKI Jacek	146		M45-49	1			00:14:47	00:29:47.05	+00:00:25 (1.4%)	5:57	10.1 (99.0%)
6	SPYCHAŁA Lesław	111	CKZIU NYSA MECHANIK	M50-54	1			00:15:22	00:30:38.95	+00:01:17 (4.2%)	6:07	9.8 (96.1%)
7	FRAĆKOWIAK Mateusz	23	KS METRACO POLKOWICE	M-Jun.	2			00:14:51	00:30:51.50	+00:01:30 (4.9%)	6:10	9.7 (95.1%)
8	OLSZAŃSKI Karol	79	FEAR THE RETURN	M40-44	1			00:15:04	00:30:54.05	+00:01:32 (5.0%)	6:10	9.7 (95.1%)
9	KOP Wiesław	53	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	1			00:15:30	00:30:55.25	+00:01:34 (5.1%)	6:11	9.7 (95.1%)
10	FRAĆKOWIAK Roman	22	KS METRACO POLKOWICE	M50-54	2			00:15:20	00:30:56.60	+00:01:35 (5.1%)	6:11	9.7 (95.1%)
11	SPYCHAŁA Marzena	166	CKZIU NYSA MECHANIK	K45-49	1			00:15:41	00:31:27.15	+00:02:06 (6.7%)	6:17	9.5 (93.1%)
12	MAŚLANKA Iwona	65	MARSZ PO ZDROWIE	K45-49	2			00:15:42	00:31:32.15	+00:02:11 (6.9%)	6:18	9.5 (93.1%)
13	ZIELIŃSKI Szczepan	169	SERCE NORDICA WŁOCŁAWEK	M45-49	2			00:15:31	00:31:36.75	+00:02:15 (7.1%)	6:19	9.5 (93.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
14	KROMSKI Paweł	56	NORDIC WALKING KIEKRZ POLAND	M50-54	3			00:15:48	00:31:50.65	+00:02:29 (7.8%)	6:22	9.4 (92.2%)
15	POŚLUSZNY Paweł	91	WALK & RUN TEAM OBORNIKI	M-Jun.	3			00:15:47	00:31:53.20	+00:02:32 (7.9%)	6:22	9.4 (92.2%)
16	SYKISZ Maksym	121	LESZNO :)	M30-39	1			00:15:55	00:32:02.65	+00:02:41 (8.4%)	6:24	9.4 (92.2%)
17	BUDYNEK Karol	9	TEAM FIRANKARNIA	M50-54	4			00:15:43	00:32:06.25	+00:02:45 (8.6%)	6:25	9.3 (91.2%)
18	OKRZESIK-FRĄCKOWIAK Izabela	76	KS METRACO POLKOWICE	K50-54	1			00:15:58	00:32:06.35	+00:02:45 (8.6%)	6:25	9.3 (91.2%)
19	JÓŻWIAK Marianna	41	SERCE NORDICA WŁOCŁAWEK	K45-49	3			00:16:01	00:32:19.35	+00:02:58 (9.2%)	6:28	9.3 (91.2%)
20	JĘDRZEJEWSKI Łukasz	39	KLUB HONOROWYCH DAWCÓW KRWI LEGION	M30-39	2			00:16:06	00:32:21.05	+00:02:59 (9.3%)	6:28	9.3 (91.2%)
21	RUDAWSKI Piotr	101	WALK & RUN TEAM OBORNIKI	M30-39	3			00:16:02	00:32:21.60	+00:03:00 (9.3%)	6:28	9.3 (91.2%)
22	KAJEWSKI Rafał	43	#ŚREMCHODZI	M45-49	3			00:16:10	00:32:27.45	+00:03:06 (9.6%)	6:29	9.2 (90.2%)
23	CZEKAJŁO Franciszek	11	REMI	M65-69	1			00:16:14	00:32:43.35	+00:03:22 (10.3%)	6:32	9.2 (90.2%)
24	TOMCZYK Edward	132	MARSZ PO ZDROWIE	M70+	1			00:16:32	00:32:43.90	+00:03:22 (10.3%)	6:32	9.2 (90.2%)
25	DUKAT Radosław	17	#ŚREMCHODZI	M40-44	2			00:16:16	00:32:46.40	+00:03:25 (10.4%)	6:33	9.2 (90.2%)
26	STACHOWIAK Tomasz	113		M40-44	3			00:16:13	00:32:47.00	+00:03:25 (10.5%)	6:33	9.2 (90.2%)
27	DUSZEŃKO Zygmont	18	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:16:37	00:32:49.65	+00:03:28 (10.6%)	6:34	9.1 (89.2%)
28	KĘDZIERSKA Agnieszka	45	KIJKOWE TRZEMESZNO	K40-44	1			00:16:13	00:32:56.50	+00:03:35 (10.9%)	6:35	9.1 (89.2%)
29	SZYMAŃSKI Stefan	126	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	2			00:16:32	00:32:57.00	+00:03:35 (10.9%)	6:35	9.1 (89.2%)
30	STANISŁAWSKI Jan	114	MARSZ PO ZDROWIE	M60-64	2			00:16:08	00:32:58.80	+00:03:37 (11.0%)	6:35	9.1 (89.2%)
31	DUDEK Edward	16	KS METRACO POLKOWICE	M65-69	2			00:16:20	00:32:59.15	+00:03:38 (11.0%)	6:35	9.1 (89.2%)
32	KOŁPAK Jan	52	LKS ZANTYR SZTUM	M70+	3			00:16:32	00:33:00.75	+00:03:39 (11.1%)	6:36	9.1 (89.2%)
33	WASILEWSKI Sławomir	140	PASJA NORDIC WALKING	M70+	4			00:16:32	00:33:00.80	+00:03:39 (11.1%)	6:36	9.1 (89.2%)
34	BUCZKOWSKI Jerzy	8	KS SOKÓŁ GAŚAWA	M65-69	3			00:16:24	00:33:04.30	+00:03:43 (11.2%)	6:36	9.1 (89.2%)
35	RAJEK Tomasz	97	NORDIC TEAM CZĘSTOCHOWA	M50-54	5			00:16:15	00:33:15.20	+00:03:54 (11.7%)	6:39	9 (88.2%)
36	ZIELIŃSKA Jolanta	151	GOSIR OSIELSKO	K55-59	1			00:16:26	00:33:28.95	+00:04:07 (12.3%)	6:41	9 (88.2%)

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37	BOJANOWSKI Marcin	7	WALK & RUN TEAM OBORNIKI	M30-39	4			00:16:04	00:33:37.70	+00:04:16 (12.7%)	6:43	8.9 (87.3%)
38	PIATCZYC Michał	84		M-Jun.	4			00:16:28	00:33:43.80	+00:04:22 (13.0%)	6:44	8.9 (87.3%)
39	MISZCZAK Sylwia	72	NEW4YOU TEAM	K30-39	1			00:16:39	00:33:43.90	+00:04:22 (13.0%)	6:44	8.9 (87.3%)
39	PRZYMUSIŃSKI Piotr	94	WOLNY	M65-69	4			00:16:47	00:33:43.90	+00:04:22 (13.0%)	6:44	8.9 (87.3%)
41	GRYGOROWICZ Bogdan	31	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1	1		00:16:30	00:33:45.75	+00:04:24 (13.1%)	6:45	8.9 (87.3%)
42	WRÓŃSKI Włodzimierz	148	PASJA NORDIC WALKING	M65-69	5			00:16:44	00:33:52.05	+00:04:30 (13.3%)	6:46	8.9 (87.3%)
43	WITUCKA Karolina	145		K-Dzieci	1			00:16:56	00:33:53.30	+00:04:32 (13.4%)	6:46	8.9 (87.3%)
44	OLEJNICZAK Aleksandra	77	KIJKOWE TRZEMESZNO	K-Dzieci	2			00:16:56	00:33:54.45	+00:04:33 (13.4%)	6:47	8.8 (86.3%)
45	PUSZKARSKA Małgorzata	95	GOSADI NORDIC TEAM	K40-44	2			00:16:46	00:33:55.50	+00:04:34 (13.5%)	6:47	8.8 (86.3%)
46	SZYMANOWICZ Bartosz	125	NORDIC WALKING LUBASZ	M18-29	3			00:16:50	00:34:05.75	+00:04:44 (13.9%)	6:49	8.8 (86.3%)
47	STAŃCZAK Grażyna	115	FACE NORDIC WALKING TEAM	K65-69	1			00:16:46	00:34:07.00	+00:04:45 (14.0%)	6:49	8.8 (86.3%)
48	ZAWISŁA Stanisław	149	MARSZ PO ZDROWIE	M65-69	6			00:16:47	00:34:09.00	+00:04:47 (14.0%)	6:49	8.8 (86.3%)
49	SZENDZIELORZ Ilona	122	STADION ŚLĄSKI	K60-64	1			00:17:06	00:34:14.15	+00:04:53 (14.3%)	6:50	8.8 (86.3%)
50	SZYMAŃSKI Michał	127	TORUŃ - IDZIEMY BEZ RYZYKA	M55-59	2			00:16:43	00:34:15.40	+00:04:54 (14.3%)	6:51	8.8 (86.3%)
51	KUPIBIDA Bogusława	59	SILESIA NORDIC TEAM	K60-64	2			00:17:05	00:34:15.75	+00:04:54 (14.3%)	6:51	8.8 (86.3%)
52	SAMOJŁO Sławomir	102		M55-59	3			00:16:52	00:34:22.80	+00:05:01 (14.6%)	6:52	8.7 (85.3%)
53	MALINOWSKA Monika	164	LKS ZANTYR SZTUM	K30-39	2	1		00:16:36	00:34:35.50	+00:05:14 (15.1%)	6:55	8.7 (85.3%)
54	PIETRUSEWICZ Joanna	86	PASJA NORDIC WALKING	K45-49	4			00:17:07	00:34:44.20	+00:05:23 (15.5%)	6:57	8.6 (84.3%)
55	OLEŚ Józef	78	NW WERWA MŁAWA	M-Niepełnosprawni(A)	2			00:17:13	00:34:45.05	+00:05:23 (15.5%)	6:57	8.6 (84.3%)
56	BERCZYŃSKI Henryk	4	NADLEŚNICTWO OKONEK	M60-64	3			00:17:01	00:34:47.30	+00:05:26 (15.6%)	6:57	8.6 (84.3%)
57	WOROCH Jolanta	152	KS METRACO POLKOWICE	K50-54	2			00:17:10	00:34:48.90	+00:05:27 (15.7%)	6:57	8.6 (84.3%)
58	SIERACKA Katarzyna	103	LESZNO :)	K55-59	2			00:17:15	00:34:50.20	+00:05:29 (15.7%)	6:58	8.6 (84.3%)
59	PINIS Agnieszka	87	NORDIC TEAM CZĘSTOCHOWA	K40-44	3			00:17:04	00:34:51.55	+00:05:30 (15.8%)	6:58	8.6 (84.3%)

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60	KOZIARZ Roman	55	STADION ŚLĄSKI	M60-64	4			00:17:16	00:34:53.75	+00:05:32 (15.9%)	6:58	8.6 (84.3%)
61	CIESIELSKI Krzysztof	10	FAST WALKER	M60-64	5			00:17:20	00:34:55.20	+00:05:34 (15.9%)	6:59	8.6 (84.3%)
62	GRZYWOCZ Bernard	33		M70+	5			00:17:12	00:34:58.20	+00:05:37 (16.1%)	6:59	8.6 (84.3%)
63	GRYGOROWICZ Teresa	30	KS METRACO POLKOWICE	K65-69	2			00:17:17	00:35:08.50	+00:05:47 (16.5%)	7:01	8.5 (83.3%)
64	WUJEK Tomasz	161	MARSZ PO ZDROWIE	M- Niepełnosprawni(B)	2	1		00:16:18	00:35:11.10	+00:05:49 (16.6%)	7:02	8.5 (83.3%)
65	WALESZKO Andrzej	138	PASJA NORDIC WALKING	M45-49	4			00:17:21	00:35:12.40	+00:05:51 (16.6%)	7:02	8.5 (83.3%)
66	MIKUSINSKA Jola	71	FEAR THE RETURN	K45-49	5			00:17:34	00:35:14.05	+00:05:52 (16.7%)	7:02	8.5 (83.3%)
67	WIŚNIEWSKI Kazimierz	144	PASJA NORDIC WALKING	M60-64	6			00:17:21	00:35:14.55	+00:05:53 (16.7%)	7:02	8.5 (83.3%)
68	SULECKA Gabriela	120		K- Niepełnosprawni(A)	1			00:17:40	00:35:16.75	+00:05:55 (16.8%)	7:03	8.5 (83.3%)
69	DAROSZEWSKA Krystyna	13	SERCE NORDICA WŁOCŁAWEK	K60-64	3			00:17:33	00:35:26.95	+00:06:05 (17.2%)	7:05	8.5 (83.3%)
70	MATYJA Anna	66	#ŚREMCHODZI	K45-49	6			00:17:34	00:35:41.95	+00:06:20 (17.8%)	7:08	8.4 (82.4%)
71	KOCZOROWSKA Patrycja	47	K S SOKÓŁ GAŚAWA	K-Jun.	1			00:17:36	00:35:43.65	+00:06:22 (17.8%)	7:08	8.4 (82.4%)
72	STAŃCZAK Ryszard	116	FACE NORDIC WALKING TEAM	M70+	6			00:17:26	00:35:51.40	+00:06:30 (18.1%)	7:10	8.4 (82.4%)
73	DANA Kazimiera	12	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	3			00:17:40	00:35:53.25	+00:06:32 (18.2%)	7:10	8.4 (82.4%)
74	MIĘKISIAK Zbigniew	70	PAN OD KIJKÓW	M50-54	6			00:17:47	00:35:55.65	+00:06:34 (18.3%)	7:11	8.3 (81.4%)
75	GAŁKOWSKA Elżbieta	24	PUSZCZA ZIELONKA	K60-64	4			00:17:44	00:35:56.00	+00:06:34 (18.3%)	7:11	8.3 (81.4%)
76	SUCHECKA Anna	119		K45-49	7			00:17:38	00:35:59.00	+00:06:37 (18.4%)	7:11	8.3 (81.4%)
77	KUCZYŃSKA Anna	160	NORDIC WALKING KIEKRZ POLAND	K55-59	3			00:17:48	00:36:00.40	+00:06:39 (18.5%)	7:12	8.3 (81.4%)
78	MADEJSKI Roman	128	ROXKIJE ROKIETNICA	M65-69	7			00:17:37	00:36:00.50	+00:06:39 (18.5%)	7:12	8.3 (81.4%)
79	BARCZYK Jolanta	2	NORDIC TEAM CZĘSTOCHOWA	K55-59	4			00:18:03	00:36:05.30	+00:06:44 (18.7%)	7:13	8.3 (81.4%)
80	MARCINIAK Hanna	64	SERCE NORDICA WŁOCŁAWEK	K55-59	5			00:18:09	00:36:06.70	+00:06:45 (18.7%)	7:13	8.3 (81.4%)
81	JÓŹWIAK Łukasz	40	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:17:54	00:36:08.55	+00:06:47 (18.8%)	7:13	8.3 (81.4%)
82	EWERTOWSKA Ewa	21	NORDIC WALKING KIEKRZ POLAND	K50-54	3			00:17:45	00:36:11.45	+00:06:50 (18.9%)	7:14	8.3 (81.4%)

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									netto 5km	Różn		
83	PRACKI Zbigniew	93	SERCE NORDICA WŁOCŁAWEK	M50-54	7			00:17:48	00:36:11.90	+00:06:50 (18.9%)	7:14	8.3 (81.4%)
84	ROZEK Wiktoria	99	KIJKOWE TRZEMESZNO	K-Dzieci	3			00:17:38	00:36:21.60	+00:07:00 (19.3%)	7:16	8.2 (80.4%)
85	KOLARSKA Nadia	50	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	4			00:18:21	00:36:35.60	+00:07:14 (19.8%)	7:19	8.2 (80.4%)
86	GÓRECKA Iwona	27	STADION ŚLĄSKI	K50-54	4			00:18:18	00:36:38.50	+00:07:17 (19.9%)	7:19	8.2 (80.4%)
87	SOŁDECKA Anna	107		K45-49	8			00:18:14	00:36:42.20	+00:07:21 (20.0%)	7:20	8.2 (80.4%)
88	LEŻNICKA-BUDYNEK Agnieszka	62	TEAM FIRANKARNIA	K50-54	5			00:18:13	00:36:52.25	+00:07:31 (20.4%)	7:22	8.1 (79.4%)
89	KOCZOROWSKA Monika	48	K S SOKÓŁ GAŚAWA	K30-39	3			00:18:23	00:36:55.15	+00:07:34 (20.5%)	7:23	8.1 (79.4%)
90	GOŁĘBIEWSKI Andrzej	26	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-64	7			00:18:37	00:36:56.60	+00:07:35 (20.5%)	7:23	8.1 (79.4%)
91	SOSNOWSKA Magdalena	109	KIJKOWE TRZEMESZNO	K40-44	4			00:18:17	00:37:01.50	+00:07:40 (20.7%)	7:24	8.1 (79.4%)
92	ZIEGLER Barbara	150	LESZNO :)	K65-69	4			00:18:15	00:37:05.75	+00:07:44 (20.9%)	7:25	8.1 (79.4%)
93	PAWLICZ Jan	162	NORDIC WALKING KIEKRZ POLAND	M70+	7			00:18:07	00:37:20.75	+00:07:59 (21.4%)	7:28	8 (78.4%)
94	DOLATA Dorota	14	NORDIC WALKING KIEKRZ POLAND	K55-59	6			00:18:28	00:37:22.95	+00:08:01 (21.5%)	7:28	8 (78.4%)
95	PAWLICZ Zuzanna	163	NORDIC WALKING KIEKRZ POLAND	K-Jun.	2			00:18:38	00:37:30.70	+00:08:09 (21.8%)	7:30	8 (78.4%)
96	GRZYWOCZ Irena	32		K65-69	5			00:18:29	00:37:32.75	+00:08:11 (21.8%)	7:30	8 (78.4%)
97	WALCZAK Grzegorz	136	OCTOPUS TEAM	M45-49	5			00:18:33	00:37:47.05	+00:08:25 (22.3%)	7:33	7.9 (77.5%)
98	WESOŁOWSKI Marek	143	PASJA NORDIC WALKING	M50-54	8			00:18:28	00:37:56.90	+00:08:35 (22.7%)	7:35	7.9 (77.5%)
99	KOLASIŃSKA Aleksandra	51	LESZNO :)	K45-49	9	1		00:18:55	00:38:03.60	+00:08:42 (22.9%)	7:36	7.9 (77.5%)
100	NIEŚŁONY Ryszard	74	STADION ŚLĄSKI	M55-59	4			00:19:04	00:38:04.95	+00:08:43 (22.9%)	7:37	7.9 (77.5%)
101	GOLAK-WEGIERA Katarzyna	25	ROXKIJE ROKIETNICA	K45-49	10			00:19:16	00:38:15.75	+00:08:54 (23.3%)	7:39	7.8 (76.5%)
102	WALESZKO Adam	139	PASJA NORDIC WALKING	M-Jun.	5			00:18:50	00:38:15.80	+00:08:54 (23.3%)	7:39	7.8 (76.5%)
103	KŁANIECKA Bożena	46	ROXKIJE ROKIETNICA	K60-64	5			00:19:03	00:38:22.05	+00:09:00 (23.5%)	7:40	7.8 (76.5%)
104	KURDAS Łukasz	61	#ŚREMCHODZI	M18-29	4			00:19:20	00:38:35.15	+00:09:14 (23.9%)	7:43	7.8 (76.5%)
105	PASZKIEWICZ Jadwiga	82		K70+	1			00:19:06	00:38:35.55	+00:09:14 (23.9%)	7:43	7.8 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
106	PIATCZYC Barbara	85		K55-59	7			00:18:57	00:38:35.85	+00:09:14 (24.0%)	7:43	7.8 (76.5%)
107	KAŁUŻNA-SZMYT Halina	44	#ŚREMCHODZI	K55-59	8			00:19:02	00:38:39.25	+00:09:18 (24.1%)	7:43	7.8 (76.5%)
108	PIATCZYC Wacław	83		M- Niepełnosprawni(B)	3			00:19:05	00:38:42.10	+00:09:20 (24.2%)	7:44	7.8 (76.5%)
109	ANGIELCZYK Małgorzata	1	MARSZ PO ZDROWIE	K65-69	6			00:19:01	00:38:44.85	+00:09:23 (24.2%)	7:45	7.7 (75.5%)
110	STATNIK Genowefa	117	GMINA SUCHY LAS	K65-69	7			00:19:00	00:38:47.55	+00:09:26 (24.3%)	7:45	7.7 (75.5%)
111	SOŁDECKI Wojciech	108		M-Dzieci	1			00:19:00	00:38:55.70	+00:09:34 (24.6%)	7:47	7.7 (75.5%)
112	PUSZKARSKI Adam	96	GOSADI NORDIC TEAM	M-Dzieci	2			00:19:30	00:39:01.50	+00:09:40 (24.8%)	7:48	7.7 (75.5%)
113	WÓJTA Beata	168		K30-39	4			00:19:35	00:39:01.75	+00:09:40 (24.8%)	7:48	7.7 (75.5%)
114	KOCZOROWSKI Kacper	49	K S SOKÓŁ GAŚAWA	M-Dzieci	3			00:20:05	00:39:02.05	+00:09:40 (24.8%)	7:48	7.7 (75.5%)
115	WÓJTA Emil	170		M-Dzieci	4			00:19:47	00:39:06.60	+00:09:45 (24.9%)	7:49	7.7 (75.5%)
116	DYBEŁ Agnieszka	20	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	2			00:19:17	00:39:14.90	+00:09:53 (25.2%)	7:51	7.6 (74.5%)
117	KUBIAK Wojciech	165	KS SOKÓŁ GAŚAWA	M55-59	5			00:19:18	00:39:28.90	+00:10:07 (25.7%)	7:53	7.6 (74.5%)
118	PINIS Gabriela	88	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	5			00:19:19	00:39:42.20	+00:10:21 (26.1%)	7:56	7.6 (74.5%)
119	TOMASZEWSKA Marta	131	#ŚREMCHODZI	K30-39	5			00:19:45	00:39:45.15	+00:10:24 (26.2%)	7:57	7.5 (73.5%)
120	PAJĘCKI Adam	80	PARAKULOS KOWAL	M60-64	8			00:19:57	00:39:46.25	+00:10:25 (26.2%)	7:57	7.5 (73.5%)
121	ROSIŃSKA Wiesława	156	PARAKULOS KOWAL	K40-44	5	1		00:19:25	00:39:48.05	+00:10:26 (26.3%)	7:57	7.5 (73.5%)
122	KURDAS Aleksandra	60	#ŚREMCHODZI	K18-29	1			00:20:11	00:40:08.30	+00:10:47 (26.9%)	8:01	7.5 (73.5%)
123	BAZELA Henryka	157	PARAKULOS KOWAL	K60-64	6			00:20:17	00:40:14.25	+00:10:53 (27.1%)	8:02	7.5 (73.5%)
124	JAGODZIŃSKI Andrzej	36		M55-59	6			00:20:09	00:40:16.40	+00:10:55 (27.1%)	8:03	7.5 (73.5%)
125	PANKIEWICZ- DMOWSKA Cecylia	81	FACE NORDIC WALKING TEAM	K70+	2			00:20:24	00:40:52.55	+00:11:31 (28.2%)	8:10	7.3 (71.6%)
126	HINEBORG Bogumiła	34	KLUB NW PATYCZAKI - GRUDZIĄDZ	K50-54	6			00:20:23	00:40:54.95	+00:11:33 (28.3%)	8:11	7.3 (71.6%)
127	GRACZYK Mirosława	28	MARSZ PO ZDROWIE	K65-69	8			00:20:28	00:41:02.95	+00:11:41 (28.5%)	8:12	7.3 (71.6%)
128	PRUSKA- KĘDZIÓR Anna	167	FACE NORDIC WALKING TEAM	K70+	3			00:20:39	00:41:11.10	+00:11:49 (28.7%)	8:14	7.3 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
129	MURZYN Anna	158	LIDER GRODZISK MAZOWIECKI	K45-49	11			00:20:16	00:41:14.00	+00:11:52 (28.8%)	8:14	7.3 (71.6%)
130	SOWIŃSKA Grażyna	110	MARSZ PO ZDROWIE	K60-64	7			00:20:10	00:41:17.10	+00:11:55 (28.9%)	8:15	7.3 (71.6%)
131	TOBYS Alicja	130		K65-69	9			00:20:20	00:41:28.50	+00:12:07 (29.2%)	8:17	7.2 (70.6%)
132	BLASZKA Michał	5	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	4			00:20:17	00:41:37.90	+00:12:16 (29.5%)	8:19	7.2 (70.6%)
133	BLASZKA Ryszard	6	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	5			00:20:51	00:42:05.25	+00:12:44 (30.3%)	8:25	7.1 (69.6%)
134	MALINOWSKA Grażyna	63	LKS ZANTYR SZTUM	K70+	4			00:20:40	00:42:07.75	+00:12:46 (30.3%)	8:25	7.1 (69.6%)
135	OGONOWSKA Edyta	75	KLUB NW PATYCZAKI - GRUDZIĄDZ	K55-59	9			00:20:59	00:42:12.10	+00:12:50 (30.4%)	8:26	7.1 (69.6%)
136	STAWNIAK Wanda	118		K65-69	10			00:20:45	00:42:12.95	+00:12:51 (30.5%)	8:26	7.1 (69.6%)
137	KUCZYŃSKI Włodzimierz	159	NORDIC WALKING KIEKRZ POLAND	M60-64	9			00:20:57	00:42:19.10	+00:12:57 (30.6%)	8:27	7.1 (69.6%)
138	JASIŃSKA Krystyna	155	PARAKULOS KOWAL	K65-69	11			00:20:53	00:42:19.25	+00:12:58 (30.6%)	8:27	7.1 (69.6%)
139	GROBELNA Jadwiga	29	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	1			00:21:14	00:42:24.95	+00:13:03 (30.8%)	8:29	7.1 (69.6%)
140	DUSZEŃKO Elwira	19	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	3			00:21:14	00:42:25.05	+00:13:03 (30.8%)	8:29	7.1 (69.6%)
141	SROKA Anna	112		K55-59	10			00:21:31	00:42:51.45	+00:13:30 (31.5%)	8:34	7 (68.6%)
142	BASZTURA Renata	3		K50-54	7			00:21:49	00:43:03.15	+00:13:42 (31.8%)	8:36	7 (68.6%)
143	POŚLUSZNY Kamil	90	WALK & RUN TEAM OBORNIKI	M-Dzieci	5			00:21:26	00:43:09.90	+00:13:48 (32.0%)	8:37	7 (68.6%)
144	WRÓBLEWSKA Anna	129	ROXKIJE ROKIETNICA	K40-44	6			00:21:44	00:43:32.00	+00:14:10 (32.6%)	8:42	6.9 (67.6%)
145	MÓRAWSKA Zdzisława	73	TORUŃ - IDZIEMY BEZ RYZYKA	K50-54	8			00:21:42	00:43:39.10	+00:14:17 (32.8%)	8:44	6.9 (67.6%)
146	JAGODZIŃSKA Bożena	35		K60-64	8			00:21:02	00:43:49.40	+00:14:28 (33.0%)	8:45	6.8 (66.7%)
147	JĘDRZEJEWSKA Agnieszka	38	KLUB HONOROWYCH DAWCÓW KRWI LEGION	K18-29	2			00:22:08	00:43:57.55	+00:14:36 (33.2%)	8:47	6.8 (66.7%)
148	MĘDRAK Józef	67		M65-69	8			00:21:42	00:44:15.50	+00:14:54 (33.7%)	8:51	6.8 (66.7%)
149	URBAN Jacek	135	STOWARZYSZENIE 'AZYMUT'	M65-69	9			00:21:45	00:44:17.25	+00:14:56 (33.7%)	8:51	6.8 (66.7%)
150	SIWEK Anna	106	MARSZ PO ZDROWIE	K65-69	12			00:21:57	00:44:53.30	+00:15:32 (34.6%)	8:58	6.7 (65.7%)
151	WAWRZYŃIAK Krystyna	141	MARSZ PO ZDROWIE	K70+	5			00:22:14	00:45:54.20	+00:16:33 (36.1%)	9:10	6.5 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	KULKA Maciej	58	FACE NORDIC WALKING TEAM	M55-59	7			00:22:54	00:46:09.15	+00:16:48 (36.4%)	9:13	6.5 (63.7%)
153	DROP Mieczysław	15	KS SOKÓŁ GAŚAWA	M70+	8			00:24:17	00:47:36.50	+00:18:15 (38.3%)	9:31	6.3 (61.8%)
154	WALCZAK Henryk	137	OCTOPUS TEAM	M70+	9			00:24:18	00:47:37.70	+00:18:16 (38.4%)	9:31	6.3 (61.8%)
155	KOWALCZYK Piotr	54		M50-54	9			00:41:39		+00:27:01	16:39	3.6 (35.3%)

Znaleziono 155 wynik(ów)