

# 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	<b>MARCZAK Tomasz</b>	<b>154</b>	PASJA NORDIC WALKING	M18-29	1			00:14:37	<b>00:29:21.15</b>		5:52	10.2 (100%)
2	<b>WOROCH Roman</b>	<b>153</b>	KS METRACO POLKOWICE	M60-64	1			00:14:35	<b>00:29:23.25</b>	+00:00:02 (0.1%)	5:52	10.2 (100%)
3	<b>MIĘKISIAK Rafał</b>	<b>69</b>	#ŚREMCHODZI	M18-29	2			00:14:37	<b>00:29:30.75</b>	+00:00:09 (0.5%)	5:54	10.2 (100%)
4	<b>PODGÓRSKI Szymon</b>	<b>89</b>	CKZIU NYSA MECHANIK	M-Jun.	1			00:15:06	<b>00:29:40.90</b>	+00:00:19 (1.1%)	5:56	10.1 (99.0%)
5	<b>WITUCKI Jacek</b>	<b>146</b>		M45-49	1			00:14:47	<b>00:29:47.05</b>	+00:00:25 (1.4%)	5:57	10.1 (99.0%)
6	<b>SPYCHAŁA Lesław</b>	<b>111</b>	CKZIU NYSA MECHANIK	M50-54	1			00:15:22	<b>00:30:38.95</b>	+00:01:17 (4.2%)	6:07	9.8 (96.1%)
7	<b>FRAĆKOWIAK Mateusz</b>	<b>23</b>	KS METRACO POLKOWICE	M-Jun.	2			00:14:51	<b>00:30:51.50</b>	+00:01:30 (4.9%)	6:10	9.7 (95.1%)
8	<b>OLSZAŃSKI Karol</b>	<b>79</b>	FEAR THE RETURN	M40-44	1			00:15:04	<b>00:30:54.05</b>	+00:01:32 (5.0%)	6:10	9.7 (95.1%)
9	<b>KOP Wiesław</b>	<b>53</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	1			00:15:30	<b>00:30:55.25</b>	+00:01:34 (5.1%)	6:11	9.7 (95.1%)
10	<b>FRAĆKOWIAK Roman</b>	<b>22</b>	KS METRACO POLKOWICE	M50-54	2			00:15:20	<b>00:30:56.60</b>	+00:01:35 (5.1%)	6:11	9.7 (95.1%)
11	<b>SPYCHAŁA Marzena</b>	<b>166</b>	CKZIU NYSA MECHANIK	K45-49	1			00:15:41	<b>00:31:27.15</b>	+00:02:06 (6.7%)	6:17	9.5 (93.1%)
12	<b>MAŚLANKA Iwona</b>	<b>65</b>	MARSZ PO ZDROWIE	K45-49	2			00:15:42	<b>00:31:32.15</b>	+00:02:11 (6.9%)	6:18	9.5 (93.1%)
13	<b>ZIELIŃSKI Szczepan</b>	<b>169</b>	SERCE NORDICA WŁOCŁAWEK	M45-49	2			00:15:31	<b>00:31:36.75</b>	+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	<b>KROMSKI Paweł</b>	<b>56</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	3			00:15:48	<b>00:31:50.65</b>	+00:02:29 (7.8%)	6:22	9.4 (92.2%)
15	<b>POŚLUSZNY Paweł</b>	<b>91</b>	WALK & RUN TEAM OBORNIKI	M-Jun.	3			00:15:47	<b>00:31:53.20</b>	+00:02:32 (7.9%)	6:22	9.4 (92.2%)
16	<b>SYKISZ Maksym</b>	<b>121</b>	LESZNO :)	M30-39	1			00:15:55	<b>00:32:02.65</b>	+00:02:41 (8.4%)	6:24	9.4 (92.2%)
17	<b>BUDYNEK Karol</b>	<b>9</b>	TEAM FIRANKARNIA	M50-54	4			00:15:43	<b>00:32:06.25</b>	+00:02:45 (8.6%)	6:25	9.3 (91.2%)
18	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>76</b>	KS METRACO POLKOWICE	K50-54	1			00:15:58	<b>00:32:06.35</b>	+00:02:45 (8.6%)	6:25	9.3 (91.2%)
19	<b>JÓŻWIAK Marianna</b>	<b>41</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	3			00:16:01	<b>00:32:19.35</b>	+00:02:58 (9.2%)	6:28	9.3 (91.2%)
20	<b>JĘDRZEJEWSKI Łukasz</b>	<b>39</b>	KLUB HONOROWYCH DAWCÓW KRWI LEGION	M30-39	2			00:16:06	<b>00:32:21.05</b>	+00:02:59 (9.3%)	6:28	9.3 (91.2%)
21	<b>RUDAWSKI Piotr</b>	<b>101</b>	WALK & RUN TEAM OBORNIKI	M30-39	3			00:16:02	<b>00:32:21.60</b>	+00:03:00 (9.3%)	6:28	9.3 (91.2%)
22	<b>KAJEWSKI Rafał</b>	<b>43</b>	#ŚREMCHODZI	M45-49	3			00:16:10	<b>00:32:27.45</b>	+00:03:06 (9.6%)	6:29	9.2 (90.2%)
23	<b>CZEKAJŁO Franciszek</b>	<b>11</b>	REMI	M65-69	1			00:16:14	<b>00:32:43.35</b>	+00:03:22 (10.3%)	6:32	9.2 (90.2%)
24	<b>TOMCZYK Edward</b>	<b>132</b>	MARSZ PO ZDROWIE	M70+	1			00:16:32	<b>00:32:43.90</b>	+00:03:22 (10.3%)	6:32	9.2 (90.2%)
25	<b>DUKAT Radosław</b>	<b>17</b>	#ŚREMCHODZI	M40-44	2			00:16:16	<b>00:32:46.40</b>	+00:03:25 (10.4%)	6:33	9.2 (90.2%)
26	<b>STACHOWIAK Tomasz</b>	<b>113</b>		M40-44	3			00:16:13	<b>00:32:47.00</b>	+00:03:25 (10.5%)	6:33	9.2 (90.2%)
27	<b>DUSZEŃKO Zygmont</b>	<b>18</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:16:37	<b>00:32:49.65</b>	+00:03:28 (10.6%)	6:34	9.1 (89.2%)
28	<b>KĘDZIERSKA Agnieszka</b>	<b>45</b>	KIJKOWE TRZEMESZNO	K40-44	1			00:16:13	<b>00:32:56.50</b>	+00:03:35 (10.9%)	6:35	9.1 (89.2%)
29	<b>SZYMAŃSKI Stefan</b>	<b>126</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	2			00:16:32	<b>00:32:57.00</b>	+00:03:35 (10.9%)	6:35	9.1 (89.2%)
30	<b>STANISŁAWSKI Jan</b>	<b>114</b>	MARSZ PO ZDROWIE	M60-64	2			00:16:08	<b>00:32:58.80</b>	+00:03:37 (11.0%)	6:35	9.1 (89.2%)
31	<b>DUDEK Edward</b>	<b>16</b>	KS METRACO POLKOWICE	M65-69	2			00:16:20	<b>00:32:59.15</b>	+00:03:38 (11.0%)	6:35	9.1 (89.2%)
32	<b>KOŁPAK Jan</b>	<b>52</b>	LKS ZANTYR SZTUM	M70+	3			00:16:32	<b>00:33:00.75</b>	+00:03:39 (11.1%)	6:36	9.1 (89.2%)
33	<b>WASILEWSKI Sławomir</b>	<b>140</b>	PASJA NORDIC WALKING	M70+	4			00:16:32	<b>00:33:00.80</b>	+00:03:39 (11.1%)	6:36	9.1 (89.2%)
34	<b>BUCZKOWSKI Jerzy</b>	<b>8</b>	KS SOKÓŁ GAŚAWA	M65-69	3			00:16:24	<b>00:33:04.30</b>	+00:03:43 (11.2%)	6:36	9.1 (89.2%)
35	<b>RAJEK Tomasz</b>	<b>97</b>	NORDIC TEAM CZĘSTOCHOWA	M50-54	5			00:16:15	<b>00:33:15.20</b>	+00:03:54 (11.7%)	6:39	9 (88.2%)
36	<b>ZIELIŃSKA Jolanta</b>	<b>151</b>	GOSIR OSIELSKO	K55-59	1			00:16:26	<b>00:33:28.95</b>	+00:04:07 (12.3%)	6:41	9 (88.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
37	<b>BOJANOWSKI Marcin</b>	<b>7</b>	WALK & RUN TEAM OBORNIKI	M30-39	4			00:16:04	<b>00:33:37.70</b>	+00:04:16 (12.7%)	6:43	8.9 (87.3%)
38	<b>PIATCZYC Michał</b>	<b>84</b>		M-Jun.	4			00:16:28	<b>00:33:43.80</b>	+00:04:22 (13.0%)	6:44	8.9 (87.3%)
39	<b>MISZCZAK Sylwia</b>	<b>72</b>	NEW4YOU TEAM	K30-39	1			00:16:39	<b>00:33:43.90</b>	+00:04:22 (13.0%)	6:44	8.9 (87.3%)
39	<b>PRZYMUSIŃSKI Piotr</b>	<b>94</b>	WOLNY	M65-69	4			00:16:47	<b>00:33:43.90</b>	+00:04:22 (13.0%)	6:44	8.9 (87.3%)
41	<b>GRYGOROWICZ Bogdan</b>	<b>31</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1	1		00:16:30	<b>00:33:45.75</b>	+00:04:24 (13.1%)	6:45	8.9 (87.3%)
42	<b>WRÓŃSKI Włodzimierz</b>	<b>148</b>	PASJA NORDIC WALKING	M65-69	5			00:16:44	<b>00:33:52.05</b>	+00:04:30 (13.3%)	6:46	8.9 (87.3%)
43	<b>WITUCKA Karolina</b>	<b>145</b>		K-Dzieci	1			00:16:56	<b>00:33:53.30</b>	+00:04:32 (13.4%)	6:46	8.9 (87.3%)
44	<b>OLEJNICZAK Aleksandra</b>	<b>77</b>	KIJKOWE TRZEMESZNO	K-Dzieci	2			00:16:56	<b>00:33:54.45</b>	+00:04:33 (13.4%)	6:47	8.8 (86.3%)
45	<b>PUSZKARSKA Małgorzata</b>	<b>95</b>	GOSADI NORDIC TEAM	K40-44	2			00:16:46	<b>00:33:55.50</b>	+00:04:34 (13.5%)	6:47	8.8 (86.3%)
46	<b>SZYMANOWICZ Bartosz</b>	<b>125</b>	NORDIC WALKING LUBASZ	M18-29	3			00:16:50	<b>00:34:05.75</b>	+00:04:44 (13.9%)	6:49	8.8 (86.3%)
47	<b>STAŃCZAK Grażyna</b>	<b>115</b>	FACE NORDIC WALKING TEAM	K65-69	1			00:16:46	<b>00:34:07.00</b>	+00:04:45 (14.0%)	6:49	8.8 (86.3%)
48	<b>ZAWISŁA Stanisław</b>	<b>149</b>	MARSZ PO ZDROWIE	M65-69	6			00:16:47	<b>00:34:09.00</b>	+00:04:47 (14.0%)	6:49	8.8 (86.3%)
49	<b>SZENDZIELORZ Ilona</b>	<b>122</b>	STADION ŚLĄSKI	K60-64	1			00:17:06	<b>00:34:14.15</b>	+00:04:53 (14.3%)	6:50	8.8 (86.3%)
50	<b>SZYMAŃSKI Michał</b>	<b>127</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M55-59	2			00:16:43	<b>00:34:15.40</b>	+00:04:54 (14.3%)	6:51	8.8 (86.3%)
51	<b>KUPIBIDA Bogusława</b>	<b>59</b>	SILESIA NORDIC TEAM	K60-64	2			00:17:05	<b>00:34:15.75</b>	+00:04:54 (14.3%)	6:51	8.8 (86.3%)
52	<b>SAMOJŁO Sławomir</b>	<b>102</b>		M55-59	3			00:16:52	<b>00:34:22.80</b>	+00:05:01 (14.6%)	6:52	8.7 (85.3%)
53	<b>MALINOWSKA Monika</b>	<b>164</b>	LKS ZANTYR SZTUM	K30-39	2	1		00:16:36	<b>00:34:35.50</b>	+00:05:14 (15.1%)	6:55	8.7 (85.3%)
54	<b>PIETRUSEWICZ Joanna</b>	<b>86</b>	PASJA NORDIC WALKING	K45-49	4			00:17:07	<b>00:34:44.20</b>	+00:05:23 (15.5%)	6:57	8.6 (84.3%)
55	<b>OLEŚ Józef</b>	<b>78</b>	NW WERWA MŁAWA	M- Niepełnosprawni(A)	2			00:17:13	<b>00:34:45.05</b>	+00:05:23 (15.5%)	6:57	8.6 (84.3%)
56	<b>BERCZYŃSKI Henryk</b>	<b>4</b>	NADLEŚNICTWO OKONEK	M60-64	3			00:17:01	<b>00:34:47.30</b>	+00:05:26 (15.6%)	6:57	8.6 (84.3%)
57	<b>WOROCH Jolanta</b>	<b>152</b>	KS METRACO POLKOWICE	K50-54	2			00:17:10	<b>00:34:48.90</b>	+00:05:27 (15.7%)	6:57	8.6 (84.3%)
58	<b>SIERACKA Katarzyna</b>	<b>103</b>	LESZNO :)	K55-59	2			00:17:15	<b>00:34:50.20</b>	+00:05:29 (15.7%)	6:58	8.6 (84.3%)
59	<b>PINIS Agnieszka</b>	<b>87</b>	NORDIC TEAM CZĘSTOCHOWA	K40-44	3			00:17:04	<b>00:34:51.55</b>	+00:05:30 (15.8%)	6:58	8.6 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
60	<b>KOZIARZ Roman</b>	<b>55</b>	STADION ŚLĄSKI	M60-64	4			00:17:16	<b>00:34:53.75</b>	+00:05:32 (15.9%)	6:58	8.6 (84.3%)
61	<b>CIESIELSKI Krzysztof</b>	<b>10</b>	FAST WALKER	M60-64	5			00:17:20	<b>00:34:55.20</b>	+00:05:34 (15.9%)	6:59	8.6 (84.3%)
62	<b>GRZYWOCZ Bernard</b>	<b>33</b>		M70+	5			00:17:12	<b>00:34:58.20</b>	+00:05:37 (16.1%)	6:59	8.6 (84.3%)
63	<b>GRYGOROWICZ Teresa</b>	<b>30</b>	KS METRACO POLKOWICE	K65-69	2			00:17:17	<b>00:35:08.50</b>	+00:05:47 (16.5%)	7:01	8.5 (83.3%)
64	<b>WUJEK Tomasz</b>	<b>161</b>	MARSZ PO ZDROWIE	M- Niepełnosprawni(B)	2	1		00:16:18	<b>00:35:11.10</b>	+00:05:49 (16.6%)	7:02	8.5 (83.3%)
65	<b>WALESZKO Andrzej</b>	<b>138</b>	PASJA NORDIC WALKING	M45-49	4			00:17:21	<b>00:35:12.40</b>	+00:05:51 (16.6%)	7:02	8.5 (83.3%)
66	<b>MIKUSINSKA Jola</b>	<b>71</b>	FEAR THE RETURN	K45-49	5			00:17:34	<b>00:35:14.05</b>	+00:05:52 (16.7%)	7:02	8.5 (83.3%)
67	<b>WIŚNIEWSKI Kazimierz</b>	<b>144</b>	PASJA NORDIC WALKING	M60-64	6			00:17:21	<b>00:35:14.55</b>	+00:05:53 (16.7%)	7:02	8.5 (83.3%)
68	<b>SULECKA Gabriela</b>	<b>120</b>		K- Niepełnosprawni(A)	1			00:17:40	<b>00:35:16.75</b>	+00:05:55 (16.8%)	7:03	8.5 (83.3%)
69	<b>DAROSZEWSKA Krystyna</b>	<b>13</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	3			00:17:33	<b>00:35:26.95</b>	+00:06:05 (17.2%)	7:05	8.5 (83.3%)
70	<b>MATYJA Anna</b>	<b>66</b>	#ŚREMCHODZI	K45-49	6			00:17:34	<b>00:35:41.95</b>	+00:06:20 (17.8%)	7:08	8.4 (82.4%)
71	<b>KOCZOROWSKA Patrycja</b>	<b>47</b>	K S SOKÓŁ GAŚAWA	K-Jun.	1			00:17:36	<b>00:35:43.65</b>	+00:06:22 (17.8%)	7:08	8.4 (82.4%)
72	<b>STAŃCZAK Ryszard</b>	<b>116</b>	FACE NORDIC WALKING TEAM	M70+	6			00:17:26	<b>00:35:51.40</b>	+00:06:30 (18.1%)	7:10	8.4 (82.4%)
73	<b>DANA Kazimiera</b>	<b>12</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K65-69	3			00:17:40	<b>00:35:53.25</b>	+00:06:32 (18.2%)	7:10	8.4 (82.4%)
74	<b>MIĘKISIAK Zbigniew</b>	<b>70</b>	PAN OD KIJKÓW	M50-54	6			00:17:47	<b>00:35:55.65</b>	+00:06:34 (18.3%)	7:11	8.3 (81.4%)
75	<b>GAŁKOWSKA Elżbieta</b>	<b>24</b>	PUSZCZA ZIELONKA	K60-64	4			00:17:44	<b>00:35:56.00</b>	+00:06:34 (18.3%)	7:11	8.3 (81.4%)
76	<b>SUCHECKA Anna</b>	<b>119</b>		K45-49	7			00:17:38	<b>00:35:59.00</b>	+00:06:37 (18.4%)	7:11	8.3 (81.4%)
77	<b>KUCZYŃSKA Anna</b>	<b>160</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	3			00:17:48	<b>00:36:00.40</b>	+00:06:39 (18.5%)	7:12	8.3 (81.4%)
78	<b>MADEJSKI Roman</b>	<b>128</b>	ROXKIJE ROKIETNICA	M65-69	7			00:17:37	<b>00:36:00.50</b>	+00:06:39 (18.5%)	7:12	8.3 (81.4%)
79	<b>BARCZYK Jolanta</b>	<b>2</b>	NORDIC TEAM CZĘSTOCHOWA	K55-59	4			00:18:03	<b>00:36:05.30</b>	+00:06:44 (18.7%)	7:13	8.3 (81.4%)
80	<b>MARCINIAK Hanna</b>	<b>64</b>	SERCE NORDICA WŁOCŁAWEK	K55-59	5			00:18:09	<b>00:36:06.70</b>	+00:06:45 (18.7%)	7:13	8.3 (81.4%)
81	<b>JÓŹWIAK Łukasz</b>	<b>40</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:17:54	<b>00:36:08.55</b>	+00:06:47 (18.8%)	7:13	8.3 (81.4%)
82	<b>EWERTOWSKA Ewa</b>	<b>21</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	3			00:17:45	<b>00:36:11.45</b>	+00:06:50 (18.9%)	7:14	8.3 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
83	<b>PRACKI Zbigniew</b>	<b>93</b>	SERCE NORDICA WŁOCŁAWEK	M50-54	7			00:17:48	<b>00:36:11.90</b>	+00:06:50 (18.9%)	7:14	8.3 (81.4%)
84	<b>ROZEK Wiktoria</b>	<b>99</b>	KIJKOWE TRZEMESZNO	K-Dzieci	3			00:17:38	<b>00:36:21.60</b>	+00:07:00 (19.3%)	7:16	8.2 (80.4%)
85	<b>KOLARSKA Nadia</b>	<b>50</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	4			00:18:21	<b>00:36:35.60</b>	+00:07:14 (19.8%)	7:19	8.2 (80.4%)
86	<b>GÓRECKA Iwona</b>	<b>27</b>	STADION ŚLĄSKI	K50-54	4			00:18:18	<b>00:36:38.50</b>	+00:07:17 (19.9%)	7:19	8.2 (80.4%)
87	<b>SOŁDECKA Anna</b>	<b>107</b>		K45-49	8			00:18:14	<b>00:36:42.20</b>	+00:07:21 (20.0%)	7:20	8.2 (80.4%)
88	<b>LEŻNICKA-BUDYNEK Agnieszka</b>	<b>62</b>	TEAM FIRANKARNIA	K50-54	5			00:18:13	<b>00:36:52.25</b>	+00:07:31 (20.4%)	7:22	8.1 (79.4%)
89	<b>KOCZOROWSKA Monika</b>	<b>48</b>	K S SOKÓŁ GAŚAWA	K30-39	3			00:18:23	<b>00:36:55.15</b>	+00:07:34 (20.5%)	7:23	8.1 (79.4%)
90	<b>GOŁĘBIEWSKI Andrzej</b>	<b>26</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-64	7			00:18:37	<b>00:36:56.60</b>	+00:07:35 (20.5%)	7:23	8.1 (79.4%)
91	<b>SOSNOWSKA Magdalena</b>	<b>109</b>	KIJKOWE TRZEMESZNO	K40-44	4			00:18:17	<b>00:37:01.50</b>	+00:07:40 (20.7%)	7:24	8.1 (79.4%)
92	<b>ZIEGLER Barbara</b>	<b>150</b>	LESZNO :)	K65-69	4			00:18:15	<b>00:37:05.75</b>	+00:07:44 (20.9%)	7:25	8.1 (79.4%)
93	<b>PAWLICZ Jan</b>	<b>162</b>	NORDIC WALKING KIEKRZ POLAND	M70+	7			00:18:07	<b>00:37:20.75</b>	+00:07:59 (21.4%)	7:28	8 (78.4%)
94	<b>DOLATA Dorota</b>	<b>14</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	6			00:18:28	<b>00:37:22.95</b>	+00:08:01 (21.5%)	7:28	8 (78.4%)
95	<b>PAWLICZ Zuzanna</b>	<b>163</b>	NORDIC WALKING KIEKRZ POLAND	K-Jun.	2			00:18:38	<b>00:37:30.70</b>	+00:08:09 (21.8%)	7:30	8 (78.4%)
96	<b>GRZYWOCZ Irena</b>	<b>32</b>		K65-69	5			00:18:29	<b>00:37:32.75</b>	+00:08:11 (21.8%)	7:30	8 (78.4%)
97	<b>WALCZAK Grzegorz</b>	<b>136</b>	OCTOPUS TEAM	M45-49	5			00:18:33	<b>00:37:47.05</b>	+00:08:25 (22.3%)	7:33	7.9 (77.5%)
98	<b>WESOŁOWSKI Marek</b>	<b>143</b>	PASJA NORDIC WALKING	M50-54	8			00:18:28	<b>00:37:56.90</b>	+00:08:35 (22.7%)	7:35	7.9 (77.5%)
99	<b>KOLASIŃSKA Aleksandra</b>	<b>51</b>	LESZNO :)	K45-49	9	1		00:18:55	<b>00:38:03.60</b>	+00:08:42 (22.9%)	7:36	7.9 (77.5%)
100	<b>NIEŚŁONY Ryszard</b>	<b>74</b>	STADION ŚLĄSKI	M55-59	4			00:19:04	<b>00:38:04.95</b>	+00:08:43 (22.9%)	7:37	7.9 (77.5%)
101	<b>GOLAK-WEGIERA Katarzyna</b>	<b>25</b>	ROXKIJE ROKIETNICA	K45-49	10			00:19:16	<b>00:38:15.75</b>	+00:08:54 (23.3%)	7:39	7.8 (76.5%)
102	<b>WALESZKO Adam</b>	<b>139</b>	PASJA NORDIC WALKING	M-Jun.	5			00:18:50	<b>00:38:15.80</b>	+00:08:54 (23.3%)	7:39	7.8 (76.5%)
103	<b>KŁANIECKA Bożena</b>	<b>46</b>	ROXKIJE ROKIETNICA	K60-64	5			00:19:03	<b>00:38:22.05</b>	+00:09:00 (23.5%)	7:40	7.8 (76.5%)
104	<b>KURDAS Łukasz</b>	<b>61</b>	#ŚREMCHODZI	M18-29	4			00:19:20	<b>00:38:35.15</b>	+00:09:14 (23.9%)	7:43	7.8 (76.5%)
105	<b>PASZKIEWICZ Jadwiga</b>	<b>82</b>		K70+	1			00:19:06	<b>00:38:35.55</b>	+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	<b>PIATCZYC Barbara</b>	<b>85</b>		K55-59	7			00:18:57	<b>00:38:35.85</b>	+00:09:14 (24.0%)	7:43	7.8 (76.5%)
107	<b>KAŁUŻNA-SZMYT Halina</b>	<b>44</b>	#ŚREMCHODZI	K55-59	8			00:19:02	<b>00:38:39.25</b>	+00:09:18 (24.1%)	7:43	7.8 (76.5%)
108	<b>PIATCZYC Wacław</b>	<b>83</b>		M- Niepełnosprawni(B)	3			00:19:05	<b>00:38:42.10</b>	+00:09:20 (24.2%)	7:44	7.8 (76.5%)
109	<b>ANGIELCZYK Małgorzata</b>	<b>1</b>	MARSZ PO ZDROWIE	K65-69	6			00:19:01	<b>00:38:44.85</b>	+00:09:23 (24.2%)	7:45	7.7 (75.5%)
110	<b>STATNIK Genowefa</b>	<b>117</b>	GMINA SUCHY LAS	K65-69	7			00:19:00	<b>00:38:47.55</b>	+00:09:26 (24.3%)	7:45	7.7 (75.5%)
111	<b>SOŁDECKI Wojciech</b>	<b>108</b>		M-Dzieci	1			00:19:00	<b>00:38:55.70</b>	+00:09:34 (24.6%)	7:47	7.7 (75.5%)
112	<b>PUSZKARSKI Adam</b>	<b>96</b>	GOSADI NORDIC TEAM	M-Dzieci	2			00:19:30	<b>00:39:01.50</b>	+00:09:40 (24.8%)	7:48	7.7 (75.5%)
113	<b>WÓJTA Beata</b>	<b>168</b>		K30-39	4			00:19:35	<b>00:39:01.75</b>	+00:09:40 (24.8%)	7:48	7.7 (75.5%)
114	<b>KOCZOROWSKI Kacper</b>	<b>49</b>	K S SOKÓŁ GAŚAWA	M-Dzieci	3			00:20:05	<b>00:39:02.05</b>	+00:09:40 (24.8%)	7:48	7.7 (75.5%)
115	<b>WÓJTA Emil</b>	<b>170</b>		M-Dzieci	4			00:19:47	<b>00:39:06.60</b>	+00:09:45 (24.9%)	7:49	7.7 (75.5%)
116	<b>DYBEŁ Agnieszka</b>	<b>20</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	2			00:19:17	<b>00:39:14.90</b>	+00:09:53 (25.2%)	7:51	7.6 (74.5%)
117	<b>KUBIAK Wojciech</b>	<b>165</b>	KS SOKÓŁ GAŚAWA	M55-59	5			00:19:18	<b>00:39:28.90</b>	+00:10:07 (25.7%)	7:53	7.6 (74.5%)
118	<b>PINIS Gabriela</b>	<b>88</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	5			00:19:19	<b>00:39:42.20</b>	+00:10:21 (26.1%)	7:56	7.6 (74.5%)
119	<b>TOMASZEWSKA Marta</b>	<b>131</b>	#ŚREMCHODZI	K30-39	5			00:19:45	<b>00:39:45.15</b>	+00:10:24 (26.2%)	7:57	7.5 (73.5%)
120	<b>PAJĘCKI Adam</b>	<b>80</b>	PARAKULOS KOWAL	M60-64	8			00:19:57	<b>00:39:46.25</b>	+00:10:25 (26.2%)	7:57	7.5 (73.5%)
121	<b>ROSIŃSKA Wiesława</b>	<b>156</b>	PARAKULOS KOWAL	K40-44	5	1		00:19:25	<b>00:39:48.05</b>	+00:10:26 (26.3%)	7:57	7.5 (73.5%)
122	<b>KURDAS Aleksandra</b>	<b>60</b>	#ŚREMCHODZI	K18-29	1			00:20:11	<b>00:40:08.30</b>	+00:10:47 (26.9%)	8:01	7.5 (73.5%)
123	<b>BAZELA Henryka</b>	<b>157</b>	PARAKULOS KOWAL	K60-64	6			00:20:17	<b>00:40:14.25</b>	+00:10:53 (27.1%)	8:02	7.5 (73.5%)
124	<b>JAGODZIŃSKI Andrzej</b>	<b>36</b>		M55-59	6			00:20:09	<b>00:40:16.40</b>	+00:10:55 (27.1%)	8:03	7.5 (73.5%)
125	<b>PANKIEWICZ- DMOWSKA Cecylia</b>	<b>81</b>	FACE NORDIC WALKING TEAM	K70+	2			00:20:24	<b>00:40:52.55</b>	+00:11:31 (28.2%)	8:10	7.3 (71.6%)
126	<b>HINEBORG Bogumiła</b>	<b>34</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K50-54	6			00:20:23	<b>00:40:54.95</b>	+00:11:33 (28.3%)	8:11	7.3 (71.6%)
127	<b>GRACZYK Mirosława</b>	<b>28</b>	MARSZ PO ZDROWIE	K65-69	8			00:20:28	<b>00:41:02.95</b>	+00:11:41 (28.5%)	8:12	7.3 (71.6%)
128	<b>PRUSKA- KĘDZIÓR Anna</b>	<b>167</b>	FACE NORDIC WALKING TEAM	K70+	3			00:20:39	<b>00:41:11.10</b>	+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	<b>MURZYN Anna</b>	<b>158</b>	LIDER GRODZISK MAZOWIECKI	K45-49	11			00:20:16	<b>00:41:14.00</b>	+00:11:52 (28.8%)	8:14	7.3 (71.6%)
130	<b>SOWIŃSKA Grażyna</b>	<b>110</b>	MARSZ PO ZDROWIE	K60-64	7			00:20:10	<b>00:41:17.10</b>	+00:11:55 (28.9%)	8:15	7.3 (71.6%)
131	<b>TOBYS Alicja</b>	<b>130</b>		K65-69	9			00:20:20	<b>00:41:28.50</b>	+00:12:07 (29.2%)	8:17	7.2 (70.6%)
132	<b>BLASZKA Michał</b>	<b>5</b>	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	4			00:20:17	<b>00:41:37.90</b>	+00:12:16 (29.5%)	8:19	7.2 (70.6%)
133	<b>BLASZKA Ryszard</b>	<b>6</b>	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	5			00:20:51	<b>00:42:05.25</b>	+00:12:44 (30.3%)	8:25	7.1 (69.6%)
134	<b>MALINOWSKA Grażyna</b>	<b>63</b>	LKS ZANTYR SZTUM	K70+	4			00:20:40	<b>00:42:07.75</b>	+00:12:46 (30.3%)	8:25	7.1 (69.6%)
135	<b>OGONOWSKA Edyta</b>	<b>75</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K55-59	9			00:20:59	<b>00:42:12.10</b>	+00:12:50 (30.4%)	8:26	7.1 (69.6%)
136	<b>STAWNIAK Wanda</b>	<b>118</b>		K65-69	10			00:20:45	<b>00:42:12.95</b>	+00:12:51 (30.5%)	8:26	7.1 (69.6%)
137	<b>KUCZYŃSKI Włodzimierz</b>	<b>159</b>	NORDIC WALKING KIEKRZ POLAND	M60-64	9			00:20:57	<b>00:42:19.10</b>	+00:12:57 (30.6%)	8:27	7.1 (69.6%)
138	<b>JASIŃSKA Krystyna</b>	<b>155</b>	PARAKULOS KOWAL	K65-69	11			00:20:53	<b>00:42:19.25</b>	+00:12:58 (30.6%)	8:27	7.1 (69.6%)
139	<b>GROBELNA Jadwiga</b>	<b>29</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	1			00:21:14	<b>00:42:24.95</b>	+00:13:03 (30.8%)	8:29	7.1 (69.6%)
140	<b>DUSZEŃKO Elwira</b>	<b>19</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	3			00:21:14	<b>00:42:25.05</b>	+00:13:03 (30.8%)	8:29	7.1 (69.6%)
141	<b>SROKA Anna</b>	<b>112</b>		K55-59	10			00:21:31	<b>00:42:51.45</b>	+00:13:30 (31.5%)	8:34	7 (68.6%)
142	<b>BASZTURA Renata</b>	<b>3</b>		K50-54	7			00:21:49	<b>00:43:03.15</b>	+00:13:42 (31.8%)	8:36	7 (68.6%)
143	<b>POSŁUSZNY Kamil</b>	<b>90</b>	WALK & RUN TEAM OBORNIKI	M-Dzieci	5			00:21:26	<b>00:43:09.90</b>	+00:13:48 (32.0%)	8:37	7 (68.6%)
144	<b>WRÓBLEWSKA Anna</b>	<b>129</b>	ROXKIJE ROKIETNICA	K40-44	6			00:21:44	<b>00:43:32.00</b>	+00:14:10 (32.6%)	8:42	6.9 (67.6%)
145	<b>MÓRAWSKA Zdzisława</b>	<b>73</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-54	8			00:21:42	<b>00:43:39.10</b>	+00:14:17 (32.8%)	8:44	6.9 (67.6%)
146	<b>JAGODZIŃSKA Bożena</b>	<b>35</b>		K60-64	8			00:21:02	<b>00:43:49.40</b>	+00:14:28 (33.0%)	8:45	6.8 (66.7%)
147	<b>JĘDRZEJEWSKA Agnieszka</b>	<b>38</b>	KLUB HONOROWYCH DAWCÓW KRWI LEGION	K18-29	2			00:22:08	<b>00:43:57.55</b>	+00:14:36 (33.2%)	8:47	6.8 (66.7%)
148	<b>MĘDRAK Józef</b>	<b>67</b>		M65-69	8			00:21:42	<b>00:44:15.50</b>	+00:14:54 (33.7%)	8:51	6.8 (66.7%)
149	<b>URBAN Jacek</b>	<b>135</b>	STOWARZYSZENIE 'AZYMUT'	M65-69	9			00:21:45	<b>00:44:17.25</b>	+00:14:56 (33.7%)	8:51	6.8 (66.7%)
150	<b>SIWEK Anna</b>	<b>106</b>	MARSZ PO ZDROWIE	K65-69	12			00:21:57	<b>00:44:53.30</b>	+00:15:32 (34.6%)	8:58	6.7 (65.7%)
151	<b>WAWRZYŃIAK Krystyna</b>	<b>141</b>	MARSZ PO ZDROWIE	K70+	5			00:22:14	<b>00:45:54.20</b>	+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	<b>KULKA Maciej</b>	<b>58</b>	FACE NORDIC WALKING TEAM	M55-59	7			00:22:54	<b>00:46:09.15</b>	+00:16:48 (36.4%)	9:13	6.5 (63.7%)
153	<b>DROP Mieczysław</b>	<b>15</b>	KS SOKÓŁ GAŚAWA	M70+	8			00:24:17	<b>00:47:36.50</b>	+00:18:15 (38.3%)	9:31	6.3 (61.8%)
154	<b>WALCZAK Henryk</b>	<b>137</b>	OCTOPUS TEAM	M70+	9			00:24:18	<b>00:47:37.70</b>	+00:18:16 (38.4%)	9:31	6.3 (61.8%)
155	<b>KOWALCZYK Piotr</b>	<b>54</b>		M50-54	9			00:41:39		+00:27:01	16:39	3.6 (35.3%)

Znaleziono 155 wynik(ów)