



SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING
Organizator: PFNW
Data: 2017-09-03
Miejsce: Szczecin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 1.66km	Start All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WOROCH Roman	132	KS METRACO POLKOWICE	M55-59	1	3	1	00:09:44	00:19:43	00:30:01.00		6:00	10 (100%)
2	NIECHWIEJCZYK Piotr	79	UNIA MIAST	M40-44	1			00:09:59	00:20:04	00:30:03.95	+00:00:02 (0.2%)	6:00	10 (100%)
3	KNITTER Tomasz	55	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:10:01	00:20:28	00:30:45.95	+00:00:44 (2.4%)	6:09	9.8 (98.0%)
4	RAKUĆ Jakub	94	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	2			00:10:17	00:20:44	00:31:04.65	+00:01:03 (3.4%)	6:13	9.7 (97.0%)
5	BOGACKI Sławomir	148	ENERGA NW TEAM	M40-44	2	1		00:10:06	00:20:50	00:31:30.35	+00:01:29 (4.7%)	6:18	9.5 (95.0%)
6	POLEWCZAK Mariusz	150	CLLEO ZAWIERCIE	M45-49	1			00:10:13	00:20:53	00:31:34.20	+00:01:33 (4.9%)	6:18	9.5 (95.0%)
7	BRZOZOWSKI Piotr	279	AKTYWNI POSTOMINO	M30-39	1			00:10:16	00:20:51	00:31:39.15	+00:01:38 (5.2%)	6:19	9.5 (95.0%)
8	KNITTER Michał	54	BŁĘKITNI NW DZIEMIANY	M-Jun.	1			00:10:24	00:21:11	00:31:44.90	+00:01:43 (5.5%)	6:21	9.4 (94.0%)
9	CHYRA Wiktor	293	UNIA MIAST	M-Jun.	2			00:10:26	00:21:11	00:31:48.20	+00:01:47 (5.6%)	6:21	9.4 (94.0%)
10	KOPCZEWSKI Dariusz	291	FACE NORDIC WALKING TEAM	M50-54	1			00:10:16	00:20:54	00:31:57.00	+00:01:56 (6.1%)	6:23	9.4 (94.0%)
11	FRAĆKOWIAK Mateusz	27	ZS ROSKO	M-Jun.	3			00:10:27	00:21:14	00:32:11.45	+00:02:10 (6.8%)	6:26	9.3 (93.0%)
12	HAŁAS Marcin	39		M30-39	2			00:10:34	00:21:24	00:32:16.20	+00:02:15 (7.0%)	6:27	9.3 (93.0%)
13	SZUDARSKI Edward	145	DWA KIJE SŁUPSK	M55-59	2			00:10:34	00:21:35	00:32:28.80	+00:02:27 (7.6%)	6:29	9.2 (92.0%)
14	SANIUK Edward	99		M65-69	1			00:10:35	00:21:34	00:32:29.65	+00:02:28 (7.6%)	6:29	9.2 (92.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 1.66km	Start All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
15	DUSZEŃKO Zygmun t	287	KS METRACO POLKOWICE	M55-59	3			00:10:44	00:21:35	00:32:37.55	+00:02:36 (8.0%)	6:31	9.2 (92.0%)
16	SPYCHAŁA Lesław	104	WESOŁY BORSUK TEAM	M50-54	2			00:10:42	00:21:48	00:32:44.60	+00:02:43 (8.3%)	6:33	9.2 (92.0%)
17	ADAMUS Marian	2		M65-69	2			00:10:35	00:21:33	00:32:45.15	+00:02:44 (8.4%)	6:33	9.2 (92.0%)
18	DUSZEŃKO Damian	286	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:10:35	00:21:44	00:32:49.15	+00:02:48 (8.5%)	6:33	9.1 (91.0%)
19	FRĄCKOWIAK Roman	28	ZS ROSKO	M45-49	2			00:10:59	00:22:08	00:33:25.45	+00:03:24 (10.2%)	6:41	9 (90.0%)
20	POLISZCZUK Piotr	92	PIERNIKI NA CHODZIE	M55-59	4			00:10:48	00:21:56	00:33:25.85	+00:03:24 (10.2%)	6:41	9 (90.0%)
21	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69	3	2		00:10:45	00:21:49	00:33:30.85	+00:03:29 (10.4%)	6:42	9 (90.0%)
21	SZYMSKA Małgorzata	120	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	1			00:11:01	00:22:10	00:33:30.85	+00:03:29 (10.4%)	6:42	9 (90.0%)
23	PINTAK Artur	91	WESOŁY BORSUK TEAM	M30-39	3			00:10:50	00:22:16	00:33:40.95	+00:03:39 (10.9%)	6:44	8.9 (89.0%)
24	GRUSZKA Michał	37	UNIA MIAST	M-Dzieci	1			00:10:53	00:22:17	00:33:48.75	+00:03:47 (11.2%)	6:45	8.9 (89.0%)
25	LUBAWIŃSKI Jerzy Bernard	70	FACE NORDIC WALKING TEAM	M60-64	1			00:10:55	00:22:20	00:33:54.80	+00:03:53 (11.5%)	6:47	8.8 (88.0%)
26	KOMAR Beata	56	FACE NORDIC WALKING TEAM	K45-49	1			00:11:22	00:22:47	00:33:56.40	+00:03:55 (11.6%)	6:47	8.8 (88.0%)
27	OKRZESIK-FRĄCKOWIAK Izabela	86	ZS ROSKO	K- Niepełnosprawni(B)	1			00:11:22	00:22:47	00:33:59.30	+00:03:58 (11.7%)	6:47	8.8 (88.0%)
28	MARIANKOWSKI Michał	283	NORDICWALKING-SZCZECIN.PL	M45-49	3			00:11:10	00:22:36	00:34:04.30	+00:04:03 (11.9%)	6:48	8.8 (88.0%)
29	LIPKO Grzegorz	69		M55-59	5			00:11:05	00:22:33	00:34:08.60	+00:04:07 (12.1%)	6:49	8.8 (88.0%)
30	POLEWCZAK Aneta	149	CLLEO ZAWIERCIE	K45-49	2			00:11:21	00:22:46	00:34:09.05	+00:04:08 (12.1%)	6:49	8.8 (88.0%)
31	MIKOŁAJCZAK Jan	77	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:11:07	00:22:41	00:34:11.25	+00:04:10 (12.2%)	6:50	8.8 (88.0%)
32	SZYMAŃSKI Stefan	119	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1			00:11:05	00:22:44	00:34:12.60	+00:04:11 (12.3%)	6:50	8.8 (88.0%)
33	RAKUĆ Angelika	95	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:11:19	00:23:00	00:34:32.30	+00:04:31 (13.1%)	6:54	8.7 (87.0%)
34	SAWIŃSKA Anna	100	NORDICANIATEAM	K30-39	2			00:11:07	00:22:53	00:34:36.90	+00:04:35 (13.3%)	6:55	8.7 (87.0%)
35	SZUDARSKI Marek	146	DWA KIJE SŁUPSK	M18-29	3			00:11:12	00:23:00	00:34:45.90	+00:04:44 (13.7%)	6:57	8.6 (86.0%)
36	GRUSZKA Michał	36	UNIA MIAST	M40-44	3			00:11:19	00:23:05	00:34:49.25	+00:04:48 (13.8%)	6:57	8.6 (86.0%)
37	JÓŹWIAK Marianna	45	WTW WŁOCŁAWEK	K40-44	1			00:11:26	00:23:09	00:34:49.55	+00:04:48 (13.8%)	6:57	8.6 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
38	GOŁĘBIEWSKI Andrzej	31	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	2			00:11:07	00:23:03	00:34:51.60	+00:04:50 (13.9%)	6:58	8.6 (86.0%)
39	GRYGOROWICZ Bogdan	38	KS METRACO POLKOWICE	M65-69	4	1		00:11:06	00:23:11	00:34:53.55	+00:04:52 (14.0%)	6:58	8.6 (86.0%)
40	ZDANUK Artur	135	EKSPEDYCJA NORDIC TEAM SZCZECIN	M45-49	4			00:11:30	00:23:25	00:35:00.15	+00:04:59 (14.2%)	7:00	8.6 (86.0%)
41	KUŚMIEREK Mateusz	65	BŁĘKITNI NW DZIEMIANY	M-Jun.	4	1		00:11:23	00:23:14	00:35:10.35	+00:05:09 (14.7%)	7:02	8.5 (85.0%)
42	WOJTACHNIO Edyta	131	FACE NORDIC WALKING TEAM	K45-49	3	1		00:11:23	00:22:49	00:35:11.35	+00:05:10 (14.7%)	7:02	8.5 (85.0%)
43	DOBROWOLSKI Paweł	19	NORDICLUB SZCZECIN	M30-39	4			00:11:31	00:23:24	00:35:12.10	+00:05:11 (14.7%)	7:02	8.5 (85.0%)
44	SŁOMIŃSKA Marta	103	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:11:36	00:23:29	00:35:15.05	+00:05:14 (14.8%)	7:03	8.5 (85.0%)
45	MIKITIUK Tomasz	75	KIJOWA PARA	M45-49	5			00:11:26	00:23:25	00:35:19.05	+00:05:18 (15.0%)	7:03	8.5 (85.0%)
46	BARUCH Henryka	276	DĄBROWA NORDIC TEAM	K65-69	1			00:11:43	00:23:37	00:35:23.85	+00:05:22 (15.2%)	7:04	8.5 (85.0%)
47	STEFANICKI Marek	106	WŁÓCZYKIJE ŚWINOUJŚCIE	M55-59	6			00:11:42	00:23:47	00:35:25.35	+00:05:24 (15.3%)	7:05	8.5 (85.0%)
48	WILKOŁEK- SZUDARSKA Saturnina	144	DWA KIJE SŁUPSK	K55-59	1	1		00:11:23	00:23:19	00:35:27.45	+00:05:26 (15.3%)	7:05	8.5 (85.0%)
49	SKRYCKA Katarzyna	280	KS METRACO POLKOWICE	K30-39	3			00:11:27	00:23:23	00:35:38.25	+00:05:37 (15.8%)	7:07	8.4 (84.0%)
50	LIPIŃSKI Karol	68	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-44	4			00:11:53	00:23:55	00:35:47.45	+00:05:46 (16.1%)	7:09	8.4 (84.0%)
51	NACZK Wiktoria	78	DYNAMIC	K-Jun.	1			00:11:28	00:23:24	00:35:49.90	+00:05:48 (16.2%)	7:10	8.4 (84.0%)
52	PILECKA PRĄDZYŃSKA Anna	90	PENDOLINO	K60-64	1			00:11:41	00:23:46	00:35:52.05	+00:05:51 (16.3%)	7:10	8.4 (84.0%)
53	KRĘCKA Irena	60	FACE NORDIC WALKING TEAM	K50-54	1			00:11:51	00:23:56	00:35:53.25	+00:05:52 (16.4%)	7:10	8.4 (84.0%)
54	STOLTMANN Helena	109	BŁĘKITNI NW DZIEMIANY	K55-59	2	2		00:11:41	00:23:43	00:35:58.10	+00:05:57 (16.5%)	7:11	8.3 (83.0%)
55	SZYNKIEWICZ Katarzyna	121		K40-44	2			00:11:36	00:23:43	00:36:01.20	+00:06:00 (16.7%)	7:12	8.3 (83.0%)
56	SZYCKO Radosław	117	DWA KIJE SŁUPSK	M40-44	5			00:11:37	00:23:55	00:36:03.30	+00:06:02 (16.7%)	7:12	8.3 (83.0%)
57	SZYCKO Oliwia	116	DWA KIJE SŁUPSK	K-Dzieci	1	1		00:11:35	00:23:46	00:36:20.00	+00:06:19 (17.4%)	7:16	8.3 (83.0%)
58	DOLNA Ewelina	21	KSK ŻYJ AKTYWNIE KOŁCZYGŁOWY	K30-39	4			00:11:54	00:24:09	00:36:20.60	+00:06:19 (17.4%)	7:16	8.3 (83.0%)
59	MALKIEWICZ Małgorzata	281	KSK ŻYJ AKTYWNIE KOŁCZYGŁOWY	K50-54	2			00:12:02	00:24:15	00:36:22.85	+00:06:21 (17.5%)	7:16	8.2 (82.0%)
60	STACHOWICZ- HAWRZYLAK Sylwia	207	Z.O.O	K45-49	4			00:11:49	00:24:01	00:36:28.70	+00:06:27 (17.7%)	7:17	8.2 (82.0%)

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										netto 5km	Różn		
61	DUSZEŃKO Jakub Marek	23	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	2			00:11:53	00:24:33	00:36:29.95	+00:06:28 (17.8%)	7:18	8.2 (82.0%)
62	ŁYSEK Grzegorz	73	ŁYSEK Z POKŁADU IDY	M30-39	5	1		00:12:01	00:24:33	00:36:46.15	+00:06:45 (18.4%)	7:21	8.2 (82.0%)
63	GŁOMBICA Ewa	147	WESOŁY BORSUK TEAM	K30-39	5	1		00:12:00	00:24:21	00:36:56.90	+00:06:55 (18.8%)	7:23	8.1 (81.0%)
64	SOROKA-MITUŁA Grażyna	278		K40-44	3			00:12:07	00:24:37	00:36:57.10	+00:06:56 (18.8%)	7:23	8.1 (81.0%)
65	DANA Kazimiera	272	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	2			00:12:13	00:24:35	00:37:01.45	+00:07:00 (18.9%)	7:24	8.1 (81.0%)
66	WASILEWSKI Sławomir	126	PASJA NORDIC WALKING	M70+	2	1		00:12:01	00:24:40	00:37:17.25	+00:07:16 (19.5%)	7:27	8 (80.0%)
67	FOLWARSKA Małgorzata	26	FACE NORDIC WALKING TEAM	K55-59	3			00:12:18	00:24:48	00:37:20.95	+00:07:19 (19.6%)	7:28	8 (80.0%)
68	DZIEMIŃSKI Jan	24	BŁĘKITNI NW DZIEMIANY	M-Dzieci	2			00:12:16	00:24:54	00:37:21.60	+00:07:20 (19.7%)	7:28	8 (80.0%)
69	KRÓL Mirosław	61	DWA KIJE	M30-39	6			00:11:45	00:24:54	00:37:21.80	+00:07:20 (19.7%)	7:28	8 (80.0%)
70	ROMANOWSKA Agata	96		K-Dzieci	2			00:12:09	00:24:47	00:37:27.15	+00:07:26 (19.9%)	7:29	8 (80.0%)
71	CIBOROWSKA-LIPKO Bożena	18		K55-59	4			00:12:13	00:24:52	00:37:39.55	+00:07:38 (20.3%)	7:32	8 (80.0%)
72	ZIELIŃSKI Andrzej	138		M60-64	3			00:12:07	00:24:44	00:37:42.65	+00:07:41 (20.4%)	7:32	8 (80.0%)
73	GIERSZEWSKA Magdalena	282	KSK ŻYJ AKTYWNIĘ KOŁCZYGŁOWY	K40-44	4			00:12:35	00:25:20	00:37:54.80	+00:07:53 (20.8%)	7:35	7.9 (79.0%)
74	KNITTER Agata	53	BŁĘKITNI NW DZIEMIANY	K-Jun.	2			00:12:16	00:25:04	00:38:00.35	+00:07:59 (21.0%)	7:36	7.9 (79.0%)
75	STOLTMAN Adam	107	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	3			00:12:44	00:25:25	00:38:06.00	+00:08:05 (21.2%)	7:37	7.9 (79.0%)
76	STROŃSKI Roman	112	EKSPEDYCJA NORDIC TEAM SZCZECIN	M70+	3			00:12:39	00:25:28	00:38:08.25	+00:08:07 (21.3%)	7:37	7.9 (79.0%)
77	KĘDZIERSKA Edyta	50		K40-44	5			00:12:49	00:25:25	00:38:09.80	+00:08:08 (21.3%)	7:38	7.9 (79.0%)
78	BUSZ Katarzyna	14		K40-44	6			00:12:33	00:25:36	00:38:11.20	+00:08:10 (21.4%)	7:38	7.9 (79.0%)
79	KNITTER Monika	143		K30-39	6			00:12:18	00:25:19	00:38:12.20	+00:08:11 (21.4%)	7:38	7.9 (79.0%)
80	CZARNOWSKI Jakub	295	BŁĘKITNI NW DZIEMIANY	M-Dzieci	4			00:12:47	00:25:26	00:38:22.50	+00:08:21 (21.8%)	7:40	7.8 (78.0%)
81	GŁADZIK Aleksander	30		M30-39	7			00:12:27	00:25:18	00:38:26.00	+00:08:25 (21.9%)	7:41	7.8 (78.0%)
81	WOROCH Jolanta	133	DOPIEWO	K50-54	3			00:12:29	00:25:29	00:38:26.00	+00:08:25 (21.9%)	7:41	7.8 (78.0%)
83	CHOLEWKA Jolanta	17	MARSZ PO ZDROWIE POZNAŃ	K60-64	3			00:12:35	00:25:27	00:38:31.35	+00:08:30 (22.1%)	7:42	7.8 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
84	SAMOJŁO Sławomir	284		M55-59	7			00:12:36	00:25:40	00:38:35.40	+00:08:34 (22.2%)	7:43	7.8 (78.0%)
85	GRUDNOWSKA Dominika	33	BŁĘKITNI NW DZIEMIANY	K-Dzieci	3	1		00:12:15	00:25:22	00:38:39.35	+00:08:38 (22.3%)	7:43	7.8 (78.0%)
86	GRUDNOWSKA Wiktoria	32	BŁĘKITNI NW DZIEMIANY	K-Dzieci	4			00:12:37	00:25:36	00:38:40.05	+00:08:39 (22.4%)	7:44	7.8 (78.0%)
87	NIERADKA Iwona	82		K30-39	7			00:12:40	00:25:39	00:38:43.70	+00:08:42 (22.5%)	7:44	7.7 (77.0%)
88	RYBCZYK Paweł	98		M45-49	6			00:12:24	00:25:38	00:38:53.80	+00:08:52 (22.8%)	7:46	7.7 (77.0%)
89	ŻAMOJCIN Małgorzata	141	NORDICLUB SZCZECIN	K55-59	5			00:12:32	00:25:44	00:38:56.75	+00:08:55 (22.9%)	7:47	7.7 (77.0%)
90	NIECHWIEJCZYK Kinga	80	UNIA MIAST	K-Dzieci	5			00:12:38	00:25:44	00:38:59.95	+00:08:58 (23.0%)	7:48	7.7 (77.0%)
91	GRUDNOWSKI Norbert	35	BŁĘKITNI NW DZIEMIANY	M-Dzieci	5			00:12:47	00:25:28	00:39:00.10	+00:08:59 (23.0%)	7:48	7.7 (77.0%)
92	JASIK Beata	44	WESOŁY BORSUK TEAM	K30-39	8			00:12:42	00:26:00	00:39:09.40	+00:09:08 (23.3%)	7:50	7.7 (77.0%)
93	ŻOŁĄDEK Natalia	290	BIOMASZYNA	K-Jun.	3			00:12:40	00:25:48	00:39:16.35	+00:09:15 (23.6%)	7:51	7.6 (76.0%)
94	URBAŃSKA Weronika	289	BIOMASZYNA	K-Dzieci	6			00:12:38	00:25:48	00:39:16.45	+00:09:15 (23.6%)	7:51	7.6 (76.0%)
95	SZYMAŃSKA Lucyna	118	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	1			00:12:38	00:25:55	00:39:25.05	+00:09:24 (23.8%)	7:53	7.6 (76.0%)
96	HUBACZEK Katarzyna	40	ŁYSEK Z POKŁADU IDY	K40-44	7	1		00:13:17	00:26:38	00:39:35.70	+00:09:34 (24.2%)	7:55	7.6 (76.0%)
97	LIPIŃSKA Karolina	67	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	9			00:13:03	00:26:32	00:39:37.20	+00:09:36 (24.2%)	7:55	7.6 (76.0%)
98	WIERZBICKI Waldemar	127		M65-69	5			00:12:18	00:25:52	00:39:43.20	+00:09:42 (24.4%)	7:56	7.6 (76.0%)
98	KOSICKA Beata	58		K45-49	5			00:13:19	00:26:29	00:39:43.20	+00:09:42 (24.4%)	7:56	7.6 (76.0%)
100	SUBOCZ Martyna	113		K-Dzieci	7	1		00:13:06	00:26:42	00:39:57.70	+00:09:56 (24.9%)	7:59	7.5 (75.0%)
101	SKIEPKO Dorota	285	WŁÓCZYKIJE ŚWINOUJŚCIE	K50-54	4			00:12:51	00:26:18	00:40:03.35	+00:10:02 (25.1%)	8:00	7.5 (75.0%)
102	BORODZIUK Magdalena	7		K40-44	8	1		00:13:21	00:26:49	00:40:11.95	+00:10:10 (25.3%)	8:02	7.5 (75.0%)
103	CETERA Janusz	15	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-Niepełnosprawni(B)	3			00:12:53	00:26:36	00:40:18.40	+00:10:17 (25.5%)	8:03	7.4 (74.0%)
104	JANKOWSKA-GONDEK Danuta	42	ALS	K65-69	2			00:13:03	00:26:34	00:40:21.25	+00:10:20 (25.6%)	8:04	7.4 (74.0%)
105	TURZYŃSKA-STOPA Maria	125	BŁĘKITNI NW DZIEMIANY	K60-64	4			00:13:06	00:26:43	00:40:21.95	+00:10:20 (25.6%)	8:04	7.4 (74.0%)
106	SZERZENIEWSKA-PESTKA Karina	275		K60-64	5			00:13:17	00:26:48	00:40:23.30	+00:10:22 (25.7%)	8:04	7.4 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 1.66km	Start All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
107	WOCH Małgorzata	142	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-44	9			00:13:39	00:27:12	00:40:30.85	+00:10:29 (25.9%)	8:06	7.4 (74.0%)
108	SZYSZKO Łucja	288	BIOMASZYNA	K-Dzieci	8			00:13:17	00:26:28	00:40:35.60	+00:10:34 (26.1%)	8:07	7.4 (74.0%)
109	KILAR Oliwia	51		K-Dzieci	9			00:13:12	00:26:39	00:40:36.75	+00:10:35 (26.1%)	8:07	7.4 (74.0%)
110	ŻAK Beata	140		K50-54	5			00:13:22	00:26:56	00:40:40.10	+00:10:39 (26.2%)	8:08	7.4 (74.0%)
111	KAPLEWSKA Małgorzata	48		K18-29	3			00:13:14	00:27:04	00:40:46.85	+00:10:45 (26.4%)	8:09	7.4 (74.0%)
112	ZYBER Renata	198	BELFERKIJKI TEAM	K45-49	6	1		00:12:34	00:26:17	00:40:49.00	+00:10:48 (26.5%)	8:09	7.3 (73.0%)
113	BRUSKA Ewa	10	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:13:42	00:27:34	00:41:00.50	+00:10:59 (26.8%)	8:12	7.3 (73.0%)
114	BRUSKA Mariola	9	BŁĘKITNI NW DZIEMIANY	K50-54	6			00:13:35	00:27:24	00:41:00.80	+00:10:59 (26.8%)	8:12	7.3 (73.0%)
115	KRZYCHOWIEC Agata	63	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-44	10			00:13:50	00:27:39	00:41:05.65	+00:11:04 (27.0%)	8:13	7.3 (73.0%)
116	ZDANUK Małgorzata	136		K45-49	7			00:13:40	00:27:29	00:41:05.70	+00:11:04 (27.0%)	8:13	7.3 (73.0%)
117	PESTKA Janusz	274		M60-64	4			00:13:32	00:27:23	00:41:07.90	+00:11:06 (27.0%)	8:13	7.3 (73.0%)
118	DASZKIEWICZ Aleksandra	210	VTW REWAL	K55-59	6			00:13:34	00:27:27	00:41:13.35	+00:11:12 (27.2%)	8:14	7.3 (73.0%)
119	MIKITIUK Beata	76	KIJOWA PARA	K45-49	8			00:14:00	00:28:06	00:41:48.75	+00:11:47 (28.2%)	8:21	7.2 (72.0%)
120	ANDRZEJEWSKI Patryk	3	BŁĘKITNI NW DZIEMIANY	M18-29	4			00:13:32	00:27:18	00:41:49.25	+00:11:48 (28.2%)	8:22	7.2 (72.0%)
121	NIEMCZUK Magdalena	81		K40-44	11			00:13:59	00:28:05	00:41:51.40	+00:11:50 (28.3%)	8:22	7.2 (72.0%)
122	KRYSZKIEWICZ Barbara	62		K50-54	7			00:13:51	00:27:47	00:41:52.40	+00:11:51 (28.3%)	8:22	7.2 (72.0%)
123	KULCZYCKI Jan	64		M65-69	6			00:13:45	00:28:06	00:41:52.55	+00:11:51 (28.3%)	8:22	7.2 (72.0%)
124	PRZYBYLSKA Dorota	93		K50-54	8			00:13:49	00:27:46	00:41:53.15	+00:11:52 (28.3%)	8:22	7.2 (72.0%)
125	WINDORPSKA Joanna	129	BŁĘKITNI NW DZIEMIANY	K40-44	12			00:13:40	00:27:38	00:41:54.85	+00:11:53 (28.4%)	8:23	7.2 (72.0%)
126	ZIELIŃSKA Elżbieta	137		K60-64	6			00:14:03	00:28:13	00:42:04.95	+00:12:03 (28.7%)	8:25	7.1 (71.0%)
127	PANKIEWICZ-DMOWSKA Cecylia	89		K65-69	3			00:13:58	00:28:02	00:42:07.30	+00:12:06 (28.7%)	8:25	7.1 (71.0%)
128	WINDORPSKA Lilianna	130	BŁĘKITNI NW DZIEMIANY	K-Dzieci	10			00:13:21	00:27:28	00:42:08.50	+00:12:07 (28.8%)	8:25	7.1 (71.0%)
129	ZAJĄCZKOWSKA Jadwiga	134	KS METRACO POLKOWICE	K40-44	13			00:13:47	00:28:04	00:42:12.75	+00:12:11 (28.9%)	8:26	7.1 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
130	BARUCH Włodzimierz	5		M65-69	7			00:13:45	00:28:07	00:42:16.45	+00:12:15 (29.0%)	8:27	7.1 (71.0%)
131	OGONOWSKA Edyta	85	KLUB NW PATY CZAKI GRUDZIA DZ	K55-59	7			00:14:03	00:28:18	00:42:28.65	+00:12:27 (29.3%)	8:29	7.1 (71.0%)
132	STOLTMANN Wiesław	110	BŁĘKITNI NW DZIEMIANY	M55-59	8			00:13:54	00:28:09	00:42:33.65	+00:12:32 (29.5%)	8:30	7.1 (71.0%)
133	BORUCZYŃSKI Dariusz	8		M45-49	7			00:13:48	00:28:16	00:42:37.15	+00:12:36 (29.6%)	8:31	7 (70.0%)
134	DASZKIEWICZ Stamińska	209	VTW REWAL	K55-59	8			00:14:12	00:28:36	00:42:51.00	+00:12:50 (29.9%)	8:34	7 (70.0%)
135	DOBROWOLSKI Patryk	20		M-Dzieci	6			00:14:32	00:29:05	00:42:51.10	+00:12:50 (30.0%)	8:34	7 (70.0%)
136	STOLTMAN Aleksander	108	KLUB NW PATY CZAKI GRUDZIA DZ	M-Dzieci	7			00:13:48	00:27:43	00:42:52.55	+00:12:51 (30.0%)	8:34	7 (70.0%)
137	ALESCZYK Marek	277		M50-54	3			00:13:57	00:28:36	00:42:58.90	+00:12:57 (30.2%)	8:35	7 (70.0%)
138	TOPOREK Aleksandra	124	TEAM DEAF	K- Niepełnosprawni(B)	2			00:14:30	00:28:59	00:43:08.80	+00:13:07 (30.4%)	8:37	7 (70.0%)
139	DUSZEŃKO Elwira	22	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:13:46	00:28:00	00:43:25.65	+00:13:24 (30.9%)	8:41	6.9 (69.0%)
140	STACHIEWICZ Ewa	105		K55-59	9			00:13:53	00:29:04	00:44:07.20	+00:14:06 (32.0%)	8:49	6.8 (68.0%)
141	JÓŻWIAK Łukasz	47	WTW WŁOCŁAWEK	M- Niepełnosprawni(A)	2			00:13:25	00:28:49	00:44:15.40	+00:14:14 (32.2%)	8:51	6.8 (68.0%)
142	JÓŻWIAK Dominik	46	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	4			00:13:27	00:28:51	00:44:16.20	+00:14:15 (32.2%)	8:51	6.8 (68.0%)
143	JANKOWSKA Katarzyna	41	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	5			00:14:47	00:29:57	00:44:19.10	+00:14:18 (32.3%)	8:51	6.8 (68.0%)
144	ORŁOWSKI Marcin	87	BERSERKERS TEAM SZCZECIN	M18-29	5			00:14:08	00:29:20	00:44:20.20	+00:14:19 (32.3%)	8:52	6.8 (68.0%)
145	BRZOZOWSKA Anna	11		K40-44	14			00:14:42	00:29:39	00:44:30.90	+00:14:29 (32.6%)	8:54	6.7 (67.0%)
146	SUBOCZ Jakub	114		M-Dzieci	8			00:13:20	00:27:55	00:44:37.50	+00:14:36 (32.7%)	8:55	6.7 (67.0%)
147	ŁUKOJĆ Bernadetta	72	BELFERKIJKI	K45-49	9			00:14:45	00:29:56	00:44:37.95	+00:14:36 (32.7%)	8:55	6.7 (67.0%)
148	BUDASZ Krzysztof	12	PILSCY MIŁOŚNICZY NW	M60-64	5			00:14:59	00:30:18	00:45:04.10	+00:15:03 (33.4%)	9:00	6.7 (67.0%)
149	BUDASZ Grażyna	13	PILSCY MIŁOŚNICZY NW	K60-64	7			00:15:12	00:30:18	00:45:38.55	+00:15:37 (34.2%)	9:07	6.6 (66.0%)
150	DOMAŃSKA Natalia	139	BIOMASZYNA	K-Dzieci	11			00:14:08	00:29:58	00:45:52.20	+00:15:51 (34.6%)	9:10	6.5 (65.0%)
151	WIKI Agata	128	ZS ROSKO	K-Jun.	4			00:14:25	00:30:19	00:46:03.25	+00:16:02 (34.8%)	9:12	6.5 (65.0%)
152	CZARNOWSKI Filip	294	BŁĘKITNI NW DZIEMIANY	M-Dzieci	9			00:14:45	00:30:19	00:46:16.70	+00:16:15 (35.1%)	9:15	6.5 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	JANOWSKA-PASZKOWSKA Joanna	43		K30-39	10			00:14:46	00:30:35	00:46:34.60	+00:16:33 (35.6%)	9:19	6.4 (64.0%)
154	ŁUCKA Małgorzata	71	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-44	15			00:15:30	00:31:22	00:46:48.75	+00:16:47 (35.9%)	9:21	6.4 (64.0%)
155	GRUDNOWSKA Katarzyna	34	BŁĘKITNI NW DZIEMIANY	K30-39	11			00:15:17	00:30:52	00:46:50.00	+00:16:49 (35.9%)	9:22	6.4 (64.0%)
156	KOS Maria	57		K60-64	8			00:14:57	00:30:55	00:46:54.20	+00:16:53 (36.0%)	9:22	6.4 (64.0%)
157	BOBOWIK-KOWALIK Aleksandra	6	SYRENA GOŚLAW	K45-49	10	1		00:15:55	00:31:46	00:47:46.95	+00:17:45 (37.2%)	9:33	6.3 (63.0%)
158	MATUSZAK Ksawera	273	FUNDACJA RODZINA I ROZWÓJ	K- Niepełnosprawni(A)	3			00:14:50	00:32:02	00:48:06.25	+00:18:05 (37.6%)	9:37	6.2 (62.0%)
159	KAŁAMAJSKA Barbara	271	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	9			00:15:47	00:32:05	00:48:08.65	+00:18:07 (37.7%)	9:37	6.2 (62.0%)

Znaleziono 159 wynik(ów)