



SZTUM - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-09-05
Miejsce: Sztum
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DZIADEK Remigiusz	69		M 45-49	1			00:08:55	00:29:47	00:38:42		5:57	10.1 (100%)
2	BRZozowski Piotr	260		M 30-39	1			00:07:31	00:29:52	00:37:23	+00:00:05 (0.3%)	5:58	10 (99.0%)
3	RAJEWSKI Sebastian	79	JEZIORKI - AKTYWNA WIEŚ	M 40-44	1			00:08:06	00:30:08	00:38:14	+00:00:21 (1.2%)	6:01	10 (99.0%)
4	LESIŃSKI Grzegorz	104	KGHM METRACO	M 45-49	2			00:08:55	00:30:16	00:39:11	+00:00:29 (1.6%)	6:03	9.9 (98.0%)
5	CHABOWSKI Tomasz	125		M 45-49	3			00:08:55	00:30:20	00:39:15	+00:00:33 (1.8%)	6:04	9.9 (98.0%)
6	WASIELEWSKI Mirosław	62	ELBLĄSKIE WŁÓCZY-KIJE	M 50-54	1			00:09:23	00:30:24	00:39:47	+00:00:37 (2.0%)	6:04	9.9 (98.0%)
7	TREĆ Leon	145		M 55-59	1			00:09:49	00:30:39	00:40:28	+00:00:52 (2.8%)	6:07	9.8 (97.0%)
8	KLARKOWSKI Bogdan	63	ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	1			00:10:29	00:30:42	00:41:11	+00:00:55 (3.0%)	6:08	9.8 (97.0%)
9	ĆWIKLIŃSKI Krystian	158	THE BEST - MY IDZIEMY I CZEŚĆ	M Junior	1			00:06:08	00:30:45	00:36:53	+00:00:58 (3.1%)	6:09	9.8 (97.0%)
10	LANGMESSER Kewin		LKS ZANTYR	M Junior	2			00:06:10	00:30:51	00:37:01	+00:01:04 (3.5%)	6:10	9.7 (96.0%)
10	LUBAWIŃSKI Jerzy	20	K.B.SPRINT ŚWIDWIN	M Niepełnosprawni	1			00:09:49	00:30:51	00:40:40	+00:01:04 (3.5%)	6:10	9.7 (96.0%)
12	RACZYŃSKI Grzegorz	4	I LO DUBOIS	M Junior	3			00:06:09	00:30:55	00:37:04	+00:01:08 (3.7%)	6:11	9.7 (96.0%)
13	RATECKI Marcin	107	NORDIC WALKING TEAM GDAŃSK	M 40-44	2			00:08:06	00:30:57	00:39:03	+00:01:10 (3.8%)	6:11	9.7 (96.0%)
14	STANISŁAWSKI Jan	105	INTEGRACYJNE STOWARZYSZENIE AKTYWNI 50	M 55-59	2			00:09:49	00:31:09	00:40:58	+00:01:22 (4.4%)	6:13	9.6 (95.0%)

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15	MARCINIAK Emil	97	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1			00:06:59	00:31:28	00:38:27	+00:01:41 (5.3%)	6:17	9.5 (94.1%)
16	RUSZKOWSKI Tomasz	87	POCHODZEMALBORKA.PL	M 40-44	3			00:08:06	00:31:37	00:39:43	+00:01:50 (5.8%)	6:19	9.5 (94.1%)
17	CHUDZIŃSKI Andrzej		ELBLĄSKIE WŁÓCZY-KIJE	M 65-69	1			00:11:36	00:31:46	00:43:22	+00:01:59 (6.2%)	6:21	9.4 (93.1%)
18	SZUDARSKI Edward	9	DWA KIJE SŁUPSK	M 55-59	3			00:09:48	00:31:47	00:41:35	+00:02:00 (6.3%)	6:21	9.4 (93.1%)
19	STĘPIEŃ Andrzej	152	LKS ZANTYR	M 18-29	2			00:06:58	00:31:48	00:38:46	+00:02:01 (6.3%)	6:21	9.4 (93.1%)
20	GOŁĘBIEWSKI Andrzej	141	KLUB SZUWAREK	M 55-59	4			00:09:48	00:31:50	00:41:38	+00:02:03 (6.4%)	6:22	9.4 (93.1%)
21	ROSADZIŃSKI Sławomir	106		M 45-49	4			00:08:55	00:32:02	00:40:57	+00:02:15 (7.0%)	6:24	9.4 (93.1%)
22	KAZIÓW Ryszard	92	DWA KIJE SŁUPSK	M 60-64	2			00:10:30	00:32:09	00:42:39	+00:02:22 (7.4%)	6:25	9.3 (92.1%)
23	SWYSTUN Sławomir Piotr	94	MORSY GDYŃSKIE	M 60-64	3			00:10:30	00:32:13	00:42:43	+00:02:26 (7.6%)	6:26	9.3 (92.1%)
24	DUBAJ Grzegorz	53	ELBLĄSKIE WŁÓCZY-KIJE	M 55-59	5			00:09:49	00:32:14	00:42:03	+00:02:27 (7.6%)	6:26	9.3 (92.1%)
25	BARTOSIEWICZ Łukasz	143		M 30-39	2			00:07:31	00:32:16	00:39:47	+00:02:29 (7.7%)	6:27	9.3 (92.1%)
26	KUN Jakub	254		M Junior	4			00:06:08	00:32:20	00:38:28	+00:02:33 (7.9%)	6:28	9.3 (92.1%)
27	DANA Andrzej		KLUB NW PATYCZAKI	M 65-69	2			00:11:37	00:32:21	00:43:58	+00:02:34 (7.9%)	6:28	9.3 (92.1%)
28	LESIŃSKA Marzenna	103	KGHM METRACO	K 50-54	1			00:17:42	00:32:26	00:50:08	+00:02:39 (8.2%)	6:29	9.2 (91.1%)
29	KOŁPAK Jan	59	LKS ZANTYR	M 65-69	3			00:11:35	00:32:38	00:44:13	+00:02:51 (8.7%)	6:31	9.2 (91.1%)
30	RAKUĆ Jakub	23	RUCH PO ZDROWIE WŁOCŁAWEK	M 18-29	3			00:06:59	00:32:56	00:39:55	+00:03:09 (9.6%)	6:35	9.1 (90.1%)
31	MARKOWSKA Halina		ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	1			00:18:16	00:32:57	00:51:13	+00:03:10 (9.6%)	6:35	9.1 (90.1%)
32	SZPILMAN Katarzyna	66	GDYNIA MOJE MIASTO	K 45-49	1			00:17:05	00:33:01	00:50:06	+00:03:14 (9.8%)	6:36	9.1 (90.1%)
33	JUREWICZ Jakub	269		M Junior	5			00:06:09	00:33:05	00:39:14	+00:03:18 (10.0%)	6:37	9.1 (90.1%)
34	WIADERSKI Wojciech	156		M 65-69	4			00:11:37	00:33:08	00:44:45	+00:03:21 (10.1%)	6:37	9.1 (90.1%)
35	GROCHOWALSKI Mikołaj	22	BAWILAND	M Dzieci	1			00:05:26	00:33:11	00:38:37	+00:03:24 (10.2%)	6:38	9 (89.1%)
36	LESZCZYSZYN Krystyna			K 55-59	2			00:18:16	00:33:13	00:51:29	+00:03:26 (10.3%)	6:38	9 (89.1%)
37	JÓŹWIAK Marianna	19	WTW WŁOCŁAWEK	K 40-44	1			00:16:35	00:33:15	00:49:50	+00:03:28 (10.4%)	6:39	9 (89.1%)

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38	BRYL Michał	56	ELBLĄSKIE WŁÓCZY-KIJE	M Niepełnosprawni	2			00:06:59	00:33:17	00:40:16	+00:03:30 (10.5%)	6:39	9 (89.1%)
39	CIEŚLAK Iwona	3	SANTORINI TAWERNA GRECKA	K 40-44	2			00:16:35	00:33:18	00:49:53	+00:03:31 (10.6%)	6:39	9 (89.1%)
40	SZUDARSKI Marek	8	DWA KIJE SŁUPSK	M 18-29	4			00:06:58	00:33:20	00:40:18	+00:03:33 (10.7%)	6:40	9 (89.1%)
41	PODOLSKI Mirosław	73	LKS ZANTYR SZTUM	M 60-64	4			00:10:29	00:33:23	00:43:52	+00:03:36 (10.8%)	6:40	9 (89.1%)
42	KŁOPOTOWSKI Piotr	15	LKS ZANTYR SZTUM	M Dzieci	2			00:05:26	00:33:42	00:39:08	+00:03:55 (11.6%)	6:44	8.9 (88.1%)
42	ŚWIERCZYŃSKA Joanna	51	ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	2			00:17:05	00:33:42	00:50:47	+00:03:55 (11.6%)	6:44	8.9 (88.1%)
44	RAKUĆ Angelika	24	RUCH PO ZDROWIE WŁOCŁAWEK	K 18-29	1			00:14:42	00:33:45	00:48:27	+00:03:58 (11.8%)	6:45	8.9 (88.1%)
45	WILKOŁEK-SZUDARSKA Saturnina	5	DWA KIJE SŁUPSK	K 55-59	3			00:18:16	00:33:49	00:52:05	+00:04:02 (11.9%)	6:45	8.9 (88.1%)
46	PIATEK Zbigniew	81		M 55-59	6			00:09:49	00:34:06	00:43:55	+00:04:19 (12.7%)	6:49	8.8 (87.1%)
47	DOBRENKO Mieczysław		LKS ZANTYR SZTUM	M 70+	1			00:12:52	00:34:13	00:47:05	+00:04:26 (13.0%)	6:50	8.8 (87.1%)
48	PILECKA - PRĄDZYŃSKA Anna		CHODZĘZKIJAMI	K 60-64	1			00:18:59	00:34:19	00:53:18	+00:04:32 (13.2%)	6:51	8.7 (86.1%)
49	WAWRZYŃSKI Anna	67		K 40-44	3			00:16:35	00:34:21	00:50:56	+00:04:34 (13.3%)	6:52	8.7 (86.1%)
50	DANA Kazimiera		KLUB NW PATYCZAKI	K 60-64	2			00:19:01	00:34:23	00:53:24	+00:04:36 (13.4%)	6:52	8.7 (86.1%)
51	BEDNARSKI Józef	132	NIGHT RUNNERS	M 65-69	5			00:11:36	00:34:31	00:46:07	+00:04:44 (13.7%)	6:54	8.7 (86.1%)
52	SULECKA Gabriela	102		K Niepełnosprawni	1			00:18:17	00:34:35	00:52:52	+00:04:48 (13.9%)	6:55	8.7 (86.1%)
53	GÓRŃSKI Julia			K Junior	1			00:14:05	00:34:41	00:48:46	+00:04:54 (14.1%)	6:56	8.6 (85.1%)
54	ZIELIŃSKA Jolanta	121	GOSIR OSIELSKO	K 50-54	2			00:17:41	00:35:04	00:52:45	+00:05:17 (15.1%)	7:00	8.6 (85.1%)
55	POTARSKI Jacek	122		M 30-39	3			00:07:32	00:35:15	00:42:47	+00:05:28 (15.5%)	7:03	8.5 (84.2%)
56	OLECH Marcin	64		M 40-44	4			00:08:06	00:35:23	00:43:29	+00:05:36 (15.8%)	7:04	8.5 (84.2%)
57	BONEK Bronisław	98	THE BEST - MY IDZIEMY I CZEŚĆ	M 70+	2			00:12:52	00:35:32	00:48:24	+00:05:45 (16.2%)	7:06	8.4 (83.2%)
57	ROMANOWSKA Wiktoria	159		K Junior	2			00:14:05	00:35:32	00:49:37	+00:05:45 (16.2%)	7:06	8.4 (83.2%)
59	KOŁPAK Irena	60	LKS ZANTYR	K 60-64	3			00:19:00	00:35:34	00:54:34	+00:05:47 (16.3%)	7:06	8.4 (83.2%)
60	APPEL Jerzy	123	GOSIR OSIELSKO	M 65-69	6			00:11:36	00:35:36	00:47:12	+00:05:49 (16.3%)	7:07	8.4 (83.2%)

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61	KULIG Bożena	50	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	4			00:18:59	00:35:50	00:54:49	+00:06:03 (16.9%)	7:10	8.4 (83.2%)
62	KAPTEINA Robert	40	ELBLĄSKIE WŁÓCZY-KIJE	M 40-44	5			00:08:06	00:35:54	00:44:00	+00:06:07 (17.0%)	7:10	8.4 (83.2%)
62	MALISZEWSKA Marianna			K Niepełnosprawni	2			00:17:42	00:35:54	00:53:36	+00:06:07 (17.0%)	7:10	8.4 (83.2%)
64	KŁOPOTOWSKI Ryszard	10	LKS ZANTYR SZTUM	M 50-54	2			00:09:23	00:35:58	00:45:21	+00:06:11 (17.2%)	7:11	8.3 (82.2%)
65	CZAJA Aneta	84	JEZIORKI AKTYWNA WIEŚ	K 30-39	1			00:15:20	00:36:03	00:51:23	+00:06:16 (17.4%)	7:12	8.3 (82.2%)
66	KURCZYK Zbyszek	28		M Dzieci	3			00:05:26	00:36:12	00:41:38	+00:06:25 (17.7%)	7:14	8.3 (82.2%)
67	LANGMESSER Kinga	153	LKS ZANTYR	K 18-29	2			00:14:42	00:36:18	00:51:00	+00:06:31 (18.0%)	7:15	8.3 (82.2%)
68	RATHENÓW Martin	169		M Dzieci	4			00:05:28	00:36:20	00:41:48	+00:06:33 (18.0%)	7:16	8.3 (82.2%)
69	KOSIŃSKA Maria	57	MOSIR	K 55-59	4			00:18:17	00:36:27	00:54:44	+00:06:40 (18.3%)	7:17	8.2 (81.2%)
70	KURCZYK Elżbieta	90		K 30-39	2			00:15:18	00:36:29	00:51:47	+00:06:42 (18.4%)	7:17	8.2 (81.2%)
71	ZEMBRZUSKA Ewa	147	LKS ZANTYR	K 65-69	1			00:19:38	00:36:32	00:56:10	+00:06:45 (18.5%)	7:18	8.2 (81.2%)
72	BEDNARSKA Monika	5		K 30-39	3			00:15:19	00:36:38	00:51:57	+00:06:51 (18.7%)	7:19	8.2 (81.2%)
73	FIGURSKA Dominika	18		K 18-29	3			00:14:43	00:36:45	00:51:28	+00:06:58 (19.0%)	7:21	8.2 (81.2%)
74	KĄCKOWSKA Beata	77	JEZIORKI - AKTYWNA WIEŚ	K 40-44	4			00:16:35	00:36:53	00:53:28	+00:07:06 (19.2%)	7:22	8.1 (80.2%)
75	BEDNARSKA Katarzyna	270		K Junior	3			00:14:06	00:36:55	00:51:01	+00:07:08 (19.3%)	7:23	8.1 (80.2%)
76	MAZERSKA Maria	261	LKS ZANTYR SZTUM	K 65-69	2			00:19:37	00:37:02	00:56:39	+00:07:15 (19.6%)	7:24	8.1 (80.2%)
77	NAZAREWICZ Barbara		ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	3			00:19:37	00:37:14	00:56:51	+00:07:27 (20.0%)	7:26	8.1 (80.2%)
78	KOSIŃSKA-BUCIOR Teresa	129	ŁEBA MORS POLAND	K 55-59	5			00:18:18	00:37:16	00:55:34	+00:07:29 (20.1%)	7:27	8.1 (80.2%)
79	SŁÓNINA Eugeniusz	168		M 65-69	7			00:11:36	00:37:21	00:48:57	+00:07:34 (20.3%)	7:28	8 (79.2%)
79	KRZYŻANOWSKI Stanisław	110		M 70+	3			00:12:51	00:37:21	00:50:12	+00:07:34 (20.3%)	7:28	8 (79.2%)
79	ROZWARSKA Małgorzata	96	THE BEST - MY IDZIEMY I CZEŚĆ	K 18-29	4			00:14:42	00:37:21	00:52:03	+00:07:34 (20.3%)	7:28	8 (79.2%)
82	ĆWIDERSKA Aleksandra	171		K Dzieci	1			00:13:23	00:37:27	00:50:50	+00:07:40 (20.5%)	7:29	8 (79.2%)
83	KOWSZEWICZ Anna	149		K 40-44	5			00:16:37	00:37:31	00:54:08	+00:07:44 (20.6%)	7:30	8 (79.2%)

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84	GROCHOWALSKA Jadwiga	21	BAWILAND	K Niepełnosprawni	3			00:17:40	00:37:33	00:55:13	+00:07:46 (20.7%)	7:30	8 (79.2%)
85	BARTOSIEWICZ Włodzimierz	144		M 60-64	5			00:10:29	00:37:34	00:48:03	+00:07:47 (20.7%)	7:30	8 (79.2%)
86	WOJTASZAK Patrycja	162	FUNDACJA NASZA WIEŚ	K Junior	4			00:14:05	00:37:37	00:51:42	+00:07:50 (20.8%)	7:31	8 (79.2%)
87	UTRATA Mirosław	52	ELBLĄSKIE WŁÓCZY-KIJE	M 55-59	7			00:09:49	00:37:41	00:47:30	+00:07:54 (21.0%)	7:32	8 (79.2%)
87	ŻYTO Agnieszka	95		K 40-44	6			00:16:35	00:37:41	00:54:16	+00:07:54 (21.0%)	7:32	8 (79.2%)
89	MAĆZKA Maria	109		K 65-69	4			00:19:37	00:37:45	00:57:22	+00:07:58 (21.1%)	7:33	7.9 (78.2%)
90	WOJTASZAK Julia		FUNDACJA NASZA WIEŚ	K Junior	5			00:14:04	00:37:55	00:51:59	+00:08:08 (21.5%)	7:35	7.9 (78.2%)
90	SZPALERSKA Małgorzata	148		K 30-39	4			00:15:20	00:37:55	00:53:15	+00:08:08 (21.5%)	7:35	7.9 (78.2%)
92	PODLEWSKA Alicja	58	LKS ZANTYR	K 45-49	3			00:17:05	00:38:06	00:55:11	+00:08:19 (21.8%)	7:37	7.9 (78.2%)
93	KIESZEK Karolina	32	ELBLĄSKIE WŁÓCZY-KIJE	K Niepełnosprawni	4			00:20:07	00:38:10	00:58:17	+00:08:23 (22.0%)	7:38	7.9 (78.2%)
94	OLSZEWSKA Bożena	101		K 30-39	5			00:15:19	00:38:12	00:53:31	+00:08:25 (22.0%)	7:38	7.9 (78.2%)
95	SKOWERSKA Anna	2		K Junior	6			00:14:05	00:38:13	00:52:18	+00:08:26 (22.1%)	7:38	7.8 (77.2%)
96	KUPER Justyna			K 30-39	6			00:15:18	00:38:21	00:53:39	+00:08:34 (22.3%)	7:40	7.8 (77.2%)
97	ROMANOWSKA Agata	160		K Dzieci	2			00:13:22	00:38:28	00:51:50	+00:08:41 (22.6%)	7:41	7.8 (77.2%)
98	FRUBA Karina	11	DWA KIJE SŁUPSK	K Niepełnosprawni	5			00:15:19	00:38:29	00:53:48	+00:08:42 (22.6%)	7:41	7.8 (77.2%)
99	MAZERSKI Maciej	157	LKS ZANTYR	M Dzieci	5			00:05:27	00:38:32	00:43:59	+00:08:45 (22.7%)	7:42	7.8 (77.2%)
100	PRZEDWOJEWSKA Róża	35	ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	5			00:19:37	00:38:39	00:58:16	+00:08:52 (22.9%)	7:43	7.8 (77.2%)
101	ADAMOWICZ Ewa	38	ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	6			00:19:38	00:38:41	00:58:19	+00:08:54 (23.0%)	7:44	7.8 (77.2%)
102	CZECHOWSKA Sandra	12		K Junior	7			00:14:06	00:38:43	00:52:49	+00:08:56 (23.1%)	7:44	7.7 (76.2%)
103	DZIADEK Agnieszka	70		K Dzieci	3			00:13:22	00:38:52	00:52:14	+00:09:05 (23.4%)	7:46	7.7 (76.2%)
103	RAJEWSKA Beata	80	JEZIORKI - AKTYWNA WIEŚ	K 30-39	7			00:15:20	00:38:52	00:54:12	+00:09:05 (23.4%)	7:46	7.7 (76.2%)
105	SZCZEPANIAK Lucyna			K 45-49	4			00:17:06	00:38:58	00:56:04	+00:09:11 (23.6%)	7:47	7.7 (76.2%)
106	KASZUBSKI Janusz	86	ZAKĄTEK DANKOWO	M 60-64	6			00:10:31	00:39:05	00:49:36	+00:09:18 (23.8%)	7:49	7.7 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	KAZIÓW Krystyna	91	DWA KIJE SŁUPSK	K 60-64	5			00:19:00	00:39:11	00:58:11	+00:09:24 (24.0%)	7:50	7.7 (76.2%)
107	GRUSZKA Barbara	146	LKS ZANTYR	K 65-69	7			00:19:48	00:39:11	00:58:59	+00:09:24 (24.0%)	7:50	7.7 (76.2%)
109	DEMSKA Halina	258		K 60-64	6			00:19:00	00:39:12	00:58:12	+00:09:25 (24.0%)	7:50	7.7 (76.2%)
110	PARAFINIUK Patrycja	173		K Dzieci	4			00:13:23	00:39:23	00:52:46	+00:09:36 (24.4%)	7:52	7.6 (75.2%)
111	KUPER Mariusz	112		M 30-39	4			00:07:32	00:39:24	00:46:56	+00:09:37 (24.4%)	7:52	7.6 (75.2%)
111	PARAFINIUK Daria			K Dzieci	5			00:13:24	00:39:24	00:52:48	+00:09:37 (24.4%)	7:52	7.6 (75.2%)
113	ZWOLENKIEWICZ Zbigniew		LKS ZANTYR SZTUM	M 60-64	7			00:10:29	00:39:28	00:49:57	+00:09:41 (24.5%)	7:53	7.6 (75.2%)
114	KILISZEWSKA Aleksandra	255		K 30-39	8			00:15:19	00:39:40	00:54:59	+00:09:53 (24.9%)	7:56	7.6 (75.2%)
115	OGONOWSKA Edyta		KLUB NW PATYCZAKI	K 50-54	3			00:17:41	00:39:47	00:57:28	+00:10:00 (25.1%)	7:57	7.5 (74.3%)
116	KODYRA Kazimiera	33	ELBLĄSKIE WŁÓCZY-KIJE	K 65-69	8			00:19:38	00:39:48	00:59:26	+00:10:01 (25.2%)	7:57	7.5 (74.3%)
117	MIELEWCZYK Aleksandra	108		K 50-54	4			00:17:41	00:39:50	00:57:31	+00:10:03 (25.2%)	7:58	7.5 (74.3%)
118	STĘPKA Brygida	199	LKS ZANTYR	K 65-69	9			00:19:39	00:40:09	00:59:48	+00:10:22 (25.8%)	8:01	7.5 (74.3%)
119	GRZEŚKOWIAK Michał		FUNDACJA NASZA WIEŚ	M Junior	6			00:06:08	00:40:14	00:46:22	+00:10:27 (26.0%)	8:02	7.5 (74.3%)
119	MATUSZAK Wojciech		FUNDACJA NASZA WIEŚ	M Junior	7			00:06:08	00:40:14	00:46:22	+00:10:27 (26.0%)	8:02	7.5 (74.3%)
121	PRZEDPEŁSKA Julia	268		K Junior	8			00:14:06	00:40:18	00:54:24	+00:10:31 (26.1%)	8:03	7.4 (73.3%)
121	KMIECIK - ZEGARSKA Teresa	264		K 55-59	6			00:18:37	00:40:18	00:58:55	+00:10:31 (26.1%)	8:03	7.4 (73.3%)
123	BUDZOWSKA Łucja	267		K Junior	9			00:14:05	00:40:20	00:54:25	+00:10:33 (26.2%)	8:04	7.4 (73.3%)
124	DEBNIAK-WITKOWSKA Agnieszka	7		K 45-49	5			00:17:07	00:40:21	00:57:28	+00:10:34 (26.2%)	8:04	7.4 (73.3%)
125	JADANOWSKA Halina	49	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	7			00:19:01	00:40:22	00:59:23	+00:10:35 (26.2%)	8:04	7.4 (73.3%)
126	MOCZARSKI Adam	131	ŻABI KRUK	M Niepełnosprawni	3			00:11:38	00:40:23	00:52:01	+00:10:36 (26.2%)	8:04	7.4 (73.3%)
127	KAROL Alina	265		K 55-59	7			00:18:16	00:40:33	00:58:49	+00:10:46 (26.6%)	8:06	7.4 (73.3%)
128	KĄCKOWSKI Marek		JEZIORKI - AKTYWNA WIEŚ	M 60-64	8			00:10:30	00:40:41	00:51:11	+00:10:54 (26.8%)	8:08	7.4 (73.3%)
129	MĄDRA Eleonora	113	FUNDACJA NASZA WIEŚ	K Niepełnosprawni	6			00:18:18	00:40:54	00:59:12	+00:11:07 (27.2%)	8:10	7.3 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	GRABOWSKA Bożena		ZANTYR SZTUM	K 40-44	7			00:16:36	00:40:56	00:57:32	+00:11:09 (27.2%)	8:11	7.3 (72.3%)
131	ĆWIKLIŃSKA Joanna			K Niepełnosprawni	7			00:14:44	00:41:03	00:55:47	+00:11:16 (27.4%)	8:12	7.3 (72.3%)
132	WIADERSKA Grażyna	155		K 60-64	8			00:18:59	00:41:04	01:00:03	+00:11:17 (27.5%)	8:12	7.3 (72.3%)
133	LANGMESSER Norbert	154	LKS ZANTYR	M 50-54	3			00:09:23	00:41:07	00:50:30	+00:11:20 (27.6%)	8:13	7.3 (72.3%)
134	NIEPLA Roman	55	LKS ZANTYR SZTUM	M 70+	4			00:12:52	00:41:11	00:54:03	+00:11:24 (27.7%)	8:14	7.3 (72.3%)
135	WOJTASZAK Maria	120	FUNDACJA NASZA WIEŚ	K 40-44	8			00:16:36	00:41:28	00:58:04	+00:11:41 (28.2%)	8:17	7.2 (71.3%)
136	DUBAJ Adriana	54	ELBLĄSKIE WŁÓCZY-KIJE	K 50-54	5			00:17:42	00:41:38	00:59:20	+00:11:51 (28.5%)	8:19	7.2 (71.3%)
137	STEFAŃSKA Helena		LKS ZANTYR	K 60-64	9			00:19:01	00:42:02	01:01:03	+00:12:15 (29.1%)	8:24	7.1 (70.3%)
138	ORLIKOWSKA Barbara	118	FUNDACJA NASZA WIEŚ	K 55-59	8			00:18:17	00:42:08	01:00:25	+00:12:21 (29.3%)	8:25	7.1 (70.3%)
139	KURCZYK Michał	29		M Dzieci	6			00:05:26	00:42:18	00:47:44	+00:12:31 (29.6%)	8:27	7.1 (70.3%)
140	NOWOSIELSKA Amelia	17		K Dzieci	6			00:13:24	00:42:19	00:55:43	+00:12:32 (29.6%)	8:27	7.1 (70.3%)
141	WITKOWSKA Róża	6		K Dzieci	7			00:13:24	00:42:21	00:55:45	+00:12:34 (29.7%)	8:28	7.1 (70.3%)
142	WIECZORKIEWICZ Antonina	16		K Dzieci	8			00:13:23	00:42:25	00:55:48	+00:12:38 (29.8%)	8:29	7.1 (70.3%)
143	JAŻWIŃSKA Czesława		LKS ZANTYR	K 55-59	9			00:18:37	00:42:27	01:01:04	+00:12:40 (29.8%)	8:29	7.1 (70.3%)
144	KASZUBSKA Ewa		ZAKĄTEK DANKOWO	K 60-64	10			00:18:59	00:42:28	01:01:27	+00:12:41 (29.9%)	8:29	7.1 (70.3%)
145	WIŚNIEWSKA Malwina		LKS ZANTYR	K 18-29	5			00:14:42	00:42:29	00:57:11	+00:12:42 (29.9%)	8:29	7.1 (70.3%)
146	WIECZOREK Danuta		ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	11			00:19:02	00:42:33	01:01:35	+00:12:46 (30.0%)	8:30	7.1 (70.3%)
147	DASZKIEWICZ Jadwiga	116	FUNDACJA NASZA WIEŚ	K 55-59	10			00:18:18	00:42:44	01:01:02	+00:12:57 (30.3%)	8:32	7 (69.3%)
148	BUCIOR Wojciech	128	ŁEBA MORS POLAND	M 55-59	8			00:09:48	00:42:57	00:52:45	+00:13:10 (30.7%)	8:35	7 (69.3%)
149	KARCZEWSKI Krzysztof	25	RUCH PO ZDROWIE WŁOCŁAWEK	M 30-39	5			00:07:33	00:43:03	00:50:36	+00:13:16 (30.8%)	8:36	7 (69.3%)
150	WOJEWÓDZKA Jolanta	127		K Niepełnosprawni	8			00:17:07	00:43:10	01:00:17	+00:13:23 (31.0%)	8:38	6.9 (68.3%)
151	WNUK Elżbieta	61	LKS ZANTYR	K 55-59	11			00:18:37	00:44:07	01:02:44	+00:14:20 (32.5%)	8:49	6.8 (67.3%)
152	MICHALECKA Teresa	126		K 45-49	6			00:17:08	00:44:12	01:01:20	+00:14:25 (32.6%)	8:50	6.8 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	LIPIŃSKA Regina	93	LKS ZANTYR SZTUM	K 70+	1			00:20:07	00:44:21	01:04:28	+00:14:34 (32.8%)	8:52	6.8 (67.3%)
154	BUDASZ Krzysztof		JEZIORKI - AKTYWNA WIEŚ	M 60-64	9			00:10:30	00:44:45	00:55:15	+00:14:58 (33.4%)	8:57	6.7 (66.3%)
154	MALINOWSKA Grażyna	256		K 65-69	10			00:19:53	00:44:45	01:04:38	+00:14:58 (33.4%)	8:57	6.7 (66.3%)
156	PŁOTALSKA Maria	117	FUNDACJA NASZA WIEŚ	K 55-59	12			00:18:17	00:44:46	01:03:03	+00:14:59 (33.5%)	8:57	6.7 (66.3%)
156	FRELICH Barbara	115	FUNDACJA NASZA WIEŚ	K 55-59	13			00:18:18	00:44:46	01:03:04	+00:14:59 (33.5%)	8:57	6.7 (66.3%)
158	CACAŁA Julia	259		K Junior	10			00:14:07	00:45:05	00:59:12	+00:15:18 (33.9%)	9:01	6.7 (66.3%)
159	FEHRMANN Joanna	257		K Junior	11			00:14:07	00:45:06	00:59:13	+00:15:19 (34.0%)	9:01	6.7 (66.3%)
160	WASILUK Helena	1		K 70+	2			00:20:09	00:45:08	01:05:17	+00:15:21 (34.0%)	9:01	6.6 (65.3%)
161	MAJEWSKA Natalia			K Dzieci	9			00:13:22	00:45:20	00:58:42	+00:15:33 (34.3%)	9:04	6.6 (65.3%)
162	POTORSKA Irmina	124		K Dzieci	10			00:13:23	00:45:28	00:58:51	+00:15:41 (34.5%)	9:05	6.6 (65.3%)
163	OPALIŃSKA Krystyna	36	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	3			00:20:07	00:45:30	01:05:37	+00:15:43 (34.5%)	9:06	6.6 (65.3%)
164	FELIŃSKA Zofia	39	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	4			00:20:07	00:45:37	01:05:44	+00:15:50 (34.7%)	9:07	6.6 (65.3%)
165	MATUSZAK Ksawera	119	FUNDACJA NASZA WIEŚ	K Niepełnosprawni	9			00:17:06	00:45:38	01:02:44	+00:15:51 (34.7%)	9:07	6.6 (65.3%)
166	BEŁCZYŃSKA Edyta	44	ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	7			00:17:08	00:45:41	01:02:49	+00:15:54 (34.8%)	9:08	6.6 (65.3%)
166	GRUDNIEWSKA Urszula	13		K 55-59	14			00:18:19	00:45:41	01:04:00	+00:15:54 (34.8%)	9:08	6.6 (65.3%)
168	JAKUSIK Anna	41	ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	8			00:17:08	00:45:42	01:02:50	+00:15:55 (34.8%)	9:08	6.6 (65.3%)
169	ZINIEWICZ Anna	34	ELBLĄSKIE WŁÓCZY-KIJE	K 70+	5			00:20:08	00:45:48	01:05:56	+00:16:01 (35.0%)	9:09	6.6 (65.3%)
170	GRUDNIEWSKI Sylwester	14		M 18-29	5			00:18:21	00:45:49	01:04:10	+00:16:02 (35.0%)	9:09	6.5 (64.4%)
170	BEŁCZYŃSKA Bożena	43	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	12			00:19:01	00:45:49	01:04:50	+00:16:02 (35.0%)	9:09	6.5 (64.4%)
172	BEDNARSKA Zofia	6		K 65-69	11			00:19:38	00:46:11	01:05:49	+00:16:24 (35.5%)	9:14	6.5 (64.4%)
173	WOJTASIK Aldona	37	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	13			00:18:59	00:46:31	01:05:30	+00:16:44 (36.0%)	9:18	6.4 (63.4%)
174	MAJEWSKA Anna	89		K 30-39	9			00:15:18	00:46:47	01:02:05	+00:17:00 (36.3%)	9:21	6.4 (63.4%)
175	BUDASZ Grażyna	82	JEZIORKI - AKTYWNA WIEŚ	K 55-59	15			00:18:18	00:47:34	01:05:52	+00:17:47 (37.4%)	9:30	6.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	KOSMALA Danuta	174		K 45-49	9			00:17:07	00:47:37	01:04:44	+00:17:50 (37.5%)	9:31	6.3 (62.4%)
177	CHUDZIŃSKA Grażyna	31	ELBLĄSKIE WŁÓCZY-KIJE	K 60-64	14			00:19:00	00:49:35	01:08:35	+00:19:48 (39.9%)	9:55	6.1 (60.4%)
178	CICHOCKI Wiesław	142	KLUB NW PATYCZAKI	M Niepełnosprawni	4			00:12:53	00:49:36	01:02:29	+00:19:49 (40.0%)	9:55	6 (59.4%)
179	MILACHOWSKA Agnieszka	99		K 30-39	10			00:15:18	00:49:51	01:05:09	+00:20:04 (40.3%)	9:58	6 (59.4%)
180	CHWALISZEWSKI Michał			M 65-69	8			00:11:37	00:53:57	01:05:34	+00:24:10 (44.8%)	10:47	5.6 (55.4%)

Znaleziono 180 wynik(ów)