



VI MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT

Wydarzenie: MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE
Organizator: Polska Federacja Nordic Walking; Urząd Miasta i Gminy Jastrowie
Data: 2019-04-06
Miejsce: Jastrowie
Dystans: 42.195 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Start_All 42.195km	Czas netto	Różn	Tempo min/km	Tempo km/h
1	ROSAK Marcin	72	RUNNERSKI.PL	M40-49	1			00:31:49	01:07:26	01:42:43	02:18:05	02:53:23	03:30:05	04:06:40	04:43:19.10			6:42	8.9 (100%)
2	VÁZQUEZ BALUENGA Tony	89	TEAM GUIDETTI	M40-49	2			00:32:49	01:10:08	01:47:26	02:25:01	03:02:59	03:41:42	04:20:46	05:00:24.21	+00:17:05 (5.7%)		7:07	8.4 (94.4%)
3	CZŁONKOWSKI Krzysztof	16	OLIMPIJCZYK SZCZĘKOCINY	M40-49	3			00:32:51	01:10:05	01:47:15	02:24:45	03:02:33	03:41:28	04:21:12	05:02:46.59	+00:19:27 (6.4%)		7:10	8.4 (94.4%)
4	KORDOWSKI Piotr	40	LUX TORPEDA MAŁOPOLSKA	M40-49	4			00:32:49	01:10:02	01:47:14	02:24:43	03:02:32	03:41:29	04:24:27	05:06:13.85	+00:22:54 (7.5%)		7:15	8.3 (93.3%)
5	PUSZKIEL Leszek	69	GREEN TEAM ZIELONA GÓRA	M60-64	1			00:32:56	01:10:11	01:47:52	02:26:30	03:05:55	03:46:54	04:27:23	05:08:33.37	+00:25:14 (8.2%)		7:18	8.2 (92.1%)
6	BOGACKI Sławek	7	TORUŃ- IDZIEMY BEZ RYZYKA	M40-49	5			00:33:00	01:10:29	01:48:37	02:28:02	03:07:49	03:48:07	04:29:09	05:09:14.55	+00:25:55 (8.4%)		7:19	8.2 (92.1%)
7	WILCZEK Krzysztof	91	SOPEL DOBRODZIEN	M40-49	6			00:34:57	01:13:15	01:51:05	02:29:29	03:08:25	03:48:26	04:30:16	05:12:50.82	+00:29:31 (9.4%)		7:24	8.1 (91.0%)
8	BORKOWSKI Dariusz	8	NOWI SIEDLCE	M50-54	1			00:35:49	01:14:59	01:54:10	02:33:53	03:13:34	03:52:38	04:32:52	05:13:51.17	+00:30:32 (9.7%)		7:26	8.1 (91.0%)
9	KOŁODZIEJ Joanna	37	STADION ŚLĄSKI	K50-54	1			00:34:31	01:12:45	01:51:48	02:32:01	03:11:17	03:52:04	04:33:47	05:14:29.07	+00:31:09 (9.9%)		7:27	8.1 (91.0%)
10	MARCZAK Tomasz	54		M18-29	1			00:33:55	01:12:03	01:50:22	02:29:24	03:09:10	03:51:04	04:32:34	05:14:40.16	+00:31:21 (10.0%)		7:27	8 (89.9%)
11	BEM Małgorzata	24	POZYTYWNI DOBRE MIASTO	K40-49	1			00:34:39	01:29:40	01:52:51	02:32:02	03:12:16	03:52:59	04:34:05	05:15:23.48	+00:32:04 (10.2%)		7:28	8 (89.9%)
12	PODOLAK Mariusz	65		M30-39	1			00:34:01	01:11:59	01:50:16	02:29:16	03:08:24	03:49:08	04:31:51	05:15:56.43	+00:32:37 (10.3%)		7:29	8 (89.9%)
13	ŻYDACZEWSKI Ryszard	97	KS METRACO POLKOWICE	M50-54	2			00:35:31	01:14:57	01:54:40	02:33:53	03:13:46	03:54:30	04:35:34	05:16:51.34	+00:33:32 (10.6%)		7:30	8 (89.9%)
14	KUBISZYN Małgorzata	48	KS METRACO POLKOWICE	K30-39	1			00:35:10	01:15:43	01:56:12	02:36:35	03:17:24	03:57:17	04:37:45	05:17:39.60	+00:34:20 (10.8%)		7:31	8 (89.9%)
15	ŻYWICKI Marcin	98	BŁĘKITNI NW DZIEMIANY	M40-49	7			00:34:42	01:12:48	01:51:10	02:30:18	03:10:38	03:52:05	04:34:52	05:18:16.08	+00:34:56 (11.0%)		7:32	8 (89.9%)
16	WIŚNIEWSKI Maciej	92	GRUPAMALBORK	M40-49	8			00:36:31	01:18:08	01:59:49	02:40:35	03:21:30	04:02:01	04:42:57	05:22:38.30	+00:39:19 (12.2%)		7:38	7.8 (87.6%)
17	HAŁAS Marcin	27	UNIA MIAST	M30-39	2			00:36:18	01:17:12	01:57:30	02:36:47	03:16:11	03:57:14	04:39:50	05:22:45.73	+00:39:26 (12.2%)		7:38	7.8 (87.6%)
18	KUBISZYN Mirosław	47	KS METRACO POLKOWICE	M30-39	3			00:36:12	01:15:55	01:55:48	02:35:44	03:15:56	03:57:03	04:39:54	05:23:05.87	+00:39:46 (12.3%)		7:39	7.8 (87.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Start_All 42.195km	Czas netto		Tempo min/km	Tempo km/h
																Różn			
19	LENZ Andrzej	49	MUSZKIETEROWIE	M55-59	1			00:36:15	01:16:57	01:57:31	02:37:48	03:18:05	03:58:31	04:40:04	05:25:54.79	+00:42:35 (13.1%)	7:43	7.8 (87.6%)	
20	MITURA-ZIELONKA Paweł	58	SPACERMISTRZ / RYBNICKI KLUB NORDIC WALKING	M30-39	4			00:37:23	01:18:44	01:59:28	02:39:58	03:19:30	03:59:29	04:42:02	05:26:26.62	+00:43:07 (13.2%)	7:44	7.8 (87.6%)	
21	ŚWISŁOCKI Bogdan	86	FACE NORDIC WALKING TEAM	M55-59	2			00:35:13	01:14:12	01:53:27	02:33:54	03:15:25	03:58:41	04:41:59	05:26:28.03	+00:43:08 (13.2%)	7:44	7.8 (87.6%)	
22	SPYCHAŁA Marzena	77	CKZIU NYSA MECHANIK	K40-49	2			00:35:59	01:15:32	01:56:09	02:36:49	03:18:40	04:02:34	04:45:59	05:27:45.03	+00:44:25 (13.6%)	7:45	7.7 (86.5%)	
23	OLESZCZUK Teresa	100	BARLINEK TO MNIE RUSZA	K50-54	2			00:34:42	01:13:31	01:52:50	02:33:11	03:14:52	03:58:29	04:44:09	05:28:09.13	+00:44:50 (13.7%)	7:46	7.7 (86.5%)	
24	MAJOR Stefan	51		M60-64	2			00:35:14	01:14:55	01:56:12	02:38:09	03:20:11	04:03:50	04:47:08	05:28:45.13	+00:45:26 (13.8%)	7:47	7.7 (86.5%)	
25	MAKOWSKI Jan	52	RYBNICKI KLUB NORDIC WALKING	M55-59	3			00:33:52	01:12:34	01:52:45	02:33:26	03:15:54	03:59:43	04:44:12	05:29:40.49	+00:46:21 (14.1%)	7:48	7.7 (86.5%)	
26	KOP Wiesław	39	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	4			00:37:19	01:17:13	01:57:44	02:37:50	03:18:23	04:00:17	04:46:21	05:33:28.85	+00:50:09 (15.0%)	7:54	7.6 (85.4%)	
27	WOLNIEWICZ Katarzyna	93	POLSKIE PÓŁNOCNE PIERZE I PUCH	K40-49	3			00:36:00	01:15:35	01:56:12	02:37:06	03:19:21	04:03:00	04:47:55	05:33:44.04	+00:50:24 (15.1%)	7:54	7.6 (85.4%)	
28	KOŃCZEWSKA Bożena	38	BIESZCZADZI KLUB NORDIC WALKING	K55-59	1			00:35:59	01:15:45	01:56:24	02:37:59	03:20:52	04:05:47	04:50:47	05:34:17.02	+00:50:57 (15.2%)	7:55	7.6 (85.4%)	
29	EFEMBERG Joanna	20	TORUŃ- IDZIEMY BEZ RYZYKA	K40-49	4			00:36:56	01:18:21	01:59:51	02:42:17	03:25:50	04:09:31	04:52:23	05:35:16.94	+00:51:57 (15.5%)	7:56	7.6 (85.4%)	
30	KOZŁOWSKI Piotr	45	TR STARBLADE	M40-49	9			00:33:41	01:11:40	01:50:45	02:30:31	03:13:11	03:58:32	04:45:44	05:35:19.26	+00:52:00 (15.5%)	7:56	7.6 (85.4%)	
31	HRYNDIO Jerzy	101	STADION ŚLĄSKI	M60-64	3			00:37:04	01:17:51	01:59:36	02:42:11	03:25:34	04:09:54	04:55:02	05:37:43.94	+00:54:24 (16.1%)	8:00	7.5 (84.3%)	
32	FELIS Paweł	21		M50-54	3			00:37:20	01:18:17	02:00:39	02:43:22	03:26:38	04:10:32	04:54:44	05:37:48.71	+00:54:29 (16.1%)	8:00	7.5 (84.3%)	
33	KOWALSKI Marek	44	UNIA MIAST	M55-59	5			00:36:40	01:18:31	02:00:02	02:42:49	03:26:34	04:11:33	04:55:51	05:38:36.32	+00:55:17 (16.3%)	8:01	7.5 (84.3%)	
34	LIGĘZA Janusz	50		M55-59	6			00:36:01	01:16:56	01:57:55	02:39:49	03:22:56	04:07:40	04:54:03	05:38:50.84	+00:55:31 (16.4%)	8:01	7.5 (84.3%)	
35	PASIERB Marek	62	NZ	M65+	1			00:36:35	01:17:56	01:59:46	02:42:25	03:26:09	04:09:53	04:55:02	05:39:13.12	+00:55:54 (16.5%)	8:02	7.5 (84.3%)	
36	PŁACZEK Filip	63	BARLINEK TO MNIE RUSZA	M18-29	2			00:33:02	01:11:17	01:50:20	02:32:47	03:15:57	04:03:03	04:52:23	05:39:20.84	+00:56:01 (16.5%)	8:02	7.5 (84.3%)	
37	SZCZUDLIK Małgorzata	82	KIJKOWE TRZEMESZNO	K30-39	2			00:36:00	01:16:01	01:56:37	02:38:14	03:21:34	04:07:17	04:53:55	05:40:01.78	+00:56:42 (16.7%)	8:03	7.4 (83.1%)	
38	MICHAŁOWSKA Sylwia	57	ELBLĄDZKIE WŁÓCZYKIJE	K40-49	5			00:37:24	01:18:31	02:00:14	02:42:27	03:25:35	04:09:43	04:55:38	05:41:24.99	+00:58:05 (17.0%)	8:05	7.4 (83.1%)	
39	KORZEŃ Grzegorz	42		M40-49	10			00:34:10	01:12:42	01:53:37	02:36:50	03:21:26	04:07:41	04:55:00	05:41:40.09	+00:58:20 (17.1%)	8:05	7.4 (83.1%)	
40	FOLWARSKI Andrzej	22	FACE NORDIC WALKING TEAM	M60-64	4			00:36:15	01:16:55	01:57:44	02:38:52	03:21:21	04:05:25	04:55:30	05:41:50.13	+00:58:31 (17.1%)	8:06	7.4 (83.1%)	
41	CIESIELSKI Jan	15	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	11			00:35:56	01:15:09	01:55:12	02:36:51	03:19:42	04:06:33	04:55:31	05:43:13.61	+00:59:54 (17.5%)	8:08	7.4 (83.1%)	
42	TOMCZYK Edward	87	MARSZ PO ZDROWIE POZNAŃ	M65+	2			00:36:30	01:17:34	01:59:30	02:41:18	03:23:39	04:08:18	04:55:02	05:44:50.74	+01:01:31 (17.8%)	8:10	7.3 (82.0%)	
43	USS Jola	88	LUXTORPEDA MAŁOPOLSKA	K55-59	2			00:35:54	01:15:41	01:57:15	02:40:47	03:25:54	04:13:31	05:01:05	05:45:40.98	+01:02:21 (18.0%)	8:11	7.3 (82.0%)	
44	SZYMAŃSKI Jacek	83		M50-54	4			00:37:21	01:17:58	01:59:40	02:42:10	03:26:20	04:11:56	04:58:48	05:46:31.98	+01:03:12 (18.2%)	8:12	7.3 (82.0%)	
45	CHUDZIŃSKI Andrzej	13	ELBLĄDZKIE WŁÓCZYKIJE	M65+	3			00:36:38	01:18:10	02:00:30	02:43:36	03:27:11	04:13:14	04:59:34	05:49:07.17	+01:05:48 (18.8%)	8:16	7.3 (82.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas		Tempo min/km	Tempo km/h
															netto 42.195km	Różn		
46	KOWALCZUK Robert	43	ELITA TEAM	M50-54	5			00:39:28	01:22:58	02:05:59	02:49:24	03:33:03	04:18:24	05:04:53	05:50:07.81	+01:06:48 (19.1%)	8:17	7.2 (80.9%)
47	ZAGAJA Janusz	99	HBT	M60-64	5			00:36:17	01:17:22	02:00:57	02:43:11	03:27:03	04:12:53	05:01:14	05:50:23.76	+01:07:04 (19.1%)	8:18	7.2 (80.9%)
48	FRANKIEWICZ Mirosław	23	FORMA NA PIĄTKĘ NW	M40-49	12			00:36:27	01:18:14	02:00:42	02:44:24	03:29:44	04:15:27	05:03:03	05:50:24.52	+01:07:05 (19.1%)	8:18	7.2 (80.9%)
49	WESOŁOWSKI Wojciech	56	MUSZKIETEROWIE	M65+	4			00:36:18	01:17:22	01:59:41	02:42:05	03:26:41	04:12:56	05:00:49	05:50:55.43	+01:07:36 (19.3%)	8:18	7.2 (80.9%)
50	OWCZAREK Jacek	61	STEP BY STEP TRÓJMIASTO	M40-49	13			00:36:40	01:18:06	02:00:23	02:43:41	03:28:14	04:15:55	05:04:07	05:51:59.18	+01:08:40 (19.5%)	8:20	7.2 (80.9%)
51	KAWCZYŃSKI Zbigniew	35	RYBNICKI KLUB NORDIC WALKING	M60-64	6			00:39:27	01:23:00	02:06:03	02:49:29	03:34:47	04:20:53	05:08:20	05:53:24.55	+01:10:05 (19.8%)	8:22	7.2 (80.9%)
52	SZCZĘBAK Jacek	80	UNIA MIAST	M50-54	6			00:36:34	01:17:59	02:00:31	02:44:14	03:30:49	04:18:19	05:06:17	05:55:00.53	+01:11:41 (20.2%)	8:24	7.1 (79.8%)
53	GROS Agnieszka	26	PARKRUN KATOWICE	K40-49	6			00:38:30	01:21:35	02:05:20	02:50:15	03:36:45	04:22:45	05:09:22	05:55:10.98	+01:11:51 (20.2%)	8:24	7.1 (79.8%)
54	ŻAMOJCIN Marek	96	NORDICLUB SZCZECIN	M55-59	7			00:36:46	01:18:21	02:00:30	02:44:16	03:30:11	04:18:22	05:07:44	05:56:02.58	+01:12:43 (20.4%)	8:26	7.1 (79.8%)
55	ŚCIBUT Ania	84	FORMA NA PIĄTKĘ NW	K40-49	7			00:36:51	01:18:29	02:01:29	02:46:44	03:33:27	04:21:53	05:10:18	05:57:25.66	+01:14:06 (20.7%)	8:28	7.1 (79.8%)
56	ANTCZAK-KRETKOWSKA Maria	2		K60-64	1			00:37:45	01:20:34	02:04:56	02:50:15	03:36:33	04:23:44	05:10:43	05:57:47.66	+01:14:28 (20.8%)	8:28	7.1 (79.8%)
57	BIĄŁKOWSKA Ewa	5	ŚRODA WLKP	K40-49	8			00:37:54	01:21:51	02:06:31	02:52:05	03:38:06	04:24:38	05:12:05	05:59:03.27	+01:15:44 (21.1%)	8:30	7.1 (79.8%)
58	SKIBA Paweł	75		M40-49	14			00:36:03	01:16:34	01:59:07	02:44:00	03:29:06	04:18:20	05:09:44	05:59:54.35	+01:16:35 (21.3%)	8:31	7 (78.7%)
59	BIEGAŃSKI Jakub	6	NORDIC WALKING KIEKRZ POLAND	M40-49	15			00:36:30	01:18:11	02:01:03	02:46:03	03:32:25	04:20:42	05:10:58	06:00:08.77	+01:16:49 (21.3%)	8:32	7 (78.7%)
60	MARONDEL Katarzyna	55	SILESIA NORDIC TEAM	K30-39	3			00:36:56	01:19:12	02:02:39	02:47:44	03:34:59	04:23:28	05:12:25	06:01:21.49	+01:18:02 (21.6%)	8:33	7 (78.7%)
61	ŚPIONEK Emilia	85	FORMA NA PIĄTKĘ NW	K30-39	4			00:39:22	01:24:03	02:08:42	02:54:02	03:41:41	04:29:48	05:16:39	06:03:01.50	+01:19:42 (22.0%)	8:36	7 (78.7%)
62	REJ Anka	71	TORUŃ - IDZIEMY BEZ RYZYKA	K30-39	5			00:38:14	01:22:33	02:07:04	02:53:17	03:40:43	04:29:00	05:16:48	06:03:15.50	+01:19:56 (22.0%)	8:36	7 (78.7%)
63	WALECKA Romualda	90	SPORT I REKREACJA START CHEŁMNO	K60-64	2			00:37:19	01:19:58	02:03:55	02:48:43	03:34:58	04:25:57	05:15:09	06:04:20.61	+01:21:01 (22.2%)	8:38	6.9 (77.5%)
64	KALINOWSKI Krzysztof	34		M50-54	7			00:39:27	01:22:57	02:06:01	02:49:30	03:36:18	04:24:13	05:15:21	06:04:53.73	+01:21:34 (22.4%)	8:38	6.9 (77.5%)
65	BUCZKOWSKA Wiesława	9	FACE NORDIC WALKING TEAM	K60-64	3			00:37:51	01:21:00	02:05:20	02:51:10	03:39:00	04:28:10	05:17:18	06:06:04.82	+01:22:45 (22.6%)	8:40	6.9 (77.5%)
66	DYWELSKI Marek	19	NIEZRZESZONY	M55-59	8			00:37:50	01:20:11	02:05:00	02:51:01	03:37:58	04:26:31	05:16:57	06:06:58.69	+01:23:39 (22.8%)	8:41	6.9 (77.5%)
67	BUĆKO Magdalena	10		K40-49	9			00:39:02	01:23:58	02:10:15	02:56:41	03:45:10	04:33:17	05:21:18	06:07:44.35	+01:24:25 (23.0%)	8:42	6.9 (77.5%)
68	STOPA Joanna	79	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:39:03	01:23:59	02:10:15	02:56:41	03:45:09	04:33:17	05:21:15	06:07:47.60	+01:24:28 (23.0%)	8:42	6.9 (77.5%)
69	KRAJEWSKI Wojciech	46		M40-49	16			00:39:44	01:25:16	02:11:00	02:58:35	03:45:46	04:33:30	05:21:50	06:09:48.52	+01:26:29 (23.4%)	8:45	6.8 (76.4%)
70	BUĆKO Sławomir	11		M50-54	8			00:42:20	01:26:23	02:09:01	02:53:53	03:40:54	04:29:21	05:19:30	06:10:14.22	+01:26:55 (23.5%)	8:46	6.8 (76.4%)
71	HNATYSZYN Sylwia	28	GREEN TEAM ZIELONA GÓRA	K50-54	3			00:38:59	01:23:14	02:08:05	02:55:03	03:43:09	04:31:06	05:22:16	06:12:39.95	+01:29:20 (24.0%)	8:49	6.8 (76.4%)
72	MALKIEWICZ Małgorzata	53	ŻYJ AKTYWNI	K55-59	3			00:39:05	01:23:18	02:08:09	02:53:52	03:41:59	04:31:39	05:22:17	06:13:02.89	+01:29:43 (24.1%)	8:50	6.8 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas		Tempo min/km	Tempo km/h
															netto 42.195km	Różn		
73	SZCZODROWKI Krzysztof	81	FACE NORDIC WALKING TEAM	M55-59	9			00:37:09	01:21:56	02:07:51	02:56:36	03:44:32	04:33:42	05:23:05	06:13:44.45	+01:30:25 (24.2%)	8:51	6.8 (76.4%)
74	JUREK Kamila	32		K30-39	6			00:37:02	01:19:14	02:04:05	02:49:55	03:41:10	04:32:35	05:26:57	06:18:02.02	+01:34:42 (25.1%)	8:57	6.7 (75.3%)
75	DOMARADZKA Agnieszka	17	GREEN TEAM ZIELONA GÓRA	K40-49	10			00:39:00	01:23:32	02:08:42	02:55:24	03:43:49	04:34:59	05:27:07	06:18:50.66	+01:35:31 (25.2%)	8:58	6.7 (75.3%)
76	STANKOWSKA Marzena	78	KIJKOWE TRZEMESZNO	K40-49	11			00:39:29	01:23:36	02:08:20	02:54:13	03:43:53	04:34:46	05:27:10	06:19:34.74	+01:36:15 (25.4%)	8:59	6.7 (75.3%)
77	BERSZTOLC Agnieszka	4	NOWI SIEDLCE	K55-59	4			00:39:24	01:24:36	02:11:10	03:00:00	03:51:19	04:48:51	05:46:13	06:38:03.02	+01:54:43 (28.8%)	9:25	6.4 (71.9%)
78	POHL Anna	66		K50-54	4			00:40:22	01:27:26	02:15:34	03:05:53	03:58:46	04:51:20	05:44:35	06:38:54.83	+01:55:35 (29.0%)	9:27	6.3 (70.8%)
79	ZIÓŁEK Monika	94		K40-49	12			00:42:33	01:30:43	02:19:42	03:10:26	04:04:14	04:57:58	05:52:18	06:46:05.94	+02:02:46 (30.2%)	9:37	6.2 (69.7%)
80	CIAŁKOWSKA-PŁUCIENNIK Joanna	14	NW CZŁAPSKI TEAM	K30-39	7			00:43:19	01:31:20	02:20:42	03:11:42	04:07:37	05:02:18	05:56:29	06:51:40.68	+02:08:21 (31.2%)	9:45	6.2 (69.7%)
81	PŁUCIENNIK Marcin	64	NW CZŁAPSKI TEAM	M40-49	17			00:43:42	01:32:03	02:20:51	03:10:37	04:03:26	04:56:47	05:52:45	06:54:26.53	+02:11:07 (31.6%)	9:49	6.1 (68.5%)
82	KOLEBUK Kazimierz	36	MG RUNNING TEAM TRZCIANKA	M65+	5			00:43:48	01:33:05	02:21:54	03:12:55	04:08:50	05:03:35	05:58:24	06:55:54.76	+02:12:35 (31.9%)	9:51	6.1 (68.5%)
83	POSTEK Danuta	67	MARSZ PO ZDROWIE	K55-59	5			00:38:07	01:22:30	02:08:38	02:57:43	03:50:23	04:51:25	05:53:17	06:56:48.13	+02:13:29 (32.0%)	9:52	6.1 (68.5%)
84	CHOLEWKA Jolanta	12	MARSZ PO ZDROWIE POZNAŃ	K60-64	4			00:40:35	01:28:11	02:18:37	03:13:45	04:10:44	05:08:34	06:07:02	07:06:35.34	+02:23:16 (33.6%)	10:06	5.9 (66.3%)
85	KALENKIEWICZ Dariusz	33	ELBLĄSKIE WŁÓCZYKIJE	M55-59	10			00:36:39	01:18:14	02:00:33	02:43:58	03:28:15	04:19:14			+00:49:08	8:14	7.3 (82.0%)
86	JANCZEWSKI Robert	29	NORDIC WALKING KIEKRZ POLAND	M55-59	11			00:42:14	01:32:36	02:26:11						+00:43:28	9:29	6.3 (70.8%)
	ADAMSKI Robert	1	DRUŻYNA SZPIKU	M50-54				00:34:00 DNF	01:11:59 DNF	01:50:15 DNF	02:29:18 DNF	03:10:12 DNF	03:53:27 DNF	05:45:51 DNF	DNF		-	- (0.0%)
	ROSOŁEK Elżbieta	73	GREEN TEAM ZIELONA GÓRA	K50-54				00:39:01 DNF	01:23:05 DNF	02:07:27 DNF	02:54:56 DNF	08:32:33 DNF	08:36:34 DNF	DNF	DNF		-	- (0.0%)
	DUSZA Anna	18	NORDICLUB SZCZECIN	K50-54				00:37:25 DNF	01:20:33 DNF	02:05:13 DNF	02:52:30 DNF	03:45:27 DNF	DNF	DNF	DNF		-	- (0.0%)
	ŻACZEK Władysław	95	ANDRESPOL AKTYWNIE	M55-59				00:35:33 DNF	01:14:09 DNF	01:53:11 DNF	02:34:52 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWICZ Mariusz	60		M18-29				00:36:25 DNF	01:17:08 DNF	01:58:19 DNF	02:41:24 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JANCZY Gracjan	30	CKZIU NYSA MECHANIK	M18-29				00:34:59 DNF	01:16:52 DNF	02:02:50 DNF	02:54:55 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GLISZCZYŃSKI Mirosław	25	TARNOGÓRSKE ŁAZĘGI	M60-64				00:40:22 DNF	01:33:06 DNF	02:36:35 DNF	04:04:45 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 93 wynik(ów)