

# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** PUCHAR WIELKOPOLSKI NORDIC WALKING 2018  
**Organizator:** PFNW  
**Data:** 2018-07-08  
**Miejsce:** Wągrowiec  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                    | Numer      | Klub                                    | Kategoria            | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 2.5km | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|------------|---|----------------------|------|-------------|--------------|-------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 1   | <b>RAJEWSKI Sebastian</b>   | <b>101</b> | KS IDMAR RACING TEAM                    | M45-49               | 1    |             |              | 00:01:27    | 00:15:41        | <b>00:31:55.55</b> | <b>00:33:23.50</b> |                   | 6:23         | 9.4 (100%)  |
| 2   | <b>WOROCH Roman</b>         | <b>139</b> | KS METRACO POLKOWICE                    | M60-64               | 1    |             |              | 00:02:20    | 00:15:53        | <b>00:31:56.50</b> | <b>00:34:17.35</b> | +00:00:00 (0.0%)  | 6:23         | 9.4 (100%)  |
| 3   | <b>BRZozowski Piotr</b>     | <b>196</b> | NORDIC WALKING POLAND/AKTYWNI POSTOMINO | M30-39               | 1    |             |              | 00:00:52    | 00:16:26        | <b>00:33:06.65</b> | <b>00:33:59.30</b> | +00:01:11 (3.6%)  | 6:37         | 9.1 (96.8%) |
| 4   | <b>SANIUK Edward</b>        | <b>104</b> | FACE NORDIC WALKING TEAM                | M65-69               | 1    |             |              | 00:02:45    | 00:16:40        | <b>00:33:32.75</b> | <b>00:36:18.65</b> | +00:01:37 (4.8%)  | 6:42         | 8.9 (94.7%) |
| 5   | <b>SCHRÖDER Karol</b>       | <b>105</b> | SILESIA NORDIC TEAM                     | M40-44               | 1    |             |              | 00:01:13    | 00:16:23        | <b>00:33:45.25</b> | <b>00:34:58.60</b> | +00:01:49 (5.4%)  | 6:45         | 8.9 (94.7%) |
| 6   | <b>WITUCKI Jacek</b>        | <b>136</b> |   | M45-49               | 2    |             |              | 00:01:28    | 00:16:43        | <b>00:33:54.85</b> | <b>00:35:23.75</b> | +00:01:59 (5.9%)  | 6:47         | 8.8 (93.6%) |
| 7   | <b>FRĄCKOWIAK Mateusz</b>   | <b>25</b>  | KS METRACO POLKOWICE                    | M-Jun.               | 1    |             |              | 00:00:26    | 00:16:45        | <b>00:34:07.90</b> | <b>00:34:34.85</b> | +00:02:12 (6.5%)  | 6:49         | 8.8 (93.6%) |
| 8   | <b>DALECKI Przemysław</b>   | <b>16</b>  | GDYNIA SPORT TEAM                       | M45-49               | 3    |             |              | 00:01:28    | 00:16:44        | <b>00:34:35.25</b> | <b>00:36:03.70</b> | +00:02:39 (7.7%)  | 6:55         | 8.7 (92.6%) |
| 9   | <b>FRĄCKOWIAK Roman</b>     | <b>26</b>  | KS METRACO POLKOWICE                    | M50-54               | 1    |             |              | 00:01:44    | 00:17:05        | <b>00:34:37.85</b> | <b>00:36:22.20</b> | +00:02:42 (7.8%)  | 6:55         | 8.7 (92.6%) |
| 10  | <b>KROMSKI Paweł</b>        | <b>64</b>  | NORDIC WALKING KIEKRZ                   | M50-54               | 2    | 1           |              | 00:01:44    | 00:17:16        | <b>00:34:58.30</b> | <b>00:36:42.35</b> | +00:03:02 (8.7%)  | 6:59         | 8.6 (91.5%) |
| 11  | <b>ADAMUS Marian</b>        | <b>148</b> | SILESIA NORDIC TEAM                     | M65-69               | 2    |             |              | 00:02:46    | 00:17:23        | <b>00:35:30.50</b> | <b>00:38:17.15</b> | +00:03:34 (10.1%) | 7:06         | 8.4 (89.4%) |
| 12  | <b>KĘDZIERSKA Agnieszka</b> | <b>50</b>  | KIJKOWE TRZEMESZNO                      | K40-44               | 1    |             |              | 00:04:53    | 00:17:33        | <b>00:35:31.65</b> | <b>00:40:24.70</b> | +00:03:36 (10.1%) | 7:06         | 8.4 (89.4%) |
| 13  | <b>SYKISZ Maksym</b>        | <b>120</b> | LESZNO:)                                | M30-39               | 2    |             |              | 00:07:02    | 00:17:41        | <b>00:35:47.60</b> | <b>00:42:50.25</b> | +00:03:52 (10.8%) | 7:09         | 8.4 (89.4%) |
| 14  | <b>POLISZCZYK Piotr</b>     | <b>198</b> | PIERNIKI NA CHODZIE                     | M-Niepełnosprawni(A) | 1    |             |              | 00:03:32    | 00:17:37        | <b>00:35:49.10</b> | <b>00:39:21.15</b> | +00:03:53 (10.9%) | 7:09         | 8.4 (89.4%) |

| Msc | Zawodnik                           | Numer      | Klub                         | Kategoria            | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 2.5km | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------------|------------|------------------------------|----------------------|------|-------------|--------------|-------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                                    |            |                              |                      |      |             |              |             |                 | 5km                | 5km                |                   |              |             |
| 15  | <b>SIKORA Bronisław</b>            | <b>107</b> | LESZNO:)                     | M60-64               | 2    |             |              | 00:02:20    | 00:17:50        | <b>00:35:57.75</b> | <b>00:38:18.30</b> | +00:04:02 (11.2%) | 7:11         | 8.3 (88.3%) |
| 16  | <b>KOP Wiesław</b>                 | <b>56</b>  | DAJE RADOŚĆ NIEPEŁNOSPRAWNYM | M55-59               | 1    |             |              | 00:01:59    | 00:17:52        | <b>00:36:00.95</b> | <b>00:38:00.10</b> | +00:04:05 (11.4%) | 7:12         | 8.3 (88.3%) |
| 17  | <b>KUBIAK Jakub</b>                | <b>65</b>  | KS SOKÓŁ GAŚAWA              | M-Jun.               | 2    |             |              | 00:00:26    | 00:16:57        | <b>00:36:11.20</b> | <b>00:36:37.75</b> | +00:04:15 (11.8%) | 7:14         | 8.3 (88.3%) |
| 18  | <b>KOLBERG Kamila</b>              | <b>55</b>  | KIJKOWE TRZEMESZNO           | K30-39               | 1    |             |              | 00:04:37    | 00:18:19        | <b>00:36:29.90</b> | <b>00:41:07.20</b> | +00:04:34 (12.5%) | 7:18         | 8.2 (87.2%) |
| 19  | <b>SZCZUDLIK Małgorzata</b>        | <b>121</b> | KIJKOWE TRZEMESZNO           | K30-39               | 2    |             |              | 00:04:37    | 00:18:19        | <b>00:36:30.25</b> | <b>00:41:07.50</b> | +00:04:34 (12.5%) | 7:18         | 8.2 (87.2%) |
| 20  | <b>GRYGOROWICZ Bogdan</b>          | <b>32</b>  | KS METRACO POLKOWICE         | M-Niepełnosprawni(B) | 1    |             |              | 00:03:32    | 00:18:04        | <b>00:36:44.30</b> | <b>00:40:16.75</b> | +00:04:48 (13.1%) | 7:20         | 8.2 (87.2%) |
| 21  | <b>DUKAT Radosław</b>              | <b>379</b> | LESZNO :)                    | M40-44               | 2    |             |              | 00:01:28    | 00:18:09        | <b>00:36:48.15</b> | <b>00:38:16.85</b> | +00:04:52 (13.3%) | 7:21         | 8.2 (87.2%) |
| 22  | <b>CHMIELEWSKI Marcin</b>          | <b>15</b>  |                              | M40-44               | 3    |             |              | 00:01:13    | 00:18:19        | <b>00:36:52.15</b> | <b>00:38:05.65</b> | +00:04:56 (13.4%) | 7:22         | 8.1 (86.2%) |
| 23  | <b>JASIŁEK Przemysław</b>          | <b>39</b>  |                              | M40-44               | 4    |             |              | 00:01:14    | 00:18:04        | <b>00:36:58.50</b> | <b>00:38:12.55</b> | +00:05:02 (13.7%) | 7:23         | 8.1 (86.2%) |
| 24  | <b>TOMCZYK Edward</b>              | <b>125</b> | MARSZ PO ZDROWIE POZNAŃ      | M70+                 | 1    |             |              | 00:03:11    | 00:18:13        | <b>00:37:00.15</b> | <b>00:40:11.15</b> | +00:05:04 (13.7%) | 7:24         | 8.1 (86.2%) |
| 25  | <b>NACZK Wiktoria</b>              | <b>81</b>  | DYNAMIC                      | K-Jun.               | 1    |             |              | 00:04:00    | 00:18:21        | <b>00:37:05.45</b> | <b>00:41:06.10</b> | +00:05:09 (13.9%) | 7:25         | 8.1 (86.2%) |
| 26  | <b>OKRZESIK-FRĄCKOWIAK Izabela</b> | <b>84</b>  | KS METRACO POLKOWICE         | K50-54               | 1    |             |              | 00:05:27    | 00:18:27        | <b>00:37:15.25</b> | <b>00:42:43.15</b> | +00:05:19 (14.3%) | 7:27         | 8.1 (86.2%) |
| 27  | <b>WRÓŃSKI Włodzimierz</b>         | <b>141</b> | PASJA NORDIC WALKING         | M65-69               | 3    |             |              | 00:02:46    | 00:18:23        | <b>00:37:16.95</b> | <b>00:40:03.50</b> | +00:05:21 (14.4%) | 7:27         | 8 (85.1%)   |
| 28  | <b>KOZŁOWSKA Julia</b>             | <b>61</b>  | DYNAMIC                      | K-Jun.               | 2    |             |              | 00:04:01    | 00:18:52        | <b>00:37:18.50</b> | <b>00:41:19.60</b> | +00:05:22 (14.4%) | 7:27         | 8 (85.1%)   |
| 29  | <b>ANDRZEJEWSKI Mieczysław</b>     | <b>6</b>   | LESZNO :)                    | M55-59               | 2    |             |              | 00:02:00    | 00:18:18        | <b>00:37:26.45</b> | <b>00:39:26.80</b> | +00:05:30 (14.7%) | 7:29         | 8 (85.1%)   |
| 30  | <b>BOJANOWSKI Marcin</b>           | <b>12</b>  |                              | M30-39               | 3    |             |              | 00:00:53    | 00:18:17        | <b>00:37:39.05</b> | <b>00:38:32.25</b> | +00:05:43 (15.2%) | 7:31         | 8 (85.1%)   |
| 31  | <b>JÓŹWIAK Marianna</b>            | <b>44</b>  | SERCE NORDICA WŁOCŁAWEK      | K45-49               | 1    |             |              | 00:05:11    | 00:18:33        | <b>00:37:47.15</b> | <b>00:42:58.25</b> | +00:05:51 (15.5%) | 7:33         | 7.9 (84.0%) |
| 32  | <b>BUCZKOWSKI Jerzy</b>            | <b>202</b> | KS SOKÓŁ GAŚAWA              | M65-69               | 4    |             |              | 00:02:48    | 00:18:50        | <b>00:37:49.30</b> | <b>00:40:37.35</b> | +00:05:53 (15.6%) | 7:33         | 7.9 (84.0%) |
| 33  | <b>WOJCIECHOWSKI Adam</b>          | <b>138</b> | PLESZEWSKIE WŁÓCZYKIJE       | M40-44               | 5    |             |              | 00:01:13    | 00:18:29        | <b>00:38:03.00</b> | <b>00:39:16.30</b> | +00:06:07 (16.1%) | 7:36         | 7.9 (84.0%) |
| 34  | <b>STRZELECKA Małgorzata</b>       | <b>115</b> | SAILING TEAM FERAJNA         | K45-49               | 2    |             |              | 00:05:10    | 00:18:55        | <b>00:38:03.70</b> | <b>00:43:14.55</b> | +00:06:08 (16.1%) | 7:36         | 7.9 (84.0%) |
| 35  | <b>STOCHAJ Jan</b>                 | <b>109</b> | SP ROSKO                     | M-Jun.               | 3    |             |              | 00:00:26    | 00:18:18        | <b>00:38:06.60</b> | <b>00:38:33.55</b> | +00:06:11 (16.2%) | 7:37         | 7.9 (84.0%) |
| 36  | <b>ZAWISŁA Stanisław</b>           | <b>145</b> | MARSZ PO ZDROWIE             | M65-69               | 5    |             |              | 00:02:45    | 00:18:57        | <b>00:38:08.50</b> | <b>00:40:54.10</b> | +00:06:12 (16.3%) | 7:37         | 7.9 (84.0%) |
| 37  | <b>MOŹDŻEŃ Barbara</b>             | <b>79</b>  | NIEZRZESZONA                 | K55-59               | 1    |             |              | 00:05:47    | 00:19:12        | <b>00:38:14.00</b> | <b>00:44:01.00</b> | +00:06:18 (16.5%) | 7:38         | 7.8 (83.0%) |

| Msc | Zawodnik                       | Numer      | Klub                            | Kategoria            | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 2.5km | Czas               |                    | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------------------|------------|---------------------------------|----------------------|------|-------------|--------------|-------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                                |            |                                 |                      |      |             |              |             |                 | netto 5km          | brutto 5km         |                   |              |             |
| 38  | <b>KUPIBIDA Bogusława</b>      | <b>69</b>  | SILESIA NORDIC TEAM             | K55-59               | 2    |             |              | 00:05:48    | 00:19:03        | <b>00:38:24.60</b> | <b>00:44:13.50</b> | +00:06:29 (16.9%) | 7:41         | 7.8 (83.0%) |
| 39  | <b>STRÓŻYNA Szymon</b>         | <b>114</b> | NORDIC WALKING LUBASZ           | M18-29               | 1    |             |              | 00:00:39    | 00:19:10        | <b>00:38:27.80</b> | <b>00:39:07.55</b> | +00:06:32 (17.0%) | 7:41         | 7.8 (83.0%) |
| 40  | <b>URBAŃSKI Stefan</b>         | <b>128</b> | KLUB NW PATYCZAKI GRUDZIĄDZ     | M55-59               | 3    |             |              | 00:01:59    | 00:19:01        | <b>00:38:42.35</b> | <b>00:40:42.25</b> | +00:06:46 (17.5%) | 7:44         | 7.7 (81.9%) |
| 41  | <b>GRYGOROWICZ Teresa</b>      | <b>31</b>  | KS METRACO POLKOWICE            | K65-69               | 1    |             |              | 00:06:27    | 00:19:07        | <b>00:38:44.60</b> | <b>00:45:11.70</b> | +00:06:49 (17.6%) | 7:44         | 7.7 (81.9%) |
| 42  | <b>SIERACKA Katarzyna</b>      | <b>378</b> | LESZNO:)                        | K55-59               | 3    | 1           |              | 00:05:50    | 00:19:03        | <b>00:38:46.35</b> | <b>00:44:37.30</b> | +00:06:50 (17.7%) | 7:45         | 7.7 (81.9%) |
| 43  | <b>MATYJA Anna</b>             | <b>75</b>  | LESZNO :)                       | K45-49               | 3    |             |              | 00:05:09    | 00:19:06        | <b>00:38:49.70</b> | <b>00:43:59.65</b> | +00:06:54 (17.8%) | 7:46         | 7.7 (81.9%) |
| 44  | <b>WALECKA Romualda</b>        | <b>132</b> | SPORT I REKREACJA START CHEŁMNO | K60-64               | 1    |             |              | 00:06:10    | 00:19:13        | <b>00:38:53.35</b> | <b>00:45:03.45</b> | +00:06:57 (17.9%) | 7:46         | 7.7 (81.9%) |
| 45  | <b>ŁOPIŃSKI Aleksy</b>         | <b>73</b>  | SAILING FERAJNA TEAM PIŁA       | M70+                 | 2    |             |              | 00:03:13    | 00:19:16        | <b>00:38:56.85</b> | <b>00:42:10.15</b> | +00:07:01 (18.0%) | 7:47         | 7.7 (81.9%) |
| 46  | <b>DANA Kazimiera</b>          | <b>17</b>  | KLUB NW PATYCZAKI GRUDZIĄDZ     | K65-69               | 2    |             |              | 00:06:28    | 00:19:17        | <b>00:38:59.65</b> | <b>00:45:27.95</b> | +00:07:04 (18.1%) | 7:47         | 7.7 (81.9%) |
| 47  | <b>NEWSKA Edyta</b>            | <b>82</b>  | TEAM RUN GOŁAŃCZ                | K45-49               | 4    |             |              | 00:05:10    | 00:19:10        | <b>00:39:00.55</b> | <b>00:44:11.35</b> | +00:07:05 (18.2%) | 7:48         | 7.7 (81.9%) |
| 48  | <b>WOJCIECHOWSKA Katarzyna</b> | <b>137</b> | PLESZEWSKIE WŁÓCZYKIJE          | K40-44               | 2    |             |              | 00:04:53    | 00:19:13        | <b>00:39:03.75</b> | <b>00:43:56.80</b> | +00:07:08 (18.3%) | 7:48         | 7.7 (81.9%) |
| 49  | <b>STRÓŻYNA Milena</b>         | <b>113</b> | NORDIC WALKING LUBASZ           | K30-39               | 3    |             |              | 00:04:38    | 00:19:27        | <b>00:39:07.15</b> | <b>00:43:45.90</b> | +00:07:11 (18.4%) | 7:49         | 7.7 (81.9%) |
| 50  | <b>GRZYWOCZ Bernard</b>        | <b>34</b>  | LESZNO :)                       | M65-69               | 6    |             |              | 00:02:47    | 00:19:08        | <b>00:39:16.25</b> | <b>00:42:03.50</b> | +00:07:20 (18.7%) | 7:51         | 7.6 (80.9%) |
| 51  | <b>EWERTOWSKA Ewa</b>          | <b>24</b>  | NORDIC WALKING KIEKRZ           | K50-54               | 2    |             |              | 00:05:29    | 00:19:20        | <b>00:39:16.55</b> | <b>00:44:45.55</b> | +00:07:21 (18.7%) | 7:51         | 7.6 (80.9%) |
| 52  | <b>GRUPIŃSKA Katarzyna</b>     | <b>29</b>  | NORDIC WALKING LUBASZ           | K50-54               | 3    |             |              | 00:05:29    | 00:19:53        | <b>00:39:23.80</b> | <b>00:44:52.95</b> | +00:07:28 (19.0%) | 7:52         | 7.6 (80.9%) |
| 53  | <b>MICHALAK Jacek</b>          | <b>76</b>  | NORDIC WALKING LUBASZ           | M50-54               | 3    |             |              | 00:01:45    | 00:19:48        | <b>00:39:30.25</b> | <b>00:41:15.65</b> | +00:07:34 (19.2%) | 7:54         | 7.6 (80.9%) |
| 54  | <b>JASIŁEK Kama</b>            | <b>40</b>  |                                 | K30-39               | 4    |             |              | 00:04:40    | 00:19:35        | <b>00:39:31.25</b> | <b>00:44:12.15</b> | +00:07:35 (19.2%) | 7:54         | 7.6 (80.9%) |
| 55  | <b>WITUCKA Karolina</b>        | <b>135</b> |                                 | K-Dzieci             | 1    |             |              | 00:03:48    | 00:19:40        | <b>00:39:34.60</b> | <b>00:43:23.25</b> | +00:07:39 (19.3%) | 7:55         | 7.6 (80.9%) |
| 56  | <b>SULECKA Gabriela</b>        | <b>119</b> |                                 | K-Niepełnosprawni(A) | 1    |             |              | 00:07:02    | 00:19:50        | <b>00:39:35.25</b> | <b>00:46:37.90</b> | +00:07:39 (19.4%) | 7:55         | 7.6 (80.9%) |
| 57  | <b>KUCZYŃSKA Anna</b>          | <b>66</b>  | NORDIC WALKING KIEKRZ           | K55-59               | 4    |             |              | 00:05:48    | 00:19:38        | <b>00:39:35.55</b> | <b>00:45:24.25</b> | +00:07:40 (19.4%) | 7:55         | 7.6 (80.9%) |
| 58  | <b>PIĄTKOWSKI Józef</b>        | <b>88</b>  | KS METRACO POLKOWICE            | M70+                 | 3    |             |              | 00:03:12    | 00:19:18        | <b>00:39:37.15</b> | <b>00:42:49.25</b> | +00:07:41 (19.4%) | 7:55         | 7.6 (80.9%) |
| 59  | <b>KOWALSKA Natalia</b>        | <b>59</b>  |                                 | K-Jun.               | 3    |             |              | 00:04:01    | 00:19:27        | <b>00:39:46.10</b> | <b>00:43:47.35</b> | +00:07:50 (19.7%) | 7:57         | 7.5 (79.8%) |
| 60  | <b>SIEMIĄTKOWSKA Janina</b>    | <b>106</b> | SPORT I REKREACJA START CHEŁMNO | K50-54               | 4    |             |              | 00:05:28    | 00:19:35        | <b>00:39:48.85</b> | <b>00:45:17.50</b> | +00:07:53 (19.8%) | 7:57         | 7.5 (79.8%) |

| Msc | Zawodnik                              | Numer      | Klub                        | Kategoria            | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 2.5km | Czas               |                    | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------------------|------------|-----------------------------|----------------------|------|-------------|--------------|-------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                                       |            |                             |                      |      |             |              |             |                 | netto 5km          | brutto 5km         |                   |              |             |
| 61  | <b>TURKOWSKA Iwona</b>                | <b>126</b> | RUNCOHOLICS                 | K55-59               | 5    |             |              | 00:05:50    | 00:19:53        | <b>00:40:04.60</b> | <b>00:45:54.70</b> | +00:08:09 (20.3%) | 8:00         | 7.5 (79.8%) |
| 62  | <b>BERCZYŃSKI Henryk</b>              | <b>8</b>   | NADLEŚNICTWO OKONEK         | M60-64               | 3    |             |              | 00:02:20    | 00:20:01        | <b>00:40:09.45</b> | <b>00:42:30.35</b> | +00:08:13 (20.5%) | 8:02         | 7.5 (79.8%) |
| 63  | <b>ADAMOWICZ Andrzej</b>              | <b>1</b>   |                             | M70+                 | 4    |             |              | 00:03:11    | 00:20:05        | <b>00:40:11.60</b> | <b>00:43:22.90</b> | +00:08:16 (20.6%) | 8:02         | 7.5 (79.8%) |
| 64  | <b>KOZŁOWSKA Jagoda</b>               | <b>62</b>  | DYNAMIC                     | K-Dzieci             | 2    |             |              | 00:03:49    | 00:19:51        | <b>00:40:12.10</b> | <b>00:44:01.30</b> | +00:08:16 (20.6%) | 8:02         | 7.5 (79.8%) |
| 65  | <b>JĘDRASZKO Jacek</b>                | <b>43</b>  |                             | M-Dzieci             | 1    |             |              | 00:00:12    | 00:19:42        | <b>00:40:12.90</b> | <b>00:40:25.75</b> | +00:08:17 (20.6%) | 8:02         | 7.5 (79.8%) |
| 66  | <b>GRZYWOCZ Irena</b>                 | <b>33</b>  | LESZNO :)                   | K65-69               | 3    |             |              | 00:06:28    | 00:19:47        | <b>00:40:13.05</b> | <b>00:46:41.85</b> | +00:08:17 (20.6%) | 8:02         | 7.5 (79.8%) |
| 67  | <b>STRZELECKI Sebastian 'Kaszana'</b> | <b>117</b> | SAILING TEAM FERAJNA        | M45-49               | 4    |             |              | 00:01:28    | 00:19:36        | <b>00:40:28.55</b> | <b>00:41:57.00</b> | +00:08:33 (21.1%) | 8:05         | 7.4 (78.7%) |
| 68  | <b>WOLNA Wiktoria</b>                 | <b>185</b> |                             | K-Jun.               | 4    |             |              | 00:19:12    | 00:20:32        | <b>00:40:31.50</b> | <b>00:59:43.80</b> | +00:08:35 (21.2%) | 8:06         | 7.4 (78.7%) |
| 69  | <b>TURKOWSKI Stanisław</b>            | <b>127</b> | RUNCOHOLICS                 | M55-59               | 4    |             |              | 00:02:00    | 00:19:30        | <b>00:40:32.50</b> | <b>00:42:33.05</b> | +00:08:36 (21.3%) | 8:06         | 7.4 (78.7%) |
| 70  | <b>JÓŹWIAK Łukasz</b>                 | <b>197</b> | SERCE NORDICA WŁOCŁAWEK     | M-Niepełnosprawni(A) | 2    |             |              | 00:03:32    | 00:20:05        | <b>00:40:37.20</b> | <b>00:44:10.05</b> | +00:08:41 (21.4%) | 8:07         | 7.4 (78.7%) |
| 71  | <b>MULKOWSKA Mariola</b>              | <b>80</b>  | UKS GIMNAZJON SUCHY LAS     | K60-64               | 2    |             |              | 00:06:08    | 00:20:08        | <b>00:40:39.55</b> | <b>00:46:48.40</b> | +00:08:44 (21.5%) | 8:08         | 7.4 (78.7%) |
| 72  | <b>WYCISŁO Agata</b>                  | <b>143</b> | DAJ RADOSC NIEPELNOSPRAWNYM | K-Niepełnosprawni(B) | 1    |             |              | 00:07:03    | 00:20:15        | <b>00:40:40.15</b> | <b>00:47:43.30</b> | +00:08:44 (21.5%) | 8:08         | 7.4 (78.7%) |
| 73  | <b>DOLATA Dorota</b>                  | <b>20</b>  | NORDIC WALKING KIEKRZ       | K55-59               | 6    |             |              | 00:05:48    | 00:20:08        | <b>00:40:44.10</b> | <b>00:46:33.00</b> | +00:08:48 (21.6%) | 8:09         | 7.4 (78.7%) |
| 74  | <b>KRAWCZYK Dorota</b>                | <b>63</b>  | CZARNE PANTERY              | K60-64               | 3    |             |              | 00:06:08    | 00:20:13        | <b>00:40:44.95</b> | <b>00:46:53.50</b> | +00:08:49 (21.7%) | 8:09         | 7.4 (78.7%) |
| 75  | <b>ANGIELCZYK Małgorzata</b>          | <b>7</b>   | MARSZ PO ZDROWIE POZNAŃ     | K65-69               | 4    |             |              | 00:06:27    | 00:20:13        | <b>00:40:46.00</b> | <b>00:47:13.25</b> | +00:08:50 (21.7%) | 8:09         | 7.4 (78.7%) |
| 76  | <b>LUHM Katarzyna</b>                 | <b>72</b>  |                             | K30-39               | 5    |             |              | 00:04:39    | 00:20:15        | <b>00:40:46.60</b> | <b>00:45:26.50</b> | +00:08:51 (21.7%) | 8:09         | 7.4 (78.7%) |
| 77  | <b>LASKOWSKA Joanna</b>               | <b>71</b>  |                             | K30-39               | 6    |             |              | 00:04:37    | 00:20:03        | <b>00:40:55.55</b> | <b>00:45:32.70</b> | +00:09:00 (22.0%) | 8:11         | 7.3 (77.7%) |
| 78  | <b>ZIEGLER Barbara</b>                | <b>146</b> | LESZNO :)                   | K65-69               | 5    |             |              | 00:06:27    | 00:20:16        | <b>00:40:56.00</b> | <b>00:47:23.35</b> | +00:09:00 (22.0%) | 8:11         | 7.3 (77.7%) |
| 79  | <b>PRACKI Zbigniew</b>                | <b>93</b>  | SERCE NORDICA WŁOCŁAWEK     | M50-54               | 4    |             |              | 00:01:45    | 00:20:15        | <b>00:41:03.20</b> | <b>00:42:48.35</b> | +00:09:07 (22.2%) | 8:12         | 7.3 (77.7%) |
| 80  | <b>WICHER Jolanta</b>                 | <b>199</b> | NORDIC WALKING LUBASZ       | K45-49               | 5    |             |              | 00:05:11    | 00:20:28        | <b>00:41:08.00</b> | <b>00:46:19.75</b> | +00:09:12 (22.4%) | 8:13         | 7.3 (77.7%) |
| 81  | <b>KOWNACKA Jolanta</b>               | <b>60</b>  | KSIR SPORTICO BIAŁOŚLIWIE   | K50-54               | 5    |             |              | 00:05:27    | 00:20:05        | <b>00:41:09.25</b> | <b>00:46:37.00</b> | +00:09:13 (22.4%) | 8:14         | 7.3 (77.7%) |
| 82  | <b>HARENDA Karol</b>                  | <b>374</b> |                             | M-Dzieci             | 2    |             |              | 00:00:12    | 00:19:46        | <b>00:41:12.00</b> | <b>00:41:24.90</b> | +00:09:16 (22.5%) | 8:14         | 7.3 (77.7%) |
| 83  | <b>KURDELSKI Dariusz</b>              | <b>70</b>  |                             | M50-54               | 5    |             |              | 00:01:44    | 00:20:30        | <b>00:41:19.00</b> | <b>00:43:03.35</b> | +00:09:23 (22.7%) | 8:15         | 7.3 (77.7%) |

| Msc | Zawodnik                      | Numer      | Klub                            | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 2.5km | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|---------------------------------|-----------|------|-------------|--------------|-------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                               |            |                                 |           |      |             |              |             |                 | 5km                | 5km                |                   |              |             |
| 84  | <b>KOCZOROWSKA Monika</b>     | <b>206</b> | KS SOKÓŁ GAŚAWA                 | K30-39    | 7    |             |              | 00:04:37    | 00:20:30        | <b>00:41:27.60</b> | <b>00:46:05.55</b> | +00:09:32 (23.0%) | 8:17         | 7.2 (76.6%) |
| 85  | <b>BOJKO Iwona</b>            | <b>208</b> | KS SOKÓŁ GAŚAWA                 | K50-54    | 6    |             |              | 00:05:30    | 00:21:17        | <b>00:41:34.70</b> | <b>00:47:04.85</b> | +00:09:39 (23.2%) | 8:18         | 7.2 (76.6%) |
| 86  | <b>WALCZAK Maria</b>          | <b>205</b> | KS SOKÓŁ GAŚAWA                 | K30-39    | 8    |             |              | 00:04:39    | 00:20:36        | <b>00:41:36.45</b> | <b>00:46:15.45</b> | +00:09:40 (23.3%) | 8:19         | 7.2 (76.6%) |
| 87  | <b>KAŁUŻNY Waldemar</b>       | <b>47</b>  | UKS GIMNAZJON SUCHY LAS         | M55-59    | 5    |             |              | 00:01:58    | 00:20:37        | <b>00:41:45.10</b> | <b>00:43:44.05</b> | +00:09:49 (23.5%) | 8:21         | 7.2 (76.6%) |
| 88  | <b>RAJEWSKA Beata</b>         | <b>100</b> |                                 | K40-44    | 3    |             |              | 00:04:53    | 00:20:47        | <b>00:41:45.25</b> | <b>00:46:38.95</b> | +00:09:49 (23.5%) | 8:21         | 7.2 (76.6%) |
| 89  | <b>JACH Konrad</b>            | <b>38</b>  |                                 | M-Dzieci  | 3    |             |              | 00:00:12    | 00:19:51        | <b>00:41:46.70</b> | <b>00:41:58.95</b> | +00:09:51 (23.6%) | 8:21         | 7.2 (76.6%) |
| 90  | <b>STRZELECKA Antonina</b>    | <b>116</b> | SAILING TEAM FERAJNA            | K-Dzieci  | 3    |             |              | 00:03:48    | 00:20:42        | <b>00:42:05.05</b> | <b>00:45:53.60</b> | +00:10:09 (24.1%) | 8:25         | 7.1 (75.5%) |
| 91  | <b>KOLASIŃSKI Aleksander</b>  | <b>54</b>  | RUNCOHOLICS                     | M55-59    | 6    | 1           |              | 00:02:02    | 00:20:38        | <b>00:42:06.50</b> | <b>00:44:08.55</b> | +00:10:10 (24.2%) | 8:25         | 7.1 (75.5%) |
| 92  | <b>WÓJTYCH Anna</b>           | <b>140</b> | TEAM RUN GOŁAŃCZ                | K40-44    | 4    |             |              | 00:04:53    | 00:20:53        | <b>00:42:07.30</b> | <b>00:47:00.35</b> | +00:10:11 (24.2%) | 8:25         | 7.1 (75.5%) |
| 93  | <b>PRZYBYŁAK Stanisław</b>    | <b>96</b>  | PRZYBYŁAK TEAM                  | M70+      | 5    |             |              | 00:03:12    | 00:20:49        | <b>00:42:08.10</b> | <b>00:45:20.90</b> | +00:10:12 (24.2%) | 8:25         | 7.1 (75.5%) |
| 94  | <b>JEMRYCH Dorota</b>         | <b>42</b>  | UKS GIMNAZJON SUCHY LAS         | K60-64    | 4    |             |              | 00:06:08    | 00:20:48        | <b>00:42:10.85</b> | <b>00:48:19.55</b> | +00:10:15 (24.3%) | 8:26         | 7.1 (75.5%) |
| 95  | <b>WALCZAK Grzegorz</b>       | <b>130</b> | OCTOPUS SUCHY LAS               | M45-49    | 5    |             |              | 00:01:29    | 00:21:31        | <b>00:42:11.75</b> | <b>00:43:40.75</b> | +00:10:16 (24.3%) | 8:26         | 7.1 (75.5%) |
| 96  | <b>KUBIAK Anna</b>            | <b>204</b> | KS SOKÓŁ GAŚAWA                 | K55-59    | 7    |             |              | 00:05:52    | 00:20:59        | <b>00:42:15.40</b> | <b>00:48:07.75</b> | +00:10:19 (24.4%) | 8:27         | 7.1 (75.5%) |
| 97  | <b>MICHAŁOWSKA Joanna</b>     | <b>77</b>  | SPORT I REKREACJA START CHEŁMNO | K45-49    | 6    |             |              | 00:05:09    | 00:20:59        | <b>00:42:16.85</b> | <b>00:47:26.80</b> | +00:10:21 (24.5%) | 8:27         | 7.1 (75.5%) |
| 98  | <b>NIKLAUS Danuta</b>         | <b>83</b>  |                                 | K55-59    | 8    |             |              | 00:05:49    | 00:20:55        | <b>00:42:23.95</b> | <b>00:48:13.60</b> | +00:10:28 (24.7%) | 8:28         | 7.1 (75.5%) |
| 99  | <b>STOLTMAN Adam</b>          | <b>110</b> | KLUB NW PATYCZAKI GRUDZIĄDZ     | M-Dzieci  | 4    |             |              | 00:00:12    | 00:20:36        | <b>00:42:28.75</b> | <b>00:42:40.90</b> | +00:10:33 (24.8%) | 8:29         | 7.1 (75.5%) |
| 100 | <b>WYCISŁO Damian</b>         | <b>144</b> | DAJ RADOSC NIEPELNOSPRAWNYM     | M18-29    | 2    |             |              | 00:00:40    | 00:20:51        | <b>00:42:35.45</b> | <b>00:43:15.45</b> | +00:10:39 (25.0%) | 8:31         | 7 (74.5%)   |
| 101 | <b>JACH Aleksandra</b>        | <b>37</b>  |                                 | K30-39    | 9    |             |              | 00:04:37    | 00:21:37        | <b>00:42:37.65</b> | <b>00:47:15.30</b> | +00:10:42 (25.1%) | 8:31         | 7 (74.5%)   |
| 102 | <b>BABIŃSKA Anna</b>          | <b>214</b> | DYNAMIC                         | K45-49    | 7    |             |              | 00:05:10    | 00:21:41        | <b>00:42:37.90</b> | <b>00:47:48.20</b> | +00:10:42 (25.1%) | 8:31         | 7 (74.5%)   |
| 103 | <b>KUBIAK Wojciech</b>        | <b>203</b> | KS SOKÓŁ GAŚAWA                 | M55-59    | 7    |             |              | 00:01:59    | 00:20:56        | <b>00:42:38.90</b> | <b>00:44:38.25</b> | +00:10:43 (25.1%) | 8:31         | 7 (74.5%)   |
| 104 | <b>KAMIŃSKA-SOKÓŁ Marzena</b> | <b>48</b>  | NORDIC WALKING LUBASZ           | K45-49    | 8    |             |              | 00:05:12    | 00:20:54        | <b>00:42:40.50</b> | <b>00:47:52.60</b> | +00:10:44 (25.2%) | 8:32         | 7 (74.5%)   |
| 105 | <b>STOLTMAN Aleksander</b>    | <b>111</b> | KLUB NW PATYCZAKI GRUDZIĄDZ     | M-Dzieci  | 5    |             |              | 00:00:12    | 00:20:38        | <b>00:42:53.60</b> | <b>00:43:05.60</b> | +00:10:58 (25.6%) | 8:34         | 7 (74.5%)   |
| 106 | <b>FURMAN Renata</b>          | <b>27</b>  |                                 | K45-49    | 9    |             |              | 00:05:11    | 00:21:04        | <b>00:42:57.00</b> | <b>00:48:08.70</b> | +00:11:01 (25.7%) | 8:35         | 7 (74.5%)   |

| Msc | Zawodnik                            | Numer      | Klub                        | Kategoria            | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 2.5km | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------------|------------|-----------------------------|----------------------|------|-------------|--------------|-------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 107 | <b>STRÓŻYNA Wiesława</b>            | <b>112</b> | NORDIC WALKING LUBASZ       | K50-54               | 7    |             |              | 00:05:28    | 00:21:03        | <b>00:43:02.55</b> | <b>00:48:31.50</b> | +00:11:07 (25.8%) | 8:36         | 7 (74.5%)   |
| 108 | <b>PAŁUBICKA Małgorzata</b>         | <b>87</b>  | NORDIC WALKING LUBASZ       | K55-59               | 9    |             |              | 00:05:50    | 00:21:28        | <b>00:43:16.25</b> | <b>00:49:06.65</b> | +00:11:20 (26.2%) | 8:39         | 6.9 (73.4%) |
| 109 | <b>JASTROWICZ Angelika</b>          | <b>41</b>  | NORDIC WALKING LUBASZ       | K18-29               | 1    |             |              | 00:04:15    | 00:21:34        | <b>00:43:23.40</b> | <b>00:47:39.35</b> | +00:11:27 (26.4%) | 8:40         | 6.9 (73.4%) |
| 110 | <b>SZYMCZAK Urszula</b>             | <b>122</b> | DAJ RADOSC NIEPELNOSPRAWNYM | K50-54               | 8    |             |              | 00:05:28    | 00:21:24        | <b>00:43:35.80</b> | <b>00:49:03.90</b> | +00:11:40 (26.8%) | 8:43         | 6.9 (73.4%) |
| 111 | <b>PIDUCH Jan</b>                   | <b>89</b>  | MSICS POZNAŃ                | M65-69               | 7    |             |              | 00:02:47    | 00:21:17        | <b>00:43:37.65</b> | <b>00:46:25.50</b> | +00:11:42 (26.8%) | 8:43         | 6.9 (73.4%) |
| 112 | <b>KOCZOROWSKI Kacper</b>           | <b>52</b>  | KS SOKÓŁ GAŚAWA             | M-Dzieci             | 6    |             |              | 00:00:12    | 00:20:41        | <b>00:43:43.15</b> | <b>00:43:55.30</b> | +00:11:47 (27.0%) | 8:44         | 6.9 (73.4%) |
| 113 | <b>SKOWROŃSKA ŁOPIŃSKA Genowefa</b> | <b>108</b> | 4RUN TEAM PIŁA              | K65-69               | 6    |             |              | 00:06:28    | 00:21:40        | <b>00:43:47.35</b> | <b>00:50:16.00</b> | +00:11:51 (27.1%) | 8:45         | 6.8 (72.3%) |
| 114 | <b>GRYGIEL Teresa</b>               | <b>30</b>  | MARSZ PO ZDROWIE POZNAŃ     | K55-59               | 10   |             |              | 00:05:49    | 00:21:35        | <b>00:44:13.60</b> | <b>00:50:03.30</b> | +00:12:18 (27.8%) | 8:50         | 6.8 (72.3%) |
| 115 | <b>HARENDA Joanna</b>               | <b>373</b> |                             | K45-49               | 10   |             |              | 00:05:11    | 00:21:22        | <b>00:44:25.55</b> | <b>00:49:36.85</b> | +00:12:30 (28.1%) | 8:53         | 6.8 (72.3%) |
| 116 | <b>POLAROK Małgorzata</b>           | <b>91</b>  |                             | K30-39               | 10   |             |              | 00:04:40    | 00:22:17        | <b>00:44:37.75</b> | <b>00:49:18.25</b> | +00:12:42 (28.5%) | 8:55         | 6.7 (71.3%) |
| 117 | <b>BLASZKA Michał</b>               | <b>11</b>  |                             | M-Niepełnosprawni(A) | 3    |             |              | 00:03:32    | 00:21:59        | <b>00:44:44.30</b> | <b>00:48:16.85</b> | +00:12:48 (28.6%) | 8:56         | 6.7 (71.3%) |
| 118 | <b>DŁUGOŁĘCKA Sylwia</b>            | <b>19</b>  | UKS GIMNAZJON SUCHY LAS     | K-Niepełnosprawni(B) | 2    |             |              | 00:07:03    | 00:22:45        | <b>00:44:47.15</b> | <b>00:51:50.90</b> | +00:12:51 (28.7%) | 8:57         | 6.7 (71.3%) |
| 119 | <b>OLSZYŃSKA Marzena</b>            | <b>85</b>  |                             | K50-54               | 9    |             |              | 00:05:12    | 00:22:18        | <b>00:44:48.20</b> | <b>00:50:01.15</b> | +00:12:52 (28.7%) | 8:57         | 6.7 (71.3%) |
| 120 | <b>BLASZKA Ryszard</b>              | <b>10</b>  | NORDIC WALKING KIEKRZ       | M-Niepełnosprawni(A) | 4    |             |              | 00:03:33    | 00:22:25        | <b>00:45:02.75</b> | <b>00:48:36.50</b> | +00:13:07 (29.1%) | 9:00         | 6.7 (71.3%) |
| 121 | <b>KALUŻNA Magdalena</b>            | <b>46</b>  | UKS GIMNAZJON SCHY LAS      | K50-54               | 10   |             |              | 00:05:30    | 00:22:33        | <b>00:45:07.40</b> | <b>00:50:38.35</b> | +00:13:11 (29.2%) | 9:01         | 6.6 (70.2%) |
| 122 | <b>MŁYNARCZYK Monika</b>            | <b>78</b>  |                             | K30-39               | 11   |             |              | 00:04:38    | 00:22:18        | <b>00:45:13.65</b> | <b>00:49:51.75</b> | +00:13:18 (29.4%) | 9:02         | 6.6 (70.2%) |
| 123 | <b>OWCZAREK Henryka</b>             | <b>86</b>  | MARSZ PO ZDROWIE POZNAŃ     | K70+                 | 1    |             |              | 00:06:45    | 00:22:47        | <b>00:45:20.60</b> | <b>00:52:06.05</b> | +00:13:25 (29.6%) | 9:04         | 6.6 (70.2%) |
| 124 | <b>ZIELINKIEWICZ Wiktoria</b>       | <b>147</b> | KLUB NW PATYCZAKI GRUDZIĄDZ | K-Jun.               | 5    |             |              | 00:04:01    | 00:22:02        | <b>00:45:26.75</b> | <b>00:49:28.65</b> | +00:13:31 (29.7%) | 9:05         | 6.6 (70.2%) |
| 125 | <b>KOPLIŃSKA Magdalena</b>          | <b>209</b> | KS SOKÓŁ GAŚAWA             | K30-39               | 12   |             |              | 00:04:38    | 00:22:43        | <b>00:45:28.70</b> | <b>00:50:07.40</b> | +00:13:33 (29.8%) | 9:05         | 6.6 (70.2%) |
| 126 | <b>PRZYBYSZ Alicja</b>              | <b>98</b>  |                             | K-Dzieci             | 4    |             |              | 00:03:48    | 00:23:49        | <b>00:45:41.40</b> | <b>00:49:29.55</b> | +00:13:45 (30.1%) | 9:08         | 6.6 (70.2%) |
| 127 | <b>TOBYS Alicja</b>                 | <b>124</b> |                             | K60-64               | 5    |             |              | 00:06:09    | 00:23:09        | <b>00:45:43.50</b> | <b>00:51:53.15</b> | +00:13:47 (30.2%) | 9:08         | 6.6 (70.2%) |
| 128 | <b>KULCZYCKI Jan</b>                | <b>68</b>  |                             | M65-69               | 8    |             |              | 00:02:46    | 00:22:50        | <b>00:45:46.70</b> | <b>00:48:32.80</b> | +00:13:51 (30.3%) | 9:09         | 6.6 (70.2%) |
| 129 | <b>WIŚNIEWSKA Mariola</b>           | <b>134</b> | LESZNO :)                   | K55-59               | 11   |             |              | 00:05:50    | 00:22:46        | <b>00:45:47.10</b> | <b>00:51:38.05</b> | +00:13:51 (30.3%) | 9:09         | 6.6 (70.2%) |

| Msc | Zawodnik                                 | Numer      | Klub                        | Kategoria             | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 2.5km | Czas               |                    | Różn              | Tempo min/km | Tempo km/h  |
|-----|--|------------|-----------------------------|-----------------------|------|-------------|--------------|-------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |  |            |                             |                       |      |             |              |             |                 | netto 5km          | brutto 5km         |                   |              |             |
| 130 | <b>KAWCZYŃSKA Teresa</b>                 | <b>201</b> | KS SOKÓŁ GAŚAWA             | K55-59                | 12   |             |              | 00:05:51    | 00:22:48        | <b>00:45:52.10</b> | <b>00:51:43.45</b> | +00:13:56 (30.4%) | 9:10         | 6.5 (69.1%) |
| 131 | <b>KOLASIŃSKA Wanda</b>                  | <b>53</b>  | RUNCOHOLICS                 | K55-59                | 13   |             |              | 00:05:49    | 00:20:43        | <b>00:46:06.75</b> | <b>00:51:56.40</b> | +00:14:11 (30.8%) | 9:13         | 6.5 (69.1%) |
| 132 | <b>PRUSKA-KĘDZIOR Anna</b>               | <b>95</b>  | FACE NORDIC WALKING TEAM    | K70+                  | 2    |             |              | 00:06:45    | 00:22:56        | <b>00:46:11.05</b> | <b>00:52:56.60</b> | +00:14:15 (30.9%) | 9:14         | 6.5 (69.1%) |
| 133 | <b>GACZKOWSKA-KSIAŻKIEWICZ Magdalena</b> | <b>149</b> | KS SOKÓŁ GAŚAWA             | K30-39                | 13   |             |              | 00:04:39    | 00:22:56        | <b>00:46:16.05</b> | <b>00:50:55.85</b> | +00:14:20 (31.0%) | 9:15         | 6.5 (69.1%) |
| 134 | <b>KUCZYŃSKI Włodzimierz</b>             | <b>67</b>  |                             | M55-59                | 8    |             |              | 00:01:58    | 00:22:32        | <b>00:46:18.05</b> | <b>00:48:16.60</b> | +00:14:22 (31.0%) | 9:15         | 6.5 (69.1%) |
| 135 | <b>PRZYBYŁAK Dorota</b>                  | <b>97</b>  | PRZYBYŁAK TEAM              | K65-69                | 7    |             |              | 00:06:30    | 00:22:54        | <b>00:46:24.20</b> | <b>00:52:54.25</b> | +00:14:28 (31.2%) | 9:16         | 6.5 (69.1%) |
| 136 | <b>ANDRZEJEWSKA Bogusława</b>            | <b>5</b>   | LESZNO :)                   | K55-59                | 14   |             |              | 00:05:51    | 00:22:50        | <b>00:46:27.60</b> | <b>00:52:19.35</b> | +00:14:32 (31.3%) | 9:17         | 6.5 (69.1%) |
| 137 | <b>PRAŁAT Grażyna</b>                    | <b>94</b>  | LESZNO :)                   | K60-64                | 6    |             |              | 00:06:09    | 00:23:04        | <b>00:46:30.80</b> | <b>00:52:40.15</b> | +00:14:35 (31.4%) | 9:18         | 6.4 (68.1%) |
| 138 | <b>WYCISŁO Romuald</b>                   | <b>142</b> | DAJ RADOSC NIEPELNOSPRAWNYM | M- Niepełnosprawni(B) | 2    |             |              | 00:03:33    | 00:22:43        | <b>00:46:46.80</b> | <b>00:50:20.10</b> | +00:14:51 (31.8%) | 9:21         | 6.4 (68.1%) |
| 139 | <b>GROBELNA Jadwiga</b>                  | <b>28</b>  | KSMETRACOPOLKOWICE          | K- Niepełnosprawni(B) | 3    |             |              | 00:07:03    | 00:23:26        | <b>00:46:55.30</b> | <b>00:53:59.00</b> | +00:14:59 (32.0%) | 9:23         | 6.4 (68.1%) |
| 140 | <b>HORIACZEK Małgorzata</b>              | <b>36</b>  | U KS GIMNAZJON SUCHY LAS    | K65-69                | 8    |             |              | 00:06:29    | 00:23:34        | <b>00:47:18.30</b> | <b>00:53:47.65</b> | +00:15:22 (32.5%) | 9:27         | 6.3 (67.0%) |
| 141 | <b>ŚLIWIŃSKA Ewa</b>                     | <b>123</b> | KLUB NW PATYCZAKI GRUDZIĄDZ | K45-49                | 11   |             |              | 00:05:13    | 00:23:13        | <b>00:47:20.25</b> | <b>00:52:33.80</b> | +00:15:24 (32.6%) | 9:28         | 6.3 (67.0%) |
| 142 | <b>HINEBORG Bogumiła</b>                 | <b>35</b>  | KLUB NW PATYCZAKI GRUDZIĄDZ | K50-54                | 11   |             |              | 00:05:30    | 00:23:42        | <b>00:47:20.90</b> | <b>00:52:51.25</b> | +00:15:25 (32.6%) | 9:28         | 6.3 (67.0%) |
| 143 | <b>BŁASZCZYK Łukasz</b>                  | <b>153</b> | KIJANKI POZNAN              | M40-44                | 6    |             |              | 00:01:14    | 00:23:17        | <b>00:47:32.75</b> | <b>00:48:46.95</b> | +00:15:37 (32.9%) | 9:30         | 6.3 (67.0%) |
| 144 | <b>SZULG-ANDRZEJCZAK Bożena</b>          | <b>212</b> |                             | K- Niepełnosprawni(A) | 2    |             |              | 00:07:03    | 00:23:05        | <b>00:48:03.75</b> | <b>00:55:06.85</b> | +00:16:08 (33.6%) | 9:36         | 6.2 (66.0%) |
| 145 | <b>WALCZAK Henryk</b>                    | <b>131</b> | OCTOPUS SUCHY LAS           | M70+                  | 6    |             |              | 00:03:12    | 00:23:37        | <b>00:48:19.55</b> | <b>00:51:31.60</b> | +00:16:24 (33.9%) | 9:39         | 6.2 (66.0%) |
| 146 | <b>PRZYBYSZ Aleksandra</b>               | <b>99</b>  |                             | K-Dzieci              | 5    |             |              | 00:03:49    | 00:24:29        | <b>00:49:00.55</b> | <b>00:52:49.90</b> | +00:17:05 (34.9%) | 9:48         | 6.1 (64.9%) |
| 147 | <b>KAPSA Emilia</b>                      | <b>49</b>  | UKS GIMNAZJON SUCHY LAS     | K65-69                | 9    |             |              | 00:06:27    | 00:24:04        | <b>00:49:00.75</b> | <b>00:55:28.70</b> | +00:17:05 (34.9%) | 9:48         | 6.1 (64.9%) |
| 148 | <b>PLACHA Anna</b>                       | <b>90</b>  |                             | K40-44                | 5    |             |              | 00:04:55    | 00:24:07        | <b>00:49:06.00</b> | <b>00:54:01.25</b> | +00:17:10 (35.0%) | 9:49         | 6.1 (64.9%) |
| 149 | <b>PRACKA Katarzyna</b>                  | <b>92</b>  | SERCE NORDICA WŁOCLAWEK     | K50-54                | 12   |             |              | 00:05:30    | 00:24:54        | <b>00:49:14.85</b> | <b>00:54:45.00</b> | +00:17:19 (35.2%) | 9:51         | 6.1 (64.9%) |
| 150 | <b>BOJKO Weronika</b>                    | <b>51</b>  | KS SOKÓŁ GAŚAWA             | K-Jun.                | 6    |             |              | 00:04:02    | 00:22:54        | <b>00:49:34.10</b> | <b>00:53:36.20</b> | +00:17:38 (35.6%) | 9:54         | 6.1 (64.9%) |
| 151 | <b>HARENDA Dawid</b>                     | <b>375</b> |                             | M-Dzieci              | 7    |             |              | 00:00:12    | 00:26:21        | <b>00:49:47.50</b> | <b>00:50:00.35</b> | +00:17:51 (35.9%) | 9:57         | 6 (63.8%)   |
| 152 | <b>URBAŃSKA Elżbieta</b>                 | <b>129</b> | KLUB NW PATYCZAKI GRUDZIĄDZ | K60-64                | 7    |             |              | 00:06:09    | 00:24:53        | <b>00:49:53.45</b> | <b>00:56:03.10</b> | +00:17:57 (36.0%) | 9:58         | 6 (63.8%)   |

| Msc | Zawodnik                   | Numer      | Klub                    | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 2.5km | Czas netto 5km                  | Czas brutto 5km    | Różn                 | Tempo min/km | Tempo km/h     |
|-----|----------------------------|------------|-------------------------|-----------|------|-------------|--------------|-------------|-----------------|---------------------------------|--------------------|----------------------|--------------|----------------|
| 153 | <b>BOROWICZ Maciej</b>     | <b>13</b>  | QUAY POZNAŃ             | M65-69    | 9    |             |              | 00:02:47    | 00:25:19        | <b>00:50:31.90</b>              | <b>00:53:19.10</b> | +00:18:36<br>(36.8%) | 10:06        | 5.9<br>(62.8%) |
| 154 | <b>SZAROLETA Zofia</b>     | <b>150</b> | PRZYBYLEK TEAM          | K70+      | 3    |             |              | 00:06:45    | 00:25:01        | <b>00:50:34.20</b>              | <b>00:57:19.95</b> | +00:18:38<br>(36.9%) | 10:06        | 5.9<br>(62.8%) |
| 155 | <b>JÓŹWIAK Dominik</b>     | <b>45</b>  | SERCE NORDICA WŁOCŁAWEK | M18-29    | 3    |             |              | 00:00:39    | 00:25:01        | <b>00:50:53.80</b>              | <b>00:51:33.65</b> | +00:18:58<br>(37.3%) | 10:10        | 5.9<br>(62.8%) |
| 156 | <b>WENDLAND Halina</b>     | <b>133</b> |                         | K40-44    | 6    |             |              | 00:04:54    | 00:26:46        | <b>00:53:16.25</b>              | <b>00:58:11.15</b> | +00:21:20<br>(40.1%) | 10:39        | 5.6<br>(59.6%) |
| 157 | <b>DROP Mieczysław</b>     | <b>22</b>  |                         | M70+      | 7    |             |              | 00:03:14    | 00:27:53        | <b>00:55:36.90</b>              | <b>00:58:51.00</b> | +00:23:41<br>(42.6%) | 11:07        | 5.4<br>(57.4%) |
| 158 | <b>KOSICKA Marlena</b>     | <b>57</b>  |                         | K45-49    | 12   |             |              | 00:05:13    | 00:27:30        | <b>00:55:52.70</b>              | <b>01:01:06.25</b> | +00:23:57<br>(42.9%) | 11:10        | 5.4<br>(57.4%) |
| 159 | <b>MAJCHRZAK Izabela</b>   | <b>74</b>  |                         | K40-44    | 7    |             |              | 00:04:54    | 00:28:14        | <b>00:56:32.10</b>              | <b>01:01:26.55</b> | +00:24:36<br>(43.5%) | 11:18        | 5.3<br>(56.4%) |
| 160 | <b>ADAMSKA Joanna</b>      | <b>3</b>   | SKORPION                | K40-44    | 8    |             |              | 00:04:54    | 00:28:13        | <b>00:56:34.90</b>              | <b>01:01:29.25</b> | +00:24:39<br>(43.6%) | 11:19        | 5.3<br>(56.4%) |
| 161 | <b>ADAMSKA Julia</b>       | <b>2</b>   |                         | K-Dzieci  | 6    |             |              | 00:03:48    | 00:29:20        | <b>00:57:39.50</b>              | <b>01:01:27.85</b> | +00:25:43<br>(44.6%) | 11:31        | 5.2<br>(55.3%) |
| 162 | <b>DĘBKOWSKA Aneta</b>     | <b>18</b>  |                         | K45-49    | 13   |             |              | 00:05:12    | 00:28:21        | <b>00:58:28.90</b>              | <b>01:03:41.60</b> | +00:26:33<br>(45.4%) | 11:41        | 5.1<br>(54.3%) |
| 163 | <b>KOSTRZYŃSKI Dariusz</b> | <b>58</b>  | GRUPA SANTANDER         | M40-44    | 7    |             |              | 00:26:29    | 00:23:41        |                                 |                    | +00:08:01            | 9:28         | 6.3<br>(67.0%) |
| DQ  | <b>PAWLICZ Janusz</b>      | <b>377</b> |                         | M70+      |      |             | 1            | DQ          | 00:19:52<br>DQ  | <b>00:40:30.50</b><br><b>DQ</b> | <b>DQ</b>          |                      | -            | -<br>(0.0%)    |

Znaleziono 164 wynik(ów)