



# 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	Żół. Mkat	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		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 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-FRAĆKOWIAK 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		Różn	Tempo min/km	Tempo km/h
										netto 5km	brutto 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 (36.8%)	10:06	5.9 (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 (36.9%)	10:06	5.9 (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 (37.3%)	10:10	5.9 (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 (40.1%)	10:39	5.6 (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 (42.6%)	11:07	5.4 (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 (42.9%)	11:10	5.4 (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 (43.5%)	11:18	5.3 (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 (43.6%)	11:19	5.3 (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 (44.6%)	11:31	5.2 (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 (45.4%)	11:41	5.1 (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 (67.0%)
DQ	<b>PAWLICZ Janusz</b>	<b>377</b>		M70+			1	DQ	00:19:52 DQ	<b>00:40:30.50</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 164 wynik(ów)