



WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-07-09
Miejsce: Wągrowiec
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WOROCH Roman	179	KS METRACO POLKOWICE	M55-59	1			00:07:40	00:16:18	00:32:53.25	00:40:34.15		6:34	9.1 (100%)
2	RAJEWSKI Sebastian	124	JEZIORKI - AKTYWNA WIEŚ	M45-49	1			00:06:56	00:16:22	00:33:21.25	00:40:17.95	+00:00:28 (1.4%)	6:40	9 (98.9%)
3	KROMSKI Paweł	84	NORDIC WALKING KIEKRZ	M45-49	2			00:06:56	00:17:05	00:34:33.40	00:41:30.20	+00:01:40 (4.8%)	6:54	8.7 (95.6%)
4	WOLEK Waldemar	178	NORDIC TEAM GNIEZNO	M40-44	1			00:06:34	00:17:00	00:34:41.00	00:41:15.70	+00:01:47 (5.2%)	6:56	8.6 (94.5%)
5	MIELECKA Agnieszka	98	KS SOKÓŁ GAŚAWA	K45-49	1			00:10:59	00:17:24	00:35:07.75	00:46:06.75	+00:02:14 (6.4%)	7:01	8.5 (93.4%)
6	FLIS Marek	30	GREEN TEAM ZIELONA GÓRA	M55-59	2			00:07:40	00:17:31	00:35:34.70	00:43:15.50	+00:02:41 (7.6%)	7:07	8.4 (92.3%)
7	ANDRZEJEWSKI Mieczysław	192	MARSZ PO ZDROWIE	M55-59	3			00:07:41	00:17:31	00:35:36.85	00:43:18.35	+00:02:43 (7.7%)	7:07	8.4 (92.3%)
8	GRYGOROWICZ Bogdan	39	KS METRACO POLKOWICE	M65-69	1			00:08:24	00:17:45	00:35:38.10	00:44:02.45	+00:02:44 (7.7%)	7:07	8.4 (92.3%)
9	RAKUĆ Jakub	125	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:05:52	00:17:40	00:35:41.70	00:41:34.40	+00:02:48 (7.9%)	7:08	8.4 (92.3%)
10	LENZ Andrzej	93	ALTOM	M50-54	1			00:07:15	00:17:48	00:35:43.45	00:42:59.30	+00:02:50 (7.9%)	7:08	8.4 (92.3%)
11	TOMCZYK Edward	160	MARSZ PO ZDROWIE	M65-69	2			00:08:23	00:17:45	00:35:53.15	00:44:17.10	+00:02:59 (8.4%)	7:10	8.4 (92.3%)
12	ROSADZIŃSKI Sławomir	131		M45-49	3			00:06:56	00:17:53	00:36:08.85	00:43:05.80	+00:03:15 (9.0%)	7:13	8.3 (91.2%)
13	BARTOSIEWICZ Łukasz	3	FACE NORDIC WALKING TEAM	M30-39	1			00:06:10	00:17:45	00:36:10.90	00:42:20.95	+00:03:17 (9.1%)	7:14	8.3 (91.2%)
14	BOJAN Mirosław	197		M60-64	1			00:08:01	00:18:08	00:36:22.30	00:44:23.95	+00:03:29 (9.6%)	7:16	8.2 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	KOWALCZUK Robert	74	FACE NORDIC WALKING TEAM	M50-54	2			00:07:15	00:18:02	00:36:45.60	00:44:01.20	+00:03:52 (10.5%)	7:21	8.2 (90.1%)
16	DANA Andrzej	24	KLUB NW 'PATYCZAKI'	M65-69	3			00:08:23	00:18:16	00:36:53.50	00:45:17.45	+00:04:00 (10.9%)	7:22	8.1 (89.0%)
17	CISZEWSKI Jarosław	20	MARSZ PO ZDROWIE	M- Niepełnosprawni	1			00:06:57	00:18:05	00:37:00.10	00:43:57.85	+00:04:06 (11.1%)	7:24	8.1 (89.0%)
18	SZPILMAN Katarzyna	154	FACE NORDIC WALKING TEAM	K45-49	2			00:10:57	00:18:17	00:37:07.00	00:48:04.45	+00:04:13 (11.4%)	7:25	8.1 (89.0%)
19	STEPNIAK Boghdan	146		M50-54	3	1		00:08:24	00:18:13	00:37:14.05	00:45:38.20	+00:04:20 (11.7%)	7:26	8.1 (89.0%)
20	MOTOCZYŃSKI Krzysztof	12	GOSIR OSIELSKO	M60-64	2			00:08:02	00:18:20	00:37:20.25	00:45:22.45	+00:04:27 (11.9%)	7:28	8 (87.9%)
21	WILCZYŃSKA Beata	170		K18-29	1			00:09:48	00:18:25	00:37:48.70	00:47:37.65	+00:04:55 (13.0%)	7:33	7.9 (86.8%)
22	DUDEK Edward	27	KS METRACO POLKOWICE	M65-69	4			00:08:25	00:18:36	00:37:49.75	00:46:15.60	+00:04:56 (13.1%)	7:34	7.9 (86.8%)
23	SIKORA Antoni	137	KS SOKÓŁ GAŚAWA	M65-69	5			00:08:25	00:18:33	00:37:55.25	00:46:21.00	+00:05:02 (13.3%)	7:35	7.9 (86.8%)
24	BIK Przemysław	6	KS METRACO POLKOWICE	M-Dzieci	1			00:05:39	00:18:44	00:38:06.55	00:43:46.45	+00:05:13 (13.7%)	7:37	7.9 (86.8%)
25	KOZŁOWSKI Jacek	79	NORDIC WALKING KIEKRZ	M50-54	4			00:07:15	00:18:35	00:38:11.00	00:45:26.65	+00:05:17 (13.9%)	7:38	7.9 (86.8%)
26	JÓŹWIAK Marianna	52	WTW.WŁOCŁAWEK	K40-44	1			00:10:30	00:18:52	00:38:15.15	00:48:45.50	+00:05:21 (14.0%)	7:39	7.8 (85.7%)
27	WOŹNIAK Klaudia	181	UNIA MIAST	K-Jun.	1			00:09:31	00:18:41	00:38:15.40	00:47:46.90	+00:05:22 (14.0%)	7:39	7.8 (85.7%)
28	SZCZĘSNY Wojciech	153	KS SOKÓŁ GAŚAWA	M45-49	4			00:06:58	00:19:17	00:38:28.70	00:45:27.65	+00:05:35 (14.5%)	7:41	7.8 (85.7%)
29	GŁADKOWSKA Małgorzata	195	SILESIA NORDIC TEAM	K55-59	1			00:11:39	00:19:10	00:38:37.70	00:50:17.60	+00:05:44 (14.9%)	7:43	7.8 (85.7%)
30	WILCZYŃSKI Krzysztof	171		M55-59	4			00:07:41	00:19:17	00:38:38.15	00:46:19.70	+00:05:44 (14.9%)	7:43	7.8 (85.7%)
31	WIADERSKI Wojciech	169	NIEZRZESZONY	M65-69	6			00:08:25	00:19:15	00:38:43.15	00:47:08.60	+00:05:49 (15.1%)	7:44	7.7 (84.6%)
32	JÓŹWIAK Łukasz	53	WTW.WŁOCŁAWEK	M- Niepełnosprawni	2			00:06:57	00:19:08	00:38:44.30	00:45:41.85	+00:05:51 (15.1%)	7:44	7.7 (84.6%)
33	KRAKOWIAK Małgorzata	80	UKS GIMNAZJON SUCHY LAS	K50-54	1			00:11:20	00:19:14	00:38:49.25	00:50:09.85	+00:05:56 (15.3%)	7:45	7.7 (84.6%)
34	KADECKI Piotr	55	KSIR SPORTICO BIAŁOŚLIWIE	M30-39	2	1		00:06:09	00:19:06	00:38:50.15	00:45:00.00	+00:05:56 (15.3%)	7:46	7.7 (84.6%)
35	PAWŁOWSKA-WOŹNIAK Małgorzata	112	UNIA MIAST	K30-39	1			00:10:06	00:19:06	00:38:53.35	00:49:00.30	+00:06:00 (15.4%)	7:46	7.7 (84.6%)
36	SKOWROŃSKA Dominika	138	MARSZ PO ZDROWIE	K-Jun.	2			00:09:31	00:19:08	00:38:57.35	00:48:28.85	+00:06:04 (15.6%)	7:47	7.7 (84.6%)
37	BUCZKOWSKI Jerzy	14	KS SOKÓŁ GAŚAWA	M65-69	7	1		00:08:24	00:19:28	00:39:01.40	00:47:26.15	+00:06:08 (15.7%)	7:48	7.7 (84.6%)

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38	MIKOŁAJCZAK Jan	99		M- Niepełnosprawni	3			00:08:00	00:19:08	00:39:03.00	00:47:03.90	+00:06:09 (15.8%)	7:48	7.7 (84.6%)
39	RAKUĆ Angelika	126	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	2			00:09:49	00:18:51	00:39:06.60	00:48:55.80	+00:06:13 (15.9%)	7:49	7.7 (84.6%)
40	GOŁĘBIEWSKI Andrzej	37	KLUB NW 'PATYCZAKI'	M55-59	5			00:07:40	00:19:05	00:39:08.00	00:46:48.85	+00:06:14 (16.0%)	7:49	7.7 (84.6%)
41	KUSZA Jolanta	89	UKS GIMNAZJON SUCHY LAS	K50-54	2			00:11:21	00:19:27	00:39:17.00	00:50:38.90	+00:06:23 (16.3%)	7:51	7.6 (83.5%)
42	STANKIEWICZ Krzysztof	199	KIJANKI POZNAŃ	M45-49	5			00:06:58	00:19:15	00:39:18.70	00:46:16.75	+00:06:25 (16.3%)	7:51	7.6 (83.5%)
43	ŻOŁNO Magdalena	187		K50-54	3			00:11:21	00:19:24	00:39:22.10	00:50:43.20	+00:06:28 (16.5%)	7:52	7.6 (83.5%)
44	MOŹDŻEŃ Barbara	103		K55-59	2			00:11:40	00:19:24	00:39:24.15	00:51:04.35	+00:06:30 (16.5%)	7:52	7.6 (83.5%)
45	KRYGIER Mirosława	85	KS SOKÓŁ GAŚAWA	K50-54	4			00:11:22	00:19:38	00:39:27.40	00:50:49.45	+00:06:34 (16.6%)	7:53	7.6 (83.5%)
46	SULECKA Gabriela	149		K- Niepełnosprawni	1			00:11:39	00:19:44	00:39:29.35	00:51:09.25	+00:06:36 (16.7%)	7:54	7.6 (83.5%)
47	CHŁODNICKI Marek	16	MARSZ PO ZDROWIE	M60-64	3			00:08:01	00:19:31	00:39:35.00	00:47:36.20	+00:06:41 (16.9%)	7:55	7.6 (83.5%)
48	PIOSIK Agnieszka	116	KLUB SPORTU I REKREACJI SPORTICO	K40-44	2			00:10:31	00:19:29	00:39:36.25	00:50:07.50	+00:06:43 (17.0%)	7:55	7.6 (83.5%)
49	FALIKOWSKI Piotr	190	GIMNAZJUM SUCHY LAS	M50-54	5			00:07:16	00:19:37	00:39:36.90	00:46:53.40	+00:06:43 (17.0%)	7:55	7.6 (83.5%)
50	WOLNA Wiktoria	188		K-Dzieci	1			00:09:18	00:19:37	00:39:39.40	00:48:57.75	+00:06:46 (17.1%)	7:55	7.6 (83.5%)
51	BARTOSIEWICZ Włodzimierz	4	FACE NORDIC WALKING TEAM	M60-64	4			00:08:01	00:19:24	00:39:45.30	00:47:46.90	+00:06:52 (17.3%)	7:57	7.5 (82.4%)
52	DANA Kazimiera	23	KLUB NW 'PATYCZAKI'	K60-64	1	1		00:11:58	00:19:53	00:39:54.70	00:51:52.90	+00:07:01 (17.6%)	7:58	7.5 (82.4%)
53	WASILEWSKI Sławomir	167	PASJA NORDIC WALKING	M70+	1			00:08:56	00:19:57	00:40:03.30	00:48:59.35	+00:07:10 (17.9%)	8:00	7.5 (82.4%)
54	WOJTKOWIAK Mikołaj	177		M18-29	2			00:05:53	00:19:21	00:40:20.85	00:46:14.10	+00:07:27 (18.5%)	8:04	7.4 (81.3%)
55	JANECKA Agnieszka	49	JEZIORKI - AKTYWNA WIEŚ	K40-44	3			00:10:30	00:19:55	00:40:23.35	00:50:53.60	+00:07:30 (18.6%)	8:04	7.4 (81.3%)
56	SIERACKA Katarzyna	136	STOWARZYSZENIE AZYMUT MÓRKOWO	K50-54	5			00:11:21	00:19:57	00:40:23.75	00:51:44.75	+00:07:30 (18.6%)	8:04	7.4 (81.3%)
57	KOZŁOWSKA Julia	77	FACE NORDIC WALKING TEAM	K-Dzieci	2			00:09:18	00:19:42	00:40:32.95	00:49:51.30	+00:07:39 (18.9%)	8:06	7.4 (81.3%)
58	SPYCHAŁA-KARAPULKA Arleta	142	MARSZ PO ZDROWIE	K40-44	4			00:10:30	00:20:19	00:40:36.35	00:51:06.70	+00:07:43 (19.0%)	8:07	7.4 (81.3%)
59	MATYJA Anna	96		K45-49	3			00:10:57	00:20:04	00:40:39.00	00:51:36.50	+00:07:45 (19.1%)	8:07	7.4 (81.3%)
60	GWAREK Anita	42	PASJA NORDIC WALKING	K45-49	4			00:10:57	00:20:21	00:40:46.15	00:51:43.55	+00:07:52 (19.3%)	8:09	7.4 (81.3%)

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61	GRZYWOCZ Bernard	41		M65-69	8			00:08:26	00:20:28	00:40:52.25	00:49:18.65	+00:07:59 (19.5%)	8:10	7.3 (80.2%)
62	WALCZAK Maria	164	KS SOKÓŁ GAŚAWA	K30-39	2			00:10:08	00:20:25	00:40:54.20	00:51:02.35	+00:08:00 (19.6%)	8:10	7.3 (80.2%)
63	KRAWCZYK Dorota	82	CZARNE PANTERY PIŁA	K55-59	3			00:11:41	00:20:16	00:40:56.90	00:52:38.75	+00:08:03 (19.7%)	8:11	7.3 (80.2%)
64	PERLIK Wiesław	114	GOSIROSIELSKO	M60-64	5			00:08:03	00:20:02	00:40:58.00	00:49:01.15	+00:08:04 (19.7%)	8:11	7.3 (80.2%)
65	URANTÓWKA Henryk	162	N.Z.	M65-69	9	1		00:08:26	00:20:27	00:40:58.10	00:49:24.60	+00:08:04 (19.7%)	8:11	7.3 (80.2%)
66	KSIĄŻKIEWICZ Maciej	87	KS SOKÓŁ GAŚAWA	M40-44	2			00:06:34	00:20:06	00:41:15.40	00:47:50.35	+00:08:22 (20.3%)	8:15	7.3 (80.2%)
67	CIEMNA Julita	19	KS SOKÓŁ GAŚAWA	K30-39	3			00:10:07	00:20:21	00:41:19.40	00:51:26.95	+00:08:26 (20.4%)	8:15	7.3 (80.2%)
68	KAZIŃSKA Bożena	196	MARSZ PO ZDROWIE	K60-64	2			00:11:57	00:20:31	00:41:28.65	00:53:26.00	+00:08:35 (20.7%)	8:17	7.2 (79.1%)
69	GIERSZEWSKI Arkadiusz	36		M30-39	3			00:06:10	00:20:42	00:41:32.90	00:47:42.95	+00:08:39 (20.8%)	8:18	7.2 (79.1%)
70	PAKMUR Anna	110		K50-54	6			00:11:22	00:20:43	00:41:36.90	00:52:59.25	+00:08:43 (21.0%)	8:19	7.2 (79.1%)
71	GRZYWOCZ Irena	40		K65-69	1			00:12:16	00:20:38	00:41:38.05	00:53:54.90	+00:08:44 (21.0%)	8:19	7.2 (79.1%)
72	JASONŃ Grażyna	51	CZARNE PANTERY PIŁA	K50-54	7			00:11:21	00:20:43	00:41:38.45	00:52:59.90	+00:08:45 (21.0%)	8:19	7.2 (79.1%)
73	PAWLICZ Jan	201	NORDIC WALKING KIEKRZ	M65-69	10			00:08:25	00:20:16	00:41:40.10	00:50:05.10	+00:08:46 (21.1%)	8:20	7.2 (79.1%)
74	KOZŁOWSKA Jagoda	76	FACE NORDIC WALKING TEAM	K-Dzieci	3			00:09:19	00:19:53	00:41:42.35	00:51:01.75	+00:08:49 (21.1%)	8:20	7.2 (79.1%)
75	BONZEL Dorota	13	JEZIORKI - AKTYWNA WIEŚ	K30-39	4			00:10:07	00:20:44	00:41:44.80	00:51:52.05	+00:08:51 (21.2%)	8:21	7.2 (79.1%)
76	SZYBCZYŃSKA Katarzyna	156	KS SOKÓŁ GAŚAWA	K45-49	5	1		00:10:58	00:20:56	00:41:45.20	00:52:43.65	+00:08:51 (21.2%)	8:21	7.2 (79.1%)
77	MULKOWSKA Mariola	104	UKS GIMNAZJON SUCHY LAS	K60-64	3			00:11:58	00:20:46	00:41:48.10	00:53:46.30	+00:08:54 (21.3%)	8:21	7.2 (79.1%)
78	STARZYŃSKA Ewa	144	KS METRACO POLKOWICE	K60-64	4			00:11:58	00:21:00	00:41:49.05	00:53:47.95	+00:08:55 (21.4%)	8:21	7.2 (79.1%)
79	KIETRYS Grażyna	67	MARSZ PO ZDROWIE	K55-59	4			00:11:40	00:20:44	00:41:53.60	00:53:34.15	+00:09:00 (21.5%)	8:22	7.2 (79.1%)
80	KOCZOROWSKA Monika	68	KS SOKÓŁ GAŚAWA	K30-39	5			00:10:08	00:20:38	00:41:57.25	00:52:05.30	+00:09:04 (21.6%)	8:23	7.2 (79.1%)
81	ADAMSKA-WOLNA Karolina	189		K30-39	6			00:10:09	00:20:55	00:41:59.70	00:52:08.80	+00:09:06 (21.7%)	8:23	7.1 (78.0%)
82	STRZELECKA Małgorzata	147	SAILING TEAM FERAJNA	K40-44	5			00:10:32	00:21:17	00:42:05.65	00:52:37.85	+00:09:12 (21.9%)	8:25	7.1 (78.0%)
83	WOROCH Jolanta	180		K50-54	8			00:11:22	00:20:57	00:42:09.15	00:53:31.75	+00:09:15 (22.0%)	8:25	7.1 (78.0%)

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84	BARTCZAK Beata	194	KSIR SPORTICO BIAŁOŚLIWIE	K40-44	6			00:10:33	00:21:04	00:42:09.20	00:52:42.25	+00:09:15 (22.0%)	8:25	7.1 (78.0%)
85	PIĄTKOWSKI Józef	115	KS METRACO POLKOWICE	M70+	2			00:08:57	00:20:43	00:42:13.20	00:51:10.45	+00:09:19 (22.1%)	8:26	7.1 (78.0%)
86	KOWALSKA Natalia	75	MANGO	K-Jun.	3			00:09:31	00:20:51	00:42:14.50	00:51:45.85	+00:09:21 (22.1%)	8:26	7.1 (78.0%)
87	DURMOWICZ Elżbieta	28	KS SOKÓŁ GAŚAWA	K40-44	7			00:10:31	00:21:01	00:42:15.05	00:52:46.80	+00:09:21 (22.2%)	8:27	7.1 (78.0%)
88	EWERTOWSKA Ewa	29	NORDIC WALKING KIEKRZ	K45-49	6			00:10:59	00:21:04	00:42:19.25	00:53:18.50	+00:09:26 (22.3%)	8:27	7.1 (78.0%)
89	ADAMEK-BOBER Anna	1	MARSZ PO ZDROWIE	K65-69	2			00:12:15	00:20:53	00:42:32.40	00:54:47.75	+00:09:39 (22.7%)	8:30	7.1 (78.0%)
90	PRZYBYLSKA Małgorzata	120	KSIR SPORTICO BIAŁOŚLIWIE	K30-39	7			00:10:11	00:21:24	00:42:34.60	00:52:46.20	+00:09:41 (22.8%)	8:31	7 (76.9%)
91	ROSPENDA Agnieszka	132	KB KATORŻNIK MUROWANA GOŚLINA	K30-39	8			00:10:09	00:21:08	00:42:38.85	00:52:48.25	+00:09:45 (22.9%)	8:31	7 (76.9%)
92	NOWAK Jakub	107	KLUB NW 'PATYCZAKI'	M-Dzieci	2			00:05:40	00:20:33	00:42:43.00	00:48:23.20	+00:09:49 (23.0%)	8:32	7 (76.9%)
93	RYCHLEWSKA Violetta	134	KS SOKÓŁ GAŚAWA	K30-39	9			00:10:08	00:21:20	00:42:48.25	00:52:57.10	+00:09:55 (23.2%)	8:33	7 (76.9%)
94	URBAN Jacek	163	STOWARZYSZENIE AZYMUT MÓRKOWO	M65-69	11			00:08:24	00:21:12	00:42:50.20	00:51:14.55	+00:09:56 (23.2%)	8:34	7 (76.9%)
95	KABACIŃSKI Maciej	54	FACE NORDIC WALKING TEAM	M45-49	6	1		00:06:58	00:21:17	00:42:54.90	00:49:53.25	+00:10:01 (23.4%)	8:35	7 (76.9%)
96	KAŁUŻNY Waldemar	57	UKS GIMNAZJON SUCHY LAS	M50-54	6			00:07:16	00:21:39	00:43:02.35	00:50:18.75	+00:10:09 (23.6%)	8:36	7 (76.9%)
97	RAJEWSKA Beata	123	JEZIORKI - AKTYWNA WIEŚ	K40-44	8			00:10:32	00:21:32	00:43:08.40	00:53:40.60	+00:10:15 (23.8%)	8:37	7 (76.9%)
98	GACZKOWSKA-KSIAŻKIEWICZ Lucyna	152	JEZIORKI - AKTYWNA WIEŚ	K45-49	7			00:10:58	00:21:42	00:43:10.75	00:54:09.20	+00:10:17 (23.8%)	8:38	6.9 (75.8%)
99	PEC Anna	113		K40-44	9			00:10:30	00:21:43	00:43:20.65	00:53:51.20	+00:10:27 (24.1%)	8:40	6.9 (75.8%)
100	PRZYBYŁ Marianna	121	CZARNE PANTERY PIŁA	K60-64	5			00:12:00	00:21:26	00:43:25.25	00:55:25.45	+00:10:32 (24.3%)	8:41	6.9 (75.8%)
101	WINCZEWSKA Anna	172	RUCH PO ZDROWIE WŁOCŁAWEK	K50-54	9			00:11:22	00:21:34	00:43:26.35	00:54:48.40	+00:10:33 (24.3%)	8:41	6.9 (75.8%)
102	BANACH-MAZUR Paulina	200		K30-39	10			00:10:08	00:21:27	00:43:28.70	00:53:36.95	+00:10:35 (24.4%)	8:41	6.9 (75.8%)
103	KRYSZAK Joanna	86	NORDIC TEAM GNIEZNO	K30-39	11			00:10:10	00:21:48	00:43:41.40	00:53:51.60	+00:10:48 (24.7%)	8:44	6.9 (75.8%)
104	ZIEGLER Barbara	186	STOWARZYSZENIE AZYMUT MÓRKOWO	K60-64	6			00:11:57	00:21:34	00:43:45.35	00:55:42.85	+00:10:52 (24.8%)	8:45	6.9 (75.8%)
105	DRABCZYK Franciszek	25	KS METRACO POLKOWICE	M60-64	6			00:08:02	00:21:47	00:43:46.00	00:51:48.00	+00:10:52 (24.9%)	8:45	6.9 (75.8%)
106	KOCZOROWSKA Patrycja	69	KS SOKÓŁ GAŚAWA	K-Dzieci	4			00:09:18	00:21:20	00:43:48.90	00:53:07.05	+00:10:55 (24.9%)	8:45	6.8 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	SOKÓŁ Jakub	140		M-Jun.	1			00:05:53	00:21:21	00:43:51.05	00:49:44.50	+00:10:57 (25.0%)	8:46	6.8 (74.7%)
108	WITKOWSKA Grażyna	175		K45-49	8			00:10:57	00:21:46	00:43:57.15	00:54:54.85	+00:11:03 (25.2%)	8:47	6.8 (74.7%)
109	CHOLEWKA Jolanta	17	MARSZ PO ZDROWIE	K60-64	7			00:11:57	00:21:42	00:44:02.55	00:55:59.85	+00:11:09 (25.3%)	8:48	6.8 (74.7%)
110	KRAMER Leszek	81	OLEŚNICKA STREFA NORDIC WALKING	M70+	3	1		00:08:58	00:21:35	00:44:03.15	00:53:01.50	+00:11:09 (25.3%)	8:48	6.8 (74.7%)
111	RATAJCZAK Jerzy	128		M70+	4	1		00:08:57	00:21:35	00:44:04.45	00:53:01.50	+00:11:11 (25.4%)	8:48	6.8 (74.7%)
112	ZAKRZEWSKA Henryka	185	NORDIC TEAM GNIEZNO	K70+	1			00:12:31	00:21:59	00:44:11.75	00:56:43.05	+00:11:18 (25.6%)	8:50	6.8 (74.7%)
113	KANIEWSKA Małgorzata	59		K-Jun.	4			00:09:31	00:21:24	00:44:17.85	00:53:49.35	+00:11:24 (25.8%)	8:51	6.8 (74.7%)
114	SOWIŃSKA Grażyna	141	MARSZ PO ZDROWIE	K55-59	5			00:11:39	00:21:58	00:44:20.00	00:55:59.95	+00:11:26 (25.8%)	8:52	6.8 (74.7%)
115	KAMIŃSKA-SOKÓŁ Marzena	58		K40-44	10			00:10:31	00:21:44	00:44:21.35	00:54:52.45	+00:11:28 (25.9%)	8:52	6.8 (74.7%)
116	PASZKIEWICZ-SACHA Jolanta	111		K45-49	9			00:10:59	00:22:00	00:44:24.80	00:55:24.00	+00:11:31 (26.0%)	8:53	6.8 (74.7%)
117	MIKUŁA Paulina	100	KS SOKÓŁ GAŚAWA	K18-29	3			00:09:49	00:22:09	00:44:32.35	00:54:21.85	+00:11:39 (26.2%)	8:54	6.7 (73.6%)
118	KARCZEWSKI Krzysztof	61	RUCH PO ZDROWIE WŁOCŁAWEK	M30-39	4			00:06:10	00:22:07	00:44:35.40	00:50:46.05	+00:11:42 (26.2%)	8:55	6.7 (73.6%)
119	SZYMYŚLIK-KONEWKA Renata	157	MARSZ PO ZDROWIE	K50-54	10			00:11:22	00:22:15	00:44:39.25	00:56:01.40	+00:11:46 (26.4%)	8:55	6.7 (73.6%)
120	RATAJCZYK Joanna	129	KS SOKÓŁ GAŚAWA	K30-39	12			00:10:08	00:22:30	00:44:54.55	00:55:02.60	+00:12:01 (26.8%)	8:58	6.7 (73.6%)
121	KAŁUŻNA Magdalena	56	UKS GIMNAZJON SUCHY LAS	K50-54	11	1		00:11:23	00:22:20	00:45:04.20	00:56:27.25	+00:12:10 (27.0%)	9:00	6.7 (73.6%)
122	KOWALCZUK Maria	73		K40-44	11			00:10:32	00:22:57	00:45:21.05	00:55:53.75	+00:12:27 (27.5%)	9:04	6.6 (72.5%)
123	KWIATKOWSKA Jadwiga	90	KS METRACO POLKOWICE	K65-69	3			00:12:15	00:22:28	00:45:25.80	00:57:40.85	+00:12:32 (27.6%)	9:05	6.6 (72.5%)
124	BLASZKA Ryszard	7	NORDIC WALKING KIEKRZ	M- Niepełnosprawni	4			00:08:25	00:22:37	00:45:31.85	00:53:57.30	+00:12:38 (27.8%)	9:06	6.6 (72.5%)
125	GACZKOWSKA-KSIĄŻKIEWICZ Magdalena	32	KS SOKÓŁ GAŚAWA	K30-39	13			00:10:09	00:22:39	00:45:31.95	00:55:41.80	+00:12:38 (27.8%)	9:06	6.6 (72.5%)
126	CETERA Janusz	15		M55-59	6			00:07:40	00:22:28	00:45:47.20	00:53:28.00	+00:12:53 (28.2%)	9:09	6.6 (72.5%)
127	RUTKOWSKA Alina	133	BRAK	K30-39	14			00:10:07	00:22:33	00:45:47.95	00:55:55.30	+00:12:54 (28.2%)	9:09	6.6 (72.5%)
128	REMISZEWSKI Adam	130	UTW OLEŚNICA	M70+	5			00:08:56	00:22:24	00:45:48.70	00:54:45.65	+00:12:55 (28.2%)	9:09	6.5 (71.4%)
129	MILEWSKA Wiesława	101	RUCH PO ZDROWIE WŁOCŁAWEK	K45-49	10			00:10:58	00:22:50	00:46:02.50	00:57:01.00	+00:13:09 (28.6%)	9:12	6.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	STAWNIAK Wanda	145	UTW ŻNIN	K65-69	4			00:12:16	00:22:29	00:46:07.55	00:58:23.80	+00:13:14 (28.7%)	9:13	6.5 (71.4%)
131	STANKIEWICZ Magdalena	198	KIJANKI POZNAŃ	K40-44	12			00:10:31	00:22:47	00:46:12.60	00:56:44.00	+00:13:19 (28.8%)	9:14	6.5 (71.4%)
132	WÓJCIK Henryk	183	UTW OLEŚNICA	M70+	6			00:08:57	00:23:02	00:46:16.85	00:55:14.70	+00:13:23 (28.9%)	9:15	6.5 (71.4%)
133	PRAŁAT Grażyna	118	STOWARZYSZENIE AZYMUT MÓRKOWO	K60-64	8			00:11:58	00:23:19	00:46:23.85	00:58:22.65	+00:13:30 (29.1%)	9:16	6.5 (71.4%)
134	NIŻNIK Marcin	105		M18-29	3			00:05:54	00:22:48	00:46:32.00	00:52:26.20	+00:13:38 (29.3%)	9:18	6.4 (70.3%)
135	IGLIŃSKA Maria	45	STOWARZYSZENIE AZYMUT MÓRKOWO	K60-64	9			00:11:58	00:23:22	00:46:33.80	00:58:32.75	+00:13:40 (29.4%)	9:18	6.4 (70.3%)
136	KAWCZYŃSKA Teresa	62	KS SOKÓŁ GAŚAWA	K55-59	6			00:11:41	00:23:14	00:46:44.25	00:58:25.65	+00:13:51 (29.6%)	9:20	6.4 (70.3%)
137	OGONOWSKA Edyta	109	KLUN NW 'PATYCZAKI'	K50-54	12			00:11:21	00:23:30	00:46:55.55	00:58:16.80	+00:14:02 (29.9%)	9:23	6.4 (70.3%)
138	KĄCKOWSKI Marek	65	JEZIORKI - AKTYWNA WIEŚ	M-Niepełnosprawni	5			00:08:03	00:23:31	00:46:57.75	00:55:01.35	+00:14:04 (30.0%)	9:23	6.4 (70.3%)
139	BLASZKA Michał	8	NORDIC WALKING KIEKRZ	M-Niepełnosprawni	6			00:06:57	00:23:31	00:46:59.55	00:53:57.00	+00:14:06 (30.0%)	9:24	6.4 (70.3%)
140	MACHAJEK Krzysztof	94	KS METRACO POLKOWICE	M-Niepełnosprawni	7			00:08:02	00:23:03	00:47:05.20	00:55:07.95	+00:14:11 (30.2%)	9:25	6.4 (70.3%)
141	KWIATKOWSKI Piotr	191		M-Dzieci	3			00:05:40	00:23:20	00:47:07.45	00:52:48.05	+00:14:14 (30.2%)	9:25	6.4 (70.3%)
142	GROBELNA Jadwiga	38	KS METRACO POLKOWICE	K-Niepełnosprawni	2			00:11:58	00:23:28	00:47:08.30	00:59:06.80	+00:14:15 (30.2%)	9:25	6.4 (70.3%)
143	HORIACZEK Ryszard	44	UKS GIMNAZJON SUCHY LAS	M65-69	12			00:08:24	00:23:16	00:47:09.35	00:55:34.20	+00:14:16 (30.3%)	9:26	6.4 (70.3%)
144	WYRWA Ewa	184	RUCH PO ZDROWIE WŁOCLAWEK	K60-64	10			00:11:59	00:23:17	00:47:17.25	00:59:16.40	+00:14:24 (30.5%)	9:27	6.3 (69.2%)
145	WÓJCIK Irena	182	UTW OLEŚNICA	K70+	2			00:12:32	00:23:43	00:47:19.80	00:59:51.95	+00:14:26 (30.5%)	9:27	6.3 (69.2%)
146	TOMCZAK Agnieszka	159	KB KATORŻNIK MUROWANA GOŚLINA	K30-39	15			00:10:09	00:23:26	00:47:21.40	00:57:30.95	+00:14:28 (30.6%)	9:28	6.3 (69.2%)
147	JAKIEL-MAINIERI Sabina	48	CZARNE PANTERY PIŁA	K45-49	11			00:10:58	00:24:10	00:47:29.85	00:58:28.45	+00:14:36 (30.8%)	9:30	6.3 (69.2%)
148	KOZŁOWSKA Beata	78	NORDIC WALKING KIEKRZ	K50-54	13			00:11:22	00:23:55	00:47:31.35	00:58:53.80	+00:14:38 (30.8%)	9:30	6.3 (69.2%)
149	WIADERSKA Grażyna	168		K65-69	5			00:12:15	00:23:43	00:47:33.45	00:59:48.80	+00:14:40 (30.8%)	9:30	6.3 (69.2%)
150	KOLBUSZ Janina	71	KS METRACO POLKOWICE	K65-69	6			00:12:15	00:23:42	00:47:35.70	00:59:51.25	+00:14:42 (30.9%)	9:31	6.3 (69.2%)
151	RATAJCZAK Danuta	127		K65-69	7			00:12:15	00:24:02	00:47:37.25	00:59:53.20	+00:14:44 (30.9%)	9:31	6.3 (69.2%)
152	SZULC-DRABCZYK Urszula	155	KS METRACO POLKOWICE	K-Niepełnosprawni	3			00:11:57	00:23:48	00:47:47.20	00:59:45.15	+00:14:53 (31.2%)	9:33	6.3 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	KUCHARSKA Barbara	88		K60-64	11			00:11:57	00:23:52	00:47:53.40	00:59:51.00	+00:15:00 (31.3%)	9:34	6.3 (69.2%)
154	WALIGÓRSKA-WOWCZAK Krystyna	166	MARSZ PO ZDROWIE	K65-69	8			00:12:16	00:24:01	00:47:57.95	01:00:14.20	+00:15:04 (31.4%)	9:35	6.3 (69.2%)
155	BŁASZCZYK Katarzyna	11	KIJANKI POZNAŃ	K45-49	12			00:11:01	00:23:46	00:48:02.00	00:59:03.45	+00:15:08 (31.5%)	9:36	6.2 (68.1%)
156	WIŚNIEWSKA Mariola	173	STOWARZYSZENIE AZYMUT MÓRKOWO	K55-59	7			00:11:41	00:24:11	00:48:36.45	01:00:17.55	+00:15:43 (32.3%)	9:43	6.2 (68.1%)
157	TOKARSKA Joanna	158	KLUB NW 'PATYCZAKI'	K30-39	16			00:10:10	00:24:14	00:48:41.15	00:58:51.15	+00:15:47 (32.4%)	9:44	6.2 (68.1%)
158	IWIŃSKA Joanna	46		K18-29	4			00:09:49	00:24:04	00:49:01.95	00:58:51.35	+00:16:08 (32.9%)	9:48	6.1 (67.0%)
159	WOJDANOWICZ Anna	176		K18-29	5			00:09:50	00:24:06	00:49:04.50	00:58:54.70	+00:16:11 (33.0%)	9:48	6.1 (67.0%)
160	BARTOSIEWICZ Grażyna	5	FACE NORDIC WALKING TEAM	K60-64	12			00:11:57	00:24:12	00:49:07.70	01:01:04.75	+00:16:14 (33.1%)	9:49	6.1 (67.0%)
161	KĄCKOWSKA Beata	64	JEZIORKI - AKTYWNA WIEŚ	K40-44	13			00:10:32	00:24:11	00:49:16.65	00:59:49.00	+00:16:23 (33.3%)	9:51	6.1 (67.0%)
162	CZAJA Agnieszka	22		K40-44	14			00:10:31	00:24:14	00:49:18.15	00:59:49.25	+00:16:24 (33.3%)	9:51	6.1 (67.0%)
163	SZAROLETA Zofia	151	FACE NORDIC WALKING TEAM	K70+	3			00:12:31	00:24:05	00:49:19.90	01:01:51.45	+00:16:26 (33.3%)	9:52	6.1 (67.0%)
164	ADAMSKA Julia	2	MANGO	K-Dzieci	5			00:09:18	00:23:50	00:49:20.35	00:58:38.70	+00:16:27 (33.3%)	9:52	6.1 (67.0%)
165	GIERSZENDORF Paweł	35	FACE NORDIC WALKING TEAM	M-Jun.	2			00:05:53	00:22:06	00:49:27.95	00:55:21.70	+00:16:34 (33.5%)	9:53	6.1 (67.0%)
166	HORIACZEK Małgorzata	43	UKS GIMNAZJON SUCHY LAS	K60-64	13			00:12:00	00:24:53	00:49:29.10	01:01:29.20	+00:16:35 (33.5%)	9:53	6.1 (67.0%)
167	KOCZOROWSKI Kacper	70	KS SOKÓŁ GAŚAWA	M-Dzieci	4			00:05:40	00:23:43	00:49:31.80	00:55:11.95	+00:16:38 (33.6%)	9:54	6.1 (67.0%)
168	CZAJA Aneta	21	JEZIORKI - AKTYWNA WIEŚ	K30-39	17			00:10:10	00:24:34	00:49:38.80	00:59:48.80	+00:16:45 (33.8%)	9:55	6 (65.9%)
169	PILARSKA Kinga	193		K30-39	18			00:10:14	00:25:00	00:50:00.00	01:00:14.00	+00:17:06 (34.2%)	10:00	6 (65.9%)
170	NOWACKI Eugeniusz	106	BMM PANCERNI	M55-59	7			00:07:42	00:25:08	00:50:05.40	00:57:47.45	+00:17:12 (34.3%)	10:01	6 (65.9%)
171	KAPSA Emilia	60	UKS GIMNAZJON SUCHY LAS	K65-69	9			00:12:15	00:25:22	00:51:14.45	01:03:30.40	+00:18:21 (35.8%)	10:15	5.9 (64.8%)
172	GIERSZENDORF Roman	33	FACE NORDIC WALKING TEAM	M40-44	3			00:06:35	00:25:38	00:51:39.05	00:58:14.95	+00:18:45 (36.3%)	10:19	5.8 (63.7%)
173	FUTERSKA Jadwiga	31	CZARNE PANTERY PIŁA	K55-59	8			00:11:41	00:25:35	00:51:45.60	01:03:27.45	+00:18:52 (36.5%)	10:21	5.8 (63.7%)
174	MOCZARSKI Adam	102	FACE NORDIC WALKING TEAM	M70+	7			00:08:56	00:25:35	00:54:02.35	01:02:58.40	+00:21:09 (39.1%)	10:48	5.6 (61.5%)
175	WIŚNIEWSKA Grażyna	174	RUCH PO ZDROWIE WŁOCŁAWEK	K55-59	9			00:11:41	00:26:55	00:54:33.60	01:06:14.70	+00:21:40 (39.7%)	10:54	5.5 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	DROP Mieczysław	26		M70+	8			00:08:57	00:27:35	00:54:45.50	01:03:43.05	+00:21:52 (39.9%)	10:57	5.5 (60.4%)
177	BŁASZCZYK Łukasz	10	KIJANKI POZNAŃ	M40-44	4			00:06:36	00:28:00	00:56:30.05	01:03:06.05	+00:23:36 (41.8%)	11:18	5.3 (58.2%)
178	CICHOWSKI Wiesław	18	KLUB NW 'PATYCZAKI'	M- Niepełnosprawni	8			00:08:02	00:28:24	00:58:03.00	01:06:05.55	+00:25:09 (43.3%)	11:36	5.2 (57.1%)
179	SYPIOŁ Zygmunt	150	MARSZ PO ZDROWIE	M70+	9			00:08:56	00:28:34	00:58:08.30	01:07:04.45	+00:25:15 (43.4%)	11:37	5.2 (57.1%)
180	STRZELECKA Antonina	148	SAILING TEAM FERAJNA	K-Dzieci	6			00:09:19	00:29:15	00:59:19.60	01:08:38.85	+00:26:26 (44.6%)	11:51	5.1 (56.0%)
181	KOSICKA Beata	72	NORDIC WALKING KIEKRZ	K45-49	13			00:11:00	00:30:13	00:59:58.10	01:10:58.75	+00:27:04 (45.2%)	11:59	5 (54.9%)
182	BLASZKA Dobrosława	9	NORDIC WALKING KIEKRZ	K65-69	10			00:11:00	00:30:14	00:59:58.60	01:10:59.05	+00:27:05 (45.2%)	11:59	5 (54.9%)
183	GIERSZENDORF Borys	34	FACE NORDIC WALKING TEAM	M-Dzieci	5			00:05:41	00:32:42	01:05:03.70	01:10:45.00	+00:32:10 (49.5%)	13:00	4.6 (50.5%)
184	KĘDZIERSKA Edyta	66		K40-44	15			00:12:34	00:17:41			+00:01:23	7:04	8.5 (93.4%)
185	NOWAK Bartłomiej	108	SAILING TEAM FERAJNA	M40-44	5			00:06:34						(0.0%)
DQ	PRZYMUSIŃSKI Piotr	122	N/Z	M60-64			1	DQ	00:18:24 DQ	00:37:28.40 DQ	DQ		-	- (0.0%)
DQ	SMOLARSKI Andrzej Krzysztof	139	MARSZ PO ZDROWIE	M45-49			1	DQ	00:20:31 DQ	00:43:37.20 DQ	DQ		-	- (0.0%)

Znaleziono 187 wynik(ów)