



# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5 KM

B4SPORT

**Event:** WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING  
**Organiser:** PFNW  
**Date:** 2017-07-09  
**Place:** Wągrowiec  
**Distance:** 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>RAJEWSKI Sebastian</b>	<b>619</b>	PILSCY MIŁOSNICY NORDIC WALKING	M45-49	1			00:15:55	<b>00:32:17.45</b>		6:27	9.3 (100%)
2	<b>WOROCH Roman</b>	<b>659</b>	KS METRACO POLKOWICE	M55-59	1	1		00:15:59	<b>00:32:24.05</b>	+00:00:06 (0.3%)	6:28	9.3 (100%)
3	<b>ROŻYNEK Miron</b>	<b>624</b>	KS METRACO POLKOWICE	M50-54	1			00:16:16	<b>00:33:03.90</b>	+00:00:46 (2.3%)	6:36	9.1 (97.8%)
4	<b>MACHNIK Janusz</b>	<b>681</b>	CLLEO ZAWIERCIE	M40-44	1			00:16:17	<b>00:33:34.00</b>	+00:01:16 (3.8%)	6:42	8.9 (95.7%)
5	<b>POLEWCZAK Mariusz</b>	<b>677</b>	CLLEO ZAWIERCIE	M45-49	2			00:16:31	<b>00:33:45.40</b>	+00:01:27 (4.3%)	6:45	8.9 (95.7%)
6	<b>RAKUĆ Jakub</b>	<b>620</b>	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:16:35	<b>00:33:45.90</b>	+00:01:28 (4.4%)	6:45	8.9 (95.7%)
7	<b>BOGACKI Sławek</b>	<b>514</b>	ENERGA NW TEAM	M40-44	2			00:16:46	<b>00:33:57.50</b>	+00:01:40 (4.9%)	6:47	8.8 (94.6%)
8	<b>CHAMIELEC Bogusław</b>	<b>518</b>	A EMERYT BIEGA	M50-54	2			00:16:50	<b>00:34:09.25</b>	+00:01:51 (5.5%)	6:50	8.8 (94.6%)
9	<b>BIK Stanisław</b>	<b>507</b>	KS METRACO POLKOWICE	M55-59	2			00:16:59	<b>00:34:18.50</b>	+00:02:01 (5.9%)	6:51	8.7 (93.5%)
10	<b>WOLEK Waldemar</b>	<b>658</b>	NORDIC TEAM GNIEZNO	M40-44	3			00:16:49	<b>00:34:26.15</b>	+00:02:08 (6.2%)	6:53	8.7 (93.5%)
11	<b>ZYGMUNT Gracjan</b>	<b>669</b>	KINGBELL AUTO-SZYBY / PKU EUROCONSULTING PIŁA	M18-29	2			00:16:55	<b>00:34:26.30</b>	+00:02:08 (6.2%)	6:53	8.7 (93.5%)
12	<b>DUSZEŃKO Zygmunt</b>	<b>528</b>	KS METRACO POLKOWICE	M55-59	3			00:17:18	<b>00:34:44.35</b>	+00:02:26 (7.0%)	6:56	8.6 (92.5%)
13	<b>STANISŁAWSKI Jan</b>	<b>632</b>	MARSZ PO ZDROWIE POZNAŃ	M55-59	4			00:17:03	<b>00:34:51.50</b>	+00:02:34 (7.4%)	6:58	8.6 (92.5%)
14	<b>ADAMCZYK Adam</b>	<b>501</b>	PASJA NORDIC WALKING	M65-69	1			00:17:14	<b>00:34:54.10</b>	+00:02:36 (7.5%)	6:58	8.6 (92.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net		Pace min/km	Pace km/h
									time 5km	Gap		
15	<b>KROMSKI Paweł</b>	<b>577</b>	NORDIC WALKING KIEKRZ	M50-54	3			00:17:12	<b>00:34:57.90</b>	+00:02:40 (7.6%)	6:59	8.6 (92.5%)
16	<b>KISHONY Johny</b>	<b>675</b>	PÓNKOFFA BRAC̄ I THE KISHONES	M45-49	3			00:17:40	<b>00:35:08.15</b>	+00:02:50 (8.1%)	7:01	8.5 (91.4%)
17	<b>FRAĆKOWIAK Mateusz</b>	<b>533</b>	ZS ROSKO	M-Jun.	1	1		00:17:02	<b>00:35:08.45</b>	+00:02:51 (8.1%)	7:01	8.5 (91.4%)
18	<b>FRAĆKOWIAK Roman</b>	<b>532</b>	ZS ROSKO	M45-49	4			00:17:37	<b>00:35:18.75</b>	+00:03:01 (8.6%)	7:03	8.5 (91.4%)
19	<b>LENZ Andrzej</b>	<b>584</b>		M50-54	4			00:17:48	<b>00:35:30.00</b>	+00:03:12 (9.0%)	7:06	8.5 (91.4%)
20	<b>TOMCZYK Edward</b>	<b>644</b>	MARSZ PO ZDROWIE POZNAŃ	M65-69	2			00:17:21	<b>00:35:33.35</b>	+00:03:15 (9.2%)	7:06	8.4 (90.3%)
21	<b>LESINSKI Grzegorz</b>	<b>585</b>	KS METRACO POLKOWICE	M50-54	5	1		00:17:10	<b>00:35:41.25</b>	+00:03:23 (9.5%)	7:08	8.4 (90.3%)
22	<b>GRYGOROWICZ Bogdan</b>	<b>542</b>	KS METRACO POLKOWICE	M65-69	3			00:17:39	<b>00:35:57.70</b>	+00:03:40 (10.2%)	7:11	8.3 (89.2%)
23	<b>SIKORA Bronisław</b>	<b>628</b>	LESZNO :)	M60-64	1			00:17:52	<b>00:36:13.35</b>	+00:03:55 (10.9%)	7:14	8.3 (89.2%)
24	<b>SYKISZ Maksym</b>	<b>640</b>	LESZNO :)	M- Niepełnosprawni(A)	1			00:18:04	<b>00:36:20.85</b>	+00:04:03 (11.2%)	7:16	8.3 (89.2%)
25	<b>MIKOŁAJCZAK Jan</b>	<b>591</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	2			00:18:04	<b>00:36:21.70</b>	+00:04:04 (11.2%)	7:16	8.2 (88.2%)
26	<b>GAŁĄZKA Paweł</b>	<b>536</b>		M- Niepełnosprawni(A)	3			00:18:06	<b>00:36:24.10</b>	+00:04:06 (11.3%)	7:16	8.2 (88.2%)
27	<b>KĘDZIERSKA Agnieszka</b>	<b>561</b>	KIJKOWE TRZEMESZNO	K40-44	1			00:18:10	<b>00:36:28.35</b>	+00:04:10 (11.5%)	7:17	8.2 (88.2%)
28	<b>JANECKI Dariusz</b>	<b>550</b>		M55-59	5			00:18:24	<b>00:36:50.15</b>	+00:04:32 (12.3%)	7:22	8.1 (87.1%)
29	<b>JÓŹWIAK Marianna</b>	<b>553</b>	WTW WŁOCŁAWEK	K40-44	2			00:18:21	<b>00:36:50.55</b>	+00:04:33 (12.4%)	7:22	8.1 (87.1%)
30	<b>POLEWCZAK Aneta</b>	<b>679</b>	CLLEO ZAWIERCIE	K45-49	1			00:18:44	<b>00:36:55.45</b>	+00:04:38 (12.5%)	7:23	8.1 (87.1%)
31	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>599</b>	ZS ROSKO	K45-49	2			00:18:44	<b>00:36:58.70</b>	+00:04:41 (12.7%)	7:23	8.1 (87.1%)
32	<b>GOŁĘBIEWSKI Andrzej</b>	<b>538</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	2			00:18:13	<b>00:37:03.85</b>	+00:04:46 (12.9%)	7:24	8.1 (87.1%)
33	<b>SIKORA Antoni</b>	<b>695</b>	KS SOKÓŁ GAŚAWA	M65-69	4	1		00:18:23	<b>00:37:08.10</b>	+00:04:50 (13.0%)	7:25	8.1 (87.1%)
34	<b>LESIŃSKA Marzenna</b>	<b>586</b>	KS METRACO POLKOWICE	K50-54	1			00:18:28	<b>00:37:12.75</b>	+00:04:55 (13.2%)	7:26	8.1 (87.1%)
35	<b>POWIERŻA Lesław</b>	<b>612</b>		M50-54	6			00:18:19	<b>00:37:14.05</b>	+00:04:56 (13.3%)	7:26	8.1 (87.1%)
36	<b>WOJCIECHOWSKI Marek</b>	<b>656</b>	NORDIC TEAM GNIEZNO	M55-59	6			00:18:21	<b>00:37:16.40</b>	+00:04:58 (13.4%)	7:27	8 (86.0%)
37	<b>KRECZMER Marzena</b>	<b>682</b>	CLLEO ZAWIERCIE	K30-39	1			00:18:35	<b>00:37:17.50</b>	+00:05:00 (13.4%)	7:27	8 (86.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
38	<b>KOZŁOWSKI Jacek</b>	<b>574</b>	NORDIC WALKING KIEKRZ	M50-54	7			00:18:31	<b>00:37:19.75</b>	+00:05:02 (13.5%)	7:28	8 (86.0%)
39	<b>RAKUĆ Angelika</b>	<b>621</b>	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:18:43	<b>00:37:23.80</b>	+00:05:06 (13.7%)	7:28	8 (86.0%)
40	<b>BUCZKOWSKI Jerzy</b>	<b>699</b>	KS SOKÓŁ GAŚAWA	M65-69	5			00:18:34	<b>00:37:27.75</b>	+00:05:10 (13.8%)	7:29	8 (86.0%)
41	<b>STEMPNIAK Bogdan</b>	<b>633</b>		M- Niepełnosprawni(A)	4			00:18:37	<b>00:37:44.30</b>	+00:05:26 (14.4%)	7:32	8 (86.0%)
42	<b>KRAKOWIAK Małgorzata</b>	<b>575</b>	UKS-GIMNAZJON SUCHY LAS	K50-54	2			00:18:25	<b>00:37:49.20</b>	+00:05:31 (14.6%)	7:33	7.9 (84.9%)
43	<b>BOJANOWSKI Marcin</b>	<b>516</b>		M30-39	1			00:18:47	<b>00:37:50.15</b>	+00:05:32 (14.7%)	7:34	7.9 (84.9%)
44	<b>PIATCZYK Michał</b>	<b>607</b>		M-Jun.	2			00:18:17	<b>00:37:52.50</b>	+00:05:35 (14.7%)	7:34	7.9 (84.9%)
45	<b>DUDEK Kazimierz</b>	<b>690</b>		M65-69	6			00:18:39	<b>00:38:09.90</b>	+00:05:52 (15.4%)	7:38	7.9 (84.9%)
46	<b>FIJAŁKOWSKI Marek</b>	<b>531</b>	MARSZ PO ZDROWIE POZNAŃ	M55-59	7			00:18:52	<b>00:38:14.30</b>	+00:05:56 (15.6%)	7:38	7.8 (83.9%)
47	<b>PRZYMUSIŃSKI Piotr</b>	<b>616</b>	POZNAŃ	M60-64	3			00:18:51	<b>00:38:14.75</b>	+00:05:57 (15.6%)	7:39	7.8 (83.9%)
48	<b>FRYDRYCH Marcin</b>	<b>534</b>	NORDIC WALKING KIEKRZ	M30-39	2			00:18:47	<b>00:38:17.80</b>	+00:06:00 (15.7%)	7:39	7.8 (83.9%)
49	<b>WITUCKI Jacek</b>	<b>655</b>	AW	M45-49	5			00:19:22	<b>00:38:25.45</b>	+00:06:08 (16.0%)	7:41	7.8 (83.9%)
50	<b>KRYGIER Mirosława</b>	<b>696</b>	KS SOKÓŁ GAŚAWA	K50-54	3			00:19:23	<b>00:38:28.10</b>	+00:06:10 (16.1%)	7:41	7.8 (83.9%)
51	<b>ZIĘTEK Anna</b>	<b>668</b>	NORDIC TEAM GNIEZNO	K18-29	2			00:19:20	<b>00:38:41.05</b>	+00:06:23 (16.5%)	7:44	7.8 (83.9%)
52	<b>ŁOPIŃSKI Aleksy</b>	<b>587</b>	CZARNE PANTERY	M65-69	7			00:19:22	<b>00:38:41.55</b>	+00:06:24 (16.5%)	7:44	7.8 (83.9%)
53	<b>MOŹDŻEŃ Barbara</b>	<b>593</b>	BORKO.PL GNIEZNO	K55-59	1			00:19:13	<b>00:38:43.45</b>	+00:06:26 (16.6%)	7:44	7.7 (82.8%)
54	<b>KUSZA Patryk</b>	<b>694</b>		M18-29	3			00:19:16	<b>00:38:46.60</b>	+00:06:29 (16.7%)	7:45	7.7 (82.8%)
55	<b>MORYS Agnieszka</b>	<b>592</b>	FABRIKANORDIKA	K30-39	2			00:19:15	<b>00:38:47.65</b>	+00:06:30 (16.8%)	7:45	7.7 (82.8%)
56	<b>GRZYWOCZ Bernard</b>	<b>544</b>	LESZNO :)	M65-69	8			00:18:33	<b>00:38:49.30</b>	+00:06:31 (16.8%)	7:46	7.7 (82.8%)
57	<b>SIERACKA Katarzyna</b>	<b>674</b>	LESZNO :)	K50-54	4			00:19:19	<b>00:38:50.10</b>	+00:06:32 (16.9%)	7:46	7.7 (82.8%)
58	<b>STRZELECKA Małgorzata</b>	<b>637</b>	SAILING TEAM FERAJNA	K45-49	3			00:19:35	<b>00:38:51.25</b>	+00:06:33 (16.9%)	7:46	7.7 (82.8%)
59	<b>KONCZEWICZ Ela</b>	<b>565</b>	LESZNO :)	K18-29	3			00:19:16	<b>00:38:54.45</b>	+00:06:37 (17.0%)	7:46	7.7 (82.8%)
60	<b>KUSZA Jolanta</b>	<b>581</b>	UKS GIMNAZJON SUCHY LAS	K50-54	5			00:19:16	<b>00:38:57.30</b>	+00:06:39 (17.1%)	7:47	7.7 (82.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
61	<b>DUKAT Radosław</b>	<b>524</b>		M40-44	4			00:19:20	<b>00:38:59.50</b>	+00:06:42 (17.2%)	7:47	7.7 (82.8%)
62	<b>GRZYWOCZ Irena</b>	<b>543</b>	LESZNO :)	K65-69	1			00:19:21	<b>00:39:03.50</b>	+00:06:46 (17.3%)	7:48	7.7 (82.8%)
63	<b>WASILEWSKI Sławomir</b>	<b>651</b>	PASJA NORDIC WALKING	M70+	1			00:19:41	<b>00:39:14.45</b>	+00:06:57 (17.7%)	7:50	7.6 (81.7%)
64	<b>JANECKA Agnieszka</b>	<b>549</b>		K40-44	3			00:19:26	<b>00:39:16.95</b>	+00:06:59 (17.8%)	7:51	7.6 (81.7%)
65	<b>URBAŃSKI Stefan</b>	<b>646</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M55-59	8			00:19:08	<b>00:39:20.45</b>	+00:07:03 (17.9%)	7:52	7.6 (81.7%)
66	<b>DANA Andrzej</b>	<b>522</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M65-69	9			00:19:28	<b>00:39:31.35</b>	+00:07:13 (18.3%)	7:54	7.6 (81.7%)
67	<b>LORENS Kazimierz</b>	<b>680</b>	CLLEO ZAWIERCIE	M60-64	4			00:19:33	<b>00:39:32.00</b>	+00:07:14 (18.3%)	7:54	7.6 (81.7%)
68	<b>FOJCIN Gabriela</b>	<b>676</b>	RYBNICKI KLUB NORDIC WALKING	K50-54	6			00:19:44	<b>00:39:32.10</b>	+00:07:14 (18.3%)	7:54	7.6 (81.7%)
69	<b>DANA Kazimiera</b>	<b>521</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	1			00:19:42	<b>00:39:37.60</b>	+00:07:20 (18.5%)	7:55	7.6 (81.7%)
70	<b>KOZŁOWSKA Julia</b>	<b>573</b>	DYNAMIC	K-Jun.	1			00:19:36	<b>00:39:38.10</b>	+00:07:20 (18.5%)	7:55	7.6 (81.7%)
71	<b>GRYGOROWICZ Teresa</b>	<b>541</b>	KS METRACO POLKOWICE	K65-69	2			00:19:26	<b>00:39:38.40</b>	+00:07:20 (18.5%)	7:55	7.6 (81.7%)
72	<b>GAWLIK Agnieszka</b>	<b>537</b>	A&A	K30-39	3	1		00:19:35	<b>00:39:38.50</b>	+00:07:21 (18.5%)	7:55	7.6 (81.7%)
73	<b>GWAREK Anita</b>	<b>546</b>	PASJA NORDIC WALKING	K45-49	4			00:19:44	<b>00:39:45.50</b>	+00:07:28 (18.8%)	7:57	7.5 (80.6%)
74	<b>STĘPIEŃ Wiktor</b>	<b>634</b>	PÓNKOFFA BRĄĆ / THE KISHONES	M-Dzieci	1			00:19:01	<b>00:39:54.05</b>	+00:07:36 (19.1%)	7:58	7.5 (80.6%)
75	<b>KOZŁOWSKA Jagoda</b>	<b>572</b>	DYNAMIC	K-Dzieci	1			00:19:35	<b>00:39:54.70</b>	+00:07:37 (19.1%)	7:59	7.5 (80.6%)
76	<b>LELIWA Leszek</b>	<b>583</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M70+	2			00:19:41	<b>00:39:58.75</b>	+00:07:41 (19.2%)	7:59	7.5 (80.6%)
77	<b>EWERTOWSKA Ewa</b>	<b>529</b>	NORDIC WALKING KIEKRZ	K45-49	5			00:19:55	<b>00:39:59.60</b>	+00:07:42 (19.3%)	8:00	7.5 (80.6%)
78	<b>SUSKA Danuta</b>	<b>639</b>	BRAK	K65-69	3			00:19:48	<b>00:40:00.40</b>	+00:07:42 (19.3%)	8:00	7.5 (80.6%)
79	<b>WALCZAK Maria</b>	<b>698</b>	KS SOKÓŁ GAŚAWA	K30-39	4			00:19:52	<b>00:40:03.10</b>	+00:07:45 (19.4%)	8:00	7.5 (80.6%)
80	<b>JÓZWIĄK Łukasz</b>	<b>554</b>	WTW WŁOCLAWEK	M-Niepełnosprawni(A)	5			00:19:50	<b>00:40:07.95</b>	+00:07:50 (19.5%)	8:01	7.5 (80.6%)
81	<b>MATYJA Anna</b>	<b>590</b>	LESZNO :)	K45-49	6			00:19:52	<b>00:40:13.20</b>	+00:07:55 (19.7%)	8:02	7.5 (80.6%)
82	<b>WALCZAK Grzegorz</b>	<b>647</b>	OCTOPUS TEAM	M40-44	5			00:19:59	<b>00:40:14.95</b>	+00:07:57 (19.8%)	8:03	7.5 (80.6%)
83	<b>KOSICKA Beata</b>	<b>567</b>	NORDIC WALKING KIEKRZ	K45-49	7			00:19:56	<b>00:40:19.65</b>	+00:08:02 (19.9%)	8:03	7.4 (79.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
84	<b>NOWICKA Agnieszka</b>	<b>597</b>	A&A	K30-39	5			00:19:48	<b>00:40:21.00</b>	+00:08:03 (20.0%)	8:04	7.4 (79.6%)
85	<b>MULKOWSKA Mariola</b>	<b>594</b>	UKS GIMNAZJON SUCHY LAS	K60-64	2			00:20:01	<b>00:40:32.60</b>	+00:08:15 (20.4%)	8:06	7.4 (79.6%)
86	<b>KLAK Joanna</b>	<b>563</b>		K30-39	6			00:20:13	<b>00:40:43.00</b>	+00:08:25 (20.7%)	8:08	7.4 (79.6%)
87	<b>KAŁUŻNY Waldemar</b>	<b>558</b>	UKS GIMNAZJON SUCHY LAS	M50-54	8			00:20:11	<b>00:40:43.20</b>	+00:08:25 (20.7%)	8:08	7.4 (79.6%)
88	<b>PIATCZYC Barbara</b>	<b>606</b>		K55-59	2			00:20:02	<b>00:40:43.60</b>	+00:08:26 (20.7%)	8:08	7.4 (79.6%)
89	<b>CHOLEWKA Jolanta</b>	<b>519</b>	MARSZ PO ZDROWIE POZNAŃ	K60-64	3			00:20:10	<b>00:40:43.70</b>	+00:08:26 (20.7%)	8:08	7.4 (79.6%)
90	<b>PEC Anna</b>	<b>602</b>		K45-49	8			00:20:11	<b>00:40:55.70</b>	+00:08:38 (21.1%)	8:11	7.3 (78.5%)
91	<b>ZAWISŁA Stanisław</b>	<b>666</b>	MARSZ PO ZDROWIE POZNAŃ	M65-69	10			00:20:10	<b>00:40:56.45</b>	+00:08:39 (21.1%)	8:11	7.3 (78.5%)
92	<b>KOWALSKA Natalia</b>	<b>570</b>	MANGO WĄGROWIEC	K-Jun.	2			00:19:51	<b>00:41:02.65</b>	+00:08:45 (21.3%)	8:12	7.3 (78.5%)
93	<b>KUCZYŃSKA Anna</b>	<b>578</b>	NORDIC WALKING KIEKRZ	K55-59	3			00:20:01	<b>00:41:09.45</b>	+00:08:52 (21.5%)	8:14	7.3 (78.5%)
94	<b>FĄFEREK Patrycja</b>	<b>530</b>		K-Jun.	3			00:20:26	<b>00:41:19.45</b>	+00:09:02 (21.9%)	8:15	7.3 (78.5%)
95	<b>LEGOCKA - WALCZAK Kinga</b>	<b>582</b>	OCTOPUS TEAM	K40-44	4			00:20:29	<b>00:41:21.70</b>	+00:09:04 (21.9%)	8:16	7.3 (78.5%)
96	<b>JANOWSKA Żaneta</b>	<b>551</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K30-39	7			00:20:58	<b>00:41:22.55</b>	+00:09:05 (22.0%)	8:16	7.2 (77.4%)
97	<b>ANGIELCZYK Małgorzata</b>	<b>504</b>	MARSZ PO ZDROWIE POZNAŃ	K65-69	4			00:20:14	<b>00:41:37.10</b>	+00:09:19 (22.4%)	8:19	7.2 (77.4%)
98	<b>CIĄŻYŃSKA Dorota</b>	<b>700</b>	KS SOKÓŁ GAŚAWA	K45-49	9			00:20:43	<b>00:41:37.50</b>	+00:09:20 (22.4%)	8:19	7.2 (77.4%)
99	<b>SMOLARSKI Andrzej</b>	<b>683</b>	MARSZ PO ZDROWIE POZNAŃ	M45-49	6			00:20:21	<b>00:41:37.70</b>	+00:09:20 (22.4%)	8:19	7.2 (77.4%)
100	<b>GÓRSKI Bolesław</b>	<b>539</b>	A KUKU	M30-39	3			00:20:27	<b>00:41:40.70</b>	+00:09:23 (22.5%)	8:20	7.2 (77.4%)
101	<b>KRAWCZYK Dorota</b>	<b>576</b>	CZARNE PANTERY	K55-59	4			00:20:31	<b>00:41:51.60</b>	+00:09:34 (22.9%)	8:22	7.2 (77.4%)
102	<b>WIŚNIEWSKI Kazimierz</b>	<b>653</b>	PASJA NORDIC WALKING	M60-64	5			00:20:44	<b>00:41:54.60</b>	+00:09:37 (23.0%)	8:23	7.2 (77.4%)
103	<b>PIATCZYC Wacław</b>	<b>605</b>		M-Niepełnosprawni(B)	1			00:20:17	<b>00:42:08.40</b>	+00:09:50 (23.4%)	8:25	7.1 (76.3%)
104	<b>KURASZ Marian</b>	<b>580</b>	SUMMER ISLAND	M60-64	6			00:21:18	<b>00:42:08.60</b>	+00:09:51 (23.4%)	8:25	7.1 (76.3%)
105	<b>RAJEWSKA Beata</b>	<b>618</b>	PILSCY MIŁOSNICY NORDIC WALKING	K40-44	5			00:21:19	<b>00:42:18.05</b>	+00:10:00 (23.7%)	8:27	7.1 (76.3%)
106	<b>ZABRZESKA Hanna</b>	<b>665</b>	UKS GIMNAZJON SUCHY LAS	K55-59	5			00:19:59	<b>00:42:21.30</b>	+00:10:03 (23.8%)	8:28	7.1 (76.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
107	<b>KAMIŃSKA-SOKÓŁ Marzena</b>	<b>559</b>		K45-49	10			00:21:03	<b>00:42:28.30</b>	+00:10:10 (24.0%)	8:29	7.1 (76.3%)
108	<b>ZIELINKIEWICZ Wiktoria</b>	<b>667</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K-Dzieci	2			00:20:45	<b>00:42:29.10</b>	+00:10:11 (24.0%)	8:29	7.1 (76.3%)
109	<b>WYCISŁO Agata</b>	<b>664</b>	DAJ RADOSC NIEPEŁNOSPRAWNYM	K-Niepełnosprawni(B)	1			00:21:31	<b>00:43:01.45</b>	+00:10:44 (24.9%)	8:36	7 (75.3%)
110	<b>ZIEGLER Barbara</b>	<b>670</b>	LESZNO :)	K65-69	5			00:21:13	<b>00:43:02.05</b>	+00:10:44 (25.0%)	8:36	7 (75.3%)
111	<b>PIDUCH Jan</b>	<b>608</b>		M65-69	11			00:20:54	<b>00:43:04.60</b>	+00:10:47 (25.0%)	8:37	7 (75.3%)
112	<b>WOROCH Jolanta</b>	<b>560</b>		K50-54	7			00:21:18	<b>00:43:12.20</b>	+00:10:54 (25.3%)	8:38	6.9 (74.2%)
113	<b>ROZMARYNOWSKA Karolina</b>	<b>688</b>	SUMMER ISLAND	K-Jun.	4			00:21:30	<b>00:43:14.40</b>	+00:10:56 (25.3%)	8:39	6.9 (74.2%)
114	<b>JANCZEWSKI Robert</b>	<b>548</b>	NORDIC WALKING KIEKRZ	M55-59	9			00:21:40	<b>00:43:14.45</b>	+00:10:57 (25.3%)	8:38	6.9 (74.2%)
115	<b>PASZKIEWICZ Jadwiga</b>	<b>600</b>		K70+	1			00:21:29	<b>00:43:15.65</b>	+00:10:58 (25.4%)	8:39	6.9 (74.2%)
116	<b>LASKOWSKA Joanna</b>	<b>689</b>		K30-39	8			00:21:17	<b>00:43:16.30</b>	+00:10:58 (25.4%)	8:39	6.9 (74.2%)
117	<b>WITUCKA Karolina</b>	<b>654</b>		K-Dzieci	3			00:21:16	<b>00:43:17.65</b>	+00:11:00 (25.4%)	8:39	6.9 (74.2%)
118	<b>KANIEWSKA Alicja</b>	<b>692</b>	SUMMER ISLAND	K30-39	9			00:21:29	<b>00:43:18.85</b>	+00:11:01 (25.4%)	8:39	6.9 (74.2%)
119	<b>RUTKOWSKA Alina</b>	<b>625</b>		K30-39	10			00:21:38	<b>00:43:33.95</b>	+00:11:16 (25.9%)	8:42	6.9 (74.2%)
120	<b>PIASECKI Robert</b>	<b>604</b>	CZARNE PANTERY	M-Dzieci	2			00:20:38	<b>00:43:34.05</b>	+00:11:16 (25.9%)	8:42	6.9 (74.2%)
121	<b>JASTRZĄBEK Katarzyna</b>	<b>552</b>		K30-39	11			00:22:03	<b>00:43:38.60</b>	+00:11:21 (26.0%)	8:43	6.9 (74.2%)
122	<b>WALCZAK Julia</b>	<b>649</b>	OCTOPUS TEAM	K-Jun.	5			00:20:52	<b>00:43:40.80</b>	+00:11:23 (26.1%)	8:44	6.9 (74.2%)
123	<b>POWIERŻA Martyna</b>	<b>611</b>		K18-29	4			00:21:36	<b>00:43:42.30</b>	+00:11:24 (26.1%)	8:44	6.9 (74.2%)
124	<b>JÓŹWIAK Dominik</b>	<b>555</b>	WTW WŁOCLAWEK	M-Niepełnosprawni(B)	2			00:21:42	<b>00:43:45.90</b>	+00:11:28 (26.2%)	8:45	6.9 (74.2%)
125	<b>SZULC Małgorzata</b>	<b>642</b>		K30-39	12			00:21:34	<b>00:43:52.20</b>	+00:11:34 (26.4%)	8:46	6.8 (73.1%)
126	<b>PENKERT Małgorzata</b>	<b>603</b>	NORDIC TEAM GNIEZNO	K40-44	6			00:21:46	<b>00:44:04.90</b>	+00:11:47 (26.7%)	8:48	6.8 (73.1%)
127	<b>HORIACZYK Ryszard</b>	<b>685</b>	UKS GIMNAZJON SUCHY LAS	M65-69	12			00:21:57	<b>00:44:11.35</b>	+00:11:53 (26.9%)	8:50	6.8 (73.1%)
128	<b>SMARUJ - SADOWSKA Janina</b>	<b>629</b>		K65-69	6			00:21:52	<b>00:44:21.10</b>	+00:12:03 (27.2%)	8:52	6.8 (73.1%)
129	<b>KONIECZNA Magdalena</b>	<b>566</b>	OCTOPUS TEAM	K45-49	11			00:21:21	<b>00:44:25.45</b>	+00:12:08 (27.3%)	8:53	6.8 (73.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
130	<b>KAŁUŻNA Magdalena</b>	<b>557</b>	UKS GIMNAZJON SUCHY LAS	K50-54	8			00:21:53	<b>00:44:29.05</b>	+00:12:11 (27.4%)	8:53	6.7 (72.0%)
131	<b>BŁASZCZYK Katarzyna</b>	<b>513</b>	KIJANKI POZNAŃ	K45-49	12			00:22:40	<b>00:44:31.05</b>	+00:12:13 (27.5%)	8:54	6.7 (72.0%)
132	<b>WYCISŁO Damian</b>	<b>663</b>	DAJ RADOSC NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	3			00:22:40	<b>00:44:40.90</b>	+00:12:23 (27.7%)	8:56	6.7 (72.0%)
133	<b>GROBELNA Jadwiga</b>	<b>540</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:22:50	<b>00:45:05.55</b>	+00:12:48 (28.4%)	9:01	6.7 (72.0%)
134	<b>ROZMARYNOWSKA Beata</b>	<b>687</b>	SUMMER ISLAND	K40-44	7			00:22:33	<b>00:45:05.95</b>	+00:12:48 (28.4%)	9:01	6.7 (72.0%)
135	<b>PRZYPOLSKA Anna</b>	<b>617</b>		K30-39	13			00:22:05	<b>00:45:09.10</b>	+00:12:51 (28.5%)	9:01	6.6 (71.0%)
136	<b>PROSIANOWSKA Monika</b>	<b>613</b>		K40-44	8			00:22:43	<b>00:45:10.10</b>	+00:12:52 (28.5%)	9:02	6.6 (71.0%)
137	<b>RATAJCZAK Jerzy</b>	<b>622</b>	NIEZRZESZONY	M70+	3			00:22:25	<b>00:45:11.55</b>	+00:12:54 (28.5%)	9:02	6.6 (71.0%)
138	<b>PRZYBYŁ Marianna</b>	<b>615</b>	CZARNE PANTERY	K60-64	4			00:22:15	<b>00:45:11.85</b>	+00:12:54 (28.6%)	9:02	6.6 (71.0%)
139	<b>HORIACZEK Małgorzata</b>	<b>547</b>	UKS GIMNAZJON SUCHY LAS	K65-69	7			00:22:37	<b>00:45:12.65</b>	+00:12:55 (28.6%)	9:02	6.6 (71.0%)
140	<b>DUSZEŃKO Elwira</b>	<b>527</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	1			00:22:50	<b>00:45:13.95</b>	+00:12:56 (28.6%)	9:02	6.6 (71.0%)
141	<b>BLASZKA Michał</b>	<b>511</b>	NORDIC WALKING KIEKRZ	M- Niepełnosprawni(A)	6			00:21:56	<b>00:45:23.65</b>	+00:13:06 (28.9%)	9:04	6.6 (71.0%)
142	<b>BLASZKA Ryszard</b>	<b>510</b>	NORDIC WALKING KIEKRZ	M- Niepełnosprawni(B)	4			00:22:51	<b>00:45:30.45</b>	+00:13:13 (29.0%)	9:06	6.6 (71.0%)
143	<b>BOGUSIEWICZ Karolina</b>	<b>515</b>		K30-39	14			00:22:34	<b>00:45:35.65</b>	+00:13:18 (29.2%)	9:07	6.6 (71.0%)
144	<b>KOZŁOWSKA Beata</b>	<b>571</b>	NORDIC WALKING KIEKRZ	K50-54	9			00:22:41	<b>00:45:40.75</b>	+00:13:23 (29.3%)	9:08	6.6 (71.0%)
145	<b>KOWALCZUK Maria</b>	<b>569</b>		K40-44	9			00:22:54	<b>00:45:56.10</b>	+00:13:38 (29.7%)	9:11	6.5 (69.9%)
146	<b>SOWIŃSKA Grażyna</b>	<b>684</b>		K60-64	5			00:22:52	<b>00:46:00.25</b>	+00:13:42 (29.8%)	9:12	6.5 (69.9%)
147	<b>SOKOŁOWSKA Klaudia</b>	<b>630</b>	CZARNE PANTERY	K18-29	5			00:22:48	<b>00:46:03.05</b>	+00:13:45 (29.9%)	9:12	6.5 (69.9%)
148	<b>WOJCIŃSKA Monika</b>	<b>657</b>		K45-49	13			00:22:57	<b>00:46:04.15</b>	+00:13:46 (29.9%)	9:12	6.5 (69.9%)
149	<b>WYCISŁO Romuald</b>	<b>662</b>	DAJ RADOSC NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	5			00:22:44	<b>00:46:22.70</b>	+00:14:05 (30.4%)	9:16	6.5 (69.9%)
150	<b>KAWCZYŃSKA Teresa</b>	<b>697</b>	KS SOKÓŁ GAŚAWA	K55-59	6			00:23:06	<b>00:46:34.50</b>	+00:14:17 (30.7%)	9:18	6.4 (68.8%)
151	<b>ADAMSKA Julia</b>	<b>502</b>	MANGO WĄGROWIEC	K-Dzieci	4			00:22:11	<b>00:46:36.00</b>	+00:14:18 (30.7%)	9:19	6.4 (68.8%)
152	<b>KURKIEWICZ Anna</b>	<b>686</b>		K45-49	14			00:23:00	<b>00:46:36.05</b>	+00:14:18 (30.7%)	9:19	6.4 (68.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net	Gap	Pace min/km	Pace km/h
									time 5km			
153	<b>RYDZYŃSKI Zbigniew</b>	<b>627</b>		M50-54	9	1		00:24:00	<b>00:46:37.65</b>	+00:14:20 (30.7%)	9:19	6.4 (68.8%)
154	<b>GUMNA Dagmara</b>	<b>545</b>		K-Jun.	6			00:22:43	<b>00:46:39.60</b>	+00:14:22 (30.8%)	9:20	6.4 (68.8%)
155	<b>POLCYN Julia</b>	<b>609</b>		K-Jun.	7			00:22:43	<b>00:46:39.70</b>	+00:14:22 (30.8%)	9:20	6.4 (68.8%)
156	<b>PRUSKA-KĘDZIOR Anna</b>	<b>614</b>	FACE NORDIC WALKING TEAM	K65-69	8			00:23:15	<b>00:46:40.45</b>	+00:14:23 (30.8%)	9:20	6.4 (68.8%)
157	<b>KUCZYŃSKI Włodzimierz</b>	<b>579</b>	NORDIC WALKING KIEKRZ	M55-59	10			00:23:02	<b>00:46:41.15</b>	+00:14:23 (30.8%)	9:20	6.4 (68.8%)
158	<b>KOMOROWSKA Katarzyna</b>	<b>564</b>		K40-44	10			00:23:22	<b>00:46:57.75</b>	+00:14:40 (31.2%)	9:23	6.4 (68.8%)
159	<b>ANTOSZEWSKA Katarzyna</b>	<b>506</b>		K30-39	15			00:22:52	<b>00:47:02.95</b>	+00:14:45 (31.4%)	9:24	6.4 (68.8%)
160	<b>WALIGÓRSKA-WOWCZAK Krystyna</b>	<b>650</b>	MARSZ PO ZDROWIE POZNAŃ	K65-69	9			00:23:53	<b>00:47:34.20</b>	+00:15:16 (32.1%)	9:30	6.3 (67.7%)
161	<b>WALCZAK Henryk</b>	<b>648</b>	OCTOPUS TEAM	M70+	4			00:23:04	<b>00:47:54.10</b>	+00:15:36 (32.6%)	9:34	6.3 (67.7%)
162	<b>OGONOWSKA Edyta</b>	<b>598</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	7			00:23:50	<b>00:48:01.50</b>	+00:15:44 (32.8%)	9:36	6.2 (66.7%)
163	<b>STOLTMAN Adam</b>	<b>635</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	3			00:24:16	<b>00:48:07.95</b>	+00:15:50 (32.9%)	9:37	6.2 (66.7%)
164	<b>STOLTMAN Aleksander</b>	<b>636</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	4			00:24:17	<b>00:48:11.75</b>	+00:15:54 (33.0%)	9:38	6.2 (66.7%)
165	<b>SZAROLETA Zofia</b>	<b>641</b>	FACE NORDIC WALKING TEAM	K70+	2			00:24:11	<b>00:48:14.95</b>	+00:15:57 (33.1%)	9:39	6.2 (66.7%)
166	<b>SUCHECKA Regina</b>	<b>691</b>		K60-64	6			00:23:47	<b>00:48:18.90</b>	+00:16:01 (33.2%)	9:39	6.2 (66.7%)
167	<b>KĘDZIERSKA Edyta</b>	<b>562</b>		K40-44	11			00:23:07	<b>00:48:20.35</b>	+00:16:02 (33.2%)	9:40	6.2 (66.7%)
168	<b>URBAŃSKA Elżbieta</b>	<b>645</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	7			00:23:50	<b>00:48:26.75</b>	+00:16:09 (33.3%)	9:41	6.2 (66.7%)
169	<b>WIŚNIEWSKA Mariola</b>	<b>671</b>	LESZNO :)	K55-59	8			00:24:40	<b>00:48:56.75</b>	+00:16:39 (34.0%)	9:47	6.1 (65.6%)
170	<b>KAPSA Emila</b>	<b>678</b>	MKS SUCHY LAS	K65-69	10			00:24:10	<b>00:49:23.20</b>	+00:17:05 (34.6%)	9:52	6.1 (65.6%)
171	<b>BŁASZCZYK Łukasz</b>	<b>512</b>	KIJANKI POZNAŃ	M40-44	6			00:24:35	<b>00:49:38.60</b>	+00:17:21 (35.0%)	9:55	6 (64.5%)
172	<b>RATAJCZAK Danuta</b>	<b>623</b>	NIEZRZESZONA	K65-69	11			00:25:30	<b>00:49:50.75</b>	+00:17:33 (35.2%)	9:58	6 (64.5%)
173	<b>STRZELECKA Antonina</b>	<b>638</b>	SAILING TEAM FERAJNA	K-Dzieci	5			00:24:17	<b>00:49:56.20</b>	+00:17:38 (35.3%)	9:59	6 (64.5%)
174	<b>PRAŁAT Grażyna</b>	<b>673</b>	LESZNO :)	K60-64	8			00:25:01	<b>00:50:00.65</b>	+00:17:43 (35.4%)	10:00	6 (64.5%)
175	<b>IGLIŃSKA Maria</b>	<b>672</b>	LESZNO :)	K60-64	9			00:25:02	<b>00:50:01.35</b>	+00:17:43 (35.4%)	10:00	6 (64.5%)



Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
176	<b>MAJCHRZAK Izabela</b>	<b>588</b>	MANGO WĄGROWIEC	K40-44	12			00:25:44	<b>00:50:49.70</b>	+00:18:32 (36.5%)	10:09	5.9 (63.4%)
177	<b>BOROWICZ Maciej</b>	<b>517</b>	QUAY POZNAŃ	M65-69	13			00:25:58	<b>00:51:05.55</b>	+00:18:48 (36.8%)	10:13	5.9 (63.4%)
178	<b>ADAMSKA Joanna</b>	<b>503</b>	MANGO WĄGROWIEC	K40-44	13			00:25:43	<b>00:51:26.80</b>	+00:19:09 (37.2%)	10:17	5.8 (62.4%)
179	<b>DROP Mieczysław</b>	<b>523</b>		M70+	5			00:27:00	<b>00:52:55.00</b>	+00:20:37 (39.0%)	10:35	5.7 (61.3%)
180	<b>SZYMKOWIAK Iwona</b>	<b>643</b>	UKS GIMNAZJON SUCHY LAS	K65-69	12			00:28:16	<b>00:58:14.50</b>	+00:25:57 (44.6%)	11:38	5.2 (55.9%)

Total 180 results.