

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	RAJEWSKI Sebastian	619	PILSCY MIŁOSNICY NORDIC WALKING	M45-49	1			00:15:55	00:32:17.45		6:27	9.3 (100%)
2	WOROCH Roman	659	KS METRACO POLKOWICE	M55-59	1	1		00:15:59	00:32:24.05	+00:00:06 (0.3%)	6:28	9.3 (100%)
3	ROŻYNEK Miron	624	KS METRACO POLKOWICE	M50-54	1			00:16:16	00:33:03.90	+00:00:46 (2.3%)	6:36	9.1 (97.8%)
4	MACHNIK Janusz	681	CLLEO ZAWIERCIE	M40-44	1			00:16:17	00:33:34.00	+00:01:16 (3.8%)	6:42	8.9 (95.7%)
5	POLEWCZAK Mariusz	677	CLLEO ZAWIERCIE	M45-49	2			00:16:31	00:33:45.40	+00:01:27 (4.3%)	6:45	8.9 (95.7%)
6	RAKUĆ Jakub	620	RUCH PO ZDROWIE WŁOCŁAWEK	M18-29	1			00:16:35	00:33:45.90	+00:01:28 (4.4%)	6:45	8.9 (95.7%)
7	BOGACKI Sławek	514	ENERGA NW TEAM	M40-44	2			00:16:46	00:33:57.50	+00:01:40 (4.9%)	6:47	8.8 (94.6%)
8	CHAMIELEC Bogusław	518	A EMERYT BIEGA	M50-54	2			00:16:50	00:34:09.25	+00:01:51 (5.5%)	6:50	8.8 (94.6%)
9	BIK Stanisław	507	KS METRACO POLKOWICE	M55-59	2			00:16:59	00:34:18.50	+00:02:01 (5.9%)	6:51	8.7 (93.5%)
10	WOLEK Waldemar	658	NORDIC TEAM GNIEZNO	M40-44	3			00:16:49	00:34:26.15	+00:02:08 (6.2%)	6:53	8.7 (93.5%)
11	ZYGMUNT Gracjan	669	KINGBELL AUTO-SZYBY / PKU EUROCONSULTING PIŁA	M18-29	2			00:16:55	00:34:26.30	+00:02:08 (6.2%)	6:53	8.7 (93.5%)
12	DUSZEŃKO Zygmunt	528	KS METRACO POLKOWICE	M55-59	3			00:17:18	00:34:44.35	+00:02:26 (7.0%)	6:56	8.6 (92.5%)
13	STANISŁAWSKI Jan	632	MARSZ PO ZDROWIE POZNAŃ	M55-59	4			00:17:03	00:34:51.50	+00:02:34 (7.4%)	6:58	8.6 (92.5%)
14	ADAMCZYK Adam	501	PASJA NORDIC WALKING	M65-69	1			00:17:14	00:34:54.10	+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	Gap	Pace min/km	Pace km/h
									time 5km			
15	KROMSKI Paweł	577	NORDIC WALKING KIEKRZ	M50-54	3			00:17:12	00:34:57.90	+00:02:40 (7.6%)	6:59	8.6 (92.5%)
16	KISHONY Johny	675	PÓNKOFFA BRAC̄ I THE KISHONES	M45-49	3			00:17:40	00:35:08.15	+00:02:50 (8.1%)	7:01	8.5 (91.4%)
17	FRAĆKOWIAK Mateusz	533	ZS ROSKO	M-Jun.	1	1		00:17:02	00:35:08.45	+00:02:50 (8.1%)	7:01	8.5 (91.4%)
18	FRAĆKOWIAK Roman	532	ZS ROSKO	M45-49	4			00:17:37	00:35:18.75	+00:03:01 (8.6%)	7:03	8.5 (91.4%)
19	LENZ Andrzej	584		M50-54	4			00:17:48	00:35:30.00	+00:03:12 (9.0%)	7:06	8.5 (91.4%)
20	TOMCZYK Edward	644	MARSZ PO ZDROWIE POZNAŃ	M65-69	2			00:17:21	00:35:33.35	+00:03:15 (9.2%)	7:06	8.4 (90.3%)
21	LESINSKI Grzegorz	585	KS METRACO POLKOWICE	M50-54	5	1		00:17:10	00:35:41.25	+00:03:23 (9.5%)	7:08	8.4 (90.3%)
22	GRYGOROWICZ Bogdan	542	KS METRACO POLKOWICE	M65-69	3			00:17:39	00:35:57.70	+00:03:40 (10.2%)	7:11	8.3 (89.2%)
23	SIKORA Bronisław	628	LESZNO :)	M60-64	1			00:17:52	00:36:13.35	+00:03:55 (10.9%)	7:14	8.3 (89.2%)
24	SYKISZ Maksym	640	LESZNO :)	M- Niepełnosprawni(A)	1			00:18:04	00:36:20.85	+00:04:03 (11.2%)	7:16	8.3 (89.2%)
25	MIKOŁAJCZAK Jan	591	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	2			00:18:04	00:36:21.70	+00:04:04 (11.2%)	7:16	8.2 (88.2%)
26	GAŁĄZKA Paweł	536		M- Niepełnosprawni(A)	3			00:18:06	00:36:24.10	+00:04:06 (11.3%)	7:16	8.2 (88.2%)
27	KĘDZIERSKA Agnieszka	561	KIJKOWE TRZEMESZNO	K40-44	1			00:18:10	00:36:28.35	+00:04:10 (11.5%)	7:17	8.2 (88.2%)
28	JANECKI Dariusz	550		M55-59	5			00:18:24	00:36:50.15	+00:04:32 (12.3%)	7:22	8.1 (87.1%)
29	JÓŹWIAK Marianna	553	WTW WŁOCŁAWEK	K40-44	2			00:18:21	00:36:50.55	+00:04:33 (12.4%)	7:22	8.1 (87.1%)
30	POLEWCZAK Aneta	679	CLLEO ZAWIERCIE	K45-49	1			00:18:44	00:36:55.45	+00:04:37 (12.5%)	7:23	8.1 (87.1%)
31	OKRZESIK-FRAĆKOWIAK Izabela	599	ZS ROSKO	K45-49	2			00:18:44	00:36:58.70	+00:04:41 (12.7%)	7:23	8.1 (87.1%)
32	GOŁĘBIEWSKI Andrzej	538	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	2			00:18:13	00:37:03.85	+00:04:46 (12.9%)	7:24	8.1 (87.1%)
33	SIKORA Antoni	695	KS SOKÓŁ GAŚAWA	M65-69	4	1		00:18:23	00:37:08.10	+00:04:50 (13.0%)	7:25	8.1 (87.1%)
34	LESIŃSKA Marzenna	586	KS METRACO POLKOWICE	K50-54	1			00:18:28	00:37:12.75	+00:04:55 (13.2%)	7:26	8.1 (87.1%)
35	POWIERŻA Lesław	612		M50-54	6			00:18:19	00:37:14.05	+00:04:56 (13.3%)	7:26	8.1 (87.1%)
36	WOJCIECHOWSKI Marek	656	NORDIC TEAM GNIEZNO	M55-59	6			00:18:21	00:37:16.40	+00:04:58 (13.4%)	7:27	8 (86.0%)
37	KRECZMER Marzena	682	CLLEO ZAWIERCIE	K30-39	1			00:18:35	00:37:17.50	+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	KOZŁOWSKI Jacek	574	NORDIC WALKING KIEKRZ	M50-54	7			00:18:31	00:37:19.75	+00:05:02 (13.5%)	7:28	8 (86.0%)
39	RAKUĆ Angelika	621	RUCH PO ZDROWIE WŁOCŁAWEK	K18-29	1			00:18:43	00:37:23.80	+00:05:06 (13.7%)	7:28	8 (86.0%)
40	BUCZKOWSKI Jerzy	699	KS SOKÓŁ GAŚAWA	M65-69	5			00:18:34	00:37:27.75	+00:05:10 (13.8%)	7:29	8 (86.0%)
41	STEMPNIAK Bogdan	633		M-Niepełnosprawni(A)	4			00:18:37	00:37:44.30	+00:05:26 (14.4%)	7:32	8 (86.0%)
42	KRAKOWIAK Małgorzata	575	UKS-GIMNAZJON SUCHY LAS	K50-54	2			00:18:25	00:37:49.20	+00:05:31 (14.6%)	7:33	7.9 (84.9%)
43	BOJANOWSKI Marcin	516		M30-39	1			00:18:47	00:37:50.15	+00:05:32 (14.7%)	7:34	7.9 (84.9%)
44	PIATCZYC Michał	607		M-Jun.	2			00:18:17	00:37:52.50	+00:05:35 (14.7%)	7:34	7.9 (84.9%)
45	DUDEK Kazimierz	690		M65-69	6			00:18:39	00:38:09.90	+00:05:52 (15.4%)	7:38	7.9 (84.9%)
46	FIJAŁKOWSKI Marek	531	MARSZ PO ZDROWIE POZNAŃ	M55-59	7			00:18:52	00:38:14.30	+00:05:56 (15.6%)	7:38	7.8 (83.9%)
47	PRZYMUSIŃSKI Piotr	616	POZNAŃ	M60-64	3			00:18:51	00:38:14.75	+00:05:57 (15.6%)	7:39	7.8 (83.9%)
48	FRYDRYCH Marcin	534	NORDIC WALKING KIEKRZ	M30-39	2			00:18:47	00:38:17.80	+00:06:00 (15.7%)	7:39	7.8 (83.9%)
49	WITUCKI Jacek	655	AW	M45-49	5			00:19:22	00:38:25.45	+00:06:07 (16.0%)	7:41	7.8 (83.9%)
50	KRYGIER Mirosława	696	KS SOKÓŁ GAŚAWA	K50-54	3			00:19:23	00:38:28.10	+00:06:10 (16.1%)	7:41	7.8 (83.9%)
51	ZIĘTEK Anna	668	NORDIC TEAM GNIEZNO	K18-29	2			00:19:20	00:38:41.05	+00:06:23 (16.5%)	7:44	7.8 (83.9%)
52	ŁOPIŃSKI Aleksy	587	CZARNE PANTERY	M65-69	7			00:19:22	00:38:41.55	+00:06:24 (16.5%)	7:44	7.8 (83.9%)
53	MOŹDŻEŃ Barbara	593	BORKO.PL GNIEZNO	K55-59	1			00:19:13	00:38:43.45	+00:06:25 (16.6%)	7:44	7.7 (82.8%)
54	KUSZA Patryk	694		M18-29	3			00:19:16	00:38:46.60	+00:06:29 (16.7%)	7:45	7.7 (82.8%)
55	MORYS Agnieszka	592	FABRIKANORDIKA	K30-39	2			00:19:15	00:38:47.65	+00:06:30 (16.8%)	7:45	7.7 (82.8%)
56	GRZYWOCZ Bernard	544	LESZNO :)	M65-69	8			00:18:33	00:38:49.30	+00:06:31 (16.8%)	7:46	7.7 (82.8%)
57	SIERACKA Katarzyna	674	LESZNO :)	K50-54	4			00:19:19	00:38:50.10	+00:06:32 (16.9%)	7:46	7.7 (82.8%)
58	STRZELECKA Małgorzata	637	SAILING TEAM FERAJNA	K45-49	3			00:19:35	00:38:51.25	+00:06:33 (16.9%)	7:46	7.7 (82.8%)
59	KONCZEWICZ Ela	565	LESZNO :)	K18-29	3			00:19:16	00:38:54.45	+00:06:36 (17.0%)	7:46	7.7 (82.8%)
60	KUSZA Jolanta	581	UKS GIMNAZJON SUCHY LAS	K50-54	5			00:19:16	00:38:57.30	+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	DUKAT Radosław	524		M40-44	4			00:19:20	00:38:59.50	+00:06:42 (17.2%)	7:47	7.7 (82.8%)
62	GRZYWOCZ Irena	543	LESZNO :)	K65-69	1			00:19:21	00:39:03.50	+00:06:46 (17.3%)	7:48	7.7 (82.8%)
63	WASILEWSKI Sławomir	651	PASJA NORDIC WALKING	M70+	1			00:19:41	00:39:14.45	+00:06:56 (17.7%)	7:50	7.6 (81.7%)
64	JANECKA Agnieszka	549		K40-44	3			00:19:26	00:39:16.95	+00:06:59 (17.8%)	7:51	7.6 (81.7%)
65	URBAŃSKI Stefan	646	KLUB NW PATYCZAKI GRUDZIĄDZ	M55-59	8			00:19:08	00:39:20.45	+00:07:02 (17.9%)	7:52	7.6 (81.7%)
66	DANA Andrzej	522	KLUB NW PATYCZAKI GRUDZIĄDZ	M65-69	9			00:19:28	00:39:31.35	+00:07:13 (18.3%)	7:54	7.6 (81.7%)
67	LORENS Kazimierz	680	CLLEO ZAWIERCIE	M60-64	4			00:19:33	00:39:32.00	+00:07:14 (18.3%)	7:54	7.6 (81.7%)
68	FOJCIN Gabriela	676	RYBNICKI KLUB NORDIC WALKING	K50-54	6			00:19:44	00:39:32.10	+00:07:14 (18.3%)	7:54	7.6 (81.7%)
69	DANA Kazimiera	521	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	1			00:19:42	00:39:37.60	+00:07:20 (18.5%)	7:55	7.6 (81.7%)
70	KOZŁOWSKA Julia	573	DYNAMIC	K-Jun.	1			00:19:36	00:39:38.10	+00:07:20 (18.5%)	7:55	7.6 (81.7%)
71	GRYGOROWICZ Teresa	541	KS METRACO POLKOWICE	K65-69	2			00:19:26	00:39:38.40	+00:07:20 (18.5%)	7:55	7.6 (81.7%)
72	GAWLIK Agnieszka	537	A&A	K30-39	3	1		00:19:35	00:39:38.50	+00:07:21 (18.5%)	7:55	7.6 (81.7%)
73	GWAREK Anita	546	PASJA NORDIC WALKING	K45-49	4			00:19:44	00:39:45.50	+00:07:28 (18.8%)	7:57	7.5 (80.6%)
74	STĘPIEŃ Wiktor	634	PÓNKOFFA BRĄĆ / THE KISHONES	M-Dzieci	1			00:19:01	00:39:54.05	+00:07:36 (19.1%)	7:58	7.5 (80.6%)
75	KOZŁOWSKA Jagoda	572	DYNAMIC	K-Dzieci	1			00:19:35	00:39:54.70	+00:07:37 (19.1%)	7:59	7.5 (80.6%)
76	LELIWA Leszek	583	KLUB NW PATYCZAKI GRUDZIĄDZ	M70+	2			00:19:41	00:39:58.75	+00:07:41 (19.2%)	7:59	7.5 (80.6%)
77	EWERTOWSKA Ewa	529	NORDIC WALKING KIEKRZ	K45-49	5			00:19:55	00:39:59.60	+00:07:42 (19.3%)	8:00	7.5 (80.6%)
78	SUSKA Danuta	639	BRAK	K65-69	3			00:19:48	00:40:00.40	+00:07:42 (19.3%)	8:00	7.5 (80.6%)
79	WALCZAK Maria	698	KS SOKÓŁ GAŚAWA	K30-39	4			00:19:52	00:40:03.10	+00:07:45 (19.4%)	8:00	7.5 (80.6%)
80	JÓZWIĄK Łukasz	554	WTW WŁOCLAWEK	M-Niepełnosprawni(A)	5			00:19:50	00:40:07.95	+00:07:50 (19.5%)	8:01	7.5 (80.6%)
81	MATYJA Anna	590	LESZNO :)	K45-49	6			00:19:52	00:40:13.20	+00:07:55 (19.7%)	8:02	7.5 (80.6%)
82	WALCZAK Grzegorz	647	OCTOPUS TEAM	M40-44	5			00:19:59	00:40:14.95	+00:07:57 (19.8%)	8:03	7.5 (80.6%)
83	KOSICKA Beata	567	NORDIC WALKING KIEKRZ	K45-49	7			00:19:56	00:40:19.65	+00:08:02 (19.9%)	8:03	7.4 (79.6%)

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

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107	KAMIŃSKA-SOKÓŁ Marzena	559		K45-49	10			00:21:03	00:42:28.30	+00:10:10 (24.0%)	8:29	7.1 (76.3%)
108	ZIELINKIEWICZ Wiktoria	667	KLUB NW PATYCZAKI GRUDZIĄDZ	K-Dzieci	2			00:20:45	00:42:29.10	+00:10:11 (24.0%)	8:29	7.1 (76.3%)
109	WYCISŁO Agata	664	DAJ RADOSC NIEPEŁNOSPRAWNYM	K-Niepełnosprawni(B)	1			00:21:31	00:43:01.45	+00:10:43 (24.9%)	8:36	7 (75.3%)
110	ZIEGLER Barbara	670	LESZNO :)	K65-69	5			00:21:13	00:43:02.05	+00:10:44 (25.0%)	8:36	7 (75.3%)
111	PIDUCH Jan	608		M65-69	11			00:20:54	00:43:04.60	+00:10:47 (25.0%)	8:37	7 (75.3%)
112	WOROCH Jolanta	560		K50-54	7			00:21:18	00:43:12.20	+00:10:54 (25.3%)	8:38	6.9 (74.2%)
113	ROZMARYNOWSKA Karolina	688	SUMMER ISLAND	K-Jun.	4			00:21:30	00:43:14.40	+00:10:56 (25.3%)	8:39	6.9 (74.2%)
114	JANCZEWSKI Robert	548	NORDIC WALKING KIEKRZ	M55-59	9			00:21:40	00:43:14.45	+00:10:56 (25.3%)	8:38	6.9 (74.2%)
115	PASZKIEWICZ Jadwiga	600		K70+	1			00:21:29	00:43:15.65	+00:10:58 (25.4%)	8:39	6.9 (74.2%)
116	LASKOWSKA Joanna	689		K30-39	8			00:21:17	00:43:16.30	+00:10:58 (25.4%)	8:39	6.9 (74.2%)
117	WITUCKA Karolina	654		K-Dzieci	3			00:21:16	00:43:17.65	+00:11:00 (25.4%)	8:39	6.9 (74.2%)
118	KANIEWSKA Alicja	692	SUMMER ISLAND	K30-39	9			00:21:29	00:43:18.85	+00:11:01 (25.4%)	8:39	6.9 (74.2%)
119	RUTKOWSKA Alina	625		K30-39	10			00:21:38	00:43:33.95	+00:11:16 (25.9%)	8:42	6.9 (74.2%)
120	PIASECKI Robert	604	CZARNE PANTERY	M-Dzieci	2			00:20:38	00:43:34.05	+00:11:16 (25.9%)	8:42	6.9 (74.2%)
121	JASTRZĄBEK Katarzyna	552		K30-39	11			00:22:03	00:43:38.60	+00:11:21 (26.0%)	8:43	6.9 (74.2%)
122	WALCZAK Julia	649	OCTOPUS TEAM	K-Jun.	5			00:20:52	00:43:40.80	+00:11:23 (26.1%)	8:44	6.9 (74.2%)
123	POWIERŻA Martyna	611		K18-29	4			00:21:36	00:43:42.30	+00:11:24 (26.1%)	8:44	6.9 (74.2%)
124	JÓŹWIAK Dominik	555	WTW WŁOCŁAWEK	M-Niepełnosprawni(B)	2			00:21:42	00:43:45.90	+00:11:28 (26.2%)	8:45	6.9 (74.2%)
125	SZULC Małgorzata	642		K30-39	12			00:21:34	00:43:52.20	+00:11:34 (26.4%)	8:46	6.8 (73.1%)
126	PENKERT Małgorzata	603	NORDIC TEAM GNIEZNO	K40-44	6			00:21:46	00:44:04.90	+00:11:47 (26.7%)	8:48	6.8 (73.1%)
127	HORIACZYK Ryszard	685	UKS GIMNAZJON SUCHY LAS	M65-69	12			00:21:57	00:44:11.35	+00:11:53 (26.9%)	8:50	6.8 (73.1%)
128	SMARUJ - SADOWSKA Janina	629		K65-69	6			00:21:52	00:44:21.10	+00:12:03 (27.2%)	8:52	6.8 (73.1%)
129	KONIECZNA Magdalena	566	OCTOPUS TEAM	K45-49	11			00:21:21	00:44:25.45	+00:12:07 (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	KAŁUŻNA Magdalena	557	UKS GIMNAZJON SUCHY LAS	K50-54	8			00:21:53	00:44:29.05	+00:12:11 (27.4%)	8:53	6.7 (72.0%)
131	BŁASZCZYK Katarzyna	513	KIJANKI POZNAŃ	K45-49	12			00:22:40	00:44:31.05	+00:12:13 (27.5%)	8:54	6.7 (72.0%)
132	WYCISŁO Damian	663	DAJ RADOSC NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	3			00:22:40	00:44:40.90	+00:12:23 (27.7%)	8:56	6.7 (72.0%)
133	GROBELNA Jadwiga	540	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2			00:22:50	00:45:05.55	+00:12:48 (28.4%)	9:01	6.7 (72.0%)
134	ROZMARYNOWSKA Beata	687	SUMMER ISLAND	K40-44	7			00:22:33	00:45:05.95	+00:12:48 (28.4%)	9:01	6.7 (72.0%)
135	PRZYPOLSKA Anna	617		K30-39	13			00:22:05	00:45:09.10	+00:12:51 (28.5%)	9:01	6.6 (71.0%)
136	PROSIANOWSKA Monika	613		K40-44	8			00:22:43	00:45:10.10	+00:12:52 (28.5%)	9:02	6.6 (71.0%)
137	RATAJCZAK Jerzy	622	NIEZRZESZONY	M70+	3			00:22:25	00:45:11.55	+00:12:54 (28.5%)	9:02	6.6 (71.0%)
138	PRZYBYŁ Marianna	615	CZARNE PANTERY	K60-64	4			00:22:15	00:45:11.85	+00:12:54 (28.6%)	9:02	6.6 (71.0%)
139	HORIACZEK Małgorzata	547	UKS GIMNAZJON SUCHY LAS	K65-69	7			00:22:37	00:45:12.65	+00:12:55 (28.6%)	9:02	6.6 (71.0%)
140	DUSZEŃKO Elwira	527	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	1			00:22:50	00:45:13.95	+00:12:56 (28.6%)	9:02	6.6 (71.0%)
141	BLASZKA Michał	511	NORDIC WALKING KIEKRZ	M- Niepełnosprawni(A)	6			00:21:56	00:45:23.65	+00:13:06 (28.9%)	9:04	6.6 (71.0%)
142	BLASZKA Ryszard	510	NORDIC WALKING KIEKRZ	M- Niepełnosprawni(B)	4			00:22:51	00:45:30.45	+00:13:12 (29.0%)	9:06	6.6 (71.0%)
143	BOGUSIEWICZ Karolina	515		K30-39	14			00:22:34	00:45:35.65	+00:13:18 (29.2%)	9:07	6.6 (71.0%)
144	KOZŁOWSKA Beata	571	NORDIC WALKING KIEKRZ	K50-54	9			00:22:41	00:45:40.75	+00:13:23 (29.3%)	9:08	6.6 (71.0%)
145	KOWALCZUK Maria	569		K40-44	9			00:22:54	00:45:56.10	+00:13:38 (29.7%)	9:11	6.5 (69.9%)
146	SOWIŃSKA Grażyna	684		K60-64	5			00:22:52	00:46:00.25	+00:13:42 (29.8%)	9:12	6.5 (69.9%)
147	SOKOŁOWSKA Klaudia	630	CZARNE PANTERY	K18-29	5			00:22:48	00:46:03.05	+00:13:45 (29.9%)	9:12	6.5 (69.9%)
148	WOJCIŃSKA Monika	657		K45-49	13			00:22:57	00:46:04.15	+00:13:46 (29.9%)	9:12	6.5 (69.9%)
149	WYCISŁO Romuald	662	DAJ RADOSC NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	5			00:22:44	00:46:22.70	+00:14:05 (30.4%)	9:16	6.5 (69.9%)
150	KAWCZYŃSKA Teresa	697	KS SOKÓŁ GAŚAWA	K55-59	6			00:23:06	00:46:34.50	+00:14:17 (30.7%)	9:18	6.4 (68.8%)
151	ADAMSKA Julia	502	MANGO WĄGROWIEC	K-Dzieci	4			00:22:11	00:46:36.00	+00:14:18 (30.7%)	9:19	6.4 (68.8%)
152	KURKIEWICZ Anna	686		K45-49	14			00:23:00	00:46:36.05	+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	RYDZYŃSKI Zbigniew	627		M50-54	9	1		00:24:00	00:46:37.65	+00:14:20 (30.7%)	9:19	6.4 (68.8%)
154	GUMNA Dagmara	545		K-Jun.	6			00:22:43	00:46:39.60	+00:14:22 (30.8%)	9:20	6.4 (68.8%)
155	POLCYN Julia	609		K-Jun.	7			00:22:43	00:46:39.70	+00:14:22 (30.8%)	9:20	6.4 (68.8%)
156	PRUSKA-KĘDZIOR Anna	614	FACE NORDIC WALKING TEAM	K65-69	8			00:23:15	00:46:40.45	+00:14:22 (30.8%)	9:20	6.4 (68.8%)
157	KUCZYŃSKI Włodzimierz	579	NORDIC WALKING KIEKRZ	M55-59	10			00:23:02	00:46:41.15	+00:14:23 (30.8%)	9:20	6.4 (68.8%)
158	KOMOROWSKA Katarzyna	564		K40-44	10			00:23:22	00:46:57.75	+00:14:40 (31.2%)	9:23	6.4 (68.8%)
159	ANTOSZEWSKA Katarzyna	506		K30-39	15			00:22:52	00:47:02.95	+00:14:45 (31.4%)	9:24	6.4 (68.8%)
160	WALIGÓRSKA-WOWCZAK Krystyna	650	MARSZ PO ZDROWIE POZNAŃ	K65-69	9			00:23:53	00:47:34.20	+00:15:16 (32.1%)	9:30	6.3 (67.7%)
161	WALCZAK Henryk	648	OCTOPUS TEAM	M70+	4			00:23:04	00:47:54.10	+00:15:36 (32.6%)	9:34	6.3 (67.7%)
162	OGONOWSKA Edyta	598	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	7			00:23:50	00:48:01.50	+00:15:44 (32.8%)	9:36	6.2 (66.7%)
163	STOLTMAN Adam	635	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	3			00:24:16	00:48:07.95	+00:15:50 (32.9%)	9:37	6.2 (66.7%)
164	STOLTMAN Aleksander	636	KLUB NW PATYCZAKI GRUDZIĄDZ	M-Dzieci	4			00:24:17	00:48:11.75	+00:15:54 (33.0%)	9:38	6.2 (66.7%)
165	SZAROLETA Zofia	641	FACE NORDIC WALKING TEAM	K70+	2			00:24:11	00:48:14.95	+00:15:57 (33.1%)	9:39	6.2 (66.7%)
166	SUCHECKA Regina	691		K60-64	6			00:23:47	00:48:18.90	+00:16:01 (33.2%)	9:39	6.2 (66.7%)
167	KĘDZIERSKA Edyta	562		K40-44	11			00:23:07	00:48:20.35	+00:16:02 (33.2%)	9:40	6.2 (66.7%)
168	URBAŃSKA Elżbieta	645	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	7			00:23:50	00:48:26.75	+00:16:09 (33.3%)	9:41	6.2 (66.7%)
169	WIŚNIEWSKA Mariola	671	LESZNO :)	K55-59	8			00:24:40	00:48:56.75	+00:16:39 (34.0%)	9:47	6.1 (65.6%)
170	KAPSA Emila	678	MKS SUCHY LAS	K65-69	10			00:24:10	00:49:23.20	+00:17:05 (34.6%)	9:52	6.1 (65.6%)
171	BŁASZCZYK Łukasz	512	KIJANKI POZNAŃ	M40-44	6			00:24:35	00:49:38.60	+00:17:21 (35.0%)	9:55	6 (64.5%)
172	RATAJCZAK Danuta	623	NIEZRZESZONA	K65-69	11			00:25:30	00:49:50.75	+00:17:33 (35.2%)	9:58	6 (64.5%)
173	STRZELECKA Antonina	638	SAILING TEAM FERAJNA	K-Dzieci	5			00:24:17	00:49:56.20	+00:17:38 (35.3%)	9:59	6 (64.5%)
174	PRAŁAT Grażyna	673	LESZNO :)	K60-64	8			00:25:01	00:50:00.65	+00:17:43 (35.4%)	10:00	6 (64.5%)
175	IGLIŃSKA Maria	672	LESZNO :)	K60-64	9			00:25:02	00:50:01.35	+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	MAJCHRZAK Izabela	588	MANGO WĄGROWIEC	K40-44	12			00:25:44	00:50:49.70	+00:18:32 (36.5%)	10:09	5.9 (63.4%)
177	BOROWICZ Maciej	517	QUAY POZNAŃ	M65-69	13			00:25:58	00:51:05.55	+00:18:48 (36.8%)	10:13	5.9 (63.4%)
178	ADAMSKA Joanna	503	MANGO WĄGROWIEC	K40-44	13			00:25:43	00:51:26.80	+00:19:09 (37.2%)	10:17	5.8 (62.4%)
179	DROP Mieczysław	523		M70+	5			00:27:00	00:52:55.00	+00:20:37 (39.0%)	10:35	5.7 (61.3%)
180	SZYMKOWIAK Iwona	643	UKS GIMNAZJON SUCHY LAS	K65-69	12			00:28:16	00:58:14.50	+00:25:57 (44.6%)	11:38	5.2 (55.9%)

Total 180 results.