

WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 5KM

B4SPORT

Organiser: PFNW
Date: 2015-07-11
Place: Wągrowiec
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	OSIŃSKI Michał	96	FOREVER YOUNG ŁÓDŹ	M 18-29	1	1		00:06:41	00:14:24	00:29:37	00:36:18		5:55	10.1 (100%)
2	BRZOWSKI Piotr	37	AKTYWNI POSTOMINO	M 30-39	1			00:07:09	00:15:23	00:31:23	00:38:32	+00:01:46 (5.6%)	6:16	9.6 (95.0%)
3	ROŻYNEK Miron	41	KGHM METRACO POLKOWICE	M 50-54	1			00:08:25	00:15:30	00:31:32	00:39:57	+00:01:55 (6.1%)	6:18	9.5 (94.1%)
4	RECZULSKI Mariusz	163	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 45-49	1			00:07:57	00:15:56	00:32:13	00:40:10	+00:02:36 (8.1%)	6:26	9.3 (92.1%)
5	ĆWIKLIŃSKI Krystian	59	THE BEST - MY IDZIEMY I CZEŚĆ	M Junior	1	1		00:06:12	00:16:19	00:32:26	00:38:38	+00:02:49 (8.7%)	6:29	9.2 (91.1%)
6	WITCZUK Łukasz	10	TRAVEL SERVICE KOŁOBRZEG	M 30-39	2			00:07:09	00:15:51	00:32:32	00:39:41	+00:02:55 (9.0%)	6:30	9.2 (91.1%)
7	GAJEWSKI Eugeniusz	30	GORZÓWPRZYSTAŃ	M 55-59	1			00:09:00	00:15:53	00:32:34	00:41:34	+00:02:57 (9.1%)	6:30	9.2 (91.1%)
8	MIKOŁAJCZAK Mieczysław	68	NORDIC DREAM TEAM	M 45-49	2			00:07:57	00:15:59	00:32:35	00:40:32	+00:02:58 (9.1%)	6:31	9.2 (91.1%)
9	LESIŃSKI Grzegorz	4		M 45-49	3			00:07:56	00:15:55	00:32:55	00:40:51	+00:03:18 (10.0%)	6:35	9.1 (90.1%)
10	MIELECKA Agnieszka	156	VAMP	K 45-49	1			00:13:55	00:16:28	00:33:09	00:47:04	+00:03:32 (10.7%)	6:37	9 (89.1%)
11	WOLEK Waldemar	52	GNIEZNO Z KIJAMI	M 40-44	1			00:07:34	00:16:20	00:33:10	00:40:44	+00:03:33 (10.7%)	6:38	9 (89.1%)
12	KĘDZIERSKI Arkadiusz	56		M 30-39	3			00:07:10	00:16:55	00:33:41	00:40:51	+00:04:04 (12.1%)	6:44	8.9 (88.1%)
13	STANISŁAWSKI Jan	29	INTEGRACYJNE STOWARZYSZENIE AKTYWNI 50	M 55-59	2			00:09:00	00:16:34	00:33:54	00:42:54	+00:04:17 (12.6%)	6:46	8.8 (87.1%)
14	PARTYKA Teresa	31	NORDIC WALKING KRUSZYNA	K 50-54	1			00:14:29	00:16:40	00:33:59	00:48:28	+00:04:22 (12.8%)	6:47	8.8 (87.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										5km	5km			
15	GRYGOROWICZ Bogdan	54	KGHM METRACO POLKOWICE	M 65-69	1			00:09:55	00:16:56	00:34:01	00:43:56	+00:04:24 (12.9%)	6:48	8.8 (87.1%)
16	SIKORA Bronisław	108	LKB AMATOR LESZNO	M 60-64	1			00:09:29	00:17:13	00:34:22	00:43:51	+00:04:45 (13.8%)	6:52	8.7 (86.1%)
17	GAŁĄZKA Paweł	63	ORLI SZPON GNIEZNO	M Niepełnosprawni	1			00:08:25	00:17:11	00:34:40	00:43:05	+00:05:03 (14.6%)	6:56	8.7 (86.1%)
18	ROSADZIŃSKI Sławomir	34		M 45-49	4			00:07:56	00:17:09	00:34:46	00:42:42	+00:05:09 (14.8%)	6:57	8.6 (85.1%)
19	KIPIEL Tomasz	49	KGHM METRACO POLKOWICE	M Junior	2			00:06:14	00:17:03	00:34:47	00:41:01	+00:05:10 (14.9%)	6:57	8.6 (85.1%)
20	RAJEWSKI Sebastian	73	JEZIORKI - AKTYWNA WIEŚ	M 40-44	2			00:07:34	00:17:32	00:35:09	00:42:43	+00:05:32 (15.7%)	7:01	8.5 (84.2%)
21	WILCZYŃSKA Beata	165		K 18-29	1			00:11:29	00:17:31	00:35:11	00:46:40	+00:05:34 (15.8%)	7:02	8.5 (84.2%)
22	OWCZARZAK Dariusz	122	NORDIC DREAM TEAM	M 45-49	5			00:07:56	00:16:28	00:35:23	00:43:19	+00:05:46 (16.3%)	7:04	8.5 (84.2%)
23	BURDANOWSKI Andrzej	80	GOSIR OSIELSKO	M 30-39	4	1		00:07:09	00:17:18	00:35:25	00:42:34	+00:05:48 (16.4%)	7:05	8.5 (84.2%)
24	GŁADKOWSKA Małgorzata	166	KGHM METRACO POLKOWICE	K 50-54	2			00:14:30	00:17:15	00:35:26	00:49:56	+00:05:49 (16.4%)	7:05	8.5 (84.2%)
25	MARCINIAK Emil	58	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	2	1		00:06:41	00:17:01	00:35:30	00:42:11	+00:05:53 (16.6%)	7:06	8.5 (84.2%)
26	KOLOSZ-PERZ Monika	121		K 30-39	1			00:12:07	00:17:32	00:35:31	00:47:38	+00:05:54 (16.6%)	7:06	8.4 (83.2%)
27	KARCZEWSKA Marzena	158	RUCH PO ZDROWIE WŁOCŁAWEK	K 30-39	2			00:12:05	00:17:33	00:35:32	00:47:37	+00:05:55 (16.7%)	7:06	8.4 (83.2%)
28	STĘPIEŃ Lucyna	139	KGHM METRACO POLKOWICE	K 55-59	1			00:15:13	00:17:47	00:35:37	00:50:50	+00:06:00 (16.8%)	7:07	8.4 (83.2%)
29	PSTYGA Mariusz	48	KGHM METRACO POLKOWICE	M 40-44	3			00:07:35	00:17:40	00:35:40	00:43:15	+00:06:03 (17.0%)	7:08	8.4 (83.2%)
30	ŚCIESIŃSKI Sławomir	77	GOSIR OSIELSKO	M 40-44	4			00:07:35	00:17:30	00:35:43	00:43:18	+00:06:06 (17.1%)	7:08	8.4 (83.2%)
31	SKIEIS Albert	15		M 45-49	6			00:07:56	00:17:33	00:36:01	00:43:57	+00:06:24 (17.8%)	7:12	8.3 (82.2%)
32	MOŹDŻEŃ Barbara	21		K 50-54	3			00:14:30	00:17:49	00:36:03	00:50:33	+00:06:26 (17.8%)	7:12	8.3 (82.2%)
33	WILCZYŃSKI Krzysztof	164		M 55-59	3			00:09:00	00:17:39	00:36:04	00:45:04	+00:06:27 (17.9%)	7:12	8.3 (82.2%)
34	BOROWIEC Magdalena	50	KGHM METRACO POLKOWICE	K Junior	1			00:11:09	00:18:00	00:36:05	00:47:14	+00:06:28 (17.9%)	7:13	8.3 (82.2%)
35	JÓŹWIAK Marianna	45	WTW WŁOCŁAWEK	K 40-44	1			00:12:32	00:17:59	00:36:06	00:48:38	+00:06:29 (18.0%)	7:13	8.3 (82.2%)
36	SKOWROŃSKA Dominika	39	MARSZPOZDROWIE	K Junior	2			00:11:10	00:17:58	00:36:09	00:47:19	+00:06:32 (18.1%)	7:13	8.3 (82.2%)
37	KĘDZIERSKA Agnieszka	55		K 30-39	3			00:12:09	00:17:48	00:36:12	00:48:21	+00:06:35 (18.2%)	7:14	8.3 (82.2%)

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										5km	5km			
38	WIADERSKI Wojciech	35		M 65-69	2			00:09:57	00:17:54	00:36:14	00:46:11	+00:06:37 (18.3%)	7:14	8.3 (82.2%)
38	KUSZA Jolanta	140	UKS GIMNAZJON SUCHY LAS	K 50-54	4			00:14:30	00:17:58	00:36:14	00:50:44	+00:06:37 (18.3%)	7:14	8.3 (82.2%)
40	FALKOWSKI Piotr	169	UKS GIMNAZJON SUCHY LAS	M 50-54	2			00:08:26	00:18:04	00:36:16	00:44:42	+00:06:39 (18.3%)	7:15	8.3 (82.2%)
41	DUDEK Edward	130	KGHM METRACO POLKOWICE	M 65-69	3			00:09:55	00:17:54	00:36:32	00:46:27	+00:06:55 (18.9%)	7:18	8.2 (81.2%)
42	JÓZWIAK Łukasz	44	WTW WŁOCLAWEK	M Niepełnosprawni	2			00:07:57	00:18:11	00:36:37	00:44:34	+00:07:00 (19.1%)	7:19	8.2 (81.2%)
43	SOBOLEWSKI Jarosław	117	KLUBWITAMINKA.PL	M 45-49	7			00:07:57	00:18:09	00:36:40	00:44:37	+00:07:03 (19.2%)	7:20	8.2 (81.2%)
44	BIAŁK Roman	124		M 60-64	2			00:09:28	00:18:10	00:36:43	00:46:11	+00:07:06 (19.3%)	7:20	8.2 (81.2%)
45	PIĄTKOWSKI Józef	129	KGHM METRACO POLKOWICE	M 70+	1			00:10:18	00:18:16	00:36:52	00:47:10	+00:07:15 (19.7%)	7:22	8.1 (80.2%)
46	BONEK Bronisław	57	THE BEST - MY IDZIEMY I CZEŚĆ	M 70+	2			00:10:16	00:18:16	00:37:00	00:47:16	+00:07:23 (20.0%)	7:24	8.1 (80.2%)
47	FELIS Stanisław	70		M Dzieci	1			00:06:12	00:18:51	00:37:12	00:43:24	+00:07:35 (20.4%)	7:26	8.1 (80.2%)
48	ZAWISŁA Stanisław	38	MARSZPOZDROWIE	M 60-64	3			00:09:29	00:18:21	00:37:26	00:46:55	+00:07:49 (20.9%)	7:29	8 (79.2%)
49	PIDUCH Jan	118	MSICS-POZNAŃ	M 65-69	4			00:09:55	00:18:21	00:37:40	00:47:35	+00:08:03 (21.4%)	7:32	8 (79.2%)
49	PIOTROWSKA Natalia	154		K 30-39	4			00:12:10	00:18:35	00:37:40	00:49:50	+00:08:03 (21.4%)	7:32	8 (79.2%)
51	GIDASZEWSKA Beata	69	GREEN TEAM	K 45-49	2			00:13:55	00:18:28	00:37:41	00:51:36	+00:08:04 (21.4%)	7:32	8 (79.2%)
52	ZIELIŃSKA Jolanta	109	GOSIR OSIELSKO	K 50-54	5			00:14:32	00:18:34	00:37:43	00:52:15	+00:08:06 (21.5%)	7:32	8 (79.2%)
52	NOWAK Jacek	132		M 40-44	5			00:07:35	00:18:54	00:37:43	00:45:18	+00:08:06 (21.5%)	7:32	8 (79.2%)
54	KOLBERG Kamila	92	FUNDACJANASZA WIEŚ	K 30-39	5			00:12:07	00:18:38	00:37:56	00:50:03	+00:08:19 (21.9%)	7:35	7.9 (78.2%)
55	SZULC-MIKOŁAJCZAK Lidia	67	NORDIC DREAM TEAM	K 45-49	3			00:13:56	00:18:52	00:37:58	00:51:54	+00:08:21 (22.0%)	7:35	7.9 (78.2%)
56	MATYJA Anna	151		K 45-49	4			00:13:54	00:18:59	00:38:10	00:52:04	+00:08:33 (22.4%)	7:38	7.9 (78.2%)
56	ROSADZIŃSKA Natalia	33	UMP	K 18-29	2			00:11:29	00:19:04	00:38:10	00:49:39	+00:08:33 (22.4%)	7:38	7.9 (78.2%)
58	KUSZA Henryk	141	UKS GIMNAZJON SUCHY LAS	M 50-54	3			00:08:25	00:19:04	00:38:11	00:46:36	+00:08:34 (22.4%)	7:38	7.9 (78.2%)
59	KARCZEWSKI Karol	89	GOSIR OSIELSKO	M 18-29	3			00:06:41	00:18:55	00:38:15	00:44:56	+00:08:38 (22.6%)	7:39	7.8 (77.2%)
59	ŚCIESIŃSKI Kamil	79	GOSIR OSIELSKO	M 18-29	4			00:06:42	00:18:59	00:38:15	00:44:57	+00:08:38 (22.6%)	7:39	7.8 (77.2%)

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										5km	5km			
61	GRZESZCZAK Andrzej	167		M 55-59	4			00:09:01	00:18:37	00:38:18	00:47:19	+00:08:41 (22.7%)	7:39	7.8 (77.2%)
61	NOWAK Hanna	155		K 45-49	5			00:13:54	00:18:51	00:38:18	00:52:12	+00:08:41 (22.7%)	7:39	7.8 (77.2%)
63	SOBOLEWSKA Agnieszka	116	KLUBWITAMINKA.PL	K 40-44	2			00:12:32	00:19:13	00:38:32	00:51:04	+00:08:55 (23.1%)	7:42	7.8 (77.2%)
64	BURZYŃSKA Joanna	28		K 30-39	6			00:12:05	00:19:03	00:38:44	00:50:49	+00:09:07 (23.5%)	7:44	7.7 (76.2%)
64	ŚCIESIŃSKA Justyna	78	GOSIR OSIELSKO	K 40-44	3			00:12:33	00:19:22	00:38:44	00:51:17	+00:09:07 (23.5%)	7:44	7.7 (76.2%)
66	GRZYWOCZ Irena	168	PROFIT SPORT TEAM	K 60-64	1			00:16:38	00:19:00	00:38:48	00:55:26	+00:09:11 (23.7%)	7:45	7.7 (76.2%)
67	FLISIKOWSKA- WOJCIECHOWSKA Magdalena	153	BIEGACZE JUNIORA	K 40-44	4			00:12:32	00:19:21	00:38:49	00:51:21	+00:09:12 (23.7%)	7:45	7.7 (76.2%)
68	KOSIŃSKA Maria	42	MOSIR	K 55-59	2			00:15:13	00:19:10	00:38:50	00:54:03	+00:09:13 (23.7%)	7:46	7.7 (76.2%)
69	IDKOWIAK Magdalena	66	KS IDMAR	K 30-39	7			00:12:05	00:19:25	00:38:57	00:51:02	+00:09:20 (24.0%)	7:47	7.7 (76.2%)
70	ADAMSKA WOLNA Karolina	146	MANGO	K 30-39	8			00:12:05	00:19:22	00:38:58	00:51:03	+00:09:21 (24.0%)	7:47	7.7 (76.2%)
71	MOLENDĄ Magdalena	65		K 30-39	9			00:12:06	00:19:25	00:39:06	00:51:12	+00:09:29 (24.3%)	7:49	7.7 (76.2%)
72	PRZYBYŁAK Stanisław	111	MSICS-POZNAŃ	M 65-69	5			00:09:56	00:19:28	00:39:11	00:49:07	+00:09:34 (24.4%)	7:50	7.7 (76.2%)
73	SUSKA Danuta	2		K 60-64	2			00:16:37	00:19:27	00:39:12	00:55:49	+00:09:35 (24.4%)	7:50	7.7 (76.2%)
74	STARZYŃSKA Ewa	47	KGHM METRACO POLKOWICE	K 60-64	3			00:16:37	00:19:28	00:39:16	00:55:53	+00:09:39 (24.6%)	7:51	7.6 (75.2%)
75	BREWIŃSKA Alicja	3		K 45-49	6			00:13:54	00:19:48	00:39:18	00:53:12	+00:09:41 (24.6%)	7:51	7.6 (75.2%)
76	MULKOWSKA Mariola	138	UKS GIMNAZJON SUCHY LAS	K 55-59	3			00:15:13	00:19:30	00:39:27	00:54:40	+00:09:50 (24.9%)	7:53	7.6 (75.2%)
77	KUEHN Dominik	23		M 30-39	5	1		00:07:11	00:18:51	00:39:30	00:46:41	+00:09:53 (25.0%)	7:54	7.6 (75.2%)
78	WOROCH Jolanta	40		K 45-49	7			00:13:56	00:19:37	00:39:33	00:53:29	+00:09:56 (25.1%)	7:54	7.6 (75.2%)
79	OWCZARZAK Małgorzata	123	NORDIC DREAM TEAM	K 45-49	8			00:13:55	00:19:46	00:39:53	00:53:48	+00:10:16 (25.7%)	7:58	7.5 (74.3%)
80	WOLNA Wiktoria	145	MANGO	K Dzieci	1			00:10:44	00:20:17	00:39:56	00:50:40	+00:10:19 (25.8%)	7:59	7.5 (74.3%)
81	ROSPENDA Agnieszka	136		K 30-39	10			00:12:09	00:19:49	00:39:59	00:52:08	+00:10:22 (25.9%)	7:59	7.5 (74.3%)
82	KĄCKOWSKA Beata	71	JEZIORKI - AKTYWNA WIEŚ	K 40-44	5			00:12:31	00:20:10	00:40:26	00:52:57	+00:10:49 (26.8%)	8:05	7.4 (73.3%)
83	MĄCZKA Maria	43		K 65-69	1			00:17:22	00:19:58	00:40:36	00:57:58	+00:10:59 (27.1%)	8:07	7.4 (73.3%)

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										5km	5km			
84	BABRAKOWSKA Lucyna	66	NORDIC WALKING	K 50-54	6			00:14:30	00:20:21	00:40:40	00:55:10	+00:11:03 (27.2%)	8:08	7.4 (73.3%)
85	GARBATOWSKA Lidia	160		K 50-54	7			00:14:29	00:20:20	00:40:41	00:55:10	+00:11:04 (27.2%)	8:08	7.4 (73.3%)
86	OLSZEWSKI Wojciech	136	CHEMADE-X TEAM	M 60-64	4			00:09:28	00:20:10	00:40:51	00:50:19	+00:11:14 (27.5%)	8:10	7.3 (72.3%)
87	ROSZAK Magdalena	81	GOSIR OSIELSKO	K Junior	3			00:11:09	00:20:33	00:41:07	00:52:16	+00:11:30 (28.0%)	8:13	7.3 (72.3%)
88	GAERTNER Danuta	161		K 55-59	4			00:15:19	00:20:40	00:41:18	00:56:37	+00:11:41 (28.3%)	8:15	7.3 (72.3%)
89	ŚWIĄTEK Andrzej	95	FUNDACJANASZA WIEŚ	M 45-49	8			00:07:56	00:20:10	00:41:20	00:49:16	+00:11:43 (28.3%)	8:16	7.3 (72.3%)
90	SZCZEBAK Michał	32	MKS PAŁAC MŁODZIEŻY TARNÓW	M Dzieci	2			00:06:12	00:20:04	00:41:24	00:47:36	+00:11:47 (28.5%)	8:16	7.2 (71.3%)
91	ZAKRZEWSKA Henryka	53		K 65-69	2			00:17:22	00:20:30	00:41:26	00:58:48	+00:11:49 (28.5%)	8:17	7.2 (71.3%)
92	KRAWCZYK Urszula	100	FUNDACJANASZA WIEŚ	K 50-54	8			00:14:32	00:20:34	00:41:27	00:55:59	+00:11:50 (28.5%)	8:17	7.2 (71.3%)
93	WITKOWSKA Grażyna	60		K 45-49	9			00:13:56	00:20:57	00:41:29	00:55:25	+00:11:52 (28.6%)	8:17	7.2 (71.3%)
94	MOCZARSKI Adam	125	ŻABI KRUK	M Niepełnosprawni	3			00:10:19	00:20:44	00:41:30	00:51:49	+00:11:53 (28.6%)	8:18	7.2 (71.3%)
95	ROJTEK Waldemar	1		M 45-49	9			00:07:58	00:21:07	00:41:32	00:49:30	+00:11:55 (28.7%)	8:18	7.2 (71.3%)
96	ANTOSZEWSKA Katarzyna	51		K 30-39	11			00:12:05	00:20:21	00:41:37	00:53:42	+00:12:00 (28.8%)	8:19	7.2 (71.3%)
97	KARCZEWSKI Krzysztof	157	RUCH PO ZDROWIE WŁOCŁAWEK	M 30-39	6			00:07:10	00:20:57	00:41:44	00:48:54	+00:12:07 (29.0%)	8:20	7.2 (71.3%)
98	RATAJCZAK Jerzy	119		M 70+	3			00:10:17	00:20:30	00:41:46	00:52:03	+00:12:09 (29.1%)	8:21	7.2 (71.3%)
99	SZOT Krystyna	62		K 50-54	9			00:14:29	00:20:39	00:41:52	00:56:21	+00:12:15 (29.3%)	8:22	7.2 (71.3%)
100	STAWNIAK Wanda	46	UTW ŻNIN	K 60-64	4			00:16:39	00:20:50	00:42:04	00:58:43	+00:12:27 (29.6%)	8:24	7.1 (70.3%)
101	PAZDERSKA Celina	101	STOW. KGW RAZEM	K 40-44	6			00:12:34	00:21:32	00:42:08	00:54:42	+00:12:31 (29.7%)	8:25	7.1 (70.3%)
102	SOWIŃSKA Grażyna	113	MARSZPOZDROWIE	K 55-59	5			00:15:13	00:20:55	00:42:09	00:57:22	+00:12:32 (29.7%)	8:25	7.1 (70.3%)
103	WRÓBLEWSKA Bożena	17		K 60-64	5			00:17:24	00:21:02	00:42:11	00:59:35	+00:12:34 (29.8%)	8:26	7.1 (70.3%)
104	WYRWA Ewa	159	RUCH PO ZDROWIE WŁOCŁAWEK	K 55-59	6			00:15:15	00:20:43	00:42:12	00:57:27	+00:12:35 (29.8%)	8:26	7.1 (70.3%)
105	NOWAK Iwona	152		K 40-44	7	1		00:12:31	00:20:58	00:42:14	00:54:45	+00:12:37 (29.9%)	8:26	7.1 (70.3%)
106	ADAMSKA Malwina	143	MANGO	K Junior	4			00:11:09	00:20:34	00:42:15	00:53:24	+00:12:38 (29.9%)	8:27	7.1 (70.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										5km	5km			
107	ADAMIN Grażyna	137	KALISKA GRUPA ROWEROWA G7	K Niepełnosprawni	1			00:16:40	00:20:49	00:42:23	00:59:03	+00:12:46 (30.1%)	8:28	7.1 (70.3%)
108	LEŻANKA Elżbieta	74	JEZIORKI - AKTYWNA WIEŚ	K 50-54	10			00:14:31	00:21:45	00:42:29	00:57:00	+00:12:52 (30.3%)	8:29	7.1 (70.3%)
109	PILECKI Gustaw	98	GOSIR OSIELSKO	M 65-69	6			00:09:56	00:21:30	00:42:31	00:52:27	+00:12:54 (30.3%)	8:30	7.1 (70.3%)
110	ROSSA Halina	150	DRUŻYNA SZPIKU	K 60-64	6			00:16:39	00:21:03	00:42:39	00:59:18	+00:13:02 (30.6%)	8:31	7 (69.3%)
111	RATAJCZAK Danuta	120		K 65-69	3			00:17:22	00:21:06	00:43:16	01:00:38	+00:13:39 (31.5%)	8:39	6.9 (68.3%)
112	STRZELECKA Małgorzata	87	SAILING TEAM FERAJNA	K 40-44	8			00:12:33	00:21:50	00:43:29	00:56:02	+00:13:52 (31.9%)	8:41	6.9 (68.3%)
113	KOSICKA Beata	128		K 45-49	10			00:13:57	00:22:21	00:43:39	00:57:36	+00:14:02 (32.1%)	8:43	6.9 (68.3%)
114	PILARSKI Andrzej	105	FUNDACJANASZA WIEŚ	M 65-69	7			00:09:57	00:22:03	00:43:49	00:53:46	+00:14:12 (32.4%)	8:45	6.8 (67.3%)
115	WOJTASZAK Maria	97	FUNDACJANASZA WIEŚ	K 40-44	9			00:12:33	00:22:00	00:43:57	00:56:30	+00:14:20 (32.6%)	8:47	6.8 (67.3%)
116	KĄCKOWSKI Marek	72	JEZIORKI - AKTYWNA WIEŚ	M Niepełnosprawni	4			00:09:29	00:21:55	00:44:01	00:53:30	+00:14:24 (32.7%)	8:48	6.8 (67.3%)
117	KACZMAREK Ewelina	149	DIETAMORE	K 30-39	12			00:12:08	00:22:05	00:44:05	00:56:13	+00:14:28 (32.8%)	8:49	6.8 (67.3%)
118	DASZKIEWICZ Jadwiga	107	FUNDACJANASZA WIEŚ	K 55-59	7			00:15:14	00:21:39	00:44:10	00:59:24	+00:14:33 (32.9%)	8:50	6.8 (67.3%)
119	PILARSKA Teresa	106	FUNDACJANASZA WIEŚ	K 60-64	7			00:16:38	00:21:48	00:44:13	01:00:51	+00:14:36 (33.0%)	8:50	6.8 (67.3%)
120	RUSIEWICZ Wiesława	22		K 65-69	4			00:17:22	00:21:39	00:44:15	01:01:37	+00:14:38 (33.1%)	8:51	6.8 (67.3%)
121	GÓRSKI Piotr	84	GOSIR OSIELSKO	M 50-54	4			00:08:25	00:21:28	00:44:30	00:52:55	+00:14:53 (33.4%)	8:54	6.7 (66.3%)
121	BLASZKA Michał	127		M Niepełnosprawni	5			00:07:10	00:21:35	00:44:30	00:51:40	+00:14:53 (33.4%)	8:54	6.7 (66.3%)
123	MIZRA Dobrochna	12		K 40-44	10			00:12:32	00:22:10	00:44:38	00:57:10	+00:15:01 (33.6%)	8:55	6.7 (66.3%)
124	WIADERSKA Grażyna	36		K 60-64	8			00:16:37	00:21:56	00:44:40	01:01:17	+00:15:03 (33.7%)	8:56	6.7 (66.3%)
125	WALIGÓRSKA-WOWCZAK Krystyna	114	MARSZPOZDROWIE	K 65-69	5			00:17:25	00:22:25	00:44:53	01:02:18	+00:15:16 (34.0%)	8:58	6.7 (66.3%)
126	NOWAK Agnieszka	131		K 30-39	13			00:12:09	00:22:42	00:45:01	00:57:10	+00:15:24 (34.2%)	9:00	6.7 (66.3%)
127	GAERTNER Roma	162		K 18-29	3			00:11:29	00:22:23	00:45:08	00:56:37	+00:15:31 (34.4%)	9:01	6.6 (65.3%)
128	OLEK Mirosław	83	GOSIR OSIELSKO	M 55-59	5			00:09:01	00:22:33	00:45:24	00:54:25	+00:15:47 (34.8%)	9:04	6.6 (65.3%)
129	PRZYBYLAK Dorota	112		K 65-69	6			00:17:23	00:22:38	00:45:27	01:02:50	+00:15:50 (34.8%)	9:05	6.6 (65.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										5km	5km			
130	SZAROLETA Zofia	110		K 70+	1			00:18:35	00:22:27	00:45:48	01:04:23	+00:16:11 (35.3%)	9:09	6.6 (65.3%)
131	KOWALSKA Natalia	142	MANGO	K Junior	5			00:11:10	00:23:53	00:45:56	00:57:06	+00:16:19 (35.5%)	9:11	6.5 (64.4%)
132	KARCZEWSKI Jerzy	93	FUNDACJANASZA WIEŚ	M 70+	4			00:10:17	00:22:56	00:46:13	00:56:30	+00:16:36 (35.9%)	9:14	6.5 (64.4%)
133	URBAN Aleksandra	27		K 55-59	8			00:15:13	00:22:48	00:46:39	01:01:52	+00:17:02 (36.5%)	9:19	6.4 (63.4%)
134	ZBAWIONA Hanna	148	DIETAMORE	K 30-39	14			00:12:07	00:23:33	00:47:38	00:59:45	+00:18:01 (37.8%)	9:31	6.3 (62.4%)
135	NOWAK Beata	88	SAILING TEAM FERAJNA	K 45-49	11			00:13:57	00:24:19	00:47:48	01:01:45	+00:18:11 (38.0%)	9:33	6.3 (62.4%)
136	PERS Anna	94	FUNDACJANASZA WIEŚ	K 55-59	9			00:15:16	00:23:58	00:47:56	01:03:12	+00:18:19 (38.2%)	9:35	6.3 (62.4%)
137	ANDERS-NOWAK Monika	86	SAILING TEAM FERAJNA	K 30-39	15			00:12:08	00:23:54	00:48:21	01:00:29	+00:18:44 (38.7%)	9:40	6.2 (61.4%)
138	PODEMSKA Aleksandra	14		K 70+	2			00:18:35	00:23:58	00:48:31	01:07:06	+00:18:54 (39.0%)	9:42	6.2 (61.4%)
139	GAWALSKA Urszula	102	FUNDACJANASZA WIEŚ	K 55-59	10			00:15:15	00:23:58	00:48:38	01:03:53	+00:19:01 (39.1%)	9:43	6.2 (61.4%)
140	DYKO Patrycja	301		K Dzieci	2			00:10:45	00:23:17	00:48:47	00:59:32	+00:19:10 (39.3%)	9:45	6.1 (60.4%)
141	KUŚMIEREK Beata	133		K 45-49	12			00:13:56	00:23:56	00:48:48	01:02:44	+00:19:11 (39.3%)	9:45	6.1 (60.4%)
142	STARZYŃSKA Romualda	13		K 65-69	7			00:17:25	00:25:09	00:48:57	01:06:22	+00:19:20 (39.5%)	9:47	6.1 (60.4%)
143	NOWAK Witold	85	SAILING TEAM FERAJNA	M Dzieci	3			00:06:12	00:21:44	00:49:20	00:55:32	+00:19:43 (40.0%)	9:52	6.1 (60.4%)
144	BUDASZ Krzysztof	76	JEZIORKI - AKTYWNA WIEŚ	M 60-64	5			00:09:28	00:24:30	00:49:21	00:58:49	+00:19:44 (40.0%)	9:52	6.1 (60.4%)
145	ZAGANIACZYK Krystyna	11		K 65-69	8			00:17:24	00:25:15	00:49:50	01:07:14	+00:20:13 (40.6%)	9:58	6 (59.4%)
146	TABAKA Maria	19		K 65-69	9			00:17:24	00:25:46	00:49:52	01:07:16	+00:20:15 (40.6%)	9:58	6 (59.4%)
147	MATUSZAK Ksawera	91	FUNDACJANASZA WIEŚ	K Niepełnosprawni	2			00:13:57	00:24:19	00:49:56	01:03:53	+00:20:19 (40.7%)	9:59	6 (59.4%)
148	DROP Mieczysław	115		M 70+	5			00:10:17	00:25:06	00:50:08	01:00:25	+00:20:31 (40.9%)	10:01	6 (59.4%)
149	WYSOCKA Marianna	302		K Dzieci	3			00:10:45	00:24:36	00:51:05	01:01:50	+00:21:28 (42.0%)	10:13	5.9 (58.4%)
150	BUDASZ Grażyna	75	JEZIORKI - AKTYWNA WIEŚ	K 55-59	11			00:15:16	00:25:42	00:51:24	01:06:40	+00:21:47 (42.4%)	10:16	5.8 (57.4%)
151	LEWANDOWSKA Hanna	16		K 65-69	10			00:17:25	00:25:57	00:51:39	01:09:04	+00:22:02 (42.7%)	10:19	5.8 (57.4%)
152	BIWIECKA Danuta	20		K 65-69	11			00:17:23	00:25:53	00:51:42	01:09:05	+00:22:05 (42.7%)	10:20	5.8 (57.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
153	MILACHOWSKA Agnieszka	61		K 30-39	16			00:12:05	00:25:55	00:52:24	01:04:29	+00:22:47 (43.5%)	10:28	5.7 (56.4%)
154	PIETRAS Renata	99	STOW. KGW RAZEM	K 50-54	11			00:14:31	00:25:13	00:52:39	01:07:10	+00:23:02 (43.7%)	10:31	5.7 (56.4%)
155	WIECZOREK Zofia	24		K 60-64	9			00:16:39	00:26:47	00:52:54	01:09:33	+00:23:17 (44.0%)	10:34	5.7 (56.4%)
156	JANKOWSKA Łucja	103	STOW. KGW RAZEM	K 60-64	10			00:15:15	00:26:17	00:53:24	01:08:39	+00:23:47 (44.5%)	10:40	5.6 (55.4%)
157	MAJCHRZAK Izabella	147	MANGO	K 30-39	17			00:12:09	00:27:06	00:53:25	01:05:34	+00:23:48 (44.6%)	10:41	5.6 (55.4%)
158	ADAMSKA Joanna	144	MANGO	K 30-39	18			00:12:06	00:27:10	00:53:27	01:05:33	+00:23:50 (44.6%)	10:41	5.6 (55.4%)
159	SUMARA Bernardyna	82	GOSIR OSIELSKO	K 70+	3			00:18:35	00:26:07	00:53:54	01:12:29	+00:24:17 (45.1%)	10:46	5.6 (55.4%)
160	CHWALISZEWSKI Michał	90	GOSIR OSIELSKO	M 65-69	8			00:09:56	00:28:42	00:58:02	01:07:58	+00:28:25 (49.0%)	11:36	5.2 (51.5%)
161	WIŚNIEWSKA Ewa	25		K 60-64	11			00:16:39	00:33:31	01:02:29	01:19:08	+00:32:52 (52.6%)	12:29	4.8 (47.5%)
162	ŁUCZAK Ewa	104	STOW. KGW RAZEM	K 60-64	12			00:16:38						(0.0%)
163	KOPRYS Zofia	18		K 70+	4			00:18:36						(0.0%)
DQ	WIŚNIEWSKI Tadeusz	26		M 65-69				DQ	00:31:33 DQ	2015-07-11 DQ	DQ		-	- (0.0%)

Total 164 results.