

# WĄGROWIEC - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Wągrowiec  
**Data:** 2019-07-21  
**Miejsce:** Wągrowiec  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WITUCKI Jacek</b>	<b>162</b>		M45-49	1			00:16:18	<b>00:33:16.20</b>		6:39	9 (100%)
2	<b>WOROCH Roman</b>	<b>163</b>	KS METRACO POLKOWICE	M60-64	1			00:16:33	<b>00:33:17.00</b>	+00:00:00 (0.0%)	6:39	9 (100%)
3	<b>MIĘKISIAK Rafał</b>	<b>78</b>	PAN OD KIJKÓW	M18-29	1			00:16:33	<b>00:33:52.00</b>	+00:00:35 (1.8%)	6:46	8.9 (98.9%)
4	<b>FRĄCKOWIAK Mateusz</b>	<b>21</b>	KS METRACO POLKOWICE	M-Jun.	1			00:16:47	<b>00:34:09.70</b>	+00:00:53 (2.6%)	6:49	8.8 (97.8%)
5	<b>SPYCHAŁA Lesław</b>	<b>122</b>	CKZIU MECHANIK NYSA	M50-54	1			00:16:59	<b>00:34:11.65</b>	+00:00:55 (2.7%)	6:50	8.8 (97.8%)
6	<b>FRĄCKOWIAK Roman</b>	<b>20</b>	KS METRACO POLKOWICE	M50-54	2			00:17:09	<b>00:34:17.35</b>	+00:01:01 (3.0%)	6:51	8.8 (97.8%)
7	<b>OLSZAŃSKI Karol</b>	<b>90</b>	FEAR THE RETURN	M40-44	1			00:17:06	<b>00:35:06.50</b>	+00:01:50 (5.2%)	7:01	8.5 (94.4%)
8	<b>KOP Wiesław</b>	<b>61</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	1			00:17:36	<b>00:35:27.25</b>	+00:02:11 (6.2%)	7:05	8.5 (94.4%)
9	<b>SPYCHAŁA Marzena</b>	<b>123</b>	CKZIU MECHANIK NYSA	K45-49	1			00:17:31	<b>00:35:28.80</b>	+00:02:12 (6.2%)	7:05	8.5 (94.4%)
10	<b>MAŚLANKA Iwona</b>	<b>76</b>	MARSZ PO ZDROWIE	K45-49	2			00:17:49	<b>00:35:33.00</b>	+00:02:16 (6.4%)	7:06	8.4 (93.3%)
11	<b>KROMSKI Paweł</b>	<b>64</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	3			00:17:27	<b>00:35:36.80</b>	+00:02:20 (6.6%)	7:07	8.4 (93.3%)
12	<b>JÓŹWIAK Marianna</b>	<b>50</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	3			00:17:39	<b>00:35:41.80</b>	+00:02:25 (6.8%)	7:08	8.4 (93.3%)
13	<b>SYKISZ Maksym</b>	<b>135</b>	LESZNO :)	M30-39	1			00:17:42	<b>00:35:48.25</b>	+00:02:32 (7.1%)	7:09	8.4 (93.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
14	<b>RUDAWSKI Piotr</b>	<b>114</b>	WALK AND RUN TEAM OBORNIKI	M30-39	2			00:17:38	<b>00:36:07.10</b>	+00:02:50 (7.9%)	7:13	8.3 (92.2%)
15	<b>DUSZEŃKO Zygmunt</b>	<b>18</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:17:54	<b>00:36:14.25</b>	+00:02:58 (8.2%)	7:15	8.3 (92.2%)
16	<b>JASIŁEK Przemysław</b>	<b>44</b>		M40-44	2			00:18:01	<b>00:36:17.10</b>	+00:03:00 (8.3%)	7:15	8.3 (92.2%)
17	<b>ZIELIŃSKI Szczepan</b>	<b>171</b>	SERCE NORDICA WŁOCŁAWEK	M45-49	2			00:17:49	<b>00:36:21.45</b>	+00:03:05 (8.5%)	7:16	8.2 (91.1%)
18	<b>GUZDIO Maciej</b>	<b>36</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	4			00:17:33	<b>00:36:22.70</b>	+00:03:06 (8.5%)	7:16	8.2 (91.1%)
19	<b>STANISŁAWSKI Jan</b>	<b>185</b>	MARSZ PO ZDROWIE	M60-64	2			00:18:03	<b>00:36:32.40</b>	+00:03:16 (8.9%)	7:18	8.2 (91.1%)
20	<b>DEMBKOWSKI Ryszard</b>	<b>176</b>	OLD SNAKE	M65-69	1			00:18:11	<b>00:36:42.45</b>	+00:03:26 (9.4%)	7:20	8.2 (91.1%)
21	<b>SZYMAŃSKI Stefan</b>	<b>140</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	1			00:18:21	<b>00:36:43.60</b>	+00:03:27 (9.4%)	7:20	8.2 (91.1%)
22	<b>JĘDRZEJEWSKI Łukasz</b>	<b>48</b>	KLUB HONOROWYCH DAWCÓW KRWI LEGION PŁOCK	M30-39	3			00:17:45	<b>00:36:51.50</b>	+00:03:35 (9.7%)	7:22	8.1 (90.0%)
23	<b>TOMCZYK Edward</b>	<b>145</b>	MARSZ PO ZDROWIE	M70+	2			00:18:22	<b>00:36:52.10</b>	+00:03:35 (9.8%)	7:22	8.1 (90.0%)
24	<b>KĘDZIERSKA Agnieszka</b>	<b>54</b>	KIJKOWE TRZEMESZNO	K40-44	1			00:18:10	<b>00:36:54.55</b>	+00:03:38 (9.9%)	7:22	8.1 (90.0%)
25	<b>BUCZKOWSKI Jerzy</b>	<b>8</b>	KS SOKÓŁ GAŚAWA	M65-69	2			00:18:14	<b>00:36:59.30</b>	+00:03:43 (10.1%)	7:23	8.1 (90.0%)
26	<b>WRÓŃSKI Włodzimierz</b>	<b>167</b>	PASJA NORDIC WALKING	M65-69	3			00:18:10	<b>00:37:02.55</b>	+00:03:46 (10.2%)	7:24	8.1 (90.0%)
27	<b>WASILEWSKI Sławomir</b>	<b>155</b>	PASJA NORDIC WALKING	M70+	3			00:18:22	<b>00:37:06.70</b>	+00:03:50 (10.4%)	7:25	8.1 (90.0%)
28	<b>SZCZUDLIK Małgorzata</b>	<b>136</b>	KIJKOWE TRZEMESZNO	K30-39	1			00:18:22	<b>00:37:09.05</b>	+00:03:52 (10.4%)	7:25	8.1 (90.0%)
29	<b>TRZCIŃSKI Eugeniusz</b>	<b>146</b>		M60-64	3			00:18:03	<b>00:37:20.45</b>	+00:04:04 (10.9%)	7:28	8 (88.9%)
30	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>86</b>	KS METRACO POLKOWICE	K50-54	1			00:18:35	<b>00:37:24.00</b>	+00:04:07 (11.0%)	7:28	8 (88.9%)
31	<b>STEMPNIAK Krzysztof</b>	<b>127</b>		M45-49	3			00:18:16	<b>00:37:34.05</b>	+00:04:17 (11.4%)	7:30	8 (88.9%)
32	<b>BOJANOWSKI Marcin</b>	<b>5</b>	WALK AND RUN TEAM OBORNIKI	M30-39	4			00:18:14	<b>00:37:37.65</b>	+00:04:21 (11.6%)	7:31	8 (88.9%)
33	<b>GRYGOROWICZ Bogdan</b>	<b>32</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:18:28	<b>00:37:52.10</b>	+00:04:35 (12.1%)	7:34	7.9 (87.8%)
34	<b>DUDEK Edward</b>	<b>17</b>	KS METRACO POLKOWICE	M65-69	4			00:18:45	<b>00:37:56.55</b>	+00:04:40 (12.3%)	7:35	7.9 (87.8%)
35	<b>ZAWISŁA Stanisław</b>	<b>169</b>	MARSZ PO ZDROWIE	M65-69	5			00:18:52	<b>00:37:57.85</b>	+00:04:41 (12.4%)	7:35	7.9 (87.8%)
36	<b>PUSZKARSKA Małgorzata</b>	<b>108</b>	GOSADI NORDIC TEAM	K40-44	2			00:18:41	<b>00:38:02.15</b>	+00:04:45 (12.5%)	7:36	7.9 (87.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
37	<b>KOŁPAK Jan</b>	<b>59</b>	LKS ZANTYR SZTUM	M70+	4			00:18:35	<b>00:38:05.60</b>	+00:04:49 (12.7%)	7:37	7.9 (87.8%)
38	<b>PIATCZYC Michał</b>	<b>98</b>		M-Jun.	2			00:18:24	<b>00:38:06.25</b>	+00:04:50 (12.7%)	7:37	7.9 (87.8%)
39	<b>ZIELIŃSKA Jolanta</b>	<b>170</b>		K55-59	1			00:18:47	<b>00:38:23.00</b>	+00:05:06 (13.3%)	7:40	7.8 (86.7%)
40	<b>STAŃCZAK Grażyna</b>	<b>124</b>	FACE NORDIC WALKING TEAM	K65-69	1			00:18:38	<b>00:38:23.85</b>	+00:05:07 (13.4%)	7:40	7.8 (86.7%)
41	<b>WIŚNIEWSKI Kazimierz</b>	<b>160</b>	PASJA NORDIC WALKING	M60-64	4			00:19:03	<b>00:38:33.65</b>	+00:05:17 (13.7%)	7:42	7.8 (86.7%)
42	<b>WITUCKA Karolina</b>	<b>161</b>		K-Dzieci	1			00:19:00	<b>00:38:33.85</b>	+00:05:17 (13.7%)	7:42	7.8 (86.7%)
43	<b>REMBACZ Łukasz</b>	<b>111</b>		M30-39	5			00:18:54	<b>00:38:44.45</b>	+00:05:28 (14.1%)	7:44	7.7 (85.6%)
44	<b>PIETRUSEWICZ Joanna</b>	<b>100</b>	PASJA NORDIC WALKING	K45-49	4			00:19:06	<b>00:38:50.65</b>	+00:05:34 (14.4%)	7:46	7.7 (85.6%)
45	<b>TURKOWSKA Iwona</b>	<b>147</b>	SZALONE ONE	K55-59	2			00:19:08	<b>00:38:52.35</b>	+00:05:36 (14.4%)	7:46	7.7 (85.6%)
46	<b>CIESIELSKI Krzysztof</b>	<b>11</b>	FAST WALKER	M60-64	5			00:19:15	<b>00:38:52.45</b>	+00:05:36 (14.4%)	7:46	7.7 (85.6%)
47	<b>KUPIBIDA Bogusława</b>	<b>68</b>	SILESIA NORDIC TEAM	K60-64	1			00:19:10	<b>00:38:53.25</b>	+00:05:37 (14.4%)	7:46	7.7 (85.6%)
48	<b>LENARTOWICZ Stanisław</b>	<b>69</b>	DERBY	M55-59	2			00:19:14	<b>00:38:57.70</b>	+00:05:41 (14.6%)	7:47	7.7 (85.6%)
49	<b>GRYGOROWICZ Teresa</b>	<b>31</b>	KS METRACO POLKOWICE	K65-69	2			00:18:45	<b>00:38:59.80</b>	+00:05:43 (14.7%)	7:48	7.7 (85.6%)
50	<b>WUJEK Tomasz</b>	<b>180</b>	MARSZ PO ZDROWIE	M-Niepełnosprawni(B)	2			00:19:25	<b>00:39:04.95</b>	+00:05:48 (14.9%)	7:49	7.7 (85.6%)
51	<b>SZENDZIELORZ Ilona</b>	<b>137</b>	STADION ŚLĄSKI	K60-64	2			00:19:22	<b>00:39:07.15</b>	+00:05:50 (15.0%)	7:49	7.7 (85.6%)
52	<b>MALINOWSKA Monika</b>	<b>73</b>	LKS ZANTYR SZTUM	K30-39	2			00:18:52	<b>00:39:14.40</b>	+00:05:58 (15.2%)	7:50	7.6 (84.4%)
53	<b>DANA Kazimiera</b>	<b>13</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:19:13	<b>00:39:21.30</b>	+00:06:05 (15.5%)	7:52	7.6 (84.4%)
54	<b>WOROCH Jolanta</b>	<b>164</b>	KS METRACO POLKOWICE	K50-54	2			00:19:40	<b>00:39:28.65</b>	+00:06:12 (15.7%)	7:53	7.6 (84.4%)
55	<b>STRZELECKA Małgorzata</b>	<b>131</b>	SAILING TEAM FERAJNA	K45-49	5			00:19:33	<b>00:39:31.40</b>	+00:06:15 (15.8%)	7:54	7.6 (84.4%)
56	<b>SULECKA Gabriela</b>	<b>133</b>		K-Niepełnosprawni(A)	1			00:19:31	<b>00:39:34.55</b>	+00:06:18 (15.9%)	7:55	7.6 (84.4%)
57	<b>TURKOWSKI Stanisław</b>	<b>148</b>	2REC	M55-59	3			00:19:13	<b>00:39:40.40</b>	+00:06:24 (16.1%)	7:56	7.6 (84.4%)
58	<b>OLEŚ Józef</b>	<b>88</b>	NW WERWA MŁAWA	M-Niepełnosprawni(A)	2			00:19:22	<b>00:39:44.85</b>	+00:06:28 (16.3%)	7:57	7.5 (83.3%)
59	<b>STEMPNIAK Anna</b>	<b>128</b>		K45-49	6			00:19:38	<b>00:39:49.90</b>	+00:06:33 (16.5%)	7:58	7.5 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
60	<b>GAŁOWSKA Agnieszka</b>	<b>22</b>	INPOWER	K40-44	3			00:19:54	<b>00:39:55.60</b>	+00:06:39 (16.7%)	7:59	7.5 (83.3%)
61	<b>DAROSZEWSKA Krystyna</b>	<b>14</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	3			00:19:45	<b>00:40:00.80</b>	+00:06:44 (16.9%)	8:00	7.5 (83.3%)
62	<b>STAŃCZAK Ryszard</b>	<b>125</b>	FACE NORDIC WALKING TEAM	M70+	5			00:19:34	<b>00:40:02.50</b>	+00:06:46 (16.9%)	8:00	7.5 (83.3%)
63	<b>MOŹDŻEŃ Barbara</b>	<b>83</b>	NIEZRZESZONA	K55-59	3			00:19:30	<b>00:40:06.15</b>	+00:06:49 (17.0%)	8:01	7.5 (83.3%)
64	<b>PATER Katarzyna</b>	<b>172</b>		K30-39	3			00:19:48	<b>00:40:07.45</b>	+00:06:51 (17.1%)	8:01	7.5 (83.3%)
65	<b>MATYJA Anna</b>	<b>77</b>	ŚREMCHODZI	K45-49	7			00:19:46	<b>00:40:07.85</b>	+00:06:51 (17.1%)	8:01	7.5 (83.3%)
66	<b>GRZECHOWIAK Natalia</b>	<b>33</b>		K30-39	4			00:19:48	<b>00:40:08.25</b>	+00:06:52 (17.1%)	8:01	7.5 (83.3%)
67	<b>SZYCKO Oliwia</b>	<b>186</b>		K-Dzieci	2			00:20:09	<b>00:40:10.65</b>	+00:06:54 (17.2%)	8:02	7.5 (83.3%)
68	<b>MIKUSINSKA Jola</b>	<b>80</b>	FEAR THE RETURN	K45-49	8			00:19:55	<b>00:40:12.70</b>	+00:06:56 (17.3%)	8:02	7.5 (83.3%)
69	<b>MARCINIAK Anna</b>	<b>75</b>		K30-39	5			00:19:53	<b>00:40:13.10</b>	+00:06:56 (17.3%)	8:02	7.5 (83.3%)
70	<b>PRZYBYSZ Alicja</b>	<b>188</b>		K-Dzieci	3			00:20:20	<b>00:40:15.20</b>	+00:06:59 (17.3%)	8:03	7.5 (83.3%)
71	<b>SZYCKO Radosław</b>	<b>138</b>		M40-44	3			00:19:50	<b>00:40:16.55</b>	+00:07:00 (17.4%)	8:03	7.4 (82.2%)
72	<b>CIEĆMIEROWSKI Henryk</b>	<b>10</b>		M60-64	6			00:19:39	<b>00:40:17.60</b>	+00:07:01 (17.4%)	8:03	7.4 (82.2%)
73	<b>MOTOCZYŃSKI Krzysztof</b>	<b>82</b>	GOSIR OSIELSKO	M60-64	7			00:19:58	<b>00:40:28.20</b>	+00:07:12 (17.8%)	8:05	7.4 (82.2%)
74	<b>PRACKI Zbigniew</b>	<b>104</b>	SERCE NORDICA WŁOCŁAWEK	M50-54	5			00:19:56	<b>00:40:30.25</b>	+00:07:14 (17.9%)	8:06	7.4 (82.2%)
75	<b>CZERNAK Jarosław</b>	<b>12</b>		M55-59	4			00:20:03	<b>00:40:31.15</b>	+00:07:14 (17.9%)	8:06	7.4 (82.2%)
76	<b>MIĘKISIAK Zbigniew</b>	<b>79</b>	PAN OD KIJKÓW	M50-54	6			00:20:02	<b>00:40:32.60</b>	+00:07:16 (17.9%)	8:06	7.4 (82.2%)
77	<b>SZYMANOWICZ Bartosz</b>	<b>139</b>	NORDIC WALKING LUBASZ	M18-29	2			00:19:46	<b>00:40:35.25</b>	+00:07:19 (18.0%)	8:07	7.4 (82.2%)
78	<b>WALESZKO Andrzej</b>	<b>152</b>	PASJA NORDIC WALKING	M45-49	4			00:19:50	<b>00:40:36.15</b>	+00:07:19 (18.1%)	8:07	7.4 (82.2%)
79	<b>KOCZOROWSKA Monika</b>	<b>57</b>	KS SOKÓŁ GAŚAWA	K30-39	6			00:20:10	<b>00:40:38.10</b>	+00:07:21 (18.1%)	8:07	7.4 (82.2%)
80	<b>KRUSZKA Arleta</b>	<b>65</b>	MARSZ PO ZDROWIE	K55-59	4			00:20:05	<b>00:40:41.50</b>	+00:07:25 (18.2%)	8:08	7.4 (82.2%)
81	<b>OLEŚ Elżbieta</b>	<b>89</b>	NW WERWA MŁAWA	K65-69	4			00:19:32	<b>00:40:43.25</b>	+00:07:27 (18.3%)	8:08	7.4 (82.2%)
82	<b>KRAWCZYK Dorota</b>	<b>63</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	4			00:19:56	<b>00:40:46.30</b>	+00:07:30 (18.4%)	8:09	7.4 (82.2%)

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									netto 5km	Różn		
83	<b>KONIECZNA Zuzanna</b>	<b>175</b>		K45-49	9			00:20:34	<b>00:40:49.10</b>	+00:07:32 (18.5%)	8:10	7.3 (81.1%)
84	<b>JĘDRYCZKA Agata</b>	<b>46</b>	KIJKOWA KCYNIA	K30-39	7			00:20:14	<b>00:40:51.15</b>	+00:07:34 (18.6%)	8:10	7.3 (81.1%)
85	<b>WALCZAK Grzegorz</b>	<b>150</b>	OCTOPUS TEAM	M45-49	5			00:19:42	<b>00:40:54.15</b>	+00:07:37 (18.7%)	8:10	7.3 (81.1%)
86	<b>JÓŹWIAK Łukasz</b>	<b>49</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	3			00:20:04	<b>00:40:54.30</b>	+00:07:38 (18.7%)	8:11	7.3 (81.1%)
87	<b>POLOWIEC Krzysztof</b>	<b>102</b>	KIJKOWA KCYNIA	M-Dzieci	1			00:20:33	<b>00:41:06.05</b>	+00:07:49 (19.1%)	8:13	7.3 (81.1%)
88	<b>STRZELECKI Sebastian</b>	<b>132</b>	SAILING TEAM FERAJNA	M45-49	6			00:19:43	<b>00:41:11.80</b>	+00:07:55 (19.2%)	8:14	7.3 (81.1%)
89	<b>KOCZOROWSKI Kacper</b>	<b>58</b>	KS SOKÓŁ GAŚAWA	M-Dzieci	2			00:20:31	<b>00:41:19.30</b>	+00:08:03 (19.5%)	8:15	7.3 (81.1%)
90	<b>REMBACZ Kacper</b>	<b>112</b>		M-Dzieci	3			00:20:31	<b>00:41:23.70</b>	+00:08:07 (19.6%)	8:16	7.2 (80.0%)
91	<b>WALESZKO Anna</b>	<b>154</b>	PASJA NORDIC WALKING	K45-49	10			00:20:24	<b>00:41:32.00</b>	+00:08:15 (19.9%)	8:18	7.2 (80.0%)
92	<b>DOLATA Dorota</b>	<b>15</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	5			00:20:28	<b>00:41:42.00</b>	+00:08:25 (20.2%)	8:20	7.2 (80.0%)
93	<b>PAWLICZ Zuzanna</b>	<b>181</b>	NW KIEKRZ	K-Jun.	1			00:21:03	<b>00:42:00.40</b>	+00:08:44 (20.8%)	8:24	7.1 (78.9%)
94	<b>GÓRSKI Henryk</b>	<b>27</b>	UTW OLEŚNICA	M70+	6			00:21:00	<b>00:42:14.30</b>	+00:08:58 (21.2%)	8:27	7.1 (78.9%)
95	<b>REMISZEWSKI Adam</b>	<b>113</b>	UTW OLEŚNICA	M70+	7			00:21:01	<b>00:42:14.85</b>	+00:08:58 (21.2%)	8:26	7.1 (78.9%)
96	<b>WESOŁOWSKI Marek</b>	<b>158</b>	PASJA NORDIC WALKING	M50-54	7			00:20:51	<b>00:42:17.40</b>	+00:09:01 (21.3%)	8:27	7.1 (78.9%)
97	<b>BOJKO Iwona</b>	<b>6</b>	KS SOKÓŁ GAŚAWA	K50-54	3			00:21:11	<b>00:42:18.70</b>	+00:09:02 (21.4%)	8:27	7.1 (78.9%)
98	<b>PIATCZYC Barbara</b>	<b>99</b>		K55-59	6			00:20:54	<b>00:42:25.10</b>	+00:09:08 (21.6%)	8:29	7.1 (78.9%)
99	<b>PAWLICZ Jan</b>	<b>182</b>	NW KIEKRZ	M70+	8			00:20:02	<b>00:42:30.60</b>	+00:09:14 (21.7%)	8:30	7.1 (78.9%)
100	<b>JACH Oliwier</b>	<b>43</b>		M-Dzieci	4			00:20:33	<b>00:42:31.75</b>	+00:09:15 (21.8%)	8:30	7.1 (78.9%)
101	<b>KĘDZIA Mariola</b>	<b>53</b>	NORDIC WALKING KIEKRZ POLAND	K60-64	5			00:20:42	<b>00:42:33.10</b>	+00:09:16 (21.8%)	8:30	7.1 (78.9%)
102	<b>GOLAK-WEGIERA Katarzyna</b>	<b>26</b>	ROKKIJE ROKIETNICA	K45-49	11			00:21:10	<b>00:42:36.10</b>	+00:09:19 (21.9%)	8:31	7 (77.8%)
103	<b>GRZYWOCZ Irena</b>	<b>34</b>		K65-69	5			00:21:12	<b>00:42:37.90</b>	+00:09:21 (22.0%)	8:31	7 (77.8%)
104	<b>CHŁODNICKI Marek</b>	<b>9</b>	MARSZ PO ZDROWIE	M60-64	8			00:21:07	<b>00:42:39.00</b>	+00:09:22 (22.0%)	8:31	7 (77.8%)
105	<b>SOŁDECKA Anna</b>	<b>183</b>		K45-49	12			00:20:21	<b>00:42:39.35</b>	+00:09:23 (22.0%)	8:31	7 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
106	<b>KOLASIŃSKA Wanda</b>	<b>178</b>		K- Niepełnosprawni(A)	2			00:20:54	<b>00:42:41.95</b>	+00:09:25 (22.1%)	8:32	7 (77.8%)
107	<b>SKOLARUS Natalia</b>	<b>118</b>	ROXKIJE ROKIETNICA	K45-49	13			00:21:14	<b>00:42:43.40</b>	+00:09:27 (22.1%)	8:32	7 (77.8%)
108	<b>GUZIK Barbara</b>	<b>38</b>		K60-64	6			00:21:04	<b>00:42:54.80</b>	+00:09:38 (22.5%)	8:35	7 (77.8%)
109	<b>TEUBERT Piotr</b>	<b>142</b>	ROXKIJE ROKIETNICA	M45-49	7			00:20:50	<b>00:42:56.80</b>	+00:09:40 (22.5%)	8:35	7 (77.8%)
110	<b>NIESŁONY Ryszard</b>	<b>223</b>	STADION ŚLĄSKI	M55-59	5			00:21:12	<b>00:43:19.75</b>	+00:10:03 (23.2%)	8:40	6.9 (76.7%)
111	<b>KŁANIECKA Bożena</b>	<b>55</b>	ROXKIJE ROKIETNICA	K60-64	7			00:21:31	<b>00:43:21.55</b>	+00:10:05 (23.3%)	8:40	6.9 (76.7%)
112	<b>RACZYŃSKA Aleksandra</b>	<b>109</b>	STADION ŚLĄSKI	K70+	1			00:21:31	<b>00:43:31.55</b>	+00:10:15 (23.6%)	8:42	6.9 (76.7%)
113	<b>PASZKIEWICZ Jadwiga</b>	<b>94</b>		K70+	2			00:21:31	<b>00:43:37.95</b>	+00:10:21 (23.7%)	8:43	6.9 (76.7%)
114	<b>JACH Aleksandra</b>	<b>41</b>		K40-44	4			00:21:16	<b>00:43:38.60</b>	+00:10:22 (23.8%)	8:43	6.9 (76.7%)
115	<b>KRAMER Leszek</b>	<b>179</b>		M70+	9			00:21:49	<b>00:43:46.95</b>	+00:10:30 (24.0%)	8:45	6.9 (76.7%)
116	<b>ANGIELCZYK Małgorzata</b>	<b>1</b>	MARSZ PO ZDROWIE	K65-69	6			00:21:45	<b>00:43:50.85</b>	+00:10:34 (24.1%)	8:46	6.8 (75.6%)
117	<b>WALESZKO Adam</b>	<b>153</b>	PASJA NORDIC WALKING	M-Jun.	3			00:21:24	<b>00:43:53.25</b>	+00:10:37 (24.2%)	8:46	6.8 (75.6%)
118	<b>TEUBERT Anna</b>	<b>143</b>	ROXKIJE ROKIETNICA	K45-49	14			00:22:04	<b>00:43:57.75</b>	+00:10:41 (24.3%)	8:47	6.8 (75.6%)
119	<b>LEŚNIEWSKA Magdalena</b>	<b>70</b>	KIJKOWA KCYNIA	K45-49	15			00:21:44	<b>00:44:00.25</b>	+00:10:44 (24.4%)	8:48	6.8 (75.6%)
120	<b>PIATCZYC Wacław</b>	<b>97</b>		M- Niepełnosprawni(B)	3			00:21:15	<b>00:44:07.90</b>	+00:10:51 (24.6%)	8:49	6.8 (75.6%)
121	<b>URBAN Jacek</b>	<b>149</b>	LESZNO :)	M65-69	6			00:21:43	<b>00:44:18.20</b>	+00:11:02 (24.9%)	8:51	6.8 (75.6%)
122	<b>REMBACZ Agnieszka</b>	<b>110</b>		K30-39	8			00:21:54	<b>00:44:26.80</b>	+00:11:10 (25.1%)	8:53	6.7 (74.4%)
123	<b>KOMOROWSKA Hanna</b>	<b>60</b>	KIJKOWA KCYNIA	K30-39	9			00:21:38	<b>00:44:35.25</b>	+00:11:19 (25.4%)	8:55	6.7 (74.4%)
124	<b>POLOWIEC Alina</b>	<b>101</b>	KIJKOWA KCYNIA	K50-54	4			00:22:08	<b>00:44:44.30</b>	+00:11:28 (25.6%)	8:56	6.7 (74.4%)
125	<b>NAJDER Jacek</b>	<b>84</b>	INPOWER	M40-44	4			00:22:16	<b>00:44:51.30</b>	+00:11:35 (25.8%)	8:58	6.7 (74.4%)
126	<b>KONIECZNA Magdalena</b>	<b>184</b>		K45-49	16			00:22:18	<b>00:45:00.00</b>	+00:11:43 (26.1%)	9:00	6.7 (74.4%)
127	<b>BLASZKA Michał</b>	<b>3</b>	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	4			00:21:34	<b>00:45:20.80</b>	+00:12:04 (26.6%)	9:04	6.6 (73.3%)
128	<b>GUZIK Paweł</b>	<b>37</b>		M60-64	9			00:22:42	<b>00:45:22.35</b>	+00:12:06 (26.7%)	9:04	6.6 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
129	<b>ŚLIWIŃSKA Ewa</b>	<b>141</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	5			00:22:01	<b>00:45:36.55</b>	+00:12:20 (27.1%)	9:07	6.6 (73.3%)
130	<b>PURCZYŃSKI Robert</b>	<b>107</b>		M45-49	8			00:22:44	<b>00:45:49.35</b>	+00:12:33 (27.4%)	9:10	6.5 (72.2%)
131	<b>LEŚNIEWSKA Zuzanna</b>	<b>72</b>	KIJKOWA KCYNIA	K-Jun.	2			00:22:21	<b>00:45:51.95</b>	+00:12:35 (27.5%)	9:10	6.5 (72.2%)
132	<b>SOWIŃSKA Grażyna</b>	<b>121</b>	MARSZ PO ZDROWIE	K60-64	8			00:22:22	<b>00:45:58.40</b>	+00:12:42 (27.6%)	9:11	6.5 (72.2%)
133	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>93</b>	FACE NORDIC WALKING TEAM	K70+	3			00:22:58	<b>00:45:59.80</b>	+00:12:43 (27.7%)	9:12	6.5 (72.2%)
134	<b>WÓJCIK Irena</b>	<b>165</b>	UTW OLEŚNICA	K70+	4			00:23:03	<b>00:46:00.25</b>	+00:12:44 (27.7%)	9:12	6.5 (72.2%)
135	<b>JACH Konrad</b>	<b>42</b>		M-Dzieci	5			00:20:33	<b>00:46:02.60</b>	+00:12:46 (27.7%)	9:12	6.5 (72.2%)
136	<b>OWCZAREK Aleksandra</b>	<b>187</b>	MARSZ PO ZDROWIE	K-Jun.	3			00:22:41	<b>00:46:16.80</b>	+00:13:00 (28.1%)	9:15	6.5 (72.2%)
137	<b>GRACZYK Mirosława</b>	<b>28</b>	MARSZ PO ZDROWIE	K65-69	7			00:22:59	<b>00:46:27.95</b>	+00:13:11 (28.4%)	9:17	6.5 (72.2%)
138	<b>STRZELECKA Antonina</b>	<b>130</b>	SAILING TEAM FERAJNA	K-Dzieci	4			00:22:54	<b>00:46:29.95</b>	+00:13:13 (28.5%)	9:18	6.5 (72.2%)
139	<b>BLASZKA Ryszard</b>	<b>4</b>	NORDIC WALKING KIEKRZ POLAND	M-Niepełnosprawni(A)	5			00:23:07	<b>00:46:31.30</b>	+00:13:15 (28.5%)	9:18	6.4 (71.1%)
140	<b>PAWŁOWSKA Arleta</b>	<b>95</b>		K45-49	17			00:23:04	<b>00:46:32.80</b>	+00:13:16 (28.5%)	9:18	6.4 (71.1%)
141	<b>DZIUBA Małgorzata</b>	<b>174</b>		K50-54	6			00:23:04	<b>00:46:40.70</b>	+00:13:24 (28.7%)	9:20	6.4 (71.1%)
142	<b>BARANOWSKA Elżbieta</b>	<b>196</b>		K60-64	9			00:23:19	<b>00:46:41.00</b>	+00:13:24 (28.7%)	9:20	6.4 (71.1%)
143	<b>STRÓŻYŃSKA Marlena</b>	<b>129</b>		K40-44	5			00:23:40	<b>00:46:46.15</b>	+00:13:29 (28.9%)	9:21	6.4 (71.1%)
144	<b>GRYGIEL Teresa</b>	<b>30</b>	MARSZ PO ZDROWIE	K60-64	10			00:24:23	<b>00:47:03.65</b>	+00:13:47 (29.3%)	9:24	6.4 (71.1%)
145	<b>STAWNIAK Wanda</b>	<b>126</b>		K65-69	8			00:22:54	<b>00:47:11.05</b>	+00:13:54 (29.5%)	9:26	6.4 (71.1%)
146	<b>HINEBORG Bogumiła</b>	<b>39</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	7			00:23:12	<b>00:47:16.10</b>	+00:13:59 (29.6%)	9:27	6.3 (70.0%)
147	<b>DUSZEŃKO Elwira</b>	<b>19</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	3			00:23:11	<b>00:47:47.70</b>	+00:14:31 (30.4%)	9:33	6.3 (70.0%)
148	<b>GROBELNA Jadwiga</b>	<b>29</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	1			00:23:11	<b>00:47:48.20</b>	+00:14:32 (30.4%)	9:33	6.3 (70.0%)
149	<b>PRUSKA-KĘDZIOR Anna</b>	<b>106</b>	FACE NORDIC WALKING TEAM	K70+	5			00:24:05	<b>00:47:48.50</b>	+00:14:32 (30.4%)	9:33	6.3 (70.0%)
150	<b>MOTOCZYŃSKA Aleksandra</b>	<b>81</b>	GOSIR OSIELSKO	K60-64	11			00:23:30	<b>00:48:07.45</b>	+00:14:51 (30.9%)	9:37	6.2 (68.9%)
151	<b>TOBYS Alicja</b>	<b>144</b>		K65-69	9			00:23:29	<b>00:48:26.00</b>	+00:15:09 (31.3%)	9:41	6.2 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
152	<b>SOŁDECKI Wojciech</b>	<b>120</b>		M-Dzieci	6			00:26:10	<b>00:48:29.15</b>	+00:15:12 (31.4%)	9:41	6.2 (68.9%)
153	<b>MALINOWSKA Grażyna</b>	<b>74</b>	LKS ZANTYR SZTUM	K70+	6			00:23:44	<b>00:48:36.95</b>	+00:15:20 (31.6%)	9:43	6.2 (68.9%)
154	<b>SZAMKUM Bogdan</b>	<b>177</b>		M65-69	7			00:22:55	<b>00:48:47.45</b>	+00:15:31 (31.8%)	9:45	6.1 (67.8%)
155	<b>WIŚNIEWSKA Mariola</b>	<b>159</b>	LESZNO :)	K60-64	12			00:24:41	<b>00:49:04.25</b>	+00:15:48 (32.2%)	9:49	6.1 (67.8%)
156	<b>PRAŁAT Grażyna</b>	<b>105</b>	LESZNO :)	K60-64	13			00:24:39	<b>00:49:05.40</b>	+00:15:49 (32.2%)	9:49	6.1 (67.8%)
157	<b>IGLIŃSKA Maria</b>	<b>40</b>	LESZNO :)	K60-64	14			00:24:44	<b>00:49:08.95</b>	+00:15:52 (32.3%)	9:49	6.1 (67.8%)
158	<b>SIWEK Anna</b>	<b>117</b>	MARSZ PO ZDROWIE	K65-69	10			00:24:39	<b>00:49:31.50</b>	+00:16:15 (32.8%)	9:54	6.1 (67.8%)
159	<b>KULKA Maciej</b>	<b>67</b>	FACE NORDIC WALKING TEAM/DRUŻYNA SZPIKU	M55-59	6			00:24:47	<b>00:49:31.60</b>	+00:16:15 (32.8%)	9:54	6.1 (67.8%)
160	<b>GIERSZENDORF Roman</b>	<b>25</b>	KB KATORŻNIK MUROWANA GOŚLINA / FACE NORDIC WALKING TEAM	M45-49	9			00:24:14	<b>00:49:37.65</b>	+00:16:21 (33.0%)	9:55	6 (66.7%)
161	<b>KULCZYCKI Jan</b>	<b>66</b>		M65-69	8			00:25:09	<b>00:49:57.15</b>	+00:16:40 (33.4%)	9:59	6 (66.7%)
162	<b>JĘDRZEJEWSKA Agnieszka</b>	<b>47</b>	KLUB HONOROWYCH DAWCÓW KRWI LEGION PŁOCK	K18-29	1			00:24:40	<b>00:50:06.45</b>	+00:16:50 (33.6%)	10:01	6 (66.7%)
163	<b>WALCZAK Henryk</b>	<b>151</b>	OCTOPUS TEAM	M70+	10			00:24:48	<b>00:50:14.80</b>	+00:16:58 (33.8%)	10:03	6 (66.7%)
164	<b>WAWRZYŃIAK Krystyna</b>	<b>156</b>	MARSZ PO ZDROWIE	K70+	7			00:24:35	<b>00:50:49.25</b>	+00:17:33 (34.5%)	10:09	5.9 (65.6%)
165	<b>GIERSZENDORF Borys</b>	<b>24</b>	KB KATORŻNIK MUROWANA GOŚLINA / FACE NORDIC WALKING TEAM	M-Dzieci	7			00:25:44	<b>00:51:05.40</b>	+00:17:49 (34.9%)	10:13	5.9 (65.6%)
166	<b>WRÓBLEWSKA Anna</b>	<b>168</b>		K40-44	6			00:25:47	<b>00:51:10.40</b>	+00:17:54 (35.0%)	10:14	5.9 (65.6%)
167	<b>MIKUŁA Cecylia</b>	<b>173</b>		K65-69	11			00:25:22	<b>00:51:41.80</b>	+00:18:25 (35.6%)	10:20	5.8 (64.4%)
168	<b>WÓJCIK Henryk</b>	<b>166</b>	UTW OLEŚNICA	M70+	11			00:26:14	<b>00:52:19.65</b>	+00:19:03 (36.4%)	10:28	5.7 (63.3%)
169	<b>DROP Mieczysław</b>	<b>16</b>	KS SOKÓŁ GAŚAWA	M70+	12			00:26:54	<b>00:54:49.10</b>	+00:21:32 (39.3%)	10:57	5.5 (61.1%)

Znaleziono 169 wynik(ów)