

WEJHEROWO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM

B4SPORT

Event: PUCHAR POLSKI NORDIC WALKING 2019
Organiser: Polska Federacja Nordic Walking
Date: 2019-05-19
Place: Wejherowo
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	134	KS IDMAR RACING TEAM	M45-49	1			00:14:36	00:29:31.18		5:54	10.2 (100%)
2	BIELAWSKI Leszek	8		M40-44	1			00:14:44	00:29:39.18	+00:00:08 (0.4%)	5:55	10.1 (99.0%)
3	TOPOLNICKI Konrad	168	CKZIU MECHANIK NYSA	M18-29	1			00:15:02	00:29:59.93	+00:00:28 (1.6%)	6:00	10 (98.0%)
4	DĘBSKI Bartłomiej	27	NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:15:01	00:30:21.97	+00:00:50 (2.8%)	6:04	9.9 (97.1%)
5	GAJEWSKI Eugeniusz	36		M60-64	1			00:15:12	00:30:38.04	+00:01:06 (3.6%)	6:07	9.8 (96.1%)
6	BRZOZOWSKI Piotr	242	AKTYWNI POSTOMINO	M30-39	1			00:15:06	00:30:40.10	+00:01:08 (3.7%)	6:08	9.8 (96.1%)
7	WOROCH Roman	193	KS METRACO POLKOWICE	M60-64	2			00:15:12	00:30:41.99	+00:01:10 (3.8%)	6:08	9.8 (96.1%)
8	WITUCKI Jacek	191		M45-49	2			00:15:12	00:30:59.20	+00:01:28 (4.7%)	6:11	9.7 (95.1%)
9	PODGÓRSKI Szymon	122	CKZIU MECHANIK NYSA	M-Jun.	1			00:15:27	00:31:05.83	+00:01:34 (5.1%)	6:13	9.6 (94.1%)
10	FRĄCKOWIAK Mateusz	35	KS METRACO POLKOWICE	M-Jun.	2			00:15:29	00:31:21.55	+00:01:50 (5.9%)	6:16	9.6 (94.1%)
11	KNITTER Michał	68	BŁĘKITNI NW DZIEMIANY	M-Jun.	3			00:15:27	00:31:22.31	+00:01:51 (5.9%)	6:16	9.6 (94.1%)
12	FRĄCKOWIAK Roman	34	KS METRACO POLKOWICE	M50-54	1			00:15:51	00:31:41.50	+00:02:10 (6.9%)	6:20	9.5 (93.1%)
13	SALABON Grzegorz	136	LĘBORSKIE LWY	M50-54	2			00:15:54	00:31:42.13	+00:02:10 (6.9%)	6:20	9.5 (93.1%)
14	SPYCHAŁA Lesław	141	CKZIU MECHANIK NYSA	M50-54	3			00:15:50	00:31:42.24	+00:02:11 (6.9%)	6:20	9.5 (93.1%)

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start All 2.5km	Net	Gap	Pace min/km	Pace km/h
										time 5km			
15	TOPOREK Rafał	169	LĘBORSKIE LWY	M-Niepełnosprawni(B)		1			00:16:04	00:31:53.08	+00:02:21 (7.4%)	6:22	9.4 (92.2%)
16	KUBIAK Przemysław	81	KS IDMAR RACING TEAM	M45-49		3			00:15:46	00:31:53.61	+00:02:22 (7.4%)	6:22	9.4 (92.2%)
17	KOP Wiesław	209	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59		1			00:15:51	00:31:55.88	+00:02:24 (7.6%)	6:23	9.4 (92.2%)
18	OLSZAŃSKI Karol	109	FEAR THE RETURN	M40-44		3			00:15:41	00:31:57.48	+00:02:26 (7.6%)	6:23	9.4 (92.2%)
19	BARTOSIEWICZ Łukasz	6	NWPL/LUKI TEAM GDAŃSK	M30-39		2	1		00:16:10	00:32:43.41	+00:03:12 (9.8%)	6:32	9.2 (90.2%)
20	DUSZEŃKO Zygmunt	32	KS METRACO POLKOWICE	M-Niepełnosprawni(A)		1			00:16:14	00:33:01.51	+00:03:30 (10.6%)	6:36	9.1 (89.2%)
21	KUBIAK Jakub	212	KS SOKÓŁ GAŚAWA	M-Jun.		4			00:16:13	00:33:02.55	+00:03:31 (10.7%)	6:36	9.1 (89.2%)
22	KUŚMIEREK Mateusz	83	BŁĘKITNI NW DZIEMIANY	M-Jun.		5			00:16:13	00:33:02.91	+00:03:31 (10.7%)	6:36	9.1 (89.2%)
23	OKRZESIK-FRĄCKOWIAK Izabela	105	KS METRACO POLKOWICE	K50-54		1			00:16:24	00:33:10.92	+00:03:39 (11.0%)	6:38	9 (88.2%)
24	WASIELEWSKI Mirosław	179	BAŻANT NW ELBLĄG	M55-59		2			00:16:15	00:33:12.74	+00:03:41 (11.1%)	6:38	9 (88.2%)
25	MATECKI Ryszard	92	KS METRACO POLKOWICE	M70+		1			00:16:45	00:33:18.52	+00:03:47 (11.4%)	6:39	9 (88.2%)
26	WITKOWSKI Marek	206	TEAM CHODAKI.PL	M45-49		4			00:16:50	00:33:19.79	+00:03:48 (11.4%)	6:40	9 (88.2%)
27	POLISZCZUK Piotr	123	PIERNIKI NA CHODZIE	M-Niepełnosprawni(A)		2			00:16:19	00:33:20.08	+00:03:48 (11.4%)	6:40	9 (88.2%)
28	ZIELIŃSKI Szczepan	200	SERCE NORDICA WŁOCŁAWEK	M45-49		5			00:16:48	00:33:20.45	+00:03:49 (11.5%)	6:40	9 (88.2%)
29	GIBAS Asia	37	BAŻANT NW ELBLĄG	K30-39		1			00:16:35	00:33:22.81	+00:03:51 (11.6%)	6:40	9 (88.2%)
30	SZCZUDLIK Małgorzata	149	KIJKOWE TRZEMESZNO	K30-39		2			00:16:36	00:33:23.47	+00:03:52 (11.6%)	6:40	9 (88.2%)
31	HALK Ida	51	LKS ZORZA GDYNIA	K-Jun.		1			00:16:29	00:33:25.15	+00:03:53 (11.7%)	6:41	9 (88.2%)
32	WIŚNIEWSKI Sławomir	188	FLUGGER TEAM	M45-49		6			00:16:19	00:33:28.62	+00:03:57 (11.8%)	6:41	9 (88.2%)
33	GODZIŃSKA Dorota	39	BAŻANT NW ELBLĄG	K30-39		3			00:16:36	00:33:34.31	+00:04:03 (12.1%)	6:42	8.9 (87.3%)
34	SZYMAŃSKI Stefan	160	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	M70+		2			00:16:47	00:33:35.65	+00:04:04 (12.1%)	6:43	8.9 (87.3%)
35	KĘDZIERSKA Agnieszka	214	KIJKOWE TRZEMESZNO	K40-44		1			00:16:41	00:33:37.55	+00:04:06 (12.2%)	6:43	8.9 (87.3%)
36	SZYMANOWSKI Eugeniusz	159	LĘBORSKIE LWY	M60-64		3			00:16:36	00:33:43.16	+00:04:11 (12.5%)	6:44	8.9 (87.3%)
37	NACZK Wiktoria	99	LĘBORSKIE LWY	K-Jun.		2			00:16:57	00:33:49.62	+00:04:18 (12.7%)	6:45	8.9 (87.3%)

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									5km			
38	GAŁĄZKA Paweł	389	MUSZKIETEROWIE	M-Niepełnosprawni(A)	3			00:16:38	00:33:50.04	+00:04:18 (12.8%)	6:46	8.9 (87.3%)
39	BUCZKOWSKI Jerzy	13	KS SOKÓŁ GAŚAWA	M65-69	1			00:17:04	00:34:02.67	+00:04:31 (13.3%)	6:48	8.8 (86.3%)
40	SZPILMAN Katarzyna	152	ELITE TEAM	K50-54	2			00:16:37	00:34:04.11	+00:04:32 (13.4%)	6:48	8.8 (86.3%)
41	TOMCZYK Edward	167	MARSZ PO ZDROWIE	M70+	3			00:16:51	00:34:07.57	+00:04:36 (13.5%)	6:49	8.8 (86.3%)
42	RAJEK Tomasz	133	NORDIC TEAM CZĘSTOCHOWA	M50-54	4			00:16:54	00:34:11.66	+00:04:40 (13.7%)	6:50	8.8 (86.3%)
43	SZYMANOWSKA Anna	158	LĘBORSKIE LWY	K-Niepełnosprawni(A)	1			00:16:57	00:34:19.17	+00:04:47 (14.0%)	6:51	8.7 (85.3%)
44	WOŁK Beata	192		K40-44	2			00:17:03	00:34:21.82	+00:04:50 (14.1%)	6:52	8.7 (85.3%)
45	PUSZKARSKA Małgorzata	129	GOSADI NORDIC TEAM	K40-44	3			00:17:08	00:34:33.16	+00:05:01 (14.6%)	6:54	8.7 (85.3%)
46	PIĄTEK Dariusz	116	POLIPACK TEAM GWE	M-Niepełnosprawni(A)	4			00:17:02	00:34:37.44	+00:05:06 (14.7%)	6:55	8.7 (85.3%)
47	MARCINKOWSKA Agnieszka	91	UNIA MIAST	K-Jun.	3	1		00:17:07	00:34:37.78	+00:05:06 (14.8%)	6:55	8.7 (85.3%)
48	GRYGOROWICZ Bogdan	50	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			00:17:18	00:34:48.23	+00:05:17 (15.2%)	6:57	8.6 (84.3%)
49	JÓŻWIAK Marianna	59	SERCE NORDICA WŁOCLAWEK	K45-49	1			00:17:12	00:34:50.67	+00:05:19 (15.3%)	6:58	8.6 (84.3%)
50	DUDEK Edward	31	KS METRACO POLKOWICE	M65-69	2			00:17:13	00:34:51.06	+00:05:19 (15.3%)	6:58	8.6 (84.3%)
51	KOŁPAK Jan	72	LKS ZANTYR SZTUM	M70+	4			00:17:05	00:35:00.44	+00:05:29 (15.7%)	7:00	8.6 (84.3%)
52	CZMOCH Marian	18	PUKS ŁOSICE	M65-69	3			00:17:13	00:35:09.88	+00:05:38 (16.1%)	7:02	8.5 (83.3%)
53	ZIELIŃSKA Jolanta	244	GOSIR OSIELSKO	K55-59	1			00:17:17	00:35:12.50	+00:05:41 (16.2%)	7:02	8.5 (83.3%)
54	WITUCKA Karolina	190		K-Dzieci	1			00:17:30	00:35:22.45	+00:05:51 (16.5%)	7:04	8.5 (83.3%)
55	SAMOJŁO Sławomir	137		M55-59	3			00:17:27	00:35:23.82	+00:05:52 (16.6%)	7:04	8.5 (83.3%)
56	OLEŚ Józef	107	NW WERWA MŁAWA	M-Niepełnosprawni(A)	5			00:17:28	00:35:35.24	+00:06:04 (17.0%)	7:07	8.4 (82.4%)
57	TUZIMEK Agata	172		K30-39	4			00:17:40	00:35:37.20	+00:06:06 (17.1%)	7:07	8.4 (82.4%)
58	MALINOWSKA Monika	88	LKS ZANTYR SZTUM	K30-39	5			00:17:30	00:35:37.36	+00:06:06 (17.1%)	7:07	8.4 (82.4%)
59	PRADUŃ Michał	128	NOWI SIEDLCE	M-Niepełnosprawni(B)	3	1		00:17:34	00:35:48.86	+00:06:17 (17.6%)	7:09	8.4 (82.4%)
60	STAŃCZAK Grażyna	142	FACE NORDIC WALKING TEAM	K65-69	1			00:17:34	00:35:49.60	+00:06:18 (17.6%)	7:09	8.4 (82.4%)

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61	KAMIŃSKA Beata	63	NORDIC TEAM CZĘSTOCHOWA	K50-54	3			00:17:40	00:35:51.33	+00:06:20 (17.7%)	7:10	8.4 (82.4%)
62	DARGAS Sandra	23	BŁĘKITNI NW DZIEMIANY	K-Dzieci	2			00:17:53	00:35:57.70	+00:06:26 (17.9%)	7:11	8.3 (81.4%)
63	POZNAŃSKI Wiesław	125		M60-64	4			00:18:04	00:36:01.14	+00:06:29 (18.0%)	7:12	8.3 (81.4%)
64	WAWRZYŃIAK Anna	180	POLIPACK TEAM GWE	K45-49	2			00:17:44	00:36:01.88	+00:06:30 (18.1%)	7:12	8.3 (81.4%)
65	PINIS Agnieszka	119	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			00:17:46	00:36:03.21	+00:06:32 (18.1%)	7:12	8.3 (81.4%)
66	SULECKA Gabriela	146		K- Niepełnosprawni(A)	2			00:17:56	00:36:10.01	+00:06:38 (18.4%)	7:14	8.3 (81.4%)
67	JANKOWSKI Marek	222		M40-44	4			00:17:42	00:36:11.06	+00:06:39 (18.4%)	7:14	8.3 (81.4%)
68	GRYGOROWICZ Teresa	49	KS METRACO POLKOWICE	K65-69	2			00:17:45	00:36:11.48	+00:06:40 (18.4%)	7:14	8.3 (81.4%)
69	KORYTOWSKI Jakub	76	NW WERWA MŁAWA	M-Dzieci	1			00:18:00	00:36:12.22	+00:06:41 (18.5%)	7:14	8.3 (81.4%)
70	NIETRZEBKA Aleksandra	103	MIĘDZYBORÓW	K18-29	1			00:17:49	00:36:16.06	+00:06:44 (18.6%)	7:15	8.3 (81.4%)
71	ŚLUSARCZYK Grzegorz	164	WESOŁY BORSUK TEAM	M45-49	7			00:18:00	00:36:20.79	+00:06:49 (18.8%)	7:16	8.3 (81.4%)
72	KORPAL Cezary	75		M55-59	4			00:18:10	00:36:21.49	+00:06:50 (18.8%)	7:16	8.2 (80.4%)
73	JUREK Kamila	60	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	6			00:18:06	00:36:22.49	+00:06:51 (18.8%)	7:16	8.2 (80.4%)
74	TOPOREK Paulina	170		K-Jun.	4			00:17:32	00:36:23.68	+00:06:52 (18.9%)	7:16	8.2 (80.4%)
75	STOLTMANN Helena	145	BŁĘKITNI NW DZIEMIANY	K55-59	2			00:18:04	00:36:25.21	+00:06:54 (18.9%)	7:17	8.2 (80.4%)
76	STAŃCZAK Ryszard	143	FACE NORDIC WALKING TEAM	M70+	5			00:18:02	00:36:31.34	+00:07:00 (19.2%)	7:18	8.2 (80.4%)
77	DANA Kazimiera	20	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	3			00:18:05	00:36:35.39	+00:07:04 (19.3%)	7:19	8.2 (80.4%)
78	SMARSZCZ Grażyna	140	LĘBORSKIE LWY	K60-64	1			00:18:10	00:36:37.85	+00:07:06 (19.4%)	7:19	8.2 (80.4%)
79	BIKOWSKA Gabriela	10	LĘBORSKIE LWY	K- Niepełnosprawni(A)	3			00:18:08	00:36:45.71	+00:07:14 (19.7%)	7:21	8.2 (80.4%)
80	WITKOWSKA Monika	207	TEAM CHODAKI.PL	K40-44	5			00:18:37	00:37:03.70	+00:07:32 (20.3%)	7:24	8.1 (79.4%)
81	SZENDZIELORZ Ilona	150	STADION ŚLĄSKI	K60-64	2			00:18:25	00:37:06.67	+00:07:35 (20.5%)	7:25	8.1 (79.4%)
82	MOTOCZYŃSKI Krzysztof	97	GOSIR OSIELSKO	M60-64	5			00:18:23	00:37:06.99	+00:07:35 (20.5%)	7:25	8.1 (79.4%)
83	BOŃCZYSZYN Bożena	12		K50-54	4			00:18:34	00:37:07.09	+00:07:35 (20.5%)	7:25	8.1 (79.4%)

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									5km			
84	BUJNICKA Magdalena	15	NORDIC WALKING PASŁĘK	K-Jun.	5			00:18:31	00:37:08.02	+00:07:36 (20.5%)	7:25	8.1 (79.4%)
85	OLSZEWSKI Ryszard	110	LKS ZANTYR SZTUM	M65-69	4			00:18:20	00:37:17.37	+00:07:46 (20.8%)	7:27	8 (78.4%)
86	WIERTEL Artur	184	POLIPACK TEAM GWE	M40-44	5			00:18:37	00:37:17.76	+00:07:46 (20.8%)	7:27	8 (78.4%)
87	SZYCKO Oliwia	155		K-Dzieci	3	1		00:18:34	00:37:18.82	+00:07:47 (20.9%)	7:27	8 (78.4%)
88	WOROCH Jolanta	194	KS METRACO POLKOWICE	K50-54	5			00:18:39	00:37:23.14	+00:07:51 (21.0%)	7:28	8 (78.4%)
89	WOSS Anna	196	LĘBORSKIE LWY	K40-44	6			00:18:47	00:37:23.75	+00:07:52 (21.1%)	7:28	8 (78.4%)
90	GOŁĘBIEWSKI Andrzej	40	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	6			00:18:33	00:37:25.47	+00:07:54 (21.1%)	7:29	8 (78.4%)
91	KUŹMICZ Magdalena	84	POLIPACK TEAM GWE	K30-39	7			00:18:36	00:37:28.68	+00:07:57 (21.2%)	7:29	8 (78.4%)
92	MIKUSINSKA Jola	94	FEAR THE RETURN	K45-49	3			00:18:35	00:37:32.17	+00:08:00 (21.4%)	7:30	8 (78.4%)
93	BUGAŁA Anna	14	NORDIC TEAM CZĘSTOCHOWA	K40-44	7			00:18:41	00:37:36.95	+00:08:05 (21.5%)	7:31	8 (78.4%)
94	OLEŚ Elżbieta	108	NW WERWA MŁAWA	K65-69	4			00:18:12	00:37:39.13	+00:08:07 (21.6%)	7:31	8 (78.4%)
95	DĄBROWSKI Andrzej	25	MARSZ PO ZDROWIE	M70+	6			00:18:47	00:37:40.44	+00:08:09 (21.6%)	7:32	8 (78.4%)
96	GODZIŃSKA Paulina	38	BAŻANT NW ELBLĄG	K-Dzieci	4			00:18:44	00:37:41.99	+00:08:10 (21.7%)	7:32	8 (78.4%)
97	SZYCKO Radosław	156		M40-44	6			00:18:35	00:37:43.26	+00:08:12 (21.7%)	7:32	8 (78.4%)
98	DAROSZEWSKA Krystyna	24	SERCE NORDICA WŁOCŁAWEK	K60-64	3			00:18:49	00:37:44.15	+00:08:12 (21.8%)	7:32	8 (78.4%)
99	ŚCIBIOR Robert	161		M45-49	8			00:18:45	00:37:44.24	+00:08:13 (21.8%)	7:32	8 (78.4%)
100	GRABOWSKA Bożena	45	LKS ZANTYR SZTUM	K45-49	4			00:18:41	00:37:47.08	+00:08:15 (21.9%)	7:33	7.9 (77.5%)
101	OLECH Marcin	106		M45-49	9			00:18:55	00:37:54.69	+00:08:23 (22.1%)	7:34	7.9 (77.5%)
102	LITEWSKA Joanna	87	TEAM DEAF	K-Niepełnosprawni(B)	1			00:18:34	00:37:56.77	+00:08:25 (22.2%)	7:35	7.9 (77.5%)
103	JÓŹWIAK Łukasz	58	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(B)	4			00:18:46	00:37:59.06	+00:08:27 (22.3%)	7:35	7.9 (77.5%)
104	GÓRECKA Iwona	43	STADION ŚLĄSKI	K50-54	6			00:18:52	00:37:59.28	+00:08:28 (22.3%)	7:35	7.9 (77.5%)
105	PRACKI Zbigniew	127	SERCE NORDICA WŁOCŁAWEK	M50-54	5			00:18:51	00:38:04.61	+00:08:33 (22.5%)	7:36	7.9 (77.5%)
106	BARCZYK Jolanta	5	NORDIC TEAM CZĘSTOCHOWA	K55-59	3			00:19:04	00:38:09.09	+00:08:37 (22.6%)	7:37	7.9 (77.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time	Gap	Pace min/km	Pace km/h
									5km			
107	WALESZKO Andrzej	175	PASJA NORDIC WALKING	M45-49	10			00:18:50	00:38:19.89	+00:08:48 (23.0%)	7:40	7.8 (76.5%)
108	KUMPIŃ Izabela	243		K45-49	5			00:18:56	00:38:22.00	+00:08:50 (23.1%)	7:40	7.8 (76.5%)
109	AUGUSTYNIAK Aleksandra	3	EDUWIS	K40-44	8			00:19:13	00:38:22.12	+00:08:50 (23.1%)	7:40	7.8 (76.5%)
110	MIOTKE Amelia	239		K-Jun.	6			00:18:58	00:38:31.45	+00:09:00 (23.4%)	7:42	7.8 (76.5%)
111	LABUDDA Katarzyna	228		K30-39	8			00:18:53	00:38:32.17	+00:09:00 (23.4%)	7:42	7.8 (76.5%)
112	SURIAK Michał	147	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:19:09	00:38:32.39	+00:09:01 (23.4%)	7:42	7.8 (76.5%)
113	ZIEMANN Wiktor	201	POLIPACK TEAM GWE	M-Dzieci	2	1		00:18:32	00:38:36.76	+00:09:05 (23.5%)	7:43	7.8 (76.5%)
114	RADZIEJOWSKI Bogusław	132	NORDIC TEAM CZĘSTOCHOWA	M55-59	5	1		00:19:17	00:38:38.38	+00:09:07 (23.6%)	7:43	7.8 (76.5%)
115	BADZIĄG Waldemar	4	ELITE TEAM	M50-54	6			00:19:16	00:38:42.24	+00:09:11 (23.7%)	7:44	7.8 (76.5%)
116	KOŁPAK Irena	73	LKS ZANTYR SZTUM	K65-69	5	1		00:19:06	00:38:44.25	+00:09:13 (23.8%)	7:44	7.7 (75.5%)
117	WORONKO-ZACZYŃSKA Janina	195	KS METRACO POLKOWICE	K70+	1			00:19:05	00:38:49.33	+00:09:18 (24.0%)	7:45	7.7 (75.5%)
118	NIECHWIEJCZYK Kinga	100	UNIA MIAST	K-Jun.	7			00:19:03	00:38:52.46	+00:09:21 (24.1%)	7:46	7.7 (75.5%)
119	WALESZKO Anna	176	PASJA NORDIC WALKING	K45-49	6	1		00:19:27	00:38:52.51	+00:09:21 (24.1%)	7:46	7.7 (75.5%)
120	PONKA Barbara	124	POLIPACK TEAM GWE	K45-49	7			00:19:20	00:39:01.90	+00:09:30 (24.4%)	7:48	7.7 (75.5%)
121	PIĄTKOWSKI Józef	117	KS METRACO POLKOWICE	M70+	7			00:19:16	00:39:03.41	+00:09:32 (24.4%)	7:48	7.7 (75.5%)
122	PYKA Aleksandra	130	UNIA MIAST	K-Dzieci	5			00:19:14	00:39:05.28	+00:09:34 (24.5%)	7:49	7.7 (75.5%)
123	RURAŃSKI Jerzy	135	STADION ŚLĄSKI	M70+	8			00:19:09	00:39:08.33	+00:09:37 (24.6%)	7:49	7.7 (75.5%)
124	WAWRZY尼亚K Igor	181	POLIPACK TEAM GWE	M-Dzieci	3	1		00:19:06	00:39:09.98	+00:09:38 (24.6%)	7:50	7.7 (75.5%)
125	KOWALSKA Renata	77		K40-44	9	1		00:19:22	00:39:20.52	+00:09:49 (25.0%)	7:52	7.6 (74.5%)
126	WYCISŁO Agata	197	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K18-29	2			00:19:32	00:39:21.59	+00:09:50 (25.0%)	7:52	7.6 (74.5%)
127	ŚLUSARCZYK Karolina	166	WESOŁY BORSUK TEAM	K-Jun.	8			00:19:21	00:39:23.53	+00:09:52 (25.1%)	7:52	7.6 (74.5%)
128	CZOSKA Teresa	19	WEJHEROWSKI KLUB NORDIC WALKING	K65-69	6			00:19:22	00:39:25.73	+00:09:54 (25.1%)	7:53	7.6 (74.5%)
129	RACZYŃSKA Aleksandra	131	STADION ŚLĄSKI	K70+	2			00:19:32	00:39:42.38	+00:10:11 (25.7%)	7:56	7.6 (74.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Net time	Gap	Pace min/km	Pace km/h
									5km			
130	PINIS Gabriela	118	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	6			00:19:26	00:39:53.92	+00:10:22 (26.0%)	7:58	7.5 (73.5%)
131	STOLARSKA Magdalena	144	NORDIC TEAM CZĘSTOCHOWA	K50-54	7			00:19:49	00:40:03.10	+00:10:31 (26.3%)	8:00	7.5 (73.5%)
132	ŁUC Oliwia	238		K-Jun.	9			00:19:48	00:40:06.79	+00:10:35 (26.4%)	8:01	7.5 (73.5%)
133	KUBIAK Wojciech	213	KS SOKÓŁ GAŚAWA	M55-59	6			00:19:37	00:40:09.60	+00:10:38 (26.5%)	8:01	7.5 (73.5%)
134	OWCZAREK Magdalena	111	MIĘDZYBORÓW	K50-54	8			00:20:03	00:40:15.02	+00:10:43 (26.7%)	8:03	7.5 (73.5%)
135	WALESZKO Adam	177	PASJA NORDIC WALKING	M-Jun.	6			00:19:50	00:40:19.09	+00:10:47 (26.8%)	8:03	7.4 (72.5%)
136	ANGIELCZYK Małgorzata	2	MARSZ PO ZDROWIE	K65-69	7	1		00:19:49	00:40:23.41	+00:10:52 (26.9%)	8:04	7.4 (72.5%)
137	GRYGIEL Teresa	48	MARSZ PO ZDROWIE	K60-64	4			00:20:20	00:40:40.85	+00:11:09 (27.4%)	8:08	7.4 (72.5%)
138	MAZERSKA Maria	93	LKS ZANTYR SZTUM	K70+	3			00:20:39	00:40:44.60	+00:11:13 (27.5%)	8:09	7.4 (72.5%)
139	KOLENDOWSKA Małgorzata	71		K-Niepełnosprawni(A)	4			00:20:40	00:40:48.26	+00:11:17 (27.7%)	8:09	7.4 (72.5%)
140	DARGAS Marta	22	BŁĘKITNI NW DZIEMIANY	K-Dzieci	7			00:20:07	00:40:48.44	+00:11:17 (27.7%)	8:09	7.3 (71.6%)
141	SZYBUT Weronika	154		K-Dzieci	8	1		00:21:14	00:40:51.87	+00:11:20 (27.8%)	8:10	7.3 (71.6%)
142	KARCZMARSKI Krzysztof	64	IPA RADOM	M60-64	7			00:20:46	00:40:52.76	+00:11:21 (27.8%)	8:10	7.3 (71.6%)
143	HANUS Joanna	52	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	2			00:20:20	00:41:01.51	+00:11:30 (28.0%)	8:12	7.3 (71.6%)
144	BIELAWSKA Elwira	7	SONSIEDZI TEAM	K40-44	10			00:20:24	00:41:10.20	+00:11:39 (28.3%)	8:14	7.3 (71.6%)
145	SZYBUT Roma	153		K30-39	9			00:20:44	00:41:25.20	+00:11:54 (28.7%)	8:17	7.2 (70.6%)
146	KOPCZYŃSKA Irena	74		K60-64	5			00:20:44	00:41:30.84	+00:11:59 (28.9%)	8:18	7.2 (70.6%)
147	DUTKIEWICZ Eugenia	236		K65-69	8			00:20:38	00:41:31.45	+00:12:00 (28.9%)	8:18	7.2 (70.6%)
148	LISIECKA Beata	86	EDUWIS	K50-54	9			00:20:47	00:41:39.79	+00:12:08 (29.1%)	8:20	7.2 (70.6%)
149	KILIKOWSKA Elżbieta	230		K70+	4			00:20:44	00:41:43.00	+00:12:11 (29.2%)	8:20	7.2 (70.6%)
150	SAWA Helena	138	LĘBORSKIE LWY	K70+	5			00:20:43	00:41:45.89	+00:12:14 (29.3%)	8:21	7.2 (70.6%)
151	WALKOWICZ Karolina	178		K40-44	11			00:20:51	00:41:57.24	+00:12:26 (29.6%)	8:23	7.1 (69.6%)
152	FAŁDYGA Joanna	205	PASJA NORDIC WALKING	K40-44	12			00:21:00	00:42:15.13	+00:12:43 (30.1%)	8:27	7.1 (69.6%)

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start All 2.5km	Net	Gap	Pace min/km	Pace km/h
										time 5km			
153	CYWIŃSKA Wiesława	226		K70+		6			00:20:44	00:42:16.65	+00:12:45 (30.2%)	8:27	7.1 (69.6%)
154	WIŚNIEWSKI Janusz	189	SERCE NORDICA WŁOCŁAWEK	M45-49		11	1		00:20:59	00:42:28.38	+00:12:57 (30.5%)	8:29	7.1 (69.6%)
155	ZOŃ Agnieszka	203	PASJA NORDIC WALKING	K30-39		10			00:21:10	00:42:37.54	+00:13:06 (30.7%)	8:31	7 (68.6%)
156	WIŚNIEWSKA Iwona	187	SERCE NORDICA WŁOCŁAWEK	K40-44		13			00:21:11	00:43:04.04	+00:13:32 (31.5%)	8:36	7 (68.6%)
157	GRUSZKA Barbara	47	LKS ZANTYR SZTUM	K70+		7			00:21:11	00:43:07.51	+00:13:36 (31.5%)	8:37	7 (68.6%)
158	MALINOWSKA Grażyna	90	LKS ZANTYR SZTUM	K70+		8			00:21:19	00:43:10.18	+00:13:38 (31.6%)	8:38	6.9 (67.6%)
159	PRACKA Katarzyna	126	SERCE NORDICA WŁOCŁAWEK	K50-54		10			00:22:05	00:43:14.97	+00:13:43 (31.7%)	8:39	6.9 (67.6%)
160	OWCZAREK Henryka	112	MARSZ PO ZDROWIE	K70+		9			00:21:36	00:43:18.77	+00:13:47 (31.8%)	8:39	6.9 (67.6%)
161	DARGAS Małgorzata	21	BŁĘKITNI NW DZIEMIANY	K40-44		14			00:21:26	00:43:22.48	+00:13:51 (31.9%)	8:40	6.9 (67.6%)
162	MOTOCZYŃSKA Aleksandra	96	GOSIR OSIELSKO	K60-64		6			00:21:34	00:43:26.79	+00:13:55 (32.1%)	8:41	6.9 (67.6%)
163	KULCZYCKI Jan	82		M65-69		5			00:21:37	00:43:48.88	+00:14:17 (32.6%)	8:45	6.8 (66.7%)
164	PANKIEWICZ-DMOWSKA Cecylia	115	FACE NORDIC WALKING TEAM	K70+		10			00:21:34	00:43:57.64	+00:14:26 (32.8%)	8:47	6.8 (66.7%)
165	ŚLIWIŃSKA Edyta	162	TEAM DEAF	K- Niepełnosprawni(B)		3			00:22:12	00:44:04.23	+00:14:33 (33.0%)	8:49	6.8 (66.7%)
166	OGONOWSKA Edyta	104	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59		4			00:22:02	00:44:18.25	+00:14:47 (33.4%)	8:51	6.8 (66.7%)
167	KOLBUSZ Janina	70	KS METRACO POLKOWICE	K70+		11			00:22:07	00:44:29.34	+00:14:58 (33.6%)	8:54	6.7 (65.7%)
168	PLUTA Krystyna	232		K65-69		9			00:22:30	00:44:34.83	+00:15:03 (33.8%)	8:55	6.7 (65.7%)
169	WIERTEL Michał	186	POLIPACK TEAM GWE	M-Dzieci		4			00:20:58	00:44:35.89	+00:15:04 (33.8%)	8:55	6.7 (65.7%)
170	WIERTEL Aleksandra	185	POLIPACK TEAM GWE	K-Jun.		10			00:21:41	00:44:43.31	+00:15:12 (34.0%)	8:56	6.7 (65.7%)
171	PANKIEWICZ Bartosz	114		M-Jun.		7			00:20:16	00:44:46.97	+00:15:15 (34.1%)	8:57	6.7 (65.7%)
172	BAKUN Dorota	225	NW WEJHEROWO	K65-69		10			00:22:30	00:44:50.83	+00:15:19 (34.2%)	8:58	6.7 (65.7%)
173	JUDYCKI Hubert	241		M-Jun.		8			00:21:24	00:44:51.20	+00:15:20 (34.2%)	8:58	6.7 (65.7%)
174	CHOMICZEWSKI Cezary	240		M-Jun.		9			00:21:26	00:44:52.11	+00:15:20 (34.2%)	8:58	6.7 (65.7%)
175	WIERTEL Justyna	183	POLIPACK TEAM GWE	K40-44		15			00:22:20	00:45:19.19	+00:15:48 (34.9%)	9:03	6.6 (64.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start 2.5km	Net	Gap	Pace min/km	Pace km/h
									All 5km			
176	ŚLUSARZ Krystian	217	AZS ŚUM	M18-29	2	1		00:22:38	00:45:27.84	+00:15:56 (35.1%)	9:05	6.6 (64.7%)
177	BIJAK Bartosz	9		M18-29	3			00:22:35	00:45:30.37	+00:15:59 (35.1%)	9:06	6.6 (64.7%)
178	JANKOWSKA Katarzyna	221		K30-39	11	1		00:22:59	00:45:35.74	+00:16:04 (35.3%)	9:07	6.6 (64.7%)
179	MALINOWSKA Teresa	231		K70+	12			00:22:58	00:45:53.47	+00:16:22 (35.7%)	9:10	6.5 (63.7%)
180	BOJKE Danuta	224	NW WEJHEROWO	K65-69	11			00:22:47	00:45:57.95	+00:16:26 (35.8%)	9:11	6.5 (63.7%)
181	BIKOWSKI Marek	11	LĘBORSKIE LWY	M- Niepełnosprawni(A)	6			00:22:36	00:46:12.69	+00:16:41 (36.1%)	9:14	6.5 (63.7%)
182	CZECZÓŁKA Jolanta	229		K65-69	12			00:23:13	00:46:14.19	+00:16:43 (36.2%)	9:14	6.5 (63.7%)
183	SIKORSKA Ludwika	139		K- Niepełnosprawni(A)	5			00:22:54	00:46:17.36	+00:16:46 (36.2%)	9:15	6.5 (63.7%)
184	GROBELNA Jadwiga	46	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	4			00:22:50	00:46:35.62	+00:17:04 (36.6%)	9:19	6.4 (62.7%)
185	ŚLUSARCZYK Danuta	165	WESOŁY BORSUK TEAM	K65-69	13			00:22:52	00:46:40.00	+00:17:08 (36.7%)	9:20	6.4 (62.7%)
186	FALBA Danuta	223		K55-59	5			00:23:13	00:47:14.05	+00:17:42 (37.5%)	9:26	6.4 (62.7%)
187	DREWA Maria	29	POLIPACK TEAM GWE	K70+	13	1		00:23:29	00:47:40.14	+00:18:08 (38.1%)	9:32	6.3 (61.8%)
188	MOCZARSKI Adam	95	FACE NORDIC WALKING TEAM	M- Niepełnosprawni(B)	5			00:24:17	00:48:48.40	+00:19:17 (39.5%)	9:45	6.1 (59.8%)
189	WYCISŁO Romuald	211	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	6			00:24:24	00:49:02.43	+00:19:31 (39.8%)	9:48	6.1 (59.8%)
190	BORZESZKOWSKA Małgorzata	216	PFNW	K55-59	6			00:25:29	00:49:56.40	+00:20:25 (40.9%)	9:59	6 (58.8%)
191	BĘDŹMIROWSKA Sara	220		K-Jun.	11			00:25:30	00:49:57.01	+00:20:25 (40.9%)	9:59	6 (58.8%)
192	MIOTKE-DETLAFF Jadwiga	235		K55-59	7	1		00:24:18	00:50:02.10	+00:20:30 (41.0%)	10:00	6 (58.8%)
193	BIESZKE Czesława	237		K55-59	8			00:24:20	00:50:02.65	+00:20:31 (41.0%)	10:00	6 (58.8%)
194	BOJKE Olgierd	215	PFNW	M55-59	7			00:25:32	00:50:16.13	+00:20:44 (41.3%)	10:03	6 (58.8%)
195	SOCHA Teresa	234		K60-64	7			00:24:31	00:50:37.39	+00:21:06 (41.7%)	10:07	5.9 (57.8%)
196	PISAŁA Krystyna	120	WEJHEROWSKI KLUB NORDIC WALKING	K65-69	14			00:24:32	00:50:39.81	+00:21:08 (41.7%)	10:08	5.9 (57.8%)
197	MLECZAK Eugeniusz	208		M70+	9			00:25:21	00:51:18.83	+00:21:47 (42.5%)	10:15	5.8 (56.9%)
198	DROP Mieczysław	30	KS SOKÓŁ GAŚAWA	M70+	10			00:26:21	00:52:57.74	+00:23:26 (44.3%)	10:35	5.7 (55.9%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
199	HANUS Teresa	53	PASJONAUICI KROSNO	K- Niepełnosprawni(B)	5			00:26:33	00:53:39.07	+00:24:07 (45.0%)	10:43	5.6 (54.9%)
200	KNUT Bogusława	227		K65-69	15			00:26:34	00:54:48.03	+00:25:16 (46.1%)	10:57	5.5 (53.9%)
201	KAŁAMAJSKA Barbara	61	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	8	1		00:26:33	00:54:54.32	+00:25:23 (46.2%)	10:58	5.5 (53.9%)
DQ	DREWA Zygmunt	28	POLIPACK TEAM GWE	M70+			1	DQ	DQ		-	- (0.0%)
DQ	NIESŁONY Ryszard	102	STADION ŚLĄSKI	M55-59			1	DQ	DQ		-	- (0.0%)

Total 203 results.