



WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-09
Miejsce: Włocławek
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	BRZOZOWSKI Piotr	151	AKTYWNI POSTOMINO	M30-39	1			00:15:49	00:32:36.80		6:31	9.2 (100%)
2	REMISZ Włodzimierz	90	NEW4YOU STUDIO TRENINGU	M40-44	1			00:16:35	00:34:22.75	+00:01:45 (5.1%)	6:52	8.7 (94.6%)
3	KOP Wiesław	53	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	1			00:17:09	00:34:32.20	+00:01:55 (5.6%)	6:54	8.7 (94.6%)
4	FRAĆKOWIAK Roman	25	KS METRACO POLKOWICE	M50-54	1			00:17:19	00:34:44.45	+00:02:07 (6.1%)	6:57	8.6 (93.5%)
5	JASIŁEK Przemysław	140		M40-44	2			00:16:54	00:35:01.55	+00:02:24 (6.9%)	7:00	8.6 (93.5%)
6	WASIELEWSKI Mirosław	123	ELBLĄSKI BAŻANT NW	M55-59	2			00:17:12	00:35:06.65	+00:02:29 (7.1%)	7:01	8.5 (92.4%)
7	BUDYNEK Karol	13	TEAM FIRANKARNIA	M50-54	2			00:17:22	00:35:11.55	+00:02:34 (7.3%)	7:02	8.5 (92.4%)
8	BUŁAKOWSKI Bohdan	14		M65-69	1			00:17:32	00:35:13.35	+00:02:36 (7.4%)	7:02	8.5 (92.4%)
9	SZYMAŃSKI Stefan	116	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	M70+	1			00:17:33	00:35:33.10	+00:02:56 (8.3%)	7:06	8.4 (91.3%)
10	ZIELIŃSKI Szczepan	136	SERCE NORDICA WŁOCŁAWEK	M45-49	1			00:17:55	00:35:41.50	+00:03:04 (8.6%)	7:08	8.4 (91.3%)
11	BUCZKOWSKI Jerzy	12		M65-69	2			00:17:34	00:35:52.35	+00:03:15 (9.1%)	7:10	8.4 (91.3%)
12	JĘDRZEJEWSKI Łukasz	38	KLUB HONOROWYCH DAWCÓW KRWI LEGION	M30-39	2			00:17:49	00:35:54.55	+00:03:17 (9.2%)	7:11	8.4 (91.3%)
13	OKRZESIK-FRAĆKOWIAK Izabela	76	KS METRACO POLKOWICE	K50-54	1			00:18:04	00:35:59.75	+00:03:22 (9.4%)	7:12	8.3 (90.2%)
14	KOŁPAK Jan	52	LKS ZANTYR SZTUM	M70+	2			00:17:46	00:36:02.60	+00:03:25 (9.5%)	7:12	8.3 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
15	WROŃSKI Włodzimierz	131	PASJA NORDIC WALKING	M65-69	3			00:17:54	00:36:11.75	+00:03:34 (9.9%)	7:14	8.3 (90.2%)
16	SYPNIEWSKI Szymon	110	NEW4YOU STUDIO TRENINGU	M40-44	3			00:17:56	00:36:15.30	+00:03:38 (10.0%)	7:15	8.3 (90.2%)
17	SZCZUDLIK Małgorzata	112	KIJKOWE TRZEMESZNO	K30-39	1			00:18:05	00:36:39.00	+00:04:02 (11.0%)	7:19	8.2 (89.1%)
18	WASILEWSKI Sławomir	124	PASJA NORDIC WALKING	M70+	3			00:18:19	00:36:41.15	+00:04:04 (11.1%)	7:20	8.2 (89.1%)
19	PUSZKARSKA Małgorzata	89	GOSADI NORDIC TEAM	K40-44	1			00:18:24	00:36:54.25	+00:04:17 (11.6%)	7:23	8.1 (88.0%)
20	POLISZCZUK Piotr	86	PIERNIKI NA CHODZIE	M-Niepełnosprawni(A)	1			00:18:18	00:36:54.90	+00:04:18 (11.7%)	7:23	8.1 (88.0%)
21	DUSZEŃKO Zygmunt	22	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	2			00:18:18	00:36:55.20	+00:04:18 (11.7%)	7:23	8.1 (88.0%)
22	MISZCZAK Sylwia	68	NEW4YOU STUDIO TRENINGU	K30-39	2			00:18:36	00:36:55.65	+00:04:18 (11.7%)	7:23	8.1 (88.0%)
23	DOMBRZALSKI Ryszard	19	WTW WŁOCŁAWEK	M-Niepełnosprawni(A)	3			00:18:16	00:37:04.90	+00:04:28 (12.0%)	7:25	8.1 (88.0%)
24	JÓŹWIAK Marianna	40	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:18:06	00:37:13.50	+00:04:36 (12.4%)	7:26	8.1 (88.0%)
25	GRYGOROWICZ Bogdan	31	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:18:45	00:37:24.45	+00:04:47 (12.8%)	7:29	8 (87.0%)
26	MALINOWSKA Monika	64	LKS ZANTYR SZTUM	K30-39	3			00:18:32	00:37:32.50	+00:04:55 (13.1%)	7:30	8 (87.0%)
27	ZIELIŃSKA Jolanta	135	GOSIR OSIELSKO	K55-59	1			00:18:35	00:37:33.70	+00:04:56 (13.2%)	7:30	8 (87.0%)
28	DUDEK Edward	21	KS METRACO POLKOWICE	M65-69	4			00:18:00	00:37:38.95	+00:05:02 (13.4%)	7:31	8 (87.0%)
29	GOŁĘBIEWSKI Andrzej	142	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	1			00:18:43	00:37:49.90	+00:05:13 (13.8%)	7:34	7.9 (85.9%)
30	SAMOJŁO Sławomir	93		M55-59	3			00:18:37	00:37:55.80	+00:05:19 (14.0%)	7:35	7.9 (85.9%)
31	STAŃCZAK Grażyna	105	FACE NORDIC TEAM	K65-69	1			00:18:49	00:38:03.75	+00:05:26 (14.3%)	7:36	7.9 (85.9%)
32	TRZCIŃSKI Eugeniusz	118		M60-64	2			00:18:43	00:38:08.65	+00:05:31 (14.5%)	7:37	7.9 (85.9%)
33	BERCZYŃSKI Henryk	5	NADLESNICTWO OKONEK	M60-64	3			00:18:46	00:38:17.25	+00:05:40 (14.8%)	7:39	7.8 (84.8%)
34	PIETRUSEWICZ Joanna	84	PASJA NORDIC WALKING	K45-49	2			00:18:58	00:38:21.45	+00:05:44 (15.0%)	7:40	7.8 (84.8%)
35	MAJEWSKA Kinga	62	WTW WŁOCŁAWEK	K40-44	2			00:19:05	00:38:37.60	+00:06:00 (15.6%)	7:43	7.8 (84.8%)
36	BERKOWSKA Marzena	6	ZSP BORZĘCIN DUŻY	K40-44	3			00:19:10	00:38:41.55	+00:06:04 (15.7%)	7:44	7.8 (84.8%)
37	DANA Kazimiera	141	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	2			00:19:16	00:38:43.70	+00:06:06 (15.8%)	7:44	7.7 (83.7%)

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									netto 5km	Różn		
38	STAŃCZAK Ryszard	106	FACE NORDIC TEAM	M70+	4			00:19:11	00:38:58.70	+00:06:21 (16.3%)	7:47	7.7 (83.7%)
39	SOŁDECKA Anna	101		K45-49	3			00:19:34	00:38:59.35	+00:06:22 (16.4%)	7:48	7.7 (83.7%)
40	WIŚNIEWSKI Kazimierz	127	PASJA NORDIC WALKING	M60-64	4			00:19:31	00:39:01.30	+00:06:24 (16.4%)	7:48	7.7 (83.7%)
41	MARCINIAK Aneta	139	FACE NORDIC WALKING TEAM	K40-44	4			00:19:19	00:39:03.30	+00:06:26 (16.5%)	7:48	7.7 (83.7%)
42	KUSIAK Włodzimierz	57	STEP BY STEP TRÓJMIASTO	M65-69	5			00:18:53	00:39:05.25	+00:06:28 (16.6%)	7:49	7.7 (83.7%)
43	KRAWCZYK Dorota	55	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K60-64	1			00:19:25	00:39:08.15	+00:06:31 (16.7%)	7:49	7.7 (83.7%)
44	WOLIŃSKA Ewa	130	WTW WŁOCŁAWEK	K65-69	3			00:19:06	00:39:09.00	+00:06:32 (16.7%)	7:49	7.7 (83.7%)
45	SULECKA Gabriela	109		K- Niepełnosprawni(A)	1			00:19:33	00:39:15.90	+00:06:39 (16.9%)	7:51	7.6 (82.6%)
46	FRĄCKOWIAK Mateusz	26	KS METRACO POLKOWICE	M-Jun.	1			00:17:48	00:39:26.05	+00:06:49 (17.3%)	7:53	7.6 (82.6%)
47	PRACKI Zbigniew	88	SERCE NORDICA WŁOCŁAWEK	M50-54	3			00:19:39	00:39:27.45	+00:06:50 (17.3%)	7:53	7.6 (82.6%)
48	DAROSZEWSKA Krystyna	17	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:19:40	00:39:28.00	+00:06:51 (17.4%)	7:53	7.6 (82.6%)
49	SZYMAŃSKI Roman	117	NAMOR TEAM	M50-54	4			00:19:05	00:39:31.45	+00:06:54 (17.5%)	7:54	7.6 (82.6%)
50	KOCZOROWSKA Patrycja	49	K S SOKÓŁ GAŚAWA	K-Jun.	1			00:19:52	00:39:36.15	+00:06:59 (17.6%)	7:55	7.6 (82.6%)
51	SZEPczyński Kamil	113	WTW WŁOCŁAWEK	M30-39	3			00:19:57	00:39:36.70	+00:06:59 (17.7%)	7:55	7.6 (82.6%)
52	WALAWKO Mirosław	119	AVOCCADO WELLNESS CLUB	M65-69	6			00:19:31	00:39:42.30	+00:07:05 (17.9%)	7:56	7.6 (82.6%)
53	KASAK Kornelia	46	BACZYŃSKI TEAM	K-Jun.	2			00:20:27	00:39:51.95	+00:07:15 (18.2%)	7:58	7.5 (81.5%)
54	MOTOCZYŃSKI Krzysztof	70	GOSIR OSIELSKO	M60-64	5			00:19:33	00:39:52.50	+00:07:15 (18.2%)	7:58	7.5 (81.5%)
55	GRABOWSKA Bożena	29	LKS ZANTYR SZTUM	K45-49	4			00:19:34	00:40:01.00	+00:07:24 (18.5%)	8:00	7.5 (81.5%)
56	JÓŻWIAK Łukasz	39	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(A)	4			00:19:53	00:40:14.60	+00:07:37 (19.0%)	8:03	7.5 (81.5%)
57	PIETRUSZEWSKA Agnieszka	85	PARAKULOS KOWAL	K40-44	5			00:20:01	00:40:15.35	+00:07:38 (19.0%)	8:03	7.5 (81.5%)
58	KOCZOROWSKA Monika	48	K S SOKÓŁ GAŚAWA	K30-39	4			00:19:57	00:40:20.15	+00:07:43 (19.1%)	8:04	7.4 (80.4%)
59	KASAK Martyna	45	BACZYŃSKI TEAM	K-Jun.	3			00:20:29	00:40:29.60	+00:07:52 (19.5%)	8:05	7.4 (80.4%)
60	ZIĘTARSKI Stanisław	145		M-Dzieci	1			00:20:04	00:40:30.05	+00:07:53 (19.5%)	8:06	7.4 (80.4%)

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61	NOWALIŃSKA Anastazja	73	FACE NORDIC WALKING TEAM	K18-29	1			00:20:16	00:40:33.35	+00:07:56 (19.6%)	8:06	7.4 (80.4%)
62	MARCINIAK Hanna	66	SERCE NORDICA WŁOCŁAWEK	K55-59	2			00:20:06	00:40:37.65	+00:08:00 (19.7%)	8:07	7.4 (80.4%)
63	WALESZKO Andrzej	121	PASJA NORDIC WALKING	M45-49	2			00:20:04	00:40:37.80	+00:08:01 (19.7%)	8:07	7.4 (80.4%)
64	KOLENDA Zbigniew	51	WTW WŁOCŁAWEK	M70+	5			00:20:27	00:40:43.35	+00:08:06 (19.9%)	8:08	7.4 (80.4%)
65	WIERZCHOSŁAWSKI Mateusz	148		M18-29	1			00:19:50	00:40:58.85	+00:08:22 (20.4%)	8:11	7.3 (79.3%)
66	KOCZOROWSKI Kacper	50	K S SOKÓŁ GAŚAWA	M-Dzieci	2			00:20:07	00:41:01.60	+00:08:24 (20.5%)	8:12	7.3 (79.3%)
67	SOŁDECKI Wojciech	102		M-Dzieci	3			00:20:07	00:41:08.75	+00:08:31 (20.7%)	8:13	7.3 (79.3%)
68	BRUCH Martyna	11	BACZYŃSKI TEAM	K-Jun.	4			00:21:20	00:41:11.85	+00:08:35 (20.8%)	8:14	7.3 (79.3%)
69	WALESZKO Adam	122	PASJA NORDIC WALKING	M-Jun.	2			00:21:02	00:41:28.80	+00:08:52 (21.4%)	8:17	7.2 (78.3%)
70	PAWŁOWSKA Angelika	81	BACZYŃSKI TEAM	K-Jun.	5			00:21:19	00:41:32.65	+00:08:55 (21.5%)	8:18	7.2 (78.3%)
71	ADAMCZYK Justyna	1	NEW4YOU STUDIO TRENINGU	K30-39	5			00:20:38	00:41:36.70	+00:08:59 (21.6%)	8:19	7.2 (78.3%)
72	KALINOWSKI Jacek	154		M60-64	6			00:21:23	00:41:36.75	+00:08:59 (21.6%)	8:19	7.2 (78.3%)
73	MAJEWSKI Włodzimierz	63	WTW WŁOCŁAWEK	M65-69	7			00:20:55	00:42:01.15	+00:09:24 (22.4%)	8:24	7.1 (77.2%)
74	NOWAKOWSKA Irena	72	AVOCCADO WELLNESS CLUB	K70+	1			00:20:50	00:42:15.85	+00:09:39 (22.8%)	8:27	7.1 (77.2%)
75	LEŻNICKA-BUDYNEK Agnieszka	61	TEAM FIRANKARNIA	K50-54	2			00:21:03	00:42:27.40	+00:09:50 (23.2%)	8:29	7.1 (77.2%)
76	SUGAY Larysa	108		K40-44	6			00:21:15	00:42:58.15	+00:10:21 (24.1%)	8:35	7 (76.1%)
77	GDAŃSKA Aneta	28		K45-49	5			00:21:34	00:43:08.30	+00:10:31 (24.4%)	8:37	7 (76.1%)
78	WIERZCHOSŁAWSKI Marcel	149		M-Dzieci	4			00:20:09	00:43:28.65	+00:10:51 (25.0%)	8:41	6.9 (75.0%)
79	KUSZEWSKA Wiktoria	59	BACZYŃSKI TEAM	K-Jun.	6			00:21:22	00:43:30.10	+00:10:53 (25.0%)	8:42	6.9 (75.0%)
80	PAJĘCKI Adam	78	PARAKULOS KOWAL	M60-64	7			00:21:52	00:43:42.15	+00:11:05 (25.4%)	8:44	6.9 (75.0%)
81	SIKORSKI Kazimierz	98	WTW WŁOCŁAWEK	M70+	6			00:21:18	00:43:56.00	+00:11:19 (25.8%)	8:47	6.8 (73.9%)
82	CHYREK Renata	15		K55-59	3			00:21:49	00:44:06.95	+00:11:30 (26.1%)	8:49	6.8 (73.9%)
83	ROSIŃSKA Wiesława	91	PARAKULOS KOWAL	K40-44	7			00:22:05	00:44:16.45	+00:11:39 (26.3%)	8:51	6.8 (73.9%)

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84	BAZELA Henryka	3	PARAKULOS KOWAL	K60-64	3			00:22:22	00:44:35.15	+00:11:58 (26.9%)	8:55	6.7 (72.8%)
85	NOWAK Joanna	147		K50-54	3			00:21:58	00:44:46.45	+00:12:09 (27.2%)	8:57	6.7 (72.8%)
86	SMARDZEWSKA Zuzanna	99		K-Jun.	7			00:22:58	00:44:47.45	+00:12:10 (27.2%)	8:57	6.7 (72.8%)
87	WNUKIEWICZ Paulina	129		K-Jun.	8			00:22:59	00:44:48.25	+00:12:11 (27.2%)	8:57	6.7 (72.8%)
88	BILIŃSKA Danuta	8	WTW WŁOCŁAWEK	K60-64	4			00:21:43	00:44:49.50	+00:12:12 (27.2%)	8:58	6.7 (72.8%)
89	WITKOWSKA Natalia	128	BACZYŃSKI TEAM	K-Jun.	9			00:21:32	00:45:09.15	+00:12:32 (27.8%)	9:01	6.6 (71.7%)
90	PANKIEWICZ- DMOWSKA Cecylia	79	FACE NORDIC WALKING TEAM	K70+	2			00:22:37	00:45:46.60	+00:13:09 (28.8%)	9:09	6.6 (71.7%)
91	NOWAK Adrianna	150		K30-39	6			00:22:46	00:45:54.80	+00:13:18 (29.0%)	9:11	6.5 (70.7%)
92	KĘDZIERSKA Edyta	153	PFNW	K45-49	6			00:23:13	00:45:56.20	+00:13:19 (29.0%)	9:11	6.5 (70.7%)
93	ŻYWICA Zuzanna	138	WTW WŁOCŁAWEK	K55-59	4			00:23:01	00:45:56.40	+00:13:19 (29.0%)	9:11	6.5 (70.7%)
94	DUTKIEWICZ Anna	24		K40-44	8			00:23:03	00:45:57.55	+00:13:20 (29.0%)	9:11	6.5 (70.7%)
95	MOTOCZYŃSKA Aleksandra	69	GOSIR OSIELSKO	K60-64	5			00:22:40	00:46:18.00	+00:13:41 (29.6%)	9:15	6.5 (70.7%)
96	HINEBORG Bogumiła	33	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	4			00:22:56	00:46:18.45	+00:13:41 (29.6%)	9:15	6.5 (70.7%)
97	SZCZEPANIAK Barbara	111	WTW WŁOCŁAWEK	K65-69	4			00:23:32	00:46:22.70	+00:13:45 (29.7%)	9:16	6.5 (70.7%)
98	MALINOWSKA Grażyna	65	LKS ZANTYR SZTUM	K70+	3			00:22:44	00:46:32.65	+00:13:55 (29.9%)	9:18	6.4 (69.6%)
99	WALCZAK Agnieszka	120		K45-49	7			00:22:57	00:46:36.45	+00:13:59 (30.0%)	9:19	6.4 (69.6%)
100	SKOWROŃSKA- ŁOPIŃSKA Genowefa	132	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K65-69	5			00:23:11	00:46:43.25	+00:14:06 (30.2%)	9:20	6.4 (69.6%)
101	NIEWIADOMSKA Zofia	71		K55-59	5			00:23:00	00:46:44.05	+00:14:07 (30.2%)	9:20	6.4 (69.6%)
102	BRODZIŃSKA Ewelina	10		K40-44	9			00:23:44	00:46:57.85	+00:14:21 (30.6%)	9:23	6.4 (69.6%)
103	KUSIAK Maria	58		K65-69	6			00:23:45	00:47:21.15	+00:14:44 (31.1%)	9:28	6.3 (68.5%)
104	OGONOWSKA Edyta	143	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	6			00:23:40	00:47:24.85	+00:14:48 (31.2%)	9:29	6.3 (68.5%)
105	ZIĘTARSKI Tomasz	146		M50-54	5			00:23:28	00:47:25.25	+00:14:48 (31.2%)	9:29	6.3 (68.5%)
106	STOCKA Oliwia	107	BACZYŃSKI TEAM	K-Jun.	10			00:21:54	00:47:34.15	+00:14:57 (31.4%)	9:30	6.3 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
107	SEJDOWSKA Karolina	95		K-Jun.	11			00:21:35	00:47:34.60	+00:14:57 (31.5%)	9:31	6.3 (68.5%)
108	SARNIAK Dariusz	94	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	2			00:23:33	00:47:50.85	+00:15:14 (31.8%)	9:34	6.3 (68.5%)
109	GROBELNA Jadwiga	30	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	1			00:24:01	00:48:09.75	+00:15:32 (32.3%)	9:38	6.2 (67.4%)
110	BEDNARSKA Małgorzata	4	SERCE NORDICA WŁOCŁAWEK	K65-69	7			00:24:11	00:48:11.50	+00:15:34 (32.3%)	9:38	6.2 (67.4%)
111	KRALSKA Anna	54	WTW WŁOCŁAWEK	K- Niepełnosprawni(B)	2			00:24:05	00:48:18.00	+00:15:41 (32.5%)	9:39	6.2 (67.4%)
112	DUSZEŃKO Elwira	23	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:24:12	00:48:19.55	+00:15:42 (32.5%)	9:40	6.2 (67.4%)
113	SEKUŁA Karolina	96	TORUŃ - IDZIEMY BEZ RYZYKA	K30-39	7			00:23:51	00:48:20.80	+00:15:44 (32.5%)	9:40	6.2 (67.4%)
114	KARCZEWSKI Krzysztof	44		M30-39	4			00:23:49	00:48:25.25	+00:15:48 (32.6%)	9:41	6.2 (67.4%)
115	ROSIŃSKA Ewelina	92	BACZYŃSKI TEAM	K-Jun.	12			00:24:15	00:48:26.70	+00:15:49 (32.7%)	9:41	6.2 (67.4%)
116	CZERNIK Teresa	16	WTW WŁOCŁAWEK	K65-69	8			00:24:24	00:48:45.50	+00:16:08 (33.1%)	9:45	6.2 (67.4%)
117	SNOPKOWSKA Emilia	100	PARAKULOS KOWAL	K30-39	8			00:24:13	00:49:06.30	+00:16:29 (33.6%)	9:49	6.1 (66.3%)
118	SZYMAŃSKA Danuta	115		K45-49	8			00:24:46	00:49:09.75	+00:16:32 (33.7%)	9:50	6.1 (66.3%)
119	STARSKA Ewa	144		K60-64	6			00:24:18	00:49:14.05	+00:16:37 (33.8%)	9:50	6.1 (66.3%)
120	BARTOSIK Krystyna	2		K60-64	7			00:25:06	00:49:28.60	+00:16:51 (34.1%)	9:53	6.1 (66.3%)
121	PAWŁOWSKA Wanda	80	WTW WŁOCŁAWEK	K60-64	8			00:25:09	00:49:41.60	+00:17:04 (34.4%)	9:56	6 (65.2%)
122	KOCIŃSKI Leszek	47	WTW WŁOCŁAWEK	M70+	7			00:25:52	00:51:26.10	+00:18:49 (36.6%)	10:17	5.8 (63.0%)
123	WYCISŁO Romuald	133	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M- Niepełnosprawni(B)	3			00:25:58	00:51:49.65	+00:19:12 (37.1%)	10:21	5.8 (63.0%)
124	STANOWSKA Monika	152		K40-44	10			00:24:56	00:52:16.20	+00:19:39 (37.6%)	10:27	5.7 (62.0%)
125	PESTA Marek	82		M55-59	4			00:25:34	00:52:59.85	+00:20:23 (38.5%)	10:36	5.7 (62.0%)
126	KAMIŃSKA Katarzyna	43		K45-49	9			00:25:45	00:53:24.85	+00:20:48 (38.9%)	10:40	5.6 (60.9%)
127	DROP Mieczysław	20	KS SOKÓŁ GAŚAWA	M70+	8			00:26:59	00:53:39.00	+00:21:02 (39.2%)	10:43	5.6 (60.9%)
128	PIEROWSKA Halina	83	WTW WŁOCŁAWEK	K70+	4			00:26:39	00:55:10.70	+00:22:33 (40.9%)	11:02	5.4 (58.7%)
129	KAŁAMAJSKA Barbara	42	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	9			00:27:52	00:55:48.55	+00:23:11 (41.6%)	11:09	5.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	ZAKRZEWSKA Bogumiła	134	WTW WŁOCŁAWEK	K65-69	9			00:28:08	00:57:48.25	+00:25:11 (43.6%)	11:33	5.2 (56.5%)
131	JAKUBOWSKA Hanna	34	WTW WŁOCŁAWEK	K65-69	10			00:28:08	00:58:03.20	+00:25:26 (43.8%)	11:36	5.2 (56.5%)
132	JASINSKA Krystyna	36	PARAKULOS KOWAL	K65-69	11			00:27:24	01:00:02.15	+00:27:25 (45.7%)	12:00	5 (54.3%)
133	KOWALEWSKA Dorota	156		K40-44	11							(0.0%)
134	DOPIERAŁA Amelia	155		K-Jun.	13							(0.0%)
	JAKUBOWSKI Marian	35	WTW WŁOCŁAWEK	M70+				00:27:52 DNF	DNF		-	- (0.0%)

Znaleziono 135 wynik(ów)