WŁOCŁAWEK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-09
Miejsce: Włocławek
Dystans: 5 km

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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	**FRĄCKOWIAK 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-FRĄCKOWIAK 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%)

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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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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 GĄSAWA	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	**JÓŹWIAK 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 GĄSAWA	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 GĄSAWA	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	**LEŹNICKA-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 netto 5km	Różn	Tempo min/km	Tempo km/h
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 GĄSAWA	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)