

WROCŁAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-10-02
Miejsce: Wrocław
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WOROCH Roman	228	KS METRACO POLKOWICE	M50-59	1	00:32:09	00:15:08	00:30:40.05	01:02:49.55		6:08	9.8 (100%)
2	ROŻYNEK Miron	174		M50-59	2	00:32:10	00:15:25	00:31:14.25	01:03:24.55	+00:00:34 (1.8%)	6:14	9.6 (98.0%)
3	MIELCAREK Leszek	132	NIERZESZONY	M60-69	1	00:32:42	00:15:48	00:31:52.30	01:04:35.05	+00:01:12 (3.8%)	6:22	9.4 (95.9%)
4	KRYŚ Artur	106	KS METRACO POLKOWICE	M40-49	1	00:31:50	00:15:44	00:31:53.25	01:03:43.50	+00:01:13 (3.8%)	6:22	9.4 (95.9%)
5	MATECKI Ryszard	126		M60-69	2	00:32:44	00:15:47	00:31:55.65	01:04:39.75	+00:01:15 (3.9%)	6:23	9.4 (95.9%)
6	ANDRZEJEWSKI Mieczysław	11	MARSZ PO ZDROWIE	M50-59	3	00:32:11	00:15:49	00:32:30.50	01:04:42.35	+00:01:50 (5.7%)	6:30	9.2 (93.9%)
7	TOMCZYK Edward	257	MARSZ PO ZDROWIE	M60-69	3	00:32:43	00:16:14	00:32:58.20	01:05:41.55	+00:02:18 (7.0%)	6:35	9.1 (92.9%)
8	SPYCHAŁA Marzena	187	WESOŁY BORSUK TEAM	K40-49	1	00:36:15	00:16:36	00:33:24.15	01:09:39.30	+00:02:44 (8.2%)	6:40	9 (91.8%)
9	PARTYKA Teresa	155	WESOŁY BORSUK TEAM	K50-59	1	00:36:57	00:16:37	00:33:32.50	01:10:30.35	+00:02:52 (8.6%)	6:42	8.9 (90.8%)
10	ROSADZIŃSKI Sławomir	173		M40-49	2	00:31:49	00:16:39	00:33:36.35	01:05:26.20	+00:02:56 (8.7%)	6:43	8.9 (90.8%)
11	GRYGOROWICZ Bogdan	77	KS METRACO POLKOWICE	M60-69	4	00:32:43	00:16:17	00:33:37.80	01:06:21.25	+00:02:57 (8.8%)	6:43	8.9 (90.8%)
12	GRZEBSKI Janusz	78	RAJSPOORT ACTIV	M40-49	3	00:31:51	00:16:48	00:34:03.45	01:05:55.25	+00:03:23 (10.0%)	6:48	8.8 (89.8%)
13	ZAPAŁA Daniel	235	KIJOWE MORSY WROCŁAW	M30-39	1	00:31:27	00:16:43	00:34:05.05	01:05:32.45	+00:03:25 (10.0%)	6:49	8.8 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
14	RACŁAWSKI Jan	170	NIEZRZESZONY	M60-69	5	00:32:44	00:17:27	00:35:05.35	01:07:49.75	+00:04:25 (12.6%)	7:01	8.6 (87.8%)
15	MIKOŁAJCZAK Jan	134	KS METRACO POLKOWICE	M60-69	6	00:32:43	00:17:25	00:35:09.15	01:07:52.80	+00:04:29 (12.8%)	7:01	8.5 (86.7%)
16	POLISZCZUK Piotr	165		M50-59	4	00:32:10	00:17:22	00:35:11.35	01:07:21.45	+00:04:31 (12.8%)	7:02	8.5 (86.7%)
17	SULIKOWSKA Agnieszka	196		K30-39	1	00:35:42	00:17:24	00:35:13.90	01:10:56.25	+00:04:33 (13.0%)	7:02	8.5 (86.7%)
18	SITKOWSKI Konrad	184		M30-39	2	00:31:26	00:17:25	00:35:20.50	01:06:46.80	+00:04:40 (13.2%)	7:04	8.5 (86.7%)
19	PARTYKA Tomasz	293	SANTANDER CONSUMER BANK	M40-49	4	00:31:55	00:17:45	00:35:27.20	01:07:22.25	+00:04:47 (13.5%)	7:05	8.5 (86.7%)
20	GIBAS Sławomir	71		M30-39	3	00:31:26	00:17:36	00:35:30.70	01:06:57.00	+00:04:50 (13.6%)	7:06	8.4 (85.7%)
21	RYBAŁTOWSKI Paweł	178		M70+	1	00:33:18	00:17:58	00:35:36.00	01:08:54.25	+00:04:55 (13.9%)	7:07	8.4 (85.7%)
22	ŁADOŃSKI Ryszard	116		M50-59	5	00:32:10	00:17:56	00:35:36.85	01:07:47.80	+00:04:56 (13.9%)	7:07	8.4 (85.7%)
23	FEDECZKO Edyta	62		K40-49	2	00:36:15	00:17:25	00:35:38.95	01:11:54.45	+00:04:58 (14.0%)	7:07	8.4 (85.7%)
24	CIEŚLIKIEWICZ Urszula	42		K40-49	3	00:36:22	00:18:11	00:36:08.20	01:12:30.55	+00:05:28 (15.1%)	7:13	8.3 (84.7%)
25	KOPIJ Grzegorz	97		M30-39	4	00:31:28	00:18:16	00:36:12.30	01:07:41.05	+00:05:32 (15.3%)	7:14	8.3 (84.7%)
26	BEDNARZ Krzysztof	16	SCB	M30-39	5	00:31:26	00:17:55	00:36:14.00	01:07:40.15	+00:05:33 (15.4%)	7:14	8.3 (84.7%)
27	RUTKOWSKI Dariusz	177	AZS DSW	M40-49	5	00:31:50	00:17:41	00:36:18.80	01:08:09.25	+00:05:38 (15.5%)	7:15	8.3 (84.7%)
28	KOPCZYŃSKI Jakub	96	KRUSZYNA	M19-29	1	00:30:54	00:17:46	00:36:22.25	01:07:16.95	+00:05:42 (15.7%)	7:16	8.2 (83.7%)
29	WOJCIECHOWSKI Szymon	225	KIJOWE MORSY WROCŁAW	M19-29	2	00:30:55	00:17:49	00:36:27.80	01:07:23.35	+00:05:47 (15.9%)	7:17	8.2 (83.7%)
30	WARCZALSKA Teresa	215	STADION ŚLĄSKI	K60-69	1	00:37:31	00:18:10	00:36:35.25	01:14:06.25	+00:05:55 (16.2%)	7:19	8.2 (83.7%)
31	ROMIANIUK Grzegorz	301	KOLBUSZOWA	M50-59	6	00:32:11	00:17:59	00:36:46.65	01:08:58.35	+00:06:06 (16.6%)	7:21	8.2 (83.7%)
32	DROZD Maria	58	NORDIC WALKING KRUSZYNA	K40-49	4	00:36:15	00:18:16	00:36:49.85	01:13:05.35	+00:06:09 (16.7%)	7:22	8.1 (82.7%)
33	KLAPETURA Władisław	306		M19-29	3	00:30:56	00:18:05	00:36:54.45	01:07:50.50	+00:06:14 (16.9%)	7:22	8.1 (82.7%)
34	CHOŁODECKA Marta	41		K11-14	1	00:34:36	00:18:24	00:37:18.05	01:11:54.55	+00:06:38 (17.8%)	7:27	8 (81.6%)
35	GRZYWOCZ Irena	79	PROFIT SPORT TEAM	K60-69	2	00:37:31	00:18:30	00:37:26.40	01:14:57.40	+00:06:46 (18.1%)	7:29	8 (81.6%)
36	PISAREK Kamila	161	KIJOWE MORSY WROCŁAW	K19-29	1	00:35:18	00:18:36	00:37:29.75	01:12:48.25	+00:06:49 (18.2%)	7:30	8 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
37	MUCHA Maciej	139	NIEZRZESZONY	M40-49	6	00:31:50	00:18:23	00:37:31.15	01:09:22.10	+00:06:51 (18.3%)	7:30	8 (81.6%)
38	DOBROWOLSKA-ŚWIĄTEK Elżbieta	53		K50-59	2	00:36:57	00:18:45	00:37:43.75	01:14:41.70	+00:07:03 (18.7%)	7:32	8 (81.6%)
39	GIBKI Łukasz	271	SANTANDER CONSUMER BANK	M30-39	6	00:31:27	00:18:45	00:37:45.15	01:09:12.85	+00:07:05 (18.8%)	7:33	7.9 (80.6%)
40	MATYJA Anna	127		K40-49	5	00:36:16	00:18:35	00:37:47.85	01:14:03.95	+00:07:07 (18.9%)	7:33	7.9 (80.6%)
41	MUCIEK Paweł	142	SANTANDER CONSUMER BANK	M40-49	7	00:31:52	00:18:28	00:37:47.95	01:09:40.55	+00:07:07 (18.9%)	7:33	7.9 (80.6%)
42	WOJCIECHOWSKA Katarzyna	223	PLESZEWSKIE WŁÓCZYKIJE	K40-49	6	00:36:17	00:18:44	00:37:50.70	01:14:08.10	+00:07:10 (19.0%)	7:34	7.9 (80.6%)
43	WOJCIECHOWSKA Anna	224	PLESZEWSKIE WŁÓCZYKIJE	K15-18	1	00:34:37	00:19:06	00:38:00.25	01:12:38.20	+00:07:20 (19.3%)	7:36	7.9 (80.6%)
44	SZCZEGIELNIAK Joanna	198		K40-49	7	00:36:16	00:19:05	00:38:06.25	01:14:22.50	+00:07:26 (19.5%)	7:37	7.9 (80.6%)
45	AGARWAL Ritu	7		K40-49	8	00:36:20	00:18:55	00:38:06.80	01:14:27.15	+00:07:26 (19.5%)	7:37	7.9 (80.6%)
46	ADAMOWICZ Andrzej	2		M70+	2	00:33:16	00:19:01	00:38:17.40	01:11:33.45	+00:07:37 (19.9%)	7:39	7.8 (79.6%)
47	PUZICHOWSKA Małgorzata	169		K50-59	3	00:36:58	00:19:01	00:38:18.75	01:15:17.40	+00:07:38 (20.0%)	7:39	7.8 (79.6%)
48	BIK Przemysław	21	KS METRACO POLKOWICE	M11-14	1	00:30:28	00:19:30	00:38:29.45	01:08:57.75	+00:07:49 (20.3%)	7:41	7.8 (79.6%)
49	DOMATOWICZ Dorota	55		K40-49	9	00:36:28	00:19:23	00:38:41.55	01:15:10.05	+00:08:01 (20.7%)	7:44	7.8 (79.6%)
50	PIĄTKOWSKI Józef	159	KS METRACO POLKOWICE	M70+	3	00:33:18	00:19:12	00:38:43.95	01:12:02.50	+00:08:03 (20.8%)	7:44	7.7 (78.6%)
51	WALULIK Aneta	214	NORDIC WALKING WE WROCŁAWIU	K40-49	10	00:36:19	00:19:16	00:38:56.40	01:15:15.85	+00:08:16 (21.2%)	7:47	7.7 (78.6%)
52	SZYMAŃSKI Mirosław	206	SANTANDER CONSUMER BANK	M40-49	8	00:31:54	00:19:30	00:38:59.50	01:10:53.75	+00:08:19 (21.3%)	7:47	7.7 (78.6%)
53	ALEKSANDROWICZ Maria	9	NORDIC WALKING WE WROCŁAWIU	K11-14	2	00:33:49	00:19:46	00:39:00.20	01:12:49.55	+00:08:20 (21.4%)	7:48	7.7 (78.6%)
54	DZIERZEGA Ewa	61		K40-49	11	00:36:21	00:19:35	00:39:01.00	01:15:22.35	+00:08:20 (21.4%)	7:48	7.7 (78.6%)
55	ADAMSKA Danuta	3		K60-69	3	00:37:31	00:19:04	00:39:01.55	01:16:33.20	+00:08:21 (21.4%)	7:48	7.7 (78.6%)
56	GÓRSKI Henryk	256		M60-69	7	00:32:46	00:19:22	00:39:07.20	01:11:53.35	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
57	PAL Robert	153		M30-39	7	00:31:27	00:18:58	00:39:07.25	01:10:34.35	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
58	FEDKO Aleksandra	262	SANTANDER CONSUMER BANK	K11-14	3	00:33:52	00:19:53	00:39:07.75	01:13:00.60	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
59	BOCHMAN Agata	268	SANTANDER CONSUMER BANK	K11-14	4	00:33:52	00:19:36	00:39:07.85	01:13:00.05	+00:08:27 (21.6%)	7:49	7.7 (78.6%)

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60	MARKOWSKA Alina	275	SANTANDER CONSUMER BANK	K11-14	5	00:33:53	00:19:43	00:39:11.50	01:13:05.05	+00:08:31 (21.7%)	7:50	7.7 (78.6%)
61	DĘBSKA Małgorzata	51	SANTANDER CONSUMER BANK	K30-39	2	00:35:46	00:19:44	00:39:12.55	01:14:58.65	+00:08:32 (21.8%)	7:50	7.7 (78.6%)
62	NOWACZYK Lidia	144	PLESZEWSKIE WŁÓCZYKIJE	K30-39	3	00:35:41	00:19:34	00:39:13.05	01:14:54.80	+00:08:33 (21.8%)	7:50	7.6 (77.6%)
63	KLEPACZ Natalia	284	SANTANDER CONSUMER BANK	K15-18	2	00:35:19	00:19:59	00:39:14.30	01:14:33.70	+00:08:34 (21.8%)	7:50	7.6 (77.6%)
64	BERNASIEWICZ Józef	17	AKADEMIA MARSZU NORDIC WALKING	M50-59	7	00:32:10	00:19:40	00:39:18.40	01:11:28.45	+00:08:38 (22.0%)	7:51	7.6 (77.6%)
65	NOWAK Małgorzata	145	SANTANDER CONSUMER BANK	K30-39	4	00:35:44	00:19:38	00:39:24.10	01:15:08.75	+00:08:44 (22.2%)	7:52	7.6 (77.6%)
66	WORONKO-ZACZYŃSKA Janina	229	KS METRACO POLKOWICE	K70+	1	00:37:46	00:19:40	00:39:26.20	01:17:12.80	+00:08:46 (22.2%)	7:53	7.6 (77.6%)
67	GOLENIA Reinhold	72	NIEZRZESZONY	M50-59	8	00:32:14	00:19:26	00:39:26.30	01:11:40.35	+00:08:46 (22.2%)	7:53	7.6 (77.6%)
68	NAWELSKI Krzysztof	143		M40-49	9	00:31:53	00:19:29	00:39:27.15	01:11:20.70	+00:08:47 (22.3%)	7:53	7.6 (77.6%)
69	JAKUĆ Krzysztof	85	SANTANDER CONSUMER BANK	M40-49	10	00:31:51	00:19:45	00:39:27.45	01:11:18.50	+00:08:47 (22.3%)	7:53	7.6 (77.6%)
70	MUCIEK Karolina	141	SANTANDER CONSUMER BANK	K15-18	3	00:34:36	00:19:43	00:39:27.50	01:14:03.65	+00:08:47 (22.3%)	7:53	7.6 (77.6%)
71	GRABNA Joanna	75		K30-39	5	00:35:41	00:19:45	00:39:28.20	01:15:09.75	+00:08:48 (22.3%)	7:53	7.6 (77.6%)
72	CZERWIŃSKI Tomasz	46	SANTANDER CONSUMER BANK	M40-49	11	00:31:54	00:20:06	00:39:31.90	01:11:26.00	+00:08:51 (22.4%)	7:54	7.6 (77.6%)
73	WNĘTRZAK Aneta	222		K19-29	2	00:35:17	00:20:00	00:39:39.25	01:14:56.65	+00:08:59 (22.7%)	7:55	7.6 (77.6%)
74	PAWLUKIEWICZ Lena	263	SANTANDER CONSUMER BANK	K11-14	6	00:33:52	00:19:53	00:39:40.35	01:13:33.15	+00:09:00 (22.7%)	7:56	7.6 (77.6%)
75	KOSICKA Beata	98	NORDIC WALKING KIEKRZ	K40-49	12	00:36:25	00:20:05	00:39:42.05	01:16:07.10	+00:09:02 (22.8%)	7:56	7.6 (77.6%)
76	FIUK Basia	312		K15-18	4	00:34:36	00:19:49	00:39:46.30	01:14:22.70	+00:09:06 (22.9%)	7:57	7.5 (76.5%)
77	MORAWIEC Anna	136	SANTANDER CONSUMER BANK	K40-49	13	00:36:26	00:20:05	00:39:48.15	01:16:15.00	+00:09:08 (23.0%)	7:57	7.5 (76.5%)
78	RUTKOWSKA Małgorzata	176	AZS DSW	K40-49	14	00:36:24	00:20:04	00:39:49.05	01:16:13.10	+00:09:09 (23.0%)	7:57	7.5 (76.5%)
79	BIELAWSKI Zdzisław	20	AKADEMIAMARSZUNORDICWALKING	M60-69	8	00:32:44	00:19:29	00:39:53.10	01:12:37.55	+00:09:13 (23.1%)	7:58	7.5 (76.5%)
80	SZCZYGIEŁ Aleksander	200	SANTANDER CONSUMER BANK	M30-39	8	00:31:27	00:19:48	00:39:53.40	01:11:20.50	+00:09:13 (23.1%)	7:58	7.5 (76.5%)
80	ADAMSKI Tomasz	5		M50-59	9	00:32:12	00:19:37	00:39:53.40	01:12:06.05	+00:09:13 (23.1%)	7:58	7.5 (76.5%)
82	JAGODZIŃSKI Andrzej	83		M50-59	10	00:32:11	00:19:37	00:39:58.95	01:12:10.40	+00:09:18 (23.3%)	7:59	7.5 (76.5%)

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83	REMISZEWSKI Adam	259		M70+	4	00:33:16	00:19:38	00:39:59.00	01:13:15.35	+00:09:18 (23.3%)	7:59	7.5 (76.5%)
84	KUBICKA Barbara	260		K50-59	4	00:37:05	00:20:12	00:40:01.20	01:17:06.40	+00:09:21 (23.4%)	8:00	7.5 (76.5%)
85	MAJ Amelia	258		K11-14	7	00:33:51	00:20:14	00:40:01.75	01:13:53.55	+00:09:21 (23.4%)	8:00	7.5 (76.5%)
86	CZERWIŃSKA Dominika	45	SANTANDER CONSUMER BANK	K11-14	8	00:33:49	00:19:45	00:40:03.15	01:13:52.60	+00:09:23 (23.4%)	8:00	7.5 (76.5%)
87	WITKOWSKA Elżbieta	221	RIGHT WAY	K60-69	4	00:37:32	00:19:43	00:40:06.45	01:17:39.25	+00:09:26 (23.5%)	8:01	7.5 (76.5%)
88	WOŹNIAKIEWICZ Julia	230	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K15-18	5	00:34:37	00:19:59	00:40:10.15	01:14:47.50	+00:09:30 (23.7%)	8:02	7.5 (76.5%)
89	MAJERCZYK-GODLEWSKA Jadwiga	123		K40-49	15	00:36:18	00:19:57	00:40:12.60	01:16:30.95	+00:09:32 (23.7%)	8:02	7.5 (76.5%)
90	LENDOR Żaneta	251		K30-39	6	00:35:43	00:19:58	00:40:14.70	01:15:58.50	+00:09:34 (23.8%)	8:03	7.5 (76.5%)
91	BORUCH Joanna	32	NIEZRZESZONA	K50-59	5	00:36:58	00:19:51	00:40:15.30	01:17:14.20	+00:09:35 (23.8%)	8:03	7.5 (76.5%)
92	BIELAWSKA Natalia	299	SANTANDER CONSUMER BANK	K19-29	3	00:35:19	00:20:00	00:40:25.30	01:15:44.30	+00:09:45 (24.1%)	8:05	7.4 (75.5%)
93	GAŚIOREK Danuta	70	AKTYWNY WAŁBRZYCH	K50-59	6	00:37:00	00:20:20	00:40:28.65	01:17:29.15	+00:09:48 (24.2%)	8:05	7.4 (75.5%)
94	KRUPCHENKO Oleksandr	104		M40-49	12	00:31:53	00:20:42	00:40:29.45	01:12:22.85	+00:09:49 (24.3%)	8:05	7.4 (75.5%)
95	KLEPACZ Mariusz	92		M40-49	13	00:31:52	00:20:57	00:40:30.95	01:12:23.00	+00:09:50 (24.3%)	8:06	7.4 (75.5%)
96	SZCZEPANIAK Justyna	199	SANTANDER CONSUMER BANK	K30-39	7	00:35:47	00:20:05	00:40:33.85	01:16:21.00	+00:09:53 (24.4%)	8:06	7.4 (75.5%)
97	FEDKO Małgorzata	261	SANTANDER CONSUMER BANK	K30-39	8	00:35:47	00:20:08	00:40:43.75	01:16:31.70	+00:10:03 (24.7%)	8:08	7.4 (75.5%)
98	PAPIERNIK Justyna	154		K30-39	9	00:35:44	00:20:06	00:40:44.25	01:16:28.35	+00:10:04 (24.7%)	8:08	7.4 (75.5%)
99	POZNYSZ Michał	166	SANTANDER CONSUMER BANK	M11-14	2	00:30:29	00:20:51	00:40:46.00	01:11:15.80	+00:10:05 (24.8%)	8:09	7.4 (75.5%)
100	KOWALCZYK Magdalena	100		K30-39	10	00:35:45	00:20:26	00:40:46.10	01:16:31.70	+00:10:06 (24.8%)	8:09	7.4 (75.5%)
101	MĘDRAK Józef	128		M60-69	9	00:32:45	00:20:14	00:40:52.05	01:13:37.05	+00:10:12 (25.0%)	8:10	7.3 (74.5%)
102	WÓJCIK Henryk	253	UTW OLEŚNICA	M70+	5	00:33:16	00:20:22	00:40:56.30	01:14:12.75	+00:10:16 (25.1%)	8:11	7.3 (74.5%)
103	HERMAN Ewa	297		K50-59	7	00:36:59	00:20:32	00:40:57.30	01:17:56.80	+00:10:17 (25.1%)	8:11	7.3 (74.5%)
104	GOLENIA Irmgarda	73	NIEZRZESZONA	K50-59	8	00:36:58	00:20:32	00:41:00.20	01:17:58.20	+00:10:20 (25.2%)	8:12	7.3 (74.5%)
105	WYSOCKA Magdalena	233		K19-29	4	00:35:18	00:20:12	00:41:03.30	01:16:21.95	+00:10:23 (25.3%)	8:12	7.3 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
106	WARGOCKA Agnieszka	217		K40-49	16	00:36:26	00:20:48	00:41:06.85	01:17:32.90	+00:10:26 (25.4%)	8:13	7.3 (74.5%)
107	ŁADOŃSKA Ewa	115		K50-59	9	00:37:03	00:20:36	00:41:12.85	01:18:16.65	+00:10:32 (25.6%)	8:14	7.3 (74.5%)
108	MUCHA Honorata	140	NIEZRZESZONA	K40-49	17	00:36:19	00:20:39	00:41:14.60	01:17:34.15	+00:10:34 (25.6%)	8:15	7.3 (74.5%)
109	ADAMSKA Iwona	4		K40-49	18	00:36:23	00:21:00	00:41:16.50	01:17:39.65	+00:10:36 (25.7%)	8:15	7.3 (74.5%)
110	TURONEK-PRZYBYSZ Roberta	209		K30-39	11	00:35:45	00:20:33	00:41:25.25	01:17:11.20	+00:10:45 (26.0%)	8:17	7.2 (73.5%)
111	ARTYMICZ Maria	291		K60-69	5	00:37:30	00:20:18	00:41:25.55	01:18:56.35	+00:10:45 (26.0%)	8:17	7.2 (73.5%)
112	BARTUSIK-URBAN Jadwiga	15	SANTANDER CONSUMER BANK	K40-49	19	00:36:16	00:20:32	00:41:28.15	01:17:44.45	+00:10:48 (26.0%)	8:17	7.2 (73.5%)
113	FIUK Staś	313		M11-14	3	00:30:28	00:20:12	00:41:32.45	01:12:01.25	+00:10:52 (26.2%)	8:18	7.2 (73.5%)
114	ROMIANIUK Krystyna	300	KOLBUSZOWA	K50-59	10	00:36:59	00:20:44	00:41:41.30	01:18:40.40	+00:11:01 (26.4%)	8:20	7.2 (73.5%)
115	WARPAS Barbara	218	SANTANDER CONSUMER BANK	K30-39	12	00:35:49	00:20:30	00:41:42.90	01:17:32.10	+00:11:02 (26.5%)	8:20	7.2 (73.5%)
116	ŁAMPIKA Andrzej	117		M60-69	10	00:32:47	00:20:42	00:41:43.25	01:14:30.30	+00:11:03 (26.5%)	8:20	7.2 (73.5%)
117	KNOPEK Hanna	93		K40-49	20	00:36:21	00:20:46	00:41:48.50	01:18:10.10	+00:11:08 (26.6%)	8:21	7.2 (73.5%)
118	KULBAKA Michał	289	SANTANDER CONSUMER BANK	M30-39	9	00:31:29	00:21:24	00:41:51.95	01:13:21.75	+00:11:11 (26.7%)	8:22	7.2 (73.5%)
119	PARTYKA Anna	292	SANTANDER CONSUMER BANK	K11-14	9	00:34:37	00:20:46	00:41:54.80	01:16:32.05	+00:11:14 (26.8%)	8:23	7.2 (73.5%)
120	JASZCZ Alina	87	RIGHT WAY	K60-69	6	00:37:35	00:20:17	00:41:55.95	01:19:31.20	+00:11:15 (26.9%)	8:23	7.2 (73.5%)
121	ŁUKASIEWICZ Barbara	119	TRENUJE Z NAMI	K30-39	13	00:35:44	00:20:53	00:41:58.75	01:17:43.35	+00:11:18 (26.9%)	8:23	7.1 (72.4%)
122	GLAZER Natalia	314		K19-29	5	00:45:28	00:21:54	00:42:00.65	01:27:28.95	+00:11:20 (27.0%)	8:24	7.1 (72.4%)
123	KUREK Monika	110		K40-49	21	00:45:27	00:21:57	00:42:02.70	01:27:29.90	+00:11:22 (27.1%)	8:24	7.1 (72.4%)
124	RUTKOWSKA Monika	175	AZS DSW	K11-14	10	00:33:54	00:21:01	00:42:04.55	01:15:58.80	+00:11:24 (27.1%)	8:24	7.1 (72.4%)
125	STADLER Jarosław	192		M40-49	14	00:32:13	00:21:07	00:42:06.65	01:14:19.85	+00:11:26 (27.2%)	8:25	7.1 (72.4%)
126	DĄBROWA Karolina	50		K19-29	6	00:35:17	00:20:51	00:42:08.65	01:17:25.80	+00:11:28 (27.2%)	8:25	7.1 (72.4%)
127	PRZYBYLSKA-JÓZEFIAK Beata	168		K40-49	22	00:36:19	00:21:03	00:42:09.35	01:18:28.60	+00:11:29 (27.3%)	8:25	7.1 (72.4%)
128	KOCHAN Robert	94		M40-49	15	00:31:50	00:20:43	00:42:11.95	01:14:02.80	+00:11:31 (27.3%)	8:26	7.1 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
129	KŁOSAK Żaneta	307	SANTANDER CONSUMER BANK	K19-29	7	00:35:19	00:20:54	00:42:18.05	01:17:37.85	+00:11:38 (27.5%)	8:27	7.1 (72.4%)
130	BANACH Maja	274	SANTANDER CONSUMER BANK	K11-14	11	00:33:50	00:20:29	00:42:20.10	01:16:10.70	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
131	KSIĘŻYK Dariusz	108		M40-49	16	00:31:53	00:21:20	00:42:20.30	01:14:13.80	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
132	DREISEITEL Andrzej	57		M50-59	11	00:32:11	00:21:01	00:42:20.90	01:14:32.75	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
133	NOWAK Danuta	146	SANTANDER CONSUMER BANK	K40-49	23	00:36:25	00:21:36	00:42:34.35	01:19:00.10	+00:11:54 (28.0%)	8:31	7 (71.4%)
134	ANDRZEJEWSKA Bogusława	10	MARSZ PO ZDROWIE	K50-59	11	00:36:58	00:21:14	00:42:37.30	01:19:35.90	+00:11:57 (28.0%)	8:31	7 (71.4%)
135	FLAM Katarzyna	250	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K15-18	6	00:34:37	00:21:03	00:42:39.40	01:17:17.35	+00:11:59 (28.1%)	8:32	7 (71.4%)
136	ORZECH Agnieszka	149	SANTANDER CONSUMER BANK	K30-39	14	00:35:50	00:21:23	00:42:43.15	01:18:33.15	+00:12:03 (28.2%)	8:32	7 (71.4%)
137	CZERWIŃSKA Małgorzata	44	SANTANDER CONSUMER BANK	K40-49	24	00:36:18	00:21:37	00:42:44.75	01:19:03.30	+00:12:04 (28.3%)	8:33	7 (71.4%)
138	WÓJCIK Irena	252	UTW OLEŚNICA	K70+	2	00:37:46	00:21:23	00:42:52.30	01:20:39.00	+00:12:12 (28.5%)	8:34	7 (71.4%)
139	KULBAKA Grażyna	288	SANTANDER CONSUMER BANK	K60-69	7	00:37:31	00:21:40	00:42:55.45	01:20:27.40	+00:12:15 (28.6%)	8:35	7 (71.4%)
140	ADAMIN Grażyna	1	KALISKA GRUPA ROWEROWA G7	K60-69	8	00:37:33	00:21:44	00:42:57.00	01:20:30.95	+00:12:16 (28.6%)	8:35	7 (71.4%)
141	TURCZYN Lubomir	290		M70+	6	00:33:16	00:21:34	00:43:03.80	01:16:20.35	+00:12:23 (28.8%)	8:36	7 (71.4%)
142	FIGIEL Anna	63		K30-39	15	00:35:53	00:20:41	00:43:05.60	01:18:59.15	+00:12:25 (28.8%)	8:37	7 (71.4%)
143	ZIÓŁKOWSKI Jan	242	SANTANDER CONSUMER BANK	M11-14	4	00:30:29	00:22:00	00:43:06.70	01:13:35.80	+00:12:26 (28.9%)	8:37	7 (71.4%)
144	ŻAKIEWICZ Marta	248	PARTNERZY-UNIwersYTET MEDYCZNY WROCŁAW	K40-49	25	00:36:18	00:21:50	00:43:07.15	01:19:26.05	+00:12:27 (28.9%)	8:37	7 (71.4%)
145	DYBALSKA Teresa	60	SANTANDER CONSUMER BANK	K60-69	9	00:37:33	00:21:39	00:43:20.25	01:20:53.40	+00:12:40 (29.2%)	8:40	6.9 (70.4%)
146	KLEPACZ Beata	283	SANTANDER CONSUMER BANK	K40-49	26	00:36:20	00:21:47	00:43:23.65	01:19:44.10	+00:12:43 (29.3%)	8:40	6.9 (70.4%)
147	RZEPKA Agnieszka	179		K30-39	16	00:35:41	00:22:00	00:43:34.65	01:19:16.55	+00:12:54 (29.6%)	8:43	6.9 (70.4%)
148	KOWALSKA-MAZUR Iwona	101		K40-49	27	00:35:42	00:22:12	00:43:47.10	01:19:30.00	+00:13:07 (30.0%)	8:45	6.8 (69.4%)
149	KUDLIŃSKA Wiktoria	109	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K15-18	7	00:34:37	00:21:48	00:43:50.50	01:18:28.45	+00:13:10 (30.0%)	8:46	6.8 (69.4%)
150	JURCZAK Dominika	88	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K15-18	8	00:34:37	00:21:49	00:43:52.35	01:18:29.40	+00:13:12 (30.1%)	8:46	6.8 (69.4%)
151	KWACH Małgorzata	311	SANTANDER CONSUMER BANK	K30-39	17	00:35:50	00:22:07	00:44:02.55	01:19:52.55	+00:13:22 (30.4%)	8:48	6.8 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
152	JAKUBOWSKA Olga	84		K50-59	12	00:37:02	00:22:02	00:44:07.25	01:21:10.20	+00:13:27 (30.5%)	8:49	6.8 (69.4%)
153	BOJKO-JARNICKA Agnieszka	264		K30-39	18	00:35:48	00:21:48	00:44:15.70	01:20:04.15	+00:13:35 (30.7%)	8:51	6.8 (69.4%)
154	SZUMIŁO Klara	201		K19-29	8	00:35:18	00:22:25	00:44:21.55	01:19:39.60	+00:13:41 (30.9%)	8:52	6.8 (69.4%)
155	SEKUŁA Kamila	183	SANTANDER CONSUMER BANK	K30-39	19	00:35:46	00:19:58	00:44:24.00	01:20:10.00	+00:13:43 (30.9%)	8:52	6.8 (69.4%)
156	ZAWIEJA Alicja	238		K30-39	20	00:35:48	00:21:50	00:44:27.95	01:20:16.85	+00:13:47 (31.0%)	8:53	6.7 (68.4%)
157	KAWECKA-JANIK Elżbieta	304		K60-69	10	00:37:05	00:22:05	00:44:42.00	01:21:47.80	+00:14:01 (31.4%)	8:56	6.7 (68.4%)
158	WLAZŁO Elżbieta	302		K70+	3	00:37:46	00:21:43	00:44:53.50	01:22:40.40	+00:14:13 (31.7%)	8:58	6.7 (68.4%)
159		294				00:37:01	00:22:38	00:44:58.55	01:21:59.70	+00:14:18 (31.8%)	8:59	6.7 (68.4%)
160	PRĘGOWSKA Ilona	167		K40-49	28	00:36:23	00:22:53	00:45:03.40	01:21:27.05	+00:14:23 (31.9%)	9:00	6.7 (68.4%)
161	ŻAK Teresa	245		K60-69	11	00:37:34	00:22:21	00:45:05.40	01:22:39.45	+00:14:25 (32.0%)	9:01	6.7 (68.4%)
162	JAGODZIŃSKA Bożena	82		K50-59	13	00:37:01	00:23:02	00:45:13.85	01:22:15.00	+00:14:33 (32.2%)	9:02	6.6 (67.3%)
163	MOCZARSKI Adam	135		M70+	7	00:33:17	00:21:55	00:45:22.55	01:18:39.90	+00:14:42 (32.4%)	9:04	6.6 (67.3%)
164	CEBRYŃ Katarzyna	38	KIJOWE MORSY WROCŁAW	K50-59	14	00:37:02	00:22:34	00:45:27.90	01:22:30.45	+00:14:47 (32.5%)	9:05	6.6 (67.3%)
165	KSIĘŻYK Agnieszka	107		K40-49	29	00:36:19	00:22:34	00:45:30.10	01:21:50.05	+00:14:50 (32.6%)	9:06	6.6 (67.3%)
166	SOBCZAK Hanna	308		K-OPEN	1	00:33:49	00:21:46	00:45:31.55	01:19:21.35	+00:14:51 (32.6%)	9:06	6.6 (67.3%)
167	MARCISZEWSKA Małgorzata	125		K40-49	30	00:36:26	00:23:18	00:45:36.90	01:22:03.70	+00:14:56 (32.8%)	9:07	6.6 (67.3%)
168	PLUTA Katarzyna	162	SANTANDER CONSUMER BANK	K30-39	21	00:37:00	00:22:16	00:45:40.65	01:22:41.45	+00:15:00 (32.9%)	9:08	6.6 (67.3%)
169	KRÓLAK Ilona	103		K40-49	31	00:36:29	00:22:33	00:45:41.25	01:22:11.10	+00:15:01 (32.9%)	9:08	6.6 (67.3%)
170	KWIECIEŃ Elżbieta	111	RIGHT WAY	K50-59	15	00:37:02	00:23:02	00:45:41.85	01:22:43.85	+00:15:01 (32.9%)	9:08	6.6 (67.3%)
171	FRAŃCZAK Marek	67	SANTANDER CONSUMER BANK	M30-39	10	00:32:45	00:22:31	00:45:51.85	01:18:37.45	+00:15:11 (33.1%)	9:10	6.5 (66.3%)
172	SOBCZAK Michał	185	NAPÓR STARYCH GRZYBÓW	M30-39	11	00:32:44	00:22:31	00:45:52.55	01:18:37.45	+00:15:12 (33.2%)	9:10	6.5 (66.3%)
173	STENCEL Barbara	305		K40-49	32	00:36:22	00:23:32	00:46:10.15	01:22:32.75	+00:15:30 (33.6%)	9:14	6.5 (66.3%)
174	CEGIELSKA Ewa	39		K40-49	33	00:36:26	00:22:52	00:46:15.85	01:22:42.40	+00:15:35 (33.7%)	9:15	6.5 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
175	WOJCIECHOWSKA Sylwia	309		K40-49	34	00:36:22	00:23:26	00:46:24.80	01:22:47.00	+00:15:44 (33.9%)	9:17	6.5 (66.3%)
176	ZAPAŁA Jan	236	KIJOWE MORSY WROCŁAW	M-OPEN	1	00:30:30	00:22:41	00:46:25.40	01:16:56.20	+00:15:45 (33.9%)	9:17	6.5 (66.3%)
177	ŁUKASZEWSKA Olga	120		K11-14	12	00:33:53	00:22:53	00:46:29.90	01:20:23.55	+00:15:49 (34.0%)	9:18	6.5 (66.3%)
178	PANTERA Renata	303		K50-59	16	00:37:04	00:22:48	00:46:36.10	01:23:40.80	+00:15:56 (34.2%)	9:19	6.4 (65.3%)
179	BIELAWSKA Dorota	19	SANTANDER CONSUMER BANK	K50-59	17	00:37:04	00:22:49	00:46:36.65	01:23:41.40	+00:15:56 (34.2%)	9:19	6.4 (65.3%)
180	ADAMSKI Dariusz	6	SANTANDER CONSUMER BANK	M50-59	12	00:32:10	00:23:22	00:46:46.10	01:18:57.05	+00:16:06 (34.4%)	9:21	6.4 (65.3%)
181	SZUMIŁO Piotr	202		M40-49	17	00:31:52	00:23:13	00:46:55.15	01:18:47.75	+00:16:15 (34.6%)	9:23	6.4 (65.3%)
182	SADOWY Roman	182	SANTANDER CONSUMER BANK	M40-49	18	00:31:56	00:21:54	00:47:06.45	01:19:02.85	+00:16:26 (34.9%)	9:25	6.4 (65.3%)
183	FRĄTCZAK Iga	68	SANTANDER CONSUMER BANK	K11-14	13	00:33:49	00:24:04	00:47:21.50	01:21:11.20	+00:16:41 (35.2%)	9:28	6.3 (64.3%)
184	WDOWIAK Danuta	255	ŚCINAWSKA GRUPA NORDIC WALKING	K60-69	12	00:37:32	00:23:25	00:47:27.30	01:24:59.50	+00:16:47 (35.4%)	9:29	6.3 (64.3%)
185	MANIAKOWSKA Małgorzata	124	SANTANDER CONSUMER BANK	M15-18	1	00:34:36	00:21:47	00:47:46.90	01:22:23.05	+00:17:06 (35.8%)	9:33	6.3 (64.3%)
186	MICHALAK Aneta	130		K19-29	9	00:35:18	00:23:49	00:48:30.15	01:23:48.35	+00:17:50 (36.8%)	9:42	6.2 (63.3%)
187	BISKUPSKA Agnieszka	25		K19-29	10	00:35:18	00:23:51	00:48:30.45	01:23:48.45	+00:17:50 (36.8%)	9:42	6.2 (63.3%)
188	NUCKOWSKA Aleksandra	180	PRZYJACIELE UNIWERSYTET MEDYCZNY	K50-59	18	00:37:03	00:24:23	00:49:06.75	01:26:10.10	+00:18:26 (37.6%)	9:49	6.1 (62.2%)
189	KOCZENASZ Maciej	269	SANTANDER CONSUMER BANK	M30-39	12	00:31:28	00:24:38	00:49:08.05	01:20:36.25	+00:18:28 (37.6%)	9:49	6.1 (62.2%)
190	OLEJCZYK Renata	148		K40-49	35	00:36:17	00:24:29	00:49:09.75	01:25:27.45	+00:18:29 (37.6%)	9:50	6.1 (62.2%)
191	BISKUPSKI Grzegorz	26		M19-29	4	00:30:57	00:24:32	00:49:26.75	01:20:24.00	+00:18:46 (38.0%)	9:53	6.1 (62.2%)
192	OSETEK Bartosz	151		M19-29	5	00:30:56	00:24:33	00:49:27.10	01:20:23.45	+00:18:47 (38.0%)	9:53	6.1 (62.2%)
193	KRUPIŃSKA Anita	295		K11-14	14	00:33:52	00:24:24	00:49:45.75	01:23:37.90	+00:19:05 (38.4%)	9:57	6 (61.2%)
194	SZUREK Olga	227		K11-14	15	00:33:51	00:24:25	00:49:46.40	01:23:37.95	+00:19:06 (38.4%)	9:57	6 (61.2%)
195	KOCZENASZ Ewa	270	SANTANDER CONSUMER BANK	K30-39	22	00:35:47	00:24:22	00:49:56.45	01:25:44.10	+00:19:16 (38.6%)	9:59	6 (61.2%)
196	GAPIŃSKA Gabriela	69	SANTANDER CONSUMER BANK	K30-39	23	00:35:47	00:24:23	00:49:57.55	01:25:44.60	+00:19:17 (38.6%)	9:59	6 (61.2%)
197	PATORA-ŁAMPIKA Aleksandra	156		K60-69	13	00:37:33	00:25:10	00:50:19.65	01:27:52.80	+00:19:39 (39.1%)	10:03	6 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
198	BIŁYK Anna	23	SANTANDER CONSUMER BANK	K11-14	16	00:33:50	00:24:32	00:50:34.75	01:24:25.15	+00:19:54 (39.4%)	10:07	5.9 (60.2%)
199	FILIPEK Agnieszka	66	SANTANDER CONSUMER BANK	K30-39	24	00:35:50	00:25:10	00:50:55.15	01:26:45.90	+00:20:15 (39.8%)	10:11	5.9 (60.2%)
200	SYPIOŁ Zygmunt	197	MARSZ PO ZDROWIE	M70+	8	00:33:17	00:25:15	00:51:23.00	01:24:40.35	+00:20:42 (40.3%)	10:16	5.8 (59.2%)
201	DMYTERKO Dorota	52		K50-59	19	00:37:00	00:26:00	00:51:25.40	01:28:25.50	+00:20:45 (40.4%)	10:17	5.8 (59.2%)
202	ZIEMLAŃSKA-RZEPKA Agnieszka	310		K40-49	36	00:36:25	00:26:17	00:52:14.65	01:28:40.00	+00:21:34 (41.3%)	10:27	5.7 (58.2%)
203	WIDAWSKI Andrzej	220		M40-49	19	00:31:51	00:26:15	00:52:24.05	01:24:15.75	+00:21:44 (41.5%)	10:28	5.7 (58.2%)
204	BIŁYK Barbara	24	SANTANDER CONSUMER BANK	K40-49	37	00:36:21	00:26:00	00:52:24.75	01:28:46.15	+00:21:44 (41.5%)	10:29	5.7 (58.2%)
205	WDOWIAK Tadeusz	296	ŚCINAWSKA GRUPA NORDIC WALKING	M60-69	11	00:32:46	00:25:58	00:52:30.35	01:25:17.05	+00:21:50 (41.6%)	10:30	5.7 (58.2%)
206	KAMPA Adrianna	160		K19-29	11	00:46:07	00:26:18	00:52:33.70	01:38:41.35	+00:21:53 (41.7%)	10:30	5.7 (58.2%)
207	SOWIŃSKA Anna	186		K19-29	12	00:46:07	00:26:19	00:52:35.05	01:38:42.65	+00:21:55 (41.7%)	10:31	5.7 (58.2%)
208	ŁUKOJKO Ewa	254		K50-59	20	00:37:06	00:26:30	00:53:04.15	01:30:10.15	+00:22:24 (42.2%)	10:36	5.7 (58.2%)
209	DUDEK-TARNOWSKA Iwona	59	SANTANDER CONSUMER BANK	K50-59	21	00:37:01	00:26:55	00:53:47.85	01:30:49.55	+00:23:07 (43.0%)	10:45	5.6 (57.1%)
210	BIŁYK Klaudia	298	SANTANDER CONSUMER BANK	K19-29	13	00:35:20	00:26:47	00:54:22.95	01:29:43.75	+00:23:42 (43.6%)	10:52	5.5 (56.1%)
211	LENKIEWICZ Amelia	276	SANTANDER CONSUMER BANK	K11-14	17	00:33:50	00:25:36	00:56:14.75	01:30:05.10	+00:25:34 (45.5%)	11:15	5.3 (54.1%)
212	DOROSZ Antonina	56		K70+	4	00:37:48	00:25:29	00:58:07.95	01:35:56.05	+00:27:27 (47.2%)	11:37	5.2 (53.1%)
213	JAROSZ-NOWAK Joanna	86		K40-49	38	00:36:23	00:29:11	00:58:20.30	01:34:44.10	+00:27:40 (47.4%)	11:40	5.1 (52.0%)
214	PĘDZICH Małgorzata	158	SANTANDER CONSUMER BANK	K40-49	39	00:35:52	00:35:05	01:08:45.90	01:44:37.90	+00:38:05 (55.4%)	13:45	4.4 (44.9%)
215	ZAŃ Jolanta	234	SANTANDER CONSUMER BANK	K30-39	25	00:35:48	00:35:00	01:08:48.60	01:44:36.85	+00:38:08 (55.4%)	13:45	4.4 (44.9%)
216	BOROWSKA Marta	30	SANTANDER CONSUMER BANK	K30-39	26	00:35:51	00:35:00	01:08:51.35	01:44:42.50	+00:38:11 (55.5%)	13:46	4.4 (44.9%)
217	BOROWSKI Tomasz	31	SANTANDER CONSUMER BANK	M-OPEN	2	00:35:50	00:35:08	01:08:51.50	01:44:41.60	+00:38:11 (55.5%)	13:46	4.4 (44.9%)
218	ŻUK Grażyna	249		K30-39	27	00:12:29	00:46:32	01:10:09.30	01:22:38.65	+00:39:29 (56.3%)	14:01	4.3 (43.9%)
219	MORAWIEC Bartosz	137	SANTANDER CONSUMER BANK	M-OPEN	3	00:45:26	00:19:30			+00:04:21	7:48	7.7 (78.6%)
220	HORNOSTAJ Renata	80		K40-49	40	00:45:25	00:21:24			+00:06:15	8:33	7 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
221	WARCHAŁOWSKI Bruno	216		M-OPEN	4	00:45:26	00:21:57			+00:06:49	8:46	6.8 (69.4%)
222	SADOWSKI Dominik	181		M30-39	13	00:47:12	00:41:44			+00:26:36	16:41	3.6 (36.7%)
223	OCHEJ-SADOWSKA Oriana	147		K30-39	28	00:47:10	00:41:45			+00:26:37	16:42	3.6 (36.7%)
224	GONET-OCHEJ Elżbieta	74		K60-69	14	00:47:13	00:44:32			+00:29:23	17:48	3.4 (34.7%)
225	CZYŻ Michał	49		M11-14	5	00:38:20	00:50:29			+00:35:21	20:11	3 (30.6%)
226	CZYŻ Natalia	48		K40-49	41	00:38:18	00:50:35			+00:35:26	20:14	3 (30.6%)
227	CZYŻ Rafał	47		M40-49	20	00:38:15	00:50:35			+00:35:26	20:14	3 (30.6%)
228	MADERA Bogdan	122	RUNWALKRUN	M50-59	13	00:32:13						(0.0%)
DQ	BADECKI Ryszard	12	NIEZRZESZONY	M50-59		DQ	00:16:35 DQ	00:34:05.00 DQ	DQ	-	-	(0.0%)
DQ	CHOJNOWSKA Monika	40		K30-39		DQ	00:19:01 DQ	00:37:27.20 DQ	DQ	-	-	(0.0%)

Znaleziono 230 wynik(ów)