

**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	<b>WOROCH Roman</b>	<b>228</b>	KS METRACO POLKOWICE	M50-59	1	00:32:09	00:15:08	<b>00:30:40.05</b>	<b>01:02:49.55</b>		6:08	9.8 (100%)
2	<b>ROŻYNEK Miron</b>	<b>174</b>		M50-59	2	00:32:10	00:15:25	<b>00:31:14.25</b>	<b>01:03:24.55</b>	+00:00:34 (1.8%)	6:14	9.6 (98.0%)
3	<b>MIELCAREK Leszek</b>	<b>132</b>	NIERZESZONY	M60-69	1	00:32:42	00:15:48	<b>00:31:52.30</b>	<b>01:04:35.05</b>	+00:01:12 (3.8%)	6:22	9.4 (95.9%)
4	<b>KRYŚ Artur</b>	<b>106</b>	KS METRACO POLKOWICE	M40-49	1	00:31:50	00:15:44	<b>00:31:53.25</b>	<b>01:03:43.50</b>	+00:01:13 (3.8%)	6:22	9.4 (95.9%)
5	<b>MATECKI Ryszard</b>	<b>126</b>		M60-69	2	00:32:44	00:15:47	<b>00:31:55.65</b>	<b>01:04:39.75</b>	+00:01:15 (3.9%)	6:23	9.4 (95.9%)
6	<b>ANDRZEJEWSKI Mieczysław</b>	<b>11</b>	MARSZ PO ZDROWIE	M50-59	3	00:32:11	00:15:49	<b>00:32:30.50</b>	<b>01:04:42.35</b>	+00:01:50 (5.7%)	6:30	9.2 (93.9%)
7	<b>TOMCZYK Edward</b>	<b>257</b>	MARSZ PO ZDROWIE	M60-69	3	00:32:43	00:16:14	<b>00:32:58.20</b>	<b>01:05:41.55</b>	+00:02:18 (7.0%)	6:35	9.1 (92.9%)
8	<b>SPYCHAŁA Marzena</b>	<b>187</b>	WESOŁY BORSUK TEAM	K40-49	1	00:36:15	00:16:36	<b>00:33:24.15</b>	<b>01:09:39.30</b>	+00:02:44 (8.2%)	6:40	9 (91.8%)
9	<b>PARTYKA Teresa</b>	<b>155</b>	WESOŁY BORSUK TEAM	K50-59	1	00:36:57	00:16:37	<b>00:33:32.50</b>	<b>01:10:30.35</b>	+00:02:52 (8.6%)	6:42	8.9 (90.8%)
10	<b>ROSADZIŃSKI Sławomir</b>	<b>173</b>		M40-49	2	00:31:49	00:16:39	<b>00:33:36.35</b>	<b>01:05:26.20</b>	+00:02:56 (8.7%)	6:43	8.9 (90.8%)
11	<b>GRYGOROWICZ Bogdan</b>	<b>77</b>	KS METRACO POLKOWICE	M60-69	4	00:32:43	00:16:17	<b>00:33:37.80</b>	<b>01:06:21.25</b>	+00:02:57 (8.8%)	6:43	8.9 (90.8%)
12	<b>GRZEBSKI Janusz</b>	<b>78</b>	RAJSPOORT ACTIV	M40-49	3	00:31:51	00:16:48	<b>00:34:03.45</b>	<b>01:05:55.25</b>	+00:03:23 (10.0%)	6:48	8.8 (89.8%)
13	<b>ZAPAŁA Daniel</b>	<b>235</b>	KIJOWE MORSY WROCLAW	M30-39	1	00:31:27	00:16:43	<b>00:34:05.05</b>	<b>01:05:32.45</b>	+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	<b>RACŁAWSKI Jan</b>	<b>170</b>	NIEZRZESZONY	M60-69	5	00:32:44	00:17:27	<b>00:35:05.35</b>	<b>01:07:49.75</b>	+00:04:25 (12.6%)	7:01	8.6 (87.8%)
15	<b>MIKOŁAJCZAK Jan</b>	<b>134</b>	KS METRACO POLKOWICE	M60-69	6	00:32:43	00:17:25	<b>00:35:09.15</b>	<b>01:07:52.80</b>	+00:04:29 (12.8%)	7:01	8.5 (86.7%)
16	<b>POLISZCZUK Piotr</b>	<b>165</b>		M50-59	4	00:32:10	00:17:22	<b>00:35:11.35</b>	<b>01:07:21.45</b>	+00:04:31 (12.8%)	7:02	8.5 (86.7%)
17	<b>SULIKOWSKA Agnieszka</b>	<b>196</b>		K30-39	1	00:35:42	00:17:24	<b>00:35:13.90</b>	<b>01:10:56.25</b>	+00:04:33 (13.0%)	7:02	8.5 (86.7%)
18	<b>SITKOWSKI Konrad</b>	<b>184</b>		M30-39	2	00:31:26	00:17:25	<b>00:35:20.50</b>	<b>01:06:46.80</b>	+00:04:40 (13.2%)	7:04	8.5 (86.7%)
19	<b>PARTYKA Tomasz</b>	<b>293</b>	SANTANDER CONSUMER BANK	M40-49	4	00:31:55	00:17:45	<b>00:35:27.20</b>	<b>01:07:22.25</b>	+00:04:47 (13.5%)	7:05	8.5 (86.7%)
20	<b>GIBAS Sławomir</b>	<b>71</b>		M30-39	3	00:31:26	00:17:36	<b>00:35:30.70</b>	<b>01:06:57.00</b>	+00:04:50 (13.6%)	7:06	8.4 (85.7%)
21	<b>RYBAŁTOWSKI Paweł</b>	<b>178</b>		M70+	1	00:33:18	00:17:58	<b>00:35:36.00</b>	<b>01:08:54.25</b>	+00:04:55 (13.9%)	7:07	8.4 (85.7%)
22	<b>ŁADOŃSKI Ryszard</b>	<b>116</b>		M50-59	5	00:32:10	00:17:56	<b>00:35:36.85</b>	<b>01:07:47.80</b>	+00:04:56 (13.9%)	7:07	8.4 (85.7%)
23	<b>FEDECZKO Edyta</b>	<b>62</b>		K40-49	2	00:36:15	00:17:25	<b>00:35:38.95</b>	<b>01:11:54.45</b>	+00:04:58 (14.0%)	7:07	8.4 (85.7%)
24	<b>CIEŚLIKIEWICZ Urszula</b>	<b>42</b>		K40-49	3	00:36:22	00:18:11	<b>00:36:08.20</b>	<b>01:12:30.55</b>	+00:05:28 (15.1%)	7:13	8.3 (84.7%)
25	<b>KOPIJ Grzegorz</b>	<b>97</b>		M30-39	4	00:31:28	00:18:16	<b>00:36:12.30</b>	<b>01:07:41.05</b>	+00:05:32 (15.3%)	7:14	8.3 (84.7%)
26	<b>BEDNARZ Krzysztof</b>	<b>16</b>	SCB	M30-39	5	00:31:26	00:17:55	<b>00:36:14.00</b>	<b>01:07:40.15</b>	+00:05:33 (15.4%)	7:14	8.3 (84.7%)
27	<b>RUTKOWSKI Dariusz</b>	<b>177</b>	AZS DSW	M40-49	5	00:31:50	00:17:41	<b>00:36:18.80</b>	<b>01:08:09.25</b>	+00:05:38 (15.5%)	7:15	8.3 (84.7%)
28	<b>KOPCZYŃSKI Jakub</b>	<b>96</b>	KRUSZYNA	M19-29	1	00:30:54	00:17:46	<b>00:36:22.25</b>	<b>01:07:16.95</b>	+00:05:42 (15.7%)	7:16	8.2 (83.7%)
29	<b>WOJCIECHOWSKI Szymon</b>	<b>225</b>	KIJOWE MORSY WROCŁAW	M19-29	2	00:30:55	00:17:49	<b>00:36:27.80</b>	<b>01:07:23.35</b>	+00:05:47 (15.9%)	7:17	8.2 (83.7%)
30	<b>WARCZALSKA Teresa</b>	<b>215</b>	STADION ŚLĄSKI	K60-69	1	00:37:31	00:18:10	<b>00:36:35.25</b>	<b>01:14:06.25</b>	+00:05:55 (16.2%)	7:19	8.2 (83.7%)
31	<b>ROMIANIUK Grzegorz</b>	<b>301</b>	KOLBUSZOWA	M50-59	6	00:32:11	00:17:59	<b>00:36:46.65</b>	<b>01:08:58.35</b>	+00:06:06 (16.6%)	7:21	8.2 (83.7%)
32	<b>DROZD Maria</b>	<b>58</b>	NORDIC WALKING KRUSZYNA	K40-49	4	00:36:15	00:18:16	<b>00:36:49.85</b>	<b>01:13:05.35</b>	+00:06:09 (16.7%)	7:22	8.1 (82.7%)
33	<b>KLAPETURA Władisław</b>	<b>306</b>		M19-29	3	00:30:56	00:18:05	<b>00:36:54.45</b>	<b>01:07:50.50</b>	+00:06:14 (16.9%)	7:22	8.1 (82.7%)
34	<b>CHOŁODECKA Marta</b>	<b>41</b>		K11-14	1	00:34:36	00:18:24	<b>00:37:18.05</b>	<b>01:11:54.55</b>	+00:06:38 (17.8%)	7:27	8 (81.6%)
35	<b>GRZYWOCZ Irena</b>	<b>79</b>	PROFIT SPORT TEAM	K60-69	2	00:37:31	00:18:30	<b>00:37:26.40</b>	<b>01:14:57.40</b>	+00:06:46 (18.1%)	7:29	8 (81.6%)
36	<b>PISAREK Kamila</b>	<b>161</b>	KIJOWE MORSY WROCŁAW	K19-29	1	00:35:18	00:18:36	<b>00:37:29.75</b>	<b>01:12:48.25</b>	+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	<b>MUCHA Maciej</b>	<b>139</b>	NIEZRZESZONY	M40-49	6	00:31:50	00:18:23	<b>00:37:31.15</b>	<b>01:09:22.10</b>	+00:06:51 (18.3%)	7:30	8 (81.6%)
38	<b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b>	<b>53</b>		K50-59	2	00:36:57	00:18:45	<b>00:37:43.75</b>	<b>01:14:41.70</b>	+00:07:03 (18.7%)	7:32	8 (81.6%)
39	<b>GIBKI Łukasz</b>	<b>271</b>	SANTANDER CONSUMER BANK	M30-39	6	00:31:27	00:18:45	<b>00:37:45.15</b>	<b>01:09:12.85</b>	+00:07:05 (18.8%)	7:33	7.9 (80.6%)
40	<b>MATYJA Anna</b>	<b>127</b>		K40-49	5	00:36:16	00:18:35	<b>00:37:47.85</b>	<b>01:14:03.95</b>	+00:07:07 (18.9%)	7:33	7.9 (80.6%)
41	<b>MUCIEK Paweł</b>	<b>142</b>	SANTANDER CONSUMER BANK	M40-49	7	00:31:52	00:18:28	<b>00:37:47.95</b>	<b>01:09:40.55</b>	+00:07:07 (18.9%)	7:33	7.9 (80.6%)
42	<b>WOJCIECHOWSKA Katarzyna</b>	<b>223</b>	PLESZEWSKIE WŁÓCZYKIJE	K40-49	6	00:36:17	00:18:44	<b>00:37:50.70</b>	<b>01:14:08.10</b>	+00:07:10 (19.0%)	7:34	7.9 (80.6%)
43	<b>WOJCIECHOWSKA Anna</b>	<b>224</b>	PLESZEWSKIE WŁÓCZYKIJE	K15-18	1	00:34:37	00:19:06	<b>00:38:00.25</b>	<b>01:12:38.20</b>	+00:07:20 (19.3%)	7:36	7.9 (80.6%)
44	<b>SZCZEGIELNIAK Joanna</b>	<b>198</b>		K40-49	7	00:36:16	00:19:05	<b>00:38:06.25</b>	<b>01:14:22.50</b>	+00:07:26 (19.5%)	7:37	7.9 (80.6%)
45	<b>AGARWAL Ritu</b>	<b>7</b>		K40-49	8	00:36:20	00:18:55	<b>00:38:06.80</b>	<b>01:14:27.15</b>	+00:07:26 (19.5%)	7:37	7.9 (80.6%)
46	<b>ADAMOWICZ Andrzej</b>	<b>2</b>		M70+	2	00:33:16	00:19:01	<b>00:38:17.40</b>	<b>01:11:33.45</b>	+00:07:37 (19.9%)	7:39	7.8 (79.6%)
47	<b>PUZICHOWSKA Małgorzata</b>	<b>169</b>		K50-59	3	00:36:58	00:19:01	<b>00:38:18.75</b>	<b>01:15:17.40</b>	+00:07:38 (20.0%)	7:39	7.8 (79.6%)
48	<b>BIK Przemysław</b>	<b>21</b>	KS METRACO POLKOWICE	M11-14	1	00:30:28	00:19:30	<b>00:38:29.45</b>	<b>01:08:57.75</b>	+00:07:49 (20.3%)	7:41	7.8 (79.6%)
49	<b>DOMATOWICZ Dorota</b>	<b>55</b>		K40-49	9	00:36:28	00:19:23	<b>00:38:41.55</b>	<b>01:15:10.05</b>	+00:08:01 (20.7%)	7:44	7.8 (79.6%)
50	<b>PIĄTKOWSKI Józef</b>	<b>159</b>	KS METRACO POLKOWICE	M70+	3	00:33:18	00:19:12	<b>00:38:43.95</b>	<b>01:12:02.50</b>	+00:08:03 (20.8%)	7:44	7.7 (78.6%)
51	<b>WALULIK Aneta</b>	<b>214</b>	NORDIC WALKING WE WROCŁAWIU	K40-49	10	00:36:19	00:19:16	<b>00:38:56.40</b>	<b>01:15:15.85</b>	+00:08:16 (21.2%)	7:47	7.7 (78.6%)
52	<b>SZYMAŃSKI Mirosław</b>	<b>206</b>	SANTANDER CONSUMER BANK	M40-49	8	00:31:54	00:19:30	<b>00:38:59.50</b>	<b>01:10:53.75</b>	+00:08:19 (21.3%)	7:47	7.7 (78.6%)
53	<b>ALEKSANDROWICZ Maria</b>	<b>9</b>	NORDIC WALKING WE WROCŁAWIU	K11-14	2	00:33:49	00:19:46	<b>00:39:00.20</b>	<b>01:12:49.55</b>	+00:08:20 (21.4%)	7:48	7.7 (78.6%)
54	<b>DZIERZEGA Ewa</b>	<b>61</b>		K40-49	11	00:36:21	00:19:35	<b>00:39:01.00</b>	<b>01:15:22.35</b>	+00:08:20 (21.4%)	7:48	7.7 (78.6%)
55	<b>ADAMSKA Danuta</b>	<b>3</b>		K60-69	3	00:37:31	00:19:04	<b>00:39:01.55</b>	<b>01:16:33.20</b>	+00:08:21 (21.4%)	7:48	7.7 (78.6%)
56	<b>GÓRSKI Henryk</b>	<b>256</b>		M60-69	7	00:32:46	00:19:22	<b>00:39:07.20</b>	<b>01:11:53.35</b>	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
57	<b>PAL Robert</b>	<b>153</b>		M30-39	7	00:31:27	00:18:58	<b>00:39:07.25</b>	<b>01:10:34.35</b>	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
58	<b>FEDKO Aleksandra</b>	<b>262</b>	SANTANDER CONSUMER BANK	K11-14	3	00:33:52	00:19:53	<b>00:39:07.75</b>	<b>01:13:00.60</b>	+00:08:27 (21.6%)	7:49	7.7 (78.6%)
59	<b>BOCHMAN Agata</b>	<b>268</b>	SANTANDER CONSUMER BANK	K11-14	4	00:33:52	00:19:36	<b>00:39:07.85</b>	<b>01:13:00.05</b>	+00:08:27 (21.6%)	7:49	7.7 (78.6%)

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

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
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	<b>KŁOSAK Żaneta</b>	<b>307</b>	SANTANDER CONSUMER BANK	K19-29	7	00:35:19	00:20:54	<b>00:42:18.05</b>	<b>01:17:37.85</b>	+00:11:38 (27.5%)	8:27	7.1 (72.4%)
130	<b>BANACH Maja</b>	<b>274</b>	SANTANDER CONSUMER BANK	K11-14	11	00:33:50	00:20:29	<b>00:42:20.10</b>	<b>01:16:10.70</b>	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
131	<b>KSIĘŻYK Dariusz</b>	<b>108</b>		M40-49	16	00:31:53	00:21:20	<b>00:42:20.30</b>	<b>01:14:13.80</b>	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
132	<b>DREISEITEL Andrzej</b>	<b>57</b>		M50-59	11	00:32:11	00:21:01	<b>00:42:20.90</b>	<b>01:14:32.75</b>	+00:11:40 (27.6%)	8:28	7.1 (72.4%)
133	<b>NOWAK Danuta</b>	<b>146</b>	SANTANDER CONSUMER BANK	K40-49	23	00:36:25	00:21:36	<b>00:42:34.35</b>	<b>01:19:00.10</b>	+00:11:54 (28.0%)	8:31	7 (71.4%)
134	<b>ANDRZEJEWSKA Bogusława</b>	<b>10</b>	MARSZ PO ZDROWIE	K50-59	11	00:36:58	00:21:14	<b>00:42:37.30</b>	<b>01:19:35.90</b>	+00:11:57 (28.0%)	8:31	7 (71.4%)
135	<b>FLAM Katarzyna</b>	<b>250</b>	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K15-18	6	00:34:37	00:21:03	<b>00:42:39.40</b>	<b>01:17:17.35</b>	+00:11:59 (28.1%)	8:32	7 (71.4%)
136	<b>ORZECH Agnieszka</b>	<b>149</b>	SANTANDER CONSUMER BANK	K30-39	14	00:35:50	00:21:23	<b>00:42:43.15</b>	<b>01:18:33.15</b>	+00:12:03 (28.2%)	8:32	7 (71.4%)
137	<b>CZERWIŃSKA Małgorzata</b>	<b>44</b>	SANTANDER CONSUMER BANK	K40-49	24	00:36:18	00:21:37	<b>00:42:44.75</b>	<b>01:19:03.30</b>	+00:12:04 (28.3%)	8:33	7 (71.4%)
138	<b>WÓJCIK Irena</b>	<b>252</b>	UTW OLEŚNICA	K70+	2	00:37:46	00:21:23	<b>00:42:52.30</b>	<b>01:20:39.00</b>	+00:12:12 (28.5%)	8:34	7 (71.4%)
139	<b>KULBAKA Grażyna</b>	<b>288</b>	SANTANDER CONSUMER BANK	K60-69	7	00:37:31	00:21:40	<b>00:42:55.45</b>	<b>01:20:27.40</b>	+00:12:15 (28.6%)	8:35	7 (71.4%)
140	<b>ADAMIN Grażyna</b>	<b>1</b>	KALISKA GRUPA ROWEROWA G7	K60-69	8	00:37:33	00:21:44	<b>00:42:57.00</b>	<b>01:20:30.95</b>	+00:12:16 (28.6%)	8:35	7 (71.4%)
141	<b>TURCZYN Lubomir</b>	<b>290</b>		M70+	6	00:33:16	00:21:34	<b>00:43:03.80</b>	<b>01:16:20.35</b>	+00:12:23 (28.8%)	8:36	7 (71.4%)
142	<b>FIGIEL Anna</b>	<b>63</b>		K30-39	15	00:35:53	00:20:41	<b>00:43:05.60</b>	<b>01:18:59.15</b>	+00:12:25 (28.8%)	8:37	7 (71.4%)
143	<b>ZIÓŁKOWSKI Jan</b>	<b>242</b>	SANTANDER CONSUMER BANK	M11-14	4	00:30:29	00:22:00	<b>00:43:06.70</b>	<b>01:13:35.80</b>	+00:12:26 (28.9%)	8:37	7 (71.4%)
144	<b>ŻAKIEWICZ Marta</b>	<b>248</b>	PARTNERZY-UNIwersYTET MEDYCZNY WROCŁAW	K40-49	25	00:36:18	00:21:50	<b>00:43:07.15</b>	<b>01:19:26.05</b>	+00:12:27 (28.9%)	8:37	7 (71.4%)
145	<b>DYBALSKA Teresa</b>	<b>60</b>	SANTANDER CONSUMER BANK	K60-69	9	00:37:33	00:21:39	<b>00:43:20.25</b>	<b>01:20:53.40</b>	+00:12:40 (29.2%)	8:40	6.9 (70.4%)
146	<b>KLEPACZ Beata</b>	<b>283</b>	SANTANDER CONSUMER BANK	K40-49	26	00:36:20	00:21:47	<b>00:43:23.65</b>	<b>01:19:44.10</b>	+00:12:43 (29.3%)	8:40	6.9 (70.4%)
147	<b>RZEPKA Agnieszka</b>	<b>179</b>		K30-39	16	00:35:41	00:22:00	<b>00:43:34.65</b>	<b>01:19:16.55</b>	+00:12:54 (29.6%)	8:43	6.9 (70.4%)
148	<b>KOWALSKA-MAZUR Iwona</b>	<b>101</b>		K40-49	27	00:35:42	00:22:12	<b>00:43:47.10</b>	<b>01:19:30.00</b>	+00:13:07 (30.0%)	8:45	6.8 (69.4%)
149	<b>KUDLIŃSKA Wiktoria</b>	<b>109</b>	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K15-18	7	00:34:37	00:21:48	<b>00:43:50.50</b>	<b>01:18:28.45</b>	+00:13:10 (30.0%)	8:46	6.8 (69.4%)
150	<b>JURCZAK Dominika</b>	<b>88</b>	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K15-18	8	00:34:37	00:21:49	<b>00:43:52.35</b>	<b>01:18:29.40</b>	+00:13:12 (30.1%)	8:46	6.8 (69.4%)
151	<b>KWACH Małgorzata</b>	<b>311</b>	SANTANDER CONSUMER BANK	K30-39	17	00:35:50	00:22:07	<b>00:44:02.55</b>	<b>01:19:52.55</b>	+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	<b>JAKUBOWSKA Olga</b>	<b>84</b>		K50-59	12	00:37:02	00:22:02	<b>00:44:07.25</b>	<b>01:21:10.20</b>	+00:13:27 (30.5%)	8:49	6.8 (69.4%)
153	<b>BOJKO-JARNICKA Agnieszka</b>	<b>264</b>		K30-39	18	00:35:48	00:21:48	<b>00:44:15.70</b>	<b>01:20:04.15</b>	+00:13:35 (30.7%)	8:51	6.8 (69.4%)
154	<b>SZUMIŁO Klara</b>	<b>201</b>		K19-29	8	00:35:18	00:22:25	<b>00:44:21.55</b>	<b>01:19:39.60</b>	+00:13:41 (30.9%)	8:52	6.8 (69.4%)
155	<b>SEKUŁA Kamila</b>	<b>183</b>	SANTANDER CONSUMER BANK	K30-39	19	00:35:46	00:19:58	<b>00:44:24.00</b>	<b>01:20:10.00</b>	+00:13:43 (30.9%)	8:52	6.8 (69.4%)
156	<b>ZAWIEJA Alicja</b>	<b>238</b>		K30-39	20	00:35:48	00:21:50	<b>00:44:27.95</b>	<b>01:20:16.85</b>	+00:13:47 (31.0%)	8:53	6.7 (68.4%)
157	<b>KAWECKA-JANIK Elżbieta</b>	<b>304</b>		K60-69	10	00:37:05	00:22:05	<b>00:44:42.00</b>	<b>01:21:47.80</b>	+00:14:01 (31.4%)	8:56	6.7 (68.4%)
158	<b>WLAZŁO Elżbieta</b>	<b>302</b>		K70+	3	00:37:46	00:21:43	<b>00:44:53.50</b>	<b>01:22:40.40</b>	+00:14:13 (31.7%)	8:58	6.7 (68.4%)
159		<b>294</b>				00:37:01	00:22:38	<b>00:44:58.55</b>	<b>01:21:59.70</b>	+00:14:18 (31.8%)	8:59	6.7 (68.4%)
160	<b>PRĘGOWSKA Ilona</b>	<b>167</b>		K40-49	28	00:36:23	00:22:53	<b>00:45:03.40</b>	<b>01:21:27.05</b>	+00:14:23 (31.9%)	9:00	6.7 (68.4%)
161	<b>ŻAK Teresa</b>	<b>245</b>		K60-69	11	00:37:34	00:22:21	<b>00:45:05.40</b>	<b>01:22:39.45</b>	+00:14:25 (32.0%)	9:01	6.7 (68.4%)
162	<b>JAGODZIŃSKA Bożena</b>	<b>82</b>		K50-59	13	00:37:01	00:23:02	<b>00:45:13.85</b>	<b>01:22:15.00</b>	+00:14:33 (32.2%)	9:02	6.6 (67.3%)
163	<b>MOCZARSKI Adam</b>	<b>135</b>		M70+	7	00:33:17	00:21:55	<b>00:45:22.55</b>	<b>01:18:39.90</b>	+00:14:42 (32.4%)	9:04	6.6 (67.3%)
164	<b>CEBRYŃ Katarzyna</b>	<b>38</b>	KIJOWE MORSY WROCŁAW	K50-59	14	00:37:02	00:22:34	<b>00:45:27.90</b>	<b>01:22:30.45</b>	+00:14:47 (32.5%)	9:05	6.6 (67.3%)
165	<b>KSIĘŻYK Agnieszka</b>	<b>107</b>		K40-49	29	00:36:19	00:22:34	<b>00:45:30.10</b>	<b>01:21:50.05</b>	+00:14:50 (32.6%)	9:06	6.6 (67.3%)
166	<b>SOBCZAK Hanna</b>	<b>308</b>		K-OPEN	1	00:33:49	00:21:46	<b>00:45:31.55</b>	<b>01:19:21.35</b>	+00:14:51 (32.6%)	9:06	6.6 (67.3%)
167	<b>MARCISZEWSKA Małgorzata</b>	<b>125</b>		K40-49	30	00:36:26	00:23:18	<b>00:45:36.90</b>	<b>01:22:03.70</b>	+00:14:56 (32.8%)	9:07	6.6 (67.3%)
168	<b>PLUTA Katarzyna</b>	<b>162</b>	SANTANDER CONSUMER BANK	K30-39	21	00:37:00	00:22:16	<b>00:45:40.65</b>	<b>01:22:41.45</b>	+00:15:00 (32.9%)	9:08	6.6 (67.3%)
169	<b>KRÓLAK Ilona</b>	<b>103</b>		K40-49	31	00:36:29	00:22:33	<b>00:45:41.25</b>	<b>01:22:11.10</b>	+00:15:01 (32.9%)	9:08	6.6 (67.3%)
170	<b>KWIECIEŃ Elżbieta</b>	<b>111</b>	RIGHT WAY	K50-59	15	00:37:02	00:23:02	<b>00:45:41.85</b>	<b>01:22:43.85</b>	+00:15:01 (32.9%)	9:08	6.6 (67.3%)
171	<b>FRAŃCZAK Marek</b>	<b>67</b>	SANTANDER CONSUMER BANK	M30-39	10	00:32:45	00:22:31	<b>00:45:51.85</b>	<b>01:18:37.45</b>	+00:15:11 (33.1%)	9:10	6.5 (66.3%)
172	<b>SOBCZAK Michał</b>	<b>185</b>	NAPÓR STARYCH GRZYBÓW	M30-39	11	00:32:44	00:22:31	<b>00:45:52.55</b>	<b>01:18:37.45</b>	+00:15:12 (33.2%)	9:10	6.5 (66.3%)
173	<b>STENCEL Barbara</b>	<b>305</b>		K40-49	32	00:36:22	00:23:32	<b>00:46:10.15</b>	<b>01:22:32.75</b>	+00:15:30 (33.6%)	9:14	6.5 (66.3%)
174	<b>CEGIELSKA Ewa</b>	<b>39</b>		K40-49	33	00:36:26	00:22:52	<b>00:46:15.85</b>	<b>01:22:42.40</b>	+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	<b>WOJCIECHOWSKA Sylwia</b>	<b>309</b>		K40-49	34	00:36:22	00:23:26	<b>00:46:24.80</b>	<b>01:22:47.00</b>	+00:15:44 (33.9%)	9:17	6.5 (66.3%)
176	<b>ZAPAŁA Jan</b>	<b>236</b>	KIJOWE MORSY WROCŁAW	M-OPEN	1	00:30:30	00:22:41	<b>00:46:25.40</b>	<b>01:16:56.20</b>	+00:15:45 (33.9%)	9:17	6.5 (66.3%)
177	<b>ŁUKASZEWSKA Olga</b>	<b>120</b>		K11-14	12	00:33:53	00:22:53	<b>00:46:29.90</b>	<b>01:20:23.55</b>	+00:15:49 (34.0%)	9:18	6.5 (66.3%)
178	<b>PANTERA Renata</b>	<b>303</b>		K50-59	16	00:37:04	00:22:48	<b>00:46:36.10</b>	<b>01:23:40.80</b>	+00:15:56 (34.2%)	9:19	6.4 (65.3%)
179	<b>BIELAWSKA Dorota</b>	<b>19</b>	SANTANDER CONSUMER BANK	K50-59	17	00:37:04	00:22:49	<b>00:46:36.65</b>	<b>01:23:41.40</b>	+00:15:56 (34.2%)	9:19	6.4 (65.3%)
180	<b>ADAMSKI Dariusz</b>	<b>6</b>	SANTANDER CONSUMER BANK	M50-59	12	00:32:10	00:23:22	<b>00:46:46.10</b>	<b>01:18:57.05</b>	+00:16:06 (34.4%)	9:21	6.4 (65.3%)
181	<b>SZUMIŁO Piotr</b>	<b>202</b>		M40-49	17	00:31:52	00:23:13	<b>00:46:55.15</b>	<b>01:18:47.75</b>	+00:16:15 (34.6%)	9:23	6.4 (65.3%)
182	<b>SADOWY Roman</b>	<b>182</b>	SANTANDER CONSUMER BANK	M40-49	18	00:31:56	00:21:54	<b>00:47:06.45</b>	<b>01:19:02.85</b>	+00:16:26 (34.9%)	9:25	6.4 (65.3%)
183	<b>FRĄTCZAK Iga</b>	<b>68</b>	SANTANDER CONSUMER BANK	K11-14	13	00:33:49	00:24:04	<b>00:47:21.50</b>	<b>01:21:11.20</b>	+00:16:41 (35.2%)	9:28	6.3 (64.3%)
184	<b>WDOWIAK Danuta</b>	<b>255</b>	ŚCINAWSKA GRUPA NORDIC WALKING	K60-69	12	00:37:32	00:23:25	<b>00:47:27.30</b>	<b>01:24:59.50</b>	+00:16:47 (35.4%)	9:29	6.3 (64.3%)
185	<b>MANIAKOWSKA Małgorzata</b>	<b>124</b>	SANTANDER CONSUMER BANK	M15-18	1	00:34:36	00:21:47	<b>00:47:46.90</b>	<b>01:22:23.05</b>	+00:17:06 (35.8%)	9:33	6.3 (64.3%)
186	<b>MICHALAK Aneta</b>	<b>130</b>		K19-29	9	00:35:18	00:23:49	<b>00:48:30.15</b>	<b>01:23:48.35</b>	+00:17:50 (36.8%)	9:42	6.2 (63.3%)
187	<b>BISKUPSKA Agnieszka</b>	<b>25</b>		K19-29	10	00:35:18	00:23:51	<b>00:48:30.45</b>	<b>01:23:48.45</b>	+00:17:50 (36.8%)	9:42	6.2 (63.3%)
188	<b>NUCKOWSKA Aleksandra</b>	<b>180</b>	PRZYJACIELE UNIWERSYTET MEDYCZNY	K50-59	18	00:37:03	00:24:23	<b>00:49:06.75</b>	<b>01:26:10.10</b>	+00:18:26 (37.6%)	9:49	6.1 (62.2%)
189	<b>KOCZENASZ Maciej</b>	<b>269</b>	SANTANDER CONSUMER BANK	M30-39	12	00:31:28	00:24:38	<b>00:49:08.05</b>	<b>01:20:36.25</b>	+00:18:28 (37.6%)	9:49	6.1 (62.2%)
190	<b>OLEJCZYK Renata</b>	<b>148</b>		K40-49	35	00:36:17	00:24:29	<b>00:49:09.75</b>	<b>01:25:27.45</b>	+00:18:29 (37.6%)	9:50	6.1 (62.2%)
191	<b>BISKUPSKI Grzegorz</b>	<b>26</b>		M19-29	4	00:30:57	00:24:32	<b>00:49:26.75</b>	<b>01:20:24.00</b>	+00:18:46 (38.0%)	9:53	6.1 (62.2%)
192	<b>OSETEK Bartosz</b>	<b>151</b>		M19-29	5	00:30:56	00:24:33	<b>00:49:27.10</b>	<b>01:20:23.45</b>	+00:18:47 (38.0%)	9:53	6.1 (62.2%)
193	<b>KRUPIŃSKA Anita</b>	<b>295</b>		K11-14	14	00:33:52	00:24:24	<b>00:49:45.75</b>	<b>01:23:37.90</b>	+00:19:05 (38.4%)	9:57	6 (61.2%)
194	<b>SZUREK Olga</b>	<b>227</b>		K11-14	15	00:33:51	00:24:25	<b>00:49:46.40</b>	<b>01:23:37.95</b>	+00:19:06 (38.4%)	9:57	6 (61.2%)
195	<b>KOCZENASZ Ewa</b>	<b>270</b>	SANTANDER CONSUMER BANK	K30-39	22	00:35:47	00:24:22	<b>00:49:56.45</b>	<b>01:25:44.10</b>	+00:19:16 (38.6%)	9:59	6 (61.2%)
196	<b>GAPIŃSKA Gabriela</b>	<b>69</b>	SANTANDER CONSUMER BANK	K30-39	23	00:35:47	00:24:23	<b>00:49:57.55</b>	<b>01:25:44.60</b>	+00:19:17 (38.6%)	9:59	6 (61.2%)
197	<b>PATORA-ŁAMPIKA Aleksandra</b>	<b>156</b>		K60-69	13	00:37:33	00:25:10	<b>00:50:19.65</b>	<b>01:27:52.80</b>	+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	<b>BIŁYK Anna</b>	<b>23</b>	SANTANDER CONSUMER BANK	K11-14	16	00:33:50	00:24:32	<b>00:50:34.75</b>	<b>01:24:25.15</b>	+00:19:54 (39.4%)	10:07	5.9 (60.2%)
199	<b>FILIPEK Agnieszka</b>	<b>66</b>	SANTANDER CONSUMER BANK	K30-39	24	00:35:50	00:25:10	<b>00:50:55.15</b>	<b>01:26:45.90</b>	+00:20:15 (39.8%)	10:11	5.9 (60.2%)
200	<b>SYPIOŁ Zygmunt</b>	<b>197</b>	MARSZ PO ZDROWIE	M70+	8	00:33:17	00:25:15	<b>00:51:23.00</b>	<b>01:24:40.35</b>	+00:20:42 (40.3%)	10:16	5.8 (59.2%)
201	<b>DMYTERKO Dorota</b>	<b>52</b>		K50-59	19	00:37:00	00:26:00	<b>00:51:25.40</b>	<b>01:28:25.50</b>	+00:20:45 (40.4%)	10:17	5.8 (59.2%)
202	<b>ZIEMLAŃSKA-RZEPKA Agnieszka</b>	<b>310</b>		K40-49	36	00:36:25	00:26:17	<b>00:52:14.65</b>	<b>01:28:40.00</b>	+00:21:34 (41.3%)	10:27	5.7 (58.2%)
203	<b>WIDAWSKI Andrzej</b>	<b>220</b>		M40-49	19	00:31:51	00:26:15	<b>00:52:24.05</b>	<b>01:24:15.75</b>	+00:21:44 (41.5%)	10:28	5.7 (58.2%)
204	<b>BIŁYK Barbara</b>	<b>24</b>	SANTANDER CONSUMER BANK	K40-49	37	00:36:21	00:26:00	<b>00:52:24.75</b>	<b>01:28:46.15</b>	+00:21:44 (41.5%)	10:29	5.7 (58.2%)
205	<b>WDOWIAK Tadeusz</b>	<b>296</b>	ŚCINAWSKA GRUPA NORDIC WALKING	M60-69	11	00:32:46	00:25:58	<b>00:52:30.35</b>	<b>01:25:17.05</b>	+00:21:50 (41.6%)	10:30	5.7 (58.2%)
206	<b>KAMPA Adrianna</b>	<b>160</b>		K19-29	11	00:46:07	00:26:18	<b>00:52:33.70</b>	<b>01:38:41.35</b>	+00:21:53 (41.7%)	10:30	5.7 (58.2%)
207	<b>SOWIŃSKA Anna</b>	<b>186</b>		K19-29	12	00:46:07	00:26:19	<b>00:52:35.05</b>	<b>01:38:42.65</b>	+00:21:55 (41.7%)	10:31	5.7 (58.2%)
208	<b>ŁUKOJKO Ewa</b>	<b>254</b>		K50-59	20	00:37:06	00:26:30	<b>00:53:04.15</b>	<b>01:30:10.15</b>	+00:22:24 (42.2%)	10:36	5.7 (58.2%)
209	<b>DUDEK-TARNOWSKA Iwona</b>	<b>59</b>	SANTANDER CONSUMER BANK	K50-59	21	00:37:01	00:26:55	<b>00:53:47.85</b>	<b>01:30:49.55</b>	+00:23:07 (43.0%)	10:45	5.6 (57.1%)
210	<b>BIŁYK Klaudia</b>	<b>298</b>	SANTANDER CONSUMER BANK	K19-29	13	00:35:20	00:26:47	<b>00:54:22.95</b>	<b>01:29:43.75</b>	+00:23:42 (43.6%)	10:52	5.5 (56.1%)
211	<b>LENKIEWICZ Amelia</b>	<b>276</b>	SANTANDER CONSUMER BANK	K11-14	17	00:33:50	00:25:36	<b>00:56:14.75</b>	<b>01:30:05.10</b>	+00:25:34 (45.5%)	11:15	5.3 (54.1%)
212	<b>DOROSZ Antonina</b>	<b>56</b>		K70+	4	00:37:48	00:25:29	<b>00:58:07.95</b>	<b>01:35:56.05</b>	+00:27:27 (47.2%)	11:37	5.2 (53.1%)
213	<b>JAROSZ-NOWAK Joanna</b>	<b>86</b>		K40-49	38	00:36:23	00:29:11	<b>00:58:20.30</b>	<b>01:34:44.10</b>	+00:27:40 (47.4%)	11:40	5.1 (52.0%)
214	<b>PĘDZICH Małgorzata</b>	<b>158</b>	SANTANDER CONSUMER BANK	K40-49	39	00:35:52	00:35:05	<b>01:08:45.90</b>	<b>01:44:37.90</b>	+00:38:05 (55.4%)	13:45	4.4 (44.9%)
215	<b>ZAŃ Jolanta</b>	<b>234</b>	SANTANDER CONSUMER BANK	K30-39	25	00:35:48	00:35:00	<b>01:08:48.60</b>	<b>01:44:36.85</b>	+00:38:08 (55.4%)	13:45	4.4 (44.9%)
216	<b>BOROWSKA Marta</b>	<b>30</b>	SANTANDER CONSUMER BANK	K30-39	26	00:35:51	00:35:00	<b>01:08:51.35</b>	<b>01:44:42.50</b>	+00:38:11 (55.5%)	13:46	4.4 (44.9%)
217	<b>BOROWSKI Tomasz</b>	<b>31</b>	SANTANDER CONSUMER BANK	M-OPEN	2	00:35:50	00:35:08	<b>01:08:51.50</b>	<b>01:44:41.60</b>	+00:38:11 (55.5%)	13:46	4.4 (44.9%)
218	<b>ŻUK Grażyna</b>	<b>249</b>		K30-39	27	00:12:29	00:46:32	<b>01:10:09.30</b>	<b>01:22:38.65</b>	+00:39:29 (56.3%)	14:01	4.3 (43.9%)
219	<b>MORAWIEC Bartosz</b>	<b>137</b>	SANTANDER CONSUMER BANK	M-OPEN	3	00:45:26	00:19:30			+00:04:21	7:48	7.7 (78.6%)
220	<b>HORNOSTAJ Renata</b>	<b>80</b>		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	<b>WARCHAŁOWSKI Bruno</b>	<b>216</b>		M-OPEN	4	00:45:26	00:21:57			+00:06:49	8:46	6.8 (69.4%)
222	<b>SADOWSKI Dominik</b>	<b>181</b>		M30-39	13	00:47:12	00:41:44			+00:26:36	16:41	3.6 (36.7%)
223	<b>OCHEJ-SADOWSKA Oriana</b>	<b>147</b>		K30-39	28	00:47:10	00:41:45			+00:26:37	16:42	3.6 (36.7%)
224	<b>GONET-OCHEJ Elżbieta</b>	<b>74</b>		K60-69	14	00:47:13	00:44:32			+00:29:23	17:48	3.4 (34.7%)
225	<b>CZYŻ Michał</b>	<b>49</b>		M11-14	5	00:38:20	00:50:29			+00:35:21	20:11	3 (30.6%)
226	<b>CZYŻ Natalia</b>	<b>48</b>		K40-49	41	00:38:18	00:50:35			+00:35:26	20:14	3 (30.6%)
227	<b>CZYŻ Rafał</b>	<b>47</b>		M40-49	20	00:38:15	00:50:35			+00:35:26	20:14	3 (30.6%)
228	<b>MADERA Bogdan</b>	<b>122</b>	RUNWALKRUN	M50-59	13	00:32:13						(0.0%)
DQ	<b>BADECKI Ryszard</b>	<b>12</b>	NIEZRZESZONY	M50-59		DQ	00:16:35 DQ	<b>00:34:05.00</b> <b>DQ</b>	<b>DQ</b>	-	-	(0.0%)
DQ	<b>CHOJNOWSKA Monika</b>	<b>40</b>		K30-39		DQ	00:19:01 DQ	<b>00:37:27.20</b> <b>DQ</b>	<b>DQ</b>	-	-	(0.0%)

Znaleziono 230 wynik(ów)