

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

B4SPORT

Wydarzenie: FINAŁ AKADEMII ZDROWIA SANTANDERA
Organizator: PFNW
Data: 2017-09-23
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	253	KS METRACO POLKOWICE	M50-59	1	00:02:58	00:15:01	00:30:14.95	00:33:13.10		6:03	9.9 (100%)
2	ROŻYNEK Miron	196		M50-59	2	00:02:59	00:15:01	00:30:30.80	00:33:30.15	+00:00:15 (0.9%)	6:06	9.8 (99.0%)
3	KRUŚ Artur	285	KS METRACO POLKOWICE	M40-49	1	00:02:24	00:15:01	00:30:41.05	00:33:05.25	+00:00:26 (1.4%)	6:08	9.8 (99.0%)
4	WOJTASIŃSKI Daniel	251	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1	00:01:37	00:15:07	00:30:51.30	00:32:28.40	+00:00:36 (2.0%)	6:10	9.7 (98.0%)
5	KUBIAK Tomasz	132		M40-49	2	00:02:24	00:15:13	00:31:10.50	00:33:35.00	+00:00:55 (3.0%)	6:14	9.6 (97.0%)
6	LESIŃSKI Grzegorz	294	KS METRACO POLKOWICE	M50-59	3	00:02:59	00:15:14	00:31:12.50	00:34:11.95	+00:00:57 (3.1%)	6:14	9.6 (97.0%)
7	HOŁUBKA Mariusz	224		M40-49	3	00:02:24	00:15:17	00:31:56.00	00:34:20.85	+00:01:41 (5.3%)	6:23	9.4 (94.9%)
8	SANIUK Edward	201	FACE NORDIC WALKING TEAM	M60-69	1	00:03:44	00:16:16	00:32:36.25	00:36:21.00	+00:02:21 (7.2%)	6:31	9.2 (92.9%)
9	MIKOŁAJCZAK Jan	153		M60-69	2	00:03:43	00:16:24	00:33:13.25	00:36:56.45	+00:02:58 (8.9%)	6:38	9 (90.9%)
10	KUBAT Janusz	131	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	4	00:02:26	00:16:46	00:33:58.20	00:36:25.15	+00:03:43 (11.0%)	6:47	8.8 (88.9%)
11	PINTAK Artur	184	WESOŁY BORSUK TEAM	M30-39	2	00:01:37	00:16:26	00:34:02.40	00:35:39.40	+00:03:47 (11.1%)	6:48	8.8 (88.9%)
12	RACŁAWSKI Jan	287	AMATOR	M60-69	3	00:03:44	00:16:50	00:34:14.70	00:37:58.85	+00:03:59 (11.7%)	6:50	8.8 (88.9%)
13	BEDNARZ Krzysztof	24	SANTANDER CONSUMER BANK	M30-39	3	00:01:37	00:16:46	00:34:18.35	00:35:55.35	+00:04:03 (11.8%)	6:51	8.7 (87.9%)

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	LESIŃSKA Marzenna	293	KS METRACO POLKOWICE	K50-59	1	00:07:44	00:17:02	00:34:19.25	00:42:03.55	+00:04:04 (11.9%)	6:51	8.7 (87.9%)
15	GAPIŃSKI Leszek	71	WESOŁY BORSUK TEAM	M60-69	4	00:03:42	00:17:14	00:34:24.15	00:38:06.35	+00:04:09 (12.1%)	6:52	8.7 (87.9%)
16	KOWALCZYK Edyta	126	KS METRACO POLKOWICE	K40-49	1	00:06:59	00:17:07	00:34:25.70	00:41:24.70	+00:04:10 (12.1%)	6:53	8.7 (87.9%)
17	JÓŹWIAK Marianna	101	WTW WŁOCŁAWEK	K40-49	2	00:06:52	00:17:04	00:34:26.95	00:41:19.55	+00:04:12 (12.2%)	6:53	8.7 (87.9%)
18	GRYGOROWICZ Bogdan	91	KS METRACO POLKOWICE	M60-69	5	00:03:42	00:16:53	00:34:35.75	00:38:18.70	+00:04:20 (12.6%)	6:55	8.7 (87.9%)
19	WOJDYŁA Mieczysław	250		M50-59	4	00:02:58	00:17:11	00:34:43.10	00:37:42.05	+00:04:28 (12.9%)	6:56	8.6 (86.9%)
20	RUDOLF Natalia	197	NORDIKI	K30-39	1	00:06:05	00:17:44	00:35:17.80	00:41:23.35	+00:05:02 (14.3%)	7:03	8.5 (85.9%)
21	SULIKOWSKA Agnieszka	209	PASJA NORDIC WALKING	K30-39	2	00:06:03	00:17:44	00:35:18.95	00:41:22.10	+00:05:04 (14.3%)	7:03	8.5 (85.9%)
22	WOJCIECHOWSKI Adam	248	PLESZEWSKIE WŁÓCZYKIJE	M40-49	5	00:02:25	00:17:29	00:35:37.90	00:38:03.05	+00:05:22 (15.1%)	7:07	8.4 (84.8%)
23	GODZIŃSKA Dorota	80		K30-39	3	00:06:03	00:18:00	00:36:05.05	00:42:08.30	+00:05:50 (16.2%)	7:13	8.3 (83.8%)
24	DONIGIEWICZ Janusz	57	KRUSZYNA	M60-69	6	00:03:44	00:17:54	00:36:05.80	00:39:50.70	+00:05:50 (16.2%)	7:13	8.3 (83.8%)
25	FEDECZKO Edyta	62		K40-49	3	00:06:52	00:17:53	00:36:06.45	00:42:58.55	+00:05:51 (16.2%)	7:13	8.3 (83.8%)
26	PRZYBYŁEK Marysia	192	MARYSIA SPEEDWAY TEAM	K40-49	4	00:06:53	00:17:51	00:36:07.50	00:43:01.30	+00:05:52 (16.3%)	7:13	8.3 (83.8%)
27	GODZIŃSKI Paweł	81		M30-39	4	00:01:38	00:17:52	00:36:10.30	00:37:49.00	+00:05:55 (16.4%)	7:14	8.3 (83.8%)
28	KRAWIEC Rafał	270	SANTANDER CONSUMER BANK	M40-49	6	00:02:25	00:17:52	00:36:10.40	00:38:36.30	+00:05:55 (16.4%)	7:14	8.3 (83.8%)
29	NAPORA Adrian	162	RIGHTWAY	M14-17	1	00:00:07	00:17:35	00:36:13.85	00:36:21.25	+00:05:58 (16.5%)	7:14	8.3 (83.8%)
30	PIKSA Kazimierz	288	NORDIK WALKING KRUSZYNA	M60-69	7	00:03:46	00:18:11	00:36:17.15	00:40:03.90	+00:06:02 (16.6%)	7:15	8.3 (83.8%)
31	WOJCIECHOWSKI Henryk	247	ZWANKI ZWANOWICE	M40-49	7	00:02:24	00:18:10	00:36:17.45	00:38:42.10	+00:06:02 (16.6%)	7:15	8.3 (83.8%)
32	JÓŹWIAK Łukasz	103	WTW WŁOCŁAWEK	M40-49	8	00:02:27	00:18:01	00:36:26.40	00:38:54.05	+00:06:11 (17.0%)	7:17	8.2 (82.8%)
33	WOJCIECHOWSKA Katarzyna	245	PLESZEWSKIE WŁÓCZYKIJE	K40-49	5	00:06:53	00:18:05	00:36:38.65	00:43:31.90	+00:06:23 (17.5%)	7:19	8.2 (82.8%)
34	DROZD Maria	60	NORDIC WALKING KRUSZYNA	K50-59	2	00:07:43	00:18:11	00:36:47.05	00:44:30.75	+00:06:32 (17.8%)	7:21	8.2 (82.8%)
35	GŁOMBICA Ewa	79	WESOŁY BORSUK TEAM	K30-39	4	00:06:05	00:18:26	00:36:53.65	00:42:59.45	+00:06:38 (18.0%)	7:22	8.1 (81.8%)
36	KOPCZYŃSKI Jacob	116		M18-29	1	00:00:45	00:18:30	00:36:53.70	00:37:39.15	+00:06:38 (18.0%)	7:22	8.1 (81.8%)

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37	MUCHA Maciej	158	GÓRA	M50-59	5	00:02:58	00:18:16	00:36:56.00	00:39:54.75	+00:06:41 (18.1%)	7:23	8.1 (81.8%)
38	ADAMSKA Joanna	4		K30-39	5	00:06:04	00:18:34	00:36:56.45	00:43:01.05	+00:06:41 (18.1%)	7:23	8.1 (81.8%)
39	DOBROWOLSKA-ŚWIĄTEK Elżbieta	56	KB HARCOWNIK JELCZ- LASKOWICE	K50-59	3	00:07:43	00:18:12	00:37:09.55	00:44:53.00	+00:06:54 (18.6%)	7:26	8.1 (81.8%)
40	LEGOCKA Kinga	139	OCTOPUS TEAM	K40-49	6	00:06:52	00:18:26	00:37:12.45	00:44:04.60	+00:06:57 (18.7%)	7:26	8.1 (81.8%)
41	UBYSZ Wojciech	231		M14-17	2	00:00:07	00:17:43	00:37:18.70	00:37:26.65	+00:07:03 (18.9%)	7:27	8 (80.8%)
42	WALCZAK Grzegorz	233	OCTOPUS TEAM	M40-49	9	00:02:26	00:18:41	00:37:22.35	00:39:48.45	+00:07:07 (19.1%)	7:28	8 (80.8%)
43	PIETRASZEWSKA Anna	182		K14-17	1	00:04:55	00:18:25	00:37:23.35	00:42:19.00	+00:07:08 (19.1%)	7:28	8 (80.8%)
44	KOTULA Jakub	123	UNIA MIAST	M30-39	5	00:01:38	00:18:24	00:37:24.85	00:39:02.90	+00:07:09 (19.2%)	7:28	8 (80.8%)
45	WOJCIECHOWSKI Szymon	249	KIJOWE MORSY WROCŁAW	M18-29	2	00:00:44	00:18:32	00:37:26.50	00:38:10.65	+00:07:11 (19.2%)	7:29	8 (80.8%)
46	RAPACZ Magdalena	194		K30-39	6	00:06:09	00:18:59	00:37:39.50	00:43:49.00	+00:07:24 (19.7%)	7:32	8 (80.8%)
47	BUSKA Roksana	41	MECHANIK NYSA	K14-17	2	00:04:56	00:18:48	00:37:47.25	00:42:43.35	+00:07:32 (19.9%)	7:33	7.9 (79.8%)
48	GRUDZIĘŃ Marek	90		M14-17	3	00:00:07	00:18:27	00:37:49.55	00:37:57.25	+00:07:34 (20.0%)	7:34	7.9 (79.8%)
49	LOKŚ Anna	289		K30-39	7	00:06:03	00:18:34	00:37:51.10	00:43:54.25	+00:07:36 (20.1%)	7:34	7.9 (79.8%)
50	GERLE-KOTULA Anna	77	UNIA MIAST	K30-39	8	00:06:03	00:18:48	00:37:51.30	00:43:55.10	+00:07:36 (20.1%)	7:34	7.9 (79.8%)
51	SUKIENNIK Renata	281	ZABIEGANI CZĘSTOCHOWA	K40-49	7	00:07:51	00:18:59	00:38:01.85	00:45:53.60	+00:07:46 (20.5%)	7:36	7.9 (79.8%)
52	SZTYK Jerzy	216	ACTEAM	M60-69	8	00:03:43	00:18:43	00:38:05.70	00:41:48.75	+00:07:50 (20.6%)	7:37	7.9 (79.8%)
53	MUCIEK Paweł	160	SANTANDER CONSUMER BANK	M40-49	10	00:02:28	00:18:38	00:38:09.15	00:40:37.15	+00:07:54 (20.7%)	7:37	7.9 (79.8%)
54	JURCZYŃSKA Bożena	104	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	4	00:07:46	00:19:08	00:38:10.00	00:45:56.45	+00:07:55 (20.7%)	7:38	7.9 (79.8%)
55	WOROCH Jolanta	254	DOPIEWO	K50-59	5	00:07:44	00:19:09	00:38:10.30	00:45:54.75	+00:07:55 (20.8%)	7:38	7.9 (79.8%)
56	DAWIEC Grzegorz	53		M40-49	11	00:02:25	00:18:44	00:38:10.95	00:40:36.80	+00:07:56 (20.8%)	7:38	7.9 (79.8%)
57	CHOLEWKA Jolanta	44	MARSZ PO ZDROWIE POZNAŃ	K60-69	1	00:08:22	00:18:54	00:38:13.45	00:46:35.90	+00:07:58 (20.9%)	7:38	7.8 (78.8%)
58	WEGIERA Grzegorz	240		M40-49	12	00:02:25	00:19:11	00:38:16.50	00:40:42.30	+00:08:01 (21.0%)	7:39	7.8 (78.8%)
59	BOHDANOWICZ Elwira	35		K40-49	8	00:06:59	00:19:26	00:38:24.60	00:45:24.25	+00:08:09 (21.2%)	7:41	7.8 (78.8%)

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60	PIĄTKOWSKI Józef	180	KS METRACO POLKOWICE	M70+	1	00:04:14	00:19:22	00:38:26.70	00:42:41.25	+00:08:11 (21.3%)	7:41	7.8 (78.8%)
61	WOJTKIEWICZ Barbara	252		K50-59	6	00:07:43	00:19:26	00:38:45.00	00:46:28.65	+00:08:30 (21.9%)	7:45	7.7 (77.8%)
62	RACŁAWSKA Joanna	286	AMATORKA	K50-59	7	00:07:45	00:19:26	00:38:48.75	00:46:33.90	+00:08:33 (22.1%)	7:45	7.7 (77.8%)
63	DREISEITEL Andrzej	59		M50-59	6	00:02:58	00:18:56	00:38:49.50	00:41:47.70	+00:08:34 (22.1%)	7:45	7.7 (77.8%)
64	CZERWIŃSKI Tomasz	51		M40-49	13	00:02:27	00:19:03	00:38:50.75	00:41:18.00	+00:08:35 (22.1%)	7:46	7.7 (77.8%)
65	MATKOWSKI Adam	1	GIMNAZJUN W LUTYNI	M14-17	4	00:00:08	00:19:50	00:38:52.25	00:39:00.75	+00:08:37 (22.2%)	7:46	7.7 (77.8%)
66	PIETRASZEWSKA Katarzyna	181		K40-49	9	00:06:55	00:18:59	00:38:53.65	00:45:49.50	+00:08:38 (22.2%)	7:46	7.7 (77.8%)
67	ANGIELCZYK Małgorzata	14	MARSZ PO ZDROWIE POZNAŃ	K60-69	2	00:08:22	00:19:08	00:38:53.95	00:47:16.45	+00:08:39 (22.2%)	7:46	7.7 (77.8%)
68	JASIK Beata	98	WESOŁY BORSUK TEAM	K30-39	9	00:06:06	00:19:22	00:38:56.70	00:45:02.95	+00:08:41 (22.3%)	7:47	7.7 (77.8%)
69	NOWACZYK Lidia	165	PLESZEWSKIE WŁÓCZYKIJE	K30-39	10	00:06:07	00:19:28	00:39:02.30	00:45:10.00	+00:08:47 (22.5%)	7:48	7.7 (77.8%)
70	GRAS Danuta	88		K18-29	1	00:05:23	00:19:31	00:39:04.25	00:44:27.35	+00:08:49 (22.6%)	7:48	7.7 (77.8%)
71	WOŹNIAKIEWICZ Julia	255	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K18-29	2	00:05:21	00:19:30	00:39:05.75	00:44:27.25	+00:08:50 (22.6%)	7:49	7.7 (77.8%)
72	WOJCIECHOWSKA Sylwia	246	NIEZRZESZONA	K40-49	10	00:06:56	00:19:20	00:39:06.65	00:46:03.20	+00:08:51 (22.7%)	7:49	7.7 (77.8%)
73	GÓRSKI Henryk	87		M70+	2	00:04:14	00:19:23	00:39:08.15	00:43:22.30	+00:08:53 (22.7%)	7:49	7.7 (77.8%)
74	URBAN Jacek	232	STOWARZYSZENIE 'AZYMUT'	M60-69	9	00:03:43	00:19:48	00:39:14.20	00:42:57.65	+00:08:59 (22.9%)	7:50	7.6 (76.8%)
75	SZYMAŃSKI Mirosław	220		M40-49	14	00:02:28	00:19:39	00:39:28.45	00:41:56.80	+00:09:13 (23.4%)	7:53	7.6 (76.8%)
76	MARSZAŁEK Patrycja	147		K14-17	3	00:04:55	00:20:05	00:39:34.95	00:44:30.15	+00:09:20 (23.6%)	7:55	7.6 (76.8%)
77	WARGOCKA Agnieszka	235	SANTANDER CONSUMER BANK	K40-49	11	00:06:57	00:19:42	00:39:35.30	00:46:33.20	+00:09:20 (23.6%)	7:55	7.6 (76.8%)
78	PODOLSKA-SZACHEWICZ Julita	188	JEŻOZWIERZE GROUP	K30-39	11	00:06:12	00:19:46	00:39:42.35	00:45:55.30	+00:09:27 (23.8%)	7:56	7.6 (76.8%)
79	CZOCHARA Patrycja	52	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K14-17	4	00:04:55	00:20:18	00:39:45.55	00:44:41.25	+00:09:30 (23.9%)	7:57	7.5 (75.8%)
80	NOSALIK Katarzyna	163		K30-39	12	00:06:08	00:19:51	00:39:46.25	00:45:54.60	+00:09:31 (23.9%)	7:57	7.5 (75.8%)
81	KOSICKI Łukasz	120	ROKIETNICA	M18-29	3	00:00:46	00:20:04	00:39:54.35	00:40:41.05	+00:09:39 (24.2%)	7:59	7.5 (75.8%)
82		298				00:06:58	00:20:01	00:39:55.85	00:46:54.55	+00:09:40 (24.2%)	7:59	7.5 (75.8%)

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83	ARTYMICZ Maria	17		K60-69	3	00:08:23	00:19:47	00:40:09.55	00:48:32.75	+00:09:54 (24.7%)	8:01	7.5 (75.8%)
84	POHL Anna	189		K40-49	12	00:07:02	00:20:03	00:40:16.20	00:47:19.00	+00:10:01 (24.9%)	8:03	7.4 (74.7%)
85	TUREK Jan	229		M60-69	10	00:03:02	00:20:10	00:40:18.10	00:43:20.35	+00:10:03 (24.9%)	8:03	7.4 (74.7%)
86	KRAMER Leszek	215		M70+	3	00:04:16	00:20:05	00:40:19.95	00:44:36.20	+00:10:05 (25.0%)	8:04	7.4 (74.7%)
87	SZEMET Zbigniew	273		M70+	4	00:04:15	00:19:31	00:40:21.30	00:44:36.85	+00:10:06 (25.0%)	8:04	7.4 (74.7%)
88	ZAŁASZCZYK Agnieszka	260		K14-17	5	00:04:54	00:20:06	00:40:22.55	00:45:17.45	+00:10:07 (25.1%)	8:04	7.4 (74.7%)
89	ADAMSKA Iwona	6		K40-49	13	00:07:00	00:20:03	00:40:24.25	00:47:25.15	+00:10:09 (25.1%)	8:05	7.4 (74.7%)
90	SIERŻANT Anna	205		K30-39	13	00:06:08	00:19:56	00:40:28.55	00:46:37.10	+00:10:13 (25.3%)	8:05	7.4 (74.7%)
91	MACALIK Andrzej	272		M60-69	11	00:03:46	00:20:34	00:40:29.65	00:44:16.35	+00:10:14 (25.3%)	8:06	7.4 (74.7%)
92	WALULIK Aneta	234	NORDIC WALKING WE WROCŁAWIU	K40-49	14	00:06:56	00:20:12	00:40:30.25	00:47:26.30	+00:10:15 (25.3%)	8:06	7.4 (74.7%)
93	ANDREJSZYN Józefa	11		K50-59	8	00:07:45	00:20:12	00:40:34.00	00:48:19.35	+00:10:19 (25.4%)	8:06	7.4 (74.7%)
94	PUCHALSKA Paulina	297		K30-39	14	00:06:07	00:20:31	00:40:40.25	00:46:48.20	+00:10:25 (25.6%)	8:08	7.4 (74.7%)
95	DĄBROWA Dorota	283		K40-49	15	00:07:03	00:20:30	00:40:41.90	00:47:45.30	+00:10:26 (25.7%)	8:08	7.4 (74.7%)
96	SCHNAIDER Leokadia	202	WESOŁY BORSUK TEAM	K40-49	16	00:07:01	00:20:25	00:40:42.55	00:47:44.35	+00:10:27 (25.7%)	8:08	7.4 (74.7%)
97	ADAMOWICZ Andrzej	3		M70+	5	00:19:21	00:21:07	00:40:46.30	01:00:08.15	+00:10:31 (25.8%)	8:09	7.4 (74.7%)
98	MUCHA Honorata	159	GÓRA	K40-49	17	00:06:52	00:20:24	00:40:48.85	00:47:40.90	+00:10:33 (25.9%)	8:09	7.4 (74.7%)
99	BIERNACKI Jacek	28		M40-49	15	00:02:27	00:20:40	00:40:49.85	00:43:17.40	+00:10:34 (25.9%)	8:10	7.3 (73.7%)
100	TROPER-SZCZEPUŁA Agnieszka	227		K30-39	15	00:06:08	00:20:31	00:40:52.70	00:47:01.35	+00:10:37 (26.0%)	8:10	7.3 (73.7%)
101	CHROBOK Jolanta	45	HAJDUKI LOTAJOM	K40-49	18	00:06:53	00:20:35	00:40:57.35	00:47:50.65	+00:10:42 (26.1%)	8:11	7.3 (73.7%)
102	JAGODZIŃSKI Andrzej	96		M50-59	7	00:02:59	00:20:11	00:41:00.50	00:44:00.45	+00:10:45 (26.2%)	8:12	7.3 (73.7%)
103	GARBACZEWSKA Iwona	73	SANTANDER CONSUMER BANK	K30-39	16	00:06:09	00:20:28	00:41:03.25	00:47:12.25	+00:10:48 (26.3%)	8:12	7.3 (73.7%)
104	KASPRZYK Elżbieta	282	RODZINNA GRUPA BIEGOWA	K40-49	19	00:06:58	00:20:47	00:41:04.50	00:48:02.60	+00:10:49 (26.4%)	8:12	7.3 (73.7%)
105	GAWOR Renata	75		K40-49	20	00:06:57	00:20:58	00:41:06.00	00:48:03.00	+00:10:51 (26.4%)	8:13	7.3 (73.7%)

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	CZARNECKA Anna	48	RIGHTWAY	K50-59	9	00:07:48	00:20:20	00:41:06.80	00:48:55.60	+00:10:51 (26.4%)	8:13	7.3 (73.7%)
107	WARPAS Radosław	236	SANTANDER CONSUMER BANK	M30-39	6	00:01:39	00:20:37	00:41:09.55	00:42:49.10	+00:10:54 (26.5%)	8:14	7.3 (73.7%)
108	MONDER-BEZDZIETNY Anna	157		K40-49	21	00:06:54	00:21:12	00:41:11.15	00:48:05.95	+00:10:56 (26.6%)	8:14	7.3 (73.7%)
109	ZARĘBSKI Lukasz	262	JEST LEPIEJ CZĘSTOCHOWA	M60-69	12	00:03:44	00:20:33	00:41:11.20	00:44:55.50	+00:10:56 (26.6%)	8:14	7.3 (73.7%)
110	KWIATKOWSKA Jadwiga	136	KS METRACO POLKOWICE	K60-69	4	00:08:27	00:20:29	00:41:11.70	00:49:39.45	+00:10:56 (26.6%)	8:14	7.3 (73.7%)
111	ADAMSKA Marzena	8	SANTANDER CONSUMER BANK	K30-39	17	00:06:10	00:20:42	00:41:18.95	00:47:29.50	+00:11:04 (26.8%)	8:15	7.3 (73.7%)
112	REMISZEWSKI Adam	195	UTW OLEŚNICA	M70+	6	00:04:15	00:20:11	00:41:20.40	00:45:35.55	+00:11:05 (26.8%)	8:16	7.3 (73.7%)
113	BOBIŃSKA Monika	33		K30-39	18	00:06:12	00:20:48	00:41:27.35	00:47:39.55	+00:11:12 (27.0%)	8:17	7.2 (72.7%)
114	ORYWOŁ Izabela	170		K30-39	19	00:06:05	00:20:53	00:41:33.30	00:47:38.35	+00:11:18 (27.2%)	8:18	7.2 (72.7%)
115	KOPROWSKA Aneta	117		K40-49	22	00:06:55	00:20:54	00:41:33.40	00:48:29.10	+00:11:18 (27.2%)	8:18	7.2 (72.7%)
116	BAJON Iwona	19		K40-49	23	00:06:55	00:20:54	00:41:34.10	00:48:29.30	+00:11:19 (27.2%)	8:18	7.2 (72.7%)
117	IWANICKI Zdzisław	271		M70+	7	00:03:48	00:20:41	00:41:40.40	00:45:28.95	+00:11:25 (27.4%)	8:20	7.2 (72.7%)
118	OZGA Iwona	174		K40-49	24	00:07:02	00:20:37	00:41:41.15	00:48:43.35	+00:11:26 (27.4%)	8:20	7.2 (72.7%)
119	WESOŁOWSKA Lucyna	404		K30-39	20	00:06:58	00:21:36	00:41:45.70	00:48:44.25	+00:11:30 (27.6%)	8:21	7.2 (72.7%)
120	MIŚKOWICZ Anna	155		K50-59	10	00:07:50	00:20:56	00:41:47.20	00:49:38.05	+00:11:32 (27.6%)	8:21	7.2 (72.7%)
121	KŁOS Bogusława	114	ROKIETNICA	K50-59	11	00:07:53	00:21:08	00:41:47.55	00:49:40.80	+00:11:32 (27.6%)	8:21	7.2 (72.7%)
122	BONCZEK Jerzy	36	ACTIM	M60-69	13	00:03:43	00:20:48	00:41:50.15	00:45:33.60	+00:11:35 (27.7%)	8:22	7.2 (72.7%)
123	GĄSIOREK Danuta	76	AKTYWNY WAŁBRZYCH	K50-59	12	00:07:47	00:21:05	00:41:50.45	00:49:37.45	+00:11:35 (27.7%)	8:22	7.2 (72.7%)
124	POHL Marta	291		K18-29	3	00:05:22	00:20:58	00:41:53.05	00:47:15.60	+00:11:38 (27.8%)	8:22	7.2 (72.7%)
125	BARTUSIK-URBAN Jagoda	23	SANTANDER CONSUMER BANK	K40-49	25	00:06:54	00:21:02	00:41:54.50	00:48:49.05	+00:11:39 (27.8%)	8:23	7.2 (72.7%)
126	KŁANIECKA Bożena	113	ROKIETNICA	K60-69	5	00:08:24	00:21:18	00:41:54.80	00:50:18.90	+00:11:39 (27.8%)	8:22	7.2 (72.7%)
127	KOZIOŁ Artur	127	SANTANDER CONSUMER BANK	M40-49	16	00:02:26	00:20:37	00:41:56.60	00:44:23.30	+00:11:41 (27.9%)	8:23	7.2 (72.7%)
128	WARPAS Barbara	237	SANTANDER CONSUMER BANK	K30-39	21	00:06:06	00:20:51	00:41:59.00	00:48:05.15	+00:11:44 (27.9%)	8:23	7.1 (71.7%)

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	JASTRZĄBEK Waldemar	99		M30-39	7	00:01:38	00:21:13	00:42:01.10	00:43:39.20	+00:11:46 (28.0%)	8:24	7.1 (71.7%)
130	CZERWIŃSKA Małgorzata	50		K40-49	26	00:07:03	00:21:13	00:42:06.40	00:49:09.55	+00:11:51 (28.2%)	8:25	7.1 (71.7%)
131	KULCZYCKI Jan	133	BEZ KLUBU	M60-69	14	00:03:46	00:21:23	00:42:16.15	00:46:02.15	+00:12:01 (28.4%)	8:27	7.1 (71.7%)
132	WINIARSKI Robert	243		M40-49	17	00:02:29	00:20:57	00:42:17.80	00:44:47.25	+00:12:02 (28.5%)	8:27	7.1 (71.7%)
133	SZULC Małgorzata	217		K30-39	22	00:06:11	00:20:25	00:42:22.30	00:48:33.70	+00:12:07 (28.6%)	8:28	7.1 (71.7%)
134	ADAMIN Grażyna	2	KALISKA GRUPA ROWEROWA G7	K60-69	6	00:08:24	00:21:25	00:42:27.30	00:50:51.95	+00:12:12 (28.8%)	8:29	7.1 (71.7%)
135	PRZYBYŁ Małgorzata	191	ROKIETNICA	K40-49	27	00:07:00	00:21:12	00:42:31.85	00:49:31.85	+00:12:16 (28.9%)	8:30	7.1 (71.7%)
136	KASPRZYKOWSKI Bartłomiej	430		M40-49	18	00:02:30	00:21:10	00:42:37.25	00:45:07.30	+00:12:22 (29.0%)	8:31	7 (70.7%)
137	GOLAK-WEGIERA Katarzyna	82		K40-49	28	00:06:52	00:21:16	00:42:38.00	00:49:30.60	+00:12:23 (29.0%)	8:31	7 (70.7%)
138	DĄBROWSKA-CZEKAJ Magdalena	54		K30-39	23	00:06:04	00:21:22	00:42:38.30	00:48:42.45	+00:12:23 (29.1%)	8:31	7 (70.7%)
139	PALMOWSKA Maria	175		K40-49	29	00:06:54	00:21:17	00:42:38.50	00:49:33.30	+00:12:23 (29.1%)	8:31	7 (70.7%)
140	MUCIEK Karolina	161	SANTANDER CONSUMER BANK	K14-17	6	00:04:57	00:21:12	00:42:45.10	00:47:42.50	+00:12:30 (29.2%)	8:33	7 (70.7%)
141	MĘDRAK Józef	152		M60-69	15	00:03:45	00:21:02	00:42:48.15	00:46:33.35	+00:12:33 (29.3%)	8:33	7 (70.7%)
142	BAJON Ludomiła	18		K50-59	13	00:07:50	00:21:10	00:42:58.75	00:50:49.10	+00:12:43 (29.6%)	8:35	7 (70.7%)
143	GUZIŃSKA Teresa	93	ROKIETNICA	K60-69	7	00:08:24	00:21:23	00:43:10.25	00:51:34.95	+00:12:55 (29.9%)	8:38	6.9 (69.7%)
144	MAKOWSKA-WYLEGAŁA Violetta	145		K30-39	24	00:06:13	00:21:41	00:43:11.35	00:49:25.20	+00:12:56 (30.0%)	8:38	6.9 (69.7%)
145	ZARĘBSKA Katarzyna	261	JEST LEPIEJ CZĘSTOCHOWA	K60-69	8	00:08:28	00:21:37	00:43:14.50	00:51:42.50	+00:12:59 (30.0%)	8:38	6.9 (69.7%)
146	STANISŁAWSKA Beata	208		K50-59	14	00:07:46	00:21:30	00:43:15.80	00:51:01.85	+00:13:00 (30.1%)	8:39	6.9 (69.7%)
147	SZYMAŃSKA-KASIM Anna	219		K40-49	30	00:07:00	00:21:28	00:43:16.35	00:50:16.65	+00:13:01 (30.1%)	8:39	6.9 (69.7%)
148	SZAŁAJ Aleksandra	213		K30-39	25	00:06:06	00:21:37	00:43:17.50	00:49:24.05	+00:13:02 (30.1%)	8:39	6.9 (69.7%)
149	ANGLART Laura	15	ROKIETNICA	K40-49	31	00:06:59	00:21:45	00:43:20.45	00:50:19.95	+00:13:05 (30.2%)	8:40	6.9 (69.7%)
150	BLASZKA Michał	31	ROKIETNICA	M40-49	19	00:02:25	00:21:00	00:43:21.50	00:45:47.00	+00:13:06 (30.2%)	8:40	6.9 (69.7%)
151	WÓJCIK Irena	257	UTW OLEŚNICA	K70+	1	00:09:15	00:21:39	00:43:21.95	00:52:37.70	+00:13:07 (30.2%)	8:40	6.9 (69.7%)

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	FLIEGER Ewelina	66	ROKIETNICA	K40-49	32	00:06:58	00:21:49	00:43:22.45	00:50:21.00	+00:13:07 (30.3%)	8:40	6.9 (69.7%)
153	NOWACKA Kinga	164		K30-39	26	00:06:04	00:21:35	00:43:22.70	00:49:27.05	+00:13:07 (30.3%)	8:40	6.9 (69.7%)
154	WIECZORKOWSKI Zbigniew	242		M50-59	8	00:03:00	00:22:20	00:43:23.00	00:46:23.55	+00:13:08 (30.3%)	8:40	6.9 (69.7%)
155	ANDRZEJEWSKA Bogusława	12		K50-59	15	00:07:45	00:21:42	00:43:23.40	00:51:08.85	+00:13:08 (30.3%)	8:40	6.9 (69.7%)
156	ZAWADZKA Nina	263		K40-49	33	00:06:56	00:21:40	00:43:25.25	00:50:22.20	+00:13:10 (30.3%)	8:41	6.9 (69.7%)
157	JAREK Marta	97	AZS SILESIA	K40-49	34	00:06:53	00:21:27	00:43:26.25	00:50:20.05	+00:13:11 (30.4%)	8:41	6.9 (69.7%)
158	TUREK Krystyna	228		K50-59	16	00:07:47	00:21:37	00:43:32.25	00:51:19.55	+00:13:17 (30.5%)	8:42	6.9 (69.7%)
159	DZIENISZEWSKA Alina	277		K40-49	35	00:06:54	00:21:40	00:43:35.20	00:50:29.45	+00:13:20 (30.6%)	8:43	6.9 (69.7%)
160	SYNOWIEC Małgorzata	211	KB SUKCES	K40-49	36	00:06:57	00:21:45	00:43:42.55	00:50:40.00	+00:13:27 (30.8%)	8:44	6.9 (69.7%)
161	BIK Katarzyna	30	KS METRACO POLKOWICE	K14-17	7	00:04:56	00:21:47	00:43:47.45	00:48:44.25	+00:13:32 (30.9%)	8:45	6.8 (68.7%)
162	CUPIAŁ Wiktoria	46	KS METRACO POLKOWICE	K14-17	8	00:04:56	00:21:47	00:43:48.50	00:48:45.20	+00:13:33 (31.0%)	8:45	6.8 (68.7%)
163	RZEPKA Agnieszka	199		K30-39	27	00:06:09	00:21:58	00:43:57.55	00:50:07.40	+00:13:42 (31.2%)	8:47	6.8 (68.7%)
164	GROBELNA Jadwiga	230	KS METRACO POLKOWICE	K60-69	9	00:08:23	00:21:56	00:44:06.40	00:52:29.75	+00:13:51 (31.4%)	8:49	6.8 (68.7%)
165	PISARCZYK Hanna	185		K14-17	9	00:04:56	00:22:02	00:44:07.65	00:49:04.25	+00:13:52 (31.5%)	8:49	6.8 (68.7%)
166	BAJOR Teresa	20		K60-69	10	00:08:22	00:21:49	00:44:12.55	00:52:35.35	+00:13:57 (31.6%)	8:50	6.8 (68.7%)
167	MALCHER Patrycja	146	LICEUM OGÓLNOKSZTAŁCĄCE NR XV WE WROCŁAWIU	K18-29	4	00:05:22	00:22:00	00:44:18.15	00:49:40.85	+00:14:03 (31.7%)	8:51	6.8 (68.7%)
168	GACEK Marlena	68	SANTANDER CONSUMER BANK	K18-29	5	00:05:23	00:22:20	00:44:19.45	00:49:42.75	+00:14:04 (31.8%)	8:51	6.8 (68.7%)
169	KOWALCZYK Magdalena	125		K18-29	6	00:05:22	00:22:22	00:44:24.35	00:49:46.60	+00:14:09 (31.9%)	8:52	6.8 (68.7%)
170	FREUS Agnieszka	67	RIGHTWAY	K50-59	17	00:07:46	00:22:00	00:44:24.55	00:52:10.95	+00:14:09 (31.9%)	8:52	6.8 (68.7%)
171	ŁUCZYSZYN Stanisława	143	NORDIC WALKING KRUSZYNA	K60-69	11	00:08:26	00:22:15	00:44:25.30	00:52:51.55	+00:14:10 (31.9%)	8:53	6.8 (68.7%)
172	ŁOŻYŃSKI Jan	142	AZS SILESIA	M60-69	16	00:03:45	00:22:16	00:44:30.45	00:48:15.95	+00:14:15 (32.0%)	8:54	6.7 (67.7%)
173	BRYCHCY Karolina	38		K30-39	28	00:06:10	00:22:05	00:44:34.25	00:50:44.40	+00:14:19 (32.1%)	8:54	6.7 (67.7%)
174	KOWALCZYK Magdalena	124		K30-39	29	00:06:05	00:21:41	00:44:35.05	00:50:40.10	+00:14:20 (32.2%)	8:55	6.7 (67.7%)

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	BIELAWSKA Dorota	26	SANTANDER CONSUMER BANK	K50-59	18	00:07:52	00:22:16	00:44:36.35	00:52:28.95	+00:14:21 (32.2%)	8:55	6.7 (67.7%)
176	BUDASZ Krzysztof	40	PILSCY MIŁOŚNICY NW	M60-69	17	00:03:44	00:22:07	00:44:46.80	00:48:31.20	+00:14:31 (32.4%)	8:57	6.7 (67.7%)
177	SZARPAK Michalina	214	RIGHTWAY	K60-69	12	00:08:27	00:22:16	00:44:46.95	00:53:14.00	+00:14:32 (32.5%)	8:57	6.7 (67.7%)
178	OSETEK Aneta	173		K30-39	30	00:06:07	00:21:40	00:44:52.60	00:50:59.85	+00:14:37 (32.6%)	8:58	6.7 (67.7%)
179	FIGLEWICZ-DZIDO Agnieszka	65		K30-39	31	00:06:05	00:22:38	00:44:57.05	00:51:02.55	+00:14:42 (32.7%)	8:59	6.7 (67.7%)
180	KOGUT Teresa	115	ŚCINAWSKA GRUPA NW	K60-69	13	00:08:25	00:22:41	00:45:04.35	00:53:29.75	+00:14:49 (32.9%)	9:00	6.7 (67.7%)
181	ŻAK Teresa	268	PRZYJACIEL CSB	K70+	2	00:09:14	00:22:09	00:45:07.65	00:54:21.95	+00:14:52 (33.0%)	9:01	6.6 (66.7%)
182	WIŚNIEWSKA Mariola	244	STOWARZYSZENIE 'AZYMUT'	K50-59	19	00:07:50	00:22:47	00:45:11.05	00:53:02.00	+00:14:56 (33.1%)	9:02	6.6 (66.7%)
183	KWIECIEŃ Elżbieta	137		K50-59	20	00:07:48	00:22:50	00:45:13.85	00:53:02.55	+00:14:58 (33.1%)	9:02	6.6 (66.7%)
184	CHMIELEWSKA Anna	43	RODZINA NA PIĄTKĘ	K40-49	37	00:06:57	00:22:38	00:45:18.00	00:52:15.30	+00:15:03 (33.2%)	9:03	6.6 (66.7%)
185	GÓRECKI Gabriel	86	JEST LEPIEJ CZĘSTOCHOWA	M50-59	9	00:02:59	00:22:22	00:45:19.20	00:48:18.30	+00:15:04 (33.3%)	9:03	6.6 (66.7%)
186	KAMIŃSKA-SULICH Iwona	106	ARTEMIS WROCŁAW	K40-49	38	00:06:53	00:22:42	00:45:22.40	00:52:15.80	+00:15:07 (33.3%)	9:04	6.6 (66.7%)
187	BUDASZ Grażyna	39	PILSCY MIŁOŚNICY NW	K60-69	14	00:08:29	00:22:30	00:45:29.90	00:53:59.45	+00:15:14 (33.5%)	9:06	6.6 (66.7%)
188	KRZEMIŃSKA Joanna	130	SANTANDER CONSUMER BANK	K30-39	32	00:06:07	00:22:36	00:45:32.25	00:51:39.80	+00:15:17 (33.6%)	9:06	6.6 (66.7%)
189	FIGLEWICZ Michał	64		M30-39	8	00:01:38	00:22:40	00:45:38.30	00:47:17.25	+00:15:23 (33.7%)	9:07	6.6 (66.7%)
190	NOWAK Małgorzata	166		K50-59	21	00:07:45	00:22:52	00:45:49.60	00:53:35.05	+00:15:34 (34.0%)	9:10	6.5 (65.7%)
191	JÓŹWIAK Dominik	102	WTW WŁOCŁAWEK	M18-29	4	00:00:44	00:23:31	00:46:12.20	00:46:57.05	+00:15:57 (34.5%)	9:14	6.5 (65.7%)
192	WIĘCEK Agnieszka	296		K30-39	33	00:06:07	00:22:47	00:46:13.95	00:52:21.00	+00:15:59 (34.6%)	9:14	6.5 (65.7%)
193	GÓRECKA Jolanta	85	JEST LEPIEJ CZĘSTOCHOWA	K50-59	22	00:07:51	00:23:19	00:46:21.65	00:54:12.75	+00:16:06 (34.8%)	9:16	6.5 (65.7%)
194	OSETEK Bartosz	172		M30-39	9	00:01:39	00:22:45	00:46:22.25	00:48:01.60	+00:16:07 (34.8%)	9:16	6.5 (65.7%)
195	KRAWCZYK Barbara	129		K60-69	15	00:08:29	00:23:43	00:46:30.55	00:54:59.70	+00:16:15 (35.0%)	9:18	6.5 (65.7%)
196	WITKOWSKA Katarzyna	295		K18-29	7	00:05:22	00:22:15	00:46:43.05	00:52:05.15	+00:16:28 (35.3%)	9:20	6.4 (64.6%)
197	MATYSIAK Krystyna	149	ROKIETNICA	K60-69	16	00:08:24	00:23:12	00:46:43.90	00:55:07.90	+00:16:28 (35.3%)	9:20	6.4 (64.6%)

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
198	KUNIKOWSKI Zenon	134		M60-69	18	00:03:47	00:23:02	00:46:44.20	00:50:32.05	+00:16:29 (35.3%)	9:21	6.4 (64.6%)
199	DMYTERKO Dorota	55	RIGHTWAY	K50-59	23	00:07:47	00:23:47	00:46:50.35	00:54:37.50	+00:16:35 (35.4%)	9:22	6.4 (64.6%)
200	ŚWIEŚCIAK Małgorzata	223		K40-49	39	00:07:02	00:23:02	00:47:01.20	00:54:03.55	+00:16:46 (35.7%)	9:24	6.4 (64.6%)
201	SIEROTNIK Maria	204		K50-59	24	00:07:49	00:23:30	00:47:06.95	00:54:56.60	+00:16:52 (35.8%)	9:25	6.4 (64.6%)
202	KLEINWECHTER-DWOJAK Barbara	110		K50-59	25	00:07:47	00:23:34	00:47:16.55	00:55:04.50	+00:17:01 (36.0%)	9:27	6.3 (63.6%)
203	SUROPEK Wiesław	210	HELLBOY TEAM	M50-59	10	00:03:00	00:24:11	00:47:40.60	00:50:40.95	+00:17:25 (36.6%)	9:32	6.3 (63.6%)
204	JASZCZ Alina	100	RIGHTWAY	K60-69	17	00:08:27	00:22:51	00:48:13.25	00:56:40.40	+00:17:58 (37.3%)	9:38	6.2 (62.6%)
205	ZAKRZEWSKA Urszula	429		K50-59	26	00:07:53	00:23:51	00:48:14.35	00:56:07.50	+00:17:59 (37.3%)	9:38	6.2 (62.6%)
206	BARCZUK Barbara	21		K50-59	27	00:07:52	00:23:47	00:48:19.80	00:56:12.10	+00:18:04 (37.4%)	9:40	6.2 (62.6%)
207	JAGODZIŃSKA Bożena	95		K50-59	28	00:07:47	00:23:53	00:48:19.90	00:56:07.80	+00:18:04 (37.4%)	9:40	6.2 (62.6%)
208	WIECZORKOWSKA Bożena	241		K50-59	29	00:07:49	00:24:09	00:48:31.65	00:56:20.85	+00:18:16 (37.7%)	9:42	6.2 (62.6%)
209	WDOWIAK Danuta	239	ŚCINAWSKA GRUPA NW	K60-69	18	00:08:25	00:24:01	00:48:32.40	00:56:57.80	+00:18:17 (37.7%)	9:42	6.2 (62.6%)
210	OLEJCZYK Renata	169		K50-59	30	00:07:50	00:24:36	00:48:44.60	00:56:34.75	+00:18:29 (37.9%)	9:44	6.2 (62.6%)
211	SZYMANOWSKA Ewa	278	JEST LEPIEJ	K50-59	31	00:07:54	00:24:06	00:48:53.50	00:56:47.60	+00:18:38 (38.1%)	9:46	6.1 (61.6%)
212	RYMARSKA Bożena	279	JEST LEPIEJ	K50-59	32	00:07:54	00:24:06	00:48:55.40	00:56:49.70	+00:18:40 (38.2%)	9:47	6.1 (61.6%)
213	CURYŁO Katarzyna	47		K14-17	10	00:04:54	00:23:45	00:49:19.85	00:54:14.75	+00:19:04 (38.7%)	9:52	6.1 (61.6%)
214	ŚWIERKOT Dorota	292		K14-17	11	00:04:55	00:23:44	00:49:20.25	00:54:15.95	+00:19:05 (38.7%)	9:52	6.1 (61.6%)
215	BIERNACKA Wioletta	27		K40-49	40	00:07:01	00:24:58	00:49:20.30	00:56:21.75	+00:19:05 (38.7%)	9:52	6.1 (61.6%)
216	KAWOŃ Grażyna	109		K60-69	19	00:08:23	00:24:13	00:49:28.25	00:57:52.05	+00:19:13 (38.9%)	9:53	6.1 (61.6%)
217	KUZIEMSKA Marlena	135		K30-39	34	00:06:11	00:24:16	00:49:40.65	00:55:51.95	+00:19:25 (39.1%)	9:56	6 (60.6%)
218	MULEWSKA Jadwiga	274		K50-59	33	00:07:50	00:24:59	00:50:53.30	00:58:43.70	+00:20:38 (40.6%)	10:10	5.9 (59.6%)
218	LEŚKO Stella	275		K60-69	20	00:07:49	00:25:01	00:50:53.30	00:58:43.10	+00:20:38 (40.6%)	10:10	5.9 (59.6%)
220	PATORA-ŁAMPIKA Aleksandra	177		K60-69	21	00:08:25	00:25:25	00:51:31.05	00:59:56.25	+00:21:16 (41.3%)	10:18	5.8 (58.6%)

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
221	PIĄTKOWSKA Małgorzata	179	KS METRACO POLKOWICE	K60-69	22	00:08:27	00:25:44	00:51:52.30	01:00:20.15	+00:21:37 (41.7%)	10:22	5.8 (58.6%)
222	MILLER Jadwiga	16	ROKIETNICA	K70+	3	00:09:15	00:24:58	00:52:10.80	01:01:26.00	+00:21:55 (42.0%)	10:26	5.7 (57.6%)
223	ŁĄD-SOBIESZEK Sława	138	RIGHTWAY	K40-49	41	00:07:00	00:25:19	00:52:21.80	00:59:22.20	+00:22:06 (42.2%)	10:28	5.7 (57.6%)
224	MAJ Agnieszka	144		K50-59	34	00:07:44	00:26:42	00:53:57.20	01:01:41.75	+00:23:42 (43.9%)	10:47	5.6 (56.6%)
225	CZERNEWCAN Bogusław	49	KT.WROCLAW.PL	M50-59	11	00:02:58	00:27:03	00:54:00.75	00:56:58.85	+00:23:45 (44.0%)	10:48	5.6 (56.6%)
226	KOSICKA Beata	118		K40-49	42	00:07:05	00:27:09	00:54:19.70	01:01:25.10	+00:24:04 (44.3%)	10:52	5.5 (55.6%)
227	DUDEK-TARNOWSKA Iwona	61		K50-59	35	00:07:52	00:27:25	00:56:27.90	01:04:20.70	+00:26:12 (46.4%)	11:17	5.3 (53.5%)
228	BEKESZA Anna	284		K70+	4	00:09:15	00:29:30	00:59:31.15	01:08:46.25	+00:29:16 (49.2%)	11:54	5 (50.5%)
229	PĘDZICH Małgorzata	178	SANTANDER CONSUMER BANK	K40-49	43	00:07:00	00:31:15	01:02:01.75	01:09:02.70	+00:31:46 (51.2%)	12:24	4.8 (48.5%)
230	BOROWSKA Marta	37	SANTANDER CONSUMER BANK	K30-39	35	00:06:11	00:32:06	01:02:49.35	01:09:01.15	+00:32:34 (51.8%)	12:34	4.8 (48.5%)
231	GAPIŃSKI Łukasz	72	WESOŁY BORSUK TEAM	M30-39	10	00:01:37	00:16:31			+1247:46:	6403:14	0 (0.0%)
232	ANTKOWIAK Jadwiga	154	ROKIETNICA	K70+	5	00:09:14	00:23:23			+1247:52:	6404:35	0 (0.0%)
233	FELBINGER Lena	63	SP50 WROCLAW			00:14:53	00:24:31			+1247:53:	6404:48	0 (0.0%)
234	JANKOWSKA Krystyna	78	ROKIETNICA	K60-69	23	00:08:27	00:24:57			+1247:54:	6404:52	0 (0.0%)
235	BARSKA Barbara	22	ROKIETNICA	K60-69	24	00:08:26	00:24:59			+1247:54:	6404:53	0 (0.0%)
236	MOCZARSKI Adam	156		M70+	8	00:04:16	00:27:39			+1247:56:	6405:25	0 (0.0%)
237	BLASZKA Dobrosława	32	ROKIETNICA	K60-69	25	00:08:27				+1247:58:	6405:39	0 (0.0%)
238	KAPAŁA Andrzej	107	FAN	M70+	9	00:00:00				+	6408:40	0 (0.0%)
239	WDOWIAK Tadeusz	238	ŚCINAWSKA GRUPA NW	M60-69	19	00:00:00				+	6411:22	0 (0.0%)
240	WÓJCIK Henryk	256	UTW OLEŚNICA	M70+	10	190:36:55						0 (0.0%)
DQ	BIK Stanisław	29	KS METRACO POLKOWICE	M50-59		DQ	00:15:33 DQ	00:31:38.65 DQ	DQ		-	- (0.0%)
DQ	TOMCZYK Edward	226	MARSZ PO ZDROWIE POZNAŃ	M60-69		DQ	00:16:24 DQ	00:34:04.80 DQ	DQ		-	- (0.0%)
DQ	WIKTORSKI Mieszko	280	TRENUJZNAMI.PL	M30-39		DQ	DQ	DQ	DQ		-	- (0.0%)

