

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

B4SPORT

Wydarzenie: III Finał Akademii Zdrowia Santandera
Organizator: Polska Federacja Nordic Walking
Data: 2018-09-15
Miejsce: Wrocław
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	81	KABEX PODKOWA JANÓW	M30-39	1	00:00:49	00:14:19		00:28:47.10	00:29:36.80		5:45	10.4 (100%)
2	TOPOLNICKI Konrad	129		M14-17	1	00:00:03	00:15:04		00:29:32.75	00:29:36.35	+00:00:45 (2.6%)	5:54	10.2 (98.1%)
3	ROŻYNEK Miron	269	KS METRACO POLKOWICE	M50-59	1	00:01:59	00:15:03		00:30:22.80	00:32:22.30	+00:01:35 (5.3%)	6:04	9.9 (95.2%)
4	WOROCH Roman	327	KSMETRACO POLKOWICE	M60-69	1	00:02:31	00:15:24		00:30:50.20	00:33:22.05	+00:02:03 (6.7%)	6:10	9.7 (93.3%)
5	KUSTAL Marcin	218	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2	00:00:51	00:15:44		00:31:45.90	00:32:37.55	+00:02:58 (9.4%)	6:21	9.4 (90.4%)
6	KUBIAK Tomasz	347		M40-49	1	00:01:32	00:15:43		00:31:53.10	00:33:25.85	+00:03:06 (9.7%)	6:22	9.4 (90.4%)
7	GAPIŃSKI Leszek	156	WESOŁY BORSUK TEAM	M60-69	2	00:02:32	00:16:40		00:33:59.90	00:36:31.90	+00:05:12 (15.3%)	6:47	8.8 (84.6%)
8	SPYCHAŁA Marzena	286	NW NA RECEPTĘ BIAŁA	K40-49	1	00:05:36	00:17:00		00:34:00.95	00:39:37.20	+00:05:13 (15.4%)	6:48	8.8 (84.6%)
9	STĘPIEŃ Lucyna	293	KS METRACO POLKOWICE	K60-69	1	00:08:01	00:17:03		00:34:07.70	00:42:09.15	+00:05:20 (15.7%)	6:49	8.8 (84.6%)
10	GODZIŃSKA Dorota	166	BAŻANT NWTEAM	K30-39	1	00:04:41	00:16:57		00:34:18.95	00:39:00.90	+00:05:31 (16.1%)	6:51	8.7 (83.7%)
11	JÓŹWIAK Marianna	187	SERCE NORDICA WŁOCŁAWEK	K40-49	2	00:05:36	00:17:06		00:34:35.85	00:40:12.15	+00:05:48 (16.8%)	6:55	8.7 (83.7%)
12	SULIKOWSKA Agnieszka	296	PASJA NORDIC WALKING	K30-39	2	00:04:41	00:16:56		00:34:36.80	00:39:18.15	+00:05:49 (16.8%)	6:55	8.7 (83.7%)
13	KOLARSKA Agnieszka	199	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	3	00:04:42	00:17:17		00:34:57.30	00:39:39.80	+00:06:10 (17.7%)	6:59	8.6 (82.7%)

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14	GARBACZEWSKI Jakub	159	SANTANDER CONSUMER BANK	M14-17	2	00:00:05	00:16:55		00:34:59.90	00:35:05.40	+00:06:12 (17.8%)	7:00	8.6 (82.7%)
15	KUBAT Janusz	345		M40-49	2	00:01:33	00:17:21		00:35:24.55	00:36:58.40	+00:06:37 (18.7%)	7:05	8.5 (81.7%)
16	WILD Ewa	322		K40-49	3	00:05:48	00:17:47		00:35:26.75	00:41:15.70	+00:06:39 (18.8%)	7:05	8.5 (81.7%)
17	BARAN Zbigniew	398	PATYCZAKI	M40-49	3	00:01:34	00:17:46		00:35:36.90	00:37:11.05	+00:06:49 (19.2%)	7:07	8.4 (80.8%)
18	RYBAŁTOWSKI Paweł	270		M70+	1	00:03:06	00:17:55		00:35:39.95	00:38:46.90	+00:06:52 (19.3%)	7:08	8.4 (80.8%)
19	KUBIAK Dorian	215	SP 74	M14-17	3	00:00:05	00:17:45		00:35:42.05	00:35:47.55	+00:06:54 (19.4%)	7:08	8.4 (80.8%)
20	GAPIŃSKA Janina	155	WESOŁY BORSUK TEAM	K60-69	2	00:08:00	00:17:47		00:35:42.65	00:43:42.75	+00:06:55 (19.4%)	7:08	8.4 (80.8%)
21	KRAWIEC Rafał	214	SANTANDER CONSUMER BANK	M40-49	4	00:01:32	00:17:50		00:35:42.95	00:37:15.70	+00:06:55 (19.4%)	7:08	8.4 (80.8%)
22	SITKOWSKI Konrad	279	AMATOR	M30-39	3	00:00:50	00:17:34		00:35:44.50	00:36:34.60	+00:06:57 (19.5%)	7:08	8.4 (80.8%)
23	DANELSKI Krystian	135	SP 74	M14-17	4	00:00:04	00:18:03		00:35:51.80	00:35:55.95	+00:07:04 (19.7%)	7:10	8.4 (80.8%)
24	GRYGOROWICZ Bogdan	175	KS METRACO POLKOWICE	M60-69	3	00:02:33	00:17:38		00:35:58.35	00:38:31.70	+00:07:11 (20.0%)	7:11	8.3 (79.8%)
25	SZCZEŚNIAK Andrzej	389	RIGHTWAY	M60-69	4	00:02:35	00:18:04		00:36:12.60	00:38:48.15	+00:07:25 (20.5%)	7:14	8.3 (79.8%)
26	WILD Arek	321		M50-59	2	00:01:59	00:17:46		00:36:12.95	00:38:12.90	+00:07:25 (20.5%)	7:14	8.3 (79.8%)
27	KOPROWSKI Tomasz	204	NORDIKI	M40-49	5	00:01:35	00:18:11		00:36:22.90	00:37:58.05	+00:07:35 (20.9%)	7:16	8.2 (78.8%)
28	SKOWROŃSKA Anna	280	AZS SILESIA	K40-49	4	00:05:42	00:18:17		00:36:28.95	00:42:10.95	+00:07:41 (21.1%)	7:17	8.2 (78.8%)
29	GŁOMBICA Ewa	164	NW NA RECEPTĘ BIAŁA	K30-39	4	00:04:43	00:17:57		00:36:31.40	00:41:14.70	+00:07:44 (21.2%)	7:18	8.2 (78.8%)
30	GRYGOROWICZ Teresa	174	KS METRACO POLKOWICE	K60-69	3	00:08:00	00:17:57		00:36:32.10	00:44:32.40	+00:07:45 (21.2%)	7:18	8.2 (78.8%)
31	PINIS Agnieszka	60	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	5	00:05:35	00:17:55		00:36:32.50	00:42:08.30	+00:07:45 (21.2%)	7:18	8.2 (78.8%)
32	KOBIELA Daria	375	KABEX PODKOWA JANÓW	K18-29	1	00:04:01	00:18:17		00:36:38.70	00:40:40.60	+00:07:51 (21.4%)	7:19	8.2 (78.8%)
33	MOŹDŻEŃ Barbara	244	NIEZRZESZONY	K50-59	1	00:06:43	00:18:09		00:36:59.25	00:43:42.65	+00:08:12 (22.2%)	7:23	8.1 (77.9%)
34	GRZYWOCZ Bernard	177		M60-69	5	00:02:37	00:18:34		00:37:04.10	00:39:41.20	+00:08:17 (22.3%)	7:24	8.1 (77.9%)
35	GOGÓŁ Jolanta	168		K50-59	2	00:06:56	00:18:36		00:37:06.75	00:44:03.50	+00:08:19 (22.4%)	7:25	8.1 (77.9%)
36	SZYJKA Izabela	301	NORDIKI	K30-39	5	00:04:41	00:18:27		00:37:24.25	00:42:05.90	+00:08:37 (23.0%)	7:28	8 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
									netto 5km	brutto 5km			
37	PIKSA Kazimierz	59	N.W.KRUSZYNA	M60-69	6	00:02:33	00:18:35		00:37:30.40	00:40:04.05	+00:08:43 (23.3%)	7:30	8 (76.9%)
38	DONIGIEWICZ Janusz	140	NORDIC WALKING KRUSZYNA	M60-69	7	00:02:33	00:18:36		00:37:30.45	00:40:04.35	+00:08:43 (23.3%)	7:30	8 (76.9%)
39	DROZD Maria	142	NORDIC WALKING KRUSZYNA	K50-59	3	00:06:43	00:18:47		00:37:43.25	00:44:26.70	+00:08:56 (23.7%)	7:32	8 (76.9%)
40	RECZEK Jarosław	266	NW-TEAM JASŁO	M40-49	6	00:01:32	00:18:49		00:37:44.60	00:39:16.75	+00:08:57 (23.7%)	7:32	8 (76.9%)
41	BARTYZEL Dorota	114		K50-59	4	00:06:45	00:18:50		00:37:44.90	00:44:30.20	+00:08:57 (23.7%)	7:33	7.9 (76.0%)
42	DĘBSKA Małgorzata	138	SANTANDER	K40-49	6	00:05:37	00:18:44		00:37:45.90	00:43:23.50	+00:08:58 (23.8%)	7:33	7.9 (76.0%)
43	GAWOR Renata	160	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	5	00:06:44	00:18:53		00:37:53.55	00:44:37.85	+00:09:06 (24.0%)	7:34	7.9 (76.0%)
44	JÓŹWIAK Łukasz	189	SERCE NORDICA WŁOCŁAWEK	M50-59	3	00:01:59	00:18:39		00:37:54.20	00:39:53.50	+00:09:07 (24.1%)	7:34	7.9 (76.0%)
45	BARTNIK Dorota	111	PTTK PUDNIKR	K40-49	7	00:05:42	00:19:05		00:37:55.45	00:43:37.55	+00:09:08 (24.1%)	7:35	7.9 (76.0%)
46	KOSTANOWICZ Marzena	208		K50-59	6	00:06:44	00:19:02		00:37:57.40	00:44:41.90	+00:09:10 (24.2%)	7:35	7.9 (76.0%)
47	SZTYK Jerzy	300	ACTEAM	M60-69	8	00:02:34	00:18:46		00:37:58.00	00:40:32.00	+00:09:10 (24.2%)	7:35	7.9 (76.0%)
48	JASIK Katarzyna	185	NW NA RECEPTĘ BIAŁA	K30-39	6	00:04:43	00:18:49		00:37:59.65	00:42:43.40	+00:09:12 (24.2%)	7:36	7.9 (76.0%)
49	KASPRZYK Elżbieta	194	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	7	00:06:43	00:18:56		00:38:00.00	00:44:43.40	+00:09:12 (24.3%)	7:36	7.9 (76.0%)
50	WOJCIECHOWSKA Katarzyna	323	PLESZEWSKIE WŁÓCZYKIJE	K40-49	8	00:05:39	00:18:34		00:38:00.90	00:43:40.10	+00:09:13 (24.3%)	7:36	7.9 (76.0%)
51	KOPCZYŃSKI Jacob	202	STOWARZYSZENIE 'NORDIKI'	M18-29	1	00:00:24	00:19:38		00:38:07.00	00:38:31.75	+00:09:19 (24.5%)	7:37	7.9 (76.0%)
52	GRZYWOCZ Irena	176		K60-69	4	00:08:12	00:19:05		00:38:11.55	00:46:24.15	+00:09:24 (24.6%)	7:38	7.9 (76.0%)
53	BIAŁCZAK Emilia	117		K18-29	2	00:04:02	00:18:50		00:38:18.15	00:42:21.00	+00:09:31 (24.8%)	7:39	7.8 (75.0%)
54	BUGALA Anna	126	JEST LEPIEJ	K40-49	9	00:05:38	00:19:08		00:38:23.80	00:44:02.10	+00:09:36 (25.0%)	7:40	7.8 (75.0%)
55	DAWIEC Grzegorz	136		M40-49	7	00:01:33	00:19:00		00:38:24.70	00:39:58.30	+00:09:37 (25.1%)	7:41	7.8 (75.0%)
56	NOGA Boleslaw	253	ZESPÓŁ NIESPOKOJNYCH NÓG	M60-69	9	00:02:34	00:19:01		00:38:25.60	00:41:00.40	+00:09:38 (25.1%)	7:41	7.8 (75.0%)
57	MORAWIEC Anna	243	SANTANDER CONSUMER BANK SA	K40-49	10	00:05:36	00:19:21		00:38:30.75	00:44:07.50	+00:09:43 (25.3%)	7:42	7.8 (75.0%)
58	TROPER-SZCZEPUŁA Agnieszka	312		K30-39	7	00:04:44	00:19:01		00:38:32.10	00:43:16.15	+00:09:45 (25.3%)	7:42	7.8 (75.0%)
59	WÓJCIK Tadeusz	332	NW-TEAM JASŁO	M60-69	10	00:02:33	00:18:51		00:38:42.70	00:41:15.70	+00:09:55 (25.6%)	7:44	7.8 (75.0%)

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60	ROZEMBERG Paulina	268		K40-49	11	00:05:38	00:19:27		00:38:46.90	00:44:25.40	+00:09:59 (25.8%)	7:45	7.7 (74.0%)
61	GAJEK Halina	154	NW NA RECEPTE BIALA	K40-49	12	00:05:39	00:19:23		00:38:51.20	00:44:30.50	+00:10:04 (25.9%)	7:46	7.7 (74.0%)
62	MIŚKOWICZ Anna	241	BRAK	K60-69	5	00:08:03	00:19:21		00:38:54.95	00:46:58.70	+00:10:07 (26.0%)	7:47	7.7 (74.0%)
63	BUGAŁA Alicja	127	JEST LEPIEJ	K14-17	1	00:03:44	00:19:18		00:38:55.55	00:42:39.80	+00:10:08 (26.1%)	7:47	7.7 (74.0%)
64	KUREK Monika	217	SANTANDER CONSUMER BANK S.A.	K40-49	13	00:04:44	00:20:11		00:38:57.85	00:43:41.90	+00:10:10 (26.1%)	7:47	7.7 (74.0%)
65	URBAN Jacek	393	AZYMUT MÓRKOWO	M60-69	11	00:02:34	00:19:18		00:39:02.45	00:41:37.05	+00:10:15 (26.3%)	7:48	7.7 (74.0%)
66	KUBAKA Michał	381	SANTANDER CONSUMER BANK	M30-39	4	00:01:36	00:19:18		00:39:07.95	00:40:44.00	+00:10:20 (26.4%)	7:49	7.7 (74.0%)
67	MAJ Amelia	233	PATYCZAKI SP 50 WROCŁAW	K14-17	2	00:03:45	00:19:33		00:39:13.80	00:42:58.80	+00:10:26 (26.6%)	7:50	7.6 (73.1%)
68	NOWACZYK Lidia	254	PLESZEWSKIE WŁÓCZYKIJE	K30-39	8	00:04:47	00:19:45		00:39:14.10	00:44:01.20	+00:10:27 (26.6%)	7:50	7.6 (73.1%)
69	BABUŚKA Mariola	487		K50-59	8	00:06:46	00:19:15		00:39:17.80	00:46:04.40	+00:10:30 (26.7%)	7:51	7.6 (73.1%)
70	GÓRSKI Henryk	348	UTW OLEŚNICA	M70+	2	00:03:07	00:19:38		00:39:22.60	00:42:29.80	+00:10:35 (26.9%)	7:52	7.6 (73.1%)
71	SARZYŃSKA Iwona	274	-	K50-59	9	00:06:57	00:19:47		00:39:28.50	00:46:25.85	+00:10:41 (27.1%)	7:53	7.6 (73.1%)
72	PRUCHNICKI Karol	262		M30-39	5	00:00:50	00:19:27		00:39:28.80	00:40:19.35	+00:10:41 (27.1%)	7:53	7.6 (73.1%)
73	WALKOWIAK Piotr	316		M40-49	8	00:01:33	00:19:32		00:39:31.25	00:41:04.80	+00:10:44 (27.2%)	7:54	7.6 (73.1%)
74	SANETRNIK Marta	273		K30-39	9	00:04:44	00:19:43		00:39:46.45	00:44:30.90	+00:10:59 (27.6%)	7:57	7.5 (72.1%)
75	KRAWIEC Katarzyna	400		K50-59	10	00:06:45	00:19:59		00:39:48.95	00:46:34.25	+00:11:01 (27.7%)	7:57	7.5 (72.1%)
76	PUCHALSKA Paulina	265	RIGHTWAY	K30-39	10	00:04:45	00:19:50		00:39:56.00	00:44:41.80	+00:11:08 (27.9%)	7:59	7.5 (72.1%)
77	SIEKIERCZAK Monika	276		K18-29	3	00:04:01	00:19:35		00:39:57.25	00:43:59.15	+00:11:10 (28.0%)	7:59	7.5 (72.1%)
78	FLISZCZAK Adam	149	JEST LEPIEJ CZĘSTOCHOWA	M18-29	2	00:00:24	00:19:55		00:39:58.20	00:40:22.65	+00:11:11 (28.0%)	7:59	7.5 (72.1%)
79	REMISZEWSKI Adam	349	UTW OLEŚNICA	M70+	3	00:03:08	00:19:43		00:40:03.00	00:43:11.10	+00:11:15 (28.1%)	8:00	7.5 (72.1%)
80	GOLAK-WEGIERA Katarzyna	169	ROXKIJE ROKIETNICA	K40-49	14	00:05:45	00:20:14		00:40:08.80	00:45:54.60	+00:11:21 (28.3%)	8:01	7.5 (72.1%)
81	SZYPUŁA Teresa	394		K50-59	11	00:06:54	00:19:49		00:40:12.35	00:47:06.45	+00:11:25 (28.4%)	8:02	7.5 (72.1%)
82	ANDREJSZYN Józefa	105		K50-59	12	00:06:45	00:20:01		00:40:13.30	00:46:58.80	+00:11:26 (28.4%)	8:02	7.5 (72.1%)

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83	DĄBROWA Dorota	137	CHODZ Z NAMI	K40-49	15	00:05:47	00:20:23		00:40:13.65	00:46:00.80	+00:11:26 (28.4%)	8:02	7.5 (72.1%)
84	TEUBERT Piotr	308	SANTANDER CONSUMER BANK - ROKIETNICA WOJ. WLKP.	M40-49	9	00:01:34	00:20:07		00:40:18.05	00:41:52.65	+00:11:30 (28.6%)	8:03	7.4 (71.2%)
85	ARTYMICZ Maria	107	NIE ZRZESZONA	K60-69	6	00:08:02	00:19:54		00:40:23.45	00:48:25.50	+00:11:36 (28.7%)	8:04	7.4 (71.2%)
86	MONDER-BEZDZIETNY Anna	242		K40-49	16	00:05:43	00:20:32		00:40:23.65	00:46:07.30	+00:11:36 (28.7%)	8:04	7.4 (71.2%)
87	WARGOCKA Agnieszka	317	SANTANDER CONSUMER BANK	K40-49	17	00:05:41	00:19:49		00:40:25.20	00:46:06.30	+00:11:38 (28.8%)	8:05	7.4 (71.2%)
88	STONCEL Mieczysław	294	GRUPA BIEGOWA DZIKOWIEC	M50-59	4	00:01:58	00:20:13		00:40:28.65	00:42:26.95	+00:11:41 (28.9%)	8:05	7.4 (71.2%)
89	JAKIEL Karolina	183		K18-29	4	00:04:03	00:20:45		00:40:31.05	00:44:34.25	+00:11:43 (29.0%)	8:06	7.4 (71.2%)
90	PODGÓRSKA Justyna	261	ROKIETNICA	K30-39	11	00:04:46	00:20:19		00:40:34.40	00:45:20.80	+00:11:47 (29.1%)	8:06	7.4 (71.2%)
91	LACH Anna	222	BLACHOWNIA	K30-39	12	00:04:45	00:20:17		00:40:41.00	00:45:26.25	+00:11:53 (29.2%)	8:08	7.4 (71.2%)
92	GEMBUS Ewa	163	AMATOR	K50-59	13	00:06:46	00:20:04		00:40:42.55	00:47:28.60	+00:11:55 (29.3%)	8:08	7.4 (71.2%)
93	WOJCIECHOWSKA Sylwia	324		K40-49	18	00:05:39	00:20:28		00:40:43.35	00:46:22.85	+00:11:56 (29.3%)	8:08	7.4 (71.2%)
94	KRAMER Leszek	213	OUTW OLEŚNICA	M70+	4	00:03:09	00:19:58		00:40:44.15	00:43:53.25	+00:11:57 (29.3%)	8:08	7.4 (71.2%)
95	GŁOMBICA Wiktoria	165	NW NA RECEPTE BIAŁA	K14-17	3	00:03:44	00:20:13		00:40:49.55	00:44:33.80	+00:12:02 (29.5%)	8:09	7.3 (70.2%)
96	ZARĘBSKI Lukasz	338	CZĘSTOCHOWA	M60-69	12	00:02:37	00:20:28		00:40:55.80	00:43:33.70	+00:12:08 (29.7%)	8:11	7.3 (70.2%)
97	NATORSKA Beata	251	SKALSKIE ASY	K40-49	19	00:05:48	00:20:26		00:40:57.90	00:46:45.90	+00:12:10 (29.7%)	8:11	7.3 (70.2%)
98	ZGRZEBNICKA Agnieszka	341		K40-49	20	00:05:41	00:20:19		00:41:01.25	00:46:42.80	+00:12:14 (29.8%)	8:12	7.3 (70.2%)
99	JAGODZIŃSKI Andrzej	387		M50-59	5	00:02:01	00:20:04		00:41:02.05	00:43:03.75	+00:12:14 (29.9%)	8:12	7.3 (70.2%)
100	CIROCH Monika	131		K30-39	13	00:04:03	00:20:26		00:41:05.55	00:45:09.30	+00:12:18 (30.0%)	8:13	7.3 (70.2%)
101	TEUBERT Anna	307	SANTANDER CONSUMER BANK - ROKIETNICA WOJ. WLKP.	K40-49	21	00:05:45	00:20:45		00:41:12.25	00:46:57.90	+00:12:25 (30.1%)	8:14	7.3 (70.2%)
102	ŚWIERGIEL Małgorzata	305	ROKIETNICA	K50-59	14	00:06:47	00:20:14		00:41:13.30	00:48:01.25	+00:12:26 (30.2%)	8:14	7.3 (70.2%)
103	JAKIEL Anna	182		K40-49	22	00:05:39	00:20:46		00:41:14.55	00:46:53.60	+00:12:27 (30.2%)	8:14	7.3 (70.2%)
104	BARTOSZEWSKA Magdalena	112		K40-49	23	00:05:38	00:20:29		00:41:18.15	00:46:57.10	+00:12:31 (30.3%)	8:15	7.3 (70.2%)
105	KŁOS Bogusława	198	ROKIETNICA	K50-59	15	00:06:46	00:20:42		00:41:22.45	00:48:08.90	+00:12:35 (30.4%)	8:16	7.3 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
106	ADAMCZYK-ŚMIERTKA Małgorzata	101	SANTANDER CONSUMER BANK	K30-39	14	00:04:47	00:20:48		00:41:24.35	00:46:11.70	+00:12:37 (30.5%)	8:16	7.2 (69.2%)
107	BŁASZCZYSZYN Danuta	125	ŚCINAWSKA GRUPA NORDIC WALKING	K60-69	7	00:08:11	00:20:40		00:41:24.95	00:49:36.60	+00:12:37 (30.5%)	8:17	7.2 (69.2%)
108	SZYMAŃSKA Danuta	302	OUTW OLEŚNICA	K60-69	8	00:08:07	00:20:45		00:41:25.65	00:49:33.05	+00:12:38 (30.5%)	8:17	7.2 (69.2%)
109	PAWLAK Katarzyna	260		K30-39	15	00:04:50	00:20:55		00:41:25.95	00:46:16.25	+00:12:38 (30.5%)	8:17	7.2 (69.2%)
110	ZOŃ Agnieszka	342	PASJA NORDIC WALKING	K30-39	16	00:04:45	00:20:48		00:41:27.40	00:46:12.90	+00:12:40 (30.6%)	8:17	7.2 (69.2%)
111	BASZTURA Renata	115		K50-59	16	00:06:48	00:20:47		00:41:30.75	00:48:19.50	+00:12:43 (30.7%)	8:18	7.2 (69.2%)
112	OZEPA Iwona	391		K40-49	24	00:05:45	00:21:30		00:41:31.35	00:47:16.65	+00:12:44 (30.7%)	8:18	7.2 (69.2%)
113	WOROCH Jolanta	328	DOPIEWO	K50-59	17	00:06:45	00:20:44		00:41:31.45	00:48:17.40	+00:12:44 (30.7%)	8:18	7.2 (69.2%)
114	DYBEŁ Agnieszka	145	JEST LEPIJ CZĘSTOCHOWA	K30-39	17	00:04:43	00:20:26		00:41:40.25	00:46:23.35	+00:12:53 (30.9%)	8:20	7.2 (69.2%)
115	KIERNICKI Stanisław	195	NIE ZRZESZONY	M50-59	6	00:02:00	00:20:30		00:41:43.30	00:43:43.90	+00:12:56 (31.0%)	8:20	7.2 (69.2%)
116	KUŚ Wiesława	219		K40-49	25	00:05:37	00:21:11		00:41:43.55	00:47:20.70	+00:12:56 (31.0%)	8:20	7.2 (69.2%)
117	SENICZEK Marta	346	MT SPORT	K50-59	18	00:06:48	00:20:57		00:41:49.15	00:48:38.05	+00:13:02 (31.2%)	8:22	7.2 (69.2%)
118	MIKOŁAJCZYK Arkadiusz	238	PREDATORS WAŁBRZYCH	M50-59	7	00:01:58	00:20:48		00:41:57.80	00:43:56.15	+00:13:10 (31.4%)	8:23	7.1 (68.3%)
119	KOZIOŁ Artur	210	SANTANDER CONSUMER BANK	M40-49	10	00:01:32	00:20:48		00:42:03.40	00:43:35.55	+00:13:16 (31.6%)	8:24	7.1 (68.3%)
120	STEFANEK Teresa	290	SANTANDER CONSUMER BANK	K40-49	26	00:05:40	00:21:29		00:42:05.75	00:47:46.70	+00:13:18 (31.6%)	8:25	7.1 (68.3%)
121	KRAKOWIAN Aleksandra	211	JEST LEPIJ CZĘSTOCHOWA	K50-59	19	00:06:55	00:21:00		00:42:08.70	00:49:03.90	+00:13:21 (31.7%)	8:25	7.1 (68.3%)
122	WÓJCIK Henryk	331	OUTW OLEŚNICA	M70+	5	00:03:07	00:21:13		00:42:10.95	00:45:18.90	+00:13:23 (31.8%)	8:26	7.1 (68.3%)
123	KOZAK Agnieszka	209		K30-39	18	00:04:44	00:20:59		00:42:17.55	00:47:02.10	+00:13:30 (31.9%)	8:27	7.1 (68.3%)
124	CZERWIŃSKA Małgorzata	132	SANTANDER CONSUMER BANK S.A.	K40-49	27	00:05:40	00:21:14		00:42:24.05	00:48:04.60	+00:13:36 (32.1%)	8:28	7.1 (68.3%)
125	SZAŁAJKO Anna	297		K50-59	20	00:06:51	00:21:11		00:42:24.55	00:49:16.25	+00:13:37 (32.1%)	8:29	7.1 (68.3%)
126	BURCZYŃSKA Regina	128	NIEZRZESZONA	K50-59	21	00:06:55	00:21:23		00:42:24.80	00:49:20.50	+00:13:37 (32.1%)	8:29	7.1 (68.3%)
127	KŁANIECKA Bożena	197	ROXKIJE	K60-69	9	00:08:02	00:21:22		00:42:26.15	00:50:29.05	+00:13:39 (32.2%)	8:29	7.1 (68.3%)
128	IWANICKI Zdzisław	181		M70+	6	00:03:07	00:21:16		00:42:33.40	00:45:40.40	+00:13:46 (32.4%)	8:30	7.1 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
129	KUNIKOWSKI Zenon	216	RIGHTWAY	M60-69	13	00:02:34	00:21:07		00:42:36.85	00:45:11.70	+00:13:49 (32.5%)	8:31	7 (67.3%)
130	LABOCHA Katarzyna	221		K50-59	22	00:06:53	00:21:30		00:42:37.25	00:49:31.05	+00:13:50 (32.5%)	8:31	7 (67.3%)
131	WÓJCIK Irena	330	OUTW OLEŚNICA	K70+	1	00:08:53	00:21:17		00:42:41.50	00:51:34.90	+00:13:54 (32.6%)	8:32	7 (67.3%)
132	OŁOWIECKA Dorota	390	PATYCZAKI	K60-69	10	00:08:05	00:21:30		00:42:47.05	00:50:52.60	+00:13:59 (32.7%)	8:33	7 (67.3%)
133	GAŚIOREK Danuta	161		K50-59	23	00:06:46	00:21:28		00:42:47.30	00:49:33.40	+00:14:00 (32.7%)	8:33	7 (67.3%)
134	STRÓZIK Anna	295	JEST LEPIJ CZĘSTOCHOWA	K40-49	28	00:05:37	00:21:21		00:42:49.65	00:48:27.15	+00:14:02 (32.8%)	8:34	7 (67.3%)
135	ADAMIN Grażyna	102	KALISKA GRUPA ROWEROA G7	K60-69	11	00:08:11	00:21:26		00:42:53.60	00:51:05.00	+00:14:06 (32.9%)	8:34	7 (67.3%)
136	SZTANDERA Dorota	298		K50-59	24	00:06:49	00:21:19		00:42:55.20	00:49:45.00	+00:14:08 (32.9%)	8:35	7 (67.3%)
137	MĘDRAK Alicja	385		K60-69	12	00:08:04	00:21:31		00:42:56.30	00:51:00.90	+00:14:09 (33.0%)	8:35	7 (67.3%)
138	KOPROWSKA Aneta	203	AMATOR	K40-49	29	00:05:40	00:21:58		00:42:59.85	00:48:39.95	+00:14:12 (33.1%)	8:35	7 (67.3%)
139	GRAŚ Irena	172		K50-59	25	00:06:45	00:21:25		00:43:06.75	00:49:52.40	+00:14:19 (33.2%)	8:37	7 (67.3%)
140	MYŚKO Halina	250	NW-TEAM JASŁO	K60-69	13	00:08:09	00:21:45		00:43:07.40	00:51:16.45	+00:14:20 (33.2%)	8:37	7 (67.3%)
141	ONDYCZ Sylwia	255		K40-49	30	00:05:38	00:21:30		00:43:09.00	00:48:47.20	+00:14:21 (33.3%)	8:37	7 (67.3%)
142	JASZCZ Alina	186		K60-69	14	00:08:05	00:21:32		00:43:09.75	00:51:15.45	+00:14:22 (33.3%)	8:38	6.9 (66.3%)
143	ZARĘBSKA Katarzyna	337	CZĘSTOCHOWA	K60-69	15	00:08:06	00:21:53		00:43:10.55	00:51:17.25	+00:14:23 (33.3%)	8:38	6.9 (66.3%)
144	PAWIŁOWICZ Katarzyna	258		K14-17	4	00:03:45	00:21:57		00:43:18.50	00:47:03.80	+00:14:31 (33.5%)	8:39	6.9 (66.3%)
145	SZYMAŃSKA-KASIM Anna	303		K40-49	31	00:05:41	00:21:53		00:43:18.65	00:49:00.55	+00:14:31 (33.5%)	8:39	6.9 (66.3%)
146	TOBYS Alicja	309		K60-69	16	00:08:08	00:21:44		00:43:19.90	00:51:28.30	+00:14:32 (33.6%)	8:40	6.9 (66.3%)
147	HOŁUB Aleksandra	98		K18-29	5	00:04:02	00:20:49		00:43:22.35	00:47:24.85	+00:14:35 (33.6%)	8:40	6.9 (66.3%)
148	MALINOWSKA Janina	235	AMATORKA	K60-69	17	00:08:00	00:21:31		00:43:26.00	00:51:26.95	+00:14:38 (33.7%)	8:41	6.9 (66.3%)
149	BARTUSIK-URBAN Jadwiga	113	AKADEMIA ZDROWIA SANTANDERA	K40-49	32	00:05:37	00:21:49		00:43:28.10	00:49:05.10	+00:14:41 (33.8%)	8:41	6.9 (66.3%)
150	FREUS Agnieszka	151	RIGHTWAY	K50-59	26	00:06:47	00:21:35		00:43:31.15	00:50:18.70	+00:14:44 (33.9%)	8:42	6.9 (66.3%)
151	SMOLIŃSKA Joanna	281		K50-59	27	00:06:48	00:21:34		00:43:32.65	00:50:20.75	+00:14:45 (33.9%)	8:42	6.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
152	JAGODZIŃSKA Bożena	386		K60-69	18	00:08:01	00:21:50		00:43:38.55	00:51:39.75	+00:14:51 (34.0%)	8:43	6.9 (66.3%)
153	STANISŁAWSKA Beata	289		K50-59	28	00:06:44	00:21:39		00:43:41.60	00:50:26.30	+00:14:54 (34.1%)	8:44	6.9 (66.3%)
154	RYBKA Jolanta	271	NW-TEAM JASŁO	K40-49	33	00:05:45	00:21:55		00:43:44.85	00:49:29.95	+00:14:57 (34.2%)	8:44	6.9 (66.3%)
155	BARCZYK Małgorzata	110	SIECHODZI	K50-59	29	00:05:42	00:22:00		00:43:46.15	00:49:28.90	+00:14:59 (34.2%)	8:45	6.9 (66.3%)
156	NIŚKIEWICZ Julia	252	SP71	K14-17	5	00:03:45	00:22:37		00:43:56.60	00:47:42.00	+00:15:09 (34.5%)	8:47	6.8 (65.4%)
157	ORZECH Agnieszka	256	SANTANDER CONSUMER BANK	K30-39	19	00:04:49	00:22:07		00:44:04.85	00:48:54.55	+00:15:17 (34.7%)	8:49	6.8 (65.4%)
158	MACHAJEK Krystyna	231	STOWARZYSZENIE TRANSPLATACJI SERCA ZABRZE	K50-59	30	00:06:53	00:21:59		00:44:05.40	00:50:59.00	+00:15:18 (34.7%)	8:49	6.8 (65.4%)
159	TERECHOWICZ Mara	306	SANTANDER CONSUMER BANK	K30-39	20	00:04:48	00:22:15		00:44:07.55	00:48:55.75	+00:15:20 (34.8%)	8:49	6.8 (65.4%)
160	MULLER Jan	247	NW-TEAM JASŁO	M50-59	8	00:02:00	00:22:07		00:44:08.25	00:46:08.30	+00:15:21 (34.8%)	8:49	6.8 (65.4%)
161	ZAWADZKA Nina	339	ROKIETNICA	K40-49	34	00:05:43	00:22:07		00:44:13.75	00:49:57.20	+00:15:26 (34.9%)	8:50	6.8 (65.4%)
162	SROKA Anna	287		K50-59	31	00:06:49	00:22:01		00:44:13.80	00:51:02.80	+00:15:26 (34.9%)	8:50	6.8 (65.4%)
163	TUPIEKA Urszula	313	SANTANDER CONSUMER BANK	K30-39	21	00:04:49	00:22:37		00:44:15.90	00:49:04.95	+00:15:28 (35.0%)	8:51	6.8 (65.4%)
164	CZERWIŃSKA Dominika	133	SANTANDER CONSUMER BANK S.A.	K14-17	6	00:03:44	00:23:09		00:44:21.45	00:48:05.75	+00:15:34 (35.1%)	8:52	6.8 (65.4%)
165	KRAKOWIAN Mirosław	212	JEST LEPIEJCZĘSTOCHOWA	M60-69	14	00:02:32	00:21:49		00:44:23.50	00:46:55.90	+00:15:36 (35.2%)	8:52	6.8 (65.4%)
166	JANKOWSKA Krystyna	184	ROKIETNICA	K60-69	19	00:08:01	00:22:02		00:44:25.00	00:52:26.15	+00:15:37 (35.2%)	8:53	6.8 (65.4%)
167	WIŚNIEWSKA Mariola	350	AZYMUT MÓRKOWO	K50-59	32	00:06:50	00:22:23		00:44:33.85	00:51:23.85	+00:15:46 (35.4%)	8:54	6.7 (64.4%)
168	MĘDRAK Jozef	384		M60-69	15	00:02:37	00:22:04		00:44:42.65	00:47:19.90	+00:15:55 (35.6%)	8:56	6.7 (64.4%)
169	KONARSKA Agata	200		K30-39	22	00:04:46	00:22:08		00:44:43.20	00:49:30.00	+00:15:56 (35.6%)	8:56	6.7 (64.4%)
170	SIERADZKA Maria	277		K60-69	20	00:08:02	00:22:24		00:44:48.30	00:52:50.60	+00:16:01 (35.8%)	8:57	6.7 (64.4%)
171	BIDA Paweł	122	SANTANDER CONSUMER BANK	M30-39	6	00:00:50	00:22:18		00:44:53.45	00:45:43.75	+00:16:06 (35.9%)	8:58	6.7 (64.4%)
172	STANIEC Renata	288		K50-59	33	00:06:54	00:22:15		00:45:00.45	00:51:54.95	+00:16:13 (36.0%)	9:00	6.7 (64.4%)
173	WÓJCIK Elżbieta	333		K40-49	35	00:05:49	00:22:24		00:45:05.20	00:50:54.60	+00:16:18 (36.2%)	9:01	6.7 (64.4%)
174	LEŚNIEWSKA Teresa	224		K60-69	21	00:08:02	00:22:06		00:45:05.50	00:53:08.30	+00:16:18 (36.2%)	9:01	6.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
175	BLASZKA Michał	124		M40-49	11	00:01:32	00:21:31		00:45:09.40	00:46:41.90	+00:16:22 (36.3%)	9:01	6.6 (63.5%)
176	NOWACKA Kinga	344		K30-39	23	00:04:45	00:22:36		00:45:10.05	00:49:55.75	+00:16:22 (36.3%)	9:02	6.6 (63.5%)
177	STERC-MAJKOWSKA Anna	292		K30-39	24	00:04:45	00:22:41		00:45:11.65	00:49:57.45	+00:16:24 (36.3%)	9:02	6.6 (63.5%)
178	WALENDOWSKI Andrzej	315	OUTW OLEŚNICA	M60-69	16	00:02:36	00:22:54		00:45:21.55	00:47:58.30	+00:16:34 (36.5%)	9:04	6.6 (63.5%)
179	PAWIŁOWICZ Jacek	259		M40-49	12	00:01:35	00:24:07		00:45:30.25	00:47:05.40	+00:16:43 (36.7%)	9:06	6.6 (63.5%)
180	SOWIŻRAŁ Mieczysław	285	NW-TEAM JASŁO	M60-69	17	00:02:33	00:22:44		00:45:30.75	00:48:03.85	+00:16:43 (36.8%)	9:06	6.6 (63.5%)
181	ŁUCZYSZYN Stanisława	229	NORDIC WALKING KRUSZYNA	K60-69	22	00:08:08	00:22:23		00:45:35.75	00:53:44.15	+00:16:48 (36.9%)	9:07	6.6 (63.5%)
182	MRÓZ Katarzyna	245	SANTANDER CONSUMER BANK	K30-39	25	00:04:43	00:22:04		00:45:41.35	00:50:24.55	+00:16:54 (37.0%)	9:08	6.6 (63.5%)
183	PRACKA Katarzyna	366	SERCE NORDICA WŁOCŁAWEK	K50-59	34	00:06:47	00:23:13		00:45:41.90	00:52:29.45	+00:16:54 (37.0%)	9:08	6.6 (63.5%)
184	MUSIALIK Bożena	248		K60-69	23	00:08:04	00:22:52		00:45:46.20	00:53:50.90	+00:16:59 (37.1%)	9:09	6.6 (63.5%)
185	SOWIŻRAŁ Stefania	284	NW-TEAM JASŁO	K60-69	24	00:08:08	00:22:57		00:45:46.30	00:53:54.55	+00:16:59 (37.1%)	9:09	6.6 (63.5%)
186	BANDUCH Izabela	109	SIECHODZI	K40-49	36	00:05:40	00:23:11		00:45:57.95	00:51:38.15	+00:17:10 (37.4%)	9:11	6.5 (62.5%)
187	KWIECIEŃ Elżbieta	388		K50-59	35	00:06:50	00:22:44		00:46:01.20	00:52:52.05	+00:17:14 (37.5%)	9:12	6.5 (62.5%)
188	BIAŁCZAK Marta	118		K50-59	36	00:06:47	00:22:54		00:46:04.90	00:52:51.90	+00:17:17 (37.5%)	9:12	6.5 (62.5%)
189	MALINOWSKA Marta	234	SCB	K30-39	26	00:04:43	00:23:00		00:46:05.25	00:50:48.85	+00:17:18 (37.5%)	9:13	6.5 (62.5%)
190	ROGALSKA Zofia	267		K50-59	37	00:06:52	00:22:41		00:46:13.65	00:53:06.15	+00:17:26 (37.7%)	9:14	6.5 (62.5%)
191	ŻAK Teresa	343		K70+	2	00:08:51	00:22:30		00:46:20.30	00:55:12.25	+00:17:33 (37.9%)	9:16	6.5 (62.5%)
192	MUSZEWSKA Ewa	249		K60-69	25	00:08:09	00:23:04		00:46:30.10	00:54:40.05	+00:17:43 (38.1%)	9:18	6.4 (61.5%)
193	OSTROWSKA Olga	257	OUTW OLEŚNICA	K60-69	26	00:08:07	00:22:55		00:46:32.20	00:54:39.65	+00:17:45 (38.1%)	9:18	6.4 (61.5%)
194	KACZMAREK Anna	191	ROXKIJE ROKIETNICA	K40-49	37	00:05:42	00:23:05		00:46:37.75	00:52:20.25	+00:17:50 (38.3%)	9:19	6.4 (61.5%)
195	BIAŁY Izabela	120	AZS SILESIA	K40-49	38	00:05:42	00:23:58		00:46:40.45	00:52:23.40	+00:17:53 (38.3%)	9:20	6.4 (61.5%)
196	MILLER Jadwiga	240	ROKIETNICA	K70+	3	00:08:51	00:22:33		00:46:58.25	00:55:50.20	+00:18:11 (38.7%)	9:23	6.4 (61.5%)
197	WOLSKA Iwona	326		K50-59	38	00:06:49	00:24:03		00:47:01.00	00:53:50.60	+00:18:13 (38.8%)	9:24	6.4 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
198	KASPRZYK Krystyna	193	NW-TEAM JASŁO	K70+	4	00:08:52	00:23:00		00:47:09.60	00:56:01.70	+00:18:22 (39.0%)	9:25	6.4 (61.5%)
199	BIELAWSKA Dorota	123	SANTANDER CONSUMER BANK SA	K50-59	39	00:06:53	00:23:54		00:47:18.25	00:54:11.40	+00:18:31 (39.1%)	9:27	6.3 (60.6%)
200	KACHLIK Małgorzata	190	NW-TEAM JASŁO	K60-69	27	00:08:08	00:23:32		00:47:25.20	00:55:34.00	+00:18:38 (39.3%)	9:29	6.3 (60.6%)
201	PRZYBYLSKA Wiesława	264	NW-TEAM JASŁO	K60-69	28	00:08:09	00:23:31		00:47:29.00	00:55:38.65	+00:18:41 (39.4%)	9:29	6.3 (60.6%)
202	MIKUŁA Cecylia	239		K60-69	29	00:08:11	00:23:30		00:47:31.45	00:55:42.55	+00:18:44 (39.4%)	9:30	6.3 (60.6%)
203	BALIN Jolanta	108		K60-69	30	00:08:04	00:23:47		00:47:32.10	00:55:36.70	+00:18:45 (39.4%)	9:30	6.3 (60.6%)
204	TOLL Adriana	311	AZS SILESIA	K40-49	39	00:05:40	00:24:18		00:47:51.40	00:53:32.35	+00:19:04 (39.9%)	9:34	6.3 (60.6%)
205	MADEJ Krystyna	232	NW - TEAM JASŁO	K60-69	31	00:08:10	00:23:44		00:47:53.10	00:56:03.65	+00:19:06 (39.9%)	9:34	6.3 (60.6%)
206	TOCKA Grażyna	310	NW-TEAM JASŁO	K60-69	32	00:08:03	00:23:40		00:47:58.85	00:56:02.80	+00:19:11 (40.0%)	9:35	6.3 (60.6%)
207	SAWICKA Sandra	275	SP71	K14-17	7	00:03:45	00:22:39		00:48:01.00	00:51:46.80	+00:19:13 (40.1%)	9:36	6.2 (59.6%)
208	MACHAJEK Krzysztof	230	SOWARZYSZENIE TRANSPLATACJI SERCA ZABRZE	M60-69	18	00:02:36	00:23:46		00:48:12.45	00:50:48.70	+00:19:25 (40.3%)	9:38	6.2 (59.6%)
209	DMYTERKO Dorota	139		K50-59	40	00:06:50	00:24:30		00:48:15.65	00:55:06.25	+00:19:28 (40.4%)	9:39	6.2 (59.6%)
210	CHOINKA Bożena	130	SANTANDER CONSUMER BANK	K40-49	40	00:05:44	00:23:43		00:48:22.45	00:54:06.70	+00:19:35 (40.5%)	9:40	6.2 (59.6%)
211	FLISZCZAK Ewa	150	JEST LEPIJ CZĘSTOCHOWA	K18-29	6	00:04:03	00:24:35		00:48:27.10	00:52:30.30	+00:19:40 (40.6%)	9:41	6.2 (59.6%)
212	ZALEWSKI Władysław	336	OLEŚNICKI KLUB NORDIC WALKNG	M70+	7	00:03:09	00:24:24		00:48:34.60	00:51:43.60	+00:19:47 (40.7%)	9:42	6.2 (59.6%)
213	BARAN Agnieszka	397	PATYCZAKI	K40-49	41	00:05:46	00:23:52		00:48:37.50	00:54:24.00	+00:19:50 (40.8%)	9:43	6.2 (59.6%)
214	BORKOWSKA Emilia	396	PATYCZAKI	K40-49	42	00:05:45	00:23:53		00:48:38.70	00:54:24.50	+00:19:51 (40.8%)	9:43	6.2 (59.6%)
215	WELC Justyna	320		K50-59	41	00:06:52	00:25:20		00:48:42.50	00:55:35.10	+00:19:55 (40.9%)	9:44	6.2 (59.6%)
216	BARTNIK Anna	380	SANTANDER CONSUMER BANK	K40-49	43	00:05:47	00:25:08		00:49:14.35	00:55:01.85	+00:20:27 (41.5%)	9:50	6.1 (58.7%)
217	JÓŹWIAK Dominik	188	SERCE NORDICA WŁOCŁAWEK	M18-29	3	00:00:25	00:24:39		00:49:15.20	00:49:40.75	+00:20:28 (41.6%)	9:51	6.1 (58.7%)
218	LEWANDOWSKA Marta	226	SANTANDER CONSUMER BANK	K30-39	27	00:04:48	00:24:40		00:49:18.45	00:54:06.60	+00:20:31 (41.6%)	9:51	6.1 (58.7%)
219	TOMCZAK-HAŁUPKA Joanna	171	SANTANDER CONSUMER BANK	K30-39	28	00:04:48	00:24:38		00:49:55.25	00:54:43.40	+00:21:08 (42.3%)	9:59	6 (57.7%)
220	BIDA Małgorzata	121	SANTANDER CONSUMER BANK	K30-39	29	00:04:44	00:25:05		00:49:57.60	00:54:42.15	+00:21:10 (42.4%)	9:59	6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
221	SZYMCZYK Maciej	304	SANTANDER CONSUMER BANK	M50-59	9	00:05:47	00:25:10	00:02:00	00:51:14.20	00:57:01.90	+00:22:27 (43.8%)	9:50	6.1 (58.7%)
222	BIAŁCZAK Waldemar	119		M50-59	10	00:01:58	00:26:35		00:51:26.55	00:53:25.40	+00:22:39 (44.0%)	10:17	5.8 (55.8%)
223	GUTOWSKA Hanna	178		K30-39	30	00:04:50	00:25:52		00:52:00.55	00:56:51.00	+00:23:13 (44.7%)	10:24	5.8 (55.8%)
224	GÓRCZANY Marian	170	NW-TEAM JASŁO	M60-69	19	00:02:35	00:26:05		00:52:04.85	00:54:40.80	+00:23:17 (44.7%)	10:25	5.8 (55.8%)
225	ANTKOWIAK Janina	106	ROKIETNICA	K70+	5	00:08:52	00:24:38		00:52:21.10	01:01:14.00	+00:23:34 (45.0%)	10:28	5.7 (54.8%)
226	BARTNIK Robert	382	SANTANDER CONSUMER BANK	M40-49	13	00:01:36	00:29:18		00:53:25.25	00:55:01.60	+00:24:38 (46.1%)	10:41	5.6 (53.8%)
227	ŁAKOMY Małgorzata	227	'WŁÓCZYKIJE ZNAD ORLI ' PAKOSŁAW	K50-59	42	00:06:51	00:27:06		00:54:12.80	01:01:04.05	+00:25:25 (46.9%)	10:50	5.5 (52.9%)
228	MULLER Alicja	246	NW, - TEAM JASŁO	K50-59	43	00:08:06	00:26:07		00:54:13.80	01:02:20.15	+00:25:26 (46.9%)	10:50	5.5 (52.9%)
229	ŁAKOMY Aleksandra	228	'WŁÓCZYKIJE ZNAD ORLI ' PAKOSŁAW	K18-29	7	00:06:51	00:27:07		00:54:14.05	01:01:05.65	+00:25:26 (46.9%)	10:50	5.5 (52.9%)
230	SOKOŁOWSKA Halina	282	NW-TEAM JASŁO	K60-69	33	00:08:07	00:26:06		00:54:14.10	01:02:21.40	+00:25:27 (46.9%)	10:50	5.5 (52.9%)
231	DUDEK-TARNOWSKA Iwona	143	SANTANDER	K60-69	34	00:06:55	00:26:49		00:54:38.90	01:01:34.00	+00:25:51 (47.3%)	10:55	5.5 (52.9%)
	BORZESZKOWSKA Małgorzata	97		K50-59		DNF	00:32:23 DNF		DNF	DNF		-	- (0.0%)
	BOJKE Olgierd	96		M50-59		DNF	00:34:45 DNF		DNF	DNF		-	- (0.0%)

Znaleziono 233 wynik(ów)