

15 maj 2021 r.

BIEG 5000 metrów

| M-ce | Nr startowy | Imię i Nazwisko       | Klub                     | Miasto      | Rok Ur. | M-ce w kat. K/M | Czas  |
|------|-------------|-----------------------|--------------------------|-------------|---------|-----------------|-------|
| 1    | 100         | Dariusz Kunecki       | WKB Maratończyk          | Włocławek   | 1984    | 1               | 17.59 |
| 2    | 29          | Robert Pasternak      | WKB Maratończyk          | Włocławek   | 1980    | 2               | 18.11 |
| 3    | 12          | Krzysztof Piasecki    | WKB Maratończyk          | Włocławek   | 1988    | 3               | 18.41 |
| 4    | 25          | Andrzej Chmielewski   | WOPR Włocławek           | Włocławek   | 1973    | 4               | 18.56 |
| 5    | 69          | Marcin Szymański      | WKB Maratończyk          | Bobrowniki  | 1985    | 5               | 19.02 |
| 6    | 31          | Zbigniew Braun        | WKB Maratończyk          | Włocławek   | 1982    | 6               | 19.07 |
| 7    | 40          | Adam Skibiński        |                          | Lubień Kuj. | 1985    | 7               | 19.29 |
| 8    | 50          | Konrad Strzelecki     | WKB Maratończyk          | Kruszyn     | 1973    | 8               | 19.39 |
| 9    | 51          | Bartłomiej Bąbiński   | BBG - Projekt            | Włocławek   | 1976    | 9               | 19.48 |
| 10   | 45          | Jerzy Wypijewski      | WKB Maratończyk          | Włocławek   | 1975    | 10              | 19.53 |
| 11   | 10          | Mariusz Krzemiński    | ZG Run                   | Lubin       | 1981    | 11              | 19.53 |
| 12   | 39          | Damian Piotrowski     | OSP Krzewie              | Krzewie     | 1998    | 12              | 20.03 |
| 13   | 32          | Marcin Pasternak      | WKB Maratończyk          | Włocławek   | 1981    | 13              | 20.08 |
| 14   | 47          | Fabian Casimiro       | WKB Maratończyk          | Włocławek   | 1993    | 14              | 20.48 |
| 15   | 84          | Jarosław Nowicki      | GKS Fabianki             | Włocławek   | 1981    | 15              | 20.59 |
| 16   | 30          | Patryk Bińczarski     | WKB Maratończyk          | Włocławek   | 1981    | 16              | 20.59 |
| 17   | 36          | Grzegorz Gąsiorowski  | WKB Maratończyk          | Wandynowo   | 1974    | 17              | 21.35 |
| 18   | 37          | Dominik Gąsiorowski   | WKB Maratończyk          | Wandynowo   | 2006    | 18              | 21.44 |
| 19   | 79          | Sylwester Jasiński    | WKB Maratończyk          | Lipno       | 1991    | 19              | 21.47 |
| 20   | 90          | Adrian Wysocki        | KB Lech Rypin            | Rypin       | 1994    | 20              | 21.58 |
| 21   | 63          | Daniel Wiśniewski     |                          | Lubień Kuj. | 2000    | 21              | 22.04 |
| 22   | 33          | Ireneusz Chaberski    |                          | Włocławek   | 2002    | 22              | 22.17 |
| 23   | 92          | Adam Olszewski        | KB Lech Rypin            | Rypin       | 1963    | 23              | 22.22 |
| 24   | 4           | Marek Mroczyński      |                          | Włocławek   | 1978    | 24              | 22.23 |
| 25   | 3           | Paweł Kochman         | Włocławek Triathlon Team | Włocławek   | 1973    | 25              | 22.27 |
| 26   | 13          | Agnieszka Morawska    | Drumet w Ruchu           | Włocławek   | 1977    | 1               | 22.28 |
| 27   | 46          | Magdalena Klimek      |                          | Włocławek   | 1980    | 2               | 22.29 |
| 28   | 22          | Mariusz Radziwonka    |                          | Lubraniec   | 1978    | 26              | 22.38 |
| 29   | 52          | Magdalena Klimkiewicz | WKB Maratończyk          | Włocławek   | 1995    | 3               | 22.40 |
| 30   | 44          | Andrzej Gronkowski    | WKB Maratończyk          | Włocławek   | 1963    | 27              | 22.45 |
| 31   | 78          | Rafał Ściślewski      | WKB Maratończyk          | Włocławek   | 1986    | 28              | 22.53 |
| 32   | 83          | Justyna Sztyпка       | WKB Maratończyk          | Włocławek   | 1980    | 4               | 23.12 |
| 33   | 93          | Wiesław Prątnicki     | Anwil Team               | Włocławek   | 1963    | 29              | 23.14 |
| 34   | 89          | Jolanta Rzęsiewicz    | KB Lech Rypin            | Rypin       | 1968    | 5               | 23.20 |
| 35   | 49          | Piotr Jetter          | UKS Cyprianka            | Cyprianka   | 1971    | 30              | 23.27 |
| 36   | 65          | Jarosław Kołtun       | WKB Maratończyk          | Włocławek   | 1984    | 31              | 23.55 |
| 37   | 59          | Kazimierz Wrzesiński  | WKB Maratończyk          | Włocławek   | 1962    | 32              | 23.58 |
| 38   | 81          | Konrad Sztyпка        | WKB Maratończyk          | Włocławek   | 1981    | 33              | 23.59 |
| 39   | 48          | Cezary Kwiatkowski    | WKB Maratończyk          | Kowal       | 1963    | 34              | 24.05 |
| 40   | 85          | Marcin Pawłowski      | WKB Maratończyk          | Włocławek   | 1979    | 35              | 24.25 |
| 41   | 87          | Miłosz Pawłowski      |                          | Włocławek   | 2006    | 36              | 24.25 |
| 42   | 54          | Ireneusz Faryński     | BKS Kujawiak             | Włocławek   | 1976    | 37              | 24.33 |
| 43   | 66          | Sylwia Kołtun         | WKB Maratończyk          | Włocławek   | 1987    | 6               | 24.42 |
| 44   | 77          | Magdalena Wojtanis    |                          | Toruń       | 1982    | 7               | 25.00 |
| 45   | 1           | Grzegorz Tomasik      |                          | Włocławek   | 1961    | 38              | 25.24 |

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|----|----|----------------------|-----------------|--------------------|------|----|-------|
| 46 | 86 | Sylvia Uzarska       | WKB Maratończyk | Bobrowniki         | 1983 | 8  | 25.32 |
| 47 | 20 | Jan Bujalski         | WKB Maratończyk | Włocławek          | 1950 | 39 | 25.47 |
| 48 | 58 | Jacek Kowalski       |                 | Włocławek          | 1978 | 40 | 25.51 |
| 49 | 11 | Katarzyna Krzemińska |                 | Lubin              | 1981 | 9  | 26.08 |
| 50 | 94 | Katarzyna Wesołowska |                 | Włocławek          | 1983 | 10 | 26.29 |
| 51 | 41 | Aneta Twarowska      | WKB Maratończyk | Włocławek          | 1989 | 11 | 26.57 |
| 52 | 24 | Janusz Stolarski     | Serce Nordica   | Włocławek          | 1955 | 41 | 27.16 |
| 53 | 88 | Roman Berebecki      | KB Lech Rypin   | Rypin              | 1951 | 42 | 27.17 |
| 54 | 18 | Edwin Steckiewicz    | KB Lech Rypin   | Rypin              | 2001 | 43 | 27.19 |
| 55 | 62 | Monika Bładoszewska  |                 | Włocławek          | 1977 | 12 | 27.37 |
| 56 | 60 | Wojciech Lewandowski |                 | Lipno              | 1952 | 44 | 28.46 |
| 57 | 74 | Monika Kamińska      |                 | Rumunki Witkowskie | 1986 | 13 | 28.46 |
| 58 | 34 | Maximilian Branicki  |                 | Włocławek          | 2002 | 45 | 28.52 |
| 59 | 95 | Krzysztof Gerka      | KB Lech Rypin   | Rypin              | 1957 | 46 | 28.57 |
| 60 | 57 | Marcin Brzeziński    |                 | Włocławek          | 1977 | 47 | 28.58 |
| 61 | 56 | Karolina Czarnecka   |                 | Włocławek          | 1986 | 14 | 28.58 |
| 62 | 2  | Jan Gomulak          | WKB Maratończyk | Iubanie            | 1948 | 48 | 29.46 |
| 63 | 82 | Agata Nowacka        | WKB Maratończyk | Włocławek          | 1967 | 15 | 29.50 |
| 64 | 91 | Grzegorz Gurtowski   | KB Lech Rypin   | Działy             | 2006 | 49 | 29.52 |
| 65 | 14 | Aneta Miłkowska      |                 | Włocławek          | 1981 | 16 | 29.59 |
| 66 | 61 | Stanisław Błaszczak  | WKB Maratończyk | Skępe              | 1946 | 50 | 32.52 |

#### Marsz Nordic Walking - 5000 metrów

| M-ce | Nr startowy | Imię i Nazwisko       | Klub            | Miasto           | Rok Ur. | M-ce w kat. | Czas  |
|------|-------------|-----------------------|-----------------|------------------|---------|-------------|-------|
| 1    | 16          | Edmund Steckiewicz    | KB Lech Rypin   | Rypin            | 1973    | 1           | 32.19 |
| 2    | 80          | Mariusz Trzcński      | Serce Nordica   | Włocławek        | 1980    | 2           | 33.16 |
| 3    | 43          | Szczepan Zieliński    | WKB Maratończyk | Włocławek        | 1974    | 3           | 34.07 |
| 4    | 35          | Lukasz Jędrzejewski   |                 | Bielsk           | 1987    | 4           | 34.58 |
| 5    | 7           | Marianna Jóźwiak      | Serce Nordica   | Włocławek        | 1973    | 1           | 35.22 |
| 6    | 5           | Paweł Paciorkowski    |                 | Płock            | 1970    | 5           | 35.23 |
| 7    | 6           | Roman Kriger          | Serce Nordica   | Papowo Toruńskie | 1961    | 6           | 35.53 |
| 8    | 53          | Iwona Gęsicka         |                 | Popowo           | 1979    | 2           | 36.20 |
| 9    | 42          | Iwona Zielińska       | WKB Maratończyk | Włocławek        | 1968    | 3           | 36.44 |
| 10   | 21          | Krystyna Daroszevska  | Serce Nordica   | Włocławek        | 1958    | 4           | 36.48 |
| 11   | 55          | Ryszard Nagórski      |                 | Ciechocinek      | 1956    | 7           | 36.49 |
| 12   | 23          | Danuta Stolarska      | Serce Nordica   | Włocławek        | 1957    | 5           | 39.00 |
| 13   | 72          | Ola Witczak           | Serce Nordica   | Włocławek        | 1977    | 6           | 39.13 |
| 14   | 8           | Lukasz Jóźwiak        | Serce Nordica   | Włocławek        | 1968    | 8           | 39.26 |
| 15   | 64          | Alicja Kamińska       | Serce Nordica   | Włocławek        | 1977    | 7           | 40.23 |
| 16   | 73          | Stefan Chrapkowski    | Serce Nordica   | Włocławek        | 1954    | 9           | 40.25 |
| 17   | 38          | Aneta Gdańska         | Parakulos Kowal | Kowal            | 1973    | 8           | 40.25 |
| 18   | 15          | Tomasz Lubański       | Serce Nordica   | Włocławek        | 1959    | 10          | 41.03 |
| 19   | 27          | Elżbieta Chaberska    | Serce Nordica   | Włocławek        | 1969    | 9           | 41.13 |
| 20   | 19          | Agnieszka Chabros     | Serce Nordica   | Włocławek        | 1975    | 10          | 41.14 |
| 21   | 17          | Iwona Steckiewicz     | KB Lech Rypin   | Rypin            | 1974    | 11          | 41.39 |
| 22   | 26          | Danuta Zaborowska     | Serce Nordica   | Włocławek        | 1969    | 12          | 41.48 |
| 23   | 67          | Krystyna Jasińska     | Parakulos Kowal | Kowal            | 1953    | 13          | 43.20 |
| 24   | 68          | Adam Pajęcki          | Parakulos Kowal | Kowal            | 1956    | 11          | 43.40 |
| 25   | 75          | Małgorzata Czekryszew | Serce Nordica   | Włocławek        | 1969    | 14          | 45.29 |

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|----|----|--------------------|---------------|-----------|------|----|-------|
| 26 | 71 | Ewa Chrapkowska    | Serce Nordica | Włocławek | 1956 | 15 | 46.30 |
| 27 | 28 | Anna Rieske        | Serce Nordica | Włocławek | 1971 | 16 | 47.14 |
| 28 | 70 | Grażyna Nasternak  | Serce Nordica | Włocławek | 1954 | 17 | 50.34 |
| 29 | 76 | Andrzej Czekryszew | Serce Nordica | Włocławek | 1964 | 12 | 53.12 |
| 30 | 9  | Dominik Jóźwiak    | Serce Nordica | Włocławek | 1994 | 13 | 53.12 |

| BIEG 5000 metrów |             |                 |      |        |
|------------------|-------------|-----------------|------|--------|
| M-ce             | Nr startowy | Imię i Nazwisko | Klub | Miasto |
| 1                |             |                 |      |        |
| 2                |             |                 |      |        |
| 3                |             |                 |      |        |
| 4                |             |                 |      |        |
| 5                |             |                 |      |        |
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| Marsz Nordic Walking - 5000 metrów |             |                 |      |        |
|------------------------------------|-------------|-----------------|------|--------|
| M-ce                               | Nr startowy | Imię i Nazwisko | Klub | Miasto |
| 1                                  |             |                 |      |        |
| 2                                  |             |                 |      |        |
| 3                                  |             |                 |      |        |
| 4                                  |             |                 |      |        |
| 5                                  |             |                 |      |        |
| 6                                  |             |                 |      |        |
| 7                                  |             |                 |      |        |
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| 10                                 |             |                 |      |        |
| 11                                 |             |                 |      |        |
| 12                                 |             |                 |      |        |
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| 14                                 |             |                 |      |        |
| 15                                 |             |                 |      |        |
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| 19                                 |             |                 |      |        |
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| 36                                 |             |                 |      |        |
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**BIEG 5000 metrów**

| <b>M-ce</b> | <b>Nr startowy</b> | <b>Imię i Nazwisko</b> | <b>Klub</b> | <b>Miasto</b> | <b>Rok Ur.</b> | <b>M-ce w kat. K/M</b> |
|-------------|--------------------|------------------------|-------------|---------------|----------------|------------------------|
| 1           |                    |                        |             |               |                |                        |
| 2           |                    |                        |             |               |                |                        |
| 3           |                    |                        |             |               |                |                        |
| 4           |                    |                        |             |               |                |                        |
| 5           |                    |                        |             |               |                |                        |
| 6           |                    |                        |             |               |                |                        |
| 7           |                    |                        |             |               |                |                        |
| 8           |                    |                        |             |               |                |                        |
| 9           |                    |                        |             |               |                |                        |
| 10          |                    |                        |             |               |                |                        |
| 11          |                    |                        |             |               |                |                        |
| 12          |                    |                        |             |               |                |                        |
| 13          |                    |                        |             |               |                |                        |
| 14          |                    |                        |             |               |                |                        |
| 15          |                    |                        |             |               |                |                        |
| 16          |                    |                        |             |               |                |                        |
| 17          |                    |                        |             |               |                |                        |
| 18          |                    |                        |             |               |                |                        |
| 19          |                    |                        |             |               |                |                        |
| 20          |                    |                        |             |               |                |                        |
| 21          |                    |                        |             |               |                |                        |
| 22          |                    |                        |             |               |                |                        |
| 23          |                    |                        |             |               |                |                        |
| 24          |                    |                        |             |               |                |                        |
| 25          |                    |                        |             |               |                |                        |
| 26          |                    |                        |             |               |                |                        |
| 27          |                    |                        |             |               |                |                        |
| 28          |                    |                        |             |               |                |                        |
| 29          |                    |                        |             |               |                |                        |
| 30          |                    |                        |             |               |                |                        |
| 31          |                    |                        |             |               |                |                        |
| 32          |                    |                        |             |               |                |                        |
| 33          |                    |                        |             |               |                |                        |
| 34          |                    |                        |             |               |                |                        |
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| 36          |                    |                        |             |               |                |                        |
| 37          |                    |                        |             |               |                |                        |
| 38          |                    |                        |             |               |                |                        |
| 39          |                    |                        |             |               |                |                        |
| 40          |                    |                        |             |               |                |                        |
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| Marsz Nordic Walking - 5000 metrów |             |                 |      |        |         |             |
|------------------------------------|-------------|-----------------|------|--------|---------|-------------|
| M-ce                               | Nr startowy | Imię i Nazwisko | Klub | Miasto | Rok Ur. | M-ce w kat. |
| 1                                  |             |                 |      |        |         |             |
| 2                                  |             |                 |      |        |         |             |
| 3                                  |             |                 |      |        |         |             |
| 4                                  |             |                 |      |        |         |             |
| 5                                  |             |                 |      |        |         |             |
| 6                                  |             |                 |      |        |         |             |
| 7                                  |             |                 |      |        |         |             |
| 8                                  |             |                 |      |        |         |             |
| 9                                  |             |                 |      |        |         |             |
| 10                                 |             |                 |      |        |         |             |
| 11                                 |             |                 |      |        |         |             |
| 12                                 |             |                 |      |        |         |             |
| 13                                 |             |                 |      |        |         |             |
| 14                                 |             |                 |      |        |         |             |
| 15                                 |             |                 |      |        |         |             |
| 16                                 |             |                 |      |        |         |             |
| 17                                 |             |                 |      |        |         |             |
| 18                                 |             |                 |      |        |         |             |
| 19                                 |             |                 |      |        |         |             |
| 20                                 |             |                 |      |        |         |             |
| 21                                 |             |                 |      |        |         |             |
| 22                                 |             |                 |      |        |         |             |
| 23                                 |             |                 |      |        |         |             |
| 24                                 |             |                 |      |        |         |             |
| 25                                 |             |                 |      |        |         |             |
| 26                                 |             |                 |      |        |         |             |
| 27                                 |             |                 |      |        |         |             |
| 28                                 |             |                 |      |        |         |             |
| 29                                 |             |                 |      |        |         |             |
| 30                                 |             |                 |      |        |         |             |
| 31                                 |             |                 |      |        |         |             |
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| 33                                 |             |                 |      |        |         |             |

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| BIEG 5000 metrów |             |                 |      |        |         |                 |      |
|------------------|-------------|-----------------|------|--------|---------|-----------------|------|
| M-ce             | Nr startowy | Imię i Nazwisko | Klub | Miasto | Rok Ur. | M-ce w kat. K/M | Czas |
| 1                |             |                 |      |        |         |                 |      |
| 2                |             |                 |      |        |         |                 |      |
| 3                |             |                 |      |        |         |                 |      |
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| 18               |             |                 |      |        |         |                 |      |
| 19               |             |                 |      |        |         |                 |      |
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| 36 |  |  |  |  |  |  |  |
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| Marsz Nordic Walking - 5000 metrów |             |                 |      |        |         |             |      |
|------------------------------------|-------------|-----------------|------|--------|---------|-------------|------|
| M-ce                               | Nr startowy | Imię i Nazwisko | Klub | Miasto | Rok Ur. | M-ce w kat. | Czas |
| 1                                  |             |                 |      |        |         |             |      |
| 2                                  |             |                 |      |        |         |             |      |
| 3                                  |             |                 |      |        |         |             |      |
| 4                                  |             |                 |      |        |         |             |      |
| 5                                  |             |                 |      |        |         |             |      |
| 6                                  |             |                 |      |        |         |             |      |
| 7                                  |             |                 |      |        |         |             |      |
| 8                                  |             |                 |      |        |         |             |      |
| 9                                  |             |                 |      |        |         |             |      |

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| 13 |  |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |
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| 27 |  |  |  |  |  |  |  |
| 28 |  |  |  |  |  |  |  |
| 29 |  |  |  |  |  |  |  |
| 30 |  |  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |  |
| 32 |  |  |  |  |  |  |  |

| BIEG 5000 metrów |             |                 |      |        |         |                 |      |
|------------------|-------------|-----------------|------|--------|---------|-----------------|------|
| M-ce             | Nr startowy | Imię i Nazwisko | Klub | Miasto | Rok Ur. | M-ce w kat. K/M | Czas |
| 1                |             |                 |      |        |         |                 |      |
| 2                |             |                 |      |        |         |                 |      |
| 3                |             |                 |      |        |         |                 |      |
| 4                |             |                 |      |        |         |                 |      |
| 5                |             |                 |      |        |         |                 |      |
| 6                |             |                 |      |        |         |                 |      |
| 7                |             |                 |      |        |         |                 |      |
| 8                |             |                 |      |        |         |                 |      |
| 9                |             |                 |      |        |         |                 |      |
| 10               |             |                 |      |        |         |                 |      |
| 11               |             |                 |      |        |         |                 |      |
| 12               |             |                 |      |        |         |                 |      |
| 13               |             |                 |      |        |         |                 |      |
| 14               |             |                 |      |        |         |                 |      |
| 15               |             |                 |      |        |         |                 |      |
| 16               |             |                 |      |        |         |                 |      |
| 17               |             |                 |      |        |         |                 |      |
| 18               |             |                 |      |        |         |                 |      |
| 19               |             |                 |      |        |         |                 |      |
| 20               |             |                 |      |        |         |                 |      |
| 21               |             |                 |      |        |         |                 |      |
| 22               |             |                 |      |        |         |                 |      |
| 23               |             |                 |      |        |         |                 |      |
| 24               |             |                 |      |        |         |                 |      |
| 25               |             |                 |      |        |         |                 |      |
| 26               |             |                 |      |        |         |                 |      |
| 27               |             |                 |      |        |         |                 |      |
| 28               |             |                 |      |        |         |                 |      |
| 29               |             |                 |      |        |         |                 |      |

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| 30 |  |  |  |  |  |  |  |
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| 40 |  |  |  |  |  |  |  |
| 41 |  |  |  |  |  |  |  |
| 42 |  |  |  |  |  |  |  |

**Marsz Nordic Walking - 5000 metrów**

| M-ce | Nr startowy | Imię i Nazwisko | Klub | Miasto | Rok Ur. | M-ce w kat. | Czas |
|------|-------------|-----------------|------|--------|---------|-------------|------|
| 1    |             |                 |      |        |         |             |      |
| 2    |             |                 |      |        |         |             |      |
| 3    |             |                 |      |        |         |             |      |
| 4    |             |                 |      |        |         |             |      |
| 5    |             |                 |      |        |         |             |      |
| 6    |             |                 |      |        |         |             |      |
| 7    |             |                 |      |        |         |             |      |
| 8    |             |                 |      |        |         |             |      |
| 9    |             |                 |      |        |         |             |      |
| 10   |             |                 |      |        |         |             |      |
| 11   |             |                 |      |        |         |             |      |
| 12   |             |                 |      |        |         |             |      |
| 13   |             |                 |      |        |         |             |      |
| 14   |             |                 |      |        |         |             |      |
| 15   |             |                 |      |        |         |             |      |
| 16   |             |                 |      |        |         |             |      |

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|----|--|--|--|--|--|--|--|
| 17 |  |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |  |
| 21 |  |  |  |  |  |  |  |
| 22 |  |  |  |  |  |  |  |
| 23 |  |  |  |  |  |  |  |
| 24 |  |  |  |  |  |  |  |
| 25 |  |  |  |  |  |  |  |
| 26 |  |  |  |  |  |  |  |
| 27 |  |  |  |  |  |  |  |
| 28 |  |  |  |  |  |  |  |

| Miejsce | Team            | Wyniki |        |        |        |        |        | Suma 3<br>najlepszych |
|---------|-----------------|--------|--------|--------|--------|--------|--------|-----------------------|
|         |                 | Bieg 1 | Bieg 2 | Bieg 3 | Bieg 4 | Bieg 5 | Bieg 6 |                       |
| 1       | WKB Maratończyk |        |        |        |        |        |        |                       |
| 2       | KB Lech Rypin   |        |        |        |        |        |        |                       |

|                      |
|----------------------|
| Marsz Nordic Walking |
|----------------------|

|   |                  |  |  |  |  |  |  |  |
|---|------------------|--|--|--|--|--|--|--|
| 1 | Biegam w Sfetrze |  |  |  |  |  |  |  |
| 2 | Serce Nordica    |  |  |  |  |  |  |  |
| 3 | Parakulos Kowal  |  |  |  |  |  |  |  |

| Kategoria | Imię i Nazwisko | Bieg 1 | Bieg 2 | Bieg 3 | Bieg 4 | Bieg 5 | Bieg 6 | Suma 4 najlepszych |
|-----------|-----------------|--------|--------|--------|--------|--------|--------|--------------------|
|-----------|-----------------|--------|--------|--------|--------|--------|--------|--------------------|

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| <b>BIEG 5000 metrów</b> |
|-------------------------|

|                |                     |       |  |  |  |  |  |  |
|----------------|---------------------|-------|--|--|--|--|--|--|
| M1 (16-19 lat) | Dominik Gąsiorowski | 21.44 |  |  |  |  |  |  |
|                | Ireneusz Chaberski  | 22.17 |  |  |  |  |  |  |
|                | Miłosz Pawłowski    | 24.25 |  |  |  |  |  |  |
|                | Maximilian Branicki | 28.52 |  |  |  |  |  |  |
|                | Grzegorz Gurtowski  | 29.52 |  |  |  |  |  |  |
|                |                     |       |  |  |  |  |  |  |
|                |                     |       |  |  |  |  |  |  |

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|----------------|-------------------|-------|--|--|--|--|--|--|
| M2 (20-29 lat) | Damian Piotrowski | 20.03 |  |  |  |  |  |  |
|                | Fabian Casimiro   | 20.48 |  |  |  |  |  |  |
|                | Adrian Wysocki    | 21.58 |  |  |  |  |  |  |
|                | Daniel Wiśniewski | 22.04 |  |  |  |  |  |  |
|                | Edwin Steckiewicz | 27.19 |  |  |  |  |  |  |
|                |                   |       |  |  |  |  |  |  |
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|                |                   |       |  |  |  |  |  |  |
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|----------------|--------------------|-------|--|--|--|--|--|--|
| M3 (30-39 lat) | Dariusz Kunecki    | 17.59 |  |  |  |  |  |  |
|                | Krzysztof Piasecki | 18.41 |  |  |  |  |  |  |
|                | Marcin Szymański   | 19.02 |  |  |  |  |  |  |
|                | Zbigniew Braun     | 19.07 |  |  |  |  |  |  |
|                | Adam Skibiński     | 19.29 |  |  |  |  |  |  |
|                | Sylwester Jasiński | 21.47 |  |  |  |  |  |  |
|                | Rafał Ściślewski   | 22.53 |  |  |  |  |  |  |
|                | Jarosław Kołtun    | 23.55 |  |  |  |  |  |  |
|                |                    |       |  |  |  |  |  |  |
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|----------------|----------------------|-------|--|--|--|--|--|--|
| M4 (40-49 lat) | Robert Pasternak     | 18.11 |  |  |  |  |  |  |
|                | Andrzej Chmielewski  | 18.56 |  |  |  |  |  |  |
|                | Konrad Strzelecki    | 19.39 |  |  |  |  |  |  |
|                | Bartłomiej Bąbiński  | 19.48 |  |  |  |  |  |  |
|                | Jerzy Wypijewski     | 19.53 |  |  |  |  |  |  |
|                | Mariusz Krzemiński   | 19.53 |  |  |  |  |  |  |
|                | Marcin Pasternak     | 20.08 |  |  |  |  |  |  |
|                | Jarosław Nowicki     | 20.59 |  |  |  |  |  |  |
|                | Patryk Bińczarski    | 20.59 |  |  |  |  |  |  |
|                | Grzegorz Gąsiorowski | 21.35 |  |  |  |  |  |  |
|                | Marek Mroczyński     | 22.23 |  |  |  |  |  |  |
|                | Paweł Kochman        | 22.27 |  |  |  |  |  |  |
|                | Mariusz Radziwonka   | 22.38 |  |  |  |  |  |  |
|                | Konrad Sztyпка       | 23.59 |  |  |  |  |  |  |
|                | Marcin Pawłowski     | 24.25 |  |  |  |  |  |  |
|                | Ireneusz Faryński    | 24.33 |  |  |  |  |  |  |
|                | Jacek Kowalski       | 25.51 |  |  |  |  |  |  |
|                | Marcin Brzeziński    | 28.58 |  |  |  |  |  |  |
|                |                      |       |  |  |  |  |  |  |
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|----------------|----------------------|-------|--|--|--|--|--|--|
| M5 (50-59 lat) | Adam Olszewski       | 22.22 |  |  |  |  |  |  |
|                | Andrzej Gronkowski   | 22.45 |  |  |  |  |  |  |
|                | Wiesław Prątnicki    | 23.14 |  |  |  |  |  |  |
|                | Piotr Jetter         | 23.27 |  |  |  |  |  |  |
|                | Kazimierz Wrzesiński | 23.58 |  |  |  |  |  |  |
|                | Cezary Kwiatkowski   | 24.05 |  |  |  |  |  |  |
|                |                      |       |  |  |  |  |  |  |
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|                |                      |       |  |  |  |  |  |  |
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|--------------------|----------------------|-------|--|--|--|--|--|--|
| M6 (60 lat i pow.) | Grzegorz Tomasik     | 25.24 |  |  |  |  |  |  |
|                    | Janusz Stolarski     | 27.16 |  |  |  |  |  |  |
|                    | Wojciech Lewandowski | 28.46 |  |  |  |  |  |  |
|                    | Krzysztof Gerka      | 28.57 |  |  |  |  |  |  |
|                    |                      |       |  |  |  |  |  |  |
|                    |                      |       |  |  |  |  |  |  |

|                      |                     |       |  |  |  |  |  |  |
|----------------------|---------------------|-------|--|--|--|--|--|--|
| M7 (70 lat i więcej) | Jan Bujalski        | 25.47 |  |  |  |  |  |  |
|                      | Roman Berebecki     | 27.17 |  |  |  |  |  |  |
|                      | Stanisław Błaszczak | 32.52 |  |  |  |  |  |  |
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| K1 (16-19 lat)       |                     |       |  |  |  |  |  |  |

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|----------------|-----------------------|-------|--|--|--|--|--|--|
| K2 (20-29 lat) | Magdalena Klimkiewicz | 22.40 |  |  |  |  |  |  |
|                |                       |       |  |  |  |  |  |  |

|                |                      |       |  |  |  |  |  |  |
|----------------|----------------------|-------|--|--|--|--|--|--|
| K3 (30-39 lat) | Sylvia Kołtun        | 24.42 |  |  |  |  |  |  |
|                | Magdalena Wojtanis   | 25.00 |  |  |  |  |  |  |
|                | Sylvia Uzarska       | 25.32 |  |  |  |  |  |  |
|                | Katarzyna Wesołowska | 26.29 |  |  |  |  |  |  |
|                | Aneta Twarowska      | 26.57 |  |  |  |  |  |  |
|                | Monika Kamińska      | 28.46 |  |  |  |  |  |  |



[illegible]

## MARSZ NORDIC WALKING 5000 metrów

|             |  |  |  |  |  |  |  |
|-------------|--|--|--|--|--|--|--|
| K1          |  |  |  |  |  |  |  |
| (do 29 lat) |  |  |  |  |  |  |  |

(do 29 lat)

|                   |  |  |  |  |  |  |  |  |
|-------------------|--|--|--|--|--|--|--|--|
| K2<br>(30-39 lat) |  |  |  |  |  |  |  |  |
|                   |  |  |  |  |  |  |  |  |
|                   |  |  |  |  |  |  |  |  |

(30-39 lat)

[illegible]

(40-49 lat)

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|-------------------|--------------------|-------|--|--|--|--|--|--|
| K4<br>(50-59 lat) | Iwona Zielińska    | 36.44 |  |  |  |  |  |  |
|                   | Elżbieta Chaberska | 41.13 |  |  |  |  |  |  |
|                   | Anna Rieske        | 47.14 |  |  |  |  |  |  |
|                   |                    |       |  |  |  |  |  |  |
|                   |                    |       |  |  |  |  |  |  |
|                   |                    |       |  |  |  |  |  |  |
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|-------------------|----------------------|-------|--|--|--|--|--|--|
| K5<br>(60 i pow.) | Krystyna Daroszewska | 36.48 |  |  |  |  |  |  |
|                   | Danuta Stolarska     | 39.00 |  |  |  |  |  |  |
|                   | Danuta Zaborowska    | 41.48 |  |  |  |  |  |  |
|                   | Krystyna Jasińska    | 43.20 |  |  |  |  |  |  |
|                   | Ewa Chrapkowska      | 46.30 |  |  |  |  |  |  |
|                   | Grażyna Nasternak    | 50.34 |  |  |  |  |  |  |
|                   |                      |       |  |  |  |  |  |  |

|                   |                 |       |  |  |  |  |  |  |
|-------------------|-----------------|-------|--|--|--|--|--|--|
| M1<br>(do 29 lat) | Dominik Józwiak | 53.12 |  |  |  |  |  |  |
|                   |                 |       |  |  |  |  |  |  |
|                   |                 |       |  |  |  |  |  |  |

|                   |                     |       |  |  |  |  |  |  |
|-------------------|---------------------|-------|--|--|--|--|--|--|
| M2<br>(30-39 lat) | Lukasz Jędrzejewski | 34.58 |  |  |  |  |  |  |
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|                   |                     |       |  |  |  |  |  |  |
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|  | Edmund Steckiewicz | 32.19 |  |  |  |  |  |  |
|--|--------------------|-------|--|--|--|--|--|--|

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|-------------------|--------------------|-------|--|--|--|--|--|--|
| M3<br>(40-49 lat) | Mariusz Trzeciński | 33.16 |  |  |  |  |  |  |
|                   | Szczepan Zieliński | 34.07 |  |  |  |  |  |  |
|                   |                    |       |  |  |  |  |  |  |
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|-------------------|--------------------|-------|--|--|--|--|--|--|
| M4<br>(50-59 lat) | Paweł Paciorkowski | 35.23 |  |  |  |  |  |  |
|                   | Lukasz Jóźwiak     | 39.26 |  |  |  |  |  |  |
|                   | Andrzej Czekryszew | 53.12 |  |  |  |  |  |  |
|                   |                    |       |  |  |  |  |  |  |
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|                   |                    |       |  |  |  |  |  |  |
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|-------------------|--------------------|-------|--|--|--|--|--|--|
| M5<br>(60 i pow.) | Roman Kriger       | 35.53 |  |  |  |  |  |  |
|                   | Ryszard Nagórski   | 36.49 |  |  |  |  |  |  |
|                   | Stefan Chrapkowski | 40.25 |  |  |  |  |  |  |
|                   | Tomasz Lubański    | 41.03 |  |  |  |  |  |  |
|                   | Adam Pajęcki       | 43.40 |  |  |  |  |  |  |
|                   |                    |       |  |  |  |  |  |  |

| Miejsce | Imię i Nazwisko       | Bieg 1 | Bieg 2 | Bieg 3 | Bieg 4 | Bieg 5 |
|---------|-----------------------|--------|--------|--------|--------|--------|
| 1       | Dariusz Kunecki       | 17.59  |        |        |        |        |
| 2       | Robert Pasternak      | 18.11  |        |        |        |        |
| 3       | Krzysztof Piasecki    | 18.41  |        |        |        |        |
| 4       | Andrzej Chmielewski   | 18.56  |        |        |        |        |
| 5       | Marcin Szymański      | 19.02  |        |        |        |        |
| 6       | Zbigniew Braun        | 19.07  |        |        |        |        |
| 7       | Adam Skibiński        | 19.29  |        |        |        |        |
| 8       | Konrad Strzelecki     | 19.39  |        |        |        |        |
| 9       | Bartłomiej Bąbiński   | 19.48  |        |        |        |        |
| 10      | Jerzy Wypijewski      | 19.53  |        |        |        |        |
| 11      | Mariusz Krzemiński    | 19.53  |        |        |        |        |
| 12      | Damian Piotrowski     | 20.03  |        |        |        |        |
| 13      | Marcin Pasternak      | 20.08  |        |        |        |        |
| 14      | Fabian Casimiro       | 20.48  |        |        |        |        |
| 15      | Jarosław Nowicki      | 20.59  |        |        |        |        |
| 16      | Patryk Bińczarski     | 20.59  |        |        |        |        |
| 17      | Grzegorz Gąsiorowski  | 21.35  |        |        |        |        |
| 18      | Dominik Gąsiorowski   | 21.44  |        |        |        |        |
| 19      | Sylwester Jasiński    | 21.47  |        |        |        |        |
| 20      | Adrian Wysocki        | 21.58  |        |        |        |        |
| 21      | Daniel Wiśniewski     | 22.04  |        |        |        |        |
| 22      | Ireneusz Chaberski    | 22.17  |        |        |        |        |
| 23      | Adam Olszewski        | 22.22  |        |        |        |        |
| 24      | Marek Mroczyński      | 22.23  |        |        |        |        |
| 25      | Paweł Kochman         | 22.27  |        |        |        |        |
| 26      | Agnieszka Morawska    | 22.28  |        |        |        |        |
| 27      | Magdalena Klimek      | 22.29  |        |        |        |        |
| 28      | Mariusz Radziwonka    | 22.38  |        |        |        |        |
| 29      | Magdalena Klimkiewicz | 22.40  |        |        |        |        |
| 30      | Andrzej Gronkowski    | 22.45  |        |        |        |        |
| 31      | Rafał Ściślewski      | 22.53  |        |        |        |        |
| 32      | Justyna Sztyпка       | 23.12  |        |        |        |        |
| 33      | Wiesław Prątnicki     | 23.14  |        |        |        |        |
| 34      | Jolanta Rzęsiewicz    | 23.20  |        |        |        |        |
| 35      | Piotr Jetter          | 23.27  |        |        |        |        |
| 36      | Jarosław Kołtun       | 23.55  |        |        |        |        |
| 37      | Kazimierz Wrzesiński  | 23.58  |        |        |        |        |
| 38      | Konrad Sztyпка        | 23.59  |        |        |        |        |
| 39      | Cezary Kwiatkowski    | 24.05  |        |        |        |        |
| 40      | Marcin Pawłowski      | 24.25  |        |        |        |        |
| 41      | Miłosz Pawłowski      | 24.25  |        |        |        |        |
| 42      | Ireneusz Faryński     | 24.33  |        |        |        |        |
| 43      | Sylwia Kołtun         | 24.42  |        |        |        |        |
| 44      | Magdalena Wojtanis    | 25.00  |        |        |        |        |
| 45      | Grzegorz Tomasik      | 25.24  |        |        |        |        |
| 46      | Sylwia Uzarska        | 25.32  |        |        |        |        |
| 47      | Jan Bujalski          | 25.47  |        |        |        |        |
| 48      | Jacek Kowalski        | 25.51  |        |        |        |        |

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| 49 | Katarzyna Krzemińska | 26.08 |  |  |  |  |
| 50 | Katarzyna Wesołowska | 26.29 |  |  |  |  |
| 51 | Aneta Twarowska      | 26.57 |  |  |  |  |
| 52 | Janusz Stolarski     | 27.16 |  |  |  |  |
| 53 | Roman Berebecki      | 27.17 |  |  |  |  |
| 54 | Edwin Steckiewicz    | 27.19 |  |  |  |  |
| 55 | Monika Bładoszewska  | 27.37 |  |  |  |  |
| 56 | Wojciech Lewandowski | 28.46 |  |  |  |  |
| 57 | Monika Kamińska      | 28.46 |  |  |  |  |
| 58 | Maximilian Branicki  | 28.52 |  |  |  |  |
| 59 | Krzysztof Gerka      | 28.57 |  |  |  |  |
| 60 | Marcin Brzeziński    | 28.58 |  |  |  |  |
| 61 | Karolina Czarnecka   | 28.58 |  |  |  |  |
| 62 | Jan Gomulak          | 29.46 |  |  |  |  |
| 63 | Agata Nowacka        | 29.50 |  |  |  |  |
| 64 | Grzegorz Gurtowski   | 29.52 |  |  |  |  |
| 65 | Aneta Miłkowska      | 29.59 |  |  |  |  |
| 66 | Stanisław Błaszczak  | 32.52 |  |  |  |  |
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**MARSZ NORDIC WALKING 5000 metrów**

| Kategoria | Imię i Nazwisko | Bieg 1 | Bieg 2 | Bieg 3 | Bieg 4 | Bieg 5 |
|-----------|-----------------|--------|--------|--------|--------|--------|
| 1         |                 |        |        |        |        |        |
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