



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
INTELEKTUALNY SPÓRTOWY ORGANIZATOR

Organizator: PFNW
Data: 2016-05-15
Miejsce: Konstancin-Jeziorna
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|----------------------------------------------------------|-----------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 1 | DEŁĄG Jakub | 36 | ENERGY LIFE TEAM | M18-29 | 1 | | | 00:00:53 | 00:14:34 | 00:29:46.60 | 00:30:39.75 | | 5:57 | 10.1 |
| 2 | ZARĘBSKI Michał | 373 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 1 | | | 00:01:27 | 00:14:42 | 00:29:59.60 | 00:31:26.80 | +00:00:13 | 5:59 | 10 |
| 3 | GAJEWSKI Eugeniusz | 58 | KS METRACO POLKOWICE | M55-59 | 1 | | | 00:03:16 | 00:15:01 | 00:30:25.45 | 00:33:41.60 | +00:00:38 | 6:05 | 9.9 |
| 4 | DORS Marek | 41 | WOJSKOWA AKADEMIA TECHNICZNA / RTB TRACKER PODKOWA JANÓW | M18-29 | 2 | | | 00:00:53 | 00:15:13 | 00:30:36.75 | 00:31:30.45 | +00:00:50 | 6:07 | 9.8 |
| 5 | WOROCH Roman | 352 | KS METRACO POLKOWICE | M55-59 | 2 | | | 00:03:17 | 00:15:07 | 00:30:38.90 | 00:33:56.80 | +00:00:52 | 6:07 | 9.8 |
| 6 | WITCZUK Łukasz | 346 | FACE NORDIC WALKING TEAM | M30-39 | 2 | | | 00:01:26 | 00:15:08 | 00:30:45.75 | 00:32:12.25 | +00:00:59 | 6:09 | 9.8 |
| 7 | CZŁAPSKI Krzysztof | 1007 | ENERGYLIFE TEAM | M50-54 | 1 | | | 00:02:48 | 00:15:10 | 00:30:49.30 | 00:33:37.70 | +00:01:02 | 6:09 | 9.7 |
| 8 | STĘPNIEWSKI Paweł | 290 | VIKING NORDIC TEAM CZĘSTOCHOWA | M18-29 | 3 | | | 00:00:54 | 00:15:14 | 00:30:55.45 | 00:31:50.25 | +00:01:08 | 6:11 | 9.7 |
| 9 | WETOSZKA Piotr | 333 | FACE NORDIC WALKING TEAM | M30-39 | 3 | | | 00:01:27 | 00:15:07 | 00:30:56.20 | 00:32:23.70 | +00:01:09 | 6:11 | 9.7 |
| 10 | BRZOZOWSKI Piotr | 1029 | FACE NORDIC TEAM | M30-39 | 4 | 1 | | 00:01:26 | 00:15:09 | 00:31:05.10 | 00:32:32.00 | +00:01:18 | 6:13 | 9.6 |
| 11 | MIELCAREK Leszek | 200 | WESOŁY BORSUK TEAM | M60-64 | 1 | | | 00:03:45 | 00:15:37 | 00:31:14.95 | 00:35:00.40 | +00:01:28 | 6:15 | 9.6 |
| 12 | WASIELEWSKI Mirosław | 330 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | M50-54 | 2 | | | 00:02:48 | 00:15:21 | 00:31:35.40 | 00:34:24.20 | +00:01:48 | 6:19 | 9.5 |
| 13 | SCHRÖDER Karol | 270 | SILESIA NORDIC TEAM | M40-44 | 1 | | | 00:01:49 | 00:15:42 | 00:31:57.80 | 00:33:46.85 | +00:02:11 | 6:23 | 9.4 |
| 14 | WOLEK Waldemar | 349 | NORDIC TEAM GNIEZNO | M40-44 | 2 | | | 00:01:49 | 00:15:45 | 00:32:08.40 | 00:33:57.70 | +00:02:21 | 6:25 | 9.3 |
| 15 | SŁOMIAN Leszek | 279 | UNIA MIAST | M55-59 | 3 | | | 00:03:16 | 00:15:53 | 00:32:12.60 | 00:35:29.30 | +00:02:26 | 6:26 | 9.3 |
| 16 | KNITTER Tomasz | 126 | BŁĘKITNI DZIEMIANY | M-Jun. | 1 | | | 00:00:32 | 00:16:01 | 00:32:16.70 | 00:32:49.25 | +00:02:30 | 6:27 | 9.3 |
| 17 | WYSOCKI Marcin | 365 | BŁĘKITNI DZIEMIANY | M-Jun. | 2 | | | 00:00:32 | 00:16:09 | 00:32:22.85 | 00:32:55.65 | +00:02:36 | 6:28 | 9.3 |
| 18 | MARCINKOWSKI Jakub | 190 | UNIA MIAST | M-Jun. | 3 | | | 00:00:31 | 00:16:06 | 00:32:23.50 | 00:32:55.20 | +00:02:36 | 6:28 | 9.3 |
| 19 | GŁOWA Michał | 68 | WESOŁY BORSUK TEAM | M-Jun. | 4 | | | 00:00:30 | 00:16:08 | 00:32:24.70 | 00:32:55.65 | +00:02:38 | 6:29 | 9.3 |
| 20 | BASARA Ryszard | 1016 | ZABIEGANI ROPCZYCE | M30-39 | 5 | | | 00:01:26 | 00:16:04 | 00:32:29.45 | 00:33:56.05 | +00:02:42 | 6:30 | 9.2 |
| 21 | ZGORZELSKI Jerzy | 375 | | M18-29 | 4 | | | 00:00:57 | 00:16:12 | 00:32:35.25 | 00:33:32.95 | +00:02:48 | 6:31 | 9.2 |
| 22 | REDA Sławomir | 260 | PASJA WARSZAWA | M55-59 | 4 | | | 00:03:16 | 00:16:18 | 00:32:35.40 | 00:35:52.05 | +00:02:48 | 6:31 | 9.2 |
| 23 | KRYŚ Artur | 144 | KS METRACO POLKOWICE | M45-49 | 1 | | | 00:02:22 | 00:16:07 | 00:32:37.45 | 00:34:59.75 | +00:02:50 | 6:31 | 9.2 |
| 24 | LESIŃSKI Grzegorz | 173 | KS METRACO POLKOWICE | M50-54 | 3 | | | 00:02:50 | 00:15:47 | 00:32:38.30 | 00:35:28.50 | +00:02:51 | 6:31 | 9.2 |
| 25 | KOŁODZIEJCZAK Beata | 1005 | SOCHO TEAM | K40-44 | 1 | | | 00:08:14 | 00:16:17 | 00:32:45.35 | 00:40:59.55 | +00:02:58 | 6:33 | 9.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-----------------------------------------------|--------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 26 | JENCZELEWSKI Grzegorz | 1015 | NW CIECHANÓW | M45-49 | 2 | | | 00:02:24 | 00:16:02 | 00:32:47.65 | 00:35:12.35 | +00:03:01 | 6:33 | 9.1 |
| 27 | ANDRZEJEWSKI Mieczysław | 4 | | M55-59 | 5 | | | 00:03:18 | 00:16:02 | 00:32:48.50 | 00:36:07.00 | +00:03:01 | 6:33 | 9.1 |
| 28 | KOŁOSZ-PERZ Monika | 131 | FACE NORDIC WALKING TEAM | K40-44 | 2 | | | 00:08:13 | 00:16:18 | 00:32:49.35 | 00:41:02.65 | +00:03:02 | 6:33 | 9.1 |
| 29 | ZALISKO Oksana | 368 | DĄBROWA NORDIC TEAM | K60-64 | 1 | | | 00:11:57 | 00:16:20 | 00:32:50.10 | 00:44:47.90 | +00:03:03 | 6:34 | 9.1 |
| 30 | RAKUĆ Jakub | 254 | RUCH PO ZDROWIE WŁOCŁAWEK | M18-29 | 5 | | | 00:00:53 | 00:16:11 | 00:32:57.90 | 00:33:51.50 | +00:03:11 | 6:35 | 9.1 |
| 31 | FELIS Paweł | 393 | | M45-49 | 3 | | | 00:02:23 | 00:16:20 | 00:32:58.45 | 00:35:21.75 | +00:03:11 | 6:35 | 9.1 |
| 32 | MANDZIUK Marek | 1023 | KBBB / TKKF | M45-49 | 4 | | | 00:02:22 | 00:16:12 | 00:33:02.80 | 00:35:25.75 | +00:03:16 | 6:36 | 9.1 |
| 33 | SKWIRUT Jerzy | 278 | SOKÓŁ RYMANÓW | M55-59 | 6 | | | 00:03:17 | 00:16:02 | 00:33:04.35 | 00:36:21.65 | +00:03:17 | 6:36 | 9.1 |
| 34 | PIECH Krzysztof | 237 | AWF BIAŁA PODLASKA | M55-59 | 7 | | | 00:02:49 | 00:16:05 | 00:33:08.60 | 00:35:58.20 | +00:03:22 | 6:37 | 9 |
| 35 | BARTOSIEWICZ Łukasz | 9 | FACE NORDIC WALKING TEAM | M30-39 | 6 | | | 00:01:27 | 00:16:15 | 00:33:09.90 | 00:34:37.50 | +00:03:23 | 6:38 | 9 |
| 36 | WILK Tadeusz | 605 | DĄBROWA NORDIC TEAM | M60-64 | 2 | | | 00:03:45 | 00:16:22 | 00:33:21.55 | 00:37:07.10 | +00:03:34 | 6:40 | 9 |
| 37 | PATYNOWSKI Adam | 228 | AWF WARSZAWA | M18-29 | 6 | | | 00:00:56 | 00:16:39 | 00:33:25.65 | 00:34:22.45 | +00:03:39 | 6:41 | 9 |
| 38 | GRYGOROWICZ Bogdan | 79 | KS METRACO POLKOWICE | M65-69 | 1 | | | 00:04:12 | 00:16:29 | 00:33:27.80 | 00:37:40.45 | +00:03:41 | 6:41 | 9 |
| 39 | PARTYKA Teresa | 537 | WESOŁY BORSUK TEAM | K55-59 | 1 | | | 00:11:17 | 00:16:36 | 00:33:28.90 | 00:44:46.05 | +00:03:42 | 6:41 | 9 |
| 40 | KLARKOWSKI Bogdan | 1008 | WŁÓCZYKJE ELBLĄG | M60-64 | 3 | | | 00:03:45 | 00:16:27 | 00:33:34.20 | 00:37:19.90 | +00:03:47 | 6:42 | 8.9 |
| 40 | BREWKA Joachim | 20 | UNIA MIAST | M50-54 | 4 | | | 00:02:49 | 00:16:39 | 00:33:34.20 | 00:36:23.20 | +00:03:47 | 6:42 | 8.9 |
| 42 | SOBKOWSKI Janusz | 1010 | SILESIA NORDIC TEAM | M60-64 | 4 | | | 00:03:47 | 00:16:40 | 00:33:38.25 | 00:37:25.75 | +00:03:51 | 6:43 | 8.9 |
| 43 | ADAMUS Marian | 399 | SILESIA TEAM | M65-69 | 2 | | | 00:04:10 | 00:16:32 | 00:33:40.10 | 00:37:50.70 | +00:03:53 | 6:44 | 8.9 |
| 44 | FLIS Marek | 386 | GREEN TEAM ZIELONA GÓRA | M55-59 | 8 | | | 00:03:15 | 00:16:34 | 00:33:43.25 | 00:36:59.10 | +00:03:56 | 6:44 | 8.9 |
| 45 | ZARZYCKI Zdzisław | 374 | | M55-59 | 9 | | | 00:03:19 | 00:16:43 | 00:33:43.60 | 00:37:02.80 | +00:03:57 | 6:44 | 8.9 |
| 46 | KASPRZYK Lilianna | 113 | KS METRACO POLKOWICE | K55-59 | 2 | | | 00:11:18 | 00:16:41 | 00:33:46.70 | 00:45:05.40 | +00:04:00 | 6:45 | 8.9 |
| 47 | HOLWEK Jarosław | 90 | FOREVER YOUNG ŁÓDŹ | M50-54 | 5 | | | 00:02:49 | 00:16:27 | 00:33:49.00 | 00:36:38.10 | +00:04:02 | 6:45 | 8.9 |
| 48 | RATOWSKI Piotrek | 257 | NW CIECHANÓW | M-Jun. | 5 | | | 00:00:31 | 00:16:25 | 00:33:49.30 | 00:34:20.45 | +00:04:02 | 6:45 | 8.9 |
| 49 | REJMAN Filip | 261 | FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY | M-Jun. | 6 | | | 00:00:31 | 00:16:28 | 00:33:50.15 | 00:34:21.40 | +00:04:03 | 6:46 | 8.9 |
| 50 | SZPILMAN Katarzyna | 307 | FACE NORDIC WALKING TEAM | K45-49 | 1 | | | 00:09:30 | 00:16:47 | 00:33:52.75 | 00:43:23.50 | +00:04:06 | 6:46 | 8.9 |
| 51 | RATECKI Marcin | 256 | NORDIC WALKING TEAM GDAŃSK | M40-44 | 3 | | | 00:01:48 | 00:16:40 | 00:33:55.50 | 00:35:44.10 | +00:04:08 | 6:47 | 8.8 |
| 52 | ZMACZYŃSKI Bogusław | 378 | KS METRACO POLKOWICE | M60-64 | 5 | 1 | | 00:03:45 | 00:16:50 | 00:33:58.65 | 00:37:44.10 | +00:04:12 | 6:47 | 8.8 |
| 53 | TRONIARZ Stanisław | 392 | | M60-64 | 6 | | | 00:03:46 | 00:16:58 | 00:34:00.65 | 00:37:47.25 | +00:04:14 | 6:48 | 8.8 |
| 54 | JENDRUCHNIEWICZ Katarzyna | 97 | FUNDACJA „W TE PĘDY” FACE NORDIC WALKING TEAM | K30-39 | 1 | | | 00:06:56 | 00:16:42 | 00:34:02.85 | 00:40:59.05 | +00:04:16 | 6:48 | 8.8 |
| 55 | DANA Andrzej | 33 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M65-69 | 3 | | | 00:04:11 | 00:16:38 | 00:34:04.05 | 00:38:15.40 | +00:04:17 | 6:48 | 8.8 |
| 56 | GRUSZKA Michał | 77 | UNIA MIAST | M40-44 | 4 | | | 00:01:48 | 00:16:38 | 00:34:06.45 | 00:35:54.65 | +00:04:19 | 6:49 | 8.8 |
| 57 | SZPILMAN Marta | 308 | FACE NORDIC WALKING TEAM | K18-29 | 1 | | | 00:06:12 | 00:16:50 | 00:34:09.35 | 00:40:21.65 | +00:04:22 | 6:49 | 8.8 |
| 58 | GAŁĄZKA Paweł | 1030 | NORDIC TEAM GNIEZNO | M- Niepełnosprawni | 1 | | | 00:02:48 | 00:16:52 | 00:34:11.40 | 00:36:59.80 | +00:04:24 | 6:50 | 8.8 |
| 59 | KUSTAL Marcin | 164 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 7 | | | 00:01:27 | 00:16:50 | 00:34:11.55 | 00:35:39.50 | +00:04:24 | 6:50 | 8.8 |
| 60 | DUDEK Edward | 45 | KS METRACO POLKOWICE | M65-69 | 4 | | | 00:04:11 | 00:16:57 | 00:34:12.35 | 00:38:23.70 | +00:04:25 | 6:50 | 8.8 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-------------------------------------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 61 | NOWROTEK Roman | 215 | WESOŁY BORSUK TEAM | M65-69 | 5 | | | 00:04:10 | 00:16:37 | 00:34:15.20 | 00:38:25.65 | +00:04:28 | 6:51 | 8.8 |
| 62 | GAPIŃSKI Leszek | 61 | WESOŁY BORSUK TEAM | M55-59 | 10 | | | 00:03:17 | 00:16:48 | 00:34:17.00 | 00:37:34.45 | +00:04:30 | 6:51 | 8.8 |
| 63 | LESIŃSKA Marzenna | 172 | KS METRACO POLKOWICE | K50-54 | 1 | | | 00:10:22 | 00:17:10 | 00:34:17.05 | 00:44:39.30 | +00:04:30 | 6:51 | 8.8 |
| 64 | WOŹNIAK Klaudia | 355 | UNIA MIAST | K-Jun. | 1 | | | 00:05:41 | 00:16:55 | 00:34:17.80 | 00:39:59.45 | +00:04:31 | 6:51 | 8.7 |
| 65 | MOTOCZYŃSKI Krzysztof | 204 | GOSIR OSIELSKO | M60-64 | 7 | | | 00:03:46 | 00:16:38 | 00:34:20.90 | 00:38:07.30 | +00:04:34 | 6:52 | 8.7 |
| 66 | GNUS Dawid | 69 | KBBB / TKKF | M-Dzieci | 1 | | | 00:00:03 | 00:16:58 | 00:34:21.40 | 00:34:24.90 | +00:04:34 | 6:52 | 8.7 |
| 67 | GAPIŃSKA Janina | 60 | WESOŁY BORSUK TEAM | K55-59 | 3 | | | 00:11:17 | 00:17:01 | 00:34:24.15 | 00:45:41.50 | +00:04:37 | 6:52 | 8.7 |
| 68 | ŚLEWIŃSKA Edyta | 310 | BŁĘKITNI DZIEMIANY | K-Jun. | 2 | | | 00:05:41 | 00:17:04 | 00:34:32.15 | 00:40:13.15 | +00:04:45 | 6:54 | 8.7 |
| 69 | RE CZULSKA Katarzyna | 259 | VIKING NORDIC TEAM CZĘSTOCHOWA | K45-49 | 2 | | | 00:09:32 | 00:17:04 | 00:34:34.65 | 00:44:07.10 | +00:04:48 | 6:55 | 8.7 |
| 70 | CHUDZIŃSKI Andrzej | 25 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | M65-69 | 6 | | | 00:04:10 | 00:16:56 | 00:34:43.60 | 00:38:53.90 | +00:04:57 | 6:56 | 8.6 |
| 71 | CZEKIERDA Jakub | 30 | AWF WARSZAWA | M18-29 | 7 | | | 00:00:55 | 00:17:25 | 00:34:44.50 | 00:35:40.00 | +00:04:57 | 6:57 | 8.6 |
| 72 | FRĄSZCZAK Katarzyna | 56 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | K-Niepełnosprawni | 1 | | | 00:06:55 | 00:17:09 | 00:34:44.65 | 00:41:40.20 | +00:04:58 | 6:57 | 8.6 |
| 73 | ZAŃKO Katarzyna | 370 | | K40-44 | 3 | | | 00:08:15 | 00:17:05 | 00:34:46.00 | 00:43:01.60 | +00:04:59 | 6:57 | 8.6 |
| 74 | KUŚMIEREK Mateusz | 165 | BŁĘKITNI DZIEMIANY | M-Dzieci | 2 | | | 00:00:02 | 00:17:14 | 00:34:49.90 | 00:34:52.55 | +00:05:03 | 6:58 | 8.6 |
| 75 | BALICKA Maria | 5 | | K-Dzieci | 1 | | | 00:05:13 | 00:17:16 | 00:34:52.70 | 00:40:05.85 | +00:05:06 | 6:58 | 8.6 |
| 76 | BIK Przemysław | 15 | KS METRACO POLKOWICE | M-Dzieci | 3 | | | 00:00:03 | 00:17:23 | 00:34:53.30 | 00:34:56.90 | +00:05:06 | 6:58 | 8.6 |
| 77 | ROSADZIŃSKI Sławomir | 264 | | M45-49 | 5 | | | 00:02:22 | 00:16:59 | 00:34:53.65 | 00:37:16.20 | +00:05:07 | 6:58 | 8.6 |
| 78 | JAWORSKI Zbigniew | 96 | WŁÓCZYKJE SKOCZÓW | M65-69 | 7 | | | 00:04:11 | 00:17:04 | 00:34:54.75 | 00:39:05.85 | +00:05:08 | 6:58 | 8.6 |
| 79 | SMUS Damian | 281 | UCZELNIA WRSZAWSKA | M18-29 | 8 | | | 00:00:55 | 00:17:18 | 00:34:56.25 | 00:35:51.55 | +00:05:09 | 6:59 | 8.6 |
| 80 | SZNAJDER Zenon | 305 | UNIA MIAST | M60-64 | 8 | | | 00:03:46 | 00:17:12 | 00:34:57.40 | 00:38:43.50 | +00:05:10 | 6:59 | 8.6 |
| 81 | KUCZYŃSKI Piotr | 150 | AWF WARSZAWA | M18-29 | 9 | | | 00:00:58 | 00:17:23 | 00:34:59.00 | 00:35:57.55 | +00:05:12 | 6:59 | 8.6 |
| 82 | MARCINKOWSKA Agnieszka | 189 | UNIA MIAST | K-Dzieci | 2 | | | 00:05:13 | 00:17:33 | 00:35:02.75 | 00:40:16.20 | +00:05:16 | 7:00 | 8.6 |
| 83 | RAKUĆ Angelika | 255 | RUCH PO ZDROWIE WŁOCLAWEK | K18-29 | 2 | | | 00:06:13 | 00:17:30 | 00:35:06.80 | 00:41:19.90 | +00:05:20 | 7:01 | 8.5 |
| 84 | KOZŁOWSKA Julia | 140 | FACE NORDIC WALKING TEAM | K-Dzieci | 3 | 1 | | 00:05:14 | 00:17:37 | 00:35:08.45 | 00:40:22.75 | +00:05:21 | 7:01 | 8.5 |
| 85 | KWAŚNY Tomasz | 167 | CHODZĘ Z SERCEM | M50-54 | 6 | | | 00:03:00 | 00:17:23 | 00:35:08.95 | 00:38:09.40 | +00:05:22 | 7:01 | 8.5 |
| 86 | STOLARSKA Joanna | 291 | VIKING NORDIC TEAM CZĘSTOCHOWA | K-Jun. | 3 | | | 00:05:43 | 00:17:02 | 00:35:15.55 | 00:40:58.60 | +00:05:28 | 7:03 | 8.5 |
| 87 | STOLTMANN Helena | 292 | BŁĘKITNI DZIEMIANY | K55-59 | 4 | | | 00:11:18 | 00:17:33 | 00:35:17.00 | 00:46:35.20 | +00:05:30 | 7:03 | 8.5 |
| 88 | GRUSZKA JUNIOR Michał | 78 | UNIA MIAST | M-Dzieci | 4 | | | 00:00:04 | 00:17:19 | 00:35:18.35 | 00:35:22.70 | +00:05:31 | 7:03 | 8.5 |
| 89 | TOMCZYK Małgorzata | 319 | ŁŁOWO-OSADA | K18-29 | 3 | | | 00:06:13 | 00:17:29 | 00:35:24.05 | 00:41:37.75 | +00:05:37 | 7:04 | 8.5 |
| 90 | KANIECKA Zofia | 108 | NW CIECHANÓW | K60-64 | 2 | | | 00:11:57 | 00:17:34 | 00:35:27.55 | 00:47:25.50 | +00:05:40 | 7:05 | 8.5 |
| 91 | GŁADKOWSKA Małgorzata | 65 | SILESIA TEAM | K55-59 | 5 | | | 00:11:18 | 00:17:31 | 00:35:31.40 | 00:46:50.30 | +00:05:44 | 7:06 | 8.4 |
| 92 | GŁADZIKOWSKI Grzegorz | 66 | AKTYWNI Z PASJĄ ŁUKÓW | M65-69 | 8 | | | 00:04:11 | 00:17:37 | 00:35:33.30 | 00:39:45.25 | +00:05:46 | 7:06 | 8.4 |
| 93 | MOŹYSZEK Piotr | 396 | FORMA NA PIĄTKĘ NW | M55-59 | 11 | 1 | | 00:03:16 | 00:17:42 | 00:35:34.05 | 00:38:50.25 | +00:05:47 | 7:06 | 8.4 |
| 94 | JÓŹWIAK Marianna | 387 | WTW.WŁOCLAWEK | K40-44 | 4 | | | 00:08:14 | 00:17:27 | 00:35:34.95 | 00:43:49.50 | +00:05:48 | 7:07 | 8.4 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|-------------|---------------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 95 | WIADERSKI Wojciech | 335 | N/Z | M65-69 | 9 | | | 00:04:14 | 00:17:47 | 00:35:35.15 | 00:39:49.70 | +00:05:48 | 7:07 | 8.4 |
| 96 | KOŁPAK Jan | 132 | LKSZANTYR SZTUM | M65-69 | 10 | | | 00:04:12 | 00:17:30 | 00:35:36.90 | 00:39:49.00 | +00:05:50 | 7:07 | 8.4 |
| 97 | TRONIARZ Grazyna | 324 | | K60-64 | 3 | | | 00:11:58 | 00:17:38 | 00:35:39.75 | 00:47:38.30 | +00:05:53 | 7:08 | 8.4 |
| 98 | WROŃSKI Włodzimierz | 358 | PASJA NW | M60-64 | 9 | | | 00:03:44 | 00:17:17 | 00:35:41.25 | 00:39:26.00 | +00:05:54 | 7:08 | 8.4 |
| 99 | KAPTEINA Robert | 109 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | M40-44 | 5 | | | 00:01:48 | 00:17:48 | 00:35:42.65 | 00:37:30.75 | +00:05:56 | 7:08 | 8.4 |
| 100 | SŁOMIŃSKA Marta | 280 | BŁĘKITNI DZIEMIANY | K-Jun. | 4 | | | 00:05:42 | 00:17:57 | 00:35:51.75 | 00:41:34.35 | +00:06:05 | 7:10 | 8.4 |
| 101 | PAWŁOWSKA- WOŹNIAK Małgorzata | 231 | UNIA MIAST | K30-39 | 2 | | | 00:06:55 | 00:17:48 | 00:35:52.85 | 00:42:48.65 | +00:06:06 | 7:10 | 8.4 |
| 102 | SITKO Maciej | 273 | KOLBUSZOWSKI KLUB NORDIC WALKING | M-Dzieci | 5 | | | 00:00:04 | 00:17:42 | 00:35:53.65 | 00:35:57.85 | +00:06:07 | 7:10 | 8.4 |
| 103 | DENCIKOWSKI Filip | 39 | TKKF | M-Dzieci | 6 | | | 00:00:02 | 00:18:07 | 00:35:54.15 | 00:35:57.00 | +00:06:07 | 7:11 | 8.4 |
| 104 | KUKUCZ Bartłomiej | 152 | WŁÓCZYKIJE SKOCZÓW | M30-39 | 8 | | | 00:01:27 | 00:17:55 | 00:35:56.10 | 00:37:24.05 | +00:06:09 | 7:11 | 8.3 |
| 105 | FELIS Stanisław | 52 | | M-Jun. | 7 | | | 00:00:32 | 00:17:53 | 00:35:58.00 | 00:36:30.30 | +00:06:11 | 7:11 | 8.3 |
| 106 | WAWRZYŃNIAK Anna | 332 | FACE NORDIC WALKING TEAM | K40-44 | 5 | | | 00:08:14 | 00:17:53 | 00:35:59.60 | 00:44:13.65 | +00:06:13 | 7:11 | 8.3 |
| 107 | GRZYB Izabela | 82 | VIKING NORDIC TEAM CZĘSTOCHOWA | K30-39 | 3 | | | 00:06:55 | 00:17:51 | 00:35:59.65 | 00:42:55.20 | +00:06:13 | 7:12 | 8.3 |
| 108 | BALICKI Mirosław | 6 | | M45-49 | 6 | | | 00:02:22 | 00:17:32 | 00:36:00.15 | 00:38:22.85 | +00:06:13 | 7:12 | 8.3 |
| 109 | KULESZYŃSKA Małgorzata | 156 | | K55-59 | 6 | | | 00:11:17 | 00:17:48 | 00:36:00.35 | 00:47:18.10 | +00:06:13 | 7:12 | 8.3 |
| 110 | PODOLSKI Mirosław | 241 | LKS ZANTYR | M60-64 | 10 | | | 00:03:44 | 00:17:50 | 00:36:00.75 | 00:39:45.25 | +00:06:14 | 7:12 | 8.3 |
| 111 | STUDZIŃSKI Michał | 1017 | AWF WARSZAWA | M18-29 | 10 | | | 00:00:56 | 00:17:51 | 00:36:04.70 | 00:37:00.70 | +00:06:18 | 7:12 | 8.3 |
| 112 | KUPIBIDA Bogusława | 163 | SILESIA NORDIC TEAM | K55-59 | 7 | | | 00:11:17 | 00:17:51 | 00:36:05.10 | 00:47:22.85 | +00:06:18 | 7:13 | 8.3 |
| 113 | NIEWIŃSKA Beata | 211 | FACE NORDIC WALKING TEAM | K50-54 | 2 | | | 00:10:21 | 00:17:56 | 00:36:05.30 | 00:46:27.00 | +00:06:18 | 7:13 | 8.3 |
| 114 | JONDERKO Julia | 99 | WŁÓCZYKIJE SKOCZÓW | K40-44 | 6 | | | 00:08:15 | 00:17:49 | 00:36:07.45 | 00:44:23.40 | +00:06:20 | 7:13 | 8.3 |
| 115 | NADOBNIK Artur | 208 | AVOCADO WELLNESS CLUB | M40-44 | 6 | | | 00:01:48 | 00:18:10 | 00:36:08.55 | 00:37:57.35 | +00:06:21 | 7:13 | 8.3 |
| 116 | WARCHALSKA Teresa | 328 | UNIA MIAST | K65-69 | 1 | | | 00:12:24 | 00:18:06 | 00:36:11.55 | 00:48:35.65 | +00:06:24 | 7:14 | 8.3 |
| 117 | STYGA Krystyna | 294 | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54 | 3 | | | 00:09:34 | 00:17:59 | 00:36:13.05 | 00:45:47.50 | +00:06:26 | 7:14 | 8.3 |
| 118 | KLIMKIEWICZ Katarzyna | 123 | | K50-54 | 4 | | | 00:10:23 | 00:17:56 | 00:36:16.90 | 00:46:39.95 | +00:06:30 | 7:15 | 8.3 |
| 119 | DEMBIŃSKI Mirosław | 1020 | | M55-59 | 12 | | | 00:03:18 | 00:17:37 | 00:36:19.05 | 00:39:37.10 | +00:06:32 | 7:15 | 8.3 |
| 120 | SOWA Jan | 284 | UNIA MIAST | M70+ | 1 | | | 00:04:31 | 00:18:09 | 00:36:21.95 | 00:40:53.80 | +00:06:35 | 7:16 | 8.2 |
| 121 | BOGDAN Witold | 17 | NW CIECHANÓW | M65-69 | 11 | | | 00:04:12 | 00:17:47 | 00:36:22.20 | 00:40:34.80 | +00:06:35 | 7:16 | 8.2 |
| 122 | PIATCZYK Michał | 234 | | M-Jun. | 8 | | | 00:00:32 | 00:16:51 | 00:36:25.35 | 00:36:58.05 | +00:06:38 | 7:17 | 8.2 |
| 122 | BARTOSIEWICZ Włodzimierz | 10 | FACE NORDIC WALKING TEAM | M60-64 | 11 | | | 00:03:45 | 00:17:50 | 00:36:25.35 | 00:40:10.40 | +00:06:38 | 7:17 | 8.2 |
| 124 | BRANCZEWSKA Ewa | 18 | NW WERWA MŁAWA | K30-39 | 4 | | | 00:06:58 | 00:18:05 | 00:36:32.95 | 00:43:31.50 | +00:06:46 | 7:18 | 8.2 |
| 125 | SULECKA Gabriela | 297 | | K-Niepełnosprawni | 2 | | | 00:11:18 | 00:18:17 | 00:36:37.05 | 00:47:55.10 | +00:06:50 | 7:19 | 8.2 |
| 126 | OLEŚ Józef | 220 | NW WERWA MŁAWA | M65-69 | 12 | | | 00:04:12 | 00:17:48 | 00:36:39.30 | 00:40:52.25 | +00:06:52 | 7:20 | 8.2 |
| 127 | JÓŹWIAK Łukasz | 385 | WTW.WŁOCLAWEK | M-Niepełnosprawni | 2 | | | 00:02:23 | 00:18:10 | 00:36:43.75 | 00:39:07.65 | +00:06:57 | 7:20 | 8.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|----------------------------------|--------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 128 | KNITTER Agata | 395 | BŁĘKITNI DZIEMIANY | K-Jun. | 5 | | | 00:05:41 | 00:18:11 | 00:36:44.75 | 00:42:26.35 | +00:06:58 | 7:21 | 8.2 |
| 129 | WYBORSKA Maja | 363 | AVOKADO WELLNES CLUB | K30-39 | 5 | | | 00:07:02 | 00:18:14 | 00:36:45.65 | 00:43:47.65 | +00:06:59 | 7:21 | 8.2 |
| 130 | NIEBRZEGOWSKA Anna | 210 | CHODZĘ Z SERCEM | K40-44 | 7 | | | 00:08:15 | 00:18:07 | 00:36:46.40 | 00:45:01.75 | +00:06:59 | 7:21 | 8.2 |
| 131 | FELIS Beata | 394 | | K45-49 | 3 | | | 00:09:33 | 00:18:13 | 00:36:50.65 | 00:46:24.20 | +00:07:04 | 7:22 | 8.1 |
| 132 | STANISZEWSKA Agnieszka | 287 | AKTYWNI Z PASJĄ ŁUKÓW | K30-39 | 6 | | | 00:06:58 | 00:18:17 | 00:37:02.75 | 00:44:00.85 | +00:07:16 | 7:24 | 8.1 |
| 133 | BROŻBAR Beata | 21 | | K-Jun. | 6 | | | 00:05:41 | 00:17:33 | 00:37:03.65 | 00:42:45.30 | +00:07:17 | 7:24 | 8.1 |
| 134 | MANDZIUK Magdalena | 187 | KBBB / TKKF | K-Jun. | 7 | | | 00:05:42 | 00:18:47 | 00:37:04.60 | 00:42:46.90 | +00:07:18 | 7:24 | 8.1 |
| 135 | MANDZIUK Anna | 186 | KBBB / TKKF | K-Jun. | 8 | | | 00:05:43 | 00:18:47 | 00:37:05.80 | 00:42:48.85 | +00:07:19 | 7:25 | 8.1 |
| 136 | TRĘTOWICZ Aleksandra | 321 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Jun. | 9 | | | 00:05:43 | 00:18:34 | 00:37:06.50 | 00:42:49.60 | +00:07:19 | 7:25 | 8.1 |
| 137 | MANDZIUK Marta | 1024 | KBBB / TKKF | K40-44 | 8 | | | 00:08:18 | 00:18:30 | 00:37:06.85 | 00:45:25.00 | +00:07:20 | 7:25 | 8.1 |
| 138 | SUGALSKA Małgorzata | 296 | MOSIR | K50-54 | 5 | | | 00:10:21 | 00:18:13 | 00:37:07.70 | 00:47:29.25 | +00:07:21 | 7:25 | 8.1 |
| 139 | LANGMESSER Kinga | 170 | LKS ZANTYR | K18-29 | 4 | | | 00:06:13 | 00:18:21 | 00:37:09.40 | 00:43:23.20 | +00:07:22 | 7:26 | 8.1 |
| 140 | DĄBROWSKI Andrzej | 35 | MARSZ PO ZDROWIE | M65-69 | 13 | | | 00:04:13 | 00:18:27 | 00:37:15.75 | 00:41:29.60 | +00:07:29 | 7:27 | 8.1 |
| 141 | PIĄTKOWSKI Józef | 236 | KS METRACO POLKOWICE | M70+ | 2 | | | 00:04:34 | 00:18:30 | 00:37:20.10 | 00:41:54.25 | +00:07:33 | 7:28 | 8 |
| 142 | POPŁAWSKI Ireneusz | 243 | KBBB/TKKF | M45-49 | 7 | | | 00:02:22 | 00:18:24 | 00:37:21.15 | 00:39:43.75 | +00:07:34 | 7:28 | 8 |
| 143 | MARONDEL Katarzyna | 193 | SILESIA NORDIC TEAM | K30-39 | 7 | | | 00:06:58 | 00:18:30 | 00:37:22.40 | 00:44:20.40 | +00:07:35 | 7:28 | 8 |
| 144 | DANA Kazimiera | 32 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | K60-64 | 4 | | | 00:12:01 | 00:18:42 | 00:37:25.75 | 00:49:26.75 | +00:07:39 | 7:29 | 8 |
| 145 | GWIAZDOWSKA Magdalena | 87 | | K30-39 | 8 | 1 | | 00:07:01 | 00:18:55 | 00:37:29.30 | 00:44:30.80 | +00:07:42 | 7:29 | 8 |
| 146 | KOZŁOWSKA Jagoda | 139 | FACE NORDIC WALKING TEAM | K-Dzieci | 4 | | | 00:05:13 | 00:18:37 | 00:37:30.90 | 00:42:44.35 | +00:07:44 | 7:30 | 8 |
| 147 | PIATCZYC Wacław | 233 | | M- Niepełnosprawni | 3 | | | 00:03:19 | 00:18:20 | 00:37:35.40 | 00:40:55.00 | +00:07:48 | 7:31 | 8 |
| 148 | WASILEWSKI Sławomir | 331 | PASJA NORDIC WALKING | M70+ | 3 | 1 | | 00:04:32 | 00:18:28 | 00:37:38.90 | 00:42:11.05 | +00:07:52 | 7:31 | 8 |
| 149 | BARUCH Henryka | 13 | DĄBROWA NORDIC TEAM | K65-69 | 2 | | | 00:12:23 | 00:18:46 | 00:37:39.85 | 00:50:03.75 | +00:07:53 | 7:32 | 8 |
| 150 | JEŻAK Mateusz | 98 | AWF WARSZAWA | M18-29 | 11 | | | 00:00:55 | 00:19:20 | 00:37:40.30 | 00:38:36.00 | +00:07:53 | 7:32 | 8 |
| 151 | GOŁĘBIEWSKI Andrzej | 70 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M55-59 | 13 | | | 00:03:16 | 00:18:38 | 00:37:41.50 | 00:40:58.30 | +00:07:54 | 7:32 | 8 |
| 152 | LIPIEC Dariusz | 175 | \BYLEDOBIEC | M70+ | 4 | | | 00:04:33 | 00:18:39 | 00:37:41.75 | 00:42:14.80 | +00:07:55 | 7:32 | 8 |
| 153 | KULICKA Dominika | 157 | KBBB / TKKF | K-Dzieci | 5 | | | 00:05:13 | 00:18:15 | 00:37:47.10 | 00:43:00.90 | +00:08:00 | 7:33 | 7.9 |
| 154 | WYSOCKA Beata | 364 | | K30-39 | 9 | | | 00:06:56 | 00:18:47 | 00:37:48.75 | 00:44:45.30 | +00:08:02 | 7:33 | 7.9 |
| 155 | NADOLSKA Halina | 209 | MOSIR RYPIN | K45-49 | 4 | | | 00:09:31 | 00:18:32 | 00:37:53.95 | 00:47:25.65 | +00:08:07 | 7:34 | 7.9 |
| 156 | SIEJAK Mariola | 271 | | K40-44 | 9 | | | 00:08:14 | 00:18:49 | 00:37:56.05 | 00:46:10.90 | +00:08:09 | 7:35 | 7.9 |
| 157 | FILUSZ Alfred | 54 | | M45-49 | 8 | | | 00:02:23 | 00:18:44 | 00:37:59.20 | 00:40:23.15 | +00:08:12 | 7:36 | 7.9 |
| 158 | KABACIŃSKI Maciej | 102 | FACE NORDIC WALKING TEAM | M45-49 | 9 | | | 00:02:24 | 00:18:44 | 00:38:05.70 | 00:40:29.75 | +00:08:19 | 7:37 | 7.9 |
| 159 | OSAK Beata | 1026 | KLUB CHIDZĘ Z SERCEM | K40-44 | 10 | | | 00:08:14 | 00:19:00 | 00:38:06.05 | 00:46:20.70 | +00:08:19 | 7:37 | 7.9 |
| 160 | KIETRYS Grażyna | 119 | MARSZ POZDROWIE | K55-59 | 8 | | | 00:11:19 | 00:19:02 | 00:38:06.45 | 00:49:25.80 | +00:08:19 | 7:37 | 7.9 |
| 161 | DZIUBA Alina | 50 | KOLBUSZOWSKI KLUB NORDIC WALKING | K45-49 | 5 | | | 00:09:34 | 00:19:07 | 00:38:10.25 | 00:47:44.85 | +00:08:23 | 7:38 | 7.9 |
| 162 | SOSNOWSKI Adrian | 283 | CHODZEEZ KIJAMI.PL | M- Niepełnosprawni | 4 | | | 00:00:56 | 00:20:03 | 00:38:17.20 | 00:39:13.55 | +00:08:30 | 7:39 | 7.8 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|--------------------------------------------|-----------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 163 | MATYJA Anna | 194 | | K45-49 | 6 | | | 00:09:34 | 00:18:57 | 00:38:21.40 | 00:47:56.15 | +00:08:34 | 7:40 | 7.8 |
| 164 | CZEKAŃSKI Krzysztof | 29 | UKS SIEDLESZCZANY NORDIC WALKING | M60-64 | 12 | | | 00:03:46 | 00:18:58 | 00:38:24.45 | 00:42:10.45 | +00:08:37 | 7:40 | 7.8 |
| 165 | SZCZĘŚNY Józef | 300 | GMINNY OŚRODEK KULTURY I SPORTU ŁOWO-OSADA | M55-59 | 14 | | | 00:03:17 | 00:18:54 | 00:38:31.05 | 00:41:48.90 | +00:08:44 | 7:42 | 7.8 |
| 166 | THOMALLA Bogdan | 317 | SILESIA NORDIC TEAM | M70+ | 5 | | | 00:04:35 | 00:19:05 | 00:38:31.75 | 00:43:07.15 | +00:08:45 | 7:42 | 7.8 |
| 167 | KOLASA Maciej | 397 | EPOKA NORDICA ŁÓDŹ | M-Dzieci | 7 | | | 00:00:03 | 00:19:33 | 00:38:32.50 | 00:38:35.70 | +00:08:45 | 7:42 | 7.8 |
| 168 | SOŁTYSIAK Sylwia | 282 | KBBB/TKKF | K30-39 | 10 | | | 00:06:57 | 00:19:09 | 00:38:32.55 | 00:45:29.90 | +00:08:45 | 7:42 | 7.8 |
| 169 | STARUCHOWICZ Kasia | 288 | | K30-39 | 11 | | | 00:06:57 | 00:18:56 | 00:38:32.70 | 00:45:29.75 | +00:08:46 | 7:42 | 7.8 |
| 170 | GRZYWOCZ Irena | 83 | PROFIT SPORT TEAM | K65-69 | 3 | | | 00:12:25 | 00:19:01 | 00:38:33.95 | 00:50:59.70 | +00:08:47 | 7:42 | 7.8 |
| 171 | MAŁODOBRY Wioletta | 185 | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44 | 11 | | | 00:08:22 | 00:19:20 | 00:38:34.55 | 00:46:56.85 | +00:08:47 | 7:42 | 7.8 |
| 172 | PIATCZYC Barbara | 235 | | K50-54 | 6 | | | 00:10:25 | 00:19:03 | 00:38:37.30 | 00:49:02.50 | +00:08:50 | 7:43 | 7.8 |
| 173 | KUŁAKOWSKA Magdalena | 1027 | SANTANDER CONSUMER BANK | K40-44 | 12 | | | 00:08:22 | 00:19:26 | 00:38:38.75 | 00:47:00.85 | +00:08:52 | 7:43 | 7.8 |
| 174 | FIGURSKA Dominika | 53 | | K18-29 | 5 | | | 00:06:12 | 00:19:12 | 00:38:38.80 | 00:44:51.00 | +00:08:52 | 7:43 | 7.8 |
| 175 | TOCZYŃSKA Natalia | 318 | CHODZĘ Z SERCEM | K18-29 | 6 | | | 00:06:14 | 00:19:23 | 00:38:39.65 | 00:44:54.30 | +00:08:53 | 7:44 | 7.8 |
| 176 | KORZENIOWSKA Aldona | 135 | CHODZĘ Z SERCEM | K45-49 | 7 | | | 00:09:39 | 00:19:17 | 00:38:41.15 | 00:48:20.50 | +00:08:54 | 7:44 | 7.8 |
| 177 | CYBUL Ewa | 26 | CHODZĘ Z SERCEM | K55-59 | 9 | | | 00:11:19 | 00:19:10 | 00:38:42.00 | 00:50:01.50 | +00:08:55 | 7:44 | 7.8 |
| 178 | KULIG Bożena | 158 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K60-64 | 5 | | | 00:11:58 | 00:19:20 | 00:38:43.70 | 00:50:42.60 | +00:08:57 | 7:44 | 7.7 |
| 179 | SZYMCZYK Magdalena | 398 | FACE NORDIC WALKING TEAM | K30-39 | 12 | | | 00:06:57 | 00:19:12 | 00:38:43.90 | 00:45:41.85 | +00:08:57 | 7:44 | 7.7 |
| 180 | KUBICKA Danuta | 149 | KS POLKOWICE | K65-69 | 4 | | | 00:12:23 | 00:19:09 | 00:38:46.35 | 00:51:09.35 | +00:08:59 | 7:45 | 7.7 |
| 181 | MICHALAK Elżbieta | 196 | CHODZĘ Z SERCEM | K50-54 | 7 | | | 00:10:27 | 00:19:18 | 00:38:47.10 | 00:49:14.20 | +00:09:00 | 7:45 | 7.7 |
| 182 | OLESIEJUK Anna | 218 | CHODZĘ Z SERCEM | K50-54 | 8 | | | 00:10:24 | 00:19:29 | 00:38:48.30 | 00:49:13.20 | +00:09:01 | 7:45 | 7.7 |
| 183 | SZNITER Renata | 1012 | NW CIECHANÓW | K40-44 | 13 | | | 00:08:13 | 00:19:41 | 00:38:54.00 | 00:47:07.45 | +00:09:07 | 7:46 | 7.7 |
| 184 | SPYCHAŁA - KARAPULKA Arleta | 1006 | MARSZ PO ZDROWIE | K40-44 | 14 | | | 00:08:16 | 00:19:30 | 00:38:56.75 | 00:47:13.05 | +00:09:10 | 7:47 | 7.7 |
| 185 | KRAWCZYKOWSKA Barbara | 143 | LKS ZANTYR SZTUM | K60-64 | 6 | | | 00:11:59 | 00:19:23 | 00:38:58.70 | 00:50:57.75 | +00:09:12 | 7:47 | 7.7 |
| 186 | MUCHA Dorota | 207 | KONSTANCIN JEZIORNA | K30-39 | 13 | | | 00:07:01 | 00:19:23 | 00:38:58.90 | 00:46:00.80 | +00:09:12 | 7:47 | 7.7 |
| 187 | KUMPIŃ Izabela | 162 | | K40-44 | 15 | | | 00:08:16 | 00:19:11 | 00:39:01.65 | 00:47:17.95 | +00:09:15 | 7:48 | 7.7 |
| 188 | GARBARCZYK Maksymilian | 63 | AKTYWNI Z PASJĄ ŁUKÓW | M-Jun. | 9 | | | 00:00:33 | 00:19:37 | 00:39:04.30 | 00:39:37.90 | +00:09:17 | 7:48 | 7.7 |
| 189 | WRÓŃSKA Agnieszka | 357 | AWF WARSZAWA | K18-29 | 7 | | | 00:06:13 | 00:19:19 | 00:39:06.05 | 00:45:19.80 | +00:09:19 | 7:49 | 7.7 |
| 190 | CHOJNACKA Ewa | 23 | NW CIECHANÓW | K65-69 | 5 | | | 00:12:24 | 00:19:27 | 00:39:10.70 | 00:51:35.10 | +00:09:24 | 7:50 | 7.7 |
| 191 | SUDOŁ Irena | 295 | WŁÓCZYKIJE SKOCZÓW | K50-54 | 9 | | | 00:10:23 | 00:19:27 | 00:39:12.65 | 00:49:36.50 | +00:09:26 | 7:50 | 7.6 |
| 192 | WRÓŃSKI Artur | 359 | PASJA NW | M30-39 | 9 | | | 00:01:28 | 00:19:11 | 00:39:13.80 | 00:40:42.00 | +00:09:27 | 7:50 | 7.6 |
| 193 | PAKMUR Anna | 227 | | K50-54 | 10 | | | 00:10:22 | 00:19:40 | 00:39:18.30 | 00:49:40.60 | +00:09:31 | 7:51 | 7.6 |
| 194 | SZMAJDOWICZ Anita | 304 | GOSIR | K30-39 | 14 | | | 00:07:01 | 00:19:26 | 00:39:19.70 | 00:46:21.10 | +00:09:33 | 7:52 | 7.6 |
| 195 | DENCIKOWSKI Mikołaj | 40 | TKKF | M-Dzieci | 8 | | | 00:00:03 | 00:18:39 | 00:39:21.00 | 00:39:24.80 | +00:09:34 | 7:52 | 7.6 |
| 196 | KULIK Adam | 159 | NIEZRZESZONY | M55-59 | 15 | | | 00:03:17 | 00:19:21 | 00:39:25.45 | 00:42:42.85 | +00:09:38 | 7:53 | 7.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---------------------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 197 | MALINOWSKI Kacper | 184 | NW CIECHANÓW | M-Jun. | 10 | | | 00:00:31 | 00:18:55 | 00:39:28.35 | 00:40:00.25 | +00:09:41 | 7:53 | 7.6 |
| 198 | SROKA Honorata | 1028 | WESOŁY BORSUK TEAM | K18-29 | 8 | | | 00:06:12 | 00:19:18 | 00:39:30.25 | 00:45:42.25 | +00:09:43 | 7:54 | 7.6 |
| 199 | KOZŁOWSKA Alicja | 141 | | K45-49 | 8 | | | 00:09:31 | 00:19:44 | 00:39:34.50 | 00:49:05.70 | +00:09:47 | 7:54 | 7.6 |
| 200 | GRZYWOCZ Bernard | 84 | | M65-69 | 14 | | | 00:04:32 | 00:19:27 | 00:39:35.20 | 00:44:07.20 | +00:09:48 | 7:55 | 7.6 |
| 201 | PYTLAK Urszula | 250 | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54 | 11 | | | 00:09:35 | 00:19:39 | 00:39:35.30 | 00:49:10.80 | +00:09:48 | 7:55 | 7.6 |
| 202 | KULESZA - BRUNKA Dorota | 155 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K50-54 | 12 | | | 00:10:23 | 00:19:55 | 00:39:48.60 | 00:50:11.70 | +00:10:02 | 7:57 | 7.5 |
| 203 | ANCZARSKA Beata | 1 | AVOCADO WELLNESS CLUB | K45-49 | 9 | | | 00:09:30 | 00:19:45 | 00:39:50.40 | 00:49:21.30 | +00:10:03 | 7:58 | 7.5 |
| 204 | WALAWKO Mirosław | 1021 | AKTYWNY WARSZAWAK | M65-69 | 15 | | | 00:04:12 | 00:19:43 | 00:39:53.55 | 00:44:05.70 | +00:10:06 | 7:58 | 7.5 |
| 205 | FOLWARSKA Małgorzata | 55 | FACE NORDIC WALKING TEAM | K55-59 | 10 | | | 00:11:20 | 00:20:07 | 00:40:03.95 | 00:51:24.65 | +00:10:17 | 8:00 | 7.5 |
| 206 | KŁOPOTOWSKI Ryszard | 125 | LKS ZANTYR | M50-54 | 7 | | | 00:02:49 | 00:19:36 | 00:40:07.45 | 00:42:56.90 | +00:10:20 | 8:01 | 7.5 |
| 207 | PAWŁOWICZ Alina Ewa | 230 | | K55-59 | 11 | | | 00:11:21 | 00:19:56 | 00:40:08.90 | 00:51:30.45 | +00:10:22 | 8:01 | 7.5 |
| 208 | OBRĘBSKA Wioletta | 216 | CHODZĘ Z SERCEM | K40-44 | 16 | | | 00:08:17 | 00:19:35 | 00:40:09.95 | 00:48:27.65 | +00:10:23 | 8:02 | 7.5 |
| 209 | NOWALIŃSKI Piotrek | 214 | FACE NORDIC WALKING TEAM | M-Niepełnosprawni | 5 | | | 00:02:24 | 00:19:43 | 00:40:12.85 | 00:42:37.35 | +00:10:26 | 8:02 | 7.5 |
| 210 | LEŚ Anna | 174 | AWF WARSZAWA | K30-39 | 15 | | | 00:06:59 | 00:19:58 | 00:40:15.25 | 00:47:14.50 | +00:10:28 | 8:03 | 7.5 |
| 211 | GULBICKA Teresa | 85 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | K55-59 | 12 | | | 00:11:22 | 00:20:02 | 00:40:16.00 | 00:51:38.20 | +00:10:29 | 8:03 | 7.5 |
| 212 | KARCZMARSKI Krzysztof | 111 | | M55-59 | 16 | | | 00:03:18 | 00:20:23 | 00:40:17.95 | 00:43:36.25 | +00:10:31 | 8:03 | 7.4 |
| 213 | KACPRZAK Mateusz | 106 | AKTYWNI Z PASJĄ ŁUKÓW | M-Jun. | 11 | | | 00:00:33 | 00:20:08 | 00:40:19.15 | 00:40:53.00 | +00:10:32 | 8:04 | 7.4 |
| 214 | CHRAPEK Daria | 24 | KS RUDZICA | K-Jun. | 10 | | | 00:05:42 | 00:19:46 | 00:40:22.30 | 00:46:04.80 | +00:10:35 | 8:04 | 7.4 |
| 215 | SZAŁAJ Anna | 298 | KS METRACO POLKOWICE | K-Niepełnosprawni | 3 | | | 00:11:59 | 00:19:47 | 00:40:22.45 | 00:52:22.30 | +00:10:35 | 8:04 | 7.4 |
| 216 | KWAŚNA Małgorzata | 166 | CHODZĘ Z SERCEM | K45-49 | 10 | | | 00:09:38 | 00:19:58 | 00:40:23.70 | 00:50:02.10 | +00:10:37 | 8:04 | 7.4 |
| 217 | MARCZYK Jerzy Paweł | 191 | FACE NORDIC WALKING TEAM | M55-59 | 17 | | | 00:03:20 | 00:20:01 | 00:40:24.70 | 00:43:45.00 | +00:10:38 | 8:05 | 7.4 |
| 218 | ŻEBROWSKA Katarzyna | 380 | AVOCADO WELLNESS CLUB | K45-49 | 11 | | | 00:09:32 | 00:20:19 | 00:40:25.85 | 00:49:58.45 | +00:10:39 | 8:05 | 7.4 |
| 219 | KOLIS Beata | 130 | KOLBUSZOWSKI KLUB NORDIC WALKING | K45-49 | 12 | | | 00:09:31 | 00:20:36 | 00:40:29.25 | 00:50:00.85 | +00:10:42 | 8:05 | 7.4 |
| 220 | APPEL Jerzy | 1011 | GOSIR OSIELSKO | M70+ | 6 | | | 00:04:33 | 00:19:55 | 00:40:30.40 | 00:45:03.45 | +00:10:43 | 8:06 | 7.4 |
| 221 | STARZYŃSKA Ewa | 289 | KS METRACO POLKOWICE | K60-64 | 7 | | | 00:12:00 | 00:20:13 | 00:40:30.75 | 00:52:31.35 | +00:10:44 | 8:06 | 7.4 |
| 222 | WIŚNIEWSKI Janusz | 345 | WTW.WŁOCŁAWEK | M40-44 | 7 | | | 00:01:51 | 00:19:43 | 00:40:34.40 | 00:42:25.45 | +00:10:47 | 8:06 | 7.4 |
| 223 | STRACH Jan | 293 | WŁÓCZYKIJE SKOCZÓW | M-Niepełnosprawni | 6 | | | 00:03:46 | 00:20:25 | 00:40:39.85 | 00:44:26.75 | +00:10:53 | 8:08 | 7.4 |
| 224 | WIESZOŁEK Ewelina | 338 | | K30-39 | 16 | | | 00:06:56 | 00:20:33 | 00:40:39.95 | 00:47:36.65 | +00:10:53 | 8:08 | 7.4 |
| 225 | LADA Krystyna | 169 | POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO | K60-64 | 8 | | | 00:12:00 | 00:20:07 | 00:40:40.90 | 00:52:41.35 | +00:10:54 | 8:08 | 7.4 |
| 226 | RYBAK Wojciech | 267 | | M45-49 | 10 | | | 00:02:25 | 00:20:29 | 00:40:42.00 | 00:43:07.60 | +00:10:55 | 8:08 | 7.4 |
| 227 | WITEK Lech | 347 | MARSZ PO ZDROWIE | M70+ | 7 | | | 00:04:33 | 00:20:17 | 00:40:43.80 | 00:45:17.60 | +00:10:57 | 8:08 | 7.4 |
| 228 | MAZUR Barbara | 195 | CHODZĘ Z SERCEM | K60-64 | 9 | | | 00:11:58 | 00:20:00 | 00:40:45.10 | 00:52:44.00 | +00:10:58 | 8:09 | 7.4 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 229 | ZAKRZEWSKA Henryka | 366 | NORDIC TEAM GNIEZNO | K70+ | 1 | | | 00:12:43 | 00:20:22 | 00:40:45.40 | 00:53:29.20 | +00:10:58 | 8:09 | 7.4 |
| 230 | BOGDAN Grażyna | 16 | NW CIECHANÓW | K60-64 | 10 | | | 00:11:58 | 00:19:56 | 00:40:46.50 | 00:52:44.50 | +00:10:59 | 8:09 | 7.4 |
| 231 | ŚWIĆ Joanna | 312 | CHODZĘ Z SERCEM | K40-44 | 17 | | | 00:08:15 | 00:20:26 | 00:40:47.65 | 00:49:03.10 | +00:11:01 | 8:09 | 7.4 |
| 232 | KOSMALA Katarzyna | 137 | | K40-44 | 18 | | | 00:08:13 | 00:20:10 | 00:40:52.00 | 00:49:05.55 | +00:11:05 | 8:10 | 7.3 |
| 233 | WINCZEWSKA Anna | 341 | RUCH PO ZDROWIE WŁOCŁAWEK | K50-54 | 13 | | | 00:10:22 | 00:20:19 | 00:40:53.00 | 00:51:15.80 | +00:11:06 | 8:10 | 7.3 |
| 234 | KOCHANIAK Maria | 127 | FOREVER YOUNG ŁÓDŹ | K60-64 | 11 | | | 00:12:06 | 00:20:23 | 00:40:55.65 | 00:53:02.45 | +00:11:09 | 8:11 | 7.3 |
| 235 | TARCZYŃSKI Bogdan | 315 | AKTYWNI Z PASJĄ ŁUKÓW | M65-69 | 16 | | | 00:04:13 | 00:20:17 | 00:41:00.00 | 00:45:13.55 | +00:11:13 | 8:12 | 7.3 |
| 236 | LUBERA Teresa | 177 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Niepełnosprawni | 4 | | | 00:09:41 | 00:19:56 | 00:41:06.45 | 00:50:47.80 | +00:11:19 | 8:13 | 7.3 |
| 237 | TROJAK Krystyna | 323 | MOSIR | K55-59 | 13 | | | 00:11:21 | 00:20:31 | 00:41:07.40 | 00:52:28.90 | +00:11:20 | 8:13 | 7.3 |
| 238 | DYLEWSKI Andrzej | 48 | DABROWA NORDIC TEAM | M60-64 | 13 | | | 00:03:46 | 00:20:15 | 00:41:07.50 | 00:44:53.85 | +00:11:20 | 8:13 | 7.3 |
| 239 | DULIŃSKA Urszula | 388 | FACE NORDIC WALKING TEAM | K30-39 | 17 | | | 00:06:57 | 00:20:27 | 00:41:09.80 | 00:48:06.90 | +00:11:23 | 8:13 | 7.3 |
| 240 | ZARACH Aleksandra | 371 | DZIARSKIE TEAM | K30-39 | 18 | | | 00:07:02 | 00:20:28 | 00:41:11.25 | 00:48:14.10 | +00:11:24 | 8:14 | 7.3 |
| 240 | ŻYWICKA Irena | 383 | BŁĘKITNI DZIEMIANY | K55-59 | 14 | | | 00:11:24 | 00:20:38 | 00:41:11.25 | 00:52:35.45 | +00:11:24 | 8:14 | 7.3 |
| 242 | NOWAK Bartłomiej | 213 | SAILING TEAM FERAJNA | M40-44 | 8 | | | 00:01:50 | 00:20:30 | 00:41:12.30 | 00:43:02.85 | +00:11:25 | 8:14 | 7.3 |
| 243 | WIĘCKOWSKA Dorota | 339 | CHODZĘ Z SERCEM | K45-49 | 13 | | | 00:09:39 | 00:20:43 | 00:41:13.20 | 00:50:52.85 | +00:11:26 | 8:14 | 7.3 |
| 244 | SZEWCZYK Julia | 302 | FACE NORDIC WALKING TEAM | K-Jun. | 11 | | | 00:05:40 | 00:20:16 | 00:41:14.45 | 00:46:55.20 | +00:11:27 | 8:15 | 7.3 |
| 245 | PROKOP Beata | 1018 | | K50-54 | 14 | | | 00:10:23 | 00:20:49 | 00:41:15.15 | 00:51:38.90 | +00:11:28 | 8:15 | 7.3 |
| 246 | BANASZAK Agata | 7 | GREEN TEAM ZIELONA GÓRA | K18-29 | 9 | | | 00:06:13 | 00:20:49 | 00:41:15.30 | 00:47:28.40 | +00:11:28 | 8:15 | 7.3 |
| 247 | SZNAJDER Teresa | 306 | UNIA MIAST | K60-64 | 12 | | | 00:12:02 | 00:20:35 | 00:41:20.45 | 00:53:23.30 | +00:11:33 | 8:16 | 7.3 |
| 248 | WAROWNA Dorota | 329 | | K45-49 | 14 | | | 00:09:39 | 00:20:45 | 00:41:22.15 | 00:51:02.10 | +00:11:35 | 8:16 | 7.2 |
| 249 | CZAKIERT Olga | 27 | VIKING NORDIC TEAM CZĘSTOCHOWA | K18-29 | 10 | | | 00:06:14 | 00:20:34 | 00:41:22.75 | 00:47:37.40 | +00:11:36 | 8:16 | 7.2 |
| 250 | OLEŚ Elżbieta | 219 | NW WERWA MŁAWA | K65-69 | 6 | | | 00:12:26 | 00:20:37 | 00:41:27.70 | 00:53:54.00 | +00:11:41 | 8:17 | 7.2 |
| 251 | MROWIEC Maria | 205 | UNIA MIAST | K70+ | 2 | | | 00:12:46 | 00:20:54 | 00:41:40.80 | 00:54:26.80 | +00:11:54 | 8:20 | 7.2 |
| 252 | ŻENDARSKA Iwona | 381 | GMINA SKRWILNO | K40-44 | 19 | | | 00:08:17 | 00:21:11 | 00:41:48.20 | 00:50:05.60 | +00:12:01 | 8:21 | 7.2 |
| 253 | MILEWSKA Wiesława | 202 | RUCH PO ZDROWIE WŁOCŁAWEK | K45-49 | 15 | | | 00:09:33 | 00:21:06 | 00:41:48.35 | 00:51:22.30 | +00:12:01 | 8:21 | 7.2 |
| 254 | RÓŻYCKA Beata | 265 | CHODZĘ Z SERCEM | K45-49 | 16 | | | 00:09:37 | 00:20:46 | 00:41:50.40 | 00:51:28.35 | +00:12:03 | 8:22 | 7.2 |
| 255 | WORACH Izabela | 351 | AVOCADO WELLNESS CLUB | K45-49 | 17 | | | 00:09:35 | 00:20:53 | 00:42:00.80 | 00:51:36.55 | +00:12:14 | 8:24 | 7.1 |
| 256 | ZIELIŃSKA Elżbieta | 376 | CHODZĘ Z SERCEM | K50-54 | 15 | | | 00:10:27 | 00:21:03 | 00:42:02.35 | 00:52:29.45 | +00:12:15 | 8:24 | 7.1 |
| 257 | TROJAK Andrzej | 322 | MOSIR RYPIN | M60-64 | 14 | | | 00:03:48 | 00:20:38 | 00:42:04.55 | 00:45:52.75 | +00:12:17 | 8:24 | 7.1 |
| 258 | ANDRYSZCZYK Renata | 2 | CHODZĘ Z SERCEM | K40-44 | 20 | | | 00:08:17 | 00:20:49 | 00:42:07.05 | 00:50:24.85 | +00:12:20 | 8:25 | 7.1 |
| 259 | KSIĄŻEK Danuta | 148 | CHODZĘ Z SERCEM | K55-59 | 15 | | | 00:11:20 | 00:20:34 | 00:42:08.70 | 00:53:29.05 | +00:12:22 | 8:25 | 7.1 |
| 260 | WIŚNIEWSKA Iwona | 344 | WTW.WŁOCŁAWEK | K30-39 | 19 | | | 00:06:59 | 00:20:49 | 00:42:15.45 | 00:49:14.60 | +00:12:28 | 8:27 | 7.1 |
| 261 | PŁAWIŃSKA Ania | 229 | AVOCADO WELLNESS CLUB | K40-44 | 21 | | | 00:08:17 | 00:21:07 | 00:42:15.60 | 00:50:32.70 | +00:12:29 | 8:27 | 7.1 |
| 262 | KARCZEWSKI Krzysztof | 110 | RUCH PO ZDROWIE WŁOCŁAWEK | M30-39 | 10 | | | 00:01:28 | 00:20:46 | 00:42:15.75 | 00:43:44.60 | +00:12:29 | 8:27 | 7.1 |
| 263 | GRABOWSKA Agnieszka | 73 | MOSIR | K-Niepełnosprawni | 5 | | | 00:12:08 | 00:21:03 | 00:42:16.05 | 00:54:24.10 | +00:12:29 | 8:27 | 7.1 |
| 264 | NOWAK Jerzy | 212 | NIEZRZESZONY | M65-69 | 17 | | | 00:04:14 | 00:21:11 | 00:42:18.55 | 00:46:32.70 | +00:12:31 | 8:27 | 7.1 |
| 265 | MARCINIUK Katarzyna | 188 | CHODZĘ Z SERCEM | K40-44 | 22 | | | 00:08:21 | 00:21:05 | 00:42:19.10 | 00:50:40.30 | +00:12:32 | 8:27 | 7.1 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|----------------------------------|--------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 266 | NOWROTEK Urszula | 531 | WESOŁY BORSUK TEAM | K50-54 | 16 | | | 00:10:21 | 00:20:59 | 00:42:27.05 | 00:52:48.40 | +00:12:40 | 8:29 | 7.1 |
| 267 | TRĘTOWICZ Beata | 320 | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44 | 23 | | | 00:08:18 | 00:20:57 | 00:42:29.45 | 00:50:47.95 | +00:12:42 | 8:29 | 7.1 |
| 268 | OGONOWSKA Edyta | 217 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | K50-54 | 17 | | | 00:10:22 | 00:21:07 | 00:42:36.45 | 00:52:58.90 | +00:12:49 | 8:31 | 7 |
| 269 | PACYNA Helena | 226 | KS METRACO POLKOWICE | K65-69 | 7 | | | 00:12:23 | 00:21:11 | 00:42:37.05 | 00:55:00.25 | +00:12:50 | 8:31 | 7 |
| 270 | ZIĘBA Julia | 377 | UNIA MIAST | K70+ | 3 | | | 00:12:45 | 00:20:59 | 00:42:41.60 | 00:55:27.10 | +00:12:55 | 8:32 | 7 |
| 271 | SZYMAŃSKA Elżbieta | 1013 | NW CIECHANÓW | K55-59 | 16 | | | 00:11:20 | 00:21:25 | 00:42:46.25 | 00:54:06.45 | +00:12:59 | 8:33 | 7 |
| 272 | ANDRZEJEWSKA Bogusława | 3 | | K55-59 | 17 | | | 00:11:21 | 00:21:25 | 00:42:48.20 | 00:54:09.40 | +00:13:01 | 8:33 | 7 |
| 273 | DYBOWSKA Henryka | 47 | RUCH PO ZDROWIE WŁOCŁAWEK | K55-59 | 18 | | | 00:11:22 | 00:21:41 | 00:42:48.35 | 00:54:10.70 | +00:13:01 | 8:33 | 7 |
| 274 | OZIĘBŁOWSKI Mieszko | 225 | | M45-49 | 11 | | | 00:02:25 | 00:20:48 | 00:42:49.15 | 00:45:14.55 | +00:13:02 | 8:33 | 7 |
| 275 | KASZLUGA Katarzyna | 114 | NIEZRZESZONY | K18-29 | 11 | | | 00:06:12 | 00:21:23 | 00:42:50.95 | 00:49:03.80 | +00:13:04 | 8:34 | 7 |
| 276 | POSADAS Monika | 244 | AVOCADO WELLNESS CLUB | K45-49 | 18 | | | 00:08:19 | 00:21:29 | 00:42:52.00 | 00:51:11.55 | +00:13:05 | 8:34 | 7 |
| 277 | KRYZEL Dorota | 145 | BŁĘKITNI DZIEMIANY | K50-54 | 18 | | | 00:10:23 | 00:21:26 | 00:42:53.15 | 00:53:16.90 | +00:13:06 | 8:34 | 7 |
| 278 | MOCZARSKI Adam | 203 | FACE NORDIC WALKING TEAM | M70+ | 8 | | | 00:04:35 | 00:21:24 | 00:42:57.95 | 00:47:33.25 | +00:13:11 | 8:35 | 7 |
| 279 | PSZKIT Teresa | 248 | AKTYWNI Z PASJĄ ŁUKÓW | K60-64 | 13 | | | 00:12:04 | 00:21:18 | 00:43:00.35 | 00:55:05.20 | +00:13:13 | 8:36 | 7 |
| 280 | JAKUBOWSKA Danuta | 92 | PTTK | K- Niepełnosprawni | 6 | | | 00:11:23 | 00:21:44 | 00:43:01.30 | 00:54:24.65 | +00:13:14 | 8:36 | 7 |
| 281 | POPEK Małgorzata | 242 | CHODZĘ Z SERCEM | K55-59 | 19 | | | 00:11:19 | 00:21:04 | 00:43:01.90 | 00:54:21.60 | +00:13:15 | 8:36 | 7 |
| 282 | KIERGIELEWICZ Teodora | 117 | AKTYWNI Z PASJĄ ŁUKÓW | K60-64 | 14 | | | 00:12:05 | 00:21:28 | 00:43:01.95 | 00:55:07.80 | +00:13:15 | 8:36 | 7 |
| 283 | SZCZEPANIAK Joanna | 299 | | K45-49 | 19 | | | 00:09:40 | 00:21:41 | 00:43:09.00 | 00:52:49.30 | +00:13:22 | 8:37 | 7 |
| 284 | RADOMSKA Lidia | 253 | AVOCADO WELLNESS CLUB | K60-64 | 15 | | | 00:11:59 | 00:21:19 | 00:43:11.10 | 00:55:10.95 | +00:13:24 | 8:38 | 6.9 |
| 285 | CHOCHOROWSKA Irena | 22 | | K65-69 | 8 | | | 00:12:25 | 00:21:33 | 00:43:12.05 | 00:55:37.25 | +00:13:25 | 8:38 | 6.9 |
| 286 | SANKOWSK Paweł | 268 | AVOCADO WELLNESS CLUB | M50-54 | 8 | | | 00:02:50 | 00:20:35 | 00:43:19.05 | 00:46:10.00 | +00:13:32 | 8:40 | 6.9 |
| 286 | OLĘDZKA Beata | 221 | GOSIR KONSTANCIN | K45-49 | 20 | | | 00:09:38 | 00:21:40 | 00:43:19.05 | 00:52:57.25 | +00:13:32 | 8:39 | 6.9 |
| 288 | DZIECIUCH Gustaw | 49 | | M70+ | 9 | | | 00:04:32 | 00:21:35 | 00:43:20.30 | 00:47:53.20 | +00:13:33 | 8:40 | 6.9 |
| 289 | KOSECKA Małgorzata | 136 | | K60-64 | 16 | | | 00:12:04 | 00:21:45 | 00:43:24.40 | 00:55:29.00 | +00:13:37 | 8:41 | 6.9 |
| 290 | RACHWAŁ-PRZYBYSZ Dorota | 251 | AVOCADO WELLNESS CLUB | K40-44 | 24 | | | 00:08:19 | 00:21:33 | 00:43:25.45 | 00:51:44.55 | +00:13:38 | 8:41 | 6.9 |
| 291 | MACHAJEK Krzysztof | 181 | KS METRACO POLKOWICE | M- Niepełnosprawni | 7 | | | 00:03:47 | 00:21:30 | 00:43:28.05 | 00:47:15.65 | +00:13:41 | 8:41 | 6.9 |
| 292 | ŚLUSARCZYK Karolina | 311 | WESOŁY BORSUK TEAM | K-Dzieci | 6 | | | 00:05:14 | 00:21:21 | 00:43:31.90 | 00:48:46.10 | +00:13:45 | 8:42 | 6.9 |
| 293 | KULA Monika | 153 | CHODZĘ Z SERCEM | K40-44 | 25 | | | 00:08:19 | 00:22:04 | 00:43:32.95 | 00:51:52.80 | +00:13:46 | 8:42 | 6.9 |
| 294 | GRUNT-MIKSTACKA Agnieszka | 389 | | K40-44 | 26 | | | 00:06:59 | 00:21:38 | 00:43:34.15 | 00:50:33.90 | +00:13:47 | 8:42 | 6.9 |
| 295 | GORNIAK Bartek | 71 | | M40-44 | 9 | | | 00:01:49 | 00:21:02 | 00:43:34.30 | 00:45:23.50 | +00:13:47 | 8:42 | 6.9 |
| 296 | TUSIŃSKA Katarzyna | 325 | PODKOWAŃSKIE TOWARZYSTWO BIEGOWE | K45-49 | 21 | | | 00:09:36 | 00:21:48 | 00:43:39.10 | 00:53:15.90 | +00:13:52 | 8:43 | 6.9 |
| 297 | GAJEWSKA Anna | 57 | | K55-59 | 20 | | | 00:11:25 | 00:21:37 | 00:43:39.75 | 00:55:05.05 | +00:13:53 | 8:44 | 6.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-------------------------------------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 298 | PRUSZKIEWICZ Kinga | 246 | RUCH PO ZDROWIE WŁOCŁAWEK | K-Jun. | 12 | | | 00:05:41 | 00:22:26 | 00:43:41.05 | 00:49:22.05 | +00:13:54 | 8:44 | 6.9 |
| 299 | SZULC-DRABCZYK Urszula | 309 | KS METRACO POLKOWICE | K-Niepełnosprawni | 7 | | | 00:11:59 | 00:21:38 | 00:43:45.20 | 00:55:45.05 | +00:13:58 | 8:45 | 6.9 |
| 300 | KLUCZEK Bożena | 124 | | K45-49 | 22 | | | 00:09:36 | 00:22:05 | 00:43:45.55 | 00:53:22.10 | +00:13:58 | 8:45 | 6.9 |
| 301 | JAKUBIK Marta | 91 | SANTANDER CONSUMER BANK | K30-39 | 20 | 1 | | 00:07:03 | 00:22:37 | 00:43:45.65 | 00:50:49.30 | +00:13:59 | 8:45 | 6.9 |
| 302 | WIADERSKA Grażyna | 334 | | K65-69 | 9 | | | 00:12:23 | 00:21:45 | 00:43:47.40 | 00:56:11.20 | +00:14:00 | 8:45 | 6.8 |
| 303 | KOLBUSZ Janina | 129 | KS.METRACOPOLPOWICE | K65-69 | 10 | | | 00:12:23 | 00:21:52 | 00:43:47.85 | 00:56:10.95 | +00:14:01 | 8:45 | 6.9 |
| 304 | BARTOSIK Krystyna | 12 | | K55-59 | 21 | | | 00:11:23 | 00:21:48 | 00:43:48.95 | 00:55:12.80 | +00:14:02 | 8:45 | 6.8 |
| 305 | GRUSZKA Barbara | 76 | LKS ZANTYR | K65-69 | 11 | | | 00:12:26 | 00:21:56 | 00:43:52.60 | 00:56:19.05 | +00:14:06 | 8:46 | 6.8 |
| 306 | MIELEWCZYK Ola | 201 | | K55-59 | 22 | | | 00:11:18 | 00:21:23 | 00:43:53.05 | 00:55:11.80 | +00:14:06 | 8:46 | 6.8 |
| 307 | MARONDEL Jan | 1004 | | M60-64 | 15 | | | 00:03:48 | 00:21:45 | 00:43:55.70 | 00:47:44.45 | +00:14:09 | 8:47 | 6.8 |
| 308 | JUSZKIEWICZ Elżbieta | 1014 | NW CIECHANÓW | K55-59 | 23 | | | 00:11:21 | 00:21:43 | 00:43:59.75 | 00:55:21.00 | +00:14:13 | 8:48 | 6.8 |
| 309 | MALEŃCZYK Barbara | 182 | | K60-64 | 17 | | | 00:12:01 | 00:21:47 | 00:44:05.15 | 00:56:06.15 | +00:14:18 | 8:49 | 6.8 |
| 310 | BARTOSIAK Elżbieta | 8 | | K45-49 | 23 | | | 00:09:39 | 00:21:53 | 00:44:07.55 | 00:53:46.65 | +00:14:20 | 8:49 | 6.8 |
| 311 | RUSTECKA Bożenna | 266 | | K65-69 | 12 | | | 00:12:30 | 00:22:24 | 00:44:08.10 | 00:56:38.30 | +00:14:21 | 8:49 | 6.8 |
| 312 | MALINOWSKA Grażyna | 183 | LKS ZANTYR | K65-69 | 13 | | | 00:12:26 | 00:21:57 | 00:44:11.35 | 00:56:38.10 | +00:14:24 | 8:50 | 6.8 |
| 313 | JARZĄBEK Grażyna | 95 | AVOCADO WELLNESS | K60-64 | 18 | | | 00:12:05 | 00:22:16 | 00:44:12.85 | 00:56:18.15 | +00:14:26 | 8:50 | 6.8 |
| 314 | WRZESIŃSKA Elżbieta | 361 | | K40-44 | 27 | | | 00:08:17 | 00:21:43 | 00:44:19.45 | 00:52:37.35 | +00:14:32 | 8:52 | 6.8 |
| 315 | LESZCZYŃSKA Kazimiera | 390 | GOSIR OSIELSKO | K55-59 | 24 | | | 00:11:25 | 00:21:28 | 00:44:22.80 | 00:55:47.80 | +00:14:36 | 8:52 | 6.8 |
| 316 | WILCZYŃSKA Barbara | 340 | AKTYWNI Z PASJĄ ŁUKÓW | K60-64 | 19 | | | 00:12:07 | 00:22:06 | 00:44:48.60 | 00:56:56.20 | +00:15:02 | 8:57 | 6.7 |
| 317 | WRZOSIŃSKA Marzanna | 362 | GMINA SKRWILNO | K50-54 | 19 | | | 00:10:25 | 00:22:11 | 00:44:50.00 | 00:55:15.60 | +00:15:03 | 8:58 | 6.7 |
| 318 | TYLUTKI Andrzej | 326 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | M45-49 | 12 | | | 00:02:25 | 00:22:45 | 00:44:50.80 | 00:47:15.80 | +00:15:04 | 8:58 | 6.7 |
| 319 | BERGIEL Agnieszka | 14 | CHODZĘ Z SERCEM | K30-39 | 21 | | | 00:07:00 | 00:22:14 | 00:44:56.35 | 00:51:56.75 | +00:15:09 | 8:59 | 6.7 |
| 320 | HAYDER Ewa | 89 | AVOCADO WELLNESS CLUB | K60-64 | 20 | | | 00:12:01 | 00:22:25 | 00:44:57.80 | 00:56:58.80 | +00:15:11 | 8:59 | 6.7 |
| 321 | FAŁKOWSKA Maria | 51 | MOSIR | K70+ | 4 | | | 00:12:44 | 00:22:33 | 00:45:03.65 | 00:57:47.95 | +00:15:17 | 9:00 | 6.7 |
| 322 | TARNAS Krystyna | 316 | AVOCADO WELLNESS CLUB | K60-64 | 21 | | | 00:12:04 | 00:22:28 | 00:45:12.30 | 00:57:17.15 | +00:15:25 | 9:02 | 6.6 |
| 323 | ZAJĄCZKOWSKA Jadwiga | 391 | KS POLKOWICE | K40-44 | 28 | | | 00:08:18 | 00:22:39 | 00:45:12.45 | 00:53:31.20 | +00:15:25 | 9:02 | 6.6 |
| 324 | GUSZKOWSKA Maria | 86 | | K50-54 | 20 | | | 00:10:26 | 00:22:39 | 00:45:17.05 | 00:55:43.30 | +00:15:30 | 9:03 | 6.6 |
| 325 | MICHAŁOWSKA-RYBAK Marzena | 198 | | K45-49 | 24 | | | 00:09:37 | 00:22:35 | 00:45:25.15 | 00:55:02.70 | +00:15:38 | 9:05 | 6.6 |
| 326 | OZIĘBŁOWSKA Ewa | 224 | | K45-49 | 25 | | | 00:09:36 | 00:22:28 | 00:45:25.85 | 00:55:02.55 | +00:15:39 | 9:05 | 6.6 |
| 327 | SZCZUBIAL Krystyna | 301 | DĄBROWA NORDIC TEAM | K70+ | 5 | | | 00:12:44 | 00:22:32 | 00:45:33.30 | 00:58:18.10 | +00:15:46 | 9:06 | 6.6 |
| 328 | KRASUCKA Urszula | 142 | AKTYWNI Z PASJĄ ŁUKÓW | K65-69 | 14 | | | 00:12:26 | 00:22:29 | 00:45:34.85 | 00:58:01.10 | +00:15:48 | 9:07 | 6.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------------|-------------|---------------------------------------|-----------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-----------|--------------|------------|
| 329 | ŁOMIŃSKA Elżbieta | 179 | | K60-64 | 22 | | | 00:12:01 | 00:22:44 | 00:45:36.55 | 00:57:38.45 | +00:15:49 | 9:07 | 6.6 |
| 330 | KWIATKOWSKA Izabela | 168 | RUCH PO ZDROWIE WŁOCŁAWEK | K30-39 | 22 | | | 00:06:58 | 00:22:36 | 00:45:42.35 | 00:52:40.75 | +00:15:55 | 9:08 | 6.6 |
| 331 | PIÓRO Jadwiga | 240 | | K65-69 | 15 | | | 00:12:28 | 00:23:09 | 00:45:45.30 | 00:58:13.40 | +00:15:58 | 9:09 | 6.6 |
| 332 | WÓJCIK Magdalena | 356 | AVOCADO WELLNESS CLUB | K50-54 | 21 | | | 00:10:26 | 00:22:51 | 00:45:50.00 | 00:56:16.10 | +00:16:03 | 9:10 | 6.5 |
| 333 | SKALSKA Beata | 277 | | K55-59 | 25 | | | 00:10:25 | 00:22:36 | 00:45:51.80 | 00:56:17.20 | +00:16:05 | 9:10 | 6.5 |
| 334 | WOJCIECHOWSKI Zbigniew | 348 | | M50-54 | 9 | | | 00:02:50 | 00:22:23 | 00:45:52.60 | 00:48:42.75 | +00:16:06 | 9:10 | 6.5 |
| 335 | GRZEGORZEWSKA Aneta | 81 | CHODZĘ Z SERCEM | K30-39 | 23 | | | 00:07:00 | 00:22:49 | 00:45:53.70 | 00:52:54.00 | +00:16:07 | 9:10 | 6.5 |
| 336 | ZARACH Karolina | 372 | DZIARSKIE TEAM | K30-39 | 24 | | | 00:07:00 | 00:22:39 | 00:46:01.90 | 00:53:02.35 | +00:16:15 | 9:12 | 6.5 |
| 337 | ZALESKA-ROLEWICZ Iwona | 367 | | K30-39 | 25 | | | 00:07:02 | 00:22:43 | 00:46:08.45 | 00:53:11.15 | +00:16:21 | 9:13 | 6.5 |
| 338 | SIWKA Jolanta | 276 | | K55-59 | 26 | | | 00:10:26 | 00:23:19 | 00:46:08.85 | 00:56:34.95 | +00:16:22 | 9:13 | 6.5 |
| 339 | KACPRZAK Henryk | 104 | NIESTOWARZYSZONY | M- Niepełnosprawni | 8 | | | 00:04:23 | 00:22:29 | 00:46:28.00 | 00:50:51.00 | +00:16:41 | 9:17 | 6.5 |
| 340 | KRZYŚCIN Rafał | 147 | SANTANDER CONSUMER BANK | M45-49 | 13 | | | 00:01:47 | 00:22:53 | 00:46:29.70 | 00:48:16.95 | +00:16:43 | 9:17 | 6.5 |
| 341 | KOCZUR Dorota | 128 | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64 | 23 | | | 00:12:03 | 00:23:29 | 00:46:41.00 | 00:58:44.80 | +00:16:54 | 9:20 | 6.4 |
| 342 | DEMBIŃSKA Mirka | 1019 | | K55-59 | 27 | | | 00:11:22 | 00:23:25 | 00:46:47.60 | 00:58:09.65 | +00:17:01 | 9:21 | 6.4 |
| 343 | PYRKA Agata | 249 | AVOCADO WELLNESS CLUB | K40-44 | 29 | | | 00:08:20 | 00:23:46 | 00:47:18.40 | 00:55:39.30 | +00:17:31 | 9:27 | 6.3 |
| 344 | KOMISARCZYK Dorota | 133 | AVOCADO WELLNESS CLUB | K40-44 | 30 | | | 00:08:20 | 00:23:45 | 00:47:19.60 | 00:55:40.25 | +00:17:33 | 9:28 | 6.3 |
| 345 | KĘDZIERSKA Edyta | 116 | | K40-44 | 31 | | | 00:08:23 | 00:24:37 | 00:47:24.20 | 00:55:47.40 | +00:17:37 | 9:28 | 6.3 |
| 346 | BARTOSIEWICZ Grażyna | 11 | FACE NORDIC WALKING TEAM | K60-64 | 24 | | | 00:12:01 | 00:23:30 | 00:47:25.60 | 00:59:27.30 | +00:17:39 | 9:29 | 6.3 |
| 347 | PROKOPIEC Bronisława | 245 | KOLBUSZOWSKI KLUB NORDIC WALKING | K70+ | 6 | | | 00:12:45 | 00:23:32 | 00:47:30.35 | 01:00:15.60 | +00:17:43 | 9:30 | 6.3 |
| 348 | WIĄCEK Krystyna | 336 | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69 | 16 | | | 00:12:27 | 00:23:07 | 00:47:32.35 | 00:59:59.40 | +00:17:45 | 9:30 | 6.3 |
| 349 | KOPEĆ Katarzyna | 134 | SANTANDER CONSUMER BANK | K30-39 | 26 | | | 00:09:33 | 00:24:58 | 00:47:39.60 | 00:57:12.80 | +00:17:53 | 9:31 | 6.3 |
| 350 | PERCZYŃSKA Iwona | 232 | | K45-49 | 26 | | | 00:09:35 | 00:23:39 | 00:48:04.30 | 00:57:39.80 | +00:18:17 | 9:36 | 6.2 |
| 351 | KALIŃSKA Agnieszka | 107 | | K30-39 | 27 | | | 00:07:04 | 00:23:46 | 00:48:08.35 | 00:55:12.55 | +00:18:21 | 9:37 | 6.2 |
| 352 | LIPIEC Elżbieta | 176 | | K70+ | 7 | | | 00:12:44 | 00:24:08 | 00:48:22.10 | 01:01:06.35 | +00:18:35 | 9:40 | 6.2 |
| 353 | GRABOWSKI Adam | 74 | MOSIR | M- Niepełnosprawni | 9 | | | 00:03:48 | 00:24:29 | 00:48:22.70 | 00:52:10.80 | +00:18:36 | 9:40 | 6.2 |
| 354 | LECYK Jadwiga | 171 | CHODZĘ Z SERCEM | K60-64 | 25 | | | 00:12:06 | 00:23:31 | 00:48:24.00 | 01:00:30.55 | +00:18:37 | 9:40 | 6.2 |
| 355 | RĘBISZ Grażyna | 262 | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64 | 26 | | | 00:12:02 | 00:23:50 | 00:48:29.40 | 01:00:32.30 | +00:18:42 | 9:42 | 6.2 |
| 356 | GROCHULSKA Wiesława, Elżbieta | 75 | | K65-69 | 17 | | | 00:12:25 | 00:24:21 | 00:48:33.85 | 01:00:59.60 | +00:18:47 | 9:42 | 6.2 |
| 357 | ŁUNIEWSKA Anna | 180 | | K50-54 | 22 | | | 00:10:24 | 00:24:04 | 00:48:48.55 | 00:59:13.25 | +00:19:01 | 9:45 | 6.1 |
| 358 | WOLNA Urszula | 350 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K60-64 | 27 | | | 00:12:02 | 00:24:46 | 00:48:48.70 | 01:00:51.20 | +00:19:02 | 9:45 | 6.1 |
| 359 | DANIELS Teresa | 34 | BŁĘKITNI DZIEMIANY | K65-69 | 18 | | | 00:12:24 | 00:24:17 | 00:48:48.95 | 01:01:13.85 | +00:19:02 | 9:45 | 6.1 |
| 360 | KRZYŚCIN Mirosława | 146 | SANTANDER CONSUMER BANK | K40-44 | 32 | | | 00:08:23 | 00:24:47 | 00:48:49.60 | 00:57:12.60 | +00:19:03 | 9:45 | 6.1 |
| 361 | KACPRZAK Zofia | 105 | NIESTOWARZYSZONA | K65-69 | 19 | | | 00:12:29 | 00:24:11 | 00:49:04.25 | 01:01:33.55 | +00:19:17 | 9:48 | 6.1 |
| 362 | BRANCZEWSKI Wojciech | 19 | NW WERWA MŁAWA | M- Niepełnosprawni | 10 | | | 00:01:51 | 00:24:15 | 00:49:11.60 | 00:51:03.25 | +00:19:25 | 9:50 | 6.1 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------------------------------|-------------------|------|-------------|--------------|-------------|-----------|--------------------|--------------------|-----------|--------------|------------|
| 363 | ŁACH Agnieszka | 178 | | K40-44 | 33 | | | 00:08:20 | 00:25:11 | 00:49:23.10 | 00:57:43.35 | +00:19:36 | 9:52 | 6.1 |
| 364 | TAŃSKA Ewa | 313 | SANTANDER CONSUMER BANK | K30-39 | 28 | | | 00:08:17 | 00:24:59 | 00:49:24.70 | 00:57:42.00 | +00:19:38 | 9:53 | 6.1 |
| 365 | GARBARCZYK Andrzej | 1032 | AKTYWNI Z PASJĄ ŁUKÓW | M-Niepełnosprawni | 11 | | | 00:03:19 | 00:24:12 | 00:49:26.10 | 00:52:45.80 | +00:19:39 | 9:53 | 6.1 |
| 366 | SIERADZKA Danuta | 272 | GMINA SKRWILNO | K65-69 | 20 | | | 00:12:24 | 00:24:20 | 00:49:44.75 | 01:02:09.45 | +00:19:58 | 9:57 | 6 |
| 367 | GÓRTATOWSKA Bożena | 72 | GMINA SKRWILNO | K60-64 | 28 | | | 00:12:05 | 00:24:45 | 00:50:09.50 | 01:02:15.45 | +00:20:22 | 10:02 | 6 |
| 368 | TARCZYŃSKA Helena | 314 | AKTYWNI Z PASJĄ ŁUKÓW | K65-69 | 21 | | | 00:12:08 | 00:24:46 | 00:50:13.95 | 01:02:22.15 | +00:20:27 | 10:02 | 6 |
| 369 | DROP Mieczysław | 43 | | M70+ | 10 | | | 00:04:34 | 00:25:04 | 00:50:14.00 | 00:54:48.40 | +00:20:27 | 10:02 | 6 |
| 370 | MARGAŃSKA Stanisława | 192 | KOLBUSZOWSKI KLUB NORDIC WALKING | K70+ | 8 | | | 00:12:45 | 00:24:38 | 00:50:17.90 | 01:03:03.30 | +00:20:31 | 10:03 | 6 |
| 371 | KAZUBSKA Krystyna | 115 | | K65-69 | 22 | | | 00:12:28 | 00:24:53 | 00:50:35.15 | 01:03:03.55 | +00:20:48 | 10:07 | 5.9 |
| 372 | KARWACKA Edyta | 112 | SANTANDER CONSUMER BANK | K30-39 | 29 | | | 00:09:32 | 00:25:25 | 00:50:54.75 | 01:00:27.65 | +00:21:08 | 10:11 | 5.9 |
| 373 | PRZYBOROWSKA Ewa | 247 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | K60-64 | 29 | | | 00:12:03 | 00:25:30 | 00:51:12.15 | 01:03:15.65 | +00:21:25 | 10:14 | 5.9 |
| 374 | WIŚNIEWSKA Grażyna | 342 | RUCH PO ZDROWIE WŁOCŁAWEK | K55-59 | 28 | | | 00:11:22 | 00:26:22 | 00:52:02.20 | 01:03:25.00 | +00:22:15 | 10:24 | 5.8 |
| 375 | WOJSŁAWOWICZ Mirosława | 1025 | SANTANDER CONSUMER BANK | K40-44 | 34 | | | 00:08:23 | 00:26:34 | 00:52:04.40 | 01:00:27.40 | +00:22:17 | 10:24 | 5.8 |
| 376 | GARBARCZYK Elżbieta | 62 | AKTYWNI Z PASJĄ ŁUKÓW | K55-59 | 29 | | | 00:11:23 | 00:24:59 | 00:52:12.25 | 01:03:35.50 | +00:22:25 | 10:26 | 5.7 |
| 377 | ŻURAWSKA Teresa | 382 | AKTYWNI Z PASJĄ ŁUKÓW | K60-64 | 30 | | | 00:12:01 | 00:25:23 | 00:52:42.85 | 01:04:44.30 | +00:22:56 | 10:32 | 5.7 |
| 378 | RACZYŃSKA Anna | 252 | AKTYWNI Z PASJĄ ŁUKÓW | K65-69 | 23 | | | 00:12:27 | 00:26:57 | 00:53:33.35 | 01:06:01.00 | +00:23:46 | 10:42 | 5.6 |
| 379 | MICHALCZYK Paulina | 197 | SANTANDER CONSUMER BANK | K18-29 | 12 | | | 00:09:33 | 00:27:05 | 00:53:48.10 | 01:03:21.75 | +00:24:01 | 10:45 | 5.6 |
| 380 | OSTROWSKA Małgorzata | 223 | GMINA SKRWILNO | K45-49 | 27 | | | 00:09:38 | 00:26:52 | 00:53:51.15 | 01:03:29.70 | +00:24:04 | 10:46 | 5.6 |
| 381 | GILEWICZ Małgorzata | 64 | SANTANDER CONSUMER BANK | K30-39 | 30 | | | 00:09:34 | 00:27:05 | 00:53:51.25 | 01:03:25.45 | +00:24:04 | 10:46 | 5.6 |
| 382 | KUMPIŃ Zuzanna | 161 | | K-Dzieci | 7 | | | 00:05:15 | 00:28:54 | 00:56:55.75 | 01:02:11.35 | +00:27:09 | 11:23 | 5.3 |
| 383 | KUMPIŃ Jarosław | 160 | | M45-49 | 14 | | | 00:05:16 | 00:28:54 | 00:56:55.95 | 01:02:12.70 | +00:27:09 | 11:23 | 5.3 |
| 384 | MIECZKOWSKA Janina | 199 | IŁOWO OSADA | K65-69 | 24 | | | 00:12:27 | 00:23:38 | 286:33:43.1 | 286:46:10.2 | +286:03:1 | 3438:44 | 0 |
| 385 | SANKOWSKA Beata | 269 | AVOCADO WELLNESS CLUB | K45-49 | 28 | | | 00:09:38 | 00:21:47 | 286:38:14.3 | 286:47:53.0 | +286:08:1 | 3439:39 | 0 |
| 386 | WOTA Patrycja | 354 | AWF WARSZAWA | K18-29 | 13 | | | 00:06:14 | 286:40:32 | 287:30:45.9 | 287:37:00.2 | +287:00:1 | 3450:09 | 0 |
| 387 | WRÓBLEWSKA Joanna | 360 | | K30-39 | 31 | | | 286:41:18 | 00:30:34 | | | +00:16:01 | 12:13 | 4.9 |
| 388 | KILJAŃCZYK Krzysztof | 120 | AVOCADO | M50-54 | 10 | | | 286:48:42 | 00:34:57 | | | +00:20:24 | 13:58 | 4.3 |
| 389 | WIERESZKO-CZYŻ Regina | 337 | POZYTYWNA GRUPA NORDIC WALKING - DOBRE MIASTO | K55-59 | 30 | | | 286:42:26 | 00:35:20 | | | +00:20:47 | 14:08 | 4.2 |
| 390 | URBAŃCZYK Ewa | 327 | AVOCADO WELLNESS CLUB | K40-44 | 35 | | | 286:45:41 | 00:36:35 | | | +00:22:01 | 14:38 | 4.1 |
| 391 | KULAGOWSKA Anna | 154 | AVOCADO WELLNESS CLUB | K30-39 | 32 | | | 286:45:40 | 00:36:36 | | | +00:22:02 | 14:38 | 4.1 |
| 392 | GRZEBSKI Janusz | 80 | RAJSPOORT ACTIVE | M40-44 | 10 | | | 286:43:00 | 00:36:50 | | | +00:22:17 | 14:44 | 4.1 |
| 393 | KLIMEK Karolina | 121 | | K30-39 | 33 | | | 286:47:54 | 00:38:06 | | | +00:23:32 | 15:14 | 3.9 |
| 394 | SPYRA Katarzyna | 285 | | K30-39 | 34 | | | 286:46:11 | 00:38:50 | | | +00:24:17 | 15:32 | 3.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|---------------------------------------|--------------------|------|-------------|--------------|-------------|-----------------|---------------------------------|-----------------|-----------|--------------|------------|
| 395 | ORZESZEK Ania | 222 | | K-Dzieci | 8 | | | 286:50:44 | 00:41:13 | | | +00:26:40 | 16:29 | 3.6 |
| 396 | SIUDZIŃSKA Anna | 275 | | K40-44 | 36 | | | 286:46:47 | 00:41:55 | | | +00:27:22 | 16:46 | 3.6 |
| 397 | CZERWIŃSKA Marlena | 31 | AVOCADO WELLNESS CLUB | K40-44 | 37 | | | 286:46:48 | 00:42:52 | | | +00:28:18 | 17:08 | 3.5 |
| 398 | WIŚNIEWSKA Anna | 343 | | K40-44 | 38 | | | 286:50:43 | 00:43:45 | | | +00:29:12 | 17:30 | 3.4 |
| 399 | PIETRYKOWSKA Małgorzata | 238 | AVOCADO WELLNESS CLUB | K55-59 | 31 | | | 286:50:45 | 00:44:20 | | | +00:29:47 | 17:44 | 3.4 |
| 400 | KLIMEK Maciej | 122 | | M30-39 | 11 | | | 286:49:45 | 00:44:52 | | | +00:30:18 | 17:56 | 3.3 |
| 401 | ROCHATKA Joanna | 263 | MARSZ PO ZDROWIE | K45-49 | 29 | | | 286:50:45 | 00:45:17 | | | +00:30:43 | 18:06 | 3.3 |
| 402 | KOTOWSKA Anna | 138 | AKTYWNI Z PASJĄ ŁUKÓW | K- Niepełnosprawni | 8 | | | 286:50:41 | 00:45:38 | | | +00:31:05 | 18:15 | 3.3 |
| 403 | GŁOSEK Paweł | 67 | | M-Jun. | 12 | | | 286:47:57 | 00:47:34 | | | +00:33:00 | 19:01 | 3.2 |
| 404 | SIUDZIŃSKA Anna | 274 | | K40-44 | 39 | | | 286:46:47 | 00:47:54 | | | +00:33:21 | 19:09 | 3.1 |
| 405 | KUKAWSKA-DZIERBA Lucyna | 151 | AVOCADO | K30-39 | 35 | | | 286:51:30 | 00:48:36 | | | +00:34:03 | 19:26 | 3.1 |
| 406 | JANICKA Elżbieta | 93 | AVOCADO WELLNESS CLUB | K40-44 | 40 | | | 286:47:58 | 00:50:38 | | | +00:36:05 | 20:15 | 3 |
| 407 | JANICKA Katarzyna | 94 | | K45-49 | 30 | | | 286:50:45 | 00:53:40 | | | +00:39:06 | 21:28 | 2.8 |
| DQ | DUDKIEWICZ Arkadiusz | 46 | AWF WARSZAWA | M18-29 | | | Tak | DQ | 00:17:15 DQ | 00:33:56.15 DQ | DQ | - | - | - |
| DQ | DUBAJ Grzegorz | 44 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | M55-59 | | | Tak | DQ | 286:44:36 DQ | 287:26:41.3 DQ | DQ | - | - | - |
| DQ | HAJKOWICZ Piotr | 88 | | M60-64 | | | Tak | DQ | 286:45:00 DQ | 287:27:41.1 DQ | DQ | - | - | - |
| DQ | RĄCZKA Łukasz | 258 | AWF WARSZAWA | M18-29 | | | Tak | DQ | 00:18:24 DQ | DQ | DQ | - | - | - |

Znaleziono 411 wynik(ów)