

## POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

Organiser: PFNW  
Date: 2017-07-08  
Place: Polanica  
Distance: 21.1 km

Results for the split **18.6 km**

Klasyfikacja wg czasów netto.



## POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, OPEN

| POS | Name and surname         | No. | Club                           | City                    | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|--------------------------|-----|--------------------------------|-------------------------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | DZIEDZIEWICZ ANDRZEJ     | 485 |                                | GRODNO                  | BLR | M30-39 |             |              | 00:50:28 | 01:05:28 | 01:20:43 | 01:36:21 | 01:52:15 |
| 2   | DEPKA PRĄDZYŃSKI OLGIERD | 438 | BIEGAMYRAZEM                   | GDYNIA                  | POL | M50-59 |             |              | 00:53:29 | 01:10:08 | 01:27:10 | 01:44:39 | 02:03:12 |
| 3   | ZACZYŃSKA ANNA           | 480 | KGHM ZG LUBIN                  | LUBIN                   | POL | K30-39 |             |              | 00:56:48 | 01:13:48 | 01:30:44 | 01:47:51 | 02:05:24 |
| 4   | PIETRZYK JAROSŁAW        | 462 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA             | POL | M30-39 |             |              | 00:57:55 | 01:14:47 | 01:31:44 | 01:48:46 | 02:06:23 |
| 5   | BOGACKI SŁAWEK           | 435 | ENERGA NW TEAM                 | BRZOZÓWKA K.<br>TORUNIA | POL | M40-49 |             |              | 00:57:13 | 01:14:18 | 01:31:42 | 01:49:26 | 02:07:40 |
| 6   | STĘPNIEWSKI PAWEŁ        | 474 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA             | POL | M18-29 |             |              | 00:58:25 | 01:15:21 | 01:32:33 | 01:49:58 | 02:07:44 |
| 7   | KUBIAK TOMASZ            | 451 |                                | JELCZ-LASKOWICE         | POL | M40-49 |             |              | 00:57:08 | 01:14:30 | 01:32:13 | 01:50:30 | 02:09:24 |
| 8   | BIK STANISŁAW            | 433 | KS METRACO POLKOWICE           | KSIĘGINICE              | POL | M50-59 |             |              | 00:58:40 | 01:15:58 | 01:33:50 | 01:52:20 | 02:10:33 |
| 9   | LESINSKI GRZEGORZ        | 453 | KS METRACO POLKOWICE           | OLSZANY                 | POL | M50-59 |             |              | 00:59:01 | 01:16:19 | 01:33:49 | 01:52:16 | 02:10:49 |
| 10  | NACZK LEONARD            | 459 | DYNAMIC                        | LĘBORK                  | POL | M40-49 |             |              | 00:58:42 | 01:16:00 | 01:33:56 | 01:52:22 | 02:10:50 |
| 11  | ZAGAJA JANUSZ            | 481 | WESOŁY BORSUK TEAM             | POKÓJ                   | POL | M60+   |             |              | 00:58:34 | 01:15:55 | 01:33:52 | 01:52:12 | 02:11:27 |
| 12  | PASIKOWSKA MARIOLA       | 460 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI                   | POL | K30-39 |             |              | 00:58:36 | 01:16:45 | 01:35:00 | 01:53:10 | 02:11:41 |
| 13  | MAKOWSKI JAN             | 455 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK                  | POL | M50-59 |             |              | 00:58:46 | 01:16:54 | 01:35:01 | 01:53:47 | 02:12:42 |
| 14  | GRAJCAR ADAM             | 442 |                                | GLIWICE                 | POL | M40-49 |             |              | 01:01:05 | 01:18:40 | 01:36:28 | 01:54:43 | 02:13:20 |
| 15  | KIEDOWSKI ARTUR          | 447 | ARTECH                         | WROCŁAW                 | POL | M40-49 |             |              | 01:00:51 | 01:18:53 | 01:37:02 | 01:55:49 | 02:14:55 |
| 16  | SZULC ALICJA             | 476 | NW WERWA MŁAWA                 | MŁAWA                   | POL | K40-49 |             |              | 01:01:41 | 01:19:50 | 01:38:17 | 01:57:08 | 02:16:10 |
| 17  | SZCZEBAK JACEK           | 475 | UNIA MIAST                     | TARNÓW                  | POL | M40-49 |             |              | 01:02:23 | 01:20:18 | 01:38:36 | 01:57:23 | 02:16:24 |
| 18  | STĘPIEŃ LUCYNA           | 473 | KS METRACO POLKOWICE           | LUBIN                   | POL | K60+   | 1           |              | 01:02:45 | 01:21:54 | 01:40:58 | 02:00:07 | 02:19:20 |
| 19  | BOCZAR BEATA             | 434 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA            | POL | K50-59 |             |              | 01:03:00 | 01:22:05 | 01:41:11 | 02:00:25 | 02:19:49 |
| 20  | BANASZKIEWICZ KATARZYNA  | 432 | PILSCY MIŁOŚNICY NW            | KACZORY                 | POL | K40-49 |             |              | 01:03:01 | 01:22:02 | 01:41:10 | 02:00:27 | 02:19:52 |
| 21  | WESOŁOWSKI WOJCIECH      | 477 | NORDIC TEAM GNIEZNO            | GNIEZNO                 | POL | M60+   |             |              | 01:03:22 | 01:22:15 | 01:40:58 | 02:00:10 | 02:19:55 |
| 22  | ZAWADZKI ANDRZEJ         | 431 | KS METRACO POLKOWICE           | LUBIN                   | POL | M50-59 |             |              | 01:02:14 | 01:20:20 | 01:39:50 | 01:59:51 | 02:21:09 |
| 23  | POGORZELSKA WIESŁAWA     | 465 | WESOŁY BORSUK TEAM             | GORZYCE                 | POL | K30-39 |             |              | 01:02:20 | 01:21:43 | 01:41:21 | 02:01:35 | 02:21:29 |
| 24  | WOLNIEWICZ KATARZYNA     | 487 | FABRIKA NORDIKA                | RUDA SŁĄSKA             | POL | K40-49 |             |              | 01:03:31 | 01:22:54 | 01:42:14 | 02:01:44 | 02:21:45 |
| 25  | KOWALCZYK MARIUSZ        | 450 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA            | POL | M50-59 |             |              | 01:03:17 | 01:22:20 | 01:41:48 | 02:02:07 | 02:22:41 |
| 26  | CZYCZ EMILIA             | 489 |                                | ZIELONA GÓRA            | POL | K60+   |             |              | 01:03:29 | 01:22:51 | 01:42:55 | 02:03:30 | 02:24:12 |
| 27  | KARASIEWICZ IRENA        | 446 | FACE NORDIC WALKING TEAM       | BRANIEWO                | POL | K50-59 |             |              | 01:03:22 | 01:22:27 | 01:42:10 | 02:02:03 | 02:24:37 |
| 28  | REJ ANNA                 | 467 |                                | HAJNÓWKA                | POL | K30-39 |             |              | 01:05:03 | 01:24:47 | 01:44:49 | 02:04:42 | 02:24:43 |
| 29  | GOIK GRZEGORZ            | 441 | RYBNICKI KLUB NORDIC WALKING   | RUDZICZKA               | POL | M50-59 |             |              | 01:05:14 | 01:25:14 | 01:45:13 | 02:06:04 | 02:27:50 |
| 30  | KOBIELA DARIA            | 448 | BŁĘKITNI DZIEMIANY             | BOROWIEC                | POL | K18-29 |             |              | 01:05:52 | 01:25:49 | 01:45:56 | 02:06:44 | 02:28:09 |
| 31  | PŁOCIENIAK KATARZYNA     | 464 |                                | WROCŁAW                 | POL | K30-39 |             |              | 01:07:14 | 01:27:00 | 01:47:11 | 02:07:48 | 02:28:55 |
| 32  | LASKOWSKI SŁAWOMIR       | 452 |                                | WROCŁAW                 | POL | M40-49 |             |              | 01:05:45 | 01:25:43 | 01:46:36 | 02:07:51 | 02:29:41 |
| 33  | BUCZKOWSKA WIESŁAWA      | 436 | PENDOLINO                      | GDYNIA                  | POL | K60+   |             |              | 01:04:57 | 01:25:45 | 01:46:41 | 02:08:16 | 02:30:08 |
| 34  | ŻUCHOWICZ ELŻBIETA       | 483 | DĄBROWA NORDIC TEAM            | DĄBROWA GÓRNICZA        | POL | K50-59 |             |              | 01:06:55 | 01:27:13 | 01:48:01 | 02:08:59 | 02:30:12 |
| 35  | MARCHEWKA ANDRZEJ        | 456 |                                | PRECZÓW                 | POL | M50-59 |             |              | 01:05:49 | 01:26:09 | 01:47:17 | 02:08:30 | 02:30:12 |
| 36  | GERLE-KOTULA ANNA        | 440 | UNIA MIAST                     | KATOWICE                | POL | K30-39 |             |              | 01:08:09 | 01:28:25 | 01:48:42 | 02:09:28 | 02:30:21 |
| 37  | LIŚKIEWICZ AGNIESZKA     | 454 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA            | POL | K40-49 |             |              | 01:07:32 | 01:27:58 | 01:48:35 | 02:09:27 | 02:30:37 |
| 38  | KOTULA JAKUB             | 449 | UNIA MIAST                     | KATOWICE                | POL | M30-39 |             |              | 01:07:32 | 01:28:23 | 01:48:51 | 02:10:16 | 02:32:24 |
| 39  | SARNOWSKA WANDA          | 470 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA            | POL | K50-59 |             |              | 01:09:07 | 01:29:48 | 01:50:46 | 02:12:01 | 02:33:15 |
| 40  | DORSZEWSKA BOŻENA        | 439 |                                | BYDGOSZCZ               | POL | K50-59 |             |              | 01:09:45 | 01:30:29 | 01:51:07 | 02:12:08 | 02:33:53 |
| 41  | WIŚNIEWSKI ROMAN         | 478 |                                | TWARDORZECZKA           | POL | M60+   |             |              | 01:07:03 | 01:27:43 | 01:48:55 | 02:10:52 | 02:34:05 |
| 42  | POSTEK DANUTA            | 466 | MARSZ PO ZDROWIE               | POZNAŃ                  | POL | K50-59 |             |              | 01:09:23 | 01:30:07 | 01:51:19 | 02:13:02 | 02:35:49 |
| 43  | ZAWADZKA MARIA           | 482 | KS METRACO POLKOWICE           | LUBIN                   | POL | K60+   |             |              | 01:11:26 | 01:32:19 | 01:53:28 | 02:14:32 | 02:35:54 |
| 44  | RZECHOWSKA EWA           | 469 | KS METRACO POLKOWICE           | ZIELONA GÓRA            | POL | K40-49 |             |              | 01:11:36 | 01:32:51 | 01:54:24 | 02:16:39 | 02:39:09 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, OPEN c.d.

| POS | Name and surname         | No. | Club                                             | City             | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km           | 11.1km          | 13.6km          | 16.1km         | 18.6km   |
|-----|--------------------------|-----|--------------------------------------------------|------------------|-----|--------|-------------|--------------|-----------------|-----------------|-----------------|----------------|----------|
| 45  | PIOTROWSKA KRYSZYNA      | 463 | RYBNICKI KLUB NORDIC WALKING                     | RYBNIK           | POL | K60+   |             |              | 01:13:20        | 01:34:53        | 01:57:37        | 02:19:59       | 02:43:20 |
| 46  | JASIŃSKI MICHAŁ          | 445 | RYBNICKI KLUB NORDIC WALKING                     | RYBNIK           | POL | M18-29 |             |              | 01:13:50        | 01:35:46        | 01:57:47        | 02:20:47       | 02:44:38 |
| 47  | ROT-LASKOWSKA ALEKSANDRA | 468 |                                                  | WROCŁAW          | POL | K30-39 |             |              | 01:13:19        | 01:35:38        | 01:58:34        | 02:22:18       | 02:46:24 |
| 48  | GĄTEK GERARD             | 484 | AKTYWNA GRUPA CALYPSO<br>CZĘSTOCHOWA CLUB FITNES | CZĘSTOCHOWA      | POL | M60+   | 1           |              | 01:14:13        | 01:36:01        | 01:57:48        | 02:21:32       | 02:47:07 |
| 49  | MILCZAREK JOANNA         | 458 | RIGHTWAY                                         | WROCŁAW          | POL | K50-59 |             |              | 01:14:53        | 01:37:57        | 02:01:38        | 02:26:22       | 02:50:53 |
| DQ  | NALEPKA JERZY            | 488 | FACE NORDIC WALKING TEAM                         | SANOK            | POL | M60+   |             | TAK          | 00:58:34<br>DQ  | DQ              | DQ              | DQ             | DQ       |
| DQ  | SKIBA KRZYSZTOF          | 471 | ZG POLKOWICE -SIEROSZOWICE                       | POLKOWICE        | POL | M50-59 | 2           | TAK          | 00:50:38<br>DQ  | 01:05:56<br>DQ  | 01:21:36<br>DQ  | 01:37:34<br>DQ | DQ       |
|     | ŻUCHOWICZ ROBERT         | 486 | DĄBROWA NORDIC TEAM                              | DĄBROWA GÓRNICZA | POL | M50-59 |             |              | 01:07:54<br>DNF | 02:31:15<br>DNF | 02:45:19<br>DNF | DNF            | DNF      |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K18-29

| POS | Name and surname | No. | Club               | City     | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|------------------|-----|--------------------|----------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | KOBIELA DARIA    | 448 | BŁĘKITNI DZIEMIANY | BOROWIEC | POL | K18-29 |             |              | 01:05:52 | 01:25:49 | 01:45:56 | 02:06:44 | 02:28:09 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M18-29

| POS | Name and surname  | No. | Club                           | City        | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|-------------------|-----|--------------------------------|-------------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | STĘPNIEWSKI PAWEŁ | 474 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M18-29 |             |              | 00:58:25 | 01:15:21 | 01:32:33 | 01:49:58 | 02:07:44 |
| 2   | JASIŃSKI MICHAŁ   | 445 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK      | POL | M18-29 |             |              | 01:13:50 | 01:35:46 | 01:57:47 | 02:20:47 | 02:44:38 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K30-39

| POS | Name and surname         | No. | Club                           | City     | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|--------------------------|-----|--------------------------------|----------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | ZACZYŃSKA ANNA           | 480 | KGHM ZG LUBIN                  | LUBIN    | POL | K30-39 |             |              | 00:56:48 | 01:13:48 | 01:30:44 | 01:47:51 | 02:05:24 |
| 2   | PASIKOWSKA MARIOLA       | 460 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI    | POL | K30-39 |             |              | 00:58:36 | 01:16:45 | 01:35:00 | 01:53:10 | 02:11:41 |
| 3   | POGORZELSKA WIESŁAWA     | 465 | WESOŁY BORSUK TEAM             | GORZYCE  | POL | K30-39 |             |              | 01:02:20 | 01:21:43 | 01:41:21 | 02:01:35 | 02:21:29 |
| 4   | REJ ANNA                 | 467 |                                | HAJNÓWKA | POL | K30-39 |             |              | 01:05:03 | 01:24:47 | 01:44:49 | 02:04:42 | 02:24:43 |
| 5   | PŁOCENIAK KATARZYNA      | 464 |                                | WROCŁAW  | POL | K30-39 |             |              | 01:07:14 | 01:27:00 | 01:47:11 | 02:07:48 | 02:28:55 |
| 6   | GERLE-KOTULA ANNA        | 440 | UNIA MIAST                     | KATOWICE | POL | K30-39 |             |              | 01:08:09 | 01:28:25 | 01:48:42 | 02:09:28 | 02:30:21 |
| 7   | ROT-LASKOWSKA ALEKSANDRA | 468 |                                | WROCŁAW  | POL | K30-39 |             |              | 01:13:19 | 01:35:38 | 01:58:34 | 02:22:18 | 02:46:24 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M30-39

| POS | Name and surname     | No. | Club                           | City        | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|----------------------|-----|--------------------------------|-------------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | DZIEDZIEWICZ ANDRZEJ | 485 |                                | GRODNO      | BLR | M30-39 |             |              | 00:50:28 | 01:05:28 | 01:20:43 | 01:36:21 | 01:52:15 |
| 2   | PIETRZYK JAROSŁAW    | 462 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 |             |              | 00:57:55 | 01:14:47 | 01:31:44 | 01:48:46 | 02:06:23 |
| 3   | KOTULA JAKUB         | 449 | UNIA MIAST                     | KATOWICE    | POL | M30-39 |             |              | 01:07:32 | 01:28:23 | 01:48:51 | 02:10:16 | 02:32:24 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K40-49

| POS | Name and surname        | No. | Club                    | City         | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|-------------------------|-----|-------------------------|--------------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | SZULC ALICJA            | 476 | NW WERWA MŁAWA          | MŁAWA        | POL | K40-49 |             |              | 01:01:41 | 01:19:50 | 01:38:17 | 01:57:08 | 02:16:10 |
| 2   | BANASZKIEWICZ KATARZYNA | 432 | PILSCY MIŁOŚNICY NW     | KACZORY      | POL | K40-49 |             |              | 01:03:01 | 01:22:02 | 01:41:10 | 02:00:27 | 02:19:52 |
| 3   | WOLNIEWICZ KATARZYNA    | 487 | FABRIKA NORDIKA         | RUDA ŚLĄSKA  | POL | K40-49 |             |              | 01:03:31 | 01:22:54 | 01:42:14 | 02:01:44 | 02:21:45 |
| 4   | LIŚKIEWICZ AGNIESZKA    | 454 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL | K40-49 |             |              | 01:07:32 | 01:27:58 | 01:48:35 | 02:09:27 | 02:30:37 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K40-49 c.d.

| POS | Name and surname | No. | Club                 | City         | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|------------------|-----|----------------------|--------------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 5   | RZECHOWSKA EWA   | 469 | KS METRACO POLKOWICE | ZIELONA GÓRA | POL | K40-49 |             |              | 01:11:36 | 01:32:51 | 01:54:24 | 02:16:39 | 02:39:09 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M40-49

| POS | Name and surname   | No. | Club           | City                    | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|--------------------|-----|----------------|-------------------------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | BOGACKI SŁAWEK     | 435 | ENERGA NW TEAM | BRZOZÓWKA K.<br>TORUNIA | POL | M40-49 |             |              | 00:57:13 | 01:14:18 | 01:31:42 | 01:49:26 | 02:07:40 |
| 2   | KUBIAK TOMASZ      | 451 |                | JELCZ-LASKOWICE         | POL | M40-49 |             |              | 00:57:08 | 01:14:30 | 01:32:13 | 01:50:30 | 02:09:24 |
| 3   | NACZK LEONARD      | 459 | DYNAMIC        | ŁĘBORK                  | POL | M40-49 |             |              | 00:58:42 | 01:16:00 | 01:33:56 | 01:52:22 | 02:10:50 |
| 4   | GRAJCAR ADAM       | 442 |                | GLIWICE                 | POL | M40-49 |             |              | 01:01:05 | 01:18:40 | 01:36:28 | 01:54:43 | 02:13:20 |
| 5   | KIEDOWSKI ARTUR    | 447 | ARTECH         | WROCŁAW                 | POL | M40-49 |             |              | 01:00:51 | 01:18:53 | 01:37:02 | 01:55:49 | 02:14:55 |
| 6   | SZCZEBAK JACEK     | 475 | UNIA MIAST     | TARNÓW                  | POL | M40-49 |             |              | 01:02:23 | 01:20:18 | 01:38:36 | 01:57:23 | 02:16:24 |
| 7   | LASKOWSKI SŁAWOMIR | 452 |                | WROCŁAW                 | POL | M40-49 |             |              | 01:05:45 | 01:25:43 | 01:46:36 | 02:07:51 | 02:29:41 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K50-59

| POS | Name and surname   | No. | Club                     | City             | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|--------------------|-----|--------------------------|------------------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | BOCZAR BEATA       | 434 | GREEN TEAM ZIELONA GÓRA  | ZIELONA GÓRA     | POL | K50-59 |             |              | 01:03:00 | 01:22:05 | 01:41:11 | 02:00:25 | 02:19:49 |
| 2   | KARASIEWICZ IRENA  | 446 | FACE NORDIC WALKING TEAM | BRANIEWO         | POL | K50-59 |             |              | 01:03:22 | 01:22:27 | 01:42:10 | 02:02:03 | 02:24:37 |
| 3   | ŻUCHOWICZ ELŻBIETA | 483 | DĄBROWA NORDIC TEAM      | DĄBROWA GÓRNICZA | POL | K50-59 |             |              | 01:06:55 | 01:27:13 | 01:48:01 | 02:08:59 | 02:30:12 |
| 4   | SARNOWSKA WANDA    | 470 | GREEN TEAM ZIELONA GÓRA  | ZIELONA GÓRA     | POL | K50-59 |             |              | 01:09:07 | 01:29:48 | 01:50:46 | 02:12:01 | 02:33:15 |
| 5   | DORSZEWSKA BOŻENA  | 439 |                          | BYDGOSZCZ        | POL | K50-59 |             |              | 01:09:45 | 01:30:29 | 01:51:07 | 02:12:08 | 02:33:53 |
| 6   | POSTEK DANUTA      | 466 | MARSZ PO ZDROWIE         | POZNAŃ           | POL | K50-59 |             |              | 01:09:23 | 01:30:07 | 01:51:19 | 02:13:02 | 02:35:49 |
| 7   | MILCZAREK JOANNA   | 458 | RIGHTWAY                 | WROCŁAW          | POL | K50-59 |             |              | 01:14:53 | 01:37:57 | 02:01:38 | 02:26:22 | 02:50:53 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M50-59

| POS | Name and surname         | No. | Club                         | City             | NAT | Cat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|--------------------------|-----|------------------------------|------------------|-----|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | DEPKA PRĄDZYŃSKI OLGIERD | 438 | BIEGAMYRAZEM                 | GDYNIA           | POL | M50-59 |             |              | 00:53:29 | 01:10:08 | 01:27:10 | 01:44:39 | 02:03:12 |
| 2   | BIK STANISŁAW            | 433 | KS METRACO POLKOWICE         | KSIĘGINICE       | POL | M50-59 |             |              | 00:58:40 | 01:15:58 | 01:33:50 | 01:52:20 | 02:10:33 |
| 3   | LESINSKI GRZEGORZ        | 453 | KS METRACO POLKOWICE         | OLSZANY          | POL | M50-59 |             |              | 00:59:01 | 01:16:19 | 01:33:49 | 01:52:16 | 02:10:49 |
| 4   | MAKOWSKI JAN             | 455 | RYBNICKI KLUB NORDIC WALKING | RYBNIK           | POL | M50-59 |             |              | 00:58:46 | 01:16:54 | 01:35:01 | 01:53:47 | 02:12:42 |
| 5   | ZAWADZKI ANDRZEJ         | 431 | KS METRACO POLKOWICE         | LUBIN            | POL | M50-59 |             |              | 01:02:14 | 01:20:20 | 01:39:50 | 01:59:51 | 02:21:09 |
| 6   | KOWALCZYK MARIUSZ        | 450 | GREEN TEAM ZIELONA GÓRA      | ZIELONA GÓRA     | POL | M50-59 |             |              | 01:03:17 | 01:22:20 | 01:41:48 | 02:02:07 | 02:22:41 |
| 7   | GOIK GRZEGORZ            | 441 | RYBNICKI KLUB NORDIC WALKING | RUDZICZKA        | POL | M50-59 |             |              | 01:05:14 | 01:25:14 | 01:45:13 | 02:06:04 | 02:27:50 |
| 8   | MARCHEWKA ANDRZEJ        | 456 |                              | PRECZÓW          | POL | M50-59 |             |              | 01:05:49 | 01:26:09 | 01:47:17 | 02:08:30 | 02:30:12 |
| DQ  | SKIBA KRZYSZTOF          | 471 | ZG POLKOWICE -SIEROSZOWICE   | POLKOWICE        | POL | M50-59 | 2           | TAK          | 00:50:38 | 01:05:56 | 01:21:36 | 01:37:34 | DQ       |
|     |                          |     |                              |                  |     |        |             |              | DQ       | DQ       | DQ       | DQ       |          |
|     | ŻUCHOWICZ ROBERT         | 486 | DĄBROWA NORDIC TEAM          | DĄBROWA GÓRNICZA | POL | M50-59 |             |              | 01:07:54 | 02:31:15 | 02:45:19 | DNF      | DNF      |
|     |                          |     |                              |                  |     |        |             |              | DNF      | DNF      | DNF      |          |          |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K60+

| POS | Name and surname    | No. | Club                         | City         | NAT | Cat. | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|---------------------|-----|------------------------------|--------------|-----|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1   | STĘPIEŃ LUCYNA      | 473 | KS METRACO POLKOWICE         | LUBIN        | POL | K60+ | 1           |              | 01:02:45 | 01:21:54 | 01:40:58 | 02:00:07 | 02:19:20 |
| 2   | CZYCZ EMILIA        | 489 |                              | ZIELONA GÓRA | POL | K60+ |             |              | 01:03:29 | 01:22:51 | 01:42:55 | 02:03:30 | 02:24:12 |
| 3   | BUCZKOWSKA WIESŁAWA | 436 | PENDOLINO                    | GDYNIA       | POL | K60+ |             |              | 01:04:57 | 01:25:45 | 01:46:41 | 02:08:16 | 02:30:08 |
| 4   | ZAWADZKA MARIA      | 482 | KS METRACO POLKOWICE         | LUBIN        | POL | K60+ |             |              | 01:11:26 | 01:32:19 | 01:53:28 | 02:14:32 | 02:35:54 |
| 5   | PIOTROWSKA KRYSZYNA | 463 | RYBNICKI KLUB NORDIC WALKING | RYBNIK       | POL | K60+ |             |              | 01:13:20 | 01:34:53 | 01:57:37 | 02:19:59 | 02:43:20 |

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M60+

| POS | Name and surname    | No. | Club                                             | City          | NAT | Cat. | Żół. kartki | Czer. kartki | 8.6km          | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|-----|---------------------|-----|--------------------------------------------------|---------------|-----|------|-------------|--------------|----------------|----------|----------|----------|----------|
| 1   | ZAGAJA JANUSZ       | 481 | WESOŁY BORSUK TEAM                               | POKÓJ         | POL | M60+ |             |              | 00:58:34       | 01:15:55 | 01:33:52 | 01:52:12 | 02:11:27 |
| 2   | WESOŁOWSKI WOJCIECH | 477 | NORDIC TEAM GNIEZNO                              | GNIEZNO       | POL | M60+ |             |              | 01:03:22       | 01:22:15 | 01:40:58 | 02:00:10 | 02:19:55 |
| 3   | WIŚNIEWSKI ROMAN    | 478 |                                                  | TWARDORZECZKA | POL | M60+ |             |              | 01:07:03       | 01:27:43 | 01:48:55 | 02:10:52 | 02:34:05 |
| 4   | GĄTEK GERARD        | 484 | AKTYWNA GRUPA CALYPSO<br>CZĘSTOCHOWA CLUB FITNES | CZĘSTOCHOWA   | POL | M60+ | 1           |              | 01:14:13       | 01:36:01 | 01:57:48 | 02:21:32 | 02:47:07 |
| DQ  | NALEPKA JERZY       | 488 | FACE NORDIC WALKING TEAM                         | SANOK         | POL | M60+ |             | TAK          | 00:58:34<br>DQ | DQ       | DQ       | DQ       | DQ       |