# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

Organizator: Polska Federacja Nordic Walking
Data: 2018-07-08
Miejsce: Wągrowiec
Dystans: 10 km
Klasyfikacja wg czasów netto.







B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | REMBARZ ŁUKASZ | 213 | KS IDMAR | KROSINKO | | M40-49 | 1 | M 1 | | | 00:16:27 | 00:33:14 | 00:50:10 | 01:06:48.75 | 6:40 | 9 |
| 2 | HAŁAS MARCIN | 385 | | CZECHOWICE -DZIEDZICE | | M30-39 | 1 | M 2 | | | 00:16:46 | 00:33:36 | 00:50:22 | 01:07:14.95 | 6:43 | 8.9 |
| 3 | BIK STANISŁAW | 220 | KS METRACO POLKOWICE | LUBIN | | M50-59 | 1 | M 3 | | | 00:17:01 | 00:34:19 | 00:52:01 | 01:09:10.30 | 6:55 | 8.7 |
| 4 | PRZYBYSZ GRZEGORZ | 175 | | POPOWO KOŚCIELNE | POL | M30-39 | 2 | M 4 | | | 00:16:56 | 00:34:27 | 00:52:06 | 01:09:26.35 | 6:56 | 8.6 |
| 5 | ROSADZIŃSKI SŁAWOMIR | 177 | LESZNO :) | LESZNO | POL | M40-49 | 2 | M 5 | | | 00:17:05 | 00:35:00 | 00:53:09 | 01:11:56.80 | 7:11 | 8.3 |
| 6 | ILOWSKA-REMBARZ KAROLINA | 210 | LOFT TEAM EXTREME | KROSINKO | | K30-39 | 1 | K 1 | | | 00:17:45 | 00:36:02 | 00:54:23 | 01:12:24.25 | 7:14 | 8.3 |
| 7 | ORTYL TOMASZ | 387 | | POPOWO KOŚCIELNE | | M18-29 | 1 | M 6 | | | 00:17:36 | 00:35:54 | 00:54:36 | 01:13:17.65 | 7:19 | 8.2 |
| 8 | MĄDRY GRZEGORZ | 168 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | M50-59 | 2 | M 7 | | | 00:18:21 | 00:36:42 | 00:55:10 | 01:13:25.85 | 7:20 | 8.2 |
| 9 | CZEKAJŁO FRANCISZEK | 194 | REMI | DREZDENKO | POL | M60-69 | 1 | M 8 | | | 00:17:53 | 00:36:16 | 00:55:02 | 01:13:42.05 | 7:22 | 8.1 |
| 10 | PŁACHCIŃSKA ANGELIKA | 218 | KIJE TRZEMESZNO | | | K30-39 | 2 | K 2 | | | 00:17:43 | 00:36:17 | 00:55:25 | 01:13:42.65 | 7:22 | 8.1 |
| 11 | HARENDA ANDRZEJ | 219 | | DOLASZEWO | | M50-59 | 3 | M 9 | | | 00:18:21 | 00:36:44 | 00:55:12 | 01:13:42.80 | 7:22 | 8.1 |
| 12 | PRZYBYŁEK MARYSIA | 174 | MARSZ PO ZDROWIE POZNAŃ | ŚMIGIEL | POL | K40-49 | 1 | K 3 | | | 00:18:14 | 00:37:03 | 00:55:31 | 01:13:51.00 | 7:23 | 8.1 |
| 13 | WOLNIEWICZ KATARZYNA | 386 | UNIA MIAST | RUDA ŚLĄSKA | | K40-49 | 2 | K 4 | | | 00:18:00 | 00:36:37 | 00:55:30 | 01:14:45.70 | 7:28 | 8 |
| 14 | BANASZKIEWICZ KATARZYNA | 195 | | KACZORY | | K50-59 | 1 | K 5 | | | 00:17:53 | 00:36:33 | 00:55:50 | 01:15:00.85 | 7:30 | 8 |
| 15 | KOZAKOWSKA MAŁGORZATA | 191 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | K40-49 | 3 | K 6 | | | 00:18:23 | 00:37:20 | 00:56:38 | 01:15:10.65 | 7:31 | 8 |
| 16 | ZWOLENKIEWICZ JOANNA | 187 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | K40-49 | 4 | K 7 | | | 00:18:37 | 00:37:40 | 00:56:40 | 01:15:16.80 | 7:31 | 8 |
| 17 | MARCHWICKI PRZEMYSŁAW | 167 | NORDIC WALKING KIEKRZ | SADY | POL | M60-69 | 2 | M 10 | | | 00:18:31 | 00:37:36 | 00:56:50 | 01:15:50.50 | 7:35 | 7.9 |
| 18 | LENARTOWICZ STANISŁAW | 215 | | STARA ŁUBIANKA | POL | M50-59 | 4 | M 11 | | 1 | 00:18:41 | 00:37:26 | 00:56:45 | 01:15:50.75 | 7:35 | 7.9 |
| 19 | ŻAMOJCIN MAREK | 186 | NORDICLUB SZCZECIN | SZCZECIN | POL | M50-59 | 5 | M 12 | | | 00:18:31 | 00:37:47 | 00:57:11 | 01:15:51.95 | 7:35 | 7.9 |
| 20 | BRACISZEWSKI KRZYSZTOF | 189 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | M30-39 | 3 | M 13 | | | 00:18:30 | 00:37:35 | 00:56:49 | 01:15:52.55 | 7:35 | 7.9 |
| 21 | FRYDRYCH MARCIN | 156 | NORDIC WALKING KIEKRZ | ROKIETNICA | POL | M40-49 | 3 | M 14 | | | 00:18:56 | 00:38:16 | 00:57:52 | 01:17:31.90 | 7:45 | 7.7 |
| 22 | ŚWIĄTKOWSKI SŁAWOMIR | 181 | | 0ZNAŃ | POL | M40-49 | 4 | M 15 | | | 00:19:13 | 00:38:51 | 00:58:39 | 01:18:58.10 | 7:53 | 7.6 |
| 23 | ROSADZIŃSKA NATALIA | 176 | LESZNO :) | LESZNO | POL | K18-29 | 1 | K 8 | | | 00:19:21 | 00:39:31 | 00:59:38 | 01:19:16.75 | 7:55 | 7.6 |
| 24 | WACKOWIAK MICHAŁ | 216 | | SWARZĘDZ | | M30-39 | 4 | M 16 | | | 00:19:04 | 00:38:46 | 00:58:54 | 01:19:17.30 | 7:55 | 7.6 |
| 25 | GWAREK ANITA | 162 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 5 | K 9 | | | 00:19:35 | 00:39:31 | 01:00:16 | 01:20:18.40 | 8:01 | 7.5 |
| 26 | KRUSZKA ARLETA | 166 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 2 | K 10 | | | 00:19:45 | 00:39:50 | 01:00:17 | 01:20:19.60 | 8:01 | 7.5 |
| 27 | STANKOWSKA MARZENA | 178 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 6 | K 11 | | | 00:19:48 | 00:40:09 | 01:00:24 | 01:20:23.10 | 8:02 | 7.5 |
| 28 | CHŁODNICKI MAREK | 154 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M60-69 | 3 | M 17 | | | 00:19:34 | 00:39:40 | 01:00:09 | 01:20:52.60 | 8:05 | 7.4 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 29 | SADŁO MARIUSZ | 179 | | SWARZĘDZ | POL | M40-49 | 5 | M 18 | | | 00:19:37 | 00:39:55 | 01:00:57 | 01:21:19.25 | 8:07 | 7.4 |
| 30 | WEGIERA GRZEGORZ | 184 | ROXKIJE ROKIETNICA | ROKIETNICA | POL | M40-49 | 6 | M 19 | | | 00:20:25 | 00:40:48 | 01:01:08 | 01:21:27.45 | 8:08 | 7.4 |
| 31 | KONIECZNA ZUZANNA | 380 | | BUDZIEJEWO | POL | K40-49 | 7 | K 12 | | | 00:20:26 | 00:40:58 | 01:01:43 | 01:21:38.55 | 8:09 | 7.3 |
| 32 | ADAMSKA-WOLNA KAROLINA | 152 | | WAGROWIEC | POL | K30-39 | 3 | K 13 | | | 00:19:44 | 00:40:38 | 01:01:35 | 01:22:11.60 | 8:13 | 7.3 |
| 33 | SZYBCZYŃSKA KATARZYNA | 190 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | K40-49 | 8 | K 14 | | | 00:19:48 | 00:40:20 | 01:01:36 | 01:22:24.10 | 8:14 | 7.3 |
| 34 | MICHAŁOWSKA MONIKA | 169 | | LUBOŃ | POL | K30-39 | 4 | K 15 | | | 00:19:23 | 00:39:56 | 01:01:11 | 01:22:27.70 | 8:14 | 7.3 |
| 35 | KORONA-BRACISZEWSKA BEATA | 188 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | K18-29 | 2 | K 16 | | | 00:20:27 | 00:41:07 | 01:01:42 | 01:22:48.60 | 8:16 | 7.2 |
| 36 | TOBYS RYSZARD | 182 | | PIOTROWO DRUGIE | POL | M60-69 | 4 | M 20 | | | 00:20:40 | 00:41:22 | 01:02:13 | 01:23:02.60 | 8:18 | 7.2 |
| 37 | MOSTOWSKA ELŻBIETA | 170 | LESZNO :) | LESZNO | POL | K50-59 | 3 | K 17 | | | 00:21:00 | 00:42:14 | 01:03:26 | 01:23:45.50 | 8:22 | 7.2 |
| 38 | POSTEK DANUTA | 173 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 4 | K 18 | | | 00:20:58 | 00:42:12 | 01:03:22 | 01:23:54.45 | 8:23 | 7.1 |
| 39 | CHOLEWKA JOLANTA | 155 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K60-69 | 1 | K 19 | | | 00:20:17 | 00:41:14 | 01:02:45 | 01:23:58.15 | 8:23 | 7.1 |
| 40 | OMARSKA GRAŻYNA | 171 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-69 | 2 | K 20 | | | 00:21:13 | 00:42:28 | 01:03:56 | 01:25:23.80 | 8:32 | 7 |
| 41 | URBAN JACEK | 382 | LESZNO :) | LESZNO | POL | M60-69 | 5 | M 21 | 1 | | 00:21:01 | 00:42:19 | 01:03:35 | 01:25:30.95 | 8:33 | 7 |
| 42 | ADAMEK-BOBER ANNA | 151 | MARSZ PO ZDROWIE POZNAŃ | SUCHY LAS | POL | K60-69 | 3 | K 21 | | | 00:20:37 | 00:42:15 | 01:04:20 | 01:26:24.95 | 8:38 | 6.9 |
| 43 | PIWAŃSKA MICHALINA | 172 | | ŁĘCZYCA | POL | K30-39 | 5 | K 22 | | | 00:22:47 | 00:44:50 | 01:06:48 | 01:28:58.50 | 8:53 | 6.7 |
| 44 | GOLAK-WEGIERA KATARZYNA | 157 | ROXKIJE ROKIETNICA | ROKIETNICA | POL | K40-49 | 9 | K 23 | | | 00:22:35 | 00:44:57 | 01:07:03 | 01:29:16.55 | 8:55 | 6.7 |
| 45 | URANTÓWKA HENRYK | 372 | | SKWIERZYNA | POL | M70+ | 1 | M 22 | | | 00:21:27 | 00:43:51 | 01:06:30 | 01:29:20.45 | 8:56 | 6.7 |
| 46 | RUSINOWICZ ANDRZEJ | 217 | | PIŁA | | M70+ | 2 | M 23 | | | 00:21:58 | 00:44:06 | 01:06:56 | 01:29:34.20 | 8:57 | 6.7 |
| 47 | GRZENKOWICZ DOMINIKA | 161 | | POZNAŃ | POL | | | K 24 | | | 00:20:34 | 00:43:21 | 01:06:19 | 01:30:19.10 | 9:01 | 6.6 |
| 48 | KARASIEWICZ IWONA | 164 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 6 | K 25 | | | 00:22:55 | 00:46:10 | 01:09:24 | 01:32:29.80 | 9:15 | 6.5 |
| 49 | GRZENKOWICZ BARTOSZ | 160 | | ŁĘCZYCA | POL | M30-39 | 5 | M 24 | | | 00:22:45 | 00:45:56 | 01:09:52 | 01:34:27.20 | 9:26 | 6.4 |
| 50 | HORIACZEK RYSZARD | 200 | UKS GIMNAZJUM | SUCHY LAS | | M60-69 | 6 | M 25 | | | 00:23:13 | 00:47:33 | 01:11:57 | 01:36:34.85 | 9:39 | 6.2 |
| 51 | GRZENKOWICZ DOROTA | 158 | | WĄGROWIEC | POL | K50-59 | 5 | K 26 | | | 00:26:04 | 00:51:39 | 01:17:12 | 01:43:30.20 | 10:21 | 5.8 |
| 52 | GRZENKOWICZ AGNIESZKA | 159 | | WĄGROWIEC | POL | K30-39 | 7 | K 27 | | | 00:26:29 | 00:53:51 | 01:21:41 | 01:50:38.95 | 11:03 | 5.4 |
| 53 | CHRAPEK URSZULA BRONISŁAWA | 384 | | JASINIEC | | K30-39 | 8 | K 28 | | | 00:23:35 | 00:46:44 | | | 9:20 | 6.4 |
| DQ | JOŚ JOLANTA | 381 | | LESZNO | | K50-59 | DQ | DQ | 1 | 1 | 00:21:14 DQ | 00:42:14 DQ | 01:03:26 DQ | DQ | - | - |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | ROSADZIŃSKA NATALIA | 176 | LESZNO :) | LESZNO | POL | K18-29 | 1 | K 8 | | | 00:19:21 | 00:39:31 | 00:59:38 | 01:19:16.75 | 7:55 | 7.6 |
| 2 | KORONA-BRACISZEWSKA BEATA | 188 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | K18-29 | 2 | K 16 | | | 00:20:27 | 00:41:07 | 01:01:42 | 01:22:48.60 | 8:16 | 7.2 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | ORTYL TOMASZ | 387 | | POPOWO KOŚCIELNE | | M18-29 | 1 | M 6 | | | 00:17:36 | 00:35:54 | 00:54:36 | 01:13:17.65 | 7:19 | 8.2 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | ILOWSKA-REMBARZ KAROLINA | 210 | LOFT TEAM EXTREME | KROSINKO | | K30-39 | 1 | K 1 | | | 00:17:45 | 00:36:02 | 00:54:23 | 01:12:24.25 | 7:14 | 8.3 |
| 2 | PŁACHCIŃSKA ANGELIKA | 218 | KIJE TRZEMESZNO | | | K30-39 | 2 | K 2 | | | 00:17:43 | 00:36:17 | 00:55:25 | 01:13:42.65 | 7:22 | 8.1 |
| 3 | ADAMSKA-WOLNA KAROLINA | 152 | | WAGROWIEC | POL | K30-39 | 3 | K 13 | | | 00:19:44 | 00:40:38 | 01:01:35 | 01:22:11.60 | 8:13 | 7.3 |
| 4 | MICHAŁOWSKA MONIKA | 169 | | LUBOŃ | POL | K30-39 | 4 | K 15 | | | 00:19:23 | 00:39:56 | 01:01:11 | 01:22:27.70 | 8:14 | 7.3 |
| 5 | PIWAŃSKA MICHALINA | 172 | | ŁĘCZYCA | POL | K30-39 | 5 | K 22 | | | 00:22:47 | 00:44:50 | 01:06:48 | 01:28:58.50 | 8:53 | 6.7 |
| 6 | KARASIEWICZ IWONA | 164 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 6 | K 25 | | | 00:22:55 | 00:46:10 | 01:09:24 | 01:32:29.80 | 9:15 | 6.5 |
| 7 | GRZENKOWICZ AGNIESZKA | 159 | | WĄGROWIEC | POL | K30-39 | 7 | K 27 | | | 00:26:29 | 00:53:51 | 01:21:41 | 01:50:38.95 | 11:03 | 5.4 |
| 8 | CHRAPEK URSZULA BRONISŁAWA | 384 | | JASINIEC | | K30-39 | 8 | K 28 | | | 00:23:35 | 00:46:44 | | | 9:20 | 6.4 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | HAŁAS MARCIN | 385 | | CZECHOWICE -DZIEDZICE | | M30-39 | 1 | M 2 | | | 00:16:46 | 00:33:36 | 00:50:22 | 01:07:14.95 | 6:43 | 8.9 |
| 2 | PRZYBYSZ GRZEGORZ | 175 | | POPOWO KOŚCIELNE | POL | M30-39 | 2 | M 4 | | | 00:16:56 | 00:34:27 | 00:52:06 | 01:09:26.35 | 6:56 | 8.6 |
| 3 | BRACISZEWSKI KRZYSZTOF | 189 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | M30-39 | 3 | M 13 | | | 00:18:30 | 00:37:35 | 00:56:49 | 01:15:52.55 | 7:35 | 7.9 |
| 4 | WACKOWIAK MICHAŁ | 216 | | SWARZĘDZ | | M30-39 | 4 | M 16 | | | 00:19:04 | 00:38:46 | 00:58:54 | 01:19:17.30 | 7:55 | 7.6 |
| 5 | GRZENKOWICZ BARTOSZ | 160 | | ŁĘCZYCA | POL | M30-39 | 5 | M 24 | | | 00:22:45 | 00:45:56 | 01:09:52 | 01:34:27.20 | 9:26 | 6.4 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | PRZYBYŁEK MARYSIA | 174 | MARSZ PO ZDROWIE POZNAŃ | ŚMIGIEL | POL | K40-49 | 1 | K 3 | | | 00:18:14 | 00:37:03 | 00:55:31 | 01:13:51.00 | 7:23 | 8.1 |
| 2 | WOLNIEWICZ KATARZYNA | 386 | UNIA MIAST | RUDA ŚLĄSKA | | K40-49 | 2 | K 4 | | | 00:18:00 | 00:36:37 | 00:55:30 | 01:14:45.70 | 7:28 | 8 |
| 3 | KOZAKOWSKA MAŁGORZATA | 191 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | K40-49 | 3 | K 6 | | | 00:18:23 | 00:37:20 | 00:56:38 | 01:15:10.65 | 7:31 | 8 |
| 4 | ZWOLENKIEWICZ JOANNA | 187 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | K40-49 | 4 | K 7 | | | 00:18:37 | 00:37:40 | 00:56:40 | 01:15:16.80 | 7:31 | 8 |
| 5 | GWAREK ANITA | 162 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 5 | K 9 | | | 00:19:35 | 00:39:31 | 01:00:16 | 01:20:18.40 | 8:01 | 7.5 |
| 6 | STANKOWSKA MARZENA | 178 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 6 | K 11 | | | 00:19:48 | 00:40:09 | 01:00:24 | 01:20:23.10 | 8:02 | 7.5 |
| 7 | KONIECZNA ZUZANNA | 380 | | BUDZIEJEWO | POL | K40-49 | 7 | K 12 | | | 00:20:26 | 00:40:58 | 01:01:43 | 01:21:38.55 | 8:09 | 7.3 |
| 8 | SZYBCZYŃSKA KATARZYNA | 190 | KS SOKÓŁ GĄSAWA | GĄSAWA | POL | K40-49 | 8 | K 14 | | | 00:19:48 | 00:40:20 | 01:01:36 | 01:22:24.10 | 8:14 | 7.3 |
| 9 | GOLAK-WEGIERA KATARZYNA | 157 | ROXKIJE ROKIETNICA | ROKIETNICA | POL | K40-49 | 9 | K 23 | | | 00:22:35 | 00:44:57 | 01:07:03 | 01:29:16.55 | 8:55 | 6.7 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | REMBARZ ŁUKASZ | 213 | KS IDMAR | KROSINKO | | M40-49 | 1 | M 1 | | | 00:16:27 | 00:33:14 | 00:50:10 | 01:06:48.75 | 6:40 | 9 |
| 2 | ROSADZIŃSKI SŁAWOMIR | 177 | LESZNO :) | LESZNO | POL | M40-49 | 2 | M 5 | | | 00:17:05 | 00:35:00 | 00:53:09 | 01:11:56.80 | 7:11 | 8.3 |
| 3 | FRYDRYCH MARCIN | 156 | NORDIC WALKING KIEKRZ | ROKIETNICA | POL | M40-49 | 3 | M 14 | | | 00:18:56 | 00:38:16 | 00:57:52 | 01:17:31.90 | 7:45 | 7.7 |
| 4 | ŚWIĄTKOWSKI SŁAWOMIR | 181 | | 0ZNAŃ | POL | M40-49 | 4 | M 15 | | | 00:19:13 | 00:38:51 | 00:58:39 | 01:18:58.10 | 7:53 | 7.6 |
| 5 | SADŁO MARIUSZ | 179 | | SWARZĘDZ | POL | M40-49 | 5 | M 18 | | | 00:19:37 | 00:39:55 | 01:00:57 | 01:21:19.25 | 8:07 | 7.4 |
| 6 | WEGIERA GRZEGORZ | 184 | ROXKIJE ROKIETNICA | ROKIETNICA | POL | M40-49 | 6 | M 19 | | | 00:20:25 | 00:40:48 | 01:01:08 | 01:21:27.45 | 8:08 | 7.4 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | BANASZKIEWICZ KATARZYNA | 195 | | KACZORY | | K50-59 | 1 | K 5 | | | 00:17:53 | 00:36:33 | 00:55:50 | 01:15:00.85 | 7:30 | 8 |
| 2 | KRUSZKA ARLETA | 166 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 2 | K 10 | | | 00:19:45 | 00:39:50 | 01:00:17 | 01:20:19.60 | 8:01 | 7.5 |
| 3 | MOSTOWSKA ELŻBIETA | 170 | LESZNO :) | LESZNO | POL | K50-59 | 3 | K 17 | | | 00:21:00 | 00:42:14 | 01:03:26 | 01:23:45.50 | 8:22 | 7.2 |
| 4 | POSTEK DANUTA | 173 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 4 | K 18 | | | 00:20:58 | 00:42:12 | 01:03:22 | 01:23:54.45 | 8:23 | 7.1 |
| 5 | GRZENKOWICZ DOROTA | 158 | | WĄGROWIEC | POL | K50-59 | 5 | K 26 | | | 00:26:04 | 00:51:39 | 01:17:12 | 01:43:30.20 | 10:21 | 5.8 |
| DQ | JOŚ JOLANTA | 381 | | LESZNO | | K50-59 | DQ | DQ | 1 | 1 | 00:21:14 DQ | 00:42:14 DQ | 01:03:26 DQ | DQ | - | - |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | BIK STANISŁAW | 220 | KS METRACO POLKOWICE | LUBIN | | M50-59 | 1 | M 3 | | | 00:17:01 | 00:34:19 | 00:52:01 | 01:09:10.30 | 6:55 | 8.7 |
| 2 | MĄDRY GRZEGORZ | 168 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | M50-59 | 2 | M 7 | | | 00:18:21 | 00:36:42 | 00:55:10 | 01:13:25.85 | 7:20 | 8.2 |
| 3 | HARENDA ANDRZEJ | 219 | | DOLASZEWO | | M50-59 | 3 | M 9 | | | 00:18:21 | 00:36:44 | 00:55:12 | 01:13:42.80 | 7:22 | 8.1 |
| 4 | LENARTOWICZ STANISŁAW | 215 | | STARA ŁUBIANKA | POL | M50-59 | 4 | M 11 | 1 | | 00:18:41 | 00:37:26 | 00:56:45 | 01:15:50.75 | 7:35 | 7.9 |
| 5 | ŻAMOJCIN MAREK | 186 | NORDICLUB SZCZECIN | SZCZECIN | POL | M50-59 | 5 | M 12 | | | 00:18:31 | 00:37:47 | 00:57:11 | 01:15:51.95 | 7:35 | 7.9 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | CHOLEWKA JOLANTA | 155 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K60-69 | 1 | K 19 | | | 00:20:17 | 00:41:14 | 01:02:45 | 01:23:58.15 | 8:23 | 7.1 |
| 2 | OMARSKA GRAŻYNA | 171 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-69 | 2 | K 20 | | | 00:21:13 | 00:42:28 | 01:03:56 | 01:25:23.80 | 8:32 | 7 |
| 3 | ADAMEK-BOBER ANNA | 151 | MARSZ PO ZDROWIE POZNAŃ | SUCHY LAS | POL | K60-69 | 3 | K 21 | | | 00:20:37 | 00:42:15 | 01:04:20 | 01:26:24.95 | 8:38 | 6.9 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | CZEKAJŁO FRANCISZEK | 194 | REMI | DREZDENKO | POL | M60-69 | 1 | M 8 | | | 00:17:53 | 00:36:16 | 00:55:02 | 01:13:42.05 | 7:22 | 8.1 |
| 2 | MARCHWICKI PRZEMYSŁAW | 167 | NORDIC WALKING KIEKRZ | SADY | POL | M60-69 | 2 | M 10 | | | 00:18:31 | 00:37:36 | 00:56:50 | 01:15:50.50 | 7:35 | 7.9 |
| 3 | CHŁODNICKI MAREK | 154 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M60-69 | 3 | M 17 | | | 00:19:34 | 00:39:40 | 01:00:09 | 01:20:52.60 | 8:05 | 7.4 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M60-69 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4 | TOBYS RYSZARD | 182 | | PIOTROWO DRUGIE | POL | M60-69 | 4 | M 20 | | | 00:20:40 | 00:41:22 | 01:02:13 | 01:23:02.60 | 8:18 | 7.2 |
| 5 | URBAN JACEK | 382 | LESZNO :) | LESZNO | POL | M60-69 | 5 | M 21 | 1 | | 00:21:01 | 00:42:19 | 01:03:35 | 01:25:30.95 | 8:33 | 7 |
| 6 | HORIACZEK RYSZARD | 200 | UKS GIMNAZJUM | SUCHY LAS | | M60-69 | 6 | M 25 | | | 00:23:13 | 00:47:33 | 01:11:57 | 01:36:34.85 | 9:39 | 6.2 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | URANTÓWKA HENRYK | 372 | | SKWIERZYNA | POL | M70+ | 1 | M 22 | | | 00:21:27 | 00:43:51 | 01:06:30 | 01:29:20.45 | 8:56 | 6.7 |
| 2 | RUSINOWICZ ANDRZEJ | 217 | | PIŁA | | M70+ | 2 | M 23 | | | 00:21:58 | 00:44:06 | 01:06:56 | 01:29:34.20 | 8:57 | 6.7 |

## WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM,

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | GRZENKOWICZ DOMINIKA | 161 | | POZNAŃ | POL | | | K 24 | | | 00:20:34 | 00:43:21 | 01:06:19 | 01:30:19.10 | 9:01 | 6.6 |