

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM**

Organiser: Polska Federacja Nordic Walking  
 Date: 2019-05-04  
 Place: Mielno  
 Distance: 5 km  
 Klasyfikacja wg czasów netto.

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, OPEN**

| POS  | Name and surname            | No. | Club                                                  | City         | NAT | Cat.                  | M. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|-------------------------------------------------------|--------------|-----|-----------------------|----|------|-------------|--------------|----------|-------------|--------|------|
| cat. |                             |     |                                                       |              |     |                       |    |      |             |              |          |             |        |      |
| 1    | RAJEWSKI SEBASTIAN          | 142 | KS IDMAR RACING TEAM                                  | PIŁA         | POL | M45-49                | 1  | M 1  |             |              | 00:16:17 | 00:33:08.80 | 6:37   | 9    |
| 2    | TOPOLNICKI KONRAD           | 174 | CKZIU NYSZA MECHANIK                                  | PRZECŁÓD     | POL | M18-29                | 1  | M 2  |             |              | 00:16:29 | 00:33:15.86 | 6:39   | 9    |
| 3    | BRZOSZOWSKI PIOTR           | 380 | AKTYWNI POSTOMINO                                     | SŁAWNO       | POL | M30-39                | 1  | M 3  |             |              | 00:16:34 | 00:34:06.28 | 6:49   | 8.8  |
| 4    | TRZCIŃSKI FRANCISZEK        | 178 | SPORT I REKREACJA START (CHEŁMNO)                     | CHEŁMNO      | POL | M50-54                | 1  | M 4  |             |              | 00:17:18 | 00:34:33.64 | 6:54   | 8.7  |
| 5    | DĘBSKI BARTŁOMIEJ           | 28  | NORDIC TEAM CZĘSTOCHOWA                               | CZĘSTOCHOWA  | POL | M40-44                | 1  | M 5  |             |              | 00:17:08 | 00:34:35.81 | 6:55   | 8.7  |
| 6    | WITUCKI JACEK               | 193 |                                                       | POZNAŃ       | POL | M45-49                | 2  | M 6  |             |              | 00:17:01 | 00:34:39.82 | 6:56   | 8.7  |
| 7    | PODGÓRSKI SZYMON            | 131 | CKZIU NYSZA MECHANIK                                  | WĘŻA         | POL | M-JUN.                | 1  | M 7  |             |              | 00:17:35 | 00:34:56.56 | 6:59   | 8.6  |
| 8    | KNITTER MICHAŁ              | 384 | BŁĘKITNI NW DZIEMIANY                                 | DZIEMIANY    | POL | M-JUN.                | 2  | M 8  |             |              | 00:17:18 | 00:35:02.83 | 7:00   | 8.6  |
| 9    | ROŻYNEK MIŁON               | 361 | KS METRACO POLKOWICE                                  | WROCŁAW      | POL | M55-59                | 1  | M 9  |             |              | 00:17:24 | 00:35:05.50 | 7:01   | 8.5  |
| 10   | WIERZBIŃSKI PIOTR           | 400 | KLUBSPORTU.PL                                         | RZESZÓW      | POL | M45-49                | 3  | M 10 |             |              | 00:17:13 | 00:35:14.53 | 7:03   | 8.5  |
| 11   | WOROCH ROMAN                | 362 | KS METRACO POLKOWICE                                  | DOPIEWO      | POL | M60-64                | 1  | M 11 | 1           |              | 00:17:34 | 00:35:22.48 | 7:04   | 8.5  |
| 12   | OLSZAŃSKI KAROL             | 123 | FEAR THE RETURN                                       | KATOWICE     | POL | M40-44                | 2  | M 12 |             |              | 00:17:23 | 00:35:24.34 | 7:05   | 8.5  |
| 13   | FRĄCKOWIAK ROMAN            | 354 | KS METRACO POLKOWICE                                  | WIELEŃ       | POL | M50-54                | 2  | M 13 | 1           |              | 00:17:53 | 00:35:54.45 | 7:10   | 8.4  |
| 14   | SPYCHAŁA LESŁAW             | 152 | CKZIU NYSZA MECHANIK                                  | BIAŁA        | POL | M50-54                | 3  | M 14 |             |              | 00:17:40 | 00:35:55.31 | 7:11   | 8.3  |
| 15   | JASIŁEK PRZEMYSŁAW          | 57  |                                                       | RADAUNICA    | POL | M40-44                | 3  | M 15 |             |              | 00:17:42 | 00:35:59.35 | 7:11   | 8.3  |
| 16   | KUBIAK PRZEMYSŁAW           | 85  | KS IDMAR RACING TEAM                                  | MOSINA       | POL | M45-49                | 4  | M 16 |             |              | 00:17:26 | 00:36:00.92 | 7:12   | 8.3  |
| 17   | FRĄCKOWIAK MATEUSZ          | 33  | KS METRACO POLKOWICE                                  | WIELEŃ       | POL | M-JUN.                | 3  | M 17 |             |              | 00:17:20 | 00:36:02.48 | 7:12   | 8.3  |
| 18   | NACZK LEONARD               | 114 | ŁĘBORSKIE LWY                                         | ŁĘBORK       | POL | M40-44                | 4  | M 18 |             |              | 00:17:56 | 00:36:04.78 | 7:13   | 8.3  |
| 19   | KOP WIESŁAW                 | 71  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM                           | PIŁA         | POL | M55-59                | 2  | M 19 | 1           |              | 00:18:12 | 00:36:51.30 | 7:22   | 8.1  |
| 20   | HARENDĄ ANDRZEJ             | 46  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM                           | DOLASZEWÓ    | POL | M50-54                | 4  | M 20 |             |              | 00:18:15 | 00:36:52.22 | 7:22   | 8.1  |
| 21   | TOPOREK RAFAŁ               | 175 | ŁĘBORSKIE LWY                                         | PRZODKOWÓ    | POL | M-NIEPEŁNOSPRAWNI(B ) | 1  | M 21 |             |              | 00:18:58 | 00:37:04.19 | 7:24   | 8.1  |
| 22   | KUŚMIEREK MATEUSZ           | 395 | BŁĘKITNI NW DZIEMIANY                                 | DZIEMIANY    | POL | M-JUN.                | 4  | M 22 |             |              | 00:17:52 | 00:37:13.49 | 7:26   | 8.1  |
| 23   | ZIELIŃSKI SZCZEPAN          | 201 | SERCE NORDICA WŁOCŁAWEK                               | WŁOCŁAWEK    | POL | M45-49                | 5  | M 23 |             |              | 00:18:08 | 00:37:16.36 | 7:27   | 8    |
| 24   | WIŚNIEWSKI SŁAWOMIR         | 191 | FLUGGER TEAM                                          | GDAŃSK       | POL | M45-49                | 6  | M 24 |             |              | 00:18:37 | 00:37:17.57 | 7:27   | 8    |
| 25   | STANISŁAWSKI JAN            | 154 | MARSZ PO ZDROWIE                                      | POZNAŃ       | POL | M60-64                | 2  | M 25 |             |              | 00:18:28 | 00:37:31.11 | 7:30   | 8    |
| 26   | NACZK WIKTORIA              | 113 | ŁĘBORSKIE LWY                                         | ŁĘBORK       | POL | K-JUN.                | 1  | K 1  |             |              | 00:18:54 | 00:37:36.54 | 7:31   | 8    |
| 27   | DUSZĘKO ZYGMUNT             | 352 | KS METRACO POLKOWICE                                  | LUBIN        | POL | M-NIEPEŁNOSPRAWNI(A ) | 1  | M 26 |             |              | 00:18:43 | 00:37:41.10 | 7:32   | 8    |
| 28   | POLISZCZUK PIOTR            | 133 | PIERNIKI NA CHODZIE                                   | TORUŃ        | POL | M-NIEPEŁNOSPRAWNI(A ) | 2  | M 27 |             |              | 00:18:42 | 00:37:41.87 | 7:32   | 8    |
| 29   | MATECKI RYSZARD             | 358 | KS METRACO POLKOWICE                                  | KUDOWA ZDRÓJ | POL | M70+                  | 1  | M 28 |             |              | 00:19:08 | 00:37:47.84 | 7:33   | 7.9  |
| 30   | HOLWEK JAROSŁAW             | 51  | ZDROWOPIJ.PL                                          | PABIANICE    | POL | M55-59                | 3  | M 29 |             |              | 00:18:43 | 00:37:52.26 | 7:34   | 7.9  |
| 31   | SZYMAŃSKI STEFAN            | 169 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLIŃ      | POL | M70+                  | 2  | M 30 |             |              | 00:19:10 | 00:37:52.75 | 7:34   | 7.9  |
| 32   | TOMCZYK EDWARD              | 173 | MARSZ PO ZDROWIE                                      | POZNAŃ       | POL | M70+                  | 3  | M 31 | 1           |              | 00:19:18 | 00:37:54.42 | 7:35   | 7.9  |
| 33   | KOŁPAK JAN                  | 70  | LKS ZANTYR SZTUM                                      | SZTUM        | POL | M70+                  | 4  | M 32 | 1           |              | 00:19:11 | 00:37:55.94 | 7:35   | 7.9  |
| 34   | IDKOWIAK MAGDALENA          | 54  | KS IDMAR RACING TEAM                                  | KROSINKO     | POL | K40-44                | 1  | K 2  |             |              | 00:18:42 | 00:37:57.56 | 7:35   | 7.9  |
| 35   | MARCINKOWSKA AGNIESZKA      | 346 | UNIA MIAST                                            | LUBLINIEC    | POL | K-JUN.                | 2  | K 3  |             |              | 00:18:58 | 00:37:57.67 | 7:35   | 7.9  |
| 36   | GAŁĄŻKA PAWEŁ               | 349 | MUSZKIETEROWIE                                        | GNIEZNO      | POL | M-NIEPEŁNOSPRAWNI(A ) | 3  | M 33 |             |              | 00:18:50 | 00:38:01.41 | 7:36   | 7.9  |
| 37   | OKRZESIK-FRĄCKOWIAK IZABELA | 359 | KS METRACO POLKOWICE                                  | WIELEŃ       | POL | K50-54                | 1  | K 4  |             |              | 00:19:00 | 00:38:01.41 | 7:36   | 7.9  |
| 38   | SZPILMAN KATARZYNA          | 163 | ELITE TEAM                                            | GDYNIA       | POL | K50-54                | 2  | K 5  |             |              | 00:19:02 | 00:38:02.03 | 7:36   | 7.9  |

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| POS | Name and surname       | No. | Club                         | City             | NAT | Cat.                 | M.   | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|------------------------|-----|------------------------------|------------------|-----|----------------------|------|------|-------------|--------------|----------|-------------|--------|------|
|     |                        |     |                              |                  |     |                      | cat. |      |             |              |          |             |        |      |
| 39  | KROMSKI PAWEŁ          | 80  | NORDIC WALKING KIEKRZ POLAND | KIEKRZ           | POL | M50-54               | 5    | M 34 |             |              | 00:18:51 | 00:38:02.48 | 7:36   | 7.9  |
| 40  | GIBAS ASIA             | 36  | BAZANT NW ELBLĄG             | ELBLĄG           | POL | K30-39               | 1    | K 6  |             |              | 00:18:54 | 00:38:07.10 | 7:37   | 7.9  |
| 41  | GIBAS SŁAWEK           | 37  | BAZANT NW ELBLĄG             | ELBLĄG           | POL | M40-44               | 5    | M 35 |             |              | 00:19:02 | 00:38:10.72 | 7:38   | 7.9  |
| 42  | RAJEK TOMASZ           | 141 | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA      | POL | M50-54               | 6    | M 36 |             |              | 00:18:46 | 00:38:17.31 | 7:39   | 7.8  |
| 43  | KRAJEWSKA HANNA        | 78  | MARSZ PO ZDROWIE             | PIŁA             | POL | K-JUN.               | 3    | K 7  |             |              | 00:18:58 | 00:38:22.80 | 7:40   | 7.8  |
| 44  | SZYMANOWSKI EUGENIUSZ  | 167 | ŁĘBORSKIE LWY                | ŁĘBORK           | POL | M60-64               | 3    | M 37 |             |              | 00:19:01 | 00:38:26.95 | 7:41   | 7.8  |
| 45  | JÓŹWIAK MARIANNA       | 61  | SERCE NORDICA WŁOCŁAWEK      | WŁOCŁAWEK        | POL | K45-49               | 1    | K 8  |             |              | 00:19:05 | 00:38:28.25 | 7:41   | 7.8  |
| 46  | KUBAT JANUSZ           | 82  | NORDIC TEAM CZĘSTOCHOWA      | BOROWNO          | POL | M45-49               | 7    | M 38 |             |              | 00:19:14 | 00:38:32.80 | 7:42   | 7.8  |
| 47  | ŚLUSARCZYK MARCIN      | 276 | WESOŁY BORSUK TEAM           | PRUDNIK          | POL | M40-44               | 6    | M 39 |             |              | 00:18:57 | 00:38:33.54 | 7:42   | 7.8  |
| 48  | WROŃSKI WŁODZIMIERZ    | 196 | PASJA NORDIC WALKING         | WARSZAWA         | POL | M65-69               | 1    | M 40 |             |              | 00:19:12 | 00:38:39.24 | 7:44   | 7.8  |
| 49  | GODZIŃSKA DOROTA       | 39  | BAZANT NW ELBLĄG             | MILEJEWÓ         | POL | K30-39               | 2    | K 9  |             |              | 00:19:16 | 00:38:41.75 | 7:44   | 7.8  |
| 50  | LITWINCZUK ROBERT      | 282 |                              |                  | POL | M50-54               | 7    | M 41 |             |              | 00:18:37 | 00:38:42.55 | 7:44   | 7.8  |
| 51  | WOŁK BEATA             | 195 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | TRZCIANKA        | POL | K40-44               | 2    | K 10 |             |              | 00:19:20 | 00:38:43.97 | 7:44   | 7.7  |
| 52  | PUSZKARSKA MAŁGORZATA  | 138 | GOSADI NORDIC TEAM           | WARSZAWA         | POL | K40-44               | 3    | K 11 |             |              | 00:19:07 | 00:38:45.87 | 7:45   | 7.7  |
| 53  | BUCKOWSKI JERZY        | 383 | KS SOKÓŁ GAŚAWA              | ŻNIN             | POL | M65-69               | 2    | M 42 |             |              | 00:19:26 | 00:38:46.61 | 7:45   | 7.7  |
| 54  | SULIKOWSKA AGNIESZKA   | 386 | PASJA NORDIC WALKING         | SIERADZ          | POL | K40-44               | 4    | K 12 |             |              | 00:19:06 | 00:38:47.06 | 7:45   | 7.7  |
| 55  | BARANIEWSKI ANDRZEJ    | 210 |                              |                  | POL | M55-59               | 4    | M 43 |             |              | 00:19:36 | 00:38:51.73 | 7:46   | 7.7  |
| 56  | PIĄTEK DARIUSZ         | 128 | POLIPACK TEAM GWE            | GNIEWINO         | POL | M-NIEPEŁNOSPRAWNI(A) | 4    | M 44 |             |              | 00:19:09 | 00:39:02.97 | 7:48   | 7.7  |
|     |                        |     |                              |                  |     | )                    |      |      |             |              |          |             |        |      |
| 57  | JUREK JAGODA           | 63  | KS METRACO POLKOWICE         | LUBIN            | POL | K-JUN.               | 4    | K 13 |             |              | 00:19:16 | 00:39:03.81 | 7:48   | 7.7  |
| 58  | SZCZUDLIK MAŁGORZATA   | 158 | KJKOWE TRZEMESZNO            | TRZEMESZNO       | POL | K30-39               | 3    | K 14 |             |              | 00:19:25 | 00:39:06.34 | 7:49   | 7.7  |
| 59  | KAZIMIERCZAK SEBASTIAN | 205 | GOSIR OSIELSKO               | OSIELSKO         | POL | M45-49               | 8    | M 45 |             |              | 00:19:31 | 00:39:08.52 | 7:49   | 7.7  |
| 60  | SZYMANOWSKA ANNA       | 166 | ŁĘBORSKIE LWY                | ŁĘBORK           | POL | K-NIEPEŁNOSPRAWNI(A) | 1    | K 15 |             |              | 00:19:26 | 00:39:08.68 | 7:49   | 7.7  |
|     |                        |     |                              |                  |     | )                    |      |      |             |              |          |             |        |      |
| 61  | MROZICKI ANDRZEJ       | 112 |                              | SZCZECINEK       | POL | M55-59               | 5    | M 46 |             |              | 00:19:23 | 00:39:16.53 | 7:51   | 7.6  |
| 62  | KAMIŃSKA BEATA         | 64  | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA      | POL | K50-54               | 3    | K 16 |             |              | 00:19:47 | 00:39:30.00 | 7:54   | 7.6  |
| 63  | BIERKUS MIROSLAW       | 234 |                              | KOSZALIN         | POL | M60-64               | 4    | M 47 |             |              | 00:20:06 | 00:39:37.30 | 7:55   | 7.6  |
| 64  | WITUCKA KAROLINA       | 192 |                              | POZNAŃ           | POL | K-DZIECI             | 1    | K 17 |             |              | 00:19:33 | 00:39:42.81 | 7:56   | 7.6  |
| 65  | WOLSKI TOMASZ          | 194 |                              | KOSZALIN         | POL | M40-44               | 7    | M 48 | 1           |              | 00:19:27 | 00:39:48.91 | 7:57   | 7.5  |
| 66  | BEREŚ MARCIN           | 8   | AZS ŚUM                      | RZESZÓW          | POL | M18-29               | 2    | M 49 |             |              | 00:19:53 | 00:40:00.35 | 8:00   | 7.5  |
| 67  | ZIELIŃSKA JOLANTA      | 66  | GOSIR OSIELSKO               | OSIELSKO         | POL | K55-59               | 1    | K 18 |             |              | 00:19:56 | 00:40:06.91 | 8:01   | 7.5  |
| 68  | MALINOWSKA MONIKA      | 204 | LKS ZANTYR SZTUM             | SZTUM            | POL | K30-39               | 4    | K 19 | 1           |              | 00:19:39 | 00:40:07.92 | 8:01   | 7.5  |
| 69  | DUDEK EDWARD           | 351 | KS METRACO POLKOWICE         | GŁOGÓW           | POL | M65-69               | 3    | M 50 |             |              | 00:19:36 | 00:40:10.09 | 8:02   | 7.5  |
| 70  | KORYTOWSKI JAKUB       | 74  | NW WERWA MŁAWA               | MŁAWA            | POL | M-DZIECI             | 1    | M 51 |             |              | 00:19:29 | 00:40:23.23 | 8:04   | 7.4  |
| 71  | GRYGOROWICZ BOGDAN     | 357 | KS METRACO POLKOWICE         | LUBIN            | POL | M-NIEPEŁNOSPRAWNI(B) | 2    | M 52 |             |              | 00:20:08 | 00:40:26.08 | 8:05   | 7.4  |
|     |                        |     |                              |                  |     | )                    |      |      |             |              |          |             |        |      |
| 72  | ŻUCHOWICZ ROBERT       | 381 | KS METRACO POLKOWICE         | DĄBROWA GÓRNICZA | POL | M55-59               | 6    | M 53 |             |              | 00:20:07 | 00:40:27.15 | 8:05   | 7.4  |
| 73  | CZMOCH MARIAN          | 24  | PUKS ŁOSICE                  | ŁOSICE           | POL | M65-69               | 4    | M 54 |             |              | 00:19:56 | 00:40:27.78 | 8:05   | 7.4  |
| 74  | SAMOJŁO SŁAWOMIR       | 147 |                              | ŚWINOUEJŚCIE     | POL | M55-59               | 7    | M 55 |             |              | 00:20:06 | 00:40:28.04 | 8:05   | 7.4  |
| 75  | RĘDZINIAK MARZENA      | 143 | KLUBSPORTU.PL                | RZESZÓW          | POL | K40-44               | 5    | K 20 |             |              | 00:19:55 | 00:40:28.69 | 8:05   | 7.4  |
| 76  | ANTOŃ BARTŁOMIEJ       | 3   | AZS ŚUM                      | PRZEMYŚL         | POL | M18-29               | 3    | M 56 |             |              | 00:19:51 | 00:40:36.87 | 8:07   | 7.4  |
| 77  | WAWRZYNIAK ANNA        | 186 | POLIPACK TEAM GWE            | GDYNIA           | POL | K45-49               | 2    | K 21 |             |              | 00:20:04 | 00:40:37.29 | 8:07   | 7.4  |
| 78  | POZNAŃSKI WIESŁAW      | 136 |                              | BIAŁYSTOK        | POL | M60-64               | 5    | M 57 |             |              | 00:20:20 | 00:40:37.96 | 8:07   | 7.4  |
| 79  | KOZIARZ ROMAN          | 76  | STADION ŚLĄSKI               | KATOWICE         | POL | M60-64               | 6    | M 58 |             |              | 00:20:06 | 00:40:38.49 | 8:07   | 7.4  |
| 80  | STOLTMANN HELENA       | 388 | BŁĘKITNI NW DZIEMIANY        | DZIEMIANY        | POL | K55-59               | 2    | K 22 |             |              | 00:20:10 | 00:40:40.47 | 8:08   | 7.4  |
| 81  | CHMIELEWSKI MARCIN     | 20  | PROTYM RACING TEAM           | POZNAŃ           | POL | M40-44               | 8    | M 59 | 1           |              | 00:19:35 | 00:40:41.29 | 8:08   | 7.4  |
| 82  | TUZIMEK AGATA          | 181 |                              | KURÓW            | POL | K30-39               | 5    | K 23 |             |              | 00:20:23 | 00:40:43.96 | 8:08   | 7.4  |
| 83  | TURKOWSKA IWONA        | 179 | SZALONE ONE                  | WĄGROWIEC        | POL | K55-59               | 3    | K 24 |             |              | 00:20:17 | 00:40:52.33 | 8:10   | 7.3  |
| 84  | JUREK KAMILA           | 62  |                              | BIAŁOŚLIWIE      | POL | K30-39               | 6    | K 25 |             |              | 00:20:19 | 00:40:55.63 | 8:11   | 7.3  |
| 85  | PINIS AGNIESZKA        | 130 | NORDIC TEAM CZĘSTOCHOWA      | BLACHOWNIA       | POL | K40-44               | 6    | K 26 |             |              | 00:20:17 | 00:41:01.48 | 8:12   | 7.3  |
| 86  | BUGAŁA ALICJA          | 14  | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA      | POL | K-JUN.               | 5    | K 27 |             |              | 00:20:04 | 00:41:07.05 | 8:13   | 7.3  |
| 87  | HAREND A KAROL         | 48  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | DOLASZEWÓ        | POL | M-DZIECI             | 2    | M 60 |             |              | 00:19:44 | 00:41:08.15 | 8:13   | 7.3  |
| 88  | SZENDZIELORZ ILONA     | 161 | STADION ŚLĄSKI               | RUDA ŚLĄSKA      | POL | K60-64               | 1    | K 28 |             |              | 00:20:29 | 00:41:08.71 | 8:13   | 7.3  |
| 89  | KUSTAL MARCIN          | 132 | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA      | POL | M40-44               | 9    | M 61 |             |              | 00:20:45 | 00:41:09.35 | 8:13   | 7.3  |
| 90  | ZIELIŃSKA IWONA        | 199 | SERCE NORDICA WŁOCŁAWEK      | WŁOCŁAWEK        | POL | K50-54               | 4    | K 29 |             |              | 00:20:38 | 00:41:17.02 | 8:15   | 7.3  |
| 91  | ŚLUSARCZYK GRZEGORZ    | 277 | WESOŁY BORSUK TEAM           | PRUDNIK          | POL | M45-49               | 9    | M 62 |             |              | 00:20:27 | 00:41:18.42 | 8:15   | 7.3  |

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| POS | Name and surname         | No. | Club                         | City            | NAT | Cat.                 | M.   | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|--------------------------|-----|------------------------------|-----------------|-----|----------------------|------|------|-------------|--------------|----------|-------------|--------|------|
|     |                          |     |                              |                 |     |                      | cat. |      |             |              |          |             |        |      |
| 92  | NIETRZEBKA ALEKSANDRA    | 118 | MIEDZYBORÓW                  | MIEDZYBORÓW     | POL | K18-29               | 1    | K 30 |             |              | 00:20:21 | 00:41:25.37 | 8:17   | 7.2  |
| 93  | MACZKOWSKA ZOFIA         | 97  | LKS ZANTYR SZTUM             | SZTUM           | POL | K-JUN.               | 6    | K 31 |             |              | 00:20:31 | 00:41:36.35 | 8:19   | 7.2  |
| 94  | SZYCKO OLIWIA            | 164 |                              | KOBYLNICIA      | POL | K-DZIECI             | 2    | K 32 |             |              | 00:20:25 | 00:41:38.48 | 8:19   | 7.2  |
| 95  | SMARSZCZ GRAŻYNA         | 149 | ŁĘBORSKIE LWY                | ŁĘBORK          | POL | K60-64               | 2    | K 33 | 1           |              | 00:20:53 | 00:41:42.02 | 8:20   | 7.2  |
| 96  | MIKUSIŃSKA JOLA          | 108 | FEAR THE RETURN              | KRAKÓW          | POL | K45-49               | 3    | K 34 |             |              | 00:20:43 | 00:41:45.95 | 8:21   | 7.2  |
| 97  | SZEMBERSKI PAWEŁ         | 160 | KLUBSPORTU.PL                | RZESZÓW         | POL | M45-49               | 10   | M 63 |             |              | 00:20:43 | 00:41:52.48 | 8:22   | 7.2  |
| 98  | MARCZEWSKI KAMIL         | 102 | AZS ŚUM                      | MIELEC          | POL | M18-29               | 4    | M 64 |             |              | 00:20:49 | 00:41:54.95 | 8:23   | 7.2  |
| 99  | DAROSZEWSKA KRYSZYNA     | 26  | SERCE NORDICA WŁOCŁAWEK      | WŁOCŁAWEK       | POL | K60-64               | 3    | K 35 |             |              | 00:20:56 | 00:41:55.90 | 8:23   | 7.2  |
| 100 | GAWOR RENATA             | 35  | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K50-54               | 5    | K 36 |             |              | 00:20:57 | 00:41:56.20 | 8:23   | 7.2  |
| 101 | SULECKA GABRIELA         | 156 |                              | ŚWIECIE         | POL | K-NIEPEŁNOSPRAWNI(A) | 2    | K 37 |             |              | 00:20:40 | 00:42:01.35 | 8:24   | 7.1  |
|     |                          |     |                              |                 |     | )                    |      |      |             |              |          |             |        |      |
| 102 | GRYGOROWICZ TERESA       | 356 | KS METRACO POLKOWICE         | LUBIN           | POL | K65-69               | 1    | K 38 |             |              | 00:20:41 | 00:42:04.73 | 8:25   | 7.1  |
| 103 | KRAWCZYK DOROTA          | 79  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | PIŁA            | POL | K60-64               | 4    | K 39 |             |              | 00:20:50 | 00:42:05.08 | 8:25   | 7.1  |
| 104 | TOKAREWICZ JOANNA        | 335 |                              | BYDGOSZCZ       | POL | K40-44               | 7    | K 40 | 2           |              | 00:21:07 | 00:42:13.77 | 8:26   | 7.1  |
| 105 | STOLARSKA JOANNA         | 348 | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K-JUN.               | 7    | K 41 |             |              | 00:20:24 | 00:42:17.56 | 8:27   | 7.1  |
| 106 | DARGAS SANDRA            | 393 | BŁĘKITNI NW DZIEMIANY        | DZIEMIANY       | POL | K-DZIECI             | 3    | K 42 |             |              | 00:20:46 | 00:42:18.90 | 8:27   | 7.1  |
| 107 | BUGAŁA ANNA              | 368 | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K40-44               | 8    | K 43 |             |              | 00:20:58 | 00:42:21.00 | 8:28   | 7.1  |
| 108 | ŁOPIŃSKI ALEKSY          | 374 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | PIŁA            | POL | M70+                 | 5    | M 65 |             |              | 00:21:09 | 00:42:21.73 | 8:28   | 7.1  |
| 109 | EWERTOWSKA EWA           | 31  | NORDIC WALKING KIEKRZ POLAND | POZNAŃ          | POL | K50-54               | 6    | K 44 |             |              | 00:21:00 | 00:42:22.98 | 8:28   | 7.1  |
| 110 | MOTOCZYŃSKI KRZYSZTOF    | 111 | GOSIR OSIELSKO               | BYDGOSZCZ       | POL | M60-64               | 7    | M 66 |             |              | 00:21:03 | 00:42:24.45 | 8:29   | 7.1  |
| 111 | ŻYTKOWSKI ANDRZEJ        | 249 | TKKF KRZNA                   | BIAŁA PODLASKA  | POL | M55-59               | 8    | M 67 |             |              | 00:20:59 | 00:42:24.63 | 8:29   | 7.1  |
| 112 | TOWARNICKA IZABELA       | 176 |                              | DAMROKI         | POL | K-NIEPEŁNOSPRAWNI(B) | 1    | K 45 |             |              | 00:21:06 | 00:42:30.64 | 8:30   | 7.1  |
|     |                          |     |                              |                 |     | )                    |      |      |             |              |          |             |        |      |
| 113 | OLECH MARCIN             | 122 |                              | GDAŃSK          | POL | M45-49               | 11   | M 68 |             |              | 00:21:18 | 00:42:43.55 | 8:32   | 7    |
| 114 | DANA KAZIMIERA           | 25  | KLUB NW PATYCZAKI GRUDZIĄDZ  | GRUDZIĄDZ       | POL | K65-69               | 2    | K 46 |             |              | 00:21:06 | 00:42:47.75 | 8:33   | 7    |
| 115 | JÓŻWIAK ŁUKASZ           | 60  | SERCE NORDICA WŁOCŁAWEK      | WŁOCŁAWEK       | POL | M-NIEPEŁNOSPRAWNI(B) | 3    | M 69 |             |              | 00:21:22 | 00:42:49.67 | 8:34   | 7    |
|     |                          |     |                              |                 |     | )                    |      |      |             |              |          |             |        |      |
| 116 | WAWRZYŃIAK IGOR          | 187 | POLIPACK TEAM GWE            | GDYNIA          | POL | M-DZIECI             | 3    | M 70 |             |              | 00:20:22 | 00:42:50.23 | 8:34   | 7    |
| 117 | PYKA ALEKSANDRA          | 139 | UNIA MIAST                   | LUBLINIEC       | POL | K-DZIECI             | 4    | K 47 |             |              | 00:21:00 | 00:42:55.32 | 8:35   | 7    |
| 118 | KUCZYŃSKA ANNA           | 86  | NORDIC WALKING KIEKRZ POLAND | OBORNIKI        | POL | K55-59               | 4    | K 48 |             |              | 00:21:21 | 00:42:56.09 | 8:35   | 7    |
| 119 | PONKA BARBARA            | 134 | POLIPACK TEAM GWE            | WEJHEROWO       | POL | K45-49               | 4    | K 49 |             |              | 00:21:18 | 00:42:58.94 | 8:35   | 7    |
| 120 | GODZIŃSKA PAULINA        | 38  | BAZANT NW ELBLĄG             | MILEJEWÓ        | POL | K-DZIECI             | 5    | K 50 |             |              | 00:21:38 | 00:42:59.53 | 8:35   | 7    |
| 121 | KOLARSKA NADIA           | 69  | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K-DZIECI             | 6    | K 51 |             |              | 00:21:31 | 00:43:01.16 | 8:36   | 7    |
| 122 | WOROCZ JOLANTA           | 370 | KS METRACO POLKOWICE         | DOPIEWO         | POL | K50-54               | 7    | K 52 |             |              | 00:21:21 | 00:43:03.12 | 8:36   | 7    |
| 123 | ŚLUSARCZYK KAROLINA      | 172 | WESOŁY BORSUK TEAM           | PRUDNIK         | POL | K-JUN.               | 8    | K 53 |             |              | 00:21:18 | 00:43:10.10 | 8:38   | 6.9  |
| 124 | GÓRCEKA IWONA            | 369 | STADION ŚLĄSKI               | ŚWIĘTOCHŁOWICE  | POL | K50-54               | 8    | K 54 |             |              | 00:21:29 | 00:43:12.83 | 8:38   | 6.9  |
| 125 | SZYCKO RADOŚLAW          | 165 |                              | KOBYLNICIA      | POL | M40-44               | 10   | M 71 |             |              | 00:21:20 | 00:43:13.90 | 8:38   | 6.9  |
| 126 | KUŹMICH MAGDALENA        | 92  | POLIPACK TEAM GWE            | MASZEWKO        | POL | K30-39               | 7    | K 55 |             |              | 00:21:21 | 00:43:18.55 | 8:39   | 6.9  |
| 127 | SOBCZYK RAFAŁ            | 150 | KLUBSPORTU.PL                | RZESZÓW         | POL | M45-49               | 12   | M 72 |             |              | 00:21:19 | 00:43:19.85 | 8:40   | 6.9  |
| 128 | HAREŃDA JOANNA           | 47  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | DOLASZEWO       | POL | K45-49               | 5    | K 56 |             |              | 00:21:55 | 00:43:35.31 | 8:43   | 6.9  |
| 129 | KORPAL Cezary            | 73  |                              | KOSZALIN        | POL | M55-59               | 9    | M 73 |             |              | 00:21:45 | 00:43:38.68 | 8:43   | 6.9  |
| 130 | PIĄTKOWSKI JÓZEF         | 360 | KS METRACO POLKOWICE         | POLKOWICE       | POL | M70+                 | 6    | M 74 |             |              | 00:21:43 | 00:43:40.57 | 8:44   | 6.9  |
| 131 | NIEŚLONY RYSZARD         | 117 | STADION ŚLĄSKI               | CHORZÓW         | POL | M55-59               | 10   | M 75 |             |              | 00:21:49 | 00:43:42.19 | 8:44   | 6.9  |
| 132 | GOŁĘBIEWSKI ANDRZEJ      | 40  | KLUB NW PATYCZAKI GRUDZIĄDZ  | GRUDZIĄDZ       | POL | M60-64               | 8    | M 76 |             |              | 00:22:05 | 00:43:44.83 | 8:45   | 6.9  |
| 133 | BIKOWSKA GABRIELA        | 12  | ŁĘBORSKIE LWY                | ŁĘBORK          | POL | K-NIEPEŁNOSPRAWNI(A) | 3    | K 57 |             |              | 00:21:38 | 00:43:47.78 | 8:45   | 6.8  |
|     |                          |     |                              |                 |     | )                    |      |      |             |              |          |             |        |      |
| 134 | BADZIĄG WALDEMAR         | 4   | ELITE TEAM                   | ŚLUPSK          | POL | M50-54               | 8    | M 77 |             |              | 00:21:40 | 00:43:49.62 | 8:45   | 6.8  |
| 135 | NIECHWIEJCZYK KINGA      | 115 | UNIA MIAST                   | ŚWIĘTOCHŁOWICE  | POL | K-JUN.               | 9    | K 58 |             |              | 00:21:27 | 00:43:57.19 | 8:47   | 6.8  |
| 136 | BIEGAŁO PIOTR            | 9   | ZDROWOPIJ.PL                 | PABIANICE       | POL | M50-54               | 9    | M 78 |             |              | 00:22:01 | 00:44:02.44 | 8:48   | 6.8  |
| 137 | SROKA PIOTR              | 153 | AZS UŚ                       | BYTOM           | POL | M18-29               | 5    | M 79 | 1           |              | 00:22:05 | 00:44:02.46 | 8:48   | 6.8  |
| 138 | WORONKO-ZACZYŃSKA JANINA | 363 | KS METRACO POLKOWICE         | LUBIN           | POL | K70+                 | 1    | K 59 |             |              | 00:21:59 | 00:44:03.54 | 8:48   | 6.8  |
| 139 | BARCZYK JOLANTA          | 6   | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K55-59               | 5    | K 60 |             |              | 00:21:52 | 00:44:05.86 | 8:49   | 6.8  |
| 140 | ADAMOWICZ ANDRZEJ        | 1   |                              | ŁÓDŹ            | POL | M70+                 | 7    | M 80 |             |              | 00:21:57 | 00:44:16.22 | 8:51   | 6.8  |
| 141 | ŚWIĆ JOANNA              | 157 | CHODŹ Z SERCEM               | RADZYŃ PODLASKI | POL | K45-49               | 6    | K 61 |             |              | 00:21:58 | 00:44:25.99 | 8:53   | 6.8  |
| 142 | GUZIOR AGNIESZKA         | 45  | KLUBSPORTU.PL                | RZESZÓW         | POL | K45-49               | 7    | K 62 |             |              | 00:21:56 | 00:44:28.12 | 8:53   | 6.7  |
| 143 | WIESZOŁEK EWELINA        | 188 |                              | IZBICKO         | POL | K30-39               | 8    | K 63 | 1           |              | 00:21:59 | 00:44:30.83 | 8:54   | 6.7  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, OPEN c.d.**

| POS  | Name and surname         | No. | Club                                                  | City                    | NAT | Cat.                  | M. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|--------------------------|-----|-------------------------------------------------------|-------------------------|-----|-----------------------|----|-------|-------------|--------------|----------|-------------|--------|------|
| cat. |                          |     |                                                       |                         |     |                       |    |       |             |              |          |             |        |      |
| 144  | CZEKAŃSKI DAMIAN         | 23  | WESOŁY BORSUK TEAM                                    | PRUDNIK                 | POL | M30-39                | 2  | M 81  |             |              | 00:22:15 | 00:44:32.99 | 8:54   | 6.7  |
| 145  | ZIELIŃSKI JACEK          | 200 | GDAŃSKIE WODY AKTYWUJĄ                                | GDAŃSK                  | POL | M65-69                | 5  | M 82  |             |              | 00:22:10 | 00:44:37.22 | 8:55   | 6.7  |
| 146  | BIEGAJŁO MAŁGORZATA      | 10  | ZDROWOPIJ.PL                                          | PABIANICE               | POL | K50-54                | 9  | K 64  |             |              | 00:22:12 | 00:44:39.62 | 8:55   | 6.7  |
| 147  | RURAŃSKI JERZY           | 145 | STADION ŚLĄSKI                                        | KATOWICE                | POL | M70+                  | 8  | M 83  |             |              | 00:21:52 | 00:44:47.83 | 8:57   | 6.7  |
| 148  | NOWAK EWA                | 119 | STADION ŚLĄSKI                                        | CZĘSTOCHOWA             | POL | K50-54                | 10 | K 65  |             |              | 00:22:24 | 00:44:48.22 | 8:57   | 6.7  |
| 149  | ANGIELCZYK MAŁGORZATA    | 2   | MARSZ PO ZDROWIE                                      | POZNAŃ                  | POL | K65-69                | 3  | K 66  |             |              | 00:22:09 | 00:44:48.62 | 8:57   | 6.7  |
| 150  | MAŁACHOWICZ BARBARA      | 99  |                                                       | BIAŁA PODLASKA          | POL | K65-69                | 4  | K 67  |             |              | 00:22:32 | 00:44:49.23 | 8:57   | 6.7  |
| 151  | ŻUKOWICZ BARTŁOMIEJ      | 387 | KLUBSPORTU.PL                                         | RZESZÓW                 | POL | M45-49                | 13 | M 84  |             |              | 00:22:09 | 00:44:59.59 | 9:00   | 6.7  |
| 152  | KOZIARZ JADWIGA          | 77  | STADION ŚLĄSKI                                        | KATOWICE                | POL | K55-59                | 6  | K 68  |             |              | 00:22:10 | 00:45:02.96 | 9:00   | 6.7  |
| 153  | KUBAT MONIKA             | 83  | NORDIC TEAM CZĘSTOCHOWA                               | BOROWNO                 | POL | K45-49                | 8  | K 69  |             |              | 00:22:11 | 00:45:03.56 | 9:00   | 6.7  |
| 154  | RÓŻYCKA BEATA            | 144 | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K45-49                | 9  | K 70  |             |              | 00:22:31 | 00:45:06.73 | 9:01   | 6.6  |
| 155  | GRUDNOWSKA DOMINIKA      | 399 | BŁĘKITNI NW DZIEMIANY                                 | DZIEMIANY               | POL | K-JUN.                | 10 | K 71  |             |              | 00:21:49 | 00:45:10.09 | 9:02   | 6.6  |
| 156  | WIĘCKIEWICZ MIROŚLAW     | 189 |                                                       | ELBLĄG                  | POL | M55-59                | 11 | M 85  |             |              | 00:22:26 | 00:45:10.40 | 9:02   | 6.6  |
| 157  | BURCHART MONIKA          | 15  | TEAM DEAF                                             | WEJHEROWO               | POL | K-NIEPEŁNOSPRAWNI(B ) | 2  | K 72  |             |              | 00:22:31 | 00:45:12.68 | 9:02   | 6.6  |
| 158  | KORZENIOWSKA ALDONA      | 75  | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K50-54                | 11 | K 73  |             |              | 00:22:55 | 00:45:21.04 | 9:04   | 6.6  |
| 159  | SZEMBERSKA MAŁGORZATA    | 159 | KLUBSPORTU.PL                                         | RZESZÓW                 | POL | K45-49                | 10 | K 74  |             |              | 00:22:27 | 00:45:21.84 | 9:04   | 6.6  |
| 160  | KSIĄŻEK DANUTA           | 81  | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K-NIEPEŁNOSPRAWNI(A ) | 4  | K 75  |             |              | 00:22:40 | 00:45:29.38 | 9:05   | 6.6  |
| 161  | BIESZKE PAWEŁ            | 11  |                                                       | WOJCIESZYCE             | POL | M55-59                | 12 | M 86  |             |              | 00:22:13 | 00:45:30.39 | 9:06   | 6.6  |
| 162  | MIKSZA ADAM              | 107 |                                                       | STARGARD                | POL | M40-44                | 11 | M 87  |             |              | 00:22:29 | 00:45:31.76 | 9:06   | 6.6  |
| 163  | PINIS GABRIELA           | 129 | NORDIC TEAM CZĘSTOCHOWA                               | BLACHOWNIA              | POL | K-DZIECI              | 7  | K 76  |             |              | 00:22:04 | 00:45:32.13 | 9:06   | 6.6  |
| 164  | MICHAŁAK ELŻBIETA        | 105 | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K55-59                | 7  | K 77  |             |              | 00:22:51 | 00:45:32.72 | 9:06   | 6.6  |
| 165  | GRYGIEL TERESA           | 43  | MARSZ PO ZDROWIE                                      | POZNAŃ                  | POL | K60-64                | 5  | K 78  |             |              | 00:22:39 | 00:45:33.46 | 9:06   | 6.6  |
| 166  | ZIELIŃSKA ELŻBIETA       | 198 | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K50-54                | 12 | K 79  |             |              | 00:23:06 | 00:45:51.80 | 9:10   | 6.5  |
| 167  | STOLARSKA MAGDALENA      | 347 | NORDIC TEAM CZĘSTOCHOWA                               | CZĘSTOCHOWA             | POL | K50-54                | 13 | K 80  |             |              | 00:22:42 | 00:45:52.32 | 9:10   | 6.5  |
| 168  | BARAN ANETA              | 263 |                                                       | BORNE SULINOWO          | POL | K45-49                | 11 | K 81  |             |              | 00:22:57 | 00:45:58.46 | 9:11   | 6.5  |
| 169  | FILUSZ ALFRED            | 32  |                                                       | ZDZIESZOWICE            | POL | M50-54                | 10 | M 88  |             |              | 00:23:12 | 00:46:02.33 | 9:12   | 6.5  |
| 170  | SZYMAŃSKA LUCYNA         | 168 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLINY                | POL | K-NIEPEŁNOSPRAWNI(A ) | 5  | K 82  |             |              | 00:22:28 | 00:46:05.02 | 9:13   | 6.5  |
| 171  | JANIK BOGUSŁAW           | 56  | STADION ŚLĄSKI                                        | SIEMIANOWICE ŚL.        | POL | M55-59                | 13 | M 89  |             |              | 00:22:42 | 00:46:07.50 | 9:13   | 6.5  |
| 172  | KUŚMIEREK BEATA          | 396 | BŁĘKITNI NW DZIEMIANY                                 | DZIEMIANY               | POL | K40-44                | 9  | K 83  |             |              | 00:23:00 | 00:46:08.00 | 9:13   | 6.5  |
| 173  | JEDYNAK STANISŁAW        | 366 | PASJA NORDIC WALKING                                  | RASZYN                  | POL | M70+                  | 9  | M 90  |             |              | 00:22:49 | 00:46:10.54 | 9:14   | 6.5  |
| 174  | KUTNIEWSKA MARIA         | 91  | FACE NORDIC WALKING TEAM                              | ŻUKOWO                  | POL | K60-64                | 6  | K 84  |             |              | 00:22:57 | 00:46:11.55 | 9:14   | 6.5  |
| 175  | MARCINIUK KATARZYNA      | 100 | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K45-49                | 12 | K 85  |             |              | 00:23:34 | 00:46:18.26 | 9:15   | 6.5  |
| 176  | OBREBSKA WIOLETTA        | 120 | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K45-49                | 13 | K 86  |             |              | 00:22:40 | 00:46:22.54 | 9:16   | 6.5  |
| 177  | AUGUSTYNIAK PIOTR        | 322 |                                                       | WIERZCHOWO              | POL | M45-49                | 14 | M 91  |             |              | 00:22:16 | 00:46:26.96 | 9:17   | 6.5  |
| 178  | RACZYŃSKA ALEKSANDRA     | 140 | STADION ŚLĄSKI                                        | CHORZÓW                 | POL | K70+                  | 2  | K 87  |             |              | 00:22:55 | 00:46:45.87 | 9:21   | 6.4  |
| 179  | GRUDNOWSKI NORBERT       | 398 | BŁĘKITNI NW DZIEMIANY                                 | DZIEMIANY               | POL | M-DZIECI              | 4  | M 92  |             |              | 00:22:11 | 00:46:45.97 | 9:21   | 6.4  |
| 180  | KACZMAREK MARTYNA        | 248 | MARSZ PO ZDROWIE                                      | POZNAŃ                  | POL | K-DZIECI              | 8  | K 88  |             |              | 00:23:00 | 00:46:54.13 | 9:22   | 6.4  |
| 181  | OWCZAREK MAGDALENA       | 124 | MIĘDZYBORÓW                                           | MIĘDZYBORÓW             | POL | K50-54                | 14 | K 89  |             |              | 00:23:30 | 00:46:54.60 | 9:23   | 6.4  |
| 182  | STĘPNIEWSKA AGNIESZKA    | 155 |                                                       | KOSZALIN                | POL | K-NIEPEŁNOSPRAWNI(A ) | 6  | K 90  |             |              | 00:23:36 | 00:46:58.50 | 9:23   | 6.4  |
| 183  | MAZUR BARBARA            | 104 | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K65-69                | 5  | K 91  |             |              | 00:23:29 | 00:47:21.65 | 9:28   | 6.3  |
| 184  | HOLWEK IWONA             | 52  | ZDROWOPIJ.PL                                          | PABIANICE               | POL | K50-54                | 15 | K 92  |             |              | 00:23:17 | 00:47:22.57 | 9:28   | 6.3  |
| 185  | WIĘCKOWSKA DOROTA        | 190 | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K50-54                | 16 | K 93  |             |              | 00:24:25 | 00:47:38.14 | 9:31   | 6.3  |
| 186  | BORUCZYŃSKI DARIUSZ      | 207 |                                                       | POLICE                  | POL | M45-49                | 15 | M 93  |             |              | 00:23:23 | 00:47:40.89 | 9:32   | 6.3  |
| 187  | GRZEGORZEWSKA ANETA      | 44  | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K40-44                | 10 | K 94  |             |              | 00:23:37 | 00:47:46.92 | 9:33   | 6.3  |
| 188  | KRUSZKA MARIA            | 364 | PASJA NORDIC WALKING                                  | MARKI                   | POL | K65-69                | 6  | K 95  |             |              | 00:23:41 | 00:47:55.80 | 9:35   | 6.3  |
| 189  | JANIK MARZENNA           | 55  | STADION ŚLĄSKI                                        | CHORZÓW                 | POL | K55-59                | 8  | K 96  |             |              | 00:23:49 | 00:47:57.51 | 9:35   | 6.3  |
| 190  | KULA MONIKA              | 88  | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI         | POL | K45-49                | 14 | K 97  |             |              | 00:24:53 | 00:48:25.18 | 9:41   | 6.2  |
| 191  | WSZOŁEK JAKUB            | 197 | AZS ŚUM                                               | RZEPPIENNIK STRZYŻEWSKI | POL | M18-29                | 6  | M 94  |             |              | 00:23:56 | 00:48:38.81 | 9:43   | 6.2  |
| 192  | MAKOWSKA-SARAŃSKA JOANNA | 373 | TRANSFORMERS                                          | LESZNO                  | POL | K30-39                | 9  | K 98  |             |              | 00:24:11 | 00:48:47.95 | 9:45   | 6.1  |
| 193  | MIKSZA KATARZYNA         | 106 |                                                       | STARGARD                | POL | K40-44                | 11 | K 99  |             |              | 00:24:13 | 00:48:59.74 | 9:48   | 6.1  |
| 194  | MALINOWSKA GRAŻYNA       | 98  | LKS ZANTYR SZTUM                                      | SZTUM                   | POL | K70+                  | 3  | K 100 |             |              | 00:24:26 | 00:49:03.19 | 9:48   | 6.1  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, OPEN c.d.**

| POS | Name and surname           | No. | Club                         | City            | NAT | Cat.                 | M.   | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|----------------------------|-----|------------------------------|-----------------|-----|----------------------|------|-------|-------------|--------------|----------|-------------|--------|------|
|     |                            |     |                              |                 |     |                      | cat. |       |             |              |          |             |        |      |
| 195 | SAWA HELENA                | 148 | LĘBORSKIE LWY                | LĘBORK          | POL | K70+                 | 4    | K 101 |             |              | 00:24:07 | 00:49:14.33 | 9:50   | 6.1  |
| 196 | KORPAL GRAŻYNA             | 72  |                              | KOSZALIN        | POL | K55-59               | 9    | K 102 |             |              | 00:24:36 | 00:49:15.43 | 9:51   | 6.1  |
| 197 | MOTOCZYŃSKA ALEKSANDRA     | 110 | GOSIR OSIELSKO               | BYDGOSZCZ       | POL | K60-64               | 7    | K 103 |             |              | 00:24:21 | 00:49:18.02 | 9:51   | 6.1  |
| 198 | ŁASIŃSKA KRYSZYNA          | 202 | SZALONE ONE                  | WĄGROWIEC       | POL | K65-69               | 7    | K 104 |             |              | 00:24:15 | 00:49:24.92 | 9:52   | 6.1  |
| 199 | LECZYK JADWIGA             | 93  | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K60-64               | 8    | K 105 |             |              | 00:24:09 | 00:49:46.85 | 9:57   | 6    |
| 200 | HAREŃDA DAWID              | 49  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM  | DOLASZEWO       | POL | M-DZIECI             | 5    | M 95  |             |              | 00:23:39 | 00:49:57.64 | 9:59   | 6    |
| 201 | ŚLIWIŃSKA EDYTA            | 170 | TEAM DEAF                    | KOSAKOWO        | POL | K-NIEPEŁNOSPRAWNI(B) | 3    | K 106 |             |              | 00:25:16 | 00:50:02.49 | 10:00  | 6    |
| 202 | KUCZYŃSKI WŁODZIMIERZ      | 87  | NORDIC WALKING KIEKRZ POLAND | OBORNIKI        | POL | M60-64               | 9    | M 96  |             |              | 00:24:27 | 00:50:04.84 | 10:01  | 6    |
| 203 | KORZENIEC JOANNA           | 225 |                              | KRASIEJÓW       | POL | K40-44               | 12   | K 107 |             |              | 00:25:16 | 00:50:15.46 | 10:03  | 6    |
| 204 | CHYREK RENATA              | 21  | GOSIR OSIELSKO               | BYDGOSZCZ       | POL | K55-59               | 10   | K 108 |             |              | 00:24:39 | 00:50:18.21 | 10:03  | 6    |
| 205 | GROBELNA JADWIGA           | 355 | KS METRACO POLKOWICE         | LUBIN           | POL | K-NIEPEŁNOSPRAWNI(B) | 4    | K 109 |             |              | 00:24:52 | 00:50:25.98 | 10:05  | 5.9  |
| 206 | CHLIPIAŁA AGNIESZKA        | 18  | NADLEŚNICTWO WAŁBRZYCH       | WAŁBRZYCH       | POL | K30-39               | 10   | K 110 |             |              | 00:25:37 | 00:50:28.99 | 10:05  | 5.9  |
| 207 | DARGAS MAŁGORZATA          | 392 | BŁĘKITNI NW DZIEMIANY        | DZIEMIANY       | POL | K40-44               | 13   | K 111 |             |              | 00:25:08 | 00:50:39.08 | 10:07  | 5.9  |
| 208 | SCHREUDER STANISŁAWA       | 385 |                              | KOSZALIN        | POL | K70+                 | 5    | K 112 |             |              | 00:24:44 | 00:50:39.66 | 10:08  | 5.9  |
| 209 | JEDYNAK KATARZYNA          | 365 | PASJA NORDIC WALKING         | RASZYN          | POL | K-JUN.               | 11   | K 113 |             |              | 00:23:53 | 00:50:50.56 | 10:10  | 5.9  |
| 210 | POPEK MAŁGORZATA           | 135 | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K60-64               | 9    | K 114 |             |              | 00:25:05 | 00:50:51.06 | 10:10  | 5.9  |
| 211 | SZWAJA KATARZYNA           | 367 | ZAWIERCIE                    | ZAWIERCIE       | POL | K45-49               | 15   | K 115 |             |              | 00:25:07 | 00:50:52.42 | 10:10  | 5.9  |
| 212 | SACHA KRZYSZTOF            | 146 | AZS ŚUM                      | TYCHY           | POL | M18-29               | 7    | M 97  |             |              | 00:25:43 | 00:50:55.35 | 10:11  | 5.9  |
| 213 | OGONOWSKA EDYTA            | 121 | KLUB NW PATYCZAKI GRUDZIĄDZ  | GRUDZIĄDZ       | POL | K55-59               | 11   | K 116 |             |              | 00:25:21 | 00:50:56.38 | 10:11  | 5.9  |
| 214 | MODELSKI PAWEŁ             | 109 | AZS ŚUM                      | KRAKÓW          | POL | M18-29               | 8    | M 98  |             |              | 00:25:41 | 00:50:57.11 | 10:11  | 5.9  |
| 215 | MARCZAK PIOTR              | 101 |                              | SZCZECINEK      | POL | M40-44               | 12   | M 99  |             |              | 00:24:52 | 00:50:57.93 | 10:11  | 5.9  |
| 216 | ŚLUSARCZYK DANUTA          | 171 | WESOŁY BORSUK TEAM           | PRUDNIK         | POL | K65-69               | 8    | K 117 | 1           |              | 00:25:11 | 00:51:04.34 | 10:13  | 5.9  |
| 217 | OWCZAREK HENRYKA           | 126 | MARSZ PO ZDROWIE             | POZNAŃ          | POL | K70+                 | 6    | K 118 |             |              | 00:25:52 | 00:51:27.19 | 10:17  | 5.8  |
| 218 | PROKOPOWICZ MAŁGORZATA     | 137 | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K-NIEPEŁNOSPRAWNI(A) | 7    | K 119 |             |              | 00:25:12 | 00:51:41.32 | 10:20  | 5.8  |
| 219 | LEWANDOWSKI JACEK          | 94  | STADION ŚLĄSKI               | CZĘSTOCHOWA     | POL | M-NIEPEŁNOSPRAWNI(B) | 4    | M 100 |             |              | 00:25:59 | 00:52:55.79 | 10:35  | 5.7  |
| 220 | DUSZEŃKO ELWIRA            | 353 | KS METRACO POLKOWICE         | LUBIN           | POL | K-NIEPEŁNOSPRAWNI(A) | 8    | K 120 |             |              | 00:25:54 | 00:53:03.75 | 10:36  | 5.7  |
| 221 | KISIEL PIOTR               | 206 |                              | WARSZAWA        | POL | M-DZIECI             | 6    | M 101 | 1           |              | 00:24:45 | 00:53:09.36 | 10:38  | 5.6  |
| 222 | MATEJEK MARZENA            | 103 | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K50-54               | 17   | K 121 |             |              | 00:26:20 | 00:53:12.22 | 10:38  | 5.6  |
| 223 | PANKIEWICZ-DMOWSKA CECYLIA | 127 | FACE NORDIC WALKING TEAM     | GOWINO          | POL | K70+                 | 7    | K 122 |             |              | 00:26:23 | 00:53:13.96 | 10:38  | 5.6  |
| 224 | BOJARCUK ELŻBIETA          | 13  | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K55-59               | 12   | K 123 |             |              | 00:25:57 | 00:53:18.31 | 10:39  | 5.6  |
| 225 | GRODNOWSKA WIKTORIA        | 397 | BŁĘKITNI NW DZIEMIANY        | DZIEMIANY       | POL | K-DZIECI             | 9    | K 124 |             |              | 00:26:26 | 00:53:48.73 | 10:45  | 5.6  |
| 226 | DARGAS MARTA               | 394 | BŁĘKITNI NW DZIEMIANY        | DZIEMIANY       | POL | K-DZIECI             | 10   | K 125 |             |              | 00:26:26 | 00:53:49.35 | 10:46  | 5.6  |
| 227 | JAKUBCZYK-GONICKA JUSTYNA  | 241 |                              | KOSZALIN        | POL | K40-44               | 14   | K 126 |             |              | 00:27:03 | 00:53:50.10 | 10:46  | 5.6  |
| 228 | SOKOŁOWSKA DOROTA          | 151 | POLIPACK TEAM GWE            | GOŚCICINO       | POL | K50-54               | 18   | K 127 |             |              | 00:26:53 | 00:54:24.54 | 10:52  | 5.5  |
| 229 | GAJDA WERONIKA             | 34  |                              | KOSZALIN        | POL | K-DZIECI             | 11   | K 128 |             |              | 00:26:42 | 00:54:26.00 | 10:53  | 5.5  |
| 230 | KOZA MIROSŁAWA             | 209 |                              | MIELNO          | POL | K45-49               | 16   | K 129 |             |              | 00:28:15 | 00:55:49.68 | 11:09  | 5.4  |
| 231 | LEDOCHOWICZ ANNA           | 208 | CKM MIELNO                   | MIELNO          | POL | K40-44               | 15   | K 130 |             |              | 00:28:49 | 00:56:21.57 | 11:16  | 5.3  |
| 232 | KAZIMIERCZAK ŻANETA        | 203 | GOSIR OSIELSKO               | OSIELSKO        | POL | K40-44               | 16   | K 131 |             |              | 00:28:50 | 00:56:21.90 | 11:16  | 5.3  |
| 233 | BARTNIK MARIAN             | 372 | TKKF KOSZALIN                | KOSZALIN        | POL | M70+                 | 10   | M 102 |             |              | 00:26:55 | 00:56:38.04 | 11:19  | 5.3  |
| 234 | CYBULSKA EWA               | 22  | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K-NIEPEŁNOSPRAWNI(A) | 9    | K 132 |             |              | 00:28:45 | 00:58:13.04 | 11:38  | 5.2  |
| 235 | HORNOWSKA BOŻENA           | 53  | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K-NIEPEŁNOSPRAWNI(A) | 10   | K 133 |             |              | 00:28:32 | 00:58:20.63 | 11:40  | 5.1  |
| 236 | KULCZYCKI JAN              | 89  |                              | GDAŃSK          | POL | M65-69               | 6    | M 103 |             |              | 00:28:27 | 00:58:32.18 | 11:42  | 5.1  |
| 237 | GAJDA EWA                  | 238 |                              | KOSZALIN        | POL | K50-54               | 19   | K 134 |             |              | 00:27:42 | 00:58:36.73 | 11:43  | 5.1  |
| 238 | CAG-SOBCZYK EDYTA          | 16  | KLUBSPORTU.PL                | RZESZÓW         | POL | K45-49               | 17   | K 135 |             |              | 00:29:43 | 00:58:51.75 | 11:46  | 5.1  |
| 239 | CICHECKA DOROTA            | 5   |                              | MIELNO          | POL | K30-39               | 11   | K 136 |             |              | 00:28:07 | 00:58:59.87 | 11:47  | 5.1  |
| 240 | JAGODZIŃSKA WIKTORIA       | 19  |                              | MIELNO          | POL | K-DZIECI             | 12   | K 137 |             |              | 00:28:08 | 00:59:03.28 | 11:48  | 5.1  |
| 241 | DROP MIECZYŚLAW            | 29  | KS SOKÓŁ GAŚAWA              | PAKOŚĆ          | POL | M70+                 | 11   | M 104 |             |              | 00:29:30 | 01:00:02.49 | 12:00  | 5    |
| 242 | KILAR IGOR                 | 67  | KILAR TEAM                   | KOSZALIN        | POL | M-DZIECI             | 7    | M 105 |             |              | 00:29:54 | 01:01:02.58 | 12:12  | 4.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, OPEN c.d.**

| POS | Name and surname    | No. | Club        | City      | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km          | Netto             | min/km | km/h |
|-----|---------------------|-----|-------------|-----------|-----|--------|---------|-------|-------------|--------------|----------------|-------------------|--------|------|
| 243 | BARTYGA ZOFIA       | 371 |             | KOSZALIN  | POL | K65-69 | 9       | K 138 |             |              | 00:29:47       | 01:01:12.55       | 12:14  | 4.9  |
| 244 | TRZCIŃSKI EUGENIUSZ | 177 |             | BYDGOSZCZ | POL | M60-64 | 10      | M 106 |             |              | 00:23:48       |                   | 9:31   | 6.3  |
| 245 | TUZIMEK JAKUB       | 182 |             | KURÓW     | POL | M-JUN. | 5       | M 107 | 2           |              |                |                   |        |      |
| DQ  | TURKOWSKI STANISŁAW | 180 | RUNCOHOLICS | WĄGROWIEC | POL | M55-59 | DQ      | DQ    |             | 1            | 00:20:19<br>DQ | 00:41:21.73<br>DQ | 0:00   | 7.3  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K-Niepełnosprawni(A)**

| POS | Name and surname       | No. | Club                                                  | City            | NAT | Cat.                 | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|------------------------|-----|-------------------------------------------------------|-----------------|-----|----------------------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | SZYMANOWSKA ANNA       | 166 | LĘBORSKIE LWY                                         | LĘBORK          | POL | K-NIEPEŁNOSPRAWNI(A) | 1       | K 15  |             |              | 00:19:26 | 00:39:08.68 | 7:49   | 7.7  |
| 2   | SULECKA GABRIELA       | 156 |                                                       | ŚWIECIE         | POL | K-NIEPEŁNOSPRAWNI(A) | 2       | K 37  |             |              | 00:20:40 | 00:42:01.35 | 8:24   | 7.1  |
| 3   | BIKOWSKA GABRIELA      | 12  | LĘBORSKIE LWY                                         | LĘBORK          | POL | K-NIEPEŁNOSPRAWNI(A) | 3       | K 57  |             |              | 00:21:38 | 00:43:47.78 | 8:45   | 6.8  |
| 4   | KSIĄŻEK DANUTA         | 81  | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI | POL | K-NIEPEŁNOSPRAWNI(A) | 4       | K 75  |             |              | 00:22:40 | 00:45:29.38 | 9:05   | 6.6  |
| 5   | SZYMAŃSKA LUCYNA       | 168 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLINY        | POL | K-NIEPEŁNOSPRAWNI(A) | 5       | K 82  |             |              | 00:22:28 | 00:46:05.02 | 9:13   | 6.5  |
| 6   | STĘPNIOWSKA AGNIESZKA  | 155 |                                                       | KOSZALIN        | POL | K-NIEPEŁNOSPRAWNI(A) | 6       | K 90  |             |              | 00:23:36 | 00:46:58.50 | 9:23   | 6.4  |
| 7   | PROKOPOWICZ MAŁGORZATA | 137 | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI | POL | K-NIEPEŁNOSPRAWNI(A) | 7       | K 119 |             |              | 00:25:12 | 00:51:41.32 | 10:20  | 5.8  |
| 8   | DUSZEŃKO ELWIRA        | 353 | KS METRACO POLKOWICE                                  | LUBIN           | POL | K-NIEPEŁNOSPRAWNI(A) | 8       | K 120 |             |              | 00:25:54 | 00:53:03.75 | 10:36  | 5.7  |
| 9   | CYBULSKA EWA           | 22  | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI | POL | K-NIEPEŁNOSPRAWNI(A) | 9       | K 132 |             |              | 00:28:45 | 00:58:13.04 | 11:38  | 5.2  |
| 10  | HORNOWSKA BOŻENA       | 53  | CHODZĘ Z SERCEM                                       | RADZYŃ PODLASKI | POL | K-NIEPEŁNOSPRAWNI(A) | 10      | K 133 |             |              | 00:28:32 | 00:58:20.63 | 11:40  | 5.1  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K-Niepełnosprawni(B)**

| POS | Name and surname   | No. | Club                 | City      | NAT | Cat.                 | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|--------------------|-----|----------------------|-----------|-----|----------------------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | TOWARNICKA IZABELA | 176 |                      | DAMROKI   | POL | K-NIEPEŁNOSPRAWNI(B) | 1       | K 45  |             |              | 00:21:06 | 00:42:30.64 | 8:30   | 7.1  |
| 2   | BURCHART MONIKA    | 15  | TEAM DEAF            | WEJHEROWO | POL | K-NIEPEŁNOSPRAWNI(B) | 2       | K 72  |             |              | 00:22:31 | 00:45:12.68 | 9:02   | 6.6  |
| 3   | ŚLIWIŃSKA EDYTA    | 170 | TEAM DEAF            | KOSAKOWO  | POL | K-NIEPEŁNOSPRAWNI(B) | 3       | K 106 |             |              | 00:25:16 | 00:50:02.49 | 10:00  | 6    |
| 4   | GROBELNA JADWIGA   | 355 | KS METRACO POLKOWICE | LUBIN     | POL | K-NIEPEŁNOSPRAWNI(B) | 4       | K 109 |             |              | 00:24:52 | 00:50:25.98 | 10:05  | 5.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M-Niepełnosprawni(A)**

| POS | Name and surname | No. | Club                 | City    | NAT | Cat.                 | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|------------------|-----|----------------------|---------|-----|----------------------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | DUSZEŃKO ZYGMUNT | 352 | KS METRACO POLKOWICE | LUBIN   | POL | M-NIEPEŁNOSPRAWNI(A) | 1       | M 26 |             |              | 00:18:43 | 00:37:41.10 | 7:32   | 8    |
| 2   | POLISZCZUK PIOTR | 133 | PIERNIKI NA CHODZIE  | TORUŃ   | POL | M-NIEPEŁNOSPRAWNI(A) | 2       | M 27 |             |              | 00:18:42 | 00:37:41.87 | 7:32   | 8    |
| 3   | GAŁĄŻKA PAWEŁ    | 349 | MUSZKIETEROWIE       | GNIEZNO | POL | M-NIEPEŁNOSPRAWNI(A) | 3       | M 33 |             |              | 00:18:50 | 00:38:01.41 | 7:36   | 7.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M-Niepełnosprawni(A) c.d.**

| POS | Name and surname | No. | Club              | City     | NAT | Cat.                 | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|------------------|-----|-------------------|----------|-----|----------------------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 4   | PIĄTEK DARIUSZ   | 128 | POLIPACK TEAM GWE | GNIEWINO | POL | M-NIEPEŁNOSPRAWNI(A) | 4       | M 44 |             |              | 00:19:09 | 00:39:02.97 | 7:48   | 7.7  |

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**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M-Niepełnosprawni(B)**

| POS | Name and surname   | No. | Club                    | City        | NAT | Cat.                 | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|--------------------|-----|-------------------------|-------------|-----|----------------------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | TOPOREK RAFAŁ      | 175 | ŁĘBORSKIE LWY           | PRZODKOWO   | POL | M-NIEPEŁNOSPRAWNI(B) | 1       | M 21  |             |              | 00:18:58 | 00:37:04.19 | 7:24   | 8.1  |
| 2   | GRYGOROWICZ BOGDAN | 357 | KS METRACO POLKOWICE    | LUBIN       | POL | M-NIEPEŁNOSPRAWNI(B) | 2       | M 52  |             |              | 00:20:08 | 00:40:26.08 | 8:05   | 7.4  |
| 3   | JÓŻWIAK ŁUKASZ     | 60  | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK   | POL | M-NIEPEŁNOSPRAWNI(B) | 3       | M 69  |             |              | 00:21:22 | 00:42:49.67 | 8:34   | 7    |
| 4   | LEWANDOWSKI JACEK  | 94  | STADION ŚLĄSKI          | CZĘSTOCHOWA | POL | M-NIEPEŁNOSPRAWNI(B) | 4       | M 100 |             |              | 00:25:59 | 00:52:55.79 | 10:35  | 5.7  |

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**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K-Dzieci**

| POS | Name and surname     | No. | Club                    | City        | NAT | Cat.     | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|----------------------|-----|-------------------------|-------------|-----|----------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | WITUCKA KAROLINA     | 192 |                         | POZNAŃ      | POL | K-DZIECI | 1       | K 17  |             |              | 00:19:33 | 00:39:42.81 | 7:56   | 7.6  |
| 2   | SZYCKO OLIVIA        | 164 |                         | KOBYLNICA   | POL | K-DZIECI | 2       | K 32  |             |              | 00:20:25 | 00:41:38.48 | 8:19   | 7.2  |
| 3   | DARGAS SANDRA        | 393 | BŁĘKITNI NW DZIEMIANY   | DZIEMIANY   | POL | K-DZIECI | 3       | K 42  |             |              | 00:20:46 | 00:42:18.90 | 8:27   | 7.1  |
| 4   | PYKA ALEKSANDRA      | 139 | UNIA MIAST              | LUBLINIEC   | POL | K-DZIECI | 4       | K 47  |             |              | 00:21:00 | 00:42:55.32 | 8:35   | 7    |
| 5   | GODZIŃSKA PAULINA    | 38  | BAŻANT NW ELBLĄG        | MILEJEWÓ    | POL | K-DZIECI | 5       | K 50  |             |              | 00:21:38 | 00:42:59.53 | 8:35   | 7    |
| 6   | KOLARSKA NADIA       | 69  | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K-DZIECI | 6       | K 51  |             |              | 00:21:31 | 00:43:01.16 | 8:36   | 7    |
| 7   | PINIS GABRIELA       | 129 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA  | POL | K-DZIECI | 7       | K 76  |             |              | 00:22:04 | 00:45:32.13 | 9:06   | 6.6  |
| 8   | KACZMAREK MARTYNA    | 248 | MARSZ PO ZDROWIE        | POZNAŃ      | POL | K-DZIECI | 8       | K 88  |             |              | 00:23:00 | 00:46:54.13 | 9:22   | 6.4  |
| 9   | GRODNOWSKA WIKTORIA  | 397 | BŁĘKITNI NW DZIEMIANY   | DZIEMIANY   | POL | K-DZIECI | 9       | K 124 |             |              | 00:26:26 | 00:53:48.73 | 10:45  | 5.6  |
| 10  | DARGAS MARTA         | 394 | BŁĘKITNI NW DZIEMIANY   | DZIEMIANY   | POL | K-DZIECI | 10      | K 125 |             |              | 00:26:26 | 00:53:49.35 | 10:46  | 5.6  |
| 11  | GAJDA WERONIKA       | 34  |                         | KOSZALIN    | POL | K-DZIECI | 11      | K 128 |             |              | 00:26:42 | 00:54:26.00 | 10:53  | 5.5  |
| 12  | JAGODZIŃSKA WIKTORIA | 19  |                         | MIELNO      | POL | K-DZIECI | 12      | K 137 |             |              | 00:28:08 | 00:59:03.28 | 11:48  | 5.1  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M-Dzieci**

| POS | Name and surname   | No. | Club                        | City      | NAT | Cat.     | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|--------------------|-----|-----------------------------|-----------|-----|----------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | KORYTOWSKI JAKUB   | 74  | NW WERWA MŁAWA              | MŁAWA     | POL | M-DZIECI | 1       | M 51  |             |              | 00:19:29 | 00:40:23.23 | 8:04   | 7.4  |
| 2   | HARENDA KAROL      | 48  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | DOLASZEWO | POL | M-DZIECI | 2       | M 60  |             |              | 00:19:44 | 00:41:08.15 | 8:13   | 7.3  |
| 3   | WAWRZYNIAK IGOR    | 187 | POLIPACK TEAM GWE           | GDYNIA    | POL | M-DZIECI | 3       | M 70  |             |              | 00:20:22 | 00:42:50.23 | 8:34   | 7    |
| 4   | GRUDNOWSKI NORBERT | 398 | BŁĘKITNI NW DZIEMIANY       | DZIEMIANY | POL | M-DZIECI | 4       | M 92  |             |              | 00:22:11 | 00:46:45.97 | 9:21   | 6.4  |
| 5   | HARENDA DAWID      | 49  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | DOLASZEWO | POL | M-DZIECI | 5       | M 95  |             |              | 00:26:26 | 00:49:57.64 | 9:59   | 6    |
| 6   | KISIEL PIOTR       | 206 |                             | WARSZAWA  | POL | M-DZIECI | 6       | M 101 | 1           |              | 00:24:45 | 00:53:09.36 | 10:38  | 5.6  |
| 7   | KILAR IGOR         | 67  | KILAR TEAM                  | KOSZALIN  | POL | M-DZIECI | 7       | M 105 |             |              | 00:29:54 | 01:01:02.58 | 12:12  | 4.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K-Jun.**

| POS | Name and surname       | No. | Club                    | City        | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|------------------------|-----|-------------------------|-------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | NACZK WIKTORIA         | 113 | ŁĘBORSKIE LWY           | ŁĘBORK      | POL | K-JUN. | 1       | K 1  |             |              | 00:18:54 | 00:37:36.54 | 7:31   | 8    |
| 2   | MARCINKOWSKA AGNIESZKA | 346 | UNIA MIAST              | LUBLINIEC   | POL | K-JUN. | 2       | K 3  |             |              | 00:18:58 | 00:37:57.67 | 7:35   | 7.9  |
| 3   | KRAJEWSKA HANNA        | 78  | MARSZ PO ZDROWIE        | PIŁA        | POL | K-JUN. | 3       | K 7  |             |              | 00:18:58 | 00:38:22.80 | 7:40   | 7.8  |
| 4   | JUREK JAGODA           | 63  | KS METRACO POLKOWICE    | LUBIN       | POL | K-JUN. | 4       | K 13 |             |              | 00:19:16 | 00:39:03.81 | 7:48   | 7.7  |
| 5   | BUGAŁA ALICJA          | 14  | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K-JUN. | 5       | K 27 |             |              | 00:20:04 | 00:41:07.05 | 8:13   | 7.3  |
| 6   | MACZKOWSKA ZOFIA       | 97  | LKS ZANTYR SZTUM        | SZTUM       | POL | K-JUN. | 6       | K 31 |             |              | 00:20:31 | 00:41:36.35 | 8:19   | 7.2  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K-Jun. c.d.**

| POS | Name and surname    | No. | Club                    | City           | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|---------------------|-----|-------------------------|----------------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 7   | STOLARSKA JOANNA    | 348 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA    | POL | K-JUN. | 7       | K 41  |             |              | 00:20:24 | 00:42:17.56 | 8:27   | 7.1  |
| 8   | ŚLUSARCZYK KAROLINA | 172 | WESOŁY BORSUK TEAM      | PRUDNIK        | POL | K-JUN. | 8       | K 53  |             |              | 00:21:18 | 00:43:10.10 | 8:38   | 6.9  |
| 9   | NIECHWIEJCZYK KINGA | 115 | UNIA MIAST              | ŚWIĘTOCHŁOWICE | POL | K-JUN. | 9       | K 58  |             |              | 00:21:27 | 00:43:57.19 | 8:47   | 6.8  |
| 10  | GRUDNOWSKA DOMINIKA | 399 | BŁĘKITNI NW DZIEMIANY   | DZIEMIANY      | POL | K-JUN. | 10      | K 71  |             |              | 00:21:49 | 00:45:10.09 | 9:02   | 6.6  |
| 11  | JEDYNAK KATARZYNA   | 365 | PASJA NORDIC WALKING    | RASZYN         | POL | K-JUN. | 11      | K 113 |             |              | 00:23:53 | 00:50:50.56 | 10:10  | 5.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M-Jun.**

| POS | Name and surname    | No. | Club                  | City      | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|---------------------|-----|-----------------------|-----------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | PODGÓRSKI SZYMON    | 131 | CKZIU NYSA MECHANIK   | WĘŻA      | POL | M-JUN. | 1       | M 7   |             |              | 00:17:35 | 00:34:56.56 | 6:59   | 8.6  |
| 2   | KNITTER MICHĄŁ      | 384 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-JUN. | 2       | M 8   |             |              | 00:17:18 | 00:35:02.83 | 7:00   | 8.6  |
| 3   | FRĄCZKOWIAK MATEUSZ | 33  | KS METRACO POLKOWICE  | WIELEŃ    | POL | M-JUN. | 3       | M 17  |             |              | 00:17:20 | 00:36:02.48 | 7:12   | 8.3  |
| 4   | KUŚMIEREK MATEUSZ   | 395 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-JUN. | 4       | M 22  |             |              | 00:17:52 | 00:37:13.49 | 7:26   | 8.1  |
| 5   | TUZIMEK JAKUB       | 182 |                       | KURÓW     | POL | M-JUN. | 5       | M 107 | 2           |              |          |             |        |      |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K18-29**

| POS | Name and surname      | No. | Club        | City        | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|-----------------------|-----|-------------|-------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | NIETRZEBKA ALEKSANDRA | 118 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | K18-29 | 1       | K 30 |             |              | 00:20:21 | 00:41:25.37 | 8:17   | 7.2  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M18-29**

| POS | Name and surname  | No. | Club                | City                   | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|-------------------|-----|---------------------|------------------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | TOPOLNICKI KONRAD | 174 | CKZIU NYSA MECHANIK | PRZECZÓD               | POL | M18-29 | 1       | M 2  |             |              | 00:16:29 | 00:33:15.86 | 6:39   | 9    |
| 2   | BEREŚ MARCIN      | 8   | AZS ŚUM             | RZESZÓW                | POL | M18-29 | 2       | M 49 |             |              | 00:19:53 | 00:40:00.35 | 8:00   | 7.5  |
| 3   | ANTOŃ BARTŁOMIEJ  | 3   | AZS ŚUM             | PRZEMYŚL               | POL | M18-29 | 3       | M 56 |             |              | 00:19:51 | 00:40:36.87 | 8:07   | 7.4  |
| 4   | MARCZEWSKI KAMIL  | 102 | AZS ŚUM             | MIELEC                 | POL | M18-29 | 4       | M 64 |             |              | 00:20:49 | 00:41:54.95 | 8:23   | 7.2  |
| 5   | SROKA PIOTR       | 153 | AZS UŚ              | BYTOM                  | POL | M18-29 | 5       | M 79 | 1           |              | 00:22:05 | 00:44:02.46 | 8:48   | 6.8  |
| 6   | WSZOŁEK JAKUB     | 197 | AZS ŚUM             | RZĘPIENNIK STRZYŻEWSKI | POL | M18-29 | 6       | M 94 |             |              | 00:23:56 | 00:48:38.81 | 9:43   | 6.2  |
| 7   | SACHA KRZYSZTOF   | 146 | AZS ŚUM             | TYCHY                  | POL | M18-29 | 7       | M 97 |             |              | 00:25:43 | 00:50:55.35 | 10:11  | 5.9  |
| 8   | MODELSKI PAWEŁ    | 109 | AZS ŚUM             | KRAKÓW                 | POL | M18-29 | 8       | M 98 |             |              | 00:25:41 | 00:50:57.11 | 10:11  | 5.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K30-39**

| POS | Name and surname         | No. | Club                   | City        | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|--------------------------|-----|------------------------|-------------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | GIBAS ASIA               | 36  | BAŻANT NW ELBLĄG       | ELBLĄG      | POL | K30-39 | 1       | K 6   |             |              | 00:18:54 | 00:38:07.10 | 7:37   | 7.9  |
| 2   | GODZIŃSKA DOROTA         | 39  | BAŻANT NW ELBLĄG       | MILEJEWÓ    | POL | K30-39 | 2       | K 9   |             |              | 00:19:16 | 00:38:41.75 | 7:44   | 7.8  |
| 3   | SZCZUDLIK MAŁGORZATA     | 158 | KJKOWE TRZEMESZNO      | TRZEMESZNO  | POL | K30-39 | 3       | K 14  |             |              | 00:19:25 | 00:39:06.34 | 7:49   | 7.7  |
| 4   | MALINOWSKA MONIKA        | 204 | LKS ZANTYR SZTUM       | SZTUM       | POL | K30-39 | 4       | K 19  | 1           |              | 00:19:39 | 00:40:07.92 | 8:01   | 7.5  |
| 5   | TUZIMEK AGATA            | 181 |                        | KURÓW       | POL | K30-39 | 5       | K 23  |             |              | 00:20:23 | 00:40:43.96 | 8:08   | 7.4  |
| 6   | JUREK KAMILA             | 62  |                        | BIAŁOŚLIWIE | POL | K30-39 | 6       | K 25  |             |              | 00:20:19 | 00:40:55.63 | 8:11   | 7.3  |
| 7   | KUŹMICH MAGDALENA        | 92  | POLIPACK TEAM GWE      | MASZEWKO    | POL | K30-39 | 7       | K 55  |             |              | 00:21:21 | 00:43:18.55 | 8:39   | 6.9  |
| 8   | WIESZOŁEK EWELINA        | 188 |                        | IZBICKO     | POL | K30-39 | 8       | K 63  | 1           |              | 00:21:59 | 00:44:30.83 | 8:54   | 6.7  |
| 9   | MAKOWSKA-SARAŃSKA JOANNA | 373 | TRANSFORMERS           | LESZNO      | POL | K30-39 | 9       | K 98  |             |              | 00:24:11 | 00:48:47.95 | 9:45   | 6.1  |
| 10  | CHLIPIAŁA AGNIESZKA      | 18  | NADLEŚNICTWO WAŁBRZYCH | WAŁBRZYCH   | POL | K30-39 | 10      | K 110 |             |              | 00:25:37 | 00:50:28.99 | 10:05  | 5.9  |
| 11  | CICHECKA DOROTA          | 5   |                        | MIELNO      | POL | K30-39 | 11      | K 136 |             |              | 00:28:07 | 00:58:59.87 | 11:47  | 5.1  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M30-39**

| POS | Name and surname | No. | Club               | City    | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|------------------|-----|--------------------|---------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | BRZozowski Piotr | 380 | AKTYWNI POSTOMINO  | ŚLAWNO  | POL | M30-39 | 1       | M 3  |             |              | 00:16:34 | 00:34:06.28 | 6:49   | 8.8  |
| 2   | CZEKAŃSKI DAMIAN | 23  | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | 2       | M 81 |             |              | 00:22:15 | 00:44:32.99 | 8:54   | 6.7  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K40-44**

| POS | Name and surname          | No. | Club                        | City            | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|---------------------------|-----|-----------------------------|-----------------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | IDKOWIAK MAGDALENA        | 54  | KS IDMAR RACING TEAM        | KROSINKO        | POL | K40-44 | 1       | K 2   |             |              | 00:18:42 | 00:37:57.56 | 7:35   | 7.9  |
| 2   | WOŁK BEATA                | 195 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | TRZCIANKA       | POL | K40-44 | 2       | K 10  |             |              | 00:19:20 | 00:38:43.97 | 7:44   | 7.7  |
| 3   | PUSZKARSKA MAŁGORZATA     | 138 | GOSADI NORDIC TEAM          | WARSZAWA        | POL | K40-44 | 3       | K 11  |             |              | 00:19:07 | 00:38:45.87 | 7:45   | 7.7  |
| 4   | SULIKOWSKA AGNIESZKA      | 386 | PASJA NORDIC WALKING        | SIERADZ         | POL | K40-44 | 4       | K 12  |             |              | 00:19:06 | 00:38:47.06 | 7:45   | 7.7  |
| 5   | RĘDZINIAK MARZENA         | 143 | KLUBSPORTU.PL               | RZESZÓW         | POL | K40-44 | 5       | K 20  |             |              | 00:19:55 | 00:40:28.69 | 8:05   | 7.4  |
| 6   | PINIŚ AGNIESZKA           | 130 | NORDIC TEAM CZĘSTOCHOWA     | BLACHOWNIA      | POL | K40-44 | 6       | K 26  |             |              | 00:20:17 | 00:41:01.48 | 8:12   | 7.3  |
| 7   | TOKAREWICZ JOANNA         | 335 | BYDGOSZCZ                   | BYDGOSZCZ       | POL | K40-44 | 7       | K 40  | 2           |              | 00:21:07 | 00:42:13.77 | 8:26   | 7.1  |
| 8   | BUGAŁA ANNA               | 368 | NORDIC TEAM CZĘSTOCHOWA     | CZĘSTOCHOWA     | POL | K40-44 | 8       | K 43  |             |              | 00:20:58 | 00:42:21.00 | 8:28   | 7.1  |
| 9   | KUŚMIEREK BEATA           | 396 | BŁĘKITNI NW DZIEMIANY       | DZIEMIANY       | POL | K40-44 | 9       | K 83  |             |              | 00:23:00 | 00:46:08.00 | 9:13   | 6.5  |
| 10  | GRZEGORZEWSKA ANETA       | 44  | CHODZĘ Z SERCEM             | RADZYŃ PODLASKI | POL | K40-44 | 10      | K 94  |             |              | 00:23:37 | 00:47:46.92 | 9:33   | 6.3  |
| 11  | MIKSZA KATARZYNA          | 106 |                             | STARGARD        | POL | K40-44 | 11      | K 99  |             |              | 00:24:13 | 00:48:59.74 | 9:48   | 6.1  |
| 12  | KORZENIEC JOANNA          | 225 |                             | KRASIEJÓW       | POL | K40-44 | 12      | K 107 |             |              | 00:25:16 | 00:50:15.46 | 10:03  | 6    |
| 13  | DARGAS MAŁGORZATA         | 392 | BŁĘKITNI NW DZIEMIANY       | DZIEMIANY       | POL | K40-44 | 13      | K 111 |             |              | 00:25:08 | 00:50:39.08 | 10:07  | 5.9  |
| 14  | JAKUBCZYK-GONICKA JUSTYNA | 241 |                             | KOSZALIN        | POL | K40-44 | 14      | K 126 |             |              | 00:27:03 | 00:53:50.10 | 10:46  | 5.6  |
| 15  | LEDOCHOWICZ ANNA          | 208 | CKM MIELNO                  | MIELNO          | POL | K40-44 | 15      | K 130 |             |              | 00:28:49 | 00:56:21.57 | 11:16  | 5.3  |
| 16  | KAZIMIERCZAK ŻANETA       | 203 | GOSIR OSIELSKO              | OSIELSKO        | POL | K40-44 | 16      | K 131 |             |              | 00:28:50 | 00:56:21.90 | 11:16  | 5.3  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M40-44**

| POS | Name and surname    | No. | Club                    | City        | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|---------------------|-----|-------------------------|-------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | DĘBSKI BARTŁOMIEJ   | 28  | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-44 | 1       | M 5  |             |              | 00:17:08 | 00:34:35.81 | 6:55   | 8.7  |
| 2   | OLSZAŃSKI KAROL     | 123 | FEAR THE RETURN         | KATOWICE    | POL | M40-44 | 2       | M 12 |             |              | 00:17:23 | 00:35:24.34 | 7:05   | 8.5  |
| 3   | JASIEŁEK PRZEMYSŁAW | 57  |                         | RADAŃNICA   | POL | M40-44 | 3       | M 15 |             |              | 00:17:42 | 00:35:59.35 | 7:11   | 8.3  |
| 4   | NACZK LEONARD       | 114 | ŁĘBORSKIE LWY           | ŁĘBORK      | POL | M40-44 | 4       | M 18 |             |              | 00:17:56 | 00:36:04.78 | 7:13   | 8.3  |
| 5   | GIBAS SŁAWEK        | 37  | BAŻANT NW ELBLĄG        | ELBLĄG      | POL | M40-44 | 5       | M 35 |             |              | 00:19:02 | 00:38:10.72 | 7:38   | 7.9  |
| 6   | ŚLUSARCZYK MARCIN   | 276 | WESOŁY BORSUK TEAM      | PRUDNIK     | POL | M40-44 | 6       | M 39 |             |              | 00:18:57 | 00:38:33.54 | 7:42   | 7.8  |
| 7   | WOLSKI TOMASZ       | 194 |                         | KOSZALIN    | POL | M40-44 | 7       | M 48 | 1           |              | 00:19:27 | 00:39:48.91 | 7:57   | 7.5  |
| 8   | CHMIELEWSKI MARCIN  | 20  | PROTYM RACING TEAM      | POZNAŃ      | POL | M40-44 | 8       | M 59 | 1           |              | 00:19:35 | 00:40:41.29 | 8:08   | 7.4  |
| 9   | KUSTAŁ MARCIN       | 132 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-44 | 9       | M 61 |             |              | 00:20:45 | 00:41:09.35 | 8:13   | 7.3  |
| 10  | SZYCKO RADOŚLAW     | 165 |                         | KOBYLŃNICA  | POL | M40-44 | 10      | M 71 |             |              | 00:21:20 | 00:43:13.90 | 8:38   | 6.9  |
| 11  | MIKSZA ADAM         | 107 |                         | STARGARD    | POL | M40-44 | 11      | M 87 |             |              | 00:22:29 | 00:45:31.76 | 9:06   | 6.6  |
| 12  | MARCZAK PIOTR       | 101 |                         | SZCZECINEK  | POL | M40-44 | 12      | M 99 |             |              | 00:24:52 | 00:50:57.93 | 10:11  | 5.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K45-49**

| POS | Name and surname      | No. | Club                        | City            | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|-----------------------|-----|-----------------------------|-----------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | JÓŻWIAK MARIANNA      | 61  | SERCE NORDICA WŁOCŁAWEK     | WŁOCŁAWEK       | POL | K45-49 | 1       | K 8  |             |              | 00:19:05 | 00:38:28.25 | 7:41   | 7.8  |
| 2   | WAWRZYNIAK ANNA       | 186 | POLIPACK TEAM GWE           | GDYNIA          | POL | K45-49 | 2       | K 21 |             |              | 00:20:04 | 00:40:37.29 | 8:07   | 7.4  |
| 3   | MIKUSIŃSKA JOLA       | 108 | FEAR THE RETURN             | KRAKÓW          | POL | K45-49 | 3       | K 34 |             |              | 00:20:43 | 00:41:45.95 | 8:21   | 7.2  |
| 4   | PONKA BARBARA         | 134 | POLIPACK TEAM GWE           | WEJHEROWO       | POL | K45-49 | 4       | K 49 |             |              | 00:21:18 | 00:42:58.94 | 8:35   | 7    |
| 5   | HAREŃDA JOANNA        | 47  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | DOLASZEWÓ       | POL | K45-49 | 5       | K 56 |             |              | 00:21:55 | 00:43:35.31 | 8:43   | 6.9  |
| 6   | ŚWIĆ JOANNA           | 157 | CHODZĘ Z SERCEM             | RADZYŃ PODLASKI | POL | K45-49 | 6       | K 61 |             |              | 00:21:58 | 00:44:25.99 | 8:53   | 6.8  |
| 7   | GUZIOR AGNIESZKA      | 45  | KLUBSPORTU.PL               | RZESZÓW         | POL | K45-49 | 7       | K 62 |             |              | 00:21:56 | 00:44:28.12 | 8:53   | 6.7  |
| 8   | KUBAT MONIKA          | 83  | NORDIC TEAM CZĘSTOCHOWA     | BOROWNO         | POL | K45-49 | 8       | K 69 |             |              | 00:22:11 | 00:45:03.56 | 9:00   | 6.7  |
| 9   | RÓŻYCKA BEATA         | 144 | CHODZĘ Z SERCEM             | RADZYŃ PODLASKI | POL | K45-49 | 9       | K 70 |             |              | 00:22:31 | 00:45:06.73 | 9:01   | 6.6  |
| 10  | SZEMBERSKA MAŁGORZATA | 159 | KLUBSPORTU.PL               | RZESZÓW         | POL | K45-49 | 10      | K 74 |             |              | 00:22:27 | 00:45:21.84 | 9:04   | 6.6  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K45-49 c.d.**

| POS | Name and surname    | No. | Club            | City            | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|---------------------|-----|-----------------|-----------------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 11  | BARAN ANETA         | 263 |                 | BORNE SULINOWO  | POL | K45-49 | 11      | K 81  |             |              | 00:22:57 | 00:45:58.46 | 9:11   | 6.5  |
| 12  | MARCINIUK KATARZYNA | 100 | CHODZĘ Z SERCEM | RADZYŃ PODLASKI | POL | K45-49 | 12      | K 85  |             |              | 00:23:34 | 00:46:18.26 | 9:15   | 6.5  |
| 13  | OBREBSKA WIOLETTA   | 120 | CHODZĘ Z SERCEM | RADZYŃ PODLASKI | POL | K45-49 | 13      | K 86  |             |              | 00:22:40 | 00:46:22.54 | 9:16   | 6.5  |
| 14  | KULA MONIKA         | 88  | CHODZĘ Z SERCEM | RADZYŃ PODLASKI | POL | K45-49 | 14      | K 97  |             |              | 00:24:53 | 00:48:25.18 | 9:41   | 6.2  |
| 15  | SZWAJA KATARZYNA    | 367 |                 | ZAWIERCIE       | POL | K45-49 | 15      | K 115 |             |              | 00:25:07 | 00:50:52.42 | 10:10  | 5.9  |
| 16  | KOZA MIROSLAWA      | 209 |                 | MIELNO          | POL | K45-49 | 16      | K 129 |             |              | 00:28:15 | 00:55:49.68 | 11:09  | 5.4  |
| 17  | CAG-SOBCZYK EDYTA   | 16  | KLUBSPORTU.PL   | RZESZÓW         | POL | K45-49 | 17      | K 135 |             |              | 00:29:43 | 00:58:51.75 | 11:46  | 5.1  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M45-49**

| POS | Name and surname       | No. | Club                    | City       | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|------------------------|-----|-------------------------|------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | RAJEWSKI SEBASTIAN     | 142 | KS IDMAR RACING TEAM    | PIŁA       | POL | M45-49 | 1       | M 1  |             |              | 00:16:17 | 00:33:08.80 | 6:37   | 9    |
| 2   | WITUCKI JACEK          | 193 |                         | POZNAŃ     | POL | M45-49 | 2       | M 6  |             |              | 00:17:01 | 00:34:39.82 | 6:56   | 8.7  |
| 3   | WIERZBIŃSKI PIOTR      | 400 | KLUBSPORTU.PL           | RZESZÓW    | POL | M45-49 | 3       | M 10 |             |              | 00:17:13 | 00:35:14.53 | 7:03   | 8.5  |
| 4   | KUBIAK PRZEMYSŁAW      | 85  | KS IDMAR RACING TEAM    | MOSINA     | POL | M45-49 | 4       | M 16 |             |              | 00:17:26 | 00:36:00.92 | 7:12   | 8.3  |
| 5   | ZIELIŃSKI SZCZEPAN     | 201 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK  | POL | M45-49 | 5       | M 23 |             |              | 00:18:08 | 00:37:16.36 | 7:27   | 8    |
| 6   | WIŚNIEWSKI SŁAWOMIR    | 191 | FLUGGER TEAM            | GDAŃSK     | POL | M45-49 | 6       | M 24 |             |              | 00:18:37 | 00:37:17.57 | 7:27   | 8    |
| 7   | KUBAT JANUSZ           | 82  | NORDIC TEAM CZĘSTOCHOWA | BOROWNO    | POL | M45-49 | 7       | M 38 |             |              | 00:19:14 | 00:38:32.80 | 7:42   | 7.8  |
| 8   | KAZIMIERCZAK SEBASTIAN | 205 | GOSIR OSIELSKO          | OSIELSKO   | POL | M45-49 | 8       | M 45 |             |              | 00:19:31 | 00:39:08.52 | 7:49   | 7.7  |
| 9   | ŚLUSARCZYK GRZEGORZ    | 277 | WESOŁY BORSUK TEAM      | PRUDNIK    | POL | M45-49 | 9       | M 62 |             |              | 00:20:27 | 00:41:18.42 | 8:15   | 7.3  |
| 10  | SZEMBERSKI PAWEŁ       | 160 | KLUBSPORTU.PL           | RZESZÓW    | POL | M45-49 | 10      | M 63 |             |              | 00:20:43 | 00:41:52.48 | 8:22   | 7.2  |
| 11  | OLECH MARCIN           | 122 |                         | GDAŃSK     | POL | M45-49 | 11      | M 68 |             |              | 00:21:18 | 00:42:43.55 | 8:32   | 7    |
| 12  | SOBCZYK RAFAŁ          | 150 | KLUBSPORTU.PL           | RZESZÓW    | POL | M45-49 | 12      | M 72 |             |              | 00:21:19 | 00:43:19.85 | 8:40   | 6.9  |
| 13  | ŻUKOWICZ BARTŁOMIEJ    | 387 | KLUBSPORTU.PL           | RZESZÓW    | POL | M45-49 | 13      | M 84 |             |              | 00:22:09 | 00:44:59.59 | 9:00   | 6.7  |
| 14  | AUGUSTYNIAK PIOTR      | 322 |                         | WIERZCHOWO | POL | M45-49 | 14      | M 91 |             |              | 00:22:16 | 00:46:26.96 | 9:17   | 6.5  |
| 15  | BORUCZYŃSKI DARIUSZ    | 207 |                         | POLICE     | POL | M45-49 | 15      | M 93 |             |              | 00:23:23 | 00:47:40.89 | 9:32   | 6.3  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K50-54**

| POS | Name and surname            | No. | Club                         | City            | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|-----------------------------|-----|------------------------------|-----------------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | OKRZESIK-FRAĆKOWIAK IZABELA | 359 | KS METRACO POLKOWICE         | WIELEŃ          | POL | K50-54 | 1       | K 4   |             |              | 00:19:00 | 00:38:01.41 | 7:36   | 7.9  |
| 2   | SZPILMAN KATARZYNA          | 163 | ELITE TEAM                   | GDYNIA          | POL | K50-54 | 2       | K 5   |             |              | 00:19:02 | 00:38:02.03 | 7:36   | 7.9  |
| 3   | KAMIŃSKA BEATA              | 64  | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K50-54 | 3       | K 16  |             |              | 00:19:47 | 00:39:30.00 | 7:54   | 7.6  |
| 4   | ZIELIŃSKA IWONA             | 199 | SERCE NORDICA WŁOCŁAWEK      | WŁOCŁAWEK       | POL | K50-54 | 4       | K 29  |             |              | 00:20:38 | 00:41:17.02 | 8:15   | 7.3  |
| 5   | GAWOR RENATA                | 35  | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K50-54 | 5       | K 36  |             |              | 00:20:57 | 00:41:56.20 | 8:23   | 7.2  |
| 6   | EWERTOWSKA EWA              | 31  | NORDIC WALKING KIEKRZ POLAND | POZNAŃ          | POL | K50-54 | 6       | K 44  |             |              | 00:21:00 | 00:42:22.98 | 8:28   | 7.1  |
| 7   | WOROCH JOLANTA              | 370 | KS METRACO POLKOWICE         | DOPIEWO         | POL | K50-54 | 7       | K 52  |             |              | 00:21:21 | 00:43:03.12 | 8:36   | 7    |
| 8   | GÓRECKA IWONA               | 369 | STADION ŚLĄSKI               | ŚWIĘTOCHŁOWICE  | POL | K50-54 | 8       | K 54  |             |              | 00:21:29 | 00:43:12.83 | 8:38   | 6.9  |
| 9   | BIEGAJŁO MAŁGORZATA         | 10  | ZDROWOPIJ.PL                 | PABIANICE       | POL | K50-54 | 9       | K 64  |             |              | 00:22:12 | 00:44:39.62 | 8:55   | 6.7  |
| 10  | NOWAK EWA                   | 119 | STADION ŚLĄSKI               | CZĘSTOCHOWA     | POL | K50-54 | 10      | K 65  |             |              | 00:22:24 | 00:44:48.22 | 8:57   | 6.7  |
| 11  | KORZENIOWSKA ALDONA         | 75  | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K50-54 | 11      | K 73  |             |              | 00:22:55 | 00:45:21.04 | 9:04   | 6.6  |
| 12  | ZIELIŃSKA ELŻBIETA          | 198 | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K50-54 | 12      | K 79  |             |              | 00:23:06 | 00:45:51.80 | 9:10   | 6.5  |
| 13  | STOLARSKA MAGDALENA         | 347 | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K50-54 | 13      | K 80  |             |              | 00:22:42 | 00:45:52.32 | 9:10   | 6.5  |
| 14  | OWCZAREK MAGDALENA          | 124 | MIEDZYBORÓW                  | MIEDZYBORÓW     | POL | K50-54 | 14      | K 89  |             |              | 00:23:30 | 00:46:54.60 | 9:23   | 6.4  |
| 15  | HOLWEK IWONA                | 52  | ZDROWOPIJ.PL                 | PABIANICE       | POL | K50-54 | 15      | K 92  |             |              | 00:23:17 | 00:47:22.57 | 9:28   | 6.3  |
| 16  | WIĘCKOWSKA DOROTA           | 190 | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K50-54 | 16      | K 93  |             |              | 00:24:25 | 00:47:38.14 | 9:31   | 6.3  |
| 17  | MATEJEK MARZENA             | 103 | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K50-54 | 17      | K 121 |             |              | 00:26:20 | 00:53:12.22 | 10:38  | 5.6  |
| 18  | SOKOŁOWSKA DOROTA           | 151 | POLIPACK TEAM GWE            | GOŚCICINO       | POL | K50-54 | 18      | K 127 |             |              | 00:26:53 | 00:54:24.54 | 10:52  | 5.5  |
| 19  | GAJDA EWA                   | 238 |                              | KOSZALIN        | POL | K50-54 | 19      | K 134 |             |              | 00:27:42 | 00:58:36.73 | 11:43  | 5.1  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M50-54**

| POS | Name and surname     | No. | Club                              | City         | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|----------------------|-----|-----------------------------------|--------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | TRZCIŃSKI FRANCISZEK | 178 | SPORT I REKREACJA START (CHEŁMNO) | CHEŁMNO      | POL | M50-54 | 1       | M 4  |             |              | 00:17:18 | 00:34:33.64 | 6:54   | 8.7  |
| 2   | FRĄCKOWIAK ROMAN     | 354 | KS METRACO POLKOWICE              | WIELEŃ       | POL | M50-54 | 2       | M 13 | 1           |              | 00:17:53 | 00:35:54.45 | 7:10   | 8.4  |
| 3   | SPYCHAŁA LESŁAW      | 152 | CKZIU NYSA MECHANIK               | BIAŁA        | POL | M50-54 | 3       | M 14 |             |              | 00:17:40 | 00:35:55.31 | 7:11   | 8.3  |
| 4   | HAREŃDA ANDRZEJ      | 46  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM       | DOLASZEWO    | POL | M50-54 | 4       | M 20 |             |              | 00:18:15 | 00:36:52.22 | 7:22   | 8.1  |
| 5   | KROMSKI PAWEŁ        | 80  | NORDIC WALKING KIEKRZ POLAND      | KIEKRZ       | POL | M50-54 | 5       | M 34 |             |              | 00:18:51 | 00:38:02.48 | 7:36   | 7.9  |
| 6   | RAJEK TOMASZ         | 141 | NORDIC TEAM CZĘSTOCHOWA           | CZĘSTOCHOWA  | POL | M50-54 | 6       | M 36 |             |              | 00:18:46 | 00:38:17.31 | 7:39   | 7.8  |
| 7   | LITWIŃCZUK ROBERT    | 282 |                                   |              | POL | M50-54 | 7       | M 41 |             |              | 00:18:37 | 00:38:42.55 | 7:44   | 7.8  |
| 8   | BADZIĄG WALDEMAR     | 4   | ELITE TEAM                        | SŁUPSK       | POL | M50-54 | 8       | M 77 |             |              | 00:21:40 | 00:43:49.62 | 8:45   | 6.8  |
| 9   | BIEGAJŁO PIOTR       | 9   | ZDROWOPIJ.PL                      | PABIANICE    | POL | M50-54 | 9       | M 78 |             |              | 00:22:01 | 00:44:02.44 | 8:48   | 6.8  |
| 10  | FILUSZ ALFRED        | 32  |                                   | ZDZIESZOWICE | POL | M50-54 | 10      | M 88 |             |              | 00:23:12 | 00:46:02.33 | 9:12   | 6.5  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K55-59**

| POS | Name and surname   | No. | Club                         | City            | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|--------------------|-----|------------------------------|-----------------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | ZIELIŃSKA JOLANTA  | 66  | GOSIR OSIELSKO               | OSIELSKO        | POL | K55-59 | 1       | K 18  |             |              | 00:19:56 | 00:40:06.91 | 8:01   | 7.5  |
| 2   | STOLTMANN HELENA   | 388 | BŁĘKITNI NW DZIEMIANY        | DZIEMIANY       | POL | K55-59 | 2       | K 22  |             |              | 00:20:10 | 00:40:40.47 | 8:08   | 7.4  |
| 3   | TURKOWSKA IWONA    | 179 | SZALONE ONE                  | WĄGROWIEC       | POL | K55-59 | 3       | K 24  |             |              | 00:20:17 | 00:40:52.33 | 8:10   | 7.3  |
| 4   | KUCZYŃSKA ANNA     | 86  | NORDIC WALKING KIEKRZ POLAND | OBORNIKI        | POL | K55-59 | 4       | K 48  |             |              | 00:21:21 | 00:42:56.09 | 8:35   | 7    |
| 5   | BARCZYK JOLANTA    | 6   | NORDIC TEAM CZĘSTOCHOWA      | CZĘSTOCHOWA     | POL | K55-59 | 5       | K 60  |             |              | 00:21:52 | 00:44:05.86 | 8:49   | 6.8  |
| 6   | KOZIARZ JADWIGA    | 77  | STADION ŚLĄSKI               | KATOWICE        | POL | K55-59 | 6       | K 68  |             |              | 00:22:10 | 00:45:02.96 | 9:00   | 6.7  |
| 7   | MICHAŁAK ELŻBIETA  | 105 | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K55-59 | 7       | K 77  |             |              | 00:22:51 | 00:45:32.72 | 9:06   | 6.6  |
| 8   | JANIK MARZENNA     | 55  | STADION ŚLĄSKI               | CHORZÓW         | POL | K55-59 | 8       | K 96  |             |              | 00:23:49 | 00:47:57.51 | 9:35   | 6.3  |
| 9   | KORPAL GRAŻYNA     | 72  |                              | KOSZALIN        | POL | K55-59 | 9       | K 102 |             |              | 00:24:36 | 00:49:15.43 | 9:51   | 6.1  |
| 10  | CHYREK RENATA      | 21  | GOSIR OSIELSKO               | BYDGOSZCZ       | POL | K55-59 | 10      | K 108 |             |              | 00:24:39 | 00:50:18.21 | 10:03  | 6    |
| 11  | OGONOWSKA EDYTA    | 121 | KLUB NW PATYCZAKI GRUDZIĄDZ  | GRUDZIĄDZ       | POL | K55-59 | 11      | K 116 |             |              | 00:25:21 | 00:50:56.38 | 10:11  | 5.9  |
| 12  | BOJARCZUK ELŻBIETA | 13  | CHODZĘ Z SERCEM              | RADZYŃ PODLASKI | POL | K55-59 | 12      | K 123 |             |              | 00:25:57 | 00:53:18.31 | 10:39  | 5.6  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M55-59**

| POS | Name and surname     | No. | Club                        | City             | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km          | Netto       | min/km | km/h |
|-----|----------------------|-----|-----------------------------|------------------|-----|--------|---------|------|-------------|--------------|----------------|-------------|--------|------|
| 1   | ROŻYNEK MIRON        | 361 | KS METRACO POLKOWICE        | WROCŁAW          | POL | M55-59 | 1       | M 9  |             |              | 00:17:24       | 00:35:05.50 | 7:01   | 8.5  |
| 2   | KOP WIESŁAW          | 71  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA             | POL | M55-59 | 2       | M 19 | 1           |              | 00:18:12       | 00:36:51.30 | 7:22   | 8.1  |
| 3   | HOLWEK JAROSŁAW      | 51  | ZDROWOPIJ.PL                | PABIANICE        | POL | M55-59 | 3       | M 29 |             |              | 00:18:43       | 00:37:52.26 | 7:34   | 7.9  |
| 4   | BARANIEWSKI ANDRZEJ  | 210 |                             |                  | POL | M55-59 | 4       | M 43 |             |              | 00:19:36       | 00:38:51.73 | 7:46   | 7.7  |
| 5   | MROZICKI ANDRZEJ     | 112 |                             | SZCZECINEK       | POL | M55-59 | 5       | M 46 |             |              | 00:19:23       | 00:39:16.53 | 7:51   | 7.6  |
| 6   | ŻUCHOWICZ ROBERT     | 381 | KS METRACO POLKOWICE        | DĄBROWA GÓRNICZA | POL | M55-59 | 6       | M 53 |             |              | 00:20:07       | 00:40:27.15 | 8:05   | 7.4  |
| 7   | SAMOJŁO SŁAWOMIR     | 147 |                             | ŚWINOUJŚCIE      | POL | M55-59 | 7       | M 55 |             |              | 00:20:06       | 00:40:28.04 | 8:05   | 7.4  |
| 8   | ŻYTKOWSKI ANDRZEJ    | 249 | TKKF KRZNA                  | BIAŁA PODLASKA   | POL | M55-59 | 8       | M 67 |             |              | 00:20:59       | 00:42:24.63 | 8:29   | 7.1  |
| 9   | KORPAL CEZARY        | 73  |                             | KOSZALIN         | POL | M55-59 | 9       | M 73 |             |              | 00:21:45       | 00:43:38.68 | 8:43   | 6.9  |
| 10  | NIEŚŁONY RYSZARD     | 117 | STADION ŚLĄSKI              | CHORZÓW          | POL | M55-59 | 10      | M 75 |             |              | 00:21:49       | 00:43:42.19 | 8:44   | 6.9  |
| 11  | WIĘCKIEWICZ MIROSLAW | 189 |                             | ELBLĄG           | POL | M55-59 | 11      | M 85 |             |              | 00:22:26       | 00:45:10.40 | 9:02   | 6.6  |
| 12  | BIESZKE PAWEŁ        | 11  |                             | WOJCIESZYCE      | POL | M55-59 | 12      | M 86 |             |              | 00:22:13       | 00:45:30.39 | 9:06   | 6.6  |
| 13  | JANIK BOGUSŁAW       | 56  | STADION ŚLĄSKI              | SIEMANOWICE ŚL.  | POL | M55-59 | 13      | M 89 |             |              | 00:22:42       | 00:46:07.50 | 9:13   | 6.5  |
| DQ  | TURKOWSKI STANISŁAW  | 180 | RUNCOHOLICS                 | WĄGROWIEC        | POL | M55-59 | DQ      | DQ   |             | 1            | 00:20:19<br>DQ | DQ          | 0:00   | 7.3  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K60-64**

| POS | Name and surname   | No. | Club           | City        | NAT | Cat.   | M. cat. | F/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|--------------------|-----|----------------|-------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1   | SZENDZIELORZ ILONA | 161 | STADION ŚLĄSKI | RUDA ŚLĄSKA | POL | K60-64 | 1       | K 28 |             |              | 00:20:29 | 00:41:08.71 | 8:13   | 7.3  |
| 2   | SMARSZCZ GRAŻYNA   | 149 | LĘBORSKIE LWY  | LĘBORK      | POL | K60-64 | 2       | K 33 | 1           |              | 00:20:53 | 00:41:42.02 | 8:20   | 7.2  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K60-64 c.d.**

| POS | Name and surname       | No. | Club                        | City            | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|------------------------|-----|-----------------------------|-----------------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 3   | DAROSZEWSKA KRYSZYNA   | 26  | SERCE NORDICA WŁOCŁAWEK     | WŁOCŁAWEK       | POL | K60-64 | 3       | K 35  |             |              | 00:20:56 | 00:41:55.90 | 8:23   | 7.2  |
| 4   | KRAWCZYK DOROTA        | 79  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA            | POL | K60-64 | 4       | K 39  |             |              | 00:20:50 | 00:42:05.08 | 8:25   | 7.1  |
| 5   | GRYGIEL TERESA         | 43  | MARSZ PO ZDROWIE            | POZNAŃ          | POL | K60-64 | 5       | K 78  |             |              | 00:22:39 | 00:45:33.46 | 9:06   | 6.6  |
| 6   | KUTNIEWSKA MARIA       | 91  | FACE NORDIC WALKING TEAM    | ŻUKOWO          | POL | K60-64 | 6       | K 84  |             |              | 00:22:57 | 00:46:11.55 | 9:14   | 6.5  |
| 7   | MOTOCZYŃSKA ALEKSANDRA | 110 | GOSIR OSIELSKO              | BYDGOSZCZ       | POL | K60-64 | 7       | K 103 |             |              | 00:24:21 | 00:49:18.02 | 9:51   | 6.1  |
| 8   | LECZYK JADWIGA         | 93  | CHODZĘ Z SERCEM             | RADZYŃ PODLASKI | POL | K60-64 | 8       | K 105 |             |              | 00:24:09 | 00:49:46.85 | 9:57   | 6    |
| 9   | POPEK MAŁGORZATA       | 135 | CHODZĘ Z SERCEM             | RADZYŃ PODLASKI | POL | K60-64 | 9       | K 114 |             |              | 00:25:05 | 00:50:51.06 | 10:10  | 5.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M60-64**

| POS | Name and surname      | No. | Club                         | City      | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|-----------------------|-----|------------------------------|-----------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | WOROCZ ROMAN          | 362 | KS METRACO POLKOWICE         | DOPIEWO   | POL | M60-64 | 1       | M 11  | 1           |              | 00:17:34 | 00:35:22.48 | 7:04   | 8.5  |
| 2   | STANISŁAWSKI JAN      | 154 | MARSZ PO ZDROWIE             | POZNAŃ    | POL | M60-64 | 2       | M 25  |             |              | 00:18:28 | 00:37:31.11 | 7:30   | 8    |
| 3   | SZYMANOWSKI EUGENIUSZ | 167 | LĘBORSKIE LWY                | LĘBORK    | POL | M60-64 | 3       | M 37  |             |              | 00:19:01 | 00:38:26.95 | 7:41   | 7.8  |
| 4   | BIERKUS MIROSŁAW      | 234 |                              | KOSZALIN  | POL | M60-64 | 4       | M 47  |             |              | 00:20:06 | 00:39:37.30 | 7:55   | 7.6  |
| 5   | POZNAŃSKI WIESŁAW     | 136 |                              | BIAŁYSTOK | POL | M60-64 | 5       | M 57  |             |              | 00:20:20 | 00:40:37.96 | 8:07   | 7.4  |
| 6   | KOZIARZ ROMAN         | 76  | STADION ŚLĄSKI               | KATOWICE  | POL | M60-64 | 6       | M 58  |             |              | 00:20:06 | 00:40:38.49 | 8:07   | 7.4  |
| 7   | MOTOCZYŃSKI KRZYSZTOF | 111 | GOSIR OSIELSKO               | BYDGOSZCZ | POL | M60-64 | 7       | M 66  |             |              | 00:21:03 | 00:42:24.45 | 8:29   | 7.1  |
| 8   | GOŁĘBIEWSKI ANDRZEJ   | 40  | KLUB NW PATYCZAKI GRUDZIĄDZ  | GRUDZIĄDZ | POL | M60-64 | 8       | M 76  |             |              | 00:22:05 | 00:43:44.83 | 8:45   | 6.9  |
| 9   | KUCZYŃSKI WŁODZIMIERZ | 87  | NORDIC WALKING KIEKRZ POLAND | OBORNIKI  | POL | M60-64 | 9       | M 96  |             |              | 00:24:27 | 00:50:04.84 | 10:01  | 6    |
| 10  | TRZCIŃSKI EUGENIUSZ   | 177 |                              | BYDGOSZCZ | POL | M60-64 | 10      | M 106 |             |              | 00:23:48 |             | 9:31   | 6.3  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K65-69**

| POS | Name and surname      | No. | Club                        | City            | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|-----------------------|-----|-----------------------------|-----------------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | GRYGOROWICZ TERESA    | 356 | KS METRACO POLKOWICE        | LUBIN           | POL | K65-69 | 1       | K 38  |             |              | 00:20:41 | 00:42:04.73 | 8:25   | 7.1  |
| 2   | DANA KAZIMIERA        | 25  | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ       | POL | K65-69 | 2       | K 46  |             |              | 00:21:06 | 00:42:47.75 | 8:33   | 7    |
| 3   | ANGIELCZYK MAŁGORZATA | 2   | MARSZ PO ZDROWIE            | POZNAŃ          | POL | K65-69 | 3       | K 66  |             |              | 00:22:09 | 00:44:48.62 | 8:57   | 6.7  |
| 4   | MAŁACHOWICZ BARBARA   | 99  |                             | BIAŁA PODLASKA  | POL | K65-69 | 4       | K 67  |             |              | 00:22:32 | 00:44:49.23 | 8:57   | 6.7  |
| 5   | MAZUR BARBARA         | 104 | CHODZĘ Z SERCEM             | RADZYŃ PODLASKI | POL | K65-69 | 5       | K 91  |             |              | 00:23:29 | 00:47:21.65 | 9:28   | 6.3  |
| 6   | KRUSZKA MARIA         | 364 | PASJA NORDIC WALKING        | MARKI           | POL | K65-69 | 6       | K 95  |             |              | 00:23:41 | 00:47:55.80 | 9:35   | 6.3  |
| 7   | ŁASIŃSKA KRYSZYNA     | 202 | SZALONE ONE                 | WĄGROWIEC       | POL | K65-69 | 7       | K 104 |             |              | 00:24:15 | 00:49:24.92 | 9:52   | 6.1  |
| 8   | ŚLUSARCZYK DANUTA     | 171 | WESOŁY BORSUK TEAM          | PRUDNIK         | POL | K65-69 | 8       | K 117 | 1           |              | 00:25:11 | 00:51:04.34 | 10:13  | 5.9  |
| 9   | BARTYGA ZOFIA         | 371 |                             | KOSZALIN        | POL | K65-69 | 9       | K 138 |             |              | 00:29:47 | 01:01:12.55 | 12:14  | 4.9  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M65-69**

| POS | Name and surname    | No. | Club                   | City     | NAT | Cat.   | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|---------------------|-----|------------------------|----------|-----|--------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | WRÓŃSKI WŁODZIMIERZ | 196 | PASJA NORDIC WALKING   | WARSZAWA | POL | M65-69 | 1       | M 40  |             |              | 00:19:12 | 00:38:39.24 | 7:44   | 7.8  |
| 2   | BUCZKOWSKI JERZY    | 383 | KS SOKÓŁ GAŚAWA        | ŻNIN     | POL | M65-69 | 2       | M 42  |             |              | 00:19:26 | 00:38:46.61 | 7:45   | 7.7  |
| 3   | DUDEK EDWARD        | 351 | KS METRACO POLKOWICE   | GŁOGÓW   | POL | M65-69 | 3       | M 50  |             |              | 00:19:36 | 00:40:10.09 | 8:02   | 7.5  |
| 4   | CZMOCH MARIAN       | 24  | PUKS ŁOSICE            | ŁOSICE   | POL | M65-69 | 4       | M 54  |             |              | 00:19:56 | 00:40:27.78 | 8:05   | 7.4  |
| 5   | ZIELIŃSKI JACEK     | 200 | GDAŃSKIE WODY AKTYWUJĄ | GDAŃSK   | POL | M65-69 | 5       | M 82  |             |              | 00:22:10 | 00:44:37.22 | 8:55   | 6.7  |
| 6   | KULCZYCKI JAN       | 89  |                        | GDAŃSK   | POL | M65-69 | 6       | M 103 |             |              | 00:28:27 | 00:58:32.18 | 11:42  | 5.1  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K70+**

| POS | Name and surname         | No. | Club                 | City    | NAT | Cat. | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|--------------------------|-----|----------------------|---------|-----|------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | WORONKO-ZACZYŃSKA JANINA | 363 | KS METRACO POLKOWICE | LUBIN   | POL | K70+ | 1       | K 59  |             |              | 00:21:59 | 00:44:03.54 | 8:48   | 6.8  |
| 2   | RACZYŃSKA ALEKSANDRA     | 140 | STADION ŚLĄSKI       | CHORZÓW | POL | K70+ | 2       | K 87  |             |              | 00:22:55 | 00:46:45.87 | 9:21   | 6.4  |
| 3   | MALINOWSKA GRAŻYNA       | 98  | LKS ZANTYR SZTUM     | SZTUM   | POL | K70+ | 3       | K 100 |             |              | 00:24:26 | 00:49:03.19 | 9:48   | 6.1  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, K70+ c.d.**

| POS | Name and surname           | No. | Club                     | City     | NAT | Cat. | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|----------------------------|-----|--------------------------|----------|-----|------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 4   | SAWA HELENA                | 148 | LĘBORSKIE LWY            | LĘBORK   | POL | K70+ | 4       | K 101 |             |              | 00:24:07 | 00:49:14.33 | 9:50   | 6.1  |
| 5   | SCHREUDER STANISŁAWA       | 385 |                          | KOSZALIN | POL | K70+ | 5       | K 112 |             |              | 00:24:44 | 00:50:39.66 | 10:08  | 5.9  |
| 6   | OWCZAREK HENRYKA           | 126 | MARSZ PO ZDROWIE         | POZNAŃ   | POL | K70+ | 6       | K 118 |             |              | 00:25:52 | 00:51:27.19 | 10:17  | 5.8  |
| 7   | PANKIEWICZ-DMOWSKA CECYLIA | 127 | FACE NORDIC WALKING TEAM | GOWINO   | POL | K70+ | 7       | K 122 |             |              | 00:26:23 | 00:53:13.96 | 10:38  | 5.6  |

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 5 KM, M70+**

| POS | Name and surname  | No. | Club                                                  | City         | NAT | Cat. | M. cat. | F/M   | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|-----|-------------------|-----|-------------------------------------------------------|--------------|-----|------|---------|-------|-------------|--------------|----------|-------------|--------|------|
| 1   | MATECKI RYSZARD   | 358 | KS METRACO POLKOWICE                                  | KUDOWA ZDRÓJ | POL | M70+ | 1       | M 28  |             |              | 00:19:08 | 00:37:47.84 | 7:33   | 7.9  |
| 2   | SZYMAŃSKI STEFAN  | 169 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLINY     | POL | M70+ | 2       | M 30  |             |              | 00:19:10 | 00:37:52.75 | 7:34   | 7.9  |
| 3   | TOMCZYK EDWARD    | 173 | MARSZ PO ZDROWIE                                      | POZNAŃ       | POL | M70+ | 3       | M 31  | 1           |              | 00:19:18 | 00:37:54.42 | 7:35   | 7.9  |
| 4   | KOŁPAK JAN        | 70  | LKS ZANTYR SZTUM                                      | SZTUM        | POL | M70+ | 4       | M 32  | 1           |              | 00:19:11 | 00:37:55.94 | 7:35   | 7.9  |
| 5   | ŁOPIŃSKI ALEKSY   | 374 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM                           | PIŁA         | POL | M70+ | 5       | M 65  |             |              | 00:21:09 | 00:42:21.73 | 8:28   | 7.1  |
| 6   | PIĄTKOWSKI JÓZEF  | 360 | KS METRACO POLKOWICE                                  | POLKOWICE    | POL | M70+ | 6       | M 74  |             |              | 00:21:43 | 00:43:40.57 | 8:44   | 6.9  |
| 7   | ADAMOWICZ ANDRZEJ | 1   |                                                       | ŁÓDŹ         | POL | M70+ | 7       | M 80  |             |              | 00:21:57 | 00:44:16.22 | 8:51   | 6.8  |
| 8   | RURAŃSKI JERZY    | 145 | STADION ŚLĄSKI                                        | KATOWICE     | POL | M70+ | 8       | M 83  |             |              | 00:21:52 | 00:44:47.83 | 8:57   | 6.7  |
| 9   | JEDYNAK STANISŁAW | 366 | PASJA NORDIC WALKING                                  | RASZYN       | POL | M70+ | 9       | M 90  |             |              | 00:22:49 | 00:46:10.54 | 9:14   | 6.5  |
| 10  | BARTNIK MARIAN    | 372 | TKKF KOSZALIN                                         | KOSZALIN     | POL | M70+ | 10      | M 102 |             |              | 00:26:55 | 00:56:38.04 | 11:19  | 5.3  |
| 11  | DROP MIECZYŚLAW   | 29  | KS SOKÓŁ GAŚAWA                                       | PAKOŚĆ       | POL | M70+ | 11      | M 104 |             |              | 00:29:30 | 01:00:02.49 | 12:00  | 5    |