

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM**

Organizator: PFNW  
 Data: 2015-05-02  
 Miejsce: Sławno  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.


**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, OPEN**

| M-ce | Nazwisko i imię              | Nr  | Klub                           | M-scowość         | Kraj | Kat.           | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|------------------------------|-----|--------------------------------|-------------------|------|----------------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | ĆWIKLIŃSKI KRYSZTOF          | 54  | THE BEST - MY IDZIEMY I CZEŚĆ  | ŁABISZYN          | POL  | M JUNIOR 14-17 | 1      | 0   |             |              | 00:16:17 | 00:32:15 | 6:27   | 9.3  |
| 2    | RACZYŃSKI GRZEGORZ           | 93  | GIMNAZJUM SPORTOWE NR 1        | KOSZALIN          | POL  | M JUNIOR 14-17 | 2      | 0   |             |              | 00:16:38 | 00:32:17 | 6:27   | 9.3  |
| 3    | DZIADEK REMIGIUSZ            | 90  | UKS NEPTUN ROKITY              | ROKITY            | POL  | M 45-49        | 1      | 0   |             |              | 00:16:14 | 00:32:22 | 6:28   | 9.3  |
| 4    | WASIELEWSKI MIROSŁAW         | 71  | KS ELBLĄSKIE WŁÓCZY-KIJE       | ELBLĄG            | POL  | M 50-54        | 1      | 0   |             |              | 00:16:18 | 00:32:47 | 6:33   | 9.2  |
| 5    | MARCINIAK EMIL               | 53  | THE BEST - MY IDZIEMY I CZEŚĆ  | ŁABISZYN          | POL  | M 18-29        | 1      | 0   |             |              | 00:16:21 | 00:32:53 | 6:34   | 9.1  |
| 6    | KLARKOWSKI BOGDAN            | 73  | KS ELBLĄSKIE WŁÓCZY-KIJE       | ELBLĄG            | POL  | M 60-64        | 1      | 0   |             |              | 00:16:23 | 00:33:04 | 6:36   | 9.1  |
| 7    | STANISŁAWSKI JAN             | 111 | AKTYWNI 50                     | POZNAN            | POL  | M 55-59        | 1      | 0   |             |              | 00:16:16 | 00:33:09 | 6:37   | 9    |
| 8    | LUBAWIŃSKI JERZY             | 57  | K.B.SPRINT ŚWIDWIN             | ŚWIDWIN           | POL  | M 55-59        | 2      | 0   |             |              | 00:16:33 | 00:33:29 | 6:41   | 9    |
| 9    | LESIŃSKI GRZEGORZ            | 92  |                                | OLSZANY           | POL  | M 45-49        | 2      | 0   |             |              | 00:16:35 | 00:33:30 | 6:42   | 9    |
| 10   | BRZOSZOWSKI PIOTR            | 106 | AKTYWNI POSTOMINO              | SŁAWNO            | POL  | M 30-39        | 1      | 0   |             |              | 00:16:28 | 00:33:35 | 6:43   | 8.9  |
| 11   | KAZIÓW RYSZARD               | 108 | DWA KIJE SŁUPSK                | SŁUPSK            | POL  | M 60-64        | 2      | 0   |             |              | 00:16:47 | 00:33:58 | 6:47   | 8.8  |
| 12   | SZUDARSKI EDWARD             | 87  | DWA KIJE SŁUPSK                | SŁUPSK            | POL  | M 55-59        | 3      | 0   |             |              | 00:16:46 | 00:34:15 | 6:51   | 8.8  |
| 13   | SZPILMAN MARTA               | 115 |                                | GDYNIA            | POL  | K 18-29        | 1      | 0   |             |              | 00:17:11 | 00:34:29 | 6:53   | 8.7  |
| 14   | DANA ANDRZEJ                 | 118 | KLUB NW PATYCZAKI              | GRUDZIĄDZ         | POL  | M 65-69        | 1      | 0   | 1           |              | 00:17:16 | 00:34:51 | 6:58   | 8.6  |
| 15   | TRACZ BOLESŁAW               | 97  |                                | SŁAWNO            | POL  | M 65-69        | 2      | 0   | 1           |              | 00:17:16 | 00:34:52 | 6:58   | 8.6  |
| 16   | WAWRZYNKIEWICZ DAMIAN        | 84  |                                | UNIEŚCIE          | POL  | M 30-39        | 2      | 0   |             |              | 00:17:47 | 00:35:07 | 7:01   | 8.5  |
| 17   | CHUDZIŃSKI ANDRZEJ           | 67  | KS ELBLĄSKIE WŁÓCZY-KIJE       | ELBLĄG            | POL  | M 65-69        | 3      | 0   |             |              | 00:17:18 | 00:35:14 | 7:02   | 8.5  |
| 18   | LESIŃSKA MARZENA             | 91  |                                | OLSZANY           | POL  | K 50-54        | 1      | 0   |             |              | 00:17:39 | 00:35:14 | 7:02   | 8.5  |
| 19   | SWYSTUN SŁAWOMIR             | 150 | MORSY GDYŃSKIE CHODZĘKIJAMI.PL | GDYNIA            | POL  | M 60-64        | 3      | 0   |             |              | 00:17:19 | 00:35:20 | 7:04   | 8.5  |
| 20   | RAKUĆ JAKUB                  | 136 | RUCH PO ZDROWIE                | WŁOCLAWEK         | POL  | M 18-29        | 2      | 0   |             |              | 00:17:29 | 00:35:22 | 7:04   | 8.5  |
| 21   | MARKOWSKA HALINA             | 65  | KS ELBLĄSKIE WŁÓCZY-KIJE       | ELBLĄG            | POL  | K 55-59        | 1      | 0   |             |              | 00:17:29 | 00:35:22 | 7:04   | 8.5  |
| 22   | ROSADZIŃSKI SŁAWOMIR         | 112 |                                | LESZNO            | POL  | M 45-49        | 3      | 0   |             |              | 00:17:30 | 00:35:32 | 7:06   | 8.4  |
| 23   | BARTOSIEWICZ ŁUKASZ          | 140 |                                | GDAŃSK            | POL  | M 30-39        | 3      | 0   |             |              | 00:17:39 | 00:35:36 | 7:07   | 8.4  |
| 24   | LESZCZYŃSKA KRYSZYNA         | 63  |                                | SZCZECINEK        | POL  | K 55-59        | 2      | 0   |             |              | 00:17:42 | 00:35:49 | 7:09   | 8.4  |
| 25   | KOŁPAK JAN                   | 35  | LKS ZANTYR                     | SZTUM             | POL  | M 65-69        | 4      | 0   |             |              | 00:17:52 | 00:36:21 | 7:16   | 8.3  |
| 26   | PODOLSKI MIROSŁAW            | 36  | LKS ZANTYR SZTUM               | SZTUM             | POL  | M 60-64        | 4      | 0   |             |              | 00:17:59 | 00:36:22 | 7:16   | 8.2  |
| 27   | JÓŹWIAK MARIANNA             | 55  | WTW WŁOCLAWEK                  | WŁOCLAWEK         | POL  | K 40-44        | 1      | 0   |             |              | 00:18:23 | 00:36:25 | 7:17   | 8.2  |
| 28   | WILKOŁĘK-SZUDARSKA SATURNINA | 88  | DWA KIJE SŁUPSK                | SŁUPSK            | POL  | K 55-59        | 3      | 0   |             |              | 00:17:49 | 00:36:33 | 7:18   | 8.2  |
| 29   | SZPILMAN KATARZYNA           | 114 |                                | GDYNIA            | POL  | K 45-49        | 1      | 0   |             |              | 00:18:16 | 00:36:37 | 7:19   | 8.2  |
| 30   | ŚWIERCZYŃSKA JOANNA          | 66  | KS ELBLĄSKIE WŁÓCZY-KIJE       | ELBLĄG            | POL  | K 45-49        | 2      | 0   |             |              | 00:18:34 | 00:36:38 | 7:19   | 8.2  |
| 31   | GOŁĘBIEWSKI ANDRZEJ          | 120 | KLUB SZUWAREK                  | NOWY DWÓR GDAŃSKI | POL  | M 55-59        | 4      | 0   |             |              | 00:17:58 | 00:36:45 | 7:21   | 8.2  |
| 32   | POTORSKI JACEK               | 101 |                                | GRUDZIĄDZ         | POL  | M 30-39        | 4      | 0   |             |              | 00:18:07 | 00:37:02 | 7:24   | 8.1  |
| 33   | KARCZEWSKA MARZENA           | 138 | RUCH PO ZDROWIE                | WŁOCLAWEK         | POL  | K 30-39        | 1      | 0   |             |              | 00:18:40 | 00:37:09 | 7:25   | 8.1  |
| 34   | SZUDARSKI MAREK              | 86  | DWA KIJE SŁUPSK                | SŁUPSK            | POL  | M 18-29        | 3      | 0   |             |              | 00:18:28 | 00:37:23 | 7:28   | 8    |
| 35   | DANA KAZIMIERA               | 117 | KLUB NW PATYCZAKI              | GRUDZIĄDZ         | POL  | K 60-64        | 1      | 0   |             |              | 00:18:44 | 00:37:31 | 7:30   | 8    |
| 36   | SOBOLEWSKI JAROSŁAW          | 56  |                                | ZIELONKA          | POL  | M 45-49        | 4      | 0   |             |              | 00:18:32 | 00:37:34 | 7:30   | 8    |
| 37   | REUTER BOŻENA                | 130 | ŁEBA MORS POLAND               | ŁEBA              | POL  | K 45-49        | 3      | 0   |             |              | 00:18:41 | 00:37:37 | 7:31   | 8    |
| 38   | RAKUĆ ANGELIKA               | 137 | RUCH PO ZDROWIE                | WŁOCLAWEK         | POL  | K 18-29        | 2      | 0   |             |              | 00:18:59 | 00:37:38 | 7:31   | 8    |
| 39   | LANGMESSER REGINA            | 30  | LKS ZANTYR                     | SZTUM             | POL  | K 45-49        | 4      | 0   |             |              | 00:18:40 | 00:37:41 | 7:32   | 8    |
| 40   | NIEWIŃSKA BEATA              | 109 |                                | GDAŃSK            | POL  | K 50-54        | 2      | 0   |             |              | 00:18:44 | 00:37:43 | 7:32   | 8    |
| 41   | POKORNICZKA MONIKA           | 133 | DAMY RADE                      | KOŁOBRZEG         | POL  | K 40-44        | 2      | 0   |             |              | 00:18:35 | 00:37:49 | 7:33   | 7.9  |
| 42   | PILECKA-PRĄDZYŃSKA ANNA      | 149 | CHODZĘ Z KIJAMI                | GDYNIA            | POL  | K 60-64        | 2      | 0   |             |              | 00:18:32 | 00:37:50 | 7:34   | 7.9  |
| 43   | MAZUR KATARZYNA              | 129 | ŁEBA MORS POLAND               | ŁEBA              | POL  | K 50-54        | 3      | 0   |             |              | 00:18:52 | 00:37:53 | 7:34   | 7.9  |
| 44   | GROCHOWALSKI MIKOŁAJ         | 58  | BAWILAND                       | SŁAWNO            | POL  | M DZIECI DO 13 | 1      | 0   |             |              | 00:17:49 | 00:37:54 | 7:34   | 7.9  |
| 45   | BRYL MICHAŁ                  | 69  | KS ELBLĄSKIE WŁÓCZY-KIJE       | ELBLĄG            | POL  | M 18-29        | 4      | 0   |             |              | 00:18:18 | 00:37:58 | 7:35   | 7.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, OPEN c.d.**

| M-ce | Nazwisko i imię            | Nr  | Klub                          | M-scowość     | Kraj | Kat.           | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------------|-----|-------------------------------|---------------|------|----------------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 46   | CZARNECKI GRZEGORZ         | 99  |                               | SŁAWNO        | POL  | M 30-39        | 5      | 0   |             |              | 00:18:26 | 00:38:00 | 7:36   | 7.9  |
| 47   | BRZEZIŃSKI ROBERT          | 38  | HERKULES.ORG.PL               | GDAŃSK        | POL  | M 18-29        | 5      | 0   |             |              | 00:19:09 | 00:38:03 | 7:36   | 7.9  |
| 48   | ZIELIŃSKI ANDRZEJ          | 26  |                               | NACŁAW        | POL  | M 60-64        | 5      | 0   |             |              | 00:18:31 | 00:38:35 | 7:43   | 7.8  |
| 49   | KOSIŃSKA MARIA             | 96  | MOSIR RYPIN                   | RYPIN         | POL  | K 55-59        | 4      | 0   |             |              | 00:19:08 | 00:38:35 | 7:43   | 7.8  |
| 50   | BONEK BRONISŁAW            | 51  | THE BEST - MY IDZIEMY I CZEŚĆ | ŁABISZYN      | POL  | M 70+          | 1      | 0   |             |              | 00:19:18 | 00:38:44 | 7:44   | 7.7  |
| 51   | MAĆZKA MARIA               | 135 |                               | GDAŃSK        | POL  | K 65-59        | 1      | 0   |             |              | 00:19:15 | 00:38:59 | 7:47   | 7.7  |
| 52   | BRYL ZDZIŚLAW              | 68  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG        | POL  | M 45-49        | 5      | 0   |             |              | 00:19:00 | 00:39:01 | 7:48   | 7.7  |
| 53   | KOSIŃSKA-BUCIOR TERESA     | 131 | ŁEBA MORS POLAND              | ŁEBA          | POL  | K 55-59        | 5      | 0   |             |              | 00:19:08 | 00:39:08 | 7:49   | 7.7  |
| 54   | OLECH MARCIN               | 83  |                               | GDAŃSK        | POL  | M 40-44        | 1      | 0   |             |              | 00:19:26 | 00:39:10 | 7:50   | 7.7  |
| 55   | OKROJ BARBARA              | 80  | KLUB NW PATYCZAKI             | GRUDZIADZ     | POL  | K 60-64        | 3      | 0   |             |              | 00:19:37 | 00:39:56 | 7:59   | 7.5  |
| 56   | STASIAK IWONA              | 116 |                               | SZCZECIN      | POL  | K 55-59        | 6      | 0   |             |              | 00:19:55 | 00:39:57 | 7:59   | 7.5  |
| 57   | KRAWCZYKOWSKA BARBARA      | 29  | LKS ZANTYR SZTUM              | SZTUM         | POL  | K 55-59        | 7      | 0   |             |              | 00:19:59 | 00:40:14 | 8:02   | 7.5  |
| 58   | KURCZYK ELŻBIETA           | 78  |                               | SŁAWNO        | POL  | K 30-39        | 2      | 0   |             |              | 00:20:30 | 00:40:15 | 8:03   | 7.5  |
| 59   | CHROMOW WERONIKA           | 122 |                               | SŁAWNO        | POL  | K JUNIOR 14-17 | 1      | 0   |             |              | 00:20:05 | 00:40:18 | 8:03   | 7.4  |
| 60   | BANASIK PAULA              | 123 |                               | SŁAWNO        | POL  | K JUNIOR 14-17 | 2      | 0   |             |              | 00:20:05 | 00:40:18 | 8:03   | 7.4  |
| 61   | ROZWARSKA MAŁGORZATA       | 52  | THE BEST - MY IDZIEMY I CZEŚĆ | RACINIEWO     | POL  | K 18-29        | 3      | 0   |             |              | 00:20:14 | 00:40:21 | 8:04   | 7.4  |
| 62   | PODLEWSKA ALICJA           | 28  | LKS ZANTYR SZTUM              | SZTUM         | POL  | K 45-49        | 5      | 0   |             |              | 00:20:07 | 00:40:23 | 8:04   | 7.4  |
| 63   | WIADERSKI WOJCIECH         | 62  |                               | ELBLĄG        | POL  | M 65-69        | 5      | 0   |             |              | 00:20:12 | 00:40:23 | 8:04   | 7.4  |
| 64   | ROMANOWSKA WIKTORIA        | 103 |                               | SŁAWNO        | POL  | K JUNIOR 14-17 | 3      | 0   |             |              | 00:20:05 | 00:40:25 | 8:05   | 7.4  |
| 65   | KŁOPOTOWSKI RYSZARD        | 34  | LKS ZANTYR SZTUM              | SZTUM         | POL  | M 50-54        | 2      | 0   |             |              | 00:19:57 | 00:40:47 | 8:09   | 7.4  |
| 66   | KĄCKOWSKA BEATA            | 141 | JEZIORKI - AKTYWNA WIEŚ       | KACZORY       | POL  | K 40-44        | 3      | 0   |             |              | 00:20:29 | 00:40:47 | 8:09   | 7.4  |
| 67   | FRUBA KARINA               | 89  | DWA KIJE SŁUPSK               | SŁUPSK        | POL  | K 30-39        | 3      | 0   |             |              | 00:20:23 | 00:41:10 | 8:14   | 7.3  |
| 68   | UTRATA MIROSŁAW            | 72  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG        | POL  | M 55-59        | 5      | 0   |             |              | 00:20:13 | 00:41:24 | 8:16   | 7.2  |
| 69   | NERC DOROTA                | 105 |                               | GDYNIA        | POL  | K 55-59        | 8      | 0   |             |              | 00:20:23 | 00:41:26 | 8:17   | 7.2  |
| 70   | ROMANOWSKA AGATA           | 94  |                               | SŁAWNO        | POL  | K DZIECI DO 13 | 1      | 0   |             |              | 00:20:17 | 00:41:49 | 8:21   | 7.2  |
| 71   | WINIARSKA MAGDALENA        | 95  |                               | POTULICE      | POL  | K 30-39        | 4      | 0   |             |              | 00:20:37 | 00:41:50 | 8:22   | 7.2  |
| 72   | MAZERSKA MARIA             | 32  | LKS ZANTYR SZTUM              | SZTUM         | POL  | K 65-59        | 2      | 0   |             |              | 00:21:04 | 00:41:50 | 8:22   | 7.2  |
| 73   | CYGAN SANDRA               | 133 | DAMY RADE                     | KOŁOBRZEG     | POL  | K DZIECI DO 13 | 2      | 0   |             |              | 00:20:23 | 00:41:59 | 8:23   | 7.1  |
| 74   | PLUTA BOZENA               | 113 | I GRUPA GDYNSKA               | GDYNIA        | POL  | K 60-64        | 4      | 0   |             |              | 00:20:41 | 00:42:21 | 8:28   | 7.1  |
| 75   | MIELEWCZYK ALEKSANDRA      | 76  | AUTONOGI                      | RUMIA         | POL  | K 50-54        | 4      | 0   |             |              | 00:20:48 | 00:42:25 | 8:29   | 7.1  |
| 76   | ŻYTO AGNIESZKA             | 125 |                               | SŁAWNO        | POL  | K 40-44        | 4      | 0   |             |              | 00:21:20 | 00:42:29 | 8:29   | 7.1  |
| 77   | KAZIÓW KRYSZYNA            | 107 | DWA KIJE SŁUPSK               | SŁUPSK        | POL  | K 60-64        | 5      | 0   |             |              | 00:20:56 | 00:42:31 | 8:30   | 7.1  |
| 78   | SŁAWSKA PATRYCJA           | 102 |                               | SŁAWNO        | POL  | K DZIECI DO 13 | 3      | 0   |             |              | 00:20:38 | 00:42:34 | 8:30   | 7    |
| 79   | SZCZYPEK ELA               | 85  |                               | SŁUPSK        | POL  | K 60-64        | 6      | 0   |             |              | 00:21:19 | 00:42:54 | 8:34   | 7    |
| 80   | MOCZARSKI ADAM             | 110 | ŻABI KRUK                     | SOPOT         | POL  | M 65-69        | 6      | 0   |             |              | 00:21:27 | 00:42:54 | 8:34   | 7    |
| 81   | OGONOWSKA EDYTA            | 119 | KLUB NW PATYCZAKI             | GRUDZIADZ     | POL  | K 50-54        | 5      | 0   |             |              | 00:21:12 | 00:43:07 | 8:37   | 7    |
| 82   | JADANOWSKA HALINA          | 70  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG        | POL  | K 60-64        | 7      | 0   |             |              | 00:21:13 | 00:43:09 | 8:37   | 7    |
| 83   | SOLETA KRZYSZTOF           | 77  |                               | POTULICE      | POL  | M 40-44        | 2      | 0   |             |              | 00:21:59 | 00:43:16 | 8:39   | 6.9  |
| 84   | GRUSZKA BARBARA            | 33  | ZANTYR SZTUM                  | SZTUM         | POL  | K 65-59        | 3      | 0   |             |              | 00:21:44 | 00:43:26 | 8:41   | 6.9  |
| 85   | PANKIEWICZ-DMOWSKA CECYLIA | 81  | WEJHEROWSKI KLUB N.W.         | GOWINO        | POL  | K 65-59        | 4      | 0   |             |              | 00:21:42 | 00:43:27 | 8:41   | 6.9  |
| 86   | KĄCKOWSKI MAREK            | 142 | JEZIORKI - AKTYWNA WIEŚ       | KACZORY       | POL  | M 60-64        | 6      | 0   |             |              | 00:22:09 | 00:43:40 | 8:44   | 6.9  |
| 87   | MILCZAK ELŻBIETA           | 145 |                               | KRĘPA SŁUPSKA | POL  | K 45-49        | 6      | 0   |             |              | 00:22:23 | 00:44:13 | 8:50   | 6.8  |
| 88   | IZDEBSKA GRAŻYNA           | 40  |                               | SŁAWNO        | POL  | K 55-59        | 9      | 0   |             |              | 00:21:30 | 00:44:16 | 8:51   | 6.8  |
| 89   | DELIG DANUTA               | 37  |                               | BYDGOSZCZ     | POL  | K 55-59        | 10     | 0   |             |              | 00:21:25 | 00:44:27 | 8:53   | 6.7  |
| 90   | HIMMEL GRAŻYNA             | 75  | 88° TEAM                      | GDYNIA        | POL  | K 60-64        | 8      | 0   |             |              | 00:22:24 | 00:45:02 | 9:00   | 6.7  |
| 91   | KARCZEWSKI KRZYSZTOF       | 139 | RUCH PO ZDROWIE               | WŁOCŁAWEK     | POL  | M 30-39        | 6      | 0   |             |              | 00:22:59 | 00:45:22 | 9:04   | 6.6  |
| 92   | PANKIEWICZ BARTOSZ         | 82  | WEJHEROWSKI KLUB N.W.         | GOWINO        | POL  | M DZIECI DO 13 | 2      | 0   |             |              | 00:21:36 | 00:45:30 | 9:06   | 6.6  |
| 93   | KURCZYK ZBYSZEK            | 124 |                               | SŁAWNO        | POL  | M DZIECI DO 13 | 3      | 0   |             |              | 00:22:17 | 00:45:47 | 9:09   | 6.6  |
| 94   | BUCIOR WOJCIECH            | 132 | ŁEBA MORS POLAND              | ŁEBA          | POL  | M 55-59        | 6      | 0   |             |              | 00:22:26 | 00:45:56 | 9:11   | 6.5  |
| 95   | PODGÓRSKA MARIANNA         | 39  |                               | SŁAWNO        | POL  | K 60-64        | 9      | 0   |             |              | 00:22:45 | 00:46:11 | 9:14   | 6.5  |
| 96   | SZYCKO OLIWIA              | 148 |                               | SŁUPSK        | POL  | K DZIECI DO 13 | 4      | 0   |             |              | 00:23:29 | 00:47:23 | 9:28   | 6.3  |
| 97   | WIADERSKA GRAŻYNA          | 61  |                               | ELBLĄG        | POL  | K 60-64        | 10     | 0   |             |              | 00:23:49 | 00:47:44 | 9:32   | 6.3  |
| 98   | KURCZYK MICHAŁ             | 74  |                               | SŁAWNO        | POL  | M DZIECI DO 13 | 4      | 0   |             |              | 00:24:20 | 00:48:57 | 9:47   | 6.1  |
| 99   | MAJEWSKA ANNA              | 59  |                               | SŁAWNO        | POL  | K 30-39        | 5      | 0   |             |              | 00:23:17 | 00:49:43 | 9:56   | 6    |
| 100  | MAJEWSKA NATALIA           | 60  |                               | SŁAWNO        | POL  | K DZIECI DO 13 | 5      | 0   |             |              | 00:23:55 | 00:50:44 | 10:08  | 5.9  |
| 101  | CZARNECKA ELŻBIETA         | 146 |                               | SŁUPSK        | POL  | K 60-64        | 11     | 0   |             |              | 00:26:10 | 00:51:01 | 10:12  | 5.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, OPEN c.d.**

| M-ce | Nazwisko i imię            | Nr  | Klub              | M-scowość     | Kraj | Kat.           | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------------|-----|-------------------|---------------|------|----------------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 102  | MAZERSKI RYSZARD           | 27  |                   | SZTUM         | POL  | M 65-69        | 7      | 0   |             |              | 00:25:18 | 00:51:15 | 10:15  | 5.9  |
| 103  | ANTKOWIAK MARIAN           | 79  | KLUB NW PATYCZAKI | GRUDZIĄDZ     | POL  | M 55-59        | 7      | 0   |             |              | 00:25:20 | 00:51:21 | 10:16  | 5.8  |
| 104  | ŻYTO JAKUB                 | 126 |                   | SŁAWNO        | POL  | M DZIECI DO 13 | 5      | 0   |             |              | 00:25:01 | 00:51:36 | 10:19  | 5.8  |
| 105  | GAŁKOWSKA DANUTA           | 144 |                   | SŁAWSKO       | POL  | K 40-44        | 5      | 0   |             |              | 00:27:21 | 00:52:11 | 10:26  | 5.7  |
| 106  | NAKONIECZNA RENATA         | 147 |                   | KRĘPA SŁUPSKA | POL  | K 40-44        | 6      | 0   |             |              | 00:27:21 | 00:52:11 | 10:26  | 5.7  |
| 107  | PLAZA BEATA                | 143 |                   | BIESIEKIERZ   | POL  | K 55-59        | 11     | 0   |             |              | 00:26:07 | 00:52:38 | 10:31  | 5.7  |
| 108  | CICHAWA KINGA              | 100 |                   | SŁAWNO        | POL  | K 45-49        | 7      | 0   |             |              | 00:26:03 | 00:54:05 | 10:49  | 5.5  |
| 109  | GAWRYS ANNA                | 128 |                   | SŁAWNO        | POL  | K 60-64        | 12     | 0   |             |              | 00:26:38 | 00:54:08 | 10:49  | 5.5  |
| 110  | MILACHOWSKA AGNIESZKA      | 64  |                   | ZŁOTÓW        | POL  | K 30-39        | 6      | 0   |             |              | 00:28:01 | 00:55:52 | 11:10  | 5.4  |
| 111  | CICHOCKI WIESŁAW           | 121 | KLUB NW PATYCZAKI | GRUDZIĄDZ     | POL  | M 60-64        | 7      | 0   |             |              | 00:27:18 | 00:56:01 | 11:12  | 5.4  |
| 112  | BOGDAN-CHOJNACKA KATARZYNA | 98  |                   | SŁAWNO        | POL  | K 40-44        | 7      | 0   |             |              | 00:28:07 | 00:56:04 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, Niepełnosprawni**

| M-ce | Nazwisko i imię            | Nr  | Klub                     | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------------|-----|--------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | LUBAWIŃSKI JERZY           | 57  | K.B.SPRINT ŚWIDWIN       | ŚWIDWIN   | POL  | M 55-59 | 2      | 0   |             |              | 00:16:33 | 00:33:29 | 6:41   | 9    |
| 2    | BRYL MICHAŁ                | 69  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL  | M 18-29 | 4      | 0   |             |              | 00:18:18 | 00:37:58 | 7:35   | 7.9  |
| 3    | CZARNECKI GRZEGORZ         | 99  |                          | SŁAWNO    | POL  | M 30-39 | 5      | 0   |             |              | 00:18:26 | 00:38:00 | 7:36   | 7.9  |
| 4    | FRUBA KARINA               | 89  | DWA KIJE SŁUPSK          | SŁUPSK    | POL  | K 30-39 | 3      | 0   |             |              | 00:20:23 | 00:41:10 | 8:14   | 7.3  |
| 5    | WINIARSKA MAGDALENA        | 95  |                          | POTULICE  | POL  | K 30-39 | 4      | 0   |             |              | 00:20:37 | 00:41:50 | 8:22   | 7.2  |
| 6    | MOCZARSKI ADAM             | 110 | ŻABI KRUK                | SOPOT     | POL  | M 65-69 | 6      | 0   |             |              | 00:21:27 | 00:42:54 | 8:34   | 7    |
| 7    | SOLETA KRZYSZTOF           | 77  |                          | POTULICE  | POL  | M 40-44 | 2      | 0   |             |              | 00:21:59 | 00:43:16 | 8:39   | 6.9  |
| 8    | ANTKOWIAK MARIAN           | 79  | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL  | M 55-59 | 7      | 0   |             |              | 00:25:20 | 00:51:21 | 10:16  | 5.8  |
| 9    | CICHOCKI WIESŁAW           | 121 | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL  | M 60-64 | 7      | 0   |             |              | 00:27:18 | 00:56:01 | 11:12  | 5.4  |
| 10   | BOGDAN-CHOJNACKA KATARZYNA | 98  |                          | SŁAWNO    | POL  | K 40-44 | 7      | 0   |             |              | 00:28:07 | 00:56:04 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K Niepełnosprawni**

| M-ce | Nazwisko i imię            | Nr | Klub            | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------------|----|-----------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | FRUBA KARINA               | 89 | DWA KIJE SŁUPSK | SŁUPSK    | POL  | K 30-39 | 3      | 0   |             |              | 00:20:23 | 00:41:10 | 8:14   | 7.3  |
| 2    | WINIARSKA MAGDALENA        | 95 |                 | POTULICE  | POL  | K 30-39 | 4      | 0   |             |              | 00:20:37 | 00:41:50 | 8:22   | 7.2  |
| 3    | BOGDAN-CHOJNACKA KATARZYNA | 98 |                 | SŁAWNO    | POL  | K 40-44 | 7      | 0   |             |              | 00:28:07 | 00:56:04 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M Niepełnosprawni**

| M-ce | Nazwisko i imię    | Nr  | Klub                     | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|--------------------|-----|--------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | LUBAWIŃSKI JERZY   | 57  | K.B.SPRINT ŚWIDWIN       | ŚWIDWIN   | POL  | M 55-59 | 2      | 0   |             |              | 00:16:33 | 00:33:29 | 6:41   | 9    |
| 2    | BRYL MICHAŁ        | 69  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL  | M 18-29 | 4      | 0   |             |              | 00:18:18 | 00:37:58 | 7:35   | 7.9  |
| 3    | CZARNECKI GRZEGORZ | 99  |                          | SŁAWNO    | POL  | M 30-39 | 5      | 0   |             |              | 00:18:26 | 00:38:00 | 7:36   | 7.9  |
| 4    | MOCZARSKI ADAM     | 110 | ŻABI KRUK                | SOPOT     | POL  | M 65-69 | 6      | 0   |             |              | 00:21:27 | 00:42:54 | 8:34   | 7    |
| 5    | SOLETA KRZYSZTOF   | 77  |                          | POTULICE  | POL  | M 40-44 | 2      | 0   |             |              | 00:21:59 | 00:43:16 | 8:39   | 6.9  |
| 6    | ANTKOWIAK MARIAN   | 79  | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL  | M 55-59 | 7      | 0   |             |              | 00:25:20 | 00:51:21 | 10:16  | 5.8  |
| 7    | CICHOCKI WIESŁAW   | 121 | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL  | M 60-64 | 7      | 0   |             |              | 00:27:18 | 00:56:01 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K Dzieci do 13**

| M-ce | Nazwisko i imię  | Nr  | Klub      | M-scowość | Kraj | Kat.           | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|------------------|-----|-----------|-----------|------|----------------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | ROMANOWSKA AGATA | 94  |           | SŁAWNO    | POL  | K DZIECI DO 13 | 1      | 0   |             |              | 00:20:17 | 00:41:49 | 8:21   | 7.2  |
| 2    | CYGAN SANDRA     | 133 | DAMY RADE | KOŁOBRZEG | POL  | K DZIECI DO 13 | 2      | 0   |             |              | 00:20:23 | 00:41:59 | 8:23   | 7.1  |
| 3    | SŁAWSKA PATRYCJA | 102 |           | SŁAWNO    | POL  | K DZIECI DO 13 | 3      | 0   |             |              | 00:20:38 | 00:42:34 | 8:30   | 7    |
| 4    | SZYCKO OLIWIA    | 148 |           | SŁUPSK    | POL  | K DZIECI DO 13 | 4      | 0   |             |              | 00:23:29 | 00:47:23 | 9:28   | 6.3  |
| 5    | MAJEWSKA NATALIA | 60  |           | SŁAWNO    | POL  | K DZIECI DO 13 | 5      | 0   |             |              | 00:23:55 | 00:50:44 | 10:08  | 5.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M Dzieci do 13**

| M-ce | Nazwisko i imię      | Nr  | Klub                  | M-scowość | Kraj | Kat.           | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------|-----|-----------------------|-----------|------|----------------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | GROCHOWALSKI MIKOŁAJ | 58  | BAWILAND              | SŁAWNO    | POL  | M DZIECI DO 13 | 1      | 0   |             |              | 00:17:49 | 00:37:54 | 7:34   | 7.9  |
| 2    | PANKIEWICZ BARTOSZ   | 82  | WEJHEROWSKI KLUB N.W. | GOWINO    | POL  | M DZIECI DO 13 | 2      | 0   |             |              | 00:21:36 | 00:45:30 | 9:06   | 6.6  |
| 3    | KURCZYK ZBYSZEK      | 124 |                       | SŁAWNO    | POL  | M DZIECI DO 13 | 3      | 0   |             |              | 00:22:17 | 00:45:47 | 9:09   | 6.6  |
| 4    | KURCZYK MICHAŁ       | 74  |                       | SŁAWNO    | POL  | M DZIECI DO 13 | 4      | 0   |             |              | 00:24:20 | 00:48:57 | 9:47   | 6.1  |
| 5    | ŻYTO JAKUB           | 126 |                       | SŁAWNO    | POL  | M DZIECI DO 13 | 5      | 0   |             |              | 00:25:01 | 00:51:36 | 10:19  | 5.8  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K Junior 14-17**

| M-ce | Nazwisko i imię     | Nr  | Klub | M-scowość | Kraj | Kat.           | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|---------------------|-----|------|-----------|------|----------------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | CHROMOW WERONIKA    | 122 |      | SŁAWNO    | POL  | K JUNIOR 14-17 | 1      | 0   |             |              | 00:20:05 | 00:40:18 | 8:03   | 7.4  |
| 2    | BANASIK PAULA       | 123 |      | SŁAWNO    | POL  | K JUNIOR 14-17 | 2      | 0   |             |              | 00:20:05 | 00:40:18 | 8:03   | 7.4  |
| 3    | ROMANOWSKA WIKTORIA | 103 |      | SŁAWNO    | POL  | K JUNIOR 14-17 | 3      | 0   |             |              | 00:20:05 | 00:40:25 | 8:05   | 7.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M Junior 14-17**

| M-ce | Nazwisko i imię      | Nr | Klub                          | M-scowość | Kraj | Kat.           | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------|----|-------------------------------|-----------|------|----------------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | ĆWIKLIŃSKI KRYSZTIAN | 54 | THE BEST - MY IDZIEMY I CZEŚĆ | ŁABISZYN  | POL  | M JUNIOR 14-17 | 1      | 0   |             |              | 00:16:17 | 00:32:15 | 6:27   | 9.3  |
| 2    | RACZYŃSKI GRZEGORZ   | 93 | GIMNAZJUM SPORTOWE NR 1       | KOSZALIN  | POL  | M JUNIOR 14-17 | 2      | 0   |             |              | 00:16:38 | 00:32:17 | 6:27   | 9.3  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 18-29**

| M-ce | Nazwisko i imię      | Nr  | Klub                          | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------|-----|-------------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | SZPILMAN MARTA       | 115 |                               | GDYNIA    | POL  | K 18-29 | 1      | 0   |             |              | 00:17:11 | 00:34:29 | 6:53   | 8.7  |
| 2    | RAKUĆ ANGELIKA       | 137 | RUCH PO ZDROWIE               | WŁOCŁAWEK | POL  | K 18-29 | 2      | 0   |             |              | 00:18:59 | 00:37:38 | 7:31   | 8    |
| 3    | ROZWARSKA MAŁGORZATA | 52  | THE BEST - MY IDZIEMY I CZEŚĆ | RACINIEWO | POL  | K 18-29 | 3      | 0   |             |              | 00:20:14 | 00:40:21 | 8:04   | 7.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 18-29**

| M-ce | Nazwisko i imię   | Nr  | Klub                          | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|-------------------|-----|-------------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | MARCINIAK EMIL    | 53  | THE BEST - MY IDZIEMY I CZEŚĆ | ŁABISZYN  | POL  | M 18-29 | 1      | 0   |             |              | 00:16:21 | 00:32:53 | 6:34   | 9.1  |
| 2    | RAKUĆ JAKUB       | 136 | RUCH PO ZDROWIE               | WŁOCŁAWEK | POL  | M 18-29 | 2      | 0   |             |              | 00:17:29 | 00:35:22 | 7:04   | 8.5  |
| 3    | SZUDARSKI MAREK   | 86  | DWA KIJE SŁUPSK               | SŁUPSK    | POL  | M 18-29 | 3      | 0   |             |              | 00:18:28 | 00:37:23 | 7:28   | 8    |
| 4    | BRYL MICHAŁ       | 69  | KS ELBLĄSKIE WŁÓCZY-KIJE      | ELBLĄG    | POL  | M 18-29 | 4      | 0   |             |              | 00:18:18 | 00:37:58 | 7:35   | 7.9  |
| 5    | BRZEZIŃSKI ROBERT | 38  | HERKULES.ORG.PL               | GDAŃSK    | POL  | M 18-29 | 5      | 0   |             |              | 00:19:09 | 00:38:03 | 7:36   | 7.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 30-39**

| M-ce | Nazwisko i imię       | Nr  | Klub            | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|-----------------------|-----|-----------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | KARCZEWSKA MARZENA    | 138 | RUCH PO ZDROWIE | WŁOCLAWEK | POL  | K 30-39 | 1      | 0   |             |              | 00:18:40 | 00:37:09 | 7:25   | 8.1  |
| 2    | KURCZYK ELŻBIETA      | 78  |                 | SŁAWNO    | POL  | K 30-39 | 2      | 0   |             |              | 00:20:30 | 00:40:15 | 8:03   | 7.5  |
| 3    | FRUBA KARINA          | 89  | DWA KIJE SŁUPSK | SŁUPSK    | POL  | K 30-39 | 3      | 0   |             |              | 00:20:23 | 00:41:10 | 8:14   | 7.3  |
| 4    | WINIARSKA MAGDALENA   | 95  |                 | POTULICE  | POL  | K 30-39 | 4      | 0   |             |              | 00:20:37 | 00:41:50 | 8:22   | 7.2  |
| 5    | MAJEWSKA ANNA         | 59  |                 | SŁAWNO    | POL  | K 30-39 | 5      | 0   |             |              | 00:23:17 | 00:49:43 | 9:56   | 6    |
| 6    | MILACHOWSKA AGNIESZKA | 64  |                 | ZŁOTÓW    | POL  | K 30-39 | 6      | 0   |             |              | 00:28:01 | 00:55:52 | 11:10  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 30-39**

| M-ce | Nazwisko i imię       | Nr  | Klub              | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|-----------------------|-----|-------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | BRZozowski PIOTR      | 106 | AKTYWNI POSTOMINO | SŁAWNO    | POL  | M 30-39 | 1      | 0   |             |              | 00:16:28 | 00:33:35 | 6:43   | 8.9  |
| 2    | WAWRZYNKIEWICZ DAMIAN | 84  |                   | UNIEŚCIE  | POL  | M 30-39 | 2      | 0   |             |              | 00:17:47 | 00:35:07 | 7:01   | 8.5  |
| 3    | BARTOSIEWICZ ŁUKASZ   | 140 |                   | GDAŃSK    | POL  | M 30-39 | 3      | 0   |             |              | 00:17:39 | 00:35:36 | 7:07   | 8.4  |
| 4    | POTORSKI JACEK        | 101 |                   | GRUDZIĄDZ | POL  | M 30-39 | 4      | 0   |             |              | 00:18:07 | 00:37:02 | 7:24   | 8.1  |
| 5    | CZARNECKI GRZEGORZ    | 99  |                   | SŁAWNO    | POL  | M 30-39 | 5      | 0   |             |              | 00:18:26 | 00:38:00 | 7:36   | 7.9  |
| 6    | KARCZEWSKI KRZYSZTOF  | 139 | RUCH PO ZDROWIE   | WŁOCLAWEK | POL  | M 30-39 | 6      | 0   |             |              | 00:22:59 | 00:45:22 | 9:04   | 6.6  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 40-44**

| M-ce | Nazwisko i imię            | Nr  | Klub                    | M-scowość     | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------------|-----|-------------------------|---------------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | JÓŻWIAK MARIANNA           | 55  | WTW WŁOCLAWEK           | WŁOCLAWEK     | POL  | K 40-44 | 1      | 0   |             |              | 00:18:23 | 00:36:25 | 7:17   | 8.2  |
| 2    | POKORNICIEKA MONIKA        | 133 | DAMY RADE               | KOŁOBRZEG     | POL  | K 40-44 | 2      | 0   |             |              | 00:18:35 | 00:37:49 | 7:33   | 7.9  |
| 3    | KĄCKOWSKA BEATA            | 141 | JEZIORKI - AKTYWNA WIEŚ | KACZORY       | POL  | K 40-44 | 3      | 0   |             |              | 00:20:29 | 00:40:47 | 8:09   | 7.4  |
| 4    | ŻYTO AGNIESZKA             | 125 |                         | SŁAWNO        | POL  | K 40-44 | 4      | 0   |             |              | 00:21:20 | 00:42:29 | 8:29   | 7.1  |
| 5    | GAŁKOWSKA DANUTA           | 144 |                         | SŁAWSKO       | POL  | K 40-44 | 5      | 0   |             |              | 00:27:21 | 00:52:11 | 10:26  | 5.7  |
| 6    | NAKONIECZNA RENATA         | 147 |                         | KRĘPA SŁUPSKA | POL  | K 40-44 | 6      | 0   |             |              | 00:27:21 | 00:52:11 | 10:26  | 5.7  |
| 7    | BOGDAN-CHOJNACKA KATARZYNA | 98  |                         | SŁAWNO        | POL  | K 40-44 | 7      | 0   |             |              | 00:28:07 | 00:56:04 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 40-44**

| M-ce | Nazwisko i imię  | Nr | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|------------------|----|------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | OLECH MARCIN     | 83 |      | GDAŃSK    | POL  | M 40-44 | 1      | 0   |             |              | 00:19:26 | 00:39:10 | 7:50   | 7.7  |
| 2    | SOLETA KRZYSZTOF | 77 |      | POTULICE  | POL  | M 40-44 | 2      | 0   |             |              | 00:21:59 | 00:43:16 | 8:39   | 6.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 45-49**

| M-ce | Nazwisko i imię     | Nr  | Klub                     | M-scowość     | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|---------------------|-----|--------------------------|---------------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | SZPILMAN KATARZYNA  | 114 |                          | GDYNIA        | POL  | K 45-49 | 1      | 0   |             |              | 00:18:16 | 00:36:37 | 7:19   | 8.2  |
| 2    | ŚWIERCZYŃSKA JOANNA | 66  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG        | POL  | K 45-49 | 2      | 0   |             |              | 00:18:34 | 00:36:38 | 7:19   | 8.2  |
| 3    | REUTER BOŻENA       | 130 | ŁEBA MORS POLAND         | ŁEBA          | POL  | K 45-49 | 3      | 0   |             |              | 00:18:41 | 00:37:37 | 7:31   | 8    |
| 4    | LANGMESSER REGINA   | 30  | LKS ZANTYR               | SZTUM         | POL  | K 45-49 | 4      | 0   |             |              | 00:18:40 | 00:37:41 | 7:32   | 8    |
| 5    | PODLEWSKA ALICJA    | 28  | LKS ZANTYR SZTUM         | SZTUM         | POL  | K 45-49 | 5      | 0   |             |              | 00:20:07 | 00:40:23 | 8:04   | 7.4  |
| 6    | MILCZAK ELŻBIETA    | 145 |                          | KRĘPA SŁUPSKA | POL  | K 45-49 | 6      | 0   |             |              | 00:22:23 | 00:44:13 | 8:50   | 6.8  |
| 7    | CICHAWA KINGA       | 100 |                          | SŁAWNO        | POL  | K 45-49 | 7      | 0   |             |              | 00:26:03 | 00:54:05 | 10:49  | 5.5  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 45-49**

| M-ce | Nazwisko i imię      | Nr  | Klub                     | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------|-----|--------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | DZIADEK REMIGIUSZ    | 90  | UKS NEPTUN ROKITY        | ROKITY    | POL  | M 45-49 | 1      | 0   |             |              | 00:16:14 | 00:32:22 | 6:28   | 9.3  |
| 2    | LESINSKI GRZEGORZ    | 92  |                          | OLSZANY   | POL  | M 45-49 | 2      | 0   |             |              | 00:16:35 | 00:33:30 | 6:42   | 9    |
| 3    | ROSADZIŃSKI SŁAWOMIR | 112 |                          | LESZNO    | POL  | M 45-49 | 3      | 0   |             |              | 00:17:30 | 00:35:32 | 7:06   | 8.4  |
| 4    | SOBOLEWSKI JAROSŁAW  | 56  |                          | ZIELONKA  | POL  | M 45-49 | 4      | 0   |             |              | 00:18:32 | 00:37:34 | 7:30   | 8    |
| 5    | BRYL ZDZISŁAW        | 68  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL  | M 45-49 | 5      | 0   |             |              | 00:19:00 | 00:39:01 | 7:48   | 7.7  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 50-54**

| M-ce | Nazwisko i imię       | Nr  | Klub              | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|-----------------------|-----|-------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | LESINSKA MARZENNA     | 91  |                   | OLSZANY   | POL  | K 50-54 | 1      | 0   |             |              | 00:17:39 | 00:35:14 | 7:02   | 8.5  |
| 2    | NIEWIŃSKA BEATA       | 109 |                   | GDAŃSK    | POL  | K 50-54 | 2      | 0   |             |              | 00:18:44 | 00:37:43 | 7:32   | 8    |
| 3    | MAZUR KATARZYNA       | 129 | ŁEBA MORS POLAND  | ŁEBA      | POL  | K 50-54 | 3      | 0   |             |              | 00:18:52 | 00:37:53 | 7:34   | 7.9  |
| 4    | MIELEWCZYK ALEKSANDRA | 76  | AUTONOGI          | RUMIA     | POL  | K 50-54 | 4      | 0   |             |              | 00:20:48 | 00:42:25 | 8:29   | 7.1  |
| 5    | OGONOWSKA EDYTA       | 119 | KLUB NW PATYCZAKI | GRUDZIĄDZ | POL  | K 50-54 | 5      | 0   |             |              | 00:21:12 | 00:43:07 | 8:37   | 7    |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 50-54**

| M-ce | Nazwisko i imię      | Nr | Klub                     | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------|----|--------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | WASIELEWSKI MIROSLAW | 71 | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL  | M 50-54 | 1      | 0   |             |              | 00:16:18 | 00:32:47 | 6:33   | 9.2  |
| 2    | KŁOPOTOWSKI RYSZARD  | 34 | LKS ZANTYR SZTUM         | SZTUM     | POL  | M 50-54 | 2      | 0   |             |              | 00:19:57 | 00:40:47 | 8:09   | 7.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 55-59**

| M-ce | Nazwisko i imię              | Nr  | Klub                     | M-scowość   | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|------------------------------|-----|--------------------------|-------------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | MARKOWSKA HALINA             | 65  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG      | POL  | K 55-59 | 1      | 0   |             |              | 00:17:29 | 00:35:22 | 7:04   | 8.5  |
| 2    | LESZCZYSZYN KRYSZYNA         | 63  |                          | SZCZECINEK  | POL  | K 55-59 | 2      | 0   |             |              | 00:17:42 | 00:35:49 | 7:09   | 8.4  |
| 3    | WILKOŁĘK-SZUDARSKA SATURNINA | 88  | DWA KIJE SŁUPSK          | SŁUPSK      | POL  | K 55-59 | 3      | 0   |             |              | 00:17:49 | 00:36:33 | 7:18   | 8.2  |
| 4    | KOSIŃSKA MARIA               | 96  | MOSIR RYPIN              | RYPIN       | POL  | K 55-59 | 4      | 0   |             |              | 00:19:08 | 00:38:35 | 7:43   | 7.8  |
| 5    | KOSIŃSKA-BUCIOR TERESA       | 131 | ŁEBA MORS POLAND         | ŁEBA        | POL  | K 55-59 | 5      | 0   |             |              | 00:19:08 | 00:39:08 | 7:49   | 7.7  |
| 6    | STASIAK IWONA                | 116 |                          | SZCZECIN    | POL  | K 55-59 | 6      | 0   |             |              | 00:19:55 | 00:39:57 | 7:59   | 7.5  |
| 7    | KRAWCZYKOWSKA BARBARA        | 29  | LKS ZANTYR SZTUM         | SZTUM       | POL  | K 55-59 | 7      | 0   |             |              | 00:19:59 | 00:40:14 | 8:02   | 7.5  |
| 8    | NERC DOROTA                  | 105 |                          | GDYNIA      | POL  | K 55-59 | 8      | 0   |             |              | 00:20:23 | 00:41:26 | 8:17   | 7.2  |
| 9    | IZDEBSKA GRAŻYNA             | 40  |                          | SŁAWNO      | POL  | K 55-59 | 9      | 0   |             |              | 00:21:30 | 00:44:16 | 8:51   | 6.8  |
| 10   | DELIG DANUTA                 | 37  |                          | BYDGOSZCZ   | POL  | K 55-59 | 10     | 0   |             |              | 00:21:25 | 00:44:27 | 8:53   | 6.7  |
| 11   | PLAZA BEATA                  | 143 |                          | BIESIEKIERZ | POL  | K 55-59 | 11     | 0   |             |              | 00:26:07 | 00:52:38 | 10:31  | 5.7  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 55-59**

| M-ce | Nazwisko i imię     | Nr  | Klub                     | M-scowość         | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|---------------------|-----|--------------------------|-------------------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | STANISŁAWSKI JAN    | 111 | AKTYWNI 50               | POZNAN            | POL  | M 55-59 | 1      | 0   |             |              | 00:16:16 | 00:33:09 | 6:37   | 9    |
| 2    | LUBAWIŃSKI JERZY    | 57  | K.B.SPRINT ŚWIDWIN       | ŚWIDWIN           | POL  | M 55-59 | 2      | 0   |             |              | 00:16:33 | 00:33:29 | 6:41   | 9    |
| 3    | SZUDARSKI EDWARD    | 87  | DWA KIJE SŁUPSK          | SŁUPSK            | POL  | M 55-59 | 3      | 0   |             |              | 00:16:46 | 00:34:15 | 6:51   | 8.8  |
| 4    | GOŁĘBIEWSKI ANDRZEJ | 120 | KLUB SZUWAREK            | NOWY DWÓR GDAŃSKI | POL  | M 55-59 | 4      | 0   |             |              | 00:17:58 | 00:36:45 | 7:21   | 8.2  |
| 5    | UTRATA MIROSLAW     | 72  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG            | POL  | M 55-59 | 5      | 0   |             |              | 00:20:13 | 00:41:24 | 8:16   | 7.2  |
| 6    | BUCIOR WOJCIECH     | 132 | ŁEBA MORS POLAND         | ŁEBA              | POL  | M 55-59 | 6      | 0   |             |              | 00:22:26 | 00:45:56 | 9:11   | 6.5  |
| 7    | ANTKOWIAK MARIAN    | 79  | KLUB NW PATYCZAKI        | GRUDZIĄDZ         | POL  | M 55-59 | 7      | 0   |             |              | 00:25:20 | 00:51:21 | 10:16  | 5.8  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 60-64**

| M-ce | Nazwisko i imię         | Nr  | Klub                     | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|-------------------------|-----|--------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | DANA KAZIMIERA          | 117 | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL  | K 60-64 | 1      | 0   |             |              | 00:18:44 | 00:37:31 | 7:30   | 8    |
| 2    | PILECKA-PRĄDZYŃSKA ANNA | 149 | CHODZĘ Z KIJAMI          | GDYNIA    | POL  | K 60-64 | 2      | 0   |             |              | 00:18:32 | 00:37:50 | 7:34   | 7.9  |
| 3    | OKROJ BARBARA           | 80  | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL  | K 60-64 | 3      | 0   |             |              | 00:19:37 | 00:39:56 | 7:59   | 7.5  |
| 4    | PLUTA BOŻENA            | 113 | I GRUPA GDYŃSKA          | GDYNIA    | POL  | K 60-64 | 4      | 0   |             |              | 00:20:41 | 00:42:21 | 8:28   | 7.1  |
| 5    | KAZIÓW KRISTYNA         | 107 | DWA KIJE SŁUPSK          | SŁUPSK    | POL  | K 60-64 | 5      | 0   |             |              | 00:20:56 | 00:42:31 | 8:30   | 7.1  |
| 6    | SZCZYPEK ELA            | 85  |                          | SŁUPSK    | POL  | K 60-64 | 6      | 0   |             |              | 00:21:19 | 00:42:54 | 8:34   | 7    |
| 7    | JADANOWSKA HALINA       | 70  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL  | K 60-64 | 7      | 0   |             |              | 00:21:13 | 00:43:09 | 8:37   | 7    |
| 8    | HIMMEL GRAŻYNA          | 75  | 88° TEAM                 | GDYNIA    | POL  | K 60-64 | 8      | 0   |             |              | 00:22:24 | 00:45:02 | 9:00   | 6.7  |
| 9    | PODGÓRSKA MARIANNA      | 39  |                          | SŁAWNO    | POL  | K 60-64 | 9      | 0   |             |              | 00:22:45 | 00:46:11 | 9:14   | 6.5  |
| 10   | WIADERSKA GRAŻYNA       | 61  |                          | ELBLĄG    | POL  | K 60-64 | 10     | 0   |             |              | 00:23:49 | 00:47:44 | 9:32   | 6.3  |
| 11   | CZARNECKA ELŻBIETA      | 146 |                          | SŁUPSK    | POL  | K 60-64 | 11     | 0   |             |              | 00:26:10 | 00:51:01 | 10:12  | 5.9  |
| 12   | GAWRYŚ ANNA             | 128 |                          | SŁAWNO    | POL  | K 60-64 | 12     | 0   |             |              | 00:26:38 | 00:54:08 | 10:49  | 5.5  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 60-64**

| M-ce | Nazwisko i imię   | Nr  | Klub                            | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|-------------------|-----|---------------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | KLARKOWSKI BOGDAN | 73  | KS ELBLĄSKIE WŁÓCZY-KIJE        | ELBLĄG    | POL  | M 60-64 | 1      | 0   |             |              | 00:16:23 | 00:33:04 | 6:36   | 9.1  |
| 2    | KAZIÓW RYSZARD    | 108 | DWA KIJE SŁUPSK                 | SŁUPSK    | POL  | M 60-64 | 2      | 0   |             |              | 00:16:47 | 00:33:58 | 6:47   | 8.8  |
| 3    | SWYSTUN SŁAWOMIR  | 150 | MORSY GDYŃSKIE CHODZEZKIJAMI.PL | GDYNIA    | POL  | M 60-64 | 3      | 0   |             |              | 00:17:19 | 00:35:20 | 7:04   | 8.5  |
| 4    | PODOLSKI MIROSLAW | 36  | LKS ZANTYR SZTUM                | SZTUM     | POL  | M 60-64 | 4      | 0   |             |              | 00:17:59 | 00:36:22 | 7:16   | 8.2  |
| 5    | ZIELIŃSKI ANDRZEJ | 26  |                                 | NACŁAW    | POL  | M 60-64 | 5      | 0   |             |              | 00:18:31 | 00:38:35 | 7:43   | 7.8  |
| 6    | KĄCKOWSKI MAREK   | 142 | JEZIORKI - AKTYWNA WIEŚ         | KACZORY   | POL  | M 60-64 | 6      | 0   |             |              | 00:22:09 | 00:43:40 | 8:44   | 6.9  |
| 7    | CICHOCKI WIESŁAW  | 121 | KLUB NW PATYCZAKI               | GRUDZIĄDZ | POL  | M 60-64 | 7      | 0   |             |              | 00:27:18 | 00:56:01 | 11:12  | 5.4  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, K 65-59**

| M-ce | Nazwisko i imię            | Nr  | Klub                  | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|----------------------------|-----|-----------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | MAĆZKA MARIA               | 135 |                       | GDAŃSK    | POL  | K 65-59 | 1      | 0   |             |              | 00:19:15 | 00:38:59 | 7:47   | 7.7  |
| 2    | MAZERSKA MARIA             | 32  | LKS ZANTYR SZTUM      | SZTUM     | POL  | K 65-59 | 2      | 0   |             |              | 00:21:04 | 00:41:50 | 8:22   | 7.2  |
| 3    | GRUSZKA BARBARA            | 33  | ZANTYR SZTUM          | SZTUM     | POL  | K 65-59 | 3      | 0   |             |              | 00:21:44 | 00:43:26 | 8:41   | 6.9  |
| 4    | PANKIEWICZ-DMOWSKA CECYLIA | 81  | WEJHEROWSKI KLUB N.W. | GOWINO    | POL  | K 65-59 | 4      | 0   |             |              | 00:21:42 | 00:43:27 | 8:41   | 6.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 65-69**

| M-ce | Nazwisko i imię    | Nr  | Klub                     | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|--------------------|-----|--------------------------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | DANA ANDRZEJ       | 118 | KLUB NW PATYCZAKI        | GRUDZIĄDZ | POL  | M 65-69 | 1      | 0   | 1           |              | 00:17:16 | 00:34:51 | 6:58   | 8.6  |
| 2    | TRACZ BOLESŁAW     | 97  |                          | SŁAWNO    | POL  | M 65-69 | 2      | 0   | 1           |              | 00:17:16 | 00:34:52 | 6:58   | 8.6  |
| 3    | CHUDZIŃSKI ANDRZEJ | 67  | KS ELBLĄSKIE WŁÓCZY-KIJE | ELBLĄG    | POL  | M 65-69 | 3      | 0   |             |              | 00:17:18 | 00:35:14 | 7:02   | 8.5  |
| 4    | KOŁPAK JAN         | 35  | LKS ZANTYR               | SZTUM     | POL  | M 65-69 | 4      | 0   |             |              | 00:17:52 | 00:36:21 | 7:16   | 8.3  |
| 5    | WIADERSKI WOJCIECH | 62  |                          | ELBLĄG    | POL  | M 65-69 | 5      | 0   |             |              | 00:20:12 | 00:40:23 | 8:04   | 7.4  |
| 6    | MOCZARSKI ADAM     | 110 | ŻABI KRUK                | SOPOT     | POL  | M 65-69 | 6      | 0   |             |              | 00:21:27 | 00:42:54 | 8:34   | 7    |
| 7    | MAZERSKI RYSZARD   | 27  |                          | SZTUM     | POL  | M 65-69 | 7      | 0   |             |              | 00:25:18 | 00:51:15 | 10:15  | 5.9  |

**SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 5KM, M 70+**

| M-ce | Nazwisko i imię | Nr | Klub                          | M-scowość | Kraj | Kat.  | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | Netto    | min/km | km/h |
|------|-----------------|----|-------------------------------|-----------|------|-------|--------|-----|-------------|--------------|----------|----------|--------|------|
| 1    | BONEK BRONISŁAW | 51 | THE BEST - MY IDZIEMY I CZEŚĆ | ŁABISZYN  | POL  | M 70+ | 1      | 0   |             |              | 00:19:18 | 00:38:44 | 7:44   | 7.7  |