

# POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

Organizator: Polska Federacja Nordic Walking  
 Data: 2019-06-02  
 Miejsce: Polańczyk  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.



## POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, OPEN

| M-ce | Nazwisko i imię              | Nr  | Klub                                                   | M-scowość      | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.7km    | 3.4km    | Netto       | min/km | km/h |
|------|------------------------------|-----|--------------------------------------------------------|----------------|------|----------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 1    | WOJTOWICZ TOMASZ             | 111 | BIESZCZADZKI KLUB NORDIC WALKING                       | WIDACZ         | POL  | M18-29               | 1      | M 1  |             |              | 00:11:06 | 00:22:27 | 00:33:19.20 | 6:40   | 9    |
| 2    | TOPOLNICKI KONRAD            | 96  | CKZIU MECHANIK NYSA                                    | PRZECZÓD       | POL  | M18-29               | 2      | M 2  |             |              | 00:11:08 | 00:22:27 | 00:33:20.19 | 6:40   | 9    |
| 3    | KONIK JACEK                  | 37  | BIESZCZADZKI KLUB NORDIC WALKING                       | STEFKOWA       | POL  | M40-44               | 1      | M 3  |             |              | 00:11:55 | 00:23:41 | 00:35:21.62 | 7:04   | 8.5  |
| 4    | PODGÓRSKI SZYMON             | 65  | CKZIU MECHANIK NYSA                                    | WĘŻA           | POL  | M-JUN.               | 1      | M 4  |             |              | 00:11:29 | 00:23:32 | 00:35:36.39 | 7:07   | 8.4  |
| 5    | WOROCZ ROMAN                 | 102 | KS METRACO POLKOWICE                                   | DOPIEWO        | POL  | M60-64               | 1      | M 5  |             |              | 00:11:58 | 00:23:50 | 00:35:36.80 | 7:07   | 8.4  |
| 6    | GRZĄDZIEL DARIUSZ            | 137 | BIESZCZADZKI KLUB NORDIC WALKING                       | USTRZYKI DOLNE | POL  | M50-54               | 1      | M 6  |             |              | 00:12:03 | 00:23:58 | 00:35:45.87 | 7:09   | 8.4  |
| 7    | SPYCHAŁA LESŁAW              | 81  | CKZIU MECHANIK NYSA                                    | BIĄŁA          | POL  | M50-54               | 2      | M 7  |             |              | 00:11:42 | 00:23:53 | 00:36:18.36 | 7:15   | 8.3  |
| 8    | ŻALISKO OKSANA               | 131 | KARPATYIA                                              | LVIV           | UKR  | K60-64               | 1      | K 1  |             |              | 00:11:57 | 00:24:24 | 00:36:39.58 | 7:19   | 8.2  |
| 9    | DUSZĘKO ZYGMUNT              | 10  | KS METRACO POLKOWICE                                   | LUBIN          | POL  | M-NIEPEŁNOSPRAWNI(A) | 1      | M 8  |             |              | 00:12:14 | 00:24:43 | 00:37:00.06 | 7:24   | 8.1  |
| 10   | FRĄCZKOWIAK ROMAN            | 12  | KS METRACO POLKOWICE                                   | WIELEŃ         | POL  | M50-54               | 3      | M 9  |             |              | 00:12:01 | 00:24:32 | 00:37:15.12 | 7:27   | 8.1  |
| 11   | KONIK JAROSŁAW               | 112 | BIESZCZADZKI KLUB NORDIC WALKING                       |                | POL  | M30-39               | 1      | M 10 |             |              | 00:12:35 | 00:25:15 | 00:37:25.78 | 7:29   | 8    |
| 12   | MATSEIKO YEVHENII            | 108 | KARPATYIA                                              | DROGOBUCH      | UKR  | M30-39               | 2      | M 11 |             |              | 00:12:29 | 00:25:09 | 00:37:32.67 | 7:30   | 8    |
| 13   | OLEKSYK MAŁGORZATA           | 56  | KLUB BIEGACZA HALICZ, BIESZCZADZKI KLUB NORDIC WALKING | USTRZYKI DOLNE | POL  | K55-59               | 1      | K 2  |             |              | 00:12:35 | 00:25:26 | 00:38:21.16 | 7:40   | 7.8  |
| 14   | POLISZCZUK PIOTR             | 66  | PIERNIKI NA CHODZIE                                    | TORUŃ          | POL  | M-NIEPEŁNOSPRAWNI(A) | 2      | M 12 |             |              | 00:12:33 | 00:25:32 | 00:38:22.65 | 7:40   | 7.8  |
| 15   | PASIERB MAREK                | 59  |                                                        | RZESZÓW        | POL  | M65-69               | 1      | M 13 |             |              | 00:12:53 | 00:26:02 | 00:38:22.96 | 7:40   | 7.8  |
| 16   | JANIEC JAKUB                 | 140 | PTG 'SOKÓŁ' RYMANÓW                                    | ROPIENKA       | POL  | M-JUN.               | 2      | M 14 |             |              | 00:12:27 | 00:25:30 | 00:38:26.46 | 7:41   | 7.8  |
| 17   | SZYMAŃSKI STEFAN             | 95  | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY  | KIEŻLINA       | POL  | M70+                 | 1      | M 15 |             |              | 00:12:47 | 00:26:02 | 00:38:57.50 | 7:47   | 7.7  |
| 18   | BUCZKOWSKI JERZY             | 5   | KS SOKÓŁ GAŚAWA                                        | ŻNIN           | POL  | M65-69               | 2      | M 16 |             |              | 00:12:52 | 00:26:02 | 00:39:06.76 | 7:49   | 7.7  |
| 19   | ZIELIŃSKI SZCZEPAN           | 105 | SERCE NORDICA WŁOCŁAWEK                                | WŁOCŁAWEK      | POL  | M45-49               | 1      | M 17 |             |              | 00:12:24 | 00:25:35 | 00:39:07.70 | 7:49   | 7.7  |
| 20   | KRAWCZYK MAŁGORZATA          | 117 |                                                        |                | POL  | K30-39               | 1      | K 3  |             |              | 00:13:00 | 00:25:57 | 00:39:11.28 | 7:50   | 7.7  |
| 21   | OKRZESIK-FRĄCZKOWIAK IZABELA | 55  | KS METRACO POLKOWICE                                   | WIELEŃ         | POL  | K50-54               | 1      | K 4  |             |              | 00:12:44 | 00:26:07 | 00:39:28.92 | 7:53   | 7.6  |
| 22   | PIĄTEK DARIUSZ               | 60  | POLIPACK TEAM GWE                                      | GNIEWINO       | POL  | M-NIEPEŁNOSPRAWNI(A) | 3      | M 18 |             |              | 00:12:52 | 00:26:19 | 00:39:32.04 | 7:54   | 7.6  |
| 23   | RAJEK TOMASZ                 | 72  | NORDIC TEAM CZĘSTOCHOWA                                | CZĘSTOCHOWA    | POL  | M50-54               | 4      | M 19 |             |              | 00:12:54 | 00:26:36 | 00:39:38.37 | 7:55   | 7.6  |
| 24   | KOŁPAK JAN                   | 35  | LKS ZANTYR SZTUM                                       | SZTUM          | POL  | M70+                 | 2      | M 20 | 1           |              | 00:13:12 | 00:26:28 | 00:39:40.84 | 7:56   | 7.6  |
| 25   | DUDEK EDWARD                 | 9   | KS METRACO POLKOWICE                                   | GŁOGÓW         | POL  | M65-69               | 3      | M 21 |             |              | 00:12:53 | 00:26:05 | 00:39:45.61 | 7:57   | 7.5  |
| 26   | PUSZKARSKA MAŁGORZATA        | 70  | GOSADI NORDIC TEAM                                     | WARSZAWA       | POL  | K40-44               | 1      | K 5  |             |              | 00:12:49 | 00:26:13 | 00:39:48.83 | 7:57   | 7.5  |
| 27   | WASILEWSKI SŁAWOMIR          | 99  | PASJA NORDIC WALKING                                   | WARSZAWA       | POL  | M70+                 | 3      | M 22 |             |              | 00:13:08 | 00:26:34 | 00:40:03.46 | 8:00   | 7.5  |
| 28   | WROŃSKI WŁODZIMIERZ          | 104 | PASJA NORDIC WALKING                                   | WARSZAWA       | POL  | M65-69               | 4      | M 23 |             |              | 00:13:04 | 00:26:32 | 00:40:13.45 | 8:02   | 7.5  |
| 29   | JÓZWIAK MARIANNA             | 26  | SERCE NORDICA WŁOCŁAWEK                                | WŁOCŁAWEK      | POL  | K45-49               | 1      | K 6  |             |              | 00:12:58 | 00:26:40 | 00:40:29.61 | 8:05   | 7.4  |
| 30   | MALINOWSKA MONIKA            | 130 | LKS ZANTYR SZTUM                                       | SZTUM          | POL  | K30-39               | 2      | K 7  |             |              | 00:13:05 | 00:26:33 | 00:40:31.86 | 8:06   | 7.4  |
| 31   | RÓWIŃSKI PAWEŁ               | 76  | KLUB SCB                                               | JASŁO          | POL  | M30-39               | 3      | M 24 |             |              | 00:13:28 | 00:27:08 | 00:40:43.14 | 8:08   | 7.4  |
| 32   | MOCHNAŁ MIROSLAW             | 132 |                                                        | POLAŃCZYK      | POL  | M70+                 | 4      | M 25 |             |              | 00:15:10 | 00:31:05 | 00:40:50.51 | 8:10   | 7.3  |
| 33   | KONIK ALEKSANDRA             | 36  | BIESZCZADZKI KLUB NORDIC WALKING                       | STEFKOWA       | POL  | K40-44               | 2      | K 8  |             |              | 00:13:08 | 00:27:09 | 00:41:21.99 | 8:16   | 7.3  |

**POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                             | M-scowość      | Kraj | Kat.                  | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.7km    | 3.4km    | Netto       | min/km | km/h |
|------|---------------------|-----|----------------------------------|----------------|------|-----------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 34   | KRAWCZYK KRZYSZTOF  | 115 |                                  |                | POL  | M30-39                | 4      | M 26 |             |              | 00:13:24 | 00:27:28 | 00:41:25.58 | 8:17   | 7.2  |
| 35   | PIETRUSEWICZ JOANNA | 61  | PASJA NORDIC WALKING             | WARSZAWA       | POL  | K45-49                | 2      | K 9  |             |              | 00:13:31 | 00:27:32 | 00:41:31.59 | 8:18   | 7.2  |
| 36   | SZYDŁOWSKI OLIVIUSZ | 94  |                                  | BOLESTRASZYCE  | POL  | M-JUN.                | 3      | M 27 |             |              | 00:12:44 | 00:27:07 | 00:41:41.73 | 8:20   | 7.2  |
| 37   | TOPOLNICKI MARIUSZ  | 97  | CKZIU MECHANIK NYSA              | PRZECZÓD       | POL  | M45-49                | 2      | M 28 |             |              | 00:13:49 | 00:28:21 | 00:41:47.06 | 8:21   | 7.2  |
| 38   | PUKAS MAŁGORZATA    | 69  | BIESZCZADZKI KLUB NORDIC WALKING | USTRZYKI DOLNE | POL  | K55-59                | 2      | K 10 |             |              | 00:13:48 | 00:27:53 | 00:41:58.45 | 8:23   | 7.1  |
| 39   | STAŃCZAK GRAŻYNA    | 85  | FACE NORDIC TEAM                 | GDAŃSK         | POL  | K65-69                | 1      | K 11 |             |              | 00:13:41 | 00:27:50 | 00:42:17.64 | 8:27   | 7.1  |
| 40   | GAŁAŚ JOANNA        | 15  | PASJA NORDIC WALKING             | WARSZAWA       | POL  | K18-29                | 1      | K 12 |             |              | 00:13:48 | 00:28:22 | 00:42:27.64 | 8:29   | 7.1  |
| 41   | PINIS AGNIESZKA     | 63  | NORDIC TEAM CZĘSTOCHOWA          | BLACHOWNIA     | POL  | K40-44                | 3      | K 13 |             |              | 00:13:34 | 00:28:15 | 00:42:58.34 | 8:35   | 7    |
| 42   | KOZIARZ ROMAN       | 39  | STADION ŚLĄSKI                   | KATOWICE       | POL  | M60-64                | 2      | M 29 |             |              | 00:14:10 | 00:28:42 | 00:43:29.30 | 8:42   | 6.9  |
| 43   | GRYGOROWICZ BOGDAN  | 20  | KS METRACO POLKOWICE             | LUBIN          | POL  | M-NIEPEŁNOSPRAWNI(B ) | 1      | M 30 |             |              | 00:14:41 | 00:29:13 | 00:43:31.01 | 8:42   | 6.9  |
| 44   | SOŁDECKA ANNA       | 80  |                                  | WARSZAWA       | POL  | K45-49                | 3      | K 14 |             |              | 00:14:27 | 00:28:48 | 00:43:31.06 | 8:42   | 6.9  |
| 45   | LACHOWSKA EWA       | 41  | BIESZCZADZKI KLUB NORDIC WALKING | USTRZYKI DOLNE | POL  | K60-64                | 2      | K 15 |             |              | 00:14:04 | 00:28:50 | 00:43:32.38 | 8:42   | 6.9  |
| 46   | STAŃCZAK RYSZARD    | 86  | FACE NORDIC TEAM                 | GDAŃSK         | POL  | M70+                  | 5      | M 31 |             |              | 00:13:55 | 00:28:43 | 00:43:39.68 | 8:44   | 6.9  |
| 47   | WOROCZ JOLANTA      | 103 | KS METRACO POLKOWICE             | DOPIEWO        | POL  | K50-54                | 2      | K 16 |             |              | 00:14:28 | 00:29:06 | 00:43:49.84 | 8:46   | 6.8  |
| 48   | SOWIŃSKI JAN        | 139 | AGROS ZAMOŚĆ                     | POLAŃCZYK      | POL  | M65-69                | 5      | M 32 |             |              | 00:14:08 | 00:29:01 | 00:43:59.73 | 8:48   | 6.8  |
| 49   | WOLAK MICHAŁ        | 175 |                                  | POLAŃCZYK      | POL  | M-DZIECI              | 1      | M 33 |             |              | 00:14:16 | 00:29:32 | 00:44:02.33 | 8:48   | 6.8  |
| 50   | DĄBROWSKI ANDRZEJ   | 7   | MARSZ PO ZDROWIE                 | DĘBLIN         | POL  | M70+                  | 6      | M 34 |             |              | 00:14:15 | 00:29:16 | 00:44:05.77 | 8:49   | 6.8  |
| 51   | JÓŻWIAK ŁUKASZ      | 25  | SERCE NORDICA WŁOCŁAWEK          | WŁOCŁAWEK      | POL  | M-NIEPEŁNOSPRAWNI(A ) | 4      | M 35 |             |              | 00:14:27 | 00:29:28 | 00:44:20.85 | 8:52   | 6.8  |
| 52   | KONIK MIKOŁAJ       | 38  | BIESZCZADZKI KLUB NORDIC WALKING | STEFKOWA       | POL  | M-DZIECI              | 2      | M 36 |             |              | 00:14:33 | 00:29:42 | 00:44:23.15 | 8:52   | 6.8  |
| 53   | SOVA MARIANA        | 107 | KARPATYIA                        | DOLUNA         | UKR  | K18-29                | 2      | K 17 | 1           |              | 00:13:47 | 00:28:21 | 00:44:40.95 | 8:56   | 6.7  |
| 54   | MICHALIK KRYSZYNA   | 110 | USTRZYCKI KLUB NORDIC WALKING    | USTRZYKI DOLNE | POL  | K60-64                | 3      | K 18 |             |              | 00:14:11 | 00:28:56 | 00:44:46.79 | 8:57   | 6.7  |
| 55   | GRYGOROWICZ TERESA  | 19  | KS METRACO POLKOWICE             | LUBIN          | POL  | K65-69                | 2      | K 19 |             |              | 00:14:44 | 00:30:03 | 00:45:16.04 | 9:03   | 6.6  |
| 56   | MALINOWSKI PAWEŁ    | 46  |                                  | KRAKÓW         | POL  | M18-29                | 3      | M 37 |             |              | 00:14:43 | 00:30:03 | 00:45:21.48 | 9:04   | 6.6  |
| 57   | ZAPORA HENRYK       | 138 | AGROS ZAMOŚĆ                     | POLAŃCZYK      | POL  | M65-69                | 6      | M 38 |             |              | 00:14:55 | 00:30:25 | 00:45:27.70 | 9:05   | 6.6  |
| 58   | SURIAK MICHAŁ       | 89  | NORDIC TEAM CZĘSTOCHOWA          | CZĘSTOCHOWA    | POL  | M30-39                | 5      | M 39 |             |              | 00:14:08 | 00:29:50 | 00:45:45.93 | 9:09   | 6.6  |
| 59   | RÓWIŃSKA JOANNA     | 75  | KLUB SCB                         | JASŁO          | POL  | K30-39                | 3      | K 20 |             |              | 00:15:06 | 00:30:40 | 00:46:01.34 | 9:12   | 6.5  |
| 60   | PINIS GABRIELA      | 62  | NORDIC TEAM CZĘSTOCHOWA          | BLACHOWNIA     | POL  | K-DZIECI              | 1      | K 21 |             |              | 00:14:43 | 00:30:20 | 00:46:06.64 | 9:13   | 6.5  |
| 61   | SOŁDECKI WOJCIECH   | 109 |                                  | WARSZAWA       | POL  | M-DZIECI              | 3      | M 40 |             |              | 00:14:56 | 00:30:42 | 00:46:21.13 | 9:16   | 6.5  |
| 62   | NYLEC DAWID         | 53  | KLUB SCB                         | DĘBICA         | POL  | M30-39                | 6      | M 41 |             |              | 00:15:32 | 00:31:05 | 00:46:24.56 | 9:17   | 6.5  |
| 63   | NOWAK EWA           | 51  | STADION ŚLĄSKI                   | CZĘSTOCHOWA    | POL  | K50-54                | 3      | K 22 |             |              | 00:14:35 | 00:30:28 | 00:46:45.45 | 9:21   | 6.4  |
| 64   | STACHYRA GRACJAN    | 84  |                                  | WYSZATYCE      | POL  | M-JUN.                | 4      | M 42 |             |              | 00:14:45 | 00:31:55 | 00:47:18.06 | 9:27   | 6.3  |
| 65   | BAK KRZYSZTOF       | 3   |                                  | WYSZATYCE      | POL  | M30-39                | 7      | M 43 |             |              | 00:15:57 | 00:31:54 | 00:47:35.76 | 9:31   | 6.3  |
| 66   | JAROCZ MIŁOSZ       | 22  |                                  | WYSZATYCE      | POL  | M-JUN.                | 5      | M 44 |             |              | 00:14:43 | 00:31:54 | 00:48:01.48 | 9:36   | 6.2  |
| 67   | KASPRZYK KAROL      | 29  |                                  | BOLESTRASZYCE  | POL  | M-JUN.                | 6      | M 45 |             |              | 00:14:18 | 00:31:59 | 00:48:25.86 | 9:41   | 6.2  |
| 68   | HANUS JOANNA        | 133 | PASJONAUICI KROSNO               | KROSNO         | POL  | K-NIEPEŁNOSPRAWNI(B ) | 1      | K 23 |             |              | 00:16:03 | 00:32:51 | 00:48:31.06 | 9:42   | 6.2  |
| 69   | PROKOP AGNIESZKA    | 67  | KLUB SCB                         | DĘBICA         | POL  | K30-39                | 4      | K 24 |             |              | 00:16:18 | 00:33:04 | 00:49:32.49 | 9:54   | 6.1  |
| 70   | NYLEC URSZULA       | 52  | KLUB SCB                         | DĘBICA         | POL  | K30-39                | 5      | K 25 |             |              | 00:16:23 | 00:33:01 | 00:49:34.07 | 9:54   | 6.1  |
| 71   | KOZIARZ JADWIGA     | 40  | STADION ŚLĄSKI                   | KATOWICE       | POL  | K55-59                | 3      | K 26 |             |              | 00:16:00 | 00:32:57 | 00:49:59.80 | 10:00  | 6    |
| 72   | SZEWCHYK GENOWEFA   | 91  | NW RELAKS ZAGÓRZ                 | ZAGÓRZ         | POL  | K65-69                | 3      | K 27 |             |              | 00:15:48 | 00:32:51 | 00:50:21.90 | 10:04  | 6    |
| 73   | WOLAK IWONA         | 101 |                                  | POLAŃCZYK      | POL  | K40-44                | 4      | K 28 |             |              | 00:17:22 | 00:35:00 | 00:51:53.80 | 10:22  | 5.8  |
| 74   | TRZCINIECKA JANINA  | 98  | NW RELAKS ZAGÓRZ                 | ZAGÓRZ         | POL  | K60-64                | 4      | K 29 | 1           |              | 00:16:52 | 00:34:00 | 00:51:58.45 | 10:23  | 5.8  |
| 75   | BRZEZIŃSKI JAN      | 113 | OLIMPIA OSOWA                    | GDAŃSK         | POL  | M-DZIECI              | 4      | M 46 |             |              | 00:18:06 | 00:36:53 | 00:53:35.75 | 10:43  | 5.6  |
| 76   | KĘDZIERSKA EDYTA    | 114 | PFNW                             | GDAŃSK         | POL  | K45-49                | 4      | K 30 |             |              | 00:18:07 | 00:36:55 | 00:53:37.58 | 10:43  | 5.6  |
| 77   | OBSZARNA ALEKSANDRA | 54  |                                  | WYSZATYCE      | POL  | K-JUN.                | 1      | K 31 |             |              | 00:17:55 | 00:36:51 | 00:54:20.73 | 10:52  | 5.5  |
| 78   | GROBELNA JADWIGA    | 18  | KS METRACO POLKOWICE             | LUBIN          | POL  | K-NIEPEŁNOSPRAWNI(B ) | 2      | K 32 |             |              | 00:18:04 | 00:36:29 | 00:55:06.63 | 11:01  | 5.4  |
| 79   | SZARUGA NATALIA     | 90  |                                  | WYSZATYCE      | POL  | K-JUN.                | 2      | K 33 |             |              | 00:17:57 | 00:36:53 | 00:55:27.59 | 11:05  | 5.4  |
| 80   | SALAŁ MARIA         | 77  | NW RELAKS ZAGÓRZ                 | ZAGÓRZ         | POL  | K65-69                | 4      | K 34 |             |              | 00:16:59 | 00:35:47 | 00:55:56.31 | 11:11  | 5.4  |
| 81   | ŁOMNICKA-GUT EWA    | 44  | NW RELAKS ZAGÓRZ                 | ZAGÓRZ         | POL  | K70+                  | 1      | K 35 |             |              | 00:18:18 | 00:36:58 | 00:56:00.81 | 11:12  | 5.4  |
| 82   | APANASOWICZ DANUTA  | 1   | NW RELAKS ZAGÓRZ                 | ZAGÓRZ         | POL  | K65-69                | 5      | K 36 |             |              | 00:18:27 | 00:37:03 | 00:56:01.56 | 11:12  | 5.4  |

**POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość     | Kraj | Kat.                  | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.7km    | 3.4km    | Netto       | min/km | km/h |
|------|----------------------|-----|-------------------------|---------------|------|-----------------------|--------|------|-------------|--------------|----------|----------|-------------|--------|------|
| 83   | STACHYRA AGATA       | 83  |                         | BOLESTRASZYCE | POL  | K-JUN.                | 3      | K 37 |             |              | 00:19:04 | 00:38:43 | 00:57:16.62 | 11:27  | 5.2  |
| 84   | RODZEŃ ANNA          | 74  |                         | WYSZATYCE     | POL  | K-JUN.                | 4      | K 38 |             |              | 00:19:06 | 00:38:45 | 00:57:16.80 | 11:27  | 5.2  |
| 85   | ŁOCHA ALEKSANDRA     | 43  |                         | BOLESTRASZYCE | POL  | K-JUN.                | 5      | K 39 |             |              | 00:19:03 | 00:38:43 | 00:57:16.82 | 11:27  | 5.2  |
| 86   | BAK MAGDA            | 2   |                         | WYSZATYCE     | POL  | K30-39                | 6      | K 40 |             |              | 00:18:52 | 00:38:49 | 00:58:10.89 | 11:38  | 5.2  |
| 87   | DROP MIECZYŚLAW      | 8   | KS SOKÓŁ GAŚAWA         | PAKOŚĆ        | POL  | M70+                  | 7      | M 47 |             |              | 00:19:29 | 00:38:52 | 00:58:35.25 | 11:43  | 5.1  |
| 88   | GAGATKO KRYSTYNA     | 14  | NW RELAKS ZAGÓRZ        | ZAGÓRZ        | POL  | K65-69                | 6      | K 41 |             |              | 00:18:27 | 00:37:32 | 00:58:50.17 | 11:46  | 5.1  |
| 89   | LEWANDOWSKI JACEK    | 42  | STADION ŚLĄSKI          | CZĘSTOCHOWA   | POL  | M-NIEPEŁNOSPRAWNI(B ) | 2      | M 48 |             |              | 00:20:38 | 00:41:20 | 01:02:15.07 | 12:27  | 4.8  |
| 90   | HANUS TERESA         | 134 | PASJONAUCI KROSNO       | KROSNO        | POL  | K-NIEPEŁNOSPRAWNI(B ) | 3      | K 42 |             |              | 00:19:43 | 00:41:23 | 01:03:29.73 | 12:42  | 4.7  |
| 91   | MYSZAK ZUZANNA       | 50  |                         | WYSZATYCE     | POL  | K-JUN.                | 6      | K 43 |             |              | 00:20:54 | 00:44:52 | 01:08:18.00 | 13:39  | 4.4  |
| 92   | GAMANDA MARIA        | 16  |                         | BOLESTRASZYCE | POL  | K-JUN.                | 7      | K 44 |             |              | 00:20:54 | 00:44:52 | 01:08:18.13 | 13:39  | 4.4  |
| DQ   | DAROSZEWSKA KRYSTYNA | 6   | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK     | POL  | K60-64                | DQ     | DQ   |             | 1            | 00:14:29 | 00:29:01 | 00:44:00.55 | -      | -    |
|      |                      |     |                         |               |      |                       |        |      |             |              | DQ       | DQ       | DQ          |        |      |
| DQ   | WILK ANDRZEJ         | 100 |                         | SANOK         | POL  | M60-64                | DQ     | DQ   |             | 1            | 00:13:47 | 00:28:25 | DQ          | -      | -    |
|      |                      |     |                         |               |      |                       |        |      |             |              | DQ       | DQ       | DQ          |        |      |
| DQ   | KOCHANOWICZ ADAM     | 34  | WŁÓCZYKIJĘ              | WYSZATYCE     | POL  | M-JUN.                | DQ     | DQ   |             | 1            | 00:36:34 | DQ       | DQ          | -      | -    |
|      |                      |     |                         |               |      |                       |        |      |             |              | DQ       | DQ       | DQ          |        |      |
|      | ŻUBRYD RENATA        | 106 | NW RELAKS ZAGÓRZ        | ZAGÓRZ        | POL  | K70+                  |        |      |             |              | 00:48:27 | DNF      | DNF         | -      | -    |
|      |                      |     |                         |               |      |                       |        |      |             |              | DNF      | DNF      | DNF         |        |      |