



ENEA POLISH NORDIC WALKING CUP - WASILKÓW - 5KM - 10/3

B4SPORT
POLSKIE ZRZESZENIE NORDIC WALKING

Wydarzenie: Polish Nordic Walking Cup 10/3
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-06-04
Miejsce: Wasilków
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps_2,5km 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------------|-----------|------|----------------|-----------------|---------------------|----------------------|---------------------|-----------------|-----------------|
| 1 | WOJTOWICZ Tomasz | 179 | LUKI TEAM POLSKA | M30-39 | 1 | | | 00:14:26 | 00:29:21.40 | | 5:52 | 10.2 (100%) |
| 2 | MARCZAK Tomasz | 129 | NORDIC TEAM CZĘSTOCHOWA | M18-29 | 1 | | | 00:14:26 | 00:29:44.25 | +00:00:22 (1.3%) | 5:56 | 10.1 (99.0%) |
| 3 | STĘPAK Piotr | 160 | LUKI TEAM POLSKA | M18-29 | 2 | | | 00:14:56 | 00:30:17.15 | +00:00:55 (3.1%) | 6:03 | 9.9 (97.1%) |
| 4 | CYRUS Bogdan | 89 | SILESIA NORDIC TEAM | M50-54 | 1 | | | 00:14:52 | 00:30:18.50 | +00:00:57 (3.1%) | 6:03 | 9.9 (97.1%) |
| 5 | DZIEDIEWICZ Andrzej | 98 | NW CZŁAPSKI TEAM | M40-44 | 1 | | | 00:14:59 | 00:31:10.35 | +00:01:48 (5.8%) | 6:14 | 9.6 (94.1%) |
| 6 | SKIBA Krzysztof | 158 | KGHM METRACO | M60-64 | 1 | | | 00:15:32 | 00:31:25.15 | +00:02:03 (6.6%) | 6:17 | 9.5 (93.1%) |
| 7 | WILUSZ Erwina | 177 | LUKI TEAM POLSKA/VINGBERG POLSKA | K30-39 | 1 | | | 00:15:21 | 00:31:27.25 | +00:02:05 (6.7%) | 6:17 | 9.5 (93.1%) |
| 8 | ROŻYNEK Miron | 155 | KGHM METRACO | M55-59 | 1 | | | 00:15:37 | 00:31:33.45 | +00:02:12 (7.0%) | 6:18 | 9.5 (93.1%) |
| 9 | WOROCH Roman | 180 | KGHM METRACO | M60-64 | 2 | 1 | | 00:15:36 | 00:31:42.15 | +00:02:20 (7.4%) | 6:20 | 9.5 (93.1%) |
| 10 | NOSAL Marek | 134 | | M50-54 | 2 | | | 00:15:41 | 00:31:58.25 | +00:02:36 (8.2%) | 6:23 | 9.4 (92.2%) |
| 11 | OLSZAŃSKI Karol | 138 | FEAR THE RETURN | M45-49 | 1 | | | 00:15:37 | 00:32:05.70 | +00:02:44 (8.5%) | 6:25 | 9.4 (92.2%) |
| 12 | BIBKO Martin | 83 | SPEEDBAR | M45-49 | 2 | | | 00:15:51 | 00:32:06.65 | +00:02:45 (8.6%) | 6:25 | 9.3 (91.2%) |
| 13 | ZACZYŃSKA-SKIBA Anna | 182 | KGHM METRACO | K40-44 | 1 | | | 00:15:52 | 00:32:17.75 | +00:02:56 (9.1%) | 6:27 | 9.3 (91.2%) |
| 14 | ŚWIDEREK Marcin | 173 | NW CZŁAPSKI TEAM | M45-49 | 3 | | | 00:15:55 | 00:32:24.85 | +00:03:03 (9.4%) | 6:28 | 9.3 (91.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps_2,5km 2.5km | Czas | | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|---------------------------------|--------------------------|------|----------------|-----------------|---------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | netto 5km | Różn | | |
| 15 | MAŚLANKA Jacek | 131 | | M55-59 | 2 | | | 00:15:57 | 00:32:26.10 | +00:03:04 (9.5%) | 6:29 | 9.2 (90.2%) |
| 16 | PARZYBUT Jan | 143 | POSTĘP PNIEWY TEAM | M55-59 | 3 | | | 00:16:07 | 00:32:26.55 | +00:03:05 (9.5%) | 6:29 | 9.2 (90.2%) |
| 17 | BIELECKA Zuzanna | 84 | NW CZŁAPSKI TEAM | K40-44 | 2 | | | 00:16:02 | 00:32:32.75 | +00:03:11 (9.8%) | 6:30 | 9.2 (90.2%) |
| 18 | FRAĆKOWIAK Roman | 101 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M50-54 | 3 | | | 00:15:57 | 00:32:42.60 | +00:03:21 (10.3%) | 6:32 | 9.2 (90.2%) |
| 19 | WOJTASIŃSKI Daniel | 178 | NORDIC TEAM CZĘSTOCHOWA | M40-44 | 2 | | | 00:16:17 | 00:33:08.70 | +00:03:47 (11.4%) | 6:37 | 9.1 (89.2%) |
| 20 | BREWKA Joachim | 86 | NORDIC SPORT 2021 | M55-59 | 4 | | | 00:16:22 | 00:33:10.80 | +00:03:49 (11.5%) | 6:38 | 9 (88.2%) |
| 21 | CZŁAPSKI Krzysztof | 91 | NW CZŁAPSKI TEAM | M55-59 | 5 | | | 00:16:25 | 00:33:49.60 | +00:04:28 (13.2%) | 6:45 | 8.9 (87.3%) |
| 22 | JĘDRASIAK Renata | 194 | KGHM METRACO | K55-59 | 1 | | | 00:16:55 | 00:34:09.00 | +00:04:47 (14.0%) | 6:49 | 8.8 (86.3%) |
| 23 | MAŚLANKA Iwona | 130 | MARSZ PO ZDROWIE | K50-54 | 1 | | | 00:17:00 | 00:34:38.15 | +00:05:16 (15.2%) | 6:55 | 8.7 (85.3%) |
| 24 | CHYRA Janusz | 87 | NORDIC SPORT 2021 | M45-49 | 4 | | | 00:17:02 | 00:34:41.30 | +00:05:19 (15.4%) | 6:56 | 8.6 (84.3%) |
| 25 | CIEŚLUK Marcin | 88 | NORDIC TEAM CZĘSTOCHOWA | M- Niepełnosprawni(A) | 1 | | | 00:17:18 | 00:34:42.60 | +00:05:21 (15.4%) | 6:56 | 8.6 (84.3%) |
| 26 | OKRZESIK-FRAĆKOWIAK Izabela | 136 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K50-54 | 2 | | | 00:17:11 | 00:34:50.15 | +00:05:28 (15.7%) | 6:58 | 8.6 (84.3%) |
| 27 | HRYCIUK Waldemar | 184 | TKKF KRZNA BIAŁA PODLASKA | M60-64 | 3 | | | 00:17:22 | 00:34:53.85 | +00:05:32 (15.9%) | 6:58 | 8.6 (84.3%) |
| 28 | SZCZUDLIK Małgorzata | 161 | KIJKOWE TRZEMESZNO | K40-44 | 3 | | | 00:17:15 | 00:35:08.20 | +00:05:46 (16.5%) | 7:01 | 8.5 (83.3%) |
| 29 | ŚLUSARCZYK Marcin | 167 | WESOŁY BORSUK TEAM | M40-44 | 3 | | | 00:16:58 | 00:35:09.20 | +00:05:47 (16.5%) | 7:01 | 8.5 (83.3%) |
| 30 | MĄDRY Grzegorz | 132 | KIJKOWE TRZEMESZNO | M60-64 | 4 | | | 00:17:23 | 00:35:28.85 | +00:06:07 (17.3%) | 7:05 | 8.5 (83.3%) |
| 31 | PINIS Agnieszka | 145 | NORDIC TEAM CZĘSTOCHOWA | K45-49 | 1 | | | 00:17:34 | 00:35:42.00 | +00:06:20 (17.8%) | 7:08 | 8.4 (82.4%) |
| 32 | DUSZEŃKO Zygmunt | 96 | KGHM METRACO | M- Niepełnosprawni(A) | 2 | | | 00:17:30 | 00:35:48.10 | +00:06:26 (18.0%) | 7:09 | 8.4 (82.4%) |
| 33 | JÓŹWIAK Marianna | 116 | SERCE NORDICA WŁOCŁAWEK | K45-49 | 2 | 1 | | 00:17:59 | 00:36:03.70 | +00:06:42 (18.6%) | 7:12 | 8.3 (81.4%) |
| 34 | GUTOWSKA Magda | 112 | PAUL TEAM | K45-49 | 3 | | | 00:17:59 | 00:36:20.25 | +00:06:58 (19.2%) | 7:16 | 8.3 (81.4%) |
| 35 | KRIGER Roman | 122 | MAPEI POLSKA | M60-64 | 5 | | | 00:17:40 | 00:36:20.40 | +00:06:59 (19.2%) | 7:16 | 8.3 (81.4%) |
| 36 | OSAKOWICZ Jarosław | 139 | NW CZŁAPSKI TEAM | M45-49 | 5 | | | 00:17:50 | 00:36:33.55 | +00:07:12 (19.7%) | 7:18 | 8.2 (80.4%) |
| 37 | GAĞÓŁ Krzysztof | 105 | KGHM METRACO | M40-44 | 4 | | | 00:17:45 | 00:36:34.00 | +00:07:12 (19.7%) | 7:18 | 8.2 (80.4%) |

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|-----|--------------------------------|------------|---------------------------|--------------------------|------|-------------|--------------|---------------------|--------------------|----------------------|-----------------|----------------|
| 38 | SZYMAŃSKI Stefan | 166 | XV KOŁO PZERII W DYWITACH | M75-79 | 1 | | | 00:18:18 | 00:36:43.80 | +00:07:22 (20.1%) | 7:20 | 8.2 (80.4%) |
| 39 | KUŁAKOWSKA Halina | 124 | KATOWICKI NORDIC WALKING | K45-49 | 4 | | | 00:17:55 | 00:36:45.60 | +00:07:24 (20.1%) | 7:21 | 8.2 (80.4%) |
| 40 | ŚLUSARCZYK Grzegorz | 169 | WESOŁY BORSUK TEAM | M45-49 | 6 | | | 00:18:12 | 00:36:50.00 | +00:07:28 (20.3%) | 7:22 | 8.1 (79.4%) |
| 41 | PLEWIŃSKI Rafał | 146 | NORDIC TEAM CZĘSTOCHOWA | M30-39 | 2 | | | 00:18:24 | 00:37:11.50 | +00:07:50 (21.1%) | 7:26 | 8.1 (79.4%) |
| 42 | PANKIEWICZ Ewelina | 141 | NORDIC SPORT 2021 | K30-39 | 2 | | | 00:18:30 | 00:37:13.85 | +00:07:52 (21.1%) | 7:26 | 8.1 (79.4%) |
| 43 | HRYCIUK Teresa | 114 | TKKF KRZNA BIAŁA PODLASKA | K60-64 | 1 | | | 00:18:15 | 00:37:14.85 | +00:07:53 (21.2%) | 7:26 | 8.1 (79.4%) |
| 44 | WALCZAK Grzegorz | 176 | | M45-49 | 7 | | | 00:18:09 | 00:37:16.80 | +00:07:55 (21.3%) | 7:27 | 8.1 (79.4%) |
| 45 | KOWACZ Agata | 120 | SPEEDBAR | K40-44 | 4 | | | 00:18:25 | 00:37:22.75 | +00:08:01 (21.5%) | 7:28 | 8 (78.4%) |
| 46 | KARPOWICZ Janusz | 118 | BRAK | M65-69 | 1 | | | 00:18:33 | 00:37:23.25 | +00:08:01 (21.5%) | 7:28 | 8 (78.4%) |
| 47 | SZPILMAN Katarzyna | 162 | ESJA TEAM | K50-54 | 3 | | | 00:18:29 | 00:37:36.60 | +00:08:15 (21.9%) | 7:31 | 8 (78.4%) |
| 48 | CZMOCH Marian | 92 | PUKS ŁOSICE | M70-74 | 1 | | | 00:18:56 | 00:37:48.20 | +00:08:26 (22.3%) | 7:33 | 7.9 (77.5%) |
| 49 | FRANCZAK Małgorzata | 100 | NW CZŁAPSKI TEAM | K18-29 | 1 | | | 00:18:54 | 00:38:16.30 | +00:08:54 (23.3%) | 7:39 | 7.8 (76.5%) |
| 50 | GAŁKOWSKA Elżbieta | 104 | KGHM METRACO | K65-69 | 1 | | | 00:18:55 | 00:38:34.20 | +00:09:12 (23.9%) | 7:42 | 7.8 (76.5%) |
| 51 | GRYGOROWICZ Bogdan | 111 | KGHM METRACO | M- Niepełnosprawni(B) | 1 | | | 00:19:16 | 00:38:43.95 | +00:09:22 (24.2%) | 7:44 | 7.7 (75.5%) |
| 52 | FRANCZAK Dariusz | 99 | NW CZŁAPSKI TEAM | M55-59 | 7 | | | 00:19:26 | 00:39:14.00 | +00:09:52 (25.2%) | 7:50 | 7.6 (74.5%) |
| 53 | WNEK Ewa | 188 | KGHM METRACO | K65-69 | 2 | | | 00:19:15 | 00:39:19.10 | +00:09:57 (25.3%) | 7:51 | 7.6 (74.5%) |
| 54 | SAPUŁA Wiktoria | 157 | NORDIC TEAM CZĘSTOCHOWA | K18-29 | 2 | | | 00:19:38 | 00:39:35.80 | +00:10:14 (25.9%) | 7:55 | 7.6 (74.5%) |
| 55 | ŚLUSARCZYK Karolina | 172 | WESOŁY BORSUK TEAM | K18-29 | 3 | | | 00:19:41 | 00:39:40.30 | +00:10:18 (26.0%) | 7:56 | 7.6 (74.5%) |
| 56 | LEGOCKA - WALCZAK Kinga | 126 | | K45-49 | 5 | | | 00:19:43 | 00:39:46.70 | +00:10:25 (26.2%) | 7:57 | 7.5 (73.5%) |
| 57 | SZYBUT Weronika | 164 | POTĘGA NORDICA | K-Dzieci | 1 | | | 00:19:43 | 00:39:55.10 | +00:10:33 (26.5%) | 7:59 | 7.5 (73.5%) |
| 58 | DYBEŁ Agnieszka | 97 | NORDIC TEAM CZĘSTOCHOWA | K- Niepełnosprawni(A) | 1 | | | 00:19:51 | 00:40:00.25 | +00:10:38 (26.6%) | 8:00 | 7.5 (73.5%) |
| 59 | PLUTO-PRADZYŃSKA Anna | 147 | SERCE NORDICA WŁOCŁAWEK | K30-39 | 3 | | | 00:19:53 | 00:40:15.55 | +00:10:54 (27.1%) | 8:03 | 7.5 (73.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps_2,5km 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|---|--------------------------|------|----------------|-----------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 60 | MYDLARZ Jerzy | 186 | JUVENIA BIAŁYSTOK | M65-69 | 2 | | | 00:20:11 | 00:40:24.00 | +00:11:02 (27.3%) | 8:04 | 7.4 (72.5%) |
| 61 | KORZENIECKA-BĄCZEK Renata | 119 | KRUCZA TEAM WASILKÓW | K45-49 | 6 | 1 | | 00:20:40 | 00:41:01.40 | +00:11:40 (28.4%) | 8:12 | 7.3 (71.6%) |
| 62 | PIETRZYK Anna | 144 | KLUB OLIMPIJCYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM | K- Niepełnosprawni(A) | 2 | | | 00:19:57 | 00:41:03.95 | +00:11:42 (28.5%) | 8:12 | 7.3 (71.6%) |
| 63 | GRYGOROWICZ Teresa | 110 | KGHM METRACO | K70-74 | 1 | | | 00:19:59 | 00:41:10.50 | +00:11:49 (28.7%) | 8:14 | 7.3 (71.6%) |
| 64 | PLUTO-PRĄDZYŃSKA Klaudia | 148 | SERCE NORDICA WŁOCŁAWEK | K- Niepełnosprawni(B) | 1 | | | 00:19:56 | 00:41:15.00 | +00:11:53 (28.8%) | 8:15 | 7.3 (71.6%) |
| 65 | ZIELIŃSKA Barbara | 185 | PUKS ŁOSICE | K60-64 | 2 | | | 00:20:23 | 00:41:21.50 | +00:12:00 (29.0%) | 8:16 | 7.3 (71.6%) |
| 66 | JÓŹWIAK Łukasz | 117 | SERCE NORDICA WŁOCŁAWEK | M- Niepełnosprawni(B) | 2 | | | 00:21:03 | 00:41:35.30 | +00:12:13 (29.4%) | 8:19 | 7.2 (70.6%) |
| 67 | DĄBROWSKA Agnieszka | 94 | | K30-39 | 4 | | | 00:20:43 | 00:41:42.80 | +00:12:21 (29.6%) | 8:20 | 7.2 (70.6%) |
| 68 | POGORZELSKI Kamil | 150 | | M18-29 | 3 | 1 | | 00:20:35 | 00:41:57.25 | +00:12:35 (30.0%) | 8:23 | 7.2 (70.6%) |
| 69 | GRUSZKA Michał | 109 | NORDIC SPORT 2021 | M45-49 | 8 | | | 00:21:07 | 00:41:57.50 | +00:12:36 (30.0%) | 8:23 | 7.2 (70.6%) |
| 70 | CZERWINSKA Anna | 90 | NW CZŁAPSKI TEAM | K- Niepełnosprawni(A) | 3 | | | 00:20:51 | 00:42:13.90 | +00:12:52 (30.5%) | 8:26 | 7.1 (69.6%) |
| 71 | PALUCH Paweł | 140 | AVOCADO WELLNESS CLUB | M55-59 | 8 | | | 00:20:36 | 00:42:21.10 | +00:12:59 (30.7%) | 8:28 | 7.1 (69.6%) |
| 72 | PLUTO-PRĄDZYŃSKI Kacper | 149 | SERCE NORDICA WŁOCŁAWEK | M-Dzieci | 1 | | | 00:21:17 | 00:42:25.15 | +00:13:03 (30.8%) | 8:29 | 7.1 (69.6%) |
| 73 | JAKUBOWSKI Zbigniew | 191 | | M70-74 | 3 | | | 00:21:17 | 00:42:37.15 | +00:13:15 (31.1%) | 8:31 | 7 (68.6%) |
| 74 | NOSAL Bronisław | 135 | | M75-79 | 2 | 1 | | 00:20:56 | 00:42:39.20 | +00:13:17 (31.2%) | 8:31 | 7 (68.6%) |
| 75 | THOMALLA Bogdan | 174 | EKIPA NA KIJACH | M80+ | 1 | | | 00:21:00 | 00:43:33.45 | +00:14:12 (32.6%) | 8:42 | 6.9 (67.6%) |
| 76 | SZYMAŃSKA Lucyna | 165 | WESOŁY BORSUK TEAM | K70-74 | 2 | | | 00:21:03 | 00:43:49.05 | +00:14:27 (33.0%) | 8:45 | 6.8 (66.7%) |
| 77 | ŁUCKIEWICZ Adrian | 128 | | M30-39 | 3 | 1 | | 00:21:30 | 00:44:03.70 | +00:14:42 (33.4%) | 8:48 | 6.8 (66.7%) |
| 78 | NERC Dorota | 133 | | K60-64 | 3 | | | 00:21:42 | 00:44:04.10 | +00:14:42 (33.4%) | 8:48 | 6.8 (66.7%) |
| 79 | WORONKO-ZACZYŃSKA Janina | 181 | KGHM METRACO | K75-79 | 1 | | | 00:22:19 | 00:44:56.95 | +00:15:35 (34.7%) | 8:59 | 6.7 (65.7%) |
| 80 | BAGIŃSKA Joanna | 81 | | K45-49 | 7 | | | 00:22:22 | 00:45:05.15 | +00:15:43 (34.9%) | 9:01 | 6.7 (65.7%) |

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|-----|--------------------------------------|------------|---------------------------|-----------|------|----------------|-----------------|---------------------|-----------------------|----------------------|-----------------|----------------|
| 81 | MŁYNARCZUK-SOKOŁOWSKA Anna | 193 | | K40-44 | 5 | 1 | | 00:22:06 | 00:45:09.85 | +00:15:48 (35.0%) | 9:01 | 6.6 (64.7%) |
| 82 | SZYBUT Roma | 163 | POTĘGA NORDICA | K30-39 | 5 | | | 00:22:21 | 00:45:15.65 | +00:15:54 (35.1%) | 9:03 | 6.6 (64.7%) |
| 83 | GOLECKA Agnieszka | 107 | | K45-49 | 8 | | | 00:22:37 | 00:45:22.00 | +00:16:00 (35.3%) | 9:04 | 6.6 (64.7%) |
| 84 | GAIŃSKA Iwona | 102 | CHODZĘ BO LUBIĘ BIAŁYSTOK | K40-44 | 6 | | | 00:22:34 | 00:45:25.25 | +00:16:03 (35.4%) | 9:05 | 6.6 (64.7%) |
| 85 | KURCEWICZ Aneta | 125 | | K45-49 | 9 | | | 00:22:43 | 00:45:55.40 | +00:16:34 (36.1%) | 9:11 | 6.5 (63.7%) |
| 86 | RADOMSKA Janina | 153 | | K55-59 | 2 | | | 00:23:09 | 00:46:27.65 | +00:17:06 (36.8%) | 9:17 | 6.5 (63.7%) |
| 87 | PANKIEWICZ-DMOWSKA Cecylia | 142 | | K70-74 | 3 | | | 00:23:09 | 00:47:08.25 | +00:17:46 (37.7%) | 9:25 | 6.4 (62.7%) |
| 88 | SOBOLEWSKI Bogusław | 159 | | M75-79 | 3 | | | 00:23:29 | 00:47:18.35 | +00:17:56 (37.9%) | 9:27 | 6.3 (61.8%) |
| 89 | LEONOWICZ Grazyna | 127 | | K55-59 | 3 | | | 00:23:27 | 00:47:26.15 | +00:18:04 (38.1%) | 9:29 | 6.3 (61.8%) |
| 90 | ŚLUSARCZYK Danuta | 171 | WESOŁY BORSUK TEAM | K70-74 | 4 | | | 00:23:09 | 00:47:26.60 | +00:18:05 (38.1%) | 9:29 | 6.3 (61.8%) |
| 91 | RADZISZEWSKA Renata | 154 | | K45-49 | 10 | | | 00:23:54 | 00:47:48.05 | +00:18:26 (38.6%) | 9:33 | 6.3 (61.8%) |
| 92 | TOLOCZKO Agnieszka | 175 | OSOBA PRYWATNA | K45-49 | 11 | | | 00:23:55 | 00:47:53.15 | +00:18:31 (38.7%) | 9:34 | 6.3 (61.8%) |
| 93 | SAKOWSKA Łucja | 156 | EMERYT | K60-64 | 4 | 1 | | 00:25:13 | 00:50:36.55 | +00:21:15 (42.0%) | 10:07 | 5.9 (57.8%) |
| 94 | KECZYXXX Wiesława | 190 | | K75-79 | 2 | | | 00:25:03 | 00:51:06.05 | +00:21:44 (42.6%) | 10:13 | 5.9 (57.8%) |
| 95 | ŚLUSARCZYK Błażej | 170 | WESOŁY BORSUK TEAM | M-Dzieci | 2 | | | 00:25:04 | 00:51:15.00 | +00:21:53 (42.7%) | 10:15 | 5.9 (57.8%) |
| 96 | JÓŻWIAK Dominik | 115 | SERCE NORDICA WŁOCŁAWEK | M18-29 | 4 | | | 00:25:36 | 00:51:25.30 | +00:22:03 (42.9%) | 10:17 | 5.8 (56.9%) |
| 97 | BIERĆ Wioletta | 85 | CHODZĘBOLUBIĘ | K45-49 | 12 | | | 00:26:14 | 00:53:11.00 | +00:23:49 (44.8%) | 10:38 | 5.6 (54.9%) |
| 98 | KULCZYCKI Jan | 123 | | M70-74 | 4 | | | 00:25:59 | 00:54:23.90 | +00:25:02 (46.0%) | 10:52 | 5.5 (53.9%) |
| 99 | RADECKA Krystyna | 151 | CHODZĄCY BIAŁYSTOK | K80+ | 1 | | | 00:28:21 | 00:57:15.70 | +00:27:54 (48.7%) | 11:27 | 5.2 (51.0%) |
| 100 | GRZEGORCZYK-ANDRZEJCZUK Beata | 192 | | K55-59 | 4 | | | 16680:00:00 | | +277:45:3 | 400320:00 | 0 (0.0%) |
| DQ | BĄCZEK Mariusz | 82 | KRUCZA TEAM WASILKÓW | M45-49 | | | 1 | 00:20:36 DQ | 00:42:42.10 DQ | | 0:00 | 7 (68.6%) |
| DQ | FRACH Piotr | 189 | | M40-44 | | | 1 | 00:20:44 DQ | 16680:00:00 DQ | | 0:00 | 0 (0.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps_2,5km 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--------------------|-----------|------|----------------|-----------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 103 | RADECKI Artur | 152 | CHODZĄCY BIAŁYSTOK | M55-59 | | | | 00:18:00 | 00:37:27.50 | +00:08:06 (21.6%) | 7:29 | 8 (78.4%) |
| 104 | ŚLUSARCZYK Andrzej | 168 | WESOŁY BORSUK TEAM | M70-74 | | | | 00:19:44 | 00:39:23.30 | +00:10:01 (25.5%) | 7:52 | 7.6 (74.5%) |

Znaleziono 104 wynik(ów)