



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
WIELKOPOLSKIE STOWOZYSTWO SPORTOWE

Organizator: PFNW
Data: 2016-06-11
Miejsce: Kolbuszowa
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|-------------|--------------|-------------|----------|--------------------|--------------------|------------------|--------------|-------------|
| 1 | DEŁĄG Jakub | 331 | ENERGYLIFE TEAM/ FACE NORDIC WALKING TEAM | M18-29 | 1 | | | 00:00:50 | 00:14:36 | 00:29:44.80 | 00:30:35.40 | | 5:57 | 10.1 (100%) |
| 2 | ZARĘBSKI Michał | 596 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 1 | | | 00:01:34 | 00:14:41 | 00:30:12.40 | 00:31:46.40 | +00:00:27 (1.5%) | 6:02 | 9.9 (98.0%) |
| 3 | LUBIATOWSKI Ireneusz | 434 | KS METRACO POLKOWICE | M50-54 | 1 | | | 00:02:58 | 00:15:04 | 00:30:33.10 | 00:33:31.10 | +00:00:48 (2.6%) | 6:06 | 9.8 (97.0%) |
| 4 | CZŁAPSKI Krzysztof | 264 | ENERGYLIFE/ NW CIECHANÓW | M50-54 | 2 | | | 00:02:57 | 00:15:07 | 00:30:50.75 | 00:33:47.95 | +00:01:05 (3.6%) | 6:10 | 9.7 (96.0%) |
| 5 | NIECHWIEJCZYK Piotr | 66 | UNIA MIAST | M40-44 | 1 | | | 00:01:58 | 00:15:30 | 00:31:00.45 | 00:32:59.00 | +00:01:15 (4.1%) | 6:12 | 9.7 (96.0%) |
| 6 | GAJEWSKI Eugeniusz | 354 | KS METRACO POLKOWICE | M55-59 | 1 | | | 00:03:33 | 00:15:25 | 00:31:02.85 | 00:34:36.05 | +00:01:18 (4.2%) | 6:12 | 9.7 (96.0%) |
| 7 | WINNICKI Robert | 255 | BIESZCZADZKI KLUB NW | M40-44 | 2 | | | 00:01:59 | 00:15:29 | 00:31:03.20 | 00:33:02.55 | +00:01:18 (4.2%) | 6:12 | 9.7 (96.0%) |
| 8 | WOROCH Roman | 572 | KS METRACO POLKOWICE | M55-59 | 2 | | | 00:03:34 | 00:15:23 | 00:31:05.00 | 00:34:39.15 | +00:01:20 (4.3%) | 6:13 | 9.7 (96.0%) |
| 9 | BIŁEK Artur | 65 | UNIA MIAST | M30-39 | 2 | | | 00:01:34 | 00:15:20 | 00:31:09.70 | 00:32:44.45 | +00:01:24 (4.5%) | 6:14 | 9.6 (95.0%) |
| 10 | KOLASA Wojciech | 392 | EPOKA NORDICA ŁÓDŹ | M40-44 | 3 | | | 00:01:58 | 00:15:31 | 00:31:13.30 | 00:33:11.85 | +00:01:28 (4.7%) | 6:14 | 9.6 (95.0%) |
| 11 | KONIK Jacek | 399 | BIESZCZADZKI KLUB NORDIC WALKING | M40-44 | 4 | | | 00:01:59 | 00:15:33 | 00:31:25.65 | 00:33:25.60 | +00:01:40 (5.3%) | 6:17 | 9.5 (94.1%) |
| 12 | WITCZUK Łukasz | 700 | FACE NORDIC WALKING TEAM | M30-39 | 3 | | | 00:01:34 | 00:15:37 | 00:31:31.55 | 00:33:05.85 | +00:01:46 (5.6%) | 6:18 | 9.5 (94.1%) |
| 13 | GRZĄDZIEL Darek | 364 | BIESZCZADZKI KLUB NORDIC WALKING | M45-49 | 1 | | | 00:02:23 | 00:15:42 | 00:31:46.65 | 00:34:10.25 | +00:02:01 (6.4%) | 6:21 | 9.4 (93.1%) |
| 14 | ROŻYNEK Miron | 268 | KS METRACO POLKOWICE | M50-54 | 3 | | | 00:02:58 | 00:15:47 | 00:31:56.50 | 00:34:54.55 | +00:02:11 (6.9%) | 6:23 | 9.4 (93.1%) |
| 15 | WETOSZKA Piotr | 282 | FACE NORDIC WALKING TEAM | M30-39 | 4 | | | 00:01:34 | 00:15:49 | 00:32:04.95 | 00:33:39.05 | +00:02:20 (7.3%) | 6:25 | 9.4 (93.1%) |
| 16 | SCHRÖDER Karol | 508 | SILESIA NORDIC TEAM | M40-44 | 5 | | | 00:01:59 | 00:15:30 | 00:32:13.95 | 00:34:13.10 | +00:02:29 (7.7%) | 6:26 | 9.3 (92.1%) |
| 17 | LESIŃSKI Grzegorz | 431 | KS METRACO POLKOWICE | M50-54 | 4 | | | 00:02:58 | 00:15:46 | 00:32:27.70 | 00:35:26.15 | +00:02:42 (8.4%) | 6:29 | 9.2 (91.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 18 | MICHALSKI Andrzej | 279 | FACE NORDIC WALKING TEAM | M55-59 | 3 | | | 00:03:32 | 00:16:01 | 00:32:31.45 | 00:36:04.35 | +00:02:46 (8.5%) | 6:30 | 9.2 (91.1%) |
| 19 | GŁOWA Michał | 358 | WESOŁY BORSUK TEAM | M-Jun. | 1 | | | 00:00:33 | 00:16:22 | 00:32:33.40 | 00:33:06.55 | +00:02:48 (8.6%) | 6:30 | 9.2 (91.1%) |
| 20 | KNITTER Tomasz | 389 | BŁĘKITNI NW DZIEMIANY | M-Jun. | 2 | | | 00:00:32 | 00:16:22 | 00:32:34.05 | 00:33:06.65 | +00:02:49 (8.7%) | 6:30 | 9.2 (91.1%) |
| 21 | STĘPNIEWSKI Paweł | 523 | VIKING NORDIC TEAM CZĘSTOCHOWA | M18-29 | 2 | | | 00:00:50 | 00:16:04 | 00:32:37.00 | 00:33:27.75 | +00:02:52 (8.8%) | 6:31 | 9.2 (91.1%) |
| 22 | MARCINKOWSKI Jakub | 446 | UNIA MIAST | M-Jun. | 3 | | | 00:00:32 | 00:16:23 | 00:32:39.45 | 00:33:11.90 | +00:02:54 (8.9%) | 6:31 | 9.2 (91.1%) |
| 23 | CIEŚLUK Roman | 61 | EPOKA NORDICA ŁÓDŹ | M55-59 | 4 | | | 00:03:35 | 00:16:17 | 00:32:43.10 | 00:36:18.45 | +00:02:58 (9.1%) | 6:32 | 9.2 (91.1%) |
| 24 | HAŁAS Marcin | 292 | FACE NORDIC WALKING TEAM | M30-39 | 5 | | | 00:01:34 | 00:16:12 | 00:32:47.05 | 00:34:21.15 | +00:03:02 (9.3%) | 6:33 | 9.2 (91.1%) |
| 25 | ZALISKA Oksana | 598 | DĄBROWA NORDIC TEAM | K60-64 | 1 | | | 00:09:46 | 00:16:26 | 00:32:56.85 | 00:42:43.55 | +00:03:12 (9.7%) | 6:35 | 9.1 (90.1%) |
| 26 | KRYŚ Artur | 410 | KS METRACO POLKOWICE | M45-49 | 2 | | | 00:02:22 | 00:16:13 | 00:33:03.00 | 00:35:25.25 | +00:03:18 (10.0%) | 6:36 | 9.1 (90.1%) |
| 27 | SŁOMIAN Leszek | 513 | UNIA MIAST | M55-59 | 5 | | | 00:03:34 | 00:16:29 | 00:33:07.45 | 00:36:41.45 | +00:03:22 (10.2%) | 6:37 | 9.1 (90.1%) |
| 28 | SKWIRUT Jerzy | 512 | SOKÓŁ RYMANÓW | M-Niepełnosprawni | 1 | | | 00:03:33 | 00:16:23 | 00:33:19.55 | 00:36:52.85 | +00:03:34 (10.7%) | 6:39 | 9 (89.1%) |
| 29 | WOLEK Waldemar | 571 | NORDIC TEAM GNIEZNO | M40-44 | 6 | | | 00:01:58 | 00:16:17 | 00:33:20.50 | 00:35:18.70 | +00:03:35 (10.8%) | 6:40 | 9 (89.1%) |
| 30 | PASIERB Marek | 473 | | M60-64 | 1 | | | 00:04:01 | 00:16:26 | 00:33:21.50 | 00:37:22.50 | +00:03:36 (10.8%) | 6:40 | 9 (89.1%) |
| 31 | FELIS Paweł | 345 | | M45-49 | 3 | | | 00:02:23 | 00:16:28 | 00:33:26.55 | 00:35:49.75 | +00:03:41 (11.1%) | 6:41 | 9 (89.1%) |
| 32 | BARTYŃSKI Zdzisław | 305 | WOLNY STRZELEC | M45-49 | 4 | | | 00:02:23 | 00:16:31 | 00:33:33.05 | 00:35:56.05 | +00:03:48 (11.3%) | 6:42 | 8.9 (88.1%) |
| 33 | ORZECH Artur | 467 | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49 | 5 | | | 00:02:26 | 00:16:50 | 00:33:35.35 | 00:36:01.35 | +00:03:50 (11.4%) | 6:43 | 8.9 (88.1%) |
| 34 | MANDZIUK Marek | 280 | KBBB / TKKF | M45-49 | 6 | | | 00:02:25 | 00:16:35 | 00:33:42.45 | 00:36:07.45 | +00:03:57 (11.8%) | 6:44 | 8.9 (88.1%) |
| 35 | RAKUĆ Jakub | 492 | RUCH PO ZDROWIE WŁOCŁAWEK | M18-29 | 3 | | | 00:00:50 | 00:16:31 | 00:33:43.00 | 00:34:33.60 | +00:03:58 (11.8%) | 6:44 | 8.9 (88.1%) |
| 36 | PANAŚ Artur | 471 | | M45-49 | 7 | | | 00:02:24 | 00:16:53 | 00:33:44.35 | 00:36:08.50 | +00:03:59 (11.8%) | 6:44 | 8.9 (88.1%) |
| 37 | FLIS Marek | 697 | GREEN TEAM ZIELONA GÓRA | M55-59 | 6 | | | 00:03:34 | 00:16:32 | 00:33:46.85 | 00:37:21.45 | +00:04:02 (11.9%) | 6:45 | 8.9 (88.1%) |
| 38 | JENCZELEWSKI Grzegorz | 378 | ENERGYLIFE TEAM | M45-49 | 8 | | | 00:02:22 | 00:16:28 | 00:33:48.75 | 00:36:11.30 | +00:04:03 (12.0%) | 6:45 | 8.9 (88.1%) |
| 39 | KOŁODZIEJCZAK Beata | 294 | SOCHO TEAM | K40-44 | 1 | | | 00:07:26 | 00:16:51 | 00:33:50.25 | 00:41:16.95 | +00:04:05 (12.1%) | 6:46 | 8.9 (88.1%) |
| 40 | WILK Tadeusz | 599 | DĄBROWA NORDIC TEAM | M60-64 | 2 | | | 00:04:01 | 00:16:37 | 00:33:53.90 | 00:37:54.90 | +00:04:09 (12.2%) | 6:46 | 8.9 (88.1%) |
| 41 | PUZIO Marek | 488 | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49 | 9 | | | 00:02:26 | 00:17:23 | 00:33:57.95 | 00:36:24.20 | +00:04:13 (12.4%) | 6:47 | 8.8 (87.1%) |
| 42 | KUŚMIEREK Mateusz | 419 | BŁĘKITNI NW DZIEMIANY | M-Dzieci | 1 | | | 00:00:06 | 00:17:08 | 00:34:00.95 | 00:34:07.80 | +00:04:16 (12.6%) | 6:48 | 8.8 (87.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|-----------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | | netto 5km | brutto 5km | | | |
| 43 | ZMACZYŃSKI Bogusław | 586 | KS METRACO POLKOWICE | M60-64 | 3 | | | 00:04:00 | 00:17:00 | 00:34:02.00 | 00:38:02.75 | +00:04:17 (12.6%) | 6:48 | 8.8 (87.1%) |
| 44 | KUSTAL Marcin | 418 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 6 | | | 00:01:34 | 00:17:12 | 00:34:02.30 | 00:35:36.75 | +00:04:17 (12.6%) | 6:48 | 8.8 (87.1%) |
| 45 | WIERZBIŃSKI Piotr | 275 | KLUB SPORTU PL | M40-44 | 7 | | | 00:01:58 | 00:16:57 | 00:34:04.15 | 00:36:02.15 | +00:04:19 (12.7%) | 6:48 | 8.8 (87.1%) |
| 46 | GNUS Dawid | 602 | KBBB / TKKF | M-Dzieci | 2 | | | 00:00:08 | 00:17:08 | 00:34:08.70 | 00:34:16.80 | +00:04:23 (12.9%) | 6:49 | 8.8 (87.1%) |
| 47 | BUKOWIEC Jacek | 316 | | M45-49 | 10 | | | 00:02:24 | 00:16:58 | 00:34:14.25 | 00:36:38.95 | +00:04:29 (13.1%) | 6:50 | 8.8 (87.1%) |
| 48 | BREWKA Joachim | 64 | UNIA MIAST | M50-54 | 5 | | | 00:02:57 | 00:17:01 | 00:34:15.80 | 00:37:13.55 | +00:04:31 (13.2%) | 6:51 | 8.8 (87.1%) |
| 49 | GRYGOROWICZ Bogdan | 363 | KS METRACO POLKOWICE | M65-69 | 1 | | | 00:04:17 | 00:17:18 | 00:34:17.65 | 00:38:35.45 | +00:04:32 (13.3%) | 6:51 | 8.7 (86.1%) |
| 50 | ZARZYCKI Zdzisław | 581 | | M55-59 | 7 | | | 00:03:35 | 00:17:01 | 00:34:28.75 | 00:38:03.90 | +00:04:43 (13.7%) | 6:53 | 8.7 (86.1%) |
| 51 | SOBKOWSKI Janusz | 518 | SILESIA NORDIC TEAM | M60-64 | 4 | | | 00:04:00 | 00:16:59 | 00:34:31.70 | 00:38:31.95 | +00:04:46 (13.8%) | 6:54 | 8.7 (86.1%) |
| 52 | RATECKI Marcin | 694 | NORDIC WALKING TEAM GDAŃSK | M40-44 | 8 | | | 00:01:58 | 00:17:10 | 00:34:31.75 | 00:36:30.55 | +00:04:46 (13.9%) | 6:54 | 8.7 (86.1%) |
| 53 | WOŹNIAK Klaudia | 573 | UNIA MIAST | K-Jun. | 1 | | | 00:05:42 | 00:16:55 | 00:34:33.80 | 00:40:16.60 | +00:04:49 (13.9%) | 6:54 | 8.7 (86.1%) |
| 54 | MOTOCZYŃSKI Krzysztof | 454 | GOSIR OSIELSKO | M60-64 | 5 | | | 00:04:01 | 00:17:02 | 00:34:36.90 | 00:38:38.20 | +00:04:52 (14.1%) | 6:55 | 8.7 (86.1%) |
| 55 | PARTYKA Teresa | 592 | WESOŁY BORSUK TEAM | K55-59 | 1 | | | 00:09:13 | 00:17:25 | 00:34:37.65 | 00:43:51.35 | +00:04:52 (14.1%) | 6:55 | 8.7 (86.1%) |
| 56 | SZPILMAN Katarzyna | 542 | FACE NORDIC WALKING TEAM | K45-49 | 1 | | | 00:08:08 | 00:17:16 | 00:34:39.95 | 00:42:48.35 | +00:04:55 (14.2%) | 6:56 | 8.7 (86.1%) |
| 57 | DRAPAŁA Jan | 334 | KOLBUSZOWSKI KLUB NORDIC WALKING | M40-44 | 9 | | | 00:02:25 | 00:16:57 | 00:34:41.85 | 00:37:07.80 | +00:04:57 (14.3%) | 6:56 | 8.6 (85.1%) |
| 58 | WALORYSZAK Andrzej | 221 | ORTOPEDIA OTWOCK XIV | M60-64 | 6 | | | 00:04:00 | 00:17:18 | 00:34:42.95 | 00:38:43.35 | +00:04:58 (14.3%) | 6:56 | 8.6 (85.1%) |
| 59 | GAPIŃSKI Leszek | 591 | WESOŁY BORSUK TEAM | M55-59 | 8 | | | 00:03:34 | 00:16:59 | 00:34:43.10 | 00:38:17.70 | +00:04:58 (14.3%) | 6:56 | 8.6 (85.1%) |
| 60 | ADAMUS Marian | 693 | SILESIA NORDIC TEAM | M65-69 | 2 | | | 00:04:16 | 00:17:20 | 00:34:45.80 | 00:39:02.45 | +00:05:01 (14.4%) | 6:57 | 8.6 (85.1%) |
| 61 | ŚLEWIŃSKA Edyta | 344 | BŁĘKITNI NW DZIEMIANY | K-Jun. | 2 | | | 00:05:42 | 00:17:13 | 00:34:47.85 | 00:40:30.00 | +00:05:03 (14.5%) | 6:57 | 8.6 (85.1%) |
| 62 | GAPIŃSKA Janina | 589 | WESOŁY BORSUK TEAM | K55-59 | 2 | | | 00:09:13 | 00:17:26 | 00:34:50.90 | 00:44:04.75 | +00:05:06 (14.6%) | 6:58 | 8.6 (85.1%) |
| 63 | DANA Andrzej | 328 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M65-69 | 3 | | | 00:04:17 | 00:17:21 | 00:34:56.55 | 00:39:13.95 | +00:05:11 (14.9%) | 6:59 | 8.6 (85.1%) |
| 64 | GIERLASIŃSKI Krzysztof | 262 | | M55-59 | 9 | | | 00:03:32 | 00:17:30 | 00:35:01.80 | 00:38:34.75 | +00:05:17 (15.1%) | 7:00 | 8.6 (85.1%) |
| 65 | KORDOWSKI Jakub | 69 | UPOJENI WIATREM | M-Jun. | 4 | 1 | | 00:00:35 | 00:17:33 | 00:35:02.75 | 00:35:37.75 | +00:05:17 (15.1%) | 7:00 | 8.6 (85.1%) |
| 66 | BĄK Zbigniew | 661 | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49 | 11 | | | 00:02:25 | 00:17:34 | 00:35:05.00 | 00:37:30.45 | +00:05:20 (15.2%) | 7:01 | 8.6 (85.1%) |
| 67 | URBANIAK Marian | 555 | | M55-59 | 10 | | | 00:03:33 | 00:17:29 | 00:35:05.80 | 00:38:39.40 | +00:05:21 (15.2%) | 7:01 | 8.5 (84.2%) |
| 68 | ROSADZIŃSKI Sławomir | 500 | | M45-49 | 12 | | | 00:02:22 | 00:17:20 | 00:35:05.90 | 00:37:28.45 | +00:05:21 (15.2%) | 7:01 | 8.5 (84.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---|-----------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | | netto 5km | brutto 5km | | | |
| 69 | LENAR Grzegorz | 428 | ULKS'SOKOŁY' | M-Jun. | 5 | | | 00:00:32 | 00:17:03 | 00:35:10.90 | 00:35:43.45 | +00:05:26 (15.4%) | 7:02 | 8.5 (84.2%) |
| 70 | KWAŚNY Tomasz | 423 | CHODZĘ Z SERCEM | M50-54 | 6 | | | 00:02:58 | 00:17:26 | 00:35:12.75 | 00:38:11.30 | +00:05:27 (15.5%) | 7:02 | 8.5 (84.2%) |
| 71 | LESIŃSKA Marzenna | 430 | KS METRACO POLKOWICE | K50-54 | 1 | | | 00:08:42 | 00:17:38 | 00:35:13.30 | 00:43:56.20 | +00:05:28 (15.5%) | 7:02 | 8.5 (84.2%) |
| 72 | ZAŃKO Katarzyna | 274 | | K40-44 | 2 | | | 00:07:27 | 00:17:19 | 00:35:14.40 | 00:42:41.60 | +00:05:29 (15.6%) | 7:02 | 8.5 (84.2%) |
| 73 | SITKO Maciej | 510 | KOLBUSZOWSKI KLUB NORDIC WALKING | M-Dzieci | 3 | | | 00:00:06 | 00:17:20 | 00:35:14.95 | 00:35:21.60 | +00:05:30 (15.6%) | 7:03 | 8.5 (84.2%) |
| 74 | DUDEK Edward | 337 | KS METRACO POLKOWICE | M65-69 | 4 | | | 00:04:18 | 00:17:21 | 00:35:16.10 | 00:39:35.00 | +00:05:31 (15.7%) | 7:03 | 8.5 (84.2%) |
| 75 | TRONIARZ Stanisław | 548 | | M60-64 | 7 | | | 00:04:01 | 00:17:19 | 00:35:18.60 | 00:39:19.90 | +00:05:33 (15.8%) | 7:03 | 8.5 (84.2%) |
| 76 | RACHWALSKA Joanna | 490 | | K18-29 | 1 | | | 00:06:14 | 00:17:37 | 00:35:25.35 | 00:41:40.25 | +00:05:40 (16.0%) | 7:05 | 8.5 (84.2%) |
| 77 | GĘBKA Tomasz | 63 | | M50-54 | 7 | | | 00:02:58 | 00:17:31 | 00:35:29.00 | 00:38:27.45 | +00:05:44 (16.2%) | 7:05 | 8.5 (84.2%) |
| 78 | BROŻBAR Beata | 314 | ULKS'SOKOŁY' | K-Jun. | 3 | | | 00:05:45 | 00:17:35 | 00:35:30.10 | 00:41:15.10 | +00:05:45 (16.2%) | 7:06 | 8.5 (84.2%) |
| 79 | SZCZEPAŃSKI Rafał | 300 | OPEL ACTIVE TEAM | M40-44 | 10 | | | 00:02:00 | 00:17:37 | 00:35:32.05 | 00:37:32.45 | +00:05:47 (16.3%) | 7:06 | 8.4 (83.2%) |
| 80 | SKIERŚ Albert | 511 | ZAMACH W SMOLEŃSKU RAZY DWA | M45-49 | 13 | 1 | | 00:02:22 | 00:17:24 | 00:35:33.90 | 00:37:56.25 | +00:05:49 (16.4%) | 7:06 | 8.4 (83.2%) |
| 81 | GOŁĘBIEWSKI Andrzej | 267 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M55-59 | 11 | 1 | | 00:03:33 | 00:17:25 | 00:35:34.00 | 00:39:07.95 | +00:05:49 (16.4%) | 7:06 | 8.4 (83.2%) |
| 82 | JAROSZ Cezary | 375 | ORLIK NIWISKA | M18-29 | 4 | | | 00:00:51 | 00:17:54 | 00:35:35.55 | 00:36:26.85 | +00:05:50 (16.4%) | 7:07 | 8.4 (83.2%) |
| 83 | RAKUĆ Angelika | 493 | RUCH PO ZDROWIE WŁOCLAWEK | K18-29 | 2 | | | 00:06:14 | 00:17:46 | 00:35:36.10 | 00:41:50.55 | +00:05:51 (16.4%) | 7:07 | 8.4 (83.2%) |
| 84 | REJMAN Filip | 497 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | M-Jun. | 6 | | | 00:00:33 | 00:16:49 | 00:35:41.20 | 00:36:14.35 | +00:05:56 (16.6%) | 7:08 | 8.4 (83.2%) |
| 85 | SUROWIEC Sebastian | 625 | | M-Jun. | 7 | | | 00:00:33 | 00:17:55 | 00:35:41.60 | 00:36:14.95 | +00:05:56 (16.7%) | 7:08 | 8.4 (83.2%) |
| 86 | JAWORSKI Zbigniew | 376 | WŁÓCZYKIJE SKOCZÓW | M65-69 | 5 | | | 00:04:18 | 00:17:36 | 00:35:42.55 | 00:40:01.15 | +00:05:57 (16.7%) | 7:08 | 8.4 (83.2%) |
| 87 | KONIK Zuzanna | 395 | BIESZCZADZKI KLUB NORDIC WALKING | K-Jun. | 4 | | | 00:05:43 | 00:17:44 | 00:35:43.40 | 00:41:26.80 | +00:05:58 (16.7%) | 7:08 | 8.4 (83.2%) |
| 88 | RĘDZINIAK Marzena | 499 | KLUBSPORTU.PL | K30-39 | 1 | | | 00:06:48 | 00:17:40 | 00:35:44.20 | 00:42:33.05 | +00:05:59 (16.8%) | 7:09 | 8.4 (83.2%) |
| 89 | WROŃSKI Włodzimierz | 575 | PASJA NORDIC WALKING | M60-64 | 8 | | | 00:04:00 | 00:17:41 | 00:35:46.05 | 00:39:46.15 | +00:06:01 (16.8%) | 7:09 | 8.4 (83.2%) |
| 90 | BALICKA Maria | 303 | | K-Dzieci | 1 | | | 00:05:12 | 00:17:30 | 00:35:46.95 | 00:40:59.05 | +00:06:02 (16.9%) | 7:09 | 8.4 (83.2%) |
| 91 | RECZULSKA Katarzyna | 494 | VIKING NORDIC TEAM CZĘSTOCHOWA | K45-49 | 2 | | | 00:08:09 | 00:17:47 | 00:35:47.95 | 00:43:57.80 | +00:06:03 (16.9%) | 7:09 | 8.4 (83.2%) |
| 92 | KOSTRUBIEC Tomasz | 402 | MDK SZCZEBRZESZYN | M45-49 | 14 | | | 00:02:23 | 00:17:20 | 00:35:48.20 | 00:38:12.00 | +00:06:03 (16.9%) | 7:09 | 8.4 (83.2%) |
| 93 | SZNAJDER Zenon | 540 | UNIA MIAST | M60-64 | 9 | | | 00:04:00 | 00:17:31 | 00:35:48.65 | 00:39:49.10 | +00:06:03 (16.9%) | 7:09 | 8.4 (83.2%) |
| 94 | WIADERSKI Wojciech | 653 | | M65-69 | 6 | | | 00:04:17 | 00:17:47 | 00:35:50.45 | 00:40:08.15 | +00:06:05 (17.0%) | 7:10 | 8.4 (83.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|---|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 95 | MARCINKOWSKI Wojciech | 68 | UNIA MIAST | M45-49 | 15 | | | 00:02:23 | 00:17:36 | 00:35:52.25 | 00:38:16.05 | +00:06:07 (17.1%) | 7:10 | 8.4 (83.2%) |
| 96 | SĄCZAWA Sławomir | 507 | | M40-44 | 11 | | | 00:02:00 | 00:17:27 | 00:35:53.20 | 00:37:53.75 | +00:06:08 (17.1%) | 7:10 | 8.4 (83.2%) |
| 97 | FRĄSZCZAK Katarzyna | 352 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | K-Niepełnosprawni | 1 | | | 00:06:48 | 00:17:45 | 00:35:53.85 | 00:42:41.95 | +00:06:09 (17.1%) | 7:10 | 8.4 (83.2%) |
| 98 | KANIECKA Zofia | 385 | NW CIECHANÓW | K60-64 | 2 | | | 00:09:47 | 00:17:46 | 00:35:54.55 | 00:45:41.55 | +00:06:09 (17.2%) | 7:10 | 8.4 (83.2%) |
| 99 | BALICKI Mirosław | 289 | | M45-49 | 16 | | | 00:02:23 | 00:17:29 | 00:36:02.35 | 00:38:25.55 | +00:06:17 (17.5%) | 7:12 | 8.3 (82.2%) |
| 100 | WAWRZY尼亚K Anna | 563 | FACE NORDIC WALKING TEAM | K40-44 | 3 | | | 00:07:26 | 00:17:47 | 00:36:04.10 | 00:43:30.80 | +00:06:19 (17.5%) | 7:12 | 8.3 (82.2%) |
| 101 | BIK Przemysław | 313 | KS METRACO POLKOWICE | M-Dzieci | 4 | | | 00:00:07 | 00:17:18 | 00:36:04.85 | 00:36:12.65 | +00:06:20 (17.6%) | 7:13 | 8.3 (82.2%) |
| 102 | KONIK Aleksandra | 398 | BIESZCZADZKI KLUB NORDIC WALKING | K40-44 | 4 | | | 00:07:28 | 00:18:03 | 00:36:05.95 | 00:43:34.30 | +00:06:21 (17.6%) | 7:13 | 8.3 (82.2%) |
| 103 | GŁADKOWSKA Małgorzata | 698 | SILESIA NORDIC TEAM | K55-59 | 3 | | | 00:09:16 | 00:17:46 | 00:36:09.10 | 00:45:25.25 | +00:06:24 (17.7%) | 7:13 | 8.3 (82.2%) |
| 104 | DZIEŃ Bartosz | 342 | ULKS'SOKOŁY' | M-Jun. | 8 | | | 00:00:33 | 00:17:49 | 00:36:09.25 | 00:36:42.90 | +00:06:24 (17.7%) | 7:13 | 8.3 (82.2%) |
| 105 | MALCZYK Anna | 163 | DĄBROWA NORDIC TEAM | K30-39 | 2 | | | 00:06:48 | 00:18:03 | 00:36:09.90 | 00:42:58.10 | +00:06:25 (17.7%) | 7:14 | 8.3 (82.2%) |
| 106 | KOWALSKI Marek | 67 | UNIA MIAST | M50-54 | 8 | | | 00:02:59 | 00:18:07 | 00:36:11.85 | 00:39:11.40 | +00:06:27 (17.8%) | 7:14 | 8.3 (82.2%) |
| 107 | FELIS Stanisław | 346 | | M-Jun. | 9 | | | 00:00:32 | 00:18:02 | 00:36:12.20 | 00:36:44.45 | +00:06:27 (17.8%) | 7:14 | 8.3 (82.2%) |
| 108 | STYGA Krystyna | 529 | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54 | 2 | | | 00:08:11 | 00:17:55 | 00:36:14.00 | 00:44:25.00 | +00:06:29 (17.9%) | 7:14 | 8.3 (82.2%) |
| 109 | SELWA Andrzej | 595 | | M40-44 | 12 | | | 00:02:00 | 00:18:07 | 00:36:14.75 | 00:38:15.40 | +00:06:29 (17.9%) | 7:15 | 8.3 (82.2%) |
| 110 | KNITTER Agata | 388 | BŁĘKITNI NW DZIEMIANY | K-Jun. | 5 | | | 00:05:42 | 00:18:04 | 00:36:14.80 | 00:41:57.60 | +00:06:30 (17.9%) | 7:15 | 8.3 (82.2%) |
| 111 | MOŻYSZEK Piotr | 456 | FORMA NA PIĄTKĘ NW PABIANICE | M55-59 | 12 | | | 00:03:33 | 00:17:56 | 00:36:18.15 | 00:39:51.35 | +00:06:33 (18.1%) | 7:15 | 8.3 (82.2%) |
| 112 | KORDOWSKA Bogusława | 70 | UPOJENI WIATREM | K40-44 | 5 | | | 00:07:28 | 00:18:05 | 00:36:19.95 | 00:43:48.30 | +00:06:35 (18.1%) | 7:16 | 8.3 (82.2%) |
| 113 | TRONIARZ Grażyna | 271 | | K60-64 | 3 | | | 00:09:46 | 00:17:55 | 00:36:20.45 | 00:46:07.30 | +00:06:35 (18.1%) | 7:16 | 8.3 (82.2%) |
| 114 | OLEKSYK Małgorzata | 464 | BIESZCZADZKI KLUB NORDIC WALKING | K50-54 | 3 | | | 00:08:42 | 00:18:05 | 00:36:21.30 | 00:45:03.50 | +00:06:36 (18.2%) | 7:16 | 8.3 (82.2%) |
| 115 | PAWŁOWSKA-WOŹNIAK Małgorzata | 477 | UNIA MIAST | K30-39 | 3 | | | 00:06:48 | 00:17:53 | 00:36:24.55 | 00:43:12.65 | +00:06:39 (18.3%) | 7:16 | 8.2 (81.2%) |
| 116 | WÓJTOWICZ Aleksandra | 574 | SZKOLNY KLUB NORDIC WALKING | K-Jun. | 6 | | | 00:05:44 | 00:18:04 | 00:36:32.00 | 00:42:16.65 | +00:06:47 (18.6%) | 7:18 | 8.2 (81.2%) |
| 117 | STOLARSKA Joanna | 525 | VIKING NORDIC TEAM CZĘSTOCHOWA | K-Jun. | 7 | | | 00:05:43 | 00:17:57 | 00:36:33.20 | 00:42:17.05 | +00:06:48 (18.6%) | 7:18 | 8.2 (81.2%) |
| 118 | SZYMURA Kazimierz | 545 | RYBNICKI KLUB NORDIC WALKING | M-Niepełnosprawni | 2 | | | 00:04:39 | 00:18:08 | 00:36:34.75 | 00:41:14.25 | +00:06:49 (18.7%) | 7:19 | 8.2 (81.2%) |
| 119 | STRZĘPKA Krzysztof | 528 | KOLBUSZOWSKI KLUB NORDIC WALKING | M45-49 | 17 | | | 00:02:25 | 00:18:13 | 00:36:39.25 | 00:39:04.35 | +00:06:54 (18.8%) | 7:19 | 8.2 (81.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 120 | SOWA Jan | 519 | UNIA MIAST | M70+ | 1 | | | 00:04:38 | 00:18:07 | 00:36:42.40 | 00:41:21.05 | +00:06:57 (19.0%) | 7:20 | 8.2 (81.2%) |
| 121 | JÓZWIAK Marianna | 382 | WTW.WŁOCŁAWEK | K40-44 | 6 | | | 00:07:27 | 00:17:58 | 00:36:42.45 | 00:44:09.95 | +00:06:57 (19.0%) | 7:20 | 8.2 (81.2%) |
| 122 | MARCINKOWSKA Agnieszka | 445 | UNIA MIAST | K-Dzieci | 2 | | | 00:05:12 | 00:18:06 | 00:36:43.85 | 00:41:56.05 | +00:06:59 (19.0%) | 7:20 | 8.2 (81.2%) |
| 123 | GUZOWSKI Maciej | 367 | KLUB NW 'WŁÓCZYKIJE' | M-Niepełnosprawni | 3 | | | 00:00:51 | 00:18:23 | 00:36:44.95 | 00:37:36.15 | +00:07:00 (19.1%) | 7:21 | 8.2 (81.2%) |
| 124 | WASILEWSKI Sławomir | 562 | PASJA NORDIC WALKING | M70+ | 2 | 1 | | 00:04:39 | 00:18:18 | 00:36:52.75 | 00:41:31.80 | +00:07:07 (19.3%) | 7:22 | 8.1 (80.2%) |
| 125 | JÓZWIAK Łukasz | 381 | WTW.WŁOCŁAWEK | M-Niepełnosprawni | 4 | | | 00:02:25 | 00:18:22 | 00:37:02.50 | 00:39:28.15 | +00:07:17 (19.7%) | 7:24 | 8.1 (80.2%) |
| 126 | URBANEK Renata | 263 | DZIKIE ŻYCIE | K30-39 | 4 | | | 00:06:49 | 00:18:26 | 00:37:03.70 | 00:43:53.45 | +00:07:18 (19.7%) | 7:24 | 8.1 (80.2%) |
| 127 | SŁOMIŃSKA Marta | 514 | BŁĘKITNI NW DZIEMIANY | K-Jun. | 8 | | | 00:05:42 | 00:18:33 | 00:37:10.70 | 00:42:53.30 | +00:07:25 (20.0%) | 7:26 | 8.1 (80.2%) |
| 128 | GRZYB Izabela | 365 | VIKING NORDIC TEAM CZĘSTOCHOWA | K30-39 | 5 | | | 00:06:49 | 00:18:19 | 00:37:12.10 | 00:44:01.10 | +00:07:27 (20.0%) | 7:26 | 8.1 (80.2%) |
| 129 | WARCZALSKA Teresa | 561 | UNIA MIAST | K65-69 | 1 | | | 00:09:49 | 00:18:59 | 00:37:12.50 | 00:47:02.35 | +00:07:27 (20.1%) | 7:26 | 8.1 (80.2%) |
| 130 | FELIS Beata | 347 | | K45-49 | 3 | | | 00:08:10 | 00:18:36 | 00:37:13.60 | 00:45:23.75 | +00:07:28 (20.1%) | 7:26 | 8.1 (80.2%) |
| 131 | GAŁAŚ Jonna | 655 | PASJA NW | K18-29 | 3 | | | 00:06:14 | 00:18:14 | 00:37:13.65 | 00:43:28.40 | +00:07:28 (20.1%) | 7:26 | 8.1 (80.2%) |
| 132 | KUSAJ Tomasz | 417 | NORDIC ZAWADA | M50-54 | 9 | | | 00:03:00 | 00:18:32 | 00:37:15.15 | 00:40:15.80 | +00:07:30 (20.1%) | 7:27 | 8.1 (80.2%) |
| 133 | JANUS Adrian | 626 | | M-Jun. | 10 | | | 00:00:34 | 00:18:02 | 00:37:17.20 | 00:37:51.60 | +00:07:32 (20.2%) | 7:27 | 8 (79.2%) |
| 134 | SZEMBERSKI Paweł | 535 | | M40-44 | 13 | | | 00:01:58 | 00:18:24 | 00:37:18.55 | 00:39:16.95 | +00:07:33 (20.3%) | 7:27 | 8 (79.2%) |
| 134 | KOZŁOWSKA Julia | 406 | FACE NORDIC WALKING TEAM | K-Dzieci | 3 | | | 00:05:12 | 00:18:50 | 00:37:18.55 | 00:42:31.25 | +00:07:33 (20.3%) | 7:27 | 8 (79.2%) |
| 136 | BIELIŃSKA-RUS Jagoda | 104 | | K40-44 | 7 | | | 00:07:27 | 00:17:48 | 00:37:20.20 | 00:44:47.65 | +00:07:35 (20.3%) | 7:28 | 8 (79.2%) |
| 137 | DANA Kazimiera | 329 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | K60-64 | 4 | | | 00:09:47 | 00:18:47 | 00:37:23.30 | 00:47:10.95 | +00:07:38 (20.4%) | 7:28 | 8 (79.2%) |
| 138 | DZIUBA Alina | 343 | KOLBUSZOWSKI KLUB NORDIC WALKING | K45-49 | 4 | | | 00:08:09 | 00:18:21 | 00:37:26.05 | 00:45:35.25 | +00:07:41 (20.5%) | 7:29 | 8 (79.2%) |
| 139 | PIATCZYC Wacław | 478 | | M-Niepełnosprawni | 5 | | | 00:03:35 | 00:18:09 | 00:37:30.35 | 00:41:05.95 | +00:07:45 (20.7%) | 7:30 | 8 (79.2%) |
| 140 | KOZŁOWSKA Jagoda | 405 | FACE NORDIC WALKING TEAM | K-Dzieci | 4 | | | 00:05:13 | 00:18:35 | 00:37:33.40 | 00:42:46.65 | +00:07:48 (20.8%) | 7:30 | 8 (79.2%) |
| 141 | KUPIBIDA Bogusława | 414 | SILESIA NORDIC TEAM | K55-59 | 4 | | | 00:09:16 | 00:18:35 | 00:37:37.45 | 00:46:53.80 | +00:07:52 (20.9%) | 7:31 | 8 (79.2%) |
| 142 | ZAŁĘSKA-MAGDA Edyta | 578 | SZKOLNY KLUB NORDIC WALKING | K45-49 | 5 | | | 00:08:08 | 00:18:27 | 00:37:40.95 | 00:45:49.10 | +00:07:56 (21.1%) | 7:32 | 8 (79.2%) |
| 143 | DĄBROWSKI Andrzej | 330 | MARSZ PO ZDROWIE | M65-69 | 7 | 1 | | 00:04:19 | 00:18:42 | 00:37:41.90 | 00:42:01.55 | +00:07:57 (21.1%) | 7:32 | 8 (79.2%) |
| 144 | SZENDZIELORZ Ilona | 536 | FABRIKANORDIKA | K55-59 | 5 | | | 00:09:15 | 00:18:53 | 00:37:42.65 | 00:46:57.95 | +00:07:57 (21.1%) | 7:32 | 8 (79.2%) |
| 145 | PYTLAK Adam | 668 | KOLBUSZOWSKI KLUB NORDIC WALKING | M50-54 | 10 | | | 00:02:59 | 00:18:46 | 00:37:47.20 | 00:40:46.45 | +00:08:02 (21.3%) | 7:33 | 7.9 (78.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------------|-----------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 146 | FILUSZ Alfred | 349 | N/Z | M45-49 | 18 | | | 00:02:22 | 00:18:47 | 00:37:50.40 | 00:40:13.35 | +00:08:05 (21.4%) | 7:34 | 7.9 (78.2%) |
| 147 | MANDZIUK Marta | 281 | KBBB / TKKF | K40-44 | 8 | | | 00:07:31 | 00:19:01 | 00:37:54.75 | 00:45:26.05 | +00:08:09 (21.5%) | 7:35 | 7.9 (78.2%) |
| 148 | SUDOŁ Karol | 610 | | M-Dzieci | 5 | | | 00:00:08 | 00:18:50 | 00:38:00.75 | 00:38:08.95 | +00:08:15 (21.7%) | 7:36 | 7.9 (78.2%) |
| 149 | KURYŁO Kamil | 416 | SKS MEDYK RZESZÓW NW | M18-29 | 5 | | | 00:00:51 | 00:18:53 | 00:38:02.05 | 00:38:53.40 | +00:08:17 (21.8%) | 7:36 | 7.9 (78.2%) |
| 150 | DZIUBA Alicja | 632 | | K-Jun. | 9 | | | 00:05:47 | 00:19:09 | 00:38:02.45 | 00:43:50.25 | +00:08:17 (21.8%) | 7:36 | 7.9 (78.2%) |
| 151 | SZCZĘCH Monika | 532 | SZKOLNY KLUB NORDIC WALKING | K-Jun. | 10 | | | 00:05:43 | 00:18:29 | 00:38:02.80 | 00:43:46.70 | +00:08:18 (21.8%) | 7:36 | 7.9 (78.2%) |
| 152 | SMAROŃ Aleksandra | 515 | SZKOLNY KLUB NORDIC WALKING | K-Jun. | 11 | | | 00:05:43 | 00:18:47 | 00:38:04.45 | 00:43:47.85 | +00:08:19 (21.9%) | 7:36 | 7.9 (78.2%) |
| 153 | WESOŁOWSKI Karol | 673 | KOLBUSZOWSKI KLUB NORDIC WALKING | M18-29 | 6 | 1 | | 00:00:51 | 00:19:12 | 00:38:06.60 | 00:38:58.15 | +00:08:21 (21.9%) | 7:37 | 7.9 (78.2%) |
| 154 | KOLASA Maciej | 391 | EPOKA NORDICA ŁÓDŹ | M-Dzieci | 6 | | | 00:00:07 | 00:19:31 | 00:38:09.05 | 00:38:16.60 | +00:08:24 (22.0%) | 7:37 | 7.9 (78.2%) |
| 155 | CHMURA Jarosław | 321 | TKKF „ SOKÓŁ ” GŁOGÓW MAŁOPOLSKI | M30-39 | 7 | | | 00:01:34 | 00:18:38 | 00:38:11.15 | 00:39:45.60 | +00:08:26 (22.1%) | 7:38 | 7.9 (78.2%) |
| 156 | MARKOWICZ Gabriela | 449 | | K-Jun. | 12 | | | 00:05:44 | 00:18:29 | 00:38:11.65 | 00:43:55.65 | +00:08:26 (22.1%) | 7:38 | 7.9 (78.2%) |
| 157 | REIZER Piotr | 496 | | M45-49 | 19 | | | 00:02:24 | 00:18:58 | 00:38:12.80 | 00:40:36.90 | +00:08:28 (22.2%) | 7:38 | 7.9 (78.2%) |
| 158 | FIGURSKA Dominika | 348 | FACE NORDIC WALKING TEAM | K18-29 | 4 | | | 00:06:15 | 00:18:52 | 00:38:13.00 | 00:44:28.80 | +00:08:28 (22.2%) | 7:38 | 7.8 (77.2%) |
| 159 | JONDERKO Julia | 379 | WŁÓCZYKIJE SKOCZÓW | K40-44 | 9 | | | 00:07:31 | 00:18:58 | 00:38:16.05 | 00:45:47.15 | +00:08:31 (22.3%) | 7:39 | 7.8 (77.2%) |
| 160 | DZIEMIŃSKI Jan | 341 | BŁĘKITNI NW DZIEMIANY | M-Dzieci | 7 | | | 00:00:07 | 00:18:54 | 00:38:19.90 | 00:38:27.05 | +00:08:35 (22.4%) | 7:40 | 7.8 (77.2%) |
| 161 | ŻARKOWSKA Klaudia | 60 | | K-Jun. | 13 | | | 00:05:46 | 00:19:17 | 00:38:20.35 | 00:44:06.95 | +00:08:35 (22.4%) | 7:40 | 7.8 (77.2%) |
| 162 | SZELIGA Anna | 533 | | K30-39 | 6 | 1 | | 00:06:50 | 00:19:06 | 00:38:26.50 | 00:45:17.05 | +00:08:41 (22.6%) | 7:41 | 7.8 (77.2%) |
| 163 | STOCHLA Beata | 524 | SZKOLNY KLUB NORDIC WALKING | K-Jun. | 14 | | | 00:05:43 | 00:18:51 | 00:38:29.30 | 00:44:12.70 | +00:08:44 (22.7%) | 7:41 | 7.8 (77.2%) |
| 164 | PIWODA Ewa | 482 | ULKS'SOKOŁY' | K-Jun. | 15 | | | 00:05:44 | 00:19:10 | 00:38:29.35 | 00:44:14.05 | +00:08:44 (22.7%) | 7:42 | 7.8 (77.2%) |
| 165 | KOSTRUBIEC Agnieszka | 401 | MDK SZCZEBRZESZYN | K30-39 | 7 | | | 00:06:48 | 00:18:48 | 00:38:30.55 | 00:45:18.90 | +00:08:45 (22.8%) | 7:42 | 7.8 (77.2%) |
| 166 | BAJEK Mateusz | 635 | | M-Jun. | 11 | | | 00:00:31 | 00:18:25 | 00:38:32.45 | 00:39:04.40 | +00:08:47 (22.8%) | 7:42 | 7.8 (77.2%) |
| 167 | KORZENIOWSKA Aldona | 400 | CHODZĘ Z SERCEM | K45-49 | 6 | | | 00:08:09 | 00:19:17 | 00:38:36.55 | 00:46:45.95 | +00:08:51 (23.0%) | 7:43 | 7.8 (77.2%) |
| 168 | GRUDNOWSKA Dominika | 361 | BŁĘKITNI NW DZIEMIANY | K-Dzieci | 5 | | | 00:05:12 | 00:19:01 | 00:38:40.05 | 00:43:52.05 | +00:08:55 (23.1%) | 7:44 | 7.8 (77.2%) |
| 169 | MAŁODOBRY Wioletta | 440 | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44 | 10 | | | 00:07:31 | 00:19:11 | 00:38:45.45 | 00:46:16.50 | +00:09:00 (23.2%) | 7:45 | 7.7 (76.2%) |
| 170 | CEPIELIK Barbara | 318 | KKNW | K-Jun. | 16 | | | 00:05:48 | 00:19:26 | 00:38:46.00 | 00:44:34.40 | +00:09:01 (23.3%) | 7:45 | 7.7 (76.2%) |
| 171 | DRAUS Czesława | 335 | KLUBSPORTU.PL | K55-59 | 6 | | | 00:09:15 | 00:19:11 | 00:38:48.15 | 00:48:03.45 | +00:09:03 (23.3%) | 7:45 | 7.7 (76.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 172 | LUBERA Teresa | 433 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Niepełnosprawni | 2 | | | 00:08:43 | 00:19:07 | 00:38:49.05 | 00:47:32.30 | +00:09:04 (23.4%) | 7:45 | 7.7 (76.2%) |
| 173 | ZAŁĘSKI Wojciech | 580 | | M50-54 | 11 | | | 00:02:59 | 00:19:27 | 00:38:51.40 | 00:41:51.35 | +00:09:06 (23.4%) | 7:46 | 7.7 (76.2%) |
| 174 | PAWŁOWICZ Alina Ewa | 475 | | K55-59 | 7 | | | 00:09:14 | 00:19:20 | 00:38:52.85 | 00:48:07.15 | +00:09:08 (23.5%) | 7:46 | 7.7 (76.2%) |
| 175 | SITARZ Aneta | 639 | | K-Jun. | 17 | | | 00:05:47 | 00:19:23 | 00:38:55.25 | 00:44:42.80 | +00:09:10 (23.6%) | 7:47 | 7.7 (76.2%) |
| 176 | PIĄTKOWSKI Józef | 479 | KS METRACO POLKOWICE | M70+ | 3 | | | 00:04:39 | 00:18:59 | 00:38:55.60 | 00:43:35.55 | +00:09:10 (23.6%) | 7:47 | 7.7 (76.2%) |
| 177 | FRYC Jan | 353 | KOLBUSZOWSKI KLUB NORDIC WALKING | M55-59 | 13 | | | 00:03:34 | 00:19:12 | 00:39:00.85 | 00:42:35.55 | +00:09:16 (23.8%) | 7:48 | 7.7 (76.2%) |
| 178 | PIETRZYK Piotr | 57 | AWF WARSZAWA | M18-29 | 7 | | | 00:00:51 | 00:18:57 | 00:39:01.25 | 00:39:53.20 | +00:09:16 (23.8%) | 7:48 | 7.7 (76.2%) |
| 179 | SZYMCZYK Magdalena | 544 | FACE NORDIC WALKING TEAM | K30-39 | 8 | | | 00:06:49 | 00:19:19 | 00:39:02.15 | 00:45:52.05 | +00:09:17 (23.8%) | 7:48 | 7.7 (76.2%) |
| 180 | KĘDZIERSKA Edyta | 622 | | K40-44 | 11 | | | 00:07:30 | 00:19:49 | 00:39:02.85 | 00:46:32.90 | +00:09:18 (23.8%) | 7:48 | 7.7 (76.2%) |
| 181 | SOBCZYK Rafał | 516 | KLUBSPORTU.PL | M40-44 | 14 | | | 00:01:58 | 00:19:02 | 00:39:05.05 | 00:41:03.80 | +00:09:20 (23.9%) | 7:49 | 7.7 (76.2%) |
| 182 | GADOWIK Weronika | 629 | | K-Jun. | 18 | | | 00:05:49 | 00:19:59 | 00:39:05.45 | 00:44:55.35 | +00:09:20 (23.9%) | 7:49 | 7.7 (76.2%) |
| 183 | PIPIRO Grażyna | 481 | UNIA MIAST | K55-59 | 8 | | | 00:09:15 | 00:19:30 | 00:39:06.30 | 00:48:21.65 | +00:09:21 (23.9%) | 7:49 | 7.7 (76.2%) |
| 184 | TRĘTOWICZ Aleksandra | 547 | KKNW/FACE NORDIC WALKING TEAM | K-Jun. | 19 | | | 00:05:44 | 00:19:39 | 00:39:12.10 | 00:44:56.55 | +00:09:27 (24.1%) | 7:50 | 7.7 (76.2%) |
| 185 | LEŚNIEWSKI Wiktor | 620 | | M-Dzieci | 8 | | | 00:00:08 | 00:19:22 | 00:39:12.90 | 00:39:21.30 | +00:09:28 (24.1%) | 7:50 | 7.6 (75.2%) |
| 186 | WACŁAW Andrzej | 556 | SKS MEDYK RZESZÓW NW | M55-59 | 14 | | | 00:03:34 | 00:19:34 | 00:39:13.40 | 00:42:47.70 | +00:09:28 (24.2%) | 7:50 | 7.6 (75.2%) |
| 187 | NOWAK Bartłomiej | 460 | SAILING TEAM FERAJNA | M40-44 | 15 | | | 00:01:59 | 00:19:41 | 00:39:13.80 | 00:41:13.35 | +00:09:29 (24.2%) | 7:50 | 7.6 (75.2%) |
| 188 | OSAK Beata | 469 | CHODZĘ Z SERCEM | K40-44 | 12 | | | 00:07:28 | 00:19:45 | 00:39:15.60 | 00:46:44.45 | +00:09:30 (24.2%) | 7:51 | 7.6 (75.2%) |
| 189 | STARZEC Maksymilian | 520 | KKNW | M65-69 | 8 | | | 00:04:19 | 00:19:38 | 00:39:23.50 | 00:43:42.85 | +00:09:38 (24.5%) | 7:52 | 7.6 (75.2%) |
| 190 | NIEMCZYK Monika | 633 | | K-Jun. | 20 | | | 00:05:49 | 00:19:59 | 00:39:26.75 | 00:45:16.15 | +00:09:41 (24.6%) | 7:53 | 7.6 (75.2%) |
| 191 | FLEJSZAR Zbigniew | 351 | | M45-49 | 20 | | | 00:02:24 | 00:19:06 | 00:39:29.75 | 00:41:54.35 | +00:09:44 (24.7%) | 7:54 | 7.6 (75.2%) |
| 192 | WALESZKO Andrzej | 557 | | M45-49 | 21 | | | 00:02:28 | 00:19:37 | 00:39:32.75 | 00:42:00.95 | +00:09:47 (24.8%) | 7:54 | 7.6 (75.2%) |
| 193 | SUDOŁ Andrzej | 664 | KOLBUSZOWSKI KLUB NORDIC WALKING | M50-54 | 12 | | | 00:02:59 | 00:19:47 | 00:39:35.45 | 00:42:35.20 | +00:09:50 (24.9%) | 7:55 | 7.6 (75.2%) |
| 194 | KABACIŃSKI Maciej | 384 | FACE NORDIC WALKING TEAM | M45-49 | 22 | | | 00:02:26 | 00:19:43 | 00:39:35.80 | 00:42:02.05 | +00:09:51 (24.9%) | 7:55 | 7.6 (75.2%) |
| 195 | BARTYZEL Marcin | 306 | SKS MEDYK RZESZÓW NW | M45-49 | 23 | | | 00:02:24 | 00:19:32 | 00:39:38.05 | 00:42:02.35 | +00:09:53 (24.9%) | 7:55 | 7.6 (75.2%) |
| 196 | MICHALAK Elżbieta | 451 | CHODZĘ Z SERCEM | K50-54 | 4 | | | 00:08:43 | 00:19:47 | 00:39:41.80 | 00:48:25.20 | +00:09:57 (25.1%) | 7:56 | 7.6 (75.2%) |
| 197 | STARZYŃSKA Ewa | 521 | KS METRACO POLKOWICE | K60-64 | 5 | | | 00:09:48 | 00:19:55 | 00:39:43.55 | 00:49:32.20 | +00:09:58 (25.1%) | 7:56 | 7.6 (75.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 198 | LACHOWSKA Ewa | 259 | BIESZCZADZKI KLUB NORDIC WALKING | K55-59 | 9 | | | 00:09:16 | 00:19:41 | 00:39:43.70 | 00:49:00.05 | +00:09:58 (25.1%) | 7:56 | 7.6 (75.2%) |
| 199 | ROMANIUK Grzegorz | 502 | KOLBUSZOWSKI KLUB NORDIC WALKING | M-Niepełnosprawni | 6 | | | 00:02:59 | 00:20:43 | 00:39:45.85 | 00:42:44.85 | +00:10:01 (25.2%) | 7:57 | 7.5 (74.3%) |
| 200 | KUŁAK Klaudia | 644 | | K-Jun. | 21 | | | 00:05:47 | 00:19:29 | 00:39:46.30 | 00:45:33.45 | +00:10:01 (25.2%) | 7:57 | 7.5 (74.3%) |
| 201 | CHMURA Magdalena | 320 | TKKF „ SOKÓŁ ” GŁOGÓW MAŁOPOLSKI | K30-39 | 9 | | | 00:06:48 | 00:19:39 | 00:39:54.30 | 00:46:43.10 | +00:10:09 (25.5%) | 7:59 | 7.5 (74.3%) |
| 202 | ŁAGODA Paweł | 611 | | M-Dzieci | 9 | | | 00:00:08 | 00:18:43 | 00:39:54.90 | 00:40:03.35 | +00:10:10 (25.5%) | 7:59 | 7.5 (74.3%) |
| 203 | KWAŚNA Małgorzata | 422 | CHODZĘ Z SERCEM | K45-49 | 7 | | | 00:08:08 | 00:19:46 | 00:39:55.85 | 00:48:04.50 | +00:10:11 (25.5%) | 7:59 | 7.5 (74.3%) |
| 204 | HANUS Joanna | 368 | | K-Niepełnosprawni | 3 | | | 00:06:51 | 00:20:14 | 00:39:58.95 | 00:46:50.10 | +00:10:14 (25.6%) | 7:59 | 7.5 (74.3%) |
| 205 | SUDOŁ Irena | 530 | WŁÓCZYKIJE SKOCZÓW | K50-54 | 5 | | | 00:08:44 | 00:19:48 | 00:39:59.35 | 00:48:44.00 | +00:10:14 (25.6%) | 8:00 | 7.5 (74.3%) |
| 206 | SZEMBERSKA Małgorzata | 534 | KLUBSPORTU.PL | K40-44 | 13 | | | 00:07:27 | 00:19:58 | 00:40:03.20 | 00:47:31.15 | +00:10:18 (25.7%) | 8:00 | 7.5 (74.3%) |
| 207 | GWAREK Anita | 696 | PASJA NORDIC WALKING | K45-49 | 8 | | | 00:08:14 | 00:20:09 | 00:40:04.60 | 00:48:18.75 | +00:10:19 (25.8%) | 8:00 | 7.5 (74.3%) |
| 208 | OBREBSKA Wioletta | 463 | CHODZĘ Z SERCEM | K40-44 | 14 | | | 00:07:30 | 00:19:59 | 00:40:04.80 | 00:47:35.05 | +00:10:20 (25.8%) | 8:01 | 7.5 (74.3%) |
| 209 | GŁOWIŚ Szymon | 649 | | M-Jun. | 12 | | | 00:00:33 | 00:20:31 | 00:40:05.20 | 00:40:38.50 | +00:10:20 (25.8%) | 8:01 | 7.5 (74.3%) |
| 210 | JABŁOŃSKI Dominik | 613 | | M-Dzieci | 10 | | | 00:00:09 | 00:19:27 | 00:40:05.30 | 00:40:14.30 | +00:10:20 (25.8%) | 8:01 | 7.5 (74.3%) |
| 211 | SALACH Konrad | 619 | | M-Dzieci | 11 | | | 00:00:09 | 00:20:12 | 00:40:06.35 | 00:40:15.35 | +00:10:21 (25.8%) | 8:01 | 7.5 (74.3%) |
| 212 | JANKOWSKI Andrzej | 374 | MK TEAM SPORT W WIELKIM MIEŚCIE | M60-64 | 10 | | | 00:04:17 | 00:20:06 | 00:40:08.05 | 00:44:25.45 | +00:10:23 (25.9%) | 8:01 | 7.5 (74.3%) |
| 213 | KUBICKA Danuta | 413 | KS METRACO POLKOWICE | K65-69 | 2 | | | 00:10:23 | 00:19:52 | 00:40:09.05 | 00:50:32.95 | +00:10:24 (25.9%) | 8:01 | 7.5 (74.3%) |
| 214 | GUZIOR Agnieszka | 366 | KLUBSPORTU.PL | K40-44 | 15 | | | 00:07:28 | 00:19:59 | 00:40:10.15 | 00:47:38.40 | +00:10:25 (25.9%) | 8:02 | 7.5 (74.3%) |
| 215 | POKRYWKA Joanna | 486 | SKS MEDYK RZESZÓW NW | K18-29 | 5 | | | 00:06:17 | 00:20:18 | 00:40:16.90 | 00:46:34.25 | +00:10:32 (26.2%) | 8:03 | 7.4 (73.3%) |
| 216 | JAKUBCZYK Irmína | 370 | | K-Dzieci | 6 | | | 00:05:15 | 00:19:29 | 00:40:17.55 | 00:45:32.60 | +00:10:32 (26.2%) | 8:03 | 7.4 (73.3%) |
| 217 | ALEKSANDRA Płotczyk | 301 | SKS MEDYK RZESZÓW NW | K18-29 | 6 | | | 00:06:16 | 00:20:18 | 00:40:17.75 | 00:46:34.20 | +00:10:32 (26.2%) | 8:03 | 7.4 (73.3%) |
| 218 | CHRAPEK Daria | 322 | GIMNAZJUM W RUDZICY | K-Jun. | 22 | | | 00:05:45 | 00:19:47 | 00:40:19.55 | 00:46:04.90 | +00:10:34 (26.2%) | 8:03 | 7.4 (73.3%) |
| 219 | WĘGLARZ Elżbieta | 565 | KLUB NW 'WŁÓCZYKIJE' | K60-64 | 6 | | | 00:09:49 | 00:20:05 | 00:40:19.85 | 00:50:09.70 | +00:10:35 (26.2%) | 8:04 | 7.4 (73.3%) |
| 220 | CAG-SOBCZYK Edyta | 317 | KLUBSPORTU.PL | K40-44 | 16 | | | 00:07:27 | 00:20:03 | 00:40:22.25 | 00:47:50.20 | +00:10:37 (26.3%) | 8:04 | 7.4 (73.3%) |
| 221 | ZIOŁO-KSIAZKIEWICZ Maryla | 585 | | K60-64 | 7 | | | 00:09:48 | 00:20:22 | 00:40:25.15 | 00:50:14.10 | +00:10:40 (26.4%) | 8:05 | 7.4 (73.3%) |
| 222 | POSŁUSZNY Kamil | 642 | | M-Jun. | 13 | | | 00:00:31 | 00:20:22 | 00:40:28.90 | 00:41:00.85 | +00:10:44 (26.5%) | 8:05 | 7.4 (73.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|---|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | | netto 5km | brutto 5km | | | |
| 223 | KUDEJ Zbigniew | 594 | KOLBUSZOWSKI KLUB NORDIC WALKING | M50-54 | 13 | | | 00:02:59 | 00:19:45 | 00:40:33.40 | 00:43:32.65 | +00:10:48 (26.7%) | 8:06 | 7.4 (73.3%) |
| 224 | SĄŁAK Maria | 504 | FACE NORDIC WALKING TEAM / NW RELAKS ZAGÓRZ | K60-64 | 8 | | | 00:09:47 | 00:20:12 | 00:40:34.30 | 00:50:21.45 | +00:10:49 (26.7%) | 8:06 | 7.4 (73.3%) |
| 225 | KRUDYSZ-STARZEC Jadwiga | 409 | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64 | 9 | | | 00:09:49 | 00:20:05 | 00:40:36.80 | 00:50:26.55 | +00:10:52 (26.8%) | 8:07 | 7.4 (73.3%) |
| 226 | CZACHOR Patrycja | 324 | | K-Jun. | 23 | | | 00:05:45 | 00:19:27 | 00:40:37.30 | 00:46:23.25 | +00:10:52 (26.8%) | 8:07 | 7.4 (73.3%) |
| 227 | NOWALIŃSKI Piotr | 462 | FACE NORDIC WALKING TEAM | M-Niepełnosprawni | 7 | | | 00:02:25 | 00:19:51 | 00:40:43.95 | 00:43:09.15 | +00:10:59 (27.0%) | 8:08 | 7.4 (73.3%) |
| 228 | WIESZOŁEK Ewelina | 568 | N/Z | K30-39 | 10 | | | 00:06:48 | 00:20:51 | 00:40:55.10 | 00:47:43.90 | +00:11:10 (27.3%) | 8:11 | 7.3 (72.3%) |
| 229 | BUMBAŁA Grażyna | 62 | UNIA MIAST | K30-39 | 11 | | | 00:06:52 | 00:20:20 | 00:40:55.70 | 00:47:48.50 | +00:11:10 (27.3%) | 8:11 | 7.3 (72.3%) |
| 230 | MARCZYK Jerzy Paweł | 447 | FACE NORDIC WALKING TEAM | M55-59 | 15 | | | 00:03:36 | 00:20:12 | 00:40:56.45 | 00:44:32.70 | +00:11:11 (27.3%) | 8:11 | 7.3 (72.3%) |
| 231 | BANASZAK Agata | 304 | GREEN TEAM ZIELONA GÓRA | K18-29 | 7 | | | 00:06:15 | 00:20:28 | 00:40:56.90 | 00:47:12.25 | +00:11:12 (27.4%) | 8:11 | 7.3 (72.3%) |
| 232 | STRACH Jan | 527 | WŁÓCZYKIJE SKOCZÓW | M-Niepełnosprawni | 8 | | | 00:04:01 | 00:20:40 | 00:40:59.25 | 00:45:01.00 | +00:11:14 (27.4%) | 8:12 | 7.3 (72.3%) |
| 233 | MATWIEJCZUK Ewa | 450 | MDK SZCZEBRZESZYN | K50-54 | 6 | | | 00:08:42 | 00:20:30 | 00:41:03.65 | 00:49:46.50 | +00:11:18 (27.6%) | 8:12 | 7.3 (72.3%) |
| 234 | BĄCAL Wiktoria | 310 | ULKS'SOKOŁY' | K-Jun. | 24 | | | 00:05:47 | 00:19:43 | 00:41:09.65 | 00:46:56.85 | +00:11:24 (27.7%) | 8:13 | 7.3 (72.3%) |
| 235 | SZAŁAJ Anna | 531 | KS METRACO POLKOWICE | K-Niepełnosprawni | 4 | | | 00:09:47 | 00:20:29 | 00:41:11.55 | 00:50:59.05 | +00:11:26 (27.8%) | 8:14 | 7.3 (72.3%) |
| 236 | SZEWczyk Genowefa | 538 | NW RELAKS ZAGÓRZ | K60-64 | 10 | | | 00:09:47 | 00:20:24 | 00:41:14.20 | 00:51:02.00 | +00:11:29 (27.9%) | 8:15 | 7.3 (72.3%) |
| 237 | ŚRODA Małgorzata | 676 | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54 | 7 | | | 00:08:44 | 00:20:32 | 00:41:16.80 | 00:50:01.45 | +00:11:32 (27.9%) | 8:15 | 7.3 (72.3%) |
| 238 | TRAWKA Wiesława | 261 | AKTYWNY DYNÓW | K45-49 | 9 | | | 00:08:11 | 00:20:49 | 00:41:23.95 | 00:49:35.20 | +00:11:39 (28.1%) | 8:16 | 7.2 (71.3%) |
| 239 | MOTYKA Monika | 455 | SKS MEDYK RZESZÓW NW | K18-29 | 8 | | | 00:06:16 | 00:20:38 | 00:41:27.10 | 00:47:43.50 | +00:11:42 (28.2%) | 8:17 | 7.2 (71.3%) |
| 240 | ZAKRZEWSKA Henryka | 577 | NORDIC TEAM GNIEZNO | K70+ | 1 | | | 00:11:08 | 00:20:34 | 00:41:30.45 | 00:52:39.25 | +00:11:45 (28.3%) | 8:18 | 7.2 (71.3%) |
| 241 | REIZER Agnieszka | 495 | | K45-49 | 10 | | | 00:08:09 | 00:21:17 | 00:41:32.45 | 00:49:42.10 | +00:11:47 (28.4%) | 8:18 | 7.2 (71.3%) |
| 242 | WALESZKO Anna | 558 | | K45-49 | 11 | Tak | | 00:08:12 | 00:20:57 | 00:41:32.90 | 00:49:45.25 | +00:11:48 (28.4%) | 8:18 | 7.2 (71.3%) |
| 243 | WIDELAK Halina | 662 | KOLBUSZOWSKI KLUB NORDIC WALKING | K45-49 | 12 | | | 00:08:13 | 00:21:03 | 00:41:36.00 | 00:49:49.35 | +00:11:51 (28.5%) | 8:19 | 7.2 (71.3%) |
| 244 | ŁAKOMY Sylwia | 435 | | K-Dzieci | 7 | | | 00:05:13 | 00:20:15 | 00:41:36.80 | 00:46:50.25 | +00:11:52 (28.5%) | 8:19 | 7.2 (71.3%) |
| 245 | GRUDNOWSKA Wiktoria | 360 | BŁĘKITNI NW DZIEMIANY | K-Dzieci | 8 | | | 00:05:12 | 00:20:17 | 00:41:40.25 | 00:46:52.85 | +00:11:55 (28.6%) | 8:20 | 7.2 (71.3%) |
| 246 | GRUDNOWSKI Norbert | 362 | BŁĘKITNI NW DZIEMIANY | M-Dzieci | 12 | | | 00:00:07 | 00:19:34 | 00:41:42.70 | 00:41:49.85 | +00:11:57 (28.7%) | 8:20 | 7.2 (71.3%) |
| 247 | TONIA Karolina | 272 | ULKS'SOKOŁY' | K-Dzieci | 9 | | | 00:05:15 | 00:20:53 | 00:41:43.00 | 00:46:58.35 | +00:11:58 (28.7%) | 8:20 | 7.2 (71.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 248 | BIAŁEK Ola | 614 | | K-Dzieci | 10 | | | 00:05:14 | 00:21:36 | 00:41:43.35 | 00:46:57.50 | +00:11:58 (28.7%) | 8:20 | 7.2 (71.3%) |
| 249 | ZAWADZKI Paweł | 582 | | M40-44 | 16 | | | 00:02:00 | 00:20:51 | 00:41:43.55 | 00:43:44.10 | +00:11:58 (28.7%) | 8:20 | 7.2 (71.3%) |
| 249 | ZIEMNIAK Angelika | 273 | ULKS'SOKOŁY' | K-Dzieci | 11 | | | 00:05:14 | 00:20:54 | 00:41:43.55 | 00:46:58.20 | +00:11:58 (28.7%) | 8:20 | 7.2 (71.3%) |
| 251 | FLEJSZAR Anna | 350 | | K45-49 | 13 | | | 00:08:08 | 00:21:22 | 00:41:49.00 | 00:49:57.90 | +00:12:04 (28.9%) | 8:21 | 7.2 (71.3%) |
| 252 | KONIK Wiktoria | 397 | BIESZCZADZKI KLUB NORDIC WALKING | K-Dzieci | 12 | | | 00:05:17 | 00:20:40 | 00:41:52.40 | 00:47:09.40 | +00:12:07 (29.0%) | 8:22 | 7.2 (71.3%) |
| 253 | KARCZEWSKI Krzysztof | 387 | RUCH PO ZDROWIE WŁOCŁAWEK | M30-39 | 8 | | | 00:01:35 | 00:20:37 | 00:41:54.20 | 00:43:29.30 | +00:12:09 (29.0%) | 8:22 | 7.2 (71.3%) |
| 254 | LEWANDOWSKI Jakub | 607 | | M-Dzieci | 13 | | | 00:00:09 | 00:20:18 | 00:41:54.75 | 00:42:04.05 | +00:12:09 (29.0%) | 8:23 | 7.2 (71.3%) |
| 255 | PIPIRO Grzegorz | 480 | UNIA MIAST | M-Niepełnosprawni | 9 | | | 00:03:33 | 00:20:35 | 00:41:55.80 | 00:45:29.50 | +00:12:11 (29.1%) | 8:23 | 7.2 (71.3%) |
| 256 | MAKSOŃ Jolanta | 439 | KLUBSPORTU.PL | K30-39 | 12 | | | 00:06:50 | 00:20:35 | 00:41:58.10 | 00:48:48.25 | +00:12:13 (29.1%) | 8:23 | 7.1 (70.3%) |
| 257 | MACIĄG Emilia | 616 | | K-Dzieci | 13 | | | 00:05:14 | 00:20:57 | 00:41:59.80 | 00:47:14.65 | +00:12:15 (29.2%) | 8:24 | 7.1 (70.3%) |
| 258 | TRZCINIECKA Janina | 549 | NW RELAKS ZAGÓRZ | K55-59 | 10 | | | 00:09:14 | 00:20:52 | 00:42:01.95 | 00:51:16.70 | +00:12:17 (29.2%) | 8:24 | 7.1 (70.3%) |
| 259 | LIS Danuta | 432 | | K45-49 | 14 | | | 00:08:13 | 00:21:07 | 00:42:03.25 | 00:50:17.05 | +00:12:18 (29.3%) | 8:24 | 7.1 (70.3%) |
| 260 | CZAKIERT Olga | 325 | VIKING NORDIC TEAM CZĘSTOCHOWA | K18-29 | 9 | | | 00:06:16 | 00:21:13 | 00:42:06.45 | 00:48:22.90 | +00:12:21 (29.4%) | 8:25 | 7.1 (70.3%) |
| 261 | MAZURKIEWICZ Tomasz | 630 | | M-Jun. | 14 | | | 00:00:34 | 00:20:31 | 00:42:07.00 | 00:42:41.05 | +00:12:22 (29.4%) | 8:25 | 7.1 (70.3%) |
| 262 | WINCZEWSKA Anna | 570 | RUCH PO ZDROWIE WŁOCŁAWEK | K50-54 | 8 | | | 00:08:43 | 00:21:07 | 00:42:10.95 | 00:50:54.75 | +00:12:26 (29.5%) | 8:26 | 7.1 (70.3%) |
| 263 | DYLEWSKI Andrzej | 593 | DĄBROWA NORDIC TEAM | M60-64 | 11 | | | 00:04:00 | 00:20:52 | 00:42:20.20 | 00:46:20.90 | +00:12:35 (29.7%) | 8:28 | 7.1 (70.3%) |
| 264 | RZESZUTKO Magdalena | 297 | | K18-29 | 10 | | | 00:06:15 | 00:20:59 | 00:42:20.65 | 00:48:36.20 | +00:12:35 (29.8%) | 8:28 | 7.1 (70.3%) |
| 265 | MARCINIUK Katarzyna | 443 | CHODZĘ Z SERCEM | K40-44 | 17 | | | 00:07:31 | 00:21:19 | 00:42:27.40 | 00:49:59.35 | +00:12:42 (29.9%) | 8:29 | 7.1 (70.3%) |
| 266 | SAWIC Beata | 506 | MDK SZCZEBRZESZYN | K45-49 | 15 | | | 00:08:09 | 00:21:06 | 00:42:29.60 | 00:50:38.85 | +00:12:44 (30.0%) | 8:29 | 7.1 (70.3%) |
| 267 | KUŚMIEREK Beata | 420 | BŁĘKITNI NW DZIEMIANY | K40-44 | 18 | | | 00:07:27 | 00:21:10 | 00:42:30.70 | 00:49:58.15 | +00:12:45 (30.0%) | 8:30 | 7.1 (70.3%) |
| 268 | BRUSKA Mariola | 315 | BŁĘKITNI NW DZIEMIANY | K45-49 | 16 | | | 00:08:11 | 00:21:14 | 00:42:32.15 | 00:50:43.20 | +00:12:47 (30.1%) | 8:30 | 7.1 (70.3%) |
| 269 | MIELEWCZYK Aleksandra | 452 | | K55-59 | 11 | 1 | | 00:09:14 | 00:21:07 | 00:42:43.60 | 00:51:58.25 | +00:12:58 (30.4%) | 8:32 | 7 (69.3%) |
| 270 | SKIBA Karolina | 617 | | K-Dzieci | 14 | | | 00:05:13 | 00:21:45 | 00:42:45.05 | 00:47:58.40 | +00:13:00 (30.4%) | 8:33 | 7 (69.3%) |
| 271 | ZIĘBA Julia | 584 | UNIA MIAST | K70+ | 2 | | | 00:11:08 | 00:21:11 | 00:42:49.45 | 00:53:57.55 | +00:13:04 (30.5%) | 8:33 | 7 (69.3%) |
| 272 | LASOCIŃSKA Ewa | 424 | KLUB NW 'WŁÓCZYKJE' | K70+ | 3 | | | 00:11:08 | 00:21:18 | 00:42:58.50 | 00:54:06.50 | +00:13:13 (30.8%) | 8:35 | 7 (69.3%) |
| 273 | MYTYCH Ełżbieta | 458 | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44 | 19 | | | 00:07:31 | 00:21:24 | 00:43:03.25 | 00:50:34.25 | +00:13:18 (30.9%) | 8:36 | 7 (69.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|-------------|--------------|-------------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 274 | PACYNA Helena | 470 | KS METRACO POLKOWICE | K65-69 | 3 | | | 00:10:24 | 00:21:41 | 00:43:03.65 | 00:53:27.95 | +00:13:18 (30.9%) | 8:36 | 7 (69.3%) |
| 275 | APANASOWICZ Danuta | 302 | NW RELAKS ZAGÓRZ | K65-69 | 4 | | | 00:10:25 | 00:21:42 | 00:43:03.75 | 00:53:29.35 | +00:13:18 (30.9%) | 8:36 | 7 (69.3%) |
| 276 | ROMANIUK Krysia | 623 | | K50-54 | 9 | | | 00:08:42 | 00:21:30 | 00:43:08.05 | 00:51:50.60 | +00:13:23 (31.0%) | 8:37 | 7 (69.3%) |
| 277 | WIĘCŁAW Oliwia | 569 | | K-Dzieci | 15 | | | 00:05:13 | 00:20:46 | 00:43:09.55 | 00:48:22.70 | +00:13:24 (31.1%) | 8:37 | 7 (69.3%) |
| 278 | PAWŁOWSKA Gabriela | 476 | | K-Dzieci | 16 | | | 00:05:14 | 00:20:41 | 00:43:10.20 | 00:48:24.35 | +00:13:25 (31.1%) | 8:38 | 6.9 (68.3%) |
| 279 | TYLUTKI Andrzej | 551 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | M45-49 | 24 | | | 00:02:26 | 00:21:50 | 00:43:10.80 | 00:45:37.45 | +00:13:26 (31.1%) | 8:38 | 6.9 (68.3%) |
| 280 | DRAŁUS Magdalena | 333 | | K-Dzieci | 17 | | | 00:05:14 | 00:20:53 | 00:43:11.10 | 00:48:25.25 | +00:13:26 (31.1%) | 8:38 | 6.9 (68.3%) |
| 281 | SYSIK Tomasz | 692 | LEGIA RUN KLUB | M30-39 | 9 | | | 00:01:35 | 00:21:32 | 00:43:14.85 | 00:44:50.65 | +00:13:30 (31.2%) | 8:39 | 6.9 (68.3%) |
| 282 | SZNAJDER Teresa | 539 | UNIA MIAST | K60-64 | 11 | | | 00:09:47 | 00:20:58 | 00:43:19.50 | 00:53:07.45 | +00:13:34 (31.3%) | 8:40 | 6.9 (68.3%) |
| 283 | WĄSOWICZ Andrzej | 564 | | M70+ | 4 | | | 00:04:39 | 00:21:25 | 00:43:21.25 | 00:48:00.50 | +00:13:36 (31.4%) | 8:40 | 6.9 (68.3%) |
| 284 | KUŹNIARSKI Jacek | 421 | FACE NORDIC WALKING TEAM | M45-49 | 25 | | | 00:02:24 | 00:21:26 | 00:43:27.85 | 00:45:51.85 | +00:13:43 (31.6%) | 8:41 | 6.9 (68.3%) |
| 285 | PODUBNY Krystyna | 484 | KLUB NW 'WŁÓCZYKIJE' | K60-64 | 12 | | | 00:09:50 | 00:21:53 | 00:43:30.10 | 00:53:20.15 | +00:13:45 (31.6%) | 8:42 | 6.9 (68.3%) |
| 286 | WIĄCEK Bożena | 567 | KKNW | K50-54 | 10 | | | 00:08:43 | 00:21:54 | 00:43:33.50 | 00:52:17.25 | +00:13:48 (31.7%) | 8:42 | 6.9 (68.3%) |
| 287 | OGONOWSKA Edyta | 266 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | K50-54 | 11 | | | 00:08:44 | 00:21:44 | 00:43:36.15 | 00:52:20.25 | +00:13:51 (31.8%) | 8:43 | 6.9 (68.3%) |
| 287 | WALORYSZAK Barbara | 560 | | K60-64 | 13 | | | 00:09:50 | 00:22:11 | 00:43:36.15 | 00:53:26.95 | +00:13:51 (31.8%) | 8:43 | 6.9 (68.3%) |
| 289 | PAWLINA Halina | 474 | KOLBUSZOWSKI KLUB NORDIC WALKING | K45-49 | 17 | | | 00:08:10 | 00:21:56 | 00:43:37.75 | 00:51:48.25 | +00:13:52 (31.8%) | 8:43 | 6.9 (68.3%) |
| 290 | ŚLUSARCZYK Karolina | 657 | WESOŁY BORSUK TEAM | K-Dzieci | 18 | | | 00:05:15 | 00:21:38 | 00:43:49.15 | 00:49:04.30 | +00:14:04 (32.1%) | 8:45 | 6.8 (67.3%) |
| 291 | LECHOWSKA Julia | 425 | | K-Dzieci | 19 | | | 00:05:14 | 00:20:55 | 00:43:50.75 | 00:49:05.25 | +00:14:05 (32.2%) | 8:46 | 6.8 (67.3%) |
| 292 | KOWALCZYK Joanna | 142 | SANTANDER CONSUMER BANK | K40-44 | 20 | | | 00:07:29 | 00:22:18 | 00:43:54.75 | 00:51:24.35 | +00:14:09 (32.3%) | 8:47 | 6.8 (67.3%) |
| 293 | STEFAŃSKA Małgorzata | 299 | KLUB NW 'WŁÓCZYKIJE' | K40-44 | 21 | | | 00:07:29 | 00:22:25 | 00:43:56.25 | 00:51:25.50 | +00:14:11 (32.3%) | 8:47 | 6.8 (67.3%) |
| 294 | DYPA Barbara | 340 | NK KOLBUSZOWA | K55-59 | 12 | | | 00:09:17 | 00:23:03 | 00:43:58.60 | 00:53:16.15 | +00:14:13 (32.4%) | 8:47 | 6.8 (67.3%) |
| 295 | DZIEDZIEWICZ Natalia | 699 | | K30-39 | 13 | | | 00:06:49 | 00:21:41 | 00:44:01.65 | 00:50:51.40 | +00:14:16 (32.4%) | 8:48 | 6.8 (67.3%) |
| 296 | MICEK Joanna | 645 | | K-Jun. | 25 | | | 00:05:45 | 00:21:04 | 00:44:03.20 | 00:49:48.75 | +00:14:18 (32.5%) | 8:48 | 6.8 (67.3%) |
| 297 | ŁOMNICKA-GUT Ewa | 436 | NW RELAKS ZAGÓRZ | K65-69 | 5 | | | 00:10:25 | 00:22:07 | 00:44:03.25 | 00:54:28.30 | +00:14:18 (32.5%) | 8:48 | 6.8 (67.3%) |
| 298 | KOŁODZIEJ Zofia | 394 | KLUB NW 'WŁÓCZYKIJE' | K60-64 | 14 | | | 00:09:18 | 00:22:24 | 00:44:08.10 | 00:53:26.55 | +00:14:23 (32.6%) | 8:49 | 6.8 (67.3%) |
| 299 | KOCZUR Dorota | 390 | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64 | 15 | | | 00:09:48 | 00:22:03 | 00:44:18.90 | 00:54:07.85 | +00:14:34 (32.9%) | 8:51 | 6.8 (67.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 300 | HOŁDYS Wiktor | 270 | KROKODYLE | M40-44 | 17 | | | 00:02:01 | 00:21:46 | 00:44:25.40 | 00:46:26.75 | +00:14:40 (33.0%) | 8:53 | 6.8 (67.3%) |
| 301 | KOLBUSZ Janina | 393 | KS METRACO POLKOWICE | K65-69 | 6 | | | 00:10:24 | 00:21:56 | 00:44:28.20 | 00:54:52.50 | +00:14:43 (33.1%) | 8:53 | 6.7 (66.3%) |
| 302 | ZASADZIŃSKA-MAKUCH Ewa | 656 | | K45-49 | 18 | | | 00:08:12 | 00:22:24 | 00:44:28.35 | 00:52:40.75 | +00:14:43 (33.1%) | 8:53 | 6.7 (66.3%) |
| 303 | RAGAN Danuta | 663 | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54 | 12 | | | 00:08:45 | 00:21:47 | 00:44:29.80 | 00:53:14.85 | +00:14:45 (33.1%) | 8:53 | 6.7 (66.3%) |
| 304 | CZARNIK Katarzyna | 116 | SANTANDER CONSUMER BANK | K30-39 | 14 | | | 00:06:51 | 00:23:16 | 00:44:31.60 | 00:51:22.85 | +00:14:46 (33.2%) | 8:54 | 6.7 (66.3%) |
| 305 | PACOCZA Kinga | 681 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Jun. | 26 | | | 00:05:46 | 00:22:13 | 00:44:32.00 | 00:50:18.60 | +00:14:47 (33.2%) | 8:54 | 6.7 (66.3%) |
| 306 | CETNARSKA Victoria | 680 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Jun. | 27 | | | 00:05:45 | 00:22:14 | 00:44:33.05 | 00:50:18.90 | +00:14:48 (33.2%) | 8:54 | 6.7 (66.3%) |
| 307 | WIADERSKA Grażyna | 652 | | K65-69 | 7 | | | 00:10:25 | 00:22:07 | 00:44:33.50 | 00:54:59.15 | +00:14:48 (33.2%) | 8:54 | 6.7 (66.3%) |
| 308 | SIMKO Ludmiła | 509 | KLUB NW 'WŁÓCZYKIJE' | K60-64 | 16 | | | 00:09:49 | 00:22:23 | 00:44:36.00 | 00:54:25.85 | +00:14:51 (33.3%) | 8:55 | 6.7 (66.3%) |
| 309 | CEPIELIK Marta | 691 | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54 | 13 | | | 00:08:43 | 00:22:23 | 00:44:36.60 | 00:53:20.45 | +00:14:51 (33.3%) | 8:55 | 6.7 (66.3%) |
| 310 | WĘGLARZ Adam | 606 | | M-Dzieci | 14 | | | 00:00:09 | 00:22:11 | 00:44:38.65 | 00:44:48.45 | +00:14:53 (33.4%) | 8:55 | 6.7 (66.3%) |
| 311 | OFIARA Paulina | 671 | KOLBUSZOWSKI KLUB NORDIC WALKING | K30-39 | 15 | | | 00:07:29 | 00:22:28 | 00:44:41.50 | 00:52:10.65 | +00:14:56 (33.4%) | 8:56 | 6.7 (66.3%) |
| 312 | MIERZEJEWSKA Monika | 669 | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44 | 22 | | | 00:07:30 | 00:22:27 | 00:44:43.10 | 00:52:13.25 | +00:14:58 (33.5%) | 8:56 | 6.7 (66.3%) |
| 313 | KRZYŚCIN Mirosława | 411 | SANTANDER CONSUMER BANK | K40-44 | 23 | | | 00:07:29 | 00:22:14 | 00:44:44.45 | 00:52:14.00 | +00:14:59 (33.5%) | 8:57 | 6.7 (66.3%) |
| 314 | MOCZARSKI Adam | 453 | | M70+ | 5 | | | 00:04:40 | 00:21:52 | 00:44:47.35 | 00:49:28.15 | +00:15:02 (33.6%) | 8:57 | 6.7 (66.3%) |
| 315 | KONIK Mikołaj | 396 | BIESZCZADZKI KLUB NORDIC WALKING | M-Dzieci | 15 | | | 00:00:06 | 00:22:11 | 00:44:48.20 | 00:44:54.95 | +00:15:03 (33.6%) | 8:57 | 6.7 (66.3%) |
| 316 | SZCZUREK Agnieszka | 670 | KOLBUSZOWSKI KLUB NORDIC WALKING | K40-44 | 24 | | | 00:07:30 | 00:22:27 | 00:44:48.85 | 00:52:19.35 | +00:15:04 (33.6%) | 8:57 | 6.7 (66.3%) |
| 317 | CHYŁEK Justyna | 276 | SANTANDER CONSUMER BANK | K30-39 | 16 | | | 00:06:52 | 00:22:53 | 00:44:53.40 | 00:51:45.55 | +00:15:08 (33.7%) | 8:58 | 6.7 (66.3%) |
| 318 | BOGUS Maria | 59 | | K55-59 | 13 | | | 00:09:16 | 00:22:37 | 00:44:56.20 | 00:54:12.70 | +00:15:11 (33.8%) | 8:59 | 6.7 (66.3%) |
| 319 | URBAN Irena | 552 | KLUB NW 'WŁÓCZYKIJE' | K60-64 | 17 | 1 | | 00:09:50 | 00:22:27 | 00:44:57.30 | 00:54:47.85 | +00:15:12 (33.8%) | 8:59 | 6.7 (66.3%) |
| 320 | SZULC-DRABCZYK Urszula | 543 | KS METRACO POLKOWICE | K-Niepełnosprawni | 5 | | | 00:09:48 | 00:22:28 | 00:45:01.35 | 00:54:50.00 | +00:15:16 (33.9%) | 9:00 | 6.7 (66.3%) |
| 321 | BARTYŃSKA Lidia | 665 | KOLBUSZOWSKI KLUB NORDIC WALKING | K50-54 | 14 | | | 00:08:44 | 00:22:37 | 00:45:11.25 | 00:53:56.05 | +00:15:26 (34.2%) | 9:02 | 6.6 (65.3%) |
| 322 | SURMIAK Ryszard | 56 | RZESZOWSKI KLUB MORSOW 'SOPELEK' | M70+ | 6 | | | 00:04:39 | 00:22:31 | 00:45:12.70 | 00:49:51.75 | +00:15:27 (34.2%) | 9:02 | 6.6 (65.3%) |
| 323 | KREMPA Magdalena | 408 | KREMPACHY | K18-29 | 11 | | | 00:06:15 | 00:22:38 | 00:45:22.30 | 00:51:38.15 | +00:15:37 (34.4%) | 9:04 | 6.6 (65.3%) |
| 324 | JÓZEFA Turzyńska | 380 | BŁĘKITNI NW DZIEMIANY | K65-69 | 8 | | | 00:10:26 | 00:22:38 | 00:45:24.10 | 00:55:50.55 | +00:15:39 (34.5%) | 9:04 | 6.6 (65.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 325 | MACHAJEK Krzysztof | 437 | KS METRACO POLKOWICE | M-Niepełnosprawni | 10 | | | 00:04:02 | 00:23:04 | 00:45:29.20 | 00:49:31.70 | +00:15:44 (34.6%) | 9:05 | 6.6 (65.3%) |
| 326 | MARCINIUK Weronika | 444 | CHODZĘ Z SERCEM | K18-29 | 12 | | | 00:06:15 | 00:22:50 | 00:45:37.25 | 00:51:52.45 | +00:15:52 (34.8%) | 9:07 | 6.6 (65.3%) |
| 327 | KRZYŚCIN Rafał | 412 | SANTANDER CONSUMER BANK | M45-49 | 26 | | | 00:02:27 | 00:23:17 | 00:45:39.20 | 00:48:06.25 | +00:15:54 (34.8%) | 9:07 | 6.6 (65.3%) |
| 328 | OPALIŃSKA Maria | 466 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Niepełnosprawni | 6 | | | 00:06:49 | 00:22:39 | 00:45:40.80 | 00:52:30.20 | +00:15:56 (34.9%) | 9:08 | 6.6 (65.3%) |
| 329 | PROKOP Agnieszka | 183 | SANTANDER CONSUMER BANK | K30-39 | 17 | | | 00:06:50 | 00:23:35 | 00:45:50.20 | 00:52:40.90 | +00:16:05 (35.1%) | 9:10 | 6.5 (64.4%) |
| 330 | BOGUS Piotr | 58 | | M50-54 | 14 | 1 | | 00:03:00 | 00:22:55 | 00:45:51.80 | 00:48:52.40 | +00:16:07 (35.1%) | 9:10 | 6.5 (64.4%) |
| 331 | PALUCH Jadwiga | 296 | | K65-69 | 9 | | | 00:10:24 | 00:22:47 | 00:45:54.30 | 00:56:18.65 | +00:16:09 (35.2%) | 9:10 | 6.5 (64.4%) |
| 332 | SZCZUBIAŁ Krystyna | 695 | DĄBROWA NORDIC TEAM | K70+ | 4 | | | 00:11:08 | 00:22:45 | 00:45:56.20 | 00:57:05.10 | +00:16:11 (35.2%) | 9:11 | 6.5 (64.4%) |
| 333 | SITARZ Natalia | 650 | | K-Jun. | 28 | | | 00:05:50 | 00:23:43 | 00:46:00.70 | 00:51:51.50 | +00:16:15 (35.3%) | 9:12 | 6.5 (64.4%) |
| 334 | STĘPIEŃ Anna | 233 | SANTANDER CONSUMER BANK | K40-44 | 25 | | | 00:07:31 | 00:22:59 | 00:46:00.80 | 00:53:32.75 | +00:16:16 (35.4%) | 9:12 | 6.5 (64.4%) |
| 335 | PACYNA Jolanta | 638 | | K-Jun. | 29 | | | 00:05:49 | 00:23:51 | 00:46:00.85 | 00:51:50.25 | +00:16:16 (35.4%) | 9:12 | 6.5 (64.4%) |
| 336 | WAŚIK Kamila | 637 | | K-Jun. | 30 | | | 00:05:49 | 00:23:51 | 00:46:03.05 | 00:51:53.00 | +00:16:18 (35.4%) | 9:12 | 6.5 (64.4%) |
| 337 | WOŁOWIEC Gabriela | 636 | | K-Jun. | 31 | | | 00:05:48 | 00:23:45 | 00:46:03.40 | 00:51:51.80 | +00:16:18 (35.4%) | 9:12 | 6.5 (64.4%) |
| 338 | CUDO Kasia | 640 | | K-Jun. | 32 | | | 00:05:48 | 00:23:44 | 00:46:04.95 | 00:51:53.10 | +00:16:20 (35.4%) | 9:13 | 6.5 (64.4%) |
| 339 | BIELECKA Emma | 312 | MDK SZCZEBRZESZYN | K50-54 | 15 | | | 00:08:42 | 00:23:23 | 00:46:09.20 | 00:54:51.85 | +00:16:24 (35.5%) | 9:13 | 6.5 (64.4%) |
| 340 | ROZENBAJGIER Helena | 501 | KOLBUSZOWSKI KLUB NORDIC WALKING | K70+ | 5 | 1 | | 00:11:07 | 00:22:56 | 00:46:10.45 | 00:57:18.35 | +00:16:25 (35.6%) | 9:14 | 6.5 (64.4%) |
| 341 | PACYK Małgorzata | 295 | | K70+ | 6 | | | 00:11:08 | 00:22:47 | 00:46:16.05 | 00:57:24.05 | +00:16:31 (35.7%) | 9:15 | 6.5 (64.4%) |
| 342 | WIĄCEK Krystyna | 566 | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69 | 10 | | | 00:10:25 | 00:22:25 | 00:46:25.95 | 00:56:51.85 | +00:16:41 (35.9%) | 9:17 | 6.5 (64.4%) |
| 343 | NIEZGODA Emilia | 687 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci | 20 | | | 00:05:13 | 00:22:07 | 00:46:34.30 | 00:51:47.80 | +00:16:49 (36.1%) | 9:18 | 6.4 (63.4%) |
| 344 | CYBRUCH Kamilla | 323 | BIESZCZADZKI KLUB NORDIC WALKING | K55-59 | 14 | | | 00:09:14 | 00:23:29 | 00:46:47.70 | 00:56:02.15 | +00:17:02 (36.4%) | 9:21 | 6.4 (63.4%) |
| 345 | GAWROŃSKA Małgorzata | 355 | GAWRONY | K-Niepełnosprawni | 7 | | | 00:09:15 | 00:23:35 | 00:46:49.55 | 00:56:04.95 | +00:17:04 (36.5%) | 9:21 | 6.4 (63.4%) |
| 346 | KOŚMIDER Violetta | 631 | | K-Jun. | 33 | | | 00:05:49 | 00:23:33 | 00:47:11.10 | 00:53:01.00 | +00:17:26 (37.0%) | 9:26 | 6.4 (63.4%) |
| 347 | PROKOPIEC Bronisława | 487 | KOLBUSZOWSKI KLUB NORDIC WALKING | K70+ | 7 | | | 00:11:08 | 00:23:23 | 00:47:17.60 | 00:58:26.30 | +00:17:32 (37.1%) | 9:27 | 6.3 (62.4%) |
| 348 | ZAŁĘSKI Karol | 579 | | M70+ | 7 | | | 00:04:40 | 00:23:57 | 00:47:25.50 | 00:52:05.65 | +00:17:40 (37.3%) | 9:29 | 6.3 (62.4%) |
| 349 | PACYNA Monika | 293 | | K-Dzieci | 21 | | | 00:05:12 | 00:22:18 | 00:47:26.05 | 00:52:38.70 | +00:17:41 (37.3%) | 9:29 | 6.3 (62.4%) |
| 350 | LECYK Jadwiga | 426 | CHODZĘ Z SERCEM | K60-64 | 18 | | | 00:09:50 | 00:23:38 | 00:47:30.35 | 00:57:20.70 | +00:17:45 (37.4%) | 9:30 | 6.3 (62.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------------|-----------------------|------|----------------|-----------------|----------------|----------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | netto 5km | brutto 5km | | | |
| 351 | SOBKOWSKA Teresa | 517 | SILESIA NORDIC TEAM | K60-64 | 19 | 1 | | 00:09:48 | 00:24:10 | 00:47:31.50 | 00:57:19.85 | +00:17:46 (37.4%) | 9:30 | 6.3 (62.4%) |
| 352 | MACIĄG Andrzej | 438 | | M65-69 | 9 | | | 00:04:19 | 00:24:10 | 00:47:44.40 | 00:52:03.45 | +00:17:59 (37.7%) | 9:32 | 6.3 (62.4%) |
| 353 | KREMPA Danuta | 407 | KREMPACHY | K45-49 | 19 | | | 00:08:10 | 00:24:05 | 00:47:55.95 | 00:56:05.95 | +00:18:11 (37.9%) | 9:35 | 6.3 (62.4%) |
| 354 | TURCZYK Ewelina | 660 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci | 22 | | | 00:05:14 | 00:24:01 | 00:48:08.70 | 00:53:23.50 | +00:18:23 (38.2%) | 9:37 | 6.2 (61.4%) |
| 355 | REMBISZ Grażyna | 498 | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64 | 20 | | | 00:09:48 | 00:24:03 | 00:48:12.75 | 00:58:01.65 | +00:18:27 (38.3%) | 9:38 | 6.2 (61.4%) |
| 356 | WALESZKO Adam | 559 | | M-Dzieci | 16 | | | 00:00:08 | 00:23:28 | 00:48:53.85 | 00:49:02.55 | +00:19:09 (39.2%) | 9:46 | 6.1 (60.4%) |
| 357 | KUCZYŃSKA Oliwia | 643 | | K-Jun. | 34 | | | 00:05:46 | 00:24:17 | 00:48:55.80 | 00:54:42.65 | +00:19:11 (39.2%) | 9:47 | 6.1 (60.4%) |
| 358 | STAPOR Ewa | 646 | | K-Jun. | 35 | | | 00:05:45 | 00:24:18 | 00:48:56.60 | 00:54:42.45 | +00:19:11 (39.2%) | 9:47 | 6.1 (60.4%) |
| 359 | NOWAK Mateusz | 461 | | M-Dzieci | 17 | | | 00:00:07 | 00:24:48 | 00:48:57.10 | 00:49:05.05 | +00:19:12 (39.2%) | 9:47 | 6.1 (60.4%) |
| 360 | ORZECHOWSKI Grzegorz | 468 | KOLBUSZOWSKI KLUB NORDIC WALKING | M- Niepełnosprawni | 11 | | | 00:01:35 | 00:23:36 | 00:49:30.25 | 00:51:05.65 | +00:19:45 (39.9%) | 9:54 | 6.1 (60.4%) |
| 361 | ŻUBRYD Renata | 587 | NW RELAKS ZAGÓRZ | K65-69 | 11 | 1 | | 00:10:25 | 00:24:41 | 00:49:33.80 | 00:59:59.65 | +00:19:49 (40.0%) | 9:54 | 6.1 (60.4%) |
| 362 | STOPA Gerard | 526 | BŁĘKITNI NW DZIEMIANY | M65-69 | 10 | | | 00:04:18 | 00:24:54 | 00:49:44.50 | 00:54:02.80 | +00:19:59 (40.2%) | 9:56 | 6 (59.4%) |
| 363 | CHMIELOWIEC Zygmunt | 319 | KOLBUSZOWSKI KLUB NORDIC WALKING | M65-69 | 11 | | | 00:04:17 | 00:24:55 | 00:49:51.60 | 00:54:09.40 | +00:20:06 (40.3%) | 9:58 | 6 (59.4%) |
| 364 | DROP Mieczysław | 336 | | M70+ | 8 | | | 00:04:39 | 00:25:54 | 00:50:44.40 | 00:55:24.35 | +00:20:59 (41.4%) | 10:09 | 5.9 (58.4%) |
| 365 | STAUBACH Mirosława | 522 | BŁĘKITNI NW DZIEMIANY | K55-59 | 15 | | | 00:09:14 | 00:25:02 | 00:50:51.25 | 01:00:05.75 | +00:21:06 (41.5%) | 10:10 | 5.9 (58.4%) |
| 366 | SARAMA Kamila | 658 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci | 23 | | | 00:05:15 | 00:25:52 | 00:50:56.30 | 00:56:12.00 | +00:21:11 (41.6%) | 10:11 | 5.9 (58.4%) |
| 367 | WIKTOR Martyna | 659 | KOLBUSZOWSKI KLUB NORDIC WALKING | K-Dzieci | 24 | | | 00:05:16 | 00:25:52 | 00:50:56.60 | 00:56:12.85 | +00:21:11 (41.6%) | 10:11 | 5.9 (58.4%) |
| 368 | HANUS Teresa | 369 | | K- Niepełnosprawni | 8 | | | 00:10:25 | 00:25:28 | 00:50:58.15 | 01:01:23.40 | +00:21:13 (41.6%) | 10:11 | 5.9 (58.4%) |
| 369 | MARGAŃSKA Stanisława | 448 | KOLBUSZOWSKI KLUB NORDIC WALKING | K70+ | 8 | | | 00:11:08 | 00:25:15 | 00:51:18.85 | 01:02:27.75 | +00:21:34 (42.0%) | 10:15 | 5.8 (57.4%) |
| 370 | TOMASZEWSKA Diana | 654 | KOLBUSZOWSKI KLUB NORDIC WALKING | K30-39 | 18 | | | 00:06:52 | 00:25:51 | 00:52:14.00 | 00:59:06.15 | +00:22:29 (43.1%) | 10:26 | 5.7 (56.4%) |
| 371 | CZAJA-POPERA Halina | 115 | SANTANDER CONSUMER BANK | K30-39 | 19 | | | 00:06:52 | 00:25:43 | 00:53:25.50 | 01:00:18.45 | +00:23:40 (44.3%) | 10:41 | 5.6 (55.4%) |
| 372 | ŻEBRACKA Beata | 231 | SANTANDER CONSUMER BANK | K30-39 | 20 | | | 00:06:52 | 00:25:44 | 00:53:26.25 | 01:00:18.30 | +00:23:41 (44.3%) | 10:41 | 5.6 (55.4%) |
| 373 | MUSKUS Kazimierz | 457 | KLUB NW 'WŁÓCZYKIJE' | M65-69 | 12 | | | 00:04:19 | 00:25:43 | 00:53:39.50 | 00:57:59.20 | +00:23:54 (44.6%) | 10:44 | 5.6 (55.4%) |
| 374 | KAPROŃ Jan | 386 | NW NOWA DĘBA | M65-69 | 13 | | | 00:04:18 | 00:25:45 | 00:53:40.20 | 00:57:58.80 | +00:23:55 (44.6%) | 10:44 | 5.6 (55.4%) |
| 375 | MAREK Monika | 265 | NW NOWA DĘBA | K- Niepełnosprawni | 9 | | | 00:06:49 | 00:27:05 | 00:53:54.60 | 01:00:44.45 | +00:24:09 (44.8%) | 10:47 | 5.6 (55.4%) |
| 376 | KUPIEC Alicja | 252 | MDK SZCZEBRZESZYN | K65-69 | 12 | | | 00:10:24 | 00:26:27 | 00:54:07.75 | 01:04:32.65 | +00:24:22 (45.0%) | 10:49 | 5.5 (54.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|-------------------|------|-------------|--------------|-------------|-------------|-----------------------|--------------------|-------------------|--------------|-------------|
| 377 | SAMULAK Bożena | 505 | MDK SZCZEBRZESZYN | K65-69 | 13 | | | 00:10:25 | 00:26:25 | 00:54:07.85 | 01:04:32.95 | +00:24:23 (45.0%) | 10:49 | 5.5 (54.5%) |
| 378 | STARZEC Patryk | 603 | | M-Dzieci | 18 | | | 00:00:10 | 00:26:19 | 00:54:42.20 | 00:54:52.75 | +00:24:57 (45.6%) | 10:56 | 5.5 (54.5%) |
| 379 | ŻUJEWSKA Barbara | 253 | | K60-64 | 21 | | | 00:09:47 | 00:26:38 | 00:54:44.80 | 01:04:32.60 | +00:25:00 (45.7%) | 10:57 | 5.5 (54.5%) |
| 380 | NOWROTEK Roman | 588 | WESOŁY BORSUK TEAM | M65-69 | 14 | | | 00:04:16 | 00:17:22 | | | +00:02:45 | 6:56 | 8.6 (85.1%) |
| 381 | NOWOTARSKA-DÓL Maria | 678 | KOLBUSZOWSKI KLUB NORDIC WALKING | K60-64 | 22 | | | 00:10:26 | 00:32:01 | | | +00:17:25 | 12:48 | 4.7 (46.5%) |
| 382 | BURAKOWSKA Ewa | 679 | KOLBUSZOWSKI KLUB NORDIC WALKING | K65-69 | 14 | | | 00:10:27 | 00:32:02 | | | +00:17:26 | 12:48 | 4.7 (46.5%) |
| 383 | KABACIŃSKA Anna | 383 | FACE NORDIC WALKING TEAM | K45-49 | 20 | | | 00:08:10 | | | | | | (0.0%) |
| DQ | MATRAJ Paweł | 667 | KOLBUSZOWSKI KLUB NORDIC WALKING | M40-44 | | | Tak | DQ | 00:17:24 DQ | 00:35:25.40 DQ | DQ | | - | - (0.0%) |
| DQ | URBAN Robert | 553 | KNW | M40-44 | | | Tak | DQ | 00:19:35 DQ | 00:39:10.00 DQ | DQ | | - | - (0.0%) |
| DQ | ŚRODA Jerzy | 677 | KOLBUSZOWSKI KLUB NORDIC WALKING | M55-59 | | | Tak | DQ | 00:19:34 DQ | 00:39:41.50 DQ | DQ | | - | - (0.0%) |
| DQ | HAŁDAŚ Bogdan | 624 | | M50-54 | | | Tak | DQ | 00:19:44 DQ | 00:40:05.50 DQ | DQ | | - | - (0.0%) |
| DQ | URBAN Iwona | 554 | KNW | K45-49 | | | Tak | DQ | 00:19:46 DQ | 00:40:05.50 DQ | DQ | | - | - (0.0%) |
| DQ | ŚWIĆ Joanna | 546 | CHODZĘ Z SERCEM | K40-44 | 1 | | Tak | DQ | 00:20:48 DQ | 00:41:50.20 DQ | DQ | | - | - (0.0%) |
| DQ | PRUSAK Edyta | 269 | KROKODYLE | K40-44 | | | Tak | DQ | 00:22:03 DQ | 00:44:08.00 DQ | DQ | | - | - (0.0%) |
| DQ | DUL-KOBYLARZ Magdalena | 277 | SANTANDER CONSUMER BANK | K30-39 | | | Tak | DQ | 00:22:54 DQ | 00:44:54.85 DQ | DQ | | - | - (0.0%) |
| DQ | KOSTRUBIEC Bronisława | 404 | MDK SZCZEBRZESZYN | K65-69 | | | Tak | DQ | 00:23:04 DQ | 00:47:31.35 DQ | DQ | | - | - (0.0%) |
| DQ | KURDZIEL Czesław | 415 | NW NOWA DĘBA | M65-69 | | | Tak | DQ | DQ | DQ | DQ | | - | - (0.0%) |
| DQ | CZEKAŃSKI Krzysztof | 327 | UKS SIEDLESZCZANY | M60-64 | | | Tak | DQ | DQ | DQ | DQ | | - | - (0.0%) |
| DQ | JEDNAC Artur | 377 | KLUB NW 'WŁÓCZYKIJE' | M-Niepełnosprawni | | | Tak | DQ | DQ | DQ | DQ | | - | - (0.0%) |

Znaleziono 395 wynik(ów)