



OGÓLNOPOLSKI PUCHAR NORDIC WALKING MIELNO - 5 KM

B4SPORT

Wydarzenie: Ogólnopolski Puchar Nordic Walking - Mielno 2021
Organizator: Fundacja Herkules All Sports
Data: 2021-06-06
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------------------|-----------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 1 | WITUCKI Jacek | 242 | | M50-54 | 1 | | | 00:19:48 | 00:39:37.45 | | 7:55 | 7.6 (100%) |
| 2 | SZAMOTULSKI Henryk | 214 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M40-44 | 1 | | | 00:20:30 | 00:40:52.05 | +00:01:14 (3.0%) | 8:10 | 7.3 (96.1%) |
| 3 | GWIZDAŁA Zbigniew | 130 | | M50-54 | 2 | | | 00:20:55 | 00:42:50.65 | +00:03:13 (7.5%) | 8:34 | 7 (92.1%) |
| 4 | WOROCH Roman | 245 | KGHM METRACO RUDNA | M60-64 | 1 | | | 00:21:15 | 00:42:54.95 | +00:03:17 (7.7%) | 8:34 | 7 (92.1%) |
| 5 | BRZozowski Piotr | 106 | AKTYWNI POSTOMINO | M30-39 | 1 | | | 00:21:25 | 00:43:42.20 | +00:04:04 (9.3%) | 8:44 | 6.9 (90.8%) |
| 6 | KNITTER Michał | 144 | BŁĘKITNI DZIEMIANY | M18-29 | 1 | | | 00:22:12 | 00:43:57.20 | +00:04:19 (9.8%) | 8:47 | 6.8 (89.5%) |
| 7 | PARZYBUT Jan | 188 | POSTĘP PNIEWY TEAM | M55-59 | 1 | | | 00:22:19 | 00:44:13.65 | +00:04:36 (10.4%) | 8:50 | 6.8 (89.5%) |
| 8 | FRĄCKOWIAK Roman | 118 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M50-54 | 3 | | | 00:22:22 | 00:45:21.10 | +00:05:43 (12.6%) | 9:04 | 6.6 (86.8%) |
| 9 | KOPCZEWSKI Dariusz | 148 | WYCHODZĘ Z KIJAMI | M55-59 | 2 | | | 00:22:31 | 00:45:29.30 | +00:05:51 (12.9%) | 9:05 | 6.6 (86.8%) |
| 10 | PRZYBORKIEWICZ Kriss | 196 | PIERNIKI TORUŃ | M45-49 | 1 | | | 00:22:44 | 00:45:43.80 | +00:06:06 (13.4%) | 9:08 | 6.6 (86.8%) |
| 11 | MROZIŃSKI Tadeusz | 177 | NORDICUS STRZYBNICA | M55-59 | 3 | | | 00:22:39 | 00:46:19.45 | +00:06:42 (14.5%) | 9:15 | 6.5 (85.5%) |
| 12 | KUŚMIEREK Mateusz | 163 | BŁĘKITNI DZIEMIANY | M18-29 | 2 | | | 00:23:17 | 00:46:48.25 | +00:07:10 (15.3%) | 9:21 | 6.4 (84.2%) |
| 13 | ZMYŚŁOWSKI Zygmunt | 92 | NORDIC WALKING LUBASZ | M60-64 | 2 | 1 | | 00:23:17 | 00:46:50.70 | +00:07:13 (15.4%) | 9:22 | 6.4 (84.2%) |
| 14 | DEMBKOWSKI Ryszard | 66 | | M65-69 | 1 | | | 00:23:46 | 00:47:14.95 | +00:07:37 (16.1%) | 9:26 | 6.4 (84.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|---------------------------------|----------------------|------|-------------|--------------|----------|--------------------|-------------------|--------------|-------------|
| 15 | UFEL Marcelina | 234 | MOSIR TKKF SATURN CZELADŹ | K-Jun. | 1 | | | 00:23:12 | 00:47:24.40 | +00:07:46 (16.4%) | 9:28 | 6.3 (82.9%) |
| 16 | TUZIMEK Jakub | 232 | KUR-TEAM | M-Jun. | 1 | | | 00:23:30 | 00:47:25.50 | +00:07:48 (16.4%) | 9:29 | 6.3 (82.9%) |
| 17 | GODZIŃSKA Dorota | 121 | BAŻANT NW ELBLĄG | K40-44 | 1 | | | 00:24:01 | 00:47:43.85 | +00:08:06 (17.0%) | 9:32 | 6.3 (82.9%) |
| 18 | TOPOREK Rafał | 228 | POLIPACK TEAM GWE | M-Niepełnosprawni(B) | 1 | | | 00:23:31 | 00:47:49.75 | +00:08:12 (17.2%) | 9:33 | 6.3 (82.9%) |
| 19 | MAŚLANKA Iwona | 173 | MARSZ PO ZDROWIE | K50-54 | 1 | | | 00:23:59 | 00:47:56.20 | +00:08:18 (17.3%) | 9:35 | 6.3 (82.9%) |
| 20 | OKRZESIK-FRĄCKOWIAK Izabela | 182 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K50-54 | 2 | | | 00:24:01 | 00:48:00.40 | +00:08:22 (17.5%) | 9:36 | 6.3 (82.9%) |
| 21 | JÓŹWIAK Marianna | 138 | SERCE NORDICA WŁOCLAWEK | K45-49 | 1 | | | 00:23:54 | 00:48:05.20 | +00:08:27 (17.6%) | 9:37 | 6.2 (81.6%) |
| 22 | PUSZKARSKA Małgorzata | 198 | GOSADI NORDIC TEAM | K45-49 | 2 | | | 00:23:49 | 00:48:16.55 | +00:08:39 (17.9%) | 9:39 | 6.2 (81.6%) |
| 23 | WOJTCZAK Urszula | 243 | CZAPELKI | K40-44 | 2 | | | 00:24:00 | 00:48:25.75 | +00:08:48 (18.2%) | 9:41 | 6.2 (81.6%) |
| 24 | TUZIMEK Agata | 230 | KUR-TEAM | K30-39 | 1 | | | 00:24:08 | 00:48:33.25 | +00:08:55 (18.4%) | 9:42 | 6.2 (81.6%) |
| 25 | WALCZAK Ryszard | 237 | | M70-74 | 1 | | | 00:24:47 | 00:48:52.65 | +00:09:15 (18.9%) | 9:46 | 6.1 (80.3%) |
| 26 | CZMOCH Marian | 112 | PUKS | M70-74 | 2 | | | 00:24:47 | 00:49:17.45 | +00:09:40 (19.6%) | 9:51 | 6.1 (80.3%) |
| 27 | KOWNACKI Bartłomiej | 154 | | M40-44 | 2 | | | 00:24:39 | 00:49:33.65 | +00:09:56 (20.0%) | 9:54 | 6.1 (80.3%) |
| 28 | KRUGIOŁKA Grzegorz | 156 | AKTYWNIE W PNIEWACH | M30-39 | 2 | | | 00:24:50 | 00:49:37.20 | +00:09:59 (20.1%) | 9:55 | 6 (78.9%) |
| 29 | HELWICH Stefan | 132 | KGHM METRACO RUDNA | M65-69 | 2 | | | 00:24:35 | 00:49:37.70 | +00:10:00 (20.2%) | 9:55 | 6 (78.9%) |
| 30 | POKŁADOWSKA Joanna | 192 | WYCHODZĘ Z KIJAMI | K45-49 | 3 | | | 00:24:27 | 00:49:38.70 | +00:10:01 (20.2%) | 9:55 | 6 (78.9%) |
| 31 | POLKOWSKI Piotr | 65 | NW CZŁAPSKI TEAM | M30-39 | 3 | | | 00:24:39 | 00:49:49.60 | +00:10:12 (20.5%) | 9:57 | 6 (78.9%) |
| 32 | PUSZKARSKI Adam | 199 | GOSADI NORDIC TEAM | M-Dzieci | 1 | | | 00:24:59 | 00:50:05.70 | +00:10:28 (20.9%) | 10:01 | 6 (78.9%) |
| 33 | ZIĘBA Justyna | 90 | | K30-39 | 2 | | | 00:24:39 | 00:50:09.60 | +00:10:32 (21.0%) | 10:01 | 6 (78.9%) |
| 34 | JANY Katarzyna | 134 | NORDIC WALKING LUBASZ | K30-39 | 3 | | | 00:24:43 | 00:50:17.10 | +00:10:39 (21.2%) | 10:03 | 6 (78.9%) |
| 35 | GRYGOROWICZ Bogdan | 126 | KGHM METRACO RUDNA | M-Niepełnosprawni(B) | 2 | | | 00:25:12 | 00:50:30.35 | +00:10:52 (21.5%) | 10:06 | 5.9 (77.6%) |
| 36 | TOMCZYK Edward | 227 | MARSZ PO ZDROWIE POZNAŃ | M70-74 | 3 | | | 00:25:05 | 00:50:30.50 | +00:10:53 (21.5%) | 10:06 | 5.9 (77.6%) |
| 37 | NOWALIŃSKI Piotrek | 179 | FACE NORDIC WALKING TEAM | M-Niepełnosprawni(A) | 1 | | | 00:25:14 | 00:50:54.45 | +00:11:17 (22.2%) | 10:10 | 5.9 (77.6%) |

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|-----|-----------------------------|------------|------------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 38 | CZŁAPSKI Krzysztof | 111 | NW CZŁAPSKI TEAM | M55-59 | 4 | | | 00:24:58 | 00:51:05.85 | +00:11:28 (22.5%) | 10:13 | 5.9 (77.6%) |
| 39 | KOSTECKI Wiesław | 150 | NW CZŁAPSKI TEAM | M65-69 | 3 | | | 00:24:55 | 00:51:10.80 | +00:11:33 (22.6%) | 10:14 | 5.9 (77.6%) |
| 40 | ZIELIŃSKA Jolanta | 91 | GOSIR OSIELSKO | K60-64 | 1 | | | 00:25:24 | 00:51:10.90 | +00:11:33 (22.6%) | 10:14 | 5.9 (77.6%) |
| 41 | RUSINOWICZ Andrzej | 204 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | M75-79 | 1 | | | 00:25:33 | 00:51:11.90 | +00:11:34 (22.6%) | 10:14 | 5.9 (77.6%) |
| 42 | DAROSZEWSKA Krystyna | 113 | SERCE NORDICA WŁOCLAWEK | K60-64 | 2 | | | 00:25:32 | 00:51:13.80 | +00:11:36 (22.7%) | 10:14 | 5.9 (77.6%) |
| 43 | SZYBUT Weronika | 220 | POTĘGA NORDICA | K-Dzieci | 1 | | | 00:25:00 | 00:51:39.65 | +00:12:02 (23.3%) | 10:19 | 5.8 (76.3%) |
| 44 | GWIZDAŁA Bartosz | 131 | | M30-39 | 4 | | | 00:25:13 | 00:51:42.10 | +00:12:04 (23.4%) | 10:20 | 5.8 (76.3%) |
| 45 | KRAWCZYK Dorota | 70 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | K60-64 | 3 | | | 00:25:29 | 00:51:46.35 | +00:12:08 (23.5%) | 10:21 | 5.8 (76.3%) |
| 46 | WALCZAK Grzegorz | 57 | NORDIC WALKING KIEKRZ POLAND | M45-49 | 2 | | | 00:25:07 | 00:51:58.00 | +00:12:20 (23.8%) | 10:23 | 5.8 (76.3%) |
| 47 | SZEFLER Mariola | 217 | BŁĘKITNI DZIEMIANY | K50-54 | 3 | 1 | | 00:25:26 | 00:52:13.60 | +00:12:36 (24.1%) | 10:26 | 5.7 (75.0%) |
| 48 | ZAWADZKI Krzysztof | 250 | WETERAN | M65-69 | 4 | | | 00:25:48 | 00:52:21.10 | +00:12:43 (24.3%) | 10:28 | 5.7 (75.0%) |
| 49 | UFEL Milena | 233 | MOSIR TKKF SATURN CZELADŹ | K-Dzieci | 2 | | | 00:25:21 | 00:52:29.85 | +00:12:52 (24.5%) | 10:29 | 5.7 (75.0%) |
| 50 | MARCZAK Tomasz | 172 | KS IDMAR RACING TEAM | M18-29 | 3 | | | 00:25:31 | 00:52:33.65 | +00:12:56 (24.6%) | 10:30 | 5.7 (75.0%) |
| 51 | GÓRAL Andrzej | 124 | KGHM METRACO RUDNA | M- Niepełnosprawni(A) | 2 | | | 00:25:36 | 00:52:37.05 | +00:12:59 (24.7%) | 10:31 | 5.7 (75.0%) |
| 52 | STACHOWICZ Marcin | 46 | BŁĘKITNI DZIEMIANY | M30-39 | 5 | | | 00:25:52 | 00:52:40.95 | +00:13:03 (24.8%) | 10:32 | 5.7 (75.0%) |
| 53 | CIESIELSKI Krzysztof | 110 | FAST WALKER | M65-69 | 5 | | | 00:26:03 | 00:52:45.30 | +00:13:07 (24.9%) | 10:33 | 5.7 (75.0%) |
| 54 | ŚLUSARCZYK Grzegorz | 53 | WESOŁY BORSUK TEAM | M45-49 | 3 | | | 00:25:35 | 00:53:04.80 | +00:13:27 (25.4%) | 10:36 | 5.7 (75.0%) |
| 55 | BERCZYŃSKI Henryk | 71 | NADLEŚNICTWO OKONEK | M65-69 | 6 | | | 00:26:18 | 00:53:04.95 | +00:13:27 (25.4%) | 10:36 | 5.7 (75.0%) |
| 56 | STANISŁAWSKI Jan | 209 | MARSZ PO ZDROWIE | M60-64 | 3 | | | 00:26:19 | 00:53:07.45 | +00:13:30 (25.4%) | 10:37 | 5.6 (73.7%) |
| 57 | TUZIMEK Adam | 231 | KUR-TEAM | M-Jun. | 2 | | | 00:27:27 | 00:53:30.80 | +00:13:53 (26.0%) | 10:42 | 5.6 (73.7%) |
| 58 | WITUCKA Karolina | 241 | | K-Dzieci | 3 | | | 00:26:11 | 00:53:31.15 | +00:13:53 (26.0%) | 10:42 | 5.6 (73.7%) |
| 59 | KLIMCZAK Adam | 143 | GOSADI NORDIC TEAM | M55-59 | 5 | | | 00:26:34 | 00:53:37.15 | +00:13:59 (26.1%) | 10:43 | 5.6 (73.7%) |
| 60 | KASPRZAK Tadeusz | 141 | | M- Niepełnosprawni(A) | 3 | | | 00:24:24 | 00:53:53.65 | +00:14:16 (26.5%) | 10:46 | 5.6 (73.7%) |

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|-----|------------------------------|------------|------------------------------|-----------|------|-------------|--------------|----------|--------------------|----------------------|--------------|----------------|
| 61 | SZYMAŃSKI Stefan | 221 | SERCE NORDICA WŁOCŁAWEK | M70-74 | 4 | | | 00:26:43 | 00:54:12.80 | +00:14:35 (26.9%) | 10:50 | 5.5 (72.4%) |
| 62 | GRYGOROWICZ Teresa | 125 | KGHM METRACO RUDNA | K65-69 | 1 | | | 00:27:01 | 00:54:19.25 | +00:14:41 (27.1%) | 10:51 | 5.5 (72.4%) |
| 63 | MALKIEWICZ Małgorzata | 171 | SERCE NORDICA WŁOCŁAWEK | K55-59 | 1 | | | 00:27:03 | 00:54:29.80 | +00:14:52 (27.3%) | 10:53 | 5.5 (72.4%) |
| 64 | LEGOCKA Kinga | 30 | NORDIC WALKING KIEKRZ POLAND | K45-49 | 4 | | | 00:27:04 | 00:54:36.45 | +00:14:59 (27.4%) | 10:55 | 5.5 (72.4%) |
| 65 | KUCZYŃSKA Anna | 157 | NORDIC WALKING KIEKRZ POLAND | K60-64 | 4 | | | 00:26:44 | 00:54:36.90 | +00:14:59 (27.4%) | 10:55 | 5.5 (72.4%) |
| 66 | ŚLUSARCZYK Karolina | 224 | WESOŁY BORSUK TEAM | K-Jun. | 2 | | | 00:26:49 | 00:54:49.30 | +00:15:11 (27.7%) | 10:57 | 5.5 (72.4%) |
| 67 | PRACKI Zbigniew | 194 | SERCE NORDICA WŁOCŁAWEK | M55-59 | 6 | | | 00:27:41 | 00:55:00.15 | +00:15:22 (28.0%) | 11:00 | 5.5 (72.4%) |
| 68 | SAPUŁA Wiktoria | 205 | | K18-29 | 1 | | | 00:27:07 | 00:55:07.75 | +00:15:30 (28.1%) | 11:01 | 5.4 (71.1%) |
| 69 | ŚCIBIOR Robert | 222 | KUR-TEAM | M45-49 | 4 | | | 00:27:51 | 00:55:24.45 | +00:15:47 (28.5%) | 11:04 | 5.4 (71.1%) |
| 70 | ZIELIŃSKI Andrzej | 94 | | M65-69 | 7 | | | 00:27:07 | 00:55:27.00 | +00:15:49 (28.5%) | 11:05 | 5.4 (71.1%) |
| 71 | KUSIAK Włodzimierz | 162 | SERCE NORDICA WŁOCŁAWEK | M70-74 | 5 | | | 00:27:34 | 00:55:38.50 | +00:16:01 (28.8%) | 11:07 | 5.4 (71.1%) |
| 72 | KNITTER Zofia | 145 | BŁĘKITNI DZIEMIANY | K-Dzieci | 4 | | | 00:27:02 | 00:55:47.75 | +00:16:10 (29.0%) | 11:09 | 5.4 (71.1%) |
| 73 | KUŚMIEREK Beata | 164 | BŁĘKITNI DZIEMIANY | K45-49 | 5 | | | 00:27:23 | 00:55:49.40 | +00:16:11 (29.0%) | 11:09 | 5.4 (71.1%) |
| 74 | KOSTRZEWA Maciek | 151 | NW CZŁAPSKI TEAM | M50-54 | 4 | | | 00:27:40 | 00:56:02.90 | +00:16:25 (29.3%) | 11:12 | 5.4 (71.1%) |
| 75 | RUDNIK Natalia | 203 | BŁĘKITNI DZIEMIANY | K18-29 | 2 | | | 00:27:43 | 00:56:17.95 | +00:16:40 (29.6%) | 11:15 | 5.3 (69.7%) |
| 76 | WOROCH Jolanta | 246 | KGHM METRACO RUDNA | K55-59 | 2 | | | 00:27:54 | 00:56:25.50 | +00:16:48 (29.8%) | 11:17 | 5.3 (69.7%) |
| 77 | GAŁKOWSKA Elżbieta | 119 | MARSZ PO ZDROWIE | K65-69 | 2 | | | 00:27:41 | 00:56:26.70 | +00:16:49 (29.8%) | 11:17 | 5.3 (69.7%) |
| 78 | ŻYWICKA Irena | 69 | BŁĘKITNI DZIEMIANY | K60-64 | 5 | | | 00:27:58 | 00:56:31.70 | +00:16:54 (29.9%) | 11:18 | 5.3 (69.7%) |
| 79 | KUTA Marta | 165 | KUR-TEAM | K55-59 | 3 | | | 00:28:21 | 00:56:45.75 | +00:17:08 (30.2%) | 11:21 | 5.3 (69.7%) |
| 80 | ADAMOWICZ Andrzej | 101 | | M75-79 | 2 | | | 00:28:19 | 00:56:55.75 | +00:17:18 (30.4%) | 11:23 | 5.3 (69.7%) |
| 81 | GODZIŃSKA Paulina | 122 | BAŻANT NW ELBLĄG | K-Jun. | 3 | | | 00:27:05 | 00:56:57.45 | +00:17:20 (30.4%) | 11:23 | 5.3 (69.7%) |
| 82 | SĘDZIK Katarzyna | 206 | LECYMY DURŚ | K45-49 | 6 | | | 00:28:18 | 00:57:33.55 | +00:17:56 (31.2%) | 11:30 | 5.2 (68.4%) |
| 83 | KURCZ Barbara | 161 | WYCHODZĘ Z KIJAMI | K50-54 | 4 | | | 00:28:23 | 00:57:35.35 | +00:17:57 (31.2%) | 11:31 | 5.2 (68.4%) |

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|-----|------------------------------|------------|---------------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 84 | GRZYWOCZ Irena | 127 | | K70-74 | 1 | | | 00:28:36 | 00:57:38.85 | +00:18:01 (31.3%) | 11:31 | 5.2 (68.4%) |
| 85 | PALUCH Paweł | 185 | AVOCADO WELLNESS CLUB | M55-59 | 7 | | | 00:28:20 | 00:58:09.05 | +00:18:31 (31.9%) | 11:37 | 5.2 (68.4%) |
| 86 | KOSTRZEWA Ela | 152 | NW CZŁAPSKI TEAM | K50-54 | 5 | | | 00:28:39 | 00:58:18.40 | +00:18:40 (32.0%) | 11:39 | 5.1 (67.1%) |
| 87 | SZAŁAJ Anna | 213 | KGHM METRACO RUDNA | K- Niepełnosprawni(B) | 1 | | | 00:28:38 | 00:58:23.70 | +00:18:46 (32.1%) | 11:40 | 5.1 (67.1%) |
| 88 | ŁUCZYŃSKA Jadwiga | 73 | POLSKA 2050 | K50-54 | 6 | | | 00:28:56 | 00:58:39.25 | +00:19:01 (32.4%) | 11:43 | 5.1 (67.1%) |
| 89 | MINKIEWICZ Elżbieta | 175 | | K40-44 | 3 | | | 00:30:06 | 00:58:39.75 | +00:19:02 (32.5%) | 11:43 | 5.1 (67.1%) |
| 90 | TURZYŃSKA-STOPA Maria | 229 | BŁĘKITNI DZIEMIANY | K65-69 | 3 | | | 00:29:13 | 00:58:42.20 | +00:19:04 (32.5%) | 11:44 | 5.1 (67.1%) |
| 91 | LUBETZKI Adam | 236 | | M- Niepełnosprawni(A) | 4 | | | 00:28:55 | 00:58:48.90 | +00:19:11 (32.6%) | 11:45 | 5.1 (67.1%) |
| 92 | PIETRZYK Anna | 190 | | K- Niepełnosprawni(A) | 1 | | | 00:29:05 | 00:59:22.10 | +00:19:44 (33.3%) | 11:52 | 5.1 (67.1%) |
| 93 | ŚWIDERSKA Wioleta | 226 | DEAF KOSZALIN | K- Niepełnosprawni(A) | 2 | | | 00:29:07 | 00:59:23.90 | +00:19:46 (33.3%) | 11:52 | 5.1 (67.1%) |
| 94 | PRZYBYLSKA Aleksandra | 197 | ELITE TEAM | K- Niepełnosprawni(B) | 2 | | | 00:29:30 | 00:59:26.35 | +00:19:48 (33.3%) | 11:53 | 5 (65.8%) |
| 95 | PIĄTKOWSKI Józef | 189 | KGHM METRACO RUDNA | M75-79 | 3 | | | 00:28:31 | 00:59:28.20 | +00:19:50 (33.4%) | 11:53 | 5 (65.8%) |
| 96 | KUCZYŃSKI Włodzimierz | 158 | NORDIC WOKING KIEKRZ POLAND | M60-64 | 4 | | | 00:29:14 | 00:59:29.90 | +00:19:52 (33.4%) | 11:53 | 5 (65.8%) |
| 97 | SZEWCZAK Kamila | 218 | DEAF KOSZALIN | K- Niepełnosprawni(A) | 3 | | | 00:29:34 | 00:59:30.60 | +00:19:53 (33.4%) | 11:54 | 5 (65.8%) |
| 98 | LUBAŃSKI Tomasz | 169 | SERCE NORDICA WŁOCŁAWEK | M60-64 | 5 | | | 00:28:58 | 00:59:31.35 | +00:19:53 (33.4%) | 11:54 | 5 (65.8%) |
| 99 | BARCZAK Tomasz | 78 | STOWARZYSZENIE POLSKA 2050 | M45-49 | 5 | | | 00:31:18 | 01:00:03.95 | +00:20:26 (34.0%) | 12:00 | 5 (65.8%) |
| 100 | GUTOWSKA Magdalena | 167 | PAUL TEAM | K45-49 | 7 | | | 00:27:29 | 01:00:16.95 | +00:20:39 (34.3%) | 12:03 | 5 (65.8%) |
| 101 | LUBAŃSKA Leokadia | 168 | SERCE NORDICA WŁOCŁAWEK | K- Niepełnosprawni(A) | 4 | | | 00:30:04 | 01:00:19.70 | +00:20:42 (34.3%) | 12:03 | 5 (65.8%) |
| 102 | NOWICKA Agnieszka | 180 | POTĘGA NORDICA | K30-39 | 4 | | | 00:30:41 | 01:00:29.50 | +00:20:52 (34.5%) | 12:05 | 5 (65.8%) |
| 103 | DWORNICKA Anna | 115 | POTĘGA NORDICA | K40-44 | 4 | | | 00:30:20 | 01:00:36.25 | +00:20:58 (34.6%) | 12:07 | 5 (65.8%) |
| 104 | CETERA Janusz | 108 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M- Niepełnosprawni(A) | 5 | | | 00:29:19 | 01:00:57.00 | +00:21:19 (35.0%) | 12:11 | 4.9 (64.5%) |
| 105 | NAJMUŁA Ewa | 77 | STOWARZYSZENIE POLSKA 2050 | K55-59 | 4 | | | 00:29:41 | 01:01:00.15 | +00:21:22 (35.0%) | 12:12 | 4.9 (64.5%) |
| 106 | STRZELEC Jan | 211 | | M60-64 | 6 | | | 00:30:02 | 01:01:00.70 | +00:21:23 (35.1%) | 12:12 | 4.9 (64.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|-----------------------------|--------------------------|------|----------------|-----------------|----------|----------------------|----------------------|-----------------|----------------|
| 107 | NOWICKA Zuzanna | 181 | POTĘGA NORDICA | K-Dzieci | 5 | | | 00:29:49 | 01:01:22.90 | +00:21:45 (35.4%) | 12:16 | 4.9 (64.5%) |
| 108 | WYDRA Agnieszka | 248 | NW CZŁAPSKI TEAM | K40-44 | 5 | | | 00:30:06 | 01:01:25.05 | +00:21:47 (35.5%) | 12:17 | 4.9 (64.5%) |
| 109 | JASTRZĘBSKA-MACKO Marta | 135 | | K30-39 | 5 | 1 | | 00:30:41 | 01:01:43.10 | +00:22:05 (35.8%) | 12:20 | 4.9 (64.5%) |
| 110 | DOBRZYŃSKI Adam | 114 | | M30-39 | 6 | | | 00:30:37 | 01:02:57.60 | +00:23:20 (37.1%) | 12:35 | 4.8 (63.2%) |
| 111 | KARCZMARSKI Krzysztof | 140 | IPA RADOM | M60-64 | 7 | | | 00:30:35 | 01:03:00.95 | +00:23:23 (37.1%) | 12:36 | 4.8 (63.2%) |
| 112 | MIKITYSZYN Dawid | 174 | STOWARZYSZENIE FILAR | M- Niepełnosprawni(B) | 3 | 1 | | 00:30:58 | 01:03:05.10 | +00:23:27 (37.2%) | 12:37 | 4.8 (63.2%) |
| 113 | PIETRZAK Bogusława | 75 | STOWARZYSZENIE POLSKA 20500 | K65-69 | 4 | | | 00:31:42 | 01:03:19.20 | +00:23:41 (37.4%) | 12:39 | 4.7 (61.8%) |
| 114 | PAJĘCKI Adam | 184 | PARAKULOS KOWAL | M- Niepełnosprawni(B) | 4 | | | 00:31:09 | 01:03:32.00 | +00:23:54 (37.6%) | 12:42 | 4.7 (61.8%) |
| 115 | GUTOWSKI Paweł | 129 | PAUL TEAM | M- Niepełnosprawni(A) | 6 | | | 00:30:46 | 01:03:35.20 | +00:23:57 (37.7%) | 12:43 | 4.7 (61.8%) |
| 116 | W. Iwona | 235 | NW CZŁAPSKI TEAM | K40-44 | 6 | | | 00:31:22 | 01:03:39.35 | +00:24:01 (37.8%) | 12:43 | 4.7 (61.8%) |
| 117 | ZARĘBA Magda | 249 | NW CZŁAPSKI TEAM | K45-49 | 8 | | | 00:31:15 | 01:03:47.25 | +00:24:09 (37.9%) | 12:45 | 4.7 (61.8%) |
| 118 | PŁUCHOWSKA Bernadetta | 191 | KUR-TEAM | K18-29 | 3 | | | 00:31:24 | 01:04:00.45 | +00:24:23 (38.1%) | 12:48 | 4.7 (61.8%) |
| 119 | SUPROŃ Marta | 212 | | K30-39 | 6 | | | 00:32:55 | 01:04:33.25 | +00:24:55 (38.6%) | 12:54 | 4.6 (60.5%) |
| 120 | ZIELIŃSKA Elżbieta | 93 | | K65-69 | 5 | | | 00:32:33 | 01:04:34.00 | +00:24:56 (38.6%) | 12:54 | 4.6 (60.5%) |
| 121 | KARCZEWSKA Edyta | 139 | WYCHODZĘ Z KIJAMI | K45-49 | 9 | | | 00:32:21 | 01:05:02.90 | +00:25:25 (39.1%) | 13:00 | 4.6 (60.5%) |
| 122 | BABIUCH Halina | 74 | POLSKA 2050 | K60-64 | 6 | | | 00:33:00 | 01:05:19.20 | +00:25:41 (39.3%) | 13:03 | 4.6 (60.5%) |
| 123 | KUC - BREJNA Anna | 159 | | K45-49 | 10 | | | 00:31:47 | 01:05:34.05 | +00:25:56 (39.6%) | 13:06 | 4.6 (60.5%) |
| 124 | SZAMOTUŁA - STRZELEC Maryla | 216 | | K60-64 | 7 | | | 00:33:24 | 01:06:07.10 | +00:26:29 (40.1%) | 13:13 | 4.5 (59.2%) |
| 125 | BOLEWICZ Urszula | 103 | STOWARZYSZENIE FILAR | K40-44 | 7 | | | 00:30:08 | 01:06:09.30 | +00:26:31 (40.1%) | 13:13 | 4.5 (59.2%) |
| 126 | TICHORYK Volodymir | 76 | STOWARZYSZENIE POLSKA 2050 | M18-29 | 4 | | | 00:33:16 | 01:06:20.00 | +00:26:42 (40.3%) | 13:16 | 4.5 (59.2%) |
| 127 | PANKIEWICZ-DMOWSKA Cecylia | 187 | | K70-74 | 2 | | | 00:33:08 | 01:06:57.45 | +00:27:20 (40.8%) | 13:23 | 4.5 (59.2%) |
| 128 | PRZYBORKIEWICZ Gosia | 195 | PIERNIKI TORUŃ | K- Niepełnosprawni(A) | 5 | | | 00:33:20 | 01:07:22.70 | +00:27:45 (41.2%) | 13:28 | 4.5 (59.2%) |
| 129 | REHLIS Aleksander | 201 | | M30-39 | 7 | | | 00:31:33 | 01:08:00.20 | +00:28:22 (41.7%) | 13:36 | 4.4 (57.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|-------------------------|--------------------------|------|----------------|-----------------|-----------------|---------------------------|----------------------|-----------------|----------------|
| 130 | WIRKUS Anna | 240 | BŁĘKITNI DZIEMIANY | K65-69 | 6 | | | 00:35:05 | 01:08:25.40 | +00:28:47 (42.1%) | 13:41 | 4.4 (57.9%) |
| 131 | PRACKA Katarzyna | 193 | SERCE NORDICA WŁOCLAWEK | K50-54 | 7 | | | 00:34:38 | 01:08:55.40 | +00:29:17 (42.5%) | 13:47 | 4.4 (57.9%) |
| 132 | FRANCZAK Dariusz | 116 | NW CZŁAPSKI TEAM | M55-59 | 8 | | | 00:30:22 | 01:09:22.00 | +00:29:44 (42.9%) | 13:52 | 4.3 (56.6%) |
| 133 | OWCZAREK Henryka | 183 | MARSZ PO ZDROWIE | K75-79 | 1 | | | 00:34:27 | 01:09:48.95 | +00:30:11 (43.2%) | 13:57 | 4.3 (56.6%) |
| 134 | SZYBUT Roma | 219 | POTĘGA NORDICA | K30-39 | 7 | | | 00:35:05 | 01:10:04.55 | +00:30:27 (43.5%) | 14:00 | 4.3 (56.6%) |
| 135 | ŚLUSARCZYK Danuta | 223 | WESOŁY BORSUK TEAM | K65-69 | 7 | | | 00:35:06 | 01:12:19.80 | +00:32:42 (45.2%) | 14:27 | 4.1 (53.9%) |
| 136 | KULCZYCKI Jan | 160 | SERCE NORDICA WŁOCLAWEK | M70-74 | 6 | | | 00:36:32 | 01:12:56.85 | +00:33:19 (45.7%) | 14:35 | 4.1 (53.9%) |
| 137 | JÓŹWIAK Dominik | 137 | SERCE NORDICA WŁOCLAWEK | M18-29 | 5 | | | 00:36:10 | 01:13:26.85 | +00:33:49 (46.1%) | 14:41 | 4.1 (53.9%) |
| 138 | SKWIROWSKI Paweł | 208 | STOWARZYSZENIE FILAR | M- Niepełnosprawni(B) | 5 | | | 00:36:27 | 01:13:30.90 | +00:33:53 (46.1%) | 14:42 | 4.1 (53.9%) |
| 139 | SIKORSKI Tomasz | 207 | STOWARZYSZENIE FILAR | M45-49 | 6 | | | 00:35:58 | 01:14:22.60 | +00:34:45 (46.7%) | 14:52 | 4 (52.6%) |
| 140 | BOLEWICZ Antoni | 104 | | M-Dzieci | 2 | | | 00:35:32 | 01:14:38.95 | +00:35:01 (46.9%) | 14:55 | 4 (52.6%) |
| 141 | LASKOWSKI Dariusz | 166 | STOWARZYSZENIE FILAR | M- Niepełnosprawni(A) | 7 | | | 00:36:35 | 01:14:57.40 | +00:35:19 (47.1%) | 14:59 | 4 (52.6%) |
| 142 | RADECKA Krystyna | 200 | CHODZĄCY BIAŁYSTOK | K80+ | 1 | | | 00:36:48 | 01:15:02.20 | +00:35:24 (47.2%) | 15:00 | 4 (52.6%) |
| 143 | MINKIEWICZ Michalina | 176 | STOWARZYSZENIE FILAR | K-Dzieci | 6 | | | 00:37:29 | 01:21:50.15 | +00:42:12 (51.6%) | 16:22 | 3.7 (48.7%) |
| 144 | WRONKO- NIEDZIÓŁKA Nikola | 247 | STOWARZYSZENIE FILAR | K-Dzieci | 7 | | | 00:37:29 | 01:21:50.35 | +00:42:12 (51.6%) | 16:22 | 3.7 (48.7%) |
| 145 | ŚLUSARCZYK Błażej | 225 | WESOŁY BORSUK TEAM | M-Dzieci | 3 | | | 00:44:49 | 01:23:05.15 | +00:43:27 (52.3%) | 16:37 | 3.6 (47.4%) |
| 146 | TURCZYŃSKA Józefa | 133 | BŁĘKITNI DZIEMIANY | K55-59 | 5 | | | 00:41:26 | 01:27:25.25 | +00:47:47 (54.7%) | 17:29 | 3.4 (44.7%) |
| 147 | KOPCZYŃSKA Elżbieta | 72 | POLSKA 2050 | Kobiety | 1 | | | 00:42:46 | 01:28:46.40 | +00:49:08 (55.4%) | 17:45 | 3.4 (44.7%) |
| 148 | SZAMOTUŁA Ewa | 215 | | K60-64 | 8 | | | 00:33:52 | | +00:14:04 | 13:32 | 4.4 (57.9%) |
| 149 | MYSZYŃSKA Anna | 178 | | K- Niepełnosprawni(B) | 3 | | | 00:36:26 | | +00:16:38 | 14:34 | 4.1 (53.9%) |
| 150 | WOLAŃSKI Marcin | 244 | STOWARZYSZENIE FILAR | M- Niepełnosprawni(A) | 8 | | | | | | | (0.0%) |
| DQ | GRZYWOCZ Bernard | 128 | KGHM METRA CORUDNA | M70-74 | | | 1 | 00:25:29 DQ | 00:51:55.55 DQ | | 0:00 | 5.8 (76.3%) |
| | WALTER Monika | 238 | STOWARZYSZENIE FILAR | K- Niepełnosprawni(A) | | | | 00:29:12 DNF | DNF | | - | - (0.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | 2.5km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|------------|----------------------|--------------------------|------|----------------|-----------------|-----------------|----------------------|------|-----------------|---------------|
| | KOT Mateusz | 153 | STOWARZYSZENIE FILAR | M- Niepełnosprawni(A) | | | | 00:33:14 DNF | DNF | | - | - (0.0%) |
| | ŁASZCZEWSKA Anna | 170 | STOWARZYSZENIE FILAR | K18-29 | | | | 00:45:18 DNF | DNF | | - | - (0.0%) |
| | KRAUS Karolina | 155 | STOWARZYSZENIE FILAR | K- Niepełnosprawni(A) | | | | 00:45:45 DNF | DNF | | - | - (0.0%) |

Znaleziono 155 wynik(ów)