

OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2015-08-08
Miejsce: Osielsko
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|-------------------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|---------------------|-----------------|----------------|
| 1 | OSIŃSKI Michał | 361 | FOREVER YOUNG ŁÓDŹ | M 18-29 | 1 | | | 00:09:08 | 00:29:49 | 00:38:57 | | 5:57 | 10.1 (100%) |
| 2 | CZARNECKI Andrzej | 368 | BARLINEK TO MNIE RUSZA | M 30-39 | 1 | 1 | | 00:09:53 | 00:30:33 | 00:40:26 | +00:00:44 (2.4%) | 6:06 | 9.8 (97.0%) |
| 3 | ZARĘBSKI Michał | 299 | REGATTA NORDIC TEAM CZĘSTOCHOWA | M 30-39 | 2 | | | 00:09:55 | 00:31:00 | 00:40:55 | +00:01:11 (3.8%) | 6:12 | 9.7 (96.0%) |
| 4 | BRZOZOWSKI Piotr | 329 | AKTYWNI POSTOMINO | M 30-39 | 3 | | | 00:09:54 | 00:31:05 | 00:40:59 | +00:01:16 (4.1%) | 6:13 | 9.7 (96.0%) |
| 5 | CZŁAPSKI Krzysztof | 44 | NW CIECHANÓW | M 50-54 | 1 | | | 00:13:01 | 00:31:16 | 00:44:17 | +00:01:27 (4.6%) | 6:15 | 9.6 (95.0%) |
| 6 | KARASIŃSKI Maciej | 375 | - | M 45-49 | 1 | | | 00:11:28 | 00:31:36 | 00:43:04 | +00:01:47 (5.6%) | 6:19 | 9.5 (94.1%) |
| 7 | KUCHTA Rafał | 132 | SILESIA NORDIC TEAM | M 45-49 | 2 | | | 00:11:28 | 00:31:39 | 00:43:07 | +00:01:50 (5.8%) | 6:19 | 9.5 (94.1%) |
| 8 | RE CZULSKI Mariusz | 318 | REGATTA NORDIC TEAM CZĘSTOCHOWA | M 45-49 | 3 | | | 00:11:29 | 00:31:44 | 00:43:13 | +00:01:55 (6.0%) | 6:20 | 9.5 (94.1%) |
| 9 | MIELCAREK Leszek | 563 | SILESIA NORDIC TEAM | M 60-64 | 1 | | | 00:14:20 | 00:31:54 | 00:46:14 | +00:02:05 (6.5%) | 6:22 | 9.4 (93.1%) |
| 10 | PAKOSZ Piotr | 202 | LKS GÓRNIK JANUSZKOWICE | M Junior | 1 | | | 00:08:24 | 00:32:00 | 00:40:24 | +00:02:11 (6.8%) | 6:24 | 9.4 (93.1%) |
| 11 | ROŻYNEK Miron | 311 | KGHM METRACO POLKOWICE | M 50-54 | 2 | | | 00:13:02 | 00:32:10 | 00:45:12 | +00:02:21 (7.3%) | 6:26 | 9.3 (92.1%) |
| 12 | DELAŃ Jakub | 46 | PIOTRKOWSKI KLUB BIEGACZA ENDORFINA | M Junior | 2 | | | 00:08:25 | 00:32:16 | 00:40:41 | +00:02:27 (7.6%) | 6:27 | 9.3 (92.1%) |
| 13 | KUŚMIEREK Patryk | 140 | BŁĘKITNI NW DZIEMIANY | M Junior | 3 | 1 | | 00:08:25 | 00:32:18 | 00:40:43 | +00:02:29 (7.7%) | 6:27 | 9.3 (92.1%) |
| 14 | WOJTASIŃSKI Daniel | 290 | REGATTA NORDIC TEAM CZĘSTOCHOWA | M 30-39 | 4 | | | 00:09:54 | 00:32:19 | 00:42:13 | +00:02:30 (7.7%) | 6:27 | 9.3 (92.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|---|----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 15 | WASIELEWSKI Mirosław | 282 | KS ELBLĄSKIE WŁÓCZY-KIJE | M 50-54 | 3 | | | 00:13:01 | 00:32:45 | 00:45:46 | +00:02:56 (9.0%) | 6:33 | 9.2 (91.1%) |
| 16 | KRYCH Włodzimierz | 129 | GOSIR OSIELSKO | M 50-54 | 4 | | | 00:13:02 | 00:32:52 | 00:45:54 | +00:03:03 (9.3%) | 6:34 | 9.1 (90.1%) |
| 17 | JASTRZĘBSKI Adam | 90 | | M 18-29 | 2 | | | 00:09:10 | 00:32:57 | 00:42:07 | +00:03:08 (9.5%) | 6:35 | 9.1 (90.1%) |
| 18 | DEMBKOWSKI Ryszard | 47 | GOSIR OSIELSKO | M 60-64 | 2 | | | 00:14:20 | 00:33:06 | 00:47:26 | +00:03:17 (9.9%) | 6:37 | 9.1 (90.1%) |
| 19 | ROSIŃSKI Michał | 237 | UKS TARPAN CHEŁMNO | M Niepełnosprawni | 1 | | | 00:09:54 | 00:33:07 | 00:43:01 | +00:03:18 (10.0%) | 6:37 | 9.1 (90.1%) |
| 20 | UKLEJEWSKI Kacper | 278 | GOSIR OSIELSKO | M Junior | 4 | | | 00:08:24 | 00:33:14 | 00:41:38 | +00:03:25 (10.3%) | 6:38 | 9 (89.1%) |
| 21 | HAŁAS Marcin | 85 | MOSIR CZECHOWICE-DZIEDZICE ROZBIEGAMY TO MIASTO | M 30-39 | 5 | | | 00:09:55 | 00:33:17 | 00:43:12 | +00:03:28 (10.4%) | 6:39 | 9 (89.1%) |
| 22 | GAJEWSKI Eugeniusz | 59 | GORZÓWPRZYSTAŃ | M 55-59 | 1 | | | 00:13:46 | 00:33:18 | 00:47:04 | +00:03:29 (10.5%) | 6:39 | 9 (89.1%) |
| 23 | WITCZUK Łukasz | 324 | LUKI TEAM SIEDLCE | M 30-39 | 6 | | | 00:09:53 | 00:33:31 | 00:43:24 | +00:03:42 (11.0%) | 6:42 | 9 (89.1%) |
| 24 | SCHRÖDER Karol | 243 | SILESIA NORDIC TEAM | M 40-44 | 1 | | | 00:10:52 | 00:33:33 | 00:44:25 | +00:03:44 (11.1%) | 6:42 | 8.9 (88.1%) |
| 25 | ANDRZEJEWSKI Mieczysław | 3 | AKTYWNI 55 | M 55-59 | 2 | | | 00:13:47 | 00:33:38 | 00:47:25 | +00:03:49 (11.3%) | 6:43 | 8.9 (88.1%) |
| 26 | WOLEK Waldemar | 292 | GNIEZNO Z KIJAMI | M 40-44 | 2 | | | 00:10:52 | 00:33:40 | 00:44:32 | +00:03:51 (11.4%) | 6:44 | 8.9 (88.1%) |
| 27 | MIELECKA Agnieszka | 180 | GĄSAWIANKA | K 45-49 | 1 | | | 00:20:55 | 00:33:50 | 00:54:45 | +00:04:01 (11.9%) | 6:46 | 8.9 (88.1%) |
| 28 | RATECKI Marcin | 28 | NORDIC WALKING TEAM GDAŃSK | M 40-44 | 3 | | | 00:10:51 | 00:33:54 | 00:44:45 | +00:04:05 (12.0%) | 6:46 | 8.8 (87.1%) |
| 28 | KLARKOWSKI Bogdan | 114 | KS ELBLĄSKIE WŁÓCZY-KIJE | M 60-64 | 3 | | | 00:14:20 | 00:33:54 | 00:48:14 | +00:04:05 (12.0%) | 6:46 | 8.8 (87.1%) |
| 30 | GRYGOROWICZ Bogdan | 79 | KGHM METRACO POLKOWICE | M 65-69 | 1 | | | 00:15:01 | 00:33:58 | 00:48:59 | +00:04:09 (12.2%) | 6:47 | 8.8 (87.1%) |
| 31 | MACKIEWICZ Marcin | 167 | NW CIECHANÓW | M 18-29 | 3 | 1 | | 00:09:09 | 00:34:02 | 00:43:11 | +00:04:13 (12.4%) | 6:48 | 8.8 (87.1%) |
| 32 | PAKOSZ Irena | 312 | | K 45-49 | 2 | | | 00:20:52 | 00:34:10 | 00:55:02 | +00:04:21 (12.7%) | 6:50 | 8.8 (87.1%) |
| 33 | SKWIRUT Jerzy | 248 | FINISZ RYMANÓW | M Niepełnosprawni | 2 | | | 00:13:01 | 00:34:14 | 00:47:15 | +00:04:25 (12.9%) | 6:50 | 8.8 (87.1%) |
| 34 | RAKUĆ Jakub | 233 | RUCH PO ZDROWIE WŁOCLAWEK | M 18-29 | 4 | | | 00:09:09 | 00:34:23 | 00:43:32 | +00:04:34 (13.3%) | 6:52 | 8.7 (86.1%) |
| 35 | SŁOMIAN Leszek | 249 | STADION ŚLĄSKI | M 50-54 | 5 | | | 00:13:01 | 00:34:27 | 00:47:28 | +00:04:38 (13.4%) | 6:53 | 8.7 (86.1%) |
| 36 | ĆWIKLIŃSKI Krystian | 45 | THE BEST - MY IDZIEMY I CZEŚĆ | M Junior | 5 | | | 00:08:25 | 00:34:28 | 00:42:53 | +00:04:39 (13.5%) | 6:53 | 8.7 (86.1%) |
| 36 | RACZYŃSKI Grzegorz | 229 | I LO DUBOIS | M Junior | 6 | | | 00:08:26 | 00:34:28 | 00:42:54 | +00:04:39 (13.5%) | 6:53 | 8.7 (86.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|--------------------------|----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 38 | ŻUCHOWICZ Robert | 352 | DĄBROWA NORDIC TEAM | M 55-59 | 3 | | | 00:13:46 | 00:34:32 | 00:48:18 | +00:04:43 (13.7%) | 6:54 | 8.7 (86.1%) |
| 39 | JENCZELEWSKI Grzegorz | 91 | NW CIECHANÓW | M 40-44 | 4 | | | 00:10:51 | 00:34:34 | 00:45:25 | +00:04:45 (13.7%) | 6:54 | 8.7 (86.1%) |
| 40 | CHUDZIŃSKI Andrzej | 34 | KS ELBLĄSKIE WŁÓCZY-KIJE | M 65-69 | 2 | | | 00:15:01 | 00:34:40 | 00:49:41 | +00:04:51 (14.0%) | 6:56 | 8.7 (86.1%) |
| 41 | LUBAWIŃSKI Jerzy | 164 | K.B.SPRINT ŚWIDWIN | M Niepełnosprawni | 3 | | | 00:13:46 | 00:34:44 | 00:48:30 | +00:04:55 (14.2%) | 6:56 | 8.6 (85.1%) |
| 42 | BIK Stanisław | 15 | KGHM METRACO POLKOWICE | M 50-54 | 6 | | | 00:13:05 | 00:34:45 | 00:47:50 | +00:04:56 (14.2%) | 6:57 | 8.6 (85.1%) |
| 43 | STANISŁAWSKI Jan | 383 | AKTYWNI 50 | M 55-59 | 4 | | | 00:13:46 | 00:34:47 | 00:48:33 | +00:04:58 (14.3%) | 6:57 | 8.6 (85.1%) |
| 44 | TOMASZKIEWICZ Rafał | 274 | | M 30-39 | 7 | | | 00:09:53 | 00:34:49 | 00:44:42 | +00:05:00 (14.4%) | 6:57 | 8.6 (85.1%) |
| 45 | GRUSZKA Lukasz | 530 | TKKF MOSIR CZELADŹ | M 18-29 | 5 | | | 00:09:08 | 00:35:17 | 00:44:25 | +00:05:28 (15.5%) | 7:03 | 8.5 (84.2%) |
| 46 | ROSADZIŃSKI Sławomir | 236 | | M 45-49 | 4 | | | 00:11:29 | 00:35:35 | 00:47:04 | +00:05:46 (16.2%) | 7:07 | 8.4 (83.2%) |
| 46 | LESIŃSKA Marzenna | 315 | KGHM METRACO POLKOWICE | K 50-54 | 1 | | | 00:22:08 | 00:35:35 | 00:57:43 | +00:05:46 (16.2%) | 7:07 | 8.4 (83.2%) |
| 48 | PSTYGA Mariusz | 226 | METRACO POLKOWICE | M 40-44 | 5 | | | 00:11:30 | 00:35:37 | 00:47:07 | +00:05:48 (16.3%) | 7:07 | 8.4 (83.2%) |
| 48 | GAPIŃSKA Janina | 60 | WESOŁE BORSUKI | K 55-59 | 1 | | | 00:23:01 | 00:35:37 | 00:58:38 | +00:05:48 (16.3%) | 7:07 | 8.4 (83.2%) |
| 50 | SZWED Jacek | 266 | NIEZRZESZONY | M 55-59 | 5 | | | 00:13:48 | 00:35:39 | 00:49:27 | +00:05:50 (16.4%) | 7:07 | 8.4 (83.2%) |
| 51 | GÓRNA Urszula | 181 | KSN ŁUCZNICZKA BYDGOSZCZ | K Niepełnosprawni | 1 | | | 00:25:28 | 00:35:40 | 01:01:08 | +00:05:51 (16.4%) | 7:08 | 8.4 (83.2%) |
| 52 | KLUKOWSKI Michał | 115 | UWM OLSZTYN | M 18-29 | 6 | | | 00:13:04 | 00:35:41 | 00:48:45 | +00:05:52 (16.4%) | 7:08 | 8.4 (83.2%) |
| 53 | MISTEREK Krystyna | 142 | KSN ŁUCZNICZKA BYDGOSZCZ | K Niepełnosprawni | 2 | | | 00:25:29 | 00:35:44 | 01:01:13 | +00:05:55 (16.6%) | 7:08 | 8.4 (83.2%) |
| 54 | HOLWEK Jarosław | 87 | FOREVER YOUNG ŁÓDŹ | M 50-54 | 7 | | | 00:13:02 | 00:35:52 | 00:48:54 | +00:06:03 (16.9%) | 7:10 | 8.4 (83.2%) |
| 54 | SZPILMAN Marta | 263 | IFON TEAM | K 18-29 | 1 | | | 00:18:03 | 00:35:52 | 00:53:55 | +00:06:03 (16.9%) | 7:10 | 8.4 (83.2%) |
| 56 | DANA Andrzej | 369 | KLUB NW PATYCZAKI | M 65-69 | 3 | | | 00:15:02 | 00:35:58 | 00:51:00 | +00:06:09 (17.1%) | 7:11 | 8.3 (82.2%) |
| 57 | KOLASIŃSKA Patrycja | 357 | | K 40-44 | 1 | | | 00:20:04 | 00:35:59 | 00:56:03 | +00:06:10 (17.1%) | 7:11 | 8.3 (82.2%) |
| 58 | TRONIARZ Stanisław | 408 | | M 60-64 | 4 | | | 00:14:22 | 00:36:06 | 00:50:28 | +00:06:17 (17.4%) | 7:13 | 8.3 (82.2%) |
| 59 | JENDRUCHNIEWICZ Katarzyna | 365 | | K 30-39 | 1 | | | 00:19:20 | 00:36:12 | 00:55:32 | +00:06:23 (17.6%) | 7:14 | 8.3 (82.2%) |
| 60 | SZCZYPKOWSKA Mirosława | 378 | DĄBROWA NORDIC TEAM | K 50-54 | 2 | | | 00:22:09 | 00:36:16 | 00:58:25 | +00:06:27 (17.8%) | 7:15 | 8.3 (82.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------|-------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 61 | WOŹNIAK Klaudia | 294 | PODWÓJNY UŚMIECH | K Junior | 1 | | | 00:17:27 | 00:36:20 | 00:53:47 | +00:06:31 (17.9%) | 7:16 | 8.3 (82.2%) |
| 62 | RADOMSKA Marta | 230 | AVOCADO WELLNESS CLUB | K 30-39 | 2 | | | 00:19:25 | 00:36:27 | 00:55:52 | +00:06:38 (18.2%) | 7:17 | 8.2 (81.2%) |
| 63 | MARKOWSKA Halina | 174 | KS ELBŁĄSKIE WŁÓCZY-KIJE | K 55-59 | 2 | | | 00:23:00 | 00:36:28 | 00:59:28 | +00:06:39 (18.2%) | 7:17 | 8.2 (81.2%) |
| 64 | TRONIARZ Grażyna | 407 | | K 60-64 | 1 | | | 00:24:20 | 00:36:30 | 01:00:50 | +00:06:41 (18.3%) | 7:18 | 8.2 (81.2%) |
| 65 | UKLEJEWSKI Przemysław | 279 | GOSIR OSIELSKO | M 40-44 | 6 | | | 00:10:51 | 00:36:34 | 00:47:25 | +00:06:45 (18.5%) | 7:18 | 8.2 (81.2%) |
| 66 | PETER Maciej | 208 | KGHM METRACO POLKOWICE | M Junior | 7 | | | 00:08:26 | 00:36:35 | 00:45:01 | +00:06:46 (18.5%) | 7:19 | 8.2 (81.2%) |
| 67 | BOGDAN Witold | 20 | NW CIECHANÓW | M 65-69 | 4 | | | 00:15:02 | 00:36:39 | 00:51:41 | +00:06:50 (18.6%) | 7:19 | 8.2 (81.2%) |
| 68 | GROCHOWALSKI Mikołaj | 74 | BAWILAND | M Dzieci | 1 | | | 00:07:50 | 00:36:44 | 00:44:34 | +00:06:55 (18.8%) | 7:20 | 8.2 (81.2%) |
| 69 | ŁUKASZUK Norbert | 165 | SPOMLEK | M 18-29 | 7 | | | 00:09:12 | 00:36:47 | 00:45:59 | +00:06:58 (18.9%) | 7:21 | 8.2 (81.2%) |
| 70 | GOŁĘBIEWSKI Andrzej | 64 | KLUB SZUWAREK | M 55-59 | 6 | 1 | | 00:13:47 | 00:36:49 | 00:50:36 | +00:07:00 (19.0%) | 7:21 | 8.1 (80.2%) |
| 70 | SZPILMAN Katarzyna | 262 | GDYNIA MOJE MIASTO | K 45-49 | 3 | | | 00:20:53 | 00:36:49 | 00:57:42 | +00:07:00 (19.0%) | 7:21 | 8.1 (80.2%) |
| 72 | SOBOLEWSKI Jarosław | 307 | KLUBWITAMINKA.PL | M 45-49 | 5 | | | 00:11:30 | 00:36:55 | 00:48:25 | +00:07:06 (19.2%) | 7:23 | 8.1 (80.2%) |
| 73 | RAKUĆ Angelika | 232 | RUCH PO ZDROWIE WŁOCŁAWEK | K 18-29 | 2 | | | 00:18:04 | 00:36:57 | 00:55:01 | +00:07:08 (19.3%) | 7:23 | 8.1 (80.2%) |
| 74 | WÓJTOWICZ Wioletta | 295 | | K 30-39 | 3 | | | 00:19:23 | 00:37:01 | 00:56:24 | +00:07:12 (19.5%) | 7:24 | 8.1 (80.2%) |
| 75 | MARCINKOWSKI Jakub | 173 | NORDIC WALKING LUBLINIEC | M Junior | 8 | | | 00:08:25 | 00:37:04 | 00:45:29 | +00:07:15 (19.6%) | 7:24 | 8.1 (80.2%) |
| 76 | SKIERS Albert | 246 | ZAMACH W SMOLEŃSKU | M 45-49 | 6 | | | 00:11:29 | 00:37:07 | 00:48:36 | +00:07:18 (19.7%) | 7:25 | 8.1 (80.2%) |
| 77 | JÓŹWIAK Marianna | 335 | WTW WŁOCŁAWEK | K 40-44 | 2 | | | 00:20:03 | 00:37:10 | 00:57:13 | +00:07:21 (19.8%) | 7:26 | 8.1 (80.2%) |
| 78 | PODOLSKI Mirosław | 410 | LKS ZANTYR SZTUM | M 60-64 | 5 | | | 00:14:21 | 00:37:12 | 00:51:33 | +00:07:23 (19.8%) | 7:26 | 8.1 (80.2%) |
| 78 | SOWA Jan | 377 | NZ | M 65-69 | 5 | | | 00:15:01 | 00:37:12 | 00:52:13 | +00:07:23 (19.8%) | 7:26 | 8.1 (80.2%) |
| 80 | JÓŹWIAK Łukasz | 336 | WTW WŁOCŁAWEK | M Niepełnosprawni | 4 | | | 00:11:29 | 00:37:13 | 00:48:42 | +00:07:24 (19.9%) | 7:26 | 8.1 (80.2%) |
| 81 | WROŃSKI Piotr W. | 297 | CHODZĘ DLA ZDROWIA | M 60-64 | 6 | | | 00:14:21 | 00:37:14 | 00:51:35 | +00:07:25 (19.9%) | 7:26 | 8.1 (80.2%) |
| 81 | DUDEK Edward | 398 | KGHM METRACO POLKOWICE | M 65-69 | 6 | | | 00:15:03 | 00:37:14 | 00:52:17 | +00:07:25 (19.9%) | 7:26 | 8.1 (80.2%) |
| 81 | WIADERSKI Wojciech | | | M 65-69 | 7 | | | 00:15:04 | 00:37:14 | 00:52:18 | +00:07:25 (19.9%) | 7:26 | 8.1 (80.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------|----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 84 | GRZYB Izabela | 81 | REGATTA NORDIC TEAM CZĘSTOCHOWA | K 30-39 | 4 | | | 00:19:20 | 00:37:15 | 00:56:35 | +00:07:26 (20.0%) | 7:27 | 8.1 (80.2%) |
| 85 | GAPIŃSKI Leszek | 61 | WESOŁE BORSUKI | M 55-59 | 7 | | | 00:13:48 | 00:37:16 | 00:51:04 | +00:07:27 (20.0%) | 7:27 | 8.1 (80.2%) |
| 86 | PIATCZYC Michał | 211 | NIEZRZESZONY | M Dzieci | 2 | | | 00:07:50 | 00:37:18 | 00:45:08 | +00:07:29 (20.1%) | 7:27 | 8 (79.2%) |
| 86 | BRYL Michał | 27 | KS ELBLĄSKIE WŁÓCZY-KIJE | M Niepełnosprawni | 5 | | | 00:09:09 | 00:37:18 | 00:46:27 | +00:07:29 (20.1%) | 7:27 | 8 (79.2%) |
| 86 | GŁADZIKOWSKI Grzegorz | 62 | AKTYWNI Z PASJĄ ŁUKÓW | M 60-64 | 7 | | | 00:14:23 | 00:37:18 | 00:51:41 | +00:07:29 (20.1%) | 7:27 | 8 (79.2%) |
| 89 | DOMBRZALSKI Ryszard | 332 | WTW WŁOCŁAWEK | M 65-69 | 8 | | | 00:15:03 | 00:37:22 | 00:52:25 | +00:07:33 (20.2%) | 7:28 | 8 (79.2%) |
| 90 | MĄDRY Zdzisław | 376 | CROSS JUTRZENKA | M Niepełnosprawni | 6 | | | 00:14:25 | 00:37:25 | 00:51:50 | +00:07:36 (20.3%) | 7:29 | 8 (79.2%) |
| 91 | GŁADKOWSKA Małgorzata | 316 | KGHM METRACO POLKOWICE | K 50-54 | 3 | | | 00:22:12 | 00:37:28 | 00:59:40 | +00:07:39 (20.4%) | 7:29 | 8 (79.2%) |
| 92 | RE CZULSKA Katarzyna | 317 | REGATTA NORDIC TEAM CZĘSTOCHOWA | K 45-49 | 4 | | | 00:20:53 | 00:37:30 | 00:58:23 | +00:07:41 (20.5%) | 7:30 | 8 (79.2%) |
| 93 | ŁOPIŃSKI Aleksy | 386 | 4RUN TEAM PIŁA | M 65-69 | 9 | | | 00:15:07 | 00:37:33 | 00:52:40 | +00:07:44 (20.6%) | 7:30 | 8 (79.2%) |
| 94 | KUSIEWICZ Piotr | 139 | GOSIR OSIELSKO | M Dzieci | 3 | | | 00:07:51 | 00:37:39 | 00:45:30 | +00:07:50 (20.8%) | 7:31 | 8 (79.2%) |
| 94 | BOGDAN Grażyna | 19 | NW CIECHANÓW | K 60-64 | 2 | | | 00:24:20 | 00:37:39 | 01:01:59 | +00:07:50 (20.8%) | 7:31 | 8 (79.2%) |
| 96 | KUPIBIDA Bogusława | 138 | SILESIA NORDIC TEAM | K 55-59 | 3 | | | 00:23:00 | 00:37:41 | 01:00:41 | +00:07:52 (20.9%) | 7:32 | 8 (79.2%) |
| 97 | MAJCHERCZYK Wacław | 557 | TKKF MOSIR CZELADŹ | M 70+ | 1 | | | 00:15:48 | 00:37:46 | 00:53:34 | +00:07:57 (21.1%) | 7:33 | 7.9 (78.2%) |
| 98 | GRZYWOCZ Irena | 82 | PROFIT SPORT TEAM | K 60-64 | 3 | | | 00:24:26 | 00:37:51 | 01:02:17 | +00:08:02 (21.2%) | 7:34 | 7.9 (78.2%) |
| 99 | THOMALLA Bogdan | 273 | SILESIA NORDIC TEAM | M 70+ | 2 | | | 00:15:50 | 00:37:52 | 00:53:42 | +00:08:03 (21.3%) | 7:34 | 7.9 (78.2%) |
| 100 | KANIECKA Zofia | 100 | NW CIECHANÓW | K 60-64 | 4 | | | 00:24:21 | 00:37:54 | 01:02:15 | +00:08:05 (21.3%) | 7:34 | 7.9 (78.2%) |
| 101 | FELIS Stanisław | 56 | | M Dzieci | 4 | | | 00:07:50 | 00:37:56 | 00:45:46 | +00:08:07 (21.4%) | 7:35 | 7.9 (78.2%) |
| 101 | LANGMESSER Kinga | 411 | LKS ZANTYR SZTUM | K 18-29 | 3 | | | 00:18:04 | 00:37:56 | 00:56:00 | +00:08:07 (21.4%) | 7:35 | 7.9 (78.2%) |
| 103 | WIĘCASZEK Leszek | 418 | FAMA | M 45-49 | 7 | | | 00:11:28 | 00:37:57 | 00:49:25 | +00:08:08 (21.4%) | 7:35 | 7.9 (78.2%) |
| 103 | MOŹDŹEŃ Barbara | 183 | | K 50-54 | 4 | | | 00:22:09 | 00:37:57 | 01:00:06 | +00:08:08 (21.4%) | 7:35 | 7.9 (78.2%) |
| 105 | KĘDZIERSKA Agnieszka | 111 | | K 30-39 | 5 | | | 00:19:20 | 00:38:00 | 00:57:20 | +00:08:11 (21.5%) | 7:36 | 7.9 (78.2%) |
| 105 | KĘDZIERSKA Edyta | 117 | PFNW | K 40-44 | 3 | | | 00:20:03 | 00:38:00 | 00:58:03 | +00:08:11 (21.5%) | 7:36 | 7.9 (78.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---|-------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 107 | BŁĘDOWSKA Agata | 17 | GOSIR OSIELSKO | K 40-44 | 4 | | | 00:20:03 | 00:38:01 | 00:58:04 | +00:08:12 (21.6%) | 7:36 | 7.9 (78.2%) |
| 108 | POTORSKI Jacek | 220 | | M 30-39 | 8 | | | 00:09:55 | 00:38:06 | 00:48:01 | +00:08:17 (21.7%) | 7:37 | 7.9 (78.2%) |
| 109 | ŚCIESIŃSKI Sławomir | 270 | GOSIR OSIELSKO | M 40-44 | 7 | | | 00:10:53 | 00:38:07 | 00:49:00 | +00:08:18 (21.8%) | 7:37 | 7.9 (78.2%) |
| 109 | PSTYGA Anna | 225 | METRACO POLKOWICE | K 30-39 | 6 | | | 00:19:26 | 00:38:07 | 00:57:33 | +00:08:18 (21.8%) | 7:37 | 7.9 (78.2%) |
| 111 | BONEK Bronisław | 355 | THE BEST - MY IDZIEMY I CZEŚĆ | M 70+ | 3 | | | 00:15:48 | 00:38:08 | 00:53:56 | +00:08:19 (21.8%) | 7:37 | 7.9 (78.2%) |
| 112 | KOWALSKI Wawrzyniec | 125 | UNIWERSYTET II WIEKU W MIEJSKIEJ GÓRCIE | M 50-54 | 8 | | | 00:13:02 | 00:38:12 | 00:51:14 | +00:08:23 (21.9%) | 7:38 | 7.9 (78.2%) |
| 113 | DANA Kazimiera | 370 | KLUB NW PATYCZAKI | K 60-64 | 5 | 1 | | 00:24:21 | 00:38:24 | 01:02:45 | +00:08:35 (22.4%) | 7:40 | 7.8 (77.2%) |
| 114 | GRZESZCZAK Andrzej | 325 | KGHM METRACO POLKOWICE | M 55-59 | 8 | | | 00:13:47 | 00:38:33 | 00:52:20 | +00:08:44 (22.7%) | 7:42 | 7.8 (77.2%) |
| 114 | SUGALSKA Małgorzata | 256 | MOSIR RYPIN | K 45-49 | 5 | | | 00:20:52 | 00:38:33 | 00:59:25 | +00:08:44 (22.7%) | 7:42 | 7.8 (77.2%) |
| 116 | GÓRSKI Jacek | 70 | GOSIR OSIELSKO | M 45-49 | 8 | | | 00:11:31 | 00:38:35 | 00:50:06 | +00:08:46 (22.7%) | 7:43 | 7.8 (77.2%) |
| 116 | SKOWROŃSKA Dominika | 247 | MARSZ PO ZDROWIE | K Junior | 2 | | | 00:17:28 | 00:38:35 | 00:56:03 | +00:08:46 (22.7%) | 7:43 | 7.8 (77.2%) |
| 118 | LANGMESSER Regina | 143 | LKS ZANTYR SZTUM | K 45-49 | 6 | | | 00:20:54 | 00:38:40 | 00:59:34 | +00:08:51 (22.9%) | 7:44 | 7.8 (77.2%) |
| 119 | PIECHOTA Michał | 419 | GORZÓWPRZYSTAŃ | M 18-29 | 8 | | | 00:09:10 | 00:38:43 | 00:47:53 | +00:08:54 (23.0%) | 7:44 | 7.7 (76.2%) |
| 120 | KŁOPOTOWSKI Ryszard | 116 | LKS ZANTYR SZTUM | M 50-54 | 9 | | | 00:13:04 | 00:38:47 | 00:51:51 | +00:08:58 (23.1%) | 7:45 | 7.7 (76.2%) |
| 121 | MROCZEK Wioleta | 184 | NW CIECHANÓW | K 18-29 | 4 | | | 00:18:04 | 00:38:48 | 00:56:52 | +00:08:59 (23.2%) | 7:45 | 7.7 (76.2%) |
| 122 | NOWROTEK Roman | 323 | MOKATE TEAM | M 65-69 | 10 | | | 00:15:04 | 00:38:50 | 00:53:54 | +00:09:01 (23.2%) | 7:46 | 7.7 (76.2%) |
| 123 | GWÓZDŹ Grażyna | 84 | | K 45-49 | 7 | | | 00:20:52 | 00:38:53 | 00:59:45 | +00:09:04 (23.3%) | 7:46 | 7.7 (76.2%) |
| 124 | ŻUCHOWICZ Elżbieta | 351 | DĄBROWA NORDIC TEAM | K 55-59 | 4 | | | 00:22:59 | 00:38:58 | 01:01:57 | +00:09:09 (23.5%) | 7:47 | 7.7 (76.2%) |
| 125 | BOSEK Grzegorz | 25 | KSN ŁUCZNICZKA BYDGOSZCZ | M Niepełnosprawni | 7 | | | 00:09:56 | 00:39:00 | 00:48:56 | +00:09:11 (23.5%) | 7:48 | 7.7 (76.2%) |
| 126 | POTORSKI Jakub | 221 | | M Junior | 9 | | | 00:08:27 | 00:39:04 | 00:47:31 | +00:09:15 (23.7%) | 7:48 | 7.7 (76.2%) |
| 127 | POTOCKI Mikołaj | 420 | | M Junior | 10 | | | 00:08:27 | 00:39:05 | 00:47:32 | +00:09:16 (23.7%) | 7:49 | 7.7 (76.2%) |
| 127 | ZIELIŃSKA Jolanta | 302 | GOSIR OSIELSKO | K 50-54 | 5 | | | 00:22:13 | 00:39:05 | 01:01:18 | +00:09:16 (23.7%) | 7:49 | 7.7 (76.2%) |
| 129 | ZAWADZKI Andrzej | 403 | KGHM METRACO POLKOWICE | M 55-59 | 9 | | | 00:13:49 | 00:39:07 | 00:52:56 | +00:09:18 (23.8%) | 7:49 | 7.7 (76.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|--------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 130 | KUBICKA Danuta | 389 | KGHM METRACO POLKOWICE | K 60-64 | 6 | | | 00:24:20 | 00:39:11 | 01:03:31 | +00:09:22 (23.9%) | 7:50 | 7.7 (76.2%) |
| 131 | NADOLSKA Halina | 185 | MOSIR RYPIN | K 45-49 | 8 | | | 00:20:53 | 00:39:16 | 01:00:09 | +00:09:27 (24.1%) | 7:51 | 7.6 (75.2%) |
| 132 | SPYCHAŁA Michalina | 252 | WESOŁY BORSUK TEAM | K Junior | 3 | | | 00:17:28 | 00:39:17 | 00:56:45 | +00:09:28 (24.1%) | 7:51 | 7.6 (75.2%) |
| 133 | FELIS Beata | 55 | | K 45-49 | 9 | | | 00:20:55 | 00:39:20 | 01:00:15 | +00:09:31 (24.2%) | 7:52 | 7.6 (75.2%) |
| 134 | JURCZYK Anna | 98 | RUN BYDGOSZCZ | K 40-44 | 5 | | | 00:20:06 | 00:39:22 | 00:59:28 | +00:09:33 (24.3%) | 7:52 | 7.6 (75.2%) |
| 135 | PIPIRO Grażyna | 576 | UKS ZSZ JEDYNKA | K 55-59 | 5 | | | 00:23:00 | 00:39:27 | 01:02:27 | +00:09:38 (24.4%) | 7:53 | 7.6 (75.2%) |
| 136 | MAKOWSKI Andrzej | 170 | KS ELBLĄSKIE WŁÓCZY-KIJE | M 55-59 | 10 | | | 00:13:49 | 00:39:28 | 00:53:17 | +00:09:39 (24.5%) | 7:53 | 7.6 (75.2%) |
| 137 | PAWŁOWSKA-WOŹNIAK Małgorzata | 206 | PODWÓJNY UŚMIECH | K 30-39 | 7 | | | 00:19:20 | 00:39:30 | 00:58:50 | +00:09:41 (24.5%) | 7:54 | 7.6 (75.2%) |
| 138 | PIDUCH Jan | 372 | MSICS-POZNAŃ | M 65-69 | 11 | | | 00:15:06 | 00:39:32 | 00:54:38 | +00:09:43 (24.6%) | 7:54 | 7.6 (75.2%) |
| 139 | KAPTEINA Robert | 101 | KS ELBLĄSKIE WŁÓCZY-KIJE | M 40-44 | 8 | 1 | | 00:10:52 | 00:39:36 | 00:50:28 | +00:09:47 (24.7%) | 7:55 | 7.6 (75.2%) |
| 140 | GÓRNIAK Julia | 67 | | K Junior | 4 | | | 00:17:28 | 00:39:38 | 00:57:06 | +00:09:49 (24.8%) | 7:55 | 7.6 (75.2%) |
| 141 | RYMER Marlena | 242 | NIEZRZESZONA | K 50-54 | 6 | | | 00:22:09 | 00:39:42 | 01:01:51 | +00:09:53 (24.9%) | 7:56 | 7.6 (75.2%) |
| 142 | PIOTROWSKA Joanna | 328 | PFNW | K 40-44 | 6 | | | 00:20:04 | 00:39:48 | 00:59:52 | +00:09:59 (25.1%) | 7:57 | 7.5 (74.3%) |
| 143 | PACZUSKA Małgorzata | 201 | FOREVER YOUNG ŁÓDŹ | K 55-59 | 6 | | | 00:23:03 | 00:39:49 | 01:02:52 | +00:10:00 (25.1%) | 7:57 | 7.5 (74.3%) |
| 144 | KRZANOWSKA Małgorzata | 130 | SAMOTNI WĘDROWCY | K 40-44 | 7 | | | 00:20:05 | 00:39:55 | 01:00:00 | +00:10:06 (25.3%) | 7:59 | 7.5 (74.3%) |
| 144 | SOBOLEWSKA Agnieszka | 306 | KLUBWITAMINKA.PL | K 40-44 | 8 | 1 | | 00:20:06 | 00:39:55 | 01:00:01 | +00:10:06 (25.3%) | 7:59 | 7.5 (74.3%) |
| 146 | DĄBROWSKI Andrzej | 319 | MARSZ | M 65-69 | 12 | | | 00:15:04 | 00:39:56 | 00:55:00 | +00:10:07 (25.3%) | 7:59 | 7.5 (74.3%) |
| 147 | PRZYBYŁAK Stanisław | 224 | MSICS-POZNAŃ | M 65-69 | 13 | | | 00:15:05 | 00:40:01 | 00:55:06 | +00:10:12 (25.5%) | 8:00 | 7.5 (74.3%) |
| 147 | OLESIEJUK Anna | 198 | SPOMLEK | K 50-54 | 7 | | | 00:22:10 | 00:40:01 | 01:02:11 | +00:10:12 (25.5%) | 8:00 | 7.5 (74.3%) |
| 149 | ZAWISŁA Stanisław | 300 | MARSZ PO ZDROWIE | M 60-64 | 8 | | | 00:14:22 | 00:40:08 | 00:54:30 | +00:10:19 (25.7%) | 8:01 | 7.5 (74.3%) |
| 150 | SIKORSKI Kazimierz | 345 | WTW WŁOCLAWEK | M 65-69 | 14 | | | 00:15:03 | 00:40:11 | 00:55:14 | +00:10:22 (25.8%) | 8:02 | 7.5 (74.3%) |
| 151 | MATYJA Anna | 413 | | K 45-49 | 10 | | | 00:20:54 | 00:40:12 | 01:01:06 | +00:10:23 (25.8%) | 8:02 | 7.5 (74.3%) |
| 152 | LENARTOWICZ Barbara | 145 | FOREVER YOUNG ŁÓDŹ | K 45-49 | 11 | | | 00:20:54 | 00:40:15 | 01:01:09 | +00:10:26 (25.9%) | 8:03 | 7.5 (74.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------------------------|----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 153 | CHOJNACKA Ewa | 31 | FOREVER YOUNG ŁÓDŹ | K 65-69 | 1 | | | 00:25:22 | 00:40:16 | 01:05:38 | +00:10:27 (26.0%) | 8:03 | 7.5 (74.3%) |
| 154 | WANDYCZ Sylwia | 395 | KGHM METRACO POLKOWICE | K 30-39 | 8 | | | 00:19:20 | 00:40:22 | 00:59:42 | +00:10:33 (26.1%) | 8:04 | 7.4 (73.3%) |
| 155 | PIATCZYC Wacław | 212 | NIEZRZESZONY | M Niepełnosprawni | 8 | | | 00:13:03 | 00:40:27 | 00:53:30 | +00:10:38 (26.3%) | 8:05 | 7.4 (73.3%) |
| 155 | PIATCZYC Barbara | 210 | NIEZRZESZONA | K 50-54 | 8 | | | 00:22:09 | 00:40:27 | 01:02:36 | +00:10:38 (26.3%) | 8:05 | 7.4 (73.3%) |
| 157 | STARZYŃSKA Ewa | 393 | KGHM METRACO POLKOWICE | K 60-64 | 7 | | | 00:24:22 | 00:40:28 | 01:04:50 | +00:10:39 (26.3%) | 8:05 | 7.4 (73.3%) |
| 158 | GRONALEWSKI Krzysztof | 76 | BŁĘKITNI NW DZIEMIANY | M 30-39 | 9 | | | 00:09:57 | 00:40:29 | 00:50:26 | +00:10:40 (26.3%) | 8:05 | 7.4 (73.3%) |
| 159 | NOWIŃSKI Jarosław | 193 | | M 30-39 | 10 | | | 00:09:54 | 00:40:32 | 00:50:26 | +00:10:43 (26.4%) | 8:06 | 7.4 (73.3%) |
| 160 | KORZENIOWSKA Aldona | 121 | SPOMLEK | K 45-49 | 12 | | | 00:20:56 | 00:40:35 | 01:01:31 | +00:10:46 (26.5%) | 8:07 | 7.4 (73.3%) |
| 160 | ROSOŁEK Elżbieta | 238 | GREEN TEAM | K 50-54 | 9 | | | 00:22:11 | 00:40:35 | 01:02:46 | +00:10:46 (26.5%) | 8:07 | 7.4 (73.3%) |
| 162 | NOWICKA Lidia | 191 | | K 30-39 | 9 | | | 00:19:20 | 00:40:36 | 00:59:56 | +00:10:47 (26.6%) | 8:07 | 7.4 (73.3%) |
| 162 | PTAS Jolanta | 228 | MOSIR CZELADZ | K 45-49 | 13 | | | 00:20:52 | 00:40:36 | 01:01:28 | +00:10:47 (26.6%) | 8:07 | 7.4 (73.3%) |
| 164 | BOBER-OGON Betina | 18 | SILESIA NORDIC TEAM | K 18-29 | 5 | | | 00:18:04 | 00:40:41 | 00:58:45 | +00:10:52 (26.7%) | 8:08 | 7.4 (73.3%) |
| 164 | OSAK Beata | 200 | SPOMLEK | K 40-44 | 9 | | | 00:20:07 | 00:40:41 | 01:00:48 | +00:10:52 (26.7%) | 8:08 | 7.4 (73.3%) |
| 166 | LEWANDOWSKA Anna | 152 | GOSIR OSIELSKO | K 18-29 | 6 | | | 00:18:08 | 00:40:42 | 00:58:50 | +00:10:53 (26.7%) | 8:08 | 7.4 (73.3%) |
| 167 | CISEK Jerzy | 330 | WTW WŁOCŁAWEK | M 65-69 | 15 | | | 00:15:03 | 00:40:44 | 00:55:47 | +00:10:55 (26.8%) | 8:08 | 7.4 (73.3%) |
| 168 | WERNIK Aneta | 283 | NW CIECHANÓW | K 40-44 | 10 | | | 00:20:04 | 00:40:46 | 01:00:50 | +00:10:57 (26.9%) | 8:09 | 7.4 (73.3%) |
| 169 | KARASIŃSKA Alicja | 102 | | K 45-49 | 14 | | | 00:20:53 | 00:40:49 | 01:01:42 | +00:11:00 (26.9%) | 8:09 | 7.3 (72.3%) |
| 170 | CHOŁODECKA Marta | 32 | | K Dzieci | 1 | | | 00:16:56 | 00:40:50 | 00:57:46 | +00:11:01 (27.0%) | 8:10 | 7.3 (72.3%) |
| 171 | JAKUBOWSKA Jolanta | 89 | | K Niepełnosprawni | 3 | | | 00:22:09 | 00:40:56 | 01:03:05 | +00:11:07 (27.2%) | 8:11 | 7.3 (72.3%) |
| 171 | CYBUL Ewa | 37 | SPOMLEK | K 55-59 | 7 | | | 00:23:04 | 00:40:56 | 01:04:00 | +00:11:07 (27.2%) | 8:11 | 7.3 (72.3%) |
| 173 | LEWANDOWSKI Łukasz | 153 | GOSIR OSIELSKO | M Dzieci | 5 | | | 00:07:51 | 00:40:58 | 00:48:49 | +00:11:09 (27.2%) | 8:11 | 7.3 (72.3%) |
| 174 | FIGURSKA Dominika | 57 | | K 18-29 | 7 | 1 | | 00:18:06 | 00:40:59 | 00:59:05 | +00:11:10 (27.2%) | 8:11 | 7.3 (72.3%) |
| 175 | ŚCIESIŃSKI Henryk | 600 | GOSIR OSIELSKO | M 70+ | 4 | | | 00:15:50 | 00:41:01 | 00:56:51 | +00:11:12 (27.3%) | 8:12 | 7.3 (72.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--------------------------|-------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 176 | PAWŁOWSKA Ewa | 207 | | K 60-64 | 8 | | | 00:24:22 | 00:41:06 | 01:05:28 | +00:11:17 (27.5%) | 8:13 | 7.3 (72.3%) |
| 176 | ANGIELCZYK Małgorzata | 5 | MARSZPOZDROWIE | K 60-64 | 9 | | | 00:24:27 | 00:41:06 | 01:05:33 | +00:11:17 (27.5%) | 8:13 | 7.3 (72.3%) |
| 176 | MAĆZKA Maria | 177 | | K 65-69 | 2 | | | 00:25:21 | 00:41:06 | 01:06:27 | +00:11:17 (27.5%) | 8:13 | 7.3 (72.3%) |
| 179 | KULIG Bożena | 135 | KS ELBŁĄSKIE WŁÓCZY-KIJE | K 60-64 | 10 | | | 00:24:25 | 00:41:11 | 01:05:36 | +00:11:22 (27.6%) | 8:14 | 7.3 (72.3%) |
| 180 | LISZKOWSKI Piotr | 382 | | M 70+ | 5 | | | 00:15:49 | 00:41:12 | 00:57:01 | +00:11:23 (27.6%) | 8:14 | 7.3 (72.3%) |
| 180 | MAZERSKA Maria | 175 | LKS ZANTYR SZTUM | K 65-69 | 3 | | | 00:25:24 | 00:41:12 | 01:06:36 | +00:11:23 (27.6%) | 8:14 | 7.3 (72.3%) |
| 182 | GRUSZKA Michał | 78 | NW LUBLINIEC | M Dzieci | 6 | | | 00:08:33 | 00:41:14 | 00:49:47 | +00:11:25 (27.7%) | 8:14 | 7.3 (72.3%) |
| 183 | WIESZOŁEK Ewelina | 285 | | K 30-39 | 10 | 1 | | 00:19:22 | 00:41:16 | 01:00:38 | +00:11:27 (27.7%) | 8:15 | 7.3 (72.3%) |
| 184 | ŚCIESIŃSKI Kamil | 269 | GOSIR OSIELSKO | M 18-29 | 9 | | | 00:09:09 | 00:41:18 | 00:50:27 | +00:11:29 (27.8%) | 8:15 | 7.3 (72.3%) |
| 185 | KOSIŃSKA Maria | 123 | MOSIR RYPIN | K 55-59 | 8 | | | 00:23:01 | 00:41:20 | 01:04:21 | +00:11:31 (27.9%) | 8:16 | 7.3 (72.3%) |
| 186 | WOLAK Maryla | 291 | | K 45-49 | 15 | | | 00:20:59 | 00:41:22 | 01:02:21 | +00:11:33 (27.9%) | 8:16 | 7.3 (72.3%) |
| 187 | KALISZUK Edyta | 99 | | K 45-49 | 16 | | | 00:20:55 | 00:41:28 | 01:02:23 | +00:11:39 (28.1%) | 8:17 | 7.2 (71.3%) |
| 188 | KIETRYS Grażyna | 113 | MARSZ PO ZDROWIE | K 50-54 | 10 | | | 00:22:12 | 00:41:31 | 01:03:43 | +00:11:42 (28.2%) | 8:18 | 7.2 (71.3%) |
| 188 | CZERWIŃSKA Wanda | 40 | | K 60-64 | 11 | | | 00:24:26 | 00:41:31 | 01:05:57 | +00:11:42 (28.2%) | 8:18 | 7.2 (71.3%) |
| 190 | FILUSZ Alfred | 58 | | M 45-49 | 9 | | | 00:11:30 | 00:41:32 | 00:53:02 | +00:11:43 (28.2%) | 8:18 | 7.2 (71.3%) |
| 191 | KOŁPAK Irena | 412 | LKS ZANTYR SZTUM | K 60-64 | 12 | | | 00:24:24 | 00:41:42 | 01:06:06 | +00:11:53 (28.5%) | 8:20 | 7.2 (71.3%) |
| 192 | PILECKI Gustaw | 214 | GOSIR OSIELSKO | M 65-69 | 16 | | | 00:15:04 | 00:41:44 | 00:56:48 | +00:11:55 (28.6%) | 8:20 | 7.2 (71.3%) |
| 193 | UKLEJEWSKA Oliwia | 277 | GOSIR OSIELSKO | K Dzieci | 2 | | | 00:16:56 | 00:41:49 | 00:58:45 | +00:12:00 (28.7%) | 8:21 | 7.2 (71.3%) |
| 194 | BIK Przemysław | 14 | KGHM METRACO POLKOWICE | M Dzieci | 7 | | | 00:07:50 | 00:41:55 | 00:49:45 | +00:12:06 (28.9%) | 8:23 | 7.2 (71.3%) |
| 195 | NOWIŃSKA Jolanta | 192 | | K 30-39 | 11 | | | 00:19:23 | 00:41:58 | 01:01:21 | +00:12:09 (29.0%) | 8:23 | 7.1 (70.3%) |
| 196 | GROCHOWALSKA Jadwiga | 73 | BAWILAND | K Niepełnosprawni | 4 | | | 00:22:12 | 00:42:01 | 01:04:13 | +00:12:12 (29.0%) | 8:24 | 7.1 (70.3%) |
| 197 | KRAWCZYKOWSKA Barbara | 127 | LKS ZANTYR SZTUM | K 55-59 | 9 | | | 00:23:01 | 00:42:03 | 01:05:04 | +00:12:14 (29.1%) | 8:24 | 7.1 (70.3%) |
| 198 | STAWNIAK Wanda | 253 | UTW ŻNIN | K 60-64 | 13 | | | 00:24:25 | 00:42:05 | 01:06:30 | +00:12:16 (29.1%) | 8:25 | 7.1 (70.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|-------------------------|-------------------|------|-------------|--------------|-------------|-----------------|-----------------|-------------------|--------------|-------------|
| 199 | PIPIRO Grzegorz | 216 | UKS ZSZ JEDYNKA | M Niepełnosprawni | 9 | | | 00:13:48 | 00:42:06 | 00:55:54 | +00:12:17 (29.2%) | 8:25 | 7.1 (70.3%) |
| 200 | KUPER Mariusz | 137 | | M 30-39 | 11 | | | 00:09:57 | 00:42:07 | 00:52:04 | +00:12:18 (29.2%) | 8:25 | 7.1 (70.3%) |
| 201 | KĄCKOWSKA Beata | 109 | JEZIORKI - AKTYWNA WIEŚ | K 40-44 | 11 | | | 00:20:06 | 00:42:12 | 01:02:18 | +00:12:23 (29.3%) | 8:26 | 7.1 (70.3%) |
| 202 | NOWAKOWSKI Tomasz | 188 | GOSIR OSIELSKO | M Niepełnosprawni | 10 | | | 00:13:48 | 00:42:13 | 00:56:01 | +00:12:24 (29.4%) | 8:26 | 7.1 (70.3%) |
| 203 | MACKIEWICZ Michał | 168 | NW CIECHANÓW | M 18-29 | 10 | 1 | | 00:09:10 | 00:42:14 | 00:51:24 | +00:12:25 (29.4%) | 8:26 | 7.1 (70.3%) |
| 204 | DYLEWSKI Andrzej | 51 | DĄBROWA NORDIC TEAM | M 60-64 | 9 | | | 00:14:21 | 00:42:18 | 00:56:39 | +00:12:29 (29.5%) | 8:27 | 7.1 (70.3%) |
| 205 | RÓŻYCKA Beata | 241 | SPOMLEK | K 40-44 | 12 | | | 00:20:08 | 00:42:19 | 01:02:27 | +00:12:30 (29.5%) | 8:27 | 7.1 (70.3%) |
| 206 | ŚWIĆ Joanna | 271 | SPOMLEK | K 40-44 | 13 | | | 00:20:07 | 00:42:22 | 01:02:29 | +00:12:33 (29.6%) | 8:28 | 7.1 (70.3%) |
| 206 | MARCINIAK Hanna | 342 | WTW WŁOCŁAWEK | K 50-54 | 11 | | | 00:22:47 | 00:42:22 | 01:05:09 | +00:12:33 (29.6%) | 8:28 | 7.1 (70.3%) |
| 208 | HARTMANN Jolanta | 86 | PATYCZAKI | K 50-54 | 12 | | | 00:22:11 | 00:42:24 | 01:04:35 | +00:12:35 (29.7%) | 8:28 | 7.1 (70.3%) |
| 209 | SZAROWSKA Gabriela | 260 | GOSIR OSIELSKO | K 60-64 | 14 | | | 00:24:26 | 00:42:30 | 01:06:56 | +00:12:41 (29.8%) | 8:30 | 7.1 (70.3%) |
| 210 | DRAGAN Romuald | 310 | BYDGOSZCZ | M 45-49 | 10 | | | 00:11:31 | 00:42:32 | 00:54:03 | +00:12:43 (29.9%) | 8:30 | 7.1 (70.3%) |
| 211 | SZULC Adam | 264 | MOSIR MŁAWA | M Dzieci | 8 | | | 00:07:53 | 00:42:33 | 00:50:26 | +00:12:44 (29.9%) | 8:30 | 7.1 (70.3%) |
| 212 | WIĘCKOWSKA Dorota | 286 | SPOMLEK | K 45-49 | 17 | | | 00:20:57 | 00:42:36 | 01:03:33 | +00:12:47 (30.0%) | 8:31 | 7 (69.3%) |
| 213 | RUDZIŃSKI Wiesław | 321 | BYDGOSZCZ | M 50-54 | 10 | | | 00:13:03 | 00:42:38 | 00:55:41 | +00:12:49 (30.1%) | 8:31 | 7 (69.3%) |
| 213 | OBREŃBSKA Wioletta | 194 | SPOMLEK | K 40-44 | 14 | | | 00:20:09 | 00:42:38 | 01:02:47 | +00:12:49 (30.1%) | 8:31 | 7 (69.3%) |
| 215 | OKAS Aleksandra | 196 | UKS ZSZ JEDYNKA | K Dzieci | 3 | | | 00:16:57 | 00:42:39 | 00:59:36 | +00:12:50 (30.1%) | 8:31 | 7 (69.3%) |
| 216 | MAZUR Barbara | 176 | SPOMLEK | K 60-64 | 15 | | | 00:24:29 | 00:42:40 | 01:07:09 | +00:12:51 (30.1%) | 8:32 | 7 (69.3%) |
| 217 | SIEMIONEK Jolanta | 244 | AKTYWNI Z PASJĄ ŁUKÓW | K Niepełnosprawni | 5 | | | 00:23:02 | 00:42:44 | 01:05:46 | +00:12:55 (30.2%) | 8:32 | 7 (69.3%) |
| 218 | CZAJA Aneta | 38 | JEZIORKI - AKTYWNA WIEŚ | K 30-39 | 12 | | | 00:19:25 | 00:42:53 | 01:02:18 | +00:13:04 (30.5%) | 8:34 | 7 (69.3%) |
| 219 | MOCZARSKI Adam | 189 | ŻABI KRUK | M Niepełnosprawni | 11 | | | 00:15:06 | 00:42:57 | 00:58:03 | +00:13:08 (30.6%) | 8:35 | 7 (69.3%) |
| 219 | PIĘNCZEWSKA Sylwia | 213 | | K 18-29 | 8 | | | 00:18:07 | 00:42:57 | 01:01:04 | +00:13:08 (30.6%) | 8:35 | 7 (69.3%) |
| 221 | MACIEJAK Monika | 166 | | K 30-39 | 13 | | | 00:19:21 | 00:42:58 | 01:02:19 | +00:13:09 (30.6%) | 8:35 | 7 (69.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|--------------------------|----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 222 | LEWANDOWSKA Monika | 422 | | K 18-29 | 9 | | | 00:18:08 | 00:43:07 | 01:01:15 | +00:13:18 (30.8%) | 8:37 | 7 (69.3%) |
| 223 | KULESZA-BRUNKA Dorota | 134 | KS ELBLĄSKIE WŁÓCZY-KIJE | K 50-54 | 13 | | | 00:22:10 | 00:43:12 | 01:05:22 | +00:13:23 (31.0%) | 8:38 | 6.9 (68.3%) |
| 224 | FAFARA Maciej | 54 | KGHM METRACO POLKOWICE | M 65-69 | 17 | | | 00:15:01 | 00:43:20 | 00:58:21 | +00:13:31 (31.2%) | 8:40 | 6.9 (68.3%) |
| 225 | WEŁNICKA Lidia | 610 | GOSIR OSIELSKO | K 45-49 | 18 | | | 00:20:54 | 00:43:23 | 01:04:17 | +00:13:34 (31.3%) | 8:40 | 6.9 (68.3%) |
| 226 | WIERESZKO-CZYŻ Regina | 284 | | K 55-59 | 10 | | | 00:23:02 | 00:43:30 | 01:06:32 | +00:13:41 (31.5%) | 8:42 | 6.9 (68.3%) |
| 227 | MACHOWICZ Adam | 400 | KGHM METRACO POLKOWICE | M 60-64 | 10 | | | 00:14:22 | 00:43:35 | 00:57:57 | +00:13:46 (31.6%) | 8:43 | 6.9 (68.3%) |
| 228 | KUPER Justyna | 136 | | K 30-39 | 14 | | | 00:19:22 | 00:43:37 | 01:02:59 | +00:13:48 (31.6%) | 8:43 | 6.9 (68.3%) |
| 229 | WROŃSKI Dawid | 296 | TKKF MOSIR CZELADŹ | M 18-29 | 11 | | | 00:09:08 | 00:43:42 | 00:52:50 | +00:13:53 (31.8%) | 8:44 | 6.9 (68.3%) |
| 230 | DYSARZ Karolina | 52 | | K 30-39 | 15 | | | 00:19:22 | 00:43:49 | 01:03:11 | +00:14:00 (32.0%) | 8:45 | 6.8 (67.3%) |
| 231 | KOWALSKA-BARTNIK Agnieszka | 124 | | K 30-39 | 16 | | | 00:19:21 | 00:43:52 | 01:03:13 | +00:14:03 (32.0%) | 8:46 | 6.8 (67.3%) |
| 232 | GRUSZKA Ilona | 77 | NW LUBLINIEC | K 40-44 | 15 | | | 00:20:04 | 00:43:53 | 01:03:57 | +00:14:04 (32.1%) | 8:46 | 6.8 (67.3%) |
| 233 | ZAKRZEWSKA Henryka | 298 | | K 65-69 | 4 | | | 00:25:22 | 00:43:55 | 01:09:17 | +00:14:06 (32.1%) | 8:47 | 6.8 (67.3%) |
| 234 | GÓRSKI Piotr | 71 | GOSIR OSIELSKO | M 50-54 | 11 | | | 00:13:46 | 00:44:03 | 00:57:49 | +00:14:14 (32.3%) | 8:48 | 6.8 (67.3%) |
| 235 | KRUK Hanna | 128 | KS ELBLĄSKIE WŁÓCZY-KIJE | K 40-44 | 16 | | | 00:20:05 | 00:44:04 | 01:04:09 | +00:14:15 (32.3%) | 8:48 | 6.8 (67.3%) |
| 236 | KSIĄŻEK Danuta | 131 | SPOMLEK | K 55-59 | 11 | | | 00:23:03 | 00:44:06 | 01:07:09 | +00:14:17 (32.4%) | 8:49 | 6.8 (67.3%) |
| 237 | SZNAJDER Teresa | 406 | ZSE-U W RYBNIKU | K 60-64 | 16 | | | 00:24:30 | 00:44:13 | 01:08:43 | +00:14:24 (32.6%) | 8:50 | 6.8 (67.3%) |
| 238 | STRZELECKA Małgorzata | 255 | SAILING TEAM FERAJNA | K 40-44 | 17 | | | 00:20:07 | 00:44:20 | 01:04:27 | +00:14:31 (32.7%) | 8:52 | 6.8 (67.3%) |
| 239 | MARCINIUK Katarzyna | 172 | SPOMLEK | K 40-44 | 18 | | | 00:20:08 | 00:44:24 | 01:04:32 | +00:14:35 (32.8%) | 8:52 | 6.8 (67.3%) |
| 240 | NOWALIŃSKI Piotr | 190 | FACE NORDIC WALKING TEAM | M Niepełnosprawni | 12 | | | 00:11:32 | 00:44:31 | 00:56:03 | +00:14:42 (33.0%) | 8:54 | 6.7 (66.3%) |
| 241 | LISZEWSKI Marek | 160 | MOSIR RYPIN | M Niepełnosprawni | 13 | | | 00:13:49 | 00:44:36 | 00:58:25 | +00:14:47 (33.1%) | 8:55 | 6.7 (66.3%) |
| 242 | KIEDROWSKI Włodzimierz | 112 | | M 70+ | 6 | | | 00:15:48 | 00:44:41 | 01:00:29 | +00:14:52 (33.3%) | 8:56 | 6.7 (66.3%) |
| 243 | TOMPOROWSKA Jolanta | 402 | PTE FAMA | K 45-49 | 19 | | | 00:20:56 | 00:44:52 | 01:05:48 | +00:15:03 (33.5%) | 8:58 | 6.7 (66.3%) |
| 244 | ZIELIŃSKA Elżbieta | 301 | SPOMLEK | K 50-54 | 14 | | | 00:20:55 | 00:44:53 | 01:05:48 | +00:15:04 (33.6%) | 8:58 | 6.7 (66.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-------------------------|----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 245 | GÓRSKA Violetta | 69 | GOSIR OSIELSKO | K 45-49 | 20 | | | 00:20:59 | 00:44:54 | 01:05:53 | +00:15:05 (33.6%) | 8:58 | 6.7 (66.3%) |
| 246 | RAJEWSKA Beata | 231 | JEZIORKI - AKTYWNA WIEŚ | K 30-39 | 17 | | | 00:19:24 | 00:45:01 | 01:04:25 | +00:15:12 (33.8%) | 9:00 | 6.7 (66.3%) |
| 247 | BLACHOWSKA Monika | 314 | | K 30-39 | 18 | | | 00:19:21 | 00:45:02 | 01:04:23 | +00:15:13 (33.8%) | 9:00 | 6.7 (66.3%) |
| 248 | WILCZYŃSKA Barbara | 288 | AKTYWNI Z PASJĄ ŁUKÓW | K 60-64 | 17 | | | 00:24:28 | 00:45:07 | 01:09:35 | +00:15:18 (33.9%) | 9:01 | 6.6 (65.3%) |
| 249 | ROSZAK Magdalena | 239 | GOSIR OSIELSKO | K Junior | 5 | | | 00:17:27 | 00:45:08 | 01:02:35 | +00:15:19 (33.9%) | 9:01 | 6.6 (65.3%) |
| 250 | GULBICKA Teresa | 83 | | K 55-59 | 12 | | | 00:23:02 | 00:45:09 | 01:08:11 | +00:15:20 (34.0%) | 9:01 | 6.6 (65.3%) |
| 251 | ZIĘBA Julia | 303 | KLUB NW STADION SŁĄSKI | K 70+ | 1 | | | 00:25:28 | 00:45:12 | 01:10:40 | +00:15:23 (34.0%) | 9:02 | 6.6 (65.3%) |
| 252 | KORYCKA Natalia | 120 | MOSIR RYPIN | K Junior | 6 | | | 00:17:27 | 00:45:18 | 01:02:45 | +00:15:29 (34.2%) | 9:03 | 6.6 (65.3%) |
| 253 | CHRAPEK Daria | 358 | | K Junior | 7 | | | 00:17:29 | 00:45:21 | 01:02:50 | +00:15:32 (34.3%) | 9:04 | 6.6 (65.3%) |
| 254 | PASTWA Iwona | 204 | BŁĘKITNI NW DZIEMIANY | K 40-44 | 19 | | | 00:20:04 | 00:45:24 | 01:05:28 | +00:15:35 (34.3%) | 9:04 | 6.6 (65.3%) |
| 255 | GROMASZEK Dariusz | 75 | SPOMLEK | M 60-64 | 11 | | | 00:14:22 | 00:45:29 | 00:59:51 | +00:15:40 (34.4%) | 9:05 | 6.6 (65.3%) |
| 256 | OSTROWSKA Halina | 337 | WTW WŁOCŁAWEK | K 55-59 | 13 | | | 00:23:05 | 00:45:33 | 01:08:38 | +00:15:44 (34.5%) | 9:06 | 6.6 (65.3%) |
| 256 | MĄTEWSKA Ewa | 179 | PATYCZAKI | K 60-64 | 18 | | | 00:24:22 | 00:45:33 | 01:09:55 | +00:15:44 (34.5%) | 9:06 | 6.6 (65.3%) |
| 258 | GRABOWSKA Agnieszka | 72 | MOSIR RYPIN | K Niepełnosprawni | 6 | | | 00:23:06 | 00:45:35 | 01:08:41 | +00:15:46 (34.6%) | 9:07 | 6.6 (65.3%) |
| 259 | KOCIŃSKI Leszek | 344 | WTW WŁOCŁAWEK | M 65-69 | 18 | | | 00:15:02 | 00:45:36 | 01:00:38 | +00:15:47 (34.6%) | 9:07 | 6.6 (65.3%) |
| 260 | ANTOSZEWSKA Katarzyna | 6 | | K 30-39 | 19 | | | 00:19:23 | 00:45:40 | 01:05:03 | +00:15:51 (34.7%) | 9:08 | 6.6 (65.3%) |
| 261 | ANDRZEJEWSKA Bogusława | 1 | AKTYWNI 55 | K 55-59 | 14 | | | 00:23:02 | 00:45:42 | 01:08:44 | +00:15:53 (34.8%) | 9:08 | 6.6 (65.3%) |
| 262 | ZINKIEWICZ Filip | 423 | | M 18-29 | 12 | | | 00:13:04 | 00:45:45 | 00:58:49 | +00:15:56 (34.8%) | 9:09 | 6.6 (65.3%) |
| 263 | OGONOWSKA Edyta | 195 | KLUB NW PATYCZAKI | K 50-54 | 15 | | | 00:22:13 | 00:45:50 | 01:08:03 | +00:16:01 (34.9%) | 9:10 | 6.5 (64.4%) |
| 264 | ANDRZEJEWSKA Julia | 2 | | K Dzieci | 4 | | | 00:16:58 | 00:45:55 | 01:02:53 | +00:16:06 (35.1%) | 9:11 | 6.5 (64.4%) |
| 265 | RATOWSKI Piotr | 362 | | M Dzieci | 9 | | | 00:07:51 | 00:46:02 | 00:53:53 | +00:16:13 (35.2%) | 9:12 | 6.5 (64.4%) |
| 266 | BERGIEL Agnieszka | 13 | SPOMLEK | K 30-39 | 20 | | | 00:19:26 | 00:46:08 | 01:05:34 | +00:16:19 (35.4%) | 9:13 | 6.5 (64.4%) |
| 267 | MĄCZKOWSKA Danuta | 178 | | K 55-59 | 15 | | | 00:23:03 | 00:46:10 | 01:09:13 | +00:16:21 (35.4%) | 9:14 | 6.5 (64.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 268 | WIADERSKA Grażyna | | | K 60-64 | 19 | | | 00:24:24 | 00:46:12 | 01:10:36 | +00:16:23 (35.5%) | 9:14 | 6.5 (64.4%) |
| 269 | BEŁCZYŃSKA Edyta | 12 | KS ELBLĄSKIE WŁÓCZY-KIJE | K 45-49 | 21 | | | 00:20:59 | 00:46:13 | 01:07:12 | +00:16:24 (35.5%) | 9:14 | 6.5 (64.4%) |
| 270 | SZULC-DRABCZYK Urszula | 396 | KGHM METRACO POLKOWICE | K Niepełnosprawni | 7 | | | 00:24:22 | 00:46:19 | 01:10:41 | +00:16:30 (35.6%) | 9:15 | 6.5 (64.4%) |
| 271 | NOWAKOWSKA Ewa | 187 | GOSIR OSIELSKO | K Niepełnosprawni | 8 | | | 00:23:02 | 00:46:25 | 01:09:27 | +00:16:36 (35.8%) | 9:17 | 6.5 (64.4%) |
| 272 | KRASUCKA Urszula | 126 | AKTYWNI Z PASJĄ ŁUKÓW | K Niepełnosprawni | 9 | | | 00:25:23 | 00:46:28 | 01:11:51 | +00:16:39 (35.8%) | 9:17 | 6.5 (64.4%) |
| 273 | CZERNIK Teresa | 333 | WTW WŁOCLAWEK | K 60-64 | 20 | | | 00:24:26 | 00:46:32 | 01:10:58 | +00:16:43 (35.9%) | 9:18 | 6.4 (63.4%) |
| 274 | BOSEK Ewa | 24 | KSN ŁUCZNICZKA BYDGOSZCZ | K Niepełnosprawni | 10 | | | 00:19:27 | 00:46:38 | 01:06:05 | +00:16:49 (36.1%) | 9:19 | 6.4 (63.4%) |
| 275 | TURZYŃSKA Józefa | 275 | BŁĘKITNI NW DZIEMIANY | K 65-69 | 5 | | | 00:25:22 | 00:46:41 | 01:12:03 | +00:16:52 (36.1%) | 9:20 | 6.4 (63.4%) |
| 276 | GOTOWSKI Rafał | 65 | UNIWERSYTET KAZIMIERZA WIELKIEGO | M 40-44 | 9 | | | 00:10:53 | 00:46:48 | 00:57:41 | +00:16:59 (36.3%) | 9:21 | 6.4 (63.4%) |
| 277 | WINIARSKA Magdalena | 327 | UKS TARPAN CHEŁMNO | K Niepełnosprawni | 11 | | | 00:19:23 | 00:46:55 | 01:06:18 | +00:17:06 (36.4%) | 9:23 | 6.4 (63.4%) |
| 277 | KOLBUSZ Janina | 391 | KGHM METRACO POLKOWICE | K 65-69 | 6 | | | 00:25:22 | 00:46:55 | 01:12:17 | +00:17:06 (36.4%) | 9:23 | 6.4 (63.4%) |
| 279 | WOŹNIAK Stanisława | 392 | KGHM METRACO POLKOWICE | K 60-64 | 21 | | | 00:24:24 | 00:46:57 | 01:11:21 | +00:17:08 (36.5%) | 9:23 | 6.4 (63.4%) |
| 280 | JERECZEK Grażyna | 92 | BŁĘKITNI NW DZIEMIANY | K 50-54 | 16 | | | 00:22:10 | 00:47:07 | 01:09:17 | +00:17:18 (36.7%) | 9:25 | 6.4 (63.4%) |
| 281 | CZĘSTOCHOWSKI Tadeusz | 43 | DZIECIĘCE GRAFFITI | M Niepełnosprawni | 14 | | | 00:15:49 | 00:47:08 | 01:02:57 | +00:17:19 (36.7%) | 9:25 | 6.4 (63.4%) |
| 282 | PARTYKA Danuta | 203 | NW PATYCZAKI | K 60-64 | 22 | | | 00:24:22 | 00:47:11 | 01:11:33 | +00:17:22 (36.8%) | 9:26 | 6.4 (63.4%) |
| 283 | POTOCKI Rafał | 421 | | M Dzieci | 10 | | | 00:07:52 | 00:47:15 | 00:55:07 | +00:17:26 (36.9%) | 9:27 | 6.3 (62.4%) |
| 284 | WOLNA Urszula | 293 | KS ELBLĄSKIE WŁÓCZY-KIJE | K 60-64 | 23 | | | 00:24:25 | 00:47:23 | 01:11:48 | +00:17:34 (37.1%) | 9:28 | 6.3 (62.4%) |
| 285 | OLEK Mirosław | 197 | GOSIR OSIELSKO | M 55-59 | 11 | | | 00:13:47 | 00:47:29 | 01:01:16 | +00:17:40 (37.2%) | 9:29 | 6.3 (62.4%) |
| 286 | LISZEWSKA Zofia | 373 | MOSIR RYPIN | K 55-59 | 16 | | | 00:23:04 | 00:47:45 | 01:10:49 | +00:17:56 (37.6%) | 9:33 | 6.3 (62.4%) |
| 286 | LECYK Jadwiga | 144 | SPOMLEK | K 60-64 | 24 | | | 00:24:28 | 00:47:45 | 01:12:13 | +00:17:56 (37.6%) | 9:33 | 6.3 (62.4%) |
| 288 | PRZYBYLAK Dorota | 223 | | K Niepełnosprawni | 12 | | | 00:25:25 | 00:48:07 | 01:13:32 | +00:18:18 (38.0%) | 9:37 | 6.2 (61.4%) |
| 289 | BURDANOWSKI Andrzej | 29 | GOSIR OSIELSKO | M 30-39 | 12 | | | 00:09:53 | 00:48:09 | 00:58:02 | +00:18:20 (38.1%) | 9:37 | 6.2 (61.4%) |
| 289 | WINCZEWSKA Anna | 367 | RUCH PO ZDROWIE WŁOCLAWEK | K 45-49 | 22 | | | 00:20:59 | 00:48:09 | 01:09:08 | +00:18:20 (38.1%) | 9:37 | 6.2 (61.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------------|-------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 291 | KLIMOWSKA Stanisława | 539 | MOSIR RYPIN | K 65-69 | 7 | | | 00:25:25 | 00:48:20 | 01:13:45 | +00:18:31 (38.3%) | 9:40 | 6.2 (61.4%) |
| 292 | KĄCKOWSKI Marek | 110 | JEZIORKI - AKTYWNA WIEŚ | M 60-64 | 12 | | | 00:15:05 | 00:48:26 | 01:03:31 | +00:18:37 (38.4%) | 9:41 | 6.2 (61.4%) |
| 293 | FĄLKOWSKA Maria | 53 | MOSIR RYPIN | K 65-69 | 8 | | | 00:25:24 | 00:48:35 | 01:13:59 | +00:18:46 (38.6%) | 9:43 | 6.2 (61.4%) |
| 294 | KRALSKA Anna | 331 | WTW WŁOCŁAWEK | K 60-64 | 25 | | | 00:24:28 | 00:48:45 | 01:13:13 | +00:18:56 (38.8%) | 9:45 | 6.2 (61.4%) |
| 295 | SZULC Mariola | 265 | MARSZ PO ZDROWIE | K 50-54 | 17 | | | 00:22:13 | 00:48:56 | 01:11:09 | +00:19:07 (39.1%) | 9:47 | 6.1 (60.4%) |
| 296 | BEŁCZYŃSKA Bożena | 11 | KS ELBLĄSKIE WŁÓCZY-KIJE | K 60-64 | 26 | | | 00:24:25 | 00:49:14 | 01:13:39 | +00:19:25 (39.4%) | 9:50 | 6.1 (60.4%) |
| 296 | SZAROLETA Zofia | 259 | KGHM METRACO POLKOWICE | K 70+ | 2 | | | 00:25:26 | 00:49:14 | 01:14:40 | +00:19:25 (39.4%) | 9:50 | 6.1 (60.4%) |
| 298 | SZPANOWSKA Marta | 399 | | K 18-29 | 10 | | | 00:18:05 | 00:49:20 | 01:07:25 | +00:19:31 (39.6%) | 9:52 | 6.1 (60.4%) |
| 299 | ŻYWICA Zuzanna | 334 | WTW WŁOCŁAWEK | K 55-59 | 17 | | | 00:23:06 | 00:49:38 | 01:12:44 | +00:19:49 (39.9%) | 9:55 | 6 (59.4%) |
| 300 | ZAKRZEWSKA Barbara | 394 | KGHM METRACO POLKOWICE | K 65-69 | 9 | | | 00:25:27 | 00:49:50 | 01:15:17 | +00:20:01 (40.2%) | 9:58 | 6 (59.4%) |
| 301 | LEWANDOWSKI Szymon | 156 | GOSIR OSIELSKO | M Dzieci | 11 | | | 00:07:51 | 00:50:05 | 00:57:56 | +00:20:16 (40.5%) | 10:01 | 6 (59.4%) |
| 302 | LEWANDOWSKI Sławomir | 155 | GOSIR OSIELSKO | M Dzieci | 12 | | | 00:07:51 | 00:50:07 | 00:57:58 | +00:20:18 (40.5%) | 10:01 | 6 (59.4%) |
| 303 | CIEŚLAK Iwona | 36 | AKTYWNI Z PASJĄ ŁUKÓW | K 45-49 | 23 | | | 00:20:53 | 00:50:09 | 01:11:02 | +00:20:20 (40.5%) | 10:01 | 6 (59.4%) |
| 304 | MACHAJEK Krzysztof | 387 | KGHM METRACO POLKOWICE | M Niepełnosprawni | 15 | | | 00:14:23 | 00:50:16 | 01:04:39 | +00:20:27 (40.7%) | 10:03 | 6 (59.4%) |
| 305 | GROBELNA Jadwiga | 390 | KGHM METRACO POLKOWICE | K 60-64 | 27 | | | 00:24:23 | 00:50:21 | 01:14:44 | +00:20:32 (40.8%) | 10:04 | 6 (59.4%) |
| 306 | KOSICKA Beata | 122 | | K 45-49 | 24 | | | 00:21:00 | 00:50:49 | 01:11:49 | +00:21:00 (41.3%) | 10:09 | 5.9 (58.4%) |
| 306 | LIPONOGA Wanda | 159 | FACE NORDIC WALKING TEAM | K 60-64 | 28 | | | 00:24:27 | 00:50:49 | 01:15:16 | +00:21:00 (41.3%) | 10:09 | 5.9 (58.4%) |
| 308 | POKOJSKA Ewelina | 217 | UWM OLSZTYN | K 18-29 | 11 | | | 00:18:05 | 00:50:59 | 01:09:04 | +00:21:10 (41.5%) | 10:11 | 5.9 (58.4%) |
| 309 | TYLUTKI Andrzej | 276 | NORDIC ACTIVE TARNOBZEG | M 45-49 | 11 | | | 00:11:32 | 00:51:10 | 01:02:42 | +00:21:21 (41.7%) | 10:14 | 5.9 (58.4%) |
| 310 | PASTWA Oliwia | 205 | BŁĘKITNI NW DZIEMIANY | K Dzieci | 5 | | | 00:16:56 | 00:51:28 | 01:08:24 | +00:21:39 (42.1%) | 10:17 | 5.8 (57.4%) |
| 311 | PRACKA Katarzyna | 341 | WTW WŁOCŁAWEK | K 45-49 | 25 | | | 00:20:58 | 00:51:29 | 01:12:27 | +00:21:40 (42.1%) | 10:17 | 5.8 (57.4%) |
| 312 | GINTER Paulina | 416 | | K 18-29 | 12 | | | 00:18:06 | 00:51:33 | 01:09:39 | +00:21:44 (42.2%) | 10:18 | 5.8 (57.4%) |
| 313 | PIĄTKOWSKI Józef | 388 | KGHM METRACO POLKOWICE | M 70+ | 7 | | | 00:15:51 | 00:52:05 | 01:07:56 | +00:22:16 (42.8%) | 10:25 | 5.8 (57.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|--------------------------|----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 314 | GINTER Justyna | 417 | | K 40-44 | 20 | | | 00:18:06 | 00:52:06 | 01:10:12 | +00:22:17 (42.8%) | 10:25 | 5.8 (57.4%) |
| 314 | KUCHARKO Justyna | 415 | 1987 | K 18-29 | 13 | | | 00:18:06 | 00:52:06 | 01:10:12 | +00:22:17 (42.8%) | 10:25 | 5.8 (57.4%) |
| 316 | RUDZIŃSKA Violetta | 322 | | K 50-54 | 18 | | | 00:22:11 | 00:52:09 | 01:14:20 | +00:22:20 (42.8%) | 10:25 | 5.8 (57.4%) |
| 317 | JERECZEK Sandra | 94 | BŁĘKITNI NW DZIEMIANY | K Dzieci | 6 | | | 00:16:57 | 00:52:21 | 01:09:18 | +00:22:32 (43.0%) | 10:28 | 5.7 (56.4%) |
| 318 | PRUS Sabina | 222 | GOSIR OSIELSKO | K 60-64 | 29 | | | 00:24:23 | 00:53:04 | 01:17:27 | +00:23:15 (43.8%) | 10:36 | 5.7 (56.4%) |
| 319 | DROP Mieczysław | 49 | | M 70+ | 8 | | | 00:15:51 | 00:53:14 | 01:09:05 | +00:23:25 (44.0%) | 10:38 | 5.6 (55.4%) |
| 320 | KRUGIEL Irena | 313 | GOSIR OSIELSKO | K 50-54 | 19 | | | 00:22:14 | 00:54:19 | 01:16:33 | +00:24:30 (45.1%) | 10:51 | 5.5 (54.5%) |
| 321 | LESZCZYŃSKI Bartosz | 150 | GOSIR OSIELSKO | M Dzieci | 13 | | | 00:16:58 | 00:54:50 | 01:11:48 | +00:25:01 (45.6%) | 10:58 | 5.5 (54.5%) |
| 322 | SUMARA Bernardyna | 258 | GOSIR OSIELSKO | K 70+ | 3 | | | 00:25:28 | 00:56:54 | 01:22:22 | +00:27:05 (47.6%) | 11:22 | 5.3 (52.5%) |
| 323 | CHUDZIŃSKA Grażyna | 33 | KS ELBLĄSKIE WŁÓCZY-KIJE | K 60-64 | 30 | | | 00:24:28 | 00:58:21 | 01:22:49 | +00:28:32 (48.9%) | 11:40 | 5.1 (50.5%) |
| 324 | WRÓBLEWSKI Józef | 97 | GOSIR OSIELSKO | M 70+ | 9 | | | 00:25:23 | 00:59:08 | 01:24:31 | +00:29:19 (49.6%) | 11:49 | 5.1 (50.5%) |
| 325 | CICHOCKI Wiesław | 371 | KLUB NW PATYCZAKI | M Niepełnosprawni | 16 | | | 00:14:25 | 00:59:32 | 01:13:57 | +00:29:43 (49.9%) | 11:54 | 5 (49.5%) |
| 326 | SIKORSKA Elżbieta | 338 | WTW WŁOCŁAWEK | K 65-69 | 10 | | | 00:25:26 | 00:59:39 | 01:25:05 | +00:29:50 (50.0%) | 11:55 | 5 (49.5%) |
| 327 | PIEROWSKA Halina | 339 | WTW WŁOCŁAWEK | K 65-69 | 11 | | | 00:25:25 | 00:59:40 | 01:25:05 | +00:29:51 (50.0%) | 11:56 | 5 (49.5%) |
| 328 | KUJAWA Oralia | 133 | GOSIR OSIELSKO | K 65-69 | 12 | | | 00:25:26 | 01:02:58 | 01:28:24 | +00:33:09 (52.6%) | 12:35 | 4.8 (47.5%) |
| 329 | LITEWKA Marta | 163 | DZIECIĘCE GRAFFITI | K 18-29 | 14 | | | 00:18:08 | 01:03:25 | 01:21:33 | +00:33:36 (53.0%) | 12:41 | 4.7 (46.5%) |
| 330 | RUTKOWSKA Elżbieta | 343 | WTW WŁOCŁAWEK | K 45-49 | 26 | | | 00:20:57 | 01:04:35 | 01:25:32 | +00:34:46 (53.8%) | 12:55 | 4.6 (45.5%) |
| 331 | BĄCZYŃSKA Grażyna | 10 | GOSIR OSIELSKO | K 60-64 | 31 | | | 00:23:05 | 01:09:48 | 01:32:53 | +00:39:59 (57.3%) | 13:57 | 4.3 (42.6%) |
| 332 | LESZCZYŃSKA Kazimiera | 146 | GOSIR OSIELSKO | K 55-59 | 18 | | | 00:16:58 | 01:10:07 | 01:27:05 | +00:40:18 (57.5%) | 14:01 | 4.3 (42.6%) |
| 333 | LESZCZYŃSKA Pola | 148 | GOSIR OSIELSKO | K Dzieci | 7 | | | 00:16:58 | 01:10:09 | 01:27:07 | +00:40:20 (57.5%) | 14:01 | 4.3 (42.6%) |
| 334 | BORZESZKOWSKA Małgorzata | 23 | PFNW | K 50-54 | 20 | | | 00:26:23 | 01:14:50 | 01:41:13 | +00:45:01 (60.2%) | 14:58 | 4 (39.6%) |
| 335 | BOJKE Olgierd | 21 | PFNW | M 50-54 | 12 | | | 00:26:23 | 01:14:51 | 01:41:14 | +00:45:02 (60.2%) | 14:58 | 4 (39.6%) |
| 336 | LITEWKA Julia | 161 | DZIECIĘCE GRAFFITI | K Niepełnosprawni | 13 | | | 00:17:00 | 01:29:45 | 01:46:45 | +00:59:56 (66.8%) | 17:57 | 3.3 (32.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|--------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 337 | LITEWKA Krystyna | 162 | DZIECIĘCE GRAFFITI | K 50-54 | 21 | | | 00:16:59 | 01:29:46 | 01:46:45 | +00:59:57 (66.8%) | 17:57 | 3.3 (32.7%) |
| 337 | CZĘSTOCHOWSKI Piotr | 42 | DZIECIĘCE GRAFFITI | M 50-54 | 13 | | | 00:17:00 | 01:29:46 | 01:46:46 | +00:59:57 (66.8%) | 17:57 | 3.3 (32.7%) |
| 339 | STĘPIEŃ Andrzej | 414 | | M 18-29 | 13 | | | 00:09:10 | | | | | (0.0%) |
| DQ | NAZAREWICZ Barbara | 186 | KS ELBLĄSKIE WŁÓCZY-KIJE | K 65-69 | | | | DQ | 2015-08-08 DQ | DQ | | - | - (0.0%) |
| DQ | GŁOSEK Paweł | 63 | NW CIECHANÓW | M Junior | | | | DQ | DQ | DQ | | - | - (0.0%) |
| DQ | SOSNOWSKI Krzysztof | 251 | GIMNAZJUM NR 5 | M 30-39 | | | | DQ | DQ | DQ | | - | - (0.0%) |
| DQ | ŚWIDEREK Ludwik | 348 | IMPERIAL | M 45-49 | | | | DQ | DQ | DQ | | - | - (0.0%) |
| | FLIS Marek | | GREEN TEAM | M 50-54 | | | | DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 344 wynik(ów)