



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2016-08-06
Miejsce: Osielsko
Dystans: 5 km



Klasyfikacja: Mężczyźni

| 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 | DORS Grzegorz | 45 | RTB TRACKER PODKOWA JANÓW | M50-54 | 1 | | | 00:04:18 | 00:28:56.65 | 00:33:14.80 | | 5:47 | 10.4 (100%) |
| 2 | DEŁĄG Jakub | 371 | FACE NORDIC WALKING TEAM | M18-29 | 1 | | | 00:00:52 | 00:29:26.40 | 00:30:18.90 | +00:00:29 (1.7%) | 5:53 | 10.2 (98.1%) |
| 3 | LUBIATOWSKI Ireneusz | 155 | KS METRACO POLKOWICE | M50-54 | 2 | | | 00:04:18 | 00:29:43.70 | 00:34:02.15 | +00:00:47 (2.6%) | 5:56 | 10.1 (97.1%) |
| 4 | ZARĘBSKI Michał | 299 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 1 | | | 00:01:35 | 00:29:43.95 | 00:31:19.60 | +00:00:47 (2.7%) | 5:56 | 10.1 (97.1%) |
| 5 | WOROCH Roman | 291 | KS METRACO POLKOWICE | M55-59 | 1 | | | 00:05:02 | 00:30:30.25 | 00:35:32.40 | +00:01:33 (5.1%) | 6:06 | 9.8 (94.2%) |
| 6 | GAJEWSKI Eugeniusz | 58 | KS METRACO POLKOWICE | M55-59 | 2 | | | 00:05:02 | 00:30:31.55 | 00:35:33.75 | +00:01:34 (5.2%) | 6:06 | 9.8 (94.2%) |
| 7 | BRZozowski Piotr | 360 | FACE NORDIC WALKING TEAM | M30-39 | 2 | 1 | | 00:01:36 | 00:30:35.25 | 00:32:11.50 | +00:01:38 (5.4%) | 6:07 | 9.8 (94.2%) |
| 8 | WETOSZKA Piotr | 306 | FACE NORDIC WALKING TEAM | M30-39 | 3 | | | 00:01:38 | 00:30:46.50 | 00:32:24.75 | +00:01:49 (5.9%) | 6:09 | 9.8 (94.2%) |
| 9 | CZŁAPSKI Krzysztof | 38 | ENERGYLIFE TEAM | M50-54 | 3 | | | 00:04:17 | 00:31:00.70 | 00:35:17.85 | +00:02:04 (6.7%) | 6:12 | 9.7 (93.3%) |
| 10 | WITCZUK Łukasz | 378 | FACE NORDIC WALKING TEAM | M30-39 | 4 | | | 00:01:37 | 00:31:00.80 | 00:32:38.40 | +00:02:04 (6.7%) | 6:12 | 9.7 (93.3%) |
| 11 | MIELCAREK Leszek | 173 | WESOŁY BORSUK TEAM | M60-64 | 1 | | | 00:05:40 | 00:31:18.10 | 00:36:58.50 | +00:02:21 (7.5%) | 6:15 | 9.6 (92.3%) |
| 12 | STĘPNIEWSKI Paweł | 236 | VIKING NORDIC TEAM CZĘSTOCHOWA | M18-29 | 2 | | | 00:00:53 | 00:31:26.90 | 00:32:20.30 | +00:02:30 (8.0%) | 6:17 | 9.5 (91.3%) |
| 13 | DORS Łukasz | 46 | RTB TRACKER PODKOWA JANÓW | M-Junior | 1 | | | 00:00:29 | 00:31:28.90 | 00:31:57.95 | +00:02:32 (8.1%) | 6:17 | 9.5 (91.3%) |

| 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 |
|-----|--------------------------------|------------|---------------------------------------|-----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 14 | WALENDZIAK Ryszard | 368 | POCHODZĘ Z MALBORKA | M40-44 | 1 | | | 00:02:53 | 00:31:33.85 | 00:34:27.25 | +00:02:37 (8.3%) | 6:18 | 9.5 (91.3%) |
| 15 | WASIELEWSKI Mirosław | 353 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | M50-54 | 4 | | | 00:04:18 | 00:31:34.85 | 00:35:53.70 | +00:02:38 (8.3%) | 6:19 | 9.5 (91.3%) |
| 16 | KNITTER Tomasz | 110 | BŁĘKITNI NW DZIEMIANY | M-Junior | 2 | | | 00:00:29 | 00:31:48.20 | 00:32:17.65 | +00:02:51 (9.0%) | 6:21 | 9.4 (90.4%) |
| 17 | GŁOWA Michał | 68 | WESOŁY BORSUK TEAM | M-Junior | 3 | | | 00:00:29 | 00:31:48.75 | 00:32:18.35 | +00:02:52 (9.0%) | 6:21 | 9.4 (90.4%) |
| 18 | JENCZELEWSKI Grzegorz | 93 | ENERGYLIFE / NW CIECHANÓW | M45-49 | 1 | | | 00:03:47 | 00:31:57.50 | 00:35:44.55 | +00:03:00 (9.4%) | 6:23 | 9.4 (90.4%) |
| 19 | SCHRÖDER Karol | 223 | SILESIA NORDIC TEAM | M40-44 | 2 | | | 00:02:51 | 00:32:01.55 | 00:34:53.50 | +00:03:04 (9.6%) | 6:24 | 9.4 (90.4%) |
| 20 | RAKUĆ Jakub | 343 | RUCH PO ZDROWIE WŁOCŁAWEK | M18-29 | 3 | | | 00:00:52 | 00:32:03.35 | 00:32:55.80 | +00:03:06 (9.7%) | 6:24 | 9.4 (90.4%) |
| 21 | NOWAK Grzegorz | 184 | | M40-44 | 3 | | | 00:02:51 | 00:32:08.75 | 00:35:00.00 | +00:03:12 (10.0%) | 6:25 | 9.3 (89.4%) |
| 22 | KROMSKI Pawel | 132 | NORDIC WALKING KIEKRZ | M45-49 | 2 | | | 00:03:47 | 00:32:15.15 | 00:36:02.30 | +00:03:18 (10.3%) | 6:27 | 9.3 (89.4%) |
| 23 | ANDRZEJEWSKI Mieczysław | 4 | MARSZ PO ZDROWIE | M55-59 | 3 | | | 00:05:02 | 00:32:25.20 | 00:37:28.05 | +00:03:28 (10.7%) | 6:29 | 9.2 (88.5%) |
| 24 | KOPCZEWSKI Dariusz | 120 | FACE NORDIC WALKING TEAM | M50-54 | 5 | | | 00:04:19 | 00:32:26.45 | 00:36:45.45 | +00:03:29 (10.8%) | 6:29 | 9.2 (88.5%) |
| 25 | HAŁAS Marcin | 381 | FACE NORDIC WALKING TEAM | M30-39 | 5 | | | 00:01:35 | 00:32:28.20 | 00:34:03.85 | +00:03:31 (10.9%) | 6:29 | 9.2 (88.5%) |
| 26 | KOŁEK Patryk | 115 | RTB TRACKER PODKOWA JANÓW | M-Junior | 4 | | | 00:00:28 | 00:32:28.65 | 00:32:56.85 | +00:03:32 (10.9%) | 6:29 | 9.2 (88.5%) |
| 27 | MARCINKOWSKI Jakub | 168 | UNIA MIAST | M-Junior | 5 | | | 00:00:28 | 00:32:34.75 | 00:33:03.25 | +00:03:38 (11.2%) | 6:31 | 9.2 (88.5%) |
| 28 | DEMBKOWSKI Ryszard | 44 | GOSIR OSIELSKO | M60-64 | 2 | | | 00:05:40 | 00:32:42.40 | 00:38:22.65 | +00:03:45 (11.5%) | 6:32 | 9.2 (88.5%) |
| 29 | TRZCIŃSKI Franciszek | 270 | SPORT I REKREACJA START | M50-54 | 6 | | | 00:04:19 | 00:32:49.10 | 00:37:08.75 | +00:03:52 (11.8%) | 6:33 | 9.1 (87.5%) |
| 30 | KRYŚ Artur | 134 | KS METRACO POLKOWICE | M45-49 | 3 | | | 00:03:47 | 00:32:55.80 | 00:36:43.00 | +00:03:59 (12.1%) | 6:35 | 9.1 (87.5%) |
| 31 | KLARKOWSKI Bogdan | 359 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | M60-64 | 3 | | | 00:05:42 | 00:32:59.40 | 00:38:41.75 | +00:04:02 (12.3%) | 6:35 | 9.1 (87.5%) |
| 32 | WYSOCKI Marcin | 295 | BŁĘKITNI NW DZIEMIANY | M-Junior | 6 | | | 00:00:30 | 00:33:01.55 | 00:33:32.10 | +00:04:04 (12.4%) | 6:36 | 9.1 (87.5%) |
| 33 | SŁOMIAN Leszek | 228 | UNIA MIAST | M55-59 | 4 | | | 00:05:03 | 00:33:01.70 | 00:38:05.00 | +00:04:05 (12.4%) | 6:36 | 9.1 (87.5%) |
| 34 | ROSIŃSKI Michał | 348 | TKSON TORUŃ | M- Niepełnosprawni | 1 | | | 00:01:37 | 00:33:08.80 | 00:34:46.20 | +00:04:12 (12.7%) | 6:37 | 9 (86.5%) |
| 35 | GRYGOROWICZ Bogdan | 79 | KS METRACO POLKOWICE | M65-69 | 1 | | | 00:06:25 | 00:33:21.95 | 00:39:47.35 | +00:04:25 (13.3%) | 6:40 | 9 (86.5%) |
| 36 | WOLEK Waldemar | 290 | NORDIC TEAM GNIEZNO | M40-44 | 4 | | | 00:02:51 | 00:33:23.25 | 00:36:14.45 | +00:04:26 (13.3%) | 6:40 | 9 (86.5%) |

| 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 |
|-----|-----------------------------|------------|---------------------------------------|-----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 37 | WILK Tadeusz | 285 | DĄBROWA NORDIC TEAM | M60-64 | 4 | | | 00:05:40 | 00:33:27.50 | 00:39:08.45 | +00:04:30 (13.5%) | 6:41 | 9 (86.5%) |
| 38 | ADAMUS Marian | 1 | SILESIA NORDIC TEAM | M65-69 | 2 | | | 00:06:24 | 00:33:28.10 | 00:39:53.05 | +00:04:31 (13.5%) | 6:41 | 9 (86.5%) |
| 39 | BREWKA Joachim | 30 | UNIA MIAST | M50-54 | 7 | | | 00:04:17 | 00:33:28.70 | 00:37:46.15 | +00:04:32 (13.5%) | 6:41 | 9 (86.5%) |
| 40 | RATECKI Marcin | 336 | NORDIC WALKING TEAM GDAŃSK | M40-44 | 5 | | | 00:02:51 | 00:33:34.10 | 00:36:25.55 | +00:04:37 (13.8%) | 6:42 | 8.9 (85.6%) |
| 41 | KUSTAL Marcin | 141 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 6 | | | 00:01:35 | 00:33:37.15 | 00:35:12.80 | +00:04:40 (13.9%) | 6:43 | 8.9 (85.6%) |
| 42 | FLIS Marek | 55 | GREEN TEAM ZIELONA GÓRA | M55-59 | 5 | | | 00:05:01 | 00:33:45.70 | 00:38:47.60 | +00:04:49 (14.3%) | 6:45 | 8.9 (85.6%) |
| 43 | SKWIRUT Jerzy | 227 | SOKÓŁ RYMANÓW | M- Niepełnosprawni | 2 | | | 00:05:04 | 00:33:47.25 | 00:38:51.85 | +00:04:50 (14.3%) | 6:45 | 8.9 (85.6%) |
| 44 | FELIS Paweł | 52 | | M45-49 | 4 | | | 00:03:47 | 00:33:55.45 | 00:37:42.50 | +00:04:58 (14.7%) | 6:47 | 8.8 (84.6%) |
| 45 | GAŁĄZKA Paweł | 61 | NORDIC TEAM DECOFLOOR GNIEZNO | M- Niepełnosprawni | 3 | | | 00:04:18 | 00:33:56.60 | 00:38:15.20 | +00:04:59 (14.7%) | 6:47 | 8.8 (84.6%) |
| 46 | KUŚMIEREK Mateusz | 143 | BŁĘKITNI NW DZIEMIANY | M-Dzieci | 1 | | | 00:00:08 | 00:34:08.65 | 00:34:17.10 | +00:05:12 (15.2%) | 6:49 | 8.8 (84.6%) |
| 47 | GNUS Dawid | 69 | KBBB / TKKF | M-Dzieci | 2 | | | 00:00:09 | 00:34:09.30 | 00:34:18.65 | +00:05:12 (15.3%) | 6:49 | 8.8 (84.6%) |
| 48 | STEPNIAK Bohdan | 235 | | M- Niepełnosprawni | 4 | | | 00:05:06 | 00:34:10.35 | 00:39:16.90 | +00:05:13 (15.3%) | 6:50 | 8.8 (84.6%) |
| 49 | GAPIŃSKI Leszek | 63 | WESOŁY BORSUK TEAM | M55-59 | 6 | | | 00:05:03 | 00:34:10.40 | 00:39:13.90 | +00:05:13 (15.3%) | 6:50 | 8.8 (84.6%) |
| 50 | WYSOCKI Paweł | 346 | | M18-29 | 4 | | | 00:00:52 | 00:34:11.55 | 00:35:04.05 | +00:05:14 (15.3%) | 6:50 | 8.8 (84.6%) |
| 51 | TOMCZYK Edward | 268 | MARSZ PO ZDROWIE | M65-69 | 3 | | | 00:06:25 | 00:34:12.70 | 00:40:37.85 | +00:05:16 (15.4%) | 6:50 | 8.8 (84.6%) |
| 52 | DANA Andrzej | 42 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M65-69 | 4 | | | 00:06:26 | 00:34:16.40 | 00:40:42.65 | +00:05:19 (15.5%) | 6:51 | 8.8 (84.6%) |
| 53 | CUDAK Zbigniew | 36 | VIKING NORDIC TEAM CZĘSTOCHOWA | M45-49 | 5 | | | 00:03:48 | 00:34:16.95 | 00:38:05.80 | +00:05:20 (15.6%) | 6:51 | 8.8 (84.6%) |
| 54 | ROSADZIŃSKI Sławomir | 332 | | M45-49 | 6 | | | 00:03:46 | 00:34:17.05 | 00:38:03.40 | +00:05:20 (15.6%) | 6:51 | 8.8 (84.6%) |
| 55 | BIK Przemysław | 22 | KS METRACO POLKOWICE | M-Dzieci | 3 | | | 00:00:09 | 00:34:22.00 | 00:34:31.45 | +00:05:25 (15.8%) | 6:52 | 8.7 (83.7%) |
| 56 | DUDEK Edward | 48 | KS METRACO POLKOWICE | M65-69 | 5 | | | 00:06:25 | 00:34:24.90 | 00:40:50.65 | +00:05:28 (15.9%) | 6:53 | 8.7 (83.7%) |
| 57 | CHUDZIŃSKI Andrzej | 356 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | M65-69 | 6 | | | 00:06:25 | 00:34:29.25 | 00:40:55.00 | +00:05:32 (16.1%) | 6:54 | 8.7 (83.7%) |
| 58 | MANDZIUK Marek | 310 | KBBB / TKKF | M45-49 | 7 | 1 | | 00:03:48 | 00:34:32.30 | 00:38:20.35 | +00:05:35 (16.2%) | 6:54 | 8.7 (83.7%) |
| 59 | KLUKOWSKI Michał | 108 | | M18-29 | 5 | 1 | | 00:00:54 | 00:34:32.65 | 00:35:26.80 | +00:05:36 (16.2%) | 6:54 | 8.7 (83.7%) |

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|-----|------------------------------------|------------|----------------------------------|-------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 60 | ANTONIEWICZ-BARTCZAK Łukasz | 5 | ELITE TEAM | M-Niepełnosprawni | 5 | | | 00:01:38 | 00:34:37.00 | 00:36:15.55 | +00:05:40 (16.4%) | 6:55 | 8.7 (83.7%) |
| 61 | KOZŁOWSKI Jacek | 129 | NORDIC WALKING KIEKRZ | M50-54 | 8 | | | 00:04:17 | 00:34:41.25 | 00:38:58.50 | +00:05:44 (16.6%) | 6:56 | 8.6 (82.7%) |
| 62 | TRZCIŃSKI Eugeniusz | 269 | | M55-59 | 7 | | | 00:05:03 | 00:34:54.85 | 00:39:58.75 | +00:05:58 (17.1%) | 6:59 | 8.6 (82.7%) |
| 63 | KOTAS Wiktor | 124 | UKS CZĘSTOCHOWA | M-Junior | 7 | | | 00:00:29 | 00:34:56.65 | 00:35:25.65 | +00:06:00 (17.2%) | 6:59 | 8.6 (82.7%) |
| 64 | KWAŚNY Tomasz | 147 | CHODZĘ Z SERCEM | M50-54 | 9 | | | 00:04:21 | 00:35:03.05 | 00:39:24.05 | +00:06:06 (17.4%) | 7:00 | 8.6 (82.7%) |
| 65 | MOTOCZYŃSKI Krzysztof | 178 | GOSIR OSIELSKO | M60-64 | 5 | | | 00:05:40 | 00:35:10.90 | 00:40:51.60 | +00:06:14 (17.7%) | 7:02 | 8.5 (81.7%) |
| 66 | PIATCZYC Michał | 208 | | M-Junior | 8 | | | 00:00:29 | 00:35:38.45 | 00:36:07.45 | +00:06:41 (18.8%) | 7:07 | 8.4 (80.8%) |
| 67 | MIKOŁAJCZAK Jan | 176 | KS METRACO POLKOWICE | M-Niepełnosprawni | 6 | | | 00:05:40 | 00:35:40.10 | 00:41:20.40 | +00:06:43 (18.9%) | 7:08 | 8.4 (80.8%) |
| 68 | BURDANOWSKI Andrzej | 361 | | M30-39 | 7 | | | 00:01:39 | 00:35:41.15 | 00:37:20.20 | +00:06:44 (18.9%) | 7:08 | 8.4 (80.8%) |
| 69 | GOŁĘBIEWSKI Andrzej | 70 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M55-59 | 8 | | | 00:05:01 | 00:35:52.55 | 00:40:54.40 | +00:06:55 (19.3%) | 7:10 | 8.4 (80.8%) |
| 70 | DEJDA Piotr | 369 | FACE NORDIC WALKING TEAM | M45-49 | 8 | | | 00:03:48 | 00:35:53.90 | 00:39:42.00 | +00:06:57 (19.4%) | 7:10 | 8.4 (80.8%) |
| 71 | WRÓŃSKI Włodzimierz | 293 | PASJA NORDIC WALKING | M60-64 | 6 | | | 00:05:40 | 00:35:57.80 | 00:41:38.15 | +00:07:01 (19.5%) | 7:11 | 8.3 (79.8%) |
| 72 | KADECKI Piotr | 397 | KSIR SPORTICO BIAŁOŚLIWIE | M30-39 | 8 | | | 00:01:36 | 00:35:59.00 | 00:37:35.75 | +00:07:02 (19.6%) | 7:11 | 8.3 (79.8%) |
| 73 | GRABSKI Grzegorz | 74 | | M50-54 | 10 | | | 00:04:19 | 00:35:59.95 | 00:40:18.95 | +00:07:03 (19.6%) | 7:11 | 8.3 (79.8%) |
| 74 | SOWA Jan | 230 | UNIA MIAST | M70+ | 1 | | | 00:07:00 | 00:36:02.75 | 00:43:02.85 | +00:07:06 (19.7%) | 7:12 | 8.3 (79.8%) |
| 75 | SITKO Maciej | 364 | KOLBUSZOWSKI KLUB NORDIC WALKING | M-Dzieci | 4 | | | 00:00:09 | 00:36:03.35 | 00:36:12.60 | +00:07:06 (19.7%) | 7:12 | 8.3 (79.8%) |
| 76 | JAWORSKI Zbigniew | 92 | WŁÓCZYKIJE SKOCZÓW | M65-69 | 7 | | | 00:06:24 | 00:36:08.75 | 00:42:33.65 | +00:07:12 (19.9%) | 7:13 | 8.3 (79.8%) |
| 77 | WALENDZIAK Jan | 366 | POCHODZĘ Z MALBORKA | M-Dzieci | 5 | | | 00:00:08 | 00:36:10.55 | 00:36:19.20 | +00:07:13 (20.0%) | 7:14 | 8.3 (79.8%) |
| 78 | MAGNUSKI Dariusz | 160 | UNIA MIAST | M30-39 | 9 | | | 00:01:35 | 00:36:14.90 | 00:37:50.75 | +00:07:18 (20.2%) | 7:15 | 8.3 (79.8%) |
| 79 | WIĘCASZEK Leszek | 283 | SZKOŁY FAMA | M45-49 | 9 | | | 00:03:46 | 00:36:17.05 | 00:40:03.55 | +00:07:20 (20.2%) | 7:15 | 8.3 (79.8%) |
| 80 | JÓŹWIAK Łukasz | 97 | WTW.WŁOCLAWEK | M-Niepełnosprawni | 7 | | | 00:03:47 | 00:36:17.35 | 00:40:04.95 | +00:07:20 (20.2%) | 7:15 | 8.3 (79.8%) |
| 81 | FRAĆKOWIAK Roman | 57 | ZS ROSKO | M45-49 | 10 | 2 min kary | | 00:04:17 | 00:36:18.25 | 00:40:36.00 | +00:07:21 (20.3%) | 7:15 | 8.3 (79.8%) |
| 82 | KOŁPAK Jan | 116 | LKS ZANTYR SZTUM | M65-69 | 8 | | | 00:06:28 | 00:36:27.55 | 00:42:55.80 | +00:07:30 (20.6%) | 7:17 | 8.2 (78.8%) |

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|-----|---------------------------------|------------|---------------------------------------|-----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 83 | KAZMIERCZAK Sebastian | 333 | GOSIR OSIELSKO | M40-44 | 6 | | | 00:02:52 | 00:36:38.70 | 00:39:31.00 | +00:07:42 (21.0%) | 7:19 | 8.2 (78.8%) |
| 83 | CIESIELSKI Krzysztof | 35 | NORDIC TEAM GNIEZNO | M60-64 | 7 | | | 00:05:41 | 00:36:38.70 | 00:42:20.05 | +00:07:42 (21.0%) | 7:19 | 8.2 (78.8%) |
| 85 | BARTOSIEWICZ Włodzimierz | 12 | FACE NORDIC WALKING TEAM | M60-64 | 8 | | | 00:05:41 | 00:36:42.20 | 00:42:23.90 | +00:07:45 (21.1%) | 7:20 | 8.2 (78.8%) |
| 86 | PIATCZYC Wacław | 83 | | M- Niepełnosprawni | 8 | | | 00:05:03 | 00:36:42.60 | 00:41:45.60 | +00:07:45 (21.2%) | 7:20 | 8.2 (78.8%) |
| 87 | WIERZCHOSŁAWSKI Mateusz | 395 | | M18-29 | 6 | 1 | | 00:00:53 | 00:36:48.20 | 00:37:41.45 | +00:07:51 (21.4%) | 7:21 | 8.2 (78.8%) |
| 88 | KLOSKA Kazimierz | 331 | BYTOWSKIE MORSY | M70+ | 2 | | | 00:07:00 | 00:36:53.90 | 00:43:54.15 | +00:07:57 (21.6%) | 7:22 | 8.1 (77.9%) |
| 89 | ŁACNY Rafał | 156 | NORDIC WALKING KIEKRZ | M40-44 | 7 | | | 00:02:53 | 00:36:57.05 | 00:39:50.10 | +00:08:00 (21.7%) | 7:23 | 8.1 (77.9%) |
| 90 | NOWROTEK Roman | 193 | WESOŁY BORSUK TEAM | M65-69 | 9 | | | 00:06:27 | 00:37:01.80 | 00:43:28.95 | +00:08:05 (21.8%) | 7:24 | 8.1 (77.9%) |
| 91 | PERLIK Wiesław | 206 | GOSIR OSIELSKO | M60-64 | 9 | | | 00:05:43 | 00:37:09.20 | 00:42:52.45 | +00:08:12 (22.1%) | 7:25 | 8.1 (77.9%) |
| 92 | GIERSZEWSKI Arkadiusz | 280 | | M30-39 | 10 | | | 00:01:38 | 00:37:11.65 | 00:38:49.65 | +00:08:15 (22.2%) | 7:26 | 8.1 (77.9%) |
| 93 | GRZYWOCZ Bernard | 86 | PROFIT SPORT TEAM | M65-69 | 10 | | | 00:06:27 | 00:37:18.20 | 00:43:46.05 | +00:08:21 (22.4%) | 7:27 | 8 (76.9%) |
| 94 | MACEK Mateusz | 389 | FAMA | M30-39 | 11 | 1 | | 00:01:36 | 00:37:21.60 | 00:38:57.90 | +00:08:24 (22.5%) | 7:28 | 8 (76.9%) |
| 95 | BRYL Michał | 357 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | M- Niepełnosprawni | 9 | | | 00:00:54 | 00:37:22.35 | 00:38:16.55 | +00:08:25 (22.6%) | 7:28 | 8 (76.9%) |
| 96 | WASILEWSKI Sławomir | 278 | PASJA NORDIC WALKING | M70+ | 3 | 1 | | 00:06:59 | 00:37:46.45 | 00:44:45.80 | +00:08:49 (23.4%) | 7:33 | 7.9 (76.0%) |
| 97 | SZNAJDER Zenon | 252 | UNIA MIAST | M60-64 | 10 | | | 00:05:41 | 00:37:54.40 | 00:43:35.85 | +00:08:57 (23.6%) | 7:34 | 7.9 (76.0%) |
| 98 | BUCZEK Krystian | 311 | GUNTHER TEAM | M18-29 | 7 | | | 00:00:55 | 00:37:55.95 | 00:38:51.25 | +00:08:59 (23.7%) | 7:35 | 7.9 (76.0%) |
| 99 | ZAWISŁA Stanisław | 374 | MARSZ PO ZDROWIE | M65-69 | 11 | | | 00:06:26 | 00:37:58.90 | 00:44:25.05 | +00:09:02 (23.8%) | 7:35 | 7.9 (76.0%) |
| 100 | NOWAK Jakub | 183 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M-Dzieci | 6 | | | 00:00:10 | 00:38:06.25 | 00:38:16.35 | +00:09:09 (24.0%) | 7:37 | 7.9 (76.0%) |
| 101 | DZIEMIŃSKI Jan | 50 | BŁĘKITNI NW DZIEMIANY | M-Dzieci | 7 | | | 00:00:08 | 00:38:10.25 | 00:38:19.20 | +00:09:13 (24.2%) | 7:38 | 7.9 (76.0%) |
| 102 | KOLASA Maciej | 113 | EPOKA NORDICA ŁÓDŹ | M-Dzieci | 8 | | | 00:00:09 | 00:38:11.30 | 00:38:20.65 | +00:09:14 (24.2%) | 7:38 | 7.9 (76.0%) |
| 103 | PAZURKIEWICZ Jędrzej | 205 | | M-Dzieci | 9 | | | 00:00:10 | 00:38:13.95 | 00:38:24.15 | +00:09:17 (24.3%) | 7:38 | 7.8 (75.0%) |
| 104 | CZYŻEWSKI Włodzimierz | 40 | GRUPA NORDIC WALKING PŁOŃSK | M55-59 | 9 | | | 00:05:03 | 00:38:20.40 | 00:43:24.30 | +00:09:23 (24.5%) | 7:40 | 7.8 (75.0%) |
| 105 | BOJKE Karol | 219 | | M-Junior | 9 | | | 00:15:50 | 00:38:20.60 | 00:54:11.20 | +00:09:23 (24.5%) | 7:40 | 7.8 (75.0%) |

| 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 |
|-----|------------------------------|------------|-----------------------------|-----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 106 | ŚCIESIŃSKI Sławomir | 320 | GOSIR OSIELSKO | M45-49 | 11 | | | 00:03:48 | 00:38:29.35 | 00:42:18.05 | +00:09:32 (24.8%) | 7:42 | 7.8 (75.0%) |
| 107 | PAZURKIEWICZ Adam | 204 | | M45-49 | 12 | | | 00:03:46 | 00:38:30.60 | 00:42:17.10 | +00:09:33 (24.8%) | 7:42 | 7.8 (75.0%) |
| 108 | STELMACH Dariusz | 232 | ST TEAM | M45-49 | 13 | | | 00:03:49 | 00:38:36.85 | 00:42:26.30 | +00:09:40 (25.0%) | 7:43 | 7.8 (75.0%) |
| 109 | NOWAK Bartłomiej | 185 | SAILING TEAM FERAJNA | M40-44 | 8 | | | 00:02:52 | 00:38:38.05 | 00:41:30.65 | +00:09:41 (25.1%) | 7:43 | 7.8 (75.0%) |
| 110 | KUŹNIARSKI Jacek | 145 | FACE NORDIC WALKING TEAM | M45-49 | 14 | | | 00:03:48 | 00:38:41.05 | 00:42:29.75 | +00:09:44 (25.2%) | 7:44 | 7.8 (75.0%) |
| 111 | PIDUCH Jan | 329 | MSICS - POZNAŃ | M65-69 | 12 | | | 00:06:28 | 00:38:45.75 | 00:45:14.40 | +00:09:49 (25.3%) | 7:45 | 7.7 (74.0%) |
| 112 | ŚCIESIŃSKI Kamil | 323 | GOSIR OSIELSKO | M18-29 | 8 | | | 00:00:55 | 00:38:49.70 | 00:39:44.70 | +00:09:53 (25.5%) | 7:45 | 7.7 (74.0%) |
| 113 | WIŚNIEWSKI Aleksander | 287 | | M18-29 | 9 | | | 00:00:54 | 00:38:51.75 | 00:39:46.10 | +00:09:55 (25.5%) | 7:46 | 7.7 (74.0%) |
| 114 | PIĄTKOWSKI Józef | 209 | KS METRACO POLKOWICE | M70+ | 4 | | | 00:06:59 | 00:38:52.05 | 00:45:51.20 | +00:09:55 (25.5%) | 7:46 | 7.7 (74.0%) |
| 115 | BAREŁA Ireneusz | 316 | | M50-54 | 11 | | | 00:04:18 | 00:38:56.00 | 00:43:14.05 | +00:09:59 (25.7%) | 7:47 | 7.7 (74.0%) |
| 116 | KANIAK Zbigniew | 101 | GRUPA NORDIC WALKING PŁOŃSK | M60-64 | 11 | | | 00:05:40 | 00:39:01.65 | 00:44:42.60 | +00:10:05 (25.8%) | 7:48 | 7.7 (74.0%) |
| 117 | KABACIŃSKI Maciej | 99 | FACE NORDIC WALKING TEAM | M45-49 | 15 | | | 00:03:50 | 00:39:29.25 | 00:43:19.40 | +00:10:32 (26.7%) | 7:53 | 7.6 (73.1%) |
| 118 | PRZYBYŁAK Stanisław | 215 | MSICS - POZNAŃ | M70+ | 5 | | | 00:07:00 | 00:39:32.95 | 00:46:33.00 | +00:10:36 (26.8%) | 7:54 | 7.6 (73.1%) |
| 119 | STRACH Jan | 239 | WŁÓCZYKIJE SKOCZÓW | M- Niepełnosprawni | 10 | | | 00:05:41 | 00:39:39.90 | 00:45:21.65 | +00:10:43 (27.0%) | 7:56 | 7.6 (73.1%) |
| 120 | MĄDRY Zdzisław | 172 | CROSS JUTRZENKA | M- Niepełnosprawni | 11 | | | 00:05:43 | 00:39:46.85 | 00:45:30.80 | +00:10:50 (27.2%) | 7:57 | 7.5 (72.1%) |
| 121 | MARCZYK Jerzy Paweł | 169 | FACE NORDIC WALKING TEAM | M55-59 | 10 | | | 00:05:03 | 00:40:03.45 | 00:45:07.05 | +00:11:06 (27.7%) | 8:00 | 7.5 (72.1%) |
| 122 | BANACKI Łukasz | 10 | | M18-29 | 10 | | | 00:00:53 | 00:40:20.30 | 00:41:13.75 | +00:11:23 (28.2%) | 8:04 | 7.4 (71.2%) |
| 123 | BALICKI Mirosław | 8 | | M45-49 | 16 | | | 00:03:47 | 00:40:22.50 | 00:44:09.85 | +00:11:25 (28.3%) | 8:04 | 7.4 (71.2%) |
| 124 | ŁUSZCZAK Łukasz | 377 | FACE NORDIC WALKING TEAM | M30-39 | 12 | | | 00:01:38 | 00:40:42.40 | 00:42:21.35 | +00:11:45 (28.9%) | 8:08 | 7.4 (71.2%) |
| 125 | TUŁODZIECKI Konrad | 271 | SANTANDER CONSUMER BANK | M18-29 | 11 | | | 00:00:53 | 00:40:42.65 | 00:41:36.05 | +00:11:46 (28.9%) | 8:08 | 7.4 (71.2%) |
| 126 | LISZKOWSKI Piotr | 154 | | M70+ | 6 | | | 00:06:59 | 00:40:44.70 | 00:47:44.25 | +00:11:48 (29.0%) | 8:09 | 7.4 (71.2%) |
| 127 | KOSZARSKI Ryszard | 317 | | M70+ | 7 | | | 00:06:59 | 00:40:56.45 | 00:47:55.90 | +00:11:59 (29.3%) | 8:11 | 7.3 (70.2%) |
| 128 | LEWANDOWSKI Mateusz | 152 | UWM OLSZTYN | M18-29 | 12 | | | 00:00:55 | 00:40:56.75 | 00:41:51.80 | +00:12:00 (29.3%) | 8:11 | 7.3 (70.2%) |

| 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 |
|-----|-------------------------------|------------|---|-----------------------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 129 | PIPIRO Grzegorz | 211 | UNIA MIAST | M- Niepełnosprawni | 12 | | | 00:05:05 | 00:41:16.05 | 00:46:21.60 | +00:12:19 (29.9%) | 8:15 | 7.3 (70.2%) |
| 130 | WASIELA Nikodem | 277 | FACE NORDIC WALKING TEAM | M-Dzieci | 10 | | | 00:00:09 | 00:41:27.80 | 00:41:37.75 | +00:12:31 (30.2%) | 8:17 | 7.2 (69.2%) |
| 131 | WESNER Harald | 281 | ZAKĄTEK DANKOWO | M60-64 | 12 | | | 00:05:43 | 00:41:30.45 | 00:47:14.10 | +00:12:33 (30.3%) | 8:18 | 7.2 (69.2%) |
| 132 | GUNTHER Tomasz | 307 | GUNTHER TEAM | M45-49 | 17 | | | 00:03:50 | 00:41:39.25 | 00:45:29.70 | +00:12:42 (30.5%) | 8:19 | 7.2 (69.2%) |
| 133 | KIEDROWSKI Włodzimierz | 107 | | M70+ | 8 | | | 00:07:00 | 00:41:52.65 | 00:48:52.70 | +00:12:56 (30.9%) | 8:22 | 7.2 (69.2%) |
| 134 | JANCZEWSKI Robert | 91 | NORDIC WALKING KIEKRZ | M55-59 | 11 | | | 00:05:05 | 00:41:53.95 | 00:46:59.00 | +00:12:57 (30.9%) | 8:22 | 7.2 (69.2%) |
| 135 | MURAWSKI Przemysław | 181 | MARSZ PO ZDROWIE | M40-44 | 9 | | | 00:03:48 | 00:42:29.70 | 00:46:18.30 | +00:13:33 (31.9%) | 8:30 | 7.1 (68.3%) |
| 136 | LORENC Jan | 376 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M65-69 | 13 | 1 | | 00:06:26 | 00:42:35.10 | 00:49:01.55 | +00:13:38 (32.0%) | 8:31 | 7 (67.3%) |
| 137 | KŁOPOTOWSKI Ryszard | 109 | LKS ZANTYR SZTUM | M50-54 | 12 | 2 min kary | | 00:05:02 | 00:42:35.20 | 00:47:38.00 | +00:13:38 (32.0%) | 8:31 | 7 (67.3%) |
| 138 | KUPER Mariusz | 140 | | M30-39 | 13 | | | 00:01:37 | 00:42:40.30 | 00:44:17.95 | +00:13:43 (32.2%) | 8:32 | 7 (67.3%) |
| 139 | KARCZEWSKI Krzysztof | 339 | RUCH PO ZDROWIE WŁOCŁAWEK | M30-39 | 14 | | | 00:01:37 | 00:42:43.75 | 00:44:21.35 | +00:13:47 (32.3%) | 8:32 | 7 (67.3%) |
| 140 | HINC Hubert | 89 | FACE NORDIC WALKING TEAM | M-Dzieci | 11 | | | 00:00:10 | 00:42:58.40 | 00:43:09.10 | +00:14:01 (32.6%) | 8:35 | 7 (67.3%) |
| 141 | WYSOCKI Gabriel | 294 | BŁĘKITNI NW DZIEMIANY | M-Dzieci | 12 | | | 00:00:11 | 00:42:59.20 | 00:43:10.20 | +00:14:02 (32.7%) | 8:35 | 7 (67.3%) |
| 142 | BOSEK Grzegorz | 29 | KSN ŁUCZNICZKA BYDGOSZCZ | M- Niepełnosprawni | 13 | | | 00:09:56 | 00:43:05.65 | 00:53:02.50 | +00:14:09 (32.8%) | 8:37 | 7 (67.3%) |
| 143 | SALAMON Piotr | 221 | | M40-44 | 10 | | | 00:02:53 | 00:43:14.30 | 00:46:08.20 | +00:14:17 (33.1%) | 8:39 | 6.9 (66.3%) |
| 144 | GRUDNOWSKI Norbert | 78 | BŁĘKITNI NW DZIEMIANY | M-Dzieci | 13 | | | 00:00:09 | 00:43:38.00 | 00:43:47.00 | +00:14:41 (33.7%) | 8:43 | 6.9 (66.3%) |
| 145 | MACHOWICZ Adam | 191 | KS METRACO POLKOWICE | M60-64 | 13 | | | 00:05:44 | 00:43:54.70 | 00:49:39.50 | +00:14:58 (34.1%) | 8:47 | 6.8 (65.4%) |
| 146 | MACHAJEK Krzysztof | 157 | KS METRACO POLKOWICE | M- Niepełnosprawni | 14 | | | 00:05:42 | 00:43:56.80 | 00:49:39.60 | +00:15:00 (34.1%) | 8:47 | 6.8 (65.4%) |
| 147 | TYLUTKI Andrzej | 273 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW | M45-49 | 18 | | | 00:03:49 | 00:44:01.40 | 00:47:51.10 | +00:15:04 (34.3%) | 8:48 | 6.8 (65.4%) |
| 148 | KUCZYŃSKI Włodzimierz | 237 | NORDIC WALKING KIEKRZ | M55-59 | 12 | | | 00:05:06 | 00:44:42.40 | 00:49:49.30 | +00:15:45 (35.3%) | 8:56 | 6.7 (64.4%) |
| 149 | MOCZARSKI Adam | 177 | FACE NORDIC WALKING TEAM | M70+ | 9 | | | 00:07:01 | 00:48:05.60 | 00:55:07.30 | +00:19:08 (39.8%) | 9:37 | 6.2 (59.6%) |
| 150 | DROP Mieczysław | 47 | | M70+ | 10 | | | 00:07:01 | 00:48:11.20 | 00:55:12.80 | +00:19:14 (39.9%) | 9:38 | 6.2 (59.6%) |
| 151 | GÓRNY Hubert | 387 | FAMA | M-Dzieci | 14 | | | 00:00:11 | 00:48:26.15 | 00:48:37.30 | +00:19:29 (40.2%) | 9:41 | 6.2 (59.6%) |

| 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 |
|-----|-----------------------------|------------|----------------------------------|-----------------------|------|----------------|-----------------|----------------|---------------------------------|-----------------------|----------------------|-----------------|----------------|
| 152 | TOMASZEWSKI Karol | 267 | KOLBUSZOWSKI KLUB NORDIC WALKING | M-Dzieci | 15 | | | 00:00:10 | 00:49:12.60 | 00:49:23.00 | +00:20:15 (41.2%) | 9:50 | 6.1 (58.7%) |
| 153 | KRZYŻANOWSKI Mieszko | 135 | | M-Dzieci | 16 | 2 min kary | | 00:09:51 | 00:50:05.50 | 00:59:57.00 | +00:21:08 (42.2%) | 10:01 | 6 (57.7%) |
| 154 | GIZLER Wiesław | 407 | GOSIR OSIELSKO | M50-54 | 13 | | | 00:04:19 | 00:50:26.35 | 00:54:45.50 | +00:21:29 (42.6%) | 10:05 | 5.9 (56.7%) |
| 155 | BOJKE Olgierd | 24 | | M55-59 | 13 | | | 00:15:50 | 00:51:58.45 | 01:07:49.35 | +00:23:01 (44.3%) | 10:23 | 5.8 (55.8%) |
| 156 | CICHOWSKI Wiesław | 34 | KLUB NW 'PATYCZAKI' GRUDZIĄDZ | M- Niepełnosprawni | 15 | | | 00:05:42 | 00:53:47.30 | 00:59:29.55 | +00:24:50 (46.2%) | 10:45 | 5.6 (53.8%) |
| 157 | CHWALISZEWSKI Michał | 33 | GOSIR OSIELSKO | M65-69 | 14 | | | 00:06:27 | 00:57:39.15 | 01:04:06.50 | +00:28:42 (49.8%) | 11:31 | 5.2 (50.0%) |
| 158 | LESZCZYŃSKI Bartosz | 327 | GOSIR OSIELSKO | M-Dzieci | 17 | | | 00:00:11 | 00:57:40.85 | 00:57:52.80 | +00:28:44 (49.8%) | 11:32 | 5.2 (50.0%) |
| 159 | BĄCZYŃSKI Borys | 17 | GOSIR OSIELSKO | M-Dzieci | 18 | 2 min kary | | 00:14:32 | 01:23:39.60 | 01:38:12.00 | +00:54:42 (65.4%) | 16:44 | 3.6 (34.6%) |
| 160 | NOWAKOWSKI Tomasz | 190 | GOSIR OSIELSKO | M55-59 | 14 | | | 00:05:06 | | | | | (0.0%) |
| DQ | POTRYKUS Stanisław | 335 | | M55-59 | | | Tak | DQ | 00:36:54.15 DQ | DQ | | - | - (0.0%) |
| DQ | ROSZKOWSKI Jarosław | 217 | KURZĘTNIK | M30-39 | | | Tak | DQ | 00:39:52.65 DQ | DQ | | - | - (0.0%) |
| DQ | OSIŃSKI Michał | 59 | TERVEL TEAM | M18-29 | | | Tak | DQ | DQ | DQ | | - | - (0.0%) |

Znaleziono 163 wynik(ów)