

OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Osielsko
Data: 2019-08-10
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Herk_All 5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|-------------|--------------|--------------|--------------------|-------------------|--------------|-------------|
| 1 | STILLER Karol | 496 | KABEX PODKOWA JANÓW | M30-39 | 1 | | | 00:29:23 | 00:59:17.85 | | 5:55 | 10.1 (100%) |
| 2 | WOJTOWICZ Tomasz | 591 | BIESZCZADZKI KLUB NORDIC WALKING / NWPL | M18-29 | 1 | | | 00:30:28 | 01:01:19.80 | +00:02:01 (3.3%) | 6:08 | 9.8 (97.0%) |
| 3 | KUŹMICZ Adam | 1 | NWPL/POLIPACK TEAM GWE | M30-39 | 2 | | | 00:30:41 | 01:02:39.70 | +00:03:21 (5.4%) | 6:15 | 9.6 (95.0%) |
| 4 | MACKIEWICZ Dariusz | 459 | AKTYWNY KODEŃ | M40-49 | 1 | | | 00:31:28 | 01:03:01.35 | +00:03:43 (5.9%) | 6:18 | 9.5 (94.1%) |
| 5 | MIELECKA Agnieszka | 463 | KS IDMAR RACING TEAM | K50-59 | 1 | | | 00:31:34 | 01:03:12.40 | +00:03:54 (6.2%) | 6:19 | 9.5 (94.1%) |
| 6 | WOJTASIŃSKI Daniel | 514 | NORDIC TEAM CZĘSTOCHOWA | M40-49 | 2 | | | 00:31:37 | 01:03:33.30 | +00:04:15 (6.7%) | 6:21 | 9.4 (93.1%) |
| 7 | NIECHWIEJCZYK Piotr | 467 | UNIA MIAST | M40-49 | 3 | | | 00:31:10 | 01:03:34.40 | +00:04:16 (6.7%) | 6:21 | 9.4 (93.1%) |
| 8 | KLICZKA Kamil | 440 | SANPROBI SZCZECIN | M50-59 | 1 | | | 00:31:13 | 01:03:47.30 | +00:04:29 (7.0%) | 6:22 | 9.4 (93.1%) |
| 9 | KŁOS Maciej | 442 | NW WYSPA SOBIESZEWSKA | M30-39 | 3 | | | 00:31:23 | 01:03:48.40 | +00:04:30 (7.1%) | 6:22 | 9.4 (93.1%) |
| 10 | HELWICH Stefan | 427 | KS METRACO POLKOWICE | M60-69 | 1 | | | 00:31:30 | 01:03:58.60 | +00:04:40 (7.3%) | 6:23 | 9.4 (93.1%) |
| 11 | POŁUBIAK Paweł | 476 | | M30-39 | 4 | | | 00:31:55 | 01:04:33.65 | +00:05:15 (8.2%) | 6:27 | 9.3 (92.1%) |
| 12 | NAKONIECZNY Grzegorz | 384 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M40-49 | 4 | | | 00:31:42 | 01:05:24.60 | +00:06:06 (9.3%) | 6:32 | 9.2 (91.1%) |
| 13 | KUBISZYN Małgorzata | 452 | KS METRACO POLKOWICE | K30-39 | 1 | | | 00:32:50 | 01:06:15.00 | +00:06:57 (10.5%) | 6:37 | 9.1 (90.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Herk All 5km | Czas | | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|--|-----------|------|----------------|-----------------|-----------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | netto 10km | Różn | | |
| 14 | JUREK Adam | 435 | KS METRACO POLKOWICE | M50-59 | 2 | | | 00:32:32 | 01:06:31.65 | +00:07:13 (10.9%) | 6:39 | 9 (89.1%) |
| 15 | KUŚMIEREK Jan | 338 | KLUB BŁĘKITNI NW DZIEMIANY | M40-49 | 5 | | | 00:33:25 | 01:06:51.35 | +00:07:33 (11.3%) | 6:41 | 9 (89.1%) |
| 16 | KLIMCZAK Adam | 441 | GOSADI NORDIC TEAM | M50-59 | 3 | | | 00:33:18 | 01:07:04.50 | +00:07:46 (11.6%) | 6:42 | 8.9 (88.1%) |
| 17 | JĘDRASIAK Renata | 434 | KS METRACO POLKOWICE | K50-59 | 2 | | | 00:33:21 | 01:07:14.30 | +00:07:56 (11.8%) | 6:43 | 8.9 (88.1%) |
| 18 | KOBIELA Krzysztof | 443 | NORDIC TEAM CZĘSTOCHOWA | M40-49 | 6 | | | 00:33:30 | 01:07:21.60 | +00:08:03 (12.0%) | 6:44 | 8.9 (88.1%) |
| 19 | WĘŻOWICZ Ewa | 510 | STADION ŚLĄSKI | K40-49 | 1 | | | 00:33:15 | 01:07:32.80 | +00:08:14 (12.2%) | 6:45 | 8.9 (88.1%) |
| 20 | SANIUK Edward | 488 | FACE NORDIC WALKING TEAM | M70+ | 1 | 1 | | 00:33:44 | 01:07:40.40 | +00:08:22 (12.4%) | 6:46 | 8.9 (88.1%) |
| 21 | PIETRZYK Jarosław | 474 | NORDIC TEAM CZĘSTOCHOWA | M30-39 | 5 | | | 00:33:24 | 01:07:47.20 | +00:08:29 (12.5%) | 6:46 | 8.9 (88.1%) |
| 22 | ŚWISŁOCKI Bogdan | 502 | FACE NORDIC WALKING TEAM | M50-59 | 4 | | | 00:33:38 | 01:08:24.15 | +00:09:06 (13.3%) | 6:50 | 8.8 (87.1%) |
| 23 | DREWA Marian | 414 | POLIPACK TEAM GWE | M60-69 | 2 | | | 00:33:15 | 01:08:26.25 | +00:09:08 (13.4%) | 6:50 | 8.8 (87.1%) |
| 24 | KOZAKOWSKA Małgorzata | 448 | KS SOKÓŁ GAŚAWA | K40-49 | 2 | | | 00:33:42 | 01:08:29.90 | +00:09:12 (13.4%) | 6:51 | 8.8 (87.1%) |
| 25 | JAGUSIAK Grzegorz | 430 | | M40-49 | 7 | 1 | | 00:33:41 | 01:08:40.50 | +00:09:22 (13.7%) | 6:52 | 8.7 (86.1%) |
| 26 | ADAMCZYK Adam | 401 | PASJA NORDIC WALKING | M70+ | 2 | | | 00:34:31 | 01:08:54.25 | +00:09:36 (13.9%) | 6:53 | 8.7 (86.1%) |
| 27 | WILUSZ Erwina | 353 | PTG SOKÓŁ RYMANÓW | K30-39 | 2 | | | 00:33:55 | 01:09:03.95 | +00:09:46 (14.1%) | 6:54 | 8.7 (86.1%) |
| 28 | HRYCIUK Waldemar | 428 | TKKF KRZNA BIAŁA PODLASKA | M60-69 | 3 | 1 | | 00:34:31 | 01:09:36.80 | +00:10:18 (14.8%) | 6:57 | 8.6 (85.1%) |
| 29 | KRÓLIKOWSKA Krystyna | 449 | POLIPACK TEAM GWE | K40-49 | 3 | | | 00:34:32 | 01:09:47.20 | +00:10:29 (15.0%) | 6:58 | 8.6 (85.1%) |
| 30 | KOŃCZEWSKA Bożena | 445 | BIESZCZADZKI KLUB NORDIC WALKING / KLUB BIEGACZA USTRZYKIDOLNE | K50-59 | 3 | | | 00:34:51 | 01:10:16.05 | +00:10:58 (15.6%) | 7:01 | 8.5 (84.2%) |
| 31 | ROSADZIŃSKI Sławomir | 484 | LESZNO :) | M50-59 | 5 | | | 00:34:15 | 01:10:17.30 | +00:10:59 (15.6%) | 7:01 | 8.5 (84.2%) |
| 32 | HRYNDIO Jerzy | 429 | STADION ŚLĄSKI | M60-69 | 4 | | | 00:34:42 | 01:10:20.90 | +00:11:03 (15.7%) | 7:02 | 8.5 (84.2%) |
| 33 | WARUSZEWSKI Karol | 507 | BIEGAJĄCY TCZEW | M40-49 | 8 | | | 00:35:08 | 01:10:29.65 | +00:11:11 (15.9%) | 7:03 | 8.5 (84.2%) |
| 34 | NETKOWSKI Wojciech | 466 | PASJA NORDIC WALKING | M60-69 | 5 | | | 00:34:42 | 01:10:39.00 | +00:11:21 (16.1%) | 7:03 | 8.5 (84.2%) |
| 35 | OSTROCHALSKA Aleksandra | 470 | POLIPACK TEAM GWE | K40-49 | 4 | | | 00:35:22 | 01:10:51.50 | +00:11:33 (16.3%) | 7:05 | 8.5 (84.2%) |
| 36 | RUDAWSKI Piotr | 486 | WALK & RUN TEAM OBORNIKI | M30-39 | 6 | | | 00:34:37 | 01:11:01.20 | +00:11:43 (16.5%) | 7:06 | 8.4 (83.2%) |

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|-----|-------------------------------|------------|---------------------------------|-----------|------|----------------|-----------------|-----------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | netto 10km | Różn | | |
| 37 | SMARSZCZ Wiesław | 492 | LĘBORSKIE LWY | M60-69 | 6 | | | 00:34:46 | 01:11:12.70 | +00:11:54 (16.7%) | 7:07 | 8.4 (83.2%) |
| 38 | PRZYBYŁEK Marysia | 480 | | K40-49 | 5 | | | 00:36:02 | 01:11:40.90 | +00:12:23 (17.3%) | 7:10 | 8.4 (83.2%) |
| 39 | CZAJKA Urszula | 411 | FACE NORDIC WALKING TEAM | K60-69 | 1 | | | 00:35:24 | 01:12:00.85 | +00:12:43 (17.7%) | 7:12 | 8.3 (82.2%) |
| 40 | RAJEK Magdalena | 482 | NORDIC TEAM CZĘSTOCHOWA | K40-49 | 6 | | | 00:35:30 | 01:12:17.20 | +00:12:59 (18.0%) | 7:13 | 8.3 (82.2%) |
| 41 | SZCZĘŚNIAK Zbigniew | 499 | NORDIC TEAM CZĘSTOCHOWA | M50-59 | 6 | | | 00:36:04 | 01:12:21.70 | +00:13:03 (18.1%) | 7:14 | 8.3 (82.2%) |
| 42 | MUSIATOWICZ Aleksandra | 465 | PASJA NORDIC WALKING | K40-49 | 7 | | | 00:35:42 | 01:12:25.55 | +00:13:07 (18.1%) | 7:14 | 8.3 (82.2%) |
| 43 | POSIM Dariusz | 478 | WATAHA | M50-59 | 7 | | | 00:35:21 | 01:12:43.40 | +00:13:25 (18.5%) | 7:16 | 8.2 (81.2%) |
| 44 | BADECKI Ryszard | 522 | KS METRACO POLKOWICE | M50-59 | 8 | | | 00:35:44 | 01:12:44.45 | +00:13:26 (18.5%) | 7:16 | 8.2 (81.2%) |
| 45 | WOJDANOWSKA Małgorzata | 513 | LECYMY DURŚ | K30-39 | 3 | | | 00:36:13 | 01:12:44.60 | +00:13:26 (18.5%) | 7:16 | 8.2 (81.2%) |
| 46 | KACZMAREK Maja | 436 | POLIPACK TEAM GWE | K30-39 | 4 | | | 00:36:12 | 01:12:49.00 | +00:13:31 (18.6%) | 7:16 | 8.2 (81.2%) |
| 47 | STAWNIAK Karol | 494 | KS METRACO POLKOWICE | M70+ | 3 | | | 00:35:50 | 01:12:50.35 | +00:13:32 (18.6%) | 7:17 | 8.2 (81.2%) |
| 48 | DUSIEL Ewa | 417 | NORDIC TEAM CZĘSTOCHOWA | K50-59 | 4 | | | 00:35:43 | 01:12:56.20 | +00:13:38 (18.7%) | 7:17 | 8.2 (81.2%) |
| 49 | WEINER Jakub | 509 | CKZIU MECHANIK NYSA | M18-29 | 2 | | | 00:36:21 | 01:12:57.95 | +00:13:40 (18.7%) | 7:17 | 8.2 (81.2%) |
| 50 | CHMIELEWSKI Antoni | 406 | FUNDACJA W TE PĘDY | M70+ | 4 | | | 00:35:55 | 01:13:01.60 | +00:13:43 (18.8%) | 7:18 | 8.2 (81.2%) |
| 51 | RASZEWSKA Izabela | 483 | FORMA NA PIĄTKĘ NW | K40-49 | 8 | | | 00:36:20 | 01:13:02.00 | +00:13:44 (18.8%) | 7:18 | 8.2 (81.2%) |
| 52 | PYTEC Anna | 374 | | K40-49 | 9 | | | 00:36:14 | 01:13:24.65 | +00:14:06 (19.2%) | 7:20 | 8.2 (81.2%) |
| 53 | BOCZAR Beata | 365 | GREEK TEAM | K50-59 | 5 | | | 00:35:30 | 01:13:33.00 | +00:14:15 (19.4%) | 7:21 | 8.2 (81.2%) |
| 54 | BRYLIŃSKI Piotr | 364 | | M40-49 | 9 | | | 00:36:56 | 01:13:37.70 | +00:14:19 (19.5%) | 7:21 | 8.1 (80.2%) |
| 55 | ŚLUSARCZYK Andrzej | 501 | WESOŁY BORSUK TEAM | M60-69 | 7 | | | 00:36:30 | 01:13:46.75 | +00:14:28 (19.6%) | 7:22 | 8.1 (80.2%) |
| 56 | RUDAWSKI Maciej | 485 | WALK & RUN TEAM OBORNIKI | M30-39 | 7 | | | 00:36:54 | 01:14:14.20 | +00:14:56 (20.1%) | 7:25 | 8.1 (80.2%) |
| 57 | ŁOPIŃSKI Aleksy | 457 | DAJ RADOŚĆ NIEPWŁNOSPRAWNYM | M70+ | 5 | | | 00:37:14 | 01:14:31.60 | +00:15:13 (20.4%) | 7:27 | 8.1 (80.2%) |
| 58 | PALIWODA Kasia | 383 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K40-49 | 10 | | | 00:36:36 | 01:14:55.15 | +00:15:37 (20.9%) | 7:29 | 8 (79.2%) |
| 59 | KURZAWSKA Jolanta | 453 | KS METRACO POLKOWICE | K70+ | 1 | | | 00:37:19 | 01:15:03.80 | +00:15:45 (21.0%) | 7:30 | 8 (79.2%) |

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|-----|---------------------------|------------|---------------------------------|-----------|------|----------------|-----------------|-----------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | netto 10km | Różn | | |
| 60 | KOBIELA Magdalena | 444 | NORDIC TEAM CZĘSTOCHOWA | K40-49 | 11 | | | 00:37:37 | 01:15:24.55 | +00:16:06 (21.4%) | 7:32 | 8 (79.2%) |
| 61 | SZARSZUNOWICZ Anna | 498 | KRAMTEAM | K30-39 | 5 | | | 00:36:42 | 01:15:34.30 | +00:16:16 (21.5%) | 7:33 | 7.9 (78.2%) |
| 62 | ZACHARCZUK Zofia | 515 | NOWI SIEDLCE - NW WSCHÓD | K60-69 | 2 | | | 00:37:44 | 01:16:08.80 | +00:16:50 (22.1%) | 7:36 | 7.9 (78.2%) |
| 63 | PALUDKIEWICZ Piotr | 472 | | M50-59 | 9 | | | 00:37:21 | 01:16:15.50 | +00:16:57 (22.2%) | 7:37 | 7.9 (78.2%) |
| 64 | GOLUS Agnieszka | 423 | FORMA NA PIĄTKĘ NW | K40-49 | 12 | | | 00:38:39 | 01:16:15.65 | +00:16:57 (22.2%) | 7:37 | 7.9 (78.2%) |
| 65 | LENER Sławomir | 375 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M60-69 | 8 | | | 00:36:54 | 01:16:22.05 | +00:17:04 (22.4%) | 7:38 | 7.9 (78.2%) |
| 66 | HAŁAS Ewa | 426 | KIJKOWA KCYNIA | K30-39 | 6 | | | 00:37:56 | 01:16:32.05 | +00:17:14 (22.5%) | 7:39 | 7.8 (77.2%) |
| 67 | GAŁOWSKA Agnieszka | 421 | INPOWER | K40-49 | 13 | | | 00:38:13 | 01:16:35.40 | +00:17:17 (22.6%) | 7:39 | 7.8 (77.2%) |
| 68 | FRYDRYCH Krzysztof | 420 | WESOŁY BORSUK TEAM | M40-49 | 10 | | | 00:38:13 | 01:16:47.35 | +00:17:29 (22.8%) | 7:40 | 7.8 (77.2%) |
| 69 | GWAREK Anita | 424 | PASJA NORDIC WALKING | K40-49 | 14 | | | 00:37:02 | 01:17:00.05 | +00:17:42 (23.0%) | 7:42 | 7.8 (77.2%) |
| 70 | NAWROCKA Jolanta | 373 | K.B. KATORZNIK MUROWANA GOŚLINA | K60-69 | 3 | | | 00:38:11 | 01:17:11.45 | +00:17:53 (23.2%) | 7:43 | 7.8 (77.2%) |
| 71 | CONTUCCI Ewa | 410 | NORDIC TEAM CZĘSTOCHOWA | K40-49 | 15 | | | 00:38:14 | 01:17:19.95 | +00:18:02 (23.3%) | 7:44 | 7.8 (77.2%) |
| 72 | PONKA Radosław | 351 | POLIPACK TEAM GWE | M40-49 | 11 | | | 00:38:17 | 01:17:22.95 | +00:18:05 (23.4%) | 7:44 | 7.8 (77.2%) |
| 73 | BIĄŁK Roman | 404 | | M60-69 | 9 | | | 00:38:29 | 01:17:30.55 | +00:18:12 (23.5%) | 7:45 | 7.7 (76.2%) |
| 74 | MROZIK Aleksandra | 464 | | K40-49 | 16 | | | 00:38:20 | 01:17:32.00 | +00:18:14 (23.5%) | 7:45 | 7.7 (76.2%) |
| 75 | PANEK Elwira | 473 | ŁĘBORSKIE LWY | K50-59 | 6 | | | 00:38:35 | 01:17:51.45 | +00:18:33 (23.8%) | 7:47 | 7.7 (76.2%) |
| 76 | CHYRA Janusz | 408 | UNIA MIAST | M40-49 | 12 | | | 00:39:23 | 01:17:57.85 | +00:18:40 (23.9%) | 7:47 | 7.7 (76.2%) |
| 77 | OLECH Marcin | 378 | | M40-49 | 13 | | | 00:38:29 | 01:17:59.15 | +00:18:41 (24.0%) | 7:47 | 7.7 (76.2%) |
| 78 | SĘDZIK Katarzyna | 489 | LECZYMY DURŚ | K40-49 | 17 | | | 00:38:20 | 01:18:39.55 | +00:19:21 (24.6%) | 7:51 | 7.6 (75.2%) |
| 79 | CIESIELSKA Renata | 409 | TORUŃ - IDZIEMY BEZ RYZYKA | K40-49 | 18 | | | 00:39:04 | 01:18:49.50 | +00:19:31 (24.8%) | 7:52 | 7.6 (75.2%) |
| 80 | CZEMPIK Aniela | 412 | STADION ŚLĄSKI | K60-69 | 4 | | | 00:39:26 | 01:18:53.40 | +00:19:35 (24.8%) | 7:53 | 7.6 (75.2%) |
| 81 | GOLUS Urszula | 382 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K60-69 | 5 | | | 00:38:41 | 01:18:58.60 | +00:19:40 (24.9%) | 7:53 | 7.6 (75.2%) |
| 82 | FORYŚ Katarzyna | 419 | WATAHA | K30-39 | 7 | | | 00:39:03 | 01:19:00.45 | +00:19:42 (24.9%) | 7:54 | 7.6 (75.2%) |

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|-----|-----------------------------------|------------|---------------------------------|-----------|------|----------------|-----------------|-----------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | netto 10km | Różn | | |
| 83 | KOWAL Kamil | 110 | AZS SUM | M18-29 | 3 | | | 00:40:12 | 01:19:13.55 | +00:19:55 (25.2%) | 7:55 | 7.6 (75.2%) |
| 84 | GABERT Beata | 381 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K40-49 | 19 | | | 00:39:02 | 01:19:16.15 | +00:19:58 (25.2%) | 7:55 | 7.6 (75.2%) |
| 85 | WNEK Ewa | 512 | DOIIB | K60-69 | 6 | | | 00:39:06 | 01:19:37.40 | +00:20:19 (25.5%) | 7:57 | 7.5 (74.3%) |
| 86 | BACHANEK Katarzyna | 403 | TORUŃ - IDZIEMY BEZ RYZYKA | K50-59 | 7 | | | 00:39:26 | 01:19:44.90 | +00:20:27 (25.6%) | 7:58 | 7.5 (74.3%) |
| 87 | PINIS Michał | 475 | NORDIC TEAM CZĘSTOCHOWA | M30-39 | 8 | | | 00:39:42 | 01:19:47.00 | +00:20:29 (25.7%) | 7:58 | 7.5 (74.3%) |
| 88 | ZWIERZCHOWSKA Żaneta | 295 | SPORT I REKREACJA START CHEŁMNO | K50-59 | 8 | | | 00:42:19 | 01:19:50.35 | +00:20:32 (25.7%) | 7:59 | 7.5 (74.3%) |
| 89 | KIDAWA Bożena | 505 | SANTANDER CONSUMER BANK | K60-69 | 7 | | | 00:40:17 | 01:20:52.15 | +00:21:34 (26.7%) | 8:05 | 7.4 (73.3%) |
| 90 | SMEJA Justyna | 454 | | K40-49 | 20 | | | 00:40:28 | 01:20:57.60 | +00:21:39 (26.8%) | 8:05 | 7.4 (73.3%) |
| 91 | STANKOWSKA Marzena | 493 | KIJKOWE TRZEMESZNO | K40-49 | 21 | | | 00:40:06 | 01:21:31.45 | +00:22:13 (27.3%) | 8:09 | 7.4 (73.3%) |
| 92 | TURZYŃSKA-STOPA Maria | 340 | KLUB BŁĘKITNI NW DZIEMIANY | K60-69 | 8 | | | 00:40:27 | 01:21:32.20 | +00:22:14 (27.3%) | 8:09 | 7.4 (73.3%) |
| 93 | KIDAWA Marian | 366 | SANTANDER CONSUMER BANK | M60-69 | 10 | | | 00:40:23 | 01:22:05.20 | +00:22:47 (27.8%) | 8:12 | 7.3 (72.3%) |
| 94 | LABUDDA Katarzyna | 455 | FACE NORDIC WALKING TEAM | K30-39 | 8 | | | 00:39:35 | 01:22:06.15 | +00:22:48 (27.8%) | 8:12 | 7.3 (72.3%) |
| 95 | KOMAJDA Jarosław | 518 | GOSIR OSIELSKO | M50-59 | 10 | | | 00:40:22 | 01:22:08.40 | +00:22:50 (27.8%) | 8:12 | 7.3 (72.3%) |
| 96 | POPIELARZ Karolina | 477 | ŁABISZYN RUNNERS | K30-39 | 9 | | | 00:40:36 | 01:22:15.75 | +00:22:57 (27.9%) | 8:13 | 7.3 (72.3%) |
| 97 | PILARSKA Beata | 431 | | K40-49 | 22 | | | 00:40:01 | 01:22:22.80 | +00:23:04 (28.0%) | 8:14 | 7.3 (72.3%) |
| 98 | OMARSKA Grażyna | 469 | PASJA NORDIC WALKING | K60-69 | 9 | | | 00:41:21 | 01:22:44.60 | +00:23:26 (28.3%) | 8:16 | 7.3 (72.3%) |
| 99 | BOŻYK Krystyna | 367 | | K60-69 | 10 | | | 00:40:21 | 01:22:48.05 | +00:23:30 (28.4%) | 8:16 | 7.2 (71.3%) |
| 100 | JANCY Anita | 226 | TORUŃ - IDZIEMY BEZ RYZYKA | K40-49 | 23 | | | 00:41:31 | 01:22:57.35 | +00:23:39 (28.5%) | 8:17 | 7.2 (71.3%) |
| 101 | MARSZAŁEK Anna | 461 | | K40-49 | 24 | | | 00:41:25 | 01:23:08.55 | +00:23:50 (28.7%) | 8:18 | 7.2 (71.3%) |
| 102 | WYSOCKA Bernadeta | 337 | KLUB BŁĘKITNI NW DZIEMIANY | K40-49 | 25 | | | 00:40:47 | 01:23:09.45 | +00:23:51 (28.7%) | 8:18 | 7.2 (71.3%) |
| 103 | KISZKA-MAZIARCZUK Berenika | 439 | LECZYMY DURŚ | K30-39 | 10 | | | 00:42:24 | 01:23:51.85 | +00:24:34 (29.3%) | 8:23 | 7.2 (71.3%) |
| 104 | WĄTROBA Sebastian | 508 | VITADIET ŁÓDŹ | M40-49 | 14 | | | 00:40:51 | 01:24:02.65 | +00:24:44 (29.4%) | 8:24 | 7.1 (70.3%) |
| 105 | FOLWARSKA Małgorzata | 418 | FACE NORDIC WALKING TEAM | K60-69 | 11 | | | 00:41:12 | 01:24:10.95 | +00:24:53 (29.6%) | 8:25 | 7.1 (70.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Herk All 5km | Czas | | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|---------------------------|-----------|------|----------------|-----------------|-----------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | netto 10km | Różn | | |
| 106 | SZELIGA Justyna | 500 | LIDER GRODZISK MAZOWIECKI | K40-49 | 26 | | | 00:42:46 | 01:24:32.95 | +00:25:15 (29.9%) | 8:27 | 7.1 (70.3%) |
| 107 | DUDEK Sandra | 416 | LECZYMY DURŚ | K18-29 | 1 | | | 00:42:40 | 01:25:41.40 | +00:26:23 (30.8%) | 8:34 | 7 (69.3%) |
| 108 | MACIŃSKA Estera | 458 | LECZYMY DURŚ | K18-29 | 2 | | | 00:42:40 | 01:25:42.90 | +00:26:25 (30.8%) | 8:34 | 7 (69.3%) |
| 109 | THOMALLA Bogdan | 504 | STADION ŚLĄSKI | M70+ | 6 | | | 00:41:24 | 01:25:46.60 | +00:26:28 (30.9%) | 8:34 | 7 (69.3%) |
| 110 | SZCZUKOWSKA Agnieszka | 247 | GMINA PRUSZCZ | K40-49 | 27 | | | 00:45:10 | 01:26:07.10 | +00:26:49 (31.1%) | 8:36 | 7 (69.3%) |
| 111 | KRYGIEL Maria | 299 | GOSIR OSIELSKO | K50-59 | 9 | | | 00:43:14 | 01:26:26.00 | +00:27:08 (31.4%) | 8:38 | 6.9 (68.3%) |
| 112 | WANDEL Agnieszka | 506 | FACE NORDIC WALKING TEAM | K40-49 | 28 | | | 00:43:05 | 01:26:45.25 | +00:27:27 (31.6%) | 8:40 | 6.9 (68.3%) |
| 113 | POSIM Bogumiła | 479 | WATAHA | K50-59 | 10 | | | 00:43:21 | 01:27:11.50 | +00:27:53 (32.0%) | 8:43 | 6.9 (68.3%) |
| 114 | NOWASTOWSKI Janusz | 446 | | M60-69 | 11 | | | 00:41:01 | 01:27:20.90 | +00:28:03 (32.1%) | 8:44 | 6.9 (68.3%) |
| 115 | SZYBUT Roma | 376 | | K30-39 | 11 | | | 00:43:16 | 01:27:24.55 | +00:28:06 (32.2%) | 8:44 | 6.9 (68.3%) |
| 116 | NOWICKA Iwona | 468 | GOSIR OSIELSKO | K50-59 | 11 | | | 00:43:52 | 01:27:37.50 | +00:28:19 (32.3%) | 8:45 | 6.8 (67.3%) |
| 117 | SIWCZYK Grażyna | 491 | LECZYMY DURŚ | K60-69 | 12 | | | 00:44:22 | 01:27:50.30 | +00:28:32 (32.5%) | 8:47 | 6.8 (67.3%) |
| 118 | DROZD Krystyna | 415 | CIDRY LOTAJOM | K50-59 | 12 | | | 00:43:48 | 01:28:23.40 | +00:29:05 (32.9%) | 8:50 | 6.8 (67.3%) |
| 119 | GRZĄDKA Mariola | 70 | GMINA PRUSZCZ | K50-59 | 13 | | | 00:44:52 | 01:28:50.55 | +00:29:32 (33.3%) | 8:53 | 6.8 (67.3%) |
| 120 | JASIULEWICZ Marek | 432 | | M60-69 | 12 | | | 00:43:46 | 01:29:15.15 | +00:29:57 (33.6%) | 8:55 | 6.7 (66.3%) |
| 121 | STEFANIAK Bożena | 495 | | K60-69 | 13 | | | 00:43:55 | 01:29:43.50 | +00:30:25 (33.9%) | 8:58 | 6.7 (66.3%) |
| 122 | KRÓLIKOWSKA-ŁOSKOT Danuta | 450 | STADION ŚLĄSKI | K60-69 | 14 | | | 00:44:28 | 01:29:45.50 | +00:30:27 (33.9%) | 8:58 | 6.7 (66.3%) |
| 123 | WŁOCHOWICZ Olga | 511 | LECZYMY DURŚ | K30-39 | 12 | | | 00:45:05 | 01:29:48.15 | +00:30:30 (34.0%) | 8:58 | 6.7 (66.3%) |
| 124 | FLISAK Joanna | 45 | GMINA PRUSZCZ | K40-49 | 29 | | | 00:45:11 | 01:31:18.10 | +00:32:00 (35.1%) | 9:07 | 6.6 (65.3%) |
| 125 | ZIĘBA Julia | 516 | STADION ŚLĄSKI | K70+ | 2 | | | 00:45:54 | 01:32:43.85 | +00:33:26 (36.1%) | 9:16 | 6.5 (64.4%) |
| 126 | OWCZAREK Henryka | 471 | MARSZ PO ZDROWIE | K70+ | 3 | | | 00:45:59 | 01:32:44.80 | +00:33:26 (36.1%) | 9:16 | 6.5 (64.4%) |
| 127 | CZEMPIK Kornelia | 413 | STADION ŚLĄSKI | K50-59 | 14 | | | 00:40:18 | 01:32:45.95 | +00:33:28 (36.1%) | 9:16 | 6.5 (64.4%) |
| 128 | BACDORF Alicja | 402 | LIDER GRODZISK MAZOWIECKI | K60-69 | 15 | | | 00:46:08 | 01:33:37.50 | +00:34:19 (36.7%) | 9:21 | 6.4 (63.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Herk_All 5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------------|-----------|------|----------------|-----------------|-----------------|-----------------------|----------------------|-----------------|----------------|
| 129 | KIEŁPIŃSKA Gabriela | 437 | KIEŁPINTEAM | K40-49 | 30 | | | 00:45:04 | 01:34:35.70 | +00:35:17 (37.3%) | 9:27 | 6.3 (62.4%) |
| 130 | JÓŹWIAK Dominik | 86 | SERCE NORDICA WŁOCŁAWEK | M18-29 | 4 | | | 00:47:18 | 01:35:25.25 | +00:36:07 (37.9%) | 9:32 | 6.3 (62.4%) |
| 131 | KIEŁPIŃSKI Maciej | 438 | KIEŁPINTEAM | M40-49 | 15 | | | 00:46:59 | 01:36:30.20 | +00:37:12 (38.6%) | 9:39 | 6.2 (61.4%) |
| 132 | RYBKA Magdalena | 487 | | K30-39 | 13 | | | 00:47:25 | 01:37:32.00 | +00:38:14 (39.2%) | 9:45 | 6.2 (61.4%) |
| 133 | KRYGIEL Irena | 451 | GOSIR OSIELSKO | K50-59 | 15 | | | 00:49:05 | 01:41:40.60 | +00:42:22 (41.7%) | 10:10 | 5.9 (58.4%) |

Znaleziono 133 wynik(ów)