

OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM

B4SPORT

Wydarzenie: Otwarte Górskie Mistrzostwa Polski Nordic Walking
- Polanica Zdrój 2021
Organizator: Fundacja Herkules All Sports
Data: 2021-07-10
Miejsce: Polanica Zdrój
Dystans: 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps_5km 2.5km | 5km | 7.5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|-------------------------------------|-----------|------|----------------|-----------------|-------------------|----------|----------|-----------------------|---------------------|-----------------|----------------|
| 1 | NIEPOKÓJ Radosław | 55 | GMINA MIEJSCE PIASTOWE/OSP WROCANKA | M30-39 | 1 | | | 00:16:31 | 00:30:51 | 00:48:03 | 01:02:12.60 | | 6:13 | 9.6 (100%) |
| 2 | WOJTOWICZ Tomasz | 106 | | M30-39 | 2 | | | 00:16:29 | 00:30:45 | 00:48:11 | 01:02:28.55 | +00:00:15 (0.4%) | 6:14 | 9.6 (100%) |
| 3 | MARCZAK Tomasz | 48 | KS IDMAR RACING TEAM | M18-29 | 1 | 1 | | 00:17:00 | 00:31:35 | 00:49:03 | 01:03:25.20 | +00:01:12 (1.9%) | 6:20 | 9.5 (99.0%) |
| 4 | SKIBA Krzysztof | 79 | MSPORTTEAM | M60-69 | 1 | 1 | | 00:16:47 | 00:31:33 | 00:49:06 | 01:03:26.55 | +00:01:13 (1.9%) | 6:20 | 9.5 (99.0%) |
| 5 | ROMANOWSKI Daniel | 75 | KATOWICKI NORDIC WALKING | M18-29 | 2 | | | 00:16:59 | 00:31:23 | 00:49:02 | 01:03:32.20 | +00:01:19 (2.1%) | 6:21 | 9.4 (97.9%) |
| 6 | POLKOWSKI Piotr | 63 | NW CZŁAPSKI TEAM | M30-39 | 3 | | | 00:17:43 | 00:31:40 | 00:50:52 | 01:05:10.50 | +00:02:57 (4.5%) | 6:31 | 9.2 (95.8%) |
| 7 | POŁUBIAK Paweł | 68 | | M30-39 | 4 | | | 00:17:19 | 00:31:50 | 00:50:26 | 01:05:26.40 | +00:03:13 (4.9%) | 6:32 | 9.2 (95.8%) |
| 8 | MICHALSKI Andrzej | 51 | PŁOMIEŃ ZMIENNICA | M60-69 | 2 | | | 00:17:44 | 00:32:27 | 00:50:49 | 01:05:26.90 | +00:03:14 (4.9%) | 6:32 | 9.2 (95.8%) |
| 9 | PRZYSTARZ Grzegorz | 71 | OBORYGENI | M50-59 | 1 | | | 00:17:46 | 00:32:58 | 00:51:00 | 01:05:50.50 | +00:03:37 (5.5%) | 6:35 | 9.1 (94.8%) |
| 10 | SIWAK Piotr | 78 | KGHM METRACO RUDNA | M60-69 | 3 | | | 00:17:42 | 00:31:54 | 00:51:02 | 01:05:52.80 | +00:03:40 (5.6%) | 6:35 | 9.1 (94.8%) |
| 11 | JUREK Adam | 32 | KGHM METRACO RUDNA | M60-69 | 4 | 2 | | 00:17:27 | 00:31:53 | 00:51:04 | 01:05:59.50 | +00:03:46 (5.7%) | 6:35 | 9.1 (94.8%) |
| 12 | WILCZEK Krzysztof | 92 | CIDRY LOTAJOM | M40-49 | 1 | | | 00:18:14 | 00:33:07 | 00:51:46 | 01:06:24.90 | +00:04:12 (6.3%) | 6:38 | 9 (93.8%) |
| 13 | HELWICH Stefan | 25 | KGHM METRACO RUDNA | M60-69 | 5 | | | 00:18:02 | 00:32:33 | 00:51:46 | 01:07:25.05 | +00:05:12 (7.7%) | 6:44 | 8.9 (92.7%) |
| 14 | KOŁODZIEJ Joanna | 38 | MALINOWE GWIAZDY | K50-59 | 1 | 1 | | 00:18:29 | 00:34:31 | 00:53:14 | 01:09:01.25 | +00:06:48 (9.9%) | 6:54 | 8.7 (90.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps | | | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------------|-----------|------|----------------|-----------------|----------|----------|----------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | | | 2.5km | 5km | 7.5km | | | | |
| 15 | BARCZYK Bogdan | 3 | ZABIEGANI CZĘSTOCHOWA | M50-59 | 2 | | | 00:18:15 | 00:33:23 | 00:53:41 | 01:09:02.45 | +00:06:49 (9.9%) | 6:54 | 8.7 (90.6%) |
| 16 | ZACZYŃSKA-SKIBA Anna | 98 | MSPORT | K40-49 | 1 | | | 00:18:32 | 00:34:00 | 00:53:27 | 01:09:04.65 | +00:06:52 (9.9%) | 6:54 | 8.7 (90.6%) |
| 17 | CHOJNACKI Paweł | 7 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M50-59 | 3 | 1 | | 00:19:00 | 00:34:39 | 00:54:31 | 01:10:20.75 | +00:08:08 (11.6%) | 7:02 | 8.5 (88.5%) |
| 18 | WIŚNIEWSKI Sławomir | 94 | FLÜGGER | M40-49 | 2 | 1 | | 00:18:34 | 00:34:43 | 00:54:43 | 01:10:46.70 | +00:08:34 (12.1%) | 7:04 | 8.5 (88.5%) |
| 19 | CZŁAPSKI Krzysztof | 15 | NW CZŁAPSKI TEAM | M50-59 | 4 | | | 00:19:01 | 00:34:40 | 00:55:07 | 01:10:47.40 | +00:08:34 (12.1%) | 7:04 | 8.5 (88.5%) |
| 20 | BIBKO Martin | 4 | SPEEDBAR.CZ | M40-49 | 3 | | | 00:19:12 | 00:35:08 | 00:55:13 | 01:11:00.85 | +00:08:48 (12.4%) | 7:06 | 8.5 (88.5%) |
| 21 | SIEMIŃSKA Marta | 77 | | K30-39 | 1 | | | 00:18:50 | 00:34:46 | 00:54:49 | 01:11:12.20 | +00:08:59 (12.6%) | 7:07 | 8.4 (87.5%) |
| 22 | HRYCIUK Waldemar | 26 | TKKF KRZNA BIAŁA PODLASKA | M60-69 | 6 | 1 | | 00:19:05 | 00:35:19 | 00:55:21 | 01:11:23.45 | +00:09:10 (12.9%) | 7:08 | 8.4 (87.5%) |
| 23 | RADECKI Artur | 73 | CHODZĄCY BIAŁYSTOK | M50-59 | 5 | 1 | | 00:19:08 | 00:35:22 | 00:55:36 | 01:11:50.60 | +00:09:38 (13.4%) | 7:11 | 8.4 (87.5%) |
| 24 | KOWALSKI Marek | 39 | | M50-59 | 6 | | | 00:19:29 | 00:35:48 | 00:55:41 | 01:11:51.55 | +00:09:38 (13.4%) | 7:11 | 8.4 (87.5%) |
| 25 | KUBICKI Paweł | 42 | NORDIK WALKING KIEKRZ | M50-59 | 7 | 1 | | 00:19:02 | 00:35:11 | 00:55:46 | 01:12:09.60 | +00:09:57 (13.8%) | 7:12 | 8.3 (86.5%) |
| 26 | KRAWĘTEK Agnieszka | 332 | NW PL BEŁCHATÓW | K40-49 | 2 | | | 00:19:40 | 00:35:56 | 00:56:28 | 01:12:15.55 | +00:10:02 (13.9%) | 7:13 | 8.3 (86.5%) |
| 27 | MĄDRY Grzegorz | 49 | KIJKOWE TRZEMESZNO | M60-69 | 7 | | | 00:19:31 | 00:35:52 | 00:56:26 | 01:12:46.90 | +00:10:34 (14.5%) | 7:16 | 8.2 (85.4%) |
| 28 | JĘDRASIAK Renata | 30 | KGHM METRACO RUDNA | K50-59 | 2 | | | 00:19:42 | 00:35:38 | 00:56:25 | 01:13:06.85 | +00:10:54 (14.9%) | 7:18 | 8.2 (85.4%) |
| 29 | KLIMCZAK Adam | 37 | GOSADI NORDIC TEAM | M50-59 | 8 | | | 00:19:35 | 00:35:53 | 00:57:04 | 01:13:34.30 | +00:11:21 (15.4%) | 7:21 | 8.2 (85.4%) |
| 30 | KACZMAREK Eugeniusz | 34 | | M70+ | 1 | | | 00:20:12 | 00:36:46 | 00:57:17 | 01:13:40.45 | +00:11:27 (15.6%) | 7:22 | 8.1 (84.4%) |
| 31 | POLAK Łukasz | 67 | OBORYGENI | M40-49 | 4 | | | 00:19:20 | 00:35:51 | 00:56:37 | 01:13:40.65 | +00:11:28 (15.6%) | 7:22 | 8.1 (84.4%) |
| 32 | LUDWICZAK Andżelika | 45 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K40-49 | 3 | | | 00:19:52 | 00:35:44 | 00:57:32 | 01:13:56.10 | +00:11:43 (15.9%) | 7:23 | 8.1 (84.4%) |
| 33 | CHYRA Janusz | 11 | | M40-49 | 5 | | | 00:19:41 | 00:36:38 | 00:57:24 | 01:14:15.50 | +00:12:02 (16.2%) | 7:25 | 8.1 (84.4%) |
| 34 | TOMCZAK Jarosław | 91 | STĘSZEW TEAM | M50-59 | 9 | 1 | | 00:19:58 | 00:36:19 | 00:57:38 | 01:14:26.85 | +00:12:14 (16.4%) | 7:26 | 8.1 (84.4%) |
| 35 | KUŁAKOWSKA Halina | 43 | KATOWICKI NORDIC WALKING | K40-49 | 4 | 2 | | 00:20:01 | 00:36:37 | 00:57:44 | 01:14:40.55 | +00:12:27 (16.7%) | 7:28 | 8 (83.3%) |
| 36 | MACIEJEWSKI Robert | 335 | | M40-49 | 6 | | | 00:20:01 | 00:37:34 | 00:57:39 | 01:14:40.75 | +00:12:28 (16.7%) | 7:28 | 8 (83.3%) |
| 37 | ŚLUSARCZYK Marcin | 89 | WESOŁY BORSUK TEAM | M40-49 | 7 | | | 00:20:23 | 00:37:11 | 00:58:18 | 01:15:08.10 | +00:12:55 (17.2%) | 7:30 | 8 (83.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps | | | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---|-----------|------|----------------|-----------------|----------|----------|----------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | | | 2.5km | 5km | 7.5km | | | | |
| 38 | ROMAN Krzysztof | 336 | | M60-69 | 8 | 1 | | 00:19:49 | 00:37:15 | 00:57:56 | 01:15:22.30 | +00:13:09 (17.5%) | 7:32 | 8 (83.3%) |
| 39 | SOMIAK Piotr | 80 | NORDICUS STRZYBNICA | M40-49 | 8 | | | 00:20:00 | 00:37:08 | 00:58:09 | 01:15:50.60 | +00:13:38 (18.0%) | 7:35 | 7.9 (82.3%) |
| 40 | SZEGŁOWSKA Justyna | 86 | MOCNA GRUPA CEZARA/CAŁA OLEŚNICA BIEGA | K30-39 | 2 | 2 | | 00:19:52 | 00:37:25 | 00:59:00 | 01:17:02.85 | +00:14:50 (19.3%) | 7:42 | 7.8 (81.3%) |
| 41 | CHRZANOWSKA Daria | 9 | WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING | K30-39 | 3 | | | 00:20:51 | 00:38:06 | 01:00:01 | 01:17:09.80 | +00:14:57 (19.4%) | 7:42 | 7.8 (81.3%) |
| 42 | FRANCZAK Małgorzata | 21 | NW CZŁAPSKI TEAM | K18-29 | 1 | | | 00:21:26 | 00:38:52 | 01:00:23 | 01:17:10.80 | +00:14:58 (19.4%) | 7:43 | 7.8 (81.3%) |
| 43 | ŚLUSARCZYK Andrzej | 90 | WESOŁY BORSUK TEAM | M70+ | 2 | 2 | | 00:21:21 | 00:38:24 | 01:00:42 | 01:17:32.00 | +00:15:19 (19.8%) | 7:45 | 7.7 (80.2%) |
| 44 | KĘPA Andrzej | 36 | FAMILY TEAM KĘPA SPORT | M70+ | 3 | | | 00:20:56 | 00:38:24 | 01:00:08 | 01:17:32.65 | +00:15:20 (19.8%) | 7:45 | 7.7 (80.2%) |
| 45 | STANKOWSKA Justyna | 82 | KIJKOWE TRZEMESZNO | K40-49 | 5 | | | 00:20:25 | 00:38:09 | 00:59:43 | 01:17:42.10 | +00:15:29 (19.9%) | 7:46 | 7.7 (80.2%) |
| 46 | WÓJCIK Barbara | 97 | NWPL/LUKITEAM | K60-69 | 1 | | | 00:21:30 | 00:38:48 | 01:00:51 | 01:18:03.40 | +00:15:50 (20.3%) | 7:48 | 7.7 (80.2%) |
| 47 | JUZOF Iwona | 33 | IWONA JUZOF INSTRUKTOR NORDIC WALKING | K40-49 | 6 | | | 00:20:53 | 00:38:30 | 01:00:22 | 01:18:03.90 | +00:15:51 (20.3%) | 7:48 | 7.7 (80.2%) |
| 48 | CZAJKA Urszula | 12 | | K60-69 | 2 | | | 00:20:44 | 00:38:09 | 01:00:37 | 01:18:24.00 | +00:16:11 (20.7%) | 7:50 | 7.7 (80.2%) |
| 49 | ROWIŃSKI Paweł | 76 | NW CZŁAPSKI TEAM | M30-39 | 5 | | | 00:21:23 | 00:39:36 | 01:01:03 | 01:18:28.70 | +00:16:16 (20.7%) | 7:50 | 7.6 (79.2%) |
| 50 | DYLEWICZ Weronika | 20 | EKSTREMUM | K18-29 | 2 | 1 | | 00:20:51 | 00:38:14 | 01:00:34 | 01:18:34.45 | +00:16:21 (20.8%) | 7:51 | 7.6 (79.2%) |
| 51 | CZEREBA Leszek | 13 | | M50-59 | 10 | 1 | | 00:21:49 | 00:39:45 | 01:01:43 | 01:19:20.30 | +00:17:07 (21.6%) | 7:56 | 7.6 (79.2%) |
| 52 | SZCZĘŚNIAK Zbigniew | 85 | NORDIC TEAM CZĘSTOCHOWA | M50-59 | 11 | | | 00:22:05 | 00:39:22 | 01:02:24 | 01:19:36.35 | +00:17:23 (21.9%) | 7:57 | 7.5 (78.1%) |
| 53 | KAMIANOWSKI Jan | 35 | NW CZŁAPSKI TEAM | M70+ | 4 | | | 00:21:27 | 00:38:25 | 01:01:42 | 01:19:48.15 | +00:17:35 (22.0%) | 7:58 | 7.5 (78.1%) |
| 54 | FRAĆKOWIAK Mateusz | 24 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M18-29 | 3 | | | 00:20:43 | 00:39:00 | 01:01:23 | 01:20:20.80 | +00:18:08 (22.6%) | 8:02 | 7.5 (78.1%) |
| 55 | LIGĘZA Janusz | 103 | | M60-69 | 9 | | | 00:21:35 | 00:39:38 | 01:02:07 | 01:20:33.55 | +00:18:20 (22.8%) | 8:03 | 7.4 (77.1%) |
| 56 | MIŚKOWICZ Anna | 52 | NESSI TIME BIAŁA | K60-69 | 3 | 1 | | 00:21:52 | 00:39:42 | 01:02:42 | 01:20:52.25 | +00:18:39 (23.1%) | 8:05 | 7.4 (77.1%) |
| 57 | WITALEC Anna | 95 | | K30-39 | 4 | 1 | | 00:20:56 | 00:39:17 | 01:01:58 | 01:21:27.80 | +00:19:15 (23.6%) | 8:08 | 7.4 (77.1%) |
| 58 | JARUGA Beata | 29 | | K40-49 | 7 | | | 00:21:47 | 00:39:20 | 01:03:14 | 01:21:28.75 | +00:19:16 (23.6%) | 8:08 | 7.4 (77.1%) |
| 59 | KRIGER Roman | 40 | SERCE NORDICA WŁOCŁAWEK | M60-69 | 10 | | | 00:22:37 | 00:40:32 | 01:04:10 | 01:21:55.00 | +00:19:42 (24.1%) | 8:11 | 7.3 (76.0%) |
| 60 | MADAJ Robert | 47 | STĘSZEW TEAM | M50-59 | 12 | 2 | | 00:21:53 | 00:39:31 | 01:03:53 | 01:22:06.60 | +00:19:54 (24.2%) | 8:12 | 7.3 (76.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps | | | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------------------------|-----------|------|----------------|-----------------|----------|----------|----------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | | | 2.5km | 5km | 7.5km | | | | |
| 61 | PALUCH Paweł | 59 | AVOCADO WELLNESS CLUB | M50-59 | 13 | | | 00:22:06 | 00:40:17 | 01:03:35 | 01:22:10.85 | +00:19:58 (24.3%) | 8:13 | 7.3 (76.0%) |
| 62 | KAŁUSKI Marek | 107 | | M60-69 | 11 | 1 | | 00:21:17 | 00:40:13 | 01:02:43 | 01:22:20.20 | +00:20:07 (24.4%) | 8:14 | 7.3 (76.0%) |
| 63 | KURZEJA Marlena | 105 | | K50-59 | 3 | | | 00:21:49 | 00:40:03 | 01:02:53 | 01:22:46.65 | +00:20:34 (24.8%) | 8:16 | 7.2 (75.0%) |
| 64 | PUZICHOWSKA Małgorzata | 72 | STOWARZYSZENIE NORDIC WALKING NORDIKI | K50-59 | 4 | | | 00:23:11 | 00:41:18 | 01:04:54 | 01:23:35.60 | +00:21:23 (25.6%) | 8:21 | 7.2 (75.0%) |
| 65 | KURZAWSKA Jolanta | 44 | KGHM METRACO RUDNA | K70+ | 1 | | | 00:22:23 | 00:41:01 | 01:05:10 | 01:23:36.55 | +00:21:23 (25.6%) | 8:21 | 7.2 (75.0%) |
| 66 | WNEK Ewa | 96 | RNB POLANICA ZDRÓJ | K60-69 | 4 | | | 00:22:39 | 00:41:04 | 01:04:46 | 01:23:41.30 | +00:21:28 (25.7%) | 8:22 | 7.2 (75.0%) |
| 67 | POSTEK Danuta | 69 | MARSZ PO ZDROWIE | K50-59 | 5 | | | 00:22:28 | 00:41:53 | 01:05:35 | 01:24:53.95 | +00:22:41 (26.7%) | 8:29 | 7.1 (74.0%) |
| 68 | GENDERA Ewa | 109 | DRUŻYNA OD SERCA | K40-49 | 8 | | | 00:23:20 | 00:42:01 | 01:07:06 | 01:25:46.75 | +00:23:34 (27.5%) | 8:34 | 7 (72.9%) |
| 69 | CZERWINSKA Anna | 14 | NW CZŁAPSKI TEAM | K60-69 | 5 | | | 00:23:18 | 00:42:08 | 01:07:15 | 01:26:14.05 | +00:24:01 (27.9%) | 8:37 | 7 (72.9%) |
| 70 | STANIEC Stanisław | 81 | | M60-69 | 12 | | | 00:22:04 | 00:41:29 | 01:05:44 | 01:26:23.40 | +00:24:10 (28.0%) | 8:38 | 6.9 (71.9%) |
| 71 | PIETRUSZYŃSKA Dorota | 62 | | K50-59 | 6 | | | 00:23:56 | 00:42:56 | 01:08:14 | 01:26:47.50 | +00:24:34 (28.3%) | 8:40 | 6.9 (71.9%) |
| 72 | POHL Anna | 66 | NESSI TIME BIAŁA | K50-59 | 7 | | | 00:23:58 | 00:43:19 | 01:07:55 | 01:26:49.25 | +00:24:36 (28.3%) | 8:40 | 6.9 (71.9%) |
| 73 | DOBROWOLSKI Robert | 18 | SPORTOWI EMERYCI JELENIA GÓRA | M60-69 | 13 | 1 | | 00:23:42 | 00:43:32 | 01:07:23 | 01:27:01.75 | +00:24:49 (28.5%) | 8:42 | 6.9 (71.9%) |
| 74 | PAPIÓR Roman | 60 | KGHM METRACO RUDNA | M60-69 | 14 | | | 00:18:13 | 00:43:30 | 01:05:59 | 01:27:09.25 | +00:24:56 (28.6%) | 8:42 | 6.9 (71.9%) |
| 75 | JANKOWSKA Anna | 28 | | K40-49 | 9 | | | 00:23:29 | 00:42:50 | 01:07:57 | 01:27:54.00 | +00:25:41 (29.2%) | 8:47 | 6.8 (70.8%) |
| 76 | TUCHULSKA Ewa | 333 | | K30-39 | 5 | | | 00:23:08 | 00:42:00 | 01:07:41 | 01:27:55.55 | +00:25:42 (29.2%) | 8:47 | 6.8 (70.8%) |
| 77 | FRANCZAK Anna | 23 | NW CZŁAPSKI TEAM | K50-59 | 8 | | | 00:24:14 | 00:43:35 | 01:08:56 | 01:27:58.75 | +00:25:46 (29.3%) | 8:47 | 6.8 (70.8%) |
| 78 | JÓŹWIAK Łukasz | 31 | SERCE NORDICA WŁOCŁAWEK | M50-59 | 14 | | | 00:25:31 | 00:43:49 | 01:09:42 | 01:28:38.70 | +00:26:26 (29.8%) | 8:51 | 6.8 (70.8%) |
| 79 | MORAWIEC Marzena | 53 | NORDICUS STRZYBNICA | K40-49 | 10 | | | 00:24:07 | 00:44:22 | 01:09:03 | 01:28:58.50 | +00:26:45 (30.1%) | 8:53 | 6.7 (69.8%) |
| 80 | ZAWADZKA Maria | 99 | KGHM METRACO RUDNA | K70+ | 2 | | | 00:24:16 | 00:45:04 | 01:09:37 | 01:29:56.25 | +00:27:43 (30.8%) | 8:59 | 6.7 (69.8%) |
| 81 | GENDERA Ewa-Evita | 108 | DRUŻYNA OD SERCA | K50-59 | 9 | | | 00:24:00 | 00:44:26 | 01:09:45 | 01:29:59.20 | +00:27:46 (30.9%) | 8:59 | 6.7 (69.8%) |
| 82 | NOGALSKA Halina | 223 | NORDICUS STRZYBNICA | K60-69 | 6 | | | 00:25:14 | 00:45:06 | 01:10:15 | 01:30:50.25 | +00:28:37 (31.5%) | 9:05 | 6.6 (68.8%) |
| 83 | WANDTKE Antoni | 101 | | M70+ | 5 | | | 00:23:38 | 00:44:40 | 01:09:56 | 01:31:43.45 | +00:29:30 (32.2%) | 9:10 | 6.5 (67.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps_5km | | | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------------------|-----------|------|----------------|-----------------|----------------|----------------|----------------|---------------------------------|----------------------|-----------------|----------------|
| | | | | | | | | 2.5km | 5km | 7.5km | | | | |
| 84 | STANKOWSKA Marzena | 83 | KIJKOWE TRZEMESZNO | K40-49 | 11 | | | 00:25:15 | 00:44:48 | 01:13:08 | 01:32:02.55 | +00:29:49 (32.4%) | 9:12 | 6.5 (67.7%) |
| 85 | CHRZANOWSKI Mateusz | 10 | | M30-39 | 6 | | | 00:25:07 | 00:45:04 | 01:11:44 | 01:32:08.00 | +00:29:55 (32.5%) | 9:12 | 6.5 (67.7%) |
| 86 | JANOWSKA Emilia | 110 | TEATR ZDROJOWY | K30-39 | 6 | | | 00:25:06 | 00:45:23 | 01:12:15 | 01:32:27.65 | +00:30:15 (32.7%) | 9:14 | 6.5 (67.7%) |
| 87 | CHOLEWKA Jolanta | 8 | MARSZ PO ZDROWIE POZNAŃ | K60-69 | 7 | | | 00:24:57 | 00:45:11 | 01:12:13 | 01:32:47.30 | +00:30:34 (33.0%) | 9:16 | 6.5 (67.7%) |
| 88 | MAŁGORZATA Bzdyra | 104 | DZIKI OSIOŁ | K40-49 | 12 | | | 00:24:48 | 00:45:09 | 01:12:13 | 01:33:01.75 | +00:30:49 (33.1%) | 9:18 | 6.5 (67.7%) |
| 89 | PIÓRKOWSKA Elwira | 64 | | K40-49 | 13 | | | 00:25:10 | 00:45:40 | 01:12:51 | 01:33:33.00 | +00:31:20 (33.5%) | 9:21 | 6.4 (66.7%) |
| 90 | NIEPOROWSKA Beata | 56 | | K50-59 | 10 | | | 00:24:25 | 00:45:53 | 01:12:17 | 01:33:51.55 | +00:31:38 (33.7%) | 9:23 | 6.4 (66.7%) |
| 91 | DOBROWOLSKA Bożena | 17 | SPORTOWI EMERYCI JELENIA GÓRA | K60-69 | 8 | | | 00:26:04 | 00:48:04 | 01:15:04 | 01:37:22.60 | +00:35:10 (36.1%) | 9:44 | 6.2 (64.6%) |
| 92 | PIÓRKOWSKI Jakub | 65 | | M30-39 | 7 | | | 00:25:45 | 00:47:04 | 01:15:00 | 01:37:39.95 | +00:35:27 (36.3%) | 9:45 | 6.1 (63.5%) |
| 93 | PATER Zbigniew | 61 | WKB PIAST | M70+ | 6 | | | 00:30:55 | 00:54:13 | 01:24:08 | 01:48:53.20 | +00:46:40 (42.9%) | 10:53 | 5.5 (57.3%) |
| 94 | NOWICKA Ewa | 58 | | K50-59 | 11 | 1 | | 00:29:07 | 00:53:02 | 01:29:48 | 01:52:06.25 | +00:49:53 (44.5%) | 11:12 | 5.4 (56.3%) |
| 95 | WINIARSKI Robert | 93 | | M50-59 | 15 | | | 00:28:20 | 00:52:57 | 01:26:00 | 01:54:20.65 | +00:52:08 (45.6%) | 11:26 | 5.2 (54.2%) |
| DQ | SZYMAŃSKI Stefan | 88 | SERCE NORDICA WŁOCŁAWEK | M70+ | | 1 | 1 | 00:20:10 DQ | 00:36:44 DQ | 00:57:16 DQ | 01:14:06.70 DQ | | 0:00 | 8.1 (84.4%) |
| DQ | FRANCZAK Dariusz | 22 | NW CZŁAPSKI TEAM | M50-59 | | | 1 | 00:21:07 DQ | 00:38:26 DQ | 01:00:13 DQ | 01:17:43.20 DQ | | 0:00 | 7.7 (80.2%) |

Znaleziono 97 wynik(ów)