



SIANÓW - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFW
Data: 2017-05-01
Miejsce: Sianów
Dystans: 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 1.666km | Start_All 3.332km | Start_All 5km | Start_All 6.666km | Start_All 8.332km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|--|-----------|------|-------------|--------------|-------------|-------------------|-------------------|---------------|-------------------|-------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 1 | DEPKA PRĄDZYŃSKI Olgierd | 161 | BIEGAMYRAZEM | M50-59 | 1 | | | 00:00:30 | 00:10:27 | 00:21:02 | 00:31:54 | 00:42:44 | 00:53:26 | 01:03:43.10 | 01:04:14.00 | | 6:22 | 9.4 (100%) |
| 2 | KLICZKA Kamil | 175 | SANPROBI SZCZECIN | M40-49 | 1 | | | 00:00:14 | 00:10:33 | 00:21:16 | 00:32:09 | 00:43:00 | 00:53:41 | 01:03:56.75 | 01:04:11.65 | +00:00:13 (0.4%) | 6:23 | 9.4 (100%) |
| 3 | WOJTASIŃSKI Daniel | 215 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 1 | | | 00:00:02 | 00:10:25 | 00:21:19 | 00:32:06 | 00:42:53 | 00:53:43 | 01:04:22.95 | 01:04:24.95 | +00:00:39 (1.0%) | 6:26 | 9.3 (98.9%) |
| 4 | NIECHWIEJCZYK Piotr | 191 | UNIA MIAST | M40-49 | 2 | | | 00:00:15 | 00:10:31 | 00:21:16 | 00:32:10 | 00:43:00 | 00:53:42 | 01:04:23.25 | 01:04:38.60 | +00:00:40 (1.0%) | 6:26 | 9.3 (98.9%) |
| 5 | HELWICH Stefan | 170 | KS METRACO POLKOWICE | M60-69 | 1 | | | 00:00:54 | 00:10:39 | 00:21:32 | 00:32:22 | 00:43:15 | 00:54:05 | 01:04:42.15 | 01:05:37.05 | +00:00:59 (1.5%) | 6:28 | 9.3 (98.9%) |
| 6 | KUŚMIEREK Patryk | 184 | BŁĘKITNI DZIEMIANY | M18-29 | 1 | | | 00:00:02 | 00:11:23 | 00:22:34 | 00:33:31 | 00:44:15 | 00:54:56 | 01:05:27.85 | 01:05:30.00 | +00:01:44 (2.7%) | 6:32 | 9.2 (97.9%) |
| 7 | NAKONIECZNY Grzegorz | 189 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M40-49 | 3 | 1 | | 00:00:15 | 00:10:40 | 00:21:50 | 00:33:03 | 00:44:11 | 00:55:28 | 01:07:10.10 | 01:07:25.60 | +00:03:27 (5.1%) | 6:43 | 8.9 (94.7%) |
| 8 | SIWAK Piotr | 198 | KS METRACO POLKOWICE | M50-59 | 2 | | | 00:00:32 | 00:10:55 | 00:22:14 | 00:33:47 | 00:45:13 | 00:56:38 | 01:07:53.65 | 01:08:25.75 | +00:04:10 (6.2%) | 6:47 | 8.8 (93.6%) |
| 9 | KUŚMIEREK Jan | 183 | BŁĘKITNI DZIEMIANY | M40-49 | 4 | | | 00:00:16 | 00:11:10 | 00:22:35 | 00:34:07 | 00:45:33 | 00:56:58 | 01:08:01.80 | 01:08:17.90 | +00:04:18 (6.3%) | 6:48 | 8.8 (93.6%) |
| 10 | BOGACKI Sławek | 154 | ENERGA NW TEAM | M40-49 | 5 | | | 00:00:17 | 00:11:06 | 00:22:33 | 00:34:04 | 00:45:29 | 00:56:54 | 01:08:02.40 | 01:08:19.85 | +00:04:19 (6.4%) | 6:48 | 8.8 (93.6%) |
| 11 | CZECHOWSKI Dariusz | 158 | RYBNICKI KLUB NORDIC WALKING | M30-39 | 2 | | | 00:00:03 | 00:11:08 | 00:22:27 | 00:33:47 | 00:45:13 | 00:56:37 | 01:08:09.70 | 01:08:13.40 | +00:04:26 (6.5%) | 6:49 | 8.8 (93.6%) |
| 12 | WARUSZEWSKI Karol | 213 | BIEGAJĄCY TCZEW | M40-49 | 6 | | | 00:00:17 | 00:11:17 | 00:22:47 | 00:34:20 | 00:45:49 | 00:57:11 | 01:08:11.15 | 01:08:28.90 | +00:04:28 (6.6%) | 6:49 | 8.8 (93.6%) |
| 13 | ŚWISŁOCKI Bogdan | 211 | FACE NORDIC WALKING TEAM | M50-59 | 3 | | | 00:00:31 | 00:11:00 | 00:22:23 | 00:33:59 | 00:45:34 | 00:56:56 | 01:08:14.55 | 01:08:46.35 | +00:04:31 (6.6%) | 6:49 | 8.8 (93.6%) |
| 14 | PIETRZYK Jarosław | 197 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 3 | | | 00:00:02 | 00:11:06 | 00:22:54 | 00:34:29 | 00:46:05 | 00:57:27 | 01:08:29.50 | 01:08:32.00 | +00:04:46 (7.0%) | 6:51 | 8.8 (93.6%) |
| 15 | NACZK Leonard | 188 | DYNAMIC | M40-49 | 7 | | | 00:00:16 | 00:11:21 | 00:22:52 | 00:34:33 | 00:46:07 | 00:57:24 | 01:08:34.65 | 01:08:51.35 | +00:04:51 (7.1%) | 6:51 | 8.7 (92.6%) |
| 16 | RACZYŃSKI Kazimierz | 223 | LINUX MAGAZINE TEAM / FACE NORDIC WALKING TEAM | M40-49 | 8 | | | 00:00:16 | 00:11:04 | 00:22:37 | 00:34:08 | 00:45:49 | 00:57:23 | 01:08:47.60 | 01:09:03.80 | +00:05:04 (7.4%) | 6:52 | 8.7 (92.6%) |
| 17 | JĘDRASIAK Renata | 171 | KS METRACO POLKOWICE | K50-59 | 1 | | | 00:02:05 | 00:11:37 | 00:23:19 | 00:34:56 | 00:46:33 | 00:58:14 | 01:09:38.80 | 01:11:43.95 | +00:05:55 (8.5%) | 6:57 | 8.6 (91.5%) |
| 18 | PASIKOWSKA Mariola | 195 | VIKING NORDIC TEAM CZĘSTOCHOWA | K30-39 | 1 | | | 00:01:32 | 00:11:32 | 00:23:18 | 00:35:07 | 00:46:52 | 00:58:32 | 01:09:53.80 | 01:11:26.50 | +00:06:10 (8.8%) | 6:59 | 8.6 (91.5%) |
| 19 | SPYCHAŁA Marzena | 202 | WESOŁY BORSUK TEAM | K40-49 | 1 | | | 00:01:54 | 00:11:26 | 00:23:15 | 00:35:04 | 00:46:51 | 00:59:00 | 01:11:12.40 | 01:13:06.50 | +00:07:29 (10.5%) | 7:07 | 8.4 (89.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 1.666km | Start_All 3.332km | Start_All 5km | Start_All 6.666km | Start_All 8.332km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------------------|-----------|------|-------------|--------------|-------------|-------------------|-------------------|---------------|-------------------|-------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | | | | | | | | | | |
| 20 | KOLARSKA Agnieszka | 178 | VIKING NORDIC TEAM CZĘSTOCHOWA | K30-39 | 2 | | | 00:01:32 | 00:11:33 | 00:23:23 | 00:35:22 | 00:47:22 | 00:59:24 | 01:11:26.45 | 01:12:59.10 | +00:07:43 (10.8%) | 7:08 | 8.4 (89.4%) |
| 21 | SKRYCKA Katarzyna | 199 | KS METRACO POLKOWICE | K30-39 | 3 | | | 00:01:32 | 00:11:49 | 00:23:42 | 00:35:38 | 00:47:35 | 00:59:39 | 01:11:50.50 | 01:13:23.40 | +00:08:07 (11.3%) | 7:11 | 8.4 (89.4%) |
| 22 | KULIG Henryk | 182 | ELBLĄSKIE WŁÓCZY-KIJE | M60-69 | 2 | | | 00:00:54 | 00:11:36 | 00:23:34 | 00:35:37 | 00:47:41 | 00:59:54 | 01:11:58.60 | 01:12:53.50 | +00:08:15 (11.5%) | 7:11 | 8.3 (88.3%) |
| 23 | STĘPIEŃ Lucyna | 205 | KS METRACO POLKOWICE | K60-69 | 1 | | | 00:02:21 | 00:11:58 | 00:23:59 | 00:36:07 | 00:48:16 | 01:00:16 | 01:12:12.25 | 01:14:33.75 | +00:08:29 (11.8%) | 7:13 | 8.3 (88.3%) |
| 24 | SZPILMAN Katarzyna | 224 | FACE NORDIC WALKING TEAM | K40-49 | 2 | | | 00:01:54 | 00:11:43 | 00:23:41 | 00:35:34 | 00:47:40 | 00:59:57 | 01:12:15.00 | 01:14:09.15 | +00:08:31 (11.8%) | 7:13 | 8.3 (88.3%) |
| 25 | BIK Stanisław | 153 | KS METRACO POLKOWICE | M50-59 | 4 | | | 00:00:32 | 00:11:31 | 00:23:34 | 00:35:50 | 00:48:04 | 01:00:18 | 01:12:21.60 | 01:12:54.25 | +00:08:38 (11.9%) | 7:14 | 8.3 (88.3%) |
| 26 | PALIWODA Kasia | 193 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K40-49 | 3 | | | 00:01:54 | 00:11:25 | 00:23:31 | 00:35:43 | 00:48:04 | 01:00:26 | 01:12:47.85 | 01:14:42.50 | +00:09:04 (12.5%) | 7:16 | 8.2 (87.2%) |
| 27 | FOLWARSKI Andrzej | 166 | FACE NORDIC WALKING TEAM | M50-59 | 5 | | | 00:00:34 | 00:11:44 | 00:23:57 | 00:36:22 | 00:48:43 | 01:01:05 | 01:13:06.00 | 01:13:40.35 | +00:09:22 (12.8%) | 7:18 | 8.2 (87.2%) |
| 28 | STACHOWICZ Marcin | 203 | BŁĘKITNI DZIEMIANY | M30-39 | 4 | | | 00:00:03 | 00:11:40 | 00:23:39 | 00:35:51 | 00:48:10 | 01:00:37 | 01:13:16.90 | 01:13:20.55 | +00:09:33 (13.1%) | 7:19 | 8.2 (87.2%) |
| 29 | WRÓŃSKI Włodzimierz | 218 | PASJA NORDIC WALKING | M60-69 | 3 | | | 00:00:55 | 00:12:03 | 00:24:07 | 00:36:13 | 00:48:29 | 01:00:58 | 01:13:21.85 | 01:14:17.30 | +00:09:38 (13.1%) | 7:20 | 8.2 (87.2%) |
| 30 | KORYTOWSKA Agnieszka | 179 | | K30-39 | 4 | | | 00:01:34 | 00:11:52 | 00:24:14 | 00:36:38 | 00:49:07 | 01:01:33 | 01:13:45.80 | 01:15:20.15 | +00:10:02 (13.6%) | 7:22 | 8.1 (86.2%) |
| 31 | NETKOWSKI Wojciech | 190 | PASJA NORDIC WALKING | M50-59 | 6 | | | 00:00:31 | 00:11:58 | 00:24:26 | 00:37:03 | 00:49:46 | 01:02:30 | 01:15:10.70 | 01:15:42.50 | +00:11:27 (15.2%) | 7:31 | 8 (85.1%) |
| 32 | SORN Łukasz | 201 | ELITE TEAM/FACE NORDIC WALKING TEAM | M30-39 | 5 | | | 00:00:03 | 00:12:30 | 00:25:02 | 00:37:36 | 00:50:11 | 01:02:57 | 01:15:22.75 | 01:15:25.80 | +00:11:39 (15.5%) | 7:32 | 8 (85.1%) |
| 33 | STOPA Joanna | 206 | BŁĘKITNI DZIEMIANY | K18-29 | 1 | | | 00:01:31 | 00:12:12 | 00:25:19 | 00:38:15 | 00:50:59 | 01:03:24 | 01:15:40.90 | 01:17:12.70 | +00:11:57 (15.8%) | 7:34 | 7.9 (84.0%) |
| 34 | ŻAMOJCIN Marek | 221 | NIEZRZESZONY | M50-59 | 7 | | | 00:00:31 | 00:11:56 | 00:24:41 | 00:37:33 | 00:50:24 | 01:03:10 | 01:15:54.95 | 01:16:26.00 | +00:12:11 (16.1%) | 7:35 | 7.9 (84.0%) |
| 35 | LENER Sławomir | 186 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M60-69 | 4 | | | 00:00:55 | 00:12:05 | 00:24:37 | 00:37:20 | 00:50:08 | 01:03:08 | 01:15:59.50 | 01:16:55.15 | +00:12:16 (16.2%) | 7:36 | 7.9 (84.0%) |
| 36 | KOBIELA Daria | 177 | BŁĘKITNI DZIEMIANY | K18-29 | 2 | | | 00:01:31 | 00:12:33 | 00:25:22 | 00:38:17 | 00:51:02 | 01:03:39 | 01:16:10.25 | 01:17:41.65 | +00:12:27 (16.3%) | 7:37 | 7.9 (84.0%) |
| 37 | PAŁUBICKI Marcin | 194 | | M40-49 | 9 | | | 00:00:15 | 00:12:35 | 00:25:37 | 00:38:39 | 00:51:28 | 01:04:09 | 01:16:35.80 | 01:16:51.15 | +00:12:52 (16.8%) | 7:39 | 7.8 (83.0%) |
| 38 | BIAŁK Roman | 152 | | M60-69 | 5 | | | 00:00:54 | 00:12:29 | 00:25:27 | 00:38:33 | 00:51:32 | 01:04:24 | 01:17:14.50 | 01:18:09.00 | +00:13:31 (17.5%) | 7:43 | 7.8 (83.0%) |
| 39 | CZYCZ Emilia | 159 | GREEN TEAM ZIELONA GÓRA | K60-69 | 2 | | | 00:02:21 | 00:12:24 | 00:25:10 | 00:38:13 | 00:51:12 | 01:04:17 | 01:17:20.70 | 01:19:42.45 | +00:13:37 (17.6%) | 7:44 | 7.8 (83.0%) |
| 40 | KOTULA Jakub | 180 | UNIA MIAST | M30-39 | 6 | | | 00:00:02 | 00:12:20 | 00:25:11 | 00:38:08 | 00:51:09 | 01:04:20 | 01:17:27.70 | 01:17:30.50 | +00:13:44 (17.7%) | 7:44 | 7.7 (81.9%) |
| 41 | KŁOSKA Kazimierz | 176 | | M70+ | 1 | | | 00:00:59 | 00:13:08 | 00:25:59 | 00:38:39 | 00:51:29 | 01:04:28 | 01:17:28.15 | 01:18:27.60 | +00:13:45 (17.8%) | 7:44 | 7.7 (81.9%) |
| 42 | ŻOŁNO Magdalena | 222 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K50-59 | 2 | | | 00:02:05 | 00:12:37 | 00:25:40 | 00:38:46 | 00:51:47 | 01:04:43 | 01:17:48.80 | 01:19:54.70 | +00:14:05 (18.1%) | 7:46 | 7.7 (81.9%) |
| 43 | SURIAK Michał | 207 | VIKING NORDIC TEAM CZĘSTOCHOWA | M18-29 | 2 | | | 00:00:01 | 00:12:43 | 00:25:59 | 00:39:15 | 00:52:14 | 01:05:11 | 01:18:07.90 | 01:18:09.65 | +00:14:24 (18.4%) | 7:48 | 7.7 (81.9%) |
| 44 | PIĄTKOWSKI Józef | 196 | KS METRACO POLKOWICE | M70+ | 2 | | | 00:00:59 | 00:13:06 | 00:26:03 | 00:38:59 | 00:51:56 | 01:05:02 | 01:18:14.40 | 01:19:13.40 | +00:14:31 (18.6%) | 7:49 | 7.7 (81.9%) |
| 45 | WECHTA Paweł | 225 | KS METRACO POLKOWICE | M40-49 | 10 | | | 00:00:17 | 00:12:29 | 00:25:23 | 00:38:07 | 00:51:26 | 01:04:48 | 01:18:18.15 | 01:18:35.20 | +00:14:35 (18.6%) | 7:49 | 7.7 (81.9%) |
| 46 | WASILEWSKI Sławomir | 214 | PASJA NORDIC WALKING | M70+ | 3 | 1 | | 00:01:00 | 00:13:08 | 00:26:08 | 00:39:04 | 00:52:01 | 01:05:21 | 01:18:26.40 | 01:19:26.45 | +00:14:43 (18.8%) | 7:50 | 7.6 (80.9%) |
| 47 | URANTÓWKA Henryk | 212 | N/Z | M70+ | 4 | | | 00:01:00 | 00:13:10 | 00:26:13 | 00:39:10 | 00:52:16 | 01:05:26 | 01:18:45.35 | 01:19:45.50 | +00:15:02 (19.1%) | 7:52 | 7.6 (80.9%) |
| 48 | FARON Monika | 165 | ELITE TEAM | K30-39 | 5 | | | 00:01:33 | 00:12:51 | 00:25:53 | 00:39:12 | 00:52:30 | 01:05:48 | 01:18:54.55 | 01:20:27.95 | +00:15:11 (19.3%) | 7:53 | 7.6 (80.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 1.666km | Start_All 3.332km | Start_All 5km | Start_All 6.666km | Start_All 8.332km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--|------------|---|-----------|------|----------------|-----------------|----------------|----------------------|----------------------|------------------|----------------------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 49 | KASZUBOWSKA Monika | 174 | | K50-59 | 3 | | | 00:02:05 | 00:13:24 | 00:26:34 | 00:39:42 | 00:53:14 | 01:06:31 | 01:20:04.50 | 01:22:09.60 | +00:16:21 (20.4%) | 8:00 | 7.5 (79.8%) |
| 50 | CZYCZ Kazimierz | 160 | GREEN TEAM ZIELONA GÓRA | M60-69 | 6 | | | 00:00:56 | 00:12:29 | 00:25:21 | 00:38:19 | 00:51:21 | 01:05:10 | 01:20:13.15 | 01:21:09.50 | +00:16:30 (20.6%) | 8:01 | 7.5 (79.8%) |
| 51 | GOLUS Urszula | 168 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K60-69 | 3 | | | 00:02:22 | 00:12:53 | 00:26:29 | 00:40:09 | 00:53:28 | 01:07:03 | 01:20:23.70 | 01:22:46.40 | +00:16:40 (20.7%) | 8:02 | 7.5 (79.8%) |
| 52 | WORONKO- ZACZYNSKA Janina | 217 | KS METRACO POLKOWICE | K70+ | 1 | | | 00:02:22 | 00:12:52 | 00:26:09 | 00:39:38 | 00:53:09 | 01:06:48 | 01:20:29.40 | 01:22:51.80 | +00:16:46 (20.8%) | 8:02 | 7.5 (79.8%) |
| 53 | DZIEMIŃSKA Magdalena | 164 | BŁĘKITNI DZIEMIANY | K30-39 | 6 | | | 00:01:32 | 00:12:48 | 00:26:19 | 00:40:03 | 00:53:29 | 01:07:11 | 01:20:39.60 | 01:22:11.60 | +00:16:56 (21.0%) | 8:03 | 7.4 (78.7%) |
| 54 | BOROWSKI Marcin | 216 | FACE NORDIC WALKING TEAM / KATORŻNIK MUROWANA GOŚLINA | M30-39 | 7 | 1 | | 00:00:03 | 00:13:03 | 00:26:28 | 00:39:59 | 00:53:36 | 01:07:16 | 01:20:39.70 | 01:20:43.55 | +00:16:56 (21.0%) | 8:04 | 7.4 (78.7%) |
| 55 | DUSZA Anna | 163 | | K40-49 | 4 | | | 00:01:55 | 00:13:12 | 00:26:55 | 00:40:32 | 00:53:53 | 01:07:26 | 01:20:47.45 | 01:22:42.55 | +00:17:04 (21.1%) | 8:04 | 7.4 (78.7%) |
| 56 | WYSOCKA Bernadeta | 219 | BŁĘKITNI DZIEMIANY | K40-49 | 5 | 1 | | 00:01:53 | 00:13:21 | 00:26:53 | 00:40:30 | 00:53:58 | 01:07:34 | 01:21:14.05 | 01:23:07.80 | +00:17:30 (21.6%) | 8:07 | 7.4 (78.7%) |
| 57 | GERLE-KOTULA Anna | 167 | UNIA MIAST | K30-39 | 7 | | | 00:01:33 | 00:13:39 | 00:27:34 | 00:41:11 | 00:54:46 | 01:08:16 | 01:21:22.50 | 01:22:56.10 | +00:17:39 (21.7%) | 8:08 | 7.4 (78.7%) |
| 58 | SURIAK Ewelina | 208 | VIKING NORDIC TEAM CZĘSTOCHOWA | K18-29 | 3 | | | 00:01:32 | 00:13:09 | 00:26:48 | 00:40:31 | 00:54:20 | 01:08:02 | 01:21:34.00 | 01:23:06.45 | +00:17:50 (21.9%) | 8:09 | 7.4 (78.7%) |
| 59 | STEFAŃSKI Andrzej | 204 | FACE NORDIC WALKING TEAM | M50-59 | 8 | | | 00:00:31 | 00:13:43 | 00:27:27 | 00:41:05 | 00:54:31 | 01:08:13 | 01:21:39.75 | 01:22:10.80 | +00:17:56 (22.0%) | 8:09 | 7.3 (77.7%) |
| 60 | CZAKIERT Marek | 157 | VIKING NORDIC TEAM CZĘSTOCHOWA | M40-49 | 11 | | | 00:00:16 | 00:13:00 | 00:26:32 | 00:39:52 | 00:53:27 | 01:07:41 | 01:21:58.35 | 01:22:15.10 | +00:18:15 (22.3%) | 8:11 | 7.3 (77.7%) |
| 61 | JURCZYŃSKA Bożena | 172 | VIKING NORDIC TEAM CZĘSTOCHOWA | K50-59 | 4 | | | 00:02:06 | 00:13:32 | 00:27:40 | 00:41:45 | 00:55:44 | 01:09:41 | 01:23:22.05 | 01:25:28.80 | +00:19:38 (23.6%) | 8:20 | 7.2 (76.6%) |
| 62 | OMARSKA Grażyna | 192 | PASJA NORDIC WALKING | K50-59 | 5 | | | 00:02:06 | 00:13:47 | 00:27:56 | 00:42:04 | 00:56:07 | 01:10:16 | 01:24:19.45 | 01:26:25.65 | +00:20:36 (24.4%) | 8:25 | 7.1 (75.5%) |
| 63 | SZEWCZYK Marek | 210 | FACE NORDIC WALKING TEAM | M50-59 | 9 | | | 00:00:32 | 00:13:42 | 00:27:30 | 00:41:37 | 00:56:00 | 01:10:36 | 01:24:53.75 | 01:25:25.75 | +00:21:10 (24.9%) | 8:29 | 7.1 (75.5%) |
| 64 | ZAWADZKA Maria | 220 | KS METRACO POLKOWICE | K60-69 | 4 | | | 00:02:22 | 00:13:54 | 00:28:26 | 00:42:53 | 00:56:52 | 01:10:49 | 01:25:02.75 | 01:27:24.80 | +00:21:19 (25.1%) | 8:30 | 7.1 (75.5%) |
| 65 | LEHMANN Teresa | 185 | BŁĘKITNI DZIEMIANY | K50-59 | 6 | | | 00:02:05 | 00:14:03 | 00:28:27 | 00:43:05 | 00:57:58 | 01:13:06 | 01:28:10.20 | 01:30:15.30 | +00:24:27 (27.7%) | 8:49 | 6.8 (72.3%) |
| 66 | BORUCZYŃSKI Dariusz | 155 | | M40-49 | 12 | | | 00:00:15 | 00:14:14 | 00:29:18 | 00:44:10 | 00:58:51 | 01:13:39 | 01:28:34.90 | 01:28:50.80 | +00:24:51 (28.1%) | 8:51 | 6.8 (72.3%) |
| 67 | GOLUS Lech | 169 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M60-69 | 7 | | | 00:00:56 | 00:14:25 | 00:29:11 | 00:44:06 | 00:59:03 | 01:14:10 | 01:29:12.20 | 01:30:08.45 | +00:25:29 (28.6%) | 8:55 | 6.7 (71.3%) |
| 68 | KIELAŃSKA Edyta | 226 | | K40-49 | 6 | | | 00:01:54 | 00:14:32 | 00:29:03 | 00:43:54 | 00:58:47 | 01:14:01 | 01:29:13.70 | 01:31:08.35 | +00:25:30 (28.6%) | 8:55 | 6.7 (71.3%) |
| 69 | SZEWCZYK Agnieszka | 209 | FACE NORDIC WALKING TEAM | K40-49 | 7 | | | 00:01:55 | 00:14:35 | 00:29:13 | 00:44:02 | 00:58:56 | 01:14:07 | 01:29:38.65 | 01:31:34.20 | +00:25:55 (28.9%) | 8:57 | 6.7 (71.3%) |
| 70 | DOBROWOLSKA Dorota | 162 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K50-59 | 7 | | | 00:02:05 | 00:14:10 | 00:29:06 | 00:44:01 | 00:58:56 | 01:14:17 | 01:29:47.90 | 01:31:53.75 | +00:26:04 (29.0%) | 8:58 | 6.7 (71.3%) |
| 71 | SMARUJ- SADOWSKA Janina | 200 | | K60-69 | 5 | | | 00:02:22 | 00:14:44 | 00:29:46 | 00:44:58 | 01:00:12 | 01:15:26 | 01:30:34.20 | 01:32:56.60 | +00:26:51 (29.6%) | 9:03 | 6.6 (70.2%) |
| 72 | LIPIŃSKA Urszula | 187 | FACE NORDIC WALKING TEAM | K40-49 | 8 | | | 00:01:55 | 00:14:54 | 00:30:27 | 00:45:56 | 01:01:16 | 01:16:38 | 01:31:52.85 | 01:33:48.70 | +00:28:09 (30.7%) | 9:11 | 6.5 (69.1%) |
| 73 | KALINOWSKI Andrzej | 173 | CHEMACK | M50-59 | 10 | | | 00:00:33 | 00:17:36 | 00:34:26 | 00:51:51 | 01:08:12 | 01:24:29 | 01:39:59.55 | 01:40:33.00 | +00:36:16 (36.3%) | 10:00 | 6 (63.8%) |

Znaleziono 73 wynik(ów)