

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM**

Organizator: Polska Federacja Nordic Walking  
 Data: 2018-06-02  
 Miejsce: Kolbuszowa  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.


**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, OPEN**

| M-ce | Nazwisko i imię        | Nr  | Klub   | M-scowość                | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|--|--------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | NIECHWIEJCZYK PIOTR    | 444 | UNIA MIAST   | ŚWIĘTOCHŁOWICE           | POL  | M40-49 | 1      | M 1  |             |              | 00:15:18 | 00:31:12 | 00:47:23 | 01:03:48.20 | 6:22   | 9.4  |
| 2    | HELWICH STEFAN         | 412 | KS METRACOPOLKOWICE  | WIELEN                   | POL  | M60-69 | 1      | M 2  |             |              | 00:15:44 | 00:31:58 | 00:48:30 | 01:04:32.30 | 6:27   | 9.3  |
| 3    | SIWAK PIOTR            | 463 | KS METRACO POLKOWICE   | RUDNA                    | POL  | M50-59 | 1      | M 3  |             |              | 00:16:03 | 00:32:20 | 00:48:35 | 01:04:56.15 | 6:29   | 9.2  |
| 4    | JANOCHA ROBERT         | 415 | MUKS PODKARPACIE<br>JEDLICZE                                   | KROSNO                   | POL  | M50-59 | 2      | M 4  |             |              | 00:16:07 | 00:32:24 | 00:48:39 | 01:05:05.70 | 6:30   | 9.2  |
| 5    | BIŁEK ARTUR            | 395 | UNIA MIAST   | LUBLINIEC                | POL  | M30-39 | 1      | M 5  |             |              | 00:15:29 | 00:31:33 | 00:48:08 | 01:05:09.70 | 6:31   | 9.2  |
| 6    | HAŁAS MARCIN           | 411 | UNIA MIAST   | CZECHOWICE-DZ<br>IEDZICE | POL  | M30-39 | 2      | M 6  |             |              | 00:15:52 | 00:32:12 | 00:48:55 | 01:05:34.80 | 6:33   | 9.1  |
| 7    | BORKOWSKI DARIUSZ      | 396 | NOWI SIEDLCE   | SIEDLCE                  | POL  | M40-49 | 2      | M 7  |             |              | 00:15:53 | 00:32:40 | 00:49:21 | 01:06:16.15 | 6:37   | 9.1  |
| 8    | STĘPAK PIOTR           | 490 | ZG REJON NW WINNING<br>TEAM                                    | ZBYLITOWSKA<br>GÓRA      | POL  | M18-29 | 1      | M 8  |             |              | 00:16:25 | 00:33:17 | 00:50:27 | 01:07:04.75 | 6:42   | 8.9  |
| 9    | GŁOWA MICHAŁ           | 406 | UNIA MIAST   | CIESZYN                  | POL  | M18-29 | 2      | M 9  |             |              | 00:16:27 | 00:33:07 | 00:50:31 | 01:07:10.60 | 6:43   | 8.9  |
| 10   | JUREK ADAM             | 419 | KS METRACO POLKOWICE   | LUBIN                    | POL  | M50-59 | 3      | M 10 |             |              | 00:16:23 | 00:32:52 | 00:50:01 | 01:07:23.35 | 6:44   | 8.9  |
| 11   | MIELECKA AGNIESZKA     | 442 | KS IDMAR RACING TEAM   | GAŚAWA                   | POL  | K40-49 | 1      | K 1  |             |              | 00:16:07 | 00:32:51 | 00:50:07 | 01:07:34.40 | 6:45   | 8.9  |
| 12   | SIEROŃ JACEK           | 461 | MOSIR/TSA SANDOMIERZ   | SANDOMIERZ               | POL  | M50-59 | 4      | M 11 |             |              | 00:16:03 | 00:32:44 | 00:50:17 | 01:07:46.60 | 6:46   | 8.9  |
| 13   | RYCHLIK GRZEGORZ       | 460 | FUNDACJA 'W TE PĘDY'   | HALASY                   | POL  | M30-39 | 3      | M 12 |             |              | 00:15:43 | 00:32:04 | 00:49:24 | 01:07:47.20 | 6:46   | 8.9  |
| 14   | KUSTAL MARCIN          | 436 | VIKING NORDIC TEAM<br>CZĘSTOCHOWA                              | CZĘSTOCHOWA              | POL  | M30-39 | 4      | M 13 |             |              | 00:15:54 | 00:33:18 | 00:50:52 | 01:08:10.10 | 6:49   | 8.8  |
| 15   | KUBIAK PRZEMYSŁAW      | 432 | KS IDMAR RACING TEAM   | MOSINA                   | POL  | M40-49 | 3      | M 14 |             |              | 00:16:46 | 00:34:20 | 00:52:08 | 01:09:44.60 | 6:58   | 8.6  |
| 16   | KUBISZYN<br>MAŁGORZATA | 584 | NWPL   | LUBACZÓW                 |      | K30-39 | 1      | K 2  |             |              | 00:16:33 | 00:34:07 | 00:52:04 | 01:09:45.80 | 6:58   | 8.6  |
| 17   | SPYCHAŁA LESŁAW        | 496 | WESOŁY BORSUK TEAM   | BIAŁA                    | POL  | M50-59 | 5      | M 15 |             |              | 00:16:30 | 00:33:51 | 00:51:41 | 01:09:54.05 | 6:59   | 8.6  |
| 18   | JĘDRASIAK RENATA       | 418 | KS METRACO POLKOWICE   | LUBIN                    | POL  | K50-59 | 1      | K 3  |             |              | 00:16:43 | 00:34:06 | 00:51:51 | 01:10:06.55 | 7:00   | 8.6  |
| 19   | KLIMCZAK ADAM          | 423 |  | WARSZAWA                 | POL  | M50-59 | 6      | M 16 |             |              | 00:17:09 | 00:35:12 | 00:52:52 | 01:10:19.40 | 7:02   | 8.5  |
| 20   | ZAGAJA JANUSZ          | 495 | WESOŁY BORSUK TEAM   | POKÓJ                    | POL  | M60-69 | 2      | M 17 |             |              | 00:16:29 | 00:34:13 | 00:52:20 | 01:10:32.10 | 7:03   | 8.5  |
| 21   | LENZ ANDRZEJ           | 439 | MUSZKIETEROWIE   | GNIEZNO                  | POL  | M50-59 | 7      | M 18 |             |              | 00:16:59 | 00:34:30 | 00:52:24 | 01:10:51.95 | 7:05   | 8.5  |
| 22   | BILIK WOJCIECH         | 394 |  | KROSNO                   | POL  | M40-49 | 4      | M 19 |             |              | 00:17:05 | 00:34:49 | 00:53:07 | 01:11:16.05 | 7:07   | 8.4  |
| 23   | PASIKOWSKA MARIOLA     | 452 | VIKING NORDIC TEAM<br>CZĘSTOCHOWA                              | ŻARKI                    | POL  | K30-39 | 2      | K 4  |             |              | 00:16:53 | 00:34:46 | 00:53:06 | 01:11:33.05 | 7:09   | 8.4  |
| 24   | GRZYBAŁA PIOTR         | 407 |  | ODRZYKOŃ                 | POL  | M40-49 | 5      | M 20 |             |              | 00:17:24 | 00:35:20 | 00:53:35 | 01:11:36.85 | 7:09   | 8.4  |
| 25   | STYŚ ELŻBIETA          | 468 |  | WROCANKA                 | POL  | K50-59 | 2      | K 5  |             |              | 00:16:54 | 00:34:39 | 00:52:48 | 01:11:41.70 | 7:10   | 8.4  |
| 26   | PASIKOWSKI MARCIN      | 453 | VIKING NORDIC TEAM<br>CZĘSTOCHOWA                              | ŻARKI                    | POL  | M30-39 | 5      | M 21 |             |              | 00:17:03 | 00:35:04 | 00:53:46 | 01:11:56.10 | 7:11   | 8.3  |
| 27   | KOŃCZEWSKA BOZENA      | 424 | MKS HALICZ KLUB<br>BIEGACZA BK NORDIC<br>WALKINGUSTRZYKI DOLNE | USTRZYKI DOLNE           | POL  | K50-59 | 3      | K 6  |             |              | 00:16:46 | 00:34:38 | 00:53:13 | 01:12:24.10 | 7:14   | 8.3  |
| 28   | DARIUSZ BUL            | 402 | WESOŁY BORSUK TEAM   | PRUDNIK                  | POL  | M40-49 | 6      | M 22 |             |              | 00:17:24 | 00:35:37 | 00:54:26 | 01:12:31.80 | 7:15   | 8.3  |
| 29   | SZARASZUNOWICZ<br>ANNA | 472 | KS METRACO POLKOWICE   | PASŁĘK                   | POL  | K30-39 | 3      | K 7  |             |              | 00:17:28 | 00:35:34 | 00:54:10 | 01:12:56.10 | 7:17   | 8.2  |
| 30   | BUJNICKI MARCIN        | 397 | NORDIC WALKING PASŁĘK  | PASŁĘK                   | POL  | M40-49 | 7      | M 23 |             |              | 00:17:43 | 00:36:00 | 00:54:32 | 01:13:16.90 | 7:19   | 8.2  |
| 31   | LATUSZEK BOGDAN        | 438 | KLUB NW 'WŁÓCZYKJE'  | LEŻAJSK                  | POL  | M50-59 | 8      | M 24 |             |              | 00:17:09 | 00:35:36 | 00:54:26 | 01:13:23.65 | 7:20   | 8.2  |
| 32   | SMUL ANDRZEJ           | 466 | MARSZ PO ZDROWIE<br>POZNAN                                     | TARNOWO<br>PODGÓRNE      | POL  | M60-69 | 3      | M 25 |             |              | 00:16:33 | 00:34:51 | 00:54:07 | 01:13:36.30 | 7:21   | 8.2  |
| 33   | KRAKOWIAN PIOTR        | 427 | VIKING NORDIC TEAM<br>CZĘSTOCHOWA                              | KAMYK                    | POL  | M40-49 | 8      | M 26 |             |              | 00:17:43 | 00:36:14 | 00:54:43 | 01:13:36.65 | 7:21   | 8.2  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię               | Nr  | Klub                             | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------------------|-----|----------------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 34   | KUKLIŃSKI ARKADIUSZ           | 433 | ZG REJON NW WINNING TEAM         | ZBYLITOWSKA GÓRA     | POL  | M18-29 | 3      | M 27 |             |              | 00:17:45 | 00:36:26 | 00:55:11 | 01:13:49.15 | 7:22   | 8.1  |
| 35   | HRYNDIO JERZY                 | 413 | UNIA MIAST                       | KATOWICE             | POL  | M60-69 | 4      | M 28 |             |              | 00:17:53 | 00:36:22 | 00:55:05 | 01:13:51.90 | 7:23   | 8.1  |
| 36   | WOLNIEWICZ KATARZYNA          | 491 | UNIA MIAST                       | RUDA ŚLĄSKA          | POL  | K40-49 | 2      | K 8  |             |              | 00:17:41 | 00:35:55 | 00:54:38 | 01:14:00.10 | 7:24   | 8.1  |
| 37   | BERESZKO WALDEMAR             | 393 | MOSIR TKKF SATURN CZELADŹ        | SOSNOWIEC            | POL  | M60-69 | 5      | M 29 |             |              | 00:18:13 | 00:37:04 | 00:56:01 | 01:14:48.20 | 7:28   | 8    |
| 38   | MALINOWSKA KATARZYNA          | 441 | LECZYMY DURŚ                     | PIEKARY ŚLĄSKIE      | POL  | K30-39 | 4      | K 9  |             |              | 00:18:04 | 00:36:51 | 00:55:47 | 01:14:53.75 | 7:29   | 8    |
| 39   | STAWNIAK KAROL                | 467 | KS METRACO POLKOWICE             | ZNIN                 | POL  | M70+   | 1      | M 30 |             |              | 00:18:05 | 00:36:28 | 00:55:24 | 01:14:55.10 | 7:29   | 8    |
| 40   | PIESIAK PIOTR                 | 454 |                                  | STRAŻÓW              | POL  | M50-59 | 9      | M 31 |             |              | 00:18:18 | 00:36:44 | 00:55:53 | 01:15:00.95 | 7:30   | 8    |
| 41   | WIENSKO RYSZARD               | 481 | NIEZRZESZONY                     | PULAWY               | POL  | M60-69 | 6      | M 32 |             |              | 00:18:44 | 00:37:41 | 00:56:35 | 01:15:36.85 | 7:33   | 7.9  |
| 42   | KURZAWSKA JOLANTA             | 434 | KS METRACO POLKOWICE             | LUBIN                | POL  | K60-69 | 1      | K 10 |             |              | 00:18:19 | 00:37:16 | 00:56:33 | 01:15:54.60 | 7:35   | 7.9  |
| 43   | CZAJKA URSZULA                | 401 | FACE NORDIC WALKING TEAM         | RUMIA                | POL  | K60-69 | 2      | K 11 |             |              | 00:18:20 | 00:37:16 | 00:56:33 | 01:15:55.40 | 7:35   | 7.9  |
| 44   | TEODOROWSKI DARIUSZ           | 476 | UNIA MIAST                       | LUBLINIEC            | POL  | M40-49 | 9      | M 33 |             |              | 00:18:22 | 00:37:36 | 00:56:55 | 01:15:58.15 | 7:35   | 7.9  |
| 45   | ŚLUSARCZYK ANDRZEJ            | 374 | WESOŁY BORSUK TEAM               | PRUDNIK              |      | M60-69 | 7      | M 34 |             |              | 00:18:10 | 00:37:25 | 00:56:45 | 01:15:59.55 | 7:36   | 7.9  |
| 46   | MOLENDNA MAGDALENA            | 443 | KS IDMAR RACING TEAM             | MOSINA               | POL  | K30-39 | 5      | K 12 |             |              | 00:18:24 | 00:37:32 | 00:56:50 | 01:16:12.40 | 7:37   | 7.9  |
| 47   | WÓJCIK BARBARA                | 485 |                                  | KRZCZONÓW            | POL  | K50-59 | 4      | K 13 |             |              | 00:18:32 | 00:37:38 | 00:57:06 | 01:16:15.20 | 7:37   | 7.9  |
| 48   | ZACHARCZUK ZOFIA              | 486 | NOWI SIEDLCE - NW WSCHÓD         | SIEDLCE              | POL  | K60-69 | 3      | K 14 |             |              | 00:18:24 | 00:37:22 | 00:56:42 | 01:16:22.05 | 7:38   | 7.9  |
| 49   | MACHOWSKA URSZULA             | 494 |                                  | KOLBUSZOWA           | POL  | K30-39 | 6      | K 15 |             |              | 00:18:47 | 00:38:03 | 00:57:22 | 01:16:35.05 | 7:39   | 7.8  |
| 50   | TROJAN ELŻBIETA               | 478 | KLUB NW 'WŁÓCZYKIJE'             | LEŻAJSK              | POL  | K40-49 | 3      | K 16 |             |              | 00:18:46 | 00:37:49 | 00:57:08 | 01:16:37.75 | 7:39   | 7.8  |
| 51   | KOŁPAK JAN                    | 492 | LKS ZANTYR                       | SZTUM                | POL  | M70+   | 2      | M 35 |             |              | 00:18:22 | 00:37:30 | 00:57:06 | 01:16:57.65 | 7:41   | 7.8  |
| 52   | ŚLUSARCZYK GRZEGORZ           | 375 | WESOŁY BORSUK TEAM               | PRUDNIK              |      | M40-49 | 10     | M 36 |             |              | 00:18:55 | 00:38:39 | 00:57:50 | 01:17:15.55 | 7:43   | 7.8  |
| 53   | CHARCZUK ZENON MICHAŁ         | 383 | WESOŁY BORSUK TEAM               | OPOLE                |      | M60-69 | 8      | M 37 |             |              | 00:18:28 | 00:37:39 | 00:57:24 | 01:17:19.30 | 7:43   | 7.8  |
| 54   | DOBROWOLSKA-ŚWIĄT EK ELŻBIETA | 403 |                                  | KAMIENIEC WROCŁAWSKI | POL  | K50-59 | 5      | K 17 |             |              | 00:18:41 | 00:38:08 | 00:57:45 | 01:17:22.20 | 7:44   | 7.8  |
| 55   | SZYMCZYK MAGDALENA            | 475 | NOWI SIEDLCE/NW WSCHÓD           | SIEDLCE              | POL  | K30-39 | 7      | K 18 |             |              | 00:18:47 | 00:38:05 | 00:57:51 | 01:17:30.50 | 7:45   | 7.7  |
| 56   | NIETRZEBKA ALEKSANDRA         | 447 | MIĘDZYBORÓW                      | MIĘDZYBORÓW          | POL  | K18-29 | 1      | K 19 |             |              | 00:18:28 | 00:37:53 | 00:57:30 | 01:17:43.60 | 7:46   | 7.7  |
| 57   | SŁOWIŃSKA ALICJA              | 465 | NOWI SIEDLCE NW WSCHÓD           | SIEDLCE              | POL  | K50-59 | 6      | K 20 |             |              | 00:16:52 | 00:36:25 | 00:57:23 | 01:18:04.55 | 7:48   | 7.7  |
| 58   | ŚLUSARCZYK MARCIN             | 376 | WESOŁY BORSUK TEAM               | PRUDNIK              |      | M30-39 | 6      | M 38 |             |              | 00:18:29 | 00:37:57 | 00:58:10 | 01:18:17.30 | 7:49   | 7.7  |
| 59   | CHYRA JANUSZ                  | 400 | UNIA MIAST                       | LUBLINIEC            | POL  | M40-49 | 11     | M 39 |             |              | 00:19:11 | 00:38:45 | 00:58:42 | 01:18:17.70 | 7:49   | 7.7  |
| 60   | WIERZBA LILLA                 | 482 | PASJA NORDIC WALKING             | KLAUDYN              | POL  | K50-59 | 7      | K 21 |             |              | 00:18:40 | 00:38:21 | 00:58:22 | 01:18:36.65 | 7:51   | 7.6  |
| 61   | GWÓŹDŹ ANDRZEJ                | 506 | WICHURA JAROSŁAW                 | MUNINA               | POL  | M50-59 | 10     | M 40 |             |              | 00:19:20 | 00:39:07 | 00:58:56 | 01:18:37.90 | 7:51   | 7.6  |
| 62   | SURIAK MICHAŁ                 | 469 | VIKING NORDIC TEAM CZĘSTOCHOWA   | CZĘSTOCHOWA          | POL  | M30-39 | 7      | M 41 |             |              | 00:19:39 | 00:39:52 | 00:59:24 | 01:18:41.35 | 7:52   | 7.6  |
| 63   | URBAN ROBERT                  | 480 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA           | POL  | M40-49 | 12     | M 42 |             |              | 00:18:45 | 00:38:24 | 00:58:14 | 01:18:50.90 | 7:53   | 7.6  |
| 64   | GWAREK ANITA                  | 408 | PASJA NORDIC WALKING             | WARSZAWA             | POL  | K40-49 | 4      | K 22 |             |              | 00:18:42 | 00:38:28 | 00:58:47 | 01:18:57.55 | 7:53   | 7.6  |
| 65   | KOTULA JAKUB                  | 426 | UNIA MIAST                       | KATOWICE             | POL  | M30-39 | 8      | M 43 |             |              | 00:19:14 | 00:39:19 | 00:59:10 | 01:19:08.10 | 7:54   | 7.6  |
| 66   | POZNAŃSKI WIESŁAW             | 457 |                                  | BIĄŁYSTOK            | POL  | M60-69 | 9      | M 44 |             |              | 00:18:16 | 00:37:53 | 00:57:41 | 01:19:14.45 | 7:55   | 7.6  |
| 67   | KORDOWSKA BOGUSŁAWA           | 425 | NOWA HUTA TEAM                   | KRAKÓW               | POL  | K40-49 | 5      | K 23 |             |              | 00:18:56 | 00:38:58 | 00:59:27 | 01:19:15.85 | 7:55   | 7.6  |
| 68   | JEDYNAK STANISŁAW             | 417 | PASJA NORDIC WALKING             | RASZYN               | POL  | M70+   | 3      | M 45 |             |              | 00:19:08 | 00:39:26 | 01:00:15 | 01:20:10.30 | 8:01   | 7.5  |
| 69   | SURIAK EWELINA                | 470 | VIKING NORDIC TEAM CZĘSTOCHOWA   | CZĘSTOCHOWA          | POL  | K18-29 | 2      | K 24 |             |              | 00:19:33 | 00:39:59 | 01:00:06 | 01:20:11.65 | 8:01   | 7.5  |
| 70   | GAWOR RENATA                  | 405 | VIKING NORDIC TEAM CZĘSTOCHOWA   | CZĘSTOCHOWA          | POL  | K50-59 | 8      | K 25 |             |              | 00:20:26 | 00:40:43 | 01:01:12 | 01:21:01.55 | 8:06   | 7.4  |
| 71   | PALUCH PAWEŁ                  | 451 | AVOCADO WELLNESS CLUB            | WARSZAWA             | POL  | M50-59 | 11     | M 46 |             |              | 00:19:16 | 00:39:53 | 01:00:42 | 01:21:15.25 | 8:07   | 7.4  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                                | M-scowość               | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|-------------------------------------|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 72   | THOMALLA BOGDAN             | 477 | SILESIA NORDIC TEAM                 | ZABRZE                  | POL  | M70+   | 4      | M 47 |             |              | 00:19:26 | 00:39:32 | 01:00:09 | 01:21:26.00 | 8:08   | 7.4  |
| 73   | GWÓZDZ URSZULA              | 409 | WICHURA JAROSŁAW                    | MUNINA                  | POL  | K50-59 | 9      | K 26 |             |              | 00:20:00 | 00:40:34 | 01:00:54 | 01:21:26.40 | 8:08   | 7.4  |
| 74   | AGARWAL RITU                | 392 |                                     | KAMIENIEC<br>WROCŁAWSKI | POL  | K40-49 | 6      | K 27 |             |              | 00:20:07 | 00:40:24 | 01:01:07 | 01:21:59.70 | 8:12   | 7.3  |
| 75   | KASPRZYK ELŻBIETA           | 420 | VIKING NORDIC TEAM<br>CZĘSTOCHOWA   | CZĘSTOCHOWA             | POL  | K50-59 | 10     | K 28 |             |              | 00:20:29 | 00:41:01 | 01:01:36 | 01:22:06.70 | 8:12   | 7.3  |
| 76   | NIEMCZYK BOGUSŁAW           | 446 | KLUB NW 'WŁÓCZYKIJE'                | LEŻAJSK                 | POL  | M50-59 | 12     | M 48 |             |              | 00:20:52 | 00:41:43 | 01:02:24 | 01:22:33.20 | 8:15   | 7.3  |
| 77   | KIDAWA DANUTA               | 422 | SANTANDER CONSUMER<br>BANK          | WROCŁAW                 | POL  | K40-49 | 7      | K 29 |             |              | 00:20:11 | 00:40:51 | 01:01:48 | 01:23:07.20 | 8:18   | 7.2  |
| 78   | CHOLEWKA JOLANTA            | 399 | MARSZ PO ZDROWIE<br>POZNAŃ          | POZNAŃ                  | POL  | K60-69 | 4      | K 30 |             |              | 00:19:56 | 00:40:50 | 01:01:53 | 01:23:08.00 | 8:18   | 7.2  |
| 79   | NIETRZEBKA PAWEŁ            | 448 | MIĘDZYBORÓW                         | MIĘDZYBORÓW             | POL  | M30-39 | 9      | M 49 |             |              | 00:19:16 | 00:39:27 | 01:01:01 | 01:23:44.45 | 8:22   | 7.2  |
| 80   | WORONKO-ZACZYNSKA<br>JANINA | 484 | KS METRACO POLKOWICE                | LUBIN                   | POL  | K70+   | 1      | K 31 |             |              | 00:20:36 | 00:41:40 | 01:02:58 | 01:24:37.30 | 8:27   | 7.1  |
| 81   | OMARSKA GRAŻYNA             | 449 | PASJA NORDIC WALKING                | WARSZAWA                | POL  | K60-69 | 5      | K 32 |             |              | 00:20:45 | 00:41:50 | 01:03:15 | 01:24:54.70 | 8:29   | 7.1  |
| 82   | KICIŃSKI WOJCIECH           | 421 |                                     | TARNOBRZEG              | POL  | M40-49 | 13     | M 50 |             |              | 00:20:11 | 00:41:46 | 01:03:25 | 01:25:34.45 | 8:33   | 7    |
| 83   | SIMKO ZBIGNIEW              | 462 | KLUB NW 'WŁÓCZYKIJE'                | LEŻAJSK                 | POL  | M60-69 | 10     | M 51 |             |              | 00:19:34 | 00:41:12 | 01:03:31 | 01:25:34.70 | 8:33   | 7    |
| 84   | ZDZIECH DOROTA              | 487 |                                     | PIASECZNO               | POL  | K30-39 | 8      | K 33 |             |              | 00:20:31 | 00:41:52 | 01:03:56 | 01:25:56.25 | 8:35   | 7    |
| 85   | ŻMUDA JAROMIR               | 554 | KLUB SANTANDER<br>KONSUMER BANK     | ZAWIERZBIE              | POL  | M40-49 | 14     | M 52 |             |              | 00:21:14 | 00:43:24 | 01:05:12 | 01:25:58.30 | 8:35   | 7    |
| 86   | POCALUŃ ADAM                | 455 | RELAKS ZAGÓRZ                       | ZAGÓRZ                  | POL  | M70+   | 5      | M 53 |             |              | 00:20:09 | 00:41:43 | 01:04:11 | 01:26:09.00 | 8:36   | 7    |
| 87   | HAJNUS WOJCIECH             | 410 |                                     | WARSZAWA                | POL  | M50-59 | 13     | M 54 |             |              | 00:19:53 | 00:41:15 | 01:04:06 | 01:26:12.40 | 8:37   | 7    |
| 88   | KRYSZCZUK KACPER            | 429 | NOWI SIEDLCE / NW<br>WSCHÓD         | SIEDLCE                 | POL  | M18-29 | 4      | M 55 |             |              | 00:20:26 | 00:42:17 | 01:04:27 | 01:26:26.45 | 8:38   | 6.9  |
| 89   | OWCZAREK<br>MAGDALENA       | 450 | MIĘDZYBORÓW                         | MIĘDZYBORÓW             | POL  | K50-59 | 11     | K 34 |             |              | 00:20:58 | 00:42:37 | 01:05:09 | 01:26:29.10 | 8:38   | 6.9  |
| 90   | JAROSZ ANNA                 | 416 | KLUB NW 'WŁÓCZYKIJE'                | LEŻAJSK                 | POL  | K60-69 | 6      | K 35 |             |              | 00:21:15 | 00:43:10 | 01:04:56 | 01:26:49.45 | 8:40   | 6.9  |
| 91   | VEKLYCH OLENA               | 498 | KS METRACOPOLKOWICE                 | LVOV                    | POL  | K50-59 | 12     | K 36 |             |              | 00:20:12 | 00:42:04 | 01:04:10 | 01:26:56.15 | 8:41   | 6.9  |
| 92   | LATUSZEK<br>MAŁGORZATA      | 437 | KLUB NW 'WŁÓCZYKIJE'                | LEŻAJSK                 | POL  | K50-59 | 13     | K 37 |             |              | 00:21:29 | 00:43:39 | 01:05:07 | 01:27:08.10 | 8:42   | 6.9  |
| 93   | SZEWczyk MAREK              | 473 | FACE NORDIC WALKING<br>TEAM         | WARSZAWA                | POL  | M50-59 | 14     | M 56 |             |              | 00:20:49 | 00:42:16 | 01:04:35 | 01:27:12.70 | 8:43   | 6.9  |
| 94   | RACŁAWSKA JOANNA            | 458 | AMATOR                              | SKARBIMIERZ<br>OSIEDLE  | POL  | K50-59 | 14     | K 38 |             |              | 00:20:36 | 00:42:17 | 01:04:45 | 01:28:04.05 | 8:48   | 6.8  |
| 95   | LIGEZA ELŻBIETA             | 440 |                                     | TYCHY                   | POL  | K50-59 | 15     | K 39 |             |              | 00:21:42 | 00:43:49 | 01:05:52 | 01:28:21.75 | 8:50   | 6.8  |
| 96   | KRZYŚCIN RAFAŁ              | 430 | SANTANDER CONSUMER<br>BANK          | WROCŁAW                 | POL  | M40-49 | 15     | M 57 |             |              | 00:21:18 | 00:43:25 | 01:06:09 | 01:28:59.30 | 8:53   | 6.7  |
| 97   | CHDZIK KATARZYNA            | 533 |                                     | KOLBUSZOWA              | POL  | K40-49 | 8      | K 40 |             |              | 00:21:29 | 00:44:08 | 01:06:53 | 01:29:22.10 | 8:56   | 6.7  |
| 98   | ADAMCZYK IZABELA            | 391 |                                     | BYTOM                   | POL  | K40-49 | 9      | K 41 |             |              | 00:21:31 | 00:44:09 | 01:06:54 | 01:29:23.00 | 8:56   | 6.7  |
| 99   | GRYGORIEWA LUDMILA          | 497 | KS METRACO POLKOWICE                | DĄBROWA                 | POL  | K60-69 | 7      | K 42 |             |              | 00:20:28 | 00:42:31 | 01:06:20 | 01:29:44.55 | 8:58   | 6.7  |
| 100  | NIEDZIELSKA TERESA          | 445 |                                     | NOWA DEBA               | POL  | K50-59 | 16     | K 43 |             |              | 00:21:46 | 00:44:14 | 01:07:05 | 01:30:18.40 | 9:01   | 6.6  |
| 101  | SZEWczyk AGNIESZKA          | 474 | FACE NORDIC WALKING<br>TEAM         | WARSZAWA                | POL  | K40-49 | 10     | K 44 |             |              | 00:22:10 | 00:44:45 | 01:07:19 | 01:30:22.55 | 9:02   | 6.6  |
| 102  | BEDNARZ LUCYNA              | 384 |                                     | LEŻAJSK                 |      | K50-59 | 17     | K 45 |             |              | 00:22:08 | 00:44:49 | 01:07:30 | 01:30:23.00 | 9:02   | 6.6  |
| 103  | ŻMIHORSKA KRYSZYNA          | 489 |                                     | NOWA DEBA               | POL  | K60-69 | 8      | K 46 |             |              | 00:21:24 | 00:43:58 | 01:07:23 | 01:31:50.50 | 9:11   | 6.5  |
| 104  | SIWCZYK GRAŻYNA             | 464 | LECZYMY DURŚ                        | PIEKARY ŚLĄSKIE         | POL  | K60-69 | 9      | K 47 |             |              | 00:22:45 | 00:46:31 | 01:09:48 | 01:32:08.25 | 9:12   | 6.5  |
| 105  | SURMIAK RYSZARD             | 471 | RZESZOWSKI KLUB<br>MORSOW 'SOPELEK' | RZESZÓW                 | POL  | M70+   | 6      | M 58 |             |              | 00:22:01 | 00:44:59 | 01:08:48 | 01:33:02.60 | 9:18   | 6.4  |
| 106  | FIOŁEK GRAŻYNA              | 404 |                                     | ZALESIE GÓRNE           | POL  | K50-59 | 18     | K 48 |             |              | 00:22:16 | 00:45:00 | 01:09:05 | 01:33:22.00 | 9:20   | 6.4  |
| 107  | KUSAJ JAKUB                 | 435 | OSP ZAWADA                          | DĘBICA                  | POL  | M18-29 | 5      | M 59 |             |              | 00:21:52 | 00:45:22 | 01:09:40 | 01:33:25.85 | 9:20   | 6.4  |
| 108  | ZIĘBA JULIA                 | 488 | UNIA MIAST                          | KATOWICE                | POL  | K70+   | 2      | K 49 |             |              | 00:22:47 | 00:46:46 | 01:11:00 | 01:35:31.80 | 9:33   | 6.3  |
| 109  | FRYC KAROL                  | 493 |                                     | KOLBUSZOWA              |      | M60-69 | 11     | M 60 |             |              | 00:22:27 | 00:47:07 | 01:12:57 | 01:36:41.50 | 9:40   | 6.2  |
| 110  | KRZYŚCIN MIROSLAWA          | 431 | SANTANDER CONSUMER<br>BANK          | WROCŁAW                 | POL  | K40-49 | 11     | K 50 |             |              | 00:23:28 | 00:48:20 | 01:13:10 | 01:38:33.80 | 9:51   | 6.1  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, K18-29**

| M-ce | Nazwisko i imię       | Nr  | Klub                           | M-scowość   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------|-----|--------------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | NIETRZEBKA ALEKSANDRA | 447 | MIĘDZYBORÓW                    | MIĘDZYBORÓW | POL  | K18-29 | 1      | K 19 |             |              | 00:18:28 | 00:37:53 | 00:57:30 | 01:17:43.60 | 7:46   | 7.7  |
| 2    | SURIAK EWELINA        | 470 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | K18-29 | 2      | K 24 |             |              | 00:19:33 | 00:39:59 | 01:00:06 | 01:20:11.65 | 8:01   | 7.5  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, M18-29**

| M-ce | Nazwisko i imię     | Nr  | Klub                     | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|--------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | STĘPAK PIOTR        | 490 | ZG REJON NW WINNING TEAM | ZBYLITOWSKA GÓRA | POL  | M18-29 | 1      | M 8  |             |              | 00:16:25 | 00:33:17 | 00:50:27 | 01:07:04.75 | 6:42   | 8.9  |
| 2    | GŁOWA MICHAŁ        | 406 | UNIA MIAST               | CIESZYN          | POL  | M18-29 | 2      | M 9  |             |              | 00:16:27 | 00:33:07 | 00:50:31 | 01:07:10.60 | 6:43   | 8.9  |
| 3    | KUKLIŃSKI ARKADIUSZ | 433 | ZG REJON NW WINNING TEAM | ZBYLITOWSKA GÓRA | POL  | M18-29 | 3      | M 27 |             |              | 00:17:45 | 00:36:26 | 00:55:11 | 01:13:49.15 | 7:22   | 8.1  |
| 4    | KRYSZCZUK KACPER    | 429 | NOWI SIEDLCE / NW WSCHÓD | SIEDLCE          | POL  | M18-29 | 4      | M 55 |             |              | 00:20:26 | 00:42:17 | 01:04:27 | 01:26:26.45 | 8:38   | 6.9  |
| 5    | KUSAJ JAKUB         | 435 | OSP ZAWADA               | DĘBICA           | POL  | M18-29 | 5      | M 59 |             |              | 00:21:52 | 00:45:22 | 01:09:40 | 01:33:25.85 | 9:20   | 6.4  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, K30-39**

| M-ce | Nazwisko i imię      | Nr  | Klub                           | M-scowość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|--------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KUBISZYN MAŁGORZATA  | 584 | NWPL                           | LUBACZÓW        |      | K30-39 | 1      | K 2  |             |              | 00:16:33 | 00:34:07 | 00:52:04 | 01:09:45.80 | 6:58   | 8.6  |
| 2    | PASIKOWSKA MARIOLA   | 452 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI           | POL  | K30-39 | 2      | K 4  |             |              | 00:16:53 | 00:34:46 | 00:53:06 | 01:11:33.05 | 7:09   | 8.4  |
| 3    | SZARSZUNOWICZ ANNA   | 472 | KS METRACO POLKOWICE           | PASŁĘK          | POL  | K30-39 | 3      | K 7  |             |              | 00:17:28 | 00:35:34 | 00:54:10 | 01:12:56.10 | 7:17   | 8.2  |
| 4    | MALINOWSKA KATARZYNA | 441 | LECYMY DURŚ                    | PIEKARY ŚLĄSKIE | POL  | K30-39 | 4      | K 9  |             |              | 00:18:04 | 00:36:51 | 00:55:47 | 01:14:53.75 | 7:29   | 8    |
| 5    | MOLENDNA MAGDALENA   | 443 | KS IDMAR RACING TEAM           | MOSINA          | POL  | K30-39 | 5      | K 12 |             |              | 00:18:24 | 00:37:32 | 00:56:50 | 01:16:12.40 | 7:37   | 7.9  |
| 6    | MACHOWSKA URSZULA    | 494 |                                | KOLBUSZOWA      | POL  | K30-39 | 6      | K 15 |             |              | 00:18:47 | 00:38:03 | 00:57:22 | 01:16:35.05 | 7:39   | 7.8  |
| 7    | SZYMCZYK MAGDALENA   | 475 | NOWI SIEDLCE/NW WSCHÓD         | SIEDLCE         | POL  | K30-39 | 7      | K 18 |             |              | 00:18:47 | 00:38:05 | 00:57:51 | 01:17:30.50 | 7:45   | 7.7  |
| 8    | ZDZIECH DOROTA       | 487 |                                | PIASECZNO       | POL  | K30-39 | 8      | K 33 |             |              | 00:20:31 | 00:41:52 | 01:03:56 | 01:25:56.25 | 8:35   | 7    |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, M30-39**

| M-ce | Nazwisko i imię   | Nr  | Klub                           | M-scowość             | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|--------------------------------|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | BIŁEK ARTUR       | 395 | UNIA MIAST                     | LUBLINIEC             | POL  | M30-39 | 1      | M 5  |             |              | 00:15:29 | 00:31:33 | 00:48:08 | 01:05:09.70 | 6:31   | 9.2  |
| 2    | HAŁAS MARCIN      | 411 | UNIA MIAST                     | CZECHOWICE-DZ IEDZICE | POL  | M30-39 | 2      | M 6  |             |              | 00:15:52 | 00:32:12 | 00:48:55 | 01:05:34.80 | 6:33   | 9.1  |
| 3    | RYCHLIK GRZEGORZ  | 460 | FUNDACJA 'W TE PĘDY'           | HALASY                | POL  | M30-39 | 3      | M 12 |             |              | 00:15:43 | 00:32:04 | 00:49:24 | 01:07:47.20 | 6:46   | 8.9  |
| 4    | KUSTAL MARCIN     | 436 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA           | POL  | M30-39 | 4      | M 13 |             |              | 00:15:54 | 00:33:18 | 00:50:52 | 01:08:10.10 | 6:49   | 8.8  |
| 5    | PASIKOWSKI MARCIN | 453 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI                 | POL  | M30-39 | 5      | M 21 |             |              | 00:17:03 | 00:35:04 | 00:53:46 | 01:11:56.10 | 7:11   | 8.3  |
| 6    | ŚLUSARCZYK MARCIN | 376 | WESOŁY BORSUK TEAM             | PRUDNIK               |      | M30-39 | 6      | M 38 |             |              | 00:18:29 | 00:37:57 | 00:58:10 | 01:18:17.30 | 7:49   | 7.7  |
| 7    | SURIAK MICHAŁ     | 469 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA           | POL  | M30-39 | 7      | M 41 |             |              | 00:19:39 | 00:39:52 | 00:59:24 | 01:18:41.35 | 7:52   | 7.6  |
| 8    | KOTULA JAKUB      | 426 | UNIA MIAST                     | KATOWICE              | POL  | M30-39 | 8      | M 43 |             |              | 00:19:14 | 00:39:19 | 00:59:10 | 01:19:08.10 | 7:54   | 7.6  |
| 9    | NIETRZEBKA PAWEŁ  | 448 | MIĘDZYBORÓW                    | MIĘDZYBORÓW           | POL  | M30-39 | 9      | M 49 |             |              | 00:19:16 | 00:39:27 | 01:01:01 | 01:23:44.45 | 8:22   | 7.2  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, K40-49**

| M-ce | Nazwisko i imię      | Nr  | Klub                     | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|--------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MIELECKA AGNIESZKA   | 442 | KS IDMAR RACING TEAM     | GAŚAWA               | POL  | K40-49 | 1      | K 1  |             |              | 00:16:07 | 00:32:51 | 00:50:07 | 01:07:34.40 | 6:45   | 8.9  |
| 2    | WOLNIEWICZ KATARZYNA | 491 | UNIA MIAST               | RUDA ŚLĄSKA          | POL  | K40-49 | 2      | K 8  |             |              | 00:17:41 | 00:35:55 | 00:54:38 | 01:14:00.10 | 7:24   | 8.1  |
| 3    | TROJAN ELŻBIETA      | 478 | KLUB NW 'WŁÓCZYKIJE'     | LEŻAJSK              | POL  | K40-49 | 3      | K 16 |             |              | 00:18:46 | 00:37:49 | 00:57:08 | 01:16:37.75 | 7:39   | 7.8  |
| 4    | GWAREK ANITA         | 408 | PASJA NORDIC WALKING     | WARSZAWA             | POL  | K40-49 | 4      | K 22 |             |              | 00:18:42 | 00:38:28 | 00:58:47 | 01:18:57.55 | 7:53   | 7.6  |
| 5    | KORDOWSKA BOGUŚŁAWA  | 425 | NOWA HUTA TEAM           | KRAKÓW               | POL  | K40-49 | 5      | K 23 |             |              | 00:18:56 | 00:38:58 | 00:59:27 | 01:19:15.85 | 7:55   | 7.6  |
| 6    | AGARWAL RITU         | 392 |                          | KAMIENIEC WROCŁAWSKI | POL  | K40-49 | 6      | K 27 |             |              | 00:20:07 | 00:40:24 | 01:01:07 | 01:21:59.70 | 8:12   | 7.3  |
| 7    | KIDAWA DANUTA        | 422 | SANTANDER CONSUMER BANK  | WROCŁAW              | POL  | K40-49 | 7      | K 29 |             |              | 00:20:11 | 00:40:51 | 01:01:48 | 01:23:07.20 | 8:18   | 7.2  |
| 8    | CHDZIK KATARZYNA     | 533 |                          | KOLBUSZOWA           | POL  | K40-49 | 8      | K 40 |             |              | 00:21:29 | 00:44:08 | 01:06:53 | 01:29:22.10 | 8:56   | 6.7  |
| 9    | ADAMCZYK IZABELA     | 391 |                          | BYTOM                | POL  | K40-49 | 9      | K 41 |             |              | 00:21:31 | 00:44:09 | 01:06:54 | 01:29:23.00 | 8:56   | 6.7  |
| 10   | SZEWczyk AGNIESZKA   | 474 | FACE NORDIC WALKING TEAM | WARSZAWA             | POL  | K40-49 | 10     | K 44 |             |              | 00:22:10 | 00:44:45 | 01:07:19 | 01:30:22.55 | 9:02   | 6.6  |
| 11   | KRZYŚCIN MIROŚŁAWA   | 431 | SANTANDER CONSUMER BANK  | WROCŁAW              | POL  | K40-49 | 11     | K 50 |             |              | 00:23:28 | 00:48:20 | 01:13:10 | 01:38:33.80 | 9:51   | 6.1  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, M40-49**

| M-ce | Nazwisko i imię     | Nr  | Klub                             | M-scowość      | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|----------------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | NIECHWIEJCZYK PIOTR | 444 | UNIA MIAST                       | ŚWIĘTOCHŁOWICE | POL  | M40-49 | 1      | M 1  |             |              | 00:15:18 | 00:31:12 | 00:47:23 | 01:03:48.20 | 6:22   | 9.4  |
| 2    | BORKOWSKI DARIUSZ   | 396 | NOWI SIEDLCE                     | SIEDLCE        | POL  | M40-49 | 2      | M 7  |             |              | 00:15:53 | 00:32:40 | 00:49:21 | 01:06:16.15 | 6:37   | 9.1  |
| 3    | KUBIAK PRZEMYSŁAW   | 432 | KS IDMAR RACING TEAM             | MOSINA         | POL  | M40-49 | 3      | M 14 |             |              | 00:16:46 | 00:34:20 | 00:52:08 | 01:09:44.60 | 6:58   | 8.6  |
| 4    | BILIK WOJCIECH      | 394 |                                  | KROSNO         | POL  | M40-49 | 4      | M 19 |             |              | 00:17:05 | 00:34:49 | 00:53:07 | 01:11:16.05 | 7:07   | 8.4  |
| 5    | GRZYBAŁA PIOTR      | 407 |                                  | ODRZYKOŃ       | POL  | M40-49 | 5      | M 20 |             |              | 00:17:24 | 00:35:20 | 00:53:35 | 01:11:36.85 | 7:09   | 8.4  |
| 6    | DARIUSZ BUL         | 402 | WESOŁY BORSUK TEAM               | PRUDNIK        | POL  | M40-49 | 6      | M 22 |             |              | 00:17:24 | 00:35:37 | 00:54:26 | 01:12:31.80 | 7:15   | 8.3  |
| 7    | BUJNICKI MARCIN     | 397 | NORDIC WALKING PASŁĘK            | PASŁĘK         | POL  | M40-49 | 7      | M 23 |             |              | 00:17:43 | 00:36:00 | 00:54:32 | 01:13:16.90 | 7:19   | 8.2  |
| 8    | KRAKOWIAN PIOTR     | 427 | VIKING NORDIC TEAM               | KAMYK          | POL  | M40-49 | 8      | M 26 |             |              | 00:17:43 | 00:36:14 | 00:54:43 | 01:13:36.65 | 7:21   | 8.2  |
| 9    | TEODOROWSKI DARIUSZ | 476 | UNIA MIAST                       | LUBLINIEC      | POL  | M40-49 | 9      | M 33 |             |              | 00:18:22 | 00:37:36 | 00:56:55 | 01:15:58.15 | 7:35   | 7.9  |
| 10   | ŚLUSARCZYK GRZEGORZ | 375 | WESOŁY BORSUK TEAM               | PRUDNIK        |      | M40-49 | 10     | M 36 |             |              | 00:18:55 | 00:38:39 | 00:57:50 | 01:17:15.55 | 7:43   | 7.8  |
| 11   | CHYRA JANUSZ        | 400 | UNIA MIAST                       | LUBLINIEC      | POL  | M40-49 | 11     | M 39 |             |              | 00:19:11 | 00:38:45 | 00:58:42 | 01:18:17.70 | 7:49   | 7.7  |
| 12   | URBAN ROBERT        | 480 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA     | POL  | M40-49 | 12     | M 42 |             |              | 00:18:45 | 00:38:24 | 00:58:14 | 01:18:50.90 | 7:53   | 7.6  |
| 13   | KICIŃSKI WOJCIECH   | 421 |                                  | TARNOBRZEG     | POL  | M40-49 | 13     | M 50 |             |              | 00:20:11 | 00:41:46 | 01:03:25 | 01:25:34.45 | 8:33   | 7    |
| 14   | ŻMUDA JAROMIR       | 554 | KLUB SANTANDER KONSUMER BANK     | ZAWIERZBIE     | POL  | M40-49 | 14     | M 52 |             |              | 00:21:14 | 00:43:24 | 01:05:12 | 01:25:58.30 | 8:35   | 7    |
| 15   | KRZYŚCIN RAFAŁ      | 430 | SANTANDER CONSUMER BANK          | WROCŁAW        | POL  | M40-49 | 15     | M 57 |             |              | 00:21:18 | 00:43:25 | 01:06:09 | 01:28:59.30 | 8:53   | 6.7  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, K50-59**

| M-ce | Nazwisko i imię               | Nr  | Klub  | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------------------|-----|---|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | JĘDRASIAK RENATA              | 418 | KS METRACO POLKOWICE                                      | LUBIN                | POL  | K50-59 | 1      | K 3  |             |              | 00:16:43 | 00:34:06 | 00:51:51 | 01:10:06.55 | 7:00   | 8.6  |
| 2    | STYŚ ELŻBIETA                 | 468 |   | WROCANKA             | POL  | K50-59 | 2      | K 5  |             |              | 00:16:54 | 00:34:39 | 00:52:48 | 01:11:41.70 | 7:10   | 8.4  |
| 3    | KOŃCZEWSKA BOZENA             | 424 | MKS HALICZ KLUB BIEGACZA BK NORDIC WALKING USTRZYKI DOLNE | USTRZYKI DOLNE       | POL  | K50-59 | 3      | K 6  |             |              | 00:16:46 | 00:34:38 | 00:53:13 | 01:12:24.10 | 7:14   | 8.3  |
| 4    | WÓJCIK BARBARA                | 485 |   | KRZCZONÓW            | POL  | K50-59 | 4      | K 13 |             |              | 00:18:32 | 00:37:38 | 00:57:06 | 01:16:15.20 | 7:37   | 7.9  |
| 5    | DOBROWOLSKA-SWIĄT EK ELŻBIETA | 403 |   | KAMIENIEC WROCŁAWSKI | POL  | K50-59 | 5      | K 17 |             |              | 00:18:41 | 00:38:08 | 00:57:45 | 01:17:22.20 | 7:44   | 7.8  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, K50-59 c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                           | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|--------------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 6    | SŁOWIŃSKA ALICJA    | 465 | NOWI SIEDLCE NW WSCHÓD         | SIEDLCE             | POL  | K50-59 | 6      | K 20 |             |              | 00:16:52 | 00:36:25 | 00:57:23 | 01:18:04.55 | 7:48   | 7.7  |
| 7    | WIERZBA LILLA       | 482 | PASJA NORDIC WALKING           | KLAUDYN             | POL  | K50-59 | 7      | K 21 |             |              | 00:18:40 | 00:38:21 | 00:58:22 | 01:18:36.65 | 7:51   | 7.6  |
| 8    | GAWOR RENATA        | 405 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | K50-59 | 8      | K 25 |             |              | 00:20:26 | 00:40:43 | 01:01:12 | 01:21:01.55 | 8:06   | 7.4  |
| 9    | GWÓZDZ URSZULA      | 409 | WICHURA JAROSŁAW               | MUNINA              | POL  | K50-59 | 9      | K 26 |             |              | 00:20:00 | 00:40:34 | 01:00:54 | 01:21:26.40 | 8:08   | 7.4  |
| 10   | KASPRZYK ELŻBIETA   | 420 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | K50-59 | 10     | K 28 |             |              | 00:20:29 | 00:41:01 | 01:01:36 | 01:22:06.70 | 8:12   | 7.3  |
| 11   | OWCZAREK MAGDALENA  | 450 | MIĘDZYBORÓW                    | MIĘDZYBORÓW         | POL  | K50-59 | 11     | K 34 |             |              | 00:20:58 | 00:42:37 | 01:05:09 | 01:26:29.10 | 8:38   | 6.9  |
| 12   | VEKLYCH OLENA       | 498 | KS METRACOPOLKOWICE            | LVOV                | POL  | K50-59 | 12     | K 36 |             |              | 00:20:12 | 00:42:04 | 01:04:10 | 01:26:56.15 | 8:41   | 6.9  |
| 13   | LATUSZEK MAŁGORZATA | 437 | KLUB NW 'WŁÓCZYKIJE'           | LEŻAJSK             | POL  | K50-59 | 13     | K 37 |             |              | 00:21:29 | 00:43:39 | 01:05:07 | 01:27:08.10 | 8:42   | 6.9  |
| 14   | RACŁAWSKA JOANNA    | 458 | AMATOR                         | SKARBIMIERZ OSIEDLE | POL  | K50-59 | 14     | K 38 |             |              | 00:20:36 | 00:42:17 | 01:04:45 | 01:28:04.05 | 8:48   | 6.8  |
| 15   | LIGĘZA ELŻBIETA     | 440 |                                | TYCHY               | POL  | K50-59 | 15     | K 39 |             |              | 00:21:42 | 00:43:49 | 01:05:52 | 01:28:21.75 | 8:50   | 6.8  |
| 16   | NIEDZIŁSKA TERESA   | 445 |                                | NOWA DEBA           | POL  | K50-59 | 16     | K 43 |             |              | 00:21:46 | 00:44:14 | 01:07:05 | 01:30:18.40 | 9:01   | 6.6  |
| 17   | BEDNARZ LUCYNA      | 384 |                                | LEŻAJSK             | POL  | K50-59 | 17     | K 45 |             |              | 00:22:08 | 00:44:49 | 01:07:30 | 01:30:23.00 | 9:02   | 6.6  |
| 18   | FIJOLEK GRAŻYNA     | 404 |                                | ZALESIE GÓRNE       | POL  | K50-59 | 18     | K 48 |             |              | 00:22:16 | 00:45:00 | 01:09:05 | 01:33:22.00 | 9:20   | 6.4  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, M50-59**

| M-ce | Nazwisko i imię   | Nr  | Klub                      | M-scowość  | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|---------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | SIWAK PIOTR       | 463 | KS METRACO POLKOWICE      | RUDNA      | POL  | M50-59 | 1      | M 3  |             |              | 00:16:03 | 00:32:20 | 00:48:35 | 01:04:56.15 | 6:29   | 9.2  |
| 2    | JANOCHA ROBERT    | 415 | MUKS PODKARPACIE JEDLICZE | KROSNO     | POL  | M50-59 | 2      | M 4  |             |              | 00:16:07 | 00:32:24 | 00:48:39 | 01:05:05.70 | 6:30   | 9.2  |
| 3    | JUREK ADAM        | 419 | KS METRACO POLKOWICE      | LUBIN      | POL  | M50-59 | 3      | M 10 |             |              | 00:16:23 | 00:32:52 | 00:50:01 | 01:07:23.35 | 6:44   | 8.9  |
| 4    | SIEROŃ JACEK      | 461 | MOSIR/TSA SANDOMIERZ      | SANDOMIERZ | POL  | M50-59 | 4      | M 11 |             |              | 00:16:03 | 00:32:44 | 00:50:17 | 01:07:46.60 | 6:46   | 8.9  |
| 5    | SPYCHAŁA LESŁAW   | 496 | WESOŁY BORSUK TEAM        | BIAŁA      | POL  | M50-59 | 5      | M 15 |             |              | 00:16:30 | 00:33:51 | 00:51:41 | 01:09:54.05 | 6:59   | 8.6  |
| 6    | KLIMCZAK ADAM     | 423 |                           | WARSZAWA   | POL  | M50-59 | 6      | M 16 |             |              | 00:17:09 | 00:35:12 | 00:52:52 | 01:10:19.40 | 7:02   | 8.5  |
| 7    | LENZ ANDRZEJ      | 439 | MUSZKIETEROWIE            | GNIEZNO    | POL  | M50-59 | 7      | M 18 |             |              | 00:16:59 | 00:34:30 | 00:52:24 | 01:10:51.95 | 7:05   | 8.5  |
| 8    | LATUSZEK BOGDAN   | 438 | KLUB NW 'WŁÓCZYKIJE'      | LEŻAJSK    | POL  | M50-59 | 8      | M 24 |             |              | 00:17:09 | 00:35:36 | 00:54:26 | 01:13:23.65 | 7:20   | 8.2  |
| 9    | PIESIAK PIOTR     | 454 |                           | STRAŻÓW    | POL  | M50-59 | 9      | M 31 |             |              | 00:18:18 | 00:36:44 | 00:55:53 | 01:15:00.95 | 7:30   | 8    |
| 10   | GWÓZDZ ANDRZEJ    | 506 | WICHURA JAROSŁAW          | MUNINA     | POL  | M50-59 | 10     | M 40 |             |              | 00:19:20 | 00:39:07 | 00:58:56 | 01:18:37.90 | 7:51   | 7.6  |
| 11   | PALUCH PAWEŁ      | 451 | AVOCADO WELLNESS CLUB     | WARSZAWA   | POL  | M50-59 | 11     | M 46 |             |              | 00:19:16 | 00:39:53 | 01:00:42 | 01:21:15.25 | 8:07   | 7.4  |
| 12   | NIEMCZYK BOGUSŁAW | 446 | KLUB NW 'WŁÓCZYKIJE'      | LEŻAJSK    | POL  | M50-59 | 12     | M 48 |             |              | 00:20:52 | 00:41:43 | 01:02:24 | 01:22:33.20 | 8:15   | 7.3  |
| 13   | HAJNUS WOJCIECH   | 410 |                           | WARSZAWA   | POL  | M50-59 | 13     | M 54 |             |              | 00:19:53 | 00:41:15 | 01:04:06 | 01:26:12.40 | 8:37   | 7    |
| 14   | SZEWczyk MAREK    | 473 | FACE NORDIC WALKING TEAM  | WARSZAWA   | POL  | M50-59 | 14     | M 56 |             |              | 00:20:49 | 00:42:16 | 01:04:35 | 01:27:12.70 | 8:43   | 6.9  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, K60-69**

| M-ce | Nazwisko i imię    | Nr  | Klub                     | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|--------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KURZAWSKA JOLANTA  | 434 | KS METRACO POLKOWICE     | LUBIN     | POL  | K60-69 | 1      | K 10 |             |              | 00:18:19 | 00:37:16 | 00:56:33 | 01:15:54.60 | 7:35   | 7.9  |
| 2    | CZAJKA URSZULA     | 401 | FACE NORDIC WALKING TEAM | RUMIA     | POL  | K60-69 | 2      | K 11 |             |              | 00:18:20 | 00:37:16 | 00:56:33 | 01:15:55.40 | 7:35   | 7.9  |
| 3    | ZACHARCZUK ZOFIA   | 486 | NOWI SIEDLCE - NW WSCHÓD | SIEDLCE   | POL  | K60-69 | 3      | K 14 |             |              | 00:18:24 | 00:37:22 | 00:56:42 | 01:16:22.05 | 7:38   | 7.9  |
| 4    | CHOLEWKA JOLANTA   | 399 | MARSZ PO ZDROWIE POZNAŃ  | POZNAŃ    | POL  | K60-69 | 4      | K 30 |             |              | 00:19:56 | 00:40:50 | 01:01:53 | 01:23:08.00 | 8:18   | 7.2  |
| 5    | OMARSKA GRAŻYNA    | 449 | PASJA NORDIC WALKING     | WARSZAWA  | POL  | K60-69 | 5      | K 32 |             |              | 00:20:45 | 00:41:50 | 01:03:15 | 01:24:54.70 | 8:29   | 7.1  |
| 6    | JAROSZ ANNA        | 416 | KLUB NW 'WŁÓCZYKIJE'     | LEŻAJSK   | POL  | K60-69 | 6      | K 35 |             |              | 00:21:15 | 00:43:10 | 01:04:56 | 01:26:49.45 | 8:40   | 6.9  |
| 7    | GRYGORIEWA LUDMILA | 497 | KS METRACO POLKOWICE     | DĄBROWA   | POL  | K60-69 | 7      | K 42 |             |              | 00:20:28 | 00:42:31 | 01:06:20 | 01:29:44.55 | 8:58   | 6.7  |
| 8    | ŻMIHORSKA KRYSZYNA | 489 |                          | NOWA DEBA | POL  | K60-69 | 8      | K 46 |             |              | 00:21:24 | 00:43:58 | 01:07:23 | 01:31:50.50 | 9:11   | 6.5  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, K60-69 c.d.**

| M-ce | Nazwisko i imię | Nr  | Klub         | M-scowość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|--------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 9    | SIWCZYK GRAŻYNA | 464 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL  | K60-69 | 9      | K 47 |             |              | 00:22:45 | 00:46:31 | 01:09:48 | 01:32:08.25 | 9:12   | 6.5  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, M60-69**

| M-ce | Nazwisko i imię          | Nr  | Klub                         | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------------|-----|------------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | HELWICH STEFAN           | 412 | KS METRACOPOLKOWICE          | WIELEN              | POL  | M60-69 | 1      | M 2  |             |              | 00:15:44 | 00:31:58 | 00:48:30 | 01:04:32.30 | 6:27   | 9.3  |
| 2    | ZAGAJA JANUSZ            | 495 | WESOŁY BORSUK TEAM           | POKÓJ               | POL  | M60-69 | 2      | M 17 |             |              | 00:16:29 | 00:34:13 | 00:52:20 | 01:10:32.10 | 7:03   | 8.5  |
| 3    | SMUL ANDRZEJ             | 466 | MARSZ PO ZDROWIE<br>POZNAN   | TARNOWO<br>PODGÓRNE | POL  | M60-69 | 3      | M 25 |             |              | 00:16:33 | 00:34:51 | 00:54:07 | 01:13:36.30 | 7:21   | 8.2  |
| 4    | HRYNDIO JERZY            | 413 | UNIA MIAST                   | KATOWICE            | POL  | M60-69 | 4      | M 28 |             |              | 00:17:53 | 00:36:22 | 00:55:05 | 01:13:51.90 | 7:23   | 8.1  |
| 5    | BERESZKO WALDEMAR        | 393 | MOSIR TKKF SATURN<br>CZELADŹ | SOSNOWIEC           | POL  | M60-69 | 5      | M 29 |             |              | 00:18:13 | 00:37:04 | 00:56:01 | 01:14:48.20 | 7:28   | 8    |
| 6    | WIEŃSKO RYSZARD          | 481 | NIEZRZESZONY                 | PUŁAWY              | POL  | M60-69 | 6      | M 32 |             |              | 00:18:44 | 00:37:41 | 00:56:35 | 01:15:36.85 | 7:33   | 7.9  |
| 7    | ŚLUSARCZYK ANDRZEJ       | 374 | WESOŁY BORSUK TEAM           | PRUDNIK             |      | M60-69 | 7      | M 34 |             |              | 00:18:10 | 00:37:25 | 00:56:45 | 01:15:59.55 | 7:36   | 7.9  |
| 8    | CHARCZUK ZENON<br>MICHAŁ | 383 | WESOŁY BORSUK TEAM           | OPOLE               |      | M60-69 | 8      | M 37 |             |              | 00:18:28 | 00:37:39 | 00:57:24 | 01:17:19.30 | 7:43   | 7.8  |
| 9    | POZNAŃSKI WIESŁAW        | 457 |                              | BIAŁYSTOK           | POL  | M60-69 | 9      | M 44 |             |              | 00:18:16 | 00:37:53 | 00:57:41 | 01:19:14.45 | 7:55   | 7.6  |
| 10   | SIMKO ZBIGNIEW           | 462 | KLUB NW 'WŁÓCZYKIJE'         | LEŻAJSK             | POL  | M60-69 | 10     | M 51 |             |              | 00:19:34 | 00:41:12 | 01:03:31 | 01:25:34.70 | 8:33   | 7    |
| 11   | FRYC KAROL               | 493 |                              | KOLBUSZOWA          |      | M60-69 | 11     | M 60 |             |              | 00:22:27 | 00:47:07 | 01:12:57 | 01:36:41.50 | 9:40   | 6.2  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, K70+**

| M-ce | Nazwisko i imię             | Nr  | Klub                 | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|----------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | WORONKO-ZACZYŃSKA<br>JANINA | 484 | KS METRACO POLKOWICE | LUBIN     | POL  | K70+ | 1      | K 31 |             |              | 00:20:36 | 00:41:40 | 01:02:58 | 01:24:37.30 | 8:27   | 7.1  |
| 2    | ZIĘBA JULIA                 | 488 | UNIA MIAST           | KATOWICE  | POL  | K70+ | 2      | K 49 |             |              | 00:22:47 | 00:46:46 | 01:11:00 | 01:35:31.80 | 9:33   | 6.3  |

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, M70+**

| M-ce | Nazwisko i imię   | Nr  | Klub                                | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------|-----|-------------------------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | STAWNIAK KAROL    | 467 | KS METRACO POLKOWICE                | ZNIN      | POL  | M70+ | 1      | M 30 |             |              | 00:18:05 | 00:36:28 | 00:55:24 | 01:14:55.10 | 7:29   | 8    |
| 2    | KOŁPAK JAN        | 492 | LKS ZANTYR                          | SZTUM     | POL  | M70+ | 2      | M 35 |             |              | 00:18:22 | 00:37:30 | 00:57:06 | 01:16:57.65 | 7:41   | 7.8  |
| 3    | JEDYNAK STANISŁAW | 417 | PASJA NORDIC WALKING                | RASZYN    | POL  | M70+ | 3      | M 45 |             |              | 00:19:08 | 00:39:26 | 01:00:15 | 01:20:10.30 | 8:01   | 7.5  |
| 4    | THOMALLA BOGDAN   | 477 | SILESIA NORDIC TEAM                 | ZABRZE    | POL  | M70+ | 4      | M 47 |             |              | 00:19:26 | 00:39:32 | 01:00:09 | 01:21:26.00 | 8:08   | 7.4  |
| 5    | POCALUŃ ADAM      | 455 | RELAKS ZAGÓRZ                       | ZAGÓRZ    | POL  | M70+ | 5      | M 53 |             |              | 00:20:09 | 00:41:43 | 01:04:11 | 01:26:09.00 | 8:36   | 7    |
| 6    | SURMIAK RYSZARD   | 471 | RZESZOWSKI KLUB<br>MORSOW 'SOPELEK' | RZESZÓW   | POL  | M70+ | 6      | M 58 |             |              | 00:22:01 | 00:44:59 | 01:08:48 | 01:33:02.60 | 9:18   | 6.4  |