

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM

Organizator: Polska Federacja Nordic Walking
 Data: 2018-06-02
 Miejsce: Kolbuszowa
 Dystans: 21.1 km
 Klasyfikacja wg czasów netto.

**KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, OPEN**

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owoś ć | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|--------------------------|-----|---------------------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | MICHALEC MARCIN | 388 | KKB MOSIR KROSNO | KROSN O | POL | M30-39 | 1 | M 1 | | | 00:53:35 | 01:09:03 | 01:24:28 | 01:40:07 | 01:55:33 | 02:11:05.10 | 6:12 | 9.7 |
| 2 | ROSAK MARCIN | 539 | RUNNERSKI.PL/ GREEN TEAM ZIELONA GÓRA | ZIELO NA GÓRA | POL | M40-49 | 1 | M 2 | | | 00:55:25 | 01:11:23 | 01:27:20 | 01:43:25 | 01:59:29 | 02:15:29.30 | 6:25 | 9.3 |
| 3 | KORDOWSKI PIOTR | 519 | | KRAKO W | POL | M40-49 | 2 | M 3 | | | 00:56:10 | 01:13:18 | 01:30:17 | 01:47:05 | 02:03:54 | 02:21:02.30 | 6:41 | 9 |
| 4 | DEPKA PRADZYŃSKI OLGIERD | 507 | BIEGAMYRAZEM.PL | GDYNI A | POL | M60+ | 1 | M 4 | | | 00:55:25 | 01:11:47 | 01:28:49 | 01:46:08 | 02:03:33 | 02:22:11.15 | 6:44 | 8.9 |
| 5 | WAWRZYŃIAK ŁUKASZ | 552 | KS METRACO POLKOWICE | WALIM | POL | M30-39 | 2 | M 5 | | | 00:59:09 | 01:16:12 | 01:32:52 | 01:49:51 | 02:07:06 | 02:24:31.20 | 6:50 | 8.8 |
| 6 | SZEREMETA GRZEGORZ | 550 | CIDRY LOTAJOM | RADZI ONKÓ W | POL | M40-49 | 3 | M 6 | | | 00:56:37 | 01:13:38 | 01:30:58 | 01:48:57 | 02:07:31 | 02:26:07.15 | 6:55 | 8.7 |
| 7 | SŁUPIANEK PAWEŁ | 543 | LECZYMY DURŚ | KATO WICE | POL | M30-39 | 3 | M 7 | | | 00:57:43 | 01:15:05 | 01:32:15 | 01:50:05 | 02:08:30 | 02:27:10.30 | 6:58 | 8.6 |
| 8 | PIETRZYK JAROSŁAW | 535 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘST OCHO WA | POL | M30-39 | 4 | M 8 | | | 00:59:45 | 01:17:12 | 01:34:31 | 01:51:44 | 02:09:41 | 02:27:16.40 | 6:58 | 8.6 |
| 9 | PUSZKIEL LESZEK | 537 | GREEN TEAM ZIELONA GÓRA | ZIELO NA GÓRA | POL | M60+ | 2 | M 9 | | | 00:59:21 | 01:17:20 | 01:35:15 | 01:53:06 | 02:11:10 | 02:29:15.65 | 7:04 | 8.5 |
| 10 | WOJTOWICZ TOMASZ | 230 | NWPL/FNWT | WIDAC Z | POL | M18-29 | 1 | M 10 | | | 00:58:11 | 01:15:20 | 01:32:54 | 01:51:05 | 02:10:41 | 02:31:26.25 | 7:10 | 8.4 |
| 11 | WITCZUK ŁUKASZ | 334 | NWPL / LUKI TEAM | SIEDLC E | POL | M30-39 | 5 | M 11 | | | 00:58:11 | 01:15:20 | 01:32:53 | 01:51:03 | 02:10:42 | 02:31:26.95 | 7:10 | 8.4 |
| 12 | SZARSZUNOWI CZ MARIUSZ | 548 | KS METRACO POLKOWICE | PASŁĘ K | POL | M40-49 | 4 | M 12 | | | 00:59:01 | 01:17:22 | 01:35:36 | 01:54:06 | 02:12:47 | 02:32:16.75 | 7:13 | 8.3 |
| 13 | BARCZYK BOGDAN | 503 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘST OCHO WA | POL | M50-59 | 1 | M 13 | | | 00:59:00 | 01:16:57 | 01:35:24 | 01:54:33 | 02:13:57 | 02:33:54.85 | 7:17 | 8.2 |
| 14 | MARCZAK KRZYSZTOF | 529 | NWPL/NW BEŁCHATÓW | BEŁCH ATÓW | POL | M60+ | 3 | M 14 | | | 01:01:00 | 01:18:54 | 01:37:06 | 01:55:46 | 02:14:40 | 02:34:00.95 | 7:17 | 8.2 |
| 15 | BUŁAKOWSKI BOHDAN | 505 | PASJA NORDIC WALKING | WARS ZAWA | POL | M60+ | 4 | M 15 | | | 01:01:21 | 01:19:24 | 01:37:57 | 01:56:32 | 02:15:13 | 02:34:37.05 | 7:19 | 8.2 |
| 16 | MAKOWSKI JAN | 527 | RYBNICKI KLUB NORDIC WALKING | RYBNI K | POL | M50-59 | 2 | M 16 | | | 01:00:49 | 01:19:15 | 01:37:58 | 01:56:48 | 02:16:15 | 02:35:24.30 | 7:21 | 8.1 |
| 17 | KOWALSKI MAREK | 520 | UNIA MIAST | STRZE BIŃ | POL | M50-59 | 3 | M 17 | | | 01:02:32 | 01:20:56 | 01:39:35 | 01:58:21 | 02:17:13 | 02:35:46.50 | 7:22 | 8.1 |
| 18 | KOŁODZIEJ JOANNA | 518 | | RUDA ŚLAŚKI | POL | K50-59 | 1 | K 1 | | | 01:03:45 | 01:22:15 | 01:40:50 | 01:59:07 | 02:17:37 | 02:36:18.30 | 7:24 | 8.1 |
| 19 | ŚWISŁOCKI BOGDAN | 551 | FACE NORDIC WALKING TEAM | MIKOS ZEWO | POL | M50-59 | 4 | M 18 | | | 01:00:48 | 01:18:52 | 01:37:28 | 01:57:27 | 02:17:14 | 02:36:52.50 | 7:26 | 8.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------------|-----|--|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 20 | SPYCHAŁA MARZENA | 545 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 2 | | | 01:04:20 | 01:22:52 | 01:41:34 | 02:00:19 | 02:19:11 | 02:38:09.80 | 7:29 | 8 |
| 21 | NIEDŹWIECKA KATARZYNA | 532 | FACE NORDIC WALKING TEAM | BRANI EWO | POL | K40-49 | 2 | K 3 | | | 01:04:20 | 01:22:50 | 01:41:32 | 02:00:31 | 02:19:48 | 02:38:57.75 | 7:32 | 8 |
| 22 | WAREŃKI ROMAN | 558 | LUBLIN ZNORDIC | TRAW NIKI | POL | M50-59 | 5 | M 19 | | | 01:01:49 | 01:20:48 | 01:40:26 | 02:00:29 | 02:21:02 | 02:40:45.45 | 7:37 | 7.9 |
| 23 | KRZANOWSKI BARTŁOMIEJ | 523 | SAMOTNI WĘDROWCY | WĘGL ÓWKA | POL | M40-49 | 5 | M 20 | | | 01:03:39 | 01:22:44 | 01:41:57 | 02:01:32 | 02:21:20 | 02:40:49.55 | 7:37 | 7.9 |
| 24 | STEFANICKI MAREK | 546 | WŁÓCZYKIJE SWINOUJŚCIE | ŚWINO UJŚCIE | POL | M60+ | 5 | M 21 | | | 01:03:51 | 01:22:38 | 01:41:52 | 02:01:26 | 02:21:14 | 02:40:50.20 | 7:37 | 7.9 |
| 25 | WESOŁOWSKI WOJCIECH | 377 | MUSZKIETEROWI E | GNIEZ NO | | M60+ | 6 | M 22 | | | 01:03:52 | 01:22:39 | 01:41:53 | 02:01:27 | 02:21:15 | 02:40:57.85 | 7:37 | 7.9 |
| 26 | REJMAN DOROTA | 500 | FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY | TARNO BRZEG | POL | K30-39 | 1 | K 4 | | | 01:04:16 | 01:23:36 | 01:43:03 | 02:02:50 | 02:22:40 | 02:42:41.05 | 7:42 | 7.8 |
| 27 | ŻAMOJCIN MAREK | 557 | NORDICLUB SZCZECIN | SZCZE CIN | POL | M50-59 | 6 | M 23 | | | 01:04:35 | 01:23:59 | 01:43:22 | 02:03:04 | 02:23:09 | 02:43:00.25 | 7:43 | 7.8 |
| 28 | SZCZEBAK JACEK | 549 | UNIA MIAST | TARNÓ W | POL | M40-49 | 6 | M 24 | | | 01:04:35 | 01:23:40 | 01:43:10 | 02:02:50 | 02:22:48 | 02:43:20.75 | 7:44 | 7.8 |
| 29 | JANOSZKA IRENA | 512 | CIDRY LOTAJOM | RADZI ONKÓ W | POL | K50-59 | 2 | K 5 | | | 01:05:20 | 01:24:43 | 01:44:10 | 02:03:55 | 02:23:52 | 02:43:29.90 | 7:44 | 7.7 |
| 30 | STĘPIEŃ LUCYNA | 547 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 6 | | | 01:06:23 | 01:25:58 | 01:45:34 | 02:05:07 | 02:24:48 | 02:44:38.75 | 7:48 | 7.7 |
| 31 | BOCZAR BEATA | 560 | GREEN TEAM | ZIELO NA GÓRA | POL | K50-59 | 3 | K 7 | | | 01:06:54 | 01:26:29 | 01:46:16 | 02:05:56 | 02:25:44 | 02:45:22.55 | 7:50 | 7.7 |
| 32 | LIGEŻA JANUSZ | 526 | | TYCHY | POL | M50-59 | 7 | M 25 | | | 01:04:51 | 01:24:39 | 01:44:43 | 02:05:04 | 02:25:34 | 02:45:41.25 | 7:51 | 7.6 |
| 33 | RAKOWIECKI ZBIGNIEW | 499 | | GDAŃSK | POL | M50-59 | 8 | M 26 | | | 01:04:43 | 01:24:34 | 01:44:44 | 02:05:13 | 02:25:42 | 02:45:55.85 | 7:51 | 7.6 |
| 34 | BADECKI RYSZARD | 501 | KS METRACO POLKOWICE | NIESZ CZYCE | POL | M50-59 | 9 | M 27 | | | 01:05:11 | 01:24:37 | 01:44:07 | 02:03:28 | 02:23:32 | 02:45:59.90 | 7:52 | 7.6 |
| 35 | SMUS DAMIAN | 544 | EPOKA NORDICA ŁÓDŹ | SOCHA CZEW | POL | M18-29 | 2 | M 28 | | | 01:06:54 | 01:26:05 | 01:45:57 | 02:06:09 | 02:26:53 | 02:48:38.10 | 7:59 | 7.5 |
| 36 | MARONDEL KATARZYNA | 530 | SILESIA NORDIC TEAM | BYTOM | POL | K30-39 | 2 | K 8 | | | 01:05:33 | 01:25:24 | 01:45:33 | 02:06:05 | 02:27:14 | 02:48:52.65 | 8:00 | 7.5 |
| 37 | RACŁAWSKI JAN | 538 | AMATOR | SKARBI MIERZ OSIEDL E | POL | M60+ | 7 | M 29 | | | 01:05:09 | 01:24:54 | 01:44:49 | 02:05:23 | 02:26:50 | 02:49:10.10 | 8:01 | 7.5 |
| 38 | KANIEWSKA BEATA | 514 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘST OCHO WA | POL | K40-49 | 3 | K 9 | | | 01:07:45 | 01:27:50 | 01:48:00 | 02:08:12 | 02:28:55 | 02:49:38.45 | 8:02 | 7.5 |
| 39 | KRYSZCZUK KRZYSZTOF | 521 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | M50-59 | 10 | M 30 | | | 01:05:34 | 01:25:10 | 01:45:41 | 02:06:37 | 02:28:24 | 02:49:40.10 | 8:02 | 7.5 |
| 40 | KARASIEWICZ IRENA | 516 | FACE NORDIC WALKING TEAM | BRANI EWO | POL | K50-59 | 4 | K 10 | | | 01:08:27 | 01:28:38 | 01:48:43 | 02:09:01 | 02:29:34 | 02:50:05.40 | 8:03 | 7.4 |
| 41 | KRZANOWSKI GRZEGORZ | 522 | FACE NORDIC WALKING TEAM / JAROSŁAWSKIE WŁÓCZYKIJE | JAROSŁ AW | POL | M30-39 | 6 | M 31 | | | 01:03:43 | 01:23:32 | 01:43:56 | 02:05:14 | 02:27:51 | 02:50:22.40 | 8:04 | 7.4 |
| 42 | WITKOWSKA MARIA | 372 | UNIA MIAST | KATO WICE | | K60+ | 2 | K 11 | | | 01:08:32 | 01:28:49 | 01:49:47 | 02:10:25 | 02:31:17 | 02:51:57.70 | 8:09 | 7.4 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------------|-----|---|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 43 | DUDEK EDWARD | 508 | KS METRACO POLKOWICE | GŁOGÓW | POL | M60+ | 8 | M 32 | | | 01:05:12 | 01:25:41 | 01:46:46 | 02:08:44 | 02:31:08 | 02:53:27.80 | 8:13 | 7.3 |
| 44 | KUSAJ TOMASZ | 524 | OSP ZAWADA | DĘBICA | POL | M50-59 | 11 | M 33 | | | 01:09:31 | 01:29:39 | 01:49:54 | 02:10:29 | 02:32:14 | 02:53:42.30 | 8:13 | 7.3 |
| 45 | MAZUR KRZYSZTOF | 531 | EKIPA Z TARNOWA | TARNÓW | POL | M40-49 | 7 | M 34 | | | 01:08:37 | 01:29:07 | 01:49:52 | 02:11:05 | 02:32:55 | 02:55:17.65 | 8:18 | 7.2 |
| 46 | KUŻMA ELŻBIETA | 525 | KLUB NW 'WŁÓCZYKIE' | LEŻAJSK | POL | K50-59 | 5 | K 12 | | | 01:10:10 | 01:30:50 | 01:51:54 | 02:13:01 | 02:34:25 | 02:56:17.40 | 8:21 | 7.2 |
| 47 | KOŁACZ JAKUB | 517 | | SOCHA CZEW | POL | M30-39 | 7 | M 35 | | | 01:07:34 | 01:27:14 | 01:48:15 | 02:10:02 | 02:33:06 | 02:56:29.10 | 8:21 | 7.2 |
| 48 | BARCZYK JOLANTA | 504 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 6 | K 13 | | | 01:10:49 | 01:31:46 | 01:52:58 | 02:14:25 | 02:35:53 | 02:57:36.50 | 8:25 | 7.1 |
| 49 | KABAŁA MARZENA | 513 | BIEGAMYRAZEM.PL | GDYNI A | POL | K40-49 | 4 | K 14 | | | 01:09:54 | 01:30:13 | 01:51:36 | 02:13:45 | 02:36:00 | 02:58:31.65 | 8:27 | 7.1 |
| 50 | WIŚNIEWSKI ROMAN | 553 | | TWAR DORZE CZKA | POL | M60+ | 9 | M 36 | | | 01:09:30 | 01:30:58 | 01:52:47 | 02:14:57 | 02:37:26 | 02:59:24.85 | 8:30 | 7.1 |
| 51 | MARCINKOWSKI WOJCIECH | 528 | UNIA MIAST | LUBLIN IEC | POL | M40-49 | 8 | M 37 | | | 01:11:24 | 01:32:10 | 01:54:26 | 02:16:55 | 02:38:34 | 03:00:03.75 | 8:31 | 7 |
| 52 | GERLE-KOTULA ANNA | 510 | UNIA MIAST | KATOWICE | POL | K30-39 | 3 | K 15 | | | 01:12:18 | 01:33:43 | 01:55:14 | 02:16:56 | 02:38:45 | 03:00:24.65 | 8:33 | 7 |
| 53 | ZUZDA JOLANTA GRAŻYNA | 555 | | BIAŁYS TOK | POL | K60+ | 3 | K 16 | | | 01:15:08 | 01:36:25 | 01:58:05 | 02:19:19 | 02:41:32 | 03:02:59.70 | 8:40 | 6.9 |
| 54 | POSTEK DANUTA | 536 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 7 | K 17 | | | 01:12:04 | 01:33:37 | 01:55:39 | 02:18:19 | 02:41:30 | 03:04:28.25 | 8:44 | 6.9 |
| 55 | ZAWADZKA MARIA | 556 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 18 | | | 01:13:45 | 01:35:31 | 01:57:40 | 02:19:54 | 02:42:30 | 03:05:31.95 | 8:47 | 6.8 |
| 56 | BARAN MAREK | 502 | KLUBSPORTU.PL | RZESZÓW | POL | M40-49 | 9 | M 38 | | | 01:12:45 | 01:34:48 | 01:57:38 | 02:20:59 | 02:45:19 | 03:10:43.90 | 9:02 | 6.6 |
| 57 | ROZMUS JOLANTA | 540 | FACE NORDIC WALKING TEAM | GDYNI A | POL | K60+ | 5 | K 19 | | | 01:16:04 | 01:39:33 | 02:03:19 | 02:27:16 | 02:50:38 | 03:14:30.50 | 9:13 | 6.5 |
| 58 | KARASIEWICZ IWONA | 515 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 4 | K 20 | | | 01:17:45 | 01:40:36 | 02:04:07 | 02:28:37 | 02:53:14 | 03:18:22.30 | 9:24 | 6.4 |
| 59 | CHRAPEK URSZULA | 559 | KS RUDZICA | RUDZICA | POL | K30-39 | 5 | K 21 | | | 01:19:59 | 01:44:18 | 02:09:50 | 02:35:35 | 03:02:15 | 03:29:47.25 | 9:56 | 6 |
| 60 | OLSZAŃSKA KRYSZYNA | 534 | SEKCJA NW KLUBU BIAŁA BIEGA/TKKF | BIAŁA PODLASKA | POL | K60+ | 6 | K 22 | | | 01:10:14 | 01:31:57 | 01:54:57 | 02:36:23 | 03:01:25 | 03:29:59.95 | 9:57 | 6 |
| 61 | SERAFIN ANNA | 541 | UKS SIEDLESZCZANY NORDIC WALKING/ FORSE NORDIC WALKING TEAM | GORZYCE | POL | K30-39 | 6 | K 23 | | | 01:20:01 | 01:44:20 | 02:09:51 | 02:35:56 | 03:02:28 | 03:30:52.65 | 9:59 | 6 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|------------------|-----|-----------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | WOJTOWICZ TOMASZ | 230 | NWPL/FNWT | WIDACZ | POL | M18-29 | 1 | M 10 | | | 00:58:11 | 01:15:20 | 01:32:54 | 01:51:05 | 02:10:41 | 02:31:26.25 | 7:10 | 8.4 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, M18-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------|-----|--------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 2 | SMUS DAMIAN | 544 | EPOKA NORDICA ŁÓDŹ | SOCHA CZEW | POL | M18-29 | 2 | M 28 | | | 01:06:54 | 01:26:05 | 01:45:57 | 02:06:09 | 02:26:53 | 02:48:38.10 | 7:59 | 7.5 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|--------------------|-----|---|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | REJMAN DOROTA | 500 | FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY | TARNO BRZEG | POL | K30-39 | 1 | K 4 | | | 01:04:16 | 01:23:36 | 01:43:03 | 02:02:50 | 02:22:40 | 02:42:41.05 | 7:42 | 7.8 |
| 2 | MARONDEL KATARZYNA | 530 | SILESIA NORDIC TEAM | BYTOM | POL | K30-39 | 2 | K 8 | | | 01:05:33 | 01:25:24 | 01:45:33 | 02:06:05 | 02:27:14 | 02:48:52.65 | 8:00 | 7.5 |
| 3 | GERLE-KOTULA ANNA | 510 | UNIA MIAST | KATO WICE | POL | K30-39 | 3 | K 15 | | | 01:12:18 | 01:33:43 | 01:55:14 | 02:16:56 | 02:38:45 | 03:00:24.65 | 8:33 | 7 |
| 4 | KARASIEWICZ IWONA | 515 | NORDICLUB SZCZECIN | WARS ZAWA | POL | K30-39 | 4 | K 20 | | | 01:17:45 | 01:40:36 | 02:04:07 | 02:28:37 | 02:53:14 | 03:18:22.30 | 9:24 | 6.4 |
| 5 | CHRAPEK URSZULA | 559 | KS RUDZICA | RUDZI CA | POL | K30-39 | 5 | K 21 | | | 01:19:59 | 01:44:18 | 02:09:50 | 02:35:35 | 03:02:15 | 03:29:47.25 | 9:56 | 6 |
| 6 | SERAFIN ANNA | 541 | UKS SIEDLESZCZANY NORDIC WALKING/ FORSE NORDIC WALKING TEAM | GORZY CE | POL | K30-39 | 6 | K 23 | | | 01:20:01 | 01:44:20 | 02:09:51 | 02:35:56 | 03:02:28 | 03:30:52.65 | 9:59 | 6 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|---------------------|-----|--|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | MICHALEC MARCIN | 388 | KKB MOSIR KROSNO | KROSN O | | M30-39 | 1 | M 1 | | | 00:53:35 | 01:09:03 | 01:24:28 | 01:40:07 | 01:55:33 | 02:11:05.10 | 6:12 | 9.7 |
| 2 | WAWRZYNIAK ŁUKASZ | 552 | KS METRACO POLKOWICE | WALIM | POL | M30-39 | 2 | M 5 | | | 00:59:09 | 01:16:12 | 01:32:52 | 01:49:51 | 02:07:06 | 02:24:31.20 | 6:50 | 8.8 |
| 3 | SŁUPIANEK PAWEŁ | 543 | LECZYMY DURŚ | KATO WICE | POL | M30-39 | 3 | M 7 | | | 00:57:43 | 01:15:05 | 01:32:15 | 01:50:05 | 02:08:30 | 02:27:10.30 | 6:58 | 8.6 |
| 4 | PIETRZYK JAROSŁAW | 535 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘST OCHO WA | POL | M30-39 | 4 | M 8 | | | 00:59:45 | 01:17:12 | 01:34:31 | 01:51:44 | 02:09:41 | 02:27:16.40 | 6:58 | 8.6 |
| 5 | WITCZUK ŁUKASZ | 334 | NWPL / LUKI TEAM | SIEDLC E | POL | M30-39 | 5 | M 11 | | | 00:58:11 | 01:15:20 | 01:32:53 | 01:51:03 | 02:10:42 | 02:31:26.95 | 7:10 | 8.4 |
| 6 | KRZANOWSKI GRZEGORZ | 522 | FACE NORDIC WALKING TEAM / JAROSŁAWSKIE WŁÓCZYKIJE | JAROSŁ AW | POL | M30-39 | 6 | M 31 | | | 01:03:43 | 01:23:32 | 01:43:56 | 02:05:14 | 02:27:51 | 02:50:22.40 | 8:04 | 7.4 |
| 7 | KOŁACZ JAKUB | 517 | | SOCHA CZEW | POL | M30-39 | 7 | M 35 | | | 01:07:34 | 01:27:14 | 01:48:15 | 02:10:02 | 02:33:06 | 02:56:29.10 | 8:21 | 7.2 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------------|-----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | SPYCHAŁA MARZENA | 545 | WESOŁY BORSUK TEAM | BIAŁA | POL | K40-49 | 1 | K 2 | | | 01:04:20 | 01:22:52 | 01:41:34 | 02:00:19 | 02:19:11 | 02:38:09.80 | 7:29 | 8 |
| 2 | NIEDŹWIECKA KATARZYNA | 532 | FACE NORDIC WALKING TEAM | BRANI EWO | POL | K40-49 | 2 | K 3 | | | 01:04:20 | 01:22:50 | 01:41:32 | 02:00:31 | 02:19:48 | 02:38:57.75 | 7:32 | 8 |
| 3 | KANIOWSKA BEATA | 514 | VIKING NORDIC TEAM | CZĘST OCHO WA | POL | K40-49 | 3 | K 9 | | | 01:07:45 | 01:27:50 | 01:48:00 | 02:08:12 | 02:28:55 | 02:49:38.45 | 8:02 | 7.5 |
| 4 | KABAŁA MARZENA | 513 | BIEGAMYRAZEM. PL | GDYNI A | POL | K40-49 | 4 | K 14 | | | 01:09:54 | 01:30:13 | 01:51:36 | 02:13:45 | 02:36:00 | 02:58:31.65 | 8:27 | 7.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|------------------------|-----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | ROSAK MARCIN | 539 | RUNNERSKI.PL/ GREEN TEAM | ZIELO NA GÓRA | POL | M40-49 | 1 | M 2 | | | 00:55:25 | 01:11:23 | 01:27:20 | 01:43:25 | 01:59:29 | 02:15:29.30 | 6:25 | 9.3 |
| 2 | KORDOWSKI PIOTR | 519 | | KRAKO W | POL | M40-49 | 2 | M 3 | | | 00:56:10 | 01:13:18 | 01:30:17 | 01:47:05 | 02:03:54 | 02:21:02.30 | 6:41 | 9 |
| 3 | SZEREMETA GRZEGORZ | 550 | CIDRY LOTAJOM | RADZI ONKÓ W | POL | M40-49 | 3 | M 6 | | | 00:56:37 | 01:13:38 | 01:30:58 | 01:48:57 | 02:07:31 | 02:26:07.15 | 6:55 | 8.7 |
| 4 | SZARSZUNOWI CZ MARIUSZ | 548 | KS METRACO POLKOWICE | PASŁĘ K | POL | M40-49 | 4 | M 12 | | | 00:59:01 | 01:17:22 | 01:35:36 | 01:54:06 | 02:12:47 | 02:32:16.75 | 7:13 | 8.3 |
| 5 | KRZANOWSKI BARTŁOMIEJ | 523 | SAMOTNI WĘDROWCY | WĘGL ÓWKA | POL | M40-49 | 5 | M 20 | | | 01:03:39 | 01:22:44 | 01:41:57 | 02:01:32 | 02:21:20 | 02:40:49.55 | 7:37 | 7.9 |
| 6 | SZCZEBAK JACEK | 549 | UNIA MIAST | TARNÓ W | POL | M40-49 | 6 | M 24 | | | 01:04:35 | 01:23:40 | 01:43:10 | 02:02:50 | 02:22:48 | 02:43:20.75 | 7:44 | 7.8 |
| 7 | MAZUR KRZYSZTOF | 531 | EKIPA Z TARNOWA | TARNÓ W | POL | M40-49 | 7 | M 34 | | | 01:08:37 | 01:29:07 | 01:49:52 | 02:11:05 | 02:32:55 | 02:55:17.65 | 8:18 | 7.2 |
| 8 | MARCINKOWSKI WOJCIECH | 528 | UNIA MIAST | LUBLIN IEC | POL | M40-49 | 8 | M 37 | | | 01:11:24 | 01:32:10 | 01:54:26 | 02:16:55 | 02:38:34 | 03:00:03.75 | 8:31 | 7 |
| 9 | BARAN MAREK | 502 | KLUBSPORTU.PL | RZESZ ÓW | POL | M40-49 | 9 | M 38 | | | 01:12:45 | 01:34:48 | 01:57:38 | 02:20:59 | 02:45:19 | 03:10:43.90 | 9:02 | 6.6 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-------------------|-----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | KOŁODZIEJ JOANNA | 518 | | RUDA ŚLĄSKI | POL | K50-59 | 1 | K 1 | | | 01:03:45 | 01:22:15 | 01:40:50 | 01:59:07 | 02:17:37 | 02:36:18.30 | 7:24 | 8.1 |
| 2 | JANOSZKA IRENA | 512 | CIDRY LOTAJOM | RADZI ONKÓ W | POL | K50-59 | 2 | K 5 | | | 01:05:20 | 01:24:43 | 01:44:10 | 02:03:55 | 02:23:52 | 02:43:29.90 | 7:44 | 7.7 |
| 3 | BOCZAR BEATA | 560 | GREEN TEAM | ZIELO NA GÓRA | POL | K50-59 | 3 | K 7 | | | 01:06:54 | 01:26:29 | 01:46:16 | 02:05:56 | 02:25:44 | 02:45:22.55 | 7:50 | 7.7 |
| 4 | KARASIEWICZ IRENA | 516 | FACE NORDIC WALKING TEAM | BRANI EWO | POL | K50-59 | 4 | K 10 | | | 01:08:27 | 01:28:38 | 01:48:43 | 02:09:01 | 02:29:34 | 02:50:05.40 | 8:03 | 7.4 |
| 5 | KUŹMA ELŻBIETA | 525 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJS K | POL | K50-59 | 5 | K 12 | | | 01:10:10 | 01:30:50 | 01:51:54 | 02:13:01 | 02:34:25 | 02:56:17.40 | 8:21 | 7.2 |
| 6 | BARCZYK JOLANTA | 504 | VIKING NORDIC TEAM | CZĘST OCHO WA | POL | K50-59 | 6 | K 13 | | | 01:10:49 | 01:31:46 | 01:52:58 | 02:14:25 | 02:35:53 | 02:57:36.50 | 8:25 | 7.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, K50-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------|-----|------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 7 | POSTEK DANUTA | 536 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | 7 | K 17 | | | 01:12:04 | 01:33:37 | 01:55:39 | 02:18:19 | 02:41:30 | 03:04:28.25 | 8:44 | 6.9 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | BARCZYK BOGDAN | 503 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 1 | M 13 | | | 00:59:00 | 01:16:57 | 01:35:24 | 01:54:33 | 02:13:57 | 02:33:54.85 | 7:17 | 8.2 |
| 2 | MAKOWSKI JAN | 527 | RYBNICKI KLUB NORDIC WALKING | RYBNIK | POL | M50-59 | 2 | M 16 | | | 01:00:49 | 01:19:15 | 01:37:58 | 01:56:48 | 02:16:15 | 02:35:24.30 | 7:21 | 8.1 |
| 3 | KOWALSKI MAREK | 520 | UNIA MIAST | STRZEBIŃ | POL | M50-59 | 3 | M 17 | | | 01:02:32 | 01:20:56 | 01:39:35 | 01:58:21 | 02:17:13 | 02:35:46.50 | 7:22 | 8.1 |
| 4 | ŚWISŁOCKI BOGDAN | 551 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 4 | M 18 | | | 01:00:48 | 01:18:52 | 01:37:28 | 01:57:27 | 02:17:14 | 02:36:52.50 | 7:26 | 8.1 |
| 5 | WARĘCKI ROMAN | 558 | LUBLIN ZNORDIC | TRAWNIKI | POL | M50-59 | 5 | M 19 | | | 01:01:49 | 01:20:48 | 01:40:26 | 02:00:29 | 02:21:02 | 02:40:45.45 | 7:37 | 7.9 |
| 6 | ŻAMOJCIN MAREK | 557 | NORDICLUB SZCZECIN | SZCZECIN | POL | M50-59 | 6 | M 23 | | | 01:04:35 | 01:23:59 | 01:43:22 | 02:03:04 | 02:23:09 | 02:43:00.25 | 7:43 | 7.8 |
| 7 | LIGEZA JANUSZ | 526 | | TYCHY | POL | M50-59 | 7 | M 25 | | | 01:04:51 | 01:24:39 | 01:44:43 | 02:05:04 | 02:25:34 | 02:45:41.25 | 7:51 | 7.6 |
| 8 | RAKOWIECKI ZBIGNIEW | 499 | | GDAŃSK | POL | M50-59 | 8 | M 26 | | | 01:04:43 | 01:24:34 | 01:44:44 | 02:05:13 | 02:25:42 | 02:45:55.85 | 7:51 | 7.6 |
| 9 | BADECKI RYSZARD | 501 | KS METRACO POLKOWICE | NIESZCZYCE | POL | M50-59 | 9 | M 27 | | | 01:05:11 | 01:24:37 | 01:44:07 | 02:03:28 | 02:23:32 | 02:45:59.90 | 7:52 | 7.6 |
| 10 | KRYSZCZUK KRZYSZTOF | 521 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | M50-59 | 10 | M 30 | | | 01:05:34 | 01:25:10 | 01:45:41 | 02:06:37 | 02:28:24 | 02:49:40.10 | 8:02 | 7.5 |
| 11 | KUSAJ TOMASZ | 524 | OSP ZAWADA | DĘBICA | POL | M50-59 | 11 | M 33 | | | 01:09:31 | 01:29:39 | 01:49:54 | 02:10:29 | 02:32:14 | 02:53:42.30 | 8:13 | 7.3 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------------------|----------------|------|------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | STĘPIEŃ LUCYNA | 547 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 1 | K 6 | | | 01:06:23 | 01:25:58 | 01:45:34 | 02:05:07 | 02:24:48 | 02:44:38.75 | 7:48 | 7.7 |
| 2 | WITKOWSKA MARIA | 372 | UNIA MIAST | KATOWICE | | K60+ | 2 | K 11 | | | 01:08:32 | 01:28:49 | 01:49:47 | 02:10:25 | 02:31:17 | 02:51:57.70 | 8:09 | 7.4 |
| 3 | ZUZDA JOLANTA GRAŻYNA | 555 | | BIAŁYSTOK | POL | K60+ | 3 | K 16 | | | 01:15:08 | 01:36:25 | 01:58:05 | 02:19:19 | 02:41:32 | 03:02:59.70 | 8:40 | 6.9 |
| 4 | ZAWADZKA MARIA | 556 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | 4 | K 18 | | | 01:13:45 | 01:35:31 | 01:57:40 | 02:19:54 | 02:42:30 | 03:05:31.95 | 8:47 | 6.8 |
| 5 | ROZMUS JOLANTA | 540 | FACE NORDIC WALKING TEAM | GDYŃ | POL | K60+ | 5 | K 19 | | | 01:16:04 | 01:39:33 | 02:03:19 | 02:27:16 | 02:50:38 | 03:14:30.50 | 9:13 | 6.5 |
| 6 | OLSZAŃSKA KRYSZYNA | 534 | SEKCJA NW KLUBU BIAŁA BIEGA/TKKF | BIAŁA PODLASKA | POL | K60+ | 6 | K 22 | | | 01:10:14 | 01:31:57 | 01:54:57 | 02:36:23 | 03:01:25 | 03:29:59.95 | 9:57 | 6 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-sco wość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 8.6km | 11.1km | 13.6km | 16.1km | 18.6km | Netto | min/km | km/h |
|------|--------------------------|-----|-------------------------|-----------------------|------|------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | DEPKA PRADZYŃSKI OLGIERD | 507 | BIEGAMYRAZEM. PL | GDYNI A | POL | M60+ | 1 | M 4 | | | 00:55:25 | 01:11:47 | 01:28:49 | 01:46:08 | 02:03:33 | 02:22:11.15 | 6:44 | 8.9 |
| 2 | PUSZKIEL LESZEK | 537 | GREEN TEAM ZIELONA GÓRA | ZIELO NA GÓRA | POL | M60+ | 2 | M 9 | | | 00:59:21 | 01:17:20 | 01:35:15 | 01:53:06 | 02:11:10 | 02:29:15.65 | 7:04 | 8.5 |
| 3 | MARCZAK KRZYSZTOF | 529 | NWPL/NW BEŁCHATÓW | BEŁCH ATÓW | POL | M60+ | 3 | M 14 | | | 01:01:00 | 01:18:54 | 01:37:06 | 01:55:46 | 02:14:40 | 02:34:00.95 | 7:17 | 8.2 |
| 4 | BUŁAKOWSKI BOHDAN | 505 | PASJA NORDIC WALKING | WARS ZAWA | POL | M60+ | 4 | M 15 | | | 01:01:21 | 01:19:24 | 01:37:57 | 01:56:32 | 02:15:13 | 02:34:37.05 | 7:19 | 8.2 |
| 5 | STEFANICKI MAREK | 546 | WŁÓCZYKIJE SWINOUJŚCIE | ŚWINO UJŚCIE | POL | M60+ | 5 | M 21 | | | 01:03:51 | 01:22:38 | 01:41:52 | 02:01:26 | 02:21:14 | 02:40:50.20 | 7:37 | 7.9 |
| 6 | WESOŁOWSKI WOJCIECH | 377 | MUSZKIETEROWI E | GNIĘZ NO | | M60+ | 6 | M 22 | | | 01:03:52 | 01:22:39 | 01:41:53 | 02:01:27 | 02:21:15 | 02:40:57.85 | 7:37 | 7.9 |
| 7 | RACŁAWSKI JAN | 538 | AMATOR | SKARBI MIERZ OSIEDL E | POL | M60+ | 7 | M 29 | | | 01:05:09 | 01:24:54 | 01:44:49 | 02:05:23 | 02:26:50 | 02:49:10.10 | 8:01 | 7.5 |
| 8 | DUDEK EDWARD | 508 | KS METRACO POLKOWICE | GŁOG ÓW | POL | M60+ | 8 | M 32 | | | 01:05:12 | 01:25:41 | 01:46:46 | 02:08:44 | 02:31:08 | 02:53:27.80 | 8:13 | 7.3 |
| 9 | WIŚNIEWSKI ROMAN | 553 | | TWAR DORZE CZKA | POL | M60+ | 9 | M 36 | | | 01:09:30 | 01:30:58 | 01:52:47 | 02:14:57 | 02:37:26 | 02:59:24.85 | 8:30 | 7.1 |