

# POLAŃCZYK - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM

Organizator: Polska Federacja Nordic Walking  
Data: 2018-06-03  
Miejsce: Polańczyk  
Dystans: 10 km



## Wyniki dla punktu pomiaru: 8.32 km

Klasyfikacja wg czasów netto.

## POLAŃCZYK - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM, OPEN

| M-ce | Nazwisko i imię              | Nr  | Klub  | M-scowość            | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|------------------------------|-----|---|----------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | BIŁEK ARTUR                  | 132 | UNIA MIAST  | LUBLINIEC            | POL  | M30-39 |             |              | 00:11:03 | 00:22:03 | 00:33:13 | 00:44:21 | 00:55:33 |
| 2    | NIEPOKÓJ RADOŚLAW            | 209 | BIESCZADZKI KLUB NORDIC WALKING                             | WROLANKA             |      | M30-39 |             |              | 00:10:54 | 00:21:59 | 00:33:09 | 00:44:18 | 00:55:33 |
| 3    | NIECHWIEJCZYK PIOTR          | 157 | UNIA MIAST  | ŚWIĘTOCHŁOWICE       | POL  | M40-49 |             |              | 00:11:05 | 00:22:15 | 00:33:44 | 00:45:15 | 00:56:30 |
| 4    | HAŁAS MARCIN                 | 142 | UNIA MIAST  | CZECHOWICE-DZIEDZICE | POL  | M30-39 |             |              | 00:11:06 | 00:22:15 | 00:33:43 | 00:45:15 | 00:56:43 |
| 5    | JANOCHA ROBERT               | 145 | MUKS PODKARPACIE JEDLICZE                                   | KROSNO               | POL  | M50-59 |             |              | 00:11:16 | 00:22:40 | 00:34:11 | 00:45:43 | 00:57:32 |
| 6    | WAWRZYŃIAK ŁUKASZ            | 165 | KSMETRACOPOLKOWICE  | WALIM                | POL  | M30-39 |             |              | 00:11:12 | 00:22:28 | 00:34:01 | 00:46:21 | 00:58:59 |
| 7    | JUREK ADAM                   | 148 | KS METRACO POLKOWICE  | LUBIN                | POL  | M50-59 | 1           |              | 00:11:27 | 00:22:59 | 00:34:52 | 00:47:04 | 00:59:04 |
| 8    | HELWICH STEFAN               | 143 | KS METRACOPOLKOWICE   | WIELEN               | POL  | M60-69 |             |              | 00:11:30 | 00:23:12 | 00:35:12 | 00:47:12 | 00:59:28 |
| 9    | RYCHLIK GRZEGORZ             | 168 | FUNDACJA 'W TE PĘDY'  | HALASY               | POL  | M30-39 |             |              | 00:11:08 | 00:22:31 | 00:34:48 | 00:47:08 | 00:59:30 |
| 10   | MAKOWSKI JAN                 | 123 | RYBNICKI KLUB NW  | RYBNIK               |      | M50-59 |             |              | 00:11:31 | 00:23:25 | 00:35:29 | 00:47:35 | 01:00:00 |
| 11   | GŁOWA MICHAŁ                 | 141 | UNIA MIAST  | CIESZYN              | POL  | M18-29 |             |              | 00:11:54 | 00:23:56 | 00:36:06 | 00:48:04 | 01:00:29 |
| 12   | STĘPAK PIOTR                 | 172 | ZG REJON NW WINNING TEAM                                    | ZBYLITOWSKA GÓRA     | POL  | M18-29 | 2           |              | 00:11:56 | 00:23:58 | 00:36:10 | 00:48:06 | 01:00:30 |
| 13   | SPYCHAŁA LESŁAW              | 170 | WESOŁY BORSUK TEAM  | BIAŁA                | POL  | M50-59 |             |              | 00:11:26 | 00:23:15 | 00:35:39 | 00:48:09 | 01:01:14 |
| 14   | KUBISZYN MAŁGORZATA          | 186 | NWPL  | LUBACZÓW             |      | K30-39 |             |              | 00:11:49 | 00:24:07 | 00:36:35 | 00:49:15 | 01:01:56 |
| 15   | JĘDRASIAK RENATA             | 147 | KS METRACO POLKOWICE  | LUBIN                | POL  | K50-59 |             |              | 00:12:12 | 00:24:43 | 00:37:32 | 00:50:31 | 01:03:33 |
| 16   | KLIMCZAK ADAM                | 183 |   | WARSZAWA             |      | M50-59 | 1           |              | 00:11:56 | 00:24:49 | 00:37:59 | 00:50:51 | 01:03:51 |
| 17   | KOSICKI DARIUSZ              | 185 | ROXKIJE ROKIETNICA  | ROKIETNICA           |      | M50-59 |             |              | 00:12:56 | 00:25:38 | 00:38:19 | 00:51:04 | 01:03:53 |
| 18   | WOLNIEWICZ KATARZYNA         | 191 | UNIA MIAST  | RUDA ŚLĄSKA          | POL  | K40-49 |             |              | 00:12:30 | 00:25:20 | 00:38:05 | 00:51:00 | 01:04:02 |
| 19   | KOWALSKI MAREK               | 151 | UNIA MIAST  | STRZEBIŃ             | POL  | M50-59 |             |              | 00:12:32 | 00:25:18 | 00:38:14 | 00:51:20 | 01:04:14 |
| 20   | STYŚ ELŻBIETA                | 181 |   | WROCZASZKA           |      | K50-59 |             |              | 00:12:36 | 00:25:27 | 00:38:15 | 00:51:12 | 01:04:15 |
| 21   | KOŃCZEWSKA BOŻENA            | 149 | MKS HALICZ KLUB BIEGACZA /BIESCZADZKI KLUB NWUSTRZYKI DOLNE | USTRZYKI DOLNE       | POL  | K50-59 |             |              | 00:12:35 | 00:25:27 | 00:38:16 | 00:51:14 | 01:04:16 |
| 22   | PIESIAK PIOTR                | 160 |   | STRAŻÓW              | POL  | M50-59 |             |              | 00:12:18 | 00:25:11 | 00:38:38 | 00:51:51 | 01:05:04 |
| 23   | BUJNICKI MARCIN              | 133 | NORDIC WALKING PASŁĘK                                       | PASŁĘK               | POL  | M40-49 |             |              | 00:12:15 | 00:25:16 | 00:38:35 | 00:52:18 | 01:06:08 |
| 24   | ŚLUSARCZYK ANDRZEJ           | 188 | WESOŁY BORSUK TEAM  |                      |      | M60-69 | 1           |              | 00:13:13 | 00:26:20 | 00:39:40 | 00:53:00 | 01:06:41 |
| 25   | STĘPIEŃ LUCYNA               | 173 | KS METRACO POLKOWICE  | LUBIN                | POL  | K60-69 |             |              | 00:13:06 | 00:26:14 | 00:39:35 | 00:53:09 | 01:06:42 |
| 26   | RODZEŃ KATARZYNA             | 167 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA                          | LUBIN                | POL  | K30-39 |             |              | 00:12:28 | 00:25:28 | 00:39:07 | 00:53:07 | 01:07:17 |
| 27   | TEODOROWSKI DARIUSZ          | 177 | UNIA MIAST  | LUBLINIEC            | POL  | M40-49 |             |              | 00:12:34 | 00:25:54 | 00:39:33 | 00:53:33 | 01:07:20 |
| 28   | STAWNIAK KAROL               | 171 | KS METRACO POLKOWICE  | ŻNIN                 | POL  | M70+   |             |              | 00:13:07 | 00:26:39 | 00:40:09 | 00:54:04 | 01:07:41 |
| 29   | KUKLIŃSKI ARKADIUSZ          | 155 | ZG REJON NW WINNING TEAM                                    | ZBYLITOWSKA GÓRA     | POL  | M18-29 |             |              | 00:12:41 | 00:26:02 | 00:39:46 | 00:53:40 | 01:08:10 |
| 30   | ŚLUSARCZYK GRZEGORZ          | 187 | WESOŁY BORSUK TEAM  | PRUDNIK              |      | M40-49 | 1           |              | 00:13:23 | 00:27:29 | 00:41:28 | 00:55:07 | 01:08:41 |
| 31   | BASARAB GRZEGORZ             | 131 | SANTANDER CONSUMER BANK                                     | PRZEMYSŁ             | POL  | M40-49 |             |              | 00:13:05 | 00:26:38 | 00:40:44 | 00:54:58 | 01:08:57 |
| 32   | DOBROWOLSKA-ŚWIĄTEK ELŻBIETA | 135 |   | KAMIENIEC WROCŁAWSKI | POL  | K50-59 |             |              | 00:13:14 | 00:27:04 | 00:40:55 | 00:55:08 | 01:09:27 |
| 33   | SURIAK MICHAŁ                | 174 | VIKING NORDIC TEAM CZĘSTOCHOWA                              | CZĘSTOCHOWA          | POL  | M30-39 |             |              | 00:13:34 | 00:27:28 | 00:41:30 | 00:55:28 | 01:09:51 |
| 34   | SURIAK EWELINA               | 175 | VIKING NORDIC TEAM CZĘSTOCHOWA                              | CZĘSTOCHOWA          | POL  | K18-29 |             |              | 00:13:19 | 00:27:50 | 00:42:18 | 00:56:46 | 01:11:08 |
| 35   | KOTULA JAKUB                 | 150 | UNIA MIAST  | KATOWICE             | POL  | M30-39 |             |              | 00:13:50 | 00:28:09 | 00:42:31 | 00:56:42 | 01:11:09 |
| 36   | PALUCH PAWEŁ                 | 159 | AVOCADO WELLNESS CLUB                                       | WARSZAWA             | POL  | M50-59 |             |              | 00:13:25 | 00:27:37 | 00:42:13 | 00:56:53 | 01:11:33 |
| 37   | WIERZBA LILLA                | 179 | PASJA NORDIC WALKING  | RASZYN               | POL  | K50-59 |             |              | 00:13:31 | 00:27:28 | 00:41:53 | 00:56:42 | 01:11:35 |
| 38   | RACŁAWSKI JAN                | 166 | AMATOR  | SKARBIMIERZ OSIEDLE  | POL  | M60-69 |             |              | 00:13:30 | 00:27:40 | 00:42:05 | 00:56:57 | 01:12:03 |
| 39   | JEDYŃAK STANISŁAW            | 146 | PASJA NORDIC WALKING  | WARSZAWA             | POL  | M70+   |             |              | 00:13:28 | 00:27:50 | 00:42:45 | 00:57:42 | 01:12:54 |
| 40   | OLEŚ-FERFECKA EDYTA          | 182 |   | ROBCZYCE             |      | K18-29 |             |              | 00:14:51 | 00:29:25 | 00:44:24 | 00:59:15 | 01:14:11 |
| 41   | KRÓL GRAŻYNA                 | 152 | SANTANDER CONSUMER BANK                                     | PRZEMYSŁ             | POL  | K40-49 |             |              | 00:14:30 | 00:28:57 | 00:43:50 | 00:58:51 | 01:14:14 |

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

| M-ce | Nazwisko i imię    | Nr  | Klub                    | M-scowość           | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|--------------------|-----|-------------------------|---------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 42   | CHOLEWKA JOLANTA   | 134 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ              | POL  | K60-69 |             |              | 00:14:12 | 00:28:42 | 00:43:32 | 00:58:46 | 01:14:15 |
| 43   | GERLE-KOTULA ANNA  | 140 | UNIA MIAST              | KATOWICE            | POL  | K30-39 | 1           |              | 00:14:16 | 00:29:14 | 00:44:08 | 00:59:18 | 01:14:24 |
| 44   | ZACZYŃSKA JANINA   | 163 |                         |                     | POL  | K70+   |             |              | 00:14:40 | 00:29:30 | 00:44:20 | 00:59:35 | 01:14:53 |
| 45   | DZIĘGŁO ADAM       | 137 | SANTANDER CONSUMER BANK | PRZEMYŚL            | POL  | M40-49 |             |              | 00:13:53 | 00:28:28 | 00:43:29 | 00:59:07 | 01:14:55 |
| 46   | YRYGORIEWA LUDMIŁA | 190 | POLKOWICE               | LWÓW                | UKR  | K60-69 | 1           |              | 00:14:07 | 00:29:01 | 00:44:45 | 01:00:20 | 01:15:49 |
| 47   | OMARSKA GRAŻYNA    | 158 | PASJA NORDIC WALKING    | WARSZAWA            | POL  | K60-69 |             |              | 00:15:01 | 00:30:08 | 00:45:16 | 01:00:37 | 01:16:05 |
| 48   | POSTEK DANUTA      | 162 | MARSZ PO ZDROWIE        | POZNAŃ              | POL  | K50-59 |             |              | 00:14:39 | 00:29:47 | 00:45:06 | 01:00:33 | 01:16:14 |
| 49   | THOMALLA BOGDAN    | 178 |                         | ZABRZE              | POL  | M70+   |             |              | 00:14:46 | 00:29:52 | 00:45:33 | 01:01:48 | 01:18:17 |
| 50   | DZIĘGŁO AGATA      | 138 | SANTANDER CONSUMER BANK | PRZEMYŚL            | POL  | K40-49 |             |              | 00:14:44 | 00:30:21 | 00:46:29 | 01:03:00 | 01:19:39 |
| 51   | SOKOŁOWSKA ANETA   | 82  | PTG SOKÓŁ RYMANÓW       | RYMANÓW ZDRÓJ       | POL  | K18-29 | 1           |              | 00:14:51 | 00:31:18 | 00:47:43 | 01:04:18 | 01:20:18 |
| 52   | RACŁAWSKA JOANNA   | 164 | AMATORKA                | SKARBIMIERZ OSIEDLE | POL  | K50-59 |             |              | 00:14:57 | 00:30:29 | 00:46:45 | 01:03:30 | 01:20:19 |
| 53   | KRZYŚCIN RAFAŁ     | 153 | SANTANDER CONSUMER BANK | WROCŁAW             | POL  | M40-49 |             |              | 00:15:48 | 00:31:55 | 00:48:44 | 01:05:29 | 01:22:18 |
| 54   | KRZYŚCIN MIROŚLAWA | 154 | SANTANDER CONSUMER BANK | WROCŁAW             | POL  | K40-49 |             |              | 00:19:01 | 00:38:33 | 00:58:54 | 01:19:19 | 01:39:54 |

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

| M-ce | Nazwisko i imię     | Nr  | Klub                           | M-scowość     | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|---------------------|-----|--------------------------------|---------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | SURIAK EWELINA      | 175 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA   | POL  | K18-29 |             |              | 00:13:19 | 00:27:50 | 00:42:18 | 00:56:46 | 01:11:08 |
| 2    | OLEŚ-FERFECKA EDYTA | 182 |                                | ROBECZYCE     |      | K18-29 |             |              | 00:14:51 | 00:29:25 | 00:44:24 | 00:59:15 | 01:14:11 |
| 3    | SOKOŁOWSKA ANETA    | 82  | PTG SOKÓŁ RYMANÓW              | RYMANÓW ZDRÓJ | POL  | K18-29 | 1           |              | 00:14:51 | 00:31:18 | 00:47:43 | 01:04:18 | 01:20:18 |

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

| M-ce | Nazwisko i imię     | Nr  | Klub                     | M-scowość        | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|---------------------|-----|--------------------------|------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | GŁOWA MICHAŁ        | 141 | UNIA MIAST               | CIESZYN          | POL  | M18-29 |             |              | 00:11:54 | 00:23:56 | 00:36:06 | 00:48:04 | 01:00:29 |
| 2    | STĘPAK PIOTR        | 172 | ZG REJON NW WINNING TEAM | ZBYLITOWSKA GÓRA | POL  | M18-29 | 2           |              | 00:11:56 | 00:23:58 | 00:36:10 | 00:48:06 | 01:00:30 |
| 3    | KUKLIŃSKI ARKADIUSZ | 155 | ZG REJON NW WINNING TEAM | ZBYLITOWSKA GÓRA | POL  | M18-29 |             |              | 00:12:41 | 00:26:02 | 00:39:46 | 00:53:40 | 01:08:10 |

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

| M-ce | Nazwisko i imię     | Nr  | Klub                               | M-scowość | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|---------------------|-----|------------------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | KUBISZYN MAŁGORZATA | 186 | NWPL                               | LUBACZÓW  |      | K30-39 |             |              | 00:11:49 | 00:24:07 | 00:36:35 | 00:49:15 | 01:01:56 |
| 2    | RODZEŃ KATARZYNA    | 167 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | LUBIN     | POL  | K30-39 |             |              | 00:12:28 | 00:25:28 | 00:39:07 | 00:53:07 | 01:07:17 |
| 3    | GERLE-KOTULA ANNA   | 140 | UNIA MIAST                         | KATOWICE  | POL  | K30-39 | 1           |              | 00:14:16 | 00:29:14 | 00:44:08 | 00:59:18 | 01:14:24 |

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

| M-ce | Nazwisko i imię   | Nr  | Klub                            | M-scowość            | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|-------------------|-----|---------------------------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | NIEPOKÓJ RADOSŁAW | 209 | BIESCZADZKI KLUB NORDIC WALKING | WROLANKA             |      | M30-39 |             |              | 00:10:54 | 00:21:59 | 00:33:09 | 00:44:18 | 00:55:33 |
| 2    | BIŁEK ARTUR       | 132 | UNIA MIAST                      | LUBLINIEC            | POL  | M30-39 |             |              | 00:11:03 | 00:22:03 | 00:33:13 | 00:44:21 | 00:55:33 |
| 3    | HAŁAS MARCIN      | 142 | UNIA MIAST                      | CZECHOWICE-DZIEDZICE | POL  | M30-39 |             |              | 00:11:06 | 00:22:15 | 00:33:43 | 00:45:15 | 00:56:43 |
| 4    | WAWRZYŃIAK ŁUKASZ | 165 | KSMETRACOPOLKOWICE              | WALIM                | POL  | M30-39 |             |              | 00:11:12 | 00:22:28 | 00:34:01 | 00:46:21 | 00:58:59 |
| 5    | RYCHLIK GRZEGORZ  | 168 | FUNDACJA 'W TE PĘDY'            | HALASY               | POL  | M30-39 |             |              | 00:11:08 | 00:22:31 | 00:34:48 | 00:47:08 | 00:59:30 |
| 6    | SURIAK MICHAŁ     | 174 | VIKING NORDIC TEAM CZĘSTOCHOWA  | CZĘSTOCHOWA          | POL  | M30-39 |             |              | 00:13:34 | 00:27:28 | 00:41:30 | 00:55:28 | 01:09:51 |
| 7    | KOTULA JAKUB      | 150 | UNIA MIAST                      | KATOWICE             | POL  | M30-39 |             |              | 00:13:50 | 00:28:09 | 00:42:31 | 00:56:42 | 01:11:09 |

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

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość   | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|----------------------|-----|-------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | WOLNIEWICZ KATARZYNA | 191 | UNIA MIAST              | RUDA ŚLĄSKA | POL  | K40-49 |             |              | 00:12:30 | 00:25:20 | 00:38:05 | 00:51:00 | 01:04:02 |
| 2    | KRÓL GRAŻYNA         | 152 | SANTANDER CONSUMER BANK | PRZEMYŚL    | POL  | K40-49 |             |              | 00:14:30 | 00:28:57 | 00:43:50 | 00:58:51 | 01:14:14 |
| 3    | DZIĘGŁO AGATA        | 138 | SANTANDER CONSUMER BANK | PRZEMYŚL    | POL  | K40-49 |             |              | 00:14:44 | 00:30:21 | 00:46:29 | 01:03:00 | 01:19:39 |
| 4    | KRZYŚCIN MIROŚLAWA   | 154 | SANTANDER CONSUMER BANK | WROCŁAW     | POL  | K40-49 |             |              | 00:19:01 | 00:38:33 | 00:58:54 | 01:19:19 | 01:39:54 |

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

| M-ce | Nazwisko i imię     | Nr  | Klub                    | M-scowość      | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|---------------------|-----|-------------------------|----------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | NIECHWIEJCZYK PIOTR | 157 | UNIA MIAST              | ŚWIĘTOCHŁOWICE | POL  | M40-49 |             |              | 00:11:05 | 00:22:15 | 00:33:44 | 00:45:15 | 00:56:30 |
| 2    | BUJNICKI MARCIN     | 133 | NORDIC WALKING PASŁĘK   | PASŁĘK         | POL  | M40-49 |             |              | 00:12:15 | 00:25:16 | 00:38:35 | 00:52:18 | 01:06:08 |
| 3    | TEODOROWSKI DARIUSZ | 177 | UNIA MIAST              | LUBLINIEC      | POL  | M40-49 |             |              | 00:12:34 | 00:25:54 | 00:39:33 | 00:53:33 | 01:07:20 |
| 4    | ŚLUSARCZYK GRZEGORZ | 187 | WESOŁY BORSUK TEAM      | PRUDNIK        |      | M40-49 | 1           |              | 00:13:23 | 00:27:29 | 00:41:28 | 00:55:07 | 01:08:41 |
| 5    | BASARAB GRZEGORZ    | 131 | SANTANDER CONSUMER BANK | PRZEMYŚL       | POL  | M40-49 |             |              | 00:13:05 | 00:26:38 | 00:40:44 | 00:54:58 | 01:08:57 |
| 6    | DZIĘGŁO ADAM        | 137 | SANTANDER CONSUMER BANK | PRZEMYŚL       | POL  | M40-49 |             |              | 00:13:53 | 00:28:28 | 00:43:29 | 00:59:07 | 01:14:55 |
| 7    | KRZYŚCIN RAFAŁ      | 153 | SANTANDER CONSUMER BANK | WROCŁAW        | POL  | M40-49 |             |              | 00:15:48 | 00:31:55 | 00:48:44 | 01:05:29 | 01:22:18 |

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

| M-ce | Nazwisko i imię              | Nr  | Klub   | M-scowość               | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|------------------------------|-----|--|-------------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | JĘDRASIAK RENATA             | 147 | KS METRACO POLKOWICE   | LUBIN                   | POL  | K50-59 |             |              | 00:12:12 | 00:24:43 | 00:37:32 | 00:50:31 | 01:03:33 |
| 2    | STYŚ ELŻBIETA                | 181 |  | WROCASZKA               |      | K50-59 |             |              | 00:12:36 | 00:25:27 | 00:38:15 | 00:51:12 | 01:04:15 |
| 3    | KOŃCZEWSKA BOŻENA            | 149 | MKS HALICZ KLUB BIEGACZA<br>/BIESZCZADZKI KLUB NWUSTRZYKI<br>DOLNE | USTRZYKI DOLNE          | POL  | K50-59 |             |              | 00:12:35 | 00:25:27 | 00:38:16 | 00:51:14 | 01:04:16 |
| 4    | DOBROWOLSKA-ŚWIĄTEK ELŻBIETA | 135 |  | KAMIENIEC<br>WROCŁAWSKI | POL  | K50-59 |             |              | 00:13:14 | 00:27:04 | 00:40:55 | 00:55:08 | 01:09:27 |
| 5    | WIERZBA LILLA                | 179 | PASJA NORDIC WALKING   | RASZYN                  | POL  | K50-59 |             |              | 00:13:31 | 00:27:28 | 00:41:53 | 00:56:42 | 01:11:35 |
| 6    | POSTEK DANUTA                | 162 | MARSZ PO ZDROWIE   | POZNAŃ                  | POL  | K50-59 |             |              | 00:14:39 | 00:29:47 | 00:45:06 | 01:00:33 | 01:16:14 |
| 7    | RACŁAWSKA JOANNA             | 164 | AMATORKA   | SKARBIMIERZ OSIEDLE     | POL  | K50-59 |             |              | 00:14:57 | 00:30:29 | 00:46:45 | 01:03:30 | 01:20:19 |

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

| M-ce | Nazwisko i imię | Nr  | Klub                      | M-scowość  | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|-----------------|-----|---------------------------|------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | JANOCHA ROBERT  | 145 | MUKS PODKARPACIE JEDLICZE | KROSNO     | POL  | M50-59 |             |              | 00:11:16 | 00:22:40 | 00:34:11 | 00:45:43 | 00:57:32 |
| 2    | JUREK ADAM      | 148 | KS METRACO POLKOWICE      | LUBIN      | POL  | M50-59 | 1           |              | 00:11:27 | 00:22:59 | 00:34:52 | 00:47:04 | 00:59:04 |
| 3    | MAKOWSKI JAN    | 123 | RYBNICKI KLUB NW          | RYBNIK     |      | M50-59 |             |              | 00:11:31 | 00:23:25 | 00:35:29 | 00:47:35 | 01:00:00 |
| 4    | SPYCHAŁA LESŁAW | 170 | WESOŁY BORSUK TEAM        | BIAŁA      | POL  | M50-59 |             |              | 00:11:26 | 00:23:15 | 00:35:39 | 00:48:09 | 01:01:14 |
| 5    | KLIMCZAK ADAM   | 183 |                           | WARSZAWA   |      | M50-59 | 1           |              | 00:11:56 | 00:24:49 | 00:37:59 | 00:50:51 | 01:03:51 |
| 6    | KOSICKI DARIUSZ | 185 | ROKIJE ROKIETNICA         | ROKIETNICA |      | M50-59 |             |              | 00:12:56 | 00:25:38 | 00:38:19 | 00:51:04 | 01:03:53 |
| 7    | KOWALSKI MAREK  | 151 | UNIA MIAST                | STRZEBIŃ   | POL  | M50-59 |             |              | 00:12:32 | 00:25:18 | 00:38:14 | 00:51:20 | 01:04:14 |
| 8    | PIESIAK PIOTR   | 160 |                           | STRAŻÓW    | POL  | M50-59 |             |              | 00:12:18 | 00:25:11 | 00:38:38 | 00:51:51 | 01:05:04 |
| 9    | PALUCH PAWEL    | 159 | AVOCADO WELLNESS CLUB     | WARSZAWA   | POL  | M50-59 |             |              | 00:13:25 | 00:27:37 | 00:42:13 | 00:56:53 | 01:11:33 |

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

| M-ce | Nazwisko i imię   | Nr  | Klub                    | M-scowość | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|-------------------|-----|-------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | STĘPIEŃ LUCYNA    | 173 | KS METRACO POLKOWICE    | LUBIN     | POL  | K60-69 |             |              | 00:13:06 | 00:26:14 | 00:39:35 | 00:53:09 | 01:06:42 |
| 2    | CHOLEWKA JOLANTA  | 134 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ    | POL  | K60-69 |             |              | 00:14:12 | 00:28:42 | 00:43:32 | 00:58:46 | 01:14:15 |
| 3    | RYGORIEWA LUDMIŁA | 190 | POLKOWICE               | LWÓW      | UKR  | K60-69 | 1           |              | 00:14:07 | 00:29:01 | 00:44:45 | 01:00:20 | 01:15:49 |
| 4    | OMARSKA GRAŻYNA   | 158 | PASJA NORDIC WALKING    | WARSZAWA  | POL  | K60-69 |             |              | 00:15:01 | 00:30:08 | 00:45:16 | 01:00:37 | 01:16:05 |

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

| M-ce | Nazwisko i imię    | Nr  | Klub                | M-scowość           | Kraj | Kat.   | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|--------------------|-----|---------------------|---------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | HELWICH STEFAN     | 143 | KS METRACOPOLKOWICE | WIELEN              | POL  | M60-69 |             |              | 00:11:30 | 00:23:12 | 00:35:12 | 00:47:12 | 00:59:28 |
| 2    | ŚLUSARCZYK ANDRZEJ | 188 | WESOŁY BORSUK TEAM  |                     |      | M60-69 | 1           |              | 00:13:13 | 00:26:20 | 00:39:40 | 00:53:00 | 01:06:41 |
| 3    | RACŁAWSKI JAN      | 166 | AMATOR              | SKARBIMIERZ OSIEDLE | POL  | M60-69 |             |              | 00:13:30 | 00:27:40 | 00:42:05 | 00:56:57 | 01:12:03 |

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

| M-ce | Nazwisko i imię  | Nr  | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|------------------|-----|------|-----------|------|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | ZACZYŃSKA JANINA | 163 |      |           | POL  | K70+ |             |              | 00:14:40 | 00:29:30 | 00:44:20 | 00:59:35 | 01:14:53 |

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

| M-ce | Nazwisko i imię   | Nr  | Klub                 | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   |
|------|-------------------|-----|----------------------|-----------|------|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | STAWNIAK KAROL    | 171 | KS METRACO POLKOWICE | ŻNIN      | POL  | M70+ |             |              | 00:13:07 | 00:26:39 | 00:40:09 | 00:54:04 | 01:07:41 |
| 2    | JEDYNAK STANISŁAW | 146 | PASJA NORDIC WALKING | WARSZAWA  | POL  | M70+ |             |              | 00:13:28 | 00:27:50 | 00:42:45 | 00:57:42 | 01:12:54 |
| 3    | THOMALLA BOGDAN   | 178 |                      | ZABRZE    | POL  | M70+ |             |              | 00:14:46 | 00:29:52 | 00:45:33 | 01:01:48 | 01:18:17 |