

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM

Organiser: Polska Federacja Nordic Walking
 Date: 2018-06-17
 Place: Czaplinek
 Distance: 5 km
 Klasyfikacja wg czasów netto.

**CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, OPEN**

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h | |
|-----|-----------------------------|-----|--|-----------------|-----|-----------------------|------|------|-------------|--------------|----------|-------------|--------|------|--|
| | | | | | | | cat. | | | | | | | | |
| 1 | BRZozowski PIOTR | 105 | NORDIC WALKING POLAND/AKTYWNI POSTOMINO | SŁAWNO | | M30-39 | 1 | M 1 | | | 00:16:28 | 00:33:50.10 | 6:46 | 8.9 | |
| 2 | SANIUK EDWARD | 72 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M65-69 | 1 | M 2 | | | 00:17:05 | 00:34:30.20 | 6:54 | 8.7 | |
| 3 | TOPOREK RAFAŁ | 88 | NWPL/LUKI | PRZODKOWO | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 3 | | | 00:16:42 | 00:34:41.05 | 6:56 | 8.6 | |
| 4 | FRĄCKOWIAK ROMAN | 15 | KS METRACO POLKOWICE | WIELEŃ | POL | M50-54 | 1 | M 4 | | | 00:17:19 | 00:34:49.15 | 6:57 | 8.6 | |
| 5 | KOPCZEWSKI DARIUSZ | 38 | FACE NORDIC WALKING TEAM | KOSZALIN | POL | M50-54 | 2 | M 5 | | | 00:17:21 | 00:35:19.10 | 7:03 | 8.5 | |
| 6 | SZYMSKA MAŁGORZATA | 102 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | | K30-39 | 1 | K 1 | | | 00:17:25 | 00:35:25.50 | 7:05 | 8.5 | |
| 7 | TRZCIŃSKI EUGENIUSZ | 89 | SPORT I REKREACJA START CHELMNO | BYDGOSZCZ | POL | M60-64 | 1 | M 6 | | | 00:17:16 | 00:35:31.50 | 7:06 | 8.4 | |
| 8 | ZDANUK ARTUR | 104 | EKSPEDYCJA NORDIC TEAM SZCZECIN | PRZESOCIN | POL | M45-49 | 1 | M 7 | | | 00:17:29 | 00:36:03.00 | 7:12 | 8.3 | |
| 9 | FRĄCKOWIAK MATEUSZ | 16 | KS METRACO POLKOWICE | WIELEŃ | POL | M-JUN. | 1 | M 8 | | 1 | 00:17:24 | 00:36:04.05 | 7:12 | 8.3 | |
| 10 | SZYMAŃSKI STEFAN | 84 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DWYWITACH | KIEŻLINY | POL | M70+ | 1 | M 9 | | 1 | 00:17:23 | 00:36:12.30 | 7:14 | 8.3 | |
| 11 | LIPIŃSKI KAROL | 47 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M40-44 | 1 | M 10 | | | 00:17:46 | 00:36:18.05 | 7:15 | 8.3 | |
| 12 | KUŚMIEREK MATEUSZ | 42 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-JUN. | 2 | M 11 | | | 00:17:36 | 00:36:27.90 | 7:17 | 8.2 | |
| 13 | SZPILMAN KATARZYNA | 80 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K50-54 | 1 | K 2 | | | 00:17:57 | 00:36:39.95 | 7:20 | 8.2 | |
| 14 | OKRZESIK-FRĄCKOWIAK IZABELA | 58 | KS METRACO POLKOWICE | WIELEŃ | POL | K50-54 | 2 | K 3 | | | 00:18:09 | 00:36:54.30 | 7:22 | 8.1 | |
| 15 | TOMCZYK EDWARD | 87 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M70+ | 2 | M 12 | | | 00:17:47 | 00:36:59.20 | 7:23 | 8.1 | |
| 16 | POLISZCZUK PIOTR | 65 | PIERNIKI NA CHODZIE | TORUŃ | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 13 | | | 00:18:06 | 00:37:08.05 | 7:25 | 8.1 | |
| 17 | DALECKI PRZEMYSŁAW | 10 | GDYNIA SPORT TEAM | GDYNIA | POL | M45-49 | 2 | M 14 | | | 00:18:15 | 00:37:12.50 | 7:26 | 8.1 | |
| 18 | CHMIELEWSKI MARCIN | 7 | PROTYM REACING TEAM | POZNAŃ | POL | M40-44 | 2 | M 15 | | | 00:18:00 | 00:37:14.20 | 7:26 | 8.1 | |
| 19 | PINDRAL PIOTR | 94 | | SZCZECINEK | POL | M45-49 | 3 | M 16 | | | 00:18:15 | 00:37:35.00 | 7:31 | 8 | |
| 20 | LUBAWSKI JERZY | 100 | FACE NORDIC WALKING TEAM | ŚWIDWIN | | M60-64 | 2 | M 17 | | | 00:18:02 | 00:37:39.10 | 7:31 | 8 | |
| 21 | DOLNA EWELINA | 12 | KSK ŻYJ AKTYWNIIE KOŁCZYGŁOWY | KOŁCZYGŁOWY | POL | K30-39 | 2 | K 4 | | | 00:18:56 | 00:37:59.35 | 7:35 | 7.9 | |
| 22 | JÓZWIAK MARIANNA | 30 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K45-49 | 1 | K 5 | | | 00:18:31 | 00:38:05.10 | 7:37 | 7.9 | |
| 23 | GRYGOROWICZ BOGDAN | 24 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 2 | M 18 | | | 00:18:28 | 00:38:06.50 | 7:37 | 7.9 | |
| 24 | JASIŁEK PRZEMYSŁAW | 27 | | RADAWNICA | POL | M40-44 | 3 | M 19 | | | 00:19:02 | 00:38:46.00 | 7:45 | 7.7 | |
| 25 | BANACH ANDRZEJ | 3 | RUNGRYF GRYFICE | GRYFICE | POL | M50-54 | 3 | M 20 | | | 00:19:05 | 00:38:54.70 | 7:47 | 7.7 | |
| 26 | SAMOJŁO SŁAWOMIR | 71 | | ŚWINOUJŚCIE | POL | M55-59 | 1 | M 21 | | | 00:19:12 | 00:38:56.60 | 7:47 | 7.7 | |
| 27 | KŁOS LIDIA | 35 | SPORT I REKREACJA START CHELMNO | PAPOWO BISKUPIE | POL | K40-44 | 1 | K 6 | | | 00:18:56 | 00:38:58.55 | 7:47 | 7.7 | |
| 28 | KOP WIESŁAW | 109 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M55-59 | 2 | M 22 | | | 00:19:17 | 00:39:07.90 | 7:49 | 7.7 | |
| 29 | WALECKA ROMUALDA | 93 | SPORT I REKREACJA START CHELMNO | CHELMNO | POL | K60-64 | 1 | K 7 | | 1 | 00:19:18 | 00:39:11.55 | 7:50 | 7.7 | |
| 30 | STOLTMANN HELENA | 77 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K55-59 | 1 | K 8 | | | 00:19:12 | 00:39:14.05 | 7:50 | 7.6 | |
| 31 | ŁOPIŃSKI ALEKSY | 48 | SEALIN TEAM FERAJNA PIŁA | PIŁA | POL | M70+ | 3 | M 23 | | | 00:19:27 | 00:39:18.50 | 7:51 | 7.6 | |
| 32 | WIERZCHOSŁAWSKI MATEUSZ | 95 | | BYDGOSZCZ | POL | M18-29 | 1 | M 24 | | | 00:19:29 | 00:39:30.85 | 7:54 | 7.6 | |
| 33 | LESZCZYSZYN KRYSZYNA | 45 | | SZCZECINEK | POL | K60-64 | 2 | K 9 | | | 00:19:14 | 00:39:36.60 | 7:55 | 7.6 | |
| 34 | NACZK WIKTORIA | 55 | | LĘBORK | POL | K-JUN. | 1 | K 10 | | | 00:19:09 | 00:39:37.85 | 7:55 | 7.6 | |
| 35 | LIPIŃSKA KAROLINA | 46 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K30-39 | 3 | K 11 | | | 00:19:35 | 00:39:40.30 | 7:56 | 7.6 | |
| 36 | SZYCKO RADOŚLAW | 82 | | SŁUPSK | POL | M40-44 | 4 | M 25 | | | 00:19:19 | 00:39:46.10 | 7:57 | 7.5 | |
| 37 | JĘDRASZKO JACEK | 29 | | ŚWIECIE | POL | M-DZIECI | 1 | M 26 | | | 00:19:12 | 00:39:49.25 | 7:57 | 7.5 | |
| 38 | GRYGOROWICZ TERESA | 23 | KS METRACO POLKOWICE | LUBIN | POL | K65-69 | 1 | K 12 | | | 00:19:11 | 00:39:57.75 | 7:59 | 7.5 | |
| 39 | WIERZCHOSŁAWSKA AGNIESZKA | 111 | | BYDGOSZCZ | | K18-29 | 1 | K 13 | | | 00:19:41 | 00:40:10.70 | 8:02 | 7.5 | |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|----------------------------|-----|--|--------------------|-----|---------------------|----|------|-------------|--------------|----------|-------------|--------|------|
| 40 | GOŁĘBIEWSKI ANDRZEJ | 18 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | M60-64 | 3 | M 27 | | | 00:19:27 | 00:40:11.25 | 8:02 | 7.5 |
| 41 | GIERSZEWSKA MAGDALENA | 17 | KSK ŻYJ AKTYWNIIE KOŁCZYGŁOWY | KOŁCZYGŁOWY | POL | K40-44 | 2 | K 14 | | | 00:19:43 | 00:40:12.20 | 8:02 | 7.5 |
| 42 | KNITTER MONIKA | 36 | | POLANÓW | POL | K30-39 | 4 | K 15 | | | 00:19:44 | 00:40:12.75 | 8:02 | 7.5 |
| 43 | OSIEWICZ DAWID | 59 | RUNGRYF GRYFICE | GRYFICE | POL | M18-29 | 2 | M 28 | | | 00:20:03 | 00:40:28.80 | 8:05 | 7.4 |
| 44 | SULECKA GABRIELA | 78 | | ŚWIECIE | POL | K-NIEPEŁNOSPRAWNI(A | 1 | K 16 | | | 00:19:41 | 00:40:29.50 | 8:05 | 7.4 |
| 45 | STOCHAJ JAN | 76 | SP ROSKO | ROSKO | POL | M-JUN. | 3 | M 29 | | | 00:19:02 | 00:40:29.95 | 8:06 | 7.4 |
| 46 | SZYCKO OLIVIA | 81 | | SŁUPSK | POL | K-DZIECI | 1 | K 17 | | | 00:19:48 | 00:40:30.65 | 8:06 | 7.4 |
| 47 | DANA KAZIMIERA | 11 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K65-69 | 2 | K 18 | | | 00:19:52 | 00:40:31.45 | 8:06 | 7.4 |
| 48 | MAKOCA HALINA | 101 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | | K60-64 | 3 | K 19 | | | 00:19:38 | 00:40:43.90 | 8:08 | 7.4 |
| 49 | WOŹNIAK IWONA | 97 | | PRUSIM | POL | K40-44 | 3 | K 20 | | | 00:20:05 | 00:40:48.45 | 8:09 | 7.3 |
| 50 | SIEMIĄTKOWSKA JANINA | 73 | SPORT I REKREACJA START CHEŁMNO | CHEŁMNO | POL | K50-54 | 3 | K 21 | | | 00:20:05 | 00:40:57.65 | 8:11 | 7.3 |
| 51 | MICHAŁOWSKA JOANNA | 52 | SPORT I REKREACJA START CHEŁMNO | ŚWIECIE | POL | K45-49 | 2 | K 22 | | | 00:20:06 | 00:41:18.30 | 8:15 | 7.3 |
| 52 | PRAKCI ZBIGNIEW | 67 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M50-54 | 4 | M 30 | | | 00:20:30 | 00:41:46.50 | 8:21 | 7.2 |
| 53 | BERCZYŃSKI HENRYK | 5 | NADLEŚNICTWO OKONEK | OKONEK | POL | M60-64 | 4 | M 31 | | | 00:20:35 | 00:41:58.30 | 8:23 | 7.1 |
| 54 | WALCZAK GRZEGORZ | 92 | OCTOPUS SUCHY LAS | SUCHY LAS | POL | M45-49 | 4 | M 32 | | | 00:20:47 | 00:41:58.35 | 8:23 | 7.1 |
| 55 | BUJNICKA MAGDALENA | 6 | NORDIC WALKING PASŁĘK | PASŁĘK | POL | K-DZIECI | 2 | K 23 | | | 00:20:06 | 00:41:59.20 | 8:23 | 7.1 |
| 56 | WYSOCKA BERNADETA | 98 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K45-49 | 3 | K 24 | | | 00:20:10 | 00:42:06.95 | 8:25 | 7.1 |
| 57 | MALINOWSKA MONIKA | 50 | LKS ZANTYR SZTUM | SZTUM | POL | K30-39 | 5 | K 25 | | | 00:20:31 | 00:42:07.35 | 8:25 | 7.1 |
| 58 | PIĄTKOWSKI JÓZEF | 64 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 4 | M 33 | | | 00:20:23 | 00:42:17.65 | 8:27 | 7.1 |
| 59 | ANGIELCZYK MAŁGORZATA | 2 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K65-69 | 3 | K 26 | | | 00:21:01 | 00:43:06.30 | 8:37 | 7 |
| 60 | LANGMESSER REGINA | 44 | LKS ZANTYR SZTUM | SZTUM | POL | K50-54 | 4 | K 27 | | | 00:20:07 | 00:43:15.70 | 8:39 | 6.9 |
| 61 | PILIMON KRZYSZTOF JAN | 113 | | GORZÓW WIEKOPOLSKI | | M65-69 | 2 | M 34 | | | 00:21:10 | 00:43:29.90 | 8:42 | 6.9 |
| 62 | WYSOCKI GABRIEL | 99 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-DZIECI | 2 | M 35 | | | 00:19:51 | 00:43:37.20 | 8:43 | 6.9 |
| 63 | SZYMAŃSKA LUCYNA | 83 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DWYWITACH | KIEŻLINY | POL | K-NIEPEŁNOSPRAWNI(A | 2 | K 28 | | | 00:21:03 | 00:43:53.25 | 8:46 | 6.8 |
| 64 | WYCISŁO DAMIAN | 110 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M-NIEPEŁNOSPRAWNI(B | 3 | M 36 | 1 | | 00:20:55 | 00:43:55.75 | 8:47 | 6.8 |
| 65 | BARAN ANETA | 4 | | BORNE SULINOWO | POL | K40-44 | 4 | K 29 | | | 00:21:30 | 00:44:11.75 | 8:50 | 6.8 |
| 66 | KNITTER AGATA | 37 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K-JUN. | 2 | K 30 | | | 00:21:33 | 00:44:20.90 | 8:52 | 6.8 |
| 67 | MILKOWSKI MARIUSZ | 53 | | GDYNIA | POL | M-NIEPEŁNOSPRAWNI(A | 2 | M 37 | | | 00:21:56 | 00:44:24.25 | 8:52 | 6.8 |
| 68 | PRZYDATEK ILONA | 68 | | STARA ŁUBIANKA | POL | K40-44 | 5 | K 31 | | | 00:22:03 | 00:44:29.60 | 8:54 | 6.7 |
| 69 | ALESZCZYK MAREK | 1 | | SZCZECINEK | POL | M50-54 | 5 | M 38 | | | 00:22:01 | 00:44:38.50 | 8:55 | 6.7 |
| 70 | SKOWROŃSKA GENOWEFA | 74 | SEALIN TEAM FERAJNA PIŁA | PIŁA | POL | K65-69 | 4 | K 32 | | | 00:21:30 | 00:44:47.60 | 8:57 | 6.7 |
| 71 | GRUDNOWSKA DOMINIKA | 21 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K-JUN. | 3 | K 33 | | | 00:21:37 | 00:45:01.55 | 9:00 | 6.7 |
| 72 | SZYMCZAK URSZULA | 108 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | K50-54 | 5 | K 34 | | | 00:22:32 | 00:45:20.75 | 9:04 | 6.6 |
| 73 | KWIATKOWSKA JADWIGA | 43 | KS METRACO POLKOWICE | POLKOWICA | POL | K70+ | 1 | K 35 | | | 00:22:12 | 00:45:35.80 | 9:07 | 6.6 |
| 74 | CYRA GRAŻYNA | 9 | NW ZIELONY DWÓR | SKOSZEWO | POL | K60-64 | 4 | K 36 | | | 00:22:12 | 00:45:41.65 | 9:08 | 6.6 |
| 75 | SZPALERSKA MIRA | 79 | | SZTUM | POL | K65-69 | 5 | K 37 | | | 00:22:08 | 00:45:44.10 | 9:08 | 6.6 |
| 76 | CETERA JANUSZ | 112 | EKSPEDYCJA NORDIC TEAM SZCZECIN | DZIWRÓWEK | | M-NIEPEŁNOSPRAWNI(B | 4 | M 39 | | | 00:22:26 | 00:46:07.85 | 9:13 | 6.5 |
| 77 | GRABOWSKA BOŻENA | 19 | LKS ZANTYR SZTUM | SZTUM | POL | K45-49 | 4 | K 38 | | | 00:21:42 | 00:46:23.05 | 9:16 | 6.5 |
| 78 | OWCZAREK HENRYKA | 61 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K70+ | 2 | K 39 | | | 00:22:50 | 00:46:26.95 | 9:17 | 6.5 |
| 79 | GRUDNOWSKI NORBERT | 22 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-DZIECI | 3 | M 40 | | | 00:22:16 | 00:46:34.05 | 9:18 | 6.4 |
| 80 | KULCZYCKI JAN | 39 | | GDAŃSK | POL | M65-69 | 3 | M 41 | | | 00:23:05 | 00:46:39.70 | 9:20 | 6.4 |
| 81 | STAWNIAK WANDA | 75 | | ŻNIN | POL | K65-69 | 6 | K 40 | | | 00:22:46 | 00:46:57.45 | 9:23 | 6.4 |
| 82 | KUŚMIDER MAŁGORZATA | 41 | | CZAPLINEK | POL | K60-64 | 5 | K 41 | | | 00:23:19 | 00:47:27.65 | 9:29 | 6.3 |
| 83 | ŚLIWIŃSKA EWA | 86 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K45-49 | 5 | K 42 | | | 00:22:56 | 00:47:47.55 | 9:33 | 6.3 |
| 84 | PRAKCA KATARZYNA | 66 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K50-54 | 6 | K 43 | | | 00:23:35 | 00:48:00.95 | 9:36 | 6.2 |
| 85 | PANKIEWICZ-DMOWSKA CECYLIA | 62 | | GOWINO | POL | K70+ | 3 | K 44 | | | 00:23:29 | 00:48:02.50 | 9:36 | 6.2 |
| 86 | WYCISŁO ROMUALD | 107 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M55-59 | 3 | M 42 | | | 00:23:43 | 00:48:07.65 | 9:37 | 6.2 |
| 87 | WALCZAK HENRYK | 91 | OCTOPUS SUCHY LAS | POZNAŃ | POL | M70+ | 5 | M 43 | | | 00:23:49 | 00:48:14.45 | 9:38 | 6.2 |
| 88 | OGONOWSKA EDYTA | 57 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K55-59 | 2 | K 45 | | | 00:23:57 | 00:48:55.65 | 9:47 | 6.1 |
| 89 | HINEBORG BOGUMIŁA | 25 | KLUB NW PATYCZAKI GRUDZIĄDZ | WIELKI LUBIEŃ | POL | K50-54 | 7 | K 46 | | | 00:24:03 | 00:49:17.55 | 9:51 | 6.1 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-----------------------|-----|-------------------------|----------------|-----|---------------------|------|------|-------------|--------------|----------|-------------|--------|------|
| | | | | | | | cat. | | | | | | | |
| 90 | TUROWSKA EWA | 90 | | CZAPLINEK | POL | K55-59 | 3 | K 47 | | | 00:24:17 | 00:49:40.35 | 9:56 | 6 |
| 91 | MALINOWSKA GRAZYNA | 49 | LKS ZANTYR SZTUM | SZTUM | POL | K65-69 | 7 | K 48 | | | 00:23:44 | 00:50:10.85 | 10:02 | 6 |
| 92 | SADŁOS HELENA | 70 | LKS ZANTYR SZTUM | SZTUM | POL | K65-69 | 8 | K 49 | | | 00:23:49 | 00:50:11.50 | 10:02 | 6 |
| 93 | JÓŹWIĄK DOMINIK | 31 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 3 | M 44 | | | 00:25:48 | 00:50:32.25 | 10:06 | 5.9 |
| 94 | GRUDNOWSKA WIKTORIA | 20 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K-DZIECI | 3 | K 50 | | | 00:23:40 | 00:50:47.30 | 10:09 | 5.9 |
| 95 | KUŚMIDER KATARZYNA | 40 | RUNDORFINA CZAPLINEK | CZAPLINEK | POL | K30-39 | 6 | K 51 | | | 00:26:07 | 00:52:32.10 | 10:30 | 5.7 |
| 96 | FIURST MARCIN | 13 | DREPTAJĄCE HIPCIE | BORNE SULINOWO | POL | M40-44 | 5 | M 45 | | | 00:25:38 | 00:54:03.75 | 10:48 | 5.5 |
| 97 | CYRA ZBIGNIEW | 8 | NW ZIELONY DWÓR | SKOSZEWO | POL | M65-69 | 4 | M 46 | | | 00:26:36 | 00:55:09.85 | 11:02 | 5.4 |
| 98 | MOCZARSKI ADAM | 54 | FOR... | SOPOT | POL | M-NIEPEŁNOSPRAWNI(A | 3 | M 47 | | | 00:26:19 | 00:58:58.05 | 11:47 | 5.1 |
| | | | | | |) | | | | | | | | |
| 99 | FIURST-STECENKO IRENA | 14 | | BORNE SULINOWO | POL | K30-39 | 7 | K 52 | | | 00:31:36 | 01:00:02.85 | 12:00 | 5 |
| 100 | JADWIŻYC IZABELA | 26 | | BORNE SULINOWO | POL | K45-49 | 6 | K 53 | | | 00:30:36 | 01:00:23.15 | 12:04 | 5 |
| 101 | KASPEREK ANNA | 106 | | BORNE SULINOWO | | K60-64 | 6 | K 54 | | | 00:30:33 | 01:02:06.65 | 12:25 | 4.8 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K-Niepełnosprawni(A)

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|------------------|-----|--|----------|-----|---------------------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SULECKA GABRIELA | 78 | | ŚWIECIE | POL | K-NIEPEŁNOSPRAWNI(A | 1 | K 16 | | | 00:19:41 | 00:40:29.50 | 8:05 | 7.4 |
| | | | | | |) | | | | | | | | |
| 2 | SZYMAŃSKA LUCYNA | 83 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DWITACH | KIEŹLINY | POL | K-NIEPEŁNOSPRAWNI(A | 2 | K 28 | | | 00:21:03 | 00:43:53.25 | 8:46 | 6.8 |
| | | | | | |) | | | | | | | | |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M-Niepełnosprawni(A)

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-------------------|-----|---------------------|--------|-----|---------------------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | POLISZCZUK PIOTR | 65 | PIERNIKI NA CHODZIE | TORUŃ | POL | M-NIEPEŁNOSPRAWNI(A | 1 | M 13 | | | 00:18:06 | 00:37:08.05 | 7:25 | 8.1 |
| | | | | | |) | | | | | | | | |
| 2 | MILKOWSKI MARIUSZ | 53 | | GDYNIA | POL | M-NIEPEŁNOSPRAWNI(A | 2 | M 37 | | | 00:21:56 | 00:44:24.25 | 8:52 | 6.8 |
| | | | | | |) | | | | | | | | |
| 3 | MOCZARSKI ADAM | 54 | FOR... | SOPOT | POL | M-NIEPEŁNOSPRAWNI(A | 3 | M 47 | | | 00:26:19 | 00:58:58.05 | 11:47 | 5.1 |
| | | | | | |) | | | | | | | | |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M-Niepełnosprawni(B)

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|--------------------|-----|---------------------------------|-----------|-----|---------------------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | TOPOREK RAFAŁ | 88 | NWPL/LUKI | PRZODKOWO | POL | M-NIEPEŁNOSPRAWNI(B | 1 | M 3 | | | 00:16:42 | 00:34:41.05 | 6:56 | 8.6 |
| | | | | | |) | | | | | | | | |
| 2 | GRYGOROWICZ BOGDAN | 24 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B | 2 | M 18 | | | 00:18:28 | 00:38:06.50 | 7:37 | 7.9 |
| | | | | | |) | | | | | | | | |
| 3 | WYCISŁO DAMIAN | 110 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M-NIEPEŁNOSPRAWNI(B | 3 | M 36 | 1 | | 00:20:55 | 00:43:55.75 | 8:47 | 6.8 |
| | | | | | |) | | | | | | | | |
| 4 | CETERA JANUSZ | 112 | EKSPEDYCJA NORDIC TEAM SZCZECIN | DZIWRÓWEK | | M-NIEPEŁNOSPRAWNI(B | 4 | M 39 | | | 00:22:26 | 00:46:07.85 | 9:13 | 6.5 |
| | | | | | |) | | | | | | | | |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K-Dzieci

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|--------------------|-----|-----------------------|--------|-----|----------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SZYCKO OLIVIA | 81 | | SŁUPSK | POL | K-DZIECI | 1 | K 17 | | | 00:19:48 | 00:40:30.65 | 8:06 | 7.4 |
| 2 | BUJNICKA MAGDALENA | 6 | NORDIC WALKING PASŁĘK | PASŁĘK | POL | K-DZIECI | 2 | K 23 | | | 00:20:06 | 00:41:59.20 | 8:23 | 7.1 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K-Dzieci c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|---------------------|-----|-----------------------|-----------|-----|----------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 3 | GRUDNOWSKA WIKTORIA | 20 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K-DZIECI | 3 | K 50 | | | 00:23:40 | 00:50:47.30 | 10:09 | 5.9 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M-Dzieci

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|--------------------|-----|-----------------------|-----------|-----|----------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | JĘDRASZKO JACEK | 29 | | ŚWIECIE | POL | M-DZIECI | 1 | M 26 | | | 00:19:12 | 00:39:49.25 | 7:57 | 7.5 |
| 2 | WYSOCKI GABRIEL | 99 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-DZIECI | 2 | M 35 | | | 00:19:51 | 00:43:37.20 | 8:43 | 6.9 |
| 3 | GRUDNOWSKI NORBERT | 22 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-DZIECI | 3 | M 40 | | | 00:22:16 | 00:46:34.05 | 9:18 | 6.4 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K-Jun.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|---------------------|-----|-----------------------|-----------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | NACZK WIKTORIA | 55 | | LĘBORK | POL | K-JUN. | 1 | K 10 | | | 00:19:09 | 00:39:37.85 | 7:55 | 7.6 |
| 2 | KNITTER AGATA | 37 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K-JUN. | 2 | K 30 | | | 00:21:33 | 00:44:20.90 | 8:52 | 6.8 |
| 3 | GRUDNOWSKA DOMINIKA | 21 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K-JUN. | 3 | K 33 | | | 00:21:37 | 00:45:01.55 | 9:00 | 6.7 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M-Jun.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|--------------------|-----|-----------------------|-----------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | FRĄCKOWIAK MATEUSZ | 16 | KS METRACO POLKOWICE | WIELEŃ | POL | M-JUN. | 1 | M 8 | 1 | | 00:17:24 | 00:36:04.05 | 7:12 | 8.3 |
| 2 | KUŚMIEREK MATEUSZ | 42 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-JUN. | 2 | M 11 | | | 00:17:36 | 00:36:27.90 | 7:17 | 8.2 |
| 3 | STOCHAJ JAN | 76 | SP ROSKO | ROSKO | POL | M-JUN. | 3 | M 29 | | | 00:19:02 | 00:40:29.95 | 8:06 | 7.4 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K18-29

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|------------------------------|-----|------|-----------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WIERZCHOSŁAWSKA AGNIESZKA | 111 | | BYDGOSZCZ | | K18-29 | 1 | K 13 | | | 00:19:41 | 00:40:10.70 | 8:02 | 7.5 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M18-29

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-------------------------|-----|-------------------------|-----------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WIERZCHOSŁAWSKI MATEUSZ | 95 | | BYDGOSZCZ | POL | M18-29 | 1 | M 24 | | | 00:19:29 | 00:39:30.85 | 7:54 | 7.6 |
| 2 | OSIEWICZ DAWID | 59 | RUNGRYF GRYFICE | GRYFICE | POL | M18-29 | 2 | M 28 | | | 00:20:03 | 00:40:28.80 | 8:05 | 7.4 |
| 3 | JÓŹWIAK DOMINIK | 31 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M18-29 | 3 | M 44 | | | 00:25:48 | 00:50:32.25 | 10:06 | 5.9 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K30-39

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-----------------------|-----|---------------------------------|----------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SZYMSKA MAŁGORZATA | 102 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | | K30-39 | 1 | K 1 | | | 00:17:25 | 00:35:25.50 | 7:05 | 8.5 |
| 2 | DOLNA EWELINA | 12 | KSK ŻYJ AKTYWNI KOŁCZYGŁOWY | KOŁCZYGŁOWY | POL | K30-39 | 2 | K 4 | | | 00:18:56 | 00:37:59.35 | 7:35 | 7.9 |
| 3 | LIPIŃSKA KAROLINA | 46 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K30-39 | 3 | K 11 | | | 00:19:35 | 00:39:40.30 | 7:56 | 7.6 |
| 4 | KNITTER MONIKA | 36 | | POLANÓW | POL | K30-39 | 4 | K 15 | | | 00:19:44 | 00:40:12.75 | 8:02 | 7.5 |
| 5 | MALINOWSKA MONIKA | 50 | LKS ZANTYR SZTUM | SZTUM | POL | K30-39 | 5 | K 25 | | | 00:20:31 | 00:42:07.35 | 8:25 | 7.1 |
| 6 | KUŚMIDER KATARZYNA | 40 | RUNDORFINA CZAPLINEK | CZAPLINEK | POL | K30-39 | 6 | K 51 | | | 00:26:07 | 00:52:32.10 | 10:30 | 5.7 |
| 7 | FIURST-STECENKO IRENA | 14 | | BORNE SULINOWO | POL | K30-39 | 7 | K 52 | | | 00:31:36 | 01:00:02.85 | 12:00 | 5 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M30-39

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|------------------|-----|---|--------|-----|--------|---------|-----|-------------|--------------|----------|-------------|--------|------|
| 1 | BRZOWSKI PIOTR | 105 | NORDIC WALKING POLAND/AKTYWNI POSTOMINO | SŁAWNO | | M30-39 | 1 | M 1 | | | 00:16:28 | 00:33:50.10 | 6:46 | 8.9 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K40-44

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-----------------------|-----|---------------------------------|-----------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | KŁOS LIDIA | 35 | SPORT I REKREACJA START CHELMNO | PAPOWO BISKUPIE | POL | K40-44 | 1 | K 6 | | | 00:18:56 | 00:38:58.55 | 7:47 | 7.7 |
| 2 | GIERSZEWSKA MAGDALENA | 17 | KSK ŻYJ AKTYWNIIE KOŁCZYGŁOWY | KOŁCZYGŁOWY | POL | K40-44 | 2 | K 14 | | | 00:19:43 | 00:40:12.20 | 8:02 | 7.5 |
| 3 | WOŹNIAK IWONA | 97 | | PRUSIM | POL | K40-44 | 3 | K 20 | | | 00:20:05 | 00:40:48.45 | 8:09 | 7.3 |
| 4 | BARAN ANETA | 4 | | BORNE SULINOWO | POL | K40-44 | 4 | K 29 | | | 00:21:30 | 00:44:11.75 | 8:50 | 6.8 |
| 5 | PRZYDATEK ILONA | 68 | | STARA ŁUBIANKA | POL | K40-44 | 5 | K 31 | | | 00:22:03 | 00:44:29.60 | 8:54 | 6.7 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M40-44

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|---------------------|-----|---------------------------------|----------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | LIPIŃSKI KAROL | 47 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M40-44 | 1 | M 10 | | | 00:17:46 | 00:36:18.05 | 7:15 | 8.3 |
| 2 | CHMIELEWSKI MARCIN | 7 | PROTYM REACING TEAM | POZNAŃ | POL | M40-44 | 2 | M 15 | | | 00:18:00 | 00:37:14.20 | 7:26 | 8.1 |
| 3 | JASIEŁEK PRZEMYSŁAW | 27 | | RADAWNICA | POL | M40-44 | 3 | M 19 | | | 00:19:02 | 00:38:46.00 | 7:45 | 7.7 |
| 4 | SZYCKO RADOŚLAW | 82 | | SŁUPSK | POL | M40-44 | 4 | M 25 | | | 00:19:19 | 00:39:46.10 | 7:57 | 7.5 |
| 5 | FIURST MARCIN | 13 | DREPTAJĄCE HIPCIE | BORNE SULINOWO | POL | M40-44 | 5 | M 45 | | | 00:25:38 | 00:54:03.75 | 10:48 | 5.5 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K45-49

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|--------------------|-----|---------------------------------|----------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | JÓZWIAK MARIANNA | 30 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K45-49 | 1 | K 5 | | | 00:18:31 | 00:38:05.10 | 7:37 | 7.9 |
| 2 | MICHAŁOWSKA JOANNA | 52 | SPORT I REKREACJA START CHELMNO | ŚWIECIE | POL | K45-49 | 2 | K 22 | | | 00:20:06 | 00:41:18.30 | 8:15 | 7.3 |
| 3 | WYSOCKA BERNADETA | 98 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K45-49 | 3 | K 24 | | | 00:20:10 | 00:42:06.95 | 8:25 | 7.1 |
| 4 | GRABOWSKA BOŻENA | 19 | LKS ZANTYR SZTUM | SZTUM | POL | K45-49 | 4 | K 38 | | | 00:21:42 | 00:46:23.05 | 9:16 | 6.5 |
| 5 | ŚLIWIŃSKA EWA | 86 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K45-49 | 5 | K 42 | | | 00:22:56 | 00:47:47.55 | 9:33 | 6.3 |
| 6 | JADWIŻYC IZABELA | 26 | | BORNE SULINOWO | POL | K45-49 | 6 | K 53 | | | 00:30:36 | 01:00:23.15 | 12:04 | 5 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M45-49

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|--------------------|-----|---------------------------------|------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ZDANUK ARTUR | 104 | EKSPEDYCJA NORDIC TEAM SZCZECIN | PRZESOCIN | POL | M45-49 | 1 | M 7 | | | 00:17:29 | 00:36:03.00 | 7:12 | 8.3 |
| 2 | DALECKI PRZEMYSŁAW | 10 | GDYNIA SPORT TEAM | GDYNIA | POL | M45-49 | 2 | M 14 | | | 00:18:15 | 00:37:12.50 | 7:26 | 8.1 |
| 3 | PINDRAL PIOTR | 94 | | SZCZECINEK | POL | M45-49 | 3 | M 16 | | | 00:18:15 | 00:37:35.00 | 7:31 | 8 |
| 4 | WALCZAK GRZEGORZ | 92 | OCTOPUS SUCHY LAS | SUCHY LAS | POL | M45-49 | 4 | M 32 | | | 00:20:47 | 00:41:58.35 | 8:23 | 7.1 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K50-54

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-----------------------------|-----|---------------------------------|-----------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SZPILMAN KATARZYNA | 80 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K50-54 | 1 | K 2 | | | 00:17:57 | 00:36:39.95 | 7:20 | 8.2 |
| 2 | OKRZESIK-FRĄCKOWIAK IZABELA | 58 | KS METRACO POLKOWICE | WIELEŃ | POL | K50-54 | 2 | K 3 | | | 00:18:09 | 00:36:54.30 | 7:22 | 8.1 |
| 3 | SIEMIĄTKOWSKA JANINA | 73 | SPORT I REKREACJA START CHELMNO | CHELMNO | POL | K50-54 | 3 | K 21 | | | 00:20:05 | 00:40:57.65 | 8:11 | 7.3 |
| 4 | LANGMESSER REGINA | 44 | LKS ZANTYR SZTUM | SZTUM | POL | K50-54 | 4 | K 27 | | | 00:20:07 | 00:43:15.70 | 8:39 | 6.9 |
| 5 | SZYMCAK URSZULA | 108 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | K50-54 | 5 | K 34 | | | 00:22:32 | 00:45:20.75 | 9:04 | 6.6 |
| 6 | PRACKA KATARZYNA | 66 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K50-54 | 6 | K 43 | | | 00:23:35 | 00:48:00.95 | 9:36 | 6.2 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K50-54 c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-------------------|-----|-----------------------------|---------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 7 | HINEBORG BOGUMIŁA | 25 | KLUB NW PATYCZAKI GRUDZIĄDZ | WIELKI LUBIEŃ | POL | K50-54 | 7 | K 46 | | | 00:24:03 | 00:49:17.55 | 9:51 | 6.1 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M50-54

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|--------------------|-----|--------------------------|------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | FRAÇKOWIAK ROMAN | 15 | KS METRACO POLKOWICE | WIELEŃ | POL | M50-54 | 1 | M 4 | | | 00:17:19 | 00:34:49.15 | 6:57 | 8.6 |
| 2 | KOPCZEWSKI DARIUSZ | 38 | FACE NORDIC WALKING TEAM | KOSZALIN | POL | M50-54 | 2 | M 5 | | | 00:17:21 | 00:35:19.10 | 7:03 | 8.5 |
| 3 | BANACH ANDRZEJ | 3 | RUNGRYF GRYFICE | GRYFICE | POL | M50-54 | 3 | M 20 | | | 00:19:05 | 00:38:54.70 | 7:47 | 7.7 |
| 4 | PRACKI ZBIGNIEW | 67 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M50-54 | 4 | M 30 | | | 00:20:30 | 00:41:46.50 | 8:21 | 7.2 |
| 5 | ALESZCZYK MAREK | 1 | | SZCZECINEK | POL | M50-54 | 5 | M 38 | | | 00:22:01 | 00:44:38.50 | 8:55 | 6.7 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K55-59

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|------------------|-----|-----------------------------|-----------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | STOLTMANN HELENA | 77 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K55-59 | 1 | K 8 | | | 00:19:12 | 00:39:14.05 | 7:50 | 7.6 |
| 2 | OGONOWSKA EDYTA | 57 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K55-59 | 2 | K 45 | | | 00:23:57 | 00:48:55.65 | 9:47 | 6.1 |
| 3 | TUROWSKA EWA | 90 | | CZAPLINEK | POL | K55-59 | 3 | K 47 | | | 00:24:17 | 00:49:40.35 | 9:56 | 6 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M55-59

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|------------------|-----|-----------------------------|-------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SAMOJŁO SŁAWOMIR | 71 | | ŚWINOUJŚCIE | POL | M55-59 | 1 | M 21 | | | 00:19:12 | 00:38:56.60 | 7:47 | 7.7 |
| 2 | KOP WIESŁAW | 109 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M55-59 | 2 | M 22 | | | 00:19:17 | 00:39:07.90 | 7:49 | 7.7 |
| 3 | WYCISŁO ROMUALD | 107 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M55-59 | 3 | M 42 | | | 00:23:43 | 00:48:07.65 | 9:37 | 6.2 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K60-64

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|------------------------|-----|---------------------------------|----------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WALECKA ROMUALDA | 93 | SPORT I REKREACJA START CHELMNO | CHELMNO | POL | K60-64 | 1 | K 7 | 1 | | 00:19:18 | 00:39:11.55 | 7:50 | 7.7 |
| 2 | LESZCZYŹYŃSKA KRYSZYNA | 45 | | SZCZECINEK | POL | K60-64 | 2 | K 9 | | | 00:19:14 | 00:39:36.60 | 7:55 | 7.6 |
| 3 | MAKOCCA HALINA | 101 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | | K60-64 | 3 | K 19 | | | 00:19:38 | 00:40:43.90 | 8:08 | 7.4 |
| 4 | CYRA GRAŻYNA | 9 | NW ZIELONY DWÓR | SKOSZEWO | POL | K60-64 | 4 | K 36 | | | 00:22:12 | 00:45:41.65 | 9:08 | 6.6 |
| 5 | KUŚMIDER MAŁGORZATA | 41 | | CZAPLINEK | POL | K60-64 | 5 | K 41 | | | 00:23:19 | 00:47:27.65 | 9:29 | 6.3 |
| 6 | KASPEREK ANNA | 106 | | BORNE SULINOWO | | K60-64 | 6 | K 54 | | | 00:30:33 | 01:02:06.65 | 12:25 | 4.8 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M60-64

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|---------------------|-----|---------------------------------|-----------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | TRZCIŃSKI EUGENIUSZ | 89 | SPORT I REKREACJA START CHELMNO | BYDGOSZCZ | POL | M60-64 | 1 | M 6 | | | 00:17:16 | 00:35:31.50 | 7:06 | 8.4 |
| 2 | LUBAWSKI JERZY | 100 | FACE NORDIC WALKING TEAM | ŚWIDWIN | | M60-64 | 2 | M 17 | | | 00:18:02 | 00:37:39.10 | 7:31 | 8 |
| 3 | GOŁĘBIEWSKI ANDRZEJ | 18 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | M60-64 | 3 | M 27 | | | 00:19:27 | 00:40:11.25 | 8:02 | 7.5 |
| 4 | BERCZYŃSKI HENRYK | 5 | NADLEŚNICTWO OKONEK | OKONEK | POL | M60-64 | 4 | M 31 | | | 00:20:35 | 00:41:58.30 | 8:23 | 7.1 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K65-69

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-----------------------|-----|-----------------------------|-----------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | GRYGOROWICZ TERESA | 23 | KS METRACO POLKOWICE | LUBIN | POL | K65-69 | 1 | K 12 | | | 00:19:11 | 00:39:57.75 | 7:59 | 7.5 |
| 2 | DANA KAZIMIERA | 11 | KLUB NW PATYCZAKI GRUDZIĄDZ | GRUDZIĄDZ | POL | K65-69 | 2 | K 18 | | | 00:19:52 | 00:40:31.45 | 8:06 | 7.4 |
| 3 | ANGIELCZYK MAŁGORZATA | 2 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K65-69 | 3 | K 26 | | | 00:21:01 | 00:43:06.30 | 8:37 | 7 |
| 4 | SKOWROŃSKA GENOWEFA | 74 | SEALIN TEAM FERAJNA PIŁA | PIŁA | POL | K65-69 | 4 | K 32 | | | 00:21:30 | 00:44:47.60 | 8:57 | 6.7 |
| 5 | SZPALERSKA MIRA | 79 | | SZTUM | POL | K65-69 | 5 | K 37 | | | 00:22:08 | 00:45:44.10 | 9:08 | 6.6 |
| 6 | STAWNIAK WANDA | 75 | | ŻNIN | POL | K65-69 | 6 | K 40 | | | 00:22:46 | 00:46:57.45 | 9:23 | 6.4 |
| 7 | MALINOWSKA GRAŻYNA | 49 | LKS ZANTYR SZTUM | SZTUM | POL | K65-69 | 7 | K 48 | | | 00:23:44 | 00:50:10.85 | 10:02 | 6 |
| 8 | SADŁOS HELENA | 70 | LKS ZANTYR SZTUM | SZTUM | POL | K65-69 | 8 | K 49 | | | 00:23:49 | 00:50:11.50 | 10:02 | 6 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M65-69

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-----------------------|-----|--------------------------|--------------------|-----|--------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SANIUK EDWARD | 72 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M65-69 | 1 | M 2 | | | 00:17:05 | 00:34:30.20 | 6:54 | 8.7 |
| 2 | PILIMON KRZYSZTOF JAN | 113 | | GORZÓW WIEKOPOLSKI | | M65-69 | 2 | M 34 | | | 00:21:10 | 00:43:29.90 | 8:42 | 6.9 |
| 3 | KULCZYCKI JAN | 39 | | GDAŃSK | POL | M65-69 | 3 | M 41 | | | 00:23:05 | 00:46:39.70 | 9:20 | 6.4 |
| 4 | CYRA ZBIGNIEW | 8 | NW ZIELONY DWÓR | SKOSZEWO | POL | M65-69 | 4 | M 46 | | | 00:26:36 | 00:55:09.85 | 11:02 | 5.4 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, K70+

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|-------------------------------|-----|-------------------------|-----------|-----|------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | KWIATKOWSKA JADWIGA | 43 | KS METRACO POLKOWICE | POLKOWICA | POL | K70+ | 1 | K 35 | | | 00:22:12 | 00:45:35.80 | 9:07 | 6.6 |
| 2 | OWCZAREK HENRYKA | 61 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K70+ | 2 | K 39 | | | 00:22:50 | 00:46:26.95 | 9:17 | 6.5 |
| 3 | PANKIEWICZ-DMOWSKA CECYLIA | 62 | | GOWINO | POL | K70+ | 3 | K 44 | | | 00:23:29 | 00:48:02.50 | 9:36 | 6.2 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM, M70+

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|-----|------------------|-----|--|-----------|-----|------|---------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SZYMAŃSKI STEFAN | 84 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH | KIEŻLINY | POL | M70+ | 1 | M 9 | 1 | | 00:17:23 | 00:36:12.30 | 7:14 | 8.3 |
| 2 | TOMCZYK EDWARD | 87 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | M70+ | 2 | M 12 | | | 00:17:47 | 00:36:59.20 | 7:23 | 8.1 |
| 3 | ŁOPIŃSKI ALEKSY | 48 | SEALIN TEAM FERAJNA PIŁA | PIŁA | POL | M70+ | 3 | M 23 | | | 00:19:27 | 00:39:18.50 | 7:51 | 7.6 |
| 4 | PIĄTKOWSKI JÓZEF | 64 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 4 | M 33 | | | 00:20:23 | 00:42:17.65 | 8:27 | 7.1 |
| 5 | WALCZAK HENRYK | 91 | OCTOPUS SUCHY LAS | POZNAŃ | POL | M70+ | 5 | M 43 | | | 00:23:49 | 00:48:14.45 | 9:38 | 6.2 |