

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM

Organizator: Polska Federacja Nordic Walking
 Data: 2018-06-17
 Miejsce: Czaplinek
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------|-----|---------------------------------|-------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | NAKONIECZNY GRZEGORZ | 171 | | | | M40-49 | 1 | M 1 | | | 00:16:45 | 00:34:01 | 00:51:27 | 01:09:12.95 | 6:55 | 8.7 |
| 2 | NACZK LEONARD | 152 | DYNAMIC | ŁĘBORK | POL | M40-49 | 2 | M 2 | | | 00:16:48 | 00:34:05 | 00:51:45 | 01:09:32.05 | 6:57 | 8.6 |
| 3 | ROMANOWICZ PIOTR | 155 | RUNGRYF GRZYFICE | PRUSIM | POL | M40-49 | 3 | M 3 | | | 00:16:50 | 00:34:26 | 00:52:45 | 01:11:12.80 | 7:07 | 8.4 |
| 4 | KUŚMIEREK JAN | 147 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M40-49 | 4 | M 4 | | | 00:17:34 | 00:35:34 | 00:53:38 | 01:11:48.55 | 7:10 | 8.4 |
| 5 | ŚWISŁOCKI BOGDAN | 161 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 1 | M 5 | | | 00:17:28 | 00:36:01 | 00:54:43 | 01:12:51.65 | 7:17 | 8.2 |
| 6 | KĄŻMIERCZAK NORBERT | 144 | TUPTUP TEAM | STARGARD | POL | M40-49 | 5 | M 6 | | | 00:17:59 | 00:36:44 | 00:55:11 | 01:13:24.90 | 7:20 | 8.2 |
| 7 | ŚWIDEREK LUDWIK | 160 | IMPERIAL | BIAŁOGARD | POL | M50-59 | 2 | M 7 | | | 00:17:18 | 00:35:53 | 00:54:49 | 01:13:37.25 | 7:21 | 8.2 |
| 8 | CZEKAJŁO FRANCISZEK | 137 | REMI | DREZDENKO | POL | M60-69 | 1 | M 8 | | | 00:17:38 | 00:36:23 | 00:55:31 | 01:15:05.70 | 7:30 | 8 |
| 9 | FOLWARSKI ANDRZEJ | 141 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | 3 | M 9 | | | 00:18:07 | 00:37:03 | 00:56:25 | 01:15:18.60 | 7:31 | 8 |
| 10 | STOPA JOANNA | 157 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K18-29 | 1 | K 1 | | | 00:18:43 | 00:38:01 | 00:57:32 | 01:16:16.10 | 7:37 | 7.9 |
| 11 | BUJNICKI MARCIN | 133 | NORDIC WALKING PASŁĘK | PASŁĘK | POL | M40-49 | 6 | M 10 | | | 00:18:23 | 00:37:37 | 00:57:18 | 01:16:44.25 | 7:40 | 7.8 |
| 12 | PALIWODA KASIA | 170 | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIERZYN | POL | K40-49 | 1 | K 2 | | | 00:18:30 | 00:37:43 | 00:57:13 | 01:16:45.70 | 7:40 | 7.8 |
| 13 | PAŁUBICKI MARCIN | 153 | SPORTOWA PACZKA | SZCZECINEK | POL | M40-49 | 7 | M 11 | | | 00:19:27 | 00:38:37 | 00:57:46 | 01:17:01.30 | 7:42 | 7.8 |
| 14 | KĘPA ANDRZEJ | 145 | FACE NORDIC WALKING TEAM | KOSZALIN | POL | M60-69 | 2 | M 12 | | | 00:18:37 | 00:38:11 | 00:57:56 | 01:17:38.80 | 7:45 | 7.7 |
| 15 | ŻAMOJCIN MAREK | 167 | NORDIC CLUB SZCZECIN | SZCZECIN | POL | M50-59 | 4 | M 13 | | | 00:18:43 | 00:38:32 | 00:58:33 | 01:18:20.00 | 7:50 | 7.7 |
| 16 | STAWNIAK KAROL | 176 | KS METRACO POLKOWICE | ŻNIN | POL | M70+ | 1 | M 14 | 1 | | 00:19:02 | 00:38:42 | 00:58:44 | 01:18:32.20 | 7:51 | 7.6 |
| 17 | KOŁPAK JAN | 146 | LKS ZANTYR SZTUM | SZTUM | POL | M70+ | 2 | M 15 | | | 00:19:04 | 00:38:44 | 00:58:44 | 01:18:34.20 | 7:51 | 7.6 |
| 18 | LITWINCZUK ROBERT | 148 | | BORNE SULINOWO | POL | M40-49 | 8 | M 16 | | | 00:18:34 | 00:38:25 | 00:58:34 | 01:18:52.65 | 7:53 | 7.6 |
| 19 | ZIELIŃSKA JOLANTA | 166 | GOSIR OSIELSKO | OSIELSKO | POL | K50-59 | 1 | K 3 | | | 00:18:17 | 00:37:56 | 00:58:28 | 01:19:05.70 | 7:54 | 7.6 |
| 20 | CZAJKA URSZULA | 136 | FACE NORDIC WALKING TEAM | RUMIA | POL | K60-69 | 1 | K 4 | | | 00:18:52 | 00:38:40 | 00:59:08 | 01:20:14.00 | 8:01 | 7.5 |
| 21 | LENER SŁAWOMIR | 175 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | M60-69 | 3 | M 17 | | | 00:18:37 | 00:38:43 | 00:59:52 | 01:20:53.30 | 8:05 | 7.4 |
| 22 | ZWOLENKIEWICZ JOANNA | 169 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 2 | K 5 | | | 00:19:07 | 00:39:26 | 01:00:42 | 01:21:51.00 | 8:11 | 7.3 |
| 23 | MAJEWSKA LIDIA EWA | 150 | | STAROGARD ŁOBESKI | POL | K50-59 | 2 | K 6 | | | 00:19:35 | 00:40:29 | 01:01:26 | 01:22:33.90 | 8:15 | 7.3 |
| 24 | DUSZA ANNA | 172 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K40-49 | 3 | K 7 | | | 00:19:07 | 00:40:22 | 01:01:46 | 01:22:50.20 | 8:17 | 7.2 |
| 25 | GOLUS URSZULA | 173 | | SZCZECIN | POL | K60-69 | 2 | K 8 | | | 00:19:24 | 00:40:31 | 01:01:47 | 01:22:52.95 | 8:17 | 7.2 |
| 26 | MALKIEWICZ MAŁGORZATA | 151 | ŻYJ AKTYWNI | WIERSZYNO | POL | K50-59 | 3 | K 9 | | | 00:20:21 | 00:41:17 | 01:02:31 | 01:23:03.20 | 8:18 | 7.2 |
| 27 | WOJTCZAK URSZULA | 164 | CZAPELKI | CZAPLINEK | POL | K30-39 | 1 | K 10 | | | 00:20:16 | 00:41:31 | 01:02:47 | 01:23:07.70 | 8:18 | 7.2 |
| 28 | JURCZYSZYN ZYTA | 142 | CZAPELKI | CZAPLINEK | POL | K40-49 | 4 | K 11 | | | 00:20:33 | 00:41:28 | 01:02:46 | 01:23:09.40 | 8:18 | 7.2 |
| 29 | FARON MONIKA | 139 | ELITE TEAM | GDYNIA | POL | K30-39 | 2 | K 12 | | | 00:19:59 | 00:41:07 | 01:02:36 | 01:24:32.75 | 8:27 | 7.1 |
| 30 | CHOLEWKA JOLANTA | 135 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K60-69 | 3 | K 13 | | | 00:20:21 | 00:41:38 | 01:03:25 | 01:25:25.00 | 8:32 | 7 |
| 31 | TURZYŃSKA - STOPA MARIA | 163 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K60-69 | 4 | K 14 | | | 00:20:30 | 00:41:59 | 01:04:02 | 01:26:34.65 | 8:39 | 6.9 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------|-----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 32 | GOLUS LECH | 174 | | SZCZECIN | | M60-69 | 4 | M 18 | | | 00:21:24 | 00:43:37 | 01:05:30 | 01:27:12.60 | 8:43 | 6.9 |
| 33 | FOLWARSKA MAŁGORZATA | 140 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | K60-69 | 5 | K 15 | | | 00:20:43 | 00:42:12 | 01:04:46 | 01:27:24.40 | 8:44 | 6.9 |
| 34 | POSTEK DANUTA | 154 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 4 | K 16 | | | 00:21:28 | 00:43:39 | 01:05:52 | 01:27:47.15 | 8:46 | 6.8 |
| 35 | ŁOZIŃSKA WIOLETTA | 149 | | POŁCZYN-ZDRÓJ | POL | K50-59 | 5 | K 17 | | | 00:20:16 | 00:42:43 | 01:05:56 | 01:28:29.45 | 8:51 | 6.8 |
| 36 | BIELECKA MONIKA | 131 | TUPTUP TEAM | STARGARD | POL | K40-49 | 5 | K 18 | | | 00:21:55 | 00:44:33 | 01:07:22 | 01:29:52.30 | 8:59 | 6.7 |
| 37 | ŻAMOJCIN MAŁGORZATA | 168 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | 6 | K 19 | | | 00:21:11 | 00:43:13 | 01:06:20 | 01:29:53.65 | 8:59 | 6.7 |
| 38 | SYNAK LESZEK | 158 | | KOŚCIERZYNA | POL | M50-59 | 5 | M 19 | | | 00:20:33 | 00:43:27 | 01:06:17 | 01:29:59.55 | 8:59 | 6.7 |
| 39 | CEBEREK-PŁOTCZYK MARCELINA | 134 | | SZCZECIN | POL | K60-69 | 6 | K 20 | | | 00:21:33 | 00:43:56 | 01:07:21 | 01:30:13.55 | 9:01 | 6.6 |
| 40 | KARASIEWICZ IWONA | 143 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 3 | K 21 | | | 00:22:52 | 00:46:14 | 01:09:36 | 01:33:04.95 | 9:18 | 6.4 |
| 41 | DOBROWOLSKA DOROTA | 138 | ALS SZCZECIN | SZCZECIN | POL | K50-59 | 7 | K 22 | | | 00:21:48 | 00:45:20 | 01:09:35 | 01:34:00.15 | 9:24 | 6.4 |
| 42 | SYNAK JOANNA | 159 | | GDAŃSK | POL | K18-29 | 2 | K 23 | | | 00:22:47 | 00:46:42 | 01:10:45 | 01:34:18.35 | 9:25 | 6.4 |
| 43 | | 187 | | | | | | 1 | | | | | | | | |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|-----------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | STOPA JOANNA | 157 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K18-29 | 1 | K 1 | | | 00:18:43 | 00:38:01 | 00:57:32 | 01:16:16.10 | 7:37 | 7.9 |
| 2 | SYNAK JOANNA | 159 | | GDAŃSK | POL | K18-29 | 2 | K 23 | | | 00:22:47 | 00:46:42 | 01:10:45 | 01:34:18.35 | 9:25 | 6.4 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------|-----|--------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | WOJTCAK URSZULA | 164 | CZAPELKI | CZAPLINEK | POL | K30-39 | 1 | K 10 | | | 00:20:16 | 00:41:31 | 01:02:47 | 01:23:07.70 | 8:18 | 7.2 |
| 2 | FARON MONIKA | 139 | ELITE TEAM | GDYNIA | POL | K30-39 | 2 | K 12 | | | 00:19:59 | 00:41:07 | 01:02:36 | 01:24:32.75 | 8:27 | 7.1 |
| 3 | KARASIEWICZ IWONA | 143 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | 3 | K 21 | | | 00:22:52 | 00:46:14 | 01:09:36 | 01:33:04.95 | 9:18 | 6.4 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|---------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | PALIWODA KASIA | 170 | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIERZYN | | K40-49 | 1 | K 2 | | | 00:18:30 | 00:37:43 | 00:57:13 | 01:16:45.70 | 7:40 | 7.8 |
| 2 | ZWOLENKIEWICZ JOANNA | 169 | KS SOKÓŁ GAŚAWA | GAŚAWA | | K40-49 | 2 | K 5 | | | 00:19:07 | 00:39:26 | 01:00:42 | 01:21:51.00 | 8:11 | 7.3 |
| 3 | DUSZA ANNA | 172 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | | K40-49 | 3 | K 7 | | | 00:19:07 | 00:40:22 | 01:01:46 | 01:22:50.20 | 8:17 | 7.2 |
| 4 | JURCZYSZYN ZYTA | 142 | CZAPELKI | CZAPLINEK | POL | K40-49 | 4 | K 11 | | | 00:20:33 | 00:41:28 | 01:02:46 | 01:23:09.40 | 8:18 | 7.2 |
| 5 | BIELECKA MONIKA | 131 | TUPTUP TEAM | STARGARD | POL | K40-49 | 5 | K 18 | | | 00:21:55 | 00:44:33 | 01:07:22 | 01:29:52.30 | 8:59 | 6.7 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|-----------------------|-----------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | NAKONIECZNY GRZEGORZ | 171 | | | | M40-49 | 1 | M 1 | | | 00:16:45 | 00:34:01 | 00:51:27 | 01:09:12.95 | 6:55 | 8.7 |
| 2 | NACZK LEONARD | 152 | DYNAMIC | ŁĘBORK | POL | M40-49 | 2 | M 2 | | | 00:16:48 | 00:34:05 | 00:51:45 | 01:09:32.05 | 6:57 | 8.6 |
| 3 | ROMANOWICZ PIOTR | 155 | RUNGRYF GRYFICE | PRUSIM | POL | M40-49 | 3 | M 3 | | | 00:16:50 | 00:34:26 | 00:52:45 | 01:11:12.80 | 7:07 | 8.4 |
| 4 | KUŚMIEREK JAN | 147 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M40-49 | 4 | M 4 | | | 00:17:34 | 00:35:34 | 00:53:38 | 01:11:48.55 | 7:10 | 8.4 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, M40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|-----------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 5 | KĄZMIERCZAK NORBERT | 144 | TUPTUP TEAM | STARGARD | POL | M40-49 | 5 | M 6 | | | 00:17:59 | 00:36:44 | 00:55:11 | 01:13:24.90 | 7:20 | 8.2 |
| 6 | BUJNICKI MARCIN | 133 | NORDIC WALKING PASŁĘK | PASŁĘK | POL | M40-49 | 6 | M 10 | | | 00:18:23 | 00:37:37 | 00:57:18 | 01:16:44.25 | 7:40 | 7.8 |
| 7 | PAŁUBICKI MARCIN | 153 | SPORTOWA PACZKA | SZCZECINEK | POL | M40-49 | 7 | M 11 | | | 00:19:27 | 00:38:37 | 00:57:46 | 01:17:01.30 | 7:42 | 7.8 |
| 8 | LITWIŃCZUK ROBERT | 148 | | BORNE SULINOWO | POL | M40-49 | 8 | M 16 | | | 00:18:34 | 00:38:25 | 00:58:34 | 01:18:52.65 | 7:53 | 7.6 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------|-------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | ZIELIŃSKA JOLANTA | 166 | GOSIR OSIELSKO | OSIELSKO | POL | K50-59 | 1 | K 3 | | | 00:18:17 | 00:37:56 | 00:58:28 | 01:19:05.70 | 7:54 | 7.6 |
| 2 | MAJEWSKA LIDIA EWA | 150 | | STAROGARD ŁOBESKI | POL | K50-59 | 2 | K 6 | | | 00:19:35 | 00:40:29 | 01:01:26 | 01:22:33.90 | 8:15 | 7.3 |
| 3 | MALKIEWICZ MAŁGORZATA | 151 | ŻYJ AKTYWNI | WIERSZYNO | POL | K50-59 | 3 | K 9 | | | 00:20:21 | 00:41:17 | 01:02:31 | 01:23:03.20 | 8:18 | 7.2 |
| 4 | POSTEK DANUTA | 154 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K50-59 | 4 | K 16 | | | 00:21:28 | 00:43:39 | 01:05:52 | 01:27:47.15 | 8:46 | 6.8 |
| 5 | ŁOZIŃSKA WIOLETTA | 149 | | POŁCZYN-ZDRÓJ | POL | K50-59 | 5 | K 17 | | | 00:20:16 | 00:42:43 | 01:05:56 | 01:28:29.45 | 8:51 | 6.8 |
| 6 | ŻAMOJCIN MAŁGORZATA | 168 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | 6 | K 19 | | | 00:21:11 | 00:43:13 | 01:06:20 | 01:29:53.65 | 8:59 | 6.7 |
| 7 | DOBROWOLSKA DOROTA | 138 | ALS SZCZECIN | SZCZECIN | POL | K50-59 | 7 | K 22 | | | 00:21:48 | 00:45:20 | 01:09:35 | 01:34:00.15 | 9:24 | 6.4 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------|-----|--------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | ŚWISŁOCKI BOGDAN | 161 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 1 | M 5 | | | 00:17:28 | 00:36:01 | 00:54:43 | 01:12:51.65 | 7:17 | 8.2 |
| 2 | ŚWIDEREK LUDWIK | 160 | IMPERIAL | BIAŁOGARD | POL | M50-59 | 2 | M 7 | | | 00:17:18 | 00:35:53 | 00:54:49 | 01:13:37.25 | 7:21 | 8.2 |
| 3 | FOLWARSKI ANDRZEJ | 141 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | 3 | M 9 | | | 00:18:07 | 00:37:03 | 00:56:25 | 01:15:18.60 | 7:31 | 8 |
| 4 | ŻAMOJCIN MAREK | 167 | NORDICLUB SZCZECIN | SZCZECIN | POL | M50-59 | 4 | M 13 | | | 00:18:43 | 00:38:32 | 00:58:33 | 01:18:20.00 | 7:50 | 7.7 |
| 5 | SYNAK LESZEK | 158 | | KOŚCIERZYNA | POL | M50-59 | 5 | M 19 | | | 00:20:33 | 00:43:27 | 01:06:17 | 01:29:59.55 | 8:59 | 6.7 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, K60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------|-----|--------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | CZAJKA URSZULA | 136 | FACE NORDIC WALKING TEAM | RUMIA | POL | K60-69 | 1 | K 4 | | | 00:18:52 | 00:38:40 | 00:59:08 | 01:20:14.00 | 8:01 | 7.5 |
| 2 | GOLUS URSZULA | 173 | | SZCZECIN | | K60-69 | 2 | K 8 | | | 00:19:24 | 00:40:31 | 01:01:47 | 01:22:52.95 | 8:17 | 7.2 |
| 3 | CHOLEWKA JOLANTA | 135 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K60-69 | 3 | K 13 | | | 00:20:21 | 00:41:38 | 01:03:25 | 01:25:25.00 | 8:32 | 7 |
| 4 | TURZYŃSKA - STOPA MARIA | 163 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K60-69 | 4 | K 14 | | | 00:20:30 | 00:41:59 | 01:04:02 | 01:26:34.65 | 8:39 | 6.9 |
| 5 | FOLWARSKA MAŁGORZATA | 140 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | K60-69 | 5 | K 15 | | | 00:20:43 | 00:42:12 | 01:04:46 | 01:27:24.40 | 8:44 | 6.9 |
| 6 | CEBEREK-PŁOTCZYK MARCELINA | 134 | | SZCZECIN | POL | K60-69 | 6 | K 20 | | | 00:21:33 | 00:43:56 | 01:07:21 | 01:30:13.55 | 9:01 | 6.6 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|---------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | CZEKAJŁO FRANCISZEK | 137 | REMI | DREZDENKO | POL | M60-69 | 1 | M 8 | | | 00:17:38 | 00:36:23 | 00:55:31 | 01:15:05.70 | 7:30 | 8 |
| 2 | KĘPA ANDRZEJ | 145 | FACE NORDIC WALKING TEAM | KOSZALIN | POL | M60-69 | 2 | M 12 | | | 00:18:37 | 00:38:11 | 00:57:56 | 01:17:38.80 | 7:45 | 7.7 |
| 3 | LENER SŁAWOMIR | 175 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | | M60-69 | 3 | M 17 | | | 00:18:37 | 00:38:43 | 00:59:52 | 01:20:53.30 | 8:05 | 7.4 |
| 4 | GOLUS LECH | 174 | | SZCZECIN | | M60-69 | 4 | M 18 | | | 00:21:24 | 00:43:37 | 01:05:30 | 01:27:12.60 | 8:43 | 6.9 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|----------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | STAWNIAK KAROL | 176 | KS METRACO POLKOWICE | ŻNIN | | M70+ | 1 | M 14 | 1 | | 00:19:02 | 00:38:42 | 00:58:44 | 01:18:32.20 | 7:51 | 7.6 |
| 2 | KOŁPAK JAN | 146 | LKS ZANTYR SZTUM | SZTUM | POL | M70+ | 2 | M 15 | | | 00:19:04 | 00:38:44 | 00:58:44 | 01:18:34.20 | 7:51 | 7.6 |

CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM,

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|------|-----------|------|------|--------|-----|-------------|--------------|-------|-----|-------|-------|--------|------|
| 1 | | 187 | | | | | | 1 | | | | | | | | |