

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 KM**

Organizator: Polska Federacja Nordic Walking  
 Data: 2018-07-07  
 Miejsce: Polanica  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.


**POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 KM, OPEN**

| M-ce | Nazwisko i imię             | Nr  | Klub  | M-scowość       | Kraj | Kat.                 | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|---|-----------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1    | BIŃCZYK DARIUSZ             | 15  | ZABIEGANI CZĘSTOCHOWA                         | CZĘSTOCHOWA     | POL  | M30-39               | 1      | M 1  |             |              | 00:15:41 | 00:31:53.75 | 6:22   | 9.4  |
| 2    | RAJEWSKI SEBASTIAN          | 132 | KS IDMAR RACING TEAM                          | PIŁA            | POL  | M45-49               | 1      | M 2  |             |              | 00:15:43 | 00:31:54.30 | 6:22   | 9.4  |
| 3    | TOPOLNICKI KONRAD           | 167 | CKZIU NYSA MECHANIK                           | NYSA            | POL  | M-JUN.               | 1      | M 3  |             |              | 00:16:10 | 00:32:12.40 | 6:26   | 9.3  |
| 4    | WOJTASIŃSKI DANIEL          | 187 | VIKING NORDIC TEAM CZĘSTOCHOWA                | CZĘSTOCHOWA     | POL  | M40-44               | 1      | M 4  |             |              | 00:15:51 | 00:32:14.20 | 6:26   | 9.3  |
| 5    | ROŻYNEK MIRON               | 138 | KS METRACO POLKOWICE                          | WROCŁAW         | POL  | M55-59               | 1      | M 5  |             |              | 00:16:05 | 00:32:38.75 | 6:31   | 9.2  |
| 6    | KUBIAK TOMASZ               | 417 | SALLER NORDIC WALKING TEAM                    | JELCZ-LASKOWICE | POL  | M40-44               | 2      | M 6  |             |              | 00:15:53 | 00:32:48.25 | 6:33   | 9.1  |
| 7    | DĘBSKI BARTŁOMIJ            | 29  | VIKING NORDIC TEAM CZĘSTOCHOWA                | CZĘSTOCHOWA     | POL  | M40-44               | 3      | M 7  |             |              | 00:16:16 | 00:32:53.90 | 6:34   | 9.1  |
| 8    | TOPOREK RAFAŁ               | 168 |   | PRZODKOWO       | POL  | M-NIEPEŁNOSPRAWNI(B) | 1      | M 8  |             |              | 00:16:25 | 00:33:22.75 | 6:40   | 9    |
| 9    | TRZCIŃSKI FRANCISZEK        | 169 | SPORT I REKREACJA START (CHEŁMNO)             | CHEŁMNO         | POL  | M50-54               | 1      | M 9  |             |              | 00:16:33 | 00:33:23.15 | 6:40   | 9    |
| 10   | SCHRÖDER KAROL              | 140 | SILESIA NORDIC TEAM                           | KATOWICE        | POL  | M40-44               | 4      | M 10 |             |              | 00:16:09 | 00:33:39.15 | 6:43   | 8.9  |
| 11   | BRZozowski PIOTR            | 249 | NORDIC WALKING POLAND / AKTYWNI POSTOMINO     | SŁAWNO          |      | M30-39               | 2      | M 11 |             |              | 00:16:16 | 00:33:42.90 | 6:44   | 8.9  |
| 12   | FRĄCKOWIAK ROMAN            | 38  | KS METRACO POLKOWICE                          | WIELEŃ          | POL  | M50-54               | 2      | M 12 |             |              | 00:16:55 | 00:33:58.05 | 6:47   | 8.8  |
| 13   | BREWKA JOACHIM              | 21  | UNIA MIAST                                    | LUBLINIEC       | POL  | M50-54               | 3      | M 13 |             |              | 00:16:54 | 00:34:08.05 | 6:49   | 8.8  |
| 14   | SANIUK EDWARD               | 139 | FACE NORDIC WALKING TEAM                      | GDAŃSK          | POL  | M65-69               | 1      | M 14 |             |              | 00:16:59 | 00:34:14.65 | 6:50   | 8.8  |
| 15   | SŁOMIAN LESZEK              | 142 | UNIA MIAST                                    | KATOWICE        | POL  | M55-59               | 2      | M 15 |             |              | 00:17:01 | 00:34:21.55 | 6:52   | 8.7  |
| 16   | BARTOSIEWICZ ŁUKASZ         | 9   | NWPL / LUKI TEAM                              | GDAŃSK          | POL  | M30-39               | 3      | M 16 |             |              | 00:16:49 | 00:34:25.45 | 6:53   | 8.7  |
| 17   | WIERZBIŃSKI PIOTR           | 181 | KLUBSPORTU.PL                                 | RZESZÓW         | POL  | M45-49               | 2      | M 17 | 1           |              | 00:17:18 | 00:34:33.80 | 6:54   | 8.7  |
| 18   | MANDZIUK MAREK              | 96  | NOWI SIEDLCE /NW Wschód                       | BIAŁA PODLASKA  | POL  | M45-49               | 3      | M 18 |             |              | 00:17:18 | 00:34:54.25 | 6:58   | 8.6  |
| 19   | ADAMUS MARIAN               | 2   | SILESIA NORDIC TEAM                           | BYTOM           | POL  | M65-69               | 2      | M 19 |             |              | 00:17:15 | 00:34:58.85 | 6:59   | 8.6  |
| 20   | UFEL MARCIN                 | 171 | MOSIR TKKF SATURN CZELADŹ                     | CZELADŹ         | POL  | M40-44               | 5      | M 20 |             |              | 00:17:18 | 00:35:14.70 | 7:02   | 8.5  |
| 21   | USS JOLA                    | 173 | NOWI SIEDLCE /NW Wschód                       | BIAŁA PODLASKA  | POL  | K55-59               | 1      | K 1  |             |              | 00:17:17 | 00:35:14.75 | 7:03   | 8.5  |
| 22   | SZYMAŃSKI STEFAN            | 160 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH | KIEŻLIŃNY       | POL  | M70+                 | 1      | M 21 |             |              | 00:17:09 | 00:35:20.60 | 7:04   | 8.5  |
| 23   | FRĄCKOWIAK MATEUSZ          | 39  | KS METRACO POLKOWICE                          | WIELEŃ          | POL  | M-JUN.               | 2      | M 22 | 1           |              | 00:17:03 | 00:35:29.00 | 7:05   | 8.5  |
| 24   | PRADUŃ MICHAŁ               | 126 | LUBELSKIE ZNORDZIC                            | LUBLIN          | POL  | M-NIEPEŁNOSPRAWNI(B) | 2      | M 23 |             |              | 00:17:30 | 00:35:40.40 | 7:08   | 8.4  |
| 25   | GAPIŃSKI LESZEK             | 42  | WESOŁY BORSUK TEAM                            | TRZEBINA        | POL  | M60-64               | 1      | M 24 |             |              | 00:17:32 | 00:35:41.10 | 7:08   | 8.4  |
| 26   | POLISZCZUK PIOTR            | 125 | PIERNIKI NA CHODZIE                           | TORUŃ           | POL  | M-NIEPEŁNOSPRAWNI(A) | 1      | M 25 |             |              | 00:17:27 | 00:35:42.30 | 7:08   | 8.4  |
| 27   | PIOTROWSKI MAREK            | 124 | GOGGLE PAE TEAM                               | WILKANÓW        | POL  | M55-59               | 3      | M 26 |             |              | 00:17:59 | 00:35:59.50 | 7:11   | 8.3  |
| 28   | ŁUKASZEWICZ JOANNA          | 224 | GREEN TEAM ZIELONA GÓRA                       | ZIELONA GÓRA    |      | K45-49               | 1      | K 2  |             |              | 00:17:55 | 00:35:59.55 | 7:12   | 8.3  |
| 29   | OKRZESIK-FRĄCKOWIAK IZABELA | 114 | KS METRACO POLKOWICE                          | WIELEŃ          | POL  | K50-54               | 1      | K 3  |             |              | 00:17:48 | 00:36:06.70 | 7:13   | 8.3  |
| 30   | HOLWEK JAROSŁAW             | 62  | ZDROWOPIJ.PL                                  | PABIANICE       | POL  | M50-54               | 4      | M 27 |             |              | 00:17:35 | 00:36:07.25 | 7:13   | 8.3  |
| 31   | SULIKOWSKA AGNIESZKA        | 149 | PASJA NORDIC WALKING                          | SIERADZ         | POL  | K30-39               | 1      | K 4  |             |              | 00:17:57 | 00:36:07.35 | 7:13   | 8.3  |
| 32   | PINTAK ARTUR                | 123 |   | KOLNOWICE       | POL  | M30-39               | 4      | M 28 |             |              | 00:17:28 | 00:36:08.85 | 7:13   | 8.3  |
| 33   | IDKOWIAK MAGDALENA          | 65  | KS IDMAR RACING TEAM                          | KROSINKO        | POL  | K40-44               | 1      | K 5  |             |              | 00:18:05 | 00:36:11.30 | 7:14   | 8.3  |
| 34   | PARTYKA TERESA              | 117 | WESOŁY BORSUK TEAM                            | BRZEG           | POL  | K55-59               | 2      | K 6  |             |              | 00:17:50 | 00:36:11.45 | 7:14   | 8.3  |
| 35   | KORYTOWSKA AGNIESZKA        | 77  |   | MŁAWA           | POL  | K30-39               | 2      | K 7  |             |              | 00:17:58 | 00:36:15.30 | 7:15   | 8.3  |
| 36   | SZYMANOWSKA ANNA            | 157 |   | LĘBORK          | POL  | K55-59               | 3      | K 8  |             |              | 00:17:50 | 00:36:19.40 | 7:15   | 8.3  |
| 37   | GODZIŃSKA DOROTA            | 48  | BAŻANT NWTEAM                                 | MILEJEWÓ        | POL  | K30-39               | 3      | K 9  |             |              | 00:17:57 | 00:36:20.00 | 7:16   | 8.3  |
| 38   | JÓŹWIAK MARIANNA            | 69  | SERCE NORDICA WŁOCŁAWEK                       | WŁOCŁAWEK       | POL  | K45-49               | 2      | K 10 |             |              | 00:17:52 | 00:36:21.95 | 7:16   | 8.2  |
| 39   | TOMCZYK EDWARD              | 166 | MARSZ PO ZDROWIE POZNAŃ                       | POZNAŃ          | POL  | M70+                 | 2      | M 29 |             |              | 00:17:36 | 00:36:22.10 | 7:16   | 8.2  |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 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    | Netto       | min/km | km/h |
|------|--------------------------|-----|--------------------------------|----------------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 40   | ROMAŃCZUK AGNIESZKA      | 137 | NOWI SIEDLCE                   | SIEDLCE              | POL  | K45-49               | 3      | K 11 |             |              | 00:18:04 | 00:36:25.50 | 7:17   | 8.2  |
| 41   | JUREK SZYMON             | 213 |                                | POLANICA-ZDRÓJ       |      | M-JUN.               | 3      | M 30 |             |              | 00:18:11 | 00:36:29.30 | 7:17   | 8.2  |
| 42   | MIKICIUK JAKUB           | 105 | NOWI SIEDLCE /NW WSCHÓD        | SIEDLCE              | POL  | M-JUN.               | 4      | M 31 |             |              | 00:17:53 | 00:36:29.60 | 7:18   | 8.2  |
| 43   | GARBACZEWSKI JAKUB       | 45  | SANTANDER CONSUMER BANK        | OLEŚNICA             | POL  | M-JUN.               | 5      | M 32 |             |              | 00:17:54 | 00:36:31.65 | 7:18   | 8.2  |
| 44   | DUSIEL EWA               | 33  | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | K50-54               | 2      | K 12 |             |              | 00:17:54 | 00:36:33.05 | 7:18   | 8.2  |
| 45   | KUBAT JANUSZ             | 87  | VIKING NORDIC TEAM CZĘSTOCHOWA | BOROWNO              | POL  | M45-49               | 4      | M 33 |             |              | 00:17:44 | 00:36:37.85 | 7:19   | 8.2  |
| 46   | KOLARSKA AGNIESZKA       | 74  | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | K30-39               | 4      | K 13 |             |              | 00:17:58 | 00:36:39.60 | 7:19   | 8.2  |
| 47   | MARCINKOWSKA AGNIESZKA   | 100 | UNIA MIAST                     | LUBLINIEC            | POL  | K-JUN.               | 1      | K 14 |             |              | 00:17:51 | 00:36:43.40 | 7:20   | 8.2  |
| 48   | UFEL MARCELINA           | 170 | MOSIR TKKF SATURN CZELADŹ      | CZELADŹ              | POL  | K-JUN.               | 2      | K 15 |             |              | 00:17:57 | 00:36:49.30 | 7:22   | 8.1  |
| 49   | DUDEK KAZIMIERZ          | 32  | NIEZRZESZONY                   | ŚWIERZAWA            | POL  | M70+                 | 3      | M 34 |             |              | 00:18:10 | 00:36:53.75 | 7:22   | 8.1  |
| 50   | GODZIŃSKI PAWEŁ          | 49  | BAZANT NWTEAM                  | MILEJEWÓ             | POL  | M30-39               | 5      | M 35 |             |              | 00:18:11 | 00:36:59.90 | 7:24   | 8.1  |
| 51   | GAŁĄZKA PAWEŁ            | 221 | MUSZKIETEROWIE                 | GNIEZNO              |      | M-NIEPEŁNOSPRAWNI(A) | 2      | M 36 |             |              | 00:18:19 | 00:37:02.65 | 7:24   | 8.1  |
| 52   | WROŃSKI WŁODZIMIERZ      | 193 | PASJA NORDIC WALKING           | WARSZAWA             | POL  | M65-69               | 3      | M 37 |             |              | 00:18:16 | 00:37:05.55 | 7:25   | 8.1  |
| 53   | WÓJCIK MIROSLAW          | 191 | SANTANDER CONSUMER BANK        | WROCŁAW              | POL  | M40-44               | 6      | M 38 |             |              | 00:18:25 | 00:37:06.25 | 7:25   | 8.1  |
| 54   | SZYMANOWSKI EUGENIUSZ    | 158 |                                | LĘBORK               | POL  | M60-64               | 2      | M 39 |             |              | 00:18:21 | 00:37:10.05 | 7:26   | 8.1  |
| 55   | GŁOMBICA EWA             | 46  | WESOŁY BORSUK TEAM             | BIAŁA                | POL  | K30-39               | 5      | K 16 |             |              | 00:18:16 | 00:37:14.65 | 7:27   | 8.1  |
| 56   | MANDZIUK MAGDALENA       | 97  | NOWI SIEDLCE /NW WSCHÓD        | BIAŁA PODLASKA       | POL  | K-JUN.               | 3      | K 17 |             |              | 00:18:20 | 00:37:18.50 | 7:27   | 8    |
| 57   | GAPIŃSKA JANINA          | 41  | WESOŁY BORSUK TEAM             | TRZEBINA             | POL  | K60-64               | 1      | K 18 |             |              | 00:18:39 | 00:37:26.10 | 7:29   | 8    |
| 58   | WARCZAŁSKA TERESA        | 178 | UNIA MIAST                     | KATOWICE             | POL  | K65-69               | 1      | K 19 |             |              | 00:18:40 | 00:37:34.25 | 7:30   | 8    |
| 59   | WILD EWA                 | 184 |                                | OŁAWA                | POL  | K40-44               | 2      | K 20 |             |              | 00:18:49 | 00:37:52.45 | 7:34   | 7.9  |
| 60   | JĘDRASZKO JACEK          | 68  |                                | ŚWIECIE              | POL  | M-DZIECI             | 1      | M 40 |             |              | 00:18:53 | 00:37:53.10 | 7:34   | 7.9  |
| 61   | KOWALCZYK EDYTA          | 79  | KS METRACO POLKOWICE           | WAŁBRZYCH            | POL  | K45-49               | 4      | K 21 |             |              | 00:18:48 | 00:37:56.15 | 7:35   | 7.9  |
| 62   | ZBYRYT HALINA            | 247 | AKTYWNA NOWA RUDA              | NOWA RUDA            |      | K45-49               | 5      | K 22 |             |              | 00:18:51 | 00:37:59.35 | 7:35   | 7.9  |
| 63   | MARCINKOWSKI JAKUB       | 101 | UNIA MIAST                     | LUBLINIEC            | POL  | M18-29               | 1      | M 41 |             |              | 00:18:39 | 00:38:00.70 | 7:36   | 7.9  |
| 64   | BERLIŃSKI DARIUSZ        | 210 | PASJA NW WARSZAWA              | WARSZAWA             |      | M50-54               | 5      | M 42 |             |              | 00:18:51 | 00:38:03.20 | 7:36   | 7.9  |
| 65   | GRYGOROWICZ BOGDAN       | 56  | KS METRACO POLKOWICE           | LUBIN                | POL  | M-NIEPEŁNOSPRAWNI(B) | 3      | M 43 |             |              | 00:18:39 | 00:38:09.05 | 7:37   | 7.9  |
| 66   | SOWA ANDRZEJ             | 144 | PARKRUN LUBIN                  | LUBIN 59-300         | POL  | M65-69               | 4      | M 44 |             |              | 00:18:48 | 00:38:12.40 | 7:38   | 7.8  |
| 67   | MANDZIUK ANNA            | 98  | NOWI SIEDLCE /NW WSCHÓD        | BIAŁA PODLASKA       | POL  | K18-29               | 1      | K 23 |             |              | 00:18:42 | 00:38:14.10 | 7:38   | 7.8  |
| 68   | GRUSZKA MICHAŁ           | 54  | UNIA MIAST                     | LUBLINIEC            | POL  | M40-44               | 7      | M 45 |             |              | 00:18:42 | 00:38:15.15 | 7:39   | 7.8  |
| 69   | WENEK MAJA               | 180 |                                | LĘBORK               | POL  | K-DZIECI             | 1      | K 24 |             |              | 00:18:49 | 00:38:25.15 | 7:41   | 7.8  |
| 70   | FIGURSKA DOMINIKA        | 36  | FACE NORDIC WALKING TEAM       | ŁÓDŹ                 | POL  | K18-29               | 2      | K 25 |             |              | 00:18:54 | 00:38:26.35 | 7:41   | 7.8  |
| 71   | KUPIBIDA BOGUSŁAWA       | 90  | SILESIA NORDIC TEAM            | KATOWICE             | POL  | K55-59               | 4      | K 26 |             |              | 00:18:57 | 00:38:28.70 | 7:41   | 7.8  |
| 72   | PIKSA KAZIMIERZ          | 230 | NW KRUSZYNA                    | BRZEG                |      | M65-69               | 5      | M 46 |             |              | 00:19:21 | 00:38:35.70 | 7:43   | 7.8  |
| 73   | KOZIARZ ROMAN            | 81  | STADION ŚLĄSKI                 | KATOWICE             | POL  | M55-59               | 4      | M 47 |             |              | 00:18:58 | 00:38:45.65 | 7:45   | 7.7  |
| 74   | BAJ STANISŁAW            | 5   | ŚCINAWSKA GRUPA NORDIC WALKING | ŚCINAWA              | POL  | M60-64               | 3      | M 48 |             |              | 00:19:01 | 00:38:47.05 | 7:45   | 7.7  |
| 75   | STOJANOWSKA DOROTA       | 147 | KS METRACO POLKOWICE           | DUSZNIKI-ZDRÓJ       | POL  | K45-49               | 6      | K 27 |             |              | 00:19:08 | 00:38:47.10 | 7:45   | 7.7  |
| 76   | GARBACZEWSKI MARIUSZ     | 44  | SANTANDER CONSUMER BANK        | OLEŚNICA             | POL  | M30-39               | 6      | M 49 |             |              | 00:19:21 | 00:38:47.75 | 7:45   | 7.7  |
| 77   | KORYTOWSKI JAKUB         | 78  |                                | MŁAWA                | POL  | M-DZIECI             | 2      | M 50 |             |              | 00:19:25 | 00:38:52.00 | 7:46   | 7.7  |
| 78   | KASZTELAN SASZA          | 222 |                                | POLANICA-ZDRÓJ       |      | M-JUN.               | 6      | M 51 |             |              | 00:19:20 | 00:38:52.75 | 7:46   | 7.7  |
| 79   | ZASOWSKI JAN             | 195 | GDAŃSKIE WODY AKTYWUJĄ         | GDAŃSK               | POL  | M-DZIECI             | 3      | M 52 | 1           |              | 00:19:28 | 00:38:56.90 | 7:47   | 7.7  |
| 80   | DROZD MARIA              | 229 | NW KRUSZYNA                    | KRUSZYNA             |      | K50-54               | 3      | K 28 |             |              | 00:19:22 | 00:38:58.25 | 7:47   | 7.7  |
| 81   | CZEMPIK KORNELIA         | 26  | UNIA MIAST                     | CHORZÓW              | POL  | K50-54               | 4      | K 29 |             |              | 00:19:12 | 00:39:05.25 | 7:49   | 7.7  |
| 82   | WILK TADEUSZ             | 185 | TKKF SATURN CZELADŹ            | SOSNOWIEC            | POL  | M-NIEPEŁNOSPRAWNI(A) | 3      | M 53 |             |              | 00:20:33 | 00:39:07.00 | 7:49   | 7.7  |
| 83   | SZYJKA IZABELA           | 290 | NORDIKI                        | KAMIENIEC WROCŁAWSKI | POL  | K30-39               | 6      | K 30 |             |              | 00:19:11 | 00:39:11.75 | 7:50   | 7.7  |
| 84   | PYKA ALEKSANDRA          | 223 | UNIA MIAST                     | LUBLINIEC            |      | K-DZIECI             | 2      | K 31 |             |              | 00:19:09 | 00:39:18.80 | 7:51   | 7.6  |
| 85   | WALCZAK GRZEGORZ         | 174 | OCTOPUS SUCHY LAS              | SUCHY LAS            | POL  | M45-49               | 5      | M 54 |             |              | 00:19:29 | 00:39:18.90 | 7:51   | 7.6  |
| 86   | RAPACZ MAGDALENA         | 134 |                                | KŁODZKO              | POL  | K30-39               | 7      | K 32 |             |              | 00:19:25 | 00:39:19.30 | 7:51   | 7.6  |
| 87   | CZMOCH MARIAN            | 27  | UKS JEDYNKA                    | ŁOSICE               | POL  | M65-69               | 6      | M 55 | 2           |              | 00:19:26 | 00:39:19.50 | 7:52   | 7.6  |
| 88   | MAJCHERCZYK KRZYSZTOF    | 297 | TKKF SATURN CZELADŹ            | SOSNOWIEC            | POL  | M65-69               | 7      | M 56 |             |              | 00:19:39 | 00:39:19.75 | 7:52   | 7.6  |
| 89   | SZNAJDER ZENON           | 153 | UNIA MIAST                     | RYBNIK               | POL  | M65-69               | 8      | M 57 |             |              | 00:19:27 | 00:39:20.35 | 7:52   | 7.6  |
| 90   | CHMIEL NATALIA           | 226 | NORDIC SCYZORYKI               | BILCZA               |      | K-JUN.               | 4      | K 33 |             |              | 00:19:30 | 00:39:20.85 | 7:52   | 7.6  |
| 91   | BARTOSIEWICZ WŁODZIMIERZ | 8   | FACE NORDIC WALKING TEAM       | GDAŃSK               | POL  | M60-64               | 4      | M 58 |             |              | 00:19:11 | 00:39:21.85 | 7:52   | 7.6  |
| 92   | WILD ARKADIUSZ           | 183 |                                | OŁAWA                | POL  | M50-54               | 6      | M 59 |             |              | 00:19:21 | 00:39:29.15 | 7:53   | 7.6  |
| 93   | GOLENIA ANGELIKA         | 50  | DOBRA - GRUPA NORDIC WALKING   | DOBRA                | POL  | K18-29               | 3      | K 34 |             |              | 00:19:21 | 00:39:31.50 | 7:54   | 7.6  |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 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    | Netto       | min/km | km/h |
|------|------------------------|-----|--------------------------------|-----------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 94   | SZEMBERSKI PAWEŁ       | 151 | KLUBSPORTU.PL                  | RZESZÓW         | POL  | M40-44               | 8      | M 60 |             |              | 00:19:21 | 00:39:41.10 | 7:56   | 7.6  |
| 95   | SULECKA GABRIELA       | 148 |                                | ŚWIECIE         | POL  | K-NIEPEŁNOSPRAWNI(A) | 1      | K 35 |             |              | 00:19:48 | 00:39:42.35 | 7:56   | 7.6  |
| 96   | SZENDZIELORZ ILONA     | 152 | STADION ŚLĄSKI                 | RUDA ŚLĄSKA     | POL  | K60-64               | 2      | K 36 |             |              | 00:19:44 | 00:39:45.00 | 7:57   | 7.5  |
| 97   | BISKUPSKI TADEUSZ      | 232 |                                | POLANICA-ZDRÓJ  |      | M60-64               | 5      | M 61 |             |              | 00:19:55 | 00:39:45.10 | 7:57   | 7.5  |
| 98   | NOGA BOLESŁAW          | 111 | ZESPÓŁ NIESPOKOJNYCH NÓG       | ŻÓRAWINA        | POL  | M60-64               | 6      | M 62 |             |              | 00:19:56 | 00:39:47.35 | 7:57   | 7.5  |
| 99   | PIĄTKOWSKI JÓZEF       | 120 | KS METRACO POLKOWICE           | POLKOWICE       | POL  | M70+                 | 4      | M 63 | 1           |              | 00:19:43 | 00:39:48.25 | 7:57   | 7.5  |
| 100  | NIECHWIEJCZYK KINGA    | 110 | UNIA MIAST                     | ŚWIĘTOCHŁOWICE  | POL  | K-JUN.               | 5      | K 37 |             |              | 00:19:30 | 00:39:55.20 | 7:59   | 7.5  |
| 101  | SOBCZYK RAFAŁ          | 143 | KLUBSPORTU.PL                  | RZESZÓW         | POL  | M45-49               | 6      | M 64 |             |              | 00:19:56 | 00:40:03.30 | 8:00   | 7.5  |
| 102  | PARADOWSKI JAKUB       | 220 |                                | POLANICA-ZDRÓJ  |      | M-DZIECI             | 4      | M 65 |             |              | 00:20:31 | 00:40:04.00 | 8:00   | 7.5  |
| 103  | PIEKŁO ROBERT          | 121 | NIEZRZESZONY                   | STARA ŁOMNICA   | POL  | M45-49               | 7      | M 66 |             |              | 00:19:59 | 00:40:06.10 | 8:01   | 7.5  |
| 104  | BUJNICKA MAGDALENA     | 22  | NORDIC WALKING PASŁĘK          | PASŁĘK          | POL  | K-DZIECI             | 3      | K 38 |             |              | 00:19:53 | 00:40:15.75 | 8:03   | 7.5  |
| 105  | GODZIŃSKA PAULINA      | 47  | BAZANT NWTEAM                  | MILEJEWÓ        | POL  | K-DZIECI             | 4      | K 39 |             |              | 00:19:58 | 00:40:17.20 | 8:03   | 7.4  |
| 106  | SIENKIEWICZ EWELINA    | 141 | AEROGIRLS                      | OLEŚNICA        | POL  | K30-39               | 8      | K 40 |             |              | 00:19:52 | 00:40:21.70 | 8:04   | 7.4  |
| 107  | ORŁOWSKI GRZEGORZ      | 235 |                                | POLANICA-ZDRÓJ  |      | M50-54               | 7      | M 67 |             |              | 00:20:10 | 00:40:22.35 | 8:04   | 7.4  |
| 108  | ADAMOWICZ ANDRZEJ      | 1   |                                | ŁÓDŹ            | POL  | M70+                 | 5      | M 68 |             |              | 00:19:52 | 00:40:22.75 | 8:04   | 7.4  |
| 109  | CZARNIK STANISŁAW      | 201 | ZWIĄZEK EMERYTÓW               | POLANICA-ZDRÓJ  |      | M65-69               | 9      | M 69 |             |              | 00:19:43 | 00:40:24.90 | 8:05   | 7.4  |
| 110  | DĄBROWSKI ANDRZEJ      | 28  | MARSZ PO ZDROWIE POZNAŃ        | DĘBLIN          | POL  | M65-69               | 10     | M 70 |             |              | 00:19:46 | 00:40:28.30 | 8:05   | 7.4  |
| 111  | GOŁOP JAKUB            | 396 |                                | SZCZYTNIA       |      | M-DZIECI             | 5      | M 71 |             |              | 00:19:24 | 00:40:30.80 | 8:06   | 7.4  |
| 112  | GÓRECKA IWONA          | 51  | UNIA MIAST                     | ŚWIĘTOCHŁOWICE  | POL  | K50-54               | 5      | K 41 |             |              | 00:20:02 | 00:40:31.70 | 8:06   | 7.4  |
| 113  | JURCZYŃSKA BOŻENA      | 70  | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA     | POL  | K55-59               | 5      | K 42 |             |              | 00:20:06 | 00:40:38.50 | 8:07   | 7.4  |
| 114  | BIEGAJŁO MAŁGORZATA    | 12  | ZDROWOJ.PŁ                     | PABIANICE       | POL  | K50-54               | 6      | K 43 |             |              | 00:20:25 | 00:40:40.95 | 8:08   | 7.4  |
| 115  | GRYGOROWICZ TERESA     | 55  | KS METRACO POLKOWICE           | LUBIN           | POL  | K65-69               | 2      | K 44 |             |              | 00:20:05 | 00:40:42.40 | 8:08   | 7.4  |
| 116  | PUZICHOWSKA MAŁGORZATA | 131 | NORDIKI                        | JELCZ-LASKOWICE | POL  | K55-59               | 6      | K 45 |             |              | 00:20:07 | 00:40:44.25 | 8:08   | 7.4  |
| 117  | SZYMKÓW WOJCIECH       | 162 | DOBRA - GRUPA NORDIC WALKING   | DOBRA           | POL  | M18-29               | 2      | M 72 |             |              | 00:20:35 | 00:40:44.95 | 8:09   | 7.4  |
| 118  | ANGIELCZYK MAŁGORZATA  | 3   | MARSZ PO ZDROWIE POZNAŃ        | POZNAŃ          | POL  | K65-69               | 3      | K 46 |             |              | 00:20:19 | 00:40:45.65 | 8:09   | 7.4  |
| 119  | MAJCHERCZYK WACŁAW     | 298 | TKKF SATURN CZELADŹ            | CZELADŹ         | POL  | M70+                 | 6      | M 73 |             |              | 00:20:06 | 00:40:47.40 | 8:09   | 7.4  |
| 120  | CZERWIŃSKI ARKADIUSZ   | 266 | SANTANDER CONSUMER BANK        | WROCŁAW         | POL  | M30-39               | 7      | M 74 |             |              | 00:19:50 | 00:40:54.25 | 8:10   | 7.3  |
| 121  | SYPEK MAŁGORZATA       | 219 |                                | POLANICA-ZDRÓJ  |      | K40-44               | 3      | K 47 |             |              | 00:20:10 | 00:40:55.95 | 8:11   | 7.3  |
| 122  | HISZPAŃSKA KATARZYNA   | 61  | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA     | POL  | K18-29               | 4      | K 48 |             |              | 00:20:12 | 00:41:06.30 | 8:13   | 7.3  |
| 123  | GUZIOR AGNIESZKA       | 57  | KLUBSPORTU.PL                  | RZESZÓW         | POL  | K40-44               | 4      | K 49 |             |              | 00:20:17 | 00:41:13.85 | 8:14   | 7.3  |
| 124  | BAL AGNIESZKA          | 6   | KABEX PODKOWA JANÓW            | JANÓW           | POL  | K30-39               | 9      | K 50 |             |              | 00:20:07 | 00:41:14.00 | 8:14   | 7.3  |
| 125  | WIESZOŁEK EWELINA      | 182 | UNIA MIAST                     | IZBICKO         | POL  | K30-39               | 10     | K 51 |             |              | 00:20:18 | 00:41:15.40 | 8:15   | 7.3  |
| 126  | GÓRSKI HENRYK          | 52  | OUTW OLEŚNICA                  | OLEŚNICA        | POL  | M70+                 | 7      | M 75 | 1           |              | 00:20:32 | 00:41:21.75 | 8:16   | 7.3  |
| 127  | KRZYŚCIN MAJA          | 248 | SANTANDER CONSUMER BANK        |                 |      | K-DZIECI             | 5      | K 52 |             |              | 00:20:21 | 00:41:25.55 | 8:17   | 7.2  |
| 128  | KOZIARZ JADWIGA        | 82  | STADION ŚLĄSKI                 | KATOWICE        | POL  | K55-59               | 7      | K 53 |             |              | 00:20:22 | 00:41:29.20 | 8:17   | 7.2  |
| 129  | HOŁDA JOLANTA          | 64  | KUBISIA TEAM OLEŚNICA KTO      | OLEŚNICA        | POL  | K60-64               | 3      | K 54 |             |              | 00:20:31 | 00:41:29.35 | 8:18   | 7.2  |
| 130  | JASIK BEATA            | 67  |                                | ŁĄCZNIK         | POL  | K30-39               | 11     | K 55 |             |              | 00:21:03 | 00:41:36.20 | 8:19   | 7.2  |
| 131  | KOŁPAK IRENA           | 76  | LKS ZANTYR SZTUM               | SZTUM           | POL  | K65-69               | 4      | K 56 |             |              | 00:20:41 | 00:41:52.95 | 8:22   | 7.2  |
| 132  | NOWAK EWA              | 112 | STADION ŚLĄSKI                 | CZĘSTOCHOWA     | POL  | K50-54               | 7      | K 57 |             |              | 00:20:38 | 00:41:58.50 | 8:23   | 7.1  |
| 133  | DRAUS CZESŁAWA         | 30  | KLUBSPORTU.PL                  | RZESZÓW         | POL  | K55-59               | 8      | K 58 |             |              | 00:20:56 | 00:42:16.25 | 8:27   | 7.1  |
| 134  | GOLENIA REINHOLD       | 208 |                                | DOBRA           |      | M60-64               | 7      | M 76 |             |              | 00:21:03 | 00:42:21.85 | 8:28   | 7.1  |
| 135  | ZIELIŃSKI JACEK        | 197 | GDAŃSKIE WODY AKTYWUJĄ         | GDAŃSK          | POL  | M60-64               | 8      | M 77 |             |              | 00:21:04 | 00:42:23.10 | 8:28   | 7.1  |
| 136  | SZEMBERSKA MAŁGORZATA  | 150 | KLUBSPORTU.PL                  | RZESZÓW         | POL  | K40-44               | 5      | K 59 |             |              | 00:20:57 | 00:42:25.95 | 8:29   | 7.1  |
| 137  | HANUS JOANNA           | 58  | KS METRACO POLKOWICE           | KROSNO          | POL  | K-NIEPEŁNOSPRAWNI(B) | 1      | K 60 |             |              | 00:21:14 | 00:42:26.45 | 8:29   | 7.1  |
| 138  | MARCINKOWSKA JOANNA    | 250 | NORDIKI                        | JESZKOWICE      |      | K18-29               | 5      | K 61 |             |              | 00:20:49 | 00:42:27.30 | 8:29   | 7.1  |
| 139  | SZWED MAŁGORZATA       | 156 |                                | DĄBROWA         | POL  | K40-44               | 6      | K 62 |             |              | 00:20:57 | 00:42:35.20 | 8:31   | 7    |
| 140  | SZYMAŃSKI MIROSLAW     | 161 | SANTANDER CONSUMER BANK        | WROCŁAW         | POL  | M45-49               | 8      | M 78 |             |              | 00:20:44 | 00:42:35.60 | 8:31   | 7    |
| 141  | BIEGAJŁO PIOTR         | 13  | ZDROWOJ.PŁ                     | PABIANICE       | POL  | M50-54               | 8      | M 79 |             |              | 00:20:55 | 00:42:36.05 | 8:31   | 7    |
| 142  | CHMIEL BEATA           | 225 | NORDIC SCYZORYKI               | BILCZA          |      | K45-49               | 7      | K 63 |             |              | 00:20:53 | 00:42:36.35 | 8:31   | 7    |
| 143  | MAKUCHOWSKA HANNA      | 211 |                                | POLANICA-ZDRÓJ  |      | K-DZIECI             | 6      | K 64 |             |              | 00:20:52 | 00:42:43.90 | 8:32   | 7    |
| 144  | MILKOWSKI MARIUSZ      | 107 |                                | GDYNIA          | POL  | M-NIEPEŁNOSPRAWNI(A) | 4      | M 80 |             |              | 00:21:22 | 00:42:45.50 | 8:33   | 7    |
| 145  | GOLENIA IRMGARDA       | 209 |                                | DOBRA           |      | K60-64               | 4      | K 65 |             |              | 00:21:17 | 00:42:49.15 | 8:33   | 7    |
| 146  | REMISZEWSKI ADAM       | 135 | OUTW OLEŚNICA                  | OLEŚNICA        | POL  | M70+                 | 8      | M 81 |             |              | 00:20:52 | 00:42:51.80 | 8:34   | 7    |
| 147  | KAPECKI KAZIMIERZ      | 198 | ZWIĄZEK EMERYTÓW               | POLANICA-ZDRÓJ  |      | M70+                 | 9      | M 82 |             |              | 00:21:26 | 00:42:54.75 | 8:35   | 7    |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 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    | Netto       | min/km | km/h |
|------|----------------------------|-----|--|-------------------|------|----------------------|--------|-------|-------------|--------------|----------|-------------|--------|------|
| 148  | BACH ANNA                  | 215 |  | GDYNIA            |      | K40-44               | 7      | K 66  |             |              | 00:21:19 | 00:42:54.85 | 8:35   | 7    |
| 149  | WÓJCIK HENRYK              | 190 | OUTW OLEŚNICA                                | OLEŚNICA          | POL  | M70+                 | 10     | M 83  |             |              | 00:21:27 | 00:42:56.15 | 8:35   | 7    |
| 150  | WOJDA ANGELIKA             | 186 | CKZIU NYSA MECHANIK                          | NYSA              | POL  | K18-29               | 6      | K 67  |             |              | 00:20:29 | 00:42:56.30 | 8:35   | 7    |
| 151  | RACZYŃSKA ALEKSANDRA       | 227 | UNIA MIAST                                   | CHORZÓW           |      | K70+                 | 1      | K 68  |             |              | 00:21:15 | 00:42:59.20 | 8:35   | 7    |
| 152  | MIKOŁAJCZYK ARKADIUSZ      | 106 |  | WAŁBRZYCH         | POL  | M50-54               | 9      | M 84  |             |              | 00:21:24 | 00:43:29.80 | 8:42   | 6.9  |
| 153  | ŚLUSARCZYK KAROLINA        | 164 | WESOŁY BORSUK TEAM                           | PRUDNIK           | POL  | K-JUN.               | 6      | K 69  |             |              | 00:20:44 | 00:43:33.80 | 8:42   | 6.9  |
| 154  | ZGRZEBNICKA AGNIESZKA      | 196 |  | POLKOWICE         | POL  | K45-49               | 8      | K 70  |             |              | 00:21:34 | 00:43:34.65 | 8:43   | 6.9  |
| 155  | SZNAJDER TERESA            | 154 | UNIA MIAST                                   | RYBNIK            | POL  | K60-64               | 5      | K 71  |             |              | 00:21:30 | 00:43:35.45 | 8:43   | 6.9  |
| 156  | SZYMAŃSKA LUCYNA           | 159 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DWITACH | KIEŻLINY          | POL  | K-NIEPEŁNOSPRAWNI(A) | 2      | K 72  |             |              | 00:21:18 | 00:43:37.65 | 8:43   | 6.9  |
| 157  | HARTMAN JADWIGA            | 202 | ZWIĄZEK EMERYTÓW                             | POLANICA-ZDRÓJ    |      | K65-69               | 5      | K 73  |             |              | 00:21:31 | 00:43:43.30 | 8:44   | 6.9  |
| 158  | PROSKURA DARIUSZ           | 128 | MORSY WAŁBRZYCH                              | WAŁBRZYCH         | POL  | M30-39               | 8      | M 85  |             |              | 00:22:01 | 00:44:01.85 | 8:48   | 6.8  |
| 159  | KWIATKOWSKA JADWIGA        | 234 | KS METRACO POLKOWICE                         | POLKOWICE         |      | K70+                 | 2      | K 74  |             |              | 00:21:22 | 00:44:03.00 | 8:48   | 6.8  |
| 160  | DZIUBAŁA BOGUSŁAW          | 35  | NIEZRZESZONY                                 | KŁODA             | POL  | M70+                 | 11     | M 86  |             |              | 00:21:52 | 00:44:16.60 | 8:51   | 6.8  |
| 161  | MAŃSKA BOGDA               | 99  |  | LĘBORK            | POL  | K55-59               | 9      | K 75  |             |              | 00:21:57 | 00:44:19.75 | 8:52   | 6.8  |
| 162  | CAŁKA MARCIN               | 241 | SANTANDER CONSUMER BANK                      | WROCLAW           |      | M18-29               | 3      | M 87  |             |              | 00:19:40 | 00:44:22.40 | 8:52   | 6.8  |
| 163  | KIERNICKI STANISŁAW        | 73  |  | WROCLAW           | POL  | M55-59               | 5      | M 88  |             |              | 00:21:49 | 00:44:22.95 | 8:52   | 6.8  |
| 164  | KUBIT WIESŁAW              | 88  |  | KROSNO            | POL  | M50-54               | 10     | M 89  |             |              | 00:22:11 | 00:44:23.15 | 8:52   | 6.8  |
| 165  | TOMAS ELA                  | 165 |  | SIEDLCE           | POL  | K45-49               | 9      | K 76  |             |              | 00:21:35 | 00:44:34.20 | 8:54   | 6.7  |
| 166  | ARTYMCZ MARIA              | 217 |  | GŁOGÓW            |      | K60-64               | 6      | K 77  |             |              | 00:21:42 | 00:44:40.85 | 8:56   | 6.7  |
| 167  | SZEWCZYK BARBARA           | 239 |  | WROCLAW           |      | K60-64               | 7      | K 78  |             |              | 00:22:24 | 00:45:04.15 | 9:00   | 6.7  |
| 168  | HOLWEK IWONA               | 63  | ZDROWOPIJ.PL                                 | PABIANICE         | POL  | K50-54               | 8      | K 79  |             |              | 00:22:13 | 00:45:28.00 | 9:05   | 6.6  |
| 169  | KULCZYCKI JAN              | 89  |  | GDAŃSK            | POL  | M65-69               | 11     | M 90  |             |              | 00:22:14 | 00:45:32.00 | 9:06   | 6.6  |
| 170  | OWCZAREK HENRYKA           | 115 |  | POZNAŃ            | POL  | K70+                 | 3      | K 80  |             |              | 00:22:33 | 00:45:32.25 | 9:06   | 6.6  |
| 171  | MROWIEC MARIA              | 109 | UNIA MIAST                                   | BYTOM             | POL  | K70+                 | 4      | K 81  |             |              | 00:22:30 | 00:45:33.65 | 9:06   | 6.6  |
| 172  | KRÓLIKOWSKA-ŁOSKOT DANUTA  | 85  | UNIA MIAST                                   | KATOWICE          | POL  | K60-64               | 8      | K 82  |             |              | 00:22:31 | 00:45:35.25 | 9:07   | 6.6  |
| 173  | BŁASZCZYŹYŃ DANUTA         | 16  | ŚCINAWSKA GRUPA NORDIC WALKING               | ŚCINAWA           | POL  | K65-69               | 6      | K 83  |             |              | 00:22:31 | 00:45:49.80 | 9:10   | 6.5  |
| 174  | MARCINKOWSKA JULIA         | 237 |  | MYSŁOWICE         |      | K-DZIECI             | 7      | K 84  |             |              | 00:22:22 | 00:45:53.45 | 9:10   | 6.5  |
| 175  | KRZYŚCIN MIROSŁAWA         | 86  | SANTANDER CONSUMER BANK                      | WROCLAW           | POL  | K45-49               | 10     | K 85  |             |              | 00:14:29 | 00:45:59.25 | 9:12   | 6.5  |
| 176  | CHLIPAŁA AGNIESZKA         | 246 | NADLEŚNICTWO WAŁBRZYCH                       | WAŁBRZYCH         | POL  | K30-39               | 12     | K 86  |             |              | 00:22:42 | 00:46:04.75 | 9:12   | 6.5  |
| 177  | WÓJCIK IRENA               | 189 | OUTW OLEŚNICA                                | OLEŚNICA          | POL  | K70+                 | 5      | K 87  |             |              | 00:22:55 | 00:46:06.85 | 9:13   | 6.5  |
| 178  | MĘDRAK JÓZEF               | 103 |  | WROCLAW           | POL  | M65-69               | 12     | M 91  |             |              | 00:22:54 | 00:46:18.75 | 9:15   | 6.5  |
| 179  | KIJANKA MAŁGORZATA         | 204 | ZWIĄZEK EMERYTÓW                             | POLANICA-ZDRÓJ    |      | K65-69               | 7      | K 88  |             |              | 00:22:58 | 00:46:35.10 | 9:19   | 6.4  |
| 180  | MACHAJEK KRZYSZTOF         | 95  | STOWARZYSZENIE TRANSPLANTACJI SERCA ZABRZE   | POLKOWICE         | POL  | M-NIEPEŁNOSPRAWNI(A) | 5      | M 92  |             |              | 00:23:19 | 00:46:39.70 | 9:20   | 6.4  |
| 181  | PRZYBYŁ SYLWESTER          | 130 | CHODZĘ BO LUBIĘ                              | ŚCINAWA           | POL  | M60-64               | 9      | M 93  |             |              | 00:22:10 | 00:46:47.05 | 9:21   | 6.4  |
| 182  | KOLBUSZ JANINA             | 75  | KS METRACO POLKOWICE                         | LUBIN             | POL  | K65-69               | 8      | K 89  |             |              | 00:23:07 | 00:46:59.70 | 9:24   | 6.4  |
| 183  | STEC LIDIA                 | 146 |  | POLANICA-ZDRÓJ    | POL  | K60-64               | 9      | K 90  |             |              | 00:22:59 | 00:47:01.45 | 9:24   | 6.4  |
| 184  | MANDRYK ANNA               | 205 | ZWIĄZEK EMERYTÓW                             | POLANICA-ZDRÓJ    |      | K65-69               | 9      | K 91  |             |              | 00:23:42 | 00:47:02.70 | 9:24   | 6.4  |
| 185  | KUBAN ANTOSIA              | 212 |  | POLANICA-ZDRÓJ    |      | K-DZIECI             | 8      | K 92  |             |              | 00:22:16 | 00:47:04.95 | 9:25   | 6.4  |
| 186  | GABIS ELŻBIETA             | 216 |  | NYSA              |      | K55-59               | 10     | K 93  |             |              | 00:23:20 | 00:47:05.45 | 9:25   | 6.4  |
| 187  | KRZYŚCIN EWA               | 200 | ZWIĄZEK EMERYTÓW                             | POLANICA-ZDRÓJ    |      | K65-69               | 10     | K 94  |             |              | 00:23:06 | 00:47:07.45 | 9:25   | 6.4  |
| 188  | WALCZAK HENRYK             | 175 | OCTOPUS SUCHY LAS                            | POZNAŃ            | POL  | M70+                 | 12     | M 94  |             |              | 00:23:11 | 00:47:30.15 | 9:30   | 6.3  |
| 189  | CHOLEWA MARIA              | 203 | ZWIĄZEK EMERYTÓW                             | POLANICA-ZDRÓJ    |      | K65-69               | 11     | K 95  |             |              | 00:23:22 | 00:47:30.80 | 9:30   | 6.3  |
| 190  | FREUS AGNIESZKA            | 40  | RIGHTWAY                                     | WROCLAW           | POL  | K50-54               | 9      | K 96  |             |              | 00:23:29 | 00:47:35.50 | 9:31   | 6.3  |
| 191  | KOZIOŁ ARTUR               | 83  | SANTANDER CONSUMER BANK                      | WROCLAW           | POL  | M40-44               | 9      | M 95  |             |              | 00:23:50 | 00:47:37.40 | 9:31   | 6.3  |
| 192  | PANKIEWICZ-DMOWSKA CECYLIA | 116 |  | GOWINO            | POL  | K70+                 | 6      | K 97  |             |              | 00:23:20 | 00:47:41.20 | 9:32   | 6.3  |
| 193  | GROBELNA JADWIGA           | 53  | KS METRACO POLKOWICE                         | LUBIN             | POL  | K-NIEPEŁNOSPRAWNI(B) | 2      | K 98  |             |              | 00:23:56 | 00:48:18.15 | 9:39   | 6.2  |
| 194  | BIAŁCZAK MARTA             | 10  |  | STARE BOGACZOWICE | POL  | K50-54               | 10     | K 99  |             |              | 00:23:55 | 00:48:30.65 | 9:42   | 6.2  |
| 195  | IWANICKI ZDZISŁAW          | 66  |  | WROCLAW           | POL  | M70+                 | 13     | M 96  |             |              | 00:24:17 | 00:48:31.50 | 9:42   | 6.2  |
| 196  | GOŚCIŃSKA IGA              | 242 | SANTANDER CONSUMER BANK                      | WROCLAW           |      | K18-29               | 7      | K 100 |             |              | 00:23:34 | 00:48:33.65 | 9:42   | 6.2  |
| 197  | LEWANDOWSKI JACEK          | 93  | STADION ŚLĄSKI                               | CZĘSTOCHOWA       | POL  | M-NIEPEŁNOSPRAWNI(A) | 6      | M 97  |             |              | 00:23:35 | 00:48:34.35 | 9:43   | 6.2  |
| 198  | CEŁKA JUSTYNA              | 240 | SANTANDER CONSUMER BANK                      | WROCLAW           |      | K18-29               | 8      | K 101 |             |              | 00:23:35 | 00:48:34.70 | 9:43   | 6.2  |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 5 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    | Netto       | min/km | km/h |
|------|-------------------------------|-----|---------------------------------------|-------------------|------|----------------------|--------|-------|-------------|--------------|----------|-------------|--------|------|
| 199  | JÓZWIAK DOMINIK               | 228 | SERCE NORDICA WŁOCŁAWEK               | WŁOCŁAWEK         |      | M18-29               | 4      | M 98  |             |              | 00:23:29 | 00:48:34.90 | 9:43   | 6.2  |
| 200  | HEKIERT MARTA                 | 445 |                                       | BYSTRZYCA KŁÓDZKA | POL  | K-DZIECI             | 9      | K 102 |             |              | 00:23:14 | 00:48:44.50 | 9:44   | 6.2  |
| 201  | UFEL MILENA                   | 172 | MOSIR TKKF SATURN CZELADŹ             | CZELADŹ           | POL  | K-DZIECI             | 10     | K 103 |             |              | 00:23:15 | 00:48:44.55 | 9:45   | 6.2  |
| 202  | YEROKHINA OLA                 | 218 |                                       | POLANICA-ZDRÓJ    |      | K-DZIECI             | 11     | K 104 |             |              | 00:21:59 | 00:48:56.25 | 9:47   | 6.1  |
| 203  | ŚLUSARCZYK DANUTA             | 163 | WESOŁY BORSUK TEAM                    | PRUDNIK           | POL  | K65-69               | 12     | K 105 |             |              | 00:24:03 | 00:49:01.05 | 9:48   | 6.1  |
| 204  | HENDZEL JULIA                 | 214 |                                       | POLANICA-ZDRÓJ    |      | K-DZIECI             | 12     | K 106 |             |              | 00:23:19 | 00:49:18.05 | 9:51   | 6.1  |
| 205  | KWIECIEŃ ELŻBIETA             | 91  |                                       | WROCLAW           | POL  | K50-54               | 11     | K 107 |             |              | 00:23:56 | 00:49:18.65 | 9:51   | 6.1  |
| 206  | ANTOSIK ADAM                  | 233 |                                       | POLANICA-ZDRÓJ    |      | M45-49               | 9      | M 99  |             |              | 00:23:50 | 00:49:20.35 | 9:52   | 6.1  |
| 207  | SOWA ELŻBIETA                 | 145 |                                       | LUBIN             | POL  | K65-69               | 13     | K 108 |             |              | 00:24:26 | 00:49:28.80 | 9:53   | 6.1  |
| 208  | MISZTAŁ PAULINA               | 367 |                                       | POLANICA ZDRÓJ    |      | K30-39               | 13     | K 109 | 1           |              | 00:25:12 | 00:49:57.35 | 9:59   | 6    |
| 209  | BIELAWSKA DOROTA              | 14  | SANTANDER CONSUMER BANK               | WROCLAW           | POL  | K55-59               | 11     | K 110 |             |              | 00:24:54 | 00:50:05.55 | 10:01  | 6    |
| 210  | KOWALCZYK MAGDALENA           | 80  |                                       | JELEŃ GÓRA        | POL  | K30-39               | 14     | K 111 |             |              | 00:23:41 | 00:50:13.70 | 10:02  | 6    |
| 211  | JAKUĆ KRZYSZTOF               | 245 |                                       | STARKOWO          |      | M-NIEPEŁNOSPRAWNI(A) | 7      | M 100 |             |              | 00:24:51 | 00:50:15.45 | 10:03  | 6    |
| 212  | KYKOW LYBOMUR                 | 236 |                                       | POLANICA-ZDRÓJ    |      | M-DZIECI             | 6      | M 101 |             |              | 00:27:22 | 00:50:28.35 | 10:05  | 5.9  |
| 213  | PĘDZICH MAŁGORZATA            | 118 | SANTANDER CONSUMER BANK               | WROCLAW           | POL  | K45-49               | 11     | K 112 |             |              | 00:24:18 | 00:50:49.65 | 10:10  | 5.9  |
| 214  | MISZTAŁ BRIAN                 | 395 |                                       | POLANICA ZDRÓJ    |      | M-DZIECI             | 7      | M 102 |             |              | 00:24:20 | 00:51:02.55 | 10:12  | 5.9  |
| 215  | BOROWSKA MARTA                | 19  | SANTANDER CONSUMER BANK               | WROCLAW           | POL  | K30-39               | 15     | K 113 |             |              | 00:25:58 | 00:51:06.30 | 10:13  | 5.9  |
| 216  | ZAŃ JOLANTA                   | 194 | SANTANDER CONSUMER BANK               | WROCLAW           | POL  | K30-39               | 16     | K 114 |             |              | 00:25:57 | 00:51:06.80 | 10:13  | 5.9  |
| 217  | KORONA RENATA                 | 368 |                                       | POLANICA ZDRÓJ    |      | K40-44               | 8      | K 115 | 1           |              | 00:24:54 | 00:51:10.30 | 10:14  | 5.9  |
| 218  | FILIMONOWICZ PATRYCJA         | 37  | SANTANDER CONSUMER BANK               | WROCLAW           | POL  | K30-39               | 17     | K 116 |             |              | 00:24:53 | 00:51:26.45 | 10:17  | 5.8  |
| 219  | JUZYSZYN MARTA                | 71  | SANTANDER CONSUMER BANK               | WROCLAW           | POL  | K30-39               | 18     | K 117 |             |              | 00:26:23 | 00:52:01.10 | 10:24  | 5.8  |
| 220  | PIĄTKOWSKA MAŁGORZATA         | 119 | KS METRACO POLKOWICE                  | POLKOWICE         | POL  | K70+                 | 7      | K 118 |             |              | 00:25:38 | 00:52:13.85 | 10:26  | 5.7  |
| 221  | BIAŁCZAK WALDEMAR             | 11  |                                       | STARE BOGACZOWICE | POL  | M50-54               | 11     | M 103 |             |              | 00:26:36 | 00:52:22.90 | 10:28  | 5.7  |
| 222  | HANUS TERESA                  | 59  |                                       | KROSNO            | POL  | K-NIEPEŁNOSPRAWNI(B) | 3      | K 119 |             |              | 00:26:13 | 00:53:07.95 | 10:37  | 5.6  |
| 223  | TYSIAK CZESŁAWA               | 207 | ZWIĄZEK EMERYTÓW                      | POLANICA-ZDRÓJ    |      | K70+                 | 8      | K 120 |             |              | 00:26:19 | 00:53:14.80 | 10:39  | 5.6  |
| 224  | KAPECKA KRYSZYNA              | 199 | ZWIĄZEK EMERYTÓW                      | POLANICA-ZDRÓJ    |      | K70+                 | 9      | K 121 |             |              | 00:26:18 | 00:53:15.10 | 10:39  | 5.6  |
| 225  | BARAN ALINA                   | 7   | KLUBSPORTU.PL                         | RZESZÓW           | POL  | K45-49               | 12     | K 122 |             |              | 00:26:01 | 00:54:33.45 | 10:54  | 5.5  |
| 226  | DROP MIECZYSLAW               | 31  |                                       | PAKOŚĆ            | POL  | M70+                 | 14     | M 104 |             |              | 00:27:51 | 00:55:14.55 | 11:02  | 5.4  |
| 227  | WDOWIAK DANUTA                | 179 | CHODZĘ BO LUBIĘ                       | ŚCINAWA           | POL  | K65-69               | 14     | K 123 |             |              | 00:27:29 | 00:56:46.85 | 11:21  | 5.3  |
| 228  | GARBACZEWSKA EWA              | 43  | SANTANDER CONSUMER BANK               | OLEŚNICA          | POL  | K-DZIECI             | 13     | K 124 |             |              | 00:26:21 | 00:57:22.30 | 11:28  | 5.2  |
| 229  | BORZESZKOWSKA MAŁGORZATA      | 20  |                                       | LĘBORK            | POL  | K50-54               | 12     | K 125 |             |              | 00:27:27 | 00:58:15.60 | 11:39  | 5.1  |
| 230  | BOJKE OLGIERD                 | 18  |                                       | WEJHEROWO         | POL  | M55-59               | 6      | M 105 |             |              | 00:27:35 | 00:58:17.50 | 11:39  | 5.1  |
| 231  | KORONA SZYMON                 | 394 |                                       | POLANICA ZDRÓJ    |      | M-DZIECI             | 8      | M 106 |             |              | 00:25:17 | 00:58:46.85 | 11:45  | 5.1  |
| 232  | WALCZAK JERZY                 | 176 | OCTOPUS SUCHY LAS                     | CHROMIEC          | POL  | M55-59               | 7      | M 107 |             |              | 00:28:22 | 01:01:19.50 | 12:16  | 4.9  |
| 233  | KRAMER LESZEK                 | 84  | OLEŚNICKI UNIWERSYTET TRZECIEGO WIEKU | OLEŚNICA          | POL  | M70+                 | 15     | M 108 |             |              | 00:20:55 |             | 8:22   | 7.2  |
| 234  | PIETRZAK PRZEMYSŁAW           | 122 | SANTANDER CONSUMER BANK               | WROCLAW           | POL  | M30-39               | 9      | M 109 |             |              | 00:25:15 |             | 10:06  | 5.9  |
| 235  | WÓJTOWICZ DANUTA              | 192 | SANTANDER CONSUMER BANK               | OLEŚNICA          | POL  | K60-64               | 10     | K 126 |             |              | 00:30:59 |             | 12:23  | 4.8  |
| 236  | KUBAN FRANEK                  | 244 |                                       | POLANICA-ZDRÓJ    |      | M-DZIECI             | 9      | M 110 |             |              |          |             |        |      |
| 237  | DRAŻEK WŁADYSŁAW              | 206 | ZWIĄZEK EMERYTÓW                      | POLANICA-ZDRÓJ    |      | M70+                 | 16     | M 111 |             |              |          |             |        |      |
| 238  | BOGUSŁAWSKA-PIETRZAK KAROLINA | 17  | SANTANDER CONSUMER BANK               | WROCLAW           | POL  | K30-39               | 19     | K 127 |             |              |          |             |        |      |
| DQ   | WOROCZ ROMAN                  | 188 | KS METRACO POLKOWICE                  | DOPIEWO           | POL  | M60-64               |        | DQ    |             | 1            | 00:16:29 | DQ          | -      | -    |
| DQ   | CUDAK ZBIGNIEW                | 25  | VIKING NORDIC TEAM CZĘSTOCHOWA        | BOROWNO KOLONIA   | POL  | M50-54               |        | DQ    |             | 1            | 00:17:04 | DQ          | -      | -    |
| DQ   | MIKICIUK KRZYSZTOF            | 104 | NOWI SIEDLCE /NW WSCHÓD               | SIEDLCE           | POL  | M45-49               |        | DQ    |             | 1            | 00:18:13 | DQ          | -      | -    |
| DQ   | KUBISZYN PAWEŁ                | 231 | POCZTA POLSKA                         | WAŁBRZYCH         |      | M30-39               |        | DQ    |             | 1            | DQ       | DQ          | -      | -    |