

## POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

Organizator: Polska Federacja Nordic Walking

Data: 2018-07-07

Miejsce: Polanica

Dystans: 21.1 km

**Wyniki dla punktu pomiaru: 1.1 km**

Klasyfikacja wg czasów netto.



### POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, OPEN

| M-ce | Nazwisko i imię       | Nr  | Klub                           | M-scowość           | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|-----------------------|-----|--------------------------------|---------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | SKIBA KRZYSZTOF       | 427 | KS METRACO POLKOWICE           | POLKOWICE           | POL  | M50-59 |             |              | 00:54:24 | 01:10:52 | 01:27:25 | 01:44:02 | 02:00:41 |
| 2    | ROSAK MARCIN          | 426 | GREEN TEAM                     | ZIELONA GÓRA        | POL  | M40-49 |             |              | 00:55:52 | 01:12:22 | 01:28:36 | 01:44:37 | 02:00:42 |
| 3    | KORDOWSKI PIOTR       | 414 |                                | KRAKÓW              | POL  | M40-49 |             |              | 00:55:56 | 01:12:38 | 01:29:45 | 01:47:06 | 02:04:30 |
| 4    | MAKOWSKI JAN          | 419 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK              | POL  | M50-59 |             |              | 01:00:16 | 01:18:19 | 01:36:36 | 01:54:41 | 02:12:42 |
| 5    | PUSZKIEL JANEK        | 362 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA        |      | M60+   |             |              | 00:59:02 | 01:16:40 | 01:35:06 | 01:53:44 | 02:13:01 |
| 6    | WAWRZYNIAK ŁUKASZ     | 442 | KS METRACO POLKOWICE           | WALIM               | POL  | M30-39 | 1           |              | 00:58:37 | 01:16:13 | 01:33:54 | 01:52:02 | 02:10:16 |
| 7    | BARCZYK BOGDAN        | 401 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | M50-59 |             |              | 00:59:41 | 01:17:37 | 01:35:28 | 01:53:34 | 02:12:10 |
| 8    | SŁUPIANEK PAWEŁ       | 428 | LECZMY DURS                    | KATOWICE            | POL  | M30-39 |             |              | 01:00:20 | 01:18:17 | 01:36:41 | 01:55:41 | 02:15:45 |
| 9    | PIETRZYK JAROSŁAW     | 424 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | M30-39 |             |              | 00:59:42 | 01:17:37 | 01:35:30 | 01:53:36 | 02:12:10 |
| 10   | ŚWIŚŁOCKI BOGDAN      | 398 | FACE NORDIC WALKING TEAM       | MIKOSZEWO           |      | M50-59 | 1           |              |          |          |          |          |          |
| 11   | ŻYDACZEWSKI RYSZARD   | 441 | KS METRACO POLKOWICE           | LUBIN               | POL  | M50-59 |             |              | 01:02:40 | 01:21:42 | 01:40:54 | 02:00:13 | 02:19:30 |
| 12   | LESIŃSKI GRZEGORZ     | 92  | KS METRACO POLKOWICE           | OLSZANY             | POL  | M50-59 |             |              | 01:03:56 | 01:22:38 | 01:41:53 | 02:01:10 | 02:20:29 |
| 13   | KOWALSKI MAREK        | 415 | UNIA MIAST                     | STRZEBIŃ            | POL  | M50-59 |             |              | 01:01:21 | 01:19:26 | 01:37:50 | 01:56:38 | 02:15:58 |
| 14   | GRABOWSKI MIROSŁAW    | 409 | SN KARPACZ                     | KARPACZ             | POL  | M50-59 |             |              | 01:05:50 | 01:26:05 | 01:46:38 |          |          |
| 15   | STEFANICKI MAREK      | 431 |                                | ŚWINOUJŚCIE         | POL  | M60+   |             |              | 01:04:02 | 01:23:15 | 01:42:43 | 02:02:37 | 02:22:56 |
| 16   | ŻAMOJCIN MAREK        | 440 | NORDICLUB SZCZECIN             | SZCZECIN            | POL  | M50-59 |             |              | 01:06:39 | 01:26:39 | 01:46:16 | 02:06:03 | 02:26:12 |
| 17   | WESOŁOWSKI WOJCIECH   | 436 | MUSZKETEROWIE                  | GNIEZNO             | POL  | M60+   |             |              | 01:04:03 | 01:23:16 | 01:42:44 | 02:02:38 | 02:22:57 |
| 18   | RACŁAWSKI JAN         | 425 | AMATOR                         | SKARBIMIERZ OSIEDLE | POL  | M60+   |             |              | 01:04:05 | 01:23:17 | 01:43:02 | 02:03:52 | 02:25:20 |
| 19   | LIGEZA JANUSZ         | 418 |                                | TYCHY               | POL  | M50-59 |             |              | 01:05:06 | 01:25:03 | 01:45:27 | 02:06:03 | 02:27:08 |
| 20   | GRABOWSKA MANUELA     | 408 | KS METRACO POLKOWICE           | KARPACZ             | POL  | K18-29 |             |              | 01:05:37 | 01:25:53 | 01:46:23 | 02:06:59 | 02:27:59 |
| 21   | KOŁODZIEJ JOANNA      | 434 | UDRY LOTAJOM                   | RUDA ŚLĄSKA         | POL  | K50-59 |             |              | 01:04:12 | 01:22:55 | 01:41:40 | 02:00:10 | 02:18:51 |
| 22   | JANOSZKA IRENA        | 411 | CIDRY LOTAJOM                  | PIEKARY ŚLĄSKIE     | POL  | K50-59 |             |              | 01:05:10 | 01:24:54 | 01:44:41 | 02:04:31 | 02:24:53 |
| 23   | KOWALCZYK MARIUSZ     | 359 | GREEN TEAM                     | ZIELONA GÓRA        |      | M50-59 |             |              | 01:06:57 | 01:27:13 | 01:47:43 | 02:08:19 | 02:29:19 |
| 24   | BOCZAR BEATA          | 404 | GREEN TEAM                     | ZIELONA GÓRA        | POL  | K50-59 |             |              | 01:04:34 | 01:24:00 | 01:43:18 | 02:02:32 | 02:21:41 |
| 25   | WIŚNIEWSKI ROMAN      | 437 |                                | TWARDORZECZKA       | POL  | M60+   | 1           |              | 01:08:23 | 01:29:09 | 01:50:39 | 02:12:24 | 02:34:46 |
| 26   | SPYCHAŁA MARZENA      | 430 | CKZIU NYSA MECHANIK            | BIAŁA               | POL  | K40-49 |             |              | 01:04:15 | 01:23:02 | 01:41:48 | 02:00:34 | 02:19:35 |
| 27   | KRYSZCZUK KRZYSZTOF   | 416 | NOWI SIEDLCE/NW WSCHÓD         | SIEDLCE             | POL  | M50-59 |             |              | 01:04:41 | 01:23:57 | 01:43:09 | 02:02:45 | 02:22:58 |
| 28   | NIEDŹWIECKA KATARZYNA | 422 | FACE NORDIC WALKING TEAM       | BRANIEWO            | POL  | K40-49 |             |              | 01:04:20 | 01:23:19 | 01:42:18 | 02:01:22 | 02:20:26 |
| 29   | STĘPIEŃ LUCYNA        | 432 | KS METRACO POLKOWICE           | LUBIN               | POL  | K60+   |             |              | 01:04:24 | 01:23:44 | 01:43:14 | 02:02:36 | 02:22:03 |
| 30   | MARONDEL KATARZYNA    | 421 | SILESIA NORDIC TEAM            | BYTOM               | POL  | K30-39 |             |              | 01:07:26 | 01:27:31 | 01:47:54 | 02:08:38 | 02:30:09 |
| 31   | KARASIEWICZ IRENA     | 412 | FACE NORDIC WALKING TEAM       | BRANIEWO            | POL  | K50-59 |             |              | 01:08:27 | 01:29:44 | 01:51:16 | 02:13:22 | 02:35:48 |
| 32   | WITKOWSKA MARIA       | 438 | UNIA MIAST                     | KATOWICE            | POL  | K60+   |             |              | 01:07:50 | 01:28:11 | 01:49:01 | 02:09:36 | 02:30:13 |
| 33   | SURIAK EWELINA        | 433 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | K18-29 |             |              | 01:11:18 | 01:32:40 | 01:54:29 | 02:17:41 | 02:40:51 |
| 34   | JAJTNER IŁONA         | 410 |                                | KRAKÓW              | POL  | K30-39 |             |              | 01:11:16 | 01:32:38 | 01:54:21 | 02:16:39 | 02:39:46 |
| 35   | BARCZYK JOLANTA       | 402 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | K50-59 |             |              | 01:10:00 | 01:30:55 | 01:51:54 | 02:12:37 | 02:33:50 |
| 36   | PANEK ELWIRA          | 423 |                                | LĘBORK              | POL  | K50-59 |             |              | 01:11:03 | 01:32:40 | 01:54:54 | 02:17:48 | 02:40:43 |
| 37   | MANDZIUK MARTA        | 420 | NOWI SIEDLCE/NW WSCHÓD         | BIAŁA PODLASKA      | POL  | K40-49 |             |              | 01:08:47 | 01:29:20 | 01:49:46 | 02:10:24 | 02:31:32 |
| 38   | POSTEK DANUTA         | 397 | MARSZ PO ZDROWIE POZNAŃ        | POZNAŃ              |      | K50-59 |             |              | 01:11:00 | 01:32:24 | 01:54:28 | 02:16:48 | 02:40:10 |
| 39   | CHMIELEWSKA ANNA      | 261 |                                | JEDLINA-ZDRÓJ       | POL  | K30-39 |             |              | 01:15:03 | 01:37:34 | 02:00:19 | 02:23:23 | 02:46:39 |
| 40   | GERLE-KOTULA ANNA     | 407 | UNIA MIAST                     | KATOWICE            | POL  | K30-39 |             |              | 01:12:08 | 01:33:54 | 01:55:54 | 02:17:52 | 02:39:59 |
| 41   | ZAWADZKA MARIA        | 439 | KS METRACO POLKOWICE           | LUBIN               | POL  | K60+   |             |              | 01:13:19 | 01:35:08 | 01:56:56 | 02:18:49 | 02:41:01 |
| 42   | SOBAŃSKA GRAŻYNA      | 429 |                                | DRUŻBICE            | POL  | K60+   |             |              | 01:10:50 | 01:31:55 | 01:53:16 | 02:14:39 | 02:36:28 |
| 43   | ROZMUŚ JOLANTA        | 399 | FACE NORDIC WALKING TEAM       | GDYNIA              |      | K60+   |             |              | 01:16:34 | 01:39:37 | 02:03:05 | 02:27:12 | 02:51:08 |
| 44   | KARASIEWICZ IWONA     | 355 | NORDIC CLUB SZCZECIN           | WARSZAWA            |      | K30-39 |             |              | 01:18:52 | 01:43:44 | 02:07:48 | 02:32:26 | 02:57:48 |
| 45   | CHRAPEK URSZULA       | 406 | KS RUDZICA                     | RUDZICA             | POL  | K30-39 |             |              | 01:20:49 | 01:46:53 |          |          |          |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub | M-scowość    | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|----------------------|-----|------|--------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 46   | BEDNARCZYK AGNIESZKA | 403 |      | KUDOWA-ZDRÓJ | POL  | K40-49 |             |              | 01:19:15 | 01:42:50 | 02:07:25 | 02:32:54 | 02:59:06 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K18-29**

| M-ce | Nazwisko i imię   | Nr  | Klub                           | M-scowość   | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|-------------------|-----|--------------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | GRABOWSKA MANUELA | 408 | KS METRACO POLKOWICE           | KARPACZ     | POL  | K18-29 |             |              | 01:05:37 | 01:25:53 | 01:46:23 | 02:06:59 | 02:27:59 |
| 2    | SURIAK EWELINA    | 433 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | K18-29 |             |              | 01:11:18 | 01:32:40 | 01:54:29 | 02:17:41 | 02:40:51 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K30-39**

| M-ce | Nazwisko i imię    | Nr  | Klub                 | M-scowość     | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|--------------------|-----|----------------------|---------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | MARONDEL KATARZYNA | 421 | SILESIA NORDIC TEAM  | BYTOM         | POL  | K30-39 |             |              | 01:07:26 | 01:27:31 | 01:47:54 | 02:08:38 | 02:30:09 |
| 2    | JAJTNER ILONA      | 410 |                      | KRAKÓW        | POL  | K30-39 |             |              | 01:11:16 | 01:32:38 | 01:54:21 | 02:16:39 | 02:39:46 |
| 3    | CHMIELEWSKA ANNA   | 261 |                      | JEDLINA-ZDRÓJ | POL  | K30-39 |             |              | 01:15:03 | 01:37:34 | 02:00:19 | 02:23:23 | 02:46:39 |
| 4    | GERLE-KOTULA ANNA  | 407 | UNIA MIAST           | KATOWICE      | POL  | K30-39 |             |              | 01:12:08 | 01:33:54 | 01:55:54 | 02:17:52 | 02:39:59 |
| 5    | KARASIEWICZ IWONA  | 355 | NORDIC CLUB SZCZECIN | WARSZAWA      |      | K30-39 |             |              | 01:18:52 | 01:43:44 | 02:07:48 | 02:32:26 | 02:57:48 |
| 6    | CHRAPEK URSZULA    | 406 | KS RUDZICA           | RUDZICA       | POL  | K30-39 |             |              | 01:20:49 | 01:46:53 |          |          |          |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M30-39**

| M-ce | Nazwisko i imię   | Nr  | Klub                           | M-scowość   | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|-------------------|-----|--------------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | WAWRZYNIAK ŁUKASZ | 442 | KS METRACO POLKOWICE           | WALIM       | POL  | M30-39 | 1           |              | 00:58:37 | 01:16:13 | 01:33:54 | 01:52:02 | 02:10:16 |
| 2    | PIETRZYK JAROSŁAW | 424 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | M30-39 |             |              | 00:59:42 | 01:17:37 | 01:35:30 | 01:53:36 | 02:12:10 |
| 3    | SŁUPIANEK PAWEŁ   | 428 | LECZYMY DURŚ                   | KATOWICE    | POL  | M30-39 |             |              | 01:00:20 | 01:18:17 | 01:36:41 | 01:55:41 | 02:15:45 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K40-49**

| M-ce | Nazwisko i imię       | Nr  | Klub                     | M-scowość      | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|-----------------------|-----|--------------------------|----------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | SPYCHAŁA MARZENA      | 430 | CKZIU NYSA MECHANIK      | BIAŁA          | POL  | K40-49 |             |              | 01:04:15 | 01:23:02 | 01:41:48 | 02:00:34 | 02:19:35 |
| 2    | NIEDŹWIECKA KATARZYNA | 422 | FACE NORDIC WALKING TEAM | BRANIEWO       | POL  | K40-49 |             |              | 01:04:20 | 01:23:19 | 01:42:18 | 02:01:22 | 02:20:26 |
| 3    | MANDZIUK MARTA        | 420 | NOWI SIEDLCE/NW WSCHÓD   | BIAŁA PODLASKA | POL  | K40-49 |             |              | 01:08:47 | 01:29:20 | 01:49:46 | 02:10:24 | 02:31:32 |
| 4    | BEDNARCZYK AGNIESZKA  | 403 |                          | KUDOWA-ZDRÓJ   | POL  | K40-49 |             |              | 01:19:15 | 01:42:50 | 02:07:25 | 02:32:54 | 02:59:06 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M40-49**

| M-ce | Nazwisko i imię | Nr  | Klub       | M-scowość    | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|-----------------|-----|------------|--------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | ROSAK MARCIN    | 426 | GREEN TEAM | ZIELONA GÓRA | POL  | M40-49 |             |              | 00:55:52 | 01:12:22 | 01:28:36 | 01:44:37 | 02:00:42 |
| 2    | KORDOWSKI PIOTR | 414 |            | KRAKÓW       | POL  | M40-49 |             |              | 00:55:56 | 01:12:38 | 01:29:45 | 01:47:06 | 02:04:30 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K50-59**

| M-ce | Nazwisko i imię   | Nr  | Klub                           | M-scowość       | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|-------------------|-----|--------------------------------|-----------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | KOŁODZIEJ JOANNA  | 434 | UDRY LOTAJOM                   | RUDA ŚLĄSKA     | POL  | K50-59 |             |              | 01:04:12 | 01:22:55 | 01:41:40 | 02:00:10 | 02:18:51 |
| 2    | JANOSZKA IRENA    | 411 | CIDRY LOTAJOM                  | PIEKARY ŚLĄSKIE | POL  | K50-59 |             |              | 01:05:10 | 01:24:54 | 01:44:41 | 02:04:31 | 02:24:53 |
| 3    | BOCZAR BEATA      | 404 | GREEN TEAM                     | ZIELONA GÓRA    | POL  | K50-59 |             |              | 01:04:34 | 01:24:00 | 01:43:18 | 02:02:32 | 02:21:41 |
| 4    | KARASIEWICZ IRENA | 412 | FACE NORDIC WALKING TEAM       | BRANIEWO        | POL  | K50-59 |             |              | 01:08:27 | 01:29:44 | 01:51:16 | 02:13:22 | 02:35:48 |
| 5    | BARCZYK JOLANTA   | 402 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA     | POL  | K50-59 |             |              | 01:10:00 | 01:30:55 | 01:51:54 | 02:12:37 | 02:33:50 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K50-59 c.d.**

| M-ce | Nazwisko i imię | Nr  | Klub                    | M-scowość | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|-----------------|-----|-------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 6    | PANEK ELWIRA    | 423 |                         | ŁĘBORK    | POL  | K50-59 |             |              | 01:11:03 | 01:32:40 | 01:54:54 | 02:17:48 | 02:40:43 |
| 7    | POSTEK DANUTA   | 397 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ    |      | K50-59 |             |              | 01:11:00 | 01:32:24 | 01:54:28 | 02:16:48 | 02:40:10 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M50-59**

| M-ce | Nazwisko i imię     | Nr  | Klub                           | M-scowość    | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|---------------------|-----|--------------------------------|--------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | SKIBA KRZYSZTOF     | 427 | KS METRACO POLKOWICE           | POLKOWICE    | POL  | M50-59 |             |              | 00:54:24 | 01:10:52 | 01:27:25 | 01:44:02 | 02:00:41 |
| 2    | MAKOWSKI JAN        | 419 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK       | POL  | M50-59 |             |              | 01:00:16 | 01:18:19 | 01:36:36 | 01:54:41 | 02:12:42 |
| 3    | BARCZYK BOGDAN      | 401 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA  | POL  | M50-59 |             |              | 00:59:41 | 01:17:37 | 01:35:28 | 01:53:34 | 02:12:10 |
| 4    | ŚWISŁOCKI BOGDAN    | 398 | FACE NORDIC WALKING TEAM       | MIKOSZEWO    |      | M50-59 | 1           |              |          |          |          |          |          |
| 5    | ŻYDACZEWSKI RYSZARD | 441 | KS METRACO POLKOWICE           | LUBIN        | POL  | M50-59 |             |              | 01:02:40 | 01:21:42 | 01:40:54 | 02:00:13 | 02:19:30 |
| 6    | LEŚIŃSKI GRZEGORZ   | 92  | KS METRACO POLKOWICE           | OLSZANY      | POL  | M50-59 |             |              | 01:03:56 | 01:22:38 | 01:41:53 | 02:01:10 | 02:20:29 |
| 7    | KOWALSKI MAREK      | 415 | UNIA MIAST                     | STRZEBIŃ     | POL  | M50-59 |             |              | 01:01:21 | 01:19:26 | 01:37:50 | 01:56:38 | 02:15:58 |
| 8    | GRABOWSKI MIROSŁAW  | 409 | SN KARPACZ                     | KARPACZ      | POL  | M50-59 |             |              | 01:05:50 | 01:26:05 | 01:46:38 |          |          |
| 9    | ŻAMOJCIN MAREK      | 440 | NORDICLUB SZCZECIN             | SZCZECIN     | POL  | M50-59 |             |              | 01:06:39 | 01:26:39 | 01:46:16 | 02:06:03 | 02:26:12 |
| 10   | LIGĘZA JANUSZ       | 418 |                                | TYCHY        | POL  | M50-59 |             |              | 01:05:06 | 01:25:03 | 01:45:27 | 02:06:03 | 02:27:08 |
| 11   | KOWALCZYK MARIUSZ   | 359 | GREEN TEAM                     | ZIELONA GÓRA |      | M50-59 |             |              | 01:06:57 | 01:27:13 | 01:47:43 | 02:08:19 | 02:29:19 |
| 12   | KRYSZCZUK KRZYSZTOF | 416 | NOWI SIEDLCE/NW WSCHÓD         | SIEDLCE      | POL  | M50-59 |             |              | 01:04:41 | 01:23:57 | 01:43:09 | 02:02:45 | 02:22:58 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, K60+**

| M-ce | Nazwisko i imię  | Nr  | Klub                     | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|------------------|-----|--------------------------|-----------|------|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | STĘPIEŃ LUCYNA   | 432 | KS METRACO POLKOWICE     | LUBIN     | POL  | K60+ |             |              | 01:04:24 | 01:23:44 | 01:43:14 | 02:02:36 | 02:22:03 |
| 2    | WITKOWSKA MARIA  | 438 | UNIA MIAST               | KATOWICE  | POL  | K60+ |             |              | 01:07:50 | 01:28:11 | 01:49:01 | 02:09:36 | 02:30:13 |
| 3    | ZAWADZKA MARIA   | 439 | KS METRACO POLKOWICE     | LUBIN     | POL  | K60+ |             |              | 01:13:19 | 01:35:08 | 01:56:56 | 02:18:49 | 02:41:01 |
| 4    | SOBAŃSKA GRAŻYNA | 429 |                          | DRUŻBICE  | POL  | K60+ |             |              | 01:10:50 | 01:31:55 | 01:53:16 | 02:14:39 | 02:36:28 |
| 5    | ROZMUS JOLANTA   | 399 | FACE NORDIC WALKING TEAM | GDYNIA    |      | K60+ |             |              | 01:16:34 | 01:39:37 | 02:03:05 | 02:27:12 | 02:51:08 |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M60+**

| M-ce | Nazwisko i imię     | Nr  | Klub                    | M-scowość           | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   |
|------|---------------------|-----|-------------------------|---------------------|------|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | PUSZKIEL JANEK      | 362 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA        |      | M60+ |             |              | 00:59:02 | 01:16:40 | 01:35:06 | 01:53:44 | 02:13:01 |
| 2    | STEFANICKI MAREK    | 431 |                         | ŚWINOUJŚCIE         | POL  | M60+ |             |              | 01:04:02 | 01:23:15 | 01:42:43 | 02:02:37 | 02:22:56 |
| 3    | WESOŁOWSKI WOJCIECH | 436 | MUSZKIETEROWIE          | GNIEZNO             | POL  | M60+ |             |              | 01:04:03 | 01:23:16 | 01:42:44 | 02:02:38 | 02:22:57 |
| 4    | RACŁAWSKI JAN       | 425 | AMATOR                  | SKARBIMIERZ OSIEDLE | POL  | M60+ |             |              | 01:04:05 | 01:23:17 | 01:43:02 | 02:03:52 | 02:25:20 |
| 5    | WIŚNIEWSKI ROMAN    | 437 |                         | TWARDORZECZKA       | POL  | M60+ | 1           |              | 01:08:23 | 01:29:09 | 01:50:39 | 02:12:24 | 02:34:46 |