

# OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

Organiser: Polska Federacja Nordic Walking  
Date: 2018-07-14  
Place: Okonek  
Distance: 10 km



## Results for the split 7.5 km

Klasyfikacja wg czasów netto.

### OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, OPEN

| POS | Name and surname          | No. | Club                            | City             | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|---------------------------|-----|---------------------------------|------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | HELWICH STEFAN            | 363 | KS METRACO POLKOWICE            | WIELEN           | POL | M60-69 |             |              | 00:15:24 | 00:31:22 | 00:47:29 |
| 2   | GWIZDAŁA ZBIGNIEW         | 362 |                                 | GOŁĄBEK          | POL | M50-59 |             |              | 00:15:31 | 00:31:40 | 00:48:12 |
| 3   | REMBARZ ŁUKASZ            | 384 | KS IDMAR RACING TEAM            | KROSINKO         | POL | M40-49 |             |              | 00:15:31 | 00:31:52 | 00:48:33 |
| 4   | NAKONIECZNY GRZEGORZ      | 408 | EKSPEDYCJA NORDIC TEAM SZCZECIN |                  |     | M40-49 |             |              | 00:15:37 | 00:32:01 | 00:48:35 |
| 5   | SZARZUNOWICZ MARIUSZ      | 394 | KS METRACO POLKOWICE            | PASŁĘK           | POL | M40-49 |             |              | 00:15:40 | 00:32:02 | 00:48:43 |
| 6   | NACZK LEONARD             | 378 | DYNAMIC                         | ŁĘBORK           | POL | M40-49 |             |              | 00:15:52 | 00:32:39 | 00:49:31 |
| 7   | MIELECKA AGNIESZKA        | 376 | KS IDMAR RACING TEAM            | GAŚAWA           | POL | K40-49 |             |              | 00:16:14 | 00:32:54 | 00:49:56 |
| 8   | KUBIAK PRZEMYSŁAW         | 370 | KS IDMAR RACING TEAM            | MOSINA           | POL | M40-49 |             |              | 00:16:19 | 00:33:15 | 00:50:25 |
| 9   | SPYCHAŁA LESŁAW           | 407 | CKZIU NYSA MECHANIK             | BIAŁA            |     | M50-59 |             |              | 00:16:19 | 00:33:16 | 00:50:35 |
| 10  | BIK STANISŁAW             | 388 | KS METRACO POLKOWICE            | LUBIN            | POL | M50-59 |             |              | 00:16:32 | 00:33:50 | 00:51:19 |
| 11  | ROSADZIŃSKI SŁAWOMIR      | 386 | LESZNO :)                       | LESZNO           | POL | M40-49 |             |              | 00:16:53 | 00:34:10 | 00:51:55 |
| 12  | PRZYBYSZ GRZEGORZ         | 383 |                                 | POPOWO KOŚCIELNE | POL | M30-39 |             |              | 00:16:41 | 00:34:12 | 00:51:55 |
| 13  | PLACHCIŃSKA ANGELIKA      | 380 | KIJKOWE TRZEMESZNO              | TRZEMESZNO       | POL | K30-39 |             |              | 00:17:12 | 00:34:46 | 00:52:27 |
| 14  | MĄDRY GRZEGORZ            | 375 | KIJKOWE TRZEMESZNO              | TRZEMESZNO       | POL | M50-59 |             |              | 00:17:15 | 00:34:55 | 00:52:49 |
| 15  | ŚWIŚLOCKI BOGDAN          | 396 | FACE NORDIC WALKING TEAM        | MIKOSZEWO        | POL | M50-59 |             |              | 00:16:49 | 00:34:48 | 00:52:51 |
| 16  | CZEKAJŁO FRANCISZEK       | 356 | REMI                            | DREZDENKO        | POL | M60-69 |             |              | 00:17:14 | 00:34:54 | 00:52:52 |
| 17  | ILOWSKA-REMBARZ KAROLINA  | 366 | LOFT TEAM EXTREME               | KROSINKO         | POL | K30-39 |             |              | 00:17:13 | 00:34:54 | 00:52:55 |
| 18  | PRZYBYŁEK MARYSIA         | 382 | MARSZ PO ZDROWIE POZNAŃ         | ŚMIGIEL          | POL | K40-49 |             |              | 00:17:41 | 00:35:49 | 00:53:54 |
| 19  | PALIWODA KASIA            | 409 | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIKOSZEWO        | POL | K40-49 |             |              | 00:17:59 | 00:36:11 | 00:54:24 |
| 20  | BANASZKIEWICZ KASIA       | 352 |                                 | KACZORY          | POL | K50-59 |             |              | 00:17:41 | 00:35:58 | 00:54:28 |
| 21  | KOZAKOWSKA MAŁGORZATA     | 369 | KS SOKÓŁ GAŚAWA                 | GAŚAWA           | POL | K40-49 |             |              | 00:17:55 | 00:36:10 | 00:54:30 |
| 22  | KEPA ANDRZEJ              | 367 | FACE NORDIC WALKING TEAM        | KOSZALIN         | POL | M60-69 |             |              | 00:18:04 | 00:36:23 | 00:55:11 |
| 23  | MARCHWICKI PRZEMYSŁAW     | 374 | NORDIC WALKING KIEKRZ           | SADY             | POL | M60-69 |             |              | 00:18:07 | 00:36:28 | 00:55:14 |
| 24  | PAŁUBICKI MARCIN          | 406 | SPORTOWA PACZKA                 | SZCZECINEK       | POL | M40-49 |             |              | 00:18:29 | 00:37:05 | 00:55:18 |
| 25  | BRACISZEWSKI KRZYSZTOF    | 353 | KS SOKÓŁ GAŚAWA                 | GAŚAWA           | POL | M30-39 |             |              | 00:18:20 | 00:36:49 | 00:55:38 |
| 26  | ZIELIŃSKA JOLANTA         | 403 | GOSIR OSIELSKO                  | OSIELSKO         | POL | K50-59 |             |              | 00:17:36 | 00:36:12 | 00:55:39 |
| 27  | LENER SŁAWOMIR            | 373 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN         | POL | M60-69 |             |              | 00:18:05 | 00:36:46 | 00:55:59 |
| 28  | LAJTER JERZY              | 371 | 4 RUN TEAM PIŁA                 | PIŁA             | POL | M60-69 |             |              | 00:18:42 | 00:37:09 | 00:56:01 |
| 29  | LENATROWICZ STANISŁAW     | 372 |                                 | STARA ŁUBIANKA   | POL | M50-59 |             |              | 00:18:23 | 00:36:55 | 00:56:06 |
| 30  | STAWNIAK KAROL            | 390 | KS METRACO POLKOWICE            | ŻNIN             | POL | M70+   |             |              | 00:18:50 | 00:37:36 | 00:56:50 |
| 31  | ZWOLENKIEWICZ JOANNA      | 404 | KS SOKÓŁ GAŚAWA                 | GAŚAWA           | POL | K40-49 |             |              | 00:18:26 | 00:37:47 | 00:56:59 |
| 32  | GWAREK ANITA              | 361 | PASJA NORDIC WALKING            | WARSZAWA         | POL | K40-49 |             |              | 00:18:55 | 00:38:19 | 00:57:44 |
| 33  | ROSADZIŃSKA NATALIA       | 385 | LESZNO :)                       | LESZNO           | POL | K18-29 |             |              | 00:19:04 | 00:38:26 | 00:57:54 |
| 34  | FRYDRYCH MARCIN           | 357 | NORDIC WALKING KIEKRZ           | ROKIETNICA       | POL | M40-49 |             |              | 00:18:47 | 00:38:10 | 00:57:56 |
| 35  | GOLIUS URSZULA            | 360 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN         | POL | K60-69 |             |              | 00:19:02 | 00:38:19 | 00:57:56 |
| 36  | GABERT BEATA              | 358 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN         | POL | K40-49 |             |              | 00:18:45 | 00:38:15 | 00:57:58 |
| 37  | CHŁODNICKI MAREK          | 354 | MARSZ PO ZDROWIE POZNAŃ         | POZNAŃ           | POL | M60-69 |             |              | 00:19:04 | 00:38:31 | 00:58:27 |
| 38  | WEGIERA GRZEGORZ          | 400 | ROXKIJE ROKIETNICA              | ROKIETNICA       | POL | M40-49 |             |              | 00:19:30 | 00:39:29 | 00:59:56 |
| 39  | STANKOWSKA MARZENA        | 389 | KIJKOWE TRZEMESZNO              | TRZEMESZNO       | POL | K40-49 |             |              | 00:20:10 | 00:40:42 | 01:00:31 |
| 40  | CHOLEWKA JOLANTA          | 355 | MARSZ PO ZDROWIE POZNAŃ         | POZNAŃ           | POL | K60-69 |             |              | 00:19:50 | 00:40:07 | 01:00:42 |
| 41  | POSTEK DANUTA             | 381 | MARSZ PO ZDROWIE POZNAŃ         | POZNAŃ           | POL | K50-59 |             |              | 00:20:10 | 00:40:38 | 01:01:00 |
| 42  | TOBYS RYSZARD             | 397 |                                 | PIOTROWO DRUGIE  | POL | M60-69 |             |              | 00:20:15 | 00:40:38 | 01:01:00 |
| 43  | SZYBCZYŃSKA KATARZYNA     | 395 | KS SOKÓŁ GAŚAWA                 | GAŚAWA           | POL | K40-49 |             |              | 00:20:13 | 00:40:41 | 01:01:06 |
| 44  | KORONA-BRACISZEWSKA BEATA | 368 | KS SOKÓŁ GAŚAWA                 | GAŚAWA           | POL | K18-29 |             |              | 00:20:05 | 00:40:33 | 01:01:09 |
| 45  | OMARSKA GRAŻYNA           | 379 | PASJA NORDIC WALKING            | WARSZAWA         | POL | K60-69 |             |              | 00:20:19 | 00:40:48 | 01:01:26 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, OPEN c.d.**

| POS | Name and surname        | No. | Club                    | City       | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|-------------------------|-----|-------------------------|------------|-----|--------|-------------|--------------|----------|----------|----------|
| 46  | URBAN JACEK             | 399 | LESZNO :)               | LESZNO     | POL | M60-69 |             |              | 00:20:07 | 00:40:46 | 01:01:42 |
| 47  | ZALESKI MAREK           | 402 |                         | OKONEK     | POL | M60-69 |             |              | 00:19:27 | 00:40:16 | 01:01:46 |
| 48  | MOSTOWSKA ELŻBIETA      | 377 | LESZNO :)               | ŻAKOWO     | POL | K50-59 |             |              | 00:20:30 | 00:41:58 | 01:02:26 |
| 49  | GOLAK-WEGIERA KATARZYNA | 359 | ROXKIJE ROKIETNICA      | ROKIETNICA | POL | K40-49 |             |              | 00:20:49 | 00:42:16 | 01:03:59 |
| 50  | URANTÓWKA HENRYK        | 398 | N/Z                     | SKWIERZYNA | POL | M70+   |             |              | 00:20:48 | 00:42:32 | 01:04:40 |
| 51  | RUSINOWICZ ANDRZEJ      | 387 | NIEZRZESZONY            | PIŁA       | POL | M70+   |             |              | 00:20:48 | 00:42:32 | 01:04:41 |
| 52  | HORJACZEK RYSZARD       | 364 | UKS GIMNAZJON SUCHY LAS | POZNAŃ     | POL | M60-69 |             |              | 00:22:32 | 00:46:04 | 01:09:48 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K18-29**

| POS | Name and surname          | No. | Club            | City   | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|---------------------------|-----|-----------------|--------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | ROSADZIŃSKA NATALIA       | 385 | LESZNO :)       | LESZNO | POL | K18-29 |             |              | 00:19:04 | 00:38:26 | 00:57:54 |
| 2   | KORONA-BRACISZEWSKA BEATA | 368 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K18-29 |             |              | 00:20:05 | 00:40:33 | 01:01:09 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K30-39**

| POS | Name and surname         | No. | Club               | City       | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|--------------------------|-----|--------------------|------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | PLACHCIŃSKA ANGELIKA     | 380 | KIJKOWE TRZEMESZNO | TRZEMESZNO | POL | K30-39 |             |              | 00:17:12 | 00:34:46 | 00:52:27 |
| 2   | ILOWSKA-REMBARZ KAROLINA | 366 | LOFT TEAM EXTREME  | KROSINKO   | POL | K30-39 |             |              | 00:17:13 | 00:34:54 | 00:52:55 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M30-39**

| POS | Name and surname       | No. | Club            | City             | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|------------------------|-----|-----------------|------------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | PRZYBYSZ GRZEGORZ      | 383 |                 | POPOWO KOŚCIELNE | POL | M30-39 |             |              | 00:16:41 | 00:34:12 | 00:51:55 |
| 2   | BRACISZEWSKI KRZYSZTOF | 353 | KS SOKÓŁ GAŚAWA | GAŚAWA           | POL | M30-39 |             |              | 00:18:20 | 00:36:49 | 00:55:38 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K40-49**

| POS | Name and surname        | No. | Club                            | City       | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|-------------------------|-----|---------------------------------|------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | MIELECKA AGNIESZKA      | 376 | KS IDMAR RACING TEAM            | GAŚAWA     | POL | K40-49 |             |              | 00:16:14 | 00:32:54 | 00:49:56 |
| 2   | PRZYBYŁEK MARYSIA       | 382 | MARSZ PO ZDROWIE POZNAŃ         | ŚMIGIEL    | POL | K40-49 |             |              | 00:17:41 | 00:35:49 | 00:53:54 |
| 3   | PALIWODA KASIA          | 409 | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIKOSZEWO  | POL | K40-49 |             |              | 00:17:59 | 00:36:11 | 00:54:24 |
| 4   | KOZAKOWSKA MAŁGORZATA   | 369 | KS SOKÓŁ GAŚAWA                 | GAŚAWA     | POL | K40-49 |             |              | 00:17:55 | 00:36:10 | 00:54:30 |
| 5   | ZWOLENKIEWICZ JOANNA    | 404 | KS SOKÓŁ GAŚAWA                 | GAŚAWA     | POL | K40-49 |             |              | 00:18:26 | 00:37:47 | 00:56:59 |
| 6   | GWAREK ANITA            | 361 | PASJA NORDIC WALKING            | WARSZAWA   | POL | K40-49 |             |              | 00:18:55 | 00:38:19 | 00:57:44 |
| 7   | GABERT BEATA            | 358 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN   | POL | K40-49 |             |              | 00:18:45 | 00:38:15 | 00:57:58 |
| 8   | STANKOWSKA MARZENA      | 389 | KIJKOWE TRZEMESZNO              | TRZEMESZNO | POL | K40-49 |             |              | 00:20:10 | 00:40:42 | 01:00:31 |
| 9   | SZYBCZYŃSKA KATARZYNA   | 395 | KS SOKÓŁ GAŚAWA                 | GAŚAWA     | POL | K40-49 |             |              | 00:20:13 | 00:40:41 | 01:01:06 |
| 10  | GOLAK-WEGIERA KATARZYNA | 359 | ROXKIJE ROKIETNICA              | ROKIETNICA | POL | K40-49 |             |              | 00:20:49 | 00:42:16 | 01:03:59 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M40-49**

| POS | Name and surname      | No. | Club                            | City     | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|-----------------------|-----|---------------------------------|----------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | REMBARZ ŁUKASZ        | 384 | KS IDMAR RACING TEAM            | KROSINKO | POL | M40-49 |             |              | 00:15:31 | 00:31:52 | 00:48:33 |
| 2   | NAKONIECZNY GRZEGORZ  | 408 | EKSPEDYCJA NORDIC TEAM SZCZECIN |          |     | M40-49 |             |              | 00:15:37 | 00:32:01 | 00:48:35 |
| 3   | SZARSZUNOWICZ MARIUSZ | 394 | KS METRACO POLKOWICE            | PASŁĘK   | POL | M40-49 |             |              | 00:15:40 | 00:32:02 | 00:48:43 |
| 4   | NACZK LEONARD         | 378 | DYNAMIC                         | ŁĘBORK   | POL | M40-49 |             |              | 00:15:52 | 00:32:39 | 00:49:31 |
| 5   | KUBIAK PRZEMYSŁAW     | 370 | KS IDMAR RACING TEAM            | MOSINA   | POL | M40-49 |             |              | 00:16:19 | 00:33:15 | 00:50:25 |
| 6   | ROSADZIŃSKI SŁAWOMIR  | 386 | LESZNO :)                       | LESZNO   | POL | M40-49 |             |              | 00:16:53 | 00:34:10 | 00:51:55 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M40-49 c.d.**

| POS | Name and surname | No. | Club                  | City       | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|------------------|-----|-----------------------|------------|-----|--------|-------------|--------------|----------|----------|----------|
| 7   | PAŁUBICKI MARCIN | 406 | SPORTOWA PACZKA       | SZCZECINEK | POL | M40-49 |             |              | 00:18:29 | 00:37:05 | 00:55:18 |
| 8   | FRYDRYCH MARCIN  | 357 | NORDIC WALKING KIEKRZ | ROKIETNICA | POL | M40-49 |             |              | 00:18:47 | 00:38:10 | 00:57:56 |
| 9   | WEGIERA GRZEGORZ | 400 | ROXKJE ROKIETNICA     | ROKIETNICA | POL | M40-49 |             |              | 00:19:30 | 00:39:29 | 00:59:56 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K50-59**

| POS | Name and surname    | No. | Club                    | City     | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|---------------------|-----|-------------------------|----------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | BANASZKIEWICZ KASIA | 352 |                         | KACZORY  | POL | K50-59 |             |              | 00:17:41 | 00:35:58 | 00:54:28 |
| 2   | ZIELIŃSKA JOLANTA   | 403 | GOSIR OSIELSKO          | OSIELSKO | POL | K50-59 |             |              | 00:17:36 | 00:36:12 | 00:55:39 |
| 3   | POSTEK DANUTA       | 381 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ   | POL | K50-59 |             |              | 00:20:10 | 00:40:38 | 01:01:00 |
| 4   | MOSTOWSKA ELŻBIETA  | 377 | LESZNO :)               | ŻAKOWO   | POL | K50-59 |             |              | 00:20:30 | 00:41:58 | 01:02:26 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M50-59**

| POS | Name and surname      | No. | Club                     | City           | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|-----------------------|-----|--------------------------|----------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | GWIZDAŁA ZBIGNIEW     | 362 |                          | GOŁĄBEK        | POL | M50-59 |             |              | 00:15:31 | 00:31:40 | 00:48:12 |
| 2   | SPYCHAŁA LESŁAW       | 407 | CKZIU NYSA MECHANIK      | BIAŁA          |     | M50-59 |             |              | 00:16:19 | 00:33:16 | 00:50:35 |
| 3   | BIK STANISŁAW         | 388 | KS METRACO POLKOWICE     | LUBIN          | POL | M50-59 |             |              | 00:16:32 | 00:33:50 | 00:51:19 |
| 4   | MĄDRY GRZEGORZ        | 375 | KJKOWE TRZEMESZNO        | TRZEMESZNO     | POL | M50-59 |             |              | 00:17:15 | 00:34:55 | 00:52:49 |
| 5   | ŚWISŁOCKI BOGDAN      | 396 | FACE NORDIC WALKING TEAM | MIKOSZEWO      | POL | M50-59 |             |              | 00:16:49 | 00:34:48 | 00:52:51 |
| 6   | LENATROWICZ STANISŁAW | 372 |                          | STARA ŁUBIANKA | POL | M50-59 |             |              | 00:18:23 | 00:36:55 | 00:56:06 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, K60-69**

| POS | Name and surname | No. | Club                            | City     | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|------------------|-----|---------------------------------|----------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | GOLUS URSZULA    | 360 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN | POL | K60-69 |             |              | 00:19:02 | 00:38:19 | 00:57:56 |
| 2   | CHOLEWKA JOLANTA | 355 | MARSZ PO ZDROWIE POZNAŃ         | POZNAŃ   | POL | K60-69 |             |              | 00:19:50 | 00:40:07 | 01:00:42 |
| 3   | OMARSKA GRAŻYNA  | 379 | PASJA NORDIC WALKING            | WARSZAWA | POL | K60-69 |             |              | 00:20:19 | 00:40:48 | 01:01:26 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M60-69**

| POS | Name and surname      | No. | Club                            | City            | NAT | Cat.   | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|-----------------------|-----|---------------------------------|-----------------|-----|--------|-------------|--------------|----------|----------|----------|
| 1   | HELWICH STEFAN        | 363 | KS METRACO POLKOWICE            | WIELEN          | POL | M60-69 |             |              | 00:15:24 | 00:31:22 | 00:47:29 |
| 2   | CZEKAJŁO FRANCISZEK   | 356 | REMI                            | DREZDENKO       | POL | M60-69 |             |              | 00:17:14 | 00:34:54 | 00:52:52 |
| 3   | KĘPA ANDRZEJ          | 367 | FACE NORDIC WALKING TEAM        | KOSZALIN        | POL | M60-69 |             |              | 00:18:04 | 00:36:23 | 00:55:11 |
| 4   | MARCHWICKI PRZEMYSŁAW | 374 | NORDIC WALKING KIEKRZ           | SADY            | POL | M60-69 |             |              | 00:18:07 | 00:36:28 | 00:55:14 |
| 5   | LENER SŁAWOMIR        | 373 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN        | POL | M60-69 |             |              | 00:18:05 | 00:36:46 | 00:55:59 |
| 6   | LAJTER JERZY          | 371 | 4 RUN TEAM PIŁA                 | PIŁA            | POL | M60-69 |             |              | 00:18:42 | 00:37:09 | 00:56:01 |
| 7   | CHŁODNICKI MAREK      | 354 | MARSZ PO ZDROWIE POZNAŃ         | POZNAŃ          | POL | M60-69 |             |              | 00:19:04 | 00:38:31 | 00:58:27 |
| 8   | TOBYS RYSZARD         | 397 |                                 | PIOTROWO DRUGIE | POL | M60-69 |             |              | 00:20:15 | 00:40:38 | 01:01:00 |
| 9   | URBAN JACEK           | 399 | LESZNO :)                       | LESZNO          | POL | M60-69 |             |              | 00:20:07 | 00:40:46 | 01:01:42 |
| 10  | ZALESKI MAREK         | 402 |                                 | OKONEK          | POL | M60-69 |             |              | 00:19:27 | 00:40:16 | 01:01:46 |
| 11  | HORJACZEK RYSZARD     | 364 | UKS GIMNAZJON SUCHY LAS         | POZNAŃ          | POL | M60-69 |             |              | 00:22:32 | 00:46:04 | 01:09:48 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M70+**

| POS | Name and surname | No. | Club                 | City       | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|------------------|-----|----------------------|------------|-----|------|-------------|--------------|----------|----------|----------|
| 1   | STAWNIAK KAROL   | 390 | KS METRACO POLKOWICE | ŻNIN       | POL | M70+ |             |              | 00:18:50 | 00:37:36 | 00:56:50 |
| 2   | URANTÓWKA HENRYK | 398 | N/Z                  | SKWIERZYNA | POL | M70+ |             |              | 00:20:48 | 00:42:32 | 01:04:40 |

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, M70+ c.d.**

| POS | Name and surname   | No. | Club         | City | NAT | Cat. | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    |
|-----|--------------------|-----|--------------|------|-----|------|-------------|--------------|----------|----------|----------|
| 3   | RUSINOWICZ ANDRZEJ | 387 | NIEZRZESZONY | PIŁA | POL | M70+ |             |              | 00:20:48 | 00:42:32 | 01:04:41 |