

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM

Organizator: PFWN
 Data: 2018-08-19
 Miejsce: Potęgowo
 Dystans: 10 km
 Klasyfikacja wg czasów netto.



POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|--------------------------------------|--------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | YANKOVSKIY DMITRIY | 374 | KLUB SPORTOWY DED | KALININGRAD | RUS | M40-49 | 1 | M 1 | | | 00:15:28 | 00:31:24 | 00:47:29 | 01:03:20.25 | 6:20 | 9.5 |
| 2 | SIWAK PIOTR | 354 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | 1 | M 2 | | | 00:16:00 | 00:32:00 | 00:47:57 | 01:03:53.40 | 6:23 | 9.4 |
| 3 | BIŁEK ARTUR | 301 | UNIA MIAST | LUBLINIEC | POL | M30-39 | 1 | M 3 | | | 00:15:49 | 00:31:59 | 00:48:03 | 01:03:55.20 | 6:23 | 9.4 |
| 4 | JANOCHA ROBERT | 380 | MUKS PODKARPACIE JEDLICZE | KROSNO | POL | M50-59 | 2 | M 4 | | | 00:16:01 | 00:32:01 | 00:47:59 | 01:04:00.85 | 6:24 | 9.4 |
| 5 | NIECHWIEJCZYK PIOTR | 343 | UNIA MIAST | ŚWIĘTOCHŁOWIC E | POL | M40-49 | 2 | M 5 | | | 00:15:40 | 00:32:05 | 00:48:28 | 01:04:44.90 | 6:28 | 9.3 |
| 6 | HAŁAS MARCIN | 317 | UNIA MIAST | CZECHOWICE-DZ IEDZICE | POL | M30-39 | 2 | M 6 | | | 00:16:13 | 00:32:39 | 00:49:02 | 01:05:01.80 | 6:30 | 9.2 |
| 7 | KUBISZYN MIROSŁAW | 333 | | LUBACZÓW | POL | M30-39 | 3 | M 7 | | | 00:16:16 | 00:32:57 | 00:49:01 | 01:05:03.20 | 6:30 | 9.2 |
| 8 | RYCHLIK GRZEGORZ | 352 | NOWI SIEDLCE/NW WSCHÓD | HALASY | POL | M30-39 | 4 | M 8 | | | 00:16:13 | 00:32:41 | 00:49:04 | 01:05:03.45 | 6:30 | 9.2 |
| 9 | JUREK ADAM | 322 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 3 | M 9 | | | 00:16:02 | 00:32:04 | 00:48:36 | 01:05:18.35 | 6:31 | 9.2 |
| 10 | BORKOWSKI DARIUSZ | 302 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | M40-49 | 3 | M 10 | | | 00:16:00 | 00:32:29 | 00:49:03 | 01:05:36.90 | 6:33 | 9.1 |
| 11 | NIEDBAŁ ADAM | 381 | SILESIA NORDIC TEAM | SIEWIERZ | POL | M40-49 | 4 | M 11 | | | 00:16:36 | 00:33:24 | 00:50:13 | 01:06:48.60 | 6:40 | 9 |
| 12 | NACZK LEONARD | 342 | DYNAMIC | LĘBORK | POL | M40-49 | 5 | M 12 | | | 00:16:03 | 00:32:53 | 00:49:57 | 01:07:08.30 | 6:42 | 8.9 |
| 13 | MIELECKA AGNIESZKA | 341 | KS IDMAR RACING TEAM | GĄSAWA | POL | K40-49 | 1 | K 1 | | | 00:16:14 | 00:33:04 | 00:50:26 | 01:07:15.40 | 6:43 | 8.9 |
| 14 | HELWICH STEFAN | 318 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 13 | | | 00:16:20 | 00:33:18 | 00:50:25 | 01:07:23.05 | 6:44 | 8.9 |
| 15 | KUBISZYN MAŁGORZATA | 332 | | LUBACZÓW | POL | K30-39 | 1 | K 2 | | | 00:16:42 | 00:34:06 | 00:51:40 | 01:08:54.35 | 6:53 | 8.7 |
| 16 | KUBIAK PRZEMYSŁAW | 331 | KS IDMAR RACING TEAM | MOSINA | POL | M40-49 | 6 | M 14 | | | 00:16:52 | 00:34:25 | 00:51:57 | 01:09:27.40 | 6:56 | 8.6 |
| 17 | JĘDRASIAK RENATA | 321 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 3 | | | 00:17:20 | 00:34:51 | 00:52:22 | 01:09:51.15 | 6:59 | 8.6 |
| 18 | GŁOWA MICHAŁ | 314 | UNIA MIAST | CIESZYN | POL | M18-29 | 1 | M 15 | | | 00:16:55 | 00:34:44 | 00:52:20 | 01:09:52.45 | 6:59 | 8.6 |
| 19 | ZAGAJA JANUSZ | 376 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60-69 | 2 | M 16 | | | 00:17:03 | 00:34:14 | 00:51:57 | 01:10:00.60 | 7:00 | 8.6 |
| 20 | SMUL ANDRZEJ | 358 | MARSZ PO ZDROWIE POZNAŃ | TARNOWO PODGÓRNE | POL | M60-69 | 3 | M 17 | | | 00:17:05 | 00:34:15 | 00:51:53 | 01:10:08.60 | 7:00 | 8.6 |
| 21 | SPYCHAŁA LESŁAW | 359 | | BIAŁA | POL | M50-59 | 4 | M 18 | | | 00:16:45 | 00:34:17 | 00:52:14 | 01:10:22.05 | 7:02 | 8.5 |
| 22 | GIERSZEWSKI ARKADIUSZ | 386 | | CHOJNICE | POL | M40-49 | 7 | M 19 | | | 00:17:14 | 00:34:55 | 00:53:09 | 01:11:03.85 | 7:06 | 8.4 |
| 23 | PASIKOWSKA MARIOLA | 348 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI | POL | K30-39 | 2 | K 4 | | | 00:17:06 | 00:34:50 | 00:52:56 | 01:11:04.75 | 7:06 | 8.4 |
| 24 | SĄLABON GRZEGORZ | 353 | TEAM NORDICUS LĘBORK | LĘBORK | POL | M50-59 | 5 | M 20 | 1 | | 00:17:03 | 00:34:48 | 00:53:43 | 01:11:39.20 | 7:09 | 8.4 |
| 25 | STYŚ ELŻBIETA | 379 | | WROCANKA | POL | K50-59 | 2 | K 5 | | | 00:17:22 | 00:35:31 | 00:53:47 | 01:12:25.30 | 7:14 | 8.3 |
| 26 | SMARSZCZ WIESŁAW | 357 | TEAM NORDICUS LĘBORK | LĘBORK | POL | M60-69 | 4 | M 21 | 1 | | 00:17:34 | 00:35:52 | 00:54:20 | 01:12:44.45 | 7:16 | 8.2 |
| 27 | SZARZUNOWICZ ANNA | 363 | KS METRACO POLKOWICE | PASŁĘK | POL | K30-39 | 3 | K 6 | | | 00:17:25 | 00:35:35 | 00:54:01 | 01:12:46.90 | 7:16 | 8.2 |
| 28 | ŚLUSARCZYK ANDRZEJ | 367 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 5 | M 22 | | | 00:17:52 | 00:36:24 | 00:55:18 | 01:13:19.05 | 7:19 | 8.2 |
| 29 | BUJNICKI MARCIN | 303 | NORDIC WALKING PASŁĘK | PASŁĘK | POL | M40-49 | 8 | M 23 | | | 00:17:55 | 00:36:19 | 00:54:51 | 01:13:36.90 | 7:21 | 8.2 |
| 30 | HRYNDIO JERZY | 319 | UNIA MIAST | KATOWICE | POL | M60-69 | 6 | M 24 | | | 00:17:25 | 00:35:51 | 00:54:51 | 01:13:37.30 | 7:21 | 8.2 |
| 31 | KONCEWICZ MAREK | 325 | ELITE TEAM CHODZE Z KIJAMI GDYNIA | GDYNIA | POL | M50-59 | 6 | M 25 | | | 00:18:01 | 00:36:34 | 00:55:10 | 01:13:48.00 | 7:22 | 8.1 |
| 32 | ŚLUSARCZYK MARCIN | 366 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | 5 | M 26 | | | 00:18:25 | 00:37:21 | 00:55:53 | 01:13:57.60 | 7:23 | 8.1 |
| 33 | SŁOWIŃSKA ALICJA | 356 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | K50-59 | 3 | K 7 | 1 | | 00:17:26 | 00:36:04 | 00:54:57 | 01:14:08.75 | 7:24 | 8.1 |
| 34 | KRÓLIKOWSKA KRYSZYNA | 329 | | KREPA KASZUBSKA | POL | K40-49 | 2 | K 8 | | | 00:18:09 | 00:36:51 | 00:55:38 | 01:14:32.25 | 7:27 | 8.1 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------------|-----|-------------------------------------|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 35 | KRAKOWIAN PIOTR | 328 | VIKING NORDIC TEAM CZĘSTOCHOWA | KAMYK | POL | M40-49 | 9 | M 27 | | | 00:17:47 | 00:36:15 | 00:55:18 | 01:14:54.90 | 7:29 | 8 |
| 36 | ZIELIŃSKA JOLANTA | 377 | | OSIELSKO | POL | K50-59 | 4 | K 9 | 1 | | 00:17:56 | 00:36:51 | 00:56:01 | 01:15:33.80 | 7:33 | 7.9 |
| 37 | CZAJKA URSZULA | 308 | FACE NORDIC WALKING TEAM | RUMIA | POL | K60-69 | 1 | K 10 | | | 00:18:15 | 00:37:05 | 00:56:26 | 01:15:35.95 | 7:33 | 7.9 |
| 38 | KURZAWSKA JOLANTA | 334 | KS METRACO POLKOWICE | LUBIN | POL | K60-69 | 2 | K 11 | | | 00:18:14 | 00:37:06 | 00:56:27 | 01:15:36.05 | 7:33 | 7.9 |
| 39 | STAWNIAK KAROL | 360 | KS METRACO POLKOWICE | ŻNIN | POL | M70+ | 1 | M 28 | | | 00:18:49 | 00:37:35 | 00:56:44 | 01:15:55.05 | 7:35 | 7.9 |
| 40 | WIERZBA LILLA | 372 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 5 | K 12 | | | 00:18:26 | 00:37:29 | 00:56:43 | 01:16:12.80 | 7:37 | 7.9 |
| 41 | ZACHARCZUK ZOFIA | 375 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | K60-69 | 3 | K 13 | | | 00:18:42 | 00:38:01 | 00:57:19 | 01:16:36.40 | 7:39 | 7.8 |
| 42 | DZIĘCZKOWSKI MARCIN | 387 | | POZNAŃ | POL | M40-49 | 10 | M 29 | | | 00:18:55 | 00:38:15 | 00:57:45 | 01:16:47.60 | 7:40 | 7.8 |
| 43 | POZNAŃSKI WIESŁAW | 351 | | BIALYSTOK | POL | M60-69 | 7 | M 30 | | | 00:18:01 | 00:36:56 | 00:56:33 | 01:16:52.75 | 7:41 | 7.8 |
| 44 | DOBROWOLSKA-ŚWIĄT EK ELŻBIETA | 311 | | KAMIENIEC WROCŁAWSKI | POL | K50-59 | 6 | K 14 | | | 00:18:52 | 00:38:26 | 00:57:52 | 01:16:57.40 | 7:41 | 7.8 |
| 45 | KOŁPAK JAN | 323 | LKS ZANTYR SZTUM | 82-400 SZTUM | POL | M70+ | 2 | M 31 | | | 00:19:00 | 00:38:01 | 00:57:24 | 01:16:59.40 | 7:42 | 7.8 |
| 46 | KREFFT BARBARA | 385 | | PARCHOWO | POL | K50-59 | 7 | K 15 | | | 00:18:57 | 00:38:17 | 00:57:38 | 01:17:03.40 | 7:42 | 7.8 |
| 47 | KORDOWSKA BOGUSŁAWA | 326 | | KRAKÓW | POL | K40-49 | 3 | K 16 | | | 00:18:55 | 00:38:06 | 00:57:38 | 01:17:13.85 | 7:43 | 7.8 |
| 48 | MALINOWSKA KATARZYNA | 339 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 4 | K 17 | | | 00:19:07 | 00:39:03 | 00:58:10 | 01:17:18.70 | 7:43 | 7.8 |
| 49 | NIETRZEBKA ALEKSANDRA | 344 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | K18-29 | 1 | K 18 | | | 00:18:51 | 00:38:13 | 00:57:47 | 01:17:19.20 | 7:44 | 7.8 |
| 50 | ŚLUSARCZYK GRZEGORZ | 368 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 11 | M 32 | | | 00:19:23 | 00:39:17 | 00:58:57 | 01:18:09.75 | 7:49 | 7.7 |
| 51 | CHYRA JANUSZ | 306 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 12 | M 33 | | | 00:19:32 | 00:39:29 | 00:59:09 | 01:18:16.95 | 7:49 | 7.7 |
| 52 | KONCEWICZ ANETA | 324 | ELITE TEAM CHODZE Z KJAMI GDYNIA | GDYNIA | POL | K18-29 | 2 | K 19 | | | 00:18:58 | 00:38:30 | 00:58:16 | 01:18:19.60 | 7:50 | 7.7 |
| 53 | SZUL-MŁOCZYŃSKA ALEKSANDRA | 365 | | KĘPICE | POL | K30-39 | 5 | K 20 | | | 00:18:58 | 00:38:49 | 00:58:43 | 01:18:36.85 | 7:51 | 7.6 |
| 54 | KOTULA JAKUB | 327 | UNIA MIAST | KATOWICE | POL | M30-39 | 6 | M 34 | | | 00:19:41 | 00:39:37 | 00:59:18 | 01:18:52.10 | 7:53 | 7.6 |
| 55 | MALKIEWICZ MAŁGORZATA | 340 | ŻYJ AKTYWNIIE WIERSZYNO | WIERSZYNO | POL | K50-59 | 8 | K 21 | | | 00:19:19 | 00:39:11 | 00:59:20 | 01:19:26.20 | 7:56 | 7.6 |
| 56 | SURIAK EWELINA | 362 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K18-29 | 3 | K 22 | | | 00:19:10 | 00:39:15 | 00:59:27 | 01:19:55.35 | 7:59 | 7.5 |
| 57 | GWAREK ANITA | 315 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 4 | K 23 | | | 00:19:01 | 00:38:55 | 00:59:29 | 01:20:02.20 | 8:00 | 7.5 |
| 58 | PINIS AGNIESZKA | 349 | VIKING NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 5 | K 24 | | | 00:19:05 | 00:39:04 | 00:59:46 | 01:20:07.95 | 8:00 | 7.5 |
| 59 | CONTUCCI EWA | 307 | VIKING NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 6 | K 25 | | | 00:19:34 | 00:39:49 | 01:00:05 | 01:20:08.10 | 8:00 | 7.5 |
| 60 | BIAŁK ROMAN | 383 | | GDAŃSK | POL | M60-69 | 8 | M 35 | | | 00:19:43 | 00:39:57 | 01:00:11 | 01:20:08.15 | 8:00 | 7.5 |
| 61 | CYRNY BOGUSŁAW | 345 | | ŁUPAWA | POL | M50-59 | 7 | M 36 | 1 | | 00:20:00 | 00:39:41 | 00:59:37 | 01:20:14.60 | 8:01 | 7.5 |
| 62 | CZAKIERT MAREK | 309 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 8 | M 37 | | | 00:19:47 | 00:39:53 | 01:00:32 | 01:20:40.45 | 8:04 | 7.4 |
| 63 | OMARSKA GRAŻYNA | 346 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-69 | 4 | K 26 | | | 00:19:49 | 00:40:09 | 01:00:37 | 01:21:08.85 | 8:06 | 7.4 |
| 64 | CHOLEWKA JOLANTA | 304 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K60-69 | 5 | K 27 | | | 00:19:49 | 00:40:06 | 01:00:37 | 01:21:23.90 | 8:08 | 7.4 |
| 65 | FARON MONIKA | 312 | | GDYNIA | POL | K30-39 | 6 | K 28 | | | 00:19:59 | 00:40:15 | 01:00:45 | 01:21:27.85 | 8:08 | 7.4 |
| 66 | SZOT MAGDALENA | 364 | | KRAKÓW | POL | K18-29 | 4 | K 29 | | | 00:19:24 | 00:39:59 | 01:00:45 | 01:21:48.45 | 8:10 | 7.3 |
| 67 | WIELGUS ALEKSANDRA | 371 | | POTĘGOWO | POL | K30-39 | 7 | K 30 | | | 00:20:05 | 00:40:55 | 01:02:16 | 01:22:36.55 | 8:15 | 7.3 |
| 68 | PINIS MICHAŁ | 350 | VIKING NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M30-39 | 7 | M 38 | | | 00:20:09 | 00:41:13 | 01:02:07 | 01:22:46.45 | 8:16 | 7.2 |
| 69 | KLUK SYLWIA | 384 | | KĘPICE | POL | K30-39 | 8 | K 31 | | | 00:20:03 | 00:40:59 | 01:02:01 | 01:23:04.35 | 8:18 | 7.2 |
| 70 | JEDYNAK STANISŁAW | 320 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 3 | M 39 | | | 00:20:02 | 00:41:03 | 01:02:41 | 01:23:19.55 | 8:20 | 7.2 |
| 71 | MACUŁO OLA | 338 | | SŁUPSK | POL | K30-39 | 9 | K 32 | | | 00:21:04 | 00:42:26 | 01:03:36 | 01:24:46.90 | 8:28 | 7.1 |
| 72 | WIĘCKOWSKI JANUSZ | 373 | | SUŁOCIN TOWARZYSTWO | POL | M40-49 | 13 | M 40 | | | 00:20:34 | 00:42:03 | 01:04:00 | 01:25:40.00 | 8:34 | 7 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 73 | SIKORRA JANINA | 195 | 'ORŁY WICKO' | ŁĘDZIECHOWO | POL | K70+ | 1 | K 33 | | | 00:21:30 | 00:43:08 | 01:04:52 | 01:26:26.40 | 8:38 | 6.9 |
| 74 | LABUDDA KATARZYNA | 336 | | WEJHEROWO | POL | K30-39 | 10 | K 34 | | | 00:19:59 | 00:42:04 | 01:05:02 | 01:27:09.30 | 8:42 | 6.9 |
| 75 | OWCZAREK MAGDALENA | 347 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | K50-59 | 9 | K 35 | | | 00:20:28 | 00:42:39 | 01:05:29 | 01:29:01.00 | 8:54 | 6.7 |
| 76 | KRZYŚCIN RAFAŁ | 382 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M40-49 | 14 | M 41 | | | 00:21:44 | 00:44:01 | 01:06:48 | 01:30:12.20 | 9:01 | 6.7 |
| 77 | SIŁKA ROMAN | 451 | | ŁUPAWA | POL | M50-59 | 9 | M 42 | | | 00:21:57 | 00:44:44 | 01:07:31 | 01:30:49.55 | 9:05 | 6.6 |
| 78 | LIGEŻA ELŻBIETA | 337 | | TYCHY | POL | K50-59 | 10 | K 36 | | | 00:22:38 | 00:45:31 | 01:08:24 | 01:31:31.45 | 9:09 | 6.6 |
| 79 | KRYSZCZUK KACPER | 330 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | M18-29 | 2 | M 43 | | | 00:22:55 | 00:45:59 | 01:09:05 | 01:31:54.05 | 9:11 | 6.5 |
| 80 | SIWCZYK GRAŻYNA | 355 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K60-69 | 6 | K 37 | | | 00:23:10 | 00:47:07 | 01:10:35 | 01:33:35.40 | 9:21 | 6.4 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|--------------------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | NIETRZEBKA ALEKSANDRA | 344 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | K18-29 | 1 | K 18 | | | 00:18:51 | 00:38:13 | 00:57:47 | 01:17:19.20 | 7:44 | 7.8 |
| 2 | KONCEWICZ ANETA | 324 | ELITE TEAM CHODZE Z KIJAMI GDYNIA | GDYNIA | POL | K18-29 | 2 | K 19 | | | 00:18:58 | 00:38:30 | 00:58:16 | 01:18:19.60 | 7:50 | 7.7 |
| 3 | SURIAK EWELINA | 362 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K18-29 | 3 | K 22 | | | 00:19:10 | 00:39:15 | 00:59:27 | 01:19:55.35 | 7:59 | 7.5 |
| 4 | SZOT MAGDALENA | 364 | | KRAKÓW | POL | K18-29 | 4 | K 29 | | | 00:19:24 | 00:39:59 | 01:00:45 | 01:21:48.45 | 8:10 | 7.3 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------|-----|---------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | GŁOWA MICHAŁ | 314 | UNIA MIAST | CIESZYN | POL | M18-29 | 1 | M 15 | | | 00:16:55 | 00:34:44 | 00:52:20 | 01:09:52.45 | 6:59 | 8.6 |
| 2 | KRYSZCZUK KACPER | 330 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | M18-29 | 2 | M 43 | | | 00:22:55 | 00:45:59 | 01:09:05 | 01:31:54.05 | 9:11 | 6.5 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------------|-----|-----------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KUBISZYN MAŁGORZATA | 332 | | LUBACZÓW | POL | K30-39 | 1 | K 2 | | | 00:16:42 | 00:34:06 | 00:51:40 | 01:08:54.35 | 6:53 | 8.7 |
| 2 | PASIKOWSKA MARIOLA | 348 | VIKING NORDIC TEAM CZĘSTOCHOWA | ŻARKI | POL | K30-39 | 2 | K 4 | | | 00:17:06 | 00:34:50 | 00:52:56 | 01:11:04.75 | 7:06 | 8.4 |
| 3 | SZARSZUNOWICZ ANNA | 363 | KS METRACO POLKOWICE | PASŁEK | POL | K30-39 | 3 | K 6 | | | 00:17:25 | 00:35:35 | 00:54:01 | 01:12:46.90 | 7:16 | 8.2 |
| 4 | MALINOWSKA KATARZYNA | 339 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 4 | K 17 | | | 00:19:07 | 00:39:03 | 00:58:10 | 01:17:18.70 | 7:43 | 7.8 |
| 5 | SZUL-MŁOCZYŃSKA ALEKSANDRA | 365 | | KĘPICE | POL | K30-39 | 5 | K 20 | | | 00:18:58 | 00:38:49 | 00:58:43 | 01:18:36.85 | 7:51 | 7.6 |
| 6 | FARON MONIKA | 312 | | GDYNIA | POL | K30-39 | 6 | K 28 | | | 00:19:59 | 00:40:15 | 01:00:45 | 01:21:27.85 | 8:08 | 7.4 |
| 7 | WIELGUS ALEKSANDRA | 371 | | POTĘGOWO | POL | K30-39 | 7 | K 30 | | | 00:20:05 | 00:40:55 | 01:02:16 | 01:22:36.55 | 8:15 | 7.3 |
| 8 | KLUK SYLWIA | 384 | | KĘPICE | POL | K30-39 | 8 | K 31 | | | 00:20:03 | 00:40:59 | 01:02:01 | 01:23:04.35 | 8:18 | 7.2 |
| 9 | MACUŁO OLA | 338 | | SŁUPSK | POL | K30-39 | 9 | K 32 | | | 00:21:04 | 00:42:26 | 01:03:36 | 01:24:46.90 | 8:28 | 7.1 |
| 10 | LABUDDA KATARZYNA | 336 | | WEJHEROWO | POL | K30-39 | 10 | K 34 | | | 00:19:59 | 00:42:04 | 01:05:02 | 01:27:09.30 | 8:42 | 6.9 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------|-----|-----------------------------------|--------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | BIŁEK ARTUR | 301 | UNIA MIAST | LUBLINIEC | POL | M30-39 | 1 | M 3 | | | 00:15:49 | 00:31:59 | 00:48:03 | 01:03:55.20 | 6:23 | 9.4 |
| 2 | HAŁAS MARCIN | 317 | UNIA MIAST | CZECHOWICE-DZ IEDZICE | POL | M30-39 | 2 | M 6 | | | 00:16:13 | 00:32:39 | 00:49:02 | 01:05:01.80 | 6:30 | 9.2 |
| 3 | KUBISZYN MIROSŁAW | 333 | | LUBACZÓW | POL | M30-39 | 3 | M 7 | | | 00:16:16 | 00:32:57 | 00:49:01 | 01:05:03.20 | 6:30 | 9.2 |
| 4 | RYCHLIK GRZEGORZ | 352 | NOWI SIEDLCE/NW WSCHÓD | HALASY | POL | M30-39 | 4 | M 8 | | | 00:16:13 | 00:32:41 | 00:49:04 | 01:05:03.45 | 6:30 | 9.2 |
| 5 | ŚLUSARCZYK MARCIN | 366 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M30-39 | 5 | M 26 | | | 00:18:25 | 00:37:21 | 00:55:53 | 01:13:57.60 | 7:23 | 8.1 |
| 6 | KOTULA JAKUB | 327 | UNIA MIAST | KATOWICE | POL | M30-39 | 6 | M 34 | | | 00:19:41 | 00:39:37 | 00:59:18 | 01:18:52.10 | 7:53 | 7.6 |
| 7 | PINIŚ MICHAŁ | 350 | VIKING NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M30-39 | 7 | M 38 | | | 00:20:09 | 00:41:13 | 01:02:07 | 01:22:46.45 | 8:16 | 7.2 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------|-----|-----------------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | MIELECKA AGNIESZKA | 341 | KS IDMAR RACING TEAM | GĄSAWA | POL | K40-49 | 1 | K 1 | | | 00:16:14 | 00:33:04 | 00:50:26 | 01:07:15.40 | 6:43 | 8.9 |
| 2 | KRÓLIKOWSKA KRYSZYNA | 329 | | KRĘPA KASZUBSKA | POL | K40-49 | 2 | K 8 | | | 00:18:09 | 00:36:51 | 00:55:38 | 01:14:32.25 | 7:27 | 8.1 |
| 3 | KORDOWSKA BOGUSŁAWA | 326 | | KRAKÓW | POL | K40-49 | 3 | K 16 | | | 00:18:55 | 00:38:06 | 00:57:38 | 01:17:13.85 | 7:43 | 7.8 |
| 4 | GWAREK ANITA | 315 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 4 | K 23 | | | 00:19:01 | 00:38:55 | 00:59:29 | 01:20:02.20 | 8:00 | 7.5 |
| 5 | PINIŚ AGNIESZKA | 349 | VIKING NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 5 | K 24 | | | 00:19:05 | 00:39:04 | 00:59:46 | 01:20:07.95 | 8:00 | 7.5 |
| 6 | CONTUCCI EWA | 307 | VIKING NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 6 | K 25 | | | 00:19:34 | 00:39:49 | 01:00:05 | 01:20:08.10 | 8:00 | 7.5 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|-----------------------------------|------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | YANKOVSKIY DMITRIY | 374 | KLUB SPORTOWY DED | KALININGRAD | RUS | M40-49 | 1 | M 1 | | | 00:15:28 | 00:31:24 | 00:47:29 | 01:03:20.25 | 6:20 | 9.5 |
| 2 | NIECHWIEJCZYK PIOTR | 343 | UNIA MIAST | ŚWIĘTOCHŁOWIC E | POL | M40-49 | 2 | M 5 | | | 00:15:40 | 00:32:05 | 00:48:28 | 01:04:44.90 | 6:28 | 9.3 |
| 3 | BORKOWSKI DARIUSZ | 302 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | M40-49 | 3 | M 10 | | | 00:16:00 | 00:32:29 | 00:49:03 | 01:05:36.90 | 6:33 | 9.1 |
| 4 | NIEDBAŁ ADAM | 381 | SILESIA NORDIC TEAM | SIEWIERZ | POL | M40-49 | 4 | M 11 | | | 00:16:36 | 00:33:24 | 00:50:13 | 01:06:48.60 | 6:40 | 9 |
| 5 | NACZK LEONARD | 342 | DYNAMIC | LĘBORK | POL | M40-49 | 5 | M 12 | | | 00:16:03 | 00:32:53 | 00:49:57 | 01:07:08.30 | 6:42 | 8.9 |
| 6 | KUBIAK PRZEMYSŁAW | 331 | KS IDMAR RACING TEAM | MOSINA | POL | M40-49 | 6 | M 14 | | | 00:16:52 | 00:34:25 | 00:51:57 | 01:09:27.40 | 6:56 | 8.6 |
| 7 | GIERSZEWSKI ARKADIUSZ | 386 | | CHOJNICE | POL | M40-49 | 7 | M 19 | | | 00:17:14 | 00:34:55 | 00:53:09 | 01:11:03.85 | 7:06 | 8.4 |
| 8 | BUJNICKI MARCIN | 303 | NORDIC WALKING PASŁĘK | PASŁĘK | POL | M40-49 | 8 | M 23 | | | 00:17:55 | 00:36:19 | 00:54:51 | 01:13:36.90 | 7:21 | 8.2 |
| 9 | KRAKOWIAN PIOTR | 328 | VIKING NORDIC TEAM CZĘSTOCHOWA | KAMYK | POL | M40-49 | 9 | M 27 | | | 00:17:47 | 00:36:15 | 00:55:18 | 01:14:54.90 | 7:29 | 8 |
| 10 | DZIĘCZKOWSKI MARCIN | 387 | | POZNAŃ | POL | M40-49 | 10 | M 29 | | | 00:18:55 | 00:38:15 | 00:57:45 | 01:16:47.60 | 7:40 | 7.8 |
| 11 | ŚLUSARCZYK GRZEGORZ | 368 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M40-49 | 11 | M 32 | | | 00:19:23 | 00:39:17 | 00:58:57 | 01:18:09.75 | 7:49 | 7.7 |
| 12 | CHYRA JANUSZ | 306 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 12 | M 33 | | | 00:19:32 | 00:39:29 | 00:59:09 | 01:18:16.95 | 7:49 | 7.7 |
| 13 | WIĘCKOWSKI JANUSZ | 373 | | SUŁOCIN TOWARZYSTWO | POL | M40-49 | 13 | M 40 | | | 00:20:34 | 00:42:03 | 01:04:00 | 01:25:40.00 | 8:34 | 7 |
| 14 | KRZYŚCIN RAFAŁ | 382 | SANTANDER CONSUMER BANK | WROCŁAW | POL | M40-49 | 14 | M 41 | | | 00:21:44 | 00:44:01 | 01:06:48 | 01:30:12.20 | 9:01 | 6.7 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------------|-----|---------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | JĘDRASIAK RENATA | 321 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 3 | | | 00:17:20 | 00:34:51 | 00:52:22 | 01:09:51.15 | 6:59 | 8.6 |
| 2 | STYŚ ELŻBIETA | 379 | | WROCANKA | POL | K50-59 | 2 | K 5 | | | 00:17:22 | 00:35:31 | 00:53:47 | 01:12:25.30 | 7:14 | 8.3 |
| 3 | SŁOWIŃSKA ALICJA | 356 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | K50-59 | 3 | K 7 | 1 | | 00:17:26 | 00:36:04 | 00:54:57 | 01:14:08.75 | 7:24 | 8.1 |
| 4 | ZIELIŃSKA JOLANTA | 377 | | OSIELSKO | POL | K50-59 | 4 | K 9 | 1 | | 00:17:56 | 00:36:51 | 00:56:01 | 01:15:33.80 | 7:33 | 7.9 |
| 5 | WIERZBA LILLA | 372 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 5 | K 12 | | | 00:18:26 | 00:37:29 | 00:56:43 | 01:16:12.80 | 7:37 | 7.9 |
| 6 | DOBROWOLSKA-SWIĄT EK ELŻBIETA | 311 | | KAMIENIEC | POL | K50-59 | 6 | K 14 | | | 00:18:52 | 00:38:26 | 00:57:52 | 01:16:57.40 | 7:41 | 7.8 |
| 7 | KREFFT BARBARA | 385 | | PARCHOWO | POL | K50-59 | 7 | K 15 | | | 00:18:57 | 00:38:17 | 00:57:38 | 01:17:03.40 | 7:42 | 7.8 |
| 8 | MALKIEWICZ MAŁGORZATA | 340 | ŻYJ AKTYWNI WIERSZYNO | WIERSZYNO | POL | K50-59 | 8 | K 21 | | | 00:19:19 | 00:39:11 | 00:59:20 | 01:19:26.20 | 7:56 | 7.6 |
| 9 | OWCZAREK MAGDALENA | 347 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | K50-59 | 9 | K 35 | | | 00:20:28 | 00:42:39 | 01:05:29 | 01:29:01.00 | 8:54 | 6.7 |
| 10 | LIGĘZA ELŻBIETA | 337 | | TYCHY | POL | K50-59 | 10 | K 36 | | | 00:22:38 | 00:45:31 | 01:08:24 | 01:31:31.45 | 9:09 | 6.6 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------|-----|--------------------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | SIWAK PIOTR | 354 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | 1 | M 2 | | | 00:16:00 | 00:32:00 | 00:47:57 | 01:03:53.40 | 6:23 | 9.4 |
| 2 | JANOCHA ROBERT | 380 | MUKS PODKARPACIE JEDLICZE | KROSNO | POL | M50-59 | 2 | M 4 | | | 00:16:01 | 00:32:01 | 00:47:59 | 01:04:00.85 | 6:24 | 9.4 |
| 3 | JUREK ADAM | 322 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 3 | M 9 | | | 00:16:02 | 00:32:04 | 00:48:36 | 01:05:18.35 | 6:31 | 9.2 |
| 4 | SPYCHAŁA LESŁAW | 359 | | BIAŁA | POL | M50-59 | 4 | M 18 | | | 00:16:45 | 00:34:17 | 00:52:14 | 01:10:22.05 | 7:02 | 8.5 |
| 5 | SAŁABON GRZEGORZ | 353 | TEAM NORDICUS LĘBORK | LĘBORK | POL | M50-59 | 5 | M 20 | 1 | | 00:17:03 | 00:34:48 | 00:53:43 | 01:11:39.20 | 7:09 | 8.4 |
| 6 | KONCEWICZ MAREK | 325 | ELITE TEAM CHODZE Z KIJAMI GDYNIA | GDYNIA | POL | M50-59 | 6 | M 25 | | | 00:18:01 | 00:36:34 | 00:55:10 | 01:13:48.00 | 7:22 | 8.1 |
| 7 | CYRNY BOGUSŁAW | 345 | | ŁUPAWA | POL | M50-59 | 7 | M 36 | 1 | | 00:20:00 | 00:39:41 | 00:59:37 | 01:20:14.60 | 8:01 | 7.5 |
| 8 | CZAKIERT MAREK | 309 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 8 | M 37 | | | 00:19:47 | 00:39:53 | 01:00:32 | 01:20:40.45 | 8:04 | 7.4 |
| 9 | SIŁKA ROMAN | 451 | | ŁUPAWA | POL | M50-59 | 9 | M 42 | | | 00:21:57 | 00:44:44 | 01:07:31 | 01:30:49.55 | 9:05 | 6.6 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, K60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------|-----|-----------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | CZAJKA URSZULA | 308 | FACE NORDIC WALKING TEAM | RUMIA | POL | K60-69 | 1 | K 10 | | | 00:18:15 | 00:37:05 | 00:56:26 | 01:15:35.95 | 7:33 | 7.9 |
| 2 | KURZAWSKA JOLANTA | 334 | KS METRACO POLKOWICE | LUBIN | POL | K60-69 | 2 | K 11 | | | 00:18:14 | 00:37:06 | 00:56:27 | 01:15:36.05 | 7:33 | 7.9 |
| 3 | ZACHARCZUK ZOFIA | 375 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE | POL | K60-69 | 3 | K 13 | | | 00:18:42 | 00:38:01 | 00:57:19 | 01:16:36.40 | 7:39 | 7.8 |
| 4 | OMARSKA GRAŻYNA | 346 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-69 | 4 | K 26 | | | 00:19:49 | 00:40:09 | 01:00:37 | 01:21:08.85 | 8:06 | 7.4 |
| 5 | CHOLEWKA JOLANTA | 304 | MARSZ PO ZDROWIE POZNAŃ | POZNAŃ | POL | K60-69 | 5 | K 27 | | | 00:19:49 | 00:40:06 | 01:00:37 | 01:21:23.90 | 8:08 | 7.4 |
| 6 | SIWCZYK GRAŻYNA | 355 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K60-69 | 6 | K 37 | | | 00:23:10 | 00:47:07 | 01:10:35 | 01:33:35.40 | 9:21 | 6.4 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------|-----|----------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | HELWICH STEFAN | 318 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 13 | | | 00:16:20 | 00:33:18 | 00:50:25 | 01:07:23.05 | 6:44 | 8.9 |
| 2 | ZAGAJA JANUSZ | 376 | WESOŁY BORSUK TEAM | POKÓJ | POL | M60-69 | 2 | M 16 | | | 00:17:03 | 00:34:14 | 00:51:57 | 01:10:00.60 | 7:00 | 8.6 |
| 3 | SMUL ANDRZEJ | 358 | MARSZ PO ZDROWIE POZNAŃ | TARNOWO PODGÓRNE | POL | M60-69 | 3 | M 17 | | | 00:17:05 | 00:34:15 | 00:51:53 | 01:10:08.60 | 7:00 | 8.6 |
| 4 | SMARSZCZ WIESŁAW | 357 | TEAM NORDICUS LĘBORK | LĘBORK | POL | M60-69 | 4 | M 21 | 1 | | 00:17:34 | 00:35:52 | 00:54:20 | 01:12:44.45 | 7:16 | 8.2 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, M60-69 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------|-----|--------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 5 | ŚLUSARCZYK ANDRZEJ | 367 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 5 | M 22 | | | 00:17:52 | 00:36:24 | 00:55:18 | 01:13:19.05 | 7:19 | 8.2 |
| 6 | HRYNDIO JERZY | 319 | UNIA MIAST | KATOWICE | POL | M60-69 | 6 | M 24 | | | 00:17:25 | 00:35:51 | 00:54:51 | 01:13:37.30 | 7:21 | 8.2 |
| 7 | POZNAŃSKI WIESŁAW | 351 | | BIAŁYSTOK | POL | M60-69 | 7 | M 30 | | | 00:18:01 | 00:36:56 | 00:56:33 | 01:16:52.75 | 7:41 | 7.8 |
| 8 | BIAŁK ROMAN | 383 | | GDAŃSK | POL | M60-69 | 8 | M 35 | | | 00:19:43 | 00:39:57 | 01:00:11 | 01:20:08.15 | 8:00 | 7.5 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, K70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|--------------|-------------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | SIKORRA JANINA | 195 | 'ORŁY WICKO' | LĘDZIECHOWO | POL | K70+ | 1 | K 33 | | | 00:21:30 | 00:43:08 | 01:04:52 | 01:26:26.40 | 8:38 | 6.9 |

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------|-----|----------------------|--------------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | STAWNIAK KAROL | 360 | KS METRACO POLKOWICE | ŻNIN | POL | M70+ | 1 | M 28 | | | 00:18:49 | 00:37:35 | 00:56:44 | 01:15:55.05 | 7:35 | 7.9 |
| 2 | KOŁPAK JAN | 323 | LKS ZANTYR SZTUM | 82-400 SZTUM | POL | M70+ | 2 | M 31 | | | 00:19:00 | 00:38:01 | 00:57:24 | 01:16:59.40 | 7:42 | 7.8 |
| 3 | JEDYNAK STANISŁAW | 320 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 3 | M 39 | | | 00:20:02 | 00:41:03 | 01:02:41 | 01:23:19.55 | 8:20 | 7.2 |