

# POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

Organizator: PFNW  
 Data: 2018-08-19  
 Miejsce: Potęgowo  
 Dystans: 21.1 km



## Wyniki dla punktu pomiaru: 6 km

Klasyfikacja wg czasów netto.

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

| M-ce | Nazwisko i imię               | Nr  | Klub                           | M-scowość      | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|-------------------------------|-----|--------------------------------|----------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | DEPKA PRĄDZYŃSKI OLGIERD      | 428 | BIEGAMYRAZEM.PL                | GDYNIA         | POL  | M60+   |             |              | 00:55:45 | 01:12:00 | 01:28:27 | 01:44:56 | 02:02:20 |
| 2    | SZEREMETA GRZEGORZ            | 460 | CIDRY LOTAJOM                  | RADZIONKÓW     | POL  | M40-49 |             |              | 00:56:44 | 01:13:28 | 01:30:27 | 01:47:35 | 02:04:50 |
| 3    | WAWRZYŃIAK ŁUKASZ             | 463 | KS METRACO POLKOWICE           | WALIM          | POL  | M30-39 |             |              | 00:56:52 | 01:13:11 | 01:29:50 | 01:46:47 | 02:03:36 |
| 4    | SŁUPIANEK PAWEŁ               | 452 | LECZYMY DURŚ                   | KATOWICE       | POL  | M30-39 |             |              | 00:57:21 | 01:14:01 | 01:30:54 | 01:47:55 | 02:05:14 |
| 5    | PIOTROWSKI MICHAŁ             | 448 | FACE NORDIC WALKING TEAM       | GDĄŃSK         | POL  | M30-39 | 1           |              | 00:57:39 | 01:14:25 | 01:31:37 | 01:49:13 | 02:06:40 |
| 6    | SZARSZUNOWICZ MARIUSZ         | 459 | KS METRACO POLKOWICE           | PASŁĘK         | POL  | M40-49 |             |              | 00:59:03 | 01:16:45 | 01:34:22 | 01:52:28 | 02:11:06 |
| 7    | MAKOWSKI JAN                  | 443 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK         | POL  | M50-59 |             |              | 01:00:05 | 01:18:24 | 01:36:57 | 01:55:59 | 02:14:51 |
| 8    | KŁOS MACIEJ                   | 437 |                                | GDĄŃSK         | POL  | M30-39 |             |              | 00:58:48 | 01:15:53 | 01:33:16 | 01:50:47 | 02:08:48 |
| 9    | BARCZYK BOGDAN                | 422 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA    | POL  | M50-59 |             |              | 00:59:24 | 01:17:27 | 01:35:25 | 01:53:45 | 02:12:21 |
| 10   | BUŁAKOWSKI BOHDAN             | 425 | PASJA NORDIC WALKING           | WARSZAWA       | POL  | M60+   |             |              | 01:02:12 | 01:20:20 | 01:38:36 | 01:56:52 | 02:15:12 |
| 11   | WESOŁOWSKI WOJCIECH           | 464 | MUSZKIETEROWIE                 | GNIEZNO        | POL  | M60+   |             |              | 01:02:44 | 01:21:54 | 01:41:22 | 02:00:53 | 02:20:38 |
| 12   | KOWALSKI MAREK                | 439 | UNIA MIAST                     | STRZEBIŃ       | POL  | M50-59 |             |              | 01:02:20 | 01:20:37 | 01:39:10 | 01:57:50 | 02:16:41 |
| 13   | ŚWISŁOCKI BOGDAN              | 462 | FACE NORDIC WALKING TEAM       | MIKOSZEWO      | POL  | M50-59 |             |              | 01:03:32 | 01:23:16 | 01:43:50 | 02:05:31 | 02:27:40 |
| 14   | KACZMAREK EUGENIUSZ           | 433 | DWA KIJE SŁUPSK                | SŁUPSK         | POL  | M60+   | 1           |              | 01:03:56 | 01:23:14 | 01:42:56 | 02:03:31 | 02:25:18 |
| 15   | LIGEŻA JANUSZ                 | 442 |                                | TYCHY          | POL  | M50-59 |             |              | 01:03:59 | 01:23:20 | 01:42:34 | 02:02:01 | 02:21:49 |
| 16   | KOŁODZIEJ JOANNA              | 438 | CIDRY LOTAJOM                  | RUDA ŚLĄSKA    | POL  | K50-59 |             |              | 01:03:51 | 01:22:09 | 01:40:40 | 01:58:55 | 02:17:18 |
| 17   | ŚCIBUT ANNA                   | 468 | FORMA NA PIĄTKĘ NW             | PABIANICE      | POL  | K40-49 |             |              | 01:04:29 | 01:23:50 | 01:43:50 | 02:03:43 | 02:23:56 |
| 18   | FRANKIEWICZ MIROSLAW          | 429 | FORMA NA PIĄTKĘ NW             | PABIANICE      | POL  | M40-49 |             |              | 01:04:24 | 01:23:20 | 01:42:16 | 02:01:31 | 02:20:59 |
| 19   | BADECKI RYSZARD               | 421 | KS METRACO POLKOWICE           | NIESZCZYCE     | POL  | M50-59 |             |              | 01:04:56 | 01:24:01 | 01:42:54 | 02:02:03 | 02:21:29 |
| 20   | PIETRZYK JAROSŁAW             | 447 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA    | POL  | M30-39 |             |              | 01:03:45 | 01:21:35 | 01:39:14 | 01:57:05 | 02:15:12 |
| 21   | SPYCHAŁA MARZENA              | 455 | CKZIU NYSA MECHANIK            | BIAŁA          | POL  | K40-49 |             |              | 01:03:52 | 01:22:42 | 01:41:44 | 02:00:52 | 02:20:07 |
| 22   | STĘPIEŃ LUCYNA                | 457 | KS METRACO POLKOWICE           | LUBIN          | POL  | K60+   |             |              | 01:05:09 | 01:24:34 | 01:44:00 | 02:03:12 | 02:22:34 |
| 23   | TEODOROWSKI DARIUSZ           | 369 | UNIA MIAST                     | LUBLINIEC      | POL  | M40-49 |             |              | 01:04:52 | 01:23:40 | 01:42:29 | 02:01:27 | 02:20:53 |
| 24   | JANOSZKA IRENA                | 431 | CIDRY LOTAJOM                  | RADZIONKÓW     | POL  | K50-59 |             |              | 01:06:04 | 01:25:24 | 01:44:55 | 02:04:43 | 02:24:39 |
| 25   | BOCZAR BEATA                  | 424 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA   | POL  | K50-59 |             |              | 01:06:13 | 01:25:50 | 01:45:38 | 02:05:41 | 02:25:59 |
| 26   | ŻAMOJCIN MAREK                | 467 | NORDICLUB SZCZECIN             | SZCZECIN       | POL  | M50-59 |             |              | 01:07:41 | 01:27:46 | 01:47:36 | 02:07:36 | 02:27:45 |
| 27   | KANIEWSKA BEATA               | 434 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA    | POL  | K40-49 |             |              | 01:07:30 | 01:27:08 | 01:47:01 | 02:07:01 | 02:27:20 |
| 28   | KARASIEWICZ IRENA             | 436 | FACE NORDIC WALKING TEAM       | BRANIEWO       | POL  | K50-59 |             |              | 01:08:24 | 01:28:40 | 01:48:51 | 02:09:11 | 02:29:21 |
| 29   | STOPA JOANNA                  | 458 | BŁĘKITNI NW DZIEMIANY          | DZIEMIANY      | POL  | K18-29 |             |              | 01:08:28 | 01:28:39 | 01:48:40 | 02:08:32 | 02:28:28 |
| 30   | SOBAŃSKA GRAŻYNA              | 454 |                                | DRUŻBICE       | POL  | K60+   |             |              | 01:08:53 | 01:28:59 | 01:49:14 | 02:09:24 | 02:29:43 |
| 31   | KUŚMIEREK PATRYK              | 441 | BŁĘKITNI NW DZIEMIANY          | DZIEMIANY      | POL  | M18-29 |             |              | 01:08:56 | 01:29:08 | 01:49:09 | 02:09:02 | 02:28:55 |
| 32   | BARCZYK JOLANTA               | 423 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA    | POL  | K50-59 |             |              | 01:10:16 | 01:31:04 | 01:51:58 | 02:12:50 | 02:34:01 |
| 33   | OLSZAŃSKA KRYSZYNA            | 445 | NOWI SIEDLCE/NW WSCHÓD         | BIAŁA PODLASKA | POL  | K60+   |             |              | 01:10:01 | 01:30:08 | 01:50:06 | 02:10:30 | 02:31:29 |
| 34   | PANEK ELWIRA                  | 446 |                                | LĘBORK         | POL  | K50-59 |             |              | 01:10:53 | 01:32:03 | 01:53:28 | 02:15:09 | 02:37:19 |
| 35   | POSTEK DANUTA                 | 449 | MARSZ PO ZDROWIE               | POZNAŃ         | POL  | K50-59 |             |              | 01:11:05 | 01:32:21 | 01:53:57 | 02:16:36 | 02:39:47 |
| 36   | KABAŁA MARZENA                | 432 | BIEGAMYRAZEM.PL                | GDYNIA         | POL  | K40-49 |             |              | 01:12:00 | 01:32:40 | 01:53:45 | 02:15:06 | 02:36:21 |
| 37   | SZYMCZYK MAGDALENA            | 461 | NOWI SIEDLCE/NW WSCHÓD         | SIEDLCE        | POL  | K30-39 |             |              | 01:11:09 | 01:31:21 | 01:51:57 | 02:12:18 | 02:33:12 |
| 38   | GERLE-KOTUŁA ANNA             | 430 | UNIA MIAST                     | KATOWICE       | POL  | K30-39 |             |              | 01:12:08 | 01:32:55 | 01:53:55 | 02:15:14 | 02:36:41 |
| 39   | KRYSZCZUK KRZYSZTOF           | 440 | NOWI SIEDLCE/NW WSCHÓD         | SIEDLCE        | POL  | M50-59 |             |              | 01:11:39 | 01:31:49 | 01:52:26 | 02:12:47 | 02:33:41 |
| 40   | ROZMUS JOLANTA                | 469 | FACE NORDIC WALKING TEAM       | GDYNIA         | POL  | K60+   |             |              | 01:15:45 | 01:38:56 | 02:02:32 | 02:25:46 | 02:48:44 |
| 41   | CZECZOTT-SZYMAŃSKA ALEKSANDRA | 427 | ORŁY WICKO                     | CHARBROWO      | POL  | K50-59 |             |              | 01:15:56 | 01:38:32 | 02:01:17 | 02:24:22 | 02:47:41 |
| 42   | ZAWADZKA MARIA                | 466 | KS METRACO POLKOWICE           | LUBIN          | POL  | K60+   |             |              | 01:15:50 | 01:37:46 | 01:59:52 | 02:22:26 | 02:44:55 |
| 43   | WIŚNIEWSKA SYLWIA             | 465 |                                | RÓŻANKOWO      | POL  | K30-39 | 2           |              | 01:18:29 | 01:41:14 | 02:04:55 | 02:28:36 | 02:53:38 |
| 44   | KARASIEWICZ IWONA             | 435 | NORDICLUB SZCZECIN             | WARSZAWA       | POL  | K30-39 |             |              | 01:19:07 | 01:42:05 | 02:05:30 | 02:29:33 | 02:54:43 |
| 45   | CHRAPEK URSZULA               | 426 | KS RUDZICA                     | RUDZICA        | POL  | K30-39 |             |              | 01:20:37 | 01:44:22 | 02:08:27 | 02:32:46 | 02:57:45 |

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

| M-ce | Nazwisko i imię | Nr  | Klub                  | M-scowość | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|-----------------|-----|-----------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | STOPA JOANNA    | 458 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL  | K18-29 |             |              | 01:08:28 | 01:28:39 | 01:48:40 | 02:08:32 | 02:28:28 |

**POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, M18-29**

| M-ce | Nazwisko i imię  | Nr  | Klub                  | M-scowość | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|------------------|-----|-----------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | KUŚMIEREK PATRYK | 441 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL  | M18-29 |             |              | 01:08:56 | 01:29:08 | 01:49:09 | 02:09:02 | 02:28:55 |

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

| M-ce | Nazwisko i imię    | Nr  | Klub                   | M-scowość | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|--------------------|-----|------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | SZYMCZYK MAGDALENA | 461 | NOWI SIEDLCE/NW WSCHÓD | SIEDLCE   | POL  | K30-39 |             |              | 01:11:09 | 01:31:21 | 01:51:57 | 02:12:18 | 02:33:12 |
| 2    | GERLE-KOTULA ANNA  | 430 | UNIA MIAST             | KATOWICE  | POL  | K30-39 |             |              | 01:12:08 | 01:32:55 | 01:53:55 | 02:15:14 | 02:36:41 |
| 3    | WIŚNIEWSKA SYLWIA  | 465 |                        | RÓŻANKOWO | POL  | K30-39 | 2           |              | 01:18:29 | 01:41:14 | 02:04:55 | 02:28:36 | 02:53:38 |
| 4    | KARASIEWICZ IWONA  | 435 | NORDICLUB SZCZECIN     | WARSZAWA  | POL  | K30-39 |             |              | 01:19:07 | 01:42:05 | 02:05:30 | 02:29:33 | 02:54:43 |
| 5    | CHRAPEK URSZULA    | 426 | KS RUDZICA             | RUDZICA   | POL  | K30-39 |             |              | 01:20:37 | 01:44:22 | 02:08:27 | 02:32:46 | 02:57:45 |

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

| M-ce | Nazwisko i imię   | Nr  | Klub                           | M-scowość   | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|-------------------|-----|--------------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | WAWRZYŃIAK ŁUKASZ | 463 | KS METRACO POLKOWICE           | WALIM       | POL  | M30-39 |             |              | 00:56:52 | 01:13:11 | 01:29:50 | 01:46:47 | 02:03:36 |
| 2    | SŁUPIANEK PAWEŁ   | 452 | LECZYMY DURŚ                   | KATOWICE    | POL  | M30-39 |             |              | 00:57:21 | 01:14:01 | 01:30:54 | 01:47:55 | 02:05:14 |
| 3    | PIOTROWSKI MICHAŁ | 448 | FACE NORDIC WALKING TEAM       | GDAŃSK      | POL  | M30-39 | 1           |              | 00:57:39 | 01:14:25 | 01:31:37 | 01:49:13 | 02:06:40 |
| 4    | KŁOS MACIEJ       | 437 |                                | GDAŃSK      | POL  | M30-39 |             |              | 00:58:48 | 01:15:53 | 01:33:16 | 01:50:47 | 02:08:48 |
| 5    | PIETRZYK JAROSŁAW | 447 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | M30-39 |             |              | 01:03:45 | 01:21:35 | 01:39:14 | 01:57:05 | 02:15:12 |

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

| M-ce | Nazwisko i imię  | Nr  | Klub                           | M-scowość   | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|------------------|-----|--------------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | ŚCIBUT ANNA      | 468 | FORMA NA PIĄTKĘ NW             | PABIANICE   | POL  | K40-49 |             |              | 01:04:29 | 01:23:50 | 01:43:50 | 02:03:43 | 02:23:56 |
| 2    | SPYCHAŁA MARZENA | 455 | CKZIU NYSZA MECHANIK           | BIAŁA       | POL  | K40-49 |             |              | 01:03:52 | 01:22:42 | 01:41:44 | 02:00:52 | 02:20:07 |
| 3    | KANIEWSKA BEATA  | 434 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | K40-49 |             |              | 01:07:30 | 01:27:08 | 01:47:01 | 02:07:01 | 02:27:20 |
| 4    | KABAŁA MARZENA   | 432 | BIEGAMYRAZEM.PL                | GDYNIA      | POL  | K40-49 |             |              | 01:12:00 | 01:32:40 | 01:53:45 | 02:15:06 | 02:36:21 |

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

| M-ce | Nazwisko i imię       | Nr  | Klub                 | M-scowość  | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|-----------------------|-----|----------------------|------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | SZEREMETA GRZEGORZ    | 460 | CIDRY LOTAJOM        | RADZIONKÓW | POL  | M40-49 |             |              | 00:56:44 | 01:13:28 | 01:30:27 | 01:47:35 | 02:04:50 |
| 2    | SZARSZUNOWICZ MARIUSZ | 459 | KS METRACO POLKOWICE | PASŁĘK     | POL  | M40-49 |             |              | 00:59:03 | 01:16:45 | 01:34:22 | 01:52:28 | 02:11:06 |
| 3    | FRANKIEWICZ MIROSLAW  | 429 | FORMA NA PIĄTKĘ NW   | PABIANICE  | POL  | M40-49 |             |              | 01:04:24 | 01:23:20 | 01:42:16 | 02:01:31 | 02:20:59 |
| 4    | TEODOROWSKI DARIUSZ   | 369 | UNIA MIAST           | LUBLINIEC  | POL  | M40-49 |             |              | 01:04:52 | 01:23:40 | 01:42:29 | 02:01:27 | 02:20:53 |

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

| M-ce | Nazwisko i imię  | Nr  | Klub                    | M-scowość    | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|------------------|-----|-------------------------|--------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | KOŁODZIEJ JOANNA | 438 | CIDRY LOTAJOM           | RUDA ŚLĄSKA  | POL  | K50-59 |             |              | 01:03:51 | 01:22:09 | 01:40:40 | 01:58:55 | 02:17:18 |
| 2    | JANOSZKA IRENA   | 431 | CIDRY LOTAJOM           | RADZIONKÓW   | POL  | K50-59 |             |              | 01:06:04 | 01:25:24 | 01:44:55 | 02:04:43 | 02:24:39 |
| 3    | BOCZAR BEATA     | 424 | GREEN TEAM ZIELONA GÓRA | ZIELONA GÓRA | POL  | K50-59 |             |              | 01:06:13 | 01:25:50 | 01:45:38 | 02:05:41 | 02:25:59 |

**POTĘGOWO - 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 | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|-------------------------------|-----|--------------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 4    | KARASIEWICZ IRENA             | 436 | FACE NORDIC WALKING TEAM       | BRANIEWO    | POL  | K50-59 |             |              | 01:08:24 | 01:28:40 | 01:48:51 | 02:09:11 | 02:29:21 |
| 5    | BARCZYK JOLANTA               | 423 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | K50-59 |             |              | 01:10:16 | 01:31:04 | 01:51:58 | 02:12:50 | 02:34:01 |
| 6    | PANEK ELWIRA                  | 446 |                                | LĘBORK      | POL  | K50-59 |             |              | 01:10:53 | 01:32:03 | 01:53:28 | 02:15:09 | 02:37:19 |
| 7    | POSTEK DANUTA                 | 449 | MARSZ PO ZDROWIE               | POZNAŃ      | POL  | K50-59 |             |              | 01:11:05 | 01:32:21 | 01:53:57 | 02:16:36 | 02:39:47 |
| 8    | CZECZOTT-SZYMAŃSKA ALEKSANDRA | 427 | ORŁY WICKO                     | CHARBROWO   | POL  | K50-59 |             |              | 01:15:56 | 01:38:32 | 02:01:17 | 02:24:22 | 02:47:41 |

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

| M-ce | Nazwisko i imię     | Nr  | Klub                           | M-scowość   | Kraj | Kat.   | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|---------------------|-----|--------------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | MAKOWSKI JAN        | 443 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK      | POL  | M50-59 |             |              | 01:00:05 | 01:18:24 | 01:36:57 | 01:55:59 | 02:14:51 |
| 2    | BARCZYK BOGDAN      | 422 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | M50-59 |             |              | 00:59:24 | 01:17:27 | 01:35:25 | 01:53:45 | 02:12:21 |
| 3    | KOWALSKI MAREK      | 439 | UNIA MIAST                     | STRZEBIŃ    | POL  | M50-59 |             |              | 01:02:20 | 01:20:37 | 01:39:10 | 01:57:50 | 02:16:41 |
| 4    | ŚWISŁOCKI BOGDAN    | 462 | FACE NORDIC WALKING TEAM       | MIKOSZEWO   | POL  | M50-59 |             |              | 01:03:32 | 01:23:16 | 01:43:50 | 02:05:31 | 02:27:40 |
| 5    | LIGEZA JANUSZ       | 442 |                                | TYCHY       | POL  | M50-59 |             |              | 01:03:59 | 01:23:20 | 01:42:34 | 02:02:01 | 02:21:49 |
| 6    | BADECKI RYSZARD     | 421 | KS METRACO POLKOWICE           | NIESZCZYCE  | POL  | M50-59 |             |              | 01:04:56 | 01:24:01 | 01:42:54 | 02:02:03 | 02:21:29 |
| 7    | ŻAMOJCIN MAREK      | 467 | NORDICLUB SZCZECIN             | SZCZECIN    | POL  | M50-59 |             |              | 01:07:41 | 01:27:46 | 01:47:36 | 02:07:36 | 02:27:45 |
| 8    | KRYSZCZUK KRZYSZTOF | 440 | NOWI SIEDLCE/NW WSCHÓD         | SIEDLCE     | POL  | M50-59 |             |              | 01:11:39 | 01:31:49 | 01:52:26 | 02:12:47 | 02:33:41 |

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

| M-ce | Nazwisko i imię    | Nr  | Klub                     | M-scowość      | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|--------------------|-----|--------------------------|----------------|------|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | STĘPIEŃ LUCYNA     | 457 | KS METRACO POLKOWICE     | LUBIN          | POL  | K60+ |             |              | 01:05:09 | 01:24:34 | 01:44:00 | 02:03:12 | 02:22:34 |
| 2    | SOBAŃSKA GRAŻYNA   | 454 |                          | DRUŻBICE       | POL  | K60+ |             |              | 01:08:53 | 01:28:59 | 01:49:14 | 02:09:24 | 02:29:43 |
| 3    | OLSZAŃSKA KRYSZYNA | 445 | NOWI SIEDLCE/NW WSCHÓD   | BIAŁA PODLASKA | POL  | K60+ |             |              | 01:10:01 | 01:30:08 | 01:50:06 | 02:10:30 | 02:31:29 |
| 4    | ROZMUS JOLANTA     | 469 | FACE NORDIC WALKING TEAM | GDYNIA         | POL  | K60+ |             |              | 01:15:45 | 01:38:56 | 02:02:32 | 02:25:46 | 02:48:44 |
| 5    | ZAWADZKA MARIA     | 466 | KS METRACO POLKOWICE     | LUBIN          | POL  | K60+ |             |              | 01:15:50 | 01:37:46 | 01:59:52 | 02:22:26 | 02:44:55 |

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

| M-ce | Nazwisko i imię          | Nr  | Klub                 | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km    | 11km     | 13.5km   | 16km     | 18.5km   |
|------|--------------------------|-----|----------------------|-----------|------|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1    | DEPKA PRĄDZYŃSKI OLGIERD | 428 | BIEGAMYRAZEM.PL      | GDYNIA    | POL  | M60+ |             |              | 00:55:45 | 01:12:00 | 01:28:27 | 01:44:56 | 02:02:20 |
| 2    | BUŁAKOWSKI BOHDAN        | 425 | PASJA NORDIC WALKING | WARSZAWA  | POL  | M60+ |             |              | 01:02:12 | 01:20:20 | 01:38:36 | 01:56:52 | 02:15:12 |
| 3    | WESOŁOWSKI WOJCIECH      | 464 | MUSZKIETEROWIE       | GNIEZNO   | POL  | M60+ |             |              | 01:02:44 | 01:21:54 | 01:41:22 | 02:00:53 | 02:20:38 |
| 4    | KACZMAREK EUGENIUSZ      | 433 | DWA KJJE SŁUPSK      | SŁUPSK    | POL  | M60+ |             | 1            | 01:03:56 | 01:23:14 | 01:42:56 | 02:03:31 | 02:25:18 |