

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

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



Wyniki dla punktu pomiaru: 13.5 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 | 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 |
| 3 | SZEREMETA GRZEGORZ | 460 | CIDRY LOTAJOM | RADZIONKÓW | POL | M40-49 | | | 00:56:44 | 01:13:28 | 01:30:27 | 01:47:35 | 02:04:50 |
| 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 | GDAŃSK | POL | M30-39 | 1 | | 00:57:39 | 01:14:25 | 01:31:37 | 01:49:13 | 02:06:40 |
| 6 | KŁOS MACIEJ | 437 | | GDAŃSK | POL | M30-39 | | | 00:58:48 | 01:15:53 | 01:33:16 | 01:50:47 | 02:08:48 |
| 7 | 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 |
| 8 | 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 |
| 9 | 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 |
| 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 | KOWALSKI MAREK | 439 | UNIA MIAST | STRZEBIŃ | POL | M50-59 | | | 01:02:20 | 01:20:37 | 01:39:10 | 01:57:50 | 02:16:41 |
| 12 | 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 |
| 13 | 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 |
| 14 | WESOŁOWSKI WOJCIECH | 464 | MUSZKIETEROWIE | GNIEZNO | POL | M60+ | | | 01:02:44 | 01:21:54 | 01:41:22 | 02:00:53 | 02:20:38 |
| 15 | 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 |
| 16 | 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 |
| 17 | TEODOROWSKI DARIUSZ | 369 | UNIA MIAST | LUBLINIEC | POL | M40-49 | | | 01:04:52 | 01:23:40 | 01:42:29 | 02:01:27 | 02:20:53 |
| 18 | LIGEZA JANUSZ | 442 | | TYCHY | POL | M50-59 | | | 01:03:59 | 01:23:20 | 01:42:34 | 02:02:01 | 02:21:49 |
| 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 | 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 |
| 21 | 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 |
| 22 | ŚWIŚLOCKI 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 |
| 23 | STĘPIEŃ LUCYNA | 457 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | | | 01:05:09 | 01:24:34 | 01:44:00 | 02:03:12 | 02:22:34 |
| 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 | 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 |
| 27 | ŻAMOJCIN MAREK | 467 | NORDICLUB SZCZECIN | SZCZECIN | POL | M50-59 | | | 01:07:41 | 01:27:46 | 01:47:36 | 02:07:36 | 02:27:45 |
| 28 | 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 |
| 29 | 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 |
| 30 | 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 |
| 31 | SOBAŃSKA GRAŻYNA | 454 | | DRUŻBICE | POL | K60+ | | | 01:08:53 | 01:28:59 | 01:49:14 | 02:09:24 | 02:29:43 |
| 32 | 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 |
| 33 | 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 |
| 34 | 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 |
| 35 | 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 |
| 36 | PAŃEK ELWIRA | 446 | | LĘBORK | POL | K50-59 | | | 01:10:53 | 01:32:03 | 01:53:28 | 02:15:09 | 02:37:19 |
| 37 | KABAŁA MARZENA | 432 | BIEGAMYRAZEM.PL | GDYNIA | POL | K40-49 | | | 01:12:00 | 01:32:40 | 01:53:45 | 02:15:06 | 02:36:21 |
| 38 | 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 |
| 39 | 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 |
| 40 | ZAWADZKA MARIA | 466 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | | | 01:15:50 | 01:37:46 | 01:59:52 | 02:22:26 | 02:44:55 |
| 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 | 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 |
| 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 | 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 |
| 2 | 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 |
| 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 | 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 |
| 2 | 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 |
| 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 | LIGEŻA JANUSZ | 442 | | TYCHY | POL | M50-59 | | | 01:03:59 | 01:23:20 | 01:42:34 | 02:02:01 | 02:21:49 |
| 5 | 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 |
| 6 | 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 |
| 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 | ZAWADZKA MARIA | 466 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | | | 01:15:50 | 01:37:46 | 01:59:52 | 02:22:26 | 02:44:55 |
| 5 | 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 |

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 |