

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM**

Organizator: PFNW  
 Data: 2018-09-02  
 Miejsce: Szczecin  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.


**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, OPEN**

| M-ce | Nazwisko i imię          | Nr  | Klub                            | M-sc owoś             | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|--------------------------|-----|---------------------------------|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | HELWICH STEFAN           | 224 | METRAKO POLKOWICE               | WIELE N               | POL  | M60-69 | 1      | M 1  |             |              | 00:10:11 | 00:20:32 | 00:31:00 | 00:41:22 | 00:52:03 | 01:02:42.37 | 6:16   | 9.6  |
| 2    | SZARSZUNOWI CZ MARIUSZ   | 253 | KS METRACO POLKOWICE            | PASŁĘ K               | POL  | M40-49 | 1      | M 2  |             |              | 00:10:02 | 00:20:24 | 00:31:06 | 00:41:51 | 00:52:48 | 01:03:49.74 | 6:23   | 9.4  |
| 3    | NAKONIECZNY GRZEGORZ     | 240 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN              | POL  | M40-49 | 2      | M 3  |             |              | 00:10:03 | 00:20:33 | 00:31:17 | 00:42:08 | 00:53:07 | 01:04:08.70 | 6:24   | 9.4  |
| 4    | HAŁAS MARCIN             | 223 | UNIA MIAST                      | CZECHOWICE -DZIEDZICE | POL  | M30-39 | 1      | M 4  |             |              | 00:10:23 | 00:21:03 | 00:31:59 | 00:42:54 | 00:53:48 | 01:04:35.87 | 6:27   | 9.3  |
| 5    | NACZK LEONARD            | 239 | KREATIV-SPORT DYNAMIC           | ŁĘBOR K               | POL  | M40-49 | 3      | M 5  |             |              | 00:10:36 | 00:21:21 | 00:32:19 | 00:43:20 | 00:54:21 | 01:05:31.92 | 6:33   | 9.2  |
| 6    | SPYCHAŁA LESŁAW          | 249 | CKZIU NYSA MECHANIK             | BIAŁA                 | POL  | M50-59 | 1      | M 6  |             |              | 00:10:40 | 00:21:44 | 00:32:58 | 00:44:17 | 00:55:41 | 01:06:54.98 | 6:41   | 9    |
| 7    | BIK STANISŁAW            | 204 | KS METRACO POLKOWICE            | LUBIN                 | POL  | M50-59 | 2      | M 7  |             |              | 00:10:48 | 00:21:52 | 00:33:06 | 00:44:24 | 00:55:47 | 01:06:58.71 | 6:41   | 9    |
| 8    | KUŚMIEREK JAN            | 235 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY             | POL  | M40-49 | 4      | M 8  |             |              | 00:11:11 | 00:22:27 | 00:33:44 | 00:45:05 | 00:56:28 | 01:07:51.51 | 6:47   | 8.8  |
| 9    | SZARSZUNOWI CZ ANNA      | 254 | KS METRACO POLKOWICE            | PASŁĘ K               | POL  | K30-39 | 1      | K 1  |             |              | 00:10:52 | 00:22:15 | 00:33:43 | 00:45:18 | 00:57:06 | 01:08:51.93 | 6:53   | 8.7  |
| 10   | ROSADZIŃSKI SŁAWOMIR     | 247 | LESZNO :)                       | LESZNO                | POL  | M40-49 | 5      | M 9  |             |              | 00:11:16 | 00:22:53 | 00:34:25 | 00:46:03 | 00:57:40 | 01:09:11.30 | 6:55   | 8.7  |
| 11   | KOZŁOWSKA PIOTR          | 291 | NERON1@WP.PL                    |                       | POL  | M40-49 | 6      | M 10 |             |              | 00:11:17 | 00:23:01 | 00:34:36 | 00:46:10 | 00:57:49 | 01:09:20.51 | 6:56   | 8.7  |
| 12   | WOLNIEWICZ KATARZYNA     | 262 | UNIA MIAST                      | RUDA ŚLĄSKA           | POL  | K40-49 | 1      | K 2  |             |              | 00:10:52 | 00:22:27 | 00:34:08 | 00:45:53 | 00:57:35 | 01:09:21.63 | 6:56   | 8.7  |
| 13   | ŚWISŁOCKI BOGDAN         | 259 | FACE NORDIC WALKING TEAM        | MIKOS ZEWO            | POL  | M50-59 | 3      | M 11 |             |              | 00:10:59 | 00:22:35 | 00:34:21 | 00:46:10 | 00:58:01 | 01:09:29.93 | 6:57   | 8.6  |
| 14   | PRZYBYŁEK MARYSIA        | 245 | MARSZ PO ZDROWIE                | ŚMIGIEL               | POL  | K40-49 | 2      | K 3  |             |              | 00:11:24 | 00:23:15 | 00:35:02 | 00:46:35 | 00:58:21 | 01:09:59.27 | 6:59   | 8.6  |
| 15   | KRÓLIKOWSKA KRYSZYNA     | 233 |                                 | KRĘPA KASZUBSKA       | POL  | K40-49 | 3      | K 4  |             |              | 00:11:51 | 00:23:38 | 00:35:20 | 00:47:00 | 00:58:42 | 01:09:59.71 | 7:00   | 8.6  |
| 16   | DZIĘCZKOWSKI MARCIN      | 215 | PRZYDAŚ I PAMPUCH               | POZNAŃ                | POL  | M40-49 | 7      | M 12 |             |              | 00:11:52 | 00:23:40 | 00:35:16 | 00:46:58 | 00:58:38 | 01:10:00.69 | 7:00   | 8.6  |
| 17   | KOZAKOWSKA MAŁGORZATA    | 232 | KLUB SPORTOWY SOKÓŁ GAŚAWA      | ROGOWO                | POL  | K40-49 | 4      | K 5  |             |              | 00:11:23 | 00:23:15 | 00:35:02 | 00:46:35 | 00:58:21 | 01:10:00.69 | 7:00   | 8.6  |
| 18   | IŁOWSKA-REMBARZ KAROLINA | 225 | LOFT TEAM EXTREME               | KROSIŃSKO             | POL  | K30-39 | 2      | K 6  |             |              | 00:11:02 | 00:22:31 | 00:34:04 | 00:45:46 | 00:57:43 | 01:10:03.20 | 7:00   | 8.6  |
| 19   | CZEKAJŁO FRANCISZEK      | 210 | REMI                            | DREZD ENKO            | POL  | M60-69 | 2      | M 13 |             |              | 00:11:06 | 00:22:43 | 00:34:25 | 00:46:17 | 00:58:15 | 01:10:07.75 | 7:00   | 8.6  |
| 20   | PALIWODA KASIA           | 241 | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIERZYŃ               | POL  | K40-49 | 5      | K 7  |             |              | 00:11:23 | 00:23:05 | 00:34:55 | 00:46:52 | 00:58:53 | 01:10:58.44 | 7:05   | 8.5  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                            | M-sc owoś ć | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|----------------------|-----|---------------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 21   | BUJNICKI MARCIN      | 207 | NORDIC WALKING PASŁĘK           | PASŁĘK      | POL  | M40-49 | 8      | M 14 |             |              | 00:11:25 | 00:23:14 | 00:35:11 | 00:47:14 | 00:59:30 | 01:11:40.40 | 7:10   | 8.4  |
| 22   | ZIELIŃSKA JOLANTA    | 263 | GOSIR OSIELSKO                  | OSIELSKO    | POL  | K50-59 | 1      | K 8  |             |              | 00:11:29 | 00:23:18 | 00:35:14 | 00:47:17 | 00:59:27 | 01:11:43.43 | 7:10   | 8.4  |
| 23   | PAŁUBICKI MARCIN     | 242 | SPORTOWA PACZKA                 | SZCZECIN    | POL  | M40-49 | 9      | M 15 |             |              | 00:12:11 | 00:24:19 | 00:36:13 | 00:48:13 | 01:00:03 | 01:11:49.12 | 7:10   | 8.4  |
| 24   | KĘPA ANDRZEJ         | 230 | FACE NORDIC WALKING TEAM        | KOSZALIN    | POL  | M60-69 | 3      | M 16 |             |              | 00:11:36 | 00:23:34 | 00:35:43 | 00:47:45 | 01:00:09 | 01:12:40.20 | 7:16   | 8.3  |
| 25   | ROSADZIŃSKA NATALIA  | 246 | LESZNO :)                       | LESZNO      | POL  | K18-29 | 1      | K 9  |             |              | 00:12:15 | 00:24:30 | 00:36:42 | 00:48:45 | 01:00:58 | 01:12:46.76 | 7:16   | 8.2  |
| 26   | LENER SŁAWOMIR       | 237 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN    | POL  | M60-69 | 4      | M 17 |             |              | 00:11:38 | 00:23:45 | 00:35:57 | 00:48:17 | 01:00:36 | 01:12:46.91 | 7:16   | 8.2  |
| 27   | KUŚMIEREK PATRYK     | 234 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY   | POL  | M18-29 | 1      | M 18 |             |              | 00:11:25 | 00:23:36 | 00:35:57 | 00:48:18 | 01:00:50 | 01:13:00.93 | 7:18   | 8.2  |
| 28   | STACHOWICZ MARCIN    | 250 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY   | POL  | M30-39 | 2      | M 19 |             |              | 00:11:40 | 00:23:37 | 00:35:57 | 00:48:19 | 01:00:50 | 01:13:01.37 | 7:18   | 8.2  |
| 29   | STOPA JOANNA         | 252 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY   | POL  | K18-29 | 2      | K 10 |             |              | 00:12:13 | 00:24:41 | 00:37:05 | 00:49:17 | 01:01:18 | 01:13:01.53 | 7:18   | 8.2  |
| 30   | JUREWICZ ALEKSANDRA  | 226 |                                 | KOSZALIN    | POL  | K18-29 | 3      | K 11 |             |              | 00:12:13 | 00:24:25 | 00:36:41 | 00:48:58 | 01:01:16 | 01:13:02.72 | 7:18   | 8.2  |
| 31   | ŻAMOJCIN MAREK       | 265 | NORDICLUB SZCZECIN              | SZCZECIN    | POL  | M50-59 | 4      | M 20 |             |              | 00:11:29 | 00:23:44 | 00:36:09 | 00:48:35 | 01:00:55 | 01:13:05.65 | 7:18   | 8.2  |
| 32   | STAWNIAK KAROL       | 251 | KS METRACO POLKOWICE            | ŻNIN        | POL  | M70+   | 1      | M 21 |             |              | 00:12:05 | 00:24:08 | 00:36:25 | 00:48:41 | 01:01:05 | 01:13:30.55 | 7:21   | 8.2  |
| 33   | CZAJKA URSZULA       | 209 | FACE NORDIC WALKING TEAM        | RUMIA       | POL  | K60-69 | 1      | K 12 |             |              | 00:11:47 | 00:23:48 | 00:36:04 | 00:48:31 | 01:01:03 | 01:13:35.66 | 7:21   | 8.2  |
| 34   | KOS PIOTR            | 231 |                                 | SZCZECIN    | POL  | M60-69 | 5      | M 22 |             |              | 00:11:44 | 00:23:52 | 00:36:12 | 00:48:54 | 01:01:50 | 01:14:35.35 | 7:27   | 8    |
| 35   | GABERT BEATA         | 218 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN    | POL  | K40-49 | 6      | K 13 |             |              | 00:12:03 | 00:24:27 | 00:36:58 | 00:49:38 | 01:02:27 | 01:15:10.28 | 7:31   | 8    |
| 36   | ZIĘBA KRZYSZTOF      | 264 |                                 | SZCZECIN    | POL  | M50-59 | 5      | M 23 |             |              | 00:12:08 | 00:24:39 | 00:37:29 | 00:50:25 | 01:02:59 | 01:15:25.77 | 7:32   | 8    |
| 37   | GOLUS URSZULA        | 220 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN    | POL  | K60-69 | 2      | K 14 |             |              | 00:12:04 | 00:24:36 | 00:37:16 | 00:50:07 | 01:02:57 | 01:15:45.69 | 7:34   | 7.9  |
| 38   | POSTEK DANUTA        | 243 | MARSZ PO ZDROWIE                | POZNAŃ      | POL  | K50-59 | 2      | K 15 |             |              | 00:12:22 | 00:24:57 | 00:37:38 | 00:50:30 | 01:03:19 | 01:16:01.92 | 7:36   | 7.9  |
| 39   | MAJEWSKA LIDIA EWA   | 296 |                                 |             | POL  | K50-59 | 3      | K 16 |             |              | 00:12:25 | 00:24:56 | 00:37:37 | 00:50:28 | 01:03:18 | 01:16:11.33 | 7:37   | 7.9  |
| 40   | DUSZA ANNA           | 213 | NORDICLUB SZCZECIN              | SZCZECIN    | POL  | K40-49 | 7      | K 17 |             |              | 00:12:21 | 00:25:02 | 00:37:42 | 00:50:33 | 01:03:24 | 01:16:12.46 | 7:37   | 7.9  |
| 41   | FARON MONIKA         | 216 |                                 | GDYNIA      | POL  | K30-39 | 3      | K 18 |             |              | 00:12:37 | 00:25:23 | 00:38:17 | 00:51:24 | 01:04:32 | 01:17:48.79 | 7:46   | 7.7  |
| 42   | ŚLIWKA WANDA         | 258 | FACE NORDIC WALKING TEAM        | CZEPINO     | POL  | K60-69 | 3      | K 19 |             |              | 00:12:30 | 00:25:12 | 00:38:11 | 00:51:26 | 01:04:41 | 01:18:12.04 | 7:49   | 7.7  |
| 43   | CHOLEWKA JOLANTA     | 208 | MARSZ PO ZDROWIE                | POZNAŃ      | POL  | K60-69 | 4      | K 20 |             |              | 00:12:30 | 00:25:22 | 00:38:30 | 00:51:53 | 01:05:23 | 01:18:50.49 | 7:53   | 7.6  |
| 44   | DZIEMIŃSKA MAGDALENA | 214 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY   | POL  | K30-39 | 4      | K 21 |             |              | 00:12:34 | 00:25:30 | 00:38:52 | 00:52:16 | 01:05:44 | 01:18:58.67 | 7:53   | 7.6  |
| 45   | LABUDDA KATARZYNA    | 236 |                                 | WEJHEROWO   | POL  | K30-39 | 5      | K 22 |             |              | 00:12:25 | 00:25:24 | 00:38:54 | 00:52:15 | 01:05:45 | 01:19:05.19 | 7:54   | 7.6  |
| 46   | BOGACZ NATALIA       | 205 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN    | POL  | K40-49 | 8      | K 23 |             |              | 00:13:41 | 00:27:42 | 00:41:03 | 00:54:10 | 01:07:07 | 01:20:10.25 | 8:01   | 7.5  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię                    | Nr  | Klub                                   | M-sc<br>owość  | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km          | 3.32km          | 5km             | 6.66km          | 8.32km   | Netto       | min/km | km/h |
|------|------------------------------------|-----|--|----------------|------|--------|--------|------|-------------|--------------|-----------------|-----------------|-----------------|-----------------|----------|-------------|--------|------|
| 47   | ŻAMOJCIN<br>MAŁGORZATA             | 266 | NORDICLUB<br>SZCZECIN                  | SZCZE<br>CIN   | POL  | K50-59 | 4      | K 24 |             |              | 00:12:43        | 00:25:58        | 00:39:08        | 00:52:34        | 01:06:21 | 01:20:20.39 | 8:02   | 7.5  |
| 48   | GOLUS LECH                         | 219 | EKSPEDYCYJA<br>NORDIC TEAM<br>SZCZECIN | SZCZE<br>CIN   | POL  | M60-69 | 6      | M 24 |             |              | 00:13:09        | 00:26:49        | 00:40:31        | 00:54:18        | 01:08:04 | 01:21:51.97 | 8:11   | 7.3  |
| 49   | DAMAS EDYTA                        | 211 | ZA-BIEGANE<br>BABECZKI                 | NOWO<br>GARD   | POL  | K40-49 | 9      | K 25 |             |              | 00:13:41        | 00:27:12        | 00:41:01        | 00:55:00        | 01:08:52 | 01:22:24.85 | 8:14   | 7.3  |
| 50   | URANTÓWKA<br>HENRYK                | 261 | N/Z                                    | SKWIE<br>RZYNA | POL  | M70+   | 2      | M 25 |             |              | 00:13:27        | 00:27:15        | 00:41:04        | 00:54:53        | 01:08:42 | 01:22:36.57 | 8:15   | 7.3  |
| 51   | DOBROWOLSK<br>A DOROTA             | 212 | ALS SZCZECIN                           | SZCZE<br>CIN   | POL  | K50-59 | 5      | K 26 |             |              | 00:13:10        | 00:26:46        | 00:40:35        | 00:54:34        | 01:08:28 | 01:22:43.61 | 8:16   | 7.3  |
| 52   | BOGUSŁAWSKI<br>WOJCIECH            | 206 |  | SZCZE<br>CIN   | POL  | M60-69 | 7      | M 26 |             |              | 00:13:26        | 00:27:08        | 00:41:09        | 00:55:29        | 01:09:58 | 01:24:34.99 | 8:27   | 7.1  |
| 53   | BIELECKA<br>MONIKA                 | 203 | TUPTUP TEAM                            | STARG<br>ARD   | POL  | K40-49 | 10     | K 27 |             |              | 00:13:22        | 00:27:20        | 00:41:24        | 00:55:43        | 01:10:10 | 01:24:35.50 | 8:27   | 7.1  |
| 54   | BAK IWONA                          | 202 |  | CZEPIN<br>O    | POL  | K50-59 | 6      | K 28 |             |              | 00:13:28        | 00:27:21        | 00:41:41        | 00:56:11        | 01:10:53 | 01:25:33.49 | 8:33   | 7    |
| 55   | KAROLAK<br>KAROLINA                | 229 |  | MIERZ<br>YN    | POL  | K30-39 | 6      | K 29 |             |              | 00:16:30        | 00:31:00        | 00:45:22        | 00:59:20        | 01:13:05 | 01:27:12.91 | 8:43   | 6.9  |
| 56   | APANASEWICZ-<br>TARKA<br>KATARZYNA | 201 | MAZOWIECKA                             | SZCZE<br>CIN   | POL  | K50-59 | 7      | K 30 |             |              | 00:14:09        | 00:28:30        | 00:43:12        | 00:57:49        | 01:12:28 | 01:27:27.35 | 8:44   | 6.9  |
| 57   | KARASIEWICZ<br>IWONA               | 227 | NORDICLUB<br>SZCZECIN                  | WARS<br>ZAWA   | POL  | K30-39 | 7      | K 31 |             |              | 00:14:13        | 00:29:01        | 00:43:44        | 00:58:20        | 01:13:09 | 01:28:12.49 | 8:49   | 6.8  |
| 58   | TARKA<br>KRZYSZTOF                 | 260 | MAZOWIECKA                             | SZCZE<br>CIN   | POL  | M60-69 | 8      | M 27 |             |              | 00:13:56        | 00:28:18        | 00:43:00        | 00:57:52        | 01:12:54 | 01:28:40.06 | 8:52   | 6.8  |
| 59   | SZYDELSKA<br>KRYSTYNA              | 257 | CHODZĘ BO<br>CHCĘ                      | POLICE         | POL  | K60-69 | 5      | K 32 |             |              | 00:14:32        | 00:29:24        | 00:44:28        | 00:59:57        | 01:15:28 | 01:31:31.53 | 9:09   | 6.6  |
| 60   | GRADOŃ<br>MARIA                    | 221 |  | SZCZE<br>CIN   | POL  | K60-69 | 6      | K 33 |             |              | 00:14:34        | 00:30:15        | 00:46:34        | 01:02:36        | 01:18:52 | 01:35:06.23 | 9:30   | 6.3  |
| 61   | JÓŻWIAK<br>DOMINIK                 | 54  | SERCE NORDICA<br>WŁOCŁAWEK             | WŁOCL<br>AWEK  | POL  | M18-29 | 2      | M 28 |             |              | 00:15:48        | 00:32:26        | 00:48:38        | 01:05:00        | 01:21:11 | 01:37:18.19 | 9:43   | 6.2  |
| 62   | FYDRYCH<br>DOROTA                  | 217 |  | SZCZE<br>CIN   | POL  | K40-49 | 11     | K 34 |             |              | 00:17:52        | 00:36:50        | 00:55:26        |                 |          |             | 11:05  | 5.4  |
|      | GRZYBKOWSKA<br>JOANNA              | 222 |  | SZCZE<br>CIN   | POL  | K40-49 |        |      |             |              | 00:17:51<br>DNF | 00:36:49<br>DNF | 00:55:25<br>DNF | 01:09:26<br>DNF | DNF      | DNF         | -      | -    |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, K18-29**

| M-ce | Nazwisko i imię        | Nr  | Klub                     | M-sco<br>wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|------------------------|-----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | ROSADZIŃSKA<br>NATALIA | 246 | LESZNO :)                | LESZNO        | POL  | K18-29 | 1      | K 9  |             |              | 00:12:15 | 00:24:30 | 00:36:42 | 00:48:45 | 01:00:58 | 01:12:46.76 | 7:16   | 8.2  |
| 2    | STOPA JOANNA           | 252 | BŁĘKITNI NW<br>DZIEMIANY | DZIEMI<br>ANY | POL  | K18-29 | 2      | K 10 |             |              | 00:12:13 | 00:24:41 | 00:37:05 | 00:49:17 | 01:01:18 | 01:13:01.53 | 7:18   | 8.2  |
| 3    | JUREWICZ<br>ALEKSANDRA | 226 |                          | KOSZA<br>LIN  | POL  | K18-29 | 3      | K 11 |             |              | 00:12:13 | 00:24:25 | 00:36:41 | 00:48:58 | 01:01:16 | 01:13:02.72 | 7:18   | 8.2  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, M18-29**

| M-ce | Nazwisko i imię  | Nr  | Klub                    | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|------------------|-----|-------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | KUŚMIEREK PATRYK | 234 | BŁĘKITNI NW DZIEMIANY   | DZIEMIANY  | POL  | M18-29 | 1      | M 18 |             |              | 00:11:25 | 00:23:36 | 00:35:57 | 00:48:18 | 01:00:50 | 01:13:00.93 | 7:18   | 8.2  |
| 2    | JÓZWIAK DOMINIK  | 54  | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK  | POL  | M18-29 | 2      | M 28 |             |              | 00:15:48 | 00:32:26 | 00:48:38 | 01:05:00 | 01:21:11 | 01:37:18.19 | 9:43   | 6.2  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, K30-39**

| M-ce | Nazwisko i imię          | Nr  | Klub                  | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|--------------------------|-----|-----------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | SZARSZUNOWICZ ANNA       | 254 | KS METRACO POLKOWICE  | PASŁĘK     | POL  | K30-39 | 1      | K 1  |             |              | 00:10:52 | 00:22:15 | 00:33:43 | 00:45:18 | 00:57:06 | 01:08:51.93 | 6:53   | 8.7  |
| 2    | ILOWSKA-REMBARZ KAROLINA | 225 | LOFT TEAM EXTREME     | KROSIŃSKO  | POL  | K30-39 | 2      | K 6  |             |              | 00:11:02 | 00:22:31 | 00:34:04 | 00:45:46 | 00:57:43 | 01:10:03.20 | 7:00   | 8.6  |
| 3    | FARON MONIKA             | 216 |                       | GDYŃSKA    | POL  | K30-39 | 3      | K 18 |             |              | 00:12:37 | 00:25:23 | 00:38:17 | 00:51:24 | 01:04:32 | 01:17:48.79 | 7:46   | 7.7  |
| 4    | DZIEMIŃSKA MAGDALENA     | 214 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY  | POL  | K30-39 | 4      | K 21 |             |              | 00:12:34 | 00:25:30 | 00:38:52 | 00:52:16 | 01:05:44 | 01:18:58.67 | 7:53   | 7.6  |
| 5    | LABUDDA KATARZYNA        | 236 |                       | WEJHEROWO  | POL  | K30-39 | 5      | K 22 |             |              | 00:12:25 | 00:25:24 | 00:38:54 | 00:52:15 | 01:05:45 | 01:19:05.19 | 7:54   | 7.6  |
| 6    | KAROLAK KAROLINA         | 229 |                       | MIERZYN    | POL  | K30-39 | 6      | K 29 |             |              | 00:16:30 | 00:31:00 | 00:45:22 | 00:59:20 | 01:13:05 | 01:27:12.91 | 8:43   | 6.9  |
| 7    | KARASIEWICZ IWONA        | 227 | NORDICLUB SZCZECIN    | WARSZAWA   | POL  | K30-39 | 7      | K 31 |             |              | 00:14:13 | 00:29:01 | 00:43:44 | 00:58:20 | 01:13:09 | 01:28:12.49 | 8:49   | 6.8  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, M30-39**

| M-ce | Nazwisko i imię   | Nr  | Klub                  | M-sco wość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|-------------------|-----|-----------------------|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | HAŁAS MARCIN      | 223 | UNIA MIAST            | CZECHOWICE -DZIEDZICE | POL  | M30-39 | 1      | M 4  |             |              | 00:10:23 | 00:21:03 | 00:31:59 | 00:42:54 | 00:53:48 | 01:04:35.87 | 6:27   | 9.3  |
| 2    | STACHOWICZ MARCIN | 250 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY             | POL  | M30-39 | 2      | M 19 |             |              | 00:11:40 | 00:23:37 | 00:35:57 | 00:48:19 | 01:00:50 | 01:13:01.37 | 7:18   | 8.2  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, K40-49**

| M-ce | Nazwisko i imię       | Nr  | Klub                            | M-sco wość     | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|-----------------------|-----|---------------------------------|----------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | WOLNIEWICZ KATARZYNA  | 262 | UNIA MIAST                      | RUDA ŚLĄSKA    | POL  | K40-49 | 1      | K 2 |             |              | 00:10:52 | 00:22:27 | 00:34:08 | 00:45:53 | 00:57:35 | 01:09:21.63 | 6:56   | 8.7  |
| 2    | PRZYBYŁEK MARYSIA     | 245 | MARSZ PO ZDROWIE                | ŚMIGIEL        | POL  | K40-49 | 2      | K 3 |             |              | 00:11:24 | 00:23:15 | 00:35:02 | 00:46:35 | 00:58:21 | 01:09:59.27 | 6:59   | 8.6  |
| 3    | KRÓLIKOWSKA KRYSZYNA  | 233 |                                 | KRĘPAKASZUBSKA | POL  | K40-49 | 3      | K 4 |             |              | 00:11:51 | 00:23:38 | 00:35:20 | 00:47:00 | 00:58:42 | 01:09:59.71 | 7:00   | 8.6  |
| 4    | KOZAKOWSKA MAŁGORZATA | 232 | KLUB SPORTOWY SOKÓŁ GAŚAWA      | ROGOŃ          | POL  | K40-49 | 4      | K 5 |             |              | 00:11:23 | 00:23:15 | 00:35:02 | 00:46:35 | 00:58:21 | 01:10:00.69 | 7:00   | 8.6  |
| 5    | PALIWODA KASIA        | 241 | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIERZYN        | POL  | K40-49 | 5      | K 7 |             |              | 00:11:23 | 00:23:05 | 00:34:55 | 00:46:52 | 00:58:53 | 01:10:58.44 | 7:05   | 8.5  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, K40-49 c.d.**

| M-ce | Nazwisko i imię    | Nr  | Klub                            | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km          | 3.32km          | 5km             | 6.66km          | 8.32km   | Netto       | min/km | km/h |
|------|--------------------|-----|---------------------------------|------------|------|--------|--------|------|-------------|--------------|-----------------|-----------------|-----------------|-----------------|----------|-------------|--------|------|
| 6    | GABERT BEATA       | 218 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN   | POL  | K40-49 | 6      | K 13 |             |              | 00:12:03        | 00:24:27        | 00:36:58        | 00:49:38        | 01:02:27 | 01:15:10.28 | 7:31   | 8    |
| 7    | DUSZA ANNA         | 213 | NORDICLUB SZCZECIN              | SZCZECIN   | POL  | K40-49 | 7      | K 17 |             |              | 00:12:21        | 00:25:02        | 00:37:42        | 00:50:33        | 01:03:24 | 01:16:12.46 | 7:37   | 7.9  |
| 8    | BOGACZ NATALIA     | 205 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN   | POL  | K40-49 | 8      | K 23 |             |              | 00:13:41        | 00:27:42        | 00:41:03        | 00:54:10        | 01:07:07 | 01:20:10.25 | 8:01   | 7.5  |
| 9    | DAMAS EDYTA        | 211 | ZA-BIEGANE BABECZKI             | NOWO GARD  | POL  | K40-49 | 9      | K 25 |             |              | 00:13:41        | 00:27:12        | 00:41:01        | 00:55:00        | 01:08:52 | 01:22:24.85 | 8:14   | 7.3  |
| 10   | BIELECKA MONIKA    | 203 | TUPTUP TEAM                     | STARGARD   | POL  | K40-49 | 10     | K 27 |             |              | 00:13:22        | 00:27:20        | 00:41:24        | 00:55:43        | 01:10:10 | 01:24:35.50 | 8:27   | 7.1  |
| 11   | FYDRYCH DOROTA     | 217 |                                 | SZCZECIN   | POL  | K40-49 | 11     | K 34 |             |              | 00:17:52        | 00:36:50        | 00:55:26        |                 |          |             | 11:05  | 5.4  |
|      | GRZYBKOWSKA JOANNA | 222 |                                 | SZCZECIN   | POL  | K40-49 |        |      |             |              | 00:17:51<br>DNF | 00:36:49<br>DNF | 00:55:25<br>DNF | 01:09:26<br>DNF | DNF      | DNF         | -      | -    |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, M40-49**

| M-ce | Nazwisko i imię       | Nr  | Klub                            | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|-----------------------|-----|---------------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | SZARSZUNOWICZ MARIUSZ | 253 | KS METRACO POLKOWICE            | PASŁĘK     | POL  | M40-49 | 1      | M 2  |             |              | 00:10:02 | 00:20:24 | 00:31:06 | 00:41:51 | 00:52:48 | 01:03:49.74 | 6:23   | 9.4  |
| 2    | NAKONIECZNY GRZEGORZ  | 240 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN   | POL  | M40-49 | 2      | M 3  |             |              | 00:10:03 | 00:20:33 | 00:31:17 | 00:42:08 | 00:53:07 | 01:04:08.70 | 6:24   | 9.4  |
| 3    | NACZK LEONARD         | 239 | KREATIV-SPORT DYNAMIC           | LĘBOR K    | POL  | M40-49 | 3      | M 5  |             |              | 00:10:36 | 00:21:21 | 00:32:19 | 00:43:20 | 00:54:21 | 01:05:31.92 | 6:33   | 9.2  |
| 4    | KUŚMIEREK JAN         | 235 | BŁĘKITNI NW DZIEMIANY           | DZIEMIANY  | POL  | M40-49 | 4      | M 8  |             |              | 00:11:11 | 00:22:27 | 00:33:44 | 00:45:05 | 00:56:28 | 01:07:51.51 | 6:47   | 8.8  |
| 5    | ROSADZIŃSKI SŁAWOMIR  | 247 | LESZNO :)                       | LESZNO     | POL  | M40-49 | 5      | M 9  |             |              | 00:11:16 | 00:22:53 | 00:34:25 | 00:46:03 | 00:57:40 | 01:09:11.30 | 6:55   | 8.7  |
| 6    | KOZŁOWSKA PIOTR       | 291 | NERON1@WP.PL                    |            | POL  | M40-49 | 6      | M 10 |             |              | 00:11:17 | 00:23:01 | 00:34:36 | 00:46:10 | 00:57:49 | 01:09:20.51 | 6:56   | 8.7  |
| 7    | DZIĘCZKOWSKI MARCIN   | 215 | PRZYDAŚ I PAMPUCH               | POZNAŃ     | POL  | M40-49 | 7      | M 12 |             |              | 00:11:52 | 00:23:40 | 00:35:16 | 00:46:58 | 00:58:38 | 01:10:00.69 | 7:00   | 8.6  |
| 8    | BUJNICKI MARCIN       | 207 | NORDIC WALKING PASŁĘK           | PASŁĘK     | POL  | M40-49 | 8      | M 14 |             |              | 00:11:25 | 00:23:14 | 00:35:11 | 00:47:14 | 00:59:30 | 01:11:40.40 | 7:10   | 8.4  |
| 9    | PAŁUBICKI MARCIN      | 242 | SPORTOWA PACZKA                 | SZCZECIN   | POL  | M40-49 | 9      | M 15 |             |              | 00:12:11 | 00:24:19 | 00:36:13 | 00:48:13 | 01:00:03 | 01:11:49.12 | 7:10   | 8.4  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, K50-59**

| M-ce | Nazwisko i imię     | Nr  | Klub               | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|---------------------|-----|--------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | ZIELIŃSKA JOLANTA   | 263 | GOSIR OSIELSKO     | OSIELSKO   | POL  | K50-59 | 1      | K 8  |             |              | 00:11:29 | 00:23:18 | 00:35:14 | 00:47:17 | 00:59:27 | 01:11:43.43 | 7:10   | 8.4  |
| 2    | POSTEK DANUTA       | 243 | MARSZ PO ZDROWIE   | POZNAŃ     | POL  | K50-59 | 2      | K 15 |             |              | 00:12:22 | 00:24:57 | 00:37:38 | 00:50:30 | 01:03:19 | 01:16:01.92 | 7:36   | 7.9  |
| 3    | MAJEWSKA LIDIA EWA  | 296 |                    |            | POL  | K50-59 | 3      | K 16 |             |              | 00:12:25 | 00:24:56 | 00:37:37 | 00:50:28 | 01:03:18 | 01:16:11.33 | 7:37   | 7.9  |
| 4    | ŻAMOJCIN MAŁGORZATA | 266 | NORDICLUB SZCZECIN | SZCZECIN   | POL  | K50-59 | 4      | K 24 |             |              | 00:12:43 | 00:25:58 | 00:39:08 | 00:52:34 | 01:06:21 | 01:20:20.39 | 8:02   | 7.5  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, K50-59 c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub         | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|-----------------------------|-----|--------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 5    | DOBROWOLSKA DOROTA          | 212 | ALS SZCZECIN | SZCZECIN   | POL  | K50-59 | 5      | K 26 |             |              | 00:13:10 | 00:26:46 | 00:40:35 | 00:54:34 | 01:08:28 | 01:22:43.61 | 8:16   | 7.3  |
| 6    | BAK IWONA                   | 202 |              | CZEPIN O   | POL  | K50-59 | 6      | K 28 |             |              | 00:13:28 | 00:27:21 | 00:41:41 | 00:56:11 | 01:10:53 | 01:25:33.49 | 8:33   | 7    |
| 7    | APANASEWICZ-TARKA KATARZYNA | 201 | MAZOWIECKA   | SZCZECIN   | POL  | K50-59 | 7      | K 30 |             |              | 00:14:09 | 00:28:30 | 00:43:12 | 00:57:49 | 01:12:28 | 01:27:27.35 | 8:44   | 6.9  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, M50-59**

| M-ce | Nazwisko i imię  | Nr  | Klub                     | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|------------------|-----|--------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | SPYCHAŁA LESŁAW  | 249 | CKZIU NYSA MECHANIK      | BIAŁA      | POL  | M50-59 | 1      | M 6  |             |              | 00:10:40 | 00:21:44 | 00:32:58 | 00:44:17 | 00:55:41 | 01:06:54.98 | 6:41   | 9    |
| 2    | BIK STANISŁAW    | 204 | KS METRACO POLKOWICE     | LUBIN      | POL  | M50-59 | 2      | M 7  |             |              | 00:10:48 | 00:21:52 | 00:33:06 | 00:44:24 | 00:55:47 | 01:06:58.71 | 6:41   | 9    |
| 3    | ŚWISŁOCKI BOGDAN | 259 | FACE NORDIC WALKING TEAM | MIKOS ZEWO | POL  | M50-59 | 3      | M 11 |             |              | 00:10:59 | 00:22:35 | 00:34:21 | 00:46:10 | 00:58:01 | 01:09:29.93 | 6:57   | 8.6  |
| 4    | ŻAMOJCIN MAREK   | 265 | NORDICLUB SZCZECIN       | SZCZECIN   | POL  | M50-59 | 4      | M 20 |             |              | 00:11:29 | 00:23:44 | 00:36:09 | 00:48:35 | 01:00:55 | 01:13:05.65 | 7:18   | 8.2  |
| 5    | ZIĘBA KRZYSZTOF  | 264 |                          | SZCZECIN   | POL  | M50-59 | 5      | M 23 |             |              | 00:12:08 | 00:24:39 | 00:37:29 | 00:50:25 | 01:02:59 | 01:15:25.77 | 7:32   | 8    |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, K60-69**

| M-ce | Nazwisko i imię    | Nr  | Klub                            | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|--------------------|-----|---------------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | CZAJKA URSZULA     | 209 | FACE NORDIC WALKING TEAM        | RUMIA      | POL  | K60-69 | 1      | K 12 |             |              | 00:11:47 | 00:23:48 | 00:36:04 | 00:48:31 | 01:01:03 | 01:13:35.66 | 7:21   | 8.2  |
| 2    | GOLUS URSZULA      | 220 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN   | POL  | K60-69 | 2      | K 14 |             |              | 00:12:04 | 00:24:36 | 00:37:16 | 00:50:07 | 01:02:57 | 01:15:45.69 | 7:34   | 7.9  |
| 3    | ŚLIWKA WANDA       | 258 | FACE NORDIC WALKING TEAM        | CZEPIN O   | POL  | K60-69 | 3      | K 19 |             |              | 00:12:30 | 00:25:12 | 00:38:11 | 00:51:26 | 01:04:41 | 01:18:12.04 | 7:49   | 7.7  |
| 4    | CHOLEWKA JOLANTA   | 208 | MARSZ PO ZDROWIE POZNAŃ         | POZNAŃ     | POL  | K60-69 | 4      | K 20 |             |              | 00:12:30 | 00:25:22 | 00:38:30 | 00:51:53 | 01:05:23 | 01:18:50.49 | 7:53   | 7.6  |
| 5    | SZYDELSKA KRYSZYNA | 257 | CHODZĘ BO CHCĘ                  | POLICE     | POL  | K60-69 | 5      | K 32 |             |              | 00:14:32 | 00:29:24 | 00:44:28 | 00:59:57 | 01:15:28 | 01:31:31.53 | 9:09   | 6.6  |
| 6    | GRADOŃ MARIA       | 221 |                                 | SZCZECIN   | POL  | K60-69 | 6      | K 33 |             |              | 00:14:34 | 00:30:15 | 00:46:34 | 01:02:36 | 01:18:52 | 01:35:06.23 | 9:30   | 6.3  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, M60-69**

| M-ce | Nazwisko i imię     | Nr  | Klub              | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|---------------------|-----|-------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | HELWICH STEFAN      | 224 | METRACO POLKOWICE | WIELE N    | POL  | M60-69 | 1      | M 1  |             |              | 00:10:11 | 00:20:32 | 00:31:00 | 00:41:22 | 00:52:03 | 01:02:42.37 | 6:16   | 9.6  |
| 2    | CZEKAJŁO FRANCISZEK | 210 | REMI              | DREZD ENKO | POL  | M60-69 | 2      | M 13 |             |              | 00:11:06 | 00:22:43 | 00:34:25 | 00:46:17 | 00:58:15 | 01:10:07.75 | 7:00   | 8.6  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, M60-69 c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                            | M-sco wość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|----------------------|-----|---------------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 3    | KĘPA ANDRZEJ         | 230 | FACE NORDIC WALKING TEAM        | KOSZA LIN  | POL  | M60-69 | 3      | M 16 |             |              | 00:11:36 | 00:23:34 | 00:35:43 | 00:47:45 | 01:00:09 | 01:12:40.20 | 7:16   | 8.3  |
| 4    | LENER SŁAWOMIR       | 237 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZE CIN  | POL  | M60-69 | 4      | M 17 |             |              | 00:11:38 | 00:23:45 | 00:35:57 | 00:48:17 | 01:00:36 | 01:12:46.91 | 7:16   | 8.2  |
| 5    | KOS PIOTR            | 231 |                                 | SZCZE CIN  | POL  | M60-69 | 5      | M 22 |             |              | 00:11:44 | 00:23:52 | 00:36:12 | 00:48:54 | 01:01:50 | 01:14:35.35 | 7:27   | 8    |
| 6    | GOLUS LECH           | 219 | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZE CIN  | POL  | M60-69 | 6      | M 24 |             |              | 00:13:09 | 00:26:49 | 00:40:31 | 00:54:18 | 01:08:04 | 01:21:51.97 | 8:11   | 7.3  |
| 7    | BOGUSŁAWSKI WOJCIECH | 206 |                                 | SZCZE CIN  | POL  | M60-69 | 7      | M 26 |             |              | 00:13:26 | 00:27:08 | 00:41:09 | 00:55:29 | 01:09:58 | 01:24:34.99 | 8:27   | 7.1  |
| 8    | TARKA KRZYSZTOF      | 260 | MAZOWIECKA                      | SZCZE CIN  | POL  | M60-69 | 8      | M 27 |             |              | 00:13:56 | 00:28:18 | 00:43:00 | 00:57:52 | 01:12:54 | 01:28:40.06 | 8:52   | 6.8  |

**SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM, M70+**

| M-ce | Nazwisko i imię  | Nr  | Klub                 | M-sco wość  | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.32km   | 5km      | 6.66km   | 8.32km   | Netto       | min/km | km/h |
|------|------------------|-----|----------------------|-------------|------|------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | STAWNIAK KAROL   | 251 | KS METRACO POLKOWICE | ŻNIN        | POL  | M70+ | 1      | M 21 |             |              | 00:12:05 | 00:24:08 | 00:36:25 | 00:48:41 | 01:01:05 | 01:13:30.55 | 7:21   | 8.2  |
| 2    | URANTÓWKA HENRYK | 261 | N/Z                  | SKWIE RZYNA | POL  | M70+ | 2      | M 25 |             |              | 00:13:27 | 00:27:15 | 00:41:04 | 00:54:53 | 01:08:42 | 01:22:36.57 | 8:15   | 7.3  |