

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

Organizator: Polska Federacja Nordic Walking
 Data: 2019-04-27
 Miejsce: Konstancin-Jeziorna
 Dystans: 5 km
 Klasyfikacja wg czasów netto.



KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------------|-----|-----------------------------------|---------------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | BIELAWSKI LESZEK | 130 | SONSIEDZI TEAM | OKUNIEW | POL | M40-44 | 1 | M 1 | | | 00:15:14 | 00:30:43.04 | 6:08 | 9.8 |
| 2 | MARCZAK TOMASZ | 218 | | ALEKSANDRIA I | POL | M18-29 | 1 | M 2 | | | 00:15:25 | 00:31:13.80 | 6:14 | 9.6 |
| 3 | WOROCH ROMAN | 295 | KS METRACO POLKOWICE | DOPIEWO | POL | M60-64 | 1 | M 3 | | | 00:15:51 | 00:31:31.54 | 6:18 | 9.5 |
| 4 | DĘBSKI BARTŁOMIEJ | 145 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-44 | 2 | M 4 | | | 00:15:32 | 00:31:48.86 | 6:21 | 9.4 |
| 5 | ROŻYNEK MIRON | 258 | | WROCLAW | POL | M55-59 | 1 | M 5 | | | 00:15:46 | 00:31:55.37 | 6:23 | 9.4 |
| 6 | OLSZAŃSKI KAROL | 228 | FEAR THE RETURN | KATOWICE | POL | M40-44 | 3 | M 6 | | | 00:15:33 | 00:32:26.89 | 6:29 | 9.2 |
| 7 | CICHOŃ SŁAWOMIR | 141 | KROSSKI REMSPORT | WARSZAWA | POL | M45-49 | 1 | M 7 | | | 00:16:04 | 00:33:05.77 | 6:37 | 9.1 |
| 8 | FRĄCKOWIAK ROMAN | 152 | KS METRACO POLKOWICE | WIELEŃ | POL | M50-54 | 1 | M 8 | | | 00:16:20 | 00:33:29.39 | 6:42 | 9 |
| 9 | RADECKI ARTUR | 248 | NORDIC WALKING CHODZĄCY BIAŁYSTOK | BIAŁYSTOK | POL | M55-59 | 2 | M 9 | | | 00:16:30 | 00:33:30.58 | 6:42 | 9 |
| 10 | BARYLUK BENIAMIN | 128 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-JUN. | 1 | M 10 | | | 00:16:41 | 00:34:02.49 | 6:48 | 8.8 |
| 11 | SANIUK EDWARD | 261 | FACE TEAM NORDIC WALKING | GDANSK | POL | M70+ | 1 | M 11 | | | 00:16:56 | 00:34:05.39 | 6:49 | 8.8 |
| 12 | BOROŃ ADAM | 136 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-JUN. | 2 | M 12 | | | 00:16:51 | 00:34:31.60 | 6:54 | 8.7 |
| 13 | TUZIMEK JAKUB | 283 | | KURÓW | POL | M-JUN. | 3 | M 13 | | | 00:16:51 | 00:34:32.44 | 6:54 | 8.7 |
| 14 | ZIELIŃSKI SZCZEPAN | 300 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M45-49 | 2 | M 14 | | | 00:17:11 | 00:34:36.71 | 6:55 | 8.7 |
| 15 | JĘDRZEJEWSKI ŁUKASZ | 176 | HDK LEGION ODDZIAŁ PŁOCK | BIELSK | POL | M30-39 | 1 | M 15 | | | 00:17:19 | 00:34:42.27 | 6:56 | 8.6 |
| 16 | GÓRSKI JACEK | 161 | | WARSZAWA | POL | M30-39 | 2 | M 16 | | | 00:17:20 | 00:34:43.89 | 6:56 | 8.6 |
| 17 | OKRZESIK-FRĄCKOWIAK IZABELA | 225 | KS METRACO POLKOWICE | WIELEŃ | POL | K50-54 | 1 | K 1 | | | 00:17:11 | 00:34:44.82 | 6:57 | 8.6 |
| 18 | REJMENTOWSKA SYLWIA | 250 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-44 | 1 | K 2 | | | 00:17:25 | 00:35:12.32 | 7:02 | 8.5 |
| 19 | UFEL MARCELINA | 284 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | K-JUN. | 1 | K 3 | | | 00:17:23 | 00:35:24.16 | 7:04 | 8.5 |
| 20 | JÓZWIĄK MARIANNA | 178 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K45-49 | 1 | K 4 | | | 00:17:25 | 00:35:26.29 | 7:05 | 8.5 |
| 21 | GODZIŃSKA DOROTA | 159 | BAŻANT NW ELBLĄG | MILEJEW | POL | K30-39 | 1 | K 5 | | | 00:17:46 | 00:35:30.27 | 7:06 | 8.5 |
| 22 | MIKICIUK JAKUB | 220 | | SIEDLCE | POL | M18-29 | 2 | M 17 | | | 00:17:09 | 00:35:30.76 | 7:06 | 8.4 |
| 23 | WROŃSKI WŁODZIMIERZ | 298 | PASJA NORDIC WALKING | WARSZAWA | POL | M65-69 | 1 | M 18 | | | 00:17:48 | 00:35:37.03 | 7:07 | 8.4 |
| 24 | BUCZKOWSKI JERZY | 137 | KS SOKÓŁ GAŚAWA | ŻNIN | POL | M65-69 | 2 | M 19 | | | 00:17:44 | 00:35:39.26 | 7:07 | 8.4 |
| 25 | PUSZKARSKA MAŁGORZATA | 246 | GOSADI NORDIC TEAM | WARSZAWA | POL | K40-44 | 2 | K 6 | | | 00:17:41 | 00:35:40.44 | 7:08 | 8.4 |
| 26 | RAJEK TOMASZ | 249 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-54 | 2 | M 20 | | | 00:17:27 | 00:35:43.31 | 7:08 | 8.4 |
| 27 | SOBICZEWSKA EWA | 266 | NOWI SIEDLCE | SIEDLCE | POL | K40-44 | 3 | K 7 | | | 00:17:53 | 00:36:05.36 | 7:13 | 8.3 |
| 28 | KITKA KRZYSZTOF | 192 | | PUŁAWY | POL | M55-59 | 3 | M 21 | | | 00:17:55 | 00:36:07.03 | 7:13 | 8.3 |
| 29 | WASILEWSKI SŁAWOMIR | 96 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 2 | M 22 | | | 00:18:00 | 00:36:10.21 | 7:14 | 8.3 |
| 30 | GRYGOROWICZ BOGDAN | 165 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 23 | | | 00:18:01 | 00:36:16.79 | 7:15 | 8.3 |
| 31 | WAGNER ŁUKASZ | 286 | STOWARZYSZENIE FILAR | DRAWSKO POMORSKIE | POL | M30-39 | 3 | M 24 | | | 00:17:51 | 00:36:24.93 | 7:17 | 8.2 |
| 32 | STANECKI MACIEJ | 269 | BIEGAM W SFETSZE | SKIERNIEWICE | POL | M-NIEPEŁNOSPRAWNI(B) | 2 | M 25 | | | 00:17:33 | 00:36:33.64 | 7:18 | 8.2 |
| 33 | TRONIARZ STANISŁAW | 279 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-64 | 2 | M 26 | | | 00:18:00 | 00:36:40.14 | 7:20 | 8.2 |
| 34 | WIĘCKOWSKI JANUSZ | 290 | BIEGAM W SFETSZE | SUŁOCIN TOWARZYSTWO | POL | M45-49 | 3 | M 27 | | | 00:18:08 | 00:36:40.42 | 7:20 | 8.2 |
| 35 | ROMAŃCZUK AGNIESZKA | 255 | NOWI SIEDLCE | SIEDLCE | POL | K45-49 | 2 | K 8 | | | 00:18:01 | 00:36:41.24 | 7:20 | 8.2 |
| 36 | ŻALKOWSKAJA JULIA | 102 | | GRODNO | BLR | K30-39 | 2 | K 9 | | | 00:18:13 | 00:36:47.90 | 7:21 | 8.2 |
| 37 | OLEŚ JÓZEF | 227 | NW WERWA MŁAWA | MŁAWA | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 28 | | | 00:18:01 | 00:36:49.16 | 7:21 | 8.1 |
| 38 | KAMIŃSKA BEATA | 184 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-54 | 2 | K 10 | | | 00:18:09 | 00:36:51.32 | 7:22 | 8.1 |
| 39 | REJMENTOWSKI PIOTR | 24 | PASJA NORDIC WALKING | WARSZAWA | POL | M40-44 | 4 | M 29 | | | 00:18:23 | 00:36:58.32 | 7:23 | 8.1 |
| 40 | WIŚNIEWSKI KAZIMIERZ | 293 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-64 | 3 | M 30 | | | 00:18:26 | 00:37:00.86 | 7:24 | 8.1 |
| 41 | MIKICIUK KRZYSZTOF | 305 | NOWI SIEDLCE | SIEDLCE | POL | M50-54 | 3 | M 31 | | | 00:18:05 | 00:37:02.87 | 7:24 | 8.1 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 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 | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------------|---------------------|------|---------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 42 | PIETRUSEWICZ JOANNA | 236 | PASJA NORDIC WALKING | WARSZAWA | POL | K45-49 | 3 | K 11 | | | 00:18:19 | 00:37:05.31 | 7:25 | 8.1 |
| 43 | SZYMCZYK MAGDALENA | 277 | NOWI SIEDLCE | SIEDLCE | POL | K30-39 | 3 | K 12 | | | 00:18:31 | 00:37:10.41 | 7:26 | 8.1 |
| 44 | SZANIAWSKI MARCIN | 311 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | M-NIEPEŁNOSPRAWNI(B | 3 | M 32 | | | 00:17:50 | 00:37:11.55 | 7:26 | 8.1 |
| | | | | | |) | | | | | | | | |
| 45 | PINIS AGNIESZKA | 237 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-44 | 4 | K 13 | | | 00:18:09 | 00:37:15.42 | 7:27 | 8.1 |
| 46 | KUCHARCZYK JAKUB | 203 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-DZIECI | 1 | M 33 | | | 00:18:00 | 00:37:15.68 | 7:27 | 8.1 |
| 47 | TUZIMEK AGATA | 282 | | KURÓW | POL | K30-39 | 4 | K 14 | | | 00:18:25 | 00:37:18.15 | 7:27 | 8 |
| 48 | SZYMAŃSKI PIOTR | 303 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M55-59 | 4 | M 34 | | | 00:18:37 | 00:37:20.81 | 7:28 | 8 |
| 49 | POZNAŃSKI WIEŚLAW | 242 | K.S. CHODZACY BIAŁYSTOK | BIAŁYSTOK | POL | M60-64 | 4 | M 35 | | | 00:18:19 | 00:37:27.10 | 7:29 | 8 |
| 50 | KOCZOROWSKA PATRYCJA | 196 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K-JUN. | 2 | K 15 | | | 00:18:37 | 00:37:49.58 | 7:34 | 7.9 |
| 51 | JÓŹWIAK ŁUKASZ | 177 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(A | 2 | M 36 | | | 00:18:43 | 00:37:54.00 | 7:34 | 7.9 |
| | | | | | |) | | | | | | | | |
| 52 | SULECKA GABRIELA | 274 | | ŚWIECIE | POL | K-NIEPEŁNOSPRAWNI(A | 1 | K 16 | | | 00:18:46 | 00:38:03.47 | 7:36 | 7.9 |
| | | | | | |) | | | | | | | | |
| 53 | GRYGOROWICZ TERESA | 164 | KS METRACO POLKOWICE | LUBIN | POL | K65-69 | 1 | K 17 | | | 00:18:47 | 00:38:05.84 | 7:37 | 7.9 |
| 54 | POROWSKA AGNIESZKA | 241 | | WARSZAWA | POL | K30-39 | 5 | K 18 | | | 00:18:36 | 00:38:10.87 | 7:38 | 7.9 |
| 55 | MADEŃSKA KAROLINA | 213 | | KONSTANCIN-JEZIORNA | POL | K30-39 | 6 | K 19 | | | 00:19:00 | 00:38:10.99 | 7:38 | 7.9 |
| 56 | ŚCIBIOR ROBERT | 278 | | KLEMENTOWICE | POL | M45-49 | 4 | M 37 | | | 00:19:11 | 00:38:35.59 | 7:43 | 7.8 |
| 57 | JĘDRASZKO JACEK | 175 | | ŚWIECIE | POL | M-DZIECI | 2 | M 38 | | | 00:18:34 | 00:38:38.71 | 7:43 | 7.8 |
| 58 | DAROSZEWSKA KRYSZYNA | 143 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K60-64 | 1 | K 20 | | | 00:19:19 | 00:38:39.38 | 7:44 | 7.8 |
| 59 | ŻAK DAWID | 302 | TKKF CZELADŹ | CZELADŹ | POL | M-JUN. | 4 | M 39 | | | 00:18:44 | 00:38:40.79 | 7:44 | 7.8 |
| 60 | MARCINIAK HANNA | 217 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K55-59 | 1 | K 21 | | | 00:19:30 | 00:38:48.36 | 7:45 | 7.7 |
| 61 | SEROWIK AGA | 316 | | KONSTANCIN | POL | K-NIEPEŁNOSPRAWNI(A | 2 | K 22 | | | 00:19:23 | 00:38:50.13 | 7:46 | 7.7 |
| | | | | | |) | | | | | | | | |
| 62 | RADECKA GRAŻYNA | 247 | CHODZĄCY BIAŁYSTOK | WARSZAWA | POL | K45-49 | 4 | K 23 | | | 00:19:18 | 00:38:52.67 | 7:46 | 7.7 |
| 63 | ANDRYCHIEWICZ MONIKA | 122 | | ZIELONKA | POL | K30-39 | 7 | K 24 | | | 00:19:01 | 00:38:54.01 | 7:46 | 7.7 |
| 64 | PLEWKA BOŻENNA | 239 | | WARSZAWA | POL | K60-64 | 2 | K 25 | | | 00:19:18 | 00:38:54.40 | 7:46 | 7.7 |
| 65 | NIETRZEBKA PAWEŁ | 223 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | M30-39 | 4 | M 40 | | | 00:19:11 | 00:38:57.33 | 7:47 | 7.7 |
| 66 | KOCZOROWSKA MONIKA | 195 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K30-39 | 8 | K 26 | | | 00:19:12 | 00:38:57.33 | 7:47 | 7.7 |
| 67 | MAJCHERCZYK KRZYSZTOF | 214 | MOSIR TKKF SATURN CZELADŹ | SOSNOWIEC | POL | M65-69 | 3 | M 41 | | | 00:18:54 | 00:38:58.97 | 7:47 | 7.7 |
| 68 | GAŁKOWSKA ELŻBIETA | 155 | PUSZCZA ZIELONKA | TUCZNO | POL | K60-64 | 3 | K 27 | | | 00:19:16 | 00:39:03.80 | 7:48 | 7.7 |
| 69 | SOŁDECKA ANNA | 267 | | WARSZAWA | POL | K45-49 | 5 | K 28 | | | 00:19:40 | 00:39:04.09 | 7:48 | 7.7 |
| 70 | DĄBROWSKI ANDRZEJ | 144 | MARSZ PO ZDROWIE | DĘBLIN | POL | M70+ | 3 | M 42 | | | 00:19:10 | 00:39:04.60 | 7:49 | 7.7 |
| 71 | WOROCH JOLANTA | 296 | KS METRACO POLKOWICE | DOPIEWO | POL | K50-54 | 3 | K 29 | | | 00:19:41 | 00:39:04.70 | 7:49 | 7.7 |
| 72 | KAWALEC MARCIN | 187 | SONSIEDZI TEAM | OKUNIEW | POL | M45-49 | 5 | M 43 | | | 00:19:28 | 00:39:06.96 | 7:49 | 7.7 |
| 73 | OLEŚ ELŻBIETA | 226 | NW WERWA MŁAWA | MŁAWA | POL | K65-69 | 2 | K 30 | | | 00:19:12 | 00:39:10.83 | 7:50 | 7.7 |
| 74 | IRZYCKI ANDRZEJ | 168 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-64 | 5 | M 44 | | | 00:19:51 | 00:39:12.53 | 7:50 | 7.7 |
| 75 | PRACKI ZBIGNIEW | 244 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M50-54 | 4 | M 45 | | | 00:19:24 | 00:39:12.93 | 7:50 | 7.6 |
| 76 | STASIEŃKO AGNIESZKA | 271 | | CZARNA STRUGA | POL | K30-39 | 9 | K 31 | | | 00:19:59 | 00:39:13.17 | 7:50 | 7.6 |
| 77 | CICHOCKA RENATA | 140 | | WARSZAWA | POL | K45-49 | 6 | K 32 | | | 00:19:27 | 00:39:28.62 | 7:53 | 7.6 |
| 78 | AREN SERGEJ | 304 | | GRODNO | BLR | M60-64 | 6 | M 46 | | | 00:19:14 | 00:39:31.04 | 7:54 | 7.6 |
| 79 | STAŃCZYK ADAM | 270 | | PRUSZKÓW | POL | M45-49 | 6 | M 47 | | | 00:19:39 | 00:39:31.07 | 7:54 | 7.6 |
| 80 | GLEGOCIŃSKA JOANNA | 157 | BIEGAM W SFETSZE | SUŁOCIN TOWARZYSTWO | POL | K45-49 | 7 | K 33 | | | 00:19:43 | 00:39:36.53 | 7:55 | 7.6 |
| 81 | KOLARSKA NADIA | 198 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K-DZIECI | 1 | K 34 | | | 00:19:49 | 00:39:38.31 | 7:55 | 7.6 |
| 82 | STANECKA ZUZANNA | 268 | BIEGAM W SFETSZE | SKIERNIEWICE | POL | K-JUN. | 3 | K 35 | | | 00:19:10 | 00:39:47.30 | 7:57 | 7.5 |
| 83 | OLSZEWSKI JACEK | 229 | SONSIEDZI TEAM | OKUNIEW | POL | M45-49 | 7 | M 48 | | | 00:20:02 | 00:39:48.68 | 7:57 | 7.5 |
| 84 | JAWORSKA KAROLINA | 172 | | BIAŁYSTOK | POL | K30-39 | 10 | K 36 | | | 00:19:44 | 00:39:53.62 | 7:58 | 7.5 |
| 85 | GODZIŃSKA PAULINA | 158 | BAŻANT NW ELBLĄG | MILEJEW | POL | K-DZIECI | 2 | K 37 | | | 00:19:57 | 00:39:54.13 | 7:58 | 7.5 |
| 86 | BIŃKIEWICZ JAKUB | 131 | | WARSZAWA | POL | M18-29 | 3 | M 49 | | | 00:19:40 | 00:40:11.36 | 8:02 | 7.5 |
| 87 | GARLEJ-KITKA PATRYCJA | 156 | | PUŁAWY | POL | K30-39 | 11 | K 38 | | | 00:19:40 | 00:40:17.74 | 8:03 | 7.4 |
| 88 | RĘBIŚ RENATA | 253 | | KONSTANCIN-JEZIORNA | POL | K30-39 | 12 | K 39 | | | 00:19:55 | 00:40:19.42 | 8:03 | 7.4 |
| 89 | LIPIEC DARIUSZ | 209 | BYLEDOBIEC | WARSZAWA | POL | M70+ | 4 | M 50 | | | 00:19:49 | 00:40:23.27 | 8:04 | 7.4 |
| 90 | ROWIŃSKI PAWEŁ | 256 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M30-39 | 5 | M 51 | | | 00:19:49 | 00:40:29.58 | 8:05 | 7.4 |
| 91 | JURCZAK-TOCZKO ANNA | 180 | | WARSZAWA | POL | K50-54 | 4 | K 40 | | | 00:20:32 | 00:40:38.96 | 8:07 | 7.4 |
| 92 | BURACZYŃSKI MARCIN | 312 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | M-NIEPEŁNOSPRAWNI(B | 4 | M 52 | | | 00:19:52 | 00:40:40.12 | 8:08 | 7.4 |
| | | | | | |) | | | | | | | | |
| 93 | MAJCHERCZYK WACŁAW | 215 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M70+ | 5 | M 53 | | | 00:20:04 | 00:40:40.13 | 8:08 | 7.4 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 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 | Netto | min/km | km/h |
|------|----------------------------|-----|---|---------------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 94 | KUBAŃSKA ANNA | 202 | | KONSTANCIN-JEZIORNA | POL | K45-49 | 8 | K 41 | | | 00:20:03 | 00:40:45.90 | 8:09 | 7.4 |
| 95 | KUPRAS DOROTA | 204 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | K40-44 | 5 | K 42 | | | 00:20:10 | 00:40:53.42 | 8:10 | 7.3 |
| 96 | KAMIŃSKI JACEK | 306 | SONSIEDZI TEAM | OKUNIEW | POL | M40-44 | 5 | M 54 | | | 00:20:10 | 00:40:59.52 | 8:12 | 7.3 |
| 97 | PIĄTKOWSKI JÓZEF | 235 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 6 | M 55 | | | 00:20:11 | 00:40:59.62 | 8:12 | 7.3 |
| 98 | KOCZOROWSKI KACPER | 197 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | M-DZIECI | 3 | M 56 | | | 00:20:21 | 00:41:15.26 | 8:15 | 7.3 |
| 99 | PINIS GABRIELA | 238 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K-DZIECI | 3 | K 43 | | | 00:19:57 | 00:41:15.75 | 8:15 | 7.3 |
| 100 | GRABOWSKI MARCIN | 162 | NW 4 EVER YOUNG | WOLA MROKOWSKA | POL | M45-49 | 8 | M 57 | | | 00:20:19 | 00:41:18.41 | 8:15 | 7.3 |
| 101 | SZYMAŃSKA LUCYNA | 275 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLINY | POL | K-NIEPEŁNOSPRAWNI(A) | 3 | K 44 | | | 00:20:21 | 00:41:18.70 | 8:15 | 7.3 |
| 102 | KITKA MARZENA | 193 | PULAWY | PULAWY | POL | K55-59 | 2 | K 45 | | | 00:20:42 | 00:41:43.79 | 8:20 | 7.2 |
| 103 | DYBEL AGNIESZKA | 148 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K-NIEPEŁNOSPRAWNI(A) | 4 | K 46 | | | 00:20:30 | 00:42:04.01 | 8:24 | 7.1 |
| 104 | KAWALEC ANNA | 188 | SONSIEDZI TEAM | OKUNIEW | POL | K50-54 | 5 | K 47 | | | 00:20:49 | 00:42:05.76 | 8:25 | 7.1 |
| 105 | MAJCHRZYK AGNIESZKA | 216 | SONSIEDZI TEAM | OKUNIEW | POL | K45-49 | 9 | K 48 | | | 00:20:50 | 00:42:06.35 | 8:25 | 7.1 |
| 106 | BIELAWSKA ELWIRA | 129 | SONSIEDZI TEAM | OKUNIEW | POL | K40-44 | 6 | K 49 | | | 00:20:50 | 00:42:11.74 | 8:26 | 7.1 |
| 107 | MALENCZYK BARBARA | 53 | | KONSTANCIN-JEZIORNA | POL | K60-64 | 4 | K 50 | | | 00:20:56 | 00:42:26.27 | 8:29 | 7.1 |
| 108 | OWCZAREK MAGDALENA | 230 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | K50-54 | 6 | K 51 | | | 00:20:59 | 00:42:41.24 | 8:32 | 7 |
| 109 | BOSS URSZULA | 318 | | JÓZEFOSŁAW | POL | K55-59 | 3 | K 52 | | | 00:21:25 | 00:42:41.41 | 8:32 | 7 |
| 110 | KOTEWICZ SŁAWOMIR | 200 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M50-54 | 5 | M 58 | | | 00:20:52 | 00:43:05.74 | 8:37 | 7 |
| 111 | RYDEL MACIEJ | 259 | KLUB 5.45 RANO | KONSTANCIN-JEZIORNA | POL | M45-49 | 9 | M 59 | | | 00:21:15 | 00:43:17.79 | 8:39 | 6.9 |
| 112 | SANKOWSKA BEATA | 262 | | WARSZAWA | POL | K50-54 | 7 | K 53 | | | 00:21:53 | 00:43:33.89 | 8:42 | 6.9 |
| 113 | LUBIENIECKA MARIA | 210 | NW CIECHANOW | CIECHANÓW | POL | K70+ | 1 | K 54 | | | 00:21:24 | 00:43:41.47 | 8:44 | 6.9 |
| 114 | BARTOSIK KRYSZYNA | 127 | | ZGIERZ | POL | K60-64 | 5 | K 55 | | | 00:22:04 | 00:44:08.37 | 8:49 | 6.8 |
| 115 | OCHNIO JOLANTA | 310 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K60-64 | 6 | K 56 | | | 00:21:16 | 00:44:12.38 | 8:50 | 6.8 |
| 116 | LESIUK MIROSLAWA | 314 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K60-64 | 7 | K 57 | | | 00:21:17 | 00:44:13.28 | 8:50 | 6.8 |
| 117 | PRACKA KATARZYNA | 243 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K50-54 | 8 | K 58 | | | 00:22:27 | 00:44:34.67 | 8:54 | 6.7 |
| 118 | JARZĄBEK GRAŻYNA | 171 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K65-69 | 3 | K 59 | | | 00:22:13 | 00:44:36.92 | 8:55 | 6.7 |
| 119 | RYMARCZYK MAŁGORZATA | 260 | | CHYLICE | POL | K50-54 | 9 | K 60 | | | 00:22:11 | 00:44:45.59 | 8:57 | 6.7 |
| 120 | PEKACKI KRZYSZTOF | 232 | SONSIEDZI TEAM | OKUNIEW | POL | M40-44 | 6 | M 60 | | | 00:22:09 | 00:44:50.82 | 8:58 | 6.7 |
| 121 | DZIECIUCH GUSTAW | 149 | | KONSTANCIN-JEZIORNA | POL | M70+ | 7 | M 61 | | | 00:22:24 | 00:45:13.09 | 9:02 | 6.6 |
| 122 | JEDYNAK KATARZYNA | 174 | PASJA NORDIC WALKING | WARSZAWA | POL | K-JUN. | 4 | K 61 | | | 00:20:18 | 00:45:20.43 | 9:04 | 6.6 |
| 123 | TUSZYŃSKA ANNA | 123 | LIDER GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | K-NIEPEŁNOSPRAWNI(A) | 5 | K 62 | | | 00:22:51 | 00:45:30.81 | 9:06 | 6.6 |
| 124 | MIKITYSZYN DAWID | 221 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(B) | 5 | M 62 | | | 00:23:04 | 00:45:49.76 | 9:10 | 6.5 |
| 125 | JEDYNAK STANISŁAW | 173 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 8 | M 63 | | | 00:21:16 | 00:46:10.33 | 9:14 | 6.5 |
| 126 | JANISIEWICZ ANNA | 170 | | WARSZAWA | POL | K30-39 | 13 | K 63 | | | 00:23:04 | 00:46:50.20 | 9:22 | 6.4 |
| 127 | GROBELNA JADWIGA | 163 | KS METRACO POLKOWICE | LUBIN | POL | K-NIEPEŁNOSPRAWNI(A) | 6 | K 64 | | | 00:23:02 | 00:46:52.72 | 9:22 | 6.4 |
| 128 | UFEL MILENA | 285 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | K-DZIECI | 4 | K 65 | | | 00:23:10 | 00:47:01.60 | 9:24 | 6.4 |
| 129 | PIASECKA PAULINA | 234 | | WARSZAWA | POL | K18-29 | 1 | K 66 | | | 00:23:48 | 00:47:02.22 | 9:24 | 6.4 |
| 130 | NIEBRZEGOWSKA HELENA | 308 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K60-64 | 8 | K 67 | | | 00:23:46 | 00:47:07.85 | 9:25 | 6.4 |
| 131 | WALTER MONIKA | 289 | STOWARZYSZENIE FILAR | DRAWSKO POMORSKIE | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 68 | | | 00:21:50 | 00:47:08.53 | 9:25 | 6.4 |
| 132 | PANKIEWICZ-DMOWSKA CECYLIA | 231 | FACE NORDIC WALKING TEAM | GOWINO | POL | K70+ | 2 | K 69 | | | 00:23:27 | 00:47:18.55 | 9:27 | 6.3 |
| 133 | SATORA BARBARA | 263 | AGABAS | PIASECZNO | POL | K40-44 | 7 | K 70 | | | 00:23:29 | 00:47:20.03 | 9:28 | 6.3 |
| 134 | WINNICKI PIOTR | 292 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(B) | 6 | M 64 | | | 00:23:06 | 00:47:40.19 | 9:32 | 6.3 |
| 135 | WILCZYŃSKA BARBARA | 313 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K65-69 | 4 | K 71 | | | 00:23:38 | 00:47:45.87 | 9:33 | 6.3 |
| 136 | WOLAŃSKI MARCIN | 294 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(B) | 7 | M 65 | | | 00:23:35 | 00:47:50.47 | 9:34 | 6.3 |
| 137 | CHILLA MACIEJ | 139 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(A) | 3 | M 66 | | | 00:23:36 | 00:47:52.33 | 9:34 | 6.3 |
| 138 | JÓŻWIAK DOMINIK | 179 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 4 | M 67 | | | 00:24:26 | 00:48:07.68 | 9:37 | 6.2 |
| 139 | KITKA CEZARY | 190 | | PULAWY | POL | M-DZIECI | 4 | M 68 | | | 00:23:24 | 00:48:11.47 | 9:38 | 6.2 |
| 140 | SIEMIĄTKOWSKA AGATA | 264 | AGABAS | PIASECZNO | POL | K45-49 | 10 | K 72 | | | 00:23:16 | 00:48:48.48 | 9:45 | 6.1 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 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 | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------|---------------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 141 | ROZMYŚŁOWICZ MONIKA | 257 | | WARSZAWA | POL | K45-49 | 11 | K 73 | | | 00:23:52 | 00:49:13.79 | 9:50 | 6.1 |
| 142 | LESIK JAN | 206 | | WARSZAWA | POL | M65-69 | 4 | M 69 | | | 00:23:53 | 00:49:14.68 | 9:51 | 6.1 |
| 143 | GARDOCKA GRAŻYNA | 315 | | WARSZAWA | POL | K55-59 | 4 | K 74 | | | 00:23:14 | 00:49:17.33 | 9:51 | 6.1 |
| 144 | WALAWKO EWA | 288 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K65-69 | 5 | K 75 | | | 00:24:26 | 00:49:24.23 | 9:52 | 6.1 |
| 145 | IRZYCKA ANNA | 167 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-64 | 9 | K 76 | | | 00:24:26 | 00:49:57.50 | 9:59 | 6 |
| 146 | ZIOMACKA MAŁGORZATA | 301 | | WARSZAWA | POL | K60-64 | 10 | K 77 | | | 00:24:41 | 00:50:06.63 | 10:01 | 6 |
| 147 | ŁOMIŃSKA ELŻBIETA | 212 | | KONSTANCIN-JEZIORNA | POL | K65-69 | 6 | K 78 | | | 00:25:28 | 00:51:08.15 | 10:13 | 5.9 |
| 148 | PESTA MAREK | 233 | | PŁOCK | POL | M-NIEPEŁNOSPRAWNI(A) | 4 | M 70 | | | 00:25:32 | 00:52:52.21 | 10:34 | 5.7 |
| 149 | RADECKA KRYSZYNA | 307 | | BIAŁYSTOK | POL | K70+ | 3 | K 79 | | | 00:26:27 | 00:53:07.38 | 10:37 | 5.6 |
| 150 | BŁACHNIO EUGENIUSZ | 132 | | WARSZAWA | POL | M-NIEPEŁNOSPRAWNI(A) | 5 | M 71 | | | 00:26:37 | 00:53:33.03 | 10:42 | 5.6 |
| 151 | LESIUK MARIA | 207 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K-DZIECI | 5 | K 80 | | | 00:26:59 | 00:54:06.60 | 10:49 | 5.5 |
| 152 | DRÓP MIECZYŚLAW | 146 | KS SOKÓŁ GAŚAWA | PAKOŚĆ | POL | M70+ | 9 | M 72 | | | 00:27:31 | 00:54:25.13 | 10:53 | 5.5 |
| 153 | KITKA WOJCIECH | 189 | | PULAWY | POL | M45-49 | 10 | M 73 | | | 00:26:44 | 00:57:14.15 | 11:26 | 5.2 |
| 154 | KITKA ADAM | 191 | | PULAWY | POL | M-DZIECI | 5 | M 74 | | | 00:27:55 | 00:58:25.52 | 11:41 | 5.1 |
| 155 | ŁASZCZEWSKA ANNA | 211 | | DRAWSKO POMORSKIE | POL | K18-29 | 2 | K 81 | | | 00:29:49 | 00:58:46.09 | 11:45 | 5.1 |
| 156 | BOLEWICZ ANTONI | 134 | | DRAWSKO POMORSKIE | POL | M-DZIECI | 6 | M 75 | | | 00:29:50 | 00:58:47.43 | 11:45 | 5.1 |
| 157 | PLUTA BOŻENA | 240 | | DRAWSKO POMORSKIE | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 82 | | | 00:32:35 | 00:58:48.33 | 11:45 | 5.1 |
| 158 | BOLEWICZ URSZULA | 133 | STOWARZYSZENIE FILAR | DRAWSKO POMORSKIE | POL | K30-39 | 14 | K 83 | | | 00:32:04 | 00:58:50.30 | 11:46 | 5.1 |
| 159 | KACPRZAK ZOFIA | 182 | NIESTOWARZYSZONA | ŁUKÓW | POL | K70+ | 4 | K 84 | | | 00:29:47 | 00:59:34.98 | 11:55 | 5 |
| 160 | NIEBRZEGOWSKI GRZEGORZ | 309 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | M-NIEPEŁNOSPRAWNI(A) | 6 | M 76 | | | 00:30:28 | 01:02:20.27 | 12:28 | 4.8 |
| 161 | WÓJCICKA ANNA | 297 | | DRAWSKO POMORSKIE | POL | K40-44 | 8 | K 85 | | | 00:36:57 | 01:17:17.51 | 15:27 | 3.9 |
| 162 | BUJNOWSKI EDWARD | 138 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(A) | 7 | M 77 | | | 00:32:02 | | 12:48 | 4.7 |
| 163 | ZAŁUSKA ANNA | 299 | | WARSZAWA | POL | K30-39 | 15 | K 86 | | | | | | |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Niepełnosprawni(A)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|---|---------------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SULECKA GABRIELA | 274 | | ŚWIECIE | POL | K-NIEPEŁNOSPRAWNI(A) | 1 | K 16 | | | 00:18:46 | 00:38:03.47 | 7:36 | 7.9 |
| 2 | SEROWIK AGA | 316 | | KONSTANCIN | POL | K-NIEPEŁNOSPRAWNI(A) | 2 | K 22 | | | 00:19:23 | 00:38:50.13 | 7:46 | 7.7 |
| 3 | SZYMAŃSKA LUCYNA | 275 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLINY | POL | K-NIEPEŁNOSPRAWNI(A) | 3 | K 44 | | | 00:20:21 | 00:41:18.70 | 8:15 | 7.3 |
| 4 | DYBĘŁ AGNIESZKA | 148 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K-NIEPEŁNOSPRAWNI(A) | 4 | K 46 | | | 00:20:30 | 00:42:04.01 | 8:24 | 7.1 |
| 5 | TUSZYŃSKA ANNA | 123 | LIDER GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | K-NIEPEŁNOSPRAWNI(A) | 5 | K 62 | | | 00:22:51 | 00:45:30.81 | 9:06 | 6.6 |
| 6 | GROBELNA JADWIGA | 163 | KS METRACO POLKOWICE | LUBIN | POL | K-NIEPEŁNOSPRAWNI(A) | 6 | K 64 | | | 00:23:02 | 00:46:52.72 | 9:22 | 6.4 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------|-----|----------------------|-------------------|------|-----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WALTER MONIKA | 289 | STOWARZYSZENIE FILAR | DRAWSKO POMORSKIE | POL | K-NIEPEŁNOSPRAWNI(B) | 1 | K 68 | | | 00:21:50 | 00:47:08.53 | 9:25 | 6.4 |
| 2 | PLUTA BOŻENA | 240 | | DRAWSKO POMORSKIE | POL | K-NIEPEŁNOSPRAWNI(B) | 2 | K 82 | | | 00:32:35 | 00:58:48.33 | 11:45 | 5.1 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M-Niepełnosprawni(A)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------------|-----|-------------------------|-------------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | OLEŚ JÓZEF | 227 | NW WERWA MŁAWA | MŁAWA | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 28 | | | 00:18:01 | 00:36:49.16 | 7:21 | 8.1 |
| 2 | JÓZWIAK ŁUKASZ | 177 | SERCE NORDICA WŁOCLĄWEK | WŁOCLĄWEK | POL | M-NIEPEŁNOSPRAWNI(A) | 2 | M 36 | | | 00:18:43 | 00:37:54.00 | 7:34 | 7.9 |
| 3 | CHILLA MACIEJ | 139 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(A) | 3 | M 66 | | | 00:23:36 | 00:47:52.33 | 9:34 | 6.3 |
| 4 | PESTA MAREK | 233 | | PŁOCK | POL | M-NIEPEŁNOSPRAWNI(A) | 4 | M 70 | | | 00:25:32 | 00:52:52.21 | 10:34 | 5.7 |
| 5 | BŁACHNIO EUGENIUSZ | 132 | | WARSZAWA | POL | M-NIEPEŁNOSPRAWNI(A) | 5 | M 71 | | | 00:26:37 | 00:53:33.03 | 10:42 | 5.6 |
| 6 | NIEBRZEGOWSKI GRZEGORZ | 309 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | M-NIEPEŁNOSPRAWNI(A) | 6 | M 76 | | | 00:30:28 | 01:02:20.27 | 12:28 | 4.8 |
| 7 | BUJNOWSKI EDWARD | 138 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(A) | 7 | M 77 | | | 00:32:02 | | 12:48 | 4.7 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M-Niepełnosprawni(B)

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|----------------------|-------------------|------|----------------------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | GRYGOROWICZ BOGDAN | 165 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 23 | | | 00:18:01 | 00:36:16.79 | 7:15 | 8.3 |
| 2 | STANECKI MACIEJ | 269 | BIEGAM W SFETSZE | SKIERNIEWICE | POL | M-NIEPEŁNOSPRAWNI(B) | 2 | M 25 | | | 00:17:33 | 00:36:33.64 | 7:18 | 8.2 |
| 3 | SZANIAWSKI MARCIN | 311 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | M-NIEPEŁNOSPRAWNI(B) | 3 | M 32 | | | 00:17:50 | 00:37:11.55 | 7:26 | 8.1 |
| 4 | BURACZYŃSKI MARCIN | 312 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | M-NIEPEŁNOSPRAWNI(B) | 4 | M 52 | | | 00:19:52 | 00:40:40.12 | 8:08 | 7.4 |
| 5 | MIKITYSZYN DAWID | 221 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(B) | 5 | M 62 | | | 00:23:04 | 00:45:49.76 | 9:10 | 6.5 |
| 6 | WINNICKI PIOTR | 292 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(B) | 6 | M 64 | | | 00:23:06 | 00:47:40.19 | 9:32 | 6.3 |
| 7 | WOLAŃSKI MARCIN | 294 | | DRAWSKO POMORSKIE | POL | M-NIEPEŁNOSPRAWNI(B) | 7 | M 65 | | | 00:23:35 | 00:47:50.47 | 9:34 | 6.3 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-------------------|-----|---------------------------|-------------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | KOLARSKA NADIA | 198 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K-DZIECI | 1 | K 34 | | | 00:19:49 | 00:39:38.31 | 7:55 | 7.6 |
| 2 | GODZIŃSKA PAULINA | 158 | BAŻANT NW ELBLĄG | MILEJEWÓ | POL | K-DZIECI | 2 | K 37 | | | 00:19:57 | 00:39:54.13 | 7:58 | 7.5 |
| 3 | PINIŚ GABRIELA | 238 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K-DZIECI | 3 | K 43 | | | 00:19:57 | 00:41:15.75 | 8:15 | 7.3 |
| 4 | UFEL MILENA | 285 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | K-DZIECI | 4 | K 65 | | | 00:23:10 | 00:47:01.60 | 9:24 | 6.4 |
| 5 | LESIUK MARIA | 207 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K-DZIECI | 5 | K 80 | | | 00:26:59 | 00:54:06.60 | 10:49 | 5.5 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|---------------------------|-------------------|------|----------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | KUCHARCZYK JAKUB | 203 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-DZIECI | 1 | M 33 | | | 00:18:00 | 00:37:15.68 | 7:27 | 8.1 |
| 2 | JĘDRASZKO JACEK | 175 | | ŚWIECIE | POL | M-DZIECI | 2 | M 38 | | | 00:18:34 | 00:38:38.71 | 7:43 | 7.8 |
| 3 | KOCZOROWSKI KACPER | 197 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | M-DZIECI | 3 | M 56 | | | 00:20:21 | 00:41:15.26 | 8:15 | 7.3 |
| 4 | KITKA CEZARY | 190 | | PUŁAWY | POL | M-DZIECI | 4 | M 68 | | | 00:23:24 | 00:48:11.47 | 9:38 | 6.2 |
| 5 | KITKA ADAM | 191 | | PUŁAWY | POL | M-DZIECI | 5 | M 74 | | | 00:27:55 | 00:58:25.52 | 11:41 | 5.1 |
| 6 | BOLEWICZ ANTONI | 134 | | DRAWSKO POMORSKIE | POL | M-DZIECI | 6 | M 75 | | | 00:29:50 | 00:58:47.43 | 11:45 | 5.1 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|---------------------------|--------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | UFEL MARCELINA | 284 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | K-JUN. | 1 | K 3 | | | 00:17:23 | 00:35:24.16 | 7:04 | 8.5 |
| 2 | KOCZOROWSKA PATRYCJA | 196 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K-JUN. | 2 | K 15 | | | 00:18:37 | 00:37:49.58 | 7:34 | 7.9 |
| 3 | STANECKA ZUZANNA | 268 | BIEGAM W SFETSZE | SKIERNIEWICE | POL | K-JUN. | 3 | K 35 | | | 00:19:10 | 00:39:47.30 | 7:57 | 7.5 |
| 4 | JEDYNAK KATARZYNA | 174 | PASJA NORDIC WALKING | WARSZAWA | POL | K-JUN. | 4 | K 61 | | | 00:20:18 | 00:45:20.43 | 9:04 | 6.6 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M-Jun.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|---------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | BARYLUK BENIAMIN | 128 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-JUN. | 1 | M 10 | | | 00:16:41 | 00:34:02.49 | 6:48 | 8.8 |
| 2 | BOROŃ ADAM | 136 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-JUN. | 2 | M 12 | | | 00:16:51 | 00:34:31.60 | 6:54 | 8.7 |
| 3 | TUZIMEK JAKUB | 283 | | KURÓW | POL | M-JUN. | 3 | M 13 | | | 00:16:51 | 00:34:32.44 | 6:54 | 8.7 |
| 4 | ŻAK DAWID | 302 | TKKF CZELADŹ | CZELADŹ | POL | M-JUN. | 4 | M 39 | | | 00:18:44 | 00:38:40.79 | 7:44 | 7.8 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|------|-------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | PIASECKA PAULINA | 234 | | WARSZAWA | POL | K18-29 | 1 | K 66 | | | 00:23:48 | 00:47:02.22 | 9:24 | 6.4 |
| 2 | ŁASZCZEWSKA ANNA | 211 | | DRAWSKO POMORSKIE | POL | K18-29 | 2 | K 81 | | | 00:29:49 | 00:58:46.09 | 11:45 | 5.1 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|-------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | MARCZAK TOMASZ | 218 | | ALEKSANDRIA I | POL | M18-29 | 1 | M 2 | | | 00:15:25 | 00:31:13.80 | 6:14 | 9.6 |
| 2 | MIKICIUK JAKUB | 220 | | SIEDLCE | POL | M18-29 | 2 | M 17 | | | 00:17:09 | 00:35:30.76 | 7:06 | 8.4 |
| 3 | BIŃKIEWICZ JAKUB | 131 | | WARSZAWA | POL | M18-29 | 3 | M 49 | | | 00:19:40 | 00:40:11.36 | 8:02 | 7.5 |
| 4 | JÓZWIAK DOMINIK | 179 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M18-29 | 4 | M 67 | | | 00:24:26 | 00:48:07.68 | 9:37 | 6.2 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | GODZIŃSKA DOROTA | 159 | BAŻANT NW ELBLĄG | MILEJEWÓ | POL | K30-39 | 1 | K 5 | | | 00:17:46 | 00:35:30.27 | 7:06 | 8.5 |
| 2 | ŻALKOWSKAJA JULIA | 102 | | GRODNO | BLR | K30-39 | 2 | K 9 | | | 00:18:13 | 00:36:47.90 | 7:21 | 8.2 |
| 3 | SZYMCZYK MAGDALENA | 277 | NOWI SIEDLCE | SIEDLCE | POL | K30-39 | 3 | K 12 | | | 00:18:31 | 00:37:10.41 | 7:26 | 8.1 |
| 4 | TUZIMEK AGATA | 282 | | KURÓW | POL | K30-39 | 4 | K 14 | | | 00:18:25 | 00:37:18.15 | 7:27 | 8 |
| 5 | POROWSKA AGNIESZKA | 241 | | WARSZAWA | POL | K30-39 | 5 | K 18 | | | 00:18:36 | 00:38:10.87 | 7:38 | 7.9 |
| 6 | MADZIŃSKA KAROLINA | 213 | | KONSTANCIN-JEZIORNA | POL | K30-39 | 6 | K 19 | | | 00:19:00 | 00:38:10.99 | 7:38 | 7.9 |
| 7 | ANDRYCHIEWICZ MONIKA | 122 | | ZIELONKA | POL | K30-39 | 7 | K 24 | | | 00:19:01 | 00:38:54.01 | 7:46 | 7.7 |
| 8 | KOCZOROWSKA MONIKA | 195 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K30-39 | 8 | K 26 | | | 00:19:12 | 00:38:57.33 | 7:47 | 7.7 |
| 9 | STASIEŃKO AGNIESZKA | 271 | | CZARNA STRUGA | POL | K30-39 | 9 | K 31 | | | 00:19:59 | 00:39:13.17 | 7:50 | 7.6 |
| 10 | JAWORSKA KAROLINA | 172 | | BIAŁYSTOK | POL | K30-39 | 10 | K 36 | | | 00:19:44 | 00:39:53.62 | 7:58 | 7.5 |
| 11 | GARLEJ-KITKA PATRYCJA | 156 | | PULAWY | POL | K30-39 | 11 | K 38 | | | 00:19:40 | 00:40:17.74 | 8:03 | 7.4 |
| 12 | RĘBIŚ RENATA | 253 | | KONSTANCIN-JEZIORNA | POL | K30-39 | 12 | K 39 | | | 00:19:55 | 00:40:19.42 | 8:03 | 7.4 |
| 13 | JANIŚKIEWICZ ANNA | 170 | | WARSZAWA | POL | K30-39 | 13 | K 63 | | | 00:23:04 | 00:46:50.20 | 9:22 | 6.4 |
| 14 | BOLEWICZ URSZULA | 133 | STOWARZYSZENIE FILAR | DRAWSKO POMORSKIE | POL | K30-39 | 14 | K 83 | | | 00:32:04 | 00:58:50.30 | 11:46 | 5.1 |
| 15 | ZAŁUSKA ANNA | 299 | | WARSZAWA | POL | K30-39 | 15 | K 86 | | | | | | |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------|-------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | JĘDRZEJEWSKI ŁUKASZ | 176 | HDK LEGION ODDZIAŁ PŁOCK | BIELSK | POL | M30-39 | 1 | M 15 | | | 00:17:19 | 00:34:42.27 | 6:56 | 8.6 |
| 2 | GÓRSKI JACEK | 161 | | WARSZAWA | POL | M30-39 | 2 | M 16 | | | 00:17:20 | 00:34:43.89 | 6:56 | 8.6 |
| 3 | WAGNER ŁUKASZ | 286 | STOWARZYSZENIE FILAR | DRAWSKO POMORSKIE | POL | M30-39 | 3 | M 24 | | | 00:17:51 | 00:36:24.93 | 7:17 | 8.2 |
| 4 | NIETRZEBKA PAWEŁ | 223 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | M30-39 | 4 | M 40 | | | 00:19:11 | 00:38:57.33 | 7:47 | 7.7 |
| 5 | ROWIŃSKI PAWEŁ | 256 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M30-39 | 5 | M 51 | | | 00:19:49 | 00:40:29.58 | 8:05 | 7.4 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------|-------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | REJMENTOWSKA SYLWIA | 250 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-44 | 1 | K 2 | | | 00:17:25 | 00:35:12.32 | 7:02 | 8.5 |
| 2 | PUSZKARSKA MAŁGORZATA | 246 | GOSADI NORDIC TEAM | WARSZAWA | POL | K40-44 | 2 | K 6 | | | 00:17:41 | 00:35:40.44 | 7:08 | 8.4 |
| 3 | SOBICZEWSKA EWA | 266 | NOWI SIEDLCE | SIEDLCE | POL | K40-44 | 3 | K 7 | | | 00:17:53 | 00:36:05.36 | 7:13 | 8.3 |
| 4 | PINIS AGNIESZKA | 237 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-44 | 4 | K 13 | | | 00:18:09 | 00:37:15.42 | 7:27 | 8.1 |
| 5 | KUPRAS DOROTA | 204 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | K40-44 | 5 | K 42 | | | 00:20:10 | 00:40:53.42 | 8:10 | 7.3 |
| 6 | BIELAWSKA ELWIRA | 129 | SONSIEDZI TEAM | OKUNIEW | POL | K40-44 | 6 | K 49 | | | 00:20:50 | 00:42:11.74 | 8:26 | 7.1 |
| 7 | SATORA BARBARA | 263 | AGABAS | PIASECZNO | POL | K40-44 | 7 | K 70 | | | 00:23:29 | 00:47:20.03 | 9:28 | 6.3 |
| 8 | WÓJCICKA ANNA | 297 | | DRAWSKO POMORSKIE | POL | K40-44 | 8 | K 85 | | | 00:36:57 | 01:17:17.51 | 15:27 | 3.9 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | BIELAWSKI LESZEK | 130 | SONSIEDZI TEAM | OKUNIEW | POL | M40-44 | 1 | M 1 | | | 00:15:14 | 00:30:43.04 | 6:08 | 9.8 |
| 2 | DĘBSKI BARTŁOMIEJ | 145 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-44 | 2 | M 4 | | | 00:15:32 | 00:31:48.86 | 6:21 | 9.4 |
| 3 | OLSZAŃSKI KAROL | 228 | FEAR THE RETURN | KATOWICE | POL | M40-44 | 3 | M 6 | | | 00:15:33 | 00:32:26.89 | 6:29 | 9.2 |
| 4 | REJMENTOWSKI PIOTR | 24 | PASJA NORDIC WALKING | WARSZAWA | POL | M40-44 | 4 | M 29 | | | 00:18:23 | 00:36:58.32 | 7:23 | 8.1 |
| 5 | KAMIŃSKI JACEK | 306 | SONSIEDZI TEAM | OKUNIEW | POL | M40-44 | 5 | M 54 | | | 00:20:10 | 00:40:59.52 | 8:12 | 7.3 |
| 6 | PEKACKI KRZYSZTOF | 232 | SONSIEDZI TEAM | OKUNIEW | POL | M40-44 | 6 | M 60 | | | 00:22:09 | 00:44:50.82 | 8:58 | 6.7 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|-------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | JÓZWIAK MARIANNA | 178 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K45-49 | 1 | K 4 | | | 00:17:25 | 00:35:26.29 | 7:05 | 8.5 |
| 2 | ROMAŃCZUK AGNIESZKA | 255 | NOWI SIEDLCE | SIEDLCE | POL | K45-49 | 2 | K 8 | | | 00:18:01 | 00:36:41.24 | 7:20 | 8.2 |
| 3 | PIETRUSEWICZ JOANNA | 236 | PASJA NORDIC WALKING | WARSZAWA | POL | K45-49 | 3 | K 11 | | | 00:18:19 | 00:37:05.31 | 7:25 | 8.1 |
| 4 | RADECKA GRAŻYNA | 247 | CHODZĄCY BIAŁYSTOK | WARSZAWA | POL | K45-49 | 4 | K 23 | | | 00:19:18 | 00:38:52.67 | 7:46 | 7.7 |
| 5 | SOŁDECKA ANNA | 267 | | WARSZAWA | POL | K45-49 | 5 | K 28 | | | 00:19:40 | 00:39:04.09 | 7:48 | 7.7 |
| 6 | CICHOCA RENATA | 140 | | WARSZAWA | POL | K45-49 | 6 | K 32 | | | 00:19:27 | 00:39:28.62 | 7:53 | 7.6 |
| 7 | GŁEGOCIŃSKA JOANNA | 157 | BIEGAM W SFETSZE | SUŁOCIN TOWARZYSTWO | POL | K45-49 | 7 | K 33 | | | 00:19:43 | 00:39:36.53 | 7:55 | 7.6 |
| 8 | KUBAŃSKA ANNA | 202 | | KONSTANCIN-JEZIORNA | POL | K45-49 | 8 | K 41 | | | 00:20:03 | 00:40:45.90 | 8:09 | 7.4 |
| 9 | MAJCHRZYK AGNIESZKA | 216 | SONSIEDZI TEAM | OKUNIEW | POL | K45-49 | 9 | K 48 | | | 00:20:50 | 00:42:06.35 | 8:25 | 7.1 |
| 10 | SIEMIĄTKOWSKA AGATA | 264 | AGABAS | PIASECZNO | POL | K45-49 | 10 | K 72 | | | 00:23:16 | 00:48:48.48 | 9:45 | 6.1 |
| 11 | ROZMYŚŁOWICZ MONIKA | 257 | | WARSZAWA | POL | K45-49 | 11 | K 73 | | | 00:23:52 | 00:49:13.79 | 9:50 | 6.1 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | CICHOŃ SŁAWOMIR | 141 | KROSSKI REMSPORT | WARSZAWA | POL | M45-49 | 1 | M 7 | | | 00:16:04 | 00:33:05.77 | 6:37 | 9.1 |
| 2 | ZIELIŃSKI SZCZEPAN | 300 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M45-49 | 2 | M 14 | | | 00:17:11 | 00:34:36.71 | 6:55 | 8.7 |
| 3 | WIĘCKOWSKI JANUSZ | 290 | BIEGAM W SFETSZE | SUŁOCIN TOWARZYSTWO | POL | M45-49 | 3 | M 27 | | | 00:18:08 | 00:36:40.42 | 7:20 | 8.2 |
| 4 | ŚCIBIOR ROBERT | 278 | | KLEMENTOWICE | POL | M45-49 | 4 | M 37 | | | 00:19:11 | 00:38:35.59 | 7:43 | 7.8 |
| 5 | KAWALEC MARCIN | 187 | SONSIEDZI TEAM | OKUNIEW | POL | M45-49 | 5 | M 43 | | | 00:19:28 | 00:39:06.96 | 7:49 | 7.7 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M45-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|-----------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 6 | STAŃCZYK ADAM | 270 | | PRUSZKÓW | POL | M45-49 | 6 | M 47 | | | 00:19:39 | 00:39:31.07 | 7:54 | 7.6 |
| 7 | OLSZEWSKI JACEK | 229 | SONSIEDZI TEAM | OKUNIEW | POL | M45-49 | 7 | M 48 | | | 00:20:02 | 00:39:48.68 | 7:57 | 7.5 |
| 8 | GRABOWSKI MARCIN | 162 | NW 4 EVER YOUNG | WOLA MROKOWSKA | POL | M45-49 | 8 | M 57 | | | 00:20:19 | 00:41:18.41 | 8:15 | 7.3 |
| 9 | RYDEL MACIEJ | 259 | KLUB 5.45 RANO | KONSTANCIN-JEZIORNA | POL | M45-49 | 9 | M 59 | | | 00:21:15 | 00:43:17.79 | 8:39 | 6.9 |
| 10 | KITKA WOJCIECH | 189 | | PUŁAWY | POL | M45-49 | 10 | M 73 | | | 00:26:44 | 00:57:14.15 | 11:26 | 5.2 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------------|-----|-------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | OKRZESIK-FRĄCKOWIAK IZABELA | 225 | KS METRACO POLKOWICE | WIELEŃ | POL | K50-54 | 1 | K 1 | | | 00:17:11 | 00:34:44.82 | 6:57 | 8.6 |
| 2 | KAMIŃSKA BEATA | 184 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-54 | 2 | K 10 | | | 00:18:09 | 00:36:51.32 | 7:22 | 8.1 |
| 3 | WOROCH JOLANTA | 296 | KS METRACO POLKOWICE | DOPIEWO | POL | K50-54 | 3 | K 29 | | | 00:19:41 | 00:39:04.70 | 7:49 | 7.7 |
| 4 | JURCZAK-TOCZKO ANNA | 180 | | WARSZAWA | POL | K50-54 | 4 | K 40 | | | 00:20:32 | 00:40:38.96 | 8:07 | 7.4 |
| 5 | KAWALEC ANNA | 188 | SONSIEDZI TEAM | OKUNIEW | POL | K50-54 | 5 | K 47 | | | 00:20:49 | 00:42:05.76 | 8:25 | 7.1 |
| 6 | OWCZAREK MAGDALENA | 230 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | K50-54 | 6 | K 51 | | | 00:20:59 | 00:42:41.24 | 8:32 | 7 |
| 7 | SANKOWSKA BEATA | 262 | | WARSZAWA | POL | K50-54 | 7 | K 53 | | | 00:21:53 | 00:43:33.89 | 8:42 | 6.9 |
| 8 | PRACKA KATARZYNA | 243 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K50-54 | 8 | K 58 | | | 00:22:27 | 00:44:34.67 | 8:54 | 6.7 |
| 9 | RYMARCZYK MAŁGORZATA | 260 | | CHYLICE | POL | K50-54 | 9 | K 60 | | | 00:22:11 | 00:44:45.59 | 8:57 | 6.7 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | FRĄCKOWIAK ROMAN | 152 | KS METRACO POLKOWICE | WIELEŃ | POL | M50-54 | 1 | M 8 | | | 00:16:20 | 00:33:29.39 | 6:42 | 9 |
| 2 | RAJEK TOMASZ | 249 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-54 | 2 | M 20 | | | 00:17:27 | 00:35:43.31 | 7:08 | 8.4 |
| 3 | MIKICIUK KRZYSZTOF | 305 | NOWI SIEDLCE | SIEDLCE | POL | M50-54 | 3 | M 31 | | | 00:18:05 | 00:37:02.87 | 7:24 | 8.1 |
| 4 | PRACKI ZBIGNIEW | 244 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M50-54 | 4 | M 45 | | | 00:19:24 | 00:39:12.93 | 7:50 | 7.6 |
| 5 | KOTEWICZ SŁAWOMIR | 200 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M50-54 | 5 | M 58 | | | 00:20:52 | 00:43:05.74 | 8:37 | 7 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|------------------|-----|-------------------------|------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | MARCINIAK HANNA | 217 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K55-59 | 1 | K 21 | | | 00:19:30 | 00:38:48.36 | 7:45 | 7.7 |
| 2 | KITKA MARZENA | 193 | PUŁAWY | PUŁAWY | POL | K55-59 | 2 | K 45 | | | 00:20:42 | 00:41:43.79 | 8:20 | 7.2 |
| 3 | BOSS URSZULA | 318 | | JÓZEFOSŁAW | POL | K55-59 | 3 | K 52 | | | 00:21:25 | 00:42:41.41 | 8:32 | 7 |
| 4 | GARDOCKA GRAŻYNA | 315 | | WARSZAWA | POL | K55-59 | 4 | K 74 | | | 00:23:14 | 00:49:17.33 | 9:51 | 6.1 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M55-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------|-----|-----------------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | ROŻYNEK MIRON | 258 | | WROCŁAW | POL | M55-59 | 1 | M 5 | | | 00:15:46 | 00:31:55.37 | 6:23 | 9.4 |
| 2 | RADECKI ARTUR | 248 | NORDIC WALKING CHODZĄCY BIAŁYSTOK | BIAŁYSTOK | POL | M55-59 | 2 | M 9 | | | 00:16:30 | 00:33:30.58 | 6:42 | 9 |
| 3 | KITKA KRZYSZTOF | 192 | | PUŁAWY | POL | M55-59 | 3 | M 21 | | | 00:17:55 | 00:36:07.03 | 7:13 | 8.3 |
| 4 | SZYMAŃSKI PIOTR | 303 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M55-59 | 4 | M 34 | | | 00:18:37 | 00:37:20.81 | 7:28 | 8 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | DAROSZEWSKA KRYSZYNA | 143 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | K60-64 | 1 | K 20 | | | 00:19:19 | 00:38:39.38 | 7:44 | 7.8 |
| 2 | PLEWKA BOŻENNA | 239 | | WARSZAWA | POL | K60-64 | 2 | K 25 | | | 00:19:18 | 00:38:54.40 | 7:46 | 7.7 |
| 3 | GAŁKOWSKA ELŻBIETA | 155 | PUSZCZA ZIELONKA | TUCZNO | POL | K60-64 | 3 | K 27 | | | 00:19:16 | 00:39:03.80 | 7:48 | 7.7 |
| 4 | MALENCZYK BARBARA | 53 | | KONSTANCIN-JEZIORNA | POL | K60-64 | 4 | K 50 | | | 00:20:56 | 00:42:26.27 | 8:29 | 7.1 |
| 5 | BARTOSIK KRYSZYNA | 127 | | ZGIERZ | POL | K60-64 | 5 | K 55 | | | 00:22:04 | 00:44:08.37 | 8:49 | 6.8 |
| 6 | OCHNIO JOLANTA | 310 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K60-64 | 6 | K 56 | | | 00:21:16 | 00:44:12.38 | 8:50 | 6.8 |
| 7 | LESIUK MIROSLAWA | 314 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K60-64 | 7 | K 57 | | | 00:21:17 | 00:44:13.28 | 8:50 | 6.8 |
| 8 | NIEBRZEGOWSKA HELENA | 308 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K60-64 | 8 | K 67 | | | 00:23:46 | 00:47:07.85 | 9:25 | 6.4 |
| 9 | IRZYCKA ANNA | 167 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-64 | 9 | K 76 | | | 00:24:26 | 00:49:57.50 | 9:59 | 6 |
| 10 | ZIOMACKA MAŁGORZATA | 301 | | WARSZAWA | POL | K60-64 | 10 | K 77 | | | 00:24:41 | 00:50:06.63 | 10:01 | 6 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M60-64

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WOROCZ ROMAN | 295 | KS METRACO POLKOWICE | DOPIEWO | POL | M60-64 | 1 | M 3 | | | 00:15:51 | 00:31:31.54 | 6:18 | 9.5 |
| 2 | TRONIARZ STANISLAW | 279 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-64 | 2 | M 26 | | | 00:18:00 | 00:36:40.14 | 7:20 | 8.2 |
| 3 | WIŚNIEWSKI KAZIMIERZ | 293 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-64 | 3 | M 30 | | | 00:18:26 | 00:37:00.86 | 7:24 | 8.1 |
| 4 | POZNAŃSKI WIEŚLAW | 242 | K.S. CHODZACY BIAŁYSTOK | BIAŁYSTOK | POL | M60-64 | 4 | M 35 | | | 00:18:19 | 00:37:27.10 | 7:29 | 8 |
| 5 | IRZYCKI ANDRZEJ | 168 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-64 | 5 | M 44 | | | 00:19:51 | 00:39:12.53 | 7:50 | 7.7 |
| 6 | AREN SERGEJ | 304 | | GRODNO | BLR | M60-64 | 6 | M 46 | | | 00:19:14 | 00:39:31.04 | 7:54 | 7.6 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-----------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | GRYGOROWICZ TERESA | 164 | KS METRACO POLKOWICE | LUBIN | POL | K65-69 | 1 | K 17 | | | 00:18:47 | 00:38:05.84 | 7:37 | 7.9 |
| 2 | OLEŚ ELŻBIETA | 226 | NW WERWA MŁAWA | MŁAWA | POL | K65-69 | 2 | K 30 | | | 00:19:12 | 00:39:10.83 | 7:50 | 7.7 |
| 3 | JARZĄBEK GRAŻYNA | 171 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K65-69 | 3 | K 59 | | | 00:22:13 | 00:44:36.92 | 8:55 | 6.7 |
| 4 | WILCZYŃSKA BARBARA | 313 | AKTYWNI Z PASJĄ | ŁUKÓW | POL | K65-69 | 4 | K 71 | | | 00:23:38 | 00:47:45.87 | 9:33 | 6.3 |
| 5 | WALAWKO EWA | 288 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | K65-69 | 5 | K 75 | | | 00:24:26 | 00:49:24.23 | 9:52 | 6.1 |
| 6 | ŁOMIŃSKA ELŻBIETA | 212 | | KONSTANCIN-JEZIORNA | POL | K65-69 | 6 | K 78 | | | 00:25:28 | 00:51:08.15 | 10:13 | 5.9 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M65-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | WROŃSKI WŁODZIMIERZ | 298 | PASJA NORDIC WALKING | WARSZAWA | POL | M65-69 | 1 | M 18 | | | 00:17:48 | 00:35:37.03 | 7:07 | 8.4 |
| 2 | BUCZKOWSKI JERZY | 137 | KS SOKÓŁ GAŚAWA | ŻNIN | POL | M65-69 | 2 | M 19 | | | 00:17:44 | 00:35:39.26 | 7:07 | 8.4 |
| 3 | MAJCHERCZYK KRZYSZTOF | 214 | MOSIR TKKF SATURN CZELADŹ | SOSNOWIEC | POL | M65-69 | 3 | M 41 | | | 00:18:54 | 00:38:58.97 | 7:47 | 7.7 |
| 4 | LESIK JAN | 206 | | WARSZAWA | POL | M65-69 | 4 | M 69 | | | 00:23:53 | 00:49:14.68 | 9:51 | 6.1 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, K70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|----------------------------|-----|--------------------------|-----------|------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | LUBIENIECKA MARIA | 210 | NW CIECHANÓW | CIECHANÓW | POL | K70+ | 1 | K 54 | | | 00:21:24 | 00:43:41.47 | 8:44 | 6.9 |
| 2 | PANKIEWICZ-DMOWSKA CECYLIA | 231 | FACE NORDIC WALKING TEAM | GOWINO | POL | K70+ | 2 | K 69 | | | 00:23:27 | 00:47:18.55 | 9:27 | 6.3 |
| 3 | RADECKA KRYSZYNA | 307 | | BIAŁYSTOK | POL | K70+ | 3 | K 79 | | | 00:26:27 | 00:53:07.38 | 10:37 | 5.6 |
| 4 | KACPRZAK ZOFIA | 182 | NIESTOWARZYSZONA | ŁUKÓW | POL | K70+ | 4 | K 84 | | | 00:29:47 | 00:59:34.98 | 11:55 | 5 |

KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 5 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | Netto | min/km | km/h |
|------|---------------------|-----|---------------------------|---------------------|------|------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | SANIUK EDWARD | 261 | FACE TEAM NORDIC WALKING | GDAŃSK | POL | M70+ | 1 | M 11 | | | 00:16:56 | 00:34:05.39 | 6:49 | 8.8 |
| 2 | WASILEWSKI SŁAWOMIR | 96 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 2 | M 22 | | | 00:18:00 | 00:36:10.21 | 7:14 | 8.3 |
| 3 | DĄBROWSKI ANDRZEJ | 144 | MARSZ PO ZDROWIE | DĘBLIN | POL | M70+ | 3 | M 42 | | | 00:19:10 | 00:39:04.60 | 7:49 | 7.7 |
| 4 | LIPIEC DARIUSZ | 209 | BYLEDOBIEC | WARSZAWA | POL | M70+ | 4 | M 50 | | | 00:19:49 | 00:40:23.27 | 8:04 | 7.4 |
| 5 | MAJCHERCZYK WACŁAW | 215 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M70+ | 5 | M 53 | | | 00:20:04 | 00:40:40.13 | 8:08 | 7.4 |
| 6 | PIĄTKOWSKI JÓZEF | 235 | KS METRACO POLKOWICE | POLKOWICE | POL | M70+ | 6 | M 55 | | | 00:20:11 | 00:40:59.62 | 8:12 | 7.3 |
| 7 | DZIECIUCH GUSTAW | 149 | | KONSTANCIN-JEZIORNA | POL | M70+ | 7 | M 61 | | | 00:22:24 | 00:45:13.09 | 9:02 | 6.6 |
| 8 | JEDYNAK STANISŁAW | 173 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 8 | M 63 | | | 00:21:16 | 00:46:10.33 | 9:14 | 6.5 |
| 9 | DROP MIECZYŚLAW | 146 | KS SOKÓŁ GAŚAWA | PAKOŚĆ | POL | M70+ | 9 | M 72 | | | 00:27:31 | 00:54:25.13 | 10:53 | 5.5 |