

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM**

Organizator: Polska Federacja Nordic Walking  
 Data: 2019-04-27  
 Miejsce: Konstancin-Jeziorna  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.


**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, OPEN**

| M-ce | Nazwisko i imię        | Nr  | Klub  | M-scowość             | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|---|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | DZIEDZIEWICZ ANDRZEJ   | 103 |   | GRODNO                | BLR  | M30-39 | 1      | M 1  |             |              | 00:14:48 | 00:30:05 | 00:45:28 | 01:01:01.05 | 6:06   | 9.8  |
| 2    | KRIWOPUST IGOR         | 43  | AWF WARSZAWA  | WARSZAWA              | POL  | M18-29 | 1      | M 2  |             |              | 00:15:52 | 00:32:36 | 00:49:39 | 01:06:43.08 | 6:40   | 9    |
| 3    | WOJTASIŃSKI DANIEL     | 98  | NORDIC TEAM CZĘSTOCHOWA                               | CZĘSTOCHOWA           | POL  | M40-49 | 1      | M 3  |             |              | 00:16:28 | 00:33:02 | 00:50:02 | 01:07:05.76 | 6:42   | 8.9  |
| 4    | PIETRZYK JAROSŁAW      | 74  | NORDIC TEAM CZĘSTOCHOWA                               | CZĘSTOCHOWA           | POL  | M30-39 | 2      | M 4  |             |              | 00:16:23 | 00:33:20 | 00:50:38 | 01:07:35.95 | 6:45   | 8.9  |
| 5    | KOBIELA KRZYSZTOF      | 34  | NORDIC TEAM CZĘSTOCHOWA                               | BLACHOWNIA            | POL  | M40-49 | 2      | M 5  |             |              | 00:16:35 | 00:33:47 | 00:51:37 | 01:08:31.92 | 6:51   | 8.8  |
| 6    | KOZAKOWSKA MAŁGORZATA  | 41  | KS SOKÓŁ GAŚAWA                                       | ROGOWO                | POL  | K40-49 | 1      | K 1  |             |              | 00:17:04 | 00:34:26 | 00:52:09 | 01:09:34.05 | 6:57   | 8.6  |
| 7    | SZCZĘŚNIAK ZBIGNIEW    | 87  | NORDIC TEAM CZĘSTOCHOWA                               | BLACHOWNIA            | POL  | M50-59 | 1      | M 6  |             |              | 00:17:46 | 00:36:02 | 00:54:26 | 01:09:59.44 | 7:00   | 8.6  |
| 8    | ADAMCZYK ADAM          | 2   | PASJA NORDIC WALKING                                  | WARSZAWA              | POL  | M70+   | 1      | M 7  |             |              | 00:17:36 | 00:35:08 | 00:52:36 | 01:09:59.53 | 6:59   | 8.6  |
| 9    | SZYMAŃSKI STEFAN       | 90  | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLINY              | POL  | M70+   | 2      | M 8  |             |              | 00:17:38 | 00:35:10 | 00:52:44 | 01:10:09.73 | 7:01   | 8.6  |
| 10   | WOLNIEWICZ KATARZYNA   | 104 |   | RUDA ŚLĄSKA           | POL  | K40-49 | 2      | K 2  |             |              | 00:17:13 | 00:34:45 | 00:52:30 | 01:10:17.01 | 7:01   | 8.5  |
| 11   | KRUPA JAKUB            | 44  |   | KONSTANCIN-JEZIORNA   | POL  | M18-29 | 2      | M 9  |             |              | 00:17:37 | 00:35:05 | 00:52:55 | 01:10:35.35 | 7:03   | 8.5  |
| 12   | SZULC ALICJA           | 89  | NW WERWA MŁAWA  | MŁAWA                 | POL  | K40-49 | 3      | K 3  |             |              | 00:17:16 | 00:34:57 | 00:52:41 | 01:10:46.01 | 7:04   | 8.5  |
| 13   | PONIAŃSKI DARIUSZ      | 77  |   | KONSTANCIN - JEZIORNA | POL  | M50-59 | 2      | M 10 |             |              | 00:17:58 | 00:35:41 | 00:53:19 | 01:10:46.90 | 7:04   | 8.5  |
| 14   | NIEDŹWIECKI MATEUSZ    | 64  | AWF WARSZAWA  | WARSZAWA              | POL  | M18-29 | 3      | M 11 |             |              | 00:17:39 | 00:35:15 | 00:52:56 | 01:10:51.66 | 7:05   | 8.5  |
| 15   | OKNIŃSKI KRZYSZTOF     | 68  | NOWI SIEDLCE  | SIEDLCE               | POL  | M40-49 | 3      | M 12 |             |              | 00:17:30 | 00:35:27 | 00:53:19 | 01:10:55.14 | 7:05   | 8.5  |
| 16   | TENCZYŃSKI PIOTR       | 92  |   | WARSZAWA              | POL  | M18-29 | 4      | M 13 |             |              | 00:18:09 | 00:36:07 | 00:54:00 | 01:11:44.45 | 7:10   | 8.4  |
| 17   | RAJEK MAGDALENA        | 79  | NORDIC TEAM CZĘSTOCHOWA                               | CZĘSTOCHOWA           | POL  | K40-49 | 4      | K 4  |             |              | 00:17:57 | 00:36:00 | 00:53:59 | 01:11:54.88 | 7:11   | 8.3  |
| 18   | KOCIMSKI JAN           | 37  | KM AKTYWNI SOCHACZEW                                  | SOCHACZEW             | POL  | M70+   | 3      | M 14 |             |              | 00:17:38 | 00:35:20 | 00:53:31 | 01:12:05.93 | 7:12   | 8.3  |
| 19   | FRANKIEWICZ MIROSŁAW   | 16  | FORMA NA PIĄTKĘ NW                                    | PABIANICE             | POL  | M40-49 | 4      | M 15 |             |              | 00:17:39 | 00:35:46 | 00:54:00 | 01:12:20.26 | 7:14   | 8.3  |
| 20   | CZAJKA URSZULA         | 12  | FACE NORDIC WALKING TEAM                              | RUMIA                 | POL  | K60-69 | 1      | K 5  |             |              | 00:17:45 | 00:35:56 | 00:54:24 | 01:12:43.25 | 7:16   | 8.3  |
| 21   | MUSIATOWICZ ALEKSANDRA | 61  | PASJA NORDIC WALKING                                  | WARSZAWA              | POL  | K40-49 | 5      | K 6  |             |              | 00:17:47 | 00:36:20 | 00:54:57 | 01:13:11.31 | 7:19   | 8.2  |
| 22   | GODZIŃSKI PAWEŁ        | 22  | BAŻANT NW ELBLĄG                                      | MILEJEWÓ              | POL  | M40-49 | 5      | M 16 |             |              | 00:17:47 | 00:36:01 | 00:54:14 | 01:13:17.39 | 7:19   | 8.2  |
| 23   | RASZEWSKA IZABELA      | 80  | FORMA NA PIĄTKĘ NW                                    | PABIANICE             | POL  | K40-49 | 6      | K 7  |             |              | 00:17:57 | 00:36:19 | 00:55:26 | 01:14:08.24 | 7:24   | 8.1  |
| 24   | GADOMSKI KRZYSZTOF     | 18  | NW CZŁAPSKI TEAM                                      | WARSZAWA              | POL  | M50-59 | 3      | M 17 |             |              | 00:18:07 | 00:36:47 | 00:55:33 | 01:14:15.52 | 7:25   | 8.1  |
| 25   | BERESZKO WALDEMAR      | 6   | MOSIR TKKF SATURN CZELADŹ                             | SOSNOWIEC             | POL  | M60-69 | 1      | M 18 |             |              | 00:18:19 | 00:37:26 | 00:56:17 | 01:14:48.13 | 7:28   | 8    |
| 26   | DUSIEL EWA             | 14  | NORDIC TEAM CZĘSTOCHOWA                               | CZĘSTOCHOWA           | POL  | K50-59 | 1      | K 8  |             |              | 00:18:06 | 00:36:45 | 00:55:38 | 01:14:48.46 | 7:28   | 8    |
| 27   | PALUDKIEWICZ PIOTR     | 71  |   | CZARNY LAS            | POL  | M50-59 | 4      | M 19 |             |              | 00:17:59 | 00:36:51 | 00:55:46 | 01:15:01.10 | 7:30   | 8    |
| 28   | MAZURCZAK JAKUB        | 56  | NOWI SIEDLCE  | CHODÓW                | POL  | M40-49 | 6      | M 20 |             |              | 00:18:13 | 00:36:49 | 00:55:57 | 01:15:03.60 | 7:30   | 8    |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                        | M-scowość               | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|-----------------------------|-------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 29   | BŁĘDOWSKI MICHAŁ          | 9   |                             | WARSZAWA                | POL  | M18-29 | 5      | M 21 |             |              | 00:18:42 | 00:36:57 | 00:55:32 | 01:15:06.39 | 7:30   | 8    |
| 30   | KOC ADAM                  | 36  |                             | SZEPIETOWO              | POL  | M18-29 | 6      | M 22 |             |              | 00:18:41 | 00:37:53 | 00:57:01 | 01:15:13.41 | 7:31   | 8    |
| 31   | PAPROTNA AGNIESZKA        | 72  | NORDIC TEAM<br>CZĘSTOCHOWA  | CZĘSTOCHOWA             | POL  | K30-39 | 1      | K 9  |             |              | 00:18:01 | 00:36:49 | 00:56:04 | 01:15:29.72 | 7:33   | 7.9  |
| 32   | STAWNIAK KAROL            | 85  | KS METRACO POLKOWICE        | ŻNIN                    | POL  | M70+   | 4      | M 23 |             |              | 00:18:33 | 00:37:18 | 00:56:22 | 01:15:31.06 | 7:33   | 7.9  |
| 33   | ZWOLENKIEWICZ<br>JOANNA   | 100 | KS SOKÓŁ GAŚAWA             | GAŚAWA                  | POL  | K40-49 | 7      | K 10 |             |              | 00:18:36 | 00:37:16 | 00:56:31 | 01:15:57.16 | 7:35   | 7.9  |
| 34   | ZACHARCZUK ZOFIA          | 99  | NOWI SIEDLCE                | SIEDLCE                 | POL  | K60-69 | 2      | K 11 |             |              | 00:18:31 | 00:37:26 | 00:56:36 | 01:15:59.80 | 7:36   | 7.9  |
| 35   | WAREK ANITA               | 23  | PASJA NORDIC WALKING        | WARSZAWA                | POL  | K40-49 | 8      | K 12 |             |              | 00:18:49 | 00:37:42 | 00:56:56 | 01:16:16.24 | 7:37   | 7.9  |
| 36   | MAZURCZAK GRAŻYNA         | 57  | NOWI SIEDLCE                | CHODÓW                  | POL  | K40-49 | 9      | K 13 |             |              | 00:18:44 | 00:37:52 | 00:57:03 | 01:16:18.78 | 7:37   | 7.9  |
| 37   | KOBIELA MAGDALENA         | 35  | NORDIC TEAM<br>CZĘSTOCHOWA  | BLACHOWNIA              | POL  | K40-49 | 10     | K 14 |             |              | 00:18:31 | 00:37:47 | 00:57:10 | 01:16:27.05 | 7:38   | 7.8  |
| 38   | STANECKI MARCIN           | 83  | BIEGAM W SFETSZE            | SKIERNIEWICE            | POL  | M40-49 | 7      | M 24 |             |              | 00:18:51 | 00:37:58 | 00:57:24 | 01:16:36.20 | 7:39   | 7.8  |
| 39   | KORYCKA MARIOLA           | 38  | FORMA NA PIĄTKĘ NW          | ZGIERZ                  | POL  | K30-39 | 2      | K 15 |             |              | 00:18:55 | 00:38:05 | 00:57:25 | 01:16:40.90 | 7:40   | 7.8  |
| 40   | KOZDRÓJ ŁUKASZ            | 42  | TIR AWF WARSZAWA            | GABRYELIN               | POL  | M18-29 | 7      | M 25 |             |              | 00:18:14 | 00:37:03 | 00:57:02 | 01:17:41.96 | 7:46   | 7.7  |
| 41   | GADOMSKA<br>MAŁGORZATA    | 17  | NW CZŁAPSKI TEAM            | WARSZAWA                | POL  | K40-49 | 11     | K 16 |             |              | 00:19:40 | 00:39:24 | 00:58:40 | 01:17:56.49 | 7:47   | 7.7  |
| 42   | SURIAK MICHAŁ             | 86  | NORDIC TEAM<br>CZĘSTOCHOWA  | CZĘSTOCHOWA             | POL  | M30-39 | 3      | M 26 |             |              | 00:19:16 | 00:38:39 | 00:58:04 | 01:17:57.49 | 7:47   | 7.7  |
| 43   | STANECKA<br>MAŁGORZATA    | 82  |                             | SKIERNIEWICE            | POL  | K40-49 | 12     | K 17 |             |              | 00:19:14 | 00:38:50 | 00:58:43 | 01:18:34.17 | 7:51   | 7.6  |
| 44   | MORDZON NATALIA           | 60  | N&K KICKTEAM                | WARSZAWA                | POL  | K30-39 | 3      | K 18 |             |              | 00:19:32 | 00:39:29 | 00:59:14 | 01:19:16.81 | 7:55   | 7.6  |
| 45   | BERSZTOLC<br>AGNIESZKA    | 7   | NOWI SIEDLCE                | SIEDLCE                 | POL  | K50-59 | 2      | K 19 |             |              | 00:18:53 | 00:39:07 | 00:59:15 | 01:19:19.13 | 7:55   | 7.6  |
| 46   | NIEDŹWIECKA<br>MAŁGORZATA | 63  | NORDIC TEAM<br>CZĘSTOCHOWA  | CZĘSTOCHOWA             | POL  | K60-69 | 3      | K 20 |             |              | 00:19:19 | 00:39:08 | 00:59:10 | 01:19:27.74 | 7:56   | 7.6  |
| 47   | NOWICKA URSZULA           | 67  | PASJA NORDIC WALKING        | WARSZAWA                | POL  | K40-49 | 13     | K 21 |             |              | 00:19:21 | 00:39:25 | 00:59:40 | 01:19:57.04 | 7:59   | 7.5  |
| 48   | LEWEK MARIUSZ             | 49  |                             | KONSTANCIN<br>JEZIORNA  | POL  | M40-49 | 8      | M 27 |             |              | 00:20:07 | 00:40:32 | 01:00:34 | 01:20:11.70 | 8:01   | 7.5  |
| 49   | PINIS MICHAŁ              | 75  | NORDIC TEAM<br>CZĘSTOCHOWA  | BLACHOWNIA              | POL  | M30-39 | 4      | M 28 |             |              | 00:19:56 | 00:40:31 | 01:00:37 | 01:20:16.16 | 8:01   | 7.5  |
| 50   | PALUCH PAWEŁ              | 70  | AVOCADO WELLNESS CLUB       | WARSZAWA                | POL  | M50-59 | 5      | M 29 |             |              | 00:19:44 | 00:40:32 | 01:00:49 | 01:20:36.79 | 8:03   | 7.4  |
| 51   | GAJ BOGNA                 | 19  | NW CZŁAPSKI TEAM            | WARSZAWA                | POL  | K40-49 | 14     | K 22 |             |              | 00:20:21 | 00:40:23 | 01:00:30 | 01:20:39.92 | 8:04   | 7.4  |
| 52   | OMARSKA GRAŻYNA           | 69  | PASJA NORDIC WALKING        | WARSZAWA                | POL  | K60-69 | 4      | K 23 |             |              | 00:20:05 | 00:40:21 | 01:00:43 | 01:21:02.24 | 8:06   | 7.4  |
| 53   | PLUCIENNIK MARCIN         | 76  |                             | PRUSZKÓW                | POL  | M40-49 | 9      | M 30 |             |              | 00:21:03 | 00:41:17 | 01:01:15 | 01:21:17.12 | 8:07   | 7.4  |
| 54   | MĘDRZYCKI ŁUKASZ          | 58  |                             | ŻYRARDÓW                | POL  | M18-29 | 8      | M 31 |             |              | 00:20:19 | 00:40:41 | 01:01:51 | 01:22:42.97 | 8:16   | 7.3  |
| 55   | ANTOSIEWICZ<br>STANISŁAWA | 3   |                             | OTWOCK                  | POL  | K40-49 | 15     | K 24 |             |              | 00:20:09 | 00:40:58 | 01:01:46 | 01:22:47.04 | 8:16   | 7.2  |
| 56   | MATERNIK BARTOSZ          | 55  |                             | WARSZAWA                | POL  | M18-29 | 9      | M 32 |             |              | 00:20:16 | 00:40:43 | 01:01:51 | 01:22:53.32 | 8:17   | 7.2  |
| 57   | MUSZYŃSKI ERYK            | 62  | NIESTOWARZYSZONY            | KRAKÓW                  | POL  | M18-29 | 10     | M 33 |             |              | 00:20:35 | 00:40:45 | 01:01:53 | 01:22:54.17 | 8:17   | 7.2  |
| 58   | LEWANDOWSKI<br>MATEUSZ    | 48  | PSG                         | WARSZAWA                | POL  | M18-29 | 11     | M 34 |             |              | 00:20:21 | 00:40:45 | 01:01:55 | 01:22:54.76 | 8:17   | 7.2  |
| 59   | IZRAELSKA KATARZYNA       | 25  | SONSIEDZI TEAM              | OKUNIEW                 | POL  | K50-59 | 3      | K 25 |             |              | 00:20:21 | 00:41:11 | 01:02:33 | 01:23:11.66 | 8:19   | 7.2  |
| 60   | KLISOWSKA ANNA            | 32  |                             | SZCZĘSNE                | POL  | K40-49 | 16     | K 26 |             |              | 00:21:25 | 00:42:17 | 01:03:01 | 01:23:39.58 | 8:22   | 7.2  |
| 61   | NOWAK PRZEMYSŁAW          | 65  |                             | NOWY DWÓR<br>MAZOWIECKI | POL  | M30-39 | 5      | M 35 |             |              | 00:20:55 | 00:41:53 | 01:02:56 | 01:23:42.16 | 8:22   | 7.2  |
| 62   | DZIEDZIEWICZ NATALIA      | 101 |                             | GRODNO                  | BLR  | K30-39 | 4      | K 27 |             |              | 00:21:06 | 00:42:27 | 01:03:52 | 01:24:46.56 | 8:28   | 7.1  |
| 63   | ANTOSIEWICZ ROBERT        | 4   |                             | OTWOCK                  | POL  | M40-49 | 10     | M 36 |             |              | 00:21:13 | 00:42:38 | 01:03:49 | 01:24:49.08 | 8:28   | 7.1  |
| 64   | GARDOLIŃSKA<br>BARBARA    | 21  |                             | KONSTANCIN-JEZI<br>ORNA | POL  | K60-69 | 5      | K 28 |             |              | 00:20:51 | 00:42:20 | 01:03:35 | 01:24:53.81 | 8:29   | 7.1  |
| 65   | MARCZYK JERZY PAWEŁ       | 54  | FACE NORDIC WALKING<br>TEAM | WARSZAWA                | POL  | M60-69 | 2      | M 37 |             |              | 00:20:43 | 00:41:56 | 01:03:25 | 01:25:00.20 | 8:30   | 7.1  |
| 66   | LEMIESZEWSKA MARTA        | 47  |                             | WARSZAWA                | POL  | K18-29 | 1      | K 29 |             |              | 00:20:54 | 00:42:10 | 01:03:40 | 01:26:00.28 | 8:36   | 7    |
| 67   | NOWAKOWSKA ANNA           | 66  | AWF WARSZAWA                | WARSZAWA                | POL  | K18-29 | 2      | K 30 |             |              | 00:21:24 | 00:42:51 | 01:03:58 | 01:26:00.46 | 8:36   | 7    |
| 68   | MIELNICZUK FELICJAN       | 59  |                             | WARSZAWA                | POL  | M18-29 | 12     | M 38 |             |              | 00:22:35 | 00:44:44 | 01:04:47 | 01:26:01.89 | 8:36   | 7    |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                      | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|---------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 69   | SZELIGA JUSTYNA           | 88  | LIDER GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL  | K40-49 | 17     | K 31 |             |              | 00:22:06 | 00:43:40 | 01:04:51 | 01:26:10.97 | 8:37   | 7    |
| 70   | ABRAMOWICZ PAWEŁ          | 1   |                           | WARSZAWA            | POL  | M18-29 | 13     | M 39 |             |              | 00:21:23 | 00:44:10 | 01:06:15 | 01:26:20.92 | 8:38   | 6.9  |
| 71   | ZAWADZKA MARIA            | 199 | KS METRACO POLKOWICE      | LUBIN               | POL  | K60-69 | 6      | K 32 |             |              | 00:21:04 | 00:43:01 | 01:04:41 | 01:26:32.55 | 8:39   | 6.9  |
| 72   | JUCHIMUK OLGA             | 29  |                           | WARSZAWA            | POL  | K18-29 | 3      | K 33 |             |              | 00:21:24 | 00:42:50 | 01:05:03 | 01:27:27.60 | 8:44   | 6.9  |
| 73   | JACKOWSKI RADOŚLAW        | 26  | AWF WARSZAWA              | SIENICA             | POL  | M18-29 | 14     | M 40 |             |              | 00:21:31 | 00:44:08 | 01:05:34 | 01:27:32.09 | 8:45   | 6.9  |
| 74   | ŁOPATYŃSKI MARCIN         | 52  |                           | WARSZAWA            | POL  | M18-29 | 15     | M 41 |             |              | 00:22:49 | 00:45:04 | 01:07:04 | 01:27:53.18 | 8:47   | 6.8  |
| 75   | PEKACKA WERONIKA          | 73  | SONSIEDZI TEAM            | OKUNIEW             | POL  | K40-49 | 18     | K 34 |             |              | 00:21:56 | 00:44:05 | 01:05:57 | 01:28:02.50 | 8:48   | 6.8  |
| 76   | KACZMARCZYK BARTOSZ       | 30  |                           | ZIELONKA            | POL  | M18-29 | 16     | M 42 |             |              | 00:21:23 | 00:44:10 | 01:06:22 | 01:28:05.91 | 8:48   | 6.8  |
| 77   | KWIATKOWSKI BARTOSZ       | 46  |                           | PODKOWA LEŚNA       | POL  | M18-29 | 17     | M 43 |             |              | 00:22:51 | 00:45:05 | 01:07:03 | 01:28:14.97 | 8:49   | 6.8  |
| 78   | KOSSOWSKI MARIAN          | 40  | PASJA NORDIC WALKING      | WARSZAWA            | POL  | M60-69 | 3      | M 44 |             |              | 00:21:07 | 00:43:19 | 01:06:25 | 01:28:19.80 | 8:50   | 6.8  |
| 79   | SĄTOWICZ MAŁGORZATA       | 81  |                           | ZĄBKI               | POL  | K50-59 | 4      | K 35 |             |              | 00:22:07 | 00:44:07 | 01:06:07 | 01:28:26.45 | 8:50   | 6.8  |
| 80   | FAHRENHOLZ RAFAŁ          | 15  |                           | WARSZAWA            | POL  | M60-69 | 4      | M 45 |             |              | 00:21:28 | 00:44:13 | 01:06:45 | 01:28:44.21 | 8:52   | 6.8  |
| 81   | KOSSOWSKA ANNA            | 39  | PASJA NORDIC WALKING      | WARSZAWA            | POL  | K60-69 | 7      | K 36 |             |              | 00:21:28 | 00:43:48 | 01:06:40 | 01:29:38.92 | 8:57   | 6.7  |
| 82   | RADOWIECKA KINGA          | 78  | N&K KICKTEAM              | WARSZAWA            | POL  | K40-49 | 19     | K 37 |             |              | 00:22:14 | 00:45:13 | 01:07:44 | 01:30:11.82 | 9:01   | 6.7  |
| 83   | KŁOS JULIA                | 33  |                           | JABŁONNA            | POL  | K18-29 | 4      | K 38 |             |              | 00:22:46 | 00:45:12 | 01:07:54 | 01:30:51.52 | 9:05   | 6.6  |
| 84   | LIWINA-KOWALSKA KATARZYNA | 51  |                           | WARSZAWA            | POL  | K40-49 | 20     | K 39 |             |              | 00:23:26 | 00:46:56 | 01:07:23 | 01:32:17.00 | 9:13   | 6.5  |
| 85   | BACDORF ALICJA            | 5   | LIDER GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL  | K60-69 | 8      | K 40 |             |              | 00:23:12 | 00:46:56 | 01:11:06 | 01:35:18.79 | 9:31   | 6.3  |
| 86   | KRYGIEL IRENA             | 45  | GOSIR OSIELSKO            | MAKSYMILIANOWO      | POL  | K50-59 | 5      | K 41 |             |              | 00:25:01 | 00:50:37 | 01:16:34 | 01:42:49.04 | 10:16  | 5.8  |
| 87   | ŚCIBUT ANIA               | 91  | FORMA NA PIĄTKĘ NW        | PABIANICE           | POL  | K40-49 | 21     | K 42 |             |              | 00:17:55 | 00:36:15 |          |             | 7:15   | 8.3  |
| 88   | WĄGROWSKA KAMILA          | 97  | FORMA NA PIĄTKĘ NW        | PABIANICE           | POL  | K40-49 | 22     | K 43 |             |              | 00:17:56 | 00:36:15 |          |             | 7:15   | 8.3  |
| 89   | BARASZKIEWICZ SYLWIA      | 125 |                           | GŁOSKÓW             | POL  | K30-39 | 5      | K 44 |             |              | 00:22:03 | 00:45:17 |          |             | 9:03   | 6.6  |
| 90   | BARTOSIAK BEATA           | 126 |                           | KOTUŃ               | POL  | K50-59 | 6      | K 45 |             |              | 00:22:28 | 00:45:45 |          |             | 9:09   | 6.6  |
| 91   | DZIENISZEWSKA ALINA       | 150 |                           | MAKINIA             | POL  | K40-49 | 23     | K 46 |             |              | 00:22:29 | 00:45:57 |          |             | 9:11   | 6.5  |
| 92   | LIPIŃSKA URSZULA          | 50  | FACE NORDIC WALKING TEAM  | DĘBLIN              | POL  | K40-49 | 24     | K 47 |             |              |          |          |          |             |        |      |
| DQ   | KLIMCZAK ADAM             | 31  | GOSADI NORDIC TEAM        | WARSZAWA            | POL  | M50-59 | DQ     | DQ   |             | 1            | DQ       | DQ       | DQ       | DQ          | -      | -    |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, K18-29**

| M-ce | Nazwisko i imię    | Nr | Klub         | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------|----|--------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | LEMIESZEWSKA MARTA | 47 |              | WARSZAWA  | POL  | K18-29 | 1      | K 29 |             |              | 00:20:54 | 00:42:10 | 01:03:40 | 01:26:00.28 | 8:36   | 7    |
| 2    | NOWAKOWSKA ANNA    | 66 | AWF WARSZAWA | WARSZAWA  | POL  | K18-29 | 2      | K 30 |             |              | 00:21:24 | 00:42:51 | 01:03:58 | 01:26:00.46 | 8:36   | 7    |
| 3    | JUCHIMUK OLGA      | 29 |              | WARSZAWA  | POL  | K18-29 | 3      | K 33 |             |              | 00:21:24 | 00:42:50 | 01:05:03 | 01:27:27.60 | 8:44   | 6.9  |
| 4    | KŁOS JULIA         | 33 |              | JABŁONNA  | POL  | K18-29 | 4      | K 38 |             |              | 00:22:46 | 00:45:12 | 01:07:54 | 01:30:51.52 | 9:05   | 6.6  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, M18-29**

| M-ce | Nazwisko i imię     | Nr | Klub         | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|----|--------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KRIWOPUST IGOR      | 43 | AWF WARSZAWA | WARSZAWA            | POL  | M18-29 | 1      | M 2  |             |              | 00:15:52 | 00:32:36 | 00:49:39 | 01:06:43.08 | 6:40   | 9    |
| 2    | KRUPA JAKUB         | 44 |              | KONSTANCIN-JEZIORNA | POL  | M18-29 | 2      | M 9  |             |              | 00:17:37 | 00:35:05 | 00:52:55 | 01:10:35.35 | 7:03   | 8.5  |
| 3    | NIEDŹWIECKI MATEUSZ | 64 | AWF WARSZAWA | WARSZAWA            | POL  | M18-29 | 3      | M 11 |             |              | 00:17:39 | 00:35:15 | 00:52:56 | 01:10:51.66 | 7:05   | 8.5  |
| 4    | TENCZYŃSKI PIOTR    | 92 |              | WARSZAWA            | POL  | M18-29 | 4      | M 13 |             |              | 00:18:09 | 00:36:07 | 00:54:00 | 01:11:44.45 | 7:10   | 8.4  |
| 5    | BŁĘDOWSKI MICHAŁ    | 9  |              | WARSZAWA            | POL  | M18-29 | 5      | M 21 |             |              | 00:18:42 | 00:36:57 | 00:55:32 | 01:15:06.39 | 7:30   | 8    |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, M18-29 c.d.**

| M-ce | Nazwisko i imię     | Nr | Klub             | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|----|------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 6    | KOC ADAM            | 36 |                  | SZEPIETOWO    | POL  | M18-29 | 6      | M 22 |             |              | 00:18:41 | 00:37:53 | 00:57:01 | 01:15:13.41 | 7:31   | 8    |
| 7    | KOZDRÓJ ŁUKASZ      | 42 | TIR AWF WARSZAWA | GABRYELIN     | POL  | M18-29 | 7      | M 25 |             |              | 00:18:14 | 00:37:03 | 00:57:02 | 01:17:41.96 | 7:46   | 7.7  |
| 8    | MĘDRZYCKI ŁUKASZ    | 58 |                  | ŻYRARDÓW      | POL  | M18-29 | 8      | M 31 |             |              | 00:20:19 | 00:40:41 | 01:01:51 | 01:22:42.97 | 8:16   | 7.3  |
| 9    | MATERNIK BARTOSZ    | 55 |                  | WARSZAWA      | POL  | M18-29 | 9      | M 32 |             |              | 00:20:16 | 00:40:43 | 01:01:51 | 01:22:53.32 | 8:17   | 7.2  |
| 10   | MUSZYŃSKI ERYK      | 62 | NIESTOWARZYSZONY | KRAKÓW        | POL  | M18-29 | 10     | M 33 |             |              | 00:20:35 | 00:40:45 | 01:01:53 | 01:22:54.17 | 8:17   | 7.2  |
| 11   | LEWANDOWSKI MATEUSZ | 48 | PSG              | WARSZAWA      | POL  | M18-29 | 11     | M 34 |             |              | 00:20:21 | 00:40:45 | 01:01:55 | 01:22:54.76 | 8:17   | 7.2  |
| 12   | MIELNICZUK FELICJAN | 59 |                  | WARSZAWA      | POL  | M18-29 | 12     | M 38 |             |              | 00:22:35 | 00:44:44 | 01:04:47 | 01:26:01.89 | 8:36   | 7    |
| 13   | ABRAMOWICZ PAWEŁ    | 1  |                  | WARSZAWA      | POL  | M18-29 | 13     | M 39 |             |              | 00:21:23 | 00:44:10 | 01:06:15 | 01:26:20.92 | 8:38   | 6.9  |
| 14   | JACKOWSKI RADOSŁAW  | 26 | AWF WARSZAWA     | SIENNICA      | POL  | M18-29 | 14     | M 40 |             |              | 00:21:31 | 00:44:08 | 01:05:34 | 01:27:32.09 | 8:45   | 6.9  |
| 15   | ŁOPATYŃSKI MARCIN   | 52 |                  | WARSZAWA      | POL  | M18-29 | 15     | M 41 |             |              | 00:22:49 | 00:45:04 | 01:07:04 | 01:27:53.18 | 8:47   | 6.8  |
| 16   | KACZMARCZYK BARTOSZ | 30 |                  | ZIELONKA      | POL  | M18-29 | 16     | M 42 |             |              | 00:21:23 | 00:44:10 | 01:06:22 | 01:28:05.91 | 8:48   | 6.8  |
| 17   | KWIATKOWSKI BARTOSZ | 46 |                  | PODKOWA LEŚNA | POL  | M18-29 | 17     | M 43 |             |              | 00:22:51 | 00:45:05 | 01:07:03 | 01:28:14.97 | 8:49   | 6.8  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, K30-39**

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|-------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | PAPROTNA AGNIESZKA   | 72  | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | K30-39 | 1      | K 9  |             |              | 00:18:01 | 00:36:49 | 00:56:04 | 01:15:29.72 | 7:33   | 7.9  |
| 2    | KORYCKA MARIOLA      | 38  | FORMA NA PIĄTKĘ NW      | ZGIERZ      | POL  | K30-39 | 2      | K 15 |             |              | 00:18:55 | 00:38:05 | 00:57:25 | 01:16:40.90 | 7:40   | 7.8  |
| 3    | MORDZON NATALIA      | 60  | N&K KICKTEAM            | WARSZAWA    | POL  | K30-39 | 3      | K 18 |             |              | 00:19:32 | 00:39:29 | 00:59:14 | 01:19:16.81 | 7:55   | 7.6  |
| 4    | DZIEDZIEWICZ NATALIA | 101 |                         | GRODNO      | BLR  | K30-39 | 4      | K 27 |             |              | 00:21:06 | 00:42:27 | 01:03:52 | 01:24:46.56 | 8:28   | 7.1  |
| 5    | BARASZKIEWICZ SYLWIA | 125 |                         | GŁOSKÓW     | POL  | K30-39 | 5      | K 44 |             |              | 00:22:03 | 00:45:17 |          |             | 9:03   | 6.6  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, M30-39**

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość            | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|-------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | DZIEDZIEWICZ ANDRZEJ | 103 |                         | GRODNO               | BLR  | M30-39 | 1      | M 1  |             |              | 00:14:48 | 00:30:05 | 00:45:28 | 01:01:01.05 | 6:06   | 9.8  |
| 2    | PIETRZYK JAROSŁAW    | 74  | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | M30-39 | 2      | M 4  |             |              | 00:16:23 | 00:33:20 | 00:50:38 | 01:07:35.95 | 6:45   | 8.9  |
| 3    | SURIAK MICHAŁ        | 86  | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA          | POL  | M30-39 | 3      | M 26 |             |              | 00:19:16 | 00:38:39 | 00:58:04 | 01:17:57.49 | 7:47   | 7.7  |
| 4    | PINIS MICHAŁ         | 75  | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA           | POL  | M30-39 | 4      | M 28 |             |              | 00:19:56 | 00:40:31 | 01:00:37 | 01:20:16.16 | 8:01   | 7.5  |
| 5    | NOWAK PRZEMYSŁAW     | 65  |                         | NOWY DWÓR MAZOWIECKI | POL  | M30-39 | 5      | M 35 |             |              | 00:20:55 | 00:41:53 | 01:02:56 | 01:23:42.16 | 8:22   | 7.2  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, K40-49**

| M-ce | Nazwisko i imię       | Nr  | Klub                    | M-scowość   | Kraj | Kat.   | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------|-----|-------------------------|-------------|------|--------|--------|-----|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KOZAKOWSKA MAŁGORZATA | 41  | KS SOKÓŁ GAŚAWA         | ROGOWO      | POL  | K40-49 | 1      | K 1 |             |              | 00:17:04 | 00:34:26 | 00:52:09 | 01:09:34.05 | 6:57   | 8.6  |
| 2    | WOLNIEWICZ KATARZYNA  | 104 |                         | RUDA ŚLĄSKA | POL  | K40-49 | 2      | K 2 |             |              | 00:17:13 | 00:34:45 | 00:52:30 | 01:10:17.01 | 7:01   | 8.5  |
| 3    | SZULC ALICJA          | 89  | NW WERWA MŁAWA          | MŁAWA       | POL  | K40-49 | 3      | K 3 |             |              | 00:17:16 | 00:34:57 | 00:52:41 | 01:10:46.01 | 7:04   | 8.5  |
| 4    | RAJEK MAGDALENA       | 79  | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | K40-49 | 4      | K 4 |             |              | 00:17:57 | 00:36:00 | 00:53:59 | 01:11:54.88 | 7:11   | 8.3  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, K40-49 c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                      | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|---------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 5    | MUSIATOWICZ ALEKSANDRA    | 61  | PASJA NORDIC WALKING      | WARSZAWA            | POL  | K40-49 | 5      | K 6  |             |              | 00:17:47 | 00:36:20 | 00:54:57 | 01:13:11.31 | 7:19   | 8.2  |
| 6    | RASZEWSKA IZABELA         | 80  | FORMA NA PIĄTKĘ NW        | PABIANICE           | POL  | K40-49 | 6      | K 7  |             |              | 00:17:57 | 00:36:19 | 00:55:26 | 01:14:08.24 | 7:24   | 8.1  |
| 7    | ZWOLENIKIEWICZ JOANNA     | 100 | KS SOKÓŁ GAŚAWA           | GAŚAWA              | POL  | K40-49 | 7      | K 10 |             |              | 00:18:36 | 00:37:16 | 00:56:31 | 01:15:57.16 | 7:35   | 7.9  |
| 8    | GWAREK ANITA              | 23  | PASJA NORDIC WALKING      | WARSZAWA            | POL  | K40-49 | 8      | K 12 |             |              | 00:18:49 | 00:37:42 | 00:56:56 | 01:16:16.24 | 7:37   | 7.9  |
| 9    | MAZURCZAK GRAŻYNA         | 57  | NOWI SIEDLCE              | CHODÓW              | POL  | K40-49 | 9      | K 13 |             |              | 00:18:44 | 00:37:52 | 00:57:03 | 01:16:18.78 | 7:37   | 7.9  |
| 10   | KOBIELA MAGDALENA         | 35  | NORDIC TEAM CZĘSTOCHOWA   | BLACHOWNIA          | POL  | K40-49 | 10     | K 14 |             |              | 00:18:31 | 00:37:47 | 00:57:10 | 01:16:27.05 | 7:38   | 7.8  |
| 11   | GADOMSKA MAŁGORZATA       | 17  | NW CZŁĄPSKI TEAM          | WARSZAWA            | POL  | K40-49 | 11     | K 16 |             |              | 00:19:40 | 00:39:24 | 00:58:40 | 01:17:56.49 | 7:47   | 7.7  |
| 12   | STANECKA MAŁGORZATA       | 82  |                           | SKIERNIEWICE        | POL  | K40-49 | 12     | K 17 |             |              | 00:19:14 | 00:38:50 | 00:58:43 | 01:18:34.17 | 7:51   | 7.6  |
| 13   | NOWICKA URSZULA           | 67  | PASJA NORDIC WALKING      | WARSZAWA            | POL  | K40-49 | 13     | K 21 |             |              | 00:19:21 | 00:39:25 | 00:59:40 | 01:19:57.04 | 7:59   | 7.5  |
| 14   | GAJ BOGNA                 | 19  | NW CZŁĄPSKI TEAM          | WARSZAWA            | POL  | K40-49 | 14     | K 22 |             |              | 00:20:21 | 00:40:23 | 01:00:30 | 01:20:39.92 | 8:04   | 7.4  |
| 15   | ANTOSIEWICZ STANISŁAWA    | 3   |                           | OTWOCK              | POL  | K40-49 | 15     | K 24 |             |              | 00:20:09 | 00:40:58 | 01:01:46 | 01:22:47.04 | 8:16   | 7.2  |
| 16   | KLISOWSKA ANNA            | 32  |                           | SZCZĘSNE            | POL  | K40-49 | 16     | K 26 |             |              | 00:21:25 | 00:42:17 | 01:03:01 | 01:23:39.58 | 8:22   | 7.2  |
| 17   | SZELIGA JUSTYNA           | 88  | LIDER GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL  | K40-49 | 17     | K 31 |             |              | 00:22:06 | 00:43:40 | 01:04:51 | 01:26:10.97 | 8:37   | 7    |
| 18   | PEKACKA WERONIKA          | 73  | SONSIEDZI TEAM            | OKUNIEW             | POL  | K40-49 | 18     | K 34 |             |              | 00:21:56 | 00:44:05 | 01:05:57 | 01:28:02.50 | 8:48   | 6.8  |
| 19   | RADOWIECKA KINGA          | 78  | N&K KICKTEAM              | WARSZAWA            | POL  | K40-49 | 19     | K 37 |             |              | 00:22:14 | 00:45:13 | 01:07:44 | 01:30:11.82 | 9:01   | 6.7  |
| 20   | LIWINA-KOWALSKA KATARZYNA | 51  |                           | WARSZAWA            | POL  | K40-49 | 20     | K 39 |             |              | 00:23:26 | 00:46:56 | 01:07:23 | 01:32:17.00 | 9:13   | 6.5  |
| 21   | ŚCIBUT ANIA               | 91  | FORMA NA PIĄTKĘ NW        | PABIANICE           | POL  | K40-49 | 21     | K 42 |             |              | 00:17:55 | 00:36:15 |          |             | 7:15   | 8.3  |
| 22   | WĄGROWSKA KAMILA          | 97  | FORMA NA PIĄTKĘ NW        | PABIANICE           | POL  | K40-49 | 22     | K 43 |             |              | 00:17:56 | 00:36:15 |          |             | 7:15   | 8.3  |
| 23   | DZIENISZEWSKA ALINA       | 150 |                           | MAŁKINIA            | POL  | K40-49 | 23     | K 46 |             |              | 00:22:29 | 00:45:57 |          |             | 9:11   | 6.5  |
| 24   | LIPIŃSKA URSZULA          | 50  | FACE NORDIC WALKING TEAM  | DĘBLIN              | POL  | K40-49 | 24     | K 47 |             |              |          |          |          |             |        |      |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, M40-49**

| M-ce | Nazwisko i imię      | Nr | Klub                    | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|----------------------|----|-------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | WOJTASIŃSKI DANIEL   | 98 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA         | POL  | M40-49 | 1      | M 3  |             |              | 00:16:28 | 00:33:02 | 00:50:02 | 01:07:05.76 | 6:42   | 8.9  |
| 2    | KOBIELA KRZYSZTOF    | 34 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA          | POL  | M40-49 | 2      | M 5  |             |              | 00:16:35 | 00:33:47 | 00:51:37 | 01:08:31.92 | 6:51   | 8.8  |
| 3    | OKNIŃSKI KRZYSZTOF   | 68 | NOWI SIEDLCE            | SIEDLCE             | POL  | M40-49 | 3      | M 12 |             |              | 00:17:30 | 00:35:27 | 00:53:19 | 01:10:55.14 | 7:05   | 8.5  |
| 4    | FRANKIEWICZ MIROŚLAW | 16 | FORMA NA PIĄTKĘ NW      | PABIANICE           | POL  | M40-49 | 4      | M 15 |             |              | 00:17:39 | 00:35:46 | 00:54:00 | 01:12:20.26 | 7:14   | 8.3  |
| 5    | GODZIŃSKI PAWEŁ      | 22 | BAŻANT NW ELBLĄG        | MILEJEWO            | POL  | M40-49 | 5      | M 16 |             |              | 00:17:47 | 00:36:01 | 00:54:14 | 01:13:17.39 | 7:19   | 8.2  |
| 6    | MAZURCZAK JAKUB      | 56 | NOWI SIEDLCE            | CHODÓW              | POL  | M40-49 | 6      | M 20 |             |              | 00:18:13 | 00:36:49 | 00:55:57 | 01:15:03.60 | 7:30   | 8    |
| 7    | STANECKI MARCIN      | 83 | BIEGAM W SFETSZE        | SKIERNIEWICE        | POL  | M40-49 | 7      | M 24 |             |              | 00:18:51 | 00:37:58 | 00:57:24 | 01:16:36.20 | 7:39   | 7.8  |
| 8    | LEWEK MARIUSZ        | 49 |                         | KONSTANCIN JEZIORNA | POL  | M40-49 | 8      | M 27 |             |              | 00:20:07 | 00:40:32 | 01:00:34 | 01:20:11.70 | 8:01   | 7.5  |
| 9    | PLUCIENNIK MARCIN    | 76 |                         | PRUSZKÓW            | POL  | M40-49 | 9      | M 30 |             |              | 00:21:03 | 00:41:17 | 01:01:15 | 01:21:17.12 | 8:07   | 7.4  |
| 10   | ANTOSIEWICZ ROBERT   | 4  |                         | OTWOCK              | POL  | M40-49 | 10     | M 36 |             |              | 00:21:13 | 00:42:38 | 01:03:49 | 01:24:49.08 | 8:28   | 7.1  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, K50-59**

| M-ce | Nazwisko i imię     | Nr | Klub                    | M-scowość   | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|----|-------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | DUSIEL EWA          | 14 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL  | K50-59 | 1      | K 8  |             |              | 00:18:06 | 00:36:45 | 00:55:38 | 01:14:48.46 | 7:28   | 8    |
| 2    | BERSZTOLC AGNIESZKA | 7  | NOWI SIEDLCE            | SIEDLCE     | POL  | K50-59 | 2      | K 19 |             |              | 00:18:53 | 00:39:07 | 00:59:15 | 01:19:19.13 | 7:55   | 7.6  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, K50-59 c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub           | M-scowość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|----------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 3    | IZRAELSKA KATARZYNA | 25  | SONSIEDZI TEAM | OKUNIEW         | POL  | K50-59 | 3      | K 25 |             |              | 00:20:21 | 00:41:11 | 01:02:33 | 01:23:11.66 | 8:19   | 7.2  |
| 4    | SĄTOWICZ MAŁGORZATA | 81  |                | ZĄBKI           | POL  | K50-59 | 4      | K 35 |             |              | 00:22:07 | 00:44:07 | 01:06:07 | 01:28:26.45 | 8:50   | 6.8  |
| 5    | KRYGIEL IRENA       | 45  | GOSIR OSIELSKO | MAKSYMILIANOW O | POL  | K50-59 | 5      | K 41 |             |              | 00:25:01 | 00:50:37 | 01:16:34 | 01:42:49.04 | 10:16  | 5.8  |
| 6    | BARTOSIAK BEATA     | 126 |                | KOTUŃ           | POL  | K50-59 | 6      | K 45 |             |              | 00:22:28 | 00:45:45 |          |             | 9:09   | 6.6  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, M50-59**

| M-ce | Nazwisko i imię     | Nr | Klub                    | M-scowość             | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|----|-------------------------|-----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | SZCZĘŚNIAK ZBIGNIEW | 87 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA            | POL  | M50-59 | 1      | M 6  |             |              | 00:17:46 | 00:36:02 | 00:54:26 | 01:09:59.44 | 7:00   | 8.6  |
| 2    | PONIATOWSKI DARIUSZ | 77 |                         | KONSTANCIN - JEZIORNA | POL  | M50-59 | 2      | M 10 |             |              | 00:17:58 | 00:35:41 | 00:53:19 | 01:10:46.90 | 7:04   | 8.5  |
| 3    | GADOMSKI KRZYSZTOF  | 18 | NW CZŁĄPSKI TEAM        | WARSZAWA              | POL  | M50-59 | 3      | M 17 |             |              | 00:18:07 | 00:36:47 | 00:55:33 | 01:14:15.52 | 7:25   | 8.1  |
| 4    | PALUDKIEWICZ PIOTR  | 71 |                         | CZARNY LAS            | POL  | M50-59 | 4      | M 19 |             |              | 00:17:59 | 00:36:51 | 00:55:46 | 01:15:01.10 | 7:30   | 8    |
| 5    | PALUCH PAWEŁ        | 70 | AVOCADO WELLNESS CLUB   | WARSZAWA              | POL  | M50-59 | 5      | M 29 |             |              | 00:19:44 | 00:40:32 | 01:00:49 | 01:20:36.79 | 8:03   | 7.4  |
| DQ   | KLIMCZAK ADAM       | 31 | GOSADI NORDIC TEAM      | WARSZAWA              | POL  | M50-59 | DQ     | DQ   |             | 1            | DQ       | DQ       | DQ       | DQ          | -      | -    |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, K60-69**

| M-ce | Nazwisko i imię        | Nr  | Klub                      | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|---------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | CZAJKA URSZULA         | 12  | FACE NORDIC WALKING TEAM  | RUMIA               | POL  | K60-69 | 1      | K 5  |             |              | 00:17:45 | 00:35:56 | 00:54:24 | 01:12:43.25 | 7:16   | 8.3  |
| 2    | ZACHARCZUK ZOFIA       | 99  | NOWI SIEDLCE              | SIEDLCE             | POL  | K60-69 | 2      | K 11 |             |              | 00:18:31 | 00:37:26 | 00:56:36 | 01:15:59.80 | 7:36   | 7.9  |
| 3    | NIEDŹWIECKA MAŁGORZATA | 63  | NORDIC TEAM CZĘSTOCHOWA   | CZĘSTOCHOWA         | POL  | K60-69 | 3      | K 20 |             |              | 00:19:19 | 00:39:08 | 00:59:10 | 01:19:27.74 | 7:56   | 7.6  |
| 4    | OMARSKA GRAŻYNA        | 69  | PASJA NORDIC WALKING      | WARSZAWA            | POL  | K60-69 | 4      | K 23 |             |              | 00:20:05 | 00:40:21 | 01:00:43 | 01:21:02.24 | 8:06   | 7.4  |
| 5    | GARDOLIŃSKA BARBARA    | 21  |                           | KONSTANCIN-JEZIORNA | POL  | K60-69 | 5      | K 28 |             |              | 00:20:51 | 00:42:20 | 01:03:35 | 01:24:53.81 | 8:29   | 7.1  |
| 6    | ZAWADZKA MARIA         | 199 | KS METRACO POLKOWICE      | LUBIN               | POL  | K60-69 | 6      | K 32 |             |              | 00:21:04 | 00:43:01 | 01:04:41 | 01:26:32.55 | 8:39   | 6.9  |
| 7    | KOSSOWSKA ANNA         | 39  | PASJA NORDIC WALKING      | WARSZAWA            | POL  | K60-69 | 7      | K 36 |             |              | 00:21:28 | 00:43:48 | 01:06:40 | 01:29:38.92 | 8:57   | 6.7  |
| 8    | BACDORF ALICJA         | 5   | LIDER GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL  | K60-69 | 8      | K 40 |             |              | 00:23:12 | 00:46:56 | 01:11:06 | 01:35:18.79 | 9:31   | 6.3  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, M60-69**

| M-ce | Nazwisko i imię     | Nr | Klub                      | M-scowość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|----|---------------------------|-----------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | BERESZKO WALDEMAR   | 6  | MOSIR TKKF SATURN CZELADŹ | SOSNOWIEC | POL  | M60-69 | 1      | M 18 |             |              | 00:18:19 | 00:37:26 | 00:56:17 | 01:14:48.13 | 7:28   | 8    |
| 2    | MARCZYK JERZY PAWEŁ | 54 | FACE NORDIC WALKING TEAM  | WARSZAWA  | POL  | M60-69 | 2      | M 37 |             |              | 00:20:43 | 00:41:56 | 01:03:25 | 01:25:00.20 | 8:30   | 7.1  |
| 3    | KOSSOWSKI MARIAN    | 40 | PASJA NORDIC WALKING      | WARSZAWA  | POL  | M60-69 | 3      | M 44 |             |              | 00:21:07 | 00:43:19 | 01:06:25 | 01:28:19.80 | 8:50   | 6.8  |
| 4    | FAHRENHOLZ RAFAŁ    | 15 |                           | WARSZAWA  | POL  | M60-69 | 4      | M 45 |             |              | 00:21:28 | 00:44:13 | 01:06:45 | 01:28:44.21 | 8:52   | 6.8  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, M70+**

| M-ce | Nazwisko i imię  | Nr | Klub  | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------|----|---|-----------|------|------|--------|-----|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | ADAMCZYK ADAM    | 2  | PASJA NORDIC WALKING                                  | WARSZAWA  | POL  | M70+ | 1      | M 7 |             |              | 00:17:36 | 00:35:08 | 00:52:36 | 01:09:59.53 | 6:59   | 8.6  |
| 2    | SZYMAŃSKI STEFAN | 90 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY | KIEŻLINA  | POL  | M70+ | 2      | M 8 |             |              | 00:17:38 | 00:35:10 | 00:52:44 | 01:10:09.73 | 7:01   | 8.6  |

**KONSTANCIN-JEZIORNA - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, M70+ c.d.**

| M-ce | Nazwisko i imię | Nr | Klub                 | M-scowość | Kraj | Kat. | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|----|----------------------|-----------|------|------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 3    | KOCIMSKI JAN    | 37 | KM AKTYWNI SOCHACZEW | SOCHACZEW | POL  | M70+ | 3      | M 14 |             |              | 00:17:38 | 00:35:20 | 00:53:31 | 01:12:05.93 | 7:12   | 8.3  |
| 4    | STAWNIAK KAROL  | 85 | KS METRACO POLKOWICE | ŻNIN      | POL  | M70+ | 4      | M 23 |             |              | 00:18:33 | 00:37:18 | 00:56:22 | 01:15:31.06 | 7:33   | 7.9  |