

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

Organizator: Polska Federacja Nordic Walking
 Data: 2019-05-04
 Miejsce: Mielno
 Dystans: 21.1 km

**Wyniki dla punktu pomiaru: 13.5 km**

Klasyfikacja wg czasów netto.

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|-----------------------|-----|--------------------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | KORDOWSKI PIOTR | 318 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | M40-49 | | | 01:00:10 | 01:17:52 | 01:35:37 | 01:53:40 | 02:11:59 |
| 2 | KNITTER TOMASZ | 378 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | | | 01:00:14 | 01:17:53 | 01:35:43 | 01:53:41 | 02:12:12 |
| 3 | STACHOWIAK SEBASTIAN | 332 | UNIA MIAST | KATOWICE | POL | M40-49 | | | 01:00:08 | 01:17:55 | 01:35:55 | 01:54:12 | 02:13:02 |
| 4 | SŁUPIANEK PAWEŁ | 329 | LECZYMY DURŚ | KATOWICE | POL | M40-49 | | | 01:00:10 | 01:17:55 | 01:36:02 | 01:54:40 | 02:14:00 |
| 5 | BARCZYK BOGDAN | 301 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | | | 01:02:07 | 01:20:41 | 01:39:12 | 01:58:09 | 02:17:41 |
| 6 | HAŁAS MARCIN | 312 | UNIA MIAST | CZĘCHOWICE-DZIEDZICE | POL | M30-39 | | | 01:02:08 | 01:20:41 | 01:39:13 | 01:58:10 | 02:17:37 |
| 7 | ŻYDACZEWSKI RYSZARD | 342 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | | | 01:02:32 | 01:21:23 | 01:40:23 | 01:59:10 | 02:18:25 |
| 8 | KUŚMIEREK PATRYK | 379 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | | | 01:03:52 | 01:22:41 | 01:42:04 | 02:00:53 | 02:20:08 |
| 9 | KOŁODZIEJ JOANNA | 316 | STADION ŚLĄSKI | RUDA ŚLĄSKA | POL | K50-59 | | | 01:05:33 | 01:25:05 | 01:44:31 | 02:03:32 | 02:22:47 |
| 10 | LENZ ANDRZEJ | 321 | MUSZKIETEROWIE | GNIEZNO | POL | M50-59 | | | 01:05:43 | 01:25:20 | 01:44:37 | 02:03:41 | 02:22:58 |
| 11 | SZULC ALICJA | 333 | NW WERWA MŁAWA | MŁAWA | POL | K40-49 | | | 01:06:14 | 01:26:15 | 01:46:23 | 02:06:58 | 02:28:01 |
| 12 | CIESIELSKI JERZY | 304 | TORUŃ-IDZIEMY BEZ RYZYKA | TORUŃ | POL | M18-29 | 2 | | 01:06:27 | 01:26:02 | 01:46:30 | 02:06:46 | 02:27:12 |
| 13 | NOWICZ MARIUSZ | 325 | CIDRY LOTAJOM | KSIĘŻY LAS | POL | M18-29 | | | 01:06:56 | 01:26:48 | 01:46:36 | 02:06:56 | 02:28:24 |
| 14 | KOWALSKI MAREK | 320 | UNIA MIAST | STRZEBIŃ | POL | M50-59 | | | 01:06:47 | 01:26:40 | 01:46:39 | 02:06:51 | 02:27:21 |
| 15 | CIESIELSKI JAN | 305 | TORUŃ-IDZIEMY BEZ RYZYKA | TORUŃ | POL | M40-49 | | | 01:07:10 | 01:27:12 | 01:47:24 | 02:07:47 | 02:27:51 |
| 16 | BADECKI RYSZARD | 213 | KS METRACO POLKOWICE | NIESZCZYCE | POL | M50-59 | | | 01:07:45 | 01:28:03 | 01:48:36 | 02:09:41 | 02:32:06 |
| 17 | ŻAMOJCIN MAREK | 338 | NORDICLUB SZCZECIN | SZCZECIN | POL | M50-59 | | | 01:07:55 | 01:28:13 | 01:48:43 | 02:09:26 | 02:30:27 |
| 18 | RAKOWIECKI ZBIGNIEW | 344 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | | | 01:08:13 | 01:28:40 | 01:48:53 | 02:09:23 | 02:30:23 |
| 19 | SPYCHAŁA MARZENA | 331 | CKZIU NYSA MECHANIK | BIAŁA | POL | K40-49 | | | 01:07:43 | 01:28:28 | 01:49:19 | 02:09:58 | 02:31:00 |
| 20 | STĘPIEŃ LUCYNA | 340 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | | | 01:08:09 | 01:28:44 | 01:49:27 | 02:10:16 | 02:31:25 |
| 21 | PAPROTNA AGNIESZKA | 326 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | | | 01:08:43 | 01:29:24 | 01:50:01 | 02:10:54 | 02:32:00 |
| 22 | LIGĘZA JANUSZ | 343 | | | POL | M50-59 | 1 | | 01:09:19 | 01:29:55 | 01:50:33 | 02:11:28 | 02:32:45 |
| 23 | JANOSZKA IRENA | 313 | CIDRY LOTAJOM | RADZIONKÓW | POL | K50-59 | | | 01:09:07 | 01:30:06 | 01:51:26 | 02:12:29 | 02:34:06 |
| 24 | ŚCIBUT ANIA | 334 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | | | 01:09:26 | 01:30:26 | 01:51:32 | 02:12:58 | 02:35:25 |
| 25 | GOŁĘBIOWSKI KRZYSZTOF | 310 | ZAWSZE MŁODZI | ŁÓDŹ | POL | M50-59 | | | 01:09:15 | 01:30:11 | 01:51:50 | 02:14:17 | 02:37:31 |
| 26 | KORDOWSKA BOGUSŁAWA | 317 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | K40-49 | | | 01:10:23 | 01:31:43 | 01:52:59 | 02:14:18 | 02:36:08 |
| 27 | STACHOWICZ JOANNA | 376 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K18-29 | | | 01:11:36 | 01:32:48 | 01:54:12 | 02:16:32 | 02:40:24 |
| 28 | SŁOMIŃSKA MARTA | 377 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K18-29 | | | 01:11:38 | 01:32:49 | 01:54:13 | 02:16:34 | 02:40:25 |
| 29 | DUSZA ANNA | 308 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | | | 01:10:54 | 01:32:35 | 01:54:37 | 02:17:10 | 02:40:10 |
| 30 | GROS AGNIESZKA | 311 | STADION ŚLĄSKI | KATOWICE | POL | K40-49 | 1 | | 01:11:24 | 01:33:03 | 01:54:42 | 02:16:16 | 02:38:28 |
| 31 | KĘPA ANDRZEJ | 315 | FACE NORDIC WALKING TEAM | KOSZALIN | POL | M60+ | | | 01:12:51 | 01:34:27 | 01:55:38 | 02:17:22 | 02:39:10 |
| 32 | WESOŁOWSKI WOJCIECH | 337 | MUSZKIETEROWIE | GNIEZNO | POL | M60+ | | | 01:12:52 | 01:34:29 | 01:55:39 | 02:17:19 | 02:38:22 |
| 33 | BUCZKOWSKA WIESŁAWA | 303 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K60+ | | | 01:11:42 | 01:33:36 | 01:55:42 | 02:17:59 | 02:40:54 |
| 34 | KORYTOWSKA AGNIESZKA | 319 | NW WERWA MŁAWA | MŁAWA | POL | K30-39 | | | 01:11:46 | 01:33:18 | 01:55:52 | 02:18:58 | 02:43:19 |
| 35 | ŻUCHOWICZ ELŻBIETA | 339 | KS METRACO POLKOWICE | DĄBROWA GÓRNICZA | POL | K60+ | | | 01:12:46 | 01:35:11 | 01:57:26 | 02:20:03 | 02:43:04 |
| 36 | MALKIEWICZ MAŁGORZATA | 250 | ŻYJ AKTYWNI | WIERSZYNO | POL | K50-59 | | | 01:13:57 | 01:36:10 | 01:58:41 | 02:21:42 | 02:44:56 |
| 37 | DYWELSKI MAREK | 309 | | KOSZALIN | POL | M50-59 | | | 01:13:23 | 01:36:31 | 02:00:24 | 02:25:28 | 02:51:52 |
| 38 | DANKIEWICZ BARBARA | 306 | ZAWSZE MŁODZI | ŁOWICZ | POL | K40-49 | | | 01:16:06 | 01:38:16 | 02:00:36 | 02:23:26 | 02:46:47 |
| 39 | SOBAŃSKA GRAŻYNA | 330 | | DRUŻBICE | POL | K60+ | | | 01:16:33 | 01:38:48 | 02:01:12 | 02:23:48 | 02:46:48 |
| 40 | MALINOWSKA KATARZYNA | 323 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | | | 01:16:34 | 01:38:56 | 02:02:02 | 02:25:10 | 02:48:51 |
| 41 | KARASIEWICZ IRENA | 375 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K50-59 | | | 01:15:46 | 01:39:11 | 02:03:16 | 02:28:14 | 02:53:57 |
| 42 | POSTEK DANUTA | 327 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | | | 01:17:23 | 01:40:20 | 02:03:44 | 02:27:35 | 02:52:15 |
| 43 | NIETRZEBKA PAWEŁ | 324 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | M30-39 | | | 01:20:06 | 01:43:28 | 02:07:04 | 02:31:16 | 02:56:26 |
| 44 | ZAWADZKA MARIA | 341 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | | | 01:19:28 | 01:43:35 | 02:07:46 | 02:32:54 | 02:58:44 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|----------------------|-----|--------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 45 | ROZMUS JOLANTA | 328 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K60+ | | | 01:19:43 | 01:43:39 | 02:08:37 | 02:33:59 | 02:59:02 |
| 46 | BIELSKA ANNA | 302 | UWOLNIONE ENDORFINY | PŁOŃSK | POL | K50-59 | | | 01:20:27 | 01:45:05 | 02:10:08 | 02:34:52 | 02:59:44 |
| 47 | TOMCZAK DANUTA | 336 | | MIELNO | POL | K50-59 | 1 | | 01:23:34 | 01:50:07 | 02:17:43 | 02:45:35 | 03:13:25 |
| 48 | WIŚNIEWSKA SYLWIA | 350 | EDUWIS | RÓZANKOWO | POL | K40-49 | 1 | | 01:23:02 | 01:49:35 | 02:18:19 | | |
| 49 | KARASIEWICZ IWONA | 314 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | | | 01:27:53 | 01:53:55 | 02:20:04 | 02:47:42 | 03:17:32 |
| 50 | DŁUGOŁĘCKI KRZYSZTOF | 307 | TEAM NW CIECHANÓW | CIECHANÓW | POL | M60+ | | | 01:28:05 | 01:54:52 | 02:22:10 | 02:51:22 | 03:20:58 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|-------------------|-----|-----------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | STACHOWICZ JOANNA | 376 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K18-29 | | | 01:11:36 | 01:32:48 | 01:54:12 | 02:16:32 | 02:40:24 |
| 2 | SŁOMIŃSKA MARTA | 377 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K18-29 | | | 01:11:38 | 01:32:49 | 01:54:13 | 02:16:34 | 02:40:25 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|------------------|-----|--------------------------|------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | KNITTER TOMASZ | 378 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | | | 01:00:14 | 01:17:53 | 01:35:43 | 01:53:41 | 02:12:12 |
| 2 | KUŚMIEREK PATRYK | 379 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | | | 01:03:52 | 01:22:41 | 01:42:04 | 02:00:53 | 02:20:08 |
| 3 | CIESIELSKI JERZY | 304 | TORUŃ-IDZIEMY BEZ RYZYKA | TORUŃ | POL | M18-29 | 2 | | 01:06:27 | 01:26:02 | 01:46:30 | 02:06:46 | 02:27:12 |
| 4 | NOWICZ MARIUSZ | 325 | CIDRY LOTAJOM | KSIĘŻY LAS | POL | M18-29 | | | 01:06:56 | 01:26:48 | 01:46:36 | 02:06:56 | 02:28:24 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|----------------------|-----|-------------------------|-----------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | PAPROTNA AGNIESZKA | 326 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | | | 01:08:43 | 01:29:24 | 01:50:01 | 02:10:54 | 02:32:00 |
| 2 | KORYTOWSKA AGNIESZKA | 319 | NW WERWA MŁAWA | MŁAWA | POL | K30-39 | | | 01:11:46 | 01:33:18 | 01:55:52 | 02:18:58 | 02:43:19 |
| 3 | MALINOWSKA KATARZYNA | 323 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | | | 01:16:34 | 01:38:56 | 02:02:02 | 02:25:10 | 02:48:51 |
| 4 | KARASIEWICZ IWONA | 314 | NORDICLUB SZCZECIN | WARSZAWA | POL | K30-39 | | | 01:27:53 | 01:53:55 | 02:20:04 | 02:47:42 | 03:17:32 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|------------------|-----|-------------|----------------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | HAŁAS MARCIN | 312 | UNIA MIAST | CZECHOWICE-DZIEDZICE | POL | M30-39 | | | 01:02:08 | 01:20:41 | 01:39:13 | 01:58:10 | 02:17:37 |
| 2 | NIETRZEBKA PAWEŁ | 324 | MIĘDZYBORÓW | MIĘDZYBORÓW | POL | M30-39 | | | 01:20:06 | 01:43:28 | 02:07:04 | 02:31:16 | 02:56:26 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|---------------------|-----|------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | SZULC ALICJA | 333 | NW WERWA MŁAWA | MŁAWA | POL | K40-49 | | | 01:06:14 | 01:26:15 | 01:46:23 | 02:06:58 | 02:28:01 |
| 2 | SPYCHAŁA MARZENA | 331 | CKZIU NYSA MECHANIK | BIAŁA | POL | K40-49 | | | 01:07:43 | 01:28:28 | 01:49:19 | 02:09:58 | 02:31:00 |
| 3 | ŚCIBUT ANIA | 334 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | | | 01:09:26 | 01:30:26 | 01:51:32 | 02:12:58 | 02:35:25 |
| 4 | KORDOWSKA BOGUSŁAWA | 317 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | K40-49 | | | 01:10:23 | 01:31:43 | 01:52:59 | 02:14:18 | 02:36:08 |
| 5 | GROS AGNIESZKA | 311 | STADION ŚLĄSKI | KATOWICE | POL | K40-49 | 1 | | 01:11:24 | 01:33:03 | 01:54:42 | 02:16:16 | 02:38:28 |
| 6 | DANKIEWICZ BARBARA | 306 | ZAWSZE MŁODZI | ŁOWICZ | POL | K40-49 | | | 01:16:06 | 01:38:16 | 02:00:36 | 02:23:26 | 02:46:47 |
| 7 | WIŚNIEWSKA SYLWIA | 350 | EDUWIS | RÓZANKOWO | POL | K40-49 | 1 | | 01:23:02 | 01:49:35 | 02:18:19 | | |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|----------------------|-----|--------------------------|-----------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | KORDOWSKI PIOTR | 318 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | M40-49 | | | 01:00:10 | 01:17:52 | 01:35:37 | 01:53:40 | 02:11:59 |
| 2 | STACHOWIAK SEBASTIAN | 332 | UNIA MIAST | KATOWICE | POL | M40-49 | | | 01:00:08 | 01:17:55 | 01:35:55 | 01:54:12 | 02:13:02 |
| 3 | SŁUPIANEK PAWEŁ | 329 | LECZYMY DURŚ | KATOWICE | POL | M40-49 | | | 01:00:10 | 01:17:55 | 01:36:02 | 01:54:40 | 02:14:00 |
| 4 | CIESIELSKI JAN | 305 | TORUŃ-IDZIEMY BEZ RYZYKA | TORUŃ | POL | M40-49 | | | 01:07:10 | 01:27:12 | 01:47:24 | 02:07:47 | 02:27:51 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|-----------------------|-----|--------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | KOŁODZIEJ JOANNA | 316 | STADION ŚLĄSKI | RUDA ŚLĄSKA | POL | K50-59 | | | 01:05:33 | 01:25:05 | 01:44:31 | 02:03:32 | 02:22:47 |
| 2 | JANOSZKA IRENA | 313 | CIDRY LOTAJOM | RADZIONKÓW | POL | K50-59 | | | 01:09:07 | 01:30:06 | 01:51:26 | 02:12:29 | 02:34:06 |
| 3 | DUSZA ANNA | 308 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | | | 01:10:54 | 01:32:35 | 01:54:37 | 02:17:10 | 02:40:10 |
| 4 | MALKIEWICZ MAŁGORZATA | 250 | ŻYJ AKTYWNI | WIERSZYNO | POL | K50-59 | | | 01:13:57 | 01:36:10 | 01:58:41 | 02:21:42 | 02:44:56 |
| 5 | KARASIEWICZ IRENA | 375 | FACE NORDIC WALKING TEAM | BRANIEWO | POL | K50-59 | | | 01:15:46 | 01:39:11 | 02:03:16 | 02:28:14 | 02:53:57 |
| 6 | POSTEK DANUTA | 327 | MARSZ PO ZDROWIE | POZNAŃ | POL | K50-59 | | | 01:17:23 | 01:40:20 | 02:03:44 | 02:27:35 | 02:52:15 |
| 7 | BIELSKA ANNA | 302 | UWOLNIONE ENDORFINY | PŁOŃSK | POL | K50-59 | | | 01:20:27 | 01:45:05 | 02:10:08 | 02:34:52 | 02:59:44 |
| 8 | TOMCZAK DANUTA | 336 | | MIELNO | POL | K50-59 | 1 | | 01:23:34 | 01:50:07 | 02:17:43 | 02:45:35 | 03:13:25 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|-----------------------|-----|--------------------------|-------------|------|--------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | BARCZYK BOGDAN | 301 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | | | 01:02:07 | 01:20:41 | 01:39:12 | 01:58:09 | 02:17:41 |
| 2 | ŻYDACZEWSKI RYSZARD | 342 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | | | 01:02:32 | 01:21:23 | 01:40:23 | 01:59:10 | 02:18:25 |
| 3 | LENZ ANDRZEJ | 321 | MUSZKIETEROWIE | GNIEZNO | POL | M50-59 | | | 01:05:43 | 01:25:20 | 01:44:37 | 02:03:41 | 02:22:58 |
| 4 | KOWALSKI MAREK | 320 | UNIA MIAST | STRZEBIŃ | POL | M50-59 | | | 01:06:47 | 01:26:40 | 01:46:39 | 02:06:51 | 02:27:21 |
| 5 | BADECKI RYSZARD | 213 | KS METRACO POLKOWICE | NIESZCZYCE | POL | M50-59 | | | 01:07:45 | 01:28:03 | 01:48:36 | 02:09:41 | 02:32:06 |
| 6 | ŻAMOJCIN MAREK | 338 | NORDICLUB SZCZECIN | SZCZECIN | POL | M50-59 | | | 01:07:55 | 01:28:13 | 01:48:43 | 02:09:26 | 02:30:27 |
| 7 | RAKOWIECKI ZBIGNIEW | 344 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M50-59 | | | 01:08:13 | 01:28:40 | 01:48:53 | 02:09:23 | 02:30:23 |
| 8 | LIGĘZA JANUSZ | 343 | | | POL | M50-59 | 1 | | 01:09:19 | 01:29:55 | 01:50:33 | 02:11:28 | 02:32:45 |
| 9 | GOŁĘBIEWSKI KRZYSZTOF | 310 | ZAWSZE MŁODZI | ŁÓDŹ | POL | M50-59 | | | 01:09:15 | 01:30:11 | 01:51:50 | 02:14:17 | 02:37:31 |
| 10 | DYWELSKI MAREK | 309 | | KOSZALIN | POL | M50-59 | | | 01:13:23 | 01:36:31 | 02:00:24 | 02:25:28 | 02:51:52 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|---------------------|-----|--------------------------|------------------|------|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | STĘPIEŃ LUCYNA | 340 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | | | 01:08:09 | 01:28:44 | 01:49:27 | 02:10:16 | 02:31:25 |
| 2 | BUCZKOWSKA WIESŁAWA | 303 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K60+ | | | 01:11:42 | 01:33:36 | 01:55:42 | 02:17:59 | 02:40:54 |
| 3 | ŻUCHOWICZ ELŻBIETA | 339 | KS METRACO POLKOWICE | DĄBROWA GÓRNICZA | POL | K60+ | | | 01:12:46 | 01:35:11 | 01:57:26 | 02:20:03 | 02:43:04 |
| 4 | SOBAŃSKA GRAŻYNA | 330 | | DRUŻBICE | POL | K60+ | | | 01:16:33 | 01:38:48 | 02:01:12 | 02:23:48 | 02:46:48 |
| 5 | ZAWADZKA MARIA | 341 | KS METRACO POLKOWICE | LUBIN | POL | K60+ | | | 01:19:28 | 01:43:35 | 02:07:46 | 02:32:54 | 02:58:44 |
| 6 | ROZMUS JOLANTA | 328 | FACE NORDIC WALKING TEAM | GDYNIA | POL | K60+ | | | 01:19:43 | 01:43:39 | 02:08:37 | 02:33:59 | 02:59:02 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Żół. kartki | Czer. kartki | 8.5km | 11km | 13.5km | 16km | 18.5km |
|------|----------------------|-----|--------------------------|-----------|------|------|-------------|--------------|----------|----------|----------|----------|----------|
| 1 | KĘPA ANDRZEJ | 315 | FACE NORDIC WALKING TEAM | KOSZALIN | POL | M60+ | | | 01:12:51 | 01:34:27 | 01:55:38 | 02:17:22 | 02:39:10 |
| 2 | WESOŁOWSKI WOJCIECH | 337 | MUSZKIETEROWIE | GNIEZNO | POL | M60+ | | | 01:12:52 | 01:34:29 | 01:55:39 | 02:17:19 | 02:38:22 |
| 3 | DŁUGOŁĘCKI KRZYSZTOF | 307 | TEAM NW CIECHANÓW | CIECHANÓW | POL | M60+ | | | 01:28:05 | 01:54:52 | 02:22:10 | 02:51:22 | 03:20:58 |