

WEJHEROWO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

Organizator: Polska Federacja Nordic Walking
Data: 2019-05-19
Miejsce: Wejherowo
Dystans: 10 km
Klasyfikacja wg czasów netto.



WEJHEROWO - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | KUŹMICZ ADAM | 292 | POLIPACK TEAM GWE | MASZEWKO | POL | M30-39 | 1 | M 1 | 1 | | 00:14:25 | 00:29:38 | 00:45:01 | 01:00:05.45 | 6:00 | 10 |
| 2 | HELWICH STEFAN | 274 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 2 | | | 00:15:22 | 00:30:57 | 00:46:43 | 01:02:10.70 | 6:13 | 9.6 |
| 3 | JUREK ADAM | 278 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 1 | M 3 | 1 | | 00:15:22 | 00:30:57 | 00:47:00 | 01:03:00.04 | 6:18 | 9.5 |
| 4 | KŁOS MACIEJ | 283 | NW WYSPA SOBIESZEWSKA | GDAŃSK | POL | M30-39 | 2 | M 4 | | | 00:15:00 | 00:30:55 | 00:47:20 | 01:03:25.65 | 6:20 | 9.5 |
| 5 | WOJTASIŃSKI DANIEL | 335 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 1 | M 5 | | | 00:15:43 | 00:31:42 | 00:48:08 | 01:04:54.23 | 6:29 | 9.2 |
| 6 | KLIMCZAK ADAM | 282 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 2 | M 6 | | | 00:16:09 | 00:32:43 | 00:49:06 | 01:05:29.05 | 6:32 | 9.2 |
| 7 | KUŚMIERK JAN | 291 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M40-49 | 2 | M 7 | | | 00:16:34 | 00:33:10 | 00:49:29 | 01:05:40.20 | 6:34 | 9.1 |
| 8 | DREWA MARIAN | 263 | TEAM GEW | GOŚCICINO | POL | M60-69 | 2 | M 8 | 1 | | 00:16:02 | 00:32:26 | 00:49:07 | 01:06:16.00 | 6:37 | 9.1 |
| 9 | KORZEŃ GRZEGORZ | 286 | | SŁUPSK | POL | M40-49 | 3 | M 9 | 1 | | 00:16:12 | 00:33:06 | 00:49:42 | 01:06:23.06 | 6:38 | 9 |
| 10 | KOBIELA KRZYSZTOF | 284 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M40-49 | 4 | M 10 | | | 00:16:08 | 00:32:55 | 00:49:47 | 01:06:31.78 | 6:39 | 9 |
| 11 | JĘDRASIAK RENATA | 277 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 1 | | | 00:16:38 | 00:33:18 | 00:50:03 | 01:06:34.25 | 6:39 | 9 |
| 12 | WĘZOWICZ EWA | 331 | STADION ŚLĄSKI | SKRZYSZÓW | POL | K40-49 | 1 | K 2 | | | 00:16:11 | 00:32:52 | 00:49:49 | 01:06:48.06 | 6:40 | 9 |
| 13 | RYTLEWSKI PIOTR | 313 | MASZERUJ ALBO GIŃ | GÓRA | POL | M40-49 | 5 | M 11 | | | 00:15:41 | 00:31:57 | 00:48:28 | 01:07:10.83 | 6:43 | 8.9 |
| 14 | SANIUK EDWARD | 314 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M70+ | 1 | M 12 | | | 00:16:47 | 00:33:49 | 00:50:45 | 01:07:14.67 | 6:43 | 8.9 |
| 15 | GIERSZEWSKI ARKADIUSZ | 269 | | CHOJNICE | POL | M40-49 | 6 | M 13 | | | 00:16:09 | 00:33:20 | 00:50:41 | 01:07:43.38 | 6:46 | 8.9 |
| 16 | SMARSZCZ WIESŁAW | 318 | ŁĘBORSKIE LWY | ŁĘBORK | POL | M60-69 | 3 | M 14 | | | 00:16:36 | 00:33:35 | 00:50:35 | 01:07:49.05 | 6:46 | 8.8 |
| 17 | ADAMCZYK ADAM | 251 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 2 | M 15 | | | 00:16:56 | 00:34:01 | 00:51:13 | 01:07:53.62 | 6:47 | 8.8 |
| 18 | ŚWISŁOCKI BOGDAN | 323 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 3 | M 16 | | | 00:16:21 | 00:33:20 | 00:50:36 | 01:07:57.71 | 6:47 | 8.8 |
| 19 | KRÓLIKOWSKA KRYSZYNA | 288 | ŁĘBORSKIE LWY | KREPA KASZUBSKA | POL | K40-49 | 2 | K 3 | | | 00:16:44 | 00:33:45 | 00:51:01 | 01:08:36.31 | 6:51 | 8.7 |
| 20 | WEINER JAKUB | 330 | CKZIU NYSA MECHANIK | PRUDNIK | POL | M18-29 | 1 | M 17 | | | 00:17:32 | 00:35:08 | 00:52:25 | 01:08:53.72 | 6:53 | 8.7 |
| 21 | OSTROCHALSKA ALEKSANDRA | 346 | POLIPACK TEAM GWE | KREPA KASZUBSKA | POL | K40-49 | 3 | K 4 | | | 00:16:46 | 00:34:02 | 00:51:32 | 01:08:58.06 | 6:53 | 8.7 |
| 22 | MOGIŁKA ALEKSANDER | 297 | | GDYNIA | POL | M18-29 | 2 | M 18 | 1 | | 00:17:22 | 00:35:03 | 00:52:13 | 01:09:04.20 | 6:54 | 8.7 |
| 23 | HRYNDIO JERZY | 275 | STADION ŚLĄSKI | KATOWICE | POL | M60-69 | 4 | M 19 | | | 00:16:07 | 00:33:26 | 00:51:02 | 01:09:29.93 | 6:57 | 8.6 |
| 24 | GODZIŃSKI PAWEŁ | 270 | BAŻANT NW ELBLĄG | MILEJEWO | POL | M40-49 | 7 | M 20 | | | 00:16:48 | 00:34:10 | 00:51:44 | 01:09:45.68 | 6:58 | 8.6 |
| 25 | PRZYBYŁEK MARYSIA | 310 | MARSZ PO ZDROWIE | ŚMIGIEL | POL | K40-49 | 4 | K 5 | | | 00:16:55 | 00:34:45 | 00:52:27 | 01:09:48.44 | 6:58 | 8.6 |
| 26 | RAJEK MAGDALENA | 311 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 5 | K 6 | | | 00:17:20 | 00:35:07 | 00:52:46 | 01:10:24.80 | 7:02 | 8.5 |
| 27 | RASZEWSKA IZABELA | 312 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | 6 | K 7 | | | 00:17:23 | 00:35:12 | 00:53:02 | 01:10:44.67 | 7:04 | 8.5 |
| 28 | SZCZĘŚNIAK ZBIGNIEW | 321 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M50-59 | 4 | M 21 | | | 00:17:18 | 00:35:28 | 00:53:27 | 01:10:53.76 | 7:05 | 8.5 |
| 29 | GRYGOROWICZ MARCIN | 271 | KS METRACO POLKOWICE | RUMIA | POL | M30-39 | 3 | M 22 | | | 00:17:15 | 00:35:03 | 00:53:06 | 01:10:59.37 | 7:05 | 8.5 |
| 30 | DALECKI PRZEMYSŁAW | 260 | GDYNIA SPORT TEAM | GDYNIA | POL | M40-49 | 8 | M 23 | 1 | | 00:17:45 | 00:35:26 | 00:53:31 | 01:11:29.59 | 7:08 | 8.4 |
| 31 | DUSIEL EWA | 265 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 2 | K 8 | | | 00:17:28 | 00:35:25 | 00:53:32 | 01:11:36.65 | 7:09 | 8.4 |
| 32 | POSIM DARIUSZ | 308 | WATAHA | DUBIEL | POL | M50-59 | 5 | M 24 | | | 00:17:17 | 00:35:10 | 00:53:24 | 01:11:38.35 | 7:09 | 8.4 |
| 33 | CZAJKA URSZULA | 257 | FACE NORDIC WALKING TEAM | RUMIA | POL | K60-69 | 1 | K 9 | | | 00:17:31 | 00:35:17 | 00:53:21 | 01:11:39.24 | 7:09 | 8.4 |
| 34 | JAŃCZY GRACJAN | 276 | CKZIU NYSA MECHANIK | ZŁOTOGŁOWICE | POL | M18-29 | 3 | M 25 | | | 00:18:03 | 00:36:03 | 00:53:46 | 01:12:07.78 | 7:12 | 8.3 |

WEJHEROWO - PUCHAR POLSKI NORDIC WALKING 2019 - 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 |
|------|-------------------------------|-----|--------------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 35 | NETKOWSKI WOJCIECH | 298 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-69 | 5 | M 26 | | | 00:17:23 | 00:35:34 | 00:53:54 | 01:12:25.55 | 7:14 | 8.3 |
| 36 | GWAREK ANITA | 272 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 7 | K 10 | | | 00:17:50 | 00:36:05 | 00:54:27 | 01:12:37.29 | 7:15 | 8.3 |
| 37 | GÓRSKA IWONA | 44 | ŁĘBORSKIE LWY | ŁĘBORK | POL | K40-49 | 8 | K 11 | | | 00:18:03 | 00:36:28 | 00:54:41 | 01:12:44.72 | 7:16 | 8.2 |
| 38 | ZWOLENIKIEWICZ JOANNA | 337 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 9 | K 12 | | | 00:18:03 | 00:36:14 | 00:54:34 | 01:12:58.99 | 7:17 | 8.2 |
| 39 | KOBIELA MAGDALENA | 285 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 10 | K 13 | | | 00:17:54 | 00:36:22 | 00:54:50 | 01:13:11.46 | 7:19 | 8.2 |
| 40 | KURZAWSKA JOLANTA | 290 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | 1 | K 14 | | | 00:18:03 | 00:36:17 | 00:54:40 | 01:13:23.18 | 7:20 | 8.2 |
| 41 | ŚLUSARCZYK ANDRZEJ | 322 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 6 | M 27 | | | 00:17:35 | 00:35:59 | 00:54:43 | 01:13:46.80 | 7:22 | 8.1 |
| 42 | CZEMPIK KORNELIA | 259 | STADION ŚLĄSKI | CHORZÓW | POL | K50-59 | 3 | K 15 | 1 | | 00:17:45 | 00:36:11 | 00:55:02 | 01:14:00.66 | 7:24 | 8.1 |
| 43 | ŁOPIŃSKI ALEKSY | 294 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PILA | POL | M70+ | 3 | M 28 | 1 | | 00:18:35 | 00:37:01 | 00:55:36 | 01:14:04.46 | 7:24 | 8.1 |
| 44 | PANEK ELWIRA | 302 | ŁĘBORSKIE LWY | ŁĘBORK | POL | K50-59 | 4 | K 16 | | | 00:18:25 | 00:37:01 | 00:55:37 | 01:14:12.42 | 7:25 | 8.1 |
| 45 | KACZMAREK MAJA | 279 | POLIPACK TEAM GWE | WEJHEROWO | POL | K30-39 | 1 | K 17 | | | 00:18:58 | 00:37:44 | 00:56:20 | 01:14:34.44 | 7:27 | 8 |
| 46 | CONTUCCI EWA | 256 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 11 | K 18 | | | 00:18:23 | 00:37:22 | 00:56:18 | 01:14:58.73 | 7:29 | 8 |
| 47 | GRUBA ANGELIKA | 340 | | SITNO | POL | K18-29 | 1 | K 19 | 2 | | 00:17:49 | 00:36:29 | 00:55:41 | 01:15:12.34 | 7:31 | 8 |
| 48 | OLECH ANNA | 299 | ELITE TEAM | GDAŃSK | POL | K40-49 | 12 | K 20 | | | 00:18:06 | 00:36:56 | 00:56:06 | 01:15:20.34 | 7:32 | 8 |
| 49 | ZIELIŃSKA IWONA | 199 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K50-59 | 5 | K 21 | | | 00:18:39 | 00:37:46 | 00:56:28 | 01:15:24.58 | 7:32 | 8 |
| 50 | STAWNIAK KAROL | 320 | KS METRACO POLKOWICE | ŻNIN | POL | M70+ | 4 | M 29 | | | 00:18:41 | 00:37:26 | 00:56:31 | 01:15:57.88 | 7:35 | 7.9 |
| 51 | PONKA RADOSŁAW | 307 | POLIPACK TEAM GWE | WEJHEROWO | POL | M40-49 | 9 | M 30 | | | 00:18:16 | 00:37:55 | 00:57:16 | 01:16:13.12 | 7:37 | 7.9 |
| 52 | CHYRA JANUSZ | 254 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 10 | M 31 | | | 00:18:46 | 00:38:05 | 00:57:11 | 01:16:19.67 | 7:37 | 7.9 |
| 53 | FORYŚ KATARZYNA | 267 | WATAHA | KWIDZYN | POL | K30-39 | 2 | K 22 | | | 00:18:53 | 00:38:12 | 00:57:28 | 01:16:26.66 | 7:38 | 7.8 |
| 54 | CIESIELSKA RENATA | 255 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | K40-49 | 13 | K 23 | | | 00:19:00 | 00:38:07 | 00:57:33 | 01:16:37.20 | 7:39 | 7.8 |
| 55 | CZEMPIK ANIELA | 258 | STADION ŚLĄSKI | CHORZÓW | POL | K60-69 | 2 | K 24 | | | 00:19:12 | 00:38:46 | 00:58:01 | 01:17:28.31 | 7:44 | 7.7 |
| 56 | STANKOWSKA MARZENA | 319 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 14 | K 25 | | | 00:19:26 | 00:39:04 | 00:58:46 | 01:17:56.83 | 7:47 | 7.7 |
| 57 | MIRUSZEWSKA MAGDALENA | 296 | OPEC GDYNIA | GDYNIA | POL | K30-39 | 3 | K 26 | | | 00:19:05 | 00:38:51 | 00:58:36 | 01:18:06.11 | 7:48 | 7.7 |
| 58 | OMARSKA GRAŻYNA | 301 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-69 | 3 | K 27 | | | 00:19:34 | 00:39:03 | 00:58:37 | 01:18:10.45 | 7:49 | 7.7 |
| 59 | BIAŁK ROMAN | 252 | | GDAŃSK | POL | M60-69 | 7 | M 32 | | | 00:19:03 | 00:38:47 | 00:58:25 | 01:18:12.47 | 7:49 | 7.7 |
| 60 | MACIŃSKA ESTERA | 295 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K18-29 | 2 | K 28 | | | 00:19:26 | 00:39:11 | 00:58:56 | 01:18:27.67 | 7:50 | 7.6 |
| 61 | BERSZTOLC AGNIESZKA | 342 | NOWI SIEDLCE/ NW | SUTNO | | K50-59 | 6 | K 29 | | | 00:17:54 | 00:37:31 | 00:58:01 | 01:18:40.18 | 7:52 | 7.6 |
| 62 | SĘDZIK KATARZYNA | 316 | LECZYMY DURŚ | BYTOM | POL | K40-49 | 15 | K 30 | | | 00:19:07 | 00:38:56 | 00:58:46 | 01:18:42.84 | 7:52 | 7.6 |
| 63 | TURZYŃSKA-STOPA MARIA | 326 | BLĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K60-69 | 4 | K 31 | | | 00:19:32 | 00:39:33 | 00:59:26 | 01:19:07.98 | 7:54 | 7.6 |
| 64 | FOLWARSKA MAŁGORZATA | 266 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | K60-69 | 5 | K 32 | | | 00:19:38 | 00:39:10 | 00:59:14 | 01:19:14.66 | 7:55 | 7.6 |
| 65 | SYLDATK BEATA | 148 | | GARCZEGORZE | POL | K40-49 | 16 | K 33 | | | 00:18:28 | 00:38:24 | 00:58:47 | 01:19:27.44 | 7:56 | 7.6 |
| 66 | WOJDANOWSKA MAŁGORZATA | 333 | LECZYMY DURŚ | TARNOWSKIE GÓRY | POL | K30-39 | 4 | K 34 | | | 00:19:49 | 00:41:23 | 01:01:01 | 01:19:31.74 | 7:57 | 7.5 |
| 67 | WYSOCKA BERNADETA | 336 | BLĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K40-49 | 17 | K 35 | | | 00:19:22 | 00:39:24 | 00:59:37 | 01:19:33.36 | 7:57 | 7.5 |
| 68 | SCHWANN MIROSŁAW | 315 | | WEJHEROWO | POL | M50-59 | 6 | M 33 | | | 00:19:44 | 00:39:39 | 00:59:59 | 01:20:00.43 | 8:00 | 7.5 |
| 69 | WALASZKOWSKI PIOTR | 345 | W-WO KRZYSTYNA PISAŁA | WEJHEROWO | POL | M50-59 | 7 | M 34 | | | 00:20:06 | 00:40:51 | 01:00:53 | 01:20:34.48 | 8:03 | 7.4 |
| 70 | PINIS MICHAŁ | 304 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M30-39 | 4 | M 35 | | | 00:20:29 | 00:40:49 | 01:01:03 | 01:20:47.26 | 8:04 | 7.4 |
| 71 | GAŁEK IWONA | 268 | TORUŃ - IDZIEMY BEZ RYZYKA | SILNO | POL | K40-49 | 18 | K 36 | | | 00:20:13 | 00:40:30 | 01:00:42 | 01:21:08.59 | 8:06 | 7.4 |
| 72 | KISZKA-MAZIARCZUK BERENIKA | 281 | LECZYMY DURŚ | CHORZÓW | POL | K30-39 | 5 | K 37 | | | 00:20:27 | 00:41:01 | 01:01:27 | 01:21:33.81 | 8:09 | 7.4 |
| 73 | PĘSKO MICHAŁ | 303 | | GDAŃSK | POL | M40-49 | 11 | M 36 | 1 | | 00:20:01 | 00:40:43 | 01:01:07 | 01:21:51.16 | 8:11 | 7.3 |
| 74 | THOMALLA BOGDAN | 324 | STADION ŚLĄSKI | ZABRZE | POL | M70+ | 5 | M 37 | | | 00:19:32 | 00:39:49 | 01:00:59 | 01:22:40.69 | 8:16 | 7.3 |
| 75 | SILIKOWSKI ANDRZEJ | 343 | | WEJHEROWO | POL | M60-69 | 8 | M 38 | 1 | | 00:20:28 | 00:41:34 | 01:02:20 | 01:22:59.65 | 8:18 | 7.2 |
| 76 | KRASZKIEWICZ MAREK | 341 | | WEJHEROWO | POL | M60-69 | 9 | M 39 | 1 | | 00:20:27 | 00:41:33 | 01:02:16 | 01:23:00.92 | 8:18 | 7.2 |

WEJHEROWO - PUCHAR POLSKI NORDIC WALKING 2019 - 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 |
|------|------------------------------|-----|--|-----------------|--------|--------|--------|------|-------------|--------------|----------------|----------|----------|-------------|--------|------|
| 77 | DROZD KRYSZYNA | 264 | CIDRY LOTAJOM | BYTOM | POL | K50-59 | 7 | K 38 | | | 00:20:45 | 00:41:34 | 01:02:27 | 01:23:18.09 | 8:19 | 7.2 |
| 78 | WĄTROBA SEBASTIAN | 327 | VITADIET ŁÓDŹ | WARSZAWA | POL | M40-49 | 12 | M 40 | | | 00:20:25 | 00:41:34 | 01:02:49 | 01:24:26.26 | 8:26 | 7.1 |
| 79 | PISAŁA KATARZYNA | 121 | WEJHEROWSKI KLUB NORDIC WALKING | WEJHEROWO | POL | K40-49 | 19 | K 39 | | | 00:20:45 | 00:41:56 | 01:03:07 | 01:24:48.31 | 8:28 | 7.1 |
| 80 | POSIM BOGUMIŁA | 309 | WATAHA | DUBIEL | POL | K50-59 | 8 | K 40 | | | 00:21:21 | 00:43:09 | 01:04:55 | 01:26:55.46 | 8:41 | 6.9 |
| 81 | WŁOCHOWICZ OLGA | 332 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 6 | K 41 | | | 00:21:03 | 00:42:33 | 01:04:26 | 01:27:07.45 | 8:42 | 6.9 |
| 82 | DARGACZ WIESŁAWA | 261 | GOŚCICINO | POL | K40-49 | | 20 | K 42 | | | 00:21:08 | 00:42:43 | 01:05:00 | 01:27:20.89 | 8:44 | 6.9 |
| 83 | KALKOWSKA MARTYNA | 400 | WEJHEROWO | POL | K40-49 | | 21 | K 43 | 1 | | 00:20:41 | 00:44:10 | 01:05:52 | 01:27:42.22 | 8:46 | 6.8 |
| 84 | SZYMANEK ANNA | 157 | WEJHEROWSKI KLUB NORDIC WALKING | WEJHEROWO | POL | K30-39 | 7 | K 44 | | | 00:21:36 | 00:43:26 | 01:05:43 | 01:27:59.96 | 8:48 | 6.8 |
| 85 | ZIĘBA JULIA | 202 | STADION ŚLĄSKI | KATOWICE | POL | K70+ | 2 | K 45 | 1 | | 00:21:25 | 00:43:49 | 01:05:59 | 01:28:38.10 | 8:51 | 6.8 |
| 86 | FLISIKOWSKA IWONA | 344 | W-WO KRYSZYNA PISAŁA | WEJHEROWO | POL | K40-49 | 22 | K 46 | | | 00:22:00 | 00:44:19 | 01:06:48 | 01:29:15.84 | 8:55 | 6.7 |
| 87 | PLUTA BOŻENA | 305 | CHODZE BO LUBIE | GDYNIA | POL | K60-69 | 6 | K 47 | 1 | | 00:21:34 | 00:43:56 | 01:06:13 | 01:29:22.72 | 8:56 | 6.7 |
| 88 | SIWCZYK GRAŻYNA | 317 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K60-69 | 7 | K 48 | | | 00:22:43 | 00:45:30 | 01:08:08 | 01:29:36.65 | 8:57 | 6.7 |
| 89 | CHRAPEK URSZULA | 253 | NORDUM | RUDZICA | POL | K30-39 | 8 | K 49 | | | 00:22:56 | 00:45:56 | 01:08:50 | 01:30:54.01 | 9:05 | 6.6 |
| 90 | KRÓLIKOWSKA-ŁOSKOT DANUTA | 289 | STADION ŚLĄSKI | KATOWICE | POL | K60-69 | 8 | K 50 | 1 | | 00:23:04 | 00:46:08 | 01:08:49 | 01:31:46.72 | 9:10 | 6.5 |
| 91 | JÓZWIAK DOMINIK | 57 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 4 | M 41 | | | 00:24:12 | 00:48:30 | 01:12:24 | 01:35:41.41 | 9:34 | 6.3 |
| 92 | RATKOWSKI WOJCIECH | 347 | AWFIS | GDĄŃSK | POL | M60-69 | 10 | M 42 | | | 00:27:41 | 00:51:54 | 01:17:04 | 01:43:21.44 | 10:20 | 5.8 |
| 93 | SZCZĘSNA EMILIA | 219 | GUMED | SKARSZEWY | POL | K40-49 | 23 | K 51 | 1 | | 00:27:32 | 00:51:03 | 01:13:11 | | 9:45 | 6.1 |
| 94 | WAŻ MARIUSZ | 328 | KLUB SPORTOWY ISKRA PRZY AKADEMII MARYNARKI WOJENNEJ W GDYNI | REDA | POL | M40-49 | 13 | M 43 | | | 00:25:52 | | | | 10:20 | 5.8 |
| DQ | WAŻ KATARZYNA | 329 | REDA | POL | K40-49 | | DQ | DQ | 2 | 1 | 00:23:59 DQ | DQ | DQ | DQ | - | - |
| | LIESKE ANNA | 338 | WEJHEROWSKI KLUB NORDIC WALKING | WEJHEROWO | POL | K18-29 | | | | | DNF | DNF | DNF | DNF | - | - |