

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

Organizator: Polska Federacja Nordic Walking
 Data: 2019-06-01
 Miejsce: Kolbuszowa
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


KOLBUSZOWA - 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 | WOJTOWICZ TOMASZ | 380 | BIESZCZADZKI KLUB NWPL | WIDACZ | POL | M18-29 | 1 | M 1 | | | 00:15:00 | 00:30:54 | 00:46:36 | 01:02:25.30 | 6:14 | 9.6 |
| 2 | KUŹMICZ ADAM | 341 | POLIPACK TEAM GWE | MASZEWO | POL | M30-39 | 1 | M 2 | | | 00:15:09 | 00:31:11 | 00:47:17 | 01:03:21.68 | 6:20 | 9.5 |
| 3 | JANOCHA ROBERT | 322 | MUKS PODKARPACIE JEDLICZE | KROSNO | POL | M50-59 | 1 | M 3 | | | 00:15:47 | 00:31:52 | 00:48:17 | 01:04:58.41 | 6:29 | 9.2 |
| 4 | KŁOS MACIEJ | 330 | NW WYSPA SOBIESZEWSKA | GDĄSK | POL | M30-39 | 2 | M 4 | | | 00:15:57 | 00:32:32 | 00:49:07 | 01:05:27.64 | 6:32 | 9.2 |
| 5 | JUREK ADAM | 327 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 2 | M 5 | 1 | | 00:15:47 | 00:31:51 | 00:48:26 | 01:05:42.96 | 6:34 | 9.1 |
| 6 | HELWICH STEFAN | 319 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 6 | | | 00:16:04 | 00:32:40 | 00:49:30 | 01:06:24.99 | 6:38 | 9 |
| 7 | KLIMCZAK ADAM | 329 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 3 | M 7 | | | 00:16:27 | 00:33:32 | 00:50:33 | 01:07:29.33 | 6:44 | 8.9 |
| 8 | WOJTASIŃSKI DANIEL | 377 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 1 | M 8 | | | 00:16:25 | 00:33:25 | 00:50:32 | 01:07:35.34 | 6:45 | 8.9 |
| 9 | KUBISZYN MAŁGORZATA | 338 | KS METRACO POLKOWICE | LUBACZÓW | POL | K30-39 | 1 | K 1 | | | 00:16:39 | 00:33:34 | 00:50:44 | 01:07:50.10 | 6:47 | 8.8 |
| 10 | KUŚMIEREK JAN | 384 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M40-49 | 2 | M 9 | | | 00:17:07 | 00:34:08 | 00:51:14 | 01:08:04.79 | 6:48 | 8.8 |
| 11 | PIETRZYK JAROSŁAW | 349 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 3 | M 10 | | | 00:16:45 | 00:33:57 | 00:51:11 | 01:08:32.77 | 6:51 | 8.8 |
| 12 | KOBIELA KRZYSZTOF | 331 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M40-49 | 3 | M 11 | | | 00:16:27 | 00:34:00 | 00:51:27 | 01:09:07.32 | 6:54 | 8.7 |
| 13 | WĘŻOWICZ EWA | 374 | STADION ŚLĄSKI | SKRZYSZÓW | POL | K40-49 | 1 | K 2 | | | 00:16:59 | 00:34:10 | 00:51:34 | 01:09:12.07 | 6:55 | 8.7 |
| 14 | ŚWIŚLOCKI BOGDAN | 367 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 4 | M 12 | | | 00:16:49 | 00:34:06 | 00:51:46 | 01:09:44.84 | 6:58 | 8.6 |
| 15 | JĘDRASIAK RENATA | 325 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 3 | | | 00:17:03 | 00:34:38 | 00:52:19 | 01:10:07.00 | 7:00 | 8.6 |
| 16 | SANIUK EDWARD | 359 | FACE NORDIC WALKING TEAM | GDĄSK | POL | M70+ | 1 | M 13 | | | 00:17:17 | 00:34:29 | 00:52:22 | 01:10:10.90 | 7:01 | 8.5 |
| 17 | RAJEK MAGDALENA | 354 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 2 | K 4 | | | 00:17:44 | 00:35:37 | 00:53:36 | 01:11:48.66 | 7:10 | 8.4 |
| 18 | HRYNDIO JERZY | 320 | STADION ŚLĄSKI | KATOWICE | POL | M60-69 | 2 | M 14 | | | 00:17:22 | 00:35:28 | 00:53:55 | 01:11:49.03 | 7:10 | 8.4 |
| 19 | KOŃCZEWSKA BOŻENA | 333 | MKS HALICZ KLUB BIEGACZA / BIESZCZADKI KLUB NORDIC WALKING | USTRZYKI DOLNE | POL | K50-59 | 2 | K 5 | | | 00:17:20 | 00:35:18 | 00:53:35 | 01:11:54.92 | 7:11 | 8.3 |
| 20 | WEINER JAKUB | 373 | CKZIU NYSA MECHANIK | PRUDNIK | POL | M18-29 | 2 | M 15 | 1 | | 00:17:55 | 00:35:57 | 00:54:09 | 01:11:56.53 | 7:11 | 8.3 |
| 21 | SZCZĘŚNIAK ZBIGNIEW | 365 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M50-59 | 5 | M 16 | | | 00:17:39 | 00:36:10 | 00:54:28 | 01:12:17.44 | 7:13 | 8.3 |
| 22 | RYKAŁA IRENA | 357 | | KROWICA HOŁODOWSKA | POL | K30-39 | 2 | K 6 | | | 00:17:29 | 00:35:28 | 00:54:02 | 01:12:20.35 | 7:14 | 8.3 |
| 23 | REJMAN DOROTA | 356 | UKS SIEDLESZCZANY | TARNOBRZEG | POL | K30-39 | 3 | K 7 | | | 00:17:48 | 00:35:57 | 00:54:27 | 01:12:35.16 | 7:15 | 8.3 |
| 24 | ŚLUSARCZYK ANDRZEJ | 366 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 3 | M 17 | | | 00:17:35 | 00:35:45 | 00:54:23 | 01:12:47.43 | 7:16 | 8.2 |
| 25 | RASZEWSKA IZABELA | 355 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | 3 | K 8 | | | 00:17:38 | 00:35:45 | 00:54:10 | 01:12:53.64 | 7:17 | 8.2 |
| 26 | GODZIŃSKI PAWEŁ | 313 | BAŻANT NW ELBLĄG | MILEJEWO | POL | M40-49 | 4 | M 18 | | | 00:17:07 | 00:35:05 | 00:53:44 | 01:12:57.51 | 7:17 | 8.2 |
| 27 | CZAJKA URSZULA | 307 | FACE NORDIC WALKING TEAM | RUMIA | POL | K60-69 | 1 | K 9 | | | 00:17:27 | 00:35:40 | 00:54:09 | 01:13:02.60 | 7:18 | 8.2 |
| 28 | POSIM DARIUSZ | 352 | WATAHA | DUBIEL | POL | M50-59 | 6 | M 19 | | | 00:17:20 | 00:35:20 | 00:54:05 | 01:13:07.83 | 7:18 | 8.2 |
| 29 | LATUSZEK BOGDAN | 343 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | M50-59 | 7 | M 20 | | | 00:17:21 | 00:35:35 | 00:54:20 | 01:13:19.44 | 7:19 | 8.2 |
| 30 | USS JOLA | 371 | LUX TORPEDA MAŁOPOLSKA | WADOWICE | POL | K50-59 | 3 | K 10 | | | 00:17:19 | 00:35:47 | 00:54:40 | 01:13:27.32 | 7:20 | 8.2 |
| 31 | NETKOWSKI WOJCIECH | 346 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-69 | 4 | M 21 | | | 00:17:43 | 00:36:28 | 00:55:37 | 01:14:36.79 | 7:27 | 8 |
| 32 | KUBISZYN WIESŁAWA | 337 | | LUBACZÓW | POL | K50-59 | 4 | K 11 | 1 | | 00:17:54 | 00:36:49 | 00:55:39 | 01:14:44.65 | 7:28 | 8 |

KOLBUSZOWA - 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 |
|------|-------------------------------|-----|-------------------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 33 | WÓJCIK BARBARA | 378 | NWPL/LUKI TEAM SIEDLCE | KRZCZONÓW | POL | K60-69 | 2 | K 12 | | | 00:18:02 | 00:36:53 | 00:55:58 | 01:14:52.23 | 7:29 | 8 |
| 34 | DUSIEL EWA | 311 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 5 | K 13 | | | 00:18:08 | 00:36:53 | 00:55:55 | 01:15:05.25 | 7:30 | 8 |
| 35 | GWAREK ANITA | 315 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 4 | K 14 | | | 00:18:27 | 00:37:15 | 00:56:36 | 01:15:41.14 | 7:34 | 7.9 |
| 36 | KOBIELA MAGDALENA | 332 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 5 | K 15 | | | 00:18:24 | 00:37:16 | 00:56:37 | 01:15:41.95 | 7:34 | 7.9 |
| 37 | RYKAŁA TOMASZ | 358 | | LUBACZÓW | POL | M40-49 | 5 | M 22 | | | 00:18:20 | 00:37:15 | 00:56:47 | 01:16:12.50 | 7:37 | 7.9 |
| 38 | POKRYWKA BOŻENA | 351 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K40-49 | 6 | K 16 | | | 00:18:47 | 00:37:45 | 00:57:04 | 01:16:12.82 | 7:37 | 7.9 |
| 39 | STAWNIAK KAROL | 363 | KS METRACO POLKOWICE | ŻNIN | POL | M70+ | 2 | M 23 | | | 00:18:39 | 00:37:35 | 00:56:48 | 01:16:21.78 | 7:38 | 7.9 |
| 40 | KORYCKA MARIOLA | 334 | FORMA NA PIĄTKĘ NW | ZGIERZ | POL | K30-39 | 4 | K 17 | | | 00:19:00 | 00:38:05 | 00:57:20 | 01:16:35.83 | 7:39 | 7.8 |
| 41 | KURZAWSKA JOLANTA | 340 | | LUBIN | POL | K70+ | 1 | K 18 | | | 00:18:45 | 00:37:54 | 00:57:31 | 01:17:15.63 | 7:43 | 7.8 |
| 42 | WOJDANOWSKA MAŁGORZATA | 376 | LECZYMY DURŚ | TARNOWSKIE GÓRY | POL | K30-39 | 5 | K 19 | | | 00:19:54 | 00:39:45 | 00:59:13 | 01:17:54.32 | 7:47 | 7.7 |
| 43 | CONTUCCI EWA | 306 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 7 | K 20 | | | 00:19:01 | 00:38:39 | 00:58:22 | 01:18:03.26 | 7:48 | 7.7 |
| 44 | CHYRA JANUSZ | 305 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 24 | | | 00:19:19 | 00:38:48 | 00:58:20 | 01:18:04.34 | 7:48 | 7.7 |
| 45 | GUZOWSKI MACIEK | 57 | WŁÓCZYKIJE | LEŻAJSK | POL | M30-39 | 4 | M 25 | | | 00:19:38 | 00:39:21 | 00:58:54 | 01:18:06.03 | 7:48 | 7.7 |
| 46 | FORYS KATARZYNA | 312 | WATAHA | KWIDZYN | POL | K30-39 | 6 | K 21 | | | 00:19:11 | 00:38:48 | 00:58:56 | 01:18:33.25 | 7:51 | 7.6 |
| 47 | CZEMPIK KORNELIA | 309 | STADION ŚLĄSKI | CHORZÓW | POL | K50-59 | 6 | K 22 | 1 | | 00:18:34 | 00:38:04 | 00:58:32 | 01:19:44.04 | 7:58 | 7.5 |
| 48 | WOJTALA MAŁGORZATA | 385 | KLUBSPORTU.PL | RZESZÓW | POL | K40-49 | 8 | K 23 | | | 00:19:14 | 00:39:16 | 00:59:38 | 01:20:16.97 | 8:01 | 7.5 |
| 49 | MACIŃSKA ESTERA | 345 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K18-29 | 1 | K 24 | | | 00:20:21 | 00:40:42 | 01:00:33 | 01:20:28.98 | 8:02 | 7.5 |
| 50 | CZEMPIK ANIELA | 308 | STADION ŚLĄSKI | CHORZÓW | POL | K60-69 | 3 | K 25 | | | 00:19:38 | 00:39:40 | 01:00:04 | 01:20:48.30 | 8:04 | 7.4 |
| 51 | SIMKO ZBIGNIEW | 361 | MCK WŁÓCZYKIJE | LEŻAJSK | POL | M60-69 | 5 | M 26 | | | 00:19:46 | 00:40:24 | 01:01:06 | 01:21:17.33 | 8:07 | 7.4 |
| 52 | JURCZYŃSKA BOŻENA | 326 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K60-69 | 4 | K 26 | | | 00:19:36 | 00:39:35 | 01:00:29 | 01:21:45.96 | 8:10 | 7.3 |
| 53 | MACIĄG ANNA | 106 | AZS ŚUM | KOLBUSZOWA | POL | K18-29 | 2 | K 27 | | | 00:20:24 | 00:40:42 | 01:01:15 | 01:22:01.26 | 8:12 | 7.3 |
| 54 | JANIK-TYMIŃSKA ELŻBIETA | 321 | LUBLIN CHODZI Z KIJKAMI | LUBLIN | POL | K50-59 | 7 | K 28 | | | 00:20:15 | 00:41:20 | 01:02:09 | 01:23:20.04 | 8:20 | 7.2 |
| 55 | TRĘTOWICZ BEATA | 370 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA | POL | K40-49 | 9 | K 29 | | | 00:20:22 | 00:41:16 | 01:02:10 | 01:23:28.02 | 8:20 | 7.2 |
| 56 | PINIS MICHAŁ | 350 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M30-39 | 5 | M 27 | | | 00:20:35 | 00:41:37 | 01:03:07 | 01:24:25.15 | 8:26 | 7.1 |
| 57 | THOMALLA BOGDAN | 368 | STADION ŚLĄSKI | ZABRZE | POL | M70+ | 3 | M 28 | | | 00:20:06 | 00:41:03 | 01:02:37 | 01:24:42.84 | 8:28 | 7.1 |
| 58 | IRYGORIERA LUDMILA | 256 | KS METRACO POLKOWICE | UKRAINA | UKR | K60-69 | 5 | K 30 | 1 | | 00:19:46 | 00:40:53 | 01:02:48 | 01:24:46.17 | 8:28 | 7.1 |
| 59 | KOSTUJ MARCIN | 335 | AZS SUM | KOLBUSZOWA | POL | M18-29 | 3 | M 29 | | | 00:20:47 | 00:42:21 | 01:03:26 | 01:24:47.42 | 8:28 | 7.1 |
| 60 | SĘDZIK KATARZYNA | 360 | LECZYMY DURŚ | BYTOM | POL | K40-49 | 10 | K 31 | | | 00:20:05 | 00:41:11 | 01:03:22 | 01:25:26.43 | 8:32 | 7 |
| 61 | KISZKA-MAZIARCZUK BERENIKA | 328 | LECZYMY DURŚ | CHORZÓW | POL | K30-39 | 7 | K 32 | | | 00:21:49 | 00:44:04 | 01:05:48 | 01:27:00.05 | 8:42 | 6.9 |
| 62 | DROZD STANISŁAW | 381 | CIDRY LOTAJOM | BYTOM | POL | M60-69 | 6 | M 30 | | | 00:20:07 | 00:42:14 | 01:05:00 | 01:27:45.46 | 8:46 | 6.8 |
| 63 | DROZD KRYSZYNA | 310 | CIDRY LOTAJOM | BYTOM | POL | K50-59 | 8 | K 33 | | | 00:21:30 | 00:43:18 | 01:05:33 | 01:27:57.15 | 8:47 | 6.8 |
| 64 | WĄTROBA SEBASTIAN | 372 | VITADIET ŁÓDŹ | WARSZAWA | POL | M40-49 | 7 | M 31 | | | 00:21:19 | 00:43:37 | 01:06:03 | 01:28:05.35 | 8:48 | 6.8 |
| 65 | BEDNARZ LUCYNA | 302 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K50-59 | 9 | K 34 | | | 00:21:33 | 00:43:22 | 01:05:59 | 01:29:03.64 | 8:54 | 6.7 |
| 66 | POSIM BOGUMIŁA | 353 | WATAHA | DUBIEL | POL | K50-59 | 10 | K 35 | | | 00:21:52 | 00:44:08 | 01:06:43 | 01:29:53.40 | 8:59 | 6.7 |
| 67 | LATUSZEK MAŁGORZATA | 342 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K50-59 | 11 | K 36 | | | 00:21:51 | 00:45:04 | 01:08:33 | 01:30:27.72 | 9:02 | 6.6 |
| 68 | SIWCZYK GRAŻYNA | 362 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K60-69 | 6 | K 37 | | | 00:22:48 | 00:46:09 | 01:09:03 | 01:31:45.81 | 9:10 | 6.5 |
| 69 | ZIĘBA JULIA | 239 | STADION ŚLĄSKI | KATOWICE | POL | K70+ | 2 | K 38 | | | 00:22:13 | 00:45:35 | 01:09:10 | 01:32:29.72 | 9:15 | 6.5 |
| 70 | OWCZAREK HENRYKA | 135 | MARSZ PO ZDROWIE | POZNAŃ | POL | K70+ | 3 | K 39 | | | 00:22:36 | 00:45:37 | 01:09:11 | 01:32:31.69 | 9:15 | 6.5 |
| 71 | KRÓLIKOWSKA-ŁOSKOT DANUTA | 336 | STADION ŚLĄSKI | KATOWICE | POL | K60-69 | 7 | K 40 | | | 00:23:07 | 00:46:42 | 01:10:19 | 01:34:24.92 | 9:26 | 6.4 |
| 72 | WŁOCHOWICZ OLGA | 375 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 8 | K 41 | | | 00:24:09 | 00:49:00 | 01:14:51 | 01:39:59.13 | 9:59 | 6 |
| 73 | CHRAPEK URSZULA | 304 | NORDUM | RUDZICA | POL | K30-39 | 9 | K 42 | | | 00:24:09 | 00:49:02 | 01:14:52 | 01:40:00.44 | 10:00 | 6 |
| 74 | JÓZWIAK DOMINIK | 71 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M18-29 | 4 | M 32 | | | 00:25:12 | 00:50:49 | 01:15:58 | 01:40:05.52 | 10:00 | 6 |
| | GORYCKA AGATA | 314 | KLUB SCB | TARNOBRZEG | POL | K40-49 | | | | | 00:21:42 | 00:44:21 | 01:07:08 | DNF | - | - |
| | | | | | | | | | | | DNF | DNF | DNF | | | |

KOLBUSZOWA - 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 |
|------|-----------------|-----|------|-----------------------|------|--------|--------|-----|-------------|--------------|-----------------|-----------------|-------|-------|--------|------|
| | BŁAZIK EWA | 386 | | SOKOŁÓW MAŁOPOLSKI | POL | K50-59 | | | | | 00:29:22 DNF | 01:01:40 DNF | DNF | DNF | - | - |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | MACIŃSKA ESTERA | 345 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K18-29 | 1 | K 24 | | | 00:20:21 | 00:40:42 | 01:00:33 | 01:20:28.98 | 8:02 | 7.5 |
| 2 | MACIĄG ANNA | 106 | AZS SUM | KOLBUSZOWA | POL | K18-29 | 2 | K 27 | | | 00:20:24 | 00:40:42 | 01:01:15 | 01:22:01.26 | 8:12 | 7.3 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | WOJTOWICZ TOMASZ | 380 | BIESZCZADZKI KLUB NWPL | WIDACZ | POL | M18-29 | 1 | M 1 | | | 00:15:00 | 00:30:54 | 00:46:36 | 01:02:25.30 | 6:14 | 9.6 |
| 2 | WEINER JAKUB | 373 | CKZIU NYSA MECHANIK | PRUDNIK | POL | M18-29 | 2 | M 15 | 1 | | 00:17:55 | 00:35:57 | 00:54:09 | 01:11:56.53 | 7:11 | 8.3 |
| 3 | KOSTUJ MARCIN | 335 | AZS SUM | KOLBUSZOWA | POL | M18-29 | 3 | M 29 | | | 00:20:47 | 00:42:21 | 01:03:26 | 01:24:47.42 | 8:28 | 7.1 |
| 4 | JÓZWIAK DOMINIK | 71 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 4 | M 32 | | | 00:25:12 | 00:50:49 | 01:15:58 | 01:40:05.52 | 10:00 | 6 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | KUBISZYN MAŁGORZATA | 338 | KS METRACO POLKOWICE | LUBACZÓW | POL | K30-39 | 1 | K 1 | | | 00:16:39 | 00:33:34 | 00:50:44 | 01:07:50.10 | 6:47 | 8.8 |
| 2 | RYKAŁA IRENA | 357 | | KROWICA HOŁODOWSKA | POL | K30-39 | 2 | K 6 | | | 00:17:29 | 00:35:28 | 00:54:02 | 01:12:20.35 | 7:14 | 8.3 |
| 3 | REJMAN DOROTA | 356 | UKS SIEDLESZCZANY | TARNOBRZEG | POL | K30-39 | 3 | K 7 | | | 00:17:48 | 00:35:57 | 00:54:27 | 01:12:35.16 | 7:15 | 8.3 |
| 4 | KORYCKA MARIOLA | 334 | FORMA NA PIĄTKĘ NW | ZGIERZ | POL | K30-39 | 4 | K 17 | | | 00:19:00 | 00:38:05 | 00:57:20 | 01:16:35.83 | 7:39 | 7.8 |
| 5 | WOJDANOWSKA MAŁGORZATA | 376 | LECZYMY DURŚ | TARNOWSKIE GÓRY | POL | K30-39 | 5 | K 19 | | | 00:19:54 | 00:39:45 | 00:59:13 | 01:17:54.32 | 7:47 | 7.7 |
| 6 | FORYŚ KATARZYNA | 312 | WATAHA | KWIDZYN | POL | K30-39 | 6 | K 21 | | | 00:19:11 | 00:38:48 | 00:58:56 | 01:18:33.25 | 7:51 | 7.6 |
| 7 | KISZKA-MAZIARCZUK BERENIKA | 328 | LECZYMY DURŚ | CHORZÓW | POL | K30-39 | 7 | K 32 | | | 00:21:49 | 00:44:04 | 01:05:48 | 01:27:00.05 | 8:42 | 6.9 |
| 8 | WŁOCHOWICZ OLGA | 375 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 8 | K 41 | | | 00:24:09 | 00:49:00 | 01:14:51 | 01:39:59.13 | 9:59 | 6 |
| 9 | CHRAPEK URSZULA | 304 | NORDUM | RUDZICA | POL | K30-39 | 9 | K 42 | | | 00:24:09 | 00:49:02 | 01:14:52 | 01:40:00.44 | 10:00 | 6 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | KUŹMICZ ADAM | 341 | POLIPACK TEAM GWE | MASZEWKO | POL | M30-39 | 1 | M 2 | | | 00:15:09 | 00:31:11 | 00:47:17 | 01:03:21.68 | 6:20 | 9.5 |
| 2 | KŁOS MACIEJ | 330 | NW WYSPA SOBIESZEWSKA | GDAŃSK | POL | M30-39 | 2 | M 4 | | | 00:15:57 | 00:32:32 | 00:49:07 | 01:05:27.64 | 6:32 | 9.2 |
| 3 | PIETRZYK JAROSŁAW | 349 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 3 | M 10 | | | 00:16:45 | 00:33:57 | 00:51:11 | 01:08:32.77 | 6:51 | 8.8 |
| 4 | GUZOWSKI MACIEK | 57 | WŁÓCZYKJE | LEŻAJSK | POL | M30-39 | 4 | M 25 | | | 00:19:38 | 00:39:21 | 00:58:54 | 01:18:06.03 | 7:48 | 7.7 |
| 5 | PINIS MICHAŁ | 350 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M30-39 | 5 | M 27 | | | 00:20:35 | 00:41:37 | 01:03:07 | 01:24:25.15 | 8:26 | 7.1 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | WĘŻOWICZ EWA | 374 | STADION ŚLĄSKI | SKRZYŻÓW | POL | K40-49 | 1 | K 2 | | | 00:16:59 | 00:34:10 | 00:51:34 | 01:09:12.07 | 6:55 | 8.7 |
| 2 | RAJEK MAGDALENA | 354 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 2 | K 4 | | | 00:17:44 | 00:35:37 | 00:53:36 | 01:11:48.66 | 7:10 | 8.4 |
| 3 | RASZEWSKA IZABELA | 355 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | 3 | K 8 | | | 00:17:38 | 00:35:45 | 00:54:10 | 01:12:53.64 | 7:17 | 8.2 |
| 4 | GWAREK ANITA | 315 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 4 | K 14 | | | 00:18:27 | 00:37:15 | 00:56:36 | 01:15:41.14 | 7:34 | 7.9 |
| 5 | KOBIELA MAGDALENA | 332 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 5 | K 15 | | | 00:18:24 | 00:37:16 | 00:56:37 | 01:15:41.95 | 7:34 | 7.9 |
| 6 | POKRYWKA BOŻENA | 351 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K40-49 | 6 | K 16 | | | 00:18:47 | 00:37:45 | 00:57:04 | 01:16:12.82 | 7:37 | 7.9 |
| 7 | CONTUCCI EWA | 306 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 7 | K 20 | | | 00:19:01 | 00:38:39 | 00:58:22 | 01:18:03.26 | 7:48 | 7.7 |
| 8 | WOJTALA MAŁGORZATA | 385 | KLUBSPORTU.PL | RZESZÓW | POL | K40-49 | 8 | K 23 | | | 00:19:14 | 00:39:16 | 00:59:38 | 01:20:16.97 | 8:01 | 7.5 |
| 9 | TRĘTOWICZ BEATA | 370 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBUSZOWA | POL | K40-49 | 9 | K 29 | | | 00:20:22 | 00:41:16 | 01:02:10 | 01:23:28.02 | 8:20 | 7.2 |
| 10 | SĘDZIK KATARZYNA | 360 | LECZYMY DURŚ | BYTOM | POL | K40-49 | 10 | K 31 | | | 00:20:05 | 00:41:11 | 01:03:22 | 01:25:26.43 | 8:32 | 7 |
| | GORYCKA AGATA | 314 | KLUB SCB | TARNOBRZEG | POL | K40-49 | | | | | 00:21:42 | 00:44:21 | 01:07:08 | DNF | - | - |
| | | | | | | | | | | | DNF | DNF | DNF | | | |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | 377 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 1 | M 8 | | | 00:16:25 | 00:33:25 | 00:50:32 | 01:07:35.34 | 6:45 | 8.9 |
| 2 | KUŚMIEREK JAN | 384 | BŁĘKITNI DZIEMIANY | DZIEMIANY | POL | M40-49 | 2 | M 9 | | | 00:17:07 | 00:34:08 | 00:51:14 | 01:08:04.79 | 6:48 | 8.8 |
| 3 | KOBIELA KRZYSZTOF | 331 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M40-49 | 3 | M 11 | | | 00:16:27 | 00:34:00 | 00:51:27 | 01:09:07.32 | 6:54 | 8.7 |
| 4 | GODZIŃSKI PAWEŁ | 313 | BAŻANT NW ELBLĄG | MILEJEWO | POL | M40-49 | 4 | M 18 | | | 00:17:07 | 00:35:05 | 00:53:44 | 01:12:57.51 | 7:17 | 8.2 |
| 5 | RYKAŁA TOMASZ | 358 | | LUBACZÓW | POL | M40-49 | 5 | M 22 | | | 00:18:20 | 00:37:15 | 00:56:47 | 01:16:12.50 | 7:37 | 7.9 |
| 6 | CHYRA JANUSZ | 305 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 6 | M 24 | | | 00:19:19 | 00:38:48 | 00:58:20 | 01:18:04.34 | 7:48 | 7.7 |
| 7 | WĄTROBA SEBASTIAN | 372 | VITADIET ŁÓDŹ | WARSZAWA | POL | M40-49 | 7 | M 31 | | | 00:21:19 | 00:43:37 | 01:06:03 | 01:28:05.35 | 8:48 | 6.8 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | JĘDRASIAK RENATA | 325 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 3 | | | 00:17:03 | 00:34:38 | 00:52:19 | 01:10:07.00 | 7:00 | 8.6 |
| 2 | KOŃCZEWSKA BOŻENA | 333 | MKS HALICZ KLUB BIEGACZA / BIESZCZADKI KLUB NORDIC WALKING | USTRZYKI DOLNE | POL | K50-59 | 2 | K 5 | | | 00:17:20 | 00:35:18 | 00:53:35 | 01:11:54.92 | 7:11 | 8.3 |
| 3 | USS JOLA | 371 | LUX TORPEDA MAŁOPOLSKA | WADOWICE | POL | K50-59 | 3 | K 10 | | | 00:17:19 | 00:35:47 | 00:54:40 | 01:13:27.32 | 7:20 | 8.2 |
| 4 | KUBISZYN WIESŁAWA | 337 | | LUBACZÓW | POL | K50-59 | 4 | K 11 | | 1 | 00:17:54 | 00:36:49 | 00:55:39 | 01:14:44.65 | 7:28 | 8 |
| 5 | DUSIEL EWA | 311 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 5 | K 13 | | | 00:18:08 | 00:36:53 | 00:55:55 | 01:15:05.25 | 7:30 | 8 |
| 6 | CZEMPIK KORNELIA | 309 | STADION ŚLĄSKI | CHORZÓW | POL | K50-59 | 6 | K 22 | | 1 | 00:18:34 | 00:38:04 | 00:58:32 | 01:19:44.04 | 7:58 | 7.5 |
| 7 | JANIK-TYMIŃSKA ELŻBIETA | 321 | LUBLIN CHODZI Z KIJKAMI | LUBLIN | POL | K50-59 | 7 | K 28 | | | 00:20:15 | 00:41:20 | 01:02:09 | 01:23:20.04 | 8:20 | 7.2 |
| 8 | DROZD KRYSZYNA | 310 | CIDRY LOTAJOM | BYTOM | POL | K50-59 | 8 | K 33 | | | 00:21:30 | 00:43:18 | 01:05:33 | 01:27:57.15 | 8:47 | 6.8 |
| 9 | BEDNARZ LUCYNA | 302 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K50-59 | 9 | K 34 | | | 00:21:33 | 00:43:22 | 01:05:59 | 01:29:03.64 | 8:54 | 6.7 |
| 10 | POSIM BOGUMIŁA | 353 | | DUBIEL | POL | K50-59 | 10 | K 35 | | | 00:21:52 | 00:44:08 | 01:06:43 | 01:29:53.40 | 8:59 | 6.7 |
| 11 | LATUSZEK MAŁGORZATA | 342 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | K50-59 | 11 | K 36 | | | 00:21:51 | 00:45:04 | 01:08:33 | 01:30:27.72 | 9:02 | 6.6 |
| | BŁAZIK EWA | 386 | | SOKOŁÓW MAŁOPOLSKI | POL | K50-59 | | | | | 00:29:22 | 01:01:40 | DNF | DNF | - | - |
| | | | | | | | | | | | DNF | DNF | | | | |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | JANOCHA ROBERT | 322 | MUKS PODKARPACIE JEDLICZE | KROSNO | POL | M50-59 | 1 | M 3 | | | 00:15:47 | 00:31:52 | 00:48:17 | 01:04:58.41 | 6:29 | 9.2 |
| 2 | JUREK ADAM | 327 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 2 | M 5 | 1 | | 00:15:47 | 00:31:51 | 00:48:26 | 01:05:42.96 | 6:34 | 9.1 |
| 3 | KLIMCZAK ADAM | 329 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 3 | M 7 | | | 00:16:27 | 00:33:32 | 00:50:33 | 01:07:29.33 | 6:44 | 8.9 |
| 4 | ŚWISŁOCKI BOGDAN | 367 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 4 | M 12 | | | 00:16:49 | 00:34:06 | 00:51:46 | 01:09:44.84 | 6:58 | 8.6 |
| 5 | SZCZĘŚNIAK ZBIGNIEW | 365 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M50-59 | 5 | M 16 | | | 00:17:39 | 00:36:10 | 00:54:28 | 01:12:17.44 | 7:13 | 8.3 |
| 6 | POSIM DARIUSZ | 352 | WATAHA | DUBIEL | POL | M50-59 | 6 | M 19 | | | 00:17:20 | 00:35:20 | 00:54:05 | 01:13:07.83 | 7:18 | 8.2 |
| 7 | LATUSZEK BOGDAN | 343 | KLUB NW 'WŁÓCZYKIJE' | LEŻAJSK | POL | M50-59 | 7 | M 20 | | | 00:17:21 | 00:35:35 | 00:54:20 | 01:13:19.44 | 7:19 | 8.2 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | 307 | FACE NORDIC WALKING TEAM | RUMIA | POL | K60-69 | 1 | K 9 | | | 00:17:27 | 00:35:40 | 00:54:09 | 01:13:02.60 | 7:18 | 8.2 |
| 2 | WÓJCIK BARBARA | 378 | NWPL/LUKI TEAM SIEDLCE | KRZCZONÓW | POL | K60-69 | 2 | K 12 | | | 00:18:02 | 00:36:53 | 00:55:58 | 01:14:52.23 | 7:29 | 8 |
| 3 | CZEMPIK ANIELA | 308 | STADION ŚLĄSKI | CHORZÓW | POL | K60-69 | 3 | K 25 | | | 00:19:38 | 00:39:40 | 01:00:04 | 01:20:48.30 | 8:04 | 7.4 |
| 4 | JURCZYŃSKA BOŻENA | 326 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K60-69 | 4 | K 26 | | | 00:19:36 | 00:39:35 | 01:00:29 | 01:21:45.96 | 8:10 | 7.3 |
| 5 | IRYGORIERA LUDMILA | 256 | KS METRACO POLKOWICE | UKRAINA | UKR | K60-69 | 5 | K 30 | 1 | | 00:19:46 | 00:40:53 | 01:02:48 | 01:24:46.17 | 8:28 | 7.1 |
| 6 | SIWCZYK GRAŻYNA | 362 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K60-69 | 6 | K 37 | | | 00:22:48 | 00:46:09 | 01:09:03 | 01:31:45.81 | 9:10 | 6.5 |
| 7 | KRÓLIKOWSKA-ŁOSKOT DANUTA | 336 | STADION ŚLĄSKI | KATOWICE | POL | K60-69 | 7 | K 40 | | | 00:23:07 | 00:46:42 | 01:10:19 | 01:34:24.92 | 9:26 | 6.4 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | HELWICH STEFAN | 319 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 6 | | | 00:16:04 | 00:32:40 | 00:49:30 | 01:06:24.99 | 6:38 | 9 |
| 2 | HRYNIO JERZY | 320 | STADION ŚLĄSKI | KATOWICE | POL | M60-69 | 2 | M 14 | | | 00:17:22 | 00:35:28 | 00:53:55 | 01:11:49.03 | 7:10 | 8.4 |
| 3 | ŚLUSARCZYK ANDRZEJ | 366 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 3 | M 17 | | | 00:17:35 | 00:35:45 | 00:54:23 | 01:12:47.43 | 7:16 | 8.2 |
| 4 | NETKOWSKI WOJCIECH | 346 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-69 | 4 | M 21 | | | 00:17:43 | 00:36:28 | 00:55:37 | 01:14:36.79 | 7:27 | 8 |
| 5 | SIMKO ZBIGNIEW | 361 | MCK WŁÓCZYKIJE | LEŻAJSK | POL | M60-69 | 5 | M 26 | | | 00:19:46 | 00:40:24 | 01:01:06 | 01:21:17.33 | 8:07 | 7.4 |
| 6 | DROZD STANISŁAW | 381 | CIDRY LOTAJOM | BYTOM | POL | M60-69 | 6 | M 30 | | | 00:20:07 | 00:42:14 | 01:05:00 | 01:27:45.46 | 8:46 | 6.8 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM, K70+

| 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 | KURZAWSKA JOLANTA | 340 | | LUBIN | POL | K70+ | 1 | K 18 | | | 00:18:45 | 00:37:54 | 00:57:31 | 01:17:15.63 | 7:43 | 7.8 |
| 2 | ZIĘBA JULIA | 239 | STADION ŚLĄSKI | KATOWICE | POL | K70+ | 2 | K 38 | | | 00:22:13 | 00:45:35 | 01:09:10 | 01:32:29.72 | 9:15 | 6.5 |
| 3 | OWCZAREK HENRYKA | 135 | MARSZ PO ZDROWIE | POZNAŃ | POL | K70+ | 3 | K 39 | | | 00:22:36 | 00:45:37 | 01:09:11 | 01:32:31.69 | 9:15 | 6.5 |

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 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 | SANIUK EDWARD | 359 | FACE NORDIC WALKING TEAM | GDĄNSK | POL | M70+ | 1 | M 13 | | | 00:17:17 | 00:34:29 | 00:52:22 | 01:10:10.90 | 7:01 | 8.5 |
| 2 | STAWNIAK KAROL | 363 | KS METRACO POLKOWICE | ŻNIN | POL | M70+ | 2 | M 23 | | | 00:18:39 | 00:37:35 | 00:56:48 | 01:16:21.78 | 7:38 | 7.9 |
| 3 | THOMALLA BOGDAN | 368 | STADION ŚLĄSKI | ZABRZE | POL | M70+ | 3 | M 28 | | | 00:20:06 | 00:41:03 | 01:02:37 | 01:24:42.84 | 8:28 | 7.1 |